

Meal Components (per serving size)	Kj	kcal	Fat g	Sat Fats g	Carbohydrate g	Sugars g	Fibre g	Protein g	Salt g
Vegetable Chow Mein - Small	1370	326	11.8	1.4	48.2	1.8	3.0	8.2	2.70
Vegetable Chow Mein - Medium	1713	408	14.8	1.8	60.3	2.3	3.8	10.3	3.38
Vegetable Chow Mein - Large	2055	489	17.7	2.1	72.3	2.7	4.5	12.3	4.05
Egg Fried Rice - Small	1470	348	4.4	0.8	69.8	1.2	1.2	7.8	1.76
Egg Fried Rice - Medium	1838	435	5.5	1.0	87.3	1.5	1.5	9.8	2.20
Egg Fried Rice - Large	2205	522	6.6	1.2	104.7	1.8	1.8	11.7	2.64
Cauli Rice - Small	196	46	0.2	0.1	6.8	4.0	3.0	2.8	1.70
Cauli Rice - Medium	245	58	0.3	0.1	8.5	5.0	3.8	3.5	2.13
Cauli Rice - Large	294	69	0.3	0.2	10.2	6.0	4.5	4.2	2.55
K-Pop BBQ Chicken - Small	1213	290	12.3	1.3	33.3	12.6	1.8	12.2	2.21
K-Pop BBQ Chicken - Medium	910	217	9.2	1.0	25.0	9.5	1.3	9.1	1.66
K-Pop BBQ Chicken - Large	910	217	9.2	1.0	25.0	9.5	1.3	9.1	1.66
Teriyaki Beef - Small	709	168	4.1	0.8	24.0	16.6	2.6	10.2	2.20
Teriyaki Beef - Medium	473	112	2.7	0.6	16.0	11.0	1.8	6.8	1.46
Teriyaki Beef - Large	473	112	2.7	0.6	16.0	11.0	1.8	6.8	1.46
Caramel Drizzle Chicken - Small	1175	281	12.6	3.0	30.7	11.3	1.4	11.8	1.78
Caramel Drizzle Chicken - Medium	783	187	8.4	2.0	20.5	7.5	1.0	7.8	1.18
Caramel Drizzle Chicken - Large	783	187	8.4	2.0	20.5	7.5	1.0	7.8	1.18
Chinese Chicken Curry - Small	765	184	9.0	3.4	8.8	2.2	2.7	11.3	1.89
Chinese Chicken Curry - Medium	553	133	6.5	2.5	6.4	1.6	2.0	8.1	1.37
Chinese Chicken Curry - Large	553	133	6.5	2.5	6.4	1.6	2.0	8.1	1.37
Sweet Chilli Prawns - Small	1722	410	16.5	1.4	57.0	24.3	1.1	9.1	3.20
Sweet Chilli Prawns - Medium	1130	269	10.8	0.9	37.4	16.0	0.7	6.0	2.10
Sweet Chilli Prawns - Large	1130	269	10.8	0.9	37.4	16.0	0.7	6.0	2.10
Salt & Pepper Chicken - Small	1135	271	13.6	1.4	23.4	2.4	0.6	13.6	2.20
Salt & Pepper Chicken - Medium	757	181	9.0	1.0	15.6	1.6	0.4	9.0	1.46
Salt & Pepper Chicken - Large	757	181	9.0	1.0	15.6	1.6	0.4	9.0	1.46
Salt & Pepper Potatoes - Small	886	212	13.9	1.2	20.6	2.8	2.0	2.4	0.54
Salt & Pepper Potatoes - Medium	590	142	9.3	0.8	13.8	1.8	1.4	1.6	0.36
Salt & Pepper Potatoes - Large	590	142	9.3	0.8	13.8	1.8	1.4	1.6	0.36
Salt & Pepper Cauli Bites - Small	1351	323	17.2	1.7	38.6	3.8	4.3	5.7	2.14
Salt & Pepper Cauli Bites - Medium	965	231	12.3	1.2	27.6	2.7	3.1	4.1	1.53
Salt & Pepper Cauli Bites - Large	965	231	12.3	1.2	27.6	2.7	3.1	4.1	1.53
Sweet & Sour Chicken - Small	1381	330	14.1	1.4	35.7	13.1	1.0	15.4	2.29
Sweet & Sour Chicken - Medium	1036	247	10.6	1.1	26.8	9.8	0.7	11.5	1.72
Sweet & Sour Chicken - Large	1036	247	10.6	1.1	26.8	9.8	0.7	11.5	1.72
Thai Chicken Curry - Small	876	209	11.2	4.9	9.5	2.7	2.4	18.9	2.35
Thai Chicken Curry - Medium	618	148	7.9	3.5	6.7	1.9	1.7	13.3	1.66
Thai Chicken Curry - Large	618	148	7.9	3.5	6.7	1.9	1.7	13.3	1.66
Pumpkin Katsu Curry - Small	895	215	7.3	3.4	22.9	2.9	1.7	3.2	1.13
Pumpkin Katsu Curry - Medium	895	215	7.3	3.4	22.9	2.9	1.7	3.2	1.13
Pumpkin Katsu Curry - Large	895	215	7.3	3.4	22.9	2.9	1.7	3.2	1.13

Katsu Curry Sauce Portion - Small	330	80	0.8	2.8	5.4	0.5	0.7	1.1	0.78
Katsu Curry Sauce Portion - Large	661	160	1.6	5.6	10.7	1.0	1.4	2.2	1.57
Mini Crispy Chicken Balls (5)	568	136	6.9	0.7	10.6	0.4	0.8	8.1	0.62
Mini Crispy Chicken Balls (10)	1135	272	13.9	1.4	21.2	0.8	1.7	16.3	1.24
Mini Crispy Chicken Balls (15)	1703	408	20.8	2.1	31.8	1.2	2.5	24.4	1.86
Mini Crispy Chicken Balls Sharer	2786	667	34.0	3.5	52.1	1.9	4.1	40.0	3.05
Fries (Selected stores only)	1154	0	38.2	5.2	44.0	1.0	3.8	4.6	1.20
Prawn Crackers (39g Bag)	823	197	10.0	0.7	27.1	2.1	1.0	0.1	0.82
Vegetable Spring Rolls (2)	385	92	4.7	0.5	11.2	0.8	0.7	1.6	0.39
Vegetable Spring Rolls (3)	577	138	7.1	0.7	16.8	1.2	1.1	2.3	0.59
Vegetable Spring Rolls (5)	962	230	11.8	1.1	28.1	2.0	1.8	3.9	0.98
Vegetable Spring Rolls (10)	1923	459	23.6	2.3	56.1	3.9	3.6	7.8	1.95
Vegetable Spring Rolls (15)	2885	689	35.3	3.4	84.2	5.9	5.4	11.7	2.93
Salt & Pepper Cauli Bites (3)	579	139	7.4	0.7	16.6	1.6	1.9	2.5	0.92
Salt & Pepper Cauli Bites (5)	965	231	12.3	1.2	27.6	2.7	3.1	4.1	1.53
Salt & Pepper Cauli Bites (10)	1930	462	24.6	2.4	55.2	5.4	6.2	8.2	3.06
Salt & Pepper Cauli Bites (15)	2895	693	36.9	3.6	82.8	8.1	9.3	12.3	4.59
Apple Pie Rolls (2)	682	163	5.8	0.5	26.8	7.9	2.4	1.9	0.11
Apple Pie Rolls (2) + 30g Caramel Dip	1105	264	8.1	2.0	46.6	20.9	2.4	3.2	0.40
Apple Pie Rolls (5) + 30g Caramel Dip	2127	508	16.9	2.9	86.7	32.7	6.0	6.1	0.58
Apple Pie Rolls (5) + 2 x 30g Caramel Dip DELIVERY ONLY	2550	609	18.4	4.4	106.5	45.7	6.0	7.4	0.87
Sweet Chilli Pot 50g DELIVERY ONLY	385	91	0.0	0.0	22.0	20.3	0.0	0.1	1.38
Dip Pot - Sweet Caramel Sauce 30g	423	101	2.3	1.5	19.8	13.0	0.0	1.3	0.29
Dip Pot - Chinese BBQ 30g	206	49	0.0	0.0	11.9	9.5	0.4	0.8	0.33
Dip Pot - Firepit Mayo 30g	351	84	5.7	0.8	7.8	5.1	0.4	1.5	0.87
Dip Pot - Light Soya Sauce 30g	55	13	0.0	0.0	2.7	2.4	0.5	1.8	3.60
Dip Pot - Sweet Chilli Sauce 30g	218	51	0.0	0.0	12.5	11.3	0.3	0.2	0.73

Pepsi 12 floz/355ml	625	149	0.0	0.0	39	39.1	0	0	0.00
Pepsi 16 floz/473ml	832	199	0.0	0.0	52	52.0	0	0	0.00
Pepsi 22 floz/651ml	1146	273	0.0	0.0	72	71.6	0	0	0.00
Pepsi Max 12 floz/355ml		1	0.0	0.0	0.0	0.0	0.0	0.0	0.00
Pepsi Max 16 floz/473ml		1	0.0	0.0		0.0			0.00
Pepsi Max 22 floz/651ml		2	0.0	0.0		0.0			0.00
Diet Pepsi 12 floz/355ml		1	0.0	0.0		0.0			0.00
Diet Pepsi 16 floz/473ml		2	0.0	0.0		0.0			0.00
Diet Pepsi 22 floz/651ml		2	0.0	0.0		0.0			0.00
Pepsi Max Cherry 12floz/355ml		3	0.0	0.0		0.0			0.00
Pepsi Max Cherry 16 floz/473ml		4	0.0	0.0		0.0			0.00
Pepsi Max Cherry 22 floz/651ml		4	0.0	0.0		0.0			0.00
Tango Orange Sugar Free 12 floz/355ml		4	0.0	0.0		0.0			0.00
Tango Orange Sugar Free 16 floz/473ml		5	0.0	0.0		0.0			0.00
Tango Orange Sugar Free 22 floz/651ml		7	0.0	0.0		0.0			0.00
7Up Free 12 floz/355ml		7	0.0	0.0		0.0			0.00
7Up Free 16 floz/473ml		9	0.0	0.0		0.0			0.00
7Up Free 22 floz/651ml		13	0.0	0.0		0.0			0.00
Robinsons Real Juice - Peach and Mango 500ml		30	0.0	0.0		5.0			0.10
Fruit Shoot (275ml bottle)		11	0.0	0.0		1.9			0.08
Liptons Ice Tea Lemon (500ml bottle)		96	2.5	0.5		22.5			0.16
Iron Bru CAN 330ml		65	0.0	0.0		0.0			0.15
Pepsi CAN 330ml		135	0.0	0.0		36.3			0.03
Diet Pepsi CAN 330ml		2	0.0	0.0		0.0			0.17
Pepsi Max CAN 330ml		1	0.0	0.0		0.0			0.00
Pepsi Max Cherry CAN 330ml		2	0.0	0.0		0.0			0.00
7Up Sugar Free CAN 330ml		19	0.0	0.0		4.6			0.00
Tango Orange CAN 330ml		63	0.0	0.0		14.0			0.20
Tango Orange Sugar Free CAN 330ml		4	0.0	0.0		0.0			
Classic Coke 16 floz		201	0.0	0.0		0.0			
Classic Coke 20 floz		252	0.0	0.0		0.0			
Coke Zero 16 floz		2	0.0	0.0		0.0			
Coke Zero 20 floz		3	0.0	0.0		0.0			
Diet Coke 16 floz		1	0.0	0.0		0.0			
Diet Coke 20 floz		2	0.0	0.0		0.0			
Fanta regular 16 floz		91	0.0	0.0		0.0			
Fanta regular 20 floz		113	0.0	0.0		0.0			
Sprite Zero 16 floz		5	0.0	0.0		0.0			
Sprite Zero 20 floz		6	0.0	0.0		0.0			