



## 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)
<b>CHICKENJOY</b>											
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)	240	14	4	0	65	540	10	2	0	16
Spicy Chickenjoy Thigh, 1 pc	4.4 oz (126 g)	350	21	6	0	95	790	15	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
<b>CHICKEN SANDWICH</b>											
Chicken Sandwich Original	8.8 oz (249 g)	620	33	6	0	135	1330	47	2	6	34
Chicken Sandwich Deluxe	9.7 oz (274 g)	630	33	6	0	135	1330	48	3	7	35
Chicken Sandwich Spicy	8.9 oz (253 g)	570	27	5	0	130	1400	47	3	6	34
Chicken Sandwich Spicy Deluxe	9.8 oz (278 g)	580	27	5	0	130	1400	48	3	7	35
Chicken Sandwich Bacon and Cheese	8.9 oz (251 g)	720	42	10	0	160	1750	47	2	6	40
Chicken Sandwich Aloha	11.7 oz (332 g)	650	33	8	0	150	1720	65	3	22	41
<b>CHICKEN TENDERS</b>											
Chicken Tender, 1 pc (No Dip)	2.0 oz (57 g)	140	6	1	0	25	340	9	4	0	11
Tender Dip	1.6 oz (47 g)	210	21	4	0	20	680	5	0	4	0
Pineapple BBQ Dip	1.4 oz (40 g)	80	0	0	0	0	310	20	0	18	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
Creamy Sriracha Dip	1.4 oz (40 g)	190	20	3.5	0	20	360	0	0	0	0



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<b>JOLLY SPAGHETTI</b>											
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
<b>PALABOK FIESTA</b>											
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



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<b>SIDES</b>											
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	0	54	1	2	8
Baked Cheddar Mac & Cheese	6.0 oz (170 g)	230	12	6	0	30	420	19	1	1	10
Biscuit	1 piece (70 g)	270	11	6	0	0	800	30	1	2	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
<b>YUM BURGERS</b>											
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
<b>BURGERSTEAK*</b>											
<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



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<b>NEW BEEF BURGERS</b>											
Cheeseburger (Single)	3.2 oz (191 g)	410	21	8	1	55	1280	34	3	6	17
Cheeseburger (Double)	9.3 oz (263 g)	640	40	16	1.5	110	1860	36	3	6	28
Deluxe Burger (Single)	8.1 oz (230 g)	520	21	8	1	55	1160	33	3	6	17
Deluxe Burger (Double)	10.7 oz (303 g)	740	40	16	1.5	110	1740	34	3	6	29
Aloha Burger (Double)	11.7 oz (331 g)	750	52	19	1.5	125	1860	48	3	19	32
<b>DESSERTS</b>											
Peach Mango Pie	3.3 oz (94 g)	270	11	5	0	5	130	40	0	11	3
Ube Pie	3.4 oz (97 g)	310	15	7	0	10	220	45	4	16	4
<b>DRINKS</b>											
Pineapple Quencher	16 fl oz (473 mL)	180	0	0	0	0	15	46	0	43	0
Coconut Dream Freeze	16 fl oz (473 mL)	250	6	6	0	0	35	49	0	49	0
Strawberry Bliss Freeze	16 fl oz (473 mL)	170	3	3	0	0	95	34	0	33	0
Coffee Freeze	16 fl oz (473 mL)	220	5	5	0	0	10	44	0	44	0
Lychee Iced Tea	16 fl oz (473 mL)	90	0	0	0	0	20	23	0	21	0
Sweet Cream Cold Brew	16 fl oz (473 mL)	130	5	5	0	0	0	21	0	21	0
Bottled Water Aquafina®	16.9 fl oz (500 mL)	0	0	0	0	0	0	0	0	0	0
Soda Pepsi® (no ice)	22 fl oz (650 mL)	280	0	0	0	0	60	76	0	76	0
Soda Diet Pepsi® (no ice)	22 fl oz (650 mL)	0	0	0	0	0	105	0	0	0	0
Soda Mug® Rootbeer (no ice)	22 fl oz (650 mL)	260	0	0	0	0	105	70	0	70	0
Soda Starry® (no ice)	22 fl oz (650 mL)	270	0	0	0	0	60	71	0	71	0
Soda Mountain Dew® (no ice)	22 fl oz (650 mL)	310	0	0	0	0	95	81	0	80	0
Tropicana® Pink Lemonade (no ice)	22 fl oz (650 mL)	280	0	0	0	0	280	73	0	73	0
Tropicana® Fruit Punch (no ice)	22 fl oz (650 mL)	310	0	0	0	0	60	83	0	82	0
Lipton® Brisk Raspberry Iced Tea (no ice)	22 fl oz (650 mL)	130	0	0	0	0	90	33	0	33	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 August 1, 2024.*

## CALORIE CHOICES FOR CALORIE BALANCE

Calories based on serving size without ice. Adding ice will reduce calories.

	<b><u>22 fl oz cup</u></b>
Pepsi®	280 Cal
Diet Pepsi®	0 Cal
Mug® Rootbeer	260 Cal
Starry®	270 Cal
Mountain Dew®	310 Cal
Tropicana® Pink Lemonade	280 Cal
Tropicana® Fruit Punch	310 Cal
Lipton® Brisk Raspberry Iced Tea	130 Cal

\*Beverage options may vary by restaurant. Trademarks owned by their respective trademark owners.