# NUTRITIONAL INFORMATION

**UPDATED 10/11/2026**

| | Typical Values Per Serving | | | | | | | | | Typical Values Per 100g | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Energy (kJ) | Energy (kcal) | Total fat (g) | of which saturated (g) | carbohydrates (g) | of which sugars (g) | Fibre (g) | Protein (g) | Salt (g) | Energy (kJ) | Energy (kcal) | Total fat (g) | of which saturated (g) | carbohydrates (g) | of which sugars (g) | Fibre (g) | Protein (g) | Salt (g) |
| **BUNS** | | | | | | | | | | | | | | | | | | |
| BURGER BUN | 770.9 | 182.7 | 4.6 | 1.7 | 29.6 | 3.5 | 1.4 | 5.1 | 0.7 | 1186 | 281 | 7.1 | 2.6 | 45.5 | 5.4 | 2.1 | 7.8 | 1.11 |
| GLUTEN-FREE BURGER BUN | 934.4 | 221.6 | 5.1 | 0.8 | 40.9 | 3.1 | 2.3 | 1.9 | 0.9 | 1168 | 277 | 6.4 | 1 | 51.1 | 3.9 | 2.9 | 2.4 | 1.1 |
| **BURGERS & CHICKEN** | | | | | | | | | | | | | | | | | | |
| BEEF BURGER PATTY | 1105.9 | 265.2 | 18.4 | 8.0 | 2.2 | 0.1 | 0.4 | 22.9 | 0.3 | 1301 | 312 | 21.6 | 9.42 | 2.6 | 0.1 | 0.5 | 26.9 | 0.34 |
| CHICKEN FILLET (MARINATED) | 777.6 | 184.8 | 4.7 | 0.9 | 1.6 | 0.5 | 0.6 | 34.0 | 1.5 | 648 | 154 | 3.9 | 0.76 | 1.3 | 0.4 | 0.5 | 28.3 | 1.23 |
| CRISPY CHICKEN BURGER (CRISPY) | 988.8 | 236.3 | 9.4 | 4.6 | 18.8 | 0.8 | 0.6 | 20.0 | 1.0 | 791 | 189 | 7.5 | 3.7 | 15 | 0.6 | 0.5 | 16 | 0.8 |
| VEGGIE BURGER | 765.0 | 182.0 | 6.8 | 0.9 | 24.5 | 4.2 | 2.8 | 4.4 | 1.1 | 765 | 182 | 6.8 | 0.93 | 24.5 | 4.2 | 2.8 | 4.4 | 1.13 |
| CRISPY CHICKEN TENDERS | 395.5 | 94.5 | 3.9 | 1.4 | 6.0 | 0.3 | 1.1 | 8.5 | 0.7 | 791 | 189 | 7.8 | 2.7 | 12 | 0.5 | 2.2 | 17 | 1.4 |
| BONELESS CRISPY WINGS (per piece) | 301.2 | 72.0 | 4.4 | 1.6 | 2.6 | 0.2 | 0.2 | 5.2 | 0.5 | 753 | 180 | 11 | 3.9 | 6.4 | 0.6 | 0.5 | 13 | 1.3 |
| **TOPPINGS** | | | | | | | | | | | | | | | | | | |
| CHEESE SLICE | 151.29 | 35.67 | 2.58 | 1.72 | 0.43 | 0.43 | 0.00 | 2.46 | 0.46 | 1230 | 290 | 21 | 14 | 3.5 | 3.5 | 0 | 20 | 3.7 |
| BACON | 170.30 | 41.10 | 3.50 | 1.40 | 0.00 | 0.00 | 0.00 | 2.40 | 0.20 | 1703 | 411 | 35 | 14 | 0 | 0 | 0 | 24 | 2 |
| LETTUCE | 8.63 | 2.85 | 0.02 | 0.00 | 0.27 | 0.00 | 0.18 | 0.14 | 0.00 | 57.5 | 19 | 0.14 | 0 | 1.8 | 0 | 1.2 | 0.9 | 0.03 |
| TOMATO | 20.13 | 4.62 | 0.03 | 0.00 | 0.99 | 0.99 | 0.33 | 0.03 | 0.00 | 61 | 14 | 0.1 | 0 | 3 | 3 | 1 | 0.1 | 0.005 |
| PICKLES | 17.64 | 4.20 | 0.03 | 0.01 | 0.69 | 0.66 | 0.18 | 0.13 | 0.22 | 126 | 30 | 0.2 | 0.1 | 4.9 | 4.7 | 1.3 | 0.9 | 1.6 |
| FRESH ONION | 14.08 | 3.36 | 0.01 | 0.00 | 0.81 | 0.34 | 0.00 | 0.07 | 0.00 | 176 | 42 | 0.08 | 0.026 | 10.11 | 4.28 | 0 | 0.92 | 0 |
| JALAPENOS | 2.75 | 0.65 | 0.02 | 0.01 | 0.35 | 0.21 | 0.14 | 0.05 | 0.01 | 55 | 13 | 0.4 | 0.1 | 7 | 4.1 | 2.8 | 0.9 | 0.248 |
| COLESLAW | 170.28 | 40.70 | 3.81 | 0.33 | 1.34 | 1.17 | 0.29 | 0.18 | 0.17 | 774 | 185 | 17.3 | 1.5 | 6.1 | 5.3 | 1.3 | 0.8 | 0.77 |
| RELISH | 54.24 | 12.96 | 0.02 | 0.01 | 2.76 | 2.52 | 0.08 | 0.17 | 0.06 | 452 | 108 | 0.2 | 0.1 | 23 | 21 | 0.7 | 1.4 | 0.5 |
| KETCHUP | 43.50 | 10.20 | 0.01 | 0.00 | 2.32 | 2.28 | 0.00 | 0.12 | 0.18 | 435 | 102 | 0.1 | 0 | 23.2 | 22.8 | 0 | 1.2 | 1.8 |
| MAYO | 274.50 | 65.60 | 7.10 | 0.61 | 0.23 | 0.23 | 0.00 | 0.08 | 0.12 | 2745 | 656 | 71 | 6.1 | 2.3 | 2.3 | 0 | 0.8 | 1.2 |
| MUSTARD | 16.08 | 3.84 | 0.23 | 0.02 | 0.09 | 0.03 | 0.25 | 0.22 | 0.18 | 268 | 64 | 3.9 | 0.3 | 1.5 | 0.5 | 4.1 | 3.7 | 3 |
| BBQ | 70.74 | 14.58 | 0.01 | 0.01 | 3.51 | 3.06 | 0.05 | 0.09 | 0.12 | 786 | 162 | 0.1 | 0.1 | 39 | 34 | 0.5 | 1 | 1.3 |
| BURGER SAUCE | 199.68 | 47.71 | 4.55 | 0.51 | 1.56 | 1.26 | 0.00 | 0.09 | 0.26 | 1536 | 367 | 35 | 3.9 | 12 | 9.7 | 0 | 0.7 | 2 |
| GARLIC MAYO | 232.44 | 56.40 | 6.05 | 0.43 | 0.43 | 0.43 | 0.10 | 0.02 | 0.13 | 1937 | 470 | 50.4 | 3.6 | 3.6 | 3.6 | 0.8 | 0.2 | 1.1 |
| HOT SAUCE | 34.70 | 8.30 | 0.22 | 0.04 | 0.92 | 0.11 | 0.45 | 0.16 | 0.24 | 347 | 83 | 2.2 | 0.4 | 9.2 | 1.1 | 4.5 | 1.6 | 2.36 |
| GRILLED ONIONS | 32.64 | 7.68 | 0.02 | 0.00 | 1.73 | 1.32 | 0.14 | 0.22 | 0.00 | 136 | 32 | 0.1 | 0 | 7.2 | 5.5 | 0.6 | 0.93 | 0.019 |
| GRILLED MUSHROOMS | 46.40 | 11.02 | 0.12 | 0.03 | 1.86 | 0.38 | 0.64 | 0.87 | 0.21 | 160 | 38 | 0.4 | 0.1 | 6.4 | 1.3 | 2.2 | 3 | 0.73 |
| GRILLED PEPPERS | 8.03 | 1.80 | 0.02 | 0.01 | 0.41 | 0.22 | 0.15 | 0.08 | 0.00 | 89.2 | 20 | 0.2 | 0.1 | 4.6 | 2.4 | 1.7 | 0.9 | 0.003 |
| **SIDES** | | | | | | | | | | | | | | | | | | |
| FRIES (REGULAR) | 2582.5 | 620 | 30.25 | 4.48 | 61.25 | 0.75 | 32.50 | 9.50 | 0.25 | 1033 | 248 | 12.1 | 1.79 | 24.5 | 0.3 | 13 | 3.8 | 0.1 |
| FRIES (LARGE) | 5247.64 | 1260 | 61.47 | 9.09 | 124.46 | 1.52 | 66.04 | 19.30 | 0.51 | 1033 | 248 | 12.1 | 1.79 | 24.5 | 0.3 | 13 | 3.8 | 0.1 |
| PAPRIKA | 131.2 | 31.4 | 0.62 | 0.12 | 3.6 | 1 | 0 | 1 | 10 | 656 | 157 | 3.1 | 0.6 | 18 | 5 | 0 | 5 | 50 |
| MOZZARELLA STICKS (4) | 1442.4 | 344.4 | 18 | 6.96 | 32.4 | 6.96 | 2.52 | 13.2 | 1.68 | 1202 | 287 | 15 | 5.8 | 27 | 5.8 | 2.1 | 11 | 1.4 |
| CHILLI CHEESE BITES (4) | 413.2 | 98.8 | 5.32 | 2 | 9.16 | 0.76 | 0.64 | 3.32 | 0.68 | 1033 | 247 | 13.3 | 5 | 22.9 | 1.9 | 1.6 | 8.3 | 1.7 |
| ONION RINGS (4) | 1170 | 279.6 | 13.92 | 1.608 | 34.2 | 5.4 | 0.48 | 4.08 | 0.96 | 975 | 233 | 11.6 | 1.34 | 28.5 | 4.5 | 0.4 | 3.4 | 0.8 |
| MOZZARELLA DIP | 173.76 | 41.6 | 1.856 | 0.179 | 5.536 | 4.576 | 0.704 | 0.32 | 0.304 | 543 | 130 | 5.8 | 0.56 | 17.3 | 14.3 | 2.2 | 1 | 0.95 |
| KICKBACK SAUCE | 231.75 | 55.25 | 2.20 | 0.15 | 8.68 | 7.78 | 0.08 | 0.05 | 0.43 | 927 | 221 | 8.8 | 0.6 | 34.7 | 31.1 | 0.3 | 0.2 | 1.7 |
| BBQ GLAZE | 196.50 | 40.50 | 0.03 | 0.03 | 9.75 | 8.50 | 0.13 | 0.25 | 0.33 | 786 | 162 | 0.1 | 0.1 | 39 | 34 | 0.5 | 1 | 1.3 |
| BLUE CHEESE | 443.75 | 107.25 | 9.53 | 0.78 | 4.93 | 3.18 | 0.20 | 0.35 | 0.50 | 1775 | 429 | 38.1 | 3.1 | 19.7 | 12.7 | 0.8 | 1.4 | 2 |
| HOT & SPICY | 86.75 | 20.75 | 0.55 | 0.10 | 2.30 | 0.28 | 1.13 | 0.40 | 0.59 | 347 | 83 | 2.2 | 0.4 | 9.2 | 1.1 | 4.5 | 1.6 | 2.36 |
| CREAMY RANCH | 414.25 | 99 | 9.575 | 0.7 | 2.475 | 1.95 | 0 | 0.7 | 0.325 | 1657 | 396 | 38.3 | 2.8 | 9.9 | 7.8 | 0 | 2.8 | 1.3 |
| CHEESE SAUCE | 543.4 | 129.8 | 7.59 | 4.84 | 10.23 | 4.84 | 0.11 | 4.73 | 0.88 | 494 | 118 | 6.9 | 4.4 | 9.3 | 4.4 | 0.1 | 4.3 | 0.8 |
| **MILKSHAKES** | | | | | | | | | | | | | | | | | | |
| MILKSHAKE BASE | 2149.4 | 514.1 | 20.7 | 12.4 | 69.0 | 64.5 | 6.9 | 13.1 | 0.7 | 623 | 149 | 6 | 3.6 | 20 | 18.7 | 2 | 3.8 | 0.2 |
| MINI SHAKE BASE | 1077.8 | 257.8 | 10.4 | 6.2 | 34.6 | 32.4 | 3.5 | 6.6 | 0.3 | 623 | 149 | 6 | 3.6 | 20 | 18.7 | 2 | 3.8 | 0.2 |
| WHIPPED CREAM | 267.3 | 64.68 | 6.16 | 4.4 | 1.782 | 1.782 | 0 | 0.528 | 0.018 | 1215 | 294 | 28 | 20 | 8.1 | 8.1 | 0 | 2.4 | 0.08 |
| OREO | 502 | 120 | 5 | 2.45 | 17.25 | 9.5 | 0.625 | 1.25 | 0.05 | 2008 | 480 | 20 | 9.8 | 69 | 38 | 2.5 | 5 | 0.2 |
| CHOCOLATE | 271.4 | 65 | 0 | 0 | 16.12 | 16.08 | 0 | 0 | 0.006 | 1357 | 325 | 0 | 0 | 80.6 | 80.4 | 0 | 0 | 0.03 |
| STRAWBERRY | 283 | 67.8 | 0 | 0 | 16.74 | 16.72 | 0 | 0 | 0.006 | 1415 | 339 | 0 | 0 | 83.7 | 83.6 | 0 | 0 | 0.03 |
| VANILLA | 285 | 68.2 | 0 | 0 | 16.82 | 16.78 | 0 | 0 | 0.006 | 1425 | 341 | 0 | 0 | 84.1 | 83.9 | 0 | 0 | 0.03 |
| MALTESER | 632.4 | 151.2 | 7.4 | 4.6 | 18.5 | 15.5 | 0.3 | 2.4 | 0.5 | 2108 | 504 | 24.8 | 15.2 | 61.5 | 51.7 | 1 | 7.9 | 1.7 |
| BISCOFF | 508.0 | 121.0 | 4.8 | 2.0 | 18.2 | 9.5 | 3.3 | 1.2 | 0.2 | 2032 | 484 | 19 | 8 | 72.6 | 38.1 | 13 | 4.9 | 0.9 |
| COFFEE | 262.8 | 62.8 | 0 | 0 | 15.68 | 15.48 | 0 | 0 | 0.008 | 1314 | 314 | 0 | 0 | 78.4 | 77.4 | 0 | 0 | 0.04 |
| SALTED CARAMEL | 272.8 | 65.2 | 0 | 0 | 16.06 | 16.06 | 0 | 0 | 0.2 | 1364 | 326 | 0 | 0 | 80.3 | 80.3 | 0 | 0 | 1 |
| CHERRY | 292.6 | 70 | 0 | 0 | 17.2 | 17.18 | 0 | 0.04 | 0.006 | 1463 | 350 | 0 | 0 | 86 | 85.9 | 0 | 0.2 | 0.03 |
| BANANA | 277 | 66.2 | 0 | 0 | 16.46 | 16.46 | 0 | 0 | 0.006 | 1385 | 331 | 0 | 0 | 82.3 | 82.3 | 0 | 0 | 0.03 |