

Name	Allergenic Information	Portion size	Energy (kJ) per serve	Protein per serve	Fat per serve	Fat Saturated per serve	Carbs per serve	Carbs Sugar per serve	Sodium per serve	Energy (kJ) per 100g	Protein per 100g	Fat 100g	Fat Saturated per 100g	Carbs per 100	Carbs Sugar per 100g	Sodium per 100g
Chicken																
1/4 Chicken Breast		204.2	1210.9	47.0	10.2	3.5	2.0	1.2	937.9	593.0	23.0	5.0	1.7	1.0	0.6	459.3
1/4 Chicken Breast, No Skin		197.6	1053.2	44.5	7.3	2.4	1.6	1.6	754.2	533.0	22.5	3.7	1.2	0.8	0.8	381.7
1/4 Chicken Leg		177.9	1066.7	27.0	15.8	5.3	1.2	0.9	843.4	599.6	15.2	8.9	3.0	0.7	0.5	474.1
1/4 Chicken Leg, No Skin		150.8	816.4	25.6	9.8	3.8	1.1	1.1	768.9	541.4	17.0	6.5	2.5	0.7	0.7	509.9
4 Grilled Tenderloins		170.0	975.8	43.0	5.4	1.2	2.6	1.2	782.0	574.0	25.3	3.2	0.7	1.5	0.7	460.0
8 BBQ Ribs	G,S	110.7	1247.4	28.2	18.7	6.1	4.4	4.4	740.7	1126.8	25.5	16.9	5.5	4.0	4.0	669.1
4 BBQ Thighs	G,S	111.4	1031.0	35.1	10.4	3.2	3.0	2.8	534.7	925.5	31.5	9.3	2.9	2.7	2.5	480.0
Burgers Pitás Wraps																
Classic Chicken Burger	G,E,D,S	235.3	1844.8	32.5	12.2	3.1	49.4	10.1	889.9	784.0	13.8	5.2	1.3	21.0	4.3	378.2
Classic Chicken Burger (No Mayo)	G,S,SM	223.3	1711.1	32.4	9.8	2.7	46.9	8.7	826.2	766.3	14.5	4.4	1.2	21.0	3.9	370.0
Supremo Chicken Burger	G,E,D,S	244.1	1914.5	35.4	8.8	1.7	58.1	9.5	1015.2	784.3	14.5	3.6	0.7	23.8	3.9	415.9
Supremo Chicken Burger (No Mayo)	G,S	232.1	1787.2	35.3	6.5	1.4	55.7	8.1	951.6	770.0	15.2	2.8	0.6	24.0	3.5	410.0
Supremo Chicken Burger with Cheese & Bacon	G,E,D,S	281.0	2506.5	41.0	25.0	10.7	52.0	14.9	1770.3	892.0	14.6	8.9	3.8	18.5	5.3	630.0
Supremo Chicken Burger with the Lot	G,E,D,S	366.0	3206.2	55.6	33.3	13.2	60.4	18.3	1939.8	876.0	15.2	9.1	3.6	16.5	5.0	530.0
Chicken Pita, Chicken Breast	G,E,D,S	214.0	1364.7	30.0	6.2	1.1	36.8	5.1	891.7	637.7	14.0	2.9	0.5	17.2	2.4	416.7
Chicken Pita, Chicken Breast (No Mayo)	G	202.0	1240.9	30.3	3.8	0.8	34.3	3.6	828.2	614.3	15.0	1.9	0.4	17.0	1.8	410.0
Classic Wrap, Grilled Chicken	G,E,D	161.3	1117.5	20.3	8.7	2.7	26.5	5.3	705.5	692.8	12.6	5.4	1.7	16.4	3.3	437.4
Classic Wrap, Grilled Chicken (No Mayo)	G	149.3	988.8	20.3	6.4	2.4	23.9	3.9	642.0	662.3	13.6	4.3	1.6	16.0	2.6	430.0
Supremo Chicken Wrap	G,D,S	165.5	1211.5	20.7	8.9	3.6	31.1	5.0	811.0	732.0	12.5	5.4	2.2	18.8	3.0	490.0
Portuguese BBQ Chicken Burger	G,E,D,S	245.0	1713.0	39.0	11.5	3.2	36.8	7.6	808.5	699.2	15.9	4.7	1.3	15.0	3.1	330.0
Portuguese BBQ Chicken Burger (No Mayo)	G,S	235.9	1630.8	37.7	10.5	2.8	35.3	6.6	778.4	691.3	16.0	4.5	1.2	15.0	2.8	330.0
Veggo Supremo	G,E,D,S,V	285.0	2445.6	18.2	22.2	3.4	77.2	7.1	883.5	858.1	6.4	7.8	1.2	27.1	2.5	310.0
Veggo Supremo (No Mayo)	G,E,V	275.0	2370.5	18.7	20.4	3.3	76.5	8.5	1100.0	862.0	6.8	7.4	1.2	27.8	3.1	400.0
Pita, Veggie	G,E,D,V	250.4	1751.5	12.3	12.0	1.5	64.6	16.8	707.4	699.5	4.9	4.8	0.6	25.8	6.7	282.5
Pita, Veggie, (No Mayo)	G,E,V	238.4	1622.1	12.2	9.8	1.2	62.0	15.3	643.7	680.4	5.1	4.1	0.5	26.0	6.4	270.0
Mini Chicken Burger (Pequeno)	G,E,D,S	145.3	1101.4	22.8	4.9	1.5	31.2	7.6	741.0	758.0	15.7	3.4	1.0	21.5	5.2	510.0
Mini Chicken Pita	G,E,D	138.5	1022.1	20.9	4.7	0.8	28.9	5.4	720.2	738.0	15.1	3.4	0.6	20.9	3.9	520.0
Salads & Sides																
Mediterranean Salad, No Dressing	D,V	200.2	674.1	8.4	11.4	6.2	6.4	3.6	620.6	336.7	4.2	5.7	3.1	3.2	1.8	310.0
Chicken Mediterranean Salad, No Dressing	D	285.1	1153.5	27.9	14.5	8.6	8.3	7.4	855.3	404.6	9.8	5.1	3.0	2.9	2.6	300.0
Fresh Garden Salad, No Dressing	V	150.0	162.0	2.9	0.5	0.2	5.7	3.0	82.5	108.0	1.9	0.3	0.1	3.8	2.0	55.0
Chicken Garden Salad, No Dressing		240.3	633.7	23.3	2.9	0.7	7.7	4.8	312.4	263.7	9.7	1.2	0.3	3.2	2.0	130.0
Chicken Paella	SM	400.0	2068.0	28.4	6.8	1.2	78.4	8.0	1240.0	517.0	7.1	1.7	0.3	19.6	2.0	310.0
Spicy Rice, Regular	V,S	250.0	1317.0	6.3	1.3	1.0	68.5	2.5	1325.0	526.8	2.5	0.5	0.4	27.4	1.0	530.0
Couscous, Regular	G,V	220.0	1596.8	11.4	9.9	1.8	60.9	4.0	1210.0	725.8	5.2	4.5	0.8	27.7	1.8	550.0
Coleslaw, Regular	E,D,V	303.0	1170.8	4.2	14.2	2.7	33.6	28.5	848.4	386.4	1.4	4.7	0.9	11.1	9.4	280.0
Grilled Corn	V	268.5	1243.2	10.5	5.1	1.3	51.6	26.0	67.1	463.0	3.9	1.9	0.5	19.2	9.7	25.0
Chips, Regular	V	221.8	2094.2	8.7	20.6	5.5	69.6	1.6	310.5	944.2	3.9	9.3	2.5	31.4	0.7	140.0
Salad Dressings																
Dressing: Trio Bell	E,D,SM,V	15.0	176.1	0.1	4.2	0.3	1.1	0.6	161.4	1173.7	0.8	28.0	2.2	7.3	3.7	1076.0
Dressing: Vinaigrette	V	15.0	232.5	0.0	6.2	0.8	0.2	0.1	195.0	1549.9	0.1	41.2	5.6	1.4	0.7	1300.0
Dessert																
Choc Mousse Dessert	V,D,S	120.0	1867.0	3.7	37.7	27.5	24.1	15.1	91.0	1556.0	3.1	31.4	22.9	20.1	12.6	76.0
Allergenic Information Key																
G - Contains Gluten																
E - Contains Egg																
D - Contains Dairy																
S - Contains Soy																
SM - Contains Sesame																
V - Suitable for Vegetarians																
The average adult daily energy intake is 8700 kJ																