

Nutritional Information

	AVG PORTION WEIGHT	ENERGY		PROTEIN	CARBS	OF WHICH SUGARS	FAT	OF WHICH SATURATES	SALT	FIBRE
	(g)	(kcal)	(KJ)	(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	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
Philli 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