

# 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](https://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 (March 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

## 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

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

# 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
<b>Sides</b>																
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													
<b>Table Top Sauces</b>																
BBQ Sauce	Yes	Yes	Yes													
Tomato Ketchup	Yes	Yes	Yes													
Mayonnaise	Yes	No	Yes			●										
<b>Takeaway Dip Pots</b>																
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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<b>Salad Station</b>																
<b>Dressed Salad Lines</b>																
Potato Salad	Yes	No	Yes			●	●						●		○	○
Coleslaw	Yes	No	Yes			●							●		○	○
<b>Fresh Salad Lines</b>																
Lettuce & Carrot Mix	Yes	Yes	Yes													
Cherry Tomatoes	Yes	Yes	Yes													
Cucumber	Yes	Yes	Yes													
<b>Dried Items</b>																
B*con Bits (Flavoured Sprinkles)	Yes	Yes	No	●	●											
Tortilla Chips	Yes	Yes	Yes													
<b>Dressings &amp; Dips</b>																
Thousand Island Dressing	Yes	No	Yes			●										
Vinaigrette	Yes	Yes	Yes										●			
<b>Pizza Builder</b>																
<b>Pizza Bases</b>																
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	●	●											
<b>Pizza Base Sauces</b>																
Unseasoned tomato	Yes	Yes	Yes													
Seasoned tomato	Yes	Yes	Yes							●						
BBQ	Yes	Yes	Yes		●											
Cheese sauce	Yes	No	No	●		●					○		●		○	○
KFC Gravy	No	No	No	●						●		●				
<b>Cheese</b>																
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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<b>Pizza Toppings</b>																
<b>Meat</b>																
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													
KFC Popcorn Chicken	No	No	No	●			●			●		●				
<b>Vegetables &amp; Fruit</b>																
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 Pepperphoni	Yes	Yes	Yes													
Garlic Mushrooms	Yes	Yes	Yes													
PLEASE NOTE: Peas are in the legume family, and people with allergies to other legumes like <b>Peanuts and Soya</b> should be careful when introducing pea protein due to the possibility of a pea allergy.																
<b>Pizza Drizzle Finish</b>																
Garlic Butter	Yes	No	No	○	○	○	●			○	○		○			
BBQ Sauce	Yes	Yes	Yes		●											
Balsamic Glaze	Yes	Yes	Yes							●						



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<b>Pizza Combinations (Tomato sauce base unless stated otherwise on the menu)</b>																
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		●		●			●*			●			
KFC Pizza	No	No	No	●	●		●			●		●				
<b>Flatbread Combinations (Tomato sauce base unless stated otherwise on the menu)</b>																
Virtuous Veg Flatbread	Yes	No	No	●	●		●									
Chicken Delight Flatbread	No	No	No	●	●		●									
BBQ Steak 'N' Chicken Flatbread	No	No	No	●	●		●					●				
<b>Vegan Pizza Combinations (Tomato sauce base unless stated otherwise on the menu)</b>																
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
<b>Mains</b>																
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	●												
<b>Bluffet Sides</b>																
Garlic Breadstick Bites	Yes	No	No	●	●	○	●			○	○		○			
Tomato Pasta	Yes	Yes	No	●	●						○	●			○	○
Cheese & Broccoli Pasta	Yes	No	No	●	●		●				○				○	○

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<b>Big and Little Boss</b>																
<b>Pizza</b>																
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													
PLEASE NOTE: Peas are in the legume family, and people with allergies to other legumes like <b>Peanuts and Soya</b> should be careful when introducing pea protein due to the possibility of a pea allergy.																
<b>Mains</b>																
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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<b>Sides</b>																
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	●	○		○									
<b>Big and Little Boss Drinks</b>																
Milk	Yes	No	Yes				●									
<b>All fountain drinks contain a source of Phenylalanine.</b>																
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																
<b>Big and Little Boss Desserts</b>																
Orange Juice Ice Lolly	Yes	No	Yes				○									
Chocolate Brownie	Yes	No	Yes		●	●	●			○						○
Raspberry Ice	Yes	Yes	Yes													

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<b>Ice Cream Factory</b>																
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			●										
<b>Hot Cookie Dough - All Sizes (Served with Vanilla Ice Cream and Sauce)</b>																
Choc Chip Cookie Dough	Yes	No	No	●	●	○	●									○
White Chocolate & Caramel Cookie Dough	Yes	No	No	●	●	○	●									○
Triple Chocolate Cookie Dough	Yes	No	No	●	●	○	●									○
<b>Desserts</b>																
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				●									

# ALLERGEN DECLARATION

Updated March 2021

The '●' indicates that the allergen is <b>contained</b> and <b>present</b> in this item.																
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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
<b>Drinks</b>																
<b>Soft Drinks</b>																
<b>All fountain drinks contain a source of Phenylalanine.</b>																
<b>Robinsons Squash - All flavours</b>	Refer directly to the supplier - Britvic - <a href="http://www.britvic.co.uk">www.britvic.co.uk</a>															
<b>Belu Still Water</b>	Refer directly to the supplier - Belu - <a href="http://www.belu.co.uk">www.belu.co.uk</a>															
<b>Belu Sparkling Water</b>	Refer directly to the supplier - Belu - <a href="http://www.belu.co.uk">www.belu.co.uk</a>															
<b>Pepsi bottle</b>	Refer directly to the supplier - Britvic - <a href="http://www.britvic.co.uk">www.britvic.co.uk</a>															
<b>Pepsi Max bottle</b>	Refer directly to the supplier - Britvic - <a href="http://www.britvic.co.uk">www.britvic.co.uk</a>															
<b>Irn Bru</b>	Refer directly to the supplier - Britvic - <a href="http://www.britvic.co.uk">www.britvic.co.uk</a>															
<b>Apple Juice</b>	Refer directly to the supplier - Mulrines - <a href="http://www.mulrines.com/mulrines-uk">www.mulrines.com/mulrines-uk</a>															
<b>Orange Juice</b>	Refer directly to the supplier - Mulrines - <a href="http://www.mulrines.com/mulrines-uk">www.mulrines.com/mulrines-uk</a>															
<b>J2O - all flavours</b>	Refer directly to the supplier - Britvic - <a href="http://www.britvic.co.uk">www.britvic.co.uk</a>															
<b>Gingerella</b>	Refer directly to the supplier - Karma Cola - <a href="http://www.karmacola.co.uk">www.karmacola.co.uk</a>															
<b>Virgil's - All flavours</b>	Refer directly to the supplier - Virgil's - <a href="http://www.virgils.com">www.virgils.com</a>															
<b>Take Away 7Up Free</b>	Refer directly to the supplier - Britvic - <a href="http://www.britvic.co.uk">www.britvic.co.uk</a>															
<b>Take Away Diet Pepsi</b>	Refer directly to the supplier - Britvic - <a href="http://www.britvic.co.uk">www.britvic.co.uk</a>															
<b>Take Away Pepsi Max</b>	Refer directly to the supplier - Britvic - <a href="http://www.britvic.co.uk">www.britvic.co.uk</a>															
<b>Take Away Tango Orange</b>	Refer directly to the supplier - Britvic - <a href="http://www.britvic.co.uk">www.britvic.co.uk</a>															
<b>Take Away Pepsi</b>	Refer directly to the supplier - Britvic - <a href="http://www.britvic.co.uk">www.britvic.co.uk</a>															

# ALLERGEN DECLARATION

Updated March 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
<b>Hot drinks</b>																
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													
<b>Alcoholic drinks</b>																
Passionfruit Martini (200ml)	Refer directly to the supplier - Funkin Cocktails - <a href="http://www.funkincocktails.co.uk">www.funkincocktails.co.uk</a>															
Pinot Grigio	Refer directly to the supplier - Matthew Clark - <a href="http://www.matthewclark.co.uk/">www.matthewclark.co.uk/</a>															
Sauvignon Blanc																
Merlot																
Shiraz																
White Zinfandel																
Prosecco																
Budweiser	Refer directly to the supplier - Carlsberg - <a href="http://www.Carlsberg.com/">www.Carlsberg.com/</a>															
San Miguel																
Carlsberg																
Brewdog	Refer directly to the supplier - Brewdog - <a href="http://www.BrewDog.com">www.BrewDog.com</a>															
Bulmer's	Refer directly to the supplier - Bulmer's - <a href="http://www.Bulmer.co.uk/">www.Bulmer.co.uk/</a>															
Kopparberg - All flavours	Refer directly to the supplier - Kopparberg - <a href="http://www.kopparberg.com">www.kopparberg.com</a>															

# INGREDIENT DECLARATION

Updated March 2021

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

<b>Sides</b>	
<b>Fries (Fried)</b>	
Fries (Fried)	Potatoes, Sunflower oil, <b>Wheat (Gluten)</b> 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)
<b>Fries (Baked)</b>	
Fries (Baked)	Potatoes, Sunflower oil, <b>Wheat (Gluten)</b> 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.
<b>Onion Rings (Fried)</b>	
Onion Rings (Fried)	Onions, Batter [ <b>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.</b>
Rapeseed Oil	Rapeseed Oil, Antifoaming Agent (E900)
<b>Onion Rings (Oven Baked)</b>	
Onion Rings (Oven Baked)	Onions, Batter [ <b>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.</b>
<b>Mini Corn on the cob</b>	
Corn on the cob	Sweetcorn.
Vegetable oil spray	Rapeseed oil, Emulsifier: <b>Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).</b>
<b>Chicken Wings</b>	
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.
<b>Chicken Bites</b>	
Chicken Bites	Chicken, <b>Wheat</b> Flour, Rapeseed Oil, Water, Rice Starch, Salt, Dextrose, Stabilisers: E451, E450, E452; <b>Wheat</b> 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: <b>Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).</b>
<b>Cheesy Triangles (Oven Baked)</b>	
Cheesy Triangles	57% Processed Cheese ( <b>Milk</b> ) [65% Cheese ( <b>Milk</b> ), Water, Butter ( <b>Milk</b> ), <b>Milk</b> Protein, Starch, Emulsifying Salts (E452, E331), Salt, Thickeners (E407)], Flour ( <b>Wheat, Maize</b> ), Water, Rapeseed oil, Modified Starch, Salt, Parsley, <b>Milk</b> Protein, Yeast, Chicken <b>Egg</b> powder, Onion powder, Garlic Powder, Raising agents (E450, E500), Sunflower Oil.
<b>Cheesy Triangles (Fried)</b>	
Cheesy Triangles	57% Processed Cheese ( <b>Milk</b> ) [65% Cheese ( <b>Milk</b> ), Water, Butter ( <b>Milk</b> ), <b>Milk</b> Protein, Starch, Emulsifying Salts (E452, E331), Salt, Thickeners (E407)], Flour ( <b>Wheat, Maize</b> ), Water, Rapeseed oil, Modified Starch, Salt, Parsley, <b>Milk</b> Protein, Yeast, Chicken <b>Egg</b> powder, Onion powder, Garlic Powder, Raising agents (E450, E500), Sunflower Oil.
Rapeseed Oil	Rapeseed Oil, Antifoaming Agent (E900)
<b>Jalapeno Poppers (Oven Baked)</b>	
Jalapeno Poppers	Full Fat Soft Cheese ( <b>Milk</b> ) (28%), Red Jalapeño Peppers (26%), Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin), Water, Cornflour, <b>Wheat</b> Starch, Sunflower Oil, Dried Red Pepper Flakes, Rice Flour, Salt, Yeast, Paprika, Dried Whole <b>Egg</b> Powder (Free range).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).</b>
<b>Jalapeno Poppers (Fried)</b>	
Jalapeno Poppers	Full Fat Soft Cheese ( <b>Milk</b> ) (28%), Red Jalapeño Peppers (26%), Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin), Water, Cornflour, <b>Wheat</b> Starch, Sunflower Oil, Dried Red Pepper Flakes, Rice Flour, Salt, Yeast, Paprika, Dried Whole <b>Egg</b> Powder (Free range).
Rapeseed Oil	Rapeseed Oil, Antifoaming Agent (E900)



# INGREDIENT DECLARATION

Updated March 2021

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<b>Garlic Bread</b>	
Garlic Bread	<b>Wheat</b> 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). <b>May contain Soya and Milk Products.</b>
<b>Garlic Bread with Cheese</b>	
Garlic Bread	<b>Wheat</b> 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). <b>May contain Soya and Milk Products.</b>
Mozzarella Cheese (optional)	Mozzarella Cheese (Pasteurised <b>Milk</b> , Salt, Lactic Cultures), Potato Starch.
<b>Southern Fried Nuggets</b>	
Southern Fried Nuggets	Mycoprotein (53%), <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Breadcrumbs ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Yeast, Salt), <b>Wheat</b> Starch, Potato Protein, <b>Wheat Gluten</b> , 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.
<b>BBQ Ribs</b>	
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).
<b>Tabletop Sauces</b>	
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 <b>Egg</b> Yolk (1%), Stabilisers (Xanthan Gum, Guar Gum), Preservative (Potassium Sorbate).
<b>Takeaway Dip Pots</b>	
Garlic & Herb Sauce Dip Pot	Refined <b>Soya</b> Oil, Water, Spirit Vinegar, Sugar, Garlic, Lemon Juice (from concentrate), Modified Starch, <b>Egg</b> Yolk, Salt, Garlic Juice, Shallots, <b>Mustard</b> Seeds, Thickener (Xanthan Gum), Preservative (Potassium Sorbate), Chives, <b>Celery</b> 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 ( <b>Milk</b> ), Sugar, <b>Egg</b> Yolk, Modified Starch, Salt, Lemon Juice (from concentrate), Flavourings (contain <b>Milk</b> , <b>Barley</b> ), Thickener (Xanthan Gum), Chive, Preservative (Potassium Sorbate), Antioxidant (Calcium Disodium EDTA).
<b>Salad Station</b>	
<b>Dressed Salad Lines</b>	
Potato Salad	Potato (71%), Mayonnaise (24%) (Water, Rapeseed Oil, Spirit Vinegar, Sugar, White Wine Vinegar, Free Range <b>Egg</b> , Stabilisers (Guar Gum, Xanthan Gum), Free Range <b>Egg</b> Yolk Powder, <b>Mustard</b> Flour), Onion, Soured Cream ( <b>Milk</b> ), White Wine Vinegar, Salt, Chives, Rapeseed Oil, Cornflour, Preservative (Potassium Sorbate). <b>May contain Peanuts/ their derivatives and Nuts.</b>
Coleslaw	Cabbage (54%), Mayonnaise (33%) (Rapeseed Oil, Water, Free Range <b>Egg</b> , Sugar, White Wine Vinegar, Spirit Vinegar, Stabilisers (Guar Gum, Xanthan Gum), Salt, <b>Mustard</b> Flour), Carrot (9%), Onion (2%), White Wine Vinegar, Preservative (Potassium Sorbate). <b>May contain Peanuts/ their derivatives and Nuts.</b>
<b>Fresh Salad Lines</b>	
Lettuce and Carrot Mix	Iceberg Lettuce, Carrot, Cos Lettuce
Cherry Tomatoes	Cherry Tomatoes
Cucumber Slices	Cucumber
<b>Dried Items</b>	
B*con Bits	Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Thiamine, Niacin), Palm Oil, Seasoning (Rusk (Contains Fortified Wheat Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Thiamine, Niacin))), Flavourings (contains <b>Soya</b> , <b>Barley</b> ), Colours (Beetroot Red, Paprika Extract, Plain Caramel), Yeast Extract Powder, Salt, Yeast Powder, Sugar, <b>Barley</b> Malt Flour, Hydrolysed Vegetable Protein ( <b>Soya</b> ), Smoked Salt), Salt, Yeast.
Tortilla Chips	Maize Flour (Corn); Sunflower Oil; Salt
<b>Dressings &amp; Dips</b>	
Thousand Island Dressing	Water, Rapeseed Oil, Sugar, Spirit Vinegar, Tomato Paste, White Wine Vinegar, Modified Maize Starch, Salt, Free Range Dried <b>Egg</b> 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 <b>Mustard</b> (Water, <b>Mustard</b> 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).

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<b>Pizza Bases</b>	
<b>All American Thin</b>	
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: <b>Soya</b> Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Polenta	Maize. <b>May contain Gluten.</b>
<b>Original Pan</b>	
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: <b>Soya</b> Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
<b>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.</b>	
<b>Stuffed Crust</b>	
Stuffed Crust Dough Base	Wheat Flour ( <b>Wheat</b> ), Water, Yeast: (Bakers Yeast, Rehydrating Agent;e491), Salt, Vegetable Oil, Sugar, Ascorbic Acid e300
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya</b> Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Garlic Butter	Butter ( <b>Milk</b> ), Garlic Puree (10%), Parsley (4%), Pepper, Sea Salt, Preservatives (Citric Acid, Acetic Acid). <b>May contain Gluten, Soya, Egg, Mustard, Sesame &amp; Sulphites.</b>
String Cheese for Crust	Mozzarella (Pasteurised <b>Milk</b> , Salt, Cultures), Potato Starch
<b>Cheesy Bites</b>	
Stuffed Crust Dough	Wheat Flour ( <b>Wheat</b> ), Water, Yeast: (Bakers Yeast, Rehydrating Agent;e491), Salt, Vegetable Oil, Sugar, Ascorbic Acid e300
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya</b> Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Garlic Butter	Butter ( <b>Milk</b> ), Garlic Puree (10%), Parsley (4%), Pepper, Sea Salt, Preservatives (Citric Acid, Acetic Acid). <b>May contain Gluten, Soya, Egg, Mustard, Sesame &amp; Sulphites.</b>
String Cheese for Crust	Mozzarella (Pasteurised <b>Milk</b> , Salt, Cultures), Potato Starch
<b>Gluten Free</b>	
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.
<b>Flatbread</b>	
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: <b>Soya</b> Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
<b>Vegan Stuffed Crust</b>	
Stuffed Crust Dough	Wheat Flour ( <b>Wheat</b> ), Water, Yeast: (Bakers Yeast, Rehydrating Agent;e491), Salt, Vegetable Oil, Sugar, Ascorbic Acid e300
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya</b> 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.

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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)]. <b>Contains Sulphites.</b>
BBQ Sauce (For all Bases) (Gluten Free)	Water, Tomato Paste, Sugar, Spirit Vinegar, Glucose-Fructose Syrup, <b>Soy</b> Sauce (Water, <b>Soya</b> Extract [Water, <b>Soya</b> Beans, Salt, <b>Wheat*</b> Flour (With Calcium, Iron, Niacin (Vitamin B3), Thiamin (Vitamin B1)]), Salt, Glucose, Spirit Vinegar, <b>Barley*</b> Malt Extract), Modified Maize Starch, Spices, Caramelised Sugar Syrup, Salt, Smoke Flavouring, Preservative (Potassium). <b>*Below 20ppm. (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')</b>
Cheese Sauce (All American Thin and Stuffed Crust)	<b>Milk</b> , Water, Vintage Cheddar Cheese ( <b>Milk</b> ) (9.5%), Red Leicester Cheese ( <b>Milk</b> ) (5.5%) (Colour: Annatto), Cream ( <b>Milk</b> ), Modified Maize Starch, Sunflower Oil, Full Cream <b>Milk</b> Powder, Wheat Flour (contains Calcium Carbonate, Iron, Niacin, Thiamin), Cheddar Cheese Stock (Cheese Powder ( <b>Milk</b> ), Glucose Syrup Solids, Water, Yeast Extract, Salt, Sunflower Oil, Natural Flavouring (Sugar Cane, Yeast, Onion, Apricot)), Medium Fat Hard Cheese ( <b>Milk</b> ), Red Wine Vinegar, Tomato Puree, Yellow <b>Mustard</b> Powder, Worcester Sauce (Water, Spirit Vinegar, Sugar, Onion, Salt, Tamarind Paste, Cloves, Ginger, Garlic, Barley Malt Extract), Butter ( <b>Milk</b> ), Garlic, Salt, Chipotle Chilli Powder, Black Pepper, Santa Cruz Chilli Powder (Chilli, Cumin, Salt, Oregano, Garlic Powder). <b>May contain Peanuts/ their derivatives, Nuts and Sesame.</b>
KFC Gravy	Water, Modified Starch (Waxy Maize), Flour ( <b>Wheat</b> [ <b>Wheat</b> flour, Calcium, Iron, Niacin, Thiamin]), Salt, Dextrose ( <b>Wheat</b> ), Rusk [ <b>Wheat</b> flour [ <b>Wheat</b> flour, Calcium, Iron, Niacin, Thiamin], Salt, Raising Agent: Ammonium Carbonate (E503)], Yeast Extract [Yeast Extract, Salt, Carrier (Sunflower Seed Oil) Flavouring [Flavouring Preparations, Carriers ( <b>Wheat</b> Maltodextrin, Potato Maltodextrin, Sunflower Seed Oil), Salt, Flavouring Substances, Sugar, Thermal process flavouring], Autolysed Yeast, Onion Powder, Malt Extract, Caramelised Sugar [Caramelised Sugar Syrup, Carrier (Potato Maltodextrin)], Preservative: Sorbic acid (E200), Spice (Black Pepper), Spice Extracts ( <b>Celery</b> [ <b>Celery</b> Extract, Carrier (Sunflower Seed Oil)], Ginger, Capsicum), Vegetable Oil (Sunflower Seed Oil). Flavourings contain <b>Milk and Sulphites</b>
Cheese	
Mozzarella Cheese	Mozzarella with added starch (Mozzarella Cheese ( <b>Milk</b> , Salt, Cultures), Potato Starch)
Goats' Cheese	Goat <b>Milk</b> , Salt, Lactic Culture, Coagulant, Ripening Culture
Triple Cheese Blend	Mozzarella (Pasteurised <b>Milk</b> , Salt, Starter Cultures, Potato Starch), Red Leicester (Pasteurised <b>Milk</b> , Salt, Starter cultures, Annatto (E160b), Monterey Jack (Pasteurised <b>Milk</b> , Salt, Starter Cultures)
String Cheese for Crust	Mozzarella (Pasteurised <b>Milk</b> , 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 ( <b>Mustard</b> , 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 <b>Soya</b> protein)	Beef, Beef Fat, Water, <b>Soya</b> 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 <b>Barley*</b> Malt Extract. <b>*Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')</b>
Bacon	Pork Belly & Pork Back, Salt, Smoke Flavouring, Antioxidant: Sodium Ascorbate (E301), Preservatives: Sodium Nitrite (E250), Potassium Nitrate (E252)
Shaved steak (with added <b>Soya</b> 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 ( <b>Celery</b> Seed, White Pepper), <b>Soya</b> Protein.
Chorizo	Pork meat, Pork Fat, Salt, Dextrose, Chilli powder, Garlic powder, Rosemary Extract, Sage, Malt <b>Barley*</b> vinegar, Smoked paprika, Paprika Extract, Stabiliser (E450) Antioxidant (E301), Lactic Acid Starter culture, Preservative (E250), Paprika powder. <b>*Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')</b>
Pulled Chicken	Chicken (96%), Sunflower Oil, Salt, Black Pepper, Garlic, Chilli Powder, Smoked Paprika, Ground Cumin. <b>May contain Sesame, Peanuts and nuts.</b>
Chargrilled Chicken Breast	Chicken, Roast Chicken Stock (Water, Roast Chicken Carcass, Yeast Extract, Salt), Cornflour, Sugar, Salt, Dried Onion, Garlic, Sunflower Oil, Thyme.
KFC Popcorn Chicken	Chicken (56%), <b>Wheat</b> Flour, Fully Refined Soya Bean Oil, Salt, Sunflower Oil, Rice Starch, Flavour Enhancer (E621), Raising Agents (E450i, E500ii), Stabiliser (E451i), <b>Wheat</b> Gluten, Black Pepper, Garlic Powder, Anticaking Agent (E551), Spice Extracts (Black Pepper Extract, <b>Celery</b> , Capsicum, Black Pepper Oil), Onion Powder, Whey Powder (Contains <b>Milk</b> ).

# INGREDIENT DECLARATION

Updated March 2021

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<b>Vegetables &amp; Fruit</b>	
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 <b>Metabisulphite</b> )), Glucose Syrup, Sugar, Modified Corn Starch, Xanthan Gum Stabilizer. <b>Contains Sulphites.</b>
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, Thickeners (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.
<b>Pizza Drizzle Finish</b>	
Garlic Butter	Butter ( <b>Milk</b> ), Garlic Puree (10%), Parsley (4%), Pepper, Sea Salt, Preservatives (Citric Acid, Acetic Acid). <b>May contain Gluten, Soya, Egg, Mustard, Sesame &amp; Sulphites.</b>
BBQ Sauce (Gluten Free)	Water, Tomato Paste, Sugar, Spirit Vinegar, Glucose-Fructose Syrup, <b>Soy</b> Sauce (Water, <b>Soya</b> Extract [Water, <b>Soya</b> Beans, Salt, <b>Wheat*</b> Flour (With Calcium, Iron, Niacin (Vitamin B3), Thiamin (Vitamin B1)]), Salt, Glucose, Spirit Vinegar, <b>Barley*</b> Malt Extract), Modified Maize Starch, Spices, Caramelised Sugar Syrup, Salt, Smoke Flavouring, Preservative (Potassium). <b>*Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')</b>
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. <b>Contains Sulphites.</b>
<b>Main Meals &amp; Pastas</b>	
<b>Chicken-izo Melt</b>	
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, <b>Soya</b> Beans, Salt, <b>Wheat*</b> Flour (With Calcium, Iron, Niacin (Vitamin B3), Thiamin (Vitamin B1)]), Salt, Glucose, Spirit Vinegar, <b>Barley*</b> Malt Extract), Modified Maize Starch, Spices, Caramelised Sugar Syrup, Salt, Smoke Flavouring, Preservative (Potassium). <b>*Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')</b>
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, <b>Wheat (Gluten)</b> 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.

# INGREDIENT DECLARATION

Updated March 2021

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<b>Lasagne</b>	
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, <b>Wheat</b> 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 ( <b>Barley</b> ). Béchamel Sauce (27%): Water, <b>Milk</b> Powder, Mature Cheddar ( <b>Milk</b> ), <b>Wheat</b> Flour, (with added Calcium Carbonate, Iron, Niacin, Thiamine), Mascarpone Cheese ( <b>Milk</b> ), Modified Maize Starch, Full Fat Soft Cheese ( <b>Milk</b> ), Cheese Stock ( <b>Milk</b> )[Cheese Powder, Glucose Syrup, Yeast Extract, Salt, Sunflower Oil, Natural Flavouring (Sugar Cane, Yeast, Onion, Apricot)], Salt, Pasta (14%) Durum <b>Wheat</b> Semolina, <b>Egg</b> , Water. <b>May contain Peanuts/ their derivatives, Nuts and Sesame</b> .
Garlic Bread	<b>Wheat</b> 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). <b>May contain Soya/Soya Products, Milk/ Milk Products</b> .
<b>Mac &amp; Cheese</b>	
Mac 'N' Cheese	Cheese Sauce (61%) - Water, Mature Cheddar Cheese ( <b>Milk</b> ) (16%), Cream ( <b>Milk</b> ), Mozzarella Cheese ( <b>Milk</b> ) (4%), Cheddar Cheese Stock ( <b>Milk</b> ) (Reconstituted Cheese ( <b>Milk</b> ), Whey Powder ( <b>Milk</b> ), Flavourings, Salt, Lactic Acid, <b>Mustard</b> Flour, Black Pepper), Modified Maize Starch, Full Fat Soft Cheese ( <b>Milk</b> ), 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, <b>Barley</b> Malt Vinegar), Garlic, Salt, Yeast Extract (Yeast Extract, Salt), Black Pepper, Cayenne Pepper. Cooked Pasta (37%) - (Durum <b>Wheat</b> Semolina). Mozzarella Cheese ( <b>Milk</b> ) (2%). <b>May contain Peanuts/ their derivatives, Nuts and Sesame</b> .
Mozzarella Cheese	Mozzarella Cheese (Pasteurised <b>Milk</b> , Salt, Lactic Cultures), Potato Starch.
<b>Bluffet</b>	
<b>Garlic Breadstick Bites</b>	
<b>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.</b>	
Pan dough	<b>Wheat</b> 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 ( <b>Milk</b> ), Garlic Puree (10%), Parsley (4%), Pepper, Sea Salt, Preservatives (Citric Acid, Acetic Acid). <b>May contain Gluten, Soya, Egg, Mustard, Sesame &amp; Sulphites</b> .
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya</b> Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
<b>Tomato Pasta</b>	
Tomato Pasta	Cooked Penne Pasta (Water, Durum <b>Wheat</b> Semolina) (33%), Tomatoes (31%), Tomato Passata (12%), Onion, Tomato Puree, Sunflower Oil, Olive Oil, Water, Carrots, <b>Celery</b> , White Sugar, Garlic, Salt, Modified Maize Starch, Oregano, Black Pepper, Thyme. <b>May contain Peanuts/ their derivatives, Nuts and Sesame</b> .
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya</b> Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
<b>Cheese and Broccoli Pasta</b>	
Cheese and Broccoli Pasta	Water, Cooked Penne Pasta (Water, Durum <b>Wheat</b> Semolina) (22%), Whole Pasteurised <b>Milk</b> , Broccoli (5%), Single Cream ( <b>Milk</b> ), Mature Cheddar Cheese ( <b>Milk</b> ) (3%), Spinach (3%), Full Cream <b>Milk</b> Powder, Garden Peas (2%), Modified Maize Starch, Adcrem ( <b>Milk</b> Protein, Palm Oil, Lactose), Cheese Crumb Mix (Pecorino Cheese (Sheep's <b>Milk</b> ), Regato Cheese ( <b>Milk</b> ), Cheddar Cheese Stock (Processed Cheese Powder ( <b>Milk</b> )) (Cheese ( <b>Milk</b> ), Emulsifying Salt: (E339), Dried Glucose Syrup, Water, Yeast Extract, Salt, Sunflower Oil, Natural Flavouring), Mascarpone Cheese ( <b>Milk</b> ), Ricotta Cheese ( <b>Milk</b> ), 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. <b>May contain Peanuts/ their derivatives, Nuts and Sesame</b> .
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya</b> Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).

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Updated March 2021

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<b>Little and Big Boss</b>	
<b>Little and Big Boss Pizzas</b>	
<b>Original Pan</b>	
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: <b>Soya</b> Lecithin (E322), Mono- and diglycerides fatty acid esters (E471).
Unseasoned tomato sauce	Tomato Concentrate (Tomato Paste, Citric Acid).
<b>All American Thin</b>	
All American Thin dough	Wheat Flour ( <b>Wheat</b> ), Water, Yeast: (Bakers Yeast, Rehydrating Agent;e491), Salt, Vegetable Oil, Sugar, Ascorbic Acid e300
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya</b> Lecithin (E322), Mono- and diglycerides fatty acid esters (E471).
Unseasoned tomato sauce	Tomato Concentrate (Tomato Paste, Citric Acid).
<b>Gluten Free</b>	
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).
<b>Cheese</b>	
Mozzarella Cheese	Mozzarella with added starch (Mozzarella Cheese ( <b>Milk</b> , Salt, Cultures), Potato Starch)
Vegan Ch**se	Water, Coconut Oil, Modified Starch, Starch, Sea Salt, Flavourings, Preservative: Sorbic Acid, Colour: B-Carotene, Vitamin B12.
<b>Toppings</b>	
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 ( <b>Mustard</b> , 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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<b>Little Boss Mains</b>	
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, <b>Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin)</b> , 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), <b>Barley Malt Extract, Black Pepper. <i>May contain Peanuts/ their derivatives, Nuts and Sesame.</i></b>
Mozzarella Cheese (add on)	Mozzarella Cheese (Pasteurised <b>Milk</b> , Salt, Lactic Cultures), Potato Starch.
Cheesy Pasta	Cheese Sauce: Water, Single Cream ( <b>Milk</b> ), Mature Cheddar Cheese ( <b>Milk</b> ), <b>Milk Powder</b> , Modified Maize Starch, Sunflower Oil, Double Cream ( <b>Milk</b> ), Full Fat Soft Cheese ( <b>Milk</b> ), Cheese Mix (Regato Cheese ( <b>Milk</b> ), Pecorino Cheese (Sheep's <b>Milk</b> )), Cheddar Cheese Stock (Cheese Powder ( <b>Milk</b> ), 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 <b>Wheat Semolina</b> ). <b><i>May contain Peanuts/ their derivatives, Nuts and Sesame.</i></b>
<b>Chicken &amp; Fries</b>	
Chicken Strips	Chicken Inner Fillet, Water, <b>Wheat Flour</b> , Rice Flour, Breadcrumb ( <b>Wheat Flour</b> , Dextrose, Refined Soybean Oil*, Salt, Yeast), <b>Wheat Starch, Wheat</b> , Salt, Refined Soybean Oil*, Garlic Powder, Yeast Extract (contains Salt), Maltodextrin, Raising Agents (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Spices (Black Pepper, <b>Celery</b> , Turmeric), Onion Powder, Sugar, Dextrose, Refined Sunflower Oil, Spice Extract (Black Pepper, Capsicum, <b>Celery</b> ), Acidity Regulator (Citric Acid). (*The Soyabean Oil used in this product is fully refined, therefore is not an allergen) <b><i>May Contain Peanuts/ their derivatives.</i></b>
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya Lecithin (E322)</b> , Mono- and Diglycerides Fatty Acid Esters (E471).
Rapeseed Oil (when fried)	Rapeseed Oil, Antifoaming Agent (E900)
Fries	Potatoes, Sunflower oil, <b>Wheat (Gluten) flour</b> , 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.
<b>Big Boss</b>	
<b>Pastas</b>	
<b>Lasagne</b>	
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, <b>Wheat Flour</b> (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 ( <b>Barley</b> ). Béchamel Sauce (27%): Water, <b>Milk Powder</b> , Mature Cheddar ( <b>Milk</b> ), <b>Wheat Flour</b> , (with added Calcium Carbonate, Iron, Niacin, Thiamine), Mascarpone Cheese ( <b>Milk</b> ), Modified Maize Starch, Full Fat Soft Cheese ( <b>Milk</b> ), Cheese Stock ( <b>Milk</b> )[Cheese Powder, Glucose Syrup, Yeast Extract, Salt, Sunflower Oil, Natural Flavouring (Sugar Cane, Yeast, Onion, Apricot)], Salt. Pasta (14%) Durum <b>Wheat Semolina</b> , <b>Egg</b> , Water. <b><i>May contain Peanuts/ their derivatives, Nuts and Sesame.</i></b>
Mozzarella Cheese	Mozzarella Cheese (Pasteurised <b>Milk</b> , Salt, Lactic Cultures), Potato Starch.
<b>Mac 'N' Cheese</b>	
Mac 'N' Cheese	<b>Cheese Sauce (61%)</b> Water, Mature Cheddar Cheese ( <b>Milk</b> ) (16%), Cream ( <b>Milk</b> ), Mozzarella Cheese ( <b>Milk</b> ) (4%), Cheddar Cheese Stock ( <b>Milk</b> ) (Reconstituted Cheese ( <b>Milk</b> ), Whey Powder ( <b>Milk</b> ), Flavourings, Salt, Lactic Acid, <b>Mustard Flour</b> , Black Pepper), Modified Maize Starch, Full Fat Soft Cheese ( <b>Milk</b> ), 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, <b>Barley Malt Vinegar</b> ), Garlic, Salt, Yeast Extract (Yeast Extract, Salt), Black Pepper, Cayenne Pepper. Cooked Pasta (37%) (Durum <b>Wheat Semolina</b> ). Mozzarella Cheese ( <b>Milk</b> ) (2%). <b><i>May contain Peanuts/ their derivatives, Nuts and Sesame.</i></b>
Mozzarella Cheese	Mozzarella Cheese (Pasteurised <b>Milk</b> , Salt, Lactic Cultures), Potato Starch.

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<b>Chicken &amp; Fries</b>	
Breaded Chicken Strips	Chicken Inner Fillet, Water, <b>Wheat</b> Flour, Rice Flour, Breadcrumbs ( <b>Wheat</b> Flour, Dextrose, Refined Soybean Oil*, Salt, Yeast), <b>Wheat</b> Starch, <b>Wheat</b> , Salt, Refined Soybean Oil*, Garlic Powder, Yeast Extract (contains Salt), Maltodextrin, Raising Agents (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Spices (Black Pepper, <b>Celery</b> , Turmeric), Onion Powder, Sugar, Dextrose, Refined Sunflower Oil, Spice Extract (Black Pepper, Capsicum, <b>Celery</b> ), Acidity Regulator (Citric Acid). (*The Soyabean Oil used in this product is fully refined, therefore is not an allergen) <b>May contain Peanuts/their derivatives.</b>
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya</b> Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Rapeseed Oil (when fried)	Rapeseed Oil, Antifoaming Agent (E900)
Fries	Potatoes, Sunflower oil, <b>Wheat (Gluten)</b> 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.
<b>Sides</b>	
Fries	Potatoes, Sunflower oil, <b>Wheat (Gluten)</b> 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	<b>Wheat</b> 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). <b>May contain Soya/Soya Products, Milk/ Milk Products.</b>
Onion Rings	Onions, Batter [ <b>Wheat</b> starch, <b>Wheat</b> Flour, Dextrose, Salt, Dextrin, Thickeners (Guar Gum, Carrageenan), Raising agents (Diphosphates, Sodium Bicarbonate)], <b>Wheat</b> Flour, Oil (Sunflower, Palm), gelling agent (Sodium Alginate), Sugar, Salt.
Rapeseed Oil (when Fried)	Rapeseed Oil, Antifoaming Agent (E900)
<b>Mini Corn on the Cob</b>	
Corn on the cob	Sweetcorn.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya</b> Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
<b>Big &amp; Little Boss Desserts</b>	
Orange Juice Ice Lolly	Concentrated Orange Juice, Concentrated Grape Juice, Concentrated Apple Juice. <b>May contain Milk/ Milk Products.</b>
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.
<b>Kids Chocolate Brownie</b>	
Chocolate Brownie	Sugar, Whole <b>Egg</b> Free Range, Chocolate (20%) [Cocoa Mass, Sugar, Cocoa Butter, Fat Reduced Cocoa Powder, Emulsifier; <b>Soya</b> Lecithin], Palm Free Margarine[Coprah, 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], <b>Milk</b> Chocolate (9%) [Sugar, Cocoa Butter, Whole <b>Milk</b> Powder, Cocoa Mass, Emulsifier; <b>Soya</b> Lecithin, Natural Vanilla Flavouring], Fat Reduced Cocoa Powder, Natural Vanilla Flavouring, Coffee Granules, Preservative(Potassium Sorbate (E202)). <b>May contain Nuts and Sulphites.</b>
Vanilla Ice Cream	Skimmed <b>Milk</b> , Whipping Cream (14%) ( <b>Milk</b> ), Sugar, Skimmed <b>Milk</b> 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 <b>Milk</b> Chocolate (Sugar, Cocoa Butter, Whole <b>Milk</b> Powder, Cocoa Liquor, Emulsifier: <b>Soya</b> Lecithin, Natural Vanilla Extract), Single Cream ( <b>Milk</b> ), Cocoa Liquor, Corn Flour, Natural Vanilla Flavouring



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<b>Desserts</b>	
<b>Ice Cream Builder</b>	
Ice Cream Builder Ice Cream	Skimmed Milk, Cream (12%) ( <b>Milk</b> ), 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 <b>Milk</b> , Couverture <b>Milk</b> chocolate (6 %) (Sugar, Cocoa butter, Whole <b>Milk</b> powder, Cocoa mass, Emulsifier ( <b>Soya</b> lecithins), Natural vanilla flavouring), Modified starch, Fat reduced cocoa powder, Preservative (Potassium sorbate), Natural flavouring.
Tricolour Chocolate Pieces	Sugar, Cocoa mass, Cocoa butter, Whole <b>Milk</b> powder, Whey powder ( <b>Milk</b> ), Lactose ( <b>Milk</b> ), Butter oil ( <b>Milk</b> ), Emulsifier ( <b>Soya</b> lecithin), Vanilla extract. <b>May contain Nuts.</b>
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 <b>Milk</b> Powder, Cocoa Mass, whey powder ( <b>Milk</b> ), Lactose ( <b>Milk</b> ), Emulsifier: <b>Soya</b> Lecithin; Flavouring.
Milk Chocolate Beans	Sugar, Cocoa butter, Whey powder ( <b>Milk</b> ), Fat-reduced cocoa powder, Whole <b>Milk</b> powder, Emulsifier ( <b>Soya</b> 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 <b>Milk</b> powder, Skimmed <b>Milk</b> powder, Cocoa mass, Butter ( <b>Milk</b> ), 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, <b>Lactose. Contains Milk</b>
<b>Hot Cookie Dough</b>	
<b>Chocolate Chip Cookie Dough</b>	
Choc Chip Cookie Dough	<b>Wheat</b> flour, ( <b>Wheat</b> Flour; Calcium carbonate; Iron; Niacin; Thiamine); Dark chocolate (21%) (Cocoa mass; Sugar; Cocoa butter; Fat reduced cocoa powder; Emulsifier: <b>Soya</b> Lecithin); Sugar; Butter ( <b>Milk</b> ); Maltodextrin; Concentrated Butter ( <b>Milk</b> ); Whey Powder ( <b>Milk</b> ); Salt; Raising agents: Sodium carbonates, Diphosphates; Water. <b>May contain Egg and Nuts.</b>
Vanilla Ice Cream	Skimmed <b>Milk</b> , Whipping Cream (14%) ( <b>Milk</b> ), Sugar, Skimmed <b>Milk</b> 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 <b>Milk</b> Chocolate (Sugar, Cocoa Butter, Whole <b>Milk</b> Powder, Cocoa Liquor, Emulsifier: <b>Soya</b> Lecithin, Natural Vanilla Extract), Single Cream ( <b>Milk</b> ), Cocoa Liquor, Corn Flour, Natural Vanilla Flavouring.
<b>White Chocolate &amp; Caramel Cookie Dough</b>	
White Chocolate & Caramel Cookie Dough	<b>Wheat</b> Flour ( <b>Wheat</b> Flour; Calcium carbonate; Iron; Niacin; Thiamine); Sugar; Salted butter (Butter) ( <b>Milk</b> ); Salt; White chocolate chunks(11%) (Sugar; Cocoa butter; Whole <b>Milk</b> Powder; Sweet Whey Powder ( <b>Milk</b> ); Lactose ( <b>Milk</b> ); <b>Milk</b> Fat; Emulsifier: <b>Soya</b> Lecithin; Natural vanilla flavouring); Caramel pieces (9%) (Sugar; Glucose syrup; Sweetened Condensed <b>Milk</b> ; Coconut oil; Butteroil ( <b>Milk</b> ); Natural flavouring; Glazing agent: Carnauba wax); Demerara sugar; Water; Concentrated Butter ( <b>Milk</b> ); Whey Powder ( <b>Milk</b> ); Salt; Raising agents: Sodium carbonates, Diphosphates. <b>May contain Egg and Nuts.</b>
Vanilla Ice Cream	Skimmed <b>Milk</b> , Whipping Cream (14%) ( <b>Milk</b> ), Sugar, Skimmed <b>Milk</b> 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 ( <b>Milk</b> ), Modified Starch, Whole <b>Milk</b> Powder ( <b>Milk</b> ), Salt, Vegetable Oil, Stabilisers (Guar Gum, Xanthan Gum), Cane Molasses, Preservative (Potassium Sorbate), Flavouring (Caramelised Sugar Syrup).

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<b>Triple Chocolate Cookie Dough</b>	
Triple Chocolate Cookie Dough	<p><b>Wheat Flour (Wheat Flour)</b>; Calcium carbonate; Iron; Nicotinamide; Thiamine; Sugar; <b>Salted Butter (Milk)</b>; Salt; <b>Milk chocolate chunks (7.5%)</b> (Sugar; Cocoa butter; Cocoa mass; <b>Whole Milk Powder</b>, <b>Whey Powder (Milk)</b> ; Emulsifier: <b>Soya Lecithin</b>); <b>White chocolate chunks (7.5%)</b> (Sugar; Cocoa butter; <b>Whole Milk Powder</b> ; <b>Sweet Whey Powder (Milk)</b>; <b>Lactose (Milk)</b>; <b>Butteroil (Milk)</b>; Emulsifier: <b>Soya Lecithin</b>; Natural vanilla flavouring); Water; <b>Butterfat (Milk)</b>; <b>Chocolate chunks (4%)</b> (Sugar; Cocoa mass; Cocoa butter; Emulsifier: <b>Soya Lecithin</b>; Natural vanilla flavouring); Fat reduced cocoa powder; Invert sugar syrup; <b>Whey Powder (Milk)</b>; Salt; Acidity regulator: Potassium hydroxide, Potassium carbonates; Raising agent: Sodium carbonates; Natural flavouring. <b>May contain Egg and Nuts.</b></p>
Vanilla Ice Cream	Skimmed <b>Milk</b> , Whipping Cream (14%) ( <b>Milk</b> ), Sugar, Skimmed <b>Milk Powder</b> , 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 <b>Milk Chocolate</b> (Sugar, Cocoa Butter, Whole <b>Milk Powder</b> , Cocoa Liquor, Emulsifier: <b>Soya Lecithin</b> , Natural Vanilla Extract), Single Cream ( <b>Milk</b> ), Cocoa Liquor, Corn Flour, Natural Vanilla Flavouring.
<b>I Can't Believe Its Not Ch**secake</b>	
Vegan Caramel Biscuit Ch**secake	<p>Vegan Alternative to Cream Cheese (37%) [Water, Coconut Oil, <b>Soya Protein Concentrate</b>, Salt, Lactic Acid, Sugar, Thickener (Carrageenan), Natural Flavourings], Biscoff Spread (15%) [Caramelised Biscuits (<b>Wheat Flour</b>, Sugar, Vegetable Oils (RSPO Palm &amp; Rapeseed Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), <b>Soya Flour</b>, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier (<b>Soya Lecithin</b>), Acidity Regulator (Citric Acid)], Icing Sugar, Margarine [RSPO Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono - And Diglycerides Of Fatty Acids)], Biscoff Crumble (8%) [<b>Wheat Flour</b>, Sugar, Vegetable Oil (RSPO Palm &amp; Rapeseed Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), <b>Soya Flour</b>, Salt, Cinnamon], <b>Wheat Flour (Wheat Flour)</b>, 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], <b>Oats</b> Demerara Sugar, Emulsifier (<b>Soya Lecithin</b>), Water, Natural Flavouring, Raising Agent (Sodium Bicarbonate), Baking Powder [Raising Agents (Disodium Diphosphate, Potassium Hydrogen Carbonate), <b>Wheat Flour (Wheat Flour)</b>, Calcium Carbonate, Iron, Niacin, Thiamin)], Salt.</p>
<b>Chocolate Brownie</b>	
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 <b>Milk Powder</b> , 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 <b>Milk</b> , Whipping Cream (14%) ( <b>Milk</b> ), Sugar, Skimmed <b>Milk Powder</b> , 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 <b>Milk Chocolate</b> (Sugar, Cocoa Butter, Whole <b>Milk Powder</b> , Cocoa Liquor, Emulsifier: <b>Soya Lecithin</b> , Natural Vanilla Extract), Single Cream ( <b>Milk</b> ), Cocoa Liquor, Corn Flour, Natural Vanilla Flavouring
<b>Ice Cream</b>	
Vanilla Ice Cream	Skimmed <b>Milk</b> , Whipping Cream (14%) ( <b>Milk</b> ), Sugar, Skimmed <b>Milk Powder</b> , Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring.
<b>Take Away Vanilla Ice Cream</b>	
Vanilla Ice Cream	Whole <b>Milk</b> (32%), Partially Reconstituted Buttermilk ( <b>Milk</b> ), Double Cream ( <b>Milk</b> ) (17%), Sugar, Dextrose, Dried Glucose Syrup, Whey Powder ( <b>Milk</b> ), Emulsifier: Mono and Diglycerides of Fatty Acids, Stabilisers [Locust Bean Gum, Guar Gum], Flavourings, Colours [Annatto, Curcumin].
<b>Raspberry Ice</b>	
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.

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

# NUTRITIONAL DECLARATION

Updated March 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)
<b>Sides</b>														
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
<b>Tabletop Sauces</b>														
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
<b>Takeaway Dip Pots</b>														
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)
<b>Salad Station</b>														
<b>Dressed Salad Lines</b>														
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
<b>Fresh Salad Lines</b>														
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
<b>Dried Items</b>														
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
<b>Dressings &amp; Dips</b>														
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 March 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)
<b>Pizza</b>															
<b>Pepperoni Feast</b>															
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
<b>Hawaiian</b>															
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
<b>Chicken Supreme</b>															
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
<b>Meat Feast</b>															
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
<b>Supreme</b>															
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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	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)
<b>BBQ Americano</b>															
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
<b>Veggie Pepperphoni Feast</b>															
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
<b>Veggie</b>															
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
<b>Margherita</b>															
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
<b>The G.O.A.T</b>															
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

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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)
<b>BBQ Jack 'N' Cheese</b>															
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
<b>Epic Meat Feast</b>															
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
<b>Hot 'N' Spicy Chicken</b>															
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
<b>Meat Meltdown</b>															
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
<b>Melting Marg</b>															
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
<b>Melting Steak &amp; Chorizo</b>															
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

Updated March 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)
<b>Melting Hot</b>															
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
<b>Melting Chicken &amp; Ham</b>															
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
<b>Melting Chicken &amp; Garlic Mushrooms</b>															
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
<b>KFC Pizza</b>															
KFC Pizza (14")	8	259	12.6	34.4	0.9	7.7	2.8	1.6	183	8.9	24.3	0.6	5.5	2.0	1.1
<b>Vegan Pizzas</b>															
<b>Vegan Margherita</b>															
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
<b>Vegan Veggie</b>															
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
<b>Vegan Pepperphoni Feast</b>															
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
<b>Vegan All About Mushrooms</b>															
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
<b>Vegan BBQ Jack N Ch**se</b>															
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



# NUTRITIONAL DECLARATION

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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 100(g)	Sugar per 100(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 100(g)	Sugar per 100(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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<b>Little Boss</b>														
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
<b>Then add one of the below as your topping choice:</b>														
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
<b>Mains</b>														
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
<b>Desserts</b>														
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
<b>Drinks</b>														
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)
<b>Big Boss</b>														
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
<b>and then add three of the below as your topping choices:</b>														
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.														
<b>Mains</b>														
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
<b>Sides</b>														
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
<b>Desserts</b>														
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

# NUTRITIONAL DECLARATION

Updated March 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.**

<b>Ice Cream Builder</b>														
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.														
<b>Kids Ice Cream Builder</b>														
	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							
<b>TOTAL</b>	<b>355</b>	<b>3.9</b>	<b>54.9</b>	<b>46.4</b>	<b>10.2</b>	<b>6.3</b>	<b>0.4</b>							
<b>Adults Ice Cream Builder</b>														
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							
<b>TOTAL</b>	<b>519</b>	<b>6.3</b>	<b>82.8</b>	<b>69.6</b>	<b>15.0</b>	<b>9.3</b>	<b>0.7</b>							
<b>Per 100g</b>														
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)
<b>Desserts</b>														
<b>Hot Cookie Dough (with a scoop of ice cream &amp; drizzle of sauce)</b>														
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
<b>Takeaway Cookie Dough</b>														
<b>(Small and Medium Cookie Doughs served with x1 Take Away Ice Cream Tub &amp; a Drizzle of Sauce, Party Cookie Dough served with x2 Take Away Ice Cream Tubs &amp; a Drizzle of Sauce)</b>														
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
<b>Hot Desserts</b>														
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
<b>Cold Desserts</b>														
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