

Nutritional Information New Zealand Sides Range

Breads & Chips	Serving Size (av)	Energy	Protein	Fat – total	Fat-Sat	Carbohydrate	Sugars	Sodium
Chips	350g	2940kJ (703Cal)	11.9g	22.1g	14.0g	113g	0.7g	1820mg
Cheesy Garlic Bread	60g -4 serves per pack	750kJ (179Cal)	3.8g	6.4g	1.6g	25.4g	2.5g	312mg
Garlic Bread	28g -7 serves per pack	336kJ (80Cal)	1.5g	2.6g	0.7g	12.2g	1.0g	146mg
Wedges	300g	2250kJ (538Cal)	9.6g	15.0g	3.6g	90.0g	2.4g	630mg
Chicken Sides	Serving Size (av)	Energy	Protein	Fat – total	Fat-Sat	Carbohydrate	Sugars	Sodium
Mild Kickers	25g 5 or 10 serves per pack	174kJ (42Cal)	4.0g	1.2g	0.4g	3.8g	0.3g	100mg
Spicy Kickers	25g 5 or 10 serves per pack	190kJ (45Cal)	3.9g	1.8g	0.6g	3.3g	0.2g	212mg
Cayenne Chicken Wings	34g -5 serves per pack	309kJ (74Cal)	5.9g	5.5g	1.4g	0.3g	0.3g	228mg
Chicken Tenders	40g- 4 serves per pack	308kJ (73Cal)	6.4g	3.6g	0.4g	4.4g	0.4g	168mg
Chicken Kicker Bites	7g -20 serves per pack	58kJ (14Cal)	1.1g	0.6g	0.4g	0.9g	<0.1g	34mg
Desserts	Serving Size (av)	Energy	Protein	Fat – total	Fat-Sat	Carbohydrate	Sugars	Sodium
Belgian Chocolate Brownies	15g- 6 serves per pack	306kJ (73Cal)	0.9g	4.6g	3.7g	4.7g	3.8g	6mg
Belgian Chocolate Lava Cake	90g	1570kJ (374Cal)	4.5g	23.4g	14.2g	37.0g	28.8g	240mg

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Desserts	Serving Size (av)	Energy	Protein	Fat – total	Fat-Sat	Carbohydrate	Sugars	Sodium
Chocolate Mousse	100g	1600kJ (385Cal)	2.9g	25.4g	18.0g	33.8g	32.5g	270mg
Marshmallow Shot Lava Cake	102g	1758kJ (418Cal)	5.5g	23.5g	11.2g	45.7g	33.8g	123mg
Caramel Fudge Shot Lava Cake	112g	1968kJ (459Cal)	6.8g	25.3g	12.1g	54.0g	39.7g	180mg
Smartie Shot Lava Cake	102g	1820kJ (433Cal)	5.8g	25.4g	12.4g	44.9g	34.0g	125mg
Starburst Shot Lava Cake	106g	1809kJ (431Cal)	5.8g	23.5g	11.2g	48.4g	33.8g	122.5mg
Cream	22ml	306kJ (73Cal)	1g	7.7g	5.1g	0.7g	0.7g	5mg
Churros	30g-4 serves per pack	1777kJ (423Cal)	6.0g	24g	6.0g	55.4g	7.4g	401mg
Dutch Pancakes	107g	1850kJ (441Cal)	5.7g	27.4g	13.5g	43.7g	34.6g	156mg
Dipping Sauces	Serving Size (av)	Energy	Protein	Fat – total	Fat-Sat	Carbohydrate	Sugars	Sodium
Chocolate	25g	287kJ (69 Cal)	0.3g	0.8g	0.4g	17.0g	9.1g	17mg
Ranch	20g	324kJ (77Cal)	0.5g	7.9g	0.7g	1.4g	0.8g	131mg
Sweet Chilli	30g	186kJ (45Cal)	less than 0.1g	less than 0.1g	less than 0.1g	10.7g	9.8g	183mg
BBQ	30g	203 kJ (49 Cal)	0.3g	0.1g	<0.1g	11.2g	10.2g	346mg

Nutrition values are based in average figures and on standard product formulation. Actual serving size and nutrient values may vary. Ingredients are subject to seasonal variation. Nutrition values and serve size do not apply to special customer orders. This information is correct as from March 2015.