



# DIETARY ADVICE

## MENU A

### Gold Class Menu Ingredients List:

#### Morning Tea

##### Warm Cream Cheese & Spinach Pastry Roll

Wheat Flour, Cream Cheese, Water, Milk, Cream, Salt Thickener (410), Margarine, Vegetable Fats & Oils, Salt, Emulsifiers (471, Soy Lecithin), Spinach (11%), Dehydrated Potato (Contains Preservatives [222]), Onion (3%), Sesame Seeds, Spice

##### Savoury Muffin

Heritage Cheese, Bacon, Mixed Herbs, Flour, Butter, Salt

##### ANZAC Biscuit

Flour, Oats, Sugar, Salt, Bicarbonate of Soda

##### Mango Sorbet

*Ingredients:* Mango, Lemon Juice, Sugar, E330, E440i, Vegetable Gums (412, 407, E160a, 1422, 405)

*Allergens:* Made on equipment that also processes products containing Peanuts, Tree Nuts, Sesame Seeds, Soy and Cereals containing Gluten

#### Afternoon Refreshments

##### Wondaree Macadamia Nuts

Macadamia Nuts, Salt

##### Individual Gallo Dairyland Cheese Platter

Includes a selection of Cheeses, Dip, Crackers, Dried Fruit:

- **Heritage Cheese:** Pasteurised Milk, Salt, Enzymes, Non Fat Animal Rennet, Cultures, Flavour
- **Macadamia Cheese:** Pasteurised Milk, Salt, Enzymes, Non Fat Animal Rennet, Cultures, Flavour, Macadamia Nuts
- **Rainforest Cheese:** Pasteurised Milk, Salt, Enzymes, Non Fat Animal Rennet, Cultures, Flavour, Chives, Onions
- **Dip (Basil Fetta & Semi-Dried Tomato):** Semi Dried Tomato, Feta Cheese, Pasteurised Cow's Milk, Non Animal Rennet's, Citric Acid, Sour Cream, Canola Oil, Basil, Mixed Herbs, Garlic, Salt

- **Crackers:** Wheat Flour, Vegetable Fats and Oils (Palm), (Antioxidant (307b), Salt, Raising Agent (500)

*Allergen Advice:* Contains Gluten

*May be present:* Egg, Milk, Soybeans, Tree Nuts, Lupin

- **Dried Fruit Selection:** Dried Apricot, Dried Apple, Pitted Prune

##### Mango Sorbet

*Ingredients:* Mango, Lemon Juice, Sugar, E330, E440i, Vegetable Gums, 412, 407, E160a, 1422, 405

*Allergens:* Made on equipment that also processes products containing Peanuts, Tree Nuts, Sesame Seeds, Soy and Cereals containing Gluten

*This menu may contain traces of egg.*



## Gold Class Alternative Menu Options

### MENU B

#### Gluten Free and Vegetarian Menu Ingredients List:

If you have gluten free or vegetarian dietary requirements we are able to provide you with this complete alternative menu for Morning Tea or Afternoon Refreshments. No modifications to the menu are available.

#### Morning Tea

##### **Vietnamese Spring Roll with Dipping Sauce**

Rice Paper (Gluten Free) and will contain a Seasonal Salad variety including Lettuce, Carrot, Cucumber, Avocado, Bean Shoots etc. with a Dipping Sauce (*Sauce*: Water, Fructose, Sugar, Fish Sauce, Vinegar, Carrot, Chilli, Garlic, Tapioca Starch and Salt)

##### **Flourless Orange & Almond Cake**

Oranges (29%), Egg, Sugar, Almond Meal (14%), Dusting Sugar, Flavour, Baking Powder (Contains Raising Agents [450, 500])

##### **Mango Sorbet**

*Ingredients*: Mango, Lemon Juice, Sugar, E330, E440i, Vegetable Gums, 412, 407, E160a, 1422, 405

*Allergens*: Made on equipment that also processes products containing Peanuts, Tree Nuts, Sesame Seeds, Soy and Cereals containing Gluten

#### Afternoon Refreshments

##### **Wondaree Macadamia Nuts**

Macadamia Nuts, Salt

##### **Gallo Dairyland Individual Cheese Platter**

Includes a selection of Cheeses, Dip, Dried Fruit and Rice Crackers

*(Please refer to Gold Class Menu A, Afternoon Refreshments for Cheese Platter ingredients)*

##### **Mango Sorbet**

*Ingredients*: Mango, Lemon Juice, Sugar, E330, E440i, Vegetable Gums, 412, 407, E160a, 1422, 405

*Allergens*: Made on equipment that also processes products containing Peanuts, Tree Nuts, Sesame Seeds, Soy and Cereals containing Gluten

### MENU C

#### Vegan, Lactose Intolerant and Dairy Free Menu Ingredients List:

If you have vegan, lactose intolerant or dairy free requirements we are able to provide you with this complete alternative menu for Afternoon Refreshments only. No modifications to the menu are available.

#### Afternoon Refreshments

##### **Wondaree Macadamia Nuts**

Macadamia Nuts, Salt

##### **Rice Crackers**

Whole Grain Rice (69%) (Rice, Rice Bran), Corn Flour, Linseed, Inulin (Dietary Fibre), Chia Seeds, Vegetable Oil, Salt

##### **Bio Cheese**

Water, Coconut Oil (21%) (non-hydrogenated), Starch, Modified starch (E1404, E1450), Sea Salt, Vegan Cheddar Flavours, Olive Extract, Colour: B-Carotene

##### **Hommus**

*Ingredients*: Cooked Chick Peas (72%) (Chickpeas, Water), Tahini (10%) (Sesame Paste), Canola Oil, Vinegar, Salt, Food Acid (330), Garlic (<1.0%), Preservatives (202, 211), Vegetable Gum (415)

*Allergen advice*: Contains Sesame

*May be present*: Tree Nuts

##### **Assorted Dried Fruit**

Dried Apricot, Dried Apple, Pitted Prune

##### **Mango Sorbet**

*Ingredients*: Mango, Lemon Juice, Sugar, E330, E440i, Vegetable Gums, 412, 407, E160a, 1422, 405

*Allergens*: Made on equipment that also processes products containing Peanuts, Tree Nuts, Sesame Seeds, Soy and Cereals containing Gluten