

Category	Product	Energy (kCal)	Protein (g)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Carbohydrate (g)	Sugars (g)	Dietary Fibre (g)	Sodium (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Caffeine (mg)
Sandwiches & Wraps (Ala Carte)	The Sandwich - Regular	551	15.1	25	11	0.9	92	39.5	0	2	573	398	18.5	42	4.4	360	0
	Deluxe Chicken Sandwich - Regular	579	28.6	19.2	12	0.97	67	23	0	2.2	1062	761	3.3	189	3.7	116	0
	Chicken Slaw Sandwich	783	15.6	26.1	2.4	0.22	82	41.3	0	2.7	819	389	19	101	3.3	443	0
	Classic Shawarma	391	12.3	15.1	13.4	0.28	48	22.4	0	3.2	1413	247	8.9	94	1.6	168	0
	Deluxe Shawarma	391	26.9	22.8	13.4	0.95	88	43.9	0	2.7	1103	895	19.2	85	4.6	134	0
	Chicken wrap	495	12.9	22.9	10.8	0.13	78	20.3	0	1.5	1250	188	11.9	159	3.9	120	0
Sandwiches & Wraps (Combo Meals)	The Sandwich - Regular Combo	978	18.4	17.6	5.3	0.07	40	27.6	3.1	2	755	696	12.5	170	4	215	0
	Deluxe Chicken Sandwich - Regular Combo	1006	25.3	15.1	9.4	0.24	48	56.6	10.7	1.7	1183	246	9.2	82	4.6	495	0
	Chicken Slaw Sandwich Combo	1210	23.5	18.8	8.3	0.53	52	30.6	9.2	4.6	799	890	17.6	141	1.5	348	0
	Classic Shawarma Combo	818	10.1	34.2	6.7	0.52	36	34.1	13.5	1.9	1080	110	12.6	82	3.2	222	0
	Deluxe Shawarma Combo	818	13.4	21.2	10.7	0.31	47	45.3	14.8	3.9	798	984	7.4	87	3.3	451	0
	Chicken Wrap Combo	922	28.4	37.9	5.2	0.2	40	40.9	10.4	2.7	1295	460	5.2	175	1.1	358	0
Signature Chicken	BIC 2 pcs - Regular Combo	385	10.8	10	6.8	0.46	62	40	6.4	3.4	1193	838	11	78	4	283	0
	BIC 3 pcs - Regular Combo	2008	14.4	30	7.5	0.8	49	41.4	10.6	3.7	1379	361	7.5	37	1.1	477	0
	BIC 4 pcs - Regular Combo	2385	12.9	36	6.5	0.58	30	29.5	12.4	4.5	963	718	4.9	163	3.3	119	0
Handmade Tenders	Tenders 3 pcs. - Regular	1217	26.7	26.4	9.1	0.18	46	44.9	9.3	4	726	835	4.2	133	2.4	299	0
	Tenders 4 pcs. - Regular Combo	1355	19.1	15.9	5.2	0.7	74	56.2	14.3	1.5	1029	670	12.3	138	4.3	246	0
Popeyes Boxes	Mega Box Tenders Regular	2329	22.8	30.8	2.3	0.39	78	48.7	7.3	1	1267	613	10.5	111	1.8	110	0
	Mega Box BIC Regular	2385	28.2	37.3	9.3	0.33	65	31.6	14.7	4.4	585	187	12.6	116	3.3	459	0
	Popeyes Box 1	2385	22.1	28.2	7.7	0.98	59	50	7.5	4.6	635	454	15.5	60	1.4	407	0
	Chicken BOX	1425	10.9	29.7	2.8	0.37	77	22.7	14.2	2.5	1468	925	10.1	64	3.8	276	0
	Tender BOX	1215	29	19.7	8.1	0.58	82	52.1	11.8	3	686	372	19.9	175	2.8	282	0
	Wrap Box Chicken/Tender	1215	19.7	15.7	10.6	0.75	69	54.2	12.1	1.8	752	745	17.1	99	1.5	326	0
	Super Wrap Box	2329	21.8	16	9.1	0.82	33	24.8	13.2	4.8	1178	579	2	69	2.2	383	0
	Wrap Box	1215	29.4	25.1	12.4	0.78	52	53.3	8.9	4.1	1323	164	13.2	198	1.2	329	0
Mega Wraps Offer	2 Mega Wraps Offer	990	14.4	30.5	5.2	0.96	90	49	0	1.7	838	733	8.2	55	3.4	444	0
Wings	3 Pcs wings +Sauce	664	20.2	29.2	8.7	0.76	48	56	0	2.1	650	610	6.1	67	1.8	240	0
	3 Pcs Wings Meal	1199	26.5	31.5	11.6	0.15	63	52.1	11.8	4.5	689	774	19.4	61	2.3	448	0
	5 Pcs Wings Meal	1068	30	19.1	3.5	0.62	34	35.2	9	1.8	1053	524	12.3	52	1.7	457	0
	12 Pcs. Wings	2136	16.4	34.1	8.8	0.58	71	33.8	13.7	4.7	1421	903	11.1	122	4	442	0
	5 Pcs. Glazed Wings Meal	1068	23	30	10.6	0.37	85	35.1	12.8	1.5	1114	288	0.4	165	2.6	356	0
	3 Pcs. Wings	444	10.5	38.1	2.3	0.41	63	56.2	10.3	4.9	777	219	11.3	141	1.9	123	0
	3 Pcs. Glazed Wings Meal	772	10.5	23.3	10.4	0.06	69	28.1	14.1	4.8	1076	929	6.4	179	1.5	414	0
Family Meals	BIC 9 pcs. - Regular	3906	13.6	38.8	5.7	0	32	26.3	8.2	4.3	867	957	16.1	39	2.8	393	0
	BIC 15 pcs - Regular	6115	20	12.7	7.4	0.67	42	59.7	3.6	4.5	603	676	15	153	4.5	481	0
	BIC 21 pcs. - Regular	8652	23.8	21.4	7.6	0.12	75	56.7	3.5	2.7	1265	720	0.9	100	2.5	359	0
	Tenders 15 pcs. - Regular	2284	14.5	22.9	8.7	0.67	69	28	4.3	1.3	653	592	18.5	187	4.6	449	0
Kids Meals	Mini Wrap Meal Kids	672	20.3	32.5	13.6	0.91	73	20.3	13.7	5	1299	668	5.7	112	1.4	319	0
	Tenders 2 pc	859	18.9	24.2	11.2	0.48	41	55.3	9.3	3.8	1153	394	14.6	41	2.9	350	0
	Popcorn M	702	10.2	16.4	3.1	0.85	31	55.5	12.7	3.5	941	633	3.2	147	3.4	292	0
Side Orders	Cajun Fries Regular	138	19.8	13.1	10.6	0.71	54	56	0	2	1495	467	8.1	183	5	122	0
	Coleslaw Regular	181	20.1	28	5.4	0.34	58	20.5	12.7	4	775	503	0.7	69	4	454	0
	Mashed Potato Regular	119	19.3	31.1	6.7	0.42	36	28.4	5.1	2.1	1205	431	0.1	97	2	287	0
	Biscuit 1 pc	187	11	11.8	6.4	0.97	73	49.5	7.4	3	704	857	11.6	69	1.6	242	0

Category	Product	Energy (kCal)	Protein (g)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Carbohydrate (g)	Sugars (g)	Dietary Fibre (g)	Sodium (mg)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Caffeine (mg)
Side Orders	Biscuit 6 pc	1122	22.3	30.3	2.4	0.5	81	25.6	7.8	1.7	1106	408	8.3	183	5	183	0
	Cheesy Fries	338	27.4	19.5	6.5	0.14	55	45.7	12.1	2.9	893	433	13.5	101	1	210	0
	Reg Popcorn	187	27.4	35.9	9.6	0.04	91	41.6	6.2	4	886	187	4.5	105	3.6	374	0
	Cajun Fries Large	248	23.8	16.2	10.1	0.31	76	32.7	13.7	3.5	630	296	17.8	131	3	330	0
	Coleslaw Large	543	18.5	22.1	8	0.22	65	43.4	3.2	4.5	705	490	11.9	50	3.1	274	0
	Mashed Potato Large	356	11	37.9	13.4	0.14	53	22.3	10	3.7	700	198	10.7	151	2.2	308	0
	Family Fries	386	12.3	18.7	10.8	0.29	83	43.7	0	1.6	1327	594	17.3	131	3.6	263	0
Dessert	Chocolate Biscuit 1pc	310	22.7	21	9	0.09	88	29.4	5.8	4.5	670	647	6.9	195	3.4	318	0
	Chocolate Biscuit 6 pcs	1860	21	34.7	3.8	0.52	59	36.5	4.9	1.9	1111	162	9.1	184	2.9	313	0
Shakes	Handspun Lotus Biscoff Milkshake	565	19.1	33.8	11	0.82	85	38	12.3	4.2	1296	301	6.3	109	4.3	451	0
	Handspun Oreo Milkshake	565	14.5	19.7	13.5	0.52	67	23.4	6	1.8	1486	520	2.3	144	2.8	307	0
Sauces	BBQ	70	27.9	21.6	5.3	0.52	91	36.7	13.2	5	715	165	11.5	151	3.6	406	0
	Spicy Mayo	220	24.1	20.7	10.8	0.31	74	37	6.3	2	747	277	18.5	80	4.5	392	0
	Buffalo	8	20.1	36.2	14	0.23	62	42.2	9.6	3.3	1120	230	11.1	93	4.4	361	0
	Garlic	218	20.3	28.2	2.2	0.66	87	27.6	5.9	1.8	875	825	14.6	110	4	161	0
	Ranch	185	14.1	30.8	6.5	0.46	80	28.2	3.4	2	1103	663	7	140	2.1	351	0
	Cheese Sauce	100	25.4	25.5	5.5	0.53	65	53.2	14.4	1.1	1310	480	5.1	80	4.3	276	0
	Cheese Sauce large	300	24.6	12.2	11.9	0.8	85	34	10.2	1.2	1272	835	5.4	121	4.3	280	0
Add-ons	Sandwich: Cheese	70	11.6	13.8	9.8	0.7	76	36.7	9.1	1.1	945	599	7.2	141	2.6	174	0
	1 pc Tender	143	28.5	20.6	4.8	0.85	61	55.7	0	3.2	1133	390	0.7	113	1.6	282	0
	1 pc BIC	440	35	27	11	1	110	16	0	2	1330	826	5.3	146	4.8	278	0