



BOSCASTLE
HAND MADE PASTRIES

Nutritional Analysis of Party Food

Beef Party Pies

| Analysis | Unit | Aussie | Burgundy | Guinness | Mushroom | Black Angus |
|------------|--------|--------|----------|----------|----------|-------------|
| Energy | kJ/60g | 551 | 500 | 526 | 518 | 500 |
| Protein | g/60g | 5.8 | 6.2 | 5.9 | 6.7 | 8.1 |
| Fat Total | g/60g | 8.3 | 5.3 | 6.4 | 5.7 | 5.0 |
| Saturated | g/60g | 4.6 | 2.8 | 3.0 | 3.0 | 3.4 |
| Carb Total | g/60g | 8.4 | 11.5 | 10.6 | 11.2 | 9.9 |
| Sugars | g/60g | 0.60 | 0.70 | 2.3 | 0.70 | 1.3 |
| Sodium | mg/60g | 162 | 150 | 204 | 162 | 210 |

Lamb Party Pies

| Analysis | Unit | Roast Lamb & Vegetable | Moroccan Lamb |
|------------|--------|---------------------------|------------------|
| Energy | kJ/60g | 558 | 612 |
| Protein | g/60g | 6.0 | 7.2 |
| Fat Total | g/60g | 7.3 | 7.2 |
| Saturated | g/60g | 3.4 | 3.3 |
| Carb Total | g/60g | 10.4 | 12 |
| Sugars | g/60g | 1.6 | 1.7 |
| Sodium | mg/60g | 186 | 174 |

Chicken Party Pies

| Analysis | Unit | Chicken & Mushroom | Thai Chicken | Chicken, Leek & Swiss Cheese |
|------------|--------|-----------------------|-----------------|---------------------------------|
| Energy | kJ/60g | 526 | 565 | 636 |
| Protein | g/60g | 6.1 | 6.1 | 6.3 |
| Fat Total | g/60g | 6.1 | 7.0 | 6.6 |
| Saturated | g/60g | 3.3 | 3.4 | 4.6 |
| Carb Total | g/60g | 11.4 | 11.6 | 9.1 |
| Sugars | g/60g | 1.2 | 0.9 | 1.6 |
| Sodium | mg/60g | 168 | 150 | 186 |



Nutritional Analysis of Party Food

Vegetarian Party Pies

| Analysis | Unit | Korma Curry Vegetable |
|------------|--------|--------------------------|
| Energy | kJ/60g | 450 |
| Protein | g/60g | 2.2 |
| Fat Total | g/60g | 5.1 |
| Saturated | g/60g | 2.8 |
| Carb Total | g/60g | 12.5 |
| Sugars | g/60g | 2.4 |
| Sodium | mg/60g | 186 |

Beef & Spinach Party Rolls

| Analysis | Unit | Beef Roll | Spinach & Ricotta Roll |
|------------|--------|-----------|---------------------------|
| Energy | kJ/60g | 636 | 684 |
| Protein | g/60g | 6.3 | 4.8 |
| Fat Total | g/60g | 7.4 | 8.8 |
| Saturated | g/60g | 1.3 | 4.5 |
| Carb Total | g/60g | 14.4 | 15.4 |
| Sugars | g/60g | 1.8 | 1.7 |
| Sodium | mg/60g | 240 | 228 |

Party Quiches

| Analysis | Unit | Lorraine | Spinach & Mushroom | Sweet Potato, Leek & Capsicum |
|------------|--------|----------|-----------------------|----------------------------------|
| Energy | kJ/60g | 658 | 532 | 534 |
| Protein | g/60g | 7.0 | 5.7 | 4.6 |
| Fat Total | g/60g | 10.0 | 7.0 | 6.7 |
| Saturated | g/60g | 4.9 | 3.9 | 3.7 |
| Carb Total | g/60g | 10.1 | 10.0 | 12.0 |
| Sugars | g/60g | 1.0 | 1.7 | 2.2 |
| Sodium | mg/60g | 306 | 288 | 210 |