MENU GUIDE

Nutritional Information

Know exactly what is on your plate

Adults need around 2,000 kcal a day

Menu Item	Energy kcal	Energy kJ	Protein	Fat	Saturates	Mono-Unsat	Poly-Unsat	Carbs	Sugars	Fibre	Sodium	Moisture	Ash	Salt
WRAPS														
Chicken Wrap	**564.3**	2381.4	49.14g	11.34g	4.86g	4.05g	2.43g	62.37g	3.78g	8.73g	1228.50mg	133.65	5.13	3.08g
Veggie Wrap	**582.14**	2348.76	11.23g	22.79g	4.03g	12.91g	6.03g	71.34g	1.75g	11.78g	654.48mg	92.52	4.02	1.65g
Falafel Wrap	**531.7**	2224.96	10.63g	21.88g	4.09g	11.86g	5.93g	67.69g	1.43g	10.43g	609.41mg	90.8	3.07	1.53g
Lamb Wrap	**593.52**	2480.85	29.55g	34.77g	15.40g	15.89g	3.48g	38.24g	8.94g	5.22g	1462.68mg	135.09	5.46	3.65g
FLATBREAD														
Chicken Flatbread	**440.59**	1859.98	46.81g	6.76g	1.25g	3.50g	2.25g	44.81g	4.51g	6.51g	1189.08mg	140.69	4.76	2.98g
Falafel Flatbread	**462.32**	1933.16	10.17g	19.99g	7.50g	8.93g	3.39g	56.05g	2.68g	8.39g	390.92mg	81.57	2.32	0.98g
BURGERS														
Chicken Burger	**405.04**	1707.1	35.93g	10.76g	3.66g	4.81g	2.29g	37.53g	4.58g	7.55g	1125.86mg	133.18	3.89	2.81g
Veggie Burger	**173**	724	4.60g	7.10g	0.60g	3.40g	3.70g	20.00g	1.10g	6.30g	560.00mg	57.84	2.41	0.70g
Burger Beyond	**252**	1047	17.00g	19.00g	5.60g	6.13g	3.01g	3.50g	0.00g	1.30g	380.00mg	45.61	1.57	0.75g
GRILLED MEAT														
¼ Chicken – Leg	**171.6**	719.84	20.59g	8.18g	2.55g	2.82g	2.82g	3.78g	0.79g	0.44g	356.40mg	53.15	1.94	0.89g
Half Chicken	**627**	2623.37	90.0g	29.2g	8.60g	4.45g	2.60g	1.90g	0.60g	1.95g	57.50mg	0	1.72	3.50g
Full Chicken	**1254**	5246.74	180.0g	58.5g	17.3g	8.90g	5.20g	3.70g	1.20g	3.90g	115mg	0	3.43	7.10g
Chicken Wings (4pcs)	**412.4**	1369.16	30.96g	16.48g	5.72g	7.92g	3.32g	9.44g	0.84g	0.74g	825.6mg	83.52	2.84	2.04g
Chicken Wings (6pcs)	**618.6**	2053.74	46.44g	24.72g	8.60g	11.88g	4.98g	14.16g	1.26g	1.08g	1238.40mg	125.28	4.26	3.06g
Chicken Wings (10pcs)	**1031**	3891.5	77.40g	41.20g	14.30g	19.80g	8.3g	23.60g	2.1g	1.8g	2064mg	208.8	7.1	5.1g
Crispy Chicken Tenders (4pcs)	**262.84**	1189.56	54.4g	1.24g	0.52g	0.52g	0.52g	7.44g	2.68g	1g	954.08mg	137.8	4.32	2.36g
Crispy Chicken Tenders (6pcs)	**394.26**	1676.34	81.6g	1.86g	0.78g	0.78g	0.78g	11.18g	4.02g	1.5g	1431.13mg	206.75	6.48	3.54g
Crispy Chicken Tenders (10pcs)	**657.1**	2793.9	136g	3.10g	1.3g	1.3g	1.3g	18.6g	6.7g	2.5g	2385.2mg	344.5	10.8	5.9g
Grilled Chicken Tenders (4pcs)	**262.84**	1117.58	55.05g	1.24g	0.41g	0.41g	0.41g	7.45g	2.69g	1.03g	954.09mg	137.84	4.35	2.38g
Grilled Chicken Tenders (6pcs)	**394.26**	1676.34	81.6g	1.86g	0.78g	0.78g	0.78g	11.18g	4.02g	1.5g	1431.13mg	206.75	6.48	3.54g
Grilled Chicken Tenders (10pcs)	**657.1**	2793.9	136g	3.10g	1.3g	1.3g	1.3g	18.6g	6.7g	2.5g	2385.2mg	344.5	10.8	5.9g
Lamb Chops (4pcs)	**291.38**	1230.25	50.88g	7.71g	3.68g	2.13g	0.78g	4.48g	1.23g	0.78g	382.33mg	88.03	2.63	0.96g
Lamb Tenders (4pcs)	**301.24**	1239.75	61.41g	8.36g	4.30g	2.47g	1.13g	5.59g	1.99g	1.19g	389.24mg	95.73	3.24	1.36g
Crispy Cod Fish	**401**	1696	26.08g	3.85g	1.4g	1.2g	1.4g	62.65g	1.35g	0.3g	0g	0g	0g	0g
SIDES														
Skin On Chips	**443.96**	1859.92	5.55g	21.86g	9.75g	8.74g	3.36g	54.99g	0.50g	2.69g	351.47mg	80.05	3.03	0.87g
Flaming Fries	**443.96**	1859.92	5.55g	21.86g	9.75g	8.74g	3.36g	54.99g	0.50g	2.69g	351.47mg	80.05	3.03	0.87g
Garlic Bread	**333**	1391	6.60g	17.00g	7.00g	4.30g	5.70g	37.10g	2.60g	3.00g	544.00mg	76.54	1.54	0.66g
Coleslaw	**220**	909	1.00g	21.00g	2.007	3.97g	4.25g	6.30g	12.00g	1.00g	203.00mg	64.21	1.49	0.65g
Creamy Mash	**202.54**	843.92	3.38g	9.95g	7.11g	2.49g	0.36g	23.45g	0.89g	2.49g	417.52mg	136.27	2.13	1.05g
Spicy Rice	**318.92**	1354.22	9.04g	2.38g	0.71g	0.71g	0.95g	64.02g	0.24g	3.09g	549.78mg	157.56	1.9	1.38g
Creamy Pasta	**301**	1059	4.90g	1.9g	1.1g	0.71g	0.85g	51.4g	5.2g	3.6g	960.00mg	164.32	2.78	1.1g
Mozzarella Sticks	**319**	1329	14.40g	20.00g	8.3g	0.83g	0.96g	19.0g	1.3g	1.2g	567.43mg	96.41	2.12	1.58g
Chilli Cheese Bites	**247**	1033	8.3g	13.3g	5.0g	0.82g	0.94g	22.9g	1.9g	1.1g	557.41mg	94.52	1.93	1.70g
Mediterranean Salad	**266.79**	1096.27	0.93g	28.31g	3.61g	11.65g	13.05g	1.63g	1.28g	0.58g	404.26mg	83.65	1.4	1.01g
APPETISERS														
Olive Mix	**158**	649	1.69g	15.47g	1.42g	7.89g	0.91g	6.30g	0.00g	3.20g	110.00mg	94.87	2.1	1.74g
Chicken Breast Tenders (4pcs)	**262.84**	1117.58	55.05g	1.24g	0.41g	0.41g	0.41g	7.45g	2.69g	1.03g	954.09mg	137.84	4.35	2.38g
Crispy Breast Tenders (4pcs)	**262.84**	1189.56	54.4g	1.24g	0.52g	0.52g	0.52g	7.44g	2.68g	1g	954.08mg	137.8	4.32	2.36g
Lamb Strips (4pcs)	**233.1**	984.2	40.70g	6.17g	2.17g	2.84g	0.62g	3.58g	0.99g	0.62g	305.87mg	70.42	2.1	0.76g
Chicken Wings (4pcs)	**412.4**	1369.16	30.96g	16.48g	5.72g	7.92g	3.32g	9.44g	0.84g	0.74g	825.6mg	83.52	2.84	2.04g
Falafel Bites (5pcs)	**256.25**	1093.75	8.75g	13.00g	1.25g	12.71g	5.20g	22.63g	0.00g	7.13g	367.50mg	67.43	2.1	0.88g
POTS & BOWLS														
Chicken Pasta Pot	**411.15**	1737.7	44.59g	6.71g	1.91g	2.32g	1.74g	41.75g	5.92g	3.00g	549.09mg	95.21	2.74	1.36g
Chicken 'n' Mash Pot	**350.15**	1470.7	40.39g	10.11g	3.82g	2.54g	2.07g	22.74g	4.92g	9.00g	630.09mg	89.15	3.02	1.36g
Chacos	**230.15**	969.7	37.89g	5.61g	1.82g	2.11g	1.68g	6.74g	1.12g	0.70g	543.09mg	87.15	2.53	1.36g
Spice Rice Pot	**374.24**	1536.5	42.39g	7.52g	2.91g	2.44g	1.85g	34.76g	4.92g	6.00g	586.09mg	92.13	2.93	1.36g

Nutritional values are approximate and may vary slightly due to preparation and portioning.

For allergen details, please see our Allergen Information guide.