

Category name	Per Serving								
Sides	Energy (kcal)	Energy (kJ)	Protein	Carbohydrates	Sugar	Fats	Saturated Fatty Acids	Fibre	Salt
Biscuit & Cajun Gravy	238	1,031	4.3	29.7	2.4	12	6.1	1.6	1.8
Biscuit & Honey	319	1,219	4.1	42.2	17.1	11.4	5.9	1.4	1
Biscuit & Hot Honey	322	1,347	4.1	43	17	15	6	2	1.6
Biscuit & Strawberry Jam	303	1,151	4	38	13	11	6	1	1
Cajun Fries	293	1,217	5	41	0.3	13.3	7.4	5	2.7
Cajun Gravy	21	87	0.3	35	0.3	0.6	0.2	0.2	0.8
Cajun Rice	227	950	6.2	45.8	3.8	2.1	0.6	2.1	0
Large Cajun Fries	373	1,546	6	52	0	17	9	7	4
Large fries	355	1,480	5	0	0.3	21	9	6	3

Mac & Cheese	277	1,240	15.8	29.4	3.4	12.7	7.9	1.4	1.7
Mash & Cajun Gravy	383	1,601	3.1	27.5	0.5	42.1	5.6	3.4	1.5
Original Biscuit	226	945	4	26.2	2.1	11.4	5.9	1.4	1
Regular Fries	283	1,184	4.2	39.5	0.2	13.1	7.3	4.5	2.3
Slaw	289	1,208	1	5	4	29	2	1	1
<b>Hot Wings</b>	<b>Energy (kcal)</b>	<b>Energy (KJ)</b>	<b>Protein</b>	<b>Carbohydrates</b>	<b>Sugar</b>	<b>Fats</b>	<b>Saturated Fatty Acids</b>	<b>Fibre</b>	<b>Salt</b>
12 Buffalo Saucin' Wings Solo	1,798	7,505	116	79	3	116	44	10	21
12 Hot Honey Saucin' Wings	2,002	8,374	113	134	51	115	43	10	16
12 Hot Wings	1,770	7,404	112	77	1	115	43	9	14

12 Louisiana BBQ Saucin' Wings	2,012	8,418	91	113	43	115	43	10	16.5
20 Hot Wings	2,950	12,340	187	128	2	191	72	15	23
3 Hot Wings	443	1,851	28	19	0	29	11	2	3.5
5 Hot Wings	738	3,085	47	32	0.5	48	18	3.8	5.8
6 Buffalo Saucin' Wings Solo	897	3,752	56.3	39.3	1.3	58.1	21.8	5	10.6
6 Hot Honey Saucin' Wings	1,001	4,187	56	67	25	58	22	5	8
6 Hot Wings	885	3,703	56	38	0.6	57	22	5	7
6 Louisiana BBQ Saucin' Wings	1,006	4,209	56.6	68.2	21.4	57.6	22	4.8	8.2
8 Buffalo Saucin' Wings Solo	1,198	5,014	75	52	2	78	29	7	10

8 Hot Honey Saucin' Wings	1,334	5,582	75	89	34	77	29	6	11
8 Hot Wings	1,180	4,937	75	51	0.8	76	29	6	9
8 Louisiana BBQ Saucin' Wings	1,342	5,612	75.5	90.9	28.6	76.8	28.9	6.4	11
<b>Signature Louisiana Chicken</b>	<b>Energy (kcal)</b>	<b>Energy (kJ)</b>	<b>Protein</b>	<b>Carbohydrates</b>	<b>Sugar</b>	<b>Fats</b>	<b>Saturated Fatty Acids</b>	<b>Fibre</b>	<b>Salt</b>
2 Piece Signature Louisiana Chicken	728	3,046	55	29	0	43	16	1	4
2 Piece Spicy Signature Louisiana Chicken	773	3,234	58	30.2	1	47	18	1	4
3 Piece Signature Louisiana Chicken	1,092	4,570	83.2	43.7	0	65	24	2	5.8
3 Piece Spicy Signature Louisiana Chicken	1,159	4,851	87	45.4	0.8	69.7	26.5	2.1	6.2
6 Piece Signature Louisiana Chicken	2,184	9,139	166	87	0.8	129	47	4.2	11.7

Drinks	Energy (kcal)	Energy (kJ)	Protein	Carbohydrates	Sugar	Fats	Saturated Fatty Acids	Fibre	Salt
Biscoff Shake	548	2,290	16.6	65.6	56.6	14.4	6.3	1.9	0.5
Black Americano	0	0	0	0	0	0	0	0	0
Cappuccino	24	100	1.7	2.3	2.3	0.8	0	0	0.1
Caramel Latte	151	488	8.1	20.5	20.2	4	2.4	0	0.6
Chocolate Shake	473	1,980	12.7	69.8	59.8	6.9	3.8	0.7	0.4
Coca-Cola® OREO® Zero Sugar Limited Edition	0.4	4	0	0	0	0	0	0	0
Deep River Rock Still Water	0	0	0	0	0	0	0	0	0
Flat White	23.5	98	1.6	2.2	2.2	0.8	0	0	0

Frostin' Mint Shake made with Oreo	540	2,118	16.5	70.8	63.3	11.2	5.5	2.1	0.4
Frozen Fanta Lemon	109	463	0	29	18	0	0	0	0
Frozen Fanta Strawberry	114	476	0	29	18	0	0	0	0
Fruit Shoot Apple and Blackcurrant 200ml	8	36	0	1.6	1.6	0	0	0	0
Fruit Shoot Orange 200ml	12	52	0	2.4	2.4	0	0	0	0
Irn Bru Can	62	264	0	0	15	0	0	0	0
Jimmy's Iced Coffee	98	413	6	12	12	3	2	0	1
Kids Hand Spun Milkshake - Chocolate	355	1,485	10	52	45	5	3	1	0
Kids Hand Spun Milkshake - Strawberry	343	1,434	9	51	50	0	3	0	1

Large Coca- Cola Classic	274	1,170	0	10.6	10.6	0	0	0	0
Large Coca-Cola Classic	274	1,170	0	10.6	10.6	0	0	0	0
Large Coca-Cola Zero Sugar	0.5	2.1	0	0	0	0	0	0	0
Large Diet Coke	0.4	1.6	0	0	0	0	0	0	0
Large Dr Pepper Zero	0.4	1.8	0	0	0	0	0	0	0
Large Fanta Orange Low Sugar	120	504	0	28.4	28.4	0	0	0	0
Large Fanta Orange Zero	3.1	13	0	0.5	0.5	0	0	0	0
Large Sprite Zero	1	4.1	0	0	0	0	0	0	0
Latte	34.5	144.2	2.4	3.3	3.3	1.2	0	0	0

Millionaire Shake	666	2,783	17	95	76	14	7.5	0	0.6
Oasis Summer Fruits 500ml	17	74	0	4.1	4.1	0	0	0	0
Red Bull Energy Drink	115	485	0	27.5	27.5	0	0	0	0
Red Bull Pink Edition Sugar Free - Forest Fruits	5	27.5	0	0	0	0	0	0	0
Red Bull Summer Edition - Curuba & Elderflower	115	480	0	27.5	27.5	0	0	0	0
Red Bull Winter Edition - Iced Vanilla Berry	119	495	0	28.4	28.4	0	0	0	0.3
Regular Coca- Cola Classic	190	810	0	10.6	10.6	0	0	0	0
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Regular Coca-Cola Zero Sugar	0.5	2.1	0	0	0	0	0	0	0

Regular Dr Pepper Zero	0.4	1.8	0	0	0	0	0	0	0
Regular Fanta Orange Low Sugar	86	360	0	20.3	20.3	0	0	0	0
Regular Fanta Orange Zero	3.1	13	0	0.5	0.5	0	0	0	0
Regular Sprite Zero	1	4.1	0	0	0	0	0	0	0
Still Water	0	0	0	0	0	0	0	0	0
Strawberry Cheesecake Shake	535	2,237	13.1	74.3	60.2	11.8	6.3	0.3	0.2
Strawberry Shake	434	1,814	12.3	62	56	6.5	3.6	0	0.3
Tea	0	0	0	0	0	0	0	0	0
Vanilla Shake	341	1,425	12.2	38.7	38.2	6.5	3.6	0	0.3

White Americano	9	39	0.7	0.9	0.9	0.3	0.2	0	0
Sandwiches	Energy (kcal)	Energy (kJ)	Protein	Carbohydrates	Sugar	Fats	Saturated Fatty Acids	Fibre	Salt
Louisiana BBQ Red Bean Sandwich (VG)	632	2,644	19.1	63.1	29.5	33	7.1	10	3
Red Bean Creole Sandwich (VE)	591	2,481	15	55.9	22.9	31.5	4.4	12.6	2.6
The Classic Chicken Sandwich	691	2,892	35.3	48.1	8.2	40.7	11.4	2	2.5
The Deluxe Sandwich	767	3,210	39.8	49.3	8.9	46.5	15.3	2.5	2.7
The Double Stack	1,020	4,815	75	58	7.6	70	24	2.7	5.1
The Festive Superstack	846	3,157	42.8	70.5	16.8	44	14	6.4	3.5
The Spicy Chicken Sandwich	737	3,271	40.8	43.6	6.8	50.1	15.4	2	3.8

The Spicy Deluxe Sandwich	807	3,575	45.3	44.5	71	55.8	18.5	2.2	4
The Spicy Double Stack	1,136	4,944	75	58	7	73	23	2.7	5.8
<b>Whipz</b>	Energy (kcal)	Energy (kJ)	Protein	Carbohydrates	Sugar	Fats	Saturated Fatty Acids	Fibre	Salt
Biscoff Whipz	351	1,465	6.1	36.7	29	19.6	4.7	0.3	0.4
Chocolate Whipz	222	928	5.3	28.7	26.9	8.9	2.4	0.3	0.2
Made with Oreo Whipz	289	1,210	6	38.3	32.2	11.7	3.7	0.6	0.4
Millionaire Whipz	332	1,345	7	39	31	15	5	2	0.4
Mini Biscoff Whipz	198	826	3.8	21	17.3	10.8	2.6	0	0.2
Mini Chocolate Whipz	135	565	0	17	16	5.6	0	0.9	0.1

Kids	Energy (kcal)	Energy (kJ)	Protein	Carbohydrates	Sugar	Fats	Saturated Fatty Acids	Fibre	Salt
2 Classic Tenders	312	1,306	24	13	0	19	7	0.6	1.9
Kids Salad	9.6	40	0.4	1.3	1.2	0.2	0	0.5	0
Kids Sandwich	252	1,052	14.9	22.6	3.3	11.1	4	1.1	1.2
Kids Sandwich – Ketchup	262	1,100	15	24.9	5.5	11.1	4	1.2	1.3
Kids Sandwich – Mayo	308	1,295	15	23	3.5	17.2	4.4	1.1	1.3
Kids Wrap	230	964	12.5	9.3	0.8	15.8	3.9	0.7	1.1
Signature Wraps	Energy (kcal)	Energy (kJ)	Protein	Carbohydrates	Sugar	Fats	Saturated Fatty Acids	Fibre	Salt
Chicken Wrap	617	2,581	29	44.9	2.8	35.1	8.4	2.4	2.6
Louisiana BBQ Wraps	623	2,608	33.3	53.9	8.6	26	9.4	2.4	3.1

Signature Wraps	Energy (kcal)	Energy (kJ)	Protein	Carbohydrates	Sugar	Fats	Saturated Fatty Acids	Fibre	Salt
Spicy Chicken Wrap	645	2,699	30.6	44.8	3.2	37.2	8.6	2.4	3
Breakfast	Energy (kcal)	Energy (kJ)	Protein	Carbohydrates	Sugar	Fats	Saturated Fatty Acids	Fibre	Salt
Big Breakfast Roll with Herby Chicken Sausage with Ketchup	427	1,784	22	37	11	22	7.4	1.1	2.2
Bacon Roll with Cajun Ketchup	396	1,652	19.7	42.6	13.7	17.2	6.6	1.9	2
Bacon Roll with Heinz Ketchup	379	1,579	19.7	39.5	11.4	16.6	6.6	1.8	2
Bacon Roll with HP Sauce	382	1,594	19.6	40.4	11.1	16.7	6.6	1.7	1.9
Bacon, Egg and Cheese Muffin	399	1,667	20.6	26.6	3.1	22.9	6.8	2.1	1.9
Big Breakfast Roll with Cajun Ketchup	468	1,958	24.3	39.4	14.2	24.5	8	1.3	2
Big Breakfast Roll with Heinz Ketchup	451	1,887	24.1	31.9	12.4	23.9	8	6.1	1.9

Big Brekkie Wrap with Heinz Ketchup	736	3,079	31.7	40.2	6.8	49.5	12.5	1.9	3
Big Brekkie Wrap with HP Sauce	696	2,934	35	48	9	41	9	2.8	2.8
Big Cajun Roll	649	2,715	29	53	16	36	11	3	3
Big Cajun Roll with Herby Chicken Sausage	558	2,332	24	52	13	29	7.7	3	2.6
Big Cajun Wrap	701	2,932	33	51.6	9	39.6	11.1	3.4	3.6
Big Cajun Wrap with Herby Chicken Sausage	630	2,657	31	50	9	34	6	2.9	2.8
Biscuit & Nutella	260	1,402	4.9	34.8	10.5	19.2	7.9	1.9	1
Breakfast Roll with Herby Chicken Sausage and Cajun Ketchup	296	1,238	13	36	10.4	12	5.2	1.1	1.7
Breakfast Roll with Herby Chicken Sausage and Heinz Ketchup	296	1,238	13	36	10.4	12	5.2	1.1	1.7

Cajun Hash Brown	114	478	1.2	10.7	0	6.2	0	2	0.6
Cinnamon Sugar Biscuit	230	962	4	27.1	3	11.4	5.9	1.4	1
Double Bacon, Egg and Cheese Muffin	380	1,598	25.9	27.8	3.9	18.2	4.9	2.2	2.2
Double Herby Chicken Sausage, Egg and Cheese Muffin	518	2,173	31	34	3.9	28	6.1	2.1	2.9
Double Sausage, Egg and Cheese Muffin	529	2,221	31.8	34.6	7.7	29.1	9.3	2.5	2.6
Egg and Cheese Muffin	275	1,155	16.3	26.8	3	11.1	2.4	2.1	1.1
English Muffin with Hartleys Strawberry Jam	257	1,090	7.1	37.8	12.4	8	1	2	1
Hash Brown	106	445	1.2	10.7	0	6.2	0	1.5	0.2
Herby Chicken Sausage, Egg and Cheese Muffin	429	1,802	24	30	3.4	24	4.6	2.1	2

Sage & Onion Hash Brown	115	445	1.4	12.5	0.2	6.3	0.3	1.7	0.8
Sausage, Egg and Cheese Muffin	402	1,688	24.1	30.7	5.3	2.3	5.8	2.3	1.9
The Chicken Festive Feastin' Roll	556	2,168	23.8	57.7	12.6	27.2	6.7	3.9	4.4
The Festive Feastin' Roll	621	2,439	26.2	56.7	14	32.8	9.8	3.5	2.9
<b>Savin'</b>	<b>Energy (kcal)</b>	<b>Energy (kJ)</b>	<b>Protein</b>	<b>Carbohydrates</b>	<b>Sugar</b>	<b>Fats</b>	<b>Saturated Fatty Acids</b>	<b>Fibre</b>	<b>Salt</b>
Classic Savin' Wrap	230	1,279	12	26	2	16	3	2	1
Spicy Savin' Wrap	245	1,338	13	26	2	17	3	2	1