

		Calories, KJ	Fat (g)	Sat Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Salt (g)	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Add-ons: Sweet	Butterscotch	196	1.6	1	47.5	42.2	0	0.5	No	No	No	No	Yes	Yes	No	No	No	No	Yes	No	No	No
Add-ons: Savoury	Caramelised Onion	14	0.1	0	3.2	2.2	0.5	0	No	No	Yes	No	Yes	Yes	No	Yes	Yes	No	Yes	No	Yes	No
Add-ons: Savoury	Cheese	166	14	8.7	0	0	10.2	0.7	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Add-ons: Savoury	Chillies	3	0	0	0.4	0.4	0.2	0	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Add-ons: Sweet	Cream	68	6.7	4.3	0.8	0	1.2	0	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Add-ons: Savoury	Cream Cheese & Chives	149	16.1	10.1	0	0	1.1	0.3	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Base - Crêpe	Crêpe	199	2.5	0.3	41.6	0.8	5	0.1	Yes	No	Yes	No	Yes	Yes	No	No	No	No	No	No	No	No
Add-ons: Sweet	Crumble Topping	114	5.3	3.3	16.3	6.8	1.2	0.1	Yes	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No
Add-ons: Savoury	Egg	83	6.2	1.7	0	0	6.9	0.2	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No
Add-ons: Sweet	Ferro Rocher	217	15.4	5	16	14.4	3	0.2	Yes	No	No	No	Yes	Yes	Yes	No	No	No	No	No	No	No
Add-ons: Savoury	Goat's cheese	67	5.4	3.8	0.2	0.2	4.4	0.3	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Add-ons: Savoury	Ham	73	2.2	0.7	0.7	0	12.5	2.1	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Add-ons: Savoury	Hollandaise Sauce	251	26.9	16.1	0.3	0	1.8	0.8	No	No	Yes	No	No	Yes	No	No	No	No	No	No	No	No
Add-ons: Sweet	Ice Cream	88	4.9	3.1	9.9	7.5	1.8	0.1	No	No	No	No	Yes	Yes	Yes	No	No	No	No	No	No	No
Add-ons: Sweet	Maple Syrup	131	0.1	0	33.6	30.4	0	0	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Add-ons: Savoury	Mixed Grains	48	0.4	0.1	10.9	0.2	0.9	0	No	No	No	No	Yes	No	No	Yes	No	No	Yes	No	No	No
Base - Mini	Mini pancakes	105	1.3	0.2	22.1	0.8	2.6	0.4	Yes	No	Yes	No	Yes	No	No	No	No	No	No	No	No	No
Add-ons: Savoury	Mozzarella	128	10.2	6.9	0	0	9.3	0.4	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Add-ons: Savoury	Mushroom	6	0.2	0	0.2	0.1	0.8	0	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Add-ons: Sweet	Nutella	165	9.9	2.8	18.1	17.9	1.9	0.1	No	No	No	No	Yes	Yes	Yes	No	No	No	No	No	No	No
Add-ons: Sweet	Oreo Cookie	53	2.2	1.1	7.6	4.1	0.5	0.1	Yes	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No
Add-ons: Sweet	Oreo Cookie Crumb	119	5.4	1	17.6	9.5	1.2	0.3	Yes	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No
Add-ons: Sweet	Peanut Butter	304	25.9	6.4	6.5	3.4	11.4	0.4	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No	No
Add-ons: Savoury	Pesto	75	6.9	0.2	0.4	0.1	2.9	0.1	No	No	Yes	No	Yes	No	Yes	Yes	No	No	No	No	No	No
Add-ons: Sweet	Raisins	88	0.1	0	20.8	20.8	0.6	0	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Add-ons: Savoury	Red Onion	6	0	0	1.4	1	0.2	0	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Add-ons: Sweet	Reese's Pieces	72	3.7	1.4	8.3	7.5	1.3	0	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No	No	No	No
Add-ons: Savoury	Smoked salmon	71	2.2	0.4	0	0	12.7	2.3	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No
Add-ons: Savoury	Salsa	37	0.1	0	1.8	1.4	0.3	0	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Add-ons: Sweet	Salted Caramel	39	0.3	0.2	9.5	8.4	0	0.1	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Add-ons: Savoury	Sausage	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
Add-ons: Savoury	Soured cream	41	4	2.5	0.8	0.8	0.6	0	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Add-ons: Savoury	Spinach	4	0.1	0	0.2	0.2	0.4	0	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Add-ons: Sweet	Strawberries	7	0	0	1.6	1.6	0.2	0	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Add-ons: Sweet	Sugar	59	0	0	15.8	15.8	0	0	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Add-ons: Sweet	Sugar & Cinnamon Mix	59	0	0	15.8	15.8	0	0	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Add-ons: Savoury	Tomato	5	0.1	0	0.9	0.9	0.2	0	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Add-ons: Sweet	Walnuts	138	13.7	1.5	0.7	0.5	2.9	0	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No	No
Add-ons: Sweet	Whipped cream	109	11.6	7.3	0.8	0.8	0.6	0	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Add-ons: Savoury	Vegan cheese 50g	159	13.1	10.9	8.5	0.15	0.65	0.95	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Add-ons: Sweet	Vegan chocolate 30g	88,242	6.04	3.57	8,341	5.08	0.45	0	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No	No
Add-ons: Sweet	Vegan butter 10g	67.5	7.5	2.8	0	0	0	0.11	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Add-ons: Savoury	Vegan chicken 55g	133	5.44	0.42	4.835	0.6	16.3	0.28	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No
Add-ons: Sweet	Vegan cream	N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Add-ons: Savoury	BBQ Sauce	N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No
Extras	Almond Milk	N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No	No
Extras	Flavoured Syrup	N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Extras	Oat Milk	N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Base - Galette	Galette	363	17	6.5	39.6	0.9	8.5	1.5	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Base - Waffle	Waffle	120	5.6	1.1	14.2	1	3.2	0.5	Yes	No	Yes	No	Yes	Yes	No	No	No	No	No	No	No	No

	Sweet/ Snacks/ Sides																					
Sweet/ Snacks/ Sides	Cannoli	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	Yes	No	Yes	No	Yes	No	No	No	Yes	No	No	No
Sweet/ Snacks/ Sides	Croissant	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	Yes	No	No	No
Sweet/ Snacks/ Sides	Pain Aux Raisins	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No	No
Sweet/ Snacks/ Sides	Pain Au Chocolat	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No	No
Sweet/ Snacks/ Sides	Macarons	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	Yes	No	Yes	Yes	Yes	Yes	No	No	No	No	No	No
Sweet/ Snacks/ Sides	Muffin x 4	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	Yes	No	Yes	Yes	Yes	Yes	No	No	No	Yes	No	No
Sweet/ Snacks/ Sides	Gluten Free Chocolate Brownie	N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	Yes	No	Yes	Yes	Yes	Yes	No	No	No	No	No	No
Sweet/ Snacks/ Sides	Traybake - Raspberry Brownie	N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	Yes	No	Yes	Yes	Yes	Yes	No	No	No	No	No	No
Sweet/ Snacks/ Sides	Traybake - Banana Bread	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	No	No	No	Yes	No	No	Yes	No	No	No	No	No	No
Sweet/ Snacks/ Sides	Side Salad (with dressing)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No