



**SPUR**<sup>®</sup>  
STEAK RANCHES

# NUTRITIONAL ANALYSIS

# STARTERS & LIGHT MEALS

\*Spur Steak Ranches are not a gluten or allergen-free environment, and while the utmost care is taken to minimise contact with allergens when requested, traces of gluten or other allergens may appear in the final dish served. Our meals are produced in kitchens containing allergens including nuts, gluten, wheat, shellfish, lactose and egg. Every effort is made to ensure vegan meals are cooked on separate surfaces, keep in mind that our plant-based meals are prepared in a kitchen that does handle animal products. Please note our fish may contain small bones.

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The allergen and nutritional information provided is accurate and up-to-date to the best of our knowledge. It is based on information provided by our manufacturers and suppliers and Spur Corporation (Pty) Limited will not be held liable for any omission or failure to provide updated or correct information nor negligence on the part of the supplier nor manufacturer.

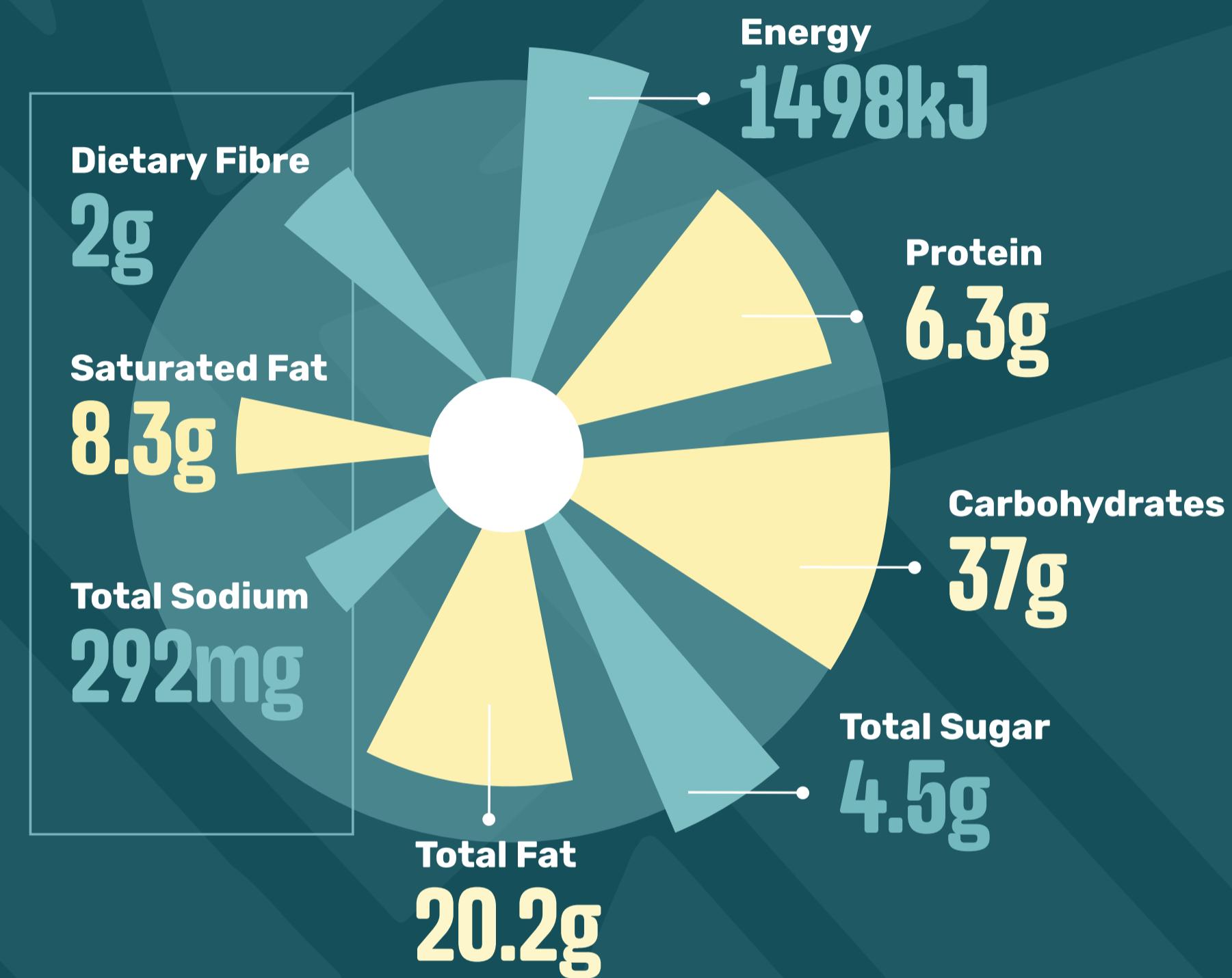
# STARTERS

Typical Nutritional Information for Ready-to-eat Product:

Per 100 g serving

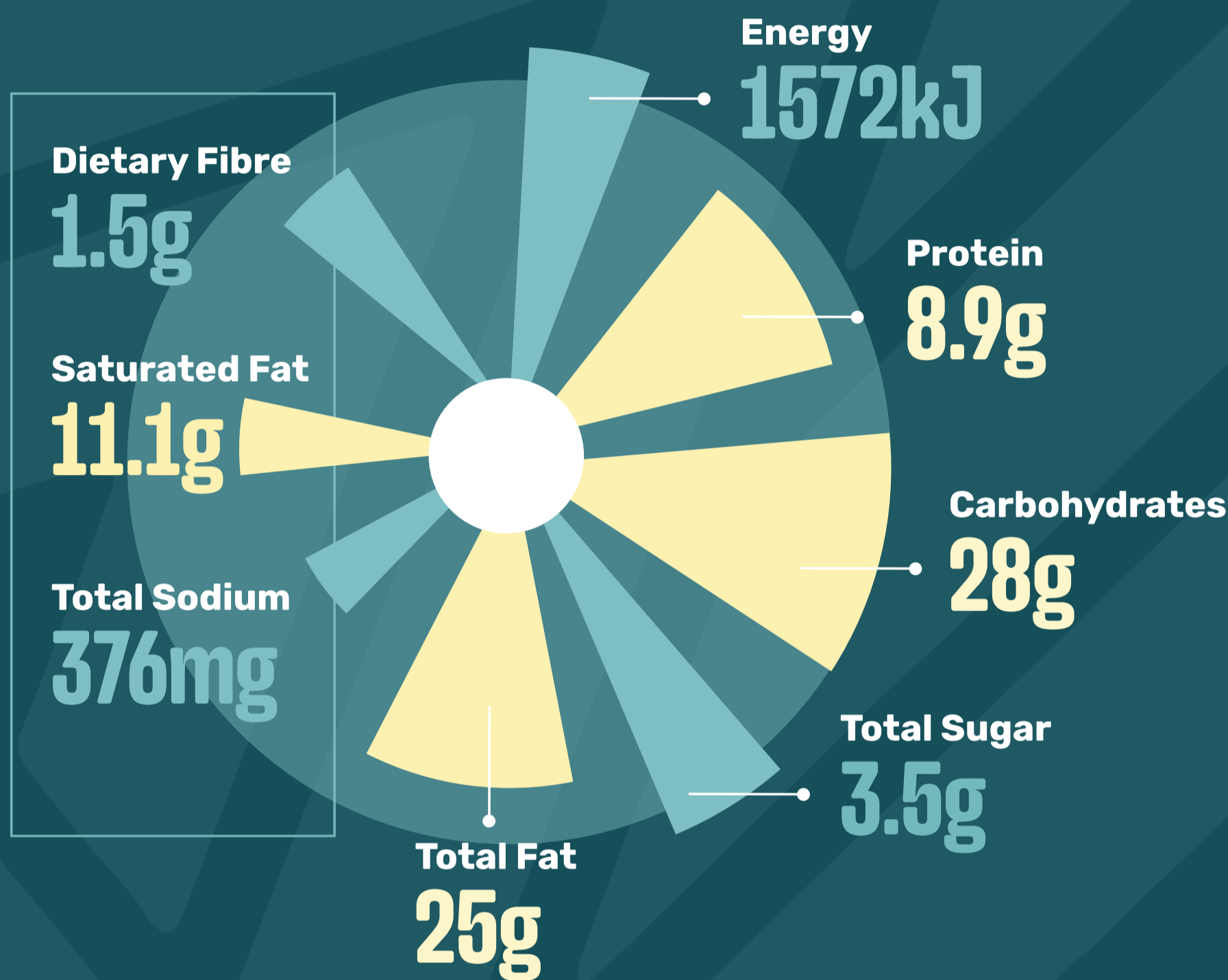
## PORTUGUESE GARLIC ROLL

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



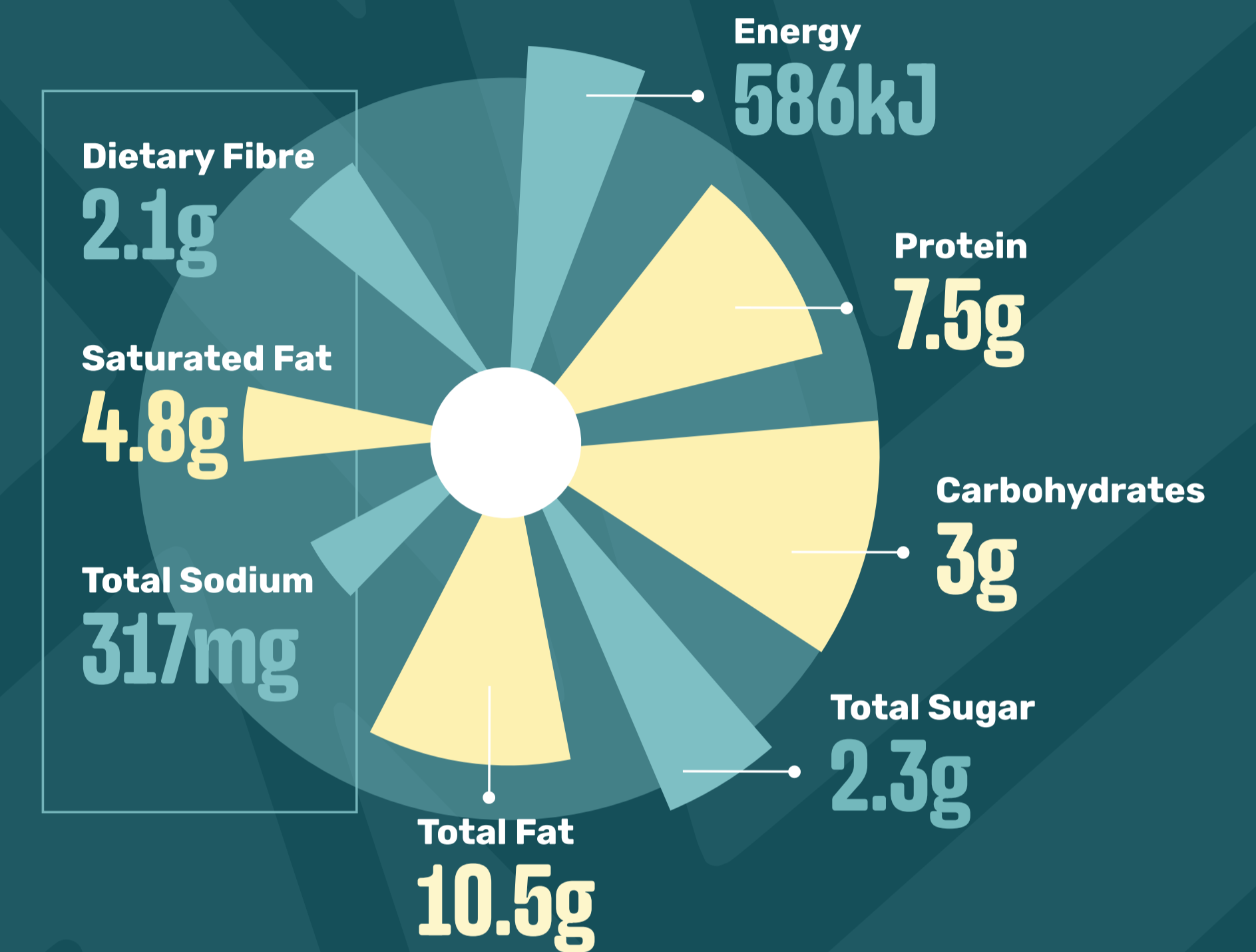
## CHEESY GARLIC ROLL

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



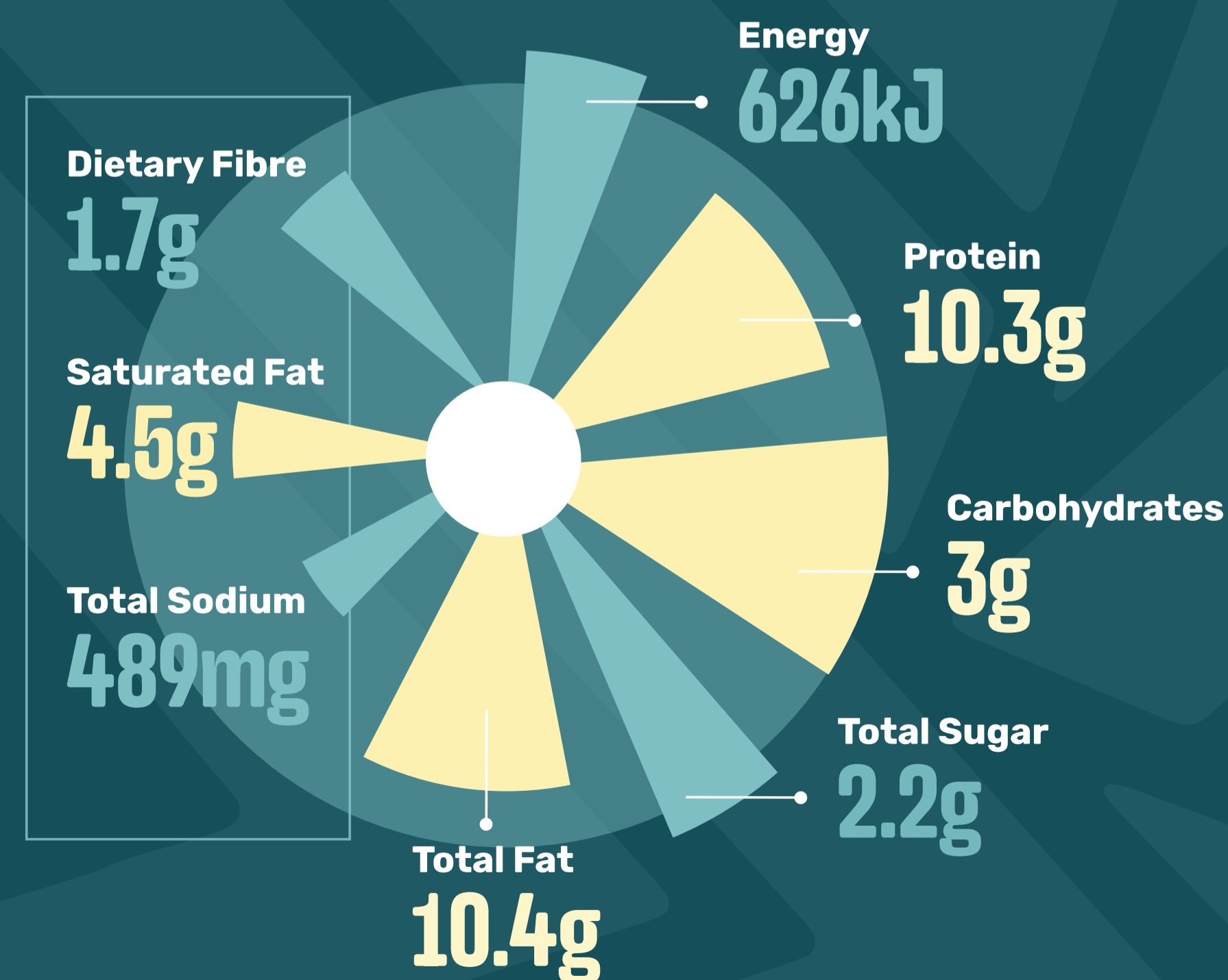
## CHEESY QUESADILLAS

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



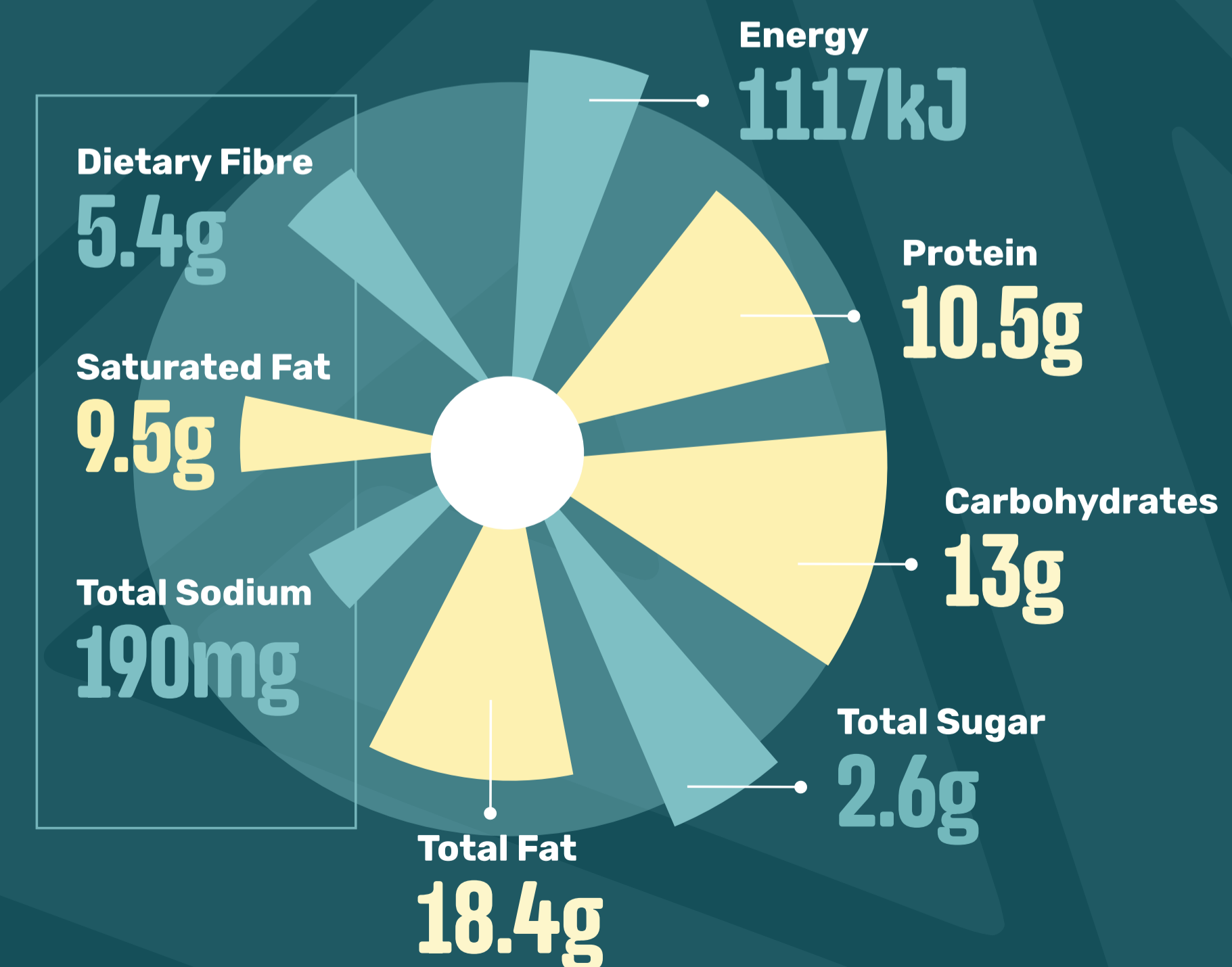
## CHEESY QUESADILLAS - WITH CHICKEN

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



## CHICKEN LIVERS

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



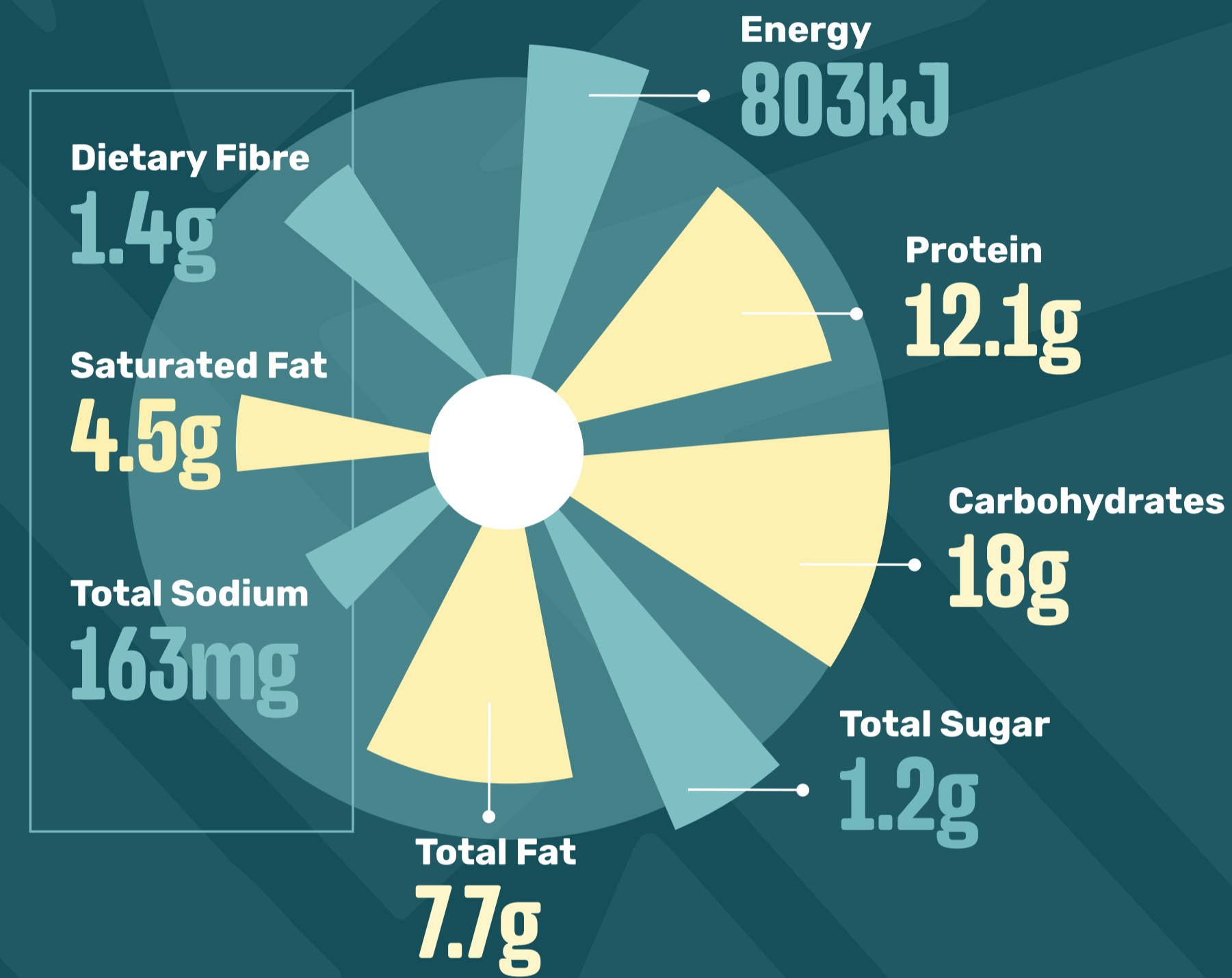
# STARTERS

Typical Nutritional Information for Ready-to-eat Product:

Per 100 g serving

## CHICKEN STRIPS

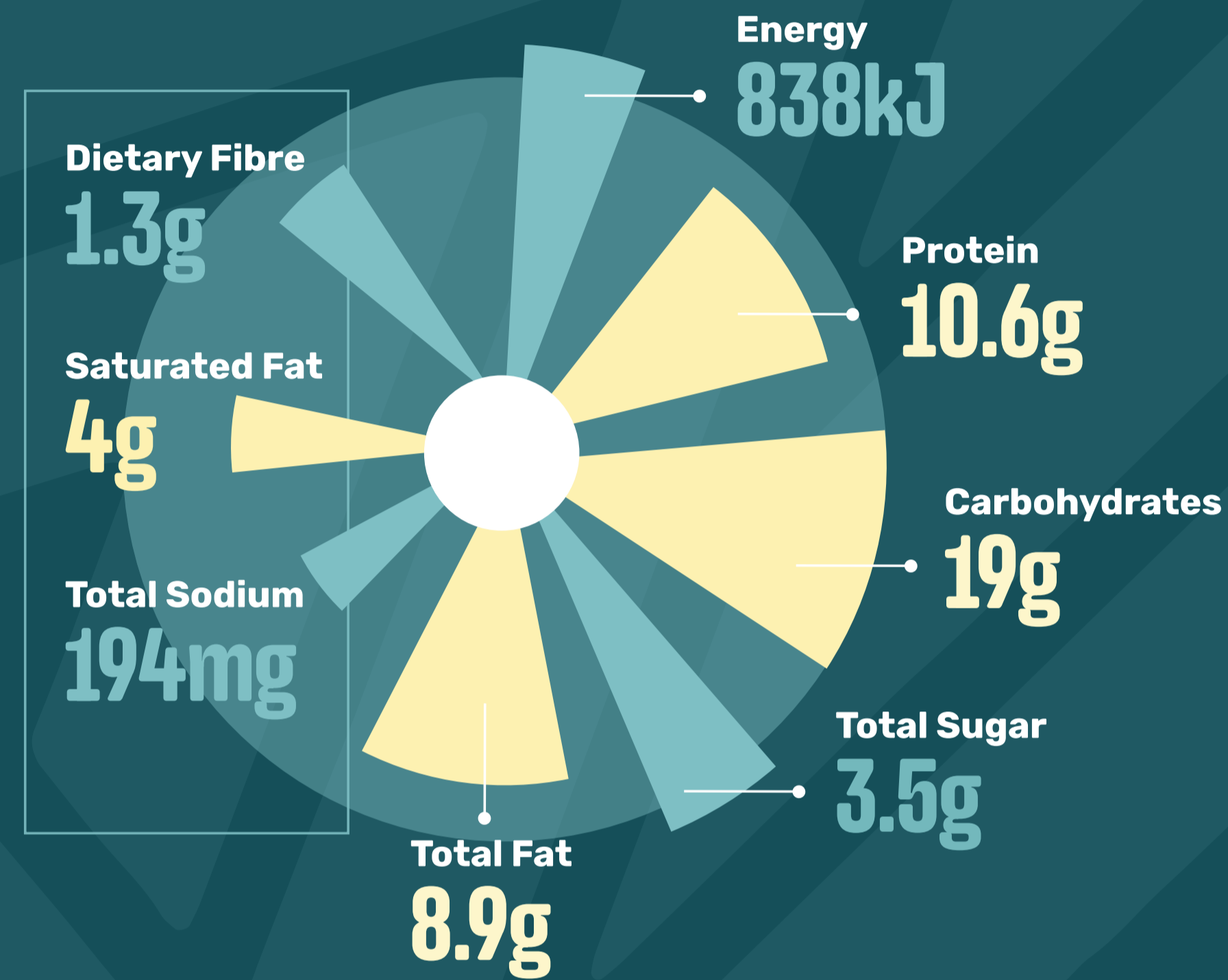
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



## CHICKEN STRIPS

(Sweet Chilli Dressing)

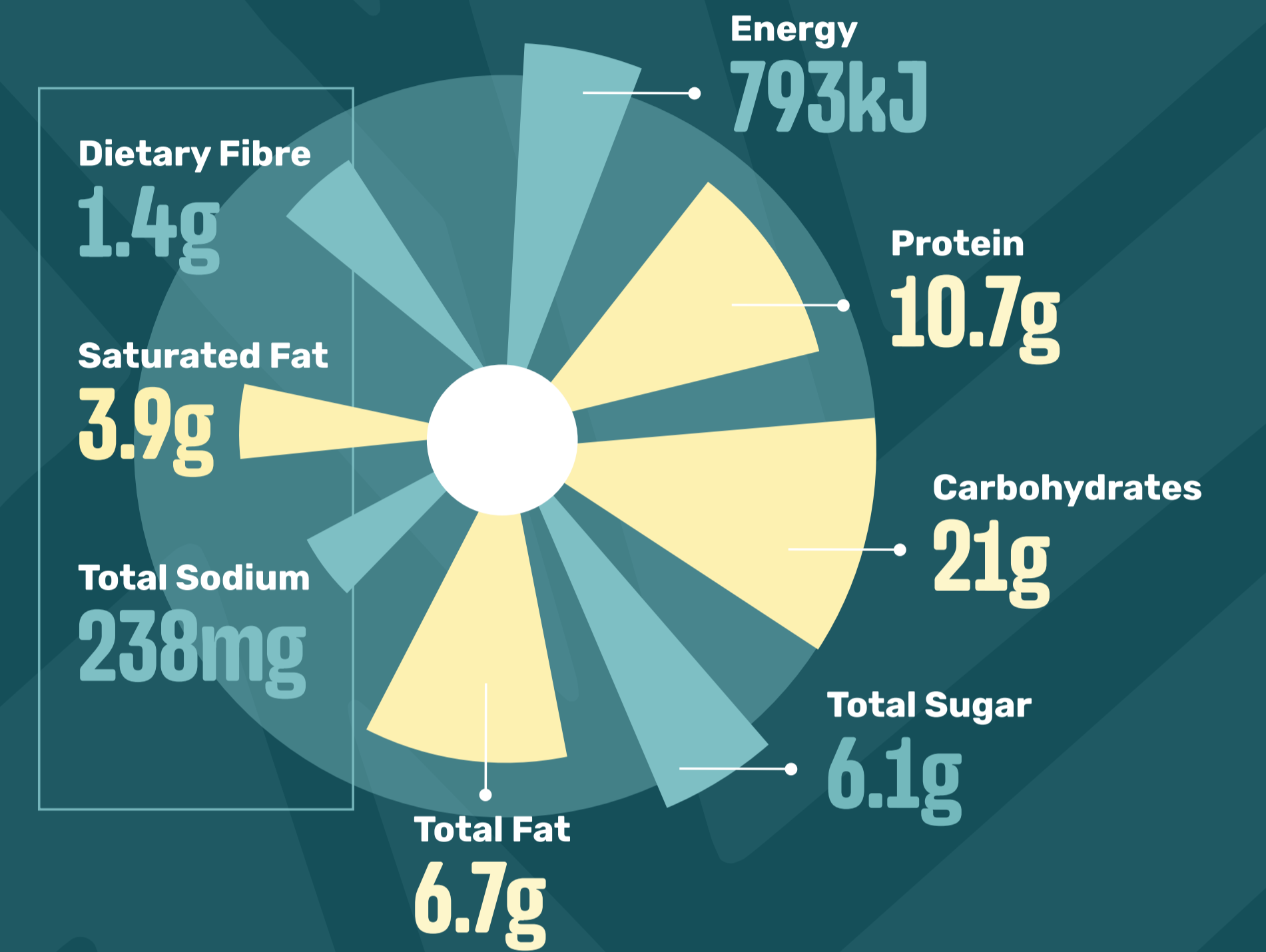
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



## CHICKEN STRIPS

(Sweet Chilli Sauce)

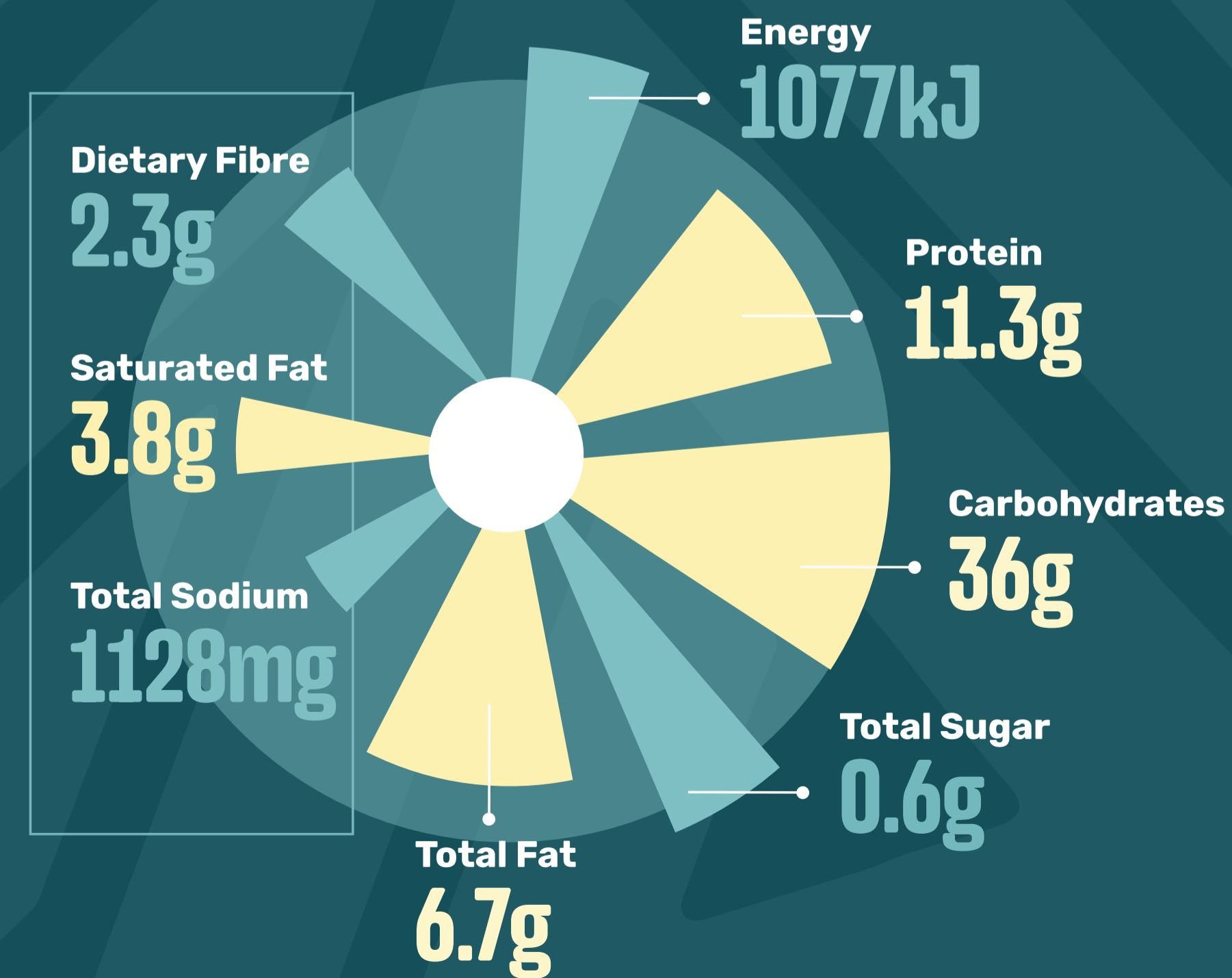
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



## CHICKEN STRIPS

(Texan Blaze)

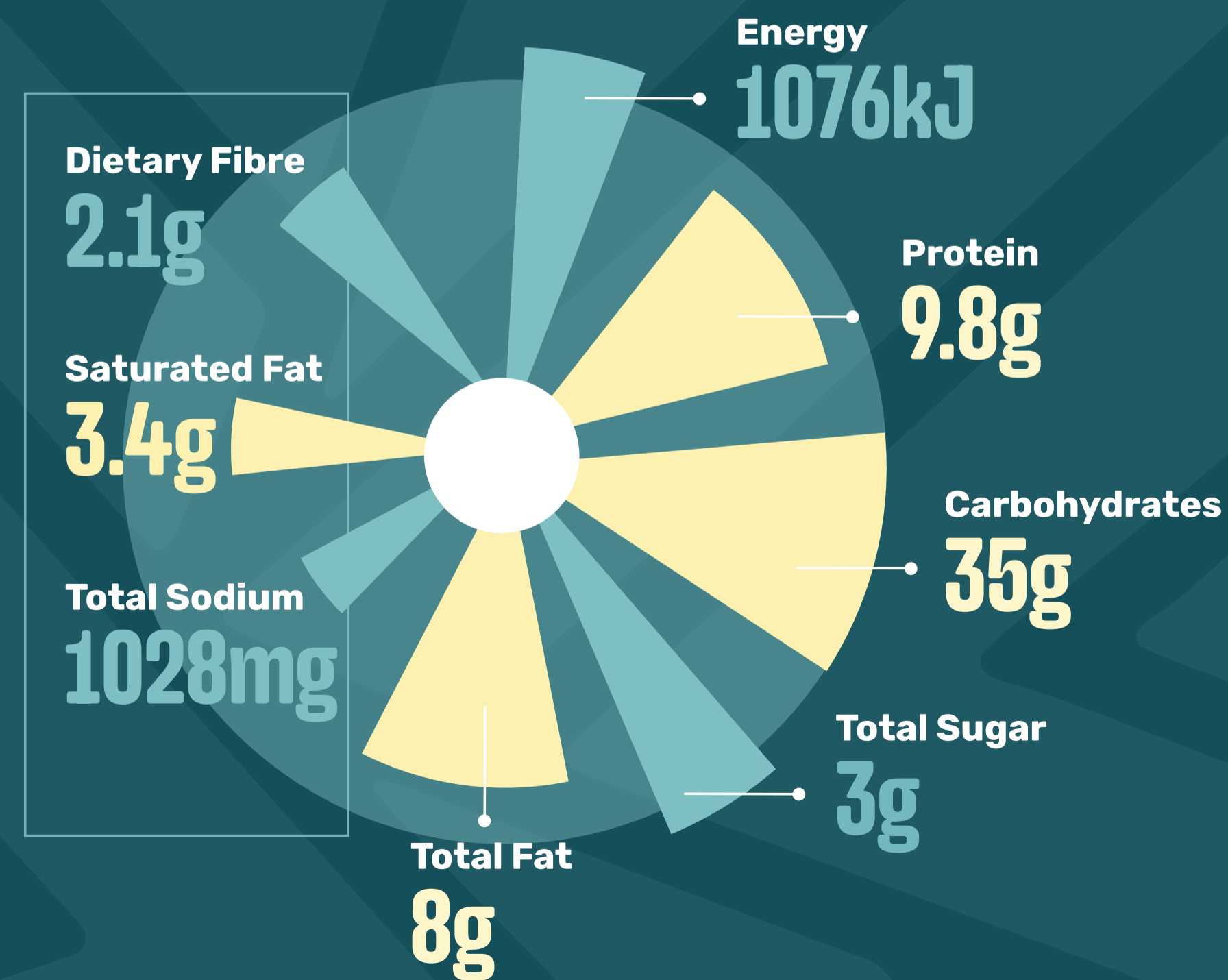
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



## CHICKEN STRIPS

(Texan Blaze – Sweet Chilli Dressing)

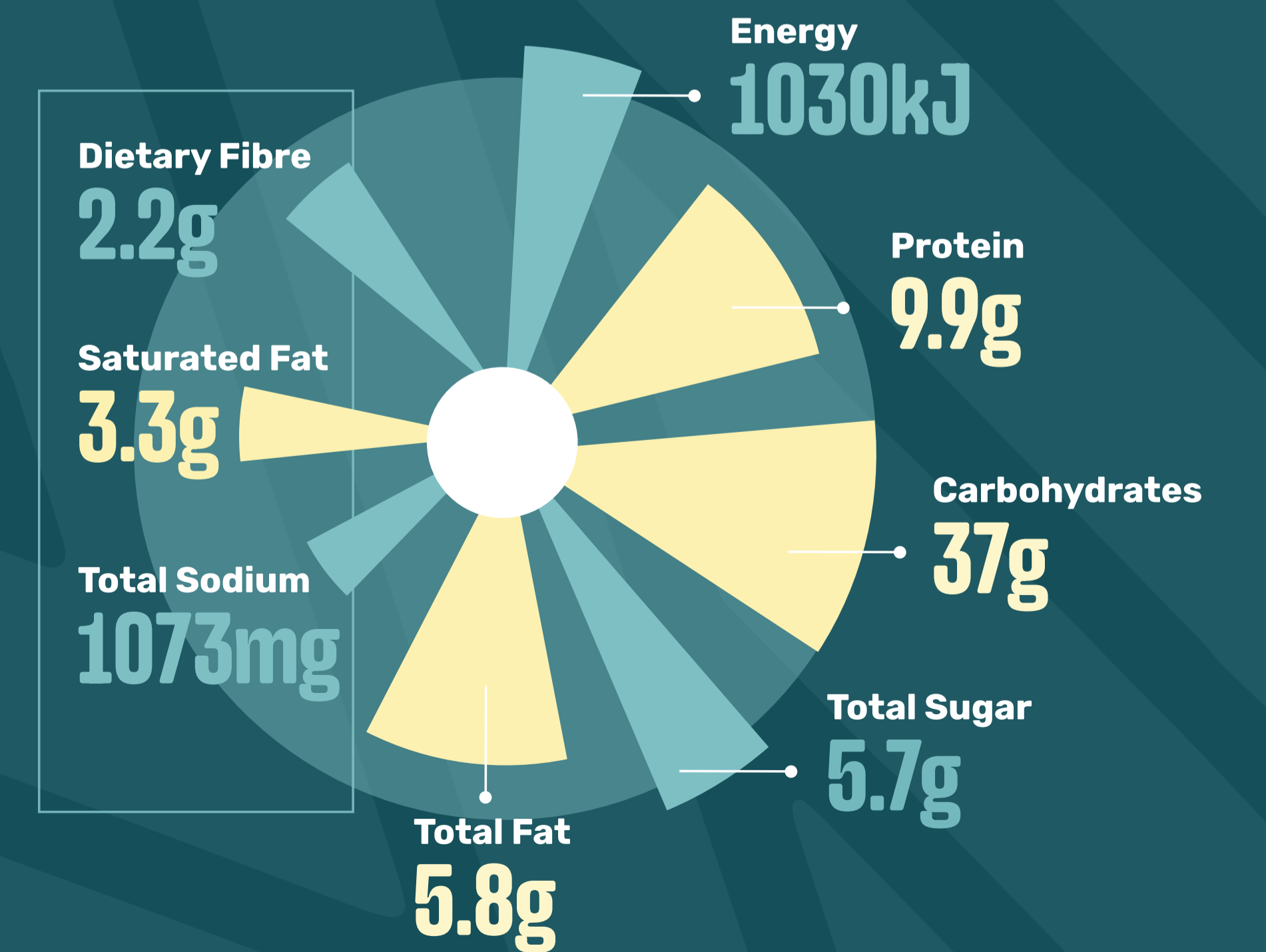
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



## CHICKEN STRIPS

(Texan Blaze – Sweet Chilli Sauce)

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



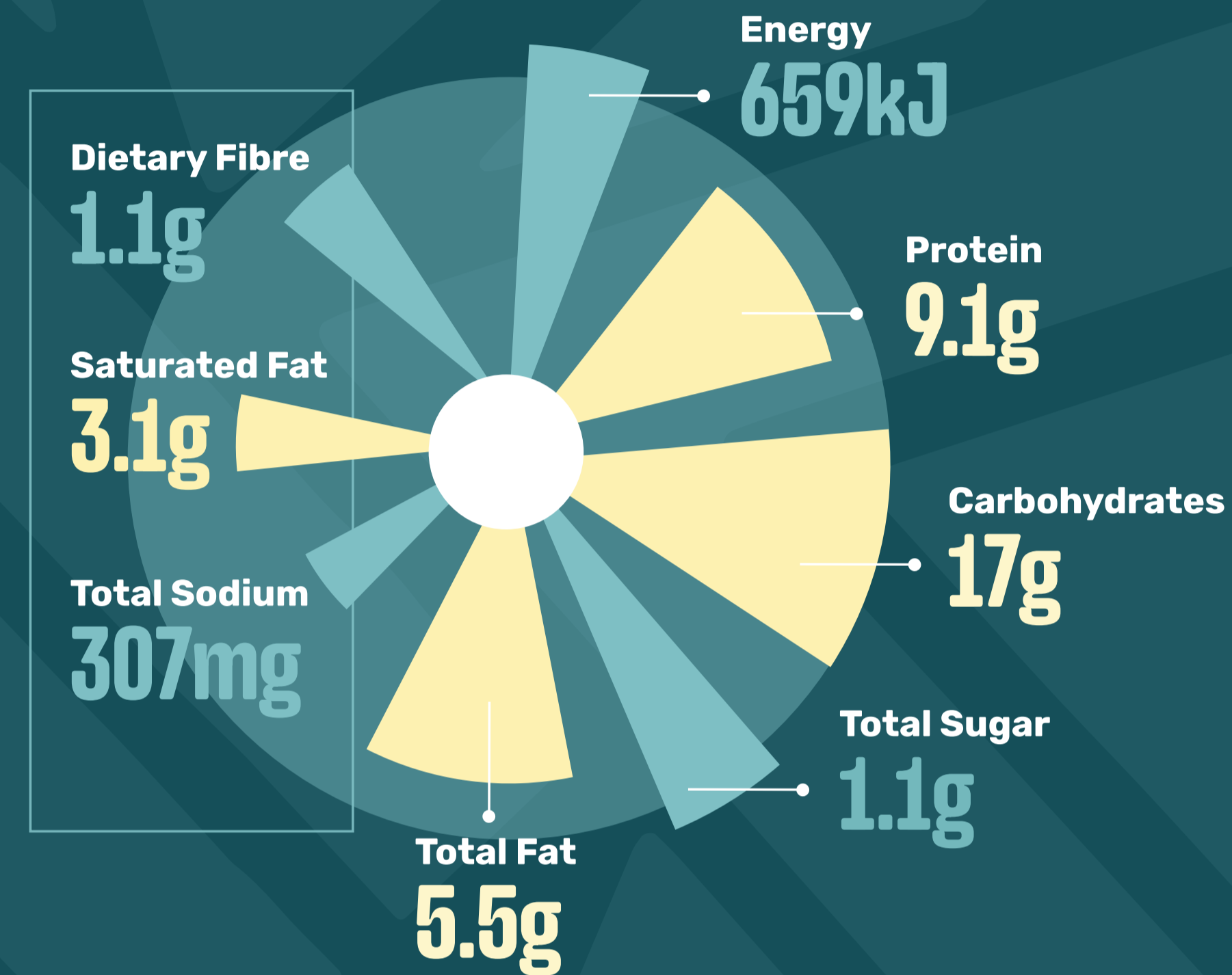
# STARTERS

Typical Nutritional Information for Ready-to-eat Product:

Per 100 g serving

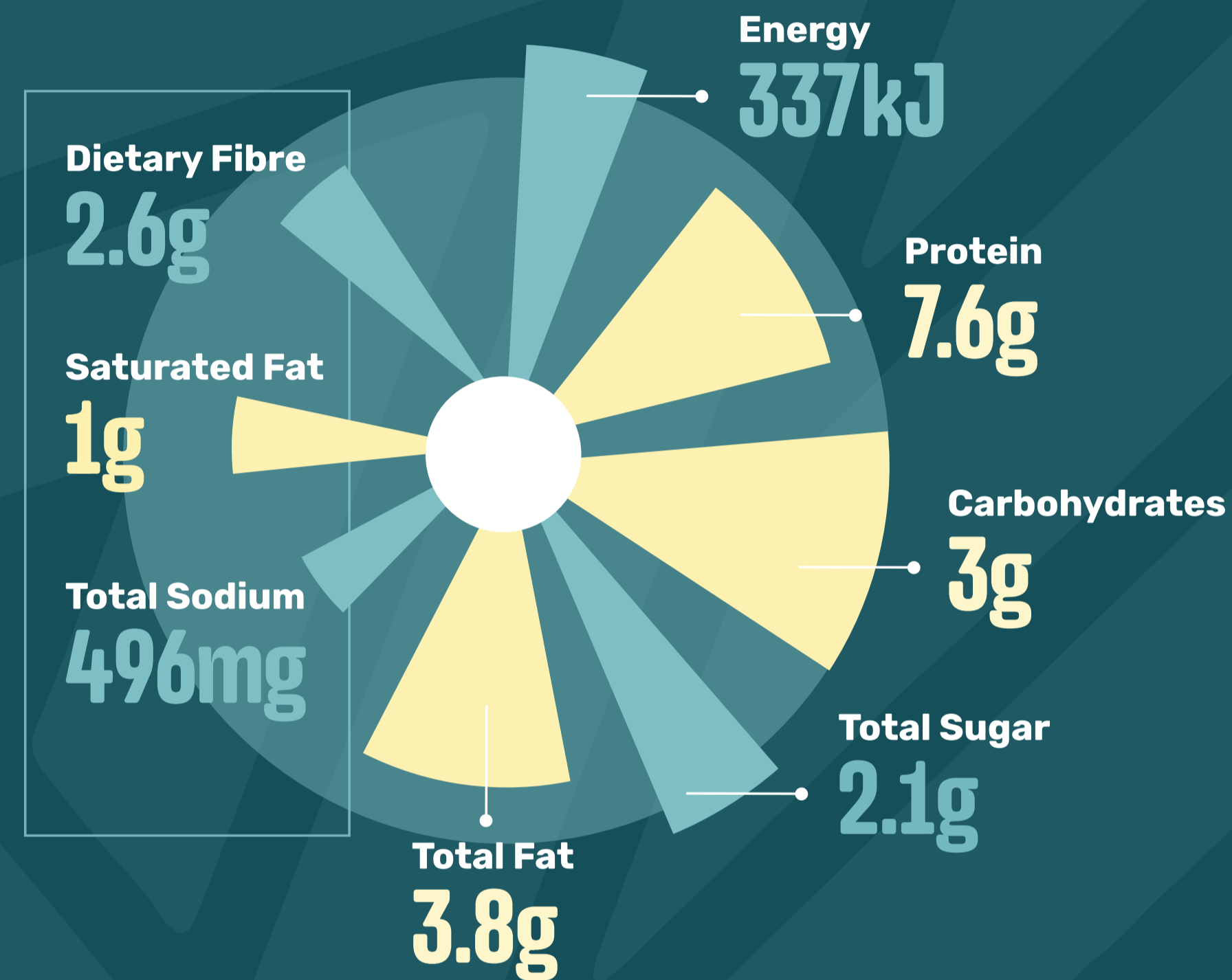
## CRUMBED CALAMARI STRIPS

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



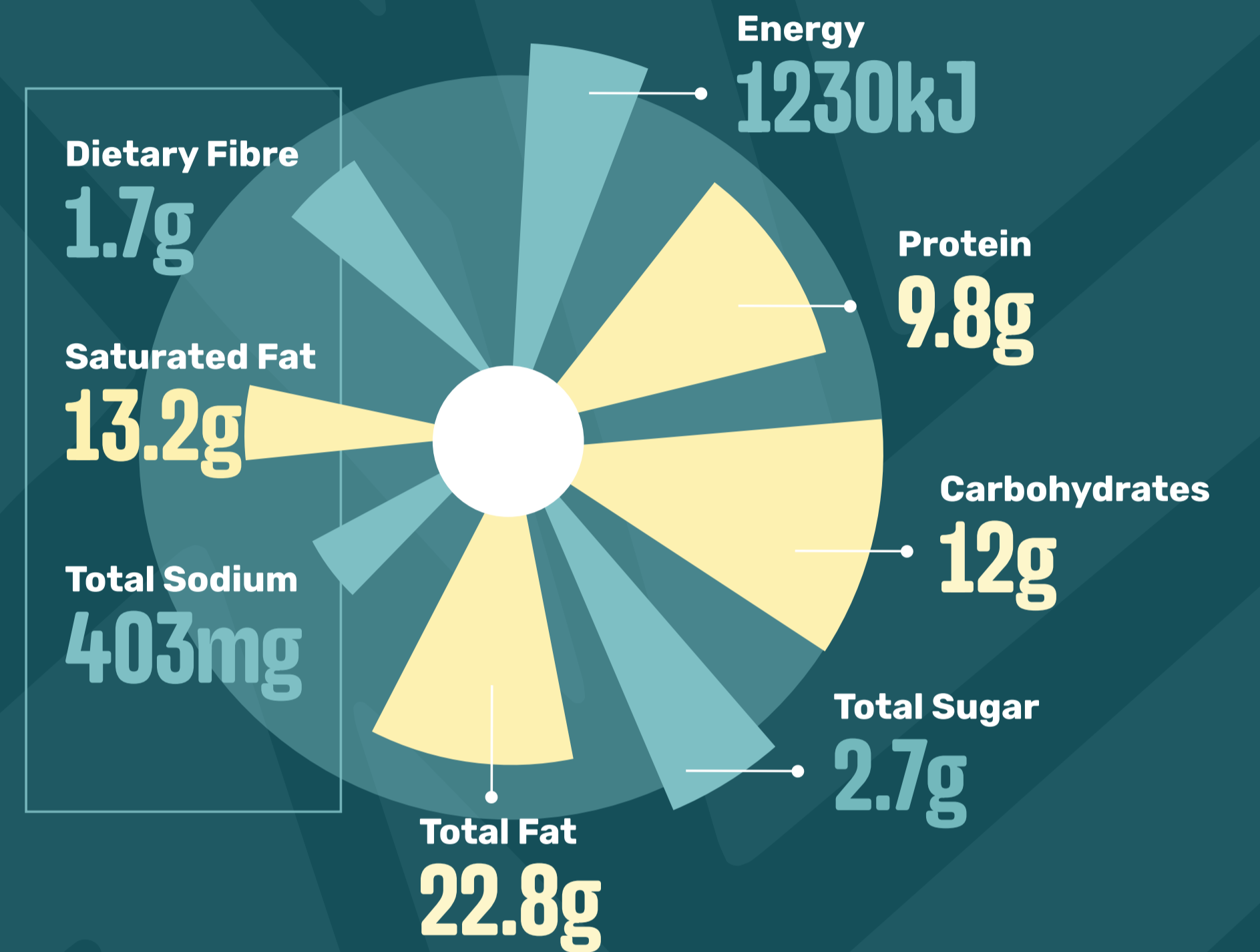
## CHICKEN, AVO & BACON SALAD

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



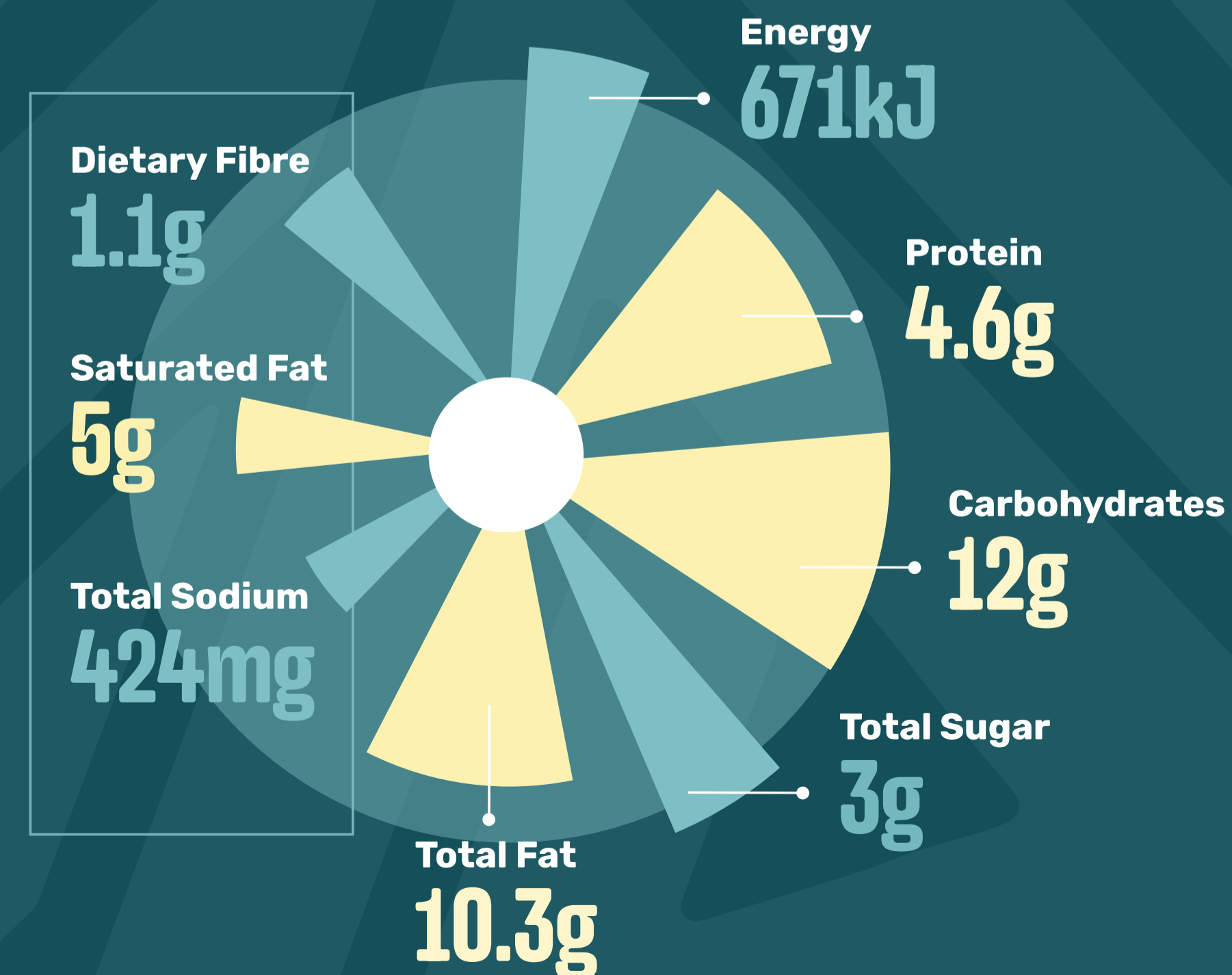
## SPICY BEEF STRIPS

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



## CRUMBED MUSHROOMS

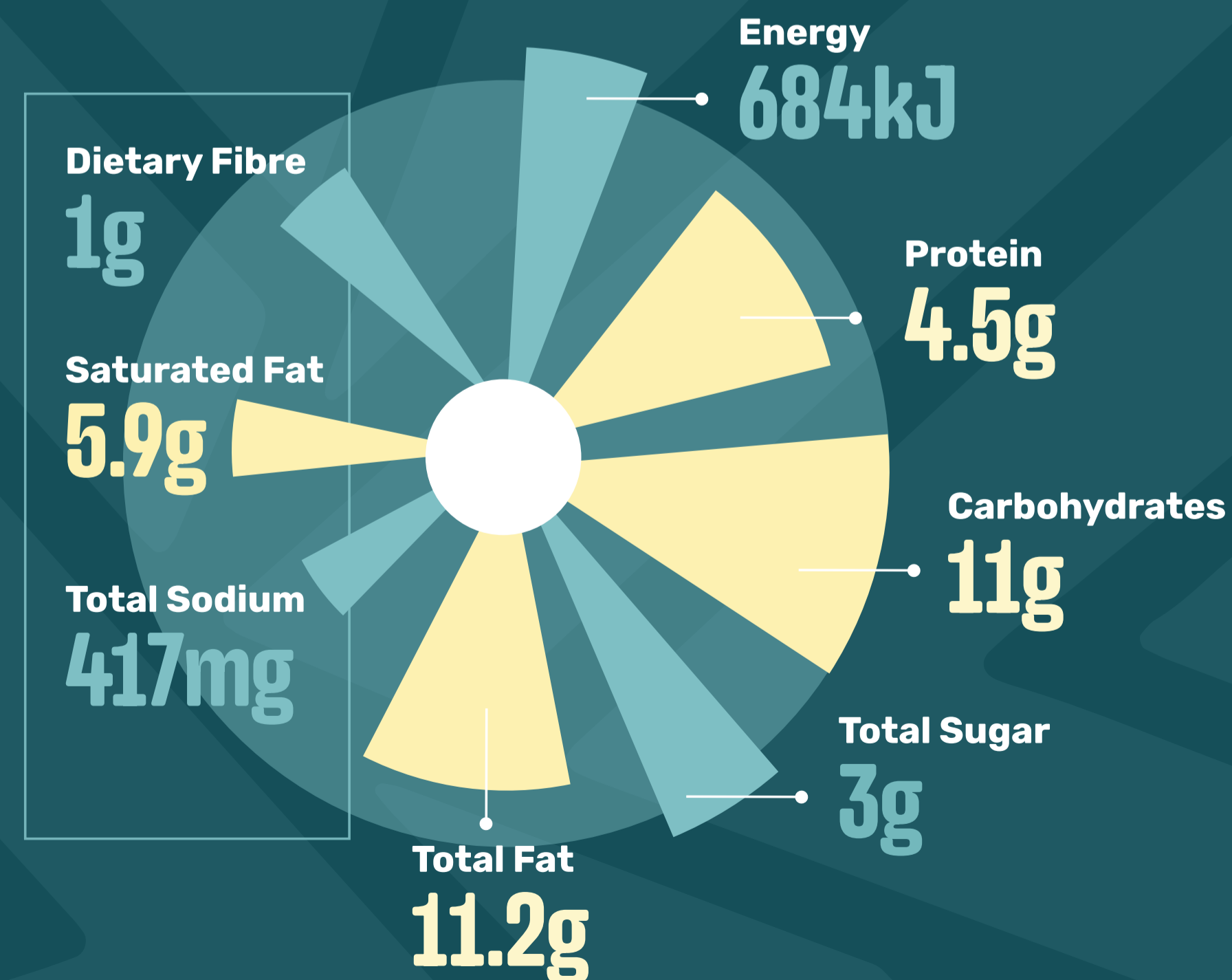
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



## CRUMBED MUSHROOMS

(Cheesy Jalapeño Sauce)

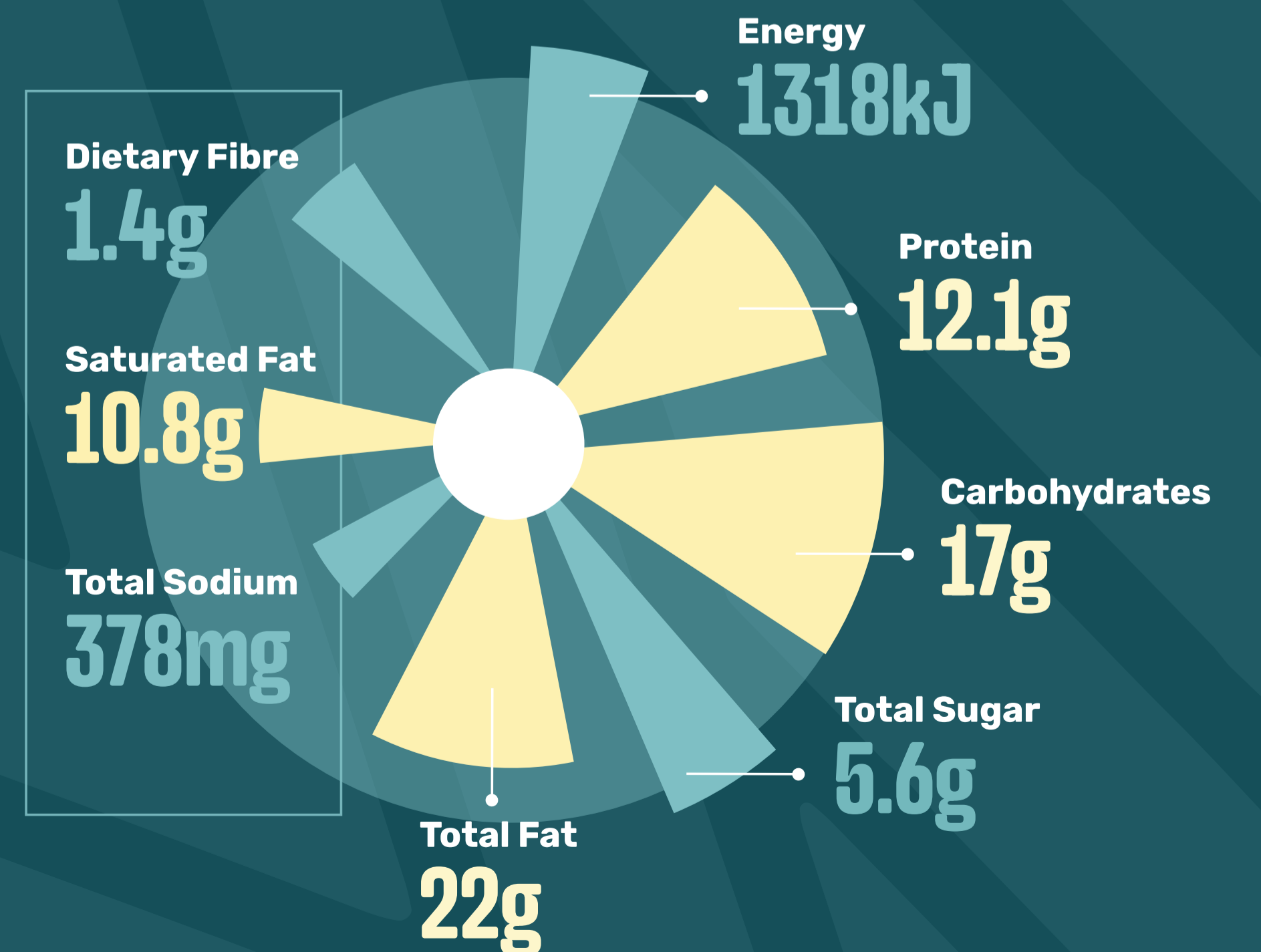
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



## CHEESY GARLIC PRAWNS

(6 Prawns)

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



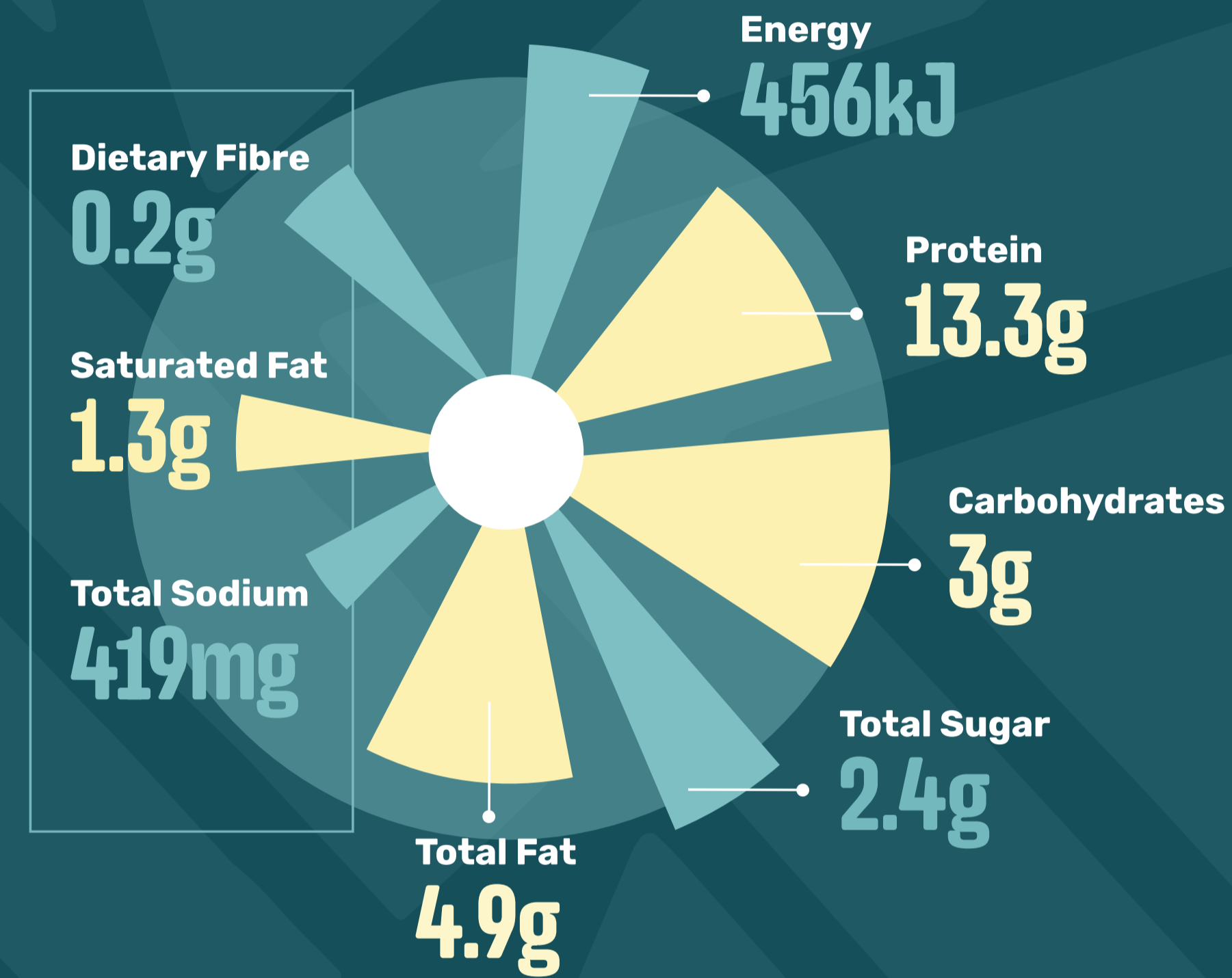
# STARTERS

Typical Nutritional Information for Ready-to-eat Product:

Per 100 g serving

## BUFFALO WINGS - HALF

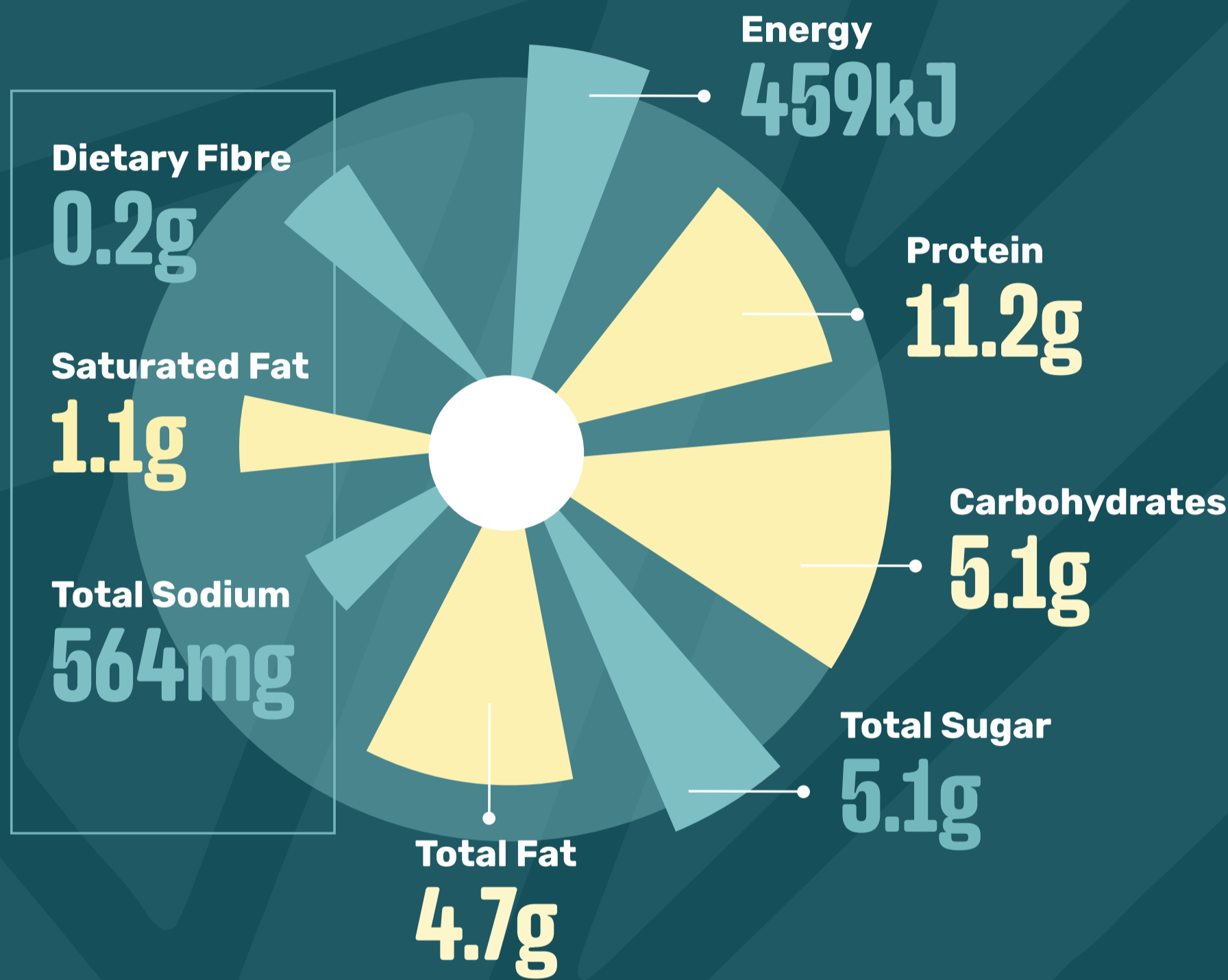
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



## BUFFALO WINGS - HALF

(Grill Basting)

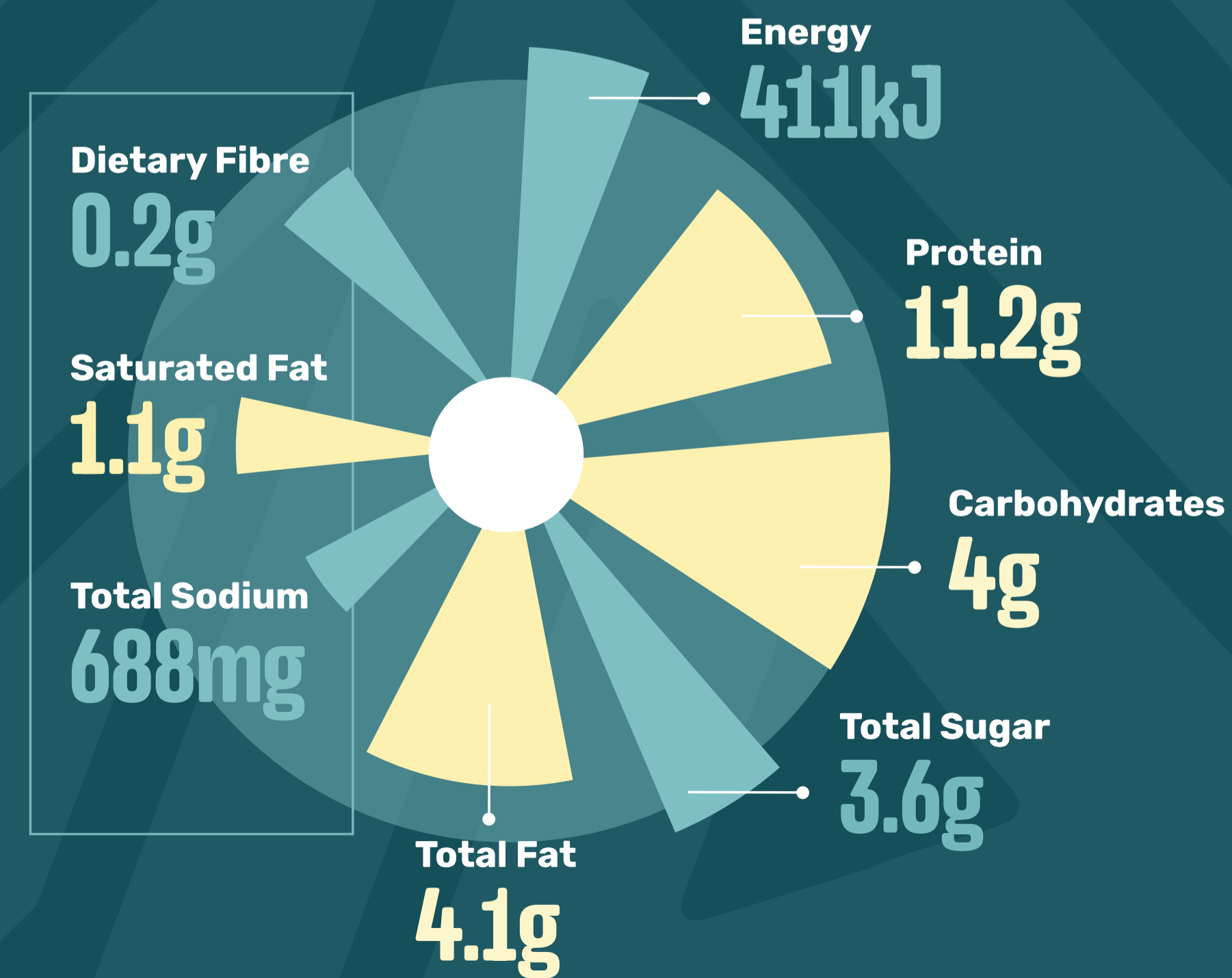
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



## BUFFALO WINGS - HALF

(Durky Sauce)

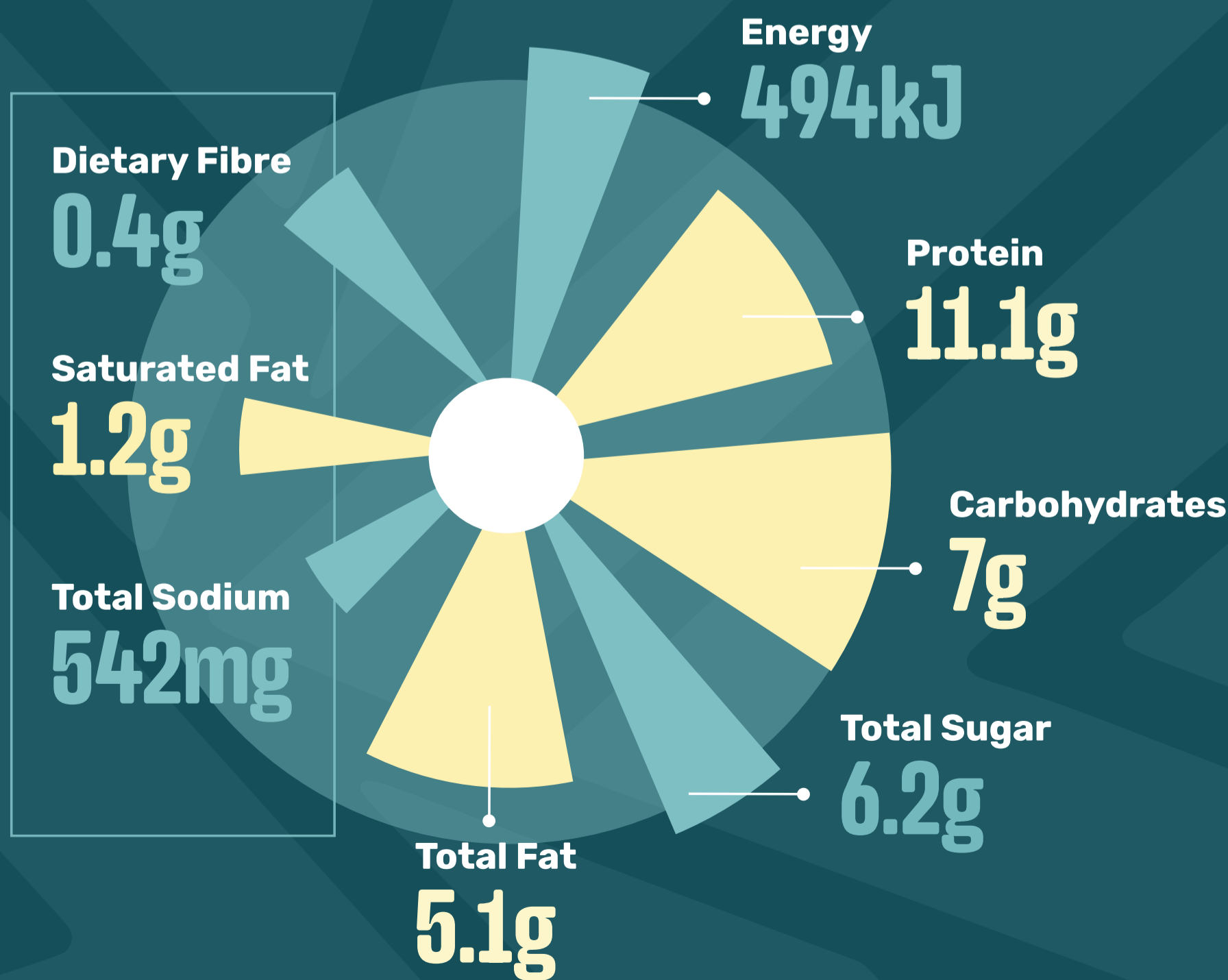
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



## BUFFALO WINGS - HALF

(Sweet & Spicy Sauce)

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



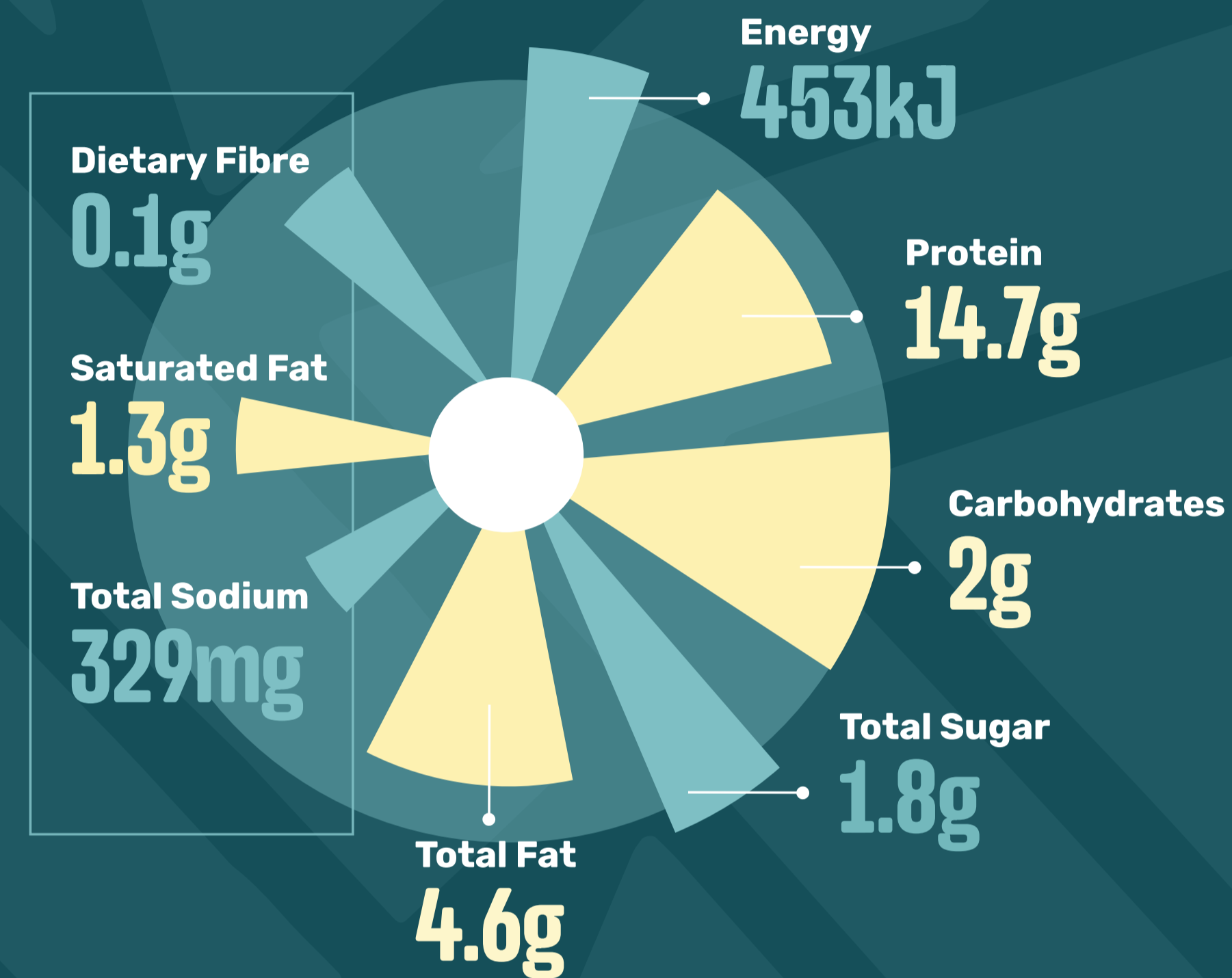
# STARTERS

Typical Nutritional Information for Ready-to-eat Product:

Per 100 g serving

## BUFFALO WINGS - FULL

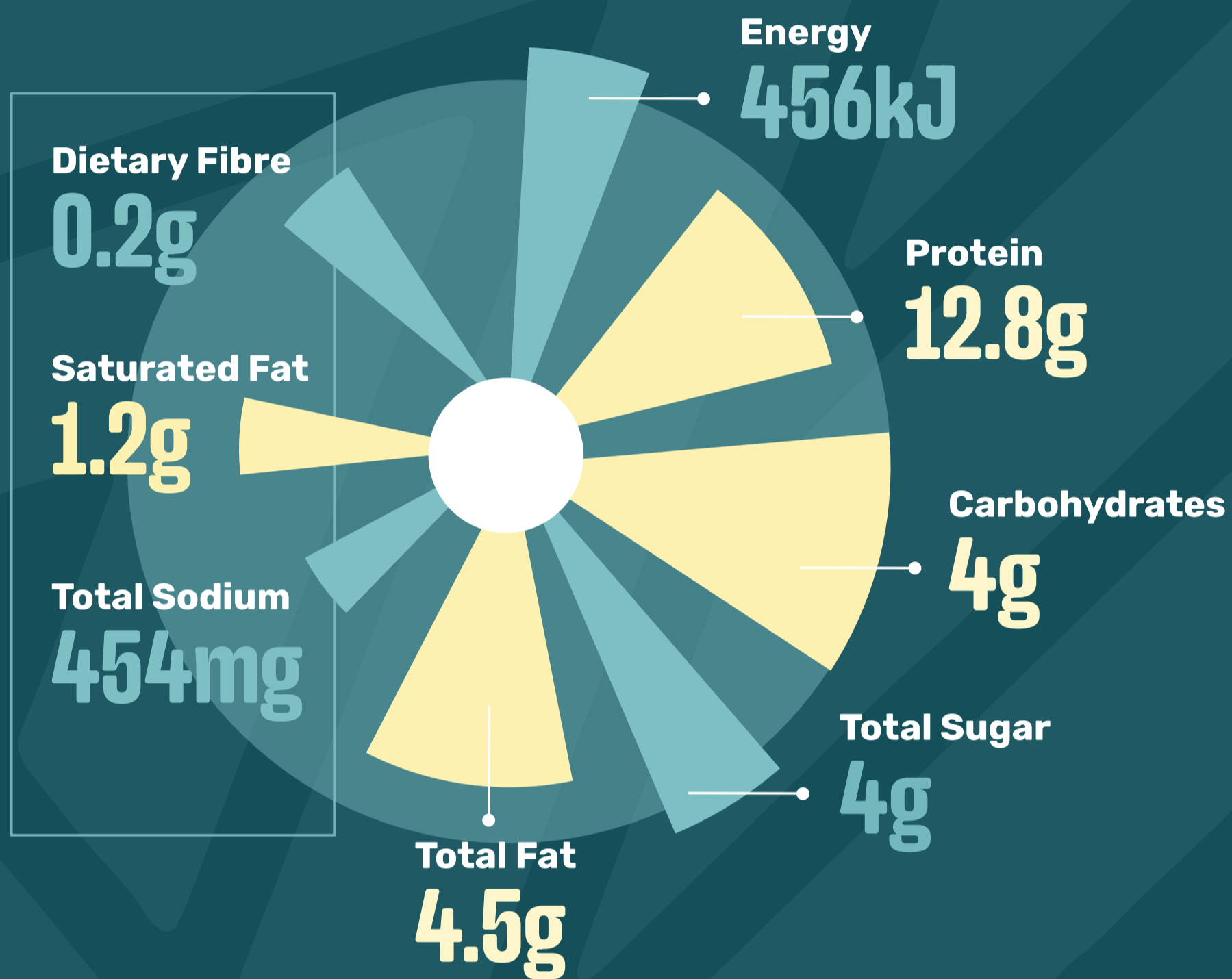
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



## BUFFALO WINGS - FULL

(Grill Basting)

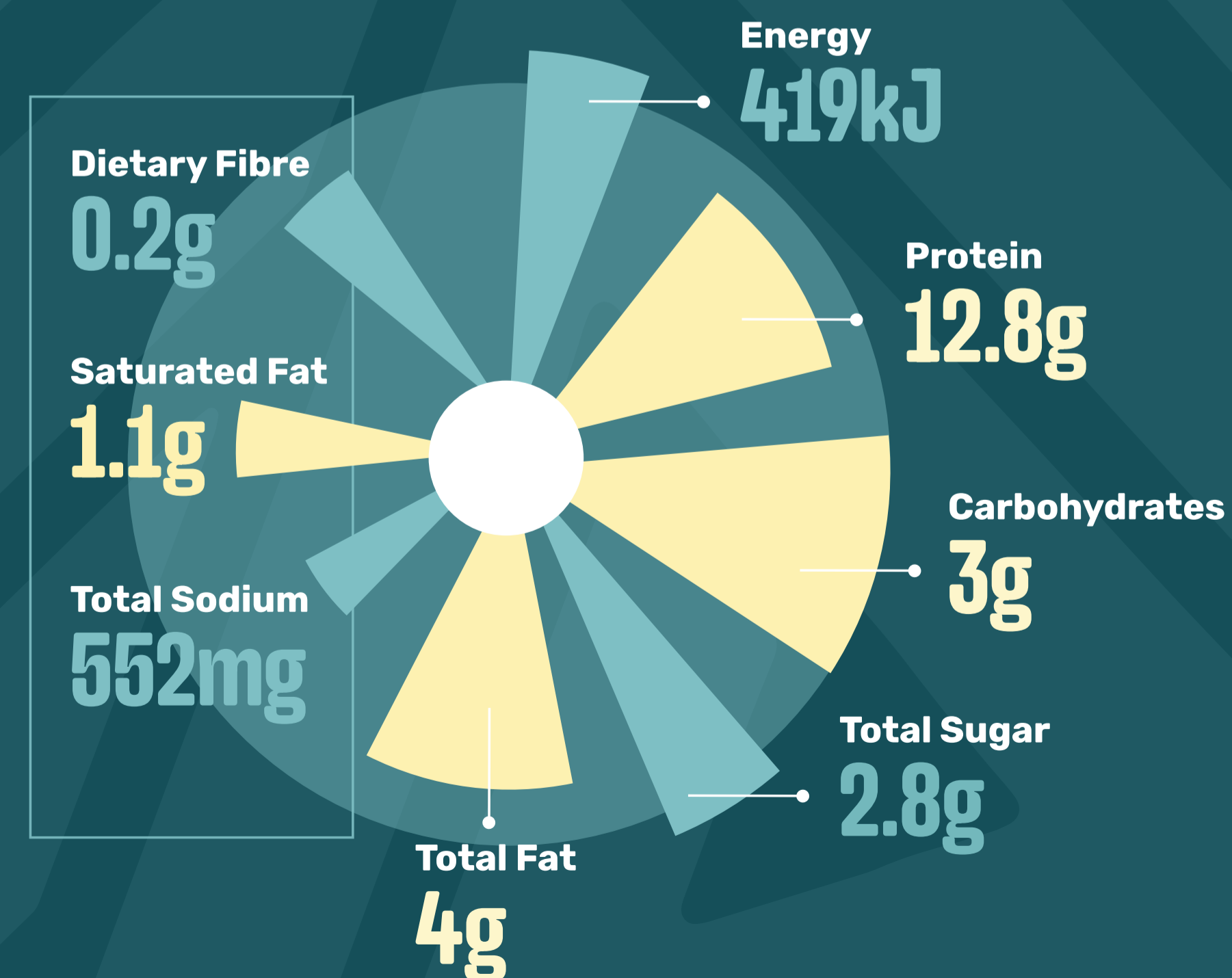
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



## BUFFALO WINGS - FULL

(Durky Sauce)

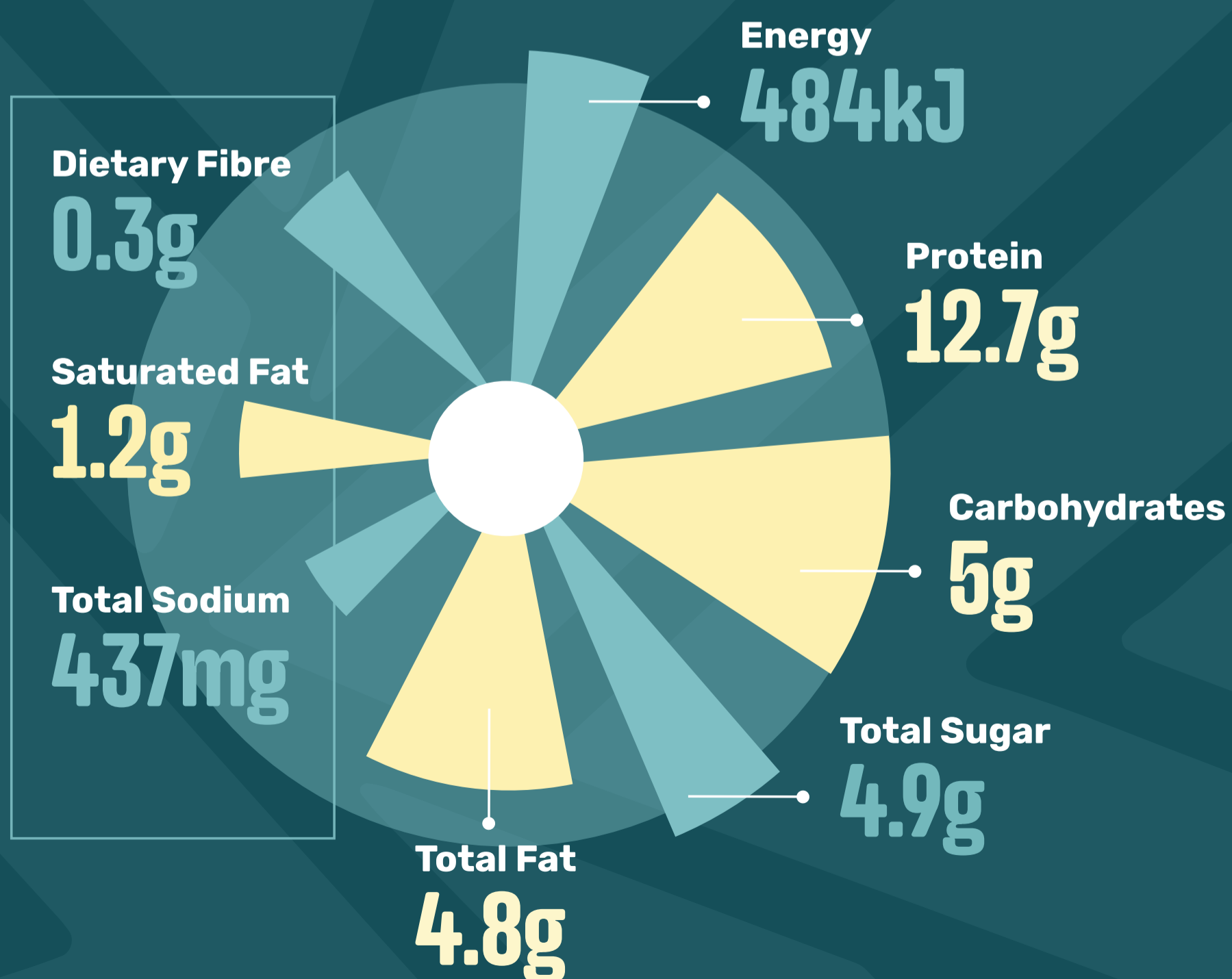
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



## BUFFALO WINGS - FULL

(Sweet & Spicy Sauce)

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



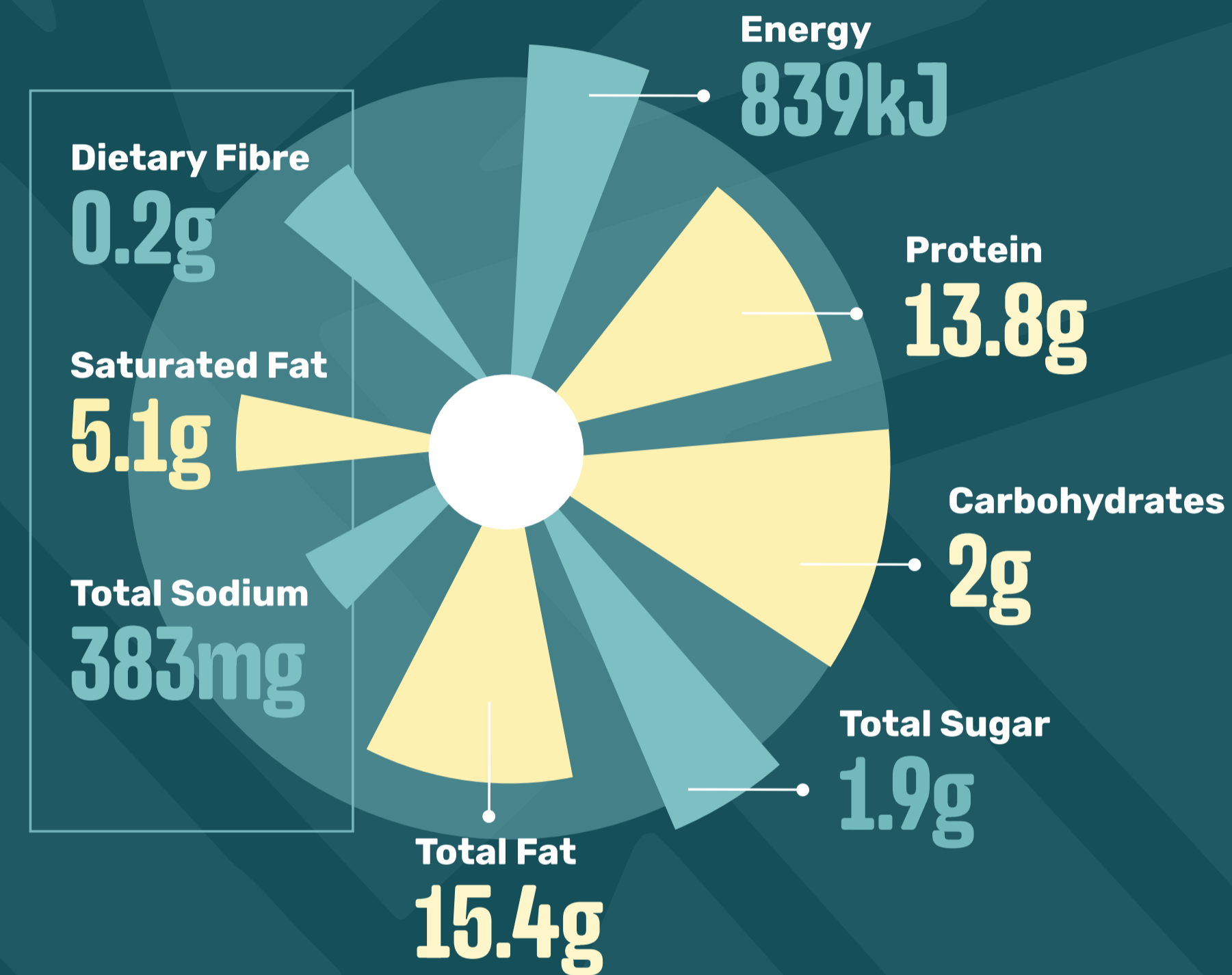
# STARTERS

Typical Nutritional Information for Ready-to-eat Product:

Per 100 g serving

## BUFFALO THIGHS - 500g

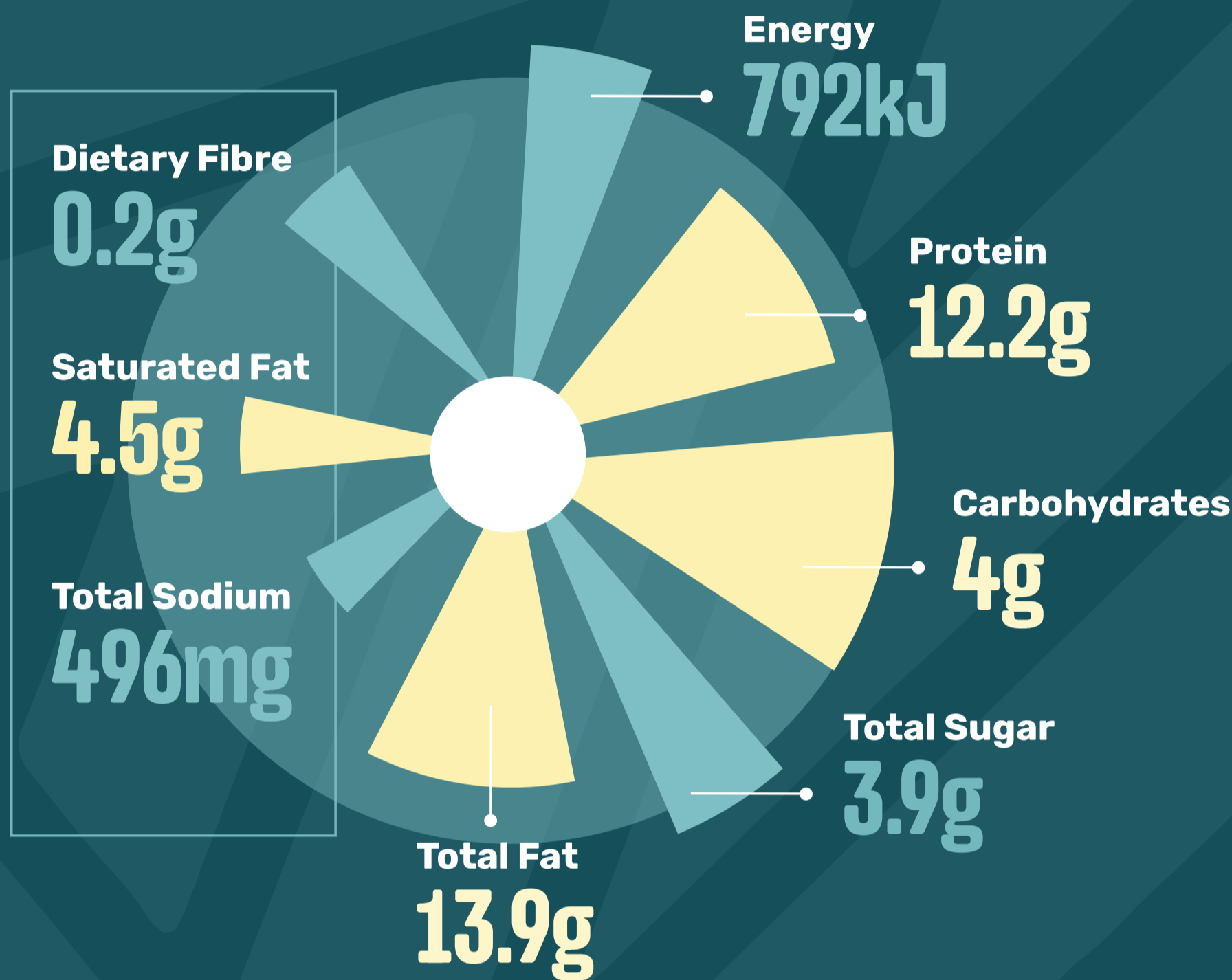
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



## BUFFALO THIGHS - 500g

(Grill Basting)

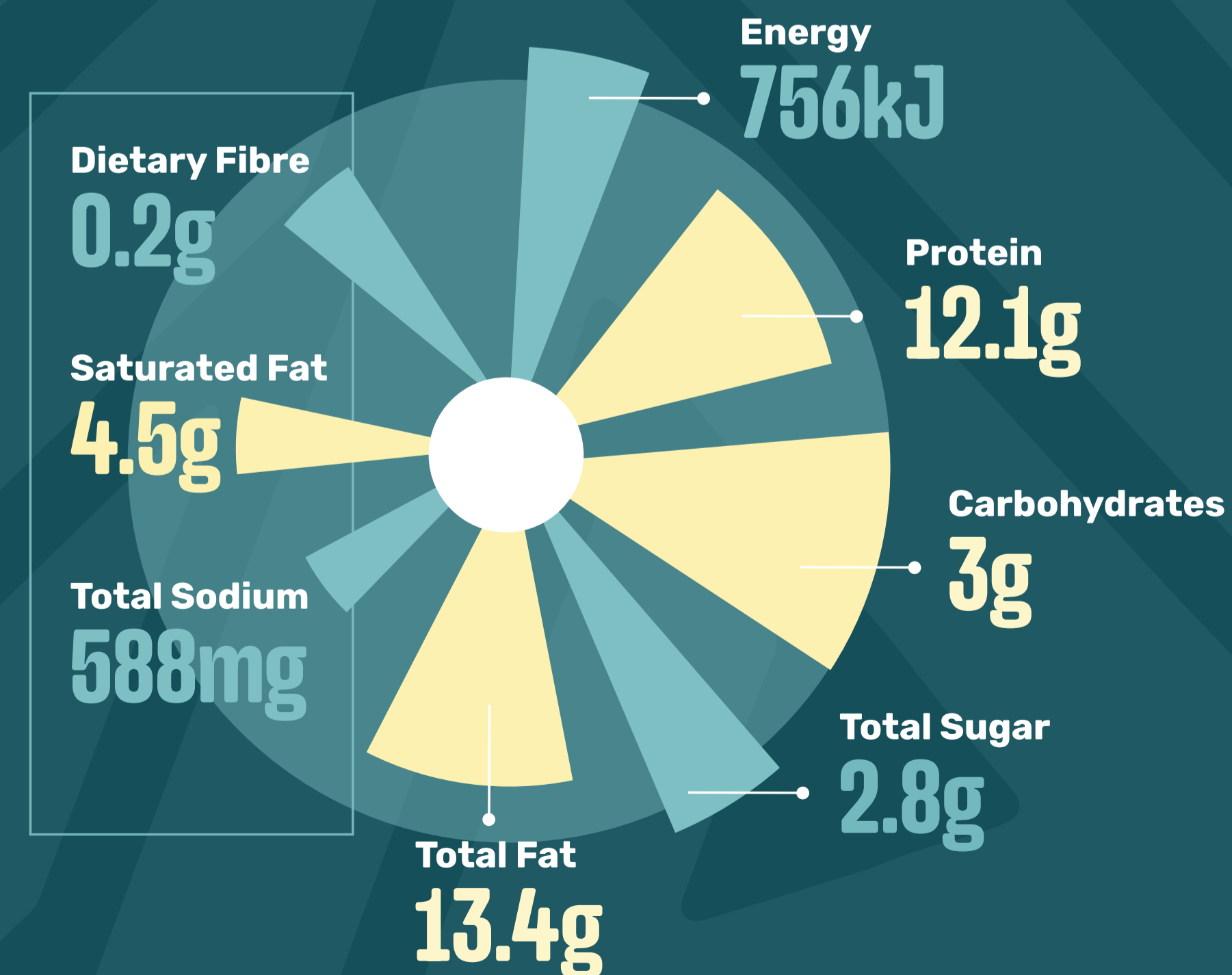
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



## BUFFALO THIGHS - 500g

(Durky Sauce)

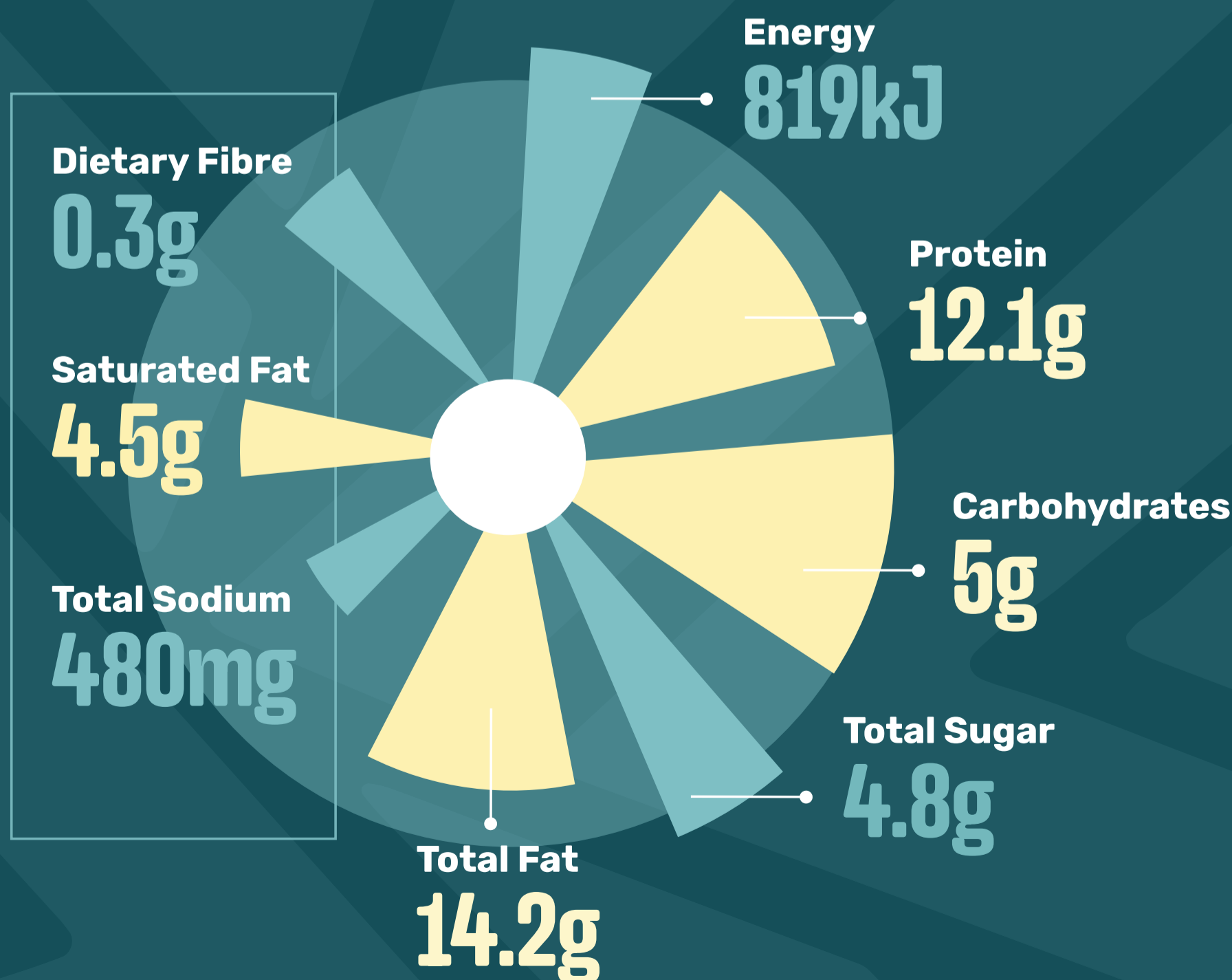
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



## BUFFALO THIGHS - 500g

(Sweet & Spicy Sauce)

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



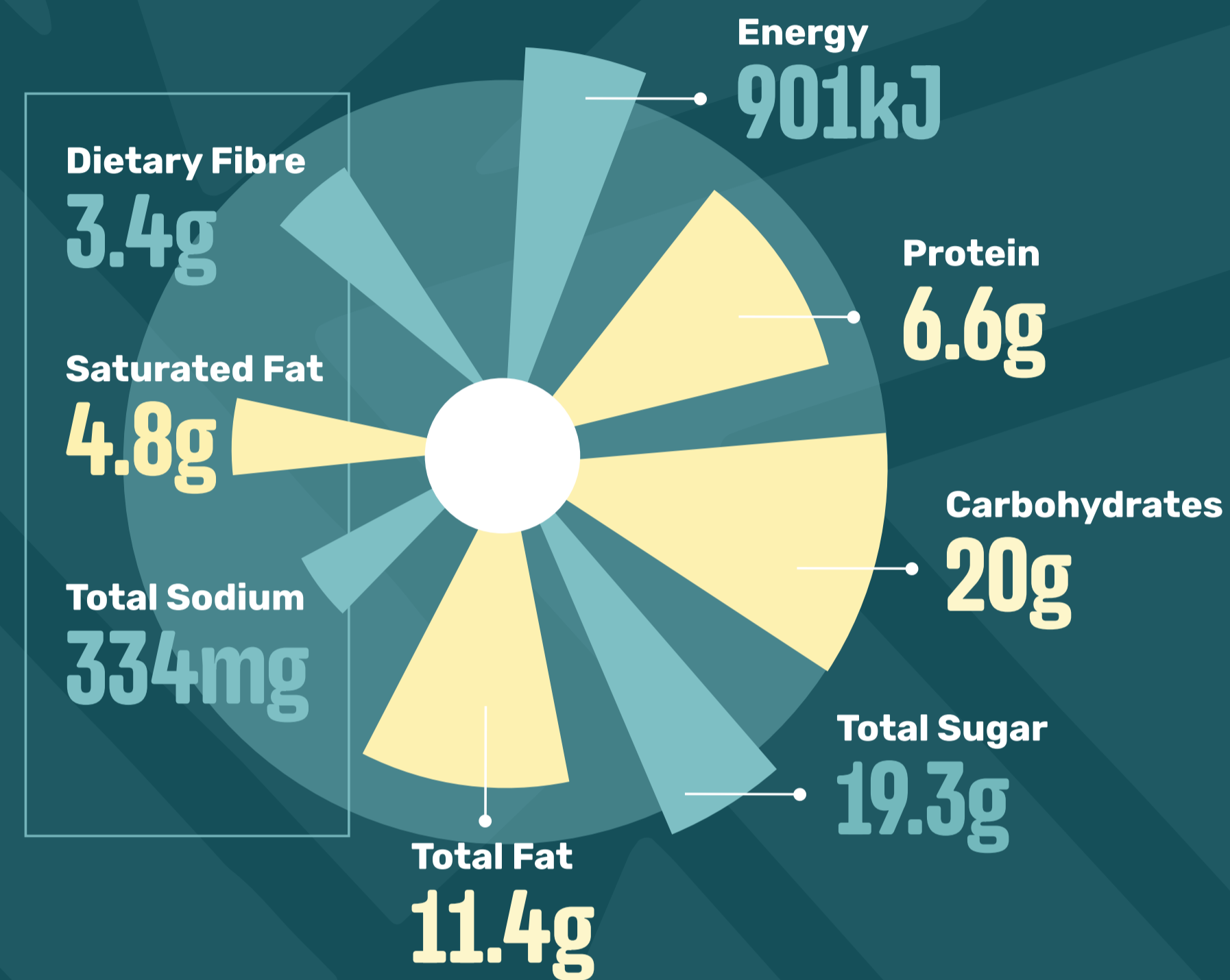
# STARTERS

Typical Nutritional Information for Ready-to-eat Product:

Per 100 g serving

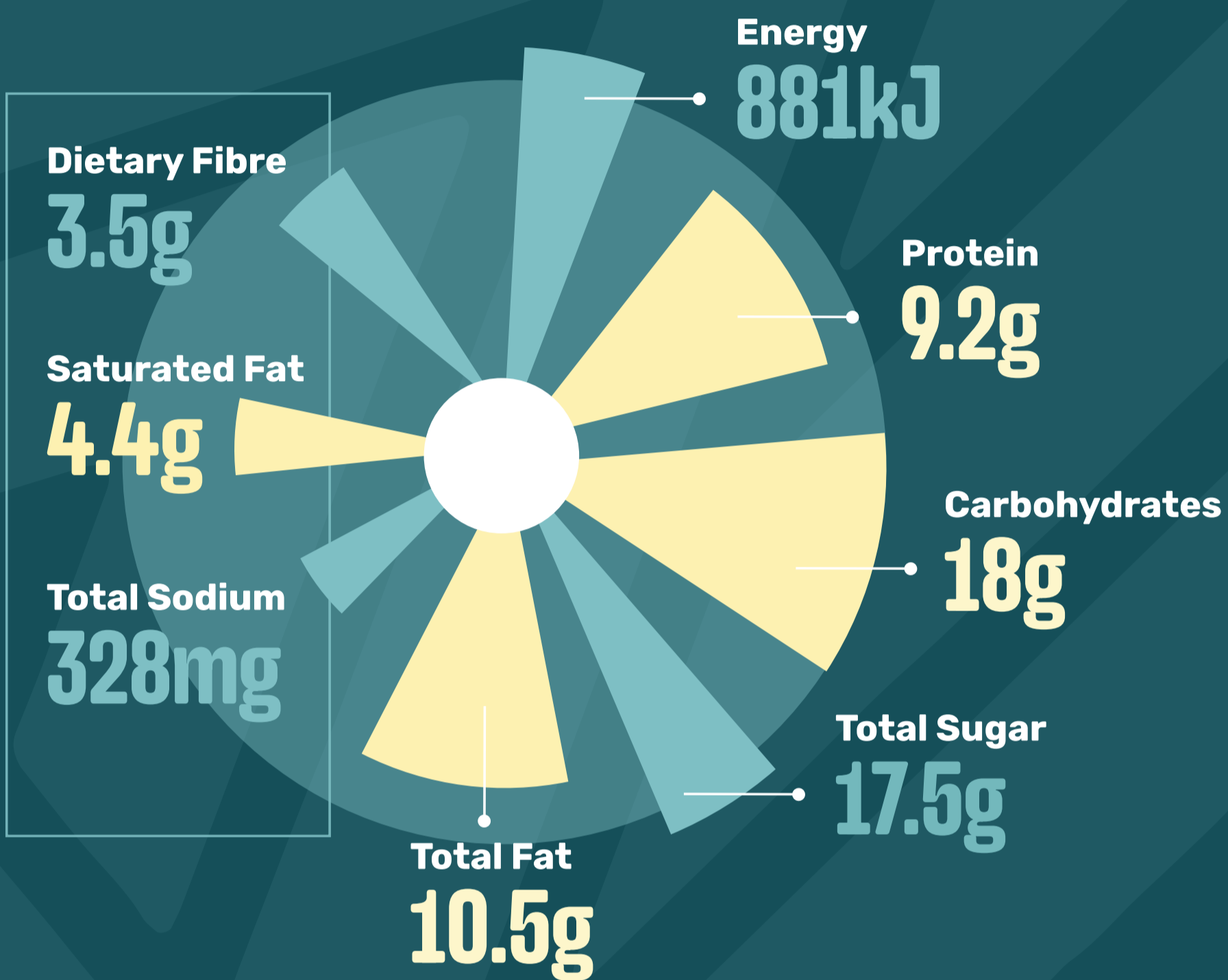
## NACHOS MEXICANA - FULL

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



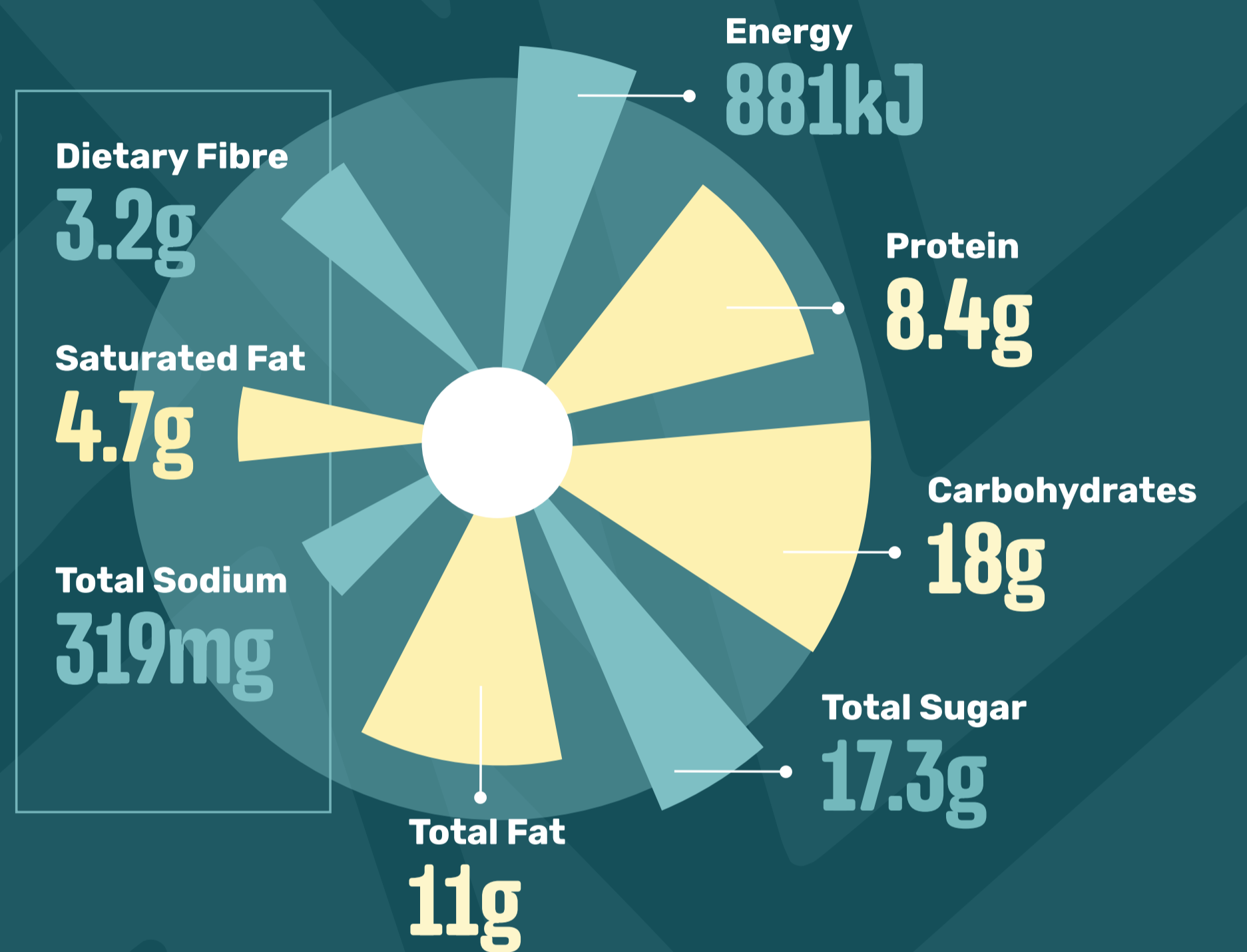
## NACHOS MEXICANA - FULL CHICKEN

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



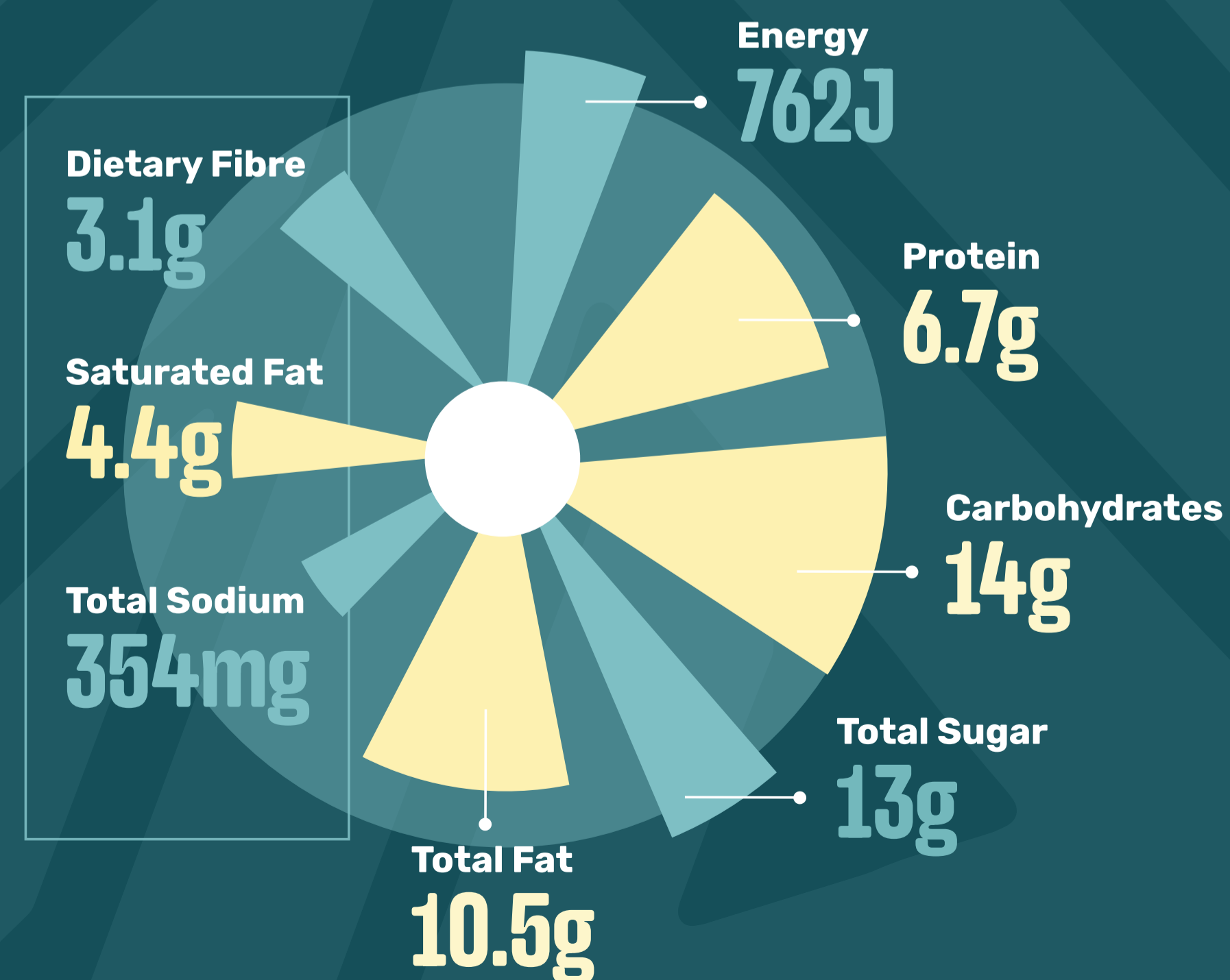
## NACHOS MEXICANA - FULL BEEF

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



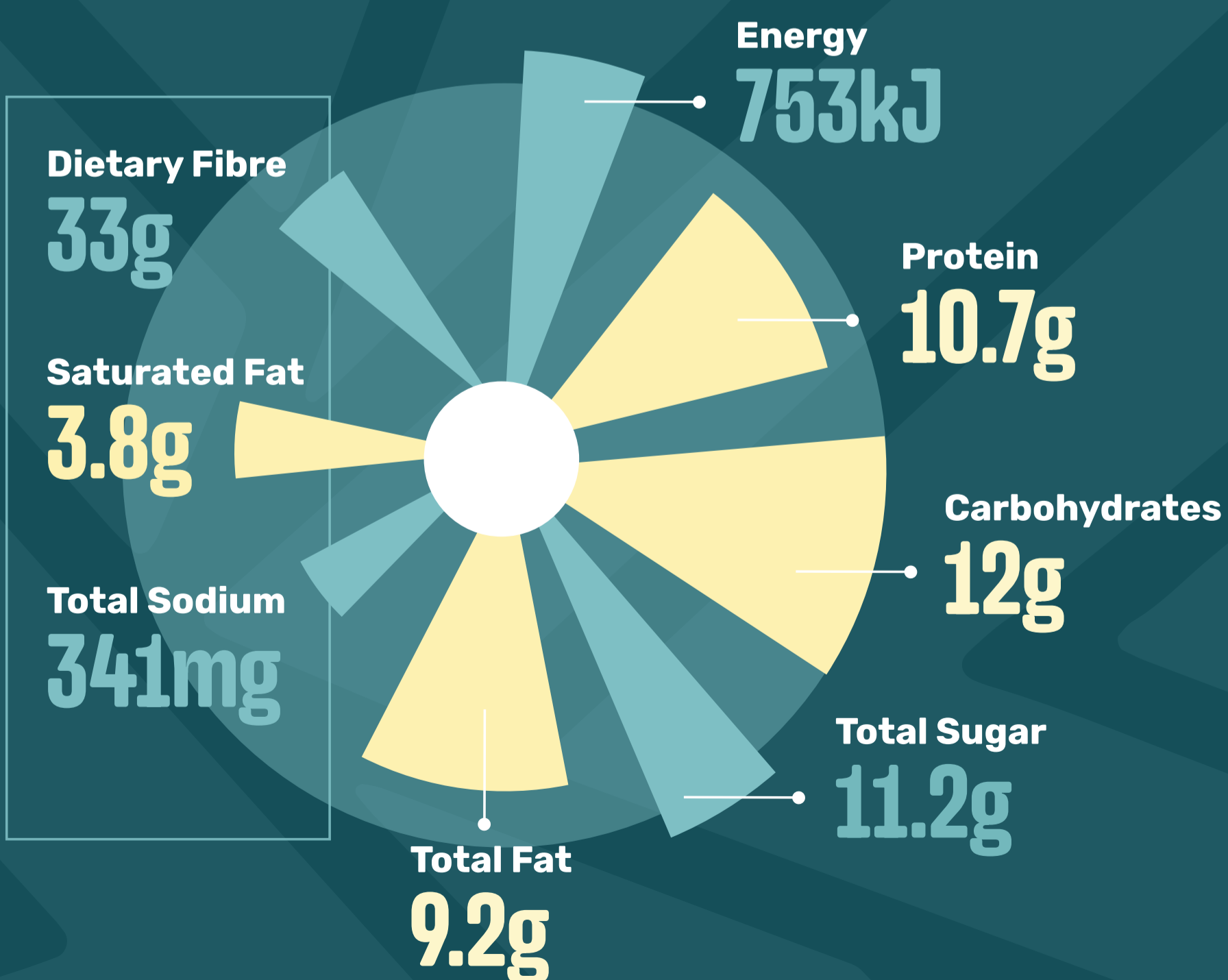
## NACHOS MEXICANA - HALF

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



## NACHOS MEXICANA - HALF CHICKEN

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



## NACHOS MEXICANA - HALF BEEF

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk

