

# 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)
<b>Margherita</b>									
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	227	226	9.3	24.7	1.5	9.9	4.0	0.86
Large Cheesy Pan Crust	10	869	207	8.2	24.3	1.3	8.5	3.2	0.76
Large Stuffed Crust	10	1027	245	11.5	28.0	1.3	9.5	4.9	0.97
Large Garlic Butter Flavoured Stuffed Crust	10	946	226	10.9	25.4	1.4	8.9	8.9	1.01
Large Cheesy Bites	10	1036	247	11.5	28.2	1.3	9.6	4.9	1.03
Gluten Free	8	561	134	4.3	15.4	1.6	5.8	2.5	0.53

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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)
<b>Farmhouse</b>									
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	878	210	9.4	24.6	1.2	8.3	3.0	0.63
Large Cheesy Pan Crust	10	903	215	9.4	24.6	1.2	8.7	3.3	0.94
Large Stuffed Crust	10	975	233	11.4	27.9	1.2	8.2	4.1	1.07
Large Garlic Butter Flavoured Stuffed Crust	10	894	213	10.8	25.3	1.3	7.5	4.0	1.10
Large Cheesy Bites	10	983	235	11.4	28.1	1.2	8.3	4.1	1.12
Gluten Free	8	518	124	4.2	15.4	1.5	4.7	1.8	0.61
<b>Hawaiian</b>									
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 Cheesy Pan Crust	10	913	218	9.4	25.3	1.9	8.7	3.3	0.94
Large Stuffed Crust	10	985	235	11.3	28.7	1.9	8.2	4.1	1.06
Large Garlic Butter Flavoured Stuffed Crust	10	905	216	10.7	26.1	2.0	7.5	4.0	1.10
Large Cheesy Bites	10	994	237	11.4	28.9	1.9	8.3	4.1	1.12
Gluten Free	8	527	126	4.2	16.0	2.1	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)
<b>Veggie Supreme</b>									
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 Cheesy Pan Crust	10	889	212	8.4	25.3	1.9	8.5	3.2	0.74
Large Stuffed Crust	10	961	229	10.4	28.6	2.0	8.0	4.0	0.86
Large Garlic Butter Flavoured Stuffed Crust	10	880	210	9.8	26.1	2.0	7.3	3.9	0.90
Large Cheesy Bites	10	969	231	10.4	28.9	2.0	8.1	4.0	0.92
Gluten Free	8	507	121	3.4	16.0	2.1	4.6	1.8	0.44
<b>Veggie Sizzler</b>									
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 Cheesy Pan Crust	10	889	212	8.4	25.4	1.8	8.5	3.2	0.83
Large Stuffed Crust	10	961	229	10.3	28.7	1.9	8.0	4.0	0.95
Large Garlic Butter Flavoured Stuffed Crust	10	881	210	9.7	26.2	1.9	7.3	3.9	0.99
Large Cheesy Bites	10	970	231	10.4	29.0	1.9	8.1	4.0	1.01
Gluten Free	8	508	121	3.4	16.1	2.1	4.6	1.8	0.53

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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)
<b>Chicken Sizzler</b>									
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 Italian	10	576	138	7.5	16.8	1.9	4.5	2.1	0.55
Large Pan	10	910	217	10.0	25.6	1.9	8.2	3.0	0.89
Large Cheesy Pan Crust	10	936	223	10.6	25.6	1.9	8.7	3.2	0.92
Large Stuffed Crust	10	991	237	11.9	28.6	1.7	8.1	4.0	1.00
Large Garlic Butter Flavoured Stuffed Crust	10	911	217	11.4	26.1	1.8	7.4	4.0	1.04
Large Cheesy Bites	10	999	239	12.0	28.8	1.7	8.2	4.0	1.06
Gluten Free	8	568	136	5.0	17.4	2.0	4.8	1.8	0.59
<b>Beef Sizzler</b>									
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 Italian	10	604	144	6.8	17.0	2.0	5.5	2.6	0.61
Large Pan	10	929	222	8.9	25.8	1.9	9.2	3.4	0.93
Large Cheesy Pan Crust	10	954	228	9.4	25.8	1.9	9.6	3.7	0.96
Large Stuffed Crust	10	1021	244	11.3	28.9	1.8	9.1	4.5	1.05
Large Garlic Butter Flavoured Stuffed Crust	10	940	224	10.7	26.3	1.8	8.4	4.4	1.09
Large Cheesy Bites	10	1029	246	11.3	29.1	1.8	9.1	4.5	1.11
Gluten Free	8	615	147	4.7	17.7	2.1	6.1	2.4	0.67

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<b>Texan BBQ</b>									
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 Italian	10	661	158	8.9	17.6	2.8	5.7	2.5	0.72
Large Pan	10	979	234	10.9	26.1	2.6	9.3	3.4	1.01
Large Cheesy Pan Crust	10	1004	240	11.4	26.1	2.6	9.8	3.6	1.04
Large Stuffed Crust	10	1076	257	13.4	29.4	2.6	9.2	4.4	1.16
Large Garlic Butter Flavoured Stuffed Crust	10	982	234	12.5	26.9	2.7	8.4	4.3	1.17
Large Cheesy Bites	10	1084	259	13.4		2.6	9.3	4.5	1.22
Gluten Free	8	613	146	6.4	16.3	2.4	5.8	2.2	0.70
<b>Pepperoni Feast</b>									
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	1041	248	11.1	25.0	1.5	14.3	5.8	1.17
Large Cheesy Pan Crust	10	1065	254	10.0	24.4	1.3	12.8	4.9	1.07
Large Stuffed Crust	10	1223	292	13.3	28.1	1.3	13.9	6.7	1.28
Large Garlic Butter Flavoured Stuffed Crust	10	1143	273	12.7	25.5	1.4	13.2	6.6	1.32
Large Cheesy Bites	10	1232	294	13.3	28.3	1.3	14.0	6.7	1.34
Gluten Free	8	725	173	5.8	15.5	1.6	9.5	4.0	0.79

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<b>The Meaty One</b>									
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 Italian	10	828	198	11.3	16.7	1.7	9.6	4.1	0.88
Large Pan	10	1146	274	13.3	25.2	1.4	13.3	4.9	1.17
Large Cheesy Pan Crust	10	1171	280	13.8	25.2	1.4	13.7	5.2	1.20
Large Stuffed Crust	10	1168	279	15.5	25.7	1.4	12.6	6.0	1.33
Large Garlic Butter Flavoured Stuffed Crust	10	1160	277	15.1	26.0	1.5	12.5	6.0	1.35
Large Cheesy Bites	10	1176	281	15.5	25.9	1.4	12.7	6.0	1.39
Gluten Free	8	770	184	8.5	16.0	1.7	9.3	3.6	0.86
<b>Meat Feast</b>									
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 Cheesy Pan Crust	10	1124	268	12.4	25.3	1.6	13.0	5.0	1.28
Large Stuffed Crust	10	1194	285	14.3	28.6	1.4	12.5	5.8	1.38
Large Garlic Butter Flavoured Stuffed Crust	10	1113	266	13.7	26.1	1.5	11.8	5.7	1.42
Large Cheesy Bites	10	1202	287	14.4	28.9	1.4	12.5	5.8	1.44
Gluten Free	8	726	173	7.1	16.1	1.7	8.8	3.4	0.91

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<b>BBQ Meat Feast</b>									
Small Classic	6	764	182	8.3	20.7	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	3.5	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 Cheesy Pan Crust	10	1152	275	12.3	26.9	2.8	13.0	5.0	1.36
Large Stuffed Crust	10	1224	292	14.3	30.3	2.8	12.5	5.8	1.48
Large Garlic Butter Flavoured Stuffed Crust	10	1143	273	13.7	27.7	2.9	11.8	5.7	1.52
Large Cheesy Bites	10	1232	294	14.3	30.5	2.8	12.5	5.8	1.54
Gluten Free	8	737	176	7.0	17.1	2.5	8.6	3.4	0.96
<b>Chicken Supreme</b>									
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 Cheesy Pan Crust	10	910	217	10.0	24.8	1.5	8.6	3.2	0.78
Large Stuffed Crust	10	982	234	11.9	28.1	1.5	8.1	4.0	0.91
Large Garlic Butter Flavoured Stuffed Crust	10	901	215	11.3	25.5	1.6	7.4	4.0	0.95
Large Cheesy Bites	10	990	236	12.0	28.3	1.5	8.2	4.0	0.97
Gluten Free	8	528	126	4.9	15.5	1.7	4.6	1.8	0.48

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<b>Supreme</b>									
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 Italian	10	705	168	8.0	16.8	1.8	7.8	3.4	0.67
Large Pan	10	1023	244	10.0	25.3	1.6	11.4	4.2	0.96
Large Cheesy Pan Crust	10	1048	250	10.5	25.3	1.6	11.8	4.5	0.99
Large Stuffed Crust	10	1120	267	12.5	28.6	1.6	11.3	5.3	1.11
Large Cheesy Bites	10	1129	269	12.5	28.8	1.6	11.4	5.3	1.17
Gluten Free	8	636	152	5.2	16.0	1.9	7.2	2.8	0.64
<b>Buffalo Chicken Pizza</b>									
Small Classic	6	727	173	7.5	20.4	1.9	6.9	1.9	0.52
Small Classic (No Garlic Sprinkle)	6	724	173	7.5	20.3	1.9	6.9	1.9	0.50
Medium Classic	8	760	181	8.2	20.4	2.1	7.5	2.2	0.59
Medium Classic (No Garlic Sprinkle)	8	754	180	8.1	20.3	2.1	7.4	2.2	0.54
Large Classic	10	864	206	9.4	23.6	2.5	8.3	2.6	0.68
Large Classic (No Garlic Sprinkle)	10	855	204	9.3	23.3	2.5	8.2	2.6	0.63
Large Italian	10	695	166	8.1	17.3	2.4	7.2	2.4	0.55
Large Pan	10	1015	242	10.1	25.8	2.1	10.8	3.2	0.84
Large Cheesy Pan Crust	10	1040	248	10.6	25.8	2.1	11.3	3.5	0.86
Large Stuffed Crust	10	1112	265	12.5	29.2	2.1	10.8	4.3	0.99
Large Cheesy Bites	10	1121	267	12.6	29.4	2.2	10.8	4.3	1.05
Gluten Free	8	684	163	5.6	17.9	2.5	7.4	2.1	0.58



# 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)
<b>Buffalo Chicken Pizza With Jalapenos</b>									
Small Classic	6	730	174	7.5	20.5	1.9	6.9	1.9	0.58
Small Classic (No Garlic Sprinkle)	6	727	173	7.5	20.4	1.9	6.9	1.9	0.56
Medium Classic	8	764	182	8.2	20.6	2.1	7.5	2.3	0.67
Medium Classic (No Garlic Sprinkle)	8	758	181	8.2	20.4	2.1	7.4	2.2	0.63
Large Classic	10	867	207	9.4	23.7	2.5	8.3	2.6	0.77
Large Classic (No Garlic Sprinkle)	10	859	205	9.3	23.5	2.5	8.2	2.6	0.72
Large Italian	10	698	167	8.1	17.4	2.4	7.2	2.4	0.61
Large Pan	10	1018	243	10.1	25.9	2.1	10.9	3.2	0.91
Large Cheesy Pan Crust	10	1043	249	10.6	25.9	2.1	11.3	3.5	0.93
Large Stuffed Crust	10	1113	266	12.6	29.2	2.1	10.8	4.3	1.09
Large Cheesy Bites	10	1122	268	12.6	29.4	2.2	10.9	4.3	1.15
Gluten Free	8	685	163	5.6	18.0	2.5	7.4	2.1	0.67

# 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)
<b>Sides</b>									
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
Large Potato Wedges	4	596	142	2.4	19.8	1.0	5.9	0.7	0.68
Doritos Cheesy Nachos	2	1223	292	8.0	28.1	3.1	18.1	4.6	1.29
<b>Premium Sides</b>									
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	968	231	9.6	14.4	0.8	15.0	6.4	1.78
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
Cheesy Garlic Tear & Share	4	1286	307	13.9	37.4	1.5	11.4	5.2	1.14
Buffalo Chicken Cheesy Garlic Tear & Share	4	1369	327	17.0	38.0	1.7	11.9	5.4	1.26
XI Doritos Cheesy Nachos	4	1223	292	8.0	28.1	3.1	18.1	4.6	1.29
Garlic & Herb Chicken Chunks	2	846	202	16.2	15.2	0.5	8.5	1.1	1.53
Fajita Chicken Chunks	2	885	211	16.2	16.2	0.7	9.0	1.2	1.32
<b>Delivery Dips</b>									
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)
<b>Hot Desserts</b>									
<b>Warm Cookie Dough</b>									
Caramel and 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
Red Velvet Cookie Dough	2	1403	335	3.5	46.7	26.6	14.8	9.2	0.51
Pizza Hut Vanilla Ice Cream (Served with cookie dough)	2	216	52	0.8	5.9	5.0	2.8	1.7	0.05
<b>Cold Desserts</b>									
GF Millionaire Shortbread	1	1327	317	1.6	41.2	27.3	16.1	9.0	0.29
GF Crispy Slice	1	1240	296	2.4	40.1	28.9	13.7	7.8	0.31
Ben & Jerry's Ice Cream Chocolate Fudge Brownie									
Ben & Jerry's Ice Cream Phish Food									
Ben & Jerry's Ice Cream Cookie Dough									
Ben & Jerry's Blondie Brownie Core									
Ben & Jerry's Ice Cream Baked Alaska									
Ben & Jerry's Salted Caramel Brownie Moophoria									
Ben & Jerry's Cookie Dough Chunks									
Ben & Jerry's Chip Happens									
Refer to product label or - Ben & Jerry's <a href="http://www.benjerry.co.uk">www.benjerry.co.uk</a>									
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