

Sweet Sriracha Chicken Parma Pita

Nutritional Information Per 100g



All nutritional information supplied has been rounded to the nearest 1 decimal point. All nutritional's are provided directly from our manufacturers. Whilst we take care to ensure all nutritional values are as accurate as possible, as per FSNZ guidelines please allow for a variation of up to 10% (higher or lower) than provided

PROTIEN	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	TOTAL FAT (G)	SAT FAT (G)	CARBS (G)	SUGAR (G)	SODIUM (MG)
Chicken Schnitzel	964.0	230.6	12.6	13.7	2.4	14.0	1.0	361.0
BREAD	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	TOTAL FAT (G)	SAT FAT (G)	CARBS (G)	SUGAR (G)	SODIUM (MG)
Gluten Free Pita	671.0	160.5	5.1	6.0	3.4	28.8	4.2	518.0
Plain Pita	1160.0	277.5	9.9	1.5	0.4	55.3	2.8	360.3
Wholemeal Pita	1110.0	265.6	9.6	1.5	0.4	52.4	2.3	310.0
FILLINGS	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	TOTAL FAT (G)	SAT FAT (G)	CARBS (G)	SUGAR (G)	SODIUM (MG)
Lettuce	41.0	9.8	1.0	0.1	0.0	0.4	0.4	26.0
Spinach	83.0	19.9	2.6	0.3	0.1	0.7	0.7	23.0
Tomato	78.0	18.7	1.0	0.1	0.0	2.4	2.2	8.0
Red Onion	85.0	20.3	0.9	0.2	0.0	2.5	2.8	0.0
Capsicum	146.0	34.9	1.6	0.2	0.0	6.3	6.3	2.0
Cheese – Cheddar	1780.0	425.8	23.8	35.5	21.1	1.0	1.0	750.0
Cheese – Parmesan	1540.0	368.4	33.3	25.4	16.8	1.0	1.0	708.0
Salt & Pepper	578.5	138.4	5.2	1.7	0.7	19.4	0.3	19510.0
SAUCE	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	TOTAL FAT (G)	SAT FAT (G)	CARBS (G)	SUGAR (G)	SODIUM (MG)
Aioli	1920.0	459.3	1.1	49.2	4.5	7.2	5.2	480.0
Sriracha Honey	582.0	139.2	1.0	1.0	1.0	33.0	29.3	951.0
Cheese Sauce (Optional)	762.0	182.0	5.8	14.8	9.8	6.6	3.5	695.0

