



Nutrition Information for JOLLIBEE CANADA Standard Menu Items

INDIVIDUAL ITEMS	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
JOLLY CRISPY CHICKEN											
Jolly Crispy Chicken Drumstick, 1 pc	85 g	220	14	3	0	20	270	3	0	0	20
Jolly Crispy Chicken Thigh, 1 pc	125 g	380	28	7	0	25	400	5	0	0	27
Spicy Jolly Crispy Chicken Drumstick, 1 pc	85 g	220	14	3	0	20	340	3	0	0	20
Spicy Jolly Crispy Chicken Thigh, 1 pc	126 g	380	28	7	0	25	520	5	0	0	27
Gravy, Small	77 g	25	0	0	0	0	380	5	0	1	1
Gravy, Medium	142 g	50	0	0	0	0	700	10	0	2	2
Gravy, Large	198 g	70	0	0	0	0	980	14	0	2	3
JOLLY SPAGHETTI											
Jollibee Spaghetti	411 g	610	23	8	0	60	1340	76	4	18	23
Spaghetti with 1 pc JCC Drumstick and Gravy	459 g	680	31	9	0	60	1580	61	3	13	38
Spaghetti with 1 pc JCC Thigh and Gravy	499 g	840	45	13	0	70	1700	63	3	13	45
Spaghetti with 1 pc Spicy JCC Drumstick and Gravy	460 g	680	31	9	0	60	1650	61	3	13	38
Spaghetti with 1 pc Spicy JCC Thigh and Gravy	500 g	840	45	13	0	70	1820	63	3	13	45
Spaghetti Family Pack (Serves 3-4)	893 g	1310	50	18	0	130	2770	159	9	36	50
Spaghetti Party Pack (Serves 8-10)	3289 g	4890	183	61	0	460	10710	606	34	143	181
PALABOK FIESTA											
Palabok Fiesta	351 g	410	15	3.5	0	115	950	49	1	2	20
Palabok with 1 pc JCC Drumstick and Gravy	513 g	660	28	7	0	130	1600	57	1	3	41
Palabok with 1 pc JCC Thigh and Gravy	552 g	820	42	10	0	140	1730	60	1	3	48
Palabok with 1 pc Spicy JCC Drumstick and Gravy	513 g	660	28	7	0	130	1670	57	1	3	41
Palabok with 1 pc Spicy JCC Thigh and Gravy	552 g	820	42	10	0	140	1850	60	1	3	48
Palabok Family Pack (Serves 3-4)	1053 g	1240	44	10	0	340	2860	148	2	6	60
Palabok Party Pack (Serves 8-10)	2808 g	3300	116	27	0	915	7610	394	7	15	160
Lemon Packet	1 packet (4 g)	5	0	0	0	0	0	1	0	0	0
BURGERSTEAK*											
<i>*Information is based on Steamed Rice as the default side. Substitutions will affect nutrition information.</i>											
2 pcs Burgersteak with Rice	422 g	570	28	14	0	110	1010	56	1	1	24
3 pcs Burgersteak with Rice	505 g	750	42	21	0	165	1440	58	1	1	33
2 pcs Burgersteak with Rice and 1 pc JCC Drumstick and Gravy	583 g	820	42	17	0	130	1660	64	1	2	45
2 pcs Burgersteak with Rice and 1 pc JCC Thigh and Gravy	623 g	980	56	21	0	135	1780	67	1	2	52
Burgersteak Family Pack, 6 pcs (Serves 3-4)	584 g	1060	84	42	0	330	3000	19	1	3	59
YUM BURGERS											

Yum	118 g	360	21	8	0	70	630	30	1	6	13
Yum w/ Cheese	132 g	410	25	10	0	80	880	30	1	6	16
Big Yum	274 g	670	47	19	0	130	1350	39	2	10	27
Aloha Yum	268 g	770	52	21	0	145	1390	49	2	20	30
SIDES											
Jolly Crispy Fries, Regular	113 g	340	18	4.5	0	0	560	41	4	<1	4
Jolly Crispy Fries, Large	170 g	510	27	7	0	0	830	62	6	<1	6
Mashed Potato with Gravy, Regular	170 g	170	4.5	1.5	0	0	730	33	3	3	3
Mashed Potato with Gravy, Large	340 g	340	9	3	0	0	1460	65	6	7	7
Steamed Rice	198 g	190	0	0	0	0	0	44	1	0	4
Salt Packet	1 packet (0.7 g)	0	0	0	0	0	270	0	0	0	0
Ketchup Packet	1 packet (9 g)	10	0	0	0	0	100	2	0	2	0
DESSERTS											
Peach Mango Pie	94 g	270	11	5	0	5	130	40	0	11	3
Ube Pie	96 g	310	14	7	0	10	220	44	0	16	4
KIDS MEAL (add choice of drink)											
JCC 1 pc Drumstick with Rice and Gravy	388 g	470	14	3	0	20	600	58	1	1	26
JCC 1 pc Thigh with Rice and Gravy	428 g	630	28	7	0	25	780	60	1	1	32
Jolly Spaghetti	411 g	610	23	8	0	60	1340	76	4	18	23
Yum w/ Cheese and Small Fries	211 g	550	32	12	0	80	1130	48	3	6	18
DRINKS											
Pineapple Quencher	473 ml	180	0	0	0	0	15	46	0	43	0
Hot Coffee - Regular	355 ml	0	0	0	0	0	20	1	0	0	2
Hot Coffee - Decaffeinated	355 ml	0	0	0	0	0	20	1	0	0	2
Coffee Creamer Half & Half	11 ml	10	1	0	0	0	0	1	0	0	0
Sugar Packet	1 packet (2.8 g)	10	0	0	0	0	0	3	0	3	0
Equal® 0 Calorie Sweetener	1 packet (1.0 g)	0	0	0	0	0	0	1	0	1	0
Splenda® 0 Calorie Sweetener	1 packet (1.0 g)	0	0	0	0	0	0	1	0	1	0
Bottled Water Aquafina®	500 ml	0	0	0	0	0	0	0	0	0	0
Soda Pepsi® - Regular (with ice)	591 ml	200	0	0	0	0	55	56	0	54	0
Soda Pepsi® - Regular (no ice)	591 ml	250	0	0	0	0	65	70	0	68	0
Soda Diet Pepsi® - Regular (with ice)	591 ml	0	0	0	0	0	55	0	0	0	0
Soda Diet Pepsi® - Regular (no ice)	591 ml	0	0	0	0	0	65	0	0	0	0
Soda Mug® Rootbeer - Regular (with ice)	591 ml	200	0	0	0	0	35	52	0	52	0
Soda Mug® Rootbeer - Regular (no ice)	591 ml	250	0	0	0	0	40	65	0	65	0
Soda Sierra Mist® - Regular (with ice)	591 ml	200	0	0	0	0	45	54	0	54	0
Soda Sierra Mist® - Regular (no ice)	591 ml	250	0	0	0	0	50	68	0	68	0
Soda Mountain Dew® - Regular (with ice)	591 ml	220	0	0	0	0	75	58	0	58	0

Soda Mountain Dew® - Regular (no ice)	591 ml	280	0	0	0	0	90	73	0	73	0
Tropicana® Pink Lemonade - Regular (with ice)	591 ml	200	0	0	0	0	210	54	0	54	0
Tropicana® Pink Lemonade - Regular (no ice)	591 ml	250	0	0	0	0	260	68	0	68	0
Tropicana® Fruit Punch - Regular (with ice)	591 ml	220	0	0	0	0	55	60	0	60	0
Tropicana® Fruit Punch - Regular (no ice)	591 ml	280	0	0	0	0	65	75	0	75	0
Lipton® Brisk Raspberry Iced Tea - Regular (with ice)	591 ml	160	0	0	0	0	55	42	0	42	0
Lipton® Brisk Raspberry Iced Tea - Regular (no ice)	591 ml	200	0	0	0	0	65	53	0	53	0

*Per serving information based on weight of standard regular or individual serving

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

The nutrition information in this list is based on standard product formulation and serving sizes. Variation in serving sizes, preparation techniques, product testing and supply sources, as well as regional and seasonal differences may affect the nutritional composition of each product. Nutrition information is derived from testing conducted in accredited laboratories, published resources, or from information provided by suppliers. This information is current as of June 1, 2021.

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