

Afternoon Tea

<p>Salsa</p> <p>Tomato (78%) (Reconstituted, Diced & Paste), Onion, Capsicum (Green & Red), Vinegar, Thickener (1422), Sugar, Salt, Herbs & Spices, Preservatives (211, 202), Acidity Regulators (330, 260) Spice Extract, Firming Agent (509)</p> <p>GLUTEN FREE</p>	<p>Salada</p> <p>Wheat, Flour, Vegetable Oil, Salt, Yeast, Baking Powder, Sugar, Malt Extract (from Barley).</p> <p>May Be Present Sesame, Milk, Soy, Tree Nuts, Peanuts, Egg</p>
<p>Corn Chips</p> <p>Corn Flour (76%), Vegetable Oil, Water, Salt.</p> <p>May be present: Milk.</p>	<p>Popcorn</p> <p>Australian Popcorn (76%), Coconut Oil, Salt.</p> <p>May Contain SOY</p>
<p>Jatz</p> <p>Wheat Flour, Vegetable Oil, Sugar, Salt, Malt Extract (From Barley), Baking Powder, Yeast, Antioxidants (E307b From Soy, E304), Emulsifier (Soy Lecithin)</p> <p>May Be Present Sesame, Milk, Tree Nuts, Peanuts, Egg</p>	<p>Rice Cakes</p> <p>Wholegrain Brown Rice (99%), Sunflower Oil, Salt, Rosemary Extract.</p> <p>May Be Present SOY, May Be Present SESAME</p>
<p>Ritz</p> <p>Wheat Flour, Vegetable Oil, (Contains Antioxidant (304)), Sugar, Fructose Syrup, Salt, Raising Agents (500. 341, 503), Emulsifier (Soy Lecithin).</p> <p>May Contain Egg, May Contain Milk, May Contain Peanuts, May Contain Sesame</p>	<p>Rice Crackers</p> <p>Australian Rice Flour (92%), Bamboo Fibre, Sunflower Oil, Salt, Maltodextrin, Sugar, Flavour Enhancer (627, 631)., INGREDIENTS: Australian Rice Flour (92%), Bamboo Fibre, Sunflower Oil, Salt, Maltodextrin, Sugar, Flavour Enhancer (627, 631).</p> <p>May Contain SESAME</p>
<p>Corn Thins</p> <p>Maize (99%), Sunflower Oil, Sea Salt.</p> <p>Contains Soybean, Milk May Contain Soy, Sesame</p>	<p>Vita Weat</p> <p>Wholegrains (86%) [Wheat, Barley, Rye, Corn], Seeds (6%), [Canola, Linseed, Poppy, Sunflower Kernels], Vegetable Oil, Salt, Sugar, Soy.</p> <p>Contains Rye, May Be Present Sesame, May Be Present Milk, Contains Barley, May Be Present Tree Nuts, May Be Present Peanuts, Contains Soy, Contains Wheat, Contains Cereals Containing Gluten, May Be Present Egg</p>

<p>Wraps</p> <p>White: Wheat Flour [Thiamin, Folic Acid], Water, Vegetable Shortening [Vegetable Fat (Palm Oil**), Vegetable Emulsifier (471)], Humectant [422], Conditioner [Vegetable Emulsifier (471, 481), Soy Flour, Wheat Flour], Oat Fibre, Baking Powder [Raising Agents (501, 541), Wheat Starch], Iodised Salt, Gluten (Wheat), Acidity Regulator [297], Thickener [412], Preservative [281,200]., INGREDIENTS: Wheat Flour [Thiamin, Folic Acid], Water, Vegetable Shortening [Vegetable Fat (Palm Oil**), Vegetable Emulsifier (471)], Humectant [422], Conditioner [Vegetable Emulsifier (471, 481), Soy Flour, Wheat Flour], Oat Fibre, Baking Powder [Raising Agents (501, 541), Wheat Starch], Iodised Salt, Gluten (Wheat), Acidity Regulator [297], Thickener [412], Preservative [281,200].</p> <p>May Be Present MILK, SESAME</p>	<p>Wraps</p> <p>Multigrain: Water, Wheat Flour [Thiamin, Folic Acid], Wholemeal Wheat Flour (28%) [Thiamin, Folic Acid], Vegetable Shortening [Vegetable Fat (Palm Oil**), Vegetable Emulsifier (471)], Humectant [422], Conditioner [Vegetable Emulsifier (471, 481), Soy Flour, Wheat Flour], Baking Powder [Raising Agents (501, 541), Wheat Starch], Mixed Grain (0.8%) [Kibbled Rye, Kibbled Wheat, Kibbled Corn, Kibbled Triticale], Wheat Flake (0.7%), Purple Wheat (0.7%), Iodised Salt, Linseed, Gluten (Wheat), Acidity Regulator [297], Thickener [412], Preservatives [281,200].</p> <p>May Be Present MILK, SESAME</p>
<p>GF Wraps</p> <p>Modified Tapioca Starch (1442), Water, Starch (Tapioca), Soy Flour, Rice Flour, Canola Oil, Vegetable Gums (415, 464, 466), Vinegar, Dextrose, Egg White Powder, Yeast, Iodised Salt, Vegetable Emulsifier (471), Acidity Regulator (263), Sea Salt.</p> <p>Contains SOY, May Contain MILK, EGG, Wheat</p>	<p>Dinner Rolls</p> <p>Unbleached wheat flour, water, baker's yeast, vinegar, wheat gluten, vegetable oil, soy flour, iodised salt, sugar, vegetable emulsifier (481, 472e, 471), vitamins (thiamin, folic acid).</p> <p>Contains: wheat, gluten, soy. May contain sesame.</p>
<p>GF Bread</p> <p>Water, Modified Tapioca Starch (1442), Rice Flour, Maize Starch, Soy Flour, Sugar, Vegetable Oil, Vinegar, Egg White Powder, Soy Protein, Dried Yeast, Iodised Salt, Psyllium Husk Powder, Vegetable Gums (412, 464, 466, 461), Humectant (422), Preservative (Sorbic Acid).</p>	<p>Bread</p> <p>Wheat Flour, Water, Yeast, Vinegar, Iodised Salt, Canola Oil, Soy Flour, Vegetable Emulsifiers (481, 471, 472e), Vitamins (Thiamin, Folic Acid).</p>
<p>Pauls Custard</p> <p>Milk, skim milk, sugar, milk solids, thickener (1442) (from maize), stabilisers (412, 415, 407, 410), mineral salt (452), flavour, colour (160a).</p>	<p>Cheese Cubes</p> <p>Cheddar Cheese [Milk, Salt, Cultures, Enzyme (Non-Animal Rennet)], Anti-caking Agent (460), Preservative (200).</p>
<p>Pauls Zymil Lactose Free Vanilla Custard</p> <p>Milk, Skim Milk, Sugar, Thickener (1442) (From Maize), Milk Solids, Stabilisers (412, 415, 407, 410, 452), Enzyme (Lactase), Flavours, Colour (160a).</p>	<p>Cheese Slices</p> <p>Milk, Salt, Cultures, Enzyme (Vegetarian Rennet). Suitable for vegetarians, Milk, Salt, Cultures, Enzyme (Vegetarian Rennet). Suitable for vegetarians</p>

<p>Yoplait Yoghurt</p> <p>Strawberry: Milk, Skim Milk, Milk Solids, Strawberry (7 %), Sugar, Thickeners (Modified Starch, Gelatine, Carrageenan), Natural Flavours, Acidity Regulators (Sodium Citrate, Citric Acid), Carrot Concentrates, Calcium Chloride, Live Yoghurt Cultures (Milk): S. Thermophilus & L. Bulgaricus.</p> <p>Vanilla: Milk, Skim Milk, Milk Solids, Water, Sugar, Thickeners (Gelatine, Modified Starch), Natural Flavour, Natural Colour (Carotene) Acidity Regulator (Citric Acid), Vanilla Bean Seed (0.01%), Live Yoghurt Cultures (Milk):S. Thermophilus & L. Bulgaricus.</p> <p>Mango: Milk, Skim Milk, Milk Solids, Mango (7%), Sugar, Water, Thickeners (Gelatine, Modified Starch), Natural Flavours, Natural Colours (Carotene, Paprika Extract), Acidity Regulators (Sodium Citrate, Citric Acid), Live Yoghurt Cultures (Milk): S. Thermophilus & L. Bulgaricus.</p>	<p>Liddells Lactose Free Yoghurt</p> <p>Strawberry: Fresh whole mild, sugar, diced strawberries, milk solids, gelatine, corn starch, flavour, mineral salt (calcium chloride), stabiliser (carrageenan), live lactic acid culture (streptococcus thermophilus, lactobacillus acidophilus, bifodobacterium lactis), black carrot and black currant concentrate, lemon juice concentrate.</p> <p>Vanilla: Whole milk, sugar, mild solids, thickener (1442), gelatine, natural flavours, stabiliser (410) acidity regulators (331, 330), vanilla bean, live lactic acid cultures (streptococcus thermophilus, lactobacillus acidophilus, bifodobacterium lactis).</p>
<p>Liddells LF Cheese Slices</p> <p>Pasteurised milk, salt, started cultures, enzyme (non-animal rennet, non-animal lipase)</p>	<p>Bio Cheese – Dairy Free</p> <p>Water, coconut oil, modified starch (E1404, E1412, E1450), starch, sea salt, vegan cheddar flavours, olive extract, colour: B-Carotene</p>
<p>Ham</p> <p>Pork (74%), Water, Cure [Sugar, Mineral Salts (450, 451), Dextrose (Maize or Tapioca), Salt, Antioxidant (316), Preservative (250)], Acidity Regulators (326, 325), Modified Maize Starch (1442), Salt, Vegetable Gum (407), Natural Flavouring.</p>	<p>Kabana</p> <p>Meat Including Pork, Seasoning [Potato Starch, Salt, Dextrose (Maize or Tapioca), Mineral Salts (450, 451, 452), Spices, Antioxidant (316), Sugar, Spice Extracts (Including 160c), Dried Vegetables (Including Garlic, Onion), Yeast Extract, Milk Protein, Preservative (250)], Water, Acidity Regulators (326, 325, 262), Soy Protein, Edible Beef Collagen Casing [Colours (160b, 100, 150c, 120)], Wood Smoke.</p>
<p>Chicken</p> <p>Chicken Breast, Water, Starch (Tapioca, Potato), Salt, Acidity Regulators (326, 262), Vegetable Gum (407a), Mineral Salts (451, 508, 450), Yeast Extract, Maltodextrin (Maize, Potato), Sugar, Spices and Herbs, Dehydrated Vegetables, Flavours, Spice (160c) and Herb Extract, Vegetable Oils (Canola, Rice Bran), Colours (Sorghum Husk Extract, 160b).</p>	<p>Anzac Biscuits (REMOVED)</p> <p>Unbleached Wheat Flour, Sugar, Rolled Oats (15%), Vegetable & Animal Fats & Oils, Water, Coconut, Golden Syrup (3.5%), Raising Agent (500), Salt, Milk Solids, Emulsifiers (471, Soy Lecithin), Vitamin (Thiamin, Folic Acid).</p> <p>May Contain Egg, Sesame Seed.</p>

<p>Salami</p> <p>Sow Stall Free Australian Pork (75%), No Added Hormones Australian Beef (19%), Salt, Dextrose, Milk Solids, Spices (Black Pepper, Paprika), Fortified Wine, Lactose (Milk), Mineral Salt (451), Antioxidant (316), Smoke Flavouring, Garlic Powder, Starter Culture, Preservative (250). Natural Wood Smoke.</p>	<p>Chocolate Chip Muffin – Mini</p> <p>Sugar, Unbleached Wheat Flour, Vegetable Oil, Egg, Choc Chips (7%) (Sugar, Vegetable Fat, Cocoa, Milk Solids, Emulsifiers (Soy Lecithin, 476), Flavours), Water, Cocoa, Wheat Fibre, Thickeners (1422, 412, 1442), Raising Agents(541, 500), Iodised Salt, Wheat Gluten, Milk Solids, Flavours, Acidity Regulator (341), Preservative (202), Vitamins (Thiamin, Folic Acid).</p> <p>May be present: Sesame, Oats, Tree Nuts, Peanuts.</p>
<p>Banana Bread</p> <p>Wheat Flour, Banana (23%), Sugar, Water, Cream, Canola Oil, Egg, Raising Agents (450, 500), Flavours, Preservative (202), Acidity Regulator (330).</p> <p>May be present: Sesame, Soy, Tree Nuts.</p>	<p>Iced Cup Cakes</p> <p>Wheat Flour, Sugar, Egg, Water, Wheat Fibre, Vegetable & Animal Fats & Oils, Glucose, Raising Agents (450, 500, 541), Emulsifiers (471, 477, Soy Lecithin, 472(b),450), Salt, Milk Solids, Thickeners (415, 1422, 401), Gelatine, Colours (102, 110, 133, 122, 123, 124), Preservative (202), Flavour.</p> <p>May Contain Sesame Seed.</p>
<p>Jam Drop Biscuit</p> <p>Unbleached Wheat Flour, Sugar, Vegetable & Animal Fats & Oils, Jam (10%) (Sugar, Apples, Thickener (440), Food Acid (330), Colour (120), Flavours), Egg, Raising Agents (450, 500), Flavours, Emulsifiers (471, Soy Lecithin), Iodised Salt, Milk Solids, Vitamins (Thiamin, Folic Acid), Food Acids (330, 270).</p> <p>May contain Sesame Seed.</p>	<p>Spring Rolls</p> <p>Coles Brand: Filling (59%) [Vegetables (89%) (Cabbage, Potato, Onion, Carrot, Green Beans), Vermicelli, Soybean Oil, Salt, Sugar, Sesame Oil, White Pepper], Pastry (34%) [Wheat Flour, Water, Salt, Soybean Oil], Soybean Oil, Potato Starch.</p> <p>Pacific West Brand: Vegetable(53%)(Cabbage, Carrot, Potato, Onion), Wheat Flour, Water, Bean Vermicelli(Mung Bean, Peas, Broad Beans, Water), Palm Oil, Sugar, Salt, Sesame Oil, Pepper Powder, Flavour Enhancers (631,627)</p>
<p>Double Choc Chip Cookie</p> <p>Unbleached Wheat Flour, Sugar, Chocolate (18%) (Sugar, Vegetable Fat, Cocoa, Milk Solids, Emulsifiers (Soy Lecithin, 476), Egg, Vegetable Oil, Milk Solids, Cocoa, Iodised Salt, Wheat Fibre, Raising Agent (500), Glucose, Colours (150(d), 122, 155, 102, 133), Emulsifiers (471, 472(c)), Flavours, Maize Starch, Acidity Regulator (303), Preservative (202), Vitamins (Thiamin, Folic Acid).</p> <p>May Be Present: Sesame, Oats, Tree Nuts, Peanuts.</p>	<p>Mud Cake Slice</p> <p>Sugar, Wheat Flour, Vegetable Fats & Oils (Emulsifiers (471, 477)), Egg, Water, Cocoa Powder, Maltodextrin, Potato Flour, Glucose (from Wheat), Salt, Milk Solids, Raising Agents (341, 450, 500), Flavours, Thickener (415), Colours (150(c), 155, 102, 122, 133), Preservative (202) Maize Starch, Acidity Regulator (330), Vitamins (Thiamin, Folic Acid)</p> <p>May be present: Sesame, Soy, Tree Nuts.</p>

<p>Mini Banana Muffin (Vegan, GF, DF)</p> <p>30g mini muffin, cooked and frozen Ingredients Gluten-free self-raising flour (maize starch, tapioca starch, soy flour, rice flour, raising agents (575, 501, 500)), caster sugar, soy milk, banana, dairy free margarine and vanilla bean natural flavour. Icing: soy cream cheese (Certified organic soybeans, non-hydrogenated canola oil, sea salt, vegetable gums (locust bean gum, carrageenan), lactic acid (vegan), potassium sorbate) & icing sugar.</p>	<p>Vanilla Blueberry Muffin – mini</p> <p>Wheat Flour, Water, Sugar, Blueberries (5%), Vegetable Oil, Milk Solids, Egg Powder, Wheat Fibre, Raising Agents (500, 541), Dextrose, Salt, Vegetable Emulsifiers (471, 481), Thickener (412), Flavour, Colour (102), Preservative (202), Vitamins (Thiamin, Folic Acid).</p> <p>May be present: Soy, Oats, Sesame.</p>
<p>Hot Cross Buns (Served Easter only)</p> <p>Unbleached wheat flour, water, sultanas (16%), sugar, vegetable fats & oils, baker’s yeast, vinegar, wheat gluten, iodised salt, spices, vegetable emulsifiers (471, 472e, 481), soy flour, flavour, acidity regulator (330), thickener (415), vitamins (thiamin, folic acid).</p>	<p>Cheese & Vegemite Scrolls – mini</p> <p>Unbleached wheat flour, cheese (22%) (milk, salt, mineral salt (509), cultures, enzyme (rennet)), water, vegemite (5%) (yeast extract, salt, mineral salt (508), malt extract (from barley), colour (caramel)), flavours, niacin, thiamine, riboflavin, folate), baker’s yeast, iodised salt, wheat gluten, vegetable oil, vinegar, sugar, soy flour, emulsifiers from vegetable source (481, 472e), Vitamins (thiamine, folic acid).</p> <p>Contains: wheat, gluten, milk, soy, barley, gluten. May be present: rye, egg, sesame.</p>
<p>White Bread Sandwich Slice 700g</p> <p>Unbleached wheat flour, water, baker’s yeast, vinegar, iodised salt, canola oil, vegetable emulsifiers (481,474, 472e) soy flour, vitamins (thiamine, folic acid).</p> <p>Contains: wheat, gluten, soy.</p>	

Breakfast

<p>Pancakes</p> <p>Wheat Flour, Sugar, Wheat Starch, Whey Powder, Canola Oil, Raising Agents (450, 500, 341, 339), Buttermilk Powder, Thickener (1442), Egg Powder, Raising Agent (500).</p>	<p>GF Pancakes</p> <p>Maize Starch, Caster Sugar, Maize Flour, Whey Powder (Milk), Whole Egg Powder, Raising Agents [450, 500], Anticaking Agent (341), Whey Protein Concentrate (Milk), Salt, Thickener (415).</p>
<p>Jaffles / Toasties</p> <p>Coles white sandwich bread, Hans English ham, coles cheese slices, Heinz baked beans, Heinz tinned spaghetti in tomato sauce</p>	<p>Cereals</p> <p>Kellog's Rice Bubbles, Kellog's Corn Flakes, Muesli (nut free), Sanitarium Weetbix, Sanitarium GF Weetbix</p>
<p>Porridge</p> <p>Carman's Apple, Sultana & Cinnamon: Whole Grain Oats 80%, Fruit (Sultanas 7% [Sultanas, Vegetable Oil], Currants [Currants, Sunflower Oil], Apple 4%), Seeds (Pepitas 2%, Chia Seeds 1%) Cinnamon, Natural Vanilla Flavour.</p> <p>Carman's Super Berry & Coconut: Whole Grain Oats 79%, Fruit (Berries [Cranberries 6% (Cranberries, Sugar, Sunflower Oil), Goji Berries 3.5%, Blueberries 1%], Coconut 2.5%, Currants), Raw Sugar, Pepitas, Chia Seeds 1%, Natural Flavour.</p> <p>Carman's Raspberry & Vanilla: Whole Grain Oats, Fruit (Currants, Freeze Dried Raspberries 1%), Natural Vanilla Flavour, Natural Flavour.</p>	<p>Special Cereals</p> <p>Nestle Milo cereal, Kellog's Cocoa Pops, Kellog's Nutri Grain, Kellog's Cheerios</p> <p>Milo Powder</p> <p>Extract of Malt Barley Or Malt Barley and Rice (Total Extract 38%), Milk Solids, Sugar, Cocoa#, Choc Malt Blend, Minerals (Calcium, Iron), Maltodextrin (Corn), Vitamins (C, B3, B6, B2, D, B12), Emulsifier (Soy Lecithin)</p>
<p>Fruit Crush (Summer)</p> <p>Variety of frozen fruit (strawberry, blueberry, blackberry, mango, raspberry), fruit juice</p>	