

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.

Scones, scrolls, pancakes ≤120g

Amber				
	Smart Choice/ Gilmours Scone Mix 120g	Marcel's Pancakes 3 x 40g	Marcel's Plain Crepes 4 x 30g	Waffle Bros Big Bro Waffle 90g

Cakes, desserts, puddings ≤120g

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

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

Muffins, loaves ≤100g

Green	 <p>Original Foods Muffin Sticky Date Hidden Vege 40g</p>	 <p>Original Foods Muffin Blueberry & Apple 50g</p>	 <p>Melba Loaf Date & 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 & Walnut Pre-cut 108g</p>





Slices ≤100g

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


Cupcakes, iced muffins ≤80g

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

Speciality breads ≤120g; pretzels ≤100g

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

Biscuits, bliss balls, biscotti ≤60g

Green	 <p>Molly Whoppy Biscuit Anzac (oats, coconut) 63g</p>	 <p>Mrs Higgins Cookie Apple & 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 & Dairy Free 18 x 45g</p>	
Red	 <p>The Original Chocolate Chunk Cookie 85g</p>			

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

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

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

Green	 <p>Loaf Spinach & 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 & Egg 170g</p>	 <p>Mrs Mac's Steak & Cheese Pie 175g</p>
	 <p>Dad's Pies Steak Pie 200g</p>	 <p>Big Ben Mince & Cheese Pie 170g</p>	 <p>Four'n Twenty Pie Angus Beef Mushrooms 175g</p>	 <p>Dad's Pies Sausage Roll Bagged 120g</p>