What's New

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)
		What's New	**Ingredients: Although Hungry Jack's tries to avoid the use of allergens when selling the foods it sells, we are unable to guarantee that the foods you purchase will be free from traces of allergens. Hungry Jack's cannot guarantee that the food you purchase will not contain traces of gluten, crustacean, egg, fish, lupin, mollusc, peanut, sesame, soy, tree nut, sulphites/sulphur dioxide and gluten. Hungry Jack's cannot guarantee that the food you purchase will not contain traces of other allergens, as well as beans and food as part of our standard menu items.**																														
		Whopper® Roadhouse	Bun 5" Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate)), Beef, Special King Sauce (Canola Oil, Water, Sugar, Reconstituted Egg (Whole Egg & Egg Yolk), Gherkin Spread (Gherkins [Gherkins, Firming Agent (509), Preservative (223)], Sugar, Water, Thickener (1422), Food Acid (260), Salt, Natural colours (141, 101), Spice Extract), Mustard (Water, Mustard Seed, Salt, Vinegar, Sugar, Food Acid (260), Turmeric), Vinegar, Thickeners (1442, 415), Salt, Balsamic Vinegar (Colour (150d)), Onion Puree, Spices, Preservatives (211, 202, 234), Garlic, Acidity Regulator (330), Natural Colours (160a, 160c), Natural Flavour), Bacon (Pork (93%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316)], Preservative (250)), Smoked), Tomato, Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)), Lettuce, Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Potassium Sorbate, Natural Flavours, Polysorbate 80, Turmeric), Onion	Y	Y	WHEAT	Y	Y	Y	T	N	N	T	N		N	Y	N	357	3360	38.6	47.4	16.4	54.8	10.7	1860	100	940	10.8	13.3	4.6	15.4	3.0	521
		Whopper® Roadhouse Double	Beef, Bun 5" Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate)), Special King Sauce (Canola Oil, Water, Sugar, Reconstituted Egg (Whole Egg & Egg Yolk), Gherkin Spread (Gherkins [Gherkins, Firming Agent (509), Preservative (223)], Sugar, Water, Thickener (1422), Food Acid (260), Salt, Natural colours (141, 101), Spice Extract), Mustard (Water, Mustard Seed, Salt, Vinegar, Sugar, Food Acid (260), Turmeric), Vinegar, Thickeners (1442, 415), Salt, Balsamic Vinegar (Colour (150d)), Onion Puree, Spices, Preservatives (211, 202, 234), Garlic, Acidity Regulator (330), Natural Colours (160a, 160c), Natural Flavour), Bacon (Pork (93%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316)], Preservative (250)), Smoked), Tomato, Lettuce, Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Potassium Sorbate, Natural Flavours, Polysorbate 80, Turmeric), Onion	Y	Y	WHEAT	Y	Y	Y	T	N	N	T	N		N	Y	N	458	4640	60.6	71.5	29.4	56.0	11.6	2240	100	1010	13.2	15.6	6.4	12.2	2.5	489
		Whopper® Roadhouse Triple	Beef, Bun 5" Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate)), Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)), Special King Sauce (Canola Oil, Water, Sugar, Reconstituted Egg (Whole Egg & Egg Yolk), Gherkin Spread (Gherkins [Gherkins, Firming Agent (509), Preservative (223)], Sugar, Water, Thickener (1422), Food Acid (260), Salt, Natural colours (141, 101), Spice Extract), Mustard (Water, Mustard Seed, Salt, Vinegar, Sugar, Food Acid (260), Turmeric), Vinegar, Thickeners (1442, 415), Salt, Balsamic Vinegar (Colour (150d)), Onion Puree, Spices, Preservatives (211, 202, 234), Garlic, Acidity Regulator (330), Natural Colours (160a, 160c), Natural Flavour), Bacon (Pork (93%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316)], Preservative (250)), Smoked), Tomato, Lettuce, Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Potassium Sorbate, Natural Flavours, Polysorbate 80, Turmeric), Onion	Y	Y	WHEAT	Y	Y	Y	T	N	N	T	N		N	Y	N	560	5930	82.8	95.8	42.5	57.3	12.5	2620	100	1060	14.8	17.1	7.6	10.2	2.2	469
		Jack's Fired Chicken Roadhouse	Jack's Fired Chicken Fillet (Chicken (56%), Flour (Wheat, Rice, Maize), Water, Crumb (Wheat Flour, Wheat Starch, Dextrose, Vegetable Shortening, Yeast, Salt, Natural Colours (160c, 100i)), Vegetable Oil, Thickeners (1442, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders (Onion, Garlic), Wheat Gluten, Starch (Potato, Tapioca), Spices (Pepper, Celery)), Bun Sesame (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, Folate, Acid)), Special King Sauce (Canola Oil, Water, Sugar, Reconstituted Egg (Whole Egg & Egg Yolk), Gherkin Spread (Gherkins [Gherkins, Firming Agent (509), Preservative (223)], Sugar, Water, Thickener (1422), Food Acid (260), Salt, Natural colours (141, 101), Spice Extract), Mustard (Water, Mustard Seed, Salt, Vinegar, Sugar, Food Acid (260), Turmeric), Vinegar, Thickeners (1442, 415), Salt, Balsamic Vinegar (Colour (150d)), Onion Puree, Spices, Preservatives (211, 202, 234), Garlic, Acidity Regulator (330), Natural Colours (160a, 160c), Natural Flavour), Bacon (Pork (93%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316)], Preservative (250)), Smoked), Tomato, Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)), Lettuce, Clarified Butter	Y	Y	WHEAT	Y	Y	Y	T	N	N	T	T		N	Y	N	295	3180	31.8	45.5	14.7	54.8	11.7	1420	100	1080	10.8	15.4	5.0	18.6	4.0	481
		Grilled Chicken Roadhouse	Grilled Chicken Fillet (Chicken (64%), 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, 472e), Preservative (282), Vitamins (Thiamin, Folate)), Special King Sauce (Canola Oil, Water, Sugar, Reconstituted Egg (Whole Egg & Egg Yolk), Gherkin Spread (Gherkins [Gherkins, Firming Agent (509), Preservative (223)], Sugar, Water, Thickener (1422), Food Acid (260), Salt, Natural colours (141, 101), Spice Extract), Mustard (Water, Mustard Seed, Salt, Vinegar, Sugar, Food Acid (260), Turmeric), Vinegar, Thickeners (1442, 415), Salt, Balsamic Vinegar (Colour (150d)), Onion Puree, Spices, Preservatives (211, 202, 234), Garlic, Acidity Regulator (330), Natural Colours (160a, 160c), Natural Flavour), Bacon (Pork (93%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316)], Preservative (250)), Smoked), Tomato, Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)), Lettuce	Y	Y	WHEAT	Y	Y	Y	T	N	N	T	N		N	Y	N	195	1630	27.9	16.7	4.0	31.4	5.5	1120	100	837	14.3	8.6	2.1	16.1	2.8	576
		Whopper® Roadhouse Hunger Tamers	Coca Cola (Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine), Chips (Chips (Potato (91%), Vegetable Oil (5%), Modified Potato Starch (1400, 1414, 1412), Rice Flour, Potato Dextrin, Salt, Acidity Regulators (450, 500), Thickener (415), Seasoned Salt (Salt (74%), Maltodextrin (10%), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil)), Chicken Bite 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, Folate, Acid)), Chicken Nugget (Chicken (55%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Wheat Starch, Wheat Gluten, Thickener (1442), Salt, Sugar, Mineral Salts (451, 450, 500, 508), Dextrose, Maltodextrin, Flavour, Yeast, Yeast Extract, Spice Extract), Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate)), Special King Sauce (Canola Oil, Water, Sugar, Reconstituted Egg (Whole Egg & Egg Yolk), Gherkin Spread (Gherkins [Gherkins, Firming Agent (509), Preservative (223)], Sugar, Water, Thickener (1422), Food Acid (260), Salt, Natural colours (141, 101), Spice Extract), Mustard (Water, Mustard Seed, Salt, Vinegar, Sugar, Food Acid (260), Turmeric), Vinegar, Thickeners (1442, 415), Salt, Balsamic Vinegar (Colour (150d)), Onion Puree, Spices, Preservatives (211, 202, 234), Garlic, Acidity Regulator (330), Natural Colours (160a, 160c), Natural Flavour), Bacon (Pork (93%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316)], Preservative (250)), Smoked), Tomato, Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)), Lettuce, Spicy Sauce (Vegetable Oil, Water, Egg Yolk (5%), White Vinegar, Sugar, Salt, Thickeners (1442, 1450, 415), Yeast, Chilli Powder (1%), Vegetable Powders, Lemon Juice Concentrate, Acidity Regulator (330), Preservative (202), Spice Extracts, Antioxidant (385)), Lettuce, Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Potassium Sorbate, Natural Flavours, Polysorbate 80, Turmeric), Onion, Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherols), BBQ Sauce (Concentrated Tomatoes, Apple Puree, Sugar, Maize Thickener (1414), Salt, Food acids (260, 330), Colour (150c), Natural Flavours, Spice.)	Y	Y	WHEAT	Y	Y	Y	T	N	N	T	N		N	Y	N	1085	7970	65.0	103.0	27.4	178.0	60.9	3400	100	735	6.0	9.5	2.5	16.4	5.6	313
		Jack's Fired Chicken Roadhouse Hunger Tamers	Coca Cola (Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine), Chicken Nugget (Chicken (55%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Wheat Starch, Wheat Gluten, Thickener (1442), Salt, Sugar, Mineral Salts (451, 450, 500, 508), Dextrose, Maltodextrin, Flavour, Yeast, Yeast Extract, Spice Extract), Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate)), Chicken Nugget (Chicken (55%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Wheat Starch, Wheat Gluten, Thickener (1442), Salt, Sugar, Mineral Salts (451, 450, 500, 508), Dextrose, Maltodextrin, Flavour, Yeast, Yeast Extract, Spice Extract), Beef Patty (Beef (Beef, Vegetable Oil, Water, Egg Yolk (5%), White Vinegar, Sugar, Salt, Thickeners (1442, 1450, 415), Yeast, Chilli Powder (1%), Vegetable Powders, Lemon Juice Concentrate, Acidity Regulator (330), Preservative (202), Spice Extracts, Antioxidant (385)), Special King Sauce (Canola Oil, Water, Sugar, Reconstituted Egg (Whole Egg & Egg Yolk), Gherkin Spread (Gherkins [Gherkins, Firming Agent (509), Preservative (223)], Sugar, Water, Thickener (1422), Food Acid (260), Salt, Natural colours (141, 101), Spice Extract), Mustard (Water, Mustard Seed, Salt, Vinegar, Sugar, Food Acid (260), Turmeric), Vinegar, Thickeners (1442, 415), Salt, Balsamic Vinegar (Colour (150d)), Onion Puree, Spices, Preservatives (211, 202, 234), Garlic, Acidity Regulator (330), Natural Colours (160a, 160c), Natural Flavour), Bacon (Pork (93%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316)], Preservative (250)), Smoked), Tomato, Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)), Lettuce, Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherols), BBQ Sauce (Concentrated Tomatoes, Apple Puree, Sugar, Maize Thickener (1414), Salt, Food acids (260, 330), Colour (150c), Natural Flavours, Spice.), Clarified Butter	Y	Y	WHEAT	Y	Y	Y	T	N	N	T	T		N	Y	N	1031	7890	59.1	102.0	25.9	182.0	62.2	2980	100	766	5.7	9.9	2.5	17.7	6.0	289
		Pop'n Chick'n	Pop'n Chick'n Chicken (59%), Wheat Flour, Water, Vegetable Oil, Salt, Thickener (1442), Mineral Salts (451, 450, 500, 508), Herbs, Spices, Dehydrated Vegetables, Flavour, Yeast Extract, Yeast, Sugar, Wheat Gluten, Maltodextrin, Spice Extract)	Y	Y	WHEAT	T	T	T	T	N	N	N	T		N	T	N	150	1560	20.5	19.7	3.2	28.0	2.8	854	100	1040	13.7	13.2	2.2	18.7	1.9	570
		Pop'n Chick'n Curry Cup	Chips (Chips (Potato (91%), Vegetable Oil (5%), Modified Potato Starch (1400, 1414, 1412), Rice Flour, Potato Dextrin, Salt, Acidity Regulators (450, 500), Thickener (415), Seasoned Salt (Salt (74%), Maltodextrin (10%), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil)), Pop'n Chick'n (Chicken (59%), Wheat Flour, Water, Vegetable Oil, Salt, Thickener (1442), Mineral Salts (451, 450, 500, 508), Herbs, Spices, Dehydrated Vegetables, Flavour, Yeast Extract, Yeast, Sugar, Wheat Gluten, Maltodextrin, Spice Extract), Tomato Ketchup (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contain Garlic))	Y	Y	WHEAT	T	T	T	T	N	N	N	T		N	T	N	188	2090	14.0	24.1	3.5	56.4	2.9	1060	100	1110	7.5	12.8	1.9	30.0	1.6	563
		Frozen Fanta® Lemonade Small	Carbonated Water, Sugar, Lemon Juice From Concentrate (5%), Food Acids (330, 331), Flavour, Preservative (211), Antioxidant (300), Colour (104)	N	N		N	N	N	N	N	N	N	N		N	N	N	213	251	0.0	0.0	0.0	14.3	14.3	11	100	118	0.0	0.0	0.0	6.7	6.7	5
		Frozen Fanta® Lemonade Medium	Carbonated Water, Sugar, Lemon Juice From Concentrate (5%), Food Acids (330, 331), Flavour, Preservative (211), Antioxidant (300), Colour (104)	N	N		N	N	N	N	N	N	N	N		N	N	N	284	335	0.0	0.0	0.0	19.0	19.0	15	100	118	0.0	0.0	0.0	6.7	6.7	5
		Frozen Fanta® Lemonade Large	Carbonated Water, Sugar, Lemon Juice From Concentrate (5%), Food Acids (330, 331), Flavour, Preservative (211), Antioxidant (300), Colour (104)	N	N		N	N	N	N	N	N	N	N		N	N	N	355	419	0.0	0.0	0.0	23.8	23.8	19	100	118	0.0	0.0	0.0	6.7	6.7	5
		Frozen Fanta® Lemonade Spider Small	FCB Lemonade (Carbonated Water, Sugar, Lemon Juice From Concentrate (5%), Food Acids (330, 331), Flavour, Preservative (211), Antioxidant (300), Colour (104)), Starch, Calcium Lactate (E327), Citric Acid (330), Sundae Mix (Milk, Milk Solids, Sugar, Cream, Dextrose Emulsifier (471), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour)	N	N		Y	N	N	N	N	N	N		N	N	N	436	1010	4.2	5.7	3.8	42.0	42.0	112	100	232	1.0	1.3	0.9	9.6	9.6	36
		Frozen Fanta® Lemonade Spider Medium	FCB Lemonade (Carbonated Water, Sugar, Lemon Juice From Concentrate (5%), Food Acids (330, 331), Flavour, Preservative (211), Antioxidant (300), Colour (104)), Starch, Calcium Lactate (E327), Citric Acid (330), Sundae Mix (Milk, Milk Solids, Sugar, Cream, Dextrose Emulsifier (471), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour)	N	N		Y	N	N	N	N	N	N		N	N	N	445	1020	4.2	5.7	3.8	42.7	42.7	112	100	230	0.9	1.3	0.9	9.6	9.6	25
		Frozen Fanta® Lemonade Spider Large	FCB Lemonade (Carbonated Water, Sugar, Lemon Juice From Concentrate (5%), Food Acids (330, 331), Flavour, Preservative (211), Antioxidant (300), Colour (104)), Starch, Calcium Lactate (E327), Citric Acid (330), Sundae Mix (Milk, Milk Solids, Sugar, Cream, Dextrose Emulsifier (471), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour)	N	N		Y	N	N	N	N	N	N		N	N	N	500	1090	4.2	5.7	3.8	46.3	46.3	115	100	217	0.8	1.1	0.8	9.3	9.3	23
		Pineapple Bundles Frozen Fanta® Lemonade	FCB Lemonade (Carbonated Water, Sugar, Lemon Juice From Concentrate (5%), Food Acids (330, 331), Flavour, Preservative (211), Antioxidant (300), Colour (104)), Pineapple Bundles (Water, Sucrose, Pineapple Juice (16%), Starch, Calcium Lactate (E327), Citric Acid (E330), Seaweed Extract, Xanthan Gum (E415), Pineapple Flavor, Vitamin C, FdC Yellow No.5 (E102), Sucralose, Potassium Sorbate (E202)	N	N		N	N	N	N	N	N	N		N	N	N	405	464	0.0	0.0	0.0	34.8	33.3	31	100	115	0.0	0.0	0.0	8.6	8.2	8
		Passionfruit Bundles Frozen Fanta® Lemonade	FCB Lemonade (Carbonated Water, Sugar, Lemon Juice From Concentrate (5%), Food Acids (330, 331), Flavour, Preservative (211), Antioxidant (300), Colour (104)), Passionfruit Bundles (Water, Sucrose, Passion Fruit Juice (1%-3%), Starch, Calcium Lactate (E327), Citric Acid (E330), Seaweed Extract, Xanthan Gum, Anthocyanin (E163), Passion Fruit Flavor, Vitamin C, Sucralose, Potassium Sorbate (E202)	N	N		N	N	N	N	N	N	N		N	N	N	405	459	0.0	0.0	0.0	33.3	32.3	31	100	113	0.0	0.0	0.0	8.2	8.0	8

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)
☐	☐	Tropical Bursties Frozen Pentelli Lemonade	FCB Lemonade (Carbonated Water, Sugar, Lemon Juice From Concentrate (5%), Food Acids (330, 331), Flavour, Preservative (211), Antioxidant (300), Colour (104)), Passionfruit Bursties (Water, Sucrose, Passion Fruit Juice (16.3%), Starch, Calcium Lactate (E327), Citric Acid (E330), Seaweed Extract, Xanthan Gum, Anthocyanin (E163), Passion Fruit Flavor, Vitamin C, Sucralose, Potassium Sorbate (E202)), Pineapple Bursties (Water, Sucrose, Pineapple Juice (16%), Starch, Calcium Lactate (E327), Citric Acid (E330), Seaweed Extract, Xanthan Gum (E415), Pineapple Flavor, Vitamin C, Fidlic Yellow No.5 (E102), Sucralose, Potassium Sorbate (E202)), Strawberry Bursties (Water, Fructose, Strawberry Juice (14.8%), Starch, Calcium Lactate (E327), Seaweed Extract, Citric Acid (E330), Xanthan Gum, Strawberry Flavor, Fidlic Red No.40 (E129), Sucralose, Potassium Sorbate (E202)	N	N		N	N	N	N	N	N	N		N	N	N	415	469	0.0	0.0	0.0	36.0	34.4	36	100	113	0.0	0.0	0.0	8.7	8.3	9
☐	☐	10 Nuggets & Sauce Snack Box	Chicken Nugget (Chicken (55%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Wheat Starch, Wheat Gluten, Thickener (1442), Salt, Sugar, Minerals Salts (451, 450, 500, 559), Dextrose, Maltodextrin, Flavour, Yeast, Yeast Extract, Spice Extract), Tartare Sauce (Water, Soybean Oil, Egg Yolk (5%), White Vinegar, Sugar, Salt, Thickeners (1442, 1450, 415), Yeast, Chilli Powder (1%), Vegetable Powders, Lemon Juice Concentrate, Acidity Regulator (330), Preservative (202), Spice Extracts, Antioxidant (385))	Y	Y	WHEAT	Y	N	Y	N	N	N	N		N	N	N	195	2310	23.7	35.2	4.1	35.3	2.3	941	100	1180	12.1	18.0	2.1	18.1	1.2	483
☑	☐	Sausage & Egg On Turkish Roll (contains Pork & Beef)	Turkish Roll (Wheat Flour [Vitamins [Thiamin, Folic Acid]], Water, Iodised Salt, Vegetable Oil, Yeast, Imitation Vinegar, Sesame Seeds, Nigella Seeds, Soy Flour, Mineral Salt (170), Emulsifier (481), Enzymes, Food Acid (300)), Cooked Egg, Sausage (Pork, Beef, Soy Protein, Salt, Spices, Herbs, Dextrose (Wheat), Sugar, Dehydrated Vegetables, Vegetable Oil, E635, Hydrolysed Vegetable Protein (Soy)), Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234), Cooking Spray (Canola Oil (Including Canola Oil 41%), Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (Beta-Carotene), Natural Flavour.)	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	N	Y	N	191	1850	24.4	22.5	8.5	34.0	3.7	762	100	966	12.8	11.8	4.5	17.8	1.9	399
☑	☐	Bacon & Egg On Turkish Roll	Turkish Roll (Wheat Flour [Vitamins [Thiamin, Folic Acid]], Water, Iodised Salt, Vegetable Oil, Yeast, Imitation Vinegar, Sesame Seeds, Nigella Seeds, Soy Flour, Mineral Salt (170), Emulsifier (481), Enzymes, Food Acid (300)), Cooked Egg, Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked), Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234), Cooking Spray (Canola Oil (Including Canola Oil 41%), Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (Beta-Carotene), Natural Flavour.)	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	N	Y	N	170	1500	19.0	15.4	5.9	34.3	3.9	809	100	883	11.2	9.1	3.4	20.2	2.3	476
☐	☐	Jack's Brekky Roll	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 Mall Flour, Vitamins (Thiamin, Folic Acid)), Cooked Egg, Sausage (Pork, Beef, Soy Protein, Salt, Spices, Herbs, Dextrose (Wheat), Sugar, Dehydrated Vegetables, Vegetable Oil, E635, Hydrolysed Vegetable Protein (Soy)), Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked), Cheese Slice (Pasteurised Cows Milk, Salt, Enzymes, Coagulating Enzyme), Clarified Butter, Smoky BBQ Sauce (Water, Sugar, Tomato Paste, White Vinegar, Apple Paste [Antioxidants (330, 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	T	N	240	2590	34.1	39.5	21.6	30.2	7.4	1300	100	1080	14.2	16.5	9.0	12.6	3.1	540
☐	☐	Strawberry Bursties	Water, Fructose, Strawberry juice, Starch, Calcium lactate(E327), Seaweed extract, Citric acid(E330), Xanthan gum, Strawberry flavor, FD&C Red NO.40(E129), Sucralose, Potassium sorbate(E202)	N	N		N	N	N	N	N	N	N	N		N	N	N	50	40	0.0	0.0	0.0	10.0	8.5	18	100	80	0.0	0.0	0.0	20.0	17.0	35
☐	☐	Tropical Bursties	Passionfruit Bursties (Water, Sucrose, Passion Fruit Juice (16.3%), Starch, Calcium Lactate (E327), Citric Acid (E330), Seaweed Extract, Xanthan Gum, Anthocyanin (E163), Passion Fruit Flavor, Vitamin C, Sucralose, Potassium Sorbate (E202)), Pineapple Bursties (Water, Sucrose, Pineapple Juice (16%), Starch, Calcium Lactate (E327), Citric Acid (E330), Seaweed Extract, Xanthan Gum (E415), Pineapple Flavor, Vitamin C, Fidlic Yellow No.5 (E102), Sucralose, Potassium Sorbate (E202)), Strawberry Bursties (Water, Fructose, Strawberry Juice (14.8%), Starch, Calcium Lactate (E327), Seaweed Extract, Citric Acid (E330), Xanthan Gum, Strawberry Flavor, Fidlic Red No.40 (E129), Sucralose, Potassium Sorbate (E202)	N	N		N	N	N	N	N	N	N		N	N	N	60	50	0.0	0.0	0.0	12.2	10.6	17	100	83	0.0	0.0	0.0	20.3	17.7	28
☐	☐	Pineapple Bursties	Water, Sucrose, Pineapple Juice (16%), Starch, Calcium Lactate (E327), Citric Acid (E330), Seaweed Extract, Xanthan Gum (E415), Pineapple Flavor, Vitamin C, Fidlic Yellow No.5 (E102), Sucralose, Potassium Sorbate (E202)	N	N		N	N	N	N	N	N	N		N	N	N	50	45	0.0	0.0	0.0	11.0	9.5	13	100	90	0.0	0.0	0.0	22.0	19.0	26
☐	☐	Passionfruit Bursties	Water, Sucrose, Passion Fruit Juice (16.3%), Starch, Calcium Lactate (E327), Citric Acid (E330), Seaweed Extract, Xanthan Gum, Anthocyanin (E163), Passion Fruit Flavor, Vitamin C, Sucralose, Potassium Sorbate (E202)	N	N		N	N	N	N	N	N	N		N	N	N	50	45	0.0	0.0	0.0	11.0	9.5	13	100	90	0.0	0.0	0.0	22.0	19.0	26
☑	☑	Jack's Fired Chicken Classic	Jack's Fried Chicken Fillet (Chicken (56%), Flour (Wheat, Rice, Maize), Water, Crumb (Wheat Flour, Wheat Starch, Dextrose, Vegetable Shortening, Yeast, Salt, Natural Colours (160c, 100)), Vegetable Oil, Thickeners (1442, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders (Onion, Garlic), Wheat Gluten, Starch (Potato, Tapioca), Spices (Pepper, Celery)), 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 Mall Flour, Vitamins (Thiamin, Folic Acid)), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Lettuce, Clarified Butter	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	T	N	T	N	264	3230	26.3	50.7	13.8	51.8	9.1	913	100	1220	10.0	19.2	5.2	19.6	3.5	346
☐	☐	Jack's Fired Chicken Cheesy Bacon	Jack's Fried Chicken Fillet (Chicken (56%), Flour (Wheat, Rice, Maize), Water, Crumb (Wheat Flour, Wheat Starch, Dextrose, Vegetable Shortening, Yeast, Salt, Natural Colours (160c, 100)), Vegetable Oil, Thickeners (1442, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders (Onion, Garlic), Wheat Gluten, Starch (Potato, Tapioca), Spices (Pepper, Celery)), 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 Mall 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, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322i), 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	T	N	T	N	295	3520	31.7	55.5	16.5	52.4	9.7	1330	100	1190	10.7	18.8	5.6	17.8	3.3	450
☑	☑	Jack's Fired Chicken Spicy	Jack's Fried Chicken Fillet (Chicken (56%), Flour (Wheat, Rice, Maize), Water, Crumb (Wheat Flour, Wheat Starch, Dextrose, Vegetable Shortening, Yeast, Salt, Natural Colours (160c, 100)), Vegetable Oil, Thickeners (1442, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders (Onion, Garlic), Wheat Gluten, Starch (Potato, Tapioca), Spices (Pepper, Celery)), 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 Mall Flour, Vitamins (Thiamin, Folic Acid)), Signature Spicy Sauce (Vegetable Oil, Water, Gherkin Puree (Gherkin, Food Acid (260)), Vinegar, Reconstituted Lemon Juice, Sugar, Thickeners (1442, 415), Salt, Chilli (Food Acid (260)), Egg Yolk Powder, Mustard Flour, Spices, Colour (160c), Preservatives (202, 211, 234), Acidity Regulator (330), Natural Flavour), Lettuce, Clarified Butter	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	T	N	T	N	264	2990	26.4	44.0	12.2	52.5	9.9	1000	100	1130	10.0	16.7	4.6	19.9	3.8	380
☐	☐	Jack's Fired Chicken Spicy Cheesy Bacon	Jack's Fried Chicken Fillet (Chicken (56%), Flour (Wheat, Rice, Maize), Water, Crumb (Wheat Flour, Wheat Starch, Dextrose, Vegetable Shortening, Yeast, Salt, Natural Colours (160c, 100)), Vegetable Oil, Thickeners (1442, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders (Onion, Garlic), Wheat Gluten, Starch (Potato, Tapioca), Spices (Pepper, Celery)), 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 Mall Flour, Vitamins (Thiamin, Folic Acid)), Signature Spicy Sauce (Vegetable Oil, Water, Gherkin Puree (Gherkin, Food Acid (260)), Vinegar, Reconstituted Lemon Juice, Sugar, Thickeners (1442, 415), Salt, Chilli (Food Acid (260)), Egg Yolk Powder, Mustard Flour, Spices, Colour (160c), Preservatives (202, 211, 234), 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, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322i), 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	T	N	T	N	295	3280	31.7	48.9	14.9	53.0	10.5	1420	100	1110	10.8	16.6	5.1	18.0	3.6	481
☐	☐	Grill Masters Angus Chicago	Beef, 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 Mall Flour, Vitamins (Thiamin, Folic Acid)), Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked), Tomato, Cheese Slice (Pasteurised Cows Milk, Salt, Enzymes, Coagulating Enzyme), Sauce Cracked Peppercorn Mayonnaise (Vegetable Oil, Water, White Vinegar, Egg Yolk (3.6%), Sugar, Milk Solids, Cracked Black Peppercorns (2.2%), Salt, Thickeners (1442, 1450, 415), Vegetable Powders, Flavour, Food Acid (270), Spice Extract, Preservative (202), Antioxidant (385)), Lettuce, Clarified Butter	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	N	T	N	305	3680	46.4	63.6	30.3	29.2	6.1	1190	100	1210	15.2	20.9	9.9	9.6	2.0	391
☐	☐	Grill Masters Angus Cowboy	Beef, Egmont Cheese (Pasteurised Cows Milk, Salt, Enzymes, Coagulating Enzyme), 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 Mall Flour, Vitamins (Thiamin, Folic Acid)), Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked), Crispy Onion Rings (Onion (50%), Wheat Flour, Soybean Oil, Rice Flour, Starch, Onion Powder, Salt, Corn Flour, Sugar, Yeast Extract, Whey Powder, Wheat Gluten, Thickener (E1420, E415), Mineral Salt (E450), E500b), Water, (E450, E500b), Vegetable Oil, Whey Powder, Wheat Gluten, Soybean Flour, Yeast Extract, Corn Flour, Flavor, Brown Sugar), Ranch Sauce (Canola Oil, Water, Vinegar, Mustard (Water, Mustard Seeds, Salt, Sugar, Food Acid (Acetic), Turmeric, Natural Flavour), Egg Yolk, Worcestershire Sauce, Thickeners (1442, 415), Salt, Sugar, Lemon Juice, Herbs (0.3%), Preservatives (211, 202), Milk Solids And Spices), Smoky BBQ Sauce (Water, Sugar, Tomato Paste, White Vinegar, Apple Paste [Antioxidants (330, 300)], Thickeners (1422, 415), Salt, Colour (150a), Molasses, Vegetable Powders, Flavour, Rochester Sauce Powder, Preservative (202), Spice, Smoke Flavour), Clarified Butter, Mustard (Water, Mustard Powder (15%), Acidity Regulator (260, 270), Salt, Sugar, Thickener (1422), Maize Cornflour, Spice.)	Y	Y	WHEAT	Y	Y	Y	T	N	N	N	N	N	T	N	308	3980	52.7	66.5	33.9	34.8	8.4	1440	100	1290	17.1	21.6	11.0	11.3	2.7	468
☐	☐	Grill Masters Double Angus Cowboy	Beef, Egmont Cheese (Pasteurised Cows Milk, Salt, Enzymes, Coagulating Enzyme), 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 Mall Flour, Vitamins (Thiamin, Folic Acid)), Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked), Crispy Onion Rings (Onion (50%), Wheat Flour, Soybean Oil, Rice Flour, Starch, Onion Powder, Salt, Corn Flour, Sugar, Yeast Extract, Whey Powder, Wheat Gluten, Thickener (E1420, E415), Mineral Salt (E450), E500b), Water, (E450, E500b), Vegetable Oil, Whey Powder, Wheat Gluten, Soybean Flour, Yeast Extract, Corn Flour, Flavor, Brown Sugar), Ranch Sauce (Canola Oil, Water, Vinegar, Mustard (Water, Mustard Seeds, Salt, Sugar, Food Acid (Acetic), Turmeric, Natural Flavour), Egg Yolk, Worcestershire Sauce, Thickeners (1442, 415), Salt, Sugar, Lemon Juice, Herbs (0.3%), Preservatives (211, 202), Milk Solids And Spices), Smoky BBQ Sauce (Water, Sugar, Tomato Paste, White Vinegar, Apple Paste [Antioxidants (330, 300)], Thickeners (1422, 415), Salt, Colour (150a), Molasses, Vegetable Powders, Flavour, Rochester Sauce Powder, Preservative (202), Spice, Smoke Flavour), Clarified Butter, Mustard (Water, Mustard Powder (15%), Acidity Regulator (260, 270), Salt, Sugar, Thickener (1422), Maize Cornflour, Spice.)	Y	Y	WHEAT	Y	Y	Y	T	N	N	N	N	N	T	N	444	5860	86.7	102.0	50.9	35.1	8.7	1710	100	1320	19.5	22.9	11.5	7.9	2.0	385
☐	☐	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, 472e), Preservatives (282), Vitamins (Thiamin, Folate)), Signature Spicy Sauce (Vegetable Oil, Water, Gherkin Puree (Gherkin, Food Acid (260)), Vinegar, Reconstituted Lemon Juice, Sugar, Thickeners (1442, 415), Salt, Chilli (Food Acid (260)), Egg Yolk Powder (260), Salt, Thickeners (1442, 415), Egg Yolk Powder, Mustard Flour, Spices, Natural Colour (160c), Preservatives (202, 211), Acidity Regulator (330), Natural Flavour), Lettuce	Y	Y	WHEAT	Y	N	Y	N	N	N	N	N	N	N	N	164	1490	18.9	18.1	2.5	28.9	4.1	864	100	908	11.5	11.1	1.5	17.6	2.5	527
☐	☐	Jack's Fired Chicken Hunger Tamers	Coca Cola (Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine), Jack's Fried Chicken Fillet (Chicken (56%), Flour (Wheat, Rice, Maize), Water, Crumb (Wheat Flour, Wheat Starch, Dextrose, Vegetable Shortening, Yeast, Salt, Natural Colours (160c, 100)), Vegetable Oil, Thickeners (1442, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders (Onion, Garlic), Wheat Gluten, Starch (Potato, Tapioca), Spices (Pepper, Celery)), Chicken Ripple (Chicken (41%), Water, Modified Potato Starch (1400, 1414, 1412), Rice Flour, Potato Dextrin, Salt, Acidity Regulators (450, 500), Thickener (415), Seasoned Salt (Salt (74%), Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil), 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 Mall Flour, Vitamins (Thiamin, Folic Acid)), Chicken Royale (Chicken (41%), Flour (Wheat, Rice, Soy, Maize), Water, Vegetable Oil, Thickeners (1412, 1404, 415), Salt, Yeast And Yeast Extracts [Incl. Barley], Sugar, Emulsifiers (481, 471), Soy Protein, Wheat Fibre, Flavourings, Maltodextrin, Potato Flakes [Potato, Preservative (223), Spices And Spice Extracts (Pepper, Celery, Onion, Garlic, Nutmeg, Ginger, Cinnamon, Cloves, Mace, Cardamom, Bay, Thyme, Sage, Rosemary, Basil, Oregano, Marjoram, Savory, Fenugreek, Fennel, Allspice, Chilli, Paprika, Turmeric, Ginger), Acidity Regulator (330), Vegetable Powder, Flavour Enhancer (635), Milk Solids, Herbs, Colours (100, 170, 160b, 160c)), Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472e), Preservatives (282), Vitamins (Thiamin, Folate)), Chicken Nugget (Chicken (55%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Wheat Starch, Wheat Gluten, Thickener (1442), Salt, Sugar, Minerals Salts (451, 450, 500, 559), Dextrose, Maltodextrin, Flavour, Yeast, Yeast Extract, Spice Extract), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Spicy Sauce (Vegetable Oil, Water, Egg Yolk (5%), White Vinegar, Sugar, Salt, Thickeners (1442, 1450, 415), Yeast, Chilli Powder (1%), Vegetable Powders, Lemon Juice Concentrate, Acidity Regulator (330), Preservative (202), Spice Extracts, Antioxidant (385)), Lettuce, Clarified Butter	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	N	Y	N	1024	8230	49.7	113.0	21.6	187.0	57.8	2660	100	804	4.9	11.0	2.1	18.3	5.6	260

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)
☐	☐	Add On Hunger Tamers BBQ Cheeseburger, 9 x Nuggets, Spicy Sauce Tub	Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472a), Preservative (282), Vitamins (Thiamin, Folate)); Chicken Nugget (Chicken (55%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Wheat Starch, Wheat Gluten, Thickener (1442), Salt, Sugar, Minerals Salts (451, 450, 500, 508), Dextrose, Maltodextrin, Flavour, Yeast, Yeast Extract, Spice Extract); Beef Patty; Spicy Sauce (Vegetable Oil, Water, Egg Yolk (5%), White Vinegar, Sugar, Salt, Thickeners (1442, 1450, 415), Yeast, Chilli Powder (1%), Vegetable Powders, Lemon Juice Concentrate, Acidity Regulator (330), Preservative (202), Spice Extracts, Antioxidant (385)); Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234); Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol); BBQ Sauce (Concentrated Tomatoes, Apple Puree, Sugar, Maize Thickener (1414), Salt, Foodacids (260, 330), Colour (150c), Natural Flavours, Spice.)	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	Y	N	194	2670	23.5	42.1	9.2	41.8	6.0	931	100	1380	12.1	21.7	4.8	21.5	3.1	480
☐	☐	Add On Hunger Tamers Chicken Royale, 9 x Nuggets, Spicy Sauce Tub	Chicken Royale (Chicken (41%), Flour (Wheat, Rice, Soy, Maize), Water, Vegetable Oil, Thickeners (1412, 1404, 415), Salt, Yeast And Yeast Extracts (Incl. Barley), Sugar, Emulsifiers (481, 471), Soy Protein, Wheat Fibre, Flavourings, Maltodextrin, Potato Flakes (Potato), Preservative (220), Spices And Spice Extracts, Minerals Salts (450, 500, 451, 510), Starch (Wheat), Acidity Regulators (326, 330, 327, 262, 270, 300, 341), Vegetable Powder, Flavour Enhancer (620), Milk Solids, Herbs, Colours (150, 170, 160b, 160c)); Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472a), Preservative (282), Vitamins (Thiamin, Folate)); Chicken Nugget (Chicken (55%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Wheat Starch, Wheat Gluten, Thickener (1442), Salt, Sugar, Minerals Salts (451, 450, 500, 508), Dextrose, Maltodextrin, Flavour, Yeast, Yeast Extract, Spice Extract); Spicy Sauce (Vegetable Oil, Water, Egg Yolk (5%), White Vinegar, Sugar, Salt, Thickeners (1442, 1450, 415), Yeast, Chilli Powder (1%), Vegetable Powders, Lemon Juice Concentrate, Acidity Regulator (330), Preservative (202), Spice Extracts, Antioxidant (385)); 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	224	3010	19.9	48.6	6.0	51.1	4.5	1130	100	1350	8.9	21.7	2.7	22.8	2.0	503
☐	☐	Whopper® Cheese Hunger Tamers	Coca Cola (Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine); Chips (Potato (91%), Vegetable Oil (5%, Modified Potato Starch (1400, 1414, 1412), Rice Flour, Potato Dextrin, Salt, Acidity Regulators (450, 500), Thickener (415), Seasoned Salt (74%), Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil); Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Soy Flour, Emulsifiers (471, 481, 472a), Preservative (282), Vitamins (Thiamin, Folate)); Beef Patty; Chicken Nugget (Chicken (55%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Wheat Starch, Wheat Gluten, Thickener (1442), Salt, Sugar, Minerals Salts (451, 450, 500, 508), Dextrose, Maltodextrin, Flavour, Yeast, Yeast Extract, Spice Extract); Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234); Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol); Lettuce; Spicy Sauce (Vegetable Oil, Water, Egg Yolk (5%), White Vinegar, Sugar, Salt, Thickeners (1442, 1450, 415), Yeast, Chilli Powder (1%), Vegetable Powders, Lemon Juice Concentrate, Acidity Regulator (330), Preservative (202), Spice Extracts, Antioxidant (385)); Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234); Lettuce; Sauce (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Potassium Sorbate, Natural Flavours, Polysorbate 80, Turmeric); Tomato Ketchup (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Onion, Natural Flavours (Contain Garlic)); BBQ Sauce (Concentrated Tomatoes, Apple Puree, Sugar, Maize Thickener (1414), Salt, Foodacids (260, 330), Colour (150c), Natural Flavours, Spice.)	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	Y	N	1038	7780	58.6	102.0	27.1	177.0	60.0	2780	100	749	5.6	9.8	2.6	17.0	5.8	268
☐	☐	Bacon Deluxe™ Hunger Tamers	Coca Cola (Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine); Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472a), Preservative (282), Vitamins (Thiamin, Folate)); Chips (Potato (91%), Vegetable Oil (5%, Modified Potato Starch (1400, 1414, 1412), Rice Flour, Potato Dextrin, Salt, Acidity Regulators (450, 500), Thickener (415), Seasoned Salt (74%), Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil); Beef Patty; Chicken Nugget (Chicken (55%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Wheat Starch, Wheat Gluten, Thickener (1442), Salt, Sugar, Minerals Salts (451, 450, 500, 508), Dextrose, Maltodextrin, Flavour, Yeast, Yeast Extract, Spice Extract); Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234); Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol); Bacon (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked); Tomato; Lettuce; BBQ Sauce (Concentrated Tomatoes, Apple Puree, Sugar, Maize Thickener (1414), Salt, Foodacids (260, 330), Colour (150c), Natural Flavours, Spice.)	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	Y	N	938	7020	57.3	91.4	25.0	156.0	54.2	2440	100	748	6.1	9.7	2.7	16.7	5.8	260
☐	☐	Grilled Chicken Bacon & Cheese Hunger Tamers	Coca Cola (Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine); Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472a), Preservative (282), Vitamins (Thiamin, Folate)); Chips (Potato (91%), Vegetable Oil (5%, Modified Potato Starch (1400, 1414, 1412), Rice Flour, Potato Dextrin, Salt, Acidity Regulators (450, 500), Thickener (415), Seasoned Salt (74%), Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil); Grilled Chicken Fillet (Chicken (94%), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours, Water); Chicken Royale (Chicken (41%), Flour (Wheat, Rice, Soy, Maize), Water, Vegetable Oil, Thickeners (1412, 1404, 415), Salt, Yeast And Yeast Extracts (Incl. Barley), Sugar, Emulsifiers (481, 471), Soy Protein, Wheat Fibre, Flavourings, Maltodextrin, Potato Flakes (Potato), Preservative (220), Spices And Spice Extracts, Minerals Salts (450, 500, 451, 510), Starch (Wheat), Acidity Regulators (326, 330, 327, 262, 270, 300, 341), Vegetable Powder, Flavour Enhancer (620), Milk Solids, Herbs, Colours (150, 170, 160b, 160c)); Chicken Nugget (Chicken (55%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Wheat Starch, Wheat Gluten, Thickener (1442), Salt, Sugar, Minerals Salts (451, 450, 500, 508), Dextrose, Maltodextrin, Flavour, Yeast, Yeast Extract, Spice Extract); Spicy Sauce (Soybean Oil Antioxidant (320)), Water, Egg Yolk, Vinegar, Sugar, Salt, Thickeners (1450, 1442), Yeast Extract, Red Pepper (1%), Vegetable Powders, Lemon Juiceconcentrate, Acidity Regulator (330), Preservative (202), Vegetable Gum (415), Colour (160c), Spice Extract, Antioxidant (385)* Egg Yolk (Pasteurised); Lettuce; Sauce Ranch (Canola Oil, Water, Vinegar, Mustard (Water, Mustard Seeds, Salt, Sugar, Food Acid (Acetic), Preservative (211, 202), Milk Solids And Spices), Egg Yolk (Pasteurised), Thickener (1442, 415), Salt, Sugar, Lemon Juice, Herbs (0.3%), Preservatives (211, 202), Milk Solids And Spices); Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked); Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol); Tomato; Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234);	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	Y	N	953	6720	51.1	82.5	12.1	164.0	52.0	2810	100	706	5.4	8.7	1.3	17.2	5.5	295
☐	☐	Family Bundle	Coca Cola (Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine); Chips (Potato (91%), Vegetable Oil (5%, Modified Potato Starch (1400, 1414, 1412), Rice Flour, Potato Dextrin, Salt, Acidity Regulators (450, 500), Thickener (415), Seasoned Salt (74%), Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil); Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Soy Flour, Emulsifiers (471, 481, 472a), Preservative (282), Vitamins (Thiamin, Folate)); Chicken Nugget (Chicken (55%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Wheat Starch, Wheat Gluten, Thickener (1442), Salt, Sugar, Minerals Salts (451, 450, 500, 508), Dextrose, Maltodextrin, Flavour, Yeast, Yeast Extract, Spice Extract); Beef; Tomato; Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol); Lettuce; Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Potassium Sorbate, Natural Flavours, Polysorbate 80, Turmeric); Tomato Ketchup (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contain Garlic)); Onion; Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234); Tomato Ketchup Sachet (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Natural Flavours (Contain Garlic), Food Acid (Citric Acid)); Mustard (Water, Mustard Powder (15%), Acidity Regulator (260, 270), Salt, Sugar, Thickener (1422), Maize Cornflour, Spice.)	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	Y	N	2702	16600	122.0	176.0	45.7	471.0	173.0	5900	100	615	4.5	6.5	1.7	17.4	6.4	218
☐	☐	Family Bundle $9 Upgrade	Coca Cola (Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine); Chips (Potato (91%), Vegetable Oil (5%, Modified Potato Starch (1400, 1414, 1412), Rice Flour, Potato Dextrin, Salt, Acidity Regulators (450, 500), Thickener (415), Seasoned Salt (74%), Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil); Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Soy Flour, Emulsifiers (471, 481, 472a), Preservative (282), Vitamins (Thiamin, Folate)); Chicken Nugget (Chicken (55%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Wheat Starch, Wheat Gluten, Thickener (1442), Salt, Sugar, Minerals Salts (451, 450, 500, 508), Dextrose, Maltodextrin, Flavour, Yeast, Yeast Extract, Spice Extract); Beef; Tomato; Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol); Lettuce; Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Potassium Sorbate, Natural Flavours, Polysorbate 80, Turmeric); Tomato Ketchup (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contain Garlic)); Onion; Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234); Tomato Ketchup Sachet (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Natural Flavours (Contain Garlic), Food Acid (Citric Acid)); Mustard (Water, Mustard Powder (15%), Acidity Regulator (260, 270), Salt, Sugar, Thickener (1422), Maize Cornflour, Spice.)	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	Y	N	3154	18200	124.0	186.0	47.1	538.0	211.0	6350	100	576	4.0	5.9	1.5	17.1	6.7	201
☐	☐	Family Bundle $9 Upgrade	Coca Cola (Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine); Chips (Potato (91%), Vegetable Oil (5%, Modified Potato Starch (1400, 1414, 1412), Rice Flour, Potato Dextrin, Salt, Acidity Regulators (450, 500), Thickener (415), Seasoned Salt (74%), Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil); Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Soy Flour, Emulsifiers (471, 481, 472a), Preservative (282), Vitamins (Thiamin, Folate)); Chicken Nugget (Chicken (55%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Wheat Starch, Wheat Gluten, Thickener (1442), Salt, Sugar, Minerals Salts (451, 450, 500, 508), Dextrose, Maltodextrin, Flavour, Yeast, Yeast Extract, Spice Extract); Beef; Tomato; Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol); Lettuce; Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Potassium Sorbate, Natural Flavours, Polysorbate 80, Turmeric); Tomato Ketchup (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contain Garlic)); Onion; Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234); Tomato Ketchup Sachet (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Natural Flavours (Contain Garlic), Food Acid (Citric Acid)); Mustard (Water, Mustard Powder (15%), Acidity Regulator (260, 270), Salt, Sugar, Thickener (1422), Maize Cornflour, Spice.)	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	Y	N	4098	21700	131.0	211.0	50.4	687.0	289.0	7450	100	530	3.2	5.2	1.2	16.8	7.1	182
☑	☑	BBQ Cheeseburger	Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472a), Preservative (282), Vitamins (Thiamin, Folate), Allergens: Gluten, Soy, Sesame Seeds); Beef Patty; Cheese (Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)); Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol); BBQ Sauce (Concentrated Tomatoes, Apple Puree, Sugar, Maize Thickener (1414), Salt, Foodacids (260, 330), Colour (150c), Natural Flavours, Spice.)	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	Y	N	118	1610	16.2	22.3	7.3	30.2	4.8	468	100	1370	13.7	18.9	6.2	25.6	4.1	397
☑	☐	$9 Brekky Deal Ham Cheese Toastie & Medium Coffee	Fresh Milk, Bun (Water, Wheat Flour, Water, Maize Starch, Baker's Yeast, Soy Fibre, Wheat Gluten, Vinegar, Iodised Salt, Vegetable Gum (412), Soy Flour, Canola Oil, Emulsifiers (481, 472a, 471), Vitamins (Thiamin, Folate, Vitamin B, Niacin, Vitamin B6), Minerals (Iron, Zinc)), Water, Shaved Leg Ham (Pork (75%), Water, Curing Mix (Salt, Sugar, Mineral Salts (450, 451), Dextrose, Antioxidant (316)), Preservative (250)), Acidity Regulators (326, 325), Modified Starch (1442), Smoked Cheese (Cow's Milk, Salt, Culture, Rennet), Egmont Cheese (Pasteurised Cows Milk, Salt, Enzymes, Coagulating Enzymes); Coffee Extract, Canola Spread (Vegetable Oil (including Canola Oil 41%), Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (Beet-Contains), Natural Flavour); Sugar (Sustainable Organic Arkadia (Organic) Fairtrade Raw Sugar Cane, Organic Fairtrade Cocoa Powder (26%), Organic Skim Milk Powder, Natural Flavour, Salt)	Y	Y	WHEAT	N	Y	Y	N	N	N	N	N		N	N	N	473	2130	25.7	23.6	12.2	45.6	15.9	1020	100	450	5.4	5.0	2.6	9.6	3.4	216
☑	☐	Caramel Ice Coffee Small	Water; Fresh Milk; Caramel Topping (Sugar, Water, Glucose Syrup, Invert Syrup, Milk Solids, Vegetable Fat, Thickener (1442), Vegetable Gum (401), Salt, Emulsifiers (471, 322), Mineral Salts (500, 339), Preservative (202)); Coffee Syrup Caramel (Sugar, Water, Natural Flavours, Preservative (202), Citric Acid (330), Natural Caramel Colour (150a); Whipped Cream (Cream (97%), Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407))		N		N	Y	N	N	N	N	N	N		N	N	N	429	1450	6.3	13.3	9.9	49.8	45.4	169	100	338	1.5	3.1	2.3	11.6	10.6	39
☑	☐	Caramel Ice Coffee Medium	Water; Fresh Milk; Caramel Topping (Sugar, Water, Glucose Syrup, Invert Syrup, Milk Solids, Vegetable Fat, Thickener (1442), Vegetable Gum (401), Salt, Emulsifiers (471, 322), Mineral Salts (500, 339), Preservative (202)); Coffee Syrup Caramel (Sugar, Water, Natural Flavours, Preservative (202), Citric Acid (330), Natural Caramel Colour (150a); Coffee Extract; Whipped Cream (Cream (97%), Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407))		N		N	Y	N	N	N	N	N	N		N	N	N	571	1820	9	16.6	12	61.8	57.1	212	100	319	1.6	2.9	2.1	10.8	10.0	37
☑	☐	Caramel Ice Coffee Large	Water; Fresh Milk; Caramel Topping (Sugar, Water, Glucose Syrup, Invert Syrup, Milk Solids, Vegetable Fat, Thickener (1442), Vegetable Gum (401), Salt, Emulsifiers (471, 322), Mineral Salts (500, 339), Preservative (202)); Coffee Syrup Caramel (Sugar, Water, Natural Flavours, Preservative (202), Citric Acid (330), Natural Caramel Colour (150a); Coffee Extract; Whipped Cream (Cream (97%), Propellant (Nitrous Oxide), Emulsifier (471), Flavour, Vegetable Gums (401, 407))		N		N	Y	N	N	N	N	N	N		N	N	N	693	2140	11.8	19.6	14	71.3	66.5	253	100	309	1.7	2.8	2.0	10.3	9.6	37

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)
☐	☐	**Sticky Date Pudding**	Cake Mix (Wheat Flour, Sugar, Dates, Maltodextrin, Vegetable Fat (Ropo Palm Oil, Emulsifiers (471, 477), Antioxidant (307)), Milk Solids, Raising Agents (450, 500, 541), Salt, Colour (150c), Spice, Vegetable Gum (410), Preservative (202), Acidity Regulator (330), Barley Malt Extract), Canola Oil, Egg, Water, Caramel (8%) (Sugar, Sweetened Condensed Milk, Butter, Fresh Milk), Dextrose, Vegetable Fat (Ropo Palm Oil, Emulsifiers (471, 477), Antioxidant (307)), Milk Solids, Raising Agents (450, 500, 541), Salt, Colour (150c), Caramelised Sugar, Salt, Natural Flavour, Preservative (202), Colour (150c), Natural Caramel Flavour, Contains Dates (Minimum 7.5%)	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	N	N	60	958	2.3	11.6	2.9	28.4	16.9	183	100	1597	3.8	19.3	4.8	47.3	28.2	305
☐	☐	**Sticky Date Pudding with Ice Cream**	Sticky Date Pudding (Cake Mix (Wheat Flour, Sugar, Dates, Maltodextrin, Vegetable Fat (Ropo Palm Oil, Emulsifiers (471, 477), Antioxidant (307)), Milk Solids, Raising Agents (450, 500, 541), Salt, Colour (150c), Spice, Vegetable Gum (410), Preservative (202), Acidity Regulator (330), Barley Malt Extract), Canola Oil, Egg, Water, Caramel (8%) (Sugar, Sweetened Condensed Milk, Butter, Fresh Milk), Dextrose, Vegetable Fat (Ropo Palm Oil, Emulsifiers (471, 477), Antioxidant (307)), Milk Solids, Raising Agents (450, 500, 541), Salt, Colour (150c), (471), Caramelised Sugar, Salt, Natural Flavour, Preservative (202), Colour (150c), Natural Caramel Flavour, Contains Dates (Minimum 7.5%)), Ice Cream (Water, Sugar, Cream, Dextrose Emulsifier (471), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour)	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		N	N	N	120	1380	5.2	15.7	5.6	41.5	30	249	100	1150	4.3	13.1	4.7	34.6	25.0	208
☐	☐	**Turkish Avocado BLT**	Turkish Roll (Wheat Flour [Vitamins [Thiamin, Folic Acid]], Water, Iodised Salt, Vegetable Oil, Yeast, Imitation Vinegar, Sesame Seeds, Nigella Seeds, Soy Flour, Mineral Salt (170), Emulsifier (481), Enzymes, Food Acid (300)), Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked), Avocado (100% Hass Avocado), Tomato, Lettuce, Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Lemon Garlic Dressing (Canola Oil, Reconstituted Lemon Juice (39%) [Preservative (223)], Extra Virgin Olive Oil, Garlic (3.5%), Sugar, Salt, Lemon Pulp (1.5%), Acidity Regulator (330), Thickeners (1442, 415) Spices, Preservatives (202, 211), Colour (160a)), Canola Spread (Vegetable Oil (including Canola Oil 41%), Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour [Beta-Carotene], Natural Flavour)	Y	Y	WHEAT	Y	N	Y	N	N	N	N	N		N	Y	N	197	1900	13.4	28.1	6.1	38.0	4.1	943	100	964	6.8	14.3	3.1	19.3	2.1	479
☐	☐	**Turkish Avocado Egg BLT**	Turkish Roll (Wheat Flour [Vitamins [Thiamin, Folic Acid]], Water, Iodised Salt, Vegetable Oil, Yeast, Imitation Vinegar, Sesame Seeds, Nigella Seeds, Soy Flour, Mineral Salt (170), Emulsifier (481), Enzymes, Food Acid (300)), Cooked Egg, Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked), Avocado (100% Hass Avocado), Tomato, Lettuce, Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Lemon Garlic Dressing (Canola Oil, Reconstituted Lemon Juice (39%) [Preservative (223)], Extra Virgin Olive Oil, Garlic (3.5%), Sugar, Salt, Lemon Pulp (1.5%), Acidity Regulator (330), Thickeners (1442, 415) Spices, Preservatives (202, 211), Colour (160a)), Canola Spread (Vegetable Oil (including Canola Oil 41%), Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour [Beta-Carotene], Natural Flavour)	Y	Y	WHEAT	Y	N	Y	N	N	N	N	N		N	Y	N	256	2250	20.8	33.9	8.0	38.5	4.6	1030	100	879	8.1	13.2	3.1	15.0	1.8	402