Nutritional Guide Report

* Nutritional base values are calculated per 100g

Turkish Bread Mega

Ingredientes: Turkish Roll (Water, Wheat Flour [Contains Vitamin B (Thiamin) and Folic Acid], Iodised Salt, Baco (Vegetable Oil and Flats contains 471, 476), Soft Improver (contain 481), Sugar, Vesat, Sesame Seeds (White and Black), Nigella Seeds), Sausage Patty (Meat (96%) [Pork, Beef], Water, Sop Protein, Salt, Spices, Herbs, Sugar, Dextrose, Yeast Extract, Dehydrated Vegetable Oil and Flats contains 471, 476), Soft Improver (contain 481), Sugar, Vesat, Sesame Seeds (White and Black), Nigella Seeds), Sausage Patty (Meat (96%) [Pork, Beef], Water, Sop Protein, Salt, Spices, Herbs, Sugar, Dextrose, Yeast Extract, Dehydrated Vegetable, Unitarity (Solid), Social (

Contains: Wheat, Eggs, Milk, Sesame, Soy

Description	Store Status	Available in Sele ct Stores						Protein Per Serv ing										
Turkish Bread Mega	LT0	No	No	181	1,064	1930	14.11	25.6	12.96	23.5	6.26	11.4	19.79	35.9	2.76	5.01	631	1150

Turkish Bread Bacon Egg Double

Ingredients: Turkish Roll (Water, Wheat Flour [Contains Vitamin B (Thiamin) and Folio: Acid], Iodised Salt, Baco (Vegetable Oil and Fats contains 471, 476), Soft Improver (contain 481), Sugar, Veast, Sesame Seeds (White and Black), Nigella Seeds), Baco (Pork, Water, Cure [Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)], Wood Smoke), Cheese SOS (Cheese (Made From Cows Milk, Bacid Salt, Culture, Mirorbial/Calves Rennet), Water, Non-Fat Milk Solids (From Cows Milk), Milk Solids (From Cows Milk), Emulsifiers (331(iii), 322(i)), Acidity Regulators (E330), Salt, Natural Preservative (248), Sugar, Vinegar, Apple Paste, Thickener, Caramel Colour, Molasses, Salt, Smoke Flavour, Dehydrated Vegetables, Worcestershire Flavour, Spice, Butter Clarified (Milk Fat), Eggs (Egg)

Contains: Wheat, Eggs, Milk, Sesame, Soy

Description	Store Status	Available in Sele ct Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein	Protein Per Serv ing	Total Fat	Total Fat Per Ser ving	Saturated Fat	Saturated Fat Pe r Serving	Carbohydrates	Carbohydrates P er Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium Per Serv ing
Turkish Bread Bacon Egg Double	Permanent	No	No	210	929	1950	44.24	92.8	11.24	23.6	5.68	11.9	17.61	37	2.54	5.34	597	1260

Turkish Bread Bacon Egg

Ingredients: Turkish Roll (Water, Wheat Flour [Contains Vitamin B (Thiamin) and Folic Acid], Iodised Salt, Baco (Vegetable Oil and Fats contains 471, 476), Soft Improver (contain 481), Sugar, Veiast, Sesame Seeds (White and Black), Nigella Seeds), Bacon (Pork, Water, Cure [Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)], Wood Smoke), Cheese SOS (Cheese (Made From Cows Milk, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat Milk Solids (From Cows Milk), Milk Solids (From Cows

Contains: Wheat, Eggs, Milk, Sesame, Soy

		Available in Sele																Sodium Per Serv
Description	Store Status	ct Stores	Halal?	Grams	Energy (kJ)	Serving	Protein	ing	Total Fat	ving	Saturated Fat	r Serving	Carbohydrates	er Serving	Total Sugars	Serving	Sodium	ing
Turkish Bread Bacon Egg	Permanent	No	No	178	933	1670	48.89	87.2	10.54	18.8	5.2	9.28	20.32	36.3	2.69	4.8	492	878

Turkish Bread Sausage Egg Ingredients: Turkish Roll (Water, Wheat Flour (Contains Vitamin B (Thiamin) and Folic Acid), Iodised Salt, Baco (Vegetable Oil and Fats contains 471, 476), Soft Improver (contain 481), Sugar, Yeast, Sesame Seeds (White and Black), Nigella Seeds), Sausage Patty (Meat (96%) [Pork, Beef], Water, Soy Protein, Salt, Spices, Herbs, Sugar, Dextrose, Yeast Extract, Dehydrated Vegetable, Vegetable Oil.), Cheese (Made From Cows

Milk, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat Milk Solids (From Cows Milk), Milk Solids (From Cows Milk), Emulsifiers (331 (iii), 322(i)), Acidity Regulators (E330), Salt, 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.), Butter Clarified (Milk Fat), Eggs (Egg)

Contains: Wheat, Eggs, Milk, Sesame, Soy

		Available in Sele	Serving Size in		Energy (kJ) Per		Protein Per Serv		Total Fat Per Ser		Saturated Fat Pe		Carbohydrates P		Total Sugars Per		Sodium Per Serv
Description	Store Status	ct Stores	Halal? Grams	Energy (kJ)	Serving	Protein	ing	Total Fat	ving	Saturated Fat	r Serving	Carbohydrates	er Serving	Total Sugars	Serving	Sodium	ing
Turkish Bread Sausage Egg	Permanent	No	No 200	1,018	2040	46.93	94	12.93	25.9	5.99	12	18.06	36.2	2.37	4.75	397	796

Turkish Bread Sausage Egg Double

Ingredients: Sausage Patty (Meat (96%) [Pork, Beef], Water, Soy Protein, Salt, Spices, Herbs, Sugar, Dextrose, Yeast Extract, Dehydrated Vegetable Oil and Fats contains Vitamin B (Thiamin) and Folic Acid], Iodised Salt, Baco (Vegetable Oil and Fats contains 471, 476), Soft Improver (contain 481), Sugar, Yeast, Sesame Seeds (White and Black), Nigella Seeds), Cheese SOS (Cheese (Made From Cows Milk, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat Milk Solids (From Cows Milk), Emulsifiers (331(iii), 322(i)), Acidity Regulators (E330), Salt, 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.), Butter Clarified (Milk Fat), Eggs (Egg)

Contains: Wheat, Eggs, Milk, Sesame, Soy

		Available in Sele		Serving Size in		Energy (kJ) Per		Protein Per Serv		Total Fat Per Ser		Saturated Fat Pe		Carbohydrates P		Total Sugars Per		Sodium Per Serv
Description	Store Status	ct Stores	Halal?	Grams	Energy (kJ)	Serving	Protein	ing	Total Fat	ving	Saturated Fat	r Serving	Carbohydrates	er Serving	Total Sugars	Serving	Sodium	ing
Turkish Bread Sausage Egg Double	Permanent	No	No	254	1,064	2700	41.95	107	14.89	37.8	6.84	17.4	14.52	36.9	2.06	5.23	429	1090

Wrap Mega Brekky

Ingredients: Sausaage Patty (Meat (96%) [Pork, Beef], Water, Soy Protein, Salt, Spices, Herbs, Sugar, Dextrose, Yeast Extract, Dehydrated Vegetable Oil (Contains One or More of the Following: Canola, Palm, Soybean, Sunflower), Salt, Disodium Dihydrogen Pyrophosphate, Dextrose, Spice Extract), Tortilla (Wheat Flour [(66%), Thiamine, Folic Acid], Water, Vegetable Oil (Contains One or More of the Following: Canola, Palm, Soybean, Sunflower), Salt, Disodium Dihydrogen Pyrophosphate, Dextrose, Spice Extract), Tortilla (Wheat Flour [(56%), Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (307b)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salts (450, 450), Antioxidant (316), Preservative (250)], Wood Smoke), Cheese SOS (Cheese (Made From Cows Milk), Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat Milk Solids (From Cows Milk), Milk Solids (From Cows Milk), Enulsifiers (331(iii), 322(ii)), Acidity Regulators (E330), 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.), Eggs (Egg)

Protein Per Serv

Contains: Wheat, Eggs, Milk, Soy

Available in Sele

Serving Size in

Energy (kJ) Per

Description	Store Status	ct Stores	Halal?	Grams	Energy (kJ)	Serving	Protein	ing	Total Fat	ving	Saturated Fat	r Serving	Carbohydrates	er Serving	Total Sugars	Serving	Sodium	ing
Wrap Mega Brekky	Permanent	No	No	413	1,077	4450	32.36	134	16.44	67.9	6.43	26.6	11.74	48.5	1.76	7.25	420	1740

Total Fat Per Ser

Saturated Fat Pe

Sodium Per Serv

wrap ввц вгек

Ingredients: Hash Brown (Potatoes, Vegetable Oil (Contains One or More of the Following: Canola, Palm, Soybean, Sunflower), Salt, Disodium Dihydrogen Pyrophosphate, Dextrose, Spice Extract), Tortilla (Wheat Flour [(66%), Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (307b)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Mineral Salts (500), Preservative (282), Iodized Salt, Yeast.), Sausage Patty (Meat (96%) [Pork, Beef], Water, Soy Protein, Salt, Spices, Herbs, Sugar, Dehydrated Vegetable, Vegetable Oil.), Sauce BBQ Smoky (Tomato Puree (48%), Sugar, Vinegar, Apple Paste, Thickener, Caramel Colour, Molasses, Salt, Smoke Flavour, Spice), Bacon (Pork, Water, Cure [Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)], Wood Smoke), Cheese (Made From Cows Milk, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat Milk Solids (From Cows Milk), Emulsifiers (331(iii), 322(i)), Acidity Regulators (2330), Salt, Natural Preservative (234)), Eggs (Egg)

Contains: Wheat, Eggs, Milk, Soy

		Available in Sele	Serving Size in		Energy (kJ) Per		Protein Per Serv		Total Fat Per Ser		Saturated Fat Pe		Carbohydrates P		Total Sugars Per		Sodium Per Serv
Description	Store Status	ct Stores	Halal? Grams	Energy (kJ)	Serving	Protein	ing	Total Fat	ving	Saturated Fat	r Serving	Carbohydrates	er Serving	Total Sugars	Serving	Sodium	ing

Wrap BBQ Brekky Permanent No No 267 999 2680 36.5 97.6 13.45 36 4.44 11.9 18.53 49.6 3.07 8.22 456 1220

Wrap Big BBQ Brekky

Ingerdients: Hash Brown (Potatoes, Vegetable Oil (Contains One or More of the Following: Canola, Palm, Soybean, Sunflower), Salt, Disodium Diliydrogen Pyrophosphate, Dextrose, Spice Extract), Tortilla (Wheat Flour ([65%), Thiamine, Folic Acid), Water, Vegetable Shortening [Antioxidant (307b)], Sugar, Baking Powder [Mnieral Salts (450, 500, 541)], Acidity Regulators (297), Mineral Salts (450, 500, 541)], Acidity Regulators (297), Acidity Regulators (297), Mineral Salts (297), Acidity Regulators (297), Mineral Salts (297), Acidity Reg

Contains: Wheat, Eggs. Milk, Sov

Description	Store Status	Available in Sele ct Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein	Protein Per Serv ing	Total Fat	Total Fat Per Ser ving	Saturated Fat	Saturated Fat Pe r Serving	Carbohydrates	Carbohydrates P er Serving		Total Sugars Per Serving	Sodium	Sodium Per Serv ing
Wrap Big BBQ Brekky	Permanent	No	No	252	1,012	2560	37.85	95.5	13.79	34.8	4.78	12.1	18.68	47.2	2.51	6.33	418	1060

Jack's Brekky Roll

Ingredients: 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 Holt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (Wheat), Saurage Patty (Meat (96%) [Pork, Beef], Water, Soy Protein, Salt, Spices, Herbs, Sugar, Dextrose, Yeast Extract, Dehydrated Vegetable, Vegetable (0il.), Bacon (Pork, Water, Cure [Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (280)], Wood Smoke), Cheese Natural (Milk, Salt, Starter Culture, Rennet), Sauce BBQ Smoky (Tomato Puree (48%), Sugar, Vinegar, Apple Paste, Thickener, Caramel Colour, Molasses, Salt, Smoke Flavour, Dehydrated Vegetables, Worcestershire Flavour, Spice.), Butter Clarified (Milk, Fat), Eggs (Egg)

Contains: Wheat, Eggs, Milk, Soy

May be present: Sesame

Description	Store Status	Available in Sele ct Stores	Halal?	Serving Size in Grams		Energy (kJ) Per Serving		Protein Per Serv ing	Total Fat	Total Fat Per Ser ving		Saturated Fat Pe r Serving		Carbohydrates P er Serving		Total Sugars Per Serving		Sodium Per Serv ing
Jack's Brekky Roll	Permanent	No	No	235	1,052	2480	43.45	103	15.7	36.9	6.66	15.7	13	30.6	3.03	7.14	445	1050

Toastie Ham Cheese Tomato

Ingredients: Bread Toast Slice (Unbleached Wheat Flour, Water, Baker's Yeast, Modified Tapioca Starch (1412), Wheat Fibre, Wheat Gluten, Vinegar, Iodised Galt, Vegetable Emulsifiers (472e, 481, 471), Minerals (Iron, Zinc), Vitamins (Vitamin E, Niacin, Vitamin B6, Thiamin, Folic Acid)), Tomato Slice (Tomato), Ham Sliced Country (Pork, Cure [Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize or Tapioca), Antioxidant (316), Preservative (250)], Acidity Regulators (326, 262), Water, Modified Starch (1442 Maize or Tapioca), Vegetable Gum (407), Wood Smoke.), Cheese Natural (Milk, Fat)

Contains: Wheat, Soy

May be present: Milk, Sesame

Description	Store Status	Available in Sele ct Stores	Halal?							Total Fat Per Ser ving				Carbohydrates P er Serving				
Toastie Ham Cheese Tomato	Permanent	Yes	No	146	821	0	10.59	15.5	8.56	12.5	4.83	7.03	18.94	27.6	1.26	1.84	468	682

Toastie Ham Cheese

Ingredients: Bread Toast Slice (Unbleached Wheat Flour, Water, Baker's Yeast, Modified Tapioca Starch (1412), Wheat Fibre, Wheat Gluten, Vinegar, Iodised Guntry (Pork, Cure [Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize or Tapioca), Antioxidant (316), Preservative (250)], Acidity Regulators (326, 262), Water, Modified Starch (1442 Maize or Tapioca), Vegetable Gum (407), Wood Smoke.), Cheese Natural (Milk, Falt)

Contains: Wheat, Milk, Soy

May be present: Sesame

Description	Store Status	Available in Sele ct Stores	Halal?			Energy (kJ) Per Serving		Protein Per Serv ing		Total Fat Per Ser ving	Saturated Fat	Saturated Fat Pe r Serving		Carbohydrates P er Serving		Total Sugars Per Serving		Sodium Per Serv ing
Toastie Ham Cheese	Permanent	Yes	No	118	1,017	1200	13.11	15.5	10.61	12.5	5.98	7.03	23.45	27.6	1.56	1.84	580	682

Toastie Cheese

Ingredients: Bread Toast Slice (Unbleached Wheat Flour, Water, Baker's Yeast, Modified Tapioca Starch (1412), Wheat Fibre, Wheat Gluten, Vinegar, Iodised Salt, Vegetable Gum (412), Canola Oil, Soy Flour, Vegetable Emulsifiers (472e, 481, 471), Minerals (Iron, Zinc), Vitamin E, Niacin, Vitamin B, Thiamin, Folic Acid)), Cheese Natural (Milk, Salt, Starter Culture, Rennet), Butter Clarified (Milk Fat)

Contains: Wheat, Milk, Sov

May be present: Sesame

Description	Store Status	Available in Sele ct Stores	Halal?			Energy (kJ) Per Serving				Total Fat Per Ser ving		Saturated Fat Pe r Serving		Carbohydrates P er Serving		Total Sugars Per Serving		Sodium Per Serv ing
Toastie Cheese	Permanent	Yes	No	93	1,175	1090	12.12	11.3	11.9	11.1	7.06	6.53	29.11	27	1.71	1.59	445	412

Hash Brown

Ingredients: Hash Brown (Potatoes, Vegetable Oil (Contains One or More of the Following: Canola, Palm, Soybean, Sunflower), Salt, Disodium Dihydrogen Pyrophosphate, Dextrose, Spice Extract)

Contains: Sov

Description	Store Status	Available in Sele ct Stores		Serving Size in Grams						Total Fat Per Ser ving							Sodium	
Hash Brown	Permanent	No	Yes	58	1,180	685	2.4	1.4	18.9	11	2.1	1.22	26.1	15.2	0.5	0.3	419	244

Pancakes

Ingredients: Syrup Maple Flavoured Sachet (Sugar, Water, Natural Flavour, Stabiliser (466), Colour (150a), Preservative (202), Acidity Regulators (330, 500), Salt), Butter Portion (Butter (min. 45%) (Milk), Water, Canola Oil (min. 22%), Salt, Preservative (202), Vitamin A & D.), Pancake (Wheat Flour, Water, Sugar, Canola Oil, Non-Fat Milk Solids (2%), Acidity Regulator (575), Whole Egg Powder (15%), Wheat Starch, Raising Agent (500), Salt, Preservatives (202,234), Emulsifier (471), Natural Vanilla Flavour, Vitamins (Thiamin, Folic Acid).

Contains: Added Sulphites, Milk

May be present: Eggs, Peanuts, Soy

Description	Store Status	Available in Sele ct Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving Protein	Protein Per Serv ing	Total Fat	Total Fat Per Ser ving	Saturated Fat	Saturated Fat Pe r Serving	Carbohydrates	Carbohydrates P er Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium Per Serv ing
Description	Store Status	Available in Sele ct Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving Protein	Protein Per Serv ing	Total Fat	Total Fat Per Ser ving	Saturated Fat	Saturated Fat Pe r Serving	Carbohydrates	Carbohydrates P er Serving	Total Sugars	Total Sugars Per Serving	Sodium	Sodium Per Serv ing
Pancakes	Permanent	No	Yes	27	1,727	467 0.82	0.23	16.3	4.41	7.61	2.06	67.41	18.3	66.94	18.1	169	45.7