Nutritional Guide Report

lack's Fried Chicken Classic

Ingradients: Chicken Jack's Fried (Chicken (64%), Flour, Wheat, Maize), Water, Starch (Wheat, Flour, Wheat Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (Wheat)), Mayonnaise (Soybean Oil (-0.001% Tocopherol (Vitamin E)), Egy Folks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour), Lettuce (Iceberg Lettuce), Butter Clarified (Milk Fat)

Contains: Wheat, Eggs. Milk, Soy

May be present: Sesame

Description	Store Status	Available in Sele ct Stores	Halal?	Energy (kJ)	Energy (kJ) Per Total Serving	Protein	Protein Per Total Serving	Total Fat	Total Fat Per Tot al Serving	Saturated Fat	Saturated Fat Pe r Total Serving	Carbohydrates	Carbohydrates P er Total Serving	Total Sugars	Total Sugars Per Total Serving	Sodium	Sodium Per Tota I Serving
Jack's Fried Chicken Classic	Permanent	Yes	Yes	1,077	2850	13.66	36.1	18.28	48.3	3.57	9.44	20.91	55.2	1.94	5.12	460	1220

Jack's Fried Chicken Classic Cheese & Bacor

Ingradients: Chicken Jack's Fried (Chicken (64%), Flour, (Wheat, Maize), Water, Starch (Wheat, Potato, Tapicoa), Vegetable Oui, Vegetable Oui

Contains: Wheat, Eggs. Milk, Sov

May be present: Sesame

Description	Store Status	Available in Sele ct Stores	Halal?	Energy (kJ)	Energy (kJ) Per Total Serving	Protein	Protein Per Total Serving	Total Fat	Total Fat Per Tot al Serving		Saturated Fat Pe r Total Serving	Carbohydrates	Carbohydrates P er Total Serving		Total Sugars Per Total Serving	Sodium	Sodium Per Tota I Serving
Jack's Fried Chicken Classic Cheese & Bacon	Permanent	Yes	No	1,058	3130	14.1	41.7	17.96	53.1	4.08	12.1	18.92	55.9	1.91	5.65	538	1590

Jack's Fried Chicken Spicy Cheese & Baco

Ingredients: Chicken Jack's Fried (Chicken (64%), Flour (Wheat, Maitze), Water, Starch (Wheat Potato Starch (1420), Jodised Salt, Soy Flour, Preservative (282), Emulsifiers (481, 322 from Rapessed), Water, Starch (Wheat Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Acid Wheat Flour, Acidity Regulator (340, Vitamins (Thiamin, Folic Acid), Processing Acid Wheat Flour, Acid (280), Water, Starch (Wheat Flour, Acid (280), Water, Starch (1420), October (1420), Acid (280), Water, Starch (1420), Water, Cure (1420), Water, C

Contains: Wheat, Eggs, Milk, Soy

May be present: Sesame

Description	Store Status	Available in Sele ct Stores	Halal?	Energy (kJ)	Energy (kJ) Per Total Serving	Protein	Protein Per Total Serving	Total Fat	Total Fat Per Tot al Serving	Saturated Fat	Saturated Fat Pe r Total Serving	Carbohydrates	Carbohydrates P er Total Serving	Total Sugars	Total Sugars Per Total Serving	Sodium	Sodium Per Tota I Serving
Jack's Fried Chicken Spicy Cheese & Bacon	Permanent	Yes	No	1,120	3310	14.08	41.6	14.75	43.6	3.29	9.72	19.21	56.8	2.2	6.51	572	1690

lack's Fried Chicken Spice

Ingredients: Chicken Jack's Fried (Chicken (B4%), Flour (Wheat, Maize), Water, Garola Oil, Sugar, Bakers Yeast, Wheat (15.), 10, Jocised Salt; Soy Flour, Presentative (282), Emulsifier (481, 322 from Rapeseed), Wheat Mait Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (Wheat), Sauce Signature Extra Spicy (Vegetable Oil, Water, Gherkin Purce (Gherkin, Food Acid (260)), Vineyar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid (260)), Vineyar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid (260)), Vineyar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid (260)), Vineyar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid (260)), Vineyar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid (260)), Vineyar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid (260)), Vineyar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid (260)), Vineyar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid (260)), Vineyar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid (260)), Vineyar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid (260)), Vineyar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid (260)), Vineyar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid (260)), Vineyar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid (260)), Vineyar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid (260)), Vineyar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid (260)), Vineyar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid (260)), Vineyar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid (260)), Vineyar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid (260)), Vineyar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid (260)), Vineyar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid (260)), Vineyar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid (260)), Vineyar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid (260)), Vineyar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid (260)), Vineyar, Reconstituted Lemon Juice, Sugar, Chilli (Food

Contains: Wheat, Eggs, Milk, Soy

May be present: Sesame

Description	Store Status	Available in Sele ct Stores	Halal?	Energy (kJ)	Energy (kJ) Per Total Serving		Protein Per Total Serving		Total Fat Per Tot al Serving		Saturated Fat Pe r Total Serving		Carbohydrates P er Total Serving		Total Sugars Per Total Serving		Sodium Per Tota I Serving
Jack's Fried Chicken Spicy	Permanent	Yes	Yes	1,146	3030	13.64	36.1	14.	7 38.9	2.69	7.10	21.23	56.1	2.26	5.97	498	1320

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Ingredients: Chicken Royale (Chicken (41%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Thickeners (1404, 1412), Salt, Soy Protein, Wheat Fibre, Wheat Fibre, Wheat Fibre, Wheat Fibre, Wheat Fibre, Wheat Fibre, Wheat Starch, Dehydrated Vegetables, Mineral Salts (341, 500, 451, 450), Yeast Extract, Mallodextrin, Food Acids (330, 270), Spice Extract, Mallodextrin, Food Acids (

Contains: Wheat, Eggs, Milk, Sesame, Soy

Description	Store Status	Available in Sele ct Stores	Halal?	Energy (kJ)	Energy (kJ) Per Total Serving	Protein	Protein Per Total Serving		Total Fat Per Tot al Serving		Saturated Fat Pe r Total Serving		Carbohydrates P er Total Serving		Total Sugars Per Total Serving		Sodium Per Tota I Serving
Chicken Royale	Permanent	Yes	Yes	948	1410	7.71	11.5	18.3	3 27.2	2.87	4.25	28.15	41.7	3.28	4.86	420	622

Grilled Chicken Classi

Ingredients: Chicken Grilled (Chicken (144%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Com), Spice Extract.), BunSesame Glazed 4* (Wheat Hour, Water, Baker s Yeast, Sugar, Canola Oil, Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Com), Spice Extract.), BunSesame Glazed 4* (Wheat Hour, Water, Baker s Yeast, Sugar, Flavours, Hydrolysed Vegetable Protein (Com), Spice Extract.), BunSesame Glazed 4* (Wheat Hour, Water, Baker s Yeast, Sugar, Canola Oil, Water, Vinegar, Mustard Seed, Salt, Vinegar, Mustard Seed, Salt,

Contains: Wheat, Eggs, Milk, Sesame, Soy

Description	Store Status	Available in Sele ct Stores		Energy (kJ)	Energy (kJ) Per Total Serving		Protein Per Total Serving		Total Fat Per Tot al Serving		Saturated Fat Pe r Total Serving		Carbohydrates P er Total Serving		Total Sugars Per Total Serving		Sodium Per Tota I Serving
Grilled Chicken Classic	Permanent	No	Yes	887	655	13.65	22.4	10.31	17.0	1.1	1.81	15.99	26.3	2.56	4.20	40	3 661

Grilled Chicken Spic

Ingredients: Chicken Grilled (Chicken (94%), Water, Salit, Thickeners (1442, 407), Mineral Salits (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Corn), Spice Extract.), BunSesame Glazed 4" (Wheat Flour, Water, Gald, 1970, Processing Aid (Wheat, 1), Sauce Signature Extra Spicy (Vegetable Oil, Water, Gherkin Purse (Gherkin, Food Acid [260]), Thickeners (1442, 415), SalitEgg Yolk Powder, Mustard Flour, Spices, Colour (160c), Preservatives (202, 211, 234), Acidity Regulator (330), Natural Flavours), Tomato Slice (Tomato), Lettuce (Iceberg Lettuce)

Contains: Wheat, Eggs, Sesame, Soy

Description	Store Status	Available in Sele ct Stores	Halal?	Energy (kJ)	Energy (kJ) Per Total Serving	Protein	Protein Per Total Serving	Total Fat	Total Fat Per Tot al Serving		Saturated Fat Pe r Total Serving		Carbohydrates P er Total Serving		Total Sugars Per Total Serving	Sodium	Sodium Per Tota I Serving
Grilled Chicken Spicy	Permanent	Yes	Yes	840	655	13.63	22.4	8.82	14.5	0.95	1.56	16.45	27.0	3.08	5.06	440	722

Grilled Chicken Spicy Cheese Bac

Ingradients: Chicken Grilled (Chicken (94%), Water, Sait, Thickeners (1442, 407), Mineral Saits (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Corn), Spice Extract.), Bun/Seasme Glazed 4" (Wheat Flour, Water, Baker s Yeast, Sugar, Canola Oil Wheat Flour, Water, Baker s Yeast, Sugar, Canola Oil Wheat Flour, Water, Baker s Yeast, Sugar, Canola Oil Wheat Flour, Water, Baker s Yeast, Sugar, Canola Oil Wheat Flour, Water, Baker s Yeast, Sugar, Canola Oil Wheat Flour, Water, Baker s Yeast, Sugar, Canola Oil Wheat Flour, Water, Baker s Yeast, Sugar, Canola Oil Wheat Flour, Water, Baker s Yeast, Sugar, Canola Oil Wheat Flour, Water, Baker s Yeast, Sugar, Canola Oil Wheat Flour, Water, Carola Flour, Sugar, S

Description	Store Status	Available in Sele ct Stores	Halal?	Energy (kJ)	Energy (kJ) Per Total Serving	Protein	Protein Per Total Serving	Total Fat	Total Fat Per Tot al Serving	Saturated Fat	Saturated Fat Pe r Total Serving	Carbohydrates	Carbohydrates P er Total Serving	Total Sugars	Total Sugars Per Total Serving	Sodium	Sodium Per Tota I Serving
Grilled Chicken Spicy Cheese Bacon	Permanent	Yes	No	850	655	14.3	28.0	9.85	19.3	2.14	4.19	14.16	27.7	2.86	5.60	561	1100

Brilled Chicken Classic Cheese Bacon

Ingredients: Chicken Grilled (Chicken (94%), Water, Saitt, Thickeners (1442, 407), Mineral Saits (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Corn), Spice Extract.), Burn Sesame Glazzed 4' (Wheat Flour, Vater, Baker s Yeast, Sugar, Canola Oli, Wheat Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), Modified Potato Starch (1422, 407), Mineral Saits (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Corn), Spice Extract.), Burn Sesame Glazzed 4' (Wheat Flour, Vater, Carola Gait, Spice), Actional Oli, Water, Cure [Sait, Sugar, Racconstituted Lemon Jusce, Horis (0.2%), Preservative (282), Milk Solids, Spice, Bacon (Pork, Water, Cure [Sait, Sugar, Racconstituted Lemon Jusce, Charles (1442, 415), Actional Spice, Flavours, Hydrolysed Vegetable Protein (Corn), Spice Extract.), Burn Sesame Glazzed 4' (Wheat Flour, Vater, Guide Flavours, Flavours, Hydrolysed Vegetable Protein (Corn), Spice, Flavours, Hydrolysed Vegetable Protein (Corn), New Flav

Contains: Wheat, Eggs, Milk, Sesame, Soy

Description	Store Status	Available in Sele ct Stores	Halal?	Energy (kJ)	Energy (kJ) Per Total Serving	Protein	Protein Per Total Serving	Total Fat	Total Fat Per Tot al Serving	Saturated Fat	Saturated Fat Pe r Total Serving	Carbohydrates	Carbohydrates P er Total Serving	Total Sugars	Total Sugars Per Total Serving	Sodium		Sodium Per Tota Serving
Grilled Chicken Classic Cheese Bacon	Permanent	Yes	No	889	655	14.31	28.0	11	1 21.7	2.27	4.43	13.78	27.0	2.42	4.74		530 10	040

Jack's Fried Chicken Bourbon:

Ingredients: Chicken Jack's Fried (Chicken (64%), Flour, Wheat, Maize), Water, Starch (Wheat, Potato, Tapicoa), Vegetable Quit (923), Emulsifiers (481, 322 from Rapeseed), Wheat Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (Wheat), Mayormaise (Soybean Oil (-6,001%), Tocophean (16,001%), Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), Wheat Mineral Salts (450, 500, 60, 500, 451, 452), Spices, Vegetable Quit, Wegetable Quit, Wegetable Quit, Wegetable Quit, Vitamins (Thiamin, Folic Acid), Preservative (280), Mineral Salts (450, 450), Antioxidant (1516), Sugar, Mineral Salts (451, 450), Sugar, Chicken (1400, 1420, 415), Starch, Sugar, Mineral Salts (451, 450), Antioxidant (1516), North Chicken (1400, 1420, 415), Starch, Sugar, Suga

Contains: Wheat, Eggs, Milk, Soy, Fish, Barley

May be present: Sesame

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Jack's Fried Chicken Bourbon St	LTO	Yes	No	1,117	3510	13.51	42.4	18.61	58.4	4.02	12.6	20.91	65.6	2.86	8.99	56	1 1760

Grilled Chicken Bourbon

Ingredients: Chicken Gilled (Chicken (144%), Winter, Sait, Thickeners (1442, 407), Mineral Saits (451, 450), Dextrose, Sugar, Spice, Fiavours, Hydrolysed Vegetable Protein (Corn), Spice Extract.), BunSesame Glazed 4' (Wheat Flour, Water, Baker s Yeast, Sugar, Canola Oil Wheat Gluten, Sesame Seeds, Indised For Indiana, Supremental Saits (451, 450), Mineral Saits (450, 450), Mineral Saits (450, 450), Mineral Saits (450, 450), Mineral Saits (451, 450), Mineral Saits (450, 450), Mineral Saits (450, 450), Mineral Saits (451, 450), Mineral Saits (451, 450), Mineral Saits (450, 450), Mineral Saits (451, 450), Mineral Saits (450, 450), Mineral Saits (451, 450), Minera

Contains: Wheat, Eggs, Milk, Soy, Fish, Sesame, Barley

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Grilled Chicken Bourbon St	LTO	Yes	No	824	1880	12.62	28.8	14.9	34.0	3.1	7.06	16.4	37.4	3.85	8.77	512	1170