

Nutritional Values [Based on 100g as of January 2025]

This information is based upon the accuracy of the product information provided by food manufacturers. Tuckr has made every effort to ensure the accuracy of the information, however ingredient changes and/or substitutions may occur before this list is updated.

Drinks								
Product (Per Serve)	Energy (Kj)	Energy (Kcal)	Protein (G)	Total Fat (G)	Sat Fat (G)	Carbs (G)	Sugar (G)	Sodium (Mg)
Gatorade Berry (1L)	12	3	0	0	0	0	0	105
Gatorade Glacier Freeze (1L)	10	2	0	0	0	1	0	105
H2GO Water (500ml)	0	0	0	0	0	0	0	0
Just Juice Apple & Orange (250ml)	491	117	3	1	0	25	24	6
Just Juice Bubbles Tropical (250ml)	434	104	1	1	0	24	23	4
Just Juice Orange & Mango (250ml)	474	113	1	1	0	25	24	8
Just Juice Tropical (250ml)	463	111	1	1	0	25	24	8
Just Juice Tropical 50% Less Sugar (250ml)	231	55	1	1	0	12	11	4
Mizone Apple (750ml)	367	88	0	0	0	21	21	10
Mizone Lime (750ml)	370	88	0	0	0	21	21	10
Mizone Mandarin (750ml)	381	91	0	0	0	21	20	10
Ribena (500ml)	452	108	0	0	0	26	26	2
Sparkling Cola (330ml)	5	1	0	0	0	0	0	0
Sparkling Lemonade (330ml)	5	1	0	0	0	0	0	0
Sparkling Orange (330ml)	5	1	0	0	0	0	0	0
Up & Go Liquid Breakfast – Banana (350ml)	1160	277	12	6	1	40	23	222
Up & Go Liquid Breakfast - Choc Ice (350ml)	1150	275	12	6	1	40	23	236
Up & Go Liquid Breakfast - Choc Ice (500ml)	1640	392	17	9	1	58	32	336
Up & Go Liquid Breakfast – Strawberry (350ml)	1150	275	12	6	1	40	23	225
Up & Go Liquid Breakfast – Vanilla (500ml)	1640	392	17	9	1	57	32	317
Up & Go Protein – Chocolate (500ml)	843	201	18	4	1	21	17	225
Up & Go Protein – Vanilla (500ml)	892	213	18	5	1	24	16	225

Fillings								
Product (Per 100g)	Energy (Kj)	Energy (Kcal)	Protein (G)	Total Fat (G)	Sat Fat (G)	Carbs (G)	Sugar (G)	Sodium (Mg)
Black Bean	435	104	7	1	0	13	1	150
Carrot	172	41	1	0	0	10	5	69
Cheddar Cheese	1780	425	24	36	21	0	0	750
Cheese Slice	1459	349	26	27	16	<1	<1	708
Cinnamon	1005	240	4	1	0	28	2	10
Corn	370	88	3	2	0	13	5	120
Cucumber	63	15	1	0	0	4	2	2
Garlic Butter	2650	633	<1	71	25	<1	<1	790
Lettuce	59	14	1	0	0	3	2	10
Sugar	1700	406	0	0	0	100	100	<5

Snacks / Individual Items								
Product (Per Serve)	Energy (Kj)	Energy (Kcal)	Protein (G)	Total Fat (G)	Sat Fat (G)	Carbs (G)	Sugar (G)	Sodium (Mg)
Bluebird Chicken	1010	241	3	15	1	23	1	355
Bluebird Copper Kettle BBQ	840	201	3	12	1	19	2	231
Bluebird Doritos Cheese Supreme	966	231	4	12	1	27	1	274
Bluebird Doritos Thai Sweet Chilli	964	230	4	11	1	28	2	259
Bluebird Grainwaves Sour Cream & Chives	797	191	3	9	1	26	3	154
Bluebird Green Onion	1010	241	3	15	1	23	1	364
Bluebird Ready Salted Bluebird	619	148	2	9	1	14	0	119
Bluebird Salt & Vinegar	1000	239	3	15	1	23	1	375
Cookie Candy Chew	1111	266	2	12	9	36	24	64
Cookie Chocolate Chip Chew	1122	268	2	13	10	36	25	63
Cookie Double Choc Chip Chew	1300	311	4	14	10	42	27	115
Garlic Bread Large	2280	544	14	22	5	72	2	1004
Garlic Bread Small	1240	296	7	12	3	38	1	545
Juices Lemonade	211	50	0	0	0	12	10	8
Juices Tropical	188	45	0	0	0	11	11	4
Juices Wildberry	191	46	0	0	0	11	11	3
Mini Donuts	1360	325	5	15	7	42	19	472
Muffin Apple Salted Caramel	2180	521	7	24	3	68	39	570
Muffin Banana Choc	2340	559	8	27	3	70	39	623
Muffin Blueberry	2210	528	7	25	3	67	37	613
Muffin Caramel Choc	2500	598	8	29	8	76	47	568
Muffin Chocolate Whammy	2550	610	8	30	8	75	45	596
Muffin Strawberry & White Chocolate	2440	583	8	28	6	73	44	608
Slice Brownie	1080	258	3	12	8	33	26	97
Slice Cookie Caramel	1430	342	4	17	12	43	31	247
Slice Ginger	1976	472	1	24	16	63	44	195
Steam Bun Small	1140	200	8	8	2	41	9	313
Steamed Bun Large	1710	300	12	12	3	61	13	470
Streets Cyclone	376	90	0	0	0	22	20	5
Streets Monstaahh Twister	274	66	0	0	0	15	11	5
Streets Rainbow Paddle Pop	380	91	1	2	2	16	12	55
Waffle Large	1503	359	6	20	10	48	22	415
Waffle Small	1110	265	4	14	7	32	14	277

Hot Drinks								
Product (Per 100g)	Energy (Kj)	Energy (Kcal)	Protein (G)	Total Fat (G)	Sat Fat (G)	Carbs (G)	Sugar (G)	Sodium (Mg)
Drinking Chocolate	1610	385	5	2	1	82	78	115
Soup Chicken	25	6	1	1	0	4	0	200
Soup Pumkin	162	39	0	1	1	7	2	174
Soup Tomato	28	7	0	0	0	6	3	195

Wucha								
Product (Per 100g)	Energy (Kj)	Energy (Kcal)	Protein (G)	Total Fat (G)	Sat Fat (G)	Carbs (G)	Sugar (G)	Sodium (Mg)
Dirty Milk	251.3	60.06	1.53	1.59	1.07	6.95	6.95	23.43
Caramel Milk Tea (Wukong)	515.02	123.09	0.12	1.39	0.88	9.7	9.7	89.91
Passion fruit & Mango	87.98	21.03	0.57	0.09	0	5.08	5.08	3.08
Product (Per Serve (330ml))	Energy (Kj)	Energy (Kcal)	Protein (G)	Total Fat (G)	Sat Fat (G)	Carbs (G)	Sugar (G)	Sodium (Mg)
Dirty Milk	806.68	192.8	4.9	5.1	3.45	22.3	22.3	75.2
Caramel Milk Tea (Wukong)	1699.58	406.21	0.4	4.6	2.93	32	32	296.7
Passion fruit & Mango	291.21	69.6	1.9	0.3	0.02	16.8	16.8	10.2

Protein								
Product (Per 100g)	Energy (Kj)	Energy (Kcal)	Protein (G)	Total Fat (G)	Sat Fat (G)	Carbs (G)	Sugar (G)	Sodium (Mg)
Bacon	811	194	15	15	5	1	1	965
Beef Chilli Con Carne	511	122	11	2	1	10	2	354
Beef Pattie	992	237	17	74	4	9	1	626
Butter Chicken	611	146	11	8	4	8	6	430
Chicken Bites	984	235	15	13	3	15	<1	493
Chicken Breast	413	99	19	2	1	1	1	510
Crispy Chicken Burger	999	239	11	15	3	16	1	280
Diced Ham	527	126	15	6	2	4	2	695
Egg (Whole Fresh)	596	142	13	10	3	0	0	133
Falafel	766	183	6	10	1	16	1	467
Ham Slice	527	126	15	6	2	4	2	695
Salami	1277	305	14	27	12	2	0	1281
Shredded Chicken	563	135	26	3	<1	<1	<1	540
Vege Chilli Con Carne	339	81	4	0	0	14	4	434
Sauce / Spreads								
Product (Per 100g)	Energy (Kj)	Energy (Kcal)	Protein (G)	Total Fat (G)	Sat Fat (G)	Carbs (G)	Sugar (G)	Sodium (Mg)
Aioli	1920	459	1	49	5	7	5	480
BBQ Sauce	699	167	1	0	0	40	31	808
Honey Mustard	1120	267	1	19	2	24	20	774
Liquid Glaze	1071	256	0	0	0	63	63	60
Mayo	2240	535	1	60	6	3	3	509
Pizza Sauce	239	57	2	2	0	9	7	330
Sour Cream	998	239	4	22	15	7	5	86
Sweet Chilli Sauce	733	175	1	0	0	43	36	332
Teriyaki Sauce	717	171	2	5	1	30	26	1870
Tomato Sauce	355	85	0	<0.1	<0.1	20	17	676

Starchy Foods / Bread / Wraps

Product (Per 100g)	Energy (Kj)	Energy (Kcal)	Protein (G)	Total Fat (G)	Sat Fat (G)	Carbs (G)	Sugar (G)	Sodium (Mg)
Brioche Bun	1480	354	11	13	8	49	9	460
Burger Bun	1040	249	10	2	0	45	4	385
Corn Chip	2140	511	6	26	11	64	1	241
English Muffin	604	144	5	2	0	27	2	232
Hash Bites	685	164	3	6	1	23	1	350
Hashbrown	750	179	2	10	2	20	<1	384
Pizza Base	1000	239	10	5	1	41	4	378
Plain Pita	1160	277	10	2	0	55	3	360
Pretzel	1000	239	9	2	1	46	2	421
Rice	1490	356	8	<1	<1	79	<1	3
Spilt Bread Roll	1170	280	9	4	2	51	3	534
Wedges	640	153	3	6	1	22	0	275