# Nutrition & Ingredients Information

## 200g PIES

| | | Nutrition | Energy | Protein | Fat - Total | Fat - Sat | Carbohydrate | Sugars | Sodium |
|---|---|---|---|---|---|---|---|---|---|
| **Angus Chilli Beef & Cheese Pie** | | (per 100g) | 1050kJ | 9.0g | 13.3g | 7.0g | 23.0g | 1.4g | 345mg |
| **Pastry (51%):** Wheat Flour, Water, Margarine [Animal Fat, Water, Salt, Emulsifier (471, 322), Acidity Regulator (500, 330), Antioxidant (307b)], Shortening, Paprika, Breadcrumb, Glaze, Salt. **Filling (49%):** Angus Beef (46%), Water, Cheese (19%) [Skim Milk, Cream, Salt, Milk Solids, Cultures, Enzymes, Water, Modified Starch (1422), Stabilisers (415, 466), Emulsifying Salts (331, 451), Yeast Extract, Colours (100, 160a)], Tomato Paste, Modified Starch (1422), Seasoning, Onion, Garlic, Cumin Seed, Chilli Flakes (0.5%), Sugar, White Pepper. | 200g | (per serve) | 2090kJ | 17.9g | 26.6g | 13.9g | 46.0g | 2.8g | 690mg |
| Allergens: Soy, Milk, Gluten This product may contain egg. | | | | | | | | | |
| **Angus Potato Top Pie 240g** | | (per 100g) | 635kJ | 6.5g | 6.3g | 3.1g | 17.0g | 0.8g | 160mg |
| **Potato Top (44%):** Potato (98%), Milk Powder (Soy Lecithin), Salt, Pepper. **Filling (32%):** Angus Beef (61%), Water, Seasoning, Onion, Salt, Tomato Paste, Garlic, Caramel Colour (150c), Paprika, White Pepper, Mixed Herbs, Black Pepper. **Pastry (24%):** Wheat Flour, Water, Margarine [Animal Fat, Water, Salt, Emulsifier (471, 322), Acidity Regulator (500, 330), Antioxidant (307b)], Shortening, Glaze, Salt | 240g | (per serve) | 1520kJ | 15.6g | 15.2g | 7.5g | 40.8g | 2.0g | 384mg |
| Allergens: Soy, Milk, Gluten This product may contain egg. | | | | | | | | | |
| **Bacon & Egg Pie** | | (per 100g) | 1203kJ | 7.7g | 18.6g | 10.1g | 21.5g | 0.7g | 429mg |
| **Pastry (51%):** Wheat Flour, Water, Margarine [Animal Fat, Water, Salt, Emulsifier (471, 322), Acidity Regulator (500, 330), Antioxidant (307b)], Shortening, Glaze, Salt. **Filling (49%):** Bacon (35%) [Pork, Water, Salt, Thickener (1412), Mineral Salts (450, 451), Antioxidant (316), Preservative (250)], Cream, [Thickener (401)], Egg (25%), Cheese [Cows Milk, Salt, Starter Cultures, Coagulating Enzyme], Onion, Modified Starch (1422). | 200g | (per serve) | 2407kJ | 15.5g | 37.2g | 20.2g | 43.0g | 1.4g | 859mg |
| Allergens: Soy, Egg, Milk, Gluten | | | | | | | | | |
| **Butter Chicken Pie** | | (per 100g) | 1030kJ | 6.8g | 13.4g | 8.0g | 23.7g | 1.5g | 404mg |
| **Pastry (51%):** Wheat Flour, Water, Margarine [Animal Fat, Water, Salt, Emulsifier (471, 322), Acidity Regulator (500, 330), Antioxidant (307b)], Shortening, Spinach Flakes, Glaze, Salt. **Filling (49%)**: Chicken (36%), Water, Coconut Cream [Coconut Milk & Extract, Water, Stabiliser (415, 412, 407)], Onion, Butter Chicken Seasoning [Spices, Salt, Maltodextrin (maize), Sugar, Dehydrated Vegetable Powders, Tapioca Starch, Flavour, Vegetable Oil, Herbs], Coconut Cream Blend, Modified Starch (1422), Vegetable Margarine, Tomato Paste, Butter (0.5%). | 200g | (per serve) | 2060kJ | 13.7g | 26.8g | 15.9g | 46.4g | 3.0g | 808mg |
| Allergens: Gluten, Milk, Soy This product may contain egg. | | | | | | | | | |
| **Classic Mince Pie** | | (per 100g) | 940kJ | 7.2g | 11.1g | 5.6g | 23.4g | 1.1g | 300mg |
| **Pastry (51%):** Wheat Flour, Water, Margarine [Animal Fat, Water, Salt, Emulsifier (471, 322), Acidity Regulator (500, 330), Antioxidant (307b)], Shortening, Glaze, Salt. **Filling (49%):** Water, Beef (33%), Modified Starch (1422), Tomato Paste, Seasoning, Soy Protein, Onion, Worcestershire Sauce, Caramel Colour (150c), Salt, Paprika, Sugar, Black Pepper, White Pepper, Thyme, Garlic. | 200g | (per serve) | 1880kJ | 14.6g | 22.3g | 11.3g | 46.9g | 2.2g | 600mg |
| Allergens: Soy, Milk, Gluten This product may contain egg. | | | | | | | | | |
| **Country Chicken & Mushroom Pie** | | (per 100g) | 913kJ | 7.4g | 10.3g | 5.5g | 23.2g | 1.5g | 361mg |
| **Pastry (51%):** Wheat Flour, Water, Margarine [Animal Fat, Water, Salt, Emulsifier (471, 322), Acidity Regulator (500, 330), Antioxidant (307b)], Shortening, Quinoa, Glaze, Salt. **Filling (49%):** Chicken (36%), Water, Milk Powder (Soy Lecithin), Modified Starch (1422), Onion, Mushroom (2%), Chicken Stock, Mushroom Stock, Garlic, Salt, White Pepper. | 200g | (per serve) | 1830kJ | 14.9g | 20.7g | 11.0g | 46.5g | 3.1g | 721mg |
| Allergens: Soy, Milk, Gluten This product may contain egg | | | | | | | | | |
| **Lamb & Roast Vegetable Pie** | | (per 100g) | 959kJ | 6.1g | 11.6g | 5.9g | 24.4g | 1.6g | 316mg |
| **Pastry (51%):** Wheat Flour, Water, Margarine [Animal Fat, Water, Salt, Emulsifier (471, 322), Acidity Regulator (500, 330), Antioxidant (307b)], Shortening, Glaze, Salt. **Filling (49%):** Water, Lamb (30%), Mixed Vegetables (8%) [Peas, Corn, Carrots], Pumpkin (8%), Kumara (8%), Modified Starch (1422), Seasoning, Mint Sauce, Onion, Salt, Black Pepper, Mint. | 200g | (per serve) | 1920kJ | 12.3g | 23.1g | 11.8g | 48.8g | 3.1g | 631mg |
| Allergens: Gluten, Milk, Soy This product may contain egg. | | | | | | | | | |
| **Mexitarian Pie - VEGETARIAN** | | (per 100g) | 869kJ | 4.8g | 11.7g | 7.0g | 26.9g | 2.5g | 299mg |
| **Pastry (51%):** Wheat Flour, Water, Margarine [Vegetable Oil, Water, Salt, Emulsifier (471, 322), Acidity Regulator (500, 330), Antioxidant (307b), Colour (160a)], Sunflower Seeds, Glaze, Salt. **Filling (49%):** Sour Cream [Cream, Water, Skim Milk Powder, Thickener (1422, 1401, 1442), Acid (270), Salt, Vegetable Gum (410), Culture], Red Kidney Beans [Red Kidney Beans, Water, Sugar, Salt, Mineral Salt (Calcium Chloride)], Chilli Beans [Chilli Sauce (Tomato, Sugar, Onion, Maize Thickener (1422), Salt, Mustard Seeds, Chilli Powder, Acetic Acid, Red Kidney Beans], Pizza Sauce [Tomatoes, Sea Salt, Sugar, Extra Virgin Olive Oil, Sunflower Oil, Spices, Dehydrated Garlic, Citric Acid], Water, Corn, Green Capsicum, Tomato, Red Capsicum, Onion, Modified Starch (1422), Tomato Paste, Garlic, Cumin, Salt, Chilli Powder, White Pepper. | 200g | (per serve) | 1740kJ | 9.6g | 23.5g | 13.9g | 53.7g | 5.0g | 597mg |
| Allergens: Gluten, Milk, Soy, This product may contain egg | | | | | | | | | |
| **Mince & Cheese Pie** | | (per 100g) | 991kJ | 7.3g | 12.5g | 6.6g | 23.1g | 1.1g | 332mg |
| **Pastry (51%):** Wheat Flour, Water, Margarine [Animal Fat, Water, Salt, Emulsifier (471, 322), Acidity Regulator (500, 330), Antioxidant (307b)], Shortening, Breadcrumb, Glaze, Salt. **Filling (49%)**: Water, Beef (26%), Cheese (19%) [Skim Milk, Cream, Salt, Milk Solids, Cultures, Enzymes, Water, Modified Starch (1422), Stabilisers (415, 466), Emulsifying Salts (331, 451), Yeast Extract, Colours (100,160a)], Modified Starch (1422), Tomato Paste, Seasoning, Soy Protein, Onion, Worcestershire Sauce, Caramel Colour (150c), Salt, Paprika, Black Pepper, Sugar, Thyme, White Pepper, Garlic. | 200g | (per serve) | 1982kJ | 14.6g | 25.1g | 13.3g | 46.3g | 2.4g | 665mg |
| Allergens: Soy, Milk, Gluten This product may contain egg. | | | | | | | | | |

Nutrition Energy Protein Fat - Total Fat - Sat Carbohydrate Sugars Sodium

| Pepper Steak Pie | | (per 100g) | 984kJ | 8.4g | 11.9g | 6.1g | 23.2g | 1.6g | 293mg |
|---|---|---|---|---|---|---|---|---|---|
| **Pastry (51%):** Wheat Flour, Water, Margarine [Animal Fat, Water, Salt, Emulsifier (471, 322), Acidity Regulator (500, 330), Antioxidant (307b)], Shortening, Pepper, Glaze, Salt. **Filling (49%):** Beef (45%), Water, Milk Powder, Modified Starch (1422), Seasoning, Onion, Worcestershire Sauce, Black Pepper (0.5%), Caramel Colour (150c), Salt, Mixed Herbs, White Pepper, Nutmeg. | 200g | (per serve) | 1968kJ | 16.9g | 23.8g | 12.4g | 46.3g | 3.2g | 587mg |
| Allergens: Soy, Milk, Gluten This product may contain egg. | | | | | | | | | |
| Prime Steak Pie | | (per 100g) | 952kJ | 8.1g | 11.3g | 5.7g | 23.0g | 0.9g | 268mg |
| **Pastry (51%):** Wheat Flour, Water, Margarine [Animal Fat, Water, Salt, Emulsifier (471, 322), Acidity Regulator (500, 330), Antioxidant (307b), Shortening, Glaze, Salt. **Filling (49%):** Water, Beef (40%), Modified Starch (1422), Soy Protein, Seasoning, Onion, Garlic, Caramel Colour (150c), Worcestershire Sauce, Paprika, Mixed Herbs, White Pepper, Nutmeg. | 200g | (per serve) | 1905kJ | 16.2g | 22.6g | 11.4g | 46.1g | 1.7g | 536mg |
| Allergens: Soy, Milk, Gluten This product may contain egg. | | | | | | | | | |
| Steak & Cheese Pie | | (per 100g) | 1000kJ | 8.0g | 12.7g | 6.7g | 22.9g | 1.0g | 308mg |
| **Pastry (51%):** Wheat Flour, Water, Margarine [Animal Fat, Water, Salt, Emulsifier (471, 322), Acidity Regulator (500, 330), Antioxidant (307b)], Shortening, Cheese, Glaze, Salt. **Filling (49%):** Water, Beef (32%), Cheese (19%) [Skim Milk, Cream, Salt, Milk Solids, Cultures, Enzymes, Water, Modified Starch (1422), Stabilisers (415, 466), Emulsifying Salts (331, 451), Yeast Extract, Colours (100,160a)], Modified Starch (1422), Soy Protein, Seasoning, Onion, Garlic, Caramel Colour (150c), Worcestershire Sauce, Paprika, Mixed Herbs, White Pepper, Nutmeg. | 200g | (per serve) | 2000kJ | 16.0g | 25.4g | 13.5g | 45.8g | 2.0g | 615mg |
| Allergens: Soy, Milk, Gluten This product may contain egg. | | | | | | | | | |
| Thai Chicken Pie | | (per 100g) | 1040kJ | 6.9g | 14.3g | 9.1g | 22.8g | 1.0g | 244mg |
| **Pastry (51%):** Wheat Flour, Water, Margarine [Animal Fat, Water, Salt, Emulsifier (471, 322), Acidity Regulator (500, 330), Antioxidant (307b)], Shortening, Chia Seeds, Glaze, Salt. **Filling (49%):** Chicken (36%), Coconut Cream [Coconut Milk & Extract, Water, Stabiliser (415, 412, 407], Water, Onion, Red Capsicum, Coconut Cream Blend, Modified Starch (1422), Green Curry Paste (2%), Garlic, Mushroom, Salt, White Pepper. | 200g | (per serve) | 2110kJ | 13.8g | 28.8g | 18.1g | 45.6g | 2.0g | 487mg |
| Allergens: Gluten, Milk, Soy This product may contain egg. | | | | | | | | | |
| Chicken Tikka Masala | | (per 100g) | 1010kJ | 7.0g | 13.2g | 7.3g | 22.7g | 1.9g | 288mg |
| **Pastry (51%):** Wheat Flour, Water, Margarine [Animal Fat, Water, Salt, Emulsifier (471, 322), Acidity Regulator (500, 330), Antioxidant (307b)], Shortening, Tikka Masala Seasoning, Breadcrumb, Glaze, Salt. **Filling (49%):** Chicken (36%), Tomato (Citric Acid), Cream [Thickener (401)], Onion, Yoghurt [Water, Whole Milk Powder and Culture], Tikka Masala Seasoning (4%) [Colour (110)], Modified Starch (1422), Vegetable Margarine, Tomato Paste. | 200g | (per serve) | 2010kJ | 14.0g | 26.4g | 14.5g | 45.5g | 3.8g | 575mg |
| Allergens: Gluten, Milk, Soy This product may contain egg. | | | | | | | | | |
| Gluten Free Angus Mince 180g | | (per 100g) | 1040kJ | 6.2g | 11.0g | 6.2g | 31.0g | 1.3g | 401mg |
| Water, Angus Beef (16%), Modified Starch (1422 From Maize), Rice Flour, Pastry Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifier (471, Soy Lecithin), Acidity Regulator (500), Antioxidant (307b), Acid (Citric Acid), Colour (Carotene)), Corn Starch, Tapioca Starch, Potato Starch, Textured Soy Protein, Soy Flour, Egg, Seasoning Blend (Contains Flavours, Caramel Colour (150c), Acidity Regulator (330)), Dried Onion, Tomato Paste, Iodized Salt, Spices, Dried Garlic, Herbs, Natural Colour (Annatto Extracts), Worcestershire Sauce, Colour (Caramel III). | 180g | (per serve) | 1880kJ | 11.1g | 19.9g | 11.2g | 55.9g | 2.4g | 721mg |
| Allergens: Contains Egg, Soy. May contain traces of sesame seeds | | | | | | | | | |

## ROLLS

| | | Nutrition | Energy | Protein | Fat - Total | Fat - Sat | Carbohydrate | Sugars | Sodium |
|---|---|---|---|---|---|---|---|---|---|
| Garlic & Cheese Roll 120g | | (per 100g) | 976kJ | 9.9g | 11.8g | 6.1g | 21.1g | 0.6g | 542mg |
| **Filing (56%):** Water, Beef (29%), Seasoning [Wheat Flour, Soy Protein, Breadcrumbs [Yeast, Vegetable Fat, Sugar, Bread Improver (Calcium Carbonate, Ascorbic Acid, Enzymes)],Salt, Vegetable Protein Extract (Maize), Dehydrated Vegetables, Acidity Regulators (450, 451), Spice, Preservative (223), Antioxidant (316), Spice Extracts], Onions, Cheese (7%) [Cows Milk, Salt, Starter Cultures, Coagulating Enzyme], Garlic Powder (0.5%). **Pastry (44%):** Wheat Flour, Water, Margarine [Animal Fat, Water, Salt, Emulsifier (471, 322), Acidity Regulator (500, 330), Antioxidant (307b)], Mixed Herbs, Glaze, Salt | 120g | (per serve) | 1170kJ | 11.9g | 14.2g | 7.4g | 25.4g | 0.7g | 650mg |
| Allergens: Soy, Milk, Gluten This product may contain egg. | | | | | | | | | |
| Hearty Beef Roll 200g | | (per 100g) | 963kJ | 9.4g | 11.5g | 6.0g | 21.4g | 0.8g | 523mg |
| **Filling (55%):** Water, Beef (28%), Seasoning [Wheat Flour, Soy Protein, Breadcrumbs [Yeast, Vegetable Fat, Sugar, Bread Improver (Calcium Carbonate, Ascorbic Acid, Enzymes)],Salt, Vegetable Protein Extract (Maize), Dehydrated Vegetables, Acidity Regulators (450, 451), Spice, Preservative (223), Antioxidant (316), Spice Extracts], Onions, Mixed Vegetables, Cheese, Pizza Sauce, Garlic Powder, Curry Powder. **Pastry (45%):** Wheat Flour, Water, Margarine [Animal Fat, Water, Salt, Emulsifier (471, 322), Acidity Regulator (500, 330), Antioxidant (307b)], Glaze, Salt | 200g | (per serve) | 1930kJ | 18.7g | 23.0g | 11.9g | 42.8g | 1.6g | 1050mg |
| Allergens: Soy, Milk, Gluten This product may contain egg. | | | | | | | | | |
| Sausage Roll 120g | | (per 100g) | 933kJ | 9.6g | 10.7g | 5.2g | 21.1g | 0.6g | 555mg |
| **Filling (56%):** Water, Beef (33%), Seasoning [Wheat Flour, Soy Protein, Breadcrumbs [Yeast, Vegetable Fat, Sugar, Bread Improver (Calcium Carbonate, Ascorbic Acid, Enzymes)],Salt, Vegetable Protein Extract (Maize), Dehydrated Vegetables, Acidity Regulators (450, 451), Spice, Preservative (223), Antioxidant (316), Spice Extracts], Onions. **Pastry (44%):** Wheat Flour, Water, Margarine [Animal Fat, Water, Salt, Emulsifier (471, 322), Acidity Regulator (500, 330), Antioxidant (307b)], Glaze, Salt. | 120g | (per serve) | 1120kJ | 11.6g | 12.8g | 6.5g | 25.3g | 0.7g | 666mg |
| Allergens: Soy, Milk, Gluten This product may contain egg. | | | | | | | | | |
| Spinach & Feta Roll (200g) | | (per 100g) | 908kJ | 5.7g | 11.4g | 7.1g | 22.0g | 1.3g | 543mg |
| **Filling (55%):** Spinach (55%), Feta Cheese (15%) [Skimmed Cow's Milk, Buttermilk, Partially Hydrogenated Palm Kernel Fat, Salt, Lactic Acid Culture, Microbial Rennet], Egg, Breadcrumb, Onion, Cheese Powder, Modified Starch (1422), Seasoning, Vegetable Margarine (Flavour), Smoked Paprika, Garlic, White Pepper, Lemon Flavour, Nutmeg. **Pastry (45%):** Wheat Flour, Water, Margarine [Vegetable Oil, Water, Salt, Emulsifier (471, 322), Acidity Regulator (500, 330), Antioxidant (307b), Colour (160a)], Spinach Flakes, Glaze, Salt. | 200g | (per serve) | 1820kJ | 11.3g | 22.8g | 14.2g | 44.0g | 2.5g | 1090mg |
| Allergens: Soy, Milk, Gluten, Egg | | | | | | | | | |

# JUNIORS

| | | Nutrition | Energy | Protein | Fat - Total | Fat - Sat | Carbohydrate | Sugars | Sodium |
|---|---|---|---|---|---|---|---|---|---|
| **Butter Chicken Junior 110g** | | (per 100g) | 1035kJ | 6.8g | 13.4g | 7.9g | 23.9g | 1.4g | 401mg |
| **Filling (50%)**: Chicken (36%), Water, Coconut Cream [Coconut Milk & Extract, Water, Stabiliser (415, 412, 407)], Onion, Butter Chicken Seasoning [Spices, Salt, Maltodextrin (maize), Sugar, Dehydrated Vegetable Powders, Tapioca Starch, Flavour, Vegetable Oil, Herbs], Coconut Cream Blend, Modified Starch (1422), Vegetable Margarine, Tomato Paste, Butter (0.5%). | 110g | (per serve) | 1138kJ | 7.5g | 14.8g | 8.7g | 26.3g | 1.6g | 441mg |
| **Pastry (50%):** Wheat Flour, Water, Margarine [Animal Fat, Water, Salt, Emulsifier (471, 322), Acidity Regulator (500, 330), Antioxidant (307b)], Shortening, Paprika, Spinach Flakes, Glaze, Salt. | | | | | | | | | |
| Allergens: Soy, Milk, Gluten This product may contain egg. | | | | | | | | | |
| **Mince & Cheese Junior 110g** | | (per 100g) | 970kJ | 7.4g | 12.2g | 6.4g | 22.9g | 1.2g | 328mg |
| **Filling (50%):** Water, Beef (28%), Cheese (15%) [Skim Milk, Cream, Salt, Milk Solids, Cultures, Enzymes, Water, Modified Starch (1422), Stabilisers (415, 466), Emulsifying Salts (331, 451), Yeast Extract, Colours (100,160a)], Modified Starch (1422), Tomato Paste, Seasoning, Soy Protein, Onion, Worcestershire Sauce, Caramel Colour (150c), Salt, Paprika, Black Pepper, Sugar, Thyme, White Pepper, Garlic. | 110g | (per serve) | 1070kJ | 8.1g | 13.4g | 7.0g | 25.1g | 1.3g | 361mg |
| **Pastry (50%):** Wheat Flour, Water, Margarine [Animal Fat, Water, Salt, Emulsifier (471, 322), Acidity Regulator (500, 330), Antioxidant (307b)], Shortening, Paprika, Breadcrumbs, Glaze, Salt. | | | | | | | | | |
| Allergens: Soy, Milk, Gluten This product may contain egg. | | | | | | | | | |
| **Steak & Cheese Junior 110g** | | (per 100g) | 981kJ | 8.0g | 12.3g | 6.4g | 22.5g | 0.9g | 301mg |
| **Filling (50%):** Water, Beef (33%), Cheese (15%) [Skim Milk, Cream, Salt, Milk Solids, Cultures, Enzymes, Water, Modified Starch (1422), Stabilisers (415, 466), Emulsifying Salts (331, 451), Yeast Extract, Colours (100,160a)], Modified Starch (1422), Soy Protein, Seasoning, Onion, Garlic, Caramel Colour (150c), Worcestershire Sauce, Paprika, Mixed Herbs, White Pepper, Nutmeg. | 110g | (per serve) | 1079kJ | 8.8g | 13.4g | 7.1g | 24.8g | 1.1g | 331mg |
| **Pastry (50%):** Wheat Flour, Water, Margarine [Animal Fat, Water, Salt, Emulsifier (471, 322), Acidity Regulator (500, 330), Antioxidant (307b)], Shortening, Paprika, Cheese, Glaze, Salt. | | | | | | | | | |
| Allergens: Soy, Milk, Gluten This product may contain egg. | | | | | | | | | |