



MAIN MENU NUTRITIONAL INFORMATION

			ENERGY		PROTEIN		FAT, TOTAL		- SATURATED		CARBOHYDRATES		- SUGARS		SODIUM (MG)	
		WEIGHT	Ave. Qty /serve	Ave. Qty /100g	Ave. Qty /serve	Ave. Qty /100g	Ave. Qty /serve	Ave. Qty /100g	Ave. Qty /serve	Ave. Qty /100g	Ave. Qty /serve	Ave. Qty /100g	Ave. Qty /serve	Ave. Qty /100g	Ave. Qty /serve	Ave. Qty /100g
BURGERS	BARE BETTY	170 g	1355 kJ	797 kJ	24.7 g	14.5 g	21.08 g	12.4 g	8.45 g	4.97 g	9.18 g	5.4 g	6.29 g	3.7 g	627 mg	369 mg
	BETTY'S CLASSIC	235 g	2521 kJ	1087 kJ	28.5 g	12.3 g	39.90 g	17.2 g	13.01 g	5.61 g	32.94 g	14.2 g	14.38 g	6.2 g	839 mg	362 mg
	BETTY'S CLASSIC PLANT	225 g	2329 kJ	1035 kJ	25.87 g	11.5 g	33.52 g	14.9 g	10.84 g	4.82 g	38.02 g	16.9 g	4.27 g	1.9 g	897 mg	399 mg
	BETTY'S CLASSIC VEGAN	335 g	3659 kJ	1089 kJ	9.17 g	2.73 g	54.76 g	16.3 g	5.0 g	1.49 g	86.68 g	25.8 g	9.07 g	2.7 g	1320 mg	393 mg
	BETTY'S DELUXE	270 g	2865 kJ	1077 kJ	37.97 g	15 g	41.5 g	16.3 g	17 g	6.1 g	44 g	17.1 g	10.85 g	3.5 g	1550 mg	575 mg
	BETTY'S DOUBLE	345 g	3688 kJ	1069 kJ	59.34 g	17.2 g	52.78 g	15.3 g	26.63 g	7.73 g	42.78 g	12.4 g	5.52 g	1.6 g	2066 mg	599 mg
	CRISPY CHICKEN	220 g	2613 kJ	1188 kJ	29.7 g	13.5 g	37.18 g	16.9 g	7.48 g	3.4 g	43.12 g	19.6 g	13.42 g	6.1 g	950 mg	432 mg
	CRISPY CHICKEN SUPREME	270 g	2922 kJ	1062 kJ	33.49 g	12.9 g	36.2 g	13 g	11.9 g	3.65 g	26.2 g	9.6 g	11.6 g	4.2 g	1240 mg	460 mg
	GRILLED CHICKEN	205 g	1662 kJ	811 kJ	31.77 g	15.5 g	18.24 g	8.9 g	4.3 g	2.1 g	26.24 g	12.8 g	10.86 g	5.3 g	510 mg	249 mg
	GRILLED CHICKEN SUPREME	285 g	3088 kJ	1095 kJ	39.76 g	14.1 g	35.53 g	12.6 g	8.03 g	2.92 g	42.58 g	15.1 g	12.97 g	4.6 g	1669 mg	592 mg
	GRILLED CHICKEN BARE	175 g	1214 kJ	690 kJ	31.5 g	17.9 g	15.34 g	8.72 g	6.37 g	3.62 g	6.51 g	3.7 g	4.22 g	2.4 g	1071 mg	609 mg
	CHEESEBURGER	160 g	1600 kJ	1020 kJ	19.27 g	12.2 g	18.32 g	11.6 g	7.06 g	4.47 g	34.91 g	22.1 g	12.32 g	7.8 g	633 mg	401 mg
	CRISPY CHICKEN STRIPS BURGER	175 g	1934 kJ	1105 kJ	29.75 g	17 g	19.77 g	11.3 g	8.66 g	4.95 g	41.12 g	23.5 g	5.95 g	3.4 g	721 mg	412 mg
	NOOSA CLASSIC SURF	285 g	3049 kJ	1070 kJ	42.46 g	14.9 g	46.74 g	16.4 g	14.79 g	5.19 g	35.05 g	12.3 g	15.10 g	5.3 g	1533 mg	538 mg
	SHROOM BURGER	290 g	2745 kJ	955kJ	19.70 g	6.9 g	33.69 g	11.7 g	8.61 g	2.99 g	77.47 g	26.9 g	12.67 g	4.4 g	1327 mg	461 mg
SIDES	SPICY CHICKEN	280 g	3088 kJ	1103 kJ	43.12 g	15.4 g	40.88 g	14.8 g	11.9 g	4.25 g	49.84 g	17.8 g	15.96 g	5.7 g	1685 mg	602 mg
	SPICY GRILLED CHICKEN	285 g	2980 kJ	941 kJ	43.035 g	15.1 g	25.08 g	8.8 g	9.405 g	3.3 g	60.135 g	21.1 g	1624.5 g	570 g	570 mg	200 mg
	CALAMARI	85 g	796 kJ	937 kJ	13.77 g	16.2 g	10.79 g	12.7 g	1.44 g	1.69 g	9.52 g	11.2 g	0.48 g	0.56 g	450 mg	530 mg
	FRIES	155 g	1615 kJ	1042 kJ	4.91 g	3.17 g	18.44 g	11.9 g	1.72 g	1.11 g	49.75 g	32.1 g	2.79 g	1.8 g	547 mg	353 mg
	SNACK FRIES	75 g	807 kJ	1042 kJ	2.45 g	3.17 g	9.22 g	11.9 g	0.86 g	1.11 g	28.87 g	32.1 g	1.39 g	1.8 g	273 mg	353 mg
	SWEET POTATO FRIES	150 g	1415 kj	1022 kJ	4.41 g	3.05 g	16.44 g	10.6g	1.55 g	1.01 g	46.65 g	29.6 g	2.09 g	1.45g	507 mg	323 mg
	CRISPY STRIPS	200 g	2192 kJ	1096 kJ	46.8 g	23.4 g	25.8 g	12.9 g	3.8 g	1.9 g	26 g	13 g	7.8 g	3.9 g	1874 mg	937 mg
BOWLS	FRICKLES	100 g	715 kJ	715 kJ	1 g	1 g	11 g	11 g	2 g	2 g	17 g	17 g	14 g	14 g	466 mg	466 mg
	ONION RINGS	100 g	1577 kJ	1577 kJ	3.41 g	3.41 g	27.2 g	27.2 g	3.5 g	3.5 g	30.1 g	30.1 g	5.9 g	5.9 g	596 mg	596 mg
	CHICKEN, AVO, BACON BOWL	250 g	1665 kJ	666 kJ	41.08 g	15.8 g	27.75 g	11.1 g	7 g	2.8 g	1 g	0.4 g	5.0 g	2.0 g	952 mg	381 mg
SAUCES	SALMON BOWL	265 g	1726 kJ	651 kJ	23.79 g	9.35 g	28.35 g	10.7 g	6.38 g	2.41 g	14.84 g	5.6 g	7.42 g	2.8 g	440 mg	166 mg
	VEGE PATTY SUPER BOWL	375 g	3379 kJ	901 kJ	22.4 g	5.97 g	46.5 g	12.4 g	7.12 g	12.4 g	56.62 g	15.1 g	11.25 g	3 g	1155 mg	308 mg
	BBQ SAUCE	30 g	310 kJ	1004 kJ	0 g	0 g	0 g	0 g	0 g	0 g	17.1 g	57 g	15.9 g	53 g	291 mg	970 mg
	BETTY'S SPECIAL SAUCE	30 g	660 kJ	2183 kJ	0.45 g	1.5 g	16.02 g	53.4 g	1.35 g	4.5 g	3.21 g	10.7 g	1.89 g	6.3 g	282 mg	940 mg
	FRENCH MUSTARD	30 g	100 kJ	303 kJ	1.26 g	4.2 g	1.26 g	4.2 g	0 g	0 g	1.35 g	4.5 g	0 g	0 g	333 mg	1110 mg
	SPICY VEGAN	30 g	610 kJ	2010 kJ	0.06 g	0.2 g	15.06 g	50.2 g	1.17 g	3.9 g	2.4 g	8 g	1.47 g	4.9 g	206.1 mg	687 mg
	SRIRACHA MAYO	30 g	660 kJ	2030 kJ	0.48 g	1.6 g	14.7 g	49 g	1.23 g	4.1 g	3.36 g	11.2 g	1.98 g	6.6 g	202.8 mg	676 mg
SOFT DRINKS	TOMATO SAUCE	30 g	150 kJ	515 kJ	0.3 g	1 g	0 g	0 g	0 g	0 g	8.16 g	27.2 g	7.59 g	25.3 g	240 mg	800 mg
	VEGAN GARLIC MAYO	30 g	780 kJ	2600 kJ	0.54 g	1.8 g	20.4 g	68 g	1.62 g	5.4 g	1.59 g	5.3 g	1.38 g	4.6 g	321 mg	1070 mg
	COKE SMALL	440 mL	800 kJ	180 kJ	0 g	0 g	0 g	0 g	0 g	0 g	46.64 g	10.6 g	46.64 g	10.6 g	44 mg	10 mg
	COKE LARGE	650 mL	1170 kJ	180 kJ	0 g	0 g	0 g	0 g	0 g	0 g	68.9 g	10.6 g	68.9 g	10.6 g	65 mg	10 mg
	COKE NO SUGAR SMALL	440 mL	6.16 kJ	1.4 kJ	0.22 g	0.05 g	0 g	0 g	0 g	0 g	0.44 g	0.1 g	0 g	0 g	18.48 mg	4.2 mg
	COKE NO SUGAR LARGE	650 mL	9.1 kJ	1.4 kJ	0.325 g	0.05 g	0 g	0 g	0 g	0 g	0.65 g	0.1 g	0 g	0 g	27.3 mg	4.2 mg
	FANTA SMALL	440 mL	990 kJ	225 kJ	0 g	0 g	0 g	0 g	0 g	0 g	59.4 g	13.5 g	58.96 g	13.4 g	66 mg	15 mg
	FANTA LARGE	650 mL	1470 kJ	225 kJ	0 g	0 g	0 g	0 g	0 g	0 g	87.75 g	13.5 g	87.1 g	13.4 g	97.5 mg	15 mg
THICK SHAKES	SPRITE SMALL	440 mL	780 kJ	176 kJ	0 g	0 g	0 g	0 g	0 g	0 g	44.44 g	10.1 g	44.44 g	10.1 g	65.12 mg	14.8 mg
	SPRITE LARGE	650 mL	1150 kJ	176 kJ	0 g	0 g	0 g	0 g	0 g	0 g	65.65 g	10.1 g	65.65 g	10.1 g	96.2 mg	14.8 mg
	CARAMEL	365 g	2190 kJ	625 kJ	15.33 g	4.2 g	23.725 g	6.5 g	17.155 g	4.7 g	80.3 g	22 g	78.11 g	21.4 g	178.85 mg	49 mg
	CHOCOLATE	370 g	2380 kJ	641 kJ	17.39 g	4.7 g	13.69 g	3.7 g	9.62 g	2.6 g	104.71 g	28.3 g	40.7 g	11 g	185 mg	50 mg
	CHOCOLATE PEANUT BUTTER	380 g	3320 kJ	872 kJ	27.36 g	7.2 g	47.12 g	12.4 g	22.42 g	5.9 g	83.6 g	22 g	66.12 g	17.4 g	418 mg	110 mg
	PEANUT BUTTER	380 g	3200 kJ	842 kJ	26.98 g	7.1 g	5.7 g	1.5 g	22.8 g	6 g	74.48 g	19.6 g	66.88 g	17.6 g	418 mg	110 mg
DESSERTS	STRAWBERRY	365 g	2220 kJ	608 kJ	16.425 g	4.5 g	17.885 g	4.9 g	12.775 g	3.5 g	87.235 g	23.9 g	71.175 g	19.5 g	178.85 mg	49 mg
	VANILLA	370 g	2410 kJ	651 kJ	17.02 g	4.6 g	32.19 g	8.7 g	22.94 g	6.2 g	66.97 g	18.1 g	66.23 g	17.9 g	181.3 mg	49 mg
	CHOCOLATE DELUXE	150g	1975kj	1316 kj	2.14 g	1.07g	19.8 g	5.23 g	8.9 g	2.34 g	39.9 g	11.3 g	34.8 g	8.9 g	879 mg	287 mg
LTO	VANILLA COOKIE BUTTER	150g	2230 kj	1486kj	3.84 g	1.56 g	22.4 g	7.56 g	10.45 g	3.94 g	48.31 g	13.9 g	42.34 g	11.3 g	1010 mg	354 mg
	VANILLA PAVLOVA	150g	2150kj	1433kj	3.05 g	1.16 g	21.7 g	6.27 g	9.54 g	2.49 g	43.5 g	12.6 g	37.12g	9.23 g	989 mg	305 mg
	CHICKEN PANKO	110 G	1360 Kj	1220 Kj	19.4g	17.6 g	20.7 g	18.8 g	4.2 g	3.78 g	18 g	17.2 g	0.5 g	0.45 g	390 mg	360 mg
	BUTTERMILK AIOLI	100G	2110 Kj	2110 Kj	2.5 g	2.5 g	51.5g	51.5g	4.7 g	4.7g	8.9 g	8.9 g	7.6 g	7.6 g	827mg	827 mg
	HOT HONEY	30G	282 Kj	1050 kj	0g	0g	0g	0g	0g	0g	15 g	60 g	16.5 g	60 g	54 mg	214 mg
	PICKLES	30G	21Kj	65 Kj	0g	0g	0g	0g	0g	0g	1g	3.5 g	0g	0g	290 mg	980 mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700kJ

MENU ITEMS MAY CONTAIN WHEAT, GLUTEN (WHEAT), EGGS, SOY, SESAME, ALMOND, WALNUT, PISTACHIO, PECAN, MACADAMIA, HAZELNUT, PEANUTS, MILK, LUPIN, CRUSTACEAN AND FISH. PLEASE NOTE: OUR KITCHEN GRILL NOW HANDLES FISH, AND CROSS-CONTACT MAY OCCUR WITH OTHER MENU ITEMS. THERE IS A RISK OF CROSS-CONTACT WITH ALLERGENS (INCLUDING GLUTEN) DURING THE STORAGE AND PREPARATION PROCESS IN OUR RESTAURANT. FROZEN CUSTARD CONTAINS PASTEURISED EGG YOLK. LG - REFERS TO ITEMS WHICH HAVE BEEN MANUFACTURED BY OUR SUPPLIERS TO CONTAIN NO MORE THAN 20MG GLUTEN PER 100G. V – REFERS TO VEGAN. THERE IS A RISK OF CROSS-CONTACT WITH INGREDIENTS THAT CONTAIN ANIMAL OR BY PRODUCTS IN OUR RESTAURANT. PLEASE CHECK OUR WEBSITE OR SPEAK TO OUR TEAM FOR A FULL LIST OF ALLERGENS. LG = LOW GLUTEN V = VEGAN.

BREAKFAST NUTRITIONAL INFORMATION

PARRAMATTA, NSW	WEIGHT	ENERGY		PROTEIN		FAT, TOTAL		SATURATED FAT		CARBS		SUGARS		SODIUM (MG)	
		Ave. Qty /serve	Ave. Qty /100g	Ave. Qty /serve	Ave. Qty /100g	Ave. Qty /serve	Ave. Qty /100g	Ave. Qty /serve	Ave. Qty /100g	Ave. Qty /serve	Ave. Qty /100g	Ave. Qty /serve	Ave. Qty /100g	Ave. Qty /serve	Ave. Qty /100g
BANANA BREAD	100 g	1420 KJ	1420KJ	42.50 g	14.91 g	48.2 g	16.91 g	13.2 g	4.63 g	51.8 g	18.17 g	15.1 g	5.29 g	1087 mg	381 mg
BETTYS BREAKIE WRAP	205 g	1924 KJ	938 KJ	34.6 g	15.6 g	37 7 g	15.5 g	12.3 g	4.9 g	26 4 g	11.2 g	5.87 g	2.2 g	767 mg	288 mg
BACON AVO WRAP	215 g	1880 KJ	845 KJ	37.57 g	16.7 g	36.7 g	19 g	12.9 g	5.7 g	29.6 g	15.2 g	7.87 g	2.5 g	790 mg	323 mg
SMASHED AVO WRAP	175 g	1335 KJ	762 KJ	19.5 g	11.2 g	5.34 g	3.72 g	3.37 g	2.62 g	6.51 g	3.7 g	4.22 g	2.4 g	1071 mg	609 mg
SUNNY STACK	305 g	2830 KJ	927KJ	55.54 g	18.2 g	43.6 g	14.3 g	21.7 g	7.11 g	39.6 g	12.8 g	4.1 g	1.35 g	1850 mg	616 mg
BETTYS HEALTH BOWL	170 g	1509KJ	888 KJ	8.40 g	4.94 g	16.44 g	10.6g	1.55 g	1.01 g	46.65 g	29.6 g	2.09 g	1.45 g	507 mg	323 mg
HASH BROWN	80 g	501 KJ	680 KJ	1.9 g	2.3 g	5.6 g	7 g	0.6 g	0.7g	17g	21g	1.0 g	1.3 g	228 mg	286 mg

SYDNEY INTL AIRPORT	WEIGHT	ENERGY		PROTEIN		FAT, TOTAL		SATURATED FAT		CARBS		SUGARS		SODIUM (MG)	
		Ave. Qty /serve	Ave. Qty /100g	Ave. Qty /serve	Ave. Qty /100g	Ave. Qty /serve	Ave. Qty /100g	Ave. Qty /serve	Ave. Qty /100g	Ave. Qty /serve	Ave. Qty /100g	Ave. Qty /serve	Ave. Qty /100g	Ave. Qty /serve	Ave. Qty /100g
BETTY'S BREAKIE WRAP (previously BRUNCH WRAP)	205 g	1924 KJ	938 KJ	34.6 g	15.6 g	37 7 g	15.5 g	12.3 g	4.9 g	26 4 g	11.2 g	5.87 g	2.2 g	767 mg	288 mg
BACON AVO WRAP (previously BCLAT WRAP)	215 g	1880 KJ	845 KJ	37.57 g	16.7 g	36.7 g	19 g	12.9 g	5.7 g	29.6 g	15.2 g	7.87 g	2.5 g	790 mg	323 mg
HASH BROWN	80 g	501 KJ	680 KJ	1.9 g	2.3 g	5.6 g	7 g	0.6 g	0.7g	17g	21g	1.0 g	1.3 g	228 mg	286 mg

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700kJ

MENU ITEMS MAY CONTAIN WHEAT, GLUTEN (WHEAT), EGGS, SOY, SESAME, ALMOND, WALNUT, PISTACHIO, PECAN, MACADAMIA, HAZELNUT, PEANUTS, MILK, LUPIN, CRUSTACEAN AND FISH. PLEASE NOTE: OUR KITCHEN GRILL NOW HANDLES FISH, AND CROSS-CONTACT MAY OCCUR WITH OTHER MENU ITEMS. THERE IS A RISK OF CROSS-CONTACT WITH ALLERGENS (INCLUDING GLUTEN) DURING THE STORAGE AND PREPARATION PROCESS IN OUR RESTAURANT. FROZEN CUSTARD CONTAINS PASTEURISED EGG YOLK. LG - REFERS TO ITEMS WHICH HAVE BEEN MANUFACTURED BY OUR SUPPLIERS TO CONTAIN NO MORE THAN 20MG GLUTEN PER 100G. V – REFERS TO VEGAN. THERE IS A RISK OF CROSS-CONTACT WITH INGREDIENTS THAT CONTAIN ANIMAL OR BY PRODUCTS IN OUR RESTAURANT. PLEASE CHECK OUR WEBSITE OR SPEAK TO OUR TEAM FOR A FULL LIST OF ALLERGENS. LG = LOW GLUTEN V = VEGAN.

