



SPUD FRIES

You are what you eat, and you're more than just a number. That's why we encourage you to get your taste buds off life support, and leap towards what food and life is really meant to be – a damn good time, all of the time.

BurgerFuel fries are officially more awesome than ever! We only use the good stuff (canola oil) to cook our fries – no palm oil or beef tallow which, to be honest, just sound gross to us.

We use thick cut chips too and sprinkle them with maximum love and minimum salt. Consumer Magazine (NZ) crowned us winner for the healthiest fries based on lowest fat and salt content. Surely that's enough to get your chompers around our Spud Fries and our famously addictive Aioli, made daily.

A lot of tree hugging went into the design of our Spud Fries box so we can show you that BurgerFuel not only makes bloody good burgers but environmentally friendly and addictive little chips too!

SPUD FRIES INGREDIENTS: Potatoes, salt.

Average serving size: 250g.

The below nutritional information is based on the average weights of cooked products sourced directly from our stores in order to be as true and accurate as possible.

SPUD FRIES	AVERAGE PER 100G	AVERAGE PER SERVE
ENERGY (KJ)	1080kJ	2700kJ
CALORIES (CAL)	257.6	644.0
PROTEIN (G)	3.5	8.8
FAT, TOTAL (G)	10.2	25.5
- SATURATED (G)	1.0	2.5
CARBOHYDRATES (G)	37.8	94.5
- SUGARS (G)	0.9	2.2
SODIUM (MG)	920.0	2300.0

Allergens: Please see our allergens chart for more details if you have serious allergies or intolerances.

*Nutritional information for dips not included in this document – please refer to our Dips information for more details.

