



# Nutritional Values Information

Products	Serving Size (g)	Total Calories Kcal	Total Fat (g)	Trans Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar	Protein (g)	Sodium (g)	Salt (g)
Chicken Pop Corn, Small	119	358	21.8	2.2	7.9	19.4	0.0	20.9	1.8	4.7
COB, Hot & Spicy Drum	80	199	11.7	0.5	3.9	5.5	0.0	17.8	0.3	0.9
COB, Hot & Spicy Keel	133	363	19.9	3.5	7.5	18.9	0.0	27.0	0.9	2.3
COB, Hot & Spicy Rib	147	297	22.8	3.1	8.2	29.7	0.0	21.5	1.0	2.5
COB, Hot & Spicy Thigh	120	383	25.8	1.8	9.0	30.1	0.0	7.6	0.5	1.3
COB, Hot & Spicy Wing	77	236	11.3	1.8	5.0	10.7	0.0	16.6	0.5	1.2
COB, Original Drum	81	181	10.1	0.8	3.4	6.2	0.0	16.2	0.4	0.9
COB, Original Keel (Breast)	113	350	16.6	1.3	5.1	2.0	0.0	28.6	0.7	1.8
COB, Original Rib	133	342	18.8	1.9	0.1	14.4	0.0	29.0	0.7	1.7
COB, Original Thigh	109	339	17.6	0.4	5.1	22.4	0.0	22.3	0.5	1.2
COB, Original Wing	62	171	10.2	0.4	2.1	4.9	0.0	14.7	0.3	0.7
Coleslaw	107	207	16.1	0.0	2.4	13.3	9.7	1.4	0.2	0.5
Crispy Strip Original	39	98	4.4	0.7	1.9	7.0	0.0	7.5	0.2	0.4
Crispy Strip Zinger	50	124	6.2	0.7	2.0	7.2	0.0	11.5	0.2	0.6
Fish Burger	198	552	30.3	2.0	10.5	41.4	0.0	28.6	1.2	3.0
French Fries	96	297	14.0	2.3	6.3	38.9	0.0	3.8	0.5	1.3
Kids Burger	124	343	9.8	1.0	3.9	45.8	0.0	17.9	1.0	2.5
Mattafee	277	743	38.4	1.7	10.8	58.1	0.0	41.1	1.9	4.9
Mighty Zinger	399	1028	54.6	2.1	17.1	11.1	0.0	51.2	3.2	8.0
Nuggets	15	39	2.3	0.2	0.9	2.0	0.0	2.6	0.1	0.3
Original Fillet Sandwich	230	472	17.6	1.2	5.5	50.1	4.1	28.4	1.4	3.5
Supreme Sandwich Fillet	242	571	22.2	1.0	8.5	54.4	0.0	38.6	1.5	3.8
Supreme Sandwich Zinger	247	628	24.9	8.2	13.0	61.1	0.0	39.9	1.3	3.3
Twister Breast Meat	50	146	7.3	0.3	2.0	15.6	0.8	4.4	0.2	0.6
Twister Zinger	213	595	31.4	0.0	8.7	54.1	3.0	24.0	0.9	2.2
Zinger Burger	256	586	20.9	0.6	7.6	59.1	0.0	40.6	1.9	4.8
10" New York Cheesecake 16 Cut	128	430	30.0	0.5	18.0	35.0	28.0	6.0	0.3	0.9
Sweet Temptations Choc. Cake 16 Cut	109	380	17.0	0.0	6.0	51.0	41.0	5.0	0.4	0.9
Pepsi, ml	473	197	0.0	0.0	0.0	52.5	52.5	0.0	0.0	0.0
Diet Pepsi, ml	473	1	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.1
7 Up, ml	473	206	0.0	0.0	0.0	53.0	53.0	0.1	0.1	0.2
Miranda, ml	473	253	0.0	0.0	0.0	66.4	66.4	0.0	0.0	0.0
Mountain Dew, ml	473	224	0.0	0.0	0.0	58.8	58.8	0.0	0.0	0.1
4" Plain, unsliced Bun		132	1.8	0.0	0.3	24.5	2.1	4.1	0.3	0.7

The nutritional values are on “per serving” basis