

Nutritional Guide Report

* Nutritional base values are calculated per 100g

3 Nuggets Kid's Meal

Ingredients: Mt Franklin Still Water (Spring Water), 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), Salt Seasoned (Salt 74%, Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil)

Contains: Natural Sulphites, 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
3 Nuggets Kid's Meal	Permanent	No	Yes	640	251	1,609	1.6	10.5	2.8	18.1	0.4	2.6	6.9	44.5	0.1	0.8	112	719
Chips Small	Permanent	No	Yes	89	166	1,063	0.5	3.1	1.8	11.8	0.2	1.6	5.3	33.9	0	0.2	76	489
Nugget 3 Pack	LTO	No	Yes	51	85	546	1.2	7.4	1	6.4	0.1	1	1.7	10.7	0.1	0.6	36	229

6 Nuggets Kid's Meal

Ingredients: Mt Franklin Still Water (Spring Water), 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), 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, 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
6 Nuggets Kid's Meal	Permanent	No	Yes	691	312	2,154	2.6	17.9	3.5	24.4	0.5	3.5	8	55.1	0.2	1.3	137	948
Chips Small	Permanent	No	Yes	89	154	1,063	0.4	3.1	1.7	11.8	0.2	1.6	4.9	33.9	0	0.2	71	489
Nugget 6 Pack	LTO	No	Yes	102	158	1,092	2.1	14.8	1.8	12.7	0.3	1.9	3.1	21.3	0.1	1.1	66	458

Cheeseburger Kid's Meal

Ingredients: Mt Franklin Still Water (Spring Water), Chips (Potato, Vegetable Oil, Modified Potato Starches (1412, 1400, 1414), Rice Flour, Potato Dextrin, Salt, Raising Agents (450, 500), Thickener (415), Maltodextrin), 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%)), 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 Ketchup (Concentrated Tomatoes, Sugar, Concentrated White Vinegar, Salt, Natural Flavours, Food Acid (Citric Acid), Spice), Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Natural Flavours), Sauce **Mustard** (Water, **Mustard** Powder (15%), Acidity Regulator (260, 270), Salt, Sugar, Thickener (1422), Maize Cornflour, Spice), Salt Seasoned (Salt 74%, Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil)

Contains: Natural Sulphites, Wheat (Gluten), Milk, Sesame, Soy

May be present: Added Sulphites, Eggs

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
Cheeseburger Kid's Meal	Permanent	Yes	No	708	333	2,359	2.6	18.6	3.7	26.5	1.1	7.6	8.8	62.3	0.9	6.5	156	1,103
Chips Small	Permanent	No	Yes	89	150	1,063	0.4	3.1	1.7	11.8	0.2	1.6	4.8	33.9	0	0.2	69	489
Cheeseburger	Permanent	Yes	No	119	183	1,300	2.2	15.6	2.1	14.8	0.8	6.1	4	28.5	0.9	6.4	87	615

Kid's Meal 6 Nuggets and Salad

Ingredients: Mt Franklin Still Water (Spring Water), 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), Tomato Slice (Tomato), Lettuce (Iceberg Lettuce)

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
Kid's Meal 6 Nuggets and Salad	Permanent	No	Yes	644	174	1,119	2.3	15	2	12.7	0.3	1.9	3.5	22.4	0.3	2	72	464
Kids Salad	Permanent	Yes	Yes	49	4	32	0	0.3	0	0.1	0	0	0.2	1.3	0.2	1.2	1	7
Nugget 6 Pack	LTO	No	Yes	102	169	1,092	2.3	14.8	2	12.7	0.3	1.9	3.3	21.3	0.2	1.1	71	458

Kids Salad

Ingredients: Tomato Slice (Tomato), Lettuce (Iceberg Lettuce)

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
Kids Salad	Permanent	Yes	Yes	49	64	32	0.4	0.3	0	0.1	0	0	2.6	1.3	2.3	1.2	13	7

Kid's Meal Hamburger and Salad

Ingredients: Mt Franklin Still Water (Spring Water), Tomato Slice (Tomato), 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**)), Lettuce (Iceberg Lettuce), Beef Patty 4" (Beef (100%)), Sauce Ketchup (Concentrated Tomatoes, Sugar, Concentrated White Vinegar, Salt, Natural Flavours, Food Acid (Citric Acid), Spice), Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Natural Flavours), Sauce **Mustard** (Water, **Mustard** Powder (15%), Acidity Regulator (260, 270), Salt, Sugar, Thickener (1422), Maize Cornflour, Spice)

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

May be present: Added Sulphites, Eggs, 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
Kid's Meal Hamburger and Salad	Permanent	No	No	650	180	1,171	2.1	13.5	1.8	11.9	0.6	4.1	4.5	29.2	1.1	7	71	462
Hamburger	Permanent	Yes	No	108	176	1,145	2	13.3	1.8	11.8	0.6	4.1	4.3	28.1	0.9	6	70	457
Kids Salad	Permanent	Yes	Yes	49	4	32	0	0.3	0	0.1	0	0	0.2	1.3	0.2	1.2	1	7

Kid's Meal 3 Nuggets and Salad

Ingredients: Mt Franklin Still Water (Spring Water), 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), Tomato Slice (Tomato), Lettuce (Iceberg Lettuce)

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
Kid's Meal 3 Nuggets and Salad	Permanent	No	Yes	593	97	573	1.3	7.6	1.1	6.4	0.2	1	2	11.8	0.3	1.5	40	235
Kids Salad	Permanent	Yes	Yes	49	5	32	0	0.3	0	0.1	0	0	0.2	1.3	0.2	1.2	1	7
Nugget 3 Pack	LTO	No	Yes	51	92	546	1.2	7.4	1.1	6.4	0.2	1	1.8	10.7	0.1	0.6	39	229

Kid's Meal Grilled Chicken Burger and Salad

Ingredients: Mt Franklin Still Water (Spring Water), Tomato Slice (Tomato), Lettuce (Iceberg Lettuce), 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**)), Mayonnaise (**Soybean** Oil (<0.001% Tocopherol [Vitamin E]), **Egg** Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, **Mustard** Flour)

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

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
Kid's Meal Grilled Chicken Burger and Salad	NPD	No	Yes	681	167	1,141	3.3	22.5	2.2	15	0.4	2.5	3.9	26.9	0.7	5.1	83	565
Kids Salad	Permanent	Yes	Yes	49	4	32	0	0.3	0	0.1	0	0	0.2	1.3	0.1	1.2	1	7
Kids Grilled Chicken Burger	NPD	No	Yes	139	164	1,114	3.3	22.3	2.2	15	0.4	2.5	3.8	25.8	0.6	4.1	82	560

Kid's Meal Grilled Chicken Wrap and Salad

Ingredients: Mt Franklin Still Water (Spring Water), Tomato Slice (Tomato), Lettuce (Iceberg Lettuce), Chicken Grilled (Chicken (94%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Corn), Spice Extract), Tortilla (**Wheat** Flour ((66%), Thiamine, Folic Acid), Water, Vegetable Shortening (Antioxidant (307b)), Sugar, Baking Powder (Mineral Salts (450, 500, 341)), Acidity Regulator (297), Mineral Salt (500), Preservative (282), Iodized Salt, Yeast), Mayonnaise (**Soybean** Oil (<0.001% Tocopherol [Vitamin E]), **Egg** Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, **Mustard** Flour)

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

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
Kid's Meal Grilled Chicken Wrap and Salad	NPD	No	Yes	702	181	1,272	3.3	23.2	3.5	24.4	0.8	5.8	4	28.1	0.5	3.6	91	643
Kids Salad	Permanent	Yes	Yes	49	4	32	0	0.3	0	0.1	0	0	0.2	1.3	0.1	1.2	1	7
Kids Grilled Chicken Wrap	NPD	Yes	Yes	160	177	1,245	3.3	23	3.5	24.4	0.8	5.8	3.8	27	0.4	2.7	91	637

Kids Grilled Chicken Wrap

Ingredients: Chicken Grilled (Chicken (94%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Dextrose, Sugar, Spice, Flavours, Hydrolysed Vegetable Protein (Corn), Spice Extract), Tortilla (**Wheat** Flour ((66%), Thiamine, Folic Acid), Water, Vegetable Shortening (Antioxidant (307b)), Sugar, Baking Powder (Mineral Salts (450, 500, 341)), Acidity Regulator (297), Mineral Salt (500), Preservative (282), Iodized Salt, Yeast), Lettuce (Iceberg Lettuce), Mayonnaise (**Soybean** Oil (<0.001% Tocopherol [Vitamin E]), **Egg** Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, **Mustard** Flour)

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

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
Kids Grilled Chicken Wrap	NPD	Yes	Yes	160	772	1,236	14.4	23.1	14.6	23.4	3.3	5.4	17.2	27.6	1.5	2.5	402	644