



# CHOOK ROYALE

**CHOOK ROYALE INGREDIENTS:**  
Grilled chicken tenderloins seasoned with sea salt, garlic, & rosemary, pineapple, salad, Relish, BurgerFuel Aioli, & a smaller wholemeal bun.

## CHOOK ROYALE SERVED ON A WHOLEMEAL BUN

AVERAGE SERVING SIZE: 235G	AVERAGE PER 100G	AVERAGE PER SERVE (235G)
ENERGY (KJ)	682	1603
ENERGY (CAL)	163	383
PROTEIN (G)	13	30
FAT, TOTAL (G)	5.7	13
- SATURATED (G)	1.0	2.3
CARBOHYDRATES (G)	15	35
- SUGARS (G)	4.5	11
SODIUM (MG)	267	628

## CHOOK ROYALE SERVED ON A GLUTEN FREE BUN

AVERAGE SERVING SIZE: 325G	AVERAGE PER 100G	AVERAGE PER SERVE (325G)
ENERGY (KJ)	886	2879
ENERGY (CAL)	212	689
PROTEIN (G)	10	32
FAT, TOTAL (G)	6.5	21
- SATURATED (G)	1.1	3.6
CARBOHYDRATES (G)	28	91
- SUGARS (G)	4.5	15
SODIUM (MG)	293	953

## CHOOK ROYALE SERVED AS A 'LOW CARBORATOR' (LOWER CARB<sup>1</sup>)

AVERAGE SERVING SIZE: 229G	AVERAGE PER 100G	AVERAGE PER SERVE (229G)
ENERGY (KJ)	435	996
ENERGY (CAL)	104	238
PROTEIN (G)	11	25
FAT, TOTAL (G)	4.8	11
- SATURATED (G)	0.8	1.8
CARBOHYDRATES (G)	3.8	8.7
- SUGARS (G)	3.2	7.4
SODIUM (MG)	179	410

<sup>1</sup> 75% less carbohydrate than the regular Chook Royale

**Allergens:** Please note the Chook Royale contains gluten, dairy and eggs. BurgerFuel wholemeal buns contain soy. Please see our allergens chart for more details if you have serious allergies or intolerances.

This product information sheet is current as of November 2022