

# Nutritional information (values per portion size) & Allergens



Please note that our menu is made daily from scratch in our shop kitchens. Each product therefore differs slightly from our standard recipe. The values below are approximate and correct to our knowledge at the time of going to print.

ALLERGEN PRESENT

## Category: Breakfast

Please note we use nuts and sesame seeds widely in our kitchens.

Nutritional Data										Allergens															
Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (g)	Cereals containing gluten: wheat, rye, barley, oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts: almonds, hazelnuts, walnuts, cashews, pecan nuts, pistachios, macadamia nuts and Queensland nuts	Celery	Mustard	Sesame	Sulphur dioxide/ sulphites	Lupin	Molluscs	Lacto - Ovo Vegetarians	Vegans
Bagel - Avocado v ve	166.0	420.0	16.0	2.0	53.4	4.6	13.4	7.4	0.3	wheat, rye, barley														Y	Y
Bagel - Bacon & Egg, Toms Multigrain	169.0	502.0	21.0	4.0	54.0	6.0	21.6	5.4	0.3	wheat, rye, barley														N	N
Bagel - Bacon Buttie Multigrain	116.0	464.1	17.0	3.1	52.4	4.6	20.7	4.9	0.2	wheat, rye, barley														N	N
Bagel - Buttered Multigrain v	122.0	342.0	10.0	1.0	49.6	5.6	12.9	5.8	0.2	wheat, rye, barley														Y	N
Bagel- Egg & Roasted Toms Multigrain v	154.0	440.0	16.0	2.0	51.0	7.0	17.2	6.2	0.2	wheat, rye, barley														Y	N
Bagel - Lite Cream Cheese Multigrain v	157.0	400.0	12.0	3.0	51.4	6.3	16.6	5.8	0.2	wheat, rye, barley														Y	N
Bagel - Marmite Multigrain v	122.0	367.0	10.0	1.0	53.6	4.4	13.4	5.1	0.2	wheat, rye, barley														Y	N
Bagel - Plain Multigrain v ve	115.0	323.0	6.0	1.0	52.2	4.4	12.4	4.9	0.1	wheat, rye, barley														Y	Y
Bagel - Peanut butter v ve	130	415	13	2	54	5	16	5	0.2	wheat, rye, barley														Y	Y
Bagel - peanut butter & banana v ve	166	460	14	2	63	12	17	6	0.2	wheat, rye, barley														Y	Y
Bagel - Smoked Salmon & Lite Cream Cheese Multigrain	187.0	455.0	15.0	3.0	53.4	4.9	21.8	4.9	0.2	wheat, rye, barley														N	N
Honey & Banana Granola Bowl v	233.0	292.0	5.0	2.1	54.6	41.0	10.0	3.5	0.1	oats							almonds							Y	N
Honey & Chia v gf	115	137.0	5.0	1.1	16.9	16.3	7.4	2.1	0.1								pistachio							Y	N
Mixed Berry & Granola Bowl v	192.0	214.0	5.0	2.0	36.0	23.1	9.5	3.3	0.1	oats							almonds							Y	N
Egg Mayo Tomato Pretzel Roll v	148.0	337.0	14.0	2.0	35.4	4.9	14.9	2.9	0.6	wheat														Y	N
Farmhouse Bacon & Smokey Ketchup Pretzel Roll	126.0	343.0	12.0	3.0	36.6	6.2	20.7	0.0	1.4	wheat														N	N
Ruby Red Chia v gf	125	129	4	1	17	15	6	2	0.1															Y	N
Spiced Apple Granola Bowl v	210	227.0	5.0	2.0	36.7	23.4	9.5	3.3	0.1	oats							almonds							Y	N
Porridge v	280	235	9	5	29	8	9	2	0	oats														Y	N
Scrambled Eggs v	165	256	18	6.0	2	2	21	0.0	0.8															Y	N
Light Choc pot	115	114	4	1	15	14	6	0	0								Pistachio							Y	N

Category: Salad Bowls

Nutritional Data										Allergens																
Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (g)	Cereals containing gluten: wheat, rye, barley, oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts: almonds, hazelnuts, walnuts, cashews, pecan nuts, pistachios, macadamia nuts and Queensland nuts	Celery	Mustard	Sesame	Sulphur dioxide/ sulphites	Lupin	Molluscs	Lacto - Ovo Vegetarians	Vegans	
Tuna & salmon courgetti poke	340	189	10	2	8	6	17	3	0	Wheat															N	N
Avo, veggie dumpling & courgetti poke	380	259	20	4	30	9	11	6	0	Wheat															Y	Y
Chargrilled chicken & rice poke	385	487	9	3	80	3	20	5	3	Wheat															N	N
Chargrilled Chicken & Courgetti Poke	350	169	7	3	10	6	17	3	0	Wheat															N	N
Tuna & salmon rice poke	385	508	11	3	80	2	20	5	3	Wheat															N	N
King Shrimp Rice Poke	385	475	7	2	80	2	20	5	2	Wheat															N	N

Category: Salad & Salad Pots

Note that nutritional and intolerance data excludes separate dressing pots. Asterix refers to dressing table.

Nutritional Data										Allergens																
Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (g)	Cereals containing gluten: wheat, rye, barley, oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts: almonds, hazelnuts, walnuts, cashews, pecan nuts, pistachios, macadamia nuts and Queensland nuts	Celery	Mustard	Sesame	Sulphur dioxide/ sulphites	Lupin	Molluscs	Lacto - Ovo Vegetarians	Vegans	
Chicken - Wild Rice & Fresh Herbs gf **	328	288	4.0	1.0	46.7	1.6	16.4	3.8	0																N	N
King Shrimp Wild Rice & Herbs	300	279	3	1	46	1	17	4	1																N	N
Tuna & Salmon Wild Rice & Herbs	300	236	8	1	44	1	18	4	0																N	N
Veggie Gyoza & Avocado Wild Rice & Herbs V	330	376	16	2	66	4	11	6	0	Wheat															Y	N
Chicken Katsu on rice**	327	487	14	5	63	0	24	4	0.2																N	N
Crab Power Pot gf	125.0	221	17	1	5	1.5	9.0	2.2	0.3																N	N
Edamame Beans v ve gf	138.0	134	6.1	1.0	0.0	0.0	11.5	4.2	0.0																Y	Y
Rare Miso Salmon on Rice gf ***	320	390	9	0	58	4	15	5	0.5																N	N
Sesame Seaweed Salad v ve	75.0	39	1.1	0.2	7.5	4.5	0.6	0.0	0.0	wheat															Y	Y
Teriyaki Chicken on Rice gf ***	339	433	7	1	62	8	27	5	0.7																N	N
Tuna & Salmon Tartare on Rice gf ***	330	433	11	1	58	4	22	5	0.5																N	N
Veggie Dumpling on Rice v ve ***	368	453	16	1	91	9	18	6	0.0	wheat															Y	Y
Boiled Egg gf	75	110	8	2	0	0	9	0	0.2																Y	N
Chargrilled Chicken gf	60	71	2	0	1	1	13	0	0																N	N
Teriyaki Salmon Power Pot gf	110	127	4	0	3	2	7	0	0																N	N
Chargrilled Chicken Salad	215	272	16	4	10	3	21	4	0																N	N
Thai Chicken Salad	235	339	23	4	7	2	25	3	0																N	N
Veggie Salad	195	255	17	4	9	2	13	5	0																Y	N

Category: Sushi

Nutritional Data										Allergens																
Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (g)	Cereals containing gluten: wheat, rye, barley, oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts: almonds, hazelnuts, walnuts, cashews, pecan nuts, pistachios, macadamia nuts and Queensland nuts	Celery	Mustard	Sesame	Sulphur dioxide/ sulphites	Lupin	Molluscs	Lacto - Ovo Vegetarians	Vegans	
California Crab*	281.8	389.0	19.2	2.1	38.6	0.1	40.6	5.7	0.2																N	N
Chicken katsu Salad*	341	534	18	7	64	2	28	4	0.2	Wheat															N	N
Clean & Green v ve*	440	500	24	3	73	14	13	5	0.6	Wheat															Y	Y
The Londoner*	416	505	21	4	56	4	22	6	0.3	Wheat															N	N
Kickin' Chicken*	416	572	20	5	65	11	28	6	0.2	Wheat															N	N
Lucky 13™*	416.0	500	17.2	1.2	55.4	0.1	38.4	6.2	0.1																N	N
River Run™*	394.5	452	15.2	1.1	53.8	1.2	37.1	4.3	0.2																N	N
Salmon, Avocado & Chives	283.0	359	14.2	1.2	36.9	0.3	16.0	5.8	0.1																N	N
Salmon Nigiri	268.5	338	9.1	0.3	39.3	0.0	18.7	3.8	0.1																N	N
Simply Salmon™*	350.4	440	13.0	1.2	55.2	1.3	19.6	5.8	0.1																N	N
Super Omega 3™*	486.1	546	18.3	1.3	63.9	3.3	29.5	4.0	0.3	wheat															N	N
Tuna & Salmon Maki	221.0	265	10.4	1.8	26.6	0.1	26.1	4.6	0.1																N	N

Note that nutritional and intolerance data excludes wasabi sachet (no allergen), soy sauce (wheat and soybeans), data excludes separate dressing pots. Asterisk refers to dressing table.

Category: Shwraps®

Nutritional Data										Allergens																	
Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (g)	Cereals containing gluten: wheat, rye, barley, oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts: almonds, hazelnuts, walnuts, cashews, pecan nuts, pistachios, macadamia nuts and Queensland nuts	Celery	Mustard	Sesame	Sulphur dioxide/ sulphites	Lupin	Molluscs	Lacto - Ovo Vegetarians	Vegans		
Avocado & Ginger Shwrap® v ve gf	122.5	174.2	4.0	1.0	29.4	0.7	2.9	3.2	0.0																Y	Y	
California Salad Shwrap® gf	142.8	202.0	7.0	1.0	30.0	0.3	4.2	2.1	0.0																	N	N
Miso Tuna Shwrap® gf	135	194	4	0	31	2	8	2	0.0																	N	N
Philly Shwrap®	122.5	183.0	4.1	1.0	27.8	0.1	7.3	1.8	0.0																	N	N
Sweet Chilli Salmon & Fresh Dill Shwrap® gf	135.0	212	7.3	1.1	29.4	0.5	7.1	1.0	0.0																	N	N
Teriyaki Chicken Shwrap® gf	122.5	166.0	1.1	0.1	30.2	1.3	8.4	2.1	0.0																	N	N

### Category: Wraps

Nutritional Data										Allergens																
Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (g)	Cereals containing gluten: wheat, rye, barley, oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts: almonds, hazelnuts, walnuts, cashews, pecan nuts, pistachios, macadamia nuts and Queensland nuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs	Lacto - Ovo Vegetarians	Vegans	
BBQ Chicken Wrap	260.0	456	13	5	46	6	38	3	0.1	wheat, barley															N	N
Green Thai Chicken Wrap	260.0	563.4	24.6	4.4	44.3	3.4	38.4	4.4	0.2	wheat															N	N
Teriyaki Salmon Wrap	230	419	19	5	46	5	15	5	0.2	Wheat															N	N
Sweet Chilli Salmon Wrap	230.0	379	12	3	48	7	16	4	0.1	wheat															N	N
Miso Avocado Wrap v	252	481	25	6	49	8	12	7.2	0.0	wheat															Y	Y
Tuna & Egg Wrap	250.0	572.0	31.4	5.0	44.7	3.6	25.9	3.2	0.5	wheat															N	N

### Category: Dressing/Sauces

Nutritional Data										Allergens																
Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (g)	Cereals containing gluten: wheat, rye, barley, oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts: almonds, hazelnuts, walnuts, cashews, pecan nuts, pistachios, macadamia nuts and Queensland nuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs	Lacto - Ovo Vegetarians	Vegans	
Honey Pot v gf	20.0	40.3	0.0	0.0	10.7	10.7	0.1	0.0	0.0																Y	N
Hot Chilli v ve gf	25.0	22.3	0.3	0.0	4.6	3.9	0.3	0.2	0.0																Y	Y
Mixed Berry Compote v ve gf	50.0	47.5	0.2	0.0	10.9	8.3	0.3	1.2	0.0																Y	Y
Peanut butter	20	122	10	1	3	1	5	0	0.01																Y	Y
Sweet Chilli & Sesame v ve gf *	25	49	2	7	6	6	0	0	0																Y	Y
Soy Sauce v ve	25.0	15.0	0.0	0.0	1.8	0.0	2.0	0.0	5.4	wheat															Y	Y
Spiced Fruit Compote v ve gf	50.0	40.0	0.1	0.0	0.3	8.2	0.3	0.6	0.0																Y	Y
Teriyaki Sauce v ve gf ***	25.0	42.0	0.0	0.0	5.8	5.6	0.2	0.0	1.9																Y	Y
Nuoc Cham gf	55	60	0	0	13	12	2	0	2																Y	Y
Fresh Herb gf	55	43	2	0	4	3	2	0	1																Y	Y
Soy, Sesame & Ginger gf	55	139	8	1	16	13	0	0	0																Y	Y
Sweet Chilli & Sesame	55	107	5	1	16	14	0	0	0																Y	Y
Yoghurt & Mint v gf **	55	100	10	1	3	2	1	0	0.4																Y	N
Crispy Onions	10	58	4	2	4	2	1	0	0	Wheat															Y	Y

Gluten Free Soy Sauce available behind the counter.

Category: Noodles, Rice & Sides

Nutritional Data										Allergens																
Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (g)	Cereals containing gluten: wheat, rye, barley, oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts: almonds, hazelnuts, walnuts, cashews, pecan nuts, pistachios, macadamia nuts and Queensland nuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs	Lacto - Ovo Vegetarians	Vegans	
Chicken Katsu Yakisoba-Noodles	567	708	25	8	84	22	39	6	1	Wheat															N	N
Veggie Gyoza Yakisoba-Noodles	500	514	18	2	96	26	22	6	1	Wheat															Y	N
Sweet Chilli Chicken Noodles	570	626	16	3	102	26	41	0	1	Wheat															N	N
Teriyaki Chicken noodles	580	592	12	2	93	22	50	0	1	Wheat															N	N
BBQ Chicken Noodles	580	639	18	4	70	4	56	6	1	Wheat															N	N
Thai Chicken Brown Rice	380	378	13	6	42	6	24	7	1																N	N
Teriyaki Chicken Brown Rice	380	403	8	3	49	13	34	6	0.9																N	N
Veggie Gyoza brown Rice V	340	438	16	2	77	26	15	5	0.2	Wheat															Y	Y
Chicken Katsu White Rice*	526	746	20	7	103	2	36	7	1	Wheat, Barley															N	N
Chicken Curry White Rice*	500	561	7	1	88	3	34	7	0.05	Wheat															N	N
Sweet Chilli Chicken White Rice	650	758	14	2	118	30	34	7	0.2																N	N
Curry Sauce Pot	175	195	17	9	13	5	3	0	0.02	Wheat															Y	N
Gyoza Pot V	90	74	6	0	20	3	5	0	0.02	Wheat															Y	Y

\* Nutritionals excludes separate curry sauce

Category: Soups

Nutritional Data										Allergens																
Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (g)	Cereals containing gluten: wheat, rye, barley, oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts: almonds, hazelnuts, walnuts, cashews, pecan nuts, pistachios, macadamia nuts and Queensland nuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs	Lacto - Ovo Vegetarians	Vegans	
Chargrilled Chicken	480	278	7	1	29	3	25	3	1.52	wheat															N	N
Miso v ve	320	70	3	1	6	0	5	0	0.93																Y	Y
Chicken Hug	530	371	22	10	10	8	31	6	0.69																N	N
Coconut Chicken	480	365	15	7	32	6	25	3	0.61	wheat															N	N
Veggie Dumpling v	475	294	11	0	43	4	18	3	0.91	wheat															Y	N
Miso Salmon	470	349	16	8	33	5	16	3	0.9	wheat															N	N

Category: Popcorn/Popchips

Nutritional Data										Allergens																
Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (g)	Cereals containing gluten: wheat, rye, barley, oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts: almonds, hazelnuts, walnuts, cashews, pecan nuts, pistachios, macadamia nuts and Queensland nuts	Celery	Mustard	Sesame	Sulphur dioxide/ sulphites	Lupin	Molluscs	Lacto - Ovo Vegetarians	Vegans	
Cocoa Popcorn	30	139	6	5	18	8	2	2	0.07																Y	Y
Salty Popcorn	20	99	6	5	9	0	1	1	1																Y	Y
Sweet & Salty Popcorn	27	128	6	5	15	5	1	1	1																Y	Y
Salt Popchips	23	95	3	0	14	0	1	1	1																Y	Y
BBQ Popchips	23	97	4	0	14	2	1	1	0																	
Salt & vinegar Popchips	23	95	3	0	15	0	1	1	1																Y	Y
Sour Cream & Onion Popchips	23	95	3	0	15	1	1	1	0																Y	Y

Category: Snacks

Nutritional Data										Allergens																
Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (g)	Cereals containing gluten: wheat, rye, barley, oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts: almonds, hazelnuts, walnuts, cashews, pecan nuts, pistachios, macadamia nuts and Queensland nuts	Celery	Mustard	Sesame	Sulphur dioxide/ sulphites	Lupin	Molluscs	Lacto - Ovo Vegetarians	Vegans	
Caramel Shortcake v	65.0	326.0	18.0	12.0	38.6	25.7	2.8	0.4	0.1	wheat															Y	N
Chilli & Lemon Nuts v ve gf	25.0	126.0	3.9	2.9	22.8	3.6	2.1	0.7	0.0																Y	Y
Chocolate Brownie v gf	25.0	293.0	17.0	11.0	31.6	26.22	3.1	2.1	0.1																Y	N
Frozen Yoghurt - Rainbow sunflower seeds v gf	125.0	169	2	0	31	30	5	0	0																Y	N
Frozen Yoghurt - Apple & Cinnamon v gf	140.0	162.0	0.0	0.0	28.2	27.3	4.3	0.2	0.0																Y	N
Frozen Yoghurt - Mix Berries v gf	140.0	167.0	0.0	0.0	30.8	30.1	4.3	0.5	0.0																Y	N
Frozen Yoghurt - Naked v gf	120.0	138.0	0.0	0.0	24.5	24.0	4.2	0.0	0.0																Y	N
Granola Slice	60.0	247.0	11.0	5.0	31.7	20.2	4.6	3.2	0.0	wheat, oats															Y	N
Honey Coated Cashew v ve gf	40.0	209.0	10.8	2.1	23.3	17.5	4.2	0.7	0.0								cashews								Y	N
Mixed Nuts v ve gf	35.0	129.0	12.4	1.0	1.3	0.8	4.0	1.4	0.0								cashews, walnuts, hazelnuts, almonds								Y	Y
Maple & Pecan v	70.0	354.0	21.0	8.0	37.1	18.0	3.5	2.6	0.2	wheat, oats							pecan								Y	N
Rainbow Sunflower Seeds v gf	50.0	267.0	15.4	5.1	26.5	21.9	4.2	2.6	0.0																Y	N
Yoghurt Cranberries v gf	45.0	190.0	10.4	6.5	23.3	20.6	1.9	1.5	0.0																Y	N
Chocolate & Yoghurt Edamame v gf	40g	207	10	5	19	15	8	3	0																Y	N
Caramel & Sesame Peanuts v ve gf	30g	149	9	1	15	13	5	2	0																Y	Y

Category: Platters Breakfast

Nutritional Data										Allergens																
Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (g)	Cereals containing gluten: wheat, rye, barley, oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts: almonds, hazelnuts, walnuts, cashews, pecan nuts, pistachios, macadamia nuts and Queensland nuts	Celery	Mustard	Sesame	Sulphur dioxide/ sulphites	Lupin	Molluscs	Lacto - Ovo Vegetarians	Vegans	
Best of Pretzel Rolls	804	2044	80.3	16.4	220.9	38.2	101.9	0	4.13	Wheat															N	N
Pretzel Rolls - Bacon	720	2061.53	72.3	20.7	229.6	47.2	114.6	0	4.41	wheat															N	N
Pretzel Rolls - Veggie	888	2022	84	12	212.4	29.4	89.4	17.4	3.6	wheat															Y	N
Best of Breakfast Bagels	878	2355	89.9	18.7	268.3	26.5	100.4	28.1	1.18	Wheat, Rye, Barley.															N	N
Luxury Smoked salmon & Cream Cheese Bagels	935	2276	79.6	19.4	267	24.8	109.3	24	1.13	Wheat, Rye, Barley															N	N
Signature Avocado Bagels	830	2101	79.5	13.7	267.3	23.1	67.19	37	1.4	Wheat, Rye, Barley															Y	N
Bacon, Egg & tomato Bagels	845	2510	105	20	270	30	108	27	1.5	Wheat Rye, Barley															N	N
Veggie Bagels	853	2121	77.4	13.9	268.1	25.9	76.1	30	1.16	Wheat, Rye, Barley															Y	N

Category: Platters Lunch

Nutritional Data										Allergens																
Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (g)	Cereals containing gluten: wheat, rye, barley, oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts: almonds, hazelnuts, walnuts, cashews, pecan nuts, pistachios, macadamia nuts and Queensland nuts	Celery	Mustard	Sesame	Sulphur dioxide/ sulphites	Lupin	Molluscs	Lacto - Ovo Vegetarians	Vegans	
Best of Bagels	1123	2490	90	12	287	26	118	28	5	Wheat, Rye Barley															N	N
Best of Veggie Bagels	1064	2196	85	13.6	266	23.7	78.1	32.5	3.4	wheat, oats															Y	N
Wrap classics	1500	2554	113	25	237	28	136	22	0.8	wheat, barley															N	N
Best of Veggie Wraps	1500	3138	164	39	321	44	78	45	6.5	Wheat															Y	N
Best of Sushi	1300	1810	68	8	190	1	116	27	3	wheat															N	N
Best of Veggie Sushi	1070	2365	113	14	285	63	93	31	0.3	Wheat															Y	Y
"All cooked" Sushi	1300	2077	95	20	209	31	117	19	0.6	Wheat															N	N
Best of Shwraps	811	1544	49	7.4	178	4.2	75.1	26.3	4.67	Barley															N	N
Luxury Sashimi	790	1035	51.95	3.68	7.53	3.6	113.7	10.9	0.37	Wheat															N	N
Brownie Bag	361	1178.49	69	47.7	127	105.3	12.5	8.6	0.4																Y	N
Caramel Shortcake Bag	260	1310.20	73	49.3	155	103.3	11.4	1.8	0.55	Wheat															Y	N
Maple & Pecan Bag	280	1421	84.3	32.5	148	72.4	14.3	10	0.8	Wheat, Oats															Y	N
Granola Bag	396	1075	51.1	25	138	88.2	20.3	14	0.26	Wheat, Oats															Y	N