

# NUTRITIONAL INFO



Menu Item	Typical Serve (g)	Energy (KJ) per 100g	Protein (g) per 100g	Fat (g) per 100g	Sat Fat (g) per 100g	Carbs total (g) per 100g	Carbs sugars (g) per 100g	Sodium (mg) per 100g
Beetroot & Feta Salad	344	487	3.5	8.8	3	5.7	4.5	214
Sweet Potato, Grains & Feta Salad	343	247	2.6	3.8	2.2	1	1.5	135
Free Range Chicken Salad	328	717	9.2	13.2	3.4	1.6	1	358
Tuna & Avocado	563	804	7.1	12.9	2.8	11	1.4	223
The Classic	534	578	4.2	7.3	4.2	12.7	1.2	124
Bacon & Cheese	563	488	4.8	5.4	3.1	11	1.1	184
Home Style Bolognese	634	484	4.8	5	3	11.6	1.5	148
The Festival	449	645	5.5	8.5	5	12.9	0.7	232
Chicken & Avocado	583	402	5.5	2.5	1.4	10.1	0.7	145
Meatlovers	643	494	5.1	5.8	3.2	10.5	1.4	220
Mexican Chicken	653	548	5.7	5.3	0.6	12.4	1.2	171
Pulled Pork	663	365	3.7	2.7	1.4	13.3	3	138
Chilli Bean & Salsa	679	493	4.4	4.5	2.5	13.5	1.6	138
Hawaiian	719	443	3.4	4.3	2.4	12.1	3.4	117
Fresh Vegie	578	351	2.9	1.5	0.3	13.1	1.6	79
Moroccan Chickpea & Kale	638	303	2.5	1.2	0.15	12.2	1.9	129
<b>SNACK SPUDS</b>								
Chilli Bean, Cheese & Corn Chips	286	680	7.4	6.6	3.6	16.6	0.74	191
Bolognese, Cheese & Mushroom	273	542	6.7	6.1	3.7	10.9	0.6	205
Corn, Peas, Tomato & Cucumber Yogurt	343	326	2.98	1.05	0.3	12.7	2.3	28
Pulled Pork, Peas & Corn	303	382	4.6	1	0.2	14.5	2.5	136

These figures are correct at time of publishing and may vary from store to store.

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