

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 Selected 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	2850	13.7	36.1	18.3	48.3	3.6	9.5	20.9	55.2	1.9	5.2	460	1220

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 Selected 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	3130	14.1	41.7	18	53.1	4.1	12.1	18.9	55.9	1.9	5.7	538	1590

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 Selected 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	3310	14.1	41.6	14.8	43.6	3.3	9.8	19.2	56.8	2.2	6.6	572	1690

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 Selected 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	3030	13.6	36.1	14.7	38.9	2.7	7.1	21.2	56.1	2.3	6	498	1320

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 (45%), 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 Selected 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 Parmi	Trial	Yes	No	324	1,033	3350	13.7	44.6	17.5	56.7	4.5	14.8	18.2	59.1	2.2	7.2	526	1710

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?	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																		

Chicken Royale	Permanent	Yes	Yes		148	948	1410		7.7	11.5		18.4	27.2		2.9	4.3		28.1	41.7		3.3	4.9		420	622
----------------	-----------	-----	-----	--	-----	-----	------	--	-----	------	--	------	------	--	-----	-----	--	------	------	--	-----	-----	--	-----	-----

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 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	1470	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**, **Fish**, **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	1390	13.6	22.4	8.8	14.5	1	1.6	16.7	27.4	3.3	5.5	440	723

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 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	1680	14.3	28	9.8	19.3	2.1	4.2	14.4	28.1	3	6	561	1100

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 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	1750	14.3	28	11.1	21.7	2.3	4.5	14	27.4	2.6	5.1	530	1040

Grilled Chicken Mexican Deluxe

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 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)), 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), Corn Chips (Corn Flour (76%), Vegetable Oil, Water, Salt)

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

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

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 Mexican Deluxe	Trial	Yes	No	250	809	2030	12.1	30.3	8.8	22	2	5	16.9	42.4	5.1	12.8	549	1380

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 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), Onion Ring (Onion (50%), Water, **Wheat** Flour, **Soybean** Oil, Rice Flour, Thickener (1404, 1420, 415), Starch, Sugar, Onion Powder, Salt, Mineral Salt (450i, 500i)), 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?	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 Bourbon St	LTO	Yes	No	314	1,117	3510	13.5	42.4	18.6	58.4	4	12.6	20.9	65.6	2.9	9	561	1760

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?	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 Bourbon St	LTO	Yes	No	228	824	1880	12.6	28.8	14.9	34	3.1	7.1	16.4	37.4	3.9	8.8	512	1170

Grilled Chicken Parm

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?	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 Parm	LTO	No	No	190	816	1560	16.1	30.7	8.4	16.1	3.4	6.5	15.4	29.4	3.1	6	524	997

Hunger Tamer JFC Parm

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 Patty 4" (Beef (100%)), 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), 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?	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
▼ Hunger Tamer JFC Parm	LTO	No	No	1,001	735	7370	6.3	63.3	10.6	107	2.1	21	18.2	183	5.8	58.6	287	2880
Jack's Fried Chicken Classic	Permanent	Yes	Yes	264	285	2850	3.6	36.1	4.8	48.3	0.9	9.5	5.5	55.2	0.5	5.2	122	1220
Chips Medium	Permanent	No	Yes	108	129	1290	0.4	3.8	1.4	14.3	0.2	2	4.1	41.1	0	0.3	59	593
Coke POM Medium	Permanent	No	No	434	78	782	0	0	0	0	0	0	4.6	46.1	4.6	46.1	4	44
BBQ Cheeseburger	Permanent	Yes	Yes	118	136	1370	1.5	15.6	2.4	23.7	0.8	7.6	2.8	28.3	0.6	5.9	50	504