



10-01-2017 au / tot 20-03-2017

Quick BE/LUX														Quantité en gr / Hoeveelh ed in gr		Kcal	Kjoules	Matières Grasses / Vetstoffen		Dont Acides Gras Saturés / Waarvan verzadigde Vetzuren		Glucides / Koohydraten		Sucres / Suikers		Proteines / Eiwitten		Sel / Zout		% par rapport aux Valeurs Nutritionnelles de référence pour un adulte type t.o.v. de referentie van de voedingswaarden voor een volwassene						
														Kcal	Matières Grasses / Vetstoffen	Dont Acides Gras Saturés / Waarvan verzadigde Vetzuren	Glucides / Koohydrate n	Sucres / Suikers	Protéines / Eiwitten	Sel / Zout	Kcal	Matières Grasses / Vetstoffen	Dont Acides Gras Saturés / Waarvan verzadigde Vetzuren	Glucides / Koohydrate n	Sucres / Suikers	Protéines / Eiwitten	Sel / Zout									
														2,000	70	20	260	90	50	6	2,000	70	20	260	90	50	6									
BURGERS																																				
BŒUF / RUND																																				
Big Giant				226	713	2968	21.4	48.4	14.6	16.1	36.4	4.5	14.2	32.1	1.7	36%	69%	73%	14%	5%	64%	28%														
Big Cheese (*)				246	671	2805	14.7	36.1	11	17.2	42.3	7.8	17.6	43.2	2.2	34%	52%	55%	16%	9%	86%	37%														
Big Tom (*)				258	550	2297	12.4	32.1	11.6	17	43.9	7.5	14.1	36.3	1.7	27%	46%	58%	17%	8%	73%	28%														
Suprême Cheese				298	756	3155	15.6	46.6	19.7	15.6	46.5	11	12.3	36.6	3.1	38%	67%	99%	18%	12%	73%	52%														
Giant				172	535	2237	21.8	37.4	11.9	14.3	24.5	4.8	14.6	25	1.5	27%	53%	60%	9%	5%	50%	25%														
Hamburger				108	268	1119	9	9.7	3.7	29.4	31.8	6.2	12.8	13.9	0.8	13%	14%	18%	12%	7%	28%	13%														
Cheeseburger				121	310	1296	10.8	13.1	5.8	26.7	32.2	6.7	13.7	16.5	1.1	16%	19%	29%	12%	7%	33%	18%														
Big Pepper				274	704	2942	14.7	40.2	17.2	16.2	44.4	7.9	14.4	39.6	2.5	35%	57%	86%	17%	9%	79%	42%														
Quick 'N Toast				242	666	2782	18.8	45.3	12.3	9.5	22.8	4	17.2	41.5	2.2	33%	65%	62%	9%	4%	83%	37%														
Cheese N' Toast (Luxembourg)				232	575	2402	12.8	29.6	8.4	17.9	41.5	6.5	15.3	35.5	1.7	29%	42%	42%	16%	7%	71%	28%														
POULET / KIP																																				
Chicken Filet				169	402	1693	9.2	15.5	4.7	28.4	48	2.7	10.6	17.9	2.4	20%	22%	24%	18%	3%	36%	40%														
Supreme Chicken BBQ Bacon				332	779.96	3260	10.8	35.8	27	22.6	75.1	8.3	12.4	41.1	3.9	39%	51%	135%	29%	9%	82%	66%														
PORC / VARKEN																																				
Suprême Bacon				289	899	3758	19.1	55.1	15.6	18.6	53.7	7.1	16.4	47.3	3.5	45%	79%	78%	21%	8%	95%	58%														
Mega BBQ Bacon (*)				342	912	3810	15.6	53.2	18.8	13.8	47.1	10.8	17.4	59.6	2.7	46%	76%	94%	18%	12%	119%	45%														
Big Bacon				210	622	2599	17.4	36.5	13.3	15.9	33.5	7.2	17.6	37	2.6	31%	52%	67%	13%	8%	74%	43%														
POISSON / VIS																																				
King Fish				166	422	1770	10.9	18.1	5.3	26.2	43.5	2.2	12.9	21.4	1.8	21%	26%	27%	17%	2%	43%	30%														
Giant Fish (*)				172	472	1972	16.5	28.3	2.1	20	34.4	5.2	10.9	18.8	1.4	24%	40%	11%	13%	6%	38%	23%														
Hot Fish (*)				167	422	1764	13.4	22.3	1.8	21.2	35.4	5.8	11.3	18.8	1.8	21%	32%	9%	14%	6%	38%	30%														
WRAPS																																				
Wrap Chicken Giant				185	548	2292	16.4	30.3	2.3	25.3	46.8	2.8	11.6	21.4	2.3	27%	43%	11%	18%	3%	43%	39%														
Wrap Junior				93	263	1099	13	12.1	1.1	30.5	28.4	2.2	10.3	9.6	1.1	13%	17%	5%	11%	2%	19%	18%														
Wrap Veggie (*)				198	471	1970	13	25	8.7	21.8	43.1	5.9	9	17.9	1.9	24%	36%	44%	17%	7%	36%	31%														
FINGER FOOD																																				
Cheesy Trio Winter X 6				56	182	762	17.5	9.8	4	29.9	16.8	1	11	6.1	0.9	9%	14%	20%	6%	1%	12%	16%														
Cheesy Trio Winter X 20				185	602	2516	17.5	32.4	13.2	29.9	55.4	3.4	11	20.3	3.1	30%	46%	66%	21%	4%	41%	52%														
Chicken Wings (par/per 5)				160	372	1553	14.7	23.6	5	1.1	1.8	1.4	23.9	38.3	2.1	19%	34%	25%	1%	2%	77%	35%														
Chicken Dips (par/per 4)				72	160	671	10	7.2	0.8	17	12.2	0.1	14.7	10.6	0.6	8%	10%	4%	5%	0%	21%	10%														
Chicken Dips (par/per 7)				126	280	1174	10	12.6	1.3	17	21.4	0.2	14.7	18.5	1.1	14%	18%	7%	8%	0%	37%	18%														
Chicken Dips (par/per 10)				190	508	2120	16	30	2.8	17.7	33.6	4.8	14.2	27	2	25%	42%	14%	13%	5%	54%	33%														
Fish'n Dips (par/per 4)				84	161	674	7.6	6.4	0.5	21.2	17.8	0.5	9.2	7.7	0.5	8%	9%	3%	7%	1%	15%	8%														
Fish'n Dips (par/per 3)				63	121	506	7.6	4.8	0.4	21.2	13.4	0.4	9.2	5.8	0.4	6%	7%	2%	5%	0%	12%	6%														
Party Box (5 wings + 10 Chicken Dips)				350	880	3673	15	53	8	9.4	35	6	19	65	4	44%	76%	40%	3%	7%	130%	67%														
Cups sauces FINGERFOODS / Sauzen FINGER FOODS																																				
Cup D&L Agre douce / Zoetzuur				35	62	263	0.2	0.1	0	43.3	15.2	12	0.4	0	0.4	3%	0%	0%	6%	13%	0%	7%														
Cup D&L Samourai				35	236	971	72.7	25	0	3.0	1.1	0.7	1.3	0.5	0.6	12%	36%	0%	0%	1%	1%	10%														
Cup D&L Cocktail				35	210	867	61.9	21.7	1.7	7.8	2.7	2.2	1.4	0.5	0.4	11%	31%	9%	1%	2%	1%	7%														
Cup D&L Barbecue				35	52	222	0.3	0.1	0	35.3	12.4	10.9	1.3	0.5	1.1	3%	0%	0%	5%	12%	1%	18%														
Cup D&L Andalouse				35	198	817	57.8	20.2	2	9.4	3.3	2	1.6	0.6	0.4	10%	29%	8%	1%	2%	1%	7%														
Cup D&L Curry				35	230	947	70.4	24.6	1.9	3.9	1.4	0.9	1.3	0.5	0.5	12%	35%	10%	1%	1%	1%	8%														
SALADES / SALADS																																				
Side Salad				75	14	56	0.2	0.2	0	1.8	1.4	0.2	1.1	0.8	0.1	1%	0%	0%	1%	0%	2%	1%														
Cheese Pecan Chicken Hot				300	407	1702	5.7	17	5.6	12.4	37.2	2.4	7.9	23.8	1.9	20%	24%	28%	14%	3%	48%	32%														
Cheese Pecan Chicken Cold				290	315	1318	3.3	9.5	4.2	10.5	30.4	2.7	8.9	25.8	2.4	16%	14%	21%	12%	3%	52%	41%														
Italian Salad Hot				260	308	1287	5.2	13.4	3	9.7	25.2	3.7	7.5	19.4	1.4	15%	19%	15%	10%	4%	39%	23%														
Italian Salad Cold				270	316	1320	5.4	14.4	3.5	9.6	25.8	4.4	6.5	17.6	1.3	16%	21%	18%	10%	5%	35%	22%														
SAUCES SALADES / SAUZEN SALADS																																				
Vinaigrette Olive-Citron / Olijf-citroen				28	68	286	22.5	6.3	1.1	9.9	2.8	2.5	0.2	0.1	0.8	3%	9%	6%	1%	3%	0%	13%														
Vinaigrette Ciboulette / Bieslook				28	76	320	23	6.4	0.8	14	4	1.3	2.6	0.7	0.8	4%	9%	4%	2%	1%	1%	13%														
Vinaigrette Balsamique / Balsamico				28	71	296	22	6.2	0.7	13.4	3.8	1.3	0.2	0.1	0.8	4%	9%	4%	1%	1%	0%	13%														
FRITES / FRIETEN																																				
Medium Frite / Friet				120	335	1407	12.9	15.5	1.9	37.6	45	0.1	3.4	4.1	0.2	17%	22%	10%	17%	0%	8%	3%														
Maxi Frite / Friet				160	446	1875	12.9	20.6	2.6	37.6	60.2	0.2	3.4	5.4	0.3	22%	29%	13%	23%	0%	11%	5%														
SAUCES FRITES / SAUZEN FRIETEN																																				
Cup D&L Sauce frites / Frietsaus				35	120	497	32	11	1	12.7	4.4	0.4	1.2	0.4	0.7	6%	16%	5%	2%	0%	1%	12%														
Cup D&L Mayonnaise / Mayonaise				35	260	1069	81	28.4	2.2	2	1	0.5	1.3	0.5	0.4	13%	41%	11%	0%	1%	1%	7%														
Ketchup				20	23	97	0.6	0.1	0	26.7	5.3	4.1	1.8	0.4	0.7	1%	0%	0%	2%	5%	1%	11%														
DESSERTS / DESSERTEN																																				
Funny Fruit				60	31	134	0.2	0.1	0.02	11.6	6.7	6.7	0.3	0.2	0	2%	0%	0%	3%	7%	0%	0%														
Andros				90	47	198	0.2	0.2	0	14	13	13	0.3	0.3	0	2%	0%	0%	5%	14%	1%	1%														
Yop				180	131	545	1.3	2.3	1.6	11.2	20.2	19.8	2.8	5	0.2	7%	3%	8%	8%	22%	10%	4%														
Mini Yop				100	73	303	1.3	1.3	0.9	11.2	11.2	11	2.8	2.8	0.1	4%	2%	5%	4%	12%	6%	2%														
PÂTISSERIES / GEBAKJES																																				
Churros (5 pièces / Stuks)				90	266	1118	10.9	9.8	0.8	42.2	38	2	5.9	5.3	1.6	13%	14%	4%	15%	2%	11%	27%														
Churros (10 pièces / Stuks)				180	532	2236	10.9	19.6	1.6	84.4	76	4	11.8	10.6	3.2	27%	28%	8%	29%	4%	21%	53%														
Gaufre glace fraise chantilly / Wafel ijs aardbei room (*)				149	438	1857	32.0	21.8	12.9	55.3	54	34	2.0	5.7	0.7	22%	31%	65%	21%	38%	11%	12%														
Gaufre glace chocolat chantilly / Wafel ijs chocolade room (*)				149	450	1909	36.9	22.5	13.3	93.6	59	35	4.3	6.0	0.8	23%	32%	67%	23%	39%	12%	13%														
Gaufre glace caramel chantilly / Wafel ijs caramel room (*)				149	448	1902	32.0	21.8	12.9	96.2	60	36	4.5	6.1	0.8	22%	31%	64%	23%	40%	12%	13%														
Crêpe nature / Pannenkoek natuur				45	118	493	11.1	5	0.6	32.9	14.8	8	9.3	4.2	0.1	6%	7%	3%	6%	9%	8%	2%														
Crêpe confiture / Pannenkoek confituur				60	154	644	8.3	5	0.6	39.5	23.7	15.8	7.1	4.3	0.1	8%	7%	3%	9%	18%	9%	2%														
Crêpe pâte à tartiner / Pannenkoek chocopasta				65	199	832	13.8	9	2.4	38	24.6	17	7.7	5	0.1	10%	13%	12%	9%	19%	10%	2%														
Donut Fraise / Aardbei				76	326	1363	26	19.8	10.7	43	32.8	14.4	5.1	3.9	0.4	16%	28%	54%	13%	16%	8%	7%														
Muffin Pépites Choco / Choco Stukjes				90	404	1690	24.3	21.9	3.8	51	45.4	36.4	5.9	5.3	0.2	20%	31%	19%	17%	40%	11%	3%														
Trio beignets chocolat / Chocolade				80	368	1537	26.3	21.1	7.6	47	37.6	17.9	8	6.4	0.6	18%	30%	38%	14%	20%	13%	10%														
Délice chocolat / Chocolade				70	284	1184	23	16.1	6.2	40	28	24.1	9.5	6.7	0.3	14%	23%	31%	11%	27%	13%	5%														
Gâteau d'anniversaire Cup Cake / Verjaardagscupcake (*)				89	370	1548	18.6	16.5	5.6	57.9	51.4	40.2	3.3	2.9	0.48	19%	24%	28%	20%	45%	6%	8%														
DESSERTS GLACES / BEVROREN DESSERTEN																																				
Shake (300 ml) Vanille, Fraise / Aardbei, Popcorn, Tiramisu				190	227	950	2.1	4	3.2	22.2	42.3	37.4	2.5	4.8	0.3	11%	6%	16%	16%	42%	10%	6%														
Shake (500 ml) Vanille, Fraise / Aardbei, Popcorn, Tiramisu				380	455	1905	2.1	8.1	6.4	22.2	84.5	74.9	2.5	9.7	0.7	23%	12%	32%	33%	83%	19%	11%														

Quick BE/LUX	Quantité en gr / Hoeveelh eid in gr	Kcal	Kjoulles	Matières Grasses / Vetstoffen		Dont Acides Gras Saturés / Waarvan verzadigde Vetzuren	Glucides / Koolhydraten		Sucres / Suikers	Proteines / Eiwitten		Sel / Zout	% par rapport aux Valeurs Nutritionnelles de référence pour un adulte/type t.o.v. de referentie van de voedingswaarden voor een volwassene						
				%	g	g	%	g	g	%	g	g	Kcal	Matières Grasses / Vetstoffen	Dont Acides Gras Saturés / Waarvan verzadigde Vetzuren	Glucides / Koolhydrate n	Sucres / Suikers	Protéines Eiwitten	Sel / Zout
													2,000	70	20	260	90	50	6
Cornet de glace / Vanille Hoorntje	81	129	539	5.2	4.2	3.1	26.6	21.5	14.5	3.4	2.8	0.2	6%	6%	15%	8%	16%	6%	3%
Softy Fraise / Aardbei	120	199	833	6	7.2	4.2	25.9	31.1	26.5	2.9	3.5	0.2	10%	10%	21%	12%	29%	7%	4%
Softy Caramel / Karamel	120	226	945	6	7.2	4.2	30.3	36.3	30	4	4.7	0.2	11%	10%	21%	14%	33%	9%	4%
Softy Choco	120	232	968	6.8	8.1	4.8	29.6	35.6	27	3.3	4	0.3	12%	12%	24%	14%	30%	8%	4%
Dame Blanche Choco	190	408	1707	7.8	14.9	10.4	30.6	58.1	41	2.4	5	0.5	20%	21%	52%	22%	46%	9%	9%
Dame Blanche Fraise / Aardbei	190	333	1394	6.4	12.7	9	25.1	47.7	40	1.9	4	0.4	17%	18%	45%	18%	45%	7%	7%
Dame Blanche Caramel / Karamel	190	396	1654	6.4	12.7	9	31.5	59.8	48	3.4	6	0.4	20%	18%	45%	23%	54%	13%	7%
Mix Mania Lion	165	316	1320	5.6	9.2	6.9	32	52.7	41.9	3.8	6.3	0.3	16%	13%	35%	20%	47%	13%	5%
Mix Mania M&M's	175	371	1550	6.6	11	7.5	33.4	58.4	46	2.8	4.8	0.5	19%	16%	38%	22%	51%	10%	8%
Mix Mania Speculoos	165	314	1314	5.2	8.7	6.3	32.6	53.7	41.9	3.7	6.2	0.4	16%	12%	31%	21%	47%	12%	7%
Mix Mania Snickers	175	364	1523	30.1	52.7	44	8.7	15.3	9.1	4	7.1	0.8	18%	75%	220%	6%	10%	14%	13%
BOISSONS / DRANKEN																			
Boissons Fraîches / Anderen Dranken																			
Coca-Cola 25 cl	250	105	439	0	0	0	10.6	26.5	26.5	0	0	0	5%	0%	0%	10%	29%	0%	0%
Coca-Cola 35 cl	350	147	614	0	0	0	10.6	37.1	37.1	0	0	0	7%	0%	0%	14%	41%	0%	0%
Coca-Cola 50 cl	500	210	878	0	0	0	10.6	53	53	0	0	0	11%	0%	0%	20%	59%	0%	0%
Coca-Cola light 25 cl	250	1	3	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%	0%	0%	0%
Coca-Cola light 35 cl	350	1	4	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%	0%	0%	0%
Coca-Cola light 50 cl	500	2	6	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%	0%	0%	0%
Coca-Cola zéro sugar 25 cl	250	1	4	0	0	0	0	0	0	0	0	0.1	0%	0%	0%	0%	0%	0%	0.8%
Coca-Cola zéro sugar 35 cl	350	1	5	0	0	0	0	0	0	0	0	0.1	0%	0%	0%	0%	0%	0%	0.8%
Coca-Cola zéro sugar 50 cl	500	2	7	0	0	0	0	0	0	0	0	0.1	0%	0%	0%	0%	0%	0%	1.7%
Nestea Sparkling Lemon 25 cl	250	85	360	0	0	0	8	20	20	0	0	0.1	4%	0%	0%	8%	23%	0%	2%
Nestea Sparkling Lemon 35 cl	350	119	504	0	0	0	8	28	28	0	0	0.2	6%	0%	0%	11%	32%	0%	3%
Nestea Sparkling Lemon 50 cl	500	170	720	0	0	0	8	40	41	0	0	0.3	9%	0%	0%	15%	45%	0%	4%

(*) Seulement dans les restaurants participants à l'opération / Enkel in de deelnemende restaurants