

Menu

↳ Casa Brasília 25



Name	Portion Name	Portion Size g	Label Energy kcal	Label Energy kJ	Label Carbohydrate g	Label Protein g	Label Sugars g	Nutri-Score ↻
Wk 1 Mon			-	-	-	-	-	
Firecracker Chicken Leg with Spiced ...	1 Serving	308	445	1887	41	64	1	A
Toasted Cheesy Garlic Chicken Wrap	1 Serving	177	425	1779	31	27	2.1	C
Piri Piri Chick 'n' Mix	1 Serving	233	416	1737	11	39	6.9	C
Wk 1 Tue			-	-	-	-	-	
One Pot Jollof Rice with West African...	1 Serving	322	353	1487	48	21	3.5	A
Jamaican Beef Patty	1 Serving	153	490	2043	34	18	1	D
Buffalo Chick 'n' Mix	1 Serving	233	361	1507	10	35	5.2	B
Wk 1 Wed			-	-	-	-	-	
Hot Honey Chilli Chicken Burrito with...	1 Serving	310	477	2012	67	25	23	A
Roast Pork & Stuffing Baguette	1 Serving	167	433	1824	51	33	2.9	B
Roast Chicken & Stuffing Baguette	1 Serving	177	383	1615	51	26	2.9	B
Hot Roast Gammon Baguette	1 Serving	192	368	1558	54	27	5.9	C
Tandoori Chick 'n' Mix	1 Serving	233	394	1643	4.7	40	0.7	B
Wk 1 Thur			-	-	-	-	-	
Chipotle Chicken, Lime & Corn Open ...	1 Serving	292	396	1671	54	22	8.3	A
Chargrilled Cheeseburger with Sauce...	1 Serving	212	609	2544	47	27	4.5	D
Maple & Sweet Chilli Chicken Chick '...	1 Serving	233	406	1698	12	38	8.6	B
Wk 1 Fri			-	-	-	-	-	
Cajun Chicken Thigh Burger with Sou...	1 Serving	216	419	1758	45	24	7.2	B
Loaded Pizza Fries	1 Serving	255	422	1765	40	13	3.7	C
Wk 2 Mon			-	-	-	-	-	
Creamy Cajun Chicken Meatballs, Sp...	1 Serving	274	544	2284	69	21	6.5	B
Taco Beef Baked Burrito	1 Serving	187	446	1867	39	20	4.8	C

Tandoori Chick 'n' Mix	1 Serving	233	394	1643	4.7	40	0.7	B
Wk 2 Tue			-	-	-	-	-	
Chilli 'Non' Carne Taco, Wedges & Slaw	1 Serving	284	366	1532	42	13	5.2	A
Hot Shot Chicken Parmo	1 Serving	225	479	2009	55	21	6.1	B
Buffalo Chick 'n' Mix	1 Serving	233	361	1507	10	35	5.2	B
Wk 2 Wed			-	-	-	-	-	
Chilli Beef Enchilada with Mexican S...	1 Serving	283	542	2279	73	20	10	B
Piri Piri Chick 'n' Mix	1 Serving	233	416	1737	11	39	6.9	C
Wk 2 Thur			-	-	-	-	-	
Piri Piri Chick 'n' Rice	1 Serving	234	421	1770	49	21	4.2	A
Salt & Pepper Chicken Flatbread with...	1 Serving	185	269	1133	33	21	2.9	A
Jerk Chick 'n' Mix	1 Serving	233	349	1459	11	35	7.1	B
Wk 2 Fri			-	-	-	-	-	
Texas BBQ Chicken Burger, Mexican ...	1 Serving	334	600	2523	84	22	9.8	A
Loaded Pizza Fries	1 Serving	255	422	1765	40	13	3.7	C
Wk 3 Mon			-	-	-	-	-	
Jerk Chicken Leg with Rice & Peas	1 Serving	387	608	2567	58	67	7.1	A
Grilled Hunters BBQ Chicken Sub Roll	1 Serving	190	383	1619	56	26	8.1	B
Buffalo Chick 'n' Mix	1 Serving	233	361	1507	10	35	5.2	B
Wk 3 Tue			-	-	-	-	-	
Fajita Beef Taco with Spiced Wedges ...	1 Serving	314	452	1889	38	20	6.2	A
Portuguese Chicken Tasca Flatbread	1 Serving	265	489	2064	69	27	3.7	B
Piri Piri Chick 'n' Mix	1 Serving	233	416	1737	11	39	6.9	C
Wk 3 Wed			-	-	-	-	-	
Buffalo Chicken & Cheddar Quesadill...	1 Serving	285	490	2060	56	24	4.9	B
BBQ Chick 'n' Mix	1 Serving	233	436	1820	12	40	9.2	C
Wk 3 Thur			-	-	-	-	-	
Spicy Chicken, Chorizo & Peppers wi...	1 Serving	234	443	1861	49	21	4	A
Grilled Chicken Roti with Slaw & Hot ...	1 Serving	192	321	1349	35	21	5.6	A

Maple & Sweet Chilli Chicken Chick '...	1 Serving	233	406	1698	12	38	8.6	B
Wk 3 Fri			-	-	-	-	-	
Peri Peri Chicken Thigh Burger With ...	1 Serving	328	560	2356	72	29	8.1	A
Loaded Pizza Fries	1 Serving	255	422	1765	40	13	3.7	C

TOTALS:								
AVERAGES:		1079	4528	39	28.6	5.8		