

Tuckr Nutrition Per 100g 2026



All nutritional information supplied has been rounded to the nearest 1 decimal point. All nutritional's are provided directly from our manufacturers. Whilst we take care to ensure all nutritional values are as accurate as possible, as per FSANZ guidelines please allow for a variation of up to 10% (higher or lower) than provided.

PROTEIN	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	TOTAL FAT (G)	SAT FAT (G)	CARBS (G)	SUGAR (G)	SODIUM (MG)
Bacon	745.0	178.2	13.3	13.8	4.8	0.5	0.5	897.0
Beef Chilli Con Carne	511.0	122.0	11.0	2.0	1.0	10.0	2.0	354.0
Beef Pattie	992.0	237.3	17.2	14.3	4.2	9.2	1.1	626.0
Beef Mince	695.0	166.3	18.0	8.3	3.8	4.8	2.3	530.0
Butter Chicken	611.0	146.0	11.0	8.0	4.0	8.0	6.0	430.0
Chicken Bites	984.0	235.4	14.7	12.9	2.8	15.1	0.1	493.0
Chicken Breast	413.0	98.8	18.5	2.3	1.0	1.0	1.0	150.0
Crispy Chicken Burger	999.0	239.0	11.0	15.0	3.0	16.0	1.0	280.0
Diced Ham	527.0	126.0	15.0	6.0	2.0	4.0	2.0	695.0
Egg	596.0	142.6	12.8	10.1	3.1	0.3	0.3	133.0
Falafel	663.0	158.6	8.0	5.3	0.3	27.4	1.1	311.0
Ham Sliced	527.0	126.0	15.0	6.0	2.0	4.0	2.0	695.0
Salami	1227.0	305.0	14.0	27.0	12.0	2.0	0.0	1281.0
Shredded Chicken	563.0	135.0	26.0	3.0	1.0	1.0	1.0	540.0
Veggie Chilli Con Carne	339.0	81.0	4.0	0.0	0.0	14.0	4.0	434.0
Pork Riblet	742.0	177.5	14.7	9.6	3.4	7.8	3.6	806.0
Frankfurter	251.0	60.0	1.0	10.0	1.6	14.0	8.0	203.0
Meatballs	1200.0	287.1	17.0	19.3	6.7	10.2	1.1	608.0
BASES	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	TOTAL FAT (G)	SAT FAT (G)	CARBS (G)	SUGAR (G)	SODIUM (MG)
Pasta	769.0	184.0	6.0	0.8	0.2	37.0	1.5	0.2
Crispy Noodle	2070.0	495.2	9.0	21.6	12	65.7	4.0	760.0
Egg Noodle	1560.0	373.2	11.8	1.6	0.6	75.1	2.2	230.0
Bagel	1290.0	308.0	11.8	3.8	0.5	54.4	3.2	747.0
Brioche Bun	1500.0	358.9	11.6	13.2	8.0	46.0	9.1	463.0
Burger Bun	1040.0	249.0	10.0	2.0	0.0	45.0	4.0	385.0
Corn Chip	2140.0	511.0	6.0	26.0	11.0	64.0	1.0	241.0
English Muffin	604.0	144.0	5.0	2.0	0.0	27.0	2.0	232.0
Pizza Base	1000.0	239.0	10.0	5.0	1.0	41.0	4.0	378.0
Plain Pita	1160.0	277.5	9.9	1.5	0.4	55.3	2.8	360.3
Pretzel	1000.0	239.0	9.0	2.0	1.0	46.0	2.0	421.0
Rice (Cooked)	753.0	180.1	3.0	0.5	0.5	42.0	0.5	4.0
Split Bread Roll	1170.0	280.0	9.0	4.0	2.0	51.0	3.0	534.0
Seaweed Nori	1420.0	339.7	36.7	3.4	1.9	38.4	0.0	840.0
Spaghetti	1538.0	367.9	12.0	1.5	3.0	74.0	3.0	0.0
FILLINGS	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	TOTAL FAT (G)	SAT FAT (G)	CARBS (G)	SUGAR (G)	SODIUM (MG)
Green Cabbage	113.0	27.0	1.6	0.1	0.0	3.4	3.4	15.0
Black Bean	435.0	104.0	7.0	1.0	0.0	13.0	1.0	150.0
Edamame Beans	192.0	45.9	13.0	7.0	0.4	11.0	4.0	9.0
Carrot	138.0	33.0	0.8	0.1	0.0	9.6	4.7	40.0

Tuckr Nutrition Per 100g 2026



FILLINGS	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	TOTAL FAT (G)	SAT FAT (G)	CARBS (G)	SUGAR (G)	SODIUM (MG)
Cheddar Cheese	1780.0	425.8	23.8	35.5	21.1	1.0	1.0	750.0
Cheese Slice Processed	1540.0	346.9	2.0	27.9	19.0	4.4	2.6	1660.0
Cinnamon	1005.0	240.0	4.0	1.0	0.0	28.0	2.0	10.0
Corn	482.0	115.3	2.6	1.0	0.2	23.6	2.6	2.2
Cucumber	58.0	13.9	1.2	0.1	0.0	1.4	1.4	16.0
Garlic Butter	2650.0	634.0	0.1	71.0	25.0	0.1	0.1	790.0
Lettuce	41.0	9.8	1.0	0.1	0.0	0.4	0.4	26.0
Sugar	1700.0	406.0	0.0	0.0	0.0	100.0	100.0	5.0
Sesame Seed Mix	5110.0	1222.5	38.2	110.9	16.1	23.4	0.3	58.0
Tomato	78.0	18.7	1.0	0.1	0.0	2.4	2.2	8.0
SAUCES	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	TOTAL FAT (G)	SAT FAT (G)	CARBS (G)	SUGAR (G)	SODIUM (MG)
Aioli Garlic	1920.0	459.3	1.1	49.2	4.5	7.2	5.2	480.0
BBQ	699.0	167.2	0.6	0.2	0.0	40.1	31.2	808.0
Honey Mustard	1120.0	267.9	0.5	18.8	1.6	24.0	20.3	744.0
Liquid Glaze	1071.0	256.0	0.0	0.0	0.0	63.0	63.0	60.0
Mayonnaise	2240.0	535.9	0.8	60.1	5.5	2.7	2.6	509.0
Napolita Italiana (Pizza Sauce)	239.0	57.2	1.6	1.7	0.2	8.8	7.2	330.0
Sour Cream	998.0	238.8	3.5	22.4	14.7	6.6	4.7	86.0
Sweet Chilli	733.0	175.4	1.3	0.1	0.0	42.6	35.6	332.0
Teriyaki Sauce	717.0	171.5	1.9	4.7	0.7	30.3	25.6	1870.0
Tomato Sauce	355.0	85.0	0.0	<0.1	<0.1	20.0	17.0	676.0
Chilli Mayo	817.6	195.6	0.6	16.6	1.5	12.5	10.5	231.3
Cheese Sauce	762.0	182.0	5.8	14.8	9.8	6.6	3.5	695.0
Mustard	498.0	119.1	3.8	4.4	0.3	16.0	8.6	1424.0
Hollandaise	2550.0	610.0	0.8	68.5	5.2	0.4	0.2	477.0
Korean BBQ	1020.0	244.0	1.8	15.7	2.3	23.0	19.4	1520.0
Soy Sauce	225.9	54.0	7.7	0.0	0.0	10.1	0.0	5700.0
Sushi Seasoning	646.0	154.0	0.1	0.2	0.1	37.4	32.9	2740.0
INDIVIDUAL ITEMS	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	TOTAL FAT (G)	SAT FAT (G)	CARBS (G)	SUGAR (G)	SODIUM (MG)
Chicken Thai Green Curry	661.0	158.1	9.2	8.2	4.1	8.6	4.8	303.0
Hash Bites	685.0	164.0	3.0	6.0	1.0	23.0	1.0	350.0
Hash Brown	720.0	172.2	2.1	8.5	0.8	19.9	0.4	450.0
Wedges	640.0	153.0	2.5	5.7	0.5	21.5	0.3	275.0
Bluebird Chicken	2885.7	688.6	8.6	42.9	2.9	65.7	2.9	1014.3
Bluebird Copper Kettle BBQ	2400.0	574.3	8.6	34.3	2.9	54.3	5.7	660.0
Bluebird Doritos Cheese Supreme	2760.0	660.0	11.4	34.3	2.9	77.1	2.9	782.9

Tuckr Nutrition Per 100g 2026



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Blue Doritos Thai Sweet Chilli	2754.3	657.1	11.4	31.4	2.9	80.0	5.7	740.0
Bluebird Grainwaves Sour Cream & Chives	2277.1	545.7	8.6	25.7	2.9	74.3	8.6	440.0
Bluebird Green Onion	2885.7	688.6	8.6	42.9	2.9	65.7	2.9	1040.0
Bluebird Ready Salted	1768.6	422.9	5.7	25.7	2.9	40.0	0.0	340.0
Bluebird Salt & Vinegar	2857.1	682.9	8.6	42.9	2.9	65.7	2.9	1071.4
Cookie Candy Chew	1949.1	466.7	3.5	21.1	15.8	63.2	42.1	112.3
Cookie Chocolate Chip Chew	1968.4	470.2	3.5	22.8	17.5	63.2	43.9	110.5
Cookie Double Choc Chip Chew	2280.7	545.6	7.0	24.6	17.5	73.7	47.4	201.8
Garlic Bread Small	1140.0	272.0	7.0	11.0	2.5	36.0	1.0	502.0
Garlic Bread Large	1240.0	296.0	7.0	12.0	3.0	38.0	1.0	545.0
Juices Lemonade	211.0	50.0	0.0	0.0	0.0	12.0	10.0	8.0
Juices Tropical	188.0	45.0	0.0	0.0	0.0	11.0	11.0	4.0
Juices Wildberry	191.0	46.0	0.0	0.0	0.0	11.0	11.0	3.0
Mini Donuts	1600.0	382.0	6.1	17.5	8.4	49.3	22.7	555.0
Muffin Blueberry	1578.6	377.6	5.0	17.9	2.1	47.9	26.4	437.9
Muffin Caramel Choc	1785.7	427.2	5.7	20.7	5.7	54.3	33.6	405.7
Muffin Chocolate Whammy	1821.4	435.7	5.7	21.4	5.7	53.6	32.1	425.7
Muffin Strawberry & White Chocolate	1742.9	417.0	5.7	20.0	4.3	52.1	31.4	434.3
Mini Muffin Blueberry	1420.0	339.7	4.0	16.4	1.8	43.3	25.2	459.0
Slice Brownie	2010.0	480.0	5.8	25.8	12.3	55.1	42.1	183.0
Slice Cookie Caramel	1906.7	456.0	5.3	22.7	16.0	57.3	41.3	329.3
Slice Ginger	2195.6	524.4	1.1	26.7	17.8	70.0	48.9	216.7
Steam Bun	1040.0	248.8	7.5	8.3	3.0	35.1	6.7	365.0
Streets Cyclone	408.7	97.8	0.0	0.0	0.0	23.9	21.7	5.4
Streets Rainbow Paddle Pop	542.9	130.0	1.4	2.9	2.9	22.9	17.1	78.6
Waffle Large	2505.0	598.3	10.0	33.3	16.7	80.0	36.7	691.7
Waffle Small	1233.3	294.4	4.4	15.6	7.8	35.6	15.6	307.8
Chicken Dumplings	883.0	211.2	7.8	7.8	1.6	26.1	1.3	264.0
Pork Dumplings	951.0	227.5	6.6	10.7	3.9	25.4	0.9	274.0
Veggie Dumplings	909.0	217.5	7.2	7.0	0.9	29.7	2.7	306.0

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INDIVIDUAL ITEMS	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	TOTAL FAT (G)	SAT FAT (G)	CARBS (G)	SUGAR (G)	SODIUM (MG)
Lasagna Toppa	748.0	178.0	9.9	7.8	3.1	18.2	1.7	434.0
Slice Brownie GF	1866.7	446.6	4.3	22.8	9.2	54.3	40.0	141.7
DRINKS	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	TOTAL FAT (G)	SAT FAT (G)	CARBS (G)	SUGAR (G)	SODIUM (MG)
Dirty Milk	251.3	60.1	1.5	1.6	1.1	7.0	7.0	23.4
Caramel Milk Tea (Wukong)	515.0	123.1	0.1	1.4	0.9	9.7	9.7	89.9
Passion Fruit & Mango	88.0	21.0	0.6	0.1	0.0	5.1	5.1	3.1
Gatorade No Sugar Grape (1L)	6.0	1.4	0.0	0.0	0.0	0.0	0.0	62.0
Gatorade Berry (1L)	1.2	0.3	0.0	0.0	0.0	0.0	0.0	10.5
Gatorade Glacier Freeze (1L)	1.0	0.2	0.0	0.0	0.0	0.1	0.0	10.5
H2GO Water (600ml)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Just Juice Apple & Orange (250ml)	196.4	46.8	1.2	0.4	0.0	10.0	9.6	2.4
Just Juice Bubbles Tropical (250ml)	173.6	41.6	0.4	0.4	0.0	9.6	9.2	1.6
Just Juice Orange & Mango (250ml)	189.6	45.2	0.4	0.4	0.0	10.0	9.6	3.2
Just Juice Tropical (250ml)	185.2	44.4	0.4	0.4	0.0	10.0	9.6	3.2
Just Juice Tropical 50% Less Sugar (250ml)	92.4	22.0	0.4	0.4	0.0	4.8	4.4	1.6
Mizone Apple (750ml)	48.9	11.7	0.0	0.0	0.0	2.8	2.8	1.3
Mizone Lime (750ml)	49.3	11.7	0.0	0.0	0.0	2.8	2.8	1.3
Mizone Mandarin (750ml)	50.8	12.1	0.0	0.0	0.0	2.8	2.7	1.3
Ribena	90.4	21.6	0.0	0.0	0.0	5.2	5.2	0.4
Sparkling Cola (330ml)	1.5	0.3	0.0	0.0	0.0	0.0	0.0	0.0
Sparkling Lemonade (330ml)	1.5	0.3	0.0	0.0	0.0	0.0	0.0	0.0
Sparkling Orange (330ml)	1.5	0.3	0.0	0.0	0.0	0.0	0.0	0.0
Up & Go Liquid Breakfast - Banana (350ml)	331.4	79.1	3.4	1.7	0.3	11.4	6.6	63.4
Up & Go Liquid Breakfast - Choc Ice (350ml)	328.6	78.6	3.4	1.7	0.3	11.4	6.6	67.4
Up & Go Liquid Breakfast - Strawberry (350ml)	328.6	78.6	3.4	1.7	0.3	11.4	6.6	64.3
HOT DRINKS	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	TOTAL FAT (G)	SAT FAT (G)	CARBS (G)	SUGAR (G)	SODIUM (MG)
Drinking Chocolate	1610.0	385.2	5.0	2.0	1.0	82.0	78.0	115.0
Soup Chicken	25.0	6.0	1.0	1.0	0.0	4.0	0.0	200.0
Soup Pumpkin	162.0	38.8	0.0	0.0	1.0	7.0	2.0	174.0
Soup Tomato	28.0	6.7	0.0	0.0	0.0	6.0	3.0	195.0