



Chicken Burgers & Salad

Selected	Item	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)	Fat Saturated (g / 100g)	Carbohydrates (g / 100g)	Sugars (g / 100g)	Sodium (g / 100g)		
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Chicken Burgers & Salad																												
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Tenderloin Chicken Salad	Tenderloin (Chicken 50%), Flour (Wheat, Soy), Water, Vegetable Oil, Salt, Vegetable Powder (Garlic Onions), Thickener (1422), Mineral Salts (450, 451, 500), Yeast, Vinegar, Herbs, Spices (Pepper), Emulsifiers (481, 471, 472a), Maltodextrin, Lactose, Acesulfame Potassium (Sweetener), Tomato, Sesame Seeds, Mayonnaise (100% Free Avocado), Tarragon, Egg Yolk, Worcestershire Sauce, Thickener (1442, 415), Salt, Sugar, Lemon Juice, Herbs And Spices, Preservatives (211, 202), Milk Solids (170)	Y	Y	Y	Y	N	N	N	N	N	N	293	2080	23	40.4	5.8	17.4	2.5	1280	100	703	7.8	13.8	2.0	5.9	0.9	437	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Grilled Chicken Salad	Lettuce, Grilled Chicken (Chicken 50%), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours, Water, Emulsifiers (100% Free Avocado), Sesame Seeds, Soy Flour, Emulsifiers (471, 481, 472a), Preservative (202), Vitamin (Thiamin, Folate), Bacon Flank (20%), Water, Salt, Curry Powder (Mineral Salt (451, 450), Sugar, Antioxidant (316)), Thickener (1422, 415), Salt, Lemon Juice, Carotenes (B1, B2), Acidity Regulator (320), Vegetable Protein (25%), Simola, Sugar, Caramel, Enzymes (555, MM, SG), Preservative (202), Spice, Starter Culture, Enzymes, Preservative (223), Extra Virgin Olive Oil, Garlic (1.5%), Sugar, Salt, Lemon Juice (1.5%), Acidity Regulator (320), Thickener (1442, 415) Spices, Preservatives (202, 211), Colour (160a)	N	Y	Y	Y	N	N	N	N	N	N	N	263	1490	24.6	28.8	4.3	7.7	2.2	840	100	567	9.4	11.0	1.6	2.9	0.8	321
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Garden Salad	Lettuce, Avocado (100% Free Avocado), Tomato, Sesame Seeds, Soy Flour, Emulsifiers (471, 481, 472a), Preservative (202), Vitamin (Thiamin, Folate), Bacon Flank (20%), Water, Salt, Curry Powder (Mineral Salt (451, 450), Sugar, Antioxidant (316)), Thickener (1422, 415), Salt, Lemon Juice, Carotenes (B1, B2), Acidity Regulator (320), Vegetable Protein (25%), Simola, Sugar, Caramel, Enzymes (555, MM, SG), Preservative (202), Spice, Starter Culture, Enzymes, Preservative (223), Extra Virgin Olive Oil, Garlic (1.5%), Sugar, Salt, Lemon Juice (1.5%), Acidity Regulator (320), Thickener (1442, 415) Spices, Preservatives (202, 211), Colour (160a)	N	Y	Y	Y	N	N	N	N	N	N	N	203	1160	8	27.5	4	7.4	2.1	538	100	571	3.9	13.5	2.0	3.6	1.0	265
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Tenderloin Chicken Avocado BLT	Tenderloin (Chicken 50%), Flour (Wheat, Soy), Water, Vegetable Oil, Salt, Vegetable Powder (Garlic Onions), Thickener (1422), Mineral Salts (450, 451, 500), Yeast, Vinegar, Herbs, Spices (Pepper), Emulsifiers (481, 471, 472a), Maltodextrin, Lactose, Acesulfame Potassium (Sweetener), Tomato, Sesame Seeds, Mayonnaise (100% Free Avocado), Tarragon, Egg Yolk, Worcestershire Sauce, Thickener (1442, 415), Salt, Sugar, Lemon Juice, Herbs And Spices, Preservatives (211, 202), Milk Solids (170)	Y	Y	Y	Y	Y	Y	N	N	Y	N	266	2080	27.1	49.5	9.8	42.4	4.1	1530	100	1120	10.2	18.6	3.7	15.9	1.5	575	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Grilled Chicken Avocado BLT	Grilled Chicken (Chicken 50%), Flour (Wheat, Soy), Water, Vegetable Oil, Salt, Vegetable Powder (Garlic Onions), Thickener (1422), Mineral Salts (450, 451, 500), Yeast, Vinegar, Herbs, Spices (Pepper), Emulsifiers (481, 471, 472a), Maltodextrin, Lactose, Acesulfame Potassium (Sweetener), Tomato, Sesame Seeds, Mayonnaise (100% Free Avocado), Tarragon, Egg Yolk, Worcestershire Sauce, Thickener (1442, 415), Salt, Sugar, Lemon Juice, Herbs And Spices, Preservatives (211, 202), Milk Solids (170)	Y	Y	Y	Y	N	N	N	N	N	N	224	2170	29.3	31.2	7.6	32.6	3.7	1100	100	966	13.1	13.9	3.4	14.6	1.7	401	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Grilled Chicken Classic	Grilled Chicken (Chicken 50%), Flour (Wheat, Soy), Water, Vegetable Oil, Salt, Vegetable Powder (Garlic Onions), Thickener (1422), Mineral Salts (450, 451, 500), Yeast, Vinegar, Herbs, Spices (Pepper), Emulsifiers (481, 471, 472a), Maltodextrin, Lactose, Acesulfame Potassium (Sweetener), Tomato, Sesame Seeds, Mayonnaise (100% Free Avocado), Tarragon, Egg Yolk, Worcestershire Sauce, Thickener (1442, 415), Salt, Sugar, Lemon Juice, Herbs And Spices, Preservatives (211, 202), Milk Solids (170)	Y	Y	Y	Y	Y	Y	N	N	Y	N	164	1440	22.5	15.4	2.4	26.6	3.0	663	100	878	13.7	9.4	1.3	17.4	1.8	404	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Grilled Chicken Cheesy Bacon	Grilled Chicken (Chicken 50%), Flour (Wheat, Soy), Water, Vegetable Oil, Salt, Vegetable Powder (Garlic Onions), Thickener (1422), Mineral Salts (450, 451, 500), Yeast, Vinegar, Herbs, Spices (Pepper), Emulsifiers (481, 471, 472a), Maltodextrin, Lactose, Acesulfame Potassium (Sweetener), Tomato, Sesame Seeds, Mayonnaise (100% Free Avocado), Tarragon, Egg Yolk, Worcestershire Sauce, Thickener (1442, 415), Salt, Sugar, Lemon Juice, Herbs And Spices, Preservatives (211, 202), Milk Solids (170)	Y	Y	Y	Y	Y	Y	N	N	Y	N	196	1750	27.9	20.8	5.5	29.3	3.4	1000	100	893	14.2	10.6	2.8	14.9	1.7	558	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Grilled Chicken Peri Peri	Grilled Chicken (Chicken 50%), Flour (Wheat, Soy), Water, Vegetable Oil, Salt, Vegetable Powder (Garlic Onions), Thickener (1422), Mineral Salts (450, 451, 500), Yeast, Vinegar, Herbs, Spices (Pepper), Emulsifiers (481, 471, 472a), Maltodextrin, Lactose, Acesulfame Potassium (Sweetener), Tomato, Sesame Seeds, Mayonnaise (100% Free Avocado), Tarragon, Egg Yolk, Worcestershire Sauce, Thickener (1442, 415), Salt, Sugar, Lemon Juice, Herbs And Spices, Preservatives (211, 202), Milk Solids (170)	Y	Y	Y	Y	N	N	N	N	Y	N	175	1890	22.6	27.3	3.8	29.1	3.4	734	100	1080	12.9	15.6	2.1	16.6	1.9	419	
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Tenderloin Peri Peri	Tenderloin (Chicken 50%), Flour (Wheat, Soy), Water, Vegetable Oil, Salt, Vegetable Powder (Garlic Onions), Thickener (1422), Mineral Salts (450, 451, 500), Yeast, Vinegar, Herbs, Spices (Pepper), Emulsifiers (481, 471, 472a), Maltodextrin, Lactose, Acesulfame Potassium (Sweetener), Tomato, Sesame Seeds, Mayonnaise (100% Free Avocado), Tarragon, Egg Yolk, Worcestershire Sauce, Thickener (1442, 415), Salt, Sugar, Lemon Juice, Herbs And Spices, Preservatives (211, 202), Milk Solids (170)	Y	Y	Y	Y	N	N	N	N	Y	N	192	2240	29.9	33.4	4.5	37.8	3.3	1050	100	1167	10.9	17.4	2.3	19.7	1.7	547	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Tenderloin Peri Peri	Tenderloin (Chicken 50%), Flour (Wheat, Soy), Water, Vegetable Oil, Salt, Vegetable Powder (Garlic Onions), Thickener (1422), Mineral Salts (450, 451, 500), Yeast, Vinegar, Herbs, Spices (Pepper), Emulsifiers (481, 471, 472a), Maltodextrin, Lactose, Acesulfame Potassium (Sweetener), Tomato, Sesame Seeds, Mayonnaise (100% Free Avocado), Tarragon, Egg Yolk, Worcestershire Sauce, Thickener (1442, 415), Salt, Sugar, Lemon Juice, Herbs And Spices, Preservatives (211, 202), Milk Solids (170)	Y	Y	Y	Y	N	N	N	N	Y	N	203	2450	21.0	38.6	5.4	38.8	3.8	1170	100	1207	10.3	19.0	2.7	19.1	1.9	576	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Tenderloin Peri Peri	Tenderloin (Chicken 50%), Flour (Wheat, Soy), Water, Vegetable Oil, Salt, Vegetable Powder (Garlic Onions), Thickener (1422), Mineral Salts (450, 451, 500), Yeast, Vinegar, Herbs, Spices (Pepper), Emulsifiers (481, 471, 472a), Maltodextrin, Lactose, Acesulfame Potassium (Sweetener), Tomato, Sesame Seeds, Mayonnaise (100% Free Avocado), Tarragon, Egg Yolk, Worcestershire Sauce, Thickener (1442, 415), Salt, Sugar, Lemon Juice, Herbs And Spices, Preservatives (211, 202), Milk Solids (170)	Y	Y	Y	Y	N	N	N	N	Y	N	236	2730	28.6	42.3	10.0	39.2	3.9	1640	100	1157	12.1	17.9	4.2	16.6	1.7	695	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Tenderloin Peri Peri	Tenderloin (Chicken 50%), Flour (Wheat, Soy), Water, Vegetable Oil, Salt, Vegetable Powder (Garlic Onions), Thickener (1422), Mineral Salts (450, 451, 500), Yeast, Vinegar, Herbs, Spices (Pepper), Emulsifiers (481, 471, 472a), Maltodextrin, Lactose, Acesulfame Potassium (Sweetener), Tomato, Sesame Seeds, Mayonnaise (100% Free Avocado), Tarragon, Egg Yolk, Worcestershire Sauce, Thickener (1442, 415), Salt, Sugar, Lemon Juice, Herbs And Spices, Preservatives (211, 202), Milk Solids (170)	Y	Y	Y	Y	N	N	N	N	Y	N	247	2950	28.7	47.7	10.4	40.0	4.4	1760	100	1194	11.8	19.3	4.2	16.2	1.8	713	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Tenderloin Peri Peri	Tenderloin (Chicken 50%), Flour (Wheat, Soy), Water, Vegetable Oil, Salt, Vegetable Powder (Garlic Onions), Thickener (1422), Mineral Salts (450, 451, 500), Yeast, Vinegar, Herbs, Spices (Pepper), Emulsifiers (481, 471, 472a), Maltodextrin, Lactose, Acesulfame Potassium (Sweetener), Tomato, Sesame Seeds, Mayonnaise (100% Free Avocado), Tarragon, Egg Yolk, Worcestershire Sauce, Thickener (1442, 415), Salt, Sugar, Lemon Juice, Herbs And Spices, Preservatives (211, 202), Milk Solids (170)	Y	Y	Y	Y	N	N	N	N	Y	N	247	2950	28.7	47.7	10.4	40.0	4.4	1760	100	1194	11.8	19.3	4.2	16.2	1.8	713	

Selected Stores only	Hotel	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)
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Chicken Royale	Sesame Bun, Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Soy Flour, Emulsifier (E11, E72), Preservative (202), Flavour (Thermax Food) Chicken Patty: Chicken, Cracking (Wheat Flour, Manufactured Crust), Wheat Flour, Salt, Dried Yeast, Zoonen, Spice Extracts (E10), Soybean Oil, Mono Flour, Salt, Monolaurate (E20), Spice, Vegetable Oil, Sunflower Oil, Canola Oil, Water, Butter, Wheat Flour, Wheat Starch, Sugar, Vegetable Oil, Anti-caking Agents (E1, E4), Vegetable Protein, Peas, Milk Solids, Sesame Oil, Wheat Flour, Salt, Mono (E10, E20), Salt, Black Pepper, Spice Extracts (Thermax 1442), Potato Flakes, Wheat Flakes, Instant Tapioca (E1), E40, E20, Citric Acid, Sugar, Yeast Extracts, Flavourings, Vegetable Powders, Flavour Enhancer (E55), Vegetable Oil, Citric Acid, Spice Extracts, Emulsifiers, Flavour Lettuce Mayonnaise: Soybean Oil, Egg Yolk, 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	16.1	1.9	30.0	2.4	466