

SIZE & CRUST	Nutrition per serving	Nutrition Per Slice								
	Calories per whole pizza	Calories per slice	Fat (g)	Saturates (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	
VEGAN (Per Slice)										
MIGHTY VEGAN PIZZA 12"	1526	197	7.8	3.4	25.8	2.7	0.9	5.4	0.88	
VEGAN HOT PIZZA 12"	1412	182	6.6	3.3	25.3	2.5	1.0	5.0	0.75	
VEGAN MARGHERITA PIZZA 12"	1329	172	6.3	3.2	24.4	2.0	0.7	4.0	0.66	

SIZE & CRUST	Calories per whole pizza	Calories per slice	VEGETARIAN (Per Slice)							
			Fat (g)	Saturates (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	
VEGETARIAN SUPREME CHEESE CRUST 9IN	993	161	7.4	3.6	16.3	2.2	0.9	6.9	0.69	
VEGETARIAN SUPREME CHEESE CRUST 12IN	1815	220	9.8	4.7	23.2	2.7	1.1	9.3	0.90	
VEGETARIAN SUPREME CHEESE CRUST 15IN	2654	258	11.4	5.4	27.4	3.0	1.3	10.8	1	
VEGETARIAN SUPREME CHEESE CRUST 18IN	3514	284	12.5	5.9	30.4	3.2	1.4	11.8	1.09	
VEGETARIAN SUPREME DEEP 9IN	805	130	4.9	2.1	15.8	2.2	0.9	5.2	0.47	
VEGETARIAN SUPREME DEEP 12IN	1568	190	7.3	3.2	22.8	2.7	1.1	7.6	0.66	
VEGETARIAN SUPREME DEEP 15IN	2310	224	8.6	3.7	27.0	3.0	1.3	9.0	0.78	
VEGETARIAN SUPREME DEEP 18IN	3070	247	9.5	4.1	29.9	3.2	1.4	9.9	0.84	
VEGETARIAN SUPREME THIN 9IN	596	95	4.0	1.9	10.3	1.8	0.7	4.2	0.38	
VEGETARIAN SUPREME THIN 12IN	1047	124	5.6	2.8	12.4	1.9	0.8	5.8	0.47	
VEGETARIAN SUPREME THIN 15IN	1528	145	6.5	3.3	14.5	2.1	0.8	6.7	0.55	
VEGETARIAN SUPREME THIN 18IN	2026	161	7.2	3.7	16.0	2.2	0.9	7.4	0.60	

ADULTS NEED AROUND 2000KCAL A DAY

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		ASIAN CLASSIC MIX (Per Slice)								
SIZE & CRUST	Calories per whole pizza	Calories per slice	Fat (g)	Saturates (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	
ASIAN CLASSIC MIX CHEESE CRUST 7IN	526	131	6	2.8	12.1	1.5	0.7	6.9	0.6	
ASIAN CLASSIC MIX CHEESE CRUST 9IN	1054	176	8	3.7	16.2	2.1	0.9	9.3	0.79	
ASIAN CLASSIC MIX CHEESE CRUST 12IN	1904	238	10.4	4.8	23.2	2.6	1.2	12.2	1.02	
ASIAN CLASSIC MIX CHEESE CRUST 15IN	2769	277	12.1	5.5	27.4	2.9	1.3	14	1.17	
ASIAN CLASSIC MIX CHEESE CRUST 18IN	3668	306	13.2	6	30.4	3.1	1.5	15.5	1.28	
ASIAN CLASSIC MIX DEEP 7IN	432	108	4.1	1.7	11.8	1.6	0.7	5.7	0.44	
ASIAN CLASSIC MIX DEEP 9IN	866	144	5.4	2.2	15.8	2.1	0.9	7.6	0.58	
ASIAN CLASSIC MIX DEEP 12IN	1655	207	7.9	3.2	22.7	2.5	1.2	10.6	0.81	
ASIAN CLASSIC MIX DEEP 15IN	2425	243	9.2	3.8	26.9	2.9	1.3	12.2	0.93	
ASIAN CLASSIC MIX DEEP 18IN	3225	269	10.2	4.2	29.9	3.1	1.5	13.5	1.03	
ASIAN CLASSIC MIX THIN 7IN	432	108	4.1	1.7	11.8	1.6	0.7	5.7	0.44	
ASIAN CLASSIC MIX THIN 9IN	657	110	4.5	2	10.2	1.7	0.7	6.6	0.48	
ASIAN CLASSIC MIX THIN 12IN	1136	142	6.2	2.9	12.4	1.8	0.8	8.7	0.62	
ASIAN CLASSIC MIX THIN 15IN	1643	164	7.2	3.4	14.4	2	0.9	10	0.71	
ASIAN CLASSIC MIX THIN 18IN	2181	182	8	3.7	16	2.1	1	11	0.78	

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		BBQ SIZZLER (Per Slice)								
SIZE & CRUST	Calories per whole pizza	Calories per slice	Fat (g)	Saturates (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	
BBQ SIZZLER CHEESE CRUST 7IN	550	137	5.9	2.8	14.5	3.6	0.5	6.3	0.74	
BBQ SIZZLER CHEESE CRUST 9IN	1100	183	7.9	3.7	19.4	4.9	0.7	8.4	0.99	
BBQ SIZZLER CHEESE CRUST 12IN	1967	246	10.4	4.7	26.4	5.3	0.9	11.4	1.22	
BBQ SIZZLER CHEESE CRUST 15IN	2851	285	12.0	5.5	30.6	5.6	1.0	13.2	1.37	
BBQ SIZZLER CHEESE CRUST 18IN	3757	313	13.2	6.0	33.5	5.8	1.1	14.6	1.49	
BBQ SIZZLER DEEP 7IN	420	105	4	1.6	12	1.7	0.5	5	0.52	
BBQ SIZZLER DEEP 9IN	912	152	5.3	2.2	19.0	4.9	0.7	6.7	0.78	
BBQ SIZZLER DEEP 12IN	1720	215	7.8	3.2	25.9	5.3	0.9	9.7	1.01	
BBQ SIZZLER DEEP 15IN	2507	251	9.2	3.8	30.1	5.6	1.0	11.4	1.14	
BBQ SIZZLER DEEP 18IN	3313	276	10.2	4.2	33.0	5.8	1.1	12.6	1.23	
BBQ SIZZLER THIN 7IN	420	105	4	1.6	12	1.7	0.5	5	0.52	
BBQ SIZZLER THIN 9IN	704	117	4.4	2.0	13.4	4.5	0.5	5.7	0.68	
BBQ SIZZLER THIN 12IN	1199	150	6.1	2.9	15.5	4.6	0.5	7.9	0.82	
BBQ SIZZLER THIN 15IN	1724	172	7.1	3.4	17.6	4.7	0.6	9.1	0.92	
BBQ SIZZLER THIN 18IN	2270	189	7.9	3.7	19.1	4.8	0.7	10.1	0.99	

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		CAPRICOSA (Per Slice)								
SIZE & CRUST	Calories per whole pizza	Calories per slice	Fat (g)	Saturates (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	
CAPRICOSA CHEESE CRUST 7IN	523	131	6.3	2.9	12.1	1.2	0.4	6.2	0.73	
CAPRICOSA CHEESE CRUST 9IN	1048	175	8.5	3.8	16.1	1.6	0.6	8.2	0.98	
CAPRICOSA CHEESE CRUST 12IN	1906	238	11	4.9	23.2	2.1	0.8	11.1	1.24	
CAPRICOSA CHEESE CRUST 15IN	2775	278	12.7	5.6	27.5	2.4	1	12.9	1.4	
CAPRICOSA CHEESE CRUST 18IN	3685	307	14	6.1	30.4	2.6	1.1	14.2	1.56	
CAPRICOSA DEEP 7IN	429	107	4.4	1.7	11.7	1.2	0.4	4.9	0.57	
CAPRICOSA DEEP 9IN	860	143	5.9	2.3	15.7	1.6	0.6	6.6	0.77	
CAPRICOSA DEEP 12IN	1160	207	8.5	3.3	22.8	2.1	0.8	9.5	1.03	
CAPRICOSA DEEP 15IN	2431	243	9.9	3.9	27	2.4	1	11	1.16	
CAPRICOSA DEEP 18IN	3241	270	11	4.3	29.9	2.6	1.1	12.2	1.31	
CAPRICOSA THIN 7IN	429	107	4.4	1.7	11.7	1.2	0.4	4.9	0.57	
CAPRICOSA THIN 9IN	652	109	5	2.1	10.1	1.2	0.4	5.6	0.67	
CAPRICOSA THIN 12IN	1138	142	6.8	3	12.4	1.4	0.5	7.6	0.84	
CAPRICOSA THIN 15IN	1649	165	7.8	3.5	14.5	1.5	0.6	8.8	0.94	
CAPRICOSA THIN 18IN	2198	183	8.8	3.9	16	1.6	0.7	9.7	1.06	

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		CAPRINOS SPECIAL (Per Slice)								
SIZE & CRUST	Calories per whole pizza	Calories per slice	Fat (g)	Saturates (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	
CAPRINOS SPECIAL CHEESE CRUST 7IN	540	135	6.4	3.0	12.4	1.5	0.7	6.5	0.65	
CAPRINOS SPECIAL CHEESE CRUST 9IN	1079	180	8.5	4.0	16.6	2.1	0.9	8.7	0.87	
CAPRINOS SPECIAL CHEESE CRUST 12IN	1912	239	11.0	5.2	23.7	2.6	1.2	10.6	1.03	
CAPRINOS SPECIAL CHEESE CRUST 15IN	2851	285	12.9	5.9	27.9	2.9	1.3	13.6	1.29	
CAPRINOS SPECIAL CHEESE CRUST 18IN	3851	321	14.7	6.7	31.2	3.2	1.5	15.3	1.48	
CAPRINOS SPECIAL DEEP 7IN	446	111	4.5	1.9	12.1	1.6	0.7	5.3	0.49	
CAPRINOS SPECIAL DEEP 9IN	891	148	6.0	2.5	16.2	2.1	0.9	7.1	0.66	
CAPRINOS SPECIAL DEEP 12IN	1711	214	8.7	3.6	23.3	2.6	1.2	10.1	0.91	
CAPRINOS SPECIAL DEEP 15IN	2507	251	10.1	4.2	27.5	2.9	1.3	11.8	1.07	
CAPRINOS SPECIAL DEEP 18IN	3407	284	11.6	4.8	30.7	3.2	1.5	13.4	1.22	
CAPRINOS SPECIAL THIN 7IN	446	111	4.5	1.9	12.1	1.6	0.7	5.3	0.49	
CAPRINOS SPECIAL THIN 9IN	682	114	5.1	2.3	10.6	1.7	0.7	6.1	0.56	
CAPRINOS SPECIAL THIN 12IN	1189	149	7.0	3.3	12.8	1.8	0.8	8.3	0.73	
CAPRINOS SPECIAL THIN 15IN	1724	172	8.1	3.8	15.0	2.0	0.9	9.5	0.83	
CAPRINOS SPECIAL THIN 18IN	2364	197	9.4	4.4	16.8	2.2	1.0	10.9	0.98	

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		CHICKEN & BACON FEAST (Per Slice)								
SIZE & CRUST	Calories per whole pizza	Calories per slice	Fat (g)	Saturates (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	
CHICKEN, BACON FEAST CHEESE CRUST 7IN	504	126	5.7	2.7	11.8	1.4	0.4	6.5	0.63	
CHICKEN, BACON FEAST CHEESE CRUST 9IN	1006	168	7.6	3.6	15.7	1.8	0.6	8.7	0.84	
CHICKEN, BACON FEAST CHEESE CRUST 12IN	1842	230	10.1	4.6	22.7	2.3	0.8	11.8	1.08	
CHICKEN, BACON FEAST CHEESE CRUST 15IN	2696	270	11.7	5.4	26.9	2.6	0.9	13.3	1.24	
CHICKEN, BACON FEAST CHEESE CRUST 18IN	3484	290	12.7	6.0	29.8	2.8	1.0	13.6	1.23	
CHICKEN, BACON FEAST DEEP 7IN	410	102	3.8	1.6	11.5	1.4	0.4	5.3	0.47	
CHICKEN, BACON FEAST DEEP 9IN	818	136	5.1	2.1	15.3	1.8	0.6	7.1	0.63	
CHICKEN, BACON FEAST DEEP 12IN	1596	199	7.6	3.1	22.3	2.3	0.8	10.2	0.87	
CHICKEN, BACON FEAST DEEP 15IN	2352	235	8.9	3.7	26.5	2.6	0.9	11.8	1.00	
CHICKEN, BACON FEAST DEEP 18IN	3129	261	9.9	4.1	29.3	2.8	1.0	13.1	1.11	
CHICKEN, BACON FEAST THIN 7IN	410	102	3.8	1.6	11.5	1.4	0.4	5.3	0.47	
CHICKEN, BACON FEAST THIN 9IN	609	102	4.2	1.9	9.8	1.4	0.4	6.1	0.53	
CHICKEN, BACON FEAST THIN 12IN	1074	134	5.9	2.8	11.8	1.6	0.5	8.3	0.69	
CHICKEN, BACON FEAST THIN 15IN	1570	157	6.9	3.3	14.0	1.7	0.5	9.6	0.78	
CHICKEN, BACON FEAST THIN 18IN	2086	174	7.6	3.6	15.4	1.8	0.6	10.6	0.86	

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		HAWAIIAN (Per Slice)								
SIZE & CRUST	Calories per whole pizza	Calories per slice	Fat (g)	Saturates (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	
HAWAIIAN CHEESE CRUST 7IN	525	131	6.1	2.8	12.5	1.5	0.4	6.3	0.69	
HAWAIIAN CHEESE CRUST 9IN	999	166	7.8	3.6	16.1	1.9	0.5	7.8	0.82	
HAWAIIAN CHEESE CRUST 12IN	1834	229	10.3	4.7	23.2	2.5	0.8	10.7	1.05	
HAWAIIAN CHEESE CRUST 15IN	2679	268	11.9	5.4	27.4	2.8	0.9	12.4	1.2	
HAWAIIAN CHEESE CRUST 18IN	3552	296	13.1	5.9	30.4	3	1	13.7	1.33	
HAWAIIAN DEEP 7IN	430	108	4.2	1.7	12.2	1.5	0.4	5	0.53	
HAWAIIAN DEEP 9IN	810	135	5.2	2.1	15.6	1.9	0.5	6.1	0.6	
HAWAIIAN DEEP 12IN	1587	198	7.7	3.1	22.7	2.5	0.8	9	0.84	
HAWAIIAN DEEP 15IN	2335	234	9.1	3.7	26.9	2.8	0.9	10.6	0.97	
HAWAIIAN DEEP 18IN	3108	259	10.1	4.1	29.9	3	1	11.7	1.07	
HAWAIIAN THIN 7IN	407	102	3.9	1.6	11.7	1.4	0.4	4.6	0.46	
HAWAIIAN THIN 9IN	602	100	4.3	1.9	10.1	1.5	0.3	5.1	0.5	
HAWAIIAN THIN 12IN	1065	133	6	2.8	12.3	1.7	0.4	7.2	0.66	
HAWAIIAN THIN 15IN	1553	155	7	3.3	14.4	1.9	0.5	8.3	0.74	
HAWAIIAN THIN 18IN	2065	172	7.8	3.6	16	2	0.5	9.2	0.83	

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		MARGHERITA (Per Slice)								
SIZE & CRUST	Calories per whole pizza	Calories per slice	Fat (g)	Saturates (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	
MARGHERITA CHEESE CRUST 7IN	472	118	5.6	2.7	11.3	1.1	0.3	5.5	0.53	
MARGHERITA CHEESE CRUST 9IN	974	162	7.8	3.6	15.5	1.8	0.6	7.4	0.72	
MARGHERITA CHEESE CRUST 12IN	1742	218	9.8	4.5	22	2	0.7	10	0.93	
MARGHERITA CHEESE CRUST 15IN	2562	256	11.4	5.2	26.2	2.3	0.8	11.7	1.07	
MARGHERITA CHEESE CRUST 18IN	3387	282	12.5	5.7	29.1	2.5	0.9	12.9	1.17	
MARGHERITA DEEP 7IN	377	94	3.6	1.5	11	1.1	0.3	4.2	0.37	
MARGHERITA DEEP 9IN	752	125	4.8	2	14.7	1.5	0.5	5.6	0.5	
MARGHERITA DEEP 12IN	1495	187	7.3	3	21.6	2	0.7	8.4	0.72	
MARGHERITA DEEP 15IN	2218	222	8.6	3.6	25.8	2.3	0.8	9.9	0.84	
MARGHERITA DEEP 18IN	2943	245	9.5	3.9	28.6	2.5	0.9	10.9	0.92	
MARGHERITA THIN 7IN	377	94	3.6	1.5	11	1.1	0.3	4.2	0.37	
MARGHERITA THIN 9IN	543	91	3.9	1.8	9.1	1.1	0.3	4.6	0.4	
MARGHERITA THIN 12IN	973	122	5.6	2.7	11.2	1.2	0.3	6.5	0.53	
MARGHERITA THIN 15IN	1435	144	6.6	3.2	13.3	1.4	0.4	7.6	0.61	
MARGHERITA THIN 18IN	1900	158	7.2	3.5	14.7	1.5	0.5	8.4	0.67	

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		MEATY MINT (Per Slice)								
SIZE & CRUST	Calories per whole pizza	Calories per slice	Fat (g)	Saturates (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	
MEATY MINT CHEESE CRUST 7IN	546	137	6.7	3.1	12.2	1.4	0.4	6.5	0.74	
MEATY MINT CHEESE CRUST 9IN	1089	181	8.9	4.1	16.3	1.9	0.6	8.7	0.98	
MEATY MINT CHEESE CRUST 12IN	1970	246	11.6	5.3	23.4	2.3	0.8	11.7	1.25	
MEATY MINT CHEESE CRUST 15IN	2886	289	13.5	6.1	27.7	2.6	0.9	13.6	1.44	
MEATY MINT CHEESE CRUST 18IN	3867	322	15.2	6.8	30.8	2.9	1.0	15.1	1.62	
MEATY MINT DEEP 7IN	452	113	4.8	2	11.9	1.4	0.4	5.3	0.58	
MEATY MINT DEEP 9IN	901	150	6.4	2.6	15.9	1.9	0.6	7.0	0.77	
MEATY MINT DEEP 12IN	1724	215	9.1	3.8	22.9	2.3	0.8	10.1	1.04	
MEATY MINT DEEP 15IN	2542	254	10.7	4.4	27.3	2.6	0.9	11.8	1.20	
MEATY MINT DEEP 18IN	3423	285	12.1	5.0	30.3	2.9	1.0	13.2	1.37	
MEATY MINT THIN 7IN	452	113	4.8	2	11.9	1.4	0.4	5.3	0.58	
MEATY MINT THIN 9IN	692	115	5.5	2.4	10.3	1.5	0.4	6.0	0.67	
MEATY MINT THIN 12IN	1202	150	7.4	3.4	12.5	1.6	0.4	8.2	0.86	
MEATY MINT THIN 15IN	1760	176	8.6	4.0	14.8	1.7	0.5	9.6	0.98	
MEATY MINT THIN 18IN	2379	198	9.9	4.6	16.4	1.9	0.6	10.7	1.12	

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		MEAT LOVERS (Per Slice)								
SIZE & CRUST	Calories per whole pizza	Calories per slice	Fat (g)	Saturates (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	
MEAT LOVERS CHEESE CRUST 7IN	611	153	8	3.6	12.6	1.3	0.3	7.3	0.92	
MEAT LOVERS CHEESE CRUST 9IN	1229	205	10.8	4.8	16.9	1.7	0.5	9.8	1.24	
MEAT LOVERS CHEESE CRUST 12IN	2171	271	13.6	6	24.1	2.2	0.7	12.9	1.52	
MEAT LOVERS CHEESE CRUST 15IN	3135	313	15.4	6.8	28.5	2.5	0.8	14.8	1.7	
MEAT LOVERS CHEESE CRUST 18IN	4201	350	17.3	7.6	31.7	2.7	0.9	16.4	1.92	
MEAT LOVERS DEEP 7IN	517	129	6.1	2.4	12.3	1.3	0.3	6.1	0.76	
MEAT LOVERS DEEP 9IN	1041	173	8.2	3.3	16.5	1.7	0.5	8.2	1.03	
MEAT LOVERS DEEP 12IN	1924	240	11	4.5	23.7	2.2	0.7	11.3	1.31	
MEAT LOVERS DEEP 15IN	2791	279	12.6	5.1	28	2.5	0.8	13	1.47	
MEAT LOVERS DEEP 18IN	3757	313	14.3	5.8	31.2	2.7	0.9	14.5	1.67	
MEAT LOVERS THIN 7IN	517	129	6.1	2.4	12.3	1.3	0.3	6.1	0.76	
MEAT LOVERS THIN 9IN	832	139	7.3	3.1	10.9	1.3	0.3	7.2	0.93	
MEAT LOVERS THIN 12IN	1402	175	9.3	4.1	13.2	1.5	0.3	9.4	1.12	
MEAT LOVERS THIN 15IN	2008	201	10.6	4.7	15.5	1.6	0.4	10.7	1.24	
MEAT LOVERS THIN 18IN	2714	226	12	5.4	17.3	1.7	0.5	12	1.42	

ADULTS NEED AROUND 2000KCAL A DAY

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		MEXICAN HOT (Per Slice)								
SIZE & CRUST	Calories per whole pizza	Calories per slice	Fat (g)	Saturates (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	
MEXICAN HOT CHEESE CRUST 7IN	565	141	7.3	3.4	12.1	1.5	0.5	6.6	0.76	
MEXICAN HOT CHEESE CRUST 9IN	1128	188	9.7	4.4	16.2	2.1	0.7	8.7	1.01	
MEXICAN HOT CHEESE CRUST 12IN	2011	251	12.3	5.6	23.2	2.5	1	11.6	1.25	
MEXICAN HOT CHEESE CRUST 15IN	2915	292	14	6.3	27.5	2.9	1.1	13.3	1.41	
MEXICAN HOT CHEESE CRUST 18IN	3912	326	15.8	7.1	30.6	3.1	1.2	14.8	1.6	
MEXICAN HOT DEEP 7IN	471	118	5.3	2.2	11.8	1.5	0.5	5.3	0.6	
MEXICAN HOT DEEP 9IN	939	157	7.1	2.9	15.8	2.1	0.7	7	0.8	
MEXICAN HOT DEEP 12IN	1764	221	9.7	4	22.8	2.5	1	9.9	1.04	
MEXICAN HOT DEEP 15IN	2571	257	11.2	4.6	27	2.9	1.1	11.5	1.18	
MEXICAN HOT DEEP 18IN	3468	289	12.8	5.3	30.1	3.1	1.2	12.9	1.35	
MEXICAN HOT THIN 7IN	471	118	5.3	2.2	11.8	1.5	0.5	5.3	0.6	
MEXICAN HOT THIN 9IN	731	122	6.2	2.7	10.2	1.7	0.5	6	0.7	
MEXICAN HOT THIN 12IN	1242	155	8	3.7	12.4	1.8	0.6	8.1	0.86	
MEXICAN HOT THIN 15IN	1789	179	9.2	4.2	14.5	2	0.7	9.3	0.96	
MEXICAN HOT THIN 18IN	2426	202	10.5	4.9	16.2	2.1	0.8	10.4	1.1	

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		PEPPERONI DELUXE (Per Slice)								
SIZE & CRUST	Calories per whole pizza	Calories per slice	Fat (g)	Saturates (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	
PEPPERONI DELUXE CHEESE CRUST 7IN	565	141	7.5	3.4	11.5	1.2	0.3	6.8	0.79	
PEPPERONI DELUXE CHEESE CRUST 9IN	1128	188	10	4.5	15.3	1.6	0.5	9	1.05	
PEPPERONI DELUXE CHEESE CRUST 12IN	1991	249	12.4	5.5	22.2	2.1	0.7	11.7	1.26	
PEPPERONI DELUXE CHEESE CRUST 15IN	2872	287	14	6.2	26.4	2.4	0.8	13.4	1.41	
PEPPERONI DELUXE CHEESE CRUST 18IN	3759	313	15.1	6.7	29.3	2.6	0.9	14.6	1.5	
PEPPERONI DELUXE DEEP 7IN	471	118	5.6	2.2	11.1	1.2	0.3	5.5	0.63	
PEPPERONI DELUXE DEEP 9IN	939	157	7.4	3	14.9	1.6	0.5	7.3	0.83	
PEPPERONI DELUXE DEEP 12IN	1744	218	9.9	4	21.8	2.1	0.7	10.1	1.05	
PEPPERONI DELUXE DEEP 15IN	2528	253	11.2	4.5	26	2.4	0.8	11.6	1.17	
PEPPERONI DELUXE DEEP 18IN	3315	276	12.1	4.9	28.8	2.6	0.9	12.6	1.25	
PEPPERONI DELUXE THIN 7IN	484	121	5.7	2.2	11.7	1.5	0.3	5.7	0.68	
PEPPERONI DELUXE THIN 9IN	731	122	6.5	2.8	9.3	1.2	0.3	6.3	0.74	
PEPPERONI DELUXE THIN 12IN	1222	153	8.2	3.7	11.4	1.3	0.3	8.2	0.87	
PEPPERONI DELUXE THIN 15IN	1745	175	9.2	4.1	13.5	1.5	0.4	9.4	0.95	
PEPPERONI DELUXE THIN 18IN	2271	189	9.8	4.5	14.9	1.6	0.5	10.1	1.01	

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		PERI PERI (Per Slice)								
SIZE & CRUST	Calories per whole pizza	Calories per slice	Fat (g)	Saturates (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	
PERI PERI PIZZA CHEESE CRUST 7IN	496	124	5.7	2.7	11.8	1.5	0.6	6.1	0.57	
PERI PERI PIZZA CHEESE CRUST 9IN	991	165	7.5	3.6	15.8	2.0	0.7	8.1	0.75	
PERI PERI PIZZA CHEESE CRUST 12IN	1816	227	10.0	4.6	22.7	2.5	1.0	11.0	0.98	
PERI PERI PIZZA CHEESE CRUST 15IN	2663	266	11.6	5.3	27.0	2.8	1.1	12.8	1.13	
PERI PERI PIZZA CHEESE CRUST 18IN	3527	294	12.8	5.8	29.9	3.1	1.2	14.2	1.24	
PERI PERI PIZZA DEEP 7IN	402	100	3.8	1.6	11.5	1.5	0.6	4.9	0.41	
PERI PERI PIZZA DEEP 9IN	803	134	5.0	2.0	15.4	2.0	0.7	6.5	0.54	
PERI PERI PIZZA DEEP 12IN	1569	196	7.5	3.1	22.3	2.5	1.0	9.4	0.77	
PERI PERI PIZZA DEEP 15IN	2319	232	8.8	3.6	26.5	2.8	1.1	11.0	0.89	
PERI PERI PIZZA DEEP 18IN	3084	257	9.8	4.0	29.4	3.1	1.2	12.3	0.99	
PERI PERI PIZZA THIN 7IN	402	100	3.8	1.6	11.5	1.5	0.6	4.9	0.41	
PERI PERI PIZZA THIN 9IN	594	99	4.1	1.9	9.8	1.6	0.6	5.5	0.44	
PERI PERI PIZZA THIN 12IN	1048	131	5.8	2.8	11.9	1.8	0.6	7.5	0.58	
PERI PERI PIZZA THIN 15IN	1536	154	6.8	3.2	14.0	1.9	0.7	8.8	0.67	
PERI PERI PIZZA THIN 18IN	2040	170	7.5	3.6	15.5	2.1	0.8	9.8	0.74	

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		SEAFOOD (Per Slice)								
SIZE & CRUST	Calories per whole pizza	Calories per slice	Fat (g)	Saturates (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	
SEAFOOD CHEESE CRUST 7IN	516	129	5.9	2.7	11.7	1.2	0.6	7	0.68	
SEAFOOD CHEESE CRUST 9IN	1031	172	7.9	3.6	15.6	1.6	0.8	9.3	0.92	
SEAFOOD CHEESE CRUST 12IN	1874	234	10.3	4.6	22.6	2.1	1.1	12.2	1.16	
SEAFOOD CHEESE CRUST 15IN	2725	272	12	5.3	26.8	2.4	1.3	13.8	1.3	
SEAFOOD CHEESE CRUST 18IN	3621	302	13.2	5.9	29.7	2.6	1.5	15.3	1.46	
SEAFOOD DEEP 7IN	422	105	4	1.6	11.3	1.2	0.6	5.7	0.52	
SEAFOOD DEEP 9IN	843	141	5.3	2.1	15.1	1.6	0.8	7.7	0.71	
SEAFOOD DEEP 12IN	1627	203	7.8	3.1	22.1	2.1	1.1	10.6	0.95	
SEAFOOD DEEP 15IN	2381	238	9.1	3.4	26.3	2.4	1.3	12	1.07	
SEAFOOD DEEP 18IN	3177	265	10.2	4	29.2	2.6	1.5	13.3	1.21	
SEAFOOD THIN 7IN	422	105	4	1.6	11.3	1.2	0.6	5.7	0.52	
SEAFOOD THIN 9IN	635	106	4.4	1.9	9.6	1.2	0.7	6.7	0.61	
SEAFOOD THIN 12IN	1105	138	6.1	2.8	11.7	1.4	0.8	8.7	0.76	
SEAFOOD THIN 15IN	1598	160	7.1	3.3	13.8	1.5	0.8	9.8	0.85	
SEAFOOD THIN 18 IN	2134	178	7.9	3.6	15.3	1.6	1	10.8	0.96	

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		TANDOORI DELIGHT (Per Slice)								
SIZE & CRUST	Calories per whole pizza	Calories per slice	Fat (g)	Saturates (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	
TANDOORI DELIGHT CHEESE CRUST 7IN	506	127	5.7	2.7	12.1	1.5	0.7	6.3	0.56	
TANDOORI DELIGHT CHEESE CRUST 9IN	1010	168	7.6	3.6	16.2	2.1	0.9	8.3	0.75	
TANDOORI DELIGHT CHEESE CRUST 12IN	1845	231	10.1	4.6	23.2	2.6	1.2	11.2	0.97	
TANDOORI DELIGHT CHEESE CRUST 15IN	2693	269	11.7	5.3	27.3	2.8	1.3	13	1.12	
TANDOORI DELIGHT CHEESE CRUST 18IN	3581	298	12.9	5.8	30.4	3.1	1.5	14.5	1.23	
TANDOORI DELIGHT DEEP 7IN	412	103	3.8	1.6	11.8	1.5	0.7	5	0.4	
TANDOORI DELIGHT DEEP 9IN	822	137	5.1	2.1	15.8	2.1	0.9	6.6	0.53	
TANDOORI DELIGHT DEEP 12IN	1598	200	7.6	3.1	22.8	2.6	1.2	9.6	0.76	
TANDOORI DELIGHT DEEP 15IN	2351	235	8.9	3.6	26.9	2.9	1.3	11.2	0.89	
TANDOORI DELIGHT DEEP 18IN	3136	261	9.9	4	29.9	3.1	1.5	12.5	0.98	
TANDOORI DELIGHT THIN 7IN	412	103	3.8	1.6	11.8	1.5	0.7	5	0.4	
TANDOORI DELIGHT THIN 9IN	616	103	4.2	1.9	10.3	1.7	0.7	5.6	0.44	
TANDOORI DELIGHT THIN 12IN	1077	135	5.9	2.8	12.3	1.8	0.8	7.7	0.58	
TANDOORI DELIGHT THIN 15IN	1569	157	6.9	3.3	14.4	2	0.9	8.9	0.67	
TANDOORI DELIGHT THIN 18IN	2093	174	7.6	3.6	16	2.1	1	10	0.73	

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		CRUSTS (Per Slice)								
SIZE & CRUST	Calories per whole pizza crust	Calories per slice	Fat (g)	Saturates (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	
CHEESE AND GARLIC CRUST 7IN	363	91	3.6	1.5	11	0.8	0.4	3.3	0.35	
CHEESE AND GARLIC CRUST 9IN	724	121	4.8	2	14.7	1	0.6	4.3	0.46	
CHEESE AND GARLIC CRUST 12IN	1310	164	5.9	2.2	21.6	1.5	0.8	5.6	0.58	
CHEESE AND GARLIC CRUST 15IN	1934	193	6.9	2.5	25.8	1.8	1.0	6.5	0.68	
CHEESE AND GARLIC CRUST 18IN	2561	213	7.6	2.7	28.7	2	1.1	7.1	0.75	
CHEESE AND SAUSAGE CRUST 7IN	385	96	4	1.6	11.1	0.8	0.3	3.5	0.43	
CHEESE AND SAUSAGE CRUST 9IN	771	129	5.4	2.2	15	1.1	0.5	4.7	0.57	
CHEESE AND SAUSAGE CRUST 12IN	1373	172	6.5	2.4	22	1.6	0.7	6	0.69	
CHEESE AND SAUSAGE CRUST 15IN	2013	201	7.5	2.7	26.2	1.9	0.8	6.9	0.79	
CHEESE AND SAUSAGE CRUST 18IN	2655	221	8.1	2.9	29	2.1	0.9	7.5	0.86	
CHEESE AND PEPPERONI CRUST 7IN	403	101	4.6	1.9	10.8	0.8	0.3	3.8	0.48	
CHEESE AND PEPPERONI CRUST 9IN	807	134	6.2	2.5	14.4	1.1	0.5	5.1	0.63	
CHEESE AND PEPPERONI CRUST 12IN	1419	177	7.3	2.7	21.4	1.6	0.7	6.3	0.75	
CHEESE AND PEPPERONI CRUST 15IN	2103	207	8.2	3.0	25.6	1.9	0.8	7.2	0.85	
CHEESE AND PEPPERONI CRUST 18IN	2740	228	9	3.2	28.4	2.1	0.9	7.9	0.93	

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SALADS (Nutrition Per Serving)									
		Calories per Serving	Fat (g)	Saturates (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
CHICKEN SALAD		285	11.9	4.9	24.5	4.9	3.3	18.2	1.11
MIX SALAD		47	0.8	0.1	6.5	3.8	2.8	1.9	0.01
SIDES (Nutrition Per Serving)									
7" GARLIC PIZZA BREAD WITH CHEESE		485	27.6	14.9	41.7	3.0	1.4	16.7	1.23
BBQ CHICKEN WINGS		316	20.6	5.7	10.5	7.6	0.8	21.8	2.52
CHEESY BITES		361	15.0	6.2	43.1	3.0	1.4	12.8	1.42
CHICKEN STRIPS		449	22.0	9.5	29.5	2.2	2.2	32.3	2.18
CURLY FRIES		496	22.6	2.8	63.2	1.6	5.8	7.2	3.3
HOT WINGS		519	31.5	6.5	27.3	1.1	---	31.5	2.52
JALAPENOS CREAM CHEESE		498	25.9	12.9	53.4	2.2	2.5	11.6	2.84
MOZZARELLA STICKS		466	25.5	9.8	39.0	2.7	1.5	19.5	2.7
POTATO WEDGES		388	12.9	1.4	58.8	1.1	7.3	5.6	1.4
SIDES PLATTER		675	38.0	10.8	39.4	5.5	2.2	42.8	3.71
SPICY CHICKEN GOUJONS		385	15.8	3.8	30.7	1.0	---	29.9	1.98
STUFFED MUSHROOMS		118	9.6	6.0	0.6	0.5	0.8	7.0	0.34

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		BEN & JERRY'S ICE CREAM (Nutrition Per 100g or 1/4 of Tub)								
	Calories per whole Tub	Calories	Fat (g)	Saturates (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	
BEN & JERRY'S CARAMEL CHEW CHEW (424g TUB)	1128	266	15.0	10.0	29.0	25.0	---	3.6	0.17	
BEN & JERRY'S CHOCOLATE FUDGE (408g TUB)	1020	249	13.1	7.8	29.0	27.0	---	4.3	0.23	
BEN & JERRY'S HALF BAKED ICE CREAM (406g TUB)	1071	264	13.0	8.1	32.0	27.0	---	4.2	0.2	
BEN & JERRY'S HALF COOKIE DOUGH(406g TUB)	1080	270	15.0	9.2	31.0	25.0	---	4.0	0.14	
BEN & JERRY'S PEANUT BUTTER (425g TUB)	1317	310	21.0	12.0	24.0	23.0	---	6.5	0.44	
BEN & JERRY'S PHISH FOOD (399g TUB)	1092	273	13.0	8.9	35.0	27.0	---	3.6	0.17	
BEN & JERRY'S VANILLA ICE CREAM (72g TUB)	166	166	10.8	6.9	14.4	14.4	---	2.9	0.10	

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CAKES & COOKIES (Per Serving)									
		Calories	Fat (g)	Saturates (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
CARROT CAKE		433	22.5	6.4	47.1	31.5	5.1	7.9	0.91
CHOCOLATE FUDGE CAKE		434	20.8	8.7	53.7	36.9	4.1	6.0	0.21
7" CHOCOLATE PIZZA		380	14	4	54.2	15	1.6	8.6	0.76
COOKIES & ICE CREAM		572	29.9	16.2	68.7	50.1	---	7.0	0.53
2 DOUBLE CHOCOLATE CHUNK COOKIES		454	22.4	10.6	58.8	39.4	---	4.2	0.36
TOFFEE TENNESSEE PIE		385	20.6	11.7	42.0	29.9	2.2	6.9	0.53
2 VEGAN CHOCOLATE BROWNIES		580	26	5.8	80.6	50.4	---	6.2	0.82
2 WHITE CHOCOLATE CHUNK COOKIES		466	21	10.6	64.2	41.6	---	5	0.62

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DRINKS (Per 330ml Can or 1.25l Bottle)									
		Calories	Fat (g)	Saturates (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)
BOTTLE OF WATER (STILL & SPARKING)		0	0	0	0	0		0	0
CAPRI SUN BLACKCURRANT 200ML		42	0	0	9.8	9.8	0	0	0
CAPRI SUN TROPICAL 200ML		42	0	0	9.8	9.8	0	0	0
CAPRI SUN ORANGE 200ML		42	0	0	9.8	9.8	0	0	0
COCA COLA CHERRY 330ML		149	0	0	37	37	0	0	0
COCA COLA ZERO 330ML		1	0	0	0	0	0	0	0
COCA COLA ORIGINAL 330ML		139	0	0	35	35	0	0	0
COCA DIET 330ML		1	0	0	0	0	0	0	0
FANTA ORANGE 330ML		63	0	0	15	15	0	0	0
SPRITE ZERO 330ML		3	0	0	0	0	0	0	0.23
SPRITE 330ML		46	0	0	11	11	0	0	0
1.25L COCA COLA ZERO BOTTLE		5	0	0	0	0	0	0	0.25
1.25L COCA COLA ORIGINAL BOTTLE		525	0	0	135	135	0	0	0
1.25L COCA COLA DIET BOTTLE		5	0	0	0	0	0	0	0
1.25L FANTA ORANGE BOTTLE		240	0	0	60	60	0	0	0

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MAKE YOUR OWN PIZZA		
PIZZA DOUGH 120g 52kcal Per Slice	PIZZA DOUGH 200g 65kcal Per Slice	PIZZA DOUGH 800g 174kcal Per Slice
CRUSTED DOUGH 9in (DOUGH 200g, String Cheese 64g) 119kcal Per Slice	CRUSTED DOUGH 15in (DOUGH 600g, String Cheese 117g) 191kcal Per Slice	CRUSTED DOUGH 18in (DOUGH 800g, String Cheese 151g) 211kcal Per Slice
TOMATO BASE 40g 23kcal Per Pizza	TOMATO BASE 80g 46kcal Per Pizza	TOMATO BASE 100g 55kcal Per Pizza
MUSHROOM 40g 3kcal Per Pizza	<input checked="" type="checkbox"/> ONION 40g 14kcal Per Pizza	<input type="checkbox"/> SWEETCORN 40g 27kcal Per Pizza
<input type="checkbox"/> MIXED PEPPER 40g 8kcal Per Pizza	<input checked="" type="checkbox"/> BLACK OLIVES 40g 41kcal Per Pizza	<input type="checkbox"/> PINEAPPLE 40g 16kcal Per Pizza
<input type="checkbox"/> GREEN CHILLI 2g 1kcal Per Pizza	<input type="checkbox"/> JALAPENO CHILLIES 40g 6kcal Per Pizza	<input type="checkbox"/> FRESH GARLIC 20g 20kcal Per Pizza
<input type="checkbox"/> SPINACH 40g 6kcal Per Pizza	<input type="checkbox"/> FRESH TOMATOES 40g 7kcal Per Pizza	<input type="checkbox"/> PEPPERONI 50g 162kcal Per Pizza
<input type="checkbox"/> HAM 50g 82kcal Per Pizza	<input type="checkbox"/> SPICY BEEF 50g 145kcal Per Pizza	<input type="checkbox"/> SMOKY BACON 50g 52kcal Per Pizza
<input type="checkbox"/> SMOKY SAUSAGE 50g 106kcal Per Pizza	<input type="checkbox"/> KEBAB 50g 103kcal Per Pizza	<input type="checkbox"/> TANDOORI CHICKEN 50g 64kcal Per Pizza
<input type="checkbox"/> MEAT BALL 50g 110kcal Per Pizza	<input type="checkbox"/> PERI PERI CHICKEN 50g 64kcal Per Pizza	<input type="checkbox"/> PLAIN CHICKEN 50g 62kcal Per Pizza
<input type="checkbox"/> TUNA 40g 44kcal Per Pizza	<input type="checkbox"/> PRAWNS 50g 34kcal Per Pizza	<input type="checkbox"/> ANCHOVIES 30g

		44kcal Per Pizza
VEGAN MEATBALL 50g 123kcal Per Pizza	VEGARONI 50g 108kcal Per Pizza	VEGAN CHICKEN 50g 70kcal Per Pizza
<input type="checkbox"/> CHEESE 50g 144kcal Per Pizza		
DIPS	KETCHUP 23g	<input checked="" type="radio"/> SOUR CREAM & CHIVES 23g
<input checked="" type="radio"/> BBQ SAUCE 23g	<input checked="" type="radio"/> GARLIC & HERBS 23g	<input checked="" type="radio"/>
DRIZZLE	<input type="checkbox"/> YOGHURT & MINT 10g 49kcal Per Pizza	<input type="checkbox"/> BBQ 10g 14kcal Per Pizza
<input type="checkbox"/> CHILLI 10g	<input type="checkbox"/> GARLIC & HERB 10g 59kcal Per Pizza	<input type="checkbox"/> PERI PERI 10g 4kcal Per Pizza