

# NUTRITIONAL INFORMATION

	SERVING SIZE	ENERGY	PROTEIN	CARBOHYDRATES	FAT TOTAL
Original Glazed	52g	905kj 217kcal	3g	22g	13g
	100g	1740kj 417kcal	6g	43g	25g
Chocolate Sprinkles	71g	1214kj 289kcal	4g	42g	12g
	100g	1710kj 407kcal	5g	59g	17g
Chocolate Kreme	87g	1421kj 339kcal	5g	41g	17g
	100g	1633kj 390kcal	6g	47g	20g
Maple Iced	66g	1164kj 279kcal	3g	32g	15g
	100g	1764kj 422kcal	5g	49g	23g
Chocolate Dreamcake	92g	1527kj 366kcal	6g	41g	19g
	100g	1660kj 398kcal	6g	44g	21g
Lemon Meringue Pie	83g	1205kj 289kcal	5g	33g	15g
	100g	1460kj 350kcal	6g	40g	18g
Chocolate Iced	66g	1131kj 271kcal	4g	34g	13g
	100g	1715kj 410kcal	5g	51g	20g
Glazed Raspberry	86g	1288kj 307kcal	5g	40g	14g
	100g	1498kj 357kcal	6g	47g	16g
Chocolate Custard	87g	1287kj 307kcal	5g	37g	15g
	100g	1480kj 353kcal	6g	43g	17g
Glazed Cruller	54g	1061kj 254kcal	2g	26g	16g
	100g	1965kj 471kcal	4g	49g	29g
Cookies & Kreme	93g	1590kj 380kcal	4g	53g	17g
	100g	1710kj 408kcal	4g	57g	18g
Apple Cinnamon	81g	1125kj 269kcal	6g	30g	15g
	100g	1389kj 332kcal	7g	37g	18g
Butterscotch Fudge	93g	1562kj 372kcal	5g	49g	17g
	100g	1680kj 400kcal	6g	53g	18g
Strawberries & Kreme	90g	1350kj 323kcal	5g	40g	15g
	100g	1500kj 359kcal	5g	45g	17g

Information in the green boxes is for a single serving of one doughnut.

Information in the grey boxes is for 100g of the indicated doughnut.

## ALLERGEN INFORMATION

Doughnuts contain: Wheat, Eggs, Milk, Soya, Lupin, Antioxidants, Colours, Flavourings and Preservatives.

Doughnuts may contain: Nuts, Sulphites.