



# NUTRITION INFORMATION

## ORIGINAL GLAZED SHAKE - REGULAR

Serving Size: 580g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	4540kJ 1080Cal	783kJ 187Cal
<b>Protein</b>	21.2g	3.7g
<b>Fat</b> - Total	52.7g	9.1g
- Saturated	29.5g	5.1g
<b>Carbohydrates</b>	131g	22.6g
- Sugars	113g	19.5g
<b>Sodium</b>	423mg	73mg

### Ingredients:

Vanilla Ice-Cream (54%) (Water, Sugar, Skim **Milk** Powder, **Butter**, Invert Sugar, Vanilla Flavour, Stabilisers (471, 433, 412, 401, 407)), Whole **Milk** (27%), Original Glazed Doughnut (9%) (Doughnut (Wheat Flour, Vegetable Shortenings, Water, Sugar, Yeast, Emulsifier (471-**Soy**), Salt, **Wheat Gluten**, Acidity Regulator (341), Yeast Doughnut Concentrate ((Mineral Salts (516, 517), Salt, Flavour, Food Acids (300, 341 (ii), 341 (iii), 342 (iii))), Stabiliser (1100)), Preservative (263), **Milk** Solids, Thickener (466), **Egg** Yolk Powder), Glaze (Sugar, Water, **Wheat** Starch, Stabiliser (Mineral Salt (170), Thickeners (406), Emulsifiers (471, 491)), Flavours, Salt), Vanilla Whipped Cream (**Cream**, Skim **Milk**, **Milk** Solids, Gelatin, Stabilizer (407a), Emulsifier (471), Enzyme (Lactose), Sugar, Water, Food Acid (330), Vegetable Gum (466), Preservatives (202, 223), Vanilla Flavour, Colour (150 (D))), Vanilla Flavoured Syrup (Sugar, Water, Food Acid (330), Vegetable Gum (466), Preservatives (202, **223**), Flavour, Colour (150 (D))). **CONTAINS: Wheat, Milk, Egg, Soybean and Sulphites. MAY CONTAIN: Peanuts, Tree Nuts and Sesame.**

## CHOC HONEYCOMB SHAKE - REGULAR

Serving Size: 590g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	5000kJ 1190Cal	847kJ 202Cal
<b>Protein</b>	22.6g	3.8g
<b>Fat</b> - Total	56.4g	9.6g
- Saturated	38.2g	6.5g
<b>Carbohydrates</b>	151g	25.6g
- Sugars	139g	23.5g
<b>Sodium</b>	466mg	79mg

### Ingredients:

Vanilla Ice-Cream (54%) (Water, Sugar, Skim **Milk** Powder, **Butter**, Invert Sugar, Vanilla Flavour, Stabilisers (471, 433, 412, 401, 407)), Whole **Milk**(27%), Choc Honeycomb (13%) (Compound Chocolate (65%) (Sugar, Confectionery Fat, **Milk** Solids, Cocoa, **Soya** Lecithin, Flavour), Honeycomb 35% (Sugar, Glucose, Sodium Bicarbonate, Water, Gelatine, Salt, Tapioca Starch)), Vanilla Whipping Cream (**Cream**, Skim **Milk**, **Milk** Solids, Gelatin, Stabilizer (407a), Emulsifier (471), Enzyme (Lactose), Sugar, Water, Food Acid (330), Vegetable Gum (466), Preservatives (202, **223**), Vanilla Flavour, Colour (150 (D))), Chocolate Sundae Cup Drizzle(3%) (Sugar, Vegetable Fat, **Milk** Solids, Cocoa, Maltodextrin, Vegetable Gum (401), Preservative (202), Flavour, Emulsifier (322)). **CONTAINS: Milk, Soybean and Sulphites. MAY CONTAIN: Peanuts, Tree Nuts, Wheat, Egg and Sesame.**

## KOOKIES 'N' KREME SHAKE - REGULAR

Serving Size: 540g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	4200kJ 1000Cal	777kJ 186Cal
<b>Protein</b>	21.7g	4.0g
<b>Fat</b> - Total	48.9g	9.1g
- Saturated	28.4g	5.3g
<b>Carbohydrates</b>	117g	21.7g
- Sugars	94.6g	17.5g
<b>Sodium</b>	624mg	116mg

### Ingredients:

Vanilla Ice-Cream (54%) (Water, Sugar, Skim **Milk** Powder, **Butter**, Invert Sugar, Vanilla Flavour, Stabilisers (471, 433, 412, 401, 407)), Whole **Milk** (28%), Vanilla Whipping Cream (**Cream**, Skim **Milk**, **Milk** Solids, Gelatin, Stabilizer (407a), Emulsifier (471), Enzyme (Lactose), Sugar, Water, Food Acid (330), Vegetable Gum (466), Preservatives (202, **223**), Vanilla Flavour, Colour (150 (D))), Choc Biscuit Crumb (7%) (**Wheat** Flour, Sugar, Vegetable Oil, Cocoa Powder (6%), Fructose Syrup, Salt, Corn Starch, Raising Agents (500, 503), Emulsifier (322- **Soy**), Flavour). **CONTAINS: Wheat, Milk, Soybean and Sulphites. MAY CONTAIN: Peanuts, Tree Nuts, Egg and Sesame.**

## SALTED CARAMEL POPCORN SHAKE - REGULAR

Serving Size: 575g Avg

Average Quantities	Per Serving	Per 100g
<b>Energy</b>	4180kJ 998Cal	726kJ 174Cal
<b>Protein</b>	21.5g	3.8g
<b>Fat</b> - Total	42.2g	7.3g
- Saturated	25.2g	4.4g
<b>Carbohydrates</b>	132g	23.0g
- Sugars	118g	20.5g
<b>Sodium</b>	671mg	117mg

### Ingredients:

Vanilla Ice-Cream(52%) (Water, Sugar, Skim **Milk** Powder, **Butter**, Invert Sugar, Vanilla Flavour, Stabilisers (471, 433, 412, 401, 407)), **Milk** (31%), **Cream** (**Milk**, Sugar, Dextrose (From Maize), Propellant (Nitrous Oxide), Water, Emulsifiers (471), Vegetable Gum (Carrageenan), Natural Vanilla Flavour), Caramel Flavoured Popcorn(5.2%) (Sugar, Glucose Syrup (**Wheat**), Popcorn (20%), Vegetable Fats And Oils, **Peanuts** (5%), Salt, Emulsifier (**Soy** Lecithin), Sodium Bicarbonate, Colour (160b), Burnt Sugar), Salty Caramel Fudge Topping (Sugar, Water, Glucose Syrup, Invert Syrup, **Milk** Solid, Vegetable Fat, Salt, Thickener (1422, 401), Emulsifiers (471, 322), Mineral Salt (339, 500), Preservative (202)). **CONTAINS: Gluten Cereals (Wheat), Milk, Peanuts and Soy. MAY CONTAIN: Tree Nuts, Egg, Sesame, Sulphites and Lupin.**