



The Healthier Alternative

Goodtime Metro pies are not only big on taste, they're a recognised healthier choice of pie. All five pies in the Metro range have been independently tested and have met strict guidelines for saturated and trans fats, sodium and fibre to get the Heart Foundation Tick of approval.

Metro pies are filled with lean meat and tasty, wholesome ingredients, all baked in a crispy golden pastry.

Funky packaging makes for easy recognition of all the trusty flavour favourites – Mince, Mince & Cheese, Steak & Cheese, Potato Top and Chicken.

Pie snackers love the taste. Parents love the healthier option. Everyone loves the affordable cost!



Pick the Tick

CERT TM used under licence



HISTORICAL
'Golf Ball of Fat'



TYPICAL PIE
1963



TYPICAL PIE
2007



TODAY'S
METRO PIE
Average over range

Please remember, while Metro pies are a healthier choice of pie, they are an occasional food and should be eaten in moderation as part of a healthy, balance diet.

COMPARITIVE FAT CONTENT PER PIE



NUTRITION INFORMATION

Servings per pack: 1 • Serving Size: 180g

MINCE

| | Per Serving | Per 100g |
|----------------------|-------------|----------|
| Energy | 1486kJ | 826kJ |
| Protein | 15.5g | 8.6g |
| Fat - Total | 13.5g | 7.5g |
| - Saturated | 7.9g | 4.4g |
| Carbohydrate - Total | 42.5g | 23.6g |
| - Sugars | 5.6g | 3.1g |
| Dietary fibre | 7.7g | 4.3g |
| Sodium | 504mg | 280mg |

MINCE & CHEESE

| | Per Serving | Per 100g |
|----------------------|-------------|----------|
| Energy | 1654kJ | 919kJ |
| Protein | 15.5g | 8.6g |
| Fat - Total | 14.4g | 8.0g |
| - Saturated Fat | 8.8g | 4.9g |
| Carbohydrate - Total | 45.2g | 25.1g |
| - Sugars | 4.9g | 2.7g |
| Dietary fibre | 6.5g | 3.6g |
| Sodium | 540mg | 300mg |

STEAK & CHEESE

| | Per Serving | Per 100g |
|----------------------|-------------|----------|
| Energy | 1609kJ | 894kJ |
| Protein | 18.4g | 10.2g |
| Fat - Total | 13.5g | 7.5g |
| - Saturated Fat | 8.1g | 4.5g |
| Carbohydrate - Total | 42.3g | 23.5g |
| - Sugars | 3.2g | 1.8g |
| Dietary fibre | 11.2g | 6.2g |
| Sodium | 540mg | 300mg |

CHICKEN

| | Per Serving | Per 100g |
|----------------------|-------------|----------|
| Energy | 1488 | 827 |
| Protein | 16.6 | 9.2 |
| Fat - Total | 14.8 | 8.2 |
| - Saturated Fat | 8.5 | 4.7 |
| Carbohydrate - Total | 42.1 | 23.4 |
| - Sugars | 4.5 | 2.5 |
| Dietary fibre | 8.1 | 4.5 |
| Sodium | 522mg | 290mg |

POTATO TOP

| | Per Serving | Per 100g |
|----------------------|-------------|----------|
| Energy | 1387 | 771 |
| Protein | 11.9 | 6.6 |
| Fat - Total | 9.0 | 5.0 |
| - Saturated Fat | 5.2 | 2.9 |
| Carbohydrate - Total | 44.5 | 24.7 |
| - Sugars | 4.0 | 2.2 |
| Dietary fibre | 9.4 | 5.2 |
| Sodium | 360mg | 200mg |

All values are considered averages unless otherwise indicated



Our colour-coded 12-pie cartons are front opening for convenient storage and easy access. Plus the tamper-evident seals and obvious Best Before fresh and frozen dates make stock rotation foolproof.

Features of the carton

Benefits

Easy identification of dates for stock rotation

No more crates with multiple products and mixed dates

Best before FRESH date on outside of carton

Confidence in knowing that the product is safe to serve

Best before FROZEN date on outside of carton

Product can be safely frozen anytime before the FRESH date

Easy access to product from pull down panel

Remove pies by pulling on the web of the bag

Quick and easy stock check by staff

No more crates of mixed varieties, dates and quantities

Quick and easy to locate in your freezer

Freezer friendly cartons clearly labelled with product name and dates

Friendly easy to handle, easy store carton

No more bread crate racks taking up valuable chiller space. Cartons can be stacked 4 high

Great time saver

No more having to count each pie. We guarantee the product inside matches the description and dates on the carton label

Look out for our other product ranges.



HUB
GOURMET PIES



Classic
REAL MEAT PIES