

Nutritional Information	Average Serving Size	Energy (kJ)		Energy (kcal)		Protein (g)		Fat Total (g)		Fat Saturated (g)		Carbohydrate (g)		Sugars (g)		Sodium (mg)	
	Gram	kJ/Serve	kJ/100g	kcal/Serve	kcal/100g	g/Serve	g/100g	g/Serve	g/100g	g/Serve	g/100g	g/Serve	g/100g	g/Serve	g/100g	mg/Serve	Mg/100g
<b>Roast Chicken</b>																	
Quarter wing	223	1470	660	352	158	49	22	11.2	5	4.5	2	13.4	6	<3	<1	1030	460
Quarter leg	148	1230	830	294	199	29.6	20	16.3	11	5.9	4	7.4	5	<2	<1	814	550
Half (2 serves)	371	1380	745	330	179	39	21	14.9	8	5.6	3	10.2	5.5	<2	<1	939	505
Whole (4 serves)	742	1380	745	330	179	39	21	14.9	8	5.6	3	10.2	5.5	<2	<1	939	505
<b>Stuffits - Basil &amp; Cheese</b>																	
Stuffit (one)	147	1410	959	337	229	26.8	18.2	16.8	11.4	6.6	4.5	19.1	13	2.9	2	559	380
<b>Classic Roast</b>																	
With wing	560	2690	480	644	115	53.8	9.6	24.1	4.3	7.8	1.4	44.8	8	11.2	2	2970	530
With leg	560	2460	440	589	105	40.9	7.3	24.1	4.3	7.8	1.4	45.4	8.1	11.2	2	2630	470
With a Stuffit	605	2620	433	627	104	35.4	5.9	21.2	3.5	8.6	1.4	70.1	11.6	9.4	1.6	2140	354
<b>Classic Quarter</b>																	
With wing	401	3300	823	789	196	54.9	13.7	29	7.2	12.5	3.1	76.2	19	<4	<1	1630	407
With leg	326	3060	939	732	225	35.5	10.9	34.1	10.5	13.9	4.3	70.2	21.5	<3	<1	890	273
With a Stuffit	322	3210	997	768	239	32.6	10.1	34.3	10.7	14.5	4.5	80.9	25.1	3.8	1.2	1150	357
<b>Classic Half</b>																	
Classic Half	530	3020	570	722	136	44.2	8.3	30.8	5.8	12.8	2.4	66.3	12.5	<3	<1	1480	279
<b>Tropicana</b>																	
With wing	524	4130	788	988	189	73.4	14	42	8	15.7	3	73.4	14	15.7	3	2110	403
With leg	406	3630	895	868	214	40.6	10	44.7	11	16.2	4	73.1	18	16.2	4	1290	318
With a Stuffit	436	4400	1010	1050	242	36.2	8.3	47.5	10.9	20.3	4.7	118.7	27.2	19.8	4.5	1230	282
<b>Burgers, Baguettes &amp; Wraps</b>																	
Crispy Fillet Burger	242	2150	888	514	212	27.1	11.2	27.1	11.2	8.5	3.5	37.5	15.5	2.4	1	1330	550
Real Bacon Burger	228	2100	920	502	220	29.6	13	21.2	9.3	8	3.5	44.9	19.7	<2.5	<1	1690	740
Cheeseburger	136.5	1470	1080	352	258	16.8	12.3	14.7	10.8	4.6	3.4	36.3	26.6	1.4	1	710	520
Rippa Sub – Classic	246	3050	1240	730	297	24.8	10.1	40	16.3	12.3	5	65	26.4	<2.5	<1	1400	570
Rippa Sub – Smokey BBQ	246	2510	1020	600	244	24.8	10.1	20.4	8.3	6.2	2.5	74.8	30.4	<2.5	<1	1480	600
Rippa Sub – Chilli & Garlic Aioli	246	2660	1080	636	258	25.1	10.2	28.3	11.5	8.6	3.5	66.4	27	<2.5	<1	1520	620
Rooster Roll	237	2440	1030	584	246	33.7	14.2	23.5	9.9	7.1	3	57.1	24.1	7.1	3	1070	450
Flayva	282	3300	1170	789	280	27.4	9.7	50.8	18	16.9	6	53.6	19	<3	<1	1720	610
<b>Simply Free Range</b>																	
D'Lish Burger	213	1340	630	321	151	27.1	12.7	8.3	3.9	1.1	0.5	32.6	15.3	7	3.3	469	220
D'Lish Burger with Cheese & Bacon	216	1750	810	419	194	34.8	16.1	15.8	7.3	6.3	2.9	32.6	15.1	7.1	3.3	821	380
D'Lish Wrap	231	1620	700	388	167	27.3	11.8	8.3	3.6	1.2	0.5	48.3	20.9	8.1	3.5	924	400
D'Lish Wrap with Cheese & Bacon	238	2000	840	478	201	34.3	14.4	15.5	6.5	5.5	2.3	48.1	20.2	8.1	3.4	1260	530
Free Range Fillet	82	418	510	100	122	21	25.6	1.4	1.7	0.7	0.9	<1	<1	<1	<1	180	220
Garden Salad	75	60	80	14	19	0.8	1	0.08	0.1	<0.1	<0.1	2	2.6	2	2.6	53	70
<b>Seafood</b>																	
Fish & Chips	338	2800	828	670	198	33.6	9.9	23.1	6.8	6.9	2	77.2	22.8	<4	<1.5	1480	438
Fisherman's Basket	331	2980	900	713	215	28.4	8.6	26.3	7.9	7.8	2.4	85.4	25.8	<4	<1.5	1380	417
6 Prawn Cutlets	100	988	988	236	236	9.7	9.7	11.6	11.6	3.4	3.4	22.7	22.7	<1	<1	580	580
8 Salt & Pepper Squid	106	1250	1180	299	282	14.3	13.5	17.3	16.3	5	4.7	21	19.8	<1.5	<1	636	600
Fish Wrap	215	1900	885	456	212	19.4	9	19.4	9	5.6	2.6	48.4	22.5	<2.5	<1	1460	680
<b>Real Quick Fix</b>																	
Nugget Quick Fix *	199.8	1860	931	445	223	13.3	6.7	14.8	7.4	4.4	2.2	60.9	30.5	<2.5	<1.5	597	299
Cheeseburger Quick Fix *	283.5	2760	974	661	233	21.8	7.7	22.1	7.8	6.8	2.4	88.2	31.1	<3	<1.5	1050	370
Seafood Quick Fix *	190.2	1768	929	423	222	10.2	5.4	13.6	7.2	4	2.1	60.9	32	<3	<2	594	312
<b>Sides</b>																	
Famous Chips – Regular (1 serve)	147	1290	875	309	209	5	3.4	7.4	5	2.2	1.5	51.9	35.3	<1.5	<1	338	230
Famous Chips – Large (2 serves)	244	2140	875	512	209	8.3	3.4	12.2	5	3.7	1.5	86.1	35.3	<2.5	<1	561	230
Famous Chips – Family (3 serves)	475	4160	875	995	209	16.2	3.4	23.8	5	7.1	1.5	168	35.3	<5	<1	1100	230
Nuggets (one)	17.6	190	1080	45	258	2.8	15.7	2.5	14	0.7	4.1	3	17.1	<0.5	<1	86	490
Cheesy Nuggets (one)	18.2	235	1290	56	309	3	16.4	3.6	19.9	1.3	7.1	2.8	15.5	<0.5	<1	140	770
Crispy Strips (one)	48.5	582	1200	139	287	7.2	14.9	8.2	17	2.4	4.9	8.7	18	<0.5	<1	354	730
Garlic Bread (4 serves)	160	2190	1370	524	328	13.4	8.4	22.2	13.9	9.9	6.2	64.8	40.5	6.9	4.3	864	540
Coleslaw Regular (1 serve)	110	613	557	147	133	1.1	1	10.8	9.8	0.8	0.7	11.8	10.7	11.8	10.7	162	147
Coleslaw Large (3 serves)	375	2090	557	500	133	4.9	1.3	36.8	9.8	2.6	0.7	40.1	10.7	40.1	10.7	551	147
Pasta Salad – Regular (1 serve)	100	672	672	160	160	3.6	3.6	4.7	4.7	1.1	1.1	25.7	25.7	9.2	9.2	527	527
Potato Salad – Regular (1 serve)	100	634	634	152	152	2	2	8.2	8.2	1.3	1.3	17.5	17.5	7	7	268	268
Roast Potatoes (3 serves)	255	849	333	203	80	5.4	2.1	2.6	1	<1.5	<0.5	39	15.3	<3	<1	1330	520
Pineapple Fritters (one)	66	519	787	124	188	1.7	2.6	5	7.5	1.5	2.2	16.5	25	13.9	21	40	60
Roast Carrot (one)	39	85	218	20.3	52	0.4	1.1	0.5	1.4	0.2	0.4	2.7	6.8	2.7	6.8	117	300
Roast Pumpkin (one)	87	256	294	61	70	1.5	1.7	1	1.1	0.3	0.3	10.4	12	7.8	9	70	80
Corn (1 serve)	106	620	585	148	140	4	3.8	1.8	1.7	0.4	0.4	28.5	26.9	2.8	2.6	16	15
Peas – Small (1 serve)	87	268	308	64	74	3.6	4.1	0.6	0.7	<0.1	<0.1	10.9	12.5	1.7	2	422	485
Peas – Large (3 serves)	291	896	308	214	74	11.9	4.1	2	0.7	<0.5	<0.1	36.4	12.5	5.8	2	1410	485
Gravy – Small (1 serve)	120	203	169	49	40	0.4	0.3	0.8	0.7	0.24	0.2	9.7	8.1	<1	<0.5	570	475
Gravy – Large (3 serves)	390	659	169	158	40	1.2	0.3	2.7	0.7	0.8	0.2	31.6	8.1	<2	<0.5	1850	475
Mashed Potato - Small (1 serve)	113	313	277	75	66	1.6	1.4	1.4	1.2	0.23	0.2	13.9	12.3	<1	<0.5	458	405
Mashed Potato - Large (4 serves)	380	1050	277	251	66	5.3	1.4	4.6	1.2	0.8	0.2	46.7	12.3	<2	<0.5	1540	405
<b>Desserts</b>																	
Vanilla Cheesecake	120	1760	1470	421	352	5.5	4.6	31.6	26.3	21.1	17.6	29.1	24.3	18.8	15.7	131	109
Hazelnut Chocolate Mousse	120	1910	1590	457	380	4.4	3.7	40.7	33.9	28.4	23.7	19	15.8	14.4	12	102	85
Berry Panacotta	125	1660	1330	397	318	2.4	1.9	32.3	25.8	22.3	17.8	25.1	20.1	25.1	20.1	50	40

\*Excludes drink