

## Nutritional Guide Report

\* Nutritional base values are calculated per 100g

### Chips Small

**Ingredients:** Chips, Salt Seasoned (Salt 74%, Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil.)

**Contains:** Natural 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
Chips Small	Permanent	No	Yes	89	1,191	1070	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, Salt Seasoned (Salt 74%, Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil.)

**Contains:** Natural 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
Chips Medium	Permanent	No	Yes	108	1,191	1290	3.4	3.8	13.2	14.3	1.8	2	38	41.1	0.2	0.3	548	593

### Chips Large

**Ingredients:** Chips, Salt Seasoned (Salt 74%, Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil.)

**Contains:** Natural 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
Chips Large	Permanent	No	Yes	155	1,191	1850	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

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

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	1100	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.)

**Contains:** 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
Nugget 12 Pack	LTO	No	Yes	204	1,070	2190	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, 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	1200	3.3	2.6	26.5	20.5	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, 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	154	1,557	2400	3.3	5.2	53.0	41.0	4.4	3.6	61.2	47.2	9.4	7.4	872	672

Onion Rings Large	LTO	No	Yes	115	1,557	1800	3.3	3.9	26.5	30.5	2.2	2.6	30.6	35.2	4.7	5.5	436	502
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### Nugget Carry Cup

**Ingredients:** Chips (Potato, Vegetable Oil, Modified Potato Starches (1412, 1400, 1414), Rice Flour, Potato Dextrin, Salt, Acidity Regulators (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

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	1850	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, Acidity Regulators (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

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	2390	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:** Fish, Milk, Sesame

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Nugget Snack Box x 10	LTO	No	Yes	195	1,206	2360	12.9	25.1	17.7	34.6	2.1	4.2	18.8	36.8	1.3	2.6	538	1050

### Chicken Fries 9 Pack

**Ingredients:** Chicken Fries (Chicken (54%), **Wheat** Flour, Water, Vegetable Oil, Starch (**Wheat**, Maize), Rice Flour, Thickeners (1422, 1442, 461), Maltodextrin (Maize), Salt, Mineral Salts (500, 541, 451, 450), Spices, Dehydrated Vegetables, Dextrose (Tapioca, Maize), Herbs, Mineral Salts (450, 500), Sugar, Yeast Extract, Spice Extracts, Flavours, Colour (160c))

**Contains:** Wheat (Gluten)

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 Fries 9 Pack	LTO	Yes	Yes	132	1,333	1770	9.9	13.2	20.5	27.2	3.7	4.9	23.9	31.7	1.3	1.8	550	728