

# 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	2750kJ (665Cal)	23g	30g	14.7g	71.3g	8.8g	1120mg
Cheese and Garlic Scrolls	53g (4 per Pack)	765kJ (183Cal)	5.2g	8.8g	2.6g	20.2g	0.9g	283mg
Chunky Cut Chips	303g	2470kJ (590Cal)	7.6g	28.5g	7.5g	75.3g	0.7g	1880mg
<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 Chicken Pieces	25g (5 or 10 per Pack)	220kJ (53Cal)	4.0g	1.9g	0.3g	4.0g	0.3g	190mg
Southern Fried Chicken Pieces	27g (5 or 10 per Pack)	238kJ (57Cal)	4.2g	2.0g	0.3g	3.9g	0.2g	194mg
Chicken Meatballs	180g (15 per pack)	2020kJ (483Cal)	31.5g	33.7g	11g	14.2g	3.4g	1060mg
Chicken Meatballs & Hickory Sauce	210g (15 per pack)	2210kJ (528Cal)	31.9g	33.7g	11.0g	24.9g	12.3g	1300mg
Chicken Meatballs & Ranch Sauce	210g (15 per pack)	2490kJ (596Cal)	32.1g	44.5g	11.8g	17.7g	6.1g	1300mg
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 Bites	7g (20 or 40 per Pack)	69kJ (16Cal)	1.1g	0.8g	less than 0.1g	1.0g	less than 0.1g	37mg
Value Chicken Mega Box	7g (50 per Pack)	69kJ (16Cal)	1.1	0.8g	less than 0.1g	1.0g	less than 0.1g	37mg
Spicy Prawns	13g (9 per pack)	66kJ (16 Cal)	1.2g	1.9g	0.3g	2.8g	0.1g	104mg

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<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	334kJ (80Cal)	0.3g	8.3g	.8g	1g	.4g	144mg
<b>Chocolate</b>	25g	367kJ (87Cal)	0.7g	3.9g	1.0g	11g	9.2g	35mg
<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>	150g	2140kJ (511Cal)	6.7g	27.9g	13g	70g	16g	554mg
<b>Churros (12pk)</b>	395g	5590kJ (1340Cal)	1879g	75.9g	37g	183g	24.8g	1590mg
<b>Mini Dutch Pancakes (12pk)</b>	111g	2300kJ (551Cal)	6.8g	39.7g	9.1g	41.8g	21.4g	428mg
<b>Salted Caramel Chocolate Mousse</b>	100g	1600kJ (391Cal)	2.9g	25.4g	18.0g	33.8g	32.5g	270mg

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 March 2020.