SIdes & Snacks

Selected Stores only	Halal	Menu Item	Ingredients	WHEAT	GLUTEN	GLUTEN SOURCE	EGGS	MILK & MILK PRODUCTS	SOY	FISH	MOLLUSC	CRUSTACEA	PEANUTS	TREE NUTS	TREE NUTS SOURCE	SESAME	LUPINS	SULPHITES	LACTOSE FREE	Serving Size (g)	Energy (kJ)	Protein (g)	Fat Total (g)	Fat Saturated (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	Serving Size / 100g	Energy (KJ / 100g)	Protein (g / 100g)	Fat Total (g / 100g)	Sat Fat (g / 100g)	Carbohydrates (g / 100g)	Sugars (g / 100g)	Sodium (g / 100g)	Column38
☐	☐	**SIdes & Snacks**	**Warning: Product ingredients may be added over time. Customers with food allergies should always check the ingredients on the product they receive, and not rely on previously obtained information. If the product you receive has an ingredient you have not seen before, please ask a staff member before consuming the product.**											n																						
☑	☐	**Jack's Fried Chicken 3 Piece Pack**	Jack's Fried Chicken Boneless Chicken (Chicken (60%), Wheat Flour, Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Salt, Mineral Salts (450, 500, 451, 452), Vegetable Powders (Onion, Garlic), Spices (Pepper, Celery), Thickener (415), Yeast)	Y	Y	WHEAT	N	Y	Y	N	N	N	N	N	N	N	N	N	172	2020	28.5	34.7	3.0	14.6	0.8	1690	100	1170	16.6	20.2	1.7	8.5	0.5	980		
☑	☐	**Jack's Fried Chicken 6 Piece Pack**	Jack's Fried Chicken Boneless Chicken (Chicken (60%), Wheat Flour, Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Salt, Mineral Salts (450, 500, 451, 452), Vegetable Powders (Onion, Garlic), Spices (Pepper, Celery), Thickener (415), Yeast) Sauce (Canola Oil (Protected With Antioxidant (320)), White Vinegar, Free Range Egg, Sugar, Mustard & Mustard Seeds, Salt, Garlic (0.8%), Stabilisers (412, 415) From Soy), Antioxidants (306, 392)	Y	Y	WHEAT	N	Y	Y	N	N	N	N	N	N	N	N	N	272	2960	47.3	47.3	4.1	23.8	0.9	2720	100	1090	17.4	17.4	1.5	8.8	0.3	998		
☑	☐	**Jack's Fried Chicken Boneless Pieces 3 Pack**	JFC Boneless Chicken (Chicken (60%), Wheat Flour, Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Salt, Mineral Salts (450, 500, 451, 452), Vegetable Powders (Onion, Garlic), Spices (Pepper, Celery), Thickener (415), Yeast) Sauce (Canola Oil (Protected With Antioxidant (320)), White Vinegar, Free Range Egg, Sugar, Mustard & Mustard Seeds, Salt, Garlic (0.8%), Stabilisers (412, 415) From Soy), Antioxidants (306, 392)	Y	Y	WHEAT	Y	N	Y	N	N	N	N	N	N	N	N	N	172	2020	28.5	34.7	3.0	14.6	0.8	1690	100	1170	16.6	20.2	1.7	8.5	0.5	980		
☑	☐	**Jack's Fried Chicken Boneless Pieces 6 Pack**	JFC Boneless Chicken (Chicken (60%), Wheat Flour, Water, Starch (Wheat, Potato, Tapioca), Vegetable Oil, Salt, Mineral Salts (450, 500, 451, 452), Vegetable Powders (Onion, Garlic), Spices (Pepper, Celery), Thickener (415), Yeast) Sauce (Canola Oil (Protected With Antioxidant (320)), White Vinegar, Free Range Egg, Sugar, Mustard & Mustard Seeds, Salt, Garlic (0.8%), Stabilisers (412, 415) From Soy), Antioxidants (306, 392)	Y	Y	WHEAT	Y	N	Y	N	N	N	N	N	N	N	N	N	272	2960	47.3	47.3	4.1	23.8	0.9	2720	100	1090	17.4	17.4	1.5	8.8	0.3	998		
☑	☑	**Chicken Nuggets (3 Pack)**	Sodium Reduced Chicken Nuggets Chicken (55%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Wheat Starch, Wheat Gluten, Thickener (1422), Salt, Sugar, Minerals Salts (451, 450, 500, 508), Dextrose, Maltodextrin, Flavour, Yeast, Yeast Extract, Spice Extract	Y	Y	WHEAT	N	N	N	N	N	N	N	N	N	N	N	N	N	51	536	7.0	6.6	0.9	10.2	0.5	205	100	1050	13.7	12.9	1.8	20.0	1.0	402		
☑	☑	**Chicken Nuggets (6 Pack)**	Sodium Reduced Chicken Nuggets Chicken (55%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Wheat Starch, Wheat Gluten, Thickener (1422), Salt, Sugar, Minerals Salts (451, 450, 500, 508), Dextrose, Maltodextrin, Flavour, Yeast, Yeast Extract, Spice Extract	Y	Y	WHEAT	N	N	N	N	N	N	N	N	N	N	N	N	N	102	1070	14.0	13.2	1.8	20.4	0.9	410	100	1050	13.7	12.9	1.8	20.0	0.9	402		
☑	☑	**Chicken Nuggets (12 Pack)**	Sodium Reduced Chicken Nuggets Chicken (55%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Wheat Starch, Wheat Gluten, Thickener (1422), Salt, Sugar, Minerals Salts (451, 450, 500, 508), Dextrose, Maltodextrin, Flavour, Yeast, Yeast Extract, Spice Extract	Y	Y	WHEAT	N	N	N	N	N	N	N	N	N	N	N	N	N	204	2140	27.9	26.3	3.7	40.8	1.8	820	100	1050	13.7	12.9	1.8	20.0	0.9	402		
☑	☑	**Chipo Bird**	Coated Fries (Potato (81%), Vegetable Oil 5% (Antifoam (900a), Modified Potato Starch (1450, 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)		N		N	N	N	N	N	N	N	N		N	N	N		90	1060	3.1	11.7	1.6	33.9	0.2	489	100	1178	3.4	13.0	1.8	37.7	0.2	543		
☑	☑	**Chipo Med**	Coated Fries (Potato (81%), Vegetable Oil 5% (Antifoam (900a), Modified Potato Starch (1450, 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)		N		N	N	N	N	N	N	N	N		N	N	N		116	1290	3.7	14.2	1.9	41.1	0.3	593	100	1112	3.2	12.2	1.6	35.4	0.3	511		
☑	☑	**Chipo Lge**	Coated Fries (Potato (81%), Vegetable Oil 5% (Antifoam (900a), Modified Potato Starch (1450, 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)		N		N	N	N	N	N	N	N	N		N	N	N		166	1850	5.3	20.4	2.8	58.9	0.4	850	100	1114	3.2	12.3	1.7	35.5	0.2	512		
☑	☑	**Onion Rings Med**	Onion, Wheat flour,Vegetable Oil, Rice Flour, Melted Barley, yeast, Salt, Hops, Thickener (E1404, E1420, E410), Starch, Onion powder, Corn Flour, Sugar, Whey Powder, Dextrose, Baking powder, Natural Flavour, Guar Gum, Sorbitol, Wheat gluten, minerals salts(450, 500(ii)), Spice & Colouring	Y	Y	WHEAT	N	Y	Y	N	N	N	N	N	N	N	N	N	77	792	1.6	15.2	2.2	11.2	3.4	250	100	1029	2.1	19.7	2.9	14.5	4.4	325		
☑	☑	**Onion Rings Lge**	Onion, Wheat flour,Vegetable Oil, Rice Flour, Melted Barley, yeast, Salt, Hops, Thickener (E1404, E1420, E410), Starch, Onion powder, Corn Flour, Sugar, Whey Powder, Dextrose, Baking powder, Natural Flavour, Guar Gum, Sorbitol, Wheat gluten, minerals salts(450, 500(ii)), Spice & Colouring	y	y	WHEAT		Y	Y		N	N		n						115	1180	2.4	22.8	3.3	16.8	5.0	374	100	1026	2.1	19.8	2.9	14.6	4.3	325		
☑	☑	**6 Nuggets & Chipo Snack Box**	Chicken Nugget (Chicken (55%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Wheat Starch, Wheat Gluten, Thickener (1422), Salt, Sugar, Minerals Salts (451, 450, 500, 508), Dextrose, Maltodextrin, Flavour, Yeast, Yeast Extract, Spice Extract), Coated Fries (Potato (81%), Vegetable Oil 5% (Antifoam (900a), Modified Potato Starch (1450, 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)	Y	Y	WHEAT	N	N	N	N	N	N	N	N	N	N	N	N	N	235	2930	18.1	42.3	6.0	62.2	1.8	1250	100	1250	7.7	18.0	2.6	26.5	0.8	543		
☐	☐	**10 Nuggets & Sauce Snack Box**	Chicken Nugget (Chicken (55%), Flour (Wheat, Maize, Rice), Water, Vegetable Oil, Wheat Starch, Wheat Gluten, Thickener (1422), Salt, Sugar, Minerals Salts (451, 450, 500, 508), Dextrose, Maltodextrin, Flavour, Yeast, Yeast Extract, Spice Extract), Sauce (Egg Yolk (3%), White Vinegar, Sugar, Salt, Thickeners (1442, 1450, 410), Yeast, Chilli Powder (Tic, Vegetable Powder), Lemon Juice Concentrate, Acidity Regulator (330), Preservative (202), Spice Extracts, Antioxidant (385))	Y	Y	WHEAT	Y	N	Y	N	N	N	N	N	N	N	N	N	N	195	2310	23.7	35.2	4.1	35.3	2.3	941	100	1180	12.1	18.0	2.1	18.1	1.2	483		