

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(iii), 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(iii), 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 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 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), Tomato Slice (Tomato), Lettuce (Iceberg Lettuce)

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

**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 |
|-------------------------|--------------|------------------------------|--------|-----------------------|-------------|-------------------------|-------------|-------------------------|---------------|---------------------------|-------------------|-------------------------------|-------------------|-------------------------------|------------|------------------------|-------------|-------------------------|
| 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, 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, 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), 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 Ranch (Canola Oil, Water, Vinegar, **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 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** 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                    |

Cheesy Cheese 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**)), Sauce Cheese (Water, Cheese (38%) (**Milk**, Salt, Starter Culture, Enzyme), Whey Protein Concentrate, Mineral Salts (452, 339), Thickener (1442), Buttermilk Powder, Xanthan Gum, Iodised Salt, Preservatives (234, 202), Citric Acid, Natural Colour (160a), Butyric Acid ), 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(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: **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 |
|------------------------------------|--------------|----------------------------|--------|-----------------------|-------------|-------------------------|-------------|-------------------------|---------------|---------------------------|-------------------|-------------------------------|-------------------|-------------------------------|------------|------------------------|-------------|-------------------------|
| 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), 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 Cheese (Water, Cheese (38%) (**Milk**, Salt, Starter Culture, Enzyme), Whey Protein Concentrate, Mineral Salts (452, 339), Thickener (1442), Buttermilk Powder, Xanthan Gum, Iodised Salt, Preservatives (234, 202), Citric Acid, Natural Colour (160a), Butyric Acid ), Mayonnaise (**Soybean** Oil (<0.001% Tocopherol [Vitamin E]), **Egg** Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, **Mustard** Flour), 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**, **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 |
|-------------------------------|--------------|----------------------------|--------|-----------------------|-------------|-------------------------|-------------|-------------------------|---------------|---------------------------|-------------------|-------------------------------|-------------------|-------------------------------|------------|------------------------|-------------|-------------------------|
| 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                    |