

Nutritional table per serving

- ♥ Trim - 5% fat or less
- ♣ Suitable for vegetarians
- Ⓢ Protein Packed - 30g protein or more per serving

Allergen Information

(D) Contains Dairy (E) Contains Egg (G) Contains Gluten (S) Contains Sesame Seeds. Our Restaurants are nut-free. Nutritional research was undertaken by an independent laboratory, Bioservices cc, headed up by Dr. Irene Finnegan.

Small variations may occur to these figures, which are based on recipes and average serving size. Information is provided to advise whether allergens are present in each product. Also note that the following allergens are present in the facility: gluten, dairy, soya, peanuts and sesame seeds. Menu items and nutritional values are subject to change without prior notice. This may be due to unforeseen recipe changes, availability and the like.

* Values declared per edible portion.

ITEM	Typical Serving (g)	Energy (kJ) Per Serving	Protein (g) Per Serving	Total Fat (g) Per Serving	Saturated Fat (g) Per Serving	Carbs Total (g) Per Serving	Carbs Sugar (g) Per Serving	Fibre (g) Per Serving	Cholesterol (mg) Per Serving	Sodium (mg) Per Serving
STARTERS										
♥ ♣ Flame-grilled Mealie*	223	593	4.5	1.3	0.2	27.5	5.6	3.5	0.0	100
Ⓢ Chicken Livers	145	1045	30.0	14.1	4.5	1.4	1.3	0.0	774	487
Ⓢ Chicken Giblets	201	1076	32.9	13.1	4.1	1.9	1.5	0.0	506	1228
Ⓢ Wings (3)*	182	939	30.0	11.6	3.3	0.5	0.5	0.0	87	209
♥ ♣ Portuguese Roll (G)	69	870	5.1	2.5	0.5	41.5	2.0	1.7	0.9	448
♥ ♣ Spicy Soup	200	480	7.0	3.6	0.8	14.3	8.1	3.4	0.0	656
♣ Olives	75	420	0.0	8.3	1.1	6.8	0.0	5.1	0.0	1124
KIDS MEALS										
Chicken Burger (G)	145	1077	18.3	9.1	1.6	25.1	4.1	1.6	41	513
Drumsticks (2)*	117	644	21.7	7.3	2.0	0.2	0.2	0.0	65	229
♥ Chicken Sticks (4)	70	480	22.0	2.8	0.8	0.3	0.2	0.0	59	172
♥ ♣ Carrots	29	44	0.2	0.0	0.0	2.3	0.6	0.4	0.0	9
♣ Chips	90	999	3.8	9.9	1.6	33.5	0.5	2.6	0.0	155
♥ ♣ Flame-grilled Mealie (1/2 portion)*	112	297	2.3	0.7	0.1	13.8	2.8	1.8	0.0	50
SANDWICHES (BURGERS, WRAPS, PITAS)										
♥ Ⓢ Chicken Burger (G)(S)	220	1607	35.6	6.9	1.6	43.9	7.7	2.5	79	763
♥ Ⓢ Chicken & Cheese Burger (D)(G)(S)	237	1852	38.6	11.6	5.1	45.2	8.6	2.5	92	910
♥ Ⓢ Chicken & Pine Burger (G)(S)	277	1774	35.8	7.2	1.7	53.0	16.2	3.0	79	799
♥ Ⓢ Chicken, Cheese & Pine Burger (D)(G)(S)	294	2019	38.8	11.8	5.1	54.3	17.1	3.0	92	946
♥ ♣ Vegetarian Burger (G)(S)	221	1805	14.1	10.7	1.5	68.8	11.2	5.2	2.0	960
Ⓢ Chicken Wrap (G)	242	1605	38.3	8.5	2.1	37.6	4.0	2.5	120	859
♥ Ⓢ Chicken & Cheese Wrap (D)(G)	259	1850	41.3	13.1	5.5	39.0	4.9	2.5	133	1006
♥ Ⓢ Chicken & Pine Wrap (G)	299	1772	38.5	8.7	2.1	46.7	12.5	2.9	120	895
♥ Ⓢ Chicken, Cheese & Pine Wrap (D)(G)	316	2017	41.5	13.4	5.6	48.1	13.4	2.9	133	1042
♣ Vegetarian Wrap (G)	279	2361	15.3	16.7	2.6	87.3	6.4	9.3	2.0	926
♥ Ⓢ Chicken Pita (G)	275	2169	39.1	11.4	1.8	63.6	4.4	3.0	81	918
Ⓢ Chicken & Cheese Pita (D)(G)	292	2414	42.1	16.1	5.2	64.9	5.4	3.0	94	1065
♥ Ⓢ Chicken & Pine Pita (G)	332	2336	39.3	11.7	1.8	72.7	12.9	3.5	81	954
♥ Ⓢ Chicken, Cheese & Pine Pita (D)(G)	349	2581	42.3	16.3	5.3	74.1	13.8	3.5	94	1101
♥ ♣ Vegetarian Pita (G)	251	2113	15.5	12.2	1.2	84.1	8.1	5.6	2.8	1039
DOUBLE CHICKEN BURGERS										
♥ Ⓢ Chicken Burger (G)(S)	309	2215	63.0	10.6	2.7	44.1	7.9	2.5	155	1135
♥ Ⓢ Chicken & Cheese Burger (D)(G)(S)	326	2460	66.0	15.2	6.1	45.5	8.8	2.5	167	1282
♥ Ⓢ Chicken & Pine Burger (G)(S)	366	2382	63.2	10.8	2.7	53.2	16.4	3.0	155	1171
♥ Ⓢ Chicken, Cheese & Pine Burger (D)(G)(S)	383	2627	66.2	15.4	6.1	54.6	17.3	3.0	167	1318
CHICKEN ONLY										
Ⓢ 1/4 Chicken Breast*	199	1002	38.9	8.9	2.4	0.8	0.7	0.0	110	428
♥ Ⓢ 1/4 Chicken Breast (no skin)*	191	820	36.0	5.5	1.5	0.3	0.0	0.0	103	294
1/4 Chicken Leg*	154	840	24.6	11.1	3.1	0.5	0.5	0.0	86	277
1/4 Chicken Leg (no skin)*	140	632	21.7	9.8	1.9	0.2	0.0	0.0	75	220
Ⓢ Chicken Espetada	241	1948	48.7	28.5	8.0	3.8	2.6	1.2	163	445
Ⓢ 5 Wings*	273	1453	43.8	18.8	5.2	0.7	0.6	0.0	131	420
♥ Ⓢ Chicken Steak	161	1181	50.8	8.2	2.3	0.9	0.8	0.0	133	297
MEALS										
♥ Ⓢ Chicken Strips and Spicy Rice	359	2155	33.8	7.4	1.7	76.8	1.1	1.0	75	1167
Ⓢ Livers, Spicy Rice & Portuguese Roll (G)	540	4126	69.5	33.1	10.0	101.6	5.4	2.5	1549	2254
♥ Ⓢ Giblets, Spicy Rice & Portuguese Roll (G)	652	4189	75.8	31.1	9.2	102.5	5.9	2.5	1013	3737
♥ Ⓢ Vitality Meal (Chicken Breast, Mealie & Reg. Salad)* ♣ <i>Vitality</i>	569	1426	34.0	6.3	1.4	36.2	11.3	6.5	75	562
SIDES & SALADS										
♣ Peri-Peri Potato Wedges (Regular)	178	1743	7.2	14.4	3.4	64.0	2.0	5.1	0.0	825
♣ Chips (Regular)	122	1351	5.1	13.4	2.2	45.2	0.7	3.6	0.0	210
♣ Peri-Peri Chips (Regular)	131	1430	5.5	15.0	2.4	46.0	0.8	3.9	0.0	270
♥ ♣ Peri Spinach (Regular)	131	420	4.5	4.1	1.1	11.3	2.4	3.2	0.0	147
♥ ♣ Chunky Potato Mash (Regular)	159	816	4.5	7.2	1.7	27.7	4.1	2.5	0.0	302
♥ ♣ Spicy Rice (Regular)	181	1166	5.0	2.4	0.6	57.3	0.9	0.7	0.0	833
♥ ♣ Grilled Vegetables	188	786	2.3	3.7	0.7	36.0	6.4	4.3	0.0	324
♥ ♣ Portuguese Salad (Regular)	257	225	2.1	1.2	0.2	8.4	5.4	3.0	0.0	90
♥ Ⓢ Grilled Chicken Salad (Regular)	351	830	30.0	5.1	1.2	8.2	5.4	2.8	82	556
♥ ♣ Coleslaw (Regular) (E)	206	607	4.9	7.9	1.2	13.6	8.2	3.1	6.0	703
DIPS, DRESSINGS & EXTRAS										
♣ Perinise (E)	70	676	0.2	12.5	2.5	13.2	8.4	0.0	11	712
♣ Creamy Dip (E)	70	1064	0.3	22.4	4.5	13.5	8.5	0.0	21	399
♣ Vinaigrette	15	194	0.0	5.0	0.7	0.6	0.5	0.0	0.0	207
♣ Extra Mayonnaise (E)	13	108	0.0	2.2	0.3	1.4	1.3	0.0	2.0	122
♣ Extra Feta Cheese (D)	64	684	11.5	11.8	8.3	3.2	3.1	0.0	56	739
♣ Extra Cheese Slice (D)	17	245	3.0	4.6	3.5	1.4	0.9	0.0	13	147
♥ ♣ Extra Pineapple	57	167	0.2	0.3	0.0	9.1	8.5	0.5	0.0	36
♣ Extra Olives	25	140	0.0	2.8	0.4	2.3	0.0	1.7	0.0	375
DESSERTS										
♣ Duo of Chocolate Mousse (D)(E)	83	1026	4.0	14.5	8.2	24.9	24.4	0.0	23	130
♣ Strawberry Cheesecake (D)(E)(G)	98	960	5.8	9.6	7.0	29.8	21.8	0.6	4.0	53
♣ Lemon Cheesecake (D)(E)(G)	102	987	6.9	10.2	6.3	29.1	18.7	0.6	4.5	86
♣ Hot Chocolate Pudding (D)(G)	101	1634	5.3	14.2	9.4	60.0	12.3	0.7	50	174
♥ ♣ Hot Sticky Toffee Pudding (D)(E)(G)	109	1205	4.0	4.3	2.2	57.6	12.0	0.5	16	342