



# UNIVERSITY OF TASMANIA PRODUCT CATALOGUE



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*Please note products are subject to availability*

### Arnotts-Pizza Shapes 70gm Biscuits



**Size:** 70g  
**Sugar per serve:** 0.5g  
**Protein per serve:** 0.3g  
**Energy per serve:** 725kj

Arnott's Shapes Original Pizza are Aussie favourite savoury biscuits that offer a rich flavour combination of tomato and melted cheese on a salty cracker base. In this shareable snack-sized pack, they're perfect for on-the-go. Oven baked, not fried. Oven baked, not fried, and foil-wrapped for freshness, Arnott's

### Arnotts-Shapes - Bbq 70gm Biscuits



**Size:** 70g  
**Sugar per serve:** 0.3g  
**Protein per serve:** 0.3g  
**Energy per serve:** 721kj

Arnott's Shapes Original Barbecue are Aussie favourite savoury biscuits that offer a rich tomato flavour with loads of herbs on a salty, crispy cracker base. In this snack-sized pack, they're perfect for on-the-go or to share with a friend. Oven baked, not fried, and foil-wrapped for freshness, Arnott's Shapes Original

### Arnotts-Shapes - Pizza 80gm Biscuits



**Size:** 80g  
**Sugar per serve:** 0.4g  
**Protein per serve:** 2g  
**Energy per serve:** 518kj

These baked Shapes have a herby pizza flavour that will keep you coming back for more.

### Arnotts-Weston Wagon Wheels 42gm Biscuits



**Size:** 42g  
**Sugar per serve:** 21g  
**Protein per serve:** 0.3g  
**Energy per serve:** 864kj

Legendary since 1952, Arnott's Minis Wagon Wheels Original are a wonderful chocolate-coated combination of marshmallow, jam and biscuit. Dig into this pack of 8 mini biscuits for goey deliciousness. Arnott's Minis Wagon Wheels Original is a choc-coated marshmallow and jam biscuit snack. Packaged in a handy

### Mrs Higgins-Chunky Choc Chip Cookie 100gm Biscuits



**Size:** 100g  
**Sugar per serve:** 33.7g  
**Protein per serve:** 4.2g  
**Energy per serve:** 1980kj

Indulge in the delightful taste of Mrs. Higgins Chunky Choc Chip Cookies. Each cookie is baked to perfection, featuring a rich, buttery flavor and generously packed with chunky chocolate chips

### Mrs Higgins-White Choc Macadamia Cookie 85gm Biscuits



**Size:** 85g  
**Sugar per serve:** 26.1g  
**Protein per serve:** 4.5g  
**Energy per serve:** 1760kj

Oven baked goodness, using the same good stuff you'd use at home and is filled with white choc bits and macadamia nuts making the perfect mouthful. It's baked with love, just like grandma would have.

### Cadbury-Dairy Milk Caramilk Medium Bar Biscuits

**Size:** 50g  
**Sugar per serve:** 26g  
**Protein per serve:** 3g  
**Energy per serve:** 1050kj



Indulge in the creamy, velvety taste of Cadbury Dairy Milk Caramilk. This 50g medium-sized bar combines the smoothness of Cadbury Dairy Milk chocolate with the rich, golden flavor of

### Cadbury-Dairy Milk Caramilk Bar Biscuits

**Size:** 45g  
**Sugar per serve:** 26g  
**Protein per serve:** 3g  
**Energy per serve:** 1050kj



This delightful treat combines the signature, velvety texture of Cadbury's Dairy Milk chocolate with the irresistible taste of caramelized white chocolate, creating a truly unique and

### Cadbury-Dairy Milk Chocolate Medium Bar Biscuits

**Size:** 50g  
**Sugar per serve:** 28g  
**Protein per serve:** 3g  
**Energy per serve:** 1120kj



The Cadbury Dairy Milk Chocolate Medium Bar (50g) is a creamy, indulgent treat made from the finest quality milk and cocoa. Known for its smooth and velvety texture, this classic

### Cadbury-Picnic Biscuits

**Size:** 50g  
**Sugar per serve:** 19.7g  
**Protein per serve:** 3g  
**Energy per serve:** 1010kj



The Cadbury Picnic 50g is a delicious chocolate bar that combines a satisfying mix of crunchy, chewy, and sweet textures.

### Schweppes-Gatorade G2 Low Sugar Glacier 600ml Bottle (PET) Biscuits

**Size:** 600ml  
**Sugar per serve:** 11.7g  
**Protein per serve:** 0g  
**Energy per serve:** 228kj



The Schweppes Gatorade G2 Low Sugar Glacier 600ml Bottle (PET) is a refreshing and low-sugar sports drink designed to help keep you hydrated while providing electrolytes for

### Coke-No sugar vanilla coke 375ml Can Carbonated Beverages

**Size:** 375ml  
**Sugar per serve:** 0g  
**Protein per serve:** 0g  
**Energy per serve:** 4.5kj



Coca-Cola Zero Sugar Vanilla can 375mL Coca-Cola Vanilla Zero Sugar has the refreshing Coca-Cola taste with the sweet aroma of vanilla and no sugar, making it a delicious twist on an old favourite. Coca-Cola Vanilla Zero Sugar soft drink is available in multipack cans, single serve bottles and sharing size bottles. There's a





**Frucor-V Can  
Graphite 250ml  
Can**  
Carbonated  
Beverages

**Size:** 250ml  
**Sugar per serve:**  
26.5g  
**Protein per serve:**  
**Energy per serve:**  
485kj

V Black is back.



**Frucor-V Can  
Lemon 250ml  
Can**  
Carbonated  
Beverages

**Size:** 250ml  
**Sugar per serve:**  
0g  
**Protein per serve:**  
**Energy per serve:**  
30kj

Crisp, light & refreshing. Crisp. Light. Refreshing. V Refresh Citrus Lemonade - It's like a breath of fresh air but liquid. Zero sugar. Low Calorie. 7 Cals per can. Made in New Zealand or Australia from local and imported ingredients. Zero Sugar. Caffeine 1 can max. Daily. Product contains Caffeine. This product is not



**Optimum  
Nutrition-  
Amino Energy  
Sparkling  
Mango  
Pineapple  
Limeade 355ml  
Can**  
Carbonated  
Beverages

**Size:** 355ml  
**Sugar per serve:**  
0g  
**Protein per serve:**  
0g

Amino Energy Sparkling offers a combination of 5 grams of aminos to support muscle recovery, combined with caffeine from natural sources to support energy & focus.



**Optimum  
Nutrition-  
Amino Energy  
Sparkling  
Orange 355ml  
Can**  
Carbonated  
Beverages

**Size:** 355ml  
**Sugar per serve:**  
0g  
**Protein per serve:**  
0g  
**Energy per serve:**  
6kj

Optimum Nutrition Amino Energy Sparkling plus electrolytes offers a combination of 5 grams of amino acids, 100 milligrams of caffeine and electrolytes to support performance, endurance and active living.



**Optimum  
Nutrition-Pure  
Pro 200 Shot  
Cola Crush  
60ml Bottle  
(PET)**  
Carbonated  
Beverages

**Size:** 60ml  
**Sugar per serve:**  
0g  
**Protein per serve:**  
0g  
**Energy per serve:**  
0kj

Elevate your energy levels with Optimum Nutrition's Pure Pro 200 Shot in refreshing Cola Crush flavor. This 60ml PET bottle packs a powerful punch of 200mg of caffeine, designed to give you an instant boost for your workouts or busy days.



**Schweppes -7  
Up Can 375ml  
Can**  
Carbonated  
Beverages

**Size:** 375ml  
**Sugar per serve:**  
40.9g  
**Protein per serve:**  
**Energy per serve:**  
668kj

With natural flavours and its iconic lemon lime flavour; 7Up is the sparkling crisp soft drink with maximum refreshment! 7Up Lemonade is the original lemon and lime sparkling soft drink that's perfectly balanced to deliver a crisp, clean taste that refreshes you to help bring out your natural best. This deliciously refreshing





**Schweppes-Frantelle Sparkling Water 375ml Can Carbonated Beverages**

**Size:** 375ml  
**Sugar per serve:** 0g  
**Protein per serve:** 0g  
**Energy per serve:** 8kj

Quench your thirst with Schweppes Frantelle Sparkling Water, packaged in a convenient 375ml can. This sparkling water delivers a refreshing burst of effervescence, perfect for hydration or as a mixer for cocktails and other beverages.



**Schweppes-Juice Monster Energy + Juice 500ml Can Carbonated Beverages**

**Size:** 500ml  
**Sugar per serve:** 0g  
**Protein per serve:** 0g  
**Energy per serve:** 56.3kj

Perfect for those on the go, it offers a delightful combination of energy and flavor, making it ideal for workouts, busy days, or social gatherings.



**Schweppes-Monster Assault 500ml Can Carbonated Beverages**

**Size:** 500ml  
**Sugar per serve:** 0g  
**Protein per serve:** 0g  
**Energy per serve:** 1015kj

Unleash your energy with Schweppes Monster Assault. This 500ml can features a powerful blend of ingredients designed to fuel your day and keep you energized.



**Schweppes-Monster Energy - Ripper 500ml Can Carbonated Beverages**

**Size:** 500ml  
**Sugar per serve:** 0g  
**Protein per serve:** 0g  
**Energy per serve:** 785kj

Get ready for a flavor explosion with Schweppes Monster Energy - Ripper. This 500ml can combines the invigorating energy of Monster with a delicious tropical fruit flavor that's sure to delight your taste buds.



**Schweppes-Monster Energy - Ultra Rosa Zero Sugar 500ml Can Carbonated Beverages**

**Size:** 500ml  
**Sugar per serve:** 0g  
**Protein per serve:** 0g  
**Energy per serve:** 61kj

Ultra Rosa is crafted to keep you energized and focused throughout your day. Enjoy it chilled for a refreshing and revitalizing experience, whether you're hitting the gym, tackling a busy workday, or enjoying outdoor activities.



**Schweppes-Monster Energy - Zero Ultra 250ml Can Carbonated Beverages**

**Size:** 250ml  
**Sugar per serve:** 0g  
**Protein per serve:** 0g  
**Energy per serve:** 28kj

Stay energized with Schweppes Monster Energy - Zero Ultra. This 250ml can features a refreshing, light flavor profile without any sugar, making it an ideal choice for those seeking a low-calorie energy boost.



**Schweppes-Monster Energy 500ml Can**  
Carbonated Beverages

**Size:** 500ml  
**Sugar per serve:** 57g  
**Protein per serve:**  
**Energy per serve:** 1045kj

Monster packs a powerful punch, but has a smooth easy drinking flavour. ♦ Tear into a can of the meanest energy drink on the planet, Monster Energy. It's the ideal combo of the right ingredients in the right proportion to deliver the big bad Monster buzz. Monster packs a punch but has a smooth flavour you can really pound



**Schweppes-Monster Energy Zero Ultra 500ml Can**  
Carbonated Beverages

**Size:** 500ml  
**Sugar per serve:** 0g  
**Protein per serve:**  
**Energy per serve:** 60kj

The light, refreshing citrus flavour of Zero Ultra has broken the rules of flavor. 14 calories, zero sugar, and a full load of our Monster Energy blend to keep the good times rolling. Some people are impossible to please. As soon as they get what they thought they wanted they always want more. Our team riders and Monster Girls are no



**Schweppes-Monster Mango Loco 500ml Can**  
Carbonated Beverages

**Size:** 500ml  
**Sugar per serve:** 60g  
**Protein per serve:**  
**Energy per serve:** 1075kj

A heavenly blend of carbonated exotic juices, Mango Loco has that crazy good taste with that Monster magic to keep the party going for days. On the eve of October 31st each year, friends and family gather to celebrate "Dia de Los Muertos". Marigolds, mysticism and memories combined with food and drink entice the souls of



**Schweppes-Monster X-presso 285ml Can**  
Carbonated Beverages

**Size:** 285ml  
**Sugar per serve:** 12g  
**Protein per serve:** 3g  
**Energy per serve:** 502kj

Awaken your senses with Schweppes Monster X-presso, a bold fusion of rich coffee flavor and energizing ingredients. This 285ml can delivers a smooth and invigorating coffee experience, perfect for those who crave a pick-me-up at any time of day.



**Schweppes-Mountain Dew Kick Start Midnight Grape 355ml Can**  
Carbonated Beverages

**Size:** 355ml  
**Sugar per serve:** 8g  
**Protein per serve:**  
**Energy per serve:** 335kj

Get ready for an energizing burst with Schweppes Mountain Dew Kickstart Midnight Grape. This 355ml can combines the bold, fruity flavor of grape with a refreshing kick of caffeine, making it the perfect choice for a midday boost or a pre-workout energizer



**Schweppes-Pepsi Max Vanilla 375ml Can**  
Carbonated Beverages

**Size:** 375ml  
**Sugar per serve:** 0g  
**Protein per serve:**  
**Energy per serve:** 11kj

Pepsi Max Soda Shop range is a modern take on the indulgent and nostalgic cola flavours that will transport you back to the heyday of simple pleasures. Pepsi Max Soda Shop No Sugar Vanilla offers the same great, irresistible Pepsi Max cola taste we all know and love with a hint of creamy



**Schweppes-Infused Natural Mineral Water - Lime 375ml Can**  
Carbonated Beverages

**Size:** 375ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:** 8kj

Elevate your hydration with the crisp, refreshing taste of Schweppes Infused Natural Mineral Water in Lime. This sparkling water combines pure, mineral-rich water with a hint



**Schweppes-Infused Natural Mineral Water - Blood Orange & Man 375ml Can**  
Carbonated Beverages

**Size:** 375ml  
**Sugar per serve:** 0g  
**Protein per serve:** 0g  
**Energy per serve:**

Enjoy it chilled for a revitalizing treat at home, at work, or on the go. Elevate your hydration experience with this unique and refreshing blend!



**Schweppes-Infused Natural Mineral Water - Raspberry 375ml Can**  
Carbonated Beverages

**Size:** 375ml  
**Sugar per serve:** 0g  
**Protein per serve:** 0g  
**Energy per serve:** 8kj

Savor the refreshing taste of Schweppes Infused Natural Mineral Water in Raspberry. This 375ml can features sparkling natural mineral water infused with the vibrant flavor of ripe raspberries, offering a delicious and guilt-free way to hydrate.



**Schweppes-All Press Espresso Iced Black 240ml Can**  
Coffee

**Size:** 240ml  
**Sugar per serve:** 0g  
**Protein per serve:** 1g  
**Energy per serve:** 74kj

Enjoy a bold and refreshing experience with Schweppes All Press Espresso Iced Black. This 240ml can combines the rich flavors of high-quality espresso with a smooth, iced finish, perfect for coffee lovers on the go.



**Schweppes-All Press Espresso Iced Latte 240ml Can**  
Coffee

**Size:** 240ml  
**Sugar per serve:** 10.6g  
**Protein per serve:** 3.6g  
**Energy per serve:** 307kj

Indulge in the creamy richness of Schweppes All Press Espresso Iced Latte. This 240ml can blends premium espresso with smooth milk, creating a deliciously refreshing beverage that coffee lovers will adore.



**Schweppes-Allpress Espresso Iced Mocha 240ml Can**  
Coffee

**Size:** 240ml  
**Sugar per serve:** 13.7g  
**Protein per serve:** 4.8g  
**Energy per serve:** 396kj

Treat yourself to the delightful blend of rich chocolate and robust coffee with Schweppes Allpress Espresso Iced Mocha. This 240ml can features a perfect combination of premium espresso, smooth milk, and decadent chocolate, creating a creamy and indulgent beverage.



### Mars M&M Peanut Confectionery

**Size:** 49g  
**Sugar per serve:** 25g  
**Protein per serve:** 5g  
**Energy per serve:** 1070kJ



M&M Peanut, a crispy colorful candy shell that surrounds milk chocolate with a peanut inside.

### Mars Snickers Confectionery

**Size:** 50g  
**Sugar per serve:** 25.6g  
**Protein per serve:** 4.4g  
**Energy per serve:** 1030kJ



This hunger buster chocolate bar is packed with peanuts, chewy caramel and nougat, covered in delicious milk chocolate.

### Mars-Milky Way 45gm Confectionery

**Size:** 45g  
**Sugar per serve:** 12.9 g  
**Protein per serve:** 2g  
**Energy per serve:** 407 kJ



Looking for a simply delicious light chocolate snack? Let this proudly Australian made MilkyWay milk chocolate bar satisfy sweet cravings with its melt-in-the-mouth lightly whipped chocolate malt flavoured nougat coated in smooth milk chocolate. NOW IN A RECYCLABLE PAPER-BASED WRAPPER! When you

### Mars M&M Chocolate Confectionery

**Size:** 49g  
**Sugar per serve:** 30g  
**Protein per serve:** 2g  
**Energy per serve:** 1010kJ



This iconic chocolate favourite features milk chocolate coated in a colourful crisp shell.

### Natural Confectionery Co.-Party Mix 180gm Confectionery

**Size:** 180g  
**Sugar per serve:** 11.7g  
**Protein per serve:** 11.7g  
**Energy per serve:** 361kJ



The Natural Confectionery Co. Party Mix let's party! Let's Party! The Natural Confectionery Co. Party Mix are a party for your taste buds. Aussie Made and packed full of deliciousness, with no artificial colours, no artificial flavours, no GMOs and no artificial sweeteners. Dig in and give your taste buds a reason

### Natural Confectionery Co.-Snakes 200gm Confectionery

**Size:** 200g  
**Sugar per serve:** 11.6g  
**Protein per serve:** 11.6g  
**Energy per serve:** 359kJ



The Natural Confectionery Co. Snakes Snap 'Em Up! Yeehaw it's The Natural Confectionery Co. Snakes. Snap 'Em Up before they slither away! Aussie Made and packed full of deliciousness, with no artificial colours, no artificial flavours, no GMOs and no artificial sweeteners. Dig into our yummy fruit flavours: Juicy

### Nestle Aero Mint Confectionery

**Size:** 40g  
**Sugar per serve:**  
11.9 g  
**Protein per serve:**  
1.1 g  
**Energy per serve:**  
460 kJ



Bubbly peppermint flavoured centre covered with smooth milk chocolate, free from artificial colours, with 2 serves per bar.

### Nestle Kit Kat Confectionery

**Size:** 45g  
**Sugar per serve:**  
11.3g  
**Protein per serve:**  
1.5g  
**Energy per serve:**  
480kJ



4 Finger Milk Chocolate Bar contains 4 wafer fingers covered with smooth milk chocolate. It's the ideal treat when you're enjoying a break.

### Nestle Kit Kat Chunky Confectionery

**Size:** 50g  
**Sugar per serve:**  
21.2g  
**Protein per serve:**  
2.6g  
**Energy per serve:**  
851kJ



Contains 3 wafer chunks covered with smooth milk chocolate.

### Nestle-Milky Bar 50gm Confectionery

**Size:** 50g  
**Sugar per serve:**  
9.1g  
**Protein per serve:**  
**Energy per serve:**  
390kJ



Fall in love with the creamy taste of Milkybar deliciously smooth white choc made with the goodness of real milk! Enjoy a piece of Milkybar White Choc and share with friends. We love milk! That's why Milkybar is made with real milk goodness. Our smooth & creamy recipe has no artificial colours or flavours. Recycle me!

### Nestle-Milky Bar Chunky 50gm Confectionery

**Size:** 50g  
**Sugar per serve:**  
7.8g  
**Protein per serve:**  
**Energy per serve:**  
350kJ



Enjoy our smooth and creamy MILKYBAR Nutty & Crunchy bar, with deliciously crunchy biscuits, almonds and Italian almond biscotti. We love milk which is why Milkybar is made with real milk goodness and has no artificial colours or flavours. MILKYBAR Nutty & Crunchy - Crunch into your nutty side

### Mars-Mars Bar 47gm Confectionery

**Size:** 47g  
**Sugar per serve:**  
27.0 g  
**Protein per serve:**  
**Energy per serve:**  
888 kJ



Looking for a delicious reward to treat yourself? MARS chocolate bars capture the legendary taste of soft nougat and creamy caramel covered in thick milk chocolate. So, go on! Whether you've done something big or small, reward yourself with a MARS bar - For YOU who did that THING you did. NOW IN A

### Wrigleys- Eclipse Chewy Mints Fruit Trio 27gm Box Confectionery

**Size:** 27g  
**Sugar per serve:**  
 1g  
**Protein per serve:**  
 0g  
**Energy per serve:**  
 34kj

Wrigley's Eclipse Chewy Mints Fruit Trio in a 27g box delivers a refreshing burst of fruity flavors in each chewy mint. This assortment combines three delicious flavors typically including fruity favorites like berry, citrus, and tropical blends for a fun twist on classic mints.

### Allens-Allens Killer Pythons 180gm Confectionery

**Size:** 180g  
**Sugar per serve:**  
 10.4g  
**Protein per serve:**  
 1.1g  
**Energy per serve:**  
 340kj



Enjoy the flavours of juicy orange, crisp apple, tasty pineapple, luscious mixed berry and zesty strawberry

### Allens-Chicos 120gm Confectionery

**Size:** 120g  
**Sugar per serve:**  
 8.6g  
**Protein per serve:**  
 <1g  
**Energy per serve:**  
 290kj

Do you go for the head or the feet first? Either way Allens Cheekies Lollies are the best chocolate flavoured lolly you will find!

### Allens-Party Mix 190gm Confectionery

**Size:** 190g  
**Sugar per serve:**  
 10.7g  
**Protein per serve:**  
**Energy per serve:**  
 290kj



ALLEN'S Party Mix has a favourite lolly for everyone - from stretchy snakes to squishy Milk Bottles and our iconic Bananas! Is it really a party without ALLEN'S Party Mix? Grab this share bag and enjoy with your friends and family at your next party! Made in Australia Free from Artificial Colours and Flavours.

### Cadbury- Breakaway 50gm Confectionery

**Size:** 50g  
**Sugar per serve:**  
 25g  
**Protein per serve:**  
 3g  
**Energy per serve:**  
 1100kj

Experience the irresistible combination of smooth Cadbury milk chocolate and crisp, layered wafers with Cadbury Breakaway.

### Allens-Snakes Alive 200gm Confectionery

**Size:** 200g  
**Sugar per serve:**  
 10.9g  
**Protein per serve:**  
**Energy per serve:**  
 350kj



ALLEN'S Berry SNAKES ALIVE have only the berry best flavoured lolly snakes, together in the one bag! Featuring blackberry and strawberry snakes you already love, plus blueberry and pink raspberry! This medium share bag is the perfect one to grab for all the berry lovers in your life. Scrunch them in your hand



### Cadbury-Caramilk 45gm Confectionery

**Size:** 45g  
**Sugar per serve:** 26.0g  
**Protein per serve:**  
**Energy per serve:** 1040kj



Cadbury Caramilk Bar is a golden blend of caramelised white chocolate. For the ultimate treat, enjoy a Cadbury Caramilk Bar - a golden blend of caramelised white chocolate Made in Australia from local and imported ingredients N/A Soy | Milk N/A N/A n/a n/a

### Allens-Sourz 170gm Confectionery

**Size:** 170g  
**Sugar per serve:** 11.6g  
**Protein per serve:** <1g  
**Energy per serve:** 280kj



With millions of possible combos of fun shapes, textures and flavours, you never quite know what you'll pick out. Allen's Sourz Tangy Randoms is a random mix of delicious lightly sour, fruit flavoured jellies.

### Cadbury-Dairy Milk Caramello Medium Bar 55gm Confectionery

**Size:** 55g  
**Sugar per serve:** 29.2g  
**Protein per serve:**  
**Energy per serve:** 1150kj



Cadbury Dairy Milk Caramello Bar is smooth and creamy, made from Cocoa Life - supporting sustainably sourced cocoa. The equivalent of a glass and a half of pure full cream dairy milk in every 200g of Cadbury Dairy Milk milk chocolate. Proudly made in Tasmania. Soy | Milk

### Allens-Strawberries & Cream 170gm Confectionery

**Size:** 170g  
**Sugar per serve:** 9.1g  
**Protein per serve:** 0.7g  
**Energy per serve:** 292kj



Allen's Strawberries and Cream combine a dollop of soft strawberry flavoured jelly sweets sitting on top of a layer of foamy creamy base. Squish it, flatten it, bite the top off, or enjoy it in one delicious mouthful of strawberries and cream combination.

### Cadbury Boost Confectionery

**Size:** 60g  
**Sugar per serve:** 29g  
**Protein per serve:** 2.7g  
**Energy per serve:** 1310kj



Boasting a smooth textured chocolate flavoured centre with crunchy biscuit pieces surrounded in flowing caramel.

### Cadbury-Dark Milk Medium Bar 35gm Confectionery

**Size:** 35g  
**Sugar per serve:** 17g  
**Protein per serve:** 2g  
**Energy per serve:** 2142kj



Cadbury Darkmilk Original Chocolate Bar 35g Cadbury Darkmilk is both rich & creamy; When an abundance of rich cocoa is brought together with Cadbury creaminess a whole new world of chocolate is created.

### Cadbury-Dairy Milk King Size 68gm Confectionery

**Size:** 68g  
**Sugar per serve:** 21g  
**Protein per serve:** 2.8g  
**Energy per serve:** 844Kj



Cadbury Dairy Milk Chocolate bar has a smooth and creamy chocolatey goodness and is made from 100% sustainably sourced cocoa.

### Cadbury-Europe Summer Roll 40gm Confectionery

**Size:** 40g  
**Sugar per serve:** 17.0g  
**Protein per serve:** 17.0g  
**Energy per serve:** 786kj



Toasted peanuts and nougat coated in chocolate and coconut Take nougat, lightly roasted peanuts, coconut flakes and wrap it all in dreamy milk chocolate and you have something delicious but now pass it through a ray of pure sunshine and beach holidays then you've got what can only be truly called a Summer Roll! Made

### Cadbury-Frys Turkish Delight 55gm Confectionery

**Size:** 55g  
**Sugar per serve:** 28.5g  
**Protein per serve:** 28.5g  
**Energy per serve:** 868kj



Fry's Turkish Delight a soft Turkish Delight centre coated in milk chocolate with 60% less fat and always has been. Made in Australia from Imported and Local Ingredients Contains 60% less fat. Soy| Milk Recycle Wrap. [arl.org.au](http://arl.org.au)

### Cadbury-Marvellous Creations-Jelly & Crunchie Bits 50gm Confectionery

**Size:** 50g  
**Sugar per serve:** 29.3g  
**Protein per serve:** 29.3g  
**Energy per serve:** 1080kj



Cadbury Dairy Milk Marvellous Creations Jelly Popping Candy Beans bar is proudly made in Tasmania. Cadbury supports sustainably sourced cocoa. Cocoa Life - supporting sustainably sourced cocoa. Cadbury believes that sustainably sourced cocoa does good- for farmers, their communities, and

### Cadbury-Moro Bar 60gm Confectionery

**Size:** 60g  
**Sugar per serve:** 33.6g  
**Protein per serve:** 33.6g  
**Energy per serve:** 1110kj



It's double the sweetness with Cadbury Moro. Enjoy the delectable goodness of chocolate and caramel in one treat. Made in Australia from Imported and Local Ingredients Milk| Soy| Barley

### Cadbury Twirl Confectionery

**Size:** 39g  
**Sugar per serve:** 11.2g  
**Protein per serve:** 1.4g  
**Energy per serve:** 438kj



Twirl bar has a unique combination of chocolate swirls and curls covered with Cadbury Dairy Milk milk chocolate. The bar delivers a light crisp bite, followed by a melt in the mouth sensation.

### Mars Bar Confectionery

**Size:** 53g  
**Sugar per serve:**  
30.7g  
**Protein per serve:**  
1.7g  
**Energy per serve:**  
1020kj

The legendary taste of soft nougat and creamy caramel covered in thick milk chocolate all in one chocolate bar.

### Red Bull Drinks Range

**Size:** 250ml  
**Sugar per serve:**  
27g  
**Protein per serve:**  
0g  
**Energy per serve:**  
485kj

Red Bull Energy Drink is a carbonated taurine drink.



### Red Bull Sugar Free Drinks Range

**Size:** 250ml  
**Sugar per serve:**  
0g  
**Protein per serve:**  
0g  
**Energy per serve:**  
33kj

Red Bull Sugarfree is Red Bull Energy Drink, but sugar-free.

### Cool Ridge Spring Water Drinks Range

**Size:** 350ml  
**Sugar per serve:**  
0g  
**Protein per serve:**  
0g  
**Energy per serve:**  
0kj

Cool Ridge Spring Water comes in a 350ml PET bottle that is sourced from quality Australian mineral springs.



### Gatorade Tropical Drinks Range

**Size:** 600ml  
**Sugar per serve:**  
**Protein per serve:**  
0g  
**Energy per serve:**

The no.1 sports drink on the planet scientifically formulated to help replace what you lose when you sweat.

### Schweppes Lemonade Drinks Range

**Size:** 375ml  
**Sugar per serve:**  
40.5g  
**Protein per serve:**  
0g  
**Energy per serve:**  
701kj

Schweppes Lemonade is natural lemon flavor.







### Schweppes Mountain Dew Drinks Range

**Size:** 375ml  
**Sugar per serve:** 46g  
**Protein per serve:** 0g  
**Energy per serve:** 737kJ

Mountain Dew energised.



### Schweppes Passiona Drinks Range

**Size:** 375ml  
**Sugar per serve:** 41g  
**Protein per serve:** 0  
**Energy per serve:** 705kJ

Developed initially as a cordial syrup to reduce an oversupply of passionfruit pulp, this drink was carbonated in 1920 to make an instant classic, passionfruit flavoured soda drink, Passion.



### Schweppes Pepsi Drinks Range

**Size:** 375ml  
**Sugar per serve:** 40.9g  
**Protein per serve:** 0g  
**Energy per serve:** 694kJ

Pepsi is one of the best-known, most-loved soft drinks in the world. Bold Refreshing Robust classic cola



### Schweppes Pepsi Max Raspberry Drinks Range

**Size:** 375ml  
**Sugar per serve:** 0g  
**Protein per serve:** 0.2g  
**Energy per serve:** 11kJ

This product will delight consumers who seek out no sugar alternatives. The soft drinks giant created a new fruity flavour, minus the sugar.



### Schweppes Solo Drinks Range

**Size:** 375ml  
**Sugar per serve:** 43.1g  
**Protein per serve:** 0.2g  
**Energy per serve:** 750kJ

Solo Original Lemon Fridge-friendly contains no artificial colours and flavours.



### Schweppes Solo Zero Sugar Drinks Range

**Size:** 375ml  
**Sugar per serve:** 0g  
**Protein per serve:** 0g  
**Energy per serve:** 26kJ

The Solo you love, now without the sugar.

### Schweppes Sunkist Drinks Range

**Size:** 375ml  
**Sugar per serve:** 44.3g  
**Protein per serve:** 0g  
**Energy per serve:** 758kJ



Sunkist contains no artificial colours or flavours.

### Schweppes Traditional Raspberry Drinks Range

**Size:** 375ml  
**Sugar per serve:** 42.4g  
**Protein per serve:** 0g  
**Energy per serve:** 731kJ



Schweppes Traditional Raspberry offers a rich taste experience. The fruity flavour and tangy effervescence deliver a ripe raspberry hit that's sure to set the taste buds tingling.

### Schweppes-Sunkist Zero Sugar 375ml Can Drinks Range

**Size:** 375ml  
**Sugar per serve:** 0g  
**Protein per serve:** 0g  
**Energy per serve:** 8kJ



Enjoy the refreshing taste of Schweppes Sunkist with all the bold citrus flavor you love, now with zero sugar! This 375ml can of Schweppes Sunkist Zero Sugar delivers the perfect balance of

### Spring Valley Apple Drinks Range

**Size:** 350ml  
**Sugar per serve:** 43g  
**Protein per serve:** 0g  
**Energy per serve:** 732kJ



Spring Valley contains no artificial colours, no artificial flavours and no preservatives, and is the ideal accompaniment to lunch.

### Spring Valley Orange Drinks Range

**Size:** 350ml  
**Sugar per serve:** 31g  
**Protein per serve:** 2.5g  
**Energy per serve:** 619kJ



Spring Valley contains no artificial colours, no artificial flavours and no preservatives, and is the ideal accompaniment to lunch.

### Coke Classic Drinks Range

**Size:** 375ml  
**Sugar per serve:** 40g  
**Protein per serve:** 0g  
**Energy per serve:** 675kJ



Nothing beats the taste of Coca-Cola Classic. It's the perfect companion whether you're on the go, relaxing at home, enjoying with friends or as a drink with your meal.

### Coke Classic Drinks Range

**Size:** 600ml  
**Sugar per serve:** 27g  
**Protein per serve:** 0g  
**Energy per serve:** 450kj



Nothing beats the taste of Coca-Cola Classic. It's the perfect companion whether you're on the go, relaxing at home, enjoying with friends or as a drink with your meal.

### Coke No Sugar Drinks Range

**Size:** 600ml  
**Sugar per serve:** 0g  
**Protein per serve:** 0.3g  
**Energy per serve:** 8.4kj



Coca-Cola No Sugar is a sparkling soft drink and a great new choice for those who want the classic taste of Coke without the sugar.

### Coke Vanilla Drinks Range

**Size:** 375ml  
**Sugar per serve:** 40.9g  
**Protein per serve:** 0g  
**Energy per serve:** 693.8kj



All the refreshing taste of Coca-Cola Classic soft drink with a sweet hint of vanilla makes Vanilla Coke No Sugar a unique and delicious twist on the world's favourite soft drink.

### Coke No Sugar Drinks Range

**Size:** 375ml  
**Sugar per serve:** 0g  
**Protein per serve:** 0.19g  
**Energy per serve:** 5.3kj



Coca-Cola No Sugar is a sparkling soft drink and a great new choice for those who want the classic taste of Coke without the sugar.

### Frucor "V" Energy Drink Blue Drinks Range

**Size:** 250ml  
**Sugar per serve:** 33g  
**Protein per serve:** 0g  
**Energy per serve:** 618kj



Blue can be a type of berry, a bird, a movie, or a state of mind. In this case, it's the colour of our cans... and a mysterious flavour.

### Nippys Iced Chocolate Drinks Range

**Size:** 500ml  
**Sugar per serve:** 40g  
**Protein per serve:** 15g  
**Energy per serve:** 1335kj

Reduced fat and gluten free.

### Nippys Iced Coffee Drinks Range

**Size:** 500ml  
**Sugar per serve:** 39g  
**Protein per serve:** 14.5g  
**Energy per serve:** 1255kj

Reduced fat and gluten free.



### Schweppes Pepsi Max Drinks Range

**Size:** 375ml  
**Sugar per serve:** 0g  
**Protein per serve:** 0.2g  
**Energy per serve:** 6kj

Pepsi Max is a great tasting cola without sugar – Maximum taste, no sugar.

### Schweppes Pepsi Max Drinks Range

**Size:** 600ml  
**Sugar per serve:** 0g  
**Protein per serve:** 0.6g  
**Energy per serve:** 10.46kj



Pepsi Max maximum taste no sugar.

### Kleenex-Pure and Natural Facial Wipes End of Trip

**Size:**  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Feel fresh and clean when you're on the go with Kleenex Anti-Bacterial Wipes



### While's-Traveler Pasta Spiral - Chicken with Mixed Veg 75gm Fresh Food

**Size:** 75g  
**Sugar per serve:** 7g  
**Protein per serve:** 14g  
**Energy per serve:** 1132kj

While's Traveler Pasta Spiral with Chicken and Mixed Vegetables is a convenient, ready-to-eat meal in a 75g pack, ideal for on-the-go enjoyment. This tasty pasta features spiral noodles mixed with tender chicken pieces and a colorful blend of mixed vegetables, all seasoned to perfection.



### Optimum Nutrition - Amino Energy - RTD - Sparkling Blueberry Lemonade Gym Range

**Size:** 12 FL OZ  
**Sugar per serve:**  
**Protein per serve:** 0g  
**Energy per serve:**

Offers a combination of 5 grams of amino acids, 100 milligrams of caffeine from natural sources, and electrolytes to support performance, endurance and active living.



### Optimum Nutrition Amino Energy - Sparkling Grape Gym Range



**Size:** 12 FL OZ  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Offers a combination of 5 grams of amino acids, 100 milligrams of caffeine from natural sources, and electrolytes to support performance, endurance and active living.

### Optimum Nutrition - Amino Energy - Sparkling Strawberry Gym Range



**Size:** 12 FL OZ  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Offers a combination of 5 grams of amino acids, 100 milligrams of caffeine from natural sources, and electrolytes to support performance, endurance and active living.

### Optimum Nutrition - Amino Energy - Sparkling Watermelon Gym Range



**Size:** 12 FL OZ  
**Sugar per serve:**  
**Protein per serve:**  
0g  
**Energy per serve:**

Offers a combination of 5 grams of amino acids, 100 milligrams of caffeine from natural sources, and electrolytes to support performance, endurance and active living.

### Optimum Nutrition Pure Pre 200 - Berry Burst Gym Range



**Size:** 60ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Pure Pre 200 Pre-Workout Shot with zero sugar, plus caffeine and added vitamins B6 & B12. Shots to be consumed 30 minutes before training. They are developed to get the maximum results out of your training.

### Optimum Nutrition Pure Pre 200 - Orange Burst Gym Range

**Size:** 60ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Pure Pre 200 Pre-Workout Shot with zero sugar, plus caffeine and added vitamins B6 & B12. Shots to be consumed 30 minutes before training. They are developed

### Optimum Nutrition Pure Pro 35 - Banana Gym Range



**Size:** 355ml  
**Sugar per serve:**  
**Protein per serve:**  
35g  
**Energy per serve:**

This delicious thick & creamy shake leaves plenty of room for 35 grams of milk and whey proteins teeming with naturally occurring Essential Amino Acids & BCAA's. That's how Optimum Nutrition helps



### Optimum Nutrition Pure Pro 35 - Chocolate Gym Range



**Size:** 355ml  
**Sugar per serve:**  
**Protein per serve:** 35g  
**Energy per serve:**

This delicious thick & creamy shake leaves plenty of room for 35 grams of milk and whey proteins teeming with naturally occurring Essential Amino Acids & BCAA's. That's how Optimum Nutrition helps

### Optimum Nutrition Pure Pro 35 - Vanilla Gym Range



**Size:** 355ml  
**Sugar per serve:**  
**Protein per serve:** 35g  
**Energy per serve:**

This delicious thick & creamy shake leaves plenty of room for 35 grams of milk and whey proteins teeming with naturally occurring Essential Amino Acids & BCAA's. That's how Optimum Nutrition helps

### Optimum Nutrition Pure Pro 35 - Coffee Gym Range



**Size:** 355ml  
**Sugar per serve:**  
**Protein per serve:** 35g  
**Energy per serve:**

This delicious thick & creamy shake leaves plenty of room for 35 grams of milk and whey proteins teeming with naturally occurring Essential Amino Acids & BCAA's. That's how Optimum Nutrition helps

### Gatorade G-Active No Sugar - Berry Gym Range



**Size:** 600ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

G-Active puts back what sweat takes out, replacing essential electrolytes plus added B-Vitamins without any sugar.

### Gatorade No Sugar - Glacier Freeze Gym Range



**Size:** 600ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Essential Electrolytes, without the sugar. Gatorade No Sugar helps replace essential electrolytes lost in sweat, without the Carbs & Calories.

### Gatorade No Sugar - Berry Gym Range



**Size:** 600ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Essential Electrolytes, without the sugar. Gatorade No Sugar helps replace essential electrolytes lost in sweat, without the Carbs & Calories.

### Gatorade G-Active No Sugar - Lemon Gym Range



**Size:** 600ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

G-Active puts back what sweat takes out, replacing essential electrolytes plus added B-Vitamins without any sugar.

### Gatorade G-Active No Sugar - Orange Gym Range



**Size:** 600ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

G-Active puts back what sweat takes out, replacing essential electrolytes plus added B-Vitamins without any sugar.

### Gatorade - Grape Gym Range



**Size:** 600ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

The Proven classic, with a legacy of over 50 years in the making. Its the most scientifically researched and game-tested way to replace electrolytes lost in sweat. Gatorade is specifically made to help you

### Gatorade - Blue Bolt Gym Range



**Size:** 600ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

The Proven classic, with a legacy of over 50 years in the making. Its the most scientifically researched and game-tested way to replace electrolytes lost in sweat. Gatorade is specifically made to help you

### Aussie Bodies- Low Carb Salted Caramel Protein Bar 60gm Health Bars

**Size:** 60g  
**Sugar per serve:** 3g  
**Protein per serve:** 16.90g  
**Energy per serve:** 906kj

Satisfy your sweet tooth with ProteinFX LO CARB. These body beautiful bars sport a soft protein-infused fudge centre coated in real no-added-sugar chocolate.

### Be Natural- Almond & Apricot 50gm Health Bars

**Size:** 50g  
**Sugar per serve:** 15.6g  
**Protein per serve:** 3.3g  
**Energy per serve:** 993kj

A yoghurt coating smothers apricots, roasted brown-skinned almonds and shreds of toasted coconut in this tasty bar.

### Be Natural-Fruit And Nut 50gm Health Bars

**Size:** 50g  
**Sugar per serve:** 18.20g  
**Protein per serve:** 6.3g  
**Energy per serve:** 971kj



Be Natural Fruit & Nut Delight Cereal Bar 50G is a good source of fiber and heart-healthy unsaturated fats. Just what you need to boost your energy.

### Be Natural-Nut Delight 50gm Health Bars

**Size:** 50g  
**Sugar per serve:** 7g  
**Protein per serve:** 7g  
**Energy per serve:** 1046kj



Indulge in the wholesome goodness of Be Natural Nut Delight. Packed with a delightful mix of crunchy nuts and seeds, this nutritious snack provides the perfect blend of taste and energy.

### Future Bake-Almond and Apricot Yoghurt Coated Nut Bar 55gm Health Bars

**Size:** 55g  
**Sugar per serve:** 17g  
**Protein per serve:** 5.3g  
**Energy per serve:** 288.5kj



Taste the wonderful flavours of whole roasted crunchy Almonds combined with dried Apricots & Coconut coated with luscious yoghurt.

### Future Bake-Fruit and Nut Yoghurt Coated Nut Bar 55gm Health Bars

**Size:** 55g  
**Sugar per serve:** 39.1g  
**Protein per serve:** 5.7g  
**Energy per serve:** 1070kj



Beneath a luscious coating of yoghurt is a combination of Australian honey, Australian peanuts and hazelnuts, mixed with currants, apricots and apples.

### Go Natural Almond Cashew 45gm Health Bars

**Size:** 45g  
**Sugar per serve:** 6.1g  
**Protein per serve:** 7.6g  
**Energy per serve:** 956kj



Go Natural gluten free Almond Cashew bar packs a punch with 7.6g of protein and will have your taste buds cheering. Contains Vitamins and minerals for: Healthy Bodies. Source of Dietary fibre. Source of Protein. Magnesium - important for nerve & muscle function. Zinc - maintains hair/nail

### Go Natural-Beauty Collagen Snap Bars - Wild Berry & Yogurt 40gm Health Bars

**Size:** 40g  
**Sugar per serve:** 5.4g  
**Protein per serve:** 7.2g  
**Energy per serve:** 774kj



Go Natural Beauty Collagen Snap Bars Wild Berry & Creamy Yoghurt contains 2.5g collagen, only 5.4g sugar with no artificial colours, flavours or preservatives.

### Go Natural- Nut Delight Original 40gm Health Bars



**Size:** 40g  
**Sugar per serve:** 5.4g  
**Protein per serve:** 5.4g  
**Energy per serve:** 859kJ

Go Natural Nut Delight is a natural energy bar that contains 6.2g protein. Free from gluten and low in sodium. Nothing artificial. Contains Vitamins and Minerals for: Healthy Bodies Source of Fibre. Source of Vit B3 Niacin. 20% RDI of Magnesium. Source of Protein. Low in Sodium. Brain Food Source of



### My Muscle Chef-Protein Cookie Triple Choc 92gm Healthy Options

**Size:** 92g  
**Sugar per serve:** 13.6g  
**Protein per serve:** 25g  
**Energy per serve:** 1623kJ

Treat yourself to our new and improved Triple Choc Protein Cookie recipe, a decadent blend of milk, white, and dark chocolate chips with a rich, chewy milk chocolate center. Packed with 25g of whey protein, this nutrition-packed cookie offers all the flavour you crave while being 50% lower in sugar than your typical

### Nippy's - Iced Honeycomb Healthy Range

**Size:** 500ml  
**Sugar per serve:** 7.2g  
**Protein per serve:** 2.7g  
**Energy per serve:** 243kJ

### Nippys Iced Strawberry Healthy Range

**Size:** 500ml  
**Sugar per serve:** 39.5g  
**Protein per serve:** 14g  
**Energy per serve:** 1230kJ

Reduced fat and gluten free.

### Frucor-Boss Coffee Iced Long Black 237ml Can Non-Carbonated Beverages



**Size:** 237ml  
**Sugar per serve:** 0g  
**Protein per serve:** 0g  
**Energy per serve:** 19.8kJ

We have finally brought Suntory BOSS Coffee to Australia and New Zealand, and with it, our uniquely Japanese brewing process, Flash Brew. These products may be somewhat new to Australia and New Zealand, but originate from a storied 25-year-long legacy of masterful expertise. Made in Japan from



### Frucor-Boss Iced Latte 237ml Can Non-Carbonated Beverages

**Size:** 237ml  
**Sugar per serve:** 6.3g  
**Protein per serve:** 0g  
**Energy per serve:** 218kJ

We have finally brought Suntory BOSS Coffee to Australia and New Zealand, and with it, our uniquely Japanese brewing process, Flash Brew. These products may be somewhat new to Australia and New Zealand, but originate from a storied 25-year-long legacy of masterful expertise. Made in Japan from



**Harvey Fresh-Orange Juice 250ml Bottle (PET) Non-Carbonated Beverages**

**Size:** 250ml  
**Sugar per serve:** 23g  
**Protein per serve:** 1.5g  
**Energy per serve:** 500kj

Harvey Fresh Orange Juice with no added sugar. No preservatives, and sugar naturally occurring from fruit. This high quality juice is part of a delicious range of juices, which have been created using only the best available ingredients for the whole family to enjoy.



**Lipton-Ice Tea - Lemon 500ml Bottle (PET) Non-Carbonated Beverages**

**Size:** 500ml  
**Sugar per serve:** 26g  
**Protein per serve:** <1g  
**Energy per serve:** 463kj

Looking for a drink that's as cool as you are? Lipton Ice Tea Lemon has got you covered! With its sunny, refreshing taste and its delicious blend of tea leaves and a little lemon.



**Lipton-Ice Tea - Peach 500ml Bottle (PET) Non-Carbonated Beverages**

**Size:** 500ml  
**Sugar per serve:** 21.0g  
**Protein per serve:** 21.0g  
**Energy per serve:** 385kj

LIPTON ICE TEA PEACH 500 ML Get ready for a delicious peach flavour hit with Lipton Peach Ice Tea, a Lipton Ice Tea favourite! Lipton Peach Tea is made with quality black Lipton Tea for a taste that will delight your taste buds and leave you feeling cool and refreshed. Peach Lipton Ice Tea contains no artificial colours, no



**Lipton-Ice Tea - Mango 500ml Bottle (PET) Non-Carbonated Beverages**

**Size:** 500ml  
**Sugar per serve:** 25g  
**Protein per serve:** <0.5g  
**Energy per serve:** 82kj

Feel the tropical vibes with Lipton Ice Tea Mango! One sip of this fruity and exotic drink and you'll be transported to a summer paradise.



**Lipton-Lipton Tea Passionfruit 500ml Bottle (PET) Non-Carbonated Beverages**

**Size:** 500ml  
**Sugar per serve:** 4g  
**Protein per serve:** 0g  
**Energy per serve:** 81kj

Lipton Mango Passionfruit Iced Tea is a refreshing iced tea made with real tea and blended with delicious mango and passion fruit flavours.



**Lipton-Tea - Mango 500ml Bottle (PET) Non-Carbonated Beverages**

**Size:** 500ml  
**Sugar per serve:** 25g  
**Protein per serve:** <0.5g  
**Energy per serve:** 82kj

Feel the tropical vibes with Lipton Ice Tea Mango! One sip of this fruity and exotic drink and you'll be transported to a summer paradise.





**Nippys-Nippys Iced Coffee Double Espresso 500ml Bottle (PET) Non-Carbonated Beverages**

**Size:** 500ml  
**Sugar per serve:** 12g  
**Protein per serve:**  
**Energy per serve:** 481kj

Wake up and revitalize your day with our Iced Coffee Double Espresso Flavoured Milk. Indulge in the bold, robust flavour of double espresso combined with the creamy goodness of milk.



**Oak-Chocolate Milk 500ml Bottle (PET) Non-Carbonated Beverages**

**Size:** 500ml  
**Sugar per serve:** 53.0g  
**Protein per serve:**  
**Energy per serve:** 1980kj

OAK really hits the spot when you're hungrythirsty. What's hungrythirsty? It's a state of weak indecision where you're neither hungry nor thirsty but a bit of both. Kill two birds with one steel meteorite of OAK milk it's full strength, full flavour, full on. With over 50 years' experience and a choice of rich, creamy and



**Oak-Iced Coffee Milk 500ml Bottle (PET) Non-Carbonated Beverages**

**Size:** 500ml  
**Sugar per serve:** 47.5g  
**Protein per serve:**  
**Energy per serve:** 1790kj

Experience the perfect blend of rich coffee flavor and creamy milk with Oak Iced Coffee Milk. Packaged in a convenient 500ml PET bottle, this refreshing beverage is ideal for on-the-go enjoyment or a relaxing treat at home.



**Oak-Strawberry Milk 500ml Bottle (PET) Non-Carbonated Beverages**

**Size:** 500ml  
**Sugar per serve:** 52.5g  
**Protein per serve:**  
**Energy per serve:** 1840kj

Full flavour, full strength, full on. Oak really hits the spot when you're hungry thirsty. With over 50 years' experience and a choice of rich, creamy authentic flavours, Oak is always the answer. Made in Australia from at least 90% Australian ingredients. Milk Keep refrigerated between 1C-5C after opening. bottle-



**Schweppes-Bubly blackberry sparkling water 375ml Can Non-Carbonated Beverages**

**Size:** 375ml  
**Sugar per serve:** 0g  
**Protein per serve:** 0g  
**Energy per serve:** 11kj

Refresh yourself with the crisp and fruity flavor of Schweppes Bubly Blackberry Sparkling Water. This 375ml can is filled with sparkling water infused with the delicious essence of ripe blackberries, offering a naturally invigorating beverage without calories or sweeteners.



**Schweppes-Bubly lime sparkling water 375ml Can Non-Carbonated Beverages**

**Size:** 375ml  
**Sugar per serve:** 0g  
**Protein per serve:** 0g  
**Energy per serve:** 8kj

Quench your thirst with Schweppes Bubly Lime Sparkling Water. This 375ml can features refreshing sparkling water infused with the zesty essence of lime, delivering a crisp and invigorating taste without calories or sweeteners.



**Schweppes-Bubly passionfruit sparkling water 375ml Can**  
**Non-Carbonated Beverages**

**Size:** 375ml  
**Sugar per serve:** 0g  
**Protein per serve:** 0g  
**Energy per serve:** 4kj

Experience a burst of tropical flavor with Schweppes Bubly Passionfruit Sparkling Water. This 375ml can is crafted with refreshing sparkling water and infused with the sweet, fruity essence of passionfruit, making it a deliciously invigorating choice for hydration.



**Schweppes-Gatorade G2 Low Sugar Raspberry 600ml Bottle (PET)**  
**Non-Carbonated Beverages**

**Size:** 600ml  
**Sugar per serve:** 11.7g  
**Protein per serve:** 0g  
**Energy per serve:** 228kj

Stay hydrated and refreshed with Schweppes Gatorade G2 Low Sugar in Raspberry flavor. This 600ml PET bottle offers a deliciously fruity taste with lower sugar content, making it an excellent choice for those looking to replenish electrolytes without the extra calories



**Schweppes-Gatorade Green Apple 600ml Bottle (PET)**  
**Non-Carbonated Beverages**

**Size:** 600ml  
**Sugar per serve:** 36g  
**Protein per serve:** 0g  
**Energy per serve:** 618kj

Revitalize your hydration with Schweppes Gatorade Green Apple. This 600ml PET bottle features a refreshing green apple flavor that's perfect for recharging after workouts or staying hydrated throughout the day



**Schweppes-Gatorade Lemon & Lime 600ml Bottle (PET)**  
**Non-Carbonated Beverages**

**Size:** 600ml  
**Sugar per serve:** 36g  
**Protein per serve:** 0g  
**Energy per serve:** 618kj

Perfect for rehydrating after exercise or during hot days. Formulated to replenish electrolytes, Gatorade helps keep you energized and hydrated, making it an ideal choice for athletes and active individuals



**Schweppes-Infused natural mineral water Raspberry Blueberry 375ml Can**  
**Non-Carbonated Beverages**

**Size:** 375ml  
**Sugar per serve:** 0g  
**Protein per serve:** 0g  
**Energy per serve:** 210kj

This 375ml can features refreshing sparkling natural mineral water infused with the juicy essence of raspberries and blueberries, creating a tasty and invigorating beverage.



**Spring Valley-Apple 250ml Bottle (Glass)**  
**Non-Carbonated Beverages**

**Size:** 250ml  
**Sugar per serve:** 31g  
**Protein per serve:** 2g  
**Energy per serve:** 210kj

Spring Valley Apple Juice in a 250ml glass bottle is a refreshing, pure apple juice crafted to capture the natural sweetness and crispness of ripe apples. This premium juice contains no artificial colors, flavors, or preservatives, offering a clean and refreshing taste.

**Spring Valley-Orange 250ml Bottle (Glass) Non-Carbonated Beverages**



**Size:** 250ml  
**Sugar per serve:** 30.8g  
**Protein per serve:** 2.5g  
**Energy per serve:** 620kj

Spring Valley Orange Juice in a 250ml glass bottle offers a vibrant, refreshing taste of freshly squeezed oranges. Made from high-quality oranges with no artificial colors, flavors, or preservatives, this juice captures the natural sweetness and slight tanginess of ripe oranges.

**John West-Lunch Kit with Crackers and Tuna 108gm Other**



**Size:** 108g  
**Sugar per serve:** 2.4g  
**Protein per serve:** 11.4g  
**Energy per serve:** 1120kj

Ready to eat and packed with a spork and napkin, John West Tuna Lunch Kit - Sweetcorn in Mayonnaise is as convenient as it is tasty. Perfect for last-minute dinners, outdoor hiking or an easy lunch at work.

**Yam-Glico Pocky Chocolate 40gm Other**



**Size:** 40g  
**Sugar per serve:** 12g  
**Protein per serve:** 4g  
**Energy per serve:** 837kj

Yam-Glico Pocky Chocolate is a popular Japanese snack featuring thin, crunchy biscuit sticks coated in smooth, rich chocolate. This 40g pack is perfect for satisfying sweet cravings, offering a delightful balance of crispy biscuit and creamy chocolate in every bite.

**Ajitas-Vege Chips BBQ 50gm Snack**



**Size:** 50g  
**Sugar per serve:** 1.6g  
**Protein per serve:** 0.4g  
**Energy per serve:** 378kj

With its delicious rustic BBQ tang, this flavour is packed with warm and delightful tastes.

**Ajitas-Vege Chips Salt & Vinegar 25gm Snack**



**Size:** 25g  
**Sugar per serve:** 2.4g  
**Protein per serve:** 0.3g  
**Energy per serve:** 384kj

The perfect balance of crisp Vinegar & Salt, refreshing as the sea spray on a hot summer's day. Fans of Vinegar flavoured chips won't be disappointed!

**Ajitas-Vegie Chips Salt & Vinegar 50gm Snack**



**Size:** 50g  
**Sugar per serve:** 2.4g  
**Protein per serve:** 0.3g  
**Energy per serve:** 384kj

The perfect balance of crisp Vinegar & Salt, refreshing as the sea spray on a hot summer's day. Fans of Vinegar flavoured chips won't be disappointed!

### JC's Quality Foods-Jakaroo Mix 40gm Snack



**Size:** 40g  
**Sugar per serve:** 1.9g  
**Protein per serve:** 6.7g  
**Energy per serve:** 790kj

J.C.'s Quality Foods Jackaroo mix is a winning combination of toasted cheese corn nuts, broad beans, roasted almonds, cashews, and soya crisps. Packed with protein, fibre and healthy fats, keep these guys handy for a wholesome, natural energy boost any time of the day.

### Smiths- Grainwaves Original 40gm Snack



**Size:** 40g  
**Sugar per serve:** 0.4g  
**Protein per serve:** 3g  
**Energy per serve:** 1030kj

Smith's Grain Waves Original chips are a wholesome snack made from real Australian whole grains, including wheat, corn, and oats. With a lightly salted, original flavor, these chips

### Smiths- Grainwaves Sour Cream & Chives 40gm Snack



**Size:** 40g  
**Sugar per serve:** 1.8g  
**Protein per serve:** 2g  
**Energy per serve:** 2010kj

Savor the delicious flavor of Smiths Grainwaves Sour Cream & Chives. This 40g pack features light, crispy snacks made from whole grains, infused with the creamy taste of sour cream and the fresh zing of chives.

### Smiths-RRD Sweet Chili And Sour Cream 45gm Snack



**Size:** 45g  
**Sugar per serve:** 2.6g  
**Protein per serve:** 3.9g  
**Energy per serve:** 1020kj

Smiths-RRD Sweet Chili and Sour Cream chips bring the perfect combination of sweet and spicy chili flavor, balanced with a touch of cool, creamy sour cream.

### Snackbrands Australia-Thins Light & Tangy 45gm Snack



**Size:** 45g  
**Sugar per serve:** 1.2g  
**Protein per serve:** 3g  
**Energy per serve:** 936kj

Snackbrands Australia's Thins Light & Tangy Potato Chips offer a crisp, thin-cut chip with a refreshing burst of tangy flavor balanced with a touch of light seasoning. Perfect for a light snack, these 45g packs deliver a delightful balance of savory and tangy flavors, with an airy, melt-in-your-mouth texture

### Vege Chips-Bbq 50gm Snack



**Size:** 50g  
**Sugar per serve:** 1.6g  
**Protein per serve:** 0.4g  
**Energy per serve:** 378kj

Vege Chips BBQ flavor in a 50g pack provides a crunchy, plant-based snack with a delicious, smoky barbecue taste. Made from wholesome, gluten-free ingredients like cassava and potato, these chips are a healthier alternative for snack lovers, free from artificial colors and flavors.

### JC Healthy Mix Snack

**Size:** 45g  
**Sugar per serve:** 6.3g  
**Protein per serve:** 5.6g  
**Energy per serve:** 622kJ



JC Delicious Healthy Mix is wholesome, nutritious food made from natural raw ingredients sourced from specialist growers.

### JC Outback Mix Snack

**Size:** 45g  
**Sugar per serve:** 2.6g  
**Protein per serve:** 5.3g  
**Energy per serve:** 779kJ



JC Original Quality Outback Mix is wholesome, nutritious food made from natural raw ingredients sourced from specialist growers.

### Tyrell's Mature Cheddar & Chives Snack

**Size:** 45g  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**



Little in life is quite as glorious as the tangy hit of mature cheddar cheese in concert with the wonderfully oniony twang of that most snippable of herbs, the chive.

### Tyrell's Sea Salt & Vinegar Snack

**Size:** 45g  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**



The burly kick of vinegar, paired with the subtle yet satisfying sting of sea salt.

### Tyrell's Sea Salt Snack

**Size:** 45g  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**



What finer way to celebrate the humble potato than with a glorious Slow-Cooked Crisp unadorned but for a casual dusting of sea salt?

### Nobby's Beef Teriyaki Snack

**Size:** 25g  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**



Nobby's history of making quality snacks for the average Australian means that you can't find a more authentic taste to satisfy your teriyaki-flavoured itch.



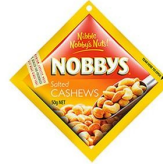
### Doritos Cheese Supreme Snack



**Size:**  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Introducing our DORITOS® Cheese Supreme Flavoured Corn Chips. The universal language of awesome. Combine the tooth-rattling crunch of Doritos with the bold

### Smiths - Nobbys Salted Cashews 50g Snack



**Size:** 50g  
**Sugar per serve:** 16.1g  
**Protein per serve:** 10g  
**Energy per serve:** 2440kJ

Nobby's Salted Cashews 50g are the ultimate snack to enjoy with a drink, whether you're entertaining friends, having a picnic with family or relaxing on your own

### Smiths - Nobbys Salted Peanuts 50g Snack



**Size:** 50g  
**Sugar per serve:** 1.5g  
**Protein per serve:** 14.6g  
**Energy per serve:** 1230kJ

Nobbys Salted Peanuts, Relaxing on your own, entertaining friends, or having a drink – it's always great to have some Nobby's.

### Smith's Burger Rings Snack



**Size:** 45g  
**Sugar per serve:** 1g  
**Protein per serve:** 3g  
**Energy per serve:** 1100kJ

The unique burger flavour that no other snack brand can match! Burger Rings deliver the big burger taste!

### Cheezels Cheese Original Snack



**Size:** 45g  
**Sugar per serve:** 2.1g  
**Protein per serve:** 2.9g  
**Energy per serve:** 1020kJ

The famous cheesy, ring-shaped snack with the finger-sized hole. Baked to crispy, crunchy perfection and smothered with deliciously cheesy flavour, pop them on your fingers and eat them

### Smiths - Barbecue Snack



**Size:** 45g  
**Sugar per serve:** 1.7g  
**Protein per serve:** 3.8g  
**Energy per serve:** 941.4kJ

At Smith's, we believe the simple things in life are the best. Just like our Crinkle Cut Chips.



### Smiths - Salt Vinegar Snack

**Size:** 45g  
**Sugar per serve:** 1.3g  
**Protein per serve:** 2.9g  
**Energy per serve:** 1000kj

At Smith's, we believe the simple things in life are the best. Just like our Crinkle Cut Chips.



### Twisties Cheese 45g Snack

**Size:** 45g  
**Sugar per serve:** 2.6g  
**Protein per serve:** 3g  
**Energy per serve:** 874kj

Delicious twisted chip covered in mouth-watering cheesy cheddar cheese flavour.



### Twisties Chicken 45g Snack

**Size:** 45g  
**Sugar per serve:** 1.1g  
**Protein per serve:** 2.3g  
**Energy per serve:** 922kj

Delicious twisted chip covered in mouth-watering chicken flavour.



### Kettle Honey Soy Chicken Snack

**Size:** 45g  
**Sugar per serve:** 1.5g  
**Protein per serve:** 3.8g  
**Energy per serve:** 1020kj

Slow cooked in the unique Kettle way, these crunchy delicious potato chips are seasoned with the delightful sweet and savoury blend of chicken, soy and honey. They're cooked in sunflower oil and



### Kettle Sea Salt Snack

**Size:** 45g  
**Sugar per serve:** 0g  
**Protein per serve:** 3.4g  
**Energy per serve:** 941kj

Slow cooked in the unique Kettle way, these crunchy delicious potato chips are seasoned with sea salt, cooked in sunflower oil and are 100% natural!



### Kettle Sea Salt and Vinegar Snack

**Size:** 45g  
**Sugar per serve:** 0.7g  
**Protein per serve:** 3.2g  
**Energy per serve:** 909kj

Slow cooked in the unique Kettle way, these crunchy delicious potato chips are seasoned with the tangy flavours combination of sea salt & vinegar, cooked in sunflower oil and are 100% natural!

### Kettle Sweet Chilli and Sour Cream Snack



**Size:** 45g  
**Sugar per serve:** 1.2g  
**Protein per serve:** 3.4g  
**Energy per serve:** 927kJ

Slow cooked the unique Kettle way, these potato chips are seasoned with delicious sweet chilli, blended with sour cream from Victoria's lush and fertile Gippsland region. They're gluten

### Kettle Chilli Snack



**Size:** 45g  
**Sugar per serve:** 0.4g  
**Protein per serve:** 3.4g  
**Energy per serve:** 927kJ

Slow cooked in the unique Kettle way, these crunchy delicious potato chips are seasoned with chillies for a bit of zing, cooked in sunflower oil and are 100% natural!

### Samboy BBQ Snack



**Size:** 45g  
**Sugar per serve:** 0.4g  
**Protein per serve:** 3.4g  
**Energy per serve:** 927kJ

Barbecue flavoured potato chips Everyone can be hit with their favourite flavour. Revel in the barbecue flavour packed into every crinkle cut chip. Big crunchy taste every time!

### Samboy Salt and Vinegar Snack



**Size:** 45g  
**Sugar per serve:** 0.4g  
**Protein per serve:** 3.4g  
**Energy per serve:** 927kJ

A delicious combination of tangy vinegar and savory salt flavors. Offer a satisfyingly crunchy texture with every bite

### Fantastic Beef Noodle Cup Snack



**Size:** 100g  
**Sugar per serve:** 0.4g  
**Protein per serve:** 3.4g  
**Energy per serve:** 927kJ

### Fantastic Chicken Noodle Cup Snack



**Size:** 100g  
**Sugar per serve:** 0.4g  
**Protein per serve:** 3.4g  
**Energy per serve:** 927kJ

### Fantastic Oriental Noodle Cup Snack



**Size:**  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

### JC Jackaroo Mix Snack



**Size:** 35g  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

A delicious savoury mix of Borad beans, toasted corn, roasted nuts and crisps! Available in the perfect grab n' go size. Use as an on the go refuel or anytime snack!

### Smiths-Doritos - Nacho Cheese 45gm Snack



**Size:** 45g  
**Sugar per serve:**  
1g  
**Protein per serve:**  
2g  
**Energy per serve:**  
930kJ

Indulge in the bold, cheesy flavor of Smith's Doritos Nacho Cheese! Each 45g bag is packed with crunchy, triangle-shaped chips coated in a delicious, tangy nacho cheese seasoning that's