


Nutritional Guide 16 January 2024



Penny Pinchers 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)
326	<input type="checkbox"/>	<input type="checkbox"/>	 Penny Pinchers	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 &/or food preparation, and our restaurants serve products containing allergens, as well as bacon and meat as part of our standard menu items.																
327	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	BBQ Cheeseburger	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)/Contains: Gluten, Soy, Sesame Seeds), Beef Patty, Cheese (Cheese (Cow's Milk, Salt, Culture, Calves' Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234i)), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), BBQ Sauce (Concentrated Tomatoes, Apple Puree, Sugar, Maize Thickener (1414), Salt, Foodacids (260, 330), Colour (150c), Natural Flavours, Spice.)	118	1610	16.2	22.3	7.3	30.2	4.8	468	100	1370	13.7	18.9	6.2	25.6	4.1	397
328	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Chips	Coated Fries (Potato (91%), Vegetable Oil 5% (Antifoam (800a), 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)	90	1060	3.1	11.7	1.6	33.9	0.2	489	100	1178	3.4	13.0	1.8	37.7	0.2	543
329	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Chicken Royale	Sesame Bun: Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Soy Flour, Emulsifiers (481, 472e), Preservative (282), Vitamins (Thiamin,Folate) Chicken Patty: Chicken, Coating (Wheat Flour, Manufactured Crumb (Wheat Flour, Salt, Dried Yeast, Sucrose, Spice Extracts (160c, 100), Soybean Oil), Maize Flour, Salt, Mineral Salt (508), Spice, Vegetable Oil), Sunflower oil, Canola Oil, Water, Batter (Wheat Flour, Wheat Starch, Sugar, Vegetable Oil, Anti-caking Agents (551, 341), Vegetable Powder, Herb), Milk Solids, Seasoning, Yeast Extract, Mineral Salts (508, 500, 450), Salt, Spices, Flavour, Spice Extracts (Thickener (1442), Potato Flakes, Wheat Fibre, Mineral Salts(508, 451, 450, 452), Dextrose, Salt, Sugar, Yeast Extracts, Flavoursings, Vegetable Powders, Flavour Enhancer (635), Vegetable Oil, Citric Acid, Spice Extract), Breadcrumbs, Flavour Lettuce Mayonnaise: Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol	140	1940	13.8	26.7	2.7	42.0	3.3	653	100	1386	9.9	19.1	1.9	30.0	2.4	466
330	<input type="checkbox"/>	<input type="checkbox"/>	FROZEN COKE® Lge	Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine	355	697	0.0	0.0	0.0	40.8	40.8	32	100	196	0.0	0.0	0.0	11.5	11.5	9
331	<input type="checkbox"/>	<input type="checkbox"/>	FROZEN FANTA® SOUR WATERMELON Lge	Carbonated Water, Sugar, Food Acid (330), Flavour, Preservative (211), Colour (122)	355	709	0.0	0.0	0.0	40.8	40.8	14	100	200	0.0	0.0	0.0	11.5	11.5	4
332	<input type="checkbox"/>	<input type="checkbox"/>	FROZEN FANTA® MANGO Lge	Carbonated Water, Sugar, Flavour, Food Acid (330), Preservative (211), Colour (110), Sweetener (960)	355	709	0.0	0.0	0.0	40.8	40.8	14	100	200	0.0	0.0	0.0	11.5	11.5	4
333	<input type="checkbox"/>	<input type="checkbox"/>	FROZEN FANTA® RASPBERRY Lge	Carbonated Water, Sugar, Food Acid (330), Flavour, Preservative (211), Colours (122).	355	788	0.0	0.0	0.0	45.8	45.8	29	100	222	0.0	0.0	0.0	12.9	12.9	8
334	<input type="checkbox"/>	<input type="checkbox"/>	FROZEN FANTA® BUBBLEGUM Lge	Carbonated Water, Sugar, Flavour, Food Acid (330), Preservative (211), Colour (133).	355	423	0.0	0.0	0.0	24.5	24.5	16	100	#DIVIDE BY ZERO	#DIVIDE BY	#DIVIDE BY	#DIVIDE BY	#DIVIDE BY ZERO	#DIVIDE BY	#DIVIDE BY
335	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Chocolate Sundae	Sundae: Milk, Milk Solids, Sugar, Cream, Dextrose Emulsifier (471), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour Chocolate Fudge Topping: Sugar, Water, Milk Solids, Vegetable Fat, Cocoa (5%), Maltodextrin, Salt, Vegetable Gum (401), Natural Flavour, Preservative (202), Emulsifier (322)	141	1090	6.6	9.3	6.5	37.0	36.6	170	100	773	4.7	6.6	4.6	26.2	26.0	121
336	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Caramel Sundae	Sundae: Milk, Milk Solids, Sugar, Cream, Dextrose Emulsifier (471), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour Caramel Topping: Sugar, Water, Glucose Syrup, Invert Syrup, Milk Solids, Vegetable Fat, Thickener (1442), Vegetable Gum (401), Salt, Emulsifiers (471, 322), Mineral Salts (500, 339), Preservative (202)	141	1130	6.6	9.6	6.9	38.6	37.1	168	100	801	4.7	6.8	4.9	27.4	26.3	119
337	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Strawberry Sundae	Sundae Mix: Milk, Milk Solids, Sugar, Cream, Dextrose Emulsifier (471), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour Strawberry Topping: Sugar, Water, Strawberries (18%), Thickeners (1422, 415), Natural Colour (163), Natural Flavour, Food Acid (330), Preservative (202)	141	1000	6.2	8.3	5.5	35.1	34.5	136	100	709	4.4	5.9	3.9	24.9	24.5	96
338	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Vanilla Sundae	Sundae: Milk, Milk Solids, Sugar, Cream, Dextrose Emulsifier (471), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour	141	1240	8.6	11.8	7.9	38.4	38.4	194	100	879	6.1	8.4	5.6	27.2	27.2	138