



# PRODUCT CATALOGUE





### 3D Energy Drink - Energy Chrome Gym Range

**Size:** 473ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

3D Energy Drink is a new take on your typical Energy Drink with of the cleanest formulas on the market, Sugar-free, Low-calorie and no artificial colours, this amazing energy drink does not taste like a standard energy drink but in fact more like your favourite Sodas!



### 3D Energy Drink - Energy Gold Gym Range

**Size:** 473ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

3D Energy Drink is a new take on your typical Energy Drink with of the cleanest formulas on the market, Sugar-free, Low-calorie and no artificial colours, this amazing energy drink does not taste like a standard energy drink but in fact more like your favourite Sodas!



### 3D Energy Drink - Energy Green Gym Range

**Size:** 473ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

3D Energy Drink is a new take on your typical Energy Drink with of the cleanest formulas on the market, Sugar-free, Low-calorie and no artificial colours, this amazing energy drink does not taste like a standard energy drink but in fact more like your favourite Sodas!



### 3D Energy Drink - Energy Orange Gym Range

**Size:** 473ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

3D Energy Drink is a new take on your typical Energy Drink with of the cleanest formulas on the market, Sugar-free, Low-calorie and no artificial colours, this amazing energy drink does not taste like a standard energy drink but in fact more like your favourite Sodas!



### 3D Energy Drink - Energy Pink Gym Range

**Size:** 473ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

3D Energy Drink is a new take on your typical Energy Drink with of the cleanest formulas on the market, Sugar-free, Low-calorie and no artificial colours, this amazing energy drink does not taste like a standard energy drink but in fact more like your favourite Sodas!



### 3D Energy Drink - Energy Purple Gym Range

**Size:** 473ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

3D Energy Drink is a new take on your typical Energy Drink with of the cleanest formulas on the market, Sugar-free, Low-calorie and no artificial colours, this amazing energy drink does not taste like a



### 3D Energy Drink - Energy R.W.B Gym Range

**Size:** 473ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

3D Energy Drink is a new take on your typical Energy Drink with of the cleanest formulas on the market, Sugar-free, Low-calorie and no artificial colours, this amazing energy drink does not taste like a standard energy drink but in fact more like your favourite Sodas!



### 3D Energy Drink - Energy White Gym Range

**Size:** 473ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

3D Energy Drink is a new take on your typical Energy Drink with of the cleanest formulas on the market, Sugar-free, Low-calorie and no artificial colours, this amazing energy drink does not taste like a standard energy drink but in fact more like your favourite Sodas!

### Active&Co - 60 cm Universal bike tube End of Trip

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

Keep up the maintenance of your bicycles with this premium quality bike tube, which offers a universal fit.



### Active&Co - Combination lock End of Trip

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

Ensure your bike's safety when you park it in a public area with this lock.



### Active&Co - Universal inflator kit End of Trip

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

Make your life easy with this Repco Universal Inflators



### Active&Co Bicycle tube repair kit End of Trip

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

Patch up your bike tyres so they're as good as new with this deluxe repair kit.



### 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!

### 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.





### 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



### 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.



### Allens-Strawberrys & Cream 170gm Confectionery

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

Allen's Strawberrys 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.



### Anko - USB Twin pack LED lights End of Trip

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

Light up your path while riding a bike in the dark with these LED lights



### Arnotts-Pizza Shapes 70gm Biscuits

**Size:** 70g  
**Sugar per serve:** 0.5g  
**Protein per serve:**  
**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



### Arnotts-Shapes - Bbq 70gm Biscuits

**Size:** 70g  
**Sugar per serve:** 0.3g  
**Protein per serve:**  
**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:**  
**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 gooey deliciousness Arnott's Minis Wagon Wheels Original is a choc-coated marshmallow and jam biscuit snack. Packaged in a handy

### Aussie Bodies - Collagen Coconut Cream Delight Gym Range

**Size:** 45g  
**Sugar per serve:**  
**Protein per serve:**  
15g  
**Energy per serve:**



Our Pro-active nutrition products help you body shine from the inside out. They contain 16g of Protein, 0.1g of sugars with collagen peptides and no artificial colours, flavours or preservatives.

### Aussie Bodies - Keto Cookies & Cream Wafer Gym Range

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



Aussie Bodies Pro-active Nutrition, helps you shape your body from the inside out. Our KETO nutrition products make sticking to a KETO diet easy. Our products have been formulated with the KETO

### Aussie Bodies - Lo Carb Crunchy Rocky Road Gym Range

**Size:** 40g  
**Sugar per serve:**  
**Protein per serve:**  
12g  
**Energy per serve:**



Our pro-active nutrition products help you shape your body from the inside out, with dark chocolate, blueberries, roasted almonds, chia seeds, 12g protein, 1.9g sugars, high fibre and no artificial

### Aussie Bodies - Lo Carb Whipped Chocolate Gym Range

**Size:** 50g  
**Sugar per serve:**  
**Protein per serve:**  
14g  
**Energy per serve:**



Our pro-active nutrition product help your shape body from the inside out. Contains 15g protein, 0.4g sugars, high fibre and no artificial colours or preservatives.



### Aussie Bodies Real Fruit Smoothie - Strawberry & Pomegranate Gym Range

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

This perfect protein Real Fruit Smoothie is a natural and nutritious drink on-the-go. Packed with 30g of protein, real fruit and naturally occurring vitamin B2 and minerals, to support your active lifestyle in a natural way.



### 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.

### Balfours Chocolate Donut 130g Fresh Food

**Size:** 130g  
**Sugar per serve:** 33g  
**Protein per serve:** 8.3g  
**Energy per serve:** 2158kj

Satisfy your sweet cravings with the Balfours Chocolate Donut. This soft, fluffy donut is coated in a rich, smooth chocolate glaze, offering a deliciously sweet treat in every bite.



### Balfours Homestyle Muffin Blueberry 150g Fresh Food

**Size:** 150g  
**Sugar per serve:** 50.2g  
**Protein per serve:** 7.9g  
**Energy per serve:** 3006kj

Enjoy the perfect balance of sweetness and tartness with the Balfours Homestyle Blueberry Muffin. Bursting with juicy blueberries, this moist, freshly baked muffin is a delightful treat for any time of day.

### Balfours Homestyle Muffin Double Chocolate 150g Fresh Food

**Size:** 150g  
**Sugar per serve:** 56g  
**Protein per serve:** 8.6g  
**Energy per serve:** 3186kj

Indulge in the rich, decadent flavor of the Balfours Homestyle Double Chocolate Muffin. Made with generous chunks of chocolate, this moist, freshly baked muffin is the perfect treat for chocolate lovers.



### Balfours Pink Iced Donut 130g Fresh Food

**Size:** 130g  
**Sugar per serve:** 32g  
**Protein per serve:** 8.3g  
**Energy per serve:** 2158kj

Treat yourself to the sweet indulgence of a Balfours Pink Iced Donut. This soft, fluffy donut is topped with a vibrant pink icing, offering the perfect balance of sweetness in every bite. Ideal as a snack or a delightful dessert.



### **Bang Energy Cans - Bangster Berry Gym Range**

**Size:** 500ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Bang Energy is not your stereotypical high sugar, life-sucking soda masquerading as an energy drink! Bang Energy is a sugar-free, fat-free, calorie-free, Caffeinated soft drink with no artificial colours. Every 500-mL can of Bang Energy contains 160 mg of caffeine, Bvitamins and inositol.



### **Bang Energy Cans - Blue Razz Gym Range**

**Size:** 500ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Bang Energy is not your stereotypical high sugar, life-sucking soda masquerading as an energy drink! Bang Energy is a sugar-free, fat-free, calorie-free, Caffeinated soft drink with no artificial colours. Every 500-mL can of Bang Energy contains 160 mg of caffeine, B vitamins and inositol.



### **Bang Energy Cans - Candy Apple Crisp Gym Range**

**Size:** 500ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Bang Energy is not your stereotypical high sugar, life-sucking soda masquerading as an energy drink! Bang Energy is a sugar-free, fat-free, calorie-free, Caffeinated soft drink with no artificial colours. Every 500-mL can of Bang Energy contains 160 mg of caffeine, B vitamins and inositol.



### **Bang Energy Cans - Frose Rose Gym Range**

**Size:** 500ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Bang Energy is not your stereotypical high sugar, life-sucking soda masquerading as an energy drink! Bang Energy is a sugar-free, fat-free, calorie-free, Caffeinated soft drink with no artificial colours. Every 500-mL can of Bang Energy contains 160 mg of caffeine, B vitamins and inositol.



### **Bang Energy Cans - Mango Bango Gym Range**

**Size:** 500ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Bang Energy is not your stereotypical high sugar, life-sucking soda masquerading as an energy drink! Bang Energy is a sugar-free, fat-free, calorie-free, Caffeinated soft drink with no artificial colours. Every 500-mL can of Bang Energy contains 160 mg of caffeine, B vitamins and inositol.



### **Bang Energy Cans - Pina Colada Gym Range**

**Size:** 500ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Bang Energy is not your stereotypical high sugar, life-sucking soda masquerading as an energy drink! Bang Energy is a sugar-free, fat-free, calorie-free, Caffeinated soft drink with no artificial colours. Every 500-mL can of Bang Energy contains 160 mg of caffeine, B vitamins and inositol.





### Bang Energy Cans - Star Blast Gym Range

**Size:** 500ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Bang Energy is not your stereotypical high sugar, life-sucking soda masquerading as an energy drink! Bang Energy is a sugar-free, fat-free, calorie-free, Caffeinated soft drink with no artificial colours. Every 500-mL can of Bang Energy contains 160 mg of caffeine, Bvitamins and inositol.



### 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.

### BM Bao Bun - Chicken (2 Pack) 160g Fresh Food

**Size:** 160g  
**Sugar per serve:** 12g  
**Protein per serve:** 14g  
**Energy per serve:**

Enjoy the tender, flavorful filling of BM Chicken Bao Buns. Each pack features two soft, fluffy steamed buns filled with seasoned chicken, offering a satisfying and delicious snack or meal.



### BM Bao Bun - Pork (2 Pack) 160g Fresh Food

**Size:** 160g  
**Sugar per serve:** 18g  
**Protein per serve:** 15g  
**Energy per serve:** 8700kj

Indulge in the soft, fluffy goodness of BM Pork Bao Buns. Each pack contains two perfectly steamed buns filled with savory, tender pork, offering a deliciously satisfying snack or meal.





### BM Chicken Rice Paper Roll - Twin Pack Fresh Food

**Size:** 160g  
**Sugar per serve:** 2.3g  
**Protein per serve:** 160g  
**Energy per serve:** 1630kj

Savor the fresh, light flavors of BM Chicken Rice Paper Rolls in a convenient twin pack. Each roll is filled with tender chicken, crisp vegetables, and wrapped in soft rice paper, offering a healthy and satisfying snack or meal.

### BM Gyoza - Chicken (2 Pack) 120g Fresh Food

**Size:** 120g  
**Sugar per serve:** 1.4g  
**Protein per serve:** 10.8g  
**Energy per serve:** 937kj

Enjoy the savory taste of BM Chicken Gyoza in a convenient 2-pack. These dumplings are filled with tender, seasoned chicken and wrapped in a light dough, perfect for a quick snack or appetizer.

### BM Gyoza - Pork (2 Pack) 120g Fresh Food

**Size:** 120g  
**Sugar per serve:** 7g  
**Protein per serve:** 10g  
**Energy per serve:** 1050kj

Savor the delicious flavor of BM Pork Gyoza in a convenient 2-pack. These dumplings are filled with savory, seasoned pork and wrapped in a delicate dough, perfect for a quick snack or appetizer.



### BM Prawn Rice Paper Roll Twin Pack Fresh Food

**Size:** 160g  
**Sugar per serve:** 2g  
**Protein per serve:** 9.2g  
**Energy per serve:** 271kj

Enjoy the fresh, light flavors of BM Prawn Rice Paper Rolls in a convenient twin pack. Each roll is filled with succulent prawns, crisp vegetables, and wrapped in soft rice paper, offering a healthy and refreshing snack or meal.

### BM Sushi Smoked Salmon - Twin Pack Fresh Food

**Size:** 200g  
**Sugar per serve:** 8.5g  
**Protein per serve:** 11g  
**Energy per serve:** 732kj

Indulge in the delicate, smoky flavor of BM Sushi Smoked Salmon in a convenient twin pack. Each pack features premium smoked salmon paired with seasoned rice and seaweed, making for a delicious and nutritious snack or meal.



### BM Sushi Teriyaki Chicken - Twin Pack Fresh Food

**Size:** 200g  
**Sugar per serve:** 5g  
**Protein per serve:** 18g  
**Energy per serve:** 620kj

Savor the savory taste of BM Sushi Teriyaki Chicken in a convenient twin pack. Each pack features tender teriyaki chicken wrapped in seasoned rice and seaweed, offering a flavorful and satisfying snack or meal.





### BM Sushi Tuna - Twin Pack Fresh Food

**Size:** 200g  
**Sugar per serve:**  
2.2g  
**Protein per serve:**  
6g  
**Energy per serve:**  
388kJ

Enjoy the fresh, flavorful taste of BM Sushi Tuna in a convenient twin pack. Each pack features premium tuna wrapped in seasoned rice and seaweed, offering a delicious and healthy snack or meal option.



### C4 - Cherry Limeade Gym Range

**Size:** 346ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**



### C4 - Cotton Candy Gym Range

**Size:** 473ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**



### C4 - Frozen Bombsicle Gym Range

**Size:** 473ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**



### C4 - Fruit Punch Gym Range

**Size:** 346ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**



### C4 - Icy Blue Razz Gym Range

**Size:** 346ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**



**C4 - Orange  
Slice**  
Gym Range

**Size:** 473ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**



**C4 - Purple  
Frost**  
Gym Range

**Size:** 473ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**



**C4 - Sour Batch  
Bros**  
Gym Range

**Size:** 473ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**



**C4 - Strawberry  
Watermelon Ice**  
Gym Range

**Size:** 473ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**



**C4 - Tropical  
Blast**  
Gym Range

**Size:** 473ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**



**C4 - Twisted  
Limeade**  
Gym Range

**Size:** 473ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**



### C4 - Watermelon Gym Range



**Size:** 346ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

### 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 Cherry Ripe Confectionery

**Size:** 52g  
**Sugar per serve:** 24.9g  
**Protein per serve:** 2.1g  
**Energy per serve:** 1040kj



The ripe juicy cherries and moist coconut smothered in rich old gold dark chocolate ensure a unique taste experience.

### Cadbury Crunchie Confectionery

**Size:** 50g  
**Sugar per serve:** 31.4g  
**Protein per serve:** 1.4g  
**Energy per serve:** 931kj



Golden honeycomb covered in Cadbury milk chocolate.

### Cadbury Dairy Milk 50g Confectionery

**Size:** 50g  
**Sugar per serve:** 28.6g  
**Protein per serve:** 3.7g  
**Energy per serve:** 1120kj



It has 'the equivalent of a glass and a half of pure full cream dairy milk in every 200g of Cadbury Dairy Milk milk chocolate'.

### Cadbury Dairy Milk Caramello 50g Confectionery

**Size:** 50g  
**Sugar per serve:** 29.8g  
**Protein per serve:** 3.1g  
**Energy per serve:** 1140kj



Cadbury Dairy Milk Caramello block has Dairy Milk milk chocolate with a smooth flowing caramel centre.

### Cadbury Dream Confectionery

**Size:** 50g  
**Sugar per serve:** 30.3g  
**Protein per serve:** 2.7g  
**Energy per serve:** 1150kj



Cadbury Dream is smooth and creamy white chocolate.

### Cadbury Picnic Confectionery

**Size:** 46g  
**Sugar per serve:** 19.5g  
**Protein per serve:** 4.1g  
**Energy per serve:** 1010kj



If you're into nuts and wafer and chocolate and rice crisps and caramel, then BAM! You have come to the right spot.

### 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.

### Cadbury-Breakaway 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.

### Cadbury-Caramilk 45gm Confectionery

**Size:** 45g  
**Sugar per serve:** 26.0g  
**Protein per serve:** 2.6g  
**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

### Cadbury-Dairy Milk Caramello Medium Bar Confectionery

**Size:** 55g  
**Sugar per serve:** 29.2g  
**Protein per serve:** 4.1g  
**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

### Cadbury-Dairy Milk Caramilk Bar Biscuits

**Size:** 45g  
**Sugar per serve:** 26g  
**Protein per serve:**  
**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

### 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,

### Cadbury-Dairy Milk Chocolate Medium Bar Biscuits

**Size:** 50g  
**Sugar per serve:** 28g  
**Protein per serve:**  
**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,

### 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-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-Europe Summer Roll 40gm Confectionery

**Size:** 40g  
**Sugar per serve:** 17.0g  
**Protein per serve:**  
**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

### **Cadbury-Frys Turkish Delight 55gm Confectionery**

**Size:** 55g  
**Sugar per serve:**  
28.5g  
**Protein per serve:**  
**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:**  
**Energy per serve:**  
1080kj



Cadbury Dairy Milk Marvellous Creations Jelly Popping Candy Beanies 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 our

### **Cadbury-Moro Bar 60gm Confectionery**

**Size:** 60g  
**Sugar per serve:**  
33.6g  
**Protein per serve:**  
**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-Picnic Biscuits**

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



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

### **Cafemaster Chocolate Coffee Consumables**

**Size:** 1Kg  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**



Complete Drinking and Vending Chocolate (gluten-free)

### **Cafemaster Milk Powder Coffee Consumables**

**Size:** 500g  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**



Granulated Skimmed Milk Powder



### Cafemaster Tea Extract Coffee Consumables

**Size:** 100g  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**



Pure fine granulated instant tea eliminating tea bag and leaf tea mess. Just add hot water. Gluten free . No additives

### CC's Tasty Cheese Snack

**Size:** 45g  
**Sugar per serve:** 1.5g  
**Protein per serve:** 3.4g  
**Energy per serve:** 927kj



Fresh Aussie ground corn, seasoned with delicious cheddar cheese. Now with cheese baked right into the chip for even more flavour.

### ChaiSpiced Latte Blend Premix Coffee Consumables

**Size:** 1Kg  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**



Spiced Chai Latte (1 KG)

### Cheetos Cheese and Bacon Balls Snack

**Size:** 45g  
**Sugar per serve:** 2g  
**Protein per serve:** 3g  
**Energy per serve:** 1145kj



Cheetos Cheese & Bacon Balls, are the much loved cheesy balls that are fun for everyone.

### 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

### Chicken Caesar Wrap 185g Fresh Food

**Size:** 185g  
**Sugar per serve:** 22g  
**Protein per serve:** 23.6g  
**Energy per serve:** 1720kj



Enjoy the classic flavors of a Caesar salad wrapped in a convenient tortilla. Our Chicken Caesar Wrap features tender chicken, crisp lettuce, crunchy croutons, and creamy Caesar dressing, all wrapped up for a delicious, satisfying meal.



### Chicken Sandwich 160g Fresh Food

**Size:** 160g  
**Sugar per serve:** 3.4g  
**Protein per serve:** 17g  
**Energy per serve:** 1385kj

Savor the wholesome taste of our Chicken Sandwich. Made with tender, juicy chicken and nestled between soft, fresh bread, it's a delicious and satisfying meal on the go.



### Chicken Soup Vienna Vending Coffee Consumables

**Size:** 3Kg  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Vienna Chicken Soup Premix



### Classic Ceasar w Poached Chicken Healthy Range

**Size:** 240g  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:** 12230kj

A classic favourite with all the trimmings, our Caesar bowl brings the café to you! Sliced poached chicken, home-style bacon, a whole boiled egg, crunchy croutons and parmesan cheese, all drizzled with a traditional and tasty Caesar dressing.



### Coke - Diet Coke Drinks Range

**Size:** 375ml  
**Sugar per serve:** 0g  
**Protein per serve:** 0.19g  
**Energy per serve:** 7.1kj

Diet Coca-Cola caffeine free is a deliciously light, sugar-free and no-calorie soft drink without the caffeine. It delivers a distinct, unique and lighter taste to Coca-Cola Classic.



### 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 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 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 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.



### 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 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



### Cool Ridge Sparkling Water Healthy Range

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

Cool Ridge Lightly Sparkling Water that is all natural, no sugar, low calorie, pristine spring water.



### Cool Ridge Sparkling Water Drinks Range

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

Cool Ridge Lightly Sparkling Water that is all natural, no sugar, low calorie, pristine spring water.



### Cool Ridge Sparkling Water with Berry Drinks Range

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

Cool Ridge Lightly Sparkling Water comes in natural berry flavor that is all natural, no sugar, low calorie, pristine spring water.



### Cool Ridge Sparkling Water with Berry Healthy Range

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

Cool Ridge Lightly Sparkling Water comes in natural berry flavor that is all natural, no sugar, low calorie, pristine spring water.



### Cool Ridge Sparkling Water with Lime Healthy Range

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

Cool Ridge Lightly Sparkling Water comes in natural citrus flavor that is all natural, no sugar, low calorie, pristine spring water.



### Cool Ridge Sparkling Water with Lime Drinks Range

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

Cool Ridge Lightly Sparkling Water comes in natural citrus flavor that is all natural, no sugar, low calorie, pristine spring water.



### 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.



### Cool Ridge Spring Water Drinks Range

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

Cool Ridge Spring Water comes in a 600ml PET bottle that is sourced from quality Australian mineral springs.



### Cool Ridge Water 600ml Gym Range



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

We want our consumers to feel good by choosing Cool Ridge when they need a water refreshment on-the-go, and don't have a reusable bottle on hand.

That's why we've made a big change, with all Cool Ridge Still

### Crankt Protein Bar - Choc Caramel Gym Range



**Size:** 55g  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Delicious choc caramel flavoured, triple-layer bar with over 31% protein and guarana & ginseng for natural energy.

### Crankt Protein Bar - Choc Coconut Gym Range



**Size:** 55g  
**Sugar per serve:**  
**Protein per serve:** 17.6g  
**Energy per serve:**

High protein, low carb protein bar in a choc coconut flavour.

### Crankt Protein Bar - Choc Cookies & Cream Gym Range



**Size:** 55g  
**Sugar per serve:**  
**Protein per serve:** 17.3g  
**Energy per serve:**

Cookies & cream flavoured, triple layer bar with over 31% protein, guarana & ginseng for natural energy.

### Crankt Protein Bar - Choc Mint Gym Range



**Size:** 55g  
**Sugar per serve:**  
**Protein per serve:** 17.9g  
**Energy per serve:**

Choc mint flavoured triple layer bar, with over 32.6% protein and only 1.2% carbs. Contains guarana & ginseng for natural energy, vitamins and minerals and no artificial sweetener.

### Crankt Protein Bar - Choc Peanut Butter Gym Range



**Size:** 55g  
**Sugar per serve:**  
**Protein per serve:** 18.6g  
**Energy per serve:**

Choc peanut butter flavoured triple layer bar with 33.9% protein and only 1.9% carbs. With guarana & ginseng for natural energy, vitamins and minerals and no artificial sweetener.

### **Crankt Protein Bar - Choc Raspberry** Gym Range

**Size:** 55g  
**Sugar per serve:**  
**Protein per serve:** 17.9g  
**Energy per serve:**



Choc raspberry flavoured triple layer bar with over 31% protein and only 1.6% carbs. It contains guarana & ginseng for natural energy, vitamins & minerals with no artificial sweetener.

### **Crankt Protein Shake - Banana** Gym Range

**Size:** 375ml  
**Sugar per serve:**  
**Protein per serve:** 20g  
**Energy per serve:**



Combine premium high protein, low carb ingredients plus guarana and ginseng, giving your body energy, nutrients and the strength it needs to power through your day.

### **Crankt Protein Shake - Choc Honeycomb** Gym Range

**Size:** 375ml  
**Sugar per serve:**  
**Protein per serve:** 20g  
**Energy per serve:**



Combine premium high protein, low carb ingredients plus guarana and ginseng, giving your body energy, nutrients and the strength it needs to power through your day.

### **Crankt Protein Shake - Chocolate** Gym Range

**Size:** 375ml  
**Sugar per serve:**  
**Protein per serve:** 20g  
**Energy per serve:**



Combine premium high protein, low carb ingredients plus guarana and ginseng, giving your body energy, nutrients and the strength it needs to power through your day.

### **Crankt Protein Shake - Coffee** Gym Range

**Size:** 375ml  
**Sugar per serve:**  
**Protein per serve:** 20g  
**Energy per serve:**



Combine premium high protein, low carb ingredients plus guarana and ginseng, giving your body energy, nutrients and the strength it needs to power through your day.

### **Crankt Protein Shake - Vanilla** Gym Range

**Size:** 375ml  
**Sugar per serve:**  
**Protein per serve:** 20g  
**Energy per serve:**



Combine premium high protein, low carb ingredients plus guarana and ginseng, giving your body energy, nutrients and the strength it needs to power through your day.



### Deep Spring - Orange & Passionfruit Sparkling Drinks Range

**Size:** 250ml  
**Sugar per serve:** 26g  
**Protein per serve:** 0g  
**Energy per serve:** 490kj

Deep Spring is a perfect fusion of Australian sparkling natural mineral water with a splash of organic fruit juice and natural vivid flavour.



### 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



### Dr Pepper Drinks Range

**Size:** 355ml  
**Sugar per serve:** 40g  
**Protein per serve:** 0g  
**Energy per serve:** 401kj

A signature blend of 23 flavors makes every sip of Dr Pepper truly unique.



### Egg and Lettuce Sandwich 180g Fresh Food

**Size:** 180g  
**Sugar per serve:** 4.1g  
**Protein per serve:** 15.3g  
**Energy per serve:** 415kj

Enjoy the light and fresh flavors of our Egg and Lettuce Sandwich. Creamy egg, crisp lettuce, and soft bread come together for a delicious, satisfying snack or meal.

### Emma & Toms Life Bar Banana with Chia Healthy Range

**Size:** 40g  
**Sugar per serve:** 16.6g  
**Protein per serve:** 3.9g  
**Energy per serve:** 697kj

An on-the-go snack bar in Banana flavour. A fibre-rich mix of dates, raw almonds, dried bananas and ground chia seed.



### Emma & Toms Life Bar Cacao Coconut Healthy Range

**Size:** 35g  
**Sugar per serve:** 14.9g  
**Protein per serve:** 2.6g  
**Energy per serve:** 606kj

An on-the-go snack bar in Cacao & Coconut flavour. A fibre-rich mix of dates, raisins and cashews.



### Emma & Toms Life Bar Cacao Coffee Bean Healthy Range

**Size:** 35g  
**Sugar per serve:**  
14.2g  
**Protein per serve:**  
3.2g  
**Energy per serve:**  
595kj



Made with all natural ingredients, gluten-free, and suitable for vegetarians.

### Emma & Toms Life Bar Cacao Orange Healthy Range

**Size:** 40g  
**Sugar per serve:**  
13.6g  
**Protein per serve:**  
3.4g  
**Energy per serve:**  
611kj



Raw fruit & nut bar, all natural, no preservatives, no added sugar, source of fibre and gluten free.

### Emma & Toms Life Bar Cherry and Goji Healthy Range

**Size:** 40g  
**Sugar per serve:**  
18g  
**Protein per serve:**  
4g  
**Energy per serve:**  
656kj



Cherry and goji berries give the bar an overall sweet, tart taste, whilst the almonds give it a crunch.

### Emma & Toms Life Bar Fig Lemon Healthy Range

**Size:** 40g  
**Sugar per serve:**  
15g  
**Protein per serve:**  
3.8g  
**Energy per serve:**  
696kj



An on-the-go snack bar in Fig & Lemon flavour. A fibre-rich mix of dates, raisins and cashews.

### Fantastic Beef Noodle Cup Snack

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



### Fantastic Chicken Noodle Cup Snack

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





### Fantastic Oriental Noodle Cup Snack

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



### FitAid Citrus Medley Gym Range

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



### FitAid RX Sour Grape Gym Range

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



### FitAid Sour Grape Zero Sugar Gym Range

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



### FocusAid Melon Mate Gym Range

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



### Frucor "V" Energy Drink Drinks Range

**Size:** 500ml  
**Sugar per serve:** 53g  
**Protein per serve:** 1g  
**Energy per serve:** 977kJ

Step into our world of V, where there's a stack of things to do, and endless ways to do them. With a mix of B Vitamins, caffeine and guarana - get a gobful of the green stuff and start something extraordinary.



### Frucor "V" Energy Drink Drinks Range

**Size:** 250ml  
**Sugar per serve:** 26.5g  
**Protein per serve:** 0.7g  
**Energy per serve:** 488kj

Step into our world of V, where there's a stack of things to do, and endless ways to do them. With a mix of B Vitamins, caffeine and guarana - get a gobful of the green stuff and start something extraordinary.



### 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.



### Frucor "V" Energy Drink Sugar Free Drinks Range

**Size:** 250ml  
**Sugar per serve:** 0g  
**Protein per serve:** 0.7g  
**Energy per serve:** 34kj

Step into our world of V, where there's a stack of things to do, and endless ways to do them. With a mix of B Vitamins, caffeine and guarana - get a gobful of the green stuff and start something extraordinary.



### Frucor V Energy Drink Blue Drinks Range

**Size:** 500ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Tropical passionfruit ft. pineapple



### Frucor V Raspberry Lemonade Drinks Range

**Size:** 250ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Perfect combo.  
Say no more



### Frucor V Raspberry Lemonade Drinks Range

**Size:** 500ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Perfect combo.  
Say no more





**Frucor V  
Refresh Energy  
Drink  
Pineapple  
Watermelon  
Drinks Range**

**Size:** 250ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Crisp. Light.  
Refreshing



**Frucor V  
Refresh Energy  
Drink  
Pineapple  
Watermelon  
Drinks Range**

**Size:** 500ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Crisp. Light.  
Refreshing. V  
Refresh Pineapple  
& Watermelon,  
It's like a breath of  
fresh air



**Frucor V  
Refresh Green  
Apple  
Drinks Range**

**Size:** 500ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Light. Refreshing.  
Zero Sugar and  
Low Calorie.



**Frucor V  
Refresh Green  
Apple  
Lemonade  
Drinks Range**

**Size:** 250ml  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Light. Refreshing.  
Zero Sugar and  
Low Calorie.



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

**Size:** 237ml  
**Sugar per serve:** 0g  
**Protein per serve:**  
**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-long legacy of masterful expertise. Made in



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

**Size:** 237ml  
**Sugar per serve:** 6.3g  
**Protein per serve:**  
**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-long legacy of masterful expertise. Made in



**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

**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.

**Garlos Pies  
Curry Beef Pie  
200g**  
Fresh Food

**Size:** 200g  
**Sugar per serve:**  
1.8g  
**Protein per serve:**  
15.4g  
**Energy per serve:**

Spice up your day with Garlo's Curry Beef Pie, featuring tender beef and a flavorful, mildly spicy curry filling, all wrapped in a golden, flaky pastry. A satisfying and warming meal, perfect for any time of day.



**Garlos Pies  
Lean Beef Pie  
200g**  
Fresh Food

**Size:** 200g  
**Sugar per serve:** 2g  
**Protein per serve:**  
15.6g  
**Energy per serve:**

Enjoy the hearty, savory taste of Garlo's Lean Beef Pie. Made with lean, tender beef and encased in a golden, flaky pastry, this delicious pie is perfect for a satisfying meal or snack.



### Garlos Pies Sausage Roll 200g Fresh Food

**Size:** 200g  
**Sugar per serve:**  
4.6g  
**Protein per serve:**  
13.8g  
**Energy per serve:**

Savor the rich, savory flavor of Garlo's Sausage Roll, made with premium seasoned sausage wrapped in a crisp, flaky pastry. Perfect for a satisfying snack or meal on the go.

### Garlos Pies Spinach and Feta Roll 180g Fresh Food

**Size:** 180g  
**Sugar per serve:**  
3.6g  
**Protein per serve:**  
10.3g  
**Energy per serve:**  
1706 kJ)

Treat yourself to the savory goodness of Garlo's Spinach & Feta Roll. Made with flaky golden pastry and a rich, creamy filling of spinach and feta, it's a satisfying snack or light meal.

### Gatorade - Artic Blitz 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 - Berry 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

### 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 -  
Lemon-Lime**  
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 -  
Orange Ice**  
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 -  
Tropical**  
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 -  
Watermelon  
Chill**  
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 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 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 - Mango**  
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 Lemon Lime**  
Gym Range

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

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



**Gatorade Lemon Lime**  
Drinks Range

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

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



**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 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 - Orange 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 Orange Ice 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.

### 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.

### Glee Blackcurrant Burst Healthy Range

**Size:** 250ml  
**Sugar per serve:**  
26.8g  
**Protein per serve:**  
<1g  
**Energy per serve:**  
468kj

Sparkling Fruit Juice (99% Fruit Juice). Contains natural ingredients.

### Glee Rockin Raspberry Drinks Range



**Size:** 250ml  
**Sugar per serve:**  
26.8g  
**Protein per serve:**  
<1g  
**Energy per serve:**  
468kj

Sparkling Fruit Juice (99% Fruit Juice). Contains natural ingredients.

### Glee Rockin Raspberry Healthy Range



**Size:** 250ml  
**Sugar per serve:**  
26.8g  
**Protein per serve:**  
<1g  
**Energy per serve:**  
468kj

Sparkling Fruit Juice (99% Fruit Juice). Contains natural ingredients.





### Glee Tropical Treat Healthy Range

**Size:** 250ml  
**Sugar per serve:** 26.8g  
**Protein per serve:** <1g  
**Energy per serve:** 468kj

Sparkling Fruit Juice (99% Fruit Juice). Contains natural ingredients.



### Glee Tropical Treat Drinks Range

**Size:** 250ml  
**Sugar per serve:** 26.8g  
**Protein per serve:** <1g  
**Energy per serve:** 468kj

Sparkling Fruit Juice (99% Fruit Juice). Contains natural ingredients.



### 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 BodiesSource 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:** 6.2g  
**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 BodiesSource of Fibre. Source of Vit B3 Niacin. 20% RDI of Magnesium. Source of Protein. Low in Sodium. Brain



### Gourmet Grocer Tuna with Crackers Thai Sweet Chilli Snack

**Size:** 112g  
**Sugar per serve:** 3.1g  
**Protein per serve:** 22g  
**Energy per serve:** 931kj

Tuna meal.



### Gourmet Grocer Tuna with Mayo Cracked Pepper Snack

**Size:** 112g  
**Sugar per serve:** 3g  
**Protein per serve:** 19.2g  
**Energy per serve:** 943kj

Tuna meal.



### Ham Cheese and Tomato Sandwich 160g Fresh Food

**Size:** 160g  
**Sugar per serve:** 4.6g  
**Protein per serve:** 13.4g  
**Energy per serve:** 1432kj

Savor the classic combination of ham, cheese, and tomato in this delicious sandwich. Made with fresh ingredients and nestled between soft, fluffy bread, it's the perfect grab-and-go meal for any time of day.



### Harvest Box - Apple Tart Healthy Range

**Size:** 45g  
**Sugar per serve:** 14.7g  
**Protein per serve:** 6.3g  
**Energy per serve:** 861kj

Peanuts, cranberries, cashews and apple are the only ingredients in this lustre-boosting, totally-good-for-you, simply delicious mix.



### Harvest Box - Satay Crunch Healthy Range

**Size:** 45g  
**Sugar per serve:** 3.2g  
**Protein per serve:** 9.2g  
**Energy per serve:** 1043kj

Satay flavoured cashews, almonds and peanuts.



### Harvest Box - Spiced Up Healthy Range

**Size:** 45g  
**Sugar per serve:** 2.4g  
**Protein per serve:** 7.6g  
**Energy per serve:** 915kj

Rosemary, garlic, roasted nuts and seeds.



### Harvest Box - We Love Nuts Healthy Range

**Size:** 45g  
**Sugar per serve:** 2.4g  
**Protein per serve:** 9.7g  
**Energy per serve:** 1210kj

Cashews, brazil nuts, almonds and peanuts.



### 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.



### International Protein - Amino Recovery - Watermelon Gym Range

**Size:** 320g  
**Sugar per serve:** 7.4g  
**Protein per serve:** 7.4g  
**Energy per serve:**

During and post-workout formulation to help achieve the fastest recovery after intense aerobic or heavy anaerobic training, while achieving muscle synthesis and reduced muscle soreness.



### International Protein - Brutal Energy - Passionfruit Gym Range

**Size:** 250g  
**Sugar per serve:** 5.6g  
**Protein per serve:** 5.6g  
**Energy per serve:**

Brutal Energy High-Stim pre-workout is formulated with ingredients that provide mental and physical energy for any type of workout.



### International Protein - Brutal Pump - Raspberry & Lemonade Gym Range

**Size:** 250g  
**Sugar per serve:** 3g  
**Protein per serve:** 3g  
**Energy per serve:**

Brutal Pump Pre-workout is designed for those who need that skin splitting, muscle -swollen, totally pumped feeling as part of their anaerobic workout.

### JC Energy Mix Snack

**Size:** 45g  
**Sugar per serve:** 12.8g  
**Protein per serve:** 3g  
**Energy per serve:** 618kj

Only the finest quality nuts and dried fruits. The highest grade of nuts and fruits is sourced directly from quality approved growers. This ensures a superior product with optimal

### 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 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!

### JC Natural Almond Snack

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



A great healthy and vegan snack that is also dairy free, gluten free, made in Australia, with no added sugar and a single ingredient – crunchy almonds.

### 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.

### 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.

### JC's Revive Mix Snack

**Size:** 30g  
**Sugar per serve:** 13g  
**Protein per serve:** 2g  
**Energy per serve:** 493kj



This J.C.'S Quality Foods Revive Mix contains an assortment of almonds, apricots, pepitas and sultanas making them a tasty treat

### 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.



### 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!



### 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



### 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 free



### Kirks Creaming Soda Drinks Range

**Size:** 375ml  
**Sugar per serve:** 38.3g  
**Protein per serve:** 0g  
**Energy per serve:** 660kj

Kirks Creaming Soda ain't just any creaming soda, this is Kirks with no artificial colours and flavours.





### Kirks Creaming Soda Zero Sugar Drinks Range

**Size:** 375ml  
**Sugar per serve:** 0g  
**Protein per serve:** 0.2g  
**Energy per serve:** 9.2kj

Kirks Sugar-Free Creaming Soda is a flavoured soft drink, made in Australia with no sugar, no artificial colours and flavours.



### 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



### Koala Popcorn BBQ Healthy Range

**Size:** 25g  
**Sugar per serve:** 0.18g  
**Protein per serve:** 2.38g  
**Energy per serve:** 415kj

Koala Popcorn uses only all natural flavours, it is gluten free, air popped and has no animal products.



### Koala Popcorn Chicken Healthy Range

**Size:** 25g  
**Sugar per serve:** 0.18g  
**Protein per serve:** 2.38g  
**Energy per serve:** 415kj

Koala Popcorn uses only all natural flavours, it is gluten free, air popped and has no animal products.



### Koala Popcorn Salted Healthy Range

**Size:** 25g  
**Sugar per serve:** 0.18g  
**Protein per serve:** 2.38g  
**Energy per serve:** 415kj

Koala Popcorn uses only all natural flavours, it is gluten free, air popped and has no animal products.



### Koala Popcorn Sweet and Salty Healthy Range

**Size:** 25g  
**Sugar per serve:** 0.18g  
**Protein per serve:** 2.38g  
**Energy per serve:** 415kj

Koala Popcorn uses only all natural flavours, it is gluten free, air popped and has no animal products.





### Koala Popcorn Sweet Chilli Healthy Range

**Size:** 25g  
**Sugar per serve:**  
0.18g  
**Protein per serve:**  
2.38g  
**Energy per serve:**  
415kj

Koala Popcorn uses only all natural flavours, it is gluten free, air popped and has no animal products.



### Kombucha Apple Crisp Drinks Range

**Size:** 250ml  
**Sugar per serve:** 0g  
**Protein per serve:**  
0.8g  
**Energy per serve:**  
73kj

If you love apple juice or cider but want to skip the sugar and/or booze bloat, Apple Crisp should float your boat. Fresh and fruity, subtly sweet and delightfully dry. Tart and crisp.



### Kombucha Cherry Plum Drinks Range

**Size:** 250ml  
**Sugar per serve:** 0g  
**Protein per serve:**  
0.8g  
**Energy per serve:**  
73kj

Red cherries + Kakadu plum. A taste bud tango. Ripe for the drinking. Forget the cherry on top, Remedy Kombucha have packed the flavour of a whole punnet of them inside.



### Kombucha Ginger & Lemon Drinks Range

**Size:** 250ml  
**Sugar per serve:** 0g  
**Protein per serve:**  
0.8g  
**Energy per serve:**  
73kj

Familiar yet new; a classic with a twist; a no-sugar (naturally), guilt-free take on ginger beer. Hot and sour, fiery and tangy. The perfect tummy-tamer.



### Kombucha Lemon, Lime & Mint Drinks Range

**Size:** 250ml  
**Sugar per serve:** 0g  
**Protein per serve:**  
0.8g  
**Energy per serve:**  
73kj

Old fashioned tangy goodness with a fresh twist. A citrus circus. Consider your thirst quenched.



### Kombucha Peach Drinks Range

**Size:** 250ml  
**Sugar per serve:** 0g  
**Protein per serve:**  
0.8g  
**Energy per serve:**  
73kj

Delicately luscious, fizzy and refreshing, this kombucha concoction pairs the real taste of ripe peach with just the right balance of sweet and sour.



### **Kombucha Raspberry & Lemonade** Drinks Range

**Size:** 250ml  
**Sugar per serve:** 0g  
**Protein per serve:** 0.8g  
**Energy per serve:** 73kj

A grown-up, guilt-free take on a childhood classic. No sugar. No nasties. Just lip-smacking gut-loving goodness in a bottle.



### **Lavazza Aroma Top** Coffee Consumables

**Size:** 1 Kg  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

A 100% Arabica blend from coffee plantations in Central and South America. Ideal for those who love a light drip coffee, savour a fragrant cup of coffee with a delicate flavor.



### **Lavazza Crema Classica** Coffee Consumables

**Size:** 1 Kg  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

A rich and balanced coffee blend with a spicy dark chocolate aroma for a creamy espresso.



### **Lavazza Gusto Pieno** Coffee Consumables

**Size:** 1 Kg  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

A blend with an intense aroma and compact crema.



### **Lavazza Skim Milk Powder** Coffee Consumables

**Size:** 500g  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**



### **Lifestyle Nut Cracker Nibbles** Healthy Range

**Size:** 34g  
**Sugar per serve:** 1g  
**Protein per serve:** 2.6g  
**Energy per serve:** 481kj

The versatile snack. Mixed Nibbles is 98% fat free cholesterol free.



**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:**  
**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



**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.



**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.

### 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.

### 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 Maltesers Teasers Bar Confectionery

**Size:** 35g  
**Sugar per serve:** 19.5g  
**Protein per serve:** 2.5g  
**Energy per serve:** 789kj



Crunchy little Maltesers pieces floating in creamy milk chocolate, what a little tease.

### 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 Twix Confectionery

**Size:** 50g  
**Sugar per serve:** 24.5g  
**Protein per serve:** 2.2g  
**Energy per serve:** 1050kj



The perfect mix of milk chocolate, caramel and crunchy biscuit all in one chocolate bar.

### Mars-Mars Bar 47gm Confectionery

**Size:** 47g  
**Sugar per serve:** 27.0 g  
**Protein 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

### Mars-Milky Way 45gm Confectionery

**Size:** 45g  
**Sugar per serve:** 12.9 g  
**Protein per serve:**  
**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

### Mentos Fruit Snack

**Size:** 38g  
**Sugar per serve:** 2g  
**Protein per serve:** 0g  
**Energy per serve:** 44kj



Mentos Chewy Mints are offered in several refreshing flavor varieties. Mentos Fruit has a mix of strawberry, orange and lemon.

### Mentos Mint Snack

**Size:** 38g  
**Sugar per serve:** 1.9g  
**Protein per serve:** 0g  
**Energy per serve:** 44kj



Mentos Mint Chewy Dragees.

### Mount Franklin Water Healthy Range

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



A light mineral water sourced from Australia's very own natural springs. Mount Franklin has earned its well-deserved reputation for both its quality and its fresh, natural taste.

### Mount Franklin Water Drinks Range

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



A light mineral water sourced from Australia's very own natural springs. Mount Franklin has earned its well-deserved reputation for both its quality and its fresh, natural taste.

### MRE PROTEIN SHAKE - Blueberry Cobbler 40g Protein Gym Range

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



MRE PROTEIN SHAKE features an ingredient profile of whole food protein sources, containing 40 Grams of Protein with Zero Sugar, Zero Lactose and Gluten Free.





### **MRE PROTEIN SHAKE - Milk Chocolate 40g Protein Gym Range**

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

MRE PROTEIN SHAKE features an ingredient profile of whole food protein sources, containing 40 Grams of Protein with Zero Sugar, Zero Lactose and Gluten Free.



### **MRE PROTEIN SHAKE - Salted Caramel 40g Protein Gym Range**

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

MRE PROTEIN SHAKE features an ingredient profile of whole food protein sources, containing 40 Grams of Protein with Zero Sugar, Zero Lactose and Gluten Free.



### **MRE PROTEIN SHAKE - Strawberry Shortcake 40g Protein Gym Range**

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

MRE PROTEIN SHAKE features an ingredient profile of whole food protein sources, containing 40 Grams of Protein with Zero Sugar, Zero Lactose and Gluten Free.



### **MRE PROTEIN SHAKE - Vanilla Milkshake 40g Protein Gym Range**

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

MRE PROTEIN SHAKE features an ingredient profile of whole food protein sources, containing 40 Grams of Protein with Zero Sugar, Zero Lactose and Gluten Free.



### **Mrs Higgins Chunky Choc Chip 100gm Confectionery**

**Size:** 40g  
**Sugar per serve:** 13.5g  
**Protein per serve:** 1.7g  
**Energy per serve:** 790kj

American style soft and chewy cookies in a range of sizes.



### **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.



### **Musashi - Chocolate Protein Wafer Gym Range**

**Size:** 40g  
**Sugar per serve:**  
**Protein per serve:**  
11g  
**Energy per serve:**

Musashi Protein Wafer bars are 4 layers of crisp wafer layered with a smooth next generation WPC protein cream filling & enrobed with high protein chocolate. They contain 2.4g BCAAs, Protein cream filling,

### **Musashi - Deluxe Protein Peanut Crunch Flavour Gym Range**

**Size:** 60g  
**Sugar per serve:**  
**Protein per serve:**  
22g  
**Energy per serve:**

Great for when you need your protein hit post workout or as easy protein snack on-the-go.



### **Musashi - High Protein Dark Choc Salted Caramel Gym Range**

**Size:** 90g  
**Sugar per serve:**  
**Protein per serve:**  
45g  
**Energy per serve:**

Great for when you need your protein hit post-workout, or as a powerful nutritious snack on-the-go.



### **Musashi - High Protein Milk Chocolate Brownie Gym Range**

**Size:** 90g  
**Sugar per serve:**  
**Protein per serve:**  
45g  
**Energy per serve:**

Great for when you need your protein hit post-workout, or as a powerful nutritious snack on-the-go.



### **Musashi - Protein Crisp Choc Peanut Gym Range**

**Size:** 60g  
**Sugar per serve:**  
**Protein per serve:**  
20g  
**Energy per serve:**

Protein Crisp is Musashi's best-ever tasting protein bar. Great for when you need your protein hit post-workout, or as an easy performance on the go solution.



### Musashi - Protein Crisp Dark Choc Mint Gym Range

**Size:** 60g  
**Sugar per serve:**  
**Protein per serve:**  
20g  
**Energy per serve:**



Protein Crisp is Musashi's best-ever tasting protein bar. Great for when you need your protein hit post-workout, or as an easy performance on the go solution.

### Musashi - Protein Crisp Vanilla Caramel Gym Range

**Size:** 60g  
**Sugar per serve:**  
**Protein per serve:**  
20g  
**Energy per serve:**



Protein Crisp is Musashi's best-ever tasting protein bar. Great for when you need your protein hit post-workout, or as an easy performance on the go solution.

### Musashi - Protein Wafer Vanilla Gym Range

**Size:** 40g  
**Sugar per serve:**  
**Protein per serve:**  
11g  
**Energy per serve:**



Musashi Protein Wafer bars are 4 layers of crisp wafer layered with a smooth next generation WPC protein cream filling & enrobed with high protein chocolate. They contain 2.4g BCAAs, Protein cream filling,

### Musashi Deluxe Protein Bar Gym Range

**Size:** 60g  
**Sugar per serve:**  
**Protein per serve:**  
20g  
**Energy per serve:**



Great for when you need your protein hit post workout or as an easy protein snack on-the-go.

### Musashi High Protein Bar Gym Range

**Size:** 90g  
**Sugar per serve:**  
**Protein per serve:**  
45g  
**Energy per serve:**



This bar packs 45g of protein with less than 4g of carbs in a convenient, delicious chocolate coated bar with a flavoured centret.

### Musashi Muscle Recovery Shake Gym Range

**Size:** 375mL  
**Sugar per serve:**  
**Protein per serve:**  
30g  
**Energy per serve:**



Formulated with 30g protein to support muscle growth and repair, plus carbohydrates and added BCAAs.



## Musashi Protein Coffee Shake

Gym Range

**Size:** 375mL  
**Sugar per serve:**  
**Protein per serve:** 31g  
**Energy per serve:**

This blend of quality proteins and pure coffee bean extract is an easy way to boost your protein intake and help repair muscle.



## Musashi Protein Vanilla Shake

Gym Range

**Size:** 375mL  
**Sugar per serve:**  
**Protein per serve:** 30.7g  
**Energy per serve:**

This blend of quality proteins and pure vanilla extract is an easy way to boost your protein intake and help repair muscle.



## Musashi Shred & Burn Shake

Gym Range

**Size:** 375mL  
**Sugar per serve:**  
**Protein per serve:** 30g  
**Energy per serve:**

Formulated with 30g protein for muscle growth and enhanced with Carnitine and green tea extract.



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

Healthy Options

**Size:** 92g  
**Sugar per serve:** 13.6g  
**Protein per serve:**  
**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



## N.O. Ignition

Gym Range

**Size:** 250g  
**Sugar per serve:**  
**Protein per serve:** 3.6g  
**Energy per serve:**

An advanced, high potency, pre-workout formulation to help optimize blood flow and intensify strength, endurance and focus in every training session or competitive bout.



## Natural Confectionery Co.-Party Mix 180gm

Confectionery

**Size:** 180g  
**Sugar per serve:** 11.7g  
**Protein per serve:**  
**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



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

**Size:** 200g  
**Sugar per serve:**  
11.6g  
**Protein per serve:**  
**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



**Nestle Aero  
Chocolate  
Confectionery**

**Size:** 40g  
**Sugar per serve:**  
10.9g  
**Protein per serve:**  
1.6g  
**Energy per serve:**  
450kj

Bubbles of milk chocolate covered with smooth milk chocolate, free from artificial colours, with 2 serves per bar.



**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 Chokito  
Confectionery**

**Size:** 55g  
**Sugar per serve:**  
32.3g  
**Protein per serve:**  
3g  
**Energy per serve:**  
1080kj

Chewy caramel fudge, crunchy balls and loads of chocolate. With UTZ certified sustainable cocoa.



**Nestle Crunch  
Confectionery**

**Size:** 45g  
**Sugar per serve:**  
23.9g  
**Protein per serve:**  
3.2g  
**Energy per serve:**  
980kj

Rice crisps covered in smooth milk chocolate, free from artificial colours. With UTZ certified sustainable cocoa.



**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.

### 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

### Nippy's - Iced Honeycomb Healthy Range

**Size:**  
**Sugar per serve:**  
7.2g  
**Protein per serve:**  
2.7g  
**Energy per serve:**  
243kj

### 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.

### 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.



### 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.

### Nobby's Beef Jerky Original Snack

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

Nobby's Beef  
Jerky, relaxing on  
your own,  
entertaining  
friends, or having  
a drink – it's  
always great to  
have some  
Nobby's. Our  
range has



### 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.

### Nobby's Salted Beernuts Snack

**Size:** 50g  
**Sugar per serve:**  
2.4g  
**Protein per serve:**  
13.9g  
**Energy per serve:**  
1290kj

Nobby's salted  
beer nuts.



### Nutty Squirrel Blueberry Trail Mix Healthy Range

**Size:** 42g  
**Sugar per serve:**  
5.6g  
**Protein per serve:**  
6.7g  
**Energy per serve:**  
907kj

Nothing but the finest  
mix of roasted nuts,  
delicious dried fruits  
& Belgian chocolate.







### **Nutty Squirrel Cranberry Trail Mix** Healthy Range

**Size:** 42g  
**Sugar per serve:**  
8.9g  
**Protein per serve:**  
5.5g  
**Energy per serve:**  
855kj

Nothing but the finest mix of Cranberries, roasted nuts, delicious dried fruits & Belgian chocolate.



### **Nutty Squirrel Roasted Cashews** Healthy Range

**Size:** 42g  
**Sugar per serve:** 2g  
**Protein per serve:**  
7.3g  
**Energy per serve:**  
889kj

Nothing but the finest selection of beautifully dry roasted cashew nuts.



### **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



### **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



### **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 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 Amino Energy - Sparkling Cherry**  
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 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 Peach Belini**  
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 Green Apple**  
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 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



**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 - 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



**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 50 - Banana  
Gym Range**

**Size:** 508ml  
**Sugar per serve:**  
**Protein per serve:**  
50g  
**Energy per serve:**

This delicious thick & creamy shake leaves plenty of room for 50 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 50 -  
Chocolate  
Gym Range**

**Size:** 508ml  
**Sugar per serve:**  
**Protein per serve:**  
50g  
**Energy per serve:**

This delicious thick & creamy shake leaves plenty of room for 50 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 50 - Vanilla  
Gym Range**

**Size:** 508ml  
**Sugar per serve:**  
**Protein per serve:**  
50g  
**Energy per serve:**

This delicious thick & creamy shake leaves plenty of room for 50 grams of milk and whey proteins teeming with naturally occurring Essential Amino Acids & BCAA's. That's how Optimum Nutrition helps



**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.



### **Palmolive roll on deodorant** **End of Trip**

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

Deodorant from Palmolive with natural Aloe Vera soothes and protects your sensitive skin.



### **Pepsi Max Vanilla** **Drinks Range**

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

The sugar-free version of Pepsi can now be purchased with a hint of vanilla



### **Piranha Cashew Multigrain Soy Snack**

**Size:** 80g  
**Sugar per serve:** 1.7g  
**Protein per serve:** 2.4g  
**Energy per serve:** 621kj

Gluten free, no added MSG and no artificial flavours. Cooked in sunflower oil, no artificial colours, no preservatives, 100 million live & active probiotics and FODMAP



### **Piranha Power Pack - BBQ** **Healthy Range**

**Size:** 50g  
**Sugar per serve:** 2.6g  
**Protein per serve:** 7.3g  
**Energy per serve:** 1125kj

Piranha Power Pack BBQ is a healthy vegan snack that contains a mixture of nuts, seeds, soy crisps, spices and more!



### **Piranha Power Pack - Cashew Blend** **Healthy Range**

**Size:** 50g  
**Sugar per serve:** 2.8g  
**Protein per serve:** 8.7g  
**Energy per serve:** 1170kj

Piranha Power Pack Cashew Blend healthy snack made with nuts, seeds, soy crisps, spices and more!



### **Piranha Power Pack - Sea Salt** **Healthy Range**

**Size:** 50g  
**Sugar per serve:** 2.8g  
**Protein per serve:** 7.2g  
**Energy per serve:** 1125kj

Piranha Power Pack Sea Salt is a healthy mix of nuts, seeds, soy crisps, spices and more!

### Piranha Power Pack - Summer Herbs Healthy Range

**Size:** 50g  
**Sugar per serve:** 2.5g  
**Protein per serve:** 7.3g  
**Energy per serve:** 1120kj

Piranha Power Pack Summer Herbs is a delicious healthy snack and contains mixed nuts, seeds and soy crisps.

### Piranha Power Pack - Sweet Chilli & Lime Healthy Range

**Size:** 50g  
**Sugar per serve:** 2.5g  
**Protein per serve:** 7.3g  
**Energy per serve:** 1125kj

Piranha Power Pack Sweet Chilli Lime is a yummy healthy snack on the go. It contains a mixture of nuts, seeds, soy crisps, sweet chilli natural flavour, and more!

### Piranha Snaps Light & Tangy Salsa Snack

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

Delicious Light & Tangy flavour plus probiotics to keep your gut health in check.

### Piranha Snaps Oregano & Thyme Snack

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

Enjoy the flavorful crunch of Piranha Snaps in Oregano Thyme. Offers a delightful blend of herbs in every bite, perfect for savory snacking on the go or anytime enjoyment.

### Piranha Snaps Smokehouse BBQ Snack

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

A light and healthier potato, Rice and Pumpkin savoury chip that all the family will enjoy.

### Pure Pro 200 Shots - Berry Burst Gym Range

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

Supercharge your workouts with an intense burst of energy thanks to Optimum Nutrition's compressed, ready-to-drink and undeniably delicious pre-workout, Pure Pre





### Pure Pro 200 Shots - 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. They are developed to get the maximum results out of your training.



### Raw C - Coconut Water Straight Up Drinks Range

**Size:** 325ml  
**Sugar per serve:** 13g  
**Protein per serve:** <1g  
**Energy per serve:** 322Kj

Coconut Water by Raw C is pure hydration, keeps potassium levels up, healthy vitamins and minerals, and with a great PH balance.



### Raw C - Sparkling Blueberry & Pomegranate Coconut Water Drinks Range

**Size:** 400ml  
**Sugar per serve:** 18.4g  
**Protein per serve:** <1g  
**Energy per serve:** 396kj

Packed with essential electrolytes, rich in potassium, low in calories and full of antioxidants.



### Raw C - Sparkling Coconut Water Straight Up Drinks Range

**Size:** 400ml  
**Sugar per serve:** 18g  
**Protein per serve:** <1g  
**Energy per serve:** 384kj

Packed with essential electrolytes, rich in potassium, low in calories and full of antioxidants.



### Raw C - Sparkling Mango Coconut Water Drinks Range

**Size:** 400ml  
**Sugar per serve:** 18.4g  
**Protein per serve:** <1g  
**Energy per serve:** 396kj

Packed with essential electrolytes, rich in potassium, low in calories and full of antioxidants.



### Raw C - Sparkling Watermelon & Lime Coconut Water Drinks Range

**Size:** 400ml  
**Sugar per serve:** 18.4g  
**Protein per serve:** <1g  
**Energy per serve:** 392kj

Packed with essential electrolytes, rich in potassium, low in calories and full of antioxidants.



### 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.



### Red Rock Deli - Sea salt Snack

**Size:** 45g  
**Sugar per serve:**  
0.3g  
**Protein per serve:**  
2.2g  
**Energy per serve:**  
573kj

Red Rock Sea Salt, our fascination for flavour begins with the finest Australian potatoes.



### Ribena Drinks Range

**Size:** 250ml  
**Sugar per serve:**  
25.8g  
**Protein per serve:**  
<1g  
**Energy per serve:**  
445kj

Ribena contains real fruit juice, no artificial colours, no artificial flavours and is rich in Vitamin C.



### Samboy Atomic Tomato Snack

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

The crinkle cut chip bursting with tomato flavour. These light, airy and irresistibly tasty chips are the ideal crisps for lunch and snacking.



### Samboy BBQ Snack

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

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 Chicken Snack

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

A mega Chicken hit on a crunchy crinkle chip! Chomp on the seasoned chicken taste delivered in every crinkle cut chip. A charge of chicken in every crunch!



### Samboy Salt and Vinegar Snack

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

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

### Sandwich Bacon & Egg Fresh Food

**Size:** 140g  
**Sugar per serve:** 4.12g  
**Protein per serve:** 21.04g  
**Energy per serve:** 1622kj

Start your day with the delicious combination of crispy bacon and a perfectly cooked egg, all sandwiched between soft, fresh bread. A satisfying and savory meal that's perfect for breakfast or a quick snack.



### Sandwich Cheese & Tomato Fresh Food

**Size:** 134g  
**Sugar per serve:** 2.33g  
**Protein per serve:** 10.11g  
**Energy per serve:** 1085kj

Savor the simple yet delicious combination of creamy cheese and juicy tomato, all nestled between soft, fresh bread. A light and satisfying snack or meal, perfect for any time of day.

### Sandwich Chicken and Avo Fresh Food

**Size:** 150g  
**Sugar per serve:** 2.80g  
**Protein per serve:** 18.9g  
**Energy per serve:** 1556kj

Enjoy the creamy goodness of avocado paired with tender, juicy chicken in our Chicken & Avo Sandwich. Freshly made with soft bread, crisp lettuce, and a delicious combination of flavors, it's a satisfying meal or snack.



### Sandwich Chicken BLT Fresh Food

**Size:** 146g  
**Sugar per serve:** 5.41g  
**Protein per serve:** 31.02g  
**Energy per serve:** 2295kj

Savor the perfect blend of flavors with our Chicken BLT Sandwich. Tender chicken, crispy bacon, fresh lettuce, and juicy tomato are all stacked between soft, fresh bread for a satisfying and delicious meal.

### Sandwich Classic Triple Fresh Food

**Size:** 213g  
**Sugar per serve:**  
4.60g  
**Protein per serve:**  
24.3g  
**Energy per serve:**  
2250kj

Enjoy the timeless combination of ham, cheese, and fresh salad in our Classic Triple Sandwich. With layers of delicious fillings between three slices of soft bread, it's a satisfying and hearty meal for any time of day.

### Sandwich Curried Egg Fresh Food

**Size:** 165g  
**Sugar per serve:**  
3.10g  
**Protein per serve:**  
14.90g  
**Energy per serve:**  
1678g

Enjoy the creamy, spiced goodness of our Curried Egg Sandwich. With a flavorful curried egg filling, crisp lettuce, and soft bread, this sandwich is a deliciously satisfying snack or meal.

### Sandwich Ham & Pickle Fresh Food

**Size:** 150g  
**Sugar per serve:**  
4.6 g  
**Protein per serve:**  
17.2 g  
**Energy per serve:**  
1720 kj

Delight in the classic combination of savory ham and tangy pickles, all nestled between soft, fresh bread. A simple yet satisfying sandwich that's perfect for any time of day.

### Sandwich Roast Beef & Tomato Chilli Relish Fresh Food

**Size:** 160g  
**Sugar per serve:**  
6.39g  
**Protein per serve:**  
21.79g  
**Energy per serve:**  
1572kj

Indulge in the savory flavors of tender roast beef, juicy tomato, and a tangy kick of chili relish, all wrapped in soft, fresh bread. A bold and satisfying sandwich for those who love a little heat with their meal.

### Savvy Brain Boost – Lemon Lime Healthy Range

**Size:** 330ml  
**Sugar per serve:**  
**Protein per serve:**  
<0.1g  
**Energy per serve:**

The Drink That Makes You Think. Savvy was crafted by nutritionists, using 13 premium ingredients that sharpen the mind, boost mood & reduce stress. Australia's 1<sup>st</sup> brain boosting drink with benefits you can

### Savvy Brain Boost – Lemon Lime Gym Range

**Size:** 330ml  
**Sugar per serve:**  
**Protein per serve:**  
<0.1g  
**Energy per serve:**

The Drink That Makes You Think. Savvy was crafted by nutritionists, using 13 premium ingredients that sharpen the mind, boost mood & reduce stress. Australia's 1<sup>st</sup> brain boosting drink with benefits you can



### Savvy Brain Boost – Summer Fruits Gym Range

**Size:** 330ml  
**Sugar per serve:**  
**Protein per serve:** <0.1g  
**Energy per serve:**

The Drink That Makes You Think. Savvy was crafted by nutritionists, using 13 premium ingredients that sharpen the mind, boost mood & reduce stress. Australia's 1<sup>st</sup> brain boosting drink with benefits you can



### Savvy Brain Boost – Summer Fruits Healthy Range

**Size:** 330ml  
**Sugar per serve:**  
**Protein per serve:** <0.1g  
**Energy per serve:**

The Drink That Makes You Think. Savvy was crafted by nutritionists, using 13 premium ingredients that sharpen the mind, boost mood & reduce stress. Australia's 1<sup>st</sup> brain boosting drink with benefits you can



### Schweppes 7Up 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



### 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 Lemonade Zero Sugar Drinks Range

**Size:** 375ml  
**Sugar per serve:** 0g  
**Protein per serve:** 0g  
**Energy per serve:** 21kj

A bespoke combination of lemon and lime oils, blended perfectly at four degrees Celsius to create a crisp, clean taste, without the calories.



### Schweppes Mineral Water Lemon Lime Drinks Range

**Size:** 375ml  
**Sugar per serve:** 42g  
**Protein per serve:** 0g  
**Energy per serve:** 728kj

Water sourced from the finest Australia springs and add 5% real, zesty Lemon and Lime juices to create this mineral water. No added artificial colours or flavours – so you can enjoy it without the guilt.





**Schweppes**  
**Mineral Water**  
**Orange Mango**  
Drinks Range

**Size:** 375ml  
**Sugar per serve:** 25.9g  
**Protein per serve:** 0g  
**Energy per serve:** 458kj

Water sourced from the finest Australia springs with natural colours and flavours; naturally sweetened; 50% less sugar so you can enjoy it without the guilt.



**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**  
Drinks Range

**Size:** 600ml  
**Sugar per serve:** 44.5g  
**Protein per serve:** 0g  
**Energy per serve:** 712kj

Pepsi Cola is one of the most recognisable and loved brands in Australia and around the world.



**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.



**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:** 600ml  
**Sugar per serve:** 69g  
**Protein per serve:** 0.3g  
**Energy per serve:** 1200kJ

Solo Original Lemon contains 5% crushed lemons and no artificial colours and flavours.



**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-All Press Espresso Iced Black 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 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 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.



### 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-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-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



**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:**

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 -  
Blood Orange &  
Man 375ml Can**  
Carbonated  
Beverages

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

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 -  
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



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

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

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



**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 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



**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



**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



### 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 Vanilla flavour. Pepsi Max No

### 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

### 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 - Cheese Onion Snack

**Size:** 45g

**Sugar per serve:**

1.4g

**Protein per serve:**

3.3g

**Energy per serve:**

1020kj

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

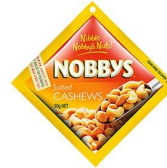




### Smiths - Chicken Snack

**Size:** 45g  
**Sugar per serve:**  
1.2g  
**Protein per serve:**  
3.1g  
**Energy per serve:**  
1010kj

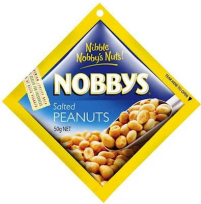
At Smith's, we believe the simple things in life are the best. Just like our Crinkle Cut Chips.



### 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.



### Smiths - Original Snack

**Size:** 45g  
**Sugar per serve:**  
0.4g  
**Protein per serve:**  
3g  
**Energy per serve:**  
1030kj

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.



### 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!



**Smiths  
Grainwaves -  
Sour Cream  
and Chives 40g  
Snack**

**Size:** 40g  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Sour Cream & Chives Grain Waves is one of Australia's favorite snacks with 25% less fat (great source of whole grains).



**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



**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 Smith's 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 that Thins

### Southern Star - 50cm Universal bike tube End of Trip

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



Keep up the maintenance of your bicycles with this premium quality bike tube, which offers a universal fit.

### Southern Star - Multi function tool End of Trip

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



A accessory for cycling enthusiasts, this multi-function bike tool is a must have for regular maintenance and emergency repairs.

### 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.

### 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.



### Suimin - Mi Gerong Noodle Cup Snack

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



### Sunibrite Yoghurt - Apricot Slice Snack

**Size:** 80g  
**Sugar per serve:**  
30.2g  
**Protein per serve:**  
4.5g  
**Energy per serve:**  
1610kj

Sunibrite apricot  
& muesli yoghurt  
coated slice.



### Sunibrite Yoghurt - Strawberry Slice Snack

**Size:** 80g  
**Sugar per serve:**  
30.3g  
**Protein per serve:**  
4.7g  
**Energy per serve:**  
1580kj

Sunibrite  
strawberry &  
muesli yoghurt  
coated slice.

### Supa Essentials - Apple Healthy Range

**Size:** 350ml  
**Sugar per serve:**  
30.6g  
**Protein per serve:**  
<1g  
**Energy per serve:**  
727kj

Each 350mL bottle  
contains the  
equivalent of at least  
2.5 serves of fruit and  
25% of your daily  
requirement of  
vitamin C and fibre.

### Supa Essentials - Berry Oxidant Healthy Range

**Size:** 350ml  
**Sugar per serve:**  
30.5g  
**Protein per serve:**  
<1g  
**Energy per serve:**  
737kj

Each 350mL bottle  
contains the  
equivalent of at least  
2.5 serves of fruit and  
25% of your daily  
requirement of  
vitamin C and fibre.

### Supa Essentials - Coco Power Healthy Range

**Size:** 350ml  
**Sugar per serve:**  
27.6g  
**Protein per serve:**  
<1g  
**Energy per serve:**  
696kj

Each 350mL bottle  
contains the  
equivalent of at least  
2.5 serves of fruit and  
25% of your daily  
requirement of  
vitamin C and fibre.

### Supa Essentials - Green Recharge Healthy Range

**Size:** 350ml  
**Sugar per serve:**  
29.8g  
**Protein per serve:**  
<1g  
**Energy per serve:**  
721kj

Each 350mL bottle contains the equivalent of at least 2.5 serves of fruit and 25% of your daily requirement of vitamin C and fibre.

### Supa Essentials - Mango Magic Healthy Range

**Size:** 350ml  
**Sugar per serve:**  
25.3g  
**Protein per serve:**  
1.3g  
**Energy per serve:**  
645kj

Each 350mL bottle contains the equivalent of at least 2.5 serves of fruit and 25% of your daily requirement of vitamin C and fibre.

### Supa Essentials - Orange Healthy Range

**Size:** 350ml  
**Sugar per serve:**  
24.6g  
**Protein per serve:**  
1.3g  
**Energy per serve:**  
613kj

Each 350mL bottle contains the equivalent of at least 2.5 serves of fruit and 25% of your daily requirement of Vitamin C and Fibre.

### Sweet Chilli Chicken Wrap 170g Fresh Food

**Size:** 170g  
**Sugar per serve:**  
24.7g  
**Protein per serve:**  
15.6g  
**Energy per serve:**  
1430kj

Enjoy the perfect balance of flavors with our Sweet Chilli Chicken Wrap. Tender chicken, fresh vegetables, and a zesty sweet chilli sauce, all wrapped in a soft tortilla for a delicious, convenient meal on the go.



### Sweetcraft Aloe Vera Drinks Range

**Size:** 500ml  
**Sugar per serve:**  
22g  
**Protein per serve:**  
0g  
**Energy per serve:**  
385kj

GreenTime's line of aloe vera infused drinks is made from juice and inner pulp straight from the aloe vera leaf. Refreshing, natural and nutritious.



### Switch Nutrition Adrenal - Black Current Apple Gym Range

**Size:** 6g  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Adrenal Switch is quickly becoming Australia's #1 selling vegan magnesium support formula. It is designed to SWITCH OFF your stress and SWITCH ON your recovery with the perfect combination of





**Switch  
Nutrition  
Adrenal - Choc  
Mint  
Gym Range**

**Size:** 6g  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Adrenal Switch is quickly becoming Australia's #1 selling vegan magnesium support formula. It is designed to SWITCH OFF your stress and SWITCH ON your recovery with the perfect combination of



**Switch  
Nutrition  
Adrenal -  
Chocolate  
Gym Range**

**Size:** 6g  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Adrenal Switch is quickly becoming Australia's #1 selling vegan magnesium support formula. It is designed to SWITCH OFF your stress and SWITCH ON your recovery with the perfect combination of



**Switch  
Nutrition  
Adrenal -  
Mango  
Gym Range**

**Size:** 6g  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Adrenal Switch is quickly becoming Australia's #1 selling vegan magnesium support formula. It is designed to SWITCH OFF your stress and SWITCH ON your recovery with the perfect combination of standardised Ashwagandha, bioavailable Magnesium, Zinc, Vitamin B6, naturally occurring L-Theanine,



**Switch  
Nutrition  
Adrenal -  
Peaches  
Gym Range**

**Size:** 6g  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Adrenal Switch is quickly becoming Australia's #1 selling vegan magnesium support formula. It is designed to SWITCH OFF your stress and SWITCH ON your recovery with the perfect combination of standardised Ashwagandha, bioavailable Magnesium, Zinc, Vitamin B6, naturally occurring L-Theanine,



**Switch  
Nutrition  
Adrenal - Salted  
Caramel  
Gym Range**

**Size:** 6g  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Adrenal Switch is quickly becoming Australia's #1 selling vegan magnesium support formula. It is designed to SWITCH OFF your stress and SWITCH ON your recovery with the perfect combination of



**Switch  
Nutrition  
Amino -  
Lemonade  
Gym Range**

**Size:** 7g  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Amino Switch is a vegan friendly, dairy and lactose free protein alternative that contains all 9 Essential Amino Acids (EAA's) in the perfect human ratio. This ratio is designed to help SWITCH ON muscle





**Switch  
Nutrition  
Amino -  
Raspberry  
Gym Range**

**Size:** 7g  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

Amino Switch is a vegan friendly, dairy and lactose free protein alternative that contains all 9 Essential Amino Acids (EAA's) in the perfect human ratio. This ratio is designed to help SWITCH ON muscle



**Switch  
Nutrition  
Coffee - Cafe  
Mocha  
Gym Range**

**Size:** 6g  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

COFFEE SWITCH uses carefully selected Colombian Single Origin Arabic Coffee Beans for that premium coffee taste. To help support your fun feels we've added the award winning ingredient EnXtra



**Switch  
Nutrition  
Coffee -  
Espresso  
Gym Range**

**Size:** 6g  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

COFFEE SWITCH uses carefully selected Colombian Single Origin Arabic Coffee Beans for that premium coffee taste. To help support your fun feels we've added the award winning ingredient EnXtra



**Switch  
Nutrition  
Coffee - Naked  
Espresso  
Gym Range**

**Size:** 6g  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

COFFEE SWITCH uses carefully selected Colombian Single Origin Arabic Coffee Beans for that premium coffee taste. To help support your fun feels we've added the award winning ingredient EnXtra



**Switch  
Nutrition Snack  
- Choc Fudge  
Brownie Bar  
Gym Range**

**Size:** 60g  
**Sugar per serve:**  
**Protein per serve:**  
**20g**  
**Energy per serve:**

Snack Switch is a 100% natural, delicious tasting high protein whole food bar the whole family can enjoy. It's Gluten & Dairy Free with added gut friendly organic prebiotic fibre. Snack Switch utilises the highest quality Organic Pea and Faba Protein, with the addition of naturally fermented L-Glutamine. Snack



**Switch  
Nutrition Snack  
- Choc Peanut  
Butter Bar  
Gym Range**

**Size:** 60g  
**Sugar per serve:**  
**Protein per serve:**  
**20g**  
**Energy per serve:**

Snack Switch is a 100% natural, delicious tasting high protein whole food bar the whole family can enjoy. It's Gluten & Dairy Free with added gut friendly organic prebiotic fibre. Snack Switch utilises the highest quality Organic Pea and Faba Protein, with the addition of naturally fermented L-Glutamine. Snack



### Switch Nutrition Snack - Chock Berry Ripe Bar Gym Range

**Size:** 60g  
**Sugar per serve:**  
**Protein per serve:**  
20g  
**Energy per serve:**

Snack Switch is a 100% natural, delicious tasting high protein whole food bar the whole family can enjoy. It's Gluten & Dairy Free with added gut friendly organic prebiotic fibre. Snack Switch utilises the



### Sydney Nut Sweet - Almond Cashew Cranberry Healthy Range

**Size:** 40g  
**Sugar per serve:**  
11.5g  
**Protein per serve:**  
4.8g  
**Energy per serve:**  
900kj

Almond, cashew and cranberry snack.



### Sydney Nut Sweet - BBQ Toasty Corn Healthy Range

**Size:** 50g  
**Sugar per serve:** 0g  
**Protein per serve:**  
5.2g  
**Energy per serve:**  
768kj

BBQ flavoured  
toasted corn.



### Sydney Nut Sweet - Energy Booster Healthy Range

**Size:** 30g  
**Sugar per serve:**  
11.6g  
**Protein per serve:**  
3.3g  
**Energy per serve:**  
593kj

Peanut, paw paw,  
pineapple, raisin,  
sultana, banana and  
almond snack.



### Sydney Nut Sweet - Sweet Chilli Peanuts Healthy Range

**Size:** 40g  
**Sugar per serve:**  
8.1g  
**Protein per serve:**  
9.2g  
**Energy per serve:**  
844kj

Peanut, honey, salt  
and chilli snack.



### TFF Berry Yoghurt Brekky Pot 220g Fresh Food

**Size:** 220g  
**Sugar per serve:**  
24.5g  
**Protein per serve:**  
18.9g  
**Energy per serve:**  
1690kj

Kickstart your day  
with our TFF Berry  
Yoghurt Brekky Pot.  
Creamy, protein-  
packed yoghurt is  
paired with a vibrant  
berry compote and  
crunchy granola for a  
deliciously balanced  
and convenient  
breakfast or snack.

### TFF Chicken Caesar Salad 170g Fresh Food

**Size:** 170g  
**Sugar per serve:** 3.2g  
**Protein per serve:** 16.7g  
**Energy per serve:** 1241kJ

Enjoy the classic flavors of our TFF Chicken Caesar Salad, featuring tender chicken, crisp lettuce, crunchy croutons, and a creamy Caesar dressing. A satisfying and convenient meal, perfect for lunch or a light dinner.



### TFF Egg Pot 80g Fresh Food

**Size:** 80g  
**Sugar per serve:** 10.06g  
**Protein per serve:** 6.3g  
**Energy per serve:** 620kJ

Fuel your day with our TFF Egg Pot—a simple, protein-packed snack featuring perfectly cooked, seasoned eggs. Ideal for a quick bite or a nutritious addition to your meal.



### TFF Fruit Salad Cup 250g Fresh Food

**Size:** 250g  
**Sugar per serve:** 26.92g  
**Protein per serve:** 1.67g  
**Energy per serve:** 228kJ

Refresh and recharge with our TFF Fruit Salad Cup. Packed with a vibrant mix of juicy, freshly cut fruits, it's a naturally sweet and hydrating snack, perfect for any time of day.



### TFF Passionfruit Yoghurt Brekky Pot 220g Fresh Food

**Size:** 220g  
**Sugar per serve:** 24.5g  
**Protein per serve:** 18.9g  
**Energy per serve:** 1690kJ

Start your day right with our TFF Passionfruit Yoghurt Brekky Pot. This creamy, protein-rich yoghurt is layered with tangy passionfruit and crunchy granola for a perfect balance of flavors and textures. Ideal for breakfast on the go or a healthy snack anytime.



### TFF Spinach Fritters 170g (5pcs) Fresh Food

**Size:** 170g  
**Sugar per serve:** 1.2g  
**Protein per serve:** 1.6g  
**Energy per serve:** 393kJ

Enjoy the wholesome goodness of our TFF Spinach Fritters, a crispy and flavorful snack made with fresh spinach and aromatic spices. Each pack contains five fritters, perfect for sharing or enjoying on your own.



### TFF Vegetable Samosa 170g (4pcs) Fresh Food

**Size:** 170g  
**Sugar per serve:** 0.6g  
**Protein per serve:** 2.4g  
**Energy per serve:** 829kJ

Savor the classic taste of our crispy TFF Vegetable Samosas. Each pack includes four golden samosas filled with a flavorful blend of spiced vegetables, perfect as a snack, appetizer, or party treat.



### TFF Vegetarian Pesto Pasta Salad 300g Fresh Food

**Size:** 170g  
**Sugar per serve:** 6.3g  
**Protein per serve:** 15.3g  
**Energy per serve:** 2550kj



Enjoy a delicious mix of tender pasta, creamy basil pesto, and fresh vegetables in this ready-to-eat vegetarian dish. Perfect as a quick meal or side, it's wholesome, flavorful, and made with no artificial ingredients.

### Thai Coco Pure Coconut Water Drinks Range

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



Organic coconut water.

### Total War - RTD - Grape Gym Range

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



Total War is modelled after the number 1 selling Pre - Workout and winner of best Pre - Workout of the same name.

Total War is a heavy hitting pre workout drink designed to increase Energy,

### Total War - RTD - Green Apple Gym Range

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



Total War is modelled after the number 1 selling Pre - Workout and winner of best Pre - Workout of the same name.

Total War is a heavy hitting pre workout drink designed to increase Energy,

### Total War - RTD - Orange Crush Gym Range

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



Total War is modelled after the number 1 selling Pre - Workout and winner of best Pre - Workout of the same name.

Total War is a heavy hitting pre workout drink designed to increase Energy,

### Total War - RTD - Strawberry Mango Gym Range

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



Total War is modelled after the number 1 selling Pre - Workout and winner of best Pre - Workout of the same name.

Total War is a heavy hitting pre workout drink designed to increase Energy,



### 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 cheeky 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.



### Tyrrell'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.



### Tyrrell'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.



### Tyrrell'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?



### Up & Go Banana Flavour Drinks Range

**Size:** 250ml  
**Sugar per serve:**  
15.8g  
**Protein per serve:**  
8.3g  
**Energy per serve:**  
823kJ

Drink UP&GO™ for the right type of energy! With a low GI, protein and fibre, you'll have the right type of energy to make the most of every moment that comes your way.



### Up & Go Banana Flavour Healthy Range

**Size:** 250ml  
**Sugar per serve:**  
15.8g  
**Protein per serve:**  
8.3g  
**Energy per serve:**  
823kJ

Drink UP&GO™ for the right type of energy! With a low GI, protein and fibre, you'll have the right type of energy to make the most of every moment that comes your way.

### Up & Go Choc Ice Healthy Range

**Size:** 500ml  
**Sugar per serve:**  
31.7g  
**Protein per serve:**  
16.5g  
**Energy per serve:**  
1630kJ

Sanitarium's UP&GO™ liquid breakfast has the protein, energy and fibre of 4 Weet-Bix and a cup of milk in every 500ml serve.

### Up & Go Choc Ice Drinks Range

**Size:** 250ml  
**Sugar per serve:**  
15.8g  
**Protein per serve:**  
8.2g  
**Energy per serve:**  
815kJ

Drink UP&GO™ for the right type of energy! With a low GI, protein and fibre, you'll have the right type of energy to make the most of every moment that comes your way.

### Up & Go Choc Ice Healthy Range

**Size:** 250ml  
**Sugar per serve:**  
15.8g  
**Protein per serve:**  
8.2g  
**Energy per serve:**  
815kJ

Drink UP&GO™ for the right type of energy! With a low GI, protein and fibre, you'll have the right type of energy to make the most of every moment that comes your way.

### Up & Go Choc Ice Drinks Range

**Size:** 500ml  
**Sugar per serve:**  
31.7g  
**Protein per serve:**  
16.5g  
**Energy per serve:**  
1630kJ

Sanitarium's UP&GO™ liquid breakfast has the protein, energy and fibre of 4 Weet-Bix and a cup of milk in every 500ml serve.

### Up & Go Energize Choc Healthy Range

**Size:** 500ml  
**Sugar per serve:**  
40g  
**Protein per serve:**  
33.5g  
**Energy per serve:**  
1730kJ

Sanitarium's UP&GO™ liquid breakfast has the protein, energy and fibre of 4 Weet-Bix and a cup of milk in every 500ml serve.





### Up & Go Energize Choc Drinks Range

**Size:** 250ml  
**Sugar per serve:** 15.8g  
**Protein per serve:** 8.3g  
**Energy per serve:** 815kJ

Drink UP&GO™ for the right type of energy! With a low GI, protein and fibre, you'll have the right type of energy to make the most of every moment that comes your way.



### Up & Go Energize Choc Drinks Range

**Size:** 500ml  
**Sugar per serve:** 40g  
**Protein per serve:** 33.5g  
**Energy per serve:** 1730kJ

Sanitarium's UP&GO™ liquid breakfast has the protein, energy and fibre of 4 Weet-Bix and a cup of milk in every 500ml serve.



### Up & Go Energize Choc Healthy Range

**Size:** 250ml  
**Sugar per serve:** 15.8g  
**Protein per serve:** 8.3g  
**Energy per serve:** 815kJ

Drink UP&GO™ for the right type of energy! With a low GI, protein and fibre, you'll have the right type of energy to make the most of every moment that comes your way.



### Up & Go Strawberry Drinks Range

**Size:** 500ml  
**Sugar per serve:** 31.6g  
**Protein per serve:** 16.7g  
**Energy per serve:** 1640kJ

Sanitarium's UP&GO™ liquid breakfast has the protein, energy and fibre of 4 Weet-Bix and a cup of milk in every 500ml serve.



### Up & Go Strawberry Healthy Range

**Size:** 500ml  
**Sugar per serve:** 31.6g  
**Protein per serve:** 16.7g  
**Energy per serve:** 1640kJ

Sanitarium's UP&GO™ liquid breakfast has the protein, energy and fibre of 4 Weet-Bix and a cup of milk in every 500ml serve.



### Up & Go Strawberry Drinks Range

**Size:** 250ml  
**Sugar per serve:** 15.8g  
**Protein per serve:** 8.4g  
**Energy per serve:** 815kJ

Drink UP&GO™ for the right type of energy! With a low GI, protein and fibre, you'll have the right type of energy to make the most of every moment that comes your way.

### Up & Go Strawberry Healthy Range

**Size:** 250ml  
**Sugar per serve:**  
15.8g  
**Protein per serve:**  
8.4g  
**Energy per serve:**  
815kj

Drink UP&GO™ for the right type of energy! With a low GI, protein and fibre, you'll have the right type of energy to make the most of every moment that comes your way.



### Up & Go Vanilla Ice Drinks Range

**Size:** 500ml  
**Sugar per serve:**  
31.6g  
**Protein per serve:**  
16.7g  
**Energy per serve:**  
1630kj

Sanitarium's UP&GO liquid breakfast has the protein, energy and fibre of 4 Weet-Bix and a cup of milk\* in every 500ml serve



### Up & Go Vanilla Ice Healthy Range

**Size:** 500ml  
**Sugar per serve:**  
31.6g  
**Protein per serve:**  
16.7g  
**Energy per serve:**  
1630kj

Sanitarium's UP&GO liquid breakfast has the protein, energy and fibre of 4 Weet-Bix and a cup of milk\* in every 500ml serve



### Up & Go Vanilla Ice Healthy Range

**Size:** 250ml  
**Sugar per serve:**  
15.8g  
**Protein per serve:**  
8.3g  
**Energy per serve:**  
815kj

Drink UP&GO™ for the right type of energy! With a low GI, protein and fibre, you'll have the right type of energy to make the most of every moment that comes your way.



### Up & Go Vanilla Ice Drinks Range

**Size:** 250ml  
**Sugar per serve:**  
15.8g  
**Protein per serve:**  
8.3g  
**Energy per serve:**  
815kj

Drink UP&GO™ for the right type of energy! With a low GI, protein and fibre, you'll have the right type of energy to make the most of every moment that comes your way.



### 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.



## Vending Cups

### 8oz

#### Coffee Consumables



**Size:** 8oz  
**Sugar per serve:**  
**Protein per serve:**  
**Energy per serve:**

## Wagon Wheels

### Confectionery



**Size:** 48g  
**Sugar per serve:** 21g  
**Protein per serve:** 1.8g  
**Energy per serve:** 864kj

Consist of two round biscuits with a marshmallow centre and a touch of jam sandwiched between then covered in chocolate.

## 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.

## 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.

## 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.

## You Foodz Chicken Katsu Curry

### Healthy Options



**Size:** 330g  
**Sugar per serve:** 15.7g  
**Protein per serve:** 23.5g  
**Energy per serve:** 1930kj

You Foodz Chicken Katsu Curry features crispy, golden-breaded chicken served with a rich, savory Japanese curry sauce. This flavorful meal combines tender chicken with a smooth, mildly spiced curry, offering the perfect balance of comfort and taste. Ready to enjoy in minutes, it's a convenient, satisfying

### You Foodz Chicken Katsu Curry Healthy Range

**Size:** 330g  
**Sugar per serve:**  
15.7g  
**Protein per serve:**  
23.5g  
**Energy per serve:**  
1930kj

You Foodz Chicken Katsu Curry features crispy, golden-breaded chicken served with a rich, savory Japanese curry sauce. This flavorful meal combines tender chicken with a smooth, mildly spiced curry, offering the perfect balance of comfort and taste. Ready to enjoy in minutes, it's a convenient, satisfying

### You Foodz Chickpean Curry Healthy Options

**Size:** 310g  
**Sugar per serve:**  
11.8g  
**Protein per serve:**  
10.4g  
**Energy per serve:**  
2020kj

A vibrant, flavorful dish featuring tender chickpeas in a rich, aromatic curry sauce. Packed with spices and served with rice, this plant-based meal is both satisfying and nourishing.

### You Foodz Chickpea Curry Fresh Food

**Size:** 310g  
**Sugar per serve:**  
11.8g  
**Protein per serve:**  
10.4g  
**Energy per serve:**  
2020kj

A vibrant, flavorful dish featuring tender chickpeas in a rich, aromatic curry sauce. Packed with spices and served with rice, this plant-based meal is both satisfying and nourishing.

### You Foodz Chickpean Curry Healthy Range

**Size:** 310g  
**Sugar per serve:**  
11.8g  
**Protein per serve:**  
10.4g  
**Energy per serve:**  
2020kj

A vibrant, flavorful dish featuring tender chickpeas in a rich, aromatic curry sauce. Packed with spices and served with rice, this plant-based meal is both satisfying and nourishing.

### You Foodz Creamy Parmesan Chicken Healthy Range

**Size:** 312g  
**Sugar per serve:**  
7.8g  
**Protein per serve:**  
34.7g  
**Energy per serve:**  
1300kj

You Foodz Creamy Parmesan Chicken is a delicious, ready-to-eat meal featuring tender chicken breast in a rich, creamy parmesan sauce. Perfectly seasoned and packed with flavor, this dish is a satisfying blend of savory goodness, ideal for a quick lunch or dinner. With high-quality ingredients and no artificial

### You Foodz Creamy Parmesan Chicken Healthy Options

**Size:** 312g  
**Sugar per serve:**  
7.8g  
**Protein per serve:**  
34.7g  
**Energy per serve:**  
1300kj

You Foodz Creamy Parmesan Chicken is a delicious, ready-to-eat meal featuring tender chicken breast in a rich, creamy parmesan sauce. Perfectly seasoned and packed with flavor, this dish is a satisfying blend of savory goodness, ideal for a quick lunch or dinner. With high-quality ingredients and no artificial



### You Foodz Mediterranean Couscous Healthy Range

**Size:** 320g  
**Sugar per serve:**  
15.8g  
**Protein per serve:**  
29.1g  
**Energy per serve:**  
1450kj

A light and flavorful dish featuring fluffy couscous, fresh vegetables, olives, and a zesty dressing. This vibrant, plant-based meal is perfect for a healthy and refreshing lunch or side.



### You Foodz Mediterranean Couscous Healthy Options

**Size:** 320g  
**Sugar per serve:**  
15.8g  
**Protein per serve:**  
29.1g  
**Energy per serve:**  
1450kj

A light and flavorful dish featuring fluffy couscous, fresh vegetables, olives, and a zesty dressing. This vibrant, plant-based meal is perfect for a healthy and refreshing lunch or side.



### You Foodz Mushroom and Cheese Tortellini Healthy Options

**Size:** 330g  
**Sugar per serve:**  
6.5g  
**Protein per serve:**  
17.3g  
**Energy per serve:**  
2060 kj

Indulge in perfectly cooked tortellini filled with a creamy blend of mushrooms and cheese, tossed in a savory sauce. This rich and comforting dish offers a deliciously satisfying meal, ideal for any pasta lover.



### You Foodz Mushroom and Cheese Tortellini Healthy Range

**Size:** 330g  
**Sugar per serve:**  
6.5g  
**Protein per serve:**  
17.3g  
**Energy per serve:**  
2060 kj

Indulge in perfectly cooked tortellini filled with a creamy blend of mushrooms and cheese, tossed in a savory sauce. This rich and comforting dish offers a deliciously satisfying meal, ideal for any pasta lover.



### You Foodz Mushroom and Spinach Lasagne Healthy Options

**Size:** 300g  
**Sugar per serve:**  
10.3g  
**Protein per serve:**  
15.3g  
**Energy per serve:**  
2090kj

Get your greens with our Mushroom & Spinach Lasagne with Creamy Dill Sauce! Layers of tender lasagne sheets, button mushrooms, and spinach, all smothered in a rich, creamy dill sauce. A veggie delight that's perfect for any time of the day!



### You Foodz Mushroom and Spinach Lasagne Healthy Range

**Size:** 300g  
**Sugar per serve:**  
10.3g  
**Protein per serve:**  
15.3g  
**Energy per serve:**  
2090kj

Get your greens with our Mushroom & Spinach Lasagne with Creamy Dill Sauce! Layers of tender lasagne sheets, button mushrooms, and spinach, all smothered in a rich, creamy dill sauce. A veggie delight that's perfect for any time of the day!

### You Foodz Mushroom and Spinach Lasagne Fresh Food

**Size:** 300g  
**Sugar per serve:**  
10.3g  
**Protein per serve:**  
15.3g  
**Energy per serve:**  
2090kj

Get your greens with our Mushroom & Spinach Lasagne with Creamy Dill Sauce! Layers of tender lasagne sheets, button mushrooms, and spinach, all smothered in a rich, creamy dill sauce. A veggie delight that's perfect for any time of the day!



### You Foodz Nonna's Spag Bol Healthy Range

**Size:** 300g  
**Sugar per serve:** 7g  
**Protein per serve:**  
25.7g  
**Energy per serve:**  
1630kj

A classic, comforting spaghetti bolognese with a rich, slow-cooked beef sauce. Topped with parmesan and served with perfectly cooked pasta, this hearty meal brings the taste of homemade tradition.



### You Foodz Nonna's Spag Bol Healthy Options

**Size:** 300g  
**Sugar per serve:** 7g  
**Protein per serve:**  
25.7g  
**Energy per serve:**  
1630kj

A classic, comforting spaghetti bolognese with a rich, slow-cooked beef sauce. Topped with parmesan and served with perfectly cooked pasta, this hearty meal brings the taste of homemade tradition.



### You Foodz Nonna's Spag Bol Fresh Food

**Size:** 300g  
**Sugar per serve:** 7g  
**Protein per serve:**  
25.7g  
**Energy per serve:**  
1630kj

A classic, comforting spaghetti bolognese with a rich, slow-cooked beef sauce. Topped with parmesan and served with perfectly cooked pasta, this hearty meal brings the taste of homemade tradition.



### You Foodz Roast Chicken w Gravy Healthy Options

**Size:** 350g  
**Sugar per serve:**  
7.4g  
**Protein per serve:**  
25.6g  
**Energy per serve:**  
1320kj

Tender roast chicken served with rich, savory gravy and accompanied by your choice of sides. A classic, comforting meal that's both hearty and satisfying.



### You Foodz Roast Chicken w Gravy Healthy Range

**Size:** 350g  
**Sugar per serve:**  
7.4g  
**Protein per serve:**  
25.6g  
**Energy per serve:**  
1320kj

Tender roast chicken served with rich, savory gravy and accompanied by your choice of sides. A classic, comforting meal that's both hearty and satisfying.







### You Foodz Roast Chicken w Gravy Fresh Food

**Size:** 350g  
**Sugar per serve:**  
7.4g  
**Protein per serve:**  
25.6g  
**Energy per serve:**  
1320kj

Tender roast chicken served with rich, savory gravy and accompanied by your choice of sides. A classic, comforting meal that's both hearty and satisfying.



### You Foodz Satay Chicken Healthy Range

**Size:** 302g  
**Sugar per serve:**  
18.3g  
**Protein per serve:**  
25.5g  
**Energy per serve:**  
1450kj

Grilled chicken skewers smothered in a creamy, flavorful satay sauce. Served with fresh vegetables and rice, this dish offers a delicious balance of savory and slightly sweet flavors.



### You Foodz Satay Chicken Healthy Options

**Size:** 302g  
**Sugar per serve:**  
18.3g  
**Protein per serve:**  
25.5g  
**Energy per serve:**  
1450kj

Grilled chicken skewers smothered in a creamy, flavorful satay sauce. Served with fresh vegetables and rice, this dish offers a delicious balance of savory and slightly sweet flavors.



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**Sugar per serve:**  
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Grilled chicken skewers smothered in a creamy, flavorful satay sauce. Served with fresh vegetables and rice, this dish offers a delicious balance of savory and slightly sweet flavors.



### You Foodz Tofu Satay Noodles Healthy Options

**Size:** 320g  
**Sugar per serve:**  
15.7g  
**Protein per serve:**  
21.9g  
**Energy per serve:**  
2300kj

Savor the bold flavors of tofu in a rich, creamy satay sauce, served with tender noodles and fresh veggies. This plant-based meal is packed with protein and perfect for a quick, satisfying, and wholesome bite.



### You Foodz Tofu Satay Noodles Healthy Range

**Size:** 320g  
**Sugar per serve:**  
15.7g  
**Protein per serve:**  
21.9g  
**Energy per serve:**  
2300kj

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### You Foodz Tofu Satay Noodles Fresh Food

**Size:** 320g  
**Sugar per serve:** 15.7g  
**Protein per serve:** 21.9g  
**Energy per serve:** 2300kJ

Savor the bold flavors of tofu in a rich, creamy satay sauce, served with tender noodles and fresh veggies. This plant-based meal is packed with protein and perfect for a quick, satisfying, and wholesome bite.

### You Foodz Vegetarian Chilli Healthy Range

**Size:** 334g  
**Sugar per serve:** 11.2g  
**Protein per serve:** 8.9g  
**Energy per serve:** 1550kJ

A hearty, plant-based chilli made with a blend of beans, vegetables, and spices, offering bold flavors in every bite. Served with rice, this satisfying and nutritious meal is perfect for a cozy, wholesome lunch or dinner.

### You Foodz Vegetarian Chilli Healthy Options

**Size:** 334g  
**Sugar per serve:** 11.2g  
**Protein per serve:** 8.9g  
**Energy per serve:** 1550kJ

A hearty, plant-based chilli made with a blend of beans, vegetables, and spices, offering bold flavors in every bite. Served with rice, this satisfying and nutritious meal is perfect for a cozy, wholesome lunch or dinner.

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A hearty, plant-based chilli made with a blend of beans, vegetables, and spices, offering bold flavors in every bite. Served with rice, this satisfying and nutritious meal is perfect for a cozy, wholesome lunch or dinner.

### YouFoodz Chicken Burrito Bowl Fresh Food

**Size:** 354g  
**Sugar per serve:** 6.7g  
**Protein per serve:** 21.9g  
**Energy per serve:** 1900kJ

Enjoy a flavorful and balanced meal with tender grilled chicken, Basmati rice, black beans, fresh veggies, and a salsa verde. Topped with a hint of sour cream, this protein-packed bowl is the perfect choice for a quick, nutritious meal on-the-go.

### YouFoodz Chicken Katsu Curry Fresh Food

**Size:** 330g  
**Sugar per serve:** 15.7g  
**Protein per serve:** 23.5g  
**Energy per serve:** 1930kJ

You Foodz Chicken Katsu Curry features crispy, golden-breaded chicken served with a rich, savory Japanese curry sauce. This flavorful meal combines tender chicken with a smooth, mildly spiced curry, offering the perfect balance of comfort and taste. Ready to enjoy in minutes, it's a convenient, satisfying



### YouFoodz Creamy Parmesan Chicken Fresh Food

**Size:** 312g  
**Sugar per serve:**  
 7.8g  
**Protein per serve:**  
 34.7g  
**Energy per serve:**  
 1300kj

You Foodz Creamy Parmesan Chicken is a delicious, ready-to-eat meal featuring tender chicken breast in a rich, creamy parmesan sauce. Perfectly seasoned and packed with flavor, this dish is a satisfying blend of savory goodness, ideal for a quick lunch or dinner. With high-quality ingredients and no artificial



### YouFoodz Medditeranean Couscous Fresh Food

**Size:** 320g  
**Sugar per serve:**  
 15.8g  
**Protein per serve:**  
 29.1g  
**Energy per serve:**  
 1450kj

A light and flavorful dish featuring fluffy couscous, fresh vegetables, olives, and a zesty dressing. This vibrant, plant-based meal is perfect for a healthy and refreshing lunch or side.



### YouFoodz Mushroom and Cheese Tortellini Fresh Food

**Size:** 330g  
**Sugar per serve:**  
 6.5g  
**Protein per serve:**  
 17.3g  
**Energy per serve:**  
 2060 kj

Indulge in perfectly cooked tortellini filled with a creamy blend of mushrooms and cheese, tossed in a savory sauce. This rich and comforting dish offers a deliciously satisfying meal, ideal for any pasta lover.