

Nutritional Guide 16 January 2024



Chicken Burgers Allergens

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	SESAME	LUPINS	SULPHITES	LACTOSE FREE
117	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Chicken Burgers	IMPORTANT: Customers should be aware that whilst every effort is made to segregate food to maintain the Vegan, Allergen (see Gluten) and Halal status of our ingredients, individual food items may come in contact with one another during food manufacturing and food preparation, and our restaurants serve products containing allergens, as well as known and hidden sources of our standard menu items.														
	<input type="checkbox"/>	<input type="checkbox"/>																	
118				Tropical Jack's Fried Chicken	Y	Y	WHEAT	Y	Y	Y	N	N	N	T	ALMOND	T	N	N	N
119	<input type="checkbox"/>			Tropical Grilled Chicken	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	Y	N	N	N
120	<input type="checkbox"/>			Aussie Jack's Fried Chicken	Y	Y	WHEAT	Y	Y	Y	N	N	N	T	ALMOND	T	N	N	N
121	<input type="checkbox"/>			Aussie Grilled Chicken	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	Y	N	N	N
122	<input checked="" type="checkbox"/>			Texas Grilled Chicken	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N	Y	N	N	N
123	<input checked="" type="checkbox"/>			Texas Jack's Fried Chicken	Y	Y	WHEAT	Y	Y	Y	N	N	N	T	ALMOND	T	N	N	N
124	<input checked="" type="checkbox"/>			Medison Deluxe Jack's Fried Chicken	Y	Y	WHEAT & BARLEY	Y	Y	Y	N	N	N	T	ALMOND	T	N	N	N
125	<input checked="" type="checkbox"/>			Medison Deluxe Grilled Chicken	Y	Y	WHEAT & BARLEY	Y	Y	Y	N	N	N	N	N	Y	N	N	N

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	SESAME	LUPINS	SULPHITES	LACTOSE FREE		
<input checked="" type="checkbox"/>	<input type="checkbox"/>		Jack's Fried Chicken Fillet (Chicken (80%), Flour (Wheat, Rice, Water, Starch (Wheat, Potatos, Tapioca), Vegetable Oil, Thickeners (1422, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders, Spices, Dextrose, Yeast, Natural Colours (E160c, 100), Wheat Gluten), Broche 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 (307% From Soy)), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (180a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)), Napoli Sauce (Tomato (46%), Water, Vinegar, Thickener (1422), Tomato Paste, Onion, Sugar, Garlic, Salt, Acidity Regulator (330), Herbs, Spices, Preservatives (202, 211), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Natural Cheese (Milk, Salt, Starter Culture, Rennet), Bacon (Pork (90%), Water, Salt, Curing Premix (Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)), Smoked), Clarified Butter																		
126		Jack's Fried Chicken Perml	Jack's Fried Chicken Fillet (Chicken (80%), Flour (Wheat, Rice, Water, Starch (Wheat, Potatos, Tapioca), Vegetable Oil, Thickeners (1422, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders, Spices, Dextrose, Yeast, Natural Colours (E160c, 100), Wheat Gluten), Broche 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 (307% From Soy)), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (180a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)), Napoli Sauce (Tomato (46%), Water, Vinegar, Thickener (1422), Tomato Paste, Onion, Sugar, Garlic, Salt, Acidity Regulator (330), Herbs, Spices, Preservatives (202, 211), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Natural Cheese (Milk, Salt, Starter Culture, Rennet), Bacon (Pork (90%), Water, Salt, Curing Premix (Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)), Smoked), Clarified Butter																		
127	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Grilled Chicken Perml	Grilled Chicken Fillet (Chicken (84%), 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, 472a), Preservative (282), Vitamins (Thiamin, Folate)), Napoli Sauce (Tomato (46%), Water, Vinegar, Thickener (1422), Tomato Paste, Onion, Sugar, Garlic, Salt, Acidity Regulator (330), Herbs, Spices, Preservatives (202, 211), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Natural Cheese (Milk, Salt, Starter Culture, Rennet), Bacon (Pork (90%), Water, Salt, Curing Premix (Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)), Smoked), Clarified Butter	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	N		Y	N	N	N	
128	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Jack's Fried Chicken Classic	Jack's Fried Chicken Fillet (Chicken (56%), Flour (Wheat, Rice, Maize), Water, Crumb (Wheat Flour, Wheat Starch, Dextrose, Vegetable Shortening, Yeast, Salt, Natural Colours (E160c, 100)), Vegetable Oil, Thickeners (1442, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders (Onion, Garlic), Wheat Gluten, Starch (Potato, Tapioca), Spices (Pepper, Celery)), Broche 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 (307% From Soy)), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (180a), 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	T	ALMOND	T	N	N		
129	<input type="checkbox"/>	<input type="checkbox"/>	Jack's Fried Chicken Cheesy Bacon	Jack's Fried Chicken Fillet (Chicken (56%), Flour (Wheat, Rice, Maize), Water, Crumb (Wheat Flour, Wheat Starch, Dextrose, Vegetable Shortening, Yeast, Salt, Natural Colours (E160c, 100)), Vegetable Oil, Thickeners (1442, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders (Onion, Garlic), Wheat Gluten, Starch (Potato, Tapioca), Spices (Pepper, Celery)), Broche 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 (307% From Soy)), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (180a), 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 (90%), Water, Salt, Curing Premix (Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)), Smoked), Cheese (Cow's Milk, Salt, Culture, Calves Rennet), Water, Non Fat Milk Solids, Emulsifiers (E339ii, E322), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E240), Lettuce, Clarified Butter	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	T	ALMOND	T	N	N		
130	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Jack's Fried Chicken Spicy	Jack's Fried Chicken Fillet (Chicken (56%), Flour (Wheat, Rice, Maize), Water, Crumb (Wheat Flour, Wheat Starch, Dextrose, Vegetable Shortening, Yeast, Salt, Natural Colours (E160c, 100)), Vegetable Oil, Thickeners (1442, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders (Onion, Garlic), Wheat Gluten, Starch (Potato, Tapioca), Spices (Pepper, Celery)), Broche 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 (307% From Soy)), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (180a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)), Signature Spicy Sauce (Vegetable Oil, Water, Chicken Puree (Chicken, Food Acid (260)), Vinegar, Reconstituted Lemon Juice, Sugar, Thickeners (1442, 415), Salt, Chili (Food Acid (260)), Egg Yolk Powder, Mustard Flour, Spices, Colour (E160c), Preservatives (202, 211, 234), Acidity Regulator (330), Natural Flavour), Lettuce, Clarified Butter	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	T	ALMOND	T	N	N		
131	<input type="checkbox"/>	<input type="checkbox"/>	Jack's Fried Chicken Spicy Cheesy Bacon	Jack's Fried Chicken Fillet (Chicken (56%), Flour (Wheat, Rice, Maize), Water, Crumb (Wheat Flour, Wheat Starch, Dextrose, Vegetable Shortening, Yeast, Salt, Natural Colours (E160c, 100)), Vegetable Oil, Thickeners (1442, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders (Onion, Garlic), Wheat Gluten, Starch (Potato, Tapioca), Spices (Pepper, Celery)), Broche 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 (307% From Soy)), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (180a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)), Signature Spicy Sauce (Vegetable Oil, Water, Chicken Puree (Chicken, Food Acid (260)), Vinegar, Reconstituted Lemon Juice, Sugar, Thickeners (1442, 415), Salt, Chili (Food Acid (260)), Egg Yolk Powder, Mustard Flour, Spices, Colour (E160c), Preservatives (202, 211, 234), Acidity Regulator (330), Natural Flavour), Bacon (Pork (90%), Water, Salt, Curing Premix (Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)), Smoked), Cheese (Cow's Milk, Salt, Culture, Calves Rennet), Water, Non Fat Milk Solids, Emulsifiers (E339ii, E322), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E240), Lettuce, Clarified Butter	Y	Y	WHEAT	Y	Y	Y	N	N	N	N	T	ALMOND	T	N	N		
132	<input type="checkbox"/>	<input type="checkbox"/>	Grilled Chicken Spicy	Grilled Chicken (Chicken (87%), Water, Salt, Thickeners (1442, 407), Mineral Salt (451, 450), Flavours), Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472a), Preservative (282), Vitamins (Thiamin, Folate)), Signature Spicy Sauce (Vegetable Oil, Water, Chicken Puree (Chicken, Food Acid (260)), Vinegar, Reconstituted Lemon Juice, Sugar, Chili (Food Acid (260)), Egg Yolk Powder, Mustard Flour, Spices, Colour (E160c), Preservatives (202, 211, 234), Acidity Regulator (330), Natural Flavour), Tomato, Lettuce	Y	Y	WHEAT	Y	N		N	N	N	N	N		Y	N	N		
133	<input type="checkbox"/>	<input type="checkbox"/>	Grilled Chicken Classic	Grilled Chicken Whole Muscle (Chicken (84%), 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, 472a), Preservative (282), Vitamins (Thiamin, Folate)), Sauce Ranch (Canola Oil, Water, Vinegar, Mustard (Water, Mustard Seeds, Salt, Sugar, Food Acid (Acetic), Lemongrass, Natural Flavour), Egg Yolk, Worcestershire Sauce, Thickeners (1442, 415), Salt, Sugar, Lemon Juice, Herbs And Spices, Preservatives (211, 202), Milk Solids (0.1%)), Lettuce	Y	Y	WHEAT	Y	Y	N	N	N	N	N	N		Y	N	T		
134	<input type="checkbox"/>	<input type="checkbox"/>	Grilled Chicken Cheesy Bacon	Grilled Chicken Fillet (Chicken (84%), 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, 472a), Preservative (282), Vitamins (Thiamin, Folate)), Sauce Ranch (Canola Oil, Water, Vinegar, Mustard (Water, Mustard Seeds, Salt, Sugar, Food Acid (Acetic), Lemongrass, Natural Flavour), Egg Yolk, Worcestershire Sauce, Thickeners (1442, 415), Salt, Sugar, Lemon Juice, Herbs And Spices, Preservatives (211, 202), Milk Solids And Spices), Bacon (Pork (90%), Water, Salt, Curing Premix (Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)), Smoked), Tomato, Cheese (Cow's Milk, Salt, Culture, Calves Rennet), Water, Non Fat Milk Solids, Emulsifiers (E339ii, E322), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E240), Lettuce	Y	Y	WHEAT	Y	Y	Y	T	N	N	N	N	N		Y	N	T	
135	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	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, 472a), Preservative (282), Vitamins (Thiamin, Folate)), Chicken Royale (Chicken (41%), Flour (Wheat, Rice, Soy, Maize), Water, Vegetable Oil, Thickeners (1412, 1404, 415), Salt, Yeast And Yeast Extracts (incl. Barley), Sugar, Emulsifiers (581, 471), Soy Protein, Wheat Fibre, Flavourings, Maltodextrin, Potato Flakes (Potato, Preservative (220)), Spices And Spice Extracts, Mineral Salts (450, 500, 451, 170), Sherry (Wheat, Acidity Regulator (225, 330, 327, 322, 270, 300, 341), Vegetable Powder, Flavour Enhancer (E305), Milk Solids, Herbs, Colours (100, 170, 160b, 160c)), 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		Y	N	N		