

YIRDS	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT - TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLYUNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATES (G)	SUGARS (G)	SODIUM (G)
TRADITIONAL CHICKEN	2623.6	626.0	35.8	22.6	6.2	10.3	7.8	0.1	69.0	7.0	1256.2
TRADITIONAL LAMB	3130.3	747.0	35.0	36.5	15.8	15.2	14.2	0.6	69.1	7.1	1451.5
DOUBLE TRADITIONAL CHICKEN	5761.6	809.2	58.7	32.8	9.6	14.8	10.1	0.1	69.0	7.0	1558.0
MYKONOS MUSTARD CHICKEN	2851.6	681.1	32.5	37.6	5.9	4.6	5.3	0.0	54.3	6.4	1316.4
HEALTHY CHICKEN	1745.2	423.6	31.8	14.6	5.5	5.9	2.9	0.1	38.8	6.6	1014.3
HEALTHY LAMB	2252.0	544.6	31.0	28.5	15.1	10.8	9.3	0.6	38.9	6.7	1209.5
OG GFC YIRDS	3308.7	939.7	31.0	37.7	4.6	4.4	5.0	0.0	80.7	8.6	1551.1
AUSSIE BBQ BEEF	2976.6	711.6	30.6	30.7	6.5	8.1	5.4	0.0	78.3	13.4	1202.0
HALLOUMI HERO YIRDS	3719.0	888.2	29.9	52.8	18.5	4.4	5.1	0.0	73.2	9.7	2056.0
SPICY GFC CRUNCH	2416.2	725.1	29.0	21.2	3.3	0.1	3.0	0.0	67.2	9.8	1575.6
VEGGIE LOVER YIRDS	3294.3	786.5	13.9	42.2	3.8	11.6	9.1	0.0	87.1	13.1	1561.9

MINI YIROS

	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT - TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLYUNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATES (G)	SUGARS (G)	SODIUM (G)
MINI CHICKEN MEAL	2495.9	596.0	20.8	23.1	3.7	12.7	7.8	0.0	74.1	4.4	804.0
MINI TRADITIONAL CHICKEN	1322.7	315.6	15.5	9.8	2.6	4.3	3.9	0.0	40.9	4.1	677.9
MINI HALLOUMI HERO	1786.1	426.5	12.8	22.6	6.6	2.0	2.9	0.0	42.9	5.3	962.7
MINI OG GFC	1775.1	498.7	16.4	18.8	2.3	2.0	2.9	0.0	46.6	4.8	869.6
MINI VEGGIE LOVER	1798.8	429.5	8.0	21.4	2.0	5.8	5.0	0.0	50.7	7.1	878.2
LITTLE LEGENDS YIROS	1237.0	295.6	14.0	8.1	1.7	3.6	3.7	0.0	41.0	4.9	706.8

BREKKIE

LRG BREKKIE BOX	4280.9	1031.0	33.6	68.7	19.6	21.1	8.7	0.0	68.7	11.0	3154.2
REG BREKKIE BOX	1581.7	378.6	22.9	28.5	10.6	0.0	0.0	0.0	10.3	8.4	1652.1
ULTIMATE BREKKIE YIROS	3106.6	750.4	29.4	45.8	15.1	9.0	4.0	0.0	52.8	9.0	2571.9
BACON EGG BENNY	3062.9	740.0	24.4	46.9	15.4	11.5	4.5	0.0	53.1	9.0	2457.1
BACON EGG YIROS	1921.7	467.3	21.3	24.0	9.1	0.0	0.0	0.0	39.7	8.7	1911.9
VEGGIE BREKKIE YIROS	2482.7	600.7	17.7	25.7	3.8	11.6	6.1	0.0	71.6	12.9	1530.9
HASH-SANDY	2647.0	632.7	16.5	51.3	12.8	20.5	8.6	0.0	27.2	0.8	1565.0

ADD-ONS	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT - TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLYUNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATES (G)	SUGARS (G)	SODIUM (G)
ADD CHICKEN	767.2	183.2	22.9	10.3	3.4	4.5	2.3	0.0	0.0	0.0	301.8
ADD PULLED BEEF	661.3	158.1	19.3	8.5	4.4	3.7	0.4	0.0	1.1	0.4	201.4
ADD HALLOUMI (2PC)	788.8	188.5	12.5	15.3	10.6	0.0	0.0	0.0	0.5	0.5	638.0
ADD GFC (1PC)	409.5	172.3	10.1	3.9	1.0	0.0	0.0	0.0	5.2	0.2	226.8
ADD BACON	812.0	194.6	9.1	17.6	7.0	0.0	0.0	0.0	0.1	0.1	910.0
ADD FETA CHEESE	593.5	141.8	8.2	10.9	7.7	0.0	0.0	0.0	7.7	0.1	519.0
ADD EGG	307.5	73.5	6.7	5.4	1.8	0.0	0.0	0.0	0.7	0.2	74.8
ADD TASTY CHEESE	392.5	93.8	6.0	7.8	5.0	0.0	0.0	0.0	0.0	0.0	170.0
SIDE OF MUSTARD MAYO	585.0	140.1	0.5	15.0	1.2	0.0	0.0	0.0	0.7	0.4	213.0
SIDE OF TRUFFLE AIOLI	876.0	209.4	0.5	23.1	1.9	0.0	0.0	0.0	0.7	0.3	151.5

ADD-ONS	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT - TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLYUNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATES (G)	SUGARS (G)	SODIUM (G)
ADD VEGGIE FRITTER	686.5	164.0	2.8	9.7	0.9	5.8	3.1	0.0	16.0	2.2	264.5
ADD HASHBROWN	792.4	189.3	2.1	14.1	1.1	9.0	4.0	0.0	13.0	0.3	490.0
ADD TZATZIKI	134.7	32.1	1.7	2.0	1.1	0.8	0.3	0.0	1.9	1.7	151.8
ADD SLAW	92.0	22.0	1.3	0.3	0.0	0.1	0.0	0.0	4.7	1.7	24.3
ADD HOLLANDAISE	348.8	83.4	1.0	8.8	5.2	2.6	0.5	0.0	0.4	0.0	55.2
ADD LETTUCE	29.0	7.0	0.5	0.1	0.0	0.0	0.1	0.0	1.5	1.0	5.0
ADD TOMATO RELISH	123.8	29.6	0.3	0.0	0.0	0.0	0.0	0.0	7.0	6.4	474.0
ADD ONION	22.7	4.7	0.2	0.1	0.0	0.0	0.0	0.0	1.0	0.7	1.3
ADD TOMATO	23.4	5.6	0.2	0.0	0.0	0.0	0.0	0.0	1.2	0.0	0.1

SNACKBOXES

	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT - TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLYUNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATES (G)	SUGARS (G)	SODIUM (G)
DOUBLE CHICKEN SNACKBOX	5761.6	1376.8	61.3	79.4	11.6	33.0	15.7	0.0	100.0	4.7	1356.1
CHEESY CHICKEN SNACKBOX	3374.0	806.3	36.3	46.2	10.6	15.7	7.5	0.0	59.1	12.6	1106.1
CLASSIC CHICKEN SNACKBOX	2769.0	661.7	30.1	38.4	5.7	15.7	7.5	0.0	46.9	2.3	666.1
BBQ BEEF SNACKBOX	2863.1	684.5	26.6	39.3	6.9	14.9	5.6	0.0	54.4	8.6	645.8

SALADS

CHICKEN SALAD	1962.2	466.3	29.5	33.1	9.2	7.9	2.9	0.0	15.5	5.8	932.6
GFC SALAD	1604.4	455.3	16.8	26.8	6.7	3.4	0.6	0.0	20.7	6.0	857.6
PULLED BEEF SALAD	1856.3	441.2	25.9	31.4	10.1	7.1	1.0	0.0	16.6	6.2	832.3
VEGGIE SALAD	2568.0	611.1	12.2	42.2	7.4	15.0	6.7	0.0	47.5	10.1	1159.9
VILLAGE GREEK SALAD	757.5	178.5	6.4	12.5	4.9	3.4	0.6	0.0	12.9	3.9	434.6

BOWLS & PLATES	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT - TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLYUNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATES (G)	SUGARS (G)	SODIUM (G)
CHICKEN PROTEIN BOWL	1534.5	366.4	45.7	20.5	6.9	9.0	4.6	0.0	0.0	0.0	603.5
CHICKEN PLATE	4160.8	991.8	41.1	52.2	10.8	19.1	10.0	0.0	89.9	8.4	1514.8
VEGGIE PLATE	4766.5	1136.6	23.7	61.3	9.1	26.2	13.8	0.0	121.9	12.7	1742.0
CHICKEN BACON DELUXE	3195.5	763.5	40.1	40.3	11.7	4.5	5.3	0.0	60.4	14.0	2142.9
LAMB PLATE	4230.0	1008.2	40.0	55.8	19.5	24.1	16.4	0.6	87.4	6.6	1513.8
GFC PLATE	4212.5	1153.1	38.5	49.8	9.3	14.6	7.7	0.0	100.3	8.8	1666.6
PULLED BEEF PLATE	4054.8	966.7	37.5	50.5	11.8	18.3	8.1	0.0	91.0	8.8	1414.5
HALLLOUMI PLATE	4139.2	986.8	36.7	54.5	22.3	14.6	7.7	0.0	88.1	7.3	1973.8

3 PCS DONUTS	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT - TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLYUNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATES (G)	SUGARS (G)	SODIUM (G)
3 CHOC DRED CRUNCH	1021.5	243.9	5.2	10.1	2.4	0.1	1.4	0.0	34.0	13.6	218.6
3 WHITE DRED CRUNCH	1022.7	244.1	5.1	7.9	2.0	0.1	1.4	0.0	31.1	10.9	219.2
3 CHOC TOPPED DONUTS	940.7	224.6	5.0	9.4	2.1	0.1	1.4	0.0	31.1	12.0	196.4
3 CHOC SWIRL	941.3	224.7	4.9	8.2	1.9	0.1	1.4	0.0	29.7	10.6	196.7
3 WHITE TOPPED	941.9	224.8	4.9	7.1	1.6	0.1	1.4	0.0	28.3	9.2	197.0
3 HONEY DONUTS	825.5	197.0	4.0	4.8	1.1	0.1	1.4	0.0	35.2	15.2	186.1
3 CINNAMON DONUTS	653.9	156.1	4.0	4.8	1.1	0.1	1.4	0.0	25.2	6.1	185.6
SIDE OF CHOCOLATE	1075.5	257.0	3.6	16.9	3.6	0.0	0.0	0.0	22.5	22.1	40.5
SIDE OF WHITE CHOCOLATE	1080.0	257.9	3.4	8.4	1.8	0.0	0.0	0.0	11.8	11.8	42.8
SIDE OF DRED	404.0	96.4	0.9	3.9	1.7	0.0	0.0	0.0	14.1	8.4	110.8
SIDE OF HONEY	715.0	170.5	0.2	0.0	0.0	0.0	0.0	0.0	42.1	38.1	2.1

8 PCS DONUTS	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT - TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLYUNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATES (G)	SUGARS (G)	SODIUM (G)
8 CHOC DRED CRUNCH	2703.1	645.3	13.7	26.5	6.5	0.1	3.8	0.0	90.5	36.0	588.5
8 CHOC TOPPED DONUTS	2460.7	587.5	13.1	24.2	5.4	0.1	3.8	0.0	82.0	30.9	522.0
8 CHOC SWIRL	2462.2	587.8	13.0	21.4	4.8	0.1	3.8	0.0	78.5	27.5	522.8
8 WHITE DRED CRUNCH	2463.7	588.1	13.0	18.5	4.2	0.1	3.8	0.0	74.9	24.1	523.5
8 WHITE TOPPED	2463.7	588.1	13.0	18.5	4.2	0.1	3.8	0.0	74.9	24.1	523.5
8 HONEY DONUTS	2172.7	518.5	10.8	12.9	3.0	0.1	3.8	0.0	92.3	39.1	496.3
8 CINNAMON DONUTS	1743.7	416.2	10.7	12.9	3.0	0.1	3.8	0.0	67.1	16.2	495.0
SIDE OF CHOCOLATE	1075.5	257.0	3.6	16.9	3.6	0.0	0.0	0.0	22.5	22.1	40.5
SIDE OF WHITE CHOCOLATE	1080.0	257.9	3.4	8.4	1.8	0.0	0.0	0.0	11.8	11.8	42.8
SIDE OF DRED	404.0	96.4	0.9	3.9	1.7	0.0	0.0	0.0	14.1	8.4	110.8
SIDE OF HONEY	715.0	170.5	0.2	0.0	0.0	0.0	0.0	0.0	42.1	38.1	2.1

12 PCS DONUTS

ENERGY (KJ)

ENERGY (CAL)

PROTEIN (G)

FAT - TOTAL (G)

SATURATED FAT (G)

MONOUNSAT FAT (G)

POLYUNSATURATED
FAT (G)

TRANS FAT (G)

CARBOHYDRATES (G)

SUGARS (G)

SODIUM (G)

12 CHOC DRED CRUNCH

3935.2

939.5

20.1

37.9

9.3

0.2

5.7

0.0

133.3

51.5

878.3

12 WHITE DRED CRUNCH

3939.2

940.3

19.9

30.4

7.7

0.2

5.7

0.0

123.8

42.4

880.3

12 CHOC TOPPED DONUTS

3571.6

852.7

19.3

34.4

7.7

0.2

5.7

0.0

120.6

43.9

778.5

12 CHOC SWIRL

3573.6

853.1

19.2

30.6

6.9

0.2

5.7

0.0

115.8

39.4

779.5

12 WHITE TOPPED

3575.6

853.5

19.1

26.8

6.1

0.2

5.7

0.0

111.1

34.8

780.5

12 HONEY DONUTS

3187.6

760.7

16.1

19.4

4.5

0.2

5.7

0.0

134.2

54.8

744.2

12 CINNAMON DONUTS

2615.6

624.3

16.0

19.4

4.5

0.2

5.7

0.0

100.6

24.3

742.5

SIDE OF CHOCOLATE

1075.5

257.0

3.6

16.9

3.6

0.0

0.0

0.0

22.5

22.1

40.5

SIDE OF WHITE CHOCOLATE

1080.0

257.9

3.4

8.4

1.8

0.0

0.0

0.0

11.8

11.8

42.8

SIDE OF DRED

404.0

96.4

0.9

3.9

1.7

0.0

0.0

0.0

14.1

8.4

110.8

SIDE OF HONEY

715.0

170.5

0.2

0.0

0.0

0.0

0.0

0.0

42.1

38.1

2.1

SIDES	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT - TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLYUNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATES (G)	SUGARS (G)	SODIUM (G)
TRIO OF TENDERS	2359.4	787.1	31.1	39.9	5.3	0.0	0.0	0.0	20.2	3.7	1133.9
TENDER DIP N' CHIPS	2908.3	843.9	27.6	38.2	4.4	11.2	5.2	0.0	57.8	3.0	857.1
HALLOUMI SPC	1784.9	424.2	30.4	27.5	9.1	11.3	3.3	0.0	14.3	3.6	758.7
TZATZIKI DIP	3938.6	941.4	45.5	42.3	27.2	0.0	5.9	0.0	95.5	8.5	2863.1
FETA CHIPS	2157.8	515.8	15.2	28.7	9.1	11.2	5.2	0.0	51.9	0.5	687.1
FAMILY CHIPS	3352.1	801.3	15.0	38.1	3.0	24.0	11.1	0.0	94.8	0.9	360.1
LARGE CHIPS	1787.8	427.3	8.0	20.3	1.6	12.8	5.9	0.0	50.6	0.5	192.1
REGULAR CHIPS	1173.2	280.4	5.3	13.3	1.1	8.4	3.9	0.0	33.2	0.3	126.0
TRADITIONAL PITA	971.2	232.1	7.0	2.0	0.4	0.0	2.9	0.0	46.2	3.3	634.1
HEALTHY PITA	678.4	169.6	5.2	0.9	0.3	0.0	0.0	0.0	31.9	2.0	453.1
SWEET POTATO CHIPS	2367.3	564.8	3.1	30.2	3.6	0.0	0.0	0.0	68.9	22.7	865.7

SIDE SAUCES	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT - TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLYUNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATES (G)	SUGARS (G)	SODIUM (G)
SIDE OF TZATZIKI	134.7	32.1	1.7	2.0	1.1	0.8	0.3	0.0	1.9	1.7	151.8
SIDE OF CHILLI MAYO	495.0	118.5	0.4	13.1	1.1	0.0	0.0	0.0	0.4	0.0	162.6
SIDE OF AIOLI	606.0	144.8	0.4	15.6	1.3	0.0	0.0	0.0	1.4	0.9	218.1
SIDE OF TOMATO SAUCE	126.3	30.3	0.4	0.0	0.0	0.0	0.0	0.0	7.0	6.4	375.0
SIDE OF SPECIAL SAUCE	525.0	125.5	0.3	12.5	1.0	0.0	0.0	0.0	3.1	2.2	235.5
SIDE OF SESAME SAUCE	255.0	60.9	0.3	0.0	0.0	0.0	0.0	0.0	14.7	12.3	324.0
SIDE OF SWEET CHILLI	255.0	60.9	0.3	0.0	0.0	0.0	0.0	0.0	14.7	12.3	324.0
SIDE OF BBQ SAUCE	159.0	38.1	0.0	0.0	0.0	0.0	0.0	0.0	9.4	8.5	113.4

SAUCES	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT - TOTAL (G)	SATURATED FAT (G)	MONOUNSAT FAT (G)	POLYUNSATURATED FAT (G)	TRANS FAT (G)	CARBOHYDRATES (G)	SUGARS (G)	SODIUM (G)
MUSTARD MAYO	487.5	116.8	0.5	12.5	1.0	0.0	0.0	0.0	0.6	0.3	177.5
TRUFFLE AIOLI	730.0	174.5	0.5	19.3	1.6	0.0	0.0	0.0	0.6	0.3	126.3
AIOLI	505.0	120.7	0.3	13.0	1.1	0.0	0.0	0.0	1.2	0.8	181.8
TOMATO	105.3	25.3	0.3	0.0	0.0	0.0	0.0	0.0	5.9	5.3	312.5
SPECIAL SAUCE	437.5	104.6	0.3	10.4	0.9	0.0	0.0	0.0	2.6	1.9	196.3
SWEET CHILLI	212.5	50.8	0.3	0.0	0.0	0.0	0.0	0.0	12.3	10.3	270.0
BBQ SAUCE	132.5	31.8	0.0	0.0	0.0	0.0	0.0	0.0	7.9	7.1	94.5