

GINOS 2022



Item	Price	Calories per serving	Contains Allergens	May Contain Allergens
GINOS Grilled Chicken Fillet Burger - 1 Serving		434 Kcal	WHEAT MUSTARD EGGS	MILK SESAME SOYA
GINOS 1/2 Pounder Burger - 1 Serving		979 Kcal	WHEAT MUSTARD EGGS MILK SOYA	SESAME
GINOS 1/4 Pounder - 1 Serving		619 Kcal	WHEAT MUSTARD EGGS MILK SOYA	SESAME
GINOS 1/4 pounder meal with diet drink - 1 Serving		1161 Kcal	WHEAT MUSTARD EGGS MILK SOYA	SESAME
GINOS 1/4 pounder meal with full sugar drink - 1 Serving		1314 Kcal	WHEAT MUSTARD EGGS MILK SOYA	SESAME
GINOS 1/4 pounder meal with water - 1 Serving		1157 Kcal	WHEAT MUSTARD EGGS MILK SOYA	SESAME
GINOS 12" margherita pizza - 1 Serving		1137 Kcal	WHEAT MILK	
GINOS 12" pepperoni pizza - 1 Serving		1381 Kcal	WHEAT MILK	
GINOS 12" special pizza - 1 Serving		1505 Kcal	WHEAT MILK	
GINOS 9 inch special pizza - 1 Serving		1166 Kcal	WHEAT MILK	
GINOS 9" margherita pizza - 1 Serving		885 Kcal	WHEAT MILK	
GINOS 9" pepperoni pizza - 1 Serving		1070 Kcal	WHEAT MILK	
GINOS Batter Burger - 1 Serving		482 Kcal	WHEAT EGGS SESAME SOYA	

GINOS Batter Burger & Onion Ring Meal with diet drink - 1 Serving	1170Kcal	 WHEAT  EGGS  SESAME  SOYA	
GINOS Batter Burger & Onion Ring Meal with full sugar drink - 1 Serving	1323Kcal	 WHEAT  EGGS  SESAME  SOYA	
GINOS Batter Burger & Onion Ring Meal with water - 1 Serving	1166Kcal	 WHEAT  EGGS  SESAME  SOYA	
GINOS Battered Sausage Meal with diet drink - 1 Serving	894Kcal	 WHEAT  MILK  SULPHITES	 EGGS  FISH  SOYA
GINOS Battered Sausage Meal with full sugar drink - 1 Serving	1047Kcal	 WHEAT  MILK  SULPHITES	 EGGS  FISH  SOYA
GINOS Battered Sausage Meal with water - 1 Serving	890Kcal	 WHEAT  MILK  SULPHITES	 EGGS  FISH  SOYA
GINOS Cheese Chips - 1 Serving	525Kcal	 MILK	
GINOS Chicken Baguette - 1 Serving	732Kcal	 WHEAT  CELERY  MUSTARD  EGGS	 PEANUTS  TREE NUTS  MILK  SESAME  SOYA
GINOS Chicken Baguette with diet drink - 1 Serving	736Kcal	 WHEAT  CELERY  MUSTARD  EGGS	 PEANUTS  TREE NUTS  MILK  SESAME  SOYA
GINOS Chicken Baguette with full sugar drink - 1 Serving	889Kcal	 WHEAT  CELERY  MUSTARD  EGGS	 PEANUTS  TREE NUTS  MILK  SESAME  SOYA
GINOS Chicken Baguette with water - 1 Serving	732Kcal	 WHEAT  CELERY  MUSTARD  EGGS	 PEANUTS  TREE NUTS  MILK  SESAME  SOYA
GINOS Chicken Burger - 1 Serving	347Kcal	 WHEAT  MILK  MUSTARD  SOYA  EGGS	 SESAME
GINOS Chicken Burger Meal with diet drink - 1 Serving	889Kcal	 WHEAT  MILK  MUSTARD  SOYA  EGGS	 SESAME

GINOS Chicken Burger Meal with full sugar drink - 1 Serving	1042Kcal	 WHEAT  MILK  MUSTARD  SOYA  EGGS	 SESAME
GINOS Chicken Burger Meal with water - 1 Serving	885Kcal	 WHEAT  MILK  MUSTARD  SOYA  EGGS	 SESAME
GINOS Chicken Fillet Burger (Breaded) - 1 Serving	651Kcal	 WHEAT  EGGS  CELERY  MUSTARD	 MILK  SESAME  SOYA
GINOS Chicken Fillet Burger Meal with diet drink - 1 Serving	1193Kcal	 WHEAT  EGGS  CELERY  MUSTARD	 MILK  SESAME  SOYA
GINOS Chicken Fillet Burger Meal with full sugar drink - 1 Serving	1346Kcal	 WHEAT  EGGS  CELERY  MUSTARD	 MILK  SESAME  SOYA
GINOS Chicken Fillet Burger Meal with water - 1 Serving	1189Kcal	 WHEAT  EGGS  CELERY  MUSTARD	 MILK  SESAME  SOYA
GINOS Chicken Goujon Meal with diet drink - 1 Serving	1026Kcal	 WHEAT  EGGS  MILK	 EGGS
GINOS Chicken Goujon Meal with full sugar drink - 1 Serving	1179Kcal	 WHEAT  EGGS  MILK	 EGGS
GINOS Chicken Goujon Meal with water - 1 Serving	1022Kcal	 WHEAT  EGGS  MILK	 EGGS
GINOS Chicken Goujon Wrap, Wholemeal_ July 2019 - 1 Serving	570Kcal	 WHEAT  MILK  MUSTARD  EGGS	
GINOS Chicken Goujon Wrap_July 2019 - 1 Serving	510Kcal	 WHEAT  MILK  MUSTARD  EGGS	
GINOS Chicken Goujons, cooked in dripping_updated 2019 - 1 serving	204Kcal	 WHEAT  EGGS  MILK	 EGGS
GINOS chicken kebab (breaded fillet) - 1 Serving	611Kcal	 WHEAT  EGGS  CELERY  MUSTARD	 MILK  SESAME  SOYA
GINOS Chicken Kebab (grilled fillet) - 1 Serving	526Kcal	 WHEAT  EGGS  MUSTARD	

GINOS Chicken Kebab Meal with diet drink -1 Serving	1067 Kcal	 WHEAT  MUSTARD  EGGS	
GINOS Chicken Kebab Meal with full sugar drink - 1 Serving	1220 Kcal	 WHEAT  MUSTARD  EGGS	
GINOS Chicken Kebab Meal with Water - 1 Serving	1063 Kcal	 WHEAT  MUSTARD  EGGS	
GINOS chicken kebab tray (breaded fillet) - 1 Serving	854 Kcal	 WHEAT  CELERY  MUSTARD  EGGS  MILK	 SESAME  SOYA
GINOS chicken kebab tray (grilled fillet) - 1 Serving	747 Kcal	 MUSTARD  EGGS  MILK	 WHEAT
GINOS Chip Baguette - 1 Serving	632 Kcal	 WHEAT  MUSTARD  EGGS	 PEANUTS  TREE NUTS  SOYA
GINOS Chip Baguette (kebab sauce) - 1 Serving	635 Kcal	 WHEAT  MUSTARD  EGGS	 PEANUTS  TREE NUTS  SOYA
GINOS Chip Baguette Curry - 1 Serving	618 Kcal	 WHEAT  CELERY  MUSTARD	 PEANUTS  TREE NUTS  EGGS  MILK  SOYA
GINOS Curry Chips - 1 Serving	391 Kcal	 WHEAT  CELERY  MUSTARD	 EGGS  MILK  SOYA
GINOS Curry Chips with diet drink - 1 Serving	395 Kcal	 WHEAT  CELERY  MUSTARD	 EGGS  MILK  SOYA
GINOS Curry Chips with full sugar drink - 1 Serving	548 Kcal	 WHEAT  CELERY  MUSTARD	 EGGS  MILK  SOYA
GINOS Curry Chips with water - 1 Serving	391 Kcal	 WHEAT  CELERY  MUSTARD	 EGGS  MILK  SOYA
GINOS curry sauce as served - 1 Serving	86 Kcal	 WHEAT  CELERY  MUSTARD	 EGGS  MILK  SOYA
GINOS Dinner Box - 1 Serving	946 Kcal	 WHEAT  CELERY  SOYA	
GINOS Doner Kebab meal with diet drink - 1 Serving	1267 Kcal	 WHEAT  MUSTARD  EGGS  SOYA	
GINOS Doner Kebab meal with full sugar drink - 1 Serving	1421 Kcal	 WHEAT  MUSTARD  EGGS  SOYA	

GINOS Doner Kebab meal with water - 1 Serving	1264Kcal	 WHEAT  MUSTARD  EGGS  SOYA	
GINOS doner kebab tray - 1 Serving	928Kcal	 MUSTARD  EGGS  MILK  WHEAT	
GINOS doner kebab, updated July 2019 - 1 Serving	726Kcal	 WHEAT  MUSTARD  EGGS  SOYA	
GINOS Double Decker Burger - 1 Serving	685Kcal	 WHEAT  MUSTARD  EGGS  MILK  SOYA  SESAME	
GINOS Double Decker Burger Meal with diet drink - 1 Serving	1227Kcal	 WHEAT  MUSTARD  EGGS  MILK  SOYA  SESAME	
GINOS Double Decker Burger Meal with full sugar drink - 1 Serving	1380Kcal	 WHEAT  MUSTARD  EGGS  MILK  SOYA  SESAME	
GINOS Double Decker Burger Meal with water - 1 Serving	1223Kcal	 WHEAT  MUSTARD  EGGS  MILK  SOYA  SESAME	
GINOS Family Variety Box - 1 Serving	2447Kcal	 WHEAT  CELERY  MILK  SOYA  EGGS	
GINOS Fish Goujon Wrap, Wholemeal_July 2019 - 1 Serving	787Kcal	 WHEAT  MUSTARD  EGGS  FISH  SOYA  CELERY  MILK  CRUSTACEANS  MOLLUSCS	
GINOS Fish Goujon Wrap_July 2019 - 1 Serving	727Kcal	 WHEAT  MUSTARD  EGGS  FISH  SOYA  CELERY  MILK  CRUSTACEANS  MOLLUSCS	
GINOS Fish Portion - 1 Serving	229Kcal	 WHEAT  FISH  SOYA	
GINOS Fish Portion Meal with diet drink - 1 Serving	770Kcal	 WHEAT  FISH  SOYA	
GINOS Fish Portion Meal with full sugar drink - 1 Serving	924Kcal	 WHEAT  FISH  SOYA	
GINOS Fish Portion Meal with water - 1 Serving	766Kcal	 WHEAT  FISH  SOYA	

GINOS Fresh Cod - 1 Serving	296Kcal	 WHEAT	 FISH	 SOYA
GINOS Fresh Cod Meal with diet drink - 1 Serving	838Kcal	 WHEAT	 FISH	 SOYA
GINOS Fresh Cod Meal with full sugar drink - 1 Serving	991Kcal	 WHEAT	 FISH	 SOYA
GINOS Fresh Cod Meal with water - 1 Serving	834Kcal	 WHEAT	 FISH	 SOYA
GINOS Garlic Chips - 1 Serving	505Kcal	 MUSTARD	 EGGS	 WHEAT
GINOS Garlic Chips with diet drink - 1 Serving	509Kcal	 MUSTARD	 EGGS	
GINOS Garlic Chips with full sugar drink - 1 Serving	662Kcal	 MUSTARD	 EGGS	
GINOS Garlic Chips with water - 1 Serving	505Kcal	 MUSTARD	 EGGS	
GINOS garlic mayo / sauce - 1 Serving	493Kcal	 MUSTARD	 EGGS	
GINOS Garlic/Cheese Chips - 1 Serving	659Kcal	 MUSTARD	 EGGS	 MILK
GINOS grilled chicken fillet burger - 1 Serving	434Kcal	 WHEAT	 MUSTARD	 EGGS
GINOS Grilled Chicken Fillet Wrap with diet drink - 1 Serving	508Kcal	 WHEAT	 MUSTARD	 EGGS
GINOS Grilled Chicken Fillet Wrap with full sugar drink - 1 Serving	661Kcal	 WHEAT	 MUSTARD	 EGGS
GINOS Grilled Chicken Fillet Wrap with water - 1 Serving	504Kcal	 WHEAT	 MUSTARD	 EGGS
GINOS Grilled Chicken Fillet Wrap, Wholemeal_July 2019 - 1 Serving	560Kcal	 WHEAT	 MUSTARD	 EGGS
GINOS Grilled Chicken Fillet Wrap_July 2019 - 1 Serving	500Kcal	 WHEAT	 MUSTARD	 EGGS
GINOS Hamburger - 1 Serving	310Kcal	 WHEAT	 SOYA	 MILK
GINOS Hot Dog - 1 Serving	462Kcal	 WHEAT	 MUSTARD	 EGGS
		 MILK		 CELERY
				 SESAME
				 SOYA
				 SULPHITES

GINOS kebab sauce - 1 Serving	317Kcal	MUSTARD EGGS	
GINOS Kebab Wrap, July 2019 - 1 Serving	669Kcal	WHEAT MUSTARD EGGS SOYA	
GINOS Kebab Wrap, wholemeal_ July 2019 -1 Serving	728Kcal	WHEAT MUSTARD EGGS SOYA	
GINOS Kids Fish Meal - 1 Serving	602Kcal	WHEAT FISH	SOYA
GINOS Kids Hamburger Meal - 1 Serving	618Kcal	WHEAT SOYA	MILK SESAME
GINOS Kids Nugget Meal - 1 Serving	460Kcal	WHEAT	EGGS MILK
GINOS Kids Sausage Meal - 1 Serving	616Kcal	GLUTEN SOYA SULPHITES	WHEAT
GINOS Large Chips - 1 Serving	538Kcal		WHEAT
GINOS Lunch Box - 1 Serving	608Kcal	WHEAT CELERY SOYA	
GINOS Lunch Box with diet soft drink - 1 Serving	612Kcal	WHEAT CELERY SOYA	
GINOS Lunch Box with full sugar soft drink -1 Serving	765Kcal	WHEAT CELERY SOYA	
GINOS Lunch Box with water - 1 Serving	608Kcal	WHEAT CELERY SOYA	
GINOS Lunchtime Battered Sausage Meal with diet drink - 1 Serving	664Kcal	WHEAT MILK SULPHITES	EGGS FISH SOYA
GINOS Lunchtime Battered Sausage Meal with full sugar drink - 1 Serving	817Kcal	WHEAT MILK SULPHITES	EGGS FISH SOYA
GINOS Lunchtime Battered Sausage Meal with water - 1 Serving	660Kcal	WHEAT MILK SULPHITES	EGGS FISH SOYA
GINOS Lunchtime sausage meal with diet drink - 1 Serving	929Kcal	GLUTEN SOYA SULPHITES	WHEAT
GINOS Lunchtime sausage meal with full sugar drink - 1 Serving	1082Kcal	GLUTEN SOYA SULPHITES	WHEAT
GINOS lunchtime sausage meal with water -1 Serving	925Kcal	GLUTEN SOYA SULPHITES	WHEAT

GINOS Lunchtime sausage meal with water - 1 Serving	925Kcal	 GLUTEN	 SOYA	 SULPHITES	 WHEAT	
GINOS Meal for Two (kcal per portion) - 1 Serving	1175Kcal	 WHEAT	 MILK	 MUSTARD	 EGGS	 SULPHITES
GINOS Onion Rings - 1 Serving	73Kcal	 WHEAT			 SOYA	
GINOS Plain Sausage - 1 Serving	309Kcal	 GLUTEN	 SOYA	 SULPHITES	 WHEAT	
GINOS Potato Cakes - 1 Serving	330Kcal	 WHEAT	 MILK		 EGGS	 SOYA
GINOS Ray - 1 Serving	330Kcal	 WHEAT		 FISH	 SOYA	
GINOS Salad Burger - 1 Serving	410Kcal	 WHEAT	 MILK	 MUSTARD	 EGGS	 SESAME
GINOS sausage meal with diet drink - 1 Serving	1159Kcal	 GLUTEN	 SOYA	 SULPHITES	 WHEAT	
GINOS sausage meal with full sugar drink - 1 Serving	1312Kcal	 GLUTEN	 SOYA	 SULPHITES	 WHEAT	
GINOS sausage meal with water - 1 Serving	1155Kcal	 GLUTEN	 SOYA	 SULPHITES	 WHEAT	
GINOS Small Chips - 1 Serving	307Kcal				 WHEAT	
GINOS Smoked Cod - 1 Serving	326Kcal	 WHEAT		 FISH	 SOYA	
GINOS Smoked Cod Meal with diet drink - 1 Serving	867Kcal	 WHEAT		 FISH	 SOYA	
GINOS Smoked Cod Meal with full sugar drink - 1 Serving	1020Kcal	 WHEAT		 FISH	 SOYA	
GINOS Smoked Cod Meal with water - 1 Serving	863Kcal	 WHEAT		 FISH	 SOYA	
GINOS Snack Box - 1 Serving	716Kcal	 WHEAT	 CELERY	 SOYA		
GINOS Snack Box Meal with diet soft drink - 1 Serving	720Kcal	 WHEAT	 CELERY	 SOYA		
GINOS Snack Box Meal with full sugar soft drink - 1 Serving	873Kcal	 WHEAT	 CELERY	 SOYA		

GINOS Snack Box Meal with water - 1 Serving	716Kcal	 WHEAT  CELERY  SOYA	
GINOS southern fried chicken breast piece - 1 Serving	314Kcal	 WHEAT  CELERY  SOYA	
GINOS southern fried chicken drumstick - 1 Serving	242Kcal	 WHEAT  CELERY  SOYA	
GINOS southern fried chicken goujons - 1 Serving	174Kcal	 WHEAT  CELERY  MILK  SOYA	 EGGS
GINOS southern fried chicken nuggets (each) - 1 Serving	95Kcal	 WHEAT  CELERY  SOYA	 EGGS  MILK
GINOS southern fried chicken thigh - 1 Serving	269Kcal	 WHEAT  CELERY  SOYA	
GINOS southern fried chicken wing - 1 Serving	131Kcal	 WHEAT  CELERY  SOYA	
GINOS southern fried chicken wings (each) - 1 Serving	77Kcal	 WHEAT  CELERY  SOYA	
GINOS southern fried roast breast chicken - 1 Serving	537Kcal	 WHEAT  CELERY  SOYA	
GINOS Special Three - 1 Serving	484Kcal	 WHEAT  CELERY  MUSTARD	 EGGS  MILK  SOYA
GINOS Spice Burger - 1 Serving	311Kcal		 WHEAT
GINOS Spicy Chicken Fillet Wrap, Wholemeal_July 2019 - 1 Serving	526Kcal	 WHEAT	
GINOS Spicy Chicken Fillet Wrap_July 2019 - 1 Serving	467Kcal	 WHEAT	
GINOS Steak & Kidney Pie - 1 Serving	492Kcal	 WHEAT	 EGGS  MILK  SULPHITES
GINOS Steak Baguette - 1 Serving	713Kcal	 WHEAT  MUSTARD  EGGS  MILK	 PEANUTS  TREE NUTS  SOYA
GINOS Steak Baguette with diet drink - 1 Serving	717Kcal	 WHEAT  MUSTARD  EGGS  MILK	 PEANUTS  TREE NUTS  SOYA
GINOS Steak Baguette with full sugar drink - 1 Serving	870Kcal	 WHEAT  MUSTARD  EGGS  MILK	 PEANUTS  TREE NUTS  SOYA

GINOS Steak Baguette with water - 1 Serving	713Kcal	 WHEAT  MILK  MUSTARD  EGGS	 PEANUTS  TREE NUTS  SOYA
GINOS Strawberry Milkshake - 1 Serving	700Kcal	 MILK	 EGGS  SOYA
GINOS Taco Chips - 1 Serving	751 Kcal	 WHEAT  MILK  MUSTARD  EGGS	 CELERY
GINOS Tasty Chips - 1 Serving	734Kcal	 MUSTARD  EGGS  MILK	 WHEAT
GUNOS Deluxe Burger - 1 Serving	1106Kcal	 WHEAT  MILK  MUSTARD  SOYA  EGGS	 SESAME
GINOS Vanilla Milkshake - 1 Serving	692Kcal	 MILK	 EGGS  SOYA
GINOS Vegetable Kebab_ July 2019 - 1 Serving	706Kcal	 WHEAT  EGGS  CELERY  MILK  MUSTARD	
GINOS Veggie Wrap, wholemeal_ July 2019 -1 Serving	680Kcal	 WHEAT  EGGS  CELERY  MUSTARD	
GINOS Veggie Wrap_ July 2019 - 1 Serving	621 Kcal	 WHEAT  EGGS  CELERY  MUSTARD	
GINOS Vinegar - 1 Serving	22Kcal	 WHEAT  SOYA	 MILK
GINOS Batter Burger in a Bun- 1 Serving	698Kcal	 WHEAT  MILK  MUSTARD  SESAME  EGGS  SOYA	
GINOS Kebab - Cheese Pitta - 1 filled cheese pitta	589Kcal	 WHEAT  MILK  MUSTARD  EGGS	
GINOS Kebab - Cheese Pitta (without sauce) -1 filled cheese pitta	529Kcal	 WHEAT  MILK	
GINOS Kebab - Original Chicken Pitta - 1 Serving	512Kcal	 WHEAT  MUSTARD  EGGS	

GINOS Kebab - Original Chicken Pitta (without sauce) - 1 Serving	396Kcal	 WHEAT	
GINOS Kebab - Spicy Pitta - 1 filled spicy pitta	426Kcal	 WHEAT  MUSTARD  EGGS	
GINOS Kebab - Spicy Pitta (without sauce) - 1 filled spicy pitta	416Kcal	 WHEAT	
GINOS Veggie Burger_ July 2019 - 1 Serving	477Kcal	 WHEAT  CELERY  MUSTARD  EGGS  MILK	 SESAME  SOYA