



PIZZA

1 Pizza (350 g)

Calzone	813	kcal
Pizza Funghi (Pilze)	804	kcal
Pizza Hawaii	799	kcal
Pizza Margherita	868	kcal
Pizza Salami	921	kcal
Pizza Spinaci (Spinat)	792	kcal
Pizza Tonno (Thunfisch)	868	kcal
Pizza Vegetarisch	768	kcal

TK-PIZZA

Stück

Backfrische Speciale (Wagner)	749	kcal
Big Americans Texas (Dr. Oetker)	1244	kcal
Ofenfrische Vier-Käse (Dr. Oetker)	885	kcal
Original Piccolinis India (Wagner)	540	kcal
Pizza Ristorante Salame (Dr. Oetker)	886	kcal
Original Steinofen Diavolo (Wagner)	847	kcal



BURGER & WRAPS

Stück

Big King XXL (BK)	955	kcal
Big Mac (McD)	495	kcal
Brazer (KFC)	398	kcal
Breakfast Burger (BK)	814	kcal
Caesar Twister (KFC)	480	kcal
Cheeseburger (BK)	321	kcal
Double Crunch (KFC)	397	kcal
Double Whopper (BK)	857	kcal
Filet-o-Fish (McD)	345	kcal
Gourmet Chicken (KFC)	477	kcal
Grilled Chicken Classic (BK)	344	kcal
Hamburger (McD)	255	kcal
Hamburger Royal TS (McD)	506	kcal
McChicken (McD)	411	kcal
McRib (McD)	470	kcal
McWrap Classic Beef (McD)	570	kcal
McWrap Grilled Chicken (McD)	286	kcal
Smacker (KFC)	240	kcal
Zinger (KFC)	470	kcal
McDouble (McD)	395	kcal



CHICKEN-WINGS

Portion

3 Hähnchenteile (KFC)	793	kcal
9 Chicken McNuggets (McD)	250	kcal
6 Crispy Strips (KFC)	630	kcal
9 Chicken Wings (BK)	570	kcal
9 Filet Bites (KFC)	532	kcal

ASIA-FOOD

Portion

Bami Goreng (450 g)	690	kcal
Chinesische Frühlingsrolle	362	kcal
Chop Suey mit Rind (370 g)	396	kcal
Gebratenes Asia-Gemüse in Sojasauce (330 g)	308	kcal
Gebratene China-Nudeln	424	kcal
Krabbenchips (30 g)	166	kcal
Nasi Goreng (550 g)	676	kcal

BK = Burger King
KFC = Kentucky Fried Chicken
McD = Mc Donald's



SCHNELLIMBISS

Portion

Bockwurst (125 g)	341	kcal
Bratkartoffeln (200 g)	266	kcal
Bratwurst (150 g)	437	kcal
Crêpes mit Zucker (125 g)	245	kcal
Croque mit Schinken, Käse	895	kcal
Currywurst mit Sauce	424	kcal
Döner-Tasche (500 g)	787	kcal
Falafel-Tasche (500 g)	762	kcal
Flammkuchen (90 g)	178	kcal
Frikadelle (125 g)	312	kcal
Grillhähnchen, halbes	520	kcal
Hotdog (200 g)	490	kcal
Kartoffelsalat mit Mayo (200 g)	309	kcal
Kartoffelwedges (150 g)	425	kcal
Käse-Schinken-Toast (95 g)	256	kcal
Lahmacun (415 g)	526	kcal
Pommes frites (150 g)	474	kcal
Rösti, frittiert (50 g)	129	kcal
Toast Hawaii (135 g)	298	kcal