


Nutritional Guide 16 January 2024



Beef Burgers Nutritionals

	Selected Stores only	Halal	Menu Item	Ingredients	Serving Size (g)	Energy (kJ)	Protein (g)	Fat Total (g)	Fat Saturated (g)	Carbohydr ates (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)
98	<input type="checkbox"/>	<input type="checkbox"/>	 Beef Burgers	IMPORTANT: Customers should be aware that whilst every effort is made to segregate food to maintain the Vegan, Allergen (eg Gluten) and Halal status of our ingredients, individual food items may come in contact with one another during food manufacturing for food preparation, and our restaurants serve products containing allergens, as well as bacon and meat as part of our standard menu items.																
99	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Texan Deluxe Beef	Beef Patty, 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 (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234i), Bacon (Pork (90%), Water, Salt, Curing Premix (Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)), Smoked), Tomato, Cracked Peppercorn Mayonnaise (Vegetable Oil, Water, White Vinegar, Egg Yolk (3.6%), Sugar, Milk Solids, Cracked Black Peppercorns (2.0%), Salt, Thickeners (1442, 1450, 415), Vegetable Powders, Flavour, Food Acid (270), Spice Extract, Preservative (202), Antioxidant (385)), Lettuce, Smoky BBQ Sauce (Tomato Puree [Water, Tomato Paste, Citric Acid], Sugar, Vinegar, Apple Paste, Thickener (1442, 415), Caramel Colour (150a), Molasses, Salt, Smoke Flavour, Dehydrated Vegetable (Garlic, Onion), Worcestershire Flavour, Spice.)	209	2240	30.1	31.8	13.1	31.9	5.7	951	100	1070	14.4	15.2	6.3	15.3	2.7	455
100	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Mexican Deluxe Beef	Beef Patty, 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)), Spicy Tomato Relish (Tomato (48%), Sugar, Vinegar, Onion, Thickener (1422), Tomato Paste, Garlic, Salt, Spices), Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234i), Bacon (Pork (90%), Water, Salt, Curing Premix (Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)), Smoked), Jalapeno (Sliced Jalapeno Peppers (74.8%), Water, Vinegar, Food Acid (260), Salt, Preservative (211), Mineral Salt (509), Colour (102)), Tomato, Lettuce, Sauce Smoky Chipotle 11g/21g 2023 (Vegetable Oil, Water, Sugar, Vinegar, Egg Yolk, Tomato Paste, Lemon Juice Concentrate, Salt, Thickeners (1442, 415), Vegetable Powders, Spices, Smoke Flavour (Contains Barley), Yeast Extract, Chipotle Chili (0.3%), Preservative (202), Antioxidant (385)), Corn Chips (Corn Flour (76%), Vegetable Oil, Water, Salt)	257	2470	32.4	32.4	13.4	43.3	11.2	1360	100	962	12.6	12.6	5.2	16.8	4.4	529
101	<input type="checkbox"/>	<input type="checkbox"/>	Bacon Deluxe TM	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) Beef Patty: 100% Australian Beef Cheese: Milk, Cream or Butter, Milk Solids Non Fat, Food Acid (270, 331), Salt, Mineral Salt (339), Colour (160b), Preservative (200), Spice, Starter Culture, Enzymes Lettuce, Tomato, Mayonnaise: Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol Eye Bacon: Pork(90%), Water, Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Sodium Nitrite, Natural Wood Smoke	203	2350	30.0	36.0	14.6	29.2	3.3	893	100	1158	14.8	17.7	7.2	14.4	1.6	440
102	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	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)), Beef Patty, Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234i), Tomato Ketchup (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contain Garlic), Spices.), Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Potassium Sorbate, Natural Flavours, Polysorbate 80, Turmeric), Mustard (Water, Mustard Powder (15%), Acidity Regulator (260, 270), Salt, Sugar, Thickener (1422), Maize Cornflour, Spice.)	119	1300	16.2	13.8	6.1	30.2	4.6	597	100	1090	13.6	11.6	5.1	25.4	3.9	501
103	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Double Cheeseburger	Beef Patty, 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 (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234i), Tomato Ketchup (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contain Garlic), Spices.), Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Potassium Sorbate, Natural Flavours, Polysorbate 80, Turmeric), Mustard (Water, Mustard Powder (15%), Acidity Regulator (260, 270), Salt, Sugar, Thickener (1422), Maize Cornflour, Spice.)	165	1880	26.9	24.5	11.9	30.9	5.1	783	100	1140	16.3	14.9	7.2	18.7	3.1	475
104	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Triple Cheeseburger	Beef Patty, 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 (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234i), Tomato Ketchup (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contain Garlic), Spices.), Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Potassium Sorbate, Natural Flavours, Polysorbate 80, Turmeric), Mustard (Water, Mustard Powder (15%), Acidity Regulator (260, 270), Salt, Sugar, Thickener (1422), Maize Cornflour, Spice.)	210	2460	37.4	35.0	17.6	31.3	5.5	965	100	1170	17.8	16.7	8.4	14.9	2.6	459
105	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	BBQ 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) Contains: Gluten, Soy, Sesame Seeds), Beef Patty, Cheese (Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234i), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), BBQ Sauce (Concentrated Tomatoes, Apple Puree, Sugar, Maize Thickener (1414), Salt, Foodacids (260, 330), Colour (150c), Natural Flavours, Spice.)	118	1610	16.2	22.3	7.3	30.2	4.8	468	100	1370	13.7	18.9	6.2	25.6	4.1	397
106	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Hamburger	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)), Beef Patty, Tomato Ketchup (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contain Garlic), Spices.), Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Potassium Sorbate, Natural Flavours, Polysorbate 80, Turmeric), Mustard (Water, Mustard Powder (15%), Acidity Regulator (260, 270), Salt, Sugar, Thickener (1422), Maize Cornflour, Spice.)	108	1150	14.0	10.9	4.2	30.2	4.6	475	100	1070	13.0	10.1	3.9	27.9	4.3	440