


Nutritional Guide 16 January 2024



Grill Masters 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)
108	<input type="checkbox"/>	<input type="checkbox"/>	 Grill Masters	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.																
109	<input type="checkbox"/>	<input type="checkbox"/>	Grill Masters Pulled Pork & Angus	Beef, Brioche 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)), Pulled Pork (Pork, Water, Acidity Regulators (326, 325, 262), Salt, Maltodextrin (Maize), Vegetable Gum (407), Mineral Salts (451, 450), Natural Flavour, Sugar, Dried Vegetables (Including Garlic And Onion), Spice Extract, Dextrose (Maize/Manufactured Meat), Natural Cheese (Milk, Salt, Starter Culture, Rennet), Spicy BBQ Sauce (Water, Dijon Mustard [Water, Vinegar, Mustard Seeds, Salt, White Wine, Acidity Regulators (330, 334), Natural Colour (100), Spices], Sugar, Vinegar, Maltodextrin, Glucose Syrup, Brown Sugar, Tomato Paste, Thickeners (1442, 415), Worcestershire Sauce (Wheat, Barley, Fish), Salt, Mustard Flour, Colour (150c), Vegetable Powders, Spices), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Onion Crispy (Onions (49%), Palm Oil, Wheat Flour, Salt, Dextrose), Clarified Butter, Mustard (Water, Mustard Powder (15%), Acidity Regulator (260, 270), Salt, Sugar, Thickener (1422), Maize Cornflour, Spice.)	273	3660	46.6	59.9	29.8	37.3	9	1080	100	1340	17.1	21.9	10.9	13.7	3.3	394
110	<input type="checkbox"/>	<input type="checkbox"/>	Grill Masters Angus Chicago	Beef, Brioche 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)), Bacon (Pork (90%), Water, Salt, Curing Premix (Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)), Smoked), Egmont Cheese (Pasteurised Cows Milk, Salt, Enzymes, Coagulating Enzyme), Sauce Cracked Peppercorns (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, Clarified Butter	305	3680	46.4	63.6	30.3	29.2	6.1	1190	100	1210	15.2	20.9	9.9	9.6	2.0	391
111	<input type="checkbox"/>	<input type="checkbox"/>	Grill Masters Angus Chicago Double	Beef, Brioche 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)), Natural Cheese (Milk, Salt, Starter Culture, Rennet), 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, Clarified Butter	429	5250	78.1	92	44.2	29.4	6.2	1390	100	1220	18.2	21.4	10.3	6.9	1.5	325
112	<input type="checkbox"/>	<input type="checkbox"/>	Grill Masters Angus Bacon & Cheese	Beef, Brioche 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)), Egmont Cheese (Pasteurised Cows Milk, Salt, Enzymes, Coagulating Enzyme), Bacon (Pork (90%), Water, Salt, Curing Premix (Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)), Smoked), Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Potassium Sorbate, Natural Flavours, Polysorbate 80, Turmeric), Clarified Butter, 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), Mustard (Water, Mustard Powder (15%), Acidity Regulator (260, 270), Salt, Sugar, Thickener (1422), Maize Cornflour, Spice.)	295	3720	52.2	61.6	34.6	30.6	7.3	1520	100	1260	17.7	20.9	11.7	10.4	2.5	515
113	<input type="checkbox"/>	<input type="checkbox"/>	Grill Masters Double Angus Bacon & Cheese	Beef, Egmont Cheese (Pasteurised Cows Milk, Salt, Enzymes, Coagulating Enzyme), Brioche 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)), Bacon (Pork (90%), Water, Salt, Curing Premix (Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)), Smoked), Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Potassium Sorbate, Natural Flavours, Polysorbate 80, Turmeric), Clarified Butter, 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), Mustard (Water, Mustard Powder (15%), Acidity Regulator (260, 270), Salt, Sugar, Thickener (1422), Maize Cornflour, Spice.)	431	5600	86.3	96.7	51.5	30.8	7.6	1790	100	1300	20.0	22.4	12.0	7.2	1.8	414
114	<input type="checkbox"/>	<input type="checkbox"/>	Grill Masters Angus Cowboy	Beef, Brioche 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)), Egmont Cheese (Pasteurised Cows Milk, Salt, Enzymes, Coagulating Enzyme), Bacon (Pork (90%), Water, Salt, Curing Premix (Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)), Smoked), Crispy Onion Rings (Onion (50%), Wheat Flour, Soybean Oil, Rice Flour, Starch, Onion Powder, Salt, Corn Flour, Sugar, Yeast Extract, Whey Powder, Wheat Gluten, Thickener (E1420, E415), Mineral Salt (E450, E500)), Water, (E450, E500)), Vegetable Oil, Whey Powder, Wheat Gluten, Soybean Flour, Yeast Extract, Corn Flour, Flavor, Brown Sugar), Ranch Sauce (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), 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, Mustard (Water, Mustard Powder (15%), Acidity Regulator (260, 270), Salt, Sugar, Thickener (1422), Maize Cornflour, Spice.)	308	3980	52.7	66.5	33.9	34.8	8.4	1440	100	1290	17.1	21.6	11.0	11.3	2.7	468

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115	<input type="checkbox"/>	<input type="checkbox"/>	Grill Masters Double Angus Cowboy	444	5860	86.7	102.0	50.9	35.1	8.7	1710	100	1320	19.5	22.9	11.5	7.9	2.0	385

Beef, Egmont Cheese (Pasteurised Cows Milk, Salt, Enzymes, Coagulating Enzyme), Brioche 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, 282), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)), Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked), Crispy Onion Rings (Onion (50%), Wheat Flour, Soybean Oil, Rice Flour, Starch, Onion Powder, Salt, Corn Flour, Sugar, Yeast Extract, Whey Powder, Wheat Gluten, Thickener [E1402, E415], Mineral Salt (E450, E500i), Water, (E450, E500i), Vegetable Oil, Whey Powder, Wheat Gluten, Soybean Flour, Yeast Extract, Corn Flour, Flavor, Brown Sugar), Ranch Sauce (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), 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, Mustard (Water, Mustard Powder (15%), Acidity Regulator (260, 270), Salt, Sugar, Thickener (1422), Maize Cornflour, Spice.)