

Nutrition_Restaurant_Pizzas-June 2009

Name of Pizza	Number Pieces/Slices Per Pizza	Energy per 100g (kcal)	Energy per Slice (kcal)	Protein (g/100g)	Protein per Slice of Pizza (g)	Carbohydrate (g/100g)	Carbohydrate per Slice of Pizza (g)	Fat (g/100g)	Fat per Slice of Pizza (g)	Saturated Fat per (g/100g)	Saturated Fat per Slice of Pizza (g)	Salt (g/100g)	Salt per Slice of Pizza (g)
---------------	--------------------------------	------------------------	-------------------------	------------------	--------------------------------	-----------------------	-------------------------------------	--------------	----------------------------	----------------------------	--------------------------------------	---------------	-----------------------------

Margherita

Cheesy Bites	8	263	337	12.8	16.4	33.1	42.4	10.1	12.9	5.3	6.8	1.5	1.9
Individual Italian	4	264	176	11.9	7.9	39.2	26.1	8.0	5.3	4.1	2.7	1.5	1.0
Medium Italian	6	256	204	11.0	8.7	35.7	28.4	8.8	7.0	4.5	3.6	1.3	1.0
Large Italian	8	252	230	10.4	9.5	34.2	31.3	9.5	8.7	4.5	4.1	1.4	1.3
Individual Pan	4	268	189	11.6	8.2	32.4	22.8	11.5	8.1	3.7	2.6	1.1	0.8
Medium Pan	6	265	256	11.6	11.2	30.6	29.5	11.8	11.4	4.3	4.1	1.1	1.1
Large Pan	8	261	273	11.6	12.1	29.8	31.2	11.9	12.5	4.3	4.5	1.2	1.3
Stuffed Crust	8	248	318	14.0	18.0	31.6	40.6	8.8	11.3	4.9	6.3	1.2	1.5

Farmhouse

Cheesy Bites	8	250	332	13.2	17.5	30.7	40.8	9.5	12.6	4.9	6.6	1.5	2.0
Individual Italian	4	253	188	11.8	8.8	33.1	24.6	8.1	6.0	4.2	3.1	1.4	1.0
Medium Italian	6	229	193	10.2	8.6	35.7	30.1	6.4	5.4	3.2	2.7	1.4	1.2
Large Italian	8	224	207	10.2	9.4	34.0	31.5	7.3	6.8	3.1	2.9	1.4	1.3
Individual Pan	4	256	180	11.3	8.0	31.6	22.3	10.6	7.5	3.2	2.2	1.1	0.8
Medium Pan	6	242	242	11.3	11.3	28.6	28.6	10.4	10.4	3.4	3.4	1.1	1.1
Large Pan	8	242	257	11.4	12.1	29.7	31.6	10.4	11.1	3.3	3.5	1.2	1.3
Stuffed Crust	8	222	293	11.8	15.6	30.0	39.6	7.6	10.0	4.0	5.3	1.2	1.6

Hawaiian

Cheesy Bites	8	232	316	11.6	15.8	31.2	42.5	7.8	10.6	3.9	5.3	1.4	1.9
Individual Italian	4	229	164	9.8	7.0	37.9	27.1	5.8	4.1	2.8	2.0	1.3	0.9
Medium Italian	6	219	201	9.8	9.0	33.3	30.5	6.1	5.6	2.7	2.4	1.3	1.2
Large Italian	8	223	221	10.0	9.9	33.2	33.0	7.1	7.0	3.0	3.0	1.3	1.3
Individual Pan	4	240	175	10.9	8.0	32.2	23.5	8.9	6.5	2.7	2.0	1.1	0.8
Medium Pan	6	224	245	10.1	11.1	28.5	31.2	8.9	9.8	2.9	3.2	1.1	1.2
Large Pan	8	262	293	10.6	11.8	32.6	36.4	11.4	12.7	3.0	3.3	1.2	1.3
Stuffed Crust	8	217	306	11.0	15.5	30.7	43.3	7.3	10.3	4.1	5.7	1.2	1.7

Name of Pizza	Number Pieces/Slices Per Pizza	Energy per 100g (kcal)	Energy per Slice (kcal)	Protein (g/100g)	Protein per Slice of Pizza (g)	Carbohydrate (g/100g)	Carbohydrate per Slice of Pizza (g)	Fat (g/100g)	Fat per Slice of Pizza (g)	Saturated Fat per (g/100g)	Saturated Fat per Slice of Pizza (g)	Salt (g/100g)	Salt per Slice of Pizza (g)
---------------	--------------------------------	------------------------	-------------------------	------------------	--------------------------------	-----------------------	-------------------------------------	--------------	----------------------------	----------------------------	--------------------------------------	---------------	-----------------------------

Pepperoni Feast

Cheesy Bites	8	284	382	15.8	21.3	29.6	39.8	12.4	16.7	5.9	8.0	1.6	2.2
Individual Italian	4	282	205	11.4	8.3	36.3	26.4	11.6	8.4	5.5	4.0	1.6	1.2
Medium Italian	6	273	254	12.3	11.4	35.0	32.5	10.5	9.8	5.1	4.7	1.5	1.4
Large Italian	8	278	286	12.2	12.5	30.9	31.7	12.9	13.3	6.1	6.3	1.6	1.6
Individual Pan	4	286	227	12.3	9.8	30.3	24.1	13.6	10.8	4.9	3.9	1.2	1.0
Medium Pan	6	279	297	12.6	13.4	26.2	27.9	14.9	15.9	5.7	6.1	1.3	1.4
Large Pan	8	302	347	12.0	13.8	26.4	30.3	17.6	20.2	6.6	7.5	1.4	1.6
Stuffed Crust	8	261	375	13.1	18.8	30.4	43.7	11.3	16.2	5.8	8.3	1.3	1.9

Meat Feast

Cheesy Bites	8	272	387	13.9	19.8	30.3	43.1	11.4	16.2	5.2	7.4	1.7	2.4
Individual Italian	4	270	220	13.9	11.3	32.3	26.3	10.8	8.8	4.8	3.9	1.9	1.5
Medium Italian	6	258	257	13.0	12.9	30.0	29.8	11.0	10.9	4.9	4.8	1.6	1.6
Large Italian	8	251	279	12.9	14.3	27.3	30.3	11.4	12.7	4.9	5.4	1.7	1.9
Individual Pan	4	262	220	13.3	11.2	27.6	23.2	11.8	9.9	4.2	3.5	1.3	1.1
Medium Pan	6	262	294	12.2	13.7	28.0	31.5	12.4	13.9	4.5	5.1	1.3	1.5
Large Pan	8	277	344	12.6	15.7	29.1	36.2	13.2	16.4	4.6	5.8	1.4	1.7
Stuffed Crust	8	247	376	13.5	20.5	28.0	42.6	10.4	15.8	4.8	7.3	1.4	2.1

BBQ Deluxe

Cheesy Bites	8	251	358	11.7	16.7	34.4	49.0	8.1	11.5	3.7	5.3	1.3	1.9
Individual Italian	4	238	185	10.9	8.5	34.3	26.7	7.9	6.1	3.4	2.6	1.6	1.2
Medium Italian	6	241	253	12.0	12.6	31.1	32.7	7.6	8.0	3.5	3.7	1.4	1.5
Large Italian	8	252	239	14.3	13.5	29.7	28.1	8.4	8.0	3.9	3.7	1.6	1.5
Individual Pan	4	253	200	12.7	10.0	28.0	22.1	10.0	7.9	3.5	2.7	1.1	0.9
Medium Pan	6	257	276	11.7	12.6	28.8	30.9	10.5	11.3	3.6	3.8	1.2	1.3
Large Pan	8	251	306	11.8	14.4	28.6	34.9	9.9	12.1	3.6	4.3	1.2	1.5
Stuffed Crust	8	217	337	11.6	18.0	31.9	49.6	6.7	10.4	3.4	5.2	1.2	1.9

Name of Pizza	Number Pieces/Slices Per Pizza	Energy per 100g (kcal)	Energy per Slice (kcal)	Protein (g/100g)	Protein per Slice of Pizza (g)	Carbohydrate (g/100g)	Carbohydrate per Slice of Pizza (g)	Fat (g/100g)	Fat per Slice of Pizza (g)	Saturated Fat per (g/100g)	Saturated Fat per Slice of Pizza (g)	Salt (g/100g)	Salt per Slice of Pizza (g)
---------------	--------------------------------	------------------------	-------------------------	------------------	--------------------------------	-----------------------	-------------------------------------	--------------	----------------------------	----------------------------	--------------------------------------	---------------	-----------------------------

Hot N Spicy

Cheesy Bites	8	261	331	12.6	16.0	33.7	42.7	9.9	12.5	4.8	6.0	1.7	2.2
Individual Italian	4	272	180	11.0	7.3	36.5	24.2	10.4	6.9	4.4	2.9	2.0	1.3
Medium Italian	6	259	222	11.0	9.4	34.5	29.6	9.8	8.4	4.0	3.4	1.7	1.5
Large Italian	8	254	236	11.2	10.4	32.7	30.4	10.1	9.4	4.3	4.0	1.8	1.7
Individual Pan	4	259	183	10.9	7.7	30.4	21.5	11.2	7.9	3.4	2.4	1.5	1.1
Medium Pan	6	254	237	11.5	10.7	29.2	27.2	11.4	10.6	3.9	3.7	1.5	1.4
Large Pan	8	254	266	12.0	12.6	30.2	31.6	10.9	11.4	3.6	3.8	1.4	1.5
Stuffed Crust	8	236	329	11.8	16.4	33.1	46.1	7.9	11.0	3.8	5.3	1.5	2.1

Name of Pizza	Number Pieces/Slices Per Pizza	Energy per 100g (kcal)	Energy per Slice (kcal)	Protein (g/100g)	Protein per Slice of Pizza (g)	Carbohydrate (g/100g)	Carbohydrate per Slice of Pizza (g)	Fat (g/100g)	Fat per Slice of Pizza (g)	Saturated Fat per (g/100g)	Saturated Fat per Slice of Pizza (g)	Salt (g/100g)	Salt per Slice of Pizza (g)
---------------	--------------------------------	------------------------	-------------------------	------------------	--------------------------------	-----------------------	-------------------------------------	--------------	----------------------------	----------------------------	--------------------------------------	---------------	-----------------------------

Vegetarian Hot One

Cheesy Bites	8	212	302	9.8	14.0	30.3	43.2	7.1	10.1	3.5	4.9	1.1	1.6
Individual Italian	4	211	164	8.1	6.3	34.6	26.8	5.8	4.5	2.6	2.0	1.2	0.9
Medium Italian	6	192	188	9.3	9.1	29.5	28.9	5.5	5.4	2.6	2.5	0.9	0.9
Large Italian	8	145	165	7.5	8.5	19.1	21.7	5.9	6.7	2.5	2.9	1.0	1.1
Individual Pan	4	211	174	8.8	7.2	29.6	24.4	7.3	6.0	2.3	1.9	0.8	0.7
Medium Pan	6	204	234	8.4	9.7	26.6	30.6	8.6	9.9	2.8	3.2	0.8	0.9
Large Pan	8	231	290	9.4	11.8	29.7	37.3	9.6	12.1	2.7	3.4	0.9	1.1
Stuffed Crust	8	208	334	10.1	16.2	30.2	48.5	6.9	11.1	3.6	5.7	1.0	1.6

Vegetable Supreme

Cheesy Bites	8	215	312	10.0	14.5	30.7	44.6	6.9	10.0	3.4	4.9	1.2	1.7
Individual Italian	4	207	160	8.7	6.7	32.4	25.0	6.1	4.7	2.4	1.8	1.1	0.8
Medium Italian	6	198	196	8.3	8.2	30.7	30.5	6.1	6.1	2.7	2.7	1.0	1.0
Large Italian	8	200	222	7.4	8.2	32.5	36.0	5.7	6.3	2.3	2.6	1.1	1.2
Individual Pan	4	214	180	8.6	7.2	27.7	23.3	9.0	7.6	2.4	2.0	0.8	0.7
Medium Pan	6	241	263	9.9	10.8	30.0	32.7	10.3	11.2	3.1	3.4	0.9	1.0
Large Pan	8	204	258	8.1	10.2	25.7	32.5	9.2	11.6	2.8	3.6	0.8	1.0
Stuffed Crust	8	197	308	9.3	14.5	27.8	43.5	6.9	10.8	3.7	5.9	1.0	1.6

Seafood Lovers

Cheesy Bites	8	257	328	11.6	14.8	33.7	43.0	9.1	11.6	4.1	5.2	1.4	1.8
Individual Italian	4	258	170	9.8	6.5	38.4	25.3	8.2	5.4	3.0	2.0	1.4	0.9
Medium Italian	6	245	202	10.1	8.3	35.3	29.1	8.0	6.6	3.2	2.7	1.3	1.1
Large Italian	8	239	215	10.2	9.2	35.3	31.8	7.6	6.9	3.1	2.8	1.3	1.2
Individual Pan	4	232	160	10.7	7.4	31.3	21.6	8.7	6.0	2.9	2.0	1.1	0.8
Medium Pan	6	237	233	9.7	9.6	28.3	27.9	10.6	10.4	3.2	3.2	1.0	1.0
Large Pan	8	245	260	10.4	11.1	28.2	30.0	11.3	12.0	3.4	3.7	1.1	1.2
Stuffed Crust	8	239	314	12.3	16.2	31.8	41.8	8.3	10.9	3.8	4.9	1.2	1.6

Nutrition_Restaurant_Pizzas-June 2009

Name of Pizza	Number Pieces/Slices Per Pizza	Energy per 100g (kcal)	Energy per Slice (kcal)	Protein (g/100g)	Protein per Slice of Pizza (g)	Carbohydrate (g/100g)	Carbohydrate per Slice of Pizza (g)	Fat (g/100g)	Fat per Slice of Pizza (g)	Saturated Fat per (g/100g)	Saturated Fat per Slice of Pizza (g)	Salt (g/100g)	Salt per Slice of Pizza (g)
---------------	--------------------------------	------------------------	-------------------------	------------------	--------------------------------	-----------------------	-------------------------------------	--------------	----------------------------	----------------------------	--------------------------------------	---------------	-----------------------------

Supreme

Cheesy Bites	8	251	369	12.6	18.5	29.9	44.0	9.8	14.4	4.7	7.0	1.4	2.1
Individual Italian	4	251	204	10.9	8.9	33.5	27.2	9.2	7.5	4.1	3.3	1.5	1.2
Medium Italian	6	223	234	10.0	10.5	30.2	31.7	8.6	9.0	3.8	4.0	1.3	1.4
Large Italian	8	233	264	9.7	11.0	29.6	33.6	9.7	11.0	4.1	4.7	1.3	1.5
Individual Pan	4	248	209	11.0	9.3	28.0	23.6	11.4	9.6	3.6	3.0	1.0	0.8
Medium Pan	6	259	310	10.5	12.6	27.0	32.3	13.1	15.7	4.3	5.1	1.2	1.4
Large Pan	8	228	302	10.4	13.8	24.0	31.8	11.6	15.4	4.1	5.5	1.1	1.5
Stuffed Crust	8	232	371	11.9	19.0	29.7	47.5	8.6	13.8	4.3	6.8	1.2	1.9

Super Supreme

Cheesy Bites	8	242	393	12.4	20.1	26.9	43.6	10.0	16.2	4.6	7.4	1.5	2.4
Individual Italian	4	267	260	13.9	13.5	27.3	26.6	11.3	11.0	5.2	5.0	1.4	1.4
Medium Italian	6	225	267	11.1	13.2	26.3	31.2	9.7	11.5	4.0	4.8	1.3	1.5
Large Italian	8	219	281	10.6	13.6	24.4	31.3	10.3	13.2	4.2	5.4	1.3	1.7
Individual Pan	4	237	228	11.9	11.5	24.8	23.9	11.3	10.9	3.6	3.5	1.2	1.2
Medium Pan	6	255	323	11.4	14.4	22.8	28.9	14.6	18.5	4.6	5.9	1.3	1.6
Large Pan	8	234	346	11.4	16.9	22.5	33.3	12.0	17.7	4.2	6.2	1.2	1.8
Stuffed Crust	8	222	366	11.9	19.6	25.2	41.6	10.0	16.5	4.3	7.1	1.2	2.0

Chicken Supreme

Cheesy Bites	8	218	309	11.8	16.7	29.5	41.8	6.8	9.6	3.3	4.7	1.2	1.7
Individual Italian	4	229	169	10.7	7.9	35.4	26.1	5.9	4.4	2.6	1.9	1.3	1.0
Medium Italian	6	215	220	10.3	10.5	31.9	32.7	6.2	6.3	3.0	3.1	1.1	1.1
Large Italian	8	196	217	9.8	10.9	29.3	32.5	5.8	6.4	2.4	2.6	1.1	1.2
Individual Pan	4	231	186	11.6	9.4	26.9	21.7	9.9	8.0	2.8	2.3	0.9	0.7
Medium Pan	6	219	251	11.2	12.9	26.6	30.5	8.6	9.9	2.9	3.3	1.0	1.1
Large Pan	8	219	271	10.9	13.5	26.1	32.2	9.4	11.6	3.0	3.8	0.9	1.1
Stuffed Crust	8	240	367	11.6	17.7	34.8	53.1	7.2	11.0	3.9	5.9	1.0	1.5

Name of Pizza	Number Pieces/Slices Per Pizza	Energy per 100g (kcal)	Energy per Slice (kcal)	Protein (g/100g)	Protein per Slice of Pizza (g)	Carbohydrate (g/100g)	Carbohydrate per Slice of Pizza (g)	Fat (g/100g)	Fat per Slice of Pizza (g)	Saturated Fat per (g/100g)	Saturated Fat per Slice of Pizza (g)	Salt (g/100g)	Salt per Slice of Pizza (g)
---------------	--------------------------------	------------------------	-------------------------	------------------	--------------------------------	-----------------------	-------------------------------------	--------------	----------------------------	----------------------------	--------------------------------------	---------------	-----------------------------

Happy Hour Pizzas

Margherita	4	234	183	10.5	8.2	28.6	22.4	8.8	6.9	4.0	3.1	1.2	0.9
Ham & Sweetcorn	4	202	174	9.4	8.1	27.0	23.2	6.5	5.6	2.7	2.3	1.1	1.0
Pepper & Tomato	4	189	163	8.0	6.9	26.1	22.5	6.3	5.4	2.6	2.3	1.0	0.8
Pepperoni & Onion	4	224	179	9.4	7.5	28.2	22.5	8.6	6.9	3.6	2.9	1.2	1.0
Chicken & Mushroom	4	207	165	9.6	7.7	27.6	22.1	6.8	5.4	2.8	2.3	1.1	0.9

Tuscani Pizzas (unsliced)

Verde	1	191	878	8.0	37.0	18.6	85.7	9.2	42.5	4.7	21.9	0.7	3.3
Chicken & Mushroom	1	210	1032	10.5	51.6	16.9	82.8	11.2	54.7	5.0	24.3	0.9	4.4
Mediterranean Meats	1	281	1065	13.6	51.6	21.8	82.7	15.0	56.9	6.4	24.1	2.0	7.4
Rocket & Proscuitto	1	191	829	9.2	40.0	19.2	83.1	8.5	37.0	4.8	21.0	0.6	2.8
Caprina	1	209	990	9.0	42.8	20.6	97.7	9.6	45.6	4.8	22.6	1.1	5.0