



Nutritional Information

		AVG PORTION WEIGHT (g)	ENERGY		PROTEIN (g)	CARBS (g)	OF WHICH SUGARS (g)	FAT (g)	OF WHICH SATURATES (g)	SALT (g)	FIBRE (g)
			(kcal)	(KJ)							
Chicken Products											
Chicken Drumstick		116	180.24	753.40	29.46	5.45	Trace	14.50	3.96	1.05	Trace
Chicken Thigh Piece		148	210.00	877.80	30.93	6.51	Trace	21.02	5.89	1.52	Trace
Chicken Wing Piece		182	276.45	1155.56	45.50	8.19	Trace	30.39	8.52	1.78	Trace
Chicken Tender Portion [3]		130	282.10	1181.30	35.75	6.50	0.20	12.61	4.19	2.22	Trace
Chicken Nugget Portion [6]		112	288.96	1209.60	30.24	7.06	0.00	14.90	4.64	0.90	2.80
Chicken Breast Piece		220	332.78	1391.02	63.58	Trace	Trace	17.38	4.86	1.48	2.20
Chicken Breast Sandwich		220	423	1783	33.6	49	8.2	9.4	1.4	2	3.8
Grilled Chicken Breast Sandwich		202	340	1436	37.7	34.1	3.5	5.1	1	0.9	3.3
Chicken Burger		150	452.00	1800.56	35.20	16.82	6.20	19.45	3.85	2.35	2.44
Chicken Wrap [No Sauce]		178	432.54	1815.60	33.64	40.58	2.55	14.42	5.70	1.40	2.67
Snack Box (Fries/Drumstick & Thigh)		456	989.00	4135.00	49.70	80.71	0.45	49.24	18.14	2.50	11.85
Beef Burger Products											
Regular Burger		101.7	235.47	992.59	13.62	29.51	5.28	7.17	4.95	1.78	2.85
Cheese Burger		124	367.00	1537.00	18.60	30.13	5.89	18.60	5.75	2.02	2.36
Mighty Mac		210	480.90	2016.00	28.00	45.10	8.00	19.90	6.80	2.13	4.41
Smokey Bacon Burger		230	568.00	2369.00	31.05	43.01	7.66	28.98	3.11	3.08	5.29
Double Cheese Burger		180	522.00	2178.00	32.40	25.74	5.90	31.32	11.34	2.92	3.42
5 oz Burger		187	633	2650	44	40	10.1	31.8	14.5	2.5	3.6
5 oz [Bacon & Cheese]		178	719	3006	51	39.9	9.3	38.8	16.3	3.4	3.1
7.5 oz Burger		239	822	3436	63	41	10.7	44	21.4	3.3	3.6
Fries & Dressed Fries											
Regular Fries		166	368.00	1540.00	5.29	54.28	0.33	15.60	5.26	0.43	5.47
Regular Curry Fries		240	444.00	1857.00	6.24	56.16	1.68	20.16	7.87	0.91	6.48
Regular Curry Cheese Fries		260	556.00	2324.00	10.66	52.52	1.82	32.50	15.08	1.24	5.98
Regular Garlic & Cheese Fries		222	692.6	2886.00	9.76	48.84	1.33	49.95	15.45	1.39	3.99
Regular Taco Fries		266	601.16	2503.06	16.52	51.87	3.99	34.85	11.38	1.70	6.38
Breakfast											
Regular Breakfast Roll		258	603.54	2522.80	35.86	57.79	7.79	34.83	12.23	3.33	3.35
Deluxe Breakfast Roll		300	655.56	2740.24	39.00	60.30	5.70	41.40	15.18	3.50	4.50
Super Breakfast		386	661.20	2730.76	50.95	67.94	5.06	56.36	20.84	3.03	10.81
Other Products											
Onion Ring Portion [6]		118	429.00	1793.00	4.48	40.23	3.77	27.14	9.20	1.15	3.06
Sausage Portion [3]		96	315.84	1315.20	10.08	9.50	0.31	25.92	9.36	2.28	2.30
Phillie Cheese Steak Sandwich		244	470.92	1976.40	34.16	47.82	7.93	14.40	6.22	2.68	6.34
Veggi Burger		191	512.80	2141.90	12.01	51.67	4.87	28.64	3.28	2.82	9.64
Veggi Wrap		197	553.28	2331.68	11.34	75.48	8.16	21.93	7.11	3.17	4.35
Cod & Chips		414	678.32	2835.38	28.65	84.46	0.66	42.23	14.08	1.58	10.76
Desserts											
Ice Cream Portion		74	100.64	422.54	2.87	13.62	13.37	3.85	2.58	0.18	Trace
99 Cone		116	192.56	807.36	5.08	22.62	13.78	8.12	5.20	0.25	4.52
Sundae Strawberry		154	235.62	990.22	4.93	36.50	31.25	7.39	4.99	0.28	1.54
Medium Milkshake (straw)		276	287.04	1206.00	8.75	45.82	30.99	6.90	5.19	0.32	3.04
Muffin & Ice Cream (Choc)		152	510.72	2128.00	7.74	59.13	34.63	26.30	5.62	1.48	3.19
Muffin & Ice Cream (Blue)		182	524.16	2202.20	8.30	62.79	35.22	26.03	5.13	1.35	2.91
Drinks											
Regular Coke		450	156.60	666.00	0.00	39.15	38.97	0	0	0	0
Regular Diet Coke		402	3.22	13.67	0.00	0.80	Trace	0	0	0	0
Regular Sprite		415	162.40	690.20	0.00	42.34	41.01	0	0	0	0
Regular Fanta		430	198.42	843.28	0.00	52.21	51.08	0	0	0	0
Sauces / Dips / Sides											
Ketchup Portion		14.00	13.93	59.20	0.14	3.25	3.00	0.04	Trace	0.43	0.25
Cheese Slice		14.00	47.88	198.80	2.56	1.23	0.46	3.64	2.06	0.52	Trace
Curry Sauce Portion		88	60.19	252.56	1.71	8.71	2.31	1.76	0.77	0.80	1.32
Beef Burger Sauce Portion		15.40	79.77	328.79	0.24	1.18	1.07	8.20	0.58	0.25	0.04
Chicken Burger Sauce Portion		15.40	48.51	200.66	0.21	2.18	1.90	4.28	0.30	0.30	0.07
Mustard Sauce Portion		15.40	75.46	311.08	0.26	0.61	0.50	7.90	0.56	0.25	0.06
Coleslaw Portion		74	188.70	777.00	0.99	0.74	2.12	19.76	1.50	0.42	1.92



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			(kcal)	(KJ)							
Pizza Products											
Hawaiian BBQ	Regular 12" Slice	82.5	184.8	777.15	8.23	23.6	3.8	6.02	2.61	1.59	1.29
H/Pepper Passion	Regular 12" Slice	84.75	190.69	801.74	8.36	23.81	4.07	6.53	3.03	1.67	1.25
The Vegetarian	Regular 12" Slice	95.25	199.07	835.34	8.02	25.62	4.64	6.76	2.6	2.2	1.41
Fajita	Regular 12" Slice	97.5	216.45	911.63	11.12	25.74	4.83	7.31	3.18	2.02	1.5
The Mexican	Regular 12" Slice	94.5	218.3	916.65	9.64	25.14	3.9	8.32	3.8	2.38	1.33
The Works	Regular 12" Slice	117.75	266.12	1117.45	12.36	28.38	4.77	10.83	4.47	3.67	1.83
Chicken BBQ	Regular 12" Slice	113.25	267.27	1122.31	13.59	32.62	4.99	8.72	3.62	2.56	1.85
Pepperoni Plus	Regular 12" Slice	103.5	270.14	1128.15	11.8	26.5	4.72	12.42	1.81	6.84	3.03
All The Meats	Regular 12" Slice	116.25	287.14	1209	13.25	30.81	4.56	11.86	4.89	3.95	2.08
Garlic Bread	Per 100g	100.00	340.00	1430.00	8.37	45.70	5.86	12.50	2.76	5.43	3.46
Side Orders / Dips / Sauces											
BBQ Dip	Per Pot	25.00	55.25	234.25	0.30	12.70	8.96	0.28	0.06	0.08	0.11
Garlic Dip	Per Pot	60	369.6	1524	0.81	5.04	1.11	38.46	2.84	23.46	9.58
Chicken Dippers	Per Portion	154.00	380.38	1601.60	28.95	24.33	0.51	13.40	3.50	5.20	4.70
Potato Wedges	Per Portion	272.00	443.36	1860.48	7.51	68.82	1.44	13.60	6.47	5.06	1.33
Chicken Wings	Per Portion	258.00	580.50	2430.36	60.89	18.06	13.42	29.41	7.38	12.64	7.74
Papa Bites Bacon (6)	Per Portion	291	881	3682	55	58	2.5	47	17.3	4.9	2.7
Papa Bites Cheese (6)	Per Portion	211	580	2431	26	58	2.3	26.8	9.3	2.6	2.3
Papa Bites Jalapenos (6)	Per Portion	271	588	2465	26.3	59	3.4	26.9	9.3	6.3	2.8
Sweet Chilli Sauce	Per Portion	60	105	446	0.2	25.8	18.6	0.1	0	0.3	0
Pizza Sauce	Per Portion	60	30.2	125	0.7	1.8	1.6	2.2	0.3	0.5	0.4
Cookies (2)	Per Portion	64	376	1578	4.2	50	21.8	17.4	9.2	0.5	1.3