

Nutritional Guide Report

* Nutritional base values are calculated per 100g

Jack's Fried Chicken Classic

Ingredients: Chicken Jack's Fried (Chicken (64%), Flour (Wheat, Maize), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Vegetable Powders, Yeast, Salt, Mineral Salts (450, 500, 451, 452), Spices, Vegetable Gum (415)), Bun Brioche (Wheat Flour, Water, Canola Oil, Sugar, Bakers Yeast, Wheat Gluten, Modified Potato Starch (1420), Iodised Salt, Soy Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), Wheat Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (Wheat)), Mayonnaise (Soybean Oil (<0.001% Tocopherol [Vitamin E]), Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour), Lettuce (Iceberg Lettuce), Butter Clarified (Milk Fat)

Contains: Wheat (Gluten), Eggs, Milk, Soy, Mustard

May be present: Fish, Lupins, Mollusc, Peanuts, Sesame

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Fried Chicken Classic	Permanent	Yes	Yes	264	1,077	2,843	13.7	36.1	18.3	48.3	3.6	9.5	20.9	55.2	1.9	5.2	460	1,216

Jack's Fried Chicken Spicy

Ingredients: Chicken Jack's Fried (Chicken (64%), Flour (Wheat, Maize), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Vegetable Powders, Yeast, Salt, Mineral Salts (450, 500, 451, 452), Spices, Vegetable Gum (415)), Bun Brioche (Wheat Flour, Water, Canola Oil, Sugar, Bakers Yeast, Wheat Gluten, Modified Potato Starch (1420), Iodised Salt, Soy Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), Wheat Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (Wheat)), Sauce Signature Extra Spicy (Vegetable Oil, Water, Gherkin Puree (Gherkin, Food Acid [260]), Vinegar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid [260]), Thickeners (1442, 415), Salt, Egg Yolk Powder, Mustard Flour, Spices, Colour (160c), Preservatives (202, 211, 234), Acidity Regulator (330), Natural Flavours), Lettuce (Iceberg Lettuce), Butter Clarified (Milk Fat)

Contains: Wheat (Gluten), Eggs, Milk, Soy

May be present: Fish, Lupins, Mollusc, Peanuts, Sesame

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Fried Chicken Spicy	Permanent	Yes	Yes	264	1,146	3,025	13.6	36.1	14.7	38.9	2.7	7.1	21.2	56.1	2.3	6	498	1,316

Chicken Royale

Ingredients: Chicken Royale (Chicken (41%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Thickeners (1404, 1412), Salt, Soy Protein, Wheat Fibre, Wheat Starch, Dehydrated Vegetables, Mineral Salts (341, 500, 451, 450), Yeast Extract, Maltodextrin, Food Acids (330, 270), Spice Extract, Milk Powder, Spice, Yeast, Wheat Gluten, Sugar, Colours (100, 160c)), Bun Sesame Glazed 4" (Wheat Flour, Water, Baker's Yeast, Sugar, Canola Oil, Wheat Gluten, Sesame Seeds, Iodised Salt, Soy Flour, Preservative (282), Emulsifiers [481, 322 (Soy, Rapeseed)], Modified Potato Starch (1420), Wheat Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (Wheat)), Mayonnaise (Soybean Oil (<0.001% Tocopherol [Vitamin E]), Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour), Lettuce (Iceberg Lettuce)

Contains: Wheat (Gluten), Eggs, Milk, Sesame, Soy, Mustard

May be present: Added Sulphites

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Chicken Royale	Permanent	Yes	Yes	148	948	1,404	7.7	11.5	18.4	27.2	2.9	4.3	28.1	41.7	3.3	4.9	420	622

Jack's Fried Chicken Classic Cheese & Bacon

Ingredients: Chicken Jack's Fried (Chicken (64%), Flour (Wheat, Maize), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Vegetable Powders, Yeast, Salt, Mineral Salts (450, 500, 451, 452), Spices, Vegetable Gum (415)), Bun Brioche (Wheat Flour, Water, Canola Oil, Sugar, Bakers Yeast, Wheat Gluten, Modified Potato Starch (1420), Iodised Salt, Soy Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), Wheat Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (Wheat)), Mayonnaise (Soybean Oil (<0.001% Tocopherol [Vitamin E]), Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Cheese SOS (Cheese (Cows Milk, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat Milk Solids (Cow's Milk), Milk Solids (Cow's Milk), Emulsifiers (331(iii), 322(i)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234)), Lettuce (Iceberg Lettuce), Butter Clarified (Milk Fat)

Contains: Wheat (Gluten), Eggs, Milk, Soy, Mustard

May be present: Fish, Lupins, Mollusc, Peanuts, Sesame

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Fried Chicken Classic Cheese & Bacon	Permanent	Yes	No	295	1,058	3,126	14.1	41.7	18	53.1	4.1	12.1	18.9	55.9	1.9	5.7	538	1,590

Jack's Fried Chicken Spicy Cheese & Bacon

Ingredients: Chicken Jack's Fried (Chicken (64%), Flour (Wheat, Maize), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Vegetable Powders, Yeast, Salt, Mineral Salts (450, 500, 451, 452), Spices, Vegetable Gum (415)), Bun Brioche (Wheat Flour, Water, Canola Oil, Sugar, Bakers Yeast, Wheat Gluten, Modified Potato Starch (1420), Iodised Salt, Soy Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), Wheat Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (Wheat)), Sauce Signature Extra Spicy (Vegetable Oil, Water, Gherkin Puree (Gherkin, Food Acid [260]), Vinegar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid [260]), Thickeners (1442, 415), Salt, Egg Yolk Powder, Mustard Flour, Spices, Colour (160c), Preservatives (202, 211, 234), Acidity Regulator (330), Natural Flavours), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Cheese SOS (Cheese (Cows Milk, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat Milk Solids (Cow's Milk), Milk Solids (Cow's Milk), Emulsifiers (331(iii), 322(i)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234)), Lettuce (Iceberg Lettuce), Butter Clarified (Milk Fat)

Contains: Wheat (Gluten), Eggs, Milk, Soy

May be present: Fish, Lupins, Mollusc, Peanuts, Sesame

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Fried Chicken Spicy Cheese & Bacon	Permanent	Yes	No	295	1,120	3,307	14.1	41.6	14.8	43.6	3.3	9.8	19.2	56.8	2.2	6.6	572	1,690

Grilled Chicken Classic

Ingredients: Chicken Grilled (Chicken (94%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Corn), Spice Extract), Bun Sesame Glazed 4" (Wheat Flour, Water, Baker's Yeast, Sugar, Canola Oil, Wheat Gluten, Sesame Seeds, Iodised Salt, Soy Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), Modified Potato Starch (1420), Wheat Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (Wheat)), Sauce Ranch (Canola Oil, Water, Vinegar, Mustard [Water, Mustard Seed, Salt, Vinegar, Sugar, Food Acid (Acetic Acid), Celery Powder, Turmeric, Natural Flavour], Egg Yolk, Worcestershire Sauce, Thickeners (1442, 415), Salt, Sugar, Reconstituted Lemon Juice, Herbs (0.3%), Preservatives (211, 202), Milk Solids, Spice), Tomato Slice (Tomato), Lettuce (Iceberg Lettuce)

Contains: Wheat (Gluten), Eggs, Milk, Sesame, Soy

May be present: Added Sulphites

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Grilled Chicken Classic	Permanent	No	Yes	164	893	1,465	13.6	22.4	10.3	17	1.1	1.9	16.2	26.7	2.8	4.6	403	661

Grilled Chicken Spicy

Ingredients: Chicken Grilled (Chicken (94%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Corn), Spice Extract), Bun **Sesame** Glazed 4" (**Wheat** Flour, Water, Baker's Yeast, Sugar, Canola Oil, **Wheat** Gluten, **Sesame** Seeds, Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), Modified Potato Starch (1420), **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Sauce Signature Extra Spicy (Vegetable Oil, Water, Gherkin Puree (Gherkin, Food Acid [260]), Vinegar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid [260]), Thickeners (1442, 415), Salt, **Egg** Yolk Powder, **Mustard** Flour, Spices, Colour (160c), Preservatives (202, 211, 234), Acidity Regulator (330), Natural Flavours), Tomato Slice (Tomato), Lettuce (Iceberg Lettuce)

Contains: **Wheat** (Gluten), Eggs, **Sesame**, **Soy**

May be present: **Added Sulphites**, **Milk**

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Grilled Chicken Spicy	Permanent	Yes	Yes	164	846	1,388	13.6	22.4	8.8	14.5	1	1.6	16.7	27.4	3.3	5.5	440	723

Outback Grilled Chicken

Ingredients: Chicken Grilled (Chicken (94%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Corn), Spice Extract), Bun **Sesame** Glazed 4" (**Wheat** Flour, Water, Baker's Yeast, Sugar, Canola Oil, **Wheat** Gluten, **Sesame** Seeds, Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), Modified Potato Starch (1420), **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Sauce Signature Extra Spicy (Vegetable Oil, Water, Gherkin Puree (Gherkin, Food Acid [260]), Vinegar, Reconstituted Lemon Juice, Sugar, Chilli (Food Acid [260]), Thickeners (1442, 415), Vegetables, **Egg**, Salt, Food Acid (270), Herbs & Spice, Preservatives (202, 211), Herb Extract, Natural Flavour, Antioxidant (385)), Tomato Slice (Tomato), Lettuce (Iceberg Lettuce), Sauce Chilli (Water, Chilli Puree (8%) [Chilli, Food Acid (260)], Sugar, Fruit Paste, Vegetable, Fruit Juice Concentrate, Vinegar, Thickeners (1422, 415), Salt, Yeast Extract, Preservatives (202, 211), Food Acid (330), Natural Colour (160c))

Contains: **Wheat** (Gluten), Eggs, **Soy**, **Sesame**

May be present: **Gluten**(Barley, Oats, Rye), **Milk**, **Added Sulphites**

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Outback Grilled Chicken	Trial	Yes	Yes	171	879	1,504	13.1	22.4	10	17.2	1.1	1.9	16.5	28.3	3.4	5.8	364	623

Grilled Chicken Spicy Cheese Bacon

Ingredients: Chicken Grilled (Chicken (94%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Corn), Spice Extract), Bun **Sesame** Glazed 4" (**Wheat** Flour, Water, Baker's Yeast, Sugar, Canola Oil, **Wheat** Gluten, **Sesame** Seeds, Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), Modified Potato Starch (1420), **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Herby Mayonnaise (Vegetable Oil, Water, Vinegar, Sugar, **Mustard** [Food Acid (260)], Thickeners (1442, 415), Vegetables, **Egg**, Salt, Food Acid (270), Herbs & Spice, Preservatives (202, 211), Herb Extract, Natural Flavour, Antioxidant (385)), Tomato Slice (Tomato), Lettuce (Iceberg Lettuce), Sauce Chilli (Water, Chilli Puree (8%) [Chilli, Food Acid (260)], Sugar, Fruit Paste, Vegetable, Fruit Juice Concentrate, Vinegar, Thickeners (1422, 415), Salt, Yeast Extract, Preservatives (202, 211), Food Acid (330), Natural Colour (160c))

Contains: **Wheat** (Gluten), Eggs, **Milk**, **Sesame**, **Soy**

May be present: **Added Sulphites**

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Grilled Chicken Spicy Cheese Bacon	Permanent	Yes	No	195	855	1,671	14.3	28	9.8	19.3	2.1	4.2	14.4	28.1	3	6	561	1,097

Grilled Chicken Classic Cheese Bacon

Ingredients: Chicken Grilled (Chicken (94%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Corn), Spice Extract), Bun **Sesame** Glazed 4" (**Wheat** Flour, Water, Baker's Yeast, Sugar, Canola Oil, **Wheat** Gluten, **Sesame** Seeds, Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers (481, 322 from Rapeseed), Modified Potato Starch (1420), **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Sauce Ranch (Canola Oil, Water, Vinegar, **Mustard** [Water, **Mustard** Seed, Salt, Vinegar, Sugar, Food Acid (Acetic Acid), **Celery** Powder, Turmeric, Natural Flavour], **Egg** Yolk, Worcestershire Sauce, Thickeners (1442, 415), Salt, Sugar, Reconstituted Lemon Juice, Herbs (0.3%), Preservatives (211, 202), **Milk** Solids, Spice), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Tomato Slice (Tomato), Cheese SOS (Cheese (Cows **Milk**, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat **Milk** Solids (Cow's **Milk**), **Milk** Solids (Cow's **Milk**), Emulsifiers (331(iii), 322(i)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234)), Lettuce (Iceberg Lettuce)

Contains: **Wheat** (Gluten), Eggs, **Milk**, **Sesame**, **Soy**

May be present: **Added Sulphites**

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Grilled Chicken Classic Cheese Bacon	Permanent	Yes	No	195	895	1,748	14.3	28	11.1	21.7	2.3	4.5	14	27.4	2.6	5.1	530	1,036

Turbo Cheese Jack's Fried Chicken

Ingredients: Chicken Jack's Fried (Chicken (64%), Flour (**Wheat**, Maize), Water, Starch (**Wheat**, Potato, Tapioca), Vegetable Oil, Vegetable Powders, Yeast, Salt, Mineral Salts (450, 500, 451, 452), Spices, Vegetable Gum (415)), Bun Brioche (**Wheat** Flour, Water, Canola Oil, Sugar, Bakers Yeast, **Wheat** Gluten, Modified Potato Starch (1420), Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers [481, 472e, 322 (**Soy**, Rapeseed)]], **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Cheese Swiss (Pasteurised **Milk**, Salt, Starter Culture (**Milk**), Enzyme (Non-Animal Rennet)), Sauce Cracked Pepper Mayonnaise (Vegetable Oil [Includes Antioxidant (307)], Water, Vinegar, **Egg** Yolk (3.6%), Sugar, **Milk** Solids, Cracked Black Peppercorn (2.0%), Salt, Thickeners (1442, 1450, 415), Vegetable Powders, Flavour, Spice, Food Acid (270), Spice Extract, Preservative (202), Antioxidant (385)), Cheese SOS (Cheese (Cows **Milk**, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat **Milk** Solids (Cow's **Milk**), **Milk** Solids (Cow's **Milk**), Emulsifiers (331(iii), 322(i)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234)), Lettuce (Iceberg Lettuce), Butter Clarified (**Milk** Fat)

Contains: **Wheat** (Gluten), Eggs, **Milk**, **Soy**

May be present: **Gluten**(Barley), Fish, **Sesame**, **Added Sulphites**

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Turbo Cheese Jack's Fried Chicken	Trial	Yes	Yes	297	1,230	3,657	14.9	44.2	17.4	51.9	4.7	14	19	56.6	2.1	6.2	503	1,497

Turbo Cheese Grilled Chicken

Ingredients: Chicken Grilled (Chicken (94%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Corn), Spice Extract), Bun **Sesame** Glazed 4" (**Wheat** Flour, Water, Baker's Yeast, Sugar, Canola Oil, **Wheat** Gluten, **Sesame** Seeds, Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers [481, 472e, 322 (**Soy**, Rapeseed)]], Modified Potato Starch (1420), **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Cheese Swiss (Pasteurised **Milk**, Salt, Starter Culture (**Milk**), Enzyme (Non-Animal Rennet)), Sauce Cracked Pepper Mayonnaise (Vegetable Oil [Includes Antioxidant (307)], Water, Vinegar, **Egg** Yolk (3.6%), Sugar, **Milk** Solids, Cracked Black Peppercorn (2.0%), Salt, Thickeners (1442, 1450, 415), Vegetable Powders, Flavour, Spice, Food Acid (270), Spice Extract, Preservative (202), Antioxidant (385)), Tomato Slice (Tomato), Cheese SOS (Cheese (Cows **Milk**, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat **Milk** Solids (Cow's **Milk**), **Milk** Solids (Cow's **Milk**), Emulsifiers (331(iii), 322(i)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234)), Lettuce (Iceberg Lettuce)

Contains: **Wheat** (Gluten), Eggs, **Milk**, **Soy**, **Sesame**

May be present: **Gluten**(Barley), Fish, **Added Sulphites**

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Turbo Cheese Grilled Chicken	Trial	Yes	Yes	197	1,024	2,020	15.5	30.6	13.9	27.5	4.3	8.5	14.1	27.9	2.8	5.6	458	904

Jack's Special Sauce Jack's Fried Chicken

Ingredients: Chicken Jack's Fried (Chicken (64%), Flour (Wheat, Maize), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Vegetable Powders, Yeast, Salt, Mineral Salts (450, 500, 451, 452), Spices, Vegetable Gum (415)), Bun Brioche (Wheat Flour, Water, Canola Oil, Sugar, Bakers Yeast, **Wheat Gluten**, Modified Potato Starch (1420), Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers [481, 472e, 322 (**Soy**, Rapeseed)], **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Sauce Special (Canola Oil, Water, Sugar, Reconstituted **Egg** (Whole **Egg** & **Egg** Yolk), Gherkin Puree (Gherkin, Food Acid (260)), **Mustard** (Water, **Mustard** Seed, Salt, Vinegar, Sugar, Food Acid (260), Spice), Vinegar, Thickeners (1442, 415), Salt, Balsamic Vinegar (Colour (150d)), Onion Puree, Spices, Garlic, Preservatives (211, 202, 234), Acidity Regulator (330), Natural Colours (160a, 160c), Natural Flavour), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Cheese SOS (Cheese (Cows **Milk**, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat **Milk** Solids (Cow's **Milk**), **Milk** Solids (Cow's **Milk**), Emulsifiers (331(iii), 322(i)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234)), Lettuce (Iceberg Lettuce), Butter Clarified (**Milk** Fat)

Contains: **Wheat (Gluten), Eggs, Milk, Soy**

May be present: **Sesame, Added Sulphites**

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Special Sauce Jack's Fried Chicken	Trial	Yes	No	295	1,111	3,281	14.1	41.7	14.3	42.3	3.3	9.7	19.6	57.8	2.5	7.5	567	1,675

Jack's Special Sauce Grilled Chicken

Ingredients: Bun Sesame Glazed 4" (Wheat Flour, Water, Baker's Yeast, Sugar, Canola Oil, **Wheat Gluten**, **Sesame** Seeds, Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers [481, 472e, 322 (**Soy**, Rapeseed)], Modified Potato Starch (1420), **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Sauce Special (Canola Oil, Water, Sugar, Reconstituted **Egg** (Whole **Egg** & **Egg** Yolk), Gherkin Puree (Gherkin, Food Acid (260)), **Mustard** (Water, **Mustard** Seed, Salt, Vinegar, Sugar, Food Acid (260), Spice), Vinegar, Thickeners (1442, 415), Salt, Balsamic Vinegar (Colour (150d)), Onion Puree, Spices, Garlic, Preservatives (211, 202, 234), Acidity Regulator (330), Natural Colours (160a, 160c), Natural Flavour), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Tomato Slice (Tomato), Cheese SOS (Cheese (Cows **Milk**, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat **Milk** Solids (Cow's **Milk**), **Milk** Solids (Cow's **Milk**), Emulsifiers (331(iii), 322(i)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234)), Lettuce (Iceberg Lettuce), Chicken Grilled (Chicken (94%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Corn), Spice Extract)

Contains: **Wheat (Gluten), Eggs, Milk, Soy, Sesame**

May be present: **Added Sulphites**

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Special Sauce Grilled Chicken	Trial	Yes	No	133	954	1,273	8.2	11	11.8	15.8	2.7	3.6	21.6	28.9	5.1	6.9	597	796

Outback Jack's Fried Chicken

Ingredients: Chicken Tenders Southern Style (Chicken (60%), **Wheat** Flour, Water, Vegetable Oil, Mineral Salts (508, 451, 452, 450, 500), Salt, Starch (Potato, Tapioca), Spices, Vegetable Gum (415), Herbs, Dehydrated Vegetables (Onion, Garlic), Flavour, Yeast Extract, Yeast, Sugar, **Wheat Gluten**), Tortilla Flour 5" (**Wheat** Flour [(64%), Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (307b)], Sugar, Mineral Salts (500, 450, 341), Acidity Regulator (297), Iodised Salt, Preservative (282), Yeast), Herby Mayonnaise (Vegetable Oil, Water, Vinegar, Sugar, **Mustard** [Food Acid (260)], Thickeners (1442, 415), Vegetables, **Egg**, Salt, Food Acid (270), Herbs & Spice, Preservatives (202, 211), Herb Extract, Natural Flavour, Antioxidant (385)), Lettuce (Iceberg Lettuce), Sauce Chilli (Water, Chilli Puree (8%) [Chilli, Food Acid (260)], Sugar, Fruit Paste, Vegetable, Fruit Juice Concentrate, Vinegar, Thickeners (1422, 415), Salt, Yeast Extract, Preservatives (202, 211), Food Acid (330), Natural Colour (160c))

Contains: **Wheat (Gluten), Eggs**

May be present: **Gluten(Barley), Milk, Soy, Added Sulphites**

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Outback Jack's Fried Chicken	Trial	Yes	Yes	102	1,136	1,159	9.6	9.9	15.9	16.3	2.1	2.2	22.1	22.6	2.2	2.3	695	709