

# Gourmet Foods Ltd

## *Pastry Catalogue*

2025



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# ABOUT

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Pats Pantry, a well-known Kiwi brand, started in 1966 producing a variety of high quality, delicious baked goods and pies and as part of its expansion programme, purchased another well-known brand, Ponsonby Pies in 2005. It was as a result of this purchase and the need for a name under which both brands could be maintained and developed that the birth of Gourmet Foods Limited came about.

Today, Gourmet Foods Limited continues to produce highest quality pastry products, all under their own respective brands and distribute country-wide.

We are a quality, customer focused business based in Tauranga, Bay of Plenty and pride ourselves in our commitment to excellence, quality, taste and of course, our innovative varieties across all our brands.

Our pies have won many awards at the NZ Bakels Pie Awards and this has a lot to do with our award winning pastry - golden, flaky and delicious to eat with real meat fillings.



GOURMET FOODS ALLERGEN TABLES updated May 2024



**Product Description**  
**TRADITIONAL PIES 180g**

Product Size	Cereals containing Gluten & their products namely Wheat, Rye, Barley, Oats, Spelt	Crustacea, Mollusc, Fish	Egg & Egg Products	Sulphites	Milk & Milk Products	Almonds, Brazil Nuts, Cashews, Hazelnuts, Macadamias, Pecans, Pine Nuts, Pistachios, Walnuts	Sesame Seeds & their Products	Peanuts & their Products	Soybeans & their Products	Pumpkin Seed or other Seeds
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MINCE	180g	✓		✓		✓			✓	
MINCE & CHEESE	180g	✓		✓		✓			✓	
CREAMY MUSHROOM BACON CHEESE	180g	✓		✓	✓	✓			✓	
POTATO TOP	180g	✓		✓	✓	✓			✓	
BACON & EGG	180g	✓		✓	✓	✓			✓	
STEAK	180g	✓		✓		✓			✓	
STEAK & CHEESE	180g	✓		✓		✓			✓	
STEAK & MUSHROOM	180g	✓		✓		✓			✓	
BEEF & BACON	180g	✓		✓	✓	✓			✓	
CHICKEN & VEGETABLE	180g	✓		✓		✓	✓		✓	
CHICKEN & KUMARA	180g	✓		✓	✓	✓	✓		✓	
KIWI BREAKFAST	200g	✓		✓	✓	✓			✓	
BUTTER CHICKEN	180g	✓		✓		✓	✓		✓	
SAUSAGE ROLL	130g	✓		✓		✓			✓	
GIANT SAUSAGE ROLL	190g	✓		✓		✓			✓	
CREAMY THAI CHICKEN	180g	✓	✓	✓		✓			✓	
FARMHOUSE VEGETABLE	180g	✓		✓		✓			✓	✓
CHILLI MINCE & CHEESE	180g	✓		✓		✓			✓	
CHICKEN & MUSHROOM	180g	✓		✓		✓	✓		✓	
STOB	180g	✓		✓	✓	✓			✓	✓
CHILLI & CHEESE ROLL	130g	✓		✓	✓	✓			✓	
SAUSAGE ROLL 190g / SAUSAGE ROLL 130g		✓		✓	✓	✓			✓	
CHEESE & GARLIC ROLLS	130g	✓		✓		✓			✓	
SPINACH & FETA ROLL	100g	✓		✓	✓	✓				
DOUBLE WHAMMY	240g	✓		✓		✓			✓	
BREKKIE ROLL	180g	✓		✓		✓			✓	
KRANSKY ROLL / JALAPENO KRANSKY	80g	✓		✓		✓			✓	
VEGAN MINCE & CHEESE	180g	✓				✓	✓		✓	✓

# BEEF & BACON

Available in

180g

Tasty Beef Steak combined with diced Bacon in a rich brown gravy all encased in our flaky pastry & topped off with a sprinkle of Cheese

## INGREDIENTS

Water,Flour(**Wheat,Gluten**),Beef Steak(24%), Bacon(9%)(**Sulphites**),Margerine (Animal/Vegetable Fats, **Soy**), Starch,Onions, Beef Bouillon(**Soy**),Salt,Caramel Colour(150c), Glaze(**Milk**),Spice

**Contains:Wheat,Gluten,Sulphites, Soy,Milk**

### Nutrition Information

Servings per package:

1

Serving size:

180g

	Average Quantity per serving	Average Quantity per 100 g
Energy	2394.0 kj	1330.0 kj
Protein	28.8 g	16.0 g
Fat, total	28.8 g	16.0 g
saturated	14.4 g	8.0 g
Carbohydrate	52.2 g	29.0 g
sugars	1.8 g	1.0 g
Sodium	1418.4 mg	788.0 mg
Dietary Fibre	1.8 g	1.0 g



AVAILABLE IN



# BUTTER CHICKEN

Available in

180g

Scrumptious moist Chicken smothered in a mildly spicy Butter Chicken sauce. A top seller

## INGREDIENTS

Flour(**Wheat,Gluten**)Chicken(24%),Water, Onions, Yoghurt(**Milk**),Margerine(Animal/VegetableFats,**Soy**),Tomato,Butter(**Milk**), **Sesame Seed**, Garlic,Salt, Starch, Sugar, Herbs, Spcies, Chilli Powder,Glaze(**Milk**)

**Contains:Wheat,Gluten,Milk,Soy, Sesame Seed**



### Nutrition Information

Servings per package: 1

Serving size:	180g	
	Average Quantity per serving	Average Quantity per 100 g
Energy	2361.6 kj	1312.0 kj
Protein	18.0 g	10.0 g
Fat, total	32.4 g	18.0 g
saturated	14.4 g	8.0 g
Carbohydrate	48.6 g	27.0 g
sugars	3.6 g	2.0 g
Sodium	768.6 mg	427.0 mg
Dietary Fibre	3.6 g	2.0 g

AVAILABLE IN



# BACON & EGG

Available in

170g

Plentiful dices of Bacon and a whole hand cracked egg encased in our flaky pastry. A great way to start the morning

## INGREDIENTS

Bacon (24%)(**Sulphites**), Wheat Flour(**Wheat, Gluten**) **Egg** (10%), Animal/Vegetable Fats, Margarine (Animal/Vegetable Fats, **Soy**), Glaze (**Milk** Salt, Sugar

**Contains: Wheat, Gluten, Sulphites  
Soy, Milk, Egg**



Servings per		1
Serving size:		180g
	Average Quantity per serving	Average Quantity per
Energy	2543.4 kJ	1413.0 kJ
Protein	28.8 g	16.0 g
Fat, total	37.8 g	21.0 g
saturated	16.2 g	9.0 g
Carbohydrate	39.6 g	22.0 g
sugars	0.0 g	0.0 g
Sodium	1854.0 mg	1030.0 mg
Dietary Fibre	1.8 g	1.0 g

AVAILABLE IN



# KIWI BREAKFAST

Available in

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200g

Mince, Egg and Bacon sprinkled with Cheese, all in a pastry case - no top. What a way to start your day

## INGREDIENTS

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**Egg(24%),**Water,Flour(**Wheat,Gluten**),Beef Mince(14%)Cheese(8%)(**Milk**),Bacon(8%), (**Sulphites**), Margerine(Animal/Vegetable Fats, **Soy**), Starch,Salt,Worchester Sauce(**Fish**), Beef Boullon(**Soy**), Onions,Spice, Caramel Colour(150c),Herbs

**Contains:Egg,Wheat,GlutenMilk,Sulphites,Soy,Fish**



### Nutrition Information

Servings per package:		1
Serving size:		180g
	Average Quantity per	Average Quantity per 100
Energy	1962.0 kj	1090.0 kj
Protein	25.2 g	14.0 g
Fat, total	28.8 g	16.0 g
saturated	14.4 g	8.0 g
Carbohydrate	28.8 g	16.0 g
sugars	0.0 g	0.0 g
Sodium	1083.6 mg	602.0 mg
Dietary Fibre	1.8 g	1.0 g

AVAILABLE IN

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# Chilli & Cheese Roll

Available in

130g

Chilli & Cheese Roll, a spicy twist on a classic sausage roll. Made with a perfect blend of gentle chilli warmth and savory cheese, its sure to tantalize your taste buds. Each bite offers a burst of flavor, with the rich, gooey cheese complementing the subtle kick of chilli and a Parmesian topping

## INGREDIENTS

Sausage Meat (Beef, Pork) (23%), Beef - Mince (8%), Flour (**Wheat ,Gluten**), Cheese (**Milk**) Water, Sweet Chilli Sauce, Breadcrumbs(**Wheat,Gluten**), Onion Tomato Chutney(**Sulphites**), Garlic, Glaze(**Milk**), Chilli Powder, Sugar, Herbs Mixed, Salt, Pepper

### Nutrition Information

Servings per

1

package:

Serving size:

130

	Average Quantity per serving	Average Quantity per 100 g
Energy	842.4 kJ	648.0 kJ
Protein	10.4 g	8.0 g
Fat, total	13.0 g	10.0 g
saturated	6.5 g	5.0 g
Carbohydrate	10.4 g	8.0 g
sugars	3.9 g	3.0 g
Sodium	417.3 mg	321.0 mg
Dietary Fibre	1.3 g	1.0 g



AVAILABLE IN



Contains:Wheat,Gluten,Sulphites,Soy,Milk

# STEAK

## Give Me Beef

Available in

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180g, 235g

Delicious lean New Zealand Beef Steak cooked in a rich gravy and encased in a flakey pastry

## INGREDIENTS

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Water, Beef-Steak(32%), Flour(**Wheat, Gluten**), Margarine (Animal/Vegetable Fats, **Soy**), Starch (Maize), Salt, Onions, Beef Bouillon(**Soy**) Salt, Caramel Colour(150c), Spice, Glaze (**Milk**)

**Contains: Wheat, Gluten, Soy, Milk**

### Nutrition Information

Servings per package: 1

Serving size: 180g

	Average Quantity per serving	Average Quantity per 100 g
Energy	2044.8 kj	1136.0 kj
Protein	23.4 g	13.0 g
Fat, total	23.4 g	13.0 g
saturated	12.6 g	7.0 g
Carbohydrate	46.8 g	26.0 g
sugars	1.8 g	1.0 g
Sodium	916.2 mg	509.0 mg
Dietary Fibre	1.8 g	1.0 g



AVAILABLE IN

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# STEAK AND CHEESE

Available in

180g, 235g,  
700g Family size

Lean Beef Steak with a dash of real grated Cheese, finished off by being encased in our award winning flaky pastry. New Zealand's No.1 favourite

## INGREDIENTS

Water, Beef Steak(27%), Flour(**Wheat,Gluten**), Grated Cheese(8%)(**Milk**), Beef Mince, Margarine (AnimalFats, **Soy**), Starch(Maize), Onions, Beef bouillion(**Soy**),Salt, Carmel Colour (150c), Spice, Glaze(**Milk**)

**Contains:Wheat,Gluten,Milk,Soy**

### Nutrition Information

Servings per package: 1

Serving size: 180g

	Average Quantity per serving	Average Quantity per 100 g
Energy	2347.2 kj	1304.0 kj
Protein	27.0 g	15.0 g
Fat, total	30.6 g	17.0 g
saturated	16.2 g	9.0 g
Carbohydrate	45.0 g	25.0 g
sugars	1.8 g	1.0 g
Sodium	997.2 mg	554.0 mg
Dietary Fibre	1.8 g	1.0 g



AVAILABLE IN



# STEAK & MUSHROOM

Available in

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180g or 235g

Delicious New Zealand beef steak smothered with Mushrooms in a delightful Mushroom sauce, all encased in pastry

## INGREDIENTS

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Water, Beef Steak(20%), Margerine(Animal/ Vegetable Fats, **Soy**), Beef Mince, Mushroom(9%), Starch, Butter(**Milk**), Onions, Beef Boullon(**Soy**), Salt, Caramel Colour(150c) Glaze (**Milk**) Spice

**Contains: Soy, Milk**

### Nutrition Information

Servings per	1	
Serving size:	180g	
	Average Quantity per serving	Average Quantity per 100 g
Energy	2286.0 kj	1270.0 kj
Protein	18.0 g	12.0 g
Fat, total	30.6 g	15.0 g
saturated	14.4 g	8.0 g
Carbohydrate	43.2 g	30.0 g
sugars	0.0 g	1.0 g
Sodium	633.6 mg	513.0 mg
Dietary Fibre	1.8 g	1 g



AVAILABLE IN

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# PEPPER STEAK

Available in

235g

Peppered Beef Steak in a rich brown gravy encased with flaky pastry and sprinkled with cracked pepper on top

## INGREDIENTS

Water, Beef-Steak(31%), Flour(**Wheat, Gluten**), Beef Mince, Margerine(Animal/Vegetable Fats, **Soy**), Onions, Pepper(2%), Starch(Maize), Beef Bouillion(**Soy**), Salt, Caramel Colour(150c), Glaze(**Milk**), Spice

**Contains: Wheat, Gluten, Soy, Milk**

### Nutrition Information

Servings per		1
Serving size:		235g
	Average Quantity per	Average Quantity per 100 g
Energy	2747.15 kj	1169.0 kj
Protein	32.9 g	14.0 g
Fat, total	30.55 g	13.0 g
saturated	16.45 g	7.0 g
Carbohydrate	63.45 g	27.0 g
sugars	4.7 g	2.0 g
Sodium	1186.75 mg	505.0 mg
Dietary Fibre	4.7 g	2.0 g



AVAILABLE IN



# S.T.O.B

## Steak Tomato Onion Bacon

Available in

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180g

Steak, Tomato, Onion and Bacon smothered with a rich brown gravy and encased in our beautiful flaky pastry. A real award winner here.

### INGREDIENTS

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Water, Flour (**Wheat, Gluten**), Beef Steak (19%), Bacon (7%) (**Sulphites**), Onions (5%), Tomato (5%), Margarine (Animal/Vegetable Fats, **Soy**), Beef Mince, Starch, Beef Boullon (**Soy**), Salt, Caramel Colour 150c, Glaze (**Milk**), Spice

**Contains: Wheat, Gluten, Sulphites, Soy, Milk**



#### Nutrition Information

Servings per	1	
Serving size:	180g	
	Average Quantity per serving	Average Quantity per 100 g
Energy	2383.2 kJ	1324.0 kJ
Protein	27.0 g	15.0 g
Fat, total	27.0 g	15.0 g
saturated	14.4 g	8.0 g
Carbohydrate	54.0 g	30.0 g
sugars	1.8 g	1.0 g
Sodium	1326.6 mg	737.0 mg
Dietary Fibre	1.8 g	1 g

AVAILABLE IN

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# CREAMY MUSHROOM BACON & CHEESE

Available in

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180g

Diced Bacon with Mushrooms in a creamy Cheese and Mushroom sauce. Delicious!

## INGREDIENTS

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Water, Flour (**Wheat, Gluten**), Mushroom (13%), Margarine (Animal/Vegetable Fats, **Soy**), Bacon (5%) (**Sulphites**), Butter (**Milk**), Cheese (4%) (**Milk**), Glaze (**Milk**), Salt

**Contains: Wheat, Gluten, Soy, Milk, Sulphites**

### Nutrition Information

Servings per	1	
Serving size:	180g	
	Average Quantity	Average Quantity
	per serving	per 100 g
Energy	2332.8 kJ	1296.0 kJ
Protein	16.2 g	9.0 g
Fat, total	32.4 g	18.0 g
saturated	18.0 g	10.0 g
Carbohydrate	48.6 g	27.0 g
sugars	0.0 g	0.0 g
Sodium	914.4 mg	508.0 mg
Dietary Fibre	3.6 g	2 g



AVAILABLE IN

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# CHILLI MINCE & CHEESE

Available in

180g

A wonderful mix of the Kiwi classic Mince & Cheese with a hint of mild Chilli giving a lovely Nacho flavour

## INGREDIENTS

Water, Flour (**Wheat, Gluten**), Chilli Beans (19%) (**Wheat, Gluten, Sesame, Soy**), Beef Mince (12%), Cheese (8%) (**Milk**), Animal / Vegetable Fats, Margarine (Animal / Vegetable Fats, **Soy**), Starch, Cornflakes, Salt, Worcester Sauce (**Fish**), Beef Bouillon (**Soy**), Sugar, Onions, Spice, Herbs, Glaze (**Milk**), Colour (160a)

**Contains: Wheat, Gluten, Sesame, Soy, Milk, Fish**

### Nutrition Information

Servings per		1
Serving size:		180g
	Average Quantity	Average Quantity per 100 g
Energy	2026.8 kj	1126.0 kj
Protein	16.2 g	9.0 g
Fat, total	25.2 g	14.0 g
saturated	14.4 g	8.0 g
Carbohydrate	46.8 g	26.0 g
sugars	3.6 g	2.0 g
Sodium	763.2 mg	424.0 mg
Dietary Fibre	1.8 g	1.0 g



AVAILABLE IN



# MINCE PIE

Available in

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180g or 235g

Delicious lean New Zealand Beef Mince cooked to perfection and encased in a flakey pastry. The traditional taste of New Zealand

## INGREDIENTS

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Water, Beef-Mince(29%), Flour(**Wheat, Gluten**), Margerine(Animal/Vegetable Fats, **Soy**), Starch, Salt, Worcestor Sauce(**Fish**), Beef Bouillion(**Soy**), Onions, Spice, Glaze(**Milk**), Caramel Colour(150c), Herbs

**Contains: Wheat, Gluten, Soy, Fish, Milk**

### Nutrition Information

Servings per package:		1
Serving size:		180g
	Average Quantity per	Average Quantity per 100 g
Energy	2138.4 kj	1188.0 kj
Protein	18.0 g	10.0 g
Fat, total	27.0 g	15.0 g
saturated	12.6 g	7.0 g
Carbohydrate	50.4 g	28.0 g
sugars	0.0 g	0.0 g
Sodium	860.4 mg	478.0 mg
Dietary Fibre	1.8 g	1.0 g



AVAILABLE IN

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# MINCE & CHEESE

Available in

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180g, 235g, 700g

Tasty New Zealand Beef Mince with real grated Cheese. One of New Zealands favourites

## INGREDIENTS

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Water,Flour(**Wheat,Gluten**),Beef-Mince(25%), Grated Cheese(8%)(**Milk**), Margerine (Animal/Vegetable Fats, **Soy**),Starch,Salt, Worcestor Sauce(**Fish**), Beef Bouillion(**Soy**), Onions,Spice,Glaze(**Milk**), Caramel Colour(150c),Herbs

**Contains:Wheat,Gluten,Milk,Soy,Fish**

### Nutrition Information

Servings per package:	1	
Serving size:	180g	
	Average Quantity per	Average Quantity per 100 g
Energy	2143.8 kj	1191.0 kj
Protein	21.6 g	12.0 g
Fat, total	28.8 g	16.0 g
saturated	14.4 g	8.0 g
Carbohydrate	41.4 g	23.0 g
sugars	0.0 g	0.0 g
Sodium	894.6 mg	497.0 mg
Dietary Fibre	1.8 g	1.0 g



AVAILABLE IN

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# POTATO TOP

Available in

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200g

A favourite of many, this pie has lean Beef Mince topped with a Potato swirl and a touch of Cheese to top it off

## INGREDIENTS

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Water, Beef Mince(17%)Flour(**Wheat,Gluten**), Potato Powder(4%),Potato Flakes(4%) (**Sulphites**), Cheese(**Milk**),Margarine (Animal/Vegetable Fats, **Soy**),Butter(**Milk**), Starch (Maize),Worcester Sauce (**Fish**), Beef Bouillon,Salt(**Soy**), Onions,Spice,

**Contains:Wheat,Gluten,Sulphites,Milk, Soy,Fish**



### Nutrition Information

Servings per package:	1	
Serving size:	180g	
	Average Quantity per	Average Quantity per 100 g
Energy	1051.2 kj	584.0 kj
Protein	14.4 g	8.0 g
Fat, total	14.4 g	8.0 g
saturated	7.2 g	4.0 g
Carbohydrate	25.2 g	14.0 g
sugars	0.0 g	0.0 g
Sodium	532.8 mg	296.0 mg
Dietary Fibre	1.8 g	1.0 g

AVAILABLE IN

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# CHICKEN & KUMARA

Available in

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180g, 235g, 700g

Tender chicken topped with kumara mash & a dollop of Peach and Mango Chutney baked in award winning flaky pastry

## INGREDIENTS

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Water, Flour(**Wheat, Gluten**), Chicken(16%), Kumara(14%), Margerine(Animal/Vegetable Fats, **Soy**)Peach & Mango Chutney (**Suphites**), Milk Powder, Butter(**Milk Sesame Seeds**), Onions, Salt, Chicken Bouillon(**Wheat, Soy**), Spice, Rosemary, Tarragon, Glaze(**Milk**)

**Contains: Wheat, Gluten, Soy, Sulphites, Milk, Sesame Seed**

### Nutrition Information

Servings per package:	1	
Serving size:	180g	
	Average Quantity	Average Quantity
	per serving	per 100 g
Energy	2104.2 kj	1169.0 kj
Protein	16.2 g	9.0 g
Fat, total	23.4 g	13.0 g
saturated	12.6 g	7.0 g
Carbohydrate	54.0 g	30.0 g
sugars	7.2 g	4.0 g
Sodium	790.2 mg	439.0 mg
Dietary Fibre	3.6 g	2.0 g



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AVAILABLE IN



# CHICKEN & MUSHROOM

Available in

180g

A delicious blend of Chicken with chopped Mushrooms in sauce all encased in a flakey pastry

## INGREDIENTS

Flour(**Wheat,Gluten**),Water,Chicken(19%), Margerine(Animal/Vegetable Fats, **Soy**), Butter(**Milk**),**Sesame Seeds**,Mushroom(6%), Cheese(**Milk**),Onions,Salt,Chicken Bouillon (**Wheat,Soy**),**Milk Powder**,Glaze(**Milk**)Spice, Herbs

**Contains:Wheat, Gluten, Soy, Milk, Sesame Seeds**



### Nutrition Information

Servings per		1
Serving size:		180g
	Average Quantity	Average Quantity
	per serving	per 100 g
Energy	2350.8 kj	1306.0 kj
Protein	18.0 g	10.0 g
Fat, total	30.6 g	17.0 g
saturated	14.4 g	8.0 g
Carbohydrate	52.2 g	29.0 g
sugars	1.8 g	1.0 g
Sodium	905.4 mg	503.0 mg
Dietary Fibre	1.8 g	1.0 g

AVAILABLE IN



# CHICKEN & VEGETABLE

Available in

180g or 235g

Tender chicken and diced vegetables, baked in our delicious award winning flaky pastry with a sprinkle of sesame seeds

## INGREDIENTS

Water, Flour (**Wheat, Gluten**), Chicken (35%), Vegetables (Peas, Corn, Carrot) (10%), Margarine (Animal/Vegetable Fats, **Soy**), Milk Powder, Butter (**Milk**), Onions, **Sesame Seed**, Salt, Chicken Boullion (**Wheat, Soy**), Spice, Tarragon, Rosemary, Glaze (**Milk**)

**Contains: Wheat, Gluten, Soy, Milk Sesame Seeds**

### Nutrition Information

Servings

per package: 1

Serving size: 180g

	Average Quantity per serving	Average Quantity per 100 g
Energy	2340.0 kj	1300.0 kj
Protein	19.8 g	11.0 g
Fat, total	30.6 g	17.0 g
saturat	14.4 g	8.0 g
Carbohydrat	52.2 g	29.0 g
sugars	1.8 g	1.0 g
Sodium	905.4 mg	503.0 mg
Dietary Fibre	3.6 g	2.0 g



AVAILABLE IN



# CREAMY THAI CHICKEN

Available in

180g

Delicious tender Chicken in a lovely creamy Thai sauce all wrapped up in award winning pastry

## INGREDIENTS

Water,Flour(**Wheat,Gluten**),Chicken (25%), Margarine (Animal\Vegetable Fats,**Soy**), Thai Seasoning (Maltodextrin(maize),Sugar, Dehydrated Vegetable,Salt,Flavours(Chicken), Herbs,Shrimp Paste,Spices)(**Crustacea**), Butter (**Milk**),Coconut Cream,**Milk Powder**, Glaze(**Milk**), Onions,Salt, Sugar

**Contains:Wheat,Gluten,Soy,Crustacea Milk**

### Nutrition Information

Servings per package:	1	
Serving size:	180g	
	Average Quantity per	Average Quantity per 100 g
Energy	2359.8 kj	1311.0 kj
Protein	21.6 g	12.0 g
Fat, total	34.2 g	19.0 g
saturated	18.0 g	10.0 g
Carbohydrate	48.6 g	27.0 g
sugars	3.6 g	2.0 g
Sodium	606.6 mg	337.0 mg
Dietary Fibre	1.8 g	1.0 g



AVAILABLE IN



# CHEESE & GARLIC ROLLS

Available in

130g

A wonderful mix of the Kiwi classic Mince & Cheese with a hint of mild Chilli giving a lovely Nacho flavour

## INGREDIENTS

Sausage Meat(Beef,Pork)(39%,- Flour(**Wheat,Gluten**),Water, Cheese(5%)(**Milk**), Onions, Garlic(1%), Beef Boullon(**Soy**), Mixed Herbs,Salt, Glaze(**Milk**),Spice, Caramel Colour(150c)

**Contains: Wheat,Gluten,Milk,Soy**

### Nutrition Information

Servings per package:	1	
Serving size:	130g	
	Average Quantity per serving	Average Quantity per
Energy	1749.8 kj	1346.0 kj
Protein	14.3 g	11.0 g
Fat, total	27.3 g	21.0 g
saturated	14.3 g	11.0 g
Carbohydrate	26.0 g	20.0 g
sugars	1.3 g	1.0 g
Sodium	912.6 mg	702.0 mg
Dietary Fibre	3.9 g	3.0 g



AVAILABLE IN



# JALAPENO & CHEESE KRANSKY

Available in

80g

Delicious Cheese Kransky Sausage's with that added bite from Jalapenos all wrapped in our delightful flaky pastry

## INGREDIENTS

Beef(59.9%),Water, Textured Vegetable Protein(**Soy**), Jalapenos,Kransky Seasoning(Salt,Dexttrose,Mineral Salt(451),Spices,Dehydrated Garlic, Antioxidant(216), Preservative(250),spice extract),Cheese(**Milk**),Flour (**Wheat,Gluten**)Water,Salt,Margerine(Animal/Vegetable Fats (**Soy**)),Glaze(**Milk**)

**Contains: Milk,Wheat,Gluten, Soy**

### Nutrition Information

Servings per package:		1
Serving size:		80g
	Average Quantity per	Average Quantity per 100 g
Energy	685.6 kj	857.0 kj
Protein	13.8 g	17.2 g
Fat, total	10.6 g	13.3 g
saturated	4.5 g	5.6 g
Carbohydrate	3.1 g	3.9 g
sugars	0.9 g	1.1 g
Sodium	976.0 mg	1220.0mg
Dietary Fibre	1.6 g	2.0 g



AVAILABLE IN



# CHEESE KRANSKY

Available in

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80g

Delicious Cheese Kransky Sausage's wrapped in our delightful flaky pastry

## INGREDIENTS

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Kransky (49%) (Pork, Beef, Water, Cheese(**Milk**), Salt, Dextrose Monohydrate, Anti Caking Agent (551), Antioxidant (316), Emulsifier (433), Spice, Colour (160a), Preservative (250), Colour (124))  
Flour(**Wheat,Gluten**), Water, Salt, Glaze(**Milk**), Colour (160a), Canola Oil, Animal/Vegetable Fats

**Contains: Milk, Wheat, Gluten**

### Nutrition Information

Servings per package:		1
Serving size:		80g
	Average Quantity per	Average Quantity per 100 g
Energy	1123.2 kj	1404.0 kj
Protein	8.0 g	10.0 g
Fat, total	17.6 g	22.0 g
saturated	8.0 g	10.0 g
Carbohydrate	18.4 g	23.0 g
sugars	0.8 g	1.0 g
Sodium	640.0 mg	800.0 mg
Dietary Fibre	1.6 g	2.0 g



AVAILABLE IN

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# SAUSAGE ROLL

Available in

Giant Sausage Roll 190g  
Classic Sausage Roll 130g

Scrumptious flaky pastry wrapped around our special blend of Sausage meat in two sizes

## INGREDIENTS

Sausage Meat(Beef,Pork)(35%), Water,Beef-Mince(12%),Tomatoes,Onions, Breadcrumbs(**Wheat,Gluten**),Tomato Chutney, (**Sulphites**),Beef Bouillion(**Soy**), Salt, Spice, Glaze(**Milk**),Herbs

**Contains:Wheat,Gluten,Sulphites,Soy,Milk**

### Nutrition Information

Servings per package:	1	
Serving size:	190g	
	Average Quantity	Average Quantity
	per serve	per 100g
Energy	2690.4 kj	1416.0 kj
Protein	22.8 g	12.0 g
Fat, total	41.8 g	22.0 g
saturated	20.9 g	11.0 g
Carbohydrate	39.9 g	21.0 g
sugars	3.8 g	2.0 g
Sodium	1356.6 mg	714.0 mg
Dietary Fibre	3.8 g	2.0 g



AVAILABLE IN



# DOUBLE WHAMMY

Available in

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240g

Our blend of Sausage meat side by side with mashed Potato and cheese all wrapped in a flaky pastry topped off with cheese

## INGREDIENTS

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Water, Flour (**Wheat, Gluten**), Beef Mince (14%), Cheese (**Milk**), Sausage Meat (Beef, Pork) (7%), Margerine (Animal/Vegetable Fats, **Soy**), Onions, Grated Carrots, Potato Flakes, Glaze (**Milk**)

**Contains: Wheat, Gluten, Soy, Milk**



### Nutrition Information

Servings per package:		1
Serving size:		240g
	Average Quantity per serving	Average Quantity per 100 g
Energy	2097.6 kJ	874.0 kJ
Protein	21.6 g	9.0 g
Fat, total	26.4 g	11.0 g
saturated	16.8 g	7.0 g
Carbohydrate	45.6 g	19.0 g
sugars	4.8 g	2.0 g
Sodium	813.6 mg	339.0 mg
	4.8	2.0

AVAILABLE IN

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# SPINACH & FETA ROLL

Vegetarian

Available in

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100g

Delicious Spinach & Feta cheese encased in Vegetarian flaky pastry

## INGREDIENTS

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Spinach(47%),Flour(**Wheat,Gluten**),Water  
Feta Cheese(9%)(**Milk**), Vegetable Fats,  
Potato Flakes(**Sulphites**),Salt, Pepper, Herbs

**Contains:Wheat,Gluten,Milk,Sulphites**

### Nutrition Information

Servings per package:		1
Serving size:		100g
	Average Quantity per	Average Quantity per 100 g
Energy	99.0 kj	99.0 kj
Protein	1.0 g	1.0 g
Fat, total	1.0 g	1.0 g
saturated	1.0 g	1.0 g
Carbohydrate	3.0 g	3.0 g
sugars	0.0 g	0.0 g
Sodium	72.0 mg	72.0 mg
Dietary Fibre	0.0 g	0.0 g



AVAILABLE IN

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# FARMHOUSE VEGETABLE

Vegetarian

Available in

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180g

Leeks, Mushrooms, Roasted Capsicum, Onions, Spinach, all in a creamy sauce encased in Vegetarian flaky pastry and topped off with Roasted Pumpkin Seeds

## INGREDIENTS

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Cheese Sauce(**Milk**,Grated Cheese **Milk**),Flour(**Wheat**,**Gluten**), Water,Onions, Vegetable Fats(**Soy**), Leeks,Capsicum, Mushrooms, Pumpkin Seeds, Spinach, Salt, (Garlic,Spice,Pepper,Glaze(**Milk**))

**Contains: Milk,Wheat,Gluten,Soy**

### Nutrition Information

Servings per package:		1
Serving size:		180g
	Average Quantity per	Average Quantity per 100
Energy	2422.8 kj	1346.0 kj
Protein	16.2 g	9.0 g
Fat, total	36.0 g	20.0 g
saturated	23.4 g	13.0 g
Carbohydrate	48.6 g	27.0 g
sugars	5.4 g	3.0 g
Sodium	851.4 mg	473.0 mg
Dietary Fibre	3.6 g	2.0 g



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AVAILABLE IN



# VEGAN MINCE & CHEESE



Available in

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180g

Delicious flavours in our Vegan Mince and Cheese Pie.  
No animal products at all - only plant based ingredients.

## INGREDIENTS

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**Soy** Protein, Vegan Cheese [Modified Starch, Coconut Oil, Potato Starch, Emulsifier(341), Preservative (202) Colour(160a)], Flour(**Wheat, Gluten**), Yeast Extract, Water, Onions, Vegetable Nuggets, Mushroom, Spinach, Capsicum, **Walnuts**, Garlic, Salt, Sugar, Herbs and Spices

**Contains: Wheat, Gluten, Soy, Walnuts**



AVAILABLE IN

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