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
HONEY GARLIC SPECIAL											
Honey Garlic Chicken Sandwich	10.3 oz (291 g)	590	16	4	0	118	1509	76	2	26	33
Honey Garlic Chicken Drumstick, 1 pc	4.6 oz (131 g)	331	15	3	0	20	592	29	0	19	20
Honey Garlic Chicken Thigh, 1 pc	6.0 oz (171 g)	491	29	7	0	25	721	31	0	19	27
CHICKEN TENDERS AND NUGGETS											
Chicken Tender, 1 pc	2.0 oz (57 g)	140	6	1	0	25	340	9	4	0	11
Chicken Nuggets, 5 pcs	3.4 oz (95 g)	256	13	2	0	43	874	16	3	2	18
Chicken Nuggets, 8 pcs	5.4 oz (152 g)	410	21	3	0	68	1398	26	5	3	29
Chicken Nuggets, 15 pcs	10.1 oz (285g)	769	40	6	0	128	2621	48	9	6	54
Chicken Nuggets, 30 pcs	20.1 oz (570 g)	1539	80	11	0	256	5242	97	17	11	108
Signature Dip	1.3 oz (37 g)	170	17	3	0	15	606	5	0	4	0
BBQ Dip	1.3 oz (37 g)	63	0	0	0	0	242	14	0	12	0
Buttermilk Ranch Dip	1.3 oz (37 g)	178	19	3	0	6	369	3	0	1	0
Sweet and Sour Dip	1.3 oz (37 g)	72	0	0	0	0	77	17	0	15	0
Honey Mustard Dip	1.3 oz (37 g)	155	14	2	0	6	202	8	0	7	1
Sriracha Mayo Dip	1.3 oz (37 g)	176	19	3	0	19	334	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 *Information based on 1 pc each Drumstick and Thigh*	24.6 oz (698 g)	1240	64	18	0	100	2390	89	4	19	71
Spaghetti with 2 pcs Spicy Chickenjoy and Gravy *Information based on 1 pc each Spicy Drumstick and Thigh*	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 *Information based on 1 pc each Drumstick and Thigh*	22.5 oz (637 g)	1040	56	14	0	155	2000	62	1	3	68
Palabok with 2 pcs Spicy Chickenjoy and Gravy *Information based on 1 pc each Spicy Drumstick and Thigh*	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
Jollibee Spaghetti, Side	7.3 oz (205 g)	305	12	4	0	30	670	38	2	9	12
Flavored Fries, Sour Cream & Onion	4.4 oz (125 g)	381	19	5	0	4	1205	47	4	4	6
Flavored Fries, Four Cheese	4.4 oz (125 g)	380	19	5	0	2	910	48	4	4	5
Mashed Potato with Gravy, Regular	6.0 oz (170 g)	170	4.5	1.5	0	0	730	33	3	3	3

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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 pc	2.5 oz (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	0.3 oz (9 g)	10	0	0	0	0	100	2	0	2	0
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
BURGERSTEAK* **Information is based on Steamed Rice as the default side. Substitutions will affect nutrition information.*											
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
BREAKFAST											
Longanisa Breakfast Sandwich	5.6 oz (159 g)	465	30	13	0	259	778	26	0	8	19
Longanisa Breakfast Sandwich Combo	18.2 oz (517 g)	585	36	14	0	259	1048	41	1	8	20

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Spicy Longanisa Breakfast Sandwich	6.0 oz (170 g)	518	36	14	0	264	876	27	0	9	19
Spicy Longanisa Breakfast Sandwich Combo	18.6 oz (528 g)	638	42	15	0	264	1146	42	1	9	20
Bacon Breakfast Sandwich	4.3 oz (122 g)	361	22	10	0	239	701	22	0	5	19
Bacon Breakfast Sandwich Meal	16.9 oz (480 g)	481	28	11	0	239	971	37	1	5	20
Sausage Breakfast Sandwich	5.6 oz (159 g)	515	39	16	0	265	655	22	0	4	17
Sausage Breakfast Sandwich Meal	18.2 oz (517 g)	635	45	17	0	265	925	37	1	4	18
Bacon Egg Cheese Biscuit	5.1 oz (144 g)	429	26	12	0	208	1206	28	1	2	19
Bacon Egg Cheese Biscuit Combo	17.7 oz (502 g)	549	32	13	0	208	1476	43	2	2	20
Sausage Egg Cheese Biscuit	6.4 oz (181 g)	583	44	18	0	234	1160	28	1	1	17
Sausage Egg Cheese Biscuit Combo	19.0 oz (539 g)	703	50	19	0	234	1430	43	2	1	18
Longanisa Rice Meal	13.9 oz (393 g)	687	34	12	0	248	1748	60	1	8	27
Longanisa Rice Meal Combo	24.3 oz (688 g)	687	34	12	0	248	1748	60	1	8	27
2 pcs Chickenjoy Breakfast Rice Meal	20 oz (565.7 g)	932	48	12	0	215	1952	65	1	1	59
2 pcs Chickenjoy Breakfast Rice Meal	30.4 oz (861 g)	932	48	12	0	215	1952	65	1	1	59
Hashbrown Side	2.2 oz (63 g)	120	6	1	0	0	270	15	1	0	1
Garlic Rice Side	8.2 oz (233 g)	237	1	0	0	0	837	52	1	0	5
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

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Mango Freeze	16 fl oz (473 mL)	202	0	0	0	0	44	50	0	50	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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