

Reef World Reef Sleep & Reef Suite

Please note that this is seasonal and can be amended from time to time

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Day 1, Afternoon Tea Deserts

Mars Bar & Choc Caramel Slice

Condensed milk {Milk, sugar}, Brown sugar {cane sugar}, Milk Chocolate {Sugar ,Vegetable oil, Milk Solids (14%), Cocoa Powder, Emulsifiers (Soya Lecithin, 492), Flavour cocoa solids (7%)}, Dark Chocolate {Sugar, hydrogenated vegetable fat (palm kernel oil, E492, E322), whey powder, cocoa powder, emulsifier: lecithin (E322), Butter rich (Vegetable Oils and Fats, Anhydrous Milk Fat (cow) salt, emulsifier (435, 322 (soy derived), 471, 475, 492), Preservative (202), Antioxidant (320), Acidity Regulator (330), Permitted Flavouring (soy, Milk-Derived), Natural Colour (100,160a)}, Egg, Flour {Wheat flour, vitamin (thiamine), Golden Syrup, Mars bar (3.5%) {glucose fructose syrup (from wheat), sugar, vegetable oil, cocoa butter, skim milk powder, cocoa mass, whey powder (from milk), lactose (from milk), butter oil (from milk), malt extract (from barley), reduced fat cocoa powder, salt emulsifier (322), egg white, milk proteins, natural vanilla flavour}, Water, Cocoa Powder

ALLERGENS

Contains: Soy, Sulphites, Eggs, Gluten, and Dairy.

May contain traces of peanuts/tree nuts

Flourless Caramel Slice

Condensed milk (58%) {Milk, sugar}, Milk Chocolate {Sugar ,Vegetable oil, Milk Solids (14%), Cocoa Powder, Emulsifiers (Soya Lecithin, 492), Flavour cocoa solids (7%)}, Butter rich (Vegetable Oils and Fats, Anhydrous Milk Fat (cow) salt, emulsifier (435, 322 (soy derived), 471, 475, 492), Preservative (202), Antioxidant (320), Acidity Regulator (330), Permitted Flavouring (soy, Milk-Derived), Natural Colour (100,160a)}, Golden Syrup (6%), Brown sugar {cane sugar}, Gluten Free Flour(tapioca starch, Rice flour, potato starch, modified Tapioca starch, Dextrose Monohydrate, Thickeners(466,464), Emulsifier(471),Vegetable Gum(415) Coconut {coconut, preservative (220)}, White chocolate {sugar, vegetable oil, milk solids (22%), emulsifier (soy lecithin 322), 492, 476), vanilla flavour, food acid (330)}

ALLERGENS

Contains: Soy, Sulphites, Eggs, and Dairy.

May contain traces of peanuts/tree nuts, sesame seeds

Berry Bounty Slice

Biscuit crumb (38%) {wheat flour, sugar, vegetable fat (contains lecithin 322 from soy, antioxidant 307), milk solids, salt, raising agents (500, 503)}, Chocolate (20%) {Sugar ,Vegetable oil, Milk Solids (14%), Cocoa Powder, Emulsifiers (Soya Lecithin, 492), Flavour cocoa solids (7%)}, Sugar {(sucrose) 100%}, Coconut (11%) {coconut, preservative (220)}, Bounty bars(4%)(sugar, dessicated coconut, glucose syrup,(from wheat), milk solids, cocoa butter,cocoa mas,invert sugar,vegetable fat,emulsifiers(471,soy lecithin),humectant(glycerol),salt,natural flavour(vanilla extract),peanut,milk chocolate)Raspberry Filling (6.5%) {cane sugar, apples, gelling agent (440), acidity regulator (330), flavour, preservative (202), colour

(122, 124), Butter rich (Vegetable Oils and Fats, Anhydrous Milk Fat (cow) salt, emulsifier (435, 322 (soy derived), 471, 475, 492), Preservative (202), Antioxidant (320), Acidity Regulator (330), Permitted Flavouring (soy, Milk-Derived), Natural Colour (100,160a)}, Water.,cocoa powder, peanuts

ALLERGENS

Contains: Soy, Sulphites, **Peanut**, Eggs, Gluten, and Dairy.

May contain traces of peanuts/tree nuts

Sacha's Belgian Brownie Slice

Sugar, Chocolate(15%){sugar,vegetable fat,milk solids,cocoa powder,emulsifiers(soy lecithin,476,492),flavour}, chocolate ganache(15%){vegetable fats and oils(emulsifiers(322 soy,492), antioxidant(307,307b),sugar,milk solids(10%),cream powder,cocoa powder(2.5%),natural flavour,salt.}, Butter, egg, flour, cocoa powder, chocolate flake(sugar,cocoa mass,cocoa powder,milk solids,emulsifier(soy lecithin)}, salt.

ALLERGENS

Contains: Soy, Sulphites, Eggs, Gluten, and Dairy.

May contain traces of peanuts/tree nuts & Sesame

Crudit  and Dip Platter

Carrot sticks, celery sticks, red & green capsicum sticks

Guacamole

Avocado (50%) Cream Cheese (Milk, Cream, Salt, Stabiliser (410), Starter Culture) Corn (14%) Spring Onion, Capsicum (5%) Jalapeno Chilli, Sugar, Canola Oil, Salt Food Acids (270,300, 330), Herbs & Spices, Vinegar, Thickener (415), Colour (140), Preservatives (202, 211)

Baba Ghanoush

Eggplant (81%), Sesame Seed Paste, Canola Oil, Parsley, Garlic, Salt, Lemon Juice, Herbs & Spices, Sugar, Thickeners (415, 1442 (from Maize) Acidity Regulators (260, 270, 330) Preservatives (202, 211)

Hommus

Cooked Chickpeas (62%), Canola Oil, Sesame Seed Paste, Garlic, Lemon Juice, Vinegar Salt, Thickeners (415, 466, 1412 (from Maize) sugar, Herbs and Spices, Food Acids (270, 330)

Arnotts Water Cracker Original

Wheat flour, vegetable oil (contains soy), salt, baking powder

ALLERGENS

Contains-soy, gluten

May contain traces of egg, milk, peanuts, sesame & tree nuts

Arnotts Jatz

Wheat flour, vegetable oil, sugar, salt, malt extract (from Barley), baking powder, yeast, antioxidants (e307b from soy, e304), emulsifier (soy lecithin)

ALLERGENS

May contain traces of egg, milk, peanut, sesame and tree nuts

Peckish Air Baked Rice Cracker

Rice flour, rice bran, oil, maltodextrin (from corn), salt, sugar, soy sauce powder, natural antioxidant (vitamin e).

Canapes

Roasted Pumpkin and caramelized onion tart with pomegranate pearls

Base (gluten free flour, salt, water, vegetable oil, emulsifier (soy lecithin) pumpkin, salt, white pepper, margarine, Spanish onion, brown sugar, balsamic vinegar, cayenne chilly, pomegranate seeds herbs

Chilled Bowen prawns with spiced kewpie mayo

Peeled prawns, Spice paste (chilli powder, glutinous rice, fermented soybean powder, barley malt powder, salt), Kewpie Mayo(soybean oil, egg yolk(9.5%), distilled vinegar, salt, rice vinegar, water, flavour enhancer(621), flavouring (contains mustard), preservative (3135) cos lettuce, cherry tomato, cucumber, lemon, herb.

ALLERGENS

Soybean, egg

Bundaberg rum and Airlie sugar cane sugar, Atlantic salmon, crème fraiche

Atlantic Salmon, cane sugar, iodised salt, coriander seed, Bundaberg rum (molasses, yeast, water), cucumber, crème fraiche, lime juice, white wine vinegar, wafer (rice flour, maize starch, gluten free flour[rice flour, modified tapioca starch, maize starch, soy flour, soy lecithin, thickeners,(415,412,,464)], sesame seeds, soy flour, cheese(cheese 98%){pasteurised milk, salt, cultures, enzyme[rennet]}}, anti-caking agent blend(2%){anti-caking agent(460), preservative(200)}], salt, activated charcoal(2%)

ALLERGENS

Contains- soy, sesame seeds, dairy

Grilled free-range chicken with tandoori spiced yogurt

Chicken, tandoori spice marinade (Water, Ginger Purée (18%), Ground Spices (11%), [Coriander, Cumin, Paprika, Spices], Tamarind (8%), Salt, Acids (Acetic Acid, Lactic Acid), Garlic Powder (3%), Colours (E163, E122, E129). Yogurt (milk, yoghurt cultures, milk solids)

Baked mushroom & organic Pesto

Mushroom, salt, pesto (Canola Oil, Basil (22%), Cashews (20%), Parsley Parmesan Cheese (4%) (Milk, Salt, Cultures, Enzymes (Coagulant & Lipase), Tapioca Starch)) Garlic (Citric Acid), Sugar, Vinegar, Salt, Food Acids (260, 270), Herbs & Spices, Preservatives (202, 211)

Mini potato rosti with avocado ranch sauce

Potato, maize flour, thyme, iodized salt, white pepper, margarine (Vegetable oils 65% (containing 52% canola & sunflower oil), water, salt, emulsifiers (soy lecithin, 471), preservative 202, food acid (lactic), milk solids, maltodextrin, natural colour (beta-carotene), vitamins A & D, flavour.) Avocado, ranch dressing (lemon juice, distilled white vinegar, mustard powder, sea salt, onion powder, garlic powder, black pepper, dried dill, dried parsley, paprika, water

Day 1, Dinner

Angus Rib Tillet Olive oil, lemon zest, thyme

Green Sriracha, jalapeno chilli, garlic, brown sugar, salt, cider vinegar

Chermoula Sauce, coriander seed, cumin seed, garlic, olive oil, lemon juice, paprika, salt, chilli flakes, coriander leaves(fresh), parsley(fresh), mint(fresh)

Café De Paris Butter, olive oil, onion, curry powder (Coriander, Turmeric, Fennel, Black Pepper, Cumin, Chilli Powder, Fenugreek, Garlic, Ginger, Salt), unsalted butter, parsley, garlic, lemon, Worcestershire sauce(barley malt vinegar, spirit vinegar, molasses, sugar, salt, anchovies, tamarind extract, onion, garlic, spice(cloves, soy sauce, lemons, pickles and peppers)

Baked Reef Fish Fillet, fish, garlic, ginger, lemon, gluten free soy (Water, Soybeans, Salt, Spirit vinegar.)

BBQ Prawn Skewer, olive oil, lemon zest

Baked Eggplant, eggplant, fresh thyme, garlic, olive oil, salt, pepper, lemon juice

BBQ Vegetable Skewer, mushroom, zucchini, red capsicum, red onion, salt, pepper, olive oil

Cauliflower Steak, cauliflower, olive oil, salt, pepper

Jacket Potatoes, chat potato, margarine (margarine (Vegetable oils 65% (containing 52% canola & sunflower oil), water, salt, emulsifiers (soy lecithin, 471), preservative 202, food acid (lactic), milk solids, maltodextrin, natural colour (beta-carotene), vitamins A & D, flavour.) salt, cracked black pepper, al foil

Corn on the Cob, corn, margarine (margarine (Vegetable oils 65% (containing 52% canola & sunflower oil), water, salt, emulsifiers (soy lecithin, 471), preservative 202, food acid (lactic), milk solids, maltodextrin, natural colour (beta-carotene), vitamins A & D, flavour.) salt, cracked black pepper

Cabbage Slaw, white cabbage, carrot, red cabbage, dressing (mayonnaise (water, soybean oil, sugar, thickener (1442), vinegar, iodised salt egg yolk, acidity regulator (270), preservatives(202, 385), natural mustard flavour, stabilizer (415), colour (160a)Cajun Seasoning (paprika, onion, garlic, chilli, fennel and thyme)

Garden Salad, mascalin lettuce, cucumber, carrot, tomato, red capsicum, radish, balsamic dressing (Wine Vinegar from Organic Grapes, Organic Concentrated Cooked Grape Must) olive oil, salt, pepper

Desserts

Citrus Tartlet: Condensed milk {Milk, sugar}, Cream {pasteurised cream, mineral salts (450, 500), thickener (400), Sugar {(sucrose) 100%}, Flour {Wheat flour, vitamin (thiamine), Butter rich (Vegetable Oils and Fats, Anhydrous Milk Fat (cow) salt, emulsifier (435, 322 (soy derived), 471, 475, 492), Preservative (202), Antioxidant (320), Acidity Regulator (330), Permitted Flavouring (soy, Milk-Derived), Natural Colour (100,160a)}, Egg, Lime (3.8%), Gel {fructose, water, sugar, glucose syrup, vegetable gum (440), food acid (330), preservative (202), mineral salt (509)}, Water, Lemon paste (1.6%) {water, solvent (1510), lemon oil, vegetable gums (413, 415), colour (102), preservative (202)}, Citric acid {food additive 330}

ALLERGENS

Contains: Soy, Sulphites, Eggs, Gluten, and Dairy.

May contain traces of peanuts/tree nuts

Cookies n Cream Cheesecake

Cream cheese (37%){milk, cream (from milk), salt, stabiliser (410, 412), starter culture, Icing sugar {sugar, maize starch}, Biscuit crumb {wheat flour, sugar, vegetable fat (contains lecithin 322 from soy, antioxidant 307), milk solids, salt, raising agents (500, 503)}, Egg, Ganache {sugar, vegetable fat (vegetable oil, emulsifiers (322 soy, 492), antioxidant (307b), vegetable oil (antioxidant 307), cocoa powder, milk solids, maize starch, natural colours, emulsifier (322 soy), salt, Chocolate biscuit (4%) {wheat flour, sugar, vegetable oil (contains soy), cocoa, golden syrup, baking powder, food colour (caramel III), salt, flavour (natural), Butter rich (Vegetable Oils and Fats, Anhydrous Milk Fat (cow) salt, emulsifier (435, 322 (soy derived), 471, 475, 492), Preservative (202), Antioxidant (320), Acidity Regulator (330), Permitted Flavouring (soy, Milk-Derived), Natural Colour (100,160a)}, Cream {pasteurised cream, mineral salts (450, 500), thickener (400), Cocoa powder, White chocolate {sugar, vegetable oil, milk solids (22%), emulsifier (soy lecithin 322), 492, 476), vanilla flavour, food acid (330)}

ALLERGENS

Contains: Soy, Sulphites, Eggs, Gluten, and Dairy.

May contain traces of peanuts/tree nuts

Death by Chocolate

Mud cake(47%) {sugar, wheaten flour, cocoa, wheaten starch, milk solids, raising agents (500, 450,170), salt, nature identical flavour, emulsifier (322 soy lecithin)}, Eggs, Water, Ganache(12%) {sugar, vegetable fat (vegetable oil, emulsifiers (322 soy, 492), antioxidant (307b), vegetable oil (antioxidant 307), cocoa powder, milk solids, maize starch, natural colours, emulsifier (322 soy), salt, Canola Oil{100% pure canola oil}, Dark Chocolate (7.5%) {sugar, vegetable oil, cocoa powder, emulsifier (soy lecithin (322), 492, 476) natural vanilla flavour, citric acid (330) Milk Chocolate {Sugar ,Vegetable oil, Milk Solids (14%), Cocoa Powder, Emulsifiers (Soya Lecithin, 492), Flavour cocoa solids (7%)}

ALLERGENS

Contains: Soy, Sulphites, Eggs, Gluten, and Dairy.

May contain traces of peanuts/tree nuts

Flowerless Orange Almond Cake

Almond meal (33%), Eggs, Sugar {(sucrose) 100%}, Glaze {fructose, water, sugar, glucose syrup, vegetable gum (440), food acid (330), preservative (202), mineral salt (509), Orange paste {water, solvent (1510), orange oil, vegetable gums (413, 415), colours (102, 110, 124), preservative (202), Oranges (3.5%), Pumpkin seeds, Gluten Free Baking powder {sodium acid pyrophosphate(450), sodium bicarbonate(500),rice flour}, Yellow colour {water, colours (102, 122), food acid (330), preservative (202)

ALLERGENS

Contains: Almonds

Contains: Soy, Sulphites, Eggs, and Dairy.

May contain traces of peanuts/tree nuts, sesame seeds. made in premises and equipment where gluten is processed.

Whipped Cream: cream, icing sugar, vanilla extract (Invert Sugar Syrup (from cane sugar), Glucose Syrup (Corn), Water, Extract of Pure Vanilla Beans, Sugar, Preservative (202). Contains alcohol (<1% by vol.)

Raspberry Coulis, Raspberry (60%), Potassium Sorbate (202), Citric Acid, Xanthan Gum, Water, Sugar

Vanilla ice cream, Water, fresh cream, liquid sugar (sugar, water), fresh milk, milk solids non-fat, glucose (wheat) and/or maltodextrin, emulsifier (471), vanilla flavour, thickeners (412, 415, 410, 407a), colour (160b).

Day 2, Breakfast

Eggs

Bacon, Pork, water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, smoke.

Chicken Chipolatas(chicken 82%min), edible collagen casing (collagen, glycerine, vegetable gums (460, 461), fat and oil), tapioca starch, soy protein isolate, sugar, mineral salt (451, 452, 508), vegetable gum (407), flavours, flavour enhancers (631, 627, 635), spice extract, salt, natural and modified starch, hydrolysed vegetable .

Baked Mushrooms, mushrooms, olive oil, salt, pepper

Baked Beans, Navy Beans (51%), Tomato Sauce (49%) [Tomatoes (24%), Water, Sugar, Maize Thickener (1422), Salt, Food Acids (Acetic Acid, Citric Acid), Flavours]. MAY BE PRESENT: Soy.

Pastries

Croissant 50gm, wheat flour [vitamins(thiamine, folate)], butter (cream, water, colour(160a)), water, yeast, sugar, wheat gluten, salt, soy flour, calcium carbonate (170), flavour(160a), antioxidant(300),enzymes, raising anent(920)

ALLERGENS

Gluten, egg, milk, soy

May contain-peanuts, tree nuts, sesame seeds

Pain Au Raisin: wheat flour[vitamins(vitamins(thiamine, folate)], water, butter{cream, water, colour}, sultanas {10%}sugar, yeast, white gluten, milk solids, thickener(1422,412,415), salt, calcium carbonate(170),soy flour, flavour, emulsifier(472e), egg, acidity regulators (296,262), antioxidant (300)colour(160a), enzymes, raising agent(920) this product contains 16% custard filling

Strawberry Strudel: strawberry filling(46%)apricots(45%)(dried and reconstituted paste), sugar, water, thickeners(1412, 1442), apple juice, stabilisers(412,415)flavour colours(120, 150b), acidity regulator (330),preservative(202), antioxidant(300)), wheat flour(vitamin((thiamine, folate), butter(cream, water, colour)wheat gluten, yeast, salt, Calcium carbonate(170), soy flour, flavour, egg emulsifier (472e)acidity regulator (296,262), thickener(1422,412,415), colour(160a), antioxidant (300), enzymes, raising agent(920)

Apricot Strudel: apricot filling(46%) apricots(45%) dried and reconstituted paste) sugar, water, thickeners(1412, 1442), apple juice, stabilisers(412,415)flavour colours(120, 150b), acidity regulators (330),stabilisers (460,466) preservative(202), natural colour (160c), wheat flour[vitamins(thiamine, folate)] butter (cream, water, colour(160a)water, sugar, wheat gluten, yeast, salt, calcium carbonate (170), soy flour, flavour, egg, emulsifier(472e), acidity regulators (296, 262), thickeners (4712, 415)colour (160a)antioxidant (300) , enzymes, rising agent(920)

Apple Lattice: wheat flour [vitamins (vitamins(thiamine, folate), apples (21%)(preservative (223)), butter (cream, water, colour(160a)water, sugar, egg, thickeners (1442, 1400),enzymes, calcium carbonate (170), rising agent (920) contains 30% apple filling

Australian Beerenberg Preserves.

Strawberry jam 30gm: Sugar, Strawberry, Pectin, Citric Acid. GLUTEN FREE

Raspberry jam 30gm: Sugar, Raspberry, Pectin, Citric Acid. GLUTEN FREE

Orange Marmalade 30gm: Sugar, Water. Orange, Lemon, Grapefruit, Pectin. GLUTEN FREE

Australian Honey 30gm: Superior Natural Australian Honey (100%) GLUTEN FREE

Bread

White Bread: Wheat Flour (68%), Water, Baker's Yeast, Vinegar, Iodised Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamine, Folate).

ALLERGENS

Contains Wheat & Soy. May be Present: Sesame Seeds.

Wholemeal bread: Whole Grain Wholemeal Wheat Flour (50%), Water, Wheat Flour, Baker's Yeast, Vinegar, Wheat Gluten, Iodised Salt, Canola Oil, Emulsifiers (481, 472e, 471), Soy Flour, Vitamins (Thiamin, Folate).

ALLERGENS

Contains Wheat & Soy. May be Present: Sesame Seeds.

Raisin Toast: Wheat Flour, Mixed Fruit (25%) (Raisins (19%), Sultanas (5%), Currants (1%)), Water, Baker's Yeast, Wheat Gluten, Vegetable Oil, Mixed Spice, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamine, Folic Acid).

ALLERGENS

Contains: Gluten Cereals and Soy.

May be present: Sesame Seeds and Milk.

Helga's gluten free wholemeal Bread: Water, wholemeal rice flour (18%), modified tapioca starch (1442), maize starch, potato starch, milled linseed, canola oil, sugar, psyllium flour, egg white powder, iodised salt, soy flour, rice flour, yeast, thickeners (464, 412), vinegar, cultured dextrose, vitamin (thiamine).

ALLERGENS

Contains egg and soy. May be present: sesame seeds.

Pot set Natural yoghurt: Milk Solids Non-Fat, Soy Solids, Live Yoghurt Cultures

Berry Compote: raspberries, strawberries, blue berries, black berries, cane sugar, lemon juice

Cereals

Nutri-Grain: Cereals (46%)(wheat flour, oatmeal, maize flour), sugar, wheat protein, maltodextrin, molasses, oat fibre, salt, minerals (calcium carbonate, iron, zinc oxide), barley malt extract, raising agent (potassium bicarbonate), flavours, natural colour (paprika, turmeric), vitamins (niacin, vitamin B6, riboflavin, folate).

Corn Flakes: Corn (88%), sugar, salt, barley malt extract, vitamins (vitamin E, niacin, vitamin B6, riboflavin, folate), minerals (iron, zinc oxide).

Rice Bubbles: Whole white rice (90%), sugar, salt, barley malt extract, vitamins (vitamin C, niacin, riboflavin, thiamine, folate), minerals (iron, zinc oxide).

Purina Toasted Muesli: Rolled Oats, Rolled Wheat, Raw Sugar, Vegetable Fat (Antioxidants (320, 319)), Dried Fruits (6%) (Sultanas, Currants), Sesame Seeds, Honey (1.8%), Wheat Germ, Desiccated Coconut (0.8%), Salt.

ALLERGENS

Contains Oats, wheat, sesame.

Made on a production line that also produces products containing tree nuts

Full cream Milk

Soymilk

Orange Juice: reconstituted orange juice (99.9%) vitamin c, flavour

Apple Juice: reconstituted apple juice (99.9%), vitamin c, acidity regulator (330), flavour

Fruit Platter: watermelon, rock melon, honeydew melon, oranges, kiwi fruit, strawberries

Day 2, Morning Tea day 2

Assorted Muffins

Raspberry White Choc Muffin

Flour {Wheat flour}, sugar, thickener (1422), mineral salts (170,450,500), milk solids, emulsifier (481,471), flavour, anticaking agent (554), wheat gluten, salt, wheat starch} Water, Raspberry Filling (12%) {cane sugar, apples, gelling agent (440), acidity regulator (330), flavour, preservative (202), colour (122, 124), Canola Oil{100% pure canola oil}, Eggs, White chocolate {sugar, vegetable oil, milk solids (22%), emulsifier (soy lecithin 322), 492, 476), vanilla flavour, food acid (330)}

ALLERGENS

Contains: Soy, Sulphites, Eggs, Gluten, and Dairy.

May contain traces of peanuts/tree nuts, sesame

Salted Caramel Muffin

Flour {Wheat flour, sugar, thickener (1422), mineral salts (170,450,500), milk solids, emulsifier (481,471), flavour, anticaking agent (554), wheat gluten, salt, wheat starch} Water, Canola Oil{100% pure canola oil}, White Chocolate {sugar, vegetable oil, milk solids (22%), emulsifier (soy lecithin 322), 492, 476), vanilla flavour, food acid (330)}, Eggs, Caramel Filling (7%) {sugar, water, glucose syrup, vegetable fat, milk solids, humectant (422), thickener (1422), emulsifier (471), salt, flavours, vegetable gum (401), preservative (202), colours (150d, 110, 102), Salt(.001%)

ALLERGENS

Contains: Soy, Sulphites, Eggs, Gluten, and Dairy.

May contain traces of peanuts/tree nut

Apple Cinnamon Muffin

Flour {Wheat flour, sugar, thickener (1422), mineral salts (170,450,500), milk solids, emulsifier (481,471), flavour, anticaking agent (554), wheat gluten, salt, wheat starch} Water, Canola Oil{100% pure canola oil}, Eggs, Butter rich {(Vegetable Oils and Fats, Anhydrous Milk Fat (cow) salt, emulsifier (435, 322 (soy derived), 471, 475, 492), Preservative (202), Antioxidant (320), Acidity Regulator (330), Permitted Flavouring (soy, Milk-Derived), Natural Colour (100,160a)}, Sugar {(sucrose) 100%}, Apple (2.8%), Sultanas {Vegetable oil (sunflower oil)}, Oats, Cinnamon (cassia)

ALLERGENS

Contains: Soy, Sulphites, Eggs, Gluten, and Dairy.

May contain traces of peanuts, tree nuts and sesame seeds

Butterscotch Muffin

Flour {Wheat flour, sugar, thickener (1422), mineral salts (170,450,500), milk solids, emulsifier (481,471), flavour, anticaking agent (554), wheat gluten, salt, wheat starch} Water, Canola Oil{100% pure canola oil}, White Chocolate {sugar, vegetable oil, milk solids (22%), emulsifier (soy lecithin 322), 492, 476), vanilla flavour, food acid (330)}, Eggs, Butterscotch filling{sugar,water, glucose syrup, invert syrup, vegetable Fat, Milk solids, Thickeners(1422,415),colour(150a),Emulsifiers(471,332),Flavour, salt, Preservative(202)}

ALLERGENS

Contains: Soy, Sulphites, Eggs, Gluten, and Dairy.

May contain traces of peanuts/tree nuts

Chocolate Muffin

Flour (Wheat Flour, Vitamins (thiamine, folate), Thickener(1422), Mineral Salts(170,450,500), Milk Solids, Emulsifier(481,471), Flavour, Anti Caking Agents(554), Wheat Gluten, Salt, Wheat Starch) Chocolate(10%){Sugar ,Vegetable Fat, Cocoa Powder, Emulsifiers(soya lecithin,476,492), Milk Solids.}, Eggs, Cocoa Powder, Vegetable Oil(may contain soybean oil), Antifoam(E900a).

ALLERGENS

Contains: Dairy, Eggs, Soy and Gluten

May contain traces of peanuts/tree nuts, sulphites

Day 2, Lunch

Build Your Own Buddha Bowl

Pickled Red Cabbage: cabbage, white wine vinegar, mustard seeds, chilli, coriander seeds

Tomato diced

Shredded iceberg lettuce

Boiled Black Quinoa

Diced Roast Sweet Potato

Chilled Steamed Jasmin Rice

Carrot Noodles

Shredded Poached Chicken

Avacado Ranch dressing: avocado, Mayonnaise, Sour cream, Buttermilk, Table salt, Black pepper, Garlic, Onion, Chives, Parsley, Dill

Vegetarian Nori rolls

Koshihikari rice, rice vinegar, sugar, salt, carrot, cucumber, red capsicum, snow pea shoots, kewpie mayo, wasabi, nori, sake, mirin, soy sauce

Tandoori Chicken Pizza: BASE(flour, yeast, water, salt, sugar) tandoori spices (Water, Rapeseed Oil, Durum Wheat Semolina, Salt, Sugar, Acids (Acetic Acid, Citric Acid), Ground Cumin (5%), Ginger Purée, Chilli Powder, Mustard Powder, Ground Ginger, Ground Cinnamon, Garlic Powder, Ground Paprika, Spices, Onion Powder, Colour (Paprika Extract), Ground Celery, Stabilisers (Guar Gum, Xanthan Gum) chicken thigh, onion, capsicum , natural yoghurt (Milk Solids Non-Fat, Soy Solids, Live Yoghurt Cultures)cheese(pasteurised milk, salt, starter cultures, non-animal rennet, non-animal lipase) anti-caking agent(460)

Vegetarian pizza: BASE (flour, yeast, water, salt, sugar) tomato concentrate, cheese (pasteurised milk, salt, starter cultures, non-animal rennet, non-animal lipase) anti-caking agent (460) Onion, roasted sweet potato, roasted capsicum, Danish fetta, fresh tomato, zucchini

Dessert

Chocolate Brownie: Dark Compound Chocolate (34%) (Sugar, Vegetable Fat (Soy Lecithin (492)), Cocoa Powder, Milk Solids, Emulsifier (Soy Lecithin, 476), Natural Flavours), Egg, Butter (Cream, Water), Sugar, Tapioca Starch, Pecans, Rice Flour, Walnuts, Potato Starch, Stabiliser (Contains Emulsifier (471))

Vanilla Ice Cream, Water, fresh cream, liquid sugar (sugar, water), fresh milk, milk solids non-fat, glucose (wheat) and/or maltodextrin, emulsifier (471), vanilla flavour, thickeners (412, 415, 410, 407a), colour (160b).