

ALIMENTS	QUANTITE	POINTS 100 gr ou unité	POINTS 10 gr ou unité	CALORIES	PROTEINES	GLUCIDES	LIPIDES
Quiche tomate champignons maison	100 g	2.8	0.3	127	8	10	6.3
Quick - suprême tender beef crousti paille	1 unité	18.7	1.9	807	39.5	55.5	46.8
Quick - suprême tender beef crousti paille	1 unité	18.7	1.9	807	39.5	55.5	46.8
Quick : 10 products maxi meal burger, club & roll 1	1 portion	63.7	6.4	2864	101	291	144
Quick : 10 products maxi meal burger, club & roll 1	1 portion	63.7	6.4	2864	101	291	144
Quick : 3 products small meal original 1	1 portion	19.3	1.9	843	28	77	47
Quick : 3 products small meal original 1	1 portion	19.3	1.9	843	28	77	47
Quick : 3 products small meal original 10	1 portion	19.5	1.9	921	52	95	37
Quick : 3 products small meal original 10	1 portion	19.5	1.9	921	52	95	37
Quick : 3 products small meal original 2	1 portion	18.9	1.9	875	25	106	39
Quick : 3 products small meal original 2	1 portion	18.9	1.9	875	25	106	39
Quick : 3 products small meal original 3	1 portion	13.6	1.4	625	19	72	29
Quick : 3 products small meal original 3	1 portion	13.6	1.4	625	19	72	29
Quick : 3 products small meal original 4	1 portion	23.5	2.3	1043	30	107	55
Quick : 3 products small meal original 4	1 portion	23.5	2.3	1043	30	107	55
Quick : 3 products small meal original 5	1 portion	18.3	1.8	860	31	103	36
Quick : 3 products small meal original 5	1 portion	18.3	1.8	860	31	103	36
Quick : 3 products small meal original 6	1 portion	22.4	2.2	1010	26	114	50
Quick : 3 products small meal original 6	1 portion	22.4	2.2	1010	26	114	50
Quick : 3 products small meal original 7	1 portion	22.3	2.2	1013	30	113	49
Quick : 3 products small meal original 7	1 portion	22.3	2.2	1013	30	113	49
Quick : 3 products small meal original 8	1 portion	17.4	1.7	790	29	83	38
Quick : 3 products small meal original 8	1 portion	17.4	1.7	790	29	83	38
Quick : 3 products small meal original 9	1 portion	22.1	2.2	990	40	95	50
Quick : 3 products small meal original 9	1 portion	22.1	2.2	990	40	95	50
Quick : 3*1 briochettes	1 portion	2.4	0.2	116	4	17	4
Quick : 3*1 briochettes	1 portion	2.4	0.2	116	4	17	4
Quick : 3*1 cheesy sandwïq	1 portion	4.4	0.4	191	7	19	11
Quick : 3*1 cheesy sandwïq	1 portion	4.4	0.4	191	7	19	11
Quick : 3*1 mini nems	1 portion	2.3	0.2	102	4	12	5
Quick : 3*1 mini nems	1 portion	2.3	0.2	102	4	12	5
Quick : beef bearnaise	1 unité	6.9	0.7	309	18	26	16
Quick : beef bearnaise	1 unité	6.9	0.7	309	18	26	16
Quick : beef pepper	1 unité	7.1	0.7	318	20	25	16
Quick : beef pepper	1 unité	7.1	0.7	318	20	25	16
Quick : beef tender	1 unité	6.9	0.7	306	17	26	16
Quick : beef tender	1 unité	6.9	0.7	306	17	26	16
Quick : bière (33 cl)	1 unité	1.8	0.2	108	2	10	0
Quick : bière (33 cl)	1 unité	1.8	0.2	108	2	10	0
Quick : big andalouse	1 unité	11.1	1.1	480	24	33	28
Quick : big andalouse	1 unité	11.1	1.1	480	24	33	28
Quick : big choron	1 unité	11.0	1.1	479	25	34	27
Quick : big choron	1 unité	11.0	1.1	479	25	34	27
Quick : brownie au chocolat	1 unité	7.9	0.8	355	5.7	42.3	18.2
Quick : brownie au chocolat	1 unité	7.9	0.8	355	5.7	42.3	18.2
Quick : burger festif	1 unité	15.2	1.5	665	37	46	37
Quick : burger festif	1 unité	15.2	1.5	665	37	46	37
Quick : burger ribs de porc	1 unité	12.0	1.2	546	28	50	26
Quick : burger ribs de porc	1 unité	12.0	1.2	546	28	50	26
Quick : burger snack charal	1 unité	8.8	0.9	392	20	33	20
Quick : burger snack charal	1 unité	8.8	0.9	392	20	33	20
Quick : cheeseburger	1 unité	5.9	0.6	275	16.8	24.7	12.1
Quick : cheeseburger	1 unité	5.9	0.6	275	16.8	24.7	12.1
Quick : cheeseburger avec chester (giant bar)	1 unité	7.0	0.7	319	17	29	15
Quick : cheeseburger avec chester (giant bar)	1 unité	7.0	0.7	319	17	29	15
Quick : cheesy balls (par 20)	1 portion	11.9	1.2	545	22	58	25
Quick : cheesy balls (par 20)	1 portion	11.9	1.2	545	22	58	25
Quick : cheesy balls (par 6)	1 portion	3.4	0.3	159	7	17	7
Quick : cheesy balls (par 6)	1 portion	3.4	0.3	159	7	17	7
Quick : cheesy mix	1 unité	4.5	0.4	195	8	17	11
Quick : cheesy mix	1 unité	4.5	0.4	195	8	17	11
Quick : chicken dips*4	1 unité	5.2	0.5	223	11.8	15.2	13.2
Quick : chicken dips*4	1 unité	5.2	0.5	223	11.8	15.2	13.2
Quick : chicken wing*5	1 unité	11.2	1.1	461	43.4	3.4	32
Quick : chicken wing*5	1 unité	11.2	1.1	461	43.4	3.4	32
Quick : chiken dips*7	1 portion	5.8	0.6	262	20	18	13
Quick : chiken dips*7	1 portion	5.8	0.6	262	20	18	13
Quick : classic pepper	1 unité	11.4	1.1	489	24.8	32.2	29
Quick : classic pepper	1 unité	11.4	1.1	489	24.8	32.2	29
Quick : club 3 fromages	1 unité	8.8	0.9	399	18	39.2	18.9
Quick : club 3 fromages	1 unité	8.8	0.9	399	18	39.2	18.9
Quick : club bacon chicken	1 unité	5.6	0.6	294	14	46	6
Quick : club bacon chicken	1 unité	5.6	0.6	294	14	46	6
Quick : club chèvre tomate	1 unité	8.2	0.8	384	14	46	16
Quick : club chèvre tomate	1 unité	8.2	0.8	384	14	46	16
Quick : club feta	1 unité	5.8	0.6	296	17	39	8
Quick : club feta	1 unité	5.8	0.6	296	17	39	8
Quick : club jambon champignon	1 unité	6.1	0.6	297	15	40	10