

### AVANT GARDENER



Nutrition Information		
Servings per package:	1.00	
Serving size:	375.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2720 kJ	725 kJ
Protein	15.4 g	4.1 g
Fat, total	25.9 g	6.9 g
- saturated	3.9 g	1.0 g
Carbohydrate	84.5 g	22.5 g
- sugars	21.1 g	5.6 g
Sodium	1660 mg	441 mg

### BIG BOPPA



Nutrition Information		
Servings per package:	1.00	
Serving size:	398.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	3330 kJ	837 kJ
Protein	38.3 g	9.6 g
Fat, total	49.6 g	12.5 g
- saturated	20.2 g	5.1 g
Carbohydrate	47.5 g	11.9 g
- sugars	14.9 g	3.8 g
Sodium	1310 mg	329 mg

### BOSTON CHEESE



Nutrition Information		
Servings per package:	1.00	
Serving size:	251.50 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2640 kJ	1050 kJ
Protein	27.1 g	10.8 g
Fat, total	44.2 g	17.6 g
- saturated	16.7 g	6.6 g
Carbohydrate	29.6 g	11.8 g
- sugars	2.7 g	1.1 g
Sodium	870 mg	346 mg

### BOSTON SNACK



Nutrition Information		
Servings per package:	1.00	
Serving size:	177.50 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1930 kJ	1090 kJ
Protein	18.0 g	10.1 g
Fat, total	31.1 g	17.6 g
- saturated	11.0 g	6.2 g
Carbohydrate	26.4 g	14.9 g
- sugars	2.8 g	1.6 g
Sodium	816 mg	460 mg

### BRISKET BITES



Nutrition Information		
Servings per package:	1.00	
Serving size:	105.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1580 kJ	1500 kJ
Protein	10.0 g	9.5 g
Fat, total	26.4 g	25.1 g
- saturated	9.1 g	8.7 g
Carbohydrate	24.7 g	23.5 g
- sugars	2.8 g	2.7 g
Sodium	504 mg	480 mg

### BYRON CHIC



Nutrition Information		
Servings per package:	1.00	
Serving size:	294.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1910 kJ	651 kJ
Protein	29.2 g	9.9 g
Fat, total	22.4 g	7.6 g
- saturated	3.9 g	1.3 g
Carbohydrate	32.2 g	10.9 g
- sugars	4.7 g	1.6 g
Sodium	462 mg	157 mg

### EL DIABLO



Nutrition Information		
Servings per package:	1.00	
Serving size:	352.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	3640 kJ	1030 kJ
Protein	35.5 g	10.1 g
Fat, total	61.5 g	17.5 g
- saturated	25.2 g	7.2 g
Carbohydrate	42.5 g	12.1 g
- sugars	5.0 g	1.4 g
Sodium	1780 mg	506 mg

### FIELD OF GREENS



Nutrition Information		
Servings per package:	1.00	
Serving size:	398.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2420 kJ	609 kJ
Protein	25.2 g	6.3 g
Fat, total	18.8 g	4.7 g
- saturated	6.2 g	1.6 g
Carbohydrate	71.3 g	17.9 g
- sugars	22.1 g	5.6 g
Sodium	1690 mg	425 mg

### GRILLED SNACK



Nutrition Information		
Servings per package:	1.00	
Serving size:	195.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1590 kJ	817 kJ
Protein	17.0 g	8.7 g
Fat, total	21.6 g	11.1 g
- saturated	3.7 g	1.9 g
Carbohydrate	27.3 g	14.0 g
- sugars	3.3 g	1.7 g
Sodium	502 mg	257 mg

### HOTEL CALI



Nutrition Information		
Servings per package:	1.00	
Serving size:	324.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2700 kJ	832 kJ
Protein	36.7 g	11.3 g
Fat, total	39.6 g	12.2 g
- saturated	10.6 g	3.3 g
Carbohydrate	33.1 g	10.2 g
- sugars	4.1 g	1.3 g
Sodium	759 mg	234 mg

### KIDS BEEF



Nutrition Information		
Servings per package:	1.00	
Serving size:	144.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1540 kJ	1070 kJ
Protein	17.7 g	12.3 g
Fat, total	20.2 g	14.0 g
- saturated	10.1 g	7.0 g
Carbohydrate	27.1 g	18.8 g
- sugars	4.2 g	3.0 g
Sodium	603 mg	419 mg

### LARGE DIRTY FRIES



Nutrition Information		
Servings per package:	1.00	
Serving size:	313.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2350 kJ	750 kJ
Protein	15.7 g	5.0 g
Fat, total	26.6 g	8.5 g
- saturated	10.2 g	3.3 g
Carbohydrate	62.2 g	19.9 g
- sugars	2.9 g	0.9 g
Sodium	1030 mg	330 mg

### MAGGIE'S FARM



Nutrition Information		
Servings per package:	1.00	
Serving size:	249.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2160 kJ	868 kJ
Protein	13.0 g	5.2 g
Fat, total	30.7 g	12.3 g
- saturated	8.3 g	3.3 g
Carbohydrate	46.3 g	18.6 g
- sugars	18.3 g	7.3 g
Sodium	683 mg	274 mg

### NEW MEXICO



Nutrition Information		
Servings per package:	1.00	
Serving size:	305.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2080 kJ	683 kJ
Protein	12.6 g	4.1 g
Fat, total	17.9 g	5.9 g
- saturated	3.6 g	1.2 g
Carbohydrate	66.9 g	21.9 g
- sugars	6.2 g	2.0 g
Sodium	1390 mg	457 mg

### NEW YORKER



Nutrition Information		
Servings per package:	1.00	
Serving size:	287.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2970 kJ	1030 kJ
Protein	32.1 g	11.2 g
Fat, total	48.4 g	16.9 g
- saturated	20.9 g	7.3 g
Carbohydrate	34.6 g	12.1 g
- sugars	6.3 g	2.2 g
Sodium	1320 mg	461 mg

### NO. 45



Nutrition Information		
Servings per package:	1.00	
Serving size:	288.25 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2890 kJ	1000 kJ
Protein	34.6 g	12.0 g
Fat, total	39.1 g	13.6 g
- saturated	13.6 g	4.7 g
Carbohydrate	49.3 g	17.1 g
- sugars	8.8 g	3.1 g
Sodium	1170 mg	408 mg

### PULLED BEEF



Nutrition Information		
Servings per package:	1.00	
Serving size:	403.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2750 kJ	682 kJ
Protein	20.5 g	5.1 g
Fat, total	26.7 g	6.6 g
- saturated	6.4 g	1.6 g
Carbohydrate	80.4 g	19.9 g
- sugars	3.6 g	0.9 g
Sodium	516 mg	128 mg

### SHARE PLATE



Nutrition Information		
Servings per package:	1.00	
Serving size:	471.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	4170 kJ	886 kJ
Protein	9.4 g	2.0 g
Fat, total	53.4 g	11.3 g
- saturated	7.7 g	1.6 g
Carbohydrate	117.0 g	24.8 g
- sugars	46.6 g	9.9 g
Sodium	2840 mg	603 mg

### SMALL DIRTY FRIES



Nutrition Information		
Servings per package:	1.00	
Serving size:	188.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1450 kJ	774 kJ
Protein	10.4 g	5.5 g
Fat, total	17.5 g	9.3 g
- saturated	7.2 g	3.8 g
Carbohydrate	35.9 g	19.1 g
- sugars	2.0 g	1.1 g
Sodium	813 mg	432 mg

### SMALL FRIES



Nutrition Information		
Servings per package:	1.00	
Serving size:	132.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	872 kJ	660 kJ
Protein	3.4 g	2.6 g
Fat, total	5.9 g	4.4 g
- saturated	0.5 g	0.4 g
Carbohydrate	33.8 g	25.6 g
- sugars	0.7 g	0.5 g
Sodium	659 mg	499 mg

### SMALL ONION RINGS



Nutrition Information		
Servings per package:	1.00	
Serving size:	77.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	652 kJ	847 kJ
Protein	2.1 g	2.7 g
Fat, total	8.8 g	11.4 g
- saturated	4.0 g	5.2 g
Carbohydrate	17.1 g	22.2 g
- sugars	2.2 g	2.8 g
Sodium	797 mg	1030 mg

### SWEET POTATO FRIES



Nutrition Information		
Servings per package:	1.00	
Serving size:	142.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	965 kJ	679 kJ
Protein	2.2 g	1.6 g
Fat, total	10.4 g	7.4 g
- saturated	0.9 g	0.6 g
Carbohydrate	31.7 g	22.4 g
- sugars	12.7 g	8.9 g
Sodium	440 mg	310 mg

### SOUTHERN FRIED



Nutrition Information		
Servings per package:	1.00	
Serving size:	275.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2050 kJ	746 kJ
Protein	32.8 g	11.9 g
Fat, total	20.5 g	7.4 g
- saturated	5.3 g	1.9 g
Carbohydrate	41.4 g	15.0 g
- sugars	2.8 g	1.0 g
Sodium	1390 mg	506 mg

### SOUTHERN FRIED WINGS



Nutrition Information		
Servings per package:	1.00	
Serving size:	180.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1890 kJ	1050 kJ
Protein	31.3 g	17.4 g
Fat, total	27.2 g	15.1 g
- saturated	3.8 g	2.1 g
Carbohydrate	20.9 g	11.6 g
- sugars	0.0 g	0.0 g
Sodium	1540 mg	855 mg

### SOUTHERN SNACK



Nutrition Information		
Servings per package:	1.00	
Serving size:	161.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1400 kJ	872 kJ
Protein	17.3 g	10.7 g
Fat, total	15.3 g	9.5 g
- saturated	3.1 g	2.0 g
Carbohydrate	30.9 g	19.2 g
- sugars	2.5 g	1.5 g
Sodium	864 mg	537 mg

### THE DOUBLE



Nutrition Information		
Servings per package:	1.00	
Serving size:	213.50 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2520 kJ	1180 kJ
Protein	30.4 g	14.2 g
Fat, total	43.9 g	20.6 g
- saturated	19.5 g	9.1 g
Carbohydrate	20.0 g	9.4 g
- sugars	2.6 g	1.2 g
Sodium	791 mg	371 mg

### VEGAN CHEESEBURGER



Nutrition Information		
Servings per package:	1.00	
Serving size:	235.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1930 kJ	820 kJ
Protein	20.0 g	8.5 g
Fat, total	26.1 g	11.1 g
- saturated	5.2 g	2.2 g
Carbohydrate	43.7 g	18.6 g
- sugars	5.6 g	2.4 g
Sodium	1070 mg	454 mg

### WAIKIKI CLASSIC



Nutrition Information		
Servings per package:	1.00	
Serving size:	287.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2730 kJ	952 kJ
Protein	36.0 g	12.5 g
Fat, total	36.2 g	12.6 g
- saturated	9.7 g	3.4 g
Carbohydrate	44.3 g	15.4 g
- sugars	5.8 g	2.0 g
Sodium	1660 mg	579 mg

#### THE AVERAGE DAILY ADULT INTAKE IS 8700KJ

GC - GLUTEN/CEREALS, SO - SOYBEAN, NU - NUTS, DM - DAIRY/MILK  
EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH

**Allergen Advice: GM, SE, EG, DM**