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KETO MENU

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NEW DISH

Creamy Garlic Chicken, Charred Broccoli and Cauliflower Rice



250g • 185 kcal / 772 kJ • P 14g F 12g C 3g
350g • 258 kcal / 1081 kJ • P 20g F 17g C 4.2g
400g • 295 kcal / 1235 kJ • P 23g F 20g C 4.8g

Diced Chicken Drumstick, Cooking Cream, Cream cheese, Chicken Stock, Parmesan Cheese, Olive Oil, Butter, Brown Onion, Garlic Paste, Dijon Mustard, White Pepper, Salt, Parsley, Cauliflower Rice, Chicken Booster, Broccoli Floret, Pepper

Allergens: Milk

BREAKFAST

Berry and Yogurt Bowl



250g • 490 kcal / 2050 kJ • P 13.9g F 44.9g C 6.8g
350g • 686 kcal / 2870 kJ • P 19.5g F 62.9g C 9.5g
400g • 980 kcal / 4100 kJ • P 27.8g F 89.8g C 13.6g

Pasteurised Whole Milk, Raspberry, Blueberry, Blackberry, Erythritol, Almonds Slivered

Allergens: Nuts

Breakfast Salad of Mushroom, Tomato, Chorizo, Bacon, Spinach, Free Range Boiled Eggs and Balsamic Vinaigrette



250g • 390 kcal / 1630 kJ • P 16.5g F 37g C 3.5g
350g • 545 kcal / 2282 kJ • P 23.1g F 51.8g C 4.9g
400g • 598 kcal / 2500 kJ • P 26.4g F 51.4g C 5.6g

Spinach, Rosemary, Pepper, Salt, Mushroom, Cherry Tomato Raw, Green Beans, Egg, Pork, Modified Starch, Corn Syrup, Garlic, Mineral Salt, Antioxidant(316), Wood Smoke, Edible Beef Collagen Casing, Chorizo, Bacon, Sulphites, Erythritol, Sunflower Seed Oil, Lemon Juice, Red Bell Pepper, Parsley, Vegetable Gum, Balsamic Vinegar

Allergens: Egg

Creamy Free Range scrambled eggs with sautéed Mushroom, Spinach and Cherry Tomatoes (Breakfast)



250g • 320 kcal / 1340 kJ • P 18g F 27g C 2g
350g • 448 kcal / 1876 kJ • P 25.2g F 37.8g C 2.8g
400g • 511 kcal / 2140 kJ • P 28.8g F 43.2g C 3.2g

Spinach, Rosemary, Pepper, Salt, Mushroom, Himalayan Rock Salt, Cream, Butter, Egg, Cherry Tomato Raw

Allergens: Dairy, Egg

Granola mix with Yogurt and Toasted Coconut



250g • 409 kcal / 1710 kJ • P 14g F 35g C 6g
350g • 572 kcal / 2394 kJ • P 19.6g F 49g C 8.4g
400g • 600 kcal / 2510 kJ • P 22.4g F 56g C 7g

Pasteurised Whole Milk, Almonds Slivered, Erythritol, Organic Flax Seeds, Almond Whole, Pepita Seeds, Vanilla Extract, Coconut Oil, Shredded Coconut, Cinnamon Powder, Full Fat Greek Yoghurt, Almonds, Pure Honey

Allergens: Nuts

CHICKEN

Asian Flavoured Aroma Chicken Salad



250g • 373 kcal / 1560 kJ • P 24.4g F 29g C 2g
350g • 522 kcal / 2184 kJ • P 34.2g F 40.6g C 2.8g
400g • 609 kcal / 2550 kJ • P 39.2g F 47.9g C 3.4g

Poached Chicken Breast Shredded, Salt, Herbs, Lemon Juice, Cold Pressed Extra Virgin Olive Oil, Mixed Vegetables, Capsicum Raw, Red Cabbage Shredded Raw, Iceberg Lettuce Raw, Pine Nuts, Edamame Pods, Asian Dressing, Soy Sauce, Sesame Seed Oil, Rice Wine Vinegar

Allergens: Gluten, Nuts

Bravas Spanish Chicken Thigh with Smoked Golden Cauliflower Rice



250g • 399 kcal / 1670 kJ • P 20.4g F 31.8g C 5g
350g • 559 kcal / 2338 kJ • P 28.6g F 44.5g C 7g
400g • 631 kcal / 2640 kJ • P 31.1g F 50.6g C 8.2g

Chicken Thigh, Saffron, Smoked Paprika, Garlic, Lemon Juice, Dried Thyme, Salt, Cauliflower Rice, Cauliflower, Cold Pressed Extra Virgin Olive Oil, Olives, Broccolini, Bravas Sauce, Lemon, Tomato, Capsicum, Thyme, Spinach

CHICKEN

Buffalo Chicken Wings with Cauliflower Mac and Cheese Bake



250g • 442 kcal / 1850 kJ • P 23.7g F 35.5g C 5.3g
350g • 619 kcal / 2590 kJ • P 33.2g F 49.7g C 7.4g
400g • 693 kcal / 2900 kJ • P 37.6g F 55.4g C 8.5g

Chicken Wings, Smoked Paprika, Sodium Bicarbonate (Baking Soda), Garlic Paste, Salt, Butter, Apple Cider Vinegar, Worcestershire Sauce, Erythritol, Frank'S Hot Sauce, Broccoli, Stabiliser (466), Citric Acid, Potassium Sorbate, Cheddar Cheese, Milk, Starter Culture, Enzyme, Water, Thickener (1442), Mineral Salt, Cauliflower Rice, Mozzarella Cheese, Sea Salt

Allergens: Dairy

Chicken Breast Parmigiana with Green Beans & Roasted Lemon Parmesan Cauliflower



250g • 363 kcal / 1520 kJ • P 36g F 20g C 5.8g
350g • 509 kcal / 2128 kJ • P 50.4g F 28g C 8.1g
400g • 581 kcal / 2432 kJ • P 58g F 32g C 9.3g

Chicken Breast, Cold Pressed Extra Virgin Olive Oil, Lemon Juice, Salt, Dried Parsley, Rosemary, Thyme, Garlic, Onion, Basil, Tomato Paste, Oregano, Mozzarella Cheese, Green Beans, Roasted Cauliflower, Parmesan Cheese, Pepper

Allergens: Dairy

Chicken Enchilada, Charred Zucchini and Capsicum, Pickled Red Onion and Cabbage, Avocado and Sour Cream Sauce



250g • 370 kcal / 1550 kJ • P 32g F 23g C 6.8g
350g • 519 kcal / 2170 kJ • P 44g F 33g C 9.5g
400g • 593 kcal / 2480 kJ • P 50g F 37g C 10.9g

Shredded Chicken Breast, Cream cheese, Mozzarella cheese, Onion, Red Capsicum, Olive Oil, Garlic Paste, Salt, Paprika, Tomato Passata (no sugar), Chicken Stock, Tomato Paste, Cumin Powder, Oregano, Zucchini, Capsicum, Garlic Powder, Lime Juice, Fresh Coriander, Smoked Paprika, Sour Cream, Avocado, Lime Zest, Garlic, Citric Acid, Red Cabbage, Red Onion, Apple Cider Vinegar, Erythritol Sugar, Cumin Seed, Water

Allergens: Milk

Chicken Souvlaki, Roasted Eggplant and Capsicum, Cauliflower Rice, Yoghurt Dip



250g • 270 kcal / 1130 kJ • P 21g F 17g C 6.2g
350g • 378 kcal / 1582 kJ • P 30g F 24g C 8.7g
400g • 432 kcal / 1808 kJ • P 34g F 27g C 9.9g

Chicken Thigh Maryland, Olive Oil, Lemon Juice, Garlic, Oregano, Paprika, Salt, Black Pepper, Greek Yogurt, Red Wine Vinegar, Roasted Eggplant, Capsicum, Cauliflower Rice, Chicken Booster, Dill

Allergens: Milk

Chicken Tikka Masala with Cauliflower Rice



250g • 437 kcal / 1830 kJ • P 20.7g F 35.8g C 5.8g
350g • 612 kcal / 2562 kJ • P 29g F 50.1g C 8.1g
400g • 688 kcal / 2880 kJ • P 34.1g F 55.7g C 8.9g

Marinated Diced Chicken, Cold Pressed Extra Virgin Olive Oil, Garlic, Ginger, Salt, Kashmiri Chilli Powder, Cumin Powder, Coriander Powder, Turmeric Powder, Garam Masala, Edible Food Colour, Tomato Puree, Onion, Capsicum, Heavy Cream, Butter, Erythritol, Broccoli, Fried Onion, Cauliflower

Allergens: Dairy

Creamy Chicken Mushroom Cauliflower Risotto



250g • 449 kcal / 1880 kJ • P 20.6g F 37.4g C 5.2g
350g • 629 kcal / 2632 kJ • P 28.8g F 52.3g C 7.3g
400g • 705 kcal / 2950 kJ • P 33.4g F 58g C 8.1g

Chicken Breast, Cold Pressed Extra Virgin Olive Oil, Salt, Garlic, Rosemary, Thyme, Oregano, Parsley, Lemon Juice, Mushroom, Pepper, Cauliflower Rice, Butter, Heavy Cream, White Pepper, Clove Whole, Bay Leaves, Nutmeg Powder, Sea Salt, Parmesan Cheese, Spinach

Allergens: Dairy

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CHICKEN

Free Range Butter Chicken with Stir-fried Broccoli Rice, Onions, and Capsicums



250g • 408 kcal / 1705 kJ • P 17.9g F 27.1g C 3.8g
350g • 464 kcal / 1939 kJ • P 20.4g F 28.5g C 4.3g
400g • 576 kcal / 2410 kJ • P 20.2g F 29.9g C 4.8g
Chicken Maryland, Cold Pressed Extra Virgin Olive Oil, Garlic, Ginger, Salt, Cumin Powder, Coriander Powder, Green Cardamom, Cinnamon Stick, Kashmiri Chilli Powder, Premium Food Colour, Cassia, Black Pepper, Nutmeg Powder, Cloves, Onion, Tomato, Tomato Paste, Heavy Cream, Erythritol, Butter, Kasoori Methi, Capsicum, Rosemary, Pepper, Balsamic Vinegar, Broccoli Rice
Allergens: Dairy

Free Range Chicken Enchiladas, Cauliflower Rice Fajitas, Salsa and Sour Cream



250g • 402 kcal / 1682 kJ • P 18.1g F 26.2g C 3.1g
350g • 563 kcal / 2355 kJ • P 25.3g F 36.7g C 4.3g
400g • 643 kcal / 2691 kJ • P 29g F 41.9g C 5g
Shredded Chicken Breast, Wheat, Yeast Extract, Salt, Lemon Juice, Garlic, Rosemary, Heavy Cream, White Pepper, Clove Whole, Bay Leaves, Nutmeg Powder, Sea Salt, Parmesan Cheese, Mozzarella Cheese, Cauliflower Rice, Cold Pressed Extra Virgin Olive Oil, Cayenne Pepper, Capsicum Powder, Rice Cereal, Erythritol, Baby Spinach, Capsicum, Black Pepper, Tomato, Vinegar, Jalapeno Peppers, Coriander, Cumin Powder
Allergens: Gluten, Dairy

Free Range Keto Chicken Mushroom Bacon Alfredo with Seasonal Veggie



250g • 521 kcal / 2180 kJ • P 25.7g F 45g C 2.6g
350g • 729 kcal / 3052 kJ • P 36g F 63g C 3.6g
400g • 801 kcal / 3350 kJ • P 40.7g F 68g C 5.2g
Chicken Breast, Cold Pressed Extra Virgin Olive Oil, Salt, Garlic, Rosemary, Thyme, Oregano, Parsley, Lemon Juice, Mushroom, Pepper, Diced Bacon, Broccoli Blanched, Butter, Heavy Cream, White Pepper, Clove Whole, Bay Leaves, Nutmeg Powder, Sea Salt, Parmesan Cheese
Allergens: Dairy

Free Range Satay Chicken with Onions, Mushrooms, Capsicums and Green Beans



250g • 476 kcal / 1990 kJ • P 21.1g F 39.6g C 6.4g
350g • 666 kcal / 2786 kJ • P 29.5g F 55.4g C 9g
400g • 748 kcal / 3130 kJ • P 35.9g F 61.7g C 10g
Chicken Maryland Diced, Cold Pressed Extra Virgin Olive Oil, Garlic, Ginger, Curry Powder, Salt, Roasted Peanuts, Onion, Desiccated Coconut, Chilli, Dried Prawn, Vegetable Gum, Coconut Cream, Erythritol, Mushroom, Rosemary, Pepper, Capsicum, Spanish Onion, Balsamic Vinegar, Green Beans
Allergens: Nuts, Seafood, Dairy, Gluten

Free Range Teriyaki Chicken with Roast Pumpkin, Caramelized Onion, and Broccoli



250g • 554 kcal / 2320 kJ • P 16.3g F 51.2g C 7.7g
350g • 776 kcal / 3248 kJ • P 22.8g F 71.7g C 10.8g
400g • 848 kcal / 3550 kJ • P 23.8g F 78.3g C 12.5g
Chicken Maryland, Light Soy Sauce, Dark Soy Sauce, Xanthan Gum, Ginger, Garlic, Mirin, Water, Onion, Rosemary, Erythritol, Balsamic Vinegar, Cold Pressed Extra Virgin Olive Oil, Broccoli
Allergens: Gluten

Free Range Thai Red Chicken Curry with Fresh Basil, Broccoli & Bamboo Shoots



250g • 320 kcal / 1340 kJ • P 19g F 28g C 4g
350g • 448 kcal / 1876 kJ • P 26.6g F 39.2g C 5.6g
400g • 535 kcal / 2240 kJ • P 22g F 33g C 5g
Chicken Maryland Diced, Dried Red Chilli, Garlic, Lemon Grass, Salt, Galangal, Kaffir Lime, Shrimp Paste, Pepper, Cold Pressed Extra Virgin Olive Oil, Ginger, Curry Powder, Erythritol, Coconut Cream, Broccoli, Bokchoy, Bamboo Shoot, Fried Garlic
Allergens: Shellfish

CHICKEN

Greek Spiced Chicken with Cauliflower & Broccoli Skordalia



250g • 557 kcal / 2330 kJ • P 21.3g F 47.9g C 7.7g
350g • 780 kcal / 3262 kJ • P 29.8g F 67.1g C 10.8g
400g • 935 kcal / 3910 kJ • P 35g F 81g C 12.4g
Chicken Maryland, Cold Pressed Extra Virgin Olive Oil, Garlic Paste, Oregano, Red Wine Vinegar, Lemon Juice, Sea Salt, Black Pepper, Sweet Paprika, Cauliflower, Broccoli, Spring Onion, Garlic, Salt, Roast Pumpkin, Pepper, Rosemary

Grilled chicken breast with Caesar Salad



250g • 471 kcal / 1970 kJ • P 53g F 28g C 1.3g
350g • 659 kcal / 2758 kJ • P 74.2g F 39.2g C 1.8g
400g • 753 kcal / 3152 kJ • P 84g F 45g C 2.1g
Chicken Breast Grilled, Thyme, Lemon Juice, Rosemary, Salt, Pepper, Garlic, Cos Lettuce Raw, Bacon, Soybean Oil, Vinegar, Parmesan Chese, Pasteurised Egg Yolk, Onion, Anchovy, Acidity Regulator 260, Natural Mustard Flavour, Xanthan Gum, Parsley, Spices, Boiled Egg, Parmesan Cheese
Allergens: Soy, Seafood, Egg, Dairy

Italian Chicken Meatballs with Roasted Lemon Parmesan Cauliflower



250g • 411 kcal / 1720 kJ • P 35g F 26g C 6g
350g • 576 kcal / 2408 kJ • P 49g F 36.4g C 8.4g
400g • 658 kcal / 2752 kJ • P 57g F 42g C 9.6g
Chicken Mince, Parmesan Cheese, Almond Flour, Italian Seasoning, Parsley, Pepper, Salt, Egg, Garlic, Cold Pressed Extra Virgin Olive Oil, Onion Powder, Garlic Powder, Zucchini, Kale Wilted, Almond, Honey, Red Capsicum, Cauliflower, Lemon, Shaved Parmesan
Allergens: Dairy, Nuts, Egg

Keto Lasagna with Ricotta Cheese



250g • 657 kcal / 2750 kJ • P 45.8g F 52.7g C 1.4g
350g • 920 kcal / 3850 kJ • P 64.1g F 73.8g C 2g
400g • 1009 kcal / 4220 kJ • P 76.2g F 78.1g C 1.7g
Smoked Chicken Slice, Ricotta Cheese, Pasteurized Skimmed Milk, Anti Caking Agent (Potato Starch), Non Animal Rennet, Lactic Acid Culture, Palm Oil, Mozzarella Cheese, Cold Pressed Extra Virgin Olive Oil, Beef Mince, Onion, Garlic, Celery, Bay Leaves, Rosemary, Thyme, Oregano, Pepper, Tomato Paste, Erythritol, Tomatoes Crushed, Rice Flour, Yeast Extract, Paprika, Colour (150C), Butter, Heavy Cream, White Pepper, Clove Whole, Nutmeg Powder, Sea Salt, Parmesan Cheese, Acidity Regulator 260, Milk, Milk Solids, Preservatives
Allergens: Dairy

Lemon Thyme Chicken Breast, Pesto Halloumi and Smoked Golden Cauliflower Rice



250g • 490 kcal / 2050 kJ • P 24.2g F 40.1g C 6.9g
350g • 686 kcal / 2870 kJ • P 33.9g F 56.1g C 9.7g
400g • 796 kcal / 3330 kJ • P 40.6g F 63.8g C 12.6g
Chicken Breast, Cold Pressed Extra Virgin Olive Oil, Garlic Minced, Lemon Thyme, Salt, Smoked Golden Cauliflower Rice, Smoked Paprika, Saffron, Garlic, Lemon Wedges, Pesto, Basil Puree, Canola Seed Oil, Cashew Nuts, Parmesan Cheese, Tapioca Starch, Whey Powder, Starter Culture, Enzymes, Natural Preservatives (235), Sorbic Acid (200), Pasteurised Whole Milk, Citric Acid, Halloumi Cheese
Allergens: Nuts, Dairy

Stir-fry Sesame Chicken with Egg Fried Cauliflower Rice and Stir-fry Vegetables



250g • 473 kcal / 1980 kJ • P 19.8g F 40g C 3.9g
350g • 663 kcal / 2772 kJ • P 27.7g F 56g C 5.5g
400g • 743 kcal / 3110 kJ • P 32g F 61.8g C 7.1g
Chicken Breast Strips, Cold Pressed Extra Virgin Olive Oil, Garlic, Ginger, Shallots, Light Soy Sauce, Dark Soy Sauce, Erythritol, Sesame Seed Oil, Sesame Seeds, Xanthan Gum, Broccoli, Shiitake Mushroom, Soybean Extract, Firming Agent, Tofu, Cauliflower Rice, Farm Fresh Eggs, Salt, Ground White Pepper
Allergens: Gluten, Seeds, Soy, Egg

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BEEF

Beef Bourguignon, Cauliflower Mash, Green Beans, and Broccoli



250g • 301 kcal / 1260 kJ • P 27g F 18g C 6.2g
350g • 422 kcal / 1764 kJ • P 38g F 25g C 8.7g
400g • 482 kcal / 2016 kJ • P 43g F 28g C 9.9g
Beef Chuck, Beef Gravy, Mushroom, Brown Onion, Celery, Tomato Paste, Olive Oil, Garlic Paste, Thyme, Bay Leaves, Black Pepper, Salt, Xanthan Gum, Apple Cider Vinegar, Cauliflower, Butter, Thickened Cream, Pepper, Green Beans, Broccoli
Allergens: Milk

Beef Rendang, Charred Zucchini, Garlic Bokchoy, and Cauliflower Mash



250g • 344 kcal / 1440 kJ • P 27g F 23g C 4.8g
350g • 482 kcal / 2016 kJ • P 38g F 32g C 6.7g
400g • 551 kcal / 2304 kJ • P 44g F 37g C 7.7g
Beef Chuck, Coconut Cream, Beef Stock, Brown Onion, Garlic, Ginger Paste, Tallow, Tomato Paste, Desiccated Coconut, Paprika, Turmeric Powder, Coriander Powder, Cumin Powder, Lemongrass paste, Kaffir Lime Leaves, Salt, Black Pepper, Bokchoy, Fresh ginger, Tamari Soy Sauce, Sesame Oil, Chicken Booster, Olive Oil, Zucchini, Garlic Powder, Smoked Paprika, Lemon Juice, Cauliflower, Butter, Thickened Cream, Pepper
Allergens: Tree nuts, Soy, Sesame Seed, Milk

Caramelised Onion Burger with Romain, Tomato, Cheese Slice and Aioli



250g • 581 kcal / 2430 kJ • P 25.2g F 50.1g C 6.4g
350g • 813 kcal / 3402 kJ • P 35.3g F 70.1g C 9g
400g • 1030 kcal / 4310 kJ • P 51.4g F 85.8g C 11.5g
Beef Mince, Water, Vegetable Oil, Breadcrumbs (Wheat), Wheat Flour, Yeast, Canola Seed Oil, Salt, Egg, Soy Protein, Whey Protein, Milk, Modified Food Starch, Spices, Gluten, Tomatoes Sliced Raw, Cos Lettuce Raw, Acidity Regulator 260, Sulphites, Mineral Salt, Sugar, Colour (101), Pickles, Cheese Slice, Onion, Vinegar, Malt Corn(Barley), Molasses, Cornflour, Sea Salt, Pectin, Garlic, Spice, Caramelised Onion, Whole Egg, White Vinegar, Dijon Mustard Sauce, Lemon Juice, Garlic Oil, Acidity Regulator, Natural Anti Oxidant(307B), Spice Extract, Aioli
Allergens: Gluten, Egg, Dairy

Cheesy Keto Beef Lasagna



250g • 717 kcal / 3000 kJ • P 42.8g F 56.9g C 8.1g
350g • 1004 kcal / 4200 kJ • P 59.9g F 79.7g C 11.3g
400g • 1109 kcal / 4640 kJ • P 66.9g F 86.9g C 14.3g
Beef Mince, Cold Pressed Extra Virgin Olive Oil, Onion, Garlic, Celery, Rosemary, Thyme, Tomato Paste, Beef Bouillon, Mozzarella Cheese, Parmesan Cheese, Cream Cheese, Egg, Almond Flour, Butter, Napolitana Sauce, Tomato, Mixed Herbs, Salt, Pepper, Erythritol, Alfredo Sauce, Bay Leaves, Cloves, Nutmeg Powder, Chicken Bouillon, Broccoli
Allergens: Dairy, Egg, Nuts

Cottage Pie with Cauliflower Mash



250g • 344 kcal / 1440 kJ • P 28.4g F 21.8g C 5.7g
350g • 482 kcal / 2016 kJ • P 39.8g F 30.5g C 8g
400g • 495 kcal / 2070 kJ • P 44.7g F 28.9g C 10.3g
Beef Mince, Onion, Garlic, Celery, Bay Leaves, Rosemary, Thyme, Oregano, Pepper, Tomato Paste, Erythritol, Tomatoes Crushed, Rice Flour, Yeast Extract, Paprika, Colour (150C), Cold Pressed Extra Virgin Olive Oil, Cauliflower, Butter, Thickened Cream, Salt, Pasteurised Whole Milk
Allergens: Dairy

Garlic & Herb Roasted Beef with Roast Vegetables and Gravy



250g • 502 kcal / 2100 kJ • P 24.2g F 41.4g C 6.8g
350g • 703 kcal / 2940 kJ • P 33.9g F 58g C 9.5g
400g • 865 kcal / 3620 kJ • P 43.7g F 69.7g C 12.4g
Beef Striploin, Cold Pressed Extra Virgin Olive Oil, Salt, Pepper, Rosemary, Thyme, Garlic, Brussel Sprouts, Roast Pumpkin, Eggplant, Rice Flour, Flavours, Thickener (1442), Maltodextrin (Maize), Erythritol, Flavour Enhancer (621, 635), Dehydrated Vegetable, Colour (150C), Flour Enhancer (621, 635), Canola Seed Oil, Yeast Extract, Spice Extract

BEEF

Grass Fed Beef Bolognese with Cauliflower Beetroot Mash & Olives and Dried Tomatoes



250g • 569 kcal / 2380 kJ • P 31.2g F 45.1g C 7g
350g • 796 kcal / 3332 kJ • P 43.7g F 63.1g C 9.8g
400g • 827 kcal / 3460 kJ • P 50.7g F 68.1g C 10.2g
Beef Mince, Onion, Garlic, Celery, Bay Leaves, Rosemary, Thyme, Oregano, Pepper, Tomato Paste, Erythritol, Tomatoes Crushed, Rice Flour, Yeast Extract, Paprika, Colour (150C), Salt, Cold Pressed Extra Virgin Olive Oil, Cauliflower, Butter, Thickened Cream, Beetroot Powder, Olives, Balsamic Vinegar, Green Beans, Sundried Tomato, Sulphites, Vinegar
Allergens: Dairy

Keto Chili Con Carne



250g • 361 kcal / 1510 kJ • P 15.9g F 30.8g C 4g
350g • 505 kcal / 2114 kJ • P 22.3g F 43.1g C 5.6g
400g • 554 kcal / 2320 kJ • P 26.5g F 45.8g C 7g
Beef Mince, Onion, Garlic, Celery, Bay Leaves, Rosemary, Thyme, Oregano, Pepper, Tomato Paste, Erythritol, Tomatoes Crushed, Rice Flour, Yeast Extract, Paprika, Colour (150C), Sweet Paprika, Cumin Powder, Mexican Chilli, Cold Pressed Extra Virgin Olive Oil, Zucchini, Lemon Extract, Chilli Flakes, Sour Cream, Skimmed Cows Milk, Palm Oil, Salt, Microbia Rennel, Lactic Culture, Green Beans
Allergens: Dairy

Keto Sausage Roll



250g • 554 kcal / 2320 kJ • P 38.6g F 41g C 5.4g
350g • 776 kcal / 3248 kJ • P 54g F 57.4g C 7.6g
400g • 927 kcal / 3880 kJ • P 62.4g F 69.6g C 8.6g
Beef Mince, Cold Pressed Extra Virgin Olive Oil, Onion, Garlic, Celery, Bay Leaves, Rosemary, Thyme, Oregano, Pepper, Cream Cheese, Mozzarella Cheese, Tomato Paste, Erythritol, Tomatoes Crushed, Rice Flour, Yeast Extract, Paprika, Colour (150C), Almond Meal, Broccoli, Sugar, Concentrated Tomatoes, Salt, Food Acid (Acetic Acid), Tomato Ketchup
Allergens: Dairy

Mouth Tantalizing Korean BBQ Beef with Siracha Cauliflower and Konjac Noodles



250g • 562 kcal / 2350 kJ • P 13.6g F 52.6g C 7.5g
350g • 786 kcal / 3290 kJ • P 19g F 73.6g C 10.5g
400g • 884 kcal / 3700 kJ • P 21.5g F 82.6g C 11.9g
Beef Strips, Soybean, Rice, Salt, Gluten-Free Soy Sauce, Dark Soy Sauce, Corn Starch, Ginger, Garlic, Korean Chilli Paste, Rice Wine Vinegar, Sesame Seed Oil, Erythritol, Bokchoy, Cauliflower, Chilli, Distilled Vinegar, Thickener (1442), Modified Starch (1442,1422), Paprika, Acidity Regulator, Citric Acid, Sodium Benzoate, Xanthan Gum, Fried Garlic, Acidity Regulator 260, Sweetener, Corn Syrup, Preservatives, Organic Konjac Flour, Konjac Noodles
Allergens: Gluten

Pumpkin Soup with Middle Eastern Spiced Grass Fed Beef Mince



250g • 344 kcal / 1440 kJ • P 24.6g F 35.3g C 5g
350g • 482 kcal / 2016 kJ • P 34.4g F 49.4g C 7g
400g • 663 kcal / 2774 kJ • P 36.8g F 54.9g C 7.6g
Pumpkin, Lemon Extract (Portuguese Seasoning), Oregano (Portuguese Seasoning), Chilli Flakes (Portuguese Seasoning), Paprika (Portuguese Seasoning), Olive Oil (Portuguese Seasoning), Beef Mince, Onion, Garlic, Celery, Bay Leaves, Rosemary, Thyme, Oregano, Pepper, Tomato Paste, Erythritol, Tomatoes Crushed, Rice Flour, Yeast Extract, Paprika, Colour (150C)

Slow Cooked Braised Beef Brisket, Cauliflower Mash with Chimmichuri Sauce



250g • 485 kcal / 2030 kJ • P 23.4g F 41g C 5g
350g • 679 kcal / 2842 kJ • P 32.8g F 57.4g C 7g
400g • 762 kcal / 3190 kJ • P 36.9g F 64.5g C 7.9g
Beef Brisket, Bay Leaves, Moroccan Seasoning, Rice Flour, Flavours, Black Pepper, Garlic, Sugar, Onion, Paprika, Rosemary, Acidity Regulator, Turmeric Powder, Capsicum, Coriander Seeds, Cumin Powder, Vegetable Oil, Lemon Oil, Ginger, Cauliflower, Butter, Thickened Cream, Salt, Pepper, Broccoli, Parsley, Spring Onion, Chilli Raw, Lemon Juice, White Wine Vinegar
Allergens: Dairy

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BEEF

Stir Fried Beef in Black Pepper Sauce and Cauliflower Rice



250g • 323 kcal / 1350 kJ • P 13.3g F 26.6g C 4.2g
350g • 452 kcal / 1890 kJ • P 18.6g F 37.2g C 5.9g
400g • 502 kcal / 2100 kJ • P 20.4g F 41.4g C 6.8g
Beef Strips, Sweet Soy Sauce, Soybean Sauce, Soybean, Rice, Salt, Kikkoman Soy, Chilli Paste, Garlic Paste, Sesame Seed Oil, Sesame Seeds, Black Pepper, Broccoli, Cauliflower Rice, Cold Pressed Extra Virgin Olive Oil
Allergens: Gluten

Thai Basil Beef, Cauliflower Rice, Zucchini Noodles



250g • 222 kcal / 928 kJ • P 24g F 11g C 5.2g
350g • 311 kcal / 1299 kJ • P 33g F 15g C 7.3g
400g • 355 kcal / 1485 kJ • P 38g F 18g C 8.3g
Beef mince, Brown Onion, Garlic Paste, Ginger Paste, Olive Oil, Coconut Aminos, Beef Stock, Tomato Paste, Erythritol Sugar, White Pepper, Thai Basil, Xanthan Gum, Cauliflower Rice, Chicken Booster, Zucchini Noodles, Salt, Pepper
Allergens: Soy

PORK

Bacon and Burger Bowl, Fried Egg, Tomato, Pickles and Aioli



250g • 543 kcal / 2270 kJ • P 26.5g F 45.8g C 7.6g
350g • 760 kcal / 3178 kJ • P 37.1g F 64.1g C 10.6g
400g • 863 kcal / 3610 kJ • P 43.1g F 72.5g C 12.4g
Beef Patty, Free Range Chicken Egg, Bacon Rasher, Tomato, Cheese, Caramelised Onion, Pickles, Aioli, Garlic, Himalayan Rock Salt, Extra Virgin Olive Oil,lettuce
Allergens: Gluten, Egg, Dairy

Char Siu Pork, Cauliflower Rice, Garlic Bok Choy, Coleslaw



250g • 373 kcal / 1560 kJ • P 21g F 27g C 9.8g
350g • 522 kcal / 2184 kJ • P 29g F 37g C 13.7g
400g • 597 kcal / 2496 kJ • P 34g F 42g C 15.7g
Pork Neck, Soy Sauce, Sesame Oil, Light Soy Sauce, Dark Soy Sauce, Maltose, Erythritol Sugar, Chinese Cooking Wine, Garlic, Five Spice Powder, Red Food Colour, White Pepper, Olive Oil, Water, Bokchoy, Fresh ginger, Tamari Soy Sauce, Chicken Booster, Salt, Red Cabbage, Green Cabbage, Mayonnaise, Cauliflower Rice, Pepper
Allergens: Soy, Sesame Seed, Eggs

Grass Fed BBQ Pulled Pork, Coleslaw and Pickled Chillies



250g • 382 kcal / 1600 kJ • P 18.4g F 31.6g C 4.4g
350g • 535 kcal / 2240 kJ • P 25.8g F 44.2g C 6.2g
400g • 624 kcal / 2610 kJ • P 28.3g F 53.1g C 6.2g
Pork Neck, Acidity Regulator(262, 326), Maltodextrin (Maize), Vegetable Gum (407), Mineral Salt (451, 450), Natural Flavours, Sugar, Dried Vegetables, Spice Extract, Dextrose, Tomato Sauce, Erythritol, Citric Acid, Salt, Colour Caramel, Thickener (Pectin), Wheat, Onion, Cloves, Nutmeg Powder, Tamarind Paste, Rice Flour, Red Cabbage, Green Cabbage, Egg Whole Mayonnaise, Canola Seed Oil (Mayonnaise), Egg Yolk (Mayonnaise), Vinegar (Mayonnaise), Lemon Juice Concentrate (Mayonnaise), Herb Extract (Mayonnaise), Antioxidant (385) (Mayonnaise), Salt (Mayonnaise), Acidity Regulator 260, Sulphites, Mineral Salt, Colour (101), Vinegar, Pickled Chilli, Spinach
Allergens: Egg

Keto Bacon Cauliflower Mac and Cheese



250g • 514 kcal / 2150 kJ • P 17g F 46.6g C 5.6g
350g • 719 kcal / 3010 kJ • P 23.8g F 65.2g C 7.8g
400g • 851 kcal / 3560 kJ • P 25.7g F 78.5g C 8.5g
Stabiliser (466), Erythritol, Citric Acid, Potassium Sorbate, Cheddar Cheese, Milk, Starter Culture, Enzyme, Water, Thickener (1442), Mineral Salt, Cauliflower Rice, Mozzarella Cheese, Sea Salt, Crispy Bacon
Allergens: Dairy

PORK

Roast Pork Belly, Arugula, Green Beans, Pickled Chillies, Cauliflower Mac n Cheese with Salsa Picante



250g • 461 kcal / 1930 kJ • P 27g F 36.6g C 5.3g
350g • 646 kcal / 2702 kJ • P 37.8g F 51.2g C 7.4g
400g • 743 kcal / 3110 kJ • P 43.6g F 58.9g C 8.5g
Pork Belly, Salt, Green Beans, Vinegar, Sulphites, Pickled Chilli, Stabiliser (466), Erythritol, Citric Acid, Potassium Sorbate, Cheddar Cheese, Milk, Starter Culture, Enzyme, Water, Thickener (1442), Mineral Salt, Cauliflower Rice, Mozzarella Cheese, Sea Salt, Mac & Cheese, Tomato, Jalapeno Peppers, Capsicum, Coriander, Cumin Powder, Lemon Juice, Onion
Allergens: Dairy

LAMB

Braised Keto Grass-Fed Lamb Stew with Pumpkin and Cauli Mash



250g • 406 kcal / 1700 kJ • P 20.4g F 33.5g C 3.9g
350g • 569 kcal / 2380 kJ • P 28.6g F 46.9g C 5.5g
400g • 516 kcal / 2160 kJ • P 32g F 50.4g C 6.5g
Lamb, Onion, Garlic, Celery, Sundried Tomato, Tomato Paste, Cold Pressed Extra Virgin Olive Oil, Black Pepper, Red Wine, Salt, Gravy Powder, Thyme, Rosemary, Pumpkin Diced, Pepper, Cauliflower, Butter, Cream
Allergens: Dairy

Grass Fed Lamb Rogan Josh Curry with Cauliflower Rice, Spinach, Onion and Capsicum



250g • 314 kcal / 1312 kJ • P 13.4g F 24.5g C 3.3g
350g • 439 kcal / 1837 kJ • P 18.8g F 34.3g C 4.6g
400g • 462 kcal / 1932 kJ • P 16.2g F 26g C 3.8g
Lamb, Cold Pressed Extra Virgin Olive Oil, Cloves, Green Cardamom, Cinnamon Stick, Black Pepper, Bay Leaves, Onion, Garlic, Ginger, Turmeric Powder, Kashmiri Chilli Powder, Cumin Powder, Coriander Powder, Javitri, Salt, Tomato, Cauliflower, Balsamic Vinegar, Rosemary, Erythritol, Spinach, Capsicum, Pepper

Pan Seared Lamb Rump with Roasted Vegetables and Pink Peppercorn Sauce



250g • 454 kcal / 1900 kJ • P 22.7g F 37.8g C 5.2g
350g • 636 kcal / 2660 kJ • P 31.8g F 52.9g C 7.3g
400g • 686 kcal / 2870 kJ • P 32.4g F 57.1g C 9.2g
Lamb, Thyme, Salt, Pepper, Cold Pressed Extra Virgin Olive Oil, Zucchini, Lemon Extract, Oregano, Chilli Flakes, Paprika, Roast Pumpkin, Rosemary, Brussel Sprouts, Eggplant, Kale, Pink Peppercorn Sauce, Vinegar, Garlic, Onion, Spring Thyme, Bay Leaves, Pink Peppercorn, Red Wine, Fresh Cream, Gravy (Rice Flour, Salt, Maize, Erythritol, Dehydrated Vegetables, Colour (150C), Yeast Extract, Spice)
Allergens: Dairy

SEAFOOD

Baked Salmon with Beans, Mushrooms and Brussels Sprout with Hollandaise Sauce



250g • 490 kcal / 2050 kJ • P 24.4g F 42.9g C 2g
350g • 686 kcal / 2870 kJ • P 34.2g F 60.1g C 2.8g
400g • 789 kcal / 3300 kJ • P 39g F 68.8g C 3.4g
Atlantic Salmon Skin On, Cold Pressed Extra Virgin Olive Oil, Lime Pepper, Salt, Green Beans, Rosemary, Pepper, Brussel Sprouts, Mushroom, Egg, Butter, Vinegar
Allergens: Seafood, Egg, Dairy

Curried Laksa Prawns with Cauliflower Rice & Crispy Tempeh



250g • 402 kcal / 1680 kJ • P 20.7g F 33g C 3.6g
350g • 562 kcal / 2352 kJ • P 29g F 46.2g C 5g
400g • 607 kcal / 2540 kJ • P 32g F 48.4g C 7.1g
King Prawns, Onion, Garlic, Ginger, Galangal, Cold Pressed Extra Virgin Olive Oil, Erythritol, Salt, Coconut Cream, Cauliflower, Broccoli, Shredded Coconut, Bamboo Shoot, Red Chilli, Soybean, Cider Vinegar
Allergens: Seafood, Dairy, Soy

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SEAFOOD

Keto Dill and Garlic Responsibly Fished Barramundi



250g • 421 kcal / 1760 kJ • P 12.8g F 35.3g C 3.2g
350g • 589 kcal / 2464 kJ • P 17.9g F 49.4g C 4.5g
400g • 715 kcal / 2990 kJ • P 36.5g F 61g C 4.7g

Queensland Barramundi, Cold Pressed Extra Virgin Olive Oil, Dill, Breadcrumbs (Wheat), Erythritol, Salt, Paprika Extract, Soy Protein, Rice Cereal, Parsley, Tapioca Starch, Yeast Extract, Colour Caramel Brown, Sea Salt, Garlic, Onion, Tomato, Capsicum, Coriander, Zucchini, Lemon Extract, Oregano, Chilli Flakes, Paprika, Green Beans, Sour Cream, Lemon Juice

Allergens: Seafood, Gluten, Dairy

Responsibly Fished Roast Salmon with Cauliflower Salad, Roast Fennel and Tartare Sauce



250g • 533 kcal / 2230 kJ • P 27.8g F 43.4g C 6.7g
350g • 746 kcal / 3122 kJ • P 38.9g F 60.8g C 9.4g
400g • 901 kcal / 3770 kJ • P 44g F 74.7g C 11.1g

Atlantic Salmon Skin On, Cold Pressed Extra Virgin Olive Oil, Lemon Pepper, Salt, Cauliflower Rice, Pepita Seeds, Walnut, Sea Salt, Fennel, Chilli Flakes, Paprika, Garlic, Oregano, Lemon Zest, Egg Whole Mayonnaise, Baby Capers, Gherkins, anti oxidant, Sulphites, Lemon Juice, Erythritol, Almonds Slivered

Allergens: Seafood, Egg, Nuts

Tuna Bake, Buttered Zucchini, Braised Cabbage, Yoghurt Dip



250g • 268 kcal / 1120 kJ • P 19g F 18g C 6.9g
350g • 375 kcal / 1568 kJ • P 26g F 25g C 9.7g
400g • 428 kcal / 1792 kJ • P 30g F 28g C 11g

Canned Tuna, Cauliflower Rice, Cooking Cream, Cream cheese, Mozzarella cheese, Onion, Garlic Paste, Olive Oil, Salt, White Pepper, Xanthan Gum, Zucchini, Butter, Green Cabbage, Vegetable Stock, Greek Yogurt, Garlic, Lemon Juice, Dill

Allergens: Fish, Milk

VEGETARIAN

Assorted Vegetable Frittata



250g • 411 kcal / 1720 kJ • P 15.6g F 35.3g C 5.2g
350g • 576 kcal / 2408 kJ • P 21.8g F 49.4g C 7.3g
400g • 657 kcal / 2750 kJ • P 25g F 56.5g C 8.4g

Spinach, Onion, Garlic, Zucchini, Mushroom, Cherry Tomato, Capsicum, Egg, Fresh Cream, Salt, Black Pepper, Mozzarella Cheese, Pine Nuts, Thyme

Allergens: Egg, Dairy, Nuts

Keto Vitality Salad Roast Pumpkin and Cauliflower Salad with Spinach, Green Beans and Crumbled Feta Cheese



250g • 394 kcal / 1650 kJ • P 17.3g F 32.8g C 4.8g
350g • 552 kcal / 2310 kJ • P 24.2g F 45.9g C 6.7g
400g • 600 kcal / 2510 kJ • P 23.2g F 50.9g C 7.8g

Spinach, Roast Pumpkin, Pepper, Salt, Rosemary, Cold Pressed Extra Virgin Olive Oil, Sunflower Seed, Cauliflower Rice, Pepita Seeds, Walnut, Spices, Rice Flour, Dextrose, Anti Caking Agent (551), Yeast Extract, Maize Starch, Food Acid (330), Lemon Oil, Lemon Pepper, Sea Salt, Feta Cheese, Green Beans, Fried Garlic, Quinoa

Allergens: Dairy

Ricotta and Mushroom Parmesan Lasagna with Blanched Broccolini



250g • 605 kcal / 2530 kJ • P 27g F 51g C 5.8g
350g • 847 kcal / 3542 kJ • P 38g F 72g C 8.1g
400g • 967 kcal / 4048 kJ • P 44g F 82g C 9.3g

Almond Flour, Salt, Eggs, Mozzarella Cheese, Cream Cheese, Ricotta Cheese, Mushroom, Olive Oil, Butter, Rosemary, Thyme, Parmesan Cheese, White Pepper, Nutmeg Powder, Bay Leaves, Thickened Cream, Garlic, Blanched Broccolini, Honey, Sliced Almond, Vanilla Extract, Cinnamon Powder

Allergens: Nuts, Egg, Dairy

PIZZA

Keto Margarita Vegetarian Pizza



250g • 284 kcal / 1188 kJ • P 15.9g F 25.6g C 4.2g
350g • 398 kcal / 1663 kJ • P 22.3g F 35.8g C 5g
400g • 669 kcal / 2800 kJ • P 45g F 51g C 6g

Egg, Mozzarella Cheese, Cream Cheese, Almond Meal, Sea Salt, Roma Tomatoes, Tomato Paste, Cold Pressed Extra Virgin Olive Oil, Garlic, Dried Parsley, Oregano, Basil, Erythritol, Yeast Extract, Pepper, Salt, Cashew Nuts, Parmesan Cheese, Tapioca Starch, Whey Powder, Tomatoes Sliced, Pasteurized Skimmed Milk, Anti Caking Agent (Potato Starch), Non Animal Rennet, Lactic Acid Culture, Palm Oil

Allergens: Egg, Dairy, Nuts, Gluten

Keto Meatlovers Pizza



250g • 966 kcal / 4040 kJ • P 43.3g F 83.9g C 6.6g
350g • 1352 kcal / 5656 kJ • P 60.6g F 117.5g C 9.2g
400g • 1537 kcal / 6430 kJ • P 69.7g F 133g C 10.7g

Egg, Almond Meal, Mozzarella Cheese, Cream Cheese, Sea Salt, Cold Pressed Extra Virgin Olive Oil, Beef Mince, Onion, Garlic, Celery, Bay Leaves, Rosemary, Thyme, Oregano, Pepper, Tomato Paste, Erythritol, Rice Flour, Yeast Extract, Paprika, Colour (150C), Roma Tomatoes, Dried Parsley, Basil, Pork, Salt, Modified Starch, Corn Syrup, Mineral Salt, Antioxidant(316), Wood Smoke, Edible Beef Collagen Casing, Dextrose, Skim Milk Powder, Smoked Flavour Antioxidant, Fermented Red Rice, Preservative(250), Starter Culture, Pepperoni, Pasteurized Skimmed Milk, Anti Caking Agent (Potato Starch), Non Animal Rennet, Lactic Acid Culture, Palm Oil

Allergens: Egg, Nuts, Dairy

Keto Pepperoni & Sausage Pizza



250g • 846 kcal / 3540 kJ • P 36.8g F 73.8g C 6.2g
350g • 1185 kcal / 4956 kJ • P 51.5g F 103.3g C 8.7g
400g • 1458 kcal / 6100 kJ • P 62.6g F 127g C 11.2g

Egg, Mozzarella Cheese, Cream Cheese, Almond Meal, Sea Salt, Tomato Paste, Cold Pressed Extra Virgin Olive Oil, Garlic, Dried Parsley, Oregano, Basil, Erythritol, Yeast Extract, Pepper, Pork, Salt, Modified Starch, Corn Syrup, Mineral Salt, Antioxidant(316), Wood Smoke, Edible Beef Collagen Casing, Dextrose, Skim Milk Powder, Smoked Flavour Antioxidant, Fermented Red Rice, Preservative(250), Starter Culture, Pepperoni, Pasteurized Skimmed Milk, Anti Caking Agent (Potato Starch), Non Animal Rennet, Lactic Acid Culture, Palm Oil

Allergens: Egg, Dairy, Nuts

Peri Peri Chicken Pizza



250g • 559 kcal / 2340 kJ • P 36g F 43.2g C 6.6g
350g • 783 kcal / 3276 kJ • P 50.4g F 60.5g C 9.2g
400g • 894 kcal / 3740 kJ • P 58.9g F 68.3g C 11g

Egg, Mozzarella Cheese, Cream Cheese, Almond Meal, Sea Salt, Roma Tomatoes, Tomato Paste, Cold Pressed Extra Virgin Olive Oil, Garlic, Dried Parsley, Oregano, Basil, Erythritol, Yeast Extract, Pepper, Peri Peri Sauce, Chicken Breast Shredded, Feta Cheese, Pasteurized Skimmed Milk, Anti Caking Agent (Potato Starch), Non Animal Rennet, Lactic Acid Culture, Palm Oil

Allergens: Egg, Dairy, Nuts, Gluten

DESSERT

Cheesecake Fluff



100g • 301 kcal / 1260 kJ • P 11.7g F 25.9g C 3.6g

Cream Cheese, Cream, Erythritol, Lemon Juice, Vanilla Essence, Almond Whole, Coconut, Pepita Seeds, Almonds Slivered

Allergens: Dairy, Nuts

Chia Pudding Plain



280g • 172 kcal / 718 kJ • P 8.5g F 11.9g C 0.5g

Chia Seeds, Almond Milk Lab, Honey Vanilla Essence, Erythritol, Granola

Allergens: Treenuts

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DESSERT

Chia Pudding with Mango Puree



280g • 145 kcal / 608 kJ • P 7g F 9.8g C 1.4g
Chia Seeds, Almond Milk Lab, Honey Vanilla Essence, Granola, Erythritol, Fresh Mango Puree
Allergens: Treenuts

Chia Pudding with Passion Fruit Puree



280g • 147 kcal / 614 kJ • P 7.2g F 9.8g C 0.9g
Chia Seeds, Almond Milk Lab, Honey Vanilla Essence, Granola, Erythritol, Passion Fruit Puree
Allergens: Treenuts

Chia Pudding with Raspberry Puree



280g • 145 kcal / 607 kJ • P 7g F 9.8g C 1.1g
Chia Seeds, Almond Milk Lab, Honey Vanilla Essence, Granola, Erythritol, Raspberry Puree
Allergens: Treenuts

Chicken Bone Broth



490ml • 44 kcal / 185 kJ • P 8.7g F 0.5g C 0.2g
Filtered Water, Chicken Bone, Brown Onion, Ginger, Black Pepper, Himalayan Rock Salt

Chocolate Mousse



90g • 311 kcal / 1300 kJ • P 2.8g F 28.7g C 2.8g
Dark Chocolate, Salted Butter, Cocoa Powder, Cream, Shredded Coconut, Almond
Allergens: Dairy, Nuts

Keto Brownies



90g • 226 kcal / 902 kJ • P 6.4g F 18g C 3.4g
Chocolate 85% (Erythritol-Free), Butter, Eggs, Erythritol, Dutch Cocoa, Coconut Flour, Almond
Allergens: Milk, Egg, Tree Nuts

Keto Waffle and Keto Berry Sauce



210g • 433 kcal / 1810 kJ • P 13.3g F 37.7g C 4.9g
Eggs, Berry Sauce, Cream, Coconut Flour, Monk Fruit, Baking Powder, Vanilla Extract, Butter, Raspberry Puree
Allergens: Egg, Dairy