



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)	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
CHICKEN SANDWICH											
Chicken Sandwich Original	8.3 oz (249 g)	609	33	6	0	134	1296	46	2	5	33
Chicken Sandwich Deluxe	9.2 oz (259 g)	619	33	6	0	134	1296	47	3	6	34
Chicken Sandwich Spicy	8.4 oz (238 g)	559	27	5	0	129	1366	46	3	5	33
Chicken Sandwich Spicy Deluxe	9.3 oz (263 g)	569	27	5	0	129	1366	47	3	6	34
Chicken Sandwich Bacon and Cheese	8.5 oz (236 g)	709	42	10	0	159	1716	46	2	5	39
Chicken Sandwich Aloha	11.2 oz (317 g)	639	33	8	0	149	1686	64	3	21	40
KOREAN BBQ SPECIAL											
Korean BBQ Chicken Sandwich	10.3 oz (292 g)	548	16	3	0	118	1996	65	3	21	33
Korean BBQ Drumstick, 1 pc	4.5 oz (128 g)	210	21	4	0	20	680	5	0	4	0
Korean BBQ Thigh, 1 pc	5.9 oz (168 g)	80	0	0	0	0	310	20	0	18	0
CHICKEN TENDERS											
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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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
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
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



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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
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
Angus Beef Burgers											
Angus Cheeseburger	8.8 oz (248 g)	667	47	18	2	120	1700	33	2	4	26
Angus Cheeseburger Deluxe	11.3 oz (319 g)	679	47	18	2	120	1702	35	4	4	27
Angus Aloha Burger	11.3 oz (320 g)	787	52	20	2	127	1632	49	3	18	30
Extra Sliced Cheese	0.7 oz (19 g)	70	6	3	0	20	330	1	0	0	3
Extra Bacon	0.4 oz (10 g)	51	4	1	0	10	180	0	0	0	3
DESSERTS											
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



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DRINKS											
Pineapple Quencher	16 fl oz (473 mL)	180	0	0	0	0	15	46	0	43	0
Guava Quencher	16 fl oz (473 mL)	120	0	0	0	0	80	31	0	29	0
Dragonfruit Sunset Quencher	16 fl oz (473 mL)	150	0	0	0	0	20	38	0	34	0
Mango Coconut Quencher	16 fl oz (473 mL)	155	0	0	0	0	100	39	0	37	0
Guava Iced Tea	16 fl oz (473 mL)	130	0	0	0	0	120	33	0	30	0
Lychee Iced Tea	16 fl oz (473 mL)	90	0	0	0	0	20	23	0	21	0
Passionfruit Iced Tea	16 fl oz (473 mL)	100	0	0	0	0	10	24	0	23	0
Coconut Dream Freeze	16 fl oz (473 mL)	240	6	6	0	0	45	46	0	46	0
Guava Freeze	16 fl oz (473 mL)	210	3	3	0	0	160	45	0	42	0
Strawberry Bliss Freeze	16 fl oz (473 mL)	160	3	3	0	0	105	33	0	32	0
Ube Coconut Freeze	16 fl oz (473 mL)	368	15	14	0	0	97	57	0	52	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.

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