



NUTRITIONAL INFORMATION

At Mac & Wings your lifestyle choices and dietary requirements are just as important to us as they are to you. We understand that part of this includes awareness of your nutritional intake.

Our nutritional menu below details information on our dishes and some ingredients – extra toppings. As our dishes are handmade in our busy kitchens, we can't guarantee our data is as stated.

Our nutritional values are for informational purposes only and are not a substitute for medical advice.

Adults need around 2000 kcal a day

	PER PORTION									PER 100g								
	Energy (kcal)	Energy (KJ)	Fat (g)	Saturates (g)	Carbohydrates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Energy (kcal)	Energy (KJ)	Fat (g)	Saturates (g)	Carbohydrates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Mac & Wings																		
Lemon & Herb Chicken Wings (6) - No Dip	388	1622	21.9	5.1	1.9	1.1	1.9	45.6	1.90	218	912	12.3	2.9	1.1	0.6	1.1	25.6	1.10
Lemon & herb Chicken Wings (12) - No Dip	775	3242	43.9	10.2	3.8	2.3	3.8	91.1	3.70	218	912	12.3	2.9	1.1	0.6	1.1	25.6	1.10
BBQ Wings (6) - No Dip	427	1785	22.0	5.1	10.9	9.2	2.1	45.9	2.30	205	859	10.6	2.5	5.2	4.4	1.0	22.1	1.10
BBQ Wings (12) - No Dip	853	3569	44.1	10.2	21.8	18.5	4.2	91.7	4.70	205	859	10.6	2.5	5.2	4.4	1.0	22.1	1.10
Buffalo Wings (6) - No Dip	418	1747	24.6	6.0	3.2	2.1	1.9	46.1	3.10	201	841	11.8	2.9	1.5	1.0	0.9	22.2	1.50
Buffalo Wings (12) - No Dip	835	3494	49.1	12.0	6.3	4.1	3.8	92.3	6.30	201	841	11.8	2.9	1.5	1.0	0.9	22.2	1.50
Hot Honey Wings (6) - No Dip	480	2009	27.6	5.8	11.6	10.6	2.6	45.9	2.20	222	922	12.7	2.7	5.3	4.9	1.2	21.1	1.00
Hot Honey Wings (12) - No Dip	960	4017	55.2	11.7	23.3	21.2	5.2	91.8	4.40	222	922	12.7	2.7	5.3	4.9	1.2	21.1	1.00
Buttermilk Chicken Goujons (4) - No Dip	363	1517	15.1	7.1	30.9	1.1	1.9	24.6	1.50	223	933	9.3	4.3	19.0	0.7	1.1	15.1	0.90
Buttermilk Chicken Goujons (8) - No Dip	724	3028	30.2	14.1	61.6	2.1	3.7	49.2	3.00	223	933	9.3	4.3	19.0	0.7	1.1	15.1	0.90

	PER PORTION									PER 100g								
Mac & Wings	Energy (kcal)	Energy (KJ)	Fat (g)	Saturates (g)	Carbohydrates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Energy (kcal)	Energy (KJ)	Fat (g)	Saturates (g)	Carbohydrates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Classic Mac & Cheese	876	3666	44.5	25.3	70.5	10.3	2.5	48.1	3.80	205	856	10.4	5.9	16.5	2.4	0.6	11.2	0.90
Classic Mac & Cheese GF	834	3490	44.7	25.6	64.5	8.1	2.3	43.2	3.80	195	815	10.4	6.0	15.1	1.9	0.5	10.1	0.90
Mushroom Loaded Mac & Cheese	878	3674	44.6	25.3	70.6	10.4	2.7	48.4	3.80	193	806	9.8	5.6	15.5	2.3	0.6	10.6	0.80
Mushroom Loaded Mac & Cheese GF	836	3498	44.7	25.6	64.6	8.2	2.5	43.5	3.80	183	767	9.8	5.6	14.2	1.8	0.6	9.5	0.80
Pepperoni & Jalapeno Loaded Mac & Cheese	975	4079	53.0	29.2	70.7	10.4	3.2	53.1	5.30	209	875	11.4	6.3	15.2	2.2	0.7	11.4	1.10
Pepperoni & Jalapeno Loaded Mac & Cheese GF	933	3903	53.2	29.5	64.7	8.2	3.0	48.1	5.30	200	838	11.4	6.3	13.9	1.7	0.6	10.3	1.10
Pancetta Loaded Mac & Cheese	963	4028	52.6	28.6	70.7	10.5	2.5	51.3	4.40	216	905	11.8	6.4	15.9	2.4	0.6	11.5	1.00
Pancetta Loaded Mac & Cheese GF	921	3852	52.8	28.9	64.7	8.2	2.3	46.4	4.40	207	866	11.9	6.5	14.5	1.9	0.5	10.4	1.00
Classic Potato Bites	355	1483	13.4	2.9	47.5	1.3	4.3	8.2	1.50	148	619	5.6	1.2	19.8	0.5	1.8	3.4	0.60
Cajun Potato Bites	329	1375	11.2	1.3	48.6	1.4	5.0	5.4	2.40	140	587	4.8	0.6	20.8	0.6	2.2	2.3	1.00
Pizzanaise Dip Pot	183	765	18.8	1.3	2.7	1.2	0.2	0.6	0.72	457	1912	47.0	3.3	6.7	2.9	0.5	1.4	1.8
Garlic & Herb Dip Pot	197	823	20.8	1.6	2.2	1.0	0.0	0.4	0.8	492	2059	52	4.0	5.6	2.6	0.0	1.1	2.00
Sweet & Smoky BBQ Dip Pot	57	238	0.0	0.0	13.2	10.8	0.2	0.4	0.8	142	594	0.0	0.0	33.0	27.0	0.5	1.1	2.00
Spicy Tomato & Chilli Dip Pot	36	152	1.8	0.5	4.4	3.6	0.4	0.6	0.84	91	381	4.4	1.3	11.0	9.0	1.1	1.4	2.10
House Slaw	180	753	15.2	1.1	8.0	7.3	4.5	2.1	0.69	112	468	9.5	0.7	5.0	4.5	2.8	1.3	0.43
Mozzarella Sticks - No Dip	469	1962	25.7	12.8	30.8	1.5	2.1	27.6	1.70	296	1236	16.2	8.1	19.4	0.9	1.3	17.4	1.10
Cheesy Garlic Bread	355	1482	11.8	6.9	42.9	1.2	1.9	18.4	1.80	270	1129	9.0	5.3	32.7	1.0	1.5	14.0	1.40
Halloumi Bites - No Dip	632	2643	24.2	16.1	81.0	1.8	0.8	22.1	3.30	438	1833	16.8	11.1	56.2	1.3	0.5	15.3	2.30
Classic Mac & Cheese Side	494	2067	23.3	13.2	44.6	5.8	1.6	26.3	2.00	194	812	9.1	5.2	17.5	2.3	0.6	10.3	0.80
Classic Mac & Cheese Side GF	466	1950	23.4	13.4	40.6	4.3	1.5	23.0	2.00	183	766	9.2	5.3	16	1.7	0.6	9.0	0.80
Brownie Bites	988	4134	57.4	25.4	103.0	87.4	6.4	11.4	0.22	494	2067	28.7	12.7	51.5	43.7	3.2	5.7	0.11
Blondie Bites	874	3657	40.4	25.2	114.8	75.0	2.2	10.8	0.46	437	1828	20.2	12.6	57.4	37.5	1.1	5.4	0.23
Biscoff Cheesecake	913	3820	57.6	23.6	89.8	49.7	1.8	9.4	1.40	439	1839	27.7	11.4	43.2	23.9	0.8	4.5	0.70