

Pizza Hut Delivery Nutritionals Valid From July 2018



Name of Delivery Pizza	Number of Slices Per Pizza	Energy per Slice (kJ)	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice (g)
Margherita									
Small Classic	6	633	151	6.4	19.3	1.1	5.4	2.3	0.48
Small Classic (No Garlic Sprinkle)	6	630	150	6.3	19.2	1.1	5.4	2.3	0.46
Medium Classic	8	668	160	7.0	19.2	1.2	6.1	2.7	0.55
Medium Classic (No Garlic Sprinkle)	8	662	158	7.0	19.1	1.2	6.0	2.7	0.51
Large Classic	10	782	187	8.3	22.4	1.6	7.2	3.3	0.66
Large Classic (No Garlic Sprinkle)	10	774	185	8.2	22.1	1.6	7.1	3.2	0.60
Large Italian	10	612	146	7.0	16.1	1.5	6.0	3.0	0.52
Large Pan	10	947	226	9.3	24.7	1.5	9.9	4.0	0.86
Large Stuffed Crust	10	952	227	11.2	25.1	1.2	9.0	4.9	0.54
Large Cheesy Bites	10	960	229	11.3	25.4	1.2	9.1	4.9	0.60
Gluten Free	8	561	134	4.3	15.4	1.6	5.8	2.5	0.53
Farmhouse									
Small Classic	6	595	142	6.2	19.2	1.0	4.5	1.7	0.52
Small Classic (No Garlic Sprinkle)	6	592	141	6.2	19.1	1.0	4.5	1.7	0.50
Medium Classic	8	625	149	6.9	19.2	1.1	5.0	2.0	0.64
Medium Classic (No Garlic Sprinkle)	8	618	148	6.9	19.0	1.1	4.9	2.0	0.59
Large Classic	10	730	174	8.2	22.3	1.5	5.8	2.4	0.76
Large Classic (No Garlic Sprinkle)	10	721	172	8.1	22.1	1.5	5.8	2.4	0.70
Large Italian	10	559	133	6.9	16.1	1.4	4.6	2.2	0.62
Large Pan	10	880	210	9.4	24.6	1.2	8.3	3.0	0.63
Large Stuffed Crust	10	899	215	11.1	25.1	1.1	7.7	4.0	0.64
Large Cheesy Bites	10	908	217	11.2	25.3	1.1	7.8	4.1	0.70
Gluten Free	8	518	124	4.2	15.4	1.5	4.7	1.8	0.61
Hawaiian									
Small Classic	6	604	144	6.1	19.8	1.6	4.5	1.7	0.52
Small Classic (No Garlic Sprinkle)	6	601	143	6.1	19.8	1.6	4.5	1.7	0.50
Medium Classic	8	634	151	6.9	19.8	1.7	5.0	2.0	0.64
Medium Classic (No Garlic Sprinkle)	8	627	150	6.8	19.6	1.7	4.9	2.0	0.59
Large Classic	10	737	176	8.1	23.1	2.3	5.7	2.4	0.76
Large Classic (No Garlic Sprinkle)	10	729	174	8.0	22.8	2.2	5.6	2.4	0.70
Large Italian	10	570	136	6.8	16.8	2.1	4.6	2.2	0.62
Large Pan	10	888	212	8.8	25.3	1.9	8.3	3.0	0.90
Large Stuffed Crust	10	910	217	11.0	25.8	1.9	7.6	4.0	0.64
Large Cheesy Bites	10	918	219	11.1	26.1	1.9	7.7	4.1	0.70
Gluten Free	8	527	126	4.2	16.0	2.1	4.7	1.8	0.61
Veggie Supreme									
Small Classic	6	592	141	5.7	19.9	1.7	4.4	1.7	0.41
Small Classic (No Garlic Sprinkle)	6	589	141	5.7	19.8	1.7	4.4	1.7	0.39
Medium Classic	8	614	146	6.1	19.8	1.8	4.8	2.0	0.47
Medium Classic (No Garlic Sprinkle)	8	607	145	6.1	19.6	1.8	4.7	1.9	0.42
Large Classic	10	716	171	7.2	23.0	2.3	5.6	2.3	0.56
Large Classic (No Garlic Sprinkle)	10	708	169	7.1	22.8	2.3	5.5	2.3	0.50
Large Italian	10	546	130	5.9	16.8	2.2	4.4	2.1	0.42
Large Pan	10	864	206	7.9	25.3	1.9	8.1	2.9	0.70
Large Stuffed Crust	10	886	211	10.1	25.8	1.9	7.4	4.0	0.44
Large Cheesy Bites	10	894	213	10.2	26.0	1.9	7.5	4.0	0.50
Gluten Free	8	507	121	3.4	16.0	2.1	4.6	1.8	0.44

Veggie Sizzler									
Small Classic	6	592	141	5.6	19.9	1.6	4.4	1.7	0.48
Small Classic (No Garlic Sprinkle)	6	589	141	5.6	19.8	1.6	4.4	1.7	0.46
Medium Classic	8	598	143	6.1	19.9	1.7	4.4	1.8	0.56
Medium Classic (No Garlic Sprinkle)	8	591	141	6.0	19.8	1.7	4.3	1.8	0.51
Large Classic	10	716	171	7.1	23.1	2.2	5.6	2.3	0.65
Large Classic (No Garlic Sprinkle)	10	701	167	7.1	22.9	2.2	5.4	2.3	0.59
Large Italian	10	546	130	5.9	16.9	2.1	4.4	2.1	0.51
Large Pan	10	864	206	7.8	25.4	1.8	8.1	2.9	0.80
Large Stuffed Crust	10	886	211	10.0	25.9	1.8	7.4	4.0	0.53
Large Cheesy Bites	10	894	213	10.1	26.1	1.8	7.5	4.0	0.59
Gluten Free	8	508	121	3.4	16.1	2.1	4.6	1.8	0.53
Texan BBQ									
Small Classic	6	676	161	8.0	20.1	1.9	5.4	2.0	0.62
Small Classic (No Garlic Sprinkle)	6	673	161	8.0	20.0	1.8	5.4	2.0	0.60
Medium Classic	8	708	169	8.8	20.1	2.0	5.9	2.4	0.70
Medium Classic (No Garlic Sprinkle)	8	702	167	8.8	20.0	2.0	5.8	2.3	0.66
Large Classic	10	839	200	10.3	23.8	2.9	7.0	2.8	0.87
Large Classic (No Garlic Sprinkle)	10	830	198	10.3	23.6	2.9	6.9	2.8	0.81
Large Italian	10	668	159	9.1	17.6	2.8	5.8	2.6	0.73
Large Pan	10	825	197	11.2	16.7	1.7	9.6	4.1	0.87
Large Stuffed Crust	10	1008	241	13.3	26.6	2.5	8.8	4.5	0.75
Large Cheesy Bites	10	1017	243	13.3	26.8	2.6	8.9	4.5	0.81
Gluten Free	8	607	145	6.3	16.3	2.4	5.7	2.2	0.69
Pepperoni Feast									
Small Classic	6	732	175	7.3	19.3	1.1	7.6	3.2	0.64
Small Classic (No Garlic Sprinkle)	6	729	174	7.3	19.2	1.1	7.6	3.2	0.62
Medium Classic	8	817	195	8.4	19.3	1.2	12.5	4.1	0.79
Medium Classic (No Garlic Sprinkle)	8	810	193	8.3	19.1	1.2	12.4	4.0	0.75
Large Classic	10	978	234	10.1	22.5	1.6	11.5	5.0	0.98
Large Classic (No Garlic Sprinkle)	10	970	232	10.0	22.2	1.6	11.4	5.0	0.92
Large Italian	10	808	193	8.8	16.2	1.5	10.3	4.8	0.84
Large Pan	10	1144	273	11.1	25.0	1.5	14.3	5.8	1.17
Large Stuffed Crust	10	1148	274	13.0	25.2	1.2	13.3	6.4	0.85
Large Cheesy Bites	10	1156	276	13.1	25.5	1.2	13.4	6.7	0.91
Gluten Free	8	725	173	5.8	15.5	1.6	9.5	4.0	0.79
The Meaty One									
Small Classic	6	779	186	9.5	19.7	1.2	7.7	3.0	0.74
Small Classic (No Garlic Sprinkle)	6	776	185	9.5	19.6	1.2	7.7	3.0	0.72
Medium Classic	8	867	207	11.2	19.8	1.4	9.3	3.8	0.92
Medium Classic (No Garlic Sprinkle)	8	861	205	11.2	19.6	1.4	9.2	3.7	0.88
Large Classic	10	996	238	12.5	22.9	1.8	10.8	4.4	1.01
Large Classic (No Garlic Sprinkle)	10	987	236	12.4	22.7	1.8	10.7	4.3	0.95
Large Italian	10	825	197	11.2	16.7	1.7	9.6	4.1	0.87
Large Pan	10	1144	273	13.2	25.2	1.5	13.2	4.9	1.17
Large Stuffed Crust	10	1165	278	15.4	25.7	1.4	12.6	6.0	0.89
Large Cheesy Bites	10	1174	280	15.5	25.9	1.4	12.7	6.0	0.95
Gluten Free	8	767	183	8.5	16.0	1.7	9.2	3.6	0.85
Meat Feast									
Small Classic	6	747	178	8.3	19.8	1.2	7.4	2.9	0.74
Small Classic (No Garlic Sprinkle)	6	744	178	8.3	19.7	1.2	7.4	2.9	0.72
Medium Classic	8	825	197	9.7	19.9	1.4	8.9	3.6	0.93
Medium Classic (No Garlic Sprinkle)	8	819	196	9.6	19.7	1.3	8.8	3.6	0.88
Large Classic	10	949	226	11.1	23.0	1.8	10.1	4.1	1.08
Large Classic (No Garlic Sprinkle)	10	941	224	11.1	22.8	1.7	10.0	4.1	1.02
Large Italian	10	790	189	10.0	16.8	1.8	9.1	4.0	0.97
Large Pan	10	1099	262	11.9	25.3	1.6	12.6	4.7	1.25
Large Stuffed Crust	10	1119	267	14.0	25.8	1.4	11.9	5.8	0.96
Large Cheesy Bites	10	1127	269	14.1	26.0	1.4	12.0	5.8	1.02
Gluten Free	8	726	173	7.1	16.1	1.7	8.8	3.4	0.91
BBQ Meat Feast									
Small Classic	6	764	182	8.3	25.9	2.0	7.4	2.9	0.80
Small Classic (No Garlic Sprinkle)	6	761	182	8.3	20.6	2.0	7.4	2.9	0.78
Medium Classic	8	844	201	9.7	20.9	2.2	8.9	3.6	0.99
Medium Classic (No Garlic Sprinkle)	8	838	200	9.6	20.7	2.2	8.8	2.2	0.94
Large Classic	10	979	234	11.1	24.7	3.1	10.1	4.1	1.18
Large Classic (No Garlic Sprinkle)	10	970	232	11.0	24.4	3.1	10.0	4.1	1.12
Large Italian	10	808	193	9.8	18.4	3.0	8.9	3.9	1.04
Large Pan	10	1127	269	11.8	26.9	2.8	12.6	4.7	1.33
Large Stuffed Crust	10	1148	274	14.0	27.4	2.7	11.9	5.8	1.05
Large Cheesy Bites	10	1157	276	14.1	27.7	2.7	12.0	5.8	1.11
Gluten Free	8	737	176	7.0	17.1	2.5	8.6	3.4	0.96

Chicken Supreme									
Small Classic	6	606	145	6.8	19.4	1.2	4.5	1.7	0.44
Small Classic (No Garlic Sprinkle)	6	604	144	6.8	19.3	1.2	4.4	1.8	0.42
Medium Classic	8	635	151	7.6	19.3	1.4	4.9	2.0	0.51
Medium Classic (No Garlic Sprinkle)	8	628	150	7.5	19.2	1.4	4.8	2.0	0.47
Large Classic	10	737	176	8.7	22.5	1.8	5.7	2.4	0.60
Large Classic (No Garlic Sprinkle)	10	729	174	8.6	22.3	1.8	5.6	2.3	0.54
Large Italian	10	567	135	7.4	16.2	1.7	4.5	2.1	0.46
Large Pan	10	885	211	9.2	24.8	1.5	8.2	2.9	0.76
Large Stuffed Crust	10	907	216	11.6	25.2	1.4	7.5	4.0	0.48
Large Cheesy Bites	10	915	218	11.7	25.5	1.4	7.6	4.0	0.54
Gluten Free	8	528	126	4.9	15.5	1.7	4.6	1.8	0.48
Super Supreme									
Small Classic	6	764	182	8.2	20.0	1.3	7.8	2.9	0.78
Small Classic (No Garlic Sprinkle)	6	761	182	8.2	19.9	1.3	7.8	2.9	0.76
Medium Classic	8	839	200	9.3	20.1	1.5	9.3	3.6	0.92
Medium Classic (No Garlic Sprinkle)	8	833	199	9.3	19.9	1.5	9.2	3.6	0.88
Large Classic	10	965	230	10.6	23.3	2.0	10.6	4.2	1.13
Large Classic (No Garlic Sprinkle)	10	956	228	10.5	23.0	2.0	10.6	4.1	1.00
Large Italian	10	794	190	9.3	17.0	1.8	9.5	3.9	0.92
Large Pan	10	1113	266	11.3	25.5	1.6	13.1	4.7	1.22
Large Stuffed Crust	10	1165	278	14.1	25.9	1.5	13.1	6.2	0.95
Large Cheesy Bites	10	1173	280	14.1	26.2	1.5	13.1	6.2	1.01
Gluten Free	8	732	175	6.6	16.2	1.9	9.0	3.4	0.89
South Carolina									
Small Classic	6	736	176	8.4	21.6	2.7	6.2	2.3	0.58
Small Classic (No Garlic Sprinkle)	6	733	175	8.4	21.5	2.7	6.1	2.3	0.56
Medium Classic	8	777	185	9.8	21.6	3.0	6.6	2.6	0.92
Medium Classic (No Garlic Sprinkle)	8	775	185	9.8	21.5	3.0	6.6	2.6	0.91
Large Classic	10	933	223	11.5	25.6	4.1	8.2	3.3	1.39
Large Classic (No Garlic Sprinkle)	10	931	222	11.5	25.5	4.1	8.2	3.3	1.37
Large Italian	10	1079	257	11.8	28.0	3.7	10.7	3.8	1.64
Large Pan	10	1094	261	12.2	28.0	3.7	10.9	3.9	1.64
Large Stuffed Crust	10	1127	269	14.8	28.6	3.7	10.4	5.1	1.87
Large Cheesy Bites	10	1136	271	14.8	28.8	3.7	10.5	5.1	1.94
Gluten Free	8	691	165	7.2	17.9	3.3	6.8	2.6	0.92
Meatysaurus									
Small Classic	6	697	166	7.6	20.6	2.1	6.0	2.1	0.47
Small Classic (No Garlic Sprinkle)	6	695	166	7.6	20.5	2.1	5.9	2.1	0.46
Medium Classic	8	770	184	9.0	20.7	2.4	7.2	2.6	0.78
Medium Classic (No Garlic Sprinkle)	8	764	182	9.0	20.6	2.4	7.1	2.6	0.74
Large Classic	10	911	217	10.7	24.6	3.4	8.5	3.1	1.20
Large Classic (No Garlic Sprinkle)	10	886	211	10.6	24.3	3.4	7.9	3.1	1.12
Large Italian	10	741	177	9.4	18.3	3.2	7.3	2.9	1.02
Large Pan	10	1059	253	11.4	26.8	3.0	10.9	3.7	1.39
Large Stuffed Crust	10	1081	258	13.6	27.3	3.0	10.3	4.7	1.59
Large Cheesy Bites	10	1089	260	13.7	27.6	3.0	10.4	4.8	1.67
Gluten Free	8	687	164	7.1	16.9	2.7	7.2	2.6	0.82
Name of Product									
Average Weight of Portion (g)									
Energy per Portion (kJ)									
Energy 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)									
Classic Sides									
Mixed Leaf Salad (Side Salad)	103	186	44	0.8	2.8	2.5	3.2	0.3	0.10
Garlic Bread (Per Slice)	30	400	95	2.0	11.4	0.7	4.6	1.4	0.28
Potato Wedges	260	1591	380	6.5	52.8	2.6	15.9	1.8	1.30
Large Potato Wedges	390	2386	569	9.8	79.2	3.9	23.8	2.7	2.73
Cheesy Nachos	205	2359	563	16.2	57.7	6.6	33.1	9.5	2.56
Premium Sides									
Cheesy Garlic Bread (Per Slice)	45	583	139	4.7	12.0	1.0	7.7	3.2	0.49
Macaroni Cheese	245	1716	410	20.5	34.6	4.1	20.3	11.9	1.48
Cheese Triangles	140	1936	462	19.2	28.8	1.5	30.0	12.9	3.56
Breaded Chicken Strips (5 Strips)	175	1534	366	26.6	33.1	1.2	14.7	4.6	1.69
Hot 'N' Spicy Chicken Strips (8 Strips)	200	1829	437	29.4	36.8	1.8	18.6	7.2	3.07
BBQ Chicken Wings (7 Wings)	203	1735	414	39.4	12.2	7.3	23.4	5.6	3.26
Loaded Chicken With Cheese	235	2183	521	37.6	34.3	2.4	25.5	9.7	2.49
Loaded Chicken With Cheese & Bacon	251	2402	573	42.5	34.3	2.5	29.1	11.0	2.97
Delivery Dips									
BBQ	25	105	25	0.3	5.4	4.4	0.1	0.0	0.30
Garlic & Herb	25	446	106	0.4	1.9	1.0	10.8	1.0	0.20
Sour Cream & Chive	25	303	72	0.2	2.7	0.9	6.8	0.8	0.23
Sweet Chilli	25	214	51	0.1	11.8	11.1	0.3	0.0	0.32
Hot Sauce	25	73	17	0.1	2.6	1.6	0.4	0.1	0.31

Name of Product	Average Weight of Portion (g)	Energy per Portion (kJ)	Energy 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)
WingStreet									
7 Plain Chicken Breast Chunks	196	2275	543	32.1	41.0	0.8	28.2	2.8	2.19
7 Sweet Chilli Chicken Breast Chunks	251	2678	639	32.4	64.3	18.0	28.4	3.0	3.49
7 BBQ Chicken Breast Chunks	251	2549	608	33.0	55.7	12.4	28.2	2.8	2.79
7 Habanero Chicken Breast Chunks	251	2687	641	33.2	54.4	13.5	32.2	3.1	2.73
6 Plain Chicken Wings	267	2616	624	28.8	33.6	1.1	41.7	7.9	5.14
6 Sweet Chilli Chicken Wings	322	3019	721	29.0	57.0	18.3	41.9	8.0	6.45
6 BBQ Chicken Wings	322	2892	690	29.6	48.3	12.8	41.7	7.9	5.75
6 Habanero Chicken Wings	322	3028	723	29.8	47.1	13.9	45.7	8.1	5.69
Chips	250	2095	500	8.0	73.5	0.6	19.3	1.6	1.88
Name of Product	Average Weight of Portion (g)	Energy per Portion (kJ)	Energy 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)
Hot Desserts									
Warm Cookie Dough									
Caramel and White Chocolate Cookie Dough (Serves 2)	145	2623	626	6.7	87.3	59.2	27.4	17.3	2.77
Chocolate Chip Cookie Dough (Serves 2)	145	2690	642	8.1	78.9	50.6	31.6	19.6	2.18
Strawberries & Cream Flavour Cookie Dough (Serves 2)	145	2655	634	6.1	87.7	59.5	28.6	17.7	2.21
Pizza Hut Vanilla Ice Cream (Served with cookie dough)	52	430	103	1.5	11.8	10.0	5.5	3.3	0.10
Cold Desserts									
Ben & Jerry's Ice Cream Chocolate Fudge Brownie [500ml tub]	100ml (1/5 of a tub)	876	209	3.6	25.0	23.0	11.0	6.6	0.16
Ben & Jerry's Ice Cream Caramel Chew Chew [500ml tub]	100ml (1/5 of a tub)	1000	240	3.5	26.0	22.0	14.0	9.0	0.17
Ben & Jerry's Ice Cream Phish Food [500ml tub]	100ml (1/5 of a tub)	980	230	3.0	31.0	24.0	10.0	7.0	0.15
Ben & Jerry's Ice Cream Cookie Dough [500ml tub]	100ml (1/5 of a tub)	970	230	3.5	26.0	21.0	13.0	8.0	0.14
Ben & Jerry's Blondie Brownie Core [500ml tub]	100ml (1/5 of a tub)	918	219	3.6	25.0	22.0	12.0	7.3	0.13