

## CHEESE & HAM ROLL

A favourite for little and big kids alike! The shredded ham and golden cheese make our Cheese & Ham Roll the yummiest lunchbox filler around!

### INGREDIENTS

Wheat Flour, Water, Ham: [Pork, Water, Salt, Sugar, Dextrose, Sodium Phosphate, Carrageenan, Smoke Flavour, Sodium Erythorbate, Sodium Nitrite, Smoke, Soy Protein Isolate, Brown Sugar, Spices, Flavour, Potassium Chloride, Sodium Citrate, Sodium Citrate, Sodium Diacetate, Sodium Diacetate, Sodium Lactate, Molasses Solids, Maltodextrin, Sodium Ascorbate, Maple Syrup, Maple Flavour, Honey, Dehydrated Pork Flavour, Caramel, Caramel Colour, Gelatin, Sea Salt, Vinegar, Cane Sugar, Cultured Celery Extract], Cheese: [Pasteurized Milk, Modified Milk Ingredients, Salt, Calcium Chloride, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin], Water, Salt, Yeast, Sunflower Oil, Malted Barley Flour, Ascorbic Acid, Lipase, Enzyme (Amylase)

Contains: Milk, Soy, Wheat.

May Contain: Sesame, Mustard, Tree Nuts

### NUTRITION INFORMATION / VALEUR NUTRITIVE

Per / par 85g (1 roll)

AMOUNT / TENEUR	% DV* / % VQ*
<b>Calories / Calories</b> 210	
<b>Fat / Lipides</b> 7g	<b>11%</b>
Saturated / Satures 3.5g	<b>19%</b>
Trans / Trans 0.2g	
<b>Cholesterol / Cholesterol</b> 25mg	
<b>Sodium / Sodium</b> 560mg	<b>19%</b>
<b>Carbohydrates / Glucides</b> 27g	<b>9%</b>
Fibre / Fibres 1g	<b>4%</b>
Sugars / Sucres 1g	
<b>Protein / Proteines</b> 11g	
<b>Vitamin A / Vitamine A</b>	<b>4%</b>
<b>Vitamin C / Vitamine C</b>	<b>10%</b>
<b>Calcium / Calcium</b>	<b>10%</b>
<b>Iron/ Fer</b>	<b>25%</b>

\*DV = Daily Value / VQ = Valeur Quotidienne



## CHEESE ROLL

A soft white roll topped with golden baked cheese. Yum!

### INGREDIENTS

Wheat Flour, Cheese: [Pasteurized Milk, Modified Milk Ingredients, Salt, Calcium Chloride, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin], Water, Salt, Yeast, Sunflower Oil, Malted Barley Flour, Ascorbic Acid, Lipase, Enzyme (Amylase)

Contains: Milk, Wheat

May Contain: Sesame, Mustard, Tree Nuts

### NUTRITION INFORMATION / VALEUR NUTRITIVE

Per / par 85g (1 roll)

AMOUNT / TENEUR	% DV* / % VQ*
<b>Calories / Calories</b> 230	
<b>Fat / Lipides</b> 7g	<b>11%</b>
Saturated / Satures 4g	<b>21%</b>
Trans / Trans 0.2g	
<b>Cholesterol / Cholesterol</b> 15mg	
<b>Sodium / Sodium</b> 480mg	<b>20%</b>
<b>Carbohydrates / Glucides</b> 35g	<b>10%</b>
Fibre / Fibres 1g	<b>4%</b>
Sugars / Sucres 1g	
<b>Protein / Proteines</b> 10g	
<b>Vitamin A / Vitamine A</b>	<b>6%</b>
<b>Vitamin C / Vitamine C</b>	<b>10%</b>
<b>Calcium / Calcium</b>	<b>10%</b>
<b>Iron/ Fer</b>	<b>15%</b>

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## PIZZA ROLL

Ham, cheese and tomato on top of a delightfully soft and chewy roll. Serve it heated for breakfast or try it as a quick and easy snack on the run. Perfect for kids' lunchboxes.

### INGREDIENTS

Wheat Flour, Ham: [Pork, Water, Salt, Sugar, Dextrose, Sodium Phosphate, Carrageenan, Smoke Flavour, Sodium Erythorbate, Sodium Nitrite, Smoke, Soy Protein Isolate, Brown Sugar, Spices, Flavour, Potassium Chloride, Sodium Citrate, Sodium Citrate, Sodium Diacetate, Sodium Diacetate, Sodium Lactate, Molasses Solids, Maltodextrin, Sodium Ascorbate, Maple Syrup, Maple Flavour, Honey, Dehydrated Pork Flavour, Caramel, Caramel Colour, Gelatin, Sea Salt, Vinegar, Cane Sugar, Cultured Celery Extract], Cheese: [Milk, Modified Milk Ingredients, Salt, Calcium Chloride, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin], Water, Pizza Sauce: [Tomatoes, Salt, Spices, Garlic, Citric Acid], Salt, Yeast, Sunflower Oil, Malted Barley Flour, Ascorbic Acid, Lipase, Amylase

Contains: Milk, Soy, Wheat.

May Contain: Sesame, Mustard, Tree Nuts

### NUTRITION INFORMATION / VALEUR NUTRITIVE

Per / par 110g (1 roll)

AMOUNT / TENEUR	% DV* / % VQ*
<b>Calories / Calories</b> 300	
<b>Fat / Lipides</b> 9g	<b>14%</b>
Saturated / Satures 5g	<b>26%</b>
Trans / Trans 0.2g	
<b>Cholesterol / Cholesterol</b> 35mg	
<b>Sodium / Sodium</b> 820mg	<b>34%</b>
<b>Carbohydrates / Glucides</b> 37g	<b>12%</b>
Fibre / Fibres 1g	<b>4%</b>
Sugars / Sucres 2g	
<b>Protein / Proteines</b> 15g	
<b>Vitamin A / Vitamine A</b>	<b>6%</b>
<b>Vitamin C / Vitamine C</b>	<b>15%</b>
<b>Calcium / Calcium</b>	<b>15%</b>
<b>Iron/ Fer</b>	<b>30%</b>

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## HAM & CHEESE CROISSANT

Our flaky and flavoursome Ham & Cheese Croissant combines crispy ham with golden cheese to create a great little hunger buster!

### INGREDIENTS

Pastry [Enriched Wheat Flour, Butter, Water, Sugar, Yeast, Liquid Egg Whites, Salt, Whey Powder, Diacetyl Tartaric Acid Esters Of Mono And Diglycerides, Ascorbic Acid, Enzymes, Wheat Gluten], Cheese [Pasteurized Milk, Modified Milk Ingredients, Salt, Calcium Chloride, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin], Ham [Pork, Carrageenan, Water, Salt, Pork Flavour, Potassium Chloride, Sugar, Sodium Phosphate, Dextrose, Salt, Sodium Ascorbate, Sodium Nitrite, Spice Extractives], Sunset Glaze [Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrins, Starch]

Contains: Wheat, Egg, Milk

May Contain: Sesame, Tree Nuts

### NUTRITION INFORMATION / VALEUR NUTRITIVE

Per / par 70g (1 croissant)

AMOUNT / TENEUR	% DV* / % VQ*
<b>Calories / Calories</b> 230	
<b>Fat / Lipides</b> 13g	<b>20%</b>
Saturated / Satures 8g	<b>41%</b>
Trans / Trans 0.1g	
<b>Cholesterol / Cholesterol</b> 35mg	
<b>Sodium / Sodium</b> 310mg	<b>13%</b>
<b>Carbohydrates / Glucides</b> 21g	<b>7%</b>
Fibre / Fibres 1g	<b>4%</b>
Sugars / Sucres 3g	
<b>Protein / Proteines</b> 7g	
<b>Vitamin A / Vitamine A</b>	<b>2%</b>
<b>Vitamin C / Vitamine C</b>	<b>8%</b>
<b>Calcium / Calcium</b>	<b>6%</b>
<b>Iron/ Fer</b>	<b>8%</b>

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## SPINACH & FETA CROISSANT

Our flaky and flavoursome Spinach & Feta Croissant combines luscious spinach and feta cheese chunks to create a great little hunger buster!

### INGREDIENTS

Pastry [Enriched Wheat Flour, Butter, Water, Sugar, Yeast, Liquid Egg Whites, Salt, Whey Powder, Diacetyl Tartaric Acid Esters Of Mono And Diglycerides, Ascorbic Acid, Enzymes, Wheat Gluten], Spinach, Sunset Glaze [Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrins, Starch]

Contains: Milk, Wheat, Egg

May Contain: Sesame, Tree Nuts

### NUTRITION INFORMATION / VALEUR NUTRITIVE

Per / par 80g (1 croissant)

AMOUNT / TENEUR	% DV* / % VQ*
<b>Calories / Calories</b> 240	
<b>Fat / Lipides</b> 13g	<b>20%</b>
Saturated / Satures 8g	<b>40%</b>
Trans / Trans 0g	
<b>Cholesterol / Cholesterol</b> 35mg	
<b>Sodium / Sodium</b> 280mg	<b>12%</b>
<b>Carbohydrates / Glucides</b> 26g	<b>9%</b>
Fibre / Fibres 1g	<b>4%</b>
Sugars / Sucres 3g	
<b>Protein / Proteines</b> 5g	
<b>Vitamin A / Vitamine A</b>	<b>10%</b>
<b>Vitamin C / Vitamine C</b>	<b>15%</b>
<b>Calcium / Calcium</b>	<b>4%</b>
<b>Iron/ Fer</b>	<b>10%</b>

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## CINNAMON BUN

A new level of indulgence! Our Cinnamon Bun has a deliciously gooey sweet cinnamon filling topped with a cream cheese icing that oozes throughout.

### INGREDIENTS

Wheat Flour, Cream Cheese Icing: [Icing Sugar (Sugar, Corn Starch), Cream Cheese [Milk Ingredients, Bacterial Culture, Salt, Carob Bean Gum], Vegetable Oil Shortening [Canola, Modified Palm And Palm Kernel, Palm, Mono And Diglycerides, Citric Acid], Water, Corn Syrup, Potassium Sorbate, Polysorbate 60], Sugar, Water, Margarine, Yeast, Vegetable Oil (Sunflower, Hydrogenated Soybean, Cottonseed), Salt, Cinnamon, Glucose, Malto-dextrin, Agar, Pectin, Citric Acid, Sodium Citrate, Potassium Sorbate, Dextrose, Sodium Strearoyl Lactylate, Mono-diglycerides, Ascorbic Acid, Protease, Ethyl Alcohol, Propylene Glycol, Flavour

Contains: Wheat, Milk, Soy

May Contain: Sesame, Mustard, Egg, Peanut, Tree Nuts, Seafood

### NUTRITION INFORMATION / VALEUR NUTRITIVE

Per / par 130g (1 bun)

AMOUNT / TENEUR	% DV* / % VQ*
<b>Calories / Calories</b> 420	
<b>Fat / Lipides</b> 14g	<b>22%</b>
Saturated / Satures 3.5g	<b>19%</b>
Trans / Trans 0.2g	
<b>Cholesterol / Cholesterol</b> 5mg	
<b>Sodium / Sodium</b> 470mg	<b>20%</b>
<b>Carbohydrates / Glucides</b> 66g	<b>22%</b>
Fibre / Fibres 2g	<b>8%</b>
Sugars / Sucres 31g	
<b>Protein / Proteines</b> 7g	
<b>Vitamin A / Vitamine A</b>	<b>8%</b>
<b>Vitamin C / Vitamine C</b>	<b>10%</b>
<b>Calcium / Calcium</b>	<b>4%</b>
<b>Iron/ Fer</b>	<b>25%</b>

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## OPTIONAL CHEESE & TOMATO ROLL

Grab one of these for lunch on the run! A soft white roll topped with flavoursome tomato sauce and golden baked cheese. Yum!

### INGREDIENTS

Wheat Flour, Tomato Sauce: [Tomatoes, Salt, Spices, Garlic, Citric Acid], Cheese: [Pasteurized Milk, Modified Milk, Salt, Calcium Chloride, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin], Salt, Yeast, Sunflower Oil, Malted Barley Flour, Ascorbic Acid, Lipase, Amylase

Contains: Milk, Wheat.

May Contain: Sesame, Mustard, Tree Nuts

### NUTRITION INFORMATION / VALEUR NUTRITIVE

Per / par 85g (1 roll)

AMOUNT / TENEUR	% DV* / % VQ*
<b>Calories / Calories</b> 200	
<b>Fat / Lipides</b> 6g	<b>9%</b>
Saturated / Satures 3.5g	<b>19%</b>
Trans / Trans 0.2g	
<b>Cholesterol / Cholesterol</b> 15mg	
<b>Sodium / Sodium</b> 470mg	<b>20%</b>
<b>Carbohydrates / Glucides</b> 27g	<b>9%</b>
Fibre / Fibres 1g	<b>4%</b>
Sugars / Sucres 1g	
<b>Protein / Proteines</b> 9g	
<b>Vitamin A / Vitamine A</b>	<b>6%</b>
<b>Vitamin C / Vitamine C</b>	<b>10%</b>
<b>Calcium / Calcium</b>	<b>10%</b>
<b>Iron/ Fer</b>	<b>15%</b>

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