

ALLERGY INFORMATION

LET US KNOW IF YOU NEED HELP WITH THE INFORMATION IN THIS BOOKLET



At Pizza Hut Restaurants, we offer a range of food and dining options to cater for your lifestyle choices - we call this 'Taste Freedom', however with freedom comes responsibility and your health and wellbeing is our number 1 priority.

In the Hut we use lots of fresh ingredients, most of our pizzas are topped with dairy cheese and our menus change on a regular basis. We also prepare our food in one kitchen and whilst we have strict controls and standards from field to fork, please be aware that we cannot guarantee that any of our food is 100% allergen free.

If you, or anyone with you today, has a food allergy, please check our Dietary Information Booklet and consider carefully whether you can dine with us.

Many thanks and eat safe

Jens Hofma

(CEO Pizza Hut Restaurants)



Scan the QR code or use the link tinyurl.com/phnutritional to visit our online dietary information page.

KEY & INTERPRETING THE DATA



Allergy data in the table has been derived from specifications obtained from the suppliers of the products. We have taken all reasonable steps to ensure that this table is accurate at the time of publishing (January 2021).

The '●' indicates that the allergen is **contained** and **present** in this item.

The '○' means that this allergen is present in the manufacturing site/factory/supply chain, therefore our suppliers believe there is a **risk** that this allergen could **cross contaminate** the food.

The '●*' indicates that the allergen is contained in Pan, (Vegan) Stuffed Crust and Cheesy Bites bases for pizza combinations using tomato sauce.

All fried products may contain gluten, milk, egg, soya, mustard, celery and sesame due to cross contamination during the frying process.

The Nut column indicates the presence of the following; almonds, brazils, cashews, hazelnuts, macadamias, pecans, pistachios, walnuts & their respective derivatives.

Our allergen information will be kept up to date and should be checked each time you dine with us, as we may update recipes. Our teams cannot recommend or tell you what is suitable for you to eat or drink.



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GLUTEN FREE PRODUCTS



Allergies – Unfortunately, we can't guarantee any of our food is 100% allergen free.

We cook up a storm, preparing all of our delicious food in the same place; so there's a risk of cross contamination with allergens, **especially milk as we use lots of dairy cheese.**

If you, or anyone with you today, has a food allergy, please check this Dietary Information Booklet and consider carefully whether you can dine with us.

Our  pizzas and the processes involved in preparing them have been checked by Coeliac UK and verified through annual audits.

The  symbol denotes gluten free foods that contain gluten at a level no more than 20 parts per million.

SIDES

- Mini Corn on the Cob
- BBQ Ribs
- BBQ Chicken Wings

TABLETOP & TAKEAWAY SAUCES

- Tomato Ketchup
- BBQ sauce
- Mayonaise
- Garlic Sauce Dip Pot
- BBQ Dip Pot

SALAD STATION

- Potato Salad
- Coleslaw
- Lettuce Mix
- Cherry Tomatoes
- Cucumber
- Shredded Carrot
- Tortilla Chips

SALAD DRESSINGS & DIPS

- Thousand Island Dressing
- Vinaigrette

PIZZA & SAUCES

- Gluten Free Dough
- Seasoned Tomato Sauce
- Unseasoned Tomato Sauce
- BBQ Sauce
- BBQ Drizzle
- Balsamic Drizzle

CHEESE

- Goats Cheese
- Mozzarella
- Triple Cheese Blend
- Violife Vegan Ch**se

MEAT

- Bacon
- Chicken Breast
- Chorizo
- Pepperoni
- Beef
- Shaved Steak
- Ham
- Paprika Pulled Chicken
- Chargrilled Chicken Breast

VEGETABLES & FRUIT

- Black Olives
- Peppers
- Caramelised Onions
- Mushrooms
- Red Onion
- Sweetcorn
- Green Chillli
- Cherry Tomatoes
- Jalapenos
- Pineapple
- Rocket
- Spinach
- Flame Roasted Peppers & Onions
- Garlic Mushrooms
- Meat-free Pepperphoni
- BBQ Jackfruit

All fried products we serve may contain gluten due to cross contamination in our fryers.

KIDS

- Gluten Free Dough
- Mini Corn on the Cob
- Chocolate Brownie
- Orange Ice Lolly
- Ice Cream Factory

DESSERTS

- Ice Cream Factory Mix (including all sauces and sprinkles)
- Hot Chocolate Brownie
- Raspberry Ice
- Vanilla Ice Cream
- Take Away Vanilla Ice Cream
- Strawberry Ice Cream

DRINKS

- Unlimited Drinks Station
- Fresh Semi skimmed Milk
- Robinsons Squash Orange / Apple & Blackcurrant
- Fruit Shoot Orange / Apple & Blackcurrant
- Fruit Shoot Hydro Blackcurrant
- Gingerella / Ginger Beer
- Cream Soda
- Black Cherry Cream Soda
- Still / Sparkling Water
- J20 Apple & Raspberry/Orange & Passion Fruit
- Pepsi Bottle
- Pepsi Max Bottle
- Orange / Apple Juice
- All Take Away 1.5L Soft Drinks
- Tea
- Americano
- Caffe Latte
- Cappuccino
- Espresso Shot
- Hot Chocolate

ALCOHOL

- Kopparberg Cider Strawberry & Lime
- Bulmers Original Cider
- Sauvignon Blanc
- Shiraz
- White Zinfandel
- Prosecco
- Nitro Passion Fruit Martini

VEGAN PRODUCTS



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SIDES

- Mini Corn on the Cob
- Southern Fried Nuggets

SALAD STATION

- Lettuce Mix
- Cherry Tomatoes
- Cucumber
- Shredded Carrot
- B*con Bits
- Tortilla Chips

SALAD DRESSINGS

- Vinaigrette

TABLETOP & TAKEAWAY

SAUCES

- Tomato Ketchup
- BBQ Sauce
- BBQ Sauce Dip Pot

PIZZA & BASES

- Pan Dough
- All American Thin Dough
- Gluten Free Dough
- Flatbread Dough
- Vegan Stuffed Crust
- Seasoned Tomato Sauce
- Unseasoned Tomato Sauce
- BBQ Sauce
- BBQ Drizzle
- Balsamic Drizzle
- Violife Vegan Ch**se

PIZZA & FLATBREADS

- Vegan Veggie
- Vegan Margherita
- Vegan All About Mushrooms
- Vegan Virtuous Veg Flatbread
- Vegan Pepperphoni Feast
- Vegan BBQ Jack 'N' Ch**se

VEGETABLES & FRUIT

- Black Olives
- Peppers
- Mushroom
- Red Onion
- Sweetcorn
- Green Chilli
- Cherry Tomatoes
- Jalapeños
- Pineapple
- Rocket
- Spinach
- Caramelised Onions
- Flame Roasted Peppers & Onions
- Garlic Mushrooms
- Meat-free Pepperphoni
- BBQ Jackfruit

KIDS

- Pan Pizza Dough
- Thin Pizza Dough
- Gluten Free Dough
- Violife Vegan Ch**se
- Mini Corn on the Cob

DESSERTS

- I Can't Believe Its Not Cheesecake
- Raspberry Ice

DRINKS

- Pepsi Bottle
- Irn Bru
- Still / Sparkling Water
- Robinsons Squash Orange / Apple & Blackcurrant
- Robinsons Fruit Shoot Orange / Apple & Blackcurrant
- Fruit Shoot Hydro - Blackcurrant
- J20 Apple & Raspberry / Orange & Passion Fruit
- Gingerella / Ginger Beer
- Orange/Apple Juice
- All Take Away 1.5L Soft Drinks Excluding Diet Pepsi
- Cream Soda
- Black Cherry Cream Soda
- Black Tea
- Black Americano
- Espresso Shot
- Prosecco
- Carlsberg
- San Miguel
- Budweiser
- BrewDog Punk IPA
- Nitro Passionfruit Martini

PLEASE NOTE: Diet Pepsi is NOT vegan. Due to cross contamination in the nozzle of our Unlimited Drinks Stations, all our self-serve drinks are not suitable for those following a vegan diet.

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Dish Name	Suitable for?			Does it contain?												
	Vegetarians	Vegans	Coeliacs	Cereals containing gluten above 20ppm	Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphur Dioxide above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
Sides																
Fries (Fried)	Yes	No	No	●	○	○	○				○	○	○			
Fries (Oven Baked)	Yes	No	No	●												
Onion Rings (Fried)	Yes	No	No	●	○	○	○				○	○	○			
Onion Rings (Oven Baked)	Yes	No	No	●												
Garlic Bread	Yes	No	No	●	○		○									
Garlic Bread with Mozzarella	Yes	No	No	●	○		●									
Cheesy Triangles (Oven Baked)	Yes	No	No	●		●	●									
Cheesy Triangles (Fried)	Yes	No	No	●	○	●	●			○	○	○				
Southern Fried Nuggets	Yes	Yes	No	●												
Chicken Wings	No	No	Yes													
Chicken Bites	No	No	No	●	●											
Jalapeno Poppers (Fried)	Yes	No	No	●	○	●	●			○	○	○				
Jalapeno Poppers (Oven Baked)	Yes	No	No	●	●	●	●									
Mini Corn on the Cob	Yes	Yes	Yes		●											
BBQ Ribs	No	No	Yes													
Table Top Sauces																
BBQ Sauce	Yes	Yes	Yes													
Tomato Ketchup	Yes	Yes	Yes													
Mayonnaise	Yes	No	Yes			●										
Takeaway Dip Pots																
Garlic Sauce Dip Pot	Yes	No	Yes		●	●						●	●			
BBQ Sauce Dip Pot	Yes	Yes	Yes													
Sour Cream & Chive Dip Pot	Yes	No	No	●		●	●									

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Salad Station																
Dressed Salad Lines																
Potato Salad	Yes	No	Yes			●	●						●		○	○
Coleslaw	Yes	No	Yes			●							●		○	○
Fresh Salad Lines																
Lettuce & Carrot Mix	Yes	Yes	Yes													
Cherry Tomatoes	Yes	Yes	Yes													
Cucumber	Yes	Yes	Yes													
Dried Items																
B*con Bits (Flavoured Sprinkles)	Yes	Yes	No	●	●											
Tortilla Chips	Yes	Yes	Yes													
Dressings & Dips																
Thousand Island Dressing	Yes	No	Yes			●										
Vinaigrette	Yes	Yes	Yes										●			
Pizza Builder																
Pizza Bases																
Original Pan	Yes	Yes	No	●	●					●*						
All American Thin	Yes	Yes	No	●	●											
Stuffed Crust	Yes	No	No	●	●	○	●			●*	○		○			
Cheesy Bites	Yes	No	No	●	●	○	●			●*	○		○			
Gluten Free	Yes	Yes	Yes													
Vegan Stuffed Crust	Yes	Yes	No	●	●					●*						
Flatbreads	Yes	Yes	No	●	●											
Pizza Base Sauces																
Unseasoned tomato	Yes	Yes	Yes													
Seasoned tomato	Yes	Yes	Yes							●						
BBQ	Yes	Yes	Yes		●											
Cheese sauce	Yes	No	No	●			●				○		●		○	○
Cheese																
Mozzarella	Yes	No	Yes				●									
Goats' Cheese	Yes	No	Yes				●									
Triple Cheese Blend	Yes	No	Yes				●									
Vegan Ch**se	Yes	Yes	Yes													

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Dish Name	Suitable for?			Does it contain?												
	Vegetarians	Vegans	Coeliacs	Cereals containing gluten above 20ppm	Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphur Dioxide above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
Pizza Toppings																
Meat																
Chicken Breast	No	No	Yes													
Ham	No	No	Yes													
Pepperoni	No	No	Yes										●			
Beef	No	No	Yes		●											
Bacon	No	No	Yes													
Pulled Chicken	No	No	Yes								○				○	○
Shaved Steak	No	No	Yes		●							●				
Chorizo	No	No	Yes													
Chargrilled Chicken Breast	No	No	Yes													
Vegetables & Fruit																
Black Olives	Yes	Yes	Yes													
Peppers	Yes	Yes	Yes													
Mushrooms	Yes	Yes	Yes													
Red Onions	Yes	Yes	Yes													
Sweetcorn	Yes	Yes	Yes													
Green Chilli	Yes	Yes	Yes													
Cherry Tomatoes	Yes	Yes	Yes													
Jalapeños	Yes	Yes	Yes													
Pineapple	Yes	Yes	Yes													
Rocket	Yes	Yes	Yes													
Spinach	Yes	Yes	Yes													
Caramelised Onions	Yes	Yes	Yes													
BBQ Jackfruit	Yes	Yes	Yes													
Meat Free Pepperoni	Yes	Yes	Yes													
Garlic Mushrooms	Yes	Yes	Yes													
PLEASE NOTE: Peas are in the legume family, and people with allergies to other legumes like Peanuts and Soya should be careful when introducing pea protein due to the possibility of a pea allergy.																
Pizza Drizzle Finish																
Garlic Butter	Yes	No	No	○	○	○	●				○	○		○		
BBQ Sauce	Yes	Yes	Yes		●											
Balsamic Glaze	Yes	Yes	Yes													

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Dish Name	Suitable for?			Does it contain?												
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Pizza Combinations (Tomato sauce base unless stated otherwise on the menu)																
Pepperoni Feast	No	No	Yes				●			●*			●			
Hawaiian	No	No	Yes				●			●*						
Chicken Supreme	No	No	Yes				●			●						
Meat Feast	No	No	Yes		●		●			●*			●			
Supreme	No	No	Yes		●		●			●*			●			
BBQ Americano	No	No	Yes		●		●									
Veggie Pepperphoni Feast	Yes	No	Yes				●			●*						
Veggie	Yes	No	Yes				●			●*						
Margherita	Yes	No	Yes				●			●*						
The G.O.A.T	Yes	No	Yes				●			●						
EPIC Meat Feast	No	No	Yes		●		●			●*	○	●	●		○	○
Melting Marg	Yes	No	No	●			●			○	○	●	●		○	○
Melting Hot	No	No	No	●			●			○	○	●	●		○	○
Melting Steak & Chorizo	No	No	No	●	●		●			○	○	●	●		○	○
Melting Chick & Garlic Mushroom	No	No	No	●			●			○	○	●	●		○	○
Melting Chick & Ham	No	No	No	●			●			○	○	●	●		○	○
All About Mushroom	Yes	No	Yes				●			●*						
BBQ Jack 'N' Cheese	Yes	No	Yes		●		●			●*						
Hot 'N' Spicy Chicken	No	No	Yes				●			●*						
Meat Meltdown	No	No	Yes		●		●			●*			●			
Flatbread Combinations (Tomato sauce base unless stated otherwise on the menu)																
Virtuous Veg Flatbread	Yes	No	No	●	●		●									
Chicken Delight Flatbread	No	No	No	●	●		●									
BBQ Steak 'N' Chicken Flatbread	No	No	No	●	●		●					●				
Vegan Pizza Combinations (Tomato sauce base unless stated otherwise on the menu)																
Vegan Veggie	Yes	Yes	Yes							●*						
Vegan Margherita	Yes	Yes	Yes							●*						
Vegan Pepperphoni Feast	Yes	Yes	Yes							●*						
Vegan All About Mushrooms	Yes	Yes	Yes							●*						
Vegan BBQ Jack 'N' Ch**se	Yes	Yes	Yes		●		●			●*						
Vegan Virtuous Veg Flatbread	Yes	Yes	No	●	●											

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Dish Name	Suitable for?			Does it contain?												
	Vegetarians	Vegans	Coeliacs	Cereals containing gluten above 20ppm	Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphur Dioxide above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
Mains																
Lasagne	No	No	No	●		●	●				○				○	○
Garlic Bread (served with Lasagne)	Yes	No	No	●	○		○									
Classic Mac 'N' Cheese	Yes	No	No	●			●				○		●		○	○
Chicken-izo Melt	No	No	Yes		●		●									
Fries (served with Chicken-izo Melt)	Yes	No	No	●												
Bluffet Sides																
Garlic Breadstick Bites	Yes	No	No	●	●	○	●			○	○		○			
Tomato Pasta	Yes	Yes	No	●	●						○	●			○	○
Cheese & Broccoli Pasta	Yes	No	No	●	●		●				○				○	○

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Big and Little Boss																
Pizza																
Original Pan	Yes	Yes	No	●	●											
Thin	Yes	Yes	No	●	●											
Gluten Free base	Yes	Yes	Yes													
Mozzarella	Yes	No	Yes				●									
Vegan Ch**se	Yes	Yes	Yes													
Chicken breast	No	No	Yes													
Ham	No	No	Yes													
Pepperoni	No	No	Yes										●			
Sweetcorn	Yes	Yes	Yes													
Cherry Tomatoes	Yes	Yes	Yes													
Pineapple	Yes	Yes	Yes													
Peppers	Yes	Yes	Yes													
Black Olives	Yes	Yes	Yes													
Red Onions	Yes	Yes	Yes													
Mushrooms	Yes	Yes	Yes													
Spinach	Yes	Yes	Yes													
Jalapeños	Yes	Yes	Yes													
Green Chilli	Yes	Yes	Yes													
Meat Free Pepperphoni	Yes	Yes	Yes													
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Mains																
Little Boss - Cheesy Pasta	Yes	No	No	●			●				○				○	○
Little Boss - Spaghetti Bolognese	No	No	No	●							○				○	○
Mozzarella Cheese	Yes	No	Yes				●									
Big Boss - Lasagne	No	No	No	●		●	●				○				○	○
Big Boss - Mac 'N' Cheese	Yes	No	No	●			●				○		●		○	○
Chicken with Fried Fries	No	No	No	●	●	○	○				○		●		○	○
Chicken with Oven Baked Fries	No	No	No	●	●								●		○	

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Sides																
Fries (Fried)	Yes	No	No	●	○	○	○				○	○	○			
Fries (Oven Baked)	Yes	No	No	●												
Onion Rings (Fried)	Yes	No	No	●	○	○	○				○	○	○			
Onion Rings (Oven Baked)	Yes	No	No	●												
Mini Corn on the Cob	Yes	Yes	Yes		●											
Garlic Bread	Yes	No	No	●	○		○									
Big and Little Boss Drinks																
Milk	Yes	No	Yes				●									
All fountain drinks contain a source of Phenylalanine.																
Robinsons Squash - All flavours	Refer directly to the supplier - Britvic - www.britvic.co.uk															
Apple Juice	Refer directly to the supplier - Mulrines - www.mulrines.com/mulrines-uk															
Orange Juice																
Tango																
Apple Tango																
7Up Free																
Pepsi Max	Refer directly to the supplier - Britvic - www.britvic.co.uk															
Diet Pepsi																
Fruit Shoots - All flavours																
Big and Little Boss Desserts																
Orange Juice Ice Lolly	Yes	No	Yes				○									
Chocolate Brownie	Yes	No	Yes		●	●	●			○						○
Raspberry Ice	Yes	Yes	Yes													

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Ice Cream Factory																
Ice Cream Mix	Yes	No	Yes				●									
Raspberry Sauce	Yes	Yes	Yes													
Chocolate Sauce	Yes	No	Yes		●		●									
Tricolour Chocolate Pieces	Yes	No	Yes		●		●									○
Lemon Crunch	Yes	No	Yes													
Strawberry Crunch	Yes	No	Yes													
Golden Crunch	Yes	No	Yes													
Milk Chocolate Beans	Yes	No	Yes		●		●									
Chocolate Toffee Crunch	Yes	No	Yes				●									
Milk Chocolate Chips	Yes	No	Yes		●		●								○	○
Dinosaur and Unicorn Sprinkles	Yes	Yes	Yes													
Alphabet Sprinkles	Yes	Yes	Yes													
Popping Candy	Yes	No	Yes				●									
Hot Cookie Dough - All Sizes (Served with Vanilla Ice Cream and Sauce)																
Choc Chip Cookie Dough	Yes	No	No	●	●	○	●									○
White Chocolate & Caramel Cookie Dough	Yes	No	No	●	●	○	●									○
Triple Chocolate Cookie Dough	Yes	No	No	●	●	○	●									○
Desserts																
I Can't Believe It's Not Ch**secake	Yes	Yes	No	●	●											
Chocolate Brownie (Served with Vanilla Ice Cream)	Yes	No	Yes		●	●	●			○						○
Vanilla Ice Cream	Yes	No	Yes				●									
Take Away Vanilla Ice Cream	Yes	No	Yes				●									

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The '○' means that this allergen is present in the manufacturing site/factory/supply chain, therefore our suppliers believe there is a risk that this allergen could cross-contaminate the food.																
The '●*' indicates that the allergen is contained in Pan, (Vegan) Stuffed Crust and Cheesy Bites bases for pizza combinations using tomato sauce.																
Dish Name	Suitable for?			Does it contain?												
	Vegetarians	Vegans	Coeliacs	Cereals containing gluten above 20ppm	Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphur Dioxide above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
Drinks																
Soft Drinks																
All fountain drinks contain a source of Phenylalanine.																
Robinsons Squash - All flavours	Refer directly to the supplier - Britvic - www.britvic.co.uk															
Belu Still Water	Refer directly to the supplier - Belu - www.belu.co.uk															
Belu Sparkling Water																
Pepsi bottle	Refer directly to the supplier - Britvic - www.britvic.co.uk															
Pepsi Max bottle																
Irn Bru	Refer directly to the supplier - Mulrines - www.mulrines.com/mulrines-uk															
Apple Juice																
Orange Juice																
J2O - all flavours	Refer directly to the supplier - Britvic - www.britvic.co.uk															
Gingerella	Refer directly to the supplier - Karma Cola - www.karmacola.co.uk															
Virgil's - All flavours	Refer directly to the supplier - Virgil's - www.virgils.com															
Take Away 7Up Free	Refer directly to the supplier - Britvic - www.britvic.co.uk															
Take Away Diet Pepsi																
Take Away Pepsi Max																
Take Away Tango Orange																
Take Away Pepsi																

ALLERGEN DECLARATION

Updated January 2021

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The '●*' indicates that the allergen is contained in Pan, (Vegan) Stuffed Crust and Cheesy Bites bases for pizza combinations using tomato sauce.

Dish Name	Suitable for?			Does it contain?												
	Vegetarians	Vegans	Coeliacs	Cereals containing gluten above 20ppm	Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphur Dioxide above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
Hot drinks																
Black Tea	Yes	Yes	Yes													
Tea with Milk	Yes	No	Yes			●										
Hot Chocolate	Yes	No	Yes			●										
Black Americano	Yes	Yes	Yes													
Americano with Milk	Yes	No	Yes			●										
Caffe Latte	Yes	No	Yes			●										
Cappuccino	Yes	No	Yes			●										
Espresso Shot	Yes	Yes	Yes													
Alcoholic drinks																
Passionfruit Martini (200ml)	Refer directly to the supplier - Funkin Cocktails - www.funkincocktails.co.uk															
Pinot Grigio	Refer directly to the supplier - Matthew Clark - www.matthewclark.co.uk/															
Sauvignon Blanc																
Merlot																
Shiraz																
White Zinfandel																
Prosecco																
Budweiser	Refer directly to the supplier - Carlsberg - www.Carlsberg.com/															
San Miguel																
Carlsberg																
Brewdog																
Bulmer's	Refer directly to the supplier - Bulmer's - www.Bulmer.co.uk/															
Kopparberg - All flavours	Refer directly to the supplier - Kopparberg - www.kopparberg.com															

INGREDIENT DECLARATION

Updated January 2021

All fried products may contain gluten, milk, egg, soya, mustard, celery and sesame due to cross contamination during the frying process.

Sides	
Fries (Fried)	
Fries (Fried)	Potatoes, Sunflower oil, Wheat (Gluten) flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
Rapeseed Oil	Rapeseed Oil, Antifoaming Agent (E900)
Fries (Baked)	
Fries (Baked)	Potatoes, Sunflower oil, Wheat (Gluten) flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
Onion Rings (Fried)	
Onion Rings (Fried)	Onions, Batter [Wheat Starch, Wheat Flour, Dextrose, Salt, Dextrin, Thickeners (Guar Gum, Carrageenan), Raising Agents (Diphosphates, Sodium Bicarbonate)], Wheat Flour, Oil (Sunflower, Palm), gelling agent (Sodium Alginate), Sugar, Salt.
Rapeseed Oil	Rapeseed Oil, Antifoaming Agent (E900)
Onion Rings (Oven Baked)	
Onion Rings (Oven Baked)	Onions, Batter [Wheat Starch, Wheat Flour, Dextrose, Salt, Dextrin, Thickeners (Guar Gum, Carrageenan), Raising Agents (Diphosphates, Sodium Bicarbonate)], Wheat Flour, Oil (Sunflower, Palm), gelling agent (Sodium Alginate), Sugar, Salt.
Mini Corn on the cob	
Corn on the cob	Sweetcorn.
Vegetable oil spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Chicken Wings	
Chicken Wings	Chicken, Sugar, Salt, Potato Starch, Dextrose, Maize Flour, Onion Powder, Fructose, Yeast Extract, Garlic Powder, Smoke Flavouring, Cornflour, Cayenne Pepper, Black Pepper, Honey Powder, Paprika Extract, Rapeseed Oil, Flavouring, Cocoa Powder, Black Pepper Extract, Pimento Extract, Sage Extract, Sunflower Oil.
Chicken Bites	
Chicken Bites	Chicken, Wheat Flour, Rapeseed Oil, Water, Rice Starch, Salt, Dextrose, Stabilisers: E451, E450, E452; Wheat Gluten, Onion Powder, Black Pepper, Garlic Powder, Raising Agents: E341(i), E450(i); Yeast Extract, Modified Maize Starch, Sunflower Oil, Cayenne Pepper, Flavouring, Black Pepper Extract.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Cheesy Triangles (Oven Baked)	
Cheesy Triangles	57% Processed Cheese (Milk) [65% Cheese (Milk), Water, Butter (Milk), Milk Protein, Starch, Emulsifying Salts (E452, E331), Salt, Thickeners (E407)], Flour (Wheat , Maize), Water, Rapeseed oil, Modified Starch, Salt, Parsley, Milk Protein, Yeast, Chicken Egg powder, Onion powder, Garlic Powder, Raising agents (E450, E500), Sunflower Oil.
Cheesy Triangles (Fried)	
Cheesy Triangles	57% Processed Cheese (Milk) [65% Cheese (Milk), Water, Butter (Milk), Milk Protein, Starch, Emulsifying Salts (E452, E331), Salt, Thickeners (E407)], Flour (Wheat , Maize), Water, Rapeseed oil, Modified Starch, Salt, Parsley, Milk Protein, Yeast, Chicken Egg powder, Onion powder, Garlic Powder, Raising agents (E450, E500), Sunflower Oil.
Rapeseed Oil	Rapeseed Oil, Antifoaming Agent (E900)
Jalapeno Poppers (Oven Baked)	
Jalapeno Poppers	Full Fat Soft Cheese (Milk) (28%), Red Jalapeño Peppers (26%), Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin), Water, Cornflour, Wheat Starch, Sunflower Oil, Dried Red Pepper Flakes, Rice Flour, Salt, Yeast, Paprika, Dried Whole Egg Powder (Free range).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Jalapeno Poppers (Fried)	
Jalapeno Poppers	Full Fat Soft Cheese (Milk) (28%), Red Jalapeño Peppers (26%), Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin), Water, Cornflour, Wheat Starch, Sunflower Oil, Dried Red Pepper Flakes, Rice Flour, Salt, Yeast, Paprika, Dried Whole Egg Powder (Free range).
Rapeseed Oil	Rapeseed Oil, Antifoaming Agent (E900)

INGREDIENT DECLARATION

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Garlic Bread	
Garlic Bread	Wheat Flour (with Calcium carbonate, Iron, Niacin, Thiamin), Water, Margarine [Oil (Rapeseed Oil, Palm Oil), Water, Emulsifier (E471), Flavouring, Colours (E160b, E100)], Garlic (Puree and Chopped), Yeast, Salt, Garlic Powder, Oregano, Onion Powder, Garlic Oil, Flour Treatment Agent (E300). May contain Soya/Soya Products, Milk/ Milk Products.
Garlic Bread with Cheese	
Garlic Bread	Wheat Flour (with Calcium carbonate, Iron, Niacin, Thiamin), Water, Margarine [Oil (Rapeseed Oil, Palm Oil), Water, Emulsifier (E471), Flavouring, Colours (E160b, E100)], Garlic (Puree and Chopped), Yeast, Salt, Garlic Powder, Oregano, Onion Powder, Garlic Oil, Flour Treatment Agent (E300). May contain Soya/Soya Products, Milk/ Milk Products.
Mozzarella Cheese (optional)	Mozzarella Cheese (Pasteurised Milk , Salt, Lactic Cultures), Potato Starch.
Southern Fried Nuggets	
Southern Fried Nuggets	Mycoprotein (53%), Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Breadcrumbs (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Yeast, Salt), Wheat Starch, Potato Protein, Wheat Gluten , Salt, Firming Agents: Calcium Chloride, Calcium Acetate; Water, Natural Flavouring, Pea Fibre, Spices (Paprika, Fennel, Black Pepper), Yeast Extract, Stabilisers: Carrageenan, Sodium Alginate; Black Pepper, Rice Flour, Dextrose, Acid: Citric Acid; Garlic Extract, Onion Oil.
BBQ Ribs	
BBQ Pork Ribs	Pork, Sugar, Molasses, Tomato Paste, Water, Spirit Vinegar, Salt, Corn Flour, Oregano, Onion Powder, Colour (E160c), Flavourings, Cumin, Cayenne Pepper, Clove, Glucose, Rice Flour, Potato Starch, Tomato Powder, Acidity Regulator (E330, E331i, E262ii), Onion Puree, Tamarind Paste, Yeast Extract, Paprika, Fennel, Coriander, Black Pepper, Ginger Puree, Stabilisers (E451i, E450i, E453).
Tabletop Sauces	
BBQ Sauce	Water, Concentrated Tomato Purée (19%), Sugar, Spirit Vinegar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Ground Paprika, Colour (Plain Caramel), Smoke Flavouring, Dried Garlic, Onion Powder, Preservative (Potassium Sorbate), Chilli Powder.
Tomato Ketchup	Water, Concentrated Tomato Purée, Sugar, Spirit Vinegar, Maize Starch, Salt, Seasoning [Maltodextrin, Salt, Spice Extract, Colour (Paprika Extract)], Spice Blend [Salt, Tomato Powder, Flavouring].
Mayonnaise	Rapeseed Oil (39%), Water, Dextrose Monohydrate, Spirit Vinegar, Modified Maize Starch, Salt, Free Range Dried Egg Yolk (1%), Stabilisers (Xanthan Gum, Guar Gum), Preservative (Potassium Sorbate).
Takeaway Dip Pots	
Garlic & Herb Sauce Dip Pot	Refined Soya Oil, Water, Spirit Vinegar, Sugar, Garlic, Lemon Juice (from concentrate), Modified Starch, Egg Yolk, Salt, Garlic Juice, Shallots, Mustard Seeds, Thickener (Xanthan Gum), Preservative (Potassium Sorbate), Chives, Celery Juice, Onion, Garlic Extract, Spices, Flavouring, Antioxidant (Calcium Disodium EDTA).
BBQ Sauce Dip Pot	Tomato Purée, Spirit Vinegar, Sugar, Molasses, Water, Modified Starch, Salt, Spices, Garlic, Thickener: Xanthan Gum; Smoke Flavouring, Flavouring.
Sour Cream & Chive Pot	Rapeseed Oil, Water, Spirit Vinegar, Sour Cream (Milk), Sugar, Egg Yolk, Modified Starch, Salt, Lemon Juice (from concentrate), Flavourings (contain Milk, Barley), Thickener (Xanthan Gum), Chive, Preservative (Potassium Sorbate), Antioxidant (Calcium Disodium EDTA).

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Salad Station	
Dressed Salad Lines	
Potato Salad	Potato (71%), Mayonnaise (24%) (Water, Rapeseed Oil, Spirit Vinegar, Sugar, White Wine Vinegar, Free Range Egg , Stabilisers (Guar Gum, Xanthan Gum), Free Range Egg Yolk Powder, Mustard Flour), Onion, Soured Cream (Milk), White Wine Vinegar, Salt, Chives, Rapeseed Oil, Cornflour, Preservative (Potassium Sorbate). May contain Peanuts/ their derivatives and Nuts.
Coleslaw	Cabbage (54%), Mayonnaise (33%) (Rapeseed Oil, Water, Free Range Egg , Sugar, White Wine Vinegar, Spirit Vinegar, Stabilisers (Guar Gum, Xanthan Gum), Salt, Mustard Flour), Carrot (9%), Onion (2%), White Wine Vinegar, Preservative (Potassium Sorbate). May contain Peanuts/ their derivatives and Nuts.
Fresh Salad Lines	
Lettuce and Carrot Mix	Iceberg Lettuce, Carrot, Cos Lettuce
Cherry Tomatoes	Cherry Tomatoes
Cucumber Slices	Cucumber
Dried Items	
B*con Bits	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Thiamine, Niacin), Palm Oil, Seasoning (Rusk (Contains Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Thiamine, Niacin)), Flavourings (contains Soya, Barley), Colours (Beetroot Red, Paprika Extract, Plain Caramel), Yeast Extract Powder, Salt, Yeast Powder, Sugar, Barley Malt Flour, Hydrolysed Vegetable Protein (Soya), Smoked Salt), Salt, Yeast.
Tortilla Chips	Maize Flour (Corn); Sunflower Oil; Salt
Dressings & Dips	
Thousand Island Dressing	Water, Rapeseed Oil, Sugar, Spirit Vinegar, Tomato Paste, White Wine Vinegar, Modified Maize Starch, Salt, Free Range Dried Egg Yolk, Gherkin (Gherkin, Salt, Acidity Regulator (Acetic Acid)), Dried Onion, Lemon Juice Concentrate, Stabilisers (Xanthan Gum, Guar Gum), Preservative (Potassium Sorbate), Acidity Regulator (Lactic Acid), Dried Red Pepper, Dried Garlic, Colour (Paprika Extract), Dried Parsley, Natural Flavouring.
Vinaigrette	Water, White Wine Vinegar, Sugar, Rapeseed Oil, Garlic Puree (Water, Dried Garlic, Acidity Regulator (Citric Acid)), Salt, Dijon Mustard (Water, Mustard Seed, Spirit Vinegar, Salt), Parsley, Stabilisers (Xanthan Gum, Guar Gum), Cracked Black Pepper, Dried Onion, Basil, Preservative (Potassium Sorbate), Caramelised Sugar Syrup, Acidity Regulator (Lactic Acid), White Pepper, Colour (Curcumin).
Pizza Bases	
All American Thin	
All American Thin Dough	Wheat Flour, Water, Yeast: (Bakers Yeast, Rehydrating Agent;e491), Salt, Vegetable Oil, Sugar, Ascorbic Acid e300
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Polenta	Maize. May contain Gluten.
Original Pan	
Pan Dough	Wheat Flour, Water, Yeast : (Bakers Yeast, Rehydrating Agent; E190), Vegetable Rapeseed Oil, Salt, Premix : {Salt, Calcium Sulphate, Emulsifiers; E481, E472e, E471, Flour Treatment Agent E300, Enzyme (Alpha Amylase, Xylanase, Glucose Oxidase, Protease, Cellulase)}, Sugar, Flour Treatment Agent (ascorbic acid E300).
Soya Oil	100% Refined Soya Oil
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
PLEASE NOTE: THE SOYA OIL USED ON OUR PAN DOUGH PIZZA BASE DOES NOT CONTAIN ANY SOYA. THE SOYA OIL IS 100% REFINED, THEREFORE IS NOT ALLERGENIC.	
Stuffed Crust	
Stuffed Crust Dough Base	Wheat Flour (Wheat), Water, Yeast: (Bakers Yeast, Rehydrating Agent;e491), Salt, Vegetable Oil, Sugar, Ascorbic Acid e300
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Garlic Butter	Butter (Milk), Garlic Puree (10%), Parsley (4%), Pepper, Sea Salt, Preservatives (Citric Acid, Acetic Acid). May contain Gluten, Soya, Egg, Mustard, Sesame & Sulphites.
String Cheese for Crust	Mozzarella (Pasteurised Milk , Salt, Cultures), Potato Starch
Cheesy Bites	
Stuffed Crust Dough	Wheat Flour (Wheat), Water, Yeast: (Bakers Yeast, Rehydrating Agent;e491), Salt, Vegetable Oil, Sugar, Ascorbic Acid e300
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Garlic Butter	Butter (Milk), Garlic Puree (10%), Parsley (4%), Pepper, Sea Salt, Preservatives (Citric Acid, Acetic Acid). May contain Gluten, Soya, Egg, Mustard, Sesame & Sulphites.
String Cheese for Crust	Mozzarella (Pasteurised Milk , Salt, Cultures), Potato Starch

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Gluten Free	
Gluten Free Dough	Gluten Free Blend (Tapioca Starch, Rice Flour, Maize Starch, Psyllium Husk Powder, Sugar, Buckwheat Flour, Thickeners (Xanthan Gum, Hydroxypropyl Methyl Cellulose), Salt), Water, Rapeseed Oil, Yeast, Pea Protein.
Flatbread	
All American Thin Dough	Wheat Flour, Water, Yeast: (Bakers Yeast, Rehydrating Agent;e491), Salt, Vegetable Oil, Sugar, Ascorbic Acid e300
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Vegan Stuffed Crust	
Stuffed Crust Dough	Wheat Flour (Wheat), Water, Yeast: (Bakers Yeast, Rehydrating Agent;e491), Salt, Vegetable Oil, Sugar, Ascorbic Acid e300
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
String Ch**se for Crust	Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour: B-Carotene, Vitamin B12.
Vegan Ch**se	Water, Coconut Oil, Modified Starch, Starch, Sea Salt, Flavourings, Preservative: Sorbic Acid, Colour: B-Carotene, Vitamin B12.
Pizza Base Sauces	
Unseasoned Tomato Sauce (for All American Thin, Flatbreads, Gluten Free Bases, Kids Pizza Bases)	Tomato Concentrate (Tomato Paste, Citric Acid).
Seasoned Tomato Sauce (for Original Pan, Stuffed Crust, Cheesy Bites Pizza)	Tomato Concentrate (Tomato Paste, Citric Acid), Sugar (White), Herbs (Oregano, Basil), Salt, Flavouring [Carriers (Maize Maltodextrin, Potato Maltodextrin, Tapioca Dextrin), Flavouring Preparations, Flavouring Substances, Acid: Citric Acid (E330), Colour: Paprika Extract (E160c)], Garlic Powder, Onion Powder, Spice (Black Pepper), Acids: [Lactic Acid (E270), Calcium Lactate (E327)]. Contains Sulphites.
BBQ Sauce (For all Bases) (Gluten Free)	Water, Tomato Paste, Sugar, Spirit Vinegar, Glucose-Fructose Syrup, Soy Sauce (Water, Soya Extract [Water, Soya Beans, Salt, Wheat* Flour (With Calcium, Iron, Niacin (Vitamin B3), Thiamin (Vitamin B1)]), Salt, Glucose, Spirit Vinegar, Barley* Malt Extract), Modified Maize Starch, Spices, Caramelised Sugar Syrup, Salt, Smoke Flavouring, Preservative (Potassium), *Below 20ppm. (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')
Cheese Sauce (All American Thin and Stuffed Crust)	Milk , Water, Vintage Cheddar Cheese (Milk) (9.5%), Red Leicester Cheese (Milk) (5.5%) (Colour: Annatto), Cream (Milk), Modified Maize Starch, Sunflower Oil, Full Cream Milk Powder, Wheat Flour (contains Calcium Carbonate, Iron, Niacin, Thiamin), Cheddar Cheese Stock (Cheese Powder (Milk), Glucose Syrup Solids, Water, Yeast Extract, Salt, Sunflower Oil, Natural Flavouring (Sugar Cane, Yeast, Onion, Apricot)), Medium Fat Hard Cheese (Milk), Red Wine Vinegar, Tomato Puree, Yellow Mustard Powder, Worcester Sauce (Water, Spirit Vinegar, Sugar, Onion, Salt, Tamarind Paste, Cloves, Ginger, Garlic, Barley Malt Extract), Butter (Milk), Garlic, Salt, Chipotle Chilli Powder, Black Pepper, Santa Cruz Chilli Powder (Chilli, Cumin, Salt, Oregano, Garlic Powder). May contain Peanuts/their derivatives, Nuts and Sesame.
Cheese	
Mozzarella Cheese	Mozzarella with added starch (Mozzarella Cheese (Milk , Salt, Cultures), Potato Starch)
Goats' Cheese	Goat Milk , Salt, Lactic Culture, Coagulant, Ripening Culture
Triple Cheese Blend	Mozzarella (Pasteurised Milk , Salt, Starter Cultures, Potato Starch), Red Leicester (Pasteurised Milk , Salt, Starter cultures, Annatto (E160b), Monterey Jack (Pasteurised Milk , Salt, Starter Cultures)
String Cheese for Crust	Mozzarella (Pasteurised Milk , Salt, Cultures), Potato Starch
Vegan Ch**se	Water, Coconut Oil, Modified Starch, Starch, Sea Salt, Flavourings, Preservative: Sorbic Acid, Colour: B-Carotene, Vitamin B12.
Meat & Fish	
Chicken Breast	Chicken Breast, Dextrose, Salt, Modified Tapioca Starch (E1420), Glucose Syrup (E330, E500i), Corn Starch.
Pepperoni	Meat (Pork, Beef), Beef Fat, Spice Blend (Mustard , Salt, Dextrose, Smoke Flavour, Spice Extracts (Contains Colour (E160c), Antioxidant (E301)), Salt, Flavouring, Lactic Acid Starter Culture, Preservative (E250).
Ham	Pork Leg, Water, Salt, Dextrose, Modified Maize Starch, Stabilisers (E450, E451), Emulsifier (E407), Smoke Flavouring, Natural Flavouring, Antioxidant (E301), Preservative (E250).
Seasoned Minced Beef (with added Soya protein)	Beef, Beef Fat, Water, Soya Protein, Seasoning (Modified Potato Starch, Salt, Dextrose, Yeast Extract, Spices, Stabiliser (E407), Garlic Powder, Onion Powder, Spirit Vinegar Solids, Acidity Regulator (E330), White Sugar, Flavouring, Spice Extract), Roasted Barley* Malt Extract. *Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')
Bacon	Pork Belly & Pork Back, Salt, Smoke Flavouring, Antioxidant: Sodium Ascorbate (E301), Preservatives: Sodium Nitrite (E250), Potassium Nitrate (E252)
Shaved steak (with added Soya protein)	Beef, Seasoning (Unmodified starch (Rice), Sugar, Dried Glucose Syrup, Rice flour, Dextrose, Caramelised Sugar, Salt, Stabilisers(E450, E451) , Tomato Powder, Flavourings (Contains Flavour Enhancer (E635)), Acidity Regulator (E330), Garlic Powder, Onion Powder, Spices (Celery Seed, White Pepper), Soya Protein.
Chorizo	Pork meat, Pork Fat, Salt, Dextrose, Chilli powder, Garlic powder, Rosemary Extract, Sage, Malt Barley* vinegar, Smoked paprika, Paprika Extract, Stabiliser (E450) Antioxidant (E301), Lactic Acid Starter culture, Preservative (E250) , Paprika powder. *Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')
Pulled Chicken	Chicken (96%), Sunflower Oil, Salt, Black Pepper, Garlic, Chilli Powder, Smoked Paprika, Ground Cumin. May contain Sesame, Peanuts and nuts.
Chargrilled Chicken Breast	Chicken, Roast Chicken Stock (Water, Roast Chicken Carcass, Yeast Extract, Salt), Cornflour, Sugar, Salt, Dried Onion, Garlic, Sunflower Oil, Thyme.

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Vegetables & Fruit	
Black Olives	Water, Olives, Salt, Stabiliser (Ferrous Gluconate)
Mixed Peppers	Green peppers, Red Peppers, Yellow Peppers
Caramelised Onions	Red Onions, Balsamic vinegar Of Modena (Aceto balsamico di Modena I.G.P.:Wine vinegar, Concentrated Grape Must, Caramel E-150d Preservative E-224(Potassium Metabisulphite)), Glucose Syrup, Sugar, Modified Corn Starch, Xanthan Gum Stabilizer. Contains Sulphites.
Mushrooms	Mushrooms
Red Onion	Red Onion
Sweetcorn	Sweetcorn, Water, Salt
Green Chillies	Green Chillies
Cherry Tomatoes	Cherry Tomatoes
Jalapeños	Jalapeno Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509).
Pineapple	Pineapple, Pineapple Juice, Citric Acid.
Rocket	Rocket Leaves
Spinach	Spinach
Meat Free Pepperphoni	Water, Sunflower Oil, Blend,[Pea protein, Stabilisers (Carrageenan, Konjac Gum), potato protein, starch, flaxseed flour], Salt, Onion Extract, Dried Glucose Syrup, Natural Flavourings, Spices, Thickener (Methyl Cellulose), Colours (Beetroot Red, Paprika Extract), Acidity Regulator (Lactic Acid, Citric Acid),Flavourings, Garlic Powder, Yeast Extract Powder, Onion Powder, Smoked Salt, Maltodextrin, Smoked Flavouring.
Garlic Mushrooms	Mushroom, Garlic, Sunflower oil, Parsley, Salt, Ground White Pepper.
BBQ Jackfruit	Jackfruit [Water, Salt, Citric Acid (E330).] (85.30%), Tomato Ketchup [Organic Sugar, Tomato Paste, Water, Spirit Vinegar, Sea Salt.] Sunflower Oil, Garlic, Smoked Paprika, Salt, Ground Fennel, Cumin, Chilli Powder.
Pizza Drizzle Finish	
Garlic Butter	Butter (Milk), Garlic Puree (10%), Parsley (4%), Pepper, Sea Salt, Preservatives (Citric Acid, Acetic Acid). May contain Gluten, Soya, Egg, Mustard, Sesame & Sulphites.
BBQ Sauce (Gluten Free)	Water, Tomato Paste, Sugar, Spirit Vinegar, Glucose-Fructose Syrup, Soy Sauce (Water, Soya Extract [Water, Soya Beans, Salt, Wheat* Flour (With Calcium, Iron, Niacin (Vitamin B3), Thiamin (Vitamin B1))], Salt, Glucose, Spirit Vinegar, Barley* Malt Extract), Modified Maize Starch, Spices, Caramelised Sugar Syrup, Salt, Smoke Flavouring, Preservative (Potassium). *Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')
Balsamic Glaze	Balsamic Vinegar Of Modena (Aceto Balsamico di Modena I.G.P.:Wine Vinegar, Concentrated Grape Must, Caramel E-150d Preservative E-224), Glucose Syrup, Sugar, Modified Corn Starch, Xanthan Gum Stabilizer. Contains Sulphites.
Main Meals & Pastas	
Chicken-izo Melt	
Chicken Melt	Chicken, Roast Chicken Stock (Water, Roast Chicken Carcass, Yeast Extract, Salt), Cornflour, Sugar, Salt, Dried Onion, Garlic, Sunflower Oil, Thyme.
BBQ Sauce	Water, Tomato Paste, Sugar, Spirit Vinegar, Glucose-Fructose Syrup, Soy Sauce (Water, Soya Extract [Water, Soya Beans, Salt, Wheat* Flour (With Calcium, Iron, Niacin (Vitamin B3), Thiamin (Vitamin B1))], Salt, Glucose, Spirit Vinegar, Barley* Malt Extract), Modified Maize Starch, Spices, Caramelised Sugar Syrup, Salt, Smoke Flavouring, Preservative (Potassium). *Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')
3 Cheese Blend	Mozzarella Cheese, Red Leicester Cheese, Monterey Jack Cheese (Pasteurised Milk, Salt, Lactic Cultures, Colour (Annatto (E160b)))
Chorizo	Pork Meat, Pork Fat, Salt, Dextrose, Chilli Powder, Garlic Powder, Rosemary Extract, Sage, Malt Vinegar, Smoked Paprika, Colour (Paprika Oleoresin), Antioxidant (Sodium Ascorbate), Lactic Acid Starter Culture, Preservative (Sodium Nitrite), Paprika Powder.
Fries (Baked)	Potatoes, Sunflower oil, Wheat (Gluten) flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.

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Lasagne	
Lasagne	Beef Sauce (59%): Beef (32%), Tomatoes (21%), Tomato Passata (20%), Water, Onion, Tomato Puree, Red Wine, Salt, Modified Maize Starch, Beef Bouillon [Maltodextrin, Salt, Yeast Extract, Beef Meat Extract, Sugar, Natural Flavouring, Vegetables (Onions, Parsnip), Sunflower Oil, Potato Starch, Spices (Garlic, Lovage, Nutmeg, Beef Powder, Caramelised Sugar, Natural Roasted Onions Flavouring), Brown Sugar, Sunflower Oil, Salt, Garlic, Wheat Flour (with added Calcium Carbonate, Iron, Niacin, Thiamin), Oregano, Vegetable Bouillon [Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetable (Onion, Parsnip), Sunflower Oil, Spices (Turmeric, Pepper, Garlic, Mace, Nutmeg), Herbs (Parsley, Lovage)], Basil, Stabiliser Mix (Xanthan & Guar Gum), Black Pepper, Malt Extract (Barley). Béchamel Sauce (27%): Water, Milk Powder, Mature Cheddar (Milk), Wheat Flour, (with added Calcium Carbonate, Iron, Niacin, Thiamine), Mascarpone Cheese (Milk), Modified Maize Starch, Full Fat Soft Cheese (Milk), Cheese Stock (Milk)[Cheese Powder, Glucose Syrup, Yeast Extract, Salt, Sunflower Oil, Natural Flavouring (Sugar Cane, Yeast, Onion, Apricot)], Salt. Pasta (14%) Durum Wheat Semolina, Egg , Water. May contain Peanuts/ their derivatives, Nuts and Sesame .
Garlic Bread	Wheat Flour (with Calcium carbonate, Iron, Niacin, Thiamin), Water, Margarine [Oil (Rapeseed Oil, Palm Oil), Water, Emulsifier (E471), Flavouring, Colours (E160b, E100)], Garlic (Puree and Chopped), Yeast, Salt, Garlic Powder, Oregano, Onion Powder, Garlic Oil, Flour Treatment Agent (E300). May contain Soya/Soya Products, Milk/ Milk Products .
Mac & Cheese	
Mac 'N' Cheese	Cheese Sauce (61%) - Water, Mature Cheddar Cheese (Milk) (16%), Cream (Milk), Mozzarella Cheese (Milk) (4%), Cheddar Cheese Stock (Milk) (Reconstituted Cheese (Milk), Whey Powder (Milk), Flavourings, Salt, Lactic Acid, Mustard Flour, Black Pepper), Modified Maize Starch, Full Fat Soft Cheese (Milk), Sunflower Oil, Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnip, Parsley), Sunflower Oil, Spices (Turmeric, Lovage, Pepper, Garlic, Mace, Nutmeg), Lovage Extract), Worcester Sauce (Water, Spirit Vinegar, Sugar, Onion, Salt, Tamarind Paste, Cloves, Ginger, Garlic, Barley Malt Vinegar), Garlic, Salt, Yeast Extract (Yeast Extract, Salt), Black Pepper, Cayenne Pepper. Cooked Pasta (37%) - (Durum Wheat Semolina). Mozzarella Cheese (Milk) (2%). May contain Peanuts/ their derivatives, Nuts and Sesame .
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk , Salt, Lactic Cultures), Potato Starch.
Bluffet	
Garlic Breadstick Bites	
PLEASE NOTE: THE SOYA OIL USED ON OUR PAN DOUGH FOR BLUFFET BREADSTICKS DOES NOT CONTAIN ANY SOYA. THE SOYA OIL IS 100% REFINED, THEREFORE IS NOT ALLERGENIC.	
Pan dough	Wheat flour, Water, Yeast: (Bakers Yeast, Rehydrating Agent;E491), Rapeseed Oil, Salt, Premix : [Salt, Calcium Sulphate, Emulsifiers; E481, E472e, E471, Flour Treatment Agent E300, Enzyme (Alpha Amylase, Xylanase, Glucose Oxidase, Protease, Cellulase)], Sugar, Flour Treatment Agent (ascorbic acid E300).
Soya Oil	100% Refined Soya Oil
Garlic Butter	Butter (Milk), Garlic Puree (10%), Parsley (4%), Pepper, Sea Salt, Preservatives (Citric Acid, Acetic Acid). May contain Gluten, Soya, Egg, Mustard, Sesame & Sulphites .
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Tomato Pasta	
Tomato Pasta	Cooked Penne Pasta (Water, Durum Wheat Semolina) (33%), Tomatoes (31%), Tomato Passata (12%), Onion, Tomato Puree, Sunflower Oil, Olive Oil, Water, Carrots, Celery , White Sugar, Garlic, Salt, Modified Maize Starch, Oregano, Black Pepper, Thyme. May contain Peanuts/ their derivatives, Nuts and Sesame .
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Cheese and Broccoli Pasta	
Cheese and Broccoli Pasta	Water, Cooked Penne Pasta (Water, Durum Wheat Semolina) (22%), Whole Pasteurised Milk , Broccoli (5%), Single Cream (Milk), Mature Cheddar Cheese (Milk) (3%), Spinach (3%), Full Cream Milk Powder, Garden Peas (2%), Modified Maize Starch, Adcrem (Milk Protein, Palm Oil, Lactose), Cheese Crumb Mix (Pecorino Cheese (Sheep's Milk), Regato Cheese (Milk)) Cheddar Cheese Stock (Processed Cheese Powder (Milk) (Cheese (Milk), Emulsifying Salt: (E339), Dried Glucose Syrup, Water, Yeast Extract, Salt, Sunflower Oil, Natural Flavouring), Mascarpone Cheese (Milk), Ricotta Cheese (Milk), Salt, Sunflower Oil, Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetable (Dried Onion, Dried Parsnip, Dried Parsley), Sunflower Oil, Spices (Lovage Powder, Turmeric, Pepper Powder, Garlic Powder, Mace, Nutmeg), Lovage Extract), Garlic, Lemon Juice from Concentrate, Black Pepper. May contain Peanuts/ their derivatives, Nuts and Sesame .
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).

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Little and Big Boss	
Little and Big Boss Pizzas	
Original Pan	
Pan Dough	Wheat Flour, Water, Yeast: (Bakers Yeast, Rehydrating Agent;E491), Rapeseed Oil, Salt, Premix : [Salt, Calcium Sulphate, Emulsifiers; E481, E472e, E471, Flour Treatment Agent E300, Enzyme (Alpha Amylase, Xylanase, Glucose Oxidase, Protease, Cellulase)], Sugar, Flour Treatment Agent (ascorbic acid E300).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and diglycerides fatty acid esters (E471).
Unseasoned tomato sauce	Tomato Concentrate (Tomato Paste, Citric Acid).
All American Thin	
All American Thin dough	Wheat Flour (Wheat), Water, Yeast: (Bakers Yeast, Rehydrating Agent;e491), Salt, Vegetable Oil, Sugar, Ascorbic Acid e300
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and diglycerides fatty acid esters (E471).
Unseasoned tomato sauce	Tomato Concentrate (Tomato Paste, Citric Acid).
Gluten Free	
Gluten Free dough	Gluten Free Blend (Tapioca Starch, Rice Flour, Maize Starch, Psyllium Husk Powder, Sugar, Buckwheat Flour, Thickeners (Xanthan Gum, Hydroxypropyl Methyl Cellulose), Salt), Water, Rapeseed Oil, Yeast, Pea Protein.
Unseasoned tomato sauce	Tomato Concentrate (Tomato Paste, Citric Acid).
Cheese	
Mozzarella Cheese	Mozzarella with added starch (Mozzarella Cheese (Milk , Salt, Cultures), Potato Starch)
Vegan Ch**se	Water, Coconut Oil, Modified Starch, Starch, Sea Salt, Flavourings, Preservative: Sorbic Acid, Colour: B-Carotene, Vitamin B12.
Toppings	
Chicken Breast	Chicken Breast, Dextrose, Salt, Modified Tapioca Starch (E1420), Glucose Syrup (E330, E500i), Corn Starch.
Ham (formed from cuts of pork)	Pork Leg, Water, Salt, Dextrose, Modified Maize Starch, Stabilisers (E450, E451), Emulsifier (E407), Smoke Flavouring, Natural Flavouring, Antioxidant (E301), Preservative (E250).
Pepperoni	Meat (Pork, Beef), Beef Fat, Spice Blend (Mustard , Salt, Dextrose, Smoke Flavour, Spice Extracts (Contains Colour (E160c), Antioxidant (E301)), Salt, Flavouring, Lactic Acid Starter Culture, Preservative (E250).
Sweetcorn	Sweetcorn, Water, Salt
Cherry Tomatoes	Cherry Tomatoes
Pineapple	Pineapple, Pineapple Juice, Citric Acid.
Mixed Peppers	Green peppers, Red Peppers, Yellow Peppers
Black Olives	Water, Olives, Salt, Stabiliser (Ferrous Gluconate)
Red Onion	Red Onion
Mushrooms	Mushrooms
Spinach	Spinach
Jalapeños	Jalapeno Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509).
Green Chillies	Green Chillies
Meat Free Pepperphoni	Water, Sunflower Oil, Blend,[Pea protein, Stabilisers (Carrageenan, Konjac Gum), potato protein, starch, flaxseed flour], Salt, Onion Extract, Dried Glucose Syrup, Natural Flavourings, Spices, Thickener (Methyl Cellulose), Colours (Beetroot Red, Paprika Extract), Acidity Regulator (Lactic Acid, Citric Acid),Flavourings, Garlic Powder, Yeast Extract Powder, Onion Powder, Smoked Salt, Maltodextrin, Smoked Flavouring.

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Little Boss Mains	
Spaghetti Bolognese	Bolognese Sauce (64%): Water, Tomato Passata, Minced Beef (19%), Onions, Carrots (7%), Tomato Puree, Modified Maize Starch, Beef Bouillon (Maltodextrin, Salt, Yeast Extract, Beef Extract, Sugar, Natural Flavouring, Vegetables (Onions, Parsnip), Sunflower Oil, Potato Starch, Spices (Garlic, Lovage, Nutmeg), Beef Powder, Caramelised Sugar, Flavouring), Brown Sugar, Wheat Flour (Wheat Four, Calcium Carbonate, Iron, Niacin, Thiamin) , Sunflower Oil, Oregano, Salt, Vegetable Bouillon (Maltodextrin, Salt, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnips), Sunflower Oil, Spices (Turmeric, Pepper, Garlic, Mace, Nutmeg), Herbs (Parsley, Lovage)), Basil, Stabilisers (Xanthan Gum, Guar Gum), Barley Malt Extract, Black Pepper. <i>May contain Peanuts/their derivatives, Nuts and Sesame.</i>
Mozzarella Cheese (add on)	Mozzarella Cheese (Pasteurised Milk , Salt, Lactic Cultures), Potato Starch.
Cheesy Pasta	Cheese Sauce: Water, Single Cream (Milk), Mature Cheddar Cheese (Milk), Milk Powder, Modified Maize Starch, Sunflower Oil, Double Cream (Milk), Full Fat Soft Cheese (Milk), Cheese Mix (Regato Cheese (Milk), Pecorino Cheese (Sheep's Milk)), Cheddar Cheese Stock (Cheese Powder (Milk), Glucose Syrup Solids, Water, Yeast Extract, Salt, Sunflower Oil, Natural Flavouring), Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnip, Parsley), Sunflower Oil, Spices (Turmeric, Lovage, Pepper, Garlic, Mace, Nutmeg), Spice Extract (Lovage Extract)), Lemon Juice from concentrate, Garlic, Salt, Black Pepper. Cooked Pasta (36%) (Durum Wheat Semolina). <i>May contain Peanuts/their derivatives, Nuts and Sesame.</i>
Chicken & Fries	
Chicken Strips	Chicken Inner Fillet, Water, Wheat Flour, Rice Flour, Breadcrumbs (Wheat Flour, Dextrose, Refined Soybean Oil*, Salt, Yeast), Wheat Starch, Wheat , Salt, Refined Soybean Oil*, Garlic Powder, Yeast Extract (contains Salt), Maltodextrin, Raising Agents (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Spices (Black Pepper, Celery , Turmeric), Onion Powder, Sugar, Dextrose, Refined Sunflower Oil, Spice Extract (Black Pepper, Capsicum, Celery), Acidity Regulator (Citric Acid). (*The Soyabean Oil used in this product is fully refined, therefore is not an allergen) <i>May Contain Peanuts/their derivatives.</i>
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Rapeseed Oil (when fried)	Rapeseed Oil, Antifoaming Agent (E900)
Fries	Potatoes, Sunflower oil, Wheat (Gluten) flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
Big Boss	
Pastas	
Lasagne	
Lasagne	Beef Sauce (59%): Beef (32%), Tomatoes (21%), Tomato Passata (20%), Water, Onion, Tomato Puree, Red Wine, Salt, Modified Maize Starch, Beef Bouillon [Maltodextrin, Salt, Yeast Extract, Beef Meat Extract, Sugar, Natural Flavouring, Vegetables (Onions, Parsnip), Sunflower Oil, Potato Starch, Spices (Garlic, Lovage, Nutmeg, Beef Powder, Caramelised Sugar, Natural Roasted Onions Flavouring)], Brown Sugar, Sunflower Oil, Salt, Garlic, Wheat Flour (with added Calcium Carbonate, Iron, Niacin, Thiamin), Oregano, Vegetable Bouillon [Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetable (Onion, Parsnip), Sunflower Oil, Spices (Turmeric, Pepper, Garlic, Mace, Nutmeg), Herbs (Parsley, Lovage)], Basil, Stabiliser Mix (Xanthan & Guar Gum), Black Pepper, Malt Extract (Barley). Béchamel Sauce (27%): Water, Milk Powder, Mature Cheddar (Milk), Wheat Flour, (with added Calcium Carbonate, Iron, Niacin, Thiamine), Mascarpone Cheese (Milk), Modified Maize Starch, Full Fat Soft Cheese (Milk), Cheese Stock (Milk)[Cheese Powder, Glucose Syrup, Yeast Extract, Salt, Sunflower Oil, Natural Flavouring (Sugar Cane, Yeast, Onion, Apricot)], Salt. Pasta (14%) Durum Wheat Semolina , Egg , Water. <i>May contain Peanuts/their derivatives, Nuts and Sesame.</i>
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk , Salt, Lactic Cultures), Potato Starch.
Mac 'N' Cheese	
Mac 'N' Cheese	Cheese Sauce (61%) Water, Mature Cheddar Cheese (Milk) (16%), Cream (Milk), Mozzarella Cheese (Milk) (4%), Cheddar Cheese Stock (Milk) (Reconstituted Cheese (Milk), Whey Powder (Milk), Flavourings, Salt, Lactic Acid, Mustard Flour, Black Pepper), Modified Maize Starch, Full Fat Soft Cheese (Milk), Sunflower Oil, Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnip, Parsley), Sunflower Oil, Spices (Turmeric, Lovage, Pepper, Garlic, Mace, Nutmeg), Lovage Extract), Worcester Sauce (Water, Spirit Vinegar, Sugar, Onion, Salt, Tamarind Paste, Cloves, Ginger, Garlic, Barley Malt Vinegar), Garlic, Salt, Yeast Extract (Yeast Extract, Salt), Black Pepper, Cayenne Pepper. Cooked Pasta (37%) (Durum Wheat Semolina). Mozzarella Cheese (Milk) (2%). <i>May contain Peanuts/their derivatives, Nuts and Sesame.</i>
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk , Salt, Lactic Cultures), Potato Starch.

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Chicken & Fries	
Breaded Chicken Strips	Chicken Inner Fillet, Water, Wheat Flour, Rice Flour, Breadcrumbs (Wheat Flour, Dextrose, Refined Soybean Oil*, Salt, Yeast), Wheat Starch, Wheat , Salt, Refined Soybean Oil*, Garlic Powder, Yeast Extract (contains Salt), Maltodextrin, Raising Agents (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Spices (Black Pepper, Celery , Turmeric), Onion Powder, Sugar, Dextrose, Refined Sunflower Oil, Spice Extract (Black Pepper, Capsicum, Celery), Acidity Regulator (Citric Acid). (*The Soyabean Oil used in this product is fully refined, therefore is not an allergen) May contain Peanuts/their derivatives.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Rapeseed Oil (when fried)	Rapeseed Oil, Antifoaming Agent (E900)
Fries	Potatoes, Sunflower oil, Wheat (Gluten) flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
Sides	
Fries	Potatoes, Sunflower oil, Wheat (Gluten) flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
Rapeseed Oil (when Fried)	Rapeseed Oil, Antifoaming Agent (E900)
Garlic Bread	Wheat Flour (with Calcium carbonate, Iron, Niacin, Thiamin), Water, Margarine [Oil (Rapeseed Oil, Palm Oil), Water, Emulsifier (E471), Flavouring, Colours (E160b, E100)], Garlic (Puree and Chopped), Yeast, Salt, Garlic Powder, Oregano, Onion Powder, Garlic Oil, Flour Treatment Agent (E300). May contain Soya/Soya Products, Milk/ Milk Products.
Onion Rings	Onions, Batter (Wheat starch, Wheat Flour, Dextrose, Salt, Dextrin, Thickeners (Guar Gum, Carrageenan), Raising agents (Diphosphates, Sodium Bicarbonate)), Wheat Flour, Oil (Sunflower, Palm), gelling agent (Sodium Alginate), Sugar, Salt.
Rapeseed Oil (when Fried)	Rapeseed Oil, Antifoaming Agent (E900)
Mini Corn on the Cob	
Corn on the cob	Sweetcorn.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Big & Little Boss Desserts	
Orange Juice Ice Lolly	Concentrated Orange Juice, Concentrated Grape Juice, Concentrated Apple Juice. May contain Milk/ Milk Products.
Raspberry Ice	Water, Sugar, Raspberry Preparation (7%) [Glucose Syrup, Sugar, Raspberries (20%), Acidity Regulator: Citric Acid, Colour: Beetroot Red, Carrot Extracts, Stabiliser: Pectin, Flavourings], Glucose Syrup, Raspberry Fruit Preparation (5%) [Raspberries (46%), Apple Concentrate, Glucose Fructose Syrup, Water, Gelling Agent: Pectin, Acidity Regulator: Citric Acid, Antioxidant: Ascorbic Acid, Firming Agent: Calcium Lactate, Flavouring], Dextrose, Stabilisers [Amidated Pectin, Guar Gum, Sodium Carboxymethylcellulose, Sorbitol], Emulsifier: Mono & Diglycerides of Fatty Acids, Acidity Regulator: Trisodium Citrate, Flavourings, Colour: Beetroot Red.
Kids Chocolate Brownie	
Chocolate Brownie	Sugar, Whole Egg Free Range, Chocolate (20%) [Cocoa Mass, Sugar, Cocoa Butter, Fat Reduced Cocoa Powder, Emulsifier; Soya Lecithin], Palm Free Margarine [Coproah, Rapeseed, Water, Salt, Emulsifier (E471), Citric Acid (E330)], Gluten Free Self Raising Flour Blend [(Rice, Potato, Tapioca, Maize & Buckwheat), Raising agents; (E341, E500), Xanthan Gum], Milk Chocolate (9%) [Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Emulsifier; Soya Lecithin, Natural Vanilla Flavouring], Fat Reduced Cocoa Powder, Natural Vanilla Flavouring, Coffee Granules, Preservative (Potassium Sorbate (E202)). May contain Nuts and Sulphites.
Vanilla Ice Cream	Skimmed Milk , Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring.
Chocolate Sauce (Rowse)	Glucose Syrup, Water, Belgian Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Liquor, Emulsifier: Soya Lecithin, Natural Vanilla Extract), Single Cream (Milk), Cocoa Liquor, Corn Flour, Natural Vanilla Flavouring

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Desserts	
Ice Cream Builder	
Ice Cream Builder Ice Cream	Skimmed Milk, Cream (12%) (Milk), Sugar, Emulsifier E471, Stabilisers E466, E412, E407, E401, E410, Vanilla Flavouring.
Raspberry Sauce	Glucose syrup, water, raspberry puree from concentrate (10%), sugar, dextrose, modified starch, acidity regulators (citric acid, sodium citrates), colour (anthocyanins), thickener (pectins), preservative (potassium sorbate), natural flavouring, natural raspberry flavouring with other natural flavourings
Chocolate Sauce	Glucose syrup, Sugar, Water, Sweetened condensed Milk , Couverture Milk chocolate (6 %) (Sugar, Cocoa butter, Whole Milk powder, Cocoa mass, Emulsifier (Soya lecithins), Natural vanilla flavouring), Modified starch, Fat reduced cocoa powder, Preservative (Potassium sorbate), Natural flavouring.
Tricolour Chocolate Pieces	Sugar, Cocoa mass, Cocoa butter, Whole Milk powder, Whey powder (Milk), Lactose (Milk), Butter oil (Milk), Emulsifier (Soya lecithin), Vanilla extract. May contain Nuts.
Gold Crunch	Sugar, Water, Colours (E172, E171), Glazing agent (Shellac), Glucose syrup.
Lemon Crunch	Sugar, Water, Glucose Syrup, Glazing Agent (Coconut Oil and Beeswax (E901)) Colour (E100), Flavouring (Citric Acid and Natural Lemon Aroma).
Strawberry Crunch	Sugar, Glucose syrup, Water, Colour (E162), Natural flavouring, Coconut oil, Glazing agent (E901).
Milk Chocolate Chips	Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, whey powder (Milk), Lactose (Milk), Emulsifier: Soya Lecithin; Flavouring.
Milk Chocolate Beans	Sugar, Cocoa butter, Whey powder (Milk), Fat-reduced cocoa powder, Whole Milk powder, Emulsifier (Soya lecithin), Glazing agents (Arabic gum, Carnauba wax, Bees wax), Colours (E101, E141, E160a, E162, E163, E171, E172).
Chocolate Toffee Crunch	Sugar, Glucose syrup, Cocoa butter, Whole Milk powder, Skimmed Milk powder, Cocoa mass, Butter (Milk), Emulsifier (Sunflower lecithin), Natural flavour, Glazing agents (E904, E414), Salt, Acidity regulator (E500).
Dinosaur and Unicorn Sprinkles	Sugar, Cocoa Butter (UTZ MB), Potato Starch, Rice Flour, Maize Starch, Colours: Curcumin (E100), Anthocyanins (E163), Beetroot Red (E162), flavouring.
Alphabet Sprinkles	Sugar, Cocoa Butter (UTZ MB), Potato Starch, Rice Flour, Maize Starch, Colours: Curcumin (E100), Anthocyanins (E163), Carotenes (E160a), Beetroot Red (E162), Flavouring.
Popping Candy	Sugar, Glucose syrup, Cocoa butter, Lactose. Contains Milk
Hot Cookie Dough	
Chocolate Chip Cookie Dough	
Choc Chip Cookie Dough	Wheat flour, (Wheat Flour; Calcium carbonate; Iron; Niacin; Thiamine); Dark chocolate (21%) (Cocoa mass; Sugar; Cocoa butter; Fat reduced cocoa powder; Emulsifier: Soya Lecithin); Sugar; Butter (Milk); Maltodextrin; Concentrated Butter (Milk); Whey Powder (Milk); Salt; Raising agents: Sodium carbonates, Diphosphates; Water. May contain Egg and Nuts.
Vanilla Ice Cream	Skimmed Milk , Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring.
Chocolate Sauce (Rowse)	Glucose Syrup, Water, Belgian Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Liquor, Emulsifier: Soya Lecithin, Natural Vanilla Extract), Single Cream (Milk), Cocoa Liquor, Corn Flour, Natural Vanilla Flavouring.
White Chocolate & Caramel Cookie Dough	
White Chocolate & Caramel Cookie Dough	Wheat Flour (Wheat Flour; Calcium carbonate; Iron; Niacin; Thiamine); Sugar; Salted butter (Butter) (Milk); Salt; White chocolate chunks(11%) (Sugar; Cocoa butter; Whole Milk Powder; Sweet Whey Powder (Milk); Lactose (Milk); Milk Fat; Emulsifier: Soya Lecithin; Natural vanilla flavouring); Caramel pieces (9%) (Sugar; Glucose syrup; Sweetened Condensed Milk ; Coconut oil; Butteroil (Milk); Natural flavouring; Glazing agent: Carnauba wax); Demerara sugar; Water; Concentrated Butter (Milk); Whey Powder (Milk); Salt; Raising agents: Sodium carbonates, Diphosphates. May contain Egg and Nuts.
Vanilla Ice Cream	Skimmed Milk , Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring.
Salted Caramel Sauce	Water, sugar, Dextrose, Oligofructose, Dark Muscovado Sugar, Butter (Milk), Modified Starch, Whole Milk Powder (Milk), Salt, Vegetable Oil, Stabilisers (Guar Gum, Xanthan Gum), Cane Molasses, Preservative (Potassium Sorbate), Flavouring (Caramelised Sugar Syrup).

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Triple Chocolate Cookie Dough	
Triple Chocolate Cookie Dough	Wheat Flour (Wheat Flour : Calcium carbonate; Iron; Nicotinamide; Thiamine); Sugar; Salted Butter (Milk) ; Salt; Milk chocolate chunks (7.5%) (Sugar; Cocoa butter; Cocoa mass; Whole Milk Powder , Whey Powder (Milk) ; Emulsifier: Soya Lecithin); White chocolate chunks (7.5%) (Sugar; Cocoa butter; Whole Milk Powder ; Sweet Whey Powder (Milk) ; Lactose (Milk) ; Butteroil (Milk) ; Emulsifier: Soya Lecithin ; Natural vanilla flavouring); Water; Butterfat (Milk) ; Chocolate chunks (4%) (Sugar; Cocoa mass; Cocoa butter; Emulsifier: Soya Lecithin ; Natural vanilla flavouring); Fat reduced cocoa powder; Invert sugar syrup; Whey Powder (Milk) ; Salt; Acidity regulator: Potassium hydroxide, Potassium carbonates; Raising agent: Sodium carbonates; Natural flavouring. May contain Egg and Nuts .
Vanilla Ice Cream	Skimmed Milk , Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring.
Chocolate Sauce (Rowse)	Glucose Syrup, Water, Belgian Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Liqueur, Emulsifier: Soya Lecithin, Natural Vanilla Extract), Single Cream (Milk), Cocoa Liqueur, Corn Flour, Natural Vanilla Flavouring.
I Can't Believe Its Not Ch**secake	
Vegan Caramel Biscuit Ch**secake	Vegan Alternative to Cream Cheese (37%) [Water, Coconut Oil, Soya Protein Concentrate, Salt, Lactic Acid, Sugar, Thickener (Carrageenan), Natural Flavourings], Biscoff Spread (15%) [Caramelised Biscuits (Wheat Flour, Sugar, Vegetable Oils (RSPO Palm & Rapeseed Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Soya Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier (Soya Lecithin), Acidity Regulator (Citric Acid)], Icing Sugar, Margarine [RSPO Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono - And Diglycerides Of Fatty Acids)], Biscoff Crumble (8%) [Wheat Flour, Sugar, Vegetable Oil (RSPO Palm & Rapeseed Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Soya Flour, Salt, Cinnamon], Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Stabiliser [Maize Starch, Coconut Oil, Glucose Syrup, Emulsifier (Propylene Glycol Esters of Fatty Acids), Pea Protein, Modified Waxy Maize Starch, Emulsifier (Mono-and Diglycerides of Fatty Acids), Stabilisers (Cellulose Gum, Guar Gum, Xanthan, Pectin), Dextrose], Oats Demerara Sugar, Emulsifier (Soya Lecithin), Water, Natural Flavouring, Raising Agent (Sodium Bicarbonate), Baking Powder [Raising Agents (Disodium Diphosphate, Potassium Hydrogen Carbonate), Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Salt.
Chocolate Brownie	
Chocolate Brownie	Sugar, Whole Egg Free Range, Chocolate (20%) [Cocoa Mass, Sugar, Cocoa Butter, Fat Reduced Cocoa Powder, Emulsifier; Soya Lecithin], Palm Free Margarine [Coconut and Shea Oil Blend], Gluten Free Self Raising Flour Blend [(Rice, Potato, Tapioca, Maize & Buckwheat), Raising agents; (E341, E500), Xanthan Gum], Milk Chocolate (9%) [Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Emulsifier; Soya Lecithin, Natural Vanilla Flavouring], Fat Reduced Cocoa Powder, Natural Vanilla Flavouring, Coffee Granules, Preservative(Potassium Sorbate (E202)).
Vanilla Ice Cream	Skimmed Milk , Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring.
Chocolate Sauce (Rowse)	Glucose Syrup, Water, Belgian Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Liqueur, Emulsifier: Soya Lecithin, Natural Vanilla Extract), Single Cream (Milk), Cocoa Liqueur, Corn Flour, Natural Vanilla Flavouring
Ice Cream	
Vanilla Ice Cream	Skimmed Milk , Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring.
Take Away Vanilla Ice Cream	
Vanilla Ice Cream	Whole Milk (32%), Partially Reconstituted Buttermilk (Milk), Double Cream (Milk) (17%), Sugar, Dextrose, Dried Glucose Syrup, Whey Powder (Milk), Emulsifier: Mono and Diglycerides of Fatty Acids, Stabilisers [Locust Bean Gum, Guar Gum], Flavourings, Colours [Annatto, Curcumin].
Raspberry Ice	
Raspberry Ice	Water, Sugar, Raspberry Preparation (7%) [Glucose Syrup, Sugar, Raspberries (20%), Acidity Regulator: Citric Acid, Colour: Beetroot Red, Carrot Extracts, Stabiliser: Pectin, Flavourings], Glucose Syrup, Raspberry Fruit Preparation (5%) [Raspberries (46%), Apple Concentrate, Glucose Fructose Syrup, Water, Gelling Agent: Pectin, Acidity Regulator: Citric Acid, Antioxidant: Ascorbic Acid, Firming Agent: Calcium Lactate, Flavouring], Dextrose, Stabilisers [Amidated Pectin, Guar Gum, Sodium Carboxymethylcellulose, Sorbitol], Emulsifier: Mono & Diglycerides of Fatty Acids, Acidity Regulator: Trisodium Citrate, Flavourings, Colour: Beetroot Red.

INGREDIENT DECLARATION

Updated January 2021

All fried products may contain gluten, milk, egg, soya, mustard, celery and sesame due to cross contamination during the frying process.

Cold and Soft Drinks	
Belu Still Water (500ml)	Refer directly to the supplier - Belu - www.belu.com
Belu Sparkling Water (500ml)	Refer directly to the supplier - Belu - www.belu.com
Apple Juice	Refer directly to the supplier - Mulrines - www.mulrines.com/mulrines-uk
Orange Juice	Refer directly to the supplier - Mulrines - www.mulrines.com/mulrines-uk
Squash - Orange	Refer directly to the supplier - Britvic - www.britvic.co.uk
Squash - Apple & Blackcurrant	Refer directly to the supplier - Britvic - www.britvic.co.uk
Semi Skimmed Milk	100% Semi Skimmed Milk
7Up Free	Refer directly to the supplier - Britvic - www.britvic.co.uk
Diet Pepsi	Refer directly to the supplier - Britvic - www.britvic.co.uk
Pepsi Max	Refer directly to the supplier - Britvic - www.britvic.co.uk
Tango Orange	Refer directly to the supplier - Britvic - www.britvic.co.uk
Pepsi	Refer directly to the supplier - Britvic - www.britvic.co.uk
Pink Gin Fizz Cocktail (200ml)	Refer directly to the supplier - Funkin Cocktails- www.funkincocktails.co.uk
Passionfruit Martini (200ml)	Refer directly to the supplier - Funkin Cocktails- www.funkincocktails.co.uk
Hot Drinks	
Lincoln & York Variety Coffees (Coffee, Cappuccino)	Roasted & Ground Coffee
Tea All Flavours	Refer directly to the supplier - Yorkshire Tea - www.yorkshiretea.co.uk
Hot Chocolate	Sugar, Whey Powder (Milk), Low Fat Cocoa Powder, Skimmed Milk Powder, Acidity Regulator E331, Salt, Flavouring, Anti-Caking Agent E551.
White Sugar Sticks	Refer directly to the supplier - The Silver Spoon Company - www.silverspoon.co.uk
Brown Sugar Sticks	Refer directly to the supplier - The Silver Spoon Company - www.silverspoon.co.uk
Truvia	Refer directly to the supplier - The Silver Spoon Company - www.silverspoon.co.uk
Sweet n' Low Sachets	Refer directly to the supplier - The Silver Spoon Company - www.silverspoon.co.uk

NUTRITIONAL DECLARATION

Updated January 2021

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.

	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)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100g (g)	Sugar per 100g (g)	Fat per 100 (g)	Saturated Fat per 100 (g)	Salt per 100 (g)
Sides														
Fries (Oven Baked)	384	5.1	50.6	1.2	17.0	2.1	2.3	167	2.2	22.0	0.5	7.4	0.9	1.0
Fries (Fried)	702	7.8	93.6	0.1	33.0	2.6	3.5	281	3.1	37.5	0.0	13.2	1.1	1.4
Onion Rings (Oven Baked)	303	4.7	53.1	7.6	13.2	2.4	1.6	188	2.9	32.9	4.7	8.2	1.5	1.0
Onion Rings (Fried)	472	7.2	55.4	4.1	25.1	1.8	1.8	289	4.4	33.9	2.5	15.4	1.1	1.1
Mini Corn on the Cob	328	10.4	46.8	28.6	6.7	1.2	0.0	125	4.0	17.9	10.9	2.6	0.5	0.0
Chicken Wings	379	36.1	10.2	6.7	21.4	5.2	3.0	204	19.4	5.5	3.6	11.5	2.8	1.6
Chicken Bites	397	23.5	37.0	1.3	17.2	3.4	2.0	208	12.3	19.3	0.7	9.0	1.8	1.1
Cheese Triangles (Oven Baked)	396	16.4	25.2	1.3	25.2	11.0	3.0	330	13.7	21.0	1.1	21.0	9.2	2.5
Cheese Triangles (Fried)	425	18.1	26.5	1.0	27.8	9.7	2.9	354	15.1	22.1	0.8	23.2	8.1	2.4
Jalapeno Poppers (Oven Baked)	354	6.3	37.8	5.9	19.0	6.2	1.3	226	4.0	24.1	3.8	12.1	3.9	0.8
Jalapeno Poppers (Fried)	438	8.5	37.4	4.2	28.7	10.5	2.1	279	5.4	23.8	2.7	18.3	6.7	1.4
Garlic Bread	511	8.7	49.9	3.8	30.7	8.7	1.2	376	6.4	36.7	2.8	22.6	6.4	0.9
Garlic Bread with Mozzarella	689	19.7	52.4	5.0	43.4	16.0	2.0	350	10.0	26.6	2.5	22.0	8.1	1.0
BBQ Pork Ribs	582	51.8	28.4	29.3	28.4	3.8	3.5	199	17.7	9.7	10.0	9.7	1.3	1.2
Southern Fried Nuggets	248	11.8	18.0	0.6	13.2	1.0	1.1	207	9.8	15.0	0.5	11.0	0.8	0.9
Tabletop Sauces														
BBQ Sauce	119	1.5	26.7	21.6	0.4	0.1	1.2	119	1.5	26.7	21.6	0.4	0.1	1.2
Tomato Ketchup	99	2.0	21.1	20.5	0.3	0.1	0.9	99	2.0	21.1	20.5	0.3	0.1	0.9
Mayonnaise	77	0.1	2.3	1.6	7.5	0.5	0.3	387	0.3	11.5	8.1	37.7	2.5	1.3
Takeaway Dip Pots														
Garlic Sauce Dip Pot	89	0.2	2.0	1.1	9.0	1.4	0.4	357	0.7	7.8	4.4	36.0	5.7	1.4
BBQ Sauce Dip Pot	35	0.3	7.8	7.1	0.1	0.0	0.3	141	1.1	31.3	28.4	0.4	0.0	1.3
Sour Cream & Chive Pot	102	0.3	1.9	1.2	10.5	1.2	0.4	408	1.1	7.5	4.6	42.0	4.8	1.8
*Nutritional values don't account for the dips chosen by the consumer. These values should be taken from 'Tabletop Sauces' and added to the product nutritional.														
	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)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100g (g)	Sugar per 100g (g)	Fat per 100 (g)	Saturated Fat per 100g (g)	Salt per 100g (g)
Salad Station														
Dressed Salad Lines														
Potato Salad	268	2.1	25.8	4.7	16.6	4.6	0.8	134	1.1	12.9	2.4	8.3	2.3	0.4
Coleslaw	380	1.7	14.0	10.5	34.7	2.5	0.8	190	0.8	7.0	5.3	17.4	1.3	0.4
Fresh Salad Lines														
Lettuce and Carrot Mix	5	0.2	0.7	0.5	0.0	0.0	0.0	23	1.0	3.5	2.6	0.0	0.0	0.1
Cherry Tomatoes	9	0.4	1.6	1.6	0.2	0.1	0.0	17	0.7	3.1	3.1	0.3	0.1	0.0
Cucumber	2	0.1	0.3	0.3	0.0	0.0	0.0	10	0.7	1.5	1.4	0.1	0.0	0.0
Dried Items														
B*con Bits (Flavoured Sprinkles)	26	0.4	2.6	0.2	1.6	0.7	0.1	519	8.9	51.0	3.9	31.0	14.7	2.4
Dressings & Dips														
Thousand Island	54	0.1	2.4	1.9	4.9	0.3	0.2	270	0.7	12.0	9.4	24.4	1.7	1.2
Vinaigrette	15	0.1	2.8	2.7	0.4	0.0	0.3	75	0.3	14.1	13.5	2.0	0.1	1.3

NUTRITIONAL DECLARATION

Updated January 2021

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	Number of Slices per Pizza	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)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100(g)	Sugar per 100(g)	Fat per 100 (g)	Saturated Fat per 100 (g)	Salt per 100 (g)
Pizza															
Pepperoni Feast															
Individual Pan (9")	6	182	6.7	19.0	0.8	8.7	3.1	0.7	270	10.0	28.2	1.2	12.9	4.5	1.1
Sharing Pan (13")	8	279	10.4	30.2	1.2	12.8	4.6	1.1	267	9.9	28.9	1.1	12.3	4.4	1.0
Individual Thin (11")	6	162	7.3	19.3	0.8	6.0	2.8	0.8	243	10.9	29.0	1.1	9.0	4.2	1.3
Sharing Thin (14")	8	204	9.3	21.5	1.1	8.7	4.1	1.1	245	11.3	26.0	1.4	10.5	4.9	1.3
Individual Stuffed Crust (11")	6	216	10.9	19.4	0.9	10.5	5.7	1.1	258	12.9	23.1	1.0	12.5	6.7	1.4
Sharing Stuffed Crust (14")	8	298	14.5	29.2	1.3	13.5	7.0	1.6	253	12.3	24.9	1.1	11.5	6.0	1.3
Cheesy Bites (14")	8	298	14.5	29.2	1.3	13.5	7.0	1.6	253	12.3	24.9	1.1	11.5	6.0	1.3
Gluten Free (9" Square)	6	166	4.5	19.7	1.7	7.2	2.8	0.7	280	7.6	33.3	2.8	12.2	4.7	1.2
Hawaiian															
Individual Pan (9")	6	168	7.4	19.8	1.6	6.5	2.2	0.7	217	9.5	25.6	2.1	8.4	2.8	1.0
Sharing Pan (13")	8	259	11.4	31.6	2.7	9.5	3.2	1.1	213	9.4	26.1	2.2	7.9	2.7	0.9
Individual Thin (11")	6	148	7.9	20.1	1.6	3.8	1.9	0.9	192	10.3	26.3	2.1	4.9	2.4	1.1
Sharing Thin (14")	8	184	10.3	23.0	2.6	5.4	2.7	1.1	184	10.4	23.0	2.6	5.4	2.7	1.1
Individual Stuffed Crust (11")	6	202	11.5	20.2	1.7	8.3	4.8	1.2	216	12.3	21.5	1.8	8.8	5.1	1.2
Sharing Stuffed Crust (14")	8	277	15.4	30.6	2.8	10.2	5.7	1.6	207	11.5	22.8	2.1	7.6	4.2	1.2
Cheesy Bites (14")	8	277	15.4	30.6	2.8	10.2	5.7	1.6	207	11.5	22.8	2.1	7.6	4.2	1.2
Gluten Free (9" Square)	6	152	5.2	20.5	2.5	5.0	1.8	0.7	219	7.5	29.7	3.6	7.3	2.7	1.0
Chicken Supreme															
Individual Pan (9")	6	175	8.5	20.4	2.2	6.5	2.2	0.6	217	10.5	25.2	2.7	8.1	2.7	0.8
Sharing Pan (13")	8	274	13.7	32.6	3.6	9.7	3.3	1.0	212	10.6	25.2	2.8	7.5	2.5	0.8
Individual Thin (11")	6	155	9.0	20.7	2.2	3.8	1.9	0.7	194	11.3	25.8	2.7	4.8	2.3	0.9
Sharing Thin (14")	8	199	12.7	24.0	3.6	5.5	2.8	0.9	184	11.8	22.2	3.3	5.1	2.6	0.9
Individual Stuffed Crust (11")	6	210	12.6	20.8	2.2	8.3	4.8	1.0	216	13.0	21.4	2.3	8.5	4.9	1.1
Sharing Stuffed Crust (14")	8	293	17.8	31.6	3.7	10.3	5.7	1.5	205	12.5	22.2	2.6	7.2	4.0	1.0
Cheesy Bites (14")	8	293	17.8	31.6	3.7	10.3	5.7	1.5	205	12.5	22.2	2.6	7.2	4.0	1.0
Gluten Free (9" Square)	6	159	6.3	21.1	3.1	5.1	1.9	0.6	219	8.7	29.0	4.2	7.0	2.6	0.8
Meat Feast															
Individual Pan (9")	6	190	9.1	19.3	1.0	8.4	3.0	0.8	240	11.5	24.5	1.3	10.6	3.7	1.0
Sharing Pan (13")	8	297	14.5	30.7	1.5	12.8	4.6	1.3	239	11.6	24.7	1.2	10.3	3.7	1.0
Individual Thin (11")	6	170	9.6	19.7	1.0	5.7	2.7	0.9	217	12.3	25.1	1.2	7.3	3.4	1.2
Sharing Thin (14")	8	222	13.5	22.1	1.5	8.7	4.1	1.3	215	13.1	21.5	1.4	8.4	4.0	1.2
Individual Stuffed Crust (11")	6	225	13.1	19.9	1.1	10.2	5.6	1.3	236	13.8	20.8	1.1	10.7	5.8	1.3
Sharing Stuffed Crust (14")	8	316	18.6	29.8	1.6	13.4	7.1	1.8	230	13.5	21.6	1.2	9.8	5.1	1.3
Cheesy Bites (14")	8	316	18.6	29.8	1.6	13.4	7.1	1.8	230	13.5	21.6	1.2	9.8	5.1	1.3
Gluten Free (9" Square)	6	174	6.9	20.0	1.9	6.9	2.6	0.8	246	9.7	28.3	2.7	9.8	3.7	1.1
Supreme															
Individual Pan (9")	6	193	8.4	20.2	1.3	8.7	3.0	0.8	223	9.7	23.3	1.5	10.1	3.4	1.0
Sharing Pan (13")	8	305	13.5	32.3	2.1	13.5	4.7	1.4	219	9.7	23.2	1.5	9.7	3.3	1.0
Individual Thin (11")	6	173	8.9	20.5	1.3	6.0	2.7	1.0	202	10.4	23.9	1.5	7.0	3.1	1.1
Sharing Thin (14")	8	230	12.5	23.6	2.1	9.3	4.1	1.3	196	10.6	20.1	1.7	7.9	3.5	1.1
Individual Stuffed Crust (11")	6	228	12.5	20.6	1.4	10.5	5.6	1.3	221	12.2	20.0	1.4	10.2	5.4	1.2
Sharing Stuffed Crust (14")	8	325	17.6	31.4	2.2	14.1	7.1	1.9	213	11.5	20.6	1.4	9.3	4.7	1.2
Cheesy Bites (14")	8	325	17.6	31.4	2.2	14.1	7.1	1.9	213	11.5	20.6	1.4	9.3	4.7	1.2
Gluten Free (9" Square)	6	178	6.2	20.5	2.2	7.5	2.7	0.8	228	7.9	26.2	2.8	9.6	3.5	1.0

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BBQ Americano															
Individual Pan (9")	6	193	9.8	21.7	2.6	7.2	2.5	0.9	226	11.4	25.5	3.0	8.5	2.9	1.0
Sharing Pan (13")	8	304	16.1	34.5	4.0	11.0	3.9	1.4	222	11.8	25.3	2.9	8.1	2.9	1.0
Individual Thin (11")	6	173	10.3	22.3	2.6	4.6	2.2	1.0	205	12.2	26.4	3.1	5.4	2.6	1.2
Sharing Thin (14")	8	230	15.0	26.3	4.0	6.9	3.4	1.4	199	13.0	22.8	3.5	6.0	2.9	1.2
Individual Stuffed Crust (11")	6	229	13.9	22.4	2.7	9.0	5.1	1.3	224	13.7	21.9	2.6	8.9	5.0	1.3
Sharing Stuffed Crust (14")	8	323	20.2	33.6	4.1	11.7	6.4	1.9	215	13.5	22.4	2.7	7.8	4.2	1.3
Cheesy Bites (14")	8	323	20.2	33.6	4.1	11.7	6.4	1.9	215	13.5	22.4	2.7	7.8	4.2	1.3
Gluten Free (9" Square)	6	178	7.6	22.9	3.7	5.8	2.2	0.9	229	9.7	29.4	4.8	7.5	2.8	1.1
Veggie Pepperphoni Feast															
Individual Pan (9")	6	164	5.9	19.4	0.9	7.0	2.2	0.7	249	8.9	29.4	1.4	10.6	3.3	1.0
Sharing Pan (13")	8	253	9.2	30.8	1.4	10.3	3.3	1.0	247	8.9	30.0	1.3	10.1	3.2	1.0
Individual Thin (11")	6	144	6.5	19.7	0.9	4.3	1.9	0.8	221	9.9	30.2	1.3	6.6	2.9	1.2
Sharing Thin (14")	8	178	8.1	22.1	1.3	6.2	2.7	1.0	219	10.0	27.3	1.6	7.7	3.4	1.2
Individual Stuffed Crust (11")	6	199	10.1	19.8	1.0	8.8	4.8	1.1	241	12.2	24.0	1.2	10.6	5.8	1.3
Sharing Stuffed Crust (14")	8	272	13.3	29.8	1.4	11.0	5.7	1.5	235	11.5	25.8	1.2	9.5	4.9	1.3
Cheesy Bites (14")	8	272	13.3	29.8	1.4	11.0	5.7	1.5	235	11.5	25.8	1.2	9.5	4.9	1.3
Gluten Free (9" Square)	6	148	3.7	20.1	1.8	5.6	1.9	0.6	257	6.4	34.8	3.1	9.6	3.2	1.1
Veggie															
Individual Pan (9")	6	164	6.1	20.3	1.4	6.4	2.2	0.5	198	7.3	24.6	1.7	7.8	2.6	0.7
Sharing Pan (13")	8	254	9.5	32.4	2.2	9.5	3.3	0.8	193	7.2	24.6	1.7	7.2	2.5	0.6
Individual Thin (11")	6	144	6.6	20.6	1.4	3.7	1.9	0.7	175	8.1	25.1	1.7	4.5	2.3	0.8
Sharing Thin (14")	8	179	8.5	23.8	2.2	5.3	2.7	0.8	162	7.7	21.6	2.0	4.9	2.5	0.7
Individual Stuffed Crust (11")	6	199	10.2	20.7	1.5	8.2	4.8	1.0	200	10.3	20.9	1.5	8.3	4.8	1.0
Sharing Stuffed Crust (14")	8	273	13.6	31.5	2.3	10.1	5.7	1.3	189	9.4	21.8	1.6	7.0	4.0	0.9
Cheesy Bites (14")	8	273	13.6	31.5	2.3	10.1	5.7	1.3	189	9.4	21.8	1.6	7.0	4.0	0.9
Gluten Free (9" Square)	6	148	3.9	21.0	2.3	5.0	1.9	0.5	198	5.2	28.2	3.1	6.7	2.5	0.7
Margherita															
Individual Pan (9")	6	173	6.8	19.2	0.9	7.6	2.9	0.6	254	10.0	28.1	1.3	11.1	4.2	0.9
Sharing Pan (13")	8	266	10.5	30.5	1.4	11.2	4.3	1.0	251	10.0	28.8	1.3	10.6	4.1	0.9
Individual Thin (11")	6	153	7.4	19.5	0.9	4.9	2.6	0.8	227	10.9	28.9	1.3	7.2	3.8	1.1
Sharing Thin (14")	8	191	9.5	21.8	1.3	7.1	3.8	0.9	226	11.3	25.9	1.5	8.4	4.5	1.1
Individual Stuffed Crust (11")	6	208	11.0	19.6	1.0	9.4	5.5	1.1	245	12.9	23.1	1.1	11.1	6.5	1.2
Sharing Stuffed Crust (14")	8	285	14.6	29.5	1.4	11.8	6.8	1.4	240	12.3	24.8	1.2	10.0	5.7	1.2
Cheesy Bites (14")	8	285	14.6	29.5	1.4	11.8	6.8	1.4	240	12.3	24.8	1.2	10.0	5.7	1.2
Gluten Free (9" Square)	6	157	4.6	19.9	1.8	6.1	2.6	0.6	262	7.7	33.1	3.0	10.2	4.3	1.0
The G.O.A.T															
Individual Pan (9")	6	189	7.2	22.1	3.3	7.9	3.2	0.7	220	8.4	25.7	3.8	9.2	3.7	0.8
Sharing Pan (13")	8	289	11.1	34.5	5.0	11.6	4.8	1.0	215	8.3	25.7	3.7	8.6	3.5	0.8
Individual Thin (11")	6	167	7.6	22.5	3.1	5.4	2.8	0.7	197	8.9	26.5	3.6	6.4	3.3	0.8
Sharing Thin (14")	8	212	9.9	26.0	4.7	7.8	4.2	0.8	188	8.7	23.0	4.2	6.9	3.7	0.7
Individual Stuffed Crust (11")	6	223	11.3	22.5	3.3	9.6	5.8	1.1	219	11.1	22.0	3.3	9.4	5.6	1.1
Sharing Stuffed Crust (14")	8	307	15.2	33.6	5.1	12.2	7.2	1.5	208	10.3	22.7	3.5	8.3	4.9	1.0
Cheesy Bites (14")	8	307	15.2	33.6	5.1	12.2	7.2	1.5	208	10.3	22.7	3.5	8.3	4.9	1.0
Gluten Free (9" Square)	6	172	5.0	22.8	4.0	6.4	2.9	0.6	222	6.4	29.4	5.2	8.3	3.7	0.8

NUTRITIONAL DECLARATION

Updated January 2021

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	Number of Slices per Pizza	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)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100(g)	Sugar per 100(g)	Fat per 100 (g)	Saturated Fat per 100 (g)	Salt per 100 (g)
BBQ Jack 'N' Cheese															
Individual Pan (9")	6	173	6.1	21.9	2.6	6.7	2.2	0.7	203	7.1	25.6	3.0	7.8	2.6	0.8
Sharing Pan (13")	8	268	9.5	34.8	4.1	9.8	3.3	1.1	198	7.0	25.7	3.0	7.3	2.4	0.8
Individual Thin (11")	6	152	6.5	22.3	2.4	4.2	1.9	0.7	179	7.7	26.3	2.8	5.0	2.2	0.8
Sharing Thin (14")	8	192	8.3	26.4	3.8	6.0	2.7	0.9	169	7.3	23.2	3.3	5.3	2.4	0.8
Individual Stuffed Crust (11")	6	208	10.3	22.3	2.7	8.4	4.8	1.1	204	10.1	21.8	2.6	8.3	4.7	1.1
Sharing Stuffed Crust (14")	8	287	13.6	33.9	4.2	10.5	5.8	1.5	193	9.2	22.8	2.8	7.1	3.9	1.0
Cheesy Bites (14")	8	287	13.6	33.9	4.2	10.5	5.8	1.5	193	9.2	22.8	2.8	7.1	3.9	1.0
Gluten Free (9" Square)	6	157	3.9	22.6	3.4	5.2	1.9	0.6	203	5.0	29.2	4.3	6.7	2.4	0.8
Epic Meat Feast															
Individual Pan (9")	6	198	10.6	19.1	0.7	8.7	3.3	0.9	244	13.1	23.6	0.9	10.8	4.0	1.1
Sharing Pan (13")	8	306	16.4	30.3	1.1	13.1	5.0	1.4	243	13.1	24.1	0.8	10.4	4.0	1.1
Individual Thin (11")	6	178	11.2	19.4	0.7	6.0	3.0	1.0	221	13.9	24.2	0.9	7.5	3.7	1.3
Sharing Thin (14")	8	231	15.4	21.7	1.0	9.0	4.5	1.4	221	14.8	20.8	1.0	8.6	4.3	1.3
Individual Stuffed Crust (11")	6	233	14.7	19.6	0.8	10.6	5.9	1.4	239	15.1	20.1	0.8	10.8	6.0	1.4
Sharing Stuffed Crust (14")	8	324	20.5	29.4	1.2	13.8	7.4	1.9	234	14.8	21.2	0.8	9.9	5.4	1.4
Cheesy Bites (14")	8	324	20.5	29.4	1.2	13.8	7.4	1.9	234	14.8	21.2	0.8	9.9	5.4	1.4
Gluten Free (9" Square)	6	195	8.6	19.9	1.5	8.7	3.4	1.0	269	11.9	27.3	2.1	11.9	4.7	1.4
Hot 'N' Spicy Chicken															
Individual Pan (9")	6	182	8.4	20.3	1.7	7.4	2.9	0.8	214	9.9	23.8	2.0	8.7	3.4	1.0
Sharing Pan (13")	8	282	13.3	32.3	2.7	10.9	4.4	1.3	210	9.9	24.0	2.0	8.1	3.3	1.0
Individual Thin (11")	6	162	8.8	21.0	1.7	5.0	2.6	0.9	192	10.4	24.9	2.0	5.9	3.1	1.0
Sharing Thin (14")	8	207	12.1	24.2	2.7	7.1	3.9	1.2	183	10.7	21.4	2.4	6.3	3.4	1.0
Individual Stuffed Crust (11")	6	217	12.6	20.7	1.8	9.2	5.5	1.3	213	12.3	20.4	1.8	9.0	5.4	1.3
Sharing Stuffed Crust (14")	8	301	17.4	31.3	2.8	11.6	6.9	1.8	204	11.8	21.2	1.9	7.8	4.6	1.2
Cheesy Bites (14")	8	301	17.4	31.3	2.8	11.6	6.9	1.8	204	11.8	21.2	1.9	7.8	4.6	1.2
Gluten Free (9" Square)	6	166	6.2	21.0	2.5	5.9	2.6	0.8	215	8.0	27.3	3.2	7.7	3.4	1.0
Meat Meltdown															
Individual Pan (9")	6	218	9.7	21.1	2.4	10.4	3.6	1.1	262	11.7	25.4	2.8	12.5	4.3	1.3
Sharing Pan (13")	8	341	15.6	33.5	3.6	15.9	5.6	1.7	259	11.9	25.4	2.7	12.1	4.3	1.3
Individual Thin (11")	6	198	10.2	21.7	2.4	7.7	3.3	1.2	241	12.4	26.3	2.9	9.3	4.0	1.5
Sharing Thin (14")	8	282	14.5	25.5	3.7	13.6	5.1	1.4	263	13.5	23.7	3.4	12.7	4.8	1.3
Individual Stuffed Crust (11")	6	254	13.9	21.8	2.4	12.2	6.2	1.5	254	13.9	21.8	2.4	12.1	6.2	1.5
Sharing Stuffed Crust (14")	8	360	19.7	32.5	3.7	16.6	8.1	2.2	249	13.6	22.5	2.5	11.4	5.6	1.5
Cheesy Bites (14")	8	360	19.7	32.5	3.7	16.6	8.1	2.2	249	13.6	22.5	2.5	11.4	5.6	1.5
Gluten Free (9" Square)	6	169	5.8	22.2	3.5	5.9	2.2	0.7	249	8.5	32.8	5.1	8.7	3.2	1.1
Melting Marg															
Individual Thin (11")	6	168	8.0	19.7	0.6	6.3	3.3	0.8	235	11.2	27.5	0.9	8.8	4.6	1.2
Sharing Thin (14")	8	214	10.5	22.2	0.9	9.2	4.9	1.1	236	11.5	24.5	1.0	10.1	5.4	1.2
Individual Stuffed Crust (11")	6	223	11.6	19.6	0.7	10.8	6.2	1.1	250	13.1	22.0	0.7	12.1	7.0	1.3
Sharing Stuffed Crust (14")	8	307	15.6	29.4	1.0	13.9	7.8	1.5	245	12.5	23.5	0.8	11.1	6.3	1.2
Melting Steak & Chorizo															
Individual Thin (11")	6	199	11.1	20.1	0.8	8.2	4.0	1.2	238	13.2	24.0	0.9	9.8	4.7	1.4
Sharing Thin (14")	8	264	15.3	22.7	1.2	12.3	6.0	1.6	241	14.0	20.7	1.1	11.3	5.5	1.5
Individual Stuffed Crust (11")	6	253	14.7	19.9	0.8	12.7	6.8	1.4	251	14.6	19.8	0.8	12.7	6.8	1.4
Sharing Stuffed Crust (14")	8	357	20.4	30.0	1.2	17.1	8.9	2.1	248	14.2	20.8	0.8	11.9	6.2	1.4

NUTRITIONAL DECLARATION

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	Number of Slices per Pizza	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)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100(g)	Sugar per 100(g)	Fat per 100 (g)	Saturated Fat per 100 (g)	Salt per 100 (g)
Melting Hot															
Individual Thin (11")	6	189	9.9	20.0	0.7	7.6	3.8	1.0	226	11.8	23.9	0.9	9.1	4.6	1.2
Sharing Thin (14")	8	246	13.6	22.5	1.1	11.2	5.7	1.4	224	12.4	20.5	1.0	10.2	5.2	1.3
Individual Stuffed Crust (11")	6	243	13.5	19.8	0.7	12.1	6.7	1.3	228	12.6	18.5	0.7	11.3	6.3	1.2
Sharing Stuffed Crust (14")	8	339	18.7	29.8	1.1	16.0	8.6	1.9	235	13.0	20.7	0.8	11.1	6.0	1.3
Melting Chicken & Ham															
Individual Thin (11")	6	177	9.5	20.1	0.9	6.4	3.3	0.9	219	11.7	24.9	1.2	7.9	4.1	1.1
Sharing Thin (14")	8	228	13.0	22.8	1.5	9.4	4.9	1.1	215	12.2	21.4	1.4	8.8	4.6	1.1
Individual Stuffed Crust (11")	6	231	13.1	19.9	1.0	10.9	6.2	1.2	236	13.3	20.3	1.0	11.1	6.4	1.2
Sharing Stuffed Crust (14")	8	321	18.1	30.1	1.5	14.1	7.9	1.6	228	12.9	21.3	1.1	10.0	5.6	1.2
Melting Chicken & Garlic Mushrooms															
Individual Thin (11")	6	192	9.9	21.8	0.8	7.1	3.4	1.0	222	11.4	25.2	1.0	8.2	4.0	1.1
Sharing Thin (14")	8	250	13.5	25.2	1.2	10.4	5.1	1.2	220	11.9	22.2	1.1	9.2	4.5	1.1
Individual Stuffed Crust (11")	6	246	13.5	21.7	0.8	11.6	6.3	1.2	237	13.0	20.9	0.8	11.2	6.1	1.2
Sharing Stuffed Crust (14")	8	343	18.7	32.5	1.3	15.2	8.0	1.7	231	12.6	21.9	0.9	10.2	5.4	1.2
Vegan Pizzas															
Vegan Margherita															
Individual Pan (9")	6	176	3.5	22.1	0.5	8.1	4.6	0.8	258	5.1	32.4	0.7	11.9	6.8	1.1
Sharing Pan (13")	8	270	5.5	34.8	0.7	12.0	7.0	1.2	255	5.2	32.9	0.7	11.3	6.6	1.1
Individual Thin (11")	6	156	3.8	22.8	0.5	5.7	4.3	0.8	231	5.7	33.8	0.7	8.4	6.4	1.2
Sharing Thin (14")	8	195	4.3	26.7	0.7	8.2	6.4	1.0	232	5.1	31.7	0.8	9.7	7.6	1.2
Gluten Free (9" Square)	6	160	2.6	18.5	1.2	8.1	5.5	0.8	272	4.4	31.6	2.1	13.8	9.3	1.3
Vegan Stuffed Crust	6	202	3.9	25.2	0.5	9.4	8.0	1.3	243	4.7	30.4	0.6	11.3	9.7	1.5
Vegan Veggie															
Individual Pan (9")	6	156	3.8	21.5	1.1	6.0	2.6	0.6	196	4.8	27.1	1.4	7.5	3.3	0.7
Sharing Pan (13")	8	242	6.1	34.2	1.8	8.8	3.9	0.9	191	4.9	27.0	1.4	6.9	3.1	0.7
Individual Thin (11")	6	135	4.2	2.2	1.1	3.5	2.3	0.6	172	5.4	2.8	1.4	4.5	2.9	0.7
Sharing Thin (14")	8	166	4.9	26.1	1.8	5.0	3.4	0.7	159	4.7	24.8	1.7	4.8	3.2	0.7
Gluten Free (9" Square)	6	155	1.8	25.1	2.2	4.8	2.3	0.6	203	2.4	32.9	2.8	6.3	3.1	0.8
Vegan Stuffed Crust	6	181	4.3	24.5	1.1	7.3	6.0	1.1	193	4.5	26.1	1.2	7.7	6.4	1.1
Vegan Pepperphoni Feast															
Individual Pan (9")	6	156	3.7	20.6	0.6	6.5	2.6	0.7	249	5.8	32.8	0.9	10.4	4.2	1.1
Sharing Pan (13")	8	240	5.8	32.5	0.9	9.6	3.9	1.1	247	6.0	33.4	0.9	9.9	4.0	1.1
Individual Thin (11")	6	136	4.1	21.3	0.6	4.1	2.3	0.7	219	6.5	34.3	0.9	6.7	3.7	1.1
Sharing Thin (14")	8	165	4.6	24.4	0.9	5.8	3.4	0.9	218	6.0	32.2	1.1	7.7	4.4	1.2
Gluten Free (9" Square)	6	141	1.5	21.5	1.5	5.1	2.3	0.7	258	2.7	39.5	2.8	9.4	4.2	1.2
Vegan Stuffed Crust	6	182	4.1	23.6	0.6	7.8	6.0	1.2	235	5.3	30.5	0.8	10.1	7.7	1.5
Vegan All About Mushrooms															
Individual Pan (9")	6	161	4.3	20.7	0.5	6.7	2.7	0.6	196	5.2	25.3	0.6	8.2	3.2	0.8
Sharing Pan (13")	8	247	6.7	32.7	0.8	9.8	4.0	1.0	195	5.3	25.7	0.6	7.7	3.1	0.8
Individual Thin (11")	6	138	4.7	21.4	0.5	4.0	2.3	0.6	170	5.8	26.5	0.6	4.9	2.8	0.8
Sharing Thin (14")	8	172	5.5	24.6	0.8	6.0	3.4	0.8	163	5.2	23.3	0.7	5.7	3.2	0.8
Gluten Free (9" Square)	6	160	2.2	24.4	1.6	5.5	2.4	0.7	203	2.8	31.0	2.0	7.0	3.0	0.8
Vegan Stuffed Crust	6	186	4.7	23.8	0.6	8.0	6.0	1.1	193	4.9	24.6	0.6	8.3	6.2	1.2
Vegan BBQ Jack N Ch**se															
Individual Pan (9")	6	166	3.9	23.3	2.4	6.2	2.6	0.7	202	4.7	28.3	2.9	7.5	3.2	0.9
Sharing Pan (13")	8	257	6.2	37.0	3.7	9.2	4.0	1.1	197	4.7	28.4	2.8	7.0	3.0	0.8
Individual Thin (11")	6	146	4.2	24.0	2.4	3.8	2.3	0.7	179	5.2	29.4	2.9	4.7	2.8	0.9
Sharing Thin (14")	8	182	4.9	28.9	3.7	5.4	3.4	1.0	167	4.5	26.5	3.4	4.9	3.1	0.9
Gluten Free (9" Square)	6	164	1.8	26.7	3.2	5.1	2.4	0.7	198	2.3	33.8	4.1	6.4	3.0	0.9
Vegan Stuffed Crust	6	146	4.2	24.0	2.4	3.8	2.3	0.7	179	5.2	29.4	2.9	4.7	2.8	2.1

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Pasta and Mains															
	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)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100g (g)	Sugar per 100g (g)	Fat per 100g (g)	Saturated Fat per 100g (g)	Salt per 100g (g)	
Lasagne	790	37.5	65.5	16.4	42.8	20.6	3.2	176	8.3	14.5	3.6	9.5	4.6	0.7	
(Additional Garlic Bread)	128	2.2	12.5	1.0	7.7	2.2	0.3	376	6.4	36.7	2.8	22.6	6.4	0.9	
Mac 'N' Cheese	824	38.0	80.8	6.8	37.9	22.8	3.5	179	8.3	17.6	1.5	8.2	4.9	0.8	
Chicken-izo Melt	430	55.3	8.2	5.3	19.6	8.6	4.8	175	22.5	3.3	2.1	8.0	3.5	1.9	
Fries (served with Chicken-izo Melt)	384	5.1	50.6	1.2	17.0	2.1	2.3	167	2.2	22.0	0.5	7.4	0.9	1.0	
Bluffet															
	Number of Slices per Pizza	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)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100g(g)	Sugar per 100g(g)	Fat per 100 (g)	Saturated Fat per 100 (g)	Salt per 100 (g)
Bluffet Pizzas															
Margherita															
Individual Pan (6")	4	120	4.1	14.9	0.8	6.4	2.0	0.4	249	8.5	30.9	1.7	9.9	2.9	0.8
Individual Thin (6.5")	4	80	3.7	10.8	0.7	2.4	1.1	0.4	210	9.6	28.3	1.7	6.3	2.9	1.0
Pepperoni Feast															
Individual Pan (6")	4	137	4.8	14.9	0.8	11.0	3.8	0.9	265	9.2	28.9	1.6	12.3	3.9	1.0
Individual Thin (6.5")	4	98	4.3	10.9	0.7	4.0	1.7	0.5	234	10.4	26.0	1.6	9.6	4.2	1.2
BBQ Americano															
Individual Pan (6")	4	143	6.1	17.3	2.3	5.4	1.7	0.6	232	9.8	27.9	3.7	8.8	2.7	1.0
Individual Thin (6.5")	4	105	5.7	13.5	2.3	3.0	1.4	0.6	202	10.9	25.9	4.5	5.9	2.7	1.2
Simply Veggie															
Individual Pan (6")	4	125	4.3	15.4	1.1	5.1	1.4	0.5	198	6.8	24.4	1.7	8.0	2.2	0.8
Individual Thin (6.5")	4	82	3.9	11.4	0.9	2.2	1.1	0.5	155	7.3	21.5	1.7	4.3	2.1	0.9
Bluffet Sides															
	Energy per Portion (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)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100g(g)	Sugar per 100g(g)	Fat per 100 (g)	Saturated Fat per 100 (g)	Salt per 100 (g)	
Garlic Breadstick Bites	252	7.9	41.8	0.0	5.7	2.4	0.9	252	7.9	41.8	0.0	5.7	2.4	0.9	
Tomato Pasta	273	6.3	33.0	7.9	12.8	1.7	0.9	121	2.8	14.6	3.5	5.7	0.8	0.4	
Cheese and Broccoli Pasta	245	9.7	26.5	6.1	10.8	5.5	1.4	108	4.3	11.8	2.7	4.8	2.4	0.6	

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	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)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100g (g)	Sugar per 100g (g)	Fat per 100g (g)	Saturated Fat per 100g (g)	Salt per 100g (g)
Little Boss														
Pan Pizza Margherita	423	17.7	59.8	5.0	13.2	4.7	1.5	215	9.0	30.4	2.5	6.7	2.4	0.8
Thin Pizza Margherita	327	14.5	45.4	3.2	10.3	4.3	1.3	176	7.8	24.4	1.7	5.6	2.3	0.7
Gluten Free Margherita	412	9.6	61.6	7.4	12.9	4.4	1.6	238	5.5	35.6	4.3	7.5	2.5	0.9
Then add one of the below as your topping choice:														
Ham	13	2.5	0.1	0.2	0.3	0.1	0.3	93	18.1	0.4	1.1	2.1	0.7	2.3
Pepperoni	34	1.3	0.1	0.0	3.2	1.3	0.2	488	18.9	1.0	0.1	45.4	18.2	3.3
Chicken breast	20	3.9	0.0	0.2	0.3	0.1	0.1	130	26.0	0.1	1.4	2.0	0.7	0.7
Sweetcorn	15	0.5	2.7	0.7	0.3	0.2	0.0	77	2.7	13.3	3.6	1.4	1.0	0.0
Pineapple	21	0.1	2.5	2.3	0.0	0.0	0.0	13	0.1	1.6	1.5	0.0	0.0	0.0
Peppers	2	0.1	0.7	0.3	0.0	0.0	0.0	1	0.1	0.4	0.2	0.0	0.0	0.0
Meat Free Pepperphoni	17	0.4	0.9	0.2	1.5	0.2	0.3	216	5.1	11.3	2.9	18.3	2.0	3.4
Mains														
Spaghetti Bolognese	198	12.8	27.5	5.8	3.3	1.3	0.6	79	5.1	11.0	2.3	1.3	0.5	0.2
Cheesy Pasta	385	12.0	52.9	5.4	15.2	6.7	1.4	154	4.8	21.2	2.2	6.1	2.7	0.6
Chicken & Fried Fries	548	20.2	67.0	1.2	22.8	2.4	2.1	219	8.1	26.8	0.5	9.1	1.0	0.9
Chicken & Baked Fries	400	19.1	47.7	1.9	14.9	2.1	1.6	174	8.3	20.8	0.8	6.5	0.9	0.7
Desserts														
Orange Juice Ice Lolly	69	0.9	16.1	16.6	0.1	0.1	0.0	92	1.2	21.5	22.2	0.1	0.1	0.0
Raspberry Ice	94	0.1	22.7	20.4	0.2	0.2	0.1	125	0.1	30.3	27.2	0.3	0.3	0.1
Drinks														
Semi Skimmed Milk	101	7.7	10.1	10.1	3.4	2.3	0.0	45	3.4	4.5	4.5	1.5	1.0	0.0
Kids Orange Juice	101	0.2	23.9	23.9	0.2	<0.1	0.0	44	0.1	10.4	10.4	0.1	<0.1	0.0
Kids Apple Juice	97	1.2	21.2	21.2	0.2	<0.1	0.1	42	0.5	9.2	9.2	0.1	<0.1	0.0
Robinsons Squash - Orange	2	0.0	0.0	0.0	0.0	0	0.1	1	0.0	0.0	0.0	0.0	0.0	0.0
Robinsons Squash - Apple & Blackcurrant	5	0.0	0.0	0.0	0.0	0	0.1	2	0.0	0.0	0.0	0.0	0.0	0.0

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	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)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100g (g)	Sugar per 100g (g)	Fat per 100g (g)	Saturated Fat per 100g (g)	Salt per 100g (g)
Big Boss														
Pan Pizza Margherita	453	19.0	60.2	5.1	15.8	5.7	1.6	220	9.3	29.3	2.5	7.7	2.8	0.8
Thin Pizza Margherita	374	15.9	45.9	3.4	14.7	5.4	1.4	187	7.9	22.9	1.7	7.4	2.7	0.7
Gluten Free Margherita	433	11.0	61.9	7.5	14.5	5.4	1.7	240	6.1	34.3	4.2	8.0	3.0	0.9
and then add three of the below as your topping choices:														
Sliced Ham	13	2.5	0.1	0.2	0.3	0.1	0.3	93	18.1	0.4	1.1	2.1	0.7	2.3
Pepperoni	34	1.3	0.1	0.0	3.2	1.3	0.2	488	18.9	1.0	0.1	45.4	18.2	3.3
Chicken	20	3.9	0.0	0.2	0.3	0.1	0.1	130	26.0	0.1	1.4	2.0	0.7	0.7
Sweetcorn	15	0.5	2.7	0.7	0.3	0.2	0.0	77	3.5	497.2	27.1	39.6	66.7	0.0
Pineapple	21	0.1	2.5	2.3	0.0	0.0	0.0	110	0.5	13.1	12.0	0.1	0.0	0.0
Mixed Peppers	2	0.1	0.7	0.3	0.0	0.0	0.0	15	0.8	5.2	2.4	0.3	0.1	0.0
Cherry Tomatoes	6	0.3	1.1	1.1	0.1	0.0	0.0	34	1.4	6.2	6.2	0.6	0.2	0.0
Meat Free Pepperphoni	17	0.4	0.9	0.2	1.5	0.2	0.3	216	5.1	11.3	2.9	18.3	2.0	3.4
*Nutritionals do not include any choices made at the Salad Station.														
Mains														
Chicken & Fried Fries	619	25.5	73.4	1.5	25.3	2.8	2.5	213	8.8	25.3	0.5	8.7	1.0	0.9
Chicken & Baked Fries	472	24.4	54.1	2.1	17.5	2.6	1.9	163	8.4	18.7	0.7	6.0	0.9	0.7
Lasagne	395	18.7	32.7	8.2	21.4	10.3	1.6	176	8.3	14.5	3.6	9.5	4.6	0.7
Mac 'N' Cheese	412	19.0	40.4	3.4	19.0	11.4	1.8	179	8.3	17.6	1.5	8.2	4.9	0.8
Sides														
Fries (Fried)	336	4.1	47.9	0.5	15.1	1.1	1.2	269	3.3	38.3	0.4	12.1	0.9	0.9
Fries (Oven Baked)	193	3.0	28.6	1.1	7.2	0.9	0.6	151	2.4	22.9	0.9	5.8	0.7	0.5
Garlic Bread	256	4.4	25.0	1.9	15.4	4.4	0.6	376	6.4	36.7	2.8	22.6	6.4	0.9
Onion Rings (Fried)	236	3.6	27.7	2.0	12.9	0.9	0.9	289	4.4	33.9	2.5	15.8	1.1	1.1
Onion Rings (Oven Baked)	154	2.4	26.9	3.8	6.7	1.2	0.8	188	2.9	32.9	4.7	8.2	1.5	1.0
Mini Corn on the Cob	203	6.3	28.1	17.2	4.7	0.8	0.0	129	4.0	17.8	10.9	3.0	0.5	0.0
Desserts														
Orange Juice Ice Lolly	69	0.9	16.1	16.6	0.1	0.1	0.0	92	1.2	21.5	22.2	0.1	0.1	0.0
Raspberry Ice	94	0.1	22.7	20.4	0.2	0.2	0.1	125	0.1	30.3	27.2	0.3	0.3	0.1
Kids Chocolate Brownie	394	6.2	49.9	37.9	19.1	11.4	0.2	276	4.3	35.0	26.6	13.4	8.0	0.1

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Ice Cream Builder														
Our Food Team have worked hard to develop the perfect recipe for your Ice Cream Creation! The following nutritional information is based on our recommended portions.														
Kids Ice Cream Builder														
	Energy per portion (kcal)	Protein per portion (g)	Carbohydrate per portion (g)	Sugar per portion (g)	Fat per portion (g)	Sat Fat per portion (g)	Salt per portion (g)							
Typical portion Ice Cream	192	3.1	30.6	25.8	6.5	4.0	0.4							
Typical portion Choc Sauce	32	0.3	7.3	5.8	0.3	0.2	0.0							
Toppings(3)	131	0.5	17.0	14.8	3.4	2.1	0.0							
TOTAL	355	3.9	54.9	46.4	10.2	6.3	0.4							
Adults Ice Cream Builder														
Typical portion Ice Cream	329	5.3	52.4	44.2	11.1	6.9	0.6							
Typical portion Choc Sauce	59	0.5	13.4	10.6	0.5	0.3	0.0							
Toppings(3)	131	0.5	17.0	14.8	3.4	2.1	0.0							
TOTAL	519	6.3	82.8	69.6	15.0	9.3	0.7							
Per 100g														
Ice Cream Builder Ice Cream	143	4	17.8	17.8	6.2	4.1	0.2							
Raspberry Sauce	263	0	66	51	0	0	0.2							
Chocolate Sauce	297	1.4	67.1	56.3	2.6	1.6	0.0							
Tricolour Chocolate Pieces	542	5.3	53.5	52.5	33.1	20.6	0.2							
Gold Crunch	681	0	98	98	0	0	0.2							
Lemon Crunch	382	1	96	91	1	0.7	0.3							
Strawberry Crunch	382	0	98.7	98.7	0.3	0.2	0.1							
Milk Chocolate Chips	516	5.4	63	71.9	26.5	16.5	0.1							
Milk Chocolate Beans	460	2.5	77.4	77.2	15.6	10.9	0.3							
Chocolate Toffee Crunch	465	4	76.7	72.5	17.2	10.8	0.5							
Popping Candy	416	0.31	92.3	79.39	4.64	2.81	0.0							
	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)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100g (g)	Sugar per 100g (g)	Fat per 100g (g)	Saturated Fat per 100g (g)	Salt per 100g (g)
Desserts														
Hot Cookie Dough (with a scoop of ice cream & drizzle of sauce)														
White Chocolate & Caramel Cookie Dough	631	7.8	97.1	24.3	23.2	14.4	1.2	314	3.9	48.3	12.1	11.5	7.2	0.6
Chocolate Chip Cookie Dough	651	9.2	91.7	55.5	26.9	16.2	1.0	324	4.6	45.6	27.6	13.4	8.1	0.5
Triple Chocolate Cookie Dough	669	9.1	92.1	64.1	29.1	18.3	0.8	333	4.5	45.8	31.9	14.5	9.1	0.4
Takeaway Cookie Dough														
(Small and Medium Cookie Doughs served with x1 Take Away Ice Cream Tub & a Drizzle of Sauce, Party Cookie Dough served with x2 Take Away Ice Cream Tubs & a Drizzle of Sauce)														
Small White Chocolate & Caramel	594	5.6	90.0	18.4	23.1	14.1	1.2	356	3.4	53.9	11.0	13.8	8.4	0.7
Small Chocolate Chip	614	7.0	84.6	49.6	26.8	15.9	1.0	368	4.2	50.6	29.7	16.1	9.5	0.6
Small Triple Chocolate	632	6.9	85.0	58.2	29.0	18.0	0.8	379	4.1	50.9	34.9	17.4	10.7	0.5
Medium White Chocolate & Caramel	1084	9.7	168.3	91.6	40.8	24.9	2.3	385	3.5	59.7	32.5	14.5	8.8	0.8
Medium Chocolate Chip	1125	12.4	157.3	89.2	48.2	28.4	1.9	399	4.4	55.8	31.6	17.1	10.1	0.7
Medium Triple Chocolate	1161	12.3	158.2	106.4	52.6	32.6	1.5	412	4.4	56.1	37.7	18.6	11.6	0.5
Party White Chocolate & Caramel	2169	19.5	336.5	183.3	81.5	49.9	4.6	385	3.5	59.7	32.5	14.5	8.8	0.8
Party Chocolate Chip	2249	24.8	314.6	178.5	96.3	56.9	3.7	399	4.4	55.8	31.6	17.1	10.1	0.7
Party Triple Chocolate	2323	24.6	316.3	212.9	105.1	65.3	2.9	412	4.4	56.1	37.7	18.6	11.6	0.5
Hot Desserts														
Chocolate Brownie (served with ice cream & sauce)	600	8.3	71.6	53.8	31.5	18.5	0.2	325.9	4.5	38.9	29.2	17.1	10.0	0.1
Take Away Chocolate Brownie (served with ice cream & sauce)	562	6.1	64.5	47.9	31.5	18.1	0.3	375	4	43	31.9	21	12.1	0.17
Cold Desserts														
I Can't Believe Its Not Ch**secake	513	5.8	42.8	22.3	34.3	18.4	0.9	410	4.6	34.2	17.8	27.4	14.7	0.7
Additional Vanilla Ice cream	140	3.7	18.9	15.9	5.5	3.6	0.1	163	4.3	22.0	18.5	6.4	4.2	0.1
Raspberry Ice	188	0.2	45.5	40.8	0.5	0.5	0.2	125	0.1	30.3	27.2	0.3	0.3	0.1