

Nutritional Guide Report

* Nutritional base values are calculated per 100g

Jack's Fried Chicken Classic

Ingredients: Chicken Jack's Fried (Chicken (64%), Flour (Wheat, Maize), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Vegetable Powders, Yeast, Salt, Mineral Salts (450, 500, 451, 452), Spices, Vegetable Gum (415)), Bun Brioche (Wheat Flour, Water, Canola Oil, Sugar, Bakers Yeast, Wheat Gluten, Modified Potato Starch (1420), Iodised Salt, Soy Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), Wheat Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (Wheat)), Mayonnaise (Soybean Oil (<0.001% Tocopherol [Vitamin E]), Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour), Lettuce (Iceberg Lettuce), Butter Clarified (Milk Fat)

Contains: Wheat (Gluten), Eggs, Milk, Soy, Mustard

May be present: Fish, Lupins, Mollusc, Peanuts, Sesame

Description	Store Status	Available in Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Fried Chicken Classic	Permanent	Yes	Yes	264	1,077	2843	13.7	36.1	18.3	48.3	3.6	9.5	20.9	55.2	1.9	5.2	460	1216

Jack's Fried Chicken Classic Cheese & Bacon

Ingredients: Chicken Jack's Fried (Chicken (64%), Flour (Wheat, Maize), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Vegetable Powders, Yeast, Salt, Mineral Salts (450, 500, 451, 452), Spices, Vegetable Gum (415)), Bun Brioche (Wheat Flour, Water, Canola Oil, Sugar, Bakers Yeast, Wheat Gluten, Modified Potato Starch (1420), Iodised Salt, Soy Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), Wheat Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (Wheat)), Mayonnaise (Soybean Oil (<0.001% Tocopherol [Vitamin E]), Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Cheese SOS (Cheese (Cows Milk, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat Milk Solids (Cow's Milk), Milk Solids (Cow's Milk), Emulsifiers (331(ii), 322(i)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234)), Lettuce (Iceberg Lettuce), Butter Clarified (Milk Fat)

Contains: Wheat (Gluten), Eggs, Milk, Soy, Mustard

May be present: Fish, Lupins, Mollusc, Peanuts, Sesame

Description	Store Status	Available in Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Fried Chicken Classic Cheese & Bacon	Permanent	Yes	No	295	1,058	3126	14.1	41.7	18	53.1	4.1	12.1	18.9	55.9	1.9	5.7	538	1590

Jack's Fried Chicken Spicy Cheese & Bacon

Ingredients: Chicken Jack's Fried (Chicken (64%), Flour (Wheat, Maize), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Vegetable Powders, Yeast, Salt, Mineral Salts (450, 500, 451, 452), Spices, Vegetable Gum (415)), Bun Brioche (Wheat Flour, Water, Canola Oil, Sugar, Bakers Yeast, Wheat Gluten, Modified Potato Starch (1420), Iodised Salt, Soy Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), Wheat Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (Wheat)), Sauce Signature Extra Spicy (Vegetable Oil, Water, Gherkin Puree (Gherkin, Food Acid [260]), Vinegar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid [260]), Thickeners (1442, 415), Salt, Egg Yolk Powder, Mustard Flour, Spices, Colour (160c), Preservatives (202, 211, 234), Acidity Regulator (330), Natural Flavours), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Cheese SOS (Cheese (Cows Milk, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat Milk Solids (Cow's Milk), Milk Solids (Cow's Milk), Emulsifiers (331(ii), 322(i)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234)), Lettuce (Iceberg Lettuce), Butter Clarified (Milk Fat)

Contains: Wheat (Gluten), Eggs, Milk, Soy

May be present: Fish, Lupins, Mollusc, Peanuts, Sesame

Description	Store Status	Available in Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Fried Chicken Spicy Cheese & Bacon	Permanent	Yes	No	295	1,120	3307	14.1	41.6	14.8	43.6	3.3	9.8	19.2	56.8	2.2	6.6	572	1690

Jack's Fried Chicken Spicy

Ingredients: Chicken Jack's Fried (Chicken (64%), Flour (Wheat, Maize), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Vegetable Powders, Yeast, Salt, Mineral Salts (450, 500, 451, 452), Spices, Vegetable Gum (415)), Bun Brioche (Wheat Flour, Water, Canola Oil, Sugar, Bakers Yeast, Wheat Gluten, Modified Potato Starch (1420), Iodised Salt, Soy Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), Wheat Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (Wheat)), Sauce Signature Extra Spicy (Vegetable Oil, Water, Gherkin Puree (Gherkin, Food Acid [260]), Vinegar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid [260]), Thickeners (1442, 415), Salt, Egg Yolk Powder, Mustard Flour, Spices, Colour (160c), Preservatives (202, 211, 234), Acidity Regulator (330), Natural Flavours), Lettuce (Iceberg Lettuce), Butter Clarified (Milk Fat)

Contains: Wheat (Gluten), Eggs, Milk, Soy

May be present: Fish, Lupins, Mollusc, Peanuts, Sesame

Description	Store Status	Available in Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Fried Chicken Spicy	Permanent	Yes	Yes	264	1,146	3025	13.6	36.1	14.7	38.9	2.7	7.1	21.2	56.1	2.3	6	498	1316

Chicken Royale

Ingredients: Chicken Royale (Chicken (41%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Thickeners (1404, 1412), Salt, Soy Protein, Wheat Fibre, Wheat Starch, Dehydrated Vegetables, Mineral Salts (341, 500, 451, 450), Yeast Extract, Maltodextrin, Food Acids (330, 270), Spice Extract, Milk Powder, Spice, Yeast, Wheat Gluten, Sugar, Colours (100, 160c)), Bun Sesame Glazed 4" (Wheat Flour, Water, Baker's Yeast, Sugar, Canola Oil, Wheat Gluten, Sesame Seeds, Iodised Salt, Soy Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), Modified Potato Starch (1420), Wheat Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (Wheat)), Mayonnaise (Soybean Oil (<0.001% Tocopherol [Vitamin E]), Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour), Lettuce (Iceberg Lettuce)

Contains: Wheat (Gluten), Eggs, Milk, Sesame, Soy, Mustard

May be present: Added Sulphites

Description	Store Status	Available in Selected Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Chicken Royale	Permanent	Yes	Yes	148	948	1404	7.7	11.5	18.4	27.2	2.9	4.3	28.1	41.7	3.3	4.9	420	622

Grilled Chicken Spicy

Ingredients: Chicken Grilled (Chicken (94%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Corn), Spice Extract), Bun **Sesame** Glazed 4" (**Wheat** Flour, Water, Baker's Yeast, Sugar, Canola Oil, **Wheat** Gluten, **Sesame** Seeds, Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), Modified Potato Starch (1420), **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Sauce Signature Extra Spicy (Vegetable Oil, Water, Gherkin Puree (Gherkin, Food Acid [260]), Vinegar, Reconstituted Lemon Juice, Sugar, Chili (Food Acid [260]), Thickeners (1442, 415), Salt, **Egg** Yolk Powder, **Mustard** Flour, Spices, Colour (160c), Preservatives (202, 211, 234), Acidity Regulator (330), Natural Flavours), Tomato Slice (Tomato), Lettuce (Iceberg Lettuce)

Contains: **Wheat** (Gluten), **Eggs**, **Sesame**, **Soy**

May be present: **Added Sulphites**, **Milk**

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Grilled Chicken Spicy	Permanent	Yes	Yes	164	846	1388	13.6	22.4	8.8	14.5	1	1.6	16.7	27.4	3.3	5.5	440	723

Grilled Chicken Spicy Cheese Bacon

Ingredients: Chicken Grilled (Chicken (94%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Corn), Spice Extract), Bun **Sesame** Glazed 4" (**Wheat** Flour, Water, Baker's Yeast, Sugar, Canola Oil, **Wheat** Gluten, **Sesame** Seeds, Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), Modified Potato Starch (1420), **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Sauce Signature Extra Spicy (Vegetable Oil, Water, Gherkin Puree (Gherkin, Food Acid [260]), Vinegar, Reconstituted Lemon Juice, Sugar, Chili (Food Acid [260]), Thickeners (1442, 415), Salt, **Egg** Yolk Powder, **Mustard** Flour, Spices, Colour (160c), Preservatives (202, 211, 234), Acidity Regulator (330), Natural Flavours), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Tomato Slice (Tomato), Cheese SOS (Cheese (Cows **Milk**, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat **Milk** Solids (Cow's **Milk**), **Milk** Solids (Cow's **Milk**), Emulsifiers (331(iii), 322(i)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234)), Lettuce (Iceberg Lettuce)

Contains: **Wheat** (Gluten), **Eggs**, **Milk**, **Sesame**, **Soy**

May be present: **Added Sulphites**

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Grilled Chicken Spicy Cheese Bacon	Permanent	Yes	No	195	855	1671	14.3	28	9.8	19.3	2.1	4.2	14.4	28.1	3	6	561	1097

Grilled Chicken Classic Cheese Bacon

Ingredients: Chicken Grilled (Chicken (94%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Corn), Spice Extract), Bun **Sesame** Glazed 4" (**Wheat** Flour, Water, Baker's Yeast, Sugar, Canola Oil, **Wheat** Gluten, **Sesame** Seeds, Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), Modified Potato Starch (1420), **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Sauce Ranch (Canola Oil, Water, Vinegar, **Mustard** [Water, **Mustard** Seed, Salt, Vinegar, Sugar, Food Acid (Acetic Acid), **Celery** Powder, Turmeric, Natural Flavour], **Egg** Yolk, Worcestershire Sauce, Thickeners (1442, 415), Salt, Sugar, Reconstituted Lemon Juice, Herbs (0.3%), Preservatives (211, 202), **Milk** Solids, Spice), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Tomato Slice (Tomato), Cheese SOS (Cheese (Cows **Milk**, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat **Milk** Solids (Cow's **Milk**), **Milk** Solids (Cow's **Milk**), Emulsifiers (331(iii), 322(i)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234)), Lettuce (Iceberg Lettuce)

Contains: **Wheat** (Gluten), **Eggs**, **Milk**, **Sesame**, **Soy**

May be present: **Added Sulphites**

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Grilled Chicken Classic Cheese Bacon	Permanent	Yes	No	195	895	1748	14.3	28	11.1	21.7	2.3	4.5	14	27.4	2.6	5.1	530	1036

JFC Parmi

Ingredients: Chicken Jack's Fried (Chicken (64%), Flour (**Wheat**, Maize), Water, Starch (**Wheat**, Potato, Tapioca), Vegetable Oil, Vegetable Powders, Yeast, Salt, Mineral Salts (450, 500, 451, 452), Spices, Vegetable Gum (415)), Bun Brioche (**Wheat** Flour, Water, Canola Oil, Sugar, Bakers Yeast, **Wheat** Gluten, Modified Potato Starch (1420), Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Sauce Napolitana (Tomato (46%), Water, Vinegar, Thickener (1422), Tomato Paste, Onion, Sugar, Garlic, Salt, Acidity Regulator (330), Herbs, Spices, Preservatives (202, 211)), Cheese Natural (**Milk**, Salt, Starter Culture, Rennet), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Butter Clarified (**Milk** Fat), Mayonnaise (**Soybean** Oil (<0.001% Tocopherol [Vitamin E]), **Egg** Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, **Mustard** Flour)

Contains: **Wheat** (Gluten), **Eggs**, **Milk**, **Soy**, **Mustard**

May be present: **Sesame**, **Added Sulphites**

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
JFC Parmi	LTO	No	No	304	1,052	3198	14.6	44.3	13.3	40.4	4	12.1	19.2	58.4	2.3	6.9	523	1591

Grilled Chicken Parmi

Ingredients: Chicken Grilled (Chicken (94%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Corn), Spice Extract), Bun **Sesame** Glazed 4" (**Wheat** Flour, Water, Baker's Yeast, Sugar, Canola Oil, **Wheat** Gluten, **Sesame** Seeds, Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), Modified Potato Starch (1420), **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Sauce Napolitana (Tomato (46%), Water, Vinegar, Thickener (1422), Tomato Paste, Onion, Sugar, Garlic, Salt, Acidity Regulator (330), Herbs, Spices, Preservatives (202, 211)), Cheese Natural (**Milk**, Salt, Starter Culture, Rennet), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Mayonnaise (**Soybean** Oil (<0.001% Tocopherol [Vitamin E]), **Egg** Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, **Mustard** Flour)

Contains: **Wheat** (Gluten), **Eggs**, **Milk**, **Soy**, **Sesame**, **Mustard**

May be present: **Added Sulphites**

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Grilled Chicken Parmi	LTO	No	No	190	816	1551	16.1	30.7	8.4	16.1	3.4	6.5	15.4	29.4	3.1	6	524	997

Hunger Tamer JFC Parmi

Ingredients: 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, Yeast, Yeast Extract, Spice Extract), Sauce Spicy Tub (Vegetable Oil (Vegetable Oil, Antioxidant [307]), Water, **Egg** Yolk (55%), 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)), Coke POM (Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine), Chips (Potato, Vegetable Oil, Modified Potato Starches (1412, 1400, 1414), Rice Flour, Potato Dextrin, Salt, Raising Agents (450, 500), Thickener (415), Maltodextrin), Chicken Jack's Fried (Chicken (64%), Flour (**Wheat**, Maize), Water, Starch (**Wheat**, Potato, Tapioca), Vegetable Oil, Vegetable Powders, Yeast, Salt, Mineral Salts (450, 500, 451, 452), Spices, Vegetable Gum (415)), Bun **Sesame** Glazed 4" (**Wheat** Flour, Water, Baker's Yeast, Sugar, Canola Oil, **Wheat Gluten**, **Sesame** Seeds, Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), Modified Potato Starch (1420), **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Beef Patty 4" (Beef (100%)), Bun Brioche (**Wheat** Flour, Water, Canola Oil, Sugar, Bakers Yeast, **Wheat Gluten**, Modified Potato Starch (1420), Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Mayonnaise (**Soybean** Oil (<0.001% Tocopherol [Vitamin E]), **Egg** Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, **Mustard** Flour), Cheese SOS (Cheese (Cows **Milk**, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat **Milk** Solids (Cow's **Milk**), **Milk** Solids (Cow's **Milk**), Emulsifiers (331(ii), 322(i)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234)), Sauce BBQ Smoky (Tomato Puree (48%), Sugar, Vinegar, Apple Paste, Thickener, Caramel Colour, Molasses, Salt, Smoke Flavour, Dehydrated Vegetables, Worcestershire Flavour, Spice), Lettuce (Iceberg Lettuce), Butter Clarified (**Milk** Fat), Salt Seasoned (Salt 74%, Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil)

Contains: Natural Sulphites, **Wheat (Gluten)**, Eggs, Milk, Sesame, Soy, Mustard

May be present: Added Sulphites, Fish

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
▼ Hunger Tamer JFC Parmi	LTO	No	No	1,001	735	7364	6.3	63.3	10.6	107	2.1	21	18.2	183	5.8	58.6	287	2875
Jack's Fried Chicken Classic	Permanent	Yes	Yes	264	285	2843	3.6	36.1	4.8	48.3	0.9	9.5	5.5	55.2	0.5	5.2	122	1216
Chips Medium	Permanent	No	Yes	108	129	1289	0.4	3.8	1.4	14.3	0.2	2	4.1	41.1	0	0.3	59	593
Coke POM Medium	Permanent	No	No	434	78	782	0	0	0	0	0	0	4.6	46.1	4.6	46.1	4	44
BBQ Cheeseburger	Permanent	Yes	No	118	136	1363	1.5	15.6	2.4	23.7	0.8	7.6	2.8	28.3	0.6	5.9	50	504

Bacon Gravy Grilled Chicken

Ingredients: Chicken Grilled (Chicken (94%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Corn), Spice Extract), Bun **Sesame** Glazed 4" (**Wheat** Flour, Water, Baker's Yeast, Sugar, Canola Oil, **Wheat Gluten**, **Sesame** Seeds, Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), Modified Potato Starch (1420), **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Mayonnaise (**Soybean** Oil (<0.001% Tocopherol [Vitamin E]), **Egg** Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, **Mustard** Flour), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Onion Ring (Onion (50%), Water, **Wheat** Flour, **Soybean** Oil, Rice Flour, Thickener (1404, 1420, 415), Starch, Sugar, Onion Powder, Salt, Mineral Salt (450), 500ii), Vegetable Oil, Whey Powder, **Wheat Gluten**, **Soybean** Flour, Yeast Extract, Corn Flour, Flavour, Brown Sugar), Gravy (Water, Thickeners (1422, 415), Canola Oil, Onion Puree, Salt, Flavours (**Milk**), Tomato Paste, Colour (150c), Protein Extract (**Soy**), Spices, Preservatives (202, 211)), Cheese SOS (Cheese (Cows **Milk**, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat **Milk** Solids (Cow's **Milk**), **Milk** Solids (Cow's **Milk**), Emulsifiers (331(iii), 322(ii)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234)), Lettuce (Iceberg Lettuce)

Contains: Wheat (Gluten), Eggs, Milk, Soy, Sesame, Mustard

May be present: Gluten(Barley, Oats, Rye), Added Sulphites

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Bacon Gravy Grilled Chicken	Trial	Yes	No	219	832	1818	13.1	28.7	15.6	34.2	3.2	7.1	15.6	34.2	2.7	6	546	1194

Bacon Gravy Jack's Fried Chicken

Ingredients: Chicken Jack's Fried (Chicken (64%), Flour (**Wheat**, Maize), Water, Starch (**Wheat**, Potato, Tapioca), Vegetable Oil, Vegetable Powders, Yeast, Salt, Mineral Salts (450, 500, 451, 452), Spices, Vegetable Gum (415)), Bun Brioche (**Wheat** Flour, Water, Canola Oil, Sugar, Bakers Yeast, **Wheat Gluten**, Modified Potato Starch (1420), Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Onion Ring (Onion (50%), Water, **Wheat** Flour, **Soybean** Oil, Rice Flour, Thickener (1404, 1420, 415), Starch, Sugar, Onion Powder, Salt, Mineral Salt (450), 500ii), Vegetable Oil, Whey Powder, **Wheat Gluten**, **Soybean** Flour, Yeast Extract, Corn Flour, Flavour, Brown Sugar), Gravy (Water, Thickeners (1422, 415), Canola Oil, Onion Puree, Salt, Flavours (**Milk**), Tomato Paste, Colour (150c), Protein Extract (**Soy**), Spices, Preservatives (202, 211)), Cheese SOS (Cheese (Cows **Milk**, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat **Milk** Solids (Cow's **Milk**), **Milk** Solids (Cow's **Milk**), Emulsifiers (331(iii), 322(ii)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234)), Lettuce (Iceberg Lettuce), Butter Clarified (**Milk** Fat), Mayonnaise (**Soybean** Oil (<0.001% Tocopherol [Vitamin E]), **Egg** Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, **Mustard** Flour)

Contains: Wheat (Gluten), Eggs, Milk, Soy, Mustard

May be present: Gluten(Barley, Oats, Rye), Sesame, Added Sulphites

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Bacon Gravy Jack's Fried Chicken	Trial	Yes	No	309	1,073	3311	13.7	42.2	13.7	42.2	3.2	10	20.2	62.4	2.1	6.4	544	1678

Hunger Tamer Grilled Chicken Parmi

Ingredients: 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, Yeast, Yeast Extract, Spice Extract), Sauce Spicy Tub (Vegetable Oil (Vegetable Oil, Antioxidant [307]), Water, **Egg** Yolk (55%), 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)), Coke POM (Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine), Chips (Potato, Vegetable Oil, Modified Potato Starches (1412, 1400, 1414), Rice Flour, Potato Dextrin, Salt, Raising Agents (450, 500), Thickener (415), Maltodextrin), Bun **Sesame** Glazed 4" (**Wheat** Flour, Water, Baker's Yeast, Sugar, Canola Oil, **Wheat Gluten**, **Sesame** Seeds, Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), Modified Potato Starch (1420), **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Chicken Grilled (Chicken (94%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Corn), Spice Extract), Beef Patty 4" (Beef (100%)), Sauce Napolitana (Tomato (46%), Water, Vinegar, Thickener (1422), Tomato Paste, Onion, Sugar, Garlic, Salt, Acidity Regulator (330), Herbs, Spices, Preservatives (202, 211)), Cheese Natural (**Milk**, Salt, Starter Culture, Rennet), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Mayonnaise (**Soybean** Oil (<0.001% Tocopherol [Vitamin E]), **Egg** Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, **Mustard** Flour), Cheese SOS (Cheese (Cows **Milk**, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat **Milk** Solids (Cow's **Milk**), **Milk** Solids (Cow's **Milk**), Emulsifiers (331(iii), 322(ii)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234)), Sauce BBQ Smoky (Tomato Puree (48%), Sugar, Vinegar, Apple Paste, Thickener, Caramel Colour, Molasses, Salt, Smoke Flavour, Dehydrated Vegetables, Worcestershire Flavour, Spice), Salt Seasoned (Salt 74%, Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil)

Contains: Natural Sulphites, **Wheat (Gluten)**, Eggs, Milk, Sesame, Soy, Mustard

May be present: Added Sulphites, Fish

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
▼ Hunger Tamer Grilled Chicken Parmi	LTO	No	No	926	654	6061	6.2	57.7	8	73.8	1.9	18	16.9	157	6.4	59.4	286	2651
Grilled Chicken Parmi	LTO	No	No	190	167	1551	3.3	30.7	1.7	16.1	0.7	6.5	3.2	29.4	0.6	6	108	997
Chips Medium	Permanent	No	Yes	108	139	1289	0.4	3.8	1.5	14.3	0.2	2	4.4	41.1	0	0.3	64	593
Coke POM Medium	Permanent	No	No	434	84	782	0	0	0	0	0	0	5	46.1	5	46.1	5	44
BBQ Cheeseburger	Permanent	Yes	No	118	147	1363	1.7	15.6	2.6	23.7	0.8	7.6	3	28.3	0.6	5.9	54	504

Hunger Tamer Bacon Gravy JFC

Ingredients: 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, Yeast, Yeast Extract, Spice Extract), Sauce Spicy Tub (Vegetable Oil (Vegetable Oil, Antioxidant [307]), Water, **Egg** Yolk (55%), 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)), Coke POM (Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine), Chips (Potato, Vegetable Oil, Modified Potato Starches (1412, 1400, 1414), Rice Flour, Potato Dextrin, Salt, Raising Agents (450, 500), Thickener (415), Maltodextrin), Chicken Jack's Fried (Chicken (64%), Flour (**Wheat**, Maize), Water, Starch (**Wheat**, Potato, Tapioca), Vegetable Oil, Vegetable Powders, Yeast, Salt, Mineral Salts (450, 500, 451, 452), Spices, Vegetable Gum (415)), Bun **Sesame** Glazed 4" (**Wheat** Flour, Water, Baker's Yeast, Sugar, Canola Oil, **Wheat Gluten**, **Sesame** Seeds, Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), Modified Potato Starch (1420), **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Beef Patty 4" (Beef (100%)), Bun Brioche (**Wheat** Flour, Water, Canola Oil, Sugar, Bakers Yeast, **Wheat Gluten**, Modified Potato Starch (1420), Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Cheese SOS (Cheese (Cows Milk, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat Milk Solids (Cow's Milk), **Milk** Solids (Cow's Milk), Emulsifiers (331(iii), 322(i)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (150a), Natural Preservative (234)), Mayonnaise (**Soybean** Oil (<0.001% Tocopherol [Vitamin E]), **Egg** Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, **Mustard** Flour), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Onion Ring (Onion (50%), Water, **Wheat** Flour, **Soybean** Oil, Rice Flour, Thickener (1404, 1420, 415), Starch, Sugar, Onion Powder, Salt, Mineral Salt (450, 500i), Vegetable Oil, Whey Powder, **Wheat Gluten**, **Soybean** Flour, Yeast Extract, Corn Flour, Flavour, Brown Sugar), Sauce BBQ Smoky (Tomato Puree (48%), Sugar, Vinegar, Apple Paste, Thickener, Caramel Colour, Molasses, Salt, Smoke Flavour, Dehydrated Vegetables, Worcestershire Flavour, Spice), Gravy (Water, Thickeners (1422, 415), Canola Oil, Onion Puree, Salt, Flavours (**Milk**), Tomato Paste, Colour (150c), Protein Extract (**Soy**), Spices, Preservatives (202, 211)), Lettuce (Iceberg Lettuce), Butter Clarified (**Milk** Fat), Salt Seasoned (Salt 74%, Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil)

Contains: Natural Sulphites, **Wheat** (Gluten), Eggs, Milk, Sesame, Soy, Mustard

May be present: Added Sulphites, Gluten(Barley, Oats, Rye), Fish

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
▼ Hunger Tamer Bacon Gravy JFC	LTO	No	No	1,055	752	7934	6.7	70.7	9.6	102	2.1	21.8	18.2	192	5.7	60.1	321	3389
Bacon Gravy Jack's Fried Chicken	Trial	Yes	No	309	324	3311	4.1	42.2	4.1	42.2	1	10	6.1	62.4	0.6	6.4	164	1678
Chips Medium	Permanent	No	Yes	108	122	1289	0.4	3.8	1.3	14.3	0.2	2	3.9	41.1	0	0.3	56	593
Coke POM Medium	Permanent	No	No	434	74	782	0	0	0	0	0	0	4.4	46.1	4.4	46.1	4	44
BBQ Cheeseburger	Permanent	Yes	No	118	129	1363	1.5	15.6	2.2	23.7	0.7	7.6	2.7	28.3	0.6	5.9	48	504