



Nutrition Information for Standard Menu Items

INDIVIDUAL ITEMS	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
CHICKENJOY												
Chickenjoy Drumstick, 1 pc	3.0 oz (85 g)	220	120	14	3	0	20	270	3	0	0	20
Chickenjoy Thigh, 1 pc	4.4 oz (125 g)	380	250	28	7	0	25	400	5	0	0	27
Chickenjoy Breast, 1 pc	5.0 oz (142 g)	320	150	17	4	0	40	440	6	0	0	36
Spicy Chickenjoy Drumstick, 1 pc	3.0 oz (85 g)	220	120	14	3	0	20	340	3	0	0	20
Spicy Chickenjoy Thigh, 1 pc	4.4 oz (126 g)	380	250	28	7	0	25	520	5	0	0	27
Spicy Chickenjoy Breast, 1 pc	5.0 oz (143 g)	320	150	17	4	0	40	560	6	0	0	36
Gravy, Small	2.7 oz (77 g)	25	0	0	0	0	0	380	5	0	1	1
Gravy, Medium	5.0 oz (142 g)	50	0	0	0	0	0	700	10	0	2	2
Gravy, Large	8.0 oz (198 g)	70	0	0	0	0	0	980	14	0	2	3
CHICKEN DIPPERS												
Chicken Dippers, 3 pcs	6.5 oz (184 g)	410	200	22	5	0	50	580	8	0	0	47
Ranch Dressing	1.0 oz (28 g)	130	120	14	2	0	10	250	2	0	1	0
Honey Mustard Dressing	1.0 oz (28 g)	45	45	11	1.5	0	5	140	7	0	6	1
CHICKEN SANDWICH												
Chicken Sandwich Classic	6.8 oz (194 g)	550	210	23	5	0	30	970	55	1	6	31
Chicken Sandwich Deluxe	8.4 oz (237 g)	560	210	23	5	0	30	970	57	2	7	32
JOLLY SPAGHETTI												
Jollibee Spaghetti	14.5 oz (411 g)	610	210	23	8	0	60	1340	76	4	18	23
Spaghetti with 1 pc Chickenjoy Drumstick	20.2 oz (573 g)	860	330	37	11	0	75	1990	84	4	19	44
Spaghetti with 1 pc Classic Chickenjoy Thigh	21.6 oz (612 g)	1020	460	51	15	0	85	2120	86	4	19	51
Spaghetti with 1 pc Classic Chickenjoy Breast	22.2 oz (629 g)	960	360	40	11	0	95	2160	87	4	19	60
Spaghetti with 1 pc Spicy Chickenjoy Drumstick	20.2 oz (573 g)	860	330	37	11	0	75	2060	84	4	19	44
Spaghetti with 1 pc Spicy Chickenjoy Thigh	21.6 oz (612 g)	1020	460	51	15	0	85	2240	86	4	19	51
Spaghetti with 1 pc Spicy Chickenjoy Breast	22.2 oz (629 g)	960	360	40	11	0	95	2280	87	4	19	60
Spaghetti Family Pack (Serves 3-4) Information Per Serving (1/3 pack)*	14.5 oz (411 g)	610	210	23	8	0	60	1340	76	4	18	23
Spaghetti Party Pack (Serves 5-6) Information Per Serving (1/5 pack)*	14.5 oz (411 g)	610	210	23	8	0	60	1340	76	4	18	23
Spaghetti Blowout Pack (Serves 8-10) Information Per Serving (1/8 pack)*	14.5 oz (411 g)	610	210	23	8	0	60	1340	76	4	18	23

PALABOK FIESTA												
Palabok Fiesta	12.3 oz (351 g)	410	130	15	3.5	0	115	950	49	1	2	20
Palabok with 1 pc Chickenjoy Drumstick	18.1 oz (513 g)	660	250	28	7	0	130	1600	57	1	3	41
Palabok with 1 pc Chickenjoy Thigh	19.5 oz (552 g)	820	380	42	10	0	140	1730	60	1	3	48
Palabok with 1 pc Chickenjoy Breast	20.1 oz (569 g)	760	280	31	7	0	150	1770	61	1	3	57
Palabok with 1 pc Spicy Chickenjoy Drumstick	18.1 oz (513 g)	660	250	28	7	0	130	1670	57	1	3	41
Palabok with 1 pc Spicy Chickenjoy Thigh	19.5 oz (552 g)	820	380	42	10	0	140	1850	60	1	3	48
Palabok with 1 pc Spicy Chickenjoy Breast	20.1 oz (569 g)	760	280	31	7	0	150	1890	61	1	3	57
Palabok Family Pack (Serves 3-4) Information Per Serving (1/3 pack)*	12.3 oz (351 g)	410	130	15	3.5	0	115	950	49	1	2	20
Palabok Party Pack (Serves 5-6) Information Per Serving (1/5 pack)*	12.3 oz (351 g)	410	130	15	3.5	0	115	950	49	1	2	20
Palabok Blowout Pack (Serves 8-10) Information Per Serving (1/8 pack)*	12.3 oz (351 g)	410	130	15	3.5	0	115	950	49	1	2	20
Lemon Packet	1 packet (4 g)	5	0	0	0	0	0	1	1	0	0	0
BURGER STEAK												
Burgersteak, 2 pcs (No Side)	6.0 oz (170 g)	250	140	16	8	0	40	780	8	0	1	16
Burgersteak, 3 pcs (No Side)	8.3 oz (235 g)	370	220	24	12	0	60	1110	11	0	1	23
Burgersteak, 2 pcs with Rice	13.9 oz (396 g)	470	140	16	8	0	40	790	58	1	1	20
Burgersteak, 3 pcs with Rice	16.3 oz (467 g)	600	220	24	12	0	60	1110	61	1	1	27
Burgersteak Family Pack, 8 pcs (Serves 3-4) Information Per Serving (1/4 pack - 2 pcs)*	6.0 oz (170 g)	250	140	16	8	0	40	780	8	0	1	16
YUM BURGERS												
Yum	3.7 oz (105 g)	310	130	15	4.5	0	35	520	30	1	6	11
Yum w/ Cheese	4.2 oz (119 g)	360	170	19	7	0	45	770	30	1	6	14
Big Yum	9.9 oz (284 g)	690	410	46	17	1	60	1270	43	2	11	27
Aloha Yum	10.8 oz (310 g)	790	460	51	19	1	75	1310	54	2	22	30
JOLLY HOTDOG												
Jolly Hotdog Sandwich	5.0 oz (142 g)	390	220	24	7	0	40	1010	32	0	9	12
SIDES												
French Fries, Regular	4.0 oz (113 g)	340	160	18	4.5	0	0	560	41	4	<1	4
French Fries, Large	8.0 oz (227 g)	680	330	37	9	0	0	1110	82	8	<1	8
Mashed Potato with Gravy, Regular	6.0 oz (170 g)	170	40	4.5	1.5	0	0	730	33	3	3	3
Mashed Potato with Gravy, Large	11.9 oz (340 g)	340	80	9	3	0	0	1460	65	6	7	7
Buttered Corn, Regular	4.0 oz (113 g)	150	90	10	6	0	25	350	14	2	3	2
Buttered Corn, Large	10 oz (340 g)	440	270	30	17	0	75	1040	42	5	10	5
Steamed Rice	6.5 oz (184 g)	180	0	0	0	0	0	5	41	1	0	3
Salt Packet	1 packet (0.7 g)	0	0	0	0	0	0	270	0	0	0	0
Ketchup Packet	1 packet (9 g)	10	0	0	0	0	0	100	2	0	2	0

BREAKFAST												
Chickenjoy Breakfast, 1 pc Drumstick	15.3 oz (435 g)	590	230	25	6	0	205	2880	58	1	1	31
Chickenjoy Breakfast, 1 pc Thigh	16.7 oz (474 g)	750	350	39	10	0	210	3010	60	1	1	38
Chickenjoy Breakfast, 1 pc Breast	17.3 oz (491 g)	690	250	28	6	0	225	3050	61	1	1	47
Longganisa (Pork Sausage)	13.6 oz (386 g)	720	420	47	13	0	255	2910	60	1	10	26
Tapa (Beef Tenders)	13.7 oz (389 g)	710	320	35	11	0	265	3090	60	1	9	34
Tocino (Sweet Pork)	13.7 oz (389 g)	610	200	22	6	0	260	3460	69	1	18	33
Corned Beef	14.4 oz (407 g)	650	300	33	12	0	300	3260	51	1	1	35
DESSERTS												
Peach Mango Pie	3.3 oz (94 g)	270	100	11	5	0	5	130	40	0	11	3
Halo-Halo	15.4 oz (440 g)	490	80	9	6	0	35	95	93	0	48	10
Chocolate Sundae	6.0 oz (170 g)	290	80	9	7	0	0	160	47	1	35	3
Vanilla Twirl	4.2 oz (118 g)	170	35	4	3	0	0	115	30	0	20	2
Ube Pearl Cooler	19.0 oz (544 g)	530	45	5	4	0	10	80	119	1	40	3
Buko Pandan Pearl Cooler	19.0 oz (544 g)	520	35	4	3.5	0	5	90	118	1	34	3
KIDS MEAL (add choice of drink)												
Chickenjoy 1 pc Drumstick with Rice and Gravy	12.2 oz (346 g)	430	120	14	3	0	20	660	49	1	1	25
Chickenjoy 1 pc Thigh with Rice and Gravy	20.8 oz (590 g)	590	250	28	7	0	25	780	51	1	1	32
Chickenjoy 1 pc Breast with Rice and Gravy	14.2 oz (403 g)	530	150	17	4	0	40	830	52	1	1	41
Jolly Spaghetti	14.5 oz (411 g)	610	210	23	8	0	60	1340	76	4	18	23
Yum w/ Cheese and Small Fries	7.0 oz (199 g)	500	230	26	9	0	45	1020	48	3	6	16
DRINKS												
Pineapple Quencher	16 fl oz	180	0	0	0	0	0	15	46	0	43	0
Hot Coffee - Regular	12 fl oz	0	0	0	0	0	0	20	1	0	0	2
Hot Coffee - Decaffeinated	12 fl oz	0	0	0	0	0	0	20	1	0	0	2
Coffee Creamer Half & Half	3/8 fl oz	10	5	1	0	0	0	0	1	0	0	0
Sugar Packet	1 packet (2.8 g)	10	0	0	0	0	0	0	3	0	3	0
Equal® 0 Calorie Sweetener	1 packet (1.0 g)	0	0	0	0	0	0	0	1	0	1	0
Splenda® 0 Calorie Sweetener	1 packet (1.0 g)	0	0	0	0	0	0	0	1	0	1	0
Bottled Water Aquafina®	16.9 fl oz	0	0	0	0	0	0	0	0	0	0	0
Soda Pepsi® - Regular (with ice)	20 fl oz	200	0	0	0	0	0	55	56	0	54	0
Soda Pepsi® - Regular (no ice)	20 fl oz	250	0	0	0	0	0	65	70	0	68	0
Soda Diet Pepsi® - Regular (with ice)	20 fl oz	0	0	0	0	0	0	55	0	0	0	0
Soda Diet Pepsi® - Regular (no ice)	20 fl oz	0	0	0	0	0	0	65	0	0	0	0

Soda Mug® Rootbeer - Regular (with ice)	20 fl oz	200	0	0	0	0	0	35	52	0	52	0
Soda Mug® Rootbeer - Regular (no ice)	20 fl oz	250	0	0	0	0	0	40	65	0	65	0
Soda Sierra Mist® - Regular (with ice)	20 fl oz	200	0	0	0	0	0	45	54	0	54	0
Soda Sierra Mist® - Regular (no ice)	20 fl oz	250	0	0	0	0	0	50	68	0	68	0
Soda Mountain Dew® - Regular (with ice)	20 fl oz	220	0	0	0	0	0	75	58	0	58	0
Soda Mountain Dew® - Regular (no ice)	20 fl oz	280	0	0	0	0	0	90	73	0	73	0
Tropicana® Pink Lemonade - Regular (with ice)	20 fl oz	200	0	0	0	0	0	210	54	0	54	0
Tropicana® Pink Lemonade - Regular (no ice)	20 fl oz	250	0	0	0	0	0	260	68	0	68	0
Tropicana® Fruit Punch - Regular (with ice)	20 fl oz	220	0	0	0	0	0	55	60	0	60	0
Tropicana® Fruit Punch - Regular (no ice)	20 fl oz	280	0	0	0	0	0	65	75	0	75	0
Lipton® Brisk Raspberry Iced Tea - Regular (with ice)	20 fl oz	160	0	0	0	0	0	55	42	0	42	0
Lipton® Brisk Raspberry Iced Tea - Regular (no ice)	20 fl oz	200	0	0	0	0	0	65	53	0	53	0

*Per serving information based on weight of standard regular or individual serving

2000 calories a day is used for general nutrition advice but calorie needs vary.

The nutrition information in this list is based on standard product formulation and serving sizes. Variation in serving sizes, preparation techniques, product testing and supply sources, as well as regional and seasonal differences may affect the nutritional composition of each product. Nutrition information is derived from testing conducted in accredited laboratories, published resources, or from information provided by suppliers.

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