

Nutritional Guide Report

* Nutritional base values are calculated per 100g

Chips Small

Ingredients: Chips (Potato, Vegetable Oil, Modified Potato Starches (1412, 1400, 1414), Rice Flour, Potato Dextrin, Salt, Raising Agents (450, 500), Thickener (415), Maltodextrin), Salt Seasoned (Salt 74%, Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil)

Contains: Natural Sulphites

May be present: Added Sulphites, Wheat

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
Chips Small	Permanent	No	Yes	89	1,191	1,063	3.4	3.1	13.2	11.8	1.8	1.6	38	33.9	0.2	0.2	548	489

Chips Medium

Ingredients: Chips (Potato, Vegetable Oil, Modified Potato Starches (1412, 1400, 1414), Rice Flour, Potato Dextrin, Salt, Raising Agents (450, 500), Thickener (415), Maltodextrin), Salt Seasoned (Salt 74%, Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil)

Contains: Natural Sulphites

May be present: Added Sulphites, Wheat

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
Chips Medium	Permanent	No	Yes	108	1,191	1,289	3.4	3.8	13.2	14.3	1.8	2	38	41.1	0.2	0.3	548	593

Chips Large

Ingredients: Chips (Potato, Vegetable Oil, Modified Potato Starches (1412, 1400, 1414), Rice Flour, Potato Dextrin, Salt, Raising Agents (450, 500), Thickener (415), Maltodextrin), Salt Seasoned (Salt 74%, Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil)

Contains: Natural Sulphites

May be present: Added Sulphites, Wheat

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
Chips Large	Permanent	No	Yes	155	1,191	1,843	3.4	5.4	13.2	20.4	1.8	2.8	38	58.8	0.2	0.4	548	848

Nugget 3 Pack

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)

Contains: Wheat (Gluten)

May be present: Added Sulphites, Eggs, Milk, Soy

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
Nugget 3 Pack	LTO	No	Yes	51	1,070	546	14.5	7.4	12.4	6.4	1.8	1	20.8	10.7	1	0.6	449	229

Nugget 6 Pack

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)

Contains: Wheat (Gluten)

May be present: Added Sulphites, Eggs, Milk, Soy

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
Nugget 6 Pack	LTO	No	Yes	102	1,070	1,092	14.5	14.8	12.4	12.7	1.8	1.9	20.8	21.3	1	1.1	449	458

Nugget 12 Pack

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)

May be present: Added Sulphites, Eggs, Milk, Soy

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
Nugget 12 Pack	LTO	No	Yes	204	1,070	2,183	14.5	29.6	12.4	25.3	1.8	3.7	20.8	42.5	1	2.1	449	916

Onion Rings Medium

Ingredients: 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.)

Contains: Wheat (Gluten), Milk, Soy

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
Onion Rings Medium	LTO	No	Yes	77	1,557	1,196	3.3	2.6	26.5	20.4	2.2	1.8	30.6	23.6	4.7	3.7	436	336

Onion Rings Large

Ingredients: 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.)

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

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
Onion Rings Large	LTO	No	Yes	115	1,557	1,794	3.3	3.9	26.5	30.6	2.2	2.6	30.6	35.3	4.7	5.5	436	503

Nugget Carry Cup

Ingredients: Chips (Potato, Vegetable Oil, Modified Potato Starches (1412, 1400, 1414), Rice Flour, Potato Dextrin, Salt, Raising Agents (450, 500), Thickener (415), Maltodextrin), 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)

Contains: **Wheat**

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

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
Nugget Carry Cup	LTO	No	Yes	159	1,158	1,842	7	11.1	13	20.7	1.8	2.9	32.6	51.9	0.5	0.8	298	475

Nugget Snack Box

Ingredients: Chips (Potato, Vegetable Oil, Modified Potato Starches (1412, 1400, 1414), Rice Flour, Potato Dextrin, Salt, Raising Agents (450, 500), Thickener (415), Maltodextrin), 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)

Contains: **Wheat**

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

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
Nugget Snack Box	LTO	No	Yes	210	1,137	2,388	8.8	18.5	12.9	27.1	1.8	3.8	29.7	62.5	0.6	1.3	335	704

Nugget Snack Box x 10

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))

Contains: **Wheat**, **Eggs**

May be present: **Added Sulphites**, **Fish**, **Milk**, **Sesame**, **Soy**

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
Nugget Snack Box x 10	LTO	No	Yes	195	1,206	2,352	12.9	25.1	17.7	34.6	2.1	4.2	18.8	36.8	1.3	2.6	538	1,049

Chicken Tender Strips 3 x pack

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), 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))

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

May be present: **Milk**, **Soy**, **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
Chicken Tender Strips 3 x pack	Permanent	Yes	Yes	175	1,367	2,393	13.5	23.7	22.3	39	1.8	3.3	18.1	31.7	0.8	1.5	1,037	1,816

Chicken Tender Strips 5 x pack

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), 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))

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

May be present: **Milk**, **Soy**, **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
Chicken Tender Strips 5 x pack	Permanent	Yes	Yes	275	1,321	3,633	14.2	39.2	20.4	56	1.7	4.7	18.9	51.9	0.7	1.9	1,031	2,835

JFC Tender Snack Wrap Peppercorn

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), Lettuce (Iceberg Lettuce), 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))

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

May be present: **Soy**, **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
JFC Tender Snack Wrap Peppercorn	LTO	Yes	Yes	95	1,207	1,147	10.3	9.9	17.3	16.5	2.3	2.3	22.6	21.5	1.6	1.6	753	715

JFC Tender Snack Wrap Spicy

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), Lettuce (Iceberg Lettuce), 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)

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

May be present: 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
JFC Tender Snack Wrap Spicy	LTO	Yes	Yes	95	1,148	1,091	10.3	9.8	15.7	14.9	2.1	2.1	22.7	21.6	1.8	1.7	781	743

JFC Saucy Tender Korean BBQ 3 x Pack

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
JFC Saucy Tender Korean BBQ 3 x Pack	Trial	Yes	Yes	210	1,080	2,268	11.5	24.2	12.5	26.2	1	2.2	24.5	51.5	8.9	18.8	1,071	2,249

JFC Saucy Tender Korean BBQ 5 x Pack

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), Sauce Korean BBQ (Water, Sugar, **Soy** Sauce (Water, **Soybeans**, **Wheat**, Salt), Fruit, Vinegar, Golden Syrup (Sugar, Water), Thickeners (1422, 415), Sesame Oil, Natural Colour (150a), Salt, Vegetables, Hydrolysed Vegetable Protein, Food Acid (330), Preservatives (202, 211), Spice, Natural Flavour)

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

May be present: Gluten(Barley), Eggs, 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
JFC Saucy Tender Korean BBQ 5 x Pack	Trial	Yes	Yes	350	1,080	3,780	11.5	40.3	12.5	43.6	1	3.6	24.5	85.7	8.9	31.3	1,071	3,748

Loaded Tabasco Cheesy Chips

Ingredients: Chips (Potato, Vegetable Oil, Modified Potato Starches (1412, 1400, 1414), Rice Flour, Potato Dextrin, Salt, Raising Agents (450, 500), Thickener (415), Maltodextrin), Sauce Cheese (Water, Cheese (38%) (Milk, Salt, Starter Culture, Enzyme), Thickener (1442), Whey Protein Concentrate, Mineral Salts (452, 339), Xanthan Gum, Iodised Salt, Preservatives (234, 202), Citric Acid, Natural Colour (160a), Butyric Acid), Sauce Tabasco (Water, Vegetables [Vegetables, Food Acid (330)], Vinegar, Vegetable Oil, Sugar, Tabasco Pepper Powder (6%) [Tabasco Pepper Sauce (Distilled Vinegar, Red Pepper, Salt), Maltodextrin], Thickeners (1442, 415), Salt, Worcestershire Sauce (**Barley**, **Fish**), Natural Colour (160c), Preservatives (202, 211), Antioxidant (385)), Salt Seasoned (Salt 74%, Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil)

Contains: **Gluten**(Barley), **Milk**, **Fish**, **Natural Sulphites**

May be present: **Wheat** (Gluten), **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
Loaded Tabasco Cheesy Chips	LTO	Yes	Yes	232	1,038	2,408	5	11.7	13.1	30.4	3.4	7.9	27.7	64.3	1	2.3	683	1,585
Chips Large	Permanent	No	Yes	155	796	1,843	2.3	5.4	8.8	20.4	1.2	2.8	25.4	58.8	0.1	0.4	366	848

JFC Tender Snack Wrap Smoky BBQ

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), Lettuce (Iceberg Lettuce), Sauce BBQ Smoky (Tomato Puree (48%), Sugar, Vinegar, Apple Paste, Thickener, Caramel Colour, Molasses, Salt, Smoke Flavour, Dehydrated Vegetables, Worcestershire Flavour, Spice)

Contains: **Wheat** (Gluten)

May be present: **Eggs**, **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
JFC Tender Snack Wrap Smoky BBQ	LTO	Yes	Yes	95	1,045	993	10.3	9.8	11.3	10.8	1.9	1.9	26.3	25	4.5	4.3	759	721

Loaded Tangy BBQ Cheesy Chips

Ingredients: Chips (Potato, Vegetable Oil, Modified Potato Starches (1412, 1400, 1414), Rice Flour, Potato Dextrin, Salt, Raising Agents (450, 500), Thickener (415), Maltodextrin), Sauce Cheese (Water, Cheese (38%) (Milk, Salt, Starter Culture, Enzyme), Thickener (1442), Whey Protein Concentrate, Mineral Salts (452, 339), Xanthan Gum, Iodised Salt, Preservatives (234, 202), Citric Acid, Natural Colour (160a), Butyric Acid), Kansas City BBQ (Sugar, Water, Vinegar, Tomato Paste, Glucose Syrup, Molasses, Thickeners (1422, 1412, 415), Salt, Vegetable Oil, Spices, Dehydrated Vegetables, **Mustard** Flour, Preservative (202)), Salt Seasoned (Salt 74%, Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil)

Contains: **Milk**, **Natural Sulphites**, **Mustard**

May be present: **Wheat** (Gluten), **Gluten**(Barley), **Eggs**, **Soy**, **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
Loaded Tangy BBQ Cheesy Chips	LTO	Yes	Yes	265	1,017	2,696	4.5	12.1	10.9	28.9	2.9	7.7	31.7	84	7.3	19.3	648	1,718
Chips Large	Permanent	No	Yes	155	697	1,843	2	5.4	7.7	20.4	1	2.8	22.2	58.8	0.1	0.4	320	848

JFC Saucy Ribs Korean BBQ 5 x Pack

Ingredients: Chicken Ribs Plain (Chicken (60%), **Wheat** Flour, Water, Vegetable Oil, Starch (**Wheat**, Maize, Tapioca), Thickeners (461, 1420), Salt, Mineral Salts (450, 500, 451), **Wheat Gluten**, Vegetable Powders (Onion, Garlic), Maltodextrin, Spice (Pepper), Spice Extracts (Pepper, 100, 160c), Yeast, Yeast Extract, Food Acid (296), Natural Flavour), Sauce Korean BBQ (Water, Sugar, **Soy** Sauce (Water, **Soybeans**, **Wheat**, Salt), Fruit, Vinegar, Golden Syrup (Sugar, Water), Thickeners (1422, 415), **Sesame** Oil, Natural Colour (150a), Salt, Vegetables, Hydrolysed Vegetable Protein, Food Acid (330), Preservatives (202, 211), Spice, Natural Flavour)

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

May be present: **Gluten**(Barley), **Eggs**, **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
JFC Saucy Ribs Korean BBQ 5 x Pack	LTO	Yes	Yes	350	1,030	3,605	12.9	45.3	12.1	42.4	2	6.9	21.2	74.3	8.8	31	928	3,249

JFC Saucy Ribs Korean BBQ 3 x Pack

Ingredients: Chicken Ribs Plain (Chicken (60%), **Wheat** Flour, Water, Vegetable Oil, Starch (**Wheat**, Maize, Tapioca), Thickeners (461, 1420), Salt, Mineral Salts (450, 500, 451), **Wheat Gluten**, Vegetable Powders (Onion, Garlic), Maltodextrin, Spice (Pepper), Spice Extracts (Pepper, 100, 160c), Yeast, Yeast Extract, Food Acid (296), Natural Flavour), Sauce Korean BBQ (Water, Sugar, **Soy** Sauce (Water, **Soybeans**, **Wheat**, Salt), Fruit, Vinegar, Golden Syrup (Sugar, Water), Thickeners (1442, 1450, 415), Yeast, Chilli Powder (1%), Vegetable Powders, Lemon Juice Concentrate, Acidity Regulator (330), Preservative (202), Spice, Natural Flavour)

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

May be present: **Gluten**(Barley), **Eggs**, **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
JFC Saucy Ribs Korean BBQ 3 x Pack	LTO	Yes	Yes	210	1,030	2,163	12.9	27.2	12.1	25.5	2	4.2	21.2	44.6	8.8	18.6	928	1,949

JFC Saucy Ribs Plain 3 x Pack

Ingredients: Chicken Ribs Plain (Chicken (60%), **Wheat** Flour, Water, Vegetable Oil, Starch (**Wheat**, Maize, Tapioca), Thickeners (461, 1420), Salt, Mineral Salts (450, 500, 451), **Wheat Gluten**, Vegetable Powders (Onion, Garlic), Maltodextrin, Spice (Pepper), Spice Extracts (Pepper, 100, 160c), Yeast, Yeast Extract, Food Acid (296), Natural Flavour), 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))

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

May be present: **Gluten**(Barley), **Milk**, **Soy**, **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
JFC Saucy Ribs Plain 3 x Pack	LTO	Yes	Yes	175	1,307	2,288	15.2	26.7	21.9	38.3	2.9	5.2	14.1	24.8	0.7	1.3	866	1,516

JFC Saucy Ribs Plain 5 x Pack

Ingredients: Chicken Ribs Plain (Chicken (60%), **Wheat** Flour, Water, Vegetable Oil, Starch (**Wheat**, Maize, Tapioca), Thickeners (461, 1420), Salt, Mineral Salts (450, 500, 451), **Wheat Gluten**, Vegetable Powders (Onion, Garlic), Maltodextrin, Spice (Pepper), Spice Extracts (Pepper, 100, 160c), Yeast, Yeast Extract, Food Acid (296), Natural Flavour), 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))

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

May be present: **Gluten**(Barley), **Milk**, **Soy**, **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
JFC Saucy Ribs Plain 5 x Pack	LTO	Yes	Yes	275	1,257	3,458	16.1	44.2	19.9	54.8	2.9	7.9	14.7	40.4	0.6	1.6	849	2,335

JFC Saucy Ribs Smoky Chipotle 3 x Pack

Ingredients: Chicken Ribs Plain (Chicken (60%), **Wheat** Flour, Water, Vegetable Oil, Starch (**Wheat**, Maize, Tapioca), Thickeners (461, 1420), Salt, Mineral Salts (450, 500, 451), **Wheat Gluten**, Vegetable Powders (Onion, Garlic), Maltodextrin, Spice (Pepper), Spice Extracts (Pepper, 100, 160c), Yeast, Yeast Extract, Food Acid (296), Natural Flavour), Glaze Smoky Chipotle (Water, Vinegar, Sugar, Tomato Pulp, Onion, Garlic, Modified Starch (1442), Salt, Spices, Flavourings, Colour (150a), Yeast Extract, Vegetable Gum (415), Herb, Spice Extract (160c))

Contains: **Wheat** (Gluten)

May be present: **Gluten**(Barley), **Eggs**, **Milk**, **Soy**, **Fish**, **Almond**, **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
JFC Saucy Ribs Smoky Chipotle 3 x Pack	LTO	Yes	Yes	210	949	1,993	12.7	26.7	11.8	24.9	2	4.1	17.4	36.6	5.7	11.9	814	1,709

JFC Saucy Ribs Smoky Chipotle 5 x Pack

Ingredients: Chicken Ribs Plain (Chicken (60%), **Wheat** Flour, Water, Vegetable Oil, Starch (**Wheat**, Maize, Tapioca), Thickeners (461, 1420), Salt, Mineral Salts (450, 500, 451), **Wheat Gluten**, Vegetable Powders (Onion, Garlic), Maltodextrin, Spice (Pepper), Spice Extracts (Pepper, 100, 160c), Yeast, Yeast Extract, Food Acid (296), Natural Flavour), Glaze Smoky Chipotle (Water, Vinegar, Sugar, Tomato Pulp, Onion, Garlic, Modified Starch (1442), Salt, Spices, Flavourings, Colour (150a), Yeast Extract, Vegetable Gum (415), Herb, Spice Extract (160c))

Contains: **Wheat** (Gluten)

May be present: **Gluten**(Barley), **Eggs**, **Milk**, **Soy**, **Fish**, **Almond**, **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
JFC Saucy Ribs Smoky Chipotle 5 x Pack	LTO	Yes	Yes	350	949	3,322	12.7	44.4	11.8	41.5	2	6.9	17.4	60.9	5.7	19.9	814	2,849

JFC Saucy Ribs Peri Peri 5 x Pack

Ingredients: Chicken Ribs Plain (Chicken (60%), **Wheat** Flour, Water, Vegetable Oil, Starch (**Wheat**, Maize, Tapioca), Thickeners (461, 1420), Salt, Mineral Salts (450, 500, 451), **Wheat Gluten**, Vegetable Powders (Onion, Garlic), Maltodextrin, Spice (Pepper), Spice Extracts (Pepper, 100, 160c), Yeast, Yeast Extract, Food Acid (296), Natural Flavour), Glaze Peri Peri (Water, Lemon Juice, Vinegar, Onion Puree, Salt, Vegetable Oil, Modified Starch (1442), **Oat** Fibre, Chilli Puree, Garlic [Food Acid (260)], Vegetable Gum (415), Spices, Antioxidants (300, 392), Flavourings, Spice Extract (160c))

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

May be present: **Gluten(Barley), Eggs, Milk, Soy, 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
JFC Saucy Ribs Peri Peri 5 x Pack	LTO	Yes	Yes	350	917	3,210	12.6	44.2	13	45.6	2	7.1	12.7	44.6	0.5	1.9	1,157	4,050

JFC Saucy Ribs Peri Peri 3 x Pack

Ingredients: Chicken Ribs Plain (Chicken (60%), **Wheat** Flour, Water, Vegetable Oil, Starch (**Wheat**, Maize, Tapioca), Thickeners (461, 1420), Salt, Mineral Salts (450, 500, 451), **Wheat Gluten**, Vegetable Powders (Onion, Garlic), Maltodextrin, Spice (Pepper), Spice Extracts (Pepper, 100, 160c), Yeast, Yeast Extract, Food Acid (296), Natural Flavour), Glaze Peri Peri (Water, Lemon Juice, Vinegar, Onion Puree, Salt, Vegetable Oil, Modified Starch (1442), **Oat** Fibre, Chilli Puree, Garlic [Food Acid (260)], Vegetable Gum (415), Spices, Antioxidants (300, 392), Flavourings, Spice Extract (160c))

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

May be present: **Gluten(Barley), Eggs, Milk, Soy, 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
JFC Saucy Ribs Peri Peri 3 x Pack	LTO	Yes	Yes	210	917	1,926	12.6	26.5	13	27.4	2	4.3	12.7	26.8	0.5	1.1	1,157	2,430

Jack's Fried Chicken Outback Snack Wrap

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
Jack's Fried Chicken Outback Snack Wrap	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

JFC Saucy Tender Peri Peri 3 x Pack

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**), Glaze Peri Peri (Water, Lemon Juice, Vinegar, Onion Puree, Salt, Vegetable Oil, Modified Starch (1442), **Oat** Fibre, Chilli Puree, Garlic [Food Acid (260)], Vegetable Gum (415), Spices, Antioxidants (300, 392), Flavourings, Spice Extract (160c))

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

May be present: **Gluten(Barley), Eggs, Milk, Soy, 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
JFC Saucy Tender Peri Peri 3 x Pack	LTO	Yes	Yes	210	967	2,031	11.2	23.5	13.4	28.2	1.1	2.4	16	33.7	0.6	1.3	1,300	2,730

JFC Saucy Tender Peri Peri 5 x Pack

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**), Glaze Peri Peri (Water, Lemon Juice, Vinegar, Onion Puree, Salt, Vegetable Oil, Modified Starch (1442), **Oat** Fibre, Chilli Puree, Garlic [Food Acid (260)], Vegetable Gum (415), Spices, Antioxidants (300, 392), Flavourings, Spice Extract (160c))

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

May be present: **Gluten(Barley), Eggs, Milk, Soy, 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
JFC Saucy Tender Peri Peri 5 x Pack	LTO	Yes	Yes	350	967	3,385	11.2	39.2	13.4	46.9	1.1	3.9	16	56.1	0.6	2.1	1,300	4,550

JFC Saucy Tender Smoky Chipotle 3 x Pack

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**), Glaze Smoky Chipotle (Water, Vinegar, Sugar, Tomato Pulp, Onion, Garlic, Modified Starch (1442), Salt, Spices, Flavourings, Colour (150a), Yeast Extract, Vegetable Gum (415), Herb, Spice Extract (160c))

Contains: **Wheat (Gluten)**

May be present: **Gluten(Barley), Eggs, Milk, Soy, Fish, Almond, 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
JFC Saucy Tender Smoky Chipotle 3 x Pack	LTO	Yes	Yes	210	999	2,098	11.3	23.7	12.2	25.7	1	2.2	20.7	43.5	5.7	12.1	957	2,009

JFC Saucy Tender Smoky Chipotle 5 x Pack

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**), Glaze Smoky Chipotle (Water, Vinegar, Sugar, Tomato Pulp, Onion, Garlic, Modified Starch (1442), Salt, Spices, Flavourings, Colour (150a), Yeast Extract, Vegetable Gum (415), Herb, Spice Extract (160c))

Contains: Wheat (Gluten)

May be present: Gluten(Barley), Eggs, Milk, Soy, Fish, Almond, 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
JFC Saucy Tender Smoky Chipotle 5 x Pack	LTO	Yes	Yes	350	999	3,497	11.3	39.4	12.2	42.7	1	3.6	20.7	72.4	5.7	20.1	957	3,349