

# Nutritional Information Australian Sides Range

<b>BREADS &amp; CHIPS</b>	<b>Serving Size</b>	<b>Energy</b>	<b>Protein</b>	<b>Fat - Total</b>	<b>Fat - Sat</b>	<b>Carbohydrate</b>	<b>Sugars</b>	<b>Sodium</b>
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
Chips	350g	2870kJ (686Cal)	8.8g	33.3g	8.8g	87.5g	0.7g	1170mg
<b>CHICKEN &amp; PRAWN</b>	<b>Serving Size</b>	<b>Energy</b>	<b>Protein</b>	<b>Fat - Total</b>	<b>Fat - Sat</b>	<b>Carbohydrate</b>	<b>Sugars</b>	<b>Sodium</b>
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
Chicken Meatballs & Ranch Sauce	210g	2490kJ (596Cal)	32.1g	44.5g	11.8g	17.7g	6.1g	1300mg
Chicken Pieces with D'Bomb Sauce	45g (4 per Pack)	373Kj (89Cal)	6.7g	5.4g	.6g	3.3g	.2g	216mg
Chicken Pieces with Damn Fine Jalapeno Lime Sauce	45g (4 Per Pack)	357Kj (85Cal)	6.7g	4.9g	.5g	3.2g	.2g	222mg
Chicken Pieces with Blazin' BBQ Sauce	45g (4 Per Pack)	346Kj (83Cal)	6.7g	4.3g	.5g	4.2g	.7g	300mg
Oven Roasted Wings	40g (5 or 10 per Pack)	366kJ (87Cal)	7.4g	6.2g	1.8g	0.6g	0.4g	143mg
Oven Roasted Wings with Ranch Sauce	40g (5 or 10 per Pack)	400kJ (95.6Cal)	7.05g	7.05g	1.24g	2.17g	.93g	225g
Korean Sticky Wings	47g (5 or 10 per Pack)	446kJ (106Cal)	7.6g	6.5g	1.8g	3.4g	2.7g	249mg
Spicy Chicken Kicker Bites	7g (20 or 40 per Pack)	58kJ (14Cal)	1.1g	0.6g	less than 0.1g	0.9g	less than 0.1g	34mg

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<b>Spicy Battered Prawns</b>	11g ( 9 per pack)	138 kJ (33 Cal)	1.1g	1.7g	0.3g	2.6g	0.1g	96mg
<b>DIPPING SAUCES</b>	<b>Serving Size</b>	<b>Energy</b>	<b>Protein</b>	<b>Fat - Total</b>	<b>Fat - Sat</b>	<b>Carbohydrate</b>	<b>Sugars</b>	<b>Sodium</b>
<b>Ranch</b>	20g	314kJ (75Cal)	0.4g	7.2g	0.5g	2.3g	1.8g	160mg
<b>Creamy Aioli</b>	20g	310kJ (74Cal)	0.3g	7.5g	0.5g	1.5g	1.0g	176mg
<b>Chocolate</b>	25g	367kJ (87Cal)	0.7g	3.9g	1.0g	11g	9.2g	35mg
<b>BBQ</b>	20g	148 (35Cal)	0.3g	0.1g	0.02g	8.1g	7.5g	260mg
<b>Tomato</b>	20g	101 kJ (24 Cal)	0.2g	0.02g	2.8g	5.6g	5.0g	177mg
<b>DESSERTS</b>	<b>Serving Size</b>	<b>Energy</b>	<b>Protein</b>	<b>Fat - Total</b>	<b>Fat - Sat</b>	<b>Carbohydrate</b>	<b>Sugars</b>	<b>Sodium</b>
<b>Chocolate Lava Cake</b>	90g	1710kJ (409Cal)	3.9g	24.5g	10.6g	42.8g	24.1g	120mg
<b>Chocolate Brownies</b>	105g	1930kJ (460Cal)	6.6g	34.1g	21.5g	62.4g	53.4g	118mg
<b>Churros (4pk)</b>	125g	1770kJ (421Cal)	6.9g	28.9g	13.3g	73.4g	18.5g	588mg
<b>Churros (12pk)</b>	370g	5310kJ (1264Cal)	18.9g	76.9g	37.3g	186g	27.2g	1630mg
<b>Mini Dutch Pancakes</b>	111g	1850kJ (440Cal)	5.9g	38.4g	14.4g	42.8g	22.2g	401mg
<b>Salted Caramel Chocolate Mousse</b>	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 December 2018.