



"The tasty pie
that's better 4 u".



MINCE & VEGETABLES

130g

Helping Everyone Choose Healthier Food Options

We all know kids and adults love the taste and comfort of a quality pie but that it is desirable if they are eaten as part of an active lifestyle and well-balanced healthy diet.

That's why we have reformulated our Metro pie range to achieve the high standard 3 Star Health Rating. We want to help you and kiwi kids make more informed healthier choices but still have the chance to enjoy a kiwi favourite.

The 3 Star Rating means Metro Pies can be enjoyed more often than normal pies.



The tasty stuff: Water, wheat flour, beef mince (10%), pastry fat (animal fat, vegetable oil, water, salt, emulsifier (471, 322), acidity regulator (500), antioxidant (307b), food acid (330), colour (160a)), onion & carrot blend (3.5%), modified starch (1414), spinach puree (1.7%), broccoli puree (1.7%), onion (1.0%), fruit puree, soy protein, seasoning (flavour enhancer (635), flavours, spice extract), salt, colour (150c), garlic, natural butter flavour, black pepper, herbs, glaze (rennet casein, lactose, raising agent (450)).

Contains: Wheat flour, soy, dairy.
May contain traces of egg, tree nuts.

Nutritional Information

Servings per pack: 1

	Avg. Per serving	Avg. Per 100g
Energy:	1140kJ	876kJ
Protein:	8.2g	6.3g
Total Fat:	11.9g	9.1g
Saturated Fat:	6.8g	5.2g
Total Carbohydrate:	33.8g	26.0g
Sugar:	0.9g	0.7g
Sodium:	388mg	299mg
Dietary Fibre	1.9	1.5



Freephone 0800 466 384, email yummy@goodtime.co.nz or visit www.goodtime.co.nz


MINCE & VEGETABLE

Pie Weight:	130g
Product barcode:	9414195006371
Date type:	Best before - frozen
Shelf life:	Frozen 12 months
Storage instructions:	Frozen -12°C to -18°C. Once defrosted, keep refrigerated at 2-4°C and use within 4 days.
Heating Instructions:	<p>To heat from frozen – unwrapped: Preheat fan-bake oven & tray to 160°C. Heat pie in oven for 30 mins.</p> <p>To heat from frozen – wrapped: Preheat fan-bake oven & tray to 160°C. Heat pie in oven for 45 mins.</p> <p>To heat from defrosted: If you defrost our pies we recommend this is done overnight in the fridge. Preheat fan-bake oven & tray to 160°C. Heat pie in oven for 15 mins.</p> <p>To microwave from frozen – (if you really must): Microwave each pie on defrost function for 40-50 seconds. Then fan bake using a pre-heated oven & tray at 160°C for 10 mins.</p>
Country of origin:	New Zealand

We pack our pies in various carton sizes to suit different customer needs.
The **MINI METRO MINCE & VEGETABLE** is available in the following:

Carton options	Wrapped Space Saver Carton
Packs in carton	10
Product carton code	820293
Carton dimensions	L 328mm x W 135mm x D 106mm
Benefits	The wrapped space saver carton is ideal if you have limited storage space and want an affordable way to offer a wide range of flavours.



FEATURES	BENEFITS
 Reformulated to achieve a 3 Star Rating across the range	<ul style="list-style-type: none"> Well recognised rating system that people know and trust Reformulated to still taste great but be Better 4 U Uses lean meat, an important source of protein Contains healthy fats essential for energy but less unhealthy saturated fats Upping the amount of vegetables, legumes, and soy to increase dietary fibre Reducing the sodium and minimising sugar Reduced kj per 100gm helping balance overall energy intake but still provide energy for active growing tweens and teens
Metro 3 Star Rating stacks up favourably against other common tuck shop food	<ul style="list-style-type: none"> Typical pie - 1.5-2.5 Stars Filled Ham Bread Roll - 3.0 Stars Cheese Toasted Sandwich - 2.5 Stars Cheese Burger - 3.0 Stars
Metro branding with new packaging	<ul style="list-style-type: none"> A brand that kids know and enjoy New fresh modern look to reflect "Better 4 U" positioning and attract customers interest

The Goodtime Pie Co Service Guarantee



Nationwide delivery: Mon- Fri
(some exceptions apply)



Easy ordering: freephone 0800 466 384,
email yummy@goodtime.co.nz or visit www.goodtime.co.nz



Next day delivery if your
order is received by 12.30pm



Nationwide team of sales representatives
to help you grow your business



The Goodtime Pie Co NORTH Ltd. - 35 Turner Place, Onekawa, PO Box 3341, Napier, 4142, New Zealand.

The Goodtime Pie Co SOUTH Ltd. - 27 Buchanans Road, Sockburn, PO Box 11308, Sockburn, Christchurch 8443, New Zealand.