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## Signature Toastie

### NUTRITION INFORMATION

Nutritional information is taken on average quantities  
Individual product weights may vary

Servings per package: 1

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2094kJ	872kJ
Protein	23.8g	9.9g
Fat, Total	27.7g	11.5g
- Saturated	16.4g	6.8g
Carbohydrate	37.5g	15.6g
- Sugars	6.7g	2.8g
Sodium	840mg	350mg

## Classic Toastie

### NUTRITION INFORMATION

Nutritional information is taken on average quantities  
Individual product weights may vary

Servings per package: 1

Serving size: 90g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1050kJ	1167kJ
Protein	11.2g	12.4g
Fat, Total	8.4g	9.3g
- Saturated	4.9g	5.4g
Carbohydrate	31.8g	35.3g
- Sugars	1.7g	1.9g
Sodium	430mg	478mg

**Mrs Fields**  
Unit 11, 7-15 Gundah Road  
Mt Kuring-gai NSW 2080  
Tel: 02-9472-8555



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## Chicken & Cheese Toastie

### NUTRITION INFORMATION

Nutritional information is taken on average quantities  
Individual product weights may vary

Servings per package: 1

Serving size: 140g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1370kJ	977kJ
Protein	25.7g	18.4g
Fat, Total	10.4g	7.4g
- Saturated	5.5g	3.9g
Carbohydrate	31.8g	22.7g
- Sugars	1.7g	1.2g
Sodium	453mg	324mg

## Ham & Cheese Toastie

### NUTRITION INFORMATION

Nutritional information is taken on average quantities  
Individual product weights may vary

Servings per package: 1

Serving size: 130g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1230kJ	947kJ
Protein	18.7g	14.4g
Fat, Total	9.8g	7.5g
- Saturated	5.4g	4.2g
Carbohydrate	31.8g	24.5g
- Sugars	1.7g	1.3g
Sodium	947mg	729mg

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## Tomato & Cheese Toastie

### NUTRITION INFORMATION

Nutritional information is taken on average quantities  
Individual product weights may vary

Servings per package: 1

Serving size: 120g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1073kJ	894kJ
Protein	11.5g	9.6g
Fat, Total	8.4g	7.0g
- Saturated	4.9g	4.1g
Carbohydrate	32.5g	27.1g
- Sugars	2.4g	2.0g
Sodium	432mg	360mg

## Bacon & Cheese Toastie

### NUTRITION INFORMATION

Nutritional information is taken on average quantities  
Individual product weights may vary

Servings per package: 1

Serving size: 130g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1287kJ	990kJ
Protein	20.1g	15.5g
Fat, Total	10.2g	7.8g
- Saturated	5.5g	4.2g
Carbohydrate	32.8g	25.2g
- Sugars	2.4g	1.8g
Sodium	1270mg	977mg

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## Ham, Tomato & Cheese Toastie

### NUTRITION INFORMATION

Nutritional information is taken on average quantities

Individual product weights may vary

Servings per package: 1

Serving size: 160g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1250kJ	784kJ
Protein	19.0g	11.9g
Fat, Total	9.8g	6.1g
- Saturated	5.4g	3.4g
Carbohydrate	32.5g	20.3g
- Sugars	2.4g	1.5g
Sodium	949mg	593mg

## Roast Chicken Pesto & Cheese

### NUTRITION INFORMATION

Nutritional information is taken on average quantities

Individual product weights may vary

Servings per package: 1

Serving size: 150g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1480kJ	989kJ
Protein	27.0g	18.0g
Fat, Total	13.1g	8.7g
- Saturated	5.7g	3.8g
Carbohydrate	32.3g	21.5g
- Sugars	1.8g	1.2g
Sodium	494mg	329mg

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## Bacon & Egg Toastie

### NUTRITION INFORMATION

Nutritional information is taken on average quantities

Individual product weights may vary

Servings per package: 1

Serving size: 180g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1550kJ	859kJ
Protein	24.8g	13.8g
Fat, Total	15.1g	8.4g
- Saturated	6.8g	3.8g
Carbohydrate	32.8g	18.2g
- Sugars	2.4g	1.3g
Sodium	1210mg	673mg

## BLAT Toastie

### NUTRITION INFORMATION

Nutritional information is taken on average quantities

Individual product weights may vary

Servings per package: 1

Serving size: 215g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1730kJ	805kJ
Protein	24.3g	11.3g
Fat, Total	18.6g	8.7g
- Saturated	8.9g	4.1g
Carbohydrate	36.7g	17.1g
- Sugars	3.5g	1.6g
Sodium	1249mg	581mg

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# Banana & Nutella Toastie

## NUTRITION INFORMATION

Nutritional information is taken on average quantities

Individual product weights may vary

Servings per package: 1

Serving size: 188g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2092kJ (500Cal)	1113kJ (266Cal)
Protein	9.2g	4.9g
Fat, Total	20.3g	10.8g
- Saturated	7.5g	4.0g
Carbohydrate	68.5g	36.4g
- Sugars	33.3g	17.7g
Sodium	330mg	175mg

Ingredients: Banana, White Bread Slices, Nutella (Sugar, Vegetable Oil, **Hazelnuts** (13%), Fat-Reduced Cocoa Powder (7.4%), Skim **Milk** Powder (6.6%), Whey Powder, Emulsifier (**Soya** Lecithins), Flavouring), Butter.

# Nutella Toastie

## NUTRITION INFORMATION

Nutritional information is taken on average quantities

Individual product weights may vary

Servings per package: 1

Serving size: 118g

Energy	1823kJ	1545kJ
Protein	8.2g	6.9g
Fat, Total	20.0g	17.0g
- Saturated	7.5g	6.3g
Carbohydrate	54.7g	46.4g
- Sugars	24.3g	20.6g
Sodium	330mg	280mg

Ingredients: White Bread Slices, Nutella (Sugar, Vegetable Oil, **Hazelnuts** (13%), Fat-Reduced Cocoa Powder (7.4%), Skim **Milk** Powder (6.6%), Whey Powder, Emulsifier (**Soya** Lecithins), Flavouring), Butter.

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## Chicken Schnitzel Toastie

### NUTRITION INFORMATION

Nutritional information is taken on average quantities  
Individual product weights may vary

Servings per package: 1

Serving size: 255g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2290kJ	898kJ
Protein	22.6g	8.9g
Fat, Total	24.5g	9.6g
- Saturated	8.4g	3.3g
Carbohydrate	59.0g	23.1g
- Sugars	7.6g	3.0g
Sodium	1187mg	465mg

## Chicken, Bacon & Avocado Toastie

### NUTRITION INFORMATION

Nutritional information is taken on average quantities  
Individual product weights may vary

Servings per package: 1

Serving size: 215g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2014kJ	937kJ
Protein	38.0g	17.7g
Fat, Total	20.6g	9.6g
- Saturated	8.6g	4.0g
Carbohydrate	35.3g	16.4g
- Sugars	2.4g	1.1g
Sodium	1261mg	586mg

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