



## List of Ingredients

### Greek Lamb Lunchbox

Greek lamb: lamb, seasoning, oil, onion, herbs, spices  
 Salad: shredded lettuce, cucumber, carrot, tomato  
 Tzatziki: garlic, Greek yoghurt, cucumber, salt + pepper  
 Tortilla wrap: wheat flour, water, vegetable shortening, sugar, baking powder iodised salt, yeast.

Cobs sweet + lightly salted popcorn: popcorn, sunflower oil, raw sugar, sea salt

Juice Orange: orange juice, flavour, acidity regulator, colour  
 Juice Apple: apple juice, flavour, acidity regulator  
 Big M Chocolate: skim milk, milk, sugar, water, cocoa powder, flavours, vegetable gum  
 Big M Strawberry: skim milk, milk, water, sugar, emulsifier, flavour, natural colour  
 Up & Go: filtered water, skim milk powder, maltodextrin (wheat, corn), cane sugar, vegetable fibre, soy protein, vegetable oils (sunflower, canola), fructose, cocoa (0.5%), oat flour, mineral (calcium), acidity regulator (332), flavour, vegetable gums (460, 466, 407), stabiliser (452), salt, vitamins (C, niacin, A, B12, B6, B2)

### Bento Lunchbox

Teriyaki chicken: soya sauce, sugar, water, salt, ginger, vinegar, ginger, cinnamon, food acids, yeast, chicken tenderloins, oil baby carrots, quakes, cherry tomatoes, cheddar cheese, capsicum

Cobs sweet + lightly salted popcorn: popcorn, sunflower oil, raw sugar, sea salt

Bottle of water

### Funky Fresh Lunchbox

Ham + cheese skewers: shaved ham, cheddar cheese  
 Fantastic rice crackers: rice, sugar, vegetable oil, salt, gluten free soy sauce powder, flavour enhancers  
 Salad: cherry tomatoes, fruit, boiled egg, corn kernals, capsicum + cucumber

Cobs sweet + lightly salted popcorn: popcorn, sunflower oil, raw sugar, sea salt

Juice Orange: orange juice, flavour, acidity regulator, colour  
 Juice Apple: apple juice, flavour, acidity regulator  
 Big M Chocolate: skim milk, milk, sugar, water, cocoa powder, flavours, vegetable gum  
 Big M Strawberry: skim milk, milk, water, sugar, emulsifier, flavour, natural colour

Up & Go: filtered water, skim milk powder, maltodextrin (wheat, corn), cane sugar, vegetable fibre, soy protein, vegetable oils (sunflower, canola), fructose, cocoa (0.5%), oat flour, mineral (calcium), acidity regulator (332), flavour, vegetable gums (460, 466, 407), stabiliser (452), salt, vitamins (C, niacin, A, B12, B6, B2)

### Salad Wrap Lunchbox

Salad: shredded lettuce, spinach, tomato, cucumber, carrot, cheese

Mayonnaise: eggs, oil and vinegar

Tortilla wrap: wheat flour, water, vegetable shortening, sugar, baking powder iodised salt, yeast

Pretzels: wheat flour, vegetable oil, glucose (corn), salt

Juice Orange: orange juice, flavour, acidity regulator, colour  
 Juice Apple: apple juice, flavour, acidity regulator  
 Big M Chocolate: skim milk, milk, sugar, water, cocoa powder, flavours, vegetable gum  
 Big M Strawberry: skim milk, milk, water, sugar, emulsifier, flavour, natural colour  
 Up & Go: filtered water, skim milk powder, maltodextrin (wheat, corn), cane sugar, vegetable fibre, soy protein, vegetable oils (sunflower, canola), fructose, cocoa (0.5%), oat flour, mineral (calcium), acidity regulator (332), flavour, vegetable gums (460, 466, 407), stabiliser (452), salt, vitamins (C, niacin, A, B12, B6, B2)




---

### Allergen Statement:

**Our kitchen is not allergen free - all products may contain traces of peanuts, walnut, almond, hazelnut, other tree nuts, soy, sesame seeds, gluten and honey from shared equipment. We DO NOT recommend any of our menu items if your child is anaphylactic.**

---



### **Cheese Burger Lunchbox**

Beef pattie: beef mince, egg, breadcrumbs,

Hamburger roll: wheat flour, water, yeast, sugar, canola oil, vinegar, wheat gluten, iodised salt, soy flour, vegetable emulsifiers (481, 471, 472e), vitamins (Thiamin, Folic Acid)

cheddar cheese, shredded lettuce

bbq sauce : sugar, vinegar, tomato paste, molasses, corn starch, salt, water, smoke flavouring, tamarind, onion and garlic powder

Chocolate hedgehog: marie biscuits, cocoa, (wheat flour, sugar, wheat starch, vegetable shortening, golden syrup (sugar, water, salt), raising agents (500, 503, 450, sugar, desiccated coconut (sulphite preservative (220)), margarine, vegetable oil, water

Cobs sweet + lightly salted popcorn: popcorn, sunflower oil, raw sugar, sea salt

Yoghurt frogs: sucrose, vegetable oil, low fat milk solids, yoghurt solids, emulsifier (soy lecithin E322), natural colour (120) and flavour.

Juice Orange: orange juice, flavour, acidity regulator , colour

Juice Apple: apple juice, flavour, acidity regulator

Big M Chocolate: skim milk, milk, sugar, water, cocoa powder, flavours, vegetable gum

Big M Strawberry: skim milk, milk, water, sugar, emulsifier, flavour, natural colour

Up & Go: filtered water, skim milk powder, maltodextrin (wheat, corn), cane sugar, vegetable fibre, soy protein, vegetable oils (sunflower, canola), fructose, cocoa (0.5%), oat flour, mineral (calcium), acidity regulator (332), flavour, vegetable gums (460, 466, 407), stabiliser (452), salt, vitamins (C, niacin, A, B12, B6, B2

### **Croissant Lunchbox**

Ham, cheddar cheese

Croissant: wheat flour [vitamin (thiamine, folate)], water, margarine [animal fat and vegetable oil, water, butter fat, milk solids, emulsifiers (471, soy lecithin), preservative (202), antioxidant (320), flavour, food acid (330), colour (160a)], sugar, yeast, salt, improver [malting wheat flour, mineral (516), emulsifier (472e), baking additive (355), inactive yeast, ascorbic acid (300), enzymes. Contains dairy product.

May contain traces of rye, oats, barley, sesame seeds, peanuts, walnuts, almonds and hazelnut, other tree nuts (not specified by ingredient suppliers) and honey due to shared equipment.

Chocolate hedgehog: marie biscuits, cocoa, (wheat flour, sugar, wheat starch, vegetable shortening, golden syrup (sugar, water, salt), raising agents (500, 503, 450, sugar, desiccated coconut (sulphite preservative (220)), margarine, vegetable oil, water

Cobs sweet + lightly salted popcorn: popcorn, sunflower oil, raw sugar, sea salt

Yoghurt frogs: sucrose, vegetable oil, low fat milk solids, yoghurt solids, emulsifier (soy lecithin E322), natural colour (120) and flavour.

Juice Orange: orange juice, flavour, acidity regulator , colour

Juice Apple: apple juice, flavour, acidity regulator

Big M Chocolate: skim milk, milk, sugar, water, cocoa powder, flavours, vegetable gum

Big M Strawberry: skim milk, milk, water, sugar, emulsifier, flavour, natural colour

Up & Go: filtered water, skim milk powder, maltodextrin (wheat, corn), cane sugar, vegetable fibre, soy protein, vegetable oils (sunflower, canola), fructose, cocoa (0.5%), oat flour, mineral (calcium), acidity regulator (332), flavour, vegetable gums (460, 466, 407), stabiliser (452), salt, vitamins (C, niacin, A, B12, B6, B2

### **Grilled Chicken Burger Lunchbox**

Grilled chicken breast

Hamburger roll: wheat flour, water, yeast, sugar, canola oil, vinegar, wheat gluten, iodised salt, soy flour, vegetable emulsifiers (481, 471, 472e), vitamins (Thiamin, Folic Acid)

tomato, cheddar cheese, lettuce

Mayonnaise: eggs, oil and vinegar

Chocolate hedgehog: marie biscuits, cocoa, (wheat flour, sugar, wheat starch, vegetable shortening, golden syrup (sugar, water, salt), raising agents (500, 503, 450, sugar, desiccated coconut (sulphite preservative (220)), margarine, vegetable oil, water

Cobs sweet + lightly salted popcorn: popcorn, sunflower oil, raw sugar, sea salt

Yoghurt frogs: sucrose, vegetable oil, low fat milk solids, yoghurt solids, emulsifier (soy lecithin E322), natural colour (120) and flavour.

Juice Orange: orange juice, flavour, acidity regulator , colour

Juice Apple: apple juice, flavour, acidity regulator

Big M Chocolate: skim milk, milk, sugar, water, cocoa powder, flavours, vegetable gum

Big M Strawberry: skim milk, milk, water, sugar, emulsifier, flavour, natural colour

Up & Go: filtered water, skim milk powder, maltodextrin (wheat, corn), cane sugar, vegetable fibre, soy protein, vegetable oils (sunflower, canola), fructose, cocoa (0.5%), oat flour, mineral (calcium), acidity regulator (332), flavour, vegetable gums (460, 466, 407), stabiliser (452), salt, vitamins (C, niacin, A, B12, B6, B2

---

### **Allergen Statement:**

**Our kitchen is not allergen free - all products may contain traces of peanuts, walnut, almond, hazelnut, other tree nuts, soy, sesame seeds, gluten and honey from shared equipment. We DO NOT recommend any of our menu items if your child is anaphylactic.**

---



**Vego Burger Lunchbox**

Vegetable + lentil pattie: vegetables carrot, onion, pea, potato), lentils, self raising flour, vegetable oil, salt, garlic, herbs & spices  
 lettuce + tomato  
 Mayonnaise: eggs, oil and vinegar

Chocolate hedgehog: marie biscuits, cocoa, (wheat flour, sugar, wheat starch, vegetable shortening, golden syrup (sugar, water, salt), raising agents (500, 503, 450, sugar, desiccated coconut (sulphite preservative (220)), margarine, vegetable oil, water

Cobs sweet + lightly salted popcorn: popcorn, sunflower oil, raw sugar, sea salt

Yoghurt frogs: sucrose, vegetable oil, low fat milk solids, yoghurt solids, emulsifier (soy lecethin E322), natural colour (120) and flavour.

Juice Orange: orange juice, flavour, acidity regulator , colour

Juice Apple: apple juice, flavour, acidity regulator

Big M Chocolate: skim milk, milk, sugar, water, cocoa powder, flavours, vegetable gum

Big M Strawberry: skim milk, milk, water, sugar, emulsifier, flavour, natural colour

Up & Go: filtered water, skim milk powder, maltodextrin (wheat, corn), cane sugar, vegetable fibre, soy protein, vegetable oils (sunflower, canola), fructose, cocoa (0.5%), oat flour, mineral (calcium), acidity regulator (332), flavour, vegetable gums (460, 466, 407), stabiliser (452), salt, vitamins (C, niacin, A, B12, B6, B2



**The Big Combo Lunchbox | 12**

Fried rice: rice, gf soy sauce, capsicum, corn, peas, bacon, spring onion

ham + cheddar cheese, cherry tomatoes, mixed fruit pieces

Pretzels: wheat flour, vegetable oil, glucose (corn), salt

Teriyaki chicken: soya sauce, sugar, water, salt, ginger, vinegar, ginger, cinnamon, chicken tenderloins, oil

Chocolate hedgehog: marie biscuits, cocoa, (wheat flour, sugar, wheat starch, vegetable shortening, golden syrup (sugar, water, salt), raising agents (500, 503, 450, sugar, desiccated coconut (sulphite preservative (220)), margarine, vegetable oil, water

Cobs sweet + lightly salted popcorn: popcorn, sunflower oil, raw sugar, sea salt

Yoghurt frogs: sucrose, vegetable oil, low fat milk solids, yoghurt solids, emulsifier (soy lecethin E322), natural colour (120) and flavour.

Juice Orange: orange juice, flavour, acidity regulator , colour

Juice Apple: apple juice, flavour, acidity regulator

Big M Chocolate: skim milk, milk, sugar, water, cocoa powder, flavours, vegetable gum

Big M Strawberry: skim milk, milk, water, sugar, emulsifier, flavour, natural colour

Up & Go: filtered water, skim milk powder, maltodextrin (wheat, corn), cane sugar, vegetable fibre, soy protein, vegetable oils (sunflower, canola), fructose, cocoa (0.5%), oat flour, mineral (calcium), acidity regulator (332), flavour, vegetable gums (460, 466, 407), stabiliser (452), salt, vitamins (C, niacin, A, B12, B6, B2

**Burgers, scrolls + wraps**

**Grilled chicken burger**

Grilled chicken breast

Hamburger roll: wheat flour, water, yeast, sugar, canola oil, vinegar, wheat gluten, iodised salt, soy flour, vegetable emulsifiers (481, 471, 472e), vitamins (Thiamin, Folic Acid) tomato, cheddar cheese, lettuce

Mayonnaise: eggs, oil and vinegar

**Allergen Statement:**

**Our kitchen is not allergen free - all products may contain traces of peanuts, walnut, almond, hazelnut, other tree nuts, soy, sesame seeds, gluten and honey from shared equipment. We DO NOT recommend any of our menu items if your child is anaphylactic.**



### **Cheeseburger**

Beef pattie: beef mince, egg, breadcrumbs,  
 Hamburger roll: wheat flour, water, yeast, sugar, canola oil, vinegar, wheat gluten, iodised salt, soy flour, vegetable emulsifiers (481, 471, 472e), vitamins (Thiamin, Folic Acid) cheddar cheese, shredded lettuce  
 bbq sauce : sugar, vinegar, tomato paste, molasses, corn starch, salt, water, smoke flavouring, tamarind, onion and garlic powder

### **Vego burger**

Vegetable + lentil pattie: vegetables carrot, onion, pea, potato), lentils, self raising flour, vegetable oil, salt, garlic, herbs & spices  
 lettuce + tomato  
 Mayonnaise: eggs, oil and vinegar

### **Salads + boxes**

#### **Funky fresh box**

Ham + cheese skewers: shaved ham, cheddar cheese  
 Fantastic rice crackers: rice, sugar, vegetable oil, salt, gluten free soy sauce powder, flavour enhancers  
 Salad: cherry tomatoes, fruit, boiled egg, corn kernals, capsicum + cucumber

#### **Bento box**

Teriyaki chicken: soya sauce, sugar, water, salt, ginger, vinegar, ginger, cinnamon, chicken tenderloins, oil  
 baby carrots , qukes, cherry tomatoes, cheddar cheese, capsicum

#### **Honey soy noodles**

udon noodles, capsicum, spring onion, carrots, cucumber, bamboo shoots, honey soy dressing

#### **Fried rice**

Basmati rice, gf soy sauce, capsicum, corn, peas, bacon, spring onion



### **Snacks**

#### **Watermelon + grapes**

Fresh fruit salad: freshly chopped fruit in season  
 Fresh fruit salad w drizzles of chocolate sauce  
 Choc sauce:  
 sugar, vegetable fat, milk solids, cocoa powder, emulsifiers (soy lecithin, 476, 492), flavour, compound chocolate contains: cocoa solids 7% milk solids 21%, cream

#### **Fresh fruit salad w drizzles of yoghurt**

Yoghurt: skim milk concentrate, water, cream, sugar, milk protein, yoghurt cultures

#### **Fresh fruit salad w drizzles of jelly**

Orange jelly: water, sugar, stabilisers (carrageenan, xanthan gum, locust bean gum), acidity regulator (potassium citrate, citric acid), natural flavour, colour (carotene)

Yoghurt: skim milk concentrate, water, cream, sugar, milk protein, yoghurt cultures

Yoghurt pot w mango coulis: as above, mango pureed, sugar

#### **Hard boiled egg: free range eggs**

#### **Baby carrots + qukes w hommus|tzatziki**

Hommus:  
 tahini, garlic, Australian chickpeas, cooked, canola oil, vinegar, salt, food acid (330), garlic, preservatives (202, 211), vegetable gum (415)

#### **Tzatziki:**

fresh yoghurt, extra virgin olive oil and fresh Australian cucumbers, skim milk, cream, garlic paste, canola oil, salt, preservatives (202, 211), vegetable gum (415)

#### **Cobs sweet + salty popcorn:**

popcorn, sunflower oil, raw sugar, sea salt

#### **Yoghurt frogs:**

sucrose, vegetable oil, low fat milk solids, yoghurt solids, emulsifier (soy lecethin E322), natural colour (120) and flavour

#### **Chocolate hedgehog:**

marie biscuits, cocoa, (wheat flour, sugar, wheat starch, vegetable shortening, golden syrup (sugar, water, salt), raising agents (500, 503, 450, sugar, desiccated coconut (sulphite preservative (220)), margarine, vegetable oil, water

---

### **Allergen Statement:**

**Our kitchen is not allergen free - all products may contain traces of peanuts, walnut, almond, hazelnut, other tree nuts, soy, sesame seeds, gluten and honey from shared equipment. We DO NOT recommend any of our menu items if your child is anaphylactic.**

---



**GF chocolate fudge brownie:**

Gluten Free Flour Mix (Rice Flour, Tapioca Starch, Organic Cocoa (4%), thickener (466), Baking Powder (Raising Agents (500, 541)), Cultured Rice Flour), Sugar, egg, Dark Compound Chocolate (Sugar, Vegetable Fat, Cocoa Powder (17%), Emulsifiers (Soy Lecithin, 492), Salt), Vegetable Fat, Glucose Syrup (From Maize), Dark Chocolate Couverture Pieces (Sugar, Cocoa Mass, Cocoa Butter, Dextrose, Emulsifier (**Soy** Lecithin), Natural Vanilla Flavour) (7%), Vegetable Glycerine, Sunflower Oil (Antioxidant (307)), Natural Flavour, Emulsifiers (**Soy** Lecithin), Salt, **Soy** Protein Isolate, Sodium Bicarbonate, Dark Chocolate Couverture Pieces (Min. Cocoa solids: 46.3%)

**GF chocolate chip cookie**

Gluten Free Flour (Tapioca Starch, Rice Flour, Potato Starch, Modified Tapioca Starch, Vegetable Gum (Xanthan Gum)), Dark Chocolate ((16%) (Sugar, Cocoa Mass, Cocoa Butter, Dextrose, Emulsifier (Soy Lecithin), Natural Flavour)), Brown Sugar, Margarine (Partially Hydrogenated Vegetable Oil (Sustainable Palm Kernel Oil), Water, Salt, Sunflower Lecithin, Natural Vanilla Flavour), Dessicated Coconut, Coconut Syrup, Golden Syrup, Raising Agent (500, 541, 341, rice flour), Bicarbonate Of Soda, Salt, Natural Flavour, Preservative (202, 282).

This item is made in our bakery and contains traces of nuts.

**Red rock deli chips (sea salt):**

Potatoes, sunflower oil, vegetable oil, food acids (sodium diacetate, citric acid), sugar, salt, maltodextrin, natural flavours (soy), onion powder, yeast extract, corn starch, natural colour (paprika extract), balsamic vinegar powder. Contains gluten, milk or milk products, soybeans or soybean products

**Mini berry muffin:**

wheat flour, sugar, vegetable oil, flavour, egg, water, blueberries, blueberry 'jam' - sugar, water, corn flour

**Drinks**

Juice Orange: orange juice, flavour, acidity regulator , colour  
 Juice Apple: apple juice, flavour, acidity regulator

Big M Chocolate: skim milk, milk, sugar, water, cocoa powder, flavours, vegetable gum

Big M Strawberry: skim milk, milk, water, sugar, emulsifier, flavour, natural colour

Up & Go: filtered water, skim milk powder, maltodextrin (wheat, corn), cane sugar, vegetable fibre, soy protein, vegetable oils (sunflower, canola), fructose, cocoa (0.5%), oat flour, mineral (calcium), acidity regulator (332), flavour, vegetable gums (460, 466, 407), stabiliser (452), salt, vitamins (C, niacin, A, B12, B6, B2)



**Allergen Statement:**

**Our kitchen is not allergen free - all products may contain traces of peanuts, walnut, almond, hazelnut, other tree nuts, soy, sesame seeds, gluten and honey from shared equipment. We DO NOT recommend any of our menu items if your child is anaphylactic.**