

Nutritional Information

Burger									
Item	Serving size	kJ	kcal	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugars (g)	Protein (g)	Salt (g)
Fillet Burger	1	1985	475	19.3	2.3	45.1	5.5	29.7	2.02
Zinger Burger	1	1885	450	18.8	2.1	43.8	5.4	26.4	1.97
Fillet Tower Burger	1	2595	620	28.0	4.6	58.4	10.2	33.5	3.39
Zinger Tower Burger	1	2495	595	27.6	4.5	56.7	8.9	30.2	3.22
Mini Fillet Burger	1	1205	290	10.7	1.4	29.1	3.2	18.0	1.35
Kids Burger	1	1105	265	7.3	1.1	30.7	5.1	18.0	1.42
Zinger stacker	1	3270	780	37.7	7.3	58.8	12.0	51.7	4.29
Chicken Fillet Roll (ROI only)	1	2270	660	21.9	4.0	76.8	7.0	37.0	3.14
Zinger Fillet Roll (ROI only)	1	2785	665	23.8	3.5	76.2	7.7	34.2	3.14
Vegan Burger									
Item	Serving size	kJ	kcal	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugars (g)	Protein (g)	Salt (g)
Vegan Burger	1	1880	450	19.0	2.0	52.9	5.7	18.7	2.86
Original Recipe Chicken									
Original Recipe Chicken-Keel	1	1110	265	13.3	2.2	7.3	0.5	29.1	0.94
Original Recipe Chicken- Drumstick	1	720	170	10.2	1.7	6.9	0.3	13.4	0.79
Original Recipe Chicken- Thigh	1	1190	285	19.4	4.1	8.1	0.3	19.2	0.98
Original Recipe Chicken-Rib	1	1365	325	18.9	3.3	9.5	0.5	30.5	1.32
Original Recipe Chicken- Wing	1	735	175	10.3	2.0	4.9	0.3	16.1	0.61
Chicken Pieces									
Item	Serving size	kJ	kcal	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugars (g)	Protein (g)	Salt (g)
Small Popcorn Chicken	1	570	135	7.7	0.8	8.4	0.1	8.4	0.73
Regular Popcorn Chicken	1	1200	285	16.2	1.7	17.6	0.2	17.6	1.54
Large Popcorn Chicken	1	1945	465	26.3	2.7	28.6	0.3	28.6	2.49
Hot Wing (per piece, average)	1	345	85	5.6	0.9	3.4	0.1	4.5	0.43
Mini Fillet (per piece, average)	1	550	130	5.6	0.6	6.3	0.3	13.8	0.86

Wraps									
Item	Serving size	kJ	kcal	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugars (g)	Protein (g)	Salt (g)
Kentucky Mayo Twister	1	2130	510	22.0	2.7	46.7	6.5	29.9	2.17
Sweet Chilli Twister	1	2005	480	17.6	3.7	51.2	11.6	28.7	2.27
Smokey BBQ Twister	1	1985	475	17.6	3.7	49.0	9.9	28.8	2.08
Flamin' Mini Wrap	1	1405	335	14.9	2.2	30.9	2.0	18.9	1.59
BBQ Mini Wrap	1	1250	300	9.7	2.1	33.6	3.9	18.6	1.56
Salads & Riceboxes									
Item	Serving size	kJ	kcal	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugars (g)	Protein (g)	Salt (g)
Fillet Salad	1	1550	370	16.8	2.5	26.7	11.8	26.6	2.34
Zinger Salad	1	1465	350	16.3	2.3	25.4	11.7	23.2	2.29
Veggie Salad	1	980	235	8.2	1.4	32.5	13.2	6.8	1.08
Zinger Ricebox	1	2010	480	14.7	2.2	63.5	11.0	25.6	2.71
Fillet Ricebox	1	2050	490	14.7	2.2	64.3	11.1	27.8	2.70
Veggie Ricebox	1	1510	360	6.7	1.2	70.6	12.5	9.2	1.51
Bites									
Item	Serving size	kJ	kcal	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugars (g)	Protein (g)	Salt (g)
Sweet Chilli Dipped Bite	1	1480	355	14.3	1.6	36.5	18.0	20.6	1.78
Kansa BBQ Dipped Bite	1	1550	370	14.4	1.7	40.1	24.9	20.6	2.01

Sides									
Item	Serving size	kJ	kcal	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugars (g)	Protein (g)	Salt (g)
Regular Fries	1	1045	250	11.0	1.3	30.2	0.2	3.5	0.50
Large Fries	1	1445	345	15.4	1.8	42.0	0.3	4.8	0.76
Regular BBQ Beans	1	440	105	0.7	0.1	17.3	6.7	5.4	0.77
Large BBQ Beans	1	1045	250	1.7	0.3	40.3	15.7	12.6	1.81
Regular Coleslaw	1	660	160	13.4	1.0	8.2	6.9	0.8	0.50
Large Coleslaw	1	1320	320	26.8	2.0	16.4	13.8	1.6	1.00
Corn Cobette	1	345	85	1.7	0.2	14.5	1.7	3.1	0.00
2 Corn Cobettes (Large)	1	690	165	3.4	0.4	29.0	3.4	6.2	0.02
Regular Gravy	1	250	60	2.8	0.3	6.8	0.1	7.0	1.20
Large Gravy	1	585	140	6.5	0.8	15.8	0.3	16.1	2.71
Regular Update Recipe Gravy	1	175	40	0.6	0.1	7.6	0.1	1.6	1.14
Large Update Recipe Gravy	1	400	95	1.3	0.3	17.5	0.3	3.6	2.63
Regular Creamy Mash	1	630	150	3.0	1.9	28.5	1.3	3.4	0.94
Large Creamy Mash	1	1230	295	6.0	3.8	57.1	2.7	6.8	1.89
Southern Rice	1	860	210	2.0	0.5	45.7	4.7	4.3	0.89
Garden Salad	1	315	75	3.1	0.6	8.9	5.7	1.9	0.53
Dip Pots & Condiments									
Item	Serving size	kJ	kcal	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugars (g)	Protein (g)	Salt (g)
Real Tomato sauce dip pot	1	155	40	0.2	0.1	8.5	7.3	0.4	0.44
Garlic Buttermilk Mayo dip pot	1	460	110	10.3	0.9	4.0	2.4	0.3	0.40
Kentucky Smoky BBQ sauce dip pot	1	220	50	0.2	0.1	12.2	10.0	0.4	0.26
Sticky Sweet Chilli sauce dip pot	1	310	75	0.7	0.2	16.4	14.0	0.2	0.36
Spicy Supercharger dip pot	1	620	150	15.0	1.2	2.7	2.4	1.0	0.43
Heinz Vinegar Sachet	1	10	5	0	0	0.2	0.1	0.1	0
Heinz Tomato Ketchup sachet	1	30	10	0	0	2.2	1.9	1.0	0.20
Heinz Light Mayonnaise sachet	1	115	30	2.5	0.2	0.7	0.4	0.1	0.20
Heinz HP BBQ Sauce sachet	1	65	15	0	0	3.2	2.3	0.1	0.10
Heinz HP Brown Sauce sachet	1	55	15	0	0	3.5	2.5	0.1	0.15
Sugar sachet	1	45	10	0	0	2.5	2.5	0	0
Salt sachet	1	0	0	0	0	0	0	0	0.80
Pepper sachet	1	5	1	0	0	0.1	0	0	0
Milk portion	1	30	10	0.4	0.3	0.5	0.5	0.3	0

Drinks									
Item	Serving size	kJ	kcal	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugars (g)	Protein (g)	Salt (g)
Bottle of Water (Still & Sparking)	1	0	0	0	0	0	0	0	0
Blackcurrant & Apple Robinsons Fruit Shoot	1	40	10	0	0	1.6	1.6	0	0.06
Orange Robinsons Fruit Shoot	1	40	10	0	0	1.6	1.6	0	0.04
Pepsi Regular (ROI only)	1	545	130	0	0	32.1	31.8	0	0
Pepsi Large (ROI only)	1	750	180	0	0	44.9	44.5	0	0
Pepsi Max Regular	1	10	5	0	0	0	0	0	0
Pepsi Max Large	1	15	5	0	0	0	0	0	0
Pepsi Max Cherry - Regular	1	5	5	0	0	0.3	0	0.3	0
Pepsi Max Cherry - Large	1	10	5	0	0	0.4	0	0.4	0
7Up Free - Regular	1	30	5	0	0	0	0	0	0
7Up Free- Large	1	40	10	0	0	0	0	0	0
Robinsons Apple & Blackcurrant- Regular	1	30	5	0	0	0	0	0	0
Robinsons Apple & Blackcurrant- Large	1	40	10	0	0	0	0	0	0
Southern Refresher (Watermelon & Lime)	1	40	10	0	0	2.1	1.5	0.3	0.03
Tango Orange Sugar Free - Regular	1	15	5	0	0	0	0	0	0
Tango Orange Sugar Free- Large	1	20	5	0	0	0	0	0	0
Club Orange - Regular (ROI only)	1	700	160	0	0	39.0	39.0	0	0.20
Club Orange - Large (ROI only)	1	965	230	0	0	54.6	54.6	0	0.20
Club Orange Zero - Regular (ROI only)	1	40	10	0	0	0	0	0	0.20
Club Orange Zero - Large (ROI only)	1	65	15	0	0	0	0	0	0.30
Lipton Ice Tea - Regular	1	240	60	1.5	0.3	13.8	13.5	1.5	0.22
Lipton Ice Tea - Large	1	330	80	2.1	0.4	19.3	18.9	2.1	0.33
Diet Pepsi - Regular	1	10	5	0	0	0	0	0	0
Diet Pepsi - Large	1	15	5	0	0	0	0	0	0
1.5L Pepsi Max Bottle	1	30	5	0	0	1.5	0	0	0
1.5L Diet Pepsi Bottle	1	45	10	0	0	0	0	0	0.75
1.5L Tango Bottle	1	1185	285	0	0	63.0	63.0	0	0.90
1.5L 7up Free Bottle	1	120	30	0	0	0	0	0	0
1.5L Pepsi Bottle (ROI only)	1	2250	615	0	0	165.0	165.0	0	0.15
Tropicana Orange Juice	1	505	120	0	0	25.0	25.0	2.0	0
Espresso - Single	1	45	10	0.4	0.2	1.8	0	0.4	0
Espresso - Double	1	65	15	0.6	0.3	2.7	0	0.6	0
Black Americano - Regular	1	65	15	0.6	0.3	2.7	0	0.6	0

Drinks									
Item	Serving size	kJ	kcal	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugars (g)	Protein (g)	Salt (g)
White Americano - Regular	1	335	80	2.7	1.7	9.0	6.3	5.4	0.15
Cappuccino - Regular	1	525	125	4.2	2.7	13.9	11.2	8.8	0.30
Latte - Regular	1	590	140	4.8	3.0	15.3	12.6	10.1	0.30
Café Mocha - Regular	1	755	180	4.9	3.2	24.3	21.0	10.4	0.50
Hot Chocolate - Regular	1	755	180	2.6	2.7	31.0	29.3	6.0	0.70
Black Tea - Regular	1	0	0	0	0	0	0	0	0
Malteser Krushems	1	960	230	7.3	5.1	35.3	25.2	4.6	0.24
Oreo Krushems	1	1130	270	9.9	6.3	41.7	29.3	4.0	0.45
MilkyBar Krushems	1	1340	320	13.6	9.0	43.6	38.9	6.4	0.30
Treats									
Item	Serving size	kJ	kcal	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugars (g)	Protein (g)	Salt (g)
Chocolate Sundae	1	880	210	7.7	5.4	31.5	24.4	3.5	0.24
Mini Chocolate Sundae	1	590	140	5.3	3.7	20.5	15.9	2.4	0.16
Milk Chocolate Cookie	1	1360	325	15.9	7.1	40.8	30.5	3.4	0.57
White Chocolate Cookie	1	1405	335	16.7	9.2	41.9	28.3	3.2	0.39
Pineapple Stick	1	190	45	0.4	0.1	10.4	8.8	0.4	0.01
Limited Time Offer									
Item	Serving size	kJ	kcal	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugars (g)	Protein (g)	Salt (g)
Zinger Popcorn Bucket until 14 th November 2021	1	3040	725	41.9	4.3	41.3	1.4	48.2	4.8
Gravy Burger Box Meal from 15 th November 2021	1	4505	1075	49.8	6.2	100.8	6.2	53.7	6.2