



NUTRITIONAL INFORMATION

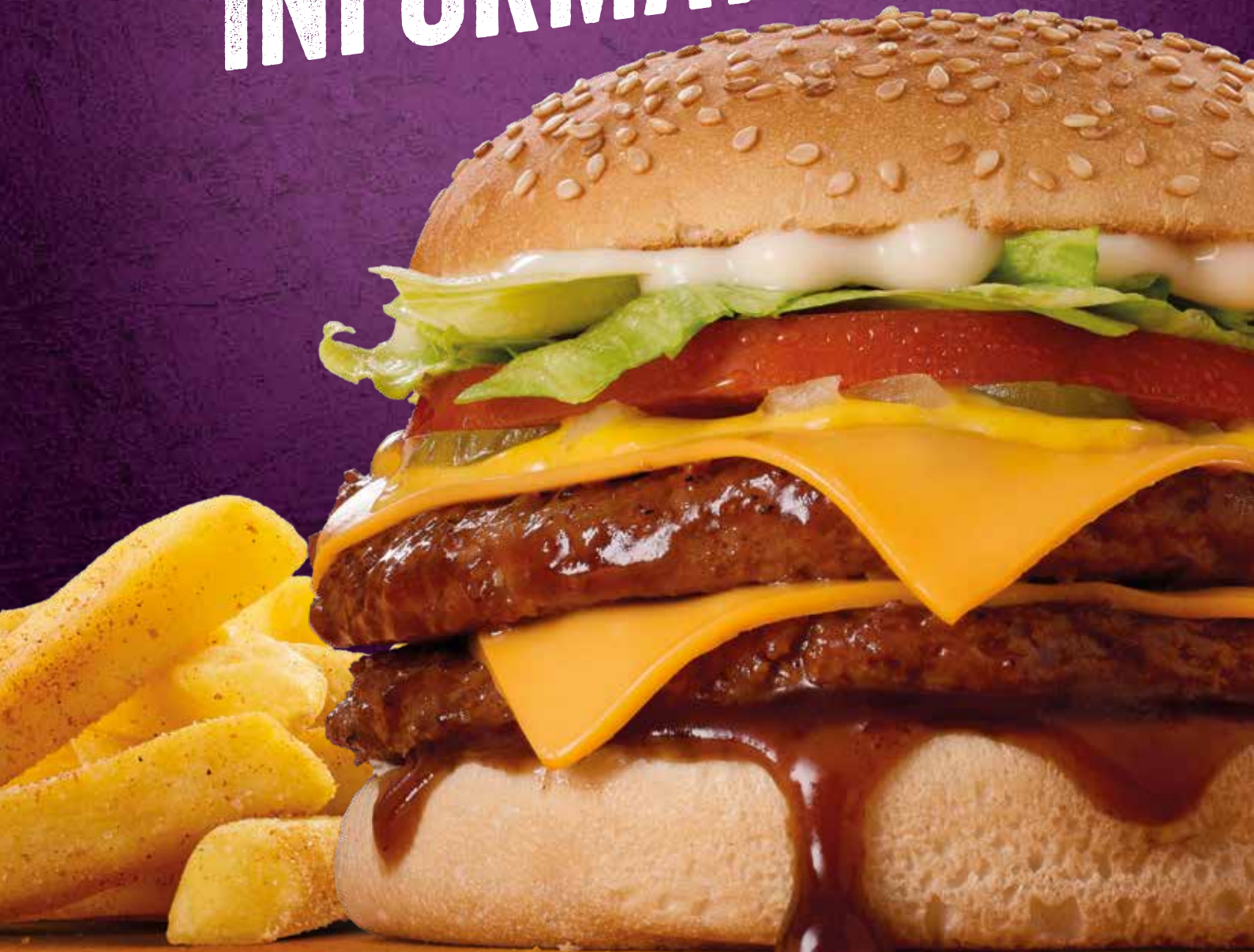


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FLAME-GRILLED CHICKEN

| Description | Carbohydrates (g) | Protein (g) | Fat (g) | Energy (kJ) | Total Sodium (mg) | Dietary Fibre (g) |
|--|-------------------|-------------|---------|-------------|-------------------|-------------------|
| Chicken Full (Fg) | 30.68 | 130.12 | 79.88 | 5696.96 | 1666.68 | 6.8 |
| Chicken Full (Fg) & Lrg Chips | 65.83 | 129.82 | 187.73 | 10519.2 | 3103.33 | 16.45 |
| Chicken Full (Fg) & Salad | 14.77 | 64.2 | 39.95 | 2860.08 | 657.88 | 4.35 |
| Chicken Full (Fg) Sit | 18.66 | 125.34 | 79.46 | 5488.96 | 1306.66 | 6.4 |
| Chicken Half (Fg) | 15.34 | 65.06 | 39.94 | 2848.48 | 833.34 | 3.4 |
| Chicken Half (Fg) & Med Chips | 53.08 | 69.27 | 101.4 | 5872.93 | 1909.33 | 6.9 |
| Chicken Half (Fg) & Pap | 107.92 | 74.33 | 42.31 | 4628.04 | 1657.17 | 7.5 |
| Chicken Half (Fg) & Sml Chips Sit | 35.58 | 66.57 | 95.73 | 5343.35 | 1281.33 | 5.4 |
| Chicken Half (Fg) Sit | 9.33 | 62.67 | 39.73 | 2744.48 | 653.33 | 3.2 |
| Chicken Half (Fg), Rib & Med Chips Meal SD | 81.08 | 123.27 | 124.73 | 8002.5 | 2929.33 | 7.23 |
| Chicken Qtr (Fg) | 7.67 | 32.53 | 19.97 | 1424.24 | 416.67 | 1.7 |
| Chicken Qtr (Fg) & Sml Chips | 33.92 | 36.43 | 75.97 | 4023.11 | 1044.67 | 3.9 |
| Chicken Qtr (Fg) & Sml Chips & Roll | 80.58 | 44.37 | 86.93 | 5422.11 | 1408.93 | 7.2 |
| Chicken Qtr (Fg) & Sml Chips Sit | 33.92 | 36.43 | 75.97 | 4023.11 | 1044.67 | 3.9 |
| Chicken Qtr (Fg) Sit | 7.67 | 32.53 | 19.97 | 1424.24 | 416.67 | 1.7 |
| Chicken Qtr (Fg) with Pap | 100.25 | 41.8 | 22.34 | 3203.8 | 1240.5 | 5.8 |
| Chicken Qtr (Fg), Sml Chips, Roll & Soda | 84.92 | 46.43 | 77.97 | 5136. | 1442.27 | 5.9 |
| Chicken Qtr(Fg) & Salad | 13.11 | 34.06 | 20.19 | 1539.84 | 421.22 | 2.85 |
| Chicken Surpreme Chips & Salad (Diner) Sit | 38.7 | 35.55 | 77.46 | 4100.99 | 1709.15 | 4.65 |
| Kids' Chicken Strips Sit | 28.45 | 15.65 | 57.6 | 2888.29 | 1333.75 | 2.85 |
| Lunch Pack Meal (Fried) (Diner) Sit | 40.37 | 39.07 | 103.38 | 5212.33 | 751.65 | 5.05 |
| Snack Pack Meal (Fried) (Diner) Sit | 35.22 | 22.01 | 79.74 | 3946 | 691.65 | 4.05 |

BEEF BURGERS

| Description | Carbohydrates (g) | Protein (g) | Fat (g) | Energy (kJ) | Total Sodium (mg) | Dietary Fibre (g) |
|------------------------------|-------------------|-------------|---------|-------------|-------------------|-------------------|
| B Brg Cmb | 54.33 | 18.75 | 70.52 | 3825.37 | 2002 | 5.48 |
| Bacon Cheese B Brg | 62.17 | 34.95 | 34.02 | 2891.57 | 2221.5 | 4.34 |
| Bacon Cheese B Brg Cmb | 88.42 | 38.85 | 90.02 | 5490.44 | 2849.5 | 6.54 |
| Cheese B Brg | 64.99 | 31.78 | 29.11 | 2692.82 | 2119.87 | 3.68 |
| Cheese B Brg & Chips Sit | 108.74 | 38.38 | 90.77 | 5821.27 | 3375.87 | 7.38 |
| Cheese B Brg Cmb | 54.83 | 21.65 | 74.32 | 4028.37 | 2187 | 5.48 |
| Cheese B Brg Cmb | 91.24 | 35.68 | 85.11 | 5291.69 | 2747.87 | 5.88 |
| Gr B Brg | 28.08 | 14.85 | 14.52 | 1226.5 | 1374 | 3.28 |
| Gr B Brg Cmb (Can) Dt | 56.03 | 18.62 | 70.63 | 3858.31 | 2021.6 | 5.35 |
| King B Brg Cmb Can | 92.59 | 36.86 | 85.08 | 5395.06 | 4586.3 | 6.84 |
| King Bacon B Brg & Med Chips | 115.09 | 64.35 | 122.08 | 7560.67 | 4997.14 | 8.73 |
| King Bacon B Brg Cmb Med | 115.09 | 64.35 | 122.08 | 7560.67 | 4997.14 | 8.73 |
| King Macon B Brg | 71.01 | 59.14 | 53.46 | 4192.55 | 3762.14 | 5.03 |
| King Macon B Brg & Med Chips | 114.76 | 65.74 | 115.13 | 7321 | 5018.14 | 8.73 |
| King Macon B Brg Cmb Med | 114.76 | 65.74 | 115.13 | 7321 | 5018.14 | 8.73 |
| King Steer B Brg | 71.01 | 53.34 | 53.06 | 4079.69 | 3453.14 | 5.03 |
| King Steer B Brg & Med Chips | 114.76 | 59.94 | 114.73 | 7208.14 | 4709.14 | 8.73 |
| King Steer B Brg Cmb (Med) | 114.76 | 59.94 | 114.73 | 7208.14 | 4709.14 | 8.73 |
| Macon Cheese B Brg | 61.95 | 37.81 | 29.52 | 2769.41 | 2338.5 | 4.34 |
| Macon Cheese B Brg Cmb | 88.2 | 41.71 | 85.52 | 5368.28 | 2966.5 | 6.54 |
| Mighty King B Brg | 78.18 | 74.75 | 77.55 | 5469.11 | 4903.05 | 5.94 |
| Mighty King B Brg Cmb Med | 121.93 | 81.35 | 139.22 | 8597.56 | 6159.05 | 9.64 |
| Prince B Brg | 66.34 | 32.06 | 29.08 | 2793.19 | 2074.3 | 4.34 |
| Prince Beef & Sml Chips | 92.59 | 35.96 | 85.08 | 5392.06 | 2702.3 | 6.54 |
| Rave B Brg | 61 | 28.97 | 26.14 | 2438.17 | 1887.27 | 4.18 |
| Rave Beef & Sml Chips | 87.25 | 32.87 | 82.14 | 5037.04 | 2515.27 | 6.38 |
| Ribster B Brg & Sml Chips | 96.51 | 57.79 | 111.64 | 6807.68 | 4028.18 | 7.31 |
| Steer B Brg & Chips Sit | 108.24 | 35.48 | 86.97 | 5618.27 | 3190.87 | 7.38 |
| Steers B Brg | 64.49 | 28.88 | 25.31 | 2489.82 | 1934.87 | 3.68 |
| Steers B Brg Cmb | 90.74 | 32.78 | 81.31 | 5088.69 | 2562.87 | 5.88 |

BEEF BURGERS

| Description | Carbohydrates (g) | Protein (g) | Fat (g) | Energy (kJ) | Total Sodium (mg) | Dietary Fibre (g) |
|----------------------------------|-------------------|-------------|---------|-------------|-------------------|-------------------|
| Cheese B Brg & Chips Sit | 70.24 | 31.88 | 84.11 | 4839.13 | 2711.27 | 5.68 |
| Hawaiian Burger | 68.03 | 32 | 29.03 | 2745.41 | 2603.17 | 3.76 |
| Hawaiian Burger Meal | 94.28 | 35.9 | 85.03 | 5344.28 | 323.17 | 5.96 |
| Hawaiian King Steer Burger | 71.03 | 52.9 | 52.93 | 3998.41 | 3288.17 | 4.26 |
| Hawaiian King Steer Burger Meal | 97.28 | 56.8 | 108.93 | 6597.28 | 3916.17 | 6.46 |
| Kids' B Brg & Sml Chips Pack Sit | 54.33 | 18.75 | 70.52 | 3825.37 | 2002 | 5.48 |
| King Bacon B Brg & Chips Sit | 115.09 | 64.35 | 122.08 | 7560.67 | 4997.14 | 8.73 |
| King Steer Snack Burger | 32.57 | 27.42 | 28.06 | 2035 | 2413.35 | 4.15 |
| King Steer Snack Burger Combo | 58.82 | 31.32 | 84.06 | 4633.87 | 3041.35 | 6.35 |
| Mighty King B Brg & Chips Sit | 121.93 | 81.35 | 139.22 | 8597.56 | 6159.05 | 9.64 |
| Prince B Brg & Chips Sit | 110.09 | 38.66 | 90.75 | 5921.64 | 3330.3 | 8.04 |
| Rave Snack Burger | 28.08 | 14.93 | 14.6 | 1219.83 | 1364.83 | 3.53 |
| Rave Snack Burger Combo | 54.33 | 18.83 | 70.6 | 3818.7 | 1992.83 | 5.73 |

STEAK BURGERS

| Description | Carbohydrates (g) | Protein (g) | Fat (g) | Energy (kJ) | Total Sodium (mg) | Dietary Fibre (g) |
|-----------------------------|-------------------|-------------|---------|-------------|-------------------|-------------------|
| Bacon & Cheese Steak Burger | 61.16 | 44.39 | 22.49 | 2596.47 | 1969.41 | 3.09 |
| Chakalaka Steak Burger | 58.87 | 37.35 | 11.66 | 2035.34 | 1460.24 | 3.18 |
| Original Steak Burger | 60.33 | 37.08 | 11.34 | 2040.94 | 1496.41 | 3.09 |

BARE BURGERS

| Description | Carbohydrates (g) | Protein (g) | Fat (g) | Energy (kJ) | Total Sodium (mg) | Dietary Fibre (g) |
|--------------------------|-------------------|-------------|---------|-------------|-------------------|-------------------|
| Bare Beef Burger | 13.51 | 39.63 | 44.01 | 2465.28 | 2069.84 | 1.59 |
| Bare Beef Burger Meal | 39.76 | 43.53 | 100.01 | 5064.15 | 2697.84 | 3.79 |
| Bare Chicken Burger | 9.97 | 47.3 | 13.71 | 1702.54 | 1185.65 | 1.39 |
| Bare Chicken Burger Meal | 36.22 | 51.2 | 69.71 | 4301.41 | 1813.65 | 3.59 |

BBQ RIBS

| Description | Carbohydrates (g) | Protein (g) | Fat (g) | Energy (kJ) | Total Sodium (mg) | Dietary Fibre (g) |
|-----------------------------|-------------------|-------------|---------|-------------|-------------------|-------------------|
| (H) BBQ Beef Rib Brg | 58.99 | 32.57 | 33.93 | 2860.74 | 2120.87 | 3.68 |
| (H) BBQ Beef Rib Brg Cmb | 85.24 | 36.47 | 89.93 | 5459.61 | 2748.87 | 5.88 |
| (H) Beef Rib Brg Cmb | 85.24 | 36.47 | 89.93 | 5459.61 | 2748.87 | 5.88 |
| Double Rack | 56 | 108 | 46.67 | 4259.15 | 2040 | 0.67 |
| Double Rack Lrg Chips Buddy | 108.5 | 115.95 | 138.67 | 8697.39 | 3610 | 5.12 |
| Double Rack Sit | 83.75 | 108.2 | 107.8 | 7110.26 | 2816 | 3.83 |
| Pork Rib Brg & Chips Sit | 105.33 | 39.02 | 91.28 | 5842.16 | 3229.85 | 7.38 |
| Rib Feast & Med Chips | 90.75 | 77.6 | 130.23 | 7521.36 | 3620.8 | 4.37 |
| Rib Pork Brg | 87.83 | 36.32 | 85.61 | 5312.58 | 2601.85 | 5.88 |
| Rib Snack & Sml Chips | 40.97 | 28.58 | 80.61 | 4142.18 | 1413.33 | 2.37 |
| Riblet Snack Chips Sit | 36.97 | 26.98 | 80.48 | 4072.85 | 1293.33 | 2.23 |
| Single Rack & Med Chips | 71.75 | 60.6 | 85 | 5258.02 | 2276 | 4.03 |
| Single Rack Sit | 46.25 | 54.7 | 79.07 | 4589.78 | 1408 | 2.27 |

CHICKEN BURGERS

| Description | Carbohydrates (g) | Protein (g) | Fat (g) | Energy (kJ) | Total Sodium (mg) | Dietary Fibre (g) |
|------------------------------|-------------------|-------------|---------|-------------|-------------------|-------------------|
| Bacon Cheese Chk Brg Cmb | 87.25 | 43.76 | 73.13 | 4944.82 | 2523.66 | 6.05 |
| Bacon Chk Brg | 29.36 | 19.51 | 9.91 | 1174.14 | 1400.94 | 3.28 |
| Cheese Chk Brg | 27.33 | 17.3 | 7.07 | 1046.27 | 1134.17 | 3.24 |
| Cheese Chk Brg & Sml Chips | 53.58 | 21.2 | 63.07 | 3645.14 | 1762.17 | 5.44 |
| Cheese Chk Combo | 53.58 | 21.2 | 63.07 | 3645.14 | 1762.17 | 5.44 |
| Chk Brg | 27.33 | 17.3 | 7.07 | 1046.27 | 1134.17 | 3.24 |
| Chk Brg | 61.53 | 33.9 | 8.81 | 2148.35 | 1268.75 | 3.59 |
| Chk Brg & Sml Chips | 53.58 | 21.2 | 63.07 | 3645.14 | 1762.17 | 5.44 |
| King Bacon Chk Brg | 69.01 | 67.59 | 26.64 | 3340.98 | 3089.47 | 4.06 |
| King Macon Chk Brg | 68.68 | 68.98 | 19.69 | 3101.31 | 3110.47 | 4.06 |
| King Steer Chk Brg | 68.68 | 63.18 | 19.29 | 2988.45 | 2801.47 | 4.06 |
| King Steer Chk Brg Cmb (Med) | 112.43 | 69.78 | 80.96 | 6116.9 | 4057.47 | 7.76 |
| Macon Cheese Chk Brg Cmb | 84.87 | 45.59 | 70.62 | 4870.66 | 2624 | 6.71 |
| Mighty King Chk Brg | 74.68 | 89.5 | 26.9 | 3832.25 | 3925.55 | 4.49 |
| Prince Chk Brg Cmb (Med) | 108.92 | 43.58 | 73.86 | 5376.02 | 3004.47 | 7.56 |

CHICKEN BURGERS

| Description | Carbohydrates (g) | Protein (g) | Fat (g) | Energy (kJ) | Total Sodium (mg) | Dietary Fibre (g) |
|-------------------------------------|-------------------|-------------|---------|-------------|-------------------|-------------------|
| Bacon Cheese Chk Brg | 61 | 39.86 | 17.13 | 2345.95 | 1895.6 | 3.85 |
| Bacon Cheese Chk Burger & Chips Sit | 104.75 | 46.47 | 78.8 | 5474.4 | 3151.67 | 7.56 |
| Cheese Chk Brg & Sml Chips Sit | 107.57 | 43.3 | 73.89 | 5275.65 | 3050.04 | 6.9 |
| Chk Brg & Chips Sit | 105.28 | 40.5 | 70.48 | 5276.8 | 2524.75 | 7.29 |
| Chk Brg Cmb | 53.58 | 21.2 | 63.07 | 3645.14 | 1762.17 | 5.44 |
| Kids' Chk Brg & Sml Chips Pack Sit | 53.58 | 21.2 | 63.07 | 3645.14 | 1762.17 | 5.44 |
| King Bacon Chk Brg & Chips Sit | 112.76 | 74.19 | 88.31 | 6469.43 | 4345.47 | 7.76 |
| King Bacon Chk Brg & Med Chips | 112.76 | 74.19 | 88.31 | 6469.43 | 4345.47 | 7.76 |
| King Bacon Chk Brg Cmb Med | 112.76 | 74.19 | 88.31 | 6469.43 | 4345.47 | 7.76 |
| King Macon Chk Brg & Med Chips | 112.43 | 75.58 | 81.36 | 6229.76 | 4366.47 | 7.76 |
| King Macon Chk Brg Cmb Med | 112.43 | 75.58 | 81.36 | 6229.76 | 4366.47 | 7.76 |
| King Steer Chk Brg & Chips Sit | 112.43 | 69.78 | 80.96 | 6116.9 | 4057.47 | 7.76 |
| Macon Cheese Chk Brg | 58.62 | 41.69 | 14.62 | 2271.79 | 1996 | 4.51 |
| Mighty King Chk Brg & Chips Sit | 118.43 | 96.1 | 88.57 | 6960.7 | 5181.55 | 8.19 |
| Mighty King Chk Brg Cmb Med | 118.43 | 96.1 | 88.57 | 6960.7 | 5181.55 | 8.19 |
| Prince Chic & Sml Chips | 91.42 | 40.88 | 68.19 | 4846.44 | 2376.47 | 6.06 |
| Prince Chk Brg & Chips Sit | 108.92 | 43.58 | 73.86 | 5376.02 | 3004.47 | 7.56 |

VEGGIE BURGERS

| Description | Carbohydrates (g) | Protein (g) | Fat (g) | Energy (kJ) | Total Sodium (mg) | Dietary Fibre (g) |
|---------------------------------|-------------------|-------------|---------|-------------|-------------------|-------------------|
| Bacon Cheese V Brg | 77.4 | 20.77 | 23.14 | 2565.65 | 1913.67 | 8.26 |
| Bacon Cheese V Brg Cmb | 103.65 | 24.67 | 79.14 | 5164.52 | 2541.67 | 10.46 |
| Bacon Cheese V Brg Cmb | 103.65 | 24.67 | 79.14 | 5164.52 | 2541.67 | 10.46 |
| Beef-style Burger | 66.03 | 24.96 | 8.33 | 1873.53 | 1889.75 | 5.62 |
| Beef-style Burger Meal | 92.28 | 28.86 | 64.33 | 4472.4 | 2517.75 | 7.82 |
| Cheese V Brg & Sml Chips Sit | 123.97 | 24.2 | 79.89 | 5495.35 | 3068.04 | 11.3 |
| Chicken-style Burger | 60.47 | 32.6 | 8.71 | 2127.66 | 1248.25 | 3.39 |
| Chicken-style Burger Meal | 86.72 | 36.5 | 64.71 | 4726.53 | 1876.25 | 5.59 |
| King Bacon V Brg | 101.81 | 29.39 | 38.64 | 3780.38 | 3125.47 | 12.86 |
| King Bacon V Brg & Chips Sit | 145.56 | 35.99 | 100.31 | 6908.83 | 4381.47 | 16.56 |
| King Bacon V Brg & Med Chips | 145.56 | 35.99 | 100.31 | 6908.83 | 4381.47 | 16.56 |
| King Bacon V Brg Cmb Med | 145.56 | 35.99 | 100.31 | 6908.83 | 4381.47 | 16.56 |
| King Macon V Brg | 101.48 | 30.78 | 31.69 | 3540.71 | 3146.47 | 12.86 |
| King Macon V Brg & Med Chips | 145.23 | 37.38 | 93.36 | 6669.16 | 4402.47 | 16.56 |
| King Macon V Brg Cmb Med | 145.23 | 37.38 | 93.36 | 6669.16 | 4402.47 | 16.56 |
| King Steer V Brg | 101.48 | 24.98 | 31.29 | 3427.85 | 2837.47 | 12.86 |
| King Steer V Brg & Chips Sit | 145.23 | 31.58 | 92.96 | 6556.3 | 4093.47 | 16.56 |
| King Steer V Brg & Med Chip | 145.23 | 31.58 | 92.96 | 6556.3 | 4093.47 | 16.56 |
| King Steer V Brg Cmb (Med) | 145.23 | 31.58 | 92.96 | 6556.3 | 4093.47 | 16.56 |
| Macon Cheese V Brg | 77.18 | 23.63 | 18.64 | 2443.49 | 2030.67 | 8.26 |
| Macon Cheese V Brg Cmb | 103.43 | 27.53 | 74.64 | 5042.36 | 2658.67 | 10.46 |
| Mighty King Veg Brg | 123.88 | 32.2 | 44.9 | 4491.35 | 3979.55 | 17.69 |
| Mighty King Veg Brg & Chips Sit | 167.63 | 38.8 | 106.57 | 7619.8 | 5235.55 | 21.39 |
| Mighty King Veg Brg Cmb Med | 167.63 | 38.8 | 106.57 | 7619.8 | 5235.55 | 21.39 |
| Mushroom Veggie Cheese Burger | 81.93 | 18.34 | 25.84 | 2657.97 | 2039.34 | 9.77 |
| Prince V Brg | 81.57 | 17.88 | 18.19 | 2467.27 | 1766.47 | 8.26 |
| Prince V Brg & Chips Sit | 125.32 | 24.48 | 79.86 | 5595.72 | 3022.47 | 11.96 |
| Prince V Brg Cmb (Med) | 125.32 | 24.48 | 79.86 | 5595.72 | 3022.47 | 11.96 |
| Prince Veg & Sml Chips | 107.82 | 21.78 | 74.19 | 5066.14 | 2394.47 | 10.46 |
| Steers V Brg & Chips Sit | 124.38 | 21.69 | 73.27 | 5183.52 | 2837.6 | 11.83 |
| Veggie Brg | 80.63 | 15.09 | 11.6 | 2055.07 | 1581.6 | 8.13 |
| Veggie Brg & Chips Sit | 124.38 | 21.69 | 73.27 | 5183.52 | 2837.6 | 11.83 |
| Veggie Brg Cmb | 106.88 | 18.99 | 67.6 | 4653.94 | 2209.6 | 10.33 |

MEALS FOR SHARING

| Description | Carbohydrates (g) | Protein (g) | Fat (g) | Energy (kJ) | Total Sodium (mg) | Dietary Fibre (g) |
|---|-------------------|-------------|---------|-------------|-------------------|-------------------|
| Sharing Meal 1 - 4 Original Pork Ribster Burger & 2 Medium Chips | 331.43 | 142.28 | 241.78 | 17061.58 | 10404.39 | 21.50 |
| Sharing Meal 2 - 4 Original Steers Beef Burger & 2 Medium Chips | 34.46 | 128.72 | 224.57 | 16216.18 | 10251.48 | 22.12 |
| Sharing Meal 3 - 2 Original King Steer Beef Burgers & 2 Medium Chips | 358.50 | 177.64 | 280.08 | 19395.92 | 13288.02 | 24.82 |
| Sharing Meal 4 - 2 Original King Steer Burgers & Large Chips | 194.52 | 114.63 | 198.13 | 12597.62 | 8476.28 | 14.51 |
| Sharing Meal 5 - Full Chicken, Large Chips, Large Green Salad & 4 Rolls | 151.81 | 144.62 | 162.51 | 11642.09 | 2975.76 | 10.62 |

TOASTED SANDWICHES

| Description | Carbohydrates (g) | Protein (g) | Fat (g) | Energy (kJ) | Total Sodium (mg) | Dietary Fibre (g) |
|---|-------------------|-------------|---------|-------------|-------------------|-------------------|
| Egg | 25.44 | 11.67 | 13.5 | 1168.52 | 982.62 | 2.74 |
| Egg & Chips | 51.69 | 15.57 | 69.5 | 3767.39 | 1610.62 | 4.94 |
| Tst Bacon Cheese & Sml Chips | 57.58 | 20.31 | 77.95 | 4239.84 | 1720.32 | 4 |
| Tst Bacon Egg | 31.33 | 16.91 | 24.35 | 1719.97 | 1420.32 | 1.9 |
| Tst Bacon Egg & Sml Chips | 58.05 | 16.4 | 70.6 | 3905.03 | 2061.32 | 4.3 |
| Tst Bacon Egg Chips Sit | 57.58 | 20.81 | 80.35 | 4318.84 | 2048.32 | 4.1 |
| Tst Cheese /Tomato/Bacon Chips Sit | 58.38 | 20.81 | 77.95 | 4257.56 | 2349.32 | 4.3 |
| Tst Cheese & Sml Chips | 57.25 | 15.9 | 70.6 | 3887.31 | 1432.32 | 4 |
| Tst Cheese B Brg & Sml Chips | 70.24 | 31.88 | 84.11 | 4839.13 | 2711.27 | 5.68 |
| Tst Cheese B Brg Chips Sit | 70.24 | 31.88 | 84.11 | 4839.13 | 2711.27 | 5.68 |
| Tst Cheese Tomato & Sml Chips | 58.05 | 16.4 | 70.6 | 3905.03 | 2061.32 | 4.3 |
| Tst Cheese/Tomato/Bacon & Sml Chips | 58.38 | 20.81 | 77.95 | 4257.56 | 2349.32 | 4.3 |
| Tst Cheese/Tomato/Bacon/Egg | 32.63 | 20.01 | 28.15 | 1939.69 | 1606.32 | 2.1 |
| Tst Cheese/Tomato/Bacon/Egg & Sml Chips | 58.88 | 23.91 | 84.15 | 4538.56 | 2234.32 | 4.3 |
| Tst Cheese/Tomato/Bacon/Egg Chips Sit | 58.88 | 23.91 | 84.15 | 4538.56 | 2234.32 | 4.3 |
| Tst Cheese/Tomato/Macon | 32.3 | 21.4 | 21.2 | 1700.02 | 1627.32 | 2.1 |
| Tst Cheese/Tomato/Macon & Sml Chips | 58.55 | 25.3 | 77.2 | 4298.89 | 2255.32 | 4.3 |
| Tst Cheese/Tomato/Macon/Egg | 32.3 | 21.4 | 21.2 | 1700.02 | 1627.32 | 2.1 |
| Tst Cheese/Tomato/Macon/Egg & Sml Chips | 58.55 | 25.3 | 77.2 | 4298.89 | 2255.32 | 4.3 |
| Tst Chicken Mayo | 40.36 | 34.93 | 30.2 | 2651.09 | 2066.41 | 3.17 |
| Tst Chicken Mayo & Sml Chips | 66.61 | 38.83 | 86.2 | 5249.96 | 2694.41 | 5.37 |
| Tst Chicken Mayo Chips Sit | 66.61 | 38.83 | 86.2 | 5249.96 | 2694.41 | 5.37 |
| Tst Macon Cheese & Sml Chips | 57.25 | 21.7 | 71 | 4000.17 | 1741.32 | 4 |
| Tst Macon Egg & Sml Chips | 57.25 | 22.2 | 73.4 | 4079.17 | 2069.32 | 4.1 |

SALADS

| Description | Carbohydrates (g) | Protein (g) | Fat (g) | Energy (kJ) | Total Sodium (mg) | Dietary Fibre (g) |
|-----------------------------|-------------------|-------------|---------|-------------|-------------------|-------------------|
| Salad Greek | 6.94 | 6.53 | 7.72 | 512.7 | 614.55 | 2.15 |
| 180g Khula - Chakalaka | 22.32 | 4.86 | 5.76 | 722.988 | 802.8 | 1.62 |
| 250g Khula - Coleslaw Salad | 21.21 | 2.78 | 23.54 | 1190.14 | 1160.75 | 5.02 |
| Medium Green Salad - TA | 6.67 | 1.79 | 0.29 | 141.97 | 5.56 | 1.5 |
| Medium Green Salad SD | 6.67 | 1.79 | 0.29 | 141.97 | 5.56 | 1.5 |
| Salad Chicken | 7.04 | 24.48 | 3.52 | 624.22 | 870.8 | 1 |
| Salad Chicken Bacon | 7.37 | 28.89 | 10.87 | 976.75 | 1158.8 | 1 |
| Salad Chicken Feta | 7.54 | 29.48 | 8.52 | 916.82 | 1150.8 | 2 |
| Salad Green | 5.44 | 1.53 | 0.22 | 115.6 | 4.55 | 1.15 |
| Salad Green Sit | 5.44 | 1.53 | 0.22 | 115.6 | 4.55 | 1.15 |

MIXED GRILLS

| Description | Carbohydrates (g) | Protein (g) | Fat (g) | Energy (kJ) | Total Sodium (mg) | Dietary Fibre (g) |
|----------------------------------|-------------------|-------------|---------|-------------|-------------------|-------------------|
| Mixed Grill (Diner) Sit | 41.08 | 63.46 | 104.08 | 5677.83 | 2240.35 | 4.88 |
| Mixed Grill Sit | 50.01 | 60.48 | 99.1 | 5485.01 | 1889.8 | 3.21 |
| Real Value (Diner) Sit | 19.53 | 20.36 | 27.85 | 1697.73 | 1239.25 | 1.55 |
| T-Bone Chips & Salad (Diner) Sit | 38.97 | 89.67 | 98.44 | 5588.8 | 1098.28 | 3.11 |

HAND-CUT CHIPS

| Description | Carbohydrates (g) | Protein (g) | Fat (g) | Energy (kJ) | Total Sodium (mg) | Dietary Fibre (g) |
|---------------------|-------------------|-------------|---------|-------------|-------------------|-------------------|
| Small Chips | 26.25 | 3.9 | 56 | 2598.87 | 628 | 2.2 |
| Cheesy Chips Large | 52.5 | 7.95 | 92.3 | 4438.24 | 1256.1 | 4.45 |
| Cheesy Chips Medium | 45.23 | 10.28 | 70.06 | 3529.25 | 1704.4 | 3.9 |
| Cheesy Chips XXXL | | | | | | |
| Large Chips | 52.5 | 7.95 | 92 | 4438.24 | 1570 | 4.45 |
| Medium Chips | 43.75 | 6.6 | 61.66 | 3128.45 | 1256 | 3.7 |
| Spicy Chips Large | | | | | | |
| Spicy Chips Medium | 51.18 | 7.26 | 61.93 | 3268.45 | 1548.33 | 3.7 |
| Spicy Chips XXXL | 175 | 26.25 | 276.6 | 13653.3 | 4710 | 14.75 |
| XXX Large Chips | 175 | 26.25 | 276.6 | 13653.3 | 4710 | 14.75 |

BREAKFAST

| Description | Carbohydrates (g) | Protein (g) | Fat (g) | Energy (kJ) | Total Sodium (mg) | Dietary Fibre (g) |
|--|-------------------|-------------|---------|-------------|-------------------|-------------------|
| Awesome Value Breakfast | 41.5 | 20.7 | 21.2 | 1829.08 | 724 | 2.4 |
| Bacon & Cheese Omelette - Diner | 19.27 | 20.61 | 27.98 | 1710.93 | 651.5 | 1.3 |
| Banger Breakfast (Diner) Sit | 50.58 | 40.86 | 101.95 | 5334.2 | 1983.85 | 3.65 |
| Boerie Breakfast (Total) Take | 19.6 | 41.52 | 52.93 | 3072.66 | 1640.1 | 2.9 |
| Cheese & Tomato Omelette - Diner | 19.1 | 18.4 | 24.3 | 1534.66 | 507.5 | 1.3 |
| Cheese Griller Breakfast | 21.03 | 23.66 | 27.45 | 1777.03 | 1110.25 | 2.35 |
| Cheese Omelette - Diner | 18.3 | 18.2 | 24.3 | 1517.94 | 506.5 | 1.1 |
| Cheese Thriller Breakfast (En Route) Sit | 49.78 | 37.16 | 93.05 | 4940.2 | 2307.25 | 5.45 |
| Dagwood Chk Brg | 62.75 | 45.25 | 27.91 | 2962.73 | 2414.8 | 3.79 |
| Dbi Delicious Breakfast Sit | 24.53 | 39.26 | 47.05 | 2825.33 | 1749.25 | 3.25 |
| Feel Good Breakfast (Diner) Sit | 42 | 12 | 12 | 1374 | 162 | 2.5 |
| Flame-griller Breakfast (Diner) Sit | 52.08 | 44.46 | 101.55 | 5414.5 | 2482.85 | 4.55 |
| Flapjack Stack (En Route) Sit | 30.28 | 21.56 | 29.6 | 1971.48 | 614.75 | 1.95 |
| Get Real Breakfast | 83.08 | 50.01 | 112.72 | 6375.73 | 3747.33 | 9.27 |
| Good Morning Breakfast - Diner | 30.62 | 18.66 | 79.68 | 3789.12 | 914.75 | 2.75 |
| Grbb Bacon Egg | 27 | 13.63 | 17.18 | 1375.44 | 569.33 | 2.68 |
| Grbb Bacon Egg Cheese | 27.5 | 16.53 | 20.98 | 1578.44 | 754.33 | 2.68 |
| Grbb Bacon Egg Patty Sml Chips | 55.5 | 26.87 | 83.28 | 4519.8 | 2114.83 | 5.28 |
| Griller Breakfast (En Route) Sit | 59.22 | 71.43 | 132.88 | 7102.77 | 3006.28 | 4.23 |
| Griller Breakfast & Chaywa Coffee | 61.62 | 73.03 | 134.48 | 7231.57 | 3017.39 | 4.23 |
| Kids' Busy Breakfast Sit | 16.17 | 11.61 | 14.18 | 991.49 | 1022.5 | 1 |
| Kids' Cheese Griller Breakfast - Cd | 31.25 | 23.4 | 75.2 | 3728.47 | 2349 | 4.1 |
| Kids' Easy Cheesy Breakfast Sit | 18.5 | 19 | 20.1 | 1379.52 | 1447.5 | 1.9 |
| Meaty 100% Breakfast (En Route) | 26.83 | 46.56 | 55.55 | 3299.63 | 1924.85 | 2.35 |
| Oats - Diner | 66.23 | 16.36 | 21.85 | 2209.53 | 84.49 | 4.9 |
| Plated Beefy Breakfast | 50.28 | 43.64 | 104.16 | 5407.84 | 3730.08 | 4.53 |
| Plated Breakfast Stack | 45.28 | 20.86 | 77.65 | 4014.6 | 1354.25 | 3.65 |
| Plated Classic Egg On Toast | 32 | 18.2 | 21 | 1628.44 | 501 | 1.8 |
| Plated Daybreaker Deluxe | 29.53 | 20.06 | 35.85 | 2170.73 | 611.25 | 1.45 |
| Plated Hash Brown Stack | 72.03 | 26.96 | 55.65 | 3655.33 | 2096.25 | 5.45 |
| Plated Real Value & Banger | 23.33 | 31.26 | 35.95 | 2252.33 | 1913.85 | 1.55 |
| Proudly Boerie Breakfast (Diner) | 23.17 | 47.06 | 55.18 | 3313.69 | 1922.85 | 4.15 |
| Proudly Boerie Breakfast (Diner) Sit | 47.08 | 43.56 | 105.25 | 5524.52 | 2125.85 | 5.45 |
| Real Value | 18.53 | 14.06 | 17.85 | 1212.73 | 541.25 | 1.45 |
| Real Value (Diner) Sit | 19.53 | 20.36 | 27.85 | 1697.73 | 1239.25 | 1.55 |
| Rise & Dine Breakfast (Plated) Take | 49.87 | 38.93 | 64.48 | 3812.5 | 2352.08 | 4.13 |
| Value French - Diner | 19.13 | 25.17 | 37.85 | 2151.47 | 679.5 | 1.1 |

BREAKFAST

| Description | Carbohydrates (g) | Protein (g) | Fat (g) | Energy (kJ) | Total Sodium (mg) | Dietary Fibre (g) |
|----------------------------------|-------------------|-------------|---------|-------------|-------------------|-------------------|
| Say Cheese Breakfast (Diner) Sit | 50.78 | 43.16 | 103.05 | 5424.2 | 2377.25 | 5.45 |
| Veggie Breakfast (En Route) Sit | 64.55 | 15.45 | 34.45 | 2623.72 | 1496.49 | 8.14 |
| Veggie Breakfast (Plated) Take | 65.27 | 15.82 | 42.48 | 2941.58 | 2150.92 | 8.38 |
| Veggie Breakfast (Plated) Take | 65.27 | 15.82 | 42.48 | 2941.58 | 2150.92 | 8.38 |

DESSERT

| Description | Carbohydrates (g) | Protein (g) | Fat (g) | Energy (kJ) | Total Sodium (mg) | Dietary Fibre (g) |
|------------------------------------|-------------------|-------------|---------|-------------|-------------------|-------------------|
| Cone Plain | 26.57 | 4.36 | 5.67 | 727.84 | 42 | 0.04 |
| 200ml Chocolate Cake Swirl | 38.64 | 4.96 | 14 | 1267.94 | 80.93 | 0.1 |
| 200ml Cream Soda Swirl | 55.27 | 10.98 | 13.49 | 1619.55 | 98.89 | 0 |
| 200ml Vanilla Cake Swirl | 32.09 | 4.68 | 7.16 | 882.44 | 65.93 | 0.1 |
| Choc Sundae (Diner) Sit | 112.41 | 13.23 | 28.09 | 3164.48 | 162.67 | 0.75 |
| Cup Plain | 37.64 | 6.22 | 8.71 | 1059.86 | 65.33 | 0 |
| Flapjacks (Diner) Sit | 133.25 | 7.89 | 10.61 | 2717.76 | 69.31 | 1 |
| Strawberry Swirl (Diner) Sit | 51.06 | 7.78 | 10.89 | 1392.83 | 91.67 | 0 |
| Sweet Stix 12 with Caramel Sauce | 82.56 | 20.57 | 77.07 | 3394.73 | 361.88 | 18.22 |
| Sweet Stix 12 with Chocolate Sauce | 80.61 | 18.62 | 75.12 | 3392.78 | 359.93 | 16.27 |
| Sweet Stix 6 with Caramel Sauce | 49.6 | 18.61 | 46.86 | 1705.69 | 189.27 | 17.43 |
| Sweet Stix 6 with Chocolate Sauce | 47.65 | 16.66 | 44.91 | 1703.24 | 187.32 | 15.48 |

HOT BEVERAGES

| Description | Carbohydrates (g) | Protein (g) | Fat (g) | Energy (kJ) | Total Sodium (mg) | Dietary Fibre (g) |
|-----------------|-------------------|-------------|---------|-------------|-------------------|-------------------|
| Creamy Hot Choc | 27.6 | 8.4 | 10.1 | 937.38 | 232.74 | 1 |
| Cappuccino | 9.07 | 5.6 | 5.8 | 470.31 | 42.96 | 0 |
| Choccocino | 34.27 | 8.8 | 11.76 | 1111.55 | 289.11 | 1.2 |
| Mega Cappuccino | 18.13 | 11.2 | 11.6 | 940.61 | 85.91 | 0 |
| Milo | 23.8 | 8.18 | 8.14 | 843.2 | 74.44 | 0.2 |

COLD BEVERAGE

| Description | Carbohydrates (g) | Protein (g) | Fat (g) | Energy (kJ) | Total Sodium (mg) | Dietary Fibre (g) |
|---------------|-------------------|-------------|---------|-------------|-------------------|-------------------|
| Coke No Sugar | 00.0 | 00.0 | 00.0 | 00.0 | 00.40 | 0.00 |

STANDARD FLAVOURED MILKSHAKE

| Description | Carbohydrates (g) | Protein (g) | Fat (g) | Energy (kJ) | Total Sodium (mg) | Dietary Fibre (g) |
|------------------------------------|-------------------|-------------|---------|-------------|-------------------|-------------------|
| 250ml Khula - Chocolate Milkshake | 26.15 | 4.52 | 5.94 | 737.32 | 52 | 0 |
| 250ml Khula - Cream Soda Milkshake | 27.59 | 4.6 | 5.94 | 762.44 | 44 | 0 |
| 250ml Khula - Strawberry Milkshake | 26.15 | 4.52 | 5.94 | 737.32 | 52 | 0 |
| 250ml Khula - Vanilla Milkshake | 22.95 | 4.52 | 5.94 | 682.92 | 44 | 0 |
| 250ml Milkshake | 39.66 | 7.61 | 9.56 | 1153.71 | 85.22 | 0 |
| 350ml Milkshake | 63.41 | 11.32 | 14.7 | 1806.22 | 128.67 | 0 |
| 350ml Milkshake DT | 71.76 | 11.5 | 15.59 | 1980.24 | 136.22 | 0 |
| 500ml Milkshake | 90.84 | 16.16 | 20.96 | 2582.9 | 184.89 | 0 |
| 500ml Milkshake DT | 105.82 | 16.71 | 22.76 | 2906.75 | 199.78 | 0 |

KIDS' MILKSHAKE

| Description | Carbohydrates (g) | Protein (g) | Fat (g) | Energy (kJ) | Total Sodium (mg) | Dietary Fibre (g) |
|--------------------------|-------------------|-------------|---------|-------------|-------------------|-------------------|
| 250ml Kids' Milkshake SD | 47.77 | 7.63 | 10.29 | 1314.85 | 91.67 | 0 |

POTENTIAL ALLERGENS & INTOLERANCE DATA

| Contains | Yes | No |
|---------------------------|-----|----|
| Egg & Egg Derivatives | | x |
| Fish | | x |
| Gluten | x | |
| Milk & Milk Derivatives | | x |
| Nuts | | x |
| Shellfish | | x |
| Soya Derivatives | | x |
| Sulphur Dioxide | | x |
| Tree Nuts | | x |
| Wheat & Wheat Derivatives | x | |
| Suitable For | | |
| Ovo-lacto Vegetarians | | x |
| Vegans | | x |

STARCHES

| Description | Carbohydrates (g) | Protein (g) | Fat (g) | Energy (kJ) | Total Sodium (mg) | Dietary Fiber (g) |
|-------------------|-------------------|-------------|---------|-------------|-------------------|-------------------|
| Steers Hero Roll | 36 | 7 | 1 | 779 | 278 | 2 |
| Baked Beans | 9.5 | 2.5 | 0.2 | 200.64 | 223 | 0.6 |
| English Muffin | 25 | 4 | 1 | 501.6 | 200 | 1 |
| Hashbrown | 26 | 2 | 12 | 877.8 | 650 | 2 |
| Pap | 74 | 7.6 | 1.7 | 1429.56 | 3 | 4.1 |
| Pita Bread | 18 | 1.5 | 4.5 | 430.54 | 221 | 0.5 |
| Portuguese rolls | 22 | 4 | 2 | 627 | 260 | 1 |
| Seeded Steers Bun | 51 | 10 | 2 | 1113 | 397.6 | 2 |
| Steers Junior Bun | 22.5 | 5.25 | 2.5 | 546 | 284 | 2.3 |
| White bread slice | 15 | 3.1 | 0.5 | 330.22 | 180.5 | 0.9 |

PROTEIN

| Description | Carbohydrates (g) | Protein (g) | Fat (g) | Energy (kJ) | Total Sodium (mg) | Dietary Fiber (g) |
|----------------------|-------------------|-------------|---------|-------------|-------------------|-------------------|
| Chicken Fillet | 0 | 21.8 | 3.2 | 484.88 | 150 | 0 |
| 100g Beef Patty | 4.16 | 18.08 | 20.18 | 1082.5 | 565.83 | 0.58 |
| 50g Beef Patty | 2.25 | 9.05 | 10.1 | 544.5 | 289.5 | 0.3 |
| Bacon | 0.33 | 4.41 | 7.35 | 352.53 | 288 | 0 |
| Belly rib strip | 18 | 50 | 23 | 1956.24 | 720 | 0 |
| Boerewors | 1.3 | 19.6 | 21.4 | 1228.92 | 886.6 | 1.8 |
| Cheese Griller | 2.5 | 9.6 | 9.6 | 564.3 | 569 | 0.9 |
| Chicken half 500g | 0 | 59.6 | 31.2 | 2240.48 | 180 | 0 |
| Chicken Quarter 250g | 0 | 29.8 | 15.6 | 1120.24 | 90 | 0 |
| Egg | 1 | 6 | 10 | 484 | 70 | 0 |
| Finger ribs Halaal | 33.2 | 77.6 | 83.6 | 4953.3 | 2172 | 0 |
| Finger ribs normal | 27 | 63 | 67.9 | 4046.24 | 1764.8 | 0 |
| Frankfurter | 3 | 8 | 20 | 919.6 | 630 | 0 |
| Lamb chops | 0 | 63 | 54 | 3135 | 183 | 0 |
| Macon | 0 | 5.8 | 0.4 | 112.86 | 309 | 0 |
| Rump steak | 0 | 81 | 42 | 2758.8 | 168 | 0 |
| T-Bone steak | 0 | 81 | 42 | 2758.8 | 168 | 0 |