

Nutritional Guide 28 November 2023



Beef Burgers

Selected Stores only	Halal	Menu Item	Ingredients	
84	<input type="checkbox"/>	<input type="checkbox"/>	Beef Burgers	IMPORTANT: Customers should be aware that whilst every effort is made to segregate food to maintain the Vegan, Allergen (eg Gluten) and Halal status of our ingredients, Individual food items may come in contact with one another during food manufacturing &/or food preparation, and our restaurants serve products containing allergens, as well as bacon and meat as part of our standard menu items.
85	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Texan Deluxe Beef	Beef Patty, Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate)), Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)), Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked), Tomato, Cracked Peppercorn Mayonnaise (Vegetable Oil, Water, White Vinegar, Egg Yolk (3.6%), Sugar, Milk Solids, Cracked Black Peppercorns (2.0%), Salt, Thickeners (1442, 1450, 415), Vegetable Powders, Flavour, Food Acid (270), Spice Extract, Preservative (202), Antioxidant (385)), Lettuce, Smoky BBQ Sauce (Tomato Puree [Water, Tomato Paste, Citric Acid], Sugar, Vinegar, Apple Paste, Thickener (1442, 415), Caramel Colour (150a), Molasses, Salt, Smoke Flavour, Dehydrated Vegetable [Garlic, Onion], Worcestershire Flavour, Spice.)
86	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Mexican Deluxe Beef	Beef Patty, Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate)), Spicy Tomato Relish (Tomato (48%), Sugar, Vinegar, Onion, Thickener (1422), Tomato Paste, Garlic, Salt, Spices), Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)), Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked), Jalapeno (Sliced Jalapeno Peppers (74.8%), Water, Vinegar, Food Acid (260), Salt, Preservative (211), Mineral Salt (509), Colour (102)), Tomato, Lettuce, Sauce Smoky Chipotle 11g/21g 2023 (Vegetable Oil, Water, Sugar, Vinegar, Egg Yolk, Tomato Paste, Lemon Juice Concentrate, Salt, Thickeners (1442, 415), Vegetable Powders, Spices, Smoke Flavour (Contains Barley), Yeast Extract, Chipotle Chilli (0.3%), Preservative (202), Antioxidant (385)), Corn Chips (Corn Flour (76%), Vegetable Oil, Water, Salt)

WHEAT	GLUTEN	GLUTEN SOURCE	EGGS	MILK & MILK PRODUCTS	SOY	FISH
Y	Y	WHEAT	Y	Y	Y	N
Y	Y	WHEAT & BARLEY	Y	Y	Y	N

MOLLUSC	CRUSTACEA	PEANUTS	TREE NUTS	TREE NUTS SOURCE	SESAME	LUPINS
			n			
N	N	N	N		Y	N
N	N	N	N	N	Y	N

SULPHITES	LACTOSE FREE	Serving Size (g)	Energy (kJ)	Protein (g)	Fat Total (g)	Fat Saturated (g)	Carbohydrates (g)	Sugars (g)	Sodium (mg)	Serving Size / 100g
N	N	209	2240	30.1	31.8	13.1	31.9	5.7	951	100
N	N	257	2470	32.4	32.4	13.4	43.3	11.2	1360	100

Energy (KJ / 100g)	Protein (g / 100g)	Fat Total (g / 100g)	Sat Fat (g / 100g)	Carbohydrates (g / 100g)	Sugars (g / 100g)	Sodium (g / 100g)	Column38
1070	14.4	15.2	6.3	15.3	2.7	455	
962	12.6	12.6	5.2	16.8	4.4	529	

Selected Stores only	Halal	Menu Item	Ingredients
<input type="checkbox"/>	<input type="checkbox"/>	Bacon Deluxe ™	<p>Sesame Bun: Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Soy Flour, Emulsifiers (481, 472e), Preservative (282), Vitamins (Thiamin, Folate)</p> <p>Beef Patty: 100% Australian Beef</p> <p>Cheese: Milk, Cream or Butter, Milk Solids Non Fat, Food Acid (270, 331), Salt, Mineral Salt (339), Colour (160b), Preservative (200), Spice, Starter Culture, Enzymes</p> <p>Lettuce, Tomato,</p> <p>Mayonnaise: Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol</p> <p>Eye Bacon: Pork(90%), Water, Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Sodium Nitrite, Natural Wood Smoke</p>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Cheeseburger	<p>Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate)), Beef Patty,</p> <p>Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)),</p> <p>Tomato Ketchup (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contain Garlic, Spices.),</p> <p>Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Potassium Sorbate, Natural Flavours, Polysorbate 80, Turmeric),</p> <p>Mustard (Water, Mustard Powder (15%), Acidity Regulator (260, 270), Salt, Sugar, Thickener (1422), Maize Cornflour, Spice.)</p>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Double Cheeseburger	<p>Beef Patty,</p> <p>Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate)),</p> <p>Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)),</p> <p>Tomato Ketchup (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contain Garlic, Spices.),</p> <p>Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Potassium Sorbate, Natural Flavours, Polysorbate 80, Turmeric),</p> <p>Mustard (Water, Mustard Powder (15%), Acidity Regulator (260, 270), Salt, Sugar, Thickener (1422), Maize Cornflour, Spice.)</p>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Triple Cheeseburger	<p>Beef Patty,</p> <p>Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate)),</p> <p>Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)),</p> <p>Tomato Ketchup (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contain Garlic, Spices.),</p> <p>Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Potassium Sorbate, Natural Flavours, Polysorbate 80, Turmeric),</p> <p>Mustard (Water, Mustard Powder (15%), Acidity Regulator (260, 270), Salt, Sugar, Thickener (1422), Maize Cornflour, Spice.)</p>

WHEAT	GLUTEN	GLUTEN SOURCE	EGGS	MILK & MILK PRODUCTS	SOY	FISH
Y	Y	WHEAT	Y	Y	Y	N
Y	Y	WHEAT	N	Y	Y	N
Y	Y	WHEAT	N	Y	Y	N
Y	Y	WHEAT	N	Y	Y	N

MOLLUSC	CRUSTACEA	PEANUTS	TREE NUTS	TREE NUTS SOURCE	SESAME	LUPINS
N	N	N	N		Y	N
N	N	N	N		Y	N
N	N	N	N		Y	N
N	N	N	N		Y	N

SULPHITES	LACTOSE FREE	Serving Size (g)	Energy (kJ)	Protein (g)	Fat Total (g)	Fat Saturated (g)	Carbohydrates (g)	Sugars (g)	Sodium (mg)	Serving Size / 100g
T		203	2350	30.0	36.0	14.6	29.2	3.3	893	100
N		119	1300	16.2	13.8	6.1	30.2	4.6	597	100
N		165	1880	26.9	24.5	11.9	30.9	5.1	783	100
N		210	2460	37.4	35.0	17.6	31.3	5.5	965	100

Energy (KJ / 100g)	Protein (g / 100g)	Fat Total (g / 100g)	Sat Fat (g / 100g)	Carbohydrates (g / 100g)	Sugars (g / 100g)	Sodium (g / 100g)	Column38
1158	14.8	17.7	7.2	14.4	1.6	440	
1090	13.6	11.6	5.1	25.4	3.9	501	
1140	16.3	14.9	7.2	18.7	3.1	475	
1170	17.8	16.7	8.4	14.9	2.6	459	

Selected Stores only	Halal	Menu Item	Ingredients
91 <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	BBQ Cheeseburger	<p>Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate)Contains: Gluten, Soy, Sesame Seeds), Beef Patty, Cheese (Cheese (Cow's Milk, Salt, Culture, Calves's Rennet), Water, Non Fat Milk Solids, Emulsifiers (E331iii, E322i), Acidity Regulators (E332, E330), Salt, Natural Cheese Flavour, Colours (E160b, E160c), Natural Preservative (E234)), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), BBQ Sauce (Concentrated Tomatoes, Apple Puree, Sugar, Maize Thickener (1414), Salt, Foodacids (260, 330), Colour (150c), Natural Flavours, Spice.)</p>
92 <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Hamburger	<p>Bun Seeded (Wheat Flour, Water, Baker's Yeast, Canola Oil, Sesame Seeds, Sugar, Wheat Gluten, Iodised Salt, Vinegar, Soy Flour, Emulsifiers (471, 481, 472e), Preservative (282), Vitamins (Thiamin, Folate)), Beef Patty, Tomato Ketchup (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contain Garlic)), Pickles (Cucumbers, Water, Vinegar, Salt, Calcium Lactate, Potassium Sorbate, Natural Flavours, Polysorbate 80, Turmeric), Mustard (Water, Mustard Powder (15%), Acidity Regulator (260, 270), Salt, Sugar, Thickener (1422), Maize Cornflour, Spice.)</p>

WHEAT	GLUTEN	GLUTEN SOURCE	EGGS	MILK & MILK PRODUCTS	SOY	FISH
Y	Y	WHEAT	Y	Y	Y	N
Y	Y	WHEAT	N	T	Y	N

MOLLUSC	CRUSTACEA	PEANUTS	TREE NUTS	TREE NUTS SOURCE	SESAME	LUPINS
N	N	N	N		Y	N
N	N	N	N		Y	N

SULPHITES	LACTOSE FREE	Serving Size (g)	Energy (kJ)	Protein (g)	Fat Total (g)	Fat Saturated (g)	Carbohydrates (g)	Sugars (g)	Sodium (mg)	Serving Size / 100g
N		118	1610	16.2	22.3	7.3	30.2	4.8	468	100
N		108	1150	14.0	10.9	4.2	30.2	4.6	475	100

Energy (KJ / 100g)	Protein (g / 100g)	Fat Total (g / 100g)	Sat Fat (g / 100g)	Carbohydrates (g / 100g)	Sugars (g / 100g)	Sodium (g / 100g)	Column38
1370	13.7	18.9	6.2	25.6	4.1	397	
1070	13.0	10.1	3.9	27.9	4.3	440	