Nutritional Guide 16 January 2024



What's New Nutritionals

Selected Stores o	nly Hai	ılal N	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)
2			■ What's New	BHPORTANT: Customers about be evens that what every effort is made to eagregate food to maintain the Vegen, Allergen (e.g Citatin) and feat estate of our ingraderent, individual food insern may come in contact with one enother during food manufacultring stor food prepentation, and our metaurants serve products containing ellegens, as well es becom and meet as part of our enanted menu lierand.																
3	(Jack's Café IcedSalted Caramel Small	Fresh Milk. Stated Caramel Syrup (Water, Sugar, Golden Syrup, Condensed Milk, Modified Starch (1422), Salt (2%), Natural Fisiouss, Burd Sugars, Food And (270), Vegetable Gum (415), Preservative (2021), Wipped Cream (167%) (Contains Milk), Gas Propellant (Nitrous Oxide, Nitrogen), Emulsifier (471, 470), Stabiliser (339)), Salted Caramel Sprinde (Sugar, Tapioca Starch, Natural Flavour, Water, Salt, Caramelised Sugar)	200	1030	5.8	11	7.6	32.3	30.7	411	100	514	2.9	5.5	3.8	16.1	15.3	205
4			Jack's Café loed Salted Caramel Medium	Tresh Milk. Sprup (Water, Supar, Goldon Syrup, Condensed Milk, Modified Starch (1422), Salt (2%), Natural Flavours, Burnt Supar, Food And (270), Vegetable Gum (415), Preservative (2021), Whipped Cream (Cream (07%) (Contains Milk), Gas Propellant (Nitrous Oxide, Nitrogen), Emulsifier (471, 470), Stabiliser (339)). Salted Caramel Sprinkle (Supar, Taploca Starch, Natural Flavour, Water, Salt, Caramelised Supar)	230	1360	6.1	11.3	7.9	52.2	49.5	723	100	591	2.7	4.9	3.4	22.7	21.5	314
5	(Jack's Café Iced Salted Caramel Large	Fresh Milk. Spun (Water, Supar, Goldon Syrup, Condensed Milk, Modified Starch (1422), Salt (2%), Natural Flavours, Burnt Supar, Food And (270), Vegetable Gum (415), Preservative (202)), Veloped Incens (167%) (Contains Milk), Gas Propellant (Nitrous Oxide, Nitrogen), Emulsifier (471, 470), Stabiliser (339)). Salted Caramel Sprinke (Supar, Tapioca Starch, Natural Flavour, Water, Salt, Caramelised Supar)	280	1500	7.8	13.1	9	54.6	51.9	747	100	534	2.8	4.7	3.2	19.5	18.5	267
6	(Jack's Café Iced Coffee Salted Caramel Small	Fresh Milk, Salted Caramel Syrup (Water, Sugar, Golden Syrup, Condensed Milk, Modified Starch (1422), Salt (2%), Natural Flavours. Burnt Sugars. Food Acid (270). Vecetable Gum (415). Preservative (2021).	222	1030	6	11	7.6	32.4	30.7	419	100	465	2.7	5	3.4	14.6	13.9	189
7	(Jack's Café Iced Coffee Salted Caramel Medium	Fresh Milk. Stated Caramel Syrup (Water, Sugar, Golden Syrup, Condensed Milk, Modified Starch (1422), Salt (2%), Natural Flavours, Burnt Sugars, Food And (270), Vegetable Gum (415), Preservative (2021), Whyped Craem (27%) (Contains Milk), Gas Propellant (Nitrous Oxide, Ntrogen), Emulsifier (471, 470), Sabiliser (399), Salted Caramel Sprinde (Sugar, Taploca Starch, Natural Flavour, Water, Salt, Caramelised Sugar)	252	1360	6.3	11.3	7.9	52.4	49.6	731	100	541	2.5	4.5	3.1	20.8	19.7	290
8	(Jack's Café Iced Coffee Salted Caramel Large	Fresh Milk, Salted Caramel Syrup (Water, Sugar, Golden Syrup, Condensed Milk, Modified Starch (1422), Salt (2%), Natural Flavours, Burnt Sugar, Fond Acid (270), Venetable Gum (415), Preservative (2021)	252	1360	6.3	11.3	7.9	52.4	49.6	731	100	541	2.5	4.5	3.1	20.8	19.7	290
9			Fairy Flose Storm	Sundan Mr. (Mit. Sulcs. Sugar. Cream, Dextrose Emulsifier (471), Vegetable Gums (407, 412, 466), Miteral Salls (33, 339), Flavour, F. (412, 466), Miteral Salls (33, 339), Flavour, F. (412, 412), Natural Flavour, Acidity Regulator (E330), Thickener (E142), Natural Flavour, Acidity Regulator (E330), Thickener (E145), Preserventy (E202), Color (E122), Sunthana Gum (E415), D. Sorbata Solution 70% (E420), Fairy Plass Candry (Segair, Food Color (E133), Asthana Gum (E415), D. Sorbata Solution 70% (E420), Fairy Plass Candry (E120), Med Sympt, Lactone, Di-Malle Acid, Artificial Flavor, Artificial Flavor, Art	283	2170	12.3	16.7	11.3	74.9	74.4	271	100	767	4.3	5.9	4	26.5	26.3	96
10			Summer Float Small	Fanta Raspberry (Carbonated Water, Sugar, Flavour, Food Acid (330), Preservative (211), Sweetener (960), Colour (122), Colour (122), Sundae Mix (Milk, Milk Solids, Sugar, Cream, Dextrose Emulsifier (471), Vegetable Gums (407, 412, 466), Mineral Salls (331, 339), Flavour.)	235	866	4.7	6.4	4.3	31.9	31.9	111	100	368	2	2.7	1.8	13.6	13.6	47
11			Summer Float Medium	Fanta Raspberry (Carbonated Water, Sugar, Flavour, Food Acid (330), Preservative (211), Sweetener (960), Colour (122), Colour (122), Sundae Mx (Milk, Milk Solids, Sugar, Cream, Dextrose Emulsifier (471), Vegetable Gums (407, 412, 466), Mineral Salfs (331, 339), Flavour, 1	296	950	4.7	6.4	4.3	36.7	36.7	114	100	321	1.6	2.2	1.5	12.4	12.4	38
12			Summer Float Large	Farita Respherry (Carbonated Water, Sugar, Flavour, Food Acid (330), Preservative (211), Sweetener (960), Colour (122), Sundae Mr. (Milk, Milk Solids, Sugar, Cream, Dextrose Emulsifier (471), Vegetable Gums (407, 412, 466), Mineral Salls (331, 339), Flavour, 1	336	1010	4.7	6.4	4.3	39.9	39.9	115	100	299	1.4	1.9	1.3	11.9	11.9	34
13	(Tropical Whopper® Single	Burt Sanded (Wheat Flour, Water, Bakier's Yeast, Carola Oli, Seasme Saeds, Sugar, Wheat Gluten, Iodised Salt, Soy Flour, Emulaidien's (471, 481, 472e), Preservative (282), Vitaminer (Thiamine, Tolation)), Princapples (Sito, Princapples) (Sito, Sudar, Antiboxidant (316), Princapples) (Sito, Sudar, Antiboxidant (316), Stronger, Stronger	368	3540	37.5	49.5	17.5	61.3	21	1430	100	961	10.2	13.5	4.8	16.7	5.7	390
14			Tropical Whopper® Double	Beef, Burn (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Soy Flour, Emulatiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folateh), Cheese (Cow Mik, Salt, Cultur, Caver's Renend), Water, Non Fat Mik, Soids, Emulatiers (E331ia, E322), Preservative (E322), E330), Salt, Natural Cheese Flavour, Colorus (E100b, E100b, Natural Preservative (E302), Simon (E332, E330), Salt, Natural Cheese Flavour, Colorus (E100b, E100b, Natural Preservative (E302)), Simon (E302), Salt, Cultural Premix [Mineral Salt (451, 450), Sugar, Antoxidant (316), Preservative (E302), Simon (ed.), Taranto, Salt, Soids (E300), Simon (E300)	470	4830	59.6	73.8	30.6	62.6	22	1820	100	1030	12.7	15.7	6.5	13.3	4.7	387

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Selected Stores of	nly Hala	lal I	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)
15			Tropical Jack's Fried Chicken	Jack's Fried Chicken Fillet (Chicken (58%), Flour (Wheat Rice, Marze), Water, Crumb (Wheat Flour, Wheat Starch, Destrose, Veeglable) Shortening, Yeast, Salt, Natural Colours (166, 100), Weeglable) Chickens (1442, 415), Salt, Mineral Salts (450, 500, 451), Veeglable Powders (Chicn, Garlic), Wheat Clutten, Starch (1442, 415), Salt, Mineral Salts (450, 500, 451), Veeglable Powders (Chicn, Garlic), Wheat Clutten, Starch Brotche Sylve Bin, Wheat Clutten, Starch Brotche Sylve Bin, Wheat Clutten, Carlos (140, 140, 140, 140, 140, 140, 140, 140,	330	3670	31.9	55.6	16.6	60.7	17.2	1390	100	1110	9.7	16.9	5	18.4	5.2	421
16			Tropical Grilled Chicken	Grilled Chicken Fillet (Chicken (94%), Salt, Thickeners (1442, 407), Mineral Salts (615, 450), Flavours, Waterley, Morthage Flow Whater, Balw Keys (145, 450), Flavours, Waterley, Morthage Flow Water, Balw Keys (145, 451, 472a), Preservative (252), Vilamine (Thainni, Foliatile), Prinapple Silor, Mayonnaise (Soybean Oll, Egg Yolks, Water, Bostilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Mayonnaise (Soybean Oll, Egg Yolks, Water, Saltile Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Mayonnaise (Soybean Oll, Egg Yolks, Water, Salt, Curing Permix [Mineral Salt (451, 450), Sugar, Antioxidant (116), Preservative (250)), Smoked), Water, Salt, Curing Permix [Mineral Salt (451, 450), Sugar, Antioxidant (116), Preservative (250)), Smoked), Acidsh Regulations (E332, E330), Salt, Natural Orbess Flavour, Colours (E100b, E160b), Natural Natural Orbess Flavour, Colours (E100b, E160b), Natural Saltile,	230	2110	28	26.8	5.9	37.2	11	1090	100	919	12.2	11.7	2.6	16.2	4.8	476
17			Hunger Tamers Tropical Whopper®	Prower, Preservative (202), Spice, Shoole - shoot - should) Food Acid (338), Flavour, Caffeine). Cona Cola (Carbinated Water, Sugar, Colour (1504), Food Acid (338), Flavour, Caffeine). Chips (Prolate) (F15), Vegetable Oct 55, Modified Potato Satich (1400, 1414, 1412), Rize Flour, Potato Chips (Prolate) (F15), Vegetable Oct 55, Modified Potato Satich (1400, 1414, 1412), Rize Flour, Potato (Corn), Vesta Estract, Rize Flour, Vegetable Powders (F100), Garlic, Candol (101, 478), Malticodestin (Corn), Vesta Estract, Rize Flour, Vesta Carolla Oil, Sessam Seeds, Sugar, Wheat Cluten, Iodised Satt, Soy Flour, Empleifiers (471, 461, 472), Preservative (252), Maltinari (Himam, Foldsel), Princapple Slice. Chricken Nugger (Chicken (551)), Flour (Wheat, Maize, Rize), Water, Vegetable Oil, Wheat Starch, Wheat Chricken Nugger (Chicken (551)), Flour (Wheat, Maize, Rize), Water, Vegetable Oil, Wheat Starch, Wheat Chricken (444), Sall, Sattes Stard (451, 465), Stager, Arthocident (1514), Vesta (1414), Sall, Stager, Stard), Water, Sall, Colump Premix (Mineral Sall (451, 465), Stager, Arthocident (1514), Vesta (1514), Water, Sall, Colump Premix (Mineral Sall (451, 465), Stager, Arthocident (1506, E1600), Mattri, Carollero, Carollero, Carollero, E160, E1600, Mattri, Carollero, Carollero, E1600, E1600, Mattri, Carollero, Carollero, E1600, Mattri, Carollero, E1600, Mattri, Carollero, Carollero, E1600, Mattri, Carollero, Carollero, E1600, Mattri, Carollero, Carollero, Carollero, E1600, Mattri, Carollero, Ca	1104	8240	64.7	106	28.7	188	71.2	3010	100	747	5.9	9.6	2.6	17.1	6.5	273
18			Hunger Tamers Tropical Jack's Fried Chicken	Coca Cola (Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine). Jack's Fried Chicken Filet (Chicken (60%), Floor (Wheat Rice)) Water Start (Wheat Floota), Tapioca), Vegetable Oil, Thickenere (1422, 415), Salt, Mineral Salts (400, 500, 451), Vegetable Providers, Spices, Orbay (150), Floor (15	1066	8340	61.3	109	27.9	191	63.5	3190	100	782	5.8	10.2	26	17.9	6	299
19				Bon Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oll, Sesame Seeds, Sugar, Wheat Gluten, Iodised Bon Seeded (Wheat Flour, British (2014)), Water, Sugar, Food Acid (Aceto), Salt), Lettuce, Beer Seed, Sugar, Wheat Gluten, Iodised Seed, S	379	2890	39.9	34.1	14.4	53.5	13.7	1180	100	759	10.5	9	3.8	14.1	3.6	311
20			Aussie Whopper® Double	Beef Bun Seaded (Wheat Four, Water, Baker's Yeast, Carola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Soy Four, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate)), Egg. Beetrod (Beetrod (61%), Water, Sugar, Food Acid (Acetc), Salt.), Bacon (Fork (60%), Water, Salt, Carrier (Fermix), Mirrar Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)), Smoked), Preservative (250), Smoked), Cheese (Cova Mik, Salt, Culture, Calver's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322), Acidis Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Lettuca, Tomato Ketchup (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contain Garico)	489	4150	62.8	57.3	26.3	54.5	14.4	1660	100	848	12.8	11.7	5.4	11.1	2.9	340

Selected Stores only	Halal Menu Item	Ingredients	Serving Size (g)	Energy (kJ)	Protein (g)	Fat Total	Fat Saturated	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)
		Jack's Fried Chicken Fillet (Chicken (60%), Flour (Wheat, Rice), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Thickeners (1422, 415), Sat, Mineral Satis (450, 500, 451), Vegetable Powers, Spices, Deutrose, Yeas, Hairal Colours (1600, 500), Wheat Guitzen, Schall, Sugar, Wheat Guitzen, Codied Sat, Non- Fat Milk Solids, Shortening Powder (Vegetable Fat, Milk Protein, Antioxidant (307b From Soyl), Soy Frour, Persevarhiers (322, 202), Arti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thairtin, Folic Addi), Egg.					137											
21	Aussle Jack's Fried Chloken	Bestroot (Beetroot (81%), Water, Sugar, Food And (Acetic), Salt), Mayonnaise (Sophan Oil, Egg Yorks, Water, Detailed Wager, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), 90%, Water, Salt, Curing Premix (Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250), Smoked), Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulatifiers (E331 iii, E322) Acidity Regulator, E332, E330), Salt, Natural Cheese Flavour, Colours (£160b, £160c), Natural Cheese Flavour, Colours (£160b, £160c), Natural Cellifold, Califfeld Butter	399	3930	41.8	57.9	18.6	61	10.6	1740	100	986	10.5	14.5	4.7	15.3	2.7	436
22	Aussie Grilled Chicken	Grilled Chicken Fillet (Chicken (64%), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours, Water), Egg. Schoold (Whatel Four, Water, Basker's Yeast, Carnola OS, Seasma Seeds, Suppr. Whater Gluten, locised stall, Vingaris (Sprice, Traditional Chicken), Marker (Suppr. 1484, 1472a), Fresenvative (222), Vitamins (Thiamin, Folizely), Beletinot (Beetroot (61%), Water, Sugar, Food And (Acatio), Salt), Water, Sugar, Mustard Four, Tocopherol), Orly, Water, Salt, Curing Premix (Mineral Salt (451, 450), Sugar, Antioxidant (316), Fresenvalive (250)), Smideol), Tomato, Cheese (Cow Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulaifiers (E331ia, E322), Acatify Regulators (E332; E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Lettuce Water, Salt Chicken, Salt C	299	2420	35.8	32.6	7.7	34.1	8.4	1230	100	808	12	10.9	2.6	11.4	2.8	411
23	Hunger Tamers Aussle Whopper®	Coas Coat (Carborated Water, Sugar, Colou (1950), Food Acid (1931), Flavour, Caffeine), Chops (Pathol S)(N), Vegetable Old, Kondierle Potate Stear (1901), 144, 1412, Rice Flour, Potato Dextrin, Salt, Acidity Regulations (490, 500), Thickener (415)), Seasoned Salt (Salt (174%), Maldodastrin Corn), Yeast Estract, Rice Flour, Vegetable Powders (Chion, Garic, Canolo, Gari, Carbora), Maldodastrin (Salt), Seasoned (Wheat Flour, Water, Baker's Yeast; Canolo Ol; Seasone Seads, Sugar, Wheat Gutten, Iodised Seasoned (Wheat Flour, Water, Baker's Yeast; Canolo Ol; Seasone Seads, Sugar, Wheat Gutten, Iodised Seasoned (Wheat Flour, Water, Baker's Yeast; Canolo Ol; Seasone Seads, Sugar, Wheat Gutten, Iodised Seasoned (Wheat Flour, Water, Baker's Yeast; Canolo Ol; Seasone Seads, Sugar, Wheat Starch, Wheat Chicken Nugget (Chicken (95%), Flour (Wheat, Maize, Rico), Water, Vegetable Oli, Wheat Starch, Wheat Clusten, Thickener (1442), Sea Sugar, Mineratis Salts (451, 450, 500, 500), Dextrose, Maldodectrin, Flavour, Bestroof (Reberto (1647), Marer, Salts, Food Acid (Acedis), Salt), Tornato, Seasone (1452), Seasone (1452), Seasone (1452), Water, Seasone (1452), Seasone (1452), Water, Seasone (1452), Seasone (1452), Water, Seasone (1452), Water, Seasone (1452), Seasone (1452), Water, Seasone (1452), Water, Seasone (1452), Water, Seasone (1452), Seasone (1452), Water, Seasone (1452), Water, Seasone (1452), Water, Seasone (1452),	1115	7590	67.1	90.4	25.6	181	64	2760	100	680	6	8.1	23	16.2	5.7	247
24	Hunger Tamers Aussle Jack's Fried Chicken	Coca Cola (Carbonated Water, Sugar, Colour (1500), Foor (Ana) G.38), Flavour, Caffeine), Jack's Fried Chrisen Fillet (Chicken (105)), Flour (Wheat Rep.) Water Start (Wheat Potato, Tapioca), Vegetable Oil, Thickeners (1422, 415), Salt, Mineral Salts (45), 500, 451), Vegetable Downers, Spicas, Vegetable Oil, Thickeners (1422, 415), Salt, Mineral Salts (45), 500, 451), Vegetable Downers, Spicas, Chrops, (Potato 150), Vegetable Oil, Mineral Salts, (45), 500, 451), Vegetable Oil, Vegetable Oil, Mineral Salts, (45), 500, 451), Vegetable Oil, Salts, (45), Vegetable Oil, Vegeta	1135	8640	69.1	114	29.7	188	60.9	3320	100	762	6.1	10.1	28	16.6	5.4	293

S	lected ores only	Halal	Menu Item	Ingredients	Serving Size (g)	Energy (kJ)	Protein (g)	Fat Total (g)	Fat Saturated	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)
25			Hunger Tamers Texan Jack's Fried Chicken	Coca Cola (Carbonated Witer, Sugar, Colour (1504), Food Acid (238), Flavour, Caffeine) Jack's Fired Children Fillet (Chicken (65%), Flour (Wheat Rice)), Water (Street (Wheat, Potato, Tapica), Vegetable Oil, Thickeners (1422, 415), Salt, Mineral Salts (465, 500, 451), Vegetable Powders, Spices, Destroice, Yeast, Martial Colours (1606, 100), Wheat (1606, 100), Wheat (1607, 100), Proceedings (160	1068	8350	57.6	108	23.2	196	56.9	3400	100	782	5.4	10.1	22	18.4	5.3	318
26			Hunger Tamers Texan Deluxe Beef	Coca Cola (Carbonated Water, Sugar, Colour (150d), Food Acid (339), Flavour, Caffeine) Bun Seeded (Wheel Four, Water, Saser's Yeast, Canolo (I), Seasme Seeds, Sugar, Wheel Cluten, Iodised Salt, Vinegar, Soy Flour, Emudifiers (471, 481 472e), Preservative (282), Vitamins (Thiminin, Foliate), Chaps (Patalo (1975), Vegatable to 1985), Modified Potalo Saten (1400, 1441, 4112, Rose Flour, Protatio Corn.), Yeast Estract, Rice Flour, Vegetable Powders (Onno, Garic), Canolo (III), Beef Patly, Chicken Nugget (Chicken (55%)), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Wheet Starch, Wheat Vesat Estract, Silve Estract, Minerals Salts (61, 459, 509, 508), Destrose, Maltoclastin, Revour, Cheese (Cové Milk, Salt, Culture, Calves's Rennel), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322), Acidity Regulation (E332, E339), Salt, Martural Cheese Flourur, Colours (E100c), E1000, Matrur, Cheese (Cové Milk, Salt, Culture, Calves's Rennel), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322), Acidity Regulation (E332, E339), Salt, Martural Cheese Flourur, Colours (E100c), E1000, Matrur, Cheese (Cové Milk, Salt, Culture, Calves's Rennel), Water (Ning Patrur), Colours (E100c), E1000, Matrur, Cheese (Cové Milk, Salt, Culture, Calves's Rennel), Water, Non Fat Milk Solids, Emulsifiers (E331ii, E322), Acidity Regulation (E332, E339), Salt, Martural Cheese Flourur, Colours (E100c), E1000, Matrur, Cheese (Cové Milk, Salt, Culture, Calves's Reputation, Colours (E300), Preservative (202), Spice Estracts, Antioxidant (335)), Preservative (202), Spice Estracts, Antioxidant (335)), Preservative (202), Spice Estracts, Antioxidant (335), Salton (Prot (1907), Water, Salt, Culture, Calves's Reputation, Colour (150a), Moisses, Salt, Smicker Flavour, Dehydrated Vegetable Cracker Pepercom Mayonnaise (Vegetable Owders, Levive Wither Vinegar, Egy (Nick, 15%), Sugar, Mustard Flour, Toccpherol)	945	6950	57.4	88.1	24.3	159	55.9	2530	100	735	6.1	9.3	2.6	16.8	5.9	268
27	▽		Texan Grilled Chicken	Grilled Chicken Fillet (Chicken (194%), Salt, Thickenes (1442, 407), Mineral Salts (451, 450), Flavours, Water), Water), Bun Seeddd (Wheat Flour, Water, Baker's Yeast, Canola Oll, Seasame Seeds, Sugar, Wheat Glutan, Iodised Salt, Viragar, Syr Flour, Emulatines (471, 461, 472a), Preservative (222, Vinamer (Thairm, Fotolation), Salt, Thickeness (1442, 1450, 415), Vegetable Powders, Flavour, Food Addi (270), Spice Eurad, Preservative (220), Antioxidina (335), Bacon (Fork (1976), Water, Salt, Curing Premix, (Mineral Salt (451, 450), Sugar, Antioxidina (316), Bacon (Fork (1976), Spice, Salt, Curing Premix, (Mineral Salt (451, 450), Sugar, Antioxidina (316), Bacon (Fork (1976), Spice, Salt, Curing Premix, (Mineral Salt (451, 450), Sugar, Antioxidina (316), Bacon (1976), Spice, Spic	202	1780	27.9	20.3	4.5	32.3	5.8	1130	100	881	13.8	10	22	16	2.8	558
28			Texan Jack's Fried Chicken	Jack's Fried Chicken Fillet (Chicken (60%), Flour (Wheat, Rice), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Michiceners (1422, 416), Salt, Mineral Salte (405, 500, 481), Ugetable Powders, Sprices, Dectroes, Veast, Natural Colours (160c, 100), Wheat Gluten), Broche Syle Bur, Witheral Four, Water, Carola Cit, Blaber, Sugar, Wheat Gluten , Lodiace Salt, Non-Broche Syle Bur, Witheral Four, Water, Carola Cit, Blaber, Salt, Androxidar (1307 From Soy), Says Four, Preservatives (222, 202), Ant-Caking, Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Witamins (Thaimin, Folic Add)), Colour (160a), Emulsifier (481), Wheat Malt Flour, Witamins (Thaimin, Folic Add)), Colour (160a), Emulsifier (481), Wheat Malt Flour, Additional Colours, Colours, Carola Colours, Carola	302	3300	34	45.6	15.3	59.2	8	1640	100	1090	11.2	15.1	5.1	19.6	2.6	543.04636
29	V		Texan Deluxe Beef	Beef Pathy, Bun Seaded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emudifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folatel), Cheese (Cow's Milk, Sat), Culture, Calver's Senneyl, Water, Non Fat Milk, Solids, Emudifiers (2831), E322), Acidity Regulation; (252, 2530), Salt, Natural Cheese Flavour, Colours (E1606, E1606), Natural Bacon (Pork (1904), Water, Salt, Culture), Preservative (250)), Smokel, Dring Permix (Mineral Salt (451, 450), Sugar, Antoxidant (316), Preservative (250)), Smokel, Dring Permix (Mineral Salt (451, 450), Sugar, Antoxidant (316), Preservative (250)), Smokel, Dring Permix (Mineral Salt (451, 450), Sugar, Salt, Solids, Carcked Black Peppercoms (20%), Salt, Thioteners (1442, 1450, 415), Vegetable Powders, Flavour, Food Acid (270), Spice Estrad, Preservative (202), Antoxidant (335)), Lattico. BBO Sauce (Tomato Purse (Water, Tomato Pasto, Citric Acid), Sugar, Vinegar, Apple Pasto, Tomokoner (1442, 415), Caramed Colour (150a), Molasses, Salt, Smoke Flavour, Dehydrafed Vegetable (Garic, Onion), Worcestershire Flavour, Spice.)	209	2240	30.1	31.8	13.1	31.9	5.7	951	100	1070	14.4	15.2	6.3	15.3	2.7	455

Select Store	cted es 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)
30	▼		Hunger Tamers Jack's Fried Chicken Parmi	Coca Cola (Carbonated Water, Sugar, Colour (1504), Food Acid (338), Flavour, Cafferine), Jack's Fried Chinker, Filet (Chicken) (659), Flour (Whena Rice), Water (Stanfort) (Wheat, Potato, Tapicaa), Vegetable Oil, Thickeners (1422, 416), Salt, Mineral Salts (460, 500, 451), Vegetable Powders, Spices, Bectrosa, Yeast, Havatral Colours (1606). 100), Wheat (Lishia) (4400, 1444, 1412), Rice Flour, Protato Chestrin, Salt Acidity Regulations (450, 500), Thickener (415), Seasoned Salt (Salt (1744), Maltodestrin (Corn), Yeast Estract, Rice Flour, Vegetable Powders (100), Gariol, Candon (Sultern, Indicas Salt, Monthly Regulations (450, 500), Thickener (415), Seasoned Salt (Salt (1744), Maltodestrin (Corn), Yeast Estract, Rice Flour, Vegetable Powders (100), Barbors Yeast, Sugar, Wheat Gluten, Indicas Salt, Monthly Regulations (450, 500), Thickener (415), Seasoned Salt (Salt (1744), Maltodestrin (Corn), Yeast Estract, Rice Flour, Vegetable Powders (100), Barbors Yeast, Sugar, Wheat Gluten, Indicas Salt, Monthly Regulations (410), Research (410), Rese	1060	8420	64	112	30.5	196	57.6	3240	100	794	6	10.6	29	17.6	5.4	306
31	>		Hunger Tamers Mexican Deluxe Beef	Coarciola (Carbonaled Water, Sugar, Colour (1504), Food Acid (338), Flavour, Cafferine). Coarciola (Carbonaled Water, Sugar, Colour (1504), Food Acid (338), Flavour, Cafferine). Bun Sanded (Whater Four, Water, Basker's Yeark, Carciola OJ, Sessame Saeds, Sugar, Whiteat Clutien Indised Children (1998). Bun Sanded (Whater Four, Water, Sakare's Water, Carciola OJ), Sessame Saeds, Sugar, Whiteat Clutien Indised Children (1998). Children (1998). Vegetable to 1998, Modified Protates (1998). Sassoned Sael (Sael (1744), Mallodestrin (1997). Checken Nugget (Chicken (1955)). Floor (Wheat, Maize, Roe), Water, Vegetable OJ). Wheat Slarch, Wheat Clutien, Thickener (1442), Sall. Sugar, Minerials Salls (454, 459, 509, 508). Betwice, Mallodestrin, Flavour, Yeast, Veast Echract, Spicio Estracti, Carcio (1998). Sugar, Wineria, Salls (45, 459, 509, 508). Betwice, Mallodestrin, Flavour, Yeast, Veast Echract, Spicio Estracti, Audit (1998). Sugar, Wineria, Water, Non-Fat Milk, Solids, Emudisfurs (E331ii, E322), Solicy Tombor Paste, (1532). Sall, Natural Cheese Flavour, Colours (E100). E1600.) Natural Preservative (E224). Spiciol Spicy Tombor Rafiel (Tomato (489)). Sugar, Vinegar, Ohnon, Thickener (1422). Tomato Paste, Garlic, Sall, S	993	7180	59.6	88.7	24.6	170	69.4	2940	100	723	6	89	25	17.2	62	296
32			Hunger Tamers Mexican Deluxe Jack's Fried Chicken	Coca Cola (Carbonated Water, Sugar, Colour (1504), Food Acid (338), Flavour, Cafferine), Jack's Fried Chicken Filet (Chicken (60%), Flour (Whena Rev), Water (Startor (Whena), Fotato Tapicca), Vegetable Oil, Thickeners (1422, 415), Salt, Mineral Salts (460, 500, 451), Vegetable Powders, Spices, Destroax, Yeas, Havitar Colours (1606, 100), Wheat (Links), (4100, 1444, 1412), Rice Flour, Protato Destrin, Salt, Acidity Regulations (450, 500), Thickener (415), Seasoned Salt (Salt (74%), Maltodestrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (1000, Garlic, Canada), Oil, Martin, Oilder Salt, Morter (150), Seasoned Salt (Salt (74%), Maltodestrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (1000, Garlic, Canada), Oil, Martin, Oilder Salt, Morter (150), Seasoned Salt (Salt (74%), Maltodestrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (1000, Garlic, Canada), Oil, Martin, Oilder Salt, Morter (150), Seasoned Salt (Salt, Yeast), Vegetable Powders (1600, East, Martin, Vegetable Powders, Oil, Vegetable Powders, Oil, Vegetable (160), Whater (160), Whater (160), Proservatives, Carolin, Robert (160), Whater (160), Proservatives, Carolin, Seasoned Salt, Vinger, 2000, Prouz, Ermaldiers (147), 481, 472e. Proservative (252), Vingers (161), Whater (160), Proceedings (161), Proce	1086	8190	63.5	101	26.6	198	64.4	3650	100	754	5.8	9.3	2.5	18.3	5.9	336
33	▽		Mexican Deluxe Beef	Beef Patty, Water, Balvan's Yeast, Carola Oli, Sesame Seada, Sugar, Wheat Guten, Iodised Salt, Vinegar, Soy Flour, Emulatiens (471, 481, 472e), Preservative (282), Vitamins (Thaminn, Foliate)), Sopicy Tromato Patsin (Finder) (479), Sugar, Vinegar, Como, Thicken (4822), Tomato Passis, Gartic, Salt, Spices), Cords Milk, Salt, Culture, Calves's Rennet), Water, Non-Fat Milk Saltide, Emulations (5332, 6330), Salt, Natural Cheese Flavour, Colours (E180b, E180b), Natural Preservative (E234)), Salter, Salter (481, 480), Salter, Salter (481, 480), Sugar, Antioxidant (316), Preservative (E234)), Salter, Salter (481, 480), Salter, Salter (481, 480), Sugar, Antioxidant (316), Preservative (201), Santokar), Marier (481, 480), Salter, Salter (481, 481), Vegetable (781, 481), Vegetable (781), Vegetable (781)	257	2470	32.4	32.4	13.4	43.3	11.2	1360	100	962	12.6	12.6	52	16.8	4.4	529

Select Stores	ed only	Halal	Menu Item	Ingredients	Serving Size (g)	Energy (kJ)	Protein (g)	Fat Total (g)	Fat Saturated	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)
34			Mexican Deluxe Jack's Fried Chicken	Jack's Fried Chicken Filled (Chicken (60%), Flour (Wheat, Ricc), Water, Starch (Wheat, Potato, Tepioca), Vegetable Dout, Trickeners (1422, 145), Sait, Mineral Sait (46, 500, 461), Vegetable Powders, Spices, Destrices Vasati, Natural Coburn (160c, 100), Wheat Glaten), and Chicken, Chicken (160c, 160), Wheat Glaten), and Chicken, Chicken (160c, 160), Wheat Glaten), and Chicken (160c, 160), Softman (160c, 160), And-Caking Agent (141), Colour (160a), Emulsifier (481), Wheat Malt Flour, Valenner (Talman, Folk, Adol), So, Spices, Sait (160c, 160c), Emulsifier (481), Wheat Malt Flour, Valenner (Talman, Folk, Adol), So, Spices, Sait (160c), Soft (160c), Preservative (200), Sondord, Soft (160c), Soft (160c), Preservative (160c), Soft (160c), S	350	3480	36.3	44.3	15.4	71.3	14.2	2070	100	993	10.4	12.7	4.4	20.4	4.1	591
35			Mexican Deluxe Grilled Chicken	Cillad Chicken Fillet (Chicken (94%), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours, Water), Salts (1451, 450), Flavours, Water), Bun Seeded (Wheat Flour, Water, Eaker's Yeast, Canola OJ, Sesame Seeds, Sugar, Wheat Gulten, Iodised Salt, Vineagr, Soy Four, Emudisfier (471, 481, 7429, Freesrauther (282), Valmains (Thaimin, Foldatel)), Spicity Tomatio Relish (Tomato (48%), Sugar, Winegar, Onion, Thickenere (1422), Tomato Paste, Garlic, Salt, Soltes), Soltes), Soltes, Soltes, Soltes, Salt, Thickeners (1442, 415), Vegetable Powders, Egy Valt, Tomato Paste, Lumon Juice Concentrals, Salt, Thickeners (1442, 415), Vegetable Powders, Spices, Smoke Flavour (Contains Barlery, Vesat Extract (150ptd Chilli (135%), Pesservative (202), Antioxidirat (1361), Baccon (Pork, (60%)), Water, Salt, Curing Premix [Mineral Salt (451), 450), Sugar, Antioxidant (1361), Baccon (Pork, (60%)), Water, Salt, Curing Premix [Mineral Salt (450), Salt, Preservative (221), Smoked, Mineral Salt (450), Salt, Preservative (221), Smoked, Contains (145), Salt, Preservative (221), Smoked, Charler (145), Salt, Preservative (221), Smoked, Salt, Preservative (221), Smo	250	1960	30.2	19	4.6	44.4	12	1560	100	783	12.1	7.6	1.8	17.7	4.8	623
36			Jack's Fried Chicken Parmi	Jack's Fied Chicken Filler (Chicken (20%), Flour (Wheel, Kinci), Water: Starch (Wheel, Potato, Taploca), Jack's Fied Chicken Filler (Chicken (20%), Flour (Wheel, Kinci), Water: Starch (Wheel, Potato, Taploca), Destrore, Yeast, Natural Colcurs (160c, 100), Wheel Gluten), 500, 451, Vegetable Fowders, Spices, Destrore, Yeast, Natural Colcurs (160c, 100), Wheel Gluten), 500, 451, Vegetable Fowders, Spices, Britche Sylve Burn (Wheel Flour, Water, Canalo Qi, Basier Yeast, Sugar, Wheel Gluten), 500, 507, Flour, Fall Milk Solids, Shortening Fowder (Vegetable Fall, Milk Protein, Artificotaint (3075 Firm Soy)), 50y Flour, Fall Milk Solids, Shortening Fowder (Vegetable Fall, Wheel Mail Fowder, Fall Milk Solids, Shortening Fowder, Vegetable Fall, Wheel Mail Fowder, Vegetable Fowder, Fowder, Vege	324	3710	36.8	55.8	19.4	59.2	7.4	1660	100	1140	11.4	17.2	6	18.3	2.3	513
37			Grilled Chicken Parmi	Grillad Chicken Fillet (Chicken (94%), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours, Water), Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Ol, Sesame Seeds, Sugar, Wheat Gluten Iodsed salt, Vinegar, Soy Flour, Emulsifiers (411, 481, 1742), Freservative (282), Vinamis (Thiamin, Foldatel), Napoli Sauce (Tomato (46%), Water, Vinegar, Thickener (1422), Tomato Paste, Orion, Sugar, Garlic, Salt, Andidir, Regulation (230), Herbs, Spices, Preservative (262), Cart (1)), Mayonnaise (Soybean Olit, Egg) Yolis, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopheru), Gillik, Salt, Starter, Cuthur, Rennelly, Bacon (Pork, 107%), Water, Salt, Cuting Premix (Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (2010). Smoked.	210	2180	30.6	30.5	8.5	32	4.9	1150	100	1040	14.6	14.5	4.1	15.2	2.3	547
38			Mega On Turklah Roll	Turkish Roll (Wheat Flour (Mamins (Thiamin, Folic Acid)), Water, todised Salt, Vegetable Oil, Yeast, Imstand Vinegar, Sensan Seeds, Nigella Seeds, Soy Flour, Minaria Salt (170), Emulatifier (481), Enzymes, Food Acid (300). Cooked Egy. Cooked Egy. (190%), Water, Salt, Curing Premix (Minarel Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)), Smoked). Preservative (250), Smoked). Cheese (Cook Mik, Salt, Culture, Calver's Rennell, Water, Non Fat Milk Solids, Emulatifiers (E331ii, E322), Aciding Regulators (E332, E330), Salt, Matural Cheese Flavour, Colours (E100b, E100b, Natural Smoke) (E330c) (Tomato Pure Water, Tomato Fase, Clinic Acid), Spany, Yinegar, Apple Paste, Trockiener (1442, 415), Caramel Colour (150a), Molasses, Salt, Smoke Flavour, Dehydrated Vegetable (Jaffic Ballist, Verocetesharie Fauoru, Spica),		2470	33.1	33.5	15.5	37.3	6.2	1480	100	980	13.1	13.3	6.2	14.8	2.5	587
39			Becon & Egg Double On Turkish Roll	Clarified Butter Turkish Roll (Wheat Flour IVitamins (Thiamin, Folic Acid)). Water, lodised Salt, Vegetable Oil, Yeast, Imitation Vinegar, Sesame Seeds, Nigella Seeds, Soy Flour, Mineral Salt (170), Emulsifier (481), Enzymes, Food Acid (300)). Cooked (190). Mater, Salt, Curing Premix (Mineral Salt (451, 450), Sugar, Antioxidant (316), Cooked (190). Simoked). Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E3318), E303, E41, Mahard Cheese Palovur, Colours (Floib), E1600, Mathya (190), E100, Handler (190), E100, Mathya (190), E100, E100, Mathya (190), E100, Handler (190		1980	24.4	24.2	12	37.3	6.2	1260	100	942	11.6	11.5	5.7	17.7	3	601
40			Sausage & Egg Double On Turkish Roll (contains Pork & Beef)	Sausage (Pork. Beef, Say Protein, Salt, Spicas, Herbs, Destrose (Wheat), Sugar, Dehydrated Vegetables (Post (See St.) Aprodysed Vegetable Post (See St.) (See St.) Aprodysed Vegetable Post (See St.) (See St.		2690	35.5	38.7	17.5	36.9	6	1180	100	1060	14	15.2	6.9	14.5	2.3	464
41			Mega Breidsy Wrap	Beef, Hashbrown (Potatoes, Vegetable Oil (May Contain One Or More Of The Following Canola Oil, Sunflower Oil, Cottonseed Oil, Palm Oil, Corn Oil, Sopean Oil, Hydrogenated Soybean Andior Cottonseed Oil), Salt, Discolum Diriyotigone Pyrophostables, Beatrose, Nather, Vegetable Sortening (Anticolant Coll), Salt, Discolum Diriyotigone Pyrophostables, Beatrose, Nather, Vegetable Sortening (Anticolant Coll), Sugar, Baking Powder (Mineral Salta (450, 500, 341)), Acidity Regulator (297), Mineral Salt (500), Preservative (282), Iodizad Salt, Yeast), Coxical Sign. Diriyotigone Salt, Vesath, Coxical Sign. Diriyotigone Salt, Vesath, Coxical Salt, Solar, Salt, Sa	367	3860	49.9	58.9	23.5	47.6	7.3	1770	100	1050	13.6	16.1	6.4	13	2	482
12	2		Monster® Energy 500ml	Carbonated Water, Sugar, Glucose Syrup, Acidity Regulators (Clific Acid, Sodium Citrate), Natural Flavours, Taurine, Natural Colourus (Anthoxyanins), Panas of Gimeng Root Estract, Presenvatives (Sothic Acid Benzico Acid), Caffeine, Vitamins (Naicin (83), Vitamin BB, Riboflavin (BZ), Vitamin B12], Salt, Inositol, Guarana Seed Extract. D-Gilucuronolactions. Sweetners (Sucradose), Matidocatrin, Salt Carlos (Society Company), Salt	500	1030	0	0	0	62	57	390	100	206	0	0	0	12.4	11.4	78

elected tores only	Halal Menu Item	Ingredients	Serving Size (g)	Energy (kJ)		Fat Total (g)	Fat Saturated (g)	Carbohydr ates (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)
~	Monster® Mango Loco 500ml	Carbonated Water, Sucrose, Glucose, Mango Puree, Acidify Regulators (Citric Acid, Sortium Citrate, Potassium Citrate), Apple Juliac Concentrate, Taurine, Flaerours, Carriage Juliace Concentrate, Parasa Extract, Preservatives (Potassium Sortates, Sodium Benzoale), Caffeine, Sweetener (Sucraiose), Vitamina (Niacin (183), Vitamin B6, Ribothawi 1920, Vitamin B1, Villadiotestris, Guarya Juliace Concentrate, Incotatel, Niacin (183), Vitamin B6, Ribothawi 1920, Vitamin B1, Villadiotestris, Guarya Juliace Concentrate, Incotatel, Concentrate, Coconut Oli Rapeseed Oli, Modified Starch (Starch Sodium Octenyl Succinatel), Salt, Glucuroniactore, Guarrana Seed Extract Istal First Lides From Concentrates (% £25%; From Mango)	500	1080	0	0	0	65	65	115	100	215	0	0	0	13	12	23
V	Pop 'n' Chicken Pack	Poph Chick'n (Chicken (59%), Wheat Flour, Water, Vegetable Oil, Salt, Thickener (1442), Mineral Salts (451, 450, 500, 500), Herbs, Spices, Dehydrated Vegetables, Flavour, Yeast Extract, Yeast, Sugar, Wheat Cluten, Maltode	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
	Pop 'n' Chicken Carry Cup	Chips: (Potato (191%), Vegetable (0.15%), Modified Potato Starch (1400, 1414, 1412), Rice Flour, Potato Destrin, Salt, Acidh Regulators (450, 500, 101), Incisente (415), Seasoned Salt (Salt (74%), Maldordstrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garic), Canola (30)), Podri Chickrin (107%), Martel Flour, Water, Vegetable (101, Salt, Thickener (1412), Mineral Salts (451, 450, 450), 503), Heist, Spines, Sherlysteral Vegetables, Plason, Yeast Extract, Except Salgar, Wheat Old, Vegetables, Plason, Yeast Extract, Florent (442), Mineral Salts (451, 450), 450, 450, 450, 450, 450, 450, 450, 450	188	2090	14	24.1	3.5	56.4	2.9	1060	100	1110	7.5	12.8	1.9	30	1.6	563
∨	Lunch Stunner Pop 'n' Chicken Small	Coca Cola (Carbonated Water, Sugar, Colour, (15:00), Food Acid (338), Flavour, Caffairen). Chips (Potato 1915), Vegetable (515), Modified Potato Starch (1400), 144, 1412, Rice Flour, Potato Destrin, Satl, Acidity Regulators (490, 500), Thickner (415), Seasoned Satl (5alt (74%), Mathodestrin (Corn), Yeast Editard, Roe Flour, Vegetable Powders (00nn), Carlic, Candon (19), Wheed Clother, Lodged Satl, Vireign; Soy Flour, Emiddlers (471, 481, 472a), Preservative (262), Vitamins (Floriam), Floriam (1904), Polyn Chickin (Chicken (695)), Mether Elour, Vister, Vegetable (0), Satl, Thickner (1442), Mineral Salta (41, 450, 500, 508), Herbs, Spices, Dehydrated Vegetables, Flavour, Yeast Editard, Yeast Sugar, Wheel Clutter, Addition, Carling (1904), Preservative (253), Satl, Natural Cheese Flavour, Colours (E160), E160c), Natural Cheese (Cov & Milk, Satl, Culture, Calver's Remnet), Water, Non Fat Milk Solidis, Emulsiefers (E331ii, E322i), Acidity Regulators (E332), Satl, Natural Cheese Flavour, Colours (E160), E160c), Natural Preservative (E234)), Training (E234), Preservative (E244), Preservative (E244), Preservative (E244), Preservative		3450	25.6	31.5	8.7	109	42.2	1490	100	576	4.3	5.3	1.4	18.2	7	248
✓	Lunch Stunner Pop 'n' Chicken Medium	Mustiard (Water, Mustard Powder (15%), Acidity Regulator (280, 270), Salt, Sugar, Thickener (1422), Maize Cornfloor, Spicionale Water, Sugar, Colour (150d), Food Acid (338), Flavour, Cafferien), Cross Cola (Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Cafferien), Cross Cola (Carbonated Water, Sugar, Check (15%), Maistocker (140)), Seasoned Salt (Salt (74%), Maistockerin Determ, Salt Acidity Regulators (409, 500), Thickener (1415)), Seasoned Salt (Salt (74%), Maistockerin Suns, Seasoned Salt (Salt (74%), Maistockerin Suns, Seasoned Salt (Salt (74%), Maistockerin Salt (Salt (74%), Maistockerin Salt (Salt (74%), Maistockerin Salt (74%), Maistock		3840	26.2	34	9	126	51.8	1600	100	539	3.7	4.8	1.3	17.7	7.3	225
V	Lunch Stunner Pop 'n' Chicken Large	Comfour, Spice.) Com Cola (Carbonated Water, Supar, Colour (150d), Food Acid (338), Flavour, Cafferine). Cona Cola (Carbonated Water, Supar, Colour (150d), Food Acid (338), Flavour, Cafferine). Chipis (Potato (191%), Vegetable (015%), Modified Potato Starch (1400, 1414, 1412), Rice Flour, Potato Destrin, Staf. Acidity Regulators (400, 500), Thickner (1415), Seasoned Sal (Sali (74%), Matodestrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Orbin, Caffe), Carolia (301), Wheat Cluter, Notice Sali, Viregar, Voy Flour, Emiddleries (41, 481, 472e), Preservative (282, Viremers (Thiamri, Foliate)). Poph Chickn (Chicken (95%), Wheat Flour, Water, Vegetable Oil, Salt, Thickner (1442), Mineral Salis (451, 400, 500, 508), Phints, Spices Extract). Berd Flavo, Spice Extract). Berd Flavo, Spice Extract). Berd Flavour, Spice Extract). Berd Flavour, Spice Salis (41, 41, 41, 41, 41), Arcia (Preservative). Berd Flavour, Spice Salis (41, 41, 41, 41, 41), Arcia (Preservative). Berd Flavour, Spice Salis (41, 41, 41, 41, 41, 41, 41), Arcia (41, 41, 41, 41, 41, 41), Arcia (41, 41, 41, 41, 41, 41, 41, 41, 41, 41,	949	4730	27.8	40.2	9.8	163	71.2	1880	100	498	2.9	4.2	1	17.2	7.5	198
	Mega Feast Pop 'n' Chicken Small	Comflour, Spice.) Coma Cola (Combanel Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine), Chipa (Potato (1915), Vegelable) of 15%, Modified Potato Starch (1400, 1414, 1412), Rice Flour, Potato Chipa (Potato (1915), Vegelable) of 15%, Modified Potato Starch (1400, 1414, 1412), Rice Flour, Potato Chipa (Potato (1915), Vegelable) of Vegelable (1400, 1414), Vegelable (1414), Vegelab	3014	20900	153	243	61.6	543	180	8090	100	692	5.1	8.1	2	18	6	268

Selected Stores only	Halal Menu Item	Ingredients	Serving Size (g)	Energy (kJ)	Protein (g)	Fat Total (g)	Fat Saturated	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)
50	Mega Feast Pop 'n' Chicken Medium	Coca Cala Carbonated Water. Supar. Colour (15:04). Food Act (333). Flavour. California). Chips (Peato (15)). Negetate of 15's. Modified Fators Starch (1400: 144: 412). Rice Flavur. Potato Deutrin, Salt. Acidity Regulators (490, 500). Thickener (415)). Seasoned Salt (Salt (74%). Maintodextrin (Corn); Yeast Estract. Kice Flour. Vegatable Powders (15)). Seasoned Salt (Salt (74%). Maintodextrin (Corn); Yeast Estract. Kice Flour. Vegatable Powders (15)). Seasoned Salt (Salt (74%). Maintodextrin (Salt All (74%). Preservative (282). Vitamins (Thiamin, Folato)). Bed. Chicken (Cortical (164%). All (74%). Preservative (282). Vitamins (Thiamin, Folato)). Bed. Chicken (Cortical (164%). Preservative (282). Vitamins (Thiamin, Folato)). Bed. Chicken (164%). However, Vegatable Oll. Salt. Thickener (1442). Mineral Salts (45). Chicken Royale (Chicken (41%). Flour (Wheat Rice, Soy, Maize). Water. Vegetable (Dit. Thickeners (1442). Chicken Royale (Chicken (41%). Flour (Wheat Rice, Soy, Maize). Water. Vegetable (Dit. Thickeners (1442). Although (34). Although (3467	22400	158	253	63	611	218	8540	100	647	4.5	7.3	1.8	17.6	6.3	246
51	Mega Feast Pop 'n' Chicken Large	Coan Cola (Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Cafferine). Coan Cola (Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Cafferine). Coan Cola (Carbonated Water, Sugar, Colour). Distrin, Sall, Acidity Regulators (450, 500), Thickener (415), Seasoned Sall (Sall (745), Mathodextrin (Corn), Yeast Cartar, Rice Flour, Vegetable Powder (615), Seasoned Sall (Sall (745), Mathodextrin (Corn), Yeast Cartar, Clare Flour, Vegetable Powder (615), Seasoned Sall (Sall (745), Mathodextrin (Corn), Yeast Cartar, Clare Flour, Vegetable Powder (747), Mater, Vegetable Powder (747), Mater, Vegetable (747), Mater, Vegetab	4410	26000	162	278	66.3	759	296	9640	100	589	3.7	6.3	1.5	17.2	6.7	219
52	Grill Masters Angus Chicago Double	Bedruch Style Bun (Wheat Flour, Water, Canola Oil, Baters Yeast, Sugar, Wheat Gluten, Iodised Salt, Nor- Fall Milk Solids, Shortening Prouder (Vogetable Fat, Milk Protein, Antioxident (307b From Soy)), Soy Flour, Preservalives (282, 202), Ans-Caling Apent (341), Colour (160a), Emulsifier (481), Wheat Mat Flour, Vitamins (Thiamin, Folic Addi)), Natural Cheese (Milk, Salt, Staffer Culture, Rennet), Bacon (Pork (90%), Water, Salt, Curing Priems (Mineral Salt (451, 450), Sugar, Antioxidant (316), Bacon (Pork (90%), Water, Salt, Curing Priems (Mineral Salt (451, 450), Sugar, Antioxidant (316), Cracked Poppercorn (Asyonnaise (Vegetable Oil, Water, White Vinegar, Egy 90k (3.6%), Sugar, Milk Solids, Cracked Black Peppercorns (20%), Salt, Thickeners (1442, 1450, 415), Vegetable Powders, Flavour, Food Actif (270), Spice Extract, Preservative (202), Antioxidant (385)).	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
53	Plant Based Angry Whopper®	Plant Based Whopper Patty (Water, Soy Protein, Vegetable Oils (Contains Antioxidant (Tocopheroll)), Flavours (Contains Glatarine Acid, Smoke), Thickeners (Methyl Cellulose, Carragenena), Colour Charal Select Oils (Oils), Elbur Martin Acid, Smoke), Thickeners (Methyl Cellulose, Carragenena), Colour Charal Select Oils), Elbur Martin Elbur's Vesat, Canolo (I), Seams Resde, Sugar, Wheat Gluten, Iodied Salt, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vilamins (Thiamin, Folate)), Angry Onions (1958), Water, Wheat Flour, Vegetable Oil (Contains One O'More Of The Folloving Canola, Path. Soybean, Sunflower), Corn Starch, Rose Flour, Salt, Tapicoa Bestrin, Natural Flavours, Mondocaton, Droet Yesst, Thickens (Gun Arabb, Antham Guni), Salt, Preservative (211), Jalapeno (Slicod Jaliapeno Peppers (74.8%), Water, Vinegar, Food Acid (280), Salt, Preservative (211), Cheese (Cov's Mills, Salt, Culture, Calves's Remnel), Water, Non Fat Mills, Sciids, Emulsities (E331iii, E322), Cheese (Cov's Mills, Salt, Culture, Calves's Remnel), Water, Non Fat Mills, Sciids, Emulsities (E331ii, E322), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Natural Flavour (Cortains Garicio) (Cortain Garicio).	356	3510	34.8	57.5	14.8	63.1	14.1	1920	100	987	9.8	16.2	4.2	17.7	4	540
54	Grill Masters Pulled Pork & Angus	Beter Yeast, Sign. Wheat Flour, Water, Canola Oil, Bakers Yeast, Sign.; Wheat Gluten, Iodised Salt, Nor-Floriche Style Bun (Wheat Flour, Water, Canola Oil, Bakers Yeast, Sign.; Wheat Gluten, Iodised Salt, Nor-Flour, Mit Solids, Shortening Prowder (Vegetable Fat, Milk Protein, Antioxiden (307b From Soy)), Soy Flour, Flesenvalves (222, 202), And Scaling Apent (341), Color (60a), Emulsider (611), Wheat Mall Color, Vidanins (Thamin, Folic Acid)), Reputators (308, 205, 202), Salt, Mallodestrin (Maize), Vegetable Gunz, Vidanins (Thamin, Folic Acid)), Reputators, Sugar, Dried Vegetables (including Garis And Orino), Spice Ediract, Destrose (Maize)Manufactured Mearly, Single William (Salt), Salter Culture, Rennelly, Single Will Salts, Salter Culture, Rennelly, Sorior, William (Salt), Salter Culture, Rennelly, Sorior, William (Salt), Salter Culture, Rennelly, Single William (Salt), Salter Salter (Salt), Single William (Salt), Salter (Salt), Salter (Salt), White William (Salt), Salter (Salt), Maizer (White), Mustard (Water, Mustard Pouder (15%), Acidly Regulator (260, 270), Salt, Sugar, Thickener (1422), Maizer Comflour, 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
55	Frozen Fanta® Sour Apple Med	Carbonated Water, Sugar, Flavour, Food Acids (330, 331), Preservative (211), Colour (104, 133).	284	335	0.0	0.0	0.0	19.0	19.0	16	100	118	0.0	0.0	0.0	6.7	6.7	6
56	Frozen Fanta® Sour Apple Sml	Carbonated Water, Sugar, Flavour, Food Acids (330, 331), Preservative (211), Colour (104, 133).	213	251	0.0	0.0	0.0	14.3	14.3	12	100	118	0.0	0.0	0.0	6.7	6.7	6
57	Frozen Fanta® Sour Apple Lige	Carbonated Water, Sugar, Flavour, Food Acids (330, 331), Preservative (211), Colour (104, 133).	391	461	0.0	0.0	0.0	26.2	26.2	22	100	118	0.0	0.0	0.0	6.7	6.7	6
58	Frozen Fanta® Bubblegum Med	Carbonated Water, Sugar, Flavour, Food Acid (330), Preservative (211), Colour (133)	284	338	0.0	0.0	0.0	19.6	19.6	13	100	119	0.0	0.0	0.0	6.9	6.9	4
59	Frozen Fanta® Bubblegum Sml	Carbonated Water, Sugar, Flavour, Food Acid (330), Preservative (211), Colour (133)	213	253	0.0	0.0	0.0	14.7	14.7	9	100	119	0.0	0.0	0.0	6.9	6.9	4
60	Frozen Fanta® Bubblegum Lge	Carbonated Water, Sugar, Flavour, Food Acid (330), Preservative (211), Colour (133)	391	465	0.0	0.0	0.0	27.0	27.0	17	100	119	0.0	0.0	0.0	6.9	6.9	4
61	Frozen Fanta® Bubblegum Spider Sml	FCB Fanta Bubblegum (Carbonated Water, Sugar, Flavour, Food Acid (330), Preservative (211), Colour (133)), Sundae Mix (Milk, Milk, Solids, Sugar, Cream, Dextrose Emulsifier (471), Vegetable Gums (407, 412, 466),	298	850	4.2	5.7	3.8	33.2	33.2	103	100	285	1.4	1.9	1.3	11.2	11.2	35
	i i www.i i wiwe bubueyun opuor omi	Sundae Mix (Milk, Milk Solids, Sugar, Cream, Dextrose Emulsifier (471), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour.)	230	330	7.2	J.1	3.0	00.2	55.2	103	100	200	1.4	1.0	1.9	11.2	11.2	

elected tores only	Halal Menu Item	n	Ingredients	Serving Size (g)	Energy (kJ)	Protein (g)	Fat Total	Fat Saturated	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)
	Froz	zen Fanta® Bubblegum Spider Med	FCB Fanta Bubblegum (Carbonated Water, Sugar, Flavour, Food Acid (330), Preservative (211), Colour (133), Sundae Mix (Milk, Milk Solids, Sugar, Cream, Dextrose Emulsifier (471), Vegetable Gums (407, 412, 466), Mineral Salis (331, 339), Flavour, J	369	935	4.2	5.7	3.8	38.1	38.1	106	100	253	1.1	1.5	1.0	10.3	10.3	29
		Forto Bulliano Caldada	FCB Fanta Bubblegum (Carbonated Water, Sugar, Flavour, Food Acid (330), Preservative (211), Colour (133))	470	4000	10			45.5	45.5		400	999		4.0				-
		ren Fanta® Bubblegum Spider Lge	Sundae Mix (Milk, Milk Solids, Sugar, Cream, Dextrose Emulsifier (471), Vegetable Gums (407, 412, 466), Milneral Salts (331, 339), Flavour,) FCB Fanta Sour Apple (Carbonated Water, Sugar, Food Acids (330, 331), Flavour, Preservative (211),	476	1060	4.2	5.7	3.8	45.5	45.5	111	100	223	0.9	1.2	0.8	9.6	9.6	23
	Froz	zen Fanta® Sour Apple Spider Sml	Colours (104, 135), Solids, Sugar, Cream, Dextrose Emulsifier (471), Vegetable Gums (407, 412, 466), Mineral Salis (331, 339), Flavour,	298	848	4.2	5.7	3.8	32.8	32.8	105	100	285	1.4	1.9	1.3	11.0	11.0	35
	Froz	zen Fanta® Sour Apple Spider Med	FCB Fanta Sour Apple (Carbonated Water, Sugar, Food Acids (330, 331), Flavour, Preservative (211), Colours (104, 133)). Sundae Mtx (Milk, Milk Solids, Sugar, Cream, Dextrose Emulsifier (471), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour, Sugar, Cream, Dextrose Emulsifier (471), Vegetable Gums (407, 412, 466), Mineral Salts (331, 339), Flavour, Sugar,	369	932	4.2	5.7	3.8	37.6	37.6	109	100	253	1.1	1.5	1.0	10.2	10.2	30
	Froz	zen Fanta® Sour Apple Spider Lge	FCB Farths Sour Apple Carbonated Water, Sugar, Food Acids (330, 331), Flavour, Preservative (211), Colours (104, 133)e) Sundae Mix (Mix, Mix Solids, Sugar, Cream, Dextrose Emulsifier (471), Vegetable Gums (407, 412, 466), Mineral Salls (231, 339), Flavour, Dextrose Emulsifier (471), Vegetable Gums (407, 412, 466), Mineral Salls (231, 339), Flavour	476	1060	4.2	5.7	3.8	44.7	44.7	115	100	222	0.9	1.2	0.8	9.4	9.4	24
	Froz Zoop	zen Fanta® Sour Apple Blackcurrant per Dooper Lge	FCB Fanta Sour Apple (Carbonated Water, Sugar, Food Acids (330, 331), Flavour, Preservative (211), Colours (104, 133)), Blavour, Preservative (211), Bursties Blackcurrant (Water, Sucrose, Starch, Calcium Lactate (E327), Citric Acid (E330), Gardenia Purple Blackcurrant Flavour, Xanthan Gum (E415), Seaweed Extract, Red Raspberry Juice, Potassium Sorbate (E202) (Below 0.03%))	, 441	650	0.0	0.0	0.0	37.2	35.7	34	100	147	0.0	0.0	0.0	8.4	8.1	8
		zen Fanta® Bubblegum Blackcurrant per Dooper Lge	FCB Fanta Bubblegum (Carbonated Water, Sugar, Flavour, Food Acid (330), Preservative (211), Colour (133)), Burstee Blackcurrant (Water, Sucrose, Starch, Calcium Lactate (E327), Citric Acid (E330), Gardenia Purple Blackcurrant Havour, Xanthan Gum (E415), Seaweed Extract, Red Raspberry Juice, Potassium Sorbate (F2070) (Ralow, 0.03%)	, 441	654	0.0	0.0	0.0	38.0	36.5	30	100	148	0.0	0.0	0.0	8.6	8.3	7
	Froz	en Fanta® Sour Apple Fairy Floss Zooper per Lge	ECBF antal Sour Apple (Carbonated Water, Sugar, Food Acids (330, 331), Flavour, Preservative (211), Colours (104, 133)), Burstles Fairy Floss (Water, Sucrose, Starch, Calcium Lactate (E327), Anthocyanin (E163), Citric Acid (E330), Fairy Floss Flavour, Xanthan Gum (E415), Seaweed Extract, Potassium Sorbate (E202) (Below 0.03%))	441	650	0.0	0.0	0.0	37.2	35.7	34	100	147	0.0	0.0	0.0	8.4	8.1	8
		zen Fanta® Bubblegum Fairy Floss Zooper per Lge	FCB Fanta Bubblegum (Carbonated Water, Sugar, Flavour, Food Acid (330), Preservative (211), Colour	441	654	0.0	0.0	0.0	38.0	36.5	30	100	148	0.0	0.0	0.0	8.6	8.3	7
		zen Fanta® Sour Apple Bubblegum Zooper per Lge	FCB Fanta Sour Apple (Carbonated Water, Sugar, Food Acids (330, 331), Flavour, Preservative (211), Colours (104, 133)), Bushbegum (Water, Sucrose, Starch, Calcium Lactate (E327), Citric Acid (E330), Bubblegum Flavour, Xanthan Gum (E415), Seaweed Extract, FdSc Blue No.1 (E133), Potassium Sorbate (E202) (Belov 0,03%))	441	650	0.0	0.0	0.0	37.2	35.7	34	100	147	0.0	0.0	0.0	8.4	8.1	8
	Froz	zen Fanta® Bubblegum Bubblegum Zooper per Lge	FCB Fanta Bubblegum (Carbonated Water, Sugar, Flavour, Food Acid (330), Preservative (211), Colour (133)), Bursibes Bubblegum (Water, Sucrose, Starch, Calcium Lactate (E327), Citric Acid (E330), Bubblegum Flavour, Xanthan Gum (E415), Seaweed Extract, Fd&c Blue No.1 (E133), Potassium Sorbate (E202) (Belov 0.03%))	441	654	0.0	0.0	0.0	38.0	36.5	30	100	148	0.0	0.0	0.0	8.6	8.3	7
	Cosr	mic Burstles	Burstee Bluckournat (Water, Sucrose, Starch, Calcium Letale (E327), Citic Acid (E330), Gardenia Purple Blackournat Hawaru, Arathan Gum (E415), Seaweed Extract, Red Respberry Judice, Potassium Sorbate Burstee Bubblegem (Water, Surose, Starch, Calcium Lactate (E327), Citic Acid (E330), Burblegem (Harter) Flavour, Xanthan Gum (E415), Seaweed Extract, FdSc Blue No.1 (E133), Potassium Sorbate (E202) (Belov 0,03%)), Burstees Fally Floss (Water, Surose, Starch, Calcium Ladate (E327), Anthocyanin (E146), Citic Acid (E330), Fally Foss (Water, Surose, Starch, Calcium Ladate (E327), Anthocyanin (E146), Citic Acid (E330), Fally Floss (Flavour, Anthan Gum (E415), Seaweed Extract (Passissium Sorbate (E202) (Belov		227	0.0	0.0	0.0	13.2	11.4	15	100	378	0.0	0.0	0.0	22.0	19.0	25
	Zoop	per Dooper Blackcurrant Bursties Add On	(0.03%)) Bursties Blackcurrant (Water, Sucrose, Starch, Calcium Lactate (E327), Citric Acid (E330), Gardenia Purple Blackcurrant Flavour, Xanthan Gum (E415), Seaweed Extract, Red Raspberry Juice, Potassium Sorbate	50	189	0.0	0.0	0.0	11.0	9.5	13	100	378	0.0	0.0	0.0	22.0	19.0	25
	Zoop	per Dooper Bubblegum Burstles Add On	(E202)), Bursties Bubblegum (Water, Sucrose, Starch, Calcium Lactate (E327), Citric Acid (E330), Bubblegum Flavour, Xanthan Gum (E415), Seaweed Extract, Fd&c Blue No.1 (E133), Potassium Sorbate (E202)),	50	189	0.0	0.0	0.0	11.0	9.5	13	100	378	0.0	0.0	0.0	22.0	19.0	25
	Zoop	per Dooper Fairy Floss Burstles Add On	Bursties Fairy Floss (Water, Sucrose, Starch, Calcium Lactate (E327), Anthocyanin (E163), Citric Acid (E330), Fairy Floss Flavour, Xanthan Gum (E415), Seaweed Extract, Potassium Sorbate (E202))	50	189	0.0	0.0	0.0	11.0	9.5	13	100	378	0.0	0.0	0.0	22.0	19.0	25
V	Chee	ese Sour Dough Toastle	Sour Dough (Wheat Flour (Vitamins Thiamine, Folic Acid), Water, Iodised Salt, Sourdough Starter (Rye Flour, Water, Matter Sour, Acidify Regulator (260)). Vessel, Cacido IOI, Wingaer, Improver (Soy Flour, Miner Salt (170), Flour Treatment Agents (516, 300, 200), Emulsifiers (481, 472e), Wheat Malt Flour, Enzymes), Flour Treatment Agent (320)). Cheese (Plastfurised Cows Milk, Salt, Enzymes, Coagulating Enzyme), Clarified Butter.	109	1360	12.3	12.9	7.4	37.6	0.6	608	100	1240	11.3	11.8	6.8	34.5	0.5	558
~	Ham	n & Cheese Sour Dough Toastle	Sour Duogh (Wheat Flour (Vitamins (Thiamins Folic Acid), Water, Iodised Salt, Sourdough Starter (Rye Four, Water, Mature Sour, Addity Regulater (Soy), Yeast, Carolo (1), Winegar, Improver (Soy) Four, Minner Four Treament Agent (600), etc.) (2016, 200, 200), Emulatifiers (461, 4726), Whest Malt Flour, Enzymes), Oneses (Pasiteurised Cove Milk, Salt, Enzymes, Coagulating Enzyme), Ham (Pork (883), Water, Cure) (Salt, Sayar, Minner) (361, 469, 451), Destrose (Maize Or Tapicca), Antioxidant (316), Preservative (250)], Acidity Regulators (326, 325, 262), Pork Protein, Wood Smoke), Corified Butter.	134	1550	16.8	15.9	8.5	37.9	0.8	803	100	1160	12.6	11.9	6.3	28.3	0.6	599
▽	Ham	n, Cheese & Tomato Sour Dough Toastle	Sour Dough (Wheat Flour (Villamins (Thianins Folic Acid) Water, Iodised Salt, Sourdough Starter (Flye Flour Water, Manus Sour Acid); Plagulator (260), Yeast, Cacole Cul, Vinegar, Immorree (Sap Flour Maner, Salt (170); Flour Treatment Agent (516, 300, 920); Emulsifiers (481, 472e), Wheat Malt Flour, Enzymes), Flour Treatment (200), Tomato, Cheese (Palsteurised Cows Milk, Salt, Enzymes, Cosquiating Enzyme), Ham (Pork (89%), Water, Cure (Salt, Sugar, Mireral Salts) (450, 451), Ebestrose (Malze Or Tapioca), Aproxident (191) Freversarble (250), dickil Regulations (30, 253, 252), Post Protein, Wood Smoke),	162	1570	17.1	15.9	8.5	38.4	1.4	805	100	967	10.6	9.8	5.2	23.7	0.8	497