



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)
Mushroom Cheese Chk Brg Cmb	72,28	38,69	77,34	4688,54	2649,33	8,79
Spicy Cheese Chk Brg Cmb	71,82	38,59	70,77	4623,68	2225,22	8,47
Mushroom Cheese B Brg Cmb	73,45	33,77	94,22	5234,16	2975,17	9,27
Mushroom Cheese V Brg Cmb	88,68	19,59	83,34	4908,24	2667,34	13,19
King Steer B Brg Cmb (Med)	95,26	57,29	116,23	6859,54	4709,14	9,95
King Steer Chk Brg Cmb (Med)	92,93	67,13	82,46	5768,3	4057,47	8,98
King Steer V Brg Cmb (Med)	125,73	28,93	94,46	6207,7	4093,47	17,78
Spicy Cheese B Brg Cmb	72,99	33,67	87,65	5169,3	2551,05	8,95
Spicy Cheese V Brg Cmb	88,22	19,49	76,77	4843,38	2243,22	12,87
Saucy B Brg Reg Chips	70,67	30,55	83,69	4749,49	2538,63	7,89
Saucy Chk Brg Reg Chips	42,17	46,2	83,49	4521,97	2381,03	4,77
Rave B Brg Play Cmb	67,75	30,22	83,64	4688,44	2515,27	7,6
Chk Brg Cmb	68,28	35,15	66,31	4398,62	1896,75	7,01
Pork Rib Brg Cmb	68,33	33,67	87,11	4963,98	2601,85	7,1
(H) Beef Rib Brg Cmb	65,74	33,82	91,43	5111,01	2748,87	7,1
Cheese B Brg Cmb	71,74	33,03	86,61	4943,09	2747,87	7,1
Hero Steak Original	50,8	34,34	14,27	2005,74	1445,83	3,76
Hero Steak Mustard & Cheese	54,69	37,91	26,41	2608,74	1924,17	6,77
Hero Chk Avo & Mayo	51,05	31,86	13,11	2107,99	1316	5,61
King Steer B Brg	51,51	50,69	54,56	3731,09	3453,14	6,25
Rave B Brg	41,5	26,32	27,64	2089,57	1887,27	5,4
Steers B Brg	44,99	26,23	26,81	2141,22	1934,87	4,9
Cheese B Brg	45,49	29,13	30,61	2344,22	2119,87	4,9
Pork Rib Brg	42,08	29,77	31,11	2365,11	1973,85	4,9
(H) Beef Rib Brg	39,49	29,92	35,43	2512,14	2120,87	4,9
Dagwood B Brg	44,42	37,68	44,29	2968,09	2881,3	5,08
Rave B Brg Cmb	67,75	30,22	83,64	4688,44	2515,27	7,6
Steer B Brg Cmb	71,24	30,13	82,81	4740,09	2562,87	7,1
Mushroom Cheese B Brg	47,2	29,87	38,22	2635,29	2347,17	7,07
Mushroom Cheese V Brg	62,43	15,69	27,34	2309,37	2039,34	10,99
Spicy Cheese B Brg	46,74	29,77	31,65	2570,43	1923,05	6,75
Spicy Cheese V Brg	61,97	15,59	20,77	2244,51	1615,22	10,67
Dagwood B Brg & Med Chips	88,17	44,28	105,95	6096,54	4137,3	8,78
Dagwood Chk Brg	43,25	42,6	29,41	2614,13	2414,8	5,01
Grbb Bacon Egg Cheese Tomato	28,3	17,02	20,98	1596,15	1383,33	2,98
(H) Grbb Macon Egg Cheese Tomato	28,14	20,62	17,71	1532,75	1548,33	2,98
Gr Chk Brg	27,33	17,3	7,07	1046,27	1134,17	3,24
Gr Cheese Chk Brg	27,33	17,3	7,07	1046,27	1134,17	3,24
Lcl Classics Family Feast	282,21	162,39	219,49	15415,88	9458,74	20,43
Hero Steak Original Cmb	77,11	38,24	70,27	4604,61	2073,84	5,97
Hero Steak Mustard & Cheese Cmb	71,74	33,03	86,61	4943,09	2747,87	7,1
Hero Chk Avo & Mayo Cmb	77,3	35,76	69,11	4706,86	1944	7,81
King Steer Chk Brg	49,18	60,53	20,79	2639,85	2801,47	5,28
Chk Brg	42,03	31,25	10,31	1799,75	1268,75	4,81
(H) Macon Cheese B Brg Cmb	68,7	39,06	87,02	5019,68	2966,5	7,76
(H) Macon Cheese Chk Brg Cmb	65,37	42,94	72,12	4522,06	2624	7,93
(H) Macon Cheese V Brg Cmb	83,93	24,88	76,14	4693,76	2658,67	11,68
Bacon Cheese B Brg Cmb	68,92	36,2	91,52	5141,84	2849,5	7,76
Bacon Cheese Chk Brg Cmb	67,7	41,11	74,63	4596,22	2523,66	7,2
Bacon Cheese V Brg Cmb	84,15	22,02	80,64	4815,92	2541,67	11,68
Dagwood Chk Brg & Med Chips	87	49,2	91,07	5742,58	3670,8	8,71
(H) Dagwood Chk Brg & Med Chips	86,83	49,9	87,6	5622,75	3681,3	8,71
Mighty King Chk Brg	55,18	86,85	28,4	3483,65	3925,55	5,71
Mighty King Veg Brg	104,38	29,55	46,4	4142,75	3979,55	18,91
Exclusive B Brg & Reg Chips (Sun City)	72,24	35,93	90,41	5146,09	2932,87	7,1
Exclusive Chk Brg & Reg Chips (Sun City)	71,07	40,85	73,53	4600,47	2607,04	6,62
Exclusive V Brg & Reg Chips (Sun City)	87,47	21,75	79,53	4820,17	2625,04	11,02
(H) King Macon B Brg	51,51	56,49	54,96	3843,95	3762,14	6,25
(H) King Macon Chk Brg	49,18	66,33	21,19	2752,71	3110,47	5,28

MAIN MEAL NUTRITIONAL ANALYSIS – MACRONUTRIENTS, ENERGY, SODIUM AND FIBRE***	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Total Sodium (mg)	Dietary Fibre (g)
(H) King Macon V Brg	81,98	28,13	33,19	3192,11	3146,47	14,08
Mighty King B Brg	58,68	72,1	79,05	5120,51	4903,05	7,16
King Spicy B Brg	51,34	50,61	53,59	3711,2	3522,03	5,71
King Spicy Chk Brg	49,01	60,45	19,82	2619,96	2870,36	4,74
King Spicy V Brg	81,81	22,24	31,82	3059,36	2906,36	13,54
King Bacon B Brg	51,84	55,1	61,91	4083,62	3741,14	6,25
King Bacon Chk Brg	49,51	64,94	28,14	2992,38	3089,47	5,28
King Bacon V Brg	82,31	26,74	40,14	3431,78	3125,47	14,08
King Steer V Brg	81,98	22,33	32,79	3079,25	2837,47	14,08
Veggie Brg	61,13	12,44	13,1	1706,47	1581,6	9,35
Veggie Brg Cmb	87,38	16,34	69,1	4305,34	2209,6	11,55
Lcl Large Riblet Feast	98,85	96,5	150,6	8735,23	4150,24	4,37
Lcl Riblet Feast 2 Shakes	244,46	104,69	165,86	11890,85	3924,8	4,37
Lunch Pack(Fried)Take	85,55	48,08	112,43	6425,52	1773,6	8,92
Snack Pack(Fried)	62,9	28,32	83,13	4629,61	1085,6	6,42
1 Piece Chicken (Fried)	5,15	17,07	23,63	1266,34	60	1
2 Piece Chicken (Fried)	10,3	34,14	47,26	2532,68	120	2
Lcl Steer Brg Cmb	71,24	30,13	82,81	4740,09	2562,87	7,1
Lcl Chk Brg Cmb	68,28	35,15	66,31	4398,62	1896,75	7,01
Lcl Chk Brg Cmb	68,33	33,67	87,11	4963,98	2601,85	7,1
Lcl Grbb Cmb Bacon Egg Patty Reg Chips	55,5	26,87	83,28	4519,8	2114,83	5,28
Lcl Family Deal (King Steer 2Rave) Lrg Chip 4 Can	232	137,51	228,65	14489,69	10732,55	26,4
Lcl Steer And Half Brg	89,98	52,45	53,62	4282,45	3869,74	9,79
Lcl (H) Lcl B/Fast Stack Take	44,95	22,25	70,7	3774,93	1375,25	3,65
Lcl 4 Bbq Mayo Brgs Lrg Chips	218,37	112,68	190,73	12720,05	8508,4	22,7
Lcl (H) Beefy Breakfast	73,72	41,98	122,88	6465,97	2589,33	5,88
Lcl (H) Real Value	18,2	15,45	10,9	973,06	562,25	1,45
(H) Dagwood B Brg	44,26	38,38	40,82	2848,26	2891,8	5,08
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) Dagwood Chk Brg	43,08	43,3	25,93	2494,3	2425,3	5,01
Tst Cheese B Brg	43,99	27,98	28,11	2240,26	2083,27	3,48
(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/Egg	32,3	21,4	21,2	1700,02	1627,32	2,1
Lcl (H) Lcl Grill Up B/Fast Sit	50,45	52,35	86,07	4936,8	1475,25	3,82
Tst Cheese	31	12	14,6	1288,44	804,32	1,8
Tst Cheese Tomato	31,8	12,5	14,6	1306,16	1433,32	2,1
Tst Bacon Cheese	31,33	16,41	21,95	1640,97	1092,32	1,8
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
Gr B Brg	28,08	14,85	14,52	1226,5	1374	3,28
Gr Cheese B Brg	28,58	17,75	18,32	1429,5	1559	3,28
Tst Cheese/Tomato/Bacon	32,13	16,91	21,95	1658,69	1721,32	2,1
(H) Dagwood B Brg & Med Chips	88,01	44,98	102,49	5976,71	4147,8	8,78
(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
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
Grbb Egg & Chaywa (En Route)	51,69	15,57	69,5	3767,39	1610,62	4,94
Grbb Egg & Chaywa	25,44	11,67	13,5	1168,52	982,62	2,74

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Grbb Egg & Chips & Chaywa (En Route)	25,44	11,67	13,5	1168,52	982,62	2,74
Grbb Egg & Chips & Chaywa	51,69	15,57	69,5	3767,39	1610,62	4,94
(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
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
Lcl Real Value	18,53	14,06	17,85	1212,73	541,25	1,45
Lcl Beefy Breakfast	50,28	42,74	104,16	5404,84	1846,08	4,23
Lcl Bfast Pita	20,63	15,31	25,65	1487,79	1393	0,8
Z(H) Ribster Chk Brg & Reg Chips	73,25	60,21	100,58	6060,49	3849,37	8,05
Z Ribster V Brg And Reg Chips	92,24	40,95	102,25	6133,16	3720,34	12,44
Z(H) Ribster V Brg & Reg Chips	89,6	41,1	106,57	6280,19	3867,36	12,44
Kids Gr B Brg & Reg Chips Pack	54,67	18,78	70,9	3845,04	2022,33	5,58
Kids Chk Brg & Reg Chips Pack	53,92	21,23	62,45	3568,98	1852,83	5,33
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
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
Lcl Chicken Half(Fg) & Rib & Lrg Chips Meal	89,83	124,62	155,07	9312,29	3243,33	7,98
Lcl Chicken Full(Fg) 4 Buns & Lrg Chips & Salad Meal	197,27	160,75	201,95	13692,4	4698,28	30,48
Chicken Full(Fg) & Lrg Chips	65,83	129,82	187,73	10519,2	3103,33	16,45
Chicken Qtr(Fg) & Reg Chips & Roll	61,08	41,72	88,43	5073,51	1408,93	8,42
Lcl Rave Reg Chips & Shake Take	107,65	37,99	93,36	5855,03	2601,6	7,6
Prince Chk Brg Cmb (Med)	89,42	40,93	75,36	5027,42	3004,47	8,78
Prince V Brg Cmb (Med)	105,82	21,83	81,36	5247,12	3022,47	13,18
Prince Chk Brg	45,67	34,33	13,69	1898,97	1748,47	5,08
Prince B Brg	46,84	29,41	30,58	2444,59	2074,3	5,56
Prince V Brg	62,07	15,23	19,69	2118,67	1766,47	9,48
Straight Up B Brg Cmb	68,62	30,19	80,69	4686,32	2363	6,93
King Macon B Brg & Med Chips	95,26	63,09	116,63	6972,4	5018,14	9,95
King Macon Chk Brg & Med Chips	92,93	72,93	82,86	5881,16	4366,47	8,98
King Macon V Brg & Med Chips	125,73	34,73	94,86	6320,56	4402,47	17,78
King Bacon V Brg & Med Chips	126,06	33,34	101,81	6560,23	4381,47	17,78
King Bacon Chk Brg & Med Chips	93,26	71,54	89,81	6120,83	4345,47	8,98
King Bacon B Brg & Med Chips	95,59	61,7	123,58	7212,07	4997,14	9,95
Bacon Avo Chk Brg Cmb	67,55	39,79	74,56	4657,74	2266,8	7,41
Straight Up Chk Brg Cmb	67,45	35,11	63,81	4140,7	2037,17	6,45
Straight Up V Brg Cmb	83,85	16,01	69,81	4360,4	2055,17	10,85
Bacon Avo Chk Brg	41,3	35,89	18,56	2058,87	1638,8	5,21
(H) Macon Avo Chk Brg Cmb	67,22	41,18	67,61	4418,07	2287,8	7,41
(H) Macon Avo Chk Brg	40,97	37,28	11,61	1819,2	1659,8	5,21
Bacon Avo B Brg Cmb	68,72	34,87	91,44	5203,36	2592,63	7,89
Bacon Avo B Brg	42,47	30,97	35,44	2604,49	1964,63	5,69
Bacon Avo V Brg Cmb	83,95	20,69	80,56	4877,44	2284,8	11,81
Bacon Avo V Brg	57,7	16,79	24,56	2278,57	1656,8	9,61
(H) Macon Avo B Brg Cmb	68,39	36,26	84,49	4963,69	2613,63	7,89
(H) Macon Avo B Brg	42,14	32,36	28,49	2364,82	1985,63	5,69
(H) Macon Avo V Brg Cmb	83,62	22,08	73,61	4637,77	2305,8	11,81
(H) Macon Avo V Brg	57,37	18,18	17,61	2038,9	1677,8	9,61
Super Supper B Brg Cmb	77,01	55,14	113,14	6459,08	4028,18	8,53
(H) Super Supper B Brg Cmb	74,42	55,29	117,46	6606,11	4175,2	8,53
(H) Macon Cheese B Brg	42,45	35,16	31,02	2420,81	2338,5	5,56
(H) Macon Cheese Chk Brg	39,12	39,04	16,12	1923,19	1996	5,73
(H) Macon Cheese V Brg	57,68	20,98	20,14	2094,89	2030,67	9,48
Bacon Cheese B Brg	42,67	32,3	35,52	2542,97	2221,5	5,56
Bacon Cheese Chk Brg	41,50	37,21	18,63	1997,35	1895,66	5,07

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Bacon Cheese V Brg	57,9	18,12	24,64	2217,05	1913,67	9,48
Lcl Riblet Feast Free Chips	90,75	77,6	130,23	7521,36	3620,8	4,37
Lcl Rib Pork Brg Free Chips	68,33	33,67	87,11	4963,98	2601,85	7,1
Lcl Large Chips And 2 Shakes	206,21	35,04	127,63	8807,73	1874	4,45
Lcl Steers B Brg Riblet Snack And Shake	162,81	68,36	125,23	8468,15	3500,2	7,27
Lcl Steers B Brg Riblet Snack And Juice	85,96	54,81	107,42	6283,4	3348,2	7,27
Lcl Steers B Brg Riblet Snack And 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 Chk Brg Cmb	53,58	21,2	63,07	3645,14	1762,17	5,44
Gr Cheese B Brg Cmb	54,83	21,65	74,32	4028,37	2187	5,48
Gr Cheese Chk Brg Cmb	53,58	21,2	63,07	3645,14	1762,17	5,44
Gr Cheese Chutney B Brg	31,47	17,68	18,48	1472,65	1505,65	3,12
Gr Cheese Chutney Chk Brg	30,72	20,13	10,03	1196,59	1336,15	2,87
Gr Cheese Chutney B Brg Cmb	57,72	21,58	74,48	4071,52	2133,65	5,32
Gr Cheese Chutney Chk Brg Cmb	56,97	24,03	66,03	3795,46	1964,15	5,07
Gr Cheese Dbl B Brg	30,83	26,8	28,42	1974	1848,5	3,58
Gr Cheese Dbl Chk Brg	29,33	31,7	12,52	1517,71	1439,17	3,29
Gr Cheese Dbl B Brg Cmb	57,08	30,7	84,42	4572,87	2476,5	5,78
Gr Cheese Dbl Chk Brg Cmb	55,58	35,6	68,52	4116,58	2067,17	5,49
Gr Xtra B Brg	32,53	27,11	28,42	2007,72	1849,9	3,95
Gr Xtra Chk Brg	31,03	32,01	11,52	1455,6	1510,9	3,45
Gr Xtra B Brg Cmb	58,78	31,01	84,42	4606,59	2477,9	6,15
Gr Xtra Chk Brg Cmb	57,28	35,91	67,52	4054,47	2138,9	5,65
Salad Thousand Island	5,44	1,53	0,22	115,6	4,55	1,15
Ww BBQ Mustard B Brg (Dbl)	83,9	52,92	53,63	4209,91	3689	11,12
Ww BBQ Mustard Chk Brg (Dbl)	81,57	62,75	19,86	3118,67	3037,33	10,15
Ww BBQ Mustard V Brg (Dbl)	114,37	24,55	31,86	3558,07	3073,33	18,95
Ww Prince B Brg (Dbl)	93,68	58,82	61,16	4889,18	4148,6	11,12
Ww Prince Chk Brg (Dbl)	91,34	68,66	27,38	3797,94	3496,94	10,16
Ww Prince V Brg (Dbl)	124,14	30,46	39,38	4237,34	3532,94	18,96
Lcl Daybreaker Deluxe Breakfast Sit	29,53	20,06	35,85	2170,73	611,25	1,45
Rib Feast & Med Chips	90,75	77,6	130,23	7521,36	3620,8	4,37
Rib Snack and Med Chips	40,97	28,58	80,61	4142,18	1413,33	2,37
Single Rack and Med Chips	71,75	60,6	85	5258,02	2276	4,03
Double Rack	56	108	46,67	4259,15	2040	0,67
Lcl Grbb Bacon Egg Patty	29,25	22,97	27,28	1920,93	1486,83	3,08
Lcl Grbb Bacon Egg Patty Reg Chips	55,5	26,87	83,28	4519,8	2114,83	5,28
Lcl Chicken Full(Fg) Meal & Med Chips & Salad	120,21	144,46	199,12	11851,39	4995,15	12,38
Mighty King B Brg Cmb Med	102,43	78,7	140,72	8248,96	6159,05	10,86
Mighty King Chk Brg Cmb Med	98,93	93,45	90,07	6612,1	5181,55	9,41
Mighty King Veg Brg Cmb Med	148,13	36,15	108,07	7271,2	5235,55	22,61
(H) King Macon B Brg Cmb Med	95,26	63,09	116,63	6972,4	5018,14	9,95
(H) King Macon Chk Brg Cmb Med	92,93	72,93	82,86	5881,16	4366,47	8,98
(H) King Macon V Brg Cmb Med	125,73	34,73	94,86	6320,56	4402,47	17,78
King Spicy B Brg Cmb Med	95,09	57,21	115,26	6839,65	4778,03	9,41
King Spicy Chk Brg Cmb Med	92,76	67,05	81,49	5748,41	4126,36	8,44
King Spicy V Brg Cmb Med	125,56	28,84	93,49	6187,81	4162,36	17,24
King Bacon B Brg Cmb Med	95,59	61,7	123,58	7212,07	4997,14	9,95
King Bacon Chk Brg Cmb Med	93,26	71,54	89,81	6120,83	4345,47	8,98
King Bacon V Brg Cmb Med	126,06	33,34	101,81	6560,23	4381,47	17,78
King Steer B Brg & Reg Chip	77,76	54,59	110,56	6329,96	4081,14	8,45
King Steer Chk Brg & Reg Chip	75,43	64,43	76,79	5238,72	3429,47	7,48
King Steer V Brg & Reg Chip	108,23	26,23	88,79	5678,12	3465,47	16,28
Lcl B/Fast Stack Take	45,28	20,86	77,65	4014,6	1354,25	3,65
Lcl Gr B Brg Reg Chips & Free Cone	83,6	23,03	76,36	4605,65	2103,1	5,44
Lcl Breakfast Pita And Coffee	20,63	15,01	25,65	1486,79	765	0,7
Lcl Gr B Brg & Reg Chips & Shake	93,99	26,36	80,08	4979,08	2087,22	5,48
Lcl Daybreaker And Coffee	16,33	13,51	25,85	1470,75	538,5	0,9
Lcl Daybreaker And Coffee	22,33	17,51	29,85	1792,75	566,28	0,9
Mushroom Cheese Chk Brg	46,03	34,79	21,34	2089,67	2021,33	6,59
Spicy Cheese Chk Brg	45,57	34,69	14,77	2024,81	1597,22	6,27
Lcl 4 Steers B Brg Lrg Chips 4 330ml Take	232,46	112,87	199,24	13003,12	9309,48	24,05
Lcl Grbb Cmb (H) Macon Egg Free Chips	53,08	18,22	69,7	3854,47	1207,83	4,88
Lcl Grbb Egg & Chips & Chaywa	51,69	15,57	69,5	3767,39	1610,62	4,94

MAIN MEAL NUTRITIONAL ANALYSIS – MACRONUTRIENTS, ENERGY, SODIUM AND FIBRE***	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Total Sodium (mg)	Dietary Fibre (g)
Lcl Veggie Breakfast (Plated) Take	65,27	15,82	42,48	2941,58	2150,92	8,38
Lcl Rise and Dine Breakfast (Plated) Take	49,87	38,93	64,48	3812,5	2352,08	4,13
Lcl Steak Egg & Chips (Plated) Take	32,45	36,65	75,1	3975,05	855,75	2,85
Lcl Wonderboom Special (King, Chs, 2Rave, Lrg Chips) Take	232,5	140,41	232,45	14692,69	10917,55	26,4
Lcl Sibaya Mutton Sandwich	67,83	24,49	81,88	4657,42	3056,79	4,88
Lcl Big Value Combo	285	148,35	324,46	19130,93	12487,54	30,85
Lcl Ironman Steer Brg Combo	71,24	30,13	82,81	4740,09	2562,87	7,1
Lcl Ironman Rib Brg Combo	68,33	33,67	87,11	4963,98	2601,85	7,1
Lcl Ironman Veg Brg Combo	87,38	16,34	69,1	4305,34	2209,6	11,55
Lcl Ironman Chk Brg Combo	68,28	35,15	66,31	4398,62	1896,75	7,01
Lcl King And Soda 330ml Free Med Chips	95,26	57,29	116,23	6859,54	4709,14	9,95
Lcl Prince And Soda 330ml Free Reg Chips	73,09	33,31	86,58	5043,46	2702,3	7,76
Lcl 1Pce(Fg) Reg Chips	29,25	20	63,9	3210,99	763	2,3
Lcl 1Pce(Fg) & Bun	34,5	23,45	11,4	1376,52	532,6	3,32
Lcl 1Pce(Fg) Reg Chips & Bun	60,75	27,35	67,4	3975,39	1160,6	5,52
Lcl Fill The Gap (2Chs 2Rave Lrg Chip 2L Soda)	184,98	92,53	180,86	11216,25	7697,01	19,65
Lcl Chicken Qtr(Fg) & Reg Chips Bun & Soda	65,42	43,78	79,47	4787,51	1442,27	7,12
Lcl Plated Real Value	18,53	14,06	17,85	1212,73	541,25	1,45
Lcl Plated Daybreaker Deluxe	29,53	20,06	35,85	2170,73	611,25	1,45
Lcl Plated Breakfast Stack	45,28	20,86	77,65	4014,6	1354,25	3,65
Lcl Plated Egg On Toast	32	18,2	21	1628,44	501	1,8
Lcl Plated Hash Brown Stack	72,03	26,96	55,65	3655,33	2096,25	5,45
Lcl Plated Beefy Breakfast	50,28	43,64	104,16	5407,84	3730,08	4,53
Lcl Family Deal (King, Steer, 2Rave)2 Lrg Chip 2L Soda	284,5	145,46	320,65	18927,93	12302,55	30,85
Lcl Family 2L Burger Meal (2 Steer, 2Gr,2 Lrg Chips)	251,14	98,06	266,66	15611,92	9757,74	25,26
Lcl Steer B Brg 4 & Lrg Chips	232,46	112,87	199,24	13003,12	9309,48	24,05
Lcl Steer B Brg 2 Rave B Brg 2 & Lrg Chips	225,48	113,05	200,9	12899,82	9214,28	25,05
Lcl Rave Beef & Reg Chips	67,75	30,22	83,64	4688,44	2515,27	7,6
Lcl Rave Beef & Reg Chips Cone	94,32	34,58	89,31	5416,28	2557,27	7,64
Lcl Pork Rib Brg Cmb & Cheese	68,83	36,57	90,91	5166,98	2786,85	7,1
Lcl Wc Steers B Brg & Reg Chips	71,24	30,13	82,81	4740,09	2562,87	7,1
Lcl Tikka Chk Brg Cmb	68,28	35,33	63,94	4145,87	2059,87	6,36
Lcl Tikka Box	53,47	52,93	68,4	4272,21	1900,17	3,9
Lcl Cheese B Brg 4 & Lrg Chips 2 & 2L Soda	150,49	45,03	214,61	11220,7	5259,87	13,8
Lcl 1Pce(Fg) Get Real Burger & Reg Chips	57,33	34,85	78,42	4437,49	2137	5,58
Lcl Chicken Full(Fg) 4 Buns & Lrg Chips & Salad & 2L	202,6	164,22	185,69	13100,4	4471,61	24,88
Lcl Pita(H) & Chaywa	20,3	16,4	18,7	1247,12	786	0,7
Lcl 4 Steers B Brg Lrg Chips Meyersdal	232,46	112,87	199,24	13003,12	9309,48	24,05
Lcl Plated Real Value & Banger	23,33	31,26	35,95	2252,33	1913,85	1,55
Lcl Big Value Burger Cmb (King,Cheese,Ravex2,Chips Lrgx2, Canx4)	285	148,36	324,45	19130,93	12487,55	30,85
Lcl Free Half Portion Reg Chips	13,13	1,95	28	1299,44	314	1,1
Lcl Steer B Brg 4 & Lrg Chips 2 & Soda 1L	284,96	120,82	291,24	17441,36	10879,48	28,5
Lcl Chicken Half(Fg) & Lrg Chips Chicken Chk Brgx2 & Rollsx2	208,89	147,82	159,35	12311,02	5556,03	23,71
Lcl Chicken Half(Fg) & Lrg Chips Chicken Chk Brgx2 & Rollsx2	197,16	162,69	185,47	12984,8	4467,06	23,73
Lcl Opening Special Grbb Bacon Egg & Chaywa	41,08	63,46	104,08	5677,83	2240,35	4,88
Steer B Brg & Chips Sit	88,74	32,83	88,47	5269,67	3190,87	8,6
Cheese B Brg & Chips Sit	89,24	35,73	92,27	5472,67	3375,87	8,6
Mushroom Cheese B Brg & Chips Sit	90,95	36,47	99,89	5763,74	3603,17	10,77
Mushroom Cheese V Brg & Chips Sit	106,18	22,29	89	5437,82	3295,34	14,69
Spicy Cheese B Brg & Chips Sit	90,49	36,37	93,32	5698,88	3179,05	10,45
Spicy Cheese V Brg & Chips Sit	105,72	22,19	82,44	5372,96	2871,22	14,37
Bacon Avo B Brg & Chips Sit	86,22	37,57	97,11	5732,94	3220,63	9,39
Bacon Avo V Brg & Chips Sit	101,45	23,39	86,23	5407,02	2912,8	13,31
King Steer Chk Brg & Chips Sit	92,93	67,13	82,46	5768,3	4057,47	8,98
Chk Brg & Chips Sit	85,78	37,85	71,98	4928,2	2524,75	8,51
Bacon Cheese Chk Brg & Chips Sit	85,25	43,82	80,3	5125,8	3151,67	8,78
Bacon Avo Chk Brg & Chips Sit	85,05	42,49	80,23	5187,32	2894,8	8,91
Mushroom Cheese Chk Brg & Chips Sit	89,78	41,39	83,01	5218,12	3277,33	10,29
Spicy Cheese Chk Brg & Chips Sit	89,32	41,29	76,44	5153,26	2853,22	9,97

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 & Chips Sit	125,73	28,93	94,46	6207,7	4093,47	17,78
Veggie Brg & Chips Sit	104,88	19,04	74,77	4834,92	2837,6	13,05
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
King Spicy B Brg & Chips Sit	95,09	57,21	115,26	6839,65	4778,03	9,41
King Spicy Chk Brg & Chips Sit	92,76	67,05	81,49	5748,41	4126,36	8,44
King Spicy V Brg & Chips Sit	125,56	28,84	93,49	6187,81	4162,36	17,24
Mighty King B Brg & Chips Sit	102,43	78,7	140,72	8248,96	6159,05	10,86
King Bacon B Brg & Chips Sit	95,59	61,7	123,58	7212,07	4997,14	9,95
King Bacon Chk Brg & Chips Sit	93,26	71,54	89,81	6120,83	4345,47	8,98
King Bacon V Brg & Chips Sit	126,06	33,34	101,81	6560,23	4381,47	17,78
Mighty King Chk Brg & Chips Sit	98,93	93,45	90,07	6612,1	5181,55	9,41
Mighty King Veg Brg & Chips Sit	148,13	36,15	108,07	7271,2	5235,55	22,61
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
T-Bone Chips & Salad (Diner) Sit	38,97	89,67	98,44	5588,8	1098,28	3,11
Tst Cheese Tomato Chips Sit	58,05	16,4	70,6	3905,03	2061,32	4,3
Tst Bacon Cheese & Chips Sit	57,58	20,31	77,95	4239,84	1720,32	4
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
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
Feel Good Breakfast (Diner) Sit	42	12	12	1374	162	2,5
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
Kids Chicken Strips Sit	28,45	15,65	57,6	2888,29	1333,75	2,85
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
Kids B Brg & Reg Chips Pack Sit	54,33	18,75	70,52	3825,37	2002	5,48
Kids Chk Brg & Reg Chips Pack Sit	53,58	21,2	63,07	3645,14	1762,17	5,44
Prince B Brg & Chips Sit	90,59	36,01	92,25	5573,04	3330,3	9,26
Real Hashbrown Breakfast & Coffee (Diner)	50,53	20,06	33,85	2412,53	1219,03	3,45
Prince Chk Brg & Chips Sit	89,42	40,93	75,36	5027,42	3004,47	8,78
Prince V Brg & Chips Sit	105,82	21,83	81,36	5247,12	3022,47	13,18
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
Chicken Grill Chips & Salad (Diner) Sit	37,37	50,77	64,21	3927,09	1110,9	3,39
Pork Rib Brg & Chips Sit	85,83	36,37	92,78	5493,56	3229,85	8,6
Chicken Supreme Chips & Salad (Diner) Sit	38,7	35,55	77,46	4100,99	1709,15	4,65
Beef Mushroom Supreme Chips & Salad (Diner) Sit	37,33	38,26	83,16	4379,69	1623,2	4,38
Beef Avo Supreme Chips & Salad (Diner) Sit	34,21	38,38	81,06	4236,36	1422,8	4,26
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
Say Cheese Breakfast (Diner) Sit	50,78	43,16	103,05	5424,2	2377,25	5,45
Lcl Chic Pita & Water	27,73	25,58	9,81	1300,86	1092,8	2,02
Flamegriller Breakfast (Diner) Sit	52,08	44,46	101,55	5414,5	2482,85	4,55
Lcl Biker Rib Brg (Total) Sit	42,08	29,77	31,11	2365,11	1973,85	4,9
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
Chicken Grill Chips & Salad Sit	36,37	50,52	64,21	3906,19	1109,65	3,14
Cheese Chips Medium	46,55	9,4	71,57	3600,79	1432,4	3,7
Cheese Chips Large	56	11,45	104,38	5028,67	1790,5	4,45
Cheese Chips Medium Chilli	49,75	9,9	71,62	3608,99	1433,9	5,1
Cheese Chips Large Chilli	59,2	11,95	104,43	5036,87	1792	5,85

MAIN MEAL NUTRITIONAL ANALYSIS – MACRONUTRIENTS, ENERGY, SODIUM AND FIBRE***	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Total Sodium (mg)	Dietary Fibre (g)
Chicken Half(Fg) & Rib & Med Chips Meal SD	81,08	123,27	124,73	8002,5	2929,33	7,23
Mexiking Burger (Chk) - SD	51,47	62,86	79,9	4907,38	3605,69	5,97
Mexiking Burger (H) SD	53,8	58,83	114,07	6111,48	4566,36	6,94
Mexiking Burger - SD	53,47	54,42	106,72	5758,95	4278,36	6,94
Gr B Brg Pepper Sauce SD	28,08	14,93	16,43	1288,17	1404,83	3,7
Steers B Brg Pepper Sauce SD	44,99	26,52	30,39	2254,56	2029,04	5,85
Hero Steak Original Pepper Sauce SD	50,03	34,29	16,82	2065,58	872	4,42
Mexiking Burger (Chk) H - TA	51,14	64,25	72,95	4667,71	3626,69	5,97
King Steer B Brg Pepper Sauce TA	52,34	50,86	58,23	3852,76	3543,14	6,83
Lcl Chicken Full(Fg) & Lrg Chips & 4 Rolls & 1L Coke	187,83	100,02	145,73	10240,32	3813,73	20,53
Shake It Up Combo + Med Chips + 350ml Shake - SD	150,36	44,25	101,56	7088,37	3119,92	8,57
Shake It Up Combo + Reg Chips + 350ml Shake - TA	132,86	41,55	95,9	6558,79	2491,92	7,07
Shake It Up Combo + Medium Chips + 500ml Shake - Upsell	177,79	49,09	107,82	7865,05	3176,14	8,57
Shake It Up Combo + Large Chips + 500ml Shake - Upsell	186,54	50,44	138,15	9174,84	3490,14	9,32
Lcl 4 Steers B Brg 2 Med Chips + 1L Soda	267,46	118,12	230,57	14821,78	10251,48	27
Lcl Chicken Full(Fg) 4 Buns & Salad And 2L Soda	140,77	93,6	53,95	5917,68	2248,28	17,23
1/4 Chicken, Ribs Snack,Reg Chips And A 330ml Can	48,64	61,11	100,58	5566,42	1830	4,07
Lcl Chicken Full(Fg) & Lrg Chips	61,83	70,62	131,73	7182,72	2223,33	7,65
3 Rave Burgers 1 Large Chips And 1L Soda	177	86,91	174,92	10706,95	7231,81	20,65
Big Hearty Sa Breakfast - SD Only	55,23	43,41	62,35	4008,27	2146,6	6
Big Up Combo - SD	98,32	54,47	111,35	6759,02	3920,82	9,88
Big Up Combo - TA	80,82	51,77	105,68	6229,44	3292,82	8,38
Big Up Burger Only - SD	54,57	47,87	49,68	3630,57	2664,82	6,18
Big Up Combo - TA - Halaal	97,82	43,37	83,08	5634,24	3680,82	7,78
Big Up Combo - SD - Halaal	115,32	46,07	88,75	6163,82	4308,82	9,28
Big Up Burger Only - TA (H)	54,07	36,77	21,41	2505,79	2424,82	4,08
Wake Me Up Breakfast En Route	53,88	21,41	78,15	4156,72	1372	3,4
Lcl Breakfast Bun Bacon Egg & Chaywa Free	27	13,92	17,18	1376,43	1197,33	2,78
Blazing Onion Burger Reg Chips 330ml Can - TA	81,05	39,5	93,64	5538,63	2836,1	6,93
Blazing Onion Burger Med Chips - SD	98,55	42,2	99,30	6068,21	3464,1	8,43
Shout Burger Combo - TA	74,22	35,16	89,28	5226,51	2622,93	7,01
Shout Burger Combo - SD Diner	91,72	37,86	94,97	5756,09	3250,93	8,51
Mjojo Burger Combo - TA	77,02	35,34	90,29	5211,81	2813,5	7,26
Mjojo Burger Combo - SD	94,52	38,04	95,956	5741,39	3441,5	8,76
Frank And Beans Sit Down - Diner	30,63	30,21	48,05	2787,71	1462,5	1,7
Omelette - Cheese And Tomato - Diner	19,1	18,4	24,3	1534,66	507,5	1,3
Lcl Chicken Qrt (Fg) 2 Steers Burger 2 Reg Chips	150,15	92,79	185,59	10904,42	5542,41	15,9
Lclg 4 Steers B Brg Lrg Chips	232,46	112,87	199,24	13003,12	9309,48	24,05
Lcl Gr B Brg Reg Chips And Ice Cream Cone	80,9	23,11	76,19	4553,21	2044	5,52
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
Chips Large With Mexican Sauce TA	57,81	8,43	92,19	4538,24	1804,52	4,45
Chips Medium With Mexican Sauce TA	48	6,98	61,82	3208,45	1443,62	3,7
Steak Chips & Ribs (Diner) Sit	50,97	57,58	89,94	5109,72	1778,33	2,7
Bacon And 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
My Burger Base Burger TA	35,67	26,03	23,68	1848,9	2219,43	4
My Burger Base Burger - CD	79,42	32,63	85,35	4977,35	3475,43	7,7
Lcl Grbb Egg & Chaywa 350ml	25,44	11,67	13,5	1168,52	982,62	2,74
Lcl Club Sandwich With Free 350ml Chaywa Coffee	48,4	38,6	16,86	2180,57	1165,4	3,16
My Burger Combo Reg Chips & 330ml Soda	61,92	29,93	79,68	4447,77	2847,43	6,2
Lcl Chicken Qtr(Fg) & Rib & Med Chips Meal	76,09	89,46	104,97	6638,93	2656	5,73
Lcl King Steer X 1, Prince X 1, Med Chips X 1, Kids Meal X 2	194,93	115,47	172,01	11558,46	8072,11	20,88
Lcl Pork Rib Cheese Brg Reg Chips	42,58	32,67	34,91	2568,11	2158,85	4,9
Lcl 1/4 Chicken, Ribs Snack,Reg Chips	44,64	59,51	100,45	5497,09	1710	3,93
Lcl Chicken Qrt Ribs Snack And Reg Chips NC	44,64	59,51	100,45	5497,09	1710	3,93
Lcl Chicken Half(Fg) & Rib & Lrg Chips Meal NC	92,51	123,34	155,27	9372,96	3386,67	8,18
Lcl 4 Steers B Brg 2 Med Chips + 1L Soda - EC	267,46	118,12	230,57	14821,78	10251,48	27
Lcl Chicken Half(Fg) & Rib & Lrg Chips Meal - EC	81,83	121,42	154,8	9173,63	3003,33	7,72
Cheese Chips Medium Chilli	49,75	9,9	71,62	3608,99	1433,9	5,1
Cheese Chips Large Chilli	59,2	11,95	104,43	5036,87	1792	5,85

MAIN MEAL NUTRITIONAL ANALYSIS – MACRONUTRIENTS, ENERGY, SODIUM AND FIBRE***	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Total Sodium (mg)	Dietary Fibre (g)
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
LCL 2 Steer Brg & Reg Chips	116,23	56,36	109,62	6881,31	4497,74	12
LCL Chicken Qtr(Fg) & Reg Chips & Roll	65,42	43,78	79,47	4787,51	1442,27	7,12
LCL (H) Beef Rib Brg with Ice Cream Cone	66,06	34,28	41,1	3239,98	2162,87	4,93
Blazing Onion Burger Only - TA	54,8	35,6	37,64	2939,76	2208,1	4,73
Jalapeño Mayo Cheese Burger - TA	45,94	28,94	28,54	2342,6	1372,93	4,77
Jalapeño Mayo Cheese Burger Combo - TA	72,19	32,84	84,54	4941,47	2000,93	6,97
LCL (H) Beef Rib Brg Cmb	65,74	33,82	91,43	5111,01	2748,87	7,1
LCL Chicken Qtr (FG) with Pap	100,25	41,8	22,34	3203,8	1240,5	5,8
LCL Chicken Half (FG) and Pap	107,92	74,33	42,31	4628,04	1657,17	7,5
LCL Pap and Sauce Only	92,58	9,27	2,37	1779,56	823,83	4,1
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
Good Morning Breakfast - Diner	30,62	18,66	79,68	3789,12	914,75	2,75
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
Flap Jacks (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
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
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
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
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

EXTRA'S NUTRITIONAL ANALYSIS - MACRONUTRIENTS, ENERGY, SODIUM AND FIBER***	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Total Sodium (mg)	Dietary Fibre (g)
STARCHES						
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
Hashbrown	26	2	12	877,8	650	2
Pap	74	7,6	1,7	1429,56	3	4,1
PROTEIN						
Chicken Fillet	0	21,8	3,2	484,88	150	0
Boerewors	1,3	19,6	21,4	1228,92	886,6	1,8
Frankfurter	3	8	20	919,6	630	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
Belly rib strip	18	50	23	1956,24	720	0
Lamb chops	0	63	54	3135	183	0
Chicken Quarter 250g	0	29,8	15,6	1120,24	90	0
Chicken half 500g	0	59,6	31,2	2240,48	180	0
Rump steak	0	81	42	2758,8	168	0
T-Bone steak	0	81	42	2758,8	168	0
Cheese Griller	2,5	9,6	9,6	564,3	569	0,9
Macon	0	5,8	0,4	112,86	309	0
Bacon	0,33	4,41	7,35	352,53	288	0
50g Beef Patty	2,25	9,05	10,1	544,5	289,5	0,3
100g Beef Patty	4,16	18,08	20,18	1082,5	565,83	0,58
Egg	1	6	10	484	70	0