

Nutritional Information

Rolls

Sausage Roll

Nutritional Information		
Nutrient	Qty per Serving	Qty per 100g
Nutrient	1867.78	1098.70
Protein	11.73	6.90
Fat Total	24.30	14.29
Fat Saturated	14.20	8.36
Carbohydrate	43.90	25.82
Sugars	1.78	1.05
Sodium	703.73	413.96

Ingredients: GMO Free - Flour (wheat organic), beef (organic), tomatoes, bread crumbs, onions, butter, salt and spices, No preservative or colorant added. We take great care in the preparation of this product however due to the nature of processing trace amounts of seeds, nuts, soy and dairy may be present in some pies and rolls.

Storage: Keep frozen. Store at -18C or colder

Energy Roll

Nutritional Information		
Nutrient	Qty per Serving	Qty per 100g
Nutrient	2216.26 kj	931.20 kj
Protein	12.17 g	5.11 g
Fat Total	26.39 g	11.09 g
Fat Saturated	16.03 g	6.74 g
Carbohydrate	57.89 g	24.32 g
Sugars	3.41 g	1.43 g
Sodium	718.97 mg	302.09 mg

Ingredients: GMO Free - Flour(wheat Organic), brown rice(Organic), spinach, oats, onions, capsicums, tomatoes, butter, tofu(Organic), parmesan cheese, basil, thickener(1422)(maize), garlic, salt and spices.

No preservative or colorant added. We take great care in the preparation of this product, however due to the nature of processing trace amounts of seeds, nuts, soy and dairy may be present in some pies and rolls.

Storage: Keep frozen. Store at -18C or colder

Cheese & Spinach Roll

Nutritional Information		
Nutrient	Qty per Serving	Qty per 100g
Nutrient	1690.96 kj	1127.30 kj
Protein	9.44 g	6.29 g
Fat Total	24.66 g	16.44 g
Fat Saturated	15.22 g	10.15 g
Carbohydrate	34.96 g	23.31 g
Sugars	0.77 g	0.51 g
Sodium	557.51 mg	371.68 mg

Ingredients: GMO Free - Flour (Organic), spinach, cream cheese, fetta, butter, lemon, salt, spices,

No preservative or colorant added. We take great care in the preparation of this product, however due to the nature of processing trace amounts of seeds, nuts, soy and dairy may be present in somepies and rolls.

Storage: Keep frozen. Store at -18C or colder



More Taste. More Energy. More Life.™

Egg, Lettuce & Mayo