



Nutritional Information Nippers Menu July 09

Single Product	Weight (g)	Energy/KJ	Protein (g)	Fat - Total (g)	Saturated Fat - Total (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)
BurgerSnacker (1)	130	1300	18.3	12.9	2.3	29.1	4.8	709
	100	1000	14.1	9.9	1.8	22.4	3.7	545
StripSnacker (2)	80	524	17.8	5.6	1.52	0.88	0.16	180
	100	655	22.3	7	1.9	1.1	0.2	255
RappSnacker (1)	150	1283	15.8	12.5	2.1	31.2	4.8	608
	100	855	10.5	8.3	1.4	20.8	3.2	405
Nuggets (3)	60	612	12.3	4.7	0.8	13.2	1.3	315
	100	1020	20.5	7.8	1.3	22	2.2	525
Small Chips	110	1067	4.2	12.8	3.5	34.2	0.4	297
	100	970	3.8	11.6	3.2	31.1	0.4	270
Milk - Calciyum	250	640	8.25	3.5	2.25	21.75	20.5	110
	100	256	3.3	1.4	0.9	8.7	8.2	44
Juice / Fruit Box - Apple	250	540	0.2	0.2	0.2	32.5	30.8	12
	100	216	0.1	0.1	0.1	13	12.3	5
Juice / Fruit Box - Orange	250	477	0.3	0.3	0.3	28.4	26.9	13
	100	191	0.1	0.1	0.1	11.4	10.8	5
Water	600							8.5
	100							



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Per Meal Deal	Total Weight (g)	Energy/KJ	Protein (g)	Fat - Total (g)	Saturated Fat - Total (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)
BurgerSnacker & Sml Chips with the following drink								
BurgerSnacker - Milk	490	3007	30.75	29.2	8.05	85.05	25.7	1116
BurgerSnacker - Juice / Apple	490	2907	22.7	25.9	6	95.8	36	1018
BurgerSnacker - Juice / Orange	490	2844	22.8	26	6.1	91.7	32.1	1019
BurgerSnacker – Water	840	2367	22.5	25.7	5.8	63.3	5.2	1014.5
StripSnacker & Sml Chips with the following drink								
StripSnacker - Milk	440	2231	30.25	21.9	7.27	56.83	21.06	587
StripSnacker - Juice / Apple	440	2131	22.2	18.6	5.22	67.58	31.36	489
StripSnacker - Juice / Orange	440	2068	22.3	18.7	5.32	63.48	27.46	490
StripSnacker – Water	790	1591	22	18.4	5.02	35.08	0.56	485.5
RappSnacker & Sml Chips with the following drink								
RappSnacker - Milk	510	2990	28.25	28.8	7.85	87.15	25.7	1015
RappSnacker - Juice / Apple	510	2890	20.2	25.5	5.8	97.9	36	917
RappSnacker - Juice / Orange	510	2827	20.3	25.6	5.9	93.8	32.1	918
RappSnacker – Water	860	2350	20	25.3	5.6	65.4	5.2	913.5
Nuggets & Sml Chips with the following drink								
Nuggets - Milk	420	2319	24.75	21	6.55	69.15	22.2	722
Nuggets - Juice / Apple	420	2219	16.7	17.7	4.5	79.9	32.5	624
Nuggets - Juice / Orange	420	2156	16.8	17.8	4.6	75.8	28.6	625
Nuggets – Water	770	1679	16.5	17.5	4.3	47.4	1.7	620.5

All nutritional values are based on standardised recipe formulations and average figures. All ingredients and nutritional values are subject to seasonal variation. Serving sizes and nutritional values may vary from store to store due to hand portioning and assembly.

Our products are all manufactured & prepared on equipment that may contain small traces or residue or may have been in contact with allergenic substances like cereals, gluten, egg & milk products, peanuts & nuts, seeds & soy products, crustacean & fish products, sulphites, royal jelly, bee pollen & their products.

Gluten - We can not guarantee any of our products are fully gluten free. The above products have 'no added' gluten to them that we are aware of.

Some menu items may not be available at all Oporto restaurants and certain stores may at times offer test products, limited time offerings or other regional menu choices not listed. Nutritional information shown does not apply to special or customer orders.