



Nutritional Information

	Contains Dairy	Lactose Free	Gluten Free	Egg Free	Nut Free**	Sucrose Free	Fat Content
Almond & Carob (New)	Yes	No	Yes	Yes	No	No	4 - 6%
Amarena (Cherry Ripple)	Yes	No	Yes	Yes	Yes	No	4%
Amaretto (Roasted Almond)	Yes	No	Yes	Yes	No	No	4 - 6%
Apple Pie	Yes	No	No	No	No	No	4 - 6%
Bacio (Choc / Hazlenut)	Yes	No	Yes	Yes	No	No	4 - 6%
Bacio Bianco	Yes	No	Yes	Yes	No	No	4 - 6%
Bailey's Irish Cream	Yes	No	No	Yes	Yes	No	4%
Banana	Yes	No	Yes	Yes	Yes	No	4%
Banana Choc-Chip	Yes	No	Yes	Yes	Yes	No	4%
Bianco Nero	Yes	No	Yes	Yes	Yes	No	4%
Black Currant	No	Yes	Yes	Yes	Yes	No	Fat Free
Black Sesame	Yes	No	Yes	Yes	Yes	No	4%
Blood Orange (Pure Fruit)	No	Yes	Yes	Yes	Yes	No	Fat Free
Blue Curacao	Yes	No	No	Yes	Yes	No	4%
Blueberry (Pure Fruit)	No	Yes	Yes	Yes	Yes	No	Fat Free
Bounty	Yes	No	Yes	Yes	Yes	No	4 - 6%
Boysenberry (Pure Fruit)	No	Yes	Yes	Yes	Yes	No	Fat Free
Boysenberry Cheesecake	Yes	No	No	No	Yes	No	4 - 6%
Bubble Gum	Yes	No	Yes	Yes	Yes	No	4%
Caramel	Yes	No	Yes	Yes	Yes	No	4%
Caramel Macadamia	Yes	No	Yes	Yes	No	No	4 - 6%
Caramelised Fig	Yes	No	Yes	Yes	Yes	No	4%
Cassata	Yes	No	Yes	Yes	No	No	4 - 6%
Champagne	No	Yes	No	Yes	Yes	No	Fat Free
Cherry Choc Ripe	Yes	No	Yes	Yes	No	No	4 - 6%
Chocolate	Yes	No	Yes	Yes	Yes	No	4 - 6%
Chocolate Choc-Chip	Yes	No	Yes	Yes	Yes	No	4 - 6%
Chocolate Crackle	Yes	No	No	Yes	Yes	No	4 - 6%
Chocolate Date & Walnut	Yes	No	Yes	Yes	No	No	4 - 6%
Chocolate Fudge	Yes	No	Yes	Yes	Yes	No	4 - 6%
Chocolate Sorbet	No	Yes	Yes	Yes	Yes	No	2%
Cinnamon	Yes	No	Yes	Yes	Yes	No	4%
Coconut	Yes	No	Yes	Yes	No	No	4%
Coffee	Yes	No	Yes	Yes	Yes	No	4%
Coffee & Walnut	Yes	No	Yes	No	No	No	4 - 6%
Cointreu	Yes	No	No	Yes	Yes	No	4%
Cookies Choc Chip	Yes	No	No	No	Yes	No	4 - 6%
Crème Caramel	Yes	No	Yes	Yes	Yes	No	4%
Diabetic Chocolate	Yes	No	Yes	Yes	Yes	Yes	Fat Free
Diabetic Hazelnut	Yes	No	Yes	Yes	No	Yes	Fat Free
Diabetic Lemon	No	Yes	Yes	Yes	Yes	Yes	Fat Free
Diabetic Mango	No	Yes	Yes	Yes	Yes	Yes	Fat Free
Diabetic Pistachio	Yes	No	Yes	Yes	No	Yes	4 - 6%
Donatella	Yes	No	Yes	Yes	No	No	4 - 6%

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Durian	Yes	No	Yes	Yes	Yes	No	4%
Éclair	Yes	No	No	Yes	Yes	No	4%
English Toffee	Yes	No	Yes	Yes	Yes	No	4%
Frangelico Cream	Yes	No	No	Yes	No	No	4%
Ginger Choc Fudge	Yes	No	Yes	Yes	Yes	No	4 - 6%
Grand Marnier	Yes	No	No	Yes	Yes	No	4%
Green Apple	No	Yes	Yes	Yes	Yes	No	Fat Free
Green Tea	Yes	No	Yes	Yes	Yes	No	4%
Hazelnut	Yes	No	Yes	Yes	No	No	4 - 6%
Hokey Pokey	Yes	No	No	Yes	Yes	No	4%
Honeycomb Crunch	Yes	No	No	Yes	Yes	No	4 - 6%
Jaffa	Yes	No	Yes	Yes	Yes	No	4 - 6%
Kinda	Yes	No	Yes	Yes	No	No	4 - 6%
Kiwi Fruit (Pure Fruit)	No	Yes	Yes	Yes	Yes	No	Fat Free
Lemon (Pure Fruit)	No	Yes	Yes	Yes	Yes	No	Fat Free
Lemon Cheesecake	Yes	No	No	No	Yes	No	4 - 6%
Lemon Crème	Yes	No	Yes	Yes	Yes	No	4%
Lemon Lime (Pure Fruit)	No	Yes	Yes	Yes	Yes	No	Fat Free
Lemon Meringue	Yes	No	Yes	No	Yes	No	4 - 6%
Lemon Myrtle	Yes	No	No	Yes	Yes	No	4%
Lychee (Pure Fruit)	No	Yes	No	Yes	Yes	No	Fat Free
Macadamia Nut	Yes	No	Yes	Yes	No	No	4 - 6%
Malted Cinnamon	Yes	No	No	Yes	Yes	No	4 - 6%
Mango (Pure Fruit)	No	Yes	Yes	Yes	Yes	No	Fat Free
Mango Coconut	Yes	No	Yes	Yes	No	No	4%
Mango Passionfruit	Yes	No	Yes	Yes	Yes	No	4 - 6%
Mango Passionfruit Yogurt	Yes	No	Yes	Yes	Yes	No	4 - 6%
Mango Peach	Yes	No	Yes	Yes	Yes	No	4 - 6%
Marscapone	Yes	No	Yes	No	Yes	No	4 - 6%
Marscapone Coffee	Yes	No	Yes	Yes	Yes	No	4 - 6%
Mint Choc-Chip	Yes	No	Yes	Yes	Yes	No	4%
Mixed Berry (Pure Fruit)	No	Yes	Yes	Yes	Yes	No	Fat Free
Nougat	Yes	No	Yes	No	No	No	4 - 6%
Orange (Pure Fruit)	No	Yes	Yes	Yes	Yes	No	Fat Free
Orange Poppy Seed	Yes	No	Yes	Yes	Yes	No	4 - 6%
Orio	Yes	No	No	No	No	No	4 - 6%
Passionfruit (Pure Fruit)	No	Yes	Yes	Yes	Yes	No	Fat Free
Passionfruit Cream	Yes	No	Yes	Yes	No	No	4%
Passionfruit Lavendar	Yes	No	Yes	Yes	Yes	No	4 - 6%
Peach	No	Yes	Yes	Yes	Yes	No	Fat Free
Peanut Butter	Yes	No	Yes	Yes	No	No	4 - 6%
Peanut Butter Fudge	Yes	No	Yes	Yes	No	No	4 - 6%
Pina Colada	No	Yes	Yes	Yes	Yes	No	Fat Free
Pineapple (Pure Fruit)	No	Yes	Yes	Yes	Yes	No	Fat Free

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Pistachio	Yes	No	Yes	Yes	No	No	4 - 6%
Raspberry (Pure Fruit)	No	Yes	Yes	Yes	Yes	No	Fat Free
Rhubarb	Yes	No	Yes	Yes	Yes	No	4%
Ricotta & Honey	Yes	No	Yes	No	Yes	No	4 - 6%
Roasted Almond	Yes	No	Yes	Yes	No	No	4 - 6%
Rosha	Yes	No	No	Yes	No	No	4 - 6%
Rockmelon (Pure Fruit)	No	Yes	Yes	Yes	Yes	No	Fat Free
Rocky Road	Yes	No	No	Yes	No	No	4 - 6%
Rose Water	Yes	No	Yes	Yes	Yes	No	4%
Rum Raisin	Yes	No	No	Yes	Yes	No	4%
Sambuca Nera	Yes	No	No	Yes	Yes	No	4%
Sangria Sorbet	No	Yes	No	Yes	No	No	Fat Free
Smartie Pants	Yes	No	No	Yes	Yes	No	4-6%
Soya Based Chocolate	No	Yes	Yes	Yes	Yes	No	3%
Soya Based Hazelnut	No	Yes	Yes	Yes	No	No	5%
Soya Based Vanilla Bean	No	Yes	Yes	Yes	Yes	No	5%
Sticky Date	Yes	No	Yes	Yes	Yes	No	4%
Strawberry (Pure Fruit)	No	Yes	Yes	Yes	Yes	No	Fat Free
Strawberry Cream	Yes	No	Yes	Yes	Yes	No	4%
Taro	Yes	No	Yes	Yes	Yes	No	4%
Tia Maria	Yes	No	No	Yes	Yes	No	4%
Tim Tim	Yes	No	No	No	Yes	No	4 - 6%
Tiramisu'	Yes	No	Yes	No	Yes	No	4 - 6%
Toberone	Yes	No	No	No	No	No	4 - 6%
Turkish Delight	Yes	No	Yes	Yes	Yes	No	4 - 6%
Vanilla	Yes	No	Yes	Yes	Yes	No	4%
Vanilla Bean	Yes	No	Yes	Yes	Yes	No	4%
Vanilla Choc-Chip	Yes	No	Yes	Yes	Yes	No	4 - 6%
Vanilla Yogurt	Yes	No	Yes	Yes	Yes	No	4%
Walnut	Yes	No	Yes	Yes	No	No	4 - 6%
Watermelon (Pure Fruit)	No	Yes	No	Yes	Yes	No	Fat Free
Wattle Seed	Yes	No	Yes	Yes	Yes	No	4%
White Chocolate	Yes	No	No	Yes	Yes	No	4 - 6%
Wildberry	Yes	No	Yes	Yes	Yes	No	4%
Wildberry Swirl	Yes	No	No	Yes	Yes	No	4 - 6%
Wildberry Yogurt	Yes	No	Yes	Yes	Yes	No	4%
Xmas Pudding	Yes	No	No	Yes	No	No	4 - 6%
Yogurt	Yes	No	Yes	Yes	Yes	No	4 - 6%
Zabaglione	Yes	No	Yes	No	Yes	No	4 - 6%
Zuppa Englese	Yes	No	No	No	No	No	4 - 6%

Trading Hours: Mon - Sat 8.00am - 5.00pm
 Sun 10.00am - 3.00pm (only between Sept & April)
 Closed on Public Holidays

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