TOASTED SARMIES

*Spur Steak Ranches are not a gluten or allergen-free environment, and while the utmost care is taken to minimise contact with allergens when requested, traces of gluten or other allergens may appear in the final dish served. Our meals are produced in kitchens containing allergens including nuts, gluten, wheat, shellfish, lactose and egg. Every effort is made to ensure vegan meals are cooked on separate surfaces, keep in mind that our plant-based meals are prepared in a kitchen that does handle animal products. Please note our fish may contain small bones.

The allergen and nutritional information provided is accurate and up-to-date to the best of our knowledge. It is based on information provided by our manufacturers and suppliers and Spur Corporation (Pty) Limited will not be held liable for any omission or failure to provide updated or correct information nor negligence on the part of the supplier nor manufacturer.

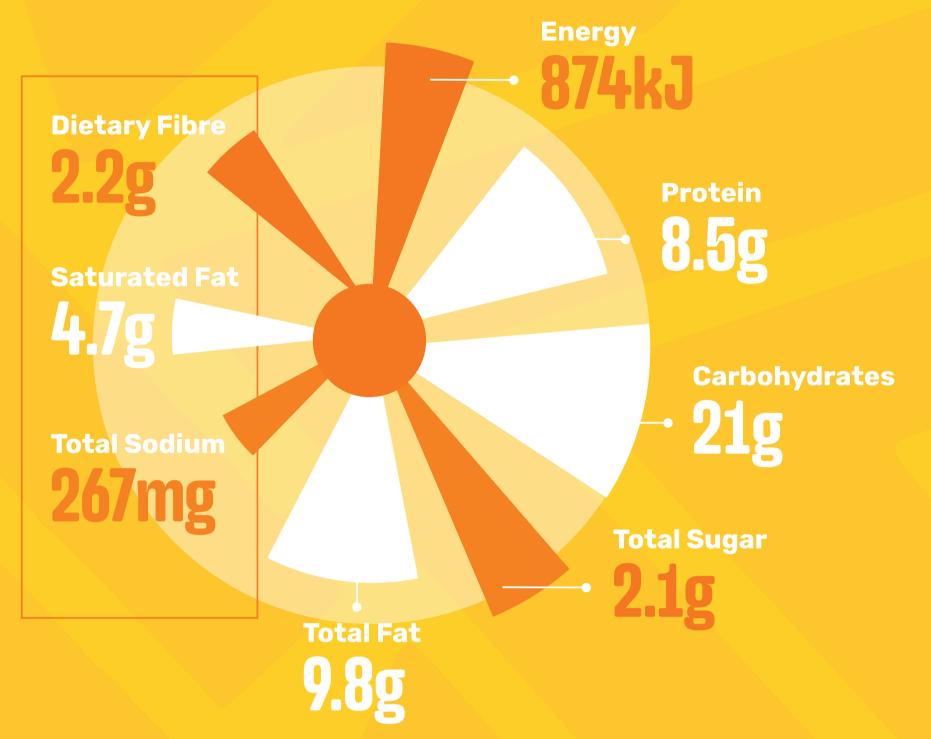
Typical Nutritional Information for Ready-to-eat Product:

Per 100 g serving

TANGY CHEESE & TOMATO

(White Bread)

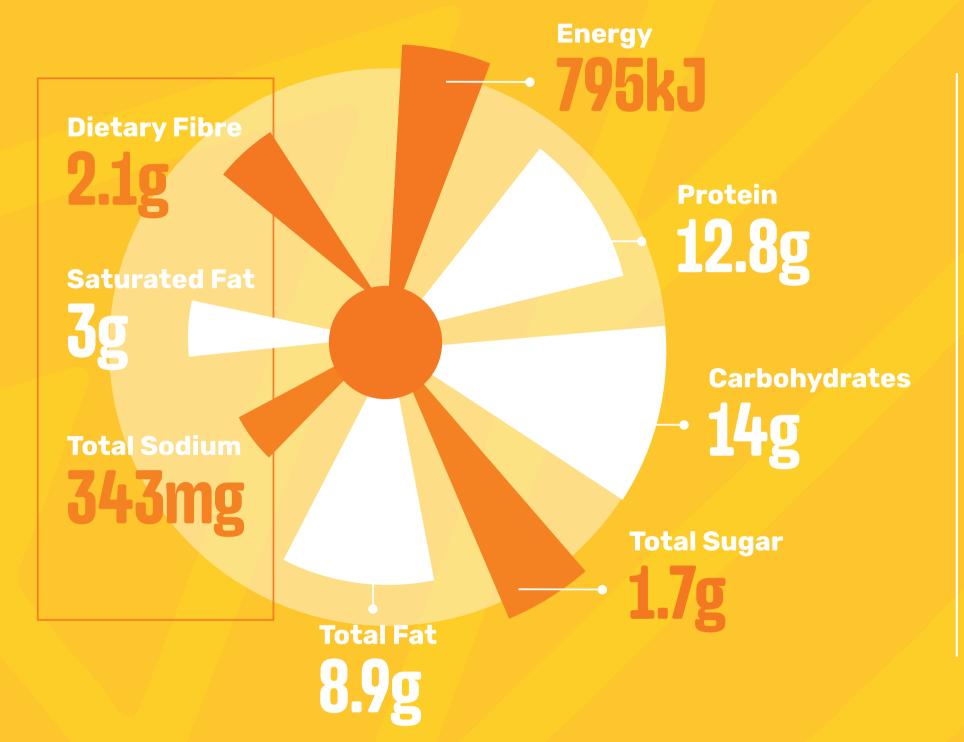
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



BACON & EGG

(White Bread)

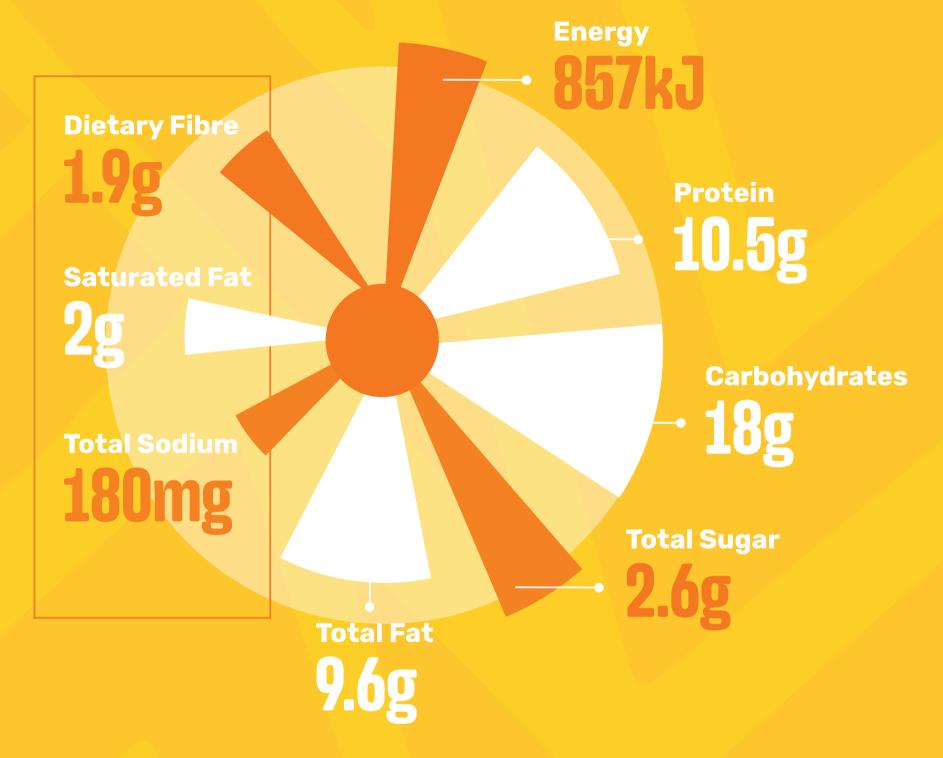
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



ROAST CHICKEN MAYO

(White Bread)

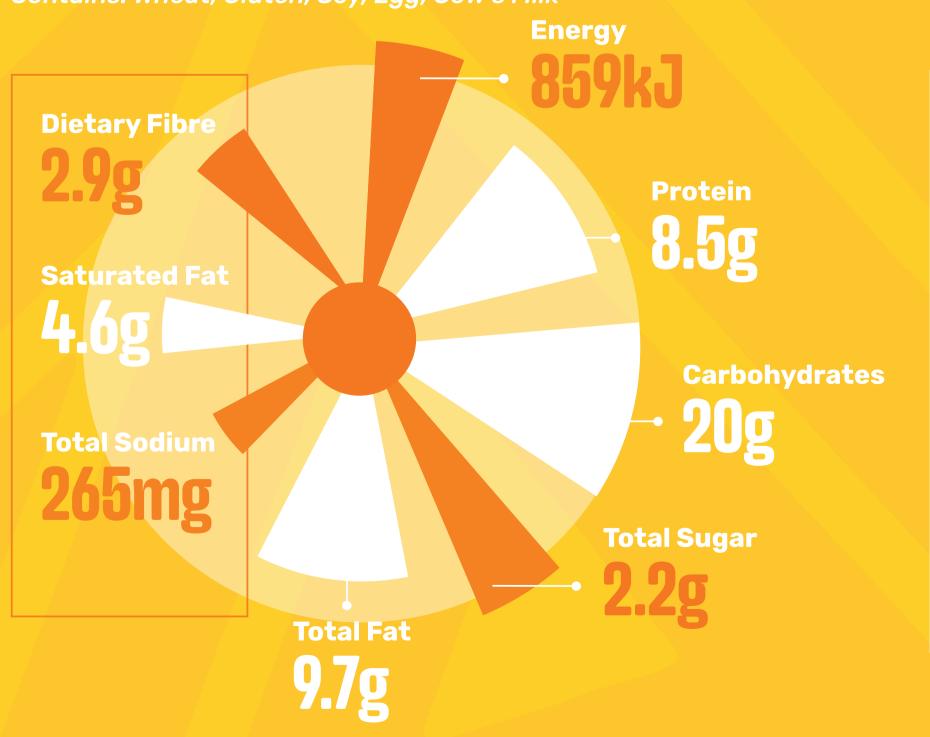
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



TANGY CHEESE & TOMATO

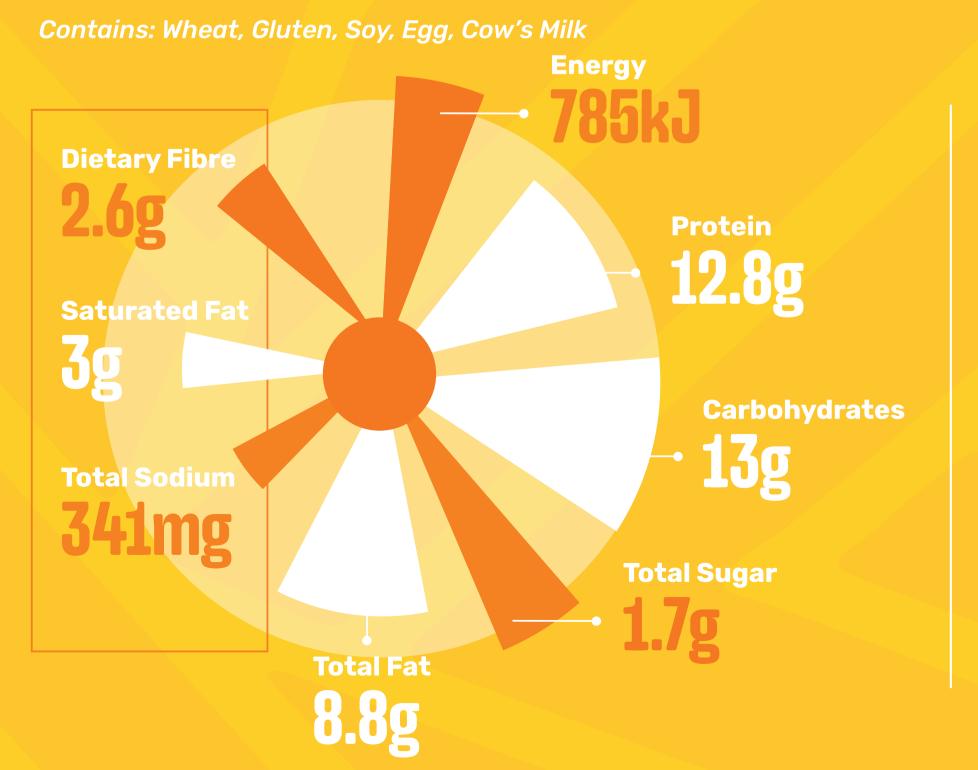
(Brown Bread)

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



BACON & EGG

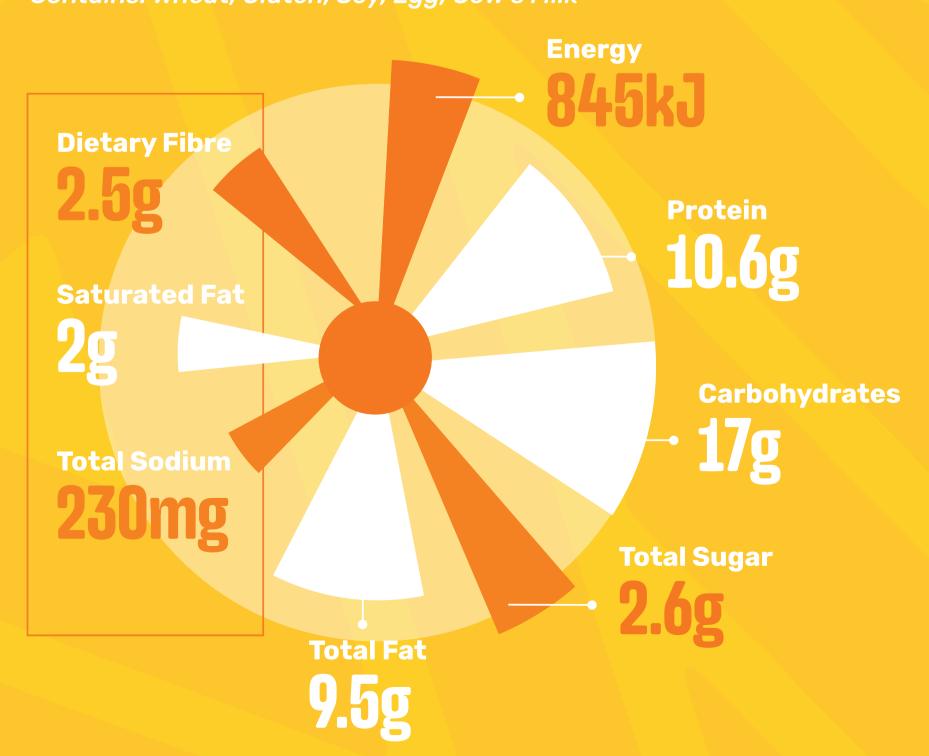
(Brown Bread)



ROAST CHICKEN MAYO

(Brown Bread)

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



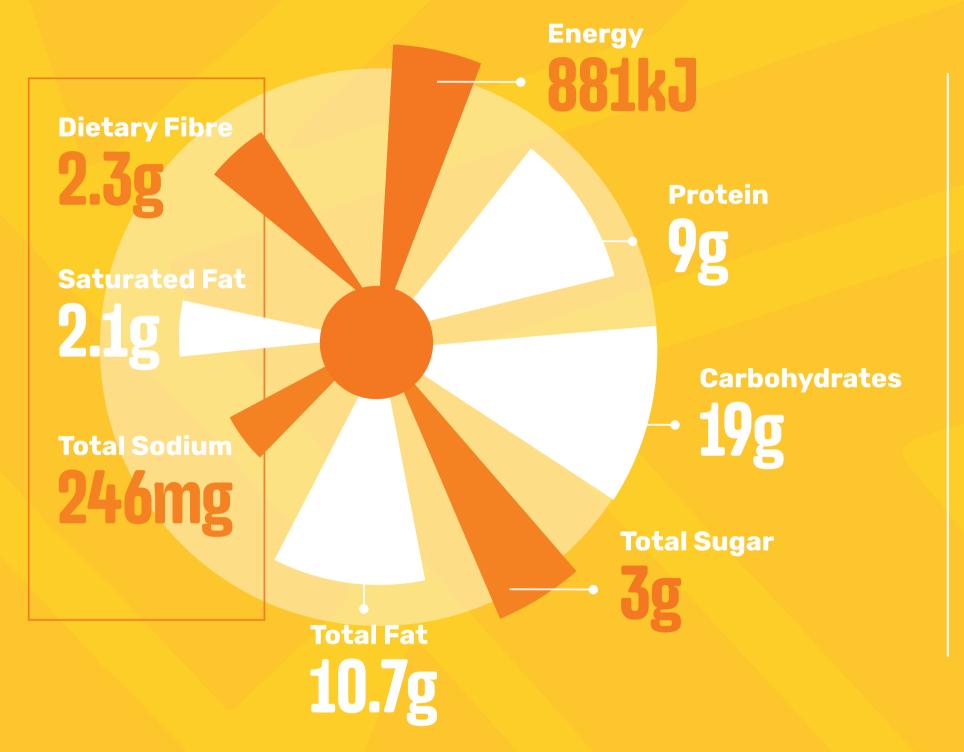
Typical Nutritional Information for Ready-to-eat Product:

Per 100 g serving

SPICY ROAST CHICKEN MAYO

(White Bread)

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



Dietary Fibre 1.9g Saturated Fat 4.5g Protein 13.9g

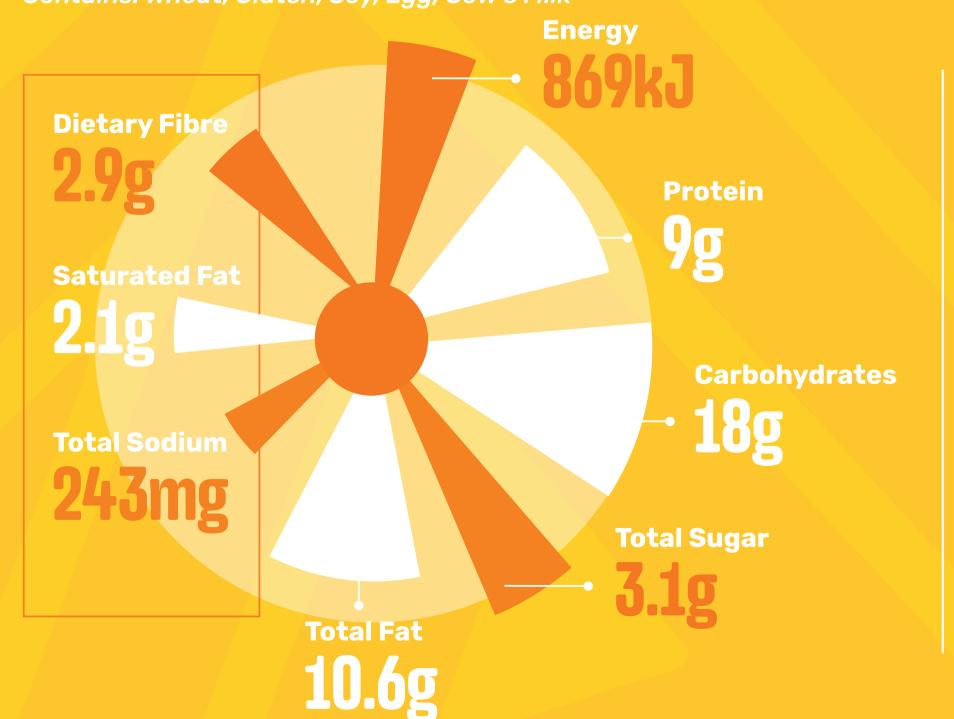
Energy



SPICY ROAST CHICKEN MAYO

(Brown Bread)

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



BACON, EGG & CHEESE

BACON, EGG & CHEESE

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk

(White Bread)

(Brown Bread)

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk

11.1g

