

Nutritional Guide 26 September 2023



Sides & Snacks

	Selected Stores only	Halal	Menu Item	Ingredients
168	<input type="checkbox"/>	<input type="checkbox"/>	Sides & Snacks	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.
169	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Pop 'n' Chicken Pack	Pop'n Chick'n (Chicken (59%), Wheat Flour, Water, Vegetable Oil, Salt, Thickener (1442), Mineral Salts (451, 450, 500, 508), Herbs, Spices, Dehydrated Vegetables, Flavour, Yeast Extract, Yeast, Sugar, Wheat Gluten, Maltodextrin, Spice Extract), Tomato Ketchup (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contain Garlic))
170	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Pop 'n' Chicken Carry Cup	Chips (Potato (91%), Vegetable Oil 5%, Modified Potato Starch (1400, 1414, 1412), Rice Flour, Potato Dextrin, Salt, Acidity Regulators (450, 500), Thickener (415)), Seasoned Salt (Salt (74%), Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic, Canola Oil)), Pop'n Chick'n (Chicken (59%), Wheat Flour, Water, Vegetable Oil, Salt, Thickener (1442), Mineral Salts (451, 450, 500, 508), Herbs, Spices, Dehydrated Vegetables, Flavour, Yeast Extract, Yeast, Sugar, Wheat Gluten, Maltodextrin, Spice Extract), Tomato Ketchup (Concentrated Tomatoes, Sugar, Salt, Concentrated White Vinegar, Food Acid (Citric Acid), Natural Flavours (Contain Garlic))
171	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Chicken Nuggets (3 Pack)	Sodium Reduced Chicken Nuggets 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, Flavour, Yeast, Yeast Extract, Spice Extract
172	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Chicken Nuggets (6 Pack)	Sodium Reduced Chicken Nuggets 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, Flavour, Yeast, Yeast Extract, Spice Extract
173	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Chicken Nuggets (12 Pack)	Sodium Reduced Chicken Nuggets 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, Flavour, Yeast, Yeast Extract, Spice Extract
174	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Chips Sml	Coated Fries (Potato (91%), Vegetable Oil 5% (Antifoam (900a), Modified Potato Starch (1400, 1414, 1412), Rice Flour, Potato Dextrin, Salt, Acidity Regulators (450, 500), Thickener (415)), Seasoned Salt (Salt (74%), Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil)
175	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Chips Med	Coated Fries (Potato (91%), Vegetable Oil 5% (Antifoam (900a), Modified Potato Starch (1400, 1414, 1412), Rice Flour, Potato Dextrin, Salt, Acidity Regulators (450, 500), Thickener (415)), Seasoned Salt (Salt (74%), Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil)
176	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Chips Lge	Coated Fries (Potato (91%), Vegetable Oil 5% (Antifoam (900a), Modified Potato Starch (1400, 1414, 1412), Rice Flour, Potato Dextrin, Salt, Acidity Regulators (450, 500), Thickener (415)), Seasoned Salt (Salt (74%), Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil)
177	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Onion Rings Med	Onion, Wheat flour, Vegetable Oil, Rice Flour, Malted Barley, yeast, Salt, Hops, Thickener (E1404, E1420, E415), Starch, Onion powder, Corn Flour, Sugar, Whey Powder, Dextrose, Baking powder, Natural Flavour, Guar Gum, Sorbitol, Wheat gluten, mineral salt(E405i, E500ii), Spice & Colouring
178	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Onion Rings Lge	Onion, Wheat flour, Vegetable Oil, Rice Flour, Malted Barley, yeast, Salt, Hops, Thickener (E1404, E1420, E415), Starch, Onion powder, Corn Flour, Sugar, Whey Powder, Dextrose, Baking powder, Natural Flavour, Guar Gum, Sorbitol, Wheat gluten, mineral salt(E405i, E500ii), Spice & Colouring

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

CRUSTACEA	PEANUTS	TREE NUTS	TREE NUTS SOURCE	SESAME	LUPINS	SULPHITES
		n				
N	N	T		T	N	N
N	N	T		T	N	N
N	N	N		N	N	N
N	N	N		N	N	N
N	N	N		N	N	N
N	N	N		N	N	N
N	N	N		N	N	N
N	N	N		N	N	N
N		n				

LACTOSE FREE	Serving Size (g)	Energy (kJ)	Protein (g)	Fat Total (g)	Fat Saturated (g)	Carbohydrates (g)	Sugars (g)	Sodium (mg)	Serving Size / 100g	Energy (KJ / 100g)
N	150	1560	20.5	19.7	3.2	28	2.8	854	100	1040
N	188	2090	14	24.1	3.5	56.4	2.9	1060	100	1110
	51	536	7.0	6.6	0.9	10.2	0.5	205	100	1050
	102	1070	14.0	13.2	1.8	20.4	0.9	410	100	1050
	204	2140	27.9	26.3	3.7	40.8	1.8	820	100	1050
	90	1060	3.1	11.7	1.6	33.9	0.2	489	100	1178
	116	1290	3.7	14.2	1.9	41.1	0.3	593	100	1112
	166	1850	5.3	20.4	2.8	58.9	0.4	850	100	1114
	77	792	1.6	15.2	2.2	11.2	3.4	250	100	1029
	115	1180	2.4	22.8	3.3	16.8	5.0	374	100	1026

Protein (g / 100g)	Fat Total (g / 100g)	Sat Fat (g / 100g)	Carbohydrates (g / 100g)	Sugars (g / 100g)	Sodium (g / 100g)	Column38
13.7	13.2	2.2	18.7	1.9	570	
7.5	12.8	1.9	30	1.6	563	
13.7	12.9	1.8	20.0	1.0	402	
13.7	12.9	1.8	20.0	0.9	402	
13.7	12.9	1.8	20.0	0.9	402	
3.4	13.0	1.8	37.7	0.2	543	
3.2	12.2	1.6	35.4	0.3	511	
3.2	12.3	1.7	35.5	0.2	512	
2.1	19.7	2.9	14.5	4.4	325	
2.1	19.8	2.9	14.6	4.3	325	

	Selected Stores only	Halal	Menu Item	Ingredients
179	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	6 Nuggets & Chips Snack Box	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, Flavour, Yeast, Yeast Extract, Spice Extract), Coated Fries (Potato (91%), Vegetable Oil 5%, Modified Potato Starch (1400, 1414, 1412), Rice Flour, Potato Dextrin, Salt, Acidity Regulators (450, 500), Thickener (415)), Seasoned Salt (Salt (74%), Maltodextrin (Corn), Yeast Extract, Rice Flour, Vegetable Powders (Onion, Garlic), Canola Oil)
180	<input type="checkbox"/>	<input type="checkbox"/>	10 Nuggets & Sauce Snack Box	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, Flavour, Yeast, Yeast Extract, Spice Extract), Spicy Sauce (Vegetable Oil, Water, Egg Yolk (5%), 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))

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

CRUSTACEA	PEANUTS	TREE NUTS	TREE NUTS SOURCE	SESAME	LUPINS	SULPHITES
N	N	N		N	N	N
N	N	N		N	N	N

LACTOSE FREE	Serving Size (g)	Energy (kJ)	Protein (g)	Fat Total (g)	Fat Saturated (g)	Carbohydrates (g)	Sugars (g)	Sodium (mg)	Serving Size / 100g	Energy (KJ / 100g)
	235	2930	18.1	42.3	6.0	62.2	1.8	1280	100	1250
	195	2310	23.7	35.2	4.1	35.3	2.3	941	100	1180

Protein (g / 100g)	Fat Total (g / 100g)	Sat Fat (g / 100g)	Carbohydrates (g / 100g)	Sugars (g / 100g)	Sodium (g / 100g)	Column38
7.7	18.0	2.6	26.5	0.8	543	
12.1	18.0	2.1	18.1	1.2	483	