Chicken Burger

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	LUPINS	SESAME	SULPHITES	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)
☐	☐	**Chicken Burgers**	**Burger Buns: Burger buns need to be sliced and toasted prior to use. Allergen Advice: Our food is prepared in a kitchen where allergens are present. We cannot guarantee that our products will be free from allergens. Please let our staff know if you have a food allergy and we will do our best to help you. Gluten Free: Our Gluten Free products are prepared and cooked in a kitchen where allergens are present. We cannot guarantee that our Gluten Free products will be free from allergens, or even as lean and fast as pull it up our standard menu items.**																														
☑	☑	**Jack's Fried Chicken Classic**	Jack's Fried Chicken Fillet (Chicken (60%), Flour (Wheat, Rice), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Thickeners (1422, 415), Salt, Mineral Salts (450, 450), 500, 451), Vegetable Powders (Garlic, Onion), Spices (Pepper, Celery), Dextrose, Yeast, Natural Colours (160c, 100), Wheat Gluten), 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, 202), 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), Lettuce, Clarified Butter	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	N	T	N	266	3270	28.5	49.1	15.3	55.3	5.2	1130	100	1230	10.7	18.5	5.7	20.8	2.0	425
☐	☐	**Jack's Fried Chicken Cheesy Bacon**	Jack's Fried Chicken Fillet (Chicken (60%), Flour (Wheat, Rice), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Thickeners (1422, 415), Salt, Mineral Salts (450, 450), 500, 451), Vegetable Powders (Garlic, Onion), Spices (Pepper, Celery), Dextrose, Yeast, Natural Colours (160c, 100), Wheat Gluten), 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, 202), 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 (80%), 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 (E331a, E323), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)), Lettuce, Clarified Butter	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	N	T	N	297	3560	33.9	54.0	18.0	55.8	5.8	1550	100	1200	11.4	18.2	6.1	18.8	1.9	520
☑	☑	**Jack's Fried Chicken Spicy**	Jack's Fried Chicken Fillet (Chicken (60%), Flour (Wheat, Rice), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Thickeners (1422, 415), Salt, Mineral Salts (450, 450), 500, 451), Vegetable Powders (Garlic, Onion), Spices (Pepper, Celery), Dextrose, Yeast, Natural Colours (160c, 100), Wheat Gluten), 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, 202), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)), Chipotle Mayonnaise (Soybean Oil, Water, 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), Mustard Flour, Spices, Natural Colour (160c), Preservatives (202, 211), Acidity Regulator (330), Natural Flavour), Lettuce, Clarified Butter	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	N	T	N	266	3030	28.5	42.5	13.6	55.9	6.0	1220	100	1140	10.7	16.0	5.1	21.0	2.2	459
☐	☐	**Jack's Fried Chicken Spicy Cheesy Bacon**	Jack's Fried Chicken Fillet (Chicken (60%), Flour (Wheat, Rice), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Thickeners (1422, 415), Salt, Mineral Salts (450, 450), 500, 451), Vegetable Powders (Garlic, Onion), Spices (Pepper, Celery), Dextrose, Yeast, Natural Colours (160c, 100), Wheat Gluten), 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, 202), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)), Chipotle Mayonnaise (Soybean Oil, Water, 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), Mustard Flour, Spices, Natural Colour (160c), Preservatives (202, 211), Acidity Regulator (330), Natural Flavour), Bacon (Pork (80%), 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 (E331a, E323), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)), Lettuce, Clarified Butter	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	N	T	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 (67%), 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, Folates), Chipotle Mayonnaise (Soybean Oil, Water, 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), Mustard Flour, Spices, Natural Colour (160c), Preservatives (202, 211), Acidity Regulator (330), Natural Flavour), Tomato, Lettuce	Y	Y	WHEAT	Y	N	Y	N	N	N	N	N	N	Y	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), Flavour), 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, Folates), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Turmeric), Egg Yolk, Worcestershire Sauce, Thickeners (1442, 415), Salt, Sugar, Lemon Juice, Herbs And Spices, Preservatives (211, 202), Milk Solids (0.1%)), Tomato, Lettuce	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	N	Y	T	164	1440	22.5	15.4	2.4	28.6	3.0	683	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, Folates), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Turmeric), Natural Flavour), Egg Yolk, Worcestershire Sauce, Thickeners (1442, 415), Salt, Sugar, Lemon Juice, Herbs (0.3%), Preservatives (211, 202), Milk Solids And Spices), Bacon (Pork (80%), 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 (E331a, E323), 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	T	195	1730	27.9	20.4	4.4	29.1	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, Folates)), Chicken Royale (Chicken (41%), Flour (Wheat, Rice, Soy, Maize), Water, Vegetable Oil, Thickeners (1412, 1414), Salt, Mineral Salts (450, 450), 500, 451), Vegetable Powders (Garlic, Onion), Spices (Pepper, Celery), Wheat Fibre, Flavourings, Maltodextrin, Potato Flakes (Potato) Preservative (223), Spices And Spice Extracts, Mineral Salts (450, 500, 451, 516), Starch (Wheat), Acidity Regulators (330, 350, 331, 262, 270, 508, 341), Yeast, Dextrose, Vitamins (Thiamin, Folates, Niacin, Riboflavin, Vitamin B12), 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	N	Y	N	140	2040	13.7	26.5	3.8	41.5	3.2	682	100	1450	9.8	21.1	2.7	29.6	2.3	487