

Product	Allergenic Information	Average Portion Size Cooked (g)	Energy Per Serve (kJ)	Protein Per Serve (g)	Fat Per Serve (g)	Saturated Fat Per Serve (g)	Carbohydrates Per Serve (g)	Carbohydrates Sugars Per Serve (g)	Sodium Per Serve (mg)	Energy Per 100 Grams (kJ)	Protein Per 100 Grams (g)	Fat Per 100 Grams (g)	Fat Saturated Per 100 Grams (g)	Carbohydrates Per 100 Grams (g)	Carbohydrates Sugar Per 100 Grams (g)	Sodium Per 100 Grams (mg)	Gluten	Dairy	Egg	Soy	Sulphites	Nuts/Seasme	Comments
Note: Although great care is taken during preparation and cooking, cross-contamination of allergens may occur. Nutritional information are averages only and may vary																							
Flame Grilled Chicken																							
Note: Braaihut Sauces and Marinade contain traces of Gluten, Dairy, Egg, Soy, Sulphites, Nuts, products.																							
1/4 Chicken (Leg)		230.00	2007.90	52.44	29.67	8.97	1.38	0.00	841.80	873.00	22.80	12.90	3.90	0.60	0.00	366.00							
1/4 Chicken (Breast)		265.00	2313.45	60.42	34.19	10.34	1.59	0.00	969.90	873.00	22.80	12.90	3.90	0.60	0.00	366.00							
1/2 Chicken		495.00	4321.35	112.86	63.86	19.31	2.97	0.00	1811.70	873.00	22.80	12.90	3.90	0.60	0.00	366.00							
Whole Chicken		1070.00	9341.10	243.96	138.03	41.73	6.42	0.00	3916.20	873.00	22.80	12.90	3.90	0.60	0.00	366.00							
5 Braai BBQ Wings		443.33	4065.37	71.38	77.14	23.50	0.00	0.00	248.27	917.00	16.10	17.40	5.30	0.00	0.00	56.00							
8 Braai Bites		285.00	1732.80	49.88	23.94	7.13	0.00	0.00	171.00	608.00	17.50	8.40	2.50	0.00	0.00	60.00							
5 Braai Tenders		236.67	2011.67	40.23	35.97	10.18	0.00	0.00	175.13	850.00	17.00	15.20	4.30	0.00	0.00	74.00							
1 Sosatie		275.00	2511.94	53.41	23.32	6.95	44.30	22.77	184.25	913.43	19.42	8.48	2.53	16.11	8.28	67.00							
Flame Grilled Chicken Burgers, Wraps, Pitas																							
Chicken Classic	G,D,E,SO,N/S	280.00	1627.546	34.22	7.625	1.06	46.51	5.26	538.05	1969.902	33.7	17.7	1.04	57.1	9	571	*	*	*	*		*	
Chicken Hawaiian	G,D,E,SO,N/S	365.00	2191.346	39.295	14.5	5.735	58.81	16.635	951.55	3772.902	54	45.2	19.74	79.7	29.3	2211	*	*	*	*		*	
Ostrich	G,D,E,SO,N/S	370.00	2564.80	45.73	25.73	10.30	50.71	8.46	1365.30	4944.63	70.80	73.30	31.14	73.60	21.50	3346.00	*	*	*	*		*	
Ostrich Double Works	G,D,E,SO,N/S	490.00	2990.896	70.69	23.28	10.985	55.17	11.935	1565.75	3996.902	56.9	45.5	19.74	91.9	36.5	2965	*	*	*	*		*	
Swiss Cheese and Caramelised Onion	G,D,E,SO,N/S	425.00	2511.36	42.85	16.90	4.78	71.30	11.34	988.15	4380.73	63.96	50.15	19.50	102.09	35.80	1916.00	*	*	*	*		*	
Cheddar Cheese and Avocado	G,D,E,SO	410.00	2631.60	42.79	19.73	5.85	69.91	9.79	1446.65	4956.39	60.08	60.23	21.23	111.80	38.88	3566.00	*	*	*	*		*	
Chicken Pita	E,SO	320.00	1452.99	34.28	5.22	0.74	45.16	4.98	452.05	2355.39	38.52	15.48	0.77	87.81	21.48	765.00			*	*			
Chicken Wrap	G,E,SO,N/S	347.00	2337.45	29.80	27.56	7.63	50.63	3.52	717.03	2561.90	28.50	35.30	7.04	60.20	6.00	742.00	*	*	*	*		*	
Flame Grilled Beef Burgers, Wraps, Pitas, Meatballs																							
Beef Classic	G,D,E,SO,N/S	320.00	2693.12	35.63	33.17	15.44	54.62	7.90	1578.20	4148.63	50.62	61.08	28.07	76.61	17.18	2753.00	*	*	*	*		*	
Beef Hawaiian	G,D,E,SO,N/S	380.00	2886.92	35.63	33.17	15.44	66.02	18.70	1584.20	4471.63	50.62	61.08	28.07	95.61	35.18	2763.00	*	*	*	*		*	
Cheetah	G,D,E,SO,N/S	415.00	3647.37	46.53	52.79	23.42	58.07	10.67	2264.95	5643.63	67.42	89.18	39.47	89.51	27.38	3898.00	*	*	*	*		*	
Tsimba	G,D,E,SO,N/S	770.00	7359.67	98.88	120.21	56.55	75.28	17.89	4748.75	5985.63	66.42	89.38	39.47	108.31	42.88	4407.00	*	*	*	*		*	
Swiss Cheese and Caramelised Onion	G,D,E,SO,N/S	490.00	3791.46	46.54	45.66	19.50	80.30	13.68	1949.00	4933.73	57.96	65.55	27.50	107.09	37.10	2435.00	*	*	*	*		*	
Cheddar Cheese and Avocado	G,D,E,SO	475.00	3904.20	46.41	48.59	20.65	79.11	12.20	2415.00	5479.39	53.78	76.03	29.53	117.60	40.48	4115.00	*	*	*	*		*	
Beef Pita	E,SO	330.00	2189.59	31.06	23.83	10.38	53.69	6.58	1091.70	2908.39	34.52	30.88	8.77	92.81	22.78	1254.00			*	*			
Beef Wrap	G,E,SO,N/S	287.50	2727.37	33.16	33.78	15.28	59.04	4.36	1531.05	4328.63	50.72	65.08	30.27	79.71	14.18	2891.00	*	*	*	*		*	
Flame Grilled Meatballs (8)	G,D	200.00	2426.00	33.80	42.80	18.80	15.80	5.00	1480.00	1213.00	16.90	21.40	9.40	7.90	2.50	740.00	*	*	*	*		*	
Extras																							
Avocado Spread		30.00	202.50	0.57	4.35	0.60	0.90	0.45	151.50	675.00	1.90	14.50	2.00	3.00	1.50	505.00							
Pineapple		60.00	193.80	0.00	0.00	0.00	11.40	10.80	6.00	323.00	< 1	0.00	0.00	19.00	18.00	10.00							
Caramelised Onion		60.00	178.24	0.60	3.00	0.60	4.20	3.00	4.80	297.06	1.00	5.00	1.00	7.00	5.00	8.00							
Egg	E	46.00	274.16	5.89	4.65	1.43	0.14	0.14		596.00	12.80	10.10	3.10	0.30	0.30	133.00			*				
Bacon		35.00	451.50	5.22	9.80	3.99	0.18	0.18	311.50	1290.00	14.90	28.00	11.40	0.50	0.50	890.00							
Swiss Cheese	D	20.00	291.60	5.20	5.40	3.60	0.00	0.00	96.00	1458.00	26.00	27.00	18.00	< 0.5	< 0.5	480.00			*				
Cheddar Cheese (Yellow)	D,SO	25.00	362.50	5.00	6.98	4.75	1.10	0.65	415.00	1450.00	20.00	27.90	19.00	4.40	2.60	1660.00			*	*			
Cheddar Cheese (White)	D,SO	25.00	370.00	5.08	6.88	4.68	0.90	0.58	407.50	1480.00	20.30	27.50	18.70	3.60	2.30	1630.00			*	*			
Feta Cheese	D	50.00	550.50	5.50	12.00	8.65	0.75	0.75	760.00	1101.00	11.00	24.00	17.30	1.50	1.50	1520.00			*	*			
Peri Peri Chutney	G,D,E,SO,N/S	50.00	171.00	0.50	0.10	0.00	9.40	7.75	254.50	342.00	1.00	0.20	0.00	18.80	15.50	509.00	*	*	*	*		*	
Vegetarian Lovers (Note: vegetarian pattie cooked on same surface as meat products)																							
Braai Vege Pita	G,SO	320.00	1860.59	16.47	13.22	2.71	69.58	9.97	848.50	2699.39	22.92	22.78	2.57	107.71	25.98	1107.00	*	*	*	*		*	
Braai Vege Burger	G,D,SO,N/S	300.00	2035.30	16.42	15.60	3.02	71.50	12.64	975.95	2694.63	20.92	25.18	2.87	99.51	27.48	1171.00	*	*	*	*		*	
Braai Vege Deluxe	G,D,E,SO,N/S	360.00	2689.62	23.97	21.85	6.13	88.99	13.29	1357.50	4724.73	48.36	57.45	21.30	121.99	40.30	2258.00	*	*	*	*		*	
Cub Meals																							
Cub Burger	G,D,E,SO,N/S	221.50	1896.42	18.00	17.79	6.21	56.24	8.18	1049.04	4284.34	44.30	61.35	25.74	86.90	22.20	3062.00	*	*	*	*		*	
Braai Meatballs Meal (4)	G,D	100.00	1213.00	16.90	21.40	9.40	7.90	2.50	740.00	1213.00	16.90	21.40	9.40	7.90	2.50	740.00	*	*	*	*		*	
Chicken Nugette	G,D,SO	120.00	1107.60	14.88	16.92	4.32	13.56	0.00	348.00	923.00	12.40	14.10	3.60	11.30	< 1	290.00	*	*	*	*		*	
Salads (NO DRESSING)																							
Fresh Garden Salad (Regular)		112.50	206.22	1.26	1.69	0.29	6.10	2.97	138.25	1028.90	4.06	10.94	1.88	22.44	9.41	845.50							
Fresh Garden Salad (Large)		225.00	412.43	2.53	3.39	0.57	12.20	5.94	276.50	2057.81	8.11	21.87	3.76	44.88	18.82	1691.00							
Chicken Garden Salad		375.00	1069.43	35.98	5.79	1.32	12.20	5.94	338.00	2495.81	30.41	23.47	4.26	44.88	18.82	1732.00							
Mediterranean Salad (Regular)	D	137.50	481.47	4.01	7.69	4.61	6.47	3.35	518.25	1579.40	9.56	22.94	10.53	23.19	10.16	1605.50			*				
Mediterranean Salad (Large)	D	275.00	962.93	8.03	15.39	9.22	12.95	6.69	1036.50	3158.81	19.11	45.87	21.06	46.38	20.32	3211.00			*				
Chicken Mediterranean Salad		425.00	1619.93	41.48	17.79	9.97	12.95	6.69	1098.00	3596.81	41.41	47.47	21.56	46.38	20.32	3252.00			*				
Braai Meatball Salad	G,D	375.00	2231.93	27.88	35.49	14.67	24.05	9.69	1386.50	3270.81	25.01	43.27	13.16	52.78	21.32	2431.00	*	*	*	*		*	
Sides																							
Chips (Regular)		250.00	1240.25	4.75	10.50	0.75	43.25	2.00	115.00	496.10	1.90	4.20	0.30	17.30	0.80	46.00							
Chips (Large)		500.00	2480.50	9.50	21.00	1.50	86.50	4.00	230.00	496.10	1.90	4.20	0.30	17.30	0.80	46.00							
Peri Peri Chips (Regular)	G,D,E,SO,N/S	250.00	1240.25	4.75	10.50	0.75	43.25	2.00	115.00	496.10	1.90	4.20	0.30	17.30	0.80	46.00							
Peri Peri Chips (Large)	G,D,E,SO,N/S	500.00	2480.50	9.50	21.00	1.50	86.5																