



Rack'em BONES | BBQ RIBS

NUTRITIONAL DETAILS

RIBS

WINGS

SIDES

SWEETS

Rack'em Bones - Half Rack Bbq, Chips And Slaw 2022 (Apple Dressing)

NUTRITION INFORMATION

Servings per package: 2

Serving size: 905g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	5710kJ (1360Cal)	631kJ (151Cal)
PROTEIN	69.7g	7.7g
FAT, TOTAL	60.6g	6.7g
- SATURATED	18.1g	2.0g
CARBOHYDRATE	130g	14.3g
- SUGARS	54.2g	6.0g
SODIUM	1870mg	207mg

Ingredients: Pork (Pork (80%), Sauce (20%) [Water, Sugar, Tomato Powder, Spices, Tapioca Starch, Onion, Salt, Yeast Extract, Thickeners (412, 415), Smoke Flavour, Natural Flavour, Acidity Regulator (262)]), Crust (Potato (91%), Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), Green Cabbage, Bbq Sauce - Gf (Sugar; Tomatoes (From Paste, Food Acid (Citric)); Rice Flour; Food Acid (Acetic, Citric); Salt; Glucose Syrup; Colour (Caramel 150c); Thickener (Pectin); Onion; Spices (Clove, Nutmeg, Pepper); Tamarind Paste; Yeast Extract), Purple Cabbage, Apple Green, Shallots, Apple Cider Vinegar 2022 (Naturally Brewed Apple Cider Vinegar, Apple Extract), Carrot, Olive Oil, Dijon Mustard (Water, Mustard Seed (18%), Salt, Sugar, Food Acid (Acetic), Spices), Honey, Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains Soy), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains Soy)), Garlic, Salt, Salt, Black Pepper.

Contains Soybeans, Soybean Products.

Rack'em
BONES | **BBQ RIBS**
NUTRITIONAL DETAILS

**Rack'em Bones-Half Rack
 BBQ, Chips And Slaw 2022
 (Aioli Dressing)**

NUTRITION INFORMATION

Servings per package: 2

Serving size: 905g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	5940kJ (1420Cal)	656kJ (157Cal)
PROTEIN	69.8g	7.7g
FAT, TOTAL	67.3g	7.4g
- SATURATED	18.9g	2.1g
CARBOHYDRATE	129g	14.2g
- SUGARS	53.4g	5.9g
SODIUM	1890mg	208mg

Ingredients: Pork (Pork (80%), Sauce (20%) [Water, Sugar, Tomato Powder, Spices, Tapioca Starch, Onion, Salt, Yeast Extract, Thickeners (412, 415), Smoke Flavour, Natural Flavour, Acidity Regulator (262)]), Crust (Potato (91%), Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), Green Cabbage, BBQ Sauce - Masterfoods Gf (Sugar; Tomatoes (From Paste, Food Acid (Citric)); Rice Flour; Food Acid (Acetic, Citric); Salt; Glucose Syrup; Colour (Caramel 150c); Thickener (Pectin); Onion; Spices (Clove, Nutmeg, Pepper); Tamarind Paste; Yeast Extract), Purple Cabbage, Apple Green, Sauce (Mayonnaise (Vegetable Oil (Soybean), Corn Syrup, Egg, Vinegar, Lemon Juice, Salt, Calcium Sulphite, Spices, Food Acid (330), Edta), Garlic, Vegetable Oil (Canola), Coriander, Preservative (202), Salt, Pepper), Shallots, Carrot, Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains Soy), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains Soy)).

Contains Egg, Soybeans, Soybean Products.

Rack'em
BONES | **BBQ RIBS**
NUTRITIONAL DETAILS

**Rack'em Bones-Full Rack
 Bbq, Chips And Slaw 2022
 (Apple Dressing)**

NUTRITION INFORMATION

Servings per package: 2

Serving size: 1598g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	10400kJ (2490Cal)	651kJ (156Cal)
PROTEIN	135g	8.4g
FAT, TOTAL	114g	7.2g
- SATURATED	35.4g	2.2g
CARBOHYDRATE	222g	13.9g
- SUGARS	95.0g	5.9g
SODIUM	3260mg	204mg

Ingredients: Pork (Pork (80%), Sauce (20%) [Water, Sugar, Tomato Powder, Spices, Tapioca Starch, Onion, Salt, Yeast Extract, Thickeners (412, 415), Smoke Flavour, Natural Flavour, Acidity Regulator (262)]), Crust (Potato (91%), Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), BBQ Sauce - Gf (Sugar; Tomatoes (From Paste, Food Acid (Citric)); Rice Flour; Food Acid (Acetic, Citric); Salt; Glucose Syrup; Colour (Caramel 150c); Thickener (Pectin); Onion; Spices (Clove, Nutmeg, Pepper); Tamarind Paste; Yeast Extract), Green Cabbage, Apple Green, Purple Cabbage, Shallots, Apple Cider Vinegar 2022 (Naturally Brewed Apple Cider Vinegar, Apple Extract), Carrot, Olive Oil, Dijon Mustard (Water, Mustard Seed (18%), Salt, Sugar, Food Acid (Acetic), Spices), Honey, Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains Soy), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains Soy)), Garlic, Salt, Salt, Black Pepper.

Contains Soybeans, Soybean Products.



Rack'em BONES | BBQ RIBS

NUTRITIONAL DETAILS



Rack'em Bones-Full Rack BBQ, Chips And Slaw 2022 (Aioli Dressing)

NUTRITION INFORMATION

Servings per package: 2

Serving size: 1598g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	10700kJ (2560Cal)	670kJ (160Cal)
PROTEIN	135g	8.4g
FAT, TOTAL	123g	7.7g
- SATURATED	36.5g	2.3g
CARBOHYDRATE	221g	13.8g
- SUGARS	94.0g	5.9g
SODIUM	3280mg	205mg

Ingredients: Pork (Pork (80%), Sauce (20%) [Water, Sugar, Tomato Powder, Spices, Tapioca Starch, Onion, Salt, Yeast Extract, Thickeners (412, 415), Smoke Flavour, Natural Flavour, Acidity Regulator (262)]), Crust (Potato (91%), Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), BBQ Sauce - Gf (Sugar; Tomatoes (From Paste, Food Acid (Citric)); Rice Flour; Food Acid (Acetic, Citric); Salt; Glucose Syrup; Colour (Caramel 150c); Thickener (Pectin); Onion; Spices (Clove, Nutmeg, Pepper); Tamarind Paste; Yeast Extract), Green Cabbage, Apple Green, Purple Cabbage, Sauce (Mayonnaise (Vegetable Oil (Soybean), Corn Syrup, Egg, Vinegar, Lemon Juice, Salt, Calcium Sulphite, Spices, Food Acid (330), Edta), Garlic, Vegetable Oil (Canola), Coriander, Preservative (202), Salt, Pepper), Shallots, Carrot, Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains Soy), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains Soy)).

Contains Egg, Soybeans, Soybean Products.





Rack'em BONES | BBQ RIBS

NUTRITIONAL DETAILS

Rack'em Bones-Half Rack BBQ, 6 Wings BBQ, Chips And Slaw 2022 (Apple Dressing)

NUTRITION INFORMATION

Servings per package: 2

Serving size: 1202g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	9710kJ (2320Cal)	807kJ (193Cal)
PROTEIN	137g	11.4g
FAT, TOTAL	127g	10.6g
- SATURATED	36.4g	3.0g
CARBOHYDRATE	154g	12.8g
- SUGARS	69.0g	5.7g
SODIUM	2810mg	234mg

Ingredients: Pork (Pork (80%), Sauce (20%) [Water, Sugar, Tomato Powder, Spices, Tapioca Starch, Onion, Salt, Yeast Extract, Thickeners (412, 415), Smoke Flavour, Natural Flavour, Acidity Regulator (262)]), Oven Roasted Wings (Oven Roasted Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-Caking Agent (551))), Crust (Potato (91%), Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), BBQ Sauce - Gf (Sugar; Tomatoes (From Paste, Food Acid (Citric)); Rice Flour; Food Acid (Acetic, Citric); Salt; Glucose Syrup; Colour (Caramel 150c); Thickener (Pectin); Onion; Spices (Clove, Nutmeg, Pepper); Tamarind Paste; Yeast Extract), Green Cabbage, Purple Cabbage, Apple Green, Shallots, Apple Cider Vinegar 2022 (Naturally Brewed Apple Cider Vinegar, Apple Extract), Carrot, Olive Oil, Dijon Mustard (Water, Mustard Seed (18%), Salt, Sugar, Food Acid (Acetic), Spices), Honey, Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains Soy), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains Soy)), Garlic, Salt, Salt, Black Pepper.

Contains Soybeans, Soybean Products.



Rack'em BONES | BBQ RIBS

NUTRITIONAL DETAILS

Rack'em Bones-Half Rack BBQ, 6 Wings BBQ, Chips And Slaw 2022 (Aioli Dressing)

NUTRITION INFORMATION

Servings per package: 2

Serving size: 1202g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	9940kJ (2370Cal)	827kJ (197Cal)
PROTEIN	137g	11.4g
FAT, TOTAL	134g	11.1g
- SATURATED	37.2g	3.1g
CARBOHYDRATE	153g	12.7g
- SUGARS	68.2g	5.7g
SODIUM	2820mg	235mg

Ingredients: Pork (Pork (80%), Sauce (20%) [Water, Sugar, Tomato Powder, Spices, Tapioca Starch, Onion, Salt, Yeast Extract, Thickeners (412, 415), Smoke Flavour, Natural Flavour, Acidity Regulator (262)]), Oven Roasted Wings (Oven Roasted Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-Caking Agent (551))), Crust (Potato (91%), Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), Bbq Sauce - Gf (Sugar; Tomatoes (From Paste, Food Acid (Citric)); Rice Flour; Food Acid (Acetic, Citric); Salt; Glucose Syrup; Colour (Caramel 150c); Thickener (Pectin); Onion; Spices (Clove, Nutmeg, Pepper); Tamarind Paste; Yeast Extract), Green Cabbage, Purple Cabbage, Apple Green, Sauce (Mayonnaise (Vegetable Oil (Soybean), Corn Syrup, Egg, Vinegar, Lemon Juice, Salt, Calcium Sulphite, Spices, Food Acid (330), Edta), Garlic, Vegetable Oil (Canola), Coriander, Preservative (202), Salt, Pepper), Shallots, Carrot, Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains Soy), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains Soy)).

Contains Egg, Soybeans, Soybean Products.



Rack'em BONES | BBQ RIBS

NUTRITIONAL DETAILS

Rack'em Bones-Half Rack BBQ, 6 Wings Buffalo, Chips And Slaw 2022 (Apple Dressing)

NUTRITION INFORMATION

Servings per package: 2

Serving size: 1229g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	9850kJ (2350Cal)	801kJ (191Cal)
PROTEIN	137g	11.2g
FAT, TOTAL	130g	10.6g
- SATURATED	36.9g	3.0g
CARBOHYDRATE	155g	12.6g
- SUGARS	69.3g	5.6g
SODIUM	3540mg	288mg

Ingredients: Pork (Pork (80%), Sauce (20%) [Water, Sugar, Tomato Powder, Spices, Tapioca Starch, Onion, Salt, Yeast Extract, Thickeners (412, 415), Smoke Flavour, Natural Flavour, Acidity Regulator (262)]), Oven Roasted Wings (Oven Roasted Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-Caking Agent (551))), Crust (Potato (91%), Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), Bbq Sauce - Gf (Sugar; Tomatoes (From Paste, Food Acid (Citric)); Rice Flour; Food Acid (Acetic, Citric); Salt; Glucose Syrup; Colour (Caramel 150c); Thickener (Pectin); Onion; Spices (Clove, Nutmeg, Pepper); Tamarind Paste; Yeast Extract), Green Cabbage, Purple Cabbage, Apple Green, Buffalo Sauce -Crust 2021 (Aged Cayenne Pepper, Vinegar, Water Salt, Vegetable Oils [Contain Soy, Antioxidant (319)], Garlic Powder, Thickener (405, 415), Paprika, Acidity Regulator (330), Colour (160c, 160a), Emulsifier (322 From Soy), Preservative (385), Flavour.), Shallots, Apple Cider Vinegar 2022 (Naturally Brewed Apple Cider Vinegar, Apple Extract), Carrot, Olive Oil, Dijon Mustard (Water, Mustard Seed (18%), Salt, Sugar, Food Acid (Acetic), Spices), Honey, Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains Soy), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains Soy)), Garlic, Salt, Salt, Black Pepper.

Contains Soybeans, Soybean Products.



Rack'em BONES | BBQ RIBS

NUTRITIONAL DETAILS



Rack'em Bones-Half Rack BBQ, 6 Wings Buffalo, Chips And Slaw 2022 (Aioli Dressing)

NUTRITION INFORMATION

Servings per package: 2

Serving size: 1229g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	10100kJ (2410Cal)	820kJ (196Cal)
PROTEIN	137g	11.2g
FAT, TOTAL	137g	11.1g
- SATURATED	37.8g	3.1g
CARBOHYDRATE	154g	12.5g
SODIUM	3550mg	289mg

Ingredients: Pork (Pork (80%), Sauce (20%) [Water, Sugar, Tomato Powder, Spices, Tapioca Starch, Onion, Salt, Yeast Extract, Thickeners (412, 415), Smoke Flavour, Natural Flavour, Acidity Regulator (262)]), Oven Roasted Wings (Oven Roasted Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-Caking Agent (551))), Crust (Potato (91%), Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), BBQ Sauce - Gf (Sugar; Tomatoes (From Paste, Food Acid (Citric)); Rice Flour; Food Acid (Acetic, Citric); Salt; Glucose Syrup; Colour (Caramel 150c); Thickener (Pectin); Onion; Spices (Clove, Nutmeg, Pepper); Tamarind Paste; Yeast Extract), Green Cabbage, Purple Cabbage, Apple Green, Buffalo Sauce -Crust 2021 (Aged Cayenne Pepper, Vinegar, Water Salt, Vegetable Oils [Contain Soy, Antioxidant (319)], Garlic Powder, Thickener (405, 415), Paprika, Acidity Regulator (330), Colour (160c, 160a), Emulsifier (322 From Soy), Preservative (385), Flavour.), Sauce (Mayonnaise (Vegetable Oil (Soybean), Corn Syrup, Egg, Vinegar, Lemon Juice, Salt, Calcium Sulphite, Spices, Food Acid (330), Edta), Garlic, Vegetable Oil (Canola), Coriander, Preservative (202), Salt, Pepper), Shallots, Carrot, Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains Soy), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains Soy)).

Contains Egg, Soybeans, Soybean Products.

Rack'em
BONES | BBQ
RIBS
NUTRITIONAL DETAILS

**Rack'em Bones-Half Rack
 BBQ, 6 Wings Korean BBQ,
 Chips And Slaw 2022 (Apple
 Dressing)**

NUTRITION INFORMATION

Servings per package: 2

Serving size: 1202g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	9760kJ (2330Cal)	812kJ (194Cal)
PROTEIN	138g	11.4g
FAT, TOTAL	129g	10.7g
- SATURATED	36.7g	3.1g
CARBOHYDRATE	150g	12.4g
- SUGARS	64.6g	5.4g
SODIUM	3690mg	307mg

Ingredients: Pork (Pork (80%), Sauce (20%) [Water, Sugar, Tomato Powder, Spices, Tapioca Starch, Onion, Salt, Yeast Extract, Thickeners (412, 415), Smoke Flavour, Natural Flavour, Acidity Regulator (262)]), Oven Roasted Wings (Oven Roasted Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-Caking Agent (551))), Crust (Potato (91%), Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), Green Cabbage, BBQ Sauce - Gf (Sugar; Tomatoes (From Paste, Food Acid (Citric)); Rice Flour; Food Acid (Acetic, Citric); Salt; Glucose Syrup; Colour (Caramel 150c); Thickener (Pectin); Onion; Spices (Clove, Nutmeg, Pepper); Tamarind Paste; Yeast Extract), Purple Cabbage, Korean BBQ Sauce (Sugar, Water, Hydrolysed Vegetable Protein (Soy), Fermented Soy Beans (6%) (Water, Soy Bean, Wheat Flour, Salt, Sugar, Preservative (211), Salt, Garlic Powder, Sesame Oil (2.2%), Fish Sauce, Thickener (1422), Canola Oil, Chilli Flakes (1.4%), Yeast Extract, Acidity Regulator (260), Black Pepper Powder, Paprika Oleoresin, Natural Grill Flavour), Apple Green, Shallots, Apple Cider Vinegar 2022 (Naturally Brewed Apple Cider Vinegar, Apple Extract), Carrot, Olive Oil, Dijon Mustard (Water, Mustard Seed (18%), Salt, Sugar, Food Acid (Acetic), Spices), Honey, Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains Soy), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains Soy)), Garlic, Salt, Salt, Black Pepper.

Contains Wheat, Contains Gluten, Fish, Soybeans, Soybean Products, Sesame Seeds.



Rack'em BONES | BBQ RIBS

NUTRITIONAL DETAILS

Rack'em Bones-Half Rack BBQ, 6 Wings Korean BBQ, Chips And Slaw 2022 (Aioli Dressing)

NUTRITION INFORMATION

Servings per package: 2

Serving size: 1202g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	9990kJ (2390Cal)	831kJ (198Cal)
PROTEIN	138g	11.4g
FAT, TOTAL	135g	11.3g
- SATURATED	37.5g	3.1g
CARBOHYDRATE	149g	12.4g
- SUGARS	63.8g	5.3g
SODIUM	3700mg	308mg

Ingredients: Pork (Pork (80%), Sauce (20%) [Water, Sugar, Tomato Powder, Spices, Tapioca Starch, Onion, Salt, Yeast Extract, Thickeners (412, 415), Smoke Flavour, Natural Flavour, Acidity Regulator (262)]), Oven Roasted Wings (Oven Roasted Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-Caking Agent (551))), Crust (Potato (91%), Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), Green Cabbage, BBQ Sauce - Gf (Sugar; Tomatoes (From Paste, Food Acid (Citric)); Rice Flour; Food Acid (Acetic, Citric); Salt; Glucose Syrup; Colour (Caramel 150c); Thickener (Pectin); Onion; Spices (Clove, Nutmeg, Pepper); Tamarind Paste; Yeast Extract), Purple Cabbage, Korean BBQ Sauce (Sugar, Water, Hydrolysed Vegetable Protein (Soy), Fermented Soy Beans (6%) (Water, Soy Bean, Wheat Flour, Salt, Sugar, Preservative (211), Salt, Garlic Powder, Sesame Oil (2.2%), Fish Sauce, Thickener (1422), Canola Oil, Chilli Flakes (1.4%), Yeast Extract, Acidity Regulator (260), Black Pepper Powder, Paprika Oleoresin, Natural Grill Flavour), Apple Green, Sauce (Mayonnaise (Vegetable Oil (Soybean), Corn Syrup, Egg, Vinegar, Lemon Juice, Salt, Calcium Sulphite, Spices, Food Acid (330), Edta), Garlic, Vegetable Oil (Canola), Coriander, Preservative (202), Salt, Pepper), Shallots, Carrot, Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains Soy), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains Soy))).

Contains Wheat, Contains Gluten, Egg, Fish, Soybeans, Soybean Products, Sesame Seeds. May Contain Crustacea, Milk, Peanuts.



Rack'em BONES | BBQ RIBS

NUTRITIONAL DETAILS

Rack'em Bones-Full Rack BBQ, 6 Wings BBQ, Chips And Slaw 2022 (Apple Dressing)

NUTRITION INFORMATION

Servings per package: 2

Serving size: 1895g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	14400kJ (3440Cal)	760kJ (182Cal)
PROTEIN	202g	10.7g
FAT, TOTAL	181g	9.5g
- SATURATED	53.7g	2.8g
CARBOHYDRATE	246g	13.0g
- SUGARS	110g	5.8g
SODIUM	4200mg	221mg

Ingredients: Pork (Pork (80%), Sauce (20%) [Water, Sugar, Tomato Powder, Spices, Tapioca Starch, Onion, Salt, Yeast Extract, Thickeners (412, 415), Smoke Flavour, Natural Flavour, Acidity Regulator (262)]), Crust (Potato (91%), Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), Oven Roasted Wings (Oven Roasted Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-Caking Agent (551))), BBQ Sauce - Gf (Sugar; Tomatoes (From Paste, Food Acid (Citric)); Rice Flour; Food Acid (Acetic, Citric); Salt; Glucose Syrup; Colour (Caramel 150c); Thickener (Pectin); Onion; Spices (Clove, Nutmeg, Pepper); Tamarind Paste; Yeast Extract), Green Cabbage, Apple Green, Purple Cabbage, Shallots, Apple Cider Vinegar 2022 (Naturally Brewed Apple Cider Vinegar, Apple Extract), Carrot, Olive Oil, Dijon Mustard (Water, Mustard Seed (18%), Salt, Sugar, Food Acid (Acetic), Spices), Honey, Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains Soy), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains Soy)), Garlic, Salt, Salt, Black Pepper.

Contains Soybeans, Soybean Products.



Rack'em BONES | BBQ RIBS

NUTRITIONAL DETAILS

Rack'em Bones-Full Rack BBQ, 6 Wings BBQ, Chips And Slaw 2022 (Aioli Dressing)

NUTRITION INFORMATION

Servings per package: 2

Serving size: 1895g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	14700kJ (3520Cal)	776kJ (185Cal)
PROTEIN	202g	10.7g
FAT, TOTAL	189g	10.0g
- SATURATED	54.8g	2.9g
CARBOHYDRATE	245g	12.9g
- SUGARS	109g	5.7g
SODIUM	4220mg	222mg

Ingredients: Pork (Pork (80%), Sauce (20%) [Water, Sugar, Tomato Powder, Spices, Tapioca Starch, Onion, Salt, Yeast Extract, Thickeners (412, 415), Smoke Flavour, Natural Flavour, Acidity Regulator (262)]), Crust (Potato (91%), Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), Oven Roasted Wings (Oven Roasted Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-Caking Agent (551))), BBQ Sauce - Gf (Sugar; Tomatoes (From Paste, Food Acid (Citric)); Rice Flour; Food Acid (Acetic, Citric); Salt; Glucose Syrup; Colour (Caramel 150c); Thickener (Pectin); Onion; Spices (Clove, Nutmeg, Pepper); Tamarind Paste; Yeast Extract), Green Cabbage, Apple Green, Purple Cabbage, Sauce (Mayonnaise (Vegetable Oil (Soybean), Corn Syrup, Egg, Vinegar, Lemon Juice, Salt, Calcium Sulphite, Spices, Food Acid (330), Edta), Garlic, Vegetable Oil (Canola), Coriander, Preservative (202), Salt, Pepper), Shallots, Carrot, Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains Soy), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains Soy)).

Contains Egg, Soybeans, Soybean Products.

Rack'em
BONES | **BBQ RIBS**
NUTRITIONAL DETAILS

**Rack'em Bones-Full Rack
 BBQ, 6 Wings Buffalo, Chips
 And Slaw 2022 (Apple
 Dressing)**

NUTRITION INFORMATION

Servings per package: 2

Serving size: 1895g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	14300kJ (3410Cal)	753kJ (180Cal)
PROTEIN	202g	10.7g
FAT, TOTAL	184g	9.7g
- SATURATED	54.3g	2.9g
CARBOHYDRATE	231g	12.2g
- SUGARS	96.2g	5.1g
SODIUM	4630mg	244mg

Ingredients: Pork (Pork (80%), Sauce (20%) [Water, Sugar, Tomato Powder, Spices, Tapioca Starch, Onion, Salt, Yeast Extract, Thickeners (412, 415), Smoke Flavour, Natural Flavour, Acidity Regulator (262)]), Crust (Potato (91%), Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), Oven Roasted Wings (Oven Roasted Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-Caking Agent (551))), BBQ Sauce - Gf (Sugar; Tomatoes (From Paste, Food Acid (Citric)); Rice Flour; Food Acid (Acetic, Citric); Salt; Glucose Syrup; Colour (Caramel 150c); Thickener (Pectin); Onion; Spices (Clove, Nutmeg, Pepper); Tamarind Paste; Yeast Extract), Green Cabbage, Apple Green, Purple Cabbage, Buffalo Sauce -Crust 2021 (Aged Cayenne Pepper, Vinegar, Water Salt, Vegetable Oils [Contain Soy, Antioxidant (319)], Garlic Powder, Thickener (405, 415), Paprika, Acidity Regulator (330), Colour (160c, 160a), Emulsifier (322 From Soy), Preservative (385), Flavour.), Shallots, Apple Cider Vinegar 2022 (Naturally Brewed Apple Cider Vinegar, Apple Extract), Carrot, Olive Oil, Dijon Mustard (Water, Mustard Seed (18%), Salt, Sugar, Food Acid (Acetic), Spices), Honey, Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains Soy), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains Soy)), Garlic, Salt, Salt, Black Pepper.

Contains Soybeans, Soybean Products.



Rack'em BONES | BBQ RIBS

NUTRITIONAL DETAILS

Rack'em Bones-Full Rack BBQ, 6 Wings Buffalo, Chips And Slaw 2022 (Aioli Dressing)

NUTRITION INFORMATION

Servings per package: 2

Serving size: 1895g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	14600kJ (3480Cal)	769kJ (184Cal)
PROTEIN	202g	10.7g
FAT, TOTAL	193g	10.2g
- SATURATED	55.4g	2.9g
CARBOHYDRATE	230g	12.1g
- SUGARS	95.1g	5.0g
SODIUM	4650mg	245mg

Ingredients: Pork (Pork (80%), Sauce (20%) [Water, Sugar, Tomato Powder, Spices, Tapioca Starch, Onion, Salt, Yeast Extract, Thickeners (412, 415), Smoke Flavour, Natural Flavour, Acidity Regulator (262)]), Crust (Potato (91%), Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), Oven Roasted Wings (Oven Roasted Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-Caking Agent (551))), BBQ Sauce - Gf (Sugar; Tomatoes (From Paste, Food Acid (Citric)); Rice Flour; Food Acid (Acetic, Citric); Salt; Glucose Syrup; Colour (Caramel 150c); Thickener (Pectin); Onion; Spices (Clove, Nutmeg, Pepper); Tamarind Paste; Yeast Extract), Green Cabbage, Apple Green, Purple Cabbage, Buffalo Sauce -Crust 2021 (Aged Cayenne Pepper, Vinegar, Water Salt, Vegetable Oils [Contain Soy, Antioxidant (319)], Garlic Powder, Thickener (405, 415), Paprika, Acidity Regulator (330), Colour (160c, 160a), Emulsifier (322 From Soy), Preservative (385), Flavour.), Sauce (Mayonnaise (Vegetable Oil (Soybean), Corn Syrup, Egg, Vinegar, Lemon Juice, Salt, Calcium Sulphite, Spices, Food Acid (330), Edta), Garlic, Vegetable Oil (Canola), Coriander, Preservative (202), Salt, Pepper), Shallots, Carrot, Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains Soy), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains Soy)).

Contains Egg, Soybeans, Soybean Products.



Rack'em BONES | BBQ RIBS

NUTRITIONAL DETAILS

Rack'em Bones - Full Rack BBQ, 6 Wings Korean BBQ, Chips And Slaw 2022 (Apple Dressing)

NUTRITION INFORMATION

Servings per package: 2

Serving size: 1895g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	14500kJ (3450Cal)	763kJ (182Cal)
PROTEIN	203g	10.7g
FAT, TOTAL	182g	9.6g
- SATURATED	54.0g	2.9g
CARBOHYDRATE	242g	12.8g
- SUGARS	105g	5.6g
SODIUM	5080mg	268mg

Ingredients: Pork (Pork (80%), Sauce (20%) [Water, Sugar, Tomato Powder, Spices, Tapioca Starch, Onion, Salt, Yeast Extract, Thickeners (412, 415), Smoke Flavour, Natural Flavour, Acidity Regulator (262)]), Crust (Potato (91%), Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), Oven Roasted Wings (Oven Roasted Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-Caking Agent (551))), Bbq Sauce - Gf (Sugar; Tomatoes (From Paste, Food Acid (Citric)); Rice Flour; Food Acid (Acetic, Citric); Salt; Glucose Syrup; Colour (Caramel 150c); Thickener (Pectin); Onion; Spices (Clove, Nutmeg, Pepper); Tamarind Paste; Yeast Extract), Green Cabbage, Apple Green, Purple Cabbage, Korean Bbq Sauce (Sugar, Water, Hydrolysed Vegetable Protein (Soy), Fermented Soy Beans (6%) (Water, Soy Bean, Wheat Flour, Salt, Sugar, Preservative (211), Salt, Garlic Powder, Sesame Oil (2.2%), Fish Sauce, Thickener (1422), Canola Oil, Chilli Flakes (1.4%), Yeast Extract, Acidity Regulator (260), Black Pepper Powder, Paprika Oleoresin, Natural Grill Flavour), Shallots, Apple Cider Vinegar 2022 (Naturally Brewed Apple Cider Vinegar, Apple Extract), Carrot, Olive Oil, Dijon Mustard (Water, Mustard Seed (18%), Salt, Sugar, Food Acid (Acetic), Spices), Honey, Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains Soy), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains Soy)), Garlic, Salt, Salt, Black Pepper.

Contains Wheat, Contains Gluten, Fish, Soybeans, Soybean Products, Sesame Seeds.

Rack'em
BONES | **BBQ RIBS**
NUTRITIONAL DETAILS

Rack'em Bones - Full Rack BBQ, 6 Wings Korean BBQ, Chips And Slaw 2022 (Aioli Dressing)

NUTRITION INFORMATION

Servings per package: 2

Serving size: 1895g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	14800kJ (3530Cal)	779kJ (186Cal)
PROTEIN	203g	10.7g
FAT, TOTAL	191g	10.1g
- SATURATED	55.1g	2.9g
CARBOHYDRATE	241g	12.7g
- SUGARS	104g	5.5g
SODIUM	5090mg	269mg

Ingredients: Pork (Pork (80%), Sauce (20%) [Water, Sugar, Tomato Powder, Spices, Tapioca Starch, Onion, Salt, Yeast Extract, Thickeners (412, 415), Smoke Flavour, Natural Flavour, Acidity Regulator (262)]), Crust (Potato (91%), Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), Oven Roasted Wings (Oven Roasted Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-Caking Agent (551))), BBQ Sauce - Gf (Sugar; Tomatoes (From Paste, Food Acid (Citric)); Rice Flour; Food Acid (Acetic, Citric); Salt; Glucose Syrup; Colour (Caramel 150c); Thickener (Pectin); Onion; Spices (Clove, Nutmeg, Pepper); Tamarind Paste; Yeast Extract), Green Cabbage, Apple Green, Purple Cabbage, Korean BBQ Sauce (Sugar, Water, Hydrolysed Vegetable Protein (Soy), Fermented Soy Beans (6%) (Water, Soy Bean, Wheat Flour, Salt, Sugar, Preservative (211), Salt, Garlic Powder, Sesame Oil (2.2%), Fish Sauce, Thickener (1422), Canola Oil, Chilli Flakes (1.4%), Yeast Extract, Acidity Regulator (260), Black Pepper Powder, Paprika Oleoresin, Natural Grill Flavour), Sauce (Mayonnaise (Vegetable Oil (Soybean), Corn Syrup, Egg, Vinegar, Lemon Juice, Salt, Calcium Sulphite, Spices, Food Acid (330), Edta), Garlic, Vegetable Oil (Canola), Coriander, Preservative (202), Salt, Pepper), Shallots, Carrot, Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains Soy), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains Soy)).

Contains Wheat, Contains Gluten, Egg, Fish, Soybeans, Soybean Products, Sesame Seeds. May Contain Crustacea, Milk, Peanuts.



Rack'em BONES | BBQ RIBS

NUTRITIONAL DETAILS

Rack'em Bones - Mega Pack BBQ, 24 Wings BBQ, Chips And Slaw 2022 (Apple Dressing)

NUTRITION INFORMATION

Servings per package: 2

Serving size: 4330g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	36000kJ (8600Cal)	832kJ (199Cal)
PROTEIN	539g	12.5g
FAT, TOTAL	492g	11.4g
- SATURATED	144g	3.3g
CARBOHYDRATE	499g	11.5g
- SUGARS	213g	4.9g
SODIUM	9260mg	214mg

Ingredients: Pork (Pork (80%), Sauce (20%) [Water, Sugar, Tomato Powder, Spices, Tapioca Starch, Onion, Salt, Yeast Extract, Thickeners (412, 415), Smoke Flavour, Natural Flavour, Acidity Regulator (262)]), Oven Roasted Wings (Oven Roasted Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-Caking Agent (551))), Crust (Potato (91%), Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), BBQ Sauce - Gf (Sugar; Tomatoes (From Paste, Food Acid (Citric)); Rice Flour; Food Acid (Acetic, Citric); Salt; Glucose Syrup; Colour (Caramel 150c); Thickener (Pectin); Onion; Spices (Clove, Nutmeg, Pepper); Tamarind Paste; Yeast Extract), Green Cabbage, Purple Cabbage, Apple Green, Shallots, Apple Cider Vinegar 2022 (Naturally Brewed Apple Cider Vinegar, Apple Extract), Carrot, Olive Oil, Dijon Mustard (Water, Mustard Seed (18%), Salt, Sugar, Food Acid (Acetic), Spices), Honey, Garlic, Salt, Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains Soy), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains Soy)), Salt, Black Pepper.

Contains Soybeans, Soybean Products.



Rack'em BONES | BBQ RIBS

NUTRITIONAL DETAILS

Rack'em Bones - Mega Pack BBQ, 24 Wings BBQ, Chips And Slaw 2022 (Aioli Dressing)

NUTRITION INFORMATION

Servings per package: 2

Serving size: 4330g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	36500kJ (8710Cal)	842kJ (201Cal)
PROTEIN	540g	12.5g
FAT, TOTAL	505g	11.7g
- SATURATED	145g	3.4g
CARBOHYDRATE	497g	11.5g
- SUGARS	211g	4.9g
SODIUM	9290mg	214mg

Ingredients: Pork (Pork (80%), Sauce (20%) [Water, Sugar, Tomato Powder, Spices, Tapioca Starch, Onion, Salt, Yeast Extract, Thickeners (412, 415), Smoke Flavour, Natural Flavour, Acidity Regulator (262)]), Oven Roasted Wings (Oven Roasted Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-Caking Agent (551))), Crust (Potato (91%), Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), BBQ Sauce - Gf (Sugar; Tomatoes (From Paste, Food Acid (Citric)); Rice Flour; Food Acid (Acetic, Citric); Salt; Glucose Syrup; Colour (Caramel 150c); Thickener (Pectin); Onion; Spices (Clove, Nutmeg, Pepper); Tamarind Paste; Yeast Extract), Green Cabbage, Purple Cabbage, Apple Green, Sauce (Mayonnaise (Vegetable Oil (Soybean), Corn Syrup, Egg, Vinegar, Lemon Juice, Salt, Calcium Sulphite, Spices, Food Acid (330), Edta), Garlic, Vegetable Oil (Canola), Coriander, Preservative (202), Salt, Pepper), Shallots, Carrot, Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains Soy), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains Soy)).

Contains Egg, Soybeans, Soybean Products.

Rack'em
BONES | **BBQ RIBS**
NUTRITIONAL DETAILS

**Rack'em Bones- Mega Pack
 BBQ, 24 Wings Buffalo,
 Chips And Slaw 2022 (Apple
 Dressing)**

NUTRITION INFORMATION

Servings per package: 2

Serving size: 4375g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	36000kJ (8600Cal)	823kJ (197Cal)
PROTEIN	540g	12.3g
FAT, TOTAL	503g	11.5g
- SATURATED	146g	3.3g
CARBOHYDRATE	476g	10.9g
- SUGARS	190g	4.4g
SODIUM	11200mg	256mg

Ingredients: Pork (Pork (80%), Sauce (20%) [Water, Sugar, Tomato Powder, Spices, Tapioca Starch, Onion, Salt, Yeast Extract, Thickeners (412, 415), Smoke Flavour, Natural Flavour, Acidity Regulator (262)]), Oven Roasted Wings (Oven Roasted Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-Caking Agent (551))), Crust (Potato (91%), Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), Green Cabbage, BBQ Sauce - Gf (Sugar; Tomatoes (From Paste, Food Acid (Citric)); Rice Flour; Food Acid (Acetic, Citric); Salt; Glucose Syrup; Colour (Caramel 150c); Thickener (Pectin); Onion; Spices (Clove, Nutmeg, Pepper); Tamarind Paste; Yeast Extract), Buffalo Sauce -Crust 2021 (Aged Cayenne Pepper, Vinegar, Water Salt, Vegetable Oils [Contain Soy, Antioxidant (319)], Garlic Powder, Thickener (405, 415), Paprika, Acidity Regulator (330), Colour (160c, 160a), Emulsifier (322 From Soy), Preservative (385), Flavour.), Purple Cabbage, Apple Green, Shallots, Apple Cider Vinegar 2022 (Naturally Brewed Apple Cider Vinegar, Apple Extract), Carrot, Olive Oil, Dijon Mustard (Water, Mustard Seed (18%), Salt, Sugar, Food Acid (Acetic), Spices), Honey, Garlic, Salt, Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains Soy), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains Soy)), Salt, Black Pepper.

Contains Soybeans, Soybean Products.

Rack'em
BONES | **BBQ RIBS**
NUTRITIONAL DETAILS

**Rack'em Bones -Mega Pack
 BBQ, 24 Wings Buffalo,
 Chips And Slaw 2022 (Aioli
 Dressing)**

NUTRITION INFORMATION

Servings per package: 2

Serving size: 4375g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	36500kJ (8710Cal)	834kJ (199Cal)
PROTEIN	540g	12.3g
FAT, TOTAL	516g	11.8g
- SATURATED	147g	3.4g
CARBOHYDRATE	474g	10.8g
- SUGARS	189g	4.3g
SODIUM	11200mg	256mg

Ingredients: Pork (Pork (80%), Sauce (20%) [Water, Sugar, Tomato Powder, Spices, Tapioca Starch, Onion, Salt, Yeast Extract, Thickeners (412, 415), Smoke Flavour, Natural Flavour, Acidity Regulator (262)]), Oven Roasted Wings (Oven Roasted Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-Caking Agent (551))), Crust (Potato (91%), Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), Green Cabbage, BBQ Sauce - Gf (Sugar; Tomatoes (From Paste, Food Acid (Citric)); Rice Flour; Food Acid (Acetic, Citric); Salt; Glucose Syrup; Colour (Caramel 150c); Thickener (Pectin); Onion; Spices (Clove, Nutmeg, Pepper); Tamarind Paste; Yeast Extract), Buffalo Sauce -Crust 2021 (Aged Cayenne Pepper, Vinegar, Water Salt, Vegetable Oils [Contain Soy, Antioxidant (319)], Garlic Powder, Thickener (405, 415), Paprika, Acidity Regulator (330), Colour (160c, 160a), Emulsifier (322 From Soy), Preservative (385), Flavour.), Purple Cabbage, Apple Green, Sauce (Mayonnaise (Vegetable Oil (Soybean), Corn Syrup, Egg, Vinegar, Lemon Juice, Salt, Calcium Sulphite, Spices, Food Acid (330), Edta), Garlic, Vegetable Oil (Canola), Coriander, Preservative (202), Salt, Pepper), Shallots, Carrot, Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains Soy), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains Soy)).

Contains Egg, Soybeans, Soybean Products.



Rack'em BONES | BBQ RIBS

NUTRITIONAL DETAILS

Rack'em Bones - Mega Pack BBQ, 24 Wings Korean BBQ, Chips And Slaw 2022 (Apple Dressing)

NUTRITION INFORMATION

Servings per package: 2

Serving size: 4375g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	36700kJ (8760Cal)	838kJ (200Cal)
PROTEIN	541g	12.4g
FAT, TOTAL	498g	11.4g
- SATURATED	145g	3.3g
CARBOHYDRATE	511g	11.7g
- SUGARS	221g	5.1g
SODIUM	12700mg	290mg

Ingredients: Pork (Pork (80%), Sauce (20%) [Water, Sugar, Tomato Powder, Spices, Tapioca Starch, Onion, Salt, Yeast Extract, Thickeners (412, 415), Smoke Flavour, Natural Flavour, Acidity Regulator (262)]), Oven Roasted Wings (Oven Roasted Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-Caking Agent (551))), Crust (Potato (91%), Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), Green Cabbage, Bbq Sauce - Gf (Sugar; Tomatoes (From Paste, Food Acid (Citric)); Rice Flour; Food Acid (Acetic, Citric); Salt; Glucose Syrup; Colour (Caramel 150c); Thickener (Pectin); Onion; Spices (Clove, Nutmeg, Pepper); Tamarind Paste; Yeast Extract), Korean Bbq Sauce (Sugar, Water, Hydrolysed Vegetable Protein (Soy), Fermented Soy Beans (6%) (Water, Soy Bean, Wheat Flour, Salt, Sugar, Preservative (211), Salt, Garlic Powder, Sesame Oil (2.2%), Fish Sauce, Thickener (1422), Canola Oil, Chilli Flakes (1.4%), Yeast Extract, Acidity Regulator (260), Black Pepper Powder, Paprika Oleoresin, Natural Grill Flavour), Purple Cabbage, Apple Green, Shallots, Apple Cider Vinegar 2022 (Naturally Brewed Apple Cider Vinegar, Apple Extract), Carrot, Olive Oil, Dijon Mustard (Water, Mustard Seed (18%), Salt, Sugar, Food Acid (Acetic), Spices), Honey, Garlic, Salt, Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains Soy), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains Soy)), Salt, Black Pepper.

Contains Wheat, Contains Gluten, Fish, Soybeans, Soybean Products, Sesame Seeds.



Rack'em BONES | BBQ RIBS

NUTRITIONAL DETAILS

Rack'em Bones - Mega Pack BBQ, 24 Wings Korean BBQ, Chips And Slaw 2022 (Aioli Dressing)

NUTRITION INFORMATION

Servings per package: 2

Serving size: 4375g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	37100kJ (8870Cal)	848kJ (203Cal)
PROTEIN	541g	12.4g
FAT, TOTAL	511g	11.7g
- SATURATED	146g	3.4g
CARBOHYDRATE	510g	11.6g
- SUGARS	220g	5.0g
SODIUM	12700mg	290mg

Ingredients: Pork (Pork (80%), Sauce (20%) [Water, Sugar, Tomato Powder, Spices, Tapioca Starch, Onion, Salt, Yeast Extract, Thickeners (412, 415), Smoke Flavour, Natural Flavour, Acidity Regulator (262)]), Oven Roasted Wings (Oven Roasted Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-Caking Agent (551))), Crust (Potato (91%), Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), Green Cabbage, BBQ Sauce - Gf (Sugar; Tomatoes (From Paste, Food Acid (Citric)); Rice Flour; Food Acid (Acetic, Citric); Salt; Glucose Syrup; Colour (Caramel 150c); Thickener (Pectin); Onion; Spices (Clove, Nutmeg, Pepper); Tamarind Paste; Yeast Extract), Korean BBQ Sauce (Sugar, Water, Hydrolysed Vegetable Protein (Soy), Fermented Soy Beans (6%) (Water, Soy Bean, Wheat Flour, Salt, Sugar, Preservative (211), Salt, Garlic Powder, Sesame Oil (2.2%), Fish Sauce, Thickener (1422), Canola Oil, Chilli Flakes (1.4%), Yeast Extract, Acidity Regulator (260), Black Pepper Powder, Paprika Oleoresin, Natural Grill Flavour), Purple Cabbage, Apple Green, Sauce (Mayonnaise (Vegetable Oil (Soybean), Corn Syrup, Egg, Vinegar, Lemon Juice, Salt, Calcium Sulphite, Spices, Food Acid (330), Edta), Garlic, Vegetable Oil (Canola), Coriander, Preservative (202), Salt, Pepper), Shallots, Carrot, Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains Soy), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains Soy)).

Contains Wheat, Contains Gluten, Egg, Fish, Soybeans, Soybean Products, Sesame Seeds. May Contain Crustacea, Milk, Peanuts.



Rack'em BONES | BBQ RIBS

NUTRITIONAL DETAILS



Rack'em Bones - Texan Brisket Burger 2022 (Apple Dressing)

NUTRITION INFORMATION

Servings per package: 1

Serving size: 152g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1640kJ (392Cal)	1080kJ (258Cal)
PROTEIN	19.9g	13.1g
FAT, TOTAL	16.0g	10.5g
- SATURATED	5.4g	3.6g
CARBOHYDRATE	39.8g	26.2g
- SUGARS	8.8g	5.8g
SODIUM	602mg	396mg

Ingredients: Damper Bap Rolls (Wheat Flour, Water, Yeast, Wheat Gluten, Vegetable Oils (Palm, Canola), Iodised Salt, Yellow Pea Flour, Vitamins (Thiamin, Folate)), Texan Brisket Pulled With Sauce- 100g Gjc21 (Ingredients: Beef (80%), BBQ Sauce [Concentrated Tomatoes, Sugar, Thickener (1442), Salt, Food Acids (Acetic Acid, Citric Acid), Flavours (Including Hickory Smoke), Colour (Caramel (150c), Spice], Spices, Worcestershire Sauce Caramel Colour (150c), Tomato Paste, Sugar, Onion Powder, Salt, Ground Flax Seed), Mozzarella (Milk, Skim Milk, Salt, Cultures, Rennet (Vegetarian) Anti- Caking Agent (Starch (Tapioca) Preservative (200), Emulsifier (460))), BBQ Sauce - Gf (Sugar; Tomatoes (From Paste, Food Acid (Citric)); Rice Flour; Food Acid (Acetic, Citric); Salt; Glucose Syrup; Colour (Caramel 150c); Thickener (Pectin); Onion; Spices (Clove, Nutmeg, Pepper); Tamarind Paste; Yeast Extract), Sauce (Mayonnaise (Vegetable Oil (Soybean), Corn Syrup, Egg, Vinegar, Water, Calcium Sulphate, Lemon Juice, Salt, Spices, Edta, Food Acid (330)), Chillies, Vegetable Oil, Salt, Garlic, Cayenne), Green Cabbage, Apple Green, Purple Cabbage, Shallots, Apple Cider Vinegar 2022 (Naturally Brewed Apple Cider Vinegar, Apple Extract), Olive Oil, Carrot, Dijon Mustard (Water, Mustard Seed (18%), Salt, Sugar, Food Acid (Acetic), Spices), Honey, Garlic, Salt, Salt, Black Pepper.

Contains Wheat, Contains Gluten, Egg, Milk, Soybeans.





Rack'em BONES | BBQ RIBS

NUTRITIONAL DETAILS



Rack'em Bones-Texan Brisket Burger 2022 (Aioli Dressing)

NUTRITION INFORMATION

Servings per package: 1

Serving size: 152g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1670kJ (399Cal)	1100kJ (262Cal)
PROTEIN	19.9g	13.1g
FAT, TOTAL	16.9g	11.1g
- SATURATED	5.5g	3.6g
CARBOHYDRATE	39.7g	26.1g
- SUGARS	8.7g	5.7g
SODIUM	604mg	397mg

Ingredients: Damper Bap Rolls (Wheat Flour, Water, Yeast, Wheat Gluten, Vegetable Oils (Palm, Canola), Iodised Salt, Yellow Pea Flour, Vitamins (Thiamin, Folate)), Texan Brisket Pulled With Sauce- 100g Gjc21 (Ingredients: Beef (80%), BBQ Sauce [Concentrated Tomatoes, Sugar, Thickener (1442), Salt, Food Acids (Acetic Acid, Citric Acid), Flavours (Including Hickory Smoke), Colour (Caramel (150c), Spice], Spices, Worcestershire Sauce Caramel Colour (150c), Tomato Paste, Sugar, Onion Powder, Salt, Ground Flax Seed), Mozzarella (Milk, Skim Milk, Salt, Cultures, Rennet (Vegetarian) Anti- Caking Agent (Starch (Tapioca) Preservative (200), Emulsifier (460))), BBQ Sauce - Gf (Sugar; Tomatoes (From Paste, Food Acid (Citric)); Rice Flour; Food Acid (Acetic, Citric); Salt; Glucose Syrup; Colour (Caramel 150c); Thickener (Pectin); Onion; Spices (Clove, Nutmeg, Pepper); Tamarind Paste; Yeast Extract), Sauce (Mayonnaise (Vegetable Oil (Soybean), Corn Syrup, Egg, Vinegar, Water, Calcium Sulphate, Lemon Juice, Salt, Spices, Edta, Food Acid (330)), Chillies, Vegetable Oil, Salt, Garlic, Cayenne), Green Cabbage, Apple Green, Purple Cabbage, Shallots, Sauce (Mayonnaise (Vegetable Oil (Soybean), Corn Syrup, Egg, Vinegar, Lemon Juice, Salt, Calcium Sulphite, Spices, Food Acid (330), Edta), Garlic, Vegetable Oil (Canola), Coriander, Preservative (202), Salt, Pepper), Carrot.

Contains Wheat, Contains Gluten, Egg, Milk, Soybeans.





Rack'em BONES | BBQ RIBS

NUTRITIONAL DETAILS



Rack'em Bones – Smokey BBQ Wings 2022

NUTRITION INFORMATION

Servings per package: 1

Serving size: 350g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	4180kJ (1000Cal)	1200kJ (286Cal)
PROTEIN	67.6g	19.3g
FAT, TOTAL	66.4g	19.0g
- SATURATED	18.3g	5.2g
CARBOHYDRATE	34.9g	10.0g
- SUGARS	24.1g	6.9g
SODIUM	1130mg	324mg

Ingredients: Oven Roasted Wings (Oven Roasted Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-Caking Agent (551))), BBQ Sauce - Gf (Sugar; Tomatoes (From Paste, Food Acid (Citric)); Rice Flour; Food Acid (Acetic, Citric); Salt; Glucose Syrup; Colour (Caramel 150c); Thickener (Pectin); Onion; Spices (Clove, Nutmeg, Pepper); Tamarind Paste; Yeast Extract).

Rack'em Bones – Buffalo Wings 2022

NUTRITION INFORMATION

Servings per package: 1

Serving size: 350g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	3950kJ (943Cal)	1130kJ (270Cal)
PROTEIN	67.5g	19.3g
FAT, TOTAL	72.0g	20.6g
- SATURATED	19.2g	5.5g
CARBOHYDRATE	10.0g	2.8g
- SUGARS	1.4g	0.4g
SODIUM	1850mg	529mg

Ingredients: Oven Roasted Wings (Oven Roasted Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-Caking Agent (551))), Buffalo Sauce -Crust 2021 (Aged Cayenne Pepper, Vinegar, Water Salt, Vegetable Oils [Contain Soy, Antioxidant (319)], Garlic Powder, Thickener (405, 415), Paprika, Acidity Regulator (330), Colour (160c, 160a), Emulsifier (322 From Soy), Preservative (385), Flavour.).

Contains Soybeans.



Rack'em BONES | BBQ RIBS

NUTRITIONAL DETAILS

Rack'em Bones–Korean BBQ Wings 2022

NUTRITION INFORMATION

Servings per package: 1

Serving size: 350g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	4270kJ (1020Cal)	1220kJ (291Cal)
PROTEIN	68.4g	19.5g
FAT, TOTAL	69.5g	19.9g
- SATURATED	18.8g	5.4g
CARBOHYDRATE	27.8g	7.9g
- SUGARS	16.9g	4.8g
SODIUM	2600mg	742mg

Ingredients: Oven Roasted Wings (Oven Roasted Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-Caking Agent (551)), Korean BBQ Sauce (Sugar, Water, Hydrolysed Vegetable Protein (Soy), Fermented Soy Beans (6%) (Water, Soy Bean, Wheat Flour, Salt, Sugar, Preservative (211), Salt, Garlic Powder, Sesame Oil (2.2%), Fish Sauce, Thickener (1422), Canola Oil, Chilli Flakes (1.4%), Yeast Extract, Acidity Regulator (260), Black Pepper Powder, Paprika Oleoresin, Natural Grill Flavour). Contains Wheat, Contains Gluten, Fish, Soybeans, Sesame Seeds.

May Contain Crustacea, Milk, Peanuts.

Rack'em Bones - Cheesy Garlic Loaf 2022

NUTRITION INFORMATION

Servings per package: 1

Serving size: 232g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	3450kJ (824Cal)	1490kJ (355Cal)
PROTEIN	15.6g	6.7g
FAT, TOTAL	37.4g	16.1g
- SATURATED	8.5g	3.7g
CARBOHYDRATE	106g	45.8g
- SUGARS	35.5g	15.3g
SODIUM	889mg	383mg

Ingredients: Base (Wheat Flour, Sugar, Canola Oil, Iodised Salt, Wheat Gluten, Thiamine, Folic Acid), Hazelnut Filling (Sugar, Vegetable Oil (Palm), Hazelnuts (13%), Skim Milk Powder (8%), Cocoa Powder (7%), Emulsifier (Lecithin (Soy)), Flavour), Water, Margarine Spread (Vegetable Oil, Water, Salt, Emulsifiers (471, Soyabean Lecithin), Milk Solids, Food Acid (330), Flavour, Colour (160a), Vitamin D.), Cinnamon Sugar (Sugar 87%, Cinnamon 7%, Cassia, Spice Extracts), Yeast.

Contains Wheat, Contains Gluten, Milk, Soybeans, Tree Nuts.



Rack'em BONES | BBQ RIBS

NUTRITIONAL DETAILS

Rack'em Bones-Oven Baked Chips 2022

NUTRITION INFORMATION

Servings per package: 1

Serving size: 301g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1870kJ (447Cal)	622kJ (149Cal)
PROTEIN	9.0g	3.0g
FAT, TOTAL	13.8g	4.6g
- SATURATED	1.2g	0.4g
CARBOHYDRATE	68.5g	22.8g
- SUGARS	1.8g	0.6g
SODIUM	335mg	111mg

Ingredients: Crust (Potato (91%), Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (621), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains Soy), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains Soy)).

Contains Soybeans, Soybean Products.

Rack'em Bones-USA Bread Biscuits 2022

NUTRITION INFORMATION

Servings per package: 1

Serving size: 114g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2400kJ (573Cal)	2100kJ (501Cal)
PROTEIN	5.3g	4.6g
FAT, TOTAL	46.3g	40.5g
- SATURATED	30.0g	26.3g
CARBOHYDRATE	34.8g	30.5g
- SUGARS	7.1g	6.2g
SODIUM	755mg	660mg

Ingredients: Pizza Capers Scone (Wheat Flour, Buttermilk (Minimum 24.0%), Water, Sugar, Margarine [Palm Oil, Water, Salt, Milk Solids, Vegetable Emulsifiers (471, 472c), Flavour, Antioxidant (304), Colour (160a)], Raising Agents (500, 541, 450), Stabiliser Blend (Wheat Derived) [Stabiliser (440), Vegetable Emulsifier (472e), Enzyme, Antioxidant (300)], Salt, Thickener (1400), Vegetable Emulsifier (471), Egg, Colour (160a)), Butter (Cream (Milk), Water), Garlic, Salt, Paprika, Salt & Pepper Mix (Paprika, Salt And Pepper).

Contains Wheat, Contains Gluten, Egg, Milk.

May Contain Peanuts, Soybeans, Tree Nuts, Sesame Seeds.



Rack'em BONES | BBQ RIBS

NUTRITIONAL DETAILS

Rack'em Bones-Smokey Corn 2022

NUTRITION INFORMATION

Servings per package: 1

Serving size: 155g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	912kJ (218Cal)	589kJ (141Cal)
PROTEIN	6.0g	3.9g
FAT, TOTAL	11.2g	7.3g
- SATURATED	6.2g	4.0g
CARBOHYDRATE	20.4g	13.2g
- SUGARS	8.9g	5.7g
SODIUM	191mg	123mg

Ingredients: Fresh Corn, Butter (Cream (Milk), Water), Paprika, Salt & Pepper Mix (Paprika, Salt And Pepper), Garlic, Salt.

Contains Milk.

Rack'em Bones-House Made Slaw (Apple Dressing) 2022

NUTRITION INFORMATION

Servings per package: 1

Serving size: 261g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	441kJ (105Cal)	169kJ (40Cal)
PROTEIN	3.6g	1.4g
FAT, TOTAL	4.8g	1.9g
- SATURATED	0.6g	0.2g
CARBOHYDRATE	8.2g	3.1g
- SUGARS	7.9g	3.0g
SODIUM	102mg	39mg

Ingredients: Green Cabbage, Purple Cabbage, Apple Green, Shallots, Apple Cider Vinegar 2022 (Naturally Brewed Apple Cider Vinegar, Apple Extract), Carrot, Olive Oil, Dijon Mustard (Water, Mustard Seed (18%), Salt, Sugar, Food Acid (Acetic), Spices), Honey, Garlic, Salt, Salt, Black Pepper.



Rack'em BONES | BBQ RIBS

NUTRITIONAL DETAILS



Rack'em Bones-House Made Slaw (Aioli Dressing) 2022

NUTRITION INFORMATION

Servings per package: 1

Serving size: 261g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	746kJ (178Cal)	286kJ (68Cal)
PROTEIN	3.7g	1.4g
FAT, TOTAL	13.7g	5.2g
- SATURATED	1.7g	0.7g
CARBOHYDRATE	7.0g	2.7g
- SUGARS	6.8g	2.6g
SODIUM	119mg	46mg

Ingredients: Green Cabbage, Purple Cabbage, Apple Green, Shallots, Sauce (Mayonnaise (Vegetable Oil (Soybean), Corn Syrup, Egg, Vinegar, Lemon Juice, Salt, Calcium Sulphite, Spices, Food Acid (330), Edta), Garlic, Vegetable Oil (Canola), Coriander, Preservative (202), Salt, Pepper), Carrot.

Contains Egg, Soybeans.

Rack'em Bones-Apple Pie Bites 6 Pack 2022

NUTRITION INFORMATION

Servings per package: 1

Serving size: 122g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1640kJ (392Cal)	1350kJ (321Cal)
PROTEIN	4.7g	3.8g
FAT, TOTAL	18.1g	14.9g
- SATURATED	5.2g	4.2g
CARBOHYDRATE	50.7g	41.5g
- SUGARS	18.7g	15.3g
SODIUM	238mg	195mg

Ingredients: Apple Pie Bites (Wheat Flour, Diced Apple, Water, Sugar, Margarine (Vegetable Oils And Fats, Waters, Salt, Emulsifiers (322, 471), Food Acid (330), Natural Flavour, Natural Colour (160a)), Modified Maize Thickener (1422), Cassia, Citric Acid, Baking Powder, Salt.), Cinnamon Sugar (Sugar 87%, Cinnamon 7%, Cassia, Spice Extracts).

**Contains Wheat, Contains Gluten.
May Contain Rye, Barley, Oats, Spelt.**



Rack'em BONES | BBQ RIBS

NUTRITIONAL DETAILS



Rack'em Bones-Apple Pie Bites 12 Pack 2022

NUTRITION INFORMATION

Servings per package: 1

Serving size: 244g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	3280kJ (784Cal)	1350kJ (321Cal)
PROTEIN	9.4g	3.8g
FAT, TOTAL	36.3g	14.9g
- SATURATED	10.3g	4.2g
CARBOHYDRATE	101g	41.5g
- SUGARS	37.3g	15.3g
SODIUM	475mg	195mg

Ingredients: Apple Pie Bites (Wheat Flour, Diced Apple, Water, Sugar, Margarine (Vegetable Oils And Fats, Waters, Salt, Emulsifiers (322, 471), Food Acid (330), Natural Flavour, Natural Colour (160a)), Modified Maize Thickener (1422), Cassia, Citric Acid, Baking Powder, Salt.), Cinnamon Sugar (Sugar 87%, Cinnamon 7%, Cassia, Spice Extracts).

**Contains Wheat, Contains Gluten.
May Contain Rye, Barley, Oats, Spelt.**

Rack'em Bones Choc Brownie 2022

NUTRITION INFORMATION

Servings per package: 1

Serving size: 118.5g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2020kJ (482Cal)	1700kJ (406Cal)
PROTEIN	6.9g	5.8g
FAT, TOTAL	19.0g	16.0g
- SATURATED	11.6g	9.8g
CARBOHYDRATE	69.0g	58.3g
- SUGARS	58.0g	48.9g
SODIUM	239mg	202mg

Ingredients: Chocolate Brownie - Sara Lee 350g Retail Pack (Sugar, Egg, Wheat Flour, Butter, Dark Chocolate 10% (Sugar, Cocoa Mass, Cocoa Butter, Emulsifiers (Vegetable - Soy Lecithin, 476), Natural Vanilla Flavour)), Cocoa, Vegetable Margarine (Milk), Dark Chocolate Chips (3%), Salt. Total Cocoa Solids: 10%), Chocolate Fudge Sauce (Sugar, Water, Dextrose, Milk Solids, Cocoa Powder, Vegetable Fat, Maltodextrin, Salt, Thickener (401) Preservative (202), Flavour, Emulsifiers (322, Soy)), Icing Sugar Mixture (Pure Icing Sugar, Wheaten Starch.).

**Contains Wheat, Contains Gluten, Egg, Milk, Soybeans.
May Contain Peanuts, Tree Nuts.**



Rack'em BONES | BBQ RIBS

NUTRITIONAL DETAILS



Rack'em Bones - Chocolate Mousse 2022

NUTRITION INFORMATION

Servings per package: 1

Serving size: 110g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1710kJ (407Cal)	1550kJ (370Cal)
PROTEIN	3.3g	3.0g
FAT, TOTAL	36.7g	33.4g
- SATURATED	26.0g	23.6g
CARBOHYDRATE	16.9g	15.4g
- SUGARS	15.7g	14.3g
SODIUM	43mg	39mg

Ingredients: Cream, Sugar, Vegetable Fat, Cocoa Powder, Milk Solids, Emulsifier (Soy Lecithin, 476, 492), Thickeners (412, 407), Vegetable Gum (400), Natural Flavour.

Contains 23% Compound Chocolate. Contains Milk, Soybeans. May Contain Peanuts, Tree Nuts.

Garlic Aioli Dipping Sauce 30g

NUTRITION INFORMATION

Servings per package: 1

Serving size: 40g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1020kJ (245Cal)	2560kJ (612Cal)
PROTEIN	0.5g	1.2g
FAT, TOTAL	26.6g	66.6g
- SATURATED	3.4g	8.6g
CARBOHYDRATE	1.3g	3.2g
- SUGARS	1.0g	2.4g
SODIUM	172mg	430mg

Ingredients: Mayonnaise (Vegetable Oil (Soybean), Corn Syrup, Egg, Vinegar, Lemon Juice, Salt, Calcium Sulphite, Spices, Food Acid (330), Edta), Garlic, Vegetable Oil (Canola), Coriander, Preservative (202), Salt, Pepper.

Contains Egg, Soybeans, Sulphites.



Rack'em BONES | BBQ RIBS

NUTRITIONAL DETAILS

Peri Peri Dipping Sauce - Side

NUTRITION INFORMATION

Servings per package: 1

Serving size: 40g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1030kJ (246Cal)	2570kJ (614Cal)
PROTEIN	0.4g	0.9g
FAT, TOTAL	26.5g	66.2g
- SATURATED	3.5g	8.8g
CARBOHYDRATE	2.0g	5.0g
- SUGARS	1.7g	4.3g
SODIUM	237mg	592mg

Ingredients: Mayonnaise (Vegetable Oil (Soybean), Corn Syrup, Egg, Vinegar, Water, Calcium Sulphate, Lemon Juice, Salt, Spices, Edta, Food Acid (330)), Chillies, Vegetable Oil, Salt, Garlic, Cayenne.

Contains Egg, Soybeans.

Smokey Bbq Dipping Sauce

NUTRITION INFORMATION

Servings per package: 1

Serving size: 40g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	372kJ (89Cal)	930kJ (222Cal)
PROTEIN	0.4g	0.9g
FAT, TOTAL	0.1g	0.2g
- SATURATED	0.0g	0.0g
CARBOHYDRATE	21.2g	53.1g
- SUGARS	18.6g	46.5g
SODIUM	393mg	982mg

Ingredients: Sugar; Tomatoes (From Paste, Food Acid (Citric)); Rice Flour; Food Acid (Acetic, Citric); Salt; Glucose Syrup; Colour (Caramel 150c); Thickener (Pectin); Onion; Spices (Clove, Nutmeg, Pepper); Tamarind Paste; Yeast Extract.

Contains Sulphites.



Rack'em BONES | BBQ RIBS

NUTRITIONAL DETAILS

Sriracha Dipping Sauce

NUTRITION INFORMATION

Servings per package: 1

Serving size: 40g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	167kJ (40Cal)	418kJ (100Cal)
PROTEIN	2.0g	5.0g
FAT, TOTAL	0.0g	0.0g
- SATURATED	0.0g	0.0g
CARBOHYDRATE	10.0g	25.0g
- SUGARS	8.0g	20.0g
SODIUM	780mg	1950mg

Ingredients: Chilli, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite As Preservatives And Xanthan Gum.

Sweet Chilli Dipping Sauce

NUTRITION INFORMATION

Servings per package: 1

Serving size: 40g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	167kJ (40Cal)	418kJ (100Cal)
PROTEIN	2.0g	5.0g
FAT, TOTAL	0.0g	0.0g
- SATURATED	0.0g	0.0g
CARBOHYDRATE	10.0g	25.0g
- SUGARS	8.0g	20.0g
SODIUM	780mg	1950mg

Ingredients: Chilli, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite As Preservatives And Xanthan Gum.



Rack'em BONES | BBQ RIBS

NUTRITIONAL DETAILS

Ranch Dipping Sauce -

NUTRITION INFORMATION

Servings per package: 1

Serving size: 40g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	819kJ (196Cal)	2730kJ (652Cal)
PROTEIN	0.5g	1.7g
FAT, TOTAL	21.5g	71.8g
- SATURATED	1.5g	4.9g
CARBOHYDRATE	0.9g	2.9g
- SUGARS	0.7g	2.3g
SODIUM	122mg	405mg

Ingredients: Canola Oil, Pasteurised Whole Egg, Sour Cream, Garlic, Vinegar, Mustard, Salt, Pepper, Herbs And Spices.

Contains Egg, Milk.