

Næringargildi í sölueiningu / Nutritional value per salesunit



	Orka (kcal)	Orka (kJ)	Fita/ Fat (g)	Mett. fita/ Sat. fat (g)	Kolvetni/ Carbo- hydrates (g)	Sykur- tegundir/ Sugars (g)	Trefjar/ Dietary fiber (g)	Prótein (g)	Salt (g)
Meðlæti / Side dishes									
Brauðstangir (8stk)/ Breadsticks (8 pc)	774	3255	26.0	4.5	112.0	4.4	4.9	21.0	3.4
Spicy brauðstangir stór/ Spicy br. large	881	3695	37.0	6.5	113.0	4.6	4.8	21.0	4.5
Cheesy bites	642	2697	27.0	8.8	78.0	2.8	4.0	20.0	2.4
Ostagott /Cheese breadsticks	691	2895	30.0	8.3	79.0	3.0	3.9	24.0	2.2
Cajun prem. brauðst./Cajun prem. breadst.	989	4133	55.0	19.0	103.0	3.6	4.5	19.0	3.3
Premium brauðstangir/ Premium breadsticks	1000	4171	56.0	22.0	102.0	3.5	4.6	20.0	2.8
Hot wings	564	2343	40	11	2.7	0.8	0	49	2.4
BBQ wings	541	2257	36	10	10	7.8	0	44	1.7
Buffalo wings	506	2106	36	10	2.1	0.8	0	44	1.5
Kartöflubátar/ Potato wedges	525	2195	21	2.5	70.0	3.5	8.1	8.8	2.8
Nutellagott/ Nutella breadsticks	832	3495	32.0	10.0	116.0	39.0	5.8	18.0	1.3
Súkkulaðigott/ Chocolate breadsticks	710	2979	25.0	16.0	101.0	25.0	6.3	16.0	1.2
Kanilgott/ Cinnamon breadsticks	608	2556	20.0	3.5	91.0	16.0	4.2	15.0	1.3
Meðlætissósur / Side sauces									
Hvítlauksolía/ Garlic oil	265	1112	29	3.8	0.2	0	0	0	0.06
Hvítlaukssósa/ Garlic sauce	238	996	25	2.7	2.1	0.9	0	1.1	0.4
Brauðstangasósa / Breadstick sauce	36	151	0.5	0.2	5.7	5.5	1.2	1.7	0.7
BBQ sósa/sauce	78	325	0.2	0	18	15	0.7	0.6	0.9
Gráðaaostasósa/ Blue cheese sauce	208	872	22	2.9	1.7	1	0	0.8	0.5
Hot Sauce	13	53	0.8	0.1	1.2	0.3	0	0.3	3.6
Kokteilsósa/ Cocktailsauce	264	1106	28	2.1	2.6	2.2	0	0.5	0.3
Súkkulaðiglassúr/ Chocolate frosting	156	652	0.9	0.6	36	34	1	0.7	0
Glassúr/ Frosting	157	656	0.2	0.2	39	37	0	0	0