

NUTRITIONAL SPECIFICATIONS



Per 100g

FLAVOURS	ENERGY (kJ)	PROTEIN (g)	FAT TOTAL (g)	FAT SATURATED (g)	CARBOHYDRATES (g)	SUGAR (g)	SODIUM (mg)	CAFFEINE	CEREAL	GLUTEN	EGG	DAIRY	NUTS	PEANUT	SESAME	SOYA	MAIZE	COCOA	ALCOHOL	GELATINE	ARTIFICIAL FLAVOUR	COLOUR
Anzac Biscuit	1120	3	18	13	22	20	42			✓		✓				✓						✓
Baileys & Scorched Almonds	1100	4	16	11	21	21	39			✓		✓	Almond			✓						✓
Banana	939	3	14	9	20	19	32					✓										✓
Banana Coconut	1020	3	17	11	20	19	30					✓										✓
Banana Fudge	1020	3	15	10	24	24	45					✓										✓
Banana Split	1010	4	15	10	22	21	33					✓		✓				✓				✓
Berry Sorbet	450	0	0	0	25	24	1															
Blood Orange Sorbet	482	0	1	1	25	23	0									✓						
Boysenberry Ripple	960	3	14	9	22	21	41					✓										✓
Bubblegum	990	3	15	10	22	21	34					✓										✓
Butter Pecan	1160	4	21	10	19	19	32			✓		✓	Pecan									✓
Cappuccino	954	3	15	10	19	19	34	✓				✓										
Caramel Caramel	1030	3	15	10	24	24	46					✓										✓
Caramel Crunchie	1030	3	14	10	26	25	36					✓								✓		
Chilli Chocolate	1010	3	15	10	23	22	52					✓								✓		
Choc Honeycomb & Salted Caramel	1130	3	12	8	37	35	104					✓						✓		✓		
Choc Malt Crunch	1100	4	15	10	28	26	40			✓		✓				✓						✓
Chocolate Mudcake	1070	3	14	9	28	25	93			✓	✓	✓						✓				
Chocolate Sorbet	673	1	2	2	31	29	8									✓						
Christmas Cheer	958	3	13	9	24	24	45					✓	Almonds				✓		✓			✓
Coconut Ice	1270	4	24	17	18	18	31					✓					✓					✓
Coconut Rough	1050	3	17	12	21	20	35					✓										✓
Cookies & Cream	1070	4	16	10	25	21	90			✓		✓				✓		✓				✓
Crunchy Nut	1170	4	18	10	23	22	43					✓	Mixed nuts									✓
Devils Chocolate	1010	3	15	10	24	23	48					✓						✓				
Dutch Chocolate Chip	1070	3	16	11	23	23	46					✓				✓		✓				✓
Gingerbread	1050	3	15	10	25	22	52			✓		✓				✓			✓			✓
Golden Goodtime	1030	3	15	10	24	22	18					✓										
Green Apple Sorbet	485	0	1	1	26	23	0									✓						✓
Guava Ice Cream	985	3	16	10	20	20	0					✓										✓
Guava Sorbet	543	0	1	0	30	29	0															✓
Hazelnut	1080	4	18	10	19	19	35					✓	Hazelnut									✓
Honey Almond & Apricot Yoghurt	1130	4	14	8	30	29	36				✓	✓	Almonds									✓

Ice Cream Sorbet or yoghurt

NB Manufactured on machinery which may also process soy, nuts, peanuts, egg

Per 100g

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Irish Coffee	970	4	15	10	20	19	34	✓				✓										✓
Irish Cream	980	3	16	10	20	20	35					✓										✓
Jaffa Orange	1040	3	15	10	23	23	45					✓						✓				✓
Lamington	1040	3	16	11	22	22	40					✓										✓
Lemon Sorbet - low fat	576	0	1	1	30	30	0									✓						
Lychee Sorbet	543	0	1	0	30	29	0															✓
Macadamia	1190	4	21	10	22	21	40					✓	Macadamia									✓
Mango & Passionfruit Yoghurt	646	3	2	1	29	27	73					✓				✓						
Mango Sorbet	490	0	1	0	27	26	0									✓						
Maple Chip	1090	3	17	12	24.0	24	44					✓						✓				
Maple Macadamia	1170	4	21	11	20	19	0					✓	Macadamia					✓				✓
Maple Walnut	1160	4	20	10	19	15	32					✓	Walnut									✓
Midnight Cookies	1080	3	15	9	28	23	108			✓		✓						✓				
Milo	1030	4	15	10	23	22	38			✓		✓				✓						
Mint Chip Supreme	1080	3	17	12	23	23	43					✓						✓				✓
Mocha Almond Fudge	1070	4	16	9	23	22	46	✓				✓	Almond					✓				✓
Natural Vanilla	983	3	15	10	20	20	35					✓										✓
Nut Choccocino	1200	4	20	10	22	22	41	✓				✓	Macadamia/Pecan					✓				✓
Nutella	1140	4	18	10	25	25	35					✓	Hazelnut			✓		✓				✓
Old Fashioned Caramel	976	3	15	10	20	20	35	✓				✓										
Old Fashioned Toffee	1090	4	17	9	23	23	61					✓	Almond					✓				✓
Orange & Poppyseed	1020	4	17	10	19	19	34					✓										✓
Passionfruit Sorbet	476	1	0	0	24	24	4									✓						✓
Peanut Butter Caramel Cookies	1210	5	19	10	25	21	88			✓		✓		✓								✓
Peanut Butter Cup	1220	7	20	11	23	21	118			✓		✓		✓				✓			✓	
Pina Colada	923	3	14	10	19	19	33					✓										✓
Pistachio Nut	1100	5	19	10	19	19	32					✓	Pistachio									✓
Rocher Hazelnut Choc Crunch	1150	4	18	10	25	24	33					✓	Hazelnut			✓		✓				
Rocky Road	1130	4	17	9	25	24	43					✓	Almonds					✓				
Royal Copenhagen Ice Cream	1040	3	14	10	26	26	59					✓								✓		✓
Rum & Raisin	937	3	13	8	23	23	43					✓										
Salted Caramel	1030	3	15	10	24	24	132					✓										✓
Scorched Peanut	1100	5	19	10	19	18	33					✓		✓								✓
Strawberry Delight	966	3	14	9	23	22	34					✓										✓
Sunshine Mango	906	3	14	9	19	19	32					✓										✓
Toffee & Sesame	1050	4	17	10	19	19	34					✓		✓								✓
Triple Chocolate	1060	3	16	11	24	24	49					✓						✓				
Tropical Passionfruit	920	3	14	9	19	19	33					✓						✓				✓
Vanilla Chip	1080	3	17	12	24	23	43					✓						✓				✓
Vivid	1020	3	15	10	24	24	33					✓										✓
Watermelon Sorbet	496	0	1	1	26	24	0									✓						
White Chocolate & Caramel	1130	3	17	12	27	27	46					✓				✓						✓
Yoghurt	916	4	12	8	22	19	33					✓										✓

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