



Nutrition Information for JOLLIBEE CANADA Standard Menu Items

INDIVIDUAL ITEMS	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)
JOLLY CRISPY CHICKEN											
Jolly Crispy Chicken Drumstick, 1 pc	85 g (3.0 oz)	220	14	3	0	20	270	3	0	0	20
Jolly Crispy Chicken Thigh, 1 pc	125 g (4.4 oz)	380	28	7	0	25	400	5	0	0	27
Spicy Jolly Crispy Chicken Drumstick, 1 pc	85 g (3.0 oz)	240	14	4	0	65	540	10	2	0	16
Spicy Jolly Crispy Chicken Thigh, 1 pc	126 g (4.4 oz)	350	21	6	0	95	790	15	3	0	23
Gravy, Small	77 g (2.7 oz)	25	0	0	0	0	380	5	0	1	1
Gravy, Medium	142 g (5.0 oz)	50	0	0	0	0	700	10	0	2	2
Gravy, Large	198 g (8.0 oz)	70	0	0	0	0	980	14	0	2	3
CHICKEN SANDWICH											
Chicken Sandwich Original	8.8 oz (249 g)	620	33	6	0	135	1330	47	2	6	34
Chicken Sandwich Deluxe	9.7 oz (274 g)	630	33	6	0	135	1330	48	3	7	35
Chicken Sandwich Spicy	8.9 oz (253 g)	570	27	5	0	130	1400	47	3	6	34
Chicken Sandwich Spicy Deluxe	9.8 oz (278 g)	580	27	5	0	130	1400	48	3	7	35
Chicken Sandwich Bacon and Cheese	8.9 oz (251 g)	720	42	10	0	160	1750	47	2	6	40
Chicken Sandwich Aloha	11.7 oz (332 g)	650	33	8	0	150	1720	65	3	22	41
CHICKEN TENDERS											
Chicken Tender, 1 pc (No Dip)	2.0 oz (57 g)	140	6	1	0	25	340	9	4	0	11
Tender Dip	1.6 oz (47 g)	210	21	4	0	20	680	5	0	4	0
JOLLY SPAGHETTI											
Jollibee Spaghetti	411 g (14.5 oz)	610	23	8	0	60	1340	76	4	18	23
Spaghetti with 1 pc Chickenjoy Drumstick and Gravy	459 g (16.2 oz)	680	31	9	0	60	1580	61	3	13	38
Spaghetti with 1 pc Chickenjoy Thigh and Gravy	499 g (17.6 oz)	840	45	13	0	70	1700	63	3	13	45
Spaghetti with 1 pc Spicy Chickenjoy Drumstick and Gravy	459 g (16.2 oz)	680	30	9	0	60	1650	61	3	13	38
Spaghetti with 1 pc Spicy Chickenjoy Thigh and Gravy	499 g (17.6 oz)	840	45	13	0	70	1820	63	3	13	45
Spaghetti with 2 pcs Chickenjoy and Gravy <i>Information based on 1 pc each Drumstick and Thigh</i>	584 g (20.6 oz)	1060	58	16	0	85	1980	66	3	13	65
Spaghetti with 2 pcs Spicy Chickenjoy and Gravy <i>Information based on 1 pc each Spicy Drumstick and Thigh</i>	584 g (20.6 oz)	1060	58	16	0	85	2160	66	3	13	65
Spaghetti Family Pack (Serves 3-4)	893 g (31.5 oz)	1310	50	18	0	130	2770	159	9	36	50
Spaghetti Party Pack (Serves 8-10)	3289 g (116.0 oz)	4890	183	61	0	460	10710	606	34	143	181
PALABOK FIESTA											
Palabok Fiesta	351 g (12.3 oz)	410	15	3.5	0	115	950	49	1	2	20
Palabok with 1 pc Chickenjoy Drumstick and Gravy	513 g (18.1 oz)	660	28	7	0	130	1600	57	1	3	41

Palabok with 1 pc Chickenjoy Thigh and Gravy	552 g (19.5 oz)	820	42	10	0	140	1730	60	1	3	48
Palabok with 1 pc Spicy Chickenjoy Drumstick and Gravy	513 g (18.1 oz)	635	25	5	0	200	1810	64	4	3	38
Palabok with 1 pc Spicy Chickenjoy Thigh and Gravy	552 g (19.5 oz)	805	36	8	0	245	2050	72	4	3	44
Palabok with 2 pcs Chickenjoy and Gravy <i>Information based on 1 pc each Drumstick and Thigh</i>	637 g (22.5 oz)	1040	56	14	0	155	2000	62	1	3	68
Palabok with 2 pcs Spicy Chickenjoy and Gravy <i>Information based on 1 pc each Spicy Drumstick and Thigh</i>	637 g (22.5 oz)	1005	46	9.5	0	330	2530	82	7	3	61
Palabok Family Pack (Serves 3-4)	1053 g (37.1 oz)	1240	44	10	0	340	2860	148	2	6	60
Palabok Party Pack (Serves 8-10)	2808 g (99.0 oz)	3300	116	27	0	915	7610	394	7	15	160
Lemon Packet	1 packet (4 g)	5	0	0	0	0	0	1	0	0	0
SIDES											
Jolly Crispy Fries, Regular	113 g (4.0 oz)	340	18	4.5	0	0	560	41	4	<1	4
Jolly Crispy Fries, Large	170 g (6.0 oz)	510	27	7	0	0	830	62	6	<1	6
Mashed Potato with Gravy, Regular	170 g (6.0 oz)	170	4.5	1.5	0	0	730	33	3	3	3
Mashed Potato with Gravy, Large	340 g (11.9 oz)	340	9	3	0	0	1460	65	6	7	7
Steamed Rice	198 g (7.0 oz)	190	0	0	0	0	0	44	1	0	4
Salt Packet	1 packet (0.7 g)	0	0	0	0	0	270	0	0	0	0
Ketchup Packet	1 packet (9 g)	10	0	0	0	0	100	2	0	2	0
YUM BURGERS											
Yum	118 g (4.2 oz)	360	21	8	0	70	630	30	1	6	13
Yum w/ Cheese	132 g (4.7 oz)	410	25	10	0	80	880	30	1	6	16
Big Yum	274 g (9.7 oz)	670	47	19	0	130	1350	39	2	10	27
Aloha Yum	268 g (9.5 oz)	770	52	21	0	145	1390	49	2	20	30
BURGERSTEAK* <i>*Information is based on Steamed Rice as the default side. Substitutions will affect nutrition information.</i>											
2 pcs Burgersteak with Rice	422 g (14.9 oz)	570	28	14	0	110	1010	56	1	1	24
3 pcs Burgersteak with Rice	505 g (17.8 oz)	750	42	21	0	165	1440	58	1	1	33
2 pcs Burgersteak with Rice and 1 pc Chickenjoy Drumstick and Gravy	583 g (20.6 oz)	820	42	17	0	130	1660	64	1	2	45
2 pcs Burgersteak with Rice and 1 pc Chickenjoy Thigh and Gravy	623 g (22.0 oz)	980	56	21	0	135	1780	67	1	2	52
Burgersteak Family Pack, 6 pcs (Serves 3-4)	584 g (20.6 oz)	1060	84	42	0	330	3000	19	1	3	59
DESSERTS											
Peach Mango Pie	94 g (3.3 oz)	270	11	5	0	5	130	40	0	11	3
Ube Pie	3.4 oz (97 g)	310	15	7	0	10	220	45	4	16	4
DRINKS											
Pineapple Quencher	473 mL (16 fl oz)	180	0	0	0	0	15	46	0	43	0
Bottled Water Aquafina®	500 mL (16.9 fl oz)	0	0	0	0	0	0	0	0	0	0
Soda Pepsi® (no ice)	650 mL (22 fl oz)	280	0	0	0	0	60	76	0	76	0
Soda Diet Pepsi® (no ice)	650 mL (22 fl oz)	0	0	0	0	0	105	0	0	0	0
Soda Mug® Rootbeer (no ice)	650 mL (22 fl oz)	260	0	0	0	0	105	70	0	70	0
Soda Starry® (no ice)	650 mL (22 fl oz)	270	0	0	0	0	60	71	0	71	0

Soda Mountain Dew® (no ice)	650 mL (22 fl oz)	310	0	0	0	0	95	81	0	80	0
Tropicana® Pink Lemonade (no ice)	650 mL (22 fl oz)	280	0	0	0	0	280	73	0	73	0
Tropicana® Fruit Punch (no ice)	650 mL (22 fl oz)	310	0	0	0	0	60	83	0	82	0
Lipton® Brisk Raspberry Iced Tea (no ice)	650 mL (22 fl oz)	130	0	0	0	0	90	33	0	33	0

*Per serving information based on weight of standard regular or individual serving

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

The nutrition information in this list is based on standard product formulation and serving sizes. Variation in serving sizes, preparation techniques, product testing and supply sources, as well as regional and seasonal differences may affect the nutritional composition of each product. Nutrition information is derived from testing conducted in accredited laboratories, published resources, or from information provided by suppliers. This information is current as of August 1, 2024.

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