

## NUTRITIONAL INFORMATION

	Kcal	Kj	Protein	Fat	Saturated Fat	Mono-Sat Fat	Poly-Unsat Fat	Carbs	Sugars	Fiber	Sodium	Moisture	Ash	Salt
<b>WRAPS</b>														
Chicken Wrap	564.30	2381.40	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	531.70	2224.96	10.63g	21.88g	4.09g	11.86g	5.93g	67.69g	1.43g	10.43g	609.41mg	90.80	3.07	1.53g
<b>PITTAS</b>														
Chicken Pitta	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
Beef Pitta	597.18	2422.44	30.57g	28.50g	13.56g	12.64g	2.53g	47.58g	3.91g	5.06g	1438.76mg	112.85	5.29	3.61g
Falafel Pitta	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
<b>BURGERS</b>														
Chicken Burger	405.04	1707.10	35.93g	10.76g	3.66g	4.81g	2.29g	37.53g	4.58g	7.55g	1125.86mg	133.18	3.89	2.81g
Lamb Burger	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
Veggie Burger	173.00	724.00	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 Byond	252.00	1047.00	17.00g	19.00g	5.60g	6.13g	3.01g	3.50g	0.00g	1.30g	380.00mg	45.61	1.57	0.75g
<b>GRILLED MEAT</b>														
¼ Chicken – Leg	171.60	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	627.00	2623.37	90.0g	29.2g	8.60g	4.45g	2.60g	1.90g	0.60g	1.95g	57.50mg	0.00	1.72	3.50g
Full Chicken	1254.00	5246.74	180.0g	58.5g	17.3g	8.90g	5.20g	3.70g	1.20g	3.90g	115mg	0.00	3.43	7.10g
Chicken Wings (3pcs)	232.20	972.88	23.22g	12.36g	4.30g	5.69g	2.47g	7.10g	0.65g	0.54g	619.20mg	62.64	2.15	1.55g
Chicken Wings (6pcs)	464.40	1945.75	46.44g	24.72g	8.60g	11.18g	4.49g	14.20g	1.30g	1.08g	1238.40mg	125.28	4.30	3.10g
Chicken Wings (12pcs)	928.80	3891.50	92.88g	49.44g	17.21g	22.37g	9.89g	28.39g	2.59g	2.16g	2476.80mg	250.56	8.59	6.19g
Crispy Chicken Wings (3pcs)	197.13	838.19	41.30g	0.93g	0.31g	0.31g	0.31g	5.59g	2.02g	0.77g	715.57mg	103.37	3.26	1.79g
Crispy Chicken Wings (6pcs)	39.4.26	1676.38	82.58g	1.86g	0.62g	0.62g	0.62g	11.18g	4.04g	1.55g	1431.13mg	206.75	6.52	3.57g
Crispy Chicken Wings (12pcs)	788.52	3352.76	165.16g	3.72g	1.24g	1.24g	1.24g	22.36g	8.08g	3.10g	2862.26mg	413.50	13.04	7.14g
¼ Chicken – Breast	230.15	969.70	37.89g	5.61g	1.82g	2.11g	1.68g	6.74g	1.12g	0.70g	543.09mg	87.15	2.53	1.36g
Chicken Breast Tenders (4pc)	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
Lamb Chops (5pcs)	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 (5pcs)	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
<b>SIDES</b>														
Chunky 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
Sweet Potato Fries	434.33	1816.75	3.21g	17.41g	6.93g	6.93g	3.55g	62.36g	25.86g	7.27g	398.84mg	76.05	2.70	1g
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	333.00	1391.00	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	220.00	909.00	1.00g	21.00g	2.01	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
Signature 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
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	1.40	1.01g
<b>APPETISERS</b>														
Olive Mix	158.00	649.00	1.69g	15.47g	1.42g	7.89g	0.91g	6.30g	0.00g	3.20g	110.00mg	94.87	2.10	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
Chicken Breast Tenders (3pcs)	197.13	838.19	41.29g	0.93g	0.31g	0.31g	0.31g	5.59g	2.01g	0.77g	715.57mg	103.38	3.26	1.79g
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)	309.6	1297.17	30.96g	16.48g	5.73g	7.57g	3.29g	9.47g	0.87g	0.72g	825.60mg	83.52	2.87	2.07g
Chicken Wings (3pcs)	232.2	972.88	23.22g	12.36g	4.30g	5.69g	2.47g	7.10g	0.65g	0.54g	619.20mg	62.64	2.15	1.55g
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	2.10	0.88g
Falafel Bites (3pcs)	153.75	642.75	5.25g	7.80g	1.35g	7.63g	3.12g	13.58g	0.00g	4.28g	220.50mg	40.46	1.26	0.53g
<b>POTS &amp; BOWLS</b>														
Chicken Pasta Pot	411.15	1737.70	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	969.70	37.89g	5.61g	1.82g	2.11g	1.68g	6.74g	1.12g	0.70g	543.09mg	87.15	2.53	1.36g