

National Food and Drink Policy

# Compliant pre-prepared baked items

January 2025

## This document provides examples of:

- scones, scrolls, pancakes
- cakes, desserts, puddings
- muffins, loaves
- slices
- cupcakes, iced muffins
- speciality breads; pretzels
- biscuits, bliss balls, biscotti
- pastry items, fried and high-fat breads
- pies, quiches; sausage rolls

*Health New Zealand Te Whatu Ora does not endorse, or recommend any specific food or drink brands. Products shown are examples only.*

**HE1078**







This resource is available  
from [healthed.govt.nz](https://healthed.govt.nz)

**Health New Zealand**  
**Te Whatu Ora**

## Scones, scrolls, pancakes ≤120g

Amber	 <p>Smart Choice/ Gilmours Scone Mix 120g</p>	 <p>Marcel's Pancakes 3 x 40g</p>	 <p>Marcel's Plain Crepes 4 x 30g</p>	 <p>Waffle Bros Big Bro Waffle 90g</p>
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## Cakes, desserts, puddings ≤120g

Green	 <p>Melba Slab Cake Apple Rhubarb Crumble 30 x 110g</p>	 <p>Champion Fruit Cake Mix 10kg – uniced (raisins/ almonds) &lt;120g</p>	 <p>Gold Label Carrot Cake Mix 10kg – uniced (carrot &amp; walnuts) &lt;120g</p>	 <p>Bakels Lemon and Poppy Cake Mix – uniced 17 x 100g</p>
	 <p>Bayside Baking Company Pie Apple Traditional 15 x 114g</p>	 <p>Pams/Gilmours Fruit Cake Mix – uniced 125 x 100g</p>		

Amber	 <p>Florentines Sticky Date Tray Cake 21 x 105g</p>	 <p>Melba Passionfruit Cheesecake Tray 28 x 108g</p>	 <p>Bayside Baking Company Slab Cake Sultana 100 x 120g</p>	 <p>Original Foods Goofy Slab Cake Banana – uniced 40 x 65g</p>
	 <p>Florentines Apple Shortcake 3.3kg 42 x 78g</p>	 <p>Mor &amp; Mor Red Velvet Cake 36 x 90g</p>	 <p>Elite Food Group Ltd Lamingtons 40 x 45g</p>	 <p>Mor &amp; Mor Carrot Cake 30 x 40cm 36 x 103g</p>
	 <p>Mor &amp; Mor Chocolate Cake 36 x 89g</p>	 <p>Original Foods Banana Slab Cake 28 x 115g</p>	 <p>Florentines Lemon Citrus Tart 14 x 80g</p>	 <p>Bakels Caramel Cake Mix 15 x 100g</p>
	 <p>Cowell's Mini Pavlova 12 x 16g</p>	 <p>Bakels Key Lime &amp; Coconut Baking Mix 17 x 100g</p>		

## Muffins, loaves ≤100g

Green	 <p>Original Foods Muffin Sticky Date Hidden Vege 40g</p>	 <p>Original Foods Muffin Blueberry &amp; Apple 50g</p>	 <p>Melba Loaf Date &amp; Honey Gluten-free (coconut) Pre-cut 100g</p>	 <p>Bakels Seeded Banana Bread Mix 100g</p>
Amber	 <p>Champion Muffin Mix Creme 100g</p>	 <p>Bakels NAFNAC Chocolate Muffin Mix 100g</p>	 <p>Bakels Vegan Muffin Mix 100g</p>	 <p>Bakels Bread Mix Banana 100g</p>
Red	 <p>Original Foods Muffin Gourmet Blueberry 130g</p>	 <p>Rangiora Muffin Chocolate 130g</p>	 <p>Florentines Gluten-free Orange/Almond Muffin 125g</p>	 <p>Melba Loaf Banana &amp; Walnut Pre-cut 108g</p>





## Slices ≤100g

Amber	 <p>Florentines Muesli Slice Pre-cut 15 x 95g</p>	 <p>Melba Apricot Shortcake Slice 34 x 100g</p>	 <p>Mrs Higgins Slice Louise Pre-cut 65g</p>	 <p>Florentines Custard Slice 1.7kg 18 x 95g</p>	
	 <p>Baker Boys Slice Belgium Slab 85g</p>	 <p>Original Foods Slab Cookie Caramel Slice Pre-cut 75g</p>	 <p>Florentines Gluten-free Vegan Snickers Slice 1.5kg 15 x 100g</p>	 <p>Goofy Slice Lemonicious Slab 95g</p>	
	Red	 <p>Baker Boys Rocky Road Slice 80g</p>	 <p>Mrs Higgins Chocolate Caramel Slice 90g</p>	 <p>Melba Slice Apple Pre-cut 105g</p>	 <p>Florentines Custard Slice Pre-cut 113g</p>

## Cupcakes, iced muffins ≤80g

Amber				
	<p>Yes You Can Gluten &amp; Dairy Free Red Velvet Cupcake Mix 9 x 80g</p>	<p>Champion Muffin Mix Creme 80g</p>	<p>Rescued Kitchen Baking Mix Chocolate 80g</p>	<p>Original Foods Hidden Vege Strawberry Muffin 40g</p>
Red				
	<p>Florentines Gluten Free Individual Chocolate Cupcake 100g</p>	<p>Petal Assorted Fruit Flavoured Cupcake 85g</p>	<p>Florentines Cupcake Orange &amp; Almond Free 100g</p>	<p>Loaf Spicy Carrot Muffin Gluten Free 150g</p>

## Speciality breads ≤120g; pretzels ≤100g

Green				
	<p>Loaf Spinach and Cheese Knot Roll 100g</p>	<p>French Bakery Wholemeal Pizza Sheet (add veggies) 120g</p>	<p>Bayside Baking Company Bun Hot Cross Easter 80g</p>	
Amber				
	<p>Pretzel Traditional Knot Finished With Sesame Seeds 85g</p>			

## Biscuits, bliss balls, biscotti ≤60g

Green	 <p>Molly Whoppy Biscuit Anzac (oats, coconut) 63g</p>	 <p>Mrs Higgins Cookie Apple &amp; Cranberry 60g</p>	 <p>Baker Boys Biscuit Anzac Twin Plain Wrapped 52g</p>	 <p>Mrs Higgins Bite Bliss Coconut Cranberry 2 x 30g</p>
Amber	 <p>Molly Whoppy Passionfruit Moment 64g</p>	 <p>Mrs Higgins Cookie Chocolate Chip 60g</p>	 <p>Mrs Higgins Bliss Bites Choc Hit Gluten &amp; Dairy Free 18 x 45g</p>	
Red	 <p>The Original Chocolate Chunk Cookie 85g</p>			

## Pastry items, fried and high-fat breads ≤80g

Amber	 <p>Melba Strudel Apple Log 10 x 70g</p>	 <p>Bayside Baking Company Apple Pie 22 x 78g</p>	 <p>Florentines Pie Lemon Meringue 18 x 78g</p>	 <p>Bakery De Paris Butter Croissant 80g</p>
	 <p>French Bakery Tarts Portuguese Custard 65g</p>	 <p>La Monique Danish Pain Au Chocolat 80g</p>	 <p>Emma Jane's Crodot Plain 80g</p>	 <p>Original Foods American Donut 60g</p>
Red	 <p>Emma Jane's Bretzel Almond 149g</p>	 <p>La Monique Danish Swirl Raisins 110g</p>	 <p>Emma Jane's Danish Chocolate Twist Custard 90g</p>	 <p>Good Honest Bruffin Sun-dried Tomato Olive 130g</p>

## Pies, quiches ≤210g; sausage rolls ≤120g

Green	 <p>Loaf Spinach &amp; Tomato Frittata 180g</p>	 <p>Sunny Queen Vegetable Frittata 150g</p>	 <p>Timos Vegetarian Filo Parcel range 170g</p>	 <p>Maketū Potato Top Pie 200g</p>
Amber	 <p>Goodtime Pie Co Hub Vegan range 210g</p>	 <p>La Baguette Spinach Quiche 160g</p>	 <p>Florentines Quiche Bacon &amp; Egg 170g</p>	 <p>Mrs Mac's Steak &amp; Cheese Pie 175g</p>
	 <p>Dad's Pies Steak Pie 200g</p>	 <p>Big Ben Mince &amp; Cheese Pie 170g</p>	 <p>Four'n Twenty Pie Angus Beef Mushrooms 175g</p>	 <p>Dad's Pies Sausage Roll Bagged 120g</p>