

NUTRITIONALS HANDBOOK



The below nutritional information for our menu is provided as a guide. All our dishes are finished by hand, therefore these are approximate values only.

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	773	185	8.2	22.1	1.6	7.1	3.2	0.60
Large Pan	10	949	227	9.3	24.7	1.5	9.9	4.0	0.86
Large Stuffed Crust	10	1027	245	12.5	26.4	1.3	9.6	5.1	1.00
Large Cheesy Bites	10	1027	245	12.5	26.4	1.3	9.6	5.1	1.00
Large Garlic Butter Stuffed Crust	10	925	221	11.0	23.5	1.4	8.8	4.7	1.45
Large Pepperoni Stuffed Crust	10	1117	267	13.4	26.4	1.3	11.6	5.9	1.14
Large Nacho Cheese Flavoured Stuffed Crust	10	1027	245	11.5	28.0	1.4	9.5	4.8	0.97
Gluten Free	8	561	134	4.3	15.4	1.6	5.8	2.5	0.53
Farmhouse									
Small Classic	6	594	142	6.2	19.2	1.0	4.5	1.7	0.52
Small Classic (No Garlic Sprinkle)	6	591	141	6.2	19.1	1.0	4.5	1.7	0.50
Medium Classic	8	624	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	729	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 Pan	10	878	210	9.4	24.6	1.2	8.3	3.0	0.63
Large Stuffed Crust	10	973	232	12.4	26.3	1.2	8.3	4.2	1.10
Large Cheesy Bites	10	973	232	12.4	26.3	1.2	8.3	4.2	1.10
Large Garlic Butter Stuffed Crust	10	925	221	11.3	26.4	1.3	7.4	3.9	1.07
Large Pepperoni Stuffed Crust	10	1063	254	13.2	26.4	1.2	10.3	5.0	1.24
Large Nacho Cheese Flavoured Stuffed Crust	10	975	233	11.4	27.9	1.3	8.2	3.9	1.07
Gluten Free	8	517	124	4.2	15.4	1.5	4.7	1.8	0.61

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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)
Hawaiian									
Small Classic	6	603	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	633	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	728	174	8.0	22.8	2.2	5.6	2.4	0.70
Large Pan	10	888	212	8.8	25.3	1.9	8.3	3.0	0.90
Large Stuffed Crust	10	986	235	12.3	28.7	2.0	8.3	4.2	1.10
Large Cheesy Bites	10	986	235	12.3	12.8	2.0	8.3	4.2	1.10
Large Garlic Butter Stuffed Crust	10	883	211	10.8	24.1	2.1	7.5	3.9	1.55
Large Pepperoni Stuffed Crust	10	1021	244	12.7	24.1	2.0	10.3	5.0	1.72
Large Nacho Cheese Flavoured Stuffed Crust	10	985	235	11.3	28.7	2.0	8.2	3.9	1.07
Gluten Free	8	526	126	4.2	16.0	2.1	4.7	1.8	0.61
Veggie Supreme									
Small Classic	6	591	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	613	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	707	169	7.1	22.8	2.3	5.5	2.3	0.50
Large Pan	10	864	206	7.9	25.3	1.9	8.1	2.9	0.70
Large Stuffed Crust	10	959	229	11.4	27.0	2.0	8.1	4.1	0.90
Large Cheesy Bites	10	959	229	11.4	27.0	2.0	8.1	4.1	0.90
Large Garlic Butter Stuffed Crust	10	857	204	9.9	24.1	2.1	7.4	3.8	1.35
Large Pepperoni Stuffed Crust	10	988	236	11.4	24.4	2.2	10.0	5.0	1.56
Large Nacho Cheese Flavoured Stuffed Crust	10	1044	249	10.6	25.9	2.1	11.3	4.7	0.92
Gluten Free	8	506	121	3.4	16.0	2.1	4.6	1.8	0.44

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Veggie Sizzler									
Small Classic	6	591	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 Pan	10	864	206	7.8	25.4	1.8	8.1	2.9	0.80
Large Stuffed Crust	10	959	229	11.4	27.1	1.9	8.0	4.2	1.03
Large Cheesy Bites	10	959	229	11.4	27.1	1.9	8.0	4.2	1.03
Large Garlic Butter Stuffed Crust	10	856	204	9.8	24.1	2.0	7.3	3.8	1.48
Large Pepperoni Stuffed Crust	10	1049	250	12.2	27.1	1.9	10.0	5.0	1.18
Large Nacho Cheese Flavoured Stuffed Crust	10	961	229	10.3	28.7	2.0	8.0	3.9	0.96
Gluten Free	8	508	121	3.4	16.1	2.1	4.6	1.8	0.53
Chicken Sizzler									
Small Classic	6	614	147	6.9	19.8	1.5	4.5	1.7	0.51
Small Classic (No Garlic Sprinkle)	6	611	146	6.9	19.7	1.4	4.5	1.7	0.49
Medium Classic	8	648	155	7.6	19.9	1.6	5.0	2.0	0.60
Medium Classic (No Garlic Sprinkle)	8	642	153	7.6	19.7	1.6	5.0	2.0	0.55
Large Classic	10	746	178	8.8	23.0	2.1	5.7	2.4	0.69
Large Classic (No Garlic Sprinkle)	10	737	176	8.7	22.8	2.1	5.6	2.3	0.63
Large Pan	10	910	217	10.0	25.6	1.9	8.2	3.0	0.89
Large Stuffed Crust	10	986	236	12.9	26.8	1.6	8.1	4.2	1.07
Large Cheesy Bites	10	986	236	12.9	26.8	1.6	8.1	4.2	1.07
Large Garlic Butter Stuffed Crust	10	884	211	11.4	23.9	1.8	7.4	3.8	1.52
Large Pepperoni Stuffed Crust	10	1077	257	13.8	26.9	1.6	10.1	5.0	1.21
Large Nacho Cheese Flavoured Stuffed Crust	10	992	237	11.9	28.6	1.8	8.1	3.9	1.00
Gluten Free	8	567	136	5.0	17.4	2.0	4.8	1.8	0.59

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Beef Sizzler									
Small Classic	6	637	152	6.4	20.0	1.5	5.3	2.0	0.55
Small Classic (No Garlic Sprinkle)	6	634	151	6.4	19.9	1.5	5.2	2.0	0.53
Medium Classic	8	677	162	7.0	20.1	1.6	6.0	2.4	0.65
Medium Classic (No Garlic Sprinkle)	8	671	160	7.0	19.9	1.6	5.9	2.4	0.60
Large Classic	10	776	185	8.1	23.3	2.1	6.7	2.8	0.75
Large Classic (No Garlic Sprinkle)	10	768	183	8.0	23.0	2.1	6.6	2.8	0.69
Large Pan	10	929	222	8.9	25.8	1.9	9.2	3.4	0.93
Large Stuffed Crust	10	1019	243	12.3	27.2	1.8	9.2	4.6	1.13
Large Cheesy Bites	10	1019	243	12.3	27.2	1.8	9.2	4.6	1.13
Large Garlic Butter Stuffed Crust	10	916	219	10.8	24.3	1.9	8.4	4.3	1.58
Large Pepperoni Stuffed Crust	10	1109	265	13.2	27.2	1.8	11.2	5.4	1.27
Large Nacho Cheese Flavoured Stuffed Crust	10	1021	244	11.3	28.9	1.9	9.1	4.3	1.05
Gluten Free	8	615	147	4.7	17.7	2.1	6.1	2.4	0.67
Texan BBQ									
Small Classic	6	692	165	8.4	20.1	1.9	5.7	2.1	0.66
Small Classic (No Garlic Sprinkle)	6	689	164	8.4	20.0	1.9	5.6	2.1	0.64
Medium Classic	8	720	172	9.1	20.1	2.0	6.1	2.4	0.73
Medium Classic (No Garlic Sprinkle)	8	714	170	9.1	20.0	2.0	6.0	2.4	0.68
Large Classic	10	831	198	10.2	23.8	2.9	6.9	2.8	0.86
Large Classic (No Garlic Sprinkle)	10	823	196	10.1	23.6	2.9	6.8	2.8	0.80
Large Pan	10	979	234	10.9	26.1	2.6	9.3	3.4	1.01
Large Stuffed Crust	10	1087	260	14.3	28.0	2.4	9.7	4.8	1.16
Large Cheesy Bites	10	1087	260	14.3	28.0	2.4	9.7	4.8	1.16
Large Garlic Butter Stuffed Crust	10	969	231	12.5	25.1	2.6	8.6	4.3	1.59
Large Pepperoni Stuffed Crust	10	1177	281	15.1	28.1	2.5	11.7	5.6	1.31
Large Nacho Cheese Flavoured Stuffed Crust	10	1076	257	13.4	29.4	2.7	9.2	4.3	1.16
Gluten Free	8	613	146	6.4	16.3	2.4	5.8	2.2	0.70

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Pepperoni Feast									
Small Classic	6	731	175	7.3	19.3	1.1	7.6	3.2	0.64
Small Classic (No Garlic Sprinkle)	6	728	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	178	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 Pan	10	1040	248	11.1	25.0	1.5	14.3	5.8	1.17
Large Stuffed Crust	10	1224	292	14.3	26.5	1.3	14.0	6.8	1.31
Large Cheesy Bites	10	1224	292	14.3	26.5	1.3	14.0	6.8	1.31
Large Garlic Butter Stuffed Crust	10	1121	268	12.8	23.6	1.4	13.2	6.5	1.77
Large Pepperoni Stuffed Crust	10	1314	314	15.2	26.5	1.3	16.0	7.6	1.46
Large Nacho Cheese Flavoured Stuffed Crust	10	1223	292	13.3	28.1	1.4	13.9	6.5	1.28
Gluten Free	8	725	173	5.8	15.5	1.6	9.5	4.0	0.79
The Meaty One									
Small Classic	6	793	189	9.8	19.7	1.2	8.0	3.1	0.74
Small Classic (No Garlic Sprinkle)	6	790	189	9.7	19.6	1.2	8.0	3.1	0.72
Medium Classic	8	869	207	11.1	19.8	1.4	9.4	3.8	0.88
Medium Classic (No Garlic Sprinkle)	8	863	206	11.1	19.6	1.4	9.3	3.7	0.83
Large Classic	10	998	238	12.5	22.9	1.8	10.8	4.4	1.02
Large Classic (No Garlic Sprinkle)	10	990	236	12.5	22.7	1.8	10.7	4.4	0.96
Large Pan	10	1146	274	13.3	25.2	1.4	13.3	4.9	1.17
Large Stuffed Crust	10	1194	285	16.2	23.8	1.4	13.5	6.3	1.83
Large Cheesy Bites	10	1194	285	16.2	23.8	1.4	13.5	6.3	1.83
Large Garlic Butter Stuffed Crust	10	1143	273	15.1	23.9	1.5	12.6	5.9	1.79
Large Pepperoni Stuffed Crust	10	1284	307	17.1	23.9	1.4	15.5	7.1	1.97
Large Nacho Cheese Flavoured Stuffed Crust	10	1168	279	15.5	25.7	1.5	12.6	5.9	1.33
Gluten Free	8	770	184	8.5	16.0	1.7	9.3	3.6	0.86

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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	940	224	11.1	22.8	1.7	10.0	4.1	1.02
Large Pan	10	1099	262	11.9	25.3	1.6	12.6	4.7	1.25
Large Stuffed Crust	10	1194	285	15.4	27.0	1.4	12.5	5.9	1.42
Large Cheesy Bites	10	1194	285	15.4	27.0	1.4	12.5	5.9	1.42
Large Garlic Butter Stuffed Crust	10	1091	260	13.9	24.1	1.6	11.8	5.6	1.87
Large Pepperoni Stuffed Crust	10	1284	306	16.2	27.1	1.4	14.5	6.7	1.56
Large Nacho Cheese Flavoured Stuffed Crust	10	1194	285	14.3	28.6	1.5	12.5	5.7	1.39
Gluten Free	8	726	173	7.1	16.1	1.7	8.8	3.4	0.91
BBQ Meat Feast									
Small Classic	6	763	182	8.3	20.7	2.0	7.4	2.9	0.80
Small Classic (No Garlic Sprinkle)	6	760	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	837	200	9.6	20.7	2.2	8.8	3.5	0.94
Large Classic	10	978	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 Pan	10	1127	269	11.8	26.9	2.8	12.6	4.7	1.33
Large Stuffed Crust	10	1222	292	15.3	29.0	2.7	12.5	5.9	1.49
Large Cheesy Bites	10	1222	292	15.3	29.0	2.7	12.5	5.9	1.49
Large Garlic Butter Stuffed Crust	10	1119	267	13.8	26.0	2.8	11.7	5.6	1.94
Large Pepperoni Stuffed Crust	10	1311	313	16.1	29.0	2.7	14.5	6.7	1.63
Large Nacho Cheese Flavoured Stuffed Crust	10	1224	292	14.3	30.3	2.9	12.5	5.7	1.48
Gluten Free	8	737	176	7.0	17.1	2.5	8.6	3.4	0.96

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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	120	6.8	19.3	1.2	4.4	1.8	0.42
Medium Classic	8	634	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 Pan	10	885	211	9.2	24.8	1.5	8.2	2.9	0.76
Large Stuffed Crust	10	979	234	12.9	26.4	1.4	8.1	4.2	0.93
Large Cheesy Bites	10	979	234	12.9	26.4	1.4	8.1	4.2	0.93
Large Garlic Butter Stuffed Crust	10	876	209	11.4	23.5	1.5	7.3	3.8	1.94
Large Pepperoni Stuffed Crust	10	1069	255	13.7	26.4	1.4	10.1	5.0	1.08
Large Nacho Cheese Flavoured Stuffed Crust	10	982	234	11.9	28.1	1.6	8.1	3.9	0.91
Gluten Free	8	527	126	4.9	15.5	1.7	4.6	1.8	0.48
Supreme									
Small Classic	6	724	173	7.4	19.8	1.4	7.2	2.8	0.62
Small Classic (No Garlic Sprinkle)	6	721	172	7.4	19.8	1.4	7.1	2.8	0.60
Medium Classic	8	743	177	7.9	19.8	1.5	7.5	3.0	0.67
Medium Classic (No Garlic Sprinkle)	8	737	176	7.8	19.6	1.5	7.4	3.0	0.63
Large Classic	10	875	209	9.3	23.0	2.0	9.0	3.7	0.81
Large Classic (No Garlic Sprinkle)	10	867	207	9.2	22.8	2.0	8.9	3.6	0.75
Large Pan	10	1023	244	10.0	25.3	1.6	11.4	4.2	0.96
Large Stuffed Crust	10	1119	267	13.5	27.0	1.7	113.9	5.5	1.15
Large Cheesy Bites	10	1119	267	13.5	27.0	1.7	113.9	5.5	1.15
Large Garlic Butter Stuffed Crust	10	876	209	11.4	23.5	1.5	7.3	3.8	1.94
Large Pepperoni Stuffed Crust	10	1209	289	14.3	27.1	1.7	13.4	6.3	1.29
Large Nacho Cheese Flavoured Stuffed Crust	10	1120	267	12.5	28.6	1.7	11.3	5.2	1.11
Gluten Free	8	636	152	5.2	16.0	1.9	7.2	2.8	0.64

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Roast Dinner Pizza									
Small Classic	6	748	178	7.7	21.2	1.3	6.8	1.7	0.59
Small Classic (No Garlic Sprinkle)	6	742	177	7.6	21.0	1.3	6.7	1.7	0.55
Medium Classic	8	874	209	9.1	24.6	1.5	8.0	2.1	0.72
Medium Classic (No Garlic Sprinkle)	8	878	209	9.1	24.9	2.0	7.9	2.1	0.68
Large Classic	10	962	230	10.1	27.2	1.9	8.6	2.5	0.85
Large Classic (No Garlic Sprinkle)	10	952	227	10.0	26.9	1.9	8.5	2.4	0.78
Large Pan	10	1123	268	10.3	27.9	1.5	12.6	3.3	1.44
Large Stuffed Crust	10	1175	281	13.6	31.5	1.5	11.0	4.4	1.17
Large Cheesy Bites	10	1175	281	13.6	31.5	1.5	11.0	4.4	1.17
Large Garlic Butter Stuffed Crust	10	1127	269	12.5	31.6	1.6	10.1	4.0	1.14
Large Pepperoni Stuffed Crust	10	1265	302	14.4	31.6	1.6	12.9	5.2	1.31
Large Nacho Cheese Flavoured Stuffed Crust	10	1167	279	13.5	31.5	1.6	10.8	4.4	1.17
Gluten Free	8	738	176	5.6	21.3	1.8	7.4	2.0	0.69
Chicken & Chorizo Pizza									
Small Classic	6	867	207	7.8	17.4	1.3	5.3	1.9	0.40
Small Classic (No Garlic Sprinkle)	6	861	205	7.7	17.2	1.3	5.2	1.9	0.36
Medium Classic	8	1008	241	9.2	20.4	1.5	6.2	2.3	0.51
Medium Classic (No Garlic Sprinkle)	8	997	238	9.1	20.1	1.4	6.1	2.2	0.44
Large Classic	10	1101	263	10.2	22.4	1.9	6.8	2.6	0.58
Large Classic (No Garlic Sprinkle)	10	1091	260	10.1	22.1	1.9	6.7	2.6	0.51
Large Pan	10	1263	301	10.5	23.1	1.5	10.7	3.4	1.17
Large Stuffed Crust	10	1338	319	13.7	26.8	1.5	9.7	4.6	0.90
Large Cheesy Bites	10	1338	319	13.7	26.8	1.5	9.7	4.6	0.90
Large Garlic Butter Stuffed Crust	10	1290	308	12.7	26.9	1.6	8.9	4.2	0.87
Large Pepperoni Stuffed Crust	10	1428	341	14.5	26.8	1.5	11.7	5.4	1.04
Large Nacho Cheese Flavoured Stuffed Crust	10	1358	324	14.0	26.9	1.6	10.1	4.8	0.92
Gluten Free	8	872	208	5.7	17.0	1.8	5.7	2.1	0.47

NUTRITIONALS HANDBOOK



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)
Loaded Chicken Supreme									
Small Classic	6	707	169	8.8	20.0	1.5	6.0	2.7	0.60
Small Classic (No Garlic Sprinkle)	6	696	166	8.7	19.7	1.5	5.9	2.6	0.52
Medium Classic	8	739	176	9.5	19.7	1.6	6.6	3.2	0.61
Medium Classic (No Garlic Sprinkle)	8	733	175	9.5	19.5	1.6	6.6	3.1	0.57
Large Classic	10	858	205	10.9	22.9	2.0	7.8	3.8	0.73
Large Classic (No Garlic Sprinkle)	10	849	203	10.8	22.7	2.0	7.7	3.7	0.67
Large Pan	10	1027	245	11.9	25.2	1.7	10.6	4.6	0.90
Large Stuffed Crust	10	1099	262	15.0	26.8	1.6	10.2	5.3	1.06
Large Cheesy Bites	10	1099	262	15.0	26.8	1.6	10.2	5.3	1.06
Large Garlic Butter Stuffed Crust	10	1050	251	14.0	26.9	1.7	9.3	4.9	1.03
Large Pepperoni Stuffed Crust	10	1189	284	15.8	26.8	1.6	12.2	6.1	1.11
Large Nacho Cheese Flavoured Stuffed Crust	10	1103	263	14.1	28.5	1.8	10.1	5.3	1.03
Gluten Free	8	632	151	6.8	15.9	1.9	6.4	3.0	0.59
Loaded Margherita									
Small Classic	6	719	172	7.5	19.6	1.1	7.1	3.5	0.59
Small Classic (No Garlic Sprinkle)	6	711	170	7.4	19.3	1.1	7.0	3.5	0.53
Medium Classic	8	769	184	8.4	19.4	1.2	8.1	4.2	0.64
Medium Classic (No Garlic Sprinkle)	8	763	182	8.3	19.2	1.2	8.0	4.2	0.60
Large Classic	10	903	216	9.9	22.6	1.6	9.6	5.1	0.77
Large Classic (No Garlic Sprinkle)	10	895	214	9.8	22.3	1.6	9.5	5.1	0.71
Large Pan	10	1095	261	11.2	24.9	1.4	12.8	6.2	0.98
Large Stuffed Crust	10	1148	274	14.1	26.6	1.3	12.0	6.3	1.11
Large Cheesy Bites	10	1148	274	14.1	26.6	1.3	12.0	6.3	1.11
Large Garlic Butter Stuffed Crust	10	1100	263	13.1	26.7	1.4	11.2	5.9	1.08
Large Pepperoni Stuffed Crust	10	1238	296	15.0	26.6	1.3	14.0	7.1	1.26
Large Nacho Cheese Flavoured Stuffed Crust	10	1148	274	13.1	28.2	1.4	11.9	6.6	1.07
Gluten Free	8	662	158	5.7	15.6	1.5	7.8	4.1	0.61

NUTRITIONALS HANDBOOK



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)
Loaded Hawaiian									
Small Classic	6	709	169	8.0	20.7	2.1	6.1	2.7	0.77
Small Classic (No Garlic Sprinkle)	6	700	167	7.9	20.5	2.1	6.0	2.7	0.71
Medium Classic	8	743	177	8.7	20.5	2.1	6.8	3.2	0.83
Medium Classic (No Garlic Sprinkle)	8	737	176	8.7	20.3	2.1	6.7	3.2	0.78
Large Classic	10	861	206	10.1	23.8	2.7	7.8	3.8	0.95
Large Classic (No Garlic Sprinkle)	10	853	204	10.0	23.6	2.7	7.7	3.8	0.89
Large Pan	10	1034	247	11.1	26.1	2.4	10.8	4.7	1.13
Large Stuffed Crust	10	1110	265	14.3	27.8	2.5	10.4	5.3	1.29
Large Cheesy Bites	10	1110	265	14.3	27.8	2.5	10.4	5.3	1.29
Large Garlic Butter Stuffed Crust	10	1062	254	13.3	27.9	2.6	9.5	5.0	1.26
Large Pepperoni Stuffed Crust	10	1200	286	15.1	27.8	2.5	12.4	6.1	1.43
Large Nacho Cheese Flavoured Stuffed Crust	10	1110	265	13.3	29.4	2.5	10.3	5.4	1.26
Gluten Free	8	577	138	5.6	15.8	2.1	5.5	2.6	0.68
Loaded Pepperoni Feast									
Small Classic	6	799	191	8.1	19.3	1.0	9.0	4.0	0.76
Small Classic (No Garlic Sprinkle)	6	796	190	8.1	19.2	1.0	9.0	4.0	0.74
Medium Classic	8	897	214	9.1	19.3	1.1	11.2	5.0	0.90
Medium Classic (No Garlic Sprinkle)	8	891	213	9.1	19.1	1.1	11.1	5.0	0.86
Large Classic	10	1036	247	10.6	22.4	1.5	12.8	5.8	1.04
Large Classic (No Garlic Sprinkle)	10	1028	245	10.5	22.2	1.5	12.7	5.8	0.99
Large Pan	10	1186	283	11.5	24.7	1.4	15.2	6.5	1.20
Large Stuffed Crust	10	1281	306	14.9	24.6	1.2	15.3	7.3	1.38
Large Cheesy Bites	10	1281	306	14.9	24.6	1.2	15.3	7.3	1.38
Large Garlic Butter Stuffed Crust	10	1233	294	13.8	26.5	1.3	14.4	7.0	1.35
Large Pepperoni Stuffed Crust	10	1371	327	15.7	26.5	1.2	17.3	8.1	1.53
Large Nacho Cheese Flavoured Stuffed Crust	10	1281	306	13.8	28.0	1.3	15.2	7.4	1.35
Gluten Free	8	790	189	6.4	15.5	1.5	10.9	4.8	0.87

NUTRITIONALS HANDBOOK



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)
Beyond Beef Sizzler									
Small Classic	6	618	147	7.1	17.6	1.4	5.0	1.9	0.62
Small Classic (No Garlic Sprinkle)	6	612	146	7.0	17.4	1.4	5.0	1.9	0.57
Medium Classic	8	651	155	7.4	17.8	1.7	5.7	2.3	0.70
Medium Classic (No Garlic Sprinkle)	8	641	153	7.4	17.4	1.6	5.6	2.2	0.63
Large Classic	10	740	177	8.6	20.5	2.1	6.3	2.6	0.79
Large Classic (No Garlic Sprinkle)	10	731	174	8.5	20.1	2.1	6.2	2.6	0.72
Large Pan	10	959	229	9.4	23.4	1.7	10.4	3.4	1.42
Large Stuffed Crust	10	1012	241	12.7	27.1	1.7	8.8	4.4	1.14
Large Cheesy Bites	10	1012	241	12.7	27.1	1.7	8.8	4.4	1.14
Large Garlic Butter Stuffed Crust	10	964	230	11.6	27.2	1.8	7.9	4.1	1.11
Large Pepperoni Stuffed Crust	10	1102	263	13.5	27.1	1.7	10.8	5.2	1.29
Large Nacho Cheese Flavoured Stuffed Crust	10	1032	246	12.9	27.1	1.9	9.2	4.7	1.16
Gluten Free	8	588	140	4.7	17.3	2.0	5.4	2.1	0.71
Beyond Italian Style Sausage Supreme									
Small Classic	6	678	162	7.3	19.9	1.3	5.9	2.3	0.53
Small Classic (No Garlic Sprinkle)	6	675	161	7.3	19.8	1.3	5.8	2.3	0.51
Medium Classic	8	708	169	7.9	19.9	1.4	6.4	2.6	0.60
Medium Classic (No Garlic Sprinkle)	8	702	167	7.9	19.7	1.4	6.3	2.6	0.56
Large Classic	10	820	196	9.3	23.1	1.8	7.3	3.1	0.71
Large Classic (No Garlic Sprinkle)	10	812	194	9.2	22.8	1.8	7.3	3.0	0.65
Large Pan	10	972	232	10.0	25.3	1.5	9.9	3.7	0.87
Large Stuffed Crust	10	1056	252	13.3	27.0	1.5	9.7	4.8	1.03
Large Cheesy Bites	10	1056	252	13.3	27.0	1.5	9.7	4.8	1.03
Large Garlic Butter Stuffed Crust	10	1008	240	12.2	27.1	1.6	8.8	4.5	1.00
Large Pepperoni Stuffed Crust	10	1146	273	14.1	27.1	1.5	11.7	5.6	1.18
Large Nacho Cheese Flavoured Stuffed Crust	10	1068	255	12.5	28.7	1.6	9.8	4.6	1.02
Gluten Free	8	632	151	5.3	17.4	1.8	6.3	2.4	0.60

NUTRITIONALS HANDBOOK



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)
Beyond Three - Meat Three Cheese									
Small Classic	6	670	160	7.4	19.8	1.3	5.6	2.1	0.56
Small Classic (No Garlic Sprinkle)	6	667	159	7.4	19.7	1.3	5.6	2.1	0.54
Medium Classic	8	696	166	7.9	19.8	1.4	6.1	2.5	0.63
Medium Classic (No Garlic Sprinkle)	8	690	165	7.9	19.6	1.4	6.1	2.4	0.59
Large Classic	10	809	193	9.3	23.0	1.9	7.1	2.9	0.75
Large Classic (No Garlic Sprinkle)	10	801	191	9.2	22.8	1.9	7.0	2.9	0.69
Large Pan	10	961	229	10.0	25.3	1.5	9.6	3.5	0.90
Large Stuffed Crust	10	1073	256	13.7	26.9	1.4	10.0	5.0	1.09
Large Cheesy Bites	10	1073	256	13.7	26.9	1.4	10.0	5.0	1.09
Large Garlic Butter Stuffed Crust	10	1025	245	12.7	27.0	1.6	9.2	4.6	1.06
Large Pepperoni Stuffed Crust	10	1128	269	14.5	26.9	1.4	12.0	5.8	1.24
Large Nacho Cheese Flavoured Stuffed Crust	10	1057	252	12.5	28.6	1.6	9.5	4.4	1.05
Gluten Free	8	620	148	5.3	17.3	1.8	6.0	2.3	0.62

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Name of Product	Number of Portions per Serving	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)
Sides									
Mixed Leaf Salad (Side Salad)	1	205	49	0.9	3.2	2.5	3.3	0.3	0.06
Garlic Bread	2	200	48	1.0	5.7	0.3	2.3	0.7	0.14
Potato Wedges	2	795	190	3.3	26.4	1.3	7.9	0.9	0.65
Doritos Cheesy Nachos	2	1223	292	8.0	28.1	3.1	18.1	4.6	1.29
Premium Sides									
Cheesy Garlic Bread	2	291	70	2.4	6.0	0.5	3.9	1.6	0.24
Mac n' Cheese	2	858	205	10.3	17.3	2.1	10.2	5.9	0.74
Cheese Triangles	2	1057	252	8.9	13.1	0.7	18.0	7.2	1.75
Breaded Chicken Strips (5 Strips)	2	767	183	13.3	16.5	0.6	7.4	2.3	0.84
Hot 'N' Spicy Chicken Strips (8 Strips)	2	880	210	15.2	16.8	0.7	8.8	2.0	1.44
BBQ Chicken Wings (7 Wings)	2	927	221	21.1	6.0	3.9	12.5	3.0	1.75
Fajita Chicken Chunks	2	885	211	16.2	16.2	0.7	9.0	1.2	1.32
Beyond Italian Style Sausage Tear & Share Topper	4	1435	342	16.6	38.2	1.5	13.7	6.2	1.33
Cheesy Garlic Tear & Share	4	1286	307	13.9	37.4	1.5	11.4	5.2	1.14
Italian - Style Cheese & Tomato Bites	2	1188	284	9.9	23.4	2.9	17.1	8.1	1.33
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

NUTRITIONALS HANDBOOK



Name of Product	Number of Portions per Serving	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 & White Chocolate Cookie Dough	2	1379	329	3.0	51.1	24.1	12.5	7.7	0.65
Chocolate Chip Cookie Dough	2	1406	336	3.7	46.1	24.4	14.7	8.6	0.63
Cadbury Chocolate & Caramel Cookie Dough	2	1437	343	3.2	43.3	24.9	17.2	8.1	0.19
Cold Desserts									
Pizza Hut Vanilla Ice Cream (Served with cookie dough)	2	216	52	0.8	5.9	5.0	2.8	1.7	0.05
Ben & Jerry's Ice Cream Chocolate Fudge Brownie	Refer to product label or - Ben & Jerry's www.benjerry.co.uk								
Ben & Jerry's Ice Cream Cookie Dough									
Ben & Jerry's Chip Happens									
Ben & Jerry's Blondie Brownie Core									
Ben & Jerry's Moo-phoria Chocolate Chip Cookie Dough									
Ben & Jerry's Rain-Dough Cookie Dough Twist Ice Cream									
Ben & Jerry's Salted Caramel Cookie Dough Chunks									
Magnum Double Salted Caramel Ice Cream	Refer to product label or - Magnum www.magnumicecream.com								
Magnum Ruby Berries & Cream									