

Nutritional Information Australian Sides Range

BREADS & CHIPS	Serving Size	Energy	Protein	Fat - Total	Fat - Sat	Carbohydrate	Sugars	Sodium
Garlic Bread	170g	2227kJ (530Cal)	12.1g	21.4g	9.4g	70.4g	8.0g	690mg
Cheesy Garlic Bread	226g	2652kJ (631Cal)	23.9g	29.9g	14.8g	72.5g	9.6g	957mg
Mac & Cheese Croquette (2pk)	94g	978kJ (234Cal)	8.9g	11.3g	4.0g	23.7g	2.1g	564mg
Chips	350g	2870kJ (686Cal)	8.8g	33.3g	8.8g	87.5g	0.7g	1170mg
CHICKEN & PRAWN	Serving Size	Energy	Protein	Fat - Total	Fat - Sat	Carbohydrate	Sugars	Sodium
Buttermilk Kickers	27g (5 or 10 per Pack)	209kJ (50Cal)	5.4g	2.6g	0.8g	0.7g	less than 0.1g	102mg
Chipotle Kickers	27g (5 or 10 per Pack)	251kJ (60Cal)	4.2g	2.2g	0.2g	3.6g	0.3g	231mg
Chicken Meatballs & Hickory Sauce	210g	2210kJ (528Cal)	31.9g	33.7g	11.0g	24.9g	12.3g	1300mg
Oven Roasted Wings	40g (5 or 10 per Pack)	366kJ (87Cal)	7.4g	6.2g	1.8g	0.6g	0.4g	143mg
Chicken Tenders	48g (3 or 5 per Pack)	432kJ (103Cal)	9.1g	4.2g	0.6g	7.0g	0.2g	306mg
Korean Sticky Wings	47g (5 or 10 per Pack)	446kJ (106Cal)	7.6g	6.5g	1.8g	3.4g	2.7g	249mg
Spicy Bites	7g (20 or 40 per Pack)	58kJ (14Cal)	1.1g	0.6g	less than 0.1g	0.9g	less than 0.1g	34mg
Spicy Battered Prawns	11g (9 per pack)	138 kJ (33 Cal)	1.1g	1.7g	0.3g	2.6g	0.1g	96mg
DIPPING SAUCES	Serving Size	Energy	Protein	Fat - Total	Fat - Sat	Carbohydrate	Sugars	Sodium
Ranch	20g	314kJ (75Cal)	0.4g	7.2g	0.5g	2.3g	1.8g	160mg
Creamy Aioli	20g	310kJ (74Cal)	0.3g	7.5g	0.5g	1.5g	1.0g	176mg

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Chocolate	25g	367kJ (87Cal)	0.7g	3.9g	1.0g	11g	9.2g	35mg
BBQ	20g	148 (35Cal)	0.3g	0.1g	0.02g	8.1g	7.5g	260mg
Tomato	20g	101 kJ (24 Cal)	0.2g	0.02g	2.8g	5.6g	5.0g	177mg
DESSERTS	Serving Size	Energy	Protein	Fat - Total	Fat - Sat	Carbohydrate	Sugars	Sodium
Chocoholic Dessert Pizza	65g	953kJ (227Cal)	4.6g	8.8g	5.4g	31.4g	14.5g	157mg
Chocolate Lava Cake	90g	1710kJ (409Cal)	3.9g	24.5g	10.6g	42.8g	24.1g	120mg
Chocolate Brownies	105g	1930kJ (460Cal)	6.6g	34.1g	21.5g	62.4g	53.4g	118mg
Churros (4pk)	125g	1770kJ (421Cal)	6.9g	28.9g	13.3g	73.4g	18.5g	588mg
Churros (12pk)	370g	5310kJ (1264Cal)	18.9g	76.9g	37.3g	186g	27.2g	1630mg
Mini Dutch Pancakes	111g	1850kJ (440Cal)	5.9g	38.4g	14.4g	42.8g	22.2g	401mg
Dessert Sampler Pack	265g	4183kJ (996Cal)	12.6g	69.9g	31.8g	111g	58.1g	754mg
Salted Caramel Chocolate Mousse	100g	1600kJ (381Cal)	3.2g	28.8g	21.4g	30.3g	29.4g	88mg

Nutrition values are based in average figures and on standard product formulation.

Actual serving size and nutrient values may vary. Ingredients are subject to seasonal variation.
Nutrition values and serve size do not apply to special customer orders. This information is correct as from April 2018