

**Lord of the Fries Nutrition Information Panels with %DI**  
**July 2010**

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## Burgers

<b>Mega Original Burger</b>			
<b>NUTRITION INFORMATION</b>			
Servings per package: 1			
Serving size: 508g			
	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	3530kJ (844Cal)	41%	695kJ (166Cal)
Protein	47.2g	94%	9.3g
Fat, Total	28.9g	41%	5.7g
- Saturated	11.2g	47%	2.2g
Carbohydrate	97.1g	31%	19.1g
- Sugars	16.9g	19%	3.3g
Sodium	2970mg	129%	584mg
Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.			

Ingredients: TVP Burger (35%) (Textured Vegetable Protein (Soy Meal, Caramel), Maize flour, Potato, Salt, Sugar, Gravy Powder, Stock Powder, Herbs And Spices.), Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), Lettuce, Cheese, Shredded Mozzarella (Milk, Culture, Rennet (Non-Animal), Salt), Onion, Tomato Ketchup (Concentrated Tomatoes (78%), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice), Mustard, (Water, Mustard Seed (17%), Sugar, Salt, Acidity Regulator (Acetic Acid), Spices), Belgium Mayonnaise (Vegetable Oil, Egg, Lemon Juice, Mustard, Pepper, Salt), Dill Pickles (Whole Cucumbers (57%), Water, Salt, Food Acid (Acetic Acid), Dill, Garlic, Pepper, Firming Agent (E 509)).

**Contains Wheat, Egg, Milk, Soy**

## Mega Original Vegan Burger

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 513g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	3250kJ (776Cal)	37%	633kJ (151Cal)
Protein	36.1g	72%	7.0g
Fat, Total	18.9g	27%	3.7g
- Saturated	8.0g	33%	1.6g
Carbohydrate	110g	35%	21.4g
- Sugars	25.9g	29%	5.1g
Sodium	3470mg	151%	676mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: TVP Burger (35%) (Textured Vegetable Protein (Soy Meal, Caramel), Maize flour, Potato, Salt, Sugar, Gravy Powder, Stock Powder, Herbs And Spices.), Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), Lettuce, Vegan Sauce (Mayonnaise (Sugar, Vinegar, Thickeners (1442), Sunflower Oil (Antioxidant (320)), Salt, Vegetable Gum (410, 460, 466), Lemon Juice, Garlic, Citric Acid, Sweet Mustard Pickles (Cauliflower, Cucumber, Sugar, Acid (260) Starch, Onion, Canola Oil), Vegetarian Cheese (Water, May Contain One Or More Of The Following Oils (Soy, Corn, Palm), Tofu, Soy Protein, Carrageenan, Maltodextrin, Vinegar, Corn Starch, Calcium Phosphate, Potato Flakes, Salt, Potassium Phosphate, Non Dairy Lactic Acid, Acetic Acid, Soy, Natural Colours, Potassium Sorbate), Onion, Tomato Ketchup (Concentrated Tomatoes (78%), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice), Mustard (Water, Mustard Seed (17%), Sugar, Salt, Acidity Regulator (Acetic Acid), Spices), Dill Pickles (Whole Cucumbers (57%), Water, Salt, Food Acid (Acetic Acid), Dill, Garlic, Pepper, Firming Agent (E 509)).

**Contains Wheat, Soy**

## Mega Spicy Burger

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 516g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	4010kJ (957Cal)	46%	777kJ (186Cal)
Protein	46.7g	93%	9.1g
Fat, Total	41.2g	59%	8.0g
- Saturated	12.2g	51%	2.4g
Carbohydrate	98.5g	32%	19.1g
- Sugars	19.9g	22%	3.9g
Sodium	3100mg	135%	600mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: TVP Burger (35%) (Textured Vegetable Protein (Soy Meal, Caramel), Maize flour, Potato, Salt, Sugar, Gravy Powder, Stock Powder, Herbs And Spices.), Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), Lettuce, Cheese, Shredded Mozzarella (Milk, Culture, Rennet (Non-Animal), Salt), Spicy Ketchup (Concentrated Tomatoes (78%), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Chilli Powder, Spice), Vietnamese Sauce (Canola Oil, Egg, Sweet Chilli Sauce, Salt, Chilli, Paprika), Jalapeno (Sliced Jalapenos (58%), Water, Vinegar, Salt, Mineral Salt (509), Preservative (211)), Onion.

**Contains Wheat, Egg, Milk, Soy**

## Mega Spicy Vegan Burger

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 511g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	3910kJ (935Cal)	45%	766kJ (183Cal)
Protein	36.5g	73%	7.1g
Fat, Total	39.2g	56%	7.7g
- Saturated	9.2g	38%	1.8g
Carbohydrate	104g	33%	20.3g
- Sugars	22.6g	25%	4.4g
Sodium	3400mg	148%	665mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: TVP Burger (35%) (Textured Vegetable Protein (Soy Meal, Caramel), Maize flour, Potato, Salt, Sugar, Gravy Powder, Stock Powder, Herbs And Spices.), Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), Lettuce, Spicy Ketchup (Concentrated Tomatoes (78%), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Chilli Powder, Spice), Vegetarian Cheese (Water, May Contain One Or More Of The Following Oils (Soy, Corn, Palm), Tofu, Soy Protein, Carrageenan, Maltodextrin, Vinegar, Corn Starch, Calcium Phosphate, Potato Flakes, Salt, Potassium Phosphate, Non Dairy Lactic Acid, Acidic Acid, Soy, Natural Colours, Potassium Sorbate), Vietnamese Sauce (Canola Oil, Egg, Sweet Chilli Sauce, Salt, Chilli, Paprika), Onion, Jalapeno (Sliced Jalapenos (58%), Water, Vinegar, Salt, Mineral Salt (509), Preservative (211)).

**Contains Wheat, Egg, Soy**

## Mega Big Mark Burger

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 521g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	3270kJ (782Cal)	38%	629kJ (150Cal)
Protein	45.5g	91%	8.7g
Fat, Total	21.1g	30%	4.0g
- Saturated	11.5g	48%	2.2g
Carbohydrate	101g	33%	19.4g
- Sugars	20.8g	23%	4.0g
Sodium	2840mg	123%	545mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: TVP Burger (35%) (Textured Vegetable Protein (Soy Meal, Caramel), Maize flour, Potato, Salt, Sugar, Gravy Powder, Stock Powder, Herbs And Spices.), Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), Lettuce, Vegan Sauce (Mayonnaise (Sugar, Vinegar, Thickener (1442), Sunflower Oil (Antioxidant (320)), Salt, Vegetable Gum (410, 460, 466), Lemon Juice, Garlic, Citric Acid, Sweet Mustard Pickles (Cauliflower, Cucumber, Sugar, Acid (260) Starch, Onion, Canola Oil), Cheese (Milk, Culture, Rennet (Non-Animal), Salt), Onion, Dill Pickles (Whole Cucumbers (57%), Water, Salt, Food Acid (Acetic Acid), Dill, Garlic, Pepper, Firming Agent (E 509)).

**Contains Wheat, Milk, Soy**

## Mega Big Mark Vegan Burger

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 501g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	3160kJ (755Cal)	36%	631kJ (151Cal)
Protein	35.1g	70%	7.0g
Fat, Total	19.0g	27%	3.8g
- Saturated	8.4g	35%	1.7g
Carbohydrate	106g	34%	21.1g
- Sugars	22.9g	25%	4.6g
Sodium	3140mg	136%	626mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: TVP Burger (36%) (Textured Vegetable Protein (Soy Meal, Caramel), Maize flour, Potato, Salt, Sugar, Gravy Powder, Stock Powder, Herbs And Spices.), Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), Lettuce, Vegan Sauce (Mayonnaise (Sugar, Vinegar, Thickener (1442), Sunflower Oil (Antioxidant (320)), Salt, Vegetable Gum (410, 460, 466), Lemon Juice, Garlic, Citric Acid, Sweet Mustard Pickles (Cauliflower, Cucumber, Sugar, Acid (260) Starch, Onion, Canola Oil), Vegetarian Cheese (Water, May Contain One Or More Of The Following Oils (Soy, Corn, Palm), Tofu, Soy Protein, Carrageenan, Maltodextrin, Vinegar, Corn Starch, Calcium Phosphate, Potato Flakes, Salt, Potassium Phosphate, Non Dairy Lactic Acid, Acidic Acid, Soy, Natural Colours, Potassium Sorbate), Onion, Dill Pickles (Whole Cucumbers (57%), Water, Salt, Food Acid (Acetic Acid), Dill, Garlic, Pepper, Firming Agent (E 509)).

**Contains Wheat, Soy**

## Mega Lord's Chicken Burger

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 490g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	3980kJ (951Cal)	46%	813kJ (194Cal)
Protein	57.5g	115%	11.7g
Fat, Total	49.1g	70%	10.0g
- Saturated	12.2g	51%	2.5g
Carbohydrate	81.6g	26%	16.6g
- Sugars	5.1g	6%	1.0g
Sodium	1100mg	48%	225mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Vegetarian Chicken Burger (37%) (Textured Soy Bean Protein, Soya Bean, Black Pepper, Mushroom Stem, Vegetable Oil, Vegetarian Seasoning), Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), Lettuce, Cheese, Shredded Mozzarella (Milk, Culture, Rennet (Non-Animal), Salt), Belgium Mayonnaise (Vegetable Oil, Egg, Lemon Juice, Mustard, Pepper, Salt), Onion, Mustard (Water, Mustard Seed (17%), Sugar, Salt, Acidity Regulator (Acetic Acid), Spices).

**Contains Wheat, Egg, Milk, Soy**

## Mega Lord's Chicken Vegan Burger

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 480g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	3300kJ (789Cal)	38%	688kJ (164Cal)
Protein	45.6g	91%	9.5g
Fat, Total	28.9g	41%	6.0g
- Saturated	8.0g	33%	1.7g
Carbohydrate	93.9g	30%	19.6g
- Sugars	14.0g	16%	2.9g
Sodium	1560mg	68%	325mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Vegetarian Chicken Burger (38%) (Textured Soy Bean Protein, Soya Bean, Black Pepper, Mushroom Stem, Vegetable Oil, Vegetarian Seasoning), Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), Lettuce, Vegan Sauce (Mayonnaise (Sugar, Vinegar, Thickener (1442), Sunflower Oil (Antioxidant (320)), Salt, Vegetable Gum (410, 460, 466), Lemon Juice, Garlic, Citric Acid, Sweet Mustard Pickles (Cauliflower, Cucumber, Sugar, Acid (260) Starch, Onion, Canola Oil), Vegetarian Cheese (Water, May Contain One Or More Of The Following Oils (Soy, Corn, Palm), Tofu, Soy Protein, Carrageenan, Maltodextrin, Vinegar, Corn Starch, Calcium Phosphate, Potato Flakes, Salt, Potassium Phosphate, Non Dairy Lactic Acid, Acidic Acid, Soy, Natural Colours, Potassium Sorbate), Onion, Mustard, American, Master foods (Water, Mustard Seed (17%), Sugar, Salt, Acidity Regulator (Acetic Acid), Spices).

**Contains Wheat, Soy**

## Big Original Burger

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 333g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2580kJ (616Cal)	30%	774kJ (185Cal)
Protein	28.8g	58%	8.7g
Fat, Total	20.9g	30%	6.3g
- Saturated	6.5g	27%	2.0g
Carbohydrate	76.4g	25%	22.9g
- Sugars	12.6g	14%	3.8g
Sodium	1960mg	85%	590mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), TVP Burger (27%) (Textured Vegetable Protein (Soy Meal, Caramel), Maize flour, Potato, Salt, Sugar, Gravy Powder, Stock Powder, Herbs And Spices.), Lettuce, Cheese, Shredded Mozzarella (Milk, Culture, Rennet (Non-Animal), Salt), Tomato Ketchup (Concentrated Tomatoes (78%), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice), Belgium Mayonnaise (Vegetable Oil, Egg, Lemon Juice, Mustard, Pepper, Salt), Mustard (Water, Mustard Seed (17%), Sugar, Salt, Acidity Regulator (Acetic Acid), Spices), Onion, Dill Pickles (Whole Cucumbers (57%), Water, Salt, Food Acid (Acetic Acid), Dill, Garlic, Pepper, Firming Agent (E 509)).

**Contains Wheat, Egg, Milk, Soy**

## Big Original Vegan Burger

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 328g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2240kJ (534Cal)	26%	682kJ (163Cal)
Protein	22.8g	46%	7.0g
Fat, Total	10.8g	15%	3.3g
- Saturated	4.4g	18%	1.3g
Carbohydrate	82.5g	27%	25.2g
- Sugars	17.1g	19%	5.2g
Sodium	2190mg	95%	669mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), TVP Burger (27%) (Textured Vegetable Protein (Soy Meal, Caramel), Maize flour, Potato, Salt, Sugar, Gravy Powder, Stock Powder, Herbs And Spices), Lettuce, Vegan Sauce (Mayonnaise (Sugar, Vinegar, Thickener (1442), Sunflower Oil (Antioxidant (320)), Salt, Vegetable Gum (410, 460, 466), Lemon Juice, Garlic, Citric Acid, Sweet Mustard Pickles (Cauliflower, Cucumber, Sugar, Acid (260) Starch, Onion, Canola Oil), Tomato Ketchup (Concentrated Tomatoes (78%), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice), Vegetarian Cheese (Water, May Contain One Or More Of The Following Oils (Soy, Corn, Palm), Tofu, Soy Protein, Carrageenan, Maltodextrin, Vinegar, Corn Starch, Calcium Phosphate, Potato Flakes, Salt, Potassium Phosphate, Non Dairy Lactic Acid, Acidic Acid, Soy, Natural Colours, Potassium Sorbate), Mustard (Water, Mustard Seed (17%), Sugar, Salt, Acidity Regulator (Acetic Acid), Spices), Onion, Dill Pickles (Whole Cucumbers (57%), Water, Salt, Food Acid (Acetic Acid), Dill, Garlic, Pepper, Firming Agent (E 509)).

**Contains Wheat, Soy**

## Big Spicy Burger

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 326g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2560kJ (610Cal)	29%	784kJ (187Cal)
Protein	28.0g	56%	8.6g
Fat, Total	21.6g	31%	6.6g
- Saturated	6.4g	27%	2.0g
Carbohydrate	74.1g	24%	22.7g
- Sugars	11.6g	13%	3.6g
Sodium	1880mg	82%	576mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), TVP Burger (28%) (Textured Vegetable Protein (Soy Meal, Caramel), Maize flour, Potato, Salt, Sugar, Gravy Powder, Stock Powder, Herbs And Spices.), Lettuce, Cheese, Shredded Mozzarella (Milk, Culture, Rennet (Non-Animal), Salt), Spicy Ketchup (Concentrated Tomatoes (78%), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Chilli Powder, Spice), Jalapeno (Sliced Jalapenos (58%), Water, Vinegar, Salt, Mineral Salt (509), Preservative (211)), Vietnamese Sauce (Canola Oil, Egg, Sweet Chilli Sauce, Salt, Chilli, Paprika), Onion.

**Contains Wheat, Egg, Milk, Soy**

## Big Spicy Vegan Burger

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 316g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2500kJ (597Cal)	29%	790kJ (189Cal)
Protein	22.7g	45%	7.2g
Fat, Total	20.6g	29%	6.5g
- Saturated	4.9g	20%	1.6g
Carbohydrate	76.3g	25%	24.1g
- Sugars	12.7g	14%	4.0g
Sodium	2030mg	88%	641mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), TVP Burger (28%) (Textured Vegetable Protein (Soy Meal, Caramel), Maize flour, Potato, Salt, Sugar, Gravy Powder, Stock Powder, Herbs And Spices.), Lettuce, Spicy Ketchup (Concentrated Tomatoes (78%), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Chilli Powder, Spice), Vegetarian Cheese (Water, May Contain One Or More Of The Following Oils (Soy, Corn, Palm), Tofu, Soy Protein, Carrageenan, Maltodextrin, Vinegar, Corn Starch, Calcium Phosphate, Potato Flakes, Salt, Potassium Phosphate, Non Dairy Lactic Acid, Acidic Acid, Soy, Natural Colours, Potassium Sorbate), Jalapeno (Sliced Jalapenos (58%), Water, Vinegar, Salt, Mineral Salt (509), Preservative (211)), Vietnamese Sauce (Canola Oil, Egg, Sweet Chilli Sauce, Salt, Chilli, Paprika), Onion.

**Contains Wheat, Egg, Soybean**

## Big Big Mark Burger

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 323g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2230kJ (533Cal)	26%	690kJ (165Cal)
Protein	27.2g	54%	8.4g
Fat, Total	12.2g	17%	3.8g
- Saturated	6.3g	26%	2.0g
Carbohydrate	77.0g	25%	23.8g
- Sugars	13.4g	15%	4.2g
Sodium	1690mg	74%	524mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), TVP Burger (28%) (Textured Vegetable Protein (Soy Meal, Caramel), Maize flour, Potato, Salt, Sugar, Gravy Powder, Stock Powder, Herbs And Spices.), Vegan Sauce (Mayonnaise (Sugar, Vinegar, Thickener (1442), Sunflower Oil (Antioxidant (320))), Salt, Vegetable Gum (410, 460, 466), Lemon Juice, Garlic, Citric Acid, Sweet Mustard Pickles (Cauliflower, Cucumber, Sugar, Acid (260) Starch, Onion, Canola Oil), Lettuce, Shredded Mozzarella (Milk, Culture, Rennet (Non-Animal), Salt), Onion, Dill Pickles (Whole Cucumbers (57%), Water, Salt, Food Acid (Acetic Acid), Dill, Garlic, Pepper, Firming Agent (E 509)).

**Contains: Wheat, Milk, Soy**

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## Big Big Mark Vegan

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 313g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2170kJ (519Cal)	25%	694kJ (166Cal)
Protein	22.0g	44%	7.0g
Fat, Total	11.1g	16%	3.6g
- Saturated	4.8g	20%	1.5g
Carbohydrate	79.1g	26%	25.3g
- Sugars	14.5g	16%	4.6g
Sodium	1840mg	80%	588mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodised Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), TVP Burger (29%) (Textured Vegetable Protein (Soy Meal, Caramel), Maize flour, Potato, Salt, Sugar, Gravy Powder, Stock Powder, Herbs And Spices.), Vegan Sauce (Mayonnaise (Sugar, Vinegar, Thickener (1442), Sunflower Oil (Antioxidant (320)), Salt, Vegetable Gum (410, 460, 466), Lemon Juice, Garlic, Citric Acid, Sweet Mustard Pickles (Cauliflower, Cucumber, Sugar, Acid (260) Starch, Onion, Canola Oil), Lettuce, Vegetarian Cheese (Water, May Contain One Or More Of The Following Oils (Soy, Corn, Palm), Tofu, Soy Protein, Carrageenan, Maltodextrin, Vinegar, Corn Starch, Calcium Phosphate, Potato Flakes, Salt, Potassium Phosphate, Non Dairy Lactic Acid, Acidic Acid, Soy, Natural Colours, Potassium Sorbate), Onion, Dill Pickles (Whole Cucumbers (57%), Water, Salt, Food Acid (Acetic Acid), Dill, Garlic, Pepper, Firming Agent (E 509)).

**Contains Wheat, Soybean, Soybean Products.**

## Big Lord's Chicken Burger

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 295g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2430kJ (580Cal)	28%	823kJ (197Cal)
Protein	31.0g	62%	10.5g
Fat, Total	23.5g	34%	8.0g
- Saturated	4.9g	20%	1.7g
Carbohydrate	66.2g	21%	22.5g
- Sugars	4.4g	5%	1.5g
Sodium	821mg	36%	278mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), Vegetarian Chicken Burger (31%) (Textured Soy Bean Protein, Soya Bean, Black Pepper, Mushroom Stem, Vegetable Oil, Vegetarian Seasoning), Lettuce, Cheese, Shredded Mozzarella (Milk, Culture, Rennet (Non-Animal), Salt), Belgium Mayonnaise (Vegetable Oil, Egg, Lemon Juice, Mustard, Pepper, Salt), Mustard (Water, Mustard Seed (17%), Sugar, Salt, Acidity Regulator (Acetic Acid), Spices), Onion.

**Contains Wheat, Egg, Milk, Soy**

## Big Lord's Chicken Vegan Burger

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 300g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2230kJ (532Cal)	26%	742kJ (177Cal)
Protein	27.5g	55%	9.2g
Fat, Total	15.9g	23%	5.3g
- Saturated	4.3g	18%	1.5g
Carbohydrate	72.4g	23%	24.1g
- Sugars	8.9g	10%	3.0g
Sodium	1100mg	48%	368mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), Vegetarian Chicken Burger (30%) (Textured Soy Bean Protein, Soya Bean, Black Pepper, Mushroom Stem, Vegetable Oil, Vegetarian Seasoning), Lettuce, Vegan Sauce (Mayonnaise (Sugar, Vinegar, Thickener (1442), Sunflower Oil (Antioxidant (320)), Salt, Vegetable Gum (410, 460, 466), Lemon Juice, Garlic, Citric Acid, Sweet Mustard Pickles (Cauliflower, Cucumber, Sugar, Acid (260) Starch, Onion, Canola Oil), Vegetarian Cheese (Water, May Contain One Or More Of The Following Oils (Soy, Corn, Palm), Tofu, Soy Protein, Carrageenan, Maltodextrin, Vinegar, Corn Starch, Calcium Phosphate, Potato Flakes, Salt, Potassium Phosphate, Non Dairy Lactic Acid, Acidic Acid, Soy, Natural Colours, Potassium Sorbate), Mustard (Water, Mustard Seed (17%), Sugar, Salt, Acidity Regulator (Acetic Acid), Spices), Onion.

**Contains Wheat, Soy**

## Mini Original Burger

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 149g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1290kJ (307Cal)	15%	863kJ (206Cal)
Protein	13.4g	27%	9.0g
Fat, Total	12.0g	17%	8.1g
- Saturated	3.4g	14%	2.3g
Carbohydrate	35.5g	11%	23.8g
- Sugars	4.6g	5%	3.1g
Sodium	813mg	35%	546mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), TVP Burger (23%) (Textured Vegetable Protein (Soy Meal, Caramel), Maize flour, Potato, Salt, Sugar, Gravy Powder, Stock Powder, Herbs And Spices.), Lettuce, Cheese, Shredded Mozzarella (Milk, Culture, Rennet (Non-Animal), Salt), Belgium Mayonnaise (Vegetable Oil, Egg, Lemon Juice, Mustard, Pepper, Salt), Onion, Tomato Ketchup (Concentrated Tomatoes (78%), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice), Mustard (Water, Mustard Seed (17%), Sugar, Salt, Acidity Regulator (Acetic Acid), Spices), Dill Pickles (Whole Cucumbers (57%), Water, Salt, Food Acid (Acetic Acid), Dill, Garlic, Pepper, Firming Agent (E 509)).

**Contains Wheat, Egg, Milk, Soy**

## Mini Original Vegan Burger

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 144g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1050kJ (251Cal)	12%	729kJ (174Cal)
Protein	10.3g	21%	7.1g
Fat, Total	5.3g	8%	3.7g
- Saturated	2.2g	9%	1.5g
Carbohydrate	38.6g	12%	26.8g
- Sugars	6.8g	8%	4.7g
Sodium	921mg	40%	639mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), TVP Burger (24%) (Textured Vegetable Protein (Soy Meal, Caramel), Maize flour, Potato, Salt, Sugar, Gravy Powder, Stock Powder, Herbs And Spices.), Lettuce, Vegan Sauce (Mayonnaise (Sugar, Vinegar, Thickener (1442), Sunflower Oil (Antioxidant (320)), Salt, Vegetable Gum (410, 460, 466), Lemon Juice, Garlic, Citric Acid, Sweet Mustard Pickles (Cauliflower, Cucumber, Sugar, Acid (260) Starch, Onion, Canola Oil), Vegetarian Cheese (Water, May Contain One Or More Of The Following Oils (Soy, Corn, Palm), Tofu, Soy Protein, Carrageenan, Maltodextrin, Vinegar, Corn Starch, Calcium Phosphate, Potato Flakes, Salt, Potassium Phosphate, Non Dairy Lactic Acid, Acidic Acid, Soy, Natural Colours, Potassium Sorbate), Onion, Tomato Ketchup (Concentrated Tomatoes (78%), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice), Mustard (Water, Mustard Seed (17%), Sugar, Salt, Acidity Regulator (Acetic Acid), Spices), Dill Pickles (Whole Cucumbers (57%), Water, Salt, Food Acid (Acetic Acid), Dill, Garlic, Pepper, Firming Agent (E 509)).

**Contains Wheat, Soy**

## Mini Spicy Burger

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 140g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1110kJ (264Cal)	13%	791kJ (189Cal)
Protein	12.1g	24%	8.7g
Fat, Total	8.1g	12%	5.8g
- Saturated	2.6g	11%	1.9g
Carbohydrate	34.8g	11%	24.8g
- Sugars	4.2g	5%	3.0g
Sodium	777mg	34%	555mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), TVP Burger (25%) (Textured Vegetable Protein (Soy Meal, Caramel), Maize flour, Potato, Salt, Sugar, Gravy Powder, Stock Powder, Herbs And Spices.), Lettuce, Cheese, Shredded Mozzarella (Milk, Culture, Rennet (Non-Animal), Salt), Jalapeno (Sliced Jalapenos (58%), Water, Vinegar, Salt, Mineral Salt (509), Preservative (211)), Vietnamese Sauce (Canola Oil, Egg, Sweet Chilli Sauce, Salt, Chilli, Paprika), Onion, Spicy Ketchup (Concentrated Tomatoes (78%), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Chilli Powder, Spice).

**Contains Wheat, Egg, Milk, Soy**

## Mini Spicy Vegan Burger

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 138g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1120kJ (267Cal)	13%	811kJ (194Cal)
Protein	10.2g	20%	7.4g
Fat, Total	8.4g	12%	6.1g
- Saturated	2.3g	10%	1.7g
Carbohydrate	35.9g	12%	26.0g
- Sugars	4.8g	5%	3.4g
Sodium	867mg	38%	628mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), TVP Burger (25%) (Textured Vegetable Protein (Soy Meal, Caramel), Maize flour, Potato, Salt, Sugar, Gravy Powder, Stock Powder, Herbs And Spices.), Lettuce, Vegetarian Cheese(Water, May Contain One Or More Of The Following Oils (Soy, Corn, Palm), Tofu, Soy Protein, Carrageenan, Maltodextrin, Vinegar, Corn Starch, Calcium Phosphate, Potato Flakes, Salt, Potassium Phosphate, Non Dairy Lactic Acid, Acidic Acid, Soy, Natural Colours, Potassium Sorbate), Jalapeno (Sliced Jalapenos (58%), Water, Vinegar, Salt, Mineral Salt (509), Preservative (211)), Vietnamese Sauce (Canola Oil, Egg, Sweet Chilli Sauce, Salt, Chilli, Paprika), Onion, Spicy Ketchup (Concentrated Tomatoes (78%), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Chilli Powder, Spice).

**Contains Wheat, Egg, Soy**

## Mini Big Mark Burger

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 140g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	989kJ (236Cal)	11%	706kJ (169Cal)
Protein	11.9g	24%	8.5g
Fat, Total	4.8g	7%	3.4g
- Saturated	2.5g	10%	1.8g
Carbohydrate	35.5g	11%	25.4g
- Sugars	4.6g	5%	3.3g
Sodium	740mg	32%	529mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), TVP Burger (25%) (Textured Vegetable Protein (Soy Meal, Caramel), Maize flour, Potato, Salt, Sugar, Gravy Powder, Stock Powder, Herbs And Spices.), Lettuce, Cheese, Shredded Mozzarella (Milk, Culture, Rennet (Non-Animal), Salt), Vegan Sauce (Mayonnaise (Sugar, Vinegar, Thickener (1442), Sunflower Oil (Antioxidant (320))), Salt, Vegetable Gum (410, 460, 466), Lemon Juice, Garlic, Citric Acid, Sweet Mustard Pickles (Cauliflower, Cucumber, Sugar, Acid (260) Starch, Onion, Canola Oil), Dill Pickles (Whole Cucumbers (57%), Water, Salt, Food Acid (Acetic Acid), Dill, Garlic, Pepper, Firming Agent (E 509)), Onion.

**Contains Wheat, Milk, Soy**

## Mini Big Mark Vegan Burger

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 138g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1000kJ (239Cal)	12%	725kJ (173Cal)
Protein	10.0g	20%	7.3g
Fat, Total	5.0g	7%	3.6g
- Saturated	2.2g	9%	1.6g
Carbohydrate	36.6g	12%	26.5g
- Sugars	5.2g	6%	3.7g
Sodium	830mg	36%	602mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), TVP Burger (25%) (Textured Vegetable Protein (Soy Meal, Caramel), Maize flour, Potato, Salt, Sugar, Gravy Powder, Stock Powder, Herbs And Spices.), Lettuce, Vegan Sauce (Mayonnaise (Sugar, Vinegar, Thickener (1442), Sunflower Oil (Antioxidant (320)), Salt, Vegetable Gum (410, 460, 466), Lemon Juice, Garlic, Citric Acid, Sweet Mustard Pickles (Cauliflower, Cucumber, Sugar, Acid (260) Starch, Onion, Canola Oil), Vegetarian Cheese(Water, May Contain One Or More Of The Following Oils (Soy, Corn, Palm), Tofu, Soy Protein, Carrageenan, Maltodextrin, Vinegar, Corn Starch, Calcium Phosphate, Potato Flakes, Salt, Potassium Phosphate, Non Dairy Lactic Acid, Acidic Acid, Soy, Natural Colours, Potassium Sorbate), Dill Pickles (Whole Cucumbers (57%), Water, Salt, Food Acid (Acetic Acid), Dill, Garlic, Pepper, Firming Agent (E 509)), Onion.

**Contains Wheat, Soybean, Soybean Products.**

## Mini Lord's Chicken Burger

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 147g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1320kJ (315Cal)	15%	897kJ (214Cal)
Protein	16.2g	32%	11.0g
Fat, Total	13.9g	20%	9.4g
- Saturated	2.9g	12%	2.0g
Carbohydrate	33.9g	11%	23.1g
- Sugars	2.1g	2%	1.4g
Sodium	400mg	17%	272mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), Vegetarian Chicken Burger (31%) (Textured Soy Bean Protein, Soya Bean, Black Pepper, Mushroom Stem, Vegetable Oil, Vegetarian Seasoning), Lettuce, Cheese, Shredded Mozzarella (Milk, Culture, Rennet (Non-Animal), Salt), Belgium Mayonnaise (Vegetable Oil, Egg, Lemon Juice, Mustard, Pepper, Salt), Onion, Mustard, American, Master foods (Water, Mustard Seed (17%), Sugar, Salt, Acidity Regulator (Acetic Acid), Spices).

**Contains Wheat, Egg, Milk, Soy**

## Mini Lord's Chicken Vegan Burger

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 145g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1120kJ (268Cal)	13%	775kJ (185Cal)
Protein	13.8g	28%	9.5g
Fat, Total	7.9g	11%	5.4g
- Saturated	2.2g	9%	1.5g
Carbohydrate	37.0g	12%	25.5g
- Sugars	4.3g	5%	3.0g
Sodium	523mg	23%	361mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), Vegetarian Chicken Burger (31%) (Textured Soy Bean Protein, Soya Bean, Black Pepper, Mushroom Stem, Vegetable Oil, Vegetarian Seasoning), Lettuce, Vegan Sauce (Mayonnaise (Sugar, Vinegar, Thickener (1442), Sunflower Oil (Antioxidant (320)), Salt, Vegetable Gum (410, 460, 466), Lemon Juice, Garlic, Citric Acid, Sweet Mustard Pickles (Cauliflower, Cucumber, Sugar, Acid (260) Starch, Onion, Canola Oil), Vegetarian Cheese(Water, May Contain One Or More Of The Following Oils (Soy, Corn, Palm), Tofu, Soy Protein, Carrageenan, Maltodextrin, Vinegar, Corn Starch, Calcium Phosphate, Potato Flakes, Salt, Potassium Phosphate, Non Dairy Lactic Acid, Acidic Acid, Soy, Natural Colours, Potassium Sorbate), Onion, Mustard (Water, Mustard Seed (17%), Sugar, Salt, Acidity Regulator (Acetic Acid), Spices).

**Contains Wheat, Soybean,**

## Hot Dogs

<b>Original Hot Dog</b>			
<b>NUTRITION INFORMATION</b>			
Servings per package: 1			
Serving size: 285g			
	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2840kJ (678Cal)	33%	996kJ (238Cal)
Protein	35.4g	71%	12.4g
Fat, Total	34.3g	49%	12.0g
- Saturated	9.1g	38%	3.2g
Carbohydrate	54.8g	18%	19.2g
- Sugars	10.0g	11%	3.5g
Sodium	832mg	36%	292mg
Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.			

Ingredients: Hot Dog (32%) (Vegetable Protein (Soya), Vegetable Oil, Wheat Protein, Starch Flavourings, Spices, Vegetable Gum), Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), Onion, Cheese, Shredded Mozzarella (Milk, Culture, Rennet (Non-Animal), Salt), Tomato Ketchup (Concentrated Tomatoes (78%), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice), Belgium Mayonnaise (Vegetable Oil, Egg, Lemon Juice, Mustard, Pepper, Salt).

**Contains Wheat, Egg, Milk, Soy**

## Original Vegan Hot Dog

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 265g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2330kJ (558Cal)	27%	881kJ (210Cal)
Protein	27.0g	54%	10.2g
Fat, Total	21.4g	31%	8.1g
- Saturated	5.3g	22%	2.0g
Carbohydrate	60.0g	19%	22.6g
- Sugars	13.6g	15%	5.1g
Sodium	978mg	43%	369mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Hot Dog (34%) (Vegetable Protein (Soya), Vegetable Oil, Wheat Protein, Starch Flavourings, Spices, Vegetable Gum), Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), Onion, Tomato Ketchup (Concentrated Tomatoes (78%), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice), Vegetarian Cheese(Water, May Contain One Or More Of The Following Oils (Soy, Corn, Palm), Tofu, Soy Protein, Carrageenan, Maltodextrin, Vinegar, Corn Starch, Calcium Phosphate, Potato Flakes, Salt, Potassium Phosphate, Non Dairy Lactic Acid, Acidic Acid, Soy, Natural Colours, Potassium Sorbate), Vegan Sauce (Mayonnaise (Sugar, Vinegar, Thickener (1442), Sunflower Oil (Antioxidant (320))), Salt, Vegetable Gum (410, 460, 466), Lemon Juice, Garlic, Citric Acid, Sweet Mustard Pickles (Cauliflower, Cucumber, Sugar, Acid (260) Starch, Onion, Canola Oil).

**Contains Wheat, Soy**

## Spicy Hot Dog

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 301g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2900kJ (693Cal)	33%	963kJ (230Cal)
Protein	35.3g	71%	11.7g
Fat, Total	35.8g	51%	11.9g
- Saturated	9.1g	38%	3.0g
Carbohydrate	55.1g	18%	18.3g
- Sugars	10.2g	11%	3.4g
Sodium	1070mg	46%	354mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Hot Dog (30%) (Vegetable Protein (Soya), Vegetable Oil, Wheat Protein, Starch Flavourings, Spices, Vegetable Gum), Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), Onion, Cheese, Shredded Mozzarella (Milk, Culture, Rennet (Non-Animal), Salt), Spicy Ketchup (Concentrated Tomatoes (78%), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Chilli Powder, Spice), Jalapeno (Sliced Jalapenos (58%), Water, Vinegar, Salt, Mineral Salt (509), Preservative (211)), Vietnamese Sauce (Canola Oil, Egg, Sweet Chilli Sauce, Salt, Chilli, Paprika).

**Contains Wheat, Egg, Milk, Soy**

## Spicy Vegan Hot Dog

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 281g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2340kJ (560Cal)	27%	834kJ (199Cal)
Protein	27.1g	54%	9.7g
Fat, Total	21.4g	31%	7.6g
- Saturated	5.3g	22%	1.9g
Carbohydrate	60.2g	19%	21.4g
- Sugars	13.8g	15%	4.9g
Sodium	1210mg	53%	432mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Hot Dog (32%) (Vegetable Protein (Soya), Vegetable Oil, Wheat Protein, Starch Flavourings, Spices, Vegetable Gum), Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), Onion, Vegetarian Cheese(Water, May Contain One Or More Of The Following Oils (Soy, Corn, Palm), Tofu, Soy Protein, Carrageenan, Maltodextrin, Vinegar, Corn Starch, Calcium Phosphate, Potato Flakes, Salt, Potassium Phosphate, Non Dairy Lactic Acid, Acidic Acid, Soy, Natural Colours, Potassium Sorbate), Spicy Ketchup (Concentrated Tomatoes (78%), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Chilli Powder, Spice), Jalapeno (Sliced Jalapenos (58%), Water, Vinegar, Salt, Mineral Salt (509), Preservative (211)), Vegan Sauce (Mayonnaise (Sugar, Vinegar, Thickener (1442), Sunflower Oil (Antioxidant (320)), Salt, Vegetable Gum (410, 460, 466), Lemon Juice, Garlic, Citric Acid, Sweet Mustard Pickles (Cauliflower, Cucumber, Sugar, Acid (260) Starch, Onion, Canola Oil).

**Contains Wheat, Soybean**

## Big Mark Hot Dog

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 280g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2510kJ (600Cal)	29%	898kJ (214Cal)
Protein	34.4g	69%	12.3g
Fat, Total	25.7g	37%	9.2g
- Saturated	8.8g	36%	3.1g
Carbohydrate	55.7g	18%	19.9g
- Sugars	10.3g	11%	3.7g
Sodium	721mg	31%	257mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Hot Dog (32%) (Vegetable Protein (Soya), Vegetable Oil, Wheat Protein, Starch Flavourings, Spices, Vegetable Gum), Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), Onion, Cheese, Shredded Mozzarella (Milk, Culture, Rennet (Non-Animal), Salt), Vegan Sauce (Mayonnaise (Sugar, Vinegar, Thickener (1442), Sunflower Oil (Antioxidant (320)), Salt, Vegetable Gum (410, 460, 466), Lemon Juice, Garlic, Citric Acid, Sweet Mustard Pickles (Cauliflower, Cucumber, Sugar, Acid (260) Starch, Onion, Canola Oil).

**Contains Wheat, Milk, Soy**

## Big Mark Vegan Hot Dog

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 260g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2320kJ (554Cal)	27%	892kJ (213Cal)
Protein	26.7g	53%	10.3g
Fat, Total	22.2g	32%	8.5g
- Saturated	5.6g	23%	2.2g
Carbohydrate	57.8g	19%	22.2g
- Sugars	11.3g	13%	4.3g
Sodium	818mg	36%	315mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Hot Dog (35%) (Vegetable Protein (Soya), Vegetable Oil, Wheat Protein, Starch Flavourings, Spices, Vegetable Gum), Bread (Wheat Flour, Water, Baker's Yeast, Vinegar, Iodized Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)), Onion, Vegan Sauce (Mayonnaise (Sugar, Vinegar, Thickener (1442), Sunflower Oil (Antioxidant (320)), Salt, Vegetable Gum (410, 460, 466), Lemon Juice, Garlic, Citric Acid, Sweet Mustard Pickles (Cauliflower, Cucumber, Sugar, Acid (260) Starch, Onion, Canola Oil), Vegetarian Cheese(Water, May Contain One Or More Of The Following Oils (Soy, Corn, Palm), Tofu, Soy Protein, Carrageenan, Maltodextrin, Vinegar, Corn Starch, Calcium Phosphate, Potato Flakes, Salt, Potassium Phosphate, Non Dairy Lactic Acid, Acidic Acid, Soy, Natural Colours, Potassium Sorbate).

**Contains Wheat, Soy**

## Fries

<b>Sampler Cup Of Fries</b>			
<b>NUTRITION INFORMATION</b>			
Servings per package: 1			
Serving size: 121.9g			
	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	581kJ (139Cal)	7%	476kJ (114Cal)
Protein	2.8g	6%	2.3g
Fat, Total	7.0g	10%	5.8g
- Saturated	1.6g	7%	1.4g
Carbohydrate	15.1g	5%	12.4g
- Sugars	0.6g	1%	0.5g
Sodium	3mg	0%	3mg
Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.			

Ingredients: Potato (94%), Frying Oil (Refined, Bleached And Deodorised Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

## Sampler Cup of Fries- American

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 131.9g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	651kJ (155Cal)	7%	493kJ (118Cal)
Protein	2.8g	6%	2.1g
Fat, Total	7.0g	10%	5.3g
- Saturated	1.7g	7%	1.3g
Carbohydrate	19.1g	6%	14.5g
- Sugars	4.4g	5%	3.3g
Sodium	93mg	4%	71mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (87%), Barbecue Sauce (Water, Cane Sugar, Vinegar, Tomato Paste, Malt Vinegar (Barley And Wheat), Wheat Flour, Salt, Dried Glucose Syrup, Colour (150c), Food Acid (Citric), Paprika, Vegetable Gums (Xanthan, Guar) Flavour), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Wheat, Barley**

## Sampler Cup of Fries - Asian

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 156.9g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1160kJ (277Cal)	13%	739kJ (177Cal)
Protein	6.5g	13%	4.2g
Fat, Total	19.9g	28%	12.7g
- Saturated	3.6g	15%	2.3g
Carbohydrate	16.8g	5%	10.7g
- Sugars	1.8g	2%	1.1g
Sodium	260mg	11%	166mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (73%), Thai Sauce (Peanuts, Satay Sauce, Soy Sauce, Water), Belgium Mayonnaise (Vegetable Oil, Egg, Lemon Juice, Mustard, Pepper, Salt), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)), Spring Onion.

**Contains Egg, Egg Products, Peanuts, Peanut Products, Soybean, Soybean Products.**

## Sampler Cup of Fries - Aussie

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 133.92g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	631kJ (151Cal)	7%	471kJ (113Cal)
Protein	2.9g	6%	2.2g
Fat, Total	7.0g	10%	5.3g
- Saturated	1.7g	7%	1.2g
Carbohydrate	17.7g	6%	13.2g
- Sugars	3.1g	3%	2.3g
Sodium	131mg	6%	98mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ.  
Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (86%), Tomato Ketchup (Concentrated Tomatoes (78%), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)), Vinegar.

## Sampler Cup of Fries- Belgian

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 131.9g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	845kJ (202Cal)	10%	640kJ (153Cal)
Protein	3.3g	7%	2.5g
Fat, Total	13.9g	20%	10.5g
- Saturated	2.3g	10%	1.8g
Carbohydrate	15.1g	5%	11.5g
- Sugars	0.6g	1%	0.5g
Sodium	33mg	1%	25mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ.  
Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (87%), Belgium Mayonnaise (Vegetable Oil, Egg, Lemon Juice, Mustard, Pepper, Salt), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Egg**

## Sampler Cup of Fries- French Canadian

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 156.9g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	654kJ (156Cal)	8%	417kJ (100Cal)
Protein	4.3g	9%	2.7g
Fat, Total	8.3g	12%	5.3g
- Saturated	2.5g	10%	1.6g
Carbohydrate	15.2g	5%	9.7g
- Sugars	0.6g	1%	0.4g
Sodium	44mg	2%	28mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ.  
Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (73%), Gravy ((Wheat flour, Thickener, Flavours (Soybean), Vegetable Fat, Flavour (621, 635), Onion, Salt, Tomato, Sugar, (Caramel 111, Beet Red), Yeast Extract, Herbs And Spices), Water), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)), Cheese, Shredded Mozzarella (Milk, Culture, Rennet (Non-Animal), Salt).

**Contains Wheat, Milk, Soybean**

## Sampler Cup of Fries- Indian

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 131.9g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	716kJ (171Cal)	8%	543kJ (130Cal)
Protein	3.0g	6%	2.2g
Fat, Total	10.0g	14%	7.6g
- Saturated	3.6g	15%	2.7g
Carbohydrate	16.4g	5%	12.4g
- Sugars	1.8g	2%	1.4g
Sodium	37mg	2%	28mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ.  
Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (87%), Indian Sauce (Sour Cream, Mango Chutney, Salt, Pepper, Coriander, Curry Powder, Chilli Powder), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Milk**

## Sampler Cup of Fries- Italian

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 156.9g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	697kJ (166Cal)	8%	444kJ (106Cal)
Protein	4.5g	9%	2.8g
Fat, Total	8.4g	12%	5.3g
- Saturated	2.4g	10%	1.6g
Carbohydrate	16.9g	5%	10.8g
- Sugars	2.3g	3%	1.4g
Sodium	124mg	5%	79mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ.  
Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (73%), Italian Sauce (Tomato, Onion, Sugar, Garlic, Canola Oil, Oregano, Basil), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)), Cheese, Shredded Mozzarella (Milk, Culture, Rennet (Non-Animal), Salt).

**Contains Milk**

## Sampler Cup of Fries- Mexican

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 136.9g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	592kJ (141Cal)	7%	433kJ (103Cal)
Protein	2.9g	6%	2.1g
Fat, Total	7.0g	10%	5.1g
- Saturated	1.6g	7%	1.2g
Carbohydrate	15.5g	5%	11.3g
- Sugars	1.0g	1%	0.7g
Sodium	7mg	0%	5mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ.  
Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (84%), Mexican Sauce (Crushed Tomato, Water, Onion, Jalapenos, Tomato Capsicum, Onion, Maize flour, Chilli, Garlic), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

## Sampler Cup of Fries- Parisian

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 131.9g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	816kJ (195Cal)	9%	619kJ (148Cal)
Protein	3.3g	7%	2.5g
Fat, Total	13.0g	19%	9.8g
- Saturated	2.3g	9%	1.7g
Carbohydrate	15.3g	5%	11.6g
- Sugars	0.6g	1%	0.5g
Sodium	29mg	1%	22mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (87%), Parisian Sauce (Vegetable Oil, Egg, Lemon Juice, Mustard, Garlic Pepper, Salt), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Egg.**

## Sampler Cup of Fries- Thai

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 131.9g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	735kJ (176Cal)	8%	557kJ (133Cal)
Protein	4.3g	9%	3.3g
Fat, Total	10.0g	14%	7.6g
- Saturated	2.3g	10%	1.7g
Carbohydrate	15.8g	5%	12.0g
- Sugars	1.0g	1%	0.8g
Sodium	116mg	5%	88mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (87%), Thai Sauce (Peanuts, Satay Sauce, Soy Sauce, Water), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Peanuts, Soybean**

## Sampler Cup of Fries- Vietnamese

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 131.9g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	878kJ (210Cal)	10%	665kJ (159Cal)
Protein	3.1g	6%	2.3g
Fat, Total	14.9g	21%	11.3g
- Saturated	2.3g	10%	1.8g
Carbohydrate	15.1g	5%	11.5g
- Sugars	0.6g	1%	0.5g
Sodium	32mg	1%	24mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (87%), Vietnamese Sauce (Canola Oil, Egg, Sweet Chilli Sauce, Salt, Chilli, Paprika), Frying Oil (Refined, Bleached And Deodorised Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Egg**

## Cone Of Fries

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 201.4g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	960kJ (229Cal)	11%	476kJ (114Cal)
Protein	4.6g	9%	2.3g
Fat, Total	11.6g	17%	5.8g
- Saturated	2.7g	11%	1.4g
Carbohydrate	24.9g	8%	12.4g
- Sugars	1.0g	1%	0.5g
Sodium	6mg	0%	3mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ.  
Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (94%), Frying Oil (Refined, Bleached And Deodorised Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

## Cone of Fries - African

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 231.4g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1290kJ (307Cal)	15%	556kJ (133Cal)
Protein	5.4g	11%	2.3g
Fat, Total	18.5g	26%	8.0g
- Saturated	3.4g	14%	1.5g
Carbohydrate	28.0g	9%	12.1g
- Sugars	3.9g	4%	1.7g
Sodium	164mg	7%	71mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (82%), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)), Tomato Ketchup (Concentrated Tomatoes (78%), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice), Belgium Mayonnaise (Vegetable Oil, Egg, Lemon Juice, Mustard, Pepper, Salt), Spring Onion.

**Contains Egg, Egg Products.**

## Cone of Fries- American

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 221.4g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1100kJ (263Cal)	13%	497kJ (119Cal)
Protein	4.6g	9%	2.1g
Fat, Total	11.6g	17%	5.2g
- Saturated	2.7g	11%	1.2g
Carbohydrate	32.9g	11%	14.9g
- Sugars	8.6g	10%	3.9g
Sodium	186mg	8%	84mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ.  
Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (86%), Barbecue Sauce (Water, Cane Sugar, Vinegar, Tomato Paste, Malt Vinegar (Barley And Wheat), Wheat Flour, Salt, Dried Glucose Syrup, Colour (150c), Food Acid (Citric), Paprika, Vegetable Gums (Xanthan, Guar) Flavour), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Wheat, Barley**

## Cone of Fries - Asian

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 271.4g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2120kJ (506Cal)	24%	780kJ (186Cal)
Protein	12.1g	24%	4.5g
Fat, Total	37.3g	53%	13.7g
- Saturated	6.7g	28%	2.5g
Carbohydrate	28.3g	9%	10.4g
- Sugars	3.3g	4%	1.2g
Sodium	518mg	23%	191mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ.  
Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (70%), Thai Sauce (Peanuts, Satay Sauce, Soy Sauce, Water), Belgium Mayonnaise (Vegetable Oil, Egg, Lemon Juice, Mustard, Pepper, Salt), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)), Spring Onion.

**Contains Egg, Egg Products, Peanuts, Peanut Products, Soybean, Soybean Products.**

## Cone of Fries - Aussie

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 224.43g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1060kJ (253Cal)	12%	472kJ (113Cal)
Protein	4.8g	10%	2.2g
Fat, Total	11.6g	17%	5.2g
- Saturated	2.7g	11%	1.2g
Carbohydrate	30.1g	10%	13.4g
- Sugars	5.9g	7%	2.6g
Sodium	260mg	11%	116mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (85%), Tomato Ketchup (Concentrated Tomatoes (78%), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)), Vinegar.

## Cone of Fries- Belgian

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 221.4g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1550kJ (371Cal)	18%	701kJ (167Cal)
Protein	6.5g	13%	3.0g
Fat, Total	25.7g	37%	11.6g
- Saturated	4.1g	17%	1.9g
Carbohydrate	27.7g	9%	12.5g
- Sugars	1.4g	2%	0.6g
Sodium	74mg	3%	34mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ.  
Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (86%), Belgium Mayonnaise (Vegetable Oil, Egg, Lemon Juice, Mustard, Pepper, Salt), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Egg**

## Cone of Fries- French Canadian

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 301.4g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1380kJ (330Cal)	16%	458kJ (109Cal)
Protein	12.6g	25%	4.2g
Fat, Total	19.1g	27%	6.3g
- Saturated	7.5g	31%	2.5g
Carbohydrate	25.2g	8%	8.4g
- Sugars	1.0g	1%	0.3g
Sodium	196mg	9%	65mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (63%), Gravy (Gravy (Wheat flour, Thickener, Flavours (Soybean), Vegetable Fat, Flavour (621, 635), Onion, Salt, Tomato, Sugar, (Caramel 111, Beet Red), Yeast Extract, Herbs And Spices), Water), Cheese, Shredded Mozzarella (Milk, Culture, Rennet (Non-Animal), Salt), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Wheat, Milk, Soybean**

## Cone of Fries- Indian

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 221.4g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1230kJ (294Cal)	14%	555kJ (133Cal)
Protein	4.9g	10%	2.2g
Fat, Total	17.5g	25%	7.9g
- Saturated	6.6g	27%	3.0g
Carbohydrate	27.5g	9%	12.4g
- Sugars	3.5g	4%	1.6g
Sodium	73mg	3%	33mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (86%), Indian Sauce (Sour Cream, Mango Chutney, Salt, Pepper, Coriander, Curry Powder, Chilli Powder), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Milk**

## Cone of Fries- Italian

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 351.4g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1560kJ (373Cal)	18%	444kJ (106Cal)
Protein	13.8g	28%	3.9g
Fat, Total	19.5g	28%	5.5g
- Saturated	7.5g	31%	2.1g
Carbohydrate	32.2g	10%	9.2g
- Sugars	7.7g	9%	2.2g
Sodium	540mg	23%	154mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (54%), Italian Sauce (Tomato, Onion, Sugar, Garlic, Canola Oil, Oregano, Basil), Cheese, Shredded Mozzarella (Milk, Culture, Rennet (Non-Animal), Salt), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Milk**

## Cone of Fries- Mexican

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 231.4g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	982kJ (235Cal)	11%	425kJ (101Cal)
Protein	4.9g	10%	2.1g
Fat, Total	11.6g	17%	5.0g
- Saturated	2.7g	11%	1.2g
Carbohydrate	25.7g	8%	11.1g
- Sugars	1.7g	2%	0.7g
Sodium	13mg	1%	6mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (82%), Mexican Sauce (Crushed Tomato, Water, Onion, Jalapenos, Tomato Capsicum, Onion, Maize flour, Chilli, Garlic), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

## Cone of Fries- Parisian

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 221.4g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1430kJ (342Cal)	16%	646kJ (154Cal)
Protein	5.6g	11%	2.5g
Fat, Total	23.5g	34%	10.6g
- Saturated	3.9g	16%	1.8g
Carbohydrate	25.3g	8%	11.4g
- Sugars	1.1g	1%	0.5g
Sodium	57mg	2%	26mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (86%), Parisian Sauce (Vegetable Oil, Egg, Lemon Juice, Mustard, Garlic Pepper, Salt), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Egg.**

## Cone of Fries- Thai

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 221.4g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1270kJ (303Cal)	15%	572kJ (137Cal)
Protein	7.7g	15%	3.5g
Fat, Total	17.6g	25%	7.9g
- Saturated	4.0g	17%	1.8g
Carbohydrate	26.3g	8%	11.9g
- Sugars	1.9g	2%	0.8g
Sodium	232mg	10%	105mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (86%), Thai Sauce (Peanuts, Satay Sauce, Soy Sauce, Water), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Peanuts, Soybean**

## Cone of Fries- Vietnamese

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 221.4g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1620kJ (387Cal)	19%	731kJ (175Cal)
Protein	6.2g	12%	2.8g
Fat, Total	27.6g	40%	12.5g
- Saturated	4.1g	17%	1.9g
Carbohydrate	27.6g	9%	12.5g
- Sugars	1.4g	2%	0.6g
Sodium	72mg	3%	32mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ.  
Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (86%), Vietnamese Sauce (Canola Oil, Egg, Sweet Chilli Sauce, Salt, Chilli, Paprika), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Egg**

## Box Of Fries

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 334g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1590kJ (381Cal)	18%	477kJ (114Cal)
Protein	7.6g	15%	2.3g
Fat, Total	19.3g	28%	5.8g
- Saturated	4.5g	19%	1.4g
Carbohydrate	41.3g	13%	12.4g
- Sugars	1.6g	2%	0.5g
Sodium	9mg	0%	3mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (94%), Frying Oil (Refined, Bleached And Deodorised Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

## Box of Fries - African

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 394g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2250kJ (537Cal)	26%	571kJ (136Cal)
Protein	9.2g	18%	2.3g
Fat, Total	33.1g	47%	8.4g
- Saturated	5.9g	25%	1.5g
Carbohydrate	47.5g	15%	12.1g
- Sugars	7.6g	8%	1.9g
Sodium	325mg	14%	83mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (80%), Tomato Ketchup (Concentrated Tomatoes (78%), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice), Belgium Mayonnaise (Vegetable Oil, Egg, Lemon Juice, Mustard, Pepper, Salt), Spring Onion, Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Egg, Egg Products.**

## Box of Fries- American

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 364g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1800kJ (431Cal)	21%	496kJ (118Cal)
Protein	7.6g	15%	2.1g
Fat, Total	19.3g	28%	5.3g
- Saturated	4.6g	19%	1.3g
Carbohydrate	53.3g	17%	14.6g
- Sugars	13.0g	14%	3.6g
Sodium	279mg	12%	77mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ.  
Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (87%), Barbecue Sauce (Water, Cane Sugar, Vinegar, Tomato Paste, Malt Vinegar (Barley And Wheat), Wheat Flour, Salt, Dried Glucose Syrup, Colour (150c), Food Acid (Citric), Paprika, Vegetable Gums (Xanthan, Guar) Flavour), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Wheat, Barley**

## Box of Fries - Asian

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 444g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	3410kJ (814Cal)	39%	767kJ (183Cal)
Protein	19.6g	39%	4.4g
Fat, Total	59.3g	85%	13.4g
- Saturated	10.8g	45%	2.4g
Carbohydrate	46.7g	15%	10.5g
- Sugars	5.3g	6%	1.2g
Sodium	835mg	36%	188mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (71%), Thai Sauce (Peanuts, Satay Sauce, Soy Sauce, Water), Belgium Mayonnaise (Vegetable Oil, Egg, Lemon Juice, Mustard, Pepper, Salt), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)), Spring Onion.

**Contains Egg, Egg Products, Peanuts, Peanut Products, Soybean, Soybean Products.**

## Box of Fries - Aussie

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 369.05g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1740kJ (417Cal)	20%	473kJ (113Cal)
Protein	8.0g	16%	2.2g
Fat, Total	19.4g	28%	5.3g
- Saturated	4.6g	19%	1.2g
Carbohydrate	49.1g	16%	13.3g
- Sugars	9.1g	10%	2.5g
Sodium	391mg	17%	106mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (85%), Tomato Ketchup (Concentrated Tomatoes (78%), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)), Vinegar.

## Box of Fries- Belgian

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 364g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2390kJ (570Cal)	27%	656kJ (157Cal)
Protein	9.1g	18%	2.5g
Fat, Total	39.9g	57%	11.0g
- Saturated	6.6g	27%	1.8g
Carbohydrate	41.5g	13%	11.4g
- Sugars	1.7g	2%	0.5g
Sodium	98mg	4%	27mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (87%), Belgium Mayonnaise (Vegetable Oil, Egg, Lemon Juice, Mustard, Pepper, Salt), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Egg**

## Box of Fries- French Canadian

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 534g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2440kJ (582Cal)	28%	456kJ (109Cal)
Protein	23.7g	47%	4.4g
Fat, Total	34.3g	49%	6.4g
- Saturated	14.1g	59%	2.6g
Carbohydrate	42.0g	14%	7.9g
- Sugars	1.7g	2%	0.3g
Sodium	390mg	17%	73mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ.  
Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (59%), Gravy (Gravy (Wheat flour, Thickener, Flavours (Soybean), Vegetable Fat, Flavour (621, 635), Onion, Salt, Tomato, Sugar, (Caramel 111, Beet Red), Yeast Extract, Herbs And Spices), Water), Cheese, Shredded Mozzarella (Milk, Culture, Rennet (Non-Animal), Salt), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Wheat, Milk, Soybean**

## Box of Fries- Indian

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 364g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2000kJ (478Cal)	23%	549kJ (131Cal)
Protein	8.1g	16%	2.2g
Fat, Total	28.2g	40%	7.8g
- Saturated	10.3g	43%	2.8g
Carbohydrate	45.2g	15%	12.4g
- Sugars	5.3g	6%	1.5g
Sodium	111mg	5%	30mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (87%), Indian Sauce (Sour Cream, Mango Chutney, Salt, Pepper, Coriander, Curry Powder, Chilli Powder), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Milk**

## Box of Fries- Italian

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 594g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2730kJ (653Cal)	31%	460kJ (110Cal)
Protein	25.4g	51%	4.3g
Fat, Total	34.9g	50%	5.9g
- Saturated	14.0g	58%	2.4g
Carbohydrate	53.5g	17%	9.0g
- Sugars	12.8g	14%	2.2g
Sodium	951mg	41%	160mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (53%), Italian Sauce (Tomato, Onion, Sugar, Garlic, Canola Oil, Oregano, Basil), Cheese, Shredded Mozzarella (Milk, Culture, Rennet (Non-Animal), Salt), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Milk**

## Box of Fries- Mexican

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 384g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1630kJ (390Cal)	19%	425kJ (102Cal)
Protein	8.1g	16%	2.1g
Fat, Total	19.4g	28%	5.0g
- Saturated	4.5g	19%	1.2g
Carbohydrate	42.7g	14%	11.1g
- Sugars	2.8g	3%	0.7g
Sodium	21mg	1%	6mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (82%), Mexican Sauce (Crushed Tomato, Water, Onion, Jalapenos, Tomato Capsicum, Onion, Maize flour, Chilli, Garlic), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

## Box of Fries- Parisian

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 364g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2300kJ (550Cal)	26%	632kJ (151Cal)
Protein	9.2g	18%	2.5g
Fat, Total	37.2g	53%	10.2g
- Saturated	6.3g	26%	1.7g
Carbohydrate	41.9g	14%	11.5g
- Sugars	1.8g	2%	0.5g
Sodium	86mg	4%	24mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (87%), Parisian Sauce (Vegetable Oil, Egg, Lemon Juice, Mustard, Garlic Pepper, Salt), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Egg.**

## Box of Fries- Thai

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 364g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2060kJ (491Cal)	24%	565kJ (135Cal)
Protein	12.3g	25%	3.4g
Fat, Total	28.3g	40%	7.8g
- Saturated	6.4g	27%	1.8g
Carbohydrate	43.4g	14%	11.9g
- Sugars	2.9g	3%	0.8g
Sodium	348mg	15%	96mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (87%), Thai Sauce (Peanuts, Satay Sauce, Soy Sauce, Water), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Peanuts, Soybean**

## Box of Fries- Vietnamese

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 364g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2490kJ (594Cal)	29%	683kJ (163Cal)
Protein	8.5g	17%	2.3g
Fat, Total	42.8g	61%	11.8g
- Saturated	6.6g	27%	1.8g
Carbohydrate	41.4g	13%	11.4g
- Sugars	1.7g	2%	0.5g
Sodium	94mg	4%	26mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Potato (87%), Vietnamese Sauce (Canola Oil, Egg, Sweet Chilli Sauce, Salt, Chilli, Paprika), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Egg**

## Nuggets

<b>Cup Of Nuggets</b>			
<b>NUTRITION INFORMATION</b>			
Servings per package: 1			
Serving size: 106.02g			
	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1060kJ (254Cal)	12%	1000kJ (239Cal)
Protein	16.0g	32%	15.1g
Fat, Total	8.3g	12%	7.9g
- Saturated	1.4g	6%	1.4g
Carbohydrate	28.6g	9%	27.0g
- Sugars	0.0g	0%	0.0g
Sodium	2mg	0%	2mg
Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.			

Ingredients: Chicken Nuggets (94%) (Textured Vegetable Protein, Soya Bean, Vegetable Oil, & Vegetarian Seasoning.), Frying Oil (Refined, Bleached And Deodorised Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Soybean, Soybean Products.**

## Cup Of Nuggets - African

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 121.02g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1230kJ (293Cal)	14%	1010kJ (242Cal)
Protein	16.4g	33%	13.6g
Fat, Total	11.8g	17%	9.7g
- Saturated	1.8g	7%	1.5g
Carbohydrate	30.2g	10%	24.9g
- Sugars	1.5g	2%	1.2g
Sodium	81mg	4%	67mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Chicken Nuggets (83%) (Textured Vegetable Protein, Soya Bean, Vegetable Oil, & Vegetarian Seasoning), Frying Oil (Refined, Bleached And Deodorised Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)), Tomatoa Ketchup (Concentrated Tomatoes (78%), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice), Belgium Mayonnaise (Vegetable Oil, Egg, Lemon Juice, Mustard, Pepper, Salt), Spring Onion.

**Contains Egg, Egg Products, Soybean, Soybean Products.**

## Cup of Nuggets- American

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 126.02g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1200kJ (287Cal)	14%	954kJ (228Cal)
Protein	16.0g	32%	12.7g
Fat, Total	8.3g	12%	6.6g
- Saturated	1.5g	6%	1.2g
Carbohydrate	36.6g	12%	29.0g
- Sugars	7.6g	8%	6.0g
Sodium	182mg	8%	144mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ.  
Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Chicken Nuggets (79%) (Textured Vegetable Protein, Soya Bean, Vegetable Oil, & Vegetarian Seasoning), Barbecue Sauce (Water, Cane Sugar, Vinegar, Tomato Paste, Malt Vinegar (Barley And Wheat), Wheat Flour, Salt, Dried Glucose Syrup, Colour (150c), Food Acid (Citric), Paprika, Vegetable Gums (Xanthan, Guar) Flavour), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Wheat, Barley, Soybean**

## Cup Of Nuggets - Asian

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 141.02g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1640kJ (392Cal)	19%	1160kJ (278Cal)
Protein	19.8g	40%	14.0g
Fat, Total	21.2g	30%	15.0g
- Saturated	3.4g	14%	2.4g
Carbohydrate	30.3g	10%	21.5g
- Sugars	1.2g	1%	0.8g
Sodium	258mg	11%	183mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Chicken Nuggets (71%) (Textured Vegetable Protein, Soya Bean, Vegetable Oil, & Vegetarian Seasoning.), Thai Sauce (Peanuts, Satay Sauce, Soy Sauce, Water), Belgium Mayonnaise (Vegetable Oil, Egg, Lemon Juice, Mustard, Pepper, Salt), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)), Spring Onion.

**Contains Egg, Egg Products, Peanuts, Peanut Products, Soybean, Soybean Products.**

## Cup of Nuggets - Aussie

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 129.05g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1160kJ (278Cal)	13%	901kJ (215Cal)
Protein	16.3g	33%	12.6g
Fat, Total	8.4g	12%	6.5g
- Saturated	1.5g	6%	1.1g
Carbohydrate	33.8g	11%	26.2g
- Sugars	5.0g	6%	3.9g
Sodium	256mg	11%	198mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ.  
Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Chicken Nuggets (77%) (Textured Vegetable Protein, Soya Bean, Vegetable Oil, & Vegetarian Seasoning.), Tomato Ketchup (Concentrated Tomatoes (78%), Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)), Vinegar.

**Contains Soybean, Soybean Products.**

## Cup of Nuggets- Belgian

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 126.02g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1590kJ (380Cal)	18%	1260kJ (302Cal)
Protein	17.0g	34%	13.5g
Fat, Total	22.0g	31%	17.5g
- Saturated	2.8g	12%	2.2g
Carbohydrate	28.7g	9%	22.8g
- Sugars	0.1g	0%	less than 0.1g
Sodium	61mg	3%	48mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ.  
Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Chicken Nuggets (79%) (Textured Vegetable Protein, Soya Bean, Vegetable Oil, & Vegetarian Seasoning.), Belgium Mayonnaise (Vegetable Oil, Egg, Lemon Juice, Mustard, Pepper, Salt), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Egg, Soybean**

## Cup of Nuggets- Indian

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 126.02g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1330kJ (318Cal)	15%	1060kJ (253Cal)
Protein	16.4g	33%	13.0g
Fat, Total	14.2g	20%	11.3g
- Saturated	5.3g	22%	4.2g
Carbohydrate	31.2g	10%	24.8g
- Sugars	2.5g	3%	2.0g
Sodium	69mg	3%	55mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ.  
Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Chicken Nuggets (79%) (Textured Vegetable Protein, Soya Bean, Vegetable Oil, & Vegetarian Seasoning.), Indian Sauce (Sour Cream, Mango Chutney, Salt, Pepper, Coriander, Curry Powder, Chilli Powder), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Milk, Soybean**

## Cup of Nuggets- Italian

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 126.02g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1090kJ (261Cal)	13%	868kJ (207Cal)
Protein	16.3g	33%	12.9g
Fat, Total	8.4g	12%	6.7g
- Saturated	1.4g	6%	1.1g
Carbohydrate	29.8g	10%	23.7g
- Sugars	1.1g	1%	0.9g
Sodium	65mg	3%	51mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Chicken Nuggets (79%) (Textured Vegetable Protein, Soya Bean, Vegetable Oil, & Vegetarian Seasoning.), Italian Sauce (Tomato, Onion, Sugar, Garlic, Canola Oil, Oregano, Basil), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Soybean**

## Cup of Nuggets- Mexican

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 126.02g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1080kJ (258Cal)	12%	855kJ (204Cal)
Protein	16.2g	32%	12.9g
Fat, Total	8.3g	12%	6.6g
- Saturated	1.4g	6%	1.1g
Carbohydrate	29.2g	9%	23.1g
- Sugars	0.5g	1%	0.4g
Sodium	7mg	0%	5mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Chicken Nuggets (79%) (Textured Vegetable Protein, Soya Bean, Vegetable Oil, & Vegetarian Seasoning.), Mexican Sauce (Crushed Tomato, Water, Onion, Jalapenos, Tomato Capsicum, Onion, Maize flour, Chilli, Garlic), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Soybean**

## Cup of Nuggets- Parisian

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 126.02g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1530kJ (366Cal)	18%	1220kJ (291Cal)
Protein	17.1g	34%	13.5g
Fat, Total	20.2g	29%	16.0g
- Saturated	2.6g	11%	2.1g
Carbohydrate	29.0g	9%	23.0g
- Sugars	0.1g	0%	0.1g
Sodium	53mg	2%	42mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Chicken Nuggets (79%) (Textured Vegetable Protein, Soya Bean, Vegetable Oil, & Vegetarian Seasoning.), Parisian Sauce (Vegetable Oil, Egg, Lemon Juice, Mustard, Garlic Pepper, Salt), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Egg, Soybean**

## Cup of Nuggets- Thai

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 126.02g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1370kJ (327Cal)	16%	1090kJ (260Cal)
Protein	19.2g	38%	15.2g
Fat, Total	14.3g	20%	11.3g
- Saturated	2.7g	11%	2.2g
Carbohydrate	30.0g	10%	23.8g
- Sugars	0.9g	1%	0.7g
Sodium	228mg	10%	181mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Chicken Nuggets (79%) (Textured Vegetable Protein, Soya Bean, Vegetable Oil, & Vegetarian Seasoning.), Thai Sauce (Peanuts, Satay Sauce, Soy Sauce, Water), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Peanuts, Soybean**

## Cup of Nuggets- Vietnamese

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 126.02g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1660kJ (396Cal)	19%	1310kJ (314Cal)
Protein	16.6g	33%	13.2g
Fat, Total	24.0g	34%	19.0g
- Saturated	2.8g	12%	2.2g
Carbohydrate	28.7g	9%	22.8g
- Sugars	0.1g	0%	less than 0.1g
Sodium	58mg	3%	46mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Chicken Nuggets (79%) (Textured Vegetable Protein, Soya Bean, Vegetable Oil, & Vegetarian Seasoning.), Vietnamese Sauce (Canola Oil, Egg, Sweet Chilli Sauce, Salt, Chilli, Paprika), Frying Oil (Refined, Bleached And Deodorized Vegetable Oil Including Cottonseed Oil And High Oleic Sunflower Oil, Antioxidant (320), Antifoam (900)).

**Contains Egg, Soybean**