

# Nutritional Guide 16 January 2024



## Sides & Snacks Nutritionals

	Selected Stores only	Halal	Menu Item	Ingredients	Serving Size (g)	Energy (kJ)	Protein (g)	Fat Total (g)	Fat Saturated (g)	Carbohydrates (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)
219	<input type="checkbox"/>	<input type="checkbox"/>	<div><div>Sides &amp; Snacks</div></div>	<b>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.</b>																
220	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Pop 'n' Chicken Pack	Pop'n Chick'n (Chicken (59%), Wheat Flour, Water, Vegetable Oil, Salt, Thickener (1442), Mineral Salts (451, 450, 500, 508), Herbs, Spices, 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 (Contain Garlic))	150	1560	20.5	19.7	3.2	28	2.8	854	100	1040	13.7	13.2	2.2	18.7	1.9	570
221	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Pop 'n' Chicken Carry Cup	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), Pop'n Chick'n (Chicken (59%), Wheat Flour, Water, Vegetable Oil, Salt, Thickener (1442), Mineral Salts (451, 450, 500, 508), Herbs, Spices, 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 (Contain Garlic))	188	2090	14	24.1	3.5	56.4	2.9	1060	100	1110	7.5	12.8	1.9	30	1.6	563
222	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Chicken Nuggets (3 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	51	536	7.0	6.6	0.9	10.2	0.5	205	100	1050	13.7	12.9	1.8	20.0	1.0	402
223	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Chicken Nuggets (6 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	102	1070	14.0	13.2	1.8	20.4	0.9	410	100	1050	13.7	12.9	1.8	20.0	0.9	402
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	204	2140	27.9	26.3	3.7	40.8	1.8	820	100	1050	13.7	12.9	1.8	20.0	0.9	402
225	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Chips Sml	Coated Fries (Potato (91%), Vegetable Oil 5% (Antifoam (900a), 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
226	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Chips Med	Coated Fries (Potato (91%), Vegetable Oil 5% (Antifoam (900a), 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)	116	1290	3.7	14.2	1.9	41.1	0.3	593	100	1112	3.2	12.2	1.6	35.4	0.3	511
227	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Chips Lge	Coated Fries (Potato (91%), Vegetable Oil 5% (Antifoam (900a), 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)	166	1850	5.3	20.4	2.8	58.9	0.4	850	100	1114	3.2	12.3	1.7	35.5	0.2	512
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, E415), Starch, Onion powder, Corn Flour, Sugar, Whey Powder, Dextrose, Baking powder, Natural Flavour, Guar Gum, Sorbitol, Wheat gluten, mineral salt(E405, E500ii), Spice & Colouring	77	792	1.6	15.2	2.2	11.2	3.4	250	100	1029	2.1	19.7	2.9	14.5	4.4	325
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, E415), Starch, Onion powder, Corn Flour, Sugar, Whey Powder, Dextrose, Baking powder, Natural Flavour, Guar Gum, Sorbitol, Wheat gluten, mineral salt(E405, E500ii), Spice & Colouring	115	1180	2.4	22.8	3.3	16.8	5.0	374	100	1026	2.1	19.8	2.9	14.6	4.3	325
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), Canola Oil)	235	2930	18.1	42.3	6.0	62.2	1.8	1280	100	1250	7.7	18.0	2.6	26.5	0.8	543
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 (350), Preservative (202), Spice Extracts, Antioxidant (385))	195	2310	23.7	35.2	4.1	35.3	2.3	941	100	1180	12.1	18.0	2.1	18.1	1.2	483