



**Nutritional
Information**
Per Serve

	Energy (kJ)	Protein (g)	Total Fat (g)	Sat Fat (g)	Sugar (g)	Carbohydrates (g)	Sodium (mg)
Burgers The average adult daily energy intake is 8700kJ							
Ogalo	2488	32.2	26.6	7.3	4.3	56.3	1153
Hot Ogalo	2702	32.3	32	8.2	4.3	57.1	1173
Jumbo	3219	51.5	36.9	11.8	5.2	57.3	1682
Hot Jumbo	3433	51.6	42.3	12.7	5.2	58.1	1702
Kids Burger	1310	16.9	11.6	2.1	3	34.9	543
Minigalo	1597	21.3	17.3	5.8	3.1	35	770
Pinegalo	2863	41.4	30.3	8.5	9.1	61.1	1484
Fiesta	2707	35.2	31.2	8.3	4.5	56.1	1129
Chicken Prego	2310	31.7	21.1	6.2	7	58.4	1016
Beef Prego	2273	28.3	24.7	9	7.1	51.6	1034
O'Bife Burger	2529	50.4	22.7	10	15.4	48.9	1232
Haloumi Burger	3918	34	63.6	30.8	8.3	58.1	1225
Vegan Burger	3408	18.4	35.6	8.3	12.4	104.6	1050
OVeggie Burger	3002	20.4	33.8	9.9	17.1	82.6	1425
OFish Burger	2389	26.3	24.5	7.1	11.3	61	899
Wraps							
Ogalo Wrap	2499	28.8	25.5	7.5	2.5	62.7	771
Hot Ogalo Wrap	2713	28.9	30.9	8.4	2.5	63.5	791
BBQ Wrap	2692	50.4	30.8	8.9	4.2	56.8	1053
Caesar Wrap	2449	34.4	19.5	6.7	4.4	67.3	927
O'Bife Wrap	2549	50.1	27.1	13.6	14.3	40.7	867
Chicken Prego Wrap	3445	34.2	42.4	14.7	11.5	75.9	936
Pinegalo Wrap	3199	50.5	34.2	10.6	17.9	63.5	950
Fiesta Wrap	3556	39.2	34.2	14	7.9	66.9	900
Haloumi Wrap	3728	37.2	62	32.8	6.8	47.2	920
Vegan Wrap	2780	15.6	31.6	8.2	12.1	79.2	710
Ofish Wrap	3384	25.2	42	13.3	11.9	82.9	980
Ovegie Wrap	3931	17.6	54.5	14.4	20.9	94.7	1312



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Rolls							
The average adult daily energy intake is 8700kJ							
Ogalo Roll	2821	38.5	27.8	7.8	4.2	66.2	1118
Hot Ogalo Roll	3035	38.6	33.2	8.7	4.2	67.4	1138
Fried Chicken Roll	3945	56.7	38.1	7.9	7.5	92.6	1400
BBQ Chicken Roll	2316	32.5	21.6	5.2	1.1	56.9	937
Chicken							
Chicken (1/4 - no sauce)	1368	40.9	18.2	6	<0.5	0	392
Chicken (1/2 - no sauce)	2736	81.8	36.4	12	<0.5	0	784
Chicken (Whole - no sauce)	5472	163.6	72.8	24	<0.5	0	1568
Sides							
Chips (regular - unseasoned)	2083	5.7	27.1	7.3	1.2	57.8	119
Chips (medium - unseasoned)	3024	8.3	39.4	10.6	1.8	83.9	173
Chips (large - unseasoned)	3562	9.8	46.4	12.5	2.1	98.8	204
Chips (Extra Large - unseasoned)	10445	26	135.5	36.5	6.5	290	840
Chips (Family - unseasoned)	16712	41.6	216.6	58.4	10.4	464	1344
Fillet (single)	648	21.3	3.8	1	0.7	8.6	201
Chicken Croquettes (Each)	528	5.5	3.6	1	1	17.3	252
Chicken Strips (Each)	249	4.5	3.2	1	0.3	3.3	232
Devil Wings (Each)	592	8.6	9.4	2.6	<1	5.9	381
Nuggets (Each)	138	2.6	1.5	0.3	<1	2.1	74
Chicken Tenders (each)	302	6.8	2.5	0.7	<0.5	5.6	84
Spring Rolls	395	3.3	2.2	0.5	3.1	15.4	184
Churros	720	3.2	9.3	0.7	2.5	18.5	126.5
Chicken Nuggets Meal	3861.6	24.3	48.4	12.4	7.8	96.9	695
Packs							
CC Rider	3457	46.8	45.3	13.3	1.7	58	560
Combo Pack	1839	44.6	27.3	8.8	2.9	3.6	719
Fillet Pack	1767	46.3	16.7	4.8	3.8	20.8	723
Jumbo Pack	5770	90.5	75.8	22.6	2.3	84.3	1035
Family Pack	9752	179.7	132.9	40.7	6.2	104.9	2354
Snack Pack	7209	127.2	63.6	7.9	0	159.6	1458



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Regular Burger Meal							
The average adult daily energy intake is 8700kJ							
Ogalo	4577	38.1	53.7	14.6	5.5	114.3	1321
Hot Ogalo	4791	38.2	59.1	15.5	5.5	115.1	1341
Jumbo	5308	57.4	64	19.1	6.4	115.3	1850
Hot Jumbo	5522	57.5	69.4	20	6.4	116.1	1870
Kids Burger	3399	22.8	38.7	9.4	4.2	92.9	711
Minigalo	3686	27.2	44.4	13.1	4.3	93	938
Pinegalo	4952	47.3	57.4	15.8	10.3	119.1	1652
Fiesta	4796	41.1	58.3	15.6	5.7	114.1	1297
Chicken Prego	4399	37.6	48.2	13.5	8.2	116.4	1184
Beef Prego	4362	33.5	51.8	16.3	8.4	109.6	1202
O'Bife Burger	2529	55.6	49.8	17.3	16.7	106.9	1400
Haloumi Burger	6007	39.2	90.7	38.1	9.6	116.1	1393
Vegan Burger	5497	23.6	62.7	15.6	13.7	162.6	1218
OVegie Burger	5091	26.3	60.9	17.2	18.3	140.6	1593
OFish Burger	4910	32.2	54.9	15.1	12.5	124.2	1067
Family Burger Meal	15,946	121.8	184.8	48	19.4	414.4	1067
Regular Wrap Meal							
Ogalo Wrap	4588	34.7	52.6	14.8	3.7	120.7	939
Hot Ogalo Wrap	4802	34.8	58	15.7	3.7	121.5	959
BBQ Wrap	4781	56.3	57.9	16.2	5.4	114.8	1221
Caesar Wrap	4538	40.3	46.6	14	5.6	125.3	1095
O'Bife Wrap	4638	55.3	54.2	20.9	15.6	98.7	1035
Chicken Prego Wrap	5534	40.1	69.5	22	12.7	133.9	1104
Pinegalo Wrap	5288	55.7	61.3	17.9	19.2	121.5	1118
Fiesta Wrap	5645	45.1	74.2	21.3	9.1	124.9	1068
Haloumi Wrap	5817	42.4	89.1	40.1	8.1	105.2	1088
Vegan Wrap	4869	20.8	58.7	15.5	13.4	137.2	878
Ofish Wrap	5473	31.1	69.1	20.6	13.1	140.9	1148
Ovegie Wrap	6020	23.5	81.6	21.7	22.1	152.7	1480
Regular Roll Meal							
Ogalo Roll	4910	44.4	54.9	15.1	5.4	124.6	1286
Hot Ogalo Roll	5124	44.5	60.3	16	5.4	125.4	1306
Fried Chicken Roll	6034	61.9	66.1	15.2	8.8	150.6	1568
BBQ Chicken Roll	4405	38.4	48.7	12.5	2.3	114.9	1105



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Medium Burger Meal							
The average adult daily energy intake is 8700kJ							
Ogalo	5521.6	40.9	66	17.9	6.1	140.6	1404
Hot Ogalo	5735.6	41	71.4	18.8	6.1	141.4	1424
Jumbo	6252.6	60.2	76.3	22.4	7	141.6	1933
Hot Jumbo	6466.6	60.3	81.7	23.3	7	142.4	1953
Kids Burger	4343.6	25.6	51	12.7	4.8	119.2	794
Minigalo	4630.6	30	56.7	16.4	4.9	119.3	1021
Pinegalo	5896.6	50.1	69.7	19.1	10.9	145.4	1735
Fiesta	5740.6	43.9	70.6	18.9	6.3	140.4	1380
Chicken Prego	5343.6	40.4	60.5	16.8	8.8	142.7	1267
Beef Prego	5306.6	37	64.1	19.6	8.9	135.9	1285
O'Bife Burger	5562.6	59.1	62.1	20.6	17.2	133.2	1483
Haloumi Burger	6951.6	42.7	103	41.4	10.1	142.4	1476
Vegan Burger	6441.6	27.1	75	18.9	14.2	188.9	1301
OVegie Burger	6035.6	29.1	73.2	20.5	18.9	166.9	1676
OFish Burger	5422.6	35	63.9	17.7	13.1	145.3	1150
Medium Wrap Meal							
Ogalo Wrap	5532.6	37.5	64.9	25.6	4.3	147	1022
Hot Ogalo Wrap	5746.6	37.6	70.3	27.4	4.3	147.8	1042
BBQ Wrap	5725.6	59.1	70.2	28.4	6	141.1	1304
Caesar Wrap	5482.6	43.1	58.9	24	6.2	151.6	1178
O'Bife Wrap	5582.6	58.8	66.5	37.8	16.1	125	1118
Chicken Prego Wrap	6478.6	42.9	81.8	40	13.3	160.2	1187
Pinegalo Wrap	6232.6	59.2	73.6	31.8	19.7	147.8	1201
Fiesta Wrap	6589.6	47.9	73.6	38.6	9.7	151.2	1151
Haloumi Wrap	6761.6	45.9	101.4	76.2	8.6	131.5	1171
Vegan Wrap	5813.6	24.3	71	27	13.9	163.5	961
Ofish Wrap	6417.6	33.9	81.4	37.2	13.7	167.2	1231
Ovegie Wrap	6964.6	26.3	93.9	39.4	22.7	179	1563
Medium Roll Meal							
Ogalo Roll	5854.6	47.2	67.2	18.4	6	150.5	1369
Hot Ogalo Roll	6068.6	47.3	72.6	19.3	6	151.7	1389
Fried Chicken Roll	6978.6	65.4	77.5	18.5	9.3	176.9	1651
BBQ Chicken Roll	5349.6	41.2	61	15.8	2.9	141.2	1188



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Large Burger Meal							
The average adult daily energy intake is 8700kJ							
Ogalo	6059.6	42.4	73	19.8	6.4	155.5	1435
Hot Ogalo	6273.6	42.5	78.4	20.7	6.4	156.3	1455
Jumbo	6790.6	61.7	83.3	24.3	7.3	156.5	1964
Hot Jumbo	7004.6	61.8	88.7	25.2	7.3	157.3	1984
Kids Burger	4881.6	27.1	58	14.6	5.1	134.1	825
Minigalo	5168.6	31.5	63.7	18.3	5.2	134.2	1052
Pinegalo	6434.6	51.6	76.7	21	11.2	160.3	1766
Fiesta	6278.6	45.4	77.6	20.8	6.6	155.3	1411
Chicken Prego	5881.6	41.9	67.5	18.7	9.1	157.6	1298
Beef Prego	5844.6	38.5	71.1	21.5	9.2	150.8	1316
O'Bife Burger	6100.6	60.6	69.1	22.5	17.5	148.1	1514
Haloumi Burger	7489.6	44.2	110	43.3	10.4	157.3	1507
Vegan Burger	6979.6	28.6	82	20.8	14.5	203.8	1332
OVegie Burger	6573.6	30.6	80.2	22.4	19.2	181.8	1707
OFish Burger	5960.6	36.5	70.9	19.6	13.4	160.2	1181
Large Wrap Meal							
Ogalo Wrap	6070.6	39	71.9	20	4.6	161.9	1053
Hot Ogalo Wrap	6284.6	39.1	77.3	20.9	4.6	162.7	1073
BBQ Wrap	6263.6	60.6	77.2	21.4	6.3	156	1335
Caesar Wrap	6020.6	44.6	65.9	19.2	6.5	166.5	1209
O'Bife Wrap	6120.6	60.3	73.5	26.1	16.4	139.9	1149
Chicken Prego Wrap	7016.6	44.4	88.8	27.2	13.6	175.1	1218
Pinegalo Wrap	6770.6	60.7	80.6	23.1	20	162.7	1232
Fiesta Wrap	7127.6	49.4	80.6	26.5	10	166.1	1182
Haloumi Wrap	7299.6	47.4	108.4	45.3	8.9	146.4	1202
Vegan Wrap	6351.6	25.8	78	20.7	14.2	178.4	992
Ofish Wrap	6955.6	35.4	88.4	25.8	14	182.1	1262
Ovegie Wrap	7502.6	27.8	100.9	26.9	23	193.9	1594
Large Roll Meal							
Ogalo Roll	6392.6	48.7	74.2	20.3	6.3	165.4	1400
Hot Ogalo Roll	6606.6	48.8	79.6	21.2	6.3	166.6	1420
Fried Chicken Roll	7516.6	66.9	84.5	20.4	9.6	191.8	1682
BBQ Chicken Roll	5887.6	42.7	68	17.7	3.2	156.1	1219



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Sauces							
The average adult daily energy intake is 8700kJ							
Piri Piri	1424	0.7	35.8	5.7	<0.5	5.2	131
Lemon Herb	210	0.6	4.3	0.7	0.7	4.3	221
Mayonnaise	1343	0	39.3	5.4	0	3.6	303
Garlic Mayonnaise	1363	0.5	35	6.1	1	3.5	301
Chilli Mayonnaise	1405	0.4	36.1	6.1	1	3.6	258
Prego	920	0.6	20.4	3.5	6.7	9.3	290
Gravy	162.2	0.6	6.1	6.1	9.3	0.6	628
Tomato	200	<1	<1	<1	10.8	10.8	735
BBQ Sauce	335	<1	<1	<1	16.9	18.9	258
Regular Meal							
Regular Chips (Unseasoned)	2083	5.7	27.1	7.3	1.2	57.8	119
Can of Pepsi Max	6	0.2	0	0	0.1	0.2	49
Medium Meal							
Medium Chips (Unseasoned)	3024	8.3	39.4	10.6	1.8	83.9	173
600ml bottle of Pepsi Max	9.6	0.4	0	0	0	0.4	78
Large Meal							
Large Chips (Unseasoned)	3562	9.8	46.4	12.5	2.1	98.8	204
600ml bottle of Pepsi Max	9.6	0.4	0	0	0	0.4	78
Regular Salads							
Greek Salad with dressing	465	3.5	9.1	2.8	2.4	3.4	278
Coleslaw Salad (Regular)	865	3.5	13.3	1.3	14.2	18.7	458
Caesar Salad (Regular)	971	14.2	12.8	6.2	3	11.4	589
Taboulie (Regular)	742	5.1	11	1.5	3.5	12.5	251
Medium Salads							
Greek Salad with dressing	604.5	4.55	11.83	3.64	3.12	4.42	361.4
Coleslaw Salad	1124.5	4.55	17.29	1.69	18.46	24.31	595.4
Caesar Salad	1262.3	18.46	16.64	8.06	3.9	14.82	765.7
Taboulie	964.6	6.63	14.3	1.95	4.55	16.25	326.3
Large Salads							
Greek Salad with dressing	697.5	5.25	13.65	4.2	3.6	5.1	417
Coleslaw Salad	1297.5	5.25	19.95	1.95	21.3	28.05	687
Caesar Salad	1456.5	21.3	19.2	9.3	4.5	17.1	883.5
Taboulie	1113	7.65	16.5	2.25	5.25	18.75	376.5



OGALO
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	Energy (kJ)	Protein (g)	Total Fat (g)	Sat Fat (g)	Sugar (g)	Carbohydrates (g)	Sodium (mg)
Extras							
Bacon	792	11	16.3	7.2	<1	<1	977
Pineapple	370	0.6	0.1	0	20.5	20	11
Avocado	1173.6	1	29.3	4.1	0.3	6.3	173.5
Tomato	30.125	0.4	0.1	0	1.1	1.6	2
Onion	127	0.4	2.1	0.3	1.3	2.9	0.9
Cheese	68	4.4	5.7	3.7	0.1	0.1	227
Egg	376	6.3	6.8	2	0.2	0.4	95.2
Fillet (single)	648	21.3	3.8	1	0.7	8.6	201