



# Nutritional Information

		AVG PORTION WEIGHT	ENERGY		PROTEIN	CARBS	OF WHICH SUGARS	FAT	OF WHICH SATURATES	SALT	FIBRE
			(g)	(kcal)							
<b>Chicken Products</b>											
	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	11.6	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
<b>Beef Burger Products</b>											
	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
<b>Fries &amp; Dressed Fries</b>											
	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
<b>Breakfast</b>											
	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
<b>Other Products</b>											
	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
	Philli Cheese Steak Sandwich	244	490.92	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
<b>Desserts</b>											
	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
<b>Drinks</b>											
	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
<b>Sauces / Dips / Sides</b>											
	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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			(g)	(kcal)								(KJ)
<b>Pizza Products</b>												
	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
<b>Side Orders / Dips / Sauces</b>												
	BBQ Dip	Per Pot	25.00	55.25	234.25	0.30	12.70	8.96	0.28	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