



## Nutritional Analysis

Food Type	Average Serving Size		Energy		Protein	
	Portion	Gram	kJ/serve	kJ/100g	g/serve	g/100g
<b>Sides</b>						
Lemon Pepper Fries	Small	130	1580.8	1216	5.59	4.3
Lemon Pepper Fries	Regular	220	2675.2	1216	9.46	4.3
Lemon Pepper Fries	Large	320	3891.2	1216	13.76	4.3
Beer Batter Fries	Regular	220	2378.2	1081	9.9	4.5
Beer Batter Fries	Large	320	3459.2	1081	14.4	4.5
Wedges	Regular	280	2788.8	996	11.2	4
Wedges	Large	380	3784.8	996	15.2	4
<b>Burgers</b>						
Little John	1 Burger	170	1528.44	899.08	13.37	7.87
Double Strike	2 Lil. Johns	340	3056.88	899.08	26.74	7.87
Big John	1 Burger	235	1812.58	771.31	14.92	6.35
Classic Fish and Egg	1 Burger	280	2207.19	788.28	20.28	7.24
Mango Delight	1 Burger	310	2947.58	950.83	17.21	5.55
Snapper Supreme	1 Burger	314	3258.53	1037.75	18.17	5.79
Seafood Delux	1 Burger	345	2983.34	864.74	19.04	5.52
<b>Fish</b>						
			kJ/serve=kJ/100g		kJ/serve=kJ/100g	
Hoki, Battered	1 Fish	100	970.00		12.60	
Hoki, Crumbed	1 Fish	100	1089.00		12.40	
Hoki, Grilled	1 Fish	100	462.00		19.60	
Snapper, Battered	1 Fish	100	984.00		15.60	
Snapper, Crumbed	1 Fish	100	1110.00		14.30	
Snapper, Grilled	1 Fish	100	422.00		22.30	

# Nutritional analysis of our food at LJ's is based on average figures and standard formulations. Actual serving

\*ND= None detected

Total Fat		Saturated Fat		Trans fat		Carbohydrate	
g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g
19.63	15.1	1.3	1	0.03	0.02	44.59	34.3
33.22	15.1	2.2	1	0.04	0.02	75.46	34.3
48.32	15.1	3.2	1	0.06	0.02	109.76	34.3
30.8	14	2.2	1	0.04	0.02	63.14	28.7
44.8	14	3.2	1	0.06	0.02	91.84	28.7
30.8	11	1.96	0.7	0.28	0.1	85.68	30.6
41.8	11	2.66	0.7	0.38	0.1	116.28	30.6
16.48	9.69	1.83	1.07	>0.01	>0.00	38.57	22.69
32.96	9.69	3.66	1.07	>0.04	>0.01	77.14	22.69
19.00	8.08	2.60	1.11	>0.01	>0.01	42.93	18.27
25.69	9.17	3.97	1.42	>0.01	>0.00	45.83	16.37
32.04	10.34	5.91	1.91	>0.01	>0.00	85.17	27.48
46.78	14.90	9.45	3.01	>0.01	>0.00	69.11	22.01
39.47	11.44	7.73	2.24	>0.01	>0.00	69.67	20.19
kJ/serve=kJ/100g		kJ/serve=kJ/100g		kJ/serve=kJ/100g		kJ/serve=kJ/100g	
15.50		1.30		0.02		10.60	
16.60		1.50		0.02		15.50	
4.30		0.80		<0.01		ND	
14.30		1.10		0.01		11.10	
14.90		1.10		0.02		18.60	
1.70		0.30		<0.01		ND	

size and nutrient values may vary due to factors such as seasonal differences in ingredients used, diffc

Carbohydrate, Sugar		Dietary Fibre		Sodium		Omega-3	
g/serve	g/100g	g/serve	g/100g	mg/serve	mg/100g	g/serve	g/100g
0.13	0.1	3.64	2.8	270.4	208	1.53	1.18
0.22	0.1	6.16	2.8	457.6	208	2.6	1.18
0.32	0.1	8.96	2.8	665.6	208	3.78	1.18
0.66	0.3	7.04	3.2	631.4	287	2.71	1.23
0.96	0.3	10.24	3.2	918.4	287	3.94	1.23
0.28	0.1	7.56	2.7	560	200	2.44	0.87
0.38	0.1	10.26	2.7	760	200	3.31	0.87
6.34	3.73	3.17	1.86	649.95	382.32	>0.79	>0.46
12.68	3.73	6.34	1.86	1299.90	382.32	>1.57	>0.46
8.09	3.44	3.23	1.38	833.73	354.78	>0.86	>0.37
8.77	3.13	3.44	1.23	931.95	332.84	>0.91	>0.33
21.92	7.07	1.87	0.60	1306.33	421.40	>0.97	>0.31
5.29	1.68	2.09	0.67	1072.55	341.38	>0.71	>0.23
5.43	1.57	2.11	0.61	1274.37	369.38	>0.97	>0.28
kJ/serve=kJ/100g		kJ/serve=kJ/100g		kJ/serve=kJ/100g		kJ/serve=kJ/100g	
0.50		0.80		283.00		1.43	
0.70		1.00		275.00		1.61	
0.10		0.60		241.00		0.79	
0.50		0.50		262.00		1.29	
0.90		1.20		302.00		1.29	
0.10		<0.1		174.00		0.36	

ference in product assembly, etc.

### Omega-6

**g/serve      g/100g**

3.5	2.69
5.92	2.69
8.61	2.69
6.18	2.81
8.99	2.81
5.49	1.96
7.45	1.96

>1.47	>0.86
>2.94	>0.86
>1.58	>0.68
>1.70	>0.61
>1.64	>0.53
>1.48	>0.47
>1.64	>0.47

**kJ/serve=kJ/100g**

2.67
2.73
0.21
2.61
2.69
0.20