

NUTRITIONAL INFO PAGE 1

Cheese Please on Wholewheat Bun

Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	2340 kJ	27 %
Protein	28.2 g	56 %
Fat, total	31 g	44 %
- saturated	11.3 g	47 %
Carbohydrate	37.1 g	15 %
- sugars	10.7 g	
- lactose	0 g	
- galactose	0 g	
- starches	13 g	
Dietary Fibre	9.6 g	32 %
Sodium	1312.1 mg	57 %
Vitamin C	9.7 mg	
Vitamin A	268.1 µg	
Calcium	93.3 mg	
Iron	1.5 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

BBQ Beef Brisket on Wholewheat Bun

Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	2329.8 kJ	27 %
Protein	16.3 g	33 %
Fat, total	27.4 g	39 %
- saturated	13.8 g	57 %
Carbohydrate	58.4 g	25 %
- sugars	23.4 g	
- lactose	0 g	
- galactose	0 g	
- starches	13 g	
Dietary Fibre	18.5 g	62 %
Sodium	1036.7 mg	45 %
Vitamin C	8.9 mg	
Vitamin A	135.6 µg	
Calcium	79.2 mg	
Iron	2.7 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

Southern Fried Chicken on Wholewheat Bun

Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	2621.6 kJ	30 %
Protein	40.6 g	81 %
Fat, total	24.3 g	35 %
- saturated	3.4 g	14 %
Carbohydrate	55.2 g	20 %
- sugars	20.7 g	
- lactose	0 g	
- galactose	0 g	
- starches	12.4 g	
Dietary Fibre	8.1 g	27 %
Sodium	1625.5 mg	71 %
Vitamin C	42.3 mg	
Vitamin A	92.2 µg	
Calcium	111.4 mg	
Iron	2.1 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

Sydney Sider on Wholewheat Bun

Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	3065.6 kJ	35 %
Protein	38.4 g	77 %
Fat, total	40.6 g	58 %
- saturated	13.2 g	55 %
Carbohydrate	49.5 g	19 %
- sugars	11.9 g	
- lactose	0 g	
- galactose	0 g	
- starches	13 g	
Dietary Fibre	9.6 g	32 %
Sodium	1512.4 mg	66 %
Vitamin C	11.4 mg	
Vitamin A	268.1 µg	
Calcium	172.1 mg	
Iron	5.3 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

Chilli Beef on Wholewheat Bun

Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	2544 kJ	29 %
Protein	27.2 g	54 %
Fat, total	41.2 g	59 %
- saturated	7.9 g	33 %
Carbohydrate	30 g	13 %
- sugars	7.7 g	
- lactose	0 g	
- galactose	0 g	
- starches	13 g	
Dietary Fibre	9.6 g	32 %
Sodium	991.4 mg	43 %
Vitamin C	9.6 mg	
Vitamin A	328.2 µg	
Calcium	92.9 mg	
Iron	1.5 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

BBQ Pulled Pork on Wholewheat Bun

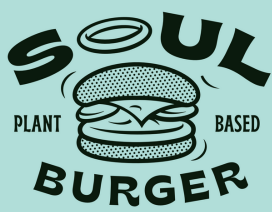
Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	1710.9 kJ	20 %
Protein	12.4 g	25 %
Fat, total	17.7 g	25 %
- saturated	9.2 g	38 %
Carbohydrate	45.3 g	19 %
- sugars	19.1 g	
- lactose	0 g	
- galactose	0 g	
- starches	13.1 g	
Dietary Fibre	14.6 g	49 %
Sodium	829.6 mg	36 %
Vitamin C	14.8 mg	
Vitamin A	32.2 µg	
Calcium	83.7 mg	
Iron	2.1 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving



NUTRITIONAL INFO PAGE 2

Chilli Duck on Wholewheat Bun

Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	2090.5 kJ	24 %
Protein	27.3 g	55 %
Fat, total	26.7 g	38 %
- saturated	3.1 g	13 %
Carbohydrate	34.8 g	13 %
- sugars	9.1 g	
- lactose	0 g	
- galactose	0 g	
- starches	12.4 g	
Dietary Fibre	6.3 g	21 %
Sodium	1299.4 mg	56 %
Vitamin C	14.8 mg	
Vitamin A	32.2 µg	
Calcium	83.7 mg	
Iron	1.4 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

Truffle Beef on Wholewheat Bun

Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	2487.9 kJ	29 %
Protein	30.1 g	60 %
Fat, total	37.2 g	53 %
- saturated	11 g	46 %
Carbohydrate	31.2 g	13 %
- sugars	5.3 g	
- lactose	0 g	
- galactose	0 g	
- starches	13 g	
Dietary Fibre	8.7 g	29 %
Sodium	1132.4 mg	49 %
Vitamin C	3.1 mg	
Vitamin A	0.5 µg	
Calcium	143.4 mg	
Iron	4.2 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

Battered Fish on Wholewheat Bun

Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	2077.3 kJ	24 %
Protein	16.7 g	33 %
Fat, total	30.9 g	44 %
- saturated	2.4 g	10 %
Carbohydrate	34.9 g	14 %
- sugars	9.1 g	
- lactose	0 g	
- galactose	0 g	
- starches	21.7 g	
Dietary Fibre	7.3 g	24 %
Sodium	912 mg	40 %
Vitamin C	9.4 mg	
Vitamin A	246.2 µg	
Calcium	112.4 mg	
Iron	4.1 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

Beyond Burger on Wholewheat Bun

Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	2686.1 kJ	31 %
Protein	27.6 g	55 %
Fat, total	47.4 g	68 %
- saturated	8.2 g	34 %
Carbohydrate	29.9 g	12 %
- sugars	8.1 g	
- lactose	0 g	
- galactose	0 g	
- starches	14.7 g	
Dietary Fibre	6.6 g	22 %
Sodium	1052.7 mg	46 %
Vitamin C	9.6 mg	
Vitamin A	393.9 µg	
Calcium	101.6 mg	
Iron	4.6 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

Satay Tofu on Wholewheat Bun

Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	2114.2 kJ	24 %
Protein	21.3 g	43 %
Fat, total	32.3 g	46 %
- saturated	3.5 g	15 %
Carbohydrate	30.5 g	11 %
- sugars	10.2 g	
- lactose	0 g	
- galactose	0 g	
- starches	12.8 g	
Dietary Fibre	4.6 g	15 %
Sodium	690.6 mg	30 %
Vitamin C	15.1 mg	
Vitamin A	32.2 µg	
Calcium	377.5 mg	
Iron	3.8 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

Portobello Mushroom on Wholewheat Bun

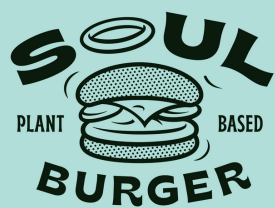
Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	2466.7 kJ	28 %
Protein	15.8 g	32 %
Fat, total	41.9 g	60 %
- saturated	6.6 g	28 %
Carbohydrate	34.9 g	14 %
- sugars	5.7 g	
- lactose	0 g	
- galactose	0 g	
- starches	13 g	
Dietary Fibre	7.7 g	26 %
Sodium	1185.4 mg	52 %
Vitamin C	23.5 mg	
Vitamin A	430.3 µg	
Calcium	124.9 mg	
Iron	3.7 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving



NUTRITIONAL INFO PAGE 3

Classic Dog on Brioche Sausage Bun

Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	2059.1 kJ	24 %
Protein	21.5 g	43 %
Fat, total	19.2 g	27 %
- saturated	4.9 g	20 %
Carbohydrate	48.5 g	18 %
- sugars	15.6 g	
- lactose	0 g	
- galactose	0 g	
- starches	0 g	
Dietary Fibre	6 g	20 %
Sodium	1646.4 mg	72 %
Vitamin C	4.9 mg	
Vitamin A	103 µg	
Calcium	42 mg	
Iron	0.5 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

Chilli Dog on Brioche Sausage Bun

Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	2230.8 kJ	26 %
Protein	20.4 g	41 %
Fat, total	28.3 g	40 %
- saturated	5.4 g	22 %
Carbohydrate	39.3 g	15 %
- sugars	9.7 g	
- lactose	0 g	
- galactose	0 g	
- starches	0 g	
Dietary Fibre	6.2 g	21 %
Sodium	1294.3 mg	56 %
Vitamin C	4.1 mg	
Vitamin A	75 µg	
Calcium	43 mg	
Iron	0.5 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

Beef Halal Snack Pack

Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	3487.7 kJ	40 %
Protein	22.3 g	45 %
Fat, total	38.8 g	55 %
- saturated	6.9 g	29 %
Carbohydrate	96.3 g	34 %
- sugars	30.7 g	
- lactose	0 g	
- galactose	0 g	
- starches	54.2 g	
Dietary Fibre	9.3 g	31 %
Sodium	2361.8 mg	103 %
Vitamin C	25.7 mg	
Vitamin A	46.3 µg	
Calcium	71.8 mg	
Iron	5.3 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

Chicken Halal Snack Pack

Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	3272 kJ	38 %
Protein	22.1 g	44 %
Fat, total	44 g	63 %
- saturated	10.3 g	43 %
Carbohydrate	69.4 g	25 %
- sugars	7.6 g	
- lactose	0 g	
- galactose	0 g	
- starches	53.6 g	
Dietary Fibre	8.2 g	27 %
Sodium	1812.4 mg	79 %
Vitamin C	23.7 mg	
Vitamin A	2.1 µg	
Calcium	55.2 mg	
Iron	4.8 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

Herbed Fries Small

Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	1329.4 kJ	15 %
Protein	3.1 g	6 %
Fat, total	18.1 g	26 %
- saturated	3.6 g	15 %
Carbohydrate	32.3 g	12 %
- sugars	1.6 g	
- lactose	0 g	
- galactose	0 g	
- starches	28.4 g	
Dietary Fibre	3.7 g	12 %
Sodium	457.1 mg	20 %
Vitamin C	13.3 mg	
Vitamin A	1.1 µg	
Calcium	14.7 mg	
Iron	0.6 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

Herbed Fries Regular

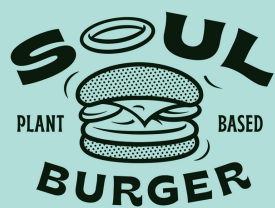
Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	2048.1 kJ	24 %
Protein	5.1 g	10 %
Fat, total	25.9 g	37 %
- saturated	4.9 g	21 %
Carbohydrate	53.9 g	19 %
- sugars	2.7 g	
- lactose	0 g	
- galactose	0 g	
- starches	47.4 g	
Dietary Fibre	6.2 g	21 %
Sodium	761.9 mg	33 %
Vitamin C	22.2 mg	
Vitamin A	1.8 µg	
Calcium	24.5 mg	
Iron	0.9 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving



NUTRITIONAL INFO PAGE 4

Tangy Fries Small

Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	1335 kJ	15 %
Protein	3.1 g	6 %
Fat, total	18.1 g	26 %
- saturated	3.6 g	15 %
Carbohydrate	32.5 g	12 %
- sugars	1.7 g	
- lactose	0 g	
- galactose	0 g	
- starches	28.4 g	
Dietary Fibre	3.8 g	13 %
Sodium	496.3 mg	22 %
Vitamin C	13.3 mg	
Vitamin A	1.1 µg	
Calcium	14.7 mg	
Iron	0.6 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

Tangy Fries Regular

Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	2056.6 kJ	24 %
Protein	5.2 g	10 %
Fat, total	25.9 g	37 %
- saturated	4.9 g	21 %
Carbohydrate	54.2 g	20 %
- sugars	2.8 g	
- lactose	0 g	
- galactose	0 g	
- starches	47.4 g	
Dietary Fibre	6.2 g	21 %
Sodium	820.7 mg	36 %
Vitamin C	22.2 mg	
Vitamin A	1.8 µg	
Calcium	24.5 mg	
Iron	0.9 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

Sweet Potato Fries Small

Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	1815 kJ	21 %
Protein	2.6 g	5 %
Fat, total	29.7 g	42 %
- saturated	4.4 g	18 %
Carbohydrate	33.2 g	12 %
- sugars	9.7 g	
- lactose	0 g	
- galactose	0 g	
- starches	23.5 g	
Dietary Fibre	5.1 g	17 %
Sodium	359.8 mg	16 %
Vitamin C	6.3 mg	
Vitamin A	1495.5 µg	
Calcium	58.5 mg	
Iron	0.7 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

Sweet Potato Fries Regular

Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	2574.1 kJ	30 %
Protein	4.3 g	9 %
Fat, total	37.8 g	54 %
- saturated	4.6 g	19 %
Carbohydrate	55.3 g	21 %
- sugars	16.2 g	
- lactose	0 g	
- galactose	0 g	
- starches	39.2 g	
Dietary Fibre	8.5 g	28 %
Sodium	593.1 mg	26 %
Vitamin C	10.5 mg	
Vitamin A	2492.5 µg	
Calcium	97.5 mg	
Iron	1.1 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

Southern Fried Cauliflower Bites

Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	1905 kJ	22 %
Protein	11.5 g	23 %
Fat, total	24.5 g	35 %
- saturated	2.5 g	10 %
Carbohydrate	44.5 g	17 %
- sugars	10 g	
- lactose	- g	
- galactose	- g	
- starches	- g	
Dietary Fibre	7 g	23 %
Sodium	1350 mg	59 %
Vitamin C	- mg	
Vitamin A	- µg	
Calcium	- mg	
Iron	- mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

BBQ Chicken Sticks

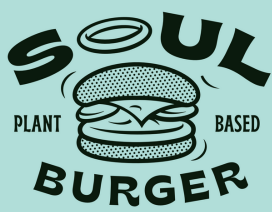
Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	868.8 kJ	10 %
Protein	12.7 g	25 %
Fat, total	4.4 g	6 %
- saturated	0.4 g	2 %
Carbohydrate	30.5 g	10 %
- sugars	22.8 g	
- lactose	- g	
- galactose	- g	
- starches	- g	
Dietary Fibre	1.3 g	4 %
Sodium	1007.5 mg	44 %
Vitamin C	4.5 mg	
Vitamin A	112.6 µg	
Calcium	25 mg	
Iron	7.5 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving



NUTRITIONAL INFO PAGE 5

Cheesy Bacon Fries

Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	2935.3 kJ	34 %
Protein	15.7 g	31 %
Fat, total	41.6 g	59 %
- saturated	18.4 g	77 %
Carbohydrate	66.8 g	23 %
- sugars	0.7 g	
- lactose	- g	
- galactose	- g	
- starches	- g	
Dietary Fibre	5.9 g	20 %
Sodium	848.7 mg	37 %
Vitamin C	10.6 mg	
Vitamin A	0 µg	
Calcium	0 mg	
Iron	2.1 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

Double Choc Milkshake

Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	1871 kJ	22 %
Protein	10.5 g	21 %
Fat, total	27.4 g	39 %
- saturated	18.3 g	76 %
Carbohydrate	41 g	14 %
- sugars	32.4 g	
- lactose	0 g	
- galactose	0 g	
- starches	- g	
Dietary Fibre	1.5 g	5 %
Sodium	294 mg	13 %
Vitamin C	- mg	
Vitamin A	- µg	
Calcium	300 mg	
Iron	- mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

Salted Caramel Milkshake

Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	2116.7 kJ	24 %
Protein	8.1 g	16 %
Fat, total	29.7 g	42 %
- saturated	20.4 g	85 %
Carbohydrate	52 g	17 %
- sugars	41.7 g	
- lactose	0 g	
- galactose	0 g	
- starches	- g	
Dietary Fibre	0.8 g	3 %
Sodium	292.7 mg	13 %
Vitamin C	- mg	
Vitamin A	100 µg	
Calcium	458.8 mg	
Iron	0 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

Vanilla Milkshake

Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	1817.2 kJ	21 %
Protein	8.2 g	16 %
Fat, total	29.2 g	42 %
- saturated	21.2 g	88 %
Carbohydrate	35.6 g	12 %
- sugars	31 g	
- lactose	0 g	
- galactose	0 g	
- starches	- g	
Dietary Fibre	1.5 g	5 %
Sodium	221.8 mg	10 %
Vitamin C	- mg	
Vitamin A	- µg	
Calcium	300 mg	
Iron	- mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

Choc Mint Milkshake

Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	2365.9 kJ	27 %
Protein	9.3 g	19 %
Fat, total	35.9 g	51 %
- saturated	24.6 g	103 %
Carbohydrate	52.3 g	17 %
- sugars	38.9 g	
- lactose	0 g	
- galactose	0 g	
- starches	- g	
Dietary Fibre	1.5 g	5 %
Sodium	263.4 mg	11 %
Vitamin C	- mg	
Vitamin A	- µg	
Calcium	300 mg	
Iron	- mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

Churros w/Caramel Sauce

Nutrition Information

Serving Size: 1 full recipe

	Average Quantity per Serving	%Daily Intake*
Energy	1387.9 kJ	16 %
Protein	1.6 g	3 %
Fat, total	18.7 g	27 %
- saturated	5.3 g	22 %
Carbohydrate	39.2 g	13 %
- sugars	28.5 g	
- lactose	0 g	
- galactose	0 g	
- starches	11.2 g	
Dietary Fibre	0.5 g	2 %
Sodium	161.8 mg	7 %
Vitamin C	0 mg	
Vitamin A	12.8 µg	
Calcium	77.5 mg	
Iron	0.7 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving