

Connaught Plaza Restaurant Pvt Ltd



McDonald's

Product Nutritional Information Booklet

Nutritional Information - Index Sheet

Connaught Plaza Restaurant Pvt Ltd



Break Fast Menu

Veg Mc Muffin

Hot Cake with Maple Syrup

Hash Brown

Sausage N Egg Mc Muffin

Sausage Mc Muffin

Egg Mc Muffin

Veg Supreme McMuffin

Regular Menu

Mc Veggie Burger

Mc Aloo tikki Burger

Mc spicy Paneer Burger

Spicy Paneer Wrap

Schezwan Veg Burger

Chicken McGrill Burger

Butter Paneer Grilled Burger

Butter Chicken Grilled Burger

McEgg Burger

Veg Maharaja Mac

Pizza Puff

Mc chicken Burger

FILLET-O-FISH Burger

Mc Spicy Chicken Burger

Spicy Chicken Wrap

Chicken Maharaja Mac

4 piece Chicken McNuggets

6 piece Chicken McNuggets

9 piece Chicken McNuggets

20 piece Chicken McNuggets

Chicken wings - 2 piece

Chicken wings - 4 piece

Regular Fries

Medium Fries

Large Fries

Desserts Menu

Soft serve cone

McSwirl ChocoDip

McSwirl ButterScotch Dip

Regular Soft Serve: Hot Fudge

Medium Soft Serve: Hot Fudge



Regular Soft Serve: Strawberry



Medium Soft Serve: Strawberry



Regular Soft Serve: Brownie with Hot Fudge



Medium Soft Serve: Brownie with Hot Fudge



Small McFlurry - Oreo
Regular McFlurry - Oreo
Small McFlurry ChocoCrunch
Regular McFlurry ChocoCrunch
Small Black Forest
Regular Black Forest
Beverages Menu
Small Coca-Cola
Medium Coca-Cola
Large Coca-Cola
Small Fanta Oragne
Medium Fanta Orange
Large Fanta Oragne
Small Sprite
Medium Sprite
Large Sprite
Coke Float
Fanta Float
Sprite Float
Cold Coffee
Cold Coffee Float
Iced Tea
Masala Chai Regular
Masala Chai Cutting
Minute Maid Pulpy Orange Can
Coke Zero Can
Chocolate Milk Shake
Hot Black Coffee
Condiments & Pre-packed Items
Mustard dipping sauce
BBQ dipping sauce
Chilli Sauce
Tomato Ketchup Sachets
Cheese Slice (1 slice Extra)
Milk Tub (Creamer for coffee)
Peri-Peri Spice Mix
Sugar Sachet
Schweppes Packaged Water



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Veg Mc Muffin	Serve Size (g)	119 g				
	Energy (kCal)	303.35	15.17		Energy (kCal)	2000
	Protein (g)	10.22	Not recommended			
	Total fat (g)	11.78	17.58		Total fat (g)	67
	Sat Fat (g)	7.29	33.14		Sat Fat (g)	22
	Trans fat (g)	0.18	9.00		Trans fat (g)	2
	Cholesterols (mg)	25.31	Not recommended			
	Total carbohydrate (g)	38.86	Not recommended			
	Total Sugars (g)	3.02	Not recommended			
	Added Sugars (g)	0.75	1.50		Added Sugars (g)	50
	Sodium (mg)	804.63	40.23		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya					



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Veg Supreme Mc Muffin	Serve Size (g)	140 g				
	Energy (kCal)	347.96	17.40		Energy (kCal)	2000
	Protein (g)	10.50	Not recommended			
	Total fat (g)	15.78	23.55		Total fat (g)	67
	Sat Fat (g)	8.00	36.36		Sat Fat (g)	22
	Trans fat (g)	0.18	9.00		Trans fat (g)	2
	Cholesterols (mg)	27.31	Not recommended			
	Total carbohydrate (g)	40.96	Not recommended			
	Total Sugars (g)	4.22	Not recommended			
	Added Sugars (g)	2.00	4.00		Added Sugars (g)	50
	Sodium (mg)	1004.33	50.22		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya					



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Hot Cake with Maple Syrup	Serve Size (g)	142 g				
	Energy (kCal)	432.98	21.65		Energy (kCal)	2000
	Protein (g)	8.60	Not recommended			
	Total fat (g)	14.02	20.93		Total fat (g)	67
	Sat Fat (g)	7.11	32.32		Sat Fat (g)	22
	Trans fat (g)	0.32	16.00		Trans fat (g)	2
	Cholesterols (mg)	28.14	Not recommended			
	Total carbohydrate (g)	68.01	Not recommended			
	Total Sugars (g)	25.72	Not recommended			
	Added Sugars (g)	13.50	27.00		Added Sugars (g)	50
	Sodium (mg)	615.74	30.79		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya					



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Hash Brown	Serve Size (g)	64 g				
	Energy (kCal)	136.80	6.84		Energy (kCal)	2000
	Protein (g)	1.93	Not recommended			
	Total fat (g)	7.32	10.93		Total fat (g)	67
	Sat Fat (g)	3.42	15.55		Sat Fat (g)	22
	Trans fat (g)	0.06	3.00		Trans fat (g)	2
	Cholesterols (mg)	0.64	Not recommended			
	Total carbohydrate (g)	15.63	Not recommended			
	Total Sugars (g)	0.32	Not recommended			
	Added Sugars (g)	0.00	0.00		Added Sugars (g)	50
	Sodium (mg)	275.26	13.76		Sodium (mg)	2000
Allergen Contains	No Allergen Contains					



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Egg Mc Muffin	Serve Size (g)	112 g				
	Energy (kCal)	283.46	14.17		Energy (kCal)	2000
	Protein (g)	14.05	Not recommended			
	Total fat (g)	12.31	18.37		Total fat (g)	67
	Sat Fat (g)	6.92	31.45		Sat Fat (g)	22
	Trans fat (g)	0.17	8.50		Trans fat (g)	2
	Cholesterols (mg)	233.30	Not recommended			
	Total carbohydrate (g)	28.12	Not recommended			
	Total Sugars (g)	2.38	Not recommended			
	Added Sugars (g)	0.75	1.50		Added Sugars (g)	50
	Sodium (mg)	519.31	25.97		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Egg & Soya					



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Sausage N Egg Mc Muffin	Serve Size (g)	157 g				
	Energy (kCal)	350.46	17.52		Energy (kCal)	2000
	Protein (g)	22.46	Not recommended			
	Total fat (g)	15.94	23.79		Total fat (g)	67
	Sat Fat (g)	8.08	36.73		Sat Fat (g)	22
	Trans fat (g)	0.22	11.00		Trans fat (g)	2
	Cholesterols (mg)	264.80	Not recommended			
	Total carbohydrate (g)	28.87	Not recommended			
	Total Sugars (g)	2.61	Not recommended			
	Added Sugars (g)	0.75	1.50		Added Sugars (g)	50
	Sodium (mg)	804.04	40.20		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Egg & Soya					



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Sausage Mc Muffin	Serve Size (g)	112 g				
	Energy (kCal)	281.44	14.07		Energy (kCal)	2000
	Protein (g)	16.25	Not recommended			
	Total fat (g)	10.81	16.13		Total fat (g)	67
	Sat Fat (g)	6.04	27.45		Sat Fat (g)	22
	Trans fat (g)	0.17	8.50		Trans fat (g)	2
	Cholesterols (mg)	53.02	Not recommended			
	Total carbohydrate (g)	28.62	Not recommended			
	Total Sugars (g)	2.38	Not recommended			
	Added Sugars (g)	0.75	1.50		Added Sugars (g)	50
	Sodium (mg)	742.60	37.13		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Egg & Soya					



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 McVeggie Burger	Serve Size (g)	168 g				
	Energy (kCal)	387.88	19.39		Energy (kCal)	2000
	Protein (g)	10.24	Not recommended			
	Total fat (g)	13.83	20.64		Total fat (g)	67
	Sat Fat (g)	5.34	24.26		Sat Fat (g)	22
	Trans fat (g)	0.16	7.95		Trans fat (g)	2
	Cholesterols (mg)	2.49	Not recommended			
	Total carbohydrate (g)	56.54	Not recommended			
	Total Sugars (g)	7.90	Not recommended			
	Added Sugars (g)	4.49	8.99		Added Sugars (g)	50
	Sodium (mg)	706.13	35.31		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya					



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Veg Surprise Burger	Serve Size (g)	132 g				
	Energy (kCal)	313.44	15.67		Energy (kCal)	2000
	Protein (g)	5.71	Not recommended			
	Total fat (g)	14.95	22.31		Total fat (g)	67
	Sat Fat (g)	3.73	16.95		Sat Fat (g)	22
	Trans fat (g)	0.14	7.00		Trans fat (g)	2
	Cholesterols (mg)	0.00	Not recommended			
	Total carbohydrate (g)	39.84	Not recommended			
	Total Sugars (g)	5.66	Not recommended			
	Added Sugars (g)	1.64	3.28		Added Sugars (g)	50
	Sodium (mg)	504.19	25.21		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya					



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Aloo Tikki Burger	Serve Size (g)	146 g			Energy (kCal)	2000
	Energy (kCal)	339.52	16.98			
	Protein (g)	8.50	Not recommended		Total fat (g)	67
	Total fat (g)	11.31	16.88		Sat Fat (g)	22
	Sat Fat (g)	4.27	19.40		Trans fat (g)	2
	Trans fat (g)	0.20	9.85			
	Cholesterols (mg)	1.47	Not recommended			
	Total carbohydrate (g)	50.27	Not recommended			
	Total Sugars (g)	7.05	Not recommended		Added Sugars (g)	50
	Added Sugars (g)	4.07	8.15		Sodium (mg)	2000
	Sodium (mg)	545.34	27.27			
Allergen Contains	Cereal containing gluten, Milk, Soya					



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 McSpicy Paneer Burger	Serve Size (g)	199 g				
	Energy (kCal)	646.52	32.33		Energy (kCal)	2000
	Protein (g)	20.29	Not recommended			
	Total fat (g)	39.45	58.88		Total fat (g)	67
	Sat Fat (g)	17.12	77.82		Sat Fat (g)	22
	Trans fat (g)	0.18	8.90		Trans fat (g)	2
	Cholesterols (mg)	21.85	Not recommended			
	Total carbohydrate (g)	52.33	Not recommended			
	Total Sugars (g)	8.35	Not recommended			
	Added Sugars (g)	5.27	10.54		Added Sugars (g)	50
	Sodium (mg)	1074.58	53.73		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya					



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 McSpicy Paneer Wrap	Serve Size (g)	250 g				
	Energy (kCal)	674.68	33.73		Energy (kCal)	2000
	Protein (g)	20.96	Not recommended			
	Total fat (g)	39.10	58.36		Total fat (g)	67
	Sat Fat (g)	19.73	89.66		Sat Fat (g)	22
	Trans fat (g)	0.26	13.01		Trans fat (g)	2
	Cholesterols (mg)	40.93	Not recommended			
	Total carbohydrate (g)	59.27	Not recommended			
	Total Sugars (g)	3.50	Not recommended			
	Added Sugars (g)	1.08	2.16		Added Sugars (g)	50
	Sodium (mg)	1087.46	54.37		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya					



 Menu				per serve percentage (%) contribution to RDA	Recommended Dietary Allowance (RDA)	
 Schezwan Veg Burger	Serve Size (g)	121 g				
	Energy (kCal)	286.09	14.30		Energy (kCal)	2000
	Protein (g)	6.13	Not recommended			
	Total fat (g)	8.47	12.64		Total fat (g)	67
	Sat Fat (g)	3.70	16.82		Sat Fat (g)	22
	Trans fat (g)	0.00	0.00		Trans fat (g)	2
	Cholesterols (mg)	0.00	Not recommended			
	Total carbohydrate (g)	46.33	Not recommended			
	Total Sugars (g)	7.88	Not recommended			
	Added Sugars (g)	3.55	7.10		Added Sugars (g)	50
	Sodium (mg)	515.87	25.79		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Soya, Milk					



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Butter Paneer Grilled Burger	Serve Size (g)	142 g				
	Energy (kCal)	382.26	19.11		Energy (kCal)	2000
	Protein (g)	12.85	Not recommended			
	Total fat (g)	17.15	25.60		Total fat (g)	67
	Sat Fat (g)	8.29	37.68		Sat Fat (g)	22
	Trans fat (g)	0.00	0.00		Trans fat (g)	2
	Cholesterols (mg)	6.62	Not recommended			
	Total carbohydrate (g)	44.12	Not recommended			
	Total Sugars (g)	8.78	Not recommended			
	Added Sugars (g)	5.08	10.16		Added Sugars (g)	50
	Sodium (mg)	900.37	45.02		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya					



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Crispy Veggie Burger	Serve Size (g)	212 g				
	Energy (kCal)	482.33	24.12		Energy (kCal)	2000
	Protein (g)	9.9	Not recommended			
	Total fat (g)	19.8	29.55		Total fat (g)	67
	Sat Fat (g)	6.6	30.00		Sat Fat (g)	22
	Trans fat (g)	1	50.00		Trans fat (g)	2
	Cholesterols (mg)	3	Not recommended			
	Total carbohydrate (g)	62.37	Not recommended			
	Total Sugars (g)	10.56	Not recommended			
	Added Sugars (g)	1.22	2.44		Added Sugars (g)	50
	Sodium (mg)	1080.62	54.03		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya					



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Grand Cheese Burger	Serve Size (g)	303 g				
	Energy (kCal)	865.1	43.26		Energy (kCal)	2000
	Protein (g)	22.67	Not recommended			
	Total fat (g)	43.84	65.43		Total fat (g)	67
	Sat Fat (g)	21.6	98.18		Sat Fat (g)	22
	Trans fat (g)	1.2	60.00		Trans fat (g)	2
	Cholesterols (mg)	62.75	Not recommended			
	Total carbohydrate (g)	92.18	Not recommended			
	Total Sugars (g)	17.45	Not recommended			
	Added Sugars (g)	2	4.00		Added Sugars (g)	50
	Sodium (mg)	1480	74.00		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya					



 Menu			per serve percentage (%) contribution to RDA	Recommended Dietary Allowance (RDA)	
 Veg Maharaja Mac	Serve Size (g)	306 g			
	Energy (kCal)	832.67	41.63	Energy (kCal)	2000
	Protein (g)	24.17	Not recommended		
	Total fat (g)	37.94	56.63	Total fat (g)	67
	Sat Fat (g)	16.83	76.52	Sat Fat (g)	22
	Trans fat (g)	0.28	13.80	Trans fat (g)	2
	Cholesterols (mg)	36.19	Not recommended		
	Total carbohydrate (g)	93.84	Not recommended		
	Total Sugars (g)	11.52	Not recommended		
	Added Sugars (g)	6.92	13.85	Added Sugars (g)	50
	Sodium (mg)	1529.22	76.46	Sodium (mg)	2000
	Allergen Contains	Cereal containing gluten, Milk, Soya			



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Pizza Puff	Serve Size (g)	87 g				
	Energy (kCal)	225.21	11.26		Energy (kCal)	2000
	Protein (g)	5.45	Not recommended			
	Total fat (g)	11.44	17.08		Total fat (g)	67
	Sat Fat (g)	5.72	26.02		Sat Fat (g)	22
	Trans fat (g)	0.09	4.35		Trans fat (g)	2
	Cholesterols (mg)	5.17	Not recommended			
	Total carbohydrate (g)	24.79	Not recommended			
	Total Sugars (g)	2.73	Not recommended			
	Added Sugars (g)	0.35	0.70		Added Sugars (g)	50
	Sodium (mg)	390.74	19.54		Sodium (mg)	2000
	Allergen Contains	Cereal containing gluten, Milk, Soya				



 Menu				Recommended Dietary Allowance (RDA)	
 Chicken McGrill Burger	Serve Size (g)	142 g			
	Energy (kCal)	274.17	13.71	Energy (kCal)	2000
	Protein (g)	13.19	Not recommended		
	Total fat (g)	8.52	12.72	Total fat (g)	67
	Sat Fat (g)	2.64	12.00	Sat Fat (g)	22
	Trans fat (g)	0.00	0.00	Trans fat (g)	2
	Cholesterols (mg)	16.60	Not recommended		
	Total carbohydrate (g)	36.18	Not recommended		
	Total Sugars (g)	6.28	Not recommended		
	Added Sugars (g)	4.53	9.06	Added Sugars (g)	50
	Sodium (mg)	528.33	26.42	Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya				



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 McCrispy Chicken Burger	Serve Size (g)	227 g				
	Energy (kCal)	507.72	25.39		Energy (kCal)	2000
	Protein (g)	22.32	Not recommended			
	Total fat (g)	27.65	41.27		Total fat (g)	67
	Sat Fat (g)	10.38	47.18		Sat Fat (g)	22
	Trans fat (g)	0	0.00		Trans fat (g)	2
	Cholesterols (mg)	70.65	Not recommended			
	Total carbohydrate (g)	49.38	Not recommended			
	Total Sugars (g)	7.7	Not recommended			
	Added Sugars (g)	1.1	2.20		Added Sugars (g)	50
	Sodium (mg)	1003.78	50.19		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya					



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Grand Chicken Burger	Serve Size (g)	238 g				
	Energy (kCal)	507.17	25.36		Energy (kCal)	2000
	Protein (g)	27.44	Not recommended			
	Total fat (g)	18.96	28.30		Total fat (g)	67
	Sat Fat (g)	8.58	39.00		Sat Fat (g)	22
	Trans fat (g)	0.2	10.00		Trans fat (g)	2
	Cholesterols (mg)	64.13	Not recommended			
	Total carbohydrate (g)	55.66	Not recommended			
	Total Sugars (g)	6.8	Not recommended			
	Added Sugars (g)	1.2	2.40		Added Sugars (g)	50
	Sodium (mg)	1402.29	70.11		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya, Egg					



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Butter Chicken Grilled Burger	Serve Size (g)	153 g				
	Energy (kCal)	357.01	17.85		Energy (kCal)	2000
	Protein (g)	17.06	Not recommended			
	Total fat (g)	14.41	21.51		Total fat (g)	67
	Sat Fat (g)	4.65	21.14		Sat Fat (g)	22
	Trans fat (g)	0.00	0.00		Trans fat (g)	2
	Cholesterols (mg)	31.93	Not recommended			
	Total carbohydrate (g)	39.76	Not recommended			
	Total Sugars (g)	6.55	Not recommended			
	Added Sugars (g)	4.71	9.42		Added Sugars (g)	50
	Sodium (mg)	919.59	45.98		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya					



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 McEgg Burger	Serve Size (g)	115 g				
	Energy (kCal)	262.77	13.14		Energy (kCal)	2000
	Protein (g)	12.00	Not recommended			
	Total fat (g)	10.00	14.93		Total fat (g)	67
	Sat Fat (g)	0.80	3.64		Sat Fat (g)	22
	Trans fat (g)	0.10	5.00		Trans fat (g)	2
	Cholesterols (mg)	76.88	Not recommended			
	Total carbohydrate (g)	31.00	Not recommended			
	Total Sugars (g)	5.00	Not recommended			
	Added Sugars (g)	1.60	3.20		Added Sugars (g)	50
	Sodium (mg)	675.00	33.75		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Egg, Soya					



 Menu			per serve percentage (%) contribution to RDA	Recommended Dietary Allowance (RDA)	
 Chicken Surprise Burger	Serve Size (g)	128 g			
	Energy (kCal)	293.00	14.65	Energy (kCal)	2000
	Protein (g)	10.72	Not recommended		
	Total fat (g)	12.49	18.64	Total fat (g)	67
	Sat Fat (g)	4.00	18.18	Sat Fat (g)	22
	Trans fat (g)	0.05	2.50	Trans fat (g)	2
	Cholesterols (mg)	13.26	Not recommended		
	Total carbohydrate (g)	34.42	Not recommended		
	Total Sugars (g)	6.46	Not recommended		
	Added Sugars (g)	2.53	5.06	Added Sugars (g)	50
	Sodium (mg)	543.11	27.16	Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya				


 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 McChicken Burger	Serve Size (g)	173 g				
	Energy (kCal)	396.77	19.84		Energy (kCal)	2000
	Protein (g)	15.66	Not recommended			
	Total fat (g)	15.70	23.43		Total fat (g)	67
	Sat Fat (g)	5.47	24.85		Sat Fat (g)	22
	Trans fat (g)	0.16	8.20		Trans fat (g)	2
	Cholesterols (mg)	31.17	Not recommended			
	Total carbohydrate (g)	47.98	Not recommended			
	Total Sugars (g)	5.53	Not recommended			
	Added Sugars (g)	4.49	8.99		Added Sugars (g)	50
	Sodium (mg)	766.33	38.32		Sodium (mg)	2000
	Allergen Contains	Cereal containing gluten, Milk, Soya				



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Filet-o-Fish Burger	Serve Size (g)	136 g				
	Energy (kCal)	345.11	17.26		Energy (kCal)	2000
	Protein (g)	15.44	Not recommended			
	Total fat (g)	14.16	21.14		Total fat (g)	67
	Sat Fat (g)	5.79	26.32		Sat Fat (g)	22
	Trans fat (g)	0.21	10.50		Trans fat (g)	2
	Cholesterols (mg)	32.83	Not recommended			
	Total carbohydrate (g)	38.85	Not recommended			
	Total Sugars (g)	5.58	Not recommended			
	Added Sugars (g)	3.54	7.08		Added Sugars (g)	50
	Sodium (mg)	530.54	26.53		Sodium (mg)	2000
	Allergen Contains	Cereal containing gluten, Milk, Egg, Fish, Soya				


 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 McSpicy Chicken Burger	Serve Size (g)	186 g				
	Energy (kCal)	449.92	22.50		Energy (kCal)	2000
	Protein (g)	21.46	Not recommended			
	Total fat (g)	19.36	28.90		Total fat (g)	67
	Sat Fat (g)	7.63	34.68		Sat Fat (g)	22
	Trans fat (g)	0.18	8.85		Trans fat (g)	2
	Cholesterols (mg)	66.04	Not recommended			
	Total carbohydrate (g)	46.08	Not recommended			
	Total Sugars (g)	5.88	Not recommended			
	Added Sugars (g)	4.49	8.99		Added Sugars (g)	50
	Sodium (mg)	928.52	46.43		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Egg, Soya					



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 McSpicy Chicken Wrap	Serve Size (g)	257 g				
	Energy (kCal)	567.19	28.36		Energy (kCal)	2000
	Protein (g)	23.74	Not recommended			
	Total fat (g)	26.89	40.14		Total fat (g)	67
	Sat Fat (g)	12.54	57.02		Sat Fat (g)	22
	Trans fat (g)	0.27	13.36		Trans fat (g)	2
	Cholesterols (mg)	87.63	Not recommended			
	Total carbohydrate (g)	57.06	Not recommended			
	Total Sugars (g)	2.52	Not recommended			
	Added Sugars (g)	1.08	2.16		Added Sugars (g)	50
	Sodium (mg)	1152.38	57.62		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Egg, Soya					


 Menu			per serve percentage (%) contribution to RDA	Recommended Dietary Allowance (RDA)	
 Chicken Maharaja Mac	Serve Size (g)	296 g			
	Energy (kCal)	689.12	34.46	Energy (kCal)	2000
	Protein (g)	34.00	Not recommended		
	Total fat (g)	36.69	54.76	Total fat (g)	67
	Sat Fat (g)	10.33	46.94	Sat Fat (g)	22
	Trans fat (g)	0.25	12.60	Trans fat (g)	2
	Cholesterols (mg)	81.49	Not recommended		
	Total carbohydrate (g)	55.39	Not recommended		
	Total Sugars (g)	8.92	Not recommended		
	Added Sugars (g)	6.14	12.29	Added Sugars (g)	50
	Sodium (mg)	1854.71	92.74	Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya				



Menu	Serve Size (g)	4 Pcs	per serve percentage (%)	6 Pcs	per serve percentage (%)	9 Pcs	per serve percentage (%)	20 Pcs	per serve percentage (%)	Recommended Dietary Allowance (RDA)	
		64 g	contribution to RDA	96 g	contribution to RDA	144 g	contribution to RDA	320 g	contribution to RDA		
 Chicken McNuggets	Serve Size (g)	64 g		96 g		144 g		320 g			
	Energy (kCal)	168.58	8.43	252.52	12.63	377.91	18.90	812.10	40.61	Energy (kCal)	2000
	Protein (g)	10.03	Not recommended	15.04	Not recommended	22.56	Not recommended	47.60	Not recommended		
	Total fat (g)	9.54	14.23	14.30	21.35	21.46	32.02	46.90	70.00	Total fat (g)	67
	Sat Fat (g)	4.45	20.25	6.68	30.37	10.02	45.56	21.11	95.95	Sat Fat (g)	22
	Trans fat (g)	0.06	3.20	0.10	4.80	0.14	7.20	0.30	15.00	Trans fat (g)	2
	Cholesterols (mg)	24.66	Not recommended	36.99	Not recommended	55.48	Not recommended	115.00	Not recommended		
	Total carbohydrate (g)	10.50	Not recommended	15.74	Not recommended	23.62	Not recommended	49.88	Not recommended		
	Total Sugars (g)	0.32	Not recommended	0.48	Not recommended	0.72	Not recommended	1.70	Not recommended		
	Added Sugars (g)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	Added Sugars (g)	50
Sodium (mg)	313.25	15.66	469.87	23.49	704.81	35.24	1490.00	74.50	Sodium (mg)	2000	
Allergen Contains	Cereal containing gluten										



 Menu				per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)
 Grand Chicken Fillet	Serve Size (g)	100 g				
	Energy (kCal)	254		12.70	Energy (kCal)	2000
	Protein (g)	18.1	Not recommended			
	Total fat (g)	10.9		16.27	Total fat (g)	67
	Sat Fat (g)	4.4		20.00	Sat Fat (g)	22
	Trans fat (g)	0		0.00	Trans fat (g)	2
	Cholesterols (mg)	50.7	Not recommended			
	Total carbohydrate (g)	20.4	Not recommended			
	Total Sugars (g)	1.2	Not recommended			
	Added Sugars (g)	0		0.00	Added Sugars (g)	50
	Sodium (mg)	866.2		43.31	Sodium (mg)	2000
	Allergen Contains	Cereal containing gluten, Egg, Soya				



Menu	Serve Size (g)	2 Pcs		4 Pcs		Recommended Dietary Allowance (RDA)	
		per serve percentage (%) contribution to RDA		per serve percentage (%) contribution to RDA			
 Chicken Wings	Serve Size (g)	90 g		180 g			
	Energy (kCal)	284.04	14.20	566.40	28.32	Energy (kCal)	2000
	Protein (g)	14.46	Not recommended	33.00	Not recommended		
	Total fat (g)	17.26	25.76	34.20	51.04	Total fat (g)	67
	Sat Fat (g)	7.49	34.05	15.70	71.36	Sat Fat (g)	22
	Trans fat (g)	0.10	5.00	0.20	10.00	Trans fat (g)	2
	Cholesterols (mg)	2.16	Not recommended	76.60	Not recommended		
	Total carbohydrate (g)	17.55	Not recommended	28.50	Not recommended		
	Total Sugars (g)	0.55	Not recommended	1.10	Not recommended		
	Added Sugars (g)	0.50	1.00	1.00	2.00	Added Sugars (g)	50
	Sodium (mg)	643.60	32.18	1430.80	71.54	Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Egg, Soya						



Menu	Regular	per serve percentage (%) contribution to RDA		Medium	per serve percentage (%) contribution to RDA		Large	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
  Fries	Serve Size (g)	77 g		109 g		154 g					
	Energy (kCal)	215.77	10.79	304.92	15.25	431.11	21.56		Energy (kCal)	2000	
	Protein (g)	3.38	Not recommended	4.79	Not recommended	6.76	Not recommended				
	Total fat (g)	10.39	15.50	14.70	21.95	20.77	31.01		Total fat (g)	67	
	Sat Fat (g)	4.97	22.61	7.04	32.01	9.95	45.22		Sat Fat (g)	22	
	Trans fat (g)	0.08	3.85	0.11	5.45	0.15	7.70		Trans fat (g)	2	
	Cholesterols (mg)	0.77	Not recommended	1.09	Not recommended	1.54	Not recommended				
	Total carbohydrate (g)	27.08	Not recommended	38.34	Not recommended	54.16	Not recommended				
	Total Sugars (g)	0.39	Not recommended	0.55	Not recommended	0.77	Not recommended				
	Added Sugars (g)	0.00	0.00	0.00	0.00	0.00	0.00		Added Sugars (g)	50	
Sodium (mg)	153.15	7.66	216.79	10.84	306.29	15.31		Sodium (mg)	2000		
Allergen Contains	No Allergens										



Menu	Regular	per serve percentage (%) contribution to RDA		Medium	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 McFlavor Fries	Serve Size (g)	110 g		155 g				
	Energy (kCal)	289.81	14.49	408.42	20.42	Energy (kCal)	2000	
	Protein (g)	5.19	Not recommended	7.30	Not recommended			
	Total fat (g)	15.54	23.19	21.89	32.67	Total fat (g)	67	
	Sat Fat (g)	7.77	35.32	10.94	49.73	Sat Fat (g)	22	
	Trans fat (g)	0.12	6.00	0.15	7.50	Trans fat (g)	2	
	Cholesterols (mg)	3.22	Not recommended	4.50	Not recommended			
	Total carbohydrate (g)	29.98	Not recommended	42.37	Not recommended			
	Total Sugars (g)	1.14	Not recommended	1.50	Not recommended			
	Added Sugars (g)	0.50	1.00	0.75	1.50	Added Sugars (g)	50	
	Sodium (mg)	329.84	16.49	463.09	23.15	Sodium (mg)	2000	
	Allergen Contains	Milk						



 Menu			per serve percentage (%) contribution to RDA	Recommended Dietary Allowance (RDA)	
 Saucy Wrap - Egg	Serve Size (g)	132 g			
	Energy (kCal)	283.78	14.19	Energy (kCal)	2000
	Protein (g)	7.34	Not recommended		
	Total fat (g)	15.13	22.58	Total fat (g)	67
	Sat Fat (g)	4.90	22.27	Sat Fat (g)	22
	Trans fat (g)	0.20	10.00	Trans fat (g)	2
	Cholesterols (mg)	172.89	Not recommended		
	Total carbohydrate (g)	29.48	Not recommended		
	Total Sugars (g)	3.55	Not recommended		
	Added Sugars (g)	1.47	2.94	Added Sugars (g)	50
	Sodium (mg)	414.83	20.74	Sodium (mg)	2000
Allergen Contains	Gluten, Milk, Egg				



 Menu			per serve percentage (%) contribution to RDA	Recommended Dietary Allowance (RDA)	
 Saucy Wrap - Chicken	Serve Size (g)	137 g			
	Energy (kCal)	312.10	15.61	Energy (kCal)	2000
	Protein (g)	13.60	Not recommended		
	Total fat (g)	14.90	22.24	Total fat (g)	67
	Sat Fat (g)	5.20	23.64	Sat Fat (g)	22
	Trans fat (g)	0.14	7.00	Trans fat (g)	2
	Cholesterols (mg)	35.11	Not recommended		
	Total carbohydrate (g)	30.83	Not recommended		
	Total Sugars (g)	3.10	Not recommended		
	Added Sugars (g)	1.47	2.94	Added Sugars (g)	50
Sodium (mg)	512.03	25.60	Sodium (mg)	2000	
Allergen Contains	Gluetn, Milk, Soy				



 Menu			per serve percentage (%) contribution to RDA	Recommended Dietary Allowance (RDA)	
 Saucy Wrap - Aloo	Serve Size (g)	147 g			
	Energy (kCal)	386.92	19.35	Energy (kCal)	2000
	Protein (g)	7.19	Not recommended		
	Total fat (g)	21.10	31.50	Total fat (g)	67
	Sat Fat (g)	10.64	48.37	Sat Fat (g)	22
	Trans fat (g)	0.59	29.45	Trans fat (g)	2
	Cholesterols (mg)	3.89	Not recommended		
	Total carbohydrate (g)	41.94	Not recommended		
	Total Sugars (g)	0.95	Not recommended		
	Added Sugars (g)	0.40	0.80	Added Sugars (g)	50
Sodium (mg)	430.79	21.54	Sodium (mg)	2000	
Allergen Contains	Gluten, Milk				



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Hot Coffee (Black)	Serve Size (g)	200 ml				
	Energy (kCal)	6.80	0.34		Energy (kCal)	2000
	Protein (g)	0.00	Not recommended			
	Total fat (g)	0.00	0.00		Total fat (g)	67
	Sat Fat (g)	0.00	0.00		Sat Fat (g)	22
	Trans fat (g)	0.00	0.00		Trans fat (g)	2
	Cholesterols (mg)	0.00	Not recommended			
	Total carbohydrate (g)	1.70	Not recommended			
	Total Sugars (g)	0.00	Not recommended			
	Added Sugars (g)	0.00	0.00		Added Sugars (g)	50
	Sodium (mg)	0.00	0.00		Sodium (mg)	2000
	Allergen Contains	No Allergens				



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Soft Serve Cone	Serve Size (g)	81.29 g				
	Energy (kCal)	85.73	4.29		Energy (kCal)	2000
	Protein (g)	1.99	Not recommended			
	Total fat (g)	1.82	2.71		Total fat (g)	67
	Sat Fat (g)	1.31	5.94		Sat Fat (g)	22
	Trans fat (g)	0.05	2.70		Trans fat (g)	2
	Cholesterols (mg)	4.75	Not recommended			
	Total carbohydrate (g)	15.23	Not recommended			
	Total Sugars (g)	10.68	Not recommended			
	Added Sugars (g)	6.99	13.98		Added Sugars (g)	50
	Sodium (mg)	40.78	2.04		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya					



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 McSwirl Mango dip	Serve Size (g)	91 g				
	Energy (kCal)	150.03	7.50		Energy (kCal)	2000
	Protein (g)	2.60	Not recommended			
	Total fat (g)	9.32	13.91		Total fat (g)	67
	Sat Fat (g)	5.30	24.09		Sat Fat (g)	22
	Trans fat (g)	0.05	2.70		Trans fat (g)	2
	Cholesterols (mg)	4.75	Not recommended			
	Total carbohydrate (g)	19.40	Not recommended			
	Total Sugars (g)	14.80	Not recommended			
	Added Sugars (g)	10.10	20.20		Added Sugars (g)	50
	Sodium (mg)	49.78	2.49		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya					



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 McSwirl Chocodip	Serve Size (g)	93.29 g				
	Energy (kCal)	160.14	8.01		Energy (kCal)	2000
	Protein (g)	2.71	Not recommended			
	Total fat (g)	7.14	10.66		Total fat (g)	67
	Sat Fat (g)	5.25	23.87		Sat Fat (g)	22
	Trans fat (g)	0.07	3.30		Trans fat (g)	2
	Cholesterols (mg)	5.71	Not recommended			
	Total carbohydrate (g)	20.92	Not recommended			
	Total Sugars (g)	15.39	Not recommended			
	Added Sugars (g)	11.31	22.62		Added Sugars (g)	50
	Sodium (mg)	51.31	2.57		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya					


 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 McSwirl ButterScotch	Serve Size (g)	94.78 g				
	Energy (kCal)	173.54	8.68		Energy (kCal)	2000
	Protein (g)	2.82	Not recommended			
	Total fat (g)	8.11	12.10		Total fat (g)	67
	Sat Fat (g)	5.50	25.00		Sat Fat (g)	22
	Trans fat (g)	0.10	5.00		Trans fat (g)	2
	Cholesterols (mg)	6.09	Not recommended			
	Total carbohydrate (g)	22.18	Not recommended			
	Total Sugars (g)	16.87	Not recommended			
	Added Sugars (g)	13.32	26.64		Added Sugars (g)	50
	Sodium (mg)	39.67	1.98		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Nuts, Soya					



Menu	Regular	per serve percentage (%) contribution to RDA		Medium	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
  Sundae Mango	Serve Size (g)	86 g		128 g				
	Energy (kCal)	193.73	9.69	252.37	12.62		Energy (kCal)	2000
	Protein (g)	3.09	Not recommended	4.39	Not recommended			
	Total fat (g)	10.00	14.93	11.50	17.16		Total fat (g)	67
	Sat Fat (g)	7.68	34.91	8.78	39.91		Sat Fat (g)	22
	Trans fat (g)	0.00	0.00	0.00	0.00		Trans fat (g)	2
	Cholesterols (mg)	6.69	Not recommended	10.72	Not recommended			
	Total carbohydrate (g)	22.84	Not recommended	32.81	Not recommended			
	Total Sugars (g)	21.27	Not recommended	30.39	Not recommended			
	Added Sugars (g)	15.70	31.40	22.22	44.44		Added Sugars (g)	50
Sodium (mg)	57.50	2.88	84.05	4.20		Sodium (mg)	2000	
Allergen Contains	Milk, Soy							



 Menu		Regular	per serve percentage (%) contribution to RDA	Medium	per serve percentage (%) contribution to RDA	Recommended Dietary Allowance (RDA)	
 Sundae Chocolate	Serve Size (g)	91.79 g		132.08 g			
	Energy (kCal)	121.64	6.08	197.45	9.87	Energy (kCal)	2000
	Protein (g)	2.25	Not recommended	3.49	Not recommended		
	Total fat (g)	4.02	6.00	6.87	10.25	Total fat (g)	67
	Sat Fat (g)	3.01	13.67	5.16	23.44	Sat Fat (g)	22
	Trans fat (g)	0.08	3.98	0.13	6.29	Trans fat (g)	2
	Cholesterols (mg)	5.85	Not recommended	8.55	Not recommended		
	Total carbohydrate (g)	19.11	Not recommended	30.42	Not recommended		
	Total Sugars (g)	17.07	Not recommended	27.01	Not recommended		
	Added Sugars (g)	10.78	21.55	16.90	33.80	Added Sugars (g)	50
Sodium (mg)	65.56	3.28	110.39	5.52	Sodium (mg)	2000	
Allergen Contains	Milk						


Menu	Regular	per serve percentage (%) contribution to RDA		Medium	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
  Sundae Strawberry	Serve Size (g)	91.79 g		132.08 g				
	Energy (kCal)	100.99	5.05	156.14	7.81		Energy (kCal)	2000
	Protein (g)	1.54	Not recommended	2.05	Not recommended			
	Total fat (g)	1.77	2.64	2.36	3.52		Total fat (g)	67
	Sat Fat (g)	1.30	5.90	1.74	7.89		Sat Fat (g)	22
	Trans fat (g)	0.06	3.23	0.10	4.79		Trans fat (g)	2
	Cholesterols (mg)	4.85	Not recommended	6.55	Not recommended			
	Total carbohydrate (g)	19.78	Not recommended	31.77	Not recommended			
	Total Sugars (g)	17.66	Not recommended	28.20	Not recommended			
	Added Sugars (g)	12.49	24.97	20.32	40.64		Added Sugars (g)	50
	Sodium (mg)	34.51	1.73	48.28	2.41		Sodium (mg)	2000
Allergen Contains	Milk							



Menu	Regular	per serve percentage (%) contribution to RDA		Medium	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
  Sundae Chocolate Brownie	Serve Size (g)	110.79 g		155.08 g				
	Energy (kCal)	203.26	10.16	307.39	15.37		Energy (kCal)	2000
	Protein (g)	3.20	Not recommended	4.65	Not recommended			
	Total fat (g)	5.45	8.14	7.46	11.14		Total fat (g)	67
	Sat Fat (g)	3.65	16.58	4.71	21.42		Sat Fat (g)	22
	Trans fat (g)	0.10	4.93	0.13	6.69		Trans fat (g)	2
	Cholesterols (mg)	6.04	Not recommended	7.78	Not recommended			
	Total carbohydrate (g)	35.26	Not recommended	55.24	Not recommended			
	Total Sugars (g)	20.75	Not recommended	27.94	Not recommended			
	Added Sugars (g)	14.39	28.78	20.28	40.56		Added Sugars (g)	50
	Sodium (mg)	100.89	5.04	146.40	7.32		Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Nuts							



Menu		Small	per serve percentage (%)	Regular	per serve percentage (%)	Recommended Dietary Allowance (RDA)	
			contribution to RDA		contribution to RDA		
 Choco Caramel McFlurry	Serve Size (g)	125 g		220 g			
	Energy (kCal)	263.95	13.20	486.50	24.33	Energy (kCal)	2000
	Protein (g)	4.17	Not recommended	7.43	Not recommended		
	Total fat (g)	7.73	11.53	14.39	21.48	Total fat (g)	67
	Sat Fat (g)	5.47	24.86	10.16	46.18	Sat Fat (g)	22
	Trans fat (g)	0.00	0.00	0.00	0.00	Trans fat (g)	2
	Cholesterols (mg)	9.75	Not recommended	16.65	Not recommended		
	Total carbohydrate (g)	44.52	Not recommended	82.00	Not recommended		
	Total Sugars (g)	36.14	Not recommended	65.84	Not recommended		
	Added Sugars (g)	30.17	60.34	55.67	111.34	Added Sugars (g)	50
Sodium (mg)	143.49	7.17	268.24	13.41	Sodium (mg)	2000	
Allergen Contains	Cereal containing gluten, Milk, Soya, Sulphites						


 Menu	Regular	per serve percentage (%) contribution to RDA		Medium	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 McFlurry Biscoff	Serve Size (g)	96 g		163 g				
	Energy (kCal)	170.52	8.53	301.03	15.05		Energy (kCal)	2000
	Protein (g)	3.16	Not recommended	5.41	Not recommended			
	Total fat (g)	5.10	7.61	9.17	13.69		Total fat (g)	67
	Sat Fat (g)	3.10	14.09	5.41	24.59		Sat Fat (g)	22
	Trans fat (g)	0.00	0.00	0.00	0.00		Trans fat (g)	2
	Cholesterols (mg)	8.07	Not recommended	13.38	Not recommended			
	Total carbohydrate (g)	27.94	Not recommended	49.05	Not recommended			
	Total Sugars (g)	22.43	Not recommended	38.62	Not recommended			
	Added Sugars (g)	17.22	34.44	29.93	59.86		Added Sugars (g)	50
Sodium (mg)	93.77	4.69	169.43	8.47		Sodium (mg)	2000	
Allergen Contains	Cereal containing gluten, Milk, Soya, Sulphites							


	Menu	Regular	per serve percentage (%)	Medium	per serve percentage (%)	Recommended Dietary Allowance (RDA)	
			contribution to RDA		contribution to RDA		
 McFlurry Oreo	Serve Size (g)	86.79 g		147.38 g			
	Energy (kCal)	116.36	5.82	209.39	10.47	Energy (kCal)	2000
	Protein (g)	2.05	Not recommended	3.58	Not recommended		
	Total fat (g)	3.70	5.53	6.81	10.16	Total fat (g)	67
	Sat Fat (g)	2.25	10.24	4.07	18.49	Sat Fat (g)	22
	Trans fat (g)	0.07	3.48	0.12	6.11	Trans fat (g)	2
	Cholesterols (mg)	4.80	Not recommended	8.00	Not recommended		
	Total carbohydrate (g)	18.69	Not recommended	33.42	Not recommended		
	Total Sugars (g)	14.49	Not recommended	25.35	Not recommended		
	Added Sugars (g)	10.80	21.59	19.23	38.45	Added Sugars (g)	50
Sodium (mg)	80.73	4.04	150.90	7.55	Sodium (mg)	2000	
Allergen Contains	Cereal containing gluten, Milk, Soya, Sulphites						



Menu	Regular	per serve percentage (%) contribution to RDA		Medium	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 McFlurry Choco Crunch	Serve Size (g)	94.29 g		167.38 g				
	Energy (kCal)	154.19	7.71	332.91	16.65		Energy (kCal)	2000
	Protein (g)	2.62	Not recommended	5.04	Not recommended			
	Total fat (g)	5.39	8.05	16.00	23.88		Total fat (g)	67
	Sat Fat (g)	3.91	17.78	6.94	31.55		Sat Fat (g)	22
	Trans fat (g)	0.07	3.35	0.12	6.19		Trans fat (g)	2
	Cholesterols (mg)	5.37	Not recommended	9.53	Not recommended			
	Total carbohydrate (g)	23.67	Not recommended	42.02	Not recommended			
	Total Sugars (g)	17.36	Not recommended	33.60	Not recommended			
	Added Sugars (g)	13.04	26.08	23.15	46.30		Added Sugars (g)	50
	Sodium (mg)	420.00	21.00	700.00	35.00		Sodium (mg)	2000
Allergen Contains	Milk, Soya							



 Menu		Regular	per serve percentage (%) contribution to RDA	Medium	per serve percentage (%) contribution to RDA	Recommended Dietary Allowance (RDA)	
 Black Forest	Serve Size (g)	115 g		210 g			
	Energy (kCal)	268.30	13.42	398.10	19.91	Energy (kCal)	2000
	Protein (g)	4.40	Not recommended	6.90	Not recommended		
	Total fat (g)	6.40	9.55	10.60	15.82	Total fat (g)	67
	Sat Fat (g)	4.70	21.36	8.00	36.36	Sat Fat (g)	22
	Trans fat (g)	0.03	1.50	0.06	3.00	Trans fat (g)	2
	Cholesterols (mg)	9.20	Not recommended	15.70	Not recommended		
	Total carbohydrate (g)	47.90	Not recommended	68.50	Not recommended		
	Total Sugars (g)	40.50	Not recommended	58.70	Not recommended		
	Added Sugars (g)	32.30	64.60	46.80	93.60	Added Sugars (g)	50
Sodium (mg)	126.00	6.30	194.40	9.72	Sodium (mg)	2000	
Allergen Contains	Cereal containing gluten, Milk, Soya, Nuts						



 Menu		Small	per serve percentage (%) contribution to RDA	Recommended Dietary Allowance (RDA)	
 Coca-Cola Zero (fountain)	Serve Size (ml)	300 ml			
	Energy (kCal)	0.00	0.00		Energy (kCal) 2000
	Protein (g)	0.00	Not recommended		
	Total fat (g)	0.00	0.00		Total fat (g) 67
	Sat Fat (g)	0.00	0.00		Sat Fat (g) 22
	Trans fat (g)	0.00	0.00		Trans fat (g) 2
	Cholesterols (mg)	0.00	Not recommended		
	Total carbohydrate (g)	0.00	Not recommended		
	Total Sugars (g)	0.00	Not recommended		
	Added Sugars (g)	0.00	0.00		Added Sugars (g) 50
Sodium (mg)	7.50	0.38		Sodium (mg) 2000	
Allergen Contains	No Allergens				


Menu	Small	per serve percentage (%) contribution to RDA		Medium	per serve percentage (%) contribution to RDA		Large	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Coca-Cola	Serve Size (ml)	299 ml		394 ml		544 ml					
	Energy (kCal)	109.56	5.48	151.36	7.57	217.36	10.87		Energy (kCal)	2000	
	Protein (g)	0.00	Not recommended	0.00	Not recommended	0.00	Not recommended				
	Total fat (g)	0.00	0.00	0.00	0.00	0.00	0.00		Total fat (g)	67	
	Sat Fat (g)	0.00	0.00	0.00	0.00	0.00	0.00		Sat Fat (g)	22	
	Trans fat (g)	0.00	0.00	0.00	0.00	0.00	0.00		Trans fat (g)	2	
	Cholesterols (mg)	0.00	Not recommended	0.00	Not recommended	0.00	Not recommended				
	Total carbohydrate (g)	27.39	Not recommended	37.84	Not recommended	54.34	Not recommended				
	Total Sugars (g)	27.39	Not recommended	37.84	Not recommended	54.34	Not recommended				
	Added Sugars (g)	27.39	54.78	37.84	75.68	54.34	108.68		Added Sugars (g)	50	
Sodium (mg)	21.17	1.06	29.24	1.46	41.99	2.10		Sodium (mg)	2000		
Allergen Contains	No Allergens										



Menu	Small	per serve percentage (%) contribution to RDA		Medium	per serve percentage (%) contribution to RDA		Large	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Fanta	Serve Size (ml)	299 ml		394 ml		544 ml					
	Energy (kCal)	129.48	6.47	178.88	8.94	256.88	12.84		Energy (kCal)	2000	
	Protein (g)	0.00	Not recommended	0.00	Not recommended	0.00	Not recommended				
	Total fat (g)	0.00	0.00	0.00	0.00	0.00	0.00		Total fat (g)	67	
	Sat Fat (g)	0.00	0.00	0.00	0.00	0.00	0.00		Sat Fat (g)	22	
	Trans fat (g)	0.00	0.00	0.00	0.00	0.00	0.00		Trans fat (g)	2	
	Cholesterols (mg)	0.00	Not recommended	0.00	Not recommended	0.00	Not recommended				
	Total carbohydrate (g)	32.37	Not recommended	44.72	Not recommended	64.22	Not recommended				
	Total Sugars (g)	32.37	Not recommended	44.72	Not recommended	64.22	Not recommended				
	Added Sugars (g)	32.37	64.74	44.72	89.44	64.22	128.44		Added Sugars (g)	50	
Sodium (mg)	55.53	2.78	76.71	3.84	110.16	5.51		Sodium (mg)	2000		
Allergen Contains	No Allergens										



Menu	Small	per serve percentage (%) contribution to RDA		Medium	per serve percentage (%) contribution to RDA		Large	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
  Sprite	Serve Size (ml)	299 ml		394 ml		544 ml				Energy (kCal)	2000
	Energy (kCal)	119.52	5.98	165.12	8.26	237.12	11.86				
	Protein (g)	0.00	Not recommended	0.00	Not recommended	0.00	Not recommended				
	Total fat (g)	0.00	0.00	0.00	0.00	0.00	0.00			Total fat (g)	67
	Sat Fat (g)	0.00	0.00	0.00	0.00	0.00	0.00			Sat Fat (g)	22
	Trans fat (g)	0.00	0.00	0.00	0.00	0.00	0.00			Trans fat (g)	2
	Cholesterols (mg)	0.00	Not recommended	0.00	Not recommended	0.00	Not recommended				
	Total carbohydrate (g)	29.88	Not recommended	41.28	Not recommended	59.28	Not recommended				
	Total Sugars (g)	29.88	Not recommended	41.28	Not recommended	59.28	Not recommended				
	Added Sugars (g)	29.88	59.76	41.28	82.56	59.28	118.56			Added Sugars (g)	50
Sodium (mg)	2.02	0.10	2.79	0.14	4.00	0.20			Sodium (mg)	2000	
Allergen Contains	No Allergens										



 Menu		Small	per serve percentage (%) contribution to RDA	Recommended Dietary Allowance (RDA)	
 Pineapple Mixology	Serve Size (ml)	300 ml			
	Energy (kCal)	167.52	8.38	Energy (kCal)	2000
	Protein (g)	0.04	Not recommended		
	Total fat (g)	0.02	0.03	Total fat (g)	67
	Sat Fat (g)	0.00	0.00	Sat Fat (g)	22
	Trans fat (g)	0.00	0.00	Trans fat (g)	2
	Cholesterols (mg)	0.00	Not recommended		
	Total carbohydrate (g)	41.64	Not recommended		
	Total Sugars (g)	41.38	Not recommended		
	Added Sugars (g)	40.97	81.94	Added Sugars (g)	50
Sodium (mg)	198.34	9.92	Sodium (mg)	2000	
Allergen Contains	No Allergens				



 Menu		Small	per serve percentage (%) contribution to RDA	Recommended Dietary Allowance (RDA)	
 Lychee Mixology	Serve Size (ml)	300 ml			
	Energy (kCal)	215.12	10.76	Energy (kCal)	2000
	Protein (g)	0.01	Not recommended		
	Total fat (g)	0.01	0.01	Total fat (g)	67
	Sat Fat (g)	0.00	0.00	Sat Fat (g)	22
	Trans fat (g)	0.00	0.00	Trans fat (g)	2
	Cholesterols (mg)	0.00	Not recommended		
	Total carbohydrate (g)	52.91	Not recommended		
	Total Sugars (g)	49.96	Not recommended		
	Added Sugars (g)	49.96	99.92	Added Sugars (g)	50
Sodium (mg)	140.85	7.04	Sodium (mg)	2000	
Allergen Contains	No Allergens				



Menu	Coke Float	per serve percentage (%) contribution to RDA		Fanta Float	per serve percentage (%) contribution to RDA		Sprite Float	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 McFloat	Serve Size (ml)	286.79 ml		286.79 ml		286.79 ml					
	Energy (kCal)	138.76	6.94	151.56	7.58	145.16	7.26		Energy (kCal)	2000	
	Protein (g)	1.52	Not recommended	1.52	Not recommended	1.52	Not recommended				
	Total fat (g)	1.75	2.62	1.75	2.62	1.75	2.62		Total fat (g)	67	
	Sat Fat (g)	1.28	5.83	1.28	5.83	1.28	5.83		Sat Fat (g)	22	
	Trans fat (g)	0.05	2.48	0.05	2.48	0.05	2.48		Trans fat (g)	2	
	Cholesterols (mg)	4.70	Not recommended	4.70	Not recommended	4.70	Not recommended				
	Total carbohydrate (g)	29.22	Not recommended	32.42	Not recommended	30.82	Not recommended				
	Total Sugars (g)	28.23	Not recommended	31.43	Not recommended	29.83	Not recommended				
	Added Sugars (g)	24.54	49.07	27.74	55.47	26.14	52.27		Added Sugars (g)	50	
Sodium (mg)	44.53	2.23	66.61	3.33	47.09	2.35		Sodium (mg)	2000		
Allergen Contains	Milk										



	Menu	Cold Coffee	per serve percentage (%)	Cold Coffee	per serve percentage (%)	Recommended Dietary Allowance (RDA)	
			contribution to RDA	Float	contribution to RDA		
 Cold Coffee	Serve Size (ml)	300 ml		270 ml			
	Energy (kCal)	301.10	15.06	270.05	13.50	Energy (kCal)	2000
	Protein (g)	9.75	Not recommended	5.91	Not recommended		
	Total fat (g)	11.15	16.64	7.18	10.72	Total fat (g)	67
	Sat Fat (g)	7.45	33.86	4.89	22.23	Sat Fat (g)	22
	Trans fat (g)	0.00	0.00	0.00	0.00	Trans fat (g)	2
	Cholesterols (mg)	27.40	Not recommended	15.81	Not recommended		
	Total carbohydrate (g)	40.20	Not recommended	45.44	Not recommended		
	Total Sugars (g)	37.50	Not recommended	36.18	Not recommended		
	Added Sugars (g)	21.25	42.50	19.98	39.96	Added Sugars (g)	50
	Sodium (mg)	175.00	8.75	173.59	8.68	Sodium (mg)	2000
Allergen Contains	Milk						



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Iced Tea	Serve Size (ml)	400 ml				
	Energy (kCal)	193.70	9.69		Energy (kCal)	2000
	Protein (g)	0.17	Not recommended			
	Total fat (g)	0.00	0.00		Total fat (g)	67
	Sat Fat (g)	0.00	0.00		Sat Fat (g)	22
	Trans fat (g)	0.00	0.00		Trans fat (g)	2
	Cholesterols (mg)	0.00	Not recommended			
	Total carbohydrate (g)	48.25	Not recommended			
	Total Sugars (g)	47.37	Not recommended			
	Added Sugars (g)	46.85	93.70		Added Sugars (g)	50
	Sodium (mg)	143.25	7.16		Sodium (mg)	2000
Allergen Contains	No Allergens					



Menu	Regular	per serve percentage (%) contribution to RDA		Cutting	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
  Masala Chai	Serve Size (ml)	150 ml		90 ml				
	Energy (kCal)	94.23	4.71	54.97	2.75	Energy (kCal)	2000	
	Protein (g)	1.37	Not recommended	0.80	Not recommended			
	Total fat (g)	1.46	2.18	0.85	1.27	Total fat (g)	67	
	Sat Fat (g)	0.87	3.95	0.51	2.32	Sat Fat (g)	22	
	Trans fat (g)	0.04	2.00	0.02	1.00	Trans fat (g)	2	
	Cholesterols (mg)	0.00	Not recommended	0.00	Not recommended			
	Total carbohydrate (g)	18.90	Not recommended	11.02	Not recommended			
	Total Sugars (g)	15.06	Not recommended	8.79	Not recommended			
	Added Sugars (g)	13.68	27.36	7.98	15.96	Added Sugars (g)	50	
	Sodium (mg)	7.08	0.35	4.13	0.21	Sodium (mg)	2000	
Allergen Contains	Milk							



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Minute Maid Pulpy Orange	Serve Size (ml)	300 ml				
	Energy (kCal)	156.00	7.80		Energy (kCal)	2000
	Protein (g)	0.00	Not recommended			
	Total fat (g)	0.00	0.00		Total fat (g)	67
	Sat Fat (g)	0.00	0.00		Sat Fat (g)	22
	Trans fat (g)	0.00	0.00		Trans fat (g)	2
	Cholesterols (mg)	0.00	Not recommended			
	Total carbohydrate (g)	39.00	Not recommended			
	Total Sugars (g)	36.66	Not recommended			
	Added Sugars (g)	34.50	69.00		Added Sugars (g)	50
	Sodium (mg)	1.00	0.05		Sodium (mg)	2000
Allergen Contains	No Allergens					



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Coke Zero	Serve Size (ml)	330 ml				
	Energy (kCal)	0.10	0.01		Energy (kCal)	2000
	Protein (g)	0.00	Not recommended			
	Total fat (g)	0.00	0.00		Total fat (g)	67
	Sat Fat (g)	0.00	0.00		Sat Fat (g)	22
	Trans fat (g)	0.00	0.00		Trans fat (g)	2
	Cholesterols (mg)	0.00	Not recommended			
	Total carbohydrate (g)	0.00	Not recommended			
	Total Sugars (g)	0.00	Not recommended			
	Added Sugars (g)	0.00	0.00		Added Sugars (g)	50
	Sodium (mg)	24.75	1.24		Sodium (mg)	2000
Allergen Contains	No Allergens					



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Chocolate Milkshake	Serve Size (ml)	180 ml				
	Energy (kCal)	96.00	4.80		Energy (kCal)	2000
	Protein (g)	6.53	Not recommended			
	Total fat (g)	0.60	0.90		Total fat (g)	67
	Sat Fat (g)	0.30	1.36		Sat Fat (g)	22
	Trans fat (g)	0.00	0.00		Trans fat (g)	2
	Cholesterols (mg)	2.20	Not recommended			
	Total carbohydrate (g)	16.50	Not recommended			
	Total Sugars (g)	16.00	Not recommended			
	Added Sugars (g)	6.50	13.00		Added Sugars (g)	50
	Sodium (mg)	100.00	5.00		Sodium (mg)	2000
Allergen Contains	Milk					



 Menu			per serve percentage (%) contribution to RDA	Recommended Dietary Allowance (RDA)		
 Schweppes Packaged Water	Serve Size (ml)	500 ml				
	Energy (kCal)	0.00	0.00		Energy (kCal)	2000
	Protein (g)	0.00	Not recommended			
	Total fat (g)	0.00	0.00		Total fat (g)	67
	Sat Fat (g)	0.00	0.00		Sat Fat (g)	22
	Trans fat (g)	0.00	0.00		Trans fat (g)	2
	Cholesterols (mg)	0.00	Not recommended			
	Total carbohydrate (g)	0.00	Not recommended			
	Total Sugars (g)	0.00	Not recommended			
	Added Sugars (g)	0.00	0.00		Added Sugars (g)	50
	Sodium (mg)	3.00	0.15		Sodium (mg)	2000
Allergen Contains	No Allergens					



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Manchurian Sauce	Serve Size (g)	25 g				
	Energy (kCal)	32.20	1.61		Energy (kCal)	2000
	Protein (g)	0.30	Not recommended			
	Total fat (g)	1.40	2.09		Total fat (g)	67
	Sat Fat (g)	0.20	0.91		Sat Fat (g)	22
	Trans fat (g)	0.20	10.00		Trans fat (g)	2
	Cholesterols (mg)	0.00	Not recommended			
	Total carbohydrate (g)	4.60	Not recommended			
	Total Sugars (g)	2.80	Not recommended			
	Added Sugars (g)	0.00	0.00		Added Sugars (g)	50
	Sodium (mg)	541.00	27.05		Sodium (mg)	2000
Allergen Contains	Soya					



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Sweet Chilli Sauce	Serve Size (g)	25 g				
	Energy (kCal)	34.75	1.74		Energy (kCal)	2000
	Protein (g)	0.05	Not recommended			
	Total fat (g)	0.50	0.75		Total fat (g)	67
	Sat Fat (g)	0.00	0.00		Sat Fat (g)	22
	Trans fat (g)	0.05	2.50		Trans fat (g)	2
	Cholesterols (mg)	0.00	Not recommended			
	Total carbohydrate (g)	7.50	Not recommended			
	Total Sugars (g)	6.00	Not recommended			
	Added Sugars (g)	0.00	0.00		Added Sugars (g)	50
	Sodium (mg)	222.00	11.10		Sodium (mg)	2000
Allergen Contains	Soya					



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Mustard Dip Sauce	Serve Size (g)	25 g				
	Energy (kCal)	81.18	4.06	Energy (kCal)	2000	
	Protein (g)	0.52	Not recommended			
	Total fat (g)	5.57	8.31	Total fat (g)	67	
	Sat Fat (g)	1.78	8.09	Sat Fat (g)	22	
	Trans fat (g)	0.47	23.50	Trans fat (g)	2	
	Cholesterols (mg)	0.29	Not recommended			
	Total carbohydrate (g)	7.24	Not recommended			
	Total Sugars (g)	6.66	Not recommended			
	Added Sugars (g)	4.00	8.00	Added Sugars (g)	50	
	Sodium (mg)	221.32	11.07	Sodium (mg)	2000	
Allergen Contains	Milk, Soya					



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Barbeque Dip Sauce	Serve Size (g)	25 g				
	Energy (kCal)	54.89	2.74		Energy (kCal)	2000
	Protein (g)	0.26	Not recommended			
	Total fat (g)	0.49	0.73		Total fat (g)	67
	Sat Fat (g)	0.15	0.67		Sat Fat (g)	22
	Trans fat (g)	0.04	1.88		Trans fat (g)	2
	Cholesterols (mg)	0.25	Not recommended			
	Total carbohydrate (g)	12.36	Not recommended			
	Total Sugars (g)	7.65	Not recommended			
	Added Sugars (g)	2.50	5.00		Added Sugars (g)	50
	Sodium (mg)	113.23	5.66		Sodium (mg)	2000
Allergen Contains	Soya					



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Chilli Sauce	Serve Size (g)	10 g				
	Energy (kCal)	7.00	0.35		Energy (kCal)	2000
	Protein (g)	0.00	Not recommended			
	Total fat (g)	0.00	0.00		Total fat (g)	67
	Sat Fat (g)	0.00	0.00		Sat Fat (g)	22
	Trans fat (g)	0.00	0.00		Trans fat (g)	2
	Cholesterols (mg)	0.00	Not recommended			
	Total carbohydrate (g)	1.70	Not recommended			
	Total Sugars (g)	1.70	Not recommended			
	Added Sugars (g)	1.50	3.00		Added Sugars (g)	50
	Sodium (mg)	55.00	2.75		Sodium (mg)	2000
Allergen Contains	No Allergens					



 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Cheese Slice (Extra)	Serve Size (g)	14 g				
	Energy (kCal)	51.03	2.55		Energy (kCal)	2000
	Protein (g)	3.06	Not recommended			
	Total fat (g)	3.99	5.95		Total fat (g)	67
	Sat Fat (g)	2.89	13.13		Sat Fat (g)	22
	Trans fat (g)	0.01	0.70		Trans fat (g)	2
	Cholesterols (mg)	13.43	Not recommended			
	Total carbohydrate (g)	0.72	Not recommended			
	Total Sugars (g)	0.54	Not recommended			
	Added Sugars (g)	0.00	0.00		Added Sugars (g)	50
	Sodium (mg)	178.95	8.95		Sodium (mg)	2000
Allergen Contains	Milk					

 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Tomato Ketchup	Serve Size (g)	8 g				
	Energy (kCal)	10.00	0.50		Energy (kCal)	2000
	Protein (g)	0.00	Not recommended			
	Total fat (g)	0.00	0.00		Total fat (g)	67
	Sat Fat (g)	0.00	0.00		Sat Fat (g)	22
	Trans fat (g)	0.00	0.00		Trans fat (g)	2
	Cholesterols (mg)	0.00	Not recommended			
	Total carbohydrate (g)	2.50	Not recommended			
	Total Sugars (g)	2.00	Not recommended			
	Added Sugars (g)	1.80	3.60		Added Sugars (g)	50
	Sodium (mg)	78.80	3.94		Sodium (mg)	2000
Allergen Contains	No Allergens					

 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Milk Tub (Creamer for Coffee)	Serve Size (g)	10 g				
	Energy (kCal)	14.00	0.70		Energy (kCal)	2000
	Protein (g)	0.50	Not recommended			
	Total fat (g)	1.00	1.49		Total fat (g)	67
	Sat Fat (g)	0.60	2.73		Sat Fat (g)	22
	Trans fat (g)	0.00	0.00		Trans fat (g)	2
	Cholesterols (mg)	3.00	Not recommended			
	Total carbohydrate (g)	0.80	Not recommended			
	Total Sugars (g)	0.80	Not recommended			
	Added Sugars (g)	0.00	0.00		Added Sugars (g)	50
	Sodium (mg)	7.00	0.35		Sodium (mg)	2000
Allergen Contains	Milk					

 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Peri-Peri Spice Mix	Serve Size (g)	5 g				
	Energy (kCal)	12.00	0.60		Energy (kCal)	2000
	Protein (g)	0.30	Not recommended			
	Total fat (g)	0.23	0.34		Total fat (g)	67
	Sat Fat (g)	0.04	0.18		Sat Fat (g)	22
	Trans fat (g)	0.00	0.00		Trans fat (g)	2
	Cholesterols (mg)	0.00	Not recommended			
	Total carbohydrate (g)	2.20	Not recommended			
	Total Sugars (g)	0.50	Not recommended			
	Added Sugars (g)	0.03	0.06		Added Sugars (g)	50
	Sodium (mg)	26.50	1.33		Sodium (mg)	2000
Allergen Contains	Soya					

 Menu			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Sugar Sachet	Serve Size (g)	5 g				
	Energy (kCal)	20.00	1.00		Energy (kCal)	2000
	Protein (g)	0.00	Not recommended			
	Total fat (g)	0.00	0.00		Total fat (g)	67
	Sat Fat (g)	0.00	0.00		Sat Fat (g)	22
	Trans fat (g)	0.00	0.00		Trans fat (g)	2
	Cholesterols (mg)	0.00	Not recommended			
	Total carbohydrate (g)	5.00	Not recommended			
	Total Sugars (g)	5.00	Not recommended			
	Added Sugars (g)	5.00	10.00		Added Sugars (g)	50
	Sodium (mg)	0.00	0.00		Sodium (mg)	2000
Allergen Contains	No Allergens					

			per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)	
 Chipotle Cheesy Dip	Serve Size (g)	20 g				
	Energy (kCal)	68.80	3.44		Energy (kCal)	2000
	Protein (g)	1.20	Not recommended			
	Total fat (g)	3.20	4.78		Total fat (g)	67
	Sat Fat (g)	1.80	8.18		Sat Fat (g)	22
	Trans fat (g)	0.02	1.00		Trans fat (g)	2
	Cholesterols (mg)	1.40	Not recommended			
	Total carbohydrate (g)	1.80	Not recommended			
	Total Sugars (g)	<1	Not recommended			
	Added Sugars (g)	0.20	0.40		Added Sugars (g)	50
	Sodium (mg)	107.00	5.35		Sodium (mg)	2000
Allergen Contains	Milk					