

## 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, 472e, 322 (**Soy**, 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:** Added Sulphites, Sesame

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

### Chicken Royale

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

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

**May be present:** Added Sulphites

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

### Bistro Jack's Fried Chicken

**Ingredients:** Chicken Jack's Fried (Chicken (64%), Flour (Wheat, Maize), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Vegetable Powders, Yeast, Salt, Mineral Salts (450, 500, 451, 452), Spices, Vegetable Gum (415)), Bun Brioche (Wheat Flour, Water, Canola Oil, Sugar, Bakers Yeast, **Wheat Gluten**, Modified Potato Starch (1420), Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers [481, 472e, 322 (**Soy**, Rapeseed)], **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Onion Grilled (Onions (95%), Canola Oil, Salt), Cheese Swiss (**Milk**, Salt, Cultures (**Milk**), Enzyme (Non-Animal Rennet), Natural Preservative (235)), Mayonnaise (**Soybean** Oil (<0.001% Tocopherol [Vitamin E]), **Egg** Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, **Mustard** Flour), 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)), Butter Clarified (**Milk** Fat)

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

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

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Bistro Jack's Fried Chicken	Trial	Yes	Yes	327	1,099	3,594	13.2	43.1	19.4	63.3	4.5	14.7	18	58.8	2.6	8.4	470	1,538

### Bistro Grilled Chicken

**Ingredients:** Chicken Grilled (Chicken (94%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Corn), Spice Extract), Bun **Sesame** Glazed 4" (Wheat Flour, Water, Baker's Yeast, Sugar, Canola Oil, **Wheat Gluten**, **Sesame** Seeds, Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers [481, 472e, 322 (**Soy**, Rapeseed)], Modified Potato Starch (1420), **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Onion Grilled (Onions (95%), Canola Oil, Salt), Cheese Swiss (**Milk**, Salt, Cultures (**Milk**), Enzyme (Non-Animal Rennet), Natural Preservative (235)), Mayonnaise (**Soybean** Oil (<0.001% Tocopherol [Vitamin E]), **Egg** Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, **Mustard** Flour), Tomato Slice (Tomato), 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, Soy, Sesame, Mustard

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

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Bistro Grilled Chicken	Trial	Yes	Yes	227	862	1,957	12.9	29.4	17.2	39	4	9.1	13.3	30.1	3.4	7.9	416	945

### 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, 472e, 322 (**Soy**, 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(ii)), 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:** Added Sulphites, Sesame

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

### Jack's Fried Chicken Spicy Cheese & Bacon

**Ingredients:** Chicken Jack's Fried (Chicken (64%), Flour (Wheat, Maize), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Vegetable Powders, Yeast, Salt, Mineral Salts (450, 500, 451, 452), Spices, Vegetable Gum (415)), Bun Brioche (Wheat Flour, Water, Canola Oil, Sugar, Bakers Yeast, **Wheat Gluten**, Modified Potato Starch (1420), Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers [481, 472e, 322 (**Soy**, 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(ii)), 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:** Added Sulphites, Sesame

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

### Grilled Chicken Classic

**Ingredients:** Chicken Grilled (Chicken (94%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Corn), Spice Extract), Bun **Sesame Glazed 4"** (**Wheat** Flour, Water, Baker's Yeast, Sugar, Canola Oil, **Wheat Gluten**, **Sesame** Seeds, Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers [481, 472e, 322 (**Soy**, Rapeseed)], Modified Potato Starch (1420), **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Sauce Ranch (Canola Oil, Water, Vinegar, **Mustard** [Water, **Mustard** Seed, Salt, Vinegar, Sugar, Food Acid (Acetic Acid), **Celery** Powder, Turmeric, Natural Flavour], **Egg** Yolk, Worcestershire Sauce, Thickeners (1442, 415), Salt, Sugar, Reconstituted Lemon Juice, Herbs (0.3%), Preservatives (211, 202), **Milk** Solids, Spice), Tomato Slice (Tomato), Lettuce (Iceberg Lettuce)

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

**May be present:** Added Sulphites

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

### Grilled Chicken Spicy

**Ingredients:** Chicken Grilled (Chicken (94%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Corn), Spice Extract), Bun **Sesame Glazed 4"** (**Wheat** Flour, Water, Baker's Yeast, Sugar, Canola Oil, **Wheat Gluten**, **Sesame** Seeds, Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers [481, 472e, 322 (**Soy**, 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, Chili (Food Acid [260]), Thickeners (1442, 415), Salt, **Egg** Yolk Powder, **Mustard** Flour, Spices, Colour (160c), Preservatives (202, 211, 234), Acidity Regulator (330), Natural Flavours), Tomato Slice (Tomato), Lettuce (Iceberg Lettuce)

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

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

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

### Baconator Grilled Chicken

**Ingredients:** Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Chicken Grilled (Chicken (94%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Corn), Spice Extract), Bun **Sesame Glazed 4"** (**Wheat** Flour, Water, Baker's Yeast, Sugar, Canola Oil, **Wheat Gluten**, **Sesame** Seeds, Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers [481, 472e, 322 (**Soy**, Rapeseed)], Modified Potato Starch (1420), **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Mayonnaise (**Soybean** Oil (<0.001% Tocopherol [Vitamin E]), **Egg** Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, **Mustard** Flour), Tomato Slice (Tomato), Cheese SOS (Cheese (Cows **Milk**, Salt, Culture, Microbial/Calves Rennet), Water, Non-Fat **Milk** Solids (Cow's **Milk**), **Milk** Solids (Cow's **Milk**), Emulsifiers (331(iii), 322(i)), Acidity Regulators (330), Salt, Natural Cheese Flavour, Colour (160a), Natural Preservative (234)), Lettuce (Iceberg Lettuce)

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

**May be present:** Added Sulphites

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Baconator Grilled Chicken	LTO	Yes	No	255	733	1,873	14.8	37.8	13.4	34.3	3.4	8.6	11	28.1	2.3	5.8	644	1,645

### Baconator Jack's Fried Chicken

**Ingredients:** Chicken Jack's Fried (Chicken (64%), Flour (**Wheat**, Maize), Water, Starch (**Wheat**, Potato, Tapioca), Vegetable Oil, Vegetable Powders, Yeast, Salt, Mineral Salts (450, 500, 451, 452), Spices, Vegetable Gum (415)), Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Bun Brioche (**Wheat** Flour, Water, Canola Oil, Sugar, Bakers Yeast, **Wheat Gluten**, Modified Potato Starch (1420), Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers [481, 472e, 322 (**Soy**, Rapeseed)], **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Mayonnaise (**Soybean** Oil (<0.001% Tocopherol [Vitamin E]), **Egg** Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, **Mustard** Flour), 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:** 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
Baconator Jack's Fried Chicken	LTO	Yes	No	355	988	3,510	14.5	51.5	16.5	58.6	4	14.2	15.9	56.7	1.8	6.4	630	2,238

### 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, 472e, 322 (**Soy**, 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, Chili (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:** Added Sulphites, Sesame

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Fried Chicken Spicy	Permanent	Yes	No	264	1,146	3,025	13.6	36.1	14.7	38.9	2.7	7.1	21.2	56.1	2.3	6	498	1,316

### Grilled Chicken Classic Cheese Bacon

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

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

**May be present:** Added Sulphites

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

### Jack's Fried Chicken Saucy Burger Korean BBQ

**Ingredients:** Chicken Jack's Fried (Chicken (64%), Flour (Wheat, Maize), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Vegetable Powders, Yeast, Salt, Mineral Salts (450, 500, 451, 452), Spices, Vegetable Gum (415)), Bun Brioche (Wheat Flour, Water, Canola Oil, Sugar, Bakers Yeast, **Wheat Gluten**, Modified Potato Starch (1420), Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers [481, 472e, 322 (**Soy**, Rapeseed)], **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Sauce 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), 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**, **Sesame**, **Mustard**

**May be present:** **Gluten**(Barley), **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 Saucy Burger Korean BBQ	Trial	Yes	Yes	288	1,044	3,006	12.6	36.5	16.9	48.6	3.3	9.5	22.1	63.7	4.3	12.4	522	1,503

### Jack's Fried Chicken Saucy Burger Honey Soy

**Ingredients:** Chicken Jack's Fried (Chicken (64%), Flour (Wheat, Maize), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Vegetable Powders, Yeast, Salt, Mineral Salts (450, 500, 451, 452), Spices, Vegetable Gum (415)), Bun Brioche (Wheat Flour, Water, Canola Oil, Sugar, Bakers Yeast, **Wheat Gluten**, Modified Potato Starch (1420), Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers [481, 472e, 322 (**Soy**, Rapeseed)], **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Sauce Honey **Soy**, 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:** **Gluten**(Barley), **Sesame**, **Added Sulphites**

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Fried Chicken Saucy Burger Honey Soy	Trial	Yes	Yes	288	1,039	2,993	12.6	36.3	16.8	48.3	3.3	9.5	22.1	63.7	4.4	12.8	462	1,330

### Jack's Fried Chicken Saucy Burger Peppercorn

**Ingredients:** Chicken Jack's Fried (Chicken (64%), Flour (Wheat, Maize), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Vegetable Powders, Yeast, Salt, Mineral Salts (450, 500, 451, 452), Spices, Vegetable Gum (415)), Bun Brioche (Wheat Flour, Water, Canola Oil, Sugar, Bakers Yeast, **Wheat Gluten**, Modified Potato Starch (1420), Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers [481, 472e, 322 (**Soy**, Rapeseed)], **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Sauce 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)), 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**, **Sesame**, **Added Sulphites**

Description	Store Status	Available in Select Stores	Halal?	Serving Size in Grams	Energy (kJ)	Energy (kJ) Per Serving	Protein (g)	Protein (g) Per Serving	Total Fat (g)	Total Fat (g) Per Serving	Saturated Fat (g)	Saturated Fat (g) Per Serving	Carbohydrates (g)	Carbohydrates (g) Per Serving	Sugars (g)	Sugars (g) Per Serving	Sodium (mg)	Sodium (mg) Per Serving
Jack's Fried Chicken Saucy Burger Peppercorn	Trial	Yes	Yes	288	1,160	3,342	12.6	36.4	21.2	61	3.7	10.6	19.7	56.7	2.1	6.1	486	1,401

### Grilled Chicken Saucy Burger Korean BBQ

**Ingredients:** Chicken Grilled (Chicken (94%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Corn), Spice Extract), Bun **Sesame** Glazed 4" (Wheat Flour, Water, Baker's Yeast, Sugar, Canola Oil, **Wheat Gluten**, **Sesame** Seeds, Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers [481, 472e, 322 (**Soy**, Rapeseed)], Modified Potato Starch (1420), **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), 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), Mayonnaise (**Soybean** Oil (<0.001% Tocopherol [Vitamin E]), **Egg** Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, **Mustard** Flour), Tomato Slice (Tomato), Lettuce (Iceberg Lettuce)

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

**May be present:** **Gluten**(Barley), **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
Grilled Chicken Saucy Burger Korean BBQ	Trial	Yes	Yes	188	728	1,369	12.1	22.8	12.9	24.3	2.1	4	18.6	35	6.3	11.8	484	910

### Grilled Chicken Saucy Burger Honey Soy

**Ingredients:** Chicken Grilled (Chicken (94%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Corn), Spice Extract), Bun **Sesame** Glazed 4" (Wheat Flour, Water, Baker's Yeast, Sugar, Canola Oil, **Wheat Gluten**, **Sesame** Seeds, Iodised Salt, **Soy** Flour, Preservative (282), Emulsifiers [481, 472e, 322 (**Soy**, Rapeseed)], Modified Potato Starch (1420), **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), Sauce Honey **Soy** (Water, Sugar, Vinegar, Garlic, Fructose, Honey (Minimum 3%), Modified Starch (1442), **Soy** Sauce Powder (Minimum 2%), Colour (150a), Ginger Puree [Food Acid (260)], Flavours, Salt, Yeast Extract, Onion Puree, Vegetable Gum (415), Spice), Mayonnaise (**Soybean** Oil (<0.001% Tocopherol [Vitamin E]), **Egg** Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, **Mustard** Flour), Tomato Slice (Tomato), Lettuce (Iceberg Lettuce)

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

**May be present:** **Gluten**(Barley), **Milk**, **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 Saucy Burger Honey Soy	Trial	Yes	Yes	188	721	1,356	12	22.6	12.7	24	2.1	4	18.6	35	6.5	12.2	391	736

**Grilled Chicken Saucy Burger Peppercorn**

**Ingredients:** Chicken Grilled (Chicken (94%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Corn), Spice Extract), Bun **Sesame Glazed 4"** (Wheat Flour, Water, Baker's Yeast, Sugar, Canola Oil, **Wheat Gluten**, **Sesame** Seeds, Iodised Salt, Soy Flour, Preservative (282), Emulsifiers [481, 472e, 322 (Soy, Rapeseed)], Modified Potato Starch (1420), **Wheat** Malt Flour, Acidity Regulator (334), Vitamins (Thiamin, Folic Acid), Processing Aid (**Wheat**)), 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)), Mayonnaise (**Soybean** Oil (<0.001% Tocopherol [Vitamin E]), **Egg** Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, **Mustard** Flour), Tomato Slice (Tomato), Lettuce (Iceberg Lettuce)

**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 Saucy Burger Peppercorn	Trial	Yes	Yes	188	907	1,705	12.1	22.7	19.5	36.7	2.7	5.1	14.9	28.1	2.9	5.5	429	807