

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	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
CHICKEN & PRAWN	Serving Size	Energy	Protein	Fat - Total	Fat - Sat	Carbohydrate	Sugars	Sodium
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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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	334kJ (80Cal)	0.3g	8.3g	.8g	1g	.4g	144mg
Chocolate	25g	367kJ (87Cal)	0.7g	3.9g	1.0g	11g	9.2g	35mg
DESSERTS	Serving Size	Energy	Protein	Fat - Total	Fat - Sat	Carbohydrate	Sugars	Sodium
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)	150g	2170kJ (518Cal)	4.7g	27.5g	13g	60.4g	16g	445mg
Churros (12pk)	395g	5680kJ (1360Cal)	12.6g	75g	37g	154g	23.7g	1270mg
Mini Dutch Pancakes (12pk)	111g	2300kJ (551Cal)	6.8g	39.7g	9.1g	41.8g	21.4g	428mg
Salted Caramel Chocolate Mousse	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 September 2020.