

Nutritional Guide 16 January 2024



Sides & Snacks Allergens

Selected Stores only	Halal	Menu Item	Ingredients	WHEAT	GLUTEN	GLUTEN SOURCE	EGGS	MILK & MILK PRODUCTS	SOY	FISH	MOLLUSC	CRUSTACEA	PEANUTS	TREE NUTS	TREE NUTS SOURCE	SESAME	LUPINS	SULPHITES	LACTOSE FREE
219	<input type="checkbox"/>	<input type="checkbox"/>	Sides & Snacks	IMPORTANT: Customers should be aware that whilst every effort is made to segregate food to maintain the Vegan, Allergen (see Gluten) and Halal status of our ingredients, individual food items may come in contact with one another during food manufacturing, food food preparation, and our restaurants serve products containing allergens, as well as known and used as part of our standard menu items.															
220	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Pop 'Y' Chicken Pack	Pop'n Chicken (55%), Wheat Flour, Water, Vegetable Oil, Salt, Thickener (1442), Mineral Salts (451, 450, 500, 508), Herbs, Spice, Dehydrated Vegetables, Flavour, Yeast Extract, Yeast, Sugar, Wheat Gluten, Maltodextrin, Spice Extract, Tomato Ketchup (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contains Garlic))	Y	Y	WHEAT	T	T	T	T	N	N	T	ALMOND	T	N	N	N
221	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Pop 'Y' Chicken Curry Cup	Curry 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, Canada Oil)	Y	Y	WHEAT	T	T	T	T	N	N	T	ALMOND	T	N	N	N
222	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Chicken Nuggets (3 Pack)	Pop'n Chicken (55%), Wheat Flour, Water, Vegetable Oil, Salt, Thickener (1442), Mineral Salts (451, 450, 500, 508), Herbs, Spice, Dehydrated Vegetables, Flavour, Yeast Extract, Yeast, Sugar, Wheat Gluten, Maltodextrin, Spice Extract, Tomato Ketchup (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contains Garlic))	Y	Y	WHEAT	N	N	N	N	N	N	N		N	N	N	
223	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Chicken Nuggets (8 Pack)	Sodium Reduced Chicken Nuggets Chicken (55%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Wheat Starch, Wheat Gluten, Thickener (1442), Salt, Sugar, Minerals Salts (451, 450, 500, 508), Dextrose, Maltodextrin, Flavour, Yeast, Yeast Extract, Spice Extract	Y	Y	WHEAT	N	N	N	N	N	N	N		N	N	N	
224	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Chicken Nuggets (12 Pack)	Sodium Reduced Chicken Nuggets Chicken (55%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Wheat Starch, Wheat Gluten, Thickener (1442), Salt, Sugar, Minerals Salts (451, 450, 500, 508), Dextrose, Maltodextrin, Flavour, Yeast, Yeast Extract, Spice Extract	Y	Y	WHEAT	N	N	N	N	N	N	N		N	N	N	
225	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Chips Sml	Coated Fries (Potato (91%), Vegetable Oil 5% (Anetham (0006), 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, Canada Oil)		N		N	N	N	N	N	N	N		N	N	N	
226	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Chips Med	Coated Fries (Potato (91%), Vegetable Oil 5% (Anetham (0006), 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, Canada Oil)		N		N	N	N	N	N	N	N		N	N	N	
227	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Chips Lge	Coated Fries (Potato (91%), Vegetable Oil 5% (Anetham (0006), 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, Canada Oil)		N		N	N	N	N	N	N	N		N	N	N	
228	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Onion Rings Med	Onion, Wheat Flour, Vegetable Oil, Rice Flour, Malted Barley, yeast, Salt, Hops, Thickener (E1404, E1420, E1410), Starch, Onion powder, Corn Flour, Sugar, Whey Powder, Dextrose, Baking powder, Natural Flavour, Guar Gum, Sorbitol, Wheat gluten, mineral salt(E450, E500), Spice & Colouring	Y	Y	WHEAT	N	Y	Y	N	N	N	N		N	N	N	
229	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Onion Rings Lge	Onion, Wheat Flour, Vegetable Oil, Rice Flour, Malted Barley, yeast, Salt, Hops, Thickener (E1404, E1420, E1410), Starch, Onion powder, Corn Flour, Sugar, Whey Powder, Dextrose, Baking powder, Natural Flavour, Guar Gum, Sorbitol, Wheat gluten, mineral salt(E450, E500), Spice & Colouring	Y	Y	WHEAT		Y	Y	N	N	N	N					
230	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	6 Nuggets & Chips Snack Box	Chicken Nugget (Chicken (55%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Wheat Starch, Wheat Gluten, Thickener (1442), Salt, Sugar, Minerals Salts (451, 450, 500, 508), Dextrose, Maltodextrin, Flavour, Yeast, Yeast Extract, Spice Extract), Coated Fries (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, Canada Oil)	Y	Y	WHEAT	N	N	N	N	N	N	N		N	N	N	
231	<input type="checkbox"/>	<input type="checkbox"/>	10 Nuggets & Sauce Snack Box	Chicken Nugget (Chicken (55%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Wheat Starch, Wheat Gluten, Thickener (1442), Salt, Sugar, Minerals Salts (451, 450, 500, 508), Dextrose, Maltodextrin, Flavour, Yeast, Yeast Extract, Spice Extract), Spicy Sauce (Vegetable Oil, Water, Egg Yolk (5%), White Vinegar, Sugar, Salt, Thickeners (1442, 1450, 415), Yeast, Chili Powder (1%), Vegetable Powders, Lemon Juice Concentrate, Acidity Regulator (330), Preservative (202), Spice Extracts, Antioxidant (385))	Y	Y	WHEAT	Y	N	Y	N	N	N	N		N	N	N	