Chicken Burgers

Selected Stores only	Halal	Menu Item	Ingredients	WHEAT	GLUTEN	GLUTEN SOURCE	EGGS	MILK & MILK PRODUCTS	SOY	FISH	MOLLUSC	CRUSTACEA	PEANUTS	TREE NUTS	TREE NUTS SOURCE	LUPINS	SESAME	SULPHITES	Serving Size (g)	Energy (kJ)	Protein (g)	Fat Total (g)	Fat Saturated (g)	Carbohydrates (g)	Sugars (g)	Sodium (mg)	Serving Size / 100g	Energy (KJ / 100g)	Protein (g / 100g)	Fat Total (g / 100g)	Sat Fat (g / 100g)	Carbohydrates (g / 100g)	Sugars (g / 100g)	Sodium (g / 100g)	Project	Product Code
☐	☐	**Chicken Burgers**	**CAUTION: Some items may contain small bones, shell or other hard fragments. Please take care when eating. Allergens: Wheat, Gluten, Egg, Milk, Soy, Fish, Sesame, Sulphites. Please ask a team member if you require information on our allergen menu. Our kitchen and restaurant may contain traces of other allergens, including nuts, and cross contamination may occur in our shared cooking areas. All meat on bacon and meat is pork if not otherwise listed. Note: Some items may contain alcohol. Please ask a team member if you require information on our alcohol menu.**																																
☐	☐	**Jack's Fried Chicken Tropical**	Jack's Fried Chicken Fillet (Chicken (60%), Flour (Wheat, Rice), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Thickeners (1422, 415), Salt, Mineral Salts (450, 450 (i), 500, 451), Vegetable Powders (Garlic, Onion), Spices (Pepper, Celery), Dextrose, Yeast, Natural Colours (160c, 160), Wheat Gluten, Brioche Style Bun (Wheat Flour, Water, Canola Oil, Bakers Yeast, Sugar, Wheat Gluten, Iodised Salt, Non-Fat Milk Solids, Shortening Powder (Vegetable Fat, Milk Protein, Antioxidant (307b From Soy)), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)), Pineapple Slice, Pineapple (57%), Water, Sugar, Food Acid (Citric Acid), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked), Tomato, Cheese (Cow's Milk, Salt, Culture, Carrex's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E320), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234), Lettuce, Clarified Butter, Tropical Mayo Sauce (Water, Sugar, Tomato Paste, White Vinegar, Apple Paste [Antioxidants (300, 300)], Thickeners (1422, 415), Salt, Colour (150a), Molasses, Vegetable Powders, Flavour, Rochester Sauce Powder, Preservative (202), Spice, Smoke Flavour)	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	N	N	N	332	3700	34.1	54.1	18.0	63.6	12.8	1610	100	1110	10.3	16.3	5.4	19.2	3.9	484		
☐	☐	**Grilled Chicken Tropical**	Grilled Chicken Fillet (Chicken (94%), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours, Water), Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472ab), Preservative (282), Vitamins (Thiamin, Folates), Pineapple Slice, Pineapple (57%), Water, Sugar, Food Acid (Citric Acid), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked), Tomato, Cheese (Cow's Milk, Salt, Culture, Carrex's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E320), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234), Lettuce, Tropical Mayo Sauce (Water, Sugar, Tomato Paste, White Vinegar, Apple Paste [Antioxidants (300, 300)], Thickeners (1422, 415), Salt, Colour (150a), Molasses, Vegetable Powders, Flavour, Rochester Sauce Powder, Preservative (202), Spice, Smoke Flavour)	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	N	Y	N	230	2100	28.0	26.8	5.9	36.7	10.6	1090	100	915	12.2	11.7	2.6	16.0	4.6	476		
☑	☑	**Jack's Fried Chicken Classic**	Jack's Fried Chicken Fillet (Chicken (60%), Flour (Wheat, Rice), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Thickeners (1422, 415), Salt, Mineral Salts (450, 450(i), 500, 451), Vegetable Powders (Garlic, Onion), Spices (Pepper, Celery), Dextrose, Yeast, Natural Colours (160c, 160), Wheat Gluten, Brioche Style Bun (Wheat Flour, Water, Canola Oil, Bakers Yeast, Sugar, Wheat Gluten, Iodised Salt, Non-Fat Milk Solids, Shortening Powder (Vegetable Fat, Milk Protein, Antioxidant (307b From Soy)), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Tomato, Clarified Butter	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	N	T	N	266	3270	28.5	49.1	15.3	55.3	5.2	1130	100	1230	10.7	18.5	5.7	20.8	2.0	425		
☐	☐	**Jack's Fried Chicken Cheesy Bacon**	Jack's Fried Chicken Fillet (Chicken (60%), Flour (Wheat, Rice), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Thickeners (1422, 415), Salt, Mineral Salts (450, 450(i), 500, 451), Vegetable Powders (Garlic, Onion), Spices (Pepper, Celery), Dextrose, Yeast, Natural Colours (160c, 160), Wheat Gluten, Brioche Style Bun (Wheat Flour, Water, Canola Oil, Bakers Yeast, Sugar, Wheat Gluten, Iodised Salt, Non-Fat Milk Solids, Shortening Powder (Vegetable Fat, Milk Protein, Antioxidant (307b From Soy)), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked), Cheese (Cow's Milk, Salt, Culture, Carrex's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E320), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234), Lettuce, Clarified Butter	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	N	T	N	297	3560	33.9	54.0	18.0	55.8	5.8	1550	100	1200	11.4	18.2	6.1	18.8	1.9	520		
☑	☑	**Jack's Fried Chicken Spicy**	Jack's Fried Chicken Fillet (Chicken (60%), Flour (Wheat, Rice), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Thickeners (1422, 415), Salt, Mineral Salts (450, 450(i), 500, 451), Vegetable Powders (Garlic, Onion), Spices (Pepper, Celery), Dextrose, Yeast, Natural Colours (160c, 160), Wheat Gluten, Brioche Style Bun (Wheat Flour, Water, Canola Oil, Bakers Yeast, Sugar, Wheat Gluten, Iodised Salt, Non-Fat Milk Solids, Shortening Powder (Vegetable Fat, Milk Protein, Antioxidant (307b From Soy)), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)), Signature Spicy Sauce (Vegetable Oil, Water, Gherkin Puree (Gherkin, Food Acid (260)), Vinegar, Reconstituted Lemon Juice, Sugar, Chilli (Red Chilli, Vegetable Oil, Vinegar, Salt, Acidity Regulator (260)), Salt, Thickeners (1442, 415), Egg Yolk Powder, Mustard Flour, Spices, Natural Colour (160c), Preservatives (202, 211), Acidity Regulator (330), Natural Flavour), Tomato, Clarified Butter	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	N	T	N	266	3030	28.5	42.5	13.6	55.9	6.0	1220	100	1140	10.7	16.0	5.1	21.0	2.2	459		
☐	☐	**Jack's Fried Chicken Spicy Cheesy Bacon**	Jack's Fried Chicken Fillet (Chicken (60%), Flour (Wheat, Rice), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Thickeners (1422, 415), Salt, Mineral Salts (450, 450(i), 500, 451), Vegetable Powders (Garlic, Onion), Spices (Pepper, Celery), Dextrose, Yeast, Natural Colours (160c, 160), Wheat Gluten, Brioche Style Bun (Wheat Flour, Water, Canola Oil, Bakers Yeast, Sugar, Wheat Gluten, Iodised Salt, Non-Fat Milk Solids, Shortening Powder (Vegetable Fat, Milk Protein, Antioxidant (307b From Soy)), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)), Signature Spicy Sauce (Vegetable Oil, Water, Gherkin Puree (Gherkin, Food Acid (260)), Vinegar, Reconstituted Lemon Juice, Sugar, Chilli (Red Chilli, Vegetable Oil, Vinegar, Salt, Acidity Regulator (260)), Salt, Thickeners (1442, 415), Egg Yolk Powder, Mustard Flour, Spices, Natural Colour (160c), Preservatives (202, 211), Acidity Regulator (330), Natural Flavour), Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked), Cheese (Cow's Milk, Salt, Culture, Carrex's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E320), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234), Lettuce, Clarified Butter	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	N	T	N	297	3320	33.9	47.4	16.4	56.5	6.5	1640	100	1120	11.4	15.9	5.5	19.0	2.2	551		
☐	☐	**Grilled Chicken Spicy**	Grilled Chicken (Chicken (87%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavour), Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472ab), Preservative (282), Vitamins (Thiamin, Folates), Signature Spicy Sauce (Vegetable Oil, Water, Gherkin Puree (Gherkin, Food Acid (260)), Vinegar, Reconstituted Lemon Juice, Sugar, Chilli (Red Chilli, Vegetable Oil, Vinegar, Salt, Acidity Regulator (260)), Salt, Thickeners (1442, 415), Egg Yolk Powder, Mustard Flour, Spices, Natural Colour (160c), Preservatives (202, 211), Acidity Regulator (330), Natural Flavour), Tomato, Lettuce	Y	Y	WHEAT	Y	N	Y	N	N	N	N	N	N	Y	N	164	1490	18.9	18.1	2.5	28.9	4.1	864	100	906	11.5	11.1	1.5	17.6	2.5	527		
☐	☐	**Grilled Chicken Classic**	Grilled Chicken Whole Muscle (Chicken (94%), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours), Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472ab), Preservative (282), Vitamins (Thiamin, Folates), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Egg Yolk, Worcestershire Sauce, Thickeners (1442, 415), Salt, Sugar, Lemon Juice, Herbs, Preservatives (211, 202), Milk Solids (0.1%), Tomato, Lettuce	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	N	Y	T	164	1440	22.5	15.4	2.4	28.6	3.0	663	100	878	13.7	9.4	1.5	17.4	1.8	404		
☐	☐	**Grilled Chicken Cheesy Bacon**	Grilled Chicken Fillet (Chicken (94%), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours, Water), Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472ab), Preservative (282), Vitamins (Thiamin, Folates), Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked), Tomato, Cheese (Cow's Milk, Salt, Culture, Carrex's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E320), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234), Lettuce	Y	Y	WHEAT	Y	Y	Y	Y	N	N	N	N	N	Y	T	195	1730	27.9	20.4	4.4	29.1	3.5	1070	100	887	14.3	10.5	2.2	14.9	1.8	549		
☑	☑	**Chicken Royale**	Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472ab), Preservative (282), Vitamins (Thiamin, Folates), Chicken Steak (Chicken (41%), Flour (Wheat, Rice, Soy, Maize), Water, Vegetable Oil, Thickeners (1412, 1404, 415), Salt, Yeast And Yeast Extracts (incl. Barley), Sugar, Emulsifiers (881, 471), Soy Protein, Wheat Gluten, Spices (Pepper, Celery), Dextrose, Natural Colours (160c, 160), Wheat Malt Flour, Mineral Salts (450, 500, 451, 516), Starch (Wheat), Acidity Regulators (330, 331, 327, 262, 270, 325, 341), Vegetable Powder, Flavour Enhancer (635), Milk Solids, Herbs, Colours (150, 170, 160b, 160c)), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Lettuce,	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	N	Y	N	140	2040	13.7	29.5	3.8	41.5	3.2	682	100	1450	9.8	21.1	2.7	29.6	2.3	487		