

... more than just cake

## Sticky Toffee Cake

### Nutrition Information:

Servings per cake: 1

Serving size: 85g- approx.

	average qty per serve	average qty per 100g
<b>Energy</b>	1010 kJ	1130 kJ
<b>Protein</b>	3.3 g	3.7 g
<b>Fat, total</b>	4.2 g	4.6 g
- saturated	2.4 g	2.7 g
<b>Carbohydrate</b>	46 g	51.1 g
- sugars	33.3 g	37 g
<b>Sodium</b>	297 mg	330 mg

**Ingredients:** water, organic flour, dates (17%), caramel (sugar, water, glucose syrup, vegetable fat, milk solids, humectant (422), thickener (1422), emulsifier (471, 322), salt, flavours, vegetable gum (401), preservative (202), colours (150d, 110, 102), sugar, free range eggs, unsalted butter, raising agent (rice flour, sodium acid pyrophosphate (450), sodium bi-carb (500)), glaze (fructose, sugar, water, glucose syrup, vegetable gum (440), food acid (330) preservative (202), mineral salt (509)), spice

**Allergens:** contains dairy, gluten, sulphites, soy. May contain traces of peanuts and / or tree nuts

## Moroccan Orange Cake- GF\*

### Nutrition Information:

Servings per cake: 1

Serving size: 150g- approx.

	average qty per serve	average qty per 100g
<b>Energy</b>	2110 kJ	1400 kJ
<b>Protein</b>	6.7 g	4.4 g
<b>Fat, total</b>	21.6 g	14.4 g
- saturated	3.3 g	2.2 g
<b>Carbohydrate</b>	68.2 g	45.5 g
- sugars	47.7 g	31.8 g
<b>Sodium</b>	191 mg	127 mg

**Ingredients:** sugar, whole orange, (28.8%), gluten free flour (potato starch, maize starch, tapioca, rice flour, vegetable gums (464, 415, 412), almond meal, free range eggs, canola oil (non GM), pure orange juice, pure icing sugar, cream cheese (milk, cream, salt, vegetable gums (415, 412, 410), cultures), unsalted butter, pistachio nuts, xanthan gum, vanilla, spice.

**Allergens:** contains dairy, nuts. May contain traces of peanuts and / or tree nuts

## Chocolate Date & Brazil Cake- GF\*

### Nutrition Information:

Servings per cake: 1

Serving size: 110g- approx.

	average qty per serve	average qty per 100g
<b>Energy</b>	2000 kJ	1820 kJ
<b>Protein</b>	7.6 g	6.9 g
<b>Fat, total</b>	20.4 g	18.5 g
- saturated	6.5 g	6 g
<b>Carbohydrate</b>	63.4 g	57.7 g
- sugars	51.9 g	47.1 g
<b>Sodium</b>	60 mg	54 mg

**Ingredients:** sugar, Belgian dark chocolate (21%) (cocoa mass, sugar, cocoa butter, emulsifier (322), natural vanilla) dates (16.2%), almonds, cornflour (maize), cream (pasturised cream, gelatine (halal), vegetable gums (412, 410, 407a), ganache (cream (pasturised cream, gelatine (halal), vegetable gums (412, 410, 407a), Belgian dark chocolate (cocoa mass, sugar, cocoa butter, emulsifier (322), natural vanilla), canola oil (non GM), glucose), brazil nuts (3.6%), canola oil (non GM), glucose, xanthan gum, cocoa 20/22, pure icing sugar

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## Lemon Delicious Cake

<b>Nutrition Information:</b>		
Servings per cake: 1		
Serving size: 95g- approx.		
	average qty per serve	average qty per 100g
<b>Energy</b>	1540 kJ	1920 kJ
<b>Protein</b>	3.8 g	4.8 g
<b>Fat, total</b>	24.7 g	30.9 g
- saturated	7.9 g	9.9 g
<b>Carbohydrate</b>	32.3 g	40.4 g
- sugars	22.4 g	28 g
<b>Sodium</b>	108 mg	136 mg

**Ingredients:** organic flour, canola oil (non gm), sugar, free range egg, milk, cream (pasturised cream, gelatine (halal), vegetable gums (412, 410, 407a), ganache (cream (pasturised cream, gelatine (halal), vegetable gums (412, 410, 407a), Belgian white chocolate (sugar, whole milk powder, cocoa butter, emulsifier (322), natural vanilla), canola oil (non GM), glucose), raising agent (rice flour, sodium acid pyrophosphate (450), sodium bi-carb (500)), lemon juice (100%reconstituted lemon juice, preservative(223), antioxidant(300), sodium bi-carb (500)), Belgian dark chocolate (cocoa mass, sugar, cocoa butter, emulsifier (322), natural vanilla)

**Allergens:** contains dairy, gluten, nuts, spice. May contain traces of peanuts and / or tree nuts

## Chocolate & Caramel Cake

<b>Nutrition Information:</b>		
Servings per cake: 1		
Serving size: 80g- approx.		
	average qty per serve	average qty per 100g
<b>Energy</b>	1340 kJ	1780 kJ
<b>Protein</b>	3.7 g	4.9 g
<b>Fat, total</b>	16.3 g	21.7 g
- saturated	5.9 g	7.9 g
<b>Carbohydrate</b>	39.1 g	52.1 g
- sugars	27.3 g	36.4 g
<b>Sodium</b>	150 mg	201 mg

**Ingredients:** organic flour, sugar, milk, canola oil (nonGM), free range eggs, brown sugar, Belgian dark chocolate (5%) (cocoa mass, sugar, cocoa butter, emulsifier (322), natural vanilla), cocoa powder 20/22% (3.9%), raising agent (rice flour, sodium acid pyrophosphate (450), sodium bi-carb (500)), bi-carb soda, chocolate ganache (cream (pasturised cream, gelatine (halal), vegetable gums (412, 410, 407a), Belgian dark chocolate (cocoa mass, sugar, cocoa butter, emulsifier (322), natural vanilla), canola oil (non GM), glucose), caramel (sugar, water, glucose syrup, vegetable fat, milk solids, humectant (422), thickener (1422), emulsifier (471, 322), salt, flavours, vegetable gum (401), preservative (202), colours (150d, 110, 102), Belgian white chocolate (sugar, whole milk powder, cocoa butter, emulsifier (322), soy lecithin, natural vanilla,

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## Double Chocolate Mud Cake

<b>Nutrition Information:</b>		
Servings per cake: 1		
Serving size: 80g- approx.		
	average qty per serve	average qty per 100g
<b>Energy</b>	1370 kJ	1830 kJ
<b>Protein</b>	4.1 g	5.4 g
<b>Fat, total</b>	17.4 g	23.3 g
- saturated	5 g	6.7 g
<b>Carbohydrate</b>	38 g	50.7 g
- sugars	24.3 g	32.5 g
<b>Sodium</b>	142 mg	189 mg

**Ingredients:** organic flour, sugar, milk, canola oil (nonGM), free range eggs, brown sugar, Belgian dark chocolate(30%) (cocoa mass, sugar, cocoa butter, emulsifier (322), natural vanilla), cocoa powder 20/22% (3.9%), raising agent (rice flour, sodium acid pyrophosphate (450), sodium bi-carb (500)), bi-carb soda, chocolate ganache (cream (pasturised cream, gelatine (halal), vegetable gums (412, 410, 407a), Belgian dark chocolate (cocoa mass, sugar, cocoa butter, emulsifier (322), natural vanilla), canola oil (non GM), glucose), caramel (sugar, water, glucose syrup, vegetable fat, milk solids, humectant (422), thickener (1422), emulsifier (471, 322), salt, flavours, vegetable gum (401), preservative (202), colours (150d, 110, 102), Belgian white chocolate (sugar, whole milk powder, cocoa butter, emulsifier (322), soy lecithin, natural vanilla,

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## Lamington

<b>Nutrition Information:</b>		
Servings per cake: 1		
Serving size: 100g- approx.		
	average qty per serve	average qty per 100g
<b>Energy</b>	1900 kJ	1900 kJ
<b>Protein</b>	4.8 g	4.8 g
<b>Fat, total</b>	19 g	19 g
- saturated	5.6 g	5.6 g
<b>Carbohydrate</b>	65.3 g	65.3 g
- sugars	49.4 g	49.4 g
<b>Sodium</b>	136 mg	136 mg

**Ingredients:** sugar, free range eggs, organic flour, canola oil (non GM), water, milk, cocoa powder (20/24), butter, dessicated coconut, jam (sugar, apple, vegetable gum (440), food acid (330), flavour, colours (124,122), vanilla.

**Allergens:** contains dairy, gluten, nuts, spice. May contain traces of peanuts and / or tree nuts

## Carrot Cake

<b>Nutrition Information:</b>		
Servings per cake: 1		
Serving size: 128g- approx.		
	average qty per serve	average qty per 100g
<b>Energy</b>	2200 kJ	1720 kJ
<b>Protein</b>	5.8 g	4.6 g
<b>Fat, total</b>	30.4 g	23.7 g
- saturated	5.8 g	4.6 g
<b>Carbohydrate</b>	55.8 g	43.6 g
- sugars	40.5 g	31.7 g
<b>Sodium</b>	258 mg	201 mg

### **Ingredients:**

**Ingredients:** carrot (18%), flour, canola oil (non GM), egg, brown sugar, pineapple, castor sugar, walnuts, icing sugar (sugar, starch(wheat)), cream cheese fudge icing (sugar, humectant (422), water, margarine (vegetable fat, water, salt, emulsifiers (322 soy, 471), flavour, acidity regulators (330, 500), antioxidant (306 soy), colour (160a), cream cheese powder (8%) (cream, milk solids, sugar, emulsifier (471), salt, antioxidant (306 soy), culture), milk solids, mineral salts (170 516), maize starch, gelatine, colour (171), dextrose, salt, preservative (202), cream cheese (milk, cream, salt, vegetable gums (415, 412, 410), cultures), water, dates, unsalted butter, margarine (vegetable fat and vegetable oil, emulsifiers (477, 471, soybean lecithin), antioxidant (310), flavour, colour (160)), white chocolate (sugar, whole milk powder, cocoa butter, emulsifier (322), natural vanilla, food colour (orange, green, preservative 211), raising agent (rice flour, sodium acid pyrophosphate (450), sodium bi-carb (500)), sodium bi-carb, salt.

**Allergens:** contains dairy, spice, soy, sulphites. May contain traces of peanuts and / or tree nuts

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\* please note our gluten free products are made in the same kitchen as our NON gluten free products