

NUTRITIONAL INFO

BEEF BURGERS

| RED HOT CHILLI PEPPER | | Per serve | Per 100g | HAMBURGER ROLL (Wheat flour, water, whole egg, yeast, iodised salt, canola oil, supa soft improver, vitamins (thiamine, folic acid), BEEF PATTIE (Beef (87%), Water, Tapioca Starch, Flavour Enhancers (621, 635), Salt, Soy Fibre, Rice Flour, Sugar, Hydrolysed Vegetable Protein (Soy, Maize), Preservative (223), Vegetable Powders, Dehydrated Vegetables (Onion, Garlic), Spices and Spice Extracts (including 160c), Soy Sauce Powder, Herbs., TOMATO, CHILLI SAUCE (Roasted red capsicum (62%) (peppers, water, salt, food acid (330), mineral salt (509)), onion, red cayenne chilli (11%), canola oil, sugar, garlic., HI MELT CHEESE (Cheese (pasteurised milk, cheese cultures, salt, enzymes), Water, Cream, Food Acids (331, 260, 270), Mineral Salts (339), Preservative (200), Food Colour (160a, 160b) Lecithin (soy)), JALAPENOS (Jalapeno peppers (50%), water, salt, distilled vinegar), COS LETTUCE, RED ONION, AIOLI (Canola oil, free range egg, water, garlic (3.5%), vinegar, mustard, salt, sugar, natural flavour (contains egg), lemon juice, thickener (415, 412), citric acid, spices, natural colour). Contains wheat, egg, soy, milk |
|------------------------------|----|-----------|----------|---|
| Energy | kJ | 3278 | 895 | |
| Protein | g | 41.8 | 11.4 | |
| Fat – Total | g | 38.4 | 10.4 | |
| - Saturated Fat | g | 13.7 | 3.7 | |
| Carbohydrate | g | 64.8 | 17.7 | |
| - Sugar | g | 13.1 | 3.6 | |
| Fibre | g | 4.5 | 1.2 | |
| Sodium | mg | 1941 | 530 | |

| BABE & DAISY | | Per serve | Per 100g | HAMBURGER ROLL (Wheat flour, water, whole egg, yeast, iodised salt, canola oil, supa soft improver, vitamins (thiamine, folic acid), BEEF PATTIE (Beef (87%), Water, Tapioca Starch, Flavour Enhancers (621, 635), Salt, Soy Fibre, Rice Flour, Sugar, Hydrolysed Vegetable Protein (Soy, Maize), Preservative (223), Vegetable Powders, Dehydrated Vegetables (Onion, Garlic), Spices and Spice Extracts (including 160c), Soy Sauce Powder, Herbs., AVOCADO, TOMATO CHUTNEY (Sugar, onions, water, concentrated tomato paste (11%), carrots, tomatoes (5%), (salt, acidity regulator (330)), gherkins, (salt, water, acidity regulator (260)), red pepper (4%), modified maize starch (1422), acidity regulator (260), salt, spices, mustard seeds), TOMATO, MAPLE BACON (Pork, Water Salt, Sugar, Dextrose, Mineral Salts (450, 451, 452), Antioxidant (316), Preservative (250), Maple Flavour (0.05%)), COS LETTUCE, RED ONION, AIOLI (Canola oil, free range egg, water, garlic (3.5%), vinegar, mustard, salt, sugar, natural flavour (contains egg), lemon juice, thickener (415, 412), citric acid, spices, natural colour). Contains wheat, egg, soy. May contain traces of milk and nuts |
|-------------------------|----|-----------|----------|---|
| Energy | kJ | 3474 | 902 | |
| Protein | g | 44.7 | 11.6 | |
| Fat – Total | g | 43.5 | 11.3 | |
| - Saturated Fat | g | 13.3 | 3.4 | |
| Carbohydrate | g | 62.2 | 16.1 | |
| - Sugar | g | 12.6 | 3.2 | |
| Fibre | g | 5.3 | 1.3 | |
| Sodium | mg | 1801 | 467 | |

BEEF BURGERS

| NEW YORKER | | Per serve | Per 100g | <p>HAMBURGER ROLL (Wheat flour, water, whole egg, yeast, iodised salt, canola oil, supa soft improver, vitamins (thiamine, folic acid), BEEF PATTIE Beef (87%), Water, Tapioca Starch, Flavour Enhancers (621, 635), Salt, Soy Fibre, Rice Flour, Sugar, Hydrolysed Vegetable Protein (Soy, Maize), Preservative (223), Vegetable Powders, Dehydrated Vegetables (Onion, Garlic), Spices and Spice Extracts (including 160c), Soy Sauce Powder, Herbs., TOMATO, MAPLE BACON (Pork, Water Salt, Sugar, Dextrose, Mineral Salts (450, 451, 452), Antioxidant (316), Preservative (250), Maple Flavour (0.05%)), HI MELT CHEESE (Cheese (pasteurised milk, cheese cultures, salt, enzymes), Water, Cream, Food Acids (331, 260, 270), Mineral Salts (339), Preservative (200), Food Colour (160a, 160b) Lecithin (soy)), SWEET BABY RAY'S SAUCE (High fructose corn syrup, distilled vinegar, tomato paste, thickener (E1442), brown sugar (2%)), salt, natural smoke flavour, pineapple juice concentrate, spices, colour (caramel 150d), preservative (211), molasses, corn syrup, dried garlic, sugar, tamarind, natural flavour), PICKLES (Cucumbers (60%), water, sugar, salt, acetic acid [E260], dill, red bell pepper, onion, mustard seeds, calcium chloride [E509], dill flavour, colour [E102]), COS LETTUCE, AIOLI (Canola oil, free range egg, water, garlic (3.5%), vinegar, mustard, salt, sugar, natural flavour (contains egg), lemon juice, thickener (415, 412), citric acid, spices, natural colour). Contains wheat, egg, soy, milk</p> |
|-------------------|----|-----------|----------|--|
| Energy | kJ | 3603 | 979 | |
| Protein | g | 49.1 | 13.3 | |
| Fat – Total | g | 41.3 | 11.2 | |
| - Saturated Fat | g | 15 | 4 | |
| Carbohydrate | g | 70.9 | 19.2 | |
| - Sugar | g | 20.7 | 5.6 | |
| Fibre | g | 4.7 | 1.3 | |
| Sodium | mg | 2300 | 625 | |

| THE BIG BOPPA | | Per serve | Per 100g | <p>HAMBURGER ROLL (Wheat flour, water, whole egg, yeast, iodised salt, canola oil, supa soft improver, vitamins (thiamine, folic acid), BEEF PATTIE Beef (87%), Water, Tapioca Starch, Flavour Enhancers (621, 635), Salt, Soy Fibre, Rice Flour, Sugar, Hydrolysed Vegetable Protein (Soy, Maize), Preservative (223), Vegetable Powders, Dehydrated Vegetables (Onion, Garlic), Spices and Spice Extracts (including 160c), Soy Sauce Powder, Herbs., EGG, BEETROOT (beetroot (65%), water, sugar, food acid (260), salt, spice, flavours), TOMATO CHUTNEY (Sugar, onions, water, concentrated tomato paste (11%), carrots, tomatoes (5%), (salt, acidity regulator (330)), gherkins, (salt, water, acidity regulator (260)), red pepper (4%), modified maize starch (1422), acidity regulator (260), salt, spices, mustard seeds), TOMATO, HI MELT CHEESE (Cheese (pasteurised milk, cheese cultures, salt, enzymes), Water, Cream, Food Acids (331, 260, 270), Mineral Salts (339), Preservative (200), Food Colour (160a, 160b) Lecithin (soy)), PINEAPPLE (Pineapple (57%), water, sugar, food acid (330)), ONION, COS LETTUCE, AIOLI (Canola oil, free range egg, water, garlic (3.5%), vinegar, mustard, salt, sugar, natural flavour (contains egg), lemon juice, thickener (415, 412), citric acid, spices, natural colour). Contains wheat, egg, soy, milk. May contain traces of nuts</p> |
|----------------------|----|-----------|----------|--|
| Energy | kJ | 3594 | 781 | |
| Protein | g | 46.6 | 10.1 | |
| Fat – Total | g | 42.3 | 9.2 | |
| - Saturated Fat | g | 14.8 | 3.2 | |
| Carbohydrate | g | 69.7 | 15.1 | |
| - Sugar | g | 20.1 | 4.3 | |
| Fibre | g | 6.4 | 1.4 | |
| Sodium | mg | 1728 | 375 | |

CHICKEN BURGERS

| PINEAPPLE EXPRESS | | Per serve | Per 100g | <p>LEMON & THYME CHICKEN BREAST (Chicken (95%), Lemon & Thyme Seasoning (Sugar, Dehydrated Vegetables, Salt, Herbs (Thyme 3%), Rice Flour, Spices, Acidity Regulator (330), Lemon Myrtle (1.5%), Canola Oil, Flavours, Natural Colour (100), Herb Extracts), HAMBURGER ROLL (Wheat flour, water, whole egg, yeast, iodised salt, canola oil, supa soft improver, vitamins (thiamine, folic acid), TOMATO, CHIPOTLE MAYO (canola oil, free range egg (12%), chipotle in adobo sauce (8%) (Chipotle peppers, tomato puree, onion, vinegar, sugar, corn oil, salt, spices, garlic), vinegar, garlic, mustard, salt, sugar, natural flavour (contains egg), lemon juice, spices, citric acid, natural colour), PINEAPPLE (Pineapple (57%), water, sugar, food acid (330)), Jalapenos (Jalapeno peppers (50%), water, salt, distilled vinegar), COS LETTUCE, RED ONION, AIOLI (Canola oil, free range egg, water, garlic (3.5%), vinegar, mustard, salt, sugar, natural flavour (contains egg), lemon juice, thickener (415, 412), citric acid, spices, natural colour). Contains wheat, egg</p> |
|--------------------------|----|-----------|----------|--|
| Energy | kJ | 2668 | 749 | |
| Protein | g | 38.8 | 10.9 | |
| Fat – Total | g | 28.7 | 8 | |
| - Saturated Fat | g | 7.2 | 2 | |
| Carbohydrate | g | 53.5 | 15 | |
| - Sugar | g | 15.7 | 4.4 | |
| Fibre | g | 4.3 | 1.2 | |
| Sodium | mg | 1145 | 321 | |

| HOTEL CALIFORNIA | | Per serve | Per 100g | <p>LEMON & THYME CHICKEN BREAST (Chicken (95%), Lemon & Thyme Seasoning (Sugar, Dehydrated Vegetables, Salt, Herbs (Thyme 3%), Rice Flour, Spices, Acidity Regulator (330), Lemon Myrtle (1.5%), Canola Oil, Flavours, Natural Colour (100), Herb Extracts), HAMBURGER ROLL (Wheat flour, water, whole egg, yeast, iodised salt, canola oil, supa soft improver, vitamins (thiamine, folic acid), TOMATO, AVOCADO, MAPLE BACON (Pork, Water Salt, Sugar, Dextrose, Mineral Salts (450, 451, 452), Antioxidant (316), Preservative (250), Maple Flavour (0.05%)), TRUFFLE MAYO (Canola oil, free range egg, porcini (contains milk), vinegar, mustard, truffle sauce (1.5%), salt, sugar, natural flavour (contains eggs), lemon juice, citric acid, spices, natural colour), COS LETTUCE, AIOLI (Canola oil, free range egg, water, garlic (3.5%), vinegar, mustard, salt, sugar, natural flavour (contains egg), lemon juice, thickener (415, 412), citric acid, spices, natural colour). Contains wheat, egg, milk</p> |
|-------------------------|----|-----------|----------|---|
| Energy | kJ | 3057 | 866 | |
| Protein | g | 43.7 | 12.3 | |
| Fat – Total | g | 35.5 | 10 | |
| - Saturated Fat | g | 7 | 1.9 | |
| Carbohydrate | g | 56.4 | 15.9 | |
| - Sugar | g | 8.6 | 2.4 | |
| Fibre | g | 4.8 | 1.3 | |
| Sodium | mg | 1408 | 398 | |

LAMB BURGERS

| KARATE CHARLIE | | Per serve | Per 100g | <p>HAMBURGER ROLL (Wheat flour, water, whole egg, yeast, iodised salt, canola oil, supa soft improver, vitamins (thiamine, folic acid), LAMB PATTIE Lamb (86%), Water, Rice Flour, Herbs (Rosemary, Parsley), Soy Sauce Powder (Fermented Soy Sauce, Maltodextrin), Sugar, Salt, Pepper & Pepper Extract, Tapioca Starch, Flavour Enhancers (621, 635), Soy Fibre, Hydrolysed Vegetable Protein (Soy, Maize), Preservative (223), Vegetable Powders, Spice Extracts [Including (160c)], TOMATO, FIRE ROASTED CAPSICUM (Red peppers (59%), water, vinegar), HI MELT CHEESE (Cheese (pasteurised milk, cheese cultures, salt, enzymes), Water, Cream, Food Acids (331, 260, 270), Mineral Salts (339), Preservative (200), Food Colour (160a, 160b) Lecithin (soy), SWEET BABY RAY'S SAUCE (High fructose corn syrup, distilled vinegar, tomato paste, thickener (E1442), brown sugar (2%), salt, natural smoke flavour, pineapple juice concentrate, spices, colour (caramel 150d), preservative (211), molasses, corn syrup, dried garlic, sugar, tamarind, natural flavour), CHIPOTLE MAYO canola oil, free range egg (12%), chipotle in adobo sauce (8%) (Chipotle peppers, tomato puree, onion, vinegar, sugar, corn oil, salt, spices, garlic), vinegar, garlic, mustard, salt, sugar, natural flavour (contains egg), lemon juice, spices, citric acid, natural colour, COS LETTUCE, AIOLI (Canola oil, free range egg, water, garlic (3.5%), vinegar, mustard, salt, sugar, natural flavour (contains egg), lemon juice, thickener (415, 412), citric acid, spices, natural colour). Contains wheat, milk, egg, soy</p> |
|-----------------------|----|-----------|----------|--|
| Energy | kJ | 3738 | 976 | |
| Protein | g | 34.1 | 8.9 | |
| Fat – Total | g | 53.3 | 13.9 | |
| - Saturated Fat | g | 19.7 | 5.1 | |
| Carbohydrate | g | 67.3 | 17.5 | |
| - Sugar | g | 16.2 | 4.2 | |
| Fibre | g | 4.8 | 1.2 | |
| Sodium | mg | 1836 | 479 | |

| THE ZORBA | | Per serve | Per 100g | <p>HAMBURGER ROLL (Wheat flour, water, whole egg, yeast, iodised salt, canola oil, supa soft improver, vitamins (thiamine, folic acid), LAMB PATTIE Lamb (86%), Water, Rice Flour, Herbs (Rosemary, Parsley), Soy Sauce Powder (Fermented Soy Sauce, Maltodextrin), Sugar, Salt, Pepper & Pepper Extract, Tapioca Starch, Flavour Enhancers (621, 635), Soy Fibre, Hydrolysed Vegetable Protein (Soy, Maize), Preservative (223), Vegetable Powders, Spice Extracts [Including (160c)], ONION JAM (Onion (92%), canola oil, balsamic vinegar, sugar, salt, mustard seeds, pepper), BASIL PESTO (Canola oil, soy, spinach, water, parmesan cheese (9%) (milk, salt, cultures, rennet, tapioca starch), cashew nuts (6%), basil (2%), vinegar, salt, garlic, acidity regulators (270, 330), preservatives (202, 211), TOMATO, HALOUMI (Pasteurized cows milk, starter cultures, non-animal rennet, salt, mint), COS LETTUCE, AIOLI (Canola oil, free range egg, water, garlic (3.5%), vinegar, mustard, salt, sugar, natural flavour (contains egg), lemon juice, thickener (415, 412), citric acid, spices, natural colour). Contains wheat, milk, egg, soy, nuts. May contain traces of fish</p> |
|------------------|----|-----------|----------|--|
| Energy | kJ | 4146 | 1051 | |
| Protein | g | 38.5 | 9.7 | |
| Fat – Total | g | 62.9 | 16.7 | |
| - Saturated Fat | g | 22.2 | 5.9 | |
| Carbohydrate | g | 65.7 | 14.9 | |
| - Sugar | g | 14.6 | 4.1 | |
| Fibre | g | 5.8 | 1.3 | |
| Sodium | mg | 2656 | 701 | |

VEGE BURGERS

| SOUTH OF THE BORDER | | Per serve | Per 100g | |
|----------------------------|----|-----------|----------|--|
| Energy | kJ | 2897 | 731 | <p>KALE BURGER (Carrot, Potato, Kale (20%), Chickpeas, Wheat Flour, Peas, Spice Blend, [Rice Flour, Dehydrated Vegetables, Spices & Spice Extract (Paprika), Salt, Sugar, Yeast Extract, Herb, Natural Flavour (Jalapeno), Lime Oil], Smoked Paprika (0.5%)), HAMBURGER ROLL (Wheat flour, water, whole egg, yeast, iodised salt, canola oil, supa soft improver, vitamins (thiamine, folic acid), AVOCADO, TOMATO CHUTNEY (Sugar, onions, water, concentrated tomato paste (11%), carrots, tomatoes (5%), (salt, acidity regulator (330)), gherkins, (salt, water, acidity regulator (260)), red pepper (4%), modified maize starch (1422), acidity regulator (260), salt, spices, mustard seeds), TOMATO, HI MELT CHEESE (Cheese (pasteurised milk, cheese cultures, salt, enzymes), Water, Cream, Food Acids (331, 260, 270), Mineral Salts (339), Preservative (200), Food Colour (160a, 160b) Lecithin (soy)), JALAPENOS (Jalapeno peppers (50%)), water, salt, distilled vinegar), RED ONION, COS LETTUCE, AIOLI (Canola oil, free range egg, water, garlic (3.5%), vinegar, mustard, salt, sugar, natural flavour (contains egg), lemon juice, thickener (415, 412), citric acid, spices, natural colour). Contains wheat, milk, eggs, soy. May contain traces of soy and nuts</p> |
| Protein | g | 22.8 | 5.7 | |
| Fat – Total | g | 24.1 | 6.1 | |
| - Saturated Fat | g | 6.2 | 1.5 | |
| Carbohydrate | g | 89.1 | 22.5 | |
| - Sugar | g | 22.8 | 5.7 | |
| Fibre | g | 12.5 | 3.1 | |
| Sodium | mg | 1021 | 257 | |

| MAGIC MUSHROOM | | Per serve | Per 100g | |
|-----------------------|----|-----------|----------|--|
| Energy | kJ | 2499 | 690 | <p>HAMBURGER ROLL (Wheat flour, water, whole egg, yeast, iodised salt, canola oil, supa soft improver, vitamins (thiamine, folic acid), MUSHROOM, BASIL PESTO (Canola oil, soy, spinach, water, parmesan cheese (9%) (milk, salt, cultures, rennet, tapioca starch), cashew nuts (6%), basil (2%), vinegar, salt, garlic, acidity regulators (270, 330), preservatives (202, 211), TOMATO, FIRE ROASTED CAPSICUM (Red peppers (59%)), water, vinegar), HALOUMI (Pasteurized cows milk, starter cultures, non-animal rennet, salt, mint), COS LETTUCE, RED ONION, AIOLI (Canola oil, free range egg, water, garlic (3.5%), vinegar, mustard, salt, sugar, natural flavour (contains egg), lemon juice, thickener (415, 412), citric acid, spices, natural colour). Contains wheat, nuts, milk, eggs, soy. May contain traces of fish</p> |
| Protein | g | 23 | 6.4 | |
| Fat – Total | g | 29.5 | 8.1 | |
| - Saturated Fat | g | 7.4 | 2 | |
| Carbohydrate | g | 55.9 | 15.4 | |
| - Sugar | g | 7.9 | 2.2 | |
| Fibre | g | 7.7 | 2.1 | |
| Sodium | mg | 1825 | 504 | |

HOUSE SPECIALS

| THE NOTORIOUS P.I.G | | Per serve | Per 100g | |
|----------------------------|----|-----------|----------|--|
| Energy | kJ | 2625 | 760 | <p>BREAD STICK WHITE HH LONG ROLL (Wheat Flour, Canola Oil, Water, Supa Soft Improver Yeast, Vitamins (Thiamin, Folic Acid), Iodised Salt), SHREDDED PORK (Cooked seasoned pork (65%), pork (64%), pork stock, less than 2% salt, paprika flavouring, dextrose, sodium phosphate (stabilised 339), natural flavourings, smoke flavour, spice, caramel colour (150d)), BARBEQUE SAUCE (35% max) [vinegar, sugar, tomato paste, water, molasses, modified food starch (thickener 1442), salt, less than 2% natural smoke flavour, spices, onion powder, garlic powder, caramel colour, maltodextrin, yeast extract, natural flavour, propylene glycol alginate, (humectant 1520), sunflower oil]), BEETROOT (beetroot (65%), water, sugar, food acid (260), salt, spice, flavours), KALE SLAW (Kale, carrot, red cabbage), SWEET BABY RAY'S SAUCE (High fructose corn syrup, distilled vinegar, tomato paste, thickener (E1442), brown sugar (2%), salt, natural smoke flavour, pineapple juice concentrate, spices, colour (caramel 150d), preservative (211), molasses, corn syrup, dried garlic, sugar, tamarind, natural flavour), RANCH (Canola oil, sour cream (cream, halal gelatine, sour cream culture), free range egg (9%), vinegar, salt, mustard, garlic, onion, sugar, natural flavour (contains egg), herbs, dill, pepper, lemon juice, citric acid, spices, natural colour), PICKLES (Cucumbers (60%), water, sugar, salt, acetic acid [E260], dill, red bell pepper, onion, mustard seeds, calcium chloride [E509], dill flavour, colour [E102]). Contains wheat, milk, egg</p> |
| Protein | g | 31.6 | 9.1 | |
| Fat – Total | g | 22.3 | 6.4 | |
| - Saturated Fat | g | 4.3 | 1.2 | |
| Carbohydrate | g | 71.7 | 20.7 | |
| - Sugar | g | 26.5 | 7.6 | |
| Fibre | g | 7 | 2 | |
| Sodium | mg | 1105 | 320 | |

SALADS

| MAPLE BACON & AVOCADO | | Per serve | Per 100g | LEMON & THYME CHICKEN BREAST (Chicken (95%), Lemon & Thyme Seasoning (Sugar, Dehydrated Vegetables, Salt, Herbs (Thyme 3%), Rice Flour, Spices, Acidity Regulator (330), Lemon Myrtle (1.5%), Canola Oil, Flavours, Natural Colour (100), Herb Extracts), AVOCADO , KALE SLAW (Kale, carrot, red cabbage), TOMATO , MAPLE BACON (Pork, Water Salt, Sugar, Dextrose, Mineral Salts (450, 451, 452), Antioxidant (316), Preservative (250), Maple Flavour (0.05%)), COS LETTUCE , RANCH (Canola oil, sour cream (cream, halal gelatine, sour cream culture), free range egg (9%), vinegar, salt, mustard, garlic, onion, sugar, natural flavour (contains egg), herbs, dill, pepper, lemon juice, citric acid, spices, natural colour), ZESTY ASIAN DRESSING (Canola oil, palm sugar, soy sauce (soy beans, water, salt, wheat flour, preservative 202, lime juice (reconstituted lime juice, (preservative 220)), black vinegar (water, glutinous rice, wheat bran, sugar, salt), sesame oil, garlic, ginger, thickener (415, 412), RED ONION . Contains wheat, milk, soy, egg, sesame |
|----------------------------------|----|-----------|----------|--|
| Energy | kJ | 2419 | 733 | |
| Protein | g | 43.5 | 13.2 | |
| Fat – Total | g | 41.5 | 12.5 | |
| - Saturated Fat | g | 8.1 | 2.4 | |
| Carbohydrate | g | 6.1 | 1.8 | |
| - Sugar | g | 5.3 | 1.6 | |
| Fibre | g | 3.9 | 1.1 | |
| Sodium | mg | 950 | 288 | |

SIDES

| SMALL THICK CUT FRIES | | Per serve 138g | Per 100g | FRENCH FRIED POTATOES (POTATO (96%), canola oil, dextrose (from maize), MASTERFOOD'S GARLIC AND HERB SEASONING (Salt, garlic (18%), rice flour, herbs 3% (parsley, dill, thyme, marjoram), onion, celery, capsicum, leek, tomato, vegetable oil, garlic extract). May contain traces of sesame seeds |
|------------------------------|----|-------------------|----------|--|
| Energy | kJ | 1051 | 761 | |
| Protein | g | 3.4 | 2.4 | |
| Fat – Total | g | 10.5 | 7.6 | |
| - Saturated Fat | g | 0.8 | 0.6 | |
| Carbohydrate | g | 34.1 | 24.7 | |
| - Sugar | g | 0.6 | 0.4 | |
| Fibre | g | - | - | |
| Sodium | mg | 468 | 339 | |

| LARGE THICK CUT FRIES | | Per serve 236 g | Per 100g | FRENCH FRIED POTATOES (POTATO (96%), canola oil, dextrose (from maize), MASTERFOOD'S GARLIC AND HERB SEASONING (Salt, garlic (18%), rice flour, herbs 3% (parsley, dill, thyme, marjoram), onion, celery, capsicum, leek, tomato, vegetable oil, garlic extract). May contain traces of sesame seeds |
|------------------------------|----|--------------------|----------|--|
| Energy | kJ | 1797 | 761 | |
| Protein | g | 5.8 | 2.4 | |
| Fat – Total | g | 18.1 | 7.6 | |
| - Saturated Fat | g | 1.4 | 0.6 | |
| Carbohydrate | g | 58.3 | 24.7 | |
| - Sugar | g | 1.1 | 0.4 | |
| Fibre | g | - | - | |
| Sodium | mg | 801 | 339 | |

SIDES CONT.

| SMALL SWEET POTATO FRIES | | Per serve 160 g | Per 100g | <p>SWEET POTATO CHIPS (Sweet potato (88%), canola oil, modified starch (E1430, E1400), water, rice flour, corn starch, mineral salt (450, 500), salt, vegetable gum (415)), SZECHUAN SEASONING (Paprika, salt, sugar, chilli, garlic (6%) (contains sulphites), pepper, ginger (3%), sesame oil (0.5%)), CAJUN SEASONING (Salt, paprika, basil, pepper, onion powder, garlic, thyme, chilli, fennel, garlic salt (salt, silicone dioxide (551)), natural flavour, colour (160a)).</p> <p>Contains sesame. May contain tree, nuts, milk, peanuts, gluten and sulphites</p> |
|---------------------------------|----|--------------------|----------|--|
| Energy | kJ | 1128 | 705 | |
| Protein | g | 3.3 | 2.1 | |
| Fat – Total | g | 15.1 | 9.4 | |
| - Saturated Fat | g | 1.1 | 0.7 | |
| Carbohydrate | g | 28.2 | 17.6 | |
| - Sugar | g | 9.5 | 5.9 | |
| Fibre | g | - | - | |
| Sodium | mg | 522 | 326 | |

| LARGE SWEET POTATO FRIES | | Per serve 255g | Per 100g | <p>SWEET POTATO CHIPS (Sweet potato (88%), canola oil, modified starch (E1430, E1400), water, rice flour, corn starch, mineral salt (450, 500), salt, vegetable gum (415)), SZECHUAN SEASONING (Paprika, salt, sugar, chilli, garlic (6%) (contains sulphites), pepper, ginger (3%), sesame oil (0.5%)), CAJUN SEASONING (Salt, paprika, basil, pepper, onion powder, garlic, thyme, chilli, fennel, garlic salt (salt, silicone dioxide (551)), natural flavour, colour (160a)).</p> <p>Contains sesame. May contain tree, nuts, milk, peanuts, gluten and sulphites</p> |
|---------------------------------|----|-------------------|----------|--|
| Energy | kJ | 1799 | 705 | |
| Protein | g | 5.3 | 2.1 | |
| Fat – Total | g | 24.1 | 9.4 | |
| - Saturated Fat | g | 1.8 | 0.7 | |
| Carbohydrate | g | 44.9 | 17.6 | |
| - Sugar | g | 15.2 | 5.9 | |
| Fibre | g | - | - | |
| Sodium | mg | 833 | 326 | |

| SMALL ONION RINGS | | Per serve 70g | Per 100g | <p>ONION RINGS (Onion (55%), batter (45%), [water, wheat flour, corn starch, corn flour, rice flour, salt, baking powder (mineral salts (450, 500), anticaking agent (170), tapioca starch), flavour enhancer (635)], MASTERFOOD'S GARLIC AND HERB SEASONING (Salt, garlic (18%), rice flour, herbs 3% (parsley, dill, thyme, marjoram), onion, celery, capsicum, leek, tomato, vegetable oil, garlic extract)).</p> <p>Contains wheat. May contain traces of sesame seeds</p> |
|--------------------------|----|------------------|----------|--|
| Energy | kJ | 753 | 942 | |
| Protein | g | 2 | 2.5 | |
| Fat – Total | g | 11.5 | 14.4 | |
| - Saturated Fat | g | 4.2 | 5.2 | |
| Carbohydrate | g | 17.0 | 21.3 | |
| - Sugar | g | 2.1 | 2.6 | |
| Fibre | g | - | - | |
| Sodium | mg | 641 | 801 | |

| LARGE ONION RINGS | | Per serve 135g | Per 100g | |
|--------------------------|----|-------------------|----------|---|
| Energy | kJ | 1253 | 942 | ONION RINGS (Onion (55%), batter (45%), [water, wheat flour, corn starch, corn flour, rice flour, salt, baking powder (mineral salts (450, 500), anticaking agent (170), tapioca starch), flavour enhancer (635)], MASTERFOOD'S GARLIC AND HERB SEASONING (Salt, garlic (18%), rice flour, herbs 3% (parsley, dill, thyme, marjoram), onion, celery, capsicum, leek, tomato, vegetable oil, garlic extract). Contains wheat. May contain traces of sesame seeds |
| Protein | g | 3.4 | 2.5 | |
| Fat – Total | g | 19.2 | 14.4 | |
| - Saturated Fat | g | 7 | 5.2 | |
| Carbohydrate | g | 28.3 | 21.3 | |
| - Sugar | g | 3.5 | 2.6 | |
| Fibre | g | - | - | |
| Sodium | mg | 1065 | 801 | |

| CHILLI CHEEZE FRIES | | Per serve | Per 100g | |
|----------------------------|----|-----------|----------|---|
| Energy | kJ | 3358 | 754 | FRENCH FRIED POTATOES (POTATO (96%), canola oil, dextrose (from maize), MASTERFOOD'S GARLIC AND HERB SEASONING (Salt, garlic (18%), rice flour, herbs 3% (parsley, dill, thyme, marjoram), onion, celery, capsicum, leek, tomato, vegetable oil, garlic extract), CHILLI CON CARNE (Tomato (tomato, food acid (330)), water, beef (10%), red capsicum, green capsicum, onion, tomato paste (tomato paste, food acid (330)), red kidney beans (5%), corn, milk, textured vegetable protein (contains soy), herbs, canola oil, spices, garlic, modified starch, salt, sugar, chilli, pepper), GRATED MEXICAN CHEESE (Pasteurised milk, cultures, enzyme, salt, anti-caking agent (tapioca starch, E200, E460), annatto), JALAPENOS (Jalapeno peppers (50%), water, salt, distilled vinegar), CHILLI SAUCE (Water, sugar, food acid (acetic), mustard seed, chilli (3%), salt, paprika, vegetable gum (xanthin (contains soy)), natural colour (paprika oleoresin), spice extract, turmeric. RANCH (Canola oil, sour cream (cream, halal gelatine, sour cream culture), free range egg (9%), vinegar, salt, mustard, garlic, onion, sugar, natural flavour (contains egg), herbs, dill, pepper, lemon juice, citric acid, spices, natural colour). Contains milk, soy, egg. May contain peanuts, nuts, sesame seeds, gluten and sulphites |
| Protein | g | 32.5 | 7.3 | |
| Fat – Total | g | 41.7 | 9.3 | |
| - Saturated Fat | g | 10.7 | 2.4 | |
| Carbohydrate | g | 71 | 15.9 | |
| - Sugar | g | 9.6 | 2.1 | |
| Fibre | g | 1.6 | 0.3 | |
| Sodium | mg | 1715 | 385 | |

| BBQ BUFFALO WINGS | | Per serve | Per 100g | |
|--------------------------|----|-----------|----------|--|
| Energy | kJ | 5436 | 1261 | CHICKEN WINGS (Chicken (80%), Brine (Water, Salt, Sugar, Acidity Regulators (451, 450, 341), Emulsifier (452), Humectant (422)), SWEET BABY RAY'S SAUCE (High fructose corn syrup, distilled vinegar, tomato paste, thickener (E1442), brown sugar (2%), salt, natural smoke flavour, pineapple juice concentrate, spices, colour (caramel 150d), preservative (211), molasses, corn syrup, dried garlic, sugar, tamarind, natural flavour), RANCH (Canola oil, sour cream (cream, halal gelatine, sour cream culture), free range egg (9%), vinegar, salt, mustard, garlic, onion, sugar, natural flavour (contains egg), herbs, dill, pepper, lemon juice, citric acid, spices, natural colour). Contains milk, egg |
| Protein | g | 65.5 | 15.2 | |
| Fat – Total | g | 99.8 | 23.1 | |
| - Saturated Fat | g | 21.6 | 5.0 | |
| Carbohydrate | g | 38.4 | 8.9 | |
| - Sugar | g | 34.6 | 8.0 | |
| Fibre | g | 1.0 | 0.2 | |
| Sodium | mg | 1039 | 241 | |

SIDES CONT.

| SHARE PLATE | | Per serve (total) | Per 100g | |
|--------------------|----|-------------------|----------|---|
| Energy | kJ | 6090 | 1177 | <p>SWEET POTATO CHIPS (Sweet potato (88%), canola oil, modified starch (E1430, E1400), water, rice flour, corn starch, mineral salt (450, 500), salt, vegetable gum (415)), SZECHUAN SEASONING (Paprika, salt, sugar, chilli, garlic (6%) (contains sulphites), pepper, ginger (3%), sesame oil (0.5%), CAJUN SEASONING (Salt, paprika, basil, pepper, onion powder, garlic, thyme, chilli, fennel, garlic salt (salt, silicone dioxide (551)), natural flavour, colour (160a)), FRENCH FRIED POTATOES (POTATO (96%), canola oil, dextrose (from maize), MASTERFOOD'S GARLIC AND HERB SEASONING (Salt, garlic (18%), rice flour, herbs 3% (parsley, dill, thyme, marjoram), onion, celery, capsicum, leek, tomato, vegetable oil, garlic extract), ONION RINGS (Onion (55%), batter (45%), [water, wheat flour, corn starch, corn flour, rice flour, salt, baking powder (mineral salts (450, 500), anticaking agent (170), tapioca starch), flavour enhancer (635)], MASTERFOOD'S GARLIC AND HERB SEASONING (Salt, garlic (18%), rice flour, herbs 3% (parsley, dill, thyme, marjoram), onion, celery, capsicum, leek, tomato, vegetable oil, garlic extract), RANCH (Canola oil, sour cream (cream, halal gelatine, sour cream culture), free range egg (9%), vinegar, salt, mustard, garlic, onion, sugar, natural flavour (contains egg), herbs, dill, pepper, lemon juice, citric acid, spices, natural colour), TRUFFLE MAYO (Canola oil, free range egg, porcini (contains milk), vinegar, mustard, truffle sauce (1.5%), salt, sugar, natural flavour (contains eggs), lemon juice, citric acid, spices, natural colour), AIOLI (Canola oil, free range egg, water, garlic (3.5%), vinegar, mustard, salt, sugar, natural flavour (contains egg), lemon juice, thickener (415, 412), citric acid, spices, natural colour). Contains sesame, milk, wheat, egg. May contain nuts, soy, peanuts and sulphites</p> |
| Protein | g | 10.2 | 1.9 | |
| Fat – Total | g | 119 | 23 | |
| - Saturated Fat | g | 14 | 2.7 | |
| Carbohydrate | g | 83.9 | 16.2 | |
| - Sugar | g | 14.9 | 2.8 | |
| Fibre | g | - | - | |
| Sodium | mg | 2143 | 414 | |

BREAKFAST

| MORNING AFTER | | Per serve | Per 100g | |
|----------------------|----|-----------|----------|--|
| Energy | kJ | 1477 | 1018 | <p>BUN (Wheat Flour (52%), Bread Improver, Water, Iodised Salt, Sugar, Whey Powder, Vegetable Fat, Skim Milk Powder, Whole Egg, Vitamins (Thiamin, Folic Acid), Yeast), MAPLE BACON (Pork, Water, Salt, Sugar, Dextrose, Mineral Salts (450, 451, 452), Antioxidant (316), Preservative (250), Maple Flavour (0.05%)), EGG, SWEET BABY RAY'S SAUCE (High fructose corn syrup, distilled vinegar, tomato paste, thickener (E1442), brown sugar (2%), salt, natural smoke flavour, pineapple juice concentrate, spices, colour (caramel 150d), preservative (211), molasses, corn syrup, dried garlic, sugar, tamarind, natural flavour). Contains egg, wheat, milk</p> |
| Protein | g | 19.8 | 13.6 | |
| Fat – Total | g | 12.7 | 8.7 | |
| - Saturated Fat | g | 3.7 | 2.5 | |
| Carbohydrate | g | 38.8 | 26.7 | |
| - Sugar | g | 8.7 | 6 | |
| Fibre | g | 2.3 | 1.6 | |
| Sodium | mg | 1067 | 735 | |

BREAKFAST CONT.

| MUSHABOOM | | Per serve | Per 100g | <p>KIDS BUN (Wheat Flour (52%), Bread Improver, Water, Iodised Salt, Sugar, Whey Powder, Vegetable Fat, Skim Milk Powder, Whole Egg Vitamins (Thiamin, Folic Acid), Yeast), MUSHROOM, EGG, BASIL PESTO (Canola oil, soy, spinach, water, parmesan cheese (9%) (milk, salt, cultures, rennet, tapioca starch), cashew nuts (6%), basil (2%), vinegar, salt, garlic, acidity regulators (270, 330), preservatives (202, 211). Contains wheat, milk, soy, nuts, egg. May contain traces of fish.</p> |
|------------------|----|-----------|----------|---|
| Energy | kJ | 1496 | 808 | |
| Protein | g | 15.7 | 8.5 | |
| Fat – Total | g | 17.1 | 9.2 | |
| - Saturated Fat | g | 4 | 2.1 | |
| Carbohydrate | g | 33 | 17.8 | |
| - Sugar | g | 2.8 | 1.5 | |
| Fibre | g | 4.1 | 2.2 | |
| Sodium | mg | 616 | 333 | |

| PROJECT BACON | | Per serve | Per 100g | <p>KIDS BUN (Wheat Flour (52%), Bread Improver, Water, Iodised Salt, Sugar, Whey Powder, Vegetable Fat, Skim Milk Powder, Whole Egg Vitamins (Thiamin, Folic Acid), Yeast), MAPLE BACON (Pork, Water Salt, Sugar, Dextrose, Mineral Salts (450, 451, 452), Antioxidant (316), Preservative (250), Maple Flavour (0.05%)), RANCH (Canola oil, sour cream (cream, halal gelatine, sour cream culture), free range egg (9%), vinegar, salt, mustard, garlic, onion, sugar, natural flavour (contains egg), herbs, dill, pepper, lemon juice, citric acid, spices, natural colour), TOMATO, COS LETTUCE. Contains milk, egg, wheat</p> |
|----------------------|----|-----------|----------|--|
| Energy | kJ | 1430 | 1163 | |
| Protein | g | 13.8 | 11.2 | |
| Fat – Total | g | 16.7 | 13.5 | |
| - Saturated Fat | g | 2.5 | 2 | |
| Carbohydrate | g | 32.7 | 26.5 | |
| - Sugar | g | 3.2 | 2.6 | |
| Fibre | g | 2.5 | 2 | |
| Sodium | mg | 973 | 791 | |

| THAT'S A WRAP | | Per serve | Per 100g | <p>WRAP (wheat flour (66%), thiamine, folic acid, water, vegetable shortening (antioxidant 320), sugar, baking powder (mineral salts (450, 500, 341)), acidity regulator (297), mineral salt (500), preservative (282), yeast), TOMATO, MAPLE BACON (Pork, Water Salt, Sugar, Dextrose, Mineral Salts (450, 451, 452), Antioxidant (316), Preservative (250), Maple Flavour (0.05%)), SWEET BABY RAY'S SAUCE (High fructose corn syrup, distilled vinegar, tomato paste, thickener (E1442), brown sugar (2%), salt, natural smoke flavour, pineapple juice concentrate, spices, colour (caramel 150d), preservative (211), molasses, corn syrup, dried garlic, sugar, tamarind, natural flavour), EGG, COS LETTUCE. Contains wheat, egg. May contain traces of soy</p> |
|----------------------|----|-----------|----------|--|
| Energy | kJ | 2016 | 896 | |
| Protein | g | 17.6 | 7.8 | |
| Fat – Total | g | 18.9 | 8.4 | |
| - Saturated Fat | g | 7.5 | 3.3 | |
| Carbohydrate | g | 54.2 | 24 | |
| - Sugar | g | 13.9 | 6.2 | |
| Fibre | g | 3 | 1.3 | |
| Sodium | mg | 1287 | 572 | |

KIDS MENU

| LITTLE BEEF BURGER | | Per serve | Per 100g | <p>KIDS BUN (Wheat Flour (52%) Bread Improver Water Iodised Salt Sugar Whey Powder Vegetable Fat Skim Milk Powder Whole Egg Vitamins (Thiamin, Folic Acid), Yeast), KIDS BEEF BURGER (Beef (69%), Rehydrated Onion, Breadcrumbs (wheat flour, water, yeast, sugar, gluten, vegetable oil, salt, emulsifier (472e), acidity regulator (262)), Textured Soy Protein, Modified Food Starch (1442), Egg, Potato Starch, Salt, Soy Protein Concentrate, Mineral Salt (451), Spices, Hydrolysed Maize Protein), HI MELT CHEESE (Cheese (pasteurised milk, cheese cultures, salt, enzymes), Water, Cream, Food Acids (331, 260, 270), Mineral Salts (339), Preservative (200), Food Colour (160a, 160b) Lecithin (soy)), TOMATO KETCHUP (Tomatoes (76%), sugar, salt, food acid (acetic), onion, spice extract). Contains soy, wheat, milk, egg</p> |
|---------------------------|----|-----------|----------|--|
| Energy | kJ | 1961 | 1060 | |
| Protein | g | 22.2 | 12 | |
| Fat – Total | g | 21.8 | 11.8 | |
| - Saturated Fat | g | 9.9 | 5.3 | |
| Carbohydrate | g | 44.4 | 24 | |
| - Sugar | g | 4.7 | 2.5 | |
| Fibre | g | 2.4 | 1.3 | |
| Sodium | mg | 1133 | 612 | |

| CHICKEN LITTLE BURGER | | Per serve | Per 100g | <p>KIDS BUN (Wheat Flour (52%), Bread Improver, Water, Iodised Salt, Sugar, Whey Powder, Vegetable Fat, Skim Milk Powder, Whole Egg Vitamins (Thiamin, Folic Acid), Yeast), LEMON & THYME CHICKEN BREAST (Chicken (95%), Lemon & Thyme Seasoning (Sugar, Dehydrated Vegetables, Salt, Herbs (Thyme 3%), Rice Flour, Spices, Acidity Regulator (330), Lemon Myrtle (1.5%), Canola Oil, Flavours, Natural Colour (100), Herb Extracts), HI MELT CHEESE (Cheese (pasteurised milk, cheese cultures, salt, enzymes), Water, Cream, Food Acids (331, 260, 270), Mineral Salts (339), Preservative (200), Food Colour (160a, 160b) Lecithin (soy)), AIOLI (Canola oil, free range egg, water, garlic (3.5%), vinegar, mustard, salt, sugar, natural flavour (contains egg), lemon juice, thickener (415, 412), citric acid, spices, natural colour. Contains soy, milk, egg, wheat</p> |
|------------------------------|----|-----------|----------|--|
| Energy | kJ | 2016 | 1260 | |
| Protein | g | 27 | 16.9 | |
| Fat – Total | g | 26.7 | 16.7 | |
| - Saturated Fat | g | 7.5 | 4.6 | |
| Carbohydrate | g | 32 | 20 | |
| - Sugar | g | 2.6 | 1.6 | |
| Fibre | g | 2.2 | 1.3 | |
| Sodium | mg | 805 | 503 | |

| KIDS CHIPS | | Per serve | Per 100g | <p>FRENCH FRIED POTATOES (POTATO (96%), canola oil, dextrose (from maize), MASTERFOOD'S GARLIC AND HERB SEASONING (Salt, garlic (18%), rice flour, herbs 3% (parsley, dill, thyme, marjoram), onion, celery, capsicum, leek, tomato, vegetable oil, garlic extract). May contain traces of sesame seeds</p> |
|-------------------|----|-----------|----------|---|
| Energy | kJ | 609 | 761 | |
| Protein | g | 1.9 | 2.4 | |
| Fat – Total | g | 6.1 | 7.6 | |
| - Saturated Fat | g | 0.5 | 0.6 | |
| Carbohydrate | g | 19.7 | 24.7 | |
| - Sugar | g | 0.3 | 0.4 | |
| Fibre | g | - | - | |
| Sodium | mg | 271 | 339 | |