



moments made better

Avocado & Fetta Sourdough

NUTRITION INFORMATION

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

Servings per package: 1

Serving size: 195g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1886kJ	967kJ
Protein	14.6g	7.5g
Fat, Total	21.0g	10.8g
- Saturated	7.1g	3.6g
Carbohydrate	48.5g	24.9g
- Sugars	5.8g	3.0g
Sodium	606mg	311mg

Mrs. Fields
Unit 11, 9-15 Gundah Rd
Mt Ku-ring Gai, NSW2080
Tel: 02-9472-8555



moments made better

Bacon, Egg & Avocado Sourdough

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	2225kJ	927kJ
Protein	28.7g	11.9g
Fat, Total	22.8g	9.5g
- Saturated	7.4g	3.1g
Carbohydrate	51.6g	21.5g
- Sugars	10.9g	4.6g
Sodium	1473mg	614mg

Ricotta, Banana & Honey Sourdough

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	2053kJ	821kJ
Protein	22.7g	9.1g
Fat, Total	18.1g	7.2g
- Saturated	10.5g	4.2g
Carbohydrate	86.5g	34.6g
- Sugars	35.2g	14.1g
Sodium	623mg	249mg

Mrs. Fields
Unit 11, 9-15 Gundah Rd
Mt Ku-ring Gai, NSW2080
Tel: 02-9472-8555