Nutritional Information

		ENERGY (Kj)		PROTEIN (G)		FAT TOTAL (G)		FAT SATURATED (G)		CARBOHYDRATES TOTAL (G)		CARBOHYDRATES SUGAR (G)		SODIUM (MG)	
PRODUCT	WEIGHT	AVG. QTY /SERVE	AVG. QTY /100G	AVG. QTY /SERVE	AVG. QTY /100G	AVG. QTY /SERVE	AVG. QTY /100G	AVG. QTY /SERVE	AVG. QTY /100G	AVG. QTY /SERVE	AVG. QTY /100G	AVG. QTY /SERVE	AVG. QTY /100G	AVG. QTY /SERVE	AVG. QTY /100G
TOPPINGS															
Almonds	40g	954	2385	7.9	19.7	20.2	50.5	1.5	3.8	2.2	5.4	2.1	5.2	0.0	0.0
Bananas	25g	96	383	0.3	1.1	0.1	0.3	0.0	0.1	5.8	23.0	3.0	12.0	0.0	0.0
Beechworth Honey	50g	700	1400	<1	< 1	<1	< 1	<1	< 1	41.1	82.1	41.1	82.1	7.0	14.0
Blueberry Compote	85g	299	352	<1	< 1	<1	< 1	<1	< 1	16.2	19.1	16.0	18.8	<1	< 5
Biscoff Spread	50g	1222	2443	1.5	2.9	19.1	38.1	3.8	7.6	28.5	57.0	18.4	36.8	105.0	210.0
Fresh Blackberries	35g	74	211	0.5	1.4	0.2	0.5	0.0	0.0	3.4	9.6	1.7	4.9	<1	<1
Fresh Blueberries	30g	50	166	0.2	0.7	0.1	0.3	0.0	0.0	4.4	14.5	3.0	10.0	<1	<1
Boys, BC & Apple Compote	50g	164	327	0.3	0.5	0.2	0.3	0.0	0.0	9.0	17.9	7.4	14.7	3.0	6.0
Butterscotch Sauce	65g	858	1320	0.8	1.2	4.2	6.5	2.9	4.5	40.4	62.1	38.4	59.1	289.3	445.0
Buenazzo (Warm)	50g	1185	2370	2.3	4.6	17.3	34.5	4.1	8.2	29.6	59.2	29.3	58.5	51	101
Choc Chip Cookie Dough	75g	1246	1661	3.3	4.3	13.4	17.9	7.5	10.1	40.9	54.5	25.3	33.7	191.3	255.0
Choc Chunk Cookie Cake	50g	980	1960	2.7	5.3	12.5	25.0	7.9	15.7	27.5	54.9	16.0	32.0	116.0	232.0
Chocolate Fudge Brownie	50g	935	1870	2.4	4.7	12.4	24.8	7.8	15.5	25.4	50.8	19.1	38.2	71.0	142.0
Chocolate Soil	50g	995	1990	2.6	5.2	10.9	21.7	6.5	13.0	31.6	63.1	26.8	53.6	30.0	60.0
Chocolate Wafer Roll	20g	392	1960	1.1	5.5	3.3	16.3	3.1	15.3	14.6	72.9	9.5	47.4	13.8	69.0
Cornflake Crunch	20g	330	1650	1.7	8.4	2.1	10.5	0.1	0.7	12.9	64.3	6.0	30.2	58.4	292.0
Crispy Oat Granola	25g	600	2400	3.3	13.0	11.5	46.0	5.8	23.0	4.5	18.0	2.3	9.3	47.5	190.0
Crumble	30g	600	2000	1.7	5.5	7.6	25.2	4.7	15.6	16.7	55.7	7.3	24.2	1.5	5.0
Dark Choc Covered Pretzels	35g	651	1860	3.0	8.6	5.1	14.5	3.6	10.4	24.9	71.2	7.5	21.3	286.0	817.0
Dark Choc Ready Set Yo	65g	1827	2810	2.0	3.1	37.1	57.1	29.6	45.5	24.4	37.6	20.3	31.2	21.5	33.0
Dragonfruit	35g	83	238	0.1	0.4	0.0	0.1	0.0	0.0	5.3	15.0	3.2	9.0	1.1	3.0
Edible Spoons	8.5g	138.6	1631	0.2	3	0.0	1	NA	NA	7.4	87	2.8	34	11.9	140
Fresh Figs	35g	338	967	0.3	0.9	0.1	0.3	0.0	0.0	6.7	19.0	5.6	16.0	<1	<1
Freckles	50g	1005	2010	2.4	4.7	9.4	18.7	8.1	16.2	36.2	72.3	33.9	67.8	52.5	105.0
Halva	30g	690	2299	4.4	14.7	10.6	35.3	2.5	8.3	14.4	47.9	9.0	30.1	1.9	6.2
Honey Roasted Cashews	35g	749	2140	4.6	13.2	11.1	31.8	2.0	5.7	17.3	49.4	10.9	31.2	3.5	10.0
House Made Granola	25g	465	1860	2.1	8.5	6.0	24.1	1.7	6.9	11.1	44.4	7.1	28.3	14.8	59.0
Kataifi Pastry	15g	232	1548	0.0	0.2	0.0	0.0	NA	NA	12.4	83	0.0	0.0	0.0	0.0
Kiwi	35g	89	255	0.4	1.1	0.2	0.5	0.0	0.0	5.1	14.7	3.1	9.0	1.1	3.0
Fresh Kiwi Berries	35g	81	230	0.4	1.2	0.3	0.8	<1	<1	4.2	12.0	3.0	8.7	1.1	3.0
Lychee	30g	101	335	0.4	1.4	0.0	0.0	0.0	0.0	5.8	19.3	5.4	18.0	1.8	6.0
Maltesers	30g	612	2040	1.8	6.0	6.8	22.7	4.3	14.2	20.0	66.7	16.5	55.1	27.9	93.0
Fresh Mango	35g	88	250	0.3	0.8	0.1	0.4	0.0	0.1	5.3	15.0	4.8	13.7	<1	<1
Milk Chocolate Sauce	50g	592	1183	1.1	2.2	4.9	9.7	4.3	8.7	24.6	49.2	22.1	44.2	69.0	138.0
Milk Balls	30g	477	1590	0.8	2.8	0.5	1.5	0.2	0.5	26.2	87.3	7.6	25.3	18.0	60.0
Milk Chocolate Drops	50g	1105	2210	1.4	2.7	14.2	28.3	8.7	17.3	32.3	64.5	31.7	63.3	42.5	85.0
Mini Mochi	60g	882	1470	2.3	3.8	0.5	0.9	0.1	0.2	48.2	80.4	16.7	27.9	381.0	635.0
Mini M&M's	65g	1305	2008	2.6	4.0	13.0	20.0	7.8	12.0	46.8	72.0	39.0	60.0	52.0	80.0
Nutella (Warm)	50g	1126	2252	3.2	6.3	15.5	30.9	5.3	10.6	28.8	57.5	28.2	56.3	53.5	107.0
Oreos	30g	615	2050	1.4	4.7	6.1	20.4	3.0	10.0	21.1	70.2	11.4	38.0	154.8	516.0
Oreo Crumb with Creme	20g	410	2050	0.9	4.7	4.1	20.4	2.0	10.0	14.0	70.2	7.6	38.0	103.2	516.0
Passionfruit & Lemon Curd	50g	515	1030	0.3	0.5	2.3	4.5	1.4	2.7	24.3	48.6	21.2	42.4	72.0	144.0
Peanut Butter	15g	411	2740	4.0	26.6	8.2	54.9	1.1	7.5	2.3	15.2	0.4	2.6	65	430
Pineapple	40g	84	209	0.2	0.5	0.0	0.1	0.0	0.0	5.2	13.0	4.0	9.9	0.4	1.0
Pistachio Papi	50g	1075	2150	5.5	10.9	14.3	28.6	6.0	11.9	28.2	56.3	14.6	29.2	160.0	320.0
Popping Pearls	70g	266	380	0.0	0.0	0.0	0.0	0.0	0.0	14.7	21.0	13.3	19.0	11.9	17.0
Rainbow Sprinkles	50g	920	1840	<1	<1	4.9	9.7	4.6	9.2	43.6	87.2	39.3	78.6	6.0	12.0
Fresh Raspberries	35g	74	210	0.4	1.2	0.2	0.6	0.0	0.1	4.2	11.9	1.5	4.4	<1	<1
Raspberry Coulis	70g	307	439	0.6	0.9	0.1	0.2	0.1	0.1	14.5	20.7	14.4	20.5	1.4	2.0
Rockmelon	35g	49	141	0.3	0.8	0.0	0.1	0.0	0.0	2.9	8.2	2.8	7.9	5.6	16.0
Strawberries	35g	48	136	0.2	0.6	0.1	0.3	0.0	0.0	2.7	7.7	1.7	4.9	0.4	1.0
Sour Straps	35g	529	1510	0.1	0.4	0.1	0.4	0.1	0.2	30.7	87.7	22.1	63.0	32.7	93.4
Superfood Sprinkles	30g	444	1480	3.0	10.0	0.7	2.3	0.2	0.5	20.7	68.9	1.6	5.2	11.7	39.0
Waffles Bites	80g	1480	1850	5.0	6.2	18.2	22.7	9.3	11.6	42.8	53.5	19.3	24.1	368.8	461.0
White Choc Ready Set Yo	65g	1853	2850	2.8	4.3	38.9	59.9	31.0	47.7	21.3	32.8	21.3	32.8	30.6	47.0
Watermelon & Fresh Mint	35g	45	128	<1	<1	0.0	0.1	0.0	0.0	2.65	7.57	2.1	6.0	<1	1.8
Zebra Coconut	25g	660	2640	1.8	7.3	13.6	54.2	11.9	47.7	7.1	28.5	5.8	23.2	7.5	30.0
Edible Waffle Cones	20g	344	1720	1.3	6.3	0.9	4.5	0.5	2.6	16.6	82.8	5.1	25.3	28.2	141.0
SOFT SERVE YOGURTS															
Acai (VF)	50g	274	547	0.2	0.4	1.4	2.7	0.5	0.9	13.0	25.9	4.8	9.5	2.5	5.0
Banana + Cinnamon (VF)	50g	312	623	<1	<1	2.7	5.4	2.6	5.1	11.8	23.5	11.3	22.5	6.0	12.0
Choccy (VF)	50g	338	676	1.0	2.0	2.4	4.8	2.2	4.3	12.6	25.2	12.1	24.1	4.5	9.0
Coconut (VF)	50g	346	692	0.4	0.7	3.2	6.4	3.1	6.2	12.3	24.6	11.9	23.7	6.5	13.0
Cookies & Cream	50g	274	548	2.0	4.0	1.2	2.3	0.6	1.1	11.5	23.0	10.8	21.6	34.5	69.0
Mango	50g	268	535	1.4	2.8	0.9	1.8	0.7	1.3	12.3	24.5	12.2	24.3	21.5	43.0
Matcha	50g	268	536	2.0	4.0	1.1	2.1	0.5	1.0	11.8	23.5	11.3	22.5	28.0	56.0
Prana Chai	50g	553	516	3.7	3.4	2.6	2.4	1.8	1.7	23.2	21.7	22.5	21.0	87	81
Salted Butterscotch	50g	273	546	1.9	3.7	1.1	2.1	0.5	1.0	11.9	23.7	11.0	21.9	180.5	361.0
Signature Tart	50g	260	520	1.9	3.7	0.9	1.8	0.4	0.8	11.0	21.9	10.5	20.9	27.0	54.0
Strawberry Cream	50g	489	457	3.3	3.1	2.1	1.9	1.5	1.4	20.8	19.5	20.7	19.3	45	42
Vanilla	50g	257	513	2.0	3.9	1.0	2.0	0.5	0.9	10.9	21.8	10.7	21.4	28.5	57.0
GREEK STYLE TAKE HOME TUBS															
Chocolate	56g	402	717	3.0	5.4	3.1	5.6	2.1	3.7	13.6	24.3	10.3	18.4	27.4	49.0
Mango	56g	386	690	2.4	4.3	2.7	4.8	1.7	3.1	14.3	25.6	12.3	21.9	64.4	115.0
Mixed Berry	56g	379	677	2.7	4.8	3.0	5.4	2.0	3.6	12.9	23.1	10.5	18.7	28.6	51.0
Natural/Original	56g	385	687	2.7	4.8	3.1	5.5	2.0	3.6	13.2	23.5	10.4	18.5	28.6	51.0
Salted Caramel	56g	380	679	2.7	4.8	3.1	5.5	2.0	3.6	12.9	23.0	10.3	18.4	202.2	361.0

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8,700 KJ.
Our menu items may contain or come into contact with wheat, gluten (wheat), eggs, soy, sesame, almond, walnut, pistachio, pecan, macadamia, hazelnut, peanuts and milk. There is a risk of cross-contact with allergens, including gluten, during storage and preparation. Items labeled VF (Vegan Friendly) are plant-based; however, there is a risk of cross-contact with animal products.
For a full allergen list, please visit our website or speak to our team.

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