

CRACKERJACK CHICKEN NUTRITIONAL INFORMATION

| 1/8 BBQ CHICKEN | |
|----------------------------------|--------|
| Energy | 175kJ |
| Fat | 8g |
| Carbohydrate | 0g |
| Protein | 28g |
| Sodium | 87mg |
| WHOLE BREAST CHICKEN NUGGETS (6) | |
| Energy | 950kJ |
| Fat | 15g |
| Carbohydrate | 30g |
| Protein | 16g |
| Sodium | 970mg |
| HOT CHICKEN ROLL | |
| Energy | 1708kJ |
| Fat | 12g |
| Carbohydrate | 43g |
| Protein | 27g |
| Sodium | 417mg |
| CHICKEN FILLET (1) | |
| Energy | 895kJ |
| Fat | 9g |
| Carbohydrate | 39g |
| Protein | 24g |
| Sodium | 562mg |
| SWEET CHILLI CHICKEN TENDERS (2) | |
| Energy | 1096kJ |
| Fat | 14g |
| Carbohydrate | 21g |
| Protein | 14g |
| Sodium | 748mg |
| ORIGINAL CHICKEN TENDERS (2) | |
| Energy | 815kJ |
| Fat | 9g |
| Carbohydrate | 13g |
| Protein | 14g |
| Sodium | 442mg |
| CHICKEN FILLET BURGER | |
| Energy | 1612kJ |
| Fat | 13g |
| Carbohydrate | 56g |
| Protein | 37g |
| Sodium | 840mg |

| JUNIOR BURGER | |
|-------------------------|--------|
| Energy | 1777kJ |
| Fat | 15g |
| Carbohydrate | 54g |
| Protein | 19g |
| Sodium | 1187mg |
| JUNIOR BURGER PATTY (1) | |
| Energy | 798kJ |
| Fat | 9g |
| Carbohydrate | 13g |
| Protein | 12g |
| Sodium | 570mg |
| SWEET CHILLI SUB | |
| Energy | 2163kJ |
| Fat | 20.5g |
| Carbohydrate | 54g |
| Protein | 27g |
| Sodium | 1297mg |
| RANCH SUB | |
| Energy | 2010kJ |
| Fat | 18.5g |
| Carbohydrate | 52g |
| Protein | 26g |
| Sodium | 1185mg |
| PLAIN 10" TORTILLA | |
| Energy | 585kJ |
| Fat | 2g |
| Carbohydrate | 24g |
| Protein | 3g |
| Sodium | 380mg |
| 1 SERVE OF BACON | |
| Energy | 180kJ |
| Fat | 3g |
| Carbohydrate | 0.1g |
| Protein | 3g |
| Sodium | 185mg |
| 1 SERVE OF CHEESE | |
| Energy | 177kJ |
| Fat | 3.5g |
| Carbohydrate | <1g |
| Protein | 2.5g |
| Sodium | 68.5mg |
| ONION RINGS (3) | |
| Energy | 260kJ |
| Fat | 2g |
| Carbohydrate | 8g |
| Protein | 1g |
| Sodium | 127mg |

| POTATO CHIPS | |
|---------------------|--------|
| <i>Small</i> | |
| Energy | 2070kJ |
| Fat | 18g |
| Carbohydrate | 72g |
| Protein | 9g |
| Sodium | 461mg |
| <i>Large</i> | |
| Energy | 2898kJ |
| Fat | 26g |
| Carbohydrate | 100g |
| Protein | 12g |
| Sodium | 645mg |
| SWEET POTATO WEDGES | |
| <i>Small</i> | |
| Energy | 1430kJ |
| Fat | 17g |
| Carbohydrate | 44g |
| Protein | 3g |
| Sodium | 565mg |
| <i>Large</i> | |
| Energy | 2000kJ |
| Fat | 23g |
| Carbohydrate | 61g |
| Protein | 4g |
| Sodium | 791mg |
| COLESLAW | |
| <i>Small</i> | |
| Energy | 488kJ |
| Fat | 6g |
| Carbohydrate | 11g |
| Protein | 1g |
| Sodium | 138mg |
| <i>Large</i> | |
| Energy | 1950kJ |
| Fat | 24g |
| Carbohydrate | 44g |
| Protein | 4g |
| Sodium | 552mg |
| GRAVY | |
| <i>Small</i> | |
| energy | 188kJ |
| fat | 2g |
| carbohydrate | 5g |
| protein | 1g |
| sodium | 358mg |
| <i>Large</i> | |
| Energy | 753kJ |
| Fat | 8g |
| Carbohydrate | 20g |
| Protein | 4g |
| Sodium | 1432mg |

| PASTA SALAD | |
|-------------------|--------|
| <i>Small</i> | |
| Energy | 799kJ |
| Fat | 8.6g |
| Carbohydrate | 24.9g |
| Protein | 3.4g |
| Sodium | 239mg |
| <i>Large</i> | |
| Energy | 3196kJ |
| Fat | 34.4g |
| Carbohydrate | 99.6 |
| Protein | 13.6g |
| Sodium | 956mg |
| PEAS | |
| <i>Small</i> | |
| Energy | 257kJ |
| Fat | <1g |
| Carbohydrate | 6.4g |
| Protein | 4.8g |
| Sodium | 1mg |
| <i>Large</i> | |
| Energy | 1028kJ |
| Fat | 1.6g |
| Carbohydrate | 25.6g |
| Protein | 19.2g |
| Sodium | 4mg |
| 1 PIECE OF CORN | |
| Energy | 328kJ |
| Fat | 1.4g |
| Carbohydrate | 12.9g |
| Protein | 2.3g |
| Sodium | 3mg |
| ROAST POTATO | |
| Energy | 475kJ |
| Fat | 4g |
| Carbohydrate | 22g |
| Protein | 3g |
| Sodium | 269mg |
| PIECE OF FISH | |
| Energy | 810kJ |
| Fat | 9g |
| Carbohydrate | 15g |
| Protein | 13g |
| Sodium | 420mg |
| PINEAPPLE FRITTER | |
| Energy | 352kJ |
| Fat | 3g |
| Carbohydrate | 24g |
| Protein | 1g |
| Sodium | 4mg |
| BANANA FRITTER | |
| Energy | 816kJ |
| Fat | 16g |
| Carbohydrate | 24g |
| Protein | 5g |
| Sodium | 125mg |

Note: The average adult daily energy intake is 8,700kJ.

Additional Information

Nutritional information is based on independent research and on data from our suppliers. It is based on average figures and standard product formulations. Actual serving sizes and nutrient values may vary due to regional and seasonal differences in ingredients, product assembly and other factors.

For further information please email info@crackerjackchicken.com.au

