

Recipe Name	Label values per 100g								Label values per serving							
	Energy (kJ)	Energy (kcal)	Protein (g)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Sodium (Na) (mg)	Energy (kJ)	Energy (kcal)	Protein (g)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Sodium (Na) (mg)
3 Meat Stack Stand-out Toastie	1210	290	11.8	14.2	7.7	28.5	5.7	764	4090	979	40	48	26.1	96.3	19.4	2582
4C Bagel	991	237	14.6	7.8	4.1	26.6	2.8	530	2530	605	37.1	20	10.5	67.8	7.2	1351
Acai Bowl	662	159	3.5	5.9	1.6	22.3	10.1	6.8	2490	596	13.3	22.1	6	84	37.9	25.5
Anklebiter's Spag Bol	561	134	7.8	4.2	1.4	16	1.9	118	1580	377	22	11.7	3.8	45	5.3	332
Antipasto Charcuterie Board for Two	967	231	8.9	15.9	5	13.2	4.4	805	5980	1430	55.2	98.6	31.2	81.6	27	4982
Aussie Carbonara Fettucine	1030	245	5.5	18.6	3.4	14.3	1.1	183	5180	1240	27.7	94	17.4	72.2	5.5	923
Aussie Carbonara Loaded Parmy	929	222	12.2	14.4	2.9	11	1.9	200	6290	1500	82.7	97.6	19.8	74.7	13.1	1354
Aussie Kid's Favourite Sando	1050	250	10.2	8.6	5.3	32.3	0.88	717	1360	326	13.2	11.1	6.8	42	1.1	932
Avo Avalanche Loaded Parmy	856	205	13.1	11.8	3	11.6	2.2	228	5280	1260	80.7	72.6	18.5	71.5	13.4	1407
Avocado Cheese & Tomato Toastie	739	177	5.2	8.1	4.2	20.6	0.86	181	1490	357	10.4	16.3	8.4	41.6	1.7	365
Avocado with Whipped Feta	1020	244	6	16	4.8	18.8	1.4	518	2190	524	12.9	34.3	10.4	40.2	3	1111
Bacon & Egg Bagel	1000	239	9.6	12.1	3.7	22.8	2.7	483	3130	749	30	38	11.5	71.5	8.6	1513
Bacon & Egg Roll	975	233	10.4	13.1	5.4	18.5	4.2	593	2270	543	24.2	30.5	12.5	43.1	9.8	1381
Bacon & Egg Toastie	910	218	10.2	12.2	5.4	16.8	1.5	449	2410	577	26.9	32.3	14.4	44.6	4.1	1189
Bacon Benny Bagel	1130	270	9.6	15.5	5.1	22.9	1.8	508	3360	804	28.5	46.3	15	68.3	5.5	1513
Bacon Eggs Bene Burger	1100	264	10.4	17.5	6.5	16.4	2.2	528	2570	615	24.1	40.9	15.1	38.2	5	1229
Bacon Eggs Bene Wrap	1020	245	8.9	15.4	5.3	17.8	0.78	519	3260	781	28.5	49.1	16.8	56.8	2.5	1656
Baked Barra Parcel	544	130	13.9	7.8	4.7	1.1	0.52	37.4	2020	484	51.7	29	17.5	4	1.9	139
Bambini's BBQ Chook Pizza	946	227	12.8	5.3	2.8	31.3	7.4	575	1800	430	24.3	10.1	5.3	59.5	14.1	1092
Bambini's Cheese Pizza	853	204	9.9	5.3	2.7	28.8	1.1	462	1360	327	15.9	8.4	4.4	46.1	1.8	740
Bambini's Hawaiian Pizza	701	168	9.6	4	2.1	22.9	2.7	533	1540	369	21	8.9	4.6	50.4	6	1173
Banana Bread	1140	274	3.6	12.6	8.1	35.9	15.2	10.5	1200	288	3.8	13.2	8.6	37.7	16	11
Bangers Mash & Buttered Peas	355	85	5.4	5	3.8	4.5	2	139	2180	523	33.1	31.1	23.1	27.8	12.5	858
BBQ Bacon & Egg Wrap	1030	248	10.6	14	5.5	19.8	2.2	565	3200	765	32.9	43.2	16.9	61.1	6.9	1745
BBQ Bacon Loaded Parmy	909	217	12.8	11.7	3.2	15.3	4.5	313	6150	1470	86.4	79	21.9	103	30.7	2119
BBQ Beef & Bacon Burger	987	236	10.7	12.6	5.8	19.9	7.7	493	2940	703	31.9	37.4	17.3	59.3	22.9	1465
BBQ Jackfruit & Slaw Toasted Sando	786	188	4.1	8.6	1.1	23.3	2.1	370	4030	965	20.9	44.4	5.9	119	11	1898
BBQ Jackfruit Toastie	831	199	4.8	8.5	0.87	25.4	2.6	510	3020	722	17.3	31	3.2	92.1	9.4	1852
Berry Frenchy Eggy Croissant	1010	241	6.5	14.9	5.9	20.3	10.1	139	4590	1100	29.5	67.9	26.8	92.6	45.9	630
Best Brunch Burger	862	206	7.8	11.3	4	18.4	4.6	557	2860	685	25.9	37.4	13.2	61.2	15.3	1849
BLT	878	210	6	14	3.8	15.2	1.6	375	4600	1100	31.6	73.1	19.8	79.9	8.2	1963
BLT Stand-out Toastie	1070	256	8.3	16.9	7	17.8	1.1	580	4960	1190	38.4	78.5	32.2	82.5	5.1	2687
Blueberry Muffins - 10 Muffins	1360	326	5.1	14.3	3	43.8	23	460	1820	435	6.8	19	4	58.4	30.7	614
Bolognese Bonanza Loaded Parmy	778	186	13.5	9.6	2.5	11.3	2.3	201	5070	1210	88.2	62.5	16	73.8	15.1	1310
Bowl of Chips & Aioli	868	208	2.3	14.8	2.1	16.6	0.99	47	2870	686	7.5	48.9	7	54.7	3.3	156
Breakfast Bruschetta	884	211	9.9	15	5.4	9.2	1.5	633	4630	1110	52.2	78.7	28.2	48	7.7	3319
Breakfast Crepe with Bacon	851	204	9	15.7	6.1	6.9	2.1	509	2810	672	29.8	51.8	20.2	22.6	7.1	1681
Breakfast Crepe with Smoked Salmon	881	211	9.5	16.2	4.2	7	1.5	314	2290	548	24.7	42.2	10.9	18.2	4	815
Brilliant Barra Burger	734	176	7.8	7.6	1.9	18.8	3.7	168	3550	849	37.6	36.6	9.3	90.8	17.7	809
Bruschetta Classica	698	167	4.4	8.4	2.7	18.3	5.3	478	2050	490	13	24.7	7.8	53.6	15.5	1401
Caesar Salad	933	223	9.9	18.1	5.5	5.5	1.3	429	2310	554	24.7	44.9	13.6	13.7	3.2	1065
Caesar Salad with Chicken	872	209	14.5	14.6	4.6	5	1.4	525	2860	684	47.5	47.9	15.2	16.4	4.5	1722
Caesar's Chicken Burger	940	225	10.5	13.4	4	15.6	1.8	428	4040	967	45	57.7	17.2	67.1	7.6	1842
Candied Bacon & Avocado Open Melt	1200	287	8.8	21.6	6.1	14.4	2.6	366	3230	772	23.7	58.1	16.3	38.6	6.9	984
Capri's Caprese Salad	687	164	7.5	14	5.7	2.5	1.7	44	1630	389	17.7	33.2	13.6	5.8	4.1	105
Cheese & Tomato Toastie	727	174	5.5	6.6	4.1	22.8	0.91	200	1320	317	10.1	12.1	7.5	41.5	1.7	364
Cheesy Bacon Arancini	1010	243	1.2	26.5	3.8	0.81	0.78	1754	1830	437	2.2	47.7	6.9	1.5	1.4	3158
Cheesy Chicken Stand-out Toastie	1220	291	13.4	16.9	6.4	21.4	0.79	596	4480	1070	49.4	62.3	23.7	78.7	2.9	2193
Cheesy Garlic Bread for One	1510	361	9.6	26.1	15.8	22.4	1.1	424	1980	474	12.6	34.3	20.8	29.4	1.4	557
Cheesy Pulled Pork Loaded Tort Melt	890	213	8	9.4	2.5	23.7	5.2	539	2750	658	24.8	29.1	7.8	73.1	16.1	1666
Cheesy Roast Veg Loaded Tort Melt	909	217	7.9	9.2	4	25.4	3	786	2400	574	20.9	24.2	10.7	67	7.9	2074
Cheesy Steak Loaded Tort Melt	1110	265	15.5	13	5.1	21.2	3	407	3310	792	46.4	38.9	15.4	63.5	9.1	1216
Cheesy Steak Toasted Turkish	1010	242	15.6	11.3	4	19.1	3.5	282	2900	693	44.8	32.4	11.6	55	10.1	810
Chia Pudding with Seasonal Fruit	486	116	2.5	6.5	3.6	11.8	7.4	26.9	1990	477	10.3	26.6	14.9	48.3	30.2	110
Chicken & Bacon Toasted Turkish	972	233	11.7	14.4	4.2	14	1.9	539	3570	854	42.9	53	15.4	51.5	6.8	1978
Chicken & Cheese Toastie	930	222	14.4	6.4	3.4	26.3	1	466	1460	349	22.6	10.1	5.3	41.3	1.6	731
Chicken & Zesty Artichoke Toasted Sando	1020	244	10	12.9	5.5	21.8	0.91	413	4970	1190	49	63.1	26.8	106	4.4	2015
Chicken Avocado & Cheese Toastie	920	220	13	8.1	3.5	23.4	0.95	414	1630	390	23	14.3	6.3	41.4	1.7	732
Chicken Burger DT - crumbed pattie	971	232	11.3	12.6	2.8	18.3	1.6	506	2330	557	27	30.4	6.7	43.9	3.7	1214
Chicken Burger DT - quick fry breast	981	235	15.6	10.1	2.6	20.1	2	546	2380	571	37.9	24.6	6.4	48.8	4.9	1327

Chicken Caesar Wrap	1020	243	12.5	13.8	4.7	17.2	1	608	3370	807	41.6	45.7	15.7	57.2	3.4	2019
Chicken Royale Burger	828	198	9.5	11.4	2.5	14.3	1.5	425	2640	632	30.3	36.5	8	45.6	4.7	1357
Chicken Saltimbocca	531	127	10.5	7.3	3.5	3.4	0.83	147	3080	738	61.1	42.3	20.4	19.5	4.8	853
Chicken Tomato & Cheese Toastie	718	172	11.1	4.9	2.6	20.5	1.2	354	1490	356	22.9	10.1	5.3	42.5	2.4	733
Chilli Chicken Loaded Tort Melt	1090	260	11	12.3	3.2	26.4	3.5	545	3470	831	35	39.1	10.2	84.1	11.3	1739
Chilli Chimichurri with Avo & Poached Egg	767	184	6	11.7	3.5	13.3	1.6	318	2410	576	18.9	36.8	11.1	41.7	5	998
Chilli Chorizo Scramble	1120	269	9.5	20.3	7.9	12.3	2	489	4610	1100	38.9	83.6	32.3	50.4	8.3	2008
Chilli Salt Calamari Starter	637	152	12.6	1.3	0.52	22	1.3	166	1660	398	32.9	3.4	1.4	57.4	3.5	432
Chilli Salt Calamari Vermicelli Salad	532	127	8.7	1.2	0.36	20	3.2	206	2760	660	44.9	6.2	1.8	103	16.5	1070
Chilli Sea Ambrosia Fettuccine	495	119	2.5	4.9	2.6	14.5	1.2	69	2260	540	11.4	22.5	12	66	5.5	316
Chipotle Pork Belly Burger	857	205	6.9	11.7	3.2	18	2.6	207	3340	800	27.1	45.5	12.4	70.2	10.1	808
Chipotle Pulled Pork Burger	781	187	5.8	9.1	1.9	20.3	4.5	244	3140	751	23.4	36.4	7.8	81.5	18	980
Choco Nutty Eggy Croissant	1180	281	6.8	19	9.4	21	11.4	141	5410	1290	31.3	87.4	43.4	96.8	52.2	648
Classic Breakfast Wrap	854	204	9.2	10.6	4.3	17.8	2.4	504	3660	877	39.7	45.7	18.2	76.5	10.3	2162
Classic Caesar Salad	933	223	9.9	18.1	5.5	5.5	1.3	429	2310	554	24.7	44.9	13.6	13.7	3.2	1065
Classic Cheeseburger	923	221	11.3	12.5	4.8	15.7	4.2	392	4950	1180	60.6	67.1	25.8	84.3	22.3	2103
Classic Cheeseburger DT	842	202	9.5	9.8	4.6	18.7	6	493	2440	585	27.6	28.4	13.3	54.3	17.5	1429
Classic Chicken Burger	811	194	9.5	10.6	2.5	15.1	1.5	294	3530	844	41.2	46.2	10.8	65.5	6.6	1278
Classic Eggs Benedict	943	226	7.7	16.7	5	11.3	0.92	248	2560	613	21	45.5	13.6	30.8	2.5	676
Clucky Basil Fettuccine	1100	262	16.4	15.2	2.2	14.1	2.3	263	6090	1460	90.9	84.5	12.1	78.1	12.6	1460
Clucky Schnitz	986	236	12.1	14.9	3	13.5	1.9	141	4770	1140	58.6	71.9	14.6	65.4	9	685
Consummate Creamy Chicken Pizza	988	237	9.5	13.1	5.4	20.2	1.2	367	4820	1150	46.2	63.7	26.5	98.8	5.6	1790
Corned Beef Stand-out Toastie	1180	284	9.6	16.8	6.2	23.6	3	622	4360	1040	35.3	61.6	22.9	87	11.1	2288
Cream Cheese Bagel	1210	290	8.9	11.9	6.9	36.5	2.3	437	2210	528	16.2	21.7	12.6	66.4	4.2	794
Creamy Mushroom Medley & Eggs	895	214	7.2	15.2	3.6	12.3	0.9	202	3280	784	26.3	55.7	13.1	45.1	3.3	738
Crispy Potato Rosti	430	103	4.2	5.6	1.7	8.8	1.7	164	1440	344	14.1	18.7	5.8	29.3	5.6	548
Crispy Skinned Salmon	609	146	9.3	10.3	1.8	4	0.86	29.8	2950	705	44.9	50.1	8.7	19.2	4.2	144
Crowded Ham Wrap	659	158	8.3	4.8	2.7	20.1	1.6	544	1960	470	24.7	14.2	8.1	59.8	4.6	1620
Cuban Stand-out Toastie	1230	295	10.9	17.2	6.7	24.1	3.4	562	4650	1110	41	65	25.4	90.9	12.9	2119
Delish Chicken & Bacon Toasted Turkish	886	212	8	13.4	3.4	14.9	1.6	362	4860	1160	44	73.6	18.5	81.6	8.9	1988
Dreamy Pappardelle	812	194	6.9	12.5	3.4	12.8	1.2	127	4110	984	34.8	63	17.4	64.8	6	642
Eat Your Purples & Greens Salad	386	92	2.7	4.5	1.6	10.1	9.5	390	1040	250	7.4	12.2	4.3	27.3	25.6	1052
Eggceptional Eggplant Parmy	613	147	10.5	5.8	1.9	12.6	2.4	120	3660	875	62.4	34.8	11.1	74.9	14.6	717
Eggs Your Way (BYOB)	861	206	11.1	9.4	3.3	19.1	0.71	351	1750	419	22.7	19	6.8	38.9	1.4	714
El Espanol Loaded Parmy	883	211	13.8	12	3.3	11.9	2.3	321	5230	1250	81.8	71.2	19.3	70.5	13.3	1903
English Corned Beef Bagel	868	208	7.4	7.5	0.88	27.1	5.1	586	2520	602	21.5	21.9	2.5	78.6	14.7	1698
Epitome of Sicily Pizza	807	193	7.4	7.5	2.5	23.8	1.5	512	3350	801	30.7	31	10.2	98.8	6.3	2126
Felafel Loaded Tort Melt	904	216	5.3	9.5	2	27.3	0.97	394	2180	521	12.7	22.8	4.8	65.7	2.3	951
Fiery Chicken & Brie Pizza	958	229	13.6	7.4	4.1	26.4	4.2	479	3930	940	55.9	30.2	16.7	108	17.4	1965
Fish & Chips	953	228	11.9	14.9	2.1	11.7	1.6	150	3820	915	47.9	59.7	8.3	46.9	6.5	602
Fruit Salad Cup	229	55	3.6	0.21	0.01	9.4	7.2	4.1	686	164	10.8	0.63	0.04	28.1	21.5	12.4
G.O.A.T Brekky Burger	1010	242	9.7	16.7	6.6	13.5	3.5	619	3990	955	38.3	65.9	25.9	53.1	13.7	2443
Garlic Bread For One	1570	377	5	27	16.4	28.8	1.1	385	1590	380	5.1	27.2	16.6	29.1	1.1	389
Got Beef With Brie Burger	982	235	12.2	13.8	4.8	15.6	3	160	4630	1110	57.6	64.9	22.5	73.4	13.9	753
Granola & Yoghurt Bowl	892	213	5.6	10.1	4.2	24.8	13.6	18.9	2450	587	15.4	27.7	11.4	68.1	37.5	52
Granola & Yoghurt Cup	899	215	6.5	12.1	5.7	19.9	9.8	30.3	1800	430	13.1	24.2	11.4	39.8	19.6	61
Grecian Yiros - Chicken	811	194	10.1	8.3	3	19.6	3.2	515	3870	926	48.1	39.6	14.2	93.3	15.4	2455
Grecian Yiros - Lamb	801	192	7.4	8.8	3.1	20.5	3.2	492	3660	876	33.8	40.3	14.3	93.7	14.8	2248
Grilled Barra	635	152	10.1	10.3	3.7	4.5	0.38	14.1	2790	667	44.4	45.2	16.4	19.8	1.7	62
Halloumi & Bacon Brekky Burger	1100	264	11.6	18.4	7.5	13.2	1.8	1196	3250	778	34.2	54.3	22	39	5.2	3529
Halloumi & Egg Brekky Burger	939	225	12.1	12	5.8	16.9	4.6	1025	2520	602	32.3	32.1	15.6	45.3	12.2	2747
Halloumi Chips	1090	261	11.9	10.2	6.2	29.9	0.12	1663	2940	704	32.3	27.6	16.7	80.6	0.34	4490
Halloumi Eggs Bene Wrap	969	232	9.5	13.2	4.7	18.9	0.37	726	2800	670	27.5	38	13.6	54.5	1.1	2098
Halloumi Pesto Bagel	1060	253	9.5	12.1	3.3	26.2	2.4	923	2820	675	25.5	32.3	8.9	69.9	6.3	2465
Ham & Cheese Croissant	1250	299	9.4	16.1	9.3	29.1	4.3	563	1780	427	13.4	23	13.3	41.6	6.2	806
Ham & Cheese Stand-out Toastie	1140	274	10.6	14	6.6	26.3	3.8	696	3950	944	36.5	48.3	22.7	90.6	13.2	2403
Ham & Cheese Toastie	848	203	10.8	6.9	4.3	24	1.1	695	1460	349	18.6	11.9	7.4	41.3	1.9	1196
Ham Cheese & Tomato Toastie	683	164	8.1	5.6	3.4	20	1.2	497	1450	347	17.3	11.8	7.3	42.3	2.5	1054
Hand-stretched Cheesy Garlic Pizza	1130	270	10.9	10.3	3.5	33.1	0.27	471	3040	729	29.3	27.8	9.4	89.3	0.73	1273
Handy Morning Feed	896	214	7.7	12.9	4.3	16.8	1.9	439	4060	971	34.9	58.4	19.5	76.2	8.7	1987
Hawaiian Chicken Stand-out Toastie	1000	240	12.9	10.6	6	22.8	3.4	573	3990	954	51.5	42.3	23.7	90.9	13.5	2282
HCT Panini	762	182	6.6	10.1	1.2	16.2	1.6	516	2910	697	25.1	38.8	4.8	61.9	6	1972

HCTO Omelette	878	210	10.2	13.7	4.2	11.5	1.3	380	3370	807	39.2	52.7	16.3	44.3	4.9	1460
Holla Back Loaded Parmy	929	222	13.5	14	3.9	10.7	2.1	297	6440	1540	93.8	97	27.2	73.8	14.5	2060
Honey Glazed Halloumi	879	210	15	12	7.6	10.5	9	2001	1530	366	26.1	20.9	13.2	18.3	15.7	3482
Honey Mustard Ham & Cheese Open Melt	1270	304	18.8	19.1	6.9	14.2	3.1	534	3980	952	58.9	59.9	21.7	44.6	9.7	1670
House Beef Burger	916	219	11	13	4.2	14.6	2.2	269	4700	1120	56.3	66.8	21.4	74.9	11.3	1378
Hungry Carnivore Pizza	1010	243	12.3	10	4.6	25.6	5.8	650	4910	1180	59.6	48.3	22.4	124	28.3	3145
Hungry Tyke's Spaghetti	504	121	4.1	2.7	0.66	19.6	2.7	170	1140	272	9.3	6.1	1.5	44.4	6	385
Keto Heaven	616	147	7	12.3	4.2	2.2	1.4	204	2770	662	31.3	55.3	18.8	9.9	6.2	917
Kiddo's Avo on Toast	886	212	4.6	12	2.9	20.7	0.59	157	859	206	4.4	11.6	2.8	20.1	0.57	152
Leaning Tower of Margherita	749	179	9.2	5.4	2.9	23.2	1.2	394	3030	724	37.2	21.6	11.5	93.7	4.7	1593
Leaning Tower of Margherita DT	759	182	7.9	3.2	1.5	29.9	0.92	559	3480	832	36.3	14.5	7	137	4.2	2558
Little Monkey's Fish & Chips	764	183	3.8	11.8	2.3	15.4	2.6	198	1920	459	9.6	29.6	5.9	38.8	6.5	496
Louisiana Muffaletta Sando	668	160	5.9	7.4	2.5	17.2	3.1	438	3370	807	29.9	37.5	12.7	87	15.7	2212
Lush Pancakes - Banana & Butterscotch Split	1050	252	4	12.1	6.2	31.2	16.3	225	6100	1460	23.1	70.4	35.7	181	94.4	1307
Lush Pancakes - Classic Strawbs & Cream	818	196	3.9	5.5	2	32.2	13.8	272	3860	924	18.5	25.9	9.6	152	65.3	1285
Lush Pancakes - Moreish Lemon	887	212	4	6.5	2.9	34.1	16	278	4200	1000	19	30.7	13.7	161	75.8	1314
Lush Pancakes - Velvet Choco Nut	986	236	4.3	9.5	5.8	33.1	16.4	274	4700	1130	20.5	45.2	27.5	158	78.4	1305
Malaga Prawns & Chorizo	574	137	3.2	8.6	2.1	10.6	2.1	404	2120	508	11.8	31.7	7.8	39	7.8	1494
Marrakesh Vitality Salad	637	152	3.5	10.9	1.9	9.9	3.8	99	2340	559	12.8	40.2	7	36.2	14	365
Mary's Mediterranean Lamb Pizza	840	201	9.1	8.6	3.2	21.7	1.8	458	3890	930	41.9	39.6	14.8	100	8.2	2123
Meatballs in Napoli	628	150	15.4	8	4.1	4.2	1.5	243	1820	436	44.5	23.1	12	12.1	4.4	704
Mediterranean Bagel	788	189	5.3	6.9	2.5	25.9	1.9	279	2070	494	13.9	18	6.5	67.8	5	732
Mediterranean Omelette	1010	242	8.4	17.1	4.4	13.9	2.3	347	3480	833	29	58.8	15.2	47.8	8	1193
Messina Meatball Fettuccine	567	136	8.1	5.5	1.7	13.2	2.2	185	3440	823	49.1	33.6	10.1	80	13.1	1120
Messy Eggs	948	227	9.1	14.8	4.8	14.3	1.6	328	3070	734	29.5	48	15.5	46.3	5.3	1062
Mini's Mac & Cheese	587	140	6.1	9.4	5.7	8.1	2.6	123	1740	417	18.1	27.8	17.1	23.9	7.9	364
Moppet's Pancakes	884	212	4	4.4	1.3	38.6	18.1	283	2450	586	11	12.1	3.7	107	50.1	785
Muffaletta Toasted Turkish	1020	245	8.2	15.2	8.7	19.1	1.4	564	2560	613	20.5	37.9	21.7	47.7	3.5	1410
Napolitana Fettuccine	749	179	5.4	5.2	2.2	27.3	1.6	73	8520	2040	61.7	59.1	25.1	311	17.9	827
New York Bagel	864	207	9.6	6.7	3.5	26.5	2	459	2190	524	24.2	17.1	9	67.1	4.9	1164
Nonna's Favourite Pizza	1050	252	13.3	11.4	4.7	23.8	0.62	750	4040	967	51.1	43.7	17.9	91.3	2.4	2874
Nosh Dips Trio	1060	255	6.8	13.1	4	27.3	2.3	343	3890	931	24.8	47.8	14.7	99.9	8.5	1255
Orange & Fennel Salad	501	120	2.9	8.3	1.3	8.3	5.3	20.9	977	234	5.6	16.3	2.6	16.1	10.4	41
Packed Chicken Wrap	813	195	12.6	8.7	3	16.1	1.1	497	2960	708	45.9	31.8	10.9	58.8	3.8	1809
Parmy Loaded Tort Melt	815	195	11.8	6.9	2.6	21	1.5	605	3010	720	43.6	25.6	9.7	77.7	5.5	2231
Pear & Bacon Salad	986	236	11.9	15.8	4.1	11.5	7.5	355	3110	743	37.4	49.7	12.9	36.3	23.7	1119
Pepperoni Pizza Paragon	921	220	11.3	7.6	3.4	26.4	1.1	559	3220	771	39.4	26.6	11.8	92.3	3.8	1955
Pepperoni Stand-out Toastie	1320	316	12	19.5	8.3	23.4	0.86	628	4370	1050	39.6	64.4	27.6	77.5	2.8	2077
Pesty Pesto Loaded Parmy	890	213	12.9	12.2	2.5	12.9	3.1	237	5430	1300	78.4	74.6	15.4	78.6	18.6	1443
Pizza Alla Bolognese	708	169	9.2	4.5	2	22.5	1.4	374	3030	725	39.6	19.4	8.7	96.4	6.2	1602
Pizza Alla Bolognese DT	793	190	9.4	4	1.8	28.6	1	556	3830	917	45.2	19.2	8.8	138	5	2686
Porky Belly Roll	954	228	11.8	12.1	4.5	18	4.8	347	2460	589	30.5	31.1	11.7	46.6	12.3	895
Poseidon's Platter	653	156	11.4	7.4	1.2	10.7	1.2	329	5040	1210	88.2	57.4	9.1	83	9.6	2543
Prawn Burrito Bowl	583	139	1.8	8.9	2.2	12.9	6.9	85	2320	555	7.1	35.5	8.8	51.4	27.4	340
Prosciutto Amatriciana Fettuccine	512	122	3.6	5	1.4	14.4	2.9	300	2730	653	19.4	26.8	7.5	76.8	15.3	1601
Pulled Pork Burger	862	206	8.2	9.3	2	22.2	6.9	393	2020	485	19.2	21.8	4.7	52.1	16.2	923
Pumpkin & Cumin Sweet Potato Soup	599	143	3.4	8	3.5	14.2	3.1	218	2530	606	14.4	33.9	14.9	59.9	13.1	923
Pumpkin Buddha Bowl	578	138	3.3	10.7	1.7	7.2	2.4	26.7	2750	659	15.6	50.8	8.1	34.3	11.3	127
Pumpkin Kale & Quinoa Salad Bowl	786	188	15.3	9.6	2.9	9.8	1.5	469	2950	705	57.3	35.8	10.9	36.8	5.6	1760
Quiche - Cheese & Bacon - 6 portions	1190	285	9.4	18.7	7.3	20	1.2	258	2040	489	16.1	32	12.6	34.4	2	443
Quiche - Spinach & Feta - 6 portions	1170	280	7.8	17.9	6.7	22.2	1.6	240	1810	434	12	27.7	10.4	34.4	2.4	372
Quintessential Pesto Chicken Sando	1010	242	9.2	13.3	3.3	21.4	1.6	416	5280	1260	48	69.4	17.3	111	8.5	2168
Raisin Toast x 2	1440	345	7.4	13.6	7.7	47.7	21.4	237	2160	517	11.1	20.4	11.6	71.6	32	356
Red White & Green Salad	780	186	6.1	15.5	4.5	5.5	1.2	667	2540	608	19.8	50.5	14.6	18	3.9	2174
Ricotta Blueberry Hotcake	754	180	5.8	7	4.4	23	10.8	180	3140	752	24.2	29.4	18.3	95.9	45.2	750
Ricotta Cherry Tomato & Basil Fettuccine	1080	258	16.4	13.1	5.7	18.4	1.5	103	3800	910	57.9	46.3	20.1	65.1	5.4	364
Ricotta Pea & Chive Fritters	676	162	7.1	10.4	3.7	10	2	96	2430	581	25.6	37.3	13.3	35.8	7.1	346
Roast Pumpkin Fettuccine	780	187	12.7	7.6	3.2	15.5	2.4	92	3680	880	59.6	35.9	15.1	72.8	11.1	434
Rump Chips Salad & Gravy	625	149	15.8	6.7	1.5	6.4	1.1	38.2	3520	843	89	37.7	8.2	36.1	6.1	215
Rustic Roasted Tomato & Garlic Soup	404	97	1.9	4.8	1.2	11.5	2.9	99	1510	361	7.2	17.8	4.5	42.8	10.6	368
Santorini Souvlaki Bowl	633	152	11	5.5	1.6	14.3	1.8	270	3020	722	52.3	26	7.6	68.1	8.6	1284
Sausage Egg & Bacon Wrap	1050	250	11.1	15.3	6.4	17.3	2.7	625	4280	1020	45.3	62.4	26.3	70.6	11.2	2557

Schnitzky BLAT	842	201	7.2	11.5	3	17.2	2.3	314	4540	1090	38.9	62.1	16.3	92.9	12.5	1695
Sicilian Bagel	1020	245	12.1	10.1	4.4	26.3	2.1	643	2660	637	31.4	26.2	11.4	68.3	5.4	1672
Side Chips - Sub Recipe	678	162	2.4	8.9	1.8	18.1	1.1	30.7	1100	263	3.9	14.4	2.9	29.4	1.7	50
Simple Sausage Brekky Burger	1050	251	7.9	15.1	4.4	20.9	4.7	445	3200	766	24.2	46.1	13.5	63.9	14.4	1359
Smashed Avo & Whipped Feta on Toast	945	226	5.9	14.2	4.6	18.4	1.4	521	2020	484	12.7	30.3	9.8	39.4	3	1115
Smoked Salmon Bruschetta	652	156	7.4	6.4	1.3	17	1.3	457	1600	382	18.1	15.7	3.2	41.7	3.1	1120
Smoked Salmon Light Breakfast	749	179	10	9.1	2.6	14	1	479	2130	509	28.5	25.9	7.3	39.6	2.9	1359
Smoked Salmon Omelette	914	219	9.2	15.3	3.9	11.2	1.3	371	3560	853	35.9	59.7	15.2	43.7	4.9	1445
Smoked Salmon Paramour Pizza	1130	270	9.1	16.6	4.2	20.9	0.82	448	5070	1210	41	74.9	18.7	94.1	3.7	2017
Smoky BBQ Chook Pizza	931	223	13	7.8	3.6	24.8	5.4	619	4420	1060	61.8	37.1	17.2	118	25.8	2939
Soft Shell Fish Tacos	725	174	5.6	10.7	2.5	13.6	1.6	139	2440	585	18.8	36.1	8.5	45.8	5.4	469
Soft Shell Jackfruit Tacos	555	133	2.2	6.6	2.5	15.9	5.8	132	1680	403	6.7	19.9	7.5	48.3	17.6	401
Soft Shell Pulled Beef Tacos	599	143	8.1	5.3	2	15.5	6.6	55	1770	424	24	15.6	5.9	45.9	19.5	164
Spaghetti Bolognese	563	135	8.1	4.4	1.5	15.5	1.9	125	2590	619	37.1	20.1	7	71.1	8.8	573
Spectacular Steak Sanga	865	207	9.5	11.5	4.9	16.3	2.8	173	5200	1240	57.3	69	29.6	97.9	16.8	1038
Spicy Corned Beef & Peppers Toasted Sando	876	210	7.7	10.4	4.7	21.2	1.5	462	4580	1100	40.2	54.2	24.8	111	8	2417
Sprout's Nuggies & Chips	750	179	6.9	8.6	2	18.6	3.6	301	2100	502	19.2	24	5.5	52	10	843
Sriracha Fried Chicken Burger	890	213	6.4	13	3.1	17.6	2.3	300	5250	1260	37.6	76.9	18.4	104	13.3	1772
Sriracha Fried Chicken Waffle	1030	246	8.7	10.9	4.7	28.1	11.9	405	4600	1100	39	48.6	21.2	126	53.2	1814
Stella's Savoury Mince	530	127	7.4	6.7	2.7	9.1	1.4	156	2240	536	31.3	28.5	11.2	38.4	6.1	659
Sweet Little Things	1330	318	3.8	16.7	10.6	37.9	21.9	234	2670	639	7.7	33.6	21.3	76.1	44.1	470
Sweet Potato & Halloumi Salad	822	197	12.3	11.8	3.5	10.1	5.2	670	2430	582	36.5	34.9	10.4	29.9	15.5	1983
Sweet Potato & Mushroom Omelette	798	191	8	11.9	3	13.1	1.9	212	3140	752	31.4	46.8	11.9	51.6	7.7	837
The Club	932	223	8.7	13.4	5	16.9	1.3	443	4640	1110	43.3	66.5	25.1	84.4	6.4	2206
The Hawaiian Loaded Parmy	782	187	13.4	9.2	2.2	12.5	2.8	246	4710	1130	80.5	55.5	13.2	75.4	17	1479
The Inferno Loaded Parmy	918	220	14.3	12	3.3	13.6	3.3	392	5550	1330	86.2	72.5	19.8	82.4	19.7	2370
The Mac Daddy Loaded Parmy	814	195	13.2	10.4	3.1	12.1	2.3	188	5100	1220	82.5	65.2	19.5	75.7	14.6	1177
The Mediterranean Loaded Parmy	848	203	13.2	11	2.7	12.7	2.8	243	5030	1200	78.1	65.3	15.9	75.4	16.4	1443
The Napoli Loaded Parmy	858	205	14	10.9	2.5	12.6	2.2	294	4780	1140	78.1	60.9	13.7	70.2	12.3	1640
The O.G Loaded Parmy	820	196	14.7	9.8	2.4	12.2	2.2	310	4670	1120	83.6	55.8	13.4	69.8	12.8	1765
The Popeye Loaded Parmy	803	192	12.4	10.6	2.7	11.8	2.2	171	5000	1200	77.3	65.8	16.7	73.3	13.6	1065
The Reuben Revolution	933	223	7.5	12.3	4.2	20.7	2	496	5160	1240	41.7	67.8	23.4	114	11.2	2744
The Stellar Bene	959	229	6.5	18.5	6.2	9.4	1.4	210	3710	887	25.3	71.4	24.1	36.2	5.4	812
The Ultimate Breakfast Plate	775	186	7	12.8	4.5	10.7	2.4	374	4880	1170	44	80.4	28.5	67.5	15.2	2350
Traditional Polpettone	483	116	14.6	5.6	2.6	1.7	1.3	177	961	230	29	11.1	5.3	3.3	2.6	351
Trattoria's Taboo Pizza	769	184	9.5	4.1	2.1	26.8	2	501	2750	659	33.9	14.8	7.6	95.8	7.2	1794
Triple Fungi Linguini	725	173	2	16.1	3	4.9	0.83	38.9	4060	971	11.3	90	16.8	27.4	4.7	218
Truffle & Parmesan - Sub Recipe	1650	394	23.3	33.3	13.6	1.1	0.77	530	329	79	4.7	6.7	2.7	0.23	0.15	106
Truffle Mushroom Open Melt	1040	248	8.9	16	6.9	17.2	3	299	2200	526	18.8	34	14.7	36.5	6.4	635
Truffled Mushies & Poached Eggs	731	175	7.9	9.9	2.2	13.5	1.7	319	2520	604	27.2	34.2	7.8	46.7	5.7	1102
Truffled Mushroom Pizza	837	200	7.8	8.3	3.4	23.3	0.95	328	3450	826	32.2	34.4	14.1	96	3.9	1351
Unforgettable Cheese Toast	1940	464	9.1	37.9	24.8	22.5	0.9	271	1750	418	8.2	34.1	22.4	20.3	0.81	244
Vegan Farmstead Pizza	957	229	13.7	8.3	1.2	24.6	1.2	317	4050	969	57.9	35.1	5.1	104	5.2	1342
Vegetarian's Brekky	641	153	8.5	7.9	3.7	12	1.4	681	2350	562	31.2	28.9	13.6	43.9	5.1	2496
Vego Burger Tower	626	150	3.4	6.6	1.7	18.9	2.4	189	3130	749	16.9	33.1	8.4	94.5	11.9	944
Very Corny Fritters	677	162	7.2	9.9	3.7	10.9	2.4	289	3080	738	32.6	45.3	16.8	49.5	11.1	1318
Whippersnapper's Eggs & Toast	987	236	9.5	15.5	4.4	14.9	0.84	174	1430	343	13.7	22.4	6.4	21.6	1.2	253