



Sides & Snacks

Standard Serving only	Meal	Menu Item	Ingredients	WHEAT	GLUTEN	GLUTEN SOURCE	EGGS	MEAT & SEAFOOD PRODUCTS	SOY	FISH	MOLLUSC	CRUSTACEA	PEANUTS	TREE NUTS	TREE NUTS SOURCE	LUPINS	SESAME	SULPHITES	Serving Size (g)	Energy (kJ)	Energy (kcal)	Protein (g)	Fat Total (g)	Fat Saturated (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	Fibres (g)	Total Fat (g)	Total Fat (g)	Total Fat (g)	Total Fat (g)	Total Fat (g)	Total Fat (g)	Total Fat (g)	Total Fat (g)
<input type="checkbox"/>	<input type="checkbox"/>	Chips & Sauce	Chips (100g): Potatoes (99.9%), Salt. Sauce: Ketchup (50g): Tomatoes (99.9%), Vinegar (5%), Sugar (5%), Salt. Mustard (5g): Mustard (99.9%), Vinegar (5%), Salt. Mayo (5g): Egg Yolks (99.9%), Oil (99.9%), Vinegar (5%), Salt. Cheese (5g): Cheddar (99.9%), Salt. Onion (5g): Onions (99.9%), Salt.																150	1950	20.5	19.7	3.2	28.0	2.8	354	150	1940	13.7	13.2	2.2	18.7	1.9	378		
<input type="checkbox"/>	<input type="checkbox"/>	Popia Chicks	Popia Chicks (100g): Chicken Fillet (99.9%), Breadcrumbs (5%), Oil (5%), Salt. Popia Chicks Curry (100g): Chicken Fillet (99.9%), Breadcrumbs (5%), Oil (5%), Salt, Curry Paste (5%), Onions (5%), Tomatoes (5%), Potatoes (5%), Salt.	Y	Y	WHEAT	Y	Y	Y	Y	N	N	N	Y	N	Y	N	N	180	2050	20.5	19.7	3.2	28.0	2.8	354	150	1940	13.7	13.2	2.2	18.7	1.9	378		
<input type="checkbox"/>	<input type="checkbox"/>	Popia Chicks Curry Dip	Popia Chicks Curry Dip (100g): Chicken Fillet (99.9%), Breadcrumbs (5%), Oil (5%), Salt. Curry Paste (5%), Onions (5%), Tomatoes (5%), Potatoes (5%), Salt.	Y	Y	WHEAT	Y	Y	Y	Y	N	N	N	Y	N	Y	N	N	180	2050	20.5	19.7	3.2	28.0	2.8	354	150	1940	13.7	13.2	2.2	18.7	1.9	378		
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Children Nuggets (3 Pack)	Children Nuggets (3 Pack) (100g): Chicken Fillet (99.9%), Breadcrumbs (5%), Oil (5%), Salt. Children Nuggets Curry (100g): Chicken Fillet (99.9%), Breadcrumbs (5%), Oil (5%), Salt, Curry Paste (5%), Onions (5%), Tomatoes (5%), Potatoes (5%), Salt.	Y	Y	WHEAT	N	N	N	N	N	N	N	N	N	N	N	N	81	538	7.0	6.8	0.9	10.2	0.5	205	100	1000	13.7	13.9	1.8	20.6	1.9	402		
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Children Nuggets (9 Pack)	Children Nuggets (9 Pack) (100g): Chicken Fillet (99.9%), Breadcrumbs (5%), Oil (5%), Salt. Children Nuggets Curry (100g): Chicken Fillet (99.9%), Breadcrumbs (5%), Oil (5%), Salt, Curry Paste (5%), Onions (5%), Tomatoes (5%), Potatoes (5%), Salt.	Y	Y	WHEAT	N	N	N	N	N	N	N	N	N	N	N	N	102	1070	14.0	13.2	1.6	20.4	0.9	410	100	1000	13.7	13.9	1.8	20.6	1.9	402		
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Children Nuggets (12 Pack)	Children Nuggets (12 Pack) (100g): Chicken Fillet (99.9%), Breadcrumbs (5%), Oil (5%), Salt. Children Nuggets Curry (100g): Chicken Fillet (99.9%), Breadcrumbs (5%), Oil (5%), Salt, Curry Paste (5%), Onions (5%), Tomatoes (5%), Potatoes (5%), Salt.	Y	Y	WHEAT	N	N	N	N	N	N	N	N	N	N	N	N	204	2140	27.9	26.3	3.7	40.8	1.8	820	100	1000	13.7	13.9	1.8	20.6	1.9	402		
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Chips Bar	Chips Bar (100g): Potatoes (99.9%), Salt. Chips Bar Curry (100g): Potatoes (99.9%), Salt, Curry Paste (5%), Onions (5%), Tomatoes (5%), Potatoes (5%), Salt.		N		N	N	N	N	N	N	N	N	N	N	N	N	90	1000	3.1	11.7	1.6	33.9	0.2	489	100	1178	3.4	13.0	1.8	37.7	0.2	540		
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Chips Med	Chips Med (100g): Potatoes (99.9%), Salt. Chips Med Curry (100g): Potatoes (99.9%), Salt, Curry Paste (5%), Onions (5%), Tomatoes (5%), Potatoes (5%), Salt.		N		N	N	N	N	N	N	N	N	N	N	N	N	118	1290	3.7	14.2	1.9	41.1	0.3	593	100	1112	3.2	12.2	1.6	35.4	0.3	511		
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Chips Lps	Chips Lps (100g): Potatoes (99.9%), Salt. Chips Lps Curry (100g): Potatoes (99.9%), Salt, Curry Paste (5%), Onions (5%), Tomatoes (5%), Potatoes (5%), Salt.		N		N	N	N	N	N	N	N	N	N	N	N	N	166	1850	5.3	20.4	2.8	58.9	0.4	850	100	1114	3.2	12.3	1.7	35.5	0.2	510		
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Chips Wg Med	Chips Wg Med (100g): Potatoes (99.9%), Salt. Chips Wg Med Curry (100g): Potatoes (99.9%), Salt, Curry Paste (5%), Onions (5%), Tomatoes (5%), Potatoes (5%), Salt.	Y	Y	WHEAT	N	Y	Y	N	N	N	N	N	N	N	N	N	77	792	1.6	15.2	2.2	11.2	3.4	290	100	1009	2.1	10.7	2.8	14.5	4.4	326		
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Chips Wg Lps	Chips Wg Lps (100g): Potatoes (99.9%), Salt. Chips Wg Lps Curry (100g): Potatoes (99.9%), Salt, Curry Paste (5%), Onions (5%), Tomatoes (5%), Potatoes (5%), Salt.	Y	Y	WHEAT	N	Y	Y	N	N	N	N	N	N	N	N	N	115	1180	2.4	22.8	3.3	16.8	5.0	374	100	1006	2.1	10.8	2.8	14.6	4.3	326		
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	8 Nuggets & Chips Snack Box	8 Nuggets & Chips Snack Box (100g): Chicken Fillet (99.9%), Breadcrumbs (5%), Oil (5%), Salt. Children Nuggets Curry (100g): Chicken Fillet (99.9%), Breadcrumbs (5%), Oil (5%), Salt, Curry Paste (5%), Onions (5%), Tomatoes (5%), Potatoes (5%), Salt.	Y	Y	WHEAT	N	N	N	N	N	N	N	N	N	N	N	N	235	2930	16.1	42.3	6.0	62.2	1.8	1280	100	1200	7.7	18.0	2.8	26.5	0.8	540		
<input type="checkbox"/>	<input type="checkbox"/>	10 Nuggets & Sauce Snack Box	10 Nuggets & Sauce Snack Box (100g): Chicken Fillet (99.9%), Breadcrumbs (5%), Oil (5%), Salt. Children Nuggets Curry (100g): Chicken Fillet (99.9%), Breadcrumbs (5%), Oil (5%), Salt, Curry Paste (5%), Onions (5%), Tomatoes (5%), Potatoes (5%), Salt.	Y	Y	WHEAT	Y	N	Y	N	N	N	N	N	N	N	N	N	195	2310	23.7	35.2	4.1	35.3	2.3	941	100	1180	12.4	18.0	2.1	18.1	1.2	480		