

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?	Cereal Gluten	Cereal Gluten Type	Wheat	Natural Sulphites	Added Sulphites	Quantity of Added Sulphites (mg)	Crustacea	Eggs	Fish	Lupins	Milk	Mollusc	Peanuts	Tree Nuts	Tree Nuts Type	Sesame	Soy
Jack's Fried Chicken Classic	Permanent	Yes	Yes	Trace		Yes	No	No	0	No	Yes	Trace	Trace	Yes	Trace	Trace	No		Trace	Yes

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?	Cereal Gluten	Cereal Gluten Type	Wheat	Natural Sulphites	Added Sulphites	Quantity of Added Sulphites (mg)	Crustacea	Eggs	Fish	Lupins	Milk	Mollusc	Peanuts	Tree Nuts	Tree Nuts Type	Sesame	Soy
Jack's Fried Chicken Classic Cheese & Bacon	Permanent	Yes	No	Trace		Yes	No	No	0	No	Yes	Trace	Trace	Yes	Trace	Trace	No		Trace	Yes

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?	Cereal Gluten	Cereal Gluten Type	Wheat	Natural Sulphites	Added Sulphites	Quantity of Added Sulphites (mg)	Crustacea	Eggs	Fish	Lupins	Milk	Mollusc	Peanuts	Tree Nuts	Tree Nuts Type	Sesame	Soy
Jack's Fried Chicken Spicy Cheese & Bacon	Permanent	Yes	No	Trace		Yes	No	No	0	No	Yes	Trace	Trace	Yes	Trace	Trace	No		Trace	Yes

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?	Cereal Gluten	Cereal Gluten Type	Wheat	Natural Sulphites	Added Sulphites	Quantity of Added Sulphites (mg)	Crustacea	Eggs	Fish	Lupins	Milk	Mollusc	Peanuts	Tree Nuts	Tree Nuts Type	Sesame	Soy
Jack's Fried Chicken Spicy	Permanent	Yes	Yes	Trace		Yes	No	No	0	No	Yes	Trace	Trace	Yes	Trace	Trace	No		Trace	Yes

Jack's Fried Chicken Parmi

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 Napolitana (Tomato (46%), Water, Vinegar, Thickener (1422), Tomato Paste, Onion, Sugar, Garlic, Salt, Acidity Regulator (330), Herbs, Spices, Preservatives (202, 211)), Mayonnaise (**Soybean** Oil (<0.001% Tocopherol [Vitamin E]), **Egg** Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, **Mustard** Flour), Cheese Natural (**Milk**, Salt, Starter Culture, Rennet), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), 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?	Cereal Gluten	Cereal Gluten Type	Wheat	Natural Sulphites	Added Sulphites	Quantity of Added Sulphites (mg)	Crustacea	Eggs	Fish	Lupins	Milk	Mollusc	Peanuts	Tree Nuts	Tree Nuts Type	Sesame	Soy
Jack's Fried Chicken Parmi	Trial	Yes	No	Trace		Yes	No	No	0	No	Yes	Trace	Trace	Yes	Trace	Trace	No		Trace	Yes

Jack's Fried Chicken Mexican Deluxe

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 Tomato Relish Hot (Tomato (48%), Sugar, Vinegar, Onion, Thickener (1422), Tomato Paste, Garlic, Salt, Spices), Sauce Smoky Chipotle (Vegetable Oil (Including Antioxidant (307)), Water, Sugar, Vinegar, **Egg** Yolk, Tomato Paste, Lemon Juice Concentrate, Salt, Thickeners (1442, 1450, 415), Spices (Including Chipotle Chilli (0.3%)), Vegetable Powders, Smoke Flavour (**Barley**), Yeast Extract, Preservative (202)), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Jalapeno Slice (Jalapenos (57%), Brine (Water, Vinegar, Salt, Calcium Chloride)), 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)), Corn Chips (Corn Flour (76%), Vegetable Oil, Water, Salt), Butter Clarified (**Milk** Fat)

Contains: [Gluten](#)([Barley](#)), [Wheat](#) ([Gluten](#)), [Eggs](#), [Milk](#), [Soy](#)

May be present: [Oats](#), [Rye](#), [Fish](#), [Lupins](#), [Mollusc](#), [Peanuts](#), [Sesame](#)

Description	Store Status	Available in Selected Stores	Halal?	Cereal Gluten	Cereal Gluten Type	Wheat	Natural Sulphites	Added Sulphites	Quantity of Added Sulphites (mg)	Crustacea	Eggs	Fish	Lupins	Milk	Mollusc	Peanuts	Tree Nuts	Tree Nuts Type	Sesame	Soy
Jack's Fried Chicken Mexican Deluxe	Trial	Yes	No	Yes	Barley	Yes	No	No	0	No	Yes	Trace	Trace	Yes	Trace	Trace	No		Trace	Yes

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 from 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](#), [Sesame](#), [Soy](#), [Mustard](#)

May be present: [Added Sulphites](#), [Fish](#)

Description	Store Status	Available in Selected Stores	Halal?	Cereal Gluten	Cereal Gluten Type	Wheat	Natural Sulphites	Added Sulphites	Quantity of Added Sulphites (mg)	Crustacea	Eggs	Fish	Lupins	Milk	Mollusc	Peanuts	Tree Nuts	Tree Nuts Type	Sesame	Soy
Chicken Royale	Permanent	Yes	Yes	Trace		Yes	No	Trace	0	No	Yes	Trace	No	No	No	No	No		Yes	Yes

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](#), [Fish](#)

Description	Store Status	Available in Selected Stores	Halal?	Cereal Gluten	Cereal Gluten Type	Wheat	Natural Sulphites	Added Sulphites	Quantity of Added Sulphites (mg)	Crustacea	Eggs	Fish	Lupins	Milk	Mollusc	Peanuts	Tree Nuts	Tree Nuts Type	Sesame	Soy
Grilled Chicken Classic	Permanent	No	Yes	Trace		Yes	No	Trace	0	No	Yes	Trace	No	Yes	No	No	No		Yes	Yes

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](#), [Fish](#), [Milk](#)

Description	Store Status	Available in Selected Stores	Halal?	Cereal Gluten	Cereal Gluten Type	Wheat	Natural Sulphites	Added Sulphites	Quantity of Added Sulphites (mg)	Crustacea	Eggs	Fish	Lupins	Milk	Mollusc	Peanuts	Tree Nuts	Tree Nuts Type	Sesame	Soy
Grilled Chicken Spicy	Permanent	Yes	Yes	Trace		Yes	No	Trace	0	No	Yes	Trace	No	Trace	No	No	No		Yes	Yes

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](#))), 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), 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](#), [Fish](#)

Description	Store Status	Available in Selected Stores	Halal?	Cereal Gluten	Cereal Gluten Type	Wheat	Natural Sulphites	Added Sulphites	Quantity of Added Sulphites (mg)	Crustacea	Eggs	Fish	Lupins	Milk	Mollusc	Peanuts	Tree Nuts	Tree Nuts Type	Sesame	Soy
Grilled Chicken Spicy Cheese Bacon	Permanent	Yes	No	Trace		Yes	No	Trace	0	No	Yes	Trace	No	Yes	No	No	No		Yes	Yes

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](#), [Fish](#)

Description	Store Status	Available in Selected Stores	Halal?	Cereal Gluten	Cereal Gluten Type	Wheat	Natural Sulphites	Added Sulphites	Quantity of Added Sulphites (mg)	Crustacea	Eggs	Fish	Lupins	Milk	Mollusc	Peanuts	Tree Nuts	Tree Nuts Type	Sesame	Soy
Grilled Chicken Classic Cheese Bacon	Permanent	Yes	No	Trace		Yes	No	Trace	0	No	Yes	Trace	No	Yes	No	No	No		Yes	Yes

Jack's Fried Chicken Bourbon St

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 Brioché (**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), Onion Ring (Onion (50%), Water, **Wheat** Flour, **Soybean** Oil, Rice Flour, Thickener (1404, 1420, 415), Starch, Sugar, Onion Powder, Salt, Mineral Salt (450i, 500ii)), Vegetable Oil, Whey Powder, **Wheat** Gluten, **Soybean** Flour, Yeast Extract, Corn Flour, Flavour, Brown Sugar.), 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)), Sauce Bourbon Black Pepper (Sugar, Water, Vinegar, Glucose Syrup, Maltodextrin, Tomato Paste, Molasses, Thickeners (1422, 415), Worcestershire Sauce (**Wheat**, **Barley**, **Fish**), Salt, Vegetable Oil, Vegetable Powders, Spices [Including Black Pepper (<1%)], Colour (150c), Smoke Flavour, Natural Bourbon Flavour, Preservative (202), Spice Extract), Butter Clarified (**Milk** Fat), Sauce **Mustard** (Water, **Mustard** Powder (15%), Acidity Regulator (260, 270), Salt, Sugar, Thickener (1422), Maize Cornflour, Spice)

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

May be present: **Barley**, **Oats**, **Rye**, **Fish**, **Mollusc**, **Peanuts**, **Sesame**, **Lupins**

Description	Store Status	Available in Select Stores	Halal?	Cereal Gluten	Cereal Gluten Type	Wheat	Natural Sulphites	Added Sulphites	Quantity of Added Sulphites (mg)	Crustacea	Eggs	Fish	Lupins	Milk	Mollusc	Peanuts	Tree Nuts	Tree Nuts Type	Sesame	Soy
Jack's Fried Chicken Bourbon St	LTO	Yes	No	Trace		Yes	No	No	0	No	Yes	Trace	Trace	Yes	Trace	Trace	No		Trace	Yes

Grilled Chicken Bourbon St

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**)), Tomato Slice (Tomato), 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), Onion Ring (Onion (50%), Water, **Wheat** Flour, **Soybean** Oil, Rice Flour, Thickener (1404, 1420, 415), Starch, Sugar, Onion Powder, Salt, Mineral Salt (450i, 500ii)), Vegetable Oil, Whey Powder, **Wheat** Gluten, **Soybean** Flour, Yeast Extract, Corn Flour, Flavour, Brown Sugar.), 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)), Sauce Bourbon Black Pepper (Sugar, Water, Vinegar, Glucose Syrup, Maltodextrin, Tomato Paste, Molasses, Thickeners (1422, 415), Worcestershire Sauce (**Wheat**, **Barley**, **Fish**), Salt, Vegetable Oil, Vegetable Powders, Spices [Including Black Pepper (<1%)], Colour (150c), Smoke Flavour, Natural Bourbon Flavour, Preservative (202), Spice Extract), Sauce **Mustard** (Water, **Mustard** Powder (15%), Acidity Regulator (260, 270), Salt, Sugar, Thickener (1422), Maize Cornflour, Spice)

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

May be present: **Barley**, **Oats**, **Rye**, **Fish**, **Added Sulphites**

Description	Store Status	Available in Select Stores	Halal?	Cereal Gluten	Cereal Gluten Type	Wheat	Natural Sulphites	Added Sulphites	Quantity of Added Sulphites (mg)	Crustacea	Eggs	Fish	Lupins	Milk	Mollusc	Peanuts	Tree Nuts	Tree Nuts Type	Sesame	Soy
Grilled Chicken Bourbon St	LTO	Yes	No	Trace		Yes	No	Trace	0	No	Yes	Trace	No	Yes	No	No	No		Yes	Yes

Grilled Chicken Parmi

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 Napolitana (Tomato (46%), Water, Vinegar, Thickener (1422), Tomato Paste, Onion, Sugar, Garlic, Salt, Acidity Regulator (330), Herbs, Spices, Preservatives (202, 211)), Cheese Natural (**Milk**, Salt, Starter Culture, Rennet), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Mayonnaise (**Soybean** Oil (<0.001% Tocopherol [Vitamin E]), **Egg** Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, **Mustard** Flour)

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

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

Description	Store Status	Available in Select Stores	Halal?	Cereal Gluten	Cereal Gluten Type	Wheat	Natural Sulphites	Added Sulphites	Quantity of Added Sulphites (mg)	Crustacea	Eggs	Fish	Lupins	Milk	Mollusc	Peanuts	Tree Nuts	Tree Nuts Type	Sesame	Soy
Grilled Chicken Parmi	LTO	No	No	Trace		Yes	No	Trace	0	No	Yes	Trace	No	Yes	No	No	No		Yes	Yes

Hunger Tamer JFC Parmi

Ingredients: 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, Yeast, Yeast Extract, Spice Extract.), Sauce Spicy Tub (Vegetable Oil (Vegetable Oil, Antioxidant [307]), Water, **Egg** Yolk (55%), White Vinegar, Sugar, Salt, Thickeners (1442, 1450, 415), Yeast, Chilli Powder (1%), Vegetable Powders, Lemon Juice Concentrate, Acidity Regulator (330), Preservative (202), Spice Extracts, Antioxidant (385)), Coke POM (Carbonated Water, Sugar, Colour (150d), Food Acid (338), Flavour, Caffeine.), Chips (Potato, Vegetable Oil, Modified Potato Starches (1412, 1400, 1414), Rice Flour, Potato Dextrin, Salt, Acidity Regulators (450, 500), Thickener (415), Maltodextrin), 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 **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**)), Beef Pattary 4" (Beef (100%)), Bun Brioché (**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), Cheese SOS (Cheese (Made From Cows **Milk**, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat **Milk** Solids (From Cows **Milk**), **Milk** Solids (From Cows **Milk**), Emulsifiers (331(iii), 322(i)), Acidity Regulators (E330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234)), Sauce BBQ Smoky (Tomato Puree (48%), Sugar, Vinegar, Apple Paste, Thickener, Caramel Colour, Molasses, Salt, Smoke Flavour, Dehydrated Vegetables, Worcestershire Flavour, Spice.), Lettuce (Iceberg Lettuce), Butter Clarified (**Milk** Fat), Salt Seasoned (Salt 74%, Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil.)

Contains: **Natural Sulphites**, **Wheat**, **Eggs**, **Milk**, **Sesame**, **Soy**

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

Description	Store Status	Available in Select Stores	Halal?	Cereal Gluten	Cereal Gluten Type	Wheat	Natural Sulphites	Added Sulphites	Quantity of Added Sulphites (mg)	Crustacea	Eggs	Fish	Lupins	Milk	Mollusc	Peanuts	Tree Nuts	Tree Nuts Type	Sesame	Soy
▼ Hunger Tamer JFC Parmi	LTO	No	No	Trace		Yes	Yes	Trace	0	No	Yes	Trace	Trace	Yes	Trace	Trace	No		Yes	Yes
Jack's Fried Chicken Classic	Permanent	Yes	Yes	Trace		Yes	No	No	0	No	Yes	Trace	Trace	Yes	Trace	Trace	No		Trace	Yes
Chips Medium	Permanent	No	Yes	No		Trace	Yes	Trace	0	No	No	No	No	No	No	No	No		No	No
Coke POM Medium	Permanent	No	No	No		No	No	No	0	No	No	No	No	No	No	No	No		No	No
BBQ Cheeseburger	Permanent	Yes	Yes	Trace		Yes	No	Trace	0	No	Yes	Trace	No	Yes	No	No	No		Yes	Yes