



# Allergen and Nutritional information

October 2021

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### Nutritional Information

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**Our allergen information will be kept up to date and should be checked each time you dine with us as we may update recipes. Our teams cannot recommend or tell you what is suitable for you to eat or drink.**

*KFC (UK&I) is committed to provide allergen information in store for all of its products of the 14 mandatory allergens (Cereals containing gluten, crustaceans, eggs, fish, peanuts, soya beans, milk, nuts, celery, mustard, sesame seeds, sulphur dioxide & sulphites, Lupin & Mollusc). Our teams regularly handle multiple food ingredients in our kitchens, so we can't guarantee that any items are allergen free. The information shows which menu items are suitable for vegetarians and vegans. These are made using vegetarian and vegan ingredients. However, our preparation and cooking methods could mean they may come into contact with non-vegetarian and non-vegan ingredients.*

*The nutritional information comes from averages of composite food samples. There may be some variation depending on ingredients used, supplier and season of the year. All calorie (kcal) and kJ figures are rounded to the nearest five. All nutritional values are based on per serving. If products are customised in any way, please be aware that allergen and nutritional information will no longer be accurate. Sat. Fat = Saturates Fat, Carbs = Carbohydrates Salt Value is calculated from Sodium*

## Allergen Information-Sharing Meals

The ● indicates that the allergen is contained and presented in this item.

The ○ indicates that the allergen is present due to cross contamination risk within factory or in stores

Menu Item	Item	Contain Cereals				Contain													Suitable For	
		Wheat	Barley	Oat	Rye	Soya	Egg	Milk	Fish	Mollusc	Sulphites	Sesame	Celery	Mustard	Lupin	Peanut	Nuts	Vegetarian	Vegan	
Bargain Bucket (6/10/14 pieces)	Original Recipe Chicken	●				○	●	●				○	○					X	X	
	Fries	○				○	○	○					○					X	X	
	Drink	<a href="#">Please see Drink section on Page 8 &amp; 9 for allergen and dietary information</a>																		
Dipping Boneless Feast (8/12 pieces)	Mini Fillet	●				○	●	●				○	○					X	X	
	Popcorn Chicken	●				○	○	○				○	●					X	X	
	Fries	○				○	○	○					○					X	X	
Family Feast (6/10 pieces)	Original Recipe Chicken	●				○	●	●				○	○					X	X	
	Fries	○				○	○	○					○					X	X	
	Your Choice of Sides	<a href="#">Please see Sides section on Page 6 for allergen and dietary information</a>																		
Wicked Variety (6/ 10 pieces)	Original Recipe Chicken	●				○	●	●				○	○					X	X	
	Fries	○				○	○	○					○					X	X	

## Allergen Information- Burgers, Vegan Burger, Chicken Pieces

The ● indicates that the allergen is contained and presented in this item.																		
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Item	Contain Cereals				Contain												Suitable For	
	Wheat	Barley	Oat	Rye	Soya	Egg	Milk	Fish	Mollusc	Sulphites	Sesame	Celery	Mustard	Lupin	Peanut	Nuts	Vegetarian	Vegan
<b>Burgers</b>																		
Original Recipe Fillet Burger	●				○	●	●				●	○	●				X	X
Zinger Burger	●				○	●	○				●	○	●				X	X
Fillet Tower Burger	●				○	●	●				●	●	●				X	X
Zinger Tower Burger	●	●			○	●	●				●	○	●				X	X
Mini Fillet Burger	●				○	●	●				●	○	●				X	X
Kids Burger	●				○	●	●				●	●					X	X
Zinger Stacker	●				○	●	●				●	○					X	X
Chicken Fillet Roll (ROI Only)	●				○	●	●				○	○	●				X	X
Zinger Fillet Roll (ROI Only)	●				○	●	●				○	○	●				X	X
<b>Vegan Burger</b>																		
Vegan Burger	●						○				●		●				✓	✓
<b>Chicken Pieces</b>																		
Original Recipe Chicken on Bone	●				○	●	●				○	○					X	X
Popcorn Chicken (Regular, Large, Small)	●				○	○	○				○	●					X	X
Hot Wing	●				○	○	○				○	○					X	X
Mini Fillet	●				○	●	●				○	○					X	X

## Allergen Information- Wraps, Rice Box & Salad

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Item	Contain Cereals				Contain											Suitable For		
	Wheat	Barley	Oat	Rye	Soya	Egg	Milk	Fish	Mollusc	Sulphites	Sesame	Celery	Mustard	Lupin	Peanut	Nuts	Vegetarian	Vegan
<b>Wraps</b>																		
Kentucky Mayo Twister	●				○	●	●			○	○	○	●				X	X
Sweet Chilli Twister	●				○	●	●			○	○	○	○				X	X
Smokey BBQ Twister	●				○	●	●			○	○	○	○				X	X
Flamin' Mini Wrap	●				○	●	●			○	○	○	○				X	X
BBQ Mini Wrap	●				○	●	●			○	○	○	○				X	X
<b>Rice Boxes &amp; Salads</b>																		
Veggie Rice Box	○	●				●	●				○						✓	X
Fillet Rice Box	●	●			○	●	●				○	○					X	X
Zinger Rice Box	●	●			○	●	●				○	○					X	X
Veggie Salad	○					●	●				○						✓	X
Fillet Salad	●				○	●	●				○	○					X	X
Zinger Salad	●				○	●	●			●	○	○					X	X

## Allergen Information- Sides, Bites

The ● indicates that the allergen is contained and presented in this item.																			
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Item	Contain Cereals				Contain													Suitable For	
	Wheat	Barley	Oat	Rye	Soya	Egg	Milk	Fish	Mollusc	Sulphites	Sesame	Celery	Mustard	Lupin	Peanut	Nuts	Vegetarian	Vegan	
<b>Sides</b>																			
Fries (Regular & Large)	○				○	○	○					○					X	X	
BBQ (Beans Regular & Large)	●	●										●	●				√	√	
Coleslaw (Regular & Large)						●							●		○	○	√	X	
Corn Cobette Regular & Large)																	√	√	
Gravy (Regular & Large)	●	●	●	●	○	●	●					●					X	X	
Creamy Mash (Regular & Large)							●										√	X	
Southern Rice	○				○		●										√	X	
Garden Salad	○					●	●				○						√	X	
<b>Bites</b>																			
Kansas BBQ Dipped Bites	●	●			●	○	●				○	○					X	X	
Sweet Chilli Dipped Bites	●				●	○	●				○	○					X	X	

## Allergen Information-Dip Pots & Condiments

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Item	Contain Cereals				Contain											Suitable For		
	Wheat	Barley	Oat	Rye	Soya	Egg	Milk	Fish	Mollusc	Sulphites	Sesame	Celery	Mustard	Lupin	Peanut	Nuts	Vegetarian	Vegan
<b>Dip Pots &amp; Condiments</b>																		
Real Tomato Sauce Dip Pot																	✓	✓
Garlic Buttermilk Dip Pot						●	●										✓	X
Kentucky Smoky BBQ Sauce Dip Pot		●															✓	✓
Sticky Sweet Chilli Sauce Dip Pot																	✓	X
Spicy Supercharger Dip Pot																	✓	X
Heinz Vinegar Sachet		●															✓	✓
Heinz Tomato Ketchup Sachet												●					✓	✓
Heniz Light Mayonnaise Sachet						●	●										✓	X
Heniz HP BBQ Sauce Sachet																	✓	X
Heinz Brown Sauce Sachet		●		●													✓	X
Sugar Sachet																	✓	✓
Salt Sachet																	✓	✓
Pepper Sachet																	✓	✓
Milk Portion							●										✓	X

## Allergen Information-Drinks

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Item	Contain Cereals				Contain											Suitable For		
	Wheat	Barley	Oat	Rye	Soya	Egg	Milk	Fish	Mollusc	Sulphites	Sesame	Celery	Mustard	Lupin	Peanut	Nuts	Vegetarian	Vegan
<b>Drinks</b>																		
Bottle of Water (Still & Sparkling)																	✓	✓
Blackcurrant & Apple Robinsons Fruit Shoot																	✓	✓
Orange Robinsons Fruit Shoot																	✓	✓
Pepsi (ROI only)																	✓	✓
Pepsi Max																	✓	✓
Diet Pepsi																	✓	X
Pepsi Max Cherry																	✓	✓
7Up Free																	✓	✓
Robinsons Apple & Blackcurrant										●							✓	✓
Tango Orange																	✓	✓
Lipton Ice Tea																	✓	✓
Southern Refresher Watermelon & Lime																	✓	✓
Club Orange (Northern Ireland and ROI only)																	✓	✓
Club Orange Zero (Northern Ireland and ROI only)																	✓	✓
Tropicana Orange Juice																	✓	✓
1.5 Pepsi Bottle (ROI only)																	✓	✓
1.5L Pepsi Max Bottle																	✓	✓



## Allergen Information-Drinks

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Item	Contain Cereals				Contain												Suitable For	
	Wheat	Barley	Oat	Rye	Soya	Egg	Milk	Fish	Mollusc	Sulphites	Sesame	Celery	Mustard	Lupin	Peanut	Nuts	Vegetarian	Vegan
<b>Drinks</b>																		
1.5L Diet Pepsi Bottle																	✓	X
1.5L 7Up Free Bottle																	✓	✓
1.5L Tango Orange Bottle																	✓	✓
Espresso																	✓	✓
Black Americano																	✓	✓
White Americano							●										✓	X
Cappuccino							●										✓	X
Latte							●										✓	X
Café Mocha							●										✓	X
Hot Chocolate							●										✓	X
Black Tea																	✓	✓
Malteser Krushems	●	●			○		●										X	X
Oreo Krushems	●	○			●		●										X	X
MilkyBar Krushems	○	○			○		●										X	X

## Allergen Information- Treats

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Item	Contain Cereals				Contain												Suitable For	
	Wheat	Barley	Oat	Rye	Soya	Egg	Milk	Fish	Mollusc	Sulphites	Sesame	Celery	Mustard	Lupin	Peanut	Nuts	Vegetarian	Vegan
<b>Treats</b>																		
Chocolate Sundae					●		●										X	X
Mini Sundae					●		●										X	X
Milk Chocolate Cookie	●				●	●	●										X	X
White Chocolate Cookie	●				●	●	●										X	X
Pineapple Stick																	√	√

## Allergen Information-Kids Bucket & Limited Time Offer Product

The ● indicates that the allergen is contained and presented in this item.																			
The ○ indicates that the allergen is present due to cross contamination risk within factory or in stores																			
Menu Item	Item	Contain Cereals				Contain											Suitable For		
		Wheat	Barley	Oat	Rye	Soya	Egg	Milk	Fish	Mollusc	Sulphites	Sesame	Celery	Mustard	Lupin	Peanut	Nuts	Vegetarian	Vegan
<b>Kid Bucket</b>																			
All Kids Buckets	Your Choice of Sides	<a href="#">Please see Sides section on Page 6 for allergen and dietary information</a>																	
	Your Choice of Drink	<a href="#">Please see Drink section on Page 8 &amp; 9 for allergen and dietary information</a>																	
	Pineapple Stick																	✓	✓
Mini Burger Kids Bucket	Kid Mini Fillet Burger	●				○	●	●					●	●				X	X
Popcorn Chicken Kids Bucket	Popcorn Chicken	●				○	○	○					○	●				X	X
Mini Fillet Kids Bucket	Mini Fillet	●				○	●	●					○	○				X	X
	Real Tomato Dip Pot																	✓	✓
<b>Limited Time Offer</b>																			
Zinger Popcorn Bucket	Zinger Popcorn	●				○	○	○					○	○				X	X
Zinger Popcorn Bucket Meal	Zinger Popcorn	●				○	○	○					○	○				X	X
	Fries	○				○	○	○					○					X	X
	Your Choice of Drink	<a href="#">Please see Drink section on Page 8 &amp; 9 for allergen and dietary information</a>																	

## Nutritional Information

Item	Serving size	kJ	kcal	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugars (g)	Protein (g)	Salt (g)
<b>Burger</b>									
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
<b>Vegan Burger</b>									
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
<b>Original Recipe Chicken</b>									
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
<b>Chicken Pieces</b>									
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

<b>Wraps</b>									
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
<b>Salads &amp; Riceboxes</b>									
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
<b>Bites</b>									
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

<b>Sides</b>									
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 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
<b>Dip Pots &amp; Condiments</b>									
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 #	1	700	160	0	0	39.0	39.0	0	0.20
Club Orange - Large #	1	965	230	0	0	54.6	54.6	0	0.20
Club Orange Zero - Regular #	1	40	10	0	0	0	0	0	0.20
Club Orange Zero - Large #	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

<b>Drinks</b>									
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
<b>Treats</b>									
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
<b>Limited Time Offer</b>									
Item	Serving size	kJ	kcal	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugars (g)	Protein (g)	Salt (g)
Zinger Popcorn Bucket	1	3040	725	41.9	4.3	41.3	1.4	48.2	4.8