

## Allergen and Nutritional Information

### **MEDIUM SUNDAES (WITHOUT TOPPINGS OR WAFER BISCUIT)**

<b>Medium</b>	Strawberry	Fruit Medley	Pineapple	Peach Melba	Pear
Energy(kj)	1980kj	1992kj	1943kj	1994kj	1919kj
Energy(kcal)	470kcal	472kcal	461kcal	473kcal	455kcal
Total Fat	15.8g	15.8g	15.8g	15.8g	15.8g
Of which Saturates	10.4g	10.4g	10.4g	10.4g	10.4g
Total Carbohydrates	63.4g	63.4g	60.8g	64.1g	60.1g
Of which Sugars	63.4g	61.8g	59.6g	61.0g	60.1g
Protein	17.7g	17.6g	17.6g	17.6g	17.5g
Salt	0.7g	0.7g	0.7g	0.7g	0.7g
Allergens Present	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>

<b>Medium</b>	Chocolate	Coffee Nut	Straw Mallow	Choc Mallow
Energy(kj)	2318kj	2540kj	2756kj	2756kj
Energy(kcal)	550kcal	605kcal	653kcal	653kcal
Total Fat	15.8g	28.9g	15.8g	15.8g
Of which Saturates	11.5g	14.5g	10.4g	10.4g
Total Carbohydrates	75.4g	59.7g	108.6g	108.6g
Of which Sugars	75.4g	58.4g	84.6g	84.6g
Protein	20.5g	26.0g	18.0g	18.0g
Salt	0.7g	0.7g	0.8g	0.8g
Allergens Present	<b>Milk, Sulphur Dioxide</b>	<b>Milk, Peanuts</b>	<b>Milk, Sulphur Dioxide, Egg</b>	<b>Milk, Sulphur Dioxide, Egg</b>

<b>Medium</b>	Sticky Toffee	Cherry Temptation	Hazelnut Fudge	Rasp Crumble
Energy(kj)	2654kj	2253kj	4499kj	2697kj
Energy(kcal)	632kcal	534kcal	1075kcal	639kcal
Total Fat	15.8g	15.8g	55.3g	19.3g
Of which Saturates	10.4g	10.4g	22.9g	12.0g
Total Carbohydrates	99.7g	77.1g	116.8g	94.0g
Of which Sugars	99.7g	73.0g	115.8g	81.1g
Protein	18.1g	18.1g	25.0g	19.3g
Salt	0.7g	0.7g	0.8g	0.9g
Allergens Present	<b>Milk</b>	<b>Milk</b>	<b>Milk, Hazelnuts, Soya</b>	<b>Milk, Soya, Oats</b>

For allergens including cereals containing gluten see ingredients in **bold**. May contain nuts, peanuts, egg