



## NUTRITIONAL INFORMATION

	WEIGHT	ENERGY		PROTEIN		FAT, TOTAL		- SATURATED		CARBOHYDRATES		- SUGARS		SODIUM (MG)		
		Ave. Qty /serve	Ave. Qty /100g	Ave. Qty /serve	Ave. Qty /100g	Ave. Qty /serve	Ave. Qty /100g	Ave. Qty /serve	Ave. Qty /100g	Ave. Qty /serve	Ave. Qty /100g	Ave. Qty /serve	Ave. Qty /100g	Ave. Qty /serve	Ave. Qty /100g	
<b>BURGERS</b>	BARE BETTY	190 g	2340 kJ	934 kJ	19.57 g	10.3 g	32.87 g	17.3 g	11.4 g	6 g	13.3 g	7 g	0.76 g	0.4 g	779 mg	410 mg
	BETTY'S CLASSIC	242 g	2920 kJ	1206 kJ	30.734 g	12.7 g	40.414 g	16.7 g	15.246 g	6.3 g	52.998 g	21.9 g	9.922 g	4.1 g	1040.6 mg	430 mg
	BETTY'S CLASSIC PLANT	250 g	3090 kJ	1233 kJ	29.75 g	11.9 g	44 g	17.6 g	14.25 g	5.7 g	55.75 g	22.3 g	10.25 g	4.1 g	1250 mg	500 mg
	BETTY'S CLASSIC VEGAN	320 g	3880 kJ	1212 kJ	8.32 g	2.6 g	53.76 g	16.8 g	6.4 g	2 g	102.72 g	32.1 g	10.24 g	3.2 g	1376 mg	430 mg
	BETTY'S DELUXE	310 g	3610 kJ	1164 kJ	43.4 g	14 g	51.77 g	16.7 g	23.87 g	7.7 g	56.11 g	18.1 g	10.85 g	3.5 g	1705 mg	550 mg
	BETTY'S DOUBLE	360 g	4070 kJ	1128 kJ	59.4 g	16.5 g	52.56 g	14.6 g	26.28 g	7.3 g	65.16 g	18.1 g	18.36 g	5.1 g	2248 mg	680 mg
	CRISPY CHICKEN	225 g	2500 kJ	1108 kJ	29.25 g	13 g	27.9 g	12.4 g	5.4 g	2.4 g	56.7 g	25.2 g	8.325 g	3.7 g	1170 mg	520 mg
	CRISPY CHICKEN SUPREME	290 g	3620 kJ	1245 kJ	44.66 g	15.4 g	51.91 g	17.9 g	15.37 g	5.3 g	54.81 g	18.9 g	9.86 g	3.4 g	1682 mg	580 mg
	GRILLED CHICKEN	215 g	1870 kJ	869 kJ	34.4 g	16 g	12.255 g	5.7 g	5.16 g	2.4 g	54.18 g	25.2 g	7.955 g	3.7 g	1118 mg	520 mg
	GRILLED CHICKEN SUPREME	280 g	2910 kJ	1036 kJ	46.2 g	16.5 g	30.8 g	11 g	12.04 g	4.3 g	57.4 g	20.5 g	7.56 g	2.7 g	1708 mg	610 mg
	GRILLED CHICKEN BARE	185 g	780 kJ	505 kJ	32.005 g	17.3 g	9.62 g	5.2 g	1.11 g	0.6 g	2.035 g	1.1 g	1.85 g	1 g	277.5 mg	150 mg
	KIDS BEEF	160 g	2060 kJ	1286 kJ	24 g	15 g	23.36 g	14.6 g	11.04 g	6.9 g	46.24 g	28.9 g	13.12 g	8.2 g	688 mg	430 mg
	KIDS CHICKEN	190 g	2240 kJ	1177 kJ	29.83 g	15.7 g	23.94 g	12.6 g	7.6 g	4 g	49.59 g	26.1 g	10.83 g	5.7 g	969 mg	510 mg
	KIDS GRILLED CHICKEN	180 g	1800 kJ	997 kJ	28.98 g	16.1 g	12.96 g	7.2 g	5.76 g	3.2 g	48.42 g	26.9 g	9.18 g	5.1 g	684 mg	380 mg
	KITCHEN'S BURGER	250 g	2610 kJ	1044 kJ	36.25 g	14.5 g	28.5 g	11.4 g	13.5 g	5.4 g	55.25 g	22.1 g	11.25 g	4.5 g	1325 mg	530 mg
	NOOSA CLASSIC SURF	320 g	3570 kJ	1113 kJ	46.72 g	14.6 g	46.72 g	14.6 g	16.96 g	5.3 g	61.12 g	19.1 g	4.8 g	1.5 g	1664 mg	520 mg
	SHROOM BURGER	310 g	3160 kJ	1018 kJ	46.5 g	15 g	27.28 g	8.8 g	7.44 g	2.4 g	104.78 g	33.8 g	13.64 g	4.4 g	1798 mg	580 mg
SPICY CHICKEN	305 g	3740 kJ	1224 kJ	45.75 g	15 g	50.63 g	16.6 g	15.555 g	5.1 g	63.745 g	20.9 g	13.42 g	4.4 g	1769 mg	580 mg	
SPICY GRILLED CHICKEN	285 g	2980 kJ	941 kJ	43.035 g	15.1 g	25.08 g	8.8 g	9.405 g	3.3 g	60.135 g	21.1 g	1624.5 g	570 g	570 mg	200 mg	
<b>SIDES / SALAD</b>	CRISPY STRIPS	170 g	1700 kJ	995 kJ	41.65 g	24.5 g	18.53 g	10.9 g	3.23 g	1.9 g	18.53 g	10.9 g	0.68 g	0.4 g	850 mg	500 mg
	FRENCH FRIES	120 g	1500 kJ	1242 kJ	4.68 g	3.9 g	16.68 g	13.9 g	2.4 g	2 g	46.68 g	38.9 g	0.6 g	0.5 g	216 mg	180 mg
	ONION RINGS	90 g	1430 kJ	1581 kJ	3.33 g	3.7 g	20.88 g	23.2 g	3.24 g	3.6 g	34.92 g	38.8 g	4.23 g	4.7 g	513 mg	570 mg
	SALAD	300 g	1230 kJ	384 kJ	2.7 g	0.9 g	23.7 g	7.9 g	2.7 g	0.9 g	13.5 g	4.5 g	6.3 g	2.1 g	480 mg	160 mg
<b>SAUCES</b>	BBQ SAUCE	30 g	310 kJ	1004 kJ	0 g	0 g	0 g	0 g	0 g	0 g	17.1 g	57 g	15.9 g	53 g	291 mg	970 mg
	BETTY'S SPECIAL SAUCE	30 g	660 kJ	2183 kJ	0.45 g	1.5 g	16.02 g	53.4 g	1.35 g	4.5 g	3.21 g	10.7 g	1.89 g	6.3 g	282 mg	940 mg
	FRENCH MUSTARD	30 g	100 kJ	303 kJ	1.26 g	4.2 g	1.26 g	4.2 g	0 g	0 g	1.35 g	4.5 g	0 g	0 g	333 mg	110 mg
	SPICY VEGAN	30 g	610 kJ	2010 kJ	0.06 g	0.2 g	15.06 g	50.2 g	1.17 g	3.9 g	2.4 g	8 g	1.47 g	4.9 g	206.1 mg	687 mg
	SRIRACHA MAYO	30 g	660 kJ	2030 kJ	0.48 g	1.6 g	14.7 g	49 g	1.23 g	4.1 g	3.36 g	11.2 g	1.98 g	6.6 g	202.8 mg	676 mg
	TOMATO SAUCE	30 g	150 kJ	515 kJ	0.3 g	1 g	0 g	0 g	0 g	0 g	8.16 g	27.2 g	7.59 g	25.3 g	240 mg	800 mg
VEGAN GARLIC MAYO	30 g	780 kJ	2600 kJ	0.54 g	1.8 g	20.4 g	68 g	1.62 g	5.4 g	1.59 g	5.3 g	1.38 g	4.6 g	321 mg	1070 mg	
<b>SOFT DRINKS</b>	COKE SMALL	440 mL	800 kJ	180 kJ	0 g	0 g	0 g	0 g	0 g	0 g	46.64 g	10.6 g	46.64 g	10.6 g	44 mg	10 mg
	COKE STANDARD	650 mL	1170 kJ	180 kJ	0 g	0 g	0 g	0 g	0 g	0 g	68.9 g	10.6 g	68.9 g	10.6 g	65 mg	10 mg
	COKE NO SUGAR SMALL	440 mL	6.16 kJ	1.4 kJ	0.22 g	0.05 g	0 g	0 g	0 g	0 g	0.44 g	0.1 g	0 g	0 g	18.48 mg	4.2 mg
	COKE NO SUGAR STANDARD	650 mL	9.1 kJ	1.4 kJ	0.325 g	0.05 g	0 g	0 g	0 g	0 g	0.65 g	0.1 g	0 g	0 g	27.3 mg	4.2 mg
	FANTA SMALL	440 mL	990 kJ	225 kJ	0 g	0 g	0 g	0 g	0 g	0 g	59.4 g	13.5 g	58.96 g	13.4 g	66 mg	15 mg
	FANTA STANDARD	650 mL	1470 kJ	225 kJ	0 g	0 g	0 g	0 g	0 g	0 g	87.75 g	13.5 g	87.1 g	13.4 g	97.5 mg	15 mg
	SPRITE SMALL	440 mL	780 kJ	176 kJ	0 g	0 g	0 g	0 g	0 g	0 g	44.44 g	10.1 g	44.44 g	10.1 g	65.12 mg	14.8 mg
SPRITE STANDARD	650 mL	1150 kJ	176 kJ	0 g	0 g	0 g	0 g	0 g	0 g	65.65 g	10.1 g	65.65 g	10.1 g	96.2 mg	14.8 mg	
<b>THICK SHAKES</b>	CARAMEL	365 g	2190 kJ	625 kJ	15.33 g	4.2 g	23.725 g	6.5 g	17.155 g	4.7 g	80.3 g	22 g	78.11 g	21.4 g	178.85 mg	49 mg
	CHOCOLATE	370 g	2380 kJ	641 kJ	17.39 g	4.7 g	13.69 g	3.7 g	9.62 g	2.6 g	104.71 g	28.3 g	40.7 g	11 g	185 mg	50 mg
	CHOCOLATE PEANUT BUTTER	380 g	3320 kJ	872 kJ	27.36 g	7.2 g	47.12 g	12.4 g	22.42 g	5.9 g	83.6 g	22 g	66.12 g	17.4 g	418 mg	110 mg
	PEANUT BUTTER	380 g	3200 kJ	842 kJ	26.98 g	7.1 g	5.7 g	1.5 g	22.8 g	6 g	74.48 g	19.6 g	66.88 g	17.6 g	418 mg	110 mg
	STRAWBERRY	365 g	2220 kJ	608 kJ	16.425 g	4.5 g	17.885 g	4.9 g	12.775 g	3.5 g	87.235 g	23.9 g	71.175 g	19.5 g	178.85 mg	49 mg
<b>ICE CREAM</b>	VANILLA	370 g	2410 kJ	651 kJ	17.02 g	4.6 g	32.19 g	8.7 g	22.94 g	6.2 g	66.97 g	18.1 g	66.23 g	17.9 g	181.3 mg	49 mg
	COOKIE BUTTER	180 g	2110 kJ	1170 kJ	7.92 g	4.4 g	21.6 g	12 g	10.26 g	5.7 g	70.02 g	38.9 g	47.7 g	26.5 g	216 mg	120 mg
	CHOCOLATE HAZELNUT DONUT	180 g	2040 kJ	1170KJ	8.46 g	4.7 g	25.74 g	14.3 g	15.48 g	8.6 g	60.84 g	33.8 g	46.8 g	26 g	106.2 mg	59 mg
	LEMON RASPBERRY CHEESECAKE	157 g	1460 kJ	927 kJ	6.437 g	4.1 g	14.601 g	9.3 g	9.734 g	6.2 g	47.414 g	30.2 g	33.284 g	21.2 g	109.9 mg	70 mg
	KIDS CHOCOLATE ICE CREAM	120 g	1260 kJ	1050 kJ	5.88 g	4.9 g	18.12 g	15.1 g	11.88 g	9.9 g	28.68 g	23.9 g	27.84 g	23.2 g	60 mg	50mg
KIDS VANILLA	120 g	1090 kJ	902 kJ	5.52 g	4.6 g	14.16 g	11.8 g	9.48 g	7.9 g	27.36 g	22.8 g	27.36 g	22.8 g	68.4 mg	57 mg	
<b>RESTAURANT SPECIAL</b>																
	CRISPY CHICKEN PINEAPPLE	255 g	2590 kJ	1195 kJ	29.37 g	13.12 g	27.93 g	12.43 g	5.4 g	2.4 g	61.44 g	29.94 g	13.065 g	8.44 g	1170.6 mg	525 mg

### THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ

MENU ITEMS MAY CONTAIN WHEAT, GLUTEN, EGGS, SOY, SESAME, ALMOND, WALNUT, PISTACHIO, PECAN, MACADAMIA, HAZELNUT, PEANUTS, MILK AND CRUSTACEAN. GF - REFERS TO ITEMS THAT HAVE BEEN CERTIFIED BY OUR SUPPLIERS AS GLUTEN FREE. LG - REFERS TO ITEMS WHICH HAVE BEEN CERTIFIED BY OUR SUPPLIERS TO CONTAIN NO MORE THAN 20 MG GLUTEN PER 100G. THERE MAY BE A RISK OF CROSS-CONTACT WITH ALLERGENS (INCLUDING GLUTEN) DURING THE PREPARATION PROCESS IN OUR RESTAURANT. FROZEN CUSTARD CONTAINS PASTEURISED EGG YOLK. PLEASE CHECK OUR WEBSITE OR SPEAK TO OUR TEAM FOR A FULL LIST OF ALLERGENS.