

NUTRITIONAL INFORMATION*

*Information correct as at: 27th September 2009

BURGERS



SINGLE FILLET BONDİ BURGER (306G)

	Average Qty Per Serv	Average Qty Per Serv
Energy (kJ)	1590	1060
Protein (g)	21.5	14.3
Fat, total (g)	16.7	11.1
- saturated fat (g)	3.6	2.4
- trans fat (g)	0.2	<0.1
- polyunsaturated fat (g)	5.6	3.7
- monounsaturated fat (g)	7.5	5.0
Carbohydrate (g)	34.1	22.7
- sugars (g)	6.2	4.1
Sodium (mg)	855	570

Gluten- Eggs- Milk & Lactose-
 Nuts- Seeds- Soy-
 Fish- Sulphites- Royal Jelly-



DOUBLE FILLET BONDİ BURGER (260G)

	Average Qty Per Serv	Average Qty Per Serv
Energy (kJ)	2470	950
Protein (g)	39.5	15.2
Fat, total (g)	25.5	9.8
- saturated fat (g)	4.7	1.8
- trans fat (g)	0.3	<0.1
- polyunsaturated fat (g)	9.1	3.5
- monounsaturated fat (g)	11.7	4.5
Carbohydrate (g)	48.6	18.7
- sugars (g)	4.9	1.9
Sodium (mg)	1300	500

Gluten- Eggs- Milk & Lactose-
 Nuts- Seeds- Soy-
 Fish- Sulphites- Royal Jelly-



TRIPLE FILLET BONDİ BURGER (300G)

	Average Qty Per Serv	Average Qty Per Serv
Energy (kJ)	2730	910
Protein (g)	51.0	17.0
Fat, total (g)	28.5	9.5
- saturated fat (g)	5.4	1.8
- trans fat (g)	0.3	<0.1
- polyunsaturated fat (g)	9.9	3.3
- monounsaturated fat (g)	13.2	4.4
Carbohydrate (g)	45.0	15.0
- sugars (g)	5.4	1.8
Sodium (mg)	1500	500

Gluten- Eggs- Milk & Lactose-
 Nuts- Seeds- Soy-
 Fish- Sulphites- Royal Jelly-



SINGLE FILLET NORM BURGER (306G)

	Average Qty Per Serv	Average Qty Per Serv
Energy (kJ)	1500	1000
Protein (g)	21.2	14.1
Fat, total (g)	14.9	9.9
- saturated fat (g)	2.7	1.8
- trans fat (g)	0.2	<0.1
- polyunsaturated fat (g)	5.4	3.6
- monounsaturated fat (g)	6.8	4.5
Carbohydrate (g)	33.6	22.4
- sugars (g)	5.6	3.7
Sodium (mg)	818	545

Gluten- Eggs- Milk & Lactose-
 Nuts- Seeds- Soy-
 Fish- Sulphites- Royal Jelly-



DOUBLE FILLET NORM BURGER (260G)

	Average Qty Per Serv	Average Qty Per Serv
Energy (kJ)	2444	940
Protein (g)	41.1	15.8
Fat, total (g)	25.0	9.6
- saturated fat (g)	4.7	1.8
- trans fat (g)	0.3	<0.1
- polyunsaturated fat (g)	8.8	3.4
- monounsaturated fat (g)	11.4	4.4
Carbohydrate (g)	46.0	17.7
- sugars (g)	4.7	1.8
Sodium (mg)	1287	495

Gluten- Eggs- Milk & Lactose-
 Nuts- Seeds- Soy-
 Fish- Sulphites- Royal Jelly-



TRIPLE FILLET NORM BURGER (300G)

	Average Qty Per Serv	Average Qty Per Serv
Energy (kJ)	363	290
Protein (g)	1.9	1.5
Fat, total (g)	2.1	1.7
- saturated fat (g)	1.1	0.9
- trans fat (g)	0.1	<0.1
- polyunsaturated fat (g)	0.2	0.2
- monounsaturated fat (g)	0.7	0.6
Carbohydrate (g)	14.4	11.5
- sugars (g)	0.6	0.5
Sodium (mg)	338	270

Gluten- Eggs- Milk & Lactose-
 Nuts- Seeds- Soy-
 Fish- Sulphites- Royal Jelly-



SINGLE FILLET OPREGO BURGER (706G)

	Average Qty Per Serv	Average Qty Per Serv
Energy (kJ)	1624	955
Protein (g)	22.8	13.4
Fat, total (g)	18.2	10.7
- saturated fat (g)	2.6	1.5
- trans fat (g)	0.2	<0.1
- polyunsaturated fat (g)	5.4	3.2
- monounsaturated fat (g)	10.2	6.0
Carbohydrate (g)	32.3	19.0
- sugars (g)	5.3	3.1
Sodium (mg)	723	425

Gluten- Eggs- Milk & Lactose-
 Nuts- Seeds- Soy-
 Fish- Sulphites- Royal Jelly-



DOUBLE FILLET OPREGO BURGER (280G)

	Average Qty Per Serv	Average Qty Per Serv
Energy (kJ)	2674	955
Protein (g)	37.5	13.4
Fat, total (g)	30.0	10.7
- saturated fat (g)	4.2	1.5
- trans fat (g)	0.3	<0.1
- polyunsaturated fat (g)	9.0	3.2
- monounsaturated fat (g)	16.8	6.0
Carbohydrate (g)	53.2	19.0
- sugars (g)	8.7	3.1
Sodium (mg)	1190	425

Gluten- Eggs- Milk & Lactose-
 Nuts- Seeds- Soy-
 Fish- Sulphites- Royal Jelly-



VEGGIE BURGER (270G)

	Average Qty Per Serv	Average Qty Per Serv
Energy (kJ)	2700	1000
Protein (g)	15.9	5.9
Fat, total (g)	34.3	12.7
- saturated fat (g)	4.9	1.8
- trans fat (g)	0.5	0.2
- polyunsaturated fat (g)	9.5	3.5
- monounsaturated fat (g)	19.4	7.2
Carbohydrate (g)	64.8	24.0
- sugars (g)	9.5	3.5
Sodium (mg)	1080	400

Gluten- Eggs- Milk & Lactose-
 Nuts- Seeds- Soy-
 Fish- Sulphites- Royal Jelly-



OTOPRO BURGER (300G)

	Average Qty Per Serv	Average Qty Per Serv
Energy (kJ)	2670	890
Protein (g)	44.7	14.9
Fat, total (g)	27.0	9.0
- saturated fat (g)	5.7	1.9
- trans fat (g)	0.3	<0.1
- polyunsaturated fat (g)	9.3	3.1
- monounsaturated fat (g)	12.0	4.0
Carbohydrate (g)	51.6	17.2
- sugars (g)	11.7	3.9
Sodium (mg)	1260	420

Gluten- Eggs- Milk & Lactose-
 Nuts- Seeds- Soy-
 Fish- Sulphites- Royal Jelly-



BURGER SNACKER (306G)

	Average Qty Per Serv	Average Qty Per Serv
Energy (kJ)	1300	1000
Protein (g)	18.3	14.1
Fat, total (g)	12.9	9.9
- saturated fat (g)	2.3	1.8
- trans fat (g)	<0.1	<0.1
- polyunsaturated fat (g)	4.7	3.6
- monounsaturated fat (g)	5.9	4.5
Carbohydrate (g)	29.1	22.4
- sugars (g)	4.8	3.7
Sodium (mg)	709	545

Gluten- Eggs- Milk & Lactose-
 Nuts- Seeds- Soy-
 Fish- Sulphites- Royal Jelly-



BLT BURGER (283G)

	Average Qty Per Serv	Average Qty Per Serv
Energy (kJ)	2456	865
Protein (g)	41.6	14.6
Fat, total (g)	25.6	9.0
- saturated fat (g)	5.1	1.8
- trans fat (g)	<0.1	<0.1
- polyunsaturated fat (g)	6.8	2.4
- monounsaturated fat (g)	13.8	4.85
Carbohydrate (g)	45.6	16.0
- sugars (g)	8.55	3.0
Sodium (mg)	1277	448

Gluten- Eggs- Milk & Lactose-
 Nuts- Seeds- Soy-
 Fish- Sulphites- Royal Jelly-

SALADS &



GARDEN SIDE SALAD NO DRESSING (270G)

	Average Qty Per Serv	Average Qty Per Serv
Energy (kJ)	70	70
Protein (g)	0.8	0.8
Fat, total (g)	0.1	0.1
- saturated fat (g)	<0.1	<0.1
- trans fat (g)	<0.1	<0.1
- polyunsaturated fat (g)	<0.1	<0.1
- monounsaturated fat (g)	<0.1	<0.1
Carbohydrate (g)	2.8	2.8
- sugars (g)	2.1	2.1
Sodium (mg)	145	145

Gluten- Eggs- Milk & Lactose-
 Nuts- Seeds- Soy-
 Fish- Sulphites- Royal Jelly-



COLESLAW (106G)

	Average Qty Per Serv	Average Qty Per Serv
Energy (kJ)	651	592
Protein (g)	1.2	1.1
Fat, total (g)	8.3	7.5
- saturated fat (g)	0.6	0.5
- trans fat (g)	<0.1	<0.1
- polyunsaturated fat (g)	2.8	2.5
- monounsaturated fat (g)	4.8	4.4
Carbohydrate (g)	16.8	15.3
- sugars (g)	16.8	15.3
Sodium (mg)	250	227

Gluten- Eggs- Milk & Lactose-
 Nuts- Seeds- Soy-
 Fish- Sulphites- Royal Jelly-



PASTA SALAD (106G)

	Average Qty Per Serv	Average Qty Per Serv
Energy (kJ)	913	830
Protein (g)	4.7	4.3
Fat, total (g)	10.7	9.7
- saturated fat (g)	3.4	3.1
- trans fat (g)	0.3	0.3
- polyunsaturated fat (g)	3.3	3.0
- monounsaturated fat (g)	3.6	3.3
Carbohydrate (g)	23.8	21.6
- sugars (g)	6.8	6.2
Sodium (mg)	264	240

Gluten- Eggs- Milk & Lactose-
 Nuts- Seeds- Soy-
 Fish- Sulphites- Royal Jelly-



MASHED POTATO & GRAVY (206G)

	Average Qty Per Serv	Average Qty Per Serv
Energy (kJ)	363	290
Protein (g)	1.9	1.5
Fat, total (g)	2.1	1.7
- saturated fat (g)	1.1	0.9
- trans fat (g)	0.1	<0.1
- polyunsaturated fat (g)	0.2	0.2
- monounsaturated fat (g)	0.7	0.6
Carbohydrate (g)	14.4	11.5
- sugars (g)	0.6	0.5
Sodium (mg)	338	270

Gluten- Eggs- Milk & Lactose-
 Nuts- Seeds- Soy-
 Fish- Sulphites- Royal Jelly-



GRAVY (106G)

	Average Qty Per Serv	Average Qty Per Serv
Energy (kJ)	199	199
Protein (g)	1.2	1.2
Fat, total (g)	1.7	1.7
- saturated fat (g)	0.7	0.7
- trans fat (g)	<0.1	<0.1
- polyunsaturated fat (g)	0.3	0.3
- monounsaturated fat (g)	0.4	0.4
Carbohydrate (g)	6.9	6.9
- sugars (g)	2.0	2.0
Sodium (mg)	565	565

Gluten- Eggs- Milk & Lactose-
 Nuts- Seeds- Soy-
 Fish- Sulphites- Royal Jelly-

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BURGERS



BACON & EGGS BURGER (206G)

	Average Qty Per Serv	Average Qty Per Serv
Energy (kJ)	1596	1140
Protein (g)	18.5	13.2
Fat, total (g)	16.4	11.7
- saturated fat (g)	5.7	4.1
- trans fat (g)	<0.1	<0.1
- polyunsaturated fat (g)	2.9	2.1
- monounsaturated fat (g)	7.7	5.5
Carbohydrate (g)	27.7	25.7
- sugars (g)	5.7	4.1
Sodium (mg)	707	505

- ✓ Gluten- Nuts- Fish-
- ✓ Eggs- Seeds- Sulphites-
- ✓ Milk & Lactose- Soy- Royal Jelly-



CHICKEN & EGGS BURGER (206G)

	Average Qty Per Serv	Average Qty Per Serv
Energy (kJ)	1557	916
Protein (g)	25.7	15.1
Fat, total (g)	13.6	8.0
- saturated fat (g)	2.6	1.5
- trans fat (g)	0.2	0.1
- polyunsaturated fat (g)	2.1	1.2
- monounsaturated fat (g)	8.5	5.0
Carbohydrate (g)	32.3	19.0
- sugars (g)	5.2	3.0
Sodium (mg)	694	408

- ✓ Gluten- Nuts- Fish-
- ✓ Eggs- Seeds- Sulphites-
- ✓ Milk & Lactose- Soy- Royal Jelly-



BACON & EGGS ROLL (206G)

	Average Qty Per Serv	Average Qty Per Serv
Energy (kJ)	2716	970
Protein (g)	36.1	12.9
Fat, total (g)	28.8	10.3
- saturated fat (g)	9.0	3.2
- trans fat (g)	0.3	<0.1
- polyunsaturated fat (g)	5.6	2.0
- monounsaturated fat (g)	14.3	5.1
Carbohydrate (g)	58.8	21.0
- sugars (g)	5.6	2.0
Sodium (mg)	1918	685

- ✓ Gluten- Nuts- Fish-
- ✓ Eggs- Seeds- Sulphites-
- ✓ Milk & Lactose- Soy- Royal Jelly-



BACON & EGGS RAPPA (206G)

	Average Qty Per Serv	Average Qty Per Serv
Energy (kJ)	1379	985
Protein (g)	17.6	12.6
Fat, total (g)	9.8	7.0
- saturated fat (g)	2.1	1.5
- trans fat (g)	<0.1	<0.1
- polyunsaturated fat (g)	2.2	1.6
- monounsaturated fat (g)	5.5	3.9
Carbohydrate (g)	41.0	29.3
- sugars (g)	4.3	3.1
Sodium (mg)	917	655

- ✓ Gluten- Nuts- Fish-
- ✓ Eggs- Seeds- Sulphites-
- ✓ Milk & Lactose- Soy- Royal Jelly-



CHICKEN & EGG DELUXE BURGER (283G)

	Average Qty Per Serv	Average Qty Per Serv
Energy (kJ)	1715	927
Protein (g)	30.7	16.6
Fat, total (g)	16.5	8.9
- saturated fat (g)	3.9	2.1
- trans fat (g)	0.2	0.1
- polyunsaturated fat (g)	3.7	2.0
- monounsaturated fat (g)	8.7	4.7
Carbohydrate (g)	32.9	17.8
- sugars (g)	5.6	3.0
Sodium (mg)	886	479

- ✓ Gluten- Nuts- Fish-
- ✓ Eggs- Seeds- Sulphites-
- ✓ Milk & Lactose- Soy- Royal Jelly-



BIG BREAKFAST (NO HASH BROWN) (230G)

	Average Qty Per Serv	Average Qty Per Serv
Energy (kJ)	1978	860
Protein (g)	31.7	13.8
Fat, total (g)	23.5	10.2
- saturated fat (g)	8.1	3.5
- trans fat (g)	0.2	<0.1
- polyunsaturated fat (g)	3.7	1.6
- monounsaturated fat (g)	11.5	5.0
Carbohydrate (g)	30.6	13.3
- sugars (g)	3.7	1.6
Sodium (mg)	1116	485

- ✓ Gluten- Nuts- Fish-
- ✓ Eggs- Seeds- Sulphites-
- ✓ Milk & Lactose- Soy- Royal Jelly-



HASH BROWN (60G)

	Average Qty Per Serv	Average Qty Per Serv
Energy (kJ)	642	1070
Protein (g)	1.8	3.0
Fat, total (g)	9.0	15.0
- saturated fat (g)	1.7	2.8
- trans fat (g)	<0.1	<0.1
- polyunsaturated fat (g)	4.4	7.3
- monounsaturated fat (g)	2.9	4.9
Carbohydrate (g)	15.4	25.7
- sugars (g)	0.5	0.5
Sodium (mg)	417	695

- ✓ Gluten- Nuts- Fish-
- ✓ Eggs- Seeds- Sulphites-
- ✓ Milk & Lactose- Soy- Royal Jelly-

RAPPAS



RAPPA (206G)

	Average Qty Per Serv	Average Qty Per Serv
Energy (kJ)	2223	855
Protein (g)	27.3	10.5
Fat, total (g)	21.6	8.3
- saturated fat (g)	3.6	1.4
- trans fat (g)	0.3	<0.1
- polyunsaturated fat (g)	8.1	3.1
- monounsaturated fat (g)	9.9	3.8
Carbohydrate (g)	54.1	20.8
- sugars (g)	8.3	3.2
Sodium (mg)	1053	405

- ✓ Gluten- Nuts- Fish-
- ✓ Eggs- Seeds- Sulphites-
- ✓ Milk & Lactose- Soy- Royal Jelly-



RAPP SNACKER (206G)

	Average Qty Per Serv	Average Qty Per Serv
Energy (kJ)	1283	855
Protein (g)	15.8	10.5
Fat, total (g)	12.5	8.3
- saturated fat (g)	2.1	1.4
- trans fat (g)	0.2	<0.1
- polyunsaturated fat (g)	4.7	3.1
- monounsaturated fat (g)	5.7	3.8
Carbohydrate (g)	31.2	20.8
- sugars (g)	4.8	3.2
Sodium (mg)	608	405

- ✓ Gluten- Nuts- Fish-
- ✓ Eggs- Seeds- Sulphites-
- ✓ Milk & Lactose- Soy- Royal Jelly-

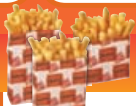


STRAP ROLL (206G)

	Average Qty Per Serv	Average Qty Per Serv
Energy (kJ)	2322	860
Protein (g)	34.8	12.9
Fat, total (g)	21.6	8.0
- saturated fat (g)	2.2	0.8
- trans fat (g)	<0.1	<0.1
- polyunsaturated fat (g)	6.8	2.5
- monounsaturated fat (g)	12.6	4.7
Carbohydrate (g)	52.7	19.5
- sugars (g)	5.7	2.1
Sodium (mg)	932	345

- ✓ Gluten- Nuts- Fish-
- ✓ Eggs- Seeds- Sulphites-
- ✓ Milk & Lactose- Soy- Royal Jelly- Crustaceans-

CHICKEN & CHIPS



CHIPS

	Average Qty Per 100g	Average Qty Per 100g	Average Qty Per 100g	Average Qty Per 100g	Average Qty Per 100g
Energy (kJ)	970	1067	1358	1649	4365
Protein (g)	3.8	4.2	5.3	6.5	17.1
Fat, total (g)	11.6	12.8	16.2	19.7	52.2
- saturated fat (g)	3.2	3.5	4.5	5.4	14.4
- trans fat (g)	<0.1	<0.1	<0.1	0.2	0.5
- polyunsaturated fat (g)	4.8	5.3	6.7	8.2	21.6
- monounsaturated fat (g)	3.6	4.0	5.0	6.1	16.2
Carbohydrate (g)	31.1	34.2	43.5	52.9	140.0
- sugars (g)	0.4	0.4	0.6	0.7	1.8
Sodium (mg)	270	297	378	459	1215

- ✓ Gluten- Nuts- Fish-
- ✓ Eggs- Seeds- Sulphites-
- ✓ Milk & Lactose- Soy- Royal Jelly-



CHICKEN NUGGETS

	Average Qty Per 100g	Average Qty Per 100g	Average Qty Per 100g	Average Qty Per 100g
Energy (kJ)	1020	612	1224	1530
Protein (g)	20.5	12.3	24.6	30.8
Fat, total (g)	7.8	4.7	9.4	11.7
- saturated fat (g)	1.3	0.8	1.6	2.0
- trans fat (g)	0.3	0.1	0.4	0.5
- polyunsaturated fat (g)	2.2	1.3	2.6	3.3
- monounsaturated fat (g)	4.0	2.4	4.8	6.0
Carbohydrate (g)	22.0	13.2	26.4	33.0
- sugars (g)	2.2	1.3	2.6	3.3
Sodium (mg)	525	315	630	788

- ✓ Gluten- Nuts- Fish-
- ✓ Eggs- Seeds- Sulphites-
- ✓ Milk & Lactose- Soy- Royal Jelly-



CHICKEN NO SAUCE

	Average Qty Per 100g	Average Qty Per 100g	Average Qty Per 100g	Average Qty Per 100g
Energy (kJ)	890	1335	2670	5340
Protein (g)	22.6	33.9	67.8	135.6
Fat, total (g)	13.5	20.3	40.5	81.0
- saturated fat (g)	4.2	6.3	12.6	25.2
- trans fat (g)	<0.1	0.2	0.3	0.6
- polyunsaturated fat (g)	2.0	3.0	6.0	12.0
- monounsaturated fat (g)	7.2	10.8	21.6	43.2
Carbohydrate (g)	0.5	0.8	1.5	3.0
- sugars (g)	0.4	0.6	1.2	2.4
Sodium (mg)	690	1035	2070	4140

- ✓ Gluten- Nuts- Fish-
- ✓ Eggs- Seeds- Sulphites-
- ✓ Milk & Lactose- Soy- Royal Jelly-



STRAP PACK (206G)

	Average Qty Per Serv	Average Qty Per Serv
Energy (kJ)	1048	655
Protein (g)	35.7	22.3
Fat, total (g)	11.2	7.0
- saturated fat (g)	3.0	1.9
- trans fat (g)	0.2	<0.1
- polyunsaturated fat (g)	4.3	2.7
- monounsaturated fat (g)	3.8	2.4
Carbohydrate (g)	1.8	1.1
- sugars (g)	0.3	0.2
Sodium (mg)	408	255

- ✓ Gluten- Nuts- Fish-
- ✓ Eggs- Seeds- Sulphites-
- ✓ Milk & Lactose- Soy- Royal Jelly-

DESSERTS



CHOCOLATE MOUSSE (206G)

	Average Qty Per Serv	Average Qty Per 100g
Energy (kJ)	1305	1186
Protein (g)	3.3	3.0
Fat, total (g)	25.4	23.1
- saturated fat (g)	14.3	13.0
- trans fat (g)	0.2	0.2
- polyunsaturated fat (g)	5.6	5.1
- monounsaturated fat (g)	7.4	6.6
Carbohydrate (g)	24.2	22.0
- sugars (g)	19.8	18.0
Sodium (mg)	102	93

- ✓ Gluten- Soy-
- ✓ Eggs- Fish-
- ✓ Milk & Lactose- Sulphites-
- ✓ Nuts- Royal Jelly-
- ✓ Seeds-



CARAMEL FUDGE MOUSSE (206G)

	Average Qty Per Serv	Average Qty Per 100g
Energy (kJ)	1321	1201
Protein (g)	2	2
Fat, total (g)	22	20
- saturated fat (g)	14	13
- trans fat (g)	0.2	0.2
- polyunsaturated fat (g)	5.6	5.1
- monounsaturated fat (g)	7.4	6.6
Carbohydrate (g)	28	25
- sugars (g)	23	21
Sodium (mg)	101	92

- ✓ Gluten- Soy-
- ✓ Eggs- Fish-
- ✓ Milk & Lactose- Sulphites-
- ✓ Nuts- Royal Jelly-
- ✓ Seeds-

SAUCES & DRESSINGS



SAUCES & DRESSINGS

	Chilli Sauce (25g)	Lemon & Herb Sauce (25g)	Mayonnaise (25g)	Prego Sauce (25g)	Chilata Sauce (25g)	Garlic Sauce (25g)	Sweet & Sour Sauce (8g)	Tomato Sauce (8g)	BBQ Sauce (8g)	Fresco Salad Dressing (8g)
	Average Qty Per Serv	Average Qty Per 100g	Average Qty Per Serv	Average Qty Per 100g	Average Qty Per Serv	Average Qty Per 100g	Average Qty Per Serv	Average Qty Per 100g	Average Qty Per Serv	Average Qty Per 100g
Energy (kJ)	265	1059	295	1180	539	2157	311	1244	178	715
Protein (g)	0.2	0.8	0.2	0.77	0.34	1.34	0.16	0.62	0.2	0.89
Fat, total (g)	6.2	24.8	5.6	22.39	13.7	54.87	5.6	22.34	0.8	3.15
- saturated fat (g)	0.6	2.6	0.9	3.43	2.2	8.71	0.9	3.55	0.1	0.49
Carbohydrate (g)	0.3	1.2	4.9	19.44	1.5	5.86	5.7	22.93	8.5	3