



NUTRITIONAL BOOKLET



MAIN MEAL NUTRITIONAL ANALYSIS – MACRONUTRIENTS, ENERGY, SODIUM AND FIBRE***	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Total Sodium (mg)	Dietary Fibre (g)
1 Pc(Fried) Chicken & Roll	51	10	17	1683	397.6	2
3 Pc(Fried) Chicken & Roll	255	50	10	5565	1988	10
5 Pc(Fried) Chicken & Roll	153	30	81	6189	1192.8	6
10 Pc(Fried) Chicken & Roll	306	60	162	12378	2385.6	12
2 Single Rack Chips & Hansa & Red Square	82.25	111.9	102.67	6858.02	2668	2.87
Chicken Qtr(Fg)	7.67	32.53	19.97	1424.24	416.67	1.7
Chicken Half(Fg)	15.34	65.06	39.94	2848.48	833.34	3.4
Chicken Full(Fg)	30.68	130.12	79.88	5696.96	1666.68	6.8
Chicken Qtr(Fg) & Reg Chips	33.92	36.43	75.97	4023.11	1044.67	3.9
Chicken Half(Fg) & Med Chips	53.08	69.27	101.4	5872.93	1909.33	6.9
Chicken Half(Fg) & Rib & Lrg Chips Meal	89.83	124.62	155.07	9312.29	3243.33	7.98
Chicken Full(Fg) 4 Buns & Lrg & Salad Meal	275.27	171.35	195.95	15086.8	4698.28	25.6
Chicken Full(Fg) & Lrg Chips	65.83	129.82	187.73	10519.2	3103.33	16.45
Chicken Qtr(Fg) & Reg Chips & Roll	80.58	44.37	86.93	5422.11	1408.93	7.2
5 Pc(Fried) & Chips	69.5	91.9	179.82	9460.1	1556	8.7
Chicken Full(Fg) Meal & Med Chips & Salad	120.21	144.46	199.12	11851.39	4995.15	12.38
1Pce(Fg) Reg Chips	29.25	20	63.9	3210.99	763	2.3
1Pce(Fg) & Get Real Burger	31.08	30.95	22.42	1838.62	1509	3.38
1Pce(Fg) & Bun	54	26.1	9.9	1725.12	532.6	2.1
1Pce(Fg) Reg Chips & Bun	80.25	30	65.9	4323.99	1160.6	4.3
Chicken Qtr(Fg) & Reg Chips Bun & Soda	84.92	46.43	77.97	5136.11	1442.27	5.9
Family 2L Burger Meal (2 Steers, 2Gr, 2 Lrg Chips)	290.14	103.36	263.66	16309.12	9757.74	22.82
Tikka Box	53.47	52.93	68.4	4272.21	1900.17	3.9
Chicken Full(Fg) 4 Buns & Lrg Chips & Salad & 2L	280.6	174.82	179.69	14494.8	4471.61	20
Chicken Half(Fg) & Lrg Chips Chicken Chk Brg x2 & Rolls x2	286.89	158.42	153.35	13705.42	5556.03	18.83
Chicken Full(Fg) & Lrg Chips & 4 Rolls	275.16	173.29	179.47	14379.2	4467.06	18.85
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
Kids' Chicken Strips Sit	28.45	15.65	57.6	2888.29	1333.75	2.85
Cheese Griller Filler Breakfast (Diner)	52.08	44.46	101.55	5414.5	2482.85	4.55
Chicken Supreme Chips & Salad (Diner) Sit	38.7	35.55	77.46	4100.99	1709.15	4.65
Chicken Qtr(Fg) Sit	7.67	32.53	19.97	1424.24	416.67	1.7
Chicken Half(Fg) Sit	9.33	62.67	39.73	2744.48	653.33	3.2
Chicken Full(Fg) Sit	18.66	125.34	79.46	5488.96	1306.66	6.4
Chicken Qtr(Fg) & Reg Chips Sit	33.92	36.43	75.97	4023.11	1044.67	3.9
Chicken Half(Fg) & Reg Chips Sit	35.58	66.57	95.73	5343.35	1281.33	5.4
Steers Chicken Reg Chips Shake Sit	151.19	49.12	79.51	6553.44	2025.42	5.79
Chicken Half(Fg) & Rib & Med Chips Meal SD	81.08	123.27	124.73	8002.5	2929.33	7.23
Chicken Full(Fg) & Lrg Chips & 4 Rolls & 1L Coke	265.83	110.62	139.73	11634.72	3813.73	15.65
Chicken Full(Fg) 4 Buns & Salad & 2L Soda	218.77	104.2	47.95	7312.08	2248.28	12.35
1/4 Chicken, Ribs Snack, Reg Chips & A 330ml Can	48.64	61.11	100.58	5566.42	1830	4.07
Chicken Full(Fg) & Lrg Chips	61.83	70.62	131.73	7182.72	2223.33	7.65
Chicken Qrt (Fg) 2 Steers Burger 2 Reg Chips	189.15	98.09	182.59	11601.62	5542.41	13.46
Chicken Full(Fg) & Salad	14.77	64.2	39.95	2860.08	657.88	4.35
Chicken Qtr(Fg) & Salad	13.11	34.06	20.19	1539.84	421.22	2.85
Chicken Qtr(Fg) & Rib & Med Chips Meal	76.09	89.46	104.97	6638.93	2656	5.73
1/4 Chicken, Ribs Snack, Reg Chips	44.64	59.51	100.45	5497.09	1710	3.93
Chicken Qrt Ribs Snack & Reg Chips Nc	44.64	59.51	100.45	5497.09	1710	3.93
Chicken Half(Fg) & Rib & Lrg Chips Meal Nc	92.51	123.34	155.27	9372.96	3386.67	8.18
Chicken Half(Fg) & Rib & Lrg Chips Meal - EC	81.83	121.42	154.8	9173.63	3003.33	7.72
Chicken Qtr(Fg) & Reg Chips & Roll	65.42	43.78	79.47	4787.51	1442.27	7.12
Chicken Qtr(Fg) with Pap	100.25	41.8	22.34	3203.8	1240.5	5.8
Chicken Half(Fg) & Pap	107.92	74.33	42.31	4628.04	1657.17	7.5

MAIN MEAL NUTRITIONAL ANALYSIS – MACRONUTRIENTS, ENERGY, SODIUM AND FIBRE***	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
Salad Chicken Feta	7.54	29.48	8.52	916.82	1150.8	2
Salad Chicken	7.04	24.48	3.52	624.22	870.8	1
Regular Chips	26.25	3.9	56	2598.87	628	2.2
Medium Chips	43.75	6.6	61.66	3128.45	1256	3.7
Large Chips	52.5	7.95	92	4438.24	1570	4.45
Salad Green	5.44	1.53	0.22	115.6	4.55	1.15
Salad Chicken Bacon	7.37	28.89	10.87	976.75	1158.8	1
Zdouble Hasbrown Bfast Stack - Promo	97.78	27.96	107.85	6051.2	2539.25	7.65
Salad Green Sit	5.44	1.53	0.22	115.6	4.55	1.15
Medium Green Salad SD	6.67	1.79	0.29	141.97	5.56	1.5
Medium Green Salad - TA	6.67	1.79	0.29	141.97	5.56	1.5
Pap & Sauce Only	92.58	9.27	2.37	1779.56	823.83	4.1
Pork Rib Brg Cmb	87.83	36.32	85.61	5312.58	2601.85	5.88
Pork Rib Brg	61.58	32.42	29.61	2713.71	1973.85	3.68
Grbb Cmb Bacon Egg Brg	29.25	22.68	27.28	1919.94	858.83	2.98
Grbb Cmb Bacon Egg	27	13.63	17.18	1375.44	569.33	2.68
Grbb Cmb Bacon Egg Cheese	27.5	16.53	20.98	1578.44	754.33	2.68
Grbb Bacon Egg Brg	29.25	22.68	27.28	1919.94	858.83	2.98
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
Bacon Cheese B Brg	62.17	34.95	34.02	2891.57	2221.5	4.34
Bacon Cheese Chk Brg	61	39.86	17.13	2345.95	1895.6	3.85
Bacon Cheese V Brg	77.4	20.77	23.14	2565.65	1913.67	8.26
Rib Pork Brg Free Chips	87.83	36.32	85.61	5312.58	2601.85	5.88
King Bacon B Brg Cmb Med	115.09	64.35	122.08	7560.67	4997.14	8.73
King Bacon Chk Brg Cmb Med	112.76	74.19	88.31	6469.43	4345.47	7.76
King Bacon V Brg Cmb Med	145.56	35.99	100.31	6908.83	4381.47	16.56
Chaywa & Grbb Bacon Tomato	28.22	17.26	18.36	1421.15	1490.67	3.73
Chaywa & Grbb Bacon Tomato (En Route)	28.22	17.26	18.36	1421.15	1490.67	3.73
Biker Rib Brg Cmb (Total)	87.83	36.32	85.61	5312.58	2601.85	5.88
Steers B Brg Riblet Snack & Trufruit Take	99.21	53.56	49.92	4373.13	2720.2	3.85
Ironman Rib Brg Combo	87.83	36.32	85.61	5312.58	2601.85	5.88
Pork Rib Brg Cmb & Cheese	88.33	39.22	89.41	5515.58	2786.85	5.88
Pork Rib Brg & Chips Sit	105.33	39.02	91.28	5842.16	3229.85	7.38
Biker Rib Brg (Total) Sit	61.58	32.42	29.61	2713.71	1973.85	3.68
Pork Rib Cheese Brg Reg Chips	62.08	35.32	33.41	2916.71	2158.85	3.68

MAIN MEAL NUTRITIONAL ANALYSIS – MACRONUTRIENTS, ENERGY, SODIUM AND FIBRE***	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Total Sodium (mg)	Dietary Fibre (g)
King Steer B Brg & Med Chips	114.76	59.94	114.73	7208.14	4709.14	8.73
Mushroom Cheese B Brg Cmb	92.95	36.42	92.72	5582.76	2975.17	8.05
King Steer B Brg Cmb (Med)	114.76	59.94	114.73	7208.14	4709.14	8.73
King Steer Chk Brg Cmb (Med)	112.43	69.78	80.96	6116.9	4057.47	7.76
Spicy Cheese B Brg Cmb	92.49	36.32	86.15	5517.9	2551.05	7.73
Saucy B Brg Reg Chips	90.17	33.2	82.19	5098.09	2538.63	6.67
Rave B Brg Play Cmb	87.25	32.87	82.14	5037.04	2515.27	6.38
(H) Beef Rib Brg Cmb	85.24	36.47	89.93	5459.61	2748.87	5.88
Cheese B Brg Cmb	91.24	35.68	85.11	5291.69	2747.87	5.88
King Steer B Brg	71.01	53.34	53.06	4079.69	3453.14	5.03
Rave B Brg	61	28.97	26.14	2438.17	1887.27	4.18
Steers B Brg	64.49	28.88	25.31	2489.82	1934.87	3.68
Cheese B Brg	64.99	31.78	29.11	2692.82	2119.87	3.68
(H) Beef Rib Brg	58.99	32.57	33.93	2860.74	2120.87	3.68
(H) Grbb Macon Tomato B Brg	28.05	17.95	14.88	1301.32	1501.17	3.73
Gr Mushroom B Brg	27.42	14.92	16.77	1288.33	1385.67	3.75
Gr Peri Peri B Brg	25.67	14.76	15.3	1285.38	1482.13	3.19
Grbb Bacon Tomato B Brg	28.22	17.26	18.36	1421.15	1490.67	3.73
Steers B Brg Cmb	90.74	32.78	81.31	5088.69	2562.87	5.88
Mushroom Cheese B Brg	66.7	32.52	36.72	2983.89	2347.17	5.85
Spicy Cheese B Brg	66.24	32.42	30.15	2919.03	1923.05	5.53
Grbb Cmb Bacon Tomato B Brg	28.21	17.25	18.35	1421.15	1490.67	3.73
Gr B Brg Cmb (Can) Dt	56.03	18.62	70.63	3858.31	2021.6	5.35
(H) Macon Cheese B Brg Cmb	88.2	41.71	85.52	5368.28	2966.5	6.54
Bacon Cheese B Brg Cmb	88.42	38.85	90.02	5490.44	2849.5	6.54
Exclusive B Brg & Reg Chips (Sun City)	91.74	38.58	88.91	5494.69	2932.87	5.88
(H) King Macon B Brg	71.01	59.14	53.46	4192.55	3762.14	5.03
Mighty King B Brg	78.18	74.75	77.55	5469.11	4903.05	5.94
King Spicy B Brg	70.84	53.26	52.09	4059.8	3522.03	4.49
Saucy Deal 4 Rave & 2 Med Chips	331.5	129.08	227.89	16009.58	10061.08	24.12
King B Steer & Cone Take	97.58	57.7	58.74	4807.53	3495.14	5.07
Steak Original & Shake	114.27	45.66	28.98	3811.97	1574.5	3.77
Steers Brg Cmb	90.74	32.78	81.31	5088.69	2562.87	5.88
4 Gr Cheese Brg & 2 Shake	247.94	93.13	103.12	9462.21	6571.73	12.6
2 Steers Cheese 2 Steers & Lrg Chips	363.96	137.22	292.84	19241.76	11249.48	23.62
Family Deal (King Steer 2 Rave) Lrg Chip 4 Can	310	148.11	222.65	15884.09	10732.55	21.52
Prince & Free Reg Chips	92.59	35.96	85.08	5392.06	2702.3	6.54
Steers & Half Brg	128.98	57.75	50.62	4979.65	3869.74	7.35
4 BBQ Mayo Brgs Lrg Chips	296.37	123.28	184.73	14114.45	8508.4	17.82
Gr B Brg	28.08	14.85	14.52	1226.5	1374	3.28
King B Brg Cmb Can	92.59	36.86	85.08	5395.06	4586.3	6.84
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
Real Value	18.53	14.06	17.85	1212.73	541.25	1.45
2 Rave Large Chips & 2 Aquamonte	174.5	65.89	144.28	9314.58	5344.54	12.81
4 Steers Lrg Chips & 4 Shakes	483.43	155.43	233.38	19351.28	9684.15	19.17
Qbsta (King Steer) Free Reg Chips	97.26	57.24	109.06	6678.56	4081.14	7.23
Wacky Beef Lrg Chips & 2 Cone	231.04	74.63	147.72	10611.03	5335.5	11.21
2 Steers Brg & Med Chips	172.73	64.36	112.29	8108.09	5125.74	11.06
Chutney Cheese B Brg Cmb	94.38	35.77	82.99	5310.89	2484.63	5.54
BBQ Mayo Twin Cheese B Brg Reg Chips	89.12	38.64	86.79	5440.92	2733	5.71
Ribster B Brg & Reg Chips	96.51	57.79	111.64	6807.68	4028.18	7.31
Mega Meaty B Brg Cmb 440ml & Snicker	124.4	53.36	101.63	6815.39	3447.03	7.69
Cheese Whizz Chutney B Brg Reg Chips	95.12	39.62	86.09	5508.54	2484.88	5.69
Cheese Whizz Zesty B Brg Reg Chips	89.74	39.75	86.22	5432.24	2570.75	5.69
Cheese Whizz BBQ B Brg Reg Chips	89.35	39.59	86.09	5435.57	2548.25	5.86
Double Double B Brg Reg Chips	93.28	57.02	106.97	6524.42	3926.83	6.39

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WW BBQ Mayo B Brg (Dbl)	123.8	57.56	47.38	4971.17	3468.5	6.91
WW Mayo Relish B Brg (Dbl)	123.8	57.89	47.71	4944.5	3431.83	7.91
Prince B Brg	66.34	32.06	29.08	2793.19	2074.3	4.34
4 Real Meal Steers B	310.46	123.47	193.24	14397.52	9309.48	19.17
BBQ Mayo Beef Brg & Shake 350ml	125.28	40.26	37.89	4242.28	1863.67	3.51
Straight Up B Brg Cmb	88.12	32.84	79.19	5034.92	2363	5.71
King Macon B Brg & Med Chips	114.76	65.74	115.13	7321	5018.14	8.73
King Bacon B Brg & Med Chips	115.09	64.35	122.08	7560.67	4997.14	8.73
Shake-It Up Awesome Chk Brg & Reg Chips	124.94	45.28	70.87	5510.51	2121.89	4.93
Shake-It Up Awesome B Brg & Reg Chips	126.11	40.36	87.75	6056.13	2447.72	5.41
Super Supper B Brg Cmb	96.51	57.79	111.64	6807.68	4028.18	7.31
(H) Super Supper B Brg Cmb	93.92	57.94	115.96	6954.71	4175.2	7.31
(H) Macon Cheese B Brg	61.95	37.81	29.52	2769.41	2338.5	4.34
Bacon Cheese B Brg	62.17	34.95	34.02	2891.57	2221.5	4.34
Steers Beef Reg Chips & Shake Take	130.4	40.08	90.87	6241.4	2020.09	5.78
Steers B Brg Riblet Snack & Shake	182.31	71.01	123.73	8816.75	3500.2	6.05
Steers B Brg Riblet Snack & Juice	105.46	57.46	105.92	6632	3348.2	6.05
Steers B Brg Riblet Snack & Juice	108.5	115.95	138.67	8697.39	3610	5.12
Gr B Brg Cmb	54.33	18.75	70.52	3825.37	2002	5.48
Gr Cheese B Brg Cmb	54.83	21.65	74.32	4028.37	2187	5.48
Gr Cheese Chutney B Brg	31.47	17.68	18.48	1472.65	1505.65	3.12
Gr Cheese Chutney B Brg Cmb	57.72	21.58	74.48	4071.52	2133.65	5.32
Gr Cheese Dbl B Brg	30.83	26.8	28.42	1974	1848.5	3.58
Gr Cheese Dbl B Brg Cmb	57.08	30.7	84.42	4572.87	2476.5	5.78
Gr Xtra B Brg	32.53	27.11	28.42	2007.72	1849.9	3.95
Gr Xtra B Brg Cmb	58.78	31.01	84.42	4606.59	2477.9	6.15
King & Chs Brg & Lrg Chips Take	188.5	93.07	174.17	11210.75	7143.01	13.16
4 Cheese Brgs & Lrg Chips	312.46	135.07	208.44	15209.52	10049.48	19.17
2 Steers Lrg Chips & 2 Coke Can	181.48	65.71	142.62	9417.88	5439.74	11.81
2 Steers B Brg Med Chips & 2 Coke Can	172.73	64.36	112.29	8108.09	5125.74	11.06
Relish 1000 Island B Brg (Dbl)	125.4	58.3	50.96	4895.44	3672.33	8.68
WW BBQ Rave B Brg (Dbl)	125.4	58.21	50.13	4902.11	3774	7.93
WW BBQ B Brg (Dbl)	125.4	57.96	44.38	4717.11	3681.5	6.68
(H) WW Beef Rib Brg Once Off (Sgl)	58.99	32.57	33.93	2860.74	2120.87	3.68
WW Rave B Brg (Sgl)	61	28.97	26.14	2438.17	1887.27	4.18
WW Monkeyland B Brg (Dbl)	125.4	57.96	44.38	4717.11	3681.5	6.68
WW Rave B Brg (Dbl)	122	57.94	52.28	4876.34	3774.54	8.36
WW BBQ 1000 Island B Brg (Dbl)	125.4	57.97	50.63	4922.11	3709	7.68
WW BBQ Mustard B Brg (Dbl)	122.9	58.22	50.63	4907.11	3689	8.68
WW Prince B Brg (Dbl)	132.68	64.12	58.16	5586.38	4148.6	8.68
Rave B Brg Cmb & Shake Reg	126.91	40.48	91.7	6190.75	2600.49	6.38
Gr Mush B Brg Reg Chip & Can	53.67	18.82	72.77	3887.2	2013.67	5.95
Steers B Brg Steers Chk Brg & Med Chip	171.57	69.27	95.4	7562.48	4799.91	10.57
4 Rave B Brg & Med Chip	287.75	122.48	166.23	12881.13	8805.08	20.42
4 Rave & Chips Lrg	296.5	123.83	196.56	14190.92	9119.08	21.17
4 Rave & 2 Chips Med	331.5	129.08	227.89	16009.58	10061.08	24.12
2 Steers, 2 Rave & Lrg Chips	303.48	123.65	194.9	14294.22	9214.28	20.17
Mighty King B Brg Cmb Med	121.93	81.35	139.22	8597.56	6159.05	9.64
(H) King Macon B Brg Cmb Med	114.76	65.74	115.13	7321	5018.14	8.73
King Spicy B Brg Cmb Med	114.59	59.86	113.76	7188.25	4778.03	8.19
King Bacon B Brg Cmb Med	115.09	64.35	122.08	7560.67	4997.14	8.73
Pepper B Brg Cmb	85.12	32.79	80.49	4947.09	2342.83	5.85
Chillinaise B Brg Cmb	86.62	32.84	81.36	5148.01	2434.91	6
Mustard Mayo B Brg Cmb	86.45	33.01	83.36	5161.59	2367.99	7.04
Pepper B Brg	58.87	28.89	24.49	2348.22	1714.83	3.65
Chillinaise B Brg	40.87	26.29	26.86	2200.54	1806.91	5.02
Mustard Mayo B Brg	60.2	29.11	27.36	2562.72	1739.99	4.84

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King Steer B Brg & Reg Chip	97.26	57.24	109.06	6678.56	4081.14	7.23
Crunch B Brg Cmb 330ml	97.7	34.08	100.02	6030.46	2363.25	6.55
Crunch B Brg Cmb 500ml	97.7	34.08	100.02	6030.46	2363.25	6.55
Crunch B Brg	71.45	30.18	44.02	3431.59	1735.25	4.35
Gr Cheese B Brg Reg Chips & Free Cone	81.4	26.01	79.99	4756.21	2229	5.52
Mr D Prince Beef & Reg Chips	92.59	35.96	85.08	5392.06	2702.3	6.54
Prince, Reg Chips & Free Cone	119.16	40.32	90.75	6119.9	2744.3	6.58
Steers B Brg 4 Pack	257.96	115.52	101.24	9959.28	7739.48	14.72
Chaywa Promo	58.66	23.9	23.15	2281.86	1816.52	2.39
Gr Cheese B Brg & Free Cone	55.15	22.11	23.99	2157.34	1601	3.32
Gr B Brg Reg Chips & Free Cone	83.6	23.03	76.36	4605.65	2103.1	5.44
4 Steers Brgs & 2 Reg Chips	310.46	123.32	213.24	15157.02	8995.48	19.12
2 Steers Brgs & Med Chips	172.73	64.36	112.29	8108.09	5125.74	11.06
2 Cheese Brgs & Med Chips	173.73	70.16	119.89	8514.09	5495.74	11.06
Gr B Brg & Reg Chips & Shake	93.99	26.36	80.08	4979.08	2087.22	5.48
Gr B Brg & Cone	54.65	19.21	20.19	1954.34	1416	3.32
Student Get Real Cone	54.65	19.21	20.19	1954.34	1416	3.32
Gr Cheese B Brg Reg Chips & Cone	81.4	26.01	79.99	4756.21	2229	5.52
2 Rave, 2 Steers & Lrg Chips	303.48	123.65	194.9	14294.22	9214.28	20.17
2 Steers & Med Chips Take	172.73	64.36	112.29	8108.09	5125.74	11.06
Delux Rave B Brg & Super Swirl	111.56	35.74	40.72	3951.91	1963.2	4.43
2 Lrg Chips & 2 Reg Shake Take	231.82	38.55	213.4	12488.93	3397.33	8.9
Steers B Brg, Riblet Snack & Trufruit Take	99.21	53.56	49.92	4373.13	2720.2	3.85
4 Steers B Brg, Lrg Chips 4 & 330ml Take	310.46	123.47	193.24	14397.52	9309.48	19.17
Wonderboom Special (King, Chs, 2 Rave, Lrg Chips) Take	310.5	151.01	226.45	16087.09	10917.55	21.52
Big Value Combo	363	158.95	318.46	20525.33	12487.54	25.97
Ironman Steers Brg Combo	90.74	32.78	81.31	5088.69	2562.87	5.88
King, Soda 330ml & Free Med Chips	114.76	59.94	114.73	7208.14	4709.14	8.73
Prince, Soda 330ml & Free Reg Chips	92.59	35.96	85.08	5392.06	2702.3	6.54
1Pce(Fg) & Get Real Burger	31.08	30.95	22.42	1838.62	1509	3.38
Fill The Gap (2Chs, 2 Rave, Lrg Chip, 2L Soda)	243.48	100.48	176.36	12262.05	7697.01	15.99
Family Deal (King, Steers, 2 Rave) 2 Lrg Chip 2L Soda	362.5	156.06	314.65	20322.33	12302.55	25.97
Family 2L Burger Meal (2 Steers, 2 Gr, 2 Lrg Chips)	290.14	103.36	263.66	16309.12	9757.74	22.82
Steers B Brg 4 & Lrg Chips	310.46	123.47	193.24	14397.52	9309.48	19.17
Steers B Brg 2 Rave B Brg 2 & Lrg Chips	303.48	123.65	194.9	14294.22	9214.28	20.17
Rave Beef & Reg Chips	87.25	32.87	82.14	5037.04	2515.27	6.38
Rave Beef, Reg Chips & Cone	113.82	37.23	87.81	5764.88	2557.27	6.42
Wc Steers B Brg & Reg Chips	90.74	32.78	81.31	5088.69	2562.87	5.88
Cheese B Brg 4 & Lrg Chips 2 & 2L Soda	169.99	47.68	213.11	11569.3	5259.87	12.58
1Pce(Fg) Get Real Burger & Reg Chips	57.33	34.85	78.42	4437.49	2137	5.58
4 Steers B Brg Lrg Chips Meyersdal	310.46	123.47	193.24	14397.52	9309.48	19.17
Plated Real Value & Banger	23.33	31.26	35.95	2252.33	1913.85	1.55
Big Value Burger Cmb (King, Cheese, Rave x2, Chips Lrg x2, Can x4)	363	158.96	318.45	20525.33	12487.55	25.97
Steers B Brg 4, Lrg Chips 2 & Soda 1L	362.96	131.42	285.24	18835.76	10879.48	23.62
Steers B Brg & Chips Sit	108.24	35.48	86.97	5618.27	3190.87	7.38
Cheese B Brg & Chips Sit	108.74	38.38	90.77	5821.27	3375.87	7.38
Twice The Slice Cheese B Brg & Med Chips Sit-Promo	109.24	41.28	94.58	6024.27	3560.87	7.38
Triple Stack B Brg & Chips Sit	114.95	35.77	113.23	6676.39	4402.67	8.87
Mushroom Cheese B Brg & Chips Sit	110.45	39.12	98.39	6112.34	3603.17	9.55
Spicy Cheese B Brg & Chips Sit	109.99	39.02	91.82	6047.48	3179.05	9.23
Chicken Brg Tangy Pine & Chips Sit	81.18	37.27	72.77	4916.27	2573.4	5.85
King Spicy B Brg & Chips Sit	114.59	59.86	113.76	7188.25	4778.03	8.19
Mighty King B Brg & Chips Sit	121.93	81.35	139.22	8597.56	6159.05	9.64
King Bacon B Brg & Chips Sit	115.09	64.35	122.08	7560.67	4997.14	8.73
Tst Cheese B Brg Chips Sit	70.24	31.88	84.11	4839.13	2711.27	5.68
Mega Meaty B Brg Cmb 440ml & Snicker Sit	91.4	49.36	89.63	5770.39	3327.03	6.69

MAIN MEAL NUTRITIONAL ANALYSIS – MACRONUTRIENTS, ENERGY, SODIUM AND FIBRE***	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Total Sodium (mg)	Dietary Fibre (g)
Kids' B Brg & Reg Chips Pack Sit	54.33	18.75	70.52	3825.37	2002	5.48
BBQ Mayo Beef Brg & Shake 350ml Sit	151.53	44.16	93.89	6841.15	2491.67	5.71
Prince B Brg & Chips Sit	110.09	38.66	90.75	5921.64	3330.3	8.04
Steers Beef Reg Chips Shake Sit	154.15	44.1	96.01	6894.91	2691.54	5.88
Gr B Brg Pepper Sauce Sd	28.08	14.93	16.43	1288.17	1404.83	3.7
Steers B Brg Pepper Sauce Sd	64.49	29.17	28.89	2603.16	2029.04	4.63
King Steer B Brg Pepper Sauce Ta	71.84	53.51	56.73	4201.36	3543.14	5.61
Shake It Up Combo + Med Chips + 350ml Shake - Sd	169.86	46.9	100.06	7436.97	3119.92	7.35
Shake It Up Combo + Reg Chips + 350ml Shake - Ta	152.36	44.2	95.9	6907.39	2491.92	5.85
Shake It Up Combo + Medium Chips + 500ml Shake - Upsell	197.29	51.74	106.32	8213.65	3176.14	7.35
Shake It Up Combo + Large Chips + 500ml Shake - Upsell	206.04	53.09	138.15	9523.44	3490.14	8.1
4 Steers B Brg 2 Med Chips + 1L Soda	345.46	128.72	224.57	16216.18	10251.48	22.12
3 Rave Burgers 1 Large Chips & 1L Soda	235.5	94.86	170.42	11752.75	7231.81	16.99
Big Up Combo - Sd	117.82	57.12	109.85	7107.62	3920.82	8.66
Big Up Combo - Ta	100.32	54.42	104.18	6578.04	3292.82	7.16
Big Up Burger Only - Sd	74.07	50.52	49.68	3979.17	2664.82	4.96
Big Up Combo - Ta - Halaal	117.32	46.02	81.58	5982.84	3680.82	6.56
Big Up Combo - Sd - Halaal	134.82	48.72	87.25	6512.42	4308.82	8.06
Big Up Burger Only - Ta (H)	73.57	39.42	19.91666667	2854.39	2424.82	2.86
Crispy Onion Burger Reg Chips 330ml Can - Ta	100.55	42.15	92.14	5887.23	2836.1	5.71
Crispy Onion Burger Med Chips - SD	118.05	44.85	97.81	6416.81	3464.1	7.21
Mjojo Burger Combo - Ta	96.52	37.99	88.79	5560.41	2813.5	6.04
Mjojo Burger Combo - SD	114.02	40.69	94.45	6089.99	3441.5	7.54
4 Steers B Brg Lrg Chips	310.46	123.47	193.24	14397.52	9309.48	19.17
Gr B Brg Reg Chips & Ice Cream Cone	80.9	23.11	76.19	4553.21	2044	5.52
My Burger Base Burger Ta	55.17	28.68	22.18	2197.5	2219.43	2.78
My Burger Base Burger - Cd	98.92	35.28	83.85	5325.95	3475.43	6.48
My Burger Combo Reg Chips & 330ml Soda	81.42	32.58	78.18	4796.37	2847.43	4.98
King Steer x1, Prince x1, Med Chips x1, Kids Meal x2	233.93	120.77	169.01	12255.66	8072.11	18.44
4 Steers B Brg 2 Med Chips + 1L Soda - EC	267.46	118.12	230.57	14821.78	10251.48	27
2 Steers Brg & Reg Chips	116.23	56.36	109.62	6881.31	4497.74	12
Crispy Onion Burger Only - TA	74.3	38.25	36.14	3288.36	2208.1	3.51
(H) Beef Rib Brg Cmb	85.24	36.47	89.93	5459.61	2748.87	5.88
Get Real Rave Burger	28.08	14.93	14.6	1219.83	1364.83	3.53
Get Real Rave Burger Combo	54.33	18.83	70.6	3818.7	1992.83	5.73
Get Real Double Steers	32.57	27.42	28.06	2035	2413.35	4.15
Get Real Double Steers Combo	58.82	31.32	84.06	4633.87	3041.35	6.35
(H) Get Real Macon Chk Brg	29.3	17	6.23	998.71	632.17	3.18
(H) Macon Cheese B Brg Cmb	88.2	41.71	85.52	5368.28	2966.5	6.54
(H) Macon Cheese Chk Brg Cmb	84.87	45.59	70.62	4870.66	2624	6.71
(H) Macon Cheese V Brg Cmb	103.43	27.53	74.64	5042.36	2658.67	10.46
(H) King Macon B Brg	71.01	59.14	53.46	4192.55	3762.14	5.03
(H) King Macon Chk Brg	68.68	68.98	19.69	3101.31	3110.47	4.06
(H) King Macon V Brg	101.48	30.78	31.69	3540.71	3146.47	12.86
(H) Tst Macon Cheese	31	17.8	15	1401.3	1113.32	1.8
(H) Tst Macon Egg	31	18.3	17.4	1480.3	1441.32	1.9
(H) Tst Cheese/Tomato/Macon	32.3	21.4	21.2	1700.02	1627.32	2.1
(H) Tst Cheese/Tomato/Macon & Reg Chips	58.55	25.3	77.2	4298.89	2255.32	4.3
(H) Tst Macon Cheese & Reg Chips	57.25	21.7	71	4000.17	1741.32	4
(H) Tst Macon Egg & Reg Chips	57.25	22.2	73.4	4079.17	2069.32	4.1
(H) Tst Cheese/Tomato/Macon/Egg & Reg Chips	58.55	25.3	77.2	4298.89	2255.32	4.3
Z(H) Grbb Cmb Macon Egg Brg	29.08	23.37	23.8	1800.1	869.33	2.98
Z(H) Grbb Cmb Macon Egg	26.83	14.32	13.7	1255.6	579.83	2.68

MAIN MEAL NUTRITIONAL ANALYSIS – MACRONUTRIENTS, ENERGY, SODIUM AND FIBRE***	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Total Sodium (mg)	Dietary Fibre (g)
(H) Get Real Macon Chk Brg	29.3	17	6.23	998.71	632.17	3.18
(H) Macon Cheese B Brg Cmb	88.2	41.71	85.52	5368.28	2966.5	6.54
(H) Macon Cheese Chk Brg Cmb	84.87	45.59	70.62	4870.66	2624	6.71
(H) Macon Cheese V Brg Cmb	103.43	27.53	74.64	5042.36	2658.67	10.46
(H) King Macon B Brg	71.01	59.14	53.46	4192.55	3762.14	5.03
(H) King Macon Chk Brg	68.68	68.98	19.69	3101.31	3110.47	4.06
(H) King Macon V Brg	101.48	30.78	31.69	3540.71	3146.47	12.86
(H) Tst Macon Cheese	31	17.8	15	1401.3	1113.32	1.8
(H) Tst Macon Egg	31	18.3	17.4	1480.3	1441.32	1.9
(H) Tst Cheese/Tomato/Macon	32.3	21.4	21.2	1700.02	1627.32	2.1
(H) Tst Cheese/Tomato/Macon & Reg Chips	58.55	25.3	77.2	4298.89	2255.32	4.3
(H) Tst Macon Cheese & Reg Chips	57.25	21.7	71	4000.17	1741.32	4
(H) Tst Macon Egg & Reg Chips	57.25	22.2	73.4	4079.17	2069.32	4.1
(H) Tst Cheese/Tomato/Macon/Egg & Reg Chips	58.55	25.3	77.2	4298.89	2255.32	4.3
Z(H) Grbb Cmb Macon Egg Brg	29.08	23.37	23.8	1800.1	869.33	2.98
Z(H) Grbb Cmb Macon Egg	26.83	14.32	13.7	1255.6	579.83	2.68
(H) Grbb Cmb Macon Egg Cheese	27.33	17.22	17.5	1458.6	764.83	2.68
(H) Grbb Macon Egg Brg	29.08	23.37	23.8	1800.1	869.33	2.98
(H) Grbb Macon Egg	26.83	14.32	13.7	1255.6	579.83	2.68
(H) Grbb Macon Egg Cheese	27.33	17.22	17.5	1458.6	764.83	2.68
(H) Ribster B Brg & Reg Chips	93.92	57.94	115.96	6954.71	4175.2	7.31
(H) Ribster Chk Brg & Reg Chips	92.75	62.86	99.08	6409.09	3849.37	6.83
(H) Ribster V Brg & Reg Chips	109.15	43.75	105.07	6628.79	3867.36	11.22
(H) Super Supper B Brg Cmb	93.92	57.94	115.96	6954.71	4175.2	7.31
(H) Macon Cheese B Brg	61.95	37.81	29.52	2769.41	2338.5	4.34
(H) Macon Cheese Chk Brg	58.62	41.69	14.62	2271.79	1996	4.51
(H) Macon Cheese V Brg	77.18	23.63	18.64	2443.49	2030.67	8.26
(H) WW Beef Rib Brg Once Off (Sgl)	58.99	32.57	33.93	2860.74	2120.87	3.68
(H) Riblet Feast & Med Chips	76.95	84.2	145.27	8081.75	3428	3.7
(H) King Macon B Brg Cmb Med	114.76	65.74	115.13	7321	5018.14	8.73
(H) King Macon Chk Brg Cmb Med	112.43	75.58	81.36	6229.76	4366.47	7.76
(H) King Macon V Brg Cmb Med	145.23	37.38	93.36	6669.16	4402.47	16.56

MAIN MEAL NUTRITIONAL ANALYSIS – MACRONUTRIENTS, ENERGY, SODIUM AND FIBRE***	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Total Sodium (mg)	Dietary Fibre (g)
King Steer V Brg & Med Chips	145.23	31.58	92.96	6556.3	4093.47	16.56
Mushroom Cheese V Brg Cmb	108.18	22.24	81.84	5256.84	2667.34	11.97
King Steer V Brg Cmb (Med)	145.23	31.58	92.96	6556.3	4093.47	16.56
Spicy Cheese V Brg Cmb	107.72	22.14	75.27	5191.98	2243.22	11.65
Mushroom Cheese V Brg	81.93	18.34	25.84	2657.97	2039.34	9.77
Spicy Cheese V Brg	81.47	18.24	19.27	2593.11	1615.22	9.45
(H) Macon Cheese V Brg Cmb	103.43	27.53	74.64	5042.36	2658.67	10.46
Bacon Cheese V Brg Cmb	103.65	24.67	79.14	5164.52	2541.67	10.46
Mighty King Veg Brg	123.88	32.2	44.9	4491.35	3979.55	17.69
Exclusive V Brg & Reg Chips (Sun City)	106.97	24.4	78.03	5168.77	2625.04	9.8
(H) King Macon V Brg	101.48	30.78	31.69	3540.71	3146.47	12.86
King Spicy V Brg	101.31	24.89	30.32	3407.96	2906.36	12.32
King Bacon V Brg	101.81	29.39	38.64	3780.38	3125.47	12.86
King Steer V Brg	101.48	24.98	31.29	3427.85	2837.47	12.86
Veggie Brg	80.63	15.09	11.6	2055.07	1581.6	8.13
Veggie Brg Cmb	106.88	18.99	67.6	4653.94	2209.6	10.33
Veggie Brg Cmb	106.88	18.99	67.6	4653.94	2209.6	10.33
Chutney Cheese Veg Brg Cmb	109.61	21.59	72.11	4984.97	2176.8	9.46
BBQ Mayo Twin Cheese V Brg Reg Chips	104.35	24.46	75.91	5115	2425.17	9.63
Ribster V Brg & Reg Chips	111.74	43.6	100.75	6481.76	3720.34	11.22
(H) Ribster V Brg & Reg Chips	109.15	43.75	105.07	6628.79	3867.36	11.22
Cheese Whizz Chutney V Brg Reg Chips	110.35	25.44	75.21	5182.62	2177.05	9.61
Cheese Whizz Zesty V Brg Reg Chips	104.97	25.57	75.34	5106.32	2262.92	9.61
Cheese Whizz BBQ V Brg Reg Chips	104.58	25.41	75.21	5109.65	2240.42	9.78
Double Double Double V Brg Reg Chips	123.75	28.65	85.2	5872.58	3311.16	14.22
WW BBQ Mayo V Brg (Dbl)	154.27	29.19	25.61	4319.33	2852.83	14.74
WW Mayo Relish V Brg (Dbl)	154.27	29.52	25.94	4292.66	2816.16	15.74
Prince V Brg Cmb (Med)	125.32	24.48	79.86	5595.72	3022.47	11.96
Prince V Brg	81.57	17.88	18.19333333	2467.27	1766.47	8.26
BBQ Mayo Veg Brg & Shake 350ml	140.51	26.08	27.01	3916.36	1555.84	7.43
King Macon V Brg & Med Chips	145.23	37.38	93.36	6669.16	4402.47	16.56
King Bacon V Brg & Med Chips	145.56	35.99	100.31	6908.83	4381.47	16.56
Straight Up V Brg Cmb	103.35	18.66	68.31	4709	2055.17	9.63
(H) Macon Cheese V Brg	77.18	23.63	18.64	2443.49	2030.67	8.26
Bacon Cheese V Brg	77.4	20.77	23.14	2565.65	1913.67	8.26
WW Relish 1000 Island V Brg (Dbl)	155.87	29.93	29.19	4243.6	3056.66	16.51
WW BBQ Rave B Brg (Dbl)	125.4	58.21	50.13	4902.11	3774	7.93
WW BBQ Rave Chk Brg (Dbl)	123.07	68.04	16.36	3810.87	3122.33	6.96
WW BBQ Rave V Brg (Dbl)	116.87	24.54	31.36	3553.07	3158.33	18.2
WW BBQ B Brg (Dbl)	125.4	57.96	44.38	4717.11	3681.5	6.68
WW BBQ Chk Brg (Dbl)	118.73	65.73	14.58	3721.87	2996.5	7.01
WW BBQ V Brg (Dbl)	155.87	29.84	28.36	4250.27	3158.33	15.76
WW Monkeygland V Brg (Dbl)	155.87	29.59	22.61	4065.27	3065.83	14.51
WW Rave V Brg (Dbl)	152.47	29.57	30.51	4224.5	3158.87	16.19
WW BBQ 1000 Island V Brg (Dbl)	155.87	29.6	28.86	4270.27	3093.33	15.51
WW BBQ Mustard V Brg (Dbl)	153.37	29.85	28.86	4255.27	3073.33	16.51
WW Prince V Brg (Dbl)	163.14	35.76	36.38	4934.54	3532.94	16.52
Mighty King Veg Brg Cmb Med	167.63	38.8	106.57	7619.8	5235.55	21.39
(H) King Macon V Brg Cmb Med	145.23	37.38	93.36	6669.16	4402.47	16.56
King Spicy V Brg Cmb Med	145.06	31.49	91.99	6536.41	4162.36	16.02
King Bacon V Brg Cmb Med	145.56	35.99	100.31	6908.83	4381.47	16.56
Pepper V Brg Cmb	100.35	18.61	69.61	4621.17	2035	9.77
Chillinaise V Brg Cmb	101.85	18.66	70.48	4822.09	2127.08	9.92
Pepper V Brg	54.6	12.06	15.11	1673.7	1407	8.79
Chillinaise V Brg	74.1	14.71	13.61	2022.3	1407	7.57
Mustard Mayo V Brg	75.43	14.93	16.48	2236.8	1432.16	8.76
King Steer V Brg & Reg Chip	127.73	28.88	87.29	6026.72	3465.47	15.06

MAIN MEAL NUTRITIONAL ANALYSIS – MACRONUTRIENTS, ENERGY, SODIUM AND FIBRE***	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Total Sodium (mg)	Dietary Fibre (g)
Crunch V Brg Cmb 330ml	112.93	19.9	89.14	5704.54	2055.42	10.47
Crunch V Brg Cmb 500ml	112.93	19.9	89.14	5704.54	2055.42	10.47
Crunch V Brg	86.68	16	33.14	3105.67	1427.42	8.27
Cheese Whizz BBQ V Brg Reg Chips	104.58	25.41	75.21	5109.65	2240.42	9.78
Mr D Prince Veg & Reg Chips	107.82	21.78	74.19	5066.14	2394.47	10.46
Delux Rave V Brg & Super Swirl	126.79	21.56	29.84	3625.99	1655.37	8.35
Veggie Breakfast (Plated) Take	65.27	15.82	42.48	2941.58	2150.92	8.38
Ironman Veg Brg Combo	106.88	18.99	67.6	4653.94	2209.6	10.33
Twice The Slice Cheese V Brg & Med Chips Sit - Promo	124.47	27.1	83.7	5698.35	3253.04	11.3
Cheese V Brg & Reg Chips Sit	123.97	24.2	79.89	5495.35	3068.04	11.3
Mushroom Cheese V Brg & Chips Sit	125.68	24.94	87.5	5786.42	3295.34	13.47
Spicy Cheese V Brg & Chips Sit	125.22	24.84	80.94	5721.56	2871.22	13.15
Bacon Avo V Brg & Chips Sit	120.95	26.04	84.73	5755.62	2912.8	12.09
King Steer V Brg & Chips Sit	145.23	31.58	92.96	6556.3	4093.47	16.56
Veggie Brg & Chips Sit	124.38	21.69	73.27	5183.52	2837.6	11.83
Steers V Brg & Chips Sit	124.38	21.69	73.27	5183.52	2837.6	11.83
Veggie Brg & Chips Sit	124.38	21.69	73.27	5183.52	2837.6	11.83
Steers V Brg & Chips Sit	124.38	21.69	73.27	5183.52	2837.6	11.83
Veg & Chips Sit	123.98	24.48	77.06	5369.52	3022.2	11.67
Rave Veg & Chips Sit	119.98	21.38	76.93	5240.7	2835.43	11.8
Triple Stack V Brg & Chips Sit	128.28	20.39	98.71	6123.47	4464.84	9.79
King Spicy V Brg & Chips Sit	145.06	31.49	91.99	6536.41	4162.36	16.02
King Bacon V Brg & Chips Sit	145.56	35.99	100.31	6908.83	4381.47	16.56
Mighty King Veg Brg & Chips Sit	167.63	38.8	106.57	7619.8	5235.55	21.39
BBQ Mayo Veg Brg & Shake 350ml Sit	166.76	29.98	83.01	6515.23	2183.84	9.63
Prince V Brg & Chips Sit	125.32	24.48	79.86	5595.72	3022.47	11.96
Steers Veg Reg Chips Shake Sit	170.29	30.31	82.3	6460.16	2338.27	10.33

MAIN MEAL NUTRITIONAL ANALYSIS – MACRONUTRIENTS, ENERGY, SODIUM AND FIBRE***	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Total Sodium (mg)	Dietary Fibre (g)
Classics Family Feast	299.61	117.29	162.17	12876.09	8046.9	17.99
(H) Single Rack Take	48.2	35.84	86.43	4555.39	1709.92	2.53
(H) Double Rack Take	67.65	62.47	121.86	6694.83	2819.84	3.7
(H) Rack Snack & Chips	43.2	34.14	86.26	4469.72	2187.92	2.47
Steak Original & Shake	114.27	45.66	28.98	3811.97	1574.5	3.77
Large Rack Snack	46.37	41.18	94.19	4951.43	1766.29	2.37
Large Riblet Feast	98.85	96.5	150.6	8735.23	4150.24	4.37
Riblet Feast 2 Shakes	244.46	104.69	165.86	11890.85	3924.8	4.37
Dbl Rack, Lrg Chips 2 & Soda 500ml	88.5	107.95	138	8350.72	3010	4.45
(H) Riblets Beef, Med Chips & 2 Aquamonte	96.95	92.8	145.93	8430.42	5284	4.57
Riblets, Med Chips & 2 Aquamonte	90.75	78.2	130.23	7523.36	4876.8	4.57
2 Single Rack, Chips & Hansa & Red Square	82.25	111.9	102.67	6858.02	2668	2.87
Steers Beef, Reg Chips & Shake Take	130.4	40.08	90.87	6241.4	2020.09	5.78
Riblet Feast & Free Chips	90.75	77.6	130.23	7521.36	3620.8	4.37
Rib Pork Brg Free Chips	87.83	36.32	85.61	5312.58	2601.85	5.88
Large Chips & 2 Shakes	206.21	35.04	127.63	8807.73	1874	4.45
Steers B Brg, Riblet Snack & Shake	182.31	71.01	123.73	8816.75	3500.2	6.05
Steers B Brg, Riblet Snack & Juice	105.46	57.46	105.92	6632	3348.2	6.05
Steers B Brg, Riblet Snack & Juice	108.5	115.95	138.67	8697.39	3610	5.12
Rib Rack, 2Pcs Chic & Med Chips	82.05	94.72	132.26	7790.68	2396	6.03
WW Pork Rib Brg Once Off (Sgl)	61.58	32.42	29.61	2713.71	1973.85	3.68
Double Rack Lrg & Chips Buddy	108.5	115.95	138.67	8697.39	3610	5.12
Double Rack, 2 Buns & 2 Cans	158	128	50.67	6485.15	2835.2	4.67
Rib Feast & Med Chips	90.75	77.6	130.23	7521.36	3620.8	4.37
(H) Riblet Feast & Med Chips	76.95	84.2	145.27	8081.75	3428	3.7
Rib Snack & Med Chips	40.97	28.58	80.61	4142.18	1413.33	2.37
Single Rack & Med Chips	71.75	60.6	85	5258.02	2276	4.03
Double Rack	56	108	46.67	4259.15	2040	0.67
Riblet Feast Promo	247.88	125.47	162.73	12425.52	5486.19	10.37
Ribfeast, Lrg Chips & 2 Reg Shake Take	261.42	183.5	278.24	17703.71	6486.37	5.12
Ribfeast, Lrg Chips & 2 Reg Shake Take	123.12	62.23	66.12	5490.75	2848.87	5.07
Riblet Snack & Chips Sit	36.97	26.98	80.48	4072.85	1293.33	2.23
Single Rack Sit	46.25	54.7	79.07	4589.78	1408	2.27
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
1/4 Chicken, Ribs Snack, Reg Chips & A 330ml Can	48.64	61.11	100.58	5566.42	1830	4.07
Chicken Qtr(Fg) & Rib & Med Chips Meal	76.09	89.46	104.97	6638.93	2656	5.73
Pork Rib Cheese Brg Reg Chips	62.08	35.32	33.41	2916.71	2158.85	3.68
Chicken, Ribs Snack, Reg Chips	44.64	59.51	100.45	5497.09	1710	3.93
Chicken Qrt Ribs Snack & Reg Chips Nc	44.64	59.51	100.45	5497.09	1710	3.93
Chicken Half(Fg) & Rib & Lrg Chips Meal Nc	92.51	123.34	155.27	9372.96	3386.67	8.18
Chicken Half(Fg) & Rib & Lrg Chips Meal - EC	81.83	121.42	154.8	9173.63	3003.33	7.72
(H) Beef Rib Brg Cmb	85.24	36.47	89.93	5459.61	2748.87	5.88
Classics Family Feast	299.61	117.29	162.17	12876.09	8046.9	17.99
Family Deal (King Steer, 2Rave) Lrg Chip & 4 Can	310	148.11	222.65	15884.09	10732.55	21.52
Steers & Half Brg	128.98	57.75	50.62	4979.65	3869.74	7.35
Chaywa Promo	58.66	23.9	23.15	2281.86	1816.52	2.39
Student Get Real Cone	54.65	19.21	20.19	1954.34	1416	3.32
Steak, Egg & Chips (Plated) Take	32.45	36.65	75.1	3975.05	855.75	2.85

MAIN MEAL NUTRITIONAL ANALYSIS – MACRONUTRIENTS, ENERGY, SODIUM AND FIBRE***	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Total Sodium (mg)	Dietary Fibre (g)
Wonderboom Special (King, Chs, 2 Rave & Lrg Chips) Take	310.5	151.01	226.45	16087.09	10917.55	21.52
Sibaya Mutton Sandwich	67.83	24.49	81.88	4657.42	3056.79	4.88
Big Value Combo	363	158.95	318.46	20525.33	12487.54	25.97
Fill The Gap (2 Chs, 2 Rave, Lrg Chips & 2L Soda)	243.48	100.48	176.36	12262.05	7697.01	15.99
Tikka Chk Brg Cmb	87.78	37.98	62.44	4494.47	2059.87	5.14
Tikka Box	53.47	52.93	68.4	4272.21	1900.17	3.9
Plated Real Value & Banger	23.33	31.26	35.95	2252.33	1913.85	1.55
Chicken Brg Tangy Pine & Chips Sit	81.18	37.27	72.77	4916.27	2573.4	5.85
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
Mixed Grill Sit	50.01	60.48	99.1	5485.01	1889.8	3.21
Mixed Grill (Diner) Sit	41.08	63.46	104.08	5677.83	2240.35	4.88
Rump, Chips & Salad Sit (Diner)	38.97	89.67	98.44	5588.8	1098.28	3.11
T-Bone, Chips & Salad (Diner) Sit	38.97	89.67	98.44	5588.8	1098.28	3.11
Pita Chk & Chip Sit	53.98	29.48	65.81	3899.73	1720.8	4.22
Real Value (Diner) Sit	19.53	20.36	27.85	1697.73	1239.25	1.55
Steak Egg & Chips Sit	32.45	36.65	75.1	3975.05	855.75	2.85
Meat & Eat (En Route)	23.7	38.14	48.03	2779.23	1177.08	2.03
Chic Pita & Water	27.73	25.58	9.81	1300.86	1092.8	2.02
Shake It Up Combo + Reg Chips + 350ml Shake - Ta	152.36	44.2	95.9	6907.39	2491.92	5.85
Shake It Up Combo + Medium Chips + 500ml Shake - Upsell	197.29	51.74	106.32	8213.65	3176.14	7.35
Shake It Up Combo + Large Chips + 500ml Shake - Upsell	206.04	53.09	138.15	9523.44	3490.14	8.1
Big Up Combo - Sd	117.82	57.12	109.85	7107.62	3920.82	8.66
Big Up Combo - Ta	100.32	54.42	104.18	6578.04	3292.82	7.16
Big Up Burger Only - Sd	74.07	50.52	49.68	3979.17	2664.82	4.96
Big Up Combo - Ta - Halaal	117.32	46.02	81.58	5982.84	3680.82	6.56
Big Up Combo - Sd - Halaal	134.82	48.72	87.25	6512.42	4308.82	8.06
Big Up Burger Only - Ta (H)	73.57	39.42	19.91666667	2854.39	2424.82	2.86
Value French - Diner	19.13	25.71	37.85	2151.47	679.5	1.1

MAIN MEAL NUTRITIONAL ANALYSIS – MACRONUTRIENTS, ENERGY, SODIUM AND FIBRE***	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Total Sodium (mg)	Dietary Fibre (g)
Boerie Breakfast (Total) Take	19.6	41.52	52.93	3072.66	1640.1	2.9
Breakfast Pita & Coffee	20.63	15.01	25.65	1486.79	765	0.7
Daybreaker & Coffee	16.33	13.51	25.85	1470.75	538.5	0.9
Daybreaker & Coffee	22.33	17.51	29.85	1792.75	566.28	0.9
2 Rave 2 Steers & Lrg Chips	303.48	123.65	194.9	14294.22	9214.28	20.17
Veggie Breakfast (Plated) Take	65.27	15.82	42.48	2941.58	2150.92	8.38
Rise & Dine Breakfast (Plated) Take	49.87	38.93	64.48	3812.5	2352.08	4.13
Steak, Egg & Chips (Plated) Take	32.45	36.65	75.1	3975.05	855.75	2.85
Plated Daybreaker Deluxe	29.53	20.06	35.85	2170.73	611.25	1.45
Plated Breakfast Stack	45.28	20.86	77.65	4014.6	1354.25	3.65
Plated Egg On Toast	32	18.2	21	1628.44	501	1.8
Plated Hashbrown Stack	72.03	26.96	55.65	3655.33	2096.25	5.45
Plated Beefy Breakfast	50.28	43.64	104.16	5407.84	3730.08	4.53
Cheesy Going Breakfast Sit	50.28	40.06	96.85	5143.2	2492.25	5.45
Steers Cheese Griller Breakfast	21.03	23.66	27.45	1777.03	1110.25	2.35
Crunch Flame-griller Breakfast Sit (En Route)	34.58	41.76	65.88	3744.92	1854.85	3.05
Crunch Banger Breakfast Sit (Diner)	33.08	38.16	66.28	3664.62	1355.85	2.15
Boerie 100% Breakfast (Diner)	23.17	47.06	55.18	3313.69	1922.85	4.15
Meaty 100% Breakfast (En Route)	26.83	46.56	55.55	3299.63	1924.85	2.35
Awesome Value Breakfast	41.5	20.7	21.2	1829.08	724	2.4
Full House Breakfast	60.28	45.66	103.25	5624.84	2600.25	6.05
Hash Brown Classic Breakfast (Diner)	75.11	26.29	96.02	5233.4	2012.58	6.32
Easy Cheesy Breakfast (En Route)	47.28	27.56	83.45	4375.9	1738.25	4.55
Big Deal Breakfast Sit (Diner)	24.33	36.96	45.95	2735.33	1355.85	1.45
Big Bang Breakfast Sit (En Route)	45.08	40.26	101.65	5204.62	2026.35	3.35
Double Hash Brown Bfast Stack - Promo	97.78	27.96	107.85	6051.2	2539.25	7.65
Salad Green Sit	5.44	1.53	0.22	115.6	4.55	1.15
Real Value (Diner) Sit	19.53	20.36	27.85	1697.73	1239.25	1.55
Banger Breakfast (Diner) Sit	50.58	40.86	101.95	5334.2	1983.85	3.65
Grill Up B/Fast Sit	50.78	50.96	93.02	5176.47	1454.25	3.82
Flapjack B/Fast (Cd) Sit	50.75	24.7	87.1	4522.37	1145	3.2
Feel Good Breakfast (Diner) Sit	42	12	12	1374	162	2.5
Mega Meaty B Brg Cmb 440ml & Snicker Sit	91.4	49.36	89.63	5770.39	3327.03	6.69
Dbl Delicious Breakfast Sit	24.53	39.26	47.05	2825.33	1749.25	3.25
Wonderful Breakfast Sit	50.95	45.37	106.73	5600.47	2521.25	5.45
Proudly Boerewors Breakfast (Diner) Sit	47.08	43.56	105.25	5524.52	2125.85	5.45
Steak, Egg & Chips Sit	32.45	36.65	75.1	3975.05	855.75	2.85
Top Of The Morning & Chaywa Coffee (27/03-)	58.18	23.56	75.75	4182.84	1405.36	4.75
Hearty Beakfast & Coffee	62.78	31.96	88.15	4860.04	1492.03	4.75
Stack Cheese Griller Breakfast	50.28	40.06	96.85	5143.2	2492.25	5.45
Get Real Breakfast	83.08	50.01	112.72	6375.73	3747.33	9.27
Kids' Busy Breakfast Sit	16.17	11.61	14.18	991.49	1022.5	1
Kids' Easy Cheesy Breakfast Sit	18.5	19	20.1	1379.52	1447.5	1.9
Real Starter Breakfast - Promo	45.78	23.96	83.85	4295.6	1239.25	3.65
Cheese Griller Filler Breakfast (Diner)	52.08	44.46	101.55	5414.5	2482.85	4.55
Real Hash Brown Breakfast & Coffee (Diner)	50.53	20.06	33.85	2412.53	1219.03	3.45
Griller Breakfast & Chaywa Coffee	61.62	73.03	134.48	7231.57	3017.39	4.23
Say Cheese Breakfast (Diner) Sit	50.78	43.16	103.05	5424.2	2377.25	5.45
Chic Pita & Water	27.73	25.58	9.81	1300.86	1092.8	2.02
Flame-griller Breakfast (Diner) Sit	52.08	44.46	101.55	5414.5	2482.85	4.55
Cheese Thriller Breakfast (En Route) Sit	49.78	37.16	93.05	4940.2	2307.25	5.45
Veggie Breakfast (En Route) Sit	64.55	15.45	34.45	2623.72	1496.49	8.14
Flapjack Stack (En Route) Sit	30.28	21.56	29.6	1971.48	614.75	1.95
Griller Breakfast (En Route) Sit	59.22	71.43	132.88	7102.77	3006.28	4.23
Big Hearty Sa Breakfast - Sd Only	55.23	43.41	62.35	4008.27	2146.6	6
Wake Me Up Breakfast En Route	53.88	21.41	78.15	4156.72	1372	3.4
Breakfast Bun Bacon Egg & Chaywa Free	27	13.92	17.18	1376.43	1197.33	2.78

MAIN MEAL NUTRITIONAL ANALYSIS – MACRONUTRIENTS, ENERGY, SODIUM AND FIBRE***	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Total Sodium (mg)	Dietary Fibre (g)
Frank & Beans Sit Down - Diner	30.63	30.21	48.05	2787.71	1462.5	1.7
Omelette - Cheese & Tomato - Diner	19.1	18.4	24.3	1534.66	507.5	1.3
Bacon & Cheese Omelette - Diner	19.27	20.61	27.98	1710.93	651.5	1.3
Cheese Omelette - Diner	18.3	18.2	24.3	1517.94	506.5	1.1
Morning Oats - Diner	66.23	16.36	21.85	2209.53	84.49	4.9
Kids' Cheese Griller Breakfast - Cd	31.25	23.4	75.2	3728.47	2394	4.1
Grbb Egg & Chaywa 350ml	25.44	11.67	13.5	1168.52	982.62	2.74
Good Morning Breakfast - Diner	30.62	18.66	79.68	3789.12	914.75	2.75
Grbb Bacon Egg Cheese & Coffee	27.5	16.82	20.98	1579.43	1382.33	2.78
Bacon & Egg Bun & Coffee	58.16	20.7	19.35	2077.86	1003.52	2.29
Grbb Egg	25.44	11.67	13.5	1168.52	982.62	2.74
Grbb Egg & Chips	51.69	15.57	69.5	3767.39	1610.62	4.94
(H) Tst Cheese/Tomato/Macon/Egg	32.3	21.4	21.2	1700.02	1627.32	2.1
Tst Bacon Egg	31.33	16.91	24.35	1719.97	1420.32	1.9
Tst Chicken Mayo	40.36	34.93	30.2	2651.09	2066.41	3.17
Tst Cheese/Tomato/Bacon/Egg	32.63	20.01	28.15	1939.69	1606.32	2.1
(H) Tst Cheese/Tomato/Macon	32.3	21.4	21.2	1700.02	1627.32	2.1
Tst Cheese & Reg Chips	57.25	15.9	70.6	3887.31	1432.32	4
Tst Cheese Tomato & Reg Chips	58.05	16.4	70.6	3905.03	2061.32	4.3
Tst Bacon Cheese & Reg Chips	57.58	20.31	77.95	4239.84	1720.32	4
Tst Bacon Egg & Reg Chips	58.05	16.4	70.6	3905.03	2061.32	4.3
Tst Chicken Mayo & Reg Chips	66.61	38.83	86.2	5249.96	2694.41	5.37
Tst Cheese/Tomato/Bacon/Egg & Reg Chips	58.88	23.91	84.15	4538.56	2234.32	4.3
Tst Cheese/Tomato/Bacon & Reg Chips	58.38	20.81	77.95	4257.56	2349.32	4.3
(H) Tst Cheese/Tomato/Macon & Reg Chips	58.55	25.3	77.2	4298.89	2255.32	4.3
(H) Tst Macon Cheese & Reg Chips	57.25	21.7	71	4000.17	1741.32	4
(H) Tst Macon Egg & Reg Chips	57.25	22.2	73.4	4079.17	2069.32	4.1
(H) Tst Cheese/Tomato/Macon/Egg & Reg Chips	58.55	25.3	77.2	4298.89	2255.32	4.3
Tst Cheese B Brg & Reg Chips	70.24	31.88	84.11	4839.13	2711.27	5.68
Grbb Egg & Chips & Chaywa	51.69	15.57	69.5	3767.39	1610.62	4.94
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/Tomato/Bacon/Egg Chips Sit	58.88	23.91	84.15	4538.56	2234.32	4.3
Tst Chicken Mayo Chips Sit	66.61	38.83	86.2	5249.96	2694.41	5.37
Tst Cheese B Brg Chips Sit	70.24	31.88	84.11	4839.13	2711.27	5.68
Club Sandwich With Free 350ml Chaywa Coffee	48.4	38.6	16.86	2180.57	1165.4	3.16

POTENTIAL ALLERGENS & INTOLERANCE DATA

CONTAINS	YES	NO
Milk & Milk Derivatives		×
Egg & Egg Derivatives		×
Wheat & Wheat Derivatives	×	
Soya Derivatives		×
Gluten	×	
Fish		×
Shellfish		×
Nuts		×
Tree Nuts		×
Sulphur Dioxide		×
SUITABLE FOR		
Ovo-lacto Vegetarians		×
Vegans		×

EXTRAS NUTRITIONAL ANALYSIS - MACRONUTRIENTS, ENERGY, SODIUM AND FIBER***	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Total Sodium (mg)	Dietary Fibre (g)
STARCHES						
Value French - Diner	19,13	25,71	37,85	2151,47	679,5	1,1
DESSERT						
Cone Plain	26,57	4,36	5,67	727,84	42	0,04
Cup Plain	37,64	6,22	8,71	1059,86	65,33	0
Choc Sundae (Diner) Sit	112,41	13,23	28,09	3164,48	162,67	0,75
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
Super Duper Swirls Aero Caramel	54,07	7,55	20,16	1801,9	89,03	0,3
Super Duper Swirls Romany Creams Caramel Nut	51,01	8,23	21,73	1817,35	103,88	0,45
Choc Swirl (Diner) Sit	51,06	7,78	10,89	1392,83	91,67	0
Super Caramel Fudge (Diner) Sit	58,41	8,2	18,6	1824,58	96,67	0
Super Choc Mint (Diner) Sit	60,01	8,13	18,16	1835,45	106,67	0
Super Berry Choc (Diner) Sit	53,46	7,84	11,32	1449,95	91,67	0
Strawberry Smartie Candy Chocs - TA	65,64	7,22	12,71	1713,06	90,33	1
HOT BEVERAGES						
Creamy Hot Choc	27,6	8,4	10,1	937,38	232,74	1
Chococino	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
Cappuccino	9,07	5,6	5,8	470,31	42,96	0
Milo	23,8	8,18	8,14	843,2	74,44	0,2
COLD BEVERAGE						
Coke Zero	00,0	00,0	0,00	00,0	00,40	0,00
STANDARD FLAVOURED MILKSHAKES						
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
500ml Milkshake	90,84	16,16	20,96	2582,9	184,89	0
350ml Milkshake DT	71,76	11,5	15,59	1980,24	136,22	0
500ml Milkshake DT	105,82	16,71	22,76	2906,75	199,78	0
KIDS' MILKSHAKES						
250ml Kids' Shake SD	47,77	7,63	10,29	1314,85	91,67	0
SPECIALITY MILKSHAKES						
350ml Black Cat Peanut Butter Shake	62,52	16,35	26,2	2276,11	126,11	1,4
350ml Black Cat Peanut Butter Shake DT	95,7	25,8	40,59	3517,2	198,06	2,1
Black Cat Peanut Butter Milkshake 500ml TA	95,7	25,8	40,59	3517,2	198,06	2,1
Double Chocolate Milkshake 350ml - TA	80,89	12,08	32,94	2834,22	168,67	0
Double Chocolate Milkshake 500ml - TA	121,43	17,49	52,88	4381,9	254,89	0
Blueberry Milkshake 350ml	85,25	11,95	16,21	2239,55	167,89	0
Blueberry Milkshake 500ml	109,24	12,96	17,76	2719,7	220,67	0
Mango Milkshake 350ml	101,81	12,1	16,29	2519,08	120,89	0
Mango Milkshake 500ml	124,44	13,18	17,87	2975,39	132,67	0
Peanut Butter Caramel Milkshake 350ml - TA	80,24	19,43	49,74	3532,13	171,17	2,1
Peanut Butter Caramel Milkshake 500ml - TA	119,23	27,29	75,28	5289,78	254,89	2,8
Passion Fruit & Choc Shake 350ml - TA	95,27	12,29	31,85	3031,69	188,67	0
Passion Fruit & Choc Shake 500ml - TA	112,19	14,14	38,6	3609,56	224,89	0
Passion Fruit & Choc Swirl	59,27	6,85	23,76	2030,36	116,33	0
Steers Hero Roll	36	7	1	779	278	2
Seeded Steers Bun	31,5	7,35	3,5	764,4	397,6	3,22
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
Pita Bread	18	1,5	4,5	430,54	221	0,5
Portuguese rolls	22	4	2	627	260	1
Baked Beans	9,5	2,5	0,2	200,64	223	0,6
English Muffin	25	4	1	501,6	200	1
Hash Brown	26	2	12	877,8	650	2
Pap	74	7,6	1,7	1429,56	3	4,1