

Nutrition Guide

December 2011



◆ MAKES IT BETTER ◆

For more detailed ingredient & allergen information please visit www.hungryjacks.com.au

Nutritional Information

For more detailed ingredient and allergen information please visit www.hungryjacks.com.au

	Energy (kJ)	Protein (g)	Fat - Total (g)	Fat - Saturated (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)
BURGERS							
WHOPPER®	2882	29.8	40.7	11.4	49.0	9.6	941
WHOPPER® WITH CHEESE	3249	34.6	47.9	16.2	49.7	10.3	1299
DOUBLE WHOPPER®	3926	50.0	59.5	20.0	49.0	9.6	1024
DOUBLE WHOPPER® WITH CHEESE	4293	54.8	66.7	24.8	49.7	10.3	1382
ULTIMATE DOUBLE WHOPPER®	4877	65.4	76.9	30.8	50.9	11.5	2181
WHOPPER® JR	1499	65.4	76.9	30.8	50.9	11.5	2181
WHOPPER® JR WITH CHEESE	1683	17.5	22.9	7.4	30.5	5.7	701
CHEESEBURGER	1354	17.2	14.4	6.2	30.2	5.5	698
DOUBLE CHEESEBURGER	1962	28.9	25.1	12.1	30.6	5.9	903
HAMBURGER	1170	14.8	10.8	3.8	29.8	5.1	519
BACON DELUXE™	2350	31.8	35.1	13.9	28.8	4.3	987
VEGGIE BURGER (Contains animal rennet)	2979	21.5	39.3	10.6	66.0	12.4	1529
SWISS MUSHROOM ANGUS XT	2883	36.5	47.1	18.7	29.1	4.0	979
BBQ BACON ANGUS XT	2581	31.8	37.6	14.1	38.0	11.8	1242
BBQ DELUXE COUNTRY BURGER	2088	21.9	30.5	10.7	33.1	8.6	618
BBQ ONION COUNTRY BURGER	1896	18.4	26.1	7.3	34.7	9.8	518
BACON DOUBLE CHEESEBURGER	2070	31.8	26.6	12.8	30.8	6.1	1123
CHICKEN							
GRILLED CHICKEN BURGER	1584	20.6	19.1	4.2	29.4	4.8	1041
SPICY GRILLED CHICKEN BURGER	1541	20.5	18.1	4.0	29.7	4.9	1089
CHICKEN WRAP	1977	14.5	28.1	6.3	40.1	1.7	1005
CHICKEN TENDERCRISP®	2376	22.0	31.3	4.6	48.2	4.2	1019
SPICY CHICKEN TENDERCRISP®	2221	22.2	26.9	4.3	48.8	4.6	1139
CHEESY BACON TENDERCRISP®	2852	29.7	40.0	10.0	49.2	5.2	1597
SPICY CHEESY BACON TENDERCRISP®	2697	29.9	35.6	9.7	49.7	5.6	1717
CHICKEN BURGER	2166	16.2	29.3	4.7	46.4	4.5	937
CHEDDAR SWISS TENDERCRISP®	2632	31.6	42.6	11.9	48.7	4.7	1201
SWISS AVO TENDERCRISP®	2576	28.4	29.8	6.8	56.9	11.9	1255
GRILLED CHICKEN WITH CHEESE & BACON	1875	25.9	24.1	7.2	30.0	5.3	1441
BREAKFAST							
HASH BROWN (1 piece)	673	1.5	11.4	2.0	13.2	0.5	203
ORGANIC WRAP	2262	29.6	31.4	14.3	37.0	5.3	1304
BREKKY WRAP	2092	26.8	26.9	11.8	37.2	5.6	1296
BACON & EGG MUFFIN	1416	19.2	16.4	6.0	28.0	2.6	779
SAUSAGE & EGG MUFFIN	1762	25.0	23.1	9.3	28.1	2.8	789
PANCAKES (3 pieces) + MAPLE SYRUP + WHIPPED BUTTER	3162	11.1	30.1	12.4	109.1	57.2	820
SALADS AND WRAPS							
GARDEN SALAD	127	1.4	0.2	0.0	4.4	4.2	169
TENDERCRISP® ASIAN CHICKEN SALAD WRAP	2252	22.7	19.4	5.1	66.6	9.1	1516
TENDERCRISP® ASIAN CHICKEN SALAD	1406	17.4	13.3	2.4	35.0	8.8	1022
SALAD STIX	112	2.0	0.2	0.0	2.7	2.6	46
HOMMUS DIPPING TUB	366	0.3	9.0	1.5	1.6	0.6	234

Nutritional Information

For more detailed ingredient and allergen information please visit www.hungryjacks.com.au

Energy (kJ)	Protein (g)	Fat - Total (g)	Fat - Saturated (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)
-------------	-------------	-----------------	---------------------	------------------	------------	-------------

FRIES/NUGGETS/ONION RINGS

CHICKEN NUGGETS (3 pieces)	487	6.9	5.7	1.3	9.3	0.3	248
CHICKEN NUGGETS (6 pieces)	974	13.8	11.4	2.6	18.6	0.5	497
CHICKEN NUGGETS (12 pieces)	1948	27.6	22.9	5.2	37.2	1.1	994
CHICKEN NUGGETS (18 pieces)	2922	41.5	34.3	7.8	55.7	1.6	1490
FRIES - Small	999	2.8	12.4	1.7	28.8	0.4	262
FRIES - Regular	1566	4.4	19.5	2.7	45.1	0.6	411
FRIES - Large	1904	5.4	23.7	3.2	54.8	0.7	500
ONION RINGS - Regular	1259	4.5	13.8	2.9	39.3	5.8	508
ONION RINGS - Large	1648	5.9	18.1	3.8	51.4	7.6	664
ANGRY ONIONS - Regular	1701	3.5	28.6	6.5	34.7	4.5	672

DIPPING SAUCES

HONEY MUSTARD	341	0.2	4.2	0.7	10	9.2	117
SWEET CHILL	1224	0.1	0.1	0	12.9	12.6	296
SWEET N' SOUR	147	0.1	0	0	8.5	7.7	154
BBQ PLUM	195	0.1	0.3	0.1	10.8	10.1	223
SPICY	572	0.4	14.6	2.4	1.3	0.9	279

DRINKS

COKE - Regular	817	< 1	< 1	< 1	48.1	48.1	45
DIET COKE - Regular	7	< 1	< 1	< 1	< 1	< 1	68
COKE ZERO	7	0.2	0.0	0.0	0.5	0.0	50
SPRITE - Regular	799	< 1	< 1	< 1	47.2	47.2	68
FANTA ORANGE - Regular	1050	< 1	< 1	< 1	61.7	61.7	68
FANTA RASPBERRY - Regular	999	< 1	< 1	< 1	59.9	59.0	68
ORANGE JUICE - Small	630	1.4	0.4	0	34.6	32.8	14
ORANGE JUICE - Regular	840	1.9	0.5	0	46.1	43.7	19
ORANGE JUICE - Large	1155	2.6	0.7	0	63.4	60.1	26
GOULBURN VALLEY APPLE JUICE	697	1.1	3.5	0	39.2	37.1	18
GOULBURN VALLEY APPLE BLACKCURRANT JUICE	693	1.8	3.5	0	39.2	37.1	18
WATER	0	0	0	0	0	0	8
VANILLA SHAKE - Small	1063	9.3	8.0	5.4	35.6	35.6	179
VANILLA SHAKE - Regular	1574	13.7	11.9	7.9	52.8	52.8	265
VANILLA SHAKE - Large	2105	18.4	15.9	10.6	70.6	70.6	355
STRAWBERRY SHAKE - Small	1203	8.4	7.3	4.9	46.4	46.4	169
STRAWBERRY SHAKE - Regular	1776	12.4	10.7	7.2	68.6	68.6	249
STRAWBERRY SHAKE - Large	2375	16.6	14.4	9.6	91.7	91.7	333
CHOCOLATE SHAKE - Small	1223	8.6	7.5	5.1	47.2	46.9	212
CHOCOLATE SHAKE - Regular	1807	12.7	11.0	7.5	69.8	69.4	314
CHOCOLATE SHAKE - Large	2416	17.0	14.8	10.0	93.3	92.8	419
FROZEN COKE - Small	1036	0.0	0.0	0.0	61.0	61.0	47
FROZEN COKE - Regular	1426	0.0	0.0	0.0	84.0	84.0	65
FROZEN COKE - Large	2072	0.0	0.0	0.0	122.0	122.0	95
FROZEN RASPBERRY - Small	1050	0.0	0.0	0.0	61.0	61.0	39
FROZEN RASPBERRY - Regular	1445	0.0	0.0	0.0	84.0	84.0	53
FROZEN RASPBERRY - Large	2100	0.0	0.0	0.0	122.0	122.0	78

Nutritional Information

For more detailed ingredient and allergen information please visit www.hungryjacks.com.au

	Energy (kJ)	Protein (g)	Fat - Total (g)	Fat - Saturated (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)
DESSERTS							
CHOCOLATE SUNDAE	1212	6.4	10.7	7.8	41.0	40.6	167
STRAWBERRY SUNDAE	1067	5.9	9.1	6.0	37.6	36.8	123
CARAMEL SUNDAE	1225	6.5	11.0	8.0	41.5	41.2	161
STORM COOKIES AND CREAM	1851	11.4	18.6	11.8	56.7	47.9	325
STORM FLAKE	1920	16.1	19.4	12.2	53.7	53.4	218
STORM M&M'S MINIS®	2264	11.9	24.3	15.8	67.5	66.0	230
SOFT SERVE CONE	894	6.0	9.0	6.0	26.9	24.1	121
CHOC TOP	1197	6.2	15.7	10.6	29.8	26.6	121
COFFEES							
ICED COFFEE - Small	1061	11.4	6	3.9	38	38	174
ICED COFFEE - Regular	1414	15.1	8	5.2	50.6	50.6	232
ICED COFFEE - Large	1944	20.8	11.1	7.2	69.6	69.6	319
CAPPUCINO - Small	662	8.1	8.3	5.3	12.6	12.6	117
CAPPUCINO - Regular	855	10.5	10.8	6.9	16	16	152
CAPPUCINO - Large	1074	13.3	13.7	8.8	19.8	19.9	192
LATTE - Small	649	7.9	8.1	5.2	12.4	12.4	115
LATTE - Regular	855	10.5	10.8	6.9	16	16	152
LATTE - Large	1061	13.1	13.5	8.6	19.6	19.6	190
FLAT WHITE - Small	590	7.4	7.7	4.9	10.3	10.4	107
FALT WHITE - Regular	742	9.3	9.7	6.2	13	13.1	135
FLAT WHITE - Large	1002	12.5	13.1	8.4	17.6	17.7	182
SHORT BLACK	2	0	0	0	0	0	1
LONG BLACK - Small	8	0.2	0	0	0.2	0.2	4
LONG BLACK - Regular	10	0.3	0	0	0.3	0.3	5
LONG BLACK - Large	16	0.4	0	0	0.4	0.4	8
HOT CHOCOLATE - Small	963	10.6	9.8	6.2	24.4	24	155
HOT CHOCOLATE - Regular	1436	15.6	14	9	37.7	37.1	227
HOT CHOCOLATE - Large	1789	19.5	17.7	11.3	46.3	45.6	285
TEA - Black	17	0.3	0.3	0	0	0	11
TEA - White	58	0.8	0.8	0.3	0.7	0.7	18



◆ MAKES IT BETTER ◆

Please go to our website www.hungryjacks.com.au for further information