



# HONEST CHICKEN CORE MENU NUTRITIONAL INFO

	ENERGY kJ (per serving)	ENERGY kcal (per serving)	FAT (per serving)	OF WHICH SATURATES (per serving)	CARBOHYDRATE (per serving)	OF WHICH SUGARS (per serving)	FIBRE (per serving)	PROTEIN (per serving)	SALT (per serving)
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## CHICKEN BURGERS

FRIED CHICKEN BURGER	4315	1030	47	9.2	113	14	3.2	37	10.4
DOUBLE CHEESE FRIED CHICKEN BURGER	4726	1129	55	13	116	14	3.2	41	11.7
GRILLED CHICKEN PESTO BURGER	2632	630	34	4.9	37	7.1	2.5	43	1.3
BUFFALO FRIED CHICKEN BURGER	4779	1143	60	18	111	12	3.1	37	10.4
THAI X WINGMANS BURGER	4006	955	39	9.1	108	22	4.7	40	7.7
WATERLOO FRIED CHICKEN BURGER	5237	1252	67	19	112	13	3.2	48	10.8

## CHICKEN BURGERS & ROSEMARY SALTED CHIPS

FRIED CHICKEN & CHIPS	8579	2050	97.5	12.7	233.8	15.7	20	49.2	13.8
DOUBLE CHEESE FRIED CHICKEN & CHIPS	8990	2149	105.5	16.5	236.8	15.7	20	53.2	15.1
GRILLED CHICKEN PESTO & CHIPS	6896	1650	84.5	8.4	157.8	8.8	19.3	55.2	4.7
BUFFALO FRIED CHICKEN & CHIPS	9043	2163	110.5	21.5	231.8	13.7	19.9	49.2	13.8
THAI X WINGMANS & CHIPS	8270	1975	89.5	12.6	228.8	23.7	21.5	52.2	11.1
WATERLOO FRIED CHICKEN & CHIPS	9501	2272	117.5	22.5	232.8	14.7	20	60.2	14.2

## SIDES

ROSEMARY SALTED CHIPS	4264	1020	50.5	3.5	120.8	1.7	16.8	12.2	3.4
ONION RINGS	1773	422	15	2.2	67	7.9	2.2	4.7	4.5
WHITE CABBAGE COLESLAW	1946	465	28.5	2.8	16.9	11.1	4.4	4.3	1.4
BUFFALO WINGS	2040	489	31	9.6	9	5.6	0.8	42	1.1

## SAUCES

CHIPOTLE MAYO	980	238	24	2.1	5.1	4	0.5	1	1.4
VEGAN CHIPOTLE MAYO	943	229	23	1.7	4.6	3.5	0.5	0.6	1.2
BUFFALO SAUCE	1161	282	31	20	0.8	0.5	0.5	0.5	0.1
RANCH MAYO	972	236	25	2.7	2	1.2	0.5	0.9	0.4
CHICKEN & BACON GRAVY	208	50	3.5	0.8	2.9	1.8	0.3	1.6	1.1