























NUTRITIONAL INFORMATION CHART

Product Name	Cholesterol, mg / 100g (In Mgm)	Dietary Fiber	Energy (in kcal)	Monounsaturated Fatty Acid, g / 100g (in gm)	Polyunsaturated Fatty Acid, g / 100g (in gm)	Protein (in gm)	Saturated Fatty Acid g / 100g (in gm)	Sodium, mg / 100g (In Mgm)	Total Sugar, g / 100g (in gm)	Carbohydrate (in gm)	Fat (in gm)	Trans Fatty Acid, g / 100g (in gm)
 Amar-Prem Veg Burger	74.36	3.432	1046.76	0	10.296	41.756	17.732	1201.2	12.584	138.71	36.036	2.288
 American Grilled Chicken Burger	81.28	15.748	1016	8.128	12.192	35.052	14.224	1828.8	0	122.936	39.116	0
 Amritsari Murgh Makhani Burger	67.76	12.342	859.1	7.502	11.374	32.428	12.826	1597.2	0	97.284	37.752	0
 Bunty Pappah Da Aloo Burger	19.844	8.712	590.48	0	3.388	27.346	14.52	1548.8	2.904	111.804	23.232	0
 Big Crispy Chicken Burger	86.36	13.97	944.88	8.636	11.43	36.068	14.732	1879.6	0	107.696	40.894	0
 Bihari Ghost Mutton Burger	48.714	5.934	525.78	4.83	6.348	25.116	8.142	1097.1	0	51.75	24.15	0
 Cheesy Coins	34.08	1.8	482.4	1.44	4.08	19.44	8.76	336	6.48	67.56	14.88	0
 Cheesy Fries Classic Salted	48	3.52	574.4	2.24	6.72	24.32	12.16	1248	7.04	82.24	16.32	0
 Cheesy Fries Dilli-6	46.53	4.62	549.45	2.64	7.26	25.08	10.23	884.4	6.765	74.58	24.09	0
 Cheesy Fries Hot Shock	55.568	5.704	706.56	3.128	8.28	33.488	11.776	837.2	8.096	94.208	29.808	0
 Cheesy Fries Moroccan	60.214	6.358	824.67	3.366	7.667	37.774	12.342	888.25	7.106	90.134	34.782	0
 Chicken Cheese Kurkure Momos	58.32	3.96	565.2	3.24	6.66	31.14	11.52	1296	2.52	59.76	22.32	0
 Chicken Cheese Pan Fried Momos	42.75	5.375	426.25	2.75	5.875	20.625	7	812.5	1.875	48.25	16.5	0
 Chicken Churmur Pandey Burger	42.42	7.56	495.6	4.34	5.88	24.36	7.7	1057	1.96	53.48	20.44	0
 Chicken Kurkure Momos	54.18	4.14	586.8	3.78	8.46	29.16	11.7	1292.4	2.16	61.56	24.84	0
 Chicken Nikku Singh Burger	41.208	7.072	510	3.808	6.256	22.848	7.888	856.8	2.448	57.664	20.808	0
 Chicken Pan Fried Momos	41.5	5.25	508.75	4	5.875	23.375	8.25	925	2.75	60.25	20.375	0
 Chicken Pind-er Burger	85.668	8.954	832.48	6.05	10.164	34.848	15.004	1391.5	2.662	108.9	39.204	0
 Chicken Popcorn	14.25	1.35	184.5	1.1	2.25	9.6	3.25	320	1.2	20.05	7.3	0
 Chicken Popcorn Hot shock	18.81	3.575	201.3	0.77	2.915	9.625	3.96	345.4	1.21	21.23	8.635	0

“An average active adult requires 2,000 kcal energy per day, however, calorie needs may vary”.

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Product Name	Cholesterol, mg / 100g (In Mgm)	Dietary Fiber	Energy (in kcal)	Monounsaturated Fatty Acid, g / 100g (in gm)	Polyunsaturated Fatty Acid, g / 100g (in gm)	Protein (in gm)	Saturated Fatty Acid g / 100g (in gm)	Sodium, mg / 100g (In Mgm)	Total Sugar, g / 100g (in gm)	Carbohydrate (in gm)	Fat (in gm)	Trans Fatty Acid, g / 100g (in gm)
🍔 Chicken Snacker Burger	44.608	1.632	518.16	3.536	5.576	20.672	8.568	748	1.632	57.528	22.848	0
🍔 Chicken United States of Punjab Burger	68.728	3.146	798.6	6.05	11.132	32.428	17.424	1464.1	3.388	83.732	37.268	0
🍫 Chocolava Cake	16.16	2.56	281.6	1.76	5.28	9.92	9.92	328	2.16	41.76	8.24	0
🍔 Chunky Paneer Pandey Burger	147.32	3.302	1112.52	0	8.636	53.848	38.1	924.56	12.192	107.188	51.308	0
🍔 Junior Fried Chicken Burger	37.926	1.764	495.18	3.402	7.056	18.648	9.576	604.8	2.016	55.692	21.924	0
🍗 Fried Chicken Wings	75.6	2.7	752.4	6.84	12.06	30.96	15.12	1224	3.24	82.8	32.94	0
🍔 Fried Chicken Cheese Momo Bros	36.75	2.25	498.75	1.875	5.75	24	10.625	862.5	4	51.875	21.625	0
🍔 Fried Chicken Momo Bros	26.75	2.25	461.25	1.75	5.25	23.5	10.25	575	4	45.25	20.75	0
🍟 Fries Classic Salted	32.48	1.392	371.2	0	4.176	17.98	7.308	858.4	4.988	44.544	13.456	0
🍟 Fries Hot Shock	39.48	1.96	529.2	0	6.44	19.18	7.84	627.2	6.3	76.44	16.24	0
🍟 Fried Paneer Momos Bros	35.25	2.75	396.25	1.5	3	20.375	7.75	350	5.25	61.25	12.75	0
🍟 Fried Veg Momos Bros	36.5	2.875	476.25	2.75	4.25	21.625	9	637.5	4.75	57.5	17.75	0
🍟 Fries Dilli-6	23.718	1.534	398.84	0	5.428	17.228	7.67	643.1	5.192	51.33	13.806	0
🍟 Fries Moroccan	54.34	2.508	702.24	0	7.524	30.514	12.958	877.8	9.196	88.825	24.662	0
🍗 Hot Shock Chicken Wings	79.2	2.88	768.6	7.02	12.06	36.9	14.76	1368	3.06	75.6	35.28	0
🍔 Jai-Veeru Chicken Burger	94.38	12.584	1218.36	9.438	16.588	59.488	27.456	2159.3	4.004	132.704	49.764	0
🍔 Jattputt Chicken Burger	61.468	2.904	851.84	6.292	11.374	32.912	15.488	1306.8	3.63	101.156	34.848	0
🍟 Mini Batata Vada	9.288	1.296	329.4	0	1.296	9.072	2.592	226.8	1.512	56.592	7.344	0
🍟 Veg Nikku Singh Burger	23.392	6.256	467.84	0	3.264	22.576	10.336	666.4	2.992	49.504	19.856	0
🍟 Onion Rings	2.112	1.632	268.8	0	1.728	6.912	3.072	416.64	3.072	46.464	6.144	0

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☑ Paneer Kurkure Momos	46.8	2.16	676.8	2.16	8.28	26.28	12.96	1166.4	7.92	91.8	22.68	0
☑ Paneer Pan Fried Momos	36.625	1.625	463.75	0	5.75	20.75	8.25	570	4.5	56.875	17	0
☑ Paneer Pind-er Burger	41.624	12.342	890.56	0	5.808	40.172	18.392	1234.2	5.808	103.092	35.332	0
☑ Potato Crunch Burger	7.744	9.922	822.8	0	5.082	15.488	12.584	1125.3	3.388	132.132	25.652	0
☒ Steamed Chicken Cheese Momo Bros	41.75	4	423.75	4.25	5.75	20.5	8	847.5	1.75	44	18.375	0
☒ Steamed Chicken Momos Bros	37.25	2	505	2.25	6.125	24.375	11.5	887.5	4.25	53.125	21.625	0
☑ Steamed Paneer Momos Bros	32.25	3	478.75	3	4.375	22.75	9.25	850	3.875	60	17.5	0
☑ Steamed Veg Momo Bros	38	2	401.25	0	3.125	18	5.875	593.75	6	58.125	10.625	0
☑ Udda Punjab 2.0 Cheese Burger	108.9	3.872	837.32	0	10.406	49.368	30.008	1887.6	10.648	54.45	44.528	0
☑ Vanilla Softy	1.827	0	100.92	0	0	2.784	0	74.82	12.528	36.714	1.218	0
☑ Vanilla Softy Cup with Mango Topping	2.64	5.28	366.3	0	2.31	4.62	3.52	41.8	31.24	70.62	7.26	0
☑ Vanilla Softy Cup with Strawberry Topping	2.86	5.61	355.3	0	2.42	4.84	3.08	46.2	35.53	68.42	6.82	0
☑ Veg Kurkure Momos	43.56	2.34	601.2	2.16	8.46	29.52	12.24	1323	9.72	65.88	24.3	0
☑ Veg Pan Fried Momos	37.5	1.5	448.75	1.625	5.75	20.75	10.25	650	5.5	50.25	18.25	0
☑ Veg Snacker Burger	38.624	1.224	495.04	3.264	7.072	26.656	11.288	625.6	2.992	44.064	23.528	0
☑ Veg United States of Punjab Burger	56.682	1.128	552.72	3.666	9.447	28.341	12.972	896.76	1.974	48.645	27.213	0
☑ Veg Churmur Pandey Burger	24.22	3.64	597.8	2.94	9.1	28.28	12.04	861	3.64	63.84	25.48	0
☑ Gajar Halwa	8.58	6.18	277.93	0	0	4.97	0	195.51	22.9	45.05	8.65	0
☑ Gulaabo	0	0	50.4	0	0	0	0	17	6.39	12.42	0	0

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Product Name	Crustacean Allergen	Egg Allergen	Gluten Allergen	Hazelnut Allergen	Milk Allergen	Peanut Allergen	Soya Allergen
🟢 Amar-Prem Veg Burger	-	-	Detected	-	Detected	-	Detected
🟡 American Grilled Chicken Burger	-	-	Detected	-	Detected	-	Detected
🟡 Amritsari Murgh Makhani Burger	-	-	Detected	-	Detected	-	Detected
🟢 Buntly Pappah Da Aloo Burger	-	-	Detected	-	Detected	-	Detected
🟡 Big Crispy Chicken Burger	-	-	Detected	-	Detected	-	Detected
🟡 Bihari Ghost Mutton Burger	-	-	Detected	-	Detected	-	Detected
🟢 Cheesy Coins	-	-	-	-	Detected	-	-
🟢 Cheesy Fries Classic Salted	-	-	-	-	Detected	-	-
🟢 Cheesy Fries Dilli-6	-	-	-	-	Detected	-	-
🟢 Cheesy Fries Hot Shock	-	-	Detected	-	Detected	-	Detected
🟢 Cheesy Fries Moroccan	-	-	Detected	-	Detected	-	-
🟢 Veg Pan Fried Momos	-	-	Detected	-	Detected	-	Detected
🟢 Paneer Pan Fried Momos	-	-	Detected	-	Detected	-	Detected
🟡 Chicken Pan Fried Momos	-	-	Detected	-	Detected	-	Detected
🟡 Chicken Cheese Pan Fried Momos	-	-	Detected	-	Detected	-	Detected
🟡 Chicken Churmur Pandey Burger	-	-	Detected	-	Detected	-	Detected
🟢 Veg Kurkure Momos	-	-	Detected	-	Detected	-	Detected
🟢 Paneer Kurkure Momos	-	-	Detected	-	Detected	-	Detected
🟡 Chicken Kurkure Momos	-	-	Detected	-	Detected	-	Detected
🟡 Chicken Cheese Kurkure momos	-	-	Detected	-	Detected	-	Detected
🟡 Chicken Nikku Singh Burger	-	-	Detected	-	Detected	-	Detected
🟡 Chicken Pind-er Burger	-	-	Detected	-	Detected	-	Detected
🟡 Chicken Popcorn	-	-	Detected	-	Detected	-	Detected
🟡 Chicken Popcorn Hot Shock	-	-	Detected	-	Detected	-	Detected
🟡 Chicken Snacker Burger	-	-	Detected	-	Detected	-	Detected
🟡 Chicken United States of Punjab Burger	-	-	Detected	-	Detected	-	Detected
🟢 Chocolava Cake	-	Detected	Detected	-	Detected	-	Detected
🟢 Chunky Paneer Pandey Burger	-	-	Detected	-	Detected	-	Detected
🟡 Fried Chicken Wings	-	Detected	Detected	-	-	-	Detected
🟢 Fried Veg Momos Bros	-	Detected	Detected	-	Detected	-	Detected
🟢 Fried Paneer Momos bros	-	Detected	Detected	-	Detected	-	Detected
🟡 Fried Chicken Momo Bros	-	-	Detected	-	Detected	-	Detected

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Product Name	Crustacean Allergen	Egg Allergen	Gluten Allergen	Hazelnut Allergen	Milk Allergen	Peanut Allergen	Soya Allergen
🟢 Fried Chicken Cheese Momo Bros	-	-	Detected	-	Detected	-	Detected
🟢 Fries Classic Salted	-	-	Detected	-	Detected	-	Detected
🟢 Fries Hot Shock	-	-	Detected	-	Detected	-	Detected
🟢 Fries Dilli-6	-	-	Detected	-	Detected	-	Detected
🟢 Fries Moroccoan	-	-	Detected	-	Detected	-	Detected
🟠 Hot Shock Chicken Wings	-	Detected	Detected	-	-	-	Detected
🟠 Jai-Veeru Chicken Burger	-	-	Detected	-	Detected	-	Detected
🟠 Jattputt Chicken Burger	-	-	Detected	-	Detected	-	Detected
🟢 Jr. Udda Punjab Burger	-	-	Detected	-	Detected	-	Detected
🟠 Junior Fried Chicken Burger	-	-	Detected	-	Detected	-	Detected
🟢 Mini Batata Vada	-	-	Detected	-	Detected	-	Detected
🟢 Onion Rings	-	-	Detected	-	Detected	-	Detected
🟢 Paneer Pind-er Burger	-	-	Detected	-	Detected	-	Detected
🟢 Potato Crunch Burger	-	-	Detected	-	Detected	-	Detected
🟢 Steamed Veg Momo Bros	-	-	Detected	-	Detected	-	Detected
🟢 Steamed Paneer Momos Bros	-	Detected	Detected	-	Detected	-	Detected
🟠 Steamed Chicken Momos Bros	-	-	Detected	-	Detected	-	Detected
🟠 Steamed Chicken Cheese Momo Bros	-	-	Detected	-	Detected	-	Detected
🟢 Udda Punjab 2.0 Cheese Burger	-	-	Detected	-	Detected	-	Detected
🟢 Vanilla Softy	-	-	-	-	-	-	-
🟢 Vanilla Softy Cup with Mango Topping	-	-	-	-	-	-	-
🟢 Vanilla Softy Cup with Strawberry Topping	-	-	-	-	Detected	-	-
🟢 Veg Nikku Singh Burger	-	-	Detected	-	Detected	-	Detected
🟢 Veg Snacker Burger	-	-	Detected	-	Detected	-	Detected
🟢 Veg United States of Punjab Burger	-	-	Detected	-	Detected	-	Detected
🟢 Veg Churmur Pandey Burger	-	-	Detected	-	Detected	-	Detected
🟢 Cheesy Dip	-	-	-	-	Detected	-	Detected
🟢 Hot Bihari Dip	-	-	Detected	-	-	-	Detected
🟢 Tandoori Dip	-	-	-	-	-	-	Detected
🟢 Mayonnaise dip	-	-	-	-	-	-	-
🟢 Gulaabo	-	-	-	-	-	-	-

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