



Nutrition Information for JOLLIBEE CANADA Standard Menu Items

| INDIVIDUAL ITEMS | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--|----------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| JOLLY CRISPY CHICKEN | | | | | | | | | | | |
| Jolly Crispy Chicken Drumstick, 1 pc | 85 g | 220 | 14 | 3 | 0 | 20 | 270 | 3 | 0 | 0 | 20 |
| Jolly Crispy Chicken Thigh, 1 pc | 125 g | 380 | 28 | 7 | 0 | 25 | 400 | 5 | 0 | 0 | 27 |
| Spicy Jolly Crispy Chicken Drumstick, 1 pc | 85 g | 220 | 14 | 3 | 0 | 20 | 340 | 3 | 0 | 0 | 20 |
| Spicy Jolly Crispy Chicken Thigh, 1 pc | 126 g | 380 | 28 | 7 | 0 | 25 | 520 | 5 | 0 | 0 | 27 |
| Gravy, Small | 77 g | 25 | 0 | 0 | 0 | 0 | 380 | 5 | 0 | 1 | 1 |
| Gravy, Medium | 142 g | 50 | 0 | 0 | 0 | 0 | 700 | 10 | 0 | 2 | 2 |
| Gravy, Large | 198 g | 70 | 0 | 0 | 0 | 0 | 980 | 14 | 0 | 2 | 3 |
| JOLLY SPAGHETTI | | | | | | | | | | | |
| Jollibee Spaghetti | 411 g | 610 | 23 | 8 | 0 | 60 | 1340 | 76 | 4 | 18 | 23 |
| Spaghetti with 1 pc JCC Drumstick and Gravy | 459 g | 680 | 31 | 9 | 0 | 60 | 1580 | 61 | 3 | 13 | 38 |
| Spaghetti with 1 pc JCC Thigh and Gravy | 499 g | 840 | 45 | 13 | 0 | 70 | 1700 | 63 | 3 | 13 | 45 |
| Spaghetti with 1 pc Spicy JCC Drumstick and Gravy | 460 g | 680 | 31 | 9 | 0 | 60 | 1650 | 61 | 3 | 13 | 38 |
| Spaghetti with 1 pc Spicy JCC Thigh and Gravy | 500 g | 840 | 45 | 13 | 0 | 70 | 1820 | 63 | 3 | 13 | 45 |
| Spaghetti Family Pack (Serves 3-4) | 893 g | 1310 | 50 | 18 | 0 | 130 | 2770 | 159 | 9 | 36 | 50 |
| Spaghetti Party Pack (Serves 8-10) | 3289 g | 4890 | 183 | 61 | 0 | 460 | 10710 | 606 | 34 | 143 | 181 |
| PALABOK FIESTA | | | | | | | | | | | |
| Palabok Fiesta | 351 g | 410 | 15 | 3.5 | 0 | 115 | 950 | 49 | 1 | 2 | 20 |
| Palabok with 1 pc JCC Drumstick and Gravy | 513 g | 660 | 28 | 7 | 0 | 130 | 1600 | 57 | 1 | 3 | 41 |
| Palabok with 1 pc JCC Thigh and Gravy | 552 g | 820 | 42 | 10 | 0 | 140 | 1730 | 60 | 1 | 3 | 48 |
| Palabok with 1 pc Spicy JCC Drumstick and Gravy | 513 g | 660 | 28 | 7 | 0 | 130 | 1670 | 57 | 1 | 3 | 41 |
| Palabok with 1 pc Spicy JCC Thigh and Gravy | 552 g | 820 | 42 | 10 | 0 | 140 | 1850 | 60 | 1 | 3 | 48 |
| Palabok Family Pack (Serves 3-4) | 1053 g | 1240 | 44 | 10 | 0 | 340 | 2860 | 148 | 2 | 6 | 60 |
| Palabok Party Pack (Serves 8-10) | 2808 g | 3300 | 116 | 27 | 0 | 915 | 7610 | 394 | 7 | 15 | 160 |
| Lemon Packet | 1 packet (4 g) | 5 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| BURGERSTEAK* | | | | | | | | | | | |
| <small>*Information is based on Steamed Rice as the default side. Substitutions will affect nutrition information.</small> | | | | | | | | | | | |
| 2 pcs Burgersteak with Rice | 422 g | 570 | 28 | 14 | 0 | 110 | 1010 | 56 | 1 | 1 | 24 |
| 3 pcs Burgersteak with Rice | 505 g | 750 | 42 | 21 | 0 | 165 | 1440 | 58 | 1 | 1 | 33 |
| 2 pcs Burgersteak with Rice and 1 pc JCC Drumstick and Gravy | 583 g | 820 | 42 | 17 | 0 | 130 | 1660 | 64 | 1 | 2 | 45 |
| 2 pcs Burgersteak with Rice and 1 pc JCC Thigh and Gravy | 623 g | 980 | 56 | 21 | 0 | 135 | 1780 | 67 | 1 | 2 | 52 |
| Burgersteak Family Pack, 6 pcs (Serves 3-4) | 584 g | 1060 | 84 | 42 | 0 | 330 | 3000 | 19 | 1 | 3 | 59 |
| YUM BURGERS | | | | | | | | | | | |
| Yum | 118 g | 360 | 21 | 8 | 0 | 70 | 630 | 30 | 1 | 6 | 13 |