

PRODUCT NUTRITIONAL INFORMATION BOOKLET



Connaught plaza restaurants pvt ltd



PRODUCT NUTRITIONAL INFORMATION BOOKLET

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	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	1.5	Added Sugars (g)	50
	Sodium (mg)	804.63	40.23	Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya				



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Menu			per serve percentage (%) contribution to RDA	Recommended Dietary Allowance (RDA)	
 Hash Brown	Serve Size (g)	64 g			
	Energy (kCal)	136.8	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	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	0	Added Sugars (g)	50
	Sodium (mg)	275.26	13.76	Sodium (mg)	2000
Allergen Contains	No Allergen Contains				



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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	8.5	Trans fat (g)	2
	Cholesterols (mg)	233.3	Not recommended		
	Total carbohydrate (g)	28.12	Not recommended		
	Total Sugars (g)	2.38	Not recommended		
	Added Sugars (g)	0.75	1.5	Added Sugars (g)	50
	Sodium (mg)	519.31	25.97	Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Egg & Soya				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu			per serve percentage (%) contribution to RDA	Recommended Dietary Allowance (RDA)	
 Veg Supreme Mc Muffin	Serve Size (g)	140 g			
	Energy (kCal)	347.96	17.4	Energy (kCal)	2000
	Protein (g)	10.5	Not recommended		
	Total fat (g)	15.78	23.55	Total fat (g)	67
	Sat Fat (g)	8	36.36	Sat Fat (g)	22
	Trans fat (g)	0.18	9	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	4	Added Sugars (g)	50
	Sodium (mg)	1004.3 3	50.22	Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya				



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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)	7.9	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				



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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	Trans fat (g)	2
	Cholesterols (mg)	0	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				



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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	8.5	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	1.5	Added Sugars (g)	50
	Sodium (mg)	742.6	37.13	Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Egg & Soya				



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Menu			per serve percentage (%) contribution to RDA	Recommended Dietary Allowance (RDA)	
 Desi Dragon Burger	Serve Size (g)	140 g			
	Energy (kCal)	323.72	16.19	Energy (kCal)	2000
	Protein (g)	6.34	Not recommended		
	Total fat (g)	6.6	9.85	Total fat (g)	67
	Sat Fat (g)	1.6	7.27	Sat Fat (g)	22
	Trans fat (g)	0.5	25	Trans fat (g)	2
	Cholesterols (mg)	0	Not recommended		
	Total carbohydrate (g)	41.22	Not recommended		
	Total Sugars (g)	6.88	Not recommended		
	Added Sugars (g)	1.94	3.88	Added Sugars (g)	50
	Sodium (mg)	853.95	42.7	Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Soya				



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Menu			per serve percentage (%) contribution to RDA	Recommended Dietary Allowance (RDA)	
 Aloo Tikki Burger	Serve Size (g)	146 g			
	Energy (kCal)	339.52	16.98	Energy (kCal)	2000
	Protein (g)	8.5	Not recommended		
	Total fat (g)	11.31	16.88	Total fat (g)	67
	Sat Fat (g)	4.27	19.4	Sat Fat (g)	22
	Trans fat (g)	0.2	9.85	Trans fat (g)	2
	Cholesterols (mg)	1.47	Not recommended		
	Total carbohydrate (g)	50.27	Not recommended		
	Total Sugars (g)	7.05	Not recommended		
	Added Sugars (g)	4.07	8.15	Added Sugars (g)	50
	Sodium (mg)	545.34	27.27	Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya				



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Menu			per serve percentage (%) contribution to RDA	Recommended Dietary Allowance (RDA)	
 Cripsy 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	Sat Fat (g)	22
	Trans fat (g)	1	50	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)	1080.6 2	54.03	Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya				



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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	8.9	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)	1074.5 8	53.73	Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya				



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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)	39.1	58.36	Total fat (g)	67
	Sat Fat (g)	19.73	89.66	Sat Fat (g)	22
	Trans fat (g)	0.26	13	Trans fat (g)	2
	Cholesterols (mg)	40.93	Not recommended		
	Total carbohydrate (g)	59.27	Not recommended		
	Total Sugars (g)	3.5	Not recommended		
	Added Sugars (g)	1.08	2.16	Added Sugars (g)	50
	Sodium (mg)	1087.4 6	54.37	Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya				



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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	25.6	Total fat (g)	67
	Sat Fat (g)	8.29	37.68	Sat Fat (g)	22
	Trans fat (g)	0	0	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				



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Menu			per serve percentage (%) contribution to RDA	Recommended Dietary Allowance (RDA)	
 Cheesy Mushroom Burger	Serve Size (g)	220 g			
	Energy (kCal)	778.21	38.91	Energy (kCal)	2000
	Protein (g)	20.82	Not recommended		
	Total fat (g)	44.35	66.19	Total fat (g)	67
	Sat Fat (g)	22.35	101.59	Sat Fat (g)	22
	Trans fat (g)	1.1	55	Trans fat (g)	2
	Cholesterols (mg)	37.13	Not recommended		
	Total carbohydrate (g)	75.34	Not recommended		
	Total Sugars (g)	10.45	Not recommended		
	Added Sugars (g)	2	4	Added Sugars (g)	50
	Sodium (mg)	1378.9 8	68.95	Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

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	0.7	Added Sugars (g)	50
	Sodium (mg)	390.74	19.54	Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

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	Not recommended		
	Total fat (g)	10	14.93	Total fat (g)	67
	Sat Fat (g)	0.8	3.64	Sat Fat (g)	22
	Trans fat (g)	0.1	5	Trans fat (g)	2
	Cholesterols (mg)	76.88	Not recommended		
	Total carbohydrate (g)	31	Not recommended		
	Total Sugars (g)	5	Not recommended		
	Added Sugars (g)	1.6	3.2	Added Sugars (g)	50
	Sodium (mg)	675	33.75	Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Egg, Soya				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu			per serve percentage (%) contribution to RDA	Recommended Dietary Allowance (RDA)	
 Chicken Puff	Serve Size (g)	80 g			
	Energy (kCal)	212.6	10.63	Energy (kCal)	2000
	Protein (g)	5.13	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)	5.19	Not recommended		
	Total carbohydrate (g)	22.28	Not recommended		
	Total Sugars (g)	1.57	Not recommended		
	Added Sugars (g)	0	0	Added Sugars (g)	50
	Sodium (mg)	407.41	20.37	Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya				



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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)	15.7	23.43	Total fat (g)	67
	Sat Fat (g)	5.47	24.85	Sat Fat (g)	22
	Trans fat (g)	0.16	8.2	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, Fish				



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Menu			per serve percentage (%) contribution to RDA	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	Sat Fat (g)	22
	Trans fat (g)	0	0	Trans fat (g)	2
	Cholesterols (mg)	16.6	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				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

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	0	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				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

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	10.5	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				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu			per serve percentage (%) contribution to RDA	Recommended Dietary Allowance (RDA)	
 Cheesy Chicken Burger	Serve Size (g)	235 g			
	Energy (kCal)	496.74	24.84	Energy (kCal)	2000
	Protein (g)	29.86	Not recommended		
	Total fat (g)	22.92	34.21	Total fat (g)	67
	Sat Fat (g)	9.54	43.36	Sat Fat (g)	22
	Trans fat (g)	1	50	Trans fat (g)	2
	Cholesterols (mg)	209.68	Not recommended		
	Total carbohydrate (g)	41.7	Not recommended		
	Total Sugars (g)	5.3	Not recommended		
	Added Sugars (g)	1.6	3.2	Added Sugars (g)	50
	Sodium (mg)	1376.1 8	68.81	Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya, Egg				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

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	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	2.2	Added Sugars (g)	50
	Sodium (mg)	1003.7 8	50.19	Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

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	13.8	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)	1529.2 2	76.46	Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

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)	4.9	22.27	Sat Fat (g)	22
	Trans fat (g)	0.2	10	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				



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Menu			per serve percentage (%) contribution to RDA	Recommended Dietary Allowance (RDA)	
 Saucy Wrap - Chicken	Serve Size (g)	137 g			
	Energy (kCal)	312.1	15.61	Energy (kCal)	2000
	Protein (g)	13.6	Not recommended		
	Total fat (g)	14.9	22.24	Total fat (g)	67
	Sat Fat (g)	5.2	23.64	Sat Fat (g)	22
	Trans fat (g)	0.14	7	Trans fat (g)	2
	Cholesterols (mg)	35.11	Not recommended		
	Total carbohydrate (g)	30.83	Not recommended		
	Total Sugars (g)	3.1	Not recommended		
	Added Sugars (g)	1.47	2.94	Added Sugars (g)	50
	Sodium (mg)	512.03	25.6	Sodium (mg)	2000
Allergen Contains	Gluten, Milk, Soy				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

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)	21.1	31.5	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)	0.4	0.8	Added Sugars (g)	50
	Sodium (mg)	430.79	21.54	Sodium (mg)	2000
Allergen Contains	Gluten, Milk				



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Menu			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	2000
	Protein (g)	5.19	Not rec.	7.3	Not rec.	
	Total fat (g)	15.54	23.19	21.89	32.67	67
	Sat Fat (g)	7.77	35.32	10.94	49.73	22
	Trans fat (g)	0.12	6	0.15	7.5	2
	Cholesterols (mg)	3.22	Not rec.	4.5	Not rec.	
	Total carb (g)	29.98	Not rec.	42.37	Not rec.	
	Total Sugars (g)	1.14	Not rec.	1.5	Not rec.	
	Added Sugars (g)	0.5	1	0.75	1.5	50
	Sodium (mg)	329.84	16.49	463.09	23.15	2000
Allergen Contains	Milk					



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu		4 Pcs	RDA %	6 Pcs	RDA %	9 Pcs	RDA %	20 Pcs	RDA %	RDA
 Nuggets	Size	64 g		96 g		144 g		320 g		
	Energy	168.58	8.43	252.52	12.63	377.91	18.9	812.1	40.6	2000
	Protein	10.03	Not rec.	15.04	Not rec.	22.56	Not rec.	47.6	Not rec.	
	Fat	9.54	14.23	14.3	21.35	21.46	32.0	46.9	70	67
	Sat Fat	4.45	20.25	6.68	30.37	10.02	45.5	21.1	95.9	22
	Trans	0.06	3.2	0.1	4.8	0.14	7.2	0.3	15	2
	Sodium	313.25	15.66	469.87	23.49	704.81	35.2	1490	74.5	2000
Allergen Contains	Gluten, Fish									



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu		Regular	RDA %	Medium	RDA %	Large	RDA %	RDA
 Fries	Size	77 g		109 g		154 g		
	Energy	215.77	10.79	304.92	15.25	431.11	21.56	2000
	Protein	3.38	Not rec.	4.79	Not rec.	6.76	Not rec.	
	Fat	10.39	15.5	14.7	21.95	20.77	31.01	67
	Sat Fat	4.97	22.61	7.04	32.01	9.95	45.22	22
	Trans	0.08	3.85	0.11	5.45	0.15	7.7	2
	Sodium	153.15	7.66	216.79	10.84	306.29	15.31	2000
Allergen Contains	No Allergen Contains							



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu			per serve percentage (%) contribution to RDA		Recommen ded Dietary Allowance (RDA)
 Hot Coffee	Serve Size (g)	200 ml			
	Energy (kCal)	6.8	0.34	Energy (kCal)	2000
	Protein (g)	0	Not recommended		
	Total fat (g)	0	0	Total fat (g)	67
	Sat Fat (g)	0	0	Sat Fat (g)	22
	Trans fat (g)	0	0	Trans fat (g)	2
	Cholesterols (mg)	0	Not recommended		
	Total carbohydrate (g)	1.7	Not recommended		
	Total Sugars (g)	0	Not recommended		
	Added Sugars (g)	0	0	Added Sugars (g)	50
	Sodium (mg)	0	0	Sodium (mg)	2000
Allergen Contains	No Allergen Contains				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu			per serve percentage (%) contribution to RDA		Recommen ded 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	2.7	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				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu		Regular	contribution to RDA	Medium	contribution to RDA	RDA
 Boba Sundae	Serve Size (g)	115 g		145 g		
	Energy (kCal)	147.28	7.36	185	9.25	2000
	Protein (g)	2.6	Not rec.	3.5	Not rec.	
	Total fat (g)	3	4.48	4	5.97	67
	Sat Fat (g)	2.2	10	2.9	13.18	22
	Trans fat (g)	0	0	0	0	2
	Cholesterols (mg)	8	Not rec.	10.72	Not rec.	
	Total carb (g)	27.44	Not rec.	34	Not rec.	
	Total Sugars (g)	25.19	Not rec.	31.19	Not rec.	
	Added Sugars (g)	19.82	39.64	24.17	48.34	50
	Sodium (mg)	57.87	2.89	75.35	3.77	2000
Allergen Contains	Milk					



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu			per serve percentage (%) contribution to RDA		Recommen ded 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	12.1	Total fat (g)	67
	Sat Fat (g)	5.5	25	Sat Fat (g)	22
	Trans fat (g)	0.1	5	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				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu		Regular Cone	contribution to RDA	Mini Cone	contribution to RDA	RDA
 Waffle Cone	Serve Size (g)	82 g		35 g		
	Energy (kCal)	132.33	6.62	74.58	3.73	2000
	Protein (g)	3.5	Not rec.	1.9	Not rec.	
	Total fat (g)	2.8	4.18	1.63	2.43	67
	Sat Fat (g)	1.89	8.59	1.13	5.14	22
	Trans fat (g)	0	0	0	0	2
	Cholesterols (mg)	6.69	Not rec.	4	Not rec.	
	Total carb (g)	25.49	Not rec.	14.04	Not rec.	
	Total Sugars (g)	18.97	Not rec.	10.86	Not rec.	
	Added Sugars (g)	14.69	29.38	8.26	16.52	50
	Sodium (mg)	70.95	3.55	38.78	1.94	2000
Allergen Contains	Cereal containing gluten, Milk, Soya					



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu		Regular	contribution to RDA	Medium	contribution to RDA	RDA
 Sundae Mango	Serve Size (g)	86 g		128 g		
	Energy (kCal)	193.73	9.69	252.37	12.62	2000
	Protein (g)	3.09	Not rec.	4.39	Not rec.	
	Total fat (g)	10	14.93	11.5	17.16	67
	Sat Fat (g)	7.68	34.91	8.78	39.91	22
	Trans fat (g)	0	0	0	0	2
	Cholesterols (mg)	6.69	Not rec.	10.72	Not rec.	
	Total carb (g)	22.84	Not rec.	32.81	Not rec.	
	Total Sugars (g)	21.27	Not rec.	30.39	Not rec.	
	Added Sugars (g)	15.7	31.4	22.22	44.44	50
	Sodium (mg)	57.5	2.88	84.05	4.2	2000
Allergen Contains	Milk, Soy					



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu			per serve percentage (%) contribution to RDA		Recommen ded Dietary Allowance (RDA)
 McSwirl Mango dip	Serve Size (g)	91 g			
	Energy (kCal)	150.03	7.5	Energy (kCal)	2000
	Protein (g)	2.6	Not recommended		
	Total fat (g)	9.32	13.91	Total fat (g)	67
	Sat Fat (g)	5.3	24.09	Sat Fat (g)	22
	Trans fat (g)	0.05	2.7	Trans fat (g)	2
	Cholesterols (mg)	4.75	Not recommended		
	Total carbohydrate (g)	19.4	Not recommended		
	Total Sugars (g)	14.8	Not recommended		
	Added Sugars (g)	10.1	20.2	Added Sugars (g)	50
	Sodium (mg)	49.78	2.49	Sodium (mg)	2000
Allergen Contains	Cereal containing gluten, Milk, Soya				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu		Regular	contribution to RDA	Mini	contribution to RDA	RDA
 Waffle McSwirl Choco	Serve Size (g)	97 g		42 g		
	Energy (kCal)	226.78	11.34	120.58	6.03	2000
	Protein (g)	4.12	Not rec.	2.65	Not rec.	
	Total fat (g)	10.11	15.09	5.3	7.91	67
	Sat Fat (g)	7.7	35	3.9	17.73	22
	Trans fat (g)	0	0	0	0	2
	Cholesterols (mg)	6.69	Not rec.	4	Not rec.	
	Total carb (g)	31.86	Not rec.	19.86	Not rec.	
	Total Sugars (g)	26.12	Not rec.	13.88	Not rec.	
	Added Sugars (g)	19.84	39.68	10.86	21.72	50
	Sodium (mg)	87.45	4.37	47.22	2.36	2000
Allergen Contains	Cereal containing gluten, Milk, Soya					



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu		Regular Cone	contribution to RDA	Mini Cone	contribution to RDA	RDA
 Waffle McSwirl Mango	Serve Size (g)	97 g		42 g		
	Energy (kCal)	228.78	11.44	122.58	6.13	2000
	Protein (g)	4.42	Not rec.	2.35	Not rec.	
	Total fat (g)	10.3	15.37	5.33	7.96	67
	Sat Fat (g)	7.74	35.18	3.93	17.86	22
	Trans fat (g)	0	0	0	0	2
	Cholesterols (mg)	6.69	Not rec.	4.03	Not rec.	
	Total carb (g)	31.79	Not rec.	19.4	Not rec.	
	Total Sugars (g)	25.12	Not rec.	13.96	Not rec.	
	Added Sugars (g)	19.34	38.68	10.56	21.12	50
	Sodium (mg)	84.45	4.22	45.58	2.28	2000
Allergen Contains	Cereal containing gluten, Milk, Soya					



PRODUCT NUTRITIONAL INFORMATION BOOKLET

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	3.3	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				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu		Regular	contribution to RDA	Mini	Recommended Dietary Allowance (RDA)	RDA
 Waffle McSwirl ButterScotch	Serve Size (g)	99 g		44 g		
	Energy (kCal)	230.78	11.54	121.8	6.09	2000
	Protein (g)	4	Not rec.	2.36	Not rec.	
	Total fat (g)	11.11	16.58	6.3	9.4	67
	Sat Fat (g)	8.7	39.55	4.1	18.64	22
	Trans fat (g)	0	0	0	0	2
	Cholesterols (mg)	6.89	Not rec.	4.04	Not rec.	
	Total carb (g)	32.26	Not rec.	19.27	Not rec.	
	Total Sugars (g)	26.8	Not rec.	12.88	Not rec.	
	Added Sugars (g)	19.2	38.4	10.55	21.1	50
	Sodium (mg)	89.45	4.47	45.22	2.26	2000
Allergen Contains	Cereal containing gluten, Milk, Nuts, Soya					



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu		Regular	contribution to RDA	Mini	Recommended Dietary Allowance (RDA)	RDA
 Sundae Chocolate	Serve Size (g)	91.79 g		132.08 g		
	Energy (kCal)	121.64	6.08	197.45	9.87	2000
	Protein (g)	2.25	Not rec.	3.49	Not rec.	
	Total fat (g)	4.02	6	6.87	10.25	67
	Sat Fat (g)	3.01	13.67	5.16	23.44	22
	Trans fat (g)	0.08	3.98	0.13	6.29	2
	Cholesterols (mg)	5.85	Not rec.	8.55	Not rec.	
	Total carb (g)	19.11	Not rec.	30.42	Not rec.	
	Total Sugars (g)	17.07	Not rec.	27.01	Not rec.	
	Added Sugars (g)	10.78	21.55	16.9	33.8	50
	Sodium (mg)	65.56	3.28	110.39	5.52	2000
Allergen Contains	Milk					



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu		Regular	contribution to RDA	Medium	contribution to RDA	RDA
 McFlurry Choco Crunch	Serve Size (g)	94.29 g		167.38 g		
	Energy (kCal)	154.19	7.71	332.91	16.65	2000
	Protein (g)	2.62	Not rec.	5.04	Not rec.	
	Total fat (g)	5.39	8.05	16	23.88	67
	Sat Fat (g)	3.91	17.78	6.94	31.55	22
	Trans fat (g)	0.07	3.35	0.12	6.19	2
	Cholesterols (mg)	5.37	Not rec.	9.53	Not rec.	
	Total carb (g)	23.67	Not rec.	42.02	Not rec.	
	Total Sugars (g)	17.36	Not rec.	33.6	Not rec.	
	Added Sugars (g)	13.04	26.08	23.15	46.3	50
	Sodium (mg)	420	21	700	35	2000
Allergen Contains	Milk, Soya					



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu		Regular	contribution to RDA	Medium	contribution to RDA	RDA
 Boba Sundae	Serve Size (g)	115 g		145 g		
	Energy (kCal)	147.28	7.36	185	9.25	2000
	Protein (g)	2.6	Not rec.	3.5	Not rec.	
	Total fat (g)	3	4.48	4	5.97	67
	Sat Fat (g)	2.2	10	2.9	13.18	22
	Trans fat (g)	0	0	0	0	2
	Cholesterols (mg)	8	Not rec.	10.72	Not rec.	
	Total carb (g)	27.44	Not rec.	34	Not rec.	
	Total Sugars (g)	25.19	Not rec.	31.19	Not rec.	
	Added Sugars (g)	19.82	39.64	24.17	48.34	50
	Sodium (mg)	57.87	2.89	75.35	3.77	2000
Allergen Contains	Milk					



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu			Small	per serve percentage (%) contribution to RDA		RDA
 Coca-Cola Zero	Serve Size (ml)		300 ml			
	Energy (kCal)		0	0		2000
	Protein (g)		0	Not recommended		
	Total fat (g)		0	0		67
	Sat Fat (g)		0	0		22
	Trans fat (g)		0	0		2
	Cholesterols (mg)		0	Not recommended		
	Total carb (g)		0	Not recommended		
	Total Sugars (g)		0	Not recommended		
	Added Sugars (g)		0	0		50
	Sodium (mg)		7.5	0.38		2000
Allergen Contains	No Allergen Contains					



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu		Small	contribution to RDA	Medium	contribution to RDA	Large	contribution to RDA	RDA
 Fanta	Size (ml)	299 ml		394 ml		544 ml		
	Energy	129.48	6.47	178.88	8.94	256.88	12.84	2000
	Protein	0	Not rec.	0	Not rec.	0	Not rec.	
	Fat	0	0	0	0	0	0	67
	Sat Fat	0	0	0	0	0	0	22
	Trans	0	0	0	0	0	0	2
	Carb	32.37	Not rec.	44.72	Not rec.	64.22	Not rec.	
	Sugar	32.37	Not rec.	44.72	Not rec.	64.22	Not rec.	
	Added	32.37	64.74	44.72	89.44	64.22	128.44	50
	Sodium	55.53	2.78	76.71	3.84	110.16	5.51	2000
Allergen Contains	No Allergen Contains							



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu		Regular	contribution to RDA	Medium	contribution to RDA	RDA
 McFlurry Oreo	Serve Size (g)	86.79 g		147.38 g		
	Energy (kCal)	116.36	5.82	209.39	10.47	2000
	Protein (g)	2.05	Not rec.	3.58	Not rec.	
	Total fat (g)	3.7	5.53	6.81	10.16	67
	Sat Fat (g)	2.25	10.24	4.07	18.49	22
	Trans fat (g)	0.07	3.48	0.12	6.11	2
	Cholesterols (mg)	4.8	Not rec.	8	Not rec.	
	Total carb (g)	18.69	Not rec.	33.42	Not rec.	
	Total Sugars (g)	14.49	Not rec.	25.35	Not rec.	
	Added Sugars (g)	10.8	21.59	19.23	38.45	50
	Sodium (mg)	80.73	4.04	150.9	7.55	2000
Allergen Contains	Gluten, Milk, Soya, Sulphites					



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu		Small	contribution to RDA	Medium	contribution to RDA	Large	contribution to RDA	RDA
 Coca-Cola	Size (ml)	299 ml		394 ml		544 ml		
	Energy	109.56	5.48	151.36	7.57	217.36	10.87	2000
	Protein	0	Not rec.	0	Not rec.	0	Not rec.	
	Fat	0	0	0	0	0	0	67
	Sat Fat	0	0	0	0	0	0	22
	Trans	0	0	0	0	0	0	2
	Carb	27.39	Not rec.	37.84	Not rec.	54.34	Not rec.	
	Sugar	27.39	Not rec.	37.84	Not rec.	54.34	Not rec.	
	Added	27.39	54.78	37.84	75.68	54.34	108.68	50
	Sodium	21.17	1.06	29.24	1.46	41.99	2.1	2000
Allergen Contains	No Allergen Contains							



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu		Regular	contribution to RDA	Medium	contribution to RDA	RDA
 Sundae Strawberry	Serve Size (g)	91.79 g		132.08 g		
	Energy (kCal)	100.99	5.05	156.14	7.81	2000
	Protein (g)	1.54	Not rec.	2.05	Not rec.	
	Total fat (g)	1.77	2.64	2.36	3.52	67
	Sat Fat (g)	1.3	5.9	1.74	7.89	22
	Trans fat (g)	0.06	3.23	0.1	4.79	2
	Cholesterols (mg)	4.85	Not rec.	6.55	Not rec.	
	Total carb (g)	19.78	Not rec.	31.77	Not rec.	
	Total Sugars (g)	17.66	Not rec.	28.2	Not rec.	
	Added Sugars (g)	12.49	24.97	20.32	40.64	50
	Sodium (mg)	34.51	1.73	48.28	2.41	2000
Allergen Contains	Milk					



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu		Regular	contribution to RDA	Medium	contribution to RDA	RDA
 Sundae Mango	Serve Size (g)	86 g		128 g		
	Energy (kCal)	193.73	9.69	252.37	12.62	2000
	Protein (g)	3.09	Not rec.	4.39	Not rec.	
	Total fat (g)	10	14.93	11.5	17.16	67
	Sat Fat (g)	7.68	34.91	8.78	39.91	22
	Trans fat (g)	0	0	0	0	2
	Cholesterols (mg)	6.69	Not rec.	10.72	Not rec.	
	Total carb (g)	22.84	Not rec.	32.81	Not rec.	
	Total Sugars (g)	21.27	Not rec.	30.39	Not rec.	
	Added Sugars (g)	15.7	31.4	22.22	44.44	50
	Sodium (mg)	57.5	2.88	84.05	4.2	2000
Allergen Contains	Milk, Soy					



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu		Regular	contribution to RDA	Medium	contribution to RDA	RDA
 Sundae Chocolate Brownie	Serve Size (g)	110.79 g		155.08 g		
	Energy (kCal)	203.26	10.16	307.39	15.37	2000
	Protein (g)	3.2	Not rec.	4.65	Not rec.	
	Total fat (g)	5.45	8.14	7.46	11.14	67
	Sat Fat (g)	3.65	16.58	4.71	21.42	22
	Trans fat (g)	0.1	4.93	0.13	6.69	2
	Cholesterols (mg)	6.04	Not rec.	7.78	Not rec.	
	Total carb (g)	35.26	Not rec.	55.24	Not rec.	
	Total Sugars (g)	20.75	Not rec.	27.94	Not rec.	
	Added Sugars (g)	14.39	28.78	20.28	40.56	50
	Sodium (mg)	100.89	5.04	146.4	7.32	2000
Allergen Contains	Gluten, Milk, Nuts					



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu		Regular	contribution to RDA	Medium	contribution to RDA	Large	contribution to RDA	RDA
 Boba Sundae (V1, 08-Oct-22)	Serve Size (g)	115 g		145 g				
		147.2						
	Energy (kCal)	8	7.36	185	9.25			2000
	Protein (g)	2.6	Not rec.	3.5	Not rec.			
	Total fat (g)	3	4.48	4	5.97			67
	Sat Fat (g)	2.2	10	2.9	13.18			22
	Trans fat (g)	0	0	0	0			2
	Cholesterols (mg)	8	Not rec.	10.72	Not rec.			
	Total carbohydrate (g)	27.44	Not rec.	34	Not rec.			
	Total Sugars (g)	25.19	Not rec.	31.19	Not rec.			
	Added Sugars (g)	19.82	39.64	24.17	48.34			50
	Sodium (mg)	57.87	2.89	75.35	3.77			2000
Allergen Contains	Milk							



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu		Regular	contribution to RDA	Medium	contribution to RDA	Large	contribution to RDA	RDA
 Coca-Cola Zero (V1, 10-Jul-24)	Serve Size (ml)	300 ml						
	Energy (kCal)	0	0					2000
	Protein (g)	0	Not rec.					
	Total fat (g)	0	0					67
	Sat Fat (g)	0	0					22
	Trans fat (g)	0	0					2
	Cholesterols (mg)	0	Not rec.					
	Total carbohydrate (g)	0	Not rec.					
	Total Sugars (g)	0	Not rec.					
	Added Sugars (g)	0	0					50
	Sodium (mg)	7.5	0.38					2000
Allergen Contains	No Allergen Contains							



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu	Nutrient	Small	per serve % RDA	Medium	per serve % RDA	Large	per serve % RDA	RDA
 Sprite	Serve Size (ml)	299 ml		394 ml		544 ml		
	Energy (kCal)	119.5 2	5.98	165.12	8.26	237.1 2	11.86	2000
	Protein (g)	0	Not rec.	0	Not rec.	0	Not rec.	
	Total fat (g)	0	0	0	0	0	0	67
	Sat Fat (g)	0	0	0	0	0	0	22
	Trans fat (g)	0	0	0	0	0	0	2
	Cholesterols (mg)	0	Not rec.	0	Not rec.	0	Not rec.	
	Total carb (g)	29.88	Not rec.	41.28	Not rec.	59.28	Not rec.	
	Total Sugars (g)	29.88	Not rec.	41.28	Not rec.	59.28	Not rec.	
	Added Sugars (g)	29.88	59.76	41.28	82.56	59.28	118.5 6	50
	Sodium (mg)	2.02	0.1	2.79	0.14	4	0.2	2000
Allergen Contains	No Allergen Contains							



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu	Nutrient	Serve Size / Per Serve	per serve % RDA	Serve Size / Per Serve	per serve % RDA	RDA
 Cold Coffee	Serve Size (ml)	300 ml		270 ml		
	Energy (kCal)	301.1	15.06	270.05	13.5	2000
	Protein (g)	9.75	Not rec.	5.91	Not rec.	
	Total fat (g)	11.15	16.64	7.18	10.72	67
	Sat Fat (g)	7.45	33.86	4.89	22.23	22
	Trans fat (g)	0	0	0	0	2
	Cholesterols (mg)	27.4	Not rec.	15.81	Not rec.	
	Total carb (g)	40.2	Not rec.	45.44	Not rec.	
	Added Sugars (g)	21.25	42.5	19.98	39.96	50
	Sodium (mg)	175	8.75	173.59	8.68	2000
Allergen Contains	Milk					



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu	Nutrient	Serve Size / Per Serve	% RDA	Serve Size / Per Serve	% RDA	Sprite Float	% RDA	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	2000
	Total fat (g)	1.75	2.62	1.75	2.62	1.75	2.62	67
	Sat Fat (g)	1.28	5.83	1.28	5.83	1.28	5.83	22
	Trans fat (g)	0.05	2.48	0.05	2.48	0.05	2.48	2
	Added Sugars (g)	24.54	49.07	27.74	55.47	26.14	52.27	50
	Sodium (mg)	44.53	2.23	66.61	3.33	47.09	2.35	2000
Allergen Contains	Milk							



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu	Nutrient	Serve Size / Per Serve	per serve % RDA	Serve Size / Per Serve	per serve % RDA	RDA
 Masala Chai	Serve Size (ml)	150 ml		90 ml		
	Energy (kCal)	94.23	4.71	54.97	2.75	2000
	Total fat (g)	1.46	2.18	0.85	1.27	67
	Sat Fat (g)	0.87	3.95	0.51	2.32	22
	Trans fat (g)	0.04	2	0.02	1	2
	Added Sugars (g)	13.68	27.36	7.98	15.96	50
	Sodium (mg)	7.08	0.35	4.13	0.21	2000
Allergen Contains	Milk					



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu	Nutrient	Serving	per serve % RDA	RDA	
 Minute Made Pulpy Orange	Serve Size (ml)	300 ml			
	Energy (kCal)	156	7.8	2000	
	Protein (g)	0	Not rec.		
	Added Sugars (g)	34.5	69	50	
	Sodium (mg)	1	0.05	2000	
Allergen Contains	No Allergen Contains				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu	Nutrient	Serving	per serve % RDA	RDA	
 Coke Zero	Serve Size (ml)	330 ml			
	Energy (kCal)	0.1	0.01	2000	
	Total fat (g)	0	0	67	
	Added Sugars (g)	0	0	50	
	Sodium (mg)	24.75	1.24	2000	
Allergen Contains	No Allergen Contains				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu	Nutrients	Serve Size / Per Serve	Per Serve % Contribution to RDA		Recommended Dietary Allowance (RDA)
 Schweppes Packaged Water	Serve Size (ml)	500 ml			
	Energy (kCal)	0	0		2000
	Protein (g)	0	Not recommended		
	Total Fat (g)	0	0		67
	Saturated Fat (g)	0	0		22
	Trans Fat (g)	0	0		2
	Cholesterol (mg)	0	Not recommended		
	Total Carbohydrate (g)	0	Not recommended		
	Total Sugars (g)	0	Not recommended		
	Added Sugars (g)	0	0		50
	Sodium (mg)	3	0.15		2000
Allergen Contains	No Allergen Contains				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu	Nutrients	Serve Size / Per Serve	Per Serve % Contribution to RDA		Recommended Dietary Allowance (RDA)
 Mustard Dip Sauce	Serve Size (g)	25 g			
	Energy (kCal)	81.18	4.06		2000
	Protein (g)	0.52	Not recommended		
	Total Fat (g)	5.57	8.31		67
	Saturated Fat (g)	1.78	8.09		22
	Trans Fat (g)	0.47	23.5		2
	Cholesterol (mg)	0.29	Not recommended		
	Total Carbohydrate (g)	7.24	Not recommended		
	Total Sugars (g)	6.65	Not recommended		
	Added Sugars (g)	4	8		50
	Sodium (mg)	221.32	11.07		2000
Allergen Contains	Milk, Soya				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu	Nutrients	Serve Size / Per Serve	Per Serve % Contribution to RDA		Recommended Dietary Allowance (RDA)
 Barbeque Dip Sauce	Serve Size (g)	25 g			
	Energy (kCal)	54.89	2.74		2000
	Protein (g)	0.26	Not recommended		
	Total Fat (g)	0.49	0.73		67
	Saturated Fat (g)	0.15	0.67		22
	Trans Fat (g)	0.04	1.88		2
	Cholesterol (mg)	0.25	Not recommended		
	Total Carbohydrate (g)	12.36	Not recommended		
	Total Sugars (g)	7.65	Not recommended		
	Added Sugars (g)	2.5	5		50
	Sodium (mg)	113.23	5.66		2000
Allergen Contains	Soya				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu	Nutrients	Serve Size / Per Serve	Per Serve % Contribution to RDA		Recommended Dietary Allowance (RDA)
 Chilli Sauce	Serve Size (g)	10 g			
	Energy (kCal)	7	0.35		2000
	Protein (g)	0	Not recommended		
	Total Fat (g)	0	0		67
	Saturated Fat (g)	0	0		22
	Trans Fat (g)	0	0		2
	Cholesterol (mg)	0	Not recommended		
	Total Carbohydrate (g)	1.7	Not recommended		
	Total Sugars (g)	1.7	Not recommended		
	Added Sugars (g)	1.5	3		50
	Sodium (mg)	55	2.75		2000
Allergen Contains	No Allergen Contains				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu	Nutrients	Serve Size / Per Serve	Per Serve % Contribution to RDA		Recommended Dietary Allowance (RDA)
 Cheese Slice (Extra)	Serve Size (g)	14 g			
	Energy (kCal)	51.03	2.55		2000
	Protein (g)	3.06	Not recommended		
	Total Fat (g)	3.99	5.95		67
	Saturated Fat (g)	2.89	13.13		22
	Trans Fat (g)	0.01	0.7		2
	Cholesterol (mg)	13.43	Not recommended		
	Total Carbohydrate (g)	0.72	Not recommended		
	Total Sugars (g)	0.54	Not recommended		
	Added Sugars (g)	0	0		50
	Sodium (mg)	178.95	8.95		2000
Allergen Contains	Milk				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu	Nutrients	Serve Size / Per Serve	Per Serve % Contribution to RDA		Recommended Dietary Allowance (RDA)
 Tomato Ketchup	Serve Size (g)	8 g			
	Energy (kCal)	10	0.5		2000
	Protein (g)	0	Not recommended		
	Total Fat (g)	0	0		67
	Saturated Fat (g)	0	0		22
	Trans Fat (g)	0	0		2
	Cholesterol (mg)	0	Not recommended		
	Total Carbohydrate (g)	2.5	Not recommended		
	Total Sugars (g)	2	Not recommended		
	Added Sugars (g)	1.8	3.6		50
	Sodium (mg)	78.8	3.94		2000
Allergen Contains	No Allergen Contains				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu	Nutrients	Serve Size / Per Serve	Per Serve % Contribution to RDA		Recommended Dietary Allowance (RDA)
 Milk Tub (Creamer for Coffee)	Serve Size (g)	10 g			
	Energy (kCal)	14	0.7		2000
	Protein (g)	0.5	Not recommended		
	Total Fat (g)	1	1.49		67
	Saturated Fat (g)	0.6	2.73		22
	Trans Fat (g)	0	0		2
	Cholesterol (mg)	3	Not recommended		
	Total Carbohydrate (g)	0.8	Not recommended		
	Total Sugars (g)	0.8	Not recommended		
	Added Sugars (g)	0	0		50
	Sodium (mg)	7	0.35		2000
Allergen Contains	Milk				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu	Nutrients	Serve Size / Per Serve	Per Serve % Contribution to RDA		Recommended Dietary Allowance (RDA)
 Peri-Peri Spice Mix	Serve Size (g)	5 g			
	Energy (kCal)	12	0.6		2000
	Protein (g)	0.3	Not recommended		
	Total Fat (g)	0.23	0.34		67
	Saturated Fat (g)	0.04	0.18		22
	Trans Fat (g)	0	0		2
	Cholesterol (mg)	0	Not recommended		
	Total Carbohydrate (g)	2.2	Not recommended		
	Total Sugars (g)	0.5	Not recommended		
	Added Sugars (g)	0.03	0.06		50
	Sodium (mg)	26.5	1.33		2000
Allergen Contains	Cereal containing gluten, Soya				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu	Nutrients	Serve Size / Per Serve	Per Serve % Contribution to RDA		Recommended Dietary Allowance (RDA)
 Sugar Sachet	Serve Size (g)	5 g			
	Energy (kCal)	20	1		2000
	Protein (g)	0	Not recommended		
	Total Fat (g)	0	0		67
	Saturated Fat (g)	0	0		22
	Trans Fat (g)	0	0		2
	Cholesterol (mg)	0	Not recommended		
	Total Carbohydrate (g)	5	Not recommended		
	Total Sugars (g)	5	Not recommended		
	Added Sugars (g)	5	10		50
	Sodium (mg)	0	0		2000
Allergen Contains	No Allergen Contains				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu	Nutrients	Serve Size / Per Serve	Per Serve % Contribution to RDA		Recommended Dietary Allowance (RDA)
 Maple Flavoured Syrup	Serve Size (g)	28 g			
	Energy (kCal)	288	14.4		2000
	Protein (g)	0	Not recommended		
	Total Fat (g)	0	0		67
	Saturated Fat (g)	0	0		22
	Trans Fat (g)	0	0		2
	Cholesterol (mg)	0	Not recommended		
	Total Carbohydrate (g)	72	Not recommended		
	Total Sugars (g)	54	Not recommended		
	Added Sugars (g)	54	108		50
	Sodium (mg)	50	2.5		2000
Allergen Contains	No Known Allergen Contains				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu	Nutrients	Serve Size / Per Serve	Per Serve % Contribution to RDA		Recommended Dietary Allowance (RDA)
 Butter Chiplet	Serve Size (g)	10 g			
	Energy (kCal)	72.4	3.62		2000
	Protein (g)	0.1	Not recommended		
	Total Fat (g)	8	11.94		67
	Saturated Fat (g)	4.8	21.82		22
	Trans Fat (g)	0	0		2
	Cholesterol (mg)	22	Not recommended		
	Total Carbohydrate (g)	0	Not recommended		
	Total Sugars (g)	0	Not recommended		
	Added Sugars (g)	0	0		50
	Sodium (mg)	95.5	4.78		2000
Allergen Contains	Milk				



PRODUCT NUTRITIONAL INFORMATION BOOKLET

Menu	Nutrients	Serve Size / Per Serve	per serve percentage (%) contribution to RDA		Recommended Dietary Allowance (RDA)
 New Seeded Bun (Protein Bun)	Serve Size (g)	60 g			
	Energy (kCal)	166.64	8.33		2000
	Protein (g)	8.4	Not recommended		
	Total Fat (g)	1.56	2.33		67
	Saturated Fat (g)	0.56	2.55		22
	Trans Fat (g)	0	0		2
	Cholesterol (mg)	0	Not recommended		
	Total Carbohydrate (g)	28.5	Not recommended		
	Total Sugars (g)	1.89	Not recommended		
	Added Sugars (g)	0.3	0.6		50
	Sodium (mg)	207.48	10.37		2000
Allergen Contains	Cereal containing Gluten, Soy				