



Apple & Rhubarb Crumble

Stewed apple and rhubarb pieces with a delectable crumble topping. Rhubarb is an excellent source of calcium. The rhubarb root is popular in ancient Chinese medicine for soothing stomach ailments and relieving constipation.



Ingredients

Apple (52%) [Apple, Apple Juice, Ascorbic Acid, Citric Acid, Calcium Lactate (**Milk**), Preservatives (223,202)], Wheat Flour, Sugar, Butter (**Milk**), Rhubarb (9%), Sultanas, Maize Starch (1422).
CONTAINS GLUTEN, WHEAT, MILK, SULPHITES.

Nutritional Details

Regular Size 180g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		885kJ (212Cal)
Protein:		1.7g
Fat, Total:		8g
--Saturated:		5.1g
Carbohydrates:		32.2g
--Sugars:		20.5g
Dietary Fibre:		1.9g
Sodium:		4mg

Disclaimer:

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Apple Custard Cake

You will surely enjoy our gluten free homestyle apple and custard cake.

Apples are rich in antioxidants, flavonoids and dietary fibre. They also contain vitamins A and C which support the immune system and vitamin K which is needed for blood clotting.



Ingredients

Custard (42%) (Cream (**Milk**), Custard Powder (**Milk**), Water), Apple Mix (42%) (Apples, Water, Cinnamon, Sultanas), Gluten Free Sponge (13%) (**Eggs**, Sugar, Potato Flour, Gluten Free Self Raising Flour, Xanthium Gum), Gluten Free Crumbs (Buckwheat, Potato Flour, Xanthium, Water, Yeast).

CONTAINS EGG, MILK.

Nutritional Details

Regular Size 190g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		681kJ (163Cal)
Protein:		1.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		8g
--Saturated:		5g
Carbohydrates:		21.4g
--Sugars:		9.1g
Dietary Fibre:		1.3g
Sodium:		32mg

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Apricot Fruit Pie with Custard

A shortbread crust encompasses a traditional apricot pie with a custard accompaniment. Apricots have high levels of the soluble fibre called pectin. Inside our digestive system, soluble fibre attaches to cholesterol particles and carries them out of the body, helping to reduce overall cholesterol levels and the risk of heart disease.



Ingredients

Pie: Fruit [Apricot (34%), Apple (23%) (Preservatives (202,223)], Flour (**Wheat**), Sugar, Butter (**Milk**), Vegetable Spread [Vegetable Oil, Water, **Milk Solids**, Salt, Emulsifier (471, **Soy**), Preservative (202), Food Acid (270), Natural Flavour, Colour (160a), Vitamins (A &D)], Modified Starch (1422), Water, Baking Powder, **Egg**, **Milk**, Vanilla Essence (Colour 150c), Cinnamon. Custard: Water, **Milk Solids**, Sugar, Cream (**Milk**), Dextrose Monohydrate, Maltodextrin, Tapioca Starch, Flavour, Xanthan Gum (415), Carrageenan (407), Colour (160a).
CONTAINS: GLUTEN, WHEAT, MILK, EGGS, SOY.

Nutritional Details

Regular Size 150g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		787kJ (189Cal)
Protein:		3.1g
Fat, Total:		6.2g
--Saturated:		3.1g
Carbohydrates:		28.9g
--Sugars:		16.2g
Dietary Fibre:		1.5g
Sodium:		93mg
Potassium:		88mg
Phosphorus:		30mg

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Baked Cheesecake

Deliciously smooth cheesecake on a light sponge base.

Not only does cheese provide us with calcium and protein it also contains vitamin B12. Our body does not produce this vitamin so we need to obtain it from animal-based foods or from supplements. Vitamin B12 is required for many functions including producing red blood cells. Vitamin B12 also helps prevent a type of anaemia called Megaloblastic Anaemia.



Ingredients

Base [Sponge Mix (Flour (**Wheat**)), Sugar, **Milk** Solids, Raising Agents (500,541), Emulsifiers (471, 472b, 477, 475), Rice Starch, Maltodextrin, Vegetable Oil, Thickener (412, 415), Stabiliser (450), Colours (110, 102)), Water], Topping [Cream Cheese (**Milk**, Cream (**Milk**), Salt, Vegetable Gum (410, 412), Starter Culture), **Egg**, Sugar, Sour Cream (**Milk**), Thickened Cream ((**Milk**), Gelatine, Vegetable Gum (407a), Emulsifier (471 (**Soy**)), Custard Powder (**Milk**), Lemon Juice, Glaze (Sugar, Water, Glucose (220), Vegetable Gum (440), Acidity Regulator (330), Preservative (202), Mineral Salt (509)].

CONTAINS WHEAT, GLUTEN, MILK, EGGS.

Nutritional Details

Regular Size 90g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1187kJ (285Cal)
Protein:		5.2g
Fat, Total:		17.4g
--Saturated:		11.4g
Carbohydrates:		25.2g
--Sugars:		22.5g
Sodium:		206mg

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Banana Raspberry Parfait

Tempting layers of banana and raspberry, topped with custard and a raspberry swirl. This dessert is packed full of antioxidants, thanks to the fresh banana and mixed berries in its ingredients.



Ingredients

Custard (Cream (**Milk**), Custard Powder (**Milk**), Water), Banana Berry Puree (31%) (Bananas, Mixed Berry, Water, Gelatine), Gluten Free Sponge (**Eggs**, Sugar, Potato Flour, Gluten Free Self Raising Flour, Xanthium Gum).

CONTAINS EGG, MILK.

Nutritional Details

Regular Size 160g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		518kJ (124Cal)
Protein:		4.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		5.3g
--Saturated:		3.2g
Carbohydrates:		14.1g
--Sugars:		6.2g
Dietary Fibre:		1g
Sodium:		52mg

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Bread & Butter Pudding with Custard

Enjoy traditional moist pudding with creamy custard and sultanas.

Custard is a great source of calcium. Not only is calcium essential for healthy bone growth but calcium enables our blood to clot, our muscles to contract, and our heart to beat.



Ingredients

Pudding: **Milk**, **Egg**, Bread [Flour (**Wheat**), Water, Yeast, Salt, Vegetable Oil, Flour (**Soy**), Emulsifiers (481, 471), Anticaking Agent (170), Vitamins (Thiamin, Folate)], Cream (**Milk**), Sugar, Sultanas, Butter (**Milk**), Apricot Glaze (Glucose Syrup, Sugar, Vegetable Gum (440), Acidity Regulator (330), Preservative (220) Mineral Salt (509), Flavour, Colour (160a)), Mixed Spice, Vanilla Essence (Colour 150c). Custard: Water, **Milk** Solids, Sugar, Cream (**Milk**), Dextrose Monohydrate, Maltodextrin, Tapioca Starch, Flavour, Xanthan Gum (415), Carrageenan (407), Colour (160a).

CONTAINS WHEAT, GLUTEN, MILK, EGG, SOY. MAY CONTAIN TRACES OF SESAME

Nutritional Details

Regular Size 150g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		726kJ (174Cal)
Protein:		5.4g
Fat, Total:		6.5g
--Saturated:		3.6g
Carbohydrates:		22.7g
--Sugars:		16.6g
Sodium:		102mg

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Carrot Cake

Fresh grated carrots, pineapples, sultanas, decorated with a delicious cream cheese and walnut icing.

Walnuts contain good fats, such as monounsaturated and polyunsaturated fats (PUFAs), but they are also a good source of the essential fatty acid omega-3. Other nutrients such as vitamin E and folate are also in walnuts and contribute to neuroprotection and memory function.



Ingredients

Canola Oil (contains Antioxidant 320)), Sugar, Carrot (14%), **Wheat** Flour, **Eggs**, Neufchatel Cheese (9%), **[Milk**, Salt, Cream (**Milk**), Starter Culture, Vegetable Gum (410)], Pineapple, Sultanas (contains Cottonseed Oil), Shortening (contains Emulsifiers 322 **Soy**), Icing Sugar (Sugar, Maize Starch), Glucose Syrup (from **Wheat**), **Walnuts**, Maize Starch (1442), Iodised Salt, Cinnamon, Nutmeg, Baking Powder (contains **Wheat** Starch), Mineral Salt (500), Lemon Flavour (contains **Milk**).

CONTAINS WHEAT, GLUTEN, EGG, MILK, SOY, TREE NUTS (WALNUTS). MAY CONTAIN SULPHITES.

Nutritional Details

Regular Size 140g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1585kJ (380Cal)
Protein:		3.7g
Fat, Total:		24.9g
--Saturated:		5g
Carbohydrates:		34.9g
--Sugars:		23.9g
Dietary Fibre:		1.9g
Sodium:		354mg

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Chocolate Fudge Cake with Custard

Smooth, creamy custard compliments this moist chocolate fudge cake.

Cocoa contains high concentrations of antioxidants known as polyphenols. Flavonoids, the most common subclass of polyphenols, are found in higher concentrations in chocolate than in other flavonoid rich substances.



Ingredients

Sponge: Mudcake Mix [Sugar, Flour (**Wheat**), Vegetable Oil, Cocoa Powder, **Egg**, Modified Starch (1422), Colours (Caramel (150d), 155, 122), Raising Agents (500, 541, 341), Salt, Preservative (202), Flavours], Water, Chocolate (Sugar, Vegetable Fat (492 **Soy**), Cocoa Powder, Emulsifiers (476 **Soy**), Flavours), Thickened Cream (Cream (**Milk**), Halal Gelatine, Vegetable Gum (407a), Emulsifier (471)), **Egg**, Canola Oil. Custard: Water, **Milk** Solids, Sugar, Cream (**Milk**), Dextrose Monohydrate, Maltodextrin, Tapioca Starch, Flavour, Xanthan Gum (415), Carrageenan (407), Colour (160a).

CONTAINS: WHEAT, GLUTEN, MILK, EGGS, SOY.

Nutritional Details

Regular Size 160g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1116kJ (268Cal)
Protein:		4g
Fat, Total:		11.6g
--Saturated:		3.3g
Carbohydrates:		35.8g
--Sugars:		25.6g
Dietary Fibre:		1.3g
Sodium:		179mg

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Chocolate Panna Cotta

Decadently rich and smooth gluten free chocolate panna cotta with a caramel centre, resting on a light chocolate sponge. Panna Cotta is an Italian term which translates to "cooked cream" - "Panna" translates to "cream" and "cotta" translates to "cooked".



Ingredients

Fresh Cream (**Milk**), Dark Chocolate (**Milk**) (16%), Sugar, **Eggs**, Gelatine, Cocoa Powder (4%), Gluten Free Self Raising Flour.

CONTAINS EGG, MILK.

Nutritional Details

Regular Size 95g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1450kJ (348Cal)
Protein:		10.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		22.4g
--Saturated:		13.3g
Carbohydrates:		25.2g
--Sugars:		21.6g
Dietary Fibre:		1.1g
Sodium:		65mg
Potassium:		278mg

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Hazelnut Mousse

Rich, creamy gluten free hazelnut mousse, crowned with irresistible chocolate ganache. Hazelnuts are packed with nutrients including essential fats vitamins, minerals and antioxidants, all beneficial to our health.



Ingredients

Fresh Cream (Milk), Chocolate, Hazelnut Praline (15%) (Hazelnuts, Sugar), Water, Gluten Free Gelatine.
CONTAINS MILK, HAZELNUT.

Nutritional Details

Regular Size 85g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1540kJ (369Cal)
Protein:		6.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		28.9g
--Saturated:		17.9g
Carbohydrates:		20.7g
--Sugars:		20.3g
Dietary Fibre:		1.7g
Sodium:		32mg
Potassium:		226mg

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Jam & Cream Sponge

A delicate gluten free sponge with traditional jam and fresh cream. A delicious treat that can be enjoyed with a cup of tea or coffee



Ingredients

Sponge (63%) (Eggs, Caster Sugar, Potato Flour, Gluten Free Self Raising Flour, Xanthium Gum), Fresh Cream (21%) (Milk), Mixed Berry & Strawberry Jam (16%).

CONTAINS EGG, MILK.

Nutritional Details

Regular Size 95g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1260kJ (302Cal)
Protein:		5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		12.1g
--Saturated:		7.1g
Carbohydrates:		42.6g
--Sugars:		29.3g
Dietary Fibre:		0.9g
Sodium:		61mg
Potassium:		65mg

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Lamington Pack

Lamingtons with a light cream filling, two per pack!

Coconuts are nutritious and rich in fibre, vitamins C, E, B1, B3, B5 and B6 and minerals such as iron, selenium, calcium, magnesium and phosphorous.



Ingredients

Sugar, Water, **Wheat** Flour, Chocolate Dip [Sugar, Cocoa Powder, Gelatine, Thickener (1422), Vegetable Oil (Antioxidant 307), Flavour], Animal Fat and Vegetable Oils, **Egg**, Coconut, Starch (Rice, **Wheat**), Raising Agents (500, 541), Whey (**Milk**) Powder, Vegetable Gum (415), **Soy** Flour, Salt, Emulsifiers (322 **Soy**, 471 **Soy**, 472b, 475, 477), Flavour, Antioxidant (306 **Soy**, 310), Colour (160a, 102, 150a), Preservative (223).

CONTAINS WHEAT, GLUTEN, MILK, SOY, EGGS, TREE NUTS, SULPHITES.

Nutritional Details

Regular Size 160g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1520kJ (365Cal)
Protein:		3.2g
Fat, Total:		20.7g
--Saturated:		11.7g
Carbohydrates:		41.6g
--Sugars:		30.7g
Dietary Fibre:		2.2g
Sodium:		153mg
Phosphorus:		0mg

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Lemon Curd

Our delicious, velvety lemon curd sits on top of a thin layer of gluten free sponge. Lemons can help fight problems related to throat infections due to its well-known antibacterial properties



Ingredients

Lemon Curd (Sugar, **Eggs**, Butter (**Milk**), Lemon Juice), Gluten Free Sponge (**Eggs**, Sugar, Potato Flour, Gluten Free Self Raising Flour, Xanthium Gum), Gluten Free Crumbs (Buckwheat, Potato Flour, Xanthium Gum, Water, Yeast).

CONTAINS EGG, MILK.

Nutritional Details

Regular Size 130g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1240kJ (297Cal)
Protein:		4.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		14.2g
--Saturated:		9g
Carbohydrates:		37.4g
--Sugars:		31.1g
Dietary Fibre:		1g
Sodium:		76mg

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Mango Mousse

Smooth fruit flavour, gluten free, rich in protein and calcium.

Mangos have an impressive vitamin and mineral content. The digestive enzymes in them help promote natural, efficient digestion. The bioactive ingredients in mangoes like esters contribute in enhancing appetite and also improve the function of the digestive system.



Ingredients

Milk, Milk solids, Sugar, Mango Puree (5%), Water, Thickener (1442), Natural Flavour, Food Acid (330, 331), Colour (160a), Vegetable Oil, Maltodextrin, Dextrose, Vegetable Gums (407, 415).

CONTAINS MILK.

Nutritional Details

Regular Size 75g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		644kJ (154Cal)
Protein:		7.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		3.3g
--Saturated:		2.6g
Carbohydrates:		23.5g
--Sugars:		20.9g
Dietary Fibre:		0.8g
Sodium:		61mg
Potassium:		212mg

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Pavlova with Cream & Peach

Gluten free pavlova topped with peach and a generous serve of fresh cream. Peaches contain no saturated fats and are packed with numerous minerals and vitamins such as the anti-oxidant beta-carotene which plays a role in promoting healthy aging and the reduction of various disease processes.



Ingredients

Fresh Cream (**Milk**) (44%), Peaches (31%), GF Meringue (25%) (Caster Sugar, **Egg Whites**, Cornflour, Vinegar).

CONTAINS EGG, MILK.

Nutritional Details

Regular Size 80g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		928kJ (223Cal)
Protein:		2.3g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		15.7g
--Saturated:		10.1g
Carbohydrates:		17.7g
--Sugars:		16.6g
Dietary Fibre:		0.6g
Sodium:		31mg
Potassium:		81mg
Phosphorus:		33mg

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Red Velvet Cheesecake

Deliciously moist chocolate cake topped with rich cream cheese.
Rich and creamy marscapone cheese is the star of this dessert.



Ingredients

Cheese Cake Filling (50%) (Cream Cheese [**Milk**, Cream [From **Milk**], **Milk** Solids, Salt, Vegetable Gum [410], Starter Culture], Water, Instant Vanilla Dessert Mix [Sugar, Modified Potato Starch, Gelatin [Beef], Thickening Agent [Carrageenan], Flavouring, Colouring Plant Extract [Cape Jasmine Extract, Paprika Extract]], Skim **Milk** Powder [Contains **Milk** Solids], Sugar), Red Velvet Sponge (32%) (Red Velvet Cake Mix [Sugar, **Wheat** Flour [Thiamine, Folate], Cocoa Powder, Vegetable Oil [Antioxidant [307]], Vegetable Fat [Vegetable Oil [Contains Palm], Emulsifiers [471, 477], Maltodextrin, Potato Flour, **Milk** Solids, Salt, Raising Agents [450, 500], Natural Flavour, Colour [120], Vegetable Gum [415], **Egg** Powder], Water, **Egg** Pulp, Canola Oil).
CONTAINS WHEAT, GLUTEN, EGG, MILK. MAY CONTAIN SOY.

Nutritional Details

Nutritional Details	Regular Size 110g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:		1190kJ (285Cal)
Protein:		6g
Fat, Total:		13g
--Saturated:		6.5g
Carbohydrates:		34.6g
--Sugars:		27.3g
Dietary Fibre:		0.7g
Sodium:		269mg
Potassium:		194mg

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Sticky Date With Custard

Creamy custard with moist sticky date pudding. The benefits of including dates in our diet include relief from constipation, intestinal disorders, heart problems, anaemia and many other conditions. They are rich in several vitamins, minerals, and fibre.



Ingredients

Sponge: Water, Dates (23%), Flour (**Wheat**), Brown Sugar, **Egg**, Vegetable Spread (Vegetable Oil, Water, **Milk** Solids, Salt, Emulsifier (471, **Soy**), Preservative (202), Food Acid (270), Natural Flavour, Colour (160a), Vitamins (A &D)), Glaze (Sugar, Water, Glucose (220), Vegetable Gum (440), Acidity Regulator (330), Preservative (202), Mineral Salt 509)), Baking Powder, Baking Soda. Custard: Water, **Milk** Solids, Sugar, Cream (**Milk**), Dextrose Monohydrate, Maltodextrin, Tapioca Starch, Flavour, Xanthan Gum (415), Carrageenan (407), Colour (160a). **CONTAINS: WHEAT, GLUTEN, MILK, EGG, SOY. MAY CONTAIN OCCASIONAL DATE PIT FRAGMENTS.**

Nutritional Details

Regular Size 160g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		803kJ (193Cal)
Protein:		3.6g
Fat, Total:		5.1g
--Saturated:		1.8g
Carbohydrates:		33g
--Sugars:		23.9g
Dietary Fibre:		0.3g
Sodium:		190mg

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Trifle

Layered gluten free sponge, custard, jelly, fresh cream and Aussie peaches.

The name trifle was used for a dessert created in the 16th century. According to some scholars, trifle cakes might be the origin of modern sandwich cakes.



Ingredients

Sponge (**Eggs**, Caster Sugar, Potato Flour, Gluten Free Self Raising Flour, Xanthium Gum), Custard (Water, Custard Powder (**Milk**), Cream (**Milk**)), Jelly (Sugar, Gelatine, Acidity Regulators, Natural Flavour And Colour), Fresh Cream (**Milk**), Peaches.

CONTAINS EGG, MILK.

Nutritional Details

Regular Size 160g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1010kJ (242Cal)
Protein:		3.2g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		11.2g
--Saturated:		6.9g
Carbohydrates:		14.6g
--Sugars:		23.8g
Dietary Fibre:		0.5g
Sodium:		118mg
Potassium:		54mg
Phosphorus:		33mg

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