



Nutritional Information

	Size	Serving (g)	Calories (kcal)	Fat (g)	SFA (g)	Fat - Trans	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (RE)	Vitamin C (mg)	Iron (mg)
Fries - Small	1 serving	171	327	17.7	1.22	0.129	0	759	38.8	1.6	0.0	3.4	0	0	0.90
Fries - Medium	1 serving	371	710	38.5	2.65	0.280	0	1647	84.1	3.5	0.0	7.4	0	0	1.96
Fries - Large	1 serving	563	1077	58.4	4.02	0.425	0	2499	127.6	5.3	0.0	11.2	0	0	2.98
Taters - Small	1 serving	171	263	11.9	0.70	0.000+	0	163	36.4	3.8	0.9	3.9	4+	24	1.69
Taters - Medium	1 serving	414	636	28.8	1.70	0.000+	0	395	88.2	9.2	2.3	9.5	11+	59	4.09
Taters - Large	1 serving	628	965	43.6	2.58	0.000+	0	600	133.8	14.0	3.4	14.4	17+	89	6.21
Taters - Poutine - Small	1 serving	409	653	36.4	13.06	0.406+	60	1114	60.9	5.7	4.0	20.5	7+	44+	2.67+
Coleslaw - Small	1 serving	104	131	9.5	0.79	0.093	8	326	10.6	1.8	8.7	1.1	3+	35+	0.31
Coleslaw - Medium	1 serving	190	240	17.4	1.44	0.169	15	596	19.3	3.3	15.9	2.0	6+	64+	0.56
Coleslaw - Large	1 serving	310	391	28.3	2.35	0.276	24	972	31.5	5.3	26.0	3.3	10+	104+	0.92
Macaroni Salad - Small	1 serving	102	204	13.0	1.85	0.093	14	269	20.4	0.9	6.5	2.8	3	19	0.52
Macaroni Salad - Medium	1 serving	272	544	34.6	4.95	0.247	37	717	54.4	2.5	17.3	7.4	7	49	1.38
Macaroni Salad - Large	1 serving	340	680	43.3	6.18	0.309	46	896	68.0	3.1	21.6	9.3	9	62	1.73
Gravy - Small	1 serving	115	33	0.5	0.04	0.000+	0	575	6.6	0.2	0.7	0.8	0+	10	0.23
Gravy - Medium	1 serving	284	82	1.1	0.10	0.000+	0	1428	16.4	0.4	1.8	2.1	0+	26	0.58
Gravy - Large	1 serving	398	115	1.6	0.14	0.000+	0	1998	22.9	0.5	2.6	2.9	0+	36	0.81
6 PC-2 Wing, Drum, 2 Thigh, Side Breast with Skin	3 servings	455	1272	69.8	16.94	0.000+	369	719	37.5	1.8	0.2+	116.2	11+	77	7.67
6 PC-2 Wing, Drum, Thigh, 2 Side Breast, with Skin	3 servings	455	1235	64.0	15.39	0.000+	361	712	36.4	1.8	0.3+	120.8	11+	79	7.41
9 PC with Lg Taters, Med Coleslaw, Med Gravy	4 servings	459	814	40.7	7.05	0.042+	152	941	56.8	5.1	5.4+	53.6	10+	76+	4.84
13 PC with Lg Taters, Lg Coleslaw, Lg Gravy	6 servings	595	1069	54.6	9.94	0.069+	216	1299	67.7	6.0	8.1+	74.1	13+	102+	6.27
18 PC with 2 Lg Taters, 2 Lg Coleslaw, Lg Gravy	9 servings	416	751	38.5	6.46	0.061+	137	825	52.1	5.0	6.9+	47.8	10+	75+	4.34
Chicken Tenders - 3 pc	3 pieces	174	370	16.7	1.61	0.000	96	344	20.6	1.0	0.2	32.4	8	21	2.13
Chicken Tenders - 3 pc + 1 oz BBQ Sauce	3 pieces	204	430	16.7	1.61	0.000	96	494	35.6	1.0	14.2	32.5	8	21	2.13
Buffalo Chicken Tenders - 3 pc + 2 oz Sauce	3 pieces	231	444	18.4	1.94	0.000	96	1116	35.4	1.0	11.7	32.8	8	21	2.13
Chicken Tenders - 5 pc	5 pieces	290	616	27.7	2.67	0.000	161	576	34.6	1.7	0.4	54.1	14	35	3.57
Chicken Tenders - 5 pc + 1 oz BBQ Sauce	5 pieces	319	659	28.3	2.72	0.006	161	858	43.9	1.9	7.5	54.3	14	35	3.57
Buffalo Chicken Tenders - 5 pc + 3.5 oz Sauce	5 pieces	389	745	30.6	3.25	0.000	161	1928	60.5	1.7	20.5	54.7	14	35	3.57
Big Mary on a Bun	1 serving	204	530	28.1	4.51	0.3	87	694	40.2	1.7	3.5	28.7	12	71	3.86
Spicy Big Mary on a Bun	1 serving	202	521	27.0	4.34	0.3	87	967	40.6	1.6	3.3	28.7	22	70	3.88
Big Mary Deluxe on a Bun	1 serving	290	721	46.7	10.40	0.5	133	863	33.1	1.6	3.0	41.2	8+	53	3.86
Nashville Mary	1 serving	247	660	35.0	4.50	0.1	120	930	54.0	3.0	7.0	34.0		100	3.00
Wrap - No Sauce	1 serving	203	439	17.2	3.07	0.1	64	561	45.3	3.9	1.5	26.8	6	77	2.59
Wrap - With Sauce	1 serving	232	590	33.3	4.36	0.2	76	768	46.5	4.0	2.6	27.3	6	77	2.59
Buffalo Mary on a Bun	1 serving	308	690	30.0	5.00	0.3	125	1770	71.0	3.0	21	35.0		100	3.00
Chicken Pop-ins - Kids	1 serving	92	151	7.6	0.77	0	39	420	5.2	0.3	0.1	15.4	2	4	0.85
Chicken Pop-ins - Regular	1 serving	183	301	15.3	1.53	0	78	840	10.4	0.5	0.1	30.8	4	7	1.69
Chicken Pop-ins - Large	1 serving	274	452	22.9	2.30	0	116	1260	15.5	0.8	0.2	46.2	6	11	2.54
Halloumi Fries	6 pieces		360												
Biscuits	1 piece	60	210	12.1	6.39	0.01	0	403	22	1	2	3		41	1
*Crispy Chicken Twists - no dip	2 pieces	138	420	21	4.5	0.1	40	840	40	2	5	19		125	2.5
Soft Serve	1 serving		190												
MB Shake	1 serving		500												
Churros	3 pieces	42	130												
*Sweet Dill Sauce	1 serving	30	130												
*Garlic Mayo Sauce	1 serving	30	200												
*Chipotle	1 serving	30	130												
*BBQ	1 serving	30	70												
*Sweet Chili	1 serving	30	50												
*The Sauce	1 serving	30	130												

Questions? Reach us at contact@mbchicken.co.uk