

Allergen Information | Pizzas



Pizza	Vegetarian	Vegans	Ingredients	Allergen - Contains	Allergen - May Contain
American Hot	No	No	Pepperoni and jalapeno peppers	Gluten, Wheat, Sulphites, Milk	Soya
All the Meats	No	No	Ham, pepperoni, sausage, bacon, spicy beef	Gluten, Wheat, Milk, Mustard	Soya
BACK BY POPULAR DEMAND BBQ Beef Brisket	No	No	Brisket burnt ends, onions, crispy onions, bacon, drizzled Cola BBQ sauce	Gluten, Wheat, Milk	Soya
Cheese and Tomato Pizza	Yes	No	Cheese and tomato	Gluten, Wheat, Milk	Soya
Chicken BBQ	No	No	Chargrilled chicken, barbeque sauce, bacon, onions	Gluten, Wheat, Milk, Mustard	Soya, Egg, Celery, Sulphites
Chicken Club	No	No	chargrilled chicken, bacon, fresh tomatoes, onions	Gluten, Wheat, Milk	Soya, Egg, Celery, Mustard, Sulphites
NEW Chicken Tinga Taco	No	No	Chicken Tinga, cayenne chilli, fresh pineapple, onions, drizzled Aji Verde salsa sauce, delivered on a sauce free base	Gluten, Wheat, Egg, Mustard, Milk	Soya, Celery
Double Layered Premium Pepperoni	No	No	Pepperoni, deli pepperoni and Italian style seasoning	Gluten, Wheat, Milk	Soya
Garden Party	Yes	No	Red onions, green peppers, fresh tomatoes, sweetcorn, baby Portobello mushrooms	Gluten, Wheat, Milk	Soya, Celery
Hot Pepper Passion	Yes	No	Red peppers, green chilli peppers, jalapeno peppers, onions, green peppers	Gluten, Wheat, Milk, Sulphites	Soya, Celery
Mexican	No	No	Jalapeno peppers, red peppers, spicy beef, onions, chilli powder	Gluten, Wheat, Milk, Sulphites	Soya, Celery
Papa's Double Pepperoni	No	No	Double pepperoni, extra cheese	Gluten, Wheat, Milk	Soya
Premium Hawaiian	No	No	Fresh pineapple, pulled ham hock	Gluten, Wheat, Milk	Soya
Sausage & Pepperoni - The Papa's Favourite	No	No	Italian style six-cheese blend, Pepperoni, Sausage, Italian style seasoning	Gluten, Wheat, Milk, Mustard	Soya
NEW Sweet & Sour	No	No	Sweet & sour sauce, breaded chicken, fresh pineapple, water chestnuts, red peppers, green peppers, onions	Gluten, Wheat, Soya, Egg, Celery, Milk	Peanut
The Greek	Yes	No	Feta cheese, red onion, fresh tomatoes, black olives, sliced pepperoncini, oregano sprinkle	Gluten, Wheat, Milk, Sulphites	Soya, Celery
The Works	No	No	Pepperoni, Italian style sausage, ham, baby Portobello mushrooms, green peppers, onions, black olives	Gluten, Wheat, Milk, Mustard	Soya, Celery

Nutritional Information | Pizzas



American Hot

Size & Crust	Values per 100g										Values per Slice									
	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT
	kcal	kJ	g	g	g	g	g	g	g	g	kcal	kJ	g	g	g	g	g	g	g	g
Authentic Thin Crust - Medium	224	941	9	26.7	2.8	8.7	3.2	1.7	0.63	1.59	153	640	6.1	18.1	1.9	5.9	2.2	1.1	0.43	1.08
Authentic Thin Crust - Large	223	937	9.1	26.4	2.8	8.7	3.2	1.7	0.64	1.59	152	637	6.2	18	1.9	5.9	2.2	1.1	0.43	1.08
Authentic Thin Crust - XXL	225	943	9.1	27.2	2.8	8.5	3.1	1.7	0.63	1.58	184	773	7.5	22.3	2.3	6.9	2.6	1.4	0.52	1.3
Original Base - Small	231	971	9.4	28.7	2.8	8.4	3.1	1.7	0.6	1.5	194	816	7.9	24.1	2.4	7	2.6	1.5	0.5	1.26
Original Crust - Medium	235	985	9.6	28.7	2.8	8.7	3.3	1.7	0.59	1.48	195	818	8	23.8	2.3	7.2	2.7	1.4	0.49	1.23
Original Crust - Large	232	975	9.5	28.6	2.8	8.5	3.2	1.7	0.6	1.5	216	907	8.8	26.6	2.6	7.9	3	1.6	0.56	1.39
Original Crust - XXL	233	980	9.4	29.9	2.9	8.1	2.9	1.8	0.59	1.47	243	1019	9.7	31.1	3	8.4	3.1	1.9	0.61	1.53
Stuffed Crust - Medium	246	1030	11.2	25	2.4	10.9	4.7	1.5	0.61	1.52	242	1013	11	24.6	2.4	10.7	4.7	1.4	0.6	1.5
Stuffed Crust - Large	242	1015	10.8	25.5	2.5	10.4	4.4	1.5	0.61	1.53	257	1076	11.4	27	2.6	11.1	4.7	1.6	0.65	1.62
Stuffed Crust - XXL	242	1013	10.5	27.1	2.6	9.8	4	1.6	0.6	1.51	284	1191	12.3	31.9	3.1	11.5	4.7	1.9	0.71	1.77

All The Meats

Size & Crust	Values per 100g										Values per Slice									
	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT
	kcal	kJ	g	g	g	g	g	g	g	g	kcal	kJ	g	g	g	g	g	g	g	g
Authentic Thin Crust - Medium	279	1167	13.6	27.8	2.7	12.2	4.7	1.6	0.6	1.6	202	845	9.9	20.1	2	8.8	3.4	1.2	0.5	1.2
Authentic Thin Crust - Large	279	1171	13.8	27.3	2.7	12.5	4.8	1.6	0.6	1.6	237	991	11.7	23.1	2.3	10.6	4.1	1.4	0.5	1.4
Authentic Thin Crust - XXL	282	1180	13.8	27.9	2.7	12.4	4.8	1.6	0.6	1.6	266	1115	13.1	26.4	2.5	11.7	4.5	1.5	0.6	1.5
Original Base - Small	268	1124	12.3	30.3	3	10.4	4	1.8	0.6	1.5	220	922	10.1	24.9	2.4	8.5	3.3	1.4	0.5	1.2
Original Base - Medium	271	1135	12.7	29.7	2.8	10.8	4.2	1.7	0.6	1.4	243	1019	11.4	26.7	2.5	9.7	3.8	1.5	0.5	1.3
Original Base - Large	270	1131	12.8	29.2	2.9	10.9	4.2	1.7	0.6	1.6	272	1143	12.9	29.5	2.9	11	4.2	1.7	0.6	1.6
Original Base - XXL	271	1139	12.7	30.5	3	10.6	4	1.8	0.6	1.6	312	1309	14.6	35	3.4	12.2	4.6	2	0.7	1.8
Stuffed Crust - Medium	281	1176	14	26.2	2.4	13	5.6	1.5	0.6	1.5	295	1236	14.8	27.5	2.5	13.7	5.9	1.6	0.6	1.6
Stuffed Crust - Large	279	1167	13.8	26.4	2.5	12.7	5.4	1.5	0.6	1.6	320	1342	15.9	30.3	2.9	14.7	6.2	1.7	0.7	1.9
Stuffed Crust - XXL	279	1168	13.5	27.9	2.7	12.2	5	1.6	0.6	1.6	356	1493	17.3	35.7	3.4	15.6	6.3	2	0.8	2.1

Nutritional Information | Pizzas



BBQ Beef Brisket

Size & Crust	Values per 100g										Values per Slice									
	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT
	kcal	kJ	g	g	g	g	g	g	g	g	kcal	kJ	g	g	g	g	g	g	g	g
Authentic Thin Crust - Medium	220	926	10.8	25.6	3.4	7.9	2.8	1.8	0.48	1.21	160	672	7.8	18.6	2.5	5.8	2	1.3	0.35	0.88
Authentic Thin Crust - Large	220	923	10.8	25.4	3.4	7.9	2.9	1.8	0.48	1.2	184	772	9.1	21.2	2.8	6.6	2.4	1.5	0.4	1
Authentic Thin Crust - XXL	224	939	10.9	26.1	3.4	8	2.9	1.8	0.48	1.2	208	874	10.1	24.3	3.2	7.5	2.7	1.7	0.44	1.11
Original Base - Small	228	960	10.9	27.6	3.3	7.9	2.9	1.8	0.47	1.18	196	822	9.3	23.7	2.9	6.7	2.5	1.6	0.41	1.01
Original Crust - Medium	230	969	10.9	27.7	3.3	8.1	3	1.8	0.48	1.19	211	889	10	25.4	3	7.4	2.7	1.7	0.44	1.09
Original Crust - Large	228	960	10.9	27.5	3.3	7.9	2.9	1.8	0.47	1.19	233	979	11.1	28.1	3.4	8.1	3	1.9	0.48	1.21
Original Crust - XXL	232	974	10.8	28.7	3.4	7.8	2.7	1.9	0.47	1.17	268	1126	12.5	33.2	3.9	9	3.2	2.2	0.54	1.36
Stuffed Crust - Medium	241	1013	12.2	24.4	2.9	10.2	4.4	1.6	0.51	1.27	258	1083	13	26.1	3.1	10.9	4.7	1.7	0.54	1.36
Stuffed Crust - Large	238	998	11.9	24.8	3	9.8	4.1	1.6	0.5	1.25	274	1148	13.7	28.5	3.4	11.2	4.7	1.8	0.58	1.44
Stuffed Crust - XXL	239	1005	11.6	26.3	3.1	9.3	3.7	1.7	0.49	1.23	308	1291	14.9	33.8	4	12	4.8	2.2	0.63	1.59

Nutritional Information | Pizzas



Cheese & Tomato

Size & Crust	Values per 100g										Values per Slice									
	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT
	kcal	kJ	g	g	g	g	g	g	g	g	kcal	kJ	g	g	g	g	g	g	g	g
Authentic Thin Crust - Medium	266	1117	11.4	33	3.3	9.4	4	2	0.5	1.3	160	671	6.8	19.8	2	5.6	2.4	1.2	0.3	0.8
Authentic Thin Crust - Large	253	1061	10.7	31.9	3.2	8.7	3.6	1.9	0.5	1.3	172	722	7.3	21.7	2.2	5.9	2.5	1.3	0.3	0.9
Authentic Thin Crust - XXL	267	1120	11.1	34.5	3.4	8.9	3.6	2.1	0.5	1.3	200	839	8.3	25.8	2.5	6.6	2.7	1.5	0.4	1
Original Base - Small	265	1112	11.4	32.8	3.1	9.3	4.1	1.9	0.5	1.3	200	842	8.6	24.9	2.4	7.1	3.1	1.4	0.4	1
Original Base - Medium	267	1122	11.7	32.4	3	9.7	4.3	1.9	0.5	1.3	210	884	9	26.6	2.5	7.2	3.1	1.5	0.4	1
Original Base - Large	262	1102	11	33.9	3.2	8.7	3.6	2	0.5	1.3	226	951	9.5	29.3	2.8	7.5	3.1	1.7	0.4	1.1
Original Base - XXL	266	1117	11.2	34.6	3.3	8.7	3.6	2	0.5	1.3	268	1125	11.2	34.8	3.3	8.8	3.6	2	0.5	1.3
Stuffed Crust - Medium	277	1162	13	28.9	2.7	11.8	5.5	1.6	0.5	1.4	262	1100	12.3	27.4	2.5	11.1	5.2	1.6	0.5	1.3
Stuffed Crust - Large	266	1117	11.2	34.6	3.3	8.7	3.6	2	0.5	1.3	268	1125	11.2	34.8	3.3	8.8	3.6	2	0.5	1.3
Stuffed Crust - XXL	273	1147	12.1	32	3	10.3	4.5	1.8	0.5	1.3	302	1266	13.3	35.3	3.3	11.4	4.9	2	0.6	1.5

Chicken BBQ

Size & Crust	Values per 100g										Values per Slice									
	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT
	kcal	kJ	g	g	g	g	g	g	g	g	kcal	kJ	g	g	g	g	g	g	g	g
Authentic Thin Crust - Medium	236	993	11.6	29.3	5.1	7.7	3	1.7	0.5	1.4	178	750	8.8	22.1	3.8	5.8	2.3	1.3	0.4	1.1
Authentic Thin Crust - Large	248	1043	12	30.8	5.4	8.1	3.2	1.8	0.6	1.5	205	861	10	25.4	4.5	6.7	2.7	1.5	0.5	1.2
Authentic Thin Crust - XXL	252	1057	12	31.6	5.4	8.1	3.2	1.8	0.6	1.4	230	966	11	28.9	5	7.4	2.9	1.7	0.5	1.4
Original Base - Small	224	941	10.5	28.4	4.4	7.2	2.9	1.6	0.5	1.2	213	894	10	26.9	4.1	6.8	2.7	1.6	0.5	1.2
Original Crust - Medium	250	1051	11.9	31.2	4.7	8.2	3.3	1.8	0.5	1.4	230	967	11	28.7	4.3	7.5	3.1	1.7	0.5	1.3
Original Crust - Large	249	1045	11.7	31.4	4.8	8	3.2	1.8	0.5	1.4	253	1062	11.9	31.9	4.9	8.2	3.3	1.8	0.6	1.4
Original Crust - XXL	251	1057	11.6	32.8	4.9	7.8	3	1.9	0.5	1.4	288	1210	13.2	37.6	5.6	8.9	3.5	2.1	0.6	1.6
Stuffed Crust - Medium	262	1098	13.2	28	4.1	10.4	4.6	1.6	0.6	1.5	275	1152	13.8	29.4	4.3	10.9	4.8	1.7	0.6	1.6
Stuffed Crust - Large	231	971	11.7	25.8	3.9	8.7	4	1.5	0.5	1.3	267	1119	13.5	29.7	4.5	10	4.6	1.7	0.6	1.5
Stuffed Crust - XXL	259	1089	12.4	30.6	4.5	9.3	3.9	1.7	0.6	1.4	324	1359	15.5	38.2	5.6	11.6	4.8	2.2	0.7	1.8

Nutritional Information | Pizzas



Chicken Club Pizza

Size & Crust	Values per 100g										Values per Slice									
	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT
	kcal	kJ	g	g	g	g	g	g	g	g	kcal	kJ	g	g	g	g	g	g	g	g
Authentic Thin Crust - Medium	222	931	11.4	26.2	3.1	7.5	2.9	1.8	0.5	1.3	164	689	8.4	19.4	2.3	5.6	2.2	1.3	0.4	1
Authentic Thin Crust - Large	223	938	11.3	26.4	3.1	7.6	3	1.8	0.5	1.3	188	789	9.5	22.2	2.6	6.4	2.5	1.5	0.4	1.1
Authentic Thin Crust - XXL	227	956	11.4	27.3	3.2	7.7	3	1.8	0.5	1.3	211	885	10.5	25.3	2.9	7.1	2.8	1.7	0.5	1.2
Original Base - Small	235	989	11.3	29.7	3.3	7.5	2.9	1.9	0.5	1.3	199	836	9.6	25.1	2.8	6.3	2.4	1.6	0.4	1.1
Original Base - Medium	236	992	11.5	29.4	3.2	7.6	3	1.9	0.5	1.3	216	907	10.5	26.9	3	7	2.7	1.7	0.5	1.2
Original Base - Large	235	988	11.3	29.5	3.3	7.5	2.9	1.9	0.5	1.3	236	994	11.4	29.7	3.3	7.6	2.9	1.9	0.5	1.3
Original Base - XXL	239	1005	11.2	31.1	3.3	7.3	2.7	2	0.5	1.3	271	1138	12.7	35.2	3.8	8.3	3.1	2.2	0.6	1.4
Stuffed Crust - Medium	251	1053	13	25.9	2.8	10.2	4.5	1.6	0.5	1.4	268	1124	13.8	27.7	3	10.9	4.9	1.7	0.6	1.5
Stuffed Crust - Large	248	1041	12.6	26.6	2.9	9.8	4.2	1.7	0.5	1.4	284	1191	14.4	30.4	3.3	11.2	4.8	1.9	0.6	1.6
Stuffed Crust - XXL	250	1048	12.3	28.4	3	9.2	3.9	1.8	0.5	1.3	315	1323	15.5	35.9	3.8	11.7	4.9	2.2	0.7	1.7

Chicken Tinga Taco

Size & Crust	Values per 100g										Values per Slice									
	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT
	kcal	kJ	g	g	g	g	g	g	g	g	kcal	kJ	g	g	g	g	g	g	g	g
Authentic Thin Crust - Medium	228	957	10.4	7.4	2.7	28.9	3.9	1.7	0.4	0.99	128	536	5.9	4.1	1.5	16.2	2.2	1	0.22	0.55
Authentic Thin Crust - Large	232	974	10.5	7.5	2.8	29.7	3.8	1.8	0.39	0.98	188	789	8.5	6	2.3	24	3.1	1.4	0.32	0.8
Authentic Thin Crust - XXL	233	979	10.7	7.4	2.7	30	3.7	1.8	0.4	0.99	205	861	9.4	6.5	2.4	26.4	3.3	1.6	0.35	0.87
Original Base - Small	241	1011	10.8	7.7	2.9	31.1	3.7	1.8	0.42	1.04	82	344	3.7	2.6	1	10.6	1.3	0.6	0.14	0.36
Original Crust - Medium	240	1008	10.7	7.6	2.9	31.1	3.7	1.8	0.41	1.01	182	766	8.1	5.8	2.2	23.6	2.8	1.4	0.31	0.77
Original Crust - Large	240	1008	10.6	7.5	2.9	31.3	3.7	1.8	0.41	1.01	199	836	8.8	6.3	2.4	26	3	1.5	0.34	0.84
Original Crust - XXL	240	1010	10.6	7.1	2.6	32.4	3.7	1.9	0.4	1.01	274	1151	12.1	8.1	2.9	37	4.2	2.1	0.46	1.15
Stuffed Crust - Medium	250	1049	12	10	4.4	27.1	3.1	1.5	0.45	1.13	223	934	10.7	8.9	3.9	24.2	2.8	1.4	0.4	1
Stuffed Crust - Large	249	1044	11.7	9.6	4.1	28	3.2	1.6	0.44	1.11	236	991	11.2	9.1	3.9	26.6	3.1	1.5	0.42	1.06
Stuffed Crust - XXL	265	1113	12.3	9.5	3.8	31.6	3.5	1.8	0.47	1.17	248	1040	11.5	8.9	3.6	29.5	3.3	1.7	0.44	1.09

Nutritional Information | Pizzas



Double Layered Premium Pepperoni

Size & Crust	Values per 100g										Values per Slice									
	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT
	kcal	kJ	g	g	g	g	g	g	g	g	kcal	kJ	g	g	g	g	g	g	g	g
Authentic Thin Crust - Medium	325	1356	13.2	27.9	2.7	17.4	6.2	1.7	0.79	2	235	980	9.6	20.1	2	12.6	4.5	1.2	0.57	1.4
Authentic Thin Crust - Large	323	1349	13.2	27.8	2.7	17.2	6.2	1.7	0.78	2	267	1117	10.9	23.1	2.3	14.3	5.1	1.4	0.65	1.6
Authentic Thin Crust - XXL	321	1340	13.1	29.1	2.8	16.5	5.9	1.7	0.76	1.9	324	1356	13.3	29.4	2.9	16.7	6	1.8	0.77	1.9
Original Base - Small	318	1330	13	30.9	2.9	15.4	5.6	1.8	0.73	1.8	269	1125	11	26.2	2.5	13	4.7	1.5	0.62	1.5
Original Crust - Medium	322	1348	13.3	30.7	2.9	15.8	5.8	1.8	0.74	1.9	233	974	9.6	22.2	2.1	11.4	4.2	1.3	0.53	1.3
Original Crust - Large	321	1342	13.1	30.7	2.9	15.7	5.7	1.8	0.74	1.8	325	1358	13.3	31	2.9	15.9	5.8	1.8	0.74	1.9
Original Crust - XXL	318	1331	12.9	32.5	3	14.7	5.3	1.9	0.71	1.8	359	1504	14.6	36.7	3.4	16.6	6	2.1	0.8	2
Stuffed Crust - Medium	327	1367	14.6	27.1	2.5	17.4	7.1	1.5	0.75	1.9	349	1457	15.6	28.9	2.7	18.6	7.5	1.7	0.8	2
Stuffed Crust - Large	325	1360	14.3	27.6	2.6	17.1	6.8	1.6	0.75	1.9	374	1564	16.4	31.8	3	19.7	7.8	1.8	0.86	2.2
Stuffed Crust - XXL	322	1348	13.9	29.7	2.8	16	6.2	1.7	0.72	1.8	406	1696	17.5	37.4	3.5	20.2	7.8	2.2	0.91	2.3

Garden Party

Size & Crust	Values per 100g										Values per Slice									
	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT
	kcal	kJ	g	g	g	g	g	g	g	g	kcal	kJ	g	g	g	g	g	g	g	g
Authentic Thin Crust - Medium	203	855	8.2	28	3.6	6.1	2.3	1.9	0.4	1	145	609	5.8	20	2.5	4.3	1.6	1.4	0.3	0.7
Authentic Thin Crust - Large	212	891	8.6	28.9	3.7	6.4	2.4	2	0.4	1	177	746	7.2	24.2	3.1	5.4	2	1.7	0.3	0.9
Authentic Thin Crust - XXL	215	903	8.7	29.5	3.7	6.4	2.4	2	0.4	1	199	837	8.1	27.4	3.4	6	2.2	1.9	0.4	1
Original Base - Small	243	1020	9.9	33.3	3.7	7.3	2.8	2.1	0.5	1.2	193	812	7.8	26.5	2.9	5.8	2.2	1.7	0.4	0.9
Original Crust - Medium	224	940	9.2	30.5	3.5	6.8	2.6	2	0.4	1.1	202	851	8.3	27.6	3.2	6.1	2.4	1.8	0.4	1
Original Crust - Large	220	924	9	30.1	3.5	6.6	2.5	2	0.4	1	223	936	9.1	30.6	3.6	6.7	2.6	2	0.4	1.1
Original Crust - XXL	223	936	8.9	31.3	3.6	6.4	2.3	2	0.4	1	257	1080	10.3	36.1	4.1	7.4	2.7	2.3	0.5	1.2
Stuffed Crust - Medium	241	1009	11	26.8	3	9.5	4.3	1.7	0.5	1.2	254	1067	11.6	28.4	3.2	10.1	4.5	1.8	0.5	1.3
Stuffed Crust - Large	234	984	10.5	27.2	3.1	8.9	3.9	1.8	0.5	1.2	270	1131	12.1	31.2	3.6	10.3	4.5	2	0.5	1.3
Stuffed Crust - XXL	235	986	10.2	28.7	3.3	8.4	3.5	1.8	0.4	1.1	301	1262	13.1	36.7	4.2	10.7	4.5	2.4	0.6	1.5

Nutritional Information | Pizzas



Hot Pepper Passion

Size & Crust	Values per 100g										Values per Slice									
	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT
	kcal	kJ	g	g	g	g	g	g	g	g	kcal	kJ	g	g	g	g	g	g	g	g
Authentic Thin Crust - Medium	214	899	8.6	29.2	3.5	6.5	2.4	2	0.5	1.3	141	593	5.7	19.3	2.3	4.3	1.6	1.3	0.3	0.8
Authentic Thin Crust - Large	223	938	9	30.2	3.6	6.9	2.6	2.1	0.5	1.3	171	719	6.9	23.2	2.8	5.3	2	1.6	0.4	1
Authentic Thin Crust - XXL	226	950	9.1	30.8	3.7	6.9	2.6	2.1	0.5	1.3	192	808	7.7	26.2	3.1	5.8	2.2	1.8	0.4	1.1
Original Base - Small	250	1051	10.1	34.1	3.6	7.6	2.9	2.2	0.5	1.3	191	802	7.7	26.1	2.8	5.8	2.2	1.6	0.4	1
Original Base - Medium	233	979	9.5	31.5	3.5	7.2	2.8	2	0.5	1.3	198	832	8.1	26.8	2.9	6.1	2.4	1.7	0.4	1.1
Original Base - Large	230	965	9.3	31.3	3.5	7	2.7	2	0.5	1.3	218	917	8.9	29.7	3.3	6.6	2.5	1.9	0.5	1.2
Original Base - XXL	234	986	9.6	31.8	3.5	7.2	2.8	2	0.5	1.3	257	1081	10.5	34.9	3.8	7.9	3.1	2.2	0.5	1.4
Stuffed Crust - Medium	249	1046	11.4	27.5	3	10	4.5	1.7	0.5	1.4	250	1050	11.4	27.6	3	10	4.5	1.7	0.5	1.4
Stuffed Crust - Large	241	1010	10.9	28.4	3.1	8.8	4	1.8	0.5	1.3	258	1083	11.7	30.4	3.3	9.5	4.3	1.9	0.6	1.4
Stuffed Crust - XXL	246	1032	10.8	29.1	3.1	9.1	3.9	1.8	0.5	1.3	302	1269	13.3	35.8	3.9	11.2	4.8	2.3	0.7	1.7

Mexican

Size & Crust	Values per 100g										Values per Slice									
	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT
	kcal	kJ	g	g	g	g	g	g	g	g	kcal	kJ	g	g	g	g	g	g	g	g
Authentic Thin Crust - Medium	222	932	9.5	27.6	3.6	7.7	3	2	0.6	1.5	159	666	6.8	19.7	2.6	5.5	2.2	1.4	0.4	1.1
Authentic Thin Crust - Large	236	991	10.3	28.5	3.4	8.6	3.5	2	0.6	1.5	173	725	7.5	20.8	2.5	6.3	2.6	1.5	0.4	1.1
Authentic Thin Crust - XXL	240	1009	10.4	29.4	3.4	8.6	3.5	2.1	0.6	1.5	200	841	8.7	24.5	2.9	7.1	2.9	1.7	0.5	1.2
Original Base - Small	213	896	9	27.3	3.2	7.1	2.8	1.8	0.5	1.3	177	743	7.5	22.7	2.6	5.9	2.3	1.5	0.4	1.1
Original Crust - Medium	238	1000	10.2	30.1	3.5	8.1	3.2	2	0.6	1.5	214	900	9.1	27.1	3.2	7.3	2.9	1.8	0.5	1.3
Original Crust - Large	237	996	10	30.2	3.5	8	3.1	2	0.6	1.5	237	994	10	30.2	3.5	8	3.1	2	0.6	1.5
Original Crust - XXL	243	1020	10.3	31.1	3.4	8.1	3.2	2	0.5	1.4	278	1168	11.8	35.6	3.9	9.3	3.7	2.3	0.6	1.6
Stuffed Crust - Medium	242	1014	10.1	29.8	3.5	8.7	3.3	2	0.6	1.5	220	923	9.1	27.1	3.2	7.9	3	1.8	0.5	1.4
Stuffed Crust - Large	250	1048	11.5	27.2	3.1	10.2	4.5	1.8	0.6	1.5	282	1184	12.9	30.7	3.5	11.5	5	2	0.7	1.7
Stuffed Crust - XXL	252	1055	11.2	29	3.2	9.6	4.1	1.9	0.6	1.5	312	1310	13.9	36	4	11.9	5	2.3	0.7	1.9

Nutritional Information | Pizzas



Papa's Double Pepperoni

Size & Crust	Values per 100g										Values per Slice									
	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT
	kcal	kJ	g	g	g	g	g	g	g	g	kcal	kJ	g	g	g	g	g	g	g	g
Authentic Thin Crust - Medium	305	1275	12.9	28.6	2.8	15	5.9	1.7	0.6	1.5	213	893	9	20	2	10.5	4.1	1.2	0.4	1.1
Authentic Thin Crust - Large	300	1256	12.6	29.3	2.9	14.3	5.5	1.8	0.6	1.5	234	981	9.9	22.9	2.3	11.2	4.3	1.4	0.5	1.2
Authentic Thin Crust - XXL	300	1256	12.5	30.5	3	13.8	5.3	1.8	0.6	1.5	256	1071	10.6	26	2.5	11.8	4.5	1.5	0.5	1.3
Original Base - Small	292	1225	12.5	29.4	2.8	13.5	5.4	1.7	0.6	1.4	249	1041	10.6	25	2.4	11.4	4.6	1.4	0.5	1.2
Original Base - Medium	293	1227	12.4	29.9	2.8	13.3	5.3	1.7	0.6	1.4	261	1095	11.1	26.7	2.5	11.9	4.7	1.5	0.5	1.3
Original Base - Large	289	1210	12.1	30.5	2.9	12.7	4.9	1.8	0.6	1.4	279	1167	11.7	29.4	2.8	12.3	4.8	1.7	0.5	1.4
Original Base - XXL	288	1208	11.8	32.3	3	12	4.5	1.9	0.5	1.4	311	1305	12.8	34.9	3.3	12.9	4.9	2	0.6	1.5
Stuffed Crust - Medium	300	1255	13.8	26.4	2.4	15.1	6.5	1.5	0.6	1.5	313	1308	14.4	27.5	2.5	15.8	6.8	1.6	0.6	1.6
Stuffed Crust - Large	309	1295	13.9	28.7	2.7	15.1	6.3	1.6	0.6	1.6	340	1424	15.3	31.5	2.9	16.6	7	1.8	0.7	1.7
Stuffed Crust - XXL	294	1232	12.9	29.4	2.7	13.5	5.5	1.7	0.6	1.5	355	1487	15.6	35.5	3.3	16.3	6.6	2	0.7	1.8

Premium Hawaiian

Size & Crust	Values per 100g										Values per Slice									
	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT
	kcal	kJ	g	g	g	g	g	g	g	g	kcal	kJ	g	g	g	g	g	g	g	g
Authentic Thin Crust - Medium	206	865	10.2	26.3	3.4	6.3	2.3	1.6	0.43	1.07	136	571	6.7	17.4	2.3	4.1	1.5	1.1	0.28	0.71
Authentic Thin Crust - Large	207	869	10.3	26.1	3.4	6.4	2.4	1.6	0.43	1.08	158	666	7.9	20	2.6	4.9	1.8	1.2	0.33	0.83
Authentic Thin Crust - XXL	209	880	10.4	26.6	3.4	6.4	2.4	1.6	0.43	1.08	179	753	8.9	22.8	2.9	5.5	2.1	1.4	0.37	0.92
Original Base - Small	219	919	10.4	28.3	3.3	6.6	2.5	1.7	0.43	1.08	175	735	8.4	22.7	2.7	5.3	2	1.4	0.35	0.87
Original Crust - Medium	220	925	10.4	28.4	3.3	6.8	2.6	1.7	0.43	1.08	187	786	8.9	24.1	2.8	5.8	2.2	1.4	0.37	0.92
Original Crust - Large	218	919	10.5	28.2	3.3	6.7	2.5	1.7	0.43	1.09	207	873	9.9	26.8	3.2	6.3	2.4	1.6	0.41	1.03
Original Crust - XXL	221	929	10.4	29.4	3.4	6.4	2.4	1.7	0.43	1.08	239	1006	11.3	31.8	3.7	7	2.6	1.9	0.47	1.17
Stuffed Crust - Medium	233	978	11.8	24.8	2.8	9.3	4.1	1.4	0.47	1.18	234	981	11.9	24.9	2.9	9.3	4.1	1.4	0.48	1.19
Stuffed Crust - Large	229	963	11.5	25.4	2.9	8.7	3.7	1.5	0.47	1.17	231	970	11.6	25.6	3	8.8	3.8	1.5	0.47	1.18
Stuffed Crust - XXL	230	964	11.3	27	3.1	8.1	3.4	1.6	0.46	1.15	275	1157	13.5	32.4	3.7	9.8	4	1.9	0.55	1.38

Nutritional Information | Pizzas



Sausage & Pepperoni - The Papa's Favourite

Size & Crust	Values per 100g										Values per Slice									
	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT
	kcal	kJ	g	g	g	g	g	g	g	g	kcal	kJ	g	g	g	g	g	g	g	g
Authentic Thin Crust - Medium	296	1239	15	23	2.2	15.8	6.5	1.4	0.6	1.6	245	1026	12.4	19.6	1.9	12.8	5.3	1.2	0.6	1.5
Authentic Thin Crust - Large	305	1276	15.4	24.3	2.3	16	6.6	1.4	0.7	1.9	296	1236	15	23.5	2.3	15.5	6.4	1.4	0.7	1.8
Authentic Thin Crust - XXL	306	1280	15.1	26.9	2.6	15	6.4	1.6	0.7	1.8	303	1267	14.9	26.6	2.6	14.8	6.3	1.6	0.7	1.7
Original Base - Small	302	1264	14	30.1	2.8	13.5	5.5	1.8	0.6	1.7	264	1106	12.3	26.3	2.5	11.8	4.8	1.5	0.6	1.4
Original Crust - Medium	296	1237	14.3	27	2.5	14.1	5.6	1.6	0.6	1.5	275	1151	13.3	25.1	2.3	13.2	5.2	1.5	0.6	1.4
Original Crust - Large	294	1233	14.4	26.5	2.5	14.3	5.7	1.5	0.6	1.5	295	1234	14.4	26.5	2.5	14.3	5.7	1.5	0.6	1.5
Original Crust - XXL	292	1226	13.9	29.1	2.7	13	5.4	1.7	0.6	1.6	355	1489	16.8	35.4	3.3	15.8	6.6	2	0.8	1.9
Stuffed Crust - Medium	299	1251	15.1	24.4	2.2	15.4	6.6	1.4	0.7	1.7	340	1421	17.1	27.8	2.5	17.5	7.5	1.6	0.8	2
Stuffed Crust - Large	297	1242	14.9	24.5	2.3	15.2	6.4	1.4	0.7	1.7	368	1541	18.5	30.4	2.8	18.8	8	1.7	0.8	2.1
Stuffed Crust - XXL	297	1245	14.6	26.8	2.5	14.3	6.2	1.5	0.6	1.6	399	1669	19.6	36	3.3	19.2	8.3	2.1	0.9	2.2

Sweet & Sour

Size & Crust	Values per 100g										Values per Slice									
	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT
	kcal	kJ	g	g	g	g	g	g	g	g	kcal	kJ	g	g	g	g	g	g	g	g
Authentic Thin Crust - Medium	207	872	8.7	6.1	2.2	28.3	5.5	1.6	0.51	1.27	143	601	6	4.2	1.5	19.6	3.8	1.1	0.35	0.88
Authentic Thin Crust - Large	208	876	8.8	6.2	2.3	28.2	5.5	1.6	0.52	1.3	167	701	7.1	5	1.8	22.6	4.4	1.3	0.42	1.04
Authentic Thin Crust - XXL	210	882	8.9	6.2	2.3	28.6	5.5	1.6	0.52	1.3	226	953	9.6	6.7	2.5	30.9	6	1.8	0.56	1.4
Original Base - Small	226	951	9.5	6.7	2.6	31	4.6	1.8	0.47	1.19	226	951	9.5	6.7	2.6	31	4.6	1.8	0.47	1.19
Original Crust - Medium	221	928	9.3	6.6	2.5	29.9	5	1.7	0.5	1.24	196	826	8.3	5.9	2.3	26.6	4.4	1.5	0.44	1.11
Original Crust - Large	219	923	9.3	6.5	2.5	29.9	5.1	1.7	0.51	1.26	215	904	9.1	6.4	2.4	29.3	5	1.7	0.5	1.24
Original Crust - XXL	220	927	9.1	6.2	2.2	31	5.1	1.7	0.5	1.25	247	1039	10.2	7	2.5	34.7	5.7	2	0.56	1.4
Stuffed Crust - Medium	232	975	10.7	8.8	3.9	26.6	4.3	1.5	0.53	1.31	237	994	10.9	9	3.9	27.1	4.4	1.5	0.54	1.34
Stuffed Crust - Large	229	963	10.3	8.4	3.5	27.2	4.6	1.5	0.53	1.32	252	1059	11.4	9.2	3.9	29.9	5	1.7	0.58	1.45
Stuffed Crust - XXL	229	961	10	7.8	3.1	28.6	4.7	1.6	0.52	1.3	281	1182	12.3	9.6	3.9	35.1	5.7	2	0.64	1.6

Nutritional Information | Pizzas



The Greek

Size & Crust	Values per 100g										Values per Slice									
	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT
	kcal	kJ	g	g	g	g	g	g	g	g	kcal	kJ	g	g	g	g	g	g	g	g
Authentic Thin Crust - Medium	208	875	8.4	26.7	3.4	7.1	2.9	1.9	0.5	1.1	154	648	6.2	19.8	2.5	5.3	2.2	1.4	0.3	0.8
Authentic Thin Crust - Large	211	888	8.6	26.8	3.4	7.3	3.1	1.9	0.5	1.2	179	751	7.3	22.6	2.9	6.2	2.6	1.6	0.4	1
Authentic Thin Crust - XXL	216	908	8.8	27.6	3.4	7.4	3.1	1.9	0.5	1.2	202	847	8.2	25.7	3.2	6.9	2.9	1.8	0.4	1.1
Original Base - Small	228	959	9.5	29.2	3.4	7.7	3.2	2	0.5	1.2	193	812	7.8	25.5	3	6.3	2.5	1.7	0.4	1
Original Crust - Medium	227	954	9.3	29.3	3.4	7.6	3.2	2	0.5	1.2	212	889	8.7	27.3	3.2	7.1	2.9	1.8	0.4	1.1
Original Crust - Large	227	953	9.3	29.4	3.4	7.6	3.1	2	0.5	1.2	233	980	9.5	30.2	3.5	7.8	3.2	2	0.5	1.2
Original Crust - XXL	231	972	9.3	30.8	3.5	7.4	3	2	0.5	1.2	268	1127	10.8	35.7	4	8.6	3.4	2.3	0.5	1.4
Stuffed Crust - Medium	243	1019	11.1	25.9	2.9	10.1	4.7	1.7	0.5	1.3	264	1107	12	28.2	3.2	11	5.1	1.8	0.5	1.4
Stuffed Crust - Large	241	1008	10.7	26.5	3	9.7	4.4	1.7	0.5	1.3	281	1177	12.5	31	3.5	11.4	5.1	2	0.6	1.5
Stuffed Crust - XXL	243	1018	10.5	28.3	3.1	9.3	4.1	1.8	0.5	1.3	312	1311	13.6	36.4	4	11.9	5.2	2.4	0.6	1.6

The Works

Size & Crust	Values per 100g										Values per Slice									
	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT
	kcal	kJ	g	g	g	g	g	g	g	g	kcal	kJ	g	g	g	g	g	g	g	g
Authentic Thin Crust - Medium	247	1033	11	26.4	2.9	10.4	3.8	1.8	0.5	1.3	190	795	8.5	20.3	2.2	8	2.9	1.4	0.4	1
Authentic Thin Crust - Large	242	1015	10.5	26.9	3	9.8	3.3	1.9	0.5	1.3	208	873	9.1	23.2	2.5	8.5	2.8	1.6	0.4	1.1
Authentic Thin Crust - XXL	249	1044	11.2	26.4	2.8	10.5	3.9	1.8	0.5	1.3	251	1052	11.3	26.6	2.8	10.6	3.9	1.8	0.5	1.3
Original Base - Small	250	1048	10.9	29.4	2.9	9.4	3.5	1.9	0.5	1.3	212	891	9.2	25	2.5	8	3	1.6	0.4	1.1
Original Base - Medium	245	1030	10.8	28.4	2.8	9.4	3.5	1.8	0.5	1.3	232	975	10.2	26.9	2.7	8.9	3.3	1.7	0.5	1.2
Original Base - Large	243	1021	10.7	27.9	2.8	9.5	3.5	1.8	0.5	1.3	260	1090	11.4	29.8	3	10.1	3.7	2	0.5	1.4
Original Base - XXL	245	1030	10.6	29.1	2.9	9.2	3.3	1.9	0.5	1.3	298	1249	12.9	35.3	3.5	11.1	4	2.3	0.6	1.6
Stuffed Crust - Medium	259	1084	12.3	25.2	2.5	11.7	5	1.6	0.5	1.4	284	1191	13.5	27.7	2.7	12.9	5.5	1.8	0.6	1.5
Stuffed Crust - Large	267	1117	12.5	26.5	2.6	11.9	4.9	1.7	0.6	1.4	322	1347	15.1	31.9	3.2	14.3	5.9	2.1	0.7	1.7
Stuffed Crust - XXL	255	1068	11.7	26.8	2.6	10.8	4.3	1.7	0.5	1.4	342	1431	15.6	35.9	3.5	14.5	5.7	2.3	0.7	1.8

Allergen Information | Sides



Sides

Side	Vegetarian	Vegans	Allergen - Contains	Allergen - May Contain
NEW Aji Verde Salsa Chicken Wings	No	No	Gluten, Wheat, Egg, Celery, Mustard, Milk	
Bacon Cheese Sticks	No	No	Gluten, Wheat, Milk	Soya, Egg, Celery, Mustard, Sulphites
BBQ Chicken Wings	No	No	Gluten, Wheat, Celery, Mustard	Soya, Egg
Black Habanero Wings	No	No	Gluten, Wheat, Celery, Mustard	Egg
Chicken Poppers	No	No	Gluten, Wheat, Soya, Egg, Celery, Milk	
Corn on the Cob	Yes	Yes		
Garlic Bread Sticks	Yes	No	Gluten, Wheat, Milk	Soya, Egg, Celery, Mustard, Sulphites
Garlic Cheese Sticks	Yes	No	Gluten, Wheat, Milk	Soya, Egg, Celery, Mustard, Sulphites
Garlic Knots	Yes	No	Gluten, Wheat, Soya, Milk	
Ghost Chilli Wings	No	No	Gluten, Wheat, Celery	Egg
Hot Buffalo Wings	No	No	Gluten, Wheat, Celery	Soya, Egg, Mustard, Sulphites, Milk
Hot Piri Piri Chicken Poppers	No	No	Gluten, Wheat, Soya, Egg, Celery, Sulphites, Milk	
Jalapeno Bites	Yes	No	Gluten, Wheat, Soya, Mustard, Milk	Egg, Celery, Sulphites
Plain Roasted Chicken Wings	No	No	Gluten, Wheat, Celery	Egg
Potato Wedges	Yes	Yes	Gluten	
Sweet BBQ Wings	No	No	Gluten, Wheat, Celery, Milk	Egg, Mustard

Dip	Vegetarian	Vegans	Allergen - Contains	Allergen - May Contain
Barbeque Sauce Dip Pot	Yes	No	Mustard	Gluten, Wheat, Soya, Egg, Celery, Sulphur, Milk
Hot Buffalo Sauce Dip Pot	Yes	No		Gluten, Wheat, Soya, Egg, Celery, Mustard, Sulphur, Milk
Garlic & Herb Sauce Dip Pot	Yes	No	Egg, Celery	Gluten, Wheat, Soya, Celery, Sulphur, Milk
Honey and Mustard Dip Pot	Yes	No	Gluten, Wheat, Mustard	Soya, Egg, Celery, Sulphur, Milk
Sour cream and chive Dip Pot	Yes	No	Egg, Mustard, Milk	Gluten, Wheat, Soya, Celery, Sulphur
Special Garlic Dip Pot	Yes	No	Soya	Gluten, Wheat, Egg, Celery, Mustard, Sulphur, Milk
Sweet chilli Dip Pot	Yes	No		Gluten, Wheat, Soya, Egg, Celery, Mustard, Sulphur, Milk

Allergen Information | Desserts



Desserts

Dessert	Vegetarian	Vegans	Allergen - Contains	Allergen - May Contain
Ben and Jerrys - Chocolate Fudge Brownie	Yes	No	Gluten, Wheat, Egg, Milk	Peanuts, Nuts
Ben and Jerrys - Phish Food	Yes	No	Soya, Egg, Milk	Peanuts, Nuts
Ben and Jerrys – Caramel Chew Chew	Yes	No	Soya, Egg, Milk	Gluten
Ben and Jerrys - Cookie Dough	Yes	No	Gluten, Wheat, Soya, Egg, Milk	Peanuts, Nuts
Choc Chip Cookie	Yes	No	Gluten, Wheat, Soya, Egg	Peanuts, Nuts, Milk
Chocolate Lava Cake	Yes	No	Wheat, Soya, Egg	Gluten, Peanuts, Nuts, Sulphites, Milk
Cinnamon Knots	Yes	No	Gluten, Wheat, Soya	Egg, Milk
Double Chocolate Brownie	Yes	No	Gluten, Wheat, Soya, Egg, Milk	

Nutritional Information | Sides



Sides

Side	Values per 100g										Values per Portion										
	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT	
	kcal	kJ	g	g	g	g	g	g	g	g	kcal	kJ	g	g	g	g	g	g	g	g	
NEW Aji Verde Salsa																					
Chicken Wings	267	1112	20.7	18.6	2.9	3.1	2.9	0.6	0.25	0.62	401	1667	31	28	4.4	4.7	4.3	0.8	0.37	0.93	
Bacon Cheese Sticks	335	1402	12.4	33.3	2.8	16.5	4.5	1.9	0.8	1.9	118	494	4.4	11.7	1	5.8	1.6	0.7	0.3	0.7	
BBQ Wings	237	991	20.4	9.2	7.3	12.9	2.4	0.5	0.3	0.7	712	2974	61.3	27.7	22	38.7	7.2	1.4	0.8	2	
Black Habanero Wings	227	948	20.5	6.4	5.8	13	2.4	0.5	0.19	0.47	682	2845	61.5	19.3	17.3	38.9	7.3	1.6	0.56	1.41	
Buffalo Wings	212	882	20.5	1.7	0.9	13.4	2.4	0.5	0.8	2.1	635	2647	61.5	5	2.8	40.2	7.2	1.5	2.4	6.2	
Chicken Poppers	220	927	17	16.6	0.6	9.5	1.6	0.5	0.7	1.8	436	1835	33.7	32.9	1.2	18.8	3.2	1	1.4	3.6	
Corn on the Cob	65	272	2.1	10.1	1.2	1.1	0.1	3.1	0	0	143	598	4.6	22.2	2.6	2.4	0.2	6.8	0	0	
Garlic Pizza Sticks	336	1407	8.4	42.5	3.7	14.1	1.7	2.5	0.7	1.7	181	760	4.5	22.9	2	7.6	0.9	1.3	0.4	0.9	
Garlic Cheese Sticks	333	1394	11.2	34.3	2.9	16.3	4.6	2	0.7	1.7	229	958	7.7	23.6	2	11.2	3.1	1.3	0.5	1.2	
Garlic Knots	279	1174	8.5	42.7	3.7	7.7	0.8	2.4	0.4	1	100	423	3.1	15.4	1.3	2.8	0.3	0.9	0.14	0.36	
Ghost Chilli Wings	211	879	20.5	2.1	1.9	13.1	2.4	0.5	0.48	1.2	633	2637	61.6	6.4	5.7	39.2	7.3	1.6	1.43	3.59	
Jalapeno bites	309	1293	5	25.5	4.8	21.1	7.3	1.3	0.61	1.54	516	2151	8.4	40.4	8	35.2	11.9	2.2	1	2.6	
Pepperoncini	27	110	1	5	0	0	0	1	1.3	3.3	3	14	0.1	0.6	0	0	0	0.1	0.2	0.4	
Piri Piri Poppers	232	979	16	21.1	4.8	9.2	1.5	1.2	0.78	1.94	460	1938	31.6	41.8	9.4	18.1	3	2.4	1.54	3.84	
Potato Wedges	158	661	2.5	27.8	0.6	4.6	0.6	2.5	0.22	0.54	420	1763	6.3	69.5	1.5	11.5	1.5	6.3	0.6	1.4	
Plain Chicken Wings	250	1041	25.4	0.1	0	16.1	3	0.5	0.2	0.4	600	2498	61	0.2	0	38.6	7.2	1.2	0.4	1	
Sweet BBQ Wings	236	984	20.5	8.7	7.8	12.9	2.4	0.5	0.19	0.47	708	2953	61.6	26.2	23.5	38.8	7.2	1.5	0.56	1.41	

Nutritional Information | Desserts



Desserts

Dessert	Values per 100g										Values per Portion									
	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT	ENERGY	ENERGY	PROTEIN	CARBOHYDRATE	SUGARS	FAT	SATURATES	FIBRE	SODIUM	SALT
	kcal	kJ	g	g	g	g	g	g	g	g	kcal	kJ	g	g	g	g	g	g	g	g
Chocolate Lava Cake	374	1560	4.9	37.7	30.5	22.6	8.1	1.6	0.1	0.2	337	1404	4.4	33.9	27.5	20.3	7.3	1.4	0.1	0.2
Chocolate Chip Cookie	394	1656	3.6	57.1	40.7	16.9	5.7	0	0.24	0.59	160	671	1.5	23.1	16.5	6.8	2.3	0	0.1	0.2
Cinnamon Knots	287	1208	8	47.2	8.5	6.8	1.2	2.3	0.36	0.89	430	1812	12	70.7	12.8	10.2	1.7	3.5	0.53	1.33
Double Chocolate Brownie	397	1660	3.4	51.5	36.9	19.7	2.3	0.7	0.13	0.33	397	1662	3.4	51.6	36.9	19.7	2.3	0.7	0.13	0.33

Allergen Information | Ingredients



All

Ingredient	Vegetarian	Vegans	Allergen - Contains	Allergen - May Contain
Anchovy fillets	No	No	Fish	
Bacon	No	No		
Barbeque Sauce Bottle	Yes	No	Mustard	Gluten, Wheat, Soya, Egg, Celery, Sulphur, Milk
Black olives	Yes	Yes		
Buffalo Sauce	Yes	No		Gluten, Wheat, Soya, Egg, Celery, Mustard, Sulphur, Milk
Chargrilled Mediterranean Vegetables	Yes	Yes		
Cheese - Mozzarella	Yes	No	Milk	
Lower Fat Cheese – Mozzarella*	Yes	No	Milk	
Chicken	No	No	Mustard	Gluten, Wheat, Soya, Egg, Celery, Sulphur, Milk
2 Cheese mix	Yes	No	Milk	
3 Cheese mix	Yes	No	Milk	
Chilli Powder	Yes	No		
Chilli Flakes	Yes	No		
Chilli Cheese	Yes	No	Milk	
Cinnamon Paste	Yes	Yes	Gluten, Wheat	
Crumble Mix	Yes	No	Gluten, Wheat, Milk	Soya
Dustinator	Yes	No	Gluten, Wheat	Soya
Dough	Yes	No	Gluten, Wheat	Soya, Milk
Garlic bread spread	Yes	No	Milk	Gluten, Wheat, Soya, Egg, Celery, Mustard, Sulphur
Ham	No	No	Wheat	
Ham Hock	No	No	Wheat	
Meatballs	No	No	Gluten, Wheat, Soya, Milk	
Mint Raita	Yes	No	Milk	
Icing Drizzle	Yes	No		
Italian sausage	No	No	Gluten, Wheat, Mustard	
Italian Seasoning	No	No	Gluten, Wheat, Milk	
Jalapenos	Yes	Yes	Sulphur	
Deli Pepperoni	No	No	Wheat	
Pepperoni	No	No	Wheat	
Pesto	Yes	No	Milk	
Pineapple (fresh)	Yes	Yes		
Pizza Sauce	Yes	Yes		
Piri Piri Seasoning	No	No	Gluten, Wheat, Sulphur	
Pork sausage	No	No	Mustard	
Roquito chilli peppers	Yes	Yes		
Spicy beef	No	No	Gluten, Wheat, Milk	
Spicy Pulled Pork	No	No	Mustard	
String Cheese	Yes	No	Milk	
Sweetcorn	Yes	Yes		
Tandoori Seasoning	Yes	No	Milk	
Tuna	No	No	Fish	

Veg

Ingredient	Vegetarian	Vegans	Allergen - Contains	Allergen - May Contain
Tomatoes	Yes	Yes		Celery
Red Peppers	Yes	Yes		Celery
Green Peppers	Yes	Yes		Celery
Baby Portobello Mushrooms	Yes	Yes		Celery
Red Onions	Yes	Yes		Celery
Chillies	Yes	Yes		Celery

*Lower fat cheese consists of 1/3 less fat compared to our normal cheese.