

Ingredients in our food

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

Funky Fresh Lunchbox

Ham, chipp apples, tomato, 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

Cheese Burger Lunchbox

Beef pattie: beef mince, egg, breadcrumbs,
Milk bun: wheat flour, water, yeast, sugar, canola oil, vinegar, wheat gluten, iodised salt, soy flour, vegetable emulsifiers (481, 471, 472e), vitamins (Thiamin, Folic Acid)
Bbbq sauce : sugar, vinegar, tomato paste, molasses, corn starch, salt, water, smoke flavouring, tamarind, onion and garlic powder
Mayonnaise: eggs, oil and vinegar

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

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 [malted 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

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

Burgers, scrolls + wraps

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
Mayonnaise: eggs, oil and vinegar

Salads + boxes

Funky fresh box

Ham, cheddar cheese
Chippy apples, tomatoes, boiled egg, corn kernals, capsicum + cucumber

Snacks

Cobs popcorn:
popcorn, sunflower oil, raw sugar, sea salt

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)),

Allergen Statement:

By placing an order you take full responsibility of making sure your child can safely eat what is ordered.

An allergy alert DOES NOT mean we replace items with an allergy free version of that item

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.

Ingredients in our food

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

Chocolate Flavoured Milk: skim milk, milk, sugar, water, cocoa
powder, flavours, vegetable gum

Strawberry Flavoured Milk: skim milk, milk, water, sugar,
emulsifier, flavour, natural colour

Please call or email us office@misspeppercorn.com.au for
the ingredients in our sushi products and other products
that are not listed in this document

Allergen Statement:

By placing an order you take full responsibility of making sure your child can safely eat what is ordered.

An allergy alert DOES NOT mean we replace items with an allergy free version of that item

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.
