

# Gumnut Place Commercial Kitchen & Catering Nutritional Information



## Biscuits

### Anzac Biscuits 250g



The Gumnut Place  
22 Gore Street Murgon QLD 4605  
Ph 07 41681852

#### Ingredients

Sugar, Rolled Oats, Wheat flour, Butter (cream, salt, milk fats), Golden syrup, Desiccated coconut, Bi-carb soda. Made in Australia from local and imported products. Store in a cool dry place. May contain traces of nuts.

Nutrition Information	Avg Qty	
	Per Serving	per 100g
Energy	774kJ	2170kJ
Protein	2.1g	5.9g
Fat, total	8.3g	23.2g
- saturated	5.3g	14.8g
Carbohydrate	24.7g	69.1g
- sugars	13.4g	37.6g
Sodium	138mg	387mg
Servings per package:	7	
Serving Size:	35.72g	

### Choc Chip Biscuits 250g



The Gumnut Place  
22 Gore Street Murgon QLD 4605  
Ph 07 41681852

#### Ingredients

Self raising flour (Wheat flour, raising agents (339,341,450,500)), Butter (cream, salt, milk fats), Sugar, Chocolate dark compound (Sugar, vegetable fat (emulsifier (soy lecithin, 492)), Cocoa, Whey powder (milk, salt), Eggs. Made in Australia from local and imported products. To maintain freshness store in a cool, dry place in an airtight container. May contain traces of nuts.

Nutrition Information	Avg Qty	
	Per Serving	per 100g
Energy	652kJ	1820kJ
Protein	2.3g	6.4g
Fat, total	7.8g	21.9g
- saturated	4.9g	13.7g
Carbohydrate	18.8g	52.7g
- sugars	9.6g	26.9g
Sodium	152mg	427mg
Servings per package:	7	
Serving Size:	35.72g	

### Coconut Biscuits 250g

Ingredients

Self raising flour (Wheat flour, raising agents (339,341,450,500)), Sugar, Butter (Cream, salt, milk fats) Desiccated coconut, Eggs, Corn flour, Vanilla essence (water, alcohol, flavour, colour 150d) Made in Australia from local and imported products. Store in a cool dry place. May contain traces of nuts.

Nutrition Information

	Avg Qty	Avg Qty
	Per Serving	per 100g
Energy	786kJ	2200kJ
Protein	2.2g	6.1g
Fat, total	9.7g	27.1g
- saturated	6.7g	18.8g
Carbohydrate	22.3g	62.5g
- sugars	12.4g	34.7g
Sodium	151mg	422mg
Servings per package:	7	
Serving Size:	35.72g	

The Gumnut Place  
22 Gore Street  
Murgon QLD 4605  
Ph 07 41681852



### Cornflake Biscuits 250g



The Gumnut Place  
22 Gore Street Murgon  
QLD 4605 Ph 07 41681852

#### Ingredients

Sugar, Butter (cream, salt, milk fats), Sultanas (18.6%), Self raising flour (Wheat flour, raising agents (339,341,450,500)), Eggs, Cornflakes (4.5%)(Corn 90%, sugar, malt extract, salt, Vitamins (E&C), Niacin, Riboflavin, Thiamine, Folate, Minerals (iron, zinc oxide) Made in Australia from local and imported products. Store in a cool dry place. May contain traces of nuts.

Nutrition Information	Avg Qty	
	Per Serving	per 100g
Energy	712kJ	2030kJ
Protein	1.6g	4.7g
Fat, total	7.0g	20.1g
- saturated	4.5g	12.8g
Carbohydrate	24.6g	70.2g
- sugars	18.0g	51.5g
Sodium	127mg	364mg
Servings per package:	7	
Serving Size:	35.72g	

### Jam Drops 250g



The Gumnut Place  
22 Gore Street Murgon  
QLD 4605  
Ph 07 41681852

#### Ingredients

Self raising flour (Wheat flour, raising agents (339,341,450,500)), Butter (cream, salt, milk fats), Sugar, Eggs, Jam (sugar, apple (40%), vegetable gum (440), acidity regulator (330), preservative (202), flavour, colour (129) Made in Australia from local and imported products. May contain traces of nuts. To maintain freshness store in a cool, dry place in an airtight container.

Nutrition Information	Avg Qty	
	Per Serving	per 100g
Energy	714.2kJ	2000kJ
Protein	2.6g	7.2g
Fat, total	8.1g	22.6g
- saturated	5.1g	14.2g
Carbohydrate	21.6g	60.6g
- sugars	9.9g	27.7g
Sodium	190.7mg	534mg
Servings per package:	7	
Serving Size:	35.72g	

### Peanut Crisps 250g



The Gumnut Place  
22 Gore Street Murgon QLD  
4605 Ph 07 41681852

#### Ingredients

Sugar, Flour Self-raising (Wheat flour, raising agents (339,341,450,500)), Raw peanuts (20%), Butter (cream, salt, milk fats), Eggs, Cane sugar, Flour Plain, Cocoa, Vanilla essence (water, alcohol, flavour, colour 150d) Made in Australia from local and imported products. Store in a cool dry place. May contain traces of nuts.

Nutrition Information	Avg Qty	
	Per Serving	per 100g
Energy	723kJ	2020kJ
Protein	3.1g	8.6g
Fat, total	8.3g	23.3g
- saturated	3.9g	10.8g
Carbohydrate	20.9g	58.6g
- sugars	13.2g	36.8g
Sodium	105mg	295mg
Servings per package:	7	
Serving Size:	35.72g	

# Fancy Biscuits

## Melting Moments 250g



The Gumnut Place  
22 Gore Street Murgon QLD 4605  
Ph 07 41681852

### Ingredients

Butter (cream, salt, milk fats), Icing sugar, Plain wheat flour, Corn flour, Vanilla essence (water, alcohol, flavour, colour 150d)

To maintain freshness store in a cool, dry place in an airtight container. May contain traces of nuts.

Made in Australia from local and imported products

Nutrition Information	Avg Qty	
	Per Serving	per 100g
Energy	835.6kJ	2340kJ
Protein	1.17g	3.3g
Fat, total	12.1g	33.8g
- saturated	8.0g	22.1g
Carbohydrate	21.5g	60.1g
- sugars	12.1g	33.9g
Sodium	114.3mg	320mg
Servings per package:	7	
Serving Size:	35.72g	

## Monte Carlos 250g



The Gumnut Place  
22 Gore Street Murgon QLD 4605  
Ph 07 41681852

### Ingredients

Butter (cream, salt, milk fats), Icing sugar, Self raising flour (Wheat flour, raising agents (339,341,450,500), Plain flour, Sugar, Eggs, Desicated coconut, Jam (sugar, apple (40%), vegetable gum (440), acidity regulator (330), perservative (202), flavour, colour (129) Vanilla essence,

Made in Australia from local and imported products. May contain traces of nuts.

Store in a cool dry place.

Nutrition Information	Avg Qty	
	Per Serving	per 100g
Energy	778.5kJ	2180kJ
Protein	1.7g	4.8g
Fat, total	10.1g	28.3g
- saturated	6.7g	18.8g
Carbohydrate	21.7g	60.7g
- sugars	13.2g	37.1g
Sodium	135.7mg	380mg
Servings per package:	7	
Serving Size:	35.72g	

# Gluten Free Products

## Gluten Free Choc Chip Biscuits 250g

Ingredients

Gluten free flour (Maize starch, tapioca starch, soy flour, rice flour, raising agents 575, 501, 500) Butter (cream, salt, milk fats), Sugar, Chocolate dark compound (Sugar, vegetable fat (emulsifier (soy lecithin, 492)), Cocoa, Whey powder (milk), salt) Eggs. Made in Australia from local and imported products.

Store in a cool dry place.  
May contain traces of nuts.

Nutrition Information	Avg Qty	Avg Qty
	Per Serving	per 100g
Energy	702kJ	1960kJ
Protein	1.2g	3.2g
Fat, total	8.3g	23.2g
- saturated	5.2g	14.7g
Carbohydrate	22.0g	61.7g
- sugars	10.4g	29.1g
Sodium	159mg	448mg
Servings per package:	7	
Serving Size:	35.72g	

The Gumnut Place  
22 Gore Street  
Murgon QLD 4605  
Ph 07 41681852



## Gluten Free Peanut Crisps 250g

Ingredients

Sugar, Gluten free flour (Maize starch, tapioca starch, soy flour, rice flour, raising agents 575, 501, 500) Raw Peanuts (20%), Butter (cream, salt, milk fats), Eggs, Cocoa, Vanilla Essence (alcohol, flavour, colour 150d)

Made in Australia from local and imported products.  
Store in a cool dry place.  
May contain traces of nuts.

Nutrition Information	Avg Qty	Avg Qty
	Per Serving	per 100g
Energy	724kJ	2030kJ
Protein	2.1g	5.9g
Fat, total	8.2g	23.0g
- saturated	3.9g	10.8g
Carbohydrate	22.3g	62.3g
- sugars	13.2g	37.0g
Sodium	120mg	334mg
Servings per package:	7	
Serving Size:	35.72g	

The Gumnut Place  
22 Gore Street Murgon  
QLD 4605  
Ph 07 41681852



## Gluten Free Jam Drops 250g

Ingredients

Gluten free self raising flour (Maize starch, tapioca starch, soy flour, rice flour, raising agents 575, 501, 500), Butter (cream, salt, milk fats), Sugar, Eggs, Jam (sugar, apple (40%), vegetable gum (440), acidity regulator (330), preservative (202), flavour, colour (129))

Made in Australia from local and imported products.

Store in a cool dry place.  
May contain traces of nuts.

Nutrition Information	Avg Qty	Avg Qty
	Per Serving	per 100g
Energy	716kJ	200kJ
Protein	1.0g	2.8g
Fat, total	7.9g	22.2g
- saturated	5.0g	14.2g
Carbohydrate	23.8g	66.7g
- sugars	10.0g	27.9g
Sodium	185mg	519mg
Servings per package:	7	
Serving Size:	35.72g	

The Gumnut Place  
22 Gore Street Murgon  
QLD 4605  
Ph 07 41681852



## Gluten free Lemon Friends

Ingredients

Icing sugar, Almond meal, gluten free flour, butter (cream, salt, milk fats), egg whites, lemon

May contain traces of nuts.

The Gumnut Place  
22 Gore Street Murgon QLD 4605  
Ph 07 41681852

Nutrition Information	Avg Qty	Avg Qty
	Per Serving	per 62.5g
Energy	1010kJ	2020kJ
Protein	2.7g	5.3g
Fat, total	14.8g	29.6g
- saturated	7.2g	14.3g
Carbohydrate	24.2g	48.4g
- sugars	15.4g	30.8g
Sodium	18mg	35.1g
Servings per package:	6	
Serving Size:	50g	



# Family Meals

## Medium Quiche 1100g



Ingredients

Milk, Eggs, Bacon, Carrot, Zucchini, Cheese [milk, salt, starter culture, enzyme (non animal rennet) anti caking agent (460)], Self raising flour (Wheat flour, raising agents (339,341,450,500), Onion, Parsley, Salt, Pepper.  
Made in Australia from local and imported products. May contain traces of nuts.  
Keep refrigerated until ready to eat. Suitable for freezer. Suitable for microwave after being removed from foil tray.

**The Gumnut Place**  
22 Gore Street Murgon QLD 4605  
Ph 07 41681852

Nutrition Information

	Avg Qty Per Serving	Avg Qty per 100g
Energy	2147.8kJ	781kJ
Protein	29.7g	10.8g
Fat, total	32.2g	11.7g
- saturated	15.7g	5.7g
Carbohydrate	24.8g	9.0g
- sugars	93.5g	3.4g
Sodium	756.2mg	318mg
Servings per package:	4	
Serving Size:		275g

## Lasagne 1400g



Ingredients

Minced beef, Carrot, Tomato, Tomato Paste, Cheese [milk, salt, starter culture, enzyme (non animal rennet) anti-caking agent (460)], Onion, Garlic, Butter (cream, salt, milk fats), Plain Flour, Milk, Lasagne Sheet (Durum wheat, semolina, water), Herbs & spices

Keep refrigerated until ready to eat. Suitable for freezer. Suitable for microwave after being removed from foil tray.

**The Gumnut Place**  
22 Gore Street Murgon QLD 4605  
Ph 07 41681852

Nutrition Information

	Avg Qty Per Serving	Avg Qty per 100g
Energy	1977.5kJ	1130kJ
Protein	32.6g	18.6g
Fat, total	26.1g	14.9g
- saturated	13.0g	7.4g
Carbohydrate	25.2g	14.4g
- sugars	4.6g	2.6g
Sodium	394mg	225mg
Servings per package:	8	
Serving Size:		175g

## Potato Bake 1400g



Ingredients

Potato, Cream, vegetable gum (407, 412), Onion fla, Cheese [milk, salt, starter culture, enzyme (non animal rennet)] anti caking agent (460) chives.

Keep refrigerated until ready to eat. Suitable for freezer. Suitable for microwave after being removed from foil tray.

**The Gumnut Place**  
22 Gore Street Murgon QLD 4605  
Ph 07 41681852

Nutrition Information

	Avg Qty Per Serving	Avg Qty per 100g
Energy	1664.3kJ	951kJ
Protein	12.1g	6.9g
Fat, total	32.0g	18.3g
- saturated	20.3g	11.6g
Carbohydrate	14.7g	8.4g
- sugars	3.2g	1.8g
Sodium	277mg	158mg
Servings per package:	8	
Serving Size:		175g

# Slices

## Caramel Slice

**Ingredients** Self raising flour (Wheat flour, raising agents (339,341,450,500)), Brown sugar, Butter (cream, salt, milk fats), Condensed milk, Golden syrup, Compound milk chocolate, Desiccated coconut

Keep refrigerated in air tight container

May contain traces of nuts.

**The Gumnut Place**  
22 Gore Street Murgon QLD 4605  
Ph 07 41681852



Nutrition Information	Avg Qty	Avg Qty
	Per Serving	per 100g
Energy	1200kJ	2000kJ
Protein	3.7g	6.1g
Fat, total	14.8g	24.7g
- saturated	8.9g	14.8g
Carbohydrate	34.0g	56.7g
- sugars	28.4g	47.3g
Sodium	190.8mg	319mg
Servings per package:	6	
Serving Size:	60g	

## Ginger Crunch

**Ingredients** Wheat flour, Golden syrup, Butter (cream, salt, milk fats), Ground and crystallized ginger, Sugar, Icing sugar.

May contain traces of nuts.

Keep refrigerated  
Made in Australia from local and imported products

**The Gumnut Place**  
22 Gore Street Murgon QLD 4605  
Ph 07 41681852



Nutrition Information	Avg Qty	Avg Qty
	Per Serving	per 100g
Energy	11.55kJ	2100kJ
Protein	2.1g	3.8g
Fat, total	13.1g	23.9g
- saturated	2.4g	4.3g
Carbohydrate	36.9g	67.1g
- sugars	23.2g	42.2g
Sodium	163mg	296mg
Servings per pack:	6	
Serving Size:	55g	

## Chocolate Fudge Slice

**Ingredients** Brown sugar, Self raising flour (Wheat flour, raising agents (339,341,450,500)), Butter, Desiccated coconut, Eggs, Icing sugar, Milk, Golden syrup, Cocoa powder

Keep refrigerated in air tight container

May contain traces of nuts.

**The Gumnut Place**  
22 Gore Street Murgon QLD 4605  
Ph 07 41681852



Nutrition Information	Avg Qty	Avg Qty
	Per Serving	per 100g
Energy	991.8kJ	1710kJ
Protein	2.7g	4.6g
Fat, total	10.5g	18.1g
- saturated	5.7g	9.9g
Carbohydrate	32.2g	55.5g
- sugars	23.2g	40.0g
Sodium	147.3mg	254mg
Servings per pack:	1	
Serving Size:	58g	

## Marshmallow Single Slice

**Ingredients** Self raising flour (Wheat flour, raising agents (339,341,450,500)), Sugar (brown & white), Butter (cream, salt, milk fats), Desiccated coconut, Corn flakes (Corn 90%, sugar, malt extract, salt, Vitamins (E,C), Niacin, Riboflavin, Thiamine, Folate, Minerals (Iron, Zinc oxide), Gelatine, Lemon juice, Vanilla essence, Cochineal, Water  
Keep refrigerated in air tight container  
May contain traces of nuts.

**The Gumnut Place**  
22 Gore Street Murgon QLD 4605  
Ph 07 41681852



Nutrition Information	Avg Qty	Avg Qty
	Per Serving	per 100g
Energy	415kJ	1660kJ
Protein	1.2g	4.8g
Fat, total	4.2g	16.8g
- saturated	2.7g	10.8g
Carbohydrate	13.8g	55.3g
- sugars	9.9g	39.4g
Sodium	79mg	317mg
Servings per pack:	1	
Serving Size:	40g	

continued next page...

# Slices con't

## Date Slice



**Ingredients**  
Self raising flour (Wheat flour, raising agents (339,341,450,500), Butter (cream,salt,milk fats), Desicated coconut, Dried date, Sugar, Icing sugar, Egg, Salt, Vanilla essence

May contain traces of nuts.

**The Gumnut Place**  
22 Gore Street Murgon QLD 4605  
Ph 07 41681852

Nutrition Information	Avg Qty	Avg Qty
	Per Serving	per 100g
Energy	1365kJ	2100kJ
Protein	2.2g	3.4g
Fat, total	15g	23.0g
- saturated	8.5g	13.1g
Carbohydrate	44.3g	68.1g
- sugars	36.3g	55.8g
Sodium	225.6mg	347mg
Servings per pack:	6	
Serving Size:	65g	

## Vanilla Slice



**Ingredients**  
Self raising flour (Wheat flour, raising agents, Margarine (Animal fat, vegetable oil, Emulsifiers (471), Custard powder, Corn flour, Antioxidant (320), Preservatives (202,281), Food acid (330), Sugar, Icing sugar, Milk, Salt, Vanilla essence

Keep refrigerated  
May contain traces of nuts.  
Made from local and imported products

**The Gumnut Place**  
22 Gore Street Murgon QLD 4605  
Ph 07 41681852

Nutrition Information	Avg Qty	Avg Qty
	Per Serving	per 100g
Energy	1914kJ	1740kJ
Protein	5.1g	4.6g
Fat, total	15.9g	14.5g
- saturated	6.8g	6.2g
Carbohydrate	72.7g	66.1g
- sugars	53.9g	49.0g
Sodium	695.2mg	632mg
Servings per pack:	6	
Serving Size:	110g	

## Carrot Slice



**Ingredients**  
Plain Wheat flour, Vegetable oil, Butter (cream,salt,milk fats), Sugar, Icing sugar (cane sugar, starch), Eggs, Carrot, Walnut, Bi carb soda, Salt, Lemon,water, Cinnamon

To maintain freshness store in a cool dry place in an airtight container. May contain traces of nuts

**The Gumnut Place**  
22 Gore Street Murgon QLD 4605  
Ph 07 41681852

Nutrition Information	Avg Qty	Avg Qty
	Per Serving	per 100g
Energy	1287kJ	1980kJ
Protein	3.0g	4.6g
Fat total	17.4g	26.8g
- saturated	2.2g	3.4g
Carbohydrate	34.6g	53.3g
- sugars	27.4g	42.2g
Sodium	146.9mg	226mg
Servings per pack	6	
Serving Size:	65g	

# Cakes

## Banana Cake



**Ingredients**

Bananas, Self Raising Flour (Wheat Flour, raising agents 339 341 450 500, butter (cream, salt, milk fats), Sugar, Egg, Milk

To maintain freshness store in a cool, dry place in an airtight container. May contain traces of nuts.

**Nutrition Information**

	Avg Qty Per Serving	Avg Qty per 100g
Energy	832kJ	1280kJ
Protein	2.9g	4.5g
Fat, total	8.5g	13.1g
- saturated	1.7g	2.6g
Carbohydrate	27.2g	41.9g
- sugars	16.8g	25.8g
Sodium	229mg	352mg
Servings per package:	10	
Serving Size:	65g	

The Gumnut Place  
22 Gore Street Murgon QLD 4605  
Ph 07 41681852

## Carrot Cake



**Ingredients**

Plain Wheat Flour, Butter (cream, salt, milk fats), Sugar, Icing sugar, Egg, Canola Oil, Carrot, Walnut, Bi carb soda, Salt, Lemon Essence, Cinnamon

To maintain freshness store in a cool, dry place in an airtight container. May contain traces of nuts.

**Nutrition Information**

	Avg Qty Per Serving	Avg Qty per 100g
Energy	1010kJ	1980kJ
Protein	2.3g	4.6g
Fat, total	13.6g	26.8g
- saturated	1.7g	3.4g
Carbohydrate	27.2g	53.3g
- sugars	21.5g	42.2g
Sodium	115mg	226mg
Servings per package:	12	
Serving Size:	51g	

The Gumnut Place  
22 Gore Street Murgon QLD 4605  
Ph 07 41681852

## Moist Chocolate Cake



**Ingredients**

Self Raising Flour (Wheat flour, Raising agents (339,341,450,500) Butter (cream, salt, milk fats), Sugar, Icing sugar, Baking powder, Cocoa powder, Salt, Canola oil, Egg, Desiccated coconut, Vanilla essence, Whole milk, Water

May contain traces of nuts.

**Nutrition Information**

	Avg Qty Per Serving	Avg Qty per 100g
Energy	840kJ	1680kJ
Protein	1.8g	3.6g
Fat, total	7.8g	15.6g
- saturated	1.5g	2.9g
Carbohydrate	30.4g	60.8g
- sugars	22.9g	45.8g
Sodium	341mg	682mg
Servings per package:	12	
Serving Size:	50g	

The Gumnut Place  
22 Gore Street Murgon QLD 4605  
Ph 07 41681852

## Vanilla Cake



**Ingredients**

Self Raising Flour (Wheat flour, Raising agents (339,341,450,500), Corn flour, Butter (cream, salt, milk fats), Desiccated coconut, Sugar, Icing sugar, Egg, Milk, Salt, Vanilla essence

May contain traces of nuts.

**Nutrition Information**

	Avg Qty Per Serving	Avg Qty per 100g
Energy	826.5kJ	1740kJ
Protein	2.2g	4.6g
Fat, total	6.9g	14.5g
- saturated	3.0g	6.2g
Carbohydrate	31.4g	66.1g
- sugars	23.3g	49.0g
Sodium	300mg	632mg
Servings per package:	12	
Serving Size:	47.5g	

The Gumnut Place  
22 Gore Street Murgon QLD 4605  
Ph 07 41681852

# Cakes con't

## Patty Cakes



**Ingredients** Sponge mix (wheat flour, sugar, salt, milk powder, glucose syrup, baking powder), butter (cream, salt, milk fats), icing sugar, eggs, food colours (102, 133, 122) food acid (330) preservatives (211, 202)

To maintain freshness store in a cool dry place in an airtight container. May contain traces of nuts.

**The Gumnut Place**  
**22 Gore Street Murgon QLD 4605**  
**Ph 07 41681852**

Nutrition Information	Avg Qty	Avg Qty
	Per Serving	per 100g
Energy	957kJ	1910kJ
Protein	1.7g	3.4g
Fat, total	10.1g	20.2g
- saturated	6.3g	12.7g
Carbohydrate	32.5g	65.1g
- sugars	26.5g	53.0g
Sodium	176mg	352mg
Servings per pack:	4	
Serving Size:	50g	

## Lamingtons



**Ingredients** Sponge mix (wheat flour, sugar, salt, milk powder, glucose syrup, baking powder), eggs, butter (cream, salt, milk fats), icing sugar, Cocoa powder, Desiccated coconut, Vanilla essence

To maintain freshness store in a cool dry place in an airtight container. May contain traces of nuts.

**The Gumnut Place**  
**22 Gore Street Murgon QLD 4605**  
**Ph 07 41681852**

Nutrition Information	Avg Qty	Avg Qty
	Per Serving	per 100g
Energy	929.5kJ	1430kJ
Protein	3.25g	5.0g
Fat, total	3.9g	6.0g
- saturated	0.65g	1.0g
Carbohydrate	35.3g	54.3g
- sugars	28.3g	43.5g
Sodium	108.6mg	167mg
Servings per pack:	6	
Serving Size:	65g	



# Hot Finger Food

## Pinwheels

**Ingredients** Puff pastry, Bacon, Tomato paste, Cheese

Cooking Instructions: preheat oven to 150°, cook for 10-15minutes or until warm through

The Gumnut Place  
22 Gore Street Murgon QLD 4605  
Ph 07 41681852



## Spinach & Feta Triangles

**Ingredients** Puff pastry, Spinach, Onion, Feta cheese, Eggs, Margarine

Cooking Instructions: preheat oven to 150°, cook for 10-15minutes or until warm through

The Gumnut Place  
22 Gore Street Murgon QLD 4605  
Ph 07 41681852



## Mini Sausage Rolls

**Ingredients** Puff pastry, beef mince, onion, bread crumbs, carrot, eggs, pasley, oregano, soy sauce

Cooking Instructions: preheat oven to 150°, cook for 10-15minutes or until warm through

The Gumnut Place  
22 Gore Street Murgon QLD 4605  
Ph 07 41681852



# Salads

## Potato Salad



**Ingredients**

Potato, Cream, vegetable gum (407, 412), sour cream, mayonaise, chives.

Keep refrigerated until ready to eat.

**The Gumnut Place**  
 22 Gore Street Murgon QLD 4605  
 Ph 07 41681852

Nutrition Information	Avg Qty	Avg Qty
	Per Serving	per 100g
Energy	1190.0kJ	685kJ
Protein	18.1g	9.0g
Fat, total	18.7g	9.4g
- saturated	8.5g	4.3g
Carbohydrate	10.1g	5.0g
- sugars	6.2g	3.1g
Sodium	407mg	204mg
Servings per package:	5	
Serving Size:	200g	

## Tossed Salad

**Ingredients**

lettuce, capsicum, onion, carrot, tomato, cucumber, vinegar, mustard, olive oil, lemon juice.

Please keep refrigerated

**The Gumnut Place**  
 22 Gore Street Murgon QLD 4605  
 Ph 07 41681852



## Pasta Salad



**Ingredients**

Pasta (Wheat), Cream, Corn, Carrot, Capsicum, Chives, Mayonaise

Keep refrigerated until ready to eat.

**The Gumnut Place**  
 22 Gore Street Murgon QLD 4605  
 Ph 07 41681852

Nutrition Information	Avg Qty	Avg Qty
	Per Serving	per 100g
Energy	1190kJ	595kJ
Protein	18.1g	9.0g
Fat, total	18.7g	9.4g
- saturated	8.5g	4.3g
Carbohydrate	10.1g	5.0g
- sugars	6.2g	3.1g
Sodium	407mg	204mg
Servings per package:	6	
Serving Size:	200g	

## Coleslaw

**Ingredients**

Cabbage, Carrot Capsicum Chives, Sunflower oil Antioxidant (320) Sugar, Vinegar Salt, Mustard, Eggs, Milk solids, Vegetable gum (415) Colours (171,101,160a) Spices, Flavour

Keep refrigerated until ready to eat.

**The Gumnut Place**  
 22 Gore Street Murgon QLD 4605  
 Ph 07 41681852

