

Eating out doesn't have to mean that you have to sacrifice your diet. Keep this handy guide with you so that you have a meal option for unexpected dining out occasions. ♦ - indicates vegetarian. 🚫 represents gluten-free.

BREAKFAST

Phase 1

Dunkin Donuts®

- Egg & Cheese Wake-Up Wrap
- Egg White & Turkey Sausage Wake-Up Wrap
- Egg White Veggie Wake-Up Wrap
- Egg, Cheese & Ham Wake-Up Wrap

Phase 2

Dunkin Donuts®

- Egg & Cheese Wake-Up Wrap & Latte w/ Skim Milk (med)♦
- Egg White & Turkey Sausage Flatbread
- Egg White & Turkey Sausage Wake-Up wrap & Latte w/ Skim Milk (med)
- Egg White Veggie Flatbread♦
- Egg White Veggie Wake-Up wrap & Latte w/ Skim Milk (med)♦
- Egg, Cheese & Ham Wake-Up Wrap & Latte w/ Skim Milk (sm)

Hungry Jack's®

- Bacon & Egg Muffin

McDonald's®

- Bacon & Egg McMuffin

Oporto®

- Bacon & Egg Burger

Red Rooster®

- Bacon & Egg Roll
- Bacon & Tomato Roll

Subway®

- 6-inch Egg & Cheese on Wheat♦

The Coffee Club®

- Poached Eggs, Tomato & Toast

LUNCH & DINNER

Ali Baba®

- Beef K'bab™ (Sm) & 1/2 Chips (Sm)
- Chicken K'bab™ (Reg)
- Grilled Chicken Wrap
- Grilled Lamb Wrap
- Lamb K'bab™ (Sm) & 1/2 Chips (Sm)

Crust®

- ½ Beef Fajita on Wholemeal
- ½ Bruschetta on Wholemeal❖
- ½ Chicken Avocado on Wholemeal

Domino's Pizza®

- Bangers & Beef (thin n crispy, 2 slices)
- BBQ Chicken & Bacon (thin n crispy, 2 slices)
- BBQ Meat Lovers (thin n crispy, 2 slices)
- Capriciosa (thin n crispy, 3 slices)❖
- Cheesy Pepperoni (gluten free, 3 slices) 🚫
- Chicken & Feta (gluten free, 3 slices) 🚫
- Chicken & Feta (thin n crispy, 2 slices)
- Creamy Chicken & Cherry Tomato (gluten free, 3 slices) 🚫
- Creamy Chicken & Cherry Tomato (thin n crispy, 2 slices)
- Dbl Bacon Cheeseburger (thin n crispy, 2 slices)
- Fire Breather (thin n crispy, 2 slices)
- Free Range Cayenne Chicken (thin n crispy, 2 slices)
- Garlic Prawn (thin n crispy, 2 slices)
- Ham & Cheese (gluten free, 4 slices) 🚫
- Ham & Cheese (thin n crispy or classic, 2 slices)
- Hawaiian (gluten free, 3 slices) 🚫
- Margarita w/ Basil (gluten free, 4 slices)❖ 🚫
- Margarita w/ Basil (thin n crispy, 2 slices)❖
- Prawn Supreme (thin n crispy, 2 slices)
- Simply Cheese (gluten free, 4 slices)❖ 🚫
- Simply Cheese (thin n crispy, 2 slices)❖
- Spicy Pineapple & Tomato (gluten free, 4 slices)❖ 🚫
- Spicy Pineapple & Tomato (thin n crispy or classic, 2 slices)❖
- Supreme (classic, 2 slices)
- Vegorama (gluten free, 4 slices)❖
- Vegorama (thin n crispy, 3 slices)❖

Eagle Boys®

- BBQ Chicken & Bacon (2 slices)
- BBQ Meatlovers (2 slices)
- Chicken Club (2 slices)
- Eagle Boys Works (2 slices)
- Gourmet Vegetarian (2 slices)❖
- Peri Peri Chicken (2 slices)
- Reef & Beef (2 slices)
- Tandoori Chicken (2 slices)

Grill'd®

- Chicken Licken w/ Herbed Mayo (no chips)
- Chicken, Pomegranate, Goats Cheese Salad w/ Poppy Seed
- Mini Moo w/ Herbed Mayo (no cheese, no chips)
- Simon Says (no mayo, no cheese, no chips)
- Simply Grill'd (no mayo, no cheese, no chips)

Hungry Jack's®

- Cheeseburger Mini
- Classic TENDERGRILL® & Garden Salad
- Country Burger
- Grilled Chicken Burger (classic or spicy)
- TENDERGRILL® Cheese & Bacon Chicken Burger
- TENDERGRILL® Spicy Chicken Burger
- TENDERGRILL® Wrap & Garden Salad w/ LT Dressing
- Whopper Jr.® & Garden Salad
- Whopper Jr.® with Cheese

KFC®

- Colonel Burger (NZ only)
- Crispy Strips (3 pcs) w/ So Salad & Potatoes & Gravy (reg)
- Org. Fillet Burger
- Org. Recipe Fillet w/ Dinner Roll & Potatoes & Gravy (reg)
- Roller BBQ Bacon & So Salad
- Snack Burger (NZ only)
- Zinger Fillet Burger

McDonald's®

- Cheeseburger w/ Salad & Balsamic & Apple Slices
- Filet-O-Fish Sandwich w/ Salad & Balsamic & Apple Slices
- McChicken®
- Seared Chicken Caesar Wrap
- Seared Chicken Sweet Chili Wrap & Apple Slices
- Seared Chicken Tandoori Wrap & Apple Slices

Muffin Break™

- Chicken & Mustard Mayo LT Wrap
- Chicken Cheese & Salad Sandwich
- Ham & Cheese Tomato Flatbread
- Ham & Pineapple LT Wrap
- Ham Pesto LT Wrap
- Mediterranean Lamb LT Wrap
- Mediterranean Vegetable LT Wrap❖
- Tuna Mayo LT Wrap
- Turkey LT Wrap

Nando's®

- 1/4 Chicken w/ Salad & Vinaigrette
- BBQ Chicken Burger (no mayo)
- Classic Chicken Burger (no mayo)
- Classic Chicken Pita w/ Salad & Trio Bell
- Grilled Tenderloins (4) w/ Salad & Dinner Roll & Trio Bell
- Supremo BBQ Chicken Burger
- Supremo Chicken Burger (no mayo)
- Veggie Pita w/ Mayo❖

Oporto®

- 1/4 Chicken w/ Mashed Potatoes & Gravy
- Chicken & Cheese Burger (no mayo)
- Rappa Snacker
- Single Fillet Bondi Burger
- Single Fillet Norm Burger
- Single Fillet Oprego Burger
- Strip Pack (4) w/ Mashed Potatoes & Gravy

Pita Pit®

- Babaganoush on Wholemeal (Lg, Dbl) w/ Black Olives❖
- Black Forest Ham on Wholemeal (Lg) w/ Swiss Cheese & Dijon
- Chicken & Falafel on Wholemeal (Lg) w/ Tzatziki
- Chicken Breast on Wholemeal (Lg) w/ Swiss Cheese & Dijon
- Chicken Crave on Wholemeal (Lg) w/ Swiss Cheese & Dijon
- Falafel on Wholemeal (Lg) w/ Babaganoush & Feta❖
- Hummus on Wholemeal (Lg) w/ Black Olives❖
- Mozzarella Melt on Wholemeal (Lg) w/ Dijon
- Roast Beef on Wholemeal (Lg) w/ Swiss Cheese & Dijon
- Roast Lamb on Wholemeal (Lg) w/ Tzatziki & Feta
- Steak on Wholemeal (Lg, no cheese) w/ BBQ Sauce
- Tuna on Wholemeal (Lg) w/ Swiss Cheese
- Vegetable Pita on Wholemeal (Lg) w/ Black Olives & Hummus❖

Pizza Capers™

- Algerian (Reg, 3 slices)
- Antipasto (Reg, 4 slices)
- Alfungi (Reg, 3 slices)
- Capers Supremo (Reg, 4 slices)
- Country Pumpkin (Reg, 3 slices)
- Euro (Reg, 4 slices)
- Exotic Potato (Reg, 3 slices)
- Fiery Coconut Chicken (Reg, 2 slices)
- Gulf of Mexico (Reg, 3 slices)
- Italian Connection (Reg, 4 slices)
- Lambada (Reg, 3 slices)
- Louisiana Chicken 97% FF (Reg, 4 slices)
- Margherita (Reg, 4 slices) ♦
- Napoletana 97% FF Spaghetti ♦
- New Orleans (Reg, 3 slices)
- Pear, Blue Cheese & Walnut (Reg, 3 slices) ♦
- Prawn 97% FF (Reg, 4 slices)
- Raja (Reg, 3 slices)
- Reef & Beef (Reg, 3 slices)
- Roasted Beetroot (Reg, 3 slices)
- Rustic Fruit & Veg 97% FF (Reg, 4 slices) ♦
- Salmon Affair (Reg, 3 slices)
- Savanna 97% FF (Reg, 3 slices)
- Scallop & Chorizo (Reg, 4 slices)
- Teriyaki Chicken (Reg, 3 slices)
- Thai Barramundi & Prawn 97% FF (Reg, 4 slices)
- Troppo (Reg, 3 slices)
- Vegetarian 97% FF (Reg, 4 slices) ♦

Pizza Hut®

- Antipasto (perfecto dough, 2 slices) ♦
- Bacon Cheeseburger (perfecto dough, 2 slices)
- BBQ Beef (perfecto dough, 2 slices)
- BBQ Chicken (perfecto dough, 2 slices)
- BBQ Meatlovers (perfecto dough, 2 slices)
- Capricciosa (perfecto dough, 2 slices)
- Cheese (perfecto dough, 2 slices) ♦
- Chicken & Bacon (perfecto dough, 2 slices)
- Chicken Deluxe (perfecto dough, 2 slices)
- Garlic Prawn (perfecto dough, 2 slices)
- Hawaiian (perfecto dough, 2 slices)
- Hot N Spicy Pepperoni (perfecto dough, 2 slices)
- Italian Chicken (perfecto dough, 2 slices)
- Italiano (perfecto dough, 2 slices)

Pizza Hut® cont'd

- Mediterranean Vegetable Pasta (single serve)❖
- Mexicana (perfecto dough, 2 slices)
- Pepperoni (perfecto dough, 2 slices)
- Pineapple & Bacon (classic, 2 slices - NZ only)
- Satay Chicken (classic, 2 slices - NZ only)
- Seafood Deluxe (classic, 2 slices - NZ only)
- Spicy Apricot Chicken (classic, 2 slices - NZ only)
- Spinach & Feta (perfecto dough, 2 slices)❖
- Steakhouse (perfecto dough, 2 slices)
- Super Supreme (perfecto dough, 2 slices)
- Surf & Turf (perfecto dough, 2 slices)
- Tandoori Chicken (perfecto dough, 2 slices)
- Veggie (perfecto dough, 2 slices)❖

Red Rooster®

- 1/2 Rooster Roll w/ Corn Cob (no butter)
- Cheeseburger w/ Peas (Reg)
- Fish Burger w/ Mash & Gravy (Reg)
- Peri Peri Burger w/ Mayo & Mash & Gravy (Reg)
- Peri Peri Burger w/ Chili & Garlic Aioli & Mash & Gravy (Reg)
- Peri Peri Wrap w/ Mayo
- Peri Peri Wrap w/ Chilli & Garlic Aioli
- Real Roast Baguette

Subway®

- 6-inch Chicken & Bacon Ranch on Wheat (no cheese, no mayo)
- 6-inch Chicken Schnitzel on Wheat (no cheese, no mayo)
- 6-inch Chicken Strips on Wheat (no cheese, no mayo) w/ Yoghurt
- 6-inch Ham on Wheat (no cheese, no mayo) w/ Yoghurt
- 6-inch Italian BMT® on Wheat(no cheese, no mayo)
- 6-inch Pizza Sub on Wheat
- 6-inch Roast Beef on Wheat (no cheese, no mayo) w/ Yoghurt
- 6-inch Roasted Chicken on Wheat (no cheese, no mayo) w/ Yoghurt
- 6-inch Seafood Sensation on Wheat (no cheese, no mayo)
- 6-inch Steak & Cheese on Wheat
- 6-inch Subway Club® on Wheat (no cheese, no mayo) w/ Yoghurt
- 6-inch Subway Melt on Wheat w/ Cheese (no mayo)
- 6-inch Tuna on Wheat (no cheese, no mayo)
- 6-inch Turkey & Ham on Wheat (no cheese, no mayo) w/ Yoghurt
- 6-inch Turkey on Wheat (no cheese, no mayo) w/ Yoghurt
- 6-inch Veggie Delite® on Wheat (no cheese, no mayo) w/ Yoghurt❖
- 6-inch Veggy Patty on Wheat (no cheese, no mayo)❖
- Veggie Delite® Wrap (no cheese, no mayo) w/ Yoghurt❖

The Coffee Club®

- Citrus Chicken Salad