



## — GOLD CLASS MENU —

# Dietary advice

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## Menu A

### Morning refreshment menu

No modifications are available to the menu.

### Ingredients list:

#### **Gourmet pork and fennel roll**

Pork, pear, onion, sugar, thyme, fennel, chili, salt, egg, puff pastry (wheat flour, water, margarine [vegetable oils, water, salt, emulsifiers (471, soy lecithin), food acid (330), flavour, antioxidant (e307b), colour (160a)], salt, preservatives (202,281), food acid (330).

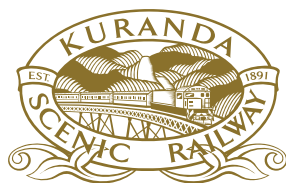
#### **Goat cheese tart**

Egg, goat cheese (goat milk, canola oil (gmo free), extra virgin olive oil, salt, peppercorns, fresh thyme, garlic, cultures and non-animal rennet), chives, puff pastry (wheat flour, water, margarine [vegetable oils, water, salt, emulsifiers (471, soy lecithin), food acid (330), flavour, antioxidant (e307b), colour (160a)], salt, preservatives (202,281), food acid (330), salt, pepper, tomato relish (tomatoes, onion, salt, sugar, gluten free flour, curry powder, mustard, sauce base [water, acidity regulator (260)], black pepper, clove oil, chilli powder).

#### **Lemon myrtle and macadamia muffin**

Macadamia nuts, lemon myrtle. Water, wheat flour (vitamins (thiamin, folate), sugar, vegetable oils (palm, canola), milk solids, egg, raising agents (500,541), dextrose, wheat starch, salt, emulsifiers (471, 481), thickener (412), flavour, colour (102).

Allergens: made on equipment that also processes products containing dairy, eggs, nuts and gluten.



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## Menu B

### Gluten free and vegetarian menu

If you have gluten-free or vegetarian dietary requirements we are able to offer this alternative menu for morning refreshments.

No modifications are available to the menu.

### Ingredients list:

#### **Gourmet mushroom and fennel roll**

Plant based mince (shiitake mushroom (44%) (containing natural sulphites), water, coconut oil, isolated soy protein, sugar, tapioca flour, gluten free soy sauce (water, soybean, salt, sugar, corn starch), yeast extract, salt, pepper. Pear, onion, sugar, thyme, fennel, chilli, salt, g/f puff pastry (maize starch, rice flour, yellow pea flour, besan flour, faba bean flour, thickener (464, 415), flaxseed flour, bamboo fibre, potato starch, dextrose, buckwheat flour, salt), water, pro-ve shortening (vegetable oil, emulsifiers (471, soy lecithin), antioxidant (307b), natural colour (160a), vegetable fibre), soy milk.

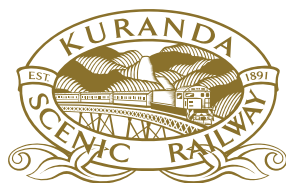
#### **Goat cheese tart**

Egg, goat cheese (goat milk, canola oil (gmo free), extra virgin olive oil, salt, peppercorns, fresh thyme, garlic, cultures and non-animal rennet), chives, g/f puff pastry (maize starch, rice flour, yellow pea flour, besan flour, faba bean flour, thickener (464, 415), flaxseed flour, bamboo fibre, potato starch, dextrose, buckwheat flour, salt), water, pro-ve shortening (vegetable oil, emulsifiers (471, soy lecithin), antioxidant (307b), natural colour (160a), vegetable fibre), salt, pepper, tomato relish (tomatoes, onion, salt, sugar, gluten free flour, curry powder, mustard, sauce base (water, acidity regulator (260), black pepper, clove oil, chilli powder).

#### **Cherry Ripe slice**

Coconut, cranberry, rice malt, cocoa butter, cacao, maple, beetroot powder, orange oil.

Allergens: made on equipment that also processes products containing dairy, eggs, nuts and gluten.



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## Menu C

### Vegan, lactose-free and dairy-free menu

If you have vegan, lactose-free or dairy-free dietary requirements we are able to offer this alternative menu for morning refreshments.

No modifications are available to the menu.

## Ingredients list:

### Gourmet mushroom and fennel roll

Plant based mince (shiitake mushroom (44%) (containing natural sulphites), water, coconut oil, isolated soy protein, sugar, tapioca flour, gluten free soy sauce (water, soybean, salt, sugar, corn starch), yeast extract, salt, pepper. Pear, onion, sugar, thyme, fennel, chilli, salt, g/f puff pastry (maize starch, rice flour, yellow pea flour, besan flour, faba bean flour, thickener (464, 415), flaxseed flour, bamboo fibre, potato starch, dextrose, buckwheat flour, salt), water, pro-ve shortening (vegetable oil, emulsifiers (471, soy lecithin), antioxidant (307b), natural colour (160a), vegetable fibre), soy milk.

### Pumpkin arancini

Pumpkin risotto [water, pumpkin (21%), rice, peas, onion, vegetable oil (soybean oil/canola/sunflower oil – antioxidant 319, antifoam 900a), thickener e1422, salt, garlic, pepper, vegetable powders, pepper, oregano, paprika]. Gluten free crumb [maize starch, tapioca starch, rice flour, potato starch, soy flour, raising agents (500,575), yeast, vinegar, salt, batter (water, maize flour, rice flour, tapioca starch, maize starch, salt, mineral salts (450, 500)].

### Cherry Ripe slice

Coconut, cranberry, rice malt, cocoa butter, cacao, maple, beetroot powder, orange oil.

Allergens: made on equipment that also processes products containing dairy, eggs, nuts and gluten.