



Nutrition Information for JOLLIBEE USA 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)
CHICKENJOY											
Chickenjoy Drumstick, 1 pc	3.0 oz (85 g)	220	14	3	0	20	270	3	0	0	20
Chickenjoy Thigh, 1 pc	4.4 oz (125 g)	380	28	7	0	25	400	5	0	0	27
Spicy Chickenjoy Drumstick, 1 pc	3.0 oz (85 g)	200	10	1.5	0	85	480	10	3	0	17
Spicy Chickenjoy Thigh, 1 pc	4.4 oz (126 g)	370	21	4.5	0	130	720	18	3	0	23
Gravy, Small	2.7 oz (77 g)	25	0	0	0	0	380	5	0	1	1
Gravy, Medium	5.0 oz (142 g)	50	0	0	0	0	700	10	0	2	2
Gravy, Large	8.0 oz (198 g)	70	0	0	0	0	980	14	0	2	3
CHICKEN TENDERS											
Chicken Tender, 1 pc (No Dip)	2.1 oz (61 g)	180	11	1	0	30	420	13	6	0	9
Chicken Tenders, 3 pcs (No Dip)	6.5 oz (184 g)	550	33	3.5	0	80	1270	39	18	0	26
Chicken Tenders, 6 pcs (No Dip)	12.9 oz (367 g)	1100	66	7	0	165	2540	77	37	0	51
Chicken Tenders, 10 pcs (No Dip)	21.6 oz (612 g)	1840	110	12	0	275	4230	129	61	0	86
Chicken Tenders, 16 pcs (No Dip)	34.6 oz (980 g)	2940	176	20	0	440	6760	206	98	0	137
Pineapple BBQ Dip	1.4 oz (40 g)	80	0	0	0	0	310	20	0	18	0
Creamy Sriracha Dip	1.4 oz (40 g)	190	20	3.5	0	20	360	0	0	0	0
Ranch Dip	1.4 oz (40 g)	160	18	2.5	0	15	340	3	0	1	0
Honey Mustard Dip	1.4 oz (40 g)	170	15	2.5	0	15	230	9	0	8	1
CHICKEN SANDWICH											
Chicken Sandwich Original	8.8 oz (249 g)	620	34	7	0	145	1100	43	0	0	31
Chicken Sandwich Deluxe	9.7 oz (274 g)	630	34	7	0	145	1100	43	0	1	31
Chicken Sandwich Spicy	8.9 oz (253 g)	570	28	6	0	140	1040	45	0	1	31
Chicken Sandwich Spicy Deluxe	9.8 oz (278 g)	580	28	6	0	140	1040	45	0	1	31
JOLLY SPAGHETTI											
Jollibee Spaghetti	14.5 oz (411 g)	610	23	8	0	60	1340	76	4	18	23
Spaghetti with 1 pc Chickenjoy Drumstick and Gravy	20.2 oz (573 g)	860	37	11	0	75	1990	84	4	19	44
Spaghetti with 1 pc Chickenjoy Thigh and Gravy	21.6 oz (612 g)	1020	51	15	0	85	2120	86	4	19	51
Spaghetti with 1 pc Spicy Chickenjoy Drumstick and Gravy	20.2 oz (573 g)	835	33	9.5	0	145	2200	91	7	19	41
Spaghetti with 1 pc Spicy Chickenjoy Thigh and Gravy	21.6 oz (613 g)	1005	44	12.5	0	190	2440	99	7	19	47
Spaghetti with 2 pcs Chickenjoy and Gravy <i>Information based on 1 pc each Drumstick and Thigh</i>	24.6 oz (698 g)	1240	64	18	0	100	2390	89	4	19	71
Spaghetti with 2 pcs Spicy Chickenjoy and Gravy <i>Information based on 1 pc each Spicy Drumstick and Thigh</i>	24.6 oz (698 g)	1205	54	14	0	275	2920	109	10	19	64
Spaghetti Family Pack (Serves 3-4)	43.5 oz (1233 g)	1830	68	23	0	175	4020	227	13	54	68

Spaghetti Party Pack (Serves 8-10)	116.0 oz (3289 g)	4890	183	61	0	460	10710	606	34	143	181
PALABOK FIESTA											
Palabok Fiesta	12.3 oz (351 g)	410	15	3.5	0	115	950	49	1	2	20
Palabok with 1 pc Chickenjoy Drumstick and Gravy	18.1 oz (513 g)	660	28	7	0	130	1600	57	1	3	41
Palabok with 1 pc Chickenjoy Thigh and Gravy	19.5 oz (552 g)	820	42	10	0	140	1730	60	1	3	48
Palabok with 1 pc Spicy Chickenjoy Drumstick and Gravy	18.1 oz (513 g)	635	25	5	0	200	1810	64	4	3	38
Palabok with 1 pc Spicy Chickenjoy Thigh and Gravy	19.5 oz (552 g)	805	36	8	0	245	2050	72	4	3	44
Palabok with 2 pcs Chickenjoy and Gravy <i>Information based on 1 pc each Drumstick and Thigh</i>	22.5 oz (637 g)	1040	56	14	0	155	2000	62	1	3	68
Palabok with 2 pcs Spicy Chickenjoy and Gravy <i>Information based on 1 pc each Spicy Drumstick and Thigh</i>	22.5 oz (637 g)	1005	46	9.5	0	330	2530	82	7	3	61
Palabok Family Pack (Serves 3-4)	37.1 oz (1053 g)	1240	44	10	0	340	2860	148	2	6	60
Palabok Party Pack (Serves 8-10)	99.0 oz (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	14.9 oz (422 g)	570	28	14	0	110	1010	56	1	1	24
3 pcs Burgersteak with Rice	17.8 oz (505 g)	750	42	21	0	165	1440	58	1	1	33
2 pcs Burgersteak with Rice and 1 pc Chickenjoy Drumstick and Gravy	20.6 oz (583 g)	820	42	17	0	130	1660	64	1	2	45
2 pcs Burgersteak with Rice and 1 pc Chickenjoy Thigh and Gravy	22.0 oz (623 g)	980	56	21	0	135	1780	67	1	2	52
Burgersteak Family Pack, 6 pcs (Serves 3-4)	20.6 oz (584 g)	1060	84	42	0	330	3000	19	1	3	59
YUM BURGERS											
Yum	4.2 oz (118 g)	360	21	8	0	70	630	30	1	6	13
Yum w/ Cheese	4.7 oz (132 g)	410	25	10	0	80	880	30	1	6	16
Big Yum	9.7 oz (274 g)	670	47	19	0	130	1350	39	2	10	27
Aloha Yum	9.5 oz (268 g)	770	52	21	0	145	1390	49	2	20	30
SIDES											
Jolly Crispy Fries, Regular	4.0 oz (113 g)	340	18	4.5	0	0	560	41	4	<1	4
Jolly Crispy Fries, Large	6.0 oz (170 g)	510	27	7	0	0	830	62	6	<1	6
Mashed Potato with Gravy, Regular	6.0 oz (170 g)	170	4.5	1.5	0	0	730	33	3	3	3
Mashed Potato with Gravy, Large	11.9 oz (340 g)	340	9	3	0	0	1460	65	6	7	7
Steamed Rice	7.0 oz (198 g)	190	0	0	0	0	0	44	1	0	4
Adobo Rice	8.0 oz (227 g)	230	4.5	0.5	1	15	630	54	1	2	8
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
BREAKFAST* <i>*Includes Garlic Rice and Fried Egg</i>											
Chickenjoy Breakfast, 1 pc Drumstick with Gravy	15.3 oz (435 g)	590	25	6	0	205	2880	58	1	1	31
Chickenjoy Breakfast, 1 pc Thigh with Gravy	16.7 oz (474 g)	750	39	10	0	210	3010	60	1	1	38
Longganisa (Pork Sausage) Breakfast	13.6 oz (386 g)	720	47	13	0	255	2910	60	1	10	26
Tapa (Beef Tenderloin) Breakfast	13.7 oz (389 g)	710	35	11	0	265	3090	60	1	9	34
Tocino (Sweet Pork) Breakfast	13.7 oz (389 g)	610	22	6	0	260	3460	69	1	18	33

Corned Beef Breakfast	14.4 oz (407 g)	650	33	12	0	300	3260	51	1	1	35
DESSERTS											
Peach Mango Pie	3.3 oz (94 g)	270	11	5	0	5	130	40	0	11	3
Ube Pie	3.4 oz (96 g)	310	14	7	0	10	220	44	0	16	4
Halo-Halo	15.4 oz (440 g)	490	9	6	0	35	95	93	0	48	10
KIDS MEAL (add choice of drink)											
Chickenjoy 1 pc Drumstick with Rice and Gravy	12.7 oz (388 g)	470	14	3	0	20	600	58	1	1	26
Chickenjoy 1 pc Thigh with Rice and Gravy	15.1 oz (428 g)	630	28	7	0	25	780	60	1	1	32
Jolly Spaghetti	14.5 oz (411 g)	610	23	8	0	60	1340	76	4	18	23
Yum w/ Cheese and Small Fries	7.4 oz (211 g)	550	32	12	0	80	1130	48	3	6	18
DRINKS											
Pineapple Quencher	16 fl oz	180	0	0	0	0	15	46	0	43	0
Hot Coffee - Regular	12 fl oz	0	0	0	0	0	20	1	0	0	2
Hot Coffee - Decaffeinated	12 fl oz	0	0	0	0	0	20	1	0	0	2
Coffee Creamer Half & Half	3/8 fl oz	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®	16.9 fl oz	0	0	0	0	0	0	0	0	0	0
Soda Pepsi® - Regular (with ice)	20 fl oz	200	0	0	0	0	55	56	0	54	0
Soda Pepsi® - Regular (no ice)	20 fl oz	250	0	0	0	0	65	70	0	68	0
Soda Diet Pepsi® - Regular (with ice)	20 fl oz	0	0	0	0	0	55	0	0	0	0
Soda Diet Pepsi® - Regular (no ice)	20 fl oz	0	0	0	0	0	65	0	0	0	0
Soda Mug® Rootbeer - Regular (with ice)	20 fl oz	200	0	0	0	0	35	52	0	52	0
Soda Mug® Rootbeer - Regular (no ice)	20 fl oz	250	0	0	0	0	40	65	0	65	0
Soda Sierra Mist® - Regular (with ice)	20 fl oz	200	0	0	0	0	45	54	0	54	0
Soda Sierra Mist® - Regular (no ice)	20 fl oz	250	0	0	0	0	50	68	0	68	0
Soda Mountain Dew® - Regular (with ice)	20 fl oz	220	0	0	0	0	75	58	0	58	0
Soda Mountain Dew® - Regular (no ice)	20 fl oz	280	0	0	0	0	90	73	0	73	0
Tropicana® Pink Lemonade - Regular (with ice)	20 fl oz	200	0	0	0	0	210	54	0	54	0
Tropicana® Pink Lemonade - Regular (no ice)	20 fl oz	250	0	0	0	0	260	68	0	68	0
Tropicana® Fruit Punch - Regular (with ice)	20 fl oz	220	0	0	0	0	55	60	0	60	0
Tropicana® Fruit Punch - Regular (no ice)	20 fl oz	280	0	0	0	0	65	75	0	75	0
Lipton® Brisk Raspberry Iced Tea - Regular (with ice)	20 fl oz	160	0	0	0	0	55	42	0	42	0
Lipton® Brisk Raspberry Iced Tea - Regular (no ice)	20 fl oz	200	0	0	0	0	65	53	0	53	0

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

2000 calories a day is used for general nutrition advice but calorie 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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