Dietary Information Booklet

Please ask to speak with a manager if you need any further guidance

At Pizza Hut Restaurants, we offer a range of food and dining options to cater for your lifestyle choices - we call this 'Taste Freedom'. However, with freedom comes responsibility and your health and wellbeing is our number one priority.

We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, with the exception of our gluten free dishes that contain 20ppm or less of gluten, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy. Finally please note due to the seriousness of allergies and food intolerances our restaurant teams will not be able to help select dishes.

If you, or anyone with you today, has a food allergy, please check this booklet for information on the 14 allergens and the full list of ingredients.

From time to time, suppliers and items on our menu will change and this can result in a change of ingredients and potentially allergens. Please check before each visit.

Allergy data in the table has been derived from specifications obtained from the suppliers of the products. We have taken all reasonable steps to ensure that this table is accurate at the time of publishing (March 2025).

The Nut column indicates the presence of the following; almonds, brazils, cashews, hazelnuts, macadamias, pecans, pistachios, walnuts & their respective derivatives.

Contents

Allergen Information Ingredient Information Nutritional Information Pages 2 - 6 Pages 7 - 16 Pages 17 - 24



FOOD ALLERGIES
If you, or anyone with you today has a food allergy please ask a member of the team for our Allergen Guide, or scan the QR code for the full Dietary Information Booklet. We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy.



The 'o' means that this allergen is present	in the m	anufactu	he 'e' indica		ply chai								that this	allergen	could co	055-00	ntamina	te the fo	od.
The o means that this allergen is present		Suitable	for?	iory/sup	Cerea		eiore	our st	applier			is a risk		allergen	Could Ci	OSS-COI	Itamina	te the lo	ou.
Dish Name	Vegetarians	Vegans / Plant Based	Coeliacs (contains less than 20ppm of gluten)	Wheat	taining	glute	Oats	Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphites above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Still
	۶	7 🖺	(co than	>	ñ		0			ë	E SE		apo a						
	1					Si	des						1	1	1	1			
Fries	Yes	No	No	•						0									
Cheesy Fries	Yes	No	No	•						•							-		-
Onion Rings Garlic Bread	Yes	No No	No No	•				0		0									
Garlic Bread with Cheese	Yes	No	No	•				0		•									
Mozzarella Sticks with a choice of dip,	Yes	No	No	•				0		•						0			
for dips see below Cheesy Triangles with a choice of dip,																			
for dips see below	Yes	No	No	•						•									
Halloumi Fries with a Sweet Chilli dip	Yes	No	No	•						•									_
Vegan Southern Fried Nuggets	Yes	Yes Yes	No Yes	•				•		0									-
Mini Corn on the Cob Cheesy Bite Bites /	168	162	162					•		0									
Loaded Cheesy Bite Bites / Sweet Chilli Loaded Cheesy Bite Bites	Yes	No	No	•				•		•									
Loaded Smashburger Cheesy Bite Bites	No	No	No	•	<20ppm			•	•	•						•			
Loaded Bacon Cheesy Bite Bites	No	No	No	•				•		•									
Chicken Wings	No	No	Yes							0							<u> </u>		-
Chicken Bites Breaded Chicken Tenders	No	No	No No	•				•		0					_			_	
Breaded Chicken Tenders Hot Honey Breaded Chicken Tenders	No No	No No	No No	•						0					•		\vdash	0	
Hot Honey Chicken Bites	No	No	No	•				•		0					-		\vdash	-	
Hot Honey BBQ Chicken Wings	No	No	Yes	_						0									
					Dip	s & B	its S	tation	1										
Heinz BBQ Sauce	Yes	Yes	Yes																
Heinz Tomato Ketchup	Yes	Yes	Yes												•				
BBQ Sauce	Yes	Yes	Yes																
Tomato Ketchup	Yes	Yes	Yes																
Chilli Flakes	Yes	Yes	Yes																
Sour Cream	Yes	No	Yes		DI	ne-in	ו קוט	Pots	•	•						•			
Sweet Chilli	Yes	Yes	Yes							0						•			
Hot Honey	Yes	No	Yes							0									
Nacho Cheese Sauce Dip	Yes	No	Yes							•									
Burger Sauce Dip	Yes	No	Yes						•	0						•			
					Tak	eawa	y Dip	Pots	;										
Heinz Garlic Sauce Dip Pot	Yes	No	Yes					•	•						•	•			
Heinz BBQ Sauce Dip Pot	Yes	Yes	Yes																
Heinz Sweet Chilli	Yes	Yes	Yes		L.	Salad Salad	C4-4												
						Salad ssed \$			e										
Potato Salad	Yes	No	Yes		Dies	seu (Salau	Lille	•										П
Coleslaw	Yes	No	Yes						•							•			
Sweetcorn	Yes	Yes	Yes						-										
Diced Beetroot	Yes	Yes	Yes																
Jalapeños	Yes	Yes	Yes																
Roquito® Chilli Peppers	Yes	Yes	Yes																
Black Olives	Yes	Yes	Yes		<u> </u>														
Carrote Chorny Tamatage Committee					Fre	sh S	alad I	Lines											
Carrots, Cherry Tomatoes, Cucumbers, Lettuce Mix, Peppers, Red Onions, Spinach, Rocket	Yes	Yes	Yes																
						Dried	lten												
Bacon Bits	Yes	Yes	No	•	•			•		\vdash		-							-
Croutons Tortilla Chips	Yes	Yes Yes	No Yes	•															
Crispy Onions	Yes	Yes	No	•															
Sultanas	Yes	Yes	Yes																
					Dr	essin	gs &	Dips											
Thousand Island Dressing	Yes	Yes	Yes																
Blue Cheese Dressing	Yes	Yes	Yes																
	Yes	Yes	Yes													•			
Garlic Mayonnaise								. 7		. Т		1	1	1	1		1	I	1
Light Mayonnaise	Yes	Yes	Yes																-
Light Mayonnaise Ranch Dressing	Yes	Yes	Yes										•			•			
Light Mayonnaise													•		•	•			

PRINTED IN MAR 2025 PAGE 2 PZH4798~16442

FOOD ALLERGIES

If you, or anyone with you today has a food allergy please ask a member of the team for our Allergen Guide, or scan the QR code for the full Dietary Information Booklet. We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy.



	ontain d		he '•' indica	tee that	the alle	raen is	conf	tainad	l and r	rocont i	in this its	am.							
The 'o' means that this allergen is present	in the m												that this a	allergen	could cı	oss-coi	ntamina	te the fo	od.
	_	Suitable	for?	, ,		,								- 3-					
Dish Name	Vegetarians	Vegans / Plant Based	Coeliacs (contains less than 20ppm of gluten)	Wheat	Cerea taining A B a L B a L B a B a B a B a B a B a B a	als glute	Oats	Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphites above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
	>	7 🖁	(co thai	>	ñ	-	0			ë	E SE		Sabo						
						Pizza	Build	der											
		1			1	Pizza	Bas	es								1			
Original Pan	Yes	Yes	No	•	0	0	0	•		0									
Handcrafted with Garlic Sprinkle Handcrafted without Garlic Sprinkle	Yes	No Yes	No No	•	0	0	0	•		•									
Stuffed Crust	Yes	No	No	•	0	0	0	•		0									
Pepperoni Stuffed Crust	No	No	No	•	0	0	0	•								•			
Cheesy Bites	Yes	No	No	•	0	0	0	•		•									
Gluten Free	Yes	Yes	Yes							0									
Flatbread	Yes	Yes	No	•	0	0	0	•		0									
		ı			Piz	za Ba	se Sa	auces	S								1		
Unseasoned Tomato (used on Gluten Free, Flatbread, Kids Pizzas)	Yes	Yes	Yes							0									
Seasoned Tomato (used on Handcrafted, Original Pan, Stuffed Crust, Cheesy Bites)	Yes	Yes	Yes							0									
BBQ Sauce (For all Bases except Gluten Free)	Yes	Yes	No	•	•			•		0									
BBQ Sauce (Gluten Free) (Only for Gluten Free Pizza Bases)	Yes	Yes	Yes			Ch	eese			0									
Mozzarella	Yes	No	Yes							•									
Goats' Cheese	Yes	No	Yes							•									
Triple Cheese Blend	Yes	No	Yes							•									
Vegan Ch**se	Yes	Yes	Yes							0									
					Р	izza 1	Горрі	ngs											
Chicken Breast	No	No	Yes							0									<u> </u>
Ham	No	No	Yes							0									
Pepperoni	No	No	Yes		•					0						•			
Beef	No	No	Yes		<20ppm			•		0									
Bacon	No	No	Yes							0									
Cup 'n' Crisp Pepperoni	No	No	Yes					•		0						•			
Spicy Pork Spicy 'Nduja	No No	No No	Yes Yes					•		0									\vdash
Pork Sausage	No	No	No	•						0			•						\vdash
Black Olives	Yes	Yes	Yes							0			_						H
Peppers	Yes	Yes	Yes							0									T
Mushrooms	Yes	Yes	Yes							0									
Red Onions	Yes	Yes	Yes							0									
Caramelised Onions	Yes	Yes	Yes							0			•						\perp
Sweetcorn	Yes	Yes	Yes							0									
Cherry Tomatoes	Yes	Yes	Yes							0									-
Pineapple	Yes	Yes	Yes Yes							0									\vdash
Rocket Spinach	Yes	Yes Yes	Yes							0									\vdash
Roquito® Chilli Peppers	Yes	Yes	Yes							0									\vdash
Jalapeños	Yes	Yes	Yes							0									\vdash
Green Chilli	Yes	Yes	Yes							0									
Gherkins	Yes	Yes	Yes							0									
Go Extra Cheesy (Add Triple Cheese - a blend of Mozzarella, Monterey Jack and Red Leicester)	Yes	No	Yes							•									
Cordia Course d	V	NI.	Var		Piz	za dr	izzle 1	tinish											
Garlic Spread Dried Parsley	Yes	No Yes	Yes Yes				-	-	\vdash	0									\vdash
BBQ Drizzle (For all Bases except Gluten Free)	Yes	Yes	No	•	•			•		0									
BBQ Drizzle (Gluten Free) (Only for Gluten Free Pizzas) Burger Sauce Drizzle	Yes Yes	Yes No	Yes Yes							0									
Sour Cream Drizzle	Yes	No	Yes						•	•						•			\vdash
Balsamic Drizzle	Yes	Yes	Yes							0			•						
Hot Honey Drizzle	Yes	No	Yes							0									

PZH4798~16442 PRINTED IN MAR 2025 PAGE 3

FOOD ALLERGIES
If you, or anyone with you today has a food allergy please ask a member of the team for our Allergen Guide, or scan the QR code for the full Dietary Information Booklet. We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy.



le to risk of cross-contamination they may o			he '•' indica	ites that	the alle	raen is	con	tainoc	l and i	orocont	in this its	am.						in Mar.	
The 'o' means that this allergen is present	in the m												that this	allergen	could cr	oss-cor	ntamina	te the fo	ood.
		Suitable	for?		Cerea														
	Vegetarians	Vegans / Plant Based	Coeliacs (contains less than 20ppm of gluten)	con	taining		en	g g		Milk (e.g. cheese)	Fish / shellfish	SC	Sulphites above 10 ppm	ae m	2	ard	<u>u</u>	uts	U.
Dish Name	geta	/egai	Coeli ntain n 20p glute	Wheat	Barley	Rye	Oats	Soya	Egg	g.ch	l sh	Mollusc	ulph ve 1	Sesame	Celery	Mustard	Lupin	Peanuts	Į,
	>		(co than	>	Ba		0			e)	Į.		abo						
Allergen Information for Pizza			nbinations s does not											r in the	base y	ou hav	e chos	en.	
BBQ Americano	No	No	Yes	<20ppm	<20ppm			•		•									
Beef Burger	No	No	Yes		<20ppm			•	•	•						•			
Breaded Chicken Burger	No	No	No	•	Zoppiii				•	•					•	•		0	
Chicken & Bacon Club	No	No	No	•	•			•	•	•						•			
Chicken Fajita	No	No	Yes						•	•						•			
Chicken Sizzler Chicken Supreme	No No	No No	Yes Yes							•									
Farmhouse	No	No	Yes							•									
Hawaiian	No	No	Yes							•									
Hot Honey Pepperoni Feast	No	No	Yes					•		•						•			-
Margherita Most Food	Yes	No	Yes		•					•									-
Meat Feast	No	No	Yes		<20ppm			•		•						•			-
Meat Feast Sizzler	No	No	Yes		<20ppm			•		•						•			-
Pepperoni Pepperoni Feast	No No	No No	Yes Yes					•		•						•			
Pepperoni & Spicy 'Nduja	No	No	Yes					•		•						•			
Supreme	No	No	Yes		<20ppm			•		•						•			
The G.O.A.T.	Yes	No	Yes							•			•						
The Spicy G.O.A.T.	Yes	No	Yes							•									
Veggie Burger	Yes	No No	Yes Yes						•	•						•			\vdash
Veggie Supreme Veggie Sizzler	Yes	No	Yes							•									
Vegan Margherita	Yes	Yes	Yes							0									
Vegan Veggie Supreme	Yes	Yes	Yes							0									
Vegan Veggie Sizzler	Yes	Yes	Yes							0									
Virtuous Veg Flatbread	Yes	No No	ombinatio No	ns (Tor	nato sa	uce I	base	unles	s sta	ted oth	erwise	on the	menu)						Т
Vegan Virtuous Veg Flatbread	Yes	Yes	No	•	0	0	0	•		0			•						
Chicken Delight Flatbread	No	No	No	•	0	0	0	•	•	•						•			
The Little G.O.A.T. Flatbread	Yes	No	No	•	0	0	0	•		•			•						
BBQ Chicken 'N' Ham Flatbread	No	No	No	•	<20ppm		0	•		•									L
	Т	Т		1	•		lelts	П											_
Meat Feast Melt	No	No	No	•	<20ppm	0	0	•		•						•			
Pepperoni Melt BBQ Chicken Melt	No	No	No	•	0	0	0	•		•						•			-
(served with BBQ sauce) Toasted Three Cheese Melt	No Yes	No No	No No	•	<20ppm	0	0	•		•									\vdash
Fries (served with Melts for dine in)	Yes	No	No	•	0	U	U	•		0									\vdash
Marinara Sauce	Yes	No	No							0									
Manushautta		- N-	N.	1	Т	Buffe	Т		1		Г								_
Margherita Pepperoni	Yes	No No	No No	•	0	0	0	•		•						•			-
BBQ Americano	No	No	No	•	•	0	0	•		•						_			\vdash
Beef Burger	No	No	No	•	<20ppm	0	0	•	•	•						•			
Veggie	Yes	No	No	•	<20ppm	0	0	•		•						-			
Veggie Hot	Yes	No	No	•	0	0	0	•		•									
Hawaiian	No	No	No	•	0	0	0	•		•									
Hot Honey Pepperoni Feast Classic Chicken	No No	No No	No No	•	0	0	0	•		•						•			-
Spicy Chicken	No	No	No	•	0	0	0	•		•									
Three Cheese & Caramelised Onion	Yes	No	No	•	0	0	0	•		•			•						
BBQ Beef & Onion	No	No	No	•	<20ppm	0	0	•		•									
The G.O.A.T.	Yes	No	No	•	0	0	0	•		•			•						
Chicken Feast	No No	No	No	•	0	0	0	•		•									-
Pepperoni & Spicy 'Nduja The Spicy G.O.A.T.	No Yes	No No	No No	•	0	0	0	•		•						•			
· ·	<u> </u>	_							<u> </u>										1
Chicken & Bacon Club	No	No	No	•	•	0	0	•	•	•						•			_

PRINTED IN MAR 2025 PAGE 4 PZH4798~16442

FOOD ALLERGIES

If you, or anyone with you today has a food allergy please ask a member of the team for our Allergen Guide, or scan the QR code for the full Dietary Information Booklet. We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy.



		Т	he '•' indica	tes that	the alle	rgen is	cont	tained	l and p	oresent i	in this it	em.							
The 'o' means that this allergen is present				tory/sup	ply chai	n, ther	efore	our si	upplier	s believe	e there i	is a risk	that this a	allergen	could cı	ross-cor	ntamina	te the fo	od.
		Suitable	less m of	con	Cerea		en			(es	lfish		ss mdc	Ф		-		ø	
Dish Name	Vegetarians	Vegans / Plant Based	Coeliacs (contains less than 20ppm of gluten)	Wheat	Barley	Rye	Oats	Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphites above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
	>		tha	<u> </u>						٥	E S		ab o						
Garlic Breadsticks	Yes	Yes	No	•	0	Buffe	O	•		0									
Cheesy Garlic Breadsticks	Yes	No	No	•	0	0	0	•		•									
Tomato Pasta	Yes	Yes	No	•				•		0					•				
Four Cheese & Broccoli Pasta	Yes	No	No	•		P:	asta	•		•									
Lasagne	No	No	No	•	•		Jotu		•	•									
Classic Mac 'N' Cheese	Yes	No	No	•	•					•						•			
				D' (& Me													
Original Pan base	Yes	Yes	No	Pizza (with u	o	onec	tom	ato sa	o						Π			
Thin base	Yes	Yes	No	•	0	0	0	•		0									
Gluten Free base	Yes	Yes	Yes							0									
Mozzarella	Yes	No	Yes							•									
Vegan Ch**se Chicken Breast	Yes No	Yes No	Yes Yes							0									
Ham	No	No	Yes							0									
Pepperoni	No	No	Yes							0						•			
Beef	No	No	Yes		<20ppm			•		0									
Bacon	No	No	Yes		\20ppiii					0									
Spicy Pork	No	No	Yes					•		0									
Spicy 'Nduja	No	No	Yes							0									
Pork Sausage	No	No	No	•						0			•						
Black Olives	Yes	Yes	Yes							0									
Peppers	Yes	Yes	Yes							0									
Mushrooms Red Onions	Yes Yes	Yes	Yes Yes							0									
Caramelised Onions	Yes	Yes	Yes							0			•						
Sweetcorn	Yes	Yes	Yes							0			_						
Cherry Tomatoes	Yes	Yes	Yes							0									
Pineapple	Yes	Yes	Yes							0									
Rocket	Yes	Yes	Yes							0									
Spinach	Yes	Yes	Yes							0									
Gherkins	Yes	Yes	Yes							0									
Roquito® Chilli Peppers Jalapeños	Yes Yes	Yes Yes	Yes Yes							0									
Jaiapenos	103	103	163			Ma	ains			0									
Spaghetti Bolognese	No	No	No	•	•					0									
Mac 'N' Cheese	Yes	No	No	•	•					•						•			
Chicken 'N' Fries	No	No	No	•				•		0					•			0	
Vegan Southern Fried Nuggets 'N' Fries	Yes	No	No	•						0									
Fries	Yes	No	No	•		Si	des			0									
Onion Rings	Yes	No	No	•						0									
Mini Corn on the Cob	Yes	Yes	Yes					•		0									
Garlic Bread	Yes	No	No	•				0		0									
						Dr	inks												
Milk	Yes	No	Yes							•						-			
Apple Juice / Orange Juice Fruit Shoots - All Flavours	Yes Yes	Yes Yes	Yes Yes	Refer	directly	to the	e sun	plier -	- W/W/W	.fruitsho	ot.com	1							
			All four	tain dr	rinks co	ontair	n a sc	ource	of Ph	nenylala	anine.								
7UP Zero / Pepsi Max / Diet Pepsi	Yes	No	Yes Yes									co.uk, 7	UP - ww	w.7up.c	o.uk				
Tango Orange / Tango Apple Robinsons Squash - All flavours	Yes Yes	No Yes	Yes							.tango.c		ash.co.ı	uk/our-pr	oducts					
							serts												
Chocolate Brownie (Served with Vanilla Ice Cream and Chocolate Sauce)	Yes	No	Yes					•	•	•									0
Chilly Billy Apple & Blackcurrant Ice Lolly	Yes	Yes	Yes																0
Mini Donuts with Raspberry Dip Mini Donuts with Chocolate Dip	Yes Yes	No No	No No	•			•	•	•	•						-			
Same Designation on occide Dip	, , , ,	.110			Ice	Crea			_	_									
Ice Cream Mix	Yes	No	Yes							•									
Raspberry Sauce Chocolate Sauce	Yes Yes	Yes No	Yes Yes					•		0									
Bubblegum Sauce	Yes	Yes	Yes					Ĭ		0									
Strawberry Crunch	Yes	No	Yes					_		0									
Milk Chocolate Beans Milk Chocolate Chips	Yes Yes	No No	Yes Yes					•	\vdash	•									
Gold Stars	Yes	No	Yes					0		0									
Mixed Coloured Stars	Yes	Yes	Yes							0									
Mixed Chocolate Chips Triple Chocolate Chunks	Yes Yes	No No	Yes Yes					•	0	•									
Marshmallows	Yes	No	Yes					0	Ĭ	0									
Gold Fudge	Yes	No	Yes					0		•									

PZH4798~16442 **PRINTED IN MAR 2025 PAGE 5**

FOOD ALLERGIES

If you, or anyone with you today has a food allergy please ask a member of the team for our Allergen Guide, or scan the QR code for the full Dietary Information Booklet. We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy.



Dish Name Chocolate Chip Cookie Dough Vhite Chocolate & Caramel Cookie Dough S'mores Cookie Dough	Vegetarians	Vegans / primary Plant Based	of C	con	Cerea					•	ų,		F						_
Chocolate Chip Cookie Dough Vhite Chocolate & Caramel Cookie Dough	Vegetarians	jans / Based	acs s less pm c	con							(A)								
Vhite Chocolate & Caramel Cookie Dough		Veg	Coeliacs (contains les than 20ppm (gluten)	Wheat	Barley	Rye	Oats	Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphites above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
Vhite Chocolate & Caramel Cookie Dough		Hot Co	ookie Dou		Sizes	Serve	ed wi	th Va	nilla	Ice Cre	am and	Sauce							
	Yes	No	No	•				•	0	•									0
S'mores Cookie Dough	Yes	No	No	•				•	0	•									0
	No	No	No	•				•	0	•									0
Loaded Cookie Dough made with KitKat®	Yes	No	No	•	•			•	0	•									0
Loaded Cookie Dough made with ROLO®	Yes	No	No	•				•	0	•									0
			1			Des	serts												_
I Can't Believe It's Not Cheesecake	Yes	Yes	No	•				•	0	0			0						0
So Scoffable Biscoff® Cheesecake & Ice Cream	Yes	No	No	•				•	0	•			•						0
Chocolate Brownie & Ice Cream	Yes	No	Yes					•	•										0
(Served with chocolate sauce)										_									+
Mini Donuts with Raspberry Dip	Yes	No	No	•			•	•	•	•									+-
Mini Donuts with Chocolate Dip	Yes	No	No	•			•	•	•	•									+-
Chilly Billy Apple & Blackcurrant Ice Lolly	Yes	Yes	Yes		D.	ssert /	۸ دا ما ۰	tions											0
Vanilla los Crosm	Voc	No	Voc		De	ssert	Adai	uons											
Vanilla Ice Cream	Yes	No	Yes							•									\vdash
Take Away Vanilla Ice Cream Chocolate Sauce	Yes	No No	Yes Yes							•							-		_
Salted Caramel Sauce	Yes	No	Yes					•		•									+
Saited Caramer Sauce	163	INU	165			Dri	inks			•									_
						Soft I		·e	_										
			All four	ntain dr	inks co				of Pi	nenvial	anine								
7UP Zero / Pepsi Max / Diet Pepsi	Yes	No	Yes							-		coluk 7	UP - ww	w 7un c	n uk				
Tango Orange / Tango Apple	Yes	No	Yes							.tango.		, <i>1</i>	01 1111	**. r up.c	o.uit				
Flavour Shots – Cherry/Vanilla/Lime/				110.0.			Joup	50.		rtango.	Jo. air								Т
Strawberry	Yes	No	Yes																
Robinsons Squash - All Flavours	Yes	Yes	Yes	Refer	directly	to the	sup	olier											
Belu Still / Sparkling Water	Yes	Yes	Yes	Refer	directly	to the	sup	olier -	Belu	- www.	belu.or	9							
Lipton Peach Ice Tea	Yes	Yes	Yes	Refer	directly	to the	sup	olier -	Lipto	n - ww\	v.liptoni	cedtea.	com						
Bottle of Pepsi	Yes	Yes	Yes	Refer	directly	to the	sup	olier -	Peps	si - www	.pepsi.	co.uk							
Irn Bru	Yes	Yes	Yes	Refer	directly	to the	sup	olier -	A.G.	Barr - v	vww.ag	barr.co.	uk						_
Apple Juice / Orange Juice	Yes	Yes	Yes																
J2O - All Flavours	Yes	Yes	Yes							· www.jź			.11						
Gingerella Soda Folk – Cream Soda	Yes	Yes	Yes										ola.co.uk						
Bottle of 7UP Zero / Pepsi Max / Pepsi	Yes	Yes	Yes									odafolk.		7.10.0					
	Yes Yes	Yes	Yes Yes									co.uk, 7	UP - ww	w. rup.c	o.uk				
Bottle of Tango Orange	Yes	No								tango.		00 uk							
Bottle of Diet Pepsi	165	INU	Yes	I veiel	un ecuy	Hot E			, eps	si - www	papsi.i	oo.uk							
Black Tea	Yes	Yes	Yes			L	K	,											
Tea with Milk	Yes	No	Yes							•									\vdash
Hot Chocolate	Yes	No	Yes							•									+
Black Americano	Yes	Yes	Yes																_
Americano with Milk	Yes	No	Yes							•									+
Caffe Latte	Yes	No	Yes							•									\top
Cappuccino	Yes	No	Yes							•									
Espresso Shot	Yes	Yes	Yes																
					Al	cohol	ic Dr	inks									•		
NICE Wine Sauvignon /	Yes	Yes	Yes	Please	e see si	ide of	the w	ine c	an										
Pale Rosé / Merlot																			
Pinot Grigio / Merlot / White Zinfandel	No	No	Yes	†									newclark						
Prosecco	No	No	Yes										newclark			direct: "			
Budweiser San Minus	Yes	Yes	No	_									er.com/er	ı/compa	any/prod	ucts/b	uaweise	er.	
San Miguel	Yes	Yes	No										iel.com						
BrewDog Punk IPA	Yes	Yes	No									ewDog.		k/fo'					
Kopparberg Strawberry & Lime	Yes	Yes	Yes										erg.co.u						
Kopparberg Mixed Fruit Tropical	Yes	Yes	Yes										erg.co.u		duca				
Bulmers Camden Pale Ale	Yes	Yes	Yes No										.uk/nutrit						
Magners	Yes No	No	Yes									gners.c	mdentov	viblew	ery.com				
พเฉนาเอเจ	INU	INU	168	I veiel		Alcoh			iviay	1015 - W	vv vv.iiid	911015.0	o.un						

PZH4798~16442 PRINTED IN MAR 2025 PAGE 6

FOOD ALLERGIES

	Sides
	Fries Detectors Supflances il Wheet (Cluter) flanc Salt Modifical stock Spices (black papers whill papers) Cadia pander Opina pander Deising appete (E450(i) E500(ii)) Voc
Fries	Potatoes, Sunflower oil, Wheat (Gluten) flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeas extracts, Spice extracts (paprika, black pepper), Dextrose.
Fries	Cheesy Fries Potatoes, Sunflower oil, Wheat (Gluten) flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeas extracts, Spice extracts (paprika, black pepper), Dextrose.
Cheese Sauce	Water, Cheese (pasteurized cow's MILK (EU), salt, starter culture, microbial rennet, colour: carotenes), Modified starch, Emulsifying salts (diphosphates, polyphosphates), Vegetable oil (palm oil), Yeast extract, salt, Dried red pepper, thickener: sodium alginate, preservatieve: potassium sorbate, dried jalapeno pepper, Colour (paprika extract,
Garlic Sprinkle	beta-caroten Maltodextrin, Cheese Powder (from Milk), Salt, Vegetable Oil, Dried Garlic, Dried Parsley, Anti-Caking Agent (Silicon Dioxide).
Crispy Onions	Onion, Palm Oil, Wheat Flour, Salt
Onion Rings	Onion Rings Diced Onions (53%), Wheat flour, Vegetable oils (rapeseed, sunflower, in varying proportions), Gelling agent (E401), Salt, Yeast, Sugar, Flavouring (Paprika extract; Turmeric putset)
	extract) Garlic Bread
Garlic Bread	Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Fat Spread (17%) [Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Flavouring, Colour (Carotenes)], Garlic (3%) (Puree and Chopped), Yeast, Salt, Oregano, Preservative (Calcium Propionate), Lemon Juice, Flour Treatment Agent (Ascorbic Acid), Enzymes (contains Wheat). May contain Soya and Milk.
	Garlic Bread with Cheese
Garlic Bread	Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Fat Spread (17%) [Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Flavouring, Colour (Carotenes)], Garlic (3%) (Puree and Chopped), Yeast, Salt, Oregano, Preservative (Calcium Propionate), Lemon Juice, Flour Treatment Agent (Ascorbic Acid), Enzymes (contains Wheat). May contain Soya and Milk.
Mozzarella Cheese (optional)	Mozzarella Cheese (Pasteurised Milk, Salt, Lactic Cultures), Potato Starch.
	Mozzarella Sticks
Mozzarella Sticks	Breading (52%) (Wheat Flour, Water, Sunflower Oil, Maize Starch, Salt, Yeast, Potato Flake, Dehydrated Onion, Pea Protein, Dehydrated Parsley, Raising Agents (E450, E500) Stabiliser (E461), Black Pepper, Garlic Powder, Flavourings, Dextrose, Colour (E101)), Mozzarella Cheese (48%)(Milk) (contains Anti-Caking Agent(Potato Starch)).
	Cheesy Triangles
Cheesy Triangles	Processed cheese (Milk) (57%) [FDM (45%), Rennet from microbiological Origin] [Cheese (Milk) (65%), Water, Butter (Milk), Milk protein, Maize starch, Emulsifying salts (E452, E331), Salt, Thickener (E407)], Flour (Wheat, Maize), Water, Rapeseed oil, Modified maize starch, Salt, Milk protein (Milk), Yeast, Parsley, Raising agents (E450, E500), Garlic powder, Onion powder.
	Halloumi Fries
Halloumi Fries	Halloumi Cheese (MILK) (67%) ((Cows MILK, Sheeps MILK, Goats MILK, Mint), Stabiliser (E461)), Vegetable Oils (Rapeseed, Sunflower)- in varying proportions, Water, Batter (WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Modified Starch, Maize Flour, Raising Agents (E450, E500), Dextrose, Red Bell Pepper, Quinoa, WHEAT Gluten, Parsley), Rusk (WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Salt)
	Mini Corn on the cob
Corn on the cob	Sweetcorn.
Vegetable oil spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471). Cheesy Bite Bites
Stuffed Crust Dough	Ingredients: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Rapeseed Oil, Salt, Emulsifiers: Diacetyl Tartaric Acid Ester of Mondand Diglycerides of Fatty Acids (E472e), Mono- and Diglycerides of Fatty Acids (E471); Flour Treatment Agent: Ascorbic Acid (E300).
Vegetable Oil Spray String Cheese for Crust	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471). Mozzarella (Pasteurised Milk, Salt, Cultures), Potato Starch
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. <i>may contain milk</i> Loaded Sweet Chilli Cheesy Bite Bites
Stuffed Crust Dough	Ingredients: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Rapeseed Oil, Salt, Emulsifiers: Diacetyl Tartaric Acid Ester of Mondand Diglycerides of Fatty Acids (E472e), Mono- and Diglycerides of Fatty Acids (E471); Flour Treatment Agent: Ascorbic Acid (E300).
Vegetable Oil Spray String Cheese for Crust	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471). Mozzarella (Pasteurised Milk, Salt, Cultures), Potato Starch
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. <i>may contain milk</i>
Triple Cheese Blend	Mozzarella (Pasteurised Milk, Salt, Starter Cultures, Potato Starch), Red Leicester (Pasteurised Milk, Salt, Starter cultures, Annatto (E160b), Monterey Jack (Pasteurised Milk, Salt, Starter Cultures)
Sweet Chilli	Water, Glucose-Fructose Syrup, Sugar, Modified Maize Starch, Spirit Vinegar, Acidity Regulator (Acetic Acid), Dried Red Bell Peppers, Dried Garlic, Tomato Paste, Dried Crushed Chillies, Salt, Preservative (Potassium Sorbate), Colour (Paprika Extract)
Sliced Roquito Peppers	Red Roquito® Jalapeño Pepper, Sugar, Water, Vinegar
Stuffed Crust Dough	Ingredients: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Rapeseed Oil, Salt, Emulsifiers: Diacetyl Tartaric Acid Ester of Moncard Dialycerides of Eathy Acid (6472a), Moncard Dialycerides of Eathy Acid (6472b), Flour Treatment Agent: Accordic Acid (6300)
Vegetable Oil Spray	and Diglycerides of Fatty Acids (E472e), Mono- and Diglycerides of Fatty Acids (E471); Flour Treatment Agent: Ascorbic Acid (E300). Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
String Cheese for Crust	Mozzarella (Pasteurised Milk, Salt, Cultures), Potato Starch Reduced Est Serged Margazina (Vagatable Cile (Papagod Cil Palm Cil) Water Salt Emploifier (Managand Di Chronides of Eathy Acids). Procenting (Papagod Cil Palm Cil)
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene), Garlic Purée (12%), Parsley (1.5%), Facility Regulator Citric Acid. may contain milk Mazzardia (Partourised Milk Salt States Cultures Parton State), Partourised Milk Salt States Cultures Aparto (Fight), Montare University (Partourised Milk Salt States Cultures Aparto (Fight), Montare University (Partourised Milk Salt States Cultures Aparto (Fight), Montare (Martourised Milk Salt States Cultures Aparto (Fight), Montare (Fight), Milk (Fight), Montare (Fight), Montare (Fight), Montare (Fight), Montare (Fight), Montare (Fight), Milk (Fight), Montare (Fight), Montare (Fight), Milk (Fight), Montare (Fight), Montare (Fight), Milk (Fight), Milk (Fight), Montare (Fight), Milk (Fight), Montare (Fight), Milk (Fight), Montare (Fight), Milk (Fight), Mil
Triple Cheese Blend	Mozzarella (Pasteurised Milk, Salt, Starter Cultures, Potato Starch), Red Leicester (Pasteurised Milk, Salt, Starter cultures, Annatto (E160b), Monterey Jack (Pasteurised Milk, Salt, Starter Cultures)
Bacon	Pork (90%), Water, Salt, Smoke Flavourings, Stabilisers (E450, E451), antioxidant (E301), Preservative (E250). Formed from cuts of pork with added water

FOOD ALLERGIES

We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, even after removing specific items on request.

Nhilst our vegan items have vegan recipes,	due to risk of cross-contamination they may contain dairy
	Loaded Smashburger Cheesy Bite Bites Ingredients: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Rapeseed Oil, Salt, Emulsifiers: Diacetyl Tartaric Acid Ester of Mono-
Stuffed Crust Dough	and Diglycerides of Fatty Acids (E472e), Mono- and Diglycerides of Fatty Acids (E471); Flour Treatment Agent: Ascorbic Acid (E300).
Vegetable Oil Spray String Cheese for Crust	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471). Mozzarella (Pasteurised Milk, Salt, Cultures), Potato Starch
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate),
·	Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. <i>may contain milk</i> Mozzarella (Pasteurised Milk, Salt, Starter Cultures, Potato Starch), Red Leicester (Pasteurised Milk, Salt, Starter cultures, Annatto (E160b), Monterey Jack (Pasteurised Milk,
Triple Cheese Blend	Salt, Starter Cultures)
Beef (with added Soya protein)	Beef, Beef Fat, Water, Soya Protein, Seasoning (Modified Potato Starch, Salt, Dextrose, Yeast Extract, Spices, Stabiliser (E407), Garlic Powder, Onion Powder, Spirit Vinegar Solids, Acidity Regulator (E330), White Sugar, Flavouring, Spice Extract), Roasted Barley* Malt Extract *Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')
Red Onion Gherkins	Red Onions Gherkins, Water, Spirit Vinegar, Salt
Burger Sauce	Rapeseed Oil, Water, Sugar, EGG Yolk, Modified Maize Starch E1422, Tomato Paste, Salt, MUSTARD Flour, Acidity Regulator: E260, Spirit Vinegar, Paprika, Natural Dill Flavouring [Salt, Flavouring Preparation (Dill Extract), Silicon Dioxide (E551)], Horseradish Powder, Stabiliser: Xanthan Gum E415, Dried Onion, Natural Tarragon Flavouring with other Natural Flavourings [Salt, Flavouring Preparation (Tarragon Extract), Silicon Dioxide (E551)], Preservative: Potassium Sorbate E202, Natural Flavouring [Salt, Flavouring Preparations, Silicon Dioxide (E551), Propylene Glycol (E1520)], Natural Paprika Flavouring [Extractives of Paprika, Sunflower Oil], Lactic Acid E270, Cayenne Pepper, Black Pepper, Antioxidant: Calcium Disodium EDTA E385 Chicken Wings
Chicken Wings	Chicken, Sugar, Salt, Potato Starch, Dextrose, Maize Flour, Onion Powder, Fructose, Yeast Extract, Garlic Powder, Smoke Flavouring, Cornflour, Cayenne Pepper, Black Pepper Honey Powder, Paprika Extract, Rapeseed Oil, Flavouring, Cocoa Powder, Black Pepper Extract, Pimento Extract, Sage Extract, Sunflower Oil. Hot Honey Chicken Wings
Chicken Wings	Chicken, Sugar, Salt, Potato Starch, Dextrose, Maize Flour, Onion Powder, Fructose, Yeast Extract, Garlic Powder, Smoke Flavouring, Cornflour, Cayenne Pepper, Black Pepper
Spicy Honey Drizzle	Honey Powder, Paprika Extract, Rapeseed Oil, Flavouring, Cocoa Powder, Black Pepper Extract, Pimento Extract, Sage Extract, Sunflower Oil. Honey (99.98%), Chilli Extract (0.02%)
Chilli Flakes	Crushed Chillies
	Breaded Chicken Tenders Chicken Inner Fillet (58%), Water, WHEAT Flour, Rice Flour, Breadcrumb (WHEAT Flour, Dextrose, Fully Refined Soybean Oil, Salt, Yeast), WHEAT Starch, WHEAT Gluten, Fully Refined Soybean Oil, Salt, Yeast), WHEAT Starch, WHEAT Gluten, Fully Refined Soybean Oil, Salt, Yeast), WHEAT Starch, WHEAT Gluten, Fully Refined Soybean Oil, Salt, Yeast), WHEAT Starch, WHEAT Gluten, Fully Refined Soybean Oil, Salt, Yeast), WHEAT Starch, WHEAT Gluten, Fully Refined Soybean Oil, Salt, Yeast), WHEAT Starch, WHEAT Gluten, Fully Refined Soybean Oil, Salt, Yeast), WHEAT Starch, WHEAT Gluten, Fully Refined Soybean Oil, Salt, Yeast), WHEAT Starch, WHEAT Gluten, Fully Refined Soybean Oil, Salt, Yeast), WHEAT Starch, WHEAT Gluten, Fully Refined Soybean Oil, Salt, Yeast), WHEAT Starch, WHEAT Gluten, Fully Refined Soybean Oil, Salt, Yeast), WHEAT Starch, WHEAT Gluten, Fully Refined Soybean Oil, Salt, Yeast), WHEAT Starch, WHEAT Gluten, Fully Refined Soybean Oil, Salt, Yeast), WHEAT Starch, WHEAT Gluten, Fully Refined Soybean Oil, Salt, Yeast), WHEAT Starch, WHEAT Gluten, Fully Refined Soybean Oil, Salt, Yeast), WHEAT Starch, WHEAT Gluten, Fully Refined Soybean Oil, Salt, Yeast), WHEAT Starch, WHEAT Gluten, Fully Refined Soybean Oil, Salt, Yeast), WHEAT Starch, WHEAT Starc
Chicken Strips	Refined Soybean Oil, Salt, Garlic Powder, Maltodextrin, Yeast Extract (contains Salt), Raising Agents (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Spices (Black Pepper, CELERY, Turmeric), Sugar, Onion Powder, Refined Sunflower Oil, Dextrose, Spice Extract (Black Pepper, Capsicum, CELERY), Acidity Regulator (Citric Acid), Vegetable Oils (Palm, Rice Bran), Modified Starches, Stabiliser (E451), Raising Agents (E450, E500).
Chicken Strips	Hot Honey Breaded Chicken Tenders Chicken Inner Fillet (58%), Water, WHEAT Flour, Rice Flour, Breadcrumb (WHEAT Flour, Dextrose, Fully Refined Soybean Oil, Salt, Yeast), WHEAT Starch, WHEAT Gluten, Fully Refined Soybean Oil, Salt, Garlic Powder, Maltodextrin, Yeast Extract (contains Salt), Raising Agents (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Spices (Black Pepper, CELERY, Turmeric), Sugar, Onion Powder, Refined Sunflower Oil, Dextrose, Spice Extract (Black Pepper, Capsicum, CELERY), Acidity Regulator (Citric Acid), Vegetable Oils (Palm, Rice Bran), Modified Starches, Stabiliser (E451), Raising Agents (E450, E500).
Spicy Honey Drizzle Chilli Flakes	Honey (99.98%), Chilli Extract (0.02%) Crushed Chillies
	Dips & Bits Station
Heinz BBQ Sauce Heinz Tomato Ketchup Chilli Flakes	Tomato puree, spirit vinegar, sugar, molasses, water, modified cornflour, salt, spices, garlic, thickener (xanthan gum), smoke flavouring, flavourings Tomatoes (148 g per 100 g ketchup), spirit vinegar, sugar, salt, spice and herb extracts (contains celery), spice Crushed Chillies
	Dine In Dip Pots Rapeseed Oil, Water, Spirit Vinegar, Dextrose, EGG Yolk, Yoghurt Powder, Onion Powder, Salt, Chives, Acidity Regulator (Lactic Acid), MILK Protein, Stabilisers (Xanthan Gum,
Sour Cream	Guar Gum), Modified Starch, Preservative (Potassium Sorbate), MUSTARD Flour, Calcium Disodium EDTA.
Sweet Chilli Hot Honey	Water, Glucose-Fructose Syrup, Sugar, Modified Maize Starch, Spirit Vinegar, Acidity Regulator (Acetic Acid), Dried Red Bell Peppers, Dried Garlic, Tomato Paste, Dried Crushed Chillies, Salt, Preservative (Potassium Sorbate), Colour (Paprika Extract) Honey, Birds Eye Chilli Extract (0.2%), Guajillo Chilli Extract (0.06%)
Burger Sauce Nacho Cheese	Rapeseed Oil, Water, Sugar, EGG Yolk, Modified Maize Starch E1422, Tomato Paste, Salt, MUSTARD Flour, Acidity Regulator: E260, Spirit Vinegar, Paprika, Natural Dill Flavouring [Salt, Flavouring Preparation (Dill Extract), Silicon Dioxide (E551)], Horseradish Powder, Stabiliser: Xanthan Gum E415, Dried Onion, Natural Tarragon Flavouring with other Natural Flavouring [Salt, Flavouring Preparations, Silicon Dioxide (E551)], Propylene Glycol (E1520)], Natural Paprika Flavouring [Extractives of Paprika, Sunflower Oil], Lactic Acid E270, Cayenne Pepper, Black Pepper, Antioxidant: Calcium Disodium EDTA E385 Water, Cheese (pasteurized cow's MILK (EU), salt, starter culture, microbial rennet, colour: carotenes), Modified starch, Emulsifying salts (diphosphates, polyphosphates), Vegetable oil (palm oil), Yeast extract, salt, Dried red pepper, thickener: sodium alginate, preservatieve: potassium sorbate, dried jalapeno pepper, Colour (paprika extract,
Nacrio Crieese	beta-caroten
	Takeaway Dip Pots Poficed State Oil Webs Spirit Viscos Supply Code Internal biological State Medicine Shellow Meeterd Speed Thickness
Heinz Garlic Sauce Dip Pot	Refined Soya Oil, Water, Spirit Vinegar, Sugar, Garlic, Lemon Juice (from concentrate), Modified Starch, Egg Yolk, Salt, Garlic Juice, Shallots, Mustard Seeds, Thickener (Xanthan Gum), Preservative (Potassium Sorbate), Chives, Celery Juice, Onion, Garlic Extract, Spices, Flavouring, Antioxidant (Calcium Disodium EDTA).
Heinz BBQ Sauce Dip Pot	Tomato Purée, Spirit Vinegar, Sugar, Molasses, Water, Modified Starch, Salt, Spices, Garlic, Thickener: Xanthan Gum; Smoke Flavouring, Flavouring.
Heinz Sweet Chilli Dip Pot	Sugar, water, spirit vinegar, modified cornflour, garlic, chillies, red peppers, tomato paste, salt, spice Salad Station Dressed Salad Lines
Potato Salad	Potato (64%), Water, Rapeseed oil, Spirit vinegar, Sugar, White wine vinegar, Onion, Pasteurised liquid whole Egg , Salt, Chive, Stabilisers (Guar gum, Xanthan gum), Cornflour, Mustard flour, Preservative (Potassium sorbate), Concentrated Lemon Juice.
Coleslaw	Cabbage (59%), Rapeseed oil, Water, Carrot (6%), White wine vinegar, Pasteurised liquid whole Egg , Sugar, Onion, Spirit vinegar, Salt, Stabilisers (Guar gum, Xanthan gum), Preservative (Potassium sorbate), Mustard flour, Concentrated lemon juice. Sweetcorn. Water
Sweetcorn Diced Beetroot	Beetroot, Acetic Acid
Jalapeños Roquito® Chilli Peppers Black Olives	Jalapeno Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509). Red Roquito® Jalapeño Pepper, Sugar, Water, Vinegar Water, Olives, Salt, Stabiliser (Ferrous Gluconate)
Lettuce Mix	Fresh Salad Lines Iceberg and Cos Lettuce
Cherry Tomatoes	Cherry Tomatoes
Cucumber Mixed Peppers	Cucumbers Green Peppers, Red Peppers, Yellow Peppers
Red Onion	Red Onions
Shredded Carrot	Carrots Spinach
Spinach Rocket	Spinach Rocket Leaves
	Dried Items
Smoky Flavour Sprinkles (Bacon Bits)	Fortified Wheat Flour, (Wheat Flour, Calcium Carbonate, Iron, Thiamine, Niacin), Palm Oil, Seasoning (Rusk (Contains Fortified Wheat Flour (Wheat Flour, Calcium Carbonate Iron, Thiamine, Niacin)), Flavourings (contains Soya, Barley), Colours (Beetroot Red, Paprika Extract, Plain Caramel), Yeast Extract Powder, Salt, Yeast Powder, Sugar, Barley Malt Flour, Hydrolysed Vegetable Protein (Soya), Smoked Salt), Salt, Yeast.
Croutons Tortilla Chips	Wheat Flour, Vegetable Oil, Salt, Yeast Maize Flour (Corn); Sunflower Oil; Salt
Crispy Onions	Onion, Palm Oil, Wheat Flour, Salt
Sultanas	Sultanas

Whilst our vegan items have vegan recipes,	due to risk of cross-contamination they may contain dairy
	Dressings & Dips
Thousand Island Dressing	Water, Rapeseed Oil, Glucose-Fructose Syrup, Spirit Vinegar, Tomato Paste, White Wine Vinegar, Modified Starch, Salt, Gherkins, Dried Onion, Lemon Juice Concentrate, Preservative (Potassium Sorbate), Stabilisers (Xanthan Gum, Guar Gum), Acidity Regulator (Lactic Acid), Dried Red Pepper, Dried Garlic, Dried Parsley, Colour (Paprika Extract), Natural Flavouring.
Blue Cheese Dressing	Rapeseed Oil, Water, Glucose-Fructose Syrup, White Wine Vinegar, Modified Starch, Salt, Natural Flavouring, Preservative (Potassium Sorbate), Dried Onion, Dried Garlic, Stabiliser (Xanthan Gum), Acidity Regulator (Lactic Acid), Dried Parsley.
Garlic Mayonnaise	Rapeseed Oil, Water, Spirit Vinegar, Glucose-Fructose Syrup, Salt, Garlic Powder, Modified Starch, Stabilisers (Xanthan Gum, Guar Gum), Preservative (Potassium Sorbate), Mustard Flour, Caramelised Sugar Syrup, Acidity Regulator (Lactic Acid).
Light Mayonnaise	Water, Rapeseed Oil (39%), Glucose-Fructose Syrup, Spirit Vinegar, Modified Starch, Salt, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Colour (Paprika Extract).
Ranch Dressing	Rapeseed Oil, Water, White Wine Vinegar, Glucose-Fructose Syrup, Dijon Mustard (Water, Mustard Seeds (29%), Spirit Vinegar, Salt, Acidity Regulator (Citric Acid), Preservative (Sodium Metabisulphite)), Modified Starch, Salt, Lemon Juice Concentrate, Dried Onion, Dried Garlic, Preservative (Potassium Sorbate), Cracked Black Pepper, Dried Parsley, Stabiliser (Xanthan Gum), Natural Flavouring.
Low Fat French Dressing	Water, Glucose-Fructose Syrup, White Wine Vinegar, Rapeseed Oil, Garlic Puree (Water, Dried Garlic, Acidity Regulator (Citric Acid)), Salt, Dijon Mustard (Water, Mustard Seed , Spirit Vinegar, Salt), Parsley, Stabilisers (Xanthan Gum, Guar Gum), Cracked Black Pepper, Dried Onion, Basil, Preservative (Potassium Sorbate), Caramelised Sugar Syrup, Acidity Regulator (Lactic Acid), White Pepper, Colour (Curcumin).
Salsa	Tomato Paste, Vegetables, Paprika, Onion, Water, Vinegar, Glucose-Fructose Syrup, Modified Starch, Salt, Herbs (Parsley, Oregano), Garlic, Spices, (Celery). Acid; Lactic Acid, Preservative, Potassium Sorbate, Sweetener, Saccharin.
Sour Cream	Rapeseed Oil, Water, Spirit Vinegar, Dextrose, EGG Yolk, Yoghurt Powder, Onion Powder, Salt, Chives, Acidity Regulator (Lactic Acid), MILK Protein, Stabilisers (Xanthan Gum, Guar Gum), Modified Starch, Preservative (Potassium Sorbate), MUSTARD Flour, Calcium Disodium EDTA.
	Pizza Builder Pizza Bases
	Original Pan
Orginal Pan	Wheat Flour, Water, Yeast: (Bakers Yeast, Rehydrating Agent; E190), Vegetable Rapeseed Oil, Salt, Premix: (Salt, Calcium Sulphate, Emulsifiers; E481, E472e, E471, Flour Treatment Agent E300, Enzyme (Alpha Amylase, Xylanase, Glucose Oxidase, Protease, Cellulase)), Sugar, Flour Treatment Agent (ascorbic acid E300).
Soya Oil	100% Refined Soya Oil Panesed oil Emploifer Soya Legithia (E222) Mana and Dialysprides Fathy Acid Ectors (E471)
Vegetable Oil Spray PLEASE NOTE: TH	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471). E SOYA OIL USED ON OUR PAN DOUGH PIZZA BASE DOES NOT CONTAIN ANY SOYA. THE SOYA OIL IS 100% REFINED, THEREFORE IS NOT ALLERGENIC. Handcrafted with Garlic Sprinkle
Handcrafted Dough	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Rice Flour, Dried WHEAT Sourdough, Dust Suppressant: Potato Starch, Sunflower Oil, WHEAT Flour; Thickener: Guar Gum; Flour Treatment Agent: Ascorbic Acid (E300).
Rice Cones Vegetable Oil	100% Rice. <i>May contain gluten.</i> Rapeseed Oil, Emulsifiers (Soy Lecithin (E322), Mono and Diglycerides Fatty Acid Esters (E471)).
Garlic Sprinkle	Maltodextrin, Cheese Powder (from Milk), Salt, Vegetable Oil, Dried Garlic, Dried Parsley, Anti-Caking Agent (Silicon Dioxide). Handcrafted without Garlic Sprinkle
Handcrafted Dough Rice Cones	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Rice Flour, Dried WHEAT Sourdough, Dust Suppressant: Potato Starch, Sunflower Oil, WHEAT Flour; Thickener: Guar Gum; Flour Treatment Agent: Ascorbic Acid (E300).
Vegetable Oil	100% Rice. May contain gluten. Rapeseed Oil, Emulsifiers (Soy Lecithin (E322), Mono and Diglycerides Fatty Acid Esters (E471)). Stuffed Crust
Stuffed Crust Dough	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Rapeseed Oil, Salt, Emulsifiers: Diacetyl Tartaric Acid Ester of Mono- and Diglycerides of Fatty Acids (E472e), Mono- and Diglycerides of Fatty Acids (E471); Flour Treatment Agent: Ascorbic Acid (E300).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471). Reduced Fat Spread Margarina (Acadable Oile (Papeseed Oil Palm Oil), Water Salt Emulsifier (Mapes and Di Chronides of Fatty Acids). Preconcitive (Papeseed Oil Palm Oil)
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. <i>may contain milk</i>
String Cheese for Crust	Mozzarella (Pasteurised Milk, Salt, Cultures), Potato Starch
Stuffed Crust Dough	Pepperoni Stuffed Crust WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Rapeseed Oil, Salt, Emulsifiers: Diacetyl Tartaric Acid Ester of Mono- and Diglycerides of Fatty Acids (E472e), Mono- and Diglycerides of Fatty Acids (E471); Flour Treatment Agent: Ascorbic Acid (E300).
Vegetable Oil Spray Garlic Spread	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471). Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate),
String Cheese for Crust	Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. <i>may contain milk</i> Mozzarella (Pasteurised Milk, Salt, Cultures), Potato Starch
Pepperoni	Pork Meat, Pork Fat, Salt, MUSTARD Powder, Dextrose, Flavouring, Smoke Flavouring, Rosemary Extract, Antioxidant (Sodium Ascorbate), Lactic Acid Starter Culture, Preservative (Sodium Nitrite). Made with 137g of pork per 100g of finished product. Cheesy Bites
Stuffed Crust Dough	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Rapeseed Oil, Salt, Emulsifiers: Diacetyl Tartaric Acid Ester of Mono- and Diglycerides of Fatty Acids (E472e), Mono- and Diglycerides of Fatty Acids (E471); Flour Treatment Agent: Ascorbic Acid (E300).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. <i>may contain milk</i>
String Cheese for Crust	Mozzarella (Pasteurised Milk, Salt, Cultures), Potato Starch
Gluten Free Dough	Gluten Free Gluten Free Blend (Tapioca Starch, Rice Flour, Maize Starch, Psyllium Husk Powder, Sugar, Buckwheat Flour, Thickeners (Xanthan Gum, Hydroxypropyl Methyl Cellulose), Salt), Water, Rapeseed Oil, Yeast, Pea Protein.
Pan Dough	Flatbread Wheat Flour, Water, Yeast: (Bakers Yeast, Rehydrating Agent; E190), Vegetable Rapeseed Oil, Salt, Premix: (Salt, Calcium Sulphate, Emulsifiers; E481, E472e, E471, Flour Treatment Agent E300, Enzyme (Alpha Amylase, Xylanase, Glucose Oxidase, Protease, Cellulase)), Sugar, Flour Treatment Agent (ascorbic acid E300).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Unseasoned Tomato Sauce (used	Pizza Base Sauces
on Gluten Free Bases, Flatbreads, Kids Pizza Bases)	Tomato Concentrate (Tomato Paste, Citric Acid).
Seasoned Tomato Sauce (used on Handcrafted, Original Pan, Stuffed Crust, Cheesy Bites)	Tomato Concentrate (Tomato Paste, Citric Acid), Sugar (White), Sugar, Herbs (Oregano, Basil, Marjoram, Thyme), Maltodextrin, Salt, Yeast Extract, Rapeseed Oil, Thickener (Guar Gum), Anti-Caking Agent (Silicon Dioxide).
BBQ Sauce (For all Bases except Gluten Free)	Water, Tomato Paste, Sugar, Spirit Vinegar, Glucose-Fructose Syrup, Soy Sauce (Water, Soya Extract [Water, Soya Beans, Salt, Wheat* Flour (With Calcium, Iron, Niacin (Vitamin B3), Thiamin (Vitamin B1))], Salt, Glucose, Spirit Vinegar, Barley* Malt Extract), Modified Maize Starch, Spices, Caramelised Sugar Syrup, Salt, Smoke Flavouring, Preservative (Potassium). *Below 20ppm*
BBQ Sauce (Gluten Free) - Only for Gluten-Free Pizza Bases	Water, Concentrated Tomato Purée (19%), Sugar, Spirit Vinegar, Modified Maize Starch, Salt, Ground Paprika, Colour (Plain Caramel), Smoke Flavouring, Dried Garlic, Onion Powder, Preservative (Potassium Sorbate), Chilli Powder.
Mozzarella Cheese	Cheese Mozzarella with added starch (Mozzarella Cheese (Milk, Salt, Cultures), Potato Starch)
Goats' Cheese	Goat Milk, Salt, Lactic Culture, Coagulant, Ripening Culture Mozzarella (Pasteurised Milk, Salt, Starter Cultures, Potato Starch), Red Leicester (Pasteurised Milk, Salt, Starter cultures, Annatto (E160b), Monterey Jack (Pasteurised Milk, Salt, Starter Cultures, Annatto (E160b), Monterey Jack (Pasteurised Milk, Salt, Starter Cultures, Annatto (E160b), Monterey Jack (Pasteurised Milk, Salt, Starter Cultures, Annatto (E160b), Monterey Jack (Pasteurised Milk, Salt, Starter Cultures, Annatto (E160b), Monterey Jack (Pasteurised Milk, Salt, Starter Cultures, Annatto (E160b), Monterey Jack (Pasteurised Milk, Salt, Starter Cultures, Pasteurised Milk, Salt, Sta
Triple Cheese Blend	Salt, Starter Cultures)
Vegan Ch**se	Water, Coconut Oil, Modified Starch, Starch, Sea Salt, Flavourings, Preservative: Sorbic Acid, Colour: B-Carotene, Vitamin B12.

FOOD ALLERGIES

Chicken Breast	Pizza Toppings Chicken Breast (98%), Salt, Stabilisers (E450i, E450ii, E451i, E452i)
Ham	Pork Leg, Water, Salt, Modified Maize Starch (E1422), Carageenan (E407), Stabiliser (E451), Flavouring, Smoke Flavouring, Antioxidant (E301), Preservative (E250).
	Meat (Pork, Beef), Beef Fat, Spice Blend (Mustard, Salt, Dextrose, Smoke Flavour, Spice Extracts (Contains Colour (E160c), Antioxidant (E301)), Salt, Flavouring, Lactic Acid
Pepperoni	Starter Culture, Preservative (E250).
Beef (with added Soya protein)	Beef, Beef Fat, Water, Soya Protein, Seasoning (Modified Potato Starch, Salt, Dextrose, Yeast Extract, Spices, Stabiliser (E407), Garlic Powder, Onion Powder, Spirit Vinegar Solids, Acidity Regulator (E330), White Sugar, Flavouring, Spice Extract), Roasted Barley* Malt Extract *Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')
Bacon	Pork (90%), Water, Salt, Smoke Flavourings, Stabilisers (E450, E451), antioxidant (E301), Preservative (E250). Formed from cuts of pork with added water
Cup 'N' Crisp Pepperoni	Meat (Beef, Pork), Beef Fat, Soy Protein, Salt, Mustard Powder, Dextrose, Sunflower Oil, Spice Extracts, Colour (Paprika Extract), Onion Powder, Garlic Powder, Cayenne Chilli Powder, Black Pepper, Lactic Acid Starter Culture, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite). Made with 100g of beef & pork per 100g of finished product.
Spicy Pork	Pork, Pork Fat, Water, Textured Soya Protein, Soya Protein, Salt, Spices, Sugar, Yeast Powder, Spice Extract.
Spicy 'Nduja	Pork, spices, jalapeno, salt (partly smoked), acid (E 575), rice starch, thickener (E 412), spice extracts, antioxidants (E 301, E 392), preservative (E 250). Made with 110 g pork policy finished product.
Black Olives	Water, Olives, Salt, Stabiliser (Ferrous Gluconate)
Mixed Peppers	Green peppers, Red Peppers, Yellow Peppers
Mushrooms	Mushrooms
Red Onion	Red Onion Red Onions, Balsamic vinegar Of Modena (Aceto balsamico di Modena I.G.P.:Wine vinegar, Concentrated Grape Must, Caramel E-150d Preservative E-224(Potassium
Caramelised Onions	Metabisulphite)), Glucose Syrup, Sugar, Modified Corn Starch, Xanthan Gum Stabilizer. Contains Sulphites.
Sweetcorn	Sweetcorn, Water, Salt
Cherry Tomatoes	Cherry Tomatoes
Pineapple	Pineapple, Pineapple Juice, Citric Acid.
Rocket	Rocket Leaves
Spinach Roquito® Chilli Peppers	Spinach Red Roguito® Jalapeño Pepper, Sugar, Water, Vinegar
Jalapeños	Jalapeno Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509).
Gherkins	Gherkins, Water, Spirit Vinegar, Salt
	Go Extra Cheesy
Triple Cheese Blend	Mozzarella (Pasteurised Milk, Salt, Starter Cultures, Potato Starch), Red Leicester (Pasteurised Milk, Salt, Starter cultures, Annatto (E160b), Monterey Jack (Pasteurised Milk, Salt, Starter Cultures)
· · · · · · · · · · · · · · · · · · ·	Salt, Starter Cultures) Pizza Drizzle Finish
	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate),
Garlic Spread	Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. may contain milk
Dried Parsley	Parsley
BBQ Drizzle (For all bases eccept Gluten Free)	Water, Tomato Paste, Sugar, Spirit Vinegar, Glucose-Fructose Syrup, Soy Sauce (Water, Soya Extract [Water, Soya Beans, Salt, Wheat* Flour (With Calcium, Iron, Niacin (Vitamin B3), Thiamin (Vitamin B1))], Salt, Glucose, Spirit Vinegar, Barley* Malt Extract), Modified Maize Starch, Spices, Caramelised Sugar Syrup, Salt, Smoke Flavouring, Preservative (Potassium). **Below 20ppm**
BBQ Drizzle (Only for Gluten Free Pizzas)	Water, Concentrated Tomato Purée (19%), Sugar, Spirit Vinegar, Modified Maize Starch, Salt, Ground Paprika, Colour (Plain Caramel), Smoke Flavouring, Dried Garlic, Onion Powder, Preservative (Potassium Sorbate), Chilli Powder.
Sour Cream Drizzle	Rapeseed Oil, Water, Spirit Vinegar, Dextrose, EGG Yolk, Yoghurt Powder, Onion Powder, Salt, Chives, Acidity Regulator (Lactic Acid), MILK Protein, Stabilisers (Xanthan Gun Guar Gum), Modified Starch, Preservative (Potassium Sorbate), MUSTARD Flour, Calcium Disodium EDTA. Balsamic Vinegar Of Modena (Aceto Balsamico di Modena I.G.P.:Wine Vinegar, Concentrated Grape Must, Caramel E-150d Preservative E-224), Glucose Syrup, Sugar,
Balsamic Drizzle	Modified Corn Starch, Xanthan Gum Stabilizer. Contains Sulphites.
Hot Honey Drizzle	Honey, Birds Eye Chilli Extract (0.2%), Guajillo Chilli Extract (0.06%)
Burger Sauce Drizzle	Rapeseed Oil, Water, Sugar, EGG Yolk, Modified Maize Starch E1422, Tomato Paste, Salt, MUSTARD Flour, Acidity Regulator. E260, Spirit Vinegar, Paprika, Natural Dill Flavouring [Salt, Flavouring Preparation (Dill Extract), Silicon Dioxide (E551)], Horseradish Powder, Stabiliser: Xanthan Gum E415, Dried Onion, Natural Tarragon Flavouring with other Natural Flavourings [Salt, Flavouring Preparation (Tarragon Extract), Silicon Dioxide (E551)], Preservative: Potassium Sorbate E202, Natural Flavouring [Salt, Flavouring Preparations, Silicon Dioxide (E551), Propylene Glycol (E1520)], Natural Paprika Flavouring [Extractives of Paprika, Sunflower Oil], Lactic Acid E270, Cayenne Pepper, Black Pepper, Antioxidant: Calcium Disodium EDTA E385
	Melts
Thin & Crispy Dough	Meat Feast Melt Wheat flour, water, fully refined soybean oil, salt, yeast.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk, Salt, Lactic Cultures), Potato Starch.
Pepperoni	Meat (Pork, Beef), Beef Fat, Spice Blend (Mustard, Salt, Dextrose, Smoke Flavour, Spice Extracts (Contains Colour (E160c), Antioxidant (E301)), Salt, Flavouring, Lactic Acid Starter Culture, Preservative (E250).
Ham	Pork Leg, Water, Salt, Modified Maize Starch (E1422), Carageenan (E407), Stabiliser (E451), Flavouring, Smoke Flavouring, Antioxidant (E301), Preservative (E250).
Beef (with added Soya protein)	Beef, Beef Fat, Water, Soya Protein, Seasoning (Modified Potato Starch, Salt, Dextrose, Yeast Extract, Spices, Stabiliser (E407), Garlic Powder, Onion Powder, Spirit Vinegar Solids, Acidity Regulator (E330), White Sugar, Flavouring, Spice Extract), Roasted Barley* Malt Extract *Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'qluten-free')
Spicy Pork (with added Soya protein)	Pork, Pork Fat, Water, Textured Soya Protein, Soya Protein, Salt, Spices, Sugar, Yeast Powder, Spice Extract
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. may contain milk
Garlic Sprinkle	Maltodextrin, Cheese Powder (From Milk), Salt, Vegetable Oil, Dried Garlic, Dried Parsley, Anti-Caking Agent (Silicon Dioxide). Pepperoni Melt
Thin & Crispy Dough	Wheat flour, water, fully refined soybean oil, salt, yeast.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk, Salt, Lactic Cultures), Potato Starch.
Pepperoni	Meat (Pork, Beef), Beef Fat, Spice Blend (Mustard, Salt, Dextrose, Smoke Flavour, Spice Extracts (Contains Colour (E160c), Antioxidant (E301)), Salt, Flavouring, Lactic Acid Starter Culture, Preservative (E250).
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. <i>may contain milk</i>
Garlic Sprinkle	Maltodextrin, Cheese Powder (From Milk), Salt, Vegetable Oil, Dried Garlic, Dried Parsley, Anti-Caking Agent (Silicon Dioxide).

FOOD ALLERGIES

Thin & Crispy Dough	Wheat flour, water, fully refined soybean oil, salt, yeast.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
BBQ Sauce	Water, Tomato Paste, Sugar, Spirit Vinegar, Glucose-Fructose Syrup, Soy Sauce (Water, Soya Extract [Water, Soya Beans, Salt, Wheat* Flour (With Calcium, Iron, Niacin (Vitamin B3), Thiamin (Vitamin B1))], Salt, Glucose, Spirit Vinegar, Barley* Malt Extract), Modified Maize Starch, Spices, Caramelised Sugar Syrup, Salt, Smoke Flavouring, Preservative (Potassium). *Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'qluten-free')
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk, Salt, Lactic Cultures), Potato Starch.
Chicken Breast	Chicken Breast (98%), Salt, Stabilisers (E450i, E450iii, E451i, E452i)
Red Onion	Red Onion
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. <i>may contain milk</i>
Garlic Sprinkle	Maltodextrin, Cheese Powder (From Milk), Salt, Vegetable Oil, Dried Garlic, Dried Parsley, Anti-Caking Agent (Silicon Dioxide).
Thin & Crispy Dough	Toasted Three Cheese Melt Wheat flour, water, fully refined soybean oil, salt, yeast.
Vegetable Oil Spray	Writest rioul, water, fully fermieu soybearion, sain, yeasi. Rapessed oil, Emulsifier Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Triple Cheese Blend	Mozzarella (Pasteurised Milk, Salt, Starter Cultures, Potato Starch), Red Leicester (Pasteurised Milk, Salt, Starter cultures, Annatto (E160b), Monterey Jack (Pasteurised Milk, Salt, Starter Cultures)
String Cheese	Mozzarella (Pasteurised Milk, Salt, Cultures), Potato Starch
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. <i>may contain milk</i>
Garlic Sprinkle	Maltodextrin, Cheese Powder (From Milk), Salt, Vegetable Oil, Dried Garlic, Dried Parsley, Anti-Caking Agent (Silicon Dioxide).
	Fries (served with Melts for dine in) Detectors Supflemental Wheat (Clutter) flow Self Medicing thank Spines (Held manner will people) Coding people (C4450) F500(ii) Vegetal Carlot (Held manner will be people (Held manner wil
Fries	Potatoes, Sunflower oil, Wheat (Gluten) flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yea extracts, Spice extracts (paprika, black pepper), Dextrose.
	Buffet Sides Garlic Breadsticks
Pan dough	Wheat flour, Water, Yeast: (Bakers Yeast, Rehydrating Agent;E491), Rapeseed Oil, Salt, Premix: [Salt, Calcium Sulphate, Emulsifiers; E481, E472e, E471, Flour Treatment Age E300, Enzyme (Alpha Amylase, Xylanase, Glucose Oxidase, Protease, Cellulase)], Sugar, Flour Treatment Agent (ascorbic acid E300).
Soya Oil	100% Refined Soya Oil
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. <i>may contain milk</i>
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Dried Parsley	Parsley Cheesy Garlic Breadsticks
Pan dough	Wheat flour, Water, Yeast: (Bakers Yeast, Rehydrating Agent;E491), Rapeseed Oil, Salt, Premix: [Salt, Calcium Sulphate, Emulsifiers; E481, E472e, E471, Flour Treatment Age
Soya Oil	100% Refined Soya Oil
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. <i>may contain milk</i>
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471). Mozzarella (Pasteurised Milk, Salt, Starter Cultures, Potato Starch), Red Leicester (Pasteurised Milk, Salt, Starter cultures, Annatto (E160b), Monterey Jack (Pasteurised Milk, Salt, Starter Cultures, Annatto (E160b), Monterey Jack (Pasteurised Milk, Salt, Starter Cultures, Annatto (E160b), Monterey Jack (Pasteurised Milk, Salt, Starter Cultures, Annatto (E160b), Monterey Jack (Pasteurised Milk, Salt, Starter Cultures, Annatto (E160b), Monterey Jack (Pasteurised Milk, Salt, Starter Cultures, Annatto (E160b), Monterey Jack (Pasteurised Milk, Salt, Starter Cultures, Pasteurised Milk, Salt, Starter C
Triple Cheese Blend	Salt, Starter Cultures)
Dried Parsley	Parsley Tomato Pasta
Tomato Pasta	Cooked Penne Pasta (Water, Durum Wheat Semolina) (33%), Tomatoe Pasta (12%), Onion, Tomato Puree, Sunflower Oil, Olive Oil, Water, Carrots, Celery White Sugar, Garlic, Salt, Modified Maize Starch, Oregano, Black Pepper, Thyme.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
	Four Cheese & Broccoli Pasta
our Cheese & Broccoli Pasta	Water, Cooked Penne Pasta (Water, Durum Wheat Semolina) (22%), Whole Pasteurised Milk, Broccoli (5%), Single Cream (Milk), Mature Cheddar Cheese (Milk) (3%), Spina (3%), Full Cream Milk Powder, Garden Peas (2%), Modified Maize Starch, Adcrem (Milk Protein, Palm Oil, Lactose), Cheese Crumb Mix (Pecorino Cheese (Sheep's Milk), Regato Cheese (Milk)). Cheddar Cheese Syrup, Water, Yeast Extract, Salt, Sunflower Oil, Natural Flavouring), Mascarpone Cheese (Milk), Ricotta Cheese (Milk), Salt, Sunflower Oil, Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract Sugar, Vegetable (Dried Onion, Dried Parsnip, Dried Parsley), Sunflower Oil, Spices (Lovage Powder, Turmeric, Pepper Powder, Garlic Powder, Mace, Nutmeg), Lovage Extract), Garlic, Lemon Juice from Concentrate, Black Pepper.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
	Pasta Lasagne
Lasagne	Water, Tomato, Beef (15%), Egg Pasta (Durum WHEAT Semolina, Water, EGG), Passata, Onion, Tomato Puree, Modified Maize Starch, Skimmed MILK Powder, Mature Cheddar Cheese (MILK), Full Fat Soft Cheese (MILK), Red Wine, Wheat Flour (WHEAT Flour, Iron, Calcium Carbonate, Niacin, Thiamin), Beef Bouillon (Maltodextrin, Salt, Yeast Extract, Beef Extract, Sugar, Natural Flavouring, Vegetables (Onions, Parsnips), Sunflower Oil, Starch, Spices (Garlic, Lovage Leaves, Nutmeg), Beef Meat Powder, Caramelised Sugar, Natural Roasted Onions Flavouring), Brown Sugar, Vegetable Oil (Sunflower Oil, Rapesed Oil), Salt, Garlic Puree, Oregano, Salt, Vegetable Bouillon (Maltodextrin, Salt, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion Powder, Parsnip Powder), Sunflower Oil, Spices (Turmeric Powder, Pepper Powder, Garlic Powder, Mace Powder), Herbs (Dried Parsley, Lovage Powder)), Basil, Stabilisers (Xanthan Gum, Guar Gum), Black Pepper, BARLEY Malt Extract.
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk, Salt, Lactic Cultures), Potato Starch.
	Mac & Cheese
Mac 'N' Cheese	Cooked Macaroni Pasta (37%) (Water, Durum WHEAT Semolina, Water, Mature Cheddar Cheese (MILK) (10%), Single Cream (MILK), Mozzarella Cheese (MILK) (2.5%), Ser Skimmed MILK Powder, Cheddar Cheese Flavour Base (Reconstituted Cheese (MILK), Whey Powder (MILK), Flavourings, Salt, Lactic acid, MUSTARD Flour), Modified Maiz Starch, Full Fat Soft Cheese (MILK), Salt, Stabiliser: Locust Bean Gum, Preservative: Potassium Sorbate), Vegetable Oils (Sunflower Oil, Lovage, Extract, Ground Lovage, Ground Turmeric Ground White Pepper, Garlic Powder, Mace Powder, Ground Nutmeg, Dried Parsley), Vegetarian Worcester Sauce (Water, White Vinegar, Sugar, Onion, Salt, Tamarind Past Cloves, Ginger, Garlic, BARLEY Malt Extract), Garlic Puree, Salt, Yeast Extract, Ground Black Pepper, Cayenne Pepper (Chilli Powder, Paprika Powder).

FOOD ALLERGIES

Mini and Mega Monster
Pizza (with unseasoned tomato sauce)
Original Pan Base
Wheat Flour, Water, Yeast: (Bakers Yeast, Rehydrating Agent; E491), Rapeseed Oil, Salt, Premix: [Salt, Calcium Sulphate, Emulsifiers; E481, E472e, E471, Flour Treatment Agent E300, Enzyme (Alpha Amylase, Xylanase, Glucose Oxidase, Protease, Cellulase)], Sugar, Flour Treatment Agent (ascorbic acid E300).
Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and diglycerides fatty acid esters (E471).
Tomato Concentrate (Tomato Paste, Citric Acid).
Thin Base Thin Base
Wheat Flour, Water, Yeast: (Bakers Yeast, Rehydrating Agent; E491), Rapeseed Oil, Salt, Premix: [Salt, Calcium Sulphate, Emulsifiers; E481, E472e, E471, Flour Treatment Agent E300, Enzyme (Alpha Amylase, Xylanase, Glucose Oxidase, Protease, Cellulase)], Sugar, Flour Treatment Agent (ascorbic acid E300).
Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and diglycerides fatty acid esters (E471).
Tomato Concentrate (Tomato Paste, Citric Acid).
Gluten Free Base
Gluten Free Blend (Tapioca Starch, Rice Flour, Maize Starch, Psyllium Husk Powder, Sugar, Buckwheat Flour, Thickeners (Xanthan Gum, Hydroxypropyl Methyl Cellulose), Salt), Water, Rapeseed Oil, Yeast, Pea Protein.
Tomato Concentrate (Tomato Paste, Citric Acid).
Cheese
Mozzarella with added starch (Mozzarella Cheese (Milk, Salt, Cultures), Potato Starch)
Water, Coconut Oil, Modified Starch, Starch, Sea Salt, Flavourings, Preservative: Sorbic Acid, Colour: B-Carotene, Vitamin B12.
Toppings
Chicken Breast (98%), Salt, Stabilisers (E450i, E450ii, E451i, E452i)
Pork Leg, Water, Salt, Modified Maize Starch (E1422), Carageenan (E407), Stabiliser (E451), Flavouring, Smoke Flavouring, Antioxidant (E301), Preservative (E250).
Meat (Pork, Beef), Beef Fat, Spice Blend (Mustard, Salt, Dextrose, Smoke Flavour, Spice Extracts (Contains Colour (E160c), Antioxidant (E301)), Salt, Flavouring, Lactic Acid Starter Culture, Preservative (E250).
Beef, Beef Fat, Water, Soya Protein, Seasoning (Modified Potato Starch, Salt, Dextrose, Yeast Extract, Spices, Stabiliser (E407), Garlic Powder, Onion Powder, Spirit Vinegar Solids, Acidity Regulator (E330), White Sugar, Flavouring, Spice Extract), Roasted Barley* Malt Extract *Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')
Pork (90%), Water, Salt, Smoke Flavourings, Stabilisers (E450, E451), antioxidant (E301), Preservative (E250). Formed from cuts of pork with added water
Pork, Pork Fat, Water, Textured Soya Protein, Soya Protein, Salt, Spices, Sugar, Yeast Powder, Spice Extract.
Pork, spices, jalapeno, salt (partly smoked), acid (E 575), rice starch, thickener (E 412), spice extracts, antioxidants (E 301, E 392), preservative (E 250). Made with 110 g pork pe 100 g finished product.
Water, Olives, Salt, Stabiliser (Ferrous Gluconate)
Green peppers, Red Peppers, Yellow Peppers
Mushrooms
Red Onion
Red Onions, Balsamic vinegar Of Modena (Aceto balsamico di Modena I.G.P.:Wine vinegar, Concentrated Grape Must, Caramel E-150d Preservative E-224(Potassium Metabisulphite)), Glucose Syrup, Sugar, Modified Corn Starch, Xanthan Gum Stabilizer. Contains Sulphites.
Sweetcorn, Water, Salt
Cherry Tomatoes
Pineapple, Pineapple Juice, Citric Acid.
Rocket Leaves
Spinach
Red Roquito® Jalapeño Pepper, Sugar, Water, Vinegar
Jalapeno Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509).

FOOD ALLERGIES

	Mains
Spaghetti Bolognese	Bolognese Sauce (64%): Water, Tomato Passata, Minced Beef (19%), Onions, Carrots (7%), Tomato Puree, Modified Maize Starch, Beef Bouillon (Maltodextrin, Salt, Yeast Extract, Beef Extract, Sugar, Natural Flavouring, Vegetables (Onions, Parsnip), Sunflower Oil, Potato Starch, Spices (Garlic, Lovage, Nutmeg), Beef Powder, Caramelised Sugar, Flavouring), Brown Sugar, Wheat Flour (Wheat Four, Calcium Carbonate, Iron, Niacin, Thiamin), Sunflower Oil, Oregano, Salt, Vegetable Bouillon (Maltodextrin, Salt, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnips), Sunflower Oil, Spices (Turmeric, Pepper, Garlic, Mace, Nutmeg), Herbs (Parsley, Lovage)), Basil, Stabilisers (Xanthan Gum, Guar Gum), Barley Malt Extract, Black Pepper.
Mac 'N' Cheese	Cooked Macaroni Pasta (37%) (Water, Durum WHEAT Semolina, Water, Mature Cheddar Cheese (MILK) (10%), Single Cream (MILK), Mozzarella Cheese (MILK) (2.5%), Sem Skimmed MILK Powder, Cheddar Cheese Flavour Base (Reconstituted Cheese (MILK), Whey Powder (MILK), Flavourings, Salt, Lactic acid, MUSTARD Flour), Modified Maize Starch, Full Fat Soft Cheese (MILK), Cream (MILK), Salt, Stabiliser: Locust Bean Gum, Preservative: Potassium Sorbate), Vegetable Oils (Sunflower Oil, Rapeseed Oil), Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Onion Powder, Parsnip Powder, Sunflower Oil, Lovage Extract, Ground Lovage, Ground Turmeric, Ground White Pepper, Garlic Powder, Mace Powder, Ground Nutmeg, Dried Parsley), Vegetarian Worcester Sauce (Water, White Vinegar, Sugar, Onion, Salt, Tamarind Paste, Cloves, Ginger, Garlic, BARLEY Malt Extract), Garlic Puree, Salt, Yeast Extract, Ground Black Pepper, Cayenne Pepper (Chilli Powder, Paprika Powder).
Mozzarella Cheese (with Mac 'n' Cheese)	Mozzarella Cheese (Pasteurised Milk, Salt, Lactic Cultures), Potato Starch.
Checsey	Chicken 'N' Fries
Chicken Strips	Chicken Inner Fillet (58%), Water, WHEAT Flour, Rice Flour, Breadcrumb (WHEAT Flour, Dextrose, Fully Refined Soybean Oil, Salt, Yeast), WHEAT Starch, WHEAT Gluten, Fully Refined Soybean Oil, Salt, Garlic Powder, Maltodextrin, Yeast Extract (contains Salt), Raising Agents (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Spices (Black Pepper, CELERY, Turmeric), Sugar, Onion Powder, Refined Sunflower Oil, Dextrose, Spice Extract (Black Pepper, Capsicum, CELERY), Acidity Regulator (Citric Acid), Vegetable Oils (Palm, Rice Bran), Modified Starches, Stabiliser (E451), Raising Agents (E450, E500).
Fries	Potatoes, Sunflower oil, Wheat (Gluten) flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
	Sides
Fries	Potatoes, Sunflower oil, Wheat (Gluten) flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
Onion Rings	Diced Onions (53%), Wheat flour, Vegetable oils (rapeseed, sunflower, in varying proportions), Gelling agent (E401), Salt, Yeast, Sugar, Flavouring (Paprika extract; Turmeric extract)
Mini Corn on the Cob (with Vegetable Oil Spray)	Sweetcorn. Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Garlic Bread	Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Fat Spread (17%) [Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Flavouring, Colour (Carotenes)], Garlic (3%) (Puree and Chopped), Yeast, Salt, Oregano, Preservative (Calcium Propionate), Lemon Juice, Flour Treatment Agent (Ascorbic Acid), Enzymes (contains Wheat). May contain Soya and Milk.
	Drinks
Milk	100% Semi Skimmed Milk
Apple Juice	Apple Juice from Concentrate (100%)
Orange Juice Fruit Shoots - All flavours	Orange juice from concentrate (100%) Refer directly to the supplier- Fruit Shoot - www.fruitshoot.com/gb
Tango Orange/ Tango Apple/ 7Up Zero/ Pepsi Max/ Diet Pepsi	Refer directly to the supplier - Pepsi - www.pepsi.co.uk/7up - www.7up.co.uk/
Flavour Shot - Cherry, Lime, Strawberry, Vanilla	Carbonated Water, Gluten Free Wheat Dextrin, Flavourings*, Sweeteners: Acesulfame K, Sucralose, Acid: Citric Acid, Preservatives: Potassium Sorbate, Sodium benzoate. Flavourings: Vanilla, Cherry, Lime or Strawberry
Robinsons Squash - All Flavours	Refer directly to the supplier - Robinsons - www.robinsonssquash.co.uk Kids Desserts
Chilly Billy Ice Lolly Blackcurrant &	
Apple	Kids Chocolate Brownie
Chocolate Brownie	Sugar, Pasteurised Free Range EGG, Milk Chocolate (17%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Vegetable Margarine [Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)], Dark Chocolate (8%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Fat Reduced Cocoa Powder (3.7%), Raising Agents (E450, E501). May contain Nuts
Vanilla Ice Cream	Skimmed Milk, Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring, Water, Skimmed Milk Powder (MILK), Whey Powder (MILK), Sugar, Palm Oil, Dextrose, Stabilisers (Guar Gum, Carrageenan, Locust Bean Gum), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Natural Colours (Annatto, Curcumin).
Chocolate Sauce (Rowse)	Glucose Syrup, Water, Belgian Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Liquor, Emulsifier: Soya Lecithin, Natural Vanilla Extract), Single Cream (Milk) Cocoa Liquor, Corn Flour, Natural Vanilla Flavouring
	Kids Mini Donuts
Donuts	Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), White Sugar, Palm Oil, Water, Rapeseed Oil, Raising Agents (Disodium Diphosphate, Potassium Bicarbonate), Dried Skimmed MILK, SOYA Flour, Whey Powder (MILK), Dextrose, Dried EGG Yolk, Emulsifiers (SOYA Lecithin, Mono- and Diglycerides of Fatty Acid, Sodium Stearoyl-2-Lactylate), Cornflour, OAT Fibre, MILK Proteins.
	Glucose syrup, Sugar, Water, Sweetened condensed Milk, Couverture Milk chocolate (6%) (Sugar, Cocoa butter, Whole Milk powder, Cocoa mass, Emulsifier (Soya lecithins),
Chocolate Sauce	Natural vanilla flavouring), Modified starch, Fat reduced cocoa powder, Preservative (Potassium sorbate), Natural flavouring. Glucose syrup, water, raspberry puree from concentrate (10%), sugar, dextrose, modified starch, acidity regulators (citric acid, sodium citrates), colour (anthocyanins),

FOOD ALLERGIES

Willist our vegan items have vegan recipes,	due to risk of cross-contamination they may contain dairy Desserts
	Ice Cream Factory
Ice Cream Mix	Skimmed Milk, Cream (10%) (Milk), Sugar, Fructose, Whey Powder (Milk), Emulsifier (E471), Stabilisers (E466, E412, E407, E401, E410), Flavouring, Salt Glucose syrup, water, raspberry puree from concentrate (10%), sugar, dextrose, modified starch, acidity regulators (citric acid, sodium citrates), colour (anthocyanins),
Raspberry Sauce Chocolate Sauce	thickener (pectins), preservative (potassium sorbate), natural flavouring, natural raspberry flavouring with other natural flavourings Glucose syrup, Sugar, Water, Sweetened condensed Milk, Couverture Milk chocolate (6 %) (Sugar, Cocoa butter, Whole Milk powder, Cocoa mass, Emulsifier (Soya lecithins),
Bubblegum Sauce	Natural vanilla flavouring), Modified starch, Fat reduced cocoa powder, Preservative (Potassium sorbate), Natural flavouring. Sugar, Glucose Syrup, Water, Natural Flavouring, Colour: Anthocyanin (E163), Acid: Citric Acid, Preservative: Potassium Sorbate
Strawberry Crunch	Sugar, Glucose syrup, Water, Colour (E162), Natural flavouring, Coconut oil, Glazing agent (E901).
Milk Chocolate Beans	Sugar, Cocoa butter, Whey powder (Milk), Fat-reduced cocoa powder, Whole Milk powder, Emulsifier (Soya lecithin), Glazing agents (Arabic gum, Carnauba wax, Bees wax), Colours (E101, E141, E160a, E162, E163, E171, E172).
Milk Chocolate Chips	Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, whey powder (Milk), Lactose (Milk), Emulsifier: Soya Lecithin; Flavouring.
Gold Stars	Sugar, Vegetable Oils (Coconut, Shea), Rice Flour, Water, Thickener (Sodium Carboxy Methyl Cellulose), Glazing Agents (Shellac, Acacia Gum), Anti Caking Agent (Potassium Aluminum Silicate), Caramelised Sugar Syrup, Glucose Syrup, Flavouring, Colours (Iron Oxide and Hydroxides), Tapioca Starch, Safflower Concentrate.
Mixed Coloured Stars	Sugar, Palm Fat RSPO SG, Potato Starch, Rice Flour, Corn Starch, Colours: E163, E162, E160a, E100, E172; Natural Flavour
Mixed Chocolate Chips	White Chocolate Chips (50%) Sugar, Cocoa Butter, Whole Milk Powder, Lactose (Milk), Whey Powder (Milk), Emulsifier: Soya Lecithin (E322), Vanilla Extract.Dark Chcolate Chips (50%) Sugar, Vegetable Fat (Palm), Fat-Reduced Cocoa Powder, Emulsifiers: Soya Lecithin (E322) and Sorbitan Tristearate (E492), Natural Flavouring.
Triple Chocolate Chunks	Milk Chocolate Chunks 34% - (Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Mass, Emulsifier: (Soya); Flavouring) Dark Chocolate Chunks 33% - (Sugar, Cocoa Butter, Cocoa Mass, Emulsifier: (Soya); Flavouring) White Chocolate Chunks 33% - (Sugar, Whole Milk Powder, Cocoa Butter, Emulsifier: (Soya); Flavouring)
Marshmallows	Sugar, Glucose-fructose syrup, Water, Maize starch, Dextrose, Tapioca starch, Gelling agent: Carrageenan, Hydrolysed Rice protein, Natural flavouring, Colour: E162.
Gold Fudge	White Granulated Sugar, Sweetened Condensed Milk (Milk, Sugar), Fondant (Sugar, Glucose Syrup, Water), Glucose Syrup, Palm Oil, Salted Butter (Milk, Salt), Colour: Potassium Aluminium Silicate (E555), Iron Oxides and Hydroxides (E172), Natural Flavouring
	Hot Cookie Dough (All sizes served with Vanilla Ice Cream and Sauce)
	Chocolate Chip Cookie Dough Wheat flour (MNEAT flour Calcium carbonate Iron Nincia, Thirming) Sugar Dark chocolate (21%) (Cocoa mass Sugar Cocoa butter Est reduced cocoa pouder Emultifier
Chocolate Chip Cookie Dough	Wheat flour (WHEAT flour, Calcium carbonate, Iron; Niacin, Thiamine), Sugar, Dark chocolate (21%) (Cocoa mass, Sugar, Cocoa butter, Fat reduced cocoa powder, Emulsifier (SOYA lecithin)), Butter (MILK), Maltodextrin, Butterfat (MILK), Vegetable oils (Palm oil, Rapeseed oil), Whey powder (MILK), Salt, Water, Raising agent (Diphosphates, Sodium carbonates), Flavouring. May contain Nuts and Egg.
Vanilla Ice Cream	Skimmed Milk, Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring.Water, Skimmed Milk Powder (MILK), Whey Powder (MILK), Sugar, Palm Oil, Dextrose, Stabilisers (Guar Gum, Carrageenan, Locust Bean Gum), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Natural Colours (Annatto, Curcumin).
Chocolate Sauce (Rowse)	Glucose Syrup, Water, Belgian Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Liquor, Emulsifier: Soya Lecithin, Natural Vanilla Extract), Single Cream (Milk), Cocoa Liquor, Corn Flour, Natural Vanilla Flavouring. White Chocolate & Caramel Cookie Dough
	Wheat flour (WHEAT flour, Calcium carbonate, Iron, Niacin, Thiamine), Sugar, White Chocolate (12%) (Sugar, Cocoa butter, Whole MILK powder, Sweet whey powder
White Chocolate & Caramel Cookie Dough	(MILK), Lactose (MILK), MILK fat, Emulsifier (SOYA Lecithins), Natural vanilla flavouring), Brown sugar, Butter (MILK), Caramel pieces (8%) (Sugar, Glucose syrup, Condensed MILK, Coconut oil, Butteroil (MILK), Natural flavouring, Glazing agent (Carnauba wax)), Water, Butterfat (MILK), Vegetable oils (Palm oil, Rapeseed oil), Whey powder (MILK), Salt, Raising agent (Diphosphates, Sodium carbonates), Flavouring. May contain Nuts and Egg.
Vanilla Ice Cream	Skimmed Milk, Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring, Water, Skimmed Milk Powder (MILK), Whey Powder (MILK), Sugar, Palm Oil, Dextrose, Stabilisers (Guar Gum, Carrageenan, Locust Bean Gum), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Natural Colours (Annatto, Curcumin).
Salted Caramel Sauce	Water, sugar, Dextrose, Oligofructose, Dark Muscovado Sugar, Butter (Milk), Modified Starch, Whole Milk Powder (Milk), Salt, Vegetable Oil, Stabilisers (Guar Gum, Xanthan Gum), Cane Molasses, Preservative (Potassium Sorbate), Flavouring (Caramelised Sugar Syrup). Loaded Cookie Dough made with KitKat®
Chocolate Chip Cookie Dough	Wheat flour (WHEAT flour, Calcium carbonate, Iron; Niacin, Thiamine), Sugar, Dark chocolate (21%) (Cocoa mass, Sugar, Cocoa butter, Fat reduced cocoa powder, Emulsifier (SOYA lecithin)), Butter (MILK), Maltodextrin, Butterfat (MILK), Vegetable oils (Palm oil, Rapeseed oil), Whey powder (MILK), Salt, Water, Raising agent (Diphosphates, Sodium carbonates), Flavouring. May contain Nuts and Egg.
Vanilla Ice Cream	Skimmed Milk, Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring.Water, Skimmed Milk Powder (MILK), Whey Powder (MILK), Sugar, Palm Oil, Dextrose, Stabilisers (Guar Gum, Carrageenan, Locust Bean Gum), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Natural Colours (Annatto, Curcumin).
Nestlé KitKat® Sauce	Sugar, sunflower oil, skimmed MILK powder, biscuit granules 5% (sugar, WHEAT flour, vegetable oils (rapeseed, sunflower), lactose (MILK), MILK proteins, BARLEY malt extract, salt, raising agent (sodium bicarbonate), whey powder (MILK), anhydrous MILK fat, fat reduced-cocoa powder+ 3.8%, cocoa mass+ 3%, emulsifier (lecithins), salt, natural vanilla flavouring. May contain NUTS and SOYA.
Nestlé KitKat® Topping	wafer pieces [WHEAT flour, sugar, palm fat, WHEAT starch, emulsifier (SOYA lecithins), salt], sugar, cocoa butter, cocoa mass, skimmed MILK powder, whey powder product (MILK), vegetable fats (palm, shea), butter oil (MILK), emulisifier (lecithins), natural vanilla flavouring. May contain TREE NUTS Loaded Cookie Dough made with Rolo®
Chocolate Chip Cookie Dough	Wheat flour (WHEAT flour, Calcium carbonate, Iron; Niacin, Thiamine), Sugar, Dark chocolate (21%) (Cocoa mass, Sugar, Cocoa butter, Fat reduced cocoa powder, Emulsifier (SOYA lecithin)), Butter (MILK), Maltodextrin, Butterfat (MILK), Vegetable oils (Palm oil, Rapeseed oil), Whey powder (MILK), Salt, Water, Raising agent (Diphosphates, Sodium carbonates), Flavouring. May contain Nuts and Egg.
Vanilla Ice Cream	Skimmed Milk, Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring, Water, Skimmed Milk Powder (MILK), Whey Powder (MILK), Sugar, Palm Oil, Dextrose, Stabilisers (Guar Gum, Carrageenan, Locust Bean Gum), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Natural Colours (Annatto, Curcumin).
Salted Caramel Sauce	water, sugar, Describer, Originationse, Dark Muscovado Sugar, Butter (Willik), Modified Statch, Whole Milk Powder (Wilk), Sait, Vegetable Oil, Stabilisers (Quar Quin, Aanthan Comp. Comp. Medicage, Description (Detection Control Comp.)
Nestlé ROLO® Topping	Ingredients: sugar, glucose syrup, cocoa butter, MILK powders (whole and skimmed), cocoa mass, vegetable fats (palm, shea), invert sugar syrup, butterfat (from MILK), lactose and proteins from whey (from MILK), whey powder (from MILK), sweetened condensed skimmed MILK (skimmed MILK, sugar), emulsifier (lecithins), salt, flavouring. May contain GLUTEN. Important: Young children (less than 4 years) have limited chewing ability and could choke on small sweets.
	S'mores Cookie Dough
Chocolate Chip Cookie Dough	Wheat flour (WHEAT flour, Calcium carbonate, Iron; Niacin, Thiamine), Sugar, Dark chocolate (21%) (Cocoa mass, Sugar, Cocoa butter, Fat reduced cocoa powder, Emulsifier (SOYA lecithin)), Butter (MILK), Maltodextrin, Butterfat (MILK), Vegetable oils (Palm oil, Rapeseed oil), Whey powder (MILK), Salt, Water, Raising agent (Diphosphates, Sodium carbonates), Flavouring. <i>May contain Nuts and Egg.</i>
Vanilla Ice Cream	Skimmed Milk, Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring, Water, Skimmed Milk Powder (MILK), Whey Powder (MILK), Sugar, Palm Oil, Dextrose, Stabilisers (Guar Gum, Carrageenan, Locust Bean Gum), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Natural Colours (Annatto, Curcumin).
Chocolate Sauce (Rowse) Marshmallows	Glucose Syrup, Water, Belgian Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Liquor, Emulsifier: Soya Lecithin, Natural Vanilla Extract), Single Cream (Milk), Cocoa Liquor, Corn Flour, Natural Vanilla Flavouring. Glucose Syrup, Sugar, Dextrose, Water, Humectant: Sorbitol Syrup, Gelatine, Fruit and Plant Concentrates: Beetroot Safflower, Flavouring

INGREDIENT INFORMATION (updated March 2025) **FOOD ALLERGIES** We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy I Can't Believe Its Not Cheesecake Biscuit Base (30%) (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Thiamin, Niacin), Vegetable Oils (SG RSPO Palm, Rapeseed), Sugar, Invert Sugar Syrup, Raising Agents; E500ii, E503ii, Salt], Lotus Original Caramelised Biscuit Spread (23%) [Original Caramelised Biscuits (Wheat Flour, Sugar, Vegetable Oils (Palm Oil From Sustainable and Certified Plantations, Rapeseed Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Soya Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier (Soya Lecithin), Acid (Citric Acid)], Non-Dairy Cream (16%) [Lentil Protein Preparation (Water, 1.1% Lentil Protein), Palm Fat, Rapeseed Oil, Sugar, Modified Corn Starch, Emulsifiers (Sunflower Lecithin, Sugar Esters of Fatty Acids, Mono-and Diglycerides of Fatty Acids), Stabilisers (Guar Gum, Locust Bean Gum), Natural Flavours, Salt, Cheesecake Colourant (Beta-Carotene).], Food Preparation With Coconut Oil (16%) [Water, Coconut Oil (23%), Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12.], Sugar, Caramelised Biscuit (5%) [Wheat Flour, Sugar, Vegetable Oils (Palm (RSPO certified), Rapeseed), Candy Sugar Syrup, Raising Agent; E500, Soya Flour, Salt, Cinnamon], Starch, Partially Inverted Sugar Syrup, Tapioca Starch, Natural Vanilla Flavouring, Preservative(Potassium Sorbate (E202)). May contain Milk, Eggs, Sulphur Dioxide and Nuts. So Scoffable Biscoff® Cheesecake & Ice Cream Biscuit Base (30%) [Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Thiamin, Niacin), Vegetable Oils (SG RSPO Palm, Rapeseed), Sugar, Invert Sugar Syrup, Raising Agents; E500ii, E503ii, Salt], Lotus Original Caramelised Biscuit Spread (23%) [Original Caramelised Biscuits (Wheat Flour, Sugar, Vegetable Oils (Palm Öil From Sustainable and Certified Plantations, Rapeseed Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Soya Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier (Soya Lecithin), Acid (Citric Acid)], Non-Dairy Cream (16%) [Lentil Protein Preparation (Water, 1.1% Lentil Protein), Palm Fat, Rapeseed Oil, Sugar, Modified Corn Starch, Emulsifiers (Sunflower Lecithin, Sugar Esters of Fatty Acids, Mono-and Diglycerides of Fatty Acids), Stabilisers (Guar Gum, Locust Bean Gum), Natural Flavours, Salt, Cheesecake Colourant (Beta-Carotene).], Food Preparation With Coconut Oil (16%) [Water, Coconut Oil (23%), Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12.], Sugar, Caramelised Biscuit (5%) [Wheat Flour, Sugar, Vegetable Oils (Palm (RSPO certified), Rapeseed), Candy Sugar Syrup, Raising Agent; E500, Soya Flour, Salt, Cinnamon], Starch, Partially Inverted Sugar Syrup, Tapioca Starch, Natural Vanilla Flavouring, Preservative(Potassium Sorbate (E202)). May contain Milk, Eggs, Sulphur Dioxide and Nuts. Skimmed Milk, Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring Water, Skimmed Milk Powder (MILK), Whey Powder (MILK), Sugar, Palm Oil, Dextrose, Stabilisers (Guar Vanilla Ice Cream Gum, Carrageenan, Locust Bean Gum, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Natural Colours (Annatto, Čurcumin). Water, sugar, Dextrose, Oligofructose, Dark Muscovado Sugar, Butter (Milk), Modified Starch, Whole Milk Powder (Milk), Salt, Vegetable Oil, Stabilisers (Guar Gum, Xanthan Salted Caramel Sauce Gum), Cane Molasses, Preservative (Potassium Sorbate), Flavouring (Caramelised Sugar Syrup). Chocolate Brownie Sugar, Pasteurised Free Range EGG, Milk Chocolate (17%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Vegetable Margarine [Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)], Dark Chocolate (8%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Fat Reduced Cocoa Powder (3.7%), Raising Agents (E450, E501). *May contain Nuts* Chocolate Brownie Skimmed Milk, Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring, Water, Skimmed Milk Powder (MILK), Whey Powder (MILK), Sugar, Palm Oil, Dextrose, Stabilisers (Guar Gum, Carrageenan, Locust Bean Gum), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Natural Colours (Annatto, Curcumin). Vanilla Ice Cream Glucose Syrup, Water, Belgian Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Liquor, Emulsifier: Soya Lecithin, Natural Vanilla Extract), Single Cream (Milk), Chocolate Sauce (Rowse) Cocoa Liquor, Corn Flour, Natural Vanilla Flavouring Mini Donuts Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), White Sugar, Palm Oil, Water, Rapeseed Oil, Raising Agents (Disodium Diphosphate, Potassium Bicarbonate), Dried Skimmed MILK, SOYA Flour, Whey Powder (MILK), Dextrose, Dried EGG Yolk, Emulsifiers (SOYA Lecithin, Mono- and Diglycerides of Fatty Acid, Sodium Stearoyl-2-Lactylate), Cornflour, OAT Fibre, MILK Proteins. Glucose syrup, Sugar, Water, Sweetened condensed Milk, Couverture Milk chocolate (6 %) (Sugar, Cocoa butter, Whole Milk powder, Cocoa mass, Emulsifier (Soya lecithins), Chocolate Sauce Natural vanilla flavouring), Modified starch, Fat reduced cocoa powder, Preservative (Potassium sorbate), Natural flavouring Glucose syrup, water, raspberry puree from concentrate (10%), sugar, dextrose, modified starch, acidity regulators (citric acid, sodium citrates), colour (anthocyanins),

thickener (pectins), preservative (potassium sorbate), natural flavouring, natural raspberry flavouring with other natural flavourings Chilly Billy Ice Lolly Blackcurrant & Apple

Ice Cream

Gum, Carrageenan, Locust Bean Gum, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Natural Colours (Annatto, Curcumin). Take Away Vanilla Ice Cream

Sauces

Skimmed Milk, Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring, Water, Skimmed Milk Powder (MILK), Whey Powder (MILK), Sugar, Palm Oil, Dextrose, Stabilisers (Guar

Whole Milk, Sugar, Double Cream (Milk), Buttermilk Powder, Emulsifier: Mono-& Diglycerides of Fatty Acids, Flavouring, Stabilisers: Sodium Alginate, Guar Gum, Colours:

Glucose Syrup, Water, Belgian Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Liquor, Emulsifier: Soya Lecithin, Natural Vanilla Extract), Single Cream (Milk).

Water, sugar, Dextrose, Oligofructose, Dark Muscovado Sugar, Butter (Milk), Modified Starch, Whole Milk Powder (Milk), Salt, Vegetable Oil, Stabilisers (Guar Gum, Xanthan

Apple juice (88%), Blackcurrant juice (11.75%), Stabiliser (carob gum) 0.25%, antioxidant (ascorbic acid). may contain hazelnuts

Raspberry Sauce

Chilly Billy Ice Lolly Blackcurrant &

Apple

Vanilla Ice Cream

Take Away Vanilla Ice Cream

Chocolate Sauce (Rowse)

Salted Caramel Sauce

Curcumin, Annatto Norbixin, Plain Caramel.

Cocoa Liquor, Corn Flour, Natural Vanilla Flavouring

Gum), Cane Molasses, Preservative (Potassium Sorbate), Flavouring (Caramelised Sugar Syrup).

FOOD ALLERGIES

	Drinks
	Soft Drinks
Tango Orange/ Tango Apple/ 7Up Zero/ Pepsi Max/ Diet Pepsi	kerer airectify to the supplier - Pepsi - www.pepsi.co.uk//up - www./up.co.uk
Flavour Shot - Cherry, Lime, Strawberry, Vanilla	Carbonated Water, Gluten Free Wheat Dextrin, Flavourings*, Sweeteners:Acesulfame K, Sucralose, Acid:Citric Acid, Preservatives:Potassium Sorbate, Sodium benzoate. Flavourings: Vanilla, Cherry, Lime or Strawberry
Robinsons Squash - All Flavours	Refer directly to the supplier - Robinsons - www.robinsonssquash.co.uk
Belu Still Water / Sparkling Water	Refer directly to the supplier - Belu - www.belu.com
Lipton Peach Iced Tea	Refer directly to the supplier - Lipton - www.liptonicedtea.com
Bottle of Pepsi	Refer directly to the supplier - Pepsi - www.pepsi.co.uk
Irn Bru	Refer directly to the supplier - Agbarr - www.agbarr.co.uk
Apple Juice	Apple Juice from Concentrate (100%)
Orange Juice	Orange juice from concentrate (100%)
J2O - all flavours	Refer directly to the supplier - J20 - www,j20.co.uk
Bottle of 7Up Zero / Pepsi Max / Tango Orange / Pepsi	Refer directly to the supplier - Pepsi - www.pepsi.co.uk/ 7up - www.7up.co.uk
Bottle of Diet Pepsi	Refer directly to the supplier - Pepsi - www.pepsi.co.uk
	Hot Drinks
Black Tea	100% Black Tea
Tea with Milk	100% Black Tea, 100% Semi Skimmed Milk
Hot Chocolate	Sugar, Whey Powder (Milk), Low Fat Cocoa Powder, Skimmed Milk Powder, Acidity Regulator E331, Salt, Flavouring, Anti-Caking Agent E551.
Americano with Milk, Caffe Latte, Cappuccino	Roasted & Ground Coffee, 100% Semi Skimmed Milk
Black Americano, Espresso Shot	Roasted & Ground Coffee
	Alcoholic Drinks
Pinot Grigio / Merlot / White Zinfandel	Refer directly to the supplier - Matthew Clark - www.matthewclark.co.uk/
Nice Wine	Refer to label on can or directly to the supplier - Nice Drinks - www.nice-drinks.co.uk/
Prosecco	Refer directly to the supplier - Matthew Clark - www.matthewclark.co.uk/
Budweiser	Refer to label on bottle or directly to the supplier - Budweiser - www.budweiser.com/en/company/products/budweiser
San Miguel	Refer directly to the supplier - San MIguel - www.sanmiguel.com
Brewdog Punk IPA	Refer directly to the supplier - Brewdog - www.BrewDog.com
Kopparberg Strawberry & Lime	Refer directly to the supplier - Kopparberg - www.kopparberg.co.uk/faqs/
Kopparberg Mixed Fruit Tropical	Refer directly to the supplier - Kopparberg - www.kopparberg.co.uk/faqs/
Bulmer's	Refer directly to the supplier - Bulmer's - www.Bulmers.co.uk/nutritional-values

FOOD ALLERGIES

The below nutritional information for our me	nu is provid	led as a g	uide. All ou	ır dishes are f	inished by I	nand, there	fore these	are appr	oximate	values or	nly.	
		Energy										
	Average	per	Protein per	Carbohydrate	Sugar per	Fat per	Saturated	Salt per				
	Weight of	Portion	Portion (g)	per Portion	Portion (g)	Portion (g)	Fat per	Portion				
	Portion (g)	(kcal)	(9)	(g)	(9)	(9)	Portion (g)	(g)				
Sides												
Fries	230	384	5.1	51	1.2	17	2.1	2.3			1	
Cheesy Fries	375	686	13.8	75	3.1	35	10.4	5.6				
Onion Rings	158	338	5.5	47	7.0	15	1.7	1.4				
Garlic Bread	120	360	9.0	47	3.4	14	4.3	0.84				
Garlic Bread with Cheese	181	530	20	49	4.6	27	12	1.7				
Cheesy Triangles	108	377	14	20	1	26	11	3				
Halloumi Fries	85	275	14	11	3	20	9	2				
Mini Corn on the Cob	267	207	6.4	29	18	4.8	0.8	0.01				
Cheesy Bite Bites	240	534	24	75	2.2	15	6.2	2.1				
Loaded Sweet Chilli Cheesy Bite Bites	297	669	30	85	9.8	23	10	2.7				
Loaded Bacon Cheesy Bite Bites	297	711	34	77	2.5	29	15	3.1				
Loaded Smashburger Cheesy Bite Bites	358	776	36.2	86	9.6	31	13.0	3.7				
BBQ Chicken Wings Hot Honey BBQ Chicken Wings	121 132	247	24 24	6.7 15	4.4	14 14	3.4	2.0				
Breaded Chicken Tenders	175	281 354	28.4	30	12.1 0.9	13	2.5	2.0 1.5				
Hot Honey Breaded Chicken Tenders	197	454	28.6	43	13.9	18	2.8	1.5				
Trochloney breaded chicken renders	Dips & Bits		20.0		13.3	10	2.0	1.5			1	
Heinz BBQ Sauce	100	138	1	34	29	0	0	1				
Heinz Tomato Ketchup	100	102	1	23	23	0	0	2				
Chilli Flakes	1	3	0.1	0.3	0.1	0.2	0	0				
	Dine In Di	ip Pots										
Sour Cream	45	266	0.64	3.6	2.8	27.7	2.0	0.41				
Sweet Chilli	60	98	0.16	24.2	20.3	0	0.0	0.34				
Hot Honey	60	197	0.30	49.2	48.6	0.30	0.12	0.02				
Burger Sauce	50	207	0.9	7	4.5	20	1.7	1.1			1	
Nacho Cheese	50	89	5.2	2	0.3	7	4.6	1.5				
H. C.P.C. D. D.	Takeaway [0.0	2.0		0.0		0.25	1	1	1	
Heinz Garlic Sauce Dip Pot Heinz BBQ Sauce Dip Pot	25 25	89 29	0.2	2.0 6.4	1.1 5.0	9.0 0.1	1.4 0	0.35				
Heinz Sweet Chill Dip Pot *Nutritional values don't account for the dips chosen by the consume	25	47	0.1	11.5 Tabletop Sauce	10.5	0.0	0.0 uct nutrition	0.38 als.				
Heinz Sweet Chill Dip Pot	25	47 s should be Energy per Portion	0.1	11.5	10.5	0.0	0.0	0.38				
Heinz Sweet Chill Dip Pot	r. These values Weight of Portion (g)	s should be Energy per Portion (kcal)	0.1 e taken from '	11.5 Tabletop Sauce Carbohydrate per Portion	10.5 es' and added Sugar per	0.0 I to the produ Fat per	0.0 uct nutrition	0.38 als. Salt per Portion				
Heinz Sweet Chill Dip Pot	25 r. These values Weight of	Energy per Portion (kcal) ation	0.1 e taken from '	11.5 Tabletop Sauce Carbohydrate per Portion	10.5 es' and added Sugar per	0.0 I to the produ Fat per	0.0 uct nutrition	0.38 als. Salt per Portion				
Heinz Sweet Chill Dip Pot	z5 r. These values Weight of Portion (g)	Energy per Portion (kcal) ation	0.1 e taken from '	11.5 Tabletop Sauce Carbohydrate per Portion	10.5 es' and added Sugar per	0.0 I to the produ Fat per	0.0 uct nutrition	0.38 als. Salt per Portion				
Heinz Sweet Chill Dip Pot *Nutritional values don't account for the dips chosen by the consume Potato Salad	25 r. These values Weight of Portion (g) Salad Sta Dressed S 63 50	Energy per Portion (kcal) ation 5alads 102 68	Protein per Portion (g) 0.8 0.8	11.5 Tabletop Sauce Carbohydrate per Portion (g) 9.1 3.1	Sugar per Portion (g) 1.7 2.4	Fat per Portion (g) 6.7 5.9	0.0 Saturated Fat per Portion (g) 0.49 0.43	0.38 als. Salt per Portion (g) 0.38 0.07				
Heinz Sweet Chill Dip Pot *Nutritional values don't account for the dips chosen by the consume Potato Salad Coleslaw Sweetcorn	25 r. These values Weight of Portion (g) Salad Sta Dressed S 63 50 26	Energy per Portion (kcal) ation Salads 102 68 20	Protein per Portion (g) 0.8 0.8 0.4 0.70	Tabletop Sauce Carbohydrate per Portion (g) 9.1 3.1 3.5	Sugar per Portion (g) 1.7 2.4 0.93	Fat per Portion (g) 6.7 5.9 0.4	0.0 Saturated Fat per Portion (g) 0.49 0.43 0.24	0.38 als. Salt per Portion (g) 0.38 0.07 0.01				
Heinz Sweet Chill Dip Pot *Nutritional values don't account for the dips chosen by the consume Potato Salad Coleslaw Sweetcorn Diced Beetroot	25 r. These values Weight of Portion (g) Salad St: Dressed S 63 50 26 24	Energy per Portion (kcal) ation Salads 102 68 20 12	0.1 e taken from ' Protein per Portion (g) 0.8 0.4 0.70 1.0	Tabletop Sauce Carbohydrate per Portion (g) 9.1 3.1 3.5 1.6	10.5 es' and addec Sugar per Portion (g) 1.7 2.4 0.93 1.1	0.0 Fat per Portion (g) 6.7 5.9 0.4 0.1	0.0 Saturated Fat per Portion (g) 0.49 0.43 0.24 0.07	0.38 als. Salt per Portion (g) 0.38 0.07 0.01 0.02				
Heinz Sweet Chill Dip Pot *Nutritional values don't account for the dips chosen by the consume Potato Salad Coleslaw Sweetcorn Diced Beetroot Jalapenos	25 r. These values Weight of Portion (g) Salad St: Dressed S 63 50 26 26 24 16	Energy per Portion (kcal) ation Salads 102 68 20 12	0.1 e taken from ' Protein per Portion (g) 0.8 0.4 0.70 1.0 0.07	Tabletop Sauce Carbohydrate per Portion (g) 9.1 3.1 3.5 1.6 0.07	10.5 es' and added Sugar per Portion (g) 1.7 2.4 0.93 1.1 0	0.0 I to the produ Fat per Portion (g) 6.7 5.9 0.4 0.1 0.1	0.0 Saturated Fat per Portion (g) 0.49 0.43 0.24 0.07 0.03	0.38 als. Salt per Portion (g) 0.38 0.07 0.01 0.02 0.48				
Heinz Sweet Chill Dip Pot *Nutritional values don't account for the dips chosen by the consume Potato Salad Coleslaw Sweetcorn Diced Beetroot Jalapenos Roquito® Chilli Peppers	25 r. These values Weight of Portion (g) Salad St: Dressed S 63 50 26 24 16 16	Energy per Portion (kcal) ation Salads 20 12 1 14	0.1 e taken from ' Protein per Portion (g) 0.8 0.4 0.70 1.0 0.07 0.11	11.5 Tabletop Sauce Carbohydrate per Portion (g) 9.1 3.1 3.5 1.6 0.07 3.34	10.5 es' and added Sugar per Portion (g) 1.7 2.4 0.93 1.1 0 3	0.0 If to the production (g) Fat per Portion (g) 6.7 5.9 0.4 0.1 0	0.0 Saturated Fat per Portion (g) 0.49 0.43 0.24 0.07 0.03 0	0.38 als. Salt per Portion (g) 0.38 0.07 0.01 0.02 0.48 0				
Heinz Sweet Chill Dip Pot *Nutritional values don't account for the dips chosen by the consume Potato Salad Coleslaw Sweetcorn Diced Beetroot Jalapenos Roquito® Chilli Peppers	25 r. These values Weight of Portion (g) Salad St: Dressed S 63 50 26 24 16 16 15	Energy per Portion (kcal) ation Salads 102 68 20 12 1 14 21	0.1 e taken from ' Protein per Portion (g) 0.8 0.4 0.70 1.0 0.07	Tabletop Sauce Carbohydrate per Portion (g) 9.1 3.1 3.5 1.6 0.07	10.5 es' and added Sugar per Portion (g) 1.7 2.4 0.93 1.1 0	0.0 I to the produ Fat per Portion (g) 6.7 5.9 0.4 0.1 0.1	0.0 Saturated Fat per Portion (g) 0.49 0.43 0.24 0.07 0.03	0.38 als. Salt per Portion (g) 0.38 0.07 0.01 0.02 0.48				
Heinz Sweet Chill Dip Pot *Nutritional values don't account for the dips chosen by the consume Potato Salad Coleslaw Sweetcorn Diced Beetroot Jalapenos Roquito® Chilli Peppers Black Olives	Veight of Portion (g) Salad Str. Dressed S 63 50 26 24 16 16 15 Fresh Si	Energy per Portion (kcal) ation Salads 102 68 20 12 1 14 21 alad	0.1 e taken from ' Protein per Portion (g) 0.8 0.4 0.70 1.0 0.07 0.11 0.14	11.5 Tabletop Sauce Carbohydrate per Portion (g) 9.1 3.1 3.5 1.6 0.07 3.34 0.11	10.5 es' and added Sugar per Portion (g) 1.7 2.4 0.93 1.1 0 3 0	0.0 Fat per Portion (g) 6.7 5.9 0.4 0.1 0.1 0.1	0.0 Saturated Fat per Portion (g) 0.49 0.43 0.24 0.07 0.03 0 0.21	0.38 Salt per Portion (g) 0.38 0.07 0.01 0.02 0.48 0 0.14				
Heinz Sweet Chill Dip Pot *Nutritional values don't account for the dips chosen by the consume Potato Salad Coleslaw Sweetcorn Diced Beetroot Jalapenos Roquito® Chilli Peppers Black Olives Lettuce Mix	25 r. These values Weight of Portion (g) Salad St: Dressed S 63 50 26 24 16 16 15 Fresh Si 17	s should be Energy per Portion (kcal) ation Salads 102 68 20 112 11 14 21 alad 2	0.1 e taken from ' Protein per Portion (g) 0.8 0.4 0.70 1.0 0.07 0.11 0.14	11.5 Tabletop Sauce Carbohydrate per Portion (g) 9.1 3.1 3.5 1.6 0.07 3.34 0.11	10.5 es' and addec Sugar per Portion (g) 1.7 2.4 0.93 1.1 0 3 0 0.2	0.0 Fat per Portion (g) 6.7 5.9 0.4 0.1 0 2.1	0.0 Let nutrition. Saturated Fat per Portion (g) 0.49 0.43 0.24 0.07 0.03 0 0.21	0.38 als. Salt per Portion (g) 0.38 0.07 0.01 0.02 0.48 0 0.14				
Heinz Sweet Chill Dip Pot *Nutritional values don't account for the dips chosen by the consume Potato Salad Coleslaw Sweetcorn Diced Beetroot Jalapenos Roquito® Chilli Peppers Black Olives Lettuce Mix Cherry Tomatoes	Veight of Portion (g) Salad Str. Dressed S 63 50 26 24 16 16 15 Fresh Si	Energy per Portion (kcal) ation Salads 102 68 20 12 1 14 21 alad	0.1 e taken from ' Protein per Portion (g) 0.8 0.4 0.70 1.0 0.07 0.11 0.14	11.5 Tabletop Sauce Carbohydrate per Portion (g) 9.1 3.1 3.5 1.6 0.07 3.34 0.11	10.5 es' and added Sugar per Portion (g) 1.7 2.4 0.93 1.1 0 3 0	0.0 Fat per Portion (g) 6.7 5.9 0.4 0.1 0.1 0.1	0.0 Saturated Fat per Portion (g) 0.49 0.43 0.24 0.07 0.03 0 0.21	0.38 Salt per Portion (g) 0.38 0.07 0.01 0.02 0.48 0 0.14				
Heinz Sweet Chill Dip Pot *Nutritional values don't account for the dips chosen by the consume Potato Salad Coleslaw Sweetcorn Diced Beetroot Jalapenos Roquito® Chilli Peppers Black Olives Lettuce Mix Cherry Tomatoes Cucumber	25 r. These values Weight of Portion (g) Salad Sti Dressed S 63 50 26 24 16 16 15 Fresh S: 17 33	Energy per Portion (kcal) ation 5alads 102 68 20 12 1 14 21 alad 2 6	0.1 e taken from ' Protein per Portion (g) 0.8 0.4 0.70 1.0 0.07 0.11 0.14 0.1 0.2	11.5 Tabletop Sauce Carbohydrate per Portion (g) 9.1 3.1 3.5 1.6 0.07 3.34 0.11 0.2 1.0	10.5 sugar per Portion (g) 1.7 2.4 0.93 1.1 0 3 0 0.2 1.0	0.0 Fat per Portion (g) 6.7 5.9 0.4 0.1 0.1 0 2.1	0.0 Let nutrition. Saturated Fat per Portion (g) 0.49 0.43 0.24 0.07 0.03 0 0.21	0.38 als. Salt per Portion (g) 0.38 0.07 0.01 0.02 0.48 0 0.14				
Heinz Sweet Chill Dip Pot *Nutritional values don't account for the dips chosen by the consume Potato Salad Coleslaw Sweetcorn Diced Beetroot Jalapenos Roquito® Chilli Peppers Black Olives Lettuce Mix Cherry Tomatoes Cucumber Mixed Peppers	25 r. These values Weight of Portion (g) Salad St: Dressed S 63 50 26 24 16 16 15 Fresh S: 17 33 35	s should be shou	0.1 e taken from ' Protein per Portion (g) 0.8 0.4 0.70 1.0 0.07 0.11 0.14 0.1 0.2 0.2	11.5 Tabletop Sauce Carbohydrate per Portion (g) 9.1 3.1 3.5 0.07 3.34 0.11 0.2 1.0 0.5	10.5 es' and addec Sugar per Portion (g) 1.7 2.4 0.93 1.1 0 3 0 0.2 1.0 0.5	0.0 Fat per Portion (g) 6.7 5.9 0.4 0.1 0 2.1	0.0 Let nutrition. Saturated Fat per Portion (g) 0.49 0.43 0.24 0.07 0.03 0 0.21	0.38 als. Salt per Portion (g) 0.38 0.07 0.01 0.02 0.48 0 0.14 0 0				
Heinz Sweet Chill Dip Pot *Nutritional values don't account for the dips chosen by the consume Potato Salad Coleslaw Sweetcorn Diced Beetroot Jalapenos Roquito® Chilli Peppers Black Olives Lettuce Mix Cherry Tomatoes Cucumber Mixed Peppers Red Onion	25 r. These values Weight of Portion (g) Salad St: Dressed S 63 50 26 24 16 16 15 Fresh S: 17 33 35 26 21	Energy per Portion (kcal) ation 5alads 20 12 1 14 21 alad 2 6 8 3 4 4 8 9	0.1 e taken from ' Protein per Portion (g) 0.8 0.4 0.70 1.0 0.07 0.11 0.14 0.1 0.2 0.2 0.2 0.3 0.1	11.5 Tabletop Sauce Carbohydrate per Portion (g) 9.1 3.1 3.5 0.07 3.34 0.11 0.2 0.5 0.7 1.7 2.3	10.5 es' and addec Sugar per Portion (g) 1.7 2.4 0.93 1.1 0 3 0.2 1.0 0.5 0.6 1.2 2.3	0.0 Fat per Portion (g) 6.7 5.9 0.4 0.1 0 2.1 0 0.1 0 0.1 0 0.1 0 0 0 0 0 0	0.0 Let nutrition. Saturated Fat per Portion (g) 0.49 0.43 0.24 0.07 0.03 0 0.21	0.38 als. Salt per Portion (g) 0.38 0.07 0.01 0.02 0.48 0 0.14 0 0				
Heinz Sweet Chill Dip Pot *Nutritional values don't account for the dips chosen by the consume Potato Salad Coleslaw Sweetcorn Diced Beetroot Jalapenos Roquito® Chilli Peppers Black Olives Lettuce Mix Cherry Tomatoes Cucumber Mixed Peppers Red Onion Shredded Carrot	25 r. These values Weight of Portion (g) Salad St: Dressed S 63 50 26 24 16 16 15 Fresh S 17 33 35 26 21 18	Energy per Portion (kcal) ation (kcal) 102 68 20 12 1 14 21 alad 2 6 6 3 4 8 9 9 4	0.1 e taken from ' Protein per Portion (g) 0.8 0.4 0.70 1.0 0.07 0.11 0.14 0.1 0.2 0.2 0.2 0.3 0.1 0.1 0.5	11.5 Tabletop Sauce Carbohydrate per Portion (g) 9.1 3.1 3.5 1.6 0.07 3.34 0.11 0.2 1.0 0.5 0.7 1.7 2.3 0.0	10.5 es' and addec Sugar per Portion (g) 1.7 2.4 0.93 1.1 0 3 0 0.2 1.0 0.5 0.6 1.2 2.3 0.0	0.0 Fat per Portion (g) 6.7 5.9 0.4 0.1 0 2.1 0 0.1 0 0.1 0 0.1 0 0.1 0 0.1 0 0 0.1	0.0 Let nutrition. Saturated Fat per Portion (g) 0.49 0.43 0.24 0.07 0.03 0 0.21 0 0 0 0 0 0 0	0.38 Salt per Portion (g) 0.38 0.07 0.01 0.02 0.48 0 0 0.14 0 0 0 0 0 0 0				
Heinz Sweet Chill Dip Pot *Nutritional values don't account for the dips chosen by the consume Potato Salad Coleslaw Sweetcorn Diced Beetroot Jalapenos Roquito® Chilli Peppers Black Olives Lettuce Mix Cherry Tomatoes Cucumber Mixed Peppers Red Onion Shredded Carrot Spinach	25 r. These values Weight of Portion (g) Salad St: Dressed S 63 50 26 24 16 15 Fresh S: 17 33 35 26 21 18 20 20	Energy per Portion (kcal) attom 5alads 102 68 20 12 14 21 alad 2 6 6 3 4 8 9 9 4 4	0.1 e taken from ' Protein per Portion (g) 0.8 0.4 0.70 1.0 0.07 0.11 0.14 0.1 0.2 0.2 0.2 0.3 0.1	11.5 Tabletop Sauce Carbohydrate per Portion (g) 9.1 3.1 3.5 0.07 3.34 0.11 0.2 0.5 0.7 1.7 2.3	10.5 es' and addec Sugar per Portion (g) 1.7 2.4 0.93 1.1 0 3 0.2 1.0 0.5 0.6 1.2 2.3	0.0 Fat per Portion (g) 6.7 5.9 0.4 0.1 0 2.1 0 0.1 0 0.1 0 0.1 0 0 0 0 0 0	0.0 Saturated Fat per Portion (g) 0.49 0.43 0.24 0.07 0.03 0 0.21 0 0 0 0 0 0	0.38 als. Salt per Portion (g) 0.38 0.07 0.01 0.02 0.48 0 0 0.14				
Heinz Sweet Chill Dip Pot *Nutritional values don't account for the dips chosen by the consume Potato Salad Coleslaw Sweetcorn Diced Beetroot Jalapenos Roquito® Chilli Peppers Black Olives Lettuce Mix Cherry Tomatoes Cucumber Mixed Peppers Red Onion Shredded Carrot Spinach Rocket	25 r. These values Weight of Portion (g) Salad St: Dressed S 63 50 26 24 16 16 15 Fresh S: 17 33 35 26 21 18 20 Dried It	Energy per Portion (kcal) 102 68 20 12 1 14 21 alad 2 6 6 3 4 4 8 9 9 4 4 ems	0.1 e taken from ' Protein per Portion (g) 0.8 0.4 0.70 1.0 0.07 0.11 0.14 0.1 0.2 0.2 0.2 0.3 0.1 0.5 0.7	11.5 Tabletop Sauce Carbohydrate per Portion (g) 9.1 3.1 3.5 1.6 0.07 3.34 0.11 0.2 1.0 0.5 0.7 1.7 2.3 0.0 0.1	10.5 es' and addec Sugar per Portion (g) 1.7 2.4 0.93 1.1 0 3 0.2 1.0 0.5 0.6 1.2 2.3 0.0 0.0	0.0 Fat per Portion (g) 6.7 5.9 0.4 0.1 0 2.1 0 0 0.1 0 0.1 0 0.1 0 0.1 0 0 0.1	0.0 act nutrition. Saturated Fat per Portion (g) 0.49 0.43 0.24 0.07 0.03 0 0 0.21 0 0 0 0 0 0 0 0 0	0.38 als. Salt per Portion (g) 0.38 0.07 0.01 0.02 0.48 0 0 0.14 0 0 0 0 0 0 0				
Heinz Sweet Chill Dip Pot *Nutritional values don't account for the dips chosen by the consume Potato Salad Coleslaw Sweetcorn Diced Beetroot Jalapenos Roquito® Chilli Peppers Black Olives Lettuce Mix Cherry Tomatoes Cucumber Mixed Peppers Red Onion Shredded Carrot Spinach Rocket Bacon Bits	25 r. These values Weight of Portion (g) Salad St: Dressed S 63 50 26 24 16 15 Fresh S 17 33 35 26 21 18 20 Dried It	Energy per Portion (kcal) ation (kcal) 102 68 20 12 1 14 21 alad 2 6 6 3 3 4 4 8 8 9 9 4 4 ems 69	0.1 e taken from ' Protein per Portion (g) 0.8 0.4 0.70 1.0 0.07 0.11 0.14 0.1 0.2 0.2 0.2 0.3 0.1 0.5 0.7	11.5 Tabletop Sauce Carbohydrate per Portion (g) 9.1 3.1 3.5 1.6 0.07 3.34 0.11 0.2 1.0 0.5 0.7 1.7 2.3 0.0 0.1	10.5 es' and addec Sugar per Portion (g) 1.7 2.4 0.93 1.1 0 3 0 0.2 1.0 0.5 0.6 1.2 2.3 0.0 0.0	0.0 Fat per Portion (g) 6.7 5.9 0.4 0.1 0 2.1 0 0.1 0 0.1 0 4.0	0.0 Let nutrition. Saturated Fat per Portion (g) 0.49 0.43 0.24 0.07 0.03 0 0.21 0 0 0 0 0 0 0 1.9	0.38 als. Salt per Portion (g) 0.38 0.07 0.01 0.02 0.48 0 0 0.14 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0				
Heinz Sweet Chill Dip Pot *Nutritional values don't account for the dips chosen by the consume Potato Salad Coleslaw Sweetcorn Diced Beetroot Jalapenos Roquito® Chilli Peppers Black Olives Lettuce Mix Cherry Tomatoes Cucumber Mixed Peppers Red Onion Shredded Carrot Spinach Rocket Bacon Bits Croutons	25 r. These values Weight of Portion (g) Salad St: Dressed S 63 50 26 24 16 15 Fresh Si 17 33 35 26 21 18 20 20 Dried It	Energy per Portion (kcal) ation 5alads 102 68 20 12 14 21 alad 2 6 6 3 3 4 4 4 ems 69 31	0.1 e taken from ' Protein per Portion (g) 0.8 0.4 0.70 1.0 0.07 0.11 0.14 0.1 0.2 0.2 0.2 0.3 0.1 0.5 0.7	9.1 3.1 3.5 1.6 0.07 3.34 0.11 0.2 1.0 0.5 0.7 1.7 2.3 0.0 0.1 6.6 4.7	10.5 es' and addec Sugar per Portion (g) 1.7 2.4 0.93 1.1 0 3 0 0.2 1.0 0.5 0.6 1.2 2.3 0.0 0.0 0.5 0.1	0.0 Fat per Portion (g) 6.7 5.9 0.4 0.1 0 2.1 0 0.1 0 0.1 0 4.0 0.8	0.0 Just nutrition. Saturated Fat per Portion (g) 0.49 0.43 0.24 0.07 0.03 0 0.21 0 0 0 0 0 0 0 0 0 0 0 0 0	0.38 als. Salt per Portion (g) 0.38 0.07 0.01 0.02 0.48 0 0.14 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0				
Heinz Sweet Chill Dip Pot *Nutritional values don't account for the dips chosen by the consume Potato Salad Coleslaw Sweetcorn Diced Beetroot Jalapenos Roquito® Chilli Peppers Black Olives Lettuce Mix Cherry Tomatoes Cucumber Mixed Peppers Red Onion Shredded Carrot Spinach Rocket Bacon Bits Croutons Tortilla Chips	25 r. These values Weight of Portion (g) Salad St: Dressed S 63 50 26 24 16 16 15 Fresh S: 17 33 35 26 21 18 20 Dried It 13 7 13	Energy per Portion (kcal) ation Salads 20 12 1 14 21 alad 2 6 6 3 4 4 8 9 4 4 ems 69 31 64	0.1 e taken from ' Protein per Portion (g) 0.8 0.4 0.70 1.0 0.07 0.11 0.14 0.1 0.2 0.2 0.2 0.3 0.1 0.5 0.7 1.2 0.8 0.8	11.5 Tabletop Sauce Carbohydrate per Portion (g) 9.1 3.1 3.5 1.6 0.07 3.34 0.11 0.2 1.0 0.5 0.7 1.7 2.3 0.0 0.1 6.6 4.7 8.2	10.5 es' and addec Sugar per Portion (g) 1.7 2.4 0.93 1.1 0 3 0.2 1.0 0.5 0.6 1.2 2.3 0.0 0.0 0.5 0.1 0.2	0.0 Fat per Portion (g) 6.7 5.9 0.4 0.1 0 0 2.1 0 0.1 0 0.1 0 0 0.1 0 0.1 0 0 0.1 0 0 0.1 0 0 0.1 0 0 0.1 0 0 0.1 0 0 0 0	0.0 act nutrition. Saturated Fat per Portion (g) 0.49 0.43 0.24 0.07 0.03 0 0 0 0 0 0 1.9 0.40 0.40 0.7 0.9 0.80 0.80 0.90 0.90 0.90 0.90 0.90	0.38 als. Salt per Portion (g) 0.38 0.07 0.01 0.02 0.48 0 0 0.14 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0				
Heinz Sweet Chill Dip Pot *Nutritional values don't account for the dips chosen by the consume *Nutritional values don't account for the dips chosen by the consume Potato Salad Coleslaw Sweetcorn Diced Beetroot Jalapenos Roquito® Chilli Peppers Black Olives Lettuce Mix Cherry Tomatoes Cucumber Mixed Peppers Red Onion Shredded Carrot Spinach Rocket Bacon Bits Croutons Tortilla Chips Crispy Onions	25 r. These values Weight of Portion (g) Salad St: Dressed S 63 50 26 24 16 15 Fresh Si 17 33 35 26 21 18 20 20 Dried It	Energy per Portion (kcal) ation 5alads 102 68 20 12 14 21 alad 2 6 6 3 3 4 4 4 ems 69 31	0.1 e taken from ' Protein per Portion (g) 0.8 0.4 0.70 1.0 0.07 0.11 0.14 0.1 0.2 0.2 0.2 0.3 0.1 0.5 0.7	9.1 3.1 3.5 1.6 0.07 3.34 0.11 0.2 1.0 0.5 0.7 1.7 2.3 0.0 0.1 6.6 4.7	10.5 es' and addec Sugar per Portion (g) 1.7 2.4 0.93 1.1 0 3 0 0.2 1.0 0.5 0.6 1.2 2.3 0.0 0.0 0.5 0.1	0.0 Fat per Portion (g) 6.7 5.9 0.4 0.1 0 2.1 0 0.1 0 0.1 0 4.0 0.8	0.0 Just nutrition. Saturated Fat per Portion (g) 0.49 0.43 0.24 0.07 0.03 0 0.21 0 0 0 0 0 0 0 0 0 0 0 0 0	0.38 als. Salt per Portion (g) 0.38 0.07 0.01 0.02 0.48 0 0.14 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0				
Heinz Sweet Chill Dip Pot *Nutritional values don't account for the dips chosen by the consume *Nutritional values don't account for the dips chosen by the consume Potato Salad Coleslaw Sweetcorn Diced Beetroot Jalapenos Roquito® Chilli Peppers Black Olives Lettuce Mix Cherry Tomatoes Cucumber Mixed Peppers Red Onion Shredded Carrot Spinach Rocket Bacon Bits Croutons Tortilla Chips Crispy Onions	25 r. These values Weight of Portion (g) Salad St: Dressed S 63 50 26 24 16 15 Fresh S: 17 33 35 26 21 18 20 20 Dried It 13 6	Energy per Portion (kcal) ation (kcal) 102 68 20 12 1 14 21 ation 2 6 6 3 3 4 4 8 9 9 4 4 4 ems 69 31 64 35 43	0.1 e taken from ' Protein per Portion (g) 0.8 0.4 0.70 1.0 0.07 0.11 0.14 0.1 0.2 0.2 0.2 0.3 0.1 0.5 0.7 1.2 0.8 0.8 0.4	11.5 Tabletop Sauce Carbohydrate per Portion (g) 9.1 3.1 3.5 1.6 0.07 3.34 0.11 0.2 1.0 0.5 0.7 1.7 2.3 0.0 0.1	10.5 es' and addec Sugar per Portion (g) 1.7 2.4 0.93 1.1 0 3 0 0.2 1.0 0.5 0.6 1.2 2.3 0.0 0.0 0.5 0.1 0.2 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5	0.0 Fat per Portion (g) 6.7 5.9 0.4 0.1 0 2.1 0 0.1 0 0.1 0 0.1 0 0.1 0 0.1 0 0.1 0 0.1 0 0.1 0 0.1 0 0.1 0 0.1 0 0.1 0 0.1 0 0.1 0 0 0.1 0 0 0.1 0 0.1 0 0 0.1 0 0 0 0 0 0 0 0 0 0 0 0 0	0.0 Just nutrition. Saturated Fat per Portion (g) 0.49 0.43 0.24 0.07 0.03 0 0.21 0 0 0 0 0 0 0 0 0 0 1.9 0.4 0.3 1.3	0.38 als. Salt per Portion (g) 0.38 0.07 0.01 0.02 0.48 0 0 0.14 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0				
Heinz Sweet Chill Dip Pot *Nutritional values don't account for the dips chosen by the consume Potato Salad Coleslaw Sweetcorn Diced Beetroot Jalapenos Roquito® Chilli Peppers Black Olives Lettuce Mix Cherry Tomatoes Cucumber Mixed Peppers Red Onion Shredded Carrot Spinach Rocket Bacon Bits Croutons Tortilla Chips Crispy Onions Sultanas	25 r. These values Weight of Portion (g) Salad St: Dressed S 63 50 26 24 16 15 Fresh S: 17 33 35 26 21 18 20 Dried It 13 7 13 6 6	Energy per Portion (kcal) ation (kcal) 102 68 20 12 1 14 21 ation 2 6 6 3 3 4 4 8 9 9 4 4 4 ems 69 31 64 35 43	0.1 e taken from ' Protein per Portion (g) 0.8 0.4 0.70 1.0 0.07 0.11 0.14 0.1 0.2 0.2 0.2 0.3 0.1 0.5 0.7 1.2 0.8 0.8 0.4	11.5 Tabletop Sauce Carbohydrate per Portion (g) 9.1 3.1 3.5 1.6 0.07 3.34 0.11 0.2 1.0 0.5 0.7 1.7 2.3 0.0 0.1	10.5 es' and addec Sugar per Portion (g) 1.7 2.4 0.93 1.1 0 3 0 0.2 1.0 0.5 0.6 1.2 2.3 0.0 0.0 0.5 0.1 0.2 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5	0.0 Fat per Portion (g) 6.7 5.9 0.4 0.1 0 2.1 0 0.1 0 0.1 0 0.1 0 0.1 0 0.1 0 0.1 0 0.1 0 0.1 0 0.1 0 0.1 0 0.1 0 0.1 0 0.1 0 0.1 0 0 0.1 0 0 0.1 0 0.1 0 0 0.1 0 0 0 0 0 0 0 0 0 0 0 0 0	0.0 Just nutrition. Saturated Fat per Portion (g) 0.49 0.43 0.24 0.07 0.03 0 0.21 0 0 0 0 0 0 0 0 0 0 1.9 0.4 0.3 1.3	0.38 als. Salt per Portion (g) 0.38 0.07 0.01 0.02 0.48 0 0 0.14 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0				
Heinz Sweet Chill Dip Pot *Nutritional values don't account for the dips chosen by the consume *Nutritional values don't account for the dips chosen by the consume Potato Salad Coleslaw Sweetcorn Diced Beetroot Jalapenos Roquito® Chilli Peppers Black Olives Lettuce Mix Cherry Tomatoes Cucumber Mixed Peppers Red Onion Shredded Carrot Spinach Rocket Bacon Bits Croutons Tortilla Chips Crispy Onions Sultanas Thousand Island Dressing Blue Cheese Dressing	25 r. These values Weight of Portion (g) Salad St: Dressed S 63 50 26 24 16 16 15 Fresh Si 17 33 35 26 21 18 20 Dried It 13 7 13 6 16 Dressings 30 27	Energy per Portion (kcal) ation (kcal) 102 68 20 12 14 21 alad 2 6 6 3 3 4 4 8 8 9 4 4 4 4 8 8 69 35 43 8 Dips 8 0 125	0.1 e taken from ' Protein per Portion (g) 0.8 0.4 0.70 1.0 0.07 0.11 0.14 0.1 0.2 0.2 0.2 0.3 0.1 0.5 0.7 1.2 0.8 0.8 0.8 0.8 0.4 0.4 0.4 0.4 0.21	11.5 Tabletop Sauce Carbohydrate per Portion (g) 9.1 3.1 3.5 1.6 0.07 3.34 0.11 0.2 1.0 0.5 0.7 1.7 2.3 0.0 0.1 6.6 4.7 8.2 2.4 11 3.4 5.2	10.5 es' and addec Sugar per Portion (g) 1.7 2.4 0.93 1.1 0 3 0 0.2 1.0 0.5 0.6 1.2 2.3 0.0 0.0 0.5 0.1 1.2 2.3 1.0 0.5 0.6 1.2 2.3 2.3 2.0 0.0 0.0 1.2 2.3 2.3 2.1 2.3 2.3 2.0 2.3 2.3 2.3 2.3 2.3 2.3 2.3 2.3 2.3 2.3	0.0 Fat per Portion (g) 6.7 5.9 0.4 0.1 0 2.1 0 0.1 0 0.1 0 0.1 0 0.1 0 7.2 11	0.0 Just nutrition. Saturated Fat per Portion (g) 0.49 0.43 0.24 0.07 0.03 0 0.21 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0.38 als. Salt per Portion (g) 0.38 0.07 0.01 0.02 0.48 0 0 0.14 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0				
Heinz Sweet Chill Dip Pot *Nutritional values don't account for the dips chosen by the consume Potato Salad Coleslaw Sweetcorn Diced Beetroot Jalapenos Roquito® Chilli Peppers Black Olives Lettuce Mix Cherry Tomatoes Cucumber Mixed Peppers Red Onion Shredded Carrot Spinach Rocket Bacon Bits Croutons Tortilla Chips Crispy Onions Sultanas Thousand Island Dressing Blue Cheese Dressing Garlic Mayonnaise	25 r. These values Weight of Portion (g) Salad St: Dressed S 63 50 26 24 16 16 15 Fresh S: 17 33 35 26 21 18 20 Dried It 13 7 13 6 Dressings 30 27	Energy per Portion (kcal) ation Salads 20 12 1 14 21 alad 2 6 6 3 4 4 8 9 4 4 4 ems 69 31 64 4 35 4 35 4 35 8 Dips 80 125 127	0.1 e taken from ' Protein per Portion (g) 0.8 0.4 0.70 1.0 0.07 0.11 0.14 0.1 0.2 0.2 0.2 0.3 0.1 0.5 0.7 1.2 0.8 0.8 0.4 0.4 0.4 0.4 0.21 0.35 0.58	11.5 Tabletop Sauce Carbohydrate per Portion (g) 9.1 3.1 3.5 0.07 3.34 0.11 0.2 1.0 0.5 0.7 1.7 2.3 0.0 0.1 6.6 4.7 8.2 2.4 11 3.4 5.2 1.2	10.5 es' and addec Sugar per Portion (g) 1.7 2.4 0.93 1.1 0 3 0.2 1.0 0.5 0.6 1.2 2.3 0.0 0.0 0.5 0.1 1.2 1.5 1.5 0.5 0.6 1.2 1.0 0.5 0.6 1.2 1.0 0.5 0.6 1.2 1.0 0.5 0.6 1.2 1.0 0.5 0.6 1.2 1.0 0.5 0.6 1.2 1.0 0.5 0.6 1.2 1.0 0.5 0.5 0.6 1.2 0.5 0.6 0.6 1.2 0.5 0.6 0.6 0.6 0.6 0.6 0.7 0.7 0.8 0.9 0.9 0.9 0.9 0.9 0.9 0.9 0.9 0.9 0.9	0.0 Fat per Portion (g) 6.7 5.9 0.4 0.1 0 0.1 0 0.1 0 0.1 0 0.1 0 0 0.1 0 0 0.1 0 0 0 0	0.0 act nutrition. Saturated Fat per Portion (g) 0.49 0.43 0.24 0.07 0.03 0 0 0 0 0 0 1.9 0.4 0.3 1.3 0 0 0.9 4.2	0.38 als. Salt per Portion (g) 0.38 0.07 0.01 0.02 0.48 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0				
Heinz Sweet Chill Dip Pot *Nutritional values don't account for the dips chosen by the consume *Nutritional values don't account for the dips chosen by the consume Potato Salad Coleslaw Sweetcorn Diced Beetroot Jalapenos Roquito® Chilli Peppers Black Olives Lettuce Mix Cherry Tomatoes Cucumber Mixed Peppers Red Onion Shredded Carrot Spinach Rocket Bacon Bits Croutons Tortilla Chips Crispy Onions Sultanas Thousand Island Dressing Blue Cheese Dressing Garlic Mayonnaise Light Mayonnaise Light Mayonnaise	25 r. These values Weight of Portion (g) Salad St: Dressed S 63 50 26 24 16 16 15 Fresh S: 17 33 35 26 21 18 20 20 20 Dried It 13 7 13 6 16 Dressings 30 27 29 34	Energy per Portion (kcal) ation Salads 102 68 20 12 1 14 21 alad 2 6 6 3 3 4 4 8 8 9 4 4 4 8 8 9 4 4 4 8 8 9 9 4 4 4 8 8 9 9 4 4 8 8 9 9 4 4 8 8 9 9 9 9	0.1 e taken from ' Protein per Portion (g) 0.8 0.4 0.70 1.0 0.07 0.11 0.14 0.1 0.2 0.2 0.2 0.3 0.1 0.5 0.7 1.2 0.8 0.8 0.4 0.4 0.4 0.21 0.35 0.58 0.24	11.5 Tabletop Sauce Carbohydrate per Portion (g) 9.1 3.1 3.5 1.6 0.07 3.34 0.11 0.2 1.0 0.5 0.7 1.7 2.3 0.0 0.1 6.6 4.7 4.7 2.4 11 3.4 5.2 4.3	10.5 es' and addec Sugar per Portion (g) 1.7 2.4 0.93 1.1 0 0 3 0.2 1.0 0.5 0.6 1.2 2.3 0.0 0.0 0.5 1.1 1.2 2.1 0.5 0.5 0.5 0.1 0.2 0.5 0.1 0.2 0.5 0.1 0.2 0.5 0.1 0.2 0.5 0.1 0.2 0.5 0.1 0.2 0.5 0.5 0.1 0.2 0.5 0.5 0.1 0.2 0.5 0.5 0.1 0.2 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5	0.0 Fat per Portion (g) 6.7 5.9 0.4 0.1 0 0.1 0 0.1 0 0.1 0 0.1 0 7.2 11 13 13	0.0 Just nutrition. Saturated Fat per Portion (g) 0.49 0.43 0.24 0.07 0.03 0 0 0.21 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0.38 als. Salt per Portion (g) 0.38 0.07 0.01 0.02 0.48 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0				
Heinz Sweet Chill Dip Pot *Nutritional values don't account for the dips chosen by the consume *Nutritional values don't account for the dips chosen by the consume Potato Salad Coleslaw Sweetcorn Diced Beetroot Jalapenos Roquito® Chilli Peppers Black Olives Lettuce Mix Cherry Tomatoes Cucumber Mixed Peppers Red Onion Shredded Carrot Spinach Rocket Bacon Bits Croutons Tortilla Chips Crispy Onions Sultanas Thousand Island Dressing Blue Cheese Dressing Garlic Mayonnaise Light Mayonnaise Ranch Dressing	25 r. These values Weight of Portion (g) Salad St: Dressed S 63 50 26 24 16 15 Fresh S 17 33 35 26 21 18 20 Dried It 13 6 16 Dressings 30 27 29 34 31	Energy per Portion (kcal) ation (kcal) ation 68 20 12 1 14 21 alad 2 6 6 3 4 4 8 8 9 4 4 4 4 8 8 9 9 4 4 4 8 8 9 9 4 4 4 8 8 9 9 4 4 8 8 9 9 1 25 1 27 1 318 80 125 127 138 145	0.1 e taken from ' Protein per Portion (g) 0.8 0.4 0.70 1.0 0.07 0.11 0.14 0.1 0.2 0.2 0.2 0.3 0.1 0.5 0.7 1.2 0.8 0.8 0.8 0.4 0.4 0.4 0.4 0.21 0.35 0.58 0.24 0.74	11.5 Tabletop Sauce Carbohydrate per Portion (g) 9.1 3.1 3.5 1.6 0.07 3.34 0.11 0.2 1.0 0.5 0.7 1.7 2.3 0.0 0.1 6.6 4.7 8.2 2.4 11 3.4 5.2 1.2 4.3 2.0	10.5 es' and addec Sugar per Portion (g) 1.7 2.4 0.93 1.1 0 3 0 0.2 1.0 0.5 0.6 1.2 2.3 0.0 0.0 0.5 1.1 1.5 2.1 0.5 2.1 0.5 2.1 1.5 2.1 1.5 2.1 1.3	0.0 Fat per Portion (g) 6.7 5.9 0.4 0.1 0 2.1 0 0.1 0 0.1 0 0.1 0 0.1 0 7.2 11 13 13 15	0.0 Just nutrition. Saturated Fat per Portion (g) 0.49 0.43 0.24 0.07 0.03 0 0.21 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0.38 als. Salt per Portion (g) 0.38 0.07 0.01 0.02 0.48 0 0 0.14 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0				
Heinz Sweet Chill Dip Pot *Nutritional values don't account for the dips chosen by the consume Potato Salad Colesiaw Sweetcorn Diced Beetroot Jalapenos Roquito® Chilli Peppers Black Olives Lettuce Mix Cherry Tomatoes Cucumber Mixed Peppers Red Onion Shredded Carrot Spinach Rocket Bacon Bits Croutons Tortilla Chips Crispy Onions Sultanas Thousand Island Dressing Blue Cheese Dressing Garlic Mayonnaise Light Mayonnaise Ranch Dressing Low Fat French Dressing	25 r. These values Weight of Portion (g) Salad St: Dressed S 63 50 26 24 16 16 15 Fresh S: 17 33 35 26 21 18 20 Dried It 13 7 13 6 Dressings 30 27 29 34 31 22	Energy per Portion (kcal) ation Salads 20 12 1 14 21 alad 2 6 6 3 4 4 8 9 4 4 4 ems 69 31 64 4 8 8 0 125 8 80 125 127 138 145 18	0.1 e taken from ' Protein per Portion (g) 0.8 0.4 0.70 1.0 0.07 0.11 0.14 0.1 0.2 0.2 0.2 0.3 0.1 0.5 0.7 1.2 0.8 0.8 0.4 0.4 0.4 0.4 0.2 0.2 0.3 0.1 0.5 0.7	11.5 Tabletop Sauce Carbohydrate per Portion (g) 9.1 3.1 3.5 0.07 3.34 0.11 0.2 1.0 0.5 0.7 1.7 2.3 0.0 0.1 6.6 4.7 8.2 2.4 11 3.4 5.2 1.2 4.3 2.0 3.1	10.5 es' and addec Sugar per Portion (g) 1.7 2.4 0.93 1.1 0 3 0 0.2 1.0 0.5 0.6 1.2 2.3 0.0 0.0 0.5 0.1 1.2 2.3 1.1 0.5 0.6 1.2 2.3 1.1 0.5 0.1 0.2 0.5 0.5 0.1 0.2 0.5 0.5 0.1 0.2 0.5 0.5 0.6 0.6 0.7 0.8 0.8 0.8 0.8 0.8 0.8 0.8 0.8 0.8 0.8	0.0 Fat per Portion (g) 6.7 5.9 0.4 0.1 0 0.1 0 0.1 0 0.1 0 0.1 0 0 0.1 1 0 0 0.1 1 0 0 0 1 1 1 1	0.0 act nutrition. Saturated Fat per Portion (g) 0.49 0.43 0.24 0.07 0.03 0 0 0 0 0 0 0 1.9 0.4 0.3 1.3 0 0 0.9 4.2 1.8 1.8 1.6 0.4	0.38 als. Salt per Portion (g) 0.38 0.07 0.01 0.02 0.48 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0				
Heinz Sweet Chill Dip Pot *Nutritional values don't account for the dips chosen by the consume Potato Salad Coleslaw Sweetcorn Diced Beetroot Jalapenos Roquito® Chilli Peppers Black Olives Lettuce Mix Cherry Tomatoes Cucumber Mixed Peppers Red Onion Shredded Carrot Spinach Rocket Bacon Bits Croutons Tortilla Chips Crispy Onions Sultanas Thousand Island Dressing Blue Cheese Dressing Garlic Mayonnaise Light Mayonnaise Light Mayonnaise Ranch Dressing	25 r. These values Weight of Portion (g) Salad St: Dressed S 63 50 26 24 16 15 Fresh S 17 33 35 26 21 18 20 Dried It 13 6 16 Dressings 30 27 29 34 31	Energy per Portion (kcal) ation (kcal) ation 68 20 12 1 14 21 alad 2 6 6 3 4 4 8 8 9 4 4 4 4 8 8 9 9 4 4 4 8 8 9 9 4 4 4 8 8 9 9 4 4 8 8 9 9 1 25 1 27 1 318 80 125 127 138 145	0.1 e taken from ' Protein per Portion (g) 0.8 0.4 0.70 1.0 0.07 0.11 0.14 0.1 0.2 0.2 0.2 0.3 0.1 0.5 0.7 1.2 0.8 0.8 0.8 0.4 0.4 0.4 0.4 0.21 0.35 0.58 0.24 0.74	11.5 Tabletop Sauce Carbohydrate per Portion (g) 9.1 3.1 3.5 1.6 0.07 3.34 0.11 0.2 1.0 0.5 0.7 1.7 2.3 0.0 0.1 6.6 4.7 8.2 2.4 11 3.4 5.2 1.2 4.3 2.0	10.5 es' and addec Sugar per Portion (g) 1.7 2.4 0.93 1.1 0 3 0 0.2 1.0 0.5 0.6 1.2 2.3 0.0 0.0 0.5 1.1 1.5 2.1 0.5 2.1 0.5 2.1 1.5 2.1 1.5 2.1 1.3	0.0 Fat per Portion (g) 6.7 5.9 0.4 0.1 0 2.1 0 0.1 0 0.1 0 0.1 0 0.1 0 7.2 11 13 13 15	0.0 Just nutrition. Saturated Fat per Portion (g) 0.49 0.43 0.24 0.07 0.03 0 0.21 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0.38 als. Salt per Portion (g) 0.38 0.07 0.01 0.02 0.48 0 0 0.14 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0				

food will be allergen free, even after removing specific item												ali y.
The below nutritional information for our		Number			Carbohydra			Saturate		values only	<u>′. </u>	
	Weight of Pizza (g)	of Slices	Energy per Slice (kcal)	Protein per Slice (g)	te per Slice	Sugar per Slice (g)	Fat per Slice (g)	d Fat per	Salt per Slice(g)			
	Fizza (g)	per Pizza	Slice (kcal)	Siice (g)	(g)	Slice (g)	Siice (g)	Slice (g)	Silce(g)			
	P	Pizza epperoni										
Individual Pan (9")	400	6	181	7.2	18	0.8	8.7	2.9	0.77			
Sharing Pan (13") Individual Handcrafted (11")	810 398	8	272 161	11 6.9	29 18	1.2 1.5	12 6.4	4.1 2.6	1.2 0.84			
Sharing Handcrafted (14")	704	8	213	9.2	24	2.0	8.7	3.6	1.1			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	394 698	6 8	158 210	6.9 9.2	18 23	1.4 2.0	6.3 8.6	2.6 3.5	0.76 1.0			
Individual Stuffed Crust (11")	550	6	238	12	23	2.0	11	5.1	1.1			
Individual Pepperoni Stuffed Crust (11") Sharing Stuffed Crust (14")	584 912	6 8	265 291	13 14	23 30	2.0 2.7	13 13	6.0 5.9	1.3 1.3			
Sharing Stuffed Crust (14") Sharing Pepperoni Stuffed Crust (14")	953	8	315	15	30	2.7	15	6.7	1.5			
Cheesy Bites (14")	912 351	8	291 164	14	30	2.7	13	5.9	1.3 0.70			
Gluten Free (9" Square)		6 peroni Feas		4.5	20	1.6	7.1	2.6	0.70			
Individual Pan (9") Sharing Pan (13")	452 891	6 8	214 310	8.8 13	18 29	0.91 1.3	12 16	3.8 5.1	0.98 1.4			
Individual Handcrafted (11")	450	6	194	8.6	18	1.5	9.3	3.5	1.05			
Sharing Handcrafted (14") Individual Handcrafted (11") WITHOUT Garlic Sprinkle	785 412	8	252 172	1.2 7.4	24 18	2.1 1.4	12.0 7.7	4.6 2.7	1.4 0.90			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	721	8	224	10	23	2.0	10	3.5	1.2			
Individual Stuffed Crust (11") Individual Pepperoni Stuffed Crust (11")	568 602	6	252 279	12 13	23 23	2.0	12 14	5.2 6.1	1.2 1.4			
Sharing Stuffed Crust (14")	935	8	305	14	30	2.7	14	5.8	1.5			
Sharing Pepperoni Stuffed Crust (14") Cheesy Bites (14")	976 935	8	329 305	15 14	30 30	2.7 2.7	16 14	6.7 5.8	1.6 1.5	-		
Cheesy Bites (14) Gluten Free (9" Square)	403	6	197	6.1	20	1.7	9.9	3.5	0.90			
Individual Pan (9")	Pepperoi 463	ni & Spicy 'I 6	Nduja 218	9.0	18	0.9	11.9	4.0	1.00			
Sharing Pan (13")	934	8	326	13	29	1.3	17	5.6	1.5			
Individual Handcrafted (11") Sharing Handcrafted (14")	461 828	6 8	197 267	8.8 12	18 24	1.5 2.1	9.6 13	3.7 5.1	1.1 1.5			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	457	6	195	8.7	18	1.5	9.5	3.6	0.99			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	822	8	264	11.8	23	2.0	13.3	5.1	1.4			
Individual Stuffed Crust (11") Individual Pepperoni Stuffed Crust (11")	613 647	6	274 301	13 15	23	2.0	14 16	6.2 7.1	1.3 1.5			
Sharing Stuffed Crust (14")	1036	8	345	17	30	2.7	17	7.4	1.7			
Sharing Pepperoni Stuffed Crust (14") Cheesy Bites (14")	1077 1036	8	369 345	18 17	30 30	2.8	20 17	8.2 7.4	1.8			
Gluten Free (9" Square)	414	6	201	6.3	20	1.6	10.3	3.6	0.94			
Individual Pan (9")	498	Spicy GOA	T 204	8.5	21	3.8	9.2	3.8	0.74			
Sharing Pan (13")	996	8	298	12	33	4.8	13	5.3	1.1			
Individual Handcrafted (11") Sharing Handcrafted (14")	496 890	6 8	183 239	8.3 11	21 28	4.4 5.6	6.9	3.5 4.7	0.8 1.0			
Individual Handcrafted (14) WITHOUT Garlic Sprinkle	492	6	180	8.2	21	4.4	6.8	3.5	0.73			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	884 648	8	236 260	10.9 13	27 26	5.5 4.9	9.1 11	4.7 6.0	1.0 1.0			
Individual Stuffed Crust (11") Individual Pepperoni Stuffed Crust (11")	682	6	287	14	26	5.0	14	6.9	1.0	-		
Sharing Stuffed Crust (14")	1098	8	317	16	34	6.3	13	7.0	1.2			
Sharing Pepperoni Stuffed Crust (14") Cheesy Bites (14")	1139 1098	8	341 317	17 16	34 34	6.3	15 13	7.9 7.0	1.4			
Gluten Free (9" Square)	449	6	186	5.8	23	4.6	7.6	3.5	0.67			
Individual Pan (9")	530	n & Bacon (226	9.1	20	1.5	12.2	3.7	0.81			I
Sharing Pan (13")	1110	8	331	14	31	2.4	17	5.0	1.2			
Individual Handcrafted (11") Sharing Handcrafted (14")	528 1004	6 8	206 272	8.8 12	20 26	2.2 3.2	9.9 13	3.4 4.5	0.9 1.2			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	524	6	203	8.8	19	2.1	9.8	3.3	0.80			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	998 680	8	269 282	12.1 14	26 25	3.1	12.8 14	4.5 5.9	1.1 1.1			
Individual Stuffed Crust (11") Individual Pepperoni Stuffed Crust (11")	714	6	309	15	25	2.7	17	6.8	1.1	+		
Sharing Stuffed Crust (14")	1212 1253	8	350 374	17	32 32	3.9	17	6.8	1.4			
Sharing Pepperoni Stuffed Crust (14") Cheesy Bites (14")	1253	8	350	18 17	32	3.9 3.9	19 17	7.6 6.8	1.5 1.4	+		
	Chi	icken Fajita										ı
Individual Pan (9") Sharing Pan (13")	535 1083	6 8	216 316	8.6 13	20 32	2.4 3.6	11.1 15	3.0 4.0	0.81 1.2	-		
ndividual Handcrafted (11")	533	6	196	8.4	20	3.0	8.8	2.7	0.9			
Sharing Handcrafted (14") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle	977 529	8	257 193	11 8.3	27 20	4.4 3.0	11 8.7	3.5 2.7	1.1 0.81	\longrightarrow		
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	971	8	254	11.4	26	4.3	11.2	3.5	1.0			
ndividual Stuffed Crust (11") ndividual Pepperoni Stuffed Crust (11")	685 719	6	273 299	13 14	25 25	3.5 3.6	13 16	5.2 6.1	1.1			
Sharing Stuffed Crust (14")	1185	8	335	16	33	5.0	15	5.8	1.3			
Sharing Pepperoni Stuffed Crust (14")	1226	8	359	17	33	5.1	17	6.6	1.5			
Cheesy Bites (14") Gluten Free (9" Square)	1185 486	8	335 199	16 5.9	33 22	5.0 3.2	15 9.5	5.8 2.7	1.3 0.75	+		
ndividual Pan (9")	456	Hawaiian	166	7.6	19	1.7	6.4	2.0	0.77			1
ndividual Pan (9) Sharing Pan (13")	936	8	249	11	30	2.8	9.0	2.0	1.2	+		
ndividual Handcrafted (11")	454	6	158	7.6	21	2.6	4.6	1.8	1.2	=		
Sharing Handcrafted (14") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle	830 450	8	211 142	7.3	28 19	4.0 2.3	6.0 4.0	2.4 1.7	1.8 0.77			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	824	8	187	9.8	25	3.5	5.1	2.2	1.0			
Individual Stuffed Crust (11")	606 640	6	222 249	12 13	24 24	2.9 2.9	8.4 11	4.2 5.1	1.1			
												-
Individual Pepperoni Stuffed Crust (11") Sharing Stuffed Crust (14")	1038	8	268	15	31	4.2	9.1	4.5	1.3			
Individual Pepperoni Stuffed Crust (11")									1.3 1.5 1.3			

The below nutritional information for our men	nu is provic	led as a g	uide. All ou	r dishes are f	inished by h	and, there	ore these	are appr	oximate	values only.	
		Number	-	D	Carbohydra		F .	Saturate	C II		
	Weight of Pizza (g)	of Slices per Pizza	Energy per Slice (kcal)	Protein per Slice (g)	te per Slice	Sugar per Slice (g)	Fat per Slice (g)	d Fat per	Salt per Slice(g)		
	_				(g)			Slice (g)			
ndividual Pan (9")	Chick 494	en Suprem	168	8.7	19	1.2	6.3	2.0	0.62		
haring Pan (13")	1037	8	256	14	29	1.8	8.9	2.7	1.0		
ndividual Handcrafted (11")	492	6	148 197	8.4	19	1.8	4.1	1.7	0.69		
Sharing Handcrafted (14") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle	931 488	8	197	12 8.4	24 18	2.6 1.8	5.2 4.0	2.2 1.7	1.1 0.61		
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	925	8	194	12	24	2.6	5.1	2.2	0.99		
ndividual Stuffed Crust (11") ndividual Pepperoni Stuffed Crust (11")	644 678	6	224 251	13 14	23 24	2.3	8.4 11	4.2 5.1	0.91		
Sharing Stuffed Crust (14")	1139	8	275	17	30	3.3	9.1	4.5	1.1		
Sharing Pepperoni Stuffed Crust (14")	1180	8	299	18	30	3.3	11	5.3	1.3		
Cheesy Bites (14") Gluten Free (9" Square)	1139 445	8	275 151	17 6	30 20	3.3 1.9	9.1 4.7	4.5 1.9	1.1 0.56		
·	М	eat Feast				1.5					
ndividual Pan (9") Sharing Pan (13")	468 970	6 8	197 303	9.2 14	19 30	1.1 1.6	9.3 14	3.2 4.7	0.90 1.4		
ndividual Handcrafted (11")	466	6	176	9.0	19	1.7	7.0	2.9	0.97		
haring Handcrafted (14")	864	8	244	13	25	2.4	10	4.2	1.4		
ndividual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	462 858	6 8	174 241	8.9 13	18 24	1.6 2.4	6.9 10	2.8 4.1	0.89		
ndividual Stuffed Crust (11")	618	6	253	14	24	2.2	11	5.4	1.2		
ndividual Pepperoni Stuffed Crust (11")	652	6	280	15	24	2.2	14	6.3	1.4		
Sharing Stuffed Crust (14") Sharing Pepperoni Stuffed Crust (14")	1072 1113	8	322 346	18 19	31 31	3.1 3.1	14 16	6.5 7.3	1.6 1.7		
Cheesy Bites (14")	1072	8	322	18	31	3.1	14	6.5	1.6		
Gluten Free (9" Square)	419	6 upreme	180	6.5	20	1.8	7.7	2.9	0.83		
ndividual Pan (9")	489	upreme 6	199	8.5	19	1.2	9.8	3.2	0.83		
Sharing Pan (13")	1003	8	304	13	30	1.9	14	4.7	1.3		
ndividual Handcrafted (11") Sharing Handcrafted (14")	487 897	6 8	178 245	8.2 12	19 25	1.8 2.7	7.5 11	2.9 4.2	0.9 1.2		
ndividual Handcrafted (11") WITHOUT Garlic Sprinkle	483	6	176	8.2	19	1.8	7.4	2.9	0.82		
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	891	8	242	11.7	25	2.6	10.5	4.1	1.1		
ndividual Stuffed Crust (11") ndividual Pepperoni Stuffed Crust (11")	639 673	6	255 282	13 14	24 24	2.3	12 14	5.4 6.3	1.1		
Sharing Stuffed Crust (14")	1105	8	323	16	31	3.3	14	6.5	1.4		
Sharing Pepperoni Stuffed Crust (14")	1146	8	347	17	31	3.3	17	7.3	1.6		
Cheesy Bites (14") Gluten Free (9" Square)	1105 440	8	323 182	16 5.8	31 20	3.3 2.0	14 8.1	6.5 2.9	1.4 0.77		
·	BBQ	Americano									
ndividual Pan (9")	508 1054	6 8	191 289	9.4 14.6	21	2.4	7.5 10.5	2.7	0.79 1.20		
Sharing Pan (13") ndividual Handcrafted (11")	499	6	168	9.6	33 21	3.7 2.5	4.8	3.6 2.0	0.90		
Sharing Handcrafted (14")	950	8	233	14.3	28	4.5	6.6	2.7	1.28		
ndividual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	495 944	6 8	166 230	9.5 14.2	20 27	2.1 4.4	4.7 6.5	1.9 2.7	0.82 1.19		
ndividual Stuffed Crust (11")	651	6	245	14.2	26	3.6	9.1	4.4	1.13		
ndividual Pepperoni Stuffed Crust (11")	685	6	272	15	26	3.6	12	5.4	1.3		
Sharing Stuffed Crust (14") Sharing Pepperoni Stuffed Crust (14")	1156 1197	8	311 335	19 20	34 34	5.2 5.2	10.5 13	5.0 5.9	1.5 1.7		
Cheesy Bites (14")	1156	8	311	19	34	5.2	10.5	5.0	1.5		
Gluten Free (9" Square)	459	6	175	6.6	23	3.4	5.9	2.4	0.75		
ndividual Pan (9")	488	Veggie 6	162	6.4	19	1.5	6.3	2.0	0.58		
Sharing Pan (13")	1019	8	245	9.6	31	2.4	8.8	2.7	0.89		
ndividual Handcrafted (11")	486	6	141	6.1	19	2.1	4.0	1.7	0.64		
Sharing Handcrafted (14") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle	913 482	8	186 139	8.1 6.1	26 19	3.2 2.1	5.1 3.9	2.1 1.6	0.82		
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	907	8	183	8.0	25	3.1	5.0	2.1	0.73		
ndividual Stuffed Crust (11") ndividual Pepperoni Stuffed Crust (11")	638 672	6	218 245	11 12	24 24	2.6 2.7	8.3 11	4.2 5.1	0.86 1.1		
Sharing Stuffed Crust (14")	1121	8	263	13	32	3.8	9.0	4.5	1.0		
sharing Pepperoni Stuffed Crust (14")	1162	8	288	14	32	3.9	11	5.3	1.2		
Cheesy Bites (14") Gluten Free (9" Square)	1121 439	8	263 108	13 2.7	32 16	3.8 1.7	9.0 3.5	4.5 1.2	1.0 0.39		
	М	argherita	,								
ndividual Pan (9")	398 796	6 8	169 250	7.0 10	18 29	0.9 1.3	7.4 10	2.7	0.64 0.96		
Sharing Pan (13")	796 394	6	250 149	6.8	18	1.3	5.1	3.5 2.3	0.96		
ndividual Handcrafted (11")		8	191	8.7	24	2.1	6.4	3.0	0.90		
sharing Handcrafted (14")	690			C 7	18	1.5	5.0	2.3	0.63		
haring Handcrafted (14") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle	392	6	146 188	6.7 8.7				3 ∪	በ 21		
haring Handcrafted (14") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle haring Handcrafted (14") WITHOUT Garlic Sprinkle			188 225	8.7 11	23 23	2.1	6.3 9.4	3.0 4.8	0.81 0.93		
haring Handcrafted (14") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle haring Handcrafted (14") WITHOUT Garlic Sprinkle ndividual Stuffed Crust (11") ndividual Pepperoni Stuffed Crust (11")	392 684 548 582	6 8 6 6	188 225 252	8.7 11 13	23 23 23	2.1 2.1 2.1	6.3 9.4 12	4.8 5.8	0.93 1.1		
haring Handcrafted (14") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle haring Handcrafted (14") WITHOUT Garlic Sprinkle ndividual Stuffed Crust (11") ndividual Pepperoni Stuffed Crust (11") haring Stuffed Crust (14")	392 684 548 582 898	6 8 6 6 8	188 225 252 269	8.7 11 13 13	23 23 23 30	2.1 2.1 2.1 2.8	6.3 9.4 12 10	4.8 5.8 5.3	0.93 1.1 1.1		
haring Handcrafted (14") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle haring Handcrafted (14") WITHOUT Garlic Sprinkle ndividual Stuffed Crust (11") ndividual Pepperoni Stuffed Crust (11") haring Stuffed Crust (14") haring Pepperoni Stuffed Crust (14") heesy Bites (14")	392 684 548 582 898 939 898	6 8 6 6 8 8	188 225 252 269 293 269	8.7 11 13 13 14 13	23 23 23 30 30 30	2.1 2.1 2.1 2.8 2.8 2.8	6.3 9.4 12 10 13	4.8 5.8 5.3 6.2 5.3	0.93 1.1 1.1 1.3 1.1		
haring Handcrafted (14") dividual Handcrafted (11") WITHOUT Garlic Sprinkle haring Handcrafted (14") WITHOUT Garlic Sprinkle dividual Stuffed Crust (11") ndividual Pepperoni Stuffed Crust (11") haring Stuffed Crust (14") heesy Bites (14")	392 684 548 582 898 939 898 349	6 8 6 6 8 8 8	188 225 252 269 293	8.7 11 13 13 14	23 23 23 30 30	2.1 2.1 2.1 2.8 2.8	6.3 9.4 12 10 13	4.8 5.8 5.3 6.2	0.93 1.1 1.1 1.3		
haring Handcrafted (14") haring Handcrafted (11") WITHOUT Garlic Sprinkle haring Handcrafted (11") WITHOUT Garlic Sprinkle ndividual Stuffed Crust (11") ndividual Pepperoni Stuffed Crust (11") haring Stuffed Crust (14") haring Stuffed Crust (14") haring Stuffed Crust (14") heesy Bites (14") Sluten Free (9" Square)	392 684 548 582 898 939 898 349	6 8 6 6 8 8	188 225 252 269 293 269	8.7 11 13 13 14 13	23 23 23 30 30 30	2.1 2.1 2.1 2.8 2.8 2.8	6.3 9.4 12 10 13	4.8 5.8 5.3 6.2 5.3	0.93 1.1 1.1 1.3 1.1		
haring Handcrafted (14") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle haring Handcrafted (14") WITHOUT Garlic Sprinkle ndividual Stuffed Crust (11") ndividual Pepperoni Stuffed Crust (11") haring Stuffed Crust (14") haring Pepperoni Stuffed Crust (14") heesy Bites (14") Siuten Free (9" Square) ndividual Pan (9") haring Pan (13")	392 684 548 582 898 939 898 349 Th 517	6 8 6 8 8 8 8 6 e G.O.A.T	188 225 252 269 293 269 114 184 281	8.7 11 13 13 14 13 3.2 7.5 11.3	23 23 23 30 30 30 15	2.1 2.1 2.1 2.8 2.8 2.8 1.3	6.3 9.4 12 10 13 10 4.3 7.8 11.0	4.8 5.8 5.3 6.2 5.3 1.8 3.0 4.3	0.93 1.1 1.1 1.3 1.1 0.43		
sharing Handcrafted (14") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Isharing Handcrafted (11") WITHOUT Garlic Sprinkle Individual Stuffed Crust (11") Individual Pepperoni Stuffed Crust (11") Isharing Stuffed Crust (14") Isharing Pepperoni St	392 684 548 582 898 939 898 349 Th 517 1088 515	6 8 6 6 8 8 8 6 e G.O.A.T	188 225 252 269 293 269 114 184 281	8.7 11 13 13 14 13 3.2 7.5 11.3 7.3	23 23 23 30 30 30 15	2.1 2.1 2.1 2.8 2.8 2.8 1.3 3.0 5.3 3.6	6.3 9.4 12 10 13 10 4.3 7.8 11.0 5.5	4.8 5.8 5.3 6.2 5.3 1.8 3.0 4.3 2.7	0.93 1.1 1.1 1.3 1.1 0.43 0.67 1.03 0.74		
haring Handcrafted (14") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Individual Handcrafted (11") WITHOUT Garlic Sprinkle Individual Stuffed Crust (11") Individual Pepperoni Stuffed Crust (11") Individual Pepperoni Stuffed Crust (14") Indiring Stuffed Crust (14") Individual Pepperoni Stuffed Crust (14") Individual Pan (9" Square) Individual Pan (9") Individual Handcrafted (11") Individual Handcrafted (14")	392 684 548 582 898 939 898 349 Th 517	6 8 6 8 8 8 8 6 e G.O.A.T	188 225 252 269 293 269 114 184 281	8.7 11 13 13 14 13 3.2 7.5 11.3	23 23 23 30 30 30 15	2.1 2.1 2.1 2.8 2.8 2.8 1.3	6.3 9.4 12 10 13 10 4.3 7.8 11.0	4.8 5.8 5.3 6.2 5.3 1.8 3.0 4.3	0.93 1.1 1.1 1.3 1.1 0.43		
Sharing Handcrafted (14") Sharing Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (11") WITHOUT Garlic Sprinkle Individual Stuffed Crust (11") Individual Pepperoni Stuffed Crust (11") Sharing Pepperoni Stuffed Crust (14") Sluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Individual Handcrafted (11") Sharing Handcrafted (14") Individual Handcrafted (11") Sharing Handcrafted (14") Individual Handcrafted (11") Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	392 684 548 582 898 939 898 349 Th 517 1088 515 982 511 976	6 8 6 8 8 8 8 6 e G.O.A.T	188 225 252 269 293 269 114 184 281 164 222 161 219	8.7 11 13 13 14 13 3.2 7.5 11.3 7.3 9.8 7.2	23 23 23 30 30 30 15 21 21 28 20 28	2.1 2.1 2.1 2.8 2.8 2.8 1.3 3.0 5.3 3.6 5.7 3.5 5.6	6.3 9.4 12 10 13 10 4.3 7.8 11.0 5.5 7.3 5.4 7.2	4.8 5.8 5.3 6.2 5.3 1.8 3.0 4.3 2.7 3.7 2.7 3.7	0.93 1.1 1.1 1.3 1.1 0.43 0.67 1.03 0.74 1.0 0.66 0.89		
Sharing Handcrafted (14") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle sharing Handcrafted (14") WITHOUT Garlic Sprinkle ndividual Stuffed Crust (11") ndividual Stuffed Crust (11") sharing Stuffed Crust (14") sharing Pepperoni Stuffed Crust (14") cheesy Bites (14") Gluten Free (9" Square) ndividual Pan (9") sharing Pan (13") sharing Pan (13") sharing Handcrafted (11") Sharing Handcrafted (14") ndividual Handcrafted (14") ndividual Handcrafted (14") sharing Handcrafted (14") wITHOUT Garlic Sprinkle sharing Handcrafted (14") ndividual Stuffed Crust (11")	392 684 548 582 898 939 898 349 Th 517 1088 515 982 511 976 667	6 8 6 6 8 8 8 6 e G.O.A.T 6 8 6 6 8 8 6	188 225 252 269 293 269 114 184 281 164 222 161 219 241	8.7 11 13 13 14 13 3.2 7.5 11.3 7.3 9.8 7.2 9.7	23 23 23 30 30 30 30 15 21 22 28 20 28 26	2.1 2.1 2.8 2.8 2.8 1.3 3.0 5.3 3.6 5.7 3.5 6 4.1	6.3 9.4 12 10 13 10 4.3 7.8 11.0 5.5 7.3 5.4 7.2 9.8	4.8 5.8 5.3 6.2 5.3 1.8 3.0 4.3 2.7 3.7 2.7 3.7 5.2	0.93 1.1 1.1 1.3 1.1 0.43 0.67 1.03 0.74 1.0 0.66 0.89		
ndividual Handcrafted (11") Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle ndividual Stuffed Crust (11") Sharing Stuffed Crust (14") Sharing Stuffed Crust (14") Sharing Pepperoni Stuffed Crust (14") Cheesy Bites (14") Gluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Individual Handcrafted (11") Sharing Handcrafted (14") Individual Handcrafted (14") Individual Handcrafted (14") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Individual Stuffed Crust (11") Individual Stuffed Crust (11") Individual Pepperoni Stuffed Crust (11") Sharing Stuffed Crust (11") Sharing Stuffed Crust (14") Sharing Stuffed Crust (14")	392 684 548 582 898 939 898 349 Th 517 1088 515 982 511 976	6 8 6 8 8 8 8 6 e G.O.A.T	188 225 252 269 293 269 114 184 281 164 222 161 219	8.7 11 13 13 14 13 3.2 7.5 11.3 7.3 9.8 7.2	23 23 23 30 30 30 15 21 21 28 20 28	2.1 2.1 2.1 2.8 2.8 2.8 1.3 3.0 5.3 3.6 5.7 3.5 5.6	6.3 9.4 12 10 13 10 4.3 7.8 11.0 5.5 7.3 5.4 7.2	4.8 5.8 5.3 6.2 5.3 1.8 3.0 4.3 2.7 3.7 2.7 3.7	0.93 1.1 1.1 1.3 1.1 0.43 0.67 1.03 0.74 1.0 0.66 0.89		
Sharing Handcrafted (14") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle sharing Handcrafted (14") WITHOUT Garlic Sprinkle ndividual Stuffed Crust (11") ndividual Pepperoni Stuffed Crust (11") Sharing Stuffed Crust (14") Sharing Pepperoni Stuffed Crust (14") Cheesy Bites (14") Sluten Free (9" Square) ndividual Pan (9") Sharing Pan (13") Individual Handcrafted (11") Sharing Handcrafted (14") Individual Stuffed Crust (11") Individual Stuffed Crust (11") Individual Stuffed Crust (11") Individual Pepperoni Stuffed Crust (11") Individual Pepperoni Stuffed Crust (11")	392 684 548 582 898 939 898 349 Th 517 1088 515 982 511 976 667 701	6 8 6 6 8 8 6 e G.O.A.T 6 8 6 6 8 6 6	188 225 252 269 293 269 114 184 281 164 222 161 219 241 268	8.7 11 13 13 14 13 3.2 7.5 11.3 7.3 9.8 7.2 9.7	23 23 23 30 30 30 15 21 21 22 28 20 28 26	2.1 2.1 2.8 2.8 2.8 1.3 3.0 5.3 3.6 5.7 3.5 5.6 4.1	6.3 9.4 12 10 13 10 4.3 7.8 11.0 5.5 7.3 5.4 7.2 9.8 12	4.8 5.8 5.3 6.2 5.3 1.8 3.0 4.3 2.7 3.7 2.7 3.7 5.2 6.1	0.93 1.1 1.1 1.3 1.1 0.43 0.67 1.03 0.74 1.0 0.66 0.89 0.97 1.2		

The below substituted information for our me					• •							y.
The below nutritional information for our me	enu is provid	Ĭ	uide. Ali ou	ir disnes are i		iand, there	fore these		oximate	values only	<i>/</i> .	
	Weight of Pizza (g)	Number of Slices per Pizza	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydra te per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturate d Fat per Slice (g)	Salt per Slice(g)			
	Vocas				(3)			(9)				
Individual Pan (9")	493	jie Suprem 6	162	6.2	19	1.4	6.8	2.0	0.59			
Sharing Pan (13")	1011	8	241	9	30	2.1	9	2.7	0.9			
Individual Handcrafted (11") Sharing Handcrafted (14")	491 905	6 8	142 182	5.9 8	19 25	2.0	4.5 6	1.7 2.2	0.7			
Individual Handcrafted (14") WITHOUT Garlic Sprinkle	487	6	139	5.9	18	2.9	4.4	1.7	0.59			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	899	8	179	7.7	24	2.9	5.4	2.1	0.8			
Individual Stuffed Crust (11")	643	6	219	11	24	2.5	9	4.2	0.9			
Individual Pepperoni Stuffed Crust (11") Sharing Stuffed Crust (14")	677 1113	6 8	245 260	12 12	24 31	2.5 3.6	11 9	5.1 4.5	1.1			
Sharing Pepperoni Stuffed Crust (14")	1154	8	284	13	31	3.6	12	5.3	1.2			
Cheesy Bites (14")	1113	8	260	12	31	3.6	9	4.5	1.0			
Gluten Free (9" Square)	444 Vec	6 Igie Sizzler	145	3.4	20	2.1	5.2	1.7	0.53			
Individual Pan (9")	461	6	160	6.1	19	2.0	6.3	2.0	0.68			
Sharing Pan (13")	948	8	241	9	31	3.1	9	2.7	1.0			
Individual Handcrafted (11") Sharing Handcrafted (14")	459 842	6 8	140 182	5.9 8	20 26	2.6 3.9	4.0 5	1.7 2.1	0.7 1.0			
Individual Handcrafted (14") WITHOUT Garlic Sprinkle	455	6	137	5.9	19	2.6	3.9	1.6	0.67			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	836	8	179	7.7	25	3.8	5.0	2.1	0.9			
Individual Stuffed Crust (11") Individual Pepperoni Stuffed Crust (11")	611 645	6	217 243	11 12	24 24	3.1 3.1	8 11	4.2 5.1	1.0 1.2			
Sharing Stuffed Crust (14")	1050	8	260	12	32	4.5	9	4.5	1.2			
Sharing Pepperoni Stuffed Crust (14")	1091	8	284	13	32	4.5	11	5.3	1.4			
Cheesy Bites (14")	1050	8	260	12	32	4.5	9	4.5	1.2			
Gluten Free (9" Square)	412 Meat	6 Feast Sizzl	143 er	3.4	21	2.7	4.7	1.6	0.61			
Individual Pan (9")	480	6	193	8.9	19	1.1	9.0	3.1	0.97			
Sharing Pan (13")	1000	8	298	14	30	1.6	13	4.5	1.5			
Individual Handcrafted (11") Sharing Handcrafted (14")	478 894	6 8	172 239	8.6 12	19 25	1.7 2.4	6.7 10	2.7 4.0	1.0 1.5			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	474	6	170	8.6	18	1.6	6.6	2.7	0.96			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	888	8	236	12.3	24	2.4	9.7	4.0	1.4			
Individual Stuffed Crust (11") Individual Pepperoni Stuffed Crust (11")	630 664	6	249 276	13 14	24 24	2.2	11 13	5.2 6.2	1.3 1.5			
Sharing Stuffed Crust (14")	1102	8	317	17	31	3.1	14	6.3	1.6			
Sharing Pepperoni Stuffed Crust (14")	1143	8	341	18	31	3.1	16	7.1	1.8			
Cheesy Bites (14") Gluten Free (9" Square)	1102 431	8	317 176	17 6.1	31 20	3.1 1.8	14 7.4	6.3 2.7	1.6 0.90			
Gluten Free (5. Square)		ken Sizzlei		0.1	20	1.0	7.4	2.1	0.50			
Individual Pan (9")	466	6	164	7.3	19	1.9	6.3	1.8	0.71			
Sharing Pan (13") Individual Handcrafted (11")	965 464	8	248 145	7.2	30 19	3.0 2.4	8.8 4.1	2.4 1.7	1.08 0.79			
Sharing Handcrafted (14")	859	8	192	9.9	26	3.6	5.2	2.2	1.06			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	460	6	143	7.1	19	2.4	4.0	1.7	0.71			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	853	8	189	9.8	25	3.5	5.1	2.2	0.97			
Individual Stuffed Crust (11") Individual Pepperoni Stuffed Crust (11")	616 639	6	222 240	11.8 12.6	24 24	2.9 3.0	8.4 10.0	4.2 4.8	1.02 1.15			
Sharing Stuffed Crust (14")	1067	8	270	14.6	32	4.3	9.1	4.5	1.26			
Sharing Pepperoni Stuffed Crust (14")	1101	8	290	15.4	32	4.3	10.9	5.2	1.41			
Cheesy Bites (14") Gluten Free (9" Square)	1073 417	8	273 149	14.6 4.7	32 21	4.3 2.6	9.2 4.7	4.5 1.7	1.35 0.65			
	Fa	rmhouse		***								
Individual Pan (9")	439	6	162	7.6	18	0.9	6.4	2.0	0.78			
Sharing Pan (13") Individual Handcrafted (11")	884 437	8	242 142	7.4	29 18	1.3 1.6	8.9 4.1	2.7 1.7	1.1 0.85			
Sharing Handcrafted (14")	778	8	183	9.6	24	2.1	5.2	2.2	1.1			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	433	6	139	7.3	18	1.5	4.0	1.7	0.77			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Individual Stuffed Crust (11")	772 589	8	180 219	10 12	23 23	2.1	5.1 8.4	2.2 4.2	1.0			
		6	245	13	23	2.1	11	5.1	1.1			
Individual Pepperoni Stuffed Crust (11")	623											
Sharing Stuffed Crust (14")	986	8	261	14	30	2.8	9.1	4.5	1.3			
Sharing Stuffed Crust (14") Sharing Pepperoni Stuffed Crust (14")	986 1027	8	285	15	30	2.8	11	5.3	1.5			
Sharing Stuffed Crust (14") Sharing Pepperoni Stuffed Crust (14") Cheesy Bites (14")	986 1027 986	8 8 8	285 261	15 14	30 30	2.8 2.8	11 9.1	5.3 4.5	1.5 1.3			
Sharing Stuffed Crust (14") Sharing Pepperoni Stuffed Crust (14") Cheesy Bites (14") Gluten Free (9" Square)	986 1027 986 390 Hot Honey	8 8 8 6	285 261 145 i Feast	15 14 4.9	30 30 20	2.8 2.8 1.7	9.1 4.8	5.3 4.5 1.7	1.5 1.3 0.72			
Sharing Stuffed Crust (14") Sharing Pepperoni Stuffed Crust (14") Cheesy Bites (14") Gluten Free (9" Square) Individual Pan (9")	986 1027 986 390 Hot Honey	8 8 8 6 Pepperon	285 261 145 i Feast 193	15 14 4.9	30 30 20 20	2.8 2.8 1.7	11 9.1 4.8	5.3 4.5 1.7	1.5 1.3 0.72			
Sharing Stuffed Crust (14") Sharing Pepperoni Stuffed Crust (14") Cheesy Bites (14") Gluten Free (9" Square) Individual Pan (9") Sharing Pan (13")	986 1027 986 390 Hot Honey 443 879	8 8 8 6 Pepperon 6 8	285 261 145 i Feast 193 280	15 14 4.9 7.2	30 30 20 20 31	2.8 2.8 1.7 2.9 3.3	9.0 9.2	5.3 4.5 1.7 2.6 3.5	1.5 1.3 0.72 0.92 1.3			
Sharing Stuffed Crust (14") Sharing Pepperoni Stuffed Crust (14") Cheesy Bites (14") Gluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Sharing Pan (13") Sharing Handcrafted (11")	986 1027 986 390 Hot Honey	8 8 8 6 Pepperon	285 261 145 i Feast 193	15 14 4.9	30 30 20 20	2.8 2.8 1.7	11 9.1 4.8	5.3 4.5 1.7	1.5 1.3 0.72			
Sharing Stuffed Crust (14") Sharing Pepperoni Stuffed Crust (14") Cheesy Bites (14") Gluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Individual Handcrafted (11") Sharing Handcrafted (14") Individual Handcrafted (14")	986 1027 986 390 Hot Honey 443 879 441 773 437	8 8 8 6 7 Pepperon 6 8 6	285 261 145 i Feast 193 280 172 220 169	15 14 4.9 7.2 11 7.0 9.1 7.0	30 30 20 20 31 20 26 20	2.8 2.8 1.7 2.9 3.3 3.5 4.1 3.5	9.0 12 6.7 8.6 6.6	5.3 4.5 1.7 2.6 3.5 2.3 3.0 2.3	1.5 1.3 0.72 0.92 1.3 1.00 1.3 0.92			
Individual Pepperoni Stuffed Crust (11") Sharing Stuffed Crust (14") Sharing Pepperoni Stuffed Crust (14") Cheesy Bites (14") Gluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Individual Handcrafted (11") Sharing Handcrafted (14") Individual Handcrafted (14")	986 1027 986 390 Hot Honey 443 879 441 773 437	8 8 8 6 7 Pepperon 6 8 6 8	285 261 145 i Feast 193 280 172 220 169 217	15 14 4.9 7.2 11 7.0 9.1 7.0 9.1	30 30 20 20 31 20 26 20 25	2.8 2.8 1.7 2.9 3.3 3.5 4.1 3.5 4.1	9.0 12 6.7 8.6 6.6 8.5	5.3 4.5 1.7 2.6 3.5 2.3 3.0 2.3 2.9	1.5 1.3 0.72 0.92 1.3 1.00 1.3 0.92 1.2			
Sharing Stuffed Crust (14") Sharing Pepperoni Stuffed Crust (14") Cheesy Bites (14") Gluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Individual Handcrafted (11") Sharing Handcrafted (14") Individual Handcrafted (14") Sharing Handcrafted (14") Individual Handcrafted (14")	986 1027 986 390 Hot Honey 443 879 441 773 437 767 593	8 8 8 6 7 Pepperon 6 8 6	285 261 145 i Feast 193 280 172 220 169 217 249	7.2 11 7.0 9.1 7.0 9.1 12	30 30 20 20 31 20 26 20 25 25	2.8 2.8 1.7 2.9 3.3 3.5 4.1 3.5 4.1 4.0	9.0 12 6.7 8.6 6.6 8.5 11.0	5.3 4.5 1.7 2.6 3.5 2.3 3.0 2.3 2.9 4.8	1.5 1.3 0.72 0.92 1.3 1.00 1.3 0.92 1.2			
Sharing Stuffed Crust (14") Sharing Pepperoni Stuffed Crust (14") Cheesy Bites (14") Gluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Individual Handcrafted (11") Sharing Handcrafted (14") Individual Stuffed Crust (11") Individual Stuffed Crust (11") Individual Stuffed Crust (11") Sharing Stuffed Crust (11") Sharing Stuffed Crust (14")	986 1027 986 390 Hot Honey 443 879 441 773 437 767 593 627 981	8 8 8 6 Pepperon 6 8 6 8 6 8 6 8 6	285 261 145 Feast 193 280 172 220 169 217 249 276 298	15 14 4.9 7.2 11 7.0 9.1 7.0 9.1 12 13 14	30 30 20 20 31 20 26 20 25 25 25 25 32	2.8 2.8 1.7 2.9 3.3 3.5 4.1 3.5 4.1 4.0 4.1	9.0 12 6.7 8.6 6.6 8.5 11.0 13	5.3 4.5 1.7 2.6 3.5 2.3 3.0 2.3 2.9 4.8 5.7 5.3	1.5 1.3 0.72 0.92 1.3 1.00 1.3 0.92 1.2 1.2 1.4			
Sharing Stuffed Crust (14") Sharing Pepperoni Stuffed Crust (14") Cheesy Bites (14") Gluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Sharing Pan (13") Individual Handcrafted (11") Sharing Handcrafted (14") Individual Handcrafted (14") Individual Handcrafted (14") Individual Handcrafted (14") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Individual Stuffed Crust (11") Individual Pepperoni Stuffed Crust (11")	986 1027 986 390 Hot Honey 443 879 441 773 437 767 593 627	8 8 8 6 Pepperon 6 8 6 8 6 8	285 261 145 145 193 280 172 220 169 217 249 276	15 14 4.9 7.2 11 7.0 9.1 7.0 9.1 12	30 30 20 20 31 20 26 20 25 25 25	2.8 2.8 1.7 2.9 3.3 3.5 4.1 3.5 4.1 4.0	9.0 12 6.7 8.6 6.6 8.5 11.0	5.3 4.5 1.7 2.6 3.5 2.3 3.0 2.3 2.9 4.8 5.7	1.5 1.3 0.72 0.92 1.3 1.00 1.3 0.92 1.2 1.2			

The below nutritional information for our m		lad ac a n	سالا مانس	ır dishes are f				s-contar			-	
The below nathtional morniation for our n	leria is provie		dide. All oc	uisiles are i		iana, mere	lore triese		Oximate	values on	ily.	
	Weight of Pizza (g)	Number of Slices	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydra te per Slice	Sugar per Slice (g)	Fat per Slice (g)	Saturate d Fat per	Salt per Slice(g)			
		per Pizza	Silice (Redi)	Slice (g)	(g)	Slice (g)	Silice (g)	Slice (g)	Silec(g)			
ndividual Pan (9")	510	ef Burger 6	208	8.0	19	1.9	10.7	3.1	0.91		<u> </u>	T
Sharing Pan (13")	1029	8	299	11.9	30	2.6	14.1	4.2	1.32			
ndividual Handcrafted (11") Sharing Handcrafted (14")	508 923	6 8	189 243	7.9 10.7	20 26	2.4 3.2	8.5 10.5	3.0 4.0	0.99 1.30			
ndividual Handcrafted (14)	504	6	187	7.9	19	2.3	8.4	3.0	0.91			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	917	8	240	10.6	25	3.2	10.4	3.9	1.21			
ndividual Stuffed Crust (11") ndividual Pepperoni Stuffed Crust (11")	660 683	6	266 284	12.6 13.3	25 25	2.9	12.8 14.4	5.5 6.1	1.21			
Sharing Stuffed Crust (14")	1131	8	321	15.4	32	3.9	14.4	6.3	1.50			
Sharing Pepperoni Stuffed Crust (14")	1165	8	341	16.2	32	3.9	16.2	7.0	1.65			
Cheesy Bites (14") Gluten Free (9" Square)	1137 461	8	324 193	15.4 5.4	32 21	4.0 2.5	14.5 9.2	6.3 3.0	1.59 0.85			
	Breaded	Chicken Bu	ırger			2.3						
ndividual Pan (9") Sharing Pan (13")	551 1067	6 8	219 304	9.0 12.5	21 32	1.8 2.5	10.7 13.6	2.9 3.8	0.93 1.31			
ndividual Handcrafted (11")	549	6	201	8.9	21	2.3	8.6	2.8	1.02			
Sharing Handcrafted (14")	961	8	248	11.2	28	3.1	10.0	3.5	1.29			
ndividual Handcrafted (11") WITHOUT Garlic Sprinkle	545 955	6 8	198 245	8.8 11.2	21 27	2.3 3.0	8.5 9.9	2.8	0.94 1.20			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle ndividual Stuffed Crust (11")	701	6	278	13.6	26	2.8	12.9	3.5 5.3	1.24			
ndividual Pepperoni Stuffed Crust (11")	724	6	296	14.3	26	2.9	14.5	5.9	1.38			
Sharing Stuffed Crust (14") Sharing Pepperoni Stuffed Crust (14")	1169 1203	8	326 346	15.9	33 34	3.8 3.8	13.9	5.8	1.49 1.64		1	_
Sharing Pepperoni Stuπed Crust (14") Cheesy Bites (14")	1203	8	346	16.7 16.0	34	3.8	15.7 14.0	6.5 5.9	1.54		+	+
	Veg	gie Burger					•				1	
ndividual Pan (9")	502 1012	6 8	196	7.2 10.4	19	1.8	9.9	2.8	0.84		1	_
Sharing Pan (13") ndividual Handcrafted (11")	500	6	278 178	7.0	30 20	2.5	12.7 7.7	3.6 2.6	1.20 0.92			
Sharing Handcrafted (14")	906	8	222	9.1	25	3.1	9.1	3.3	1.18		L	
ndividual Handcrafted (11") WITHOUT Garlic Sprinkle	496	6	175	7.0	19	2.2	7.6	2.6	0.84			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle ndividual Stuffed Crust (11")	900 652	8	219 254	9.1 11.7	25 24	3.0 2.8	9.0 12.0	3.3 5.1	1.09 1.14		1	-
ndividual Pepperoni Stuffed Crust (11")	652	6	254	12.5	24	2.8	13.6	5.1	1.14		1	
Sharing Stuffed Crust (14")	1114	8	300	13.8	31	3.7	13.0	5.6	1.38			
Sharing Pepperoni Stuffed Crust (14")	1148	8	320	14.7	31	3.7	14.8	6.3	1.53			
Cheesy Bites (14") Gluten Free (9" Square)	1120 453	8	303 181	13.9 4.6	32 21	3.8 2.4	13.1 8.4	5.7 2.6	1.47 0.78			
Giuten Free (9 Square)	455	0	101	4.0	21	2.4	0.4	2.0	0.76			
	Weight of Pizza (g)	Number of Slices per Pizza	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydra te per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturate d Fat per Slice (g)	Salt per Slice(g)			
		gan Pizzas	1									
ndividual Pan (9")	Vegai 380	n Margheri 6	ta 163	4.0	20	0.6	7.1	3.6	0.68			
Sharing Pan (13")	732	8	231	6.3	31	0.9	8.8	3.8	0.92			
ndividual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	374	6	140	3.7	20	1.2	4.7 5.0	3.2 3.3	0.68			
		0			25				004			
	620 331	8	169 146	4.8 1.3	25 22	1.3	5.5	3.2	0.84 0.65			
Gluten Free (9" Square)	331 Veg	6 Jan Veggie	146	1.3	22	1.3	5.5	3.2	0.65			
Gluten Free (9" Square) ndividual Pan (9")	331 Veg 476	6 gan Veggie 6	146	1.3	22	1.3	5.5	3.2	0.65			
Gluten Free (9" Square) ndividual Pan (9") Sharing Pan (13") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle	331 Veg 476 1013 470	6 gan Veggie 6 8	146 158 245 135	4.3 6.9 4.0	22 21 33 21	1.3 1.3 2.1 1.9	5.5 6.1 9.1 3.8	2.6 3.9 2.2	0.65 0.61 0.94 0.59			
Gluten Free (9" Square) ndividual Pan (9") Sharing Pan (13") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	331 Veg 476 1013 470 901	6 gan Veggie 6 8 6	146 158 245 135 183	1.3 4.3 6.9 4.0 5.4	22 21 33 21 28	1.3 1.3 2.1 1.9 2.8	5.5 6.1 9.1 3.8 5.3	2.6 3.9 2.2 3.3	0.65 0.61 0.94 0.59 0.84			
Gluten Free (9" Square) ndividual Pan (9") Sharing Pan (13") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	331 Veg 476 1013 470 901 427 Vegan V	6 gan Veggie 6 8	146 158 245 135 183 141	1.3 4.3 6.9 4.0 5.4 1.6	21 33 21 28 22	1.3 2.1 1.9 2.8 2.1	5.5 6.1 9.1 3.8	3.2 2.6 3.9 2.2 3.3 2.3	0.65 0.61 0.94 0.59			
Gluten Free (9" Square) ndividual Pan (9") Sharing Pan (13") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Gluten Free (9" Square) ndividual Pan (9")	331 Veg 476 1013 470 901 427 Vegan V	6 an Veggie 6 8 6 8 6 eggie Supr	146 158 245 135 183 141 reme	1.3 4.3 6.9 4.0 5.4 1.6	22 21 33 21 28 22	1.3 2.1 1.9 2.8 2.1	5.5 6.1 9.1 3.8 5.3 4.5	3.2 2.6 3.9 2.2 3.3 2.3	0.65 0.61 0.94 0.59 0.84 0.55			
Gluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Gluten Free (9" Square) Individual Pan (9") Sharing Pan (13")	331 Veg 476 1013 470 901 427 Vegan V 481 1005	6 gan Veggie 6 8 6 8 6 eggie Supri 6 8	146 158 245 135 183 141 eme 157 240	1.3 4.3 6.9 4.0 5.4 1.6	22 21 33 21 28 22 20 32	1.3 2.1 1.9 2.8 2.1 1.2 2.0	5.5 6.1 9.1 3.8 5.3 4.5 6.4 9.2	3.2 2.6 3.9 2.2 3.3 2.3 2.4 3.6	0.65 0.61 0.94 0.59 0.84 0.55 0.60 0.92			
odividual Pan (9") Sharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sibaring Handcrafted (14") WITHOUT Garlic Sprinkle Siluten Free (9" Square) Individual Pan (9") Individual Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	331 Veg 476 1013 470 901 427 Vegan V 481 1005 475 893	6 pan Veggie	146 158 245 135 183 141 eme 157 240 134 178	1.3 4.3 6.9 4.0 5.4 1.6 4.2 6.7 3.9 5.1	22 21 33 21 28 22 20 20 27	1.3 2.1 1.9 2.8 2.1 1.2 2.0 1.8 2.7	5.5 6.1 9.1 3.8 5.3 4.5 6.4 9.2 4.1 5.4	3.2 2.6 3.9 2.2 3.3 2.3 2.4 3.6 2.1 3.1	0.65 0.61 0.94 0.59 0.84 0.55 0.60 0.92 0.60 0.80			
odividual Pan (9") charing Pan (13") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle charing Handcrafted (14") WITHOUT Garlic Sprinkle Siluten Free (9" Square) ndividual Pan (9") sharing Pan (13") ndividual Pan (13") ndividual Pandcrafted (11") WITHOUT Garlic Sprinkle sharing Handcrafted (14") WITHOUT Garlic Sprinkle	331 Veg 476 1013 470 901 427 Vegan V 481 1005 475 893 432	6 8 6 8 6 8 6 8 6 6 8 6 6 8 6 6 8 6 6 8 6 6 8 6	146 158 245 135 183 141 eme 157 240 134 178 140	1.3 4.3 6.9 4.0 5.4 1.6 4.2 6.7 3.9	22 21 33 21 28 22 20 32 20	1.3 2.1 1.9 2.8 2.1 1.2 2.0 1.8	5.5 6.1 9.1 3.8 5.3 4.5 6.4 9.2 4.1	3.2 2.6 3.9 2.2 3.3 2.3 2.4 3.6 2.1	0.65 0.61 0.94 0.59 0.84 0.55 0.60 0.92 0.60			
oluten Free (9" Square) ndividual Pan (9") Sharing Pan (13") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sluten Free (9" Square) Individual Pan (9") Sharing Pan (13") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Pan (13") ndividual Handcrafted (14") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sluten Free (9" Square)	331 Veg 476 1013 470 901 427 Vegan V 481 1005 475 893 432	6 pan Veggie	146 158 245 135 183 141 eme 157 240 134 178 140	1.3 4.3 6.9 4.0 5.4 1.6 4.2 6.7 3.9 5.1	22 21 33 21 28 22 20 20 27	1.3 2.1 1.9 2.8 2.1 1.2 2.0 1.8 2.7	5.5 6.1 9.1 3.8 5.3 4.5 6.4 9.2 4.1 5.4	3.2 2.6 3.9 2.2 3.3 2.3 2.4 3.6 2.1 3.1	0.65 0.61 0.94 0.59 0.84 0.55 0.60 0.92 0.60 0.80			
ndividual Pan (9") Sharing Pan (13") Sharing Pan (13") Sharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sluten Free (9" Square) Individual Pan (9") Individual Pan (9") Individual Pan (9") Individual Pan (13")	331 Veg 476 1013 470 901 427 Vegan V 481 1005 475 482 Vegan 482 49942	6 pan Veggie 6 8 6 8 6 eggie Supr 6 8 8 6 8 0 Veggie Sizz 6 8	146 158 245 135 183 141 eme 157 240 178 140 tler 155 240	1.3 4.3 6.9 4.0 5.4 1.6 4.2 6.7 3.9 1.5 4.2 6.7	22 21 33 21 28 22 20 32 20 27 22 21 33	1.3 2.1 1.9 2.8 2.1 1.2 2.0 2.7 2.0	5.5 6.1 9.1 3.8 5.3 4.5 6.4 9.2 4.1 5.4 4.8	3.2 2.6 3.9 2.2 3.3 2.3 2.4 3.6 2.1 3.1 2.1 2.4 3.6	0.65 0.61 0.94 0.59 0.84 0.55 0.60 0.92 0.60 0.80 0.54			
oliuten Free (9" Square) Individual Pan (9") Sharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sharing Pan (13") Individual Pan (9") Sharing Pan (13") Individual Pan (9") Individual Pan (13") Individual Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle	331 Vegan V 476 1013 470 901 427 Vegan V 481 1005 475 893 432 Vegan 449 942	6 an Veggie 6 8 8 6 6 6 6 6 8 6 6	146 158 245 135 183 141 eme 157 240 134 178 140 der 155 132	1.3 4.3 6.9 4.0 5.4 1.6 4.2 6.7 3.9 5.1 1.5	22 21 33 21 28 22 20 27 22 21 21 23 23 24 25 27 27 22 21	1.3 2.1 1.9 2.8 2.1 2.0 1.8 2.7 2.0 1.8 2.7 2.0 2.0 2.4	5.5 6.1 9.1 3.8 5.3 4.5 6.4 9.2 4.1 5.4 4.8 5.9 8.7 3.5	2.6 3.9 2.2 3.3 2.3 2.4 3.6 2.1 2.4 3.6 2.1	0.65 0.61 0.94 0.59 0.84 0.55 0.60 0.92 0.60 0.80 0.54			
ndividual Pan (9") Sharing Pan (13") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sluten Free (9" Square) ndividual Pan (9") Sharing Pan (13") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sluten Free (9" Square) ndividual Pan (9") Sharing Pan (13") ndividual Pan (13") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	331 Veg 476 1013 470 901 427 Vegan V 481 1005 475 482 Vegan 482 49942	6 (an Veggie 6 8 8 6 6 8 8 6 6 8 8 6 6 8 8 6 6 8 8 6 6 6 8 8 6 6 6 6 6 6 6 6 6 6 6 8 8 6 6 6 6 8 8 6 6 6 6 8 8 6 6 6 6 8 8 6 6 6 6 8 8 6 6 6 6 8 8 6 6 6 6 8 8 8 6 6 6 6 8 8 6 6 6 8 8 6 6 6 8 8 6 6 6 8 8 6 6 6 8 8 6 6 6 8 8 8 6 6 6 8 8 6 6 6 8 8 6 6 6 8 8 6 6 6 8 8 6 6 6 8 8 6 6 6 8 8 8 6 6 6 6 8 8 8 6 6 6 6 8 8 8 6 6 6 6 8 8 8 6 6 6 6 8 8 8 6 6 6 6 8 8 8 6 6 6 6 8 8 8 6 6 6 6 8 8 8 6 6 6 6 8 8 8 6 6 6 6 8 8 8 6 6 6 6 6 8 8 8 6	146 158 245 135 183 141 eme 157 240 178 140 tler 155 240	1.3 4.3 6.9 4.0 5.4 1.6 6.7 3.9 5.1 1.5 4.2 6.7 3.9 5.1 1.5	22 21 33 21 28 22 20 27 22 21 33 21 28	1.3 2.1 1.9 2.8 2.1 1.9 2.8 2.1 1.2 2.0 1.8 2.7 2.0 1.8 2.9 2.4 3.6	5.5 6.1 9.1 3.8 5.3 4.5 6.4 9.2 4.1 5.4 4.8 5.9 8.7 3.5 4.9	2.6 3.9 2.2 3.3 2.3 2.4 3.6 2.1 3.1 2.1 2.4 3.6 2.1 3.1 2.1	0.65 0.61 0.94 0.59 0.84 0.55 0.60 0.92 0.60 0.80 0.54 0.69 1.07			
Gluten Free (9" Square) ndividual Pan (9") Sharing Pan (13") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Gluten Free (9" Square) ndividual Pan (9") Sharing Pan (13") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Gluten Free (9" Square) ndividual Pan (9") Sharing Pan (13") ndividual Pan (9") Sharing Pan (13") ndividual Handcrafted (14") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	331 Vegan V 476 1013 470 901 427 Vegan V 481 1005 475 893 432 Vegan 449 942 443 830 400	6 (an Veggie 6 8 8 6 6 8 8 6 6 8 8 6 6 8 8 6 6 8 8 6 6 8 8 8 6 6 8 8 8 6 6 8 8 8 6 6 8 8 6 6 8 8 6 6 6 8 8 8 6 6 6 8 8 8 6 6 6 6 6 8 8 8 6 6 6 6 6 6 8 8 8 6	146 245 135 135 183 141 157 240 134 178 140 2ler 155 240 132 178	1.3 4.3 6.9 4.0 5.4 1.6 4.2 6.7 3.9 5.1 1.5 4.2 6.7 3.9 5.1 1.5	22 21 33 21 28 22 20 27 22 21 21 23 23 24 25 27 27 22 21	1.3 2.1 1.9 2.8 2.1 2.0 1.8 2.7 2.0 1.8 2.7 2.0 2.0 2.4	5.5 6.1 9.1 3.8 5.3 4.5 6.4 9.2 4.1 5.4 4.8 5.9 8.7 3.5 4.9	3.2 2.6 3.9 2.2 3.3 2.3 2.4 3.6 2.1 3.1 2.1 2.4 3.6 2.1 3.1 2.1	0.65 0.61 0.94 0.59 0.84 0.55 0.60 0.92 0.60 0.80 0.54			
Gluten Free (9" Square) ndividual Pan (9") Sharing Pan (13") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Gluten Free (9" Square) ndividual Pan (9") Sharing Pan (13") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Gluten Free (9" Square) ndividual Pan (9") Sharing Pan (13") ndividual Pan (9") Sharing Pan (13") ndividual Handcrafted (14") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	331 Veg 476 1013 470 901 427 Vegan V 481 1005 475 893 432 Vegan 449 942 443 830 400 Average	6 an Veggie 6 8 6 8 6 6 8 6 6 8 6 6	146 245 135 135 183 141 eme 157 240 134 178 140 eter 155 240 132 178 138	1.3 4.3 6.9 4.0 5.4 1.6 4.2 6.7 3.9 5.1 1.5 4.2 6.7 3.9 5.1 1.5 Carbohydrate	22 21 33 21 28 22 20 27 22 21 33 21 28 22 29 20 27 22 21 33 21 22 23 24 25 27 28 29 20 27 28 29 20 20 20 20 20 20 20 20 20 20	1.3 2.1 1.9 2.8 2.1 1.2 2.0 1.8 2.7 2.0 1.8 2.7 2.0 5.8 2.9 2.4 3.6 2.6 Fat per	5.5 6.1 9.1 3.8 5.3 4.5 6.4 9.2 4.1 5.4 4.8 5.9 8.7 3.5 4.9	3.2 2.6 3.9 2.2 3.3 2.3 2.4 3.6 2.1 3.1 2.1 2.4 3.6 2.1 3.0 2.1 Salt per	0.65 0.61 0.94 0.59 0.84 0.55 0.60 0.92 0.60 0.80 0.54 0.69 1.07			
odividual Pan (9") Sharing Pan (13") Sharing Pan (13") Sharing Pan (13") Sharing Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Siluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Siluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Individual Pan (9") Isharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	331 Vegan V 476 1013 470 901 427 Vegan V 481 1005 475 893 432 Vegan 449 942 443 830 400	6 pan Veggie 6 8 6 8 6 8 6 6 8 6 8 6 6 8 6 6 8 6 6 8 6 6 8 6 6 8 6 6 6 8 6 6 6 8 6 6 6 8 6 6 6 7 6 6 7 6 7	146 158 245 135 183 141 eme 157 240 134 178 140 12ler 155 240 132 178 138	1.3 4.3 6.9 4.0 5.4 1.6 4.2 6.7 3.9 5.1 1.5 4.2 6.7 3.9 5.1 1.5	22 21 33 21 28 22 20 32 20 27 22 21 33 21 22 22	1.3 2.1 1.9 2.8 2.1 1.2 2.0 1.8 2.7 2.0 1.8 2.7 2.0 2.0 2.0 2.0 2.0 2.0 2.0 2.0 2.0 2.0	5.5 6.1 9.1 3.8 5.3 4.5 6.4 9.2 4.1 5.4 4.8 5.9 8.7 3.5 4.9	3.2 2.6 3.9 2.2 3.3 2.3 2.4 3.6 2.1 3.1 2.1 2.4 3.6 2.1 3.1 2.1	0.65 0.61 0.94 0.59 0.84 0.55 0.60 0.92 0.60 0.80 0.54 0.69 1.07			
Gluten Free (9" Square) Individual Pan (9") Isharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Isharing Handcrafted (14") WITHOUT Garlic Sprinkle Isluten Free (9" Square) Individual Pan (9") Isharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Isharing Handcrafted (14") WITHOUT Garlic Sprinkle Isluten Free (9" Square) Individual Pan (9") Isharing Pan (13") Individual Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Isluten Free (9" Square) Individual Handcrafted (14") WITHOUT Garlic Sprinkle Islaring Handcrafted (14") WITHOUT Garlic Sprinkle	331 Veg 476 1013 470 901 427 Vegan V 481 1005 475 893 432 Vegan 449 942 443 830 Average Weight of Portion (g)	6 6 8 6 8 6 6 8 8 6 6	146 158 245 133 183 141 140 134 178 140 140 132 178 138 Protein per Portion (g)	1.3 4.3 6.9 4.0 5.4 1.6 4.2 6.7 3.9 5.1 1.5 4.2 6.7 3.9 5.1 1.5 Carbohydrate per Portion (g)	22 21 33 21 28 22 20 32 20 27 22 21 33 21 28 22 Sugar per Portion (g)	1.3 2.1 1.9 2.8 2.1 1.2 2.0 1.8 2.7 2.0 2.0 5.8 2.7 2.0 5.8 6.8 6.8 6.8 6.8 6.9 6.9 6.9 6.9 6.9 6.9 6.9 6.9 6.9 6.9	5.5 6.1 9.1 3.8 5.3 4.5 6.4 9.2 4.1 5.4 4.8 5.9 8.7 3.5 4.9 4.9 4.9 4.9 4.9 4.9 4.9 4.9	3.2 2.6 3.9 2.2 3.3 2.3 2.4 3.6 2.1 3.1 2.1 2.4 3.6 2.1 3.0 2.1 Salt per Portion (g)	0.65 0.61 0.94 0.59 0.84 0.55 0.60 0.92 0.60 0.80 0.54 0.69 1.07			
odividual Pan (9") Sharing Pan (13") Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Sharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") Sharing Pan (13") Individual Handcrafted (14") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") Sharing Handcr	331 Veg 476 1013 470 901 427 Vegan V 481 1005 475 893 432 Vegan 449 942 443 830 400 Average Weight of Portion (g) Flatbre 289	6 pan Veggie 8 6 8 6 8 6 8 6 8 6 9 9 9 9 9 9 9 9 9 9	146 158 245 135 183 183 141 eme 157 240 134 140 der 155 240 132 178 138 138 Protein per Portion (g)	1.3 4.3 6.9 4.0 5.4 1.6 4.2 6.7 3.9 5.1 1.5 4.2 6.7 3.9 5.1 1.5 Carbohydrate per Portion (g)	22 21 33 21 28 22 20 32 20 27 22 21 33 21 28 22 Sugar per Portion (g)	1.3 2.1 1.9 2.8 2.1 1.2 2.0 1.8 2.7 2.0 1.8 2.9 2.4 3.6 2.6 Fat per Portion (g)	5.5 6.1 9.1 3.8 5.3 4.5 6.4 9.2 4.1 5.4 4.8 5.9 8.7 3.5 4.9 4.3 Saturated Fat per Portion (g)	3.2 2.6 3.9 2.2 3.3 2.3 2.4 3.6 2.1 3.1 2.1 2.4 3.6 2.1 Salt per Portion (g)	0.65 0.61 0.94 0.59 0.84 0.55 0.60 0.92 0.60 0.80 0.54 0.69 1.07			
odividual Pan (9") Sharing Pan (13") Sharing Pan (13") Sharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Individual Pan (9") Sharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	331 Veg 476 1013 470 901 427 Vegan V 481 1005 475 893 432 Vegan 449 942 443 830 Average Weight of Portion (g)	6 6 8 6 8 6 6 8 8 6 6	146 158 245 133 183 141 140 134 178 140 140 132 178 138 Protein per Portion (g)	1.3 4.3 6.9 4.0 5.4 1.6 4.2 6.7 3.9 5.1 1.5 4.2 6.7 3.9 5.1 1.5 Carbohydrate per Portion (g)	22 21 33 21 28 22 20 32 20 27 22 21 33 21 28 22 Sugar per Portion (g)	1.3 2.1 1.9 2.8 2.1 1.2 2.0 1.8 2.7 2.0 2.0 5.8 2.7 2.0 5.8 6.8 6.8 6.8 6.8 6.9 6.9 6.9 6.9 6.9 6.9 6.9 6.9 6.9 6.9	5.5 6.1 9.1 3.8 5.3 4.5 6.4 9.2 4.1 5.4 4.8 5.9 8.7 3.5 4.9 4.9 4.9 4.9 4.9 4.9 4.9 4.9	3.2 2.6 3.9 2.2 3.3 2.3 2.4 3.6 2.1 3.1 2.1 2.4 3.6 2.1 3.0 2.1 Salt per Portion (g)	0.65 0.61 0.94 0.59 0.84 0.55 0.60 0.92 0.60 0.80 0.54 0.69 1.07			
ndividual Pan (9") Sharing Pan (13") Sharing Pan (13") Sharing Pan (13") Sharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sluten Free (9" Square) Chicken Delight Flatbread The Little G.O.A.T Flatbread Trituous Veg Flatbread Tegan Virtuous Veg Flatbread Tegan Virtuous Veg Flatbread	331 Veg 476 1013 470 901 427 Vegan V 481 1005 475 893 432 Vegan 449 942 443 830 400 Average Weight of Portion (g) 289	6 pan Veggie 8 6 8 6 8 6 8 6 8 6 9 9 9 9 9 9 9 9 9 9	146 158 245 135 183 141 eme 157 240 134 140 der 155 240 132 178 138 Protein per Portion (g) 27 24 20 20	1.3 4.3 6.9 4.0 5.4 1.6 4.2 6.7 3.9 5.1 1.5 4.2 6.7 3.9 5.1 1.5 Carbohydrate per Portion (g) 60 62 60 65	22 21 33 21 28 22 20 32 20 27 22 21 33 21 28 22 Sugar per Portion (g) 6.0 6.3 6.7 6.0	1.3 1.3 2.1 1.9 2.8 2.1 1.2 2.0 1.8 2.7 2.0 1.8 2.9 2.4 3.6 2.6 Fat per Portion (g) 19 16 12 8.9	5.5 6.1 9.1 3.8 5.3 4.5 6.4 9.2 4.1 5.4 4.8 5.9 8.7 3.5 4.9 4.3 Saturated Fat per Portion (g)	3.2 2.6 3.9 2.2 3.3 2.3 2.4 3.6 2.1 3.1 2.1 2.4 3.6 2.1 3.0 2.1 Salt per Portion (g) 1.9 2.0 2.7 2.8	0.65 0.61 0.94 0.59 0.84 0.55 0.60 0.92 0.60 0.80 0.54 0.69 1.07			
ndividual Pan (9") Sharing Pan (13") Sharing Pan (13") Sharing Pan (13") Sharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sluten Free (9" Square) Chicken Delight Flatbread The Little G.O.A.T Flatbread Trituous Veg Flatbread Tegan Virtuous Veg Flatbread Tegan Virtuous Veg Flatbread	331 Veg 476 1013 470 901 427 Vegan V 481 1005 475 893 432 Vegan 449 942 443 830 400 Average Weight of Portion (g) Flatbre 289 289 289	6 pan Veggie 6 8 8 6 8 8 6 9 8 8 6 9 9 9 9 9 9 9 9 9	146 158 245 1335 183 141 eme 157 240 134 178 140 cler 155 240 132 178 138 Protein per Portion (g)	1.3 4.3 6.9 4.0 5.4 1.6 4.2 6.7 3.9 5.1 1.5 4.2 6.7 3.9 5.1 0.5 Carbohydrate per Portion (g)	22 21 33 21 28 22 20 32 20 27 22 21 33 21 28 22 Sugar per Portion (g)	1.3 2.1 1.9 2.8 2.1 1.2 2.0 1.8 2.7 2.0 1.8 2.7 2.0 Fat per Portion (g) 19 16 12	5.5 6.1 9.1 3.8 5.3 4.5 6.4 9.2 4.1 5.4 4.8 5.9 8.7 3.5 4.9 4.9 4.9 4.9 5.0 5.0 5.0 5.0 5.0 5.0 5.0 5.0	3.2 2.6 3.9 2.2 3.3 2.3 2.4 3.6 2.1 3.1 2.1 2.4 3.6 2.1 3.0 2.1 Salt per Portion (g) 1.9 2.0 2.7	0.65 0.61 0.94 0.59 0.84 0.55 0.60 0.92 0.60 0.80 0.54 0.69 1.07			
odividual Pan (9") Sharing Pan (13") Sharing Pan (13") Sharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Gluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sharing Pan (13") Individual Pan (9") Sharing Pan (13") Individual Pan (9") Sharing Pan (13") Individual Pan (9") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Pan (13") Individual Handcrafted (14") WITHOUT Garlic Sprinkle Sharing Pan (13") Individual Handcrafted (14") WITHOUT Garlic Sprinkle Sharing Pan (13") Individual Handcrafted (14") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sluten Free (9" Square) Chicken Delight Flatbread Irituous Veg Flatbread	331 Veg 476 1013 470 901 427 Vegan V 481 1005 475 893 432 Vegan 449 942 443 830 400 Average Weight of Portion (g) 289	6 pan Veggie 6 8 8 6 8 8 6 9 8 8 6 9 9 9 9 9 9 9 9 9	146 158 245 135 183 141 eme 157 240 134 140 der 155 240 132 178 138 Protein per Portion (g) 27 24 20 20	1.3 4.3 6.9 4.0 5.4 1.6 4.2 6.7 3.9 5.1 1.5 4.2 6.7 3.9 5.1 1.5 Carbohydrate per Portion (g) 60 62 60 65	22 21 33 21 28 22 20 32 20 27 22 21 33 21 28 22 Sugar per Portion (g) 6.0 6.3 6.7 6.0	1.3 1.3 2.1 1.9 2.8 2.1 1.2 2.0 1.8 2.7 2.0 1.8 2.9 2.4 3.6 2.6 Fat per Portion (g) 19 16 12 8.9	5.5 6.1 9.1 3.8 5.3 4.5 6.4 9.2 4.1 5.4 4.8 5.9 8.7 3.5 4.9 4.3 Saturated Fat per Portion (g)	3.2 2.6 3.9 2.2 3.3 2.3 2.4 3.6 2.1 3.1 2.1 2.4 3.6 2.1 3.0 2.1 Salt per Portion (g) 1.9 2.0 2.7 2.8	0.65 0.61 0.94 0.59 0.84 0.55 0.60 0.92 0.60 0.80 0.54 0.69 1.07			
ndividual Pan (9") Sharing Pan (13") Sharing Pan (13") Sharing Pan (13") Sharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Pan (13") Individual Handcrafted (14") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle S	331 Veg 476 1013 470 901 427 Vegan V 481 1005 475 893 432 Vegan 449 942 443 830 400 Average Weight of Portion (g) Flatbre 289 289 285 Melt 277 312	6 pan Veggie 6 8 8 6 8 8 6 9 9 9 9 9 9 9 9 9 9 9 9 9	146 158 245 135 183 141 eme 157 240 134 178 140 leer 155 240 132 178 138 Protein per Portion (g) 27 24 20 13 33 31	1.3 4.3 6.9 4.0 5.4 1.6 4.2 6.7 3.9 5.1 1.5 4.2 6.7 3.9 5.1 1.5 Carbohydrate per Portion (g) 60 62 60 65 61	22 21 33 21 28 22 20 32 20 27 22 21 33 21 28 22 Sugar per Portion (g) 6.0 6.0 6.0 6.0 6.0	1.3 2.1 1.9 2.8 2.1 1.2 2.0 1.8 2.7 2.0 1.8 2.9 2.4 3.6 2.6 Fat per Portion (g) 19 16 12 8.9 16 38 38	5.5 6.1 9.1 3.8 5.3 4.5 6.4 9.2 4.1 5.9 8.7 3.5 4.9 4.3 Saturated Fat per Portion (g) 5.5 8 5.2 6.4 1.7 1.6	3.2 2.6 3.9 2.2 3.3 2.3 2.4 3.6 2.1 3.1 2.1 2.4 3.6 2.1 3.0 2.1 Salt per Portion (g) 1.9 2.0 2.7 2.8 4.5 4.9	0.65 0.61 0.94 0.59 0.84 0.55 0.60 0.92 0.60 0.80 0.54 0.69 1.07			
Gluten Free (9" Square) Individual Pan (9") Isharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Isharing Handcrafted (14") WITHOUT Garlic Sprinkle Islaten Free (9" Square) Individual Pan (9") Isharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Islaten Free (9" Square) Individual Handcrafted (14") WITHOUT Garlic Sprinkle Islaten Free (9" Square) Individual Pan (9") Isharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Islaten Free (9" Square)	331 Veg 476 1013 470 901 427 Vegan V 481 1005 475 893 432 Vegan 449 942 443 830 400 Average Weight of Portion (g) Flatbre 289 289 301 289 285 Meli 277 Meli 312 326	6 (an Veggie (a) (b) (a) (a	146 158 245 133 141 eme 157 240 134 178 140 12ler 155 240 132 178 138 Protein per Portion (g) 27 24 20 13 33 31 31 37 34	1.3 4.3 6.9 4.0 5.4 1.6 4.2 6.7 3.9 5.1 1.5 4.2 6.7 3.9 5.1 1.5 Carbohydrate per Portion (g) 60 62 60 65 61 68 68 68 68 68 68	22 21 33 21 28 22 20 32 20 27 22 21 33 21 28 22 Sugar per Portion (g) 6.0 6.3 6.7 6.0 6.0 5.3 6.1 19	1.3 2.1 1.9 2.8 2.1 1.2 2.0 1.8 2.7 2.0 1.8 2.7 2.0 1.8 2.7 1.0 1.8 2.9 2.4 3.6 2.6 Fat per Portion (g) 19 16 12 8.9 16 38 38 38	5.5 6.1 9.1 3.8 5.3 4.5 6.4 9.2 4.1 5.4 4.8 5.9 8.7 3.5 4.9 4.3 Saturated Fat per Portion (g) 5.5 8 5.2 6.4 5.9	3.2 2.6 3.9 2.2 3.3 2.3 2.4 3.6 2.1 3.1 2.1 2.4 3.6 2.1 3.0 2.1 Salt per Portion (g) 1.9 2.0 2.7 2.8 2.7 4.5 4.9 4.0	0.65 0.61 0.94 0.59 0.84 0.55 0.60 0.92 0.60 0.80 0.54 0.69 1.07			
Sluten Free (9" Square) ndividual Pan (9") Sharing Pan (13") Sharing Pan (13") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sluten Free (9" Square) ndividual Pan (9") Sharing Pan (13") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Siluten Free (9" Square) ndividual Pan (9") Sharing Pan (13") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle Siluten Free (9" Square) Chicken Pelight Flatbread Chicken Delight Flatbread Virtuous Veg Flatbread Virtuous Veg Flatbread Vegan Virtuous Vegan Veg	331 Veg 476 1013 470 901 427 Vegan V 481 1005 475 893 432 Vegan 449 942 443 830 400 Average Weight of Portion (g) Flatbre 289 289 285 Melt 277 312	6 pan Veggie 8 8 6 8 8 6 8 8 6 8 8 6 9 9 9 9 9 9 9 9	146 158 245 135 183 141 eme 157 240 134 178 140 leer 155 240 132 178 138 Protein per Portion (g) 27 24 20 13 33 31	1.3 4.3 6.9 4.0 5.4 1.6 4.2 6.7 3.9 5.1 1.5 4.2 6.7 3.9 5.1 1.5 Carbohydrate per Portion (g) 60 62 60 65 61	22 21 33 21 28 22 20 32 20 27 22 21 33 21 28 22 Sugar per Portion (g) 6.0 6.0 6.0 6.0 6.0	1.3 2.1 1.9 2.8 2.1 1.2 2.0 1.8 2.7 2.0 1.8 2.9 2.4 3.6 2.6 Fat per Portion (g) 19 16 12 8.9 16 38 38	5.5 6.1 9.1 3.8 5.3 4.5 6.4 9.2 4.1 5.9 8.7 3.5 4.9 4.3 Saturated Fat per Portion (g) 5.5 8 5.2 6.4 1.7 1.6	3.2 2.6 3.9 2.2 3.3 2.3 2.4 3.6 2.1 3.1 2.1 2.4 3.6 2.1 3.0 2.1 Salt per Portion (g) 1.9 2.0 2.7 2.8 4.5 4.9	0.65 0.61 0.94 0.59 0.84 0.55 0.60 0.92 0.60 0.80 0.54 0.69 1.07			
Sluten Free (9" Square) ndividual Pan (9") Sharing Pan (13") Sharing Pan (13") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sluten Free (9" Square) ndividual Pan (9") Sharing Pan (13") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Siluten Free (9" Square) ndividual Pan (9") Sharing Pan (13") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle Siluten Free (9" Square) Chicken Pelight Flatbread Chicken Delight Flatbread Virtuous Veg Flatbread Virtuous Veg Flatbread Vegan Virtuous Vegan Veg	331 Veg 476 1013 470 901 427 Vegan V 481 1005 475 893 432 Vegan 449 942 443 830 400 Average Weight of Portion (g) Flatbre 289 295 301 289 285 Meli 277 312 326 328 Mair	6 6 8 6 8 6 8 6 8 6 6	146 158 245 1335 183 141 eme 157 240 134 178 140 12er 155 240 132 178 138 Protein per Portion (g) 27 24 20 13 33 31 31 37 34 42	1.3 4.3 6.9 4.0 5.4 1.6 4.2 6.7 3.9 5.1 1.5 4.2 6.7 3.9 5.1 1.5 Carbohydrate per Portion (g) 60 62 60 65 61 68 70 84 71	22 21 33 21 28 22 20 32 20 27 22 21 33 21 28 22 Sugar per Portion (g) 6.0 6.3 6.7 6.0 6.0 5.3 6.1 19 4.8	1.3 1.3 2.1 1.9 2.8 2.1 1.2 2.0 1.8 2.7 2.0 1.8 2.7 2.0 1.8 2.9 2.4 3.6 2.6 Fat per Portion (g) 19 16 12 8.9 8.9 18 19 10 10 10 10 10 10 10 10 10	5.5 6.1 9.1 3.8 5.3 4.5 6.4 9.2 4.1 5.4 4.8 5.9 8.7 3.5 4.9 4.3 Saturated Fat per Portion (g) 5.5 8 5.2 6.4 5.9 1.7 1.6 1.6 1.6 1.6 1.6 1.6 1.6 1.6	3.2 2.6 3.9 2.2 3.3 2.3 2.4 3.6 2.1 3.1 2.1 2.4 3.6 2.1 3.0 2.1 Salt per Portion (g) 1.9 2.0 2.7 4.5 4.9 4.0 5.0	0.65 0.61 0.94 0.59 0.84 0.55 0.60 0.92 0.60 0.80 0.54 0.69 1.07			
Gluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Individual Handcrafted (14") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Gluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Gluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Individual Pan (9") Sharing Pan (13") Individual Handcrafted (14") WITHOUT Garlic Sprinkle Gluten Free (9" Square) Chicken Delight Flatbread (14") WITHOUT Garlic Sprinkle Gluten Free (9" Square) Chicken Delight Flatbread Virtuous Veg Flatbread Vegan Virtuous Veg Flatbread BBQ Chicken 'N' Ham Flatbread Pepperoni Melt Meat Feast Melt BBQ Chicken Melt Toasted 3 Cheese Melt	331 Veg 476 1013 470 901 427 Vegan V 481 1005 475 483 432 Vegan 449 942 443 830 400 Average Weight of Portion (g) Flatbre 289 295 301 289 285 Meli 277 312 326 328 Mair Average Weight of	6 pan Veggie 6 8 6 8 6 8 6 8 6 8 6 8 6 8 6 8 8 6 6 8 8 6 6 8 8 6 6 8 8 6 6 8 8 6 6 8 8 6 6 8 8 6 6 8 8 6 6 8 8 6 6 8 8 6 6 8 8 8 6 6 8 8 8 6 6 8 8 8 6 6 8 8 8 6 6 8	146 158 245 135 183 141 eme 157 240 134 178 140 eler 178 138 Protein per Portion (g) 27 24 20 13 33 31 37 34 42	1.3 4.3 6.9 4.0 5.4 1.6 4.2 6.7 3.9 5.1 1.5 4.2 6.7 3.9 5.1 1.5 Carbohydrate per Portion (g) 60 62 60 65 61 68 70 84 71 Carbohydrate per Portion	22 21 33 21 28 22 20 32 20 27 22 21 33 21 28 22 Sugar per Portion (g) 6.0 6.3 6.7 6.0 6.0 6.0 5.3 6.1 19 4.8	1.3 1.3 2.1 1.9 2.8 2.1 1.2 2.0 1.8 2.7 2.0 1.8 2.9 2.4 3.6 2.6 Fat per Portion (g) 19 16 12 8.9 16 38 38 38 38 49 Fat per	5.5 6.1 9.1 3.8 5.3 4.5 6.4 9.2 4.1 5.4 4.8 5.9 8.7 3.5 4.9 4.3 Saturated Fat per Portion (g) 5.5 8 5.2 6.4 5.9 17 16 12 24 Saturated Fat per	3.2 2.6 3.9 2.2 3.3 2.3 2.4 3.6 2.1 3.1 2.1 2.4 3.6 2.1 3.0 2.1 3.0 2.1 3.0 2.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.0	0.65 0.61 0.94 0.59 0.84 0.55 0.60 0.92 0.60 0.80 0.54 0.69 1.07			
Sluten Free (9" Square) ndividual Pan (9") Sharing Pan (13") Sharing Pan (13") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Sluten Free (9" Square) ndividual Pan (9") Sharing Pan (13") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Siluten Free (9" Square) ndividual Pan (9") Sharing Pan (13") ndividual Handcrafted (11") WITHOUT Garlic Sprinkle Siluten Free (9" Square) Chicken Pelight Flatbread Chicken Delight Flatbread Virtuous Veg Flatbread Virtuous Veg Flatbread Vegan Virtuous Vegan Veg	331 Veg 476 1013 470 901 427 Vegan V 481 1005 475 893 432 Vegan 449 942 443 830 400 Average Weight of Portion (g) Flatbre 289 295 301 289 285 Meli 277 312 326 Average Mair	6 6 8 6 8 6 8 6 8 6 6	146 158 245 1335 183 141 eme 157 240 134 178 140 12er 155 240 132 178 138 Protein per Portion (g) 27 24 20 13 33 31 31 37 34 42	1.3 4.3 6.9 4.0 5.4 1.6 4.2 6.7 3.9 5.1 1.5 4.2 6.7 3.9 5.1 1.5 Carbohydrate per Portion (g) 60 62 60 65 61 68 70 84 71 Carbohydrate	22 21 33 21 28 22 20 32 20 27 22 21 33 21 28 22 Sugar per Portion (g) 6.0 6.3 6.7 6.0 6.0 5.3 6.1 19 4.8	1.3 1.3 2.1 1.9 2.8 2.1 1.2 2.0 1.8 2.7 2.0 1.8 2.7 2.0 1.8 2.9 2.4 3.6 2.6 Fat per Portion (g) 19 16 12 8.9 8.9 18 19 10 10 10 10 10 10 10 10 10	5.5 6.1 9.1 3.8 5.3 4.5 6.4 9.2 4.1 5.4 4.8 5.9 8.7 3.5 4.9 4.3 Saturated Fat per Portion (g) 5.5 8 5.2 6.4 5.9 17 16 12 24	3.2 2.6 3.9 2.2 3.3 2.3 2.4 3.6 2.1 3.1 2.1 2.4 3.6 2.1 3.0 2.1 Salt per Portion (g) 1.9 2.0 2.7 2.8 2.7 4.5 4.9 4.0 5.0 Salt per	0.65 0.61 0.94 0.59 0.84 0.55 0.60 0.92 0.60 0.80 0.54 0.69 1.07			
Gluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Gluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Individual Handcrafted (11") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Gluten Free (9" Square) Individual Pan (9") Sharing Pan (13") Individual Pan (9") Sharing Pan (13") Individual Handcrafted (14") WITHOUT Garlic Sprinkle Sharing Handcrafted (14") WITHOUT Garlic Sprinkle Gluten Free (9" Square) Chicken Delight Flatbread The Little G.O.A.T Flatbread Virtuous Veg Flatbread Vegan Virtuous Veg Flatbread BBQ Chicken 'N' Ham Flatbread Pepperoni Melt Meat Feast Melt BBQ Chicken Melt	331 Veg 476 1013 470 901 427 Vegan V 481 1005 475 483 432 Vegan 449 942 443 830 400 Average Weight of Portion (g) Flatbre 289 295 301 289 285 Meli 277 312 326 328 Mair Average Weight of	6 pan Veggie 6 8 8 6 8 8 6 8 8 6 8 8 6 8 8 6 9 9 9 9	146 158 245 135 183 141 eme 157 240 134 178 140 eler 178 138 Protein per Portion (g) 27 24 20 13 33 31 37 34 42	1.3 4.3 6.9 4.0 5.4 1.6 4.2 6.7 3.9 5.1 1.5 4.2 6.7 3.9 5.1 1.5 Carbohydrate per Portion (g) 60 62 60 65 61 68 70 84 71 Carbohydrate per Portion	22 21 33 21 28 22 20 32 20 27 22 21 33 21 28 22 Sugar per Portion (g) 6.0 6.3 6.7 6.0 6.0 6.0 5.3 6.1 19 4.8	1.3 1.3 2.1 1.9 2.8 2.1 1.2 2.0 1.8 2.7 2.0 1.8 2.9 2.4 3.6 2.6 Fat per Portion (g) 19 16 12 8.9 16 38 38 38 38 49 Fat per	5.5 6.1 9.1 3.8 5.3 4.5 6.4 9.2 4.1 5.4 4.8 5.9 8.7 3.5 4.9 4.3 Saturated Fat per Portion (g) 5.5 8 5.2 6.4 5.9 17 16 12 24 Saturated Fat per	3.2 2.6 3.9 2.2 3.3 2.3 2.4 3.6 2.1 3.1 2.1 2.4 3.6 2.1 3.0 2.1 3.0 2.1 3.0 2.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.0	0.65 0.61 0.94 0.59 0.84 0.55 0.60 0.92 0.60 0.80 0.54 0.69 1.07			

FOOD ALLERGIES

The below nutritional information for our me	enu is provic	led as a g	uide. All ou	r dishes are f	finished by h	nand, there	fore these	are appr	oximate	values only	/.	
	Weight of	Number	Energy per	Protein per	Carbohydra	Sugar per	Fat per	Saturate	Salt per			
	Pizza (g)	of Slices	Slice (kcal)	Slice (g)	te per Slice	Slice (g)	Slice (g)	d Fat per	Slice(g)			
		per Pizza			(g)			Slice (g)				
	Ruf	fet Pizzas			1					l l		
		argherita										
Individual Pan (9")	398	6	169	7.0	18	0.9	7.4	2.7	0.64			
Sharing Pan (13")	796	8	250	10	29	1.3	10	3.5	0.96			
Individual Handcrafted (11")	394	6	149	6.8	18	1.6	5.1	2.3	0.71			
		epperoni										
Individual Pan (9")	400	6	181	7.2	18	0.8	8.7	2.9	0.77			
Sharing Pan (13")	810	8	272	11	29	1.2	12	4.1	1.2			
Individual Handcrafted (11")	398	6	161	6.9	18	1.5	6.4	2.6	0.84			
L II : L I I I I I I I I I I I I I I I I		American							0.70	ı		
Individual Pan (9")	508 1054	6	191	9.4	21	2.4	7.5	2.7	0.79			
Sharing Pan (13") Individual Handcrafted (11")	499	8	289 168	14.6 9.6	33 21	3.7 2.1	10.5 4.8	3.6 2.0	1.20 0.90			
individual Handcrafted (11)		Veggie	100	9.0	21	2.1	4.0	2.0	0.90	L .		
Individual Pan (9")	488	6	162	6.4	19	1.5	6.3	2.0	0.58			
Sharing Pan (13")	1019	8	275	10.7	35	2.7	10.0	3.5	1.00			
Individual Handcrafted (11")	486	6	141	6.1	19	2.1	4.0	1.7	0.64			
` <i>'</i>		eggie Hot										
Individual Pan (9")	471	6	157	6.1	19	1.4	6.2	2.0	0.68			
Sharing Pan (13")	977	8	236	9.2	30	2.1	8.7	2.7	1.03			
Individual Handcrafted (11")	465	6	134	5.8	18	1.9	3.8	1.6	0.68			
		lawaiian										
Individual Pan (9")	456	6	166	7.6	19	1.7	6.4	2.0	0.77			
Sharing Pan (13") Individual Handcrafted (11")	936 454	8	249	11	30	2.8	9.0	2.7	1.2			
Individual Handcraπed (11")		6 sic Chicker	158	7.6	21	2.6	4.6	1.8	1.2			
Individual Pan (9")	463	6	162	7.4	19	1.2	6.3	2.0	0.59			
Sharing Pan (13")	965	8	245	11.4	29	1.8	8.8	2.7	0.89			-
Individual Handcrafted (11")	457	6	139	7.1	18	1.8	3.9	1.6	0.57			
		y Chicken					, ,,,,,					
Individual Pan (9")	461	6	161	7.2	19	1.2	6.3	2.0	0.70			
Sharing Pan (13")	948	8	242	10.8	29	1.8	8.8	2.7	1.06			
Individual Handcrafted (11")	458	6	142	7.2	20	1.3	3.6	1.7	0.82			
	Three Cheese											
Individual Pan (9")	458	6	183	7.2	21	3.4	7.7	2.8	0.66			
Sharing Pan (13")	936	8	274	10.5	33	5.6	10.6	3.7	0.98			
Individual Handcrafted (11")	452	6	160	6.9	20	3.9	5.3	2.4	0.65			
Individual Pan (9")	429	Beef & Oni	on 173	6.9	20	2.4	7.0	2.3	0.70			
Sharing Pan (13")	870	8	261	10.5	32	3.3	10.0	3.3	1.04			
Individual Handcrafted (11")	426	6	150	6.6	20	3.0	4.6	2.0	0.69			
manada nanderarea (11)		e G.O.A.T	.50	0.0		5.0	1.0	2.0	0.03			
Individual Pan (9")	517	6	184	7.5	21	3.0	7.8	3.0	0.67			
Sharing Pan (13")	1088	8	281	11.3	33	5.3	11.0	4.3	1.03			
Individual Handcrafted (11")	515	6	164	7.3	21	3.6	5.5	2.7	0.74			
		i & Spicy '										
Individual Pan (9")	463	6	218	9.0	18	0.9	11.9	4.0	1.00			
Sharing Pan (13")	934	8	326	13	29	1.3	17	5.6	1.5			
Individual Handcrafted (11")	461	6 Spicy GOA	197	8.8	18	1.5	9.6	3.7	1.1			
Individual Pan (9")	498	6	204	8.5	21	3.8	9.2	3.8	0.74			
Sharing Pan (13")	996	8	298	12	33	4.8	13	5.3	1.1			-
Individual Handcrafted (11")	496	6	183	8.3	21	4.4	6.9	3.5	0.8			
		& Bacon										
Individual Pan (9")	530	6	226	9.1	20	1.5	12.2	3.7	0.81			
Sharing Pan (13")	1110	8	331	14	31	2.4	17	5.0	1.2			
Individual Handcrafted (11")	528	6	206	8.8	20	2.2	9.9	3.4	0.9			
		cken Fajita										
Individual Pan (9")	535	6	216	8.6	20	2.4	11.1	3.0	0.81			
Sharing Pan (13")	1083	8	316	13	32	3.6	15	4.0	1.2			-
Individual Handcrafted (11")	533	6	196	8.4	20	3.0	8.8	2.7	0.9			
Individual Pan (9")		ef Burger	200	8.0	19	1.0	10.7	2.1	0.91			
Sharing Pan (13")	510 1029	6 8	208 299	11.9	30	1.9 2.6	10.7 14.1	3.1 4.2	1.32			-
Individual Handcrafted (11")	508	6	189	7.9	20	2.4	8.5	3.0	0.99			-
	Hot Honey							, 5.0	3.33			
Individual Pan (9")	443	6	193	7.2	20	2.9	9.0	2.6	0.92			
Sharing Pan (13")	879	8	280	11	31	3.3	12	3.5	1.3			
Individual Handcrafted (11")	441	6	172	7.0	20	3.5	6.7	2.3	1.00			
		ige & Onic										
Individual Pan (9")	414	6	165	6.7	18	1.3	6.2	2.1	0.67			
Sharing Pan (13")	867	8	255	10.4	29	2.2	8.6	3.1	1.07			
Individual Handcrafted (11")	412	6	146	6.5	19	1.9	4	2	0.75			

FOOD ALLERGIES

We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your

The below nutritional information for	or our menu is provid	led as a g	juide. All οι	ır dishes are f	inished by l	nand, there	fore these	are appr	oximate	values only.	
	Average Weight of Portion (g)	per Portion (kcal)	Protein per Portion (g)	Carbohydrate per Portion (g)	Sugar per Portion (g)	Fat per Portion (g)	Saturated Fat per Portion (g)	Salt per Portion (g)			
	Buffet S										
	Buffet P		_	,							
Tomato Pasta	82	100	2.3	12	2.9	4.6	0.6	0.34			
Four Cheese & Broccoli Pasta	97	105	4.2	11	2.6	4.6	2.4	0.61	1		
	Garlic Brea			,							
Garlic Breadsticks - Large	20.1	57	1.7	7.6	0	2.1	0.4	0.17			
Garlic Breadsticks - Small	18.6 Cheesy Garlic	51 Breadstick	1.7	7.3	0	1.6	0.3	0.16		\vdash	
Cheesy Garlic Breadsticks - Large	30.6	93	3.7	8.0	0.1	5.1	1.9	0.32			
Cheesy Garlic Breadsticks - Small	27.5	81	3.2	7.6	0.1	4.2	1.6	0.29		+ + + + + + + + + + + + + + + + + + + +	
•		Energy									
	Average	per	Protein per	Carbohydrate	Sugar per	Fat per	Saturated	Salt per			
	Weight of	Portion	Portion (q)	per Portion	Portion (g)	Portion (g)	Fat per	Portion			
	Portion (g)	(kcal)		(g)		137	Portion (g)	(g)			
	Mini & Mega	Monster									
Pan Pizza Margherita	206	448	20	57	3.1	15	5.5	1.7			
Thin Pizza Margherita	206	448	20	57	3.1	15	5.5	1.7		++	
Gluten Free Margherita *Nutrition	181 als do not include any ch	394	14 e at the Salad	43 Station	6.2	17	8.0	1.5			
Nutritions	Main		e at tile Salau	Station.							
Chicken 'N' Fries	230	395	21.0	37	0.7	17	4.0	2.2			
Mac 'N' Cheese	230	406	19	43	5.0	19	11	1.9			
Spaghetti Bolognese	250	198	13	28	5.8	3.3	1.3	0.6			$ \mathbb{I}$
r ·	Side		1 20	20	0.0	0.0	1.1	4.2			
Fries Garlic Bread	125	209 180	2.8 4.5	28 23	0.6 1.7	9.3 7.2	1.1 2.2	1.3 0.43			
Onion Rings	79	169	2.8	23	3.5	7.4	0.9	0.43			
Mini Corn on the Cob	66	96	2.6	12	7.1	3.0	0.4	0.71			
	Drinl	ks	,								
Semi Skimmed Milk	225	101	7.9	10	10	3.4	2.0	0.25			
Kids Orange Juice	230	94	1.6	21	21	0	0	0		++	
Kids Apple Juice Robinsons Squash - Orange	230 230	104 2	0	25 0	25 0	0	0	0.05		+	
Robinsons Squash - Apple & Blackcurrant	230	5	0	0	0	0	0	0.07		+ + + + + + + + + + + + + + + + + + + +	
	Desse				,	,	•				
Chilly Billy Blackcurrant & Apple Ice Lolly	80	30	0.2	7.6	7.6	0.1	<0.1	0			
Kids Chocolate Brownie	145	404	5.4	50	43	20	9.3	0.11			
Kids Mini Donuts with Chocolate Sauce Kids Mini Donuts with Raspberry Sauce	91 91	310 294	2.7	52 51	31.9 30.5	10 9	4.4 4.0	0.2			
Rids Willi Donats with Raspberry Sauce	Ice Cream		2.3	31	30.3	,	4.0	0.2			
Our Food Team have worked hard to develop the perfect recip			following nut	ritional informa	tion is based	on our recon	nmended po	rtions.			
	Kids Ice Crea										
Tracinal anation las Corons	Average	Energy		Carbohydrate		Fat per	Sat Fat per				
Typical portion Ice Cream Typical portion Choc Sauce	129 8	151 24	4.3 0.1	18 5.4	17 4.5	6.6 0.2	4.6 0.1	0.27			
Toppings(3)	22	99	0.8	17	16	3.6	2.2	0.10			
TOTAL	159	274	5.2	40	38	10	7.0	0.37			
	Adults Ice Cre										
Typical portion Ice Cream	221	259	7.3	31	31	29	8.0	0.46			
Typical portion Choc Sauce	8	24	0.1	5.4	4.5	0.2	0.1	0			
Toppings(3) TOTAL	22 251	99 382	0.8 8.2	17 54	16 52	3.6 33	2.2 10	0.10 0.56			
TOTAL	Per 10		0.2	34	, , , , , , , , , , , , , , , , , , ,	33	10	0.50			
Ice Cream Builder Ice Cream	-	117	3.3	14	13	5.1	3.6	0.21			
Raspberry Sauce	·	249	0.1	62	43	0.4	0.2	0.04			
Chocolate Sauce		297	1.4	67	56	2.6	1.6	0.03			
Bubblegum Sauce		290 397	0.0	72 98	50 98	0.0	0.0	0.01			
Strawberry Crunch Milk Chocolate Chips		523	6.7	98 60	98 59	1.7 28	1.6 17	0.17			
Mixed Chocolate Chips		530	3.8	64	62	28	21	0.17			
Milk Chocolate Beans		464	2.5	76	75	16	9.8	0.10			
Gold Stars		437	1.1	84	79	10	6.4	0.10			
Mixed Coloured Stars	·	421	0.3	93	83	5.1	2.6	0.01			
		539	6.3	59	57	30.4	18.6	0.12			
Mixed Chocolate Chunks											
Mixed Chocolate Chunks Marshmallows Gold Fudge		323 399	0.5	79 71	71	0.5	0.1	0.12 0.02			

Average weight of Portion (g) Carbohydrate P													
Protein per Protein per Protein per Protein per Protein per Protein (g)	The below nutritional information for our m	enu is provid	led as a g	uide. All ou	ır dishes are f	inished by I	nand, there	fore these	are appr	oximate	values on	ly.	
Hot Cookie Dough (served with a scoop of (se cream & drizzle of sauce for all) White Chocolate & Caramel Cookie Dough 196 628 7.9 88 55 27 15 1.1 Loaded Cookie Dough 196 628 7.9 88 55 27 15 1.1 Loaded Cookie Dough made with Kirkar® 201 675 7.3 86 57 32 16 0.75 Loaded Cookie Dough made with Kirkar® 201 675 7.3 86 57 32 16 0.75 Loaded Cookie Dough made with Rolo® 211 690 8.2 97 66 30 17 1.2 S'mores Cookie Dough 222 713 7.9 107 72.9 27 14.1 0.7 Takeaway Cookie Dough 8 2 29 7 66 30 17 1.2 White Chocolate & Caramel Cookie Dough 175 586 6.8 83 53 25 14 1.1 Chocolate Chip Cookie Dough 175 586 6.8 83 53 25 14 1.1 Chocolate Chip Cookie Dough 2 2 7 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		weight of Portion (g)	per Portion (kcal)		per Portion	Sugar per		Fat per	Portion				
White Chocolate & Caramel Cookie Dough 196 609 6.7 89 60 25 14 1.1													
Chocolate Chip Cookie Dough						1	1		,				
Loaded Cookie Dough made with KitKat®													
Loaded Cookie Dough made with Rolo®													
Simores Cookie Dough 222 713 7.9 107 72.9 27 14.1 0.7													
Takeaway Cookie Dough													
Served with Take Away Ice Cream Tub & a Drizzle of Sauce					107	72.9	27	14.1	0.7				
Chocolate Chip Cookie Dough 175 604 7.9 82 48 27 15 1.1					auce)								
Loaded Cookie Dough made with KitKat® 163 594 6.2 76 46 28 14 0.78									1.1				
Loaded Cookie Dough made with Rolo®						48							
Simores Cookie Dough													
Desserts I Can't Believe Its Not Cheesecake 107 468 2.9 48 25 30 12 0.57 So Scoffable Biscoff® Cheesecake & Ice Cream 208 645 5.4 74 51 36 15 0.81 15 0.81 15 0.81 15 0.81 15 0.81 15 0.81 16 15 0.81 16 15 0.81 16 15 0.81 16 15 0.81 16 16 15 0.81 16 16 16 16 18 16 17 72 62 32 15 3.00 17 30 18 18 18 18 18 18 18 19 8.3 3.3 15 0.20 18 18 14 19 8.3 0.3 18 18 0.20 18 18 19 8.3 0.3 18 18 0.0 0.3 18 18 0.0 0.3 18 <td></td>													
Can't Believe Its Not Cheesecake	S'mores Cookie Dough			6.7	98	64.1	24	12.7	0.8				
So Scoffable Biscoff® Cheesecake & Ice Cream 208 645 5.4 74 51 36 15 0.81 Hot Chocolate Brownie (served with ice cream & sauce) 189 618 7.9 72 62 32 15 3.00 Take Away Hot Chocolate Brownie (served with ice cream & sauce) 168 595 7.9 66 56 33 15 0.20 Mini Donuts with Chocolate Sauce 131 479 5.0 72 40.8 19 8.3 0.3 Mini Donuts with Raspberry Sauce 131 462 4.5 71 39.5 18 8.0 0.3 Take Away Mini Donuts with Chocolate Sauce 128 507 6.1 66 33.0 24 10.7 0.4 Take Away Mini Donuts with Raspberry Sauce 128 500 6.0 65 32.4 24 10.5 0.4 Chilly Billy Blackcurrant & Apple Ice Lolly 80 30 0.2 7.6 7.6 0.1 <0.1						1			,	,		ļ	
Hot Chocolate Brownie (served with ice cream & sauce) 189 618 7.9 72 62 32 15 3.00 Take Away Hot Chocolate Brownie (served with ice cream & sauce) 168 595 7.9 66 56 33 15 0.20 Mini Donuts with Chocolate Sauce 131 479 5.0 72 40.8 19 8.3 0.3 Mini Donuts with Raspberry Sauce 131 462 4.5 71 39.5 18 8.0 0.3 Take Away Mini Donuts with Chocolate Sauce 128 507 6.1 66 33.0 24 10.7 0.4 Take Away Mini Donuts with Raspberry Sauce 128 500 6.0 65 32.4 24 10.5 0.4 Chilly Billy Blackcurrant & Apple Ice Lolly 80 30 0.2 7.6 7.6 0.1 <0.1 0 Additional Take Away Vanilla Ice Cream Tub Additional Scoop Vanilla Ice cream 86 141 2.5 19 19 6.5 3.2 0.03	I Can't Believe Its Not Cheesecake	107	468	2.9	48	25	30	12	0.57				
Take Away Hot Chocolate Brownie (served with ice cream & sauce) 168 595 7.9 66 56 33 15 0.20 Mini Donuts with Chocolate Sauce 131 479 5.0 72 40.8 19 8.3 0.3 Mini Donuts with Raspberry Sauce 131 462 4.5 71 39.5 18 8.0 0.3 Take Away Mini Donuts with Chocolate Sauce 128 507 6.1 66 33.0 24 10.7 0.4 Take Away Mini Donuts with Raspberry Sauce 128 500 6.0 65 32.4 24 10.5 0.4 Chilly Billy Blackcurrant & Apple Ice Lolly 80 30 0.2 7.6 7.6 0.1 <0.1			645			51		15	0.81				
Mini Donuts with Chocolate Sauce 131 479 5.0 72 40.8 19 8.3 0.3 Mini Donuts with Raspberry Sauce 131 462 4.5 71 39.5 18 8.0 0.3 Take Away Mini Donuts with Chocolate Sauce 128 507 6.1 66 33.0 24 10.7 0.4 Take Away Mini Donuts with Raspberry Sauce 128 500 6.0 65 32.4 24 10.5 0.4 Chilly Billy Blackcurrant & Apple Ice Lolly 80 30 0.2 7.6 7.6 0.1 <0.1	Hot Chocolate Brownie (served with ice cream & sauce)	189	618			62		15	3.00				
Mini Donuts with Raspberry Sauce 131 462 4.5 71 39.5 18 8.0 0.3 Take Away Mini Donuts with Chocolate Sauce 128 507 6.1 66 33.0 24 10.7 0.4 Take Away Mini Donuts with Raspberry Sauce 128 500 6.0 65 32.4 24 10.5 0.4 Chilly Billy Blackcurrant & Apple Ice Lolly 80 30 0.2 7.6 7.6 0.1 <0.1		168											
Take Away Mini Donuts with Chocolate Sauce 128 507 6.1 66 33.0 24 10.7 0.4 Take Away Mini Donuts with Raspherry Sauce 128 500 6.0 65 32.4 24 10.5 0.4 Chilly Billy Blackcurrant & Apple Ice Lolly 80 30 0.2 7.6 7.6 0.1 <0.1													
Take Away Mini Donuts with Raspberry Sauce 128 500 6.0 65 32.4 24 10.5 0.4 Chilly Billy Blackcurrant & Apple Ice Lolly 80 30 0.2 7.6 7.6 0.1 <0.1		131	462				18		0.3				
Chilly Billy Blackcurrant & Apple Ice Lolly 80 30 0.2 7.6 7.6 0.1 <0.1 0 Additional Take Away Vanilla Ice Cream Tub 65 118 2.5 12 12 6.5 3.8 0.09 Additional Scoop Vanilla Ice cream 86 141 2.5 19 19 6.5 3.2 0.03	Take Away Mini Donuts with Chocolate Sauce	128	507	6.1		33.0	24		0.4				
Additional Take Away Vanilla Ice Cream Tub 65 118 2.5 12 12 6.5 3.8 0.09 Additional Scoop Vanilla Ice cream 86 141 2.5 19 19 6.5 3.2 0.03		128	500		65	32.4	24	10.5	0.4				
Additional Scoop Vanilla Ice cream 86 141 2.5 19 19 6.5 3.2 0.03									_				
	Additional Take Away Vanilla Ice Cream Tub	65	118	2.5	12	12	6.5	3.8	0.09				
Additional Chocolate Sauce 15 48 0.4 9.2 6.0 1.1 0.7 0		86	141	2.5	19	19	6.5	3.2	0.03				
	Additional Chocolate Sauce	15	48	0.4	9.2	6.0	1.1	0.7	0				
Additional Salted Caramel Sauce 15 37 0 7.7 7.5 0.5 0.2 0.20	Additional Salted Caramel Sauce	15	37	0	7.7	7.5	0.5	0.2	0.20				