* Nutritional base values are calculated per 100g

Nutritional Guide Report

Jack's Fried Chicken Classic

Ingredients: Chicken Jack's Fried (Chicken (64%), Flour (Wheat, Maize), Water, Starch (Wheat, Potato, Tapioca), Vegetable Powders, Yeast, Salt, Mineral Salts (450, 500, 451, 452), Spices, Vegetable 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, Com 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 Sele ct Stores	Halal?	Serving Size in Grams		Energy (kJ) Per Serving		Protein (g) Per S erving										Sodium (mg) Pe r 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 (Mheat, Maize), Water, Starch (Wheat, Potato, Tapicola), Upgetable Powders, Yeast, Salt, Mineral Salts (450, 500, 451, 452), Spices, Yeagtable Guive, (450), Store, Flour, Preservative (282), Emulsifiers (481, 322 from Rapseed), Wheat Malt Flour, Addited Potato Starch (1420), Joidsed Salt, Soy Flour, Preservative (282), Emulsifiers (481, 322 from Rapseed), Wheat Malt Flour, Addited Vinegar, Eakers Yeast, Wheat Guiten, Modified Potato Starch (1420), Joidsed Salt, Soy Flour, Preservative (282), Emulsifiers (481, 322, Spices, Yegetable Guive, (451), Sub River, Yeast, Salt, Mineral Salts (450, 500, 451, 452), Spices, Yegetable Guive, Flour, Sacon (Pork, Water, Cure (Salt, Sugar, Mustard Flour), Bacon (Pork, Water, Cure (Salt, Sugar, Mustard Flour), Bacon (Pork, Water, Cure (Salt, Sugar, Mustard Flour), Sacon (Pork, Water, Cure (Salt, Sugar, Mustard Flour), Sacon (Pork, Water, Cure (Salt, Sugar, Mustard Flour), Sacon (Pork, Water, Cure (Salt, Sugar, Mustard Flour), Salt, National (Hesse Flavour, Colour (Globa), Natural Preservative (224)), Lettuce (Iceberg Lettuce), Butter Clarified (Milk Fart)

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

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

Description	Store Status	Available in Sele ct Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per S erving	Total Fat (g)	Total Fat (g) Per Serving		Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per S erving	Sodium (mg)	Sodium (mg) Pe r 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, Tajoica), Useptable DQL vegetable DQL ve

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

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

Description	Store Status	Available in Sele ct Stores	Serving Siz Halal? Gra		Energy (kJ) Per Serving	Protein (g)	Protein (g) Per S erving				Saturated Fat (g) Per Serving		Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per S erving	Sodium (mg)	Sodium (mg) Pe r Serving
Jack's Fried Chicken Spicy Cheese & Bacon	Permanent	Yes	No	95 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 Dil, Vegetable Gum (415)), Bun Brioche (Wheat, Flour, Water, Canola Dil, Sugar, Bakers Yeast, Wheat Flour, Water, Canola Dil, Sugar, Bakers Yeast, Salt, Mineral Salts (450, 500, 451, 452), Spices, Vegetable Dil, Vater, Gherkin, Food Acid (260)), Vineservatives (242, 211, 234), Acidity Regulator (330), Vitamins (Thiamin, Folic Acid), Processing Aid (Wheat)), Sauce Signature Extra Spicy (Vegetable Oil, Vegetable Dil, Vegetable Dil, Vegetable Coll, Vegetable Dil, Vegetable Dil, Vegetable Coll, Vegetable Dil, Vegetable Coll, Vegetable Dil, Vegetable Coll, Vegetable

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

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

Description	Store Status	Available in Sele ct Stores				Energy (kJ) Per Serving								Carbohydrates (g) Per Serving		Sugars (g) Per S erving		
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 Starch, Dehydrated Vegetables, Mineral Salts (341, 500, 451, 450), Yeast Extract, Malk dextrin, Food Acids (330, 270), Spice Extract, Maik Powder, Spice, Yeast, Wheat Gluten, Sugar, Colorus (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 Hour, 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 Sele ct Stores	Halal?	Serving Size in Grams		Energy (kJ) Per Serving				Total Fat (g) Per Serving		Saturated Fat (g) Per Serving				Sugars (g) Per S erving		Sodium (mg) Pe r 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 Classic

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 Protato Starch (1420), Wheat Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (Wheat), Sauce Ranch (Canola Oil, Water, Mustard [Water, Mustard Seed, Salt, 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), Tomato Slice (Tomato), Lettuce (loeberg Lettuce)

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

May be present: Added Sulphites

Grilled Chicken Classic Permanent No Yes 164 983 1465 1.16 2.4 1.0 1.1 1.9 1.62 2.67 2.8 4.6 4.03 61	Description	Store Status	Available in Sele ct Stores		Energy (kJ)					Total Fat (g) Per Serving								Sodium (mg) Pe r Serving
	Grilled Chicken Classic	Permanent	No	Yes 164	893	1465	13.6	22.4	10.3	17	1.1	1.9	16.2	26.7	2.8	4.6	403	661

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, Nater, 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, Avidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (Wheat), Sauce Signature Extra Spicy (Vegetable Oil, Water, Gherkin, 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 Sele ct Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per S erving		Total Fat (g) Per Serving		Saturated Fat (g) Per Serving		Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per S erving	Sodium (mg)	Sodium (mg) Pe r 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 (Com), Spice Extract), Bun Sesame Glazed 4" (Wheat Flour, Water, Baker's Yeas), Lawliffer (431), Salts (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Com), Spice Extract), Bun Sesame Glazed 4" (Wheat Flour, Water, Baker's Yeas), Lawliffer (431), Salts (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Com), Spice Extract), Bun Sesame Glazed 4" (Wheat Flour, Water, Baker's Yeas), Lawliffer (431), Salts (451, 450), Dextrose, Sugar, Chinal Flour, Acidity Regulator (334), Vitamins (Thiamin, Foilk Acid), Processing Aid (Wheat), Sauce Signature Extra Spicy (Vegetable), Natural Flavours), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antivide (250), Wood Senters (1442, 415), Salt, Egg Voilk Powder, Mustard Flour, Spices, Colour (160c), Preservative (250), Unos Sauce Signature Extra Spicy (Vegetable), Natural Flavours), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antivid Preservative (250), Wood Sauce Signature Extra Spice (Cows Milk, Salt, Coluture, Microbial/Calves Rennet), Water, Nor-Fat Milk Solids (Cow's Milk, Salts, Coluture, Microbial/Calves Rennet), Water, Nor-Fat Milk Solids (Cow's Milk, Salts, Coluture, Microbial/Calves Rennet), Water, Salt, Natural Cheeser Flavours, Salt, Natural Cheeser Flavours, Coluru (150), Natural Flavours, Coluru (150), Natural Flavour, Co

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

May be present: Added Sulphites

Description	Store Status	Available in Sele ct Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per S erving					Carbohydrates (g)		Sugars (g)	Sugars (g) Per S erving	Sodium (mg)	Sodium (mg) Pe r 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 Ginled (Chicken (94%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Dextros, Sugar, Canola Oil, Wheat Malt Flour, Preservative (262), Ensthiffer (431), Salts (451, 450), Dextros, Sugar, Spice, Flavours, Hydrolygeed Vegetable Protein (Corn), Spice Extract), Bun Sesame Slazed 4^o (Wheat Flour, Water, Bakter's Yeast, Sugar, Canola Oil, Wheat Malt Flour, Preservative (263), Extractional Sour Floure, Preservative (263), Calery Provder, Turnagar, Spice, Flavours, Hydrolygeed Vegetable Protein (Corn), Spice Extract), Bun Sesame Slazed 4^o (Wheat Flour, Water, Bakter's Yeast, Sugar, Ranota Oil, Wheat Malt Flour, Preservative (263), Extractional Source, Thickeners (1442, 415), Salt, Vinegar, Sugar, Food Acid (Aceter Acid), Preservative (263), Sauce Ranot (Canola Oil, Water, Salt, Vinegar, Sugar, Food Acid (Aceter Acid), Rorosestiang Ald (Wheat), Sauce Ranot (Canola Oil, Water, Nustard Seed, Salt, Vinegar, Sugar, Food Acid (Aceter Acid), Celery Powder, Turnagar, Sugar, Food Acid (Aceter Acid), Preservative (253)), Salt, Natural Cheeses SOS (Cheese (Corw Milk, Salt, Culture, Microbial/Calves Rennet), Vater, Non-Fat Milk Solids (Cov's Milk, Salt, Salt, Sautra), Colour, Clour, Clour, Clour, Clour, Clour, Clour, Claure, Thickeners (1442, 415), Salt, Vatura), Cleves Flavour, Colour, Claure, Thickeners (1442, 415), Salt, Vatura), Cleves Flavour, Colour, Claure, Thickeners (1442, 415), Salt, Vatura), Cleves Flavour, Colour, Claure, Thickeners (1442, 415), Salt, Vatura), Cleves Flavour, Colour, Claure, Thickeners (1442, 415), Salt, Vatura), Cleves Flavour, Colour, Claure, Salt, Salt, Vatura), Salt, Vatura, Cleves Flavour, Colour, Claure, Salt, Vatura), Cleves Flavour, Colour, Claure, Salt, Vatura), Cleves Flavour, Colour, Claure, Flavour, Salt, Vatura), Cleves Flavour, Colour, Claure, Flavour, Claure, Flavour, Claure, Flavour, Claure, Flavour, Salt, Vatura), Cleves Flavour, Claure, Flavour, Salt, Vatura), Salt, Vatura, Cleves Flavour, Claure, Flavour, Salt, Vatura), Cleves Flavour, Claure

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

May be present: Added Sulphites

Description	Store Status	Available in Sele ct Stores	Halal?	Serving Size in Grams	Energy (kJ) Per Energy (kJ) Serving	Protein (g)	Protein (g) Per S erving		Total Fat (g) Per Serving		Saturated Fat (g) Per Serving		Carbohydrates (g) Per Serving	Sugars (g) Per S Sugars (g) erving		Sodium (mg) Pe r Serving
Grilled Chicken Classic Cheese Baco n	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

Cheesy Cheese Jack's Fried Chicken

Ingredients: Chicken Lack's Fried (Chicken (64%), Flour (Wheat, Maize), Water, Starch (Wheat, Potato, Tapicoa), Vegetable Dil, Vegetable Dil,

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

May be present: Sesame, Added Sulphites

Description	Store Status	Available in Sele ct Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per S erving	Total Fat (g)	Total Fat (g) Per Serving		Saturated Fat (g) Per Serving		Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per S erving	Sodium (mg)	Sodium (mg) Pe r Serving
Cheesy Cheese Jack's Fried Chicken	LTO	Yes	Yes	305	1,054	3220	13.6	41.7	18.2	55.5	4.6	14	18.5	56.4	1.8	5.5	531	1620

Cheesy Cheese Grilled Chicken

Ingredients: Chicken Grilled (Chicken (94%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Deutrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Corn), Spice Extract), Burn Seasme Glazed 4' (Wheat Flour, Water, Baker's Yeast, Sugar, Canola Oil, Wheat Gluten, Seasame Glazed 4' (Wheat), Salts (51, 322 from Rapeseed), Modified Potato Starch (1420), Wheat Malt Flour, Acidity Regulator (324), Vitamins (Thiaimin, Folic Acid), Processing Aid (Wheat), Sauce Cheese (Water, Cheese (38%), Milks, Salt, Starter Culture, Enzyme), Whey Protein Concentrate, Mineral Salts (452, 339), Thickener (1422), Suttermilik Powdwis, Salt, Starter Culture, Enzyme), Whey Protein Concentrate, Mineral Salts (452, 339), Thickener (1422), Suttermilik Powdwis, Salt, Starter Culture, Enzyme), Whey Protein Concentrate, Mineral Salts (452, 339), Thickener (1422), Suttermilik Powdwis, Salt, Starter Culture, Enzyme), Whey Protein Concentrate, Mineral Salts (452, 339), Thickener (1422), Suttermilik Powdwis, Salt, Starter Culture, Enzyme), Whey Protein Concentrate, Mineral Salts (452, 339), Thickener (1422), Sutter (1422), Sutte

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

May be present: Added Sulphites

Description	Store Status	Available in Sele ct Stores	Halal?	Serving Size in Grams		Energy (kJ) Per Serving								Carbohydrates (g) Per Serving			Sodium (mg)	Sodium (mg) Pe r Serving
Cheesy Cheese Grilled Chicken	LTO	Yes	Yes	205	771	1583	13.6	28.1	15.1	31.1	4.1	8.5	13.5	27.8	2.4	4.9	500	1027