














## 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)	
<b>Meðlæti / Side dishes</b>									
Brauðstangir litlar/ Breadsticks small	464	1946	14,0	2.4	69.7	2.8	3.2	13.3	2.1
Brauðstangir stór/ Breadsticks large	743	3113	22.4	3.9	111.5	4.5	5.1	21.3	3.4
Spicy brauðstangir, litlar/ Spicy br. small 	530	2235	20.4	3.5	72.4	3.4	3	13.5	3.7
Spicy brauðstangir, stór/ Spicy br. large 	860	3600	33.4	5.7	115.5	5.4	4.8	21.6	5.7
Cheesy bites	671	2810	30	9.6	78.1	2.7	4	20.1	2.4
Ostagott / Cheese breadsticks	791	3320	40.7	11.1	78.2	2.7	4.1	26.1	2.5
Cajun prem. brauðst./ Cajun prem. breadst. 	1150	4850	72.5	22.1	104.3	4,2	4.5	19,7	4,1
Premium brauðstangir/ Premium breadsticks	1195	5010	77.6	27.1	101.9	3.5	4,6	20,3	3,3
Hot wings	566	2370	40	11.2	2.9	0.8	0	48.5	3.2
BBQ wings	598	2506	39.6	11.1	11.6	9	0.3	48.8	1.2
Buffalo wings	557	2333	39.5	11.1	2.1	0.6	0	48.3	0.6
Kartöflubátar/ Potato wedges 	523	2192	21,4	2,5	70,0	3,5	8,1	8,8	2,8
Nutellagott/ Nutella breadsticks	960	4020	44.7	14	118.2	41.7	6	18.2	1.4
Súkkulaðigott/ Chocolate breadsticks 	834	3500	38.9	18.9	101.4	25.1	6.3	16.3	1.4
Kanilgott/ Cinnamon breadsticks 	610	2560	23.4	4.1	83.5	8.8	4.2	14.6	2.3
<b>Meðlætissósur / Side sauces</b>									
Hvítlauksolía/ Garlic oil 	265	1111	29.3	3.8	0.2	0	0	0	0.1
Hvítlauksósa/ Garlic sauce	176	739	18	10.4	2.7	1.1	0	1.1	0.3
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	18.2	15.4	0.7	0.6	0.9
Honey Mustard	217	909	18.6	3	11.3	10.4	0.4	0.9	0
Gráðaostasósa/ Blue cheese sauce	211	882	22.2	4.3	1.1	1.1	0	1.7	0.7
Hot Sauce 	13	53	0.8	0.1	1.2	0.3	0	0.3	3.6
Kokteilsósa/ Cocktailsauce	265	1109	27.8	3.9	2.8	2.3	0	1	0.4
Súkkulaðiglassúr/ Chocolate frosting 	156	652	0.9	0.6	35.7	33.9	1	0.7	0
Glassúr/ Frosting 	157	656	0.2	0.2	38.7	37	0	0	0