



DANNYBOYS NUTRITIONAL INFORMATION








Vegan 
 Vegetarian 
 Contains wheat *
 Gluten Free 

All product weights were correct at time of weighing. The weights shown in this table are guides only. Weights may differ slightly.

Breakfast sandwiches do not include sauce

Soups do not include croutons or bread

All mayonnaise and mayonnaise products contain whole fresh pasturized egg

	Serve Size (ml)	Calories	Energy (KJ)	Protein (g)	Fat total (g)	Saturated (g)	Total carbs (g)	Sugars (g)	Sodium (mg)
SOUPS									
Roasted vine tomato - Cup	200ml	60	254	2.4	1.9	0	6	5.8	1400
Roasted vine tomato - Bowl	450ml	136	572	5.5	4.2	0	13.6	13.2	3160
Roasted vine tomato - Bucket	750ml	227	954	9.1	7.1	0	22.6	21.9	5270
Veg corn chowder - Cup*	200ml	219	921	7.9	10.4	6.5	22.3	13	823
 Veg corn chowder - Bowl*	450ml	493	2070	17.9	23.5	14.7	50.2	29.2	1850
Veg corn chowder - Bucket*	750ml	821	3450	29.8	39.1	24.5	83.8	48.6	3080
Butternut pumpkin - Cup	200ml	73	306	2.9	2	0.1	8.9	6.8	1090
Butternut pumpkin - Bowl	450ml	164	690	6.5	4.5	0.2	20	15.4	2460
Butternut pumpkin - Bucket	750ml	274	1150	10.8	7.6	0.4	33.3	25.6	4100
 occoli Cheddar - Cup*	200ml	237	994	11.7	14.2	9.2	14.9	12.4	524
Broccoli Cheddar - Bowl*	450ml	533	2240	26.3	31.9	20.7	33.5	28	1180
Broccoli Cheddar - Bucket*	750ml	888	3730	43.8	53.1	34.4	55.9	46.6	1960
Beef Chilli - Cup	200ml	161	678	13.6	8	2.6	7.2	2	840
Beef Chilli - Bowl	450ml	363	1526	30.6	18	5.6	16.2	9	1890
Beef Chilli - Bucket	750ml	646	2712	54.4	32	10.4	28.8	16	3360
	Serve Size (g)	Calories	Energy (KJ)	Protein (g)	Fat total (g)	Saturated (g)	Total carbs (g)	Sugars (g)	Sodium (mg)
BASIC ROCKERS									
Baby Boy - short*	250g	571	2397	21.5	17.9	5.6	64.4	0.9	964
Baby Boy - long*	450g	1032	4332	36.8	28.6	8.2	127.1	1.5	1661
Baby Boy - lettuce wrap	400g	413	1736	17.4	24.7	7.8	5.3	1.2	812
Piglet - short*	250g	522	2192	23	11.5	3.6	64.8	0.8	1260
Piglet - long*	450g	954	4005	38.3	18.9	5.2	127.3	1.2	2043
Piglet - lettuce wrap	400g	335	1409	19.0	15.0	4.7	5.5	1.0	1194
Baby Bird - Short*	250g	512	2149	22.1	12.2	3.8	61.8	0.7	895
Baby bird - Long*	450g	963	4045	40.5	20.8	5.8	123.5	1.2	1691
Baby Bird - Lettuce wrap	400g	345	1449	21.1	16.9	5.4	1.6	0.9	842
Charlie - short*	250g	485	2038	22.0	10.8	3.3	61.7	0.8	849
Charlie - long*	450g	906	3804	38.4	18.0	4.9	123.2	1.4	1526
Charlie - lettuce wrap	400g	288	1208	19.0	14.0	4.4	1.3	1.1	676
	Serve Size (g)	Calories	Energy (KJ)	Protein (g)	Fat total (g)	Saturated (g)	Total carbs (g)	Sugars (g)	Sodium (mg)
SIGNATURE ROCKSTARS									
DannyBoys Junior - short*	350g	623	2618	22.6	22.1	6.6	66.3	2.7	1093
DannyBoys Junior - long*	600g	1131	4752	38.7	36.9	10.2	130.2	4.4	1917
DannyBoys Junior - lettuce wrap 	500g	513	2156	19.3	33.0	9.7	8.3	4.2	1068
Classic - short*	300g	535	2249	23.7	11.6	3.6	66.4	2.4	1267
Classic - long*	550g	974	4091	39.5	19.1	5.2	129.9	3.7	2053
Classic - lettuce wrap 	450g	356	1495	20.1	15.1	4.7	8.0	3.5	1204
Turkey - short*	300g	523	2195	22.7	12.2	3.8	63.3	2.0	900
Turkey - long*	550g	979	4113	41.4	20.9	5.8	125.6	3.2	1698
Turkey - lettuce wrap 	450g	361	1517	22.0	16.9	5.4	3.8	3.0	849
Vego - short*	350g	440	1847	12.3	9.0	1.3	65.0	3.8	608
Vego - long*	600g	869	3650	24.0	17.9	2.5	128.7	6.4	1208
Vego - lettuce wrap  	500g	251	1054	4.6	13.9	2.1	6.8	6.2	359
Corned beef - short*	300g	536	2251	24.9	12.7	3.9	64.1	2.3	1260
Corned beef - long*	550g	1011	4246	46.7	22.1	6.1	127.4	3.8	2471

Corned beef - lettuce wrap	GF	450g	393	1650	27.3	18.1	5.7	5.5	3.5	1622
Roast - short*		300g	573	2408	30.8	13.8	4.0	64.5	2.6	1073
Roast - long*		500g	1032	4335	49.3	22.4	5.7	127.9	4.2	1919
Roast - lettuce wrap	GF	450g	414	1739	30.0	18.5	5.3	6.0	4.0	1070
B-L-T - short*		300g	519	2178	17.2	12.2	5.3	62.8	1.9	1018
B-L-T - long*		500g	976	4101	31.5	21.4	8.5	124.7	2.9	1813
B-L-T - lettuce wrap	GF	450g	358	1505	12.1	17.4	8.1	2.8	2.7	964
Tasty tuna - short*		350g	485	2035	21.5	7.5	0.3	62.4	1.5	753
Tasty tuna - long*		550g	878	3688	35.9	12.2	0.6	124.2	2.4	1315
Tasty tuna - lettuce wrap	GF	450g	260	1092	16.6	8.3	0.2	2.3	2.2	466
Phat - short*		300g	658	2762	29.9	21.7	5.5	63.3	0.9	1656
Phat - long*		500g	1156	4856.1	49.8	34.0	8.3	125.3	1.4	2729
Phat - lettuce wrap	GF	450g	538	2260	30.5	30.0	7.9	3.4	1.2	1880
Gobbler - short*		350g	509	2137	21.1	11.6	3.8	62.6	0.4	1062
Gobbler - long*		550g	959	4030	39.1	20.1	5.9	124.6	0.8	1942
Gobbler - lettuce wrap	GF	450g	341	1434	19.7	16.1	5.4	2.7	0.6	1092

GOURMET ROCKSTARS										
		Serve Size (g)	Calories	Energy (KJ)	Protein (g)	Fat total (g)	Saturated (g)	Total carbs (g)	Sugars (g)	Sodium (mg)
Halfbrick - short*		350g	630	2648	33.3	19.4	7.5	64.3	2.5	1898
Halfbrick - long*		600g	1150	4829	56.3	33.4	12.1	127.4	4.2	3179
Halfbrick - lettuce wrap	GF	550g	532	2233	36.9	29.5	11.7	5.5	4.0	2329
Hero - short*		350g	658	2764	43.2	22.7	6.2	63.2	1.9	698
Hero - long*		600g	1179	4953	72.6	36.6	10.3	125.5	3.1	1305
Hero - lettuce wrap	GF	550g	561	2357	53.2	32.7	9.9	3.7	2.9	456
Italian Stallion - short*		400g	772	3240	35.6	27.9	8.8	68.7	1.5	2226
Italian Stallion - long*		650g	1334	5601	58.0	43.5	13.0	134.1	2.5	3629
Italian Stallion - lettuce wrap	GF	600g	716	3005	38.6	39.5	12.6	12.2	2.3	2780
Big Bear - short*		350g	490	2059	29.0	12.8	5.8	71.7	8.7	1216
Big Bear - long*		600g	904	3798	49.8	20.6	8.5	142.5	16.9	2151
Big Bear - lettuce wrap	GF	550g	286	1202	30.4	16.6	8.1	20.6	16.7	1301
KJ Club - short*		350g	633	2659	27.9	18.3	7.8	63.7	2.4	1340
KJ Club - long*		600g	1145	4809	49.2	30.0	11.8	126.2	3.8	2358
KJ Club - lettuce wrap	GF	550g	527	2213	29.8	26.0	11.4	4.4	3.6	1509
St Louis - short*		350g	554	2326	29.5	12.8	4.2	76.7	9.6	1722
St Louis - long*		600g	1016	4266	52.2	21.5	6.4	150.1	18.1	2993
St Louis - lettuce wrap	GF	550g	398	1670	32.8	17.6	6.0	28.2	17.9	2143
Greek - short*		350g	731	3070	29.8	23.3	2.0	64.5	2.1	1248
Greek - long*		600g	1393	5850	52.0	42.7	3.4	127.6	3.4	2260
Greek - lettuce wrap	GF	550g	775	3254	32.6	38.7	3.0	5.8	3.2	1411
Gringo - short*		350g	614	2577	43.1	13.4	4.2	63.7	2.0	1073
Gringo - long*		600g	1096	4605	70.5	21.8	6.3	126.2	3.2	1817
Gringo - lettuce wrap	GF	550g	478	2009	51.2	17.8	5.8	4.3	3.0	968
Big Ken - short*		300g	618	2594	36.4	17.0	5.1	63.6	1.4	1541
Big Ken - long*		550g	1089	4575	57.1	26.5	7.3	125.9	2.3	2474
Big Ken - lettuce wrap	GF	500g	471	1979	37.7	22.6	6.8	4.0	2.1	1625
Big Boy - short*		400g	822	3454	45.1	29.3	8.2	71.9	3.5	2872
Big Boy - long*		700g	1366	5737	68.9	43.3	11.6	137.3	5.0	4294
Big Boy - lettuce wrap	GF	650g	748	3141	49.5	39.4	11.2	15.4	4.7	3444

FLATGRILLS										
		Serve Size (g)	Calories	Energy (KJ)	Protein (g)	Fat total (g)	Saturated (g)	Total carbs (g)	Sugars (g)	Sodium (mg)
The Beef Brisket*		500	1596	6705	83.1	53.3	19.1	241.3	8.3	1053
The Cuban*		560	1388	5830	76.7	38.4	14.3	112.6	6.9	2015
The Buffalo Chicken*		500	1151	4837	71.4	41	12.1	106	5	1000
The Reuben*		500	1278	5369	52.6	37.8	11.9	190.3	7.8	2548
The Veg*	V	480	936	3933	29.5	20.1	7.6	110.5	8.9	1152

BREAKFAST										
		Serve Size (g)	Calories	Energy (KJ)	Protein (g)	Fat total (g)	Saturated (g)	Total carbs (g)	Sugars (g)	Sodium (mg)
Over Easy Roll*	V	185g	496	2085	25.5	13.1	4.9	57.0	0.8	667
Bacon and Egg Roll*		200g	670	2815	32.2	25.3	13.0	57.5	1.4	1602
Big Porky Roll*		250g	773	3245	38.5	31.1	15.9	58.0	1.8	1767
Big Bird Roll*		250g	563	2364	35.0	18.9	6.9	57.7	1.1	1111
Veggie Eggstravaganza Roll*	V	250g	552	2319	26.2	21.5	7.2	57.6	1.4	833
Leg Ham Roll*		250g	546	2295	32.1	17.1	6.3	60.4	1.1	1299

