



*Luke Randall Fitness*

NUTRITION SURVIVAL GUIDE TO  
**NANDOS**

CALORIES AND MACRONUTRIENTS

WWW.FACEBOOK.COM/LUKERANDALLFIT-  
NESS

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## FIRE-STARTERS

|                                | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|--------------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| 3 Chicken Wings                | 280             | 32.3        | 0.1                     | 0.5               | 0.1        | 16.7          | 1.6      |
| Houmous with PERI-PERi Drizzle | 800             | 23.3        | 97.9                    | 9.4               | 4.4        | 31.9          | 3.6      |
| Red Pepper Dip                 | 444             | 14.4        | 83.1                    | 5.9               | 6.5        | 4.7           | 2.8      |
| Spicy Mixed Olives             | 138             | 1.2         | 4.7                     | 3.9               | 0          | 13.5          | 4.6      |
| PERi-PERi Nuts                 | 793             | 27.3        | 14.8                    | 9                 | 5.9        | 67.4          | 1.2      |
| Halloumi Sticks & Dip          | 441             | 24          | 13.2                    | 0.2               | 11.8       | 30.7          | 2.9      |

## MAINS (PERI-PERi CHICKEN)

|                    |      |       |     |     |     |      |     |
|--------------------|------|-------|-----|-----|-----|------|-----|
| 1/4 Chicken Breast | 278  | 52    | 3   | 0   | 0.2 | 6.5  | 1.2 |
| 1/4 Chicken Leg    | 279  | 30.1  | 0.4 | 0   | 0.1 | 17.4 | 0.9 |
| 1/2 Chicken        | 557  | 82.1  | 3.4 | 0   | 0.3 | 24   | 2.1 |
| 5 Chicken Wings    | 467  | 53.9  | 0.2 | 0.9 | 0.2 | 27.8 | 2.6 |
| 10 Chicken Wings   | 935  | 107.8 | 0.4 | 1.8 | 0.4 | 55.7 | 5.2 |
| Whole Chicken      | 1114 | 164.2 | 6.9 | 0   | 0.6 | 47.9 | 4.2 |
| Chicken Thighs     | 571  | 72    | 0.9 | 1.2 | 0.5 | 31.2 | 2.3 |
| Chicken Butterfly  | 310  | 57.2  | 0.2 | 1   | 0.2 | 8.9  | 1.7 |

## MAINS (BURGERS, PITTAS, WRAPS)

|   |     |      |      |     |      |      |     |
|---|-----|------|------|-----|------|------|-----|
| Sunset Burger                                   | 600 | 47.3 | 42.9 | 3.3 | 9.8  | 26   | 2.5 |
| Butterfly Burger                                | 560 | 66.2 | 44.8 | 3   | 4.8  | 12.5 | 3.1 |
| Fino Pitta                                      | 793 | 55.6 | 54.5 | 3.9 | 14.5 | 37.4 | 3.9 |
| Grilled Chicken - Burger                        | 380 | 37.1 | 44.8 | 2.1 | 4.7  | 5.4  | 2.3 |
| Grilled Chicken - Pitta                         | 381 | 35.5 | 43.8 | 3.2 | 4.9  | 6.6  | 2.2 |
| Grilled Chicken - Wrap                          | 523 | 37   | 59.4 | 3.1 | 17.8 | 14   | 2.4 |
| Double Chicken - Burger                         | 509 | 65.3 | 44.9 | 2.1 | 4.8  | 7.3  | 3.1 |
| Double Chicken - Pitta                          | 510 | 63.7 | 44   | 3.2 | 5    | 8.4  | 3.1 |
| Double Chicken - Wrap                           | 652 | 65.1 | 59.6 | 3.1 | 17.9 | 15.8 | 3.3 |
| Sweet Potato & Butternut - Burger               | 429 | 12.8 | 67   | 7.1 | 9.2  | 10.7 | 1.7 |
| Sweet Potato & Butternut - Pitta                | 470 | 14.2 | 74.3 | 7.4 | 9.2  | 11.5 | 2.1 |
| Sweet Potato & Butternut - Wrap                 | 612 | 15.7 | 89.8 | 7.3 | 22.2 | 19   | 2.3 |
| Supergreen - Burger                             | 402 | 14.5 | 55.7 | 8   | 7.9  | 11.9 | 2   |
| Supergreen - Pitta                              | 444 | 15.9 | 63   | 8.2 | 7.9  | 12.7 | 2.5 |
| Supergreen - Wrap                               | 586 | 17.4 | 78.6 | 8.1 | 20.9 | 20.2 | 2.6 |
| Portobello Mushroom & Grilled Halloumi - Burger | 660 | 22.5 | 61.8 | 3.2 | 19.3 | 34.5 | 3.2 |
| Portobello Mushroom & Grilled Halloumi - Pitta  | 637 | 20.9 | 59.4 | 4.2 | 18.5 | 33.7 | 2.9 |
| Portobello Mushroom & Grilled Halloumi - Wrap   | 720 | 22   | 60.8 | 3.8 | 19.2 | 41.1 | 2.9 |
| Beanie - Burger                                 | 545 | 22.9 | 68.2 | 5.2 | 7.2  | 18.8 | 3.2 |
| Beanie - Pitta                                  | 546 | 21.3 | 67.3 | 6.3 | 7.4  | 19.9 | 3.2 |
| Beanie - Wrap                                   | 688 | 22.8 | 82.9 | 6.2 | 20.4 | 27.4 | 3.4 |

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## MAINS (SPECIAL GUESTS)

|                                      | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|--------------------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Veggie Cataplana                     | 466             | 11.2        | 59.4                    | 14.4              | 15         | 18.3          | 3.4      |
| Fillet Steak & Chargrilled Veg Pitta | 412             | 33.1        | 47.5                    | 4.4               | 7.3        | 9.7           | 2.4      |
| Fillet Steak & Chargrilled Veg Wrap  | 513             | 35.2        | 58                      | 6.3               | 15.2       | 15.6          | 2.8      |
| Fillet Steak Prego Roll              | 376             | 34.2        | 43.7                    | 2.6               | 3.8        | 6.9           | 2.4      |
| Chicken Livers & Portuguese Roll     | 482             | 39.7        | 46.3                    | 4                 | 3.7        | 14.4          | 4.9      |

## MAINS (SALADS)

|   |     |      |      |      |     |      |     |
|---|-----|------|------|------|-----|------|-----|
| Supergrain Salad - on its own                     | 394 | 10.9 | 33.2 | 9.2  | 3.6 | 24.4 | 1.1 |
| Supergrain Salad - with chicken breast (plain)    | 524 | 39.1 | 33.4 | 9.2  | 3.7 | 26.3 | 2   |
| Quinoa Salad - on its own                         | 458 | 16.5 | 34.8 | 11.4 | 6.4 | 28.6 | 1.7 |
| Quinoa Salad - with chicken breast (plain)        | 588 | 44.6 | 35   | 11.4 | 6.5 | 30.5 | 2.6 |
| Caesar Salad - on its own                         | 334 | 8.7  | 21.6 | 3.1  | 3.8 | 23.5 | 1.4 |
| Caesar Salad - with chicken breast (plain)        | 464 | 36.9 | 21.8 | 3.1  | 3.9 | 25.3 | 2.2 |
| Mediterranean Salad - on its own                  | 288 | 11.3 | 11.9 | 5.1  | 7.8 | 22   | 3.5 |
| Mediterranean Salad - with chicken breast (plain) | 417 | 39.4 | 12.1 | 5.1  | 7.9 | 23.8 | 4.4 |
| Mixed Leaf Salad - on its own                     | 25  | 1.7  | 2.9  | 2    | 2.1 | 0.4  | 0.1 |
| Mixed Leaf Salad - with chicken breast (plain)    | 154 | 29.8 | 3.1  | 2    | 2.2 | 2.2  | 1   |

## SIDES (TO GO WITH YOUR MEAL)

|                                 |      |      |       |      |      |      |     |
|---------------------------------|------|------|-------|------|------|------|-----|
| Supergrain - Regular            | 194  | 8    | 29.6  | 5    | 2.6  | 5.9  | 0.9 |
| Supergrain - Large              | 371  | 15.4 | 58.3  | 9.9  | 4.7  | 10.5 | 1.5 |
| Spicy Rice - Regular            | 197  | 3    | 33    | 3.6  | 1.7  | 5.1  | 1.2 |
| Spicy Rice - Large              | 393  | 6.1  | 65.9  | 7.2  | 3.3  | 10.2 | 2.5 |
| Coleslaw - Regular              | 268  | 1.2  | 12.2  | 2.6  | 8.4  | 24.3 | 0.6 |
| Coleslaw - Large                | 535  | 2.4  | 24.3  | 5.2  | 16.7 | 48.6 | 1.2 |
| Garlic Bread - Regular          | 349  | 8.8  | 42.4  | 1.7  | 2.4  | 15.7 | 1.3 |
| Garlic Bread - Large            | 697  | 17.6 | 84.7  | 3.4  | 4.8  | 31.3 | 2.7 |
| Corn on the Cob - Regular       | 144  | 5.7  | 22    | 4.6  | 12.5 | 2.7  | 0   |
| Corn on the Cob - Large         | 288  | 11.4 | 44    | 9.2  | 25   | 5.4  | 0.1 |
| Creamy Mash - Regular           | 294  | 3.2  | 32.2  | 3.4  | 1.6  | 17.8 | 1.2 |
| Creamy Mash - Large             | 588  | 6.4  | 64.4  | 6.8  | 3.2  | 35.6 | 2.4 |
| Chips - Regular                 | 465  | 5    | 66.2  | 6.8  | 1.3  | 18.6 | 0.7 |
| Chips - Large                   | 1256 | 13.4 | 178.6 | 18.2 | 3.4  | 50.3 | 1.9 |
| PERi-Salted Chips - Regular     | 467  | 5    | 66.5  | 6.8  | 1.4  | 18.7 | 1.3 |
| PERi-Salted Chips - Large       | 1260 | 13.5 | 179.2 | 18.4 | 3.7  | 50.4 | 3   |
| Mixed Leaf Side Salad - Regular | 13   | 0.8  | 1.5   | 1    | 1.1  | 0.2  | 0   |
| Mixed Leaf Side Salad - Large   | 25   | 1.7  | 2.9   | 2    | 2.1  | 0.4  | 0.1 |
| Macho Peas - Regular            | 141  | 7.7  | 17.5  | 8.5  | 0.8  | 6.4  | 0.4 |
| Macho Peas - Large              | 283  | 15.4 | 35    | 17.1 | 1.7  | 12.9 | 0.8 |

1-200 CAL

## SIDES (FINO SIDES)

|   | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Chargrilled Veg                         | 93              | 2.4         | 14.2                    | 3.5               | 10.8       | 3.5           | 0.5      |
| Sweet Potato Wedges                     | 320             | 8.7         | 43.5                    | 11.5              | 15.1       | 13.8          | 0.5      |
| Sweet Potato Wedges with PERI-PERi salt | 323             | 8.8         | 44.1                    | 11.7              | 15.4       | 13.8          | 1.6      |
| Sweet Potato Mash                       | 97              | 2.2         | 19.8                    | 4.4               | 14.6       | 0.2           | 0.5      |

201-300 CAL

## DESSERTS (FROZEN YOGURT)

|            |    |     |    |     |    |     |     |
|------------|----|-----|----|-----|----|-----|-----|
| Vanilla    | 71 | 2.6 | 15 | 0.1 | 13 | 0.1 | 0.1 |
| Strawberry | 70 | 2.5 | 15 | 0.1 | 13 | 0.1 | 0   |
| Chocolate  | 79 | 3.3 | 15 | 0.7 | 13 | 0.3 | 0.2 |
| Mango      | 71 | 2.5 | 15 | 0.1 | 13 | 0.1 | 0   |

301-400 CAL

401-500 CAL

## DESSERTS (GELADO)

|           |     |     |      |     |      |     |     |
|-----------|-----|-----|------|-----|------|-----|-----|
| Coconut   | 157 | 2   | 20.3 | 1   | 19.5 | 8.3 | 0.1 |
| Mango     | 99  | 0.4 | 24   | 1.7 | 20.3 | 0.4 | 0.2 |
| Chocolate | 145 | 1.6 | 18   | 2.6 | 17.3 | 7.5 | 0.1 |
| Vanilla   | 161 | 2.5 | 19.5 | 0   | 17.3 | 8.3 | 0.2 |

501+ CAL

## DESSERTS (HAVE YOUR CAKE)

|                                   |     |     |      |     |      |      |     |
|-----------------------------------|-----|-----|------|-----|------|------|-----|
| Goey Caramel Cheesecake           | 415 | 7.8 | 38.9 | 0.6 | 25.1 | 25.3 | 0.5 |
| Choc-A-Lot Cake                   | 582 | 8.1 | 67.4 | 3.3 | 42.8 | 31.7 | 1.3 |
| White Choc & Raspberry Cheesecake | 446 | 7.4 | 47.3 | 0.7 | 30.2 | 25.3 | 0.5 |
| Carrot Cake                       | 737 | 8.1 | 67.8 | 2.6 | 46.9 | 48.7 | 1.1 |

## DESSERTS (BROWNIES)

|                        |     |     |      |     |    |      |     |
|------------------------|-----|-----|------|-----|----|------|-----|
| Salted Caramel Brownie | 389 | 4.2 | 42.9 | 2.1 | 29 | 21.7 | 0.4 |
|------------------------|-----|-----|------|-----|----|------|-----|

## DESSERTS (NATAS)

|               |     |     |      |     |      |     |     |
|---------------|-----|-----|------|-----|------|-----|-----|
| Naughty Natas | 180 | 2.9 | 24.7 | 0.6 | 15.1 | 7.6 | 0.4 |
|---------------|-----|-----|------|-----|------|-----|-----|

## DRINKS (GO BOTTOMLESS)

|             |     |   |      |   |      |   |   |
|-------------|-----|---|------|---|------|---|---|
| Coca-Cola   | 139 | 0 | 35   | 0 | 35   | 0 | 0 |
| Diet Coke   | 1   | 0 | 0    | 0 | 0    | 0 | 0 |
| Coke Zero   | 2   | 0 | 0    | 0 | 0    | 0 | 0 |
| Fanta       | 57  | 0 | 13.5 | 0 | 13.5 | 0 | 0 |
| Sprite Zero | 3   | 0 | 0    | 0 | 0    | 0 | 0 |

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## DRINKS (SOFT DRINKS)

|                     | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Rubro               | 89              | 0           | 22                      | 0                 | 22         | 0             | 0        |
| Pressed Apple Juice | 118             | 0.3         | 28                      | 1.4               | 28         | 0.6           | 0        |
| Mango Quencher      | 126             | 0.9         | 29.7                    | 1.4               | 26.3       | 0.8           | 0        |
| Orange Juice        | 118             | 2.1         | 26.3                    | 1.4               | 24.1       | 0.6           | 0        |
| Cloudy Lemonade     | 129             | 0.3         | 31.1                    | 1.4               | 28.8       | 0.6           | 0        |
| Mineral Water       | 0               | 0           | 0                       | 0                 | 0          | 0             | 0        |

## DRINKS (COFFEE)

|                   |    |     |     |     |     |     |     |
|-------------------|----|-----|-----|-----|-----|-----|-----|
| Cappuccino        | 73 | 4.7 | 9.1 | 0.2 | 8.9 | 2   | 0.2 |
| Galão             | 63 | 4.8 | 6.3 | 0   | 6.3 | 2.1 | 0.2 |
| Espresso          | 0  | 0   | 0   | 0   | 0   | 0   | 0   |
| Espresso Espresso | 0  | 0   | 0   | 0   | 0   | 0   | 0   |
| Americano         | 0  | 0   | 0   | 0   | 0   | 0   | 0   |

## DRINKS (HOT DRINKS)

|                      |     |     |      |   |      |     |     |
|----------------------|-----|-----|------|---|------|-----|-----|
| Organic Everyday Tea | 23  | 1.7 | 2.3  | 0 | 2.3  | 0.8 | 0.1 |
| Tea Infusions        | 0   | 0   | 0    | 0 | 0    | 0   | 0   |
| Hot Chocolate        | 291 | 15  | 43.9 | 2 | 43.1 | 5.7 | 0.7 |

## DRINKS (BEER & CIDER)

|                              |     |     |      |     |      |     |     |
|------------------------------|-----|-----|------|-----|------|-----|-----|
| Sagres                       | 129 | 0.7 | 10.2 | 1   | 0.7  | 0.3 | 0   |
| 2M (Mozambique)              | 109 | 0   | 7.1  | 0   | 7.1  | 0   | 0   |
| Savanna Cider (South Africa) | 132 | 1.7 | 8.3  | 0   | 8.3  | 0   | 0   |
| Raspberry and Lime Cider     | 235 | 0.3 | 28.9 | 0   | 26.1 | 0.1 | 0   |
| Apple Cider                  | 105 | 0.5 | 24   | 5   | 19   | 0.5 | 0.2 |
| Five Points XPA              | 56  | 1   | 11.9 | 0.3 | 0.3  | 0.3 | 0.2 |
| Freedom Pilsner              | 119 | 1.3 | 8.6  | 1.7 | 0.3  | 0.3 | 0   |

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## DRINKS (WINE)

|   | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Cara Viva (Portugal) - Bottle                         | 600             | 0.8         | 7.8                     | 0                 | 7.8        | 0             | 0        |
| Cara Viva (Portugal) - Glass (250ml)                  | 200             | 0.3         | 2.6                     | 0                 | 2.6        | 0             | 0        |
| Cara Viva (Portugal) - Glass (175ml)                  | 140             | 0.2         | 1.8                     | 0                 | 1.8        | 0             | 0        |
| Spier Chenin Blanc (South Africa) - Bottle            | 638             | 12          | 1.5                     | 0                 | 0          | 0             | 0        |
| Spier Chenin Blanc (South Africa) - Glass (250ml)     | 213             | 4           | 0.5                     | 0                 | 0          | 0             | 0        |
| Spier Chenin Blanc (South Africa) - Glass (175ml)     | 149             | 2.8         | 0.4                     | 0                 | 0          | 0             | 0        |
| Stormhoek Pinot Grigio (South Africa) - Bottle        | 540             | 7.5         | 4.5                     | 0                 | 0          | 0             | 0        |
| Stormhoek Pinot Grigio (South Africa) - Glass (250ml) | 180             | 2.5         | 1.5                     | 0                 | 0          | 0             | 0        |
| Stormhoek Pinot Grigio (South Africa) - Glass (175ml) | 126             | 1.8         | 1.1                     | 0                 | 0          | 0             | 0        |
| Cara Viva Red (Portugal) - Bottle                     | 600             | 0.8         | 14.6                    | 0                 | 14.6       | 0             | 0        |
| Cara Viva Red (Portugal) - Glass (250ml)              | 200             | 0.3         | 4.9                     | 0                 | 4.9        | 0             | 0        |
| Cara Viva Red (Portugal) - Glass (175ml)              | 140             | 0.2         | 3.4                     | 0                 | 3.4        | 0             | 0        |
| Spier Merlot (South Africa) - Bottle                  | 615             | 0           | 2.7                     | 0                 | 2.7        | 0             | 0        |
| Spier Merlot (South Africa) - Glass (250ml)           | 205             | 0           | 0.9                     | 0                 | 0.9        | 0             | 0        |
| Spier Merlot (South Africa) - Glass (175ml)           | 144             | 0           | 0.6                     | 0                 | 0.6        | 0             | 0        |
| Grand' Arte Shiraz (Portugal) - Bottle                | 585             | 0.8         | 9.5                     | 0                 | 9.5        | 0             | 0        |
| Grand' Arte Shiraz (Portugal) - Glass (250ml)         | 195             | 0.3         | 3.2                     | 0                 | 3.2        | 0             | 0        |
| Grand' Arte Shiraz (Portugal) - Glass (175ml)         | 137             | 0.2         | 2.2                     | 0                 | 2.2        | 0             | 0        |
| Cara Viva Medium Dry (Portugal) - Bottle              | 525             | 0.8         | 11.2                    | 0                 | 11.2       | 0             | 0        |
| Cara Viva Medium Dry (Portugal) - Glass (250ml)       | 175             | 0.3         | 3.7                     | 0                 | 3.7        | 0             | 0        |
| Cara Viva Medium Dry (Portugal) - Glass (175ml)       | 123             | 0.2         | 2.6                     | 0                 | 2.6        | 0             | 0        |
| Cara Viva Summer Fruit (Portugal) - Bottle            | 540             | 0.8         | 15                      | 0                 | 15         | 0             | 0        |
| Cara Viva Summer Fruit (Portugal) - Glass (250ml)     | 180             | 0.3         | 5                       | 0                 | 5          | 0             | 0        |
| Cara Viva Summer Fruit (Portugal) - Glass (175ml)     | 126             | 0.2         | 3.5                     | 0                 | 3.5        | 0             | 0        |

## DRINKS (BUBBLES)

|   |     |     |      |   |      |   |   |
|---|-----|-----|------|---|------|---|---|
| Portada White Sparkling Wine - Bottle       | 483 | 0.8 | 27.1 | 0 | 27.1 | 0 | 0 |
| Portada White Sparkling Wine - Glass(125ml) | 81  | 0.1 | 4.5  | 0 | 4.5  | 0 | 0 |

1-200 CAL

### NANDINOS (DINO MAINS)

|                                 | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---------------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Chicken Burger                  | 289             | 32.5        | 22.7                    | 1.7               | 4          | 7.6           | 1.5      |
| Chicken Breast Fillet Strips    | 130             | 28.2        | 0.2                     | 0                 | 0.1        | 1.8           | 0.9      |
| 3 Chicken Wings                 | 280             | 32.3        | 0.1                     | 0.5               | 0.1        | 16.7          | 1.6      |
| Sweet Potato & Butternut Pattie | 219             | 6.8         | 30.6                    | 4.2               | 4.4        | 6.8           | 0.7      |
| Sweet Potato & Butternut Burger | 333             | 11.2        | 53.1                    | 5.9               | 8.4        | 7.5           | 1.3      |

201-300 CAL

### NANDINOS (DINO SIDES)

|                     |     |     |      |     |     |      |     |
|---------------------|-----|-----|------|-----|-----|------|-----|
| Chips               | 336 | 3.6 | 47.8 | 4.9 | 0.9 | 13.5 | 0.5 |
| Sweet Potato Mash   | 48  | 1.1 | 9.9  | 2.2 | 7.3 | 0.1  | 0.3 |
| Garlic Bread        | 218 | 4.2 | 20.1 | 1.3 | 1.7 | 13.6 | 0.5 |
| Corn on the Cob     | 72  | 2.9 | 11   | 2.3 | 6.3 | 1.4  | 0   |
| Little Tomatoes     | 13  | 0.7 | 2.2  | 0.8 | 2.2 | 0.3  | 0   |
| Sweet Potato Wedges | 73  | 2.4 | 16   | 4   | 5.5 | 0.9  | 0   |
| Supergrain          | 118 | 5   | 19.1 | 3.3 | 1.4 | 3    | 0.4 |

301-400 CAL

401-500 CAL

### NANDINOS (DINO DESSERTS)

|                          |     |     |      |     |      |     |     |
|--------------------------|-----|-----|------|-----|------|-----|-----|
| Chilly Billy Lolly       | 30  | 0.2 | 7.6  | 0.3 | 7.6  | 0.1 | 0   |
| Bottomless Frozen Yogurt | 71  | 2.6 | 15   | 0.1 | 13   | 0.1 | 0.1 |
| Scoop of Vanilla Gelado  | 158 | 2.3 | 16.8 | 0.1 | 15.4 | 9.4 | 0.2 |

501+ CAL

### NANDINOS (DINO DRINKS)

|                      |     |     |      |   |      |     |     |
|----------------------|-----|-----|------|---|------|-----|-----|
| Organic Milk         | 113 | 8.5 | 11.3 | 0 | 11.3 | 3.8 | 0.3 |
| Bottle Green Cordial | 26  | 0   | 6.3  | 0 | 4.8  | 0   | 0   |