Chicken Burgers

Selected Stores only	Halal	Menu Item	Ingredients	WHEAT	GLUTEN	GLUTEN SOURCE	EGGS	MILK & MILK PRODUCTS	SOY	FISH	MOLLUSC	CRUSTACEA	PEANUTS	TREE NUTS	TREE NUTS SOURCE	SESAME	LUPINS	SULPHITES	LACTOSE FREE	Serving Size (g)	Energy (kJ)	Protein (g)	Fat Total (g)	Fat Saturated (g)	Carbohydrates (g)	Sugars (g)	Sodium (mg)	Serving Size / 100g	Energy (KJ / 100g)	Protein (g / 100g)	Fat Total (g / 100g)	Sat Fat (g / 100g)	Carbohydrates (g / 100g)	Sugars (g / 100g)	Sodium (g / 100g)	Column38
☐	☐	**Chicken Burgers**	**Allergy Warning: Please ensure that the product you are ordering is suitable for your dietary needs. If in doubt please ask a member of staff before ordering. Our food may contain or come into contact with allergens, or trace of allergens, including milk, eggs, nuts, soy, fish, shellfish, sesame seed and mustard. Please ask a member of staff if you have any questions or concerns regarding allergens, all and any items and meal or part of our standard menu items.**																																
☑	☐	**Jack's Filed Chicken Bourbon St**	Jack's Fried Chicken Fillet (Chicken (34%), Flour (Wheat, Rice, Maize), Water, Crumb (Wheat Flour, Wheat Starch, Dextrose, Vegetable Shortening), Yeast, Salt, Natural Colours (160c, 100), Vegetable Oil, Thickeners (Modified Starch (1442, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders (Onion, Garlic), Wheat Gluten, Starch (Potato, Tapioca), Spices (Pepper, Celery)). Brioche Style Bun (Wheat Flour, Water, Canola Oil, Bakers Yeast, Sugar, Wheat Gluten, Iodised Salt, Non-Fat Milk Solids, Shortening Powder (Vegetable Fat, Milk Protein, Antioxidant (307b From Soy), Soy Flour, Preservatives (282, 200), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)). Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol). Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250), Smoked]). Crispy Onion Rings (Onion (50%), Wheat Flour, Soybean Oil, Rice Flour, Potato Flour, Corn Powder, Salt, Corn Flour, Sugar, Yeast Extract, Whey Powder, Wheat Gluten, Thickener (X1420, E410), Mineral Salt (E450, E500), Raising Agent (E500), Vegetable Oil, Whey Powder, Wheat Gluten, Soybean Flour, Yeast Extract, Corn Flour, Flavor, Brown Sugar). Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)). Lettuce. Bourbon Style BBQ Sauce (Sugar, Water, Vinegar, Glucose Syrup, Tomato Paste, Molasses, Maltodextrin, Thickeners (1442, 415), Worcestershire Sauce (Wheat, Barley, Fish), Salt, Vegetable Powders, Spices (includes Black Pepper (<1%)), Colour (150c), Smoke Flavour, Natural Bourbon Flavour, Spice Extract.). Mustard Sauce. Mustard (Water, Mustard Powder (10%), Acidity Regulator (260, 270), Salt, Sugar, Thickener (1420), Maize Cornflour, Spice.)	Y	Y	WHEAT & BARLEY	Y	Y	Y	Y	N	T	N	T	N	T	N	N	N	325	3730	32.4	57.3	16.9	60.5	13.3	1460	100	1150	10	17.6	5.2	18.6	4.1	454	
☑	☐	**Grilled Chicken Bourbon St**	Grilled Chicken Fillet (Chicken (94%), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours, Water). Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol). Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250), Smoked]). Crispy Onion Rings (Onion (50%), Wheat Flour, Soybean Oil, Rice Flour, Starch, Onion Powder, Salt, Corn Flour, Sugar, Yeast Extract, Whey Powder, Wheat Gluten, Thickener (E1420, E410), Mineral Salt (E450, E500), Raising Agent (E500), Vegetable Oil, Whey Powder, Wheat Gluten, Soybean Flour, Yeast Extract, Corn Flour, Flavor, Brown Sugar). Tomato. Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)). Lettuce. Bourbon Style BBQ Sauce (Sugar, Water, Vinegar, Glucose Syrup, Tomato Paste, Molasses, Maltodextrin, Thickeners (1442, 415), Worcestershire Sauce (Wheat, Barley, Fish), Salt, Vegetable Powders, Spices (includes Black Pepper (<1%)), Colour (150c), Smoke Flavour, Natural Bourbon Flavour, Spice Extract.). Mustard (Water, Mustard Powder (10%), Acidity Regulator (260, 270), Salt, Sugar, Thickener (1420), Maize Cornflour, Spice.)	Y	Y	WHEAT & BARLEY	Y	Y	Y	Y	N	T	N	N	N	Y	N	N	N	225	2160	26.5	28.5	6.2	37.1	7.2	1160	100	967	12.7	12.7	2.8	16.5	3.2	516	
☑	☐	**Jack's Filed Chicken Roadhouse**	Jack's Fried Chicken Fillet (Chicken (34%), Flour (Wheat, Rice, Maize), Water, Crumb (Wheat Flour, Wheat Starch, Dextrose, Vegetable Shortening), Yeast, Salt, Natural Colours (160c, 100), Vegetable Oil, Thickeners (1442, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders (Onion, Garlic), Wheat Gluten, Starch (Potato, Tapioca), Spices (Pepper, Celery)). Brioche Style Bun (Wheat Flour, Water, Canola Oil, Bakers Yeast, Sugar, Wheat Gluten, Iodised Salt, Non-Fat Milk Solids, Shortening Powder (Vegetable Fat, Milk Protein, Antioxidant (307b From Soy), Soy Flour, Preservatives (282, 200), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)). Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol). Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250), Smoked]). Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)). Lettuce. Clarified Butter	Y	Y	WHEAT	Y	Y	Y	Y	N	T	N	T	N	T	N	N	N	295	3180	31.8	45.5	14.7	54.8	11.7	1420	100	1080	10.8	15.4	5	18.6	4	481	
☑	☐	**Grilled Chicken Roadhouse**	Grilled Chicken Fillet (Chicken (94%), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours, Water). Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol). Spread (Shortening [Palm Oil, Canola Oil], Water, Egg Yolk, Vegetable Powder (Onion), Salt, Sugar, Thickener (1420), Food Acid (260), Salt, Naturalcolours (141, 101), Spice Extract), Mustard (Water, Mustard Seed, Salt, Vinegar, Sugar, Preservative (223), Spices (Pepper, Celery)), Tomato Paste, Sugar, Vinegar, Salt, Thickener (1420), Food Acid (330), Spices, Preservatives (211, 202, 200), Garlic, Acidity Regulator (330), Natural Colours (160b, 160c), Natural Flavour). Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250), Smoked]). Tomato. Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)). Lettuce. Clarified Butter	Y	Y	WHEAT	Y	Y	Y	Y	N	T	N	N	N	Y	N	N	N	195	1630	27.9	16.7	4	31.4	5.5	1120	100	837	14.3	8.6	2.1	16.1	2.8	576	
☑	☑	**Jack's Filed Chicken Classic**	Jack's Fried Chicken Fillet (Chicken (34%), Flour (Wheat, Rice, Maize), Water, Crumb (Wheat Flour, Wheat Starch, Dextrose, Vegetable Shortening), Yeast, Salt, Natural Colours (160c, 100), Vegetable Oil, Thickeners (1442, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders (Onion, Garlic), Wheat Gluten, Starch (Potato, Tapioca), Spices (Pepper, Celery)). Brioche Style Bun (Wheat Flour, Water, Canola Oil, Bakers Yeast, Sugar, Wheat Gluten, Iodised Salt, Non-Fat Milk Solids, Shortening Powder (Vegetable Fat, Milk Protein, Antioxidant (307b From Soy), Soy Flour, Preservatives (282, 200), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)). Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol). Clarified Butter	Y	Y	WHEAT	Y	Y	Y	Y	N	N	N	N	T	N	N	N	264	3230	26.3	50.7	13.8	51.8	9.1	913	100	1220	10.0	19.2	5.2	19.6	3.5	346	
☐	☐	**Jack's Filed Chicken Cheesy Bacon**	Jack's Fried Chicken Fillet (Chicken (34%), Flour (Wheat, Rice, Maize), Water, Crumb (Wheat Flour, Wheat Starch, Dextrose, Vegetable Shortening), Yeast, Salt, Natural Colours (160c, 100), Vegetable Oil, Thickeners (1442, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders (Onion, Garlic), Wheat Gluten, Starch (Potato, Tapioca), Spices (Pepper, Celery)). Brioche Style Bun (Wheat Flour, Water, Canola Oil, Bakers Yeast, Sugar, Wheat Gluten, Iodised Salt, Non-Fat Milk Solids, Shortening Powder (Vegetable Fat, Milk Protein, Antioxidant (307b From Soy), Soy Flour, Preservatives (282, 200), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)). Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol). Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250), Smoked]). Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)). Lettuce. Clarified Butter	Y	Y	WHEAT	Y	Y	Y	Y	N	N	N	N	T	N	N	N	295	3520	31.7	55.5	16.5	52.4	9.7	1330	100	1190	10.7	18.8	5.6	17.8	3.3	450	
☑	☑	**Jack's Filed Chicken Spicy**	Jack's Fried Chicken Fillet (Chicken (34%), Flour (Wheat, Rice, Maize), Water, Crumb (Wheat Flour, Wheat Starch, Dextrose, Vegetable Shortening), Yeast, Salt, Natural Colours (160c, 100), Vegetable Oil, Thickeners (1442, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders (Onion, Garlic), Wheat Gluten, Starch (Potato, Tapioca), Spices (Pepper, Celery)). Brioche Style Bun (Wheat Flour, Water, Canola Oil, Bakers Yeast, Sugar, Wheat Gluten, Iodised Salt, Non-Fat Milk Solids, Shortening Powder (Vegetable Fat, Milk Protein, Antioxidant (307b From Soy), Soy Flour, Preservatives (282, 200), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)). Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol). Spicy Sauce (Water, Vinegar, Sugar, Reconstituted Egg (Whole Egg & Egg Yolk), Gherkin Puree (Gherkin, Food Acid (260)), Vinegar, Reconstituted Lemon Juice, Sugar, Thickeners (1442, 415), Salt, Chilli (Food Acid (260)), Egg Yolk Powder, Mustard Flour, Spices, Colour (160c), Preservatives (202, 211, 224), Acidity Regulator (330), Natural Flavour). Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250), Smoked]). Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)). Lettuce. Clarified Butter	Y	Y	WHEAT	Y	Y	Y	Y	N	N	N	N	T	N	N	N	264	2990	26.4	44.0	12.2	52.5	9.9	1000	100	1130	10.0	16.7	4.6	19.9	3.8	380	
☐	☐	**Jack's Filed Chicken Spicy Cheesy Bacon**	Jack's Fried Chicken Fillet (Chicken (34%), Flour (Wheat, Rice, Maize), Water, Crumb (Wheat Flour, Wheat Starch, Dextrose, Vegetable Shortening), Yeast, Salt, Natural Colours (160c, 100), Vegetable Oil, Thickeners (1442, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders (Onion, Garlic), Wheat Gluten, Starch (Potato, Tapioca), Spices (Pepper, Celery)). Brioche Style Bun (Wheat Flour, Water, Canola Oil, Bakers Yeast, Sugar, Wheat Gluten, Iodised Salt, Non-Fat Milk Solids, Shortening Powder (Vegetable Fat, Milk Protein, Antioxidant (307b From Soy), Soy Flour, Preservatives (282, 200), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)). Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol). Spicy Sauce (Water, Vinegar, Sugar, Reconstituted Egg (Whole Egg & Egg Yolk), Gherkin Puree (Gherkin, Food Acid (260)), Vinegar, Reconstituted Lemon Juice, Sugar, Thickeners (1442, 415), Salt, Chilli (Food Acid (260)), Egg Yolk Powder, Mustard Flour, Spices, Colour (160c), Preservatives (202, 211, 224), Acidity Regulator (330), Natural Flavour). Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250), Smoked]). Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)). Lettuce. Clarified Butter	Y	Y	WHEAT	Y	Y	Y	Y	N	N	N	N	T	N	N	N	297	3320	33.9	47.4	16.4	56.5	6.5	1640	100	1120	11.4	15.9	5.5	19.0	2.2	551	
☐	☐	**Grilled Chicken Spicy**	Grilled Chicken (Chicken (87%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavour), Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol). Spicy Sauce (Water, Vinegar, Sugar, Reconstituted Egg (Whole Egg & Egg Yolk), Gherkin Puree (Gherkin, Food Acid (260)), Vinegar, Reconstituted Lemon Juice, Sugar, Chilli (Red Chilli, Vegetable Oil, Vinegar, Salt, Acidity Regulator (260)), Salt, Thickeners (1442, 415), Egg Yolk Powder, Mustard Flour, Spices, Natural Colour (160c), Preservatives (202, 211), Acidity Regulator (330), Natural Flavour). Lettuce	Y	Y	WHEAT	Y	N	Y	N	N	N	N	N	Y	N	N		164	1490	18.9	18.1	2.5	28.9	4.1	864	100	906	11.5	11.1	1.5	17.6	2.5	527	
☐	☐	**Grilled Chicken Classic**	Grilled Chicken Whole Muscle (Chicken (94%), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours, Water). Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate), Sauce Ranch (Canola Oil, Water, Vinegar, Mustard (Water, Mustard Seeds, Salt, Sugar, Food Acid (Acetic), Spices, Preservatives (211, 202), Milk Solids (1.1%)), Thickeners (1442, 415), Salt, Sugar, Lemon Juice, Herbs (0.3%), Preservatives (211, 202), Milk Solids And Spices). Tomato. Lettuce	Y	Y	WHEAT	Y	Y	Y	Y	N	N	N	N	N	Y	N	T	164	1440	22.5	15.4	2.4	28.6	3.0	663	100	878	13.7	9.4	1.5	17.4	1.8	404	
☐	☐	**Grilled Chicken Cheesy Bacon**	Grilled Chicken Fillet (Chicken (94%), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours, Water). Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate), Sauce Ranch (Canola Oil, Water, Vinegar, Mustard (Water, Mustard Seeds, Salt, Sugar, Food Acid (Acetic), Spices, Preservatives (211, 202), Milk Solids (1.1%)), Thickeners (1442, 415), Salt, Sugar, Lemon Juice, Herbs (0.3%), Preservatives (211, 202), Milk Solids And Spices). Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250), Smoked]). Tomato. Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)). Lettuce	Y	Y	WHEAT	Y	Y	Y	T	N	N	N	N	N	Y	N	T	195	1730	27.9	20.4	4.4	28.1	3.5	1070	100	887	14.3	10.5	2.2	14.9	1.8	549	
☑	☑	**Chicken Royale**	Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol). Chicken Fillet (Chicken (94%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours, 1404, 415), Salt, Yeast And Yeast Extracts (Inc. Barley), Sugar, Emulsifiers (481, 471), Soy Protein, Wheat Fibre, Flavourings, Maltodextrin, Potato Flakes (Potato, Preservative (223)), Spices And Spice Extracts, Vegetable Powder, Flour Extracts (Wheat, Barley), Preservatives (211, 202, 200, 223, 224, 220, 249, 241), Vegetable Powder, Flavour Extracts (Wheat, Milk Solids, Barley), Colours (150, 170, 160b, 160c). Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol). Lettuce.	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	Y	N	N	140	2040	13.7	29.5	3.8	41.5	3.2	682	100	1450	9.8	21.1	2.7	29.6	2.3	487	