

... more than just cake

Chicken Avocado

Nutrition Information:

Servings per tart: 1

Serving size: 110g- approx.

	average qty per serve	average qty per 100g
Energy	1420 kJ	1290 kJ
Protein	10.8 g	9.8 g
Fat, total	21.8 g	19.8 g
- saturated	10.5 g	9.6 g
Carbohydrate	24.8 g	22.5 g
- sugars	5.8 g	5.3 g
Sodium	480 mg	436 mg

Ingredients: savoury pastry (flour, margarine (animal fat, vegetable oil, water, salt, emulsifier (471,322), acidity regulator (500), antioxidant (307b), food acid (330)), water, raising agent (500,450), emulsifier (481), preservative (202), colour (160a)), eggs, cream, milk, chicken breast (12%), avocado (6.5%), onion, cheese (pasturised milk, salt, cultures, enzyme (rennet)), salt

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

Spinach Ricotta

Nutrition Information:

Servings per tart: 1

Serving size: 110g- approx.

	average qty per serve	average qty per 100g
Energy	1360 kJ	1240 kJ
Protein	9 g	8.2 g
Fat, total	20.8 g	18.9 g
- saturated	10.3 g	9.4 g
Carbohydrate	25.2 g	22.9 g
- sugars	6.2 g	5.6 g
Sodium	498 mg	453 mg

Ingredients: savoury pastry (flour, margarine (animal fat, vegetable oil, water, salt, emulsifier (471,322), acidity regulator (500), antioxidant (307b), food acid (330)), water, raising agent (500,450), emulsifier (481), preservative (202), colour (160a)), eggs, cream, milk, fresh spinach (6.7%), fresh ricotta (7%)(whey, milk, salt, citric acid), onion,

feta cheese (pasturised milk, salt, enzyme (rennet), salt),

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

Lorraine

Nutrition Information:

Servings per tart: 1

Serving size: 110g- approx.

	average qty per serve	average qty per 100g
Energy	1460 kJ	1330 kJ
Protein	11.3 g	10.3 g
Fat, total	22.6 g	20.6 g
- saturated	11.4 g	10.3 g
Carbohydrate	25 g	22.7 g
- sugars	6 g	5.4 g
Sodium	674 mg	613 mg

Ingredients: savoury pastry (flour, margarine (animal fat, vegetable oil, water, salt, emulsifier (471,322), acidity regulator (500), antioxidant (307b), food acid (330)), water, raising agent (500,450), emulsifier (481), preservative (202), colour (160a)), eggs, cream, milk, ham (10.2%) (leg pork (74%), water, salt, food acid (325), dextrose, sucrose, mineral salts (450, 451, 452), antioxidant (316), sodium nitrate, smoked),

cheese (10%) (pasturised milk, salt, cultures, enzyme (rennet)), onion, salt.

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

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Mushroom Rocket Parmesan

Nutrition Information:

Servings per tart: 1

Serving size: 110g- approx.

	average qty per serve	average qty per 100g
Energy	1410 kJ	1280 kJ
Protein	9.4 g	8.6 g
Fat, total	21.8 g	19.9 g
- saturated	10.9 g	9.9 g
Carbohydrate	25.6 g	23.3 g
- sugars	6 g	5.5 g
Sodium	518 mg	470 mg

Ingredients: savoury pastry (flour, margarine (animal fat, vegetable oil, water, salt, emulsifier (471,322), acidity regulator (500), antioxidant (307b), food acid (330)), water, raising agent (500,450), emulsifier (481), preservative (202), colour (160a)), eggs, cream, milk, mushroom (6.4%), rocket (6.4%), parmesan cheese (6.4%) (milk, salt, cultures, enzymes), onion, salt.

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

Smoked Salmon

Nutrition Information:

Servings per tart: 1

Serving size: 110g- approx.

	average qty per serve	average qty per 100g
Energy	1480 kJ	1350 kJ
Protein	11.1 g	10.1 g
Fat, total	23.3 g	21.1 g
- saturated	11.8 g	10.8 g
Carbohydrate	25.2 g	22.9 g
- sugars	6.2 g	5.6 g
Sodium	581 mg	528 mg

Ingredients: savoury pastry (flour, margarine (animal fat, vegetable oil, water, salt, emulsifier (471,322), acidity regulator (500), antioxidant (307b), food acid (330)), water, raising agent (500,450), emulsifier (481), preservative (202), colour (160a)), eggs, cream, milk, smoked salmon (7.7%), cheese (pasturised milk, salt, cultures, enzyme (rennet)), onion, salt

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

Bacon Egg Brekky Tart

Nutrition Information:

Servings per tart: 1

Serving size: 190g- approx.

	average qty per serve	average qty per 100g
Energy	1980 kJ	1040 kJ
Protein	22.1 g	11.6 g
Fat, total	30.4 g	16 g
- saturated	17.8 g	9.4 g
Carbohydrate	27.6 g	14.5 g
- sugars	3.5 g	1.8 g
Sodium	889 mg	468 mg

Ingredients: free range egg (37%), pastry shell (shortening (vegetable fats/oils, emulsifier (soy (471)), antioxidant (306)), butter (from milk), relaxing agent (wheat flour, flour treatment agent (920)), whole milk powder, maize starch, whole egg powder, emulsifier (soy (471)), salt, mineral salt (450, 500), basil, pepper, vegetable gum (461), colours (E160b), salt), onion, cheddar cheese, cream (pasturised cream, gelatine (halal), vegetable gums (412, 410, 407a), milk, salt, pepper

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