Nutritional Guide 16 January 2024



Chicken Burgers Nutritionals

Se	elected ores 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			Chicken Burgers	IMPORTANT: Customers should be severe that whilst every effort is made to segregate food to maintain the Vegan, Allegen (e.g. Glation) and intain states of our ingredients, individual food fears may come in contact with one another during tood manufacturing ∨ food preparation, and our restaurants serve products containing allegens, as we also about one meet as part of our stendard menu library.																
118			Tropical Jack's Fried Chicken	Jack's Fied Chicken Fillet (Chicken (55%), Flour (Wheet, Ricc, Marce), Water, Crumb (Wheet Flour, Wheet Storch, Dectroes, Vegetable Forthering, Yeast, Sait, Natural Colours (16bc, 100), Weeteble Oil, Thickeners (1442, 415), Sait, Mineral State (465), 06,51), Vegetable Fowders (Chicn, Garic), Wheet Guiten, Starch (16bc), 16bc), 16	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			Tropical Grilled Chicken	Grilled Chicken Fillet (Chicken (14%), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Filsrours, Water), Water), Water,	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			Aussie Jack's Fried Chicken	June's Field Chicken Field ("June's 1973), Fixer (Wheel, Rick), Water, Starch (Wheel Potato, Tapicoa), June's Field ("June's 1974), Fixer ("June's 1974), Fixer ("June's 1974), Vegetable Powders, Spices, Destrose, Veast, Natural Colours (1960, 190), Wheel Gluten), Destrose ("June's 1974), Fixer ("June's 1974	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			Aussie Grilled Chicken	Gilled Chicken Fillet (Chicken (94%), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours, Wetter), Egg. Guille Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinequr, Soy Flour, Emulsifiers (471, 481, 472e), Preservalive (252), Visamms (Thiamin, Foldet)), Mayonnase (Soybean Oil, Egy Oils, Water, Stelled Winegar, Com Pyrup, Galt, Sugar, Mustader Flour, Tocopherol), Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Tornatio. Chesse (Cow's Milk, Salt, Culture, Calver's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322), Acidty Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E249),	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	✓		Texan Grilled Chicken	Cerible Chricken Fillet (Chicken (94%), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours, Water, Salts (461, 450), Flavours, Water, Salts (461, 450), Flavours, Water, Salts (461, 450), Flavours, Water, Salts (Water, Salts, Water, Salts, Pepercorate, City, Salt, Thickeners (1442, 1450, 145), Wegetable Powders, Flavour, Food Bason (Pork (90%), Water, Salts, Curren (1462, 1450, 1450), Sugar, Antoxidant (316), Frasevative (250), Sanches, Salts, Curren (Perenx (Mineral Salt (451, 450), Sugar, Antoxidant (316), Frasevative (250), Sanches, Salts, Curren (Perenx (Mineral Salt (451, 450), Sugar, Antoxidant (316), Frasevative (250), Sanches, Salts, Curren (Perenx (Mineral Salt (451, 450), Sugar, Antoxidant (316), Frasevative (250), Sanches, Salts, Curren (Perenx (Mineral Salt (451, 450), Sugar, Antoxidant (316), Frasevative (250), Sanches, Salts, Salts	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			Texan Jack's Fried Chicken	Jacks Fried Chicken Field Models (193), Faurt (Wheel, Rock), Water, Starch (Wheel Potato, Tapicca), Jacks Fried Chicken Field Models (193), Faurt (Wheel, Rock), Water, Starch (Wheel Potato, Tapicca), Jacks Fried Chicken Field Models (193), Faurt (193), Water (Sulter), Destrose, Vests, Nathrard Colours (1950, 190), Wheel Glutter), Brichoe Stype Bun (Wheel Flory, Water, Canalo Lib Baiers Yeast, Spaar, Wheel Glutter), Golded Salt, Non- Fat Mits Solids, Shortening Powder (Vegelable Fat, Milk Protein, Antioxidiant (310) From Soyl), Soy Flour, Fat Mits Solids, Shortening Fowder (Vegelable Fat, Milk Protein, Antioxidiant (431) Wheel Maller Flour, Valumin (Filmann, Folia Adul), Ising Agant (1911), Colour (1903), Grandler (431), Wheel Maller Flour, Valumin (Shaltann, Folia Adul), Fat Maller (1914), Canalod Pepperson, Mayornalise (Vegelable Over (1914), Vegetable Powders, Filmour, Food Bason (Port (1914), Water, Salt, Curing Permix (Mineral Salt (651, 460), Sugar, Anfoxddard (316), Preservative (250), Starchian, Colover's Remonth, Water, Nor Fat Mits Solids, Fundaliser (E314), E322), Acidity Regulations (E332, E330), Salt, Natural Chieses Flavour, Colours (E160), E160e), Natural Preservative (E234), Internal Colour (150a), Molasses, Salt, Smoke Flavour, Defydrated Vegetable (Garlic, Orinol), Worcestershire Flavour, Spice,),	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

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S	elected tores 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)
124	V		Mexican Deluxe Jack's Fried Chicken	Jack's Fried Chicken Fillet (Chicken (60%), Flour (Wheel, Rico), Water, Starch (Wheel, Potato, Tepicos), Veopetable (Dr. Inickeners (1422 d. 155, Salt, Mariera Stat), 651), Veopetable (Dr. Vinickeners) (1422 d. 155, Salt, Mariera Stat), 651), Veopetable (Powders, Spices, Destrose, Yeast, Natural Colours) (160c. 100), Wheel Glaten), Brinch Syle Berl (Wheel Flour, Weller, Crachia Old, Basiers Yeast, Sugar, Wheel Clutten, Clotted Salt, Nor-Fat Milk Solids, Shortering Powder (Veopetable Fat, Milk Protein, Articoxdent (30°D Firms Scy)), Soy Flour, Fat Milk Solids, Shortering Powder (Veopetable Fat, Milk Protein, Articoxdent (30°D Firms Scy)), Soy Flour, Fat Milk Solids, Shortering Flour, Wilsman (160), Amile Fill Solids, Spices), Spices), Spices, Spices	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
125			Mexican Deluxe Grilled Chicken	Gilled Chicken Fillet (Chicken (94%), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours, Walter), Bun Seeded (Wheat Flour, Walter, Baker's Yeast, Canolo OI, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Sor Flour, Emulsifier (471, 481, 742), Preservative (282), Vinamirs (Thiamir, Flotatine, Totals, Salt, Shorky Chyptonia Deletish (Tomato (48%)), Sugar, Vinegar, Onion, Thickeneri (1422), Tomato Paste, Garific, Salt, Shorky Chyptolet 119(21), 2023 (Vegetable OI), Welters, Sugar, Vinegar, Egy Volk, Tomato Paste, Salters, Shorky Chyptolet 119(21), 2023 (Vegetable OI), Welters, Sugar, Vinegar, Egy Volk, Tomato Paste, Lemon, Juice Concentrate, Salt, Thickeners (1442, 415), Vegetable Powders, Sprices, Smoke Flavour (Contains Barley), Vesat Extract, Chiptole Chilli (30%), Preservative (203), Amiodard (136)), Baoon (Pork (1976)), Walter, Salt, Curing Premix (Mineral Salt (451), 450), Sugar, Antoxodard (136)), Baoon (Pork (1976)), Walter, Salt, Curing Premix (Mineral Salt (450), Salt, Preservative (221), Mineral Salt (590), Colour, (102)), Fordado, Mineral Salt (590), Colour, (102)), Salt, Natural Cheeses Flavour, Colours (E100), E160o, Natural Cheeses Flavour, Colours (E100), E160o, Natural Cheeses (Cork Disk, Corn Chips (Corn Flore) (76%), Vegetable OII, Walter, 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
126			Jack's Fried Chicken Parmi	Jack's Fried Chicken Filter (Chicken (60%), Flour (Wheel, Rico), Water, Starch (Wheel, Potato, Taploca), Veopedable Oil, Trickenner (1422-15), Salt, Mariera Salts (65), 500, 45), Vegetable Powders, Spices, Destrose, Yeast, Natural Colours (160c, 100), Wheel Gluten), Brich Salts, Sougher, Wheel Gluten, Iodised Salt, Non- Falt Salts, Subsequent growther (Vegetables Fat, Milk Protein, Asticoutant (30°D From Soy)), Soy Flour, Fat Salts, Sougher, Sougher, Soy Floury, Soy Floury, Fat Salts, Solds, Sougher, Solds, Sougher, Solds, Sougher, Solds,	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
127	☑		Grilled Chicken Parmi	Gilled Chicken Fillet (Chicken (94%), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours, Water), Water), Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Ol, Sesame Seeds, Sugar, Wheat Gluten, lodised Salt, Vinegar, Sop Flour, Emulsifiers (471, 481, 472e), Preservative (282), Viamins (Thiamin, Foldatel), Napoli Sauce (Tomato (46%), Water, Vinegar, Thickener (1422), Tomato Paste, Onion, Sugar, Gartic, Salt, Acdity Regulatic (300), Harbs, Spiese, Preservative (282), Card, Silvano, Sugar, Mustard Flour, Tocophero), Seed, Se	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
128	V	~	Jack's Fried Chicken Classic	Jack's Fried Chicken Fillet (Chicken (59%), Flour (Wheat Rico, Maize), Water, Crumbr (Wheat Flour, Wheat Starch, Destroes, Weglatels Chrotrening Yeast) Salt, Natural Colorurs (166), ct (101), Vegetables, Weglatels (1442, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders (Onion, Garlic,) Wheat Clutten, Starch (Potato, Tagiotos), Spices (Pepper, Celevri)). Birchott Syle Bun (Wheat Flour, Water, Carolic Oll, Baleers Yeast, Sugar, Wheat Clutten, Iodised Salt, Non-Pictor, Syle Bun (Wheat Flour, Water, Carolic Oll, Baleers Yeast, Sugar, Wheat Clutten, Iodised Salt, Non-Pictor, Syle Bun (Wheat Flour, Water, Carolic Mail Roman, Astronated (30°75 From 50°9), Soly Flour, Preservalives, (22, 220), Andr-Calong Agent (241), Cobort (160s), Emulatifier (481), Wheat Malt Flour, Vaterning (Thiamin, Folic Add)), Mayonnaise (Syle and Di, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol). Clarified Datter	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
129			Jack's Fried Chicken Cheesy Bacon	Lantenzo double Lander's Finded Chicken Fillet (Chicken (55%), Flour (Wheat, Rice, Maize), Water, Crumb (Wheat Flour, Wheat Starch, Destrices, Vegetable Shortering, Yeast, Sait, Natural Colours (160c., 100), Vegetable Oil, Thickenser Starch, Destrices, Vegetable Shortering, Yeast, Sait, Natural Colours (160c., 100), Teleplated (160c., 160c.) Finder Chester, Spiece, Repper, Celery)), Vegetable Fowders (Donic, Castler), Mellor, Garden, Wheat Clutten, Sierch (160c.) Finder Style Bun (Wheat Flour, Water, Canola Oil, Bakers Yeast, Sugar, Wheat Clutten, Iodised Sait, Nort- Rat Mits Colisio, Shortering Powder (Vegetable Fait, Mit Protein, Antioxideria), Voya Flour, Fait Mits Colisio, Shortering Powder (Vegetable Fait, Mit Protein, Antioxideria), Voya Flour, Vitamins (Thiaman, Folic, Add), Saing Agent (241), Colour (160b), Emulsifier (461), Wheat Mait Flour, Vitamins (Thiaman, Folic, Add), Saing Agent (241), Colour (160b), Emulsifier (461), Wheat Mait Flour, Vitamins (Thiaman, Folic, Add), Saing Agent (241), Colour (160b), Sait Sait, Sait Sait, Sait Sait, Sait Sait, Sait Sait Sait Sait Sait Sait Sait Sait	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
130	~	✓	Jack's Fried Chicken Sploy	Jack's Fried Chicken Fillet (Chiclen (59%), Flour (Wheat Rics, Maize), Water, Crumb (Wheat Flour, Wheat Starch, Destroes, Reglatable Schoreing, Yeast) Salt, Natural Colorurs (166), ct (101), Vegetable Chicken (1442, 415), Salt, Mineral Satta (450, 500, 451), Vegetable Powders (Onion, Garlic,) Wheat Clutten, Starch (1442, 415), Salt, Mineral Satta (450, 500, 451), Vegetable Powders (Onion, Garlic,) Wheat Clutten, Starch Pichato, Tapicos, Spice Repepter, Celevil), Bellet Yeast, Sugar, Wheat Clutten, Iodiaed Salt, Norheat Milk Schots, Shortening Powder (441), Cabour (160b), Emaletine (445), Wheat Clutten, Iodiaed Salt, Norheat Milk Total, Shortening Powder (441), Cabour (160b), Emaletine (445), Wheat Mail Totar, Vitamins (Thiamin, Folio Acid) Whater, Chenkrin Power (Chenin, Food Acid (260)), Wheat Report (142, 415), Salt, Chilli (Food Acid (260)), Weger-weder, Mastalaf Flour, Spices, Colour (160c), Preservatives (202, 211, 234), Acidly Regulator (330), Natural Lettice, Clarified Datter	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
131			Jack's Fried Chicken Spicy Cheesy Bacon	Jack's Fried Chicken Fillet (Chicken (59%), Flour (Wheat Rice, Marze), Water, Crumh (Wheat Flour, Wheat Starch, Destroes, Vegelable Shortening, Yeast, Salt, Natural Colours (16c), 100), Vegelable Of, Thickeners (1442, 415, Salt, Mineral Salts (450, 500, 451), Vegelable Powders (Onion, Garlic), Wheat Clutten, Starch (1442, 415, Salt, Mineral Salts (450, 500, 451), Vegelable Powders (Onion, Garlic), Wheat Clutten, Starch (1442, 415, Salt, Mineral Salts (450, 500, 451), Vegelable Powders (Onion, Garlic), Wheat Clutten, Starch (1442, 415, 415, 415, 415, 415, 415, 415, 415	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

Sele	cted es 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			Grilled Chicken Spicy	Grilled Chcken (Chicken (R7s), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavour), burn Seeded (Whete Flour, Water, Baster's Yeast, Candio OI, Seasme Seeds, Sugar, Whete Cliulen, Loised Salt, Vinegar, Soy Flour, Emulatifiers (471, 481, 472e), Preservative (262), Vitamins (Thiamin, Folate), Signature Spicy Sauce (Vegetable OI, Water, Charitin Furre (Chertin, Food And (260)), Vinegar, Reconstituted Lemon Juice, Sugar, Chilli (Red Chill, Vegetable OI, Vinegar, Salt, Acidity Regulator (260)), Reservatives (202, 211), Acidity Regulator (200), Natural Flavouri, 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			Grilled Chicken Classic	Grilled Chicken Whole Muscle (Chicken (94%), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours, Walter, Baker's Yeast, Carola Ol, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Four, Emudisfier (471, 481, 472e), Preseavarilve (282), Unimars (Thaimir, Foldele), Sauce Ranch (Canola Oli, Water, Vinegar, Mustard (Water, Mustard Seeds, Salt, Sugar, Food And (Acelic), Turmeric), Egy Oki, Wicknestershier Sauce, Thickeners (1442, 415), Salt, Sugar, Lemon Juice, Herbs And Spices, Preservatives (211, 202), Milk Solids (0.1%)).	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			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 Oll, Seasam Seeds, Sugar, Wheat Clutten, Iodised Satt, Vinegar, Soy Four, Emudisfred (471, 481, 472e), Preservative (262), Vinmins (Thaimn, Folder), Saltos Ranch (Canola Oli, Water, Vinegar, Mustater (Water, Mustater Seeds, Salt, Sugar, Food Andi Acted), Saltos Ranch (Canola Oli, Water, Vinegar, Mustater (Water, Mustater Seeds, Salt, Sugar, Food Andi Acted), Jauce, Hertho (134), Pleservative (2611, 1222), Milk Salt, And Spices), Bacon (Pork (90%), Water, Salt, Curing Premix (Mineral Salt (451, 450), Sugar, Antioxidant (316), Tornato, Covis Milk, Salt, Culture, Calves's Ronnel), Water, Nor Fat Milk Solds, Emulations (E332, E331), Salt, Natural Cheese Flavour, Cotours (E160), E160c), Natural Preservative (E234)).	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	✓	✓	Chicken Royale	Bun Seerded (Wheel Flour, Water, Baker's Yeast, Carolia Ol, Sessame Seeds, Sugar, Wheel Gutten, Iodised Salt, Vinegar, Soy Flour, Emudifierd (471, 481, 472e), Preservative (282), Vinimare (Instamr, Children), Chicken Röyale (Chicken (47%), Flour (Whatal, Roze, Soy, Mazo), Water, Vegatable Ol, Thickeners (141), Chicken Röyale (Chicken (47%), Flour (Whatal, Roze, Soy, Mazo), Water, Vegatable Old, Thickeners (141), Chicken (1	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