

# 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	212g	3060kJ (731Cal)	20.9g	35.2g	10.4g	80.7g	3.4g	1130mg
Chunky Cut Chips	303g	2470kJ (590Cal)	7.6g	28.5g	7.5g	75.3g	0.7g	1880mg
<b>CHICKEN</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>
\$5 Value Box	274g	2710kJ (648Cal)	26.9g	30.5g	6.6g	62.9g	2.2g	1660mg
Buttermilk Chicken Pieces 5pk (no sauce)	125g	1100kJ (262Cal)	20.1g	9.3g	1.5g	20.1g	1.3g	952mg
Buttermilk Chicken Pieces 10pk (no sauce)	250g	2200kJ (525Cal)	40.3g	18.5g	3.0g	40.3g	2.5g	1900mg
Buttermilk Chicken Pieces 5pk with Ranch Dipping Sauce	145g	1410kJ (338Cal)	20.5g	16.5g	2.0g	22.4g	3.0g	1110mg
Buttermilk Chicken Pieces 10pk with Ranch Dipping Sauce	290mg	2830kJ (675Cal)	41.1g	33.0g	4.1g	44.8g	6.0g	2230mg
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)	2190kJ (523Cal)	31.9g	33.7g	11.0g	23.5g	11.1g	1290mg
Chicken Meatballs & Ranch Sauce	210g (15 per pack)	2490kJ (596Cal)	32.1g	44.5g	11.8g	17.7g	6.1g	1300mg
Oven Roasted Wings 5pk	200g	1530kJ (365Cal)	34.6g	24.4g	5.4g	7.4g	2.0g	886mg
Oven Roasted Wings 10pk	400g	3060kJ (730Cal)	69.2g	48.8g	10.8g	14.8g	4.0g	1770mg
Creamy Ranch Chicken Wings 5pk	230g	2000kJ (478Cal)	35.2g	35.3g	6.2g	10.9g	4.6g	1130mg
Creamy Ranch Chicken Wings 10pk	460g	4000kJ (956Cal)	70.5g	70.5g	12.4g	21.7g	9.3g	2250mg

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<b>Korean Sticky Wings 5pk</b>	236g	1850kJ (441Cal)	35.6g	26.0g	5.5g	21.1g	11.8g	1560mg
<b>Korean Sticky Wings 10pk</b>	472g	3690kJ (882Cal)	71.2g	52.0g	10.9g	42.1g	23.6g	3130mg
<b>Spicy Chicken Bites 20pk with Ranch Dipping Sauce</b>	160g	1680kJ (402Cal)	22.6g	24.4g	2.3g	20.4g	2.1g	867mg
<b>Value Chicken Mega Box</b>	385g	3770kJ (901Cal)	60.8g	46.6g	4.6g	52.4g	3.5g	2030mg
<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>	86g	1670kJ (399Cal)	4.3g	20.9g	11.2g	48.4g	38.4g	154mg
<b>Chocolate Brownies 6pk with Choc Dipping Sauce</b>	130g	2320kJ (555Cal)	5.4g	31.3g	17.7g	61.9g	52.8g	145mg
<b>Churros 4pk with Choc Dipping Sauce</b>	150g	2290kJ (547Cal)	5.5g	30.2g	13.5g	62.0g	15.4g	424mg
<b>Churros 12pk with Choc Dipping Sauce</b>	395g	6050kJ (1450Cal)	15.1g	82.7g	38.5g	159g	23.0g	1230mg
<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 September 2020.