NUTRITIONAL INFORMATION

UPDATED 24/11/2026

	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	193.70	47.00	5.04	0.36	0.36	0.36	0.08	0.02	0.11	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)	826.4	197.6	10.64	4	18.32	1.52	1.28	6.64	1.36	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	190.05	45.5	2.03	0.196	6.055	5.005	0.77	0.35	0.333	543	130	5.8	0.56	17.3	14.3	2.2	1	0.95
KICKBACK SAUCE	370.80	88.40	3.52	0.24	13.88	12.44	0.12	0.08	0.68	927	221	8.8	0.6	34.7	31.1	0.3	0.2	1.7
BBQ GLAZE	314.40	64.80	0.04	0.04	15.60	13.60	0.20	0.40	0.52	786	162	0.1	0.1	39	34	0.5	1	1.3
BLUE CHEESE	710.00	171.60	15.24	1.24	7.88	5.08	0.32	0.56	0.80	1775	429	38.1	3.1	19.7	12.7	0.8	1.4	2
HOT & SPICY	138.80	33.20	0.88	0.16	3.68	0.44	1.80	0.64	0.94	347	83	2.2	0.4	9.2	1.1	4.5	1.6	2.36
CREAMY RANCH	662.80	158.40	15.32	1.12	3.96	3.12	0.00	1.12	0.52	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
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