


Nutritional Guide 16 January 2024



Kids Meals 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)
321	<input type="checkbox"/>	<input type="checkbox"/>	 Kids Meals	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.																
322	<input type="checkbox"/>	<input type="checkbox"/>	3 Nugget Kids Meal & Water	Still Water (Spring Water), Chips (Potato (91%), Vegetable Oil 5%, Modified Potato Starch (1400, 1414, 1412), Rice Flour, Potato Dextrin, Salt, Acidity Regulators (450, 500), Thickener (415)), Seasoned Salt (Salt (74%), Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil)), Chicken Nugget (Chicken (55%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Wheat Starch, Wheat Gluten, Thickener (1442), Salt, Sugar, Minerals Salts (451, 450, 500, 505), Dextrose, Maltodextrin, Flavour, Yeast, Yeast Extract, Spice Extract), Sweet & Sour Sauce (Water, Sugar, Vinegar, Thickeners (1422, 415), Tomato Paste, Salt, Fruit Concentrate, Worcestershire Sauce, Spices, Colour (110, 129))	421	1790	10.1	18.4	2.5	55.2	10.5	892	100	425	2.4	4.4	0.6	13.1	2.5	212
323	<input type="checkbox"/>	<input type="checkbox"/>	6 Nugget Kids Meal & Water	Still Water (Spring Water), Chicken Nugget (Chicken (55%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Wheat Starch, Wheat Gluten, Thickener (1442), Salt, Sugar, Minerals Salts (451, 450, 500, 505), Dextrose, Maltodextrin, Flavour, Yeast, Yeast Extract, Spice Extract), Chips (Potato (91%), Vegetable Oil 5%, Modified Potato Starch (1400, 1414, 1412), Rice Flour, Potato Dextrin, Salt, Acidity Regulators (450, 500), Thickener (415)), Seasoned Salt (Salt (74%), Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil)), Sweet & Sour Sauce (Water, Sugar, Vinegar, Thickeners (1422, 415), Tomato Paste, Salt, Fruit Concentrate, Worcestershire Sauce, Spices, Colour (110, 129))	472	2330	17.1	24.9	3.5	65.4	10.9	1100	100	493	3.6	5.3	0.7	13.9	2.3	232
324	<input type="checkbox"/>	<input type="checkbox"/>	Cheeseburger Kids Meal & Water	Still Water (Spring Water), Chips (Potato (91%), Vegetable Oil 5%, Modified Potato Starch (1400, 1414, 1412), Rice Flour, Potato Dextrin, Salt, Acidity Regulators (450, 500), Thickener (415)), Seasoned Salt (Salt (74%), Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil)), 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 (E234)), 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.)	458	2360	19.3	25.6	7.7	64.1	4.8	1090	100	515	4.2	5.6	1.7	14.0	1.1	237