


Nutritional Guide 16 January 2024



Chicken 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)
117	<input type="checkbox"/>	<input type="checkbox"/>	 Chicken 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.																
118	<input type="checkbox"/>	<input type="checkbox"/>	Tropical Jack's Fried Chicken	Jack's Fried Chicken Fillet (Chicken (56%), Flour (Wheat, Rice, Maize), Water, Crumb (Wheat Flour, Wheat Starch, Dextrose, Vegetable Shortening, Yeast, Salt, Natural Colours (160c, 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 (307b From Soy)), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)), Pineapple Slice, 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's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)), Lettuce, Smoky BBQ Sauce (Water, Sugar, Tomato Paste, White Vinegar, Apple Paste [Antioxidants (330, 300)], Thickeners (1422, 415), Salt, Colour (150a), Molasses, Vegetable Powders, Flavour, Rochester Sauce Powder, Preservative (202), Spice, Smoke Flavour), Clarified Butter	330	3670	31.9	55.6	16.6	60.7	17.2	1390	100	1110	9.7	16.9	5	18.4	5.2	421
119	<input type="checkbox"/>	<input type="checkbox"/>	Tropical Grilled Chicken	Grilled Chicken Fillet (Chicken (94%), 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, 472e), Preservative (282), Vitamins (Thiamin, Folate)), Pineapple Slice, 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), Tomato, 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 (E234)), Lettuce, Smoky BBQ Sauce (Water, Sugar, Tomato Paste, White Vinegar, Apple Paste [Antioxidants (330, 300)], Thickeners (1422, 415), Salt, Colour (150a), Molasses, Vegetable Powders, Flavour, Rochester Sauce Powder, Preservative (202), Spice, Smoke Flavour)	230	2110	28	26.8	5.9	37.2	11	1090	100	919	12.2	11.7	2.6	16.2	4.8	476
120	<input type="checkbox"/>	<input type="checkbox"/>	Aussie Jack's Fried Chicken	Jack's Fried Chicken Fillet (Chicken (60%), Flour (Wheat, Rice), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Thickeners (1422, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders, Spices, Dextrose, Yeast, Natural Colours (160c, 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 (307b From Soy)), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)), Egg, Beetroot (Beetroot (61%), Water, Sugar, Food Acid (Acetic), Salt), 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's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)), Lettuce, Clarified Butter	399	3930	41.8	57.9	18.6	61	10.6	1740	100	986	10.5	14.5	4.7	15.3	2.7	436
121	<input type="checkbox"/>	<input type="checkbox"/>	Aussie Grilled Chicken	Grilled Chicken Fillet (Chicken (94%), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours, Water), Egg, 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)), Beetroot (Beetroot (61%), Water, Sugar, Food Acid (Acetic), Salt), 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), Tomato, 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 (E234)), Lettuce	299	2420	35.8	32.6	7.7	34.1	8.4	1230	100	808	12	10.9	2.6	11.4	2.8	411
122	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Texan Grilled Chicken	Grilled Chicken Fillet (Chicken (94%), 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, 472e), Preservative (282), Vitamins (Thiamin, Folate)), 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)), 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's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)), 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.)	202	1780	27.9	20.3	4.5	32.3	5.8	1130	100	881	13.8	10	2.2	16	2.8	558
123	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Texan Jack's Fried Chicken	Jack's Fried Chicken Fillet (Chicken (60%), Flour (Wheat, Rice), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Thickeners (1422, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders, Spices, Dextrose, Yeast, Natural Colours (160c, 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 (307b From Soy)), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)), 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)), Bacon (Pork (90%), Water, Salt, Curing Premix (Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)), Smoked), 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 (E234)), 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.), Clarified Butter	302	3300	34	45.6	15.3	59.2	8	1640	100	1090	11.2	15.1	5.1	19.6	2.6	543.04636

Selected Stores only	Halal	Menu Item	Ingredients	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 type="checkbox"/>		Jack's Fried Chicken Fillet (Chicken (60%), Flour (Wheat, Rice), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Thickeners (1422, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders, Spices, Dextrose, Yeast, Natural Colours (160c, 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 (3070 From Soy)), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)), Spicy Tomato Relish (Tomato (48%), Sugar, Vinegar, Onion, Thickener (1422), Tomato Paste, Garlic, Salt, Spices), 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)), 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)), Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)), Lettuce, Corn Chips (Corn Flour (76%), Vegetable Oil, Water, Salt), Clarified Butter	350	3480	36.3	44.3	15.4	71.3	14.2	2070	100	993	10.4	12.7	4.4	20.4	4.1	591
124		Mexican Deluxe Jack's Fried Chicken																	
<input checked="" type="checkbox"/>	<input type="checkbox"/>		Grilled Chicken Fillet (Chicken (94%), 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, 472e), Preservative (282), Vitamins (Thiamin, Folate)), Spicy Tomato Relish (Tomato (48%), Sugar, Vinegar, Onion, Thickener (1422), Tomato Paste, Garlic, Salt, Spices), 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)), 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, Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)), Lettuce, Corn Chips (Corn Flour (76%), Vegetable Oil, Water, Salt)	250	1960	30.2	19	4.6	44.4	12	1560	100	783	12.1	7.6	1.8	17.7	4.8	623
125		Mexican Deluxe Grilled Chicken																	
<input checked="" type="checkbox"/>	<input type="checkbox"/>		Jack's Fried Chicken Fillet (Chicken (60%), Flour (Wheat, Rice), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Thickeners (1422, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders, Spices, Dextrose, Yeast, Natural Colours (160c, 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 (3070 From Soy)), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (160a), 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	324	3710	36.8	55.8	19.4	59.2	7.4	1660	100	1140	11.4	17.2	6	18.3	2.3	513
126		Jack's Fried Chicken Parmil																	
<input checked="" type="checkbox"/>	<input type="checkbox"/>		Grilled Chicken Fillet (Chicken (94%), 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, 472e), 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)	210	2180	30.6	30.5	8.5	32	4.9	1150	100	1040	14.6	14.5	4.1	15.2	2.3	547
127		Grilled Chicken Parmil																	
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		Jack's Fried Chicken Fillet (Chicken (56%), Flour (Wheat, Rice, Maize), Water, Crumb (Wheat Flour, Wheat Starch, Dextrose, Vegetable Shortening, Yeast, Salt, Natural Colours (160c, 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 (3070 From Soy)), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (160a), 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	264	3230	26.3	50.7	13.8	51.8	9.1	913	100	1220	10.0	19.2	5.2	19.6	3.5	346
128		Jack's Fried Chicken Classic																	
<input type="checkbox"/>	<input type="checkbox"/>		Jack's Fried Chicken Fillet (Chicken (56%), Flour (Wheat, Rice, Maize), Water, Crumb (Wheat Flour, Wheat Starch, Dextrose, Vegetable Shortening, Yeast, Salt, Natural Colours (160c, 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 (3070 From Soy)), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (160a), 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's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)), Lettuce, Clarified Butter	295	3520	31.7	55.5	16.5	52.4	9.7	1330	100	1190	10.7	18.8	5.6	17.8	3.3	450
129		Jack's Fried Chicken Cheesy Bacon																	
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		Jack's Fried Chicken Fillet (Chicken (56%), Flour (Wheat, Rice, Maize), Water, Crumb (Wheat Flour, Wheat Starch, Dextrose, Vegetable Shortening, Yeast, Salt, Natural Colours (160c, 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 (3070 From Soy)), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)), Signature Spicy Sauce (Vegetable Oil, Water, Gherkin Puree (Gherkin, Food Acid (260)), Vinegar, Reconstituted Lemon Juice, Sugar, Thickeners (1442, 415), Salt, Chili (Food Acid (260)), Egg Yolk Powder, Mustard Flour, Spices, Colour (160c), Preservatives (202, 211, 234), Acidity Regulator (330), Natural Flavour), Lettuce, Clarified Butter	264	2990	26.4	44.0	12.2	52.5	9.9	1000	100	1130	10.0	16.7	4.6	19.9	3.8	380
130		Jack's Fried Chicken Spicy																	
<input type="checkbox"/>	<input type="checkbox"/>		Jack's Fried Chicken Fillet (Chicken (56%), Flour (Wheat, Rice, Maize), Water, Crumb (Wheat Flour, Wheat Starch, Dextrose, Vegetable Shortening, Yeast, Salt, Natural Colours (160c, 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 (3070 From Soy)), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)), Signature Spicy Sauce (Vegetable Oil, Water, Gherkin Puree (Gherkin, Food Acid (260)), Vinegar, Reconstituted Lemon Juice, Sugar, Thickeners (1442, 415), Salt, Chili (Food Acid (260)), Egg Yolk Powder, Mustard Flour, Spices, Colour (160c), 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's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)), Lettuce, Clarified Butter	297	3320	33.9	47.4	16.4	56.5	6.5	1640	100	1120	11.4	15.9	5.5	19.0	2.2	551
131		Jack's Fried Chicken Spicy Cheesy Bacon																	

	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)
132	<input type="checkbox"/>	<input type="checkbox"/>	Grilled Chicken Splyoy	Grilled Chicken (Chicken (87%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavour), 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), Signature Spicy Sauce (Vegetable Oil, Water, Gherkin Puree (Gherkin, Food Acid (250)), Vinegar, Reconstituted Lemon Juice, Sugar, Chili (Red Chili, Vegetable Oil, Vinegar, Salt, Acidity Regulator (260)), Salt, Thickeners (1442, 415), Egg Yolk Powder, Mustard Flour, Spices, Natural Colour (160c), Preservatives (202, 211), Acidity Regulator (330), Natural Flavour), Tomato, Lettuce	164	1490	18.9	18.1	2.5	28.9	4.1	864	100	906	11.5	11.1	1.5	17.6	2.5	527
133	<input type="checkbox"/>	<input type="checkbox"/>	Grilled Chicken Clesselo	Grilled Chicken Whole Muscle (Chicken (94%), 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, 472e), Preservative (282), Vitamins (Thiamin, Folate)), Sauce Ranch (Canola Oil, Water, Vinegar, Mustard (Water, Mustard Seeds, Salt, Sugar, Food Acid (Acetic), Turmeric), Egg Yolk, Worcestershire Sauce, Thickeners (1442, 415), Salt, Sugar, Lemon Juice, Herbs And Spices, Preservatives (211, 202), Milk Solids (0.1%)), Tomato, Lettuce	164	1440	22.5	15.4	2.4	28.6	3.0	663	100	878	13.7	9.4	1.5	17.4	1.8	404
134	<input type="checkbox"/>	<input type="checkbox"/>	Grilled Chicken Cheesy Bacon	Grilled Chicken Fillet (Chicken (94%), 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, 472e), Preservative (282), Vitamins (Thiamin, Folate)), Sauce Ranch (Canola Oil, Water, Vinegar, Mustard (Water, Mustard Seeds, Salt, Sugar, Food Acid (Acetic), Turmeric, Natural Flavour), Egg Yolk, Worcestershire Sauce, Thickeners (1442, 415), Salt, Sugar, Lemon Juice, Herbs (0.3%), 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's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)), Lettuce	195	1730	27.9	20.4	4.4	29.1	3.5	1070	100	887	14.3	10.5	2.2	14.9	1.8	549
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, 472e), 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 (Inc. Barley), Sugar, Emulsifiers (451, 471), Soy Protein, Wheat Fibre, Flavourings, Maltodextrin, Potato Flakes (Potato, Preservative (220)), Spices And Spice Extracts, Mineral Salts (450, 500, 451, 510), Starch (Wheat), Acidity Regulators (325, 330, 327, 262, 270, 300, 341), Vegetable Powder, Flavour Enhancer (635), Milk Solids, Herbs, Colours (100, 170, 160b, 160c)), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Lettuce,	140	2040	13.7	29.5	3.8	41.5	3.2	682	100	1450	9.8	21.1	2.7	29.6	2.3	487