

Nutritional Guide 28 November 2023



Chicken Burgers

	Selected Stores only	Halal	Menu Item	Ingredients
103	<input type="checkbox"/>	<input type="checkbox"/>	Chicken 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.
104	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Texan Grilled Chicken	Grilled Chicken Fillet (Chicken (94%), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours, Water), 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)), 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)), Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked), Tomato, 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)), 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.)
105	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Texan Jack's Fried Chicken	Jack's Fried Chicken Fillet (Chicken (60%), Flour (Wheat, Rice), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Thickeners (1422, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders, Spices, Dextrose, Yeast, Natural Colours (160c, 100), Wheat Gluten), Brioche Style Bun (Wheat Flour, Water, Canola Oil, Bakers Yeast, Sugar, Wheat Gluten, Iodised Salt, Non-Fat Milk Solids, Shortening Powder (Vegetable Fat, Milk Protein, Antioxidant (307b From Soy)), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)), 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)), Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked), 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)), 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.), Clarified Butter

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

MOLLUSC	CRUSTACEA	PEANUTS	TREE NUTS	TREE NUTS SOURCE	SESAME	LUPINS
N	N	N	N		Y	N
N	N	N	T		T	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	202	1780	27.9	20.3	4.5	32.3	5.8	1130	100
N	N	302	3300	34	45.6	15.3	59.2	8	1640	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
881	13.8	10	2.2	16	2.8	558	
1090	11.2	15.1	5.1	19.6	2.6	543.04636	

Selected Stores only	Halal	Menu Item	Ingredients
106 <input checked="" type="checkbox"/>	<input type="checkbox"/>	Mexican Deluxe Jack's Fried Chicken	<p>Jack's Fried Chicken Fillet (Chicken (60%), Flour (Wheat, Rice), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Thickeners (1422, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders, Spices, Dextrose, Yeast, Natural Colours (160c, 100), Wheat Gluten), Brioche Style Bun (Wheat Flour, Water, Canola Oil, Bakers Yeast, Sugar, Wheat Gluten, Iodised Salt, Non-Fat Milk Solids, Shortening Powder (Vegetable Fat, Milk Protein, Antioxidant (307b From Soy))), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)), Spicy Tomato Relish (Tomato (48%), Sugar, Vinegar, Onion, Thickener (1422), Tomato Paste, Garlic, Salt, Spices), 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)), 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)), 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)), Lettuce, Corn Chips (Corn Flour (76%), Vegetable Oil, Water, Salt), Clarified Butter</p>
107 <input checked="" type="checkbox"/>	<input type="checkbox"/>	Mexican Deluxe Grilled Chicken	<p>Grilled Chicken Fillet (Chicken (94%), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours, Water), 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), 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)), 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, 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)), Lettuce, Corn Chips (Corn Flour (76%), Vegetable Oil, Water, Salt)</p>
108 <input checked="" type="checkbox"/>	<input type="checkbox"/>	Jack's Fried Chicken Parmi	<p>Jack's Fried Chicken Fillet (Chicken (60%), Flour (Wheat, Rice), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Thickeners (1422, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders, Spices, Dextrose, Yeast, Natural Colours (160c, 100), Wheat Gluten), Brioche Style Bun (Wheat Flour, Water, Canola Oil, Bakers Yeast, Sugar, Wheat Gluten, Iodised Salt, Non-Fat Milk Solids, Shortening Powder (Vegetable Fat, Milk Protein, Antioxidant (307b From Soy))), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)), Napoli Sauce (Tomato (46%), Water, Vinegar, Thickener (1422), Tomato Paste, Onion, Sugar, Garlic, Salt, Acidity Regulator (330), Herbs, Spices, Preservatives (202, 211)), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Natural Cheese (Milk, Salt, Starter Culture, Rennet), Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked), Clarified Butter</p>

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

MOLLUSC	CRUSTACEA	PEANUTS	TREE NUTS	TREE NUTS SOURCE	SESAME	LUPINS
N	N	N	T		T	N
N	N	N	N	N	Y	N
N	N	N	T		T	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	350	3480	36.3	44.3	15.4	71.3	14.2	2070	100
N	N	250	1960	30.2	19	4.6	44.4	12	1560	100
N	N	324	3710	36.8	55.8	19.4	59.2	7.4	1660	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
993	10.4	12.7	4.4	20.4	4.1	591	
783	12.1	7.6	1.8	17.7	4.8	623	
1140	11.4	17.2	6	18.3	2.3	513	

	Selected Stores only	Halal	Menu Item	Ingredients
109	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Grilled Chicken Parmi	Grilled Chicken Fillet (Chicken (94%), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours, Water), 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)), Napoli Sauce (Tomato (46%), Water, Vinegar, Thickener (1422), Tomato Paste, Onion, Sugar, Garlic, Salt, Acidity Regulator (330), Herbs, Spices, Preservatives (202, 211)), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Natural Cheese (Milk, Salt, Starter Culture, Rennet), Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked)
110	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Whiskey River Jack's Fried Chicken	Jack's Fried Chicken Fillet (Chicken (60%), Flour (Wheat, Rice), Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Thickeners (1422, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders, Spices, Dextrose, Yeast, Natural Colours (160c, 100), Wheat Gluten), Brioche Style Bun (Wheat Flour, Water, Canola Oil, Bakers Yeast, Sugar, Wheat Gluten, Iodised Salt, Non-Fat Milk Solids, Shortening Powder (Vegetable Fat, Milk Protein, Antioxidant (307b From Soy)), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)), Angry Onions (Onions (58%), Water, Wheat Flour, Vegetable Oil (Contains One Or More Of The Following Canola, Palm, Soybean, Sunflower), Corn Starch, Rice Flour, Salt, Tapioca Dextrin, Natural Flavours, Maltodextrin, Dried Yeast, Thickeners (Gum Arabic, Xanthan Gum)), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked), 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)), 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.), Clarified Butter, Mustard (Water, Mustard Powder (15%), Acidity Regulator (260, 270), Salt, Sugar, Thickener (1422), Maize Cornflour, Spice.)
111	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Whiskey River Grilled Chicken	Grilled Chicken Fillet (Chicken (94%), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours, Water), 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)), Angry Onions (Onions (58%), Water, Wheat Flour, Vegetable Oil (Contains One Or More Of The Following Canola, Palm, Soybean, Sunflower), Corn Starch, Rice Flour, Salt, Tapioca Dextrin, Natural Flavours, Maltodextrin, Dried Yeast, Thickeners (Gum Arabic, Xanthan Gum)), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked), Tomato, 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)), 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.), Mustard (Water, Mustard Powder (15%), Acidity Regulator (260, 270), Salt, Sugar, Thickener (1422), Maize Cornflour, Spice.)

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

MOLLUSC	CRUSTACEA	PEANUTS	TREE NUTS	TREE NUTS SOURCE	SESAME	LUPINS
N	N	N	N		Y	N
N	N	N	T		T	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	210	2180	30.6	30.5	8.5	32	4.9	1150	100
N	N	335	3650	35	59.3	18.6	69.2	10.2	1780	100
N	N	235	2130	28.9	34	7.7	42.3	8	1260	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
1040	14.6	14.5	4.1	15.2	2.3	547	
1090	10.4	17.7	5.5	20.7	3.1	530	
907	12.3	14.5	3.3	18	3.4	538	

	Selected Stores only	Halal	Menu Item	Ingredients
112	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Jack's Fried Chicken Classic	Jack's Fried Chicken Fillet (Chicken (56%), Flour (Wheat, Rice, Maize), Water, Crumb (Wheat Flour, Wheat Starch, Dextrose, Vegetable Shortening, Yeast, Salt, Natural Colours (160c, 100)), Vegetable Oil, Thickeners (1442, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders (Onion, Garlic), Wheat Gluten, Starch (Potato, Tapioca), Spices (Pepper, Celery)), Brioche Style Bun (Wheat Flour, Water, Canola Oil, Bakers Yeast, Sugar, Wheat Gluten, Iodised Salt, Non-Fat Milk Solids, Shortening Powder (Vegetable Fat, Milk Protein, Antioxidant (307b From Soy)), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Lettuce, Clarified Butter
113	<input type="checkbox"/>	<input type="checkbox"/>	Jack's Fried Chicken Cheesy Bacon	Jack's Fried Chicken Fillet (Chicken (56%), Flour (Wheat, Rice, Maize), Water, Crumb (Wheat Flour, Wheat Starch, Dextrose, Vegetable Shortening, Yeast, Salt, Natural Colours (160c, 100)), Vegetable Oil, Thickeners (1442, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders (Onion, Garlic), Wheat Gluten, Starch (Potato, Tapioca), Spices (Pepper, Celery)), Brioche Style Bun (Wheat Flour, Water, Canola Oil, Bakers Yeast, Sugar, Wheat Gluten, Iodised Salt, Non-Fat Milk Solids, Shortening Powder (Vegetable Fat, Milk Protein, Antioxidant (307b From Soy)), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked), 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)), Lettuce, Clarified Butter
114	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Jack's Fried Chicken Spicy	Jack's Fried Chicken Fillet (Chicken (56%), Flour (Wheat, Rice, Maize), Water, Crumb (Wheat Flour, Wheat Starch, Dextrose, Vegetable Shortening, Yeast, Salt, Natural Colours (160c, 100)), Vegetable Oil, Thickeners (1442, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders (Onion, Garlic), Wheat Gluten, Starch (Potato, Tapioca), Spices (Pepper, Celery)), Brioche Style Bun (Wheat Flour, Water, Canola Oil, Bakers Yeast, Sugar, Wheat Gluten, Iodised Salt, Non-Fat Milk Solids, Shortening Powder (Vegetable Fat, Milk Protein, Antioxidant (307b From Soy)), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)), Signature Spicy Sauce (Vegetable Oil, Water, Gherkin Puree (Gherkin, Food Acid [260]), Vinegar, Reconstituted Lemon Juice, Sugar, Thickeners (1442, 415), Salt, Chilli (Food Acid [260]), Egg Yolk Powder, Mustard Flour, Spices, Colour (160c), Preservatives (202, 211, 234), Acidity Regulator (330), Natural Flavour), Lettuce, Clarified Butter

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

MOLLUSC	CRUSTACEA	PEANUTS	TREE NUTS	TREE NUTS SOURCE	SESAME	LUPINS
N	N	N	T		T	N
N	N	N	T		T	N
N	N	N	T		T	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		264	3230	26.3	50.7	13.8	51.8	9.1	913	100
N		295	3520	31.7	55.5	16.5	52.4	9.7	1330	100
N		264	2990	26.4	44.0	12.2	52.5	9.9	1000	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
1220	10.0	19.2	5.2	19.6	3.5	346	
1190	10.7	18.8	5.6	17.8	3.3	450	
1130	10.0	16.7	4.6	19.9	3.8	380	

Selected Stores only	Halal	Menu Item	Ingredients
<input type="checkbox"/>	<input type="checkbox"/>	Jack's Fried Chicken Spicy Cheesy Bacon	Jack's Fried Chicken Fillet (Chicken (56%), Flour (Wheat, Rice, Maize), Water, Crumb (Wheat Flour, Wheat Starch, Dextrose, Vegetable Shortening, Yeast, Salt, Natural Colours (160c, 100)), Vegetable Oil, Thickeners (1442, 415), Salt, Mineral Salts (450, 500, 451), Vegetable Powders (Onion, Garlic), Wheat Gluten, Starch (Potato, Tapioca), Spices (Pepper, Celery)), Brioche Style Bun (Wheat Flour, Water, Canola Oil, Bakers Yeast, Sugar, Wheat Gluten, Iodised Salt, Non-Fat Milk Solids, Shortening Powder (Vegetable Fat, Milk Protein, Antioxidant (307b From Soy)), Soy Flour, Preservatives (282, 202), Anti-Caking Agent (341), Colour (160a), Emulsifier (481), Wheat Malt Flour, Vitamins (Thiamin, Folic Acid)), Signature Spicy Sauce (Vegetable Oil, Water, Gherkin Puree (Gherkin, Food Acid [260]), Vinegar, Reconstituted Lemon Juice, Sugar, Thickeners (1442, 415), Salt, Chilli (Food Acid [260]), Egg Yolk Powder, Mustard Flour, Spices, Colour (160c), Preservatives (202, 211, 234), Acidity Regulator (330), Natural Flavour), Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked), 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)), Lettuce, Clarified Butter
<input type="checkbox"/>	<input type="checkbox"/>	Grilled Chicken Spicy	Grilled Chicken (Chicken (87%), Water, Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavour), 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), Signature Spicy Sauce (Vegetable Oil, Water, Gherkin Puree (Gherkin, Food Acid (260)), Vinegar, Reconstituted Lemon Juice, Sugar, Chilli (Red Chilli, Vegetable Oil, Vinegar, Salt, Acidity Regulator [260]), Salt, Thickeners (1442, 415), Egg Yolk Powder, Mustard Flour, Spices, Natural Colour (160c), Preservatives (202, 211), Acidity Regulator (330), Natural Flavour), Tomato, Lettuce
<input type="checkbox"/>	<input type="checkbox"/>	Grilled Chicken Classic	Grilled Chicken Whole Muscle (Chicken (94%), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours, Water), 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)), Sauce Ranch (Canola Oil, Water, Vinegar, Mustard (Water, Mustard Seeds, Salt, Sugar, Food Acid (Acetic), Turmeric), Egg Yolk, Worcestershire Sauce, Thickeners (1442, 415), Salt, Sugar, Lemon Juice, Herbs And Spices, Preservatives (211, 202), Milk Solids (0.1%)), Tomato, Lettuce
<input type="checkbox"/>	<input type="checkbox"/>	Grilled Chicken Cheesy Bacon	Grilled Chicken Fillet (Chicken (94%), Salt, Thickeners (1442, 407), Mineral Salts (451, 450), Flavours, Water), 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)), Sauce Ranch (Canola Oil, Water, Vinegar, Mustard (Water, Mustard Seeds, Salt, Sugar, Food Acid (Acetic), Turmeric, Natural Flavour), Egg Yolk, Worcestershire Sauce, Thickeners (1442, 415), Salt, Sugar, Lemon Juice, Herbs (0.3%), Preservatives (211, 202), Milk Solids And Spices), Bacon (Pork (90%), Water, Salt, Curing Premix [Mineral Salt (451, 450), Sugar, Antioxidant (316), Preservative (250)], Smoked), Tomato, 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)), Lettuce

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

MOLLUSC	CRUSTACEA	PEANUTS	TREE NUTS	TREE NUTS SOURCE	SESAME	LUPINS
N	N	N	T		T	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
N		297	3320	33.9	47.4	16.4	56.5	6.5	1640	100
N		164	1490	18.9	18.1	2.5	28.9	4.1	864	100
T		164	1440	22.5	15.4	2.4	28.6	3.0	663	100
T		195	1730	27.9	20.4	4.4	29.1	3.5	1070	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
1120	11.4	15.9	5.5	19.0	2.2	551	
906	11.5	11.1	1.5	17.6	2.5	527	
878	13.7	9.4	1.5	17.4	1.8	404	
887	14.3	10.5	2.2	14.9	1.8	549	

Selected Stores only	Halal	Menu Item	Ingredients
119 <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Chicken Royale	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)), Chicken Royale (Chicken (41%), Flour (Wheat, Rice, Soy, Maize), Water, Vegetable Oil, Thickeners (1412, 1404, 415), Salt, Yeast And Yeast Extracts (Incl. Barley), Sugar, Emulsifiers (481, 471), Soy Protein, Wheat Fibre, Flavourings, Maltodextrin, Potato Flakes (Potato, Preservative (220)), Spices And Spice Extracts, Mineral Salts (450, 500, 451, 510), Starch (Wheat), Acidity Regulators (325, 330, 327, 262, 270, 300, 341), Vegetable Powder, Flavour Enhancer (635), Milk Solids, Herbs, Colours (100, 170, 160b, 160c)), Mayonnaise (Soybean Oil, Egg Yolks, Water, Distilled Vinegar, Corn Syrup, Salt, Sugar, Mustard Flour, Tocopherol), Lettuce,

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

MOLLUSC	CRUSTACEA	PEANUTS	TREE NUTS	TREE NUTS SOURCE	SESAME	LUPINS
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		140	2040	13.7	29.5	3.8	41.5	3.2	682	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
1450	9.8	21.1	2.7	29.6	2.3	487	