

FULL MENU

ITEM	DESCRIPTION	PRICE	INGREDIENTS
DRINKS			
COFFEE			
Café Latte	Small	\$5.00	1 x coffee shot (=30ml), milk
	Medium	\$5.50	2 x coffee shot (=60ml), milk
	Large	\$6.20	3 x coffee shot (=90ml), milk
Flat White	Small	\$5.00	1 x coffee shot, milk
	Medium	\$5.50	2 x coffee shot, milk
	Large	\$6.20	3 x coffee shot, milk
Cappuccino	Small	\$5.00	1 x coffee shot, milk, chocolate powder
	Medium	\$5.50	2 x coffee shot, milk, chocolate powder
	Large	\$6.20	3 x coffee shot, milk, chocolate powder
Espresso/Short Black		\$4.80	1 x coffee shot
Piccolo Latte		\$5.00	1/2 x coffee shot, milk
Magic		\$5.50	Double ristretto, 3/4 milk
Long Black	Small	\$5.00	Boiling water, 2 x coffee shot
	Medium	\$5.50	Boiling water, 3 x coffee shot
	Large	\$6.20	Boiling water, 4 x coffee shot
Short Macchiato		\$5.00	1 x coffee shot, milk "stain"
Long Macchiato		\$5.50	2 x coffee shot, boiling water, milk "stain"
Ristretto		\$5.00	1/2 x coffee shot
Affogato		\$5.80	1 x coffee shot, 1 scoop vanilla ice-cream
Hot Chocolate	Small	\$5.00	Pre-made chocolate sauce (≈30ml), milk, chocolate powder
	Medium	\$5.50	Pre-made chocolate sauce (≈45ml), milk, chocolate powder
	Large	\$6.20	Pre-made chocolate sauce (≈60ml), milk, chocolate powder
Hot White Chocolate	Small	\$5.50	Pre-made white chocolate sauce (≈30ml), milk, chocolate powder
	Medium	\$6.00	Pre-made white chocolate sauce (≈45ml), milk, chocolate powder
	Large	\$6.70	Pre-made white chocolate sauce (≈60ml), milk, chocolate powder
Mocha	Small	\$5.20	1 x coffee shot, pre-made chocolate sauce (≈30ml), milk, chocolate powder
	Medium	\$5.70	2 x coffee shot, pre-made chocolate sauce (≈45ml), milk, chocolate powder
	Large	\$6.40	3 x coffee shot, pre-made chocolate sauce (≈60ml), milk, chocolate powder
White Mocha	Small	\$5.70	1 x coffee shot, pre-made white chocolate sauce (≈30ml), milk, chocolate powder
	Medium	\$6.20	2 x coffee shot, pre-made white chocolate sauce

			(≈45ml), milk, chocolate powder
	Large	\$6.90	3 x coffee shot, pre-made white chocolate sauce (≈60ml), milk, chocolate powder
Chai Latte	Small	\$5.50	1 x chai powder tablespoon, boiling water (≈30ml), milk, cinnamon powder
	Medium	\$6.00	2 x chai powder tablespoon, boiling water (≈45ml), milk, cinnamon powder
	Large	\$6.70	3 x chai powder tablespoon, boiling water (≈60ml), milk, cinnamon powder
Dirty Chai Latte	Small	\$6.00	1 x coffee shot, 1 x chai powder tablespoon, milk, cinnamon powder
	Medium	\$6.50	2 x coffee shot, 2 x chai powder tablespoon, milk, cinnamon powder
	Large	\$7.20	3 x coffee shot, 3 x chai powder tablespoon, milk, cinnamon powder
Matcha Green Tea Latte	Small	\$5.50	1 x Matcha green tea tablespoon, boiling water (≈30ml), milk
	Medium	\$6.00	2 x Matcha green tea tablespoon, boiling water (≈45ml), milk 2 x coffee shot, milk
	Large	\$6.70	3 x Matcha green tea tablespoon, boiling water (≈60ml), milk 3 x coffee shot, milk
Dirty Matcha Green Tea Latte	Small	\$6.00	1 x coffee shot, 1 x Matcha green tea tablespoon, boiling water (≈30ml), milk
	Medium	\$6.50	2 x coffee shot, 1 x Matcha green tea tablespoon, boiling water (≈45ml), milk
	Large	\$7.20	3 x coffee shot, 1 x Matcha green tea tablespoon, boiling water (≈60ml), milk
Hot Milk	Small	\$3.00	Milk
	Medium	\$3.50	Milk
	Large	\$4.00	Milk
Iced Coffee Frappe	Large	\$7.70	3 x coffee shot, ice cubes, milk, 1 x scoop vanilla ice cream
Iced Chocolate Frappe	Large	\$7.70	Pre-made chocolate sauce (≈60ml), ice cubes, 1 x scoop vanilla ice cream, chocolate powder
Iced Mocha Frappe	Large	\$7.90	3 x coffee shot, pre-made chocolate sauce (≈60ml), ice cubes, milk, 1 x scoop vanilla ice-cream, chocolate powder
Iced White Mocha Frappe	Large	\$8.40	3 x coffee shot, pre-made white chocolate sauce (≈60ml), ice cubes, 1 x scoop vanilla ice cream, milk, chocolate powder
Iced Chai Latte Frappe	Large	\$8.20	3 x chai powder tablespoon, boiling water (≈60ml), ice blended, milk, 1 x scoop vanilla ice cream, cinnamon powder
Iced Dirty Chai - Latte Frappe	Large	\$8.70	3 x coffee shot, 3 x chai powder tablespoon, ice blended, milk, 1 x scoop vanilla ice cream, cinnamon powder (optional)
Iced Matcha Green Tea Frappe	Large	\$8.20	3 x Matcha green tea tablespoon, boiling water (≈60ml), ice cubes, milk, 1 x scoop vanilla ice cream
Iced Dirty Matcha Green Tea Frappe	Large	\$8.70	3 x Matcha powder tablespoon, boiling water (≈60ml), ice cubes, milk, 1 x scoop vanilla ice cream, cinnamon powder
Extras		\$0.50	Soy, Honey, Fair Trade
		\$0.70	Extra Shot, De-Caf, Lactose Free (\$1) , Almond (\$1) , Oat (\$1)

COFFEE BEANS

Coffee pack 250grams	\$17.50	Coffee Beans
Coffee pods 25x 5g Capsules	\$20.00	Ground Coffee

TEA

Hot Lemon Honey Water	Large	\$4.80	Lemon slices, honey, hot water
Iced Tea	Medium	\$4.80	Tea (cold), oranges or lemon other fruit or herbs, ice
	Large	\$5.30	
English Breakfast, Earl Grey, Pure Green, Sencha Green, Peppermint, Chamomile, Lemongrass & Ginger	Medium	\$4.80	1 x tea bag, boiling water
	Large	\$5.30	2 x tea bag, boiling water
Chai Tea	Medium	\$5.50	1 x tea bag, boiling water
	Large	\$6.00	2 x tea bag, boiling water

COLD DRINKS

Freshly squeezed (cold pressed) orange juice	\$7.00	Oranges, Ice
Water - Still	\$3.80	Australian Spring Water
Water – Sparkling	\$4.30	Australian Sparkling Water

MILK SHAKES

Chocolate Royale	\$8.00	Milk, 3 scoops of Vanilla Ice Cream, Chocolate Syrup (≈60ml)
Wicked Vanilla	\$8.00	Milk, 3 scoops of Vanilla Ice Cream, Vanilla Syrup (≈60ml)
Strawberry Kiss	\$8.00	Milk, 3 scoops of Vanilla Ice Cream, Strawberry Syrup (≈45ml)
Caramel Deluxe	\$8.00	Milk, 3 scoops of Vanilla Ice Cream, Caramel Syrup (≈60ml)
Big Banana	\$8.00	Milk, 3 scoops of Vanilla Ice Cream, Banana Syrup (≈45ml)
Coffee	\$8.00	Milk, 3 scoops of Vanilla Ice Cream, 3 Coffee Shots (≈90ml)

SANDWICHES

****Please note that our products are made in a facility that handles products which contain: Allergens; - Gluten, Fish, Tree nut products, Peanuts, Sesame seeds, Dairy and Egg**

BREAKFAST

Roll – Egg & Bacon	\$10.50	Egg, Bacon, Spinach, Tasty Cheese, Tomato Relish
Wrap – Egg & Bacon	\$10.50	Egg, Bacon, Tasty Cheese, Tomato Relish
Wrap – Mushroom & Egg (v)	\$10.00	Egg, Spinach, Mushroom, Swiss Cheese, Seasoning (v)
Muffin – Egg & Bacon	\$10.50	Margarine, Bacon, Egg, Tasty Cheese
Muffin – Breakfast Muffin	\$10.50	Tomato Relish, Spinach, Bacon, Egg, Tasty Cheese
Croissant – Ham & Cheese	\$10.50	Ham, Tasty Cheese

THIN CUT TOASTIES

Ham & Cheese (WHITE)	\$10.00	Margarine, Ham, Tasty Cheese on WHITE BREAD
Cheese & Tomato (WHOLEGRAIN)	\$10.00	Margarine, Tasty Cheese, Tomato on WHOLEGRAIN BREAD
Chicken (WHITE)	\$10.00	Sliced Chicken Breast, Semi-dried Tomato, Tasty Cheese, Spinach, Basil Pesto, Mayonnaise on WHITE BREAD

CIABATTA

Herb Chicken & Bacon	\$15.00	Sliced herb Chicken, Crispy Bacon, Roquette, Green Chipotle Mayonnaise
Vegetarian Mushroom & Goats Cheese (v)	\$15.00	Sliced Mushroom, Artichoke, Semi Dried Tomato, Sliced Goats Cheese, Tomato Pesto, spinach (v)
Reuben (Corned Beef)	\$15.00	Corned Beef, Gruyere, Sauerkraut, Dill Cucumber, Dijon mayonnaise

COBBS – NOISETTE

Egg & Chive on MULTIGRAIN (v)	\$15.00	Egg & Chive Mix, Large Watercress, Mayonnaise
Reuben (Corned Beef) on MULTIGRAIN	\$15.00	Corned Beef, Sauerkraut, Gruyere, Dill Cucumber, Dijon mayonnaise, Seasoning
Chicken, Bacon and Chipotle Chilli Mayonnaise on MULTIGRAIN	\$15.00	Herb Roasted Chicken, Streaky Bacon, Chipotle Chilli Mayonnaise, Roquette
Roast Beef & Tomato Relish on SOURDOUGH	\$15.00	Tomato Relish, Roquette, Roast Beef, Courgette, Semi-dried Toma

DEMI BAGUETTES

Leg Ham & Brie	\$16.00	Leg Ham, Double Brie, Seeded Mustard Mayonnaise
Pesto Chicken	\$16.00	Pesto Chicken Mix, Mixed Lettuce (Product contains Nuts)
Roast Beef	\$16.00	Roast Beef, Dijon Mayonnaise, Grilled Courgette, Roquette, Onion Jam
Smoked Salmon	\$16.00	Smoked Salmon, Cucumber, Caper Parsley Relish, Baby Watercress, Capers
Corned Beef, White Cabbage & Pea Slaw	\$16.00	Corned Beef, White Cabbage Slaw (White Cabbage, Peas, Radish, Mint) Parmesan Cheese, Lemon Mayonnaise
Turkey & Roast Maple Potato	\$16.00	Turkey, Maple Roasted Sweet Potato, Bacon, Cos Lettuce, Swiss Cheese & Paprika Mayonnaise
Chicken Caesar	\$16.00	Caesar Dressing, Cos Lettuce, Chicken Caesar Mix (Chicken, Bacon, Pecorino, Caesar Dressing), Hard Boiled Egg
Grilled Vegetable (v)	\$16.00	Tomato Relish, Roquette, Grilled Vegetables (Marinated Eggplant & Marinated Red Capsicum), Goats Cheese (v)
Ham & Gruyere	\$16.00	Dijon Mayonnaise, Cos Lettuce, Ham, Gruyere
Hoisin Chicken	\$16.00	Hoisin Mayonnaise, Hoisin Marinated Chicken, Vietnamese Slaw
Tomato & Mozzarella (v)	\$16.00	Pesto Mayonnaise, Cos Lettuce, Tomato, Mozzarella, Basil (v)

PANINIS (PLAIN PANINIS)

Ham	\$15.00	Ham, Tasty Cheese, Tomato, Mustard, Pickle
Meatball	\$15.00	Meatball, Tomato Relish, Spinach, Parmesan Cheese
Moroccan Chicken	\$15.00	Moroccan Chicken, Mayonnaise, Cucumber, Asian Coleslaw
Salami	\$15.00	Salami, Olive Tapenade, Spinach, Tasty Cheese, Marinated Red Capsicum, Spanish Onion
Grilled Vegetarian (v)	\$15.00	Grilled Vegetables (Marinated Eggplant and Marinated Red Capsicum), Tomato Relish, Goats Cheese, Roquette (v)
Panko Chicken	\$15.00	Mayonnaise, Spinach, Panko Crumbed Chicken, Tomato, Tasty Cheese

TURKISH BREADS

Chicken BLT	\$15.00	Chicken Breast, Mayonnaise, Tomato, Bacon, Cos Lettuce, Tasty Cheese
Meatball	\$15.00	Meatball, Tomato Relish, Spinach, Parmesan Cheese
Panko Crumbed Chicken	\$15.00	Panko Crumbed Chicken, Mayonnaise, Spinach, Tomato, Tasty Cheese
Salami	\$15.00	Salami, Olive Tapenade, Spinach, Capsicum, Tasty Cheese & Spanish Onion
Grilled Vegetable & Basil Pesto (v)	\$15.00	Basil Pesto, Spinach, Grilled Vegetables (Marinated Eggplant & Marinated Red Capsicum), Goats Cheese (Product contains Nuts) (v)

WRAPS

Chicken Caesar	\$14.00	Chicken Breast, Streaky Bacon, Pecorino, Hard Boiled Egg, Cos Lettuce, Caesar Dressing
Roast Pumpkin, Falafel & Chilli Mayonnaise (v)	\$14.00	Roast Pumpkin, Falafel, Chipotle Chilli Mayonnaise, Cos Lettuce, Spanish Onion (v)
Ham, Cheese & Tomato	\$14.00	Shaved Leg Ham, Tomato, Tasty Cheese, Spinach, Seeded Mustard Mayonnaise
Poached Chicken, Jalapeno & Roquette	\$14.00	Poached Chicken Breast, Jalapenos, Avocado Salsa (Avocado, Spanish Onion, Diced Tomatoes, Coriander, Cumin, Lemon Juice), Roquette & Paprika Mayonnaise
Roast Beef & BBQ Mayo	\$14.00	Roast Beef, BBQ Sauce Mayonnaise, Corn, Coriander, Red Capsicum, Cos Lettuce & Carrot
Tuna & Jalapeno	\$14.00	Cos Lettuce, Tuna Mayonnaise Mix, Jalapeno, Red Onion, Red Capsicum.
Vegetarian Green Goddess (v)	\$14.00	Green Goddess Dressing, Roquette, Eggplant, Tomato, Radish, Spanish Onion.
Sweet Chilli Chicken	\$14.00	Sweet Chilli Chicken Mix, Vietnamese Coleslaw, Sweet Chilli Mayonnaise
Poached Chicken w Harissa Yoghurt	\$14.00	Poached Chicken, Harissa Yoghurt, Celery, Tasty Cheese, Capsicum, Fetta Cheese, Spinach.
Satay Chicken	\$14.00	Chicken, Satay Yoghurt Mix, Red Cabbage, Cos Lettuce

ROTI WRAPS

Chorizo (Pork) & Egg	\$16.00	Diced Chorizo (Pork), Scrambled Egg, Spanish Onion, Spring Onion, Roasted Potato, Tomato Relish, Tasty Cheese.
Spinach & Ricotta	\$16.00	Spinach, Ricotta & Garlic Mix, Semi Dried Tomato.
Tandoori Chicken	\$16.00	Tandoori Chicken, Tzatziki, Spinach

YOGURT (96% FAT FREE)

Passionfruit	150ml	\$8.50	Natural Yogurt with passionfruit Coulis
Mango	150ml	\$8.50	Natural Yogurt with mango Coulis
Raspberry	150ml	\$8.50	Natural Yogurt with raspberry Coulis
Rhubarb and Granola	150ml	\$8.50	Natural Yogurt with Rhubarb Apple Compote and Granola

SALADS

Chicken Caesar	\$15.00	Chicken, Bacon, Boiled Egg, Shaved Parmesan Cheese, Multigrain Parmesan Croutons, Cos Lettuce w Caesar Dressing
Thai Noodle (v)	\$15.00	Egg Noodles, Red Cabbage, Fresh Red Capsicum, Carrot, Spring Onion, Radish, Toasted Peanuts w Satay Dressing (v) (product contains nuts)
Tandoori Chicken	\$15.00	Tandoori Chicken, Pumpkin, Cucumber, Roasted Red Pepper, Cashews, Spinach, w Cumin Lime Yoghurt Dressing (product contains nuts)
Sweet Potato, Roasted Cauliflower (vg) [GF]	\$15.00	Sweet Potato, Roasted Cauliflower, Sundried Tomato, Spinach, Carrots, Currents, Pumpkin Seeds, Dill w Lemon Dressing (vg) [GF]
Hot Smoked Salmon, Daikon & Wombok	\$15.00	Hot Smoked Salmon, Daikon, Carrot, Bean Shoots, Wombok, Spinach, Black Sesame Seeds, Fried Shallots w Soy Dressing

PASTA OF THE DAY

Napoli (v) (vg)	\$12.50	Penne Pasta, Tomato, Basil, Parsley, Olive Oil, Brown Sugar, Rock Salt, (v), (vg).
Pesto Basil (v)	\$12.50	Penne Pasta, Olive Oil, Rock Salt, Basil Pesto Sauce (Canola Oil, Soy, Spinach, Grana Padano Cheese (Milk, Salt, Cultures, Rennet, Tapioca Starch), Cashew Nuts, Basil, Vinegar, Salt, Garlic, Acid Regulators(270,330), Preservatives(202,211), May contain Traces of Fish and Egg) (v)
Beef Lasagne	\$14.00	Bolognese Sauce (60%), {Water, Beef (20%), Crushed Tomato (11%) [Tomatoes, Firming Agent (509), Acidity Regulator (330)], Tomato Paste (7%), Thickener (1422), Onion, Carrot, Herbs & Spices Mix (Contains Milk), Salt, Oregano, Garlic}, Pasta (26%) (Durum Wheat Semolina, Water, Egg), Béchamel Sauce (12%) {Water, Milk Solids, Wheat Flour, Thickener (1422), Butter (Contains Milk), Salt, Pepper}, Cheese (Contains Milk), Breadcrumbs (Contains Wheat, Soy), Paprika. This product contains Wheat, Egg, Soy and dairy products. Made in a manufacturing plant that produces products containing Fish, Peanuts, Egg, Milk, Tree Nuts, Sesame, Crustaceae, Sulphites, Soy and Other Gluten Cereals.
Spinach and Ricotta Cannelloni (v)	\$14.00	Pasta (41%) [Water, Durum Wheat Semolina, Egg], Spinach & Ricotta Mix (33%) {Ricotta Cheese [Whey, Milk, Salt, Food Acid (260)], Spinach (6%), Vegetable Oil, Salt, Pepper, Orega2}, Water, Crushed Tomato (7%) [Tomatoes, Firming Agent (509), Acidity Regulator (330)], Tomato Paste (5%), Modified Starch (1422), Onion, Carrot, Herbs & Spices Mix (Contains Natural Flavour), Vegetable Oil, Celery, Salt, Sugar, Parmesan Cheese (Contains Milk), Garlic, Orega2

Chicken Lasagne	\$14.00	Chicken & Napoli Sauce (58%) {Water, Chicken (28%), Vegetable Mix (17%) (Zucchini, Onion, Capsicum, Pumpkin, Carrot, Spinach, Celery), Crushed Tomato [Tomatoes, Firming Agent (509), Acidity Regulator (330)], Vegetable Oil, Tomato Paste, Milk Solids, Creamy Chives [Contains Milk, Wheat, Thickener (1442), Natural Flavour], Herbs & Spices Mix (Contains Natural Flavour), Thickener (1422), Salt, Sugar, Cheese (Contain Milk), Garlic, Oregano}, Pasta (25%) (Durum Wheat Semolina, Water, Egg), Water, Cheese (Contain Milk), Milk Solids, Wheat Flour, Thickener (1422), Butter (Contain Milk), Carrot, Salt, Breadcrumbs (Contains Wheat, Soy), Pepper, Paprika.
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SOUPS

Minestrone (v) [GF]	\$14.00	Water, Tomato, Food Acid (330)], Minestrone mix Vegetables [Potato, Carrot, Celery, Broccoli, Swede & Preservative 223, Contains Sulphites], Brown Onion, Quinoa, Borlotti Beans, Peas, Pesto [Basil (60%), Canola Oil, Soy, Garlic, Sugar, Vinegar, Salt, Citric Acid, Preservative (202, 211)], Spinach, Vegetable Stock Powder[Vegetable Stock [Salt, Dehydrated vegetable (Carrot, Parsnip, Potato, Onion, Celery, Parsley Leaves), Flavour enhancers (monosodium glutamate, disodium inosinate), Sugar, spices, maize starch, colour (riboflavin)], Garlic, Canola Oil, Virgin Olive Oil, Colour (140), Pepper.Contains Nuts & Dairy
Beef, Kale & Barley	\$14.00	Beef Brisket, Pearl Barley, Root Vegetables (Carrot, Turnip, Swede, Parsnip, Celery), Kale, Parsley, Water, Beef Stock, Onion, Garlic, Salt, Pepper
Chicken and Sweet Corn Soup	\$14.00	Chicken Stock [Chicken Bone, Water, Onion, Salt, Rock Sugar, Ginger, Chicken Powder], Corn, Chicken [Chicken breast, water, brine (salt, sugar, mineral salts (450,451,452), food acid (262), carrageenan (red seaweed)], Vegetable Soup Mix [Potato, Carrot, Celery, Broccoli, Swede], Egg, Peas, Corn Flour, Salt, Chicken Powder [Salt, Rice Flour, Flavour Enhancers (621, 635), Sugar, Dehydrated Vegetable, Hydrolysed Vegetable Protein (Maize), Herbs & Spices, Canola Oil, Flavour], White Pepper.
Split Pea & Smoked Ham Hock [GF]	\$14.00	Split Peas, Green Peas, Shredded Ham Hock, Water, Vegetable Stock, Onion, Celery, Garlic, Bay Leaves, Salt, Pepper [GF]
Thai Pumpkin, Chicken & Coconut [GF]	\$14.00	Pumpkin, Brown Onion, Thai Red Curry Paste, Coconut Milk, Brown Sugar, Chicken Stock, Chicken [GF] Gluten, Nut, Dairy, & Egg Free
Smoked Capsicum and Coriander Cream Soup [GF]	\$14.00	Water, Capsicum, Potato, Olive Oil, Vegeta (Contains MSG), Smoked Paprika, Brown Onion, Taco Seasoning, Coriander, Sour Cream [Contains Cream].
Miso Butternut Pumpkin (vg) [GF]	\$14.00	Water, Butternut Pumpkin, Potato, Brown Onion, Miso Paste [Contains Soybeans], Vegetable Oil, Vegeta [Contains MSG], Ginger, Garlic, Soy Sauce, Sesame Oil.

SLICES

Apple Slice (v)	\$6.00	Diced apple (58%) [apple, acidity regulator (300), firming agent (509), sulphite preservative (223)], flour [wheat flour, vitamins (thiamin, folate)], shortening [vegetable or animal (beef) fat, water, salt, emulsifiers (471, 322 soy, maybe 476), acidity regulator (270, 330), flavour, antioxidant (320 or 306 soy) and/or preservative (202), colour (160a)], sugar, egg, thickener (1422), milk solids, raising agents (450, 500, 170), colours (102, 110). Contains added sulphites at more than 10mg/kg. May contain traces of peanuts, tree nuts (walnut, almonds and hazelnut) and other tree nuts, sesame seeds and honey due to shared equipment. (v)
Caramel Slice (v)	\$6.00	Caramel 70% [condensed milk (milk, sugar), golden syrup (cane sugar syrup), margarine (vegetable oil, salt, milk solids, emulsifiers (471, soy 322, maybe 435, 475, 476), preservative (202), acidity regulator (330), flavour, antioxidant (320 or soy 306), colour (160a)], flour [wheat flour, vitamins (thiamin, folate)], chocolate compound [sugar, vegetable fat, cocoa powder, emulsifier (322 soy), flavours], shortening [vegetable or animal (beef) fat, water, salt, emulsifiers (471, 322 soy, maybe 476), acidity regulator (270, 330), flavour, antioxidant (320 or 306 soy) and/or preservative (202), colour (160a)], sugar, egg, milk solids, raising agents (450, 500, 170), colours (102, 110). May contain traces of peanut, tree nut, sesame seeds and honey due to shared equipment. (v)
Cherry Slice (v)	\$6.00	Sugar, coconut [desiccated coconut, sulphite preservative (223)], egg, flour [wheat flour, vitamins (thiamin, folate)], chocolate compound (10%) [sugar, vegetable fat, cocoa powder, emulsifier (322 soy), flavours], glace cherries (9%) [cherries, sugar, acidity regulator (330), preservative (202 and sulphite 220, or 211), flavour, colour (120 or 129)], margarine [vegetable or animal (beef) fat, salt, milk solids, emulsifiers (471, soy 322, maybe 435, 475, 476), preservative (202), flavour, acidity regulator (270, 330), antioxidant (320 or soy 306), colour (160a)], blend (flavour, colour (124)), milk solids, raising agents (450, 500, 170), colours (102, 110). Contains sulphites at more than 10mg/kg. May contain traces of peanuts, walnut, almond, hazelnut, other tree nuts, sesame seeds and honey due to shared equipment. May contain cherry seed fragments. (v)
Coconut Slice (v)	\$6.00	Sugar, coconut (21%) [desiccated coconut, sulphite preservative (223)], egg, flour [wheat flour, vitamins (thiamin, folate)], red fruit layers (10%) [sugar, apple, vegetable gum (440), acidity regulator (330), preservative (202), colours (122, 124), flavour], shortening [vegetable oils (contains soy), water, salt, emulsifiers (322 soy, 471, 476), preservative (202), acidity regulator (330), antioxidant (306 soy), flavour, colour (160a)], margarine [vegetable oil, salt, milk solids, emulsifiers (471, soy 322, maybe 435, 475, 476), preservative (202), acidity regulator (330), flavour, antioxidant (320 or soy 306), colour (160a)], milk solids, raising agents (170, 450, 500), colours (102, 110). May contain traces of peanuts, tree nuts, sesame seeds and honey. (v)

Continental Vanilla Slice (v)	\$6.50	Custard [Water, Sugar, Thickener (1414), Milk Solids, Dextrose, Blend (Vegetable fat, Glucose, Milk Solids, Mineral Salt (340), Emulsifiers (322 Soy, 433, 471), Vegetable Gum (466), Flavours, Acidity Regulator (330), Colour (160a)), Vegetable Gums (401, 407, 410, 415), Maize Starch, Salt, Flavour, Colours (102, 110, 171), Preservative (202)], Puff Pastry [Wheat Flour, Water, Margarine (Vegetable Fats and Oils, Water, Salt, Emulsifiers (471, Soy 322), Antioxidants (320, 310), Colours (160b, 100), Flavours), Egg, Vitamin (Thiamin, Folate)], Dairy Blend [Water, Vegetable Oil, Skim Milk Solids, Sugar, Emulsifiers (471, 435, Soy 322), Thickeners (415, 412), Salt, Colour (160b)], Sugar Syrups (Sucrose, Glucose), Chocolate Swirl [Sugar, Vegetable Fat, Cocoa Powder, Milk Solids Non Fat, Emulsifiers (322, 476, 492), Flavour]. May contain traces of sulphites, tree nuts, sesame seeds, peanuts and honey. (v)
Hedgehog Slice (v)	\$6.00	Crumb and cocoa blend (64%) [biscuit crumb [wheat flour, sugar, wheat starch, vegetable shortening, golden syrup (sugar, water, salt), salt, raising agents (500, 503, 450), sulphite preservative (223), flavour], sugar, wheat flour, desiccated coconut (sulphite preservative (220)), cocoa], margarine (vegetable oil, water, salt, milk solids, emulsifiers (471, soy 322), flavour, antioxidant (320), colour (160a)), chocolate compound (12%) (sugar, vegetable fat, cocoa powder, emulsifier (322 soy), flavours), water, vegetable oil. Contains egg and sulphites. May contain traces of peanuts, tree nuts, sesame seeds and honey. (v)
Lemon Slice (v)	\$6.00	Biscuit crumbs [wheat flour, sugar, vegetable fat [fat, emulsifier (322 soy), antioxidant (307)], whey milk powder, salt, raising agents (500, 503)], margarine [vegetable oil, water, salt, milk solids, emulsifiers (471, soy 322), flavour, antioxidant (320), colour (160a)], icing mix [sugar, vegetable shortening (vegetable fat, corn syrup solids, milk protein, emulsifiers (481, 471, 322 soy), mineral salt (339), vegetable gum (466), antioxidant (306)), wheat flour, tapioca starch, maize starch, thickener (412), salt, flavours], coconut 12% [desiccated coconut, sulphite preservative (223)], sugar, lemon juice 8% [water, concentrated lemon juice, sulphite preservative (223), antioxidant (300)], natural flavour, colour (102). Contains added sulphites at more than 10mg/kg. May contain traces of egg, peanut, tree nuts, sesame and honey. (v)
Peppermint Slice (v)	\$6.00	Crumb and cocoa blend 57% (biscuit crumb [wheat flour, sugar, wheat starch, vegetable shortening, golden syrup (sugar, water, salt), salt, raising agents (500, 503, 450), sulphite preservative (223), flavour], sugar, wheat flour, desiccated coconut [sulphite preservative (220)], cocoa), icing mix (sugar, vegetable shortening [vegetable fat, corn syrup solids, milk protein, emulsifiers (481, 471, 322 soy), mineral salt (339), vegetable gum (466), antioxidant (306)], wheat flour, tapioca starch, maize starch, thickener (412), salt, flavours), margarine [vegetable oil, water, salt, milk solids, emulsifiers (471, soy 322), flavour, antioxidant (320), colour (160a)], water, chocolate compound [sugar, vegetable fat, cocoa powder, emulsifier (322 soy), flavours], peppermint flavour, colours (102, 133). Contains egg and sulphites. May contain traces of peanuts, tree nuts, sesame seeds and honey. (v)

Vanilla Slice (v)	\$6.50	Custard [Water, Sugar, Thickener (1414), Milk solids, Dextrose, Blend (Vegetable Fat, Glucose, Milk Solids, Mineral Salt (340), Emulsifiers (322 Soy, 433, 471), Vegetable Gum (466), Flavours, Acidity Regulator, (330), Colour (160a)), Vegetable Gums (401, 407, 410, 415), Maize Starch, Salt, Flavour, Colours (102, 110, 171), Preservative (202)], Puff Pastry [Wheat Flour, Water, Margarine (Vegetable Fats and Oils, Water, Salt, Emulsifiers (471, Soy 322), Antioxidants (320, 310), Colours (160b, 100), Flavours), Egg, Vitamin (Thiamin, Folate)], Sugar Syrup (Sucrose, Glucose), Coconut. Contains sulphites. May contain traces of tree nuts, sesame seeds, peanuts and honey. (v)
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PASTRIES

Croissant - Plain (v)	\$5.50	Wheat flour [Vitamin (Thiamin, Folate), Butter (20%) [Cream (From Milk), Water], Sugar, Yeast, Soy Flour, Firming Agent (516), Antioxidant (300), Raising Agent (920), Emulsifiers (481, 472e), Salt, Water. May contain traces of tree nuts, egg, sesame seeds, peanuts and honey. (v)
Croissant - Chocolate (v)	\$6.50	Flour [wheat flour, vitamins (thiamin, folate)], unsalted butter (20%), chocolate compound (18%) [sugar, vegetable fat, cocoa powder (3.0%), emulsifier (322 soy), flavours], water, egg, sugar, yeast, iodised salt, soy flour, emulsifiers (vegetable 471, or 481, 472e). Contains dairy product. May contain traces of rye, oats, barley, sesame seeds, peanuts, walnuts, almonds and hazelnut, other tree nuts (not specified by ingredient suppliers) and honey due to shared equipment. (v)
Danish - Apple (v)	\$6.50	Sugar, diced apple (25%) [apple, acidity regulator (300), firming agent (509), sulphite preservative (223)], sugar syrups (sucrose, glucose), custard blend [sugar, thickener (1414), milk solids, dextrose, blend (vegetable fat, glucose, milk solids, mineral salt (340), emulsifiers (322 soy, 433, 471), vegetable gum (466), flavours, acidity regulator (330), colour (160a)), vegetable gums (401, 407, 410, 415), maize starch, salt, flavour, colours (102, 110, 171), preservative (202)], glaze mix [sugar, water, glucose (contains sulphites), vegetable gum (407), acidity regulators (330, 331), preservatives (202, 211)], sultanas (0.5%), flour [wheat flour, vitamins (thiamin, folate)], unsalted butter (0.3%), spice, egg, yeast, iodised salt, soy flour, emulsifiers (481, 472e). May contain traces of oats, peanuts, tree nuts (walnut, almonds and hazelnut) and other tree nuts, sesame seeds and honey (v)
Danish - Apricot (v)	\$6.50	Sugar, apricots (19%) [apricot, water, pear juice concentrate, firming agent (509)], sugar syrup (sucrose, glucose), custard mix [sugar, thickener (1414), milk solids, dextrose, blend (vegetable fat, glucose, milk solids, mineral salt (340), emulsifiers (322 soy, 433, 471), vegetable gum (466), flavours, acidity regulator (330), colour (160a)), vegetable gums (401, 407, 410, 415), maize starch, salt, flavour, colours (102, 110, 171), preservative (202)],

		glaze mix [sugar, water, glucose (contains sulphites), vegetable gum (407), acidity regulators (330, 331), preservatives (202, 211)], flour [wheat flour, vitamins (thiamin, folate)], unsalted butter (0.3%), egg, yeast, iodised salt, soy flour, emulsifiers (481, 472e). May contain traces of oats, peanuts, tree nuts (walnut, almonds and hazelnut), other tree nuts, sesame seeds and honey due to shared equipment. (v)
Danish - Cherry (v)	\$6.50	Sugar, cherries (22%) [pitted sour cherries, water], sugar syrups (sucrose, glucose), custard blend [sugar, thickener (1414), milk solids, dextrose, blend (vegetable fat, glucose, milk solids, mineral salt (340), emulsifiers (322 soy, 433, 471), vegetable gum (466), flavours, acidity regulator (330), colour (160a)), vegetable gums (401, 407, 410, 415), maize starch, salt, flavour, colours (102, 110, 171), preservative (202)], thickener (1422), glaze mix (sugar, water, glucose, vegetable gum (407), acidity regulators (330, 331), preservatives (202, 211)), flour [wheat flour, vitamins (thiamin, folate)], unsalted butter (0.5%), egg, yeast, iodised salt, soy flour, emulsifiers (481, 472e). Contains sulphites. May contain traces of oats, peanuts, tree nuts (walnut, almonds and hazelnut), other tree nuts, sesame seeds and honey due to shared equipment. (v)
Escargot (v)	\$6.50	Pastry [wheat flour, water, butter, sugar, yeast, iodised salt, improver [usoy flour, wheat flour, emulsifiers (481, 472e), sultanas, custard [sugar, milk powder, thickener (1414), whey powder, vegetable gums (401, 407, 412, 466), salt, acidity regulator (331), flavour, colours (102, 110)], sugar syrups (sucrose, glucose), sugar. May contain traces of egg, peanuts, tree nuts, sesame seeds and honey

ASSORTED CAKES

Apple Cake (v)	\$6.50	Wheat Flour, Diced Apples (22%) [Apple, Fruit Juice, Preservative (Sulphite 223, 202), Sugar, Shortpaste Margarine [Animal or Vegetable Fat, Water, Salt, Emulsifiers (471, Soy 322), Antioxidant (320), Colour (160(a)), Flavour], Water, Milk Powder, Eggs, Modified Maize Starch (1422), Baking Powder [Mineral Salts (170, 450, 500), Wheat Starch], Sugar Syrup (Sucrose, Glucose). May contain traces of tree nuts, sesame seeds, peanuts and honey. (v)
Chocolate Éclair (v)	\$6.50	Mock cream (35%) [water, vegetable oil, skim milk solids, sugar, emulsifiers (471, 435, soy 322), thickeners (415, 412), salt, colour (160b)], chocolate compound (22%) [sugar, vegetable fat, cocoa powder, emulsifier (322 soy), flavours], egg, flour [wheat flour, vitamins (thiamin, folate)], margarine [vegetable oil, water, salt, milk solids, emulsifiers (471, soy 322), flavour, antioxidant (320), colour (160a)], sugar, iodised salt. May contain traces of peanut, tree nut, sesame seeds and honey. (v)

Custard Tart (v)	\$6.50	Custard (60% min) [Sugar, Milk Solids Non Fat, Maize Starch, Wheaten Starch, Salt, Vegetable Gums (407, 410), Flavour, Colours (102, 124)], Wheat Flour, Margarine [Animal Fat, Vegetable Fat, Salt, Emulsifiers (471, Soy 322), Antioxidant (320), Colour (160a), Flavour, Water], Sugar, Egg, Water, Milk Powder, Spice. May contain traces of tree nuts, sesame seeds, peanuts and honey. (v)
Lamington (v)	\$6.50	Sugar, water, wheat flour, egg, coconut (3%) [contains sulphite preservative (223)], cocoa powder (1%), thickener (1422), blend [emulsifiers (471 soy, 475), humectant (420), dextrose, preservative (202), colours (102, 110)], milk solids, raising agents (170, 450, 500), colours (102, 110). May contain traces of peanuts, walnut, almond, hazelnut, other tree nuts, sesame seeds and honey. (v)

DONUTS

Custard Donut (v)	\$6.00	Donut Mix [Wheat Flour [Vitamin (Thiamin, Folate)], Vegetable Oil, Dextrose, Milk Solids, Salt, Raising Agents (541, 500), Soy Flour, Emulsifiers (471, 481), Antioxidant (300, 306 soy), Colour (Carotenes)], Custard Mix [Water, Sugar, Thickener (1414), Milk Solids, Dextrose, Blend (Vegetable Fat, Glucose, Milk Solids, Mineral Salt (340), Emulsifiers (322 Soy, 433, 471), Vegetable Gum (466), Flavours, Acidity Regulator (330), Colour (160a)), Vegetable Gums (401, 407, 410, 415), Maize Starch, Salt, Flavour, Colours (102, 110, 171), Preservative (202)], Vegetable Oil, Water, Yeast, Sugar. May contain traces of sulphites, sesame seeds, peanuts, tree nuts, honey and egg products. (v)
Jam Donut (v)	\$6.00	Flour [wheat flour, vitamins (thiamin, folate)], blend [wheat gluten, sugar, vegetable oil, soy flour, wheat flour, emulsifiers (471, 322 soy, 481, 472e), milk solids, salt, raising agents (450, 500), potato starch, flavour, thickener (412), firming agent (516), anticaking agent (170)], jam filling 15% [sugar, apple, vegetable gum (440), acidity regulator (330), preservative (202), colours (122, 124), flavour], water, shortening [vegetable fats and oils, antioxidant (307b soy)], sugar, yeast. May contain traces of sesame seeds, peanuts, walnuts, almonds and hazelnut, other tree nuts (not specified by ingredient suppliers), egg, and honey due to shared equipment. (v)
Nutella Donut (v)	\$6.50	Flour [wheat flour, vitamins (thiamin, folate)], Nutella (25% minimum) [sugar, vegetable oil, hazelnuts (3.0% minimum), fat reduced cocoa powder (2.0% minimum), skim milk powder, whey powder, emulsifier (322 soy), flavours], blend [wheat gluten, sugar, vegetable oil, soy flour, wheat flour, emulsifiers (471, 322 soy, 481, 472e), milk solids, salt, raising agents (450, 500), potato starch, flavour, thickener (412), firming agent (516), anticaking agent (170)], water, shortening [vegetable fats and oils, antioxidant (307b soy)], yeast, icing sugar [sugar, maize starch, vegetable oil, emulsifiers (322 soy, 492)]. May contain traces of rye, oats, barley, sesame seeds, peanuts, walnuts, almonds and other tree nuts (not specified by ingredient suppliers), egg, milk and honey due to shared equipment. (v)

Salted Caramel Donut (v)	\$6.50	Flour [wheat flour, vitamins (thiamin, folate)], salted caramel custard filling (25% minimum) {custard [water, sugar, glucose syrup, thickeners (1442, 415, 406), vegetable oil, humectant (1520), emulsifier (471), flavourings, salt, colours (171, 160a), preservatives (211, 200), acidity regulator (330)], salted caramel blend [sugar, milk, water, glucose, vegetable fat, thickeners (1442, 440), iodised salt, emulsifier (soy 322), mineral salts (450, 516), preservative (202), flavours, antioxidant (307b)]}, donut mix, [wheat gluten, sugar, vegetable oil, soy flour, wheat flour, emulsifiers (471, 322 soy, 481, 472e), milk solids, salt, raising agents (450, 500), potato starch, flavour, thickener (412), firming agent (516), anticaking agent (170)], water, shortening [vegetable fats and oils, antioxidant (307b soy)], white compound drizzle [sugar, vegetable fat, whey milk powder, emulsifiers (322 soy, 492)], icing sugar [sugar, maize starch, vegetable fat (vegetable oil, emulsifiers (322 soy, 492))], yeast, iodised salt, flavours, colours (102, 155, 122, 133), preservative (202). May contain traces of rye, oats, barley, egg, sesame seeds, peanuts, walnuts, almonds and hazelnut, other tree nuts (not specified by ingredient suppliers), and honey due to shared equipment. (v)
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MUFFINS

Blueberry (v)	\$6.50	Self- Raising Flour [Wheat Flour, Raising Agents (450, 500), Caster Sugar, Blueberries, Canola Oil, Egg , Pre-Mix (Cane sugar, Raw Sugar, Starch 449, Polydextrose 1200, Salt, Vanilla Powder), Dusting Sugar.
Raspberry & White Chocolate (v)	\$6.50	Self- Raising Flour [Wheat Flour, Raising Agents (450, 500)], Caster Sugar, Raspberries, Canola Oil, Egg , Pre-Mix (Cane sugar, Raw Sugar, Starch 449, Polydextrose 1200, Salt, Vanilla Powder), White Chocolate [Sugar, Vegetable fat Emulsifier (492, Soy Lecithin), Whey Powder (Milk), Emulsifier (Soy Lecithin), Flavour], Raspberry Powder.
Orange & Poppyseed (v)	\$6.50	Self- Raising Flour [Wheat Flour, Raising Agents (450, 500)] Orange Juice [Reconstituted Orange Juice (99.9%), vitamin C, food Acid (Citric Acid), Natural Flavours], Caster Sugar, Canola Oil, Egg , Pre-Mix (Cane sugar, Raw Sugar, Starch 449, Polydextrose 1200, Salt, Vanilla Powder), White Chocolate [Sugar, Vegetable Fat Emulsifier (492, Soy Lecithin), Whey Powder (Milk), Emulsifier (Soy Lecithin), Flavour], Orange Zest, Canola oil, Poppy seeds, Orange Essence.
Triple Choc (v)	\$6.50	Self- Raising Flour [Wheat Flour, Raising Agents (450, 500)], Caster Sugar, Canola Oil, Egg , Dark chocolate [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (Soy Lecithin, 476), Milk Solids], Pre-Mix (Cane sugar, Raw Sugar, Starch 449, Polydextrose 1200, Salt, Vanilla Powder), Milk Chocolate [Sugar, Milk Solids, Cocoa Butter, Cocoa Mass, Vegetable Fat Emulsifier (Soy Lecithin), Emulsifier (Soy Lecithin), Flavours], Cocoa Powder
Apple Crumble (v)	\$6.50	Self- Raising Flour [Wheat Flour, Raising Agents (450, 500), Caster Sugar, Apple Diced, Canola Oil, Egg , Pre-Mix (Cane sugar, Raw Sugar, Starch 449, Polydextrose 1200, Salt, Vanilla Powder), Plain Flour [Wheat Flour, Vitamins (Thiamine, Folic Acid)], Brown Sugar, Butter

[Cream (**Milk**)], Whole Grain Oats, Cinnamon Powder.

Vegan Choc Raspberry (v) (vg)	\$7.00	Self- Raising Flour [Wheat Flour, Raising Agents (450, 500)], Raspberries, Canola oil, Coconut Milk [Australian water, Coconut cream (15%), Raw sugar, Vegetable protein, Stabilizers (415, 418), Natural flavor], Caster sugar, Pre-Mix (Cane sugar, Raw Sugar, Starch 449, Polydextrose 1200, Salt, Vanilla Powder), Vegan dark chocolate [Sugar, Vegetable fat, Cocoa powder, Emulsifier (Soy Lecithin E322), Natural flavoring, Canola oil], Coconut fine(Coconut, Preservative E220 Sulphite), Gluten Free Baking powder (Rice flour, Sodium acid pyrophosphate (450), Sodium bicarbonate (500)).
Vegan Banana Caramel (v) (vg)	\$7.00	Self- Raising Flour [Wheat Flour, Raising Agents (450, 500)], Canola oil, Coconut Milk [Australian water, Coconut cream (15%), Raw sugar, Vegetable protein, Stabilisers (415, 418), Natural flavour], Caster sugar, Banana, Vegan Caramel [Coconut Cream (Fresh coconut cream (99.9%), Xanthan Gum E415, Guar Gum E412), Brown sugar, Gateau Gold (Vegetable fats and oils, Emulsifier (435), Antioxidant (307b), Flavours and colour (160a)), Salt], Pre-Mix (Cane sugar, Raw Sugar, Starch 449, Polydextrose 1200, Salt, Vanilla Powder), Coconut fine (Coconut, Preservative 220 – Sulphite), Gluten Free Baking powder (Rice flour, Sodium acid pyrophosphate (450), Sodium bicarbonate (500)).
Gluten Free Apple and Cinnamon (v) [GF]	\$7.00	Gluten Free Self raising Flour [Starch (Maize, Tapioca), Rice Flour, Vegetable Gums (464, 415), Raising agents (450, 500)], Diced Apple [Apple, Antioxidant (300), Mineral salt (509), Food Acid (330)], Sugar, Canola oil, Whole Egg, Pre-Mix (Cane sugar, Raw Sugar, Starch 449, Polydextrose 1200, Salt, Vanilla Powder), Cinnamon.
Gluten Free Blueberry (v) [GF]	\$7.00	Gluten Free Self raising Flour [Starch (Maize, Tapioca), Rice Flour, Vegetable Gums (464, 415), Raising agents (450, 500)], Sugar, Canola Oil, Blueberries, Whole Egg, Pre-Mix (Cane sugar, Raw Sugar, Starch 449, Polydextrose 1200, Salt, Vanilla Powder).

BANANA BREAD

Banana Bread (v)	\$5.00	Self-raising flour [Wheat flour , Acidity regulators (339), Sugar, Banana, Canola Oil, Egg , Pre-Mix (Cane sugar, Raw Sugar, Starch 449, Polydextrose 1200, Salt, Vanilla Powder), Cinnamon powder.
Carrot, Walnut, & Pumpkin Seed Banana Bread (v)	\$5.00	Self-raising flour [Wheat flour , Acidity regulators (339,341,450,500)], Brown sugar (Cane sugar), Carrots, Egg , Canola Oil, Yoghurt (Milk , Milk solids , Buttermilk powder, Mineral salts (452), Emulsifier (471), Soy flour , Yoghurt cultures), Walnuts , Pre-Mix (Cane sugar, Raw Sugar, Starch 449, Polydextrose 1200, Salt, Vanilla Powder), Cinnamon powder, Nutmeg.

Walnut Banana Bread (v)	\$5.00	Self-raising flour [Wheat flour , Acidity regulators (339,341,450,500)], Brown sugar (Cane sugar), Banana, Canola Oil, Egg , Walnuts , Pre-Mix (Cane sugar, Raw Sugar, Starch 449, Polydextrose 1200, Salt, Vanilla Powder), Cinnamon powder.
Vegan Banana Bread (v) (vg)	\$6.00	Self-raising flour [Wheat flour, Acidity regulators (339)], Sugar, Coconut Milk [Australian water, Coconut cream (15%), Raw sugar, Vegetable protein, Salt, Stabilizer (415, 418), Natural Flavour], Canola Oil, Banana, Pre-Mix (Cane sugar, Raw Sugar, Starch 449, Polydextrose 1200, Salt, Vanilla Powder), Baking Powder [Raising agents (450, 500, 541), Mineral Salt (170), Maize starch], Cinnamon powder.

VEGAN/GLUTEN FREE CAKES

Fruit, Nut & Seed Cake (v) (vg) [GF]	\$8.00	Coconut Milk [Water, Coconut extract, thickener (E1442), stabilizers (E466, E407, E410, E412 & E415) emulsifier (E435), Preservative (E223)], Gluten Free Self Raising Flour [Starch (Maize, tapioca), Rice Flour, Vegetable Gum(464, 415), Raising agents (450, 500)], Fig, Canola Oil, Dates, Brown Sugar, Pre Mix (Caster Sugar, Brown sugar, Starch 449, Polydextrose 1200, Salt, Vanilla Powder), Walnuts , Almond Meal, Coconut Fine (coconut, preservative 220- Sulphites), Pumpkin Seeds, Sunflower Seeds, Sesame Seeds, Gluten Free Baking Powder [Rice Flour, Sodium Acid Pyrophosphate (450), Sodium Bicarbonate (500)], Cinnamon Powder.
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GLUTEN FREE FRIANDS

Blueberry Friand (v) [GF]	\$8.00	Egg Pulp, Caster Sugar, Butter (Cream (Milk)), Almond Meal, Raspberry, Gluten Free Self-raising Flour (Starch (Maize, tapioca), Rice Flour, Vegetable Gum(464, 415), Raising agents (450, 500)), Canola Oil, Glaze [Water, Glucose (Preservative 220- Sulphite), Sugar, Vegetable gum (440), Acidity regulator (330), Preservative (202), Emulsifier (435)].
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GLUTEN FREE SLICES

Choc & Walnut Brownie Slice [GF]	\$7.50	Caster Sugar, Unsalted Butter [Cream], Egg, Cream Cheese [Pasteurised Cream, Mineral Salt (450,500), Thickener (400)], Walnuts, Dark Compound Chocolate [Sugar, Vegetable Fat, Cocoa Powder, Emulsifier (322), Ethyl Vanillin, Vanilla Flavouring], Gluten Free Flour [Tapioca Starch, Rice Flour, Potato Starch, Modified Tapioca Starch, Dextrose Monohydrate, Thickeners (466, 464) Vegetable Emulsifier (461) Vegetable Gum (415)], Cocoa Powder.
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Salted Caramel Fudge Slice [GF]	\$7.50	Full Cream Sweetened Condensed Milk , Brown Sugar, Gluten Free Flour [Tapioca Starch, Rice Flour, Potato Starch, Modified Tapioca Starch, Dextrose Monohydrate, Thickeners (466, 464) Vegetable Emulsifier (461) Vegetable Gum (415)], Unsalted Butter [Cream], Golden Syrup [Cane Sugar Syrup], Dark Compound Chocolate [Sugar, Vegetable Fat, Cocoa Powder, Emulsifier (322), Ethyl Vanillin, Vanilla Flavouring], Egg, Canola Oil [Canola Oil, Antioxidant (319), Antifoaming Agent (900a)], Water, Cocoa Powder, Salty Caramel Sauce [Sugar, Water, Dextrose, Milk Solids, Thickener (1422), Salt (1.5%), Natural Flavour, Caramelised Sugar, Preservative (202), Vanilla Essence.
Caramel and Roast Peanut Slice [GF]	\$7.50	Full Cream Sweetened Condensed Milk, Brown Sugar, Unsalted Butter [Cream], Gluten Free Flour [Tapioca Starch, Rice Flour, Potato Starch, Modified Tapioca Starch, Dextrose Monohydrate, Thickeners (466, 464) Vegetable Emulsifier (461) Vegetable Gum (415)], Dark Compound Chocolate [Sugar, Vegetable Fat, Cocoa Powder, Emulsifier (322), Ethyl Vanillin, Vanilla Flavouring], Egg, Golden Syrup [Cane Sugar Syrup], Roasted Peanuts, Canola Oil [Canola Oil, Antioxidant (319), Antifoaming Agent (900a)], Cocoa Powder, Vanilla Essence, Water.

FRUIT SALAD CUPS	\$9.50	Mixed Fruit
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LEGEND (v) **Vegetarian**
 (vg) **Vegan**
 [GF] **Gluten Free**