

 COACHING
SOCIETY

Takeaway Guide

Fast Food Edition

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Disclaimer

The calories and macronutrients listed in this guide are estimates based on the nutritional info available from the specified restaurant or fast food chain websites. These values are provided as a general reference and may not always be completely accurate or up-to-date. As menus and nutritional information are frequently updated, it is the responsibility of the individual to verify that the information is accurate by referring to the restaurant's most current details online.

Additionally, the food items listed are based on the original menu version, including standard ingredients and portion sizes. Keep in mind that the actual serving size at the time of purchase may vary slightly, and the portion served may not be identical to the listed standard. Any substitutions, modifications, sauces, or additional toppings will alter the nutritional values, and it is up to the individual to confirm these changes with the restaurant.

Individuals should always take responsibility for checking allergen information before ordering. It is strongly advised to consult the restaurant's website for the most accurate, up-to-date information regarding allergies, nutritional content, and any other dietary needs. Please approach your coach or a healthcare professional if you are uncertain about the calorie or macronutrient content of restaurant food. For full nutritional information, please refer to the restaurant's website, as referenced at the end of this guide.

Betty's Burgers
& CONCRETE CO.

Betty's Burgers

Burgers



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Bare Betty	324	24.7	9.2	21.1
Betty's Classic	602	28.5	32.9	39.9
Betty's Classic Plant	556	25.9	38	33.5
Betty's Classic Vegan	874	9.2	86.7	54.8
Betty's Deluxe	684	38	44	41.5
Betty's Double	881	59.3	42.8	52.8
Crispy Chicken	624	29.7	43.1	37.2
Crispy Chicken Strips Burger	462	29.8	41.1	19.8
Crispy Chicken Supreme	846	41.5	32.7	45.7
Grilled Chicken	397	31.8	26.2	18.2
Grilled Chicken Bare	290	31.5	6.5	15.3
Grilled Chicken Supreme	738	39.8	42.6	35.5
Kids Grilled Chicken	437	27.9	38.8	18.9
Kitchen's Burger	623	36.3	55.3	28.5
Noosa Classic Surf	728	42.5	35.1	46.7
Shroom Burger	656	19.7	77.5	33.7
Spicy Chicken	738	43.1	49.8	40.9
Spicy Grilled Chicken	712	43	60.1	25.1

Bowls



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Chicken Avo Bacon Bowl	398	41.1	1	27.8
Salmon Bowl	413	23.8	14.8	28.4
Vege Patty Super Bowl	808	22.4	56.6	46.5

*The nutritional information for Betty's Burgers menu items is based on the original version of each burger and bowl. Any customisations, additions or substitutions may change the nutritional values. For the most accurate information, please refer to the Betty's Burgers nutritional information available online.

Sides



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Betty's Fries (155g)	385	4.9	49.8	18.4
Calamari (85g)	190	13.8	9.5	10.8
Crispy Strips (200g)	523	46.8	26	25.8
French Fries (140g)	442	5.5	53.6	23
Frickles (100g)	170	1	17	11
Onion Rings (100g)	376	3.4	30.1	27.2

Sauces



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
BBQ Sauce (30g)	74	0	17.1	0
Betty's Special Sauce	157	0.5	3.2	16
French Mustard (30g)	23	1.3	1.4	1.3
Spicy Vegan (30g)	145	0.1	2.4	15.1
Sriracha Mayo (30g)	157	0.5	3.4	14.7
Tomato Sauce (30g)	35	0.3	8.2	0
Vegan Garlic Mayo (30g)	186	0.5	1.6	20.4

*The nutritional information for Betty's Burgers sides and sauces is based on the standard serving size in grams listed for each item. Any variations in portion size may affect the nutritional values. For the most accurate information, please refer to the Betty's Burgers nutritional information available online.



Carl's Jr.

Chargrilled Burgers



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
California Classic	650	28	36	44
Cheeseburger	340	16	32	16
Double Cheeseburger	450	25	33	24
Double Hamburger	400	22	32	20
Double Western Bacon Cheeseburger	1000	52	65	59
Famous Star with Cheese	610	28	50	32
Hamburger	300	14	32	12
Super Star with Cheese	850	46	51	52
The Big Carl	910	45	47	60
The Carl	670	27	46	41
Veggie Star with Cheese	640	17	81	26
Western Bacon Cheeseburger	750	34	64	39

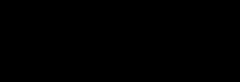
Chargrilled Angus Burgers



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Guacamole Angus Burger	800	34	45	54
Hawaiian Angus Burger	620	29	55	32
Jalapeño Angus Burger	640	29	42	40
Low Carb Angus Burger	360	23	10	26
Original Angus Burger	620	29	44	36
Western Bacon Angus Burger	770	35	58	43

*The nutritional information for Carl's Jr. Chargrilled and Chargrilled Angus Burgers is based on the burger alone, as listed on the menu. Any additions, combos or modifications may change the nutritional values. For the most accurate information, please refer to the Carl's Jr. nutritional information available online.

Chicken



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Chicken Star Nuggets - 3 Pieces	150	7	13	8
Chicken Star Nuggets - 6 Pieces	300	15	26	16
Chicken Star Nuggets - 10 Pieces	510	24	44	26
Chicken Star Nuggets - 20 Pieces	1020	48	88	52
Double Star Value Chicken Burger	700	26	59	39
Hand-Breaded Big Chicken Burger	500	23	44	25
Hand-Breaded Chicken and Pickle Burger	410	22	37	20
Hand-Breaded Chicken BLT Burger	470	24	39	24
Hand-Breaded Chicken Fillet Burger	420	22	37	20
Hand-Breaded Hawaiian Chicken Burger	490	25	53	19
Hand-Breaded Western Bacon Chicken Burger	560	28	51	26
Hand-breaded Chicken Tenders - 3 Pieces	250	25	11	12
Hand-breaded Chicken Tenders - 5 Pieces	420	41	18	20
Star Value Chicken & Cheese Burger	470	16	44	25
Star Value Chicken BLT Burger	480	16	46	25

*The nutritional information for Carl's Jr. Chicken Burgers is based on the burger alone, as listed on the menu. Chicken Tenders are listed by quantity, and values are based on the number stated. Any modifications or extras may affect the nutritional values. For the most accurate information, please refer to the Carl's Jr. nutritional information available online.

Sides



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Beef Chili Cheese Fries	730	23	74	36
Fried Onion Rings	340	6	34	19
Jalapeño Popper	350	13	32	18
Natural Cut Fries (Large)	410	6	55	18
Natural Cut Fries (Medium)	350	5	47	15
Natural Cut Fries (Small)	280	4	37	12
Waffle Fries	360	5	40	1



Sauce (Portioned Cups)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
BBQ Sauce	66	1	14	0.5
Classic Sauce	109	0	2	12
Ketchup Sachet	10	0	2	0
Mayonaise	161	0.5	3	17
Ranch Sauce	213	0.5	3	23
Santa Fe Sauce	153	0.5	2	16
Special Sauce	21	0	5	0



*The nutritional information for Carl's Jr. sides is based on the standard serving size unless otherwise stated. Sauces are based on the standard portioned cups. Any changes to serving size may alter the nutritional values. For the most accurate information, please refer to the Carl's Jr. nutritional information available online.



Dominos



Value Range Pizzas (per slice)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Cheesy Garlic with Crème Fraiche	125	4.9	16	4.5
Ham & Cheese	123	6	16.7	3.3
Margherita	116	5	16.4	3.1
Pepperoni	137	6	16.4	5.1
Simply Cheese	127	5.8	16.4	4
Spicy Lovers	129	5.3	16.5	4.2

Value Max Range Pizzas (per slice)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Cheesy Chicken & Ranch	147	6	16.9	5.9
Double Beef & Onion	144	6.7	18.8	4.4
Godfather	146	6	16.9	5.8
Hawaiian	131	6.1	18.6	3.1
Loaded Pepperoni	146	6.2	16.4	5.8
Spicy Veg Supreme	125	5.2	17.3	3.4

Vegan Range (per slice)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Vegan Spicy Veg Supreme	127	3	19.5	3.6

*The nutritional information for Domino's pizzas is based on calories per slice, with each pizza containing 8 slices. Any changes to toppings or pizza size may affect the nutritional values. For the most accurate information, please refer to the Domino's nutritional information available online.



Traditional Pizzas (per slice)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
BBQ Meatlovers	153	6.8	18.4	5.6
Beef & Bacon Burger	170	7.1	18.1	7.4
Butter Chicken	136	6.3	18	3.9
Capriciosa	133	6.3	16.8	4.2
Chicken Supreme	126	6	17.2	3.3
Creamy Chicken & Mushroom	133	6	16.3	4.7
Double Bacon Cheeseburger	164	7.3	19.4	6.2
Spicy Peppy Paneer	153	5.9	18.5	6.1
Supreme	147	6.6	17.1	5.4
Vegorama	120	5.2	16.5	3.4

Premium Pizzas (per slice)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
BBQ Chicken & Rasher Bacon	151	7.1	18.4	5.3
Chicken & Camembert	174	7.4	17	8
Garlic Prawn	126	6	16	3.9
Loaded Supreme	162	7.7	18	6.2
Mega Meatlovers	165	8.1	18.3	6.2
Peri Peri Chicken	142	6.3	18	4.5
The Lot	190	7.8	17.9	9.4

*The nutritional information for Domino's pizzas is based on calories per slice, with each pizza containing 8 slices. Any changes to toppings or pizza size may affect the nutritional values. For the most accurate information, please refer to the Domino's nutritional information available online.



Sides



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
3 Cheese Pizza Pots (3 Pack)	424	17.9	39.7	21.2
Beef & Bacon Pizza Pots (3 Pack)	489	22	40.5	26.2
Cheese & Garlic Scrolls (4 Pack)	648	21.2	82.4	25.2
Cheesy Garlic Bread	669	22.7	70.6	32.2
Chicken Nuggets	277	17.4	16.7	15.7
Chicken Tenders (4pk)	239	23.5	22.7	5.6
Crispy Chips with Domino's Pizza Salt	490	6.4	48.2	25.2
Franks RedHot Buffalo Chicken Wings	381	34.5	6.3	24.4
Garlic Bread	532	12.1	70.4	21.4
Hickory BBQ Chicken Wings	414	34.4	14.3	24.4
Onion Rings (Regular)	55	3.3	21	13.7
Pepperoni Pizza Pots (3 Pack)	463	19.8	40	24.6
Pepperoni Stuffed Cheesy Bread	606	24.6	65.7	26.9
Ranch Chicken Wings (5 Pack)	484	34.5	7	35.5
Seasoned Chicken Wings (No Sauce)	374	34	5	24.4
Southern Fried Chicken Bites (No Sauce)	304	18.5	14.8	18.9
Triple Cheese Bites (5 Pack)	295	13.1	24	16.3
Vegan Cheesy Garlic Bread	679	11.8	81.2	33

Sauces



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Creamy Garlic Aioli	109	0.3	2	12.1
Spicy Sriracha Mayo	101	<1	2.2	11.1
Sweet & Sour Dipping Sauce	48	<1	11.2	<1

*The nutritional information for Domino's sides is based on the standard serving size unless otherwise stated. Sauces are based on the standard portioned servings. Any changes to portion size or customisations may alter the nutritional values. For the most accurate information, please refer to the Domino's nutritional information available online.



Hungry Jacks

Breakfast



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Eggs Bene	226	18.2	32.6	22.4
Hash Brown	164	1.4	15.2	11
Jack's Brekky Roll	591	34.7	30.6	36.9
Pancakes	388	7	64.5	11.7
Toastie Cheese	260	11.3	27	11.1
Toastie Ham Cheese	286	15.5	27.6	12.5
Toastie Ham Cheese Tomato	291	15.5	28.4	12.5
Turkish Bread Bacon Egg	398	19.8	36.3	18.8
Turkish Bread Bacon Egg Double	465	25.3	37	23.6
Turkish Bread Sausage Egg	487	26.6	36.2	25.9
Wrap BBQ Brekky	628	30.1	47.2	35.9
Wrap Big BBQ Brekky	610	28.1	47.2	34.8

Whopper & Beef Burgers



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Bacon Deluxe	489	29.3	27.4	36.2
BBQ Cheeseburger	326	15.6	28.3	23.7
Cheeseburger	310	15.6	28.5	14.8
Cheeseburger Double	450	26	29.1	25.5
Cheeseburger Triple	589	36.4	29.7	36.3
Hamburger	273	13.3	28.1	11.8
Ultimate Double Whopper	1014	65.1	49.2	75.1
Whopper	563	29.2	47	42.3
Whopper Cheese	638	33.8	47.9	48.2
Whopper Double Cheese	955	58.6	48.7	72.3
Whopper Junior	293	13.5	28.6	20.7
Whopper Junior Cheese	331	15.8	29	23.6
Whopper Triple	1050	69.8	47.4	78

*The nutritional information for Hungry Jack's menu items is based on the standard version of each product. Any customisations, additions, or substitutions may alter the nutritional values. For the most accurate information, please refer to the Hungry Jack's nutritional information available online.

Grill Masters



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Grill Masters Angus Bacon & Cheese	809	50.8	31.1	54.4
Grill Masters Angus Chicago	796	45.6	29.5	55.3
Grill Masters Angus Cowboy	930	51.5	36.9	65
Grill Masters Brooklyn	626	35.6	30.5	46.9
Grill Masters Fiery Angus	855	48.2	42.8	62.3

Chicken Burgers



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Cheesy Cheese Grilled Chicken	378	28.1	27.8	31.1
Cheesy Cheese Jack's Fried Chicken	770	41.7	56.4	55.5
Chicken Royale	336	11.5	41.7	27.2
Grilled Chicken Classic	350	22.4	26.7	17
Grilled Chicken Classic Cheese Bacon	417	28	27.4	21.7
Grilled Chicken Spicy	332	22.4	27.4	14.5
Grilled Chicken Spicy Cheese Bacon	399	28	28.1	19.3
Jack's Fried Chicken Classic	680	36.1	55.2	48.3
Jack's Fried Chicken Classic Cheese & Bacon	747	41.7	55.9	53.1
Jack's Fried Chicken Spicy	723	36.1	56.1	38.9
Jack's Fried Chicken Spicy Cheese & Bacon	790	41.6	56.8	43.6

*The nutritional information for Hungry Jack's menu items is based on the standard version of each product. Any customisations, additions, or substitutions may alter the nutritional values. For the most accurate information, please refer to the Hungry Jack's nutritional information available online.

Veggie Range Burgers



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Whopper Plant Based	626	28.8	49.8	46.4
Whopper Plant Based Angry Cheese	773	34.1	56.5	57.4
Whopper Plant Based Cheese	700	33.4	50.6	52.2
Whopper Veggie Cheese	543	17.2	62.5	37
Whopper Veggie Cheese Double	697	21.1	78.1	45

Sides & Snacks



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Chicken Tender Strips (3 pack)	572	23.7	31.7	39
Chicken Tender Strips (5 pack)	868	39.2	51.9	56
Chips Large	440	5.4	58.8	20.4
Chips Medium	308	3.8	41.1	14.3
Chips Small	254	3.1	33.9	11.8
Loaded Cheesy BBQ Chips	635	15.5	69.1	33.3
Loaded Cheesy Chips	600	15.3	61.2	33.1
Nugget 12 Pack	521	29.6	42.5	25.3
Nugget 3 Pack	130	7.4	10.7	6.4
Nugget 6 Pack	261	14.8	21.3	12.7
Onion Rings Large	428	3.9	35.3	30.6
Onion Rings Medium	286	2.6	23.6	20.4

*The nutritional information for Hungry Jack's menu items is based on the standard version of each product. Any customisations, additions, or substitutions may alter the nutritional values. For the most accurate information, please refer to the Hungry Jack's nutritional information available online.

KFC

KFC

Chicken



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
1 Piece of Chicken	235	20.4	7.2	13.9
10 Nuggets	549	27	50.2	26.4
10 Wicked Wings	1205	72.1	42.9	83.5
21 Pieces of Chicken	4937	428.7	150.8	292.5
3 Original Tenders	430	26.2	14.4	30.1
3 Pieces Habanero Hot & Crispy	395	28.6	30.6	17.4
3 Pieces Hot & Crispy	343	28.2	18.4	17.3
3 Pieces of Chicken	705	61.2	21.5	41.8
3 Wicked Wings	361	21.6	12.9	25.1
5 Original Tenders	763	43.8	24.4	55
6 Nuggets	317	16.2	27.1	15.8
6 Pieces Habanero Hot & Crispy	790	57.2	61.3	34.8
6 Pieces Hot & Crispy	685	56.4	36.9	34.6
6 Pieces of Chicken	1410	122.5	43.1	83.6
6 Wicked Wings	723	43.3	25.8	50.1
Maxi Popcorn Chicken	720	35.3	44.3	44.7
Original Crispy Fillet Piece	224	18.9	10.5	11.8
Regular Popcorn Chicken	393	19.3	24.2	24.4
Snack Popcorn Chicken	241	11.8	14.8	15
Zinger® Fillet Piece	209	21	7.8	10.5

*The nutritional information for KFC chicken pieces is based on standard serving sizes. Please note that individual pieces may vary in size and weight, which can affect the nutritional values. For the most accurate information, please refer to the KFC nutritional information available online.

Burgers



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Double Tender™ Burger	458	23.6	35.1	24.3
Original Crispy Bacon & Cheese Burger	579	32	37.5	33.1
Original Crispy BBQ Bacon Stacker® Burger	861	55.3	52.7	47.2
Original Crispy Burger	465	25	37	23.6
Zinger® Bacon & Cheese Burger	544	34.1	36.1	28.7
Zinger® Burger	451	27.1	34.3	22.3
Zinger® Crunch Burger	547	30.6	44.6	26.5
Zinger Stacker® Burger	718	52.9	47.3	34.6

Twisters & Bowls



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Original Crunch Twister	514	23.4	45.2	26
Original Tenders™ Crunch Bowl	400	19.9	25.5	23.8
Zinger® Crunch Bowl	383	23.6	25.4	20.1
Zinger® Crunch Twister	548	27.8	51.5	24.9

*The nutritional information for KFC's menu items is based on the standard version of each product unless otherwise stated. Any customisations, additions, or substitutions may alter the nutritional values. For the most accurate information, please refer to the McDonald's nutritional information available online.

Boxed Meals



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
3 Piece Box	1163	71.9	91.2	56.6
Mega Chicken Box	1397	77	100.1	76.6
Original Crunch Twister® Box	1103	41.8	112.9	53.4
Original Crispy Bacon & Cheese Burger Box	1162	58.9	97.4	59.4
Original Crispy BBQ Bacon Stacker® Burger Box	1445	82.3	112.6	73.5
Original Crispy Burger Box	1049	52	97	49.9
Original Tenders™ Box	1021	44.6	82	57.4
Zinger® Bacon & Cheese Burger Box Hot & Crispy	1121	59.4	101.1	52.6
Zinger® Burger Box Hot & Crispy	1029	52.5	99.3	46.2
Zinger® Crunch Burger™ Box Hot & Crispy	1125	56	109.6	50.4
Zinger® Crunch Twister® Box	1139	46.2	119.1	52.2
Zinger Stacker® Burger Box Hot & Crispy	1295	78.3	112.3	58.6

Snacks



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Go Bucket® 1 Original Tender	382	13.1	44.9	16.7
Go Bucket® 2 Wicked Wings	524	18.9	49.1	28.2
Go Bucket® 3 Nuggets	408	12.5	46.6	19.2
Go Bucket® Hot & Crispy	398	13.8	46.7	17.3
Go Bucket® Popcorn Chicken	556	17.8	57.3	28.4
Original BBQ Slider	242	12.2	27.6	8.9
Original Pepper Mayo Slider	269	12.1	23.9	13.6
Original Supercharged Slider	258	12.1	24.6	12.1

*The nutritional information for KFC's menu items is based on the standard version of each product unless otherwise stated. Any customisations, additions, or substitutions may alter the nutritional values. For the most accurate information, please refer to the McDonald's nutritional information available online.

Sides



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Crunchy Jalapeno Slaw	174	2.6	17.7	9.6
Dinner Roll	110	4.1	16.9	2.4
Double Chocolate Mousse	356	2.8	19.8	29.9
Large Chips	567	8.9	81.1	23
Large Coleslaw	380	4.5	58.1	14
Large Potato & Gravy	261	7.7	49.1	3.6
Regular Chips	285	4.4	40.6	11.5
Regular Coleslaw	93	1.1	14.1	3.4
Regular Gravy	51	1.8	8.3	1.2
Regular Potato & Gravy	64	1.9	12	0.9

Dipping Sauces



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Aioli Dip	136	0.3	1.2	14.6
BBQ Dip	50	0.5	11.8	0
Supercharged Dip	105	0.4	4.2	9.8
Sweet & Sour Dip	65	0.2	15.1	0.4
Sweet Chilli Dip	60	0.3	14.7	0.3
Tomato Dip	35	0.5	8	0.1

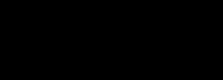
*The nutritional information for KFC sides is based on the regular serving size unless otherwise stated. Sauces are based on the standard packet size. Any changes to portion size or customisations may alter the nutritional values. For the most accurate information, please refer to the KFC nutritional information available online.



McDonald's



Breakfast



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Bacon & Egg McMuffin®	290	17.3	25.2	13
Big Brekkie Burger	725	39	52.2	39.1
Chicken and Bacon McMuffin®	461	23.6	41.1	21.9
Chicken McMuffin®	410	19.5	37.9	19.5
Double Bacon & Egg McMuffin®	318	20.7	25.4	14.4
Double Sausage and Egg McMuffin®	485	30.2	26	28.7
Double Sausage McMuffin®	412	24.2	25.8	23.2
Hash Brown	143	1.4	12.4	9.6
Hotcakes with Butter and Syrup	596	9.4	95.7	18.6
Mighty McMuffin	449	29.1	30.4	23
Sausage and Egg McMuffin®	374	22.1	25.4	20.1
Sausage McMuffin®	300	16	25.3	14.6

*The nutritional information for McDonald's menu items is based on the standard version of each product unless otherwise stated. Any customisations, additions, or substitutions may alter the nutritional values. For the most accurate information, please refer to the McDonald's nutritional information available online.



Beef Burgers



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
BBQ Bacon Angus	794	48.1	49.9	44
Big Mac	559	25.9	43.8	30.3
Cheeseburger	297	15.3	29.6	12.5
Classic Angus	706	40.1	46.2	39.3
Double Cheeseburger	444	25.7	31.9	23.1
Double Quarter Pounder	823	53.5	38.2	50.3
Hamburger	249	12.4	28.8	8.7
Quarter Pounder	534	31.3	37.1	28.5

Chicken & Fish Burgers



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Chicken 'n' Cheese	416	17.8	38.7	20.6
Double Filet-O-Fish	518	26.3	40.5	26.7
Double McChicken	711	31.8	54.3	40.2
Filet-o-Fish	330	15.5	33.1	14.3
McChicken	456	18.4	47.6	20.6
McCrispy	526	26	49.1	24.4
McCrispy Chicken Deluxe	587	29.9	49.7	29.1
McSpicy	567	28.5	47.2	28.7

Wraps



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Chicken Snack Wrap	291	13.9	27.5	13.5
Grilled Chicken Snack Wrap	216	13.9	19.8	8.6

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Chicken Nuggets



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
3 Pieces	108	6	6.2	6.5
6 Pieces	216	12.1	12.4	13
10 Pieces	360	20.1	20.6	21.7
20 Pieces	721	40.2	41.2	43.4
24 Pieces	721	40.2	41.2	43.4
24 Pieces	865	48.2	49.5	52.1
40 Pieces	1440	80.4	82.5	86.8

Fries



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Large	389	6.1	43.3	20.5
Medium	316	5	35.2	16.6
Small	219	3.5	24.3	11.5

Condiments



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Aioli	185	0.5	1.5	20
Barbeque Dipping Sauce	44	0.3	10.2	0.1
Ketchup	10	0.1	2.3	0
Sweet and Sour Dipping Sauce	49	0.1	11.6	0.1
Sweet Mustard Dipping Sauce	78	0.3	12.7	2.9

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Red Rooster

Roast & Fried Chicken



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Chicken Tenders (39g)	80	7.8	3.2	3.7
Fried Chicken (84g)	250	18.1	9	15.8
Hot Honey Fried Chicken (119g)	330	18.2	28.2	15.9
Reds Hot Fried Chicken (109g)	370	18.6	10.6	28.1
Roast Chicken (653g)	1130	139.7	35	45.5
Stadium Tender (40g)	100	7.7	6.9	4.8

Burgers



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
BBQ Bacon Burger	750	33	59.1	42
Picklebird Burger	530	25.7	49.2	25.5
Reds Burger	610	25.1	42.6	37.8

Wraps & Rolls



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Chilli Aioli Snack Sub	280	12.7	32.9	9.8
Flayva Wrap	610	24.2	37.1	40.6
Herb Mayo Snack Sub	330	12.7	30.8	17
Honey BBQ Snack Sub	290	12.7	33.5	11.1
Original Snack Sub	320	12.7	31.9	14.9
Pickle Mayo Snack Sub	280	12.8	32.1	10.9
Rippa Roll	590	23	47.2	33.3
Roast Chicken Roll	590	31.7	42.4	32.2
Rooster Roll	610	28.6	64.3	25.1

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Snacks & Sides



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Buttermilk Wings (90g)	220	16	28.2	17.9
Cheesy Nuggets (48g)	150	5.7	9.9	10.1
Chicken Nugget (48g)	120	6.9	5.2	8
Chicken Pops (95g)	310	18.1	14.8	20
Cornwheels (64g)	70	2.1	11.9	1.3
Crunchy Potatoes (20g)	30	0.5	4.9	1.1
Regular Gravy	50	0.1	10.4	0.8
Large Chips	550	9.7	67.6	24.6
Regular Mash & Gravy	70	1	11.7	2.3
Pineapple Fritter	150	1.9	21.4	6
Small Crunchy Slaw	110	1.5	8.6	6.8
Sweet Potato (130g)	370	19.2	28.3	19.6

Sauces



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Blackened Aioli	220	0.5	2.4	23.2
Chilli Aioli	190	0.6	8.6	17.7
Herb Mayo	320	0.6	0.9	36
Honey Roasted BBQ	220	0.5	9.9	20.5
Hot Honey	140	0.1	32.9	0.2
Pickle Mayo	200	0.9	5.3	19.8
Reds Hot Sauce	260	1	3.6	27.1
Smokey BBQ Sauce	240	0.6	12.2	21.1
Sweet & Sour	30	0.1	6.2	0
Whole Egg Mayo	310	0.6	4.7	32.9

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