

Nutrition Guide

March 2015



For more detailed ingredient & allergen information, please visit www.hungryjacks.com.au.

Nutrition Information

For more ingredient and allergen information please visit www.hungryjacks.com.au

	Serving Size (g)	Energy (KJ)	Protein (g)	Fat Total (g)	Fat Saturated (g)	CHO (g)	Sugars (g)	Sodium (mg)
WHOPPER® ICONS								
WHOPPER®	280	2886	30.3	40.1	11.8	51.8	9.5	669
WHOPPER® CHEESE	304	3231	34.8	46.9	16.3	52.5	10.2	1006
DOUBLE WHOPPER®	359	3933	49.3	60.1	20.8	51.4	9.4	738
DOUBLE WHOPPER® CHEESE	383	4193	53.8	64.5	25.0	52.0	10.2	1058
ULTIMATE DOUBLE WHOPPER®	435	4773	64.3	75.0	31.3	53.0	11.1	1862
WHOPPER® JNR	146	1428	13.9	19.4	5.3	26.0	5.4	482
WHOPPER® JNR CHEESE	158	1612	16.3	23.0	7.7	26.4	5.8	661
ANGRY WHOPPER®	326	3696	34.5	57.6	18.5	57.0	11.2	1159
VEGGIE WHOPPER®	216	1960	13.1	18.6	2.3	61.2	10.2	837
VEGGIE WHOPPER® CHEESE (cheese slice contains animal fat)	228	2144	15.5	22.2	4.7	61.5	10.5	1016
BEEF FAVOURTIES								
BACON DELUXE™	211	2359	32.0	36.0	14.7	27.6	4.6	1053
CHEESEBURGER	117	1301	16.2	14.9	6.5	27.0	5.7	526
BBQ CHEESEBURGER	116	1616	16.1	23.4	7.6	27.2	5.9	481
PERI PERI CHEESEBURGER	120	1461	17.2	19.4	7.0	25.5	4.2	505
RODEO CHEESEBURGER	132	1781	18.1	26.0	7.7	34.4	4.3	581
HASH BROWN CHEESEBURGER	179	2261	18.5	33.8	8.6	40.0	4.2	687
DOUBLE CHEESEBURGER	163	1895	26.7	25.9	12.5	27.4	6.1	719
BACON DOUBLE CHEESEBURGER	177	1998	31.5	26.5	12.5	27.6	6.2	931
BBQ BACON CHEESE STACKER	126	1592	18.7	21.6	7.8	27.2	6.0	671
DOUBLE BBQ BACON CHEESE STACKER	168	2030	29.0	26.0	13.0	29.3	6.0	213
TRIPLE CHEESEBURGER	209	2490	37.2	37.0	18.5	27.9	6.4	912
CHICKEN FAVOURTIES								
GRILLED CHICKEN CLASSIC	174	1540	19.2	19.7	4.4	27.1	4.8	640
GRILLED CHICKEN PERI PERI	188	1875	19.3	28.2	5.6	28.1	5.6	764

Nutrition Information

For more detailed ingredient and allergen information please visit www.hungryjacks.com.au

	Serving Size (g)	Energy (KJ)	Protein (g)	Fat Total (g)	Fat Saturated (g)	CHO (g)	Sugars (g)	Sodium (mg)
CHICKEN FAVOURTIES								
GRILLED CHICKEN CHEESY BACON	199	1811	24.4	24.6	7.4	27.6	5.4	1010
GRILLED CHICKEN CHEESY BACON PERI PERI	210	2084	24.4	31.7	8.4	28.2	5.8	1103
CHICKEN ROYALE	150	1834	14.5	22.5	2.8	42.4	4.3	746
TENDERCRISP® CLASSIC	192	2030	23.0	24.5	3.2	41.6	4.7	672
TENDERCRISP® PERI PERI	203	2239	23.1	29.7	4.0	42.4	5.1	793
CHICKEN CRUNCH CLASSIC	178	2236	19.0	29.3	3.8	41.8	3.5	1218
CHICKEN CRUNCH PERI PERI	189	2445	19.1	34.5	4.7	42.7	4.0	1339
CHICKEN NUGGETS (3 PACK)	54	508	7.8	6.2	1.1	8.6	0.4	227
CHICKEN NUGGETS (6 PACK)	108	1016	15.6	12.4	2.6	17.2	0.5	454
CHICKEN NUGGETS (12 PACK)	216	2032	31.1	24.8	4.5	34.3	1.1	907
CHICKEN NUGGETS (18 PACK)	324	3049	46.7	37.3	6.8	51.5	1.6	1361
PREMIUM CHOICES								
THE AUSSIE	355	2761	40.6	32.8	13.9	49.9	13.4	1075
TENDERCRISP® CHEESY BACON	227	2382	30.1	30.3	8.0	42.3	5.4	1204
TENDERCRISP® PERI PERI CHEESY BACON	241	2681	30.3	37.9	9.1	43.3	5.9	1343
SIDES								
ONION RINGS (SMALL)	63	939	3.6	9.9	0.9	30.1	1.2	430
ONION RINGS (MEDIUM)	94	1401	5.4	14.8	1.4	44.9	1.8	642
ONION RINGS (LARGE)	123	1833	7.0	19.3	1.8	58.8	2.3	840
FRIES (SMALL)	74	955	3.0	11.1	1.1	29.2	0.4	156
FRIES (MEDIUM)	116	1496	4.6	17.4	1.7	45.8	0.6	245
FRIES (LARGE)	159	2051	6.4	23.9	2.4	62.8	0.8	335
ANGRY ONIONS (SMALL)	75	1140	2.4	17.7	1.9	26.3	3.8	557
ANGRY ONIONS (MEDIUM)	100	1520	3.2	23.6	2.5	35.0	5.0	742
ANGRY ONIONS (LARGE)	130	1976	4.2	30.7	3.3	45.5	6.5	965

Nutrition Information

For more detailed ingredient and allergen information please visit www.hungryjacks.com.au

	Serving Size (g)	Energy (KJ)	Protein (g)	Fat Total (g)	Fat Saturated (g)	CHO (g)	Sugars (g)	Sodium (mg)
BREAKFAST RANGE								
BBQ BREKKY WRAP	195	1908	24.8	23.3	10.0	35.5	9.4	1129
BBQ BIG BREKKY WRAP	253	2550	26.4	33.6	11.3	48.7	10.0	1332
SAUSAGE & EGG MUFFIN	171	1549	23.3	19.1	7.6	28.1	2.7	723
BACON & EGG MUFFIN	143	1244	17.3	11.3	4.7	28.1	2.7	719
SAUSAGE & EGG MUFFIN OMELETTE	191	1638	22.6	19.2	7.5	31.3	4.6	882
BACON & EGG MUFFIN OMELETTE	163	1323	16.7	11.3	4.5	31.4	4.7	878
PANCAKES (WITH BUTTER & SYRUP)	174	2014	6.3	14.2	4.6	80.2	50.1	487
HASH BROWNS (1 PIECE)	58	643	1.5	10.3	1.3	13.2	0.5	203
DESSERTS								
CHOCOLATE SUNDAE (SMALL)	141	788	3.7	7.1	5.5	27.0	25.0	100
CHOCOLATE SUNDAE (LARGE)	216	1336	5.8	11.7	9.3	46.9	43.6	171
STRAWBERRY SUNDAE (SMALL)	141	644	3.0	4.6	2.9	25.7	23.8	58
STRAWBERRY SUNDAE (LARGE)	216	1049	4.4	6.6	4.1	44.3	41.1	88
CARAMEL SUNDAE (SMALL)	141	802	3.6	6.5	4.9	29.6	28.2	96
CARAMEL SUNDAE (LARGE)	216	1364	5.5	10.4	8.1	52.1	49.9	165
COOKIES & CREAM STORM	180	957	5.2	9.0	5.3	31.4	20.9	194
FLAKE® STORM	180	1026	9.9	9.9	5.7	28.4	26.5	87
M&M'S® MINIS STORM	198	1370	5.8	14.7	9.3	42.1	39.0	98
SOFT SERVE CONE	117	471	3.0	4.5	3.0	14.9	11.0	57
PARTY CAKE	49	425	0.8	5.2	3.7	12.9	12.3	40
DIPPING SAUCES								
HONEY MUSTARD DIPPING TUB	25	341	0.2	4.2	0.7	10.0	9.2	117
SWEET CHILLI DIPPING TUB	25	224	0.1	0.1	0.0	12.9	12.6	296
SWEET N' SOUR DIPPING TUB	25	147	0.1	0.0	0.0	8.5	7.7	154
BBQ PLUM DIPPING TUB	25	195	0.1	0.3	0.1	10.8	10.1	223
SPICY SAUCE DIPPING TUB	25	572	0.4	14.6	2.4	1.3	0.9	279

Nutrition Information

For more detailed ingredient and allergen information please visit www.hungryjacks.com.au

	Serving Size (g)	Energy (KJ)	Protein (g)	Fat Total (g)	Fat Saturated (g)	CHO (g)	Sugars (g)	Sodium (mg)
COLD DRINKS								
FROZEN COKE® (SMALL)	218	477	0.0	0.0	0.0	27.7	27.7	18
FROZEN COKE® (MEDIUM)	290	635	0.0	0.0	0.0	36.8	36.8	24
FROZEN COKE® (LARGE)	363	795	0.0	0.0	0.0	46.1	46.1	30
FROZEN COKE® (EXTRA LARGE)	580	1270	0.0	0.0	0.0	73.3	73.7	18
FROZEN FANTA®* (SMALL)	218	491	0.0	0.0	0.0	29.4	29.2	32
FROZEN FANTA®* (MEDIUM)	290	653	0.0	0.0	0.0	39.2	38.9	44
FROZEN FANTA®* (LARGE)	363	817	0.0	0.0	0.0	49.0	48.6	49
FROZEN FANTA®* (EXTRA LARGE)	580	1305	0.0	0.0	0.0	78.3	77.7	87
COKE® (SMALL)	340	598	0.0	0.0	0.0	34.3	34.3	53
COKE® (MEDIUM)	434	764	0.0	0.0	0.0	43.8	43.8	64
COKE® (LARGE)	623	1096	0.0	0.0	0.0	62.9	62.9	92
COKE® ZERO (SMALL)	340	5	0.2	0.0	0.0	0.3	0.0	50
COKE® ZERO (MEDIUM)	434	7	0.2	0.0	0.0	0.4	0.0	63
COKE® ZERO (LARGE)	623	9	0.3	0.0	0.0	0.6	0.0	91
DIET COKE® (SMALL)	340	4	0.2	0.0	0.0	0.3	0.0	37
DIET COKE® (MEDIUM)	434	5	0.3	0.0	0.0	0.4	0.0	47
DIET COKE® (LARGE)	623	7	0.3	0.0	0.0	0.6	0.0	67
FANTA® ORANGE (SMALL)	340	765	0.0	0.0	0.0	45.9	45.6	51
FANTA® ORANGE (MEDIUM)	434	977	0.0	0.0	0.0	58.6	58.2	65
FANTA® ORANGE (LARGE)	623	1402	0.0	0.0	0.0	84.1	83.5	93
FANTA® RASPBERRY (SMALL)	340	758	0.0	0.0	0.0	44.2	44.2	29
FANTA® RASPBERRY (MEDIUM)	434	968	0.0	0.0	0.0	56.4	56.4	36
FANTA® RASPBERRY (LARGE)	623	1389	0.0	0.0	0.0	81.0	81.0	52
SPRITE® (SMALL)	340	598	0.0	0.0	0.0	34.3	34.3	53
SPRITE® (MEDIUM)	434	764	0.0	0.0	0.0	43.8	43.8	64
SPRITE® (LARGE)	623	1096	0.0	0.0	0.0	62.9	62.9	92

Nutritional Information

For more detailed ingredient and allergen information please visit www.hungryjacks.com.au

	Serving Size (g)	Energy (KJ)	Protein (g)	Fat Total (g)	Fat Saturated (g)	CHO (g)	Sugars (g)	Sodium (mg)
COLD DRINKS								
VANILLA THICKSHAKE (SMALL)	340	847	7.5	6.3	4.1	28.6	26.5	139
VANILLA THICKSHAKE (MEDIUM)	450	1121	10.0	8.3	5.4	37.8	35.1	185
VANILLA THICKSHAKE (LARGE)	625	1556	13.8	11.6	7.5	52.5	48.8	256
CHOCOLATE THICKSHAKE (SMALL)	340	1134	7.1	6.0	4.0	46.8	44.6	197
CHOCOLATE THICKSHAKE (MEDIUM)	450	1590	9.4	7.9	5.3	67.4	64.4	278
CHOCOLATE THICKSHAKE (LARGE)	625	2182	13.1	11.1	7.4	92.0	87.8	380
STRAWBERRY THICKSHAKE (SMALL)	340	1105	6.9	5.7	3.7	45.6	43.8	136
STRAWBERRY THICKSHAKE (MEDIUM)	450	1544	9.0	7.5	4.9	65.5	63.1	181
STRAWBERRY THICKSHAKE (LARGE)	625	2216	12.6	10.5	6.8	95.1	91.7	254
ORANGE JUICE (SMALL)	340	544	2.0	1.0	0.0	28.9	27.2	27
ORANGE JUICE (MEDIUM)	434	694	2.6	1.0	0.0	36.9	34.7	35
ORANGE JUICE (LARGE)	623	997	3.7	1.0	0.0	53.0	49.8	50
HOT DRINKS								
CAPPUCCINO (SMALL)	287	677	8.5	8.4	5.4	13.0	12.8	149
CAPPUCCINO (MEDIUM)	402	882	11.3	10.9	7.0	16.7	16.4	210
CAPPUCCINO (LARGE)	502	1107	14.2	13.8	8.9	20.7	20.3	262
LATTE (SMALL)	285	633	8.2	8.2	5.2	11.2	11.1	146
LATTE (MEDIUM)	400	850	11.1	10.9	7.0	15.1	14.9	207
LATTE (LARGE)	500	1063	13.9	13.6	8.8	18.9	18.6	259
FLAT WHITE (SMALL)	285	609	7.9	7.8	5.0	10.8	10.7	147
FLAT WHITE (MEDIUM)	400	777	10.4	9.9	6.3	13.9	13.6	210
FLAT WHITE (LARGE)	500	1038	13.6	13.3	8.5	18.5	18.2	260
BLACK TEA (SMALL)	285	17	0.3	0.3	0.0	0.0	0.0	11
BLACK TEA (MEDIUM)	400	24	0.4	0.4	0.0	0.0	0.0	16
BLACK TEA (LARGE)	500	30	0.5	0.5	0.0	0.0	0.0	20

Nutritional Information

For more detailed ingredient and allergen information please visit www.hungryjacks.com.au

	Serving Size (g)	Energy (KJ)	Protein (g)	Fat Total (g)	Fat Saturated (g)	CHO (g)	Sugars (g)	Sodium (mg)
HOT DRINKS								
WHITE TEA (SMALL)	285	191	2.4	2.6	1.5	3.1	3.1	41
WHITE TEA (MEDIUM)	400	198	2.5	2.7	1.5	3.1	3.1	45
WHITE TEA (LARGE)	500	204	2.6	2.8	1.5	3.1	3.1	49
LONG BLACK (SMALL)	200	62	1.8	0.2	0.2	1.6	1.0	120
LONG BLACK (MEDIUM)	260	81	2.3	0.3	0.3	2.1	1.3	156
LONG BLACK (LARGE)	400	124	3.6	0.4	0.4	3.2	2.0	240
HOT CHOCOLATE (SMALL)	285	977	7.4	7.8	5.0	23.4	23.4	107
HOT CHOCOLATE (MEDIUM)	400	1423	10.8	11.4	7.2	41.7	40.0	156
HOT CHOCOLATE (LARGE)	500	1762	12.7	13.4	8.5	44.4	43.0	184