

Næringargildi í sölueningu / 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 litlar/ Breadsticks small	493	2064	17.0	3.0	69.9	2.8	3.2	13.4	2.2
Brauðstangir stór/ Breadsticks large	775	3249	25.9	4.5	111.7	4.5	5.1	21.4	3.5
Spicy brauðstangir litlar/ Spicy br. small V	558	2338	24.0	4.1	70.8	3.1	3.0	13.2	2.9
Spicy brauðstangir stór/ Spicy br. large V	881	3692	37.1	6.4	113.2	4.9	4.8	21.1	4.5
Cheesy bites	643	2695	27.1	8.7	78.2	2.8	4.0	19.6	2.4
Ostagott /Cheese breadsticks	694	2910	29.9	9.1	78.2	2.7	4.1	26.0	2.3
Cajun prem. brauðst./Cajun prem. breadst. V	989	4146	54.5	18.8	103.0	3.9	4.5	19.4	3.2
Premium brauðstangir/ Premium breadsticks	998	4183	55.9	22.0	101.5	3.5	4.6	19.9	2.8
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 V	523	2192	21.4	2,5	70,0	3,5	8,1	8,8	2,8
Nutellagott/ Nutella breadsticks	834	3494	32.0	10.4	115.5	39.2	5.8	18.0	1.3
Súkkulaðigott/ Chocolate breadsticks V	709	2972	25.1	16.4	101.4	25.1	6.3	16.3	1.2
Kanilgott/ Cinnamon breadsticks V	607	2543	19.6	3.4	90.8	15.8	4.6	14.6	1.3
Meðlætissósir / Side sauces									
Hvítlauksóla/ Garlic oil V	265	1111	29.3	3.8	0.2	0	0	0	0.1
Hvítlaukssósa/ Garlic sauce	176	739	18	10.4	2.7	1.1	0	1.1	0.3
Brauðstangasósa / Breadstick sauce V	36	151	0.5	0.2	5.7	5.5	1.2	1.7	0.7
BBQ sósa/sauce V	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
Gráðastasósa/ Blue cheese sauce	211	882	22.2	4.3	1.1	1.1	0	1.7	0.7
Hot Sauce V	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 V	156	652	0.9	0.6	35.7	33.9	1	0.7	0
Glassúr/ Frosting V	157	656	0.2	0.2	38.7	37	0	0	0