Penny Pinchers

Selected Stores only	Halal	Menu Item	Ingredients	GLUTEN	EGGS	MILK & MILK PRODUCTS	SOY	FISH& CRUSTACEA	PEANUTS	TREE NUTS	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)
☐	☐	Penny Pinchers																											
☐	☐	Cheesy Bacon Chip Butty	Coated Fries (Potato (91%), Vegetable Oil 5%, Modified Potato Starch (1400, 1414, 1412), Rice Flour, Potato Dextrin, Salt, Acidity Regulators (450, 500), Thickener (415)). 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 Cheese Piping Cheddar (Water, Cheese (37%) (Milk, Salt, Starter Culture, Enzyme), Mineral Salts (450, 452, 399, 340, 341), Whey Protein Concentrate, Corn Starch, Thickener (1442), Buttermilk Powder, Stabiliser (415), Preservative (234, 202), Acidity Regulator (330), Colour (160a), Butyric Acid). Crumbled Bacon (Pork (Cured With Water, Salt, Mineral Salts (451, 450, 339, 508), Antioxidant (316), Preservative (250), Smoke Flavouring, Sugar, Dextrose, Brown Sugar, Flavour)) Seasoned Salt (74%), Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil)	Y	N	Y	Y	N	N	N	N	Y	N	168	2000	14.4	19.3	4.2	61.4	2.7	1120	100	1190	8.6	11.5	2.5	36.5	1.6	667
☑	☑	Chips	Coated Fries (Potato (91%), Vegetable Oil 5% (Antifoam (900a), Modified Potato Starch (1400, 1414, 1412), Rice Flour, Potato Dextrin, Salt, Acidity Regulators (450, 500), Thickener (415)). Seasoned Salt (74%), Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil)	N	N	N	N	N	N	N	N	N	N	90	1060	3.1	11.7	1.6	33.9	0.2	489	100	1178	3.4	13.0	1.8	37.7	0.2	543
☑	☑	Carry Cup Nuggets	Coated Fries (Potato (91%), Vegetable Oil 5%, Modified Potato Starch (1400, 1414, 1412), Rice Flour, Potato Dextrin, Salt, Acidity Regulators (450, 500), Thickener (415)). Chicken Nuggets (Chicken (Chicken Breast And Skin), Water, Thickener (1442), Salt, Mineral Salts (451 452), Stabiliser (Wheat, Maize, Rice), Wheat Flour, Rice Flour (Wheat), Starch (Wheat), Egg, Salt, Dextrose, Minerals Salts (450, 500), Yeast Extract, Yeast Extract, Rice Flour, Vegetable Powder, Canola Oil), Seasoned Salt (Salt (74%), Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil)	Y	Y	N	N	N	N	N	N	N	N	143	1790	11.5	20.4	3.1	49.6	0.5	818	100	1252	8.0	14.3	2.2	34.7	0.3	572
☑	☑	Cheesy Cheeseburger	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)). Cheese (Milk, Cream, Milk Solids Non Fat, Food Acid (270, 331), Salt, Mineral Salt (339), Colour (160b), Preservative (200), Spice, Starter Culture, Enzymes,55% Milk Solids), Sauce Cheese Piping Cheddar (Water, Cheese (37%) (Milk, Salt, Starter Culture, Enzyme), Mineral Salts (450, 452, 399, 340, 341), Whey Protein Concentrate, Corn Starch, Thickener (1442), Buttermilk Powder, Stabiliser (415), Preservative (234, 202), Acidity Regulator (330), Colour (160a), Butyric Acid). Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol). Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Natural Flavours, Polysorbate 80, Tumeric)	Y	Y	Y	Y	N	N	N	N	Y	N	131	1750	18.0	24.7	8.6	31.3	3.0	547	100	1336	13.7	18.9	6.6	23.9	2.3	418
☑	☑	Chicken Royale	Sesame Bun: Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Soy Flour, Emulsifiers (481, 472e), Preservative (282), Vitamins (Thiamin,Folate) Chicken Patty: Chicken, Coating [Wheat Flour, Manufactured Crumb [Wheat Flour, Salt, Dried Yeast, Preservative (282), Vitamin (Thiamin, Folate)], Water, Wheat Starch, Salt, Spices, Dextrose, Vegetable Oil], Sunflower oil, Canola Oil, Water, Batter [Wheat Flour, Wheat Starch, Sugar, Vegetable Oil, Anti-caking Agents (551, 341), Vegetable Powder, Herb], Milk Solids, Seasoning, Yeast Extract, Mineral Salts (508, 500, 450), Salt, Spices, Flavour, Spice Extracts, [Thickener (1442), Potato Flakes, Wheat Fibre, Mineral Salts(508, 451, 450, 452), Dextrose, Salt, Sugar, Yeast Extracts, Flavourings, Vegetable Powders, Flavour Enhancer (635), Vegetable Oil, Citric Acid, Spice Extract], Breadcrumbs, Flavour Lettuce Mayonnaise: Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol	Y	Y	Y	Y	N	N	N	N	Y	N	140	1940	13.8	26.7	2.7	42.0	3.3	653	100	1386	9.9	19.1	1.9	30.0	2.4	466
☐	☐	FROZEN COKE®	Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine	N	N	N	N	N	N	N	N	N	N	355	697	0.0	0.0	0.0	40.8	40.8	32	100	196	0.0	0.0	0.0	11.5	11.5	9
☐	☐	FROZEN SPRITE®	Carbonated Water, Sugar, Food Acid (330, 331), Flavour, Preservative (211).	N	N	N	N	N	N	N	N	N	N	355	674	0.0	0.0	0.0	39.0	39.0	45	100	190	0.0	0.0	0.0	11.0	11.0	13
☐	☐	FROZEN FANTA® MANGO	Carbonated Water, Sugar, Flavour, Food Acid (330), Preservative (211), Colour (110), Sweetener (960)	N	N	N	N	N	N	N	N	N	N	355	709	0.0	0.0	0.0	40.8	40.8	14	100	200	0.0	0.0	0.0	11.5	11.5	4
☐	☐	FROZEN FANTA® RASPBERRY	Carbonated Water, Sugar, Food Acid (330), Flavour, Preservative (211), Colours (122).	N	N	N	N	N	N	N	N	N	N	355	788	0.0	0.0	0.0	45.8	45.8	29	100	222	0.0	0.0	0.0	12.9	12.9	8
☐	☐	FROZEN FANTA® BUBBLEGUM	Carbonated Water, Sugar, Flavour, Food Acid (330), Preservative (211), Colour (133).	N	N	N	N	N	N	N	N	N	N	355	423	0.0	0.0	0.0	24.5	24.5	16	100	#DIVIDE BY ZERO	#DIVIDE BY	#DIVIDE BY	#DIVIDE BY	#DIVIDE BY ZERO	#DIVIDE BY	#DIVIDE BY
☐	☐	Strawberry Burstlee	Water, Fructose, Calcium Lactate (327), Modified Starch, Strawberry Syrup, Malic Acid (296), Thickeners (401, 415, 410, 466), Strawberry Flavor, Colour (129), Sodium Metaphosphate (339), Preservative (202)	N	N	N	N	N	N	N	N	N	N	50	272	0.0	0.5	0.0	16.0	13.0	20	100	544	0.0	1.0	0.0	32.0	26.0	40
☐	☐	Orange Burstlee	Water, Fructose, Calcium Lactate (327), Modified Starch, Orange Syrup, Malic Acid, Thickeners (401, 415, 410, 466), Orange Flavour, Colours (102, 129, 160a), Preservative (202)	N	N	N	N	N	N	N	N	N	N	50	272	0.0	0.5	0.0	16.0	13.0	20	100	544	0.0	1.0	0.0	32.0	26.0	40
☐	☐	Lemon Burstlee	Water, Fructose, Calcium Lactate (327), Modified Starch, Lemon Syrup, Malic Acid (296), Thickeners (401, 415, 410, 466), Clouding Agent (Water, 1450, Coconut Oil, 420, 1520, Citric Acid), Colours (102, 129), Sodium Metaphosphate (339), Preservative (202)	N	N	N	N	N	N	N	N	N	N	50	272	0.0	0.5	0.0	16.0	13.0	20	100	544	0.0	1.0	0.0	32.0	26.0	40
☐	☐	Rainbow Burstlee	*Burstlee Lemon (Water, Fructose, Calcium Lactate (327), Modified Starch, Lemon Syrup, Malic Acid (296), Thickeners (401, 415, 410, 466), Clouding Agent (Water, 1450, Coconut Oil, 420, 1520, Citric Acid), Colours (102, 129), Sodium Metaphosphate (339), Preservative (202) Burstlee Orange (Water, Fructose, Calcium Lactate (327), Modified Starch, Orange Syrup, Malic Acid, Thickeners (401, 415, 410, 466), Orange Flavour, Colours (102, 129, 160a), Preservative (202), Burstlee Strawberry (Water, Fructose, Calcium Lactate (327), Modified Starch, Strawberry Syrup, Malic Acid (296), Thickeners (401, 415, 410, 466), Strawberry Flavor, Colour (129), Sodium Metaphosphate (339), Preservative (202)	N	N	N	N	N	N	N	N	N	N	60	326	0.0	0.6	0.0	19.2	15.6	24	100	543	0.0	1.0	0.0	32.0	26.0	40
☑	☑	Chocolate Sundae	Sundae: Milk, Milk Solids, Sugar, Cream, Dextrose Emulsifier (471), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour Chocolate Fudge Topping: Sugar, Water, Milk Solids, Vegetable Fat, Cocoa (5%), Maltodextrin, Salt, Vegetable Gum (401), Natural Flavour, Preservative (202), Emulsifier (322)	N	N	Y	N	N	N	N	N	N	N	141	1090	6.6	9.3	6.5	37.0	36.6	170	100	773	4.7	6.6	4.6	26.2	26.0	121
☑	☑	Caramel Sundae	Sundae: Milk, Milk Solids, Sugar, Cream, Dextrose Emulsifier (471), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour Caramel Topping: Sugar, Water, Glucose Syrup, Invert Syrup, Milk Solids, Vegetable Fat, Thickener (1442), Vegetable Gum (401), Salt, Emulsifiers (471, 322), Mineral Salts (500, 339), Preservative (202)	N	N	Y	N	N	N	N	N	N	N	141	1130	6.6	9.6	6.9	38.6	37.1	168	100	801	4.7	6.8	4.9	27.4	26.3	119
☑	☑	Strawberry Sundae	Sundae Mix: Milk, Milk Solids, Sugar, Cream, Dextrose Emulsifier (471), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour Strawberry Topping: Sugar, Water, Strawberries (18%), Thickeners (1422, 415), Natural Colour (163), Natural Flavour, Food Acid (330), Preservative (202)	N	N	Y	N	N	N	N	N	N	N	141	1000	6.2	8.3	5.5	35.1	34.5	136	100	709	4.4	5.9	3.9	24.9	24.5	96
☑	☑	Vanilla Sundae	Sundae: Milk, Milk Solids, Sugar, Cream, Dextrose Emulsifier (471), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour	N	N	Y	N	N	N	N	N	N	N	141	1240	8.6	11.8	7.9	38.4	38.4	194	100	879	6.1	8.4	5.6	27.2	27.2	138