

GRILL'D NUTRITION INFORMATION PANELS as at March 2007

Simply Grill'd (with herbed mayo)			
NUTRITION INFORMATION			
Serving size: 279g			
	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2250kJ	26%	805kJ
Protein	32.7g	65%	11.7g
Fat, Total	19.9g	28%	7.1g
- Saturated	4.5g	19%	1.6g
Carbohydrate	56.0g	18%	20.1g
- Sugars	11.8g	13%	4.2g
Dietary Fibre	4.0g	13%	1.4g
Sodium	1317mg	57%	472mg

Ingredients: Traditional Bun (White And Wholemeal Flour, Salt, Improver, Gluten, Oils, Yeast And Water), Beef, Tomato Relish (Tomato (53%), Sugar, Water, Vinegar, Onion, Thickener (1422), Spices, Garlic, Salt, Food Acid (330), Colour (150d)), Tomato, Lettuce (5%), Herb Mayonnaise (Oil, Egg Pulp, Vinegar, Sugar, Mixed Herbs), Onion, Salt, Parsley

Simply Grill'd (without herbed mayo)			
NUTRITION INFORMATION			
Serving size: 267g			
	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1895kJ	22%	710kJ
Protein	32.5g	65%	12.2g
Fat, Total	10.7g	15%	4.0g
- Saturated	3.7g	16%	1.4g
Carbohydrate	55.7g	18%	20.9g
- Sugars	11.5g	13%	4.3g
Dietary Fibre	3.9g	13%	1.5g
Sodium	1260mg	55%	472mg

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Simon Says (with herbed mayo)			
NUTRITION INFORMATION			
Serving size: 260g			
	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2070kJ	24%	796kJ
Protein	36.6g	73%	14.1g
Fat, Total	16.5g	24%	6.4g
- Saturated	3.5g	15%	1.3g
Carbohydrate	49.1g	16%	18.9g
- Sugars	5.8g	6%	2.2g
Dietary Fibre	3.7g	12%	1.4g
Sodium	887mg	39%	341mg

Ingredients: Traditional Bun (White And Wholemeal Flour, Salt, Improver, Gluten, Oils, Yeast And Water), Chicken, Lettuce, Tomato, Avocado, Bacon, Tomato Relish (Tomato (53%), Sugar, Water, Vinegar, Onion, Thickener (1422), Spices, Garlic, Salt, Food Acid (330), Colour (150d)), Onion, Herb Mayonnaise (Oil, Egg Pulp, Vinegar, Sugar, Mixed Herbs)

Simon Says (without herbed mayo)			
NUTRITION INFORMATION			
Serving size: 255g			
	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1925kJ	22%	754kJ
Protein	36.5g	73%	14.3g
Fat, Total	12.7g	18%	5.0g
- Saturated	3.2g	13%	1.2g
Carbohydrate	48.9g	16%	19.2g
- Sugars	5.7g	6%	2.2g
Sodium	863mg	38%	338mg

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Sweet Chilli Chicken			
NUTRITION INFORMATION			
Serving size: 308g			
	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2220kJ	26%	719kJ
Protein	35.0g	70%	11.4g
Fat, Total	18.6g	27%	6.0g
- Saturated	3.1g	13%	1.0g
Carbohydrate	54.9g	18%	17.8g
- Sugars	11.6g	13%	3.8g
Dietary Fibre	5.0g	17%	1.6g
Sodium	864mg	38%	280mg

Ingredients: Traditional Bun (White And Wholemeal Flour, Salt, Improver, Gluten, Oils, Yeast And Water), Chicken, Tomato, Beetroot, Carrot, Lettuce, Tomato Relish (Tomato (53%), Sugar, Water, Vinegar, Onion, Thickener (1422), Spices, Garlic, Salt, Food Acid (330), Colour (150d)), Sweet Chilli Mayonnaise (Oil, Egg Pulp, Vinegar, Sugar, Fresh Red Chilli, Sugar, Garlic), Onion

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Garden Goodness (with herbed mayo)			
NUTRITION INFORMATION			
Serving size: 302g			
	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	2240kJ	26%	740kJ
Protein	17.0g	34%	5.6g
Fat, Total	19.5g	28%	6.5g
- Saturated	5.6g	23%	1.9g
Carbohydrate	71.0g	23%	23.5g
- Sugars	11.5g	13%	3.8g
Dietary Fibre	8.7g	29%	2.9g
Sodium	1230mg	53%	407mg

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients: Traditional Bun (White And Wholemeal Flour, Salt, Improver, Gluten, Oils, Yeast And Water), Vegan Vegetable Burger Patty (Vegetables (77%), Wheat Flour, Vegetable Oil (Soybean & Canola Blend), Salt, Spice), Beetroot, Tomato, Cheese, Lettuce (5%), Tomato Relish (Tomato (53%), Sugar, Water, Vinegar, Onion, Thickener (1422), Spices, Garlic, Salt, Food Acid (330), Colour (150d)), Avocado, Herb Mayonnaise (Oil, Egg Pulp, Vinegar, Sugar, Mixed Herbs), Onion

Garden Goodness (without herbed mayo)			
NUTRITION INFORMATION			
Serving size: 292g			
	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1940kJ	22%	665kJ
Protein	16.8g	34%	5.7g
Fat, Total	11.9g	17%	4.1g
- Saturated	5.0g	21%	1.7g
Carbohydrate	70.7g	23%	24.2g
- Sugars	11.2g	12%	3.9g
Dietary Fibre	8.7g	29%	3.0g
Sodium	1180mg	51%	404mg

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Mini Moo			
NUTRITION INFORMATION			
Serving size: 179g			
	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
Energy	1550kJ	18%	864kJ
Protein	23.5g	47%	13.1g
Fat, Total	7.7g	11%	4.3g
- Saturated	2.5g	10%	1.4g
Carbohydrate	50.9g	16%	28.4g
- Sugars	7.7g	9%	4.3g
Dietary Fibre	3.2g	11%	1.8g
Sodium	1022mg	44%	571mg

Ingredients: Traditional Bun (White And Wholemeal Flour, Salt, Improver, Gluten, Oils, Yeast And Water), Beef, Sauce, Tomato Relish (Tomato (53%), Sugar, Water, Vinegar, Onion, Thickener (1422), Spices, Garlic, Salt, Food Acid (330), Colour (150d)), Salt, Parsley

NOTES:

% DAILY INTAKE INFORMATION

The 'average' daily values that are used to work out the % Daily Intakes are:

Energy: 8700kJ
Protein: 50g
Fat: 70g
Saturated fat: 24g
Carbohydrate: 310g
Sugars: 90g
Dietary fibre: 30g
Sodium: 2300mg

Note that these values should be used as a rough guide only as everyone has different nutrient needs depending on factors such as age, gender, weight, activity.

All information prepared by Food & Nutrition Australia Pty Ltd (March 2007)