

Nutritional Information 2015



	Average Portion Weight	Energy		Protein	Carbo-hydrates	Of Which Sugars	Fat	Saturated Fat	M/UnSaturated Fat	P/UnSaturated Fat	Moisture	Sodium	Salt	Fibre	Ash
	(g)	(kcal)	(KJ)	(g)	(g)	(g)	(g)	(g)	(g)	(g)	(g)	(g)	(g)	(g)	(g)
Chicken Products															
Chicken Drumstick	116	180.24	753.40	29.46	5.45	Trace	14.50	3.96	6.93	2.80	64.50	0.42	1.05	Trace	2.09
Chicken Thigh Piece	148	210.00	877.80	30.93	6.51	Trace	21.02	5.89	9.89	4.03	86.88	0.61	1.52	Trace	2.66
Chicken Wing Piece	182	276.45	1155.56	45.50	8.19	Trace	30.39	8.52	14.54	5.57	94.64	0.71	1.78	Trace	3.28
Chicken Tender Portion [3]	130	282.10	1181.30	35.75	6.50	0.20	12.61	4.19	5.76	1.95	71.76	0.89	2.22	Trace	3.38
Chicken Nugget Portion [6]	112	288.96	1209.60	30.24	7.06	0.00	14.90	4.64	6.72	2.67	55.22	0.36	0.90	2.80	1.79
Chicken Breast Piece	220	332.78	1391.02	63.58	Trace	Trace	17.38	4.86	8.27	3.26	134.64	0.59	1.48	2.20	3.96
Chicken Breast Sandwich	147	384.00	1612.42	48.08	8.20	0.93	17.42	3.41	9.22	3.71	54.82	0.58	1.45	1.58	3.50
Grilled Chicken Sandwich	135	240.30	1011.00	18.22	24.57	3.91	7.15	1.02	3.67	1.99	79.65	0.71	1.79	2.43	2.97
Chicken Burger	150	452.00	1800.56	35.20	16.82	6.20	19.45	3.85	10.24	5.36	62.55	0.94	2.35	2.44	3.22
Chicken Wrap [No Sauce]	178	432.54	1815.60	33.64	40.58	2.55	14.42	5.70	5.86	2.05	82.06	0.56	1.40	2.67	4.63
Snack Box (Fries/Drumstick & Thigh)	456	989.00	4135.00	49.70	80.71	0.45	49.24	18.14	20.20	8.66	257.00	1.00	2.50	11.85	7.29
Beef Burger Products															
Regular Burger	101.7	235.47	992.59	13.62	29.51	5.28	7.17	4.95	1.78	0.44	42.56	0.71	1.78	2.85	2.75
Cheese Burger	124	367.00	1537.00	18.60	30.13	5.89	18.60	5.75	8.63	2.64	50.96	0.81	2.02	2.36	3.35
Mighty Mac	210	480.90	2016.00	28.00	45.10	8.00	19.90	6.80	8.90	2.30	107.50	0.85	2.13	4.41	5.04
Smokey Bacon Burger	230	568.00	2369.00	31.05	43.01	7.66	28.98	3.11	13.48	3.93	116.38	1.23	3.08	5.29	5.29
Double Cheese Burger	180	522.00	2178.00	32.40	25.74	5.90	31.32	11.34	13.66	3.47	82.44	1.17	2.92	3.42	4.68
5oz Burger	272	585.44	2447.14	34.54	51.68	7.24	29.10	7.75	14.50	4.43	146.12	1.12	2.80	4.62	5.44
5oz [Bacon & Cheese]	244	612.44	2562.00	47.58	44.41	11.57	26.11	10.71	10.91	2.05	114.92	1.42	3.55	4.64	6.34
10oz Burger	398	696.32	2910.62	75.62	37.81	4.34	51.34	18.35	23.20	5.09	218.10	1.21	3.03	6.37	8.76
Fries & Dressed Fries															
Regular Fries	166	368.00	1540.00	5.29	54.28	0.33	15.60	5.26	7.25	2.4	88.47	0.17	0.43	5.47	2.32
Regular Curry Fries	240	444.00	1857.00	6.24	56.16	1.68	20.16	7.87	8.18	3.21	147.80	0.36	0.91	6.48	3.12
Regular Curry Cheese Fries	260	556.00	2324.00	10.66	52.52	1.82	32.50	15.08	11.77	3.61	154.40	0.49	1.24	5.98	3.90
Regular Garlic & Cheese Fries	222	692.6	2886.00	9.76	48.84	1.33	49.95	15.45	22.31	9.19	105.67	0.55	1.39	3.99	3.77
Regular Taco Fries	266	601.16	2503.06	16.52	51.87	3.99	34.85	11.38	16.12	4.73	152.15	0.68	1.70	6.38	4.26
Breakfast															
Regular Breakfast Roll	258	603.54	2522.80	35.86	57.79	7.79	34.83	12.23	15.27	5.13	118.68	1.33	3.33	3.35	7.48
Deluxe Breakfast Roll	300	655.56	2740.24	39.00	60.30	5.70	41.40	15.18	17.82	5.82	145.80	1.40	3.50	4.50	9.00
Super Breakfast	386	661.20	2730.76	50.95	67.94	5.06	56.36	20.84	24.01	7.84	190.30	1.21	3.03	10.81	9.65
Other Products															
Onion Ring Portion [6]	118	429.00	1793.00	4.48	40.23	3.77	27.14	9.20	11.15	5.34	41.30	0.46	1.15	3.06	1.77
Sausage Portion [3]	96	315.84	1315.20	10.08	9.50	0.31	25.92	9.36	10.85	4.00	45.31	0.91	2.28	2.30	2.88
Philli Cheese Steak Sandwich	244	470.92	1976.40	34.16	47.82	7.93	14.40	6.22	5.17	1.71	135.66	1.07	2.68	6.34	5.61
Veggi Burger	191	512.80	2141.90	12.01	51.67	4.87	28.64	3.28	21.02	4.32	97.44	1.13	2.82	9.64	5.54
Veggi Wrap	197	553.28	2331.68	11.34	75.48	8.16	21.93	7.11	9.88	3.83	80.42	1.27	3.17	4.35	4.15
Cod & Chips	414	678.32	2835.38	28.65	84.46	0.66	42.23	14.08	19.79	6.13	243.02	0.63	1.58	10.76	4.97
Desserts															
Ice Cream Portion	74	100.64	422.54	2.87	13.62	13.37	3.85	2.58	0.80	0.07	52.91	0.07	0.18	Trace	0.74
99 Cone	116	192.56	807.36	5.08	22.62	13.78	8.12	5.20	1.94	0.24	74.36	0.10	0.25	4.52	1.28
Sundae Strawberry	154	235.62	990.22	4.93	32.60	31.25	7.39	4.99	1.46	0.17	102.26	0.11	0.28	1.54	1.39
Medium Milkshake (straw)	276	287.04	1206.00	8.75	45.82	30.99	6.90	5.19	0.99	Trace	210.04	0.13	0.32	3.04	1.38
Muffin & Ice Cream (Choc)	152	510.72	2128.00	7.74	59.13	34.63	26.30	5.62	13.51	5.62	53.05	0.59	1.48	3.19	2.58
Muffin & Ice Cream (Blue)	182	524.16	2202.20	8.30	62.79	35.22	26.03	5.13	13.52	5.73	79.53	0.54	1.35	2.91	2.37
Drinks															
Regular Coke	450	156.60	666.00	0.00	39.15	38.97	0	0	0	0	410.85	0	0	0	0
Regular Diet Coke	402	3.22	13.67	0.00	0.80	Trace	0	0	0	0	401.20	0	0	0	0
Regular Sprite	415	162.40	690.20	0.00	42.34	41.01	0	0	0	0	401.98	0	0	0	0
Regular Fanta	430	198.42	843.28	0.00	52.21	51.08	0	0	0	0	415.58	0	0	0	0
Sauces / Dips / Sides															
Ketchup Portion	14.00	13.93	59.20	0.14	3.25	3.00	0.04	Trace	Trace	Trace	0.00	0.17	0.43	0.25	0.00
Cheese Slice	14.00	47.88	198.80	2.56	1.23	0.46	3.64	2.06	1.06	0.19	5.82	0.21	0.52	Trace	0.74
Curry Sauce Portion	88	60.19	252.56	1.71	8.71	2.31	1.76	0.77	0.70	0.18	73.48	0.32	0.80	1.32	1.06
Beef Burger Sauce Portion	15.40	79.77	328.79	0.24	1.18	1.07	8.20	0.58	4.83	2.37	12.32	0.10	0.25	0.04	0.06
Chicken Burger Sauce Portion	15.40	48.51	200.66	0.21	2.18	1.90	4.28	0.30	2.52	1.23	12.32	0.12	0.30	0.07	0.09
Mustard Sauce Portion	15.40	75.46	311.08	0.26	0.61	0.50	7.90	0.56	4.71	2.31	12.32	0.10	0.25	0.06	0.07
Coleslaw Portion	74	188.70	777.00	0.99	0.74	2.12	19.76	1.50	12.02	5.00	49.95	0.17	0.42	1.92	0.67



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	(g)	(kcal)	(KJ)	(g)	(g)	(g)	(g)	(g)	(g)	(g)	(g)	(g)	(g)	(g)	(g)	
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	41.17	0.46	1.16	1.65	1.82
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	42.29	0.5	1.24	1.7	2.03
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	51.24	0.47	1.17	1.62	2
Fajita	Regular 12" Slice	97.5	216.45	911.63	11.12	25.74	4.83	7.31	3.18	2.02	1.5	49.34	0.53	1.33	1.76	2.24
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	46.78	0.62	1.56	2.17	2.46
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	60.17	0.75	1.87	2.94	3.06
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	53.91	0.66	1.66	1.7	2.72
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	47.3	0.68	1.7	2.69	2.79
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	55.22	0.79	1.98	1.98	3.14
Garlic Bread	Per 100g	100.00	340.00	1430.00	8.37	45.70	5.86	12.50	2.76	5.43	3.46	27.00	0.58	1.45	3.30	2.10
Side Orders / Dips																
BBQ Dip	Per Pot	25.00	55.25	234.25	0.30	12.70	8.96	0.28	0.06	0.08	0.11	10.40	0.20	0.50	0.40	0.93
Mustard Dip	Per Pot	25.00	98.75	410.00	0.41	5.50	4.40	8.30	0.57	5.14	2.15	10.28	0.09	0.24	0.20	0.33
Garlic Dip	Per Pot	60	369.6	1524	0.81	5.04	1.11	38.46	2.84	23.46	9.58	14.82	0.36	0.91	<0.5	0.9
Chicken Dippers	Per Portion	154.00	380.38	1601.60	28.95	24.33	0.51	13.40	3.50	5.20	4.70	78.69	0.98	2.44	<0.5	3.39
Potato Wedges	Per Portion	272.00	443.36	1860.48	7.51	68.82	1.44	13.60	6.47	5.06	1.33	170.00	0.41	1.01	7.62	4.35