



High Protein and Energy Products:

Bidfood code	Product name	Protein per serve	Kj per serve	Serve size	Gluten free	Dairy Free	Vegan
173047	Orange & Almond Cake Gluten Free Deep Tray	9.9g	1580kJ	95g	Yes	Yes	No
102287	Lime Swirl Cheesecake	9.7g	1800kJ	135g	No	No	No
132536	Macadamia Tartlet	9.7g	2290kJ	135g	No	No	No
115404	Chocolate & Vanilla Cheesecake Slice (GF)	9.3g	1730kJ	120g	Yes	No	No
102292	Passionfruit Cheesecake	9.1g	1940kJ	156g	No	No	No
116157	Lemon Passionfruit GF Cheesecake Slice	9.0g	1790kJ	131g	Yes	No	No
93571	Orange & Almond Loaf (GF & DF)	8.7g	1640kJ	100g	Yes	Yes	No
102304	Individual Caramel Tart	8.3g	2170kJ	130g	No	No	No
102347	Raspberry New York Cheesecake	8.3g	2320kJ	153g	No	No	No
116446	Raspberry Friand (Gluten Free)	8.2g	1350kJ	82g	Yes	No	No
196901	Caramel Swirl Cheesecake	8.2g	2390kJ	162g	No	No	No
116445	Blueberry Friand (Gluten Free)	8.1g	1350kJ	82g	Yes	No	No
191427	Individual Orange & Almond GF DF	8.1g	1710kJ	95g	Yes	Yes	No
102284	Cappuccino Cheesecake	8.0g	2170kJ	144g	No	No	No

155412	CADBURY® CHERRY RIPE® CHEESECAKE	8.0g	2360kJ	148g	No	No	No
155423	Gluten Free Lemon Lime Cheesecake	8.0g	1620kJ	112g	Yes	No	No
120841	Gluten Free Caramel Slice	7.9g	1870kJ	110g	Yes	No	No
102263	Key Lime Tart	7.9g	1410kJ	103g	No	No	No
67997	Double Chocolate Muffin	7.5g	2490kJ	150g	No	No	No
102289	Platinum Cheesecake	7.5g	1800kJ	125g	No	No	No
102282	New York Cheesecake	7.5g	1800kJ	125g	No	No	No
122018	Banana Bread (DF)	7.4g	1610kJ	146g	No	Yes	No
102283	Blueberry Brulee Cheesecake	7.3g	1850kJ	137g	No	No	No
198774	G&G Caramel Slice (GF)	7.3g	1620kJ	90g	Yes	No	No
67992	Blueberry & Almond Tart	7.2g	1560kJ	105g	No	No	No
155409	CADBURY® MILK CHOCOLATE MUFFIN	7.2g	2600kJ	155g	No	No	No
68003	Banana & Walnut Muffin	7.1g	2080kJ	145g	No	No	No
83783	Caramel Slice	7.1g	2040kJ	118g	No	No	No
164328	GF Pear and Ricotta Tart - Individual	7.1g	1430kJ	120g	Yes	No	No
164329	Mango & Macadamia Cheesecake GF	7.0g	1930kJ	136g	Yes	No	No
191426	Cookies and Cream Cheesecake	6.9g	2160kJ	141g	No	No	No
96280	Individual Pecan & White Chocolate Tart	6.8g	2150kJ	120g	No	No	No
198778	Mad Muffin- Double Choc	6.8g	2110kJ	120g	No	No	No
122019	Pear & Raspberry Bread	6.7g	1760kJ	138g	No	No	No
105842	Pumpkin & Ginger Precut	6.6g	2140kJ	143g	No	No	No
68004	Blueberry Muffin	6.5g	2110kJ	150g	No	No	No
83759	Individual Lemon Meringue Tart	6.5g	1700kJ	120g	No	No	No
93586	Individual Pear & Walnut (GF & DF)	6.4g	1530kJ	120g	Yes	Yes	No
102290	Chunky Choc Cheesecake	6.4g	2340kJ	136g	No	No	No
196902	Tuxedo Gateaux	6.4g	3000kJ	167g	No	No	No
102313	Cafe Supreme Carrot Cake	6.3g	2400kJ	145g	No	No	No
68034	Citrus Tart	6.2g	1920kJ	133g	No	No	No
68007	Pecan Pie	6.2g	2000kJ	114g	No	No	No
146180	Gluten free Citrus Tart	6.2g	2250kJ	149g	Yes	No	No
102310	Hummingbird Cake	6.1g	2890kJ	166g	No	No	No
102299	Banana & Caramel Gateaux	6.1g	2780kJ	161g	No	No	No
198779	Mad Muffin- orange & poppyseed	6.1g	1870kJ	120g	No	No	No
67932	Apple Muffin	5.9g	1980kJ	150g	No	No	No
102266	Individual Peach & Passionfruit Cheesecake GF	5.9g	1210kJ	100g	Yes	No	No

185902	Lemon Meringue Tart	5.9g	1580kJ	125g	No	No	No
186778	Red Velvet Gateau	5.9g	2480kJ	138g	No	No	No
83717	Individual Citrus Tart	5.8g	1820kJ	125g	No	No	No
122021	Celestial Mud Cake (Gluten Free)	5.8g	2670kJ	162g	Yes	No	No
131550	Passionfruit Tray Cheesecake	5.8g	1290kJ	108g	No	No	No
131549	Boysenberry Tray Cheesecake	5.7g	1290kJ	108g	No	No	No
131551	Strawberry Tray Cheesecake	5.7g	1310kJ	108g	No	No	No
158160	Choc Ooze [®]	5.7g	2200kJ	143g	No	No	No
102294	Individual Raspberry Cheesecake	5.6g	1500kJ	100g	No	No	No
155410	OREO [®] CHEESECAKE-INDIVIDUAL	5.6g	2160kJ	120g	No	No	No
130069	French Vanilla Cheesecake	5.6g	2010kJ	138g	No	No	No
191428	Banoffee Tart	5.6g	1430kJ	98g	No	No	No
186273	Nero Mud Cake	5.5g	2390kJ	142g	No	No	No
109233	Raspberry & White Chocolate Muffin	5.4g	2030kJ	137g	No	No	No
155411	CADBURY [®] FLAKE [®] CHEESECAKE SLICE	5.4g	1650kJ	97g	No	No	No
188511	GF Raspberry Muffin	5.4g	2010kJ	150g	Yes	No	No
161195	GF Blueberry Muffin	5.3g	2010kJ	150g	Yes	No	No
198777	Mad Muffin- blueberry	5.3g	1770kJ	120g	No	No	No
115406	Chocolate Birthday Cake	5.2g	2170kJ	135g	No	No	No
102295	Individual Blueberry Cheesecake	5.2g	1360kJ	100g	No	No	No
188509	Vegan Banana and Walnut Loaf	5.2g	1390kJ	108g	No	Yes	Yes
160699	Choc Berry Tart GF Individual	5.1g	1370kJ	97g	Yes	No	No
198776	Vegan Super Protein Slice (GF)	5.1g	1460kJ	80g	Yes	Yes	Yes
93585	Individual Apple & Rhubarb (GF & DF)	5.0g	1410kJ	120g	Yes	Yes	No
195652	Crazy Caramel Slice	4.9g	1480kJ	80g	No	No	No
198697	Badass Brownie	4.9g	1680kJ	80g	No	No	No
83787	Carrot Slice	4.7g	1820kJ	112g	No	No	No
102270	Mississippi Mud Cake	4.7g	2010kJ	122g	No	No	No
126800	Tiramisu Precut	4.7g	1680kJ	135g	No	No	No
188508	Fruit & Grain Slice - Vegan	4.7g	1200kJ	65g	No	Yes	Yes
198773	Cheeky Cherry Slice	4.7g	1660kJ	75g	No	No	No
139632	Baked Lemon & Lime Tart	4.5g	1060kJ	85g	No	No	No
146179	Strawberry Individual Tart- GF	4.5g	1450kJ	97g	Yes	No	No
191424	Individual Mud Cake - Vegan	4.5g	1650kJ	115g	No	Yes	Yes

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