

ALLERGY INFORMATION

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



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

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

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

Many thanks and eat safe

Jens Hofma

(CEO Pizza Hut Restaurants)



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

KEY & INTERPRETING THE DATA



Allergy data in the table has been derived from specifications obtained from the suppliers of the products. We have taken all reasonable steps to ensure that this table is accurate at the time of publishing (January 2022).

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.



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

CONTENTS PAGE



List of Gluten Free Products.....	Page 1
List of Vegan Products.....	Page 2
• Allergen Information.....	Pages 3 - 12
• Ingredient Breakdown.....	Pages 13 - 25
• Nutritional Information.....	Pages 26 - 37



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


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 Chicken Wings

TABLETOP & TAKEAWAY SAUCES

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

SALAD STATION

- Potato Salad
- Coleslaw
- Diced Beetroot
- Lettuce Mix
- Cherry Tomatoes
- Cucumber
- Sweetcorn
- Mixed Peppers
- Red Onion
- Shredded Carrot
- Tortilla Chips
- Sultanas
- Jalapenos

SALAD DRESSINGS & DIPS

- Thousand Island Dressing
- Blue Cheese Dressing
- Light Mayonnaise
- Low Fat French Dressing
- Garlic Mayonnaise
- Ranch Dressing
- Salsa
- Garlic & Chilli Infused Oil

- Olive Oil with Balsamic Vinegar

PIZZA & SAUCES

- Gluten Free Dough
- Seasoned Tomato Sauce
- Unseasoned Tomato Sauce
- BBQ Sauce
- BBQ Drizzle
- Balsamic Drizzle
- Ranch Drizzle
- Apple Sauce
- Frank's RedHot® Sauce

CHEESE

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

MEAT

- Bacon
- Chicken Breast
- Pepperoni
- Beef
- Ham
- Pulled Pork
- Chicken Breast in Frank's RedHot®

VEGETABLES & FRUIT

- Black Olives
- Green Chilli
- Peppers
- Caramelised Onions
- Mushrooms
- Red Onion
- Sweetcorn
- Cherry Tomatoes
- Jalapenos
- Pineapple
- Rocket
- Spinach
- Garlic Mushrooms
- Pea Protein Pepperphoni
- Sage & Onion Stuffing
- Vegan Chik'n in Frank's RedHot®

KIDS

- Gluten Free Dough
- Mini Corn on the Cob
- Chocolate Brownie
- 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



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.

SIDES

- Mini Corn on the Cob
- Southern Fried Nuggets
- Loaded Nachos

SALAD STATION

- Lettuce Mix
- Peppers
- Red Onion
- Sweetcorn
- Cherry Tomatoes
- Cucumber
- Shredded Carrot
- Bacon Bits
- Croutons
- Tortilla Chips
- Crispy Onions
- Jalapeños
- Sultanas
- Pickled Beetroot

SALAD DRESSINGS & DIPS

- Low Fat French Dressing
- Salsa
- Ranch
- Garlic & Chilli Infused Oil
- Olive Oil with Balsamic Vinegar

TABLETOP & TAKEAWAY SAUCES

- Tomato Ketchup
- BBQ Sauce
- BBQ Sauce Dip Pot
- Sweet Chilli Sauce

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
- Frank's RedHot® Sauce
- Apple Sauce
- Ranch Dressing

- Violife Vegan Ch**se

PIZZA & FLATBREADS

- Vegan Veggie
- Vegan Margherita
- Vegan All About Mushrooms
- Vegan Virtuous Veg Flatbread
- Vegan Pepperphoni Feast
- Vegan Hot 'N' Spicy Veg
- Vegan Flamin' Buffalo

VEGETABLES & FRUIT

- Black Olives
- Peppers
- Green Chilli
- Mushroom
- Red Onion
- Sweetcorn
- Cherry Tomatoes
- Jalapeños
- Pineapple
- Rocket
- Spinach
- Caramelised Onions
- Garlic Mushrooms
- Pea Protein Pepperphoni
- Sage & Onion Stuffing
- Vegan Chik'n in Frank's RedHot®

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
- 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.

ALLERGEN DECLARATION

Updated January 2022

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.

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

ALLERGEN DECLARATION

Updated January 2022

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.

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
Salad Station																
Dressed Salad Lines																
Potato Salad	Yes	No	Yes			●							●			
Coleslaw	Yes	No	Yes			●							●			
Sweetcorn	Yes	Yes	Yes													
Diced Beetroot	Yes	Yes	Yes													
Jalapeños	Yes	Yes	Yes													
Fresh Salad Lines																
Lettuce Mix	Yes	Yes	Yes													
Cherry Tomatoes	Yes	Yes	Yes													
Cucumbers	Yes	Yes	Yes													
Peppers	Yes	Yes	Yes													
Red Onions	Yes	Yes	Yes													
Carrot	Yes	Yes	Yes													
Dried Items																
Bacon Bits	Yes	Yes	No	●	●											
Croutons	Yes	Yes	No	●												
Tortilla Chips	Yes	Yes	Yes													
Crispy Onions	Yes	Yes	No	●												
Sultanas	Yes	Yes	Yes													
Dressings & Dips																
Thousand Island Dressing	Yes	No	Yes			●										
Blue Cheese Dressing	Yes	No	Yes			●	●									
Garlic Mayonnaise	Yes	No	Yes			●							●			
Light Mayonnaise	Yes	No	Yes			●										
Ranch Dressing	Yes	Yes	Yes							●			●			
Low Fat French Dressing	Yes	Yes	Yes										●			
Salsa	Yes	Yes	Yes									●				
Garlic & Chilli Infused Oil	Yes	Yes	Yes													
Olive Oil with Balsamic Vinegar	Yes	Yes	Yes							●						

ALLERGEN DECLARATION

Updated January 2022

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.

Dish Name	Suitable for?			Does it contain?												
	Vegetarians	Vegans	Coeliacs	Cereals containing gluten above 20ppm	Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphur Dioxide above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
Pizza Builder																
Pizza Bases																
Original Pan	Yes	Yes	No	●	●					●*						
All American Thin	Yes	Yes	No	●	●											
Stuffed Crust	Yes	No	No	●	●		●			●*						
Cheesy Bites	Yes	No	No	●	●		●			●*						
Gluten Free	Yes	Yes	Yes													
Vegan Stuffed Crust	Yes	Yes	No	●	●					●*						
Flatbreads	Yes	Yes	No	●	●											
Pizza Base Sauces																
Unseasoned tomato	Yes	Yes	Yes													
Seasoned tomato	Yes	Yes	Yes							●						
BBQ	Yes	Yes	Yes		●											
Cheese																
Mozzarella	Yes	No	Yes				●									
Goats' Cheese	Yes	No	Yes				●									
Triple Cheese Blend	Yes	No	Yes				●									
Vegan Ch**se	Yes	Yes	Yes													
Pizza Toppings																
Meat																
Chicken Breast	No	No	Yes													
Ham	No	No	Yes													
Pepperoni	No	No	Yes										●			
Beef	No	No	Yes		●											
Bacon	No	No	Yes													
Pulled Pork	No	No	Yes													
Chicken Breast in Frank's RedHot®	No	No	Yes													

ALLERGEN DECLARATION

Updated January 2022

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.

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
Vegetables & Fruit																
Black Olives	Yes	Yes	Yes													
Peppers	Yes	Yes	Yes													
Mushrooms	Yes	Yes	Yes													
Red Onions	Yes	Yes	Yes													
Sweetcorn	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							●						
Green Chilli	Yes	Yes	Yes													
Garlic Mushrooms	Yes	Yes	Yes													
Sage and Onion Stuffing	Yes	Yes	Yes		●											
Vegan Chik'n in Frank's RedHot®	Yes	Yes	Yes		●											
Pea Protein Pepperphoni**	Yes	Yes	Yes													
**PLEASE NOTE: Peas are in the legume family, and people with allergies to other legumes like Peanuts and Soya should be careful when introducing pea protein due to the possibility of a pea allergy.																
Pizza Drizzle Finish																
Garlic Spread	Yes	Yes	Yes													
BBQ Sauce	Yes	Yes	Yes		●											
Balsamic Glaze	Yes	Yes	Yes							●						
Ranch Dressing	Yes	Yes	Yes							●			●			
Frank's RedHot® Sauce	Yes	Yes	Yes													
Apple Sauce	Yes	Yes	Yes													

ALLERGEN DECLARATION

Updated January 2022

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.

Dish Name	Suitable for?			Does it contain?												
	Vegetarians	Vegans	Coeliacs	Cereals containing gluten above 20ppm	Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphur Dioxide above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
Pizza Combinations (Tomato sauce base unless stated otherwise on the menu)																
Allergen Information for Pizza Combinations does not include Pizza Bases. Please see Pizza Base section and factor in the base you have chosen.																
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				●						●			
All About Mushroom	Yes	No	Yes				●						●*			
Hot 'N' Spicy Chicken	No	No	Yes				●						●*			
Hot 'N' Spicy Veg	Yes	No	Yes				●						●*			
Meat Feast Hot	No	No	Yes		●		●						●*			
Hog Roast	No	No	Yes		●		●						●*			
BBQ Pulled Pork	No	No	Yes		●		●						●*			
Flamin' Buffalo	No	No	Yes				●						●			
Veggie Flamin' Buffalo	Yes	No	Yes		●		●						●			
Flatbread Combinations (Tomato sauce base unless stated otherwise on the menu)																
Virtuous Veg Flatbread	Yes	No	No	●	●		●						●			
Chicken Delight Flatbread	No	No	No	●	●		●						●			
BBQ Beef 'N' Chicken Flatbread	No	No	No	●	●		●						●			
The Little G.O.A.T Flatbread	Yes	No	No	●	●		●						●			
Vegan Pizza Combinations (Tomato sauce base unless stated otherwise on the menu)																
Vegan Veggie	Yes	Yes	Yes										●*			
Vegan Margherita	Yes	Yes	Yes										●*			
Vegan Pepperphoni Feast	Yes	Yes	Yes										●*			
Vegan All About Mushrooms	Yes	Yes	Yes										●*			
Vegan Hot 'N' Spicy Veg	Yes	Yes	Yes										●*			
Vegan Virtuous Veg Flatbread	Yes	Yes	No	●									●			

ALLERGEN DECLARATION

Updated January 2022

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.

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
Vegan Flamin' Buffalo	Yes	Yes	Yes		●					●			●			
Buffet Pizza																
Margherita	Yes	No	No	●	●		●			●*						
Pepperoni	No	No	No	●	●		●			●*			●			
BBQ Americano	No	No	No	●	●		●			●*						
Veggie	Yes	No	No	●	●		●			●*						
Veggie Hot	Yes	No	No	●	●		●			●*						
Hawaiian	No	No	No	●	●		●			●*						
Classic Chicken	No	No	No	●	●		●			●*						
Spicy Chicken	No	No	No	●	●		●			●*						
Buffet Sides																
Garlic Breadstick Bites	Yes	No	No	●	●		●									
Tomato Pasta	Yes	Yes	No	●	●						○	●			○	○
Cheese & Broccoli Pasta	Yes	No	No	●	●		●				○				○	○
Mains																
Lasagne	No	No	No	●		●	●				○				○	○
Garlic Bread (served with Lasagne)	Yes	No	No	●	○		○									
Classic Mac 'N' Cheese	Yes	No	No	●			●				○		●		○	○
Festive Mac 'N' Cheese	No	No	No	●	●		●				○		●		○	○

ALLERGEN DECLARATION

Updated January 2022

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.

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
Big and Little Boss																
Pizza																
Original Pan	Yes	Yes	No	●	●											
Thin	Yes	Yes	No	●	●											
Gluten Free base	Yes	Yes	Yes													
Mozzarella	Yes	No	Yes				●									
Vegan Ch**se	Yes	Yes	Yes													
Chicken breast	No	No	Yes													
Ham	No	No	Yes													
Pepperoni	No	No	Yes										●			
Sweetcorn	Yes	Yes	Yes													
Cherry Tomatoes	Yes	Yes	Yes													
Pineapple	Yes	Yes	Yes													
Peppers	Yes	Yes	Yes													
Black Olives	Yes	Yes	Yes													
Red Onions	Yes	Yes	Yes													
Mushrooms	Yes	Yes	Yes													
Spinach	Yes	Yes	Yes													
Jalapeños	Yes	Yes	Yes													
Pea Protein Pepperphoni**	Yes	Yes	Yes													
**PLEASE NOTE: Peas are in the legume family, and people with allergies to other legumes like Peanuts and Soya should be careful when introducing pea protein due to the possibility of a pea allergy.																
Mains																
Little Boss - Cheesy Pasta	Yes	No	No	●			●				○				○	○
Little Boss - Spaghetti Bolognese	No	No	No	●							○				○	○
Mozzarella (served with Spaghetti Bolognese)	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	●	●							●			○	

ALLERGEN DECLARATION

Updated January 2022

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.

Dish Name	Suitable for?			Does it contain?												
	Vegetarians	Vegans	Coeliacs	Cereals containing gluten above 20ppm	Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphur Dioxide above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
Sides																
Fries (Oven Baked)	Yes	No	No	●												
Fries (Fried)	Yes	No	No	●	○	○	○				○	○	○			
Onion Rings (Oven Baked)	Yes	No	No	●												
Onion Rings (Fried)	Yes	No	No	●	○	○	○				○	○	○			
Mini Corn on the Cob	Yes	Yes	Yes		●											
Garlic Bread	Yes	No	No	●	○		○									
Big and Little Boss Drinks																
Milk	Yes	No	Yes				●									
All fountain drinks contain a source of Phenylalanine.																
Robinsons Squash - All flavours	Refer directly to the supplier - Britvic - www.britvic.co.uk															
Apple Juice / Orange Juice	Refer directly to the supplier - Mulrines - www.mulrines.com/mulrines-uk															
Tango Orange / Tango Apple / 7Up Free / Pepsi Max / Diet Pepsi	Refer directly to the supplier - Britvic - www.britvic.co.uk															
Fruit Shoots - All flavours																
Big and Little Boss Desserts																
Chocolate Brownie	Yes	No	Yes		●	●	●				○					○
Raspberry Ice	Yes	Yes	Yes													

ALLERGEN DECLARATION

Updated January 2022

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.

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

ALLERGEN DECLARATION

Updated January 2022

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.																
Dish Name	Suitable for?			Does it contain?												
	Vegetarians	Vegans	Coeliacs	Cereals containing gluten above 20ppm	Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphur Dioxide above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
Drinks																
Soft Drinks																
All fountain drinks contain a source of Phenylalanine.																
Robinsons Squash - All flavours	Refer directly to the supplier - Britvic - www.britvic.co.uk															
Belu Still Water	Refer directly to the supplier - Belu - www.belu.co.uk															
Belu Sparkling Water	Refer directly to the supplier - Belu - www.belu.co.uk															
Pepsi bottle	Refer directly to the supplier - Britvic - www.britvic.co.uk															
Pepsi Max bottle	Refer directly to the supplier - Britvic - www.britvic.co.uk															
Irn Bru	Refer directly to the supplier - Britvic - www.britvic.co.uk															
Apple Juice / Orange Juice	Refer directly to the supplier - Mulrines - www.mulrines.com/mulrines-uk															
J2O - all flavours	Refer directly to the supplier - Britvic - www.britvic.co.uk															
Gingerella	Refer directly to the supplier - Karma Cola - www.karmacola.co.uk															
Virgil's - All flavours	Refer directly to the supplier - Virgil's - www.virgils.com															
Take Away 7Up Free / Diet Pepsi / Pepsi Max / Tango Orange / Pepsi	Refer directly to the supplier - Britvic - www.britvic.co.uk															
Hot drinks																
Black Tea	Yes	Yes	Yes													
Tea with Milk	Yes	No	Yes			●										
Hot Chocolate	Yes	No	Yes			●										
Black Americano	Yes	Yes	Yes													
Americano with Milk	Yes	No	Yes			●										
Caffe Latte	Yes	No	Yes			●										
Cappuccino	Yes	No	Yes			●										
Espresso Shot	Yes	Yes	Yes													
Alcoholic drinks																
Pinot Grigio / Sauvignon Blanc / Merlot / Shiraz / White Zinfandel	Refer directly to the supplier - Matthew Clark - www.matthewclark.co.uk/															
Prosecco	Refer directly to the supplier - Matthew Clark - www.matthewclark.co.uk/															
Budweiser	Refer directly to the supplier - Carlsberg - www.Carlsberg.com/															
San Miguel	Refer directly to the supplier - Carlsberg - www.Carlsberg.com/															
Brewdog	Refer directly to the supplier - Brewdog - www.BrewDog.com															
Bulmer's	Refer directly to the supplier - Bulmer's - www.Bulmer.co.uk/															
Kopparberg - All flavours	Refer directly to the supplier - Kopparberg - www.kopparberg.com															

INGREDIENT DECLARATION

Updated January 2022

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

Sides	
Fries (Fried)	
Fries (Fried)	Potatoes, Sunflower oil, Wheat (Gluten) flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
Rapeseed Oil	Rapeseed Oil, Antifoaming Agent (E900)
Fries (Baked)	
Fries (Baked)	Potatoes, Sunflower oil, Wheat (Gluten) flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
Onion Rings (Fried)	
Onion Rings (Fried)	Diced onions (53%), Wheat flour, Sunflower Oil, Gelling Agent (E401), Salt, Sugar, Yeast, Flavouring (Paprika Extract, Turmeric Extract).
Rapeseed Oil	Rapeseed Oil, Antifoaming Agent (E900)
Onion Rings (Oven Baked)	
Onion Rings (Oven Baked)	Diced onions (53%), Wheat flour, Sunflower Oil, Gelling Agent (E401), Salt, Sugar, Yeast, Flavouring (Paprika Extract, Turmeric Extract).
Garlic Bread	
Garlic Bread	Wheat Flour (with Calcium carbonate, Iron, Niacin, Thiamin), Water, Margarine [Oil (Rapeseed Oil, Palm Oil), Water, Emulsifier (E471), Flavouring, Colours (E160b, E100)], Garlic (Puree and Chopped), Yeast, Salt, Garlic Powder, Oregano, Onion Powder, Garlic Oil, Flour Treatment Agent (E300). May contain Soya and Milk Products.
Garlic Bread with Mozzarella	
Garlic Bread	Wheat Flour (with Calcium carbonate, Iron, Niacin, Thiamin), Water, Margarine [Oil (Rapeseed Oil, Palm Oil), Water, Emulsifier (E471), Flavouring, Colours (E160b, E100)], Garlic (Puree and Chopped), Yeast, Salt, Garlic Powder, Oregano, Onion Powder, Garlic Oil, Flour Treatment Agent (E300). May contain Soya and Milk Products.
Mozzarella Cheese (optional)	Mozzarella Cheese (Pasteurised Milk , Salt, Lactic Cultures), Potato Starch.
Cheesy Triangles (Oven Baked)	
Cheesy Triangles	57% Processed Cheese (Milk) [65% Cheese (Milk), Water, Butter (Milk), Milk Protein, Starch, Emulsifying Salts (E452, E331), Salt, Thickeners (E407)], Flour (Wheat , Maize), Water, Rapeseed oil, Modified Starch, Salt, Parsley, Milk Protein, Yeast, Chicken Egg powder, Onion powder, Garlic Powder, Raising agents (E450, E500), Sunflower Oil.
Cheesy Triangles (Fried)	
Cheesy Triangles	57% Processed Cheese (Milk) [65% Cheese (Milk), Water, Butter (Milk), Milk Protein, Starch, Emulsifying Salts (E452, E331), Salt, Thickeners (E407)], Flour (Wheat , Maize), Water, Rapeseed oil, Modified Starch, Salt, Parsley, Milk Protein, Yeast, Chicken Egg powder, Onion powder, Garlic Powder, Raising agents (E450, E500), Sunflower Oil.
Rapeseed Oil	Rapeseed Oil, Antifoaming Agent (E900)
Southern Fried Nuggets	
Southern Fried Nuggets	Mycoprotein (53%), Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Breadcrumbs (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Yeast, Salt), Wheat Starch, Potato Protein, Wheat Gluten , Salt, Firming Agents: Calcium Chloride, Calcium Acetate; Water, Natural Flavouring, Pea Fibre, Spices (Paprika, Fennel, Black Pepper), Yeast Extract, Stabilisers: Carrageenan, Sodium Alginate; Black Pepper, Rice Flour, Dextrose, Acid: Citric Acid; Garlic Extract, Onion Oil.
Chicken Wings	
Chicken Wings	Chicken, Sugar, Salt, Potato Starch, Dextrose, Maize Flour, Onion Powder, Fructose, Yeast Extract, Garlic Powder, Smoke Flavouring, Cornflour, Cayenne Pepper, Black Pepper, Honey Powder, Paprika Extract, Rapeseed Oil, Flavouring, Cocoa Powder, Black Pepper Extract, Pimento Extract, Sage Extract, Sunflower Oil.
Chicken Bites	
Chicken Bites	Chicken, Wheat Flour, Rapeseed Oil, Water, Rice Starch, Salt, Dextrose, Stabilisers: E451, E450, E452; Wheat Gluten, Onion Powder, Black Pepper, Garlic Powder, Raising Agents: E341(j), E450(j); Yeast Extract, Modified Maize Starch, Sunflower Oil, Cayenne Pepper, Flavouring, Black Pepper Extract.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).

INGREDIENT DECLARATION

Updated January 2022

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

Jalapeno Poppers (Oven Baked)	
Jalapeno Poppers	Full Fat Soft Cheese (Milk) (28%), Red Jalapeño Peppers (26%), Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin), Water, Cornflour, Wheat Starch, Sunflower Oil, Dried Red Pepper Flakes, Rice Flour, Salt, Yeast, Paprika, Dried Whole Egg Powder (Free range).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Jalapeno Poppers (Fried)	
Jalapeno Poppers	Full Fat Soft Cheese (Milk) (28%), Red Jalapeño Peppers (26%), Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin), Water, Cornflour, Wheat Starch, Sunflower Oil, Dried Red Pepper Flakes, Rice Flour, Salt, Yeast, Paprika, Dried Whole Egg Powder (Free range).
Rapeseed Oil	Rapeseed Oil, Antifoaming Agent (E900)
Mini Corn on the cob	
Corn on the cob	Sweetcorn.
Vegetable oil spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Loaded Garlic Bread	
Garlic Bread	Wheat Flour (with Calcium carbonate, Iron, Niacin, Thiamin), Water, Margarine [Oil (Rapeseed Oil, Palm Oil), Water, Emulsifier (E471), Flavouring, Colours (E160b, E100)], Garlic (Puree and Chopped), Yeast, Salt, Garlic Powder, Oregano, Onion Powder, Garlic Oil, Flour Treatment Agent (E300). May contain Soya and Milk Products.
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk , Salt, Lactic Cultures), Potato Starch.
Bacon (addition)	Pork Belly & Pork Back, Salt, Smoke Flavouring, Antioxidant: Sodium Ascorbate (E301), Preservatives: Sodium Nitrite (E250), Potassium Nitrate (E252)
Pepperoni (addition)	Meat (Pork, Beef), Beef Fat, Spice Blend (Mustard , Salt, Dextrose, Smoke Flavour, Spice Extracts (Contains Colour (E160c), Antioxidant (E301)), Salt, Flavouring, Lactic Acid Starter Culture, Preservative (E250).
Jalapenos (addition)	Jalapeno Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509).
Loaded Nachos	
Tortilla Chips	Maize Flour (Corn); Sunflower Oil; Salt
Salsa	Tomato Paste, Vegetables, Paprika, Onion, Water, Vinegar, Glucose-Fructose Syrup, Modified Starch, Salt, Herbs (Parsley, Oregano), Garlic, Spices, (Celery). Acid; Lactic Acid, Preservative, Potassium Sorbate, Sweetener, Saccharin.
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk , Salt, Lactic Cultures), Potato Starch.
Jalapenos	Jalapeno Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509).
Tabletop Sauces	
BBQ Sauce	Water, Concentrated Tomato Purée (19%), Sugar, Spirit Vinegar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Ground Paprika, Colour (Plain Caramel), Smoke Flavouring, Dried Garlic, Onion Powder, Preservative (Potassium Sorbate), Chilli Powder.
Tomato Ketchup	Water, Concentrated Tomato Purée, Sugar, Spirit Vinegar, Maize Starch, Salt, Seasoning [Maltodextrin, Salt, Spice Extract, Colour (Paprika Extract)], Spice Blend [Salt, Tomato Powder, Flavouring].
Mayonnaise	Rapeseed Oil (39%), Water, Dextrose Monohydrate, Spirit Vinegar, Modified Maize Starch, Salt, Free Range Dried Egg Yolk (1%), Stabilisers (Xanthan Gum, Guar Gum), Preservative (Potassium Sorbate).
Sweet Chilli	Water, Glucose-Fructose Syrup, Sugar, Red Peppers, Modified Maize Starch, Salt, Garlic Purée, Red Chillies, Garlic, Acidity Regulator (Acetic Acid), Dried Red Pepper, Preservative (Potassium Sorbate).
Takeaway Dip Pots	
Garlic & Herb Sauce Dip Pot	Refined Soya Oil, Water, Spirit Vinegar, Sugar, Garlic, Lemon Juice (from concentrate), Modified Starch, Egg Yolk, Salt, Garlic Juice, Shallots, Mustard Seeds, Thickeners (Xanthan Gum), Preservative (Potassium Sorbate), Chives, Celery Juice, Onion, Garlic Extract, Spices, Flavouring, Antioxidant (Calcium Disodium EDTA).
BBQ Sauce Dip Pot	Tomato Purée, Spirit Vinegar, Sugar, Molasses, Water, Modified Starch, Salt, Spices, Garlic, Thickeners: Xanthan Gum; Smoke Flavouring, Flavouring.
Sour Cream & Chive Pot	Rapeseed Oil, Water, Spirit Vinegar, Sour Cream (Milk), Sugar, Egg Yolk, Modified Starch, Salt, Lemon Juice (from concentrate), Flavourings (contain Milk , Barley), Thickeners (Xanthan Gum), Chive, Preservative (Potassium Sorbate), Antioxidant (Calcium Disodium EDTA).

INGREDIENT DECLARATION

Updated January 2022

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

Salad Station	
Dressed Salad Lines	
Potato Salad	Potato (64%), Water, Rapeseed oil, Spirit vinegar, Sugar, White wine vinegar, Onion, Pasteurised liquid whole Egg , Salt, Chive, Stabilisers (Guar gum, Xanthan gum), Cornflour, Mustard flour, Preservative (Potassium sorbate), Concentrated Lemon Juice.
Coleslaw	Cabbage (59%), Rapeseed oil, Water, Carrot (6%), White wine vinegar, Pasteurised liquid whole Egg , Sugar, Onion, Spirit vinegar, Salt, Stabilisers (Guar gum, Xanthan gum), Preservative (Potassium sorbate), Mustard flour, Concentrated lemon juice.
Sweetcorn	Sweetcorn, Water, Salt
Diced Beetroot	Beetroot, Acetic Acid
Jalapeños	Jalapeno Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509).
Fresh Salad Lines	
Lettuce Mix	Iceberg and Cos Lettuce
Cherry Tomatoes	Cherry Tomatoes
Cucumber	Cucumbers
Mixed Peppers	Green Peppers, Red Peppers, Yellow Peppers
Red Onion	Red Onions
Shredded Carrot	Carrots
Dried Items	
Smoky Flavour Sprinkles (Bacon Bits)	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Thiamine, Niacin), Palm Oil, Seasoning (Rusk (Contains Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Thiamine, Niacin)), Flavourings (contains Soya , Barley), Colours (Beetroot Red, Paprika Extract, Plain Caramel), Yeast Extract Powder, Salt, Yeast Powder, Sugar, Barley Malt Flour, Hydrolysed Vegetable Protein (Soya), Smoked Salt), Salt, Yeast.
Croutons	Wheat Flour, Vegetable Oil, Salt, Yeast
Tortilla Chips	Maize Flour (Corn); Sunflower Oil; Salt
Crispy Onions	Onion, Palm Oil, Wheat Flour, Salt
Sultanas	Sultanas
Dressings & Dips	
Thousand Island Dressing	Water, Rapeseed Oil, Sugar, Spirit Vinegar, Tomato Paste, White Wine Vinegar, Modified Maize Starch, Salt, Free Range Dried Egg Yolk, Gherkin [Gherkin, Salt, Acidity Regulator (Acetic Acid)], Dried Onion, Lemon Juice Concentrate, Stabilisers (Xanthan Gum, Guar Gum), Preservative (Potassium Sorbate), Acidity Regulator (Lactic Acid), Dried Red Pepper, Dried Garlic, Colour (Paprika Extract), Dried Parsley, Natural Flavouring.
Blue Cheese Dressing	Rapeseed Oil, Water, Spirit Vinegar, Sugar, Dried Skimmed Milk , Salt, Danish Blue Cheese (Milk)(1%), Modified Maize Starch, Free Range Dried Egg Yolk, Flavouring, Stabilisers (Xanthan Gum, Guar Gum), Preservative (Potassium Sorbate), Dried Onion, Acidity Regulator (Lactic Acid), Dried Parsley, Dried Garlic.
Garlic Mayonnaise	Rapeseed Oil, Water, Spirit Vinegar, Sugar, Free Range Dried Egg Yolk, Salt, Garlic Powder, Stabilisers (Xanthan Gum, Guar Gum), Preservative (Potassium Sorbate), Mustard Flour, Caramelised Sugar Syrup, Acidity Regulator (Lactic Acid).
Light Mayonnaise	Rapeseed Oil (39%), Water, Dextrose Monohydrate, Spirit Vinegar, Modified Maize Starch, Salt, Free Range Dried Egg Yolk (1%), Stabilisers (Xanthan Gum, Guar Gum), Preservative (Potassium Sorbate).
Ranch Dressing	Rapeseed Oil, Water, White Wine Vinegar, Sugar, Dijon Mustard (Water, Mustard Seeds (29%), Spirit Vinegar, Salt, Acidity Regulator (Citric Acid), Preservative (Sodium Metabisulphite)), Modified Starch, Salt, Lemon Juice Concentrate, Dried Onion, Dried Garlic, Preservative (Potassium Sorbate), Cracked Black Pepper, Dried Parsley, Stabiliser (Xanthan Gum), Natural Flavouring.
Low Fat French Dressing	Water, White Wine Vinegar, Sugar, Rapeseed Oil, Garlic Puree (Water, Dried Garlic, Acidity Regulator (Citric Acid)), Salt, Dijon Mustard (Water, Mustard Seed, Spirit Vinegar, Salt), Parsley, Stabilisers (Xanthan Gum, Guar Gum), Cracked Black Pepper, Dried Onion, Basil, Preservative (Potassium Sorbate), Caramelised Sugar Syrup, Acidity Regulator (Lactic Acid), White Pepper, Colour (Curcumin).
Salsa	Tomato Paste, Vegetables, Paprika, Onion, Water, Vinegar, Glucose-Fructose Syrup, Modified Starch, Salt, Herbs (Parsley, Oregano), Garlic, Spices, (Celery). Acid; Lactic Acid, Preservative, Potassium Sorbate, Sweetener, Saccharin.
Garlic & Chilli Infused Oil	Olive Oil (44%), Garlic Infused Olive Oil (26%), Garlic, Salt), Chilli Infused Olive Oil (Olive Oil (18%), Chilli, Salt), Dried Garlic (9%), Driedm Peppers (3%).
Olive Oil with Balsamic Vinegar	Olive Oil (72%), Balsamic Vinegar (28%) (Wine Vinegar, Concentrated Grape Must, Cooked Grape Must, Colour: Caramel E150d). Contains Sulphites.

INGREDIENT DECLARATION

Updated January 2022

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

Pizza Bases	
Original Pan	
Pan Dough	Wheat Flour, Water, Yeast : (Bakers Yeast, Rehydrating Agent; E190), Vegetable Rapeseed Oil, Salt, Premix : {Salt, Calcium Sulphate, Emulsifiers; E481, E472e, E471, Flour Treatment Agent E300, Enzyme (Alpha Amylase, Xylanase, Glucose Oxidase, Protease, Cellulase)}, Sugar, Flour Treatment Agent (ascorbic acid E300).
Soya Oil	100% Refined Soya Oil
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
PLEASE NOTE: THE SOYA OIL USED ON OUR PAN DOUGH PIZZA BASE DOES NOT CONTAIN ANY SOYA. THE SOYA OIL IS 100% REFINED, THEREFORE IS NOT ALLERGENIC.	
All American Thin	
All American Thin Dough	Wheat Flour, Water, Yeast: (Bakers Yeast, Rehydrating Agent; E491), Salt, Vegetable Oil, Sugar, Ascorbic Acid e300
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Polenta	Maize. May contain Gluten.
Stuffed Crust	
Stuffed Crust Dough Base	Wheat Flour (Wheat), Water, Yeast: (Bakers Yeast, Rehydrating Agent;e491), Salt, Vegetable Oil, Sugar, Ascorbic Acid e300
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Garlic Spread	Vegetable Margarine (Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Emulsifier (Mono-and Di-Glycerides of Fatty Acids), Natural Flavouring, Colour (Beta Carotene)), Garlic Puree (12%), Parsley, Salt, Lemon Juice Concentrate, Acidity Regulator Citric Acid.
String Cheese for Crust	Mozzarella (Pasteurised Milk , Salt, Cultures), Potato Starch
Cheesy Bites	
Stuffed Crust Dough	Wheat Flour (Wheat), Water, Yeast: (Bakers Yeast, Rehydrating Agent;e491), Salt, Vegetable Oil, Sugar, Ascorbic Acid e300
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Garlic Spread	Vegetable Margarine (Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Emulsifier (Mono-and Di-Glycerides of Fatty Acids), Natural Flavouring, Colour (Beta Carotene)), Garlic Puree (12%), Parsley, Salt, Lemon Juice Concentrate, Acidity Regulator Citric Acid.
String Cheese for Crust	Mozzarella (Pasteurised Milk , Salt, Cultures), Potato Starch
Gluten Free	
Gluten Free Dough	Gluten Free Blend (Tapioca Starch, Rice Flour, Maize Starch, Psyllium Husk Powder, Sugar, Buckwheat Flour, Thickeners (Xanthan Gum, Hydroxypropyl Methyl Cellulose), Salt), Water, Rapeseed Oil, Yeast, Pea Protein.
Flatbread	
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).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Vegan Stuffed Crust	
Stuffed Crust Dough	Wheat Flour (Wheat), Water, Yeast: (Bakers Yeast, Rehydrating Agent;e491), Salt, Vegetable Oil, Sugar, Ascorbic Acid e300
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
String Ch**se for Crust	Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour: B-Carotene, Vitamin B12.
Vegan Ch**se	Water, Coconut Oil, Modified Starch, Starch, Sea Salt, Flavourings, Preservative: Sorbic Acid, Colour: B-Carotene, Vitamin B12.
Pizza Base Sauces	
Unseasoned Tomato Sauce (for All American Thin, Flatbreads, Gluten Free Bases, Kids Pizza Bases)	Tomato Concentrate (Tomato Paste, Citric Acid).
Seasoned Tomato Sauce (for Original Pan, Stuffed Crust, Cheesy Bites Pizza)	Tomato Concentrate (Tomato Paste, Citric Acid), Sugar (White), Herbs (Oregano, Basil), Salt, Flavouring [Carriers (Maize Maltodextrin, Potato Maltodextrin, Tapioca Dextrin), Flavouring Preparations, Flavouring Substances, Acid: Citric Acid (E330), Colour: Paprika Extract (E160c)], Garlic Powder, Onion Powder, Spice (Black Pepper), Acids: [Lactic Acid (E270), Calcium Lactate (E327)]. Contains Sulphites.
BBQ Sauce (For all Bases) (Gluten Free)	Water, Tomato Paste, Sugar, Spirit Vinegar, Glucose-Fructose Syrup, Soy Sauce (Water, Soya Extract [Water, Soya Beans, Salt, Wheat * Flour (With Calcium, Iron, Niacin (Vitamin B3), Thiamin (Vitamin B1)]), Salt, Glucose, Spirit Vinegar, Barley * Malt Extract), Modified Maize Starch, Spices, Caramelised Sugar Syrup, Salt, Smoke Flavouring, Preservative (Potassium). *Below 20ppm. (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')

INGREDIENT DECLARATION

Updated January 2022

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

Cheese	
Mozzarella Cheese	Mozzarella with added starch (Mozzarella Cheese (Milk , Salt, Cultures), Potato Starch)
Goats' Cheese	Goat Milk , Salt, Lactic Culture, Coagulant, Ripening Culture
Triple Cheese Blend	Mozzarella (Pasteurised Milk , Salt, Starter Cultures, Potato Starch), Red Leicester (Pasteurised Milk , Salt, Starter cultures, Annatto (E160b), Monterey Jack (Pasteurised Milk , Salt, Starter Cultures)
String Cheese for Crust	Mozzarella (Pasteurised Milk , Salt, Cultures), Potato Starch
Vegan Ch**se	Water, Coconut Oil, Modified Starch, Starch, Sea Salt, Flavourings, Preservative: Sorbic Acid, Colour: B-Carotene, Vitamin B12.
Meat & Fish	
Chicken Breast	Chicken Breast, Dextrose, Salt, Modified Tapioca Starch (E1420), Glucose Syrup (E330, E500i), Corn Starch.
Chicken Breast in Frank's RedHot®	<u>Chicken Breast</u> : Chicken Breast, Dextrose, Salt, Modified Tapioca Starch (E1420), Glucose Syrup (E330, E500i), Corn Starch. <u>Franks RedHot Sauce</u> : Fermented Red Cayenne Peppers (35%), Spirit Vinegar, Water, Salt, Garlic Powder.
Pulled Pork	Pork Meat, Water, Salt, Potato Starch, Antioxidant (E301).
Pepperoni	Meat (Pork, Beef), Beef Fat, Spice Blend (Mustard , Salt, Dextrose, Smoke Flavour, Spice Extracts (Contains Colour (E160c), Antioxidant (E301)), Salt, Flavouring, Lactic Acid Starter Culture, Preservative (E250).
Ham	Pork Leg, Water, Salt, Dextrose, Modified Maize Starch, Stabilisers (E450, E451), Emulsifier (E407), Smoke Flavouring, Natural Flavouring, Antioxidant (E301), Preservative (E250).
Seasoned Minced Beef (with added Soya protein)	Beef, Beef Fat, Water, Soya Protein, Seasoning (Modified Potato Starch, Salt, Dextrose, Yeast Extract, Spices, Stabiliser (E407), Garlic Powder, Onion Powder, Spirit Vinegar Solids, Acidity Regulator (E330), White Sugar, Flavouring, Spice Extract), Roasted Barley* Malt Extract. <i>*Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')</i>
Bacon	Pork Belly & Pork Back, Salt, Smoke Flavouring, Antioxidant: Sodium Ascorbate (E301), Preservatives: Sodium Nitrite (E250), Potassium Nitrate (E252)
Vegetables & Fruit	
Green Chilli	Green Chilli
Black Olives	Water, Olives, Salt, Stabiliser (Ferrous Gluconate)
Mixed Peppers	Green peppers, Red Peppers, Yellow Peppers
Mushrooms	Mushrooms
Red Onion	Red Onion
Sweetcorn	Sweetcorn, Water, Salt
Cherry Tomatoes	Cherry Tomatoes
Jalapenos	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
Caramelised Onions	Red Onions, Balsamic vinegar Of Modena (Aceto balsamico di Modena I.G.P.:Wine vinegar, Concentrated Grape Must, Caramel E-150d Preservative E-224(Potassium Metabisulphite)), Glucose Syrup, Sugar, Modified Corn Starch, Xanthan Gum Stabilizer. Contains Sulphites.
Pea Protein 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.
Vegan Chik'in	Water, Soya Protein concentrate, Sunflower Oil, Natural Flavourings, Dextrose, Salt, Potato Starch, Spices.
Vegan Chik'n in Frank's RedHot®	<u>Vegan Chik'in</u> : Water, Soya Protein concentrate, Sunflower Oil, Natural Flavourings, Dextrose, Salt, Potato Starch, Spices. <u>Franks RedHot Sauce</u> : Fermented Red Cayenne Peppers (35%), Spirit Vinegar, Water, Salt, Garlic Powder.
Sage and Onion Stuffing	Water, Sunflower Oil, Onion (12%), Breadcrumbs (Rice Flour, Gram Flour, Maize Starch, Salt, Dextrose), Modified Starch, Textured Soya Protein Concentrate, Thickeners (Methyl Cellulose), Salt, Natural Flavourings, Sage (0.5%), Parsley, Black Pepper, Thyme, Oregano.

INGREDIENT DECLARATION

Updated January 2022

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

Pizza Drizzle Finish	
Garlic Spread	Vegetable Margarine (Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Emulsifier (Mono-and Di-Glycerides of Fatty Acids), Natural Flavouring, Colour (Beta Carotene)), Garlic Puree (8%), Parsley, Salt, Lemon Juice Concentrate, Acidity Regulator Citric Acid.
BBQ Sauce (Gluten Free)	Water, Tomato Paste, Sugar, Spirit Vinegar, Glucose-Fructose Syrup, Soy Sauce (Water, Soya Extract [Water, Soya Beans, Salt, Wheat * Flour (With Calcium, Iron, Niacin (Vitamin B3), Thiamin (Vitamin B1)]), Salt, Glucose, Spirit Vinegar, Barley * Malt Extract), Modified Maize Starch, Spices, Caramelised Sugar Syrup, Salt, Smoke Flavouring, Preservative (Potassium). *Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')
Balsamic Glaze	Balsamic Vinegar Of Modena (Aceto Balsamico di Modena I.G.P.: Wine Vinegar, Concentrated Grape Must, Caramel E-150d Preservative E-224), Glucose Syrup, Sugar, Modified Corn Starch, Xanthan Gum Stabilizer. Contains Sulphites.
Ranch Dressing	Rapeseed Oil, Water, White Wine Vinegar, Sugar, Dijon Mustard (Water, Mustard Seeds (29%), Spirit Vinegar, Salt, Acidity Regulator (Citric Acid), Preservative (Sodium Metabisulphite)), Modified Starch, Salt, Lemon Juice Concentrate, Dried Onion, Dried Garlic, Preservative (Potassium Sorbate), Cracked Black Pepper, Dried Parsley, Stabiliser (Xanthan Gum), Natural Flavouring.
Frank's RedHot®	Fermented Red Cayenne Peppers (35%), Spirit Vinegar, Water, Salt, Garlic Powder.
Apple Sauce	Sugar, Apple Puree (26.6%), Water, Modified Maize Starch, Acidity Regulator (Acetic Acid), Salt, Preservative (Potassium Sorbate).
Main Meals & Pastas	
Lasagne	
Lasagne	Beef Sauce (59%): Beef (32%), Tomatoes (21%), Tomato Passata (20%), Water, Onion, Tomato Puree, Red Wine, Salt, Modified Maize Starch, Beef Bouillon [Maltodextrin, Salt, Yeast Extract, Beef Meat Extract, Sugar, Natural Flavouring, Vegetables (Onions, Parsnip), Sunflower Oil, Potato Starch, Spices (Garlic, Lovage, Nutmeg, Beef Powder, Caramelised Sugar, Natural Roasted Onions Flavouring)], Brown Sugar, Sunflower Oil, Salt, Garlic, Wheat Flour (with added Calcium Carbonate, Iron, Niacin, Thiamin), Oregano, Vegetable Bouillon [Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetable (Onion, Parsnip), Sunflower Oil, Spices (Turmeric, Pepper, Garlic, Mace, Nutmeg), Herbs (Parsley, Lovage)], Basil, Stabiliser Mix (Xanthan & Guar Gum), Black Pepper, Malt Extract (Barley). Béchamel Sauce (27%): Water, Milk Powder, Mature Cheddar (Milk), Wheat Flour, (with added Calcium Carbonate, Iron, Niacin, Thiamine), Mascarpone Cheese (Milk), Modified Maize Starch, Full Fat Soft Cheese (Milk), Cheese Stock (Milk) [Cheese Powder, Glucose Syrup, Yeast Extract, Salt, Sunflower Oil, Natural Flavouring (Sugar Cane, Yeast, Onion, Apricot)], Salt, Pasta (14%) Durum Wheat Semolina, Egg , Water. May contain Peanuts/ their derivatives, Nuts and Sesame.
Garlic Bread	Wheat Flour (with Calcium carbonate, Iron, Niacin, Thiamin), Water, Margarine [Oil (Rapeseed Oil, Palm Oil), Water, Emulsifier (E471), Flavouring, Colours (E160b, E100)], Garlic (Puree and Chopped), Yeast, Salt, Garlic Powder, Oregano, Onion Powder, Garlic Oil, Flour Treatment Agent (E300). May contain Soya/Soya Products, Milk/ Milk Products.
Mac & Cheese	
Mac 'N' Cheese	Cheese Sauce (61%) - Water, Mature Cheddar Cheese (Milk) (16%), Cream (Milk), Mozzarella Cheese (Milk) (4%), Cheddar Cheese Stock (Milk) (Reconstituted Cheese (Milk), Whey Powder (Milk), Flavourings, Salt, Lactic Acid, Mustard Flour, Black Pepper), Modified Maize Starch, Full Fat Soft Cheese (Milk), Sunflower Oil, Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnip, Parsley), Sunflower Oil, Spices (Turmeric, Lovage, Pepper, Garlic, Mace, Nutmeg), Lovage Extract), Worcester Sauce (Water, Spirit Vinegar, Sugar, Onion, Salt, Tamarind Paste, Cloves, Ginger, Garlic, Barley Malt Vinegar), Garlic, Salt, Yeast Extract (Yeast Extract, Salt), Black Pepper, Cayenne Pepper. Cooked Pasta (37%) - (Durum Wheat Semolina). Mozzarella Cheese (Milk) (2%). May contain Peanuts/ their derivatives, Nuts and Sesame.
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk , Salt, Lactic Cultures), Potato Starch.
Festive Mac & Cheese	
Mac 'N' Cheese	Cheese Sauce (61%) - Water, Mature Cheddar Cheese (Milk) (16%), Cream (Milk), Mozzarella Cheese (Milk) (4%), Cheddar Cheese Stock (Milk) (Reconstituted Cheese (Milk), Whey Powder (Milk), Flavourings, Salt, Lactic Acid, Mustard Flour, Black Pepper), Modified Maize Starch, Full Fat Soft Cheese (Milk), Sunflower Oil, Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnip, Parsley), Sunflower Oil, Spices (Turmeric, Lovage, Pepper, Garlic, Mace, Nutmeg), Lovage Extract), Worcester Sauce (Water, Spirit Vinegar, Sugar, Onion, Salt, Tamarind Paste, Cloves, Ginger, Garlic, Barley Malt Vinegar), Garlic, Salt, Yeast Extract (Yeast Extract, Salt), Black Pepper, Cayenne Pepper. Cooked Pasta (37%) - (Durum Wheat Semolina). Mozzarella Cheese (Milk) (2%). May contain Peanuts/ their derivatives, Nuts and Sesame.
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk , Salt, Lactic Cultures), Potato Starch.
Pulled Pork	Pork Meat, Water, Salt, Potato Starch, Antioxidant (E301).
Sage and Onion Stuffing	Water, Sunflower Oil, Onion (12%), Breadcrumb (Rice Flour, Gram Flour, Maize Starch, Salt, Dextrose), Modified Starch, Textured SOY Protein Concentrate, Thickener (Methyl Cellulose), Salt, Natural Flavourings, Sage (0.5%), Parsley, Black Pepper, Thyme, Oregano.

INGREDIENT DECLARATION

Updated January 2022

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

Buffet	
Garlic Breadsticks	
PLEASE NOTE: THE SOYA OIL USED ON OUR PAN DOUGH FOR BUFFET BREADSTICKS DOES NOT CONTAIN ANY SOYA. THE SOYA OIL IS 100% REFINED, THEREFORE IS NOT ALLERGENIC.	
Pan dough	Wheat flour, Water, Yeast: (Bakers Yeast, Rehydrating Agent;E491), Rapeseed Oil, Salt, Premix : [Salt, Calcium Sulphate, Emulsifiers; E481, E472e, E471, Flour Treatment Agent E300, Enzyme (Alpha Amylase, Xylanase, Glucose Oxidase, Protease, Cellulase)], Sugar, Flour Treatment Agent (ascorbic acid E300).
Soya Oil	100% Refined Soya Oil
Garlic Spread	Vegetable Margarine (Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Emulsifier (Mono-and Di-Glycerides of Fatty Acids), Natural Flavouring, Colour (Beta Carotene)), Garlic Puree (8%), Parsley, Salt, Lemon Juice Concentrate, Acidity Regulator Citric Acid.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Tomato Pasta	
Tomato Pasta	Cooked Penne Pasta (Water, Durum Wheat Semolina) (33%), Tomatoes (31%), Tomato Passata (12%), Onion, Tomato Puree, Sunflower Oil, Olive Oil, Water, Carrots, Celery , White Sugar, Garlic, Salt, Modified Maize Starch, Oregano, Black Pepper, Thyme. May contain Peanuts/ their derivatives, Nuts and Sesame.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Cheese and Broccoli Pasta	
Cheese and Broccoli Pasta	Water, Cooked Penne Pasta (Water, Durum Wheat Semolina) (22%), Whole Pasteurised Milk , Broccoli (5%), Single Cream (Milk), Mature Cheddar Cheese (Milk) (3%), Spinach (3%), Full Cream Milk Powder, Garden Peas (2%), Modified Maize Starch, Adcrem (Milk Protein, Palm Oil, Lactose), Cheese Crumb Mix (Pecorino Cheese (Sheep's Milk), Regato Cheese (Milk)) Cheddar Cheese Stock (Processed Cheese Powder (Milk) (Cheese (Milk), Emulsifying Salt: (E339), Dried Glucose Syrup, Water, Yeast Extract, Salt, Sunflower Oil, Natural Flavouring), Mascarpone Cheese (Milk), Ricotta Cheese (Milk), Salt, Sunflower Oil, Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetable (Dried Onion, Dried Parsnip, Dried Parsley), Sunflower Oil, Spices (Lovage Powder, Turmeric, Pepper Powder, Garlic Powder, Mace, Nutmeg), Lovage Extract), Garlic, Lemon Juice from Concentrate, Black Pepper. May contain Peanuts/ their derivatives, Nuts and Sesame.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).

INGREDIENT DECLARATION

Updated January 2022

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

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

INGREDIENT DECLARATION

Updated January 2022

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

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

INGREDIENT DECLARATION

Updated January 2022

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

Chicken & Fries	
Breaded Chicken Strips	Chicken Inner Fillet, Water, Wheat Flour, Rice Flour, Breadcrumbs (Wheat Flour, Dextrose, Refined Soybean Oil*, Salt, Yeast), Wheat Starch, Wheat , Salt, Refined Soybean Oil*, Garlic Powder, Yeast Extract (contains Salt), Maltodextrin, Raising Agents (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Spices (Black Pepper, Celery , Turmeric), Onion Powder, Sugar, Dextrose, Refined Sunflower Oil, Spice Extract (Black Pepper, Capsicum, Celery), Acidity Regulator (Citric Acid). (*The Soybean Oil used in this product is fully refined, therefore is not an allergen) May contain Peanuts/their derivatives.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Rapeseed Oil (when fried)	Rapeseed Oil, Antifoaming Agent (E900)
Fries	Potatoes, Sunflower oil, Wheat (Gluten) flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
Sides	
Fries	Potatoes, Sunflower oil, Wheat (Gluten) flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
Rapeseed Oil (when Fried)	Rapeseed Oil, Antifoaming Agent (E900)
Garlic Bread	Wheat Flour (with Calcium carbonate, Iron, Niacin, Thiamin), Water, Margarine [Oil (Rapeseed Oil, Palm Oil), Water, Emulsifier (E471), Flavouring, Colours (E160b, E100)], Garlic (Puree and Chopped), Yeast, Salt, Garlic Powder, Oregano, Onion Powder, Garlic Oil, Flour Treatment Agent (E300). May contain Soya/Soya Products, Milk/ Milk Products.
Onion Rings	Diced onions (53%), Wheat flour, Sunflower Oil, Gelling Agent (E401), Salt, Sugar, Yeast, Flavouring (Paprika Extract, Turmeric Extract).
Rapeseed Oil (when Fried)	Rapeseed Oil, Antifoaming Agent (E900)
Mini Corn on the Cob	
Corn on the cob	Sweetcorn.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Big & Little Boss Desserts	
Raspberry Ice	Water, Sugar, Raspberry Preparation (7%) [Glucose Syrup, Sugar, Raspberries (20%), Acidity Regulator: Citric Acid, Colour: Beetroot Red, Carrot Extracts, Stabiliser: Pectin, Flavourings], Glucose Syrup, Raspberry Fruit Preparation (5%) [Raspberries (46%), Apple Concentrate, Glucose Fructose Syrup, Water, Gelling Agent: Pectin, Acidity Regulator: Citric Acid, Antioxidant: Ascorbic Acid, Firming Agent: Calcium Lactate, Flavouring], Dextrose, Stabilisers [Amidated Pectin, Guar Gum, Sodium Carboxymethylcellulose, Sorbitol], Emulsifier: Mono & Diglycerides of Fatty Acids, Acidity Regulator: Trisodium Citrate, Flavourings, Colour: Beetroot Red.
Kids Chocolate Brownie	
Chocolate Brownie	Sugar, Whole Egg Free Range, Chocolate (20%) [Cocoa Mass, Sugar, Cocoa Butter, Fat Reduced Cocoa Powder, Emulsifier; Soya Lecithin], Palm Free Margarine[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], Milk Chocolate (9%) [Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Emulsifier; Soya Lecithin, Natural Vanilla Flavouring], Fat Reduced Cocoa Powder, Natural Vanilla Flavouring, Coffee Granules, Preservative (Potassium Sorbate (E202)). May contain Nuts and Sulphites.
Vanilla Ice Cream	Skimmed Milk , Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring.
Chocolate Sauce (Rowse)	Glucose Syrup, Water, Belgian Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Liquor, Emulsifier: Soya Lecithin, Natural Vanilla Extract), Single Cream (Milk), Cocoa Liquor, Corn Flour, Natural Vanilla Flavouring

INGREDIENT DECLARATION

Updated January 2022

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

Desserts	
Ice Cream Builder	
Ice Cream Builder Ice Cream	Skimmed Milk, Cream (12%) (Milk), Sugar, Emulsifier E471, Stabilisers E466, E412, E407, E401, E410, Vanilla Flavouring.
Raspberry Sauce	Glucose syrup, water, raspberry puree from concentrate (10%), sugar, dextrose, modified starch, acidity regulators (citric acid, sodium citrates), colour (anthocyanins), thickener (pectins), preservative (potassium sorbate), natural flavouring, natural raspberry flavouring with other natural flavourings
Chocolate Sauce	Glucose syrup, Sugar, Water, Sweetened condensed Milk , Couverture Milk chocolate (6 %) (Sugar, Cocoa butter, Whole Milk powder, Cocoa mass, Emulsifier (Soya lecithins), Natural vanilla flavouring), Modified starch, Fat reduced cocoa powder, Preservative (Potassium sorbate), Natural flavouring.
Tricolour Chocolate Pieces	Sugar, Cocoa mass, Cocoa butter, Whole Milk powder, Whey powder (Milk), Lactose (Milk), Butter oil (Milk), Emulsifier (Soya lecithin), Vanilla extract. May contain Nuts.
Gold Crunch	Sugar, Water, Colours (E172, E171), Glazing agent (Shellac), Glucose syrup.
Lemon Crunch	Sugar, Water, Glucose Syrup, Glazing Agent (Coconut Oil and Beeswax (E901)) Colour (E100), Flavouring (Citric Acid and Natural Lemon Aroma.
Strawberry Crunch	Sugar, Glucose syrup, Water, Colour (E162), Natural flavouring, Coconut oil, Glazing agent (E901).
Milk Chocolate Chips	Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, whey powder (Milk) , Lactose (Milk), Emulsifier: Soya Lecithin; Flavouring.
Milk Chocolate Beans	Sugar, Cocoa butter, Whey powder (Milk), Fat-reduced cocoa powder, Whole Milk powder, Emulsifier (Soya lecithin), Glazing agents (Arabic gum, Carnauba wax, Bees wax), Colours (E101, E141, E160a, E162, E163, E171, E172).
Chocolate Toffee Crunch	Sugar, Glucose syrup, Cocoa butter, Whole Milk powder, Skimmed Milk powder, Cocoa mass, Butter (Milk), Emulsifier (Sunflower lecithin), Natural flavour, Glazing agents (E904, E414), Salt, Acidity regulator (E500).
Alphabet Sprinkles	Sugar, Cocoa Butter (UTZ MB), Potato Starch, Rice Flour, Maize Starch, Colours: Curcumin (E100), Anthocyanins (E163), Carotenes (E160a), Beetroot Red (E162), Flavouring.
Popping Candy	Sugar, Glucose syrup, Cocoa butter, Lactose. Contains Milk
Hot Cookie Dough	
Chocolate Chip Cookie Dough	
Chocolate Chip Cookie Dough	Wheat flour, (Wheat Flour; Calcium carbonate; Iron; Niacin; Thiamine); Dark chocolate (21%) (Cocoa mass; Sugar; Cocoa butter; Fat reduced cocoa powder; Emulsifier: Soya Lecithin); Sugar; Butter (Milk); Maltodextrin; Concentrated Butter (Milk); Whey Powder (Milk); Salt; Raising agents: Sodium carbonates, Diphosphates; Water. May contain Egg and Nuts.
Vanilla Ice Cream	Skimmed Milk , Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring.
Chocolate Sauce (Rowse)	Glucose Syrup, Water, Belgian Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Liquor, Emulsifier: Soya Lecithin, Natural Vanilla Extract), Single Cream (Milk), Cocoa Liquor, Corn Flour, Natural Vanilla Flavouring.
White Chocolate & Caramel Cookie Dough	
White Chocolate & Caramel Cookie Dough	Wheat Flour (Wheat Flour; Calcium carbonate; Iron; Niacin; Thiamine); Sugar; Salted butter (Butter) (Milk); Salt; White chocolate chunks(11%) (Sugar; Cocoa butter; Whole Milk Powder; Sweet Whey Powder (Milk); Lactose (Milk); Milk Fat; Emulsifier: Soya Lecithin; Natural vanilla flavouring); Caramel pieces (9%) (Sugar; Glucose syrup; Sweetened Condensed Milk ; Coconut oil; Butteroil (Milk); Natural flavouring; Glazing agent: Carnauba wax); Demerara sugar; Water; Concentrated Butter (Milk); Whey Powder (Milk); Salt; Raising agents: Sodium carbonates, Diphosphates. May contain Egg and Nuts.
Vanilla Ice Cream	Skimmed Milk , Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring.
Salted Caramel Sauce	Water, sugar, Dextrose, Oligofructose, Dark Muscovado Sugar, Butter (Milk), Modified Starch, Whole Milk Powder (Milk), Salt, Vegetable Oil, Stabilisers (Guar Gum, Xanthan Gum), Cane Molasses, Preservative (Potassium Sorbate), Flavouring (Caramelised Sugar Syrup).
Triple Chocolate Cookie Dough	
Triple Chocolate Cookie Dough	Wheat Flour (Wheat Flour; Calcium carbonate; Iron; Nicotinamide; Thiamine); Sugar; Salted Butter (Milk) ; Salt; Milk chocolate chunks (7.5%) (Sugar; Cocoa butter; Cocoa mass; Whole Milk Powder, Whey Powder (Milk) ; Emulsifier: Soya Lecithin); White chocolate chunks (7.5%) (Sugar; Cocoa butter; Whole Milk Powder ; Sweet Whey Powder (Milk); Lactose (Milk) ; Butteroil (Milk); Emulsifier: Soya Lecithin; Natural vanilla flavouring); Water; Butterfat (Milk); Chocolate chunks (4%) (Sugar; Cocoa mass; Cocoa butter; Emulsifier: Soya Lecithin; Natural vanilla flavouring); Fat reduced cocoa powder; Invert sugar syrup; Whey Powder (Milk); Salt; Acidity regulator: Potassium hydroxide, Potassium carbonates; Raising agent: Sodium carbonates; Natural flavouring. May contain Egg and Nuts.
Vanilla Ice Cream	Skimmed Milk , Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring.
Chocolate Sauce (Rowse)	Glucose Syrup, Water, Belgian Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Liquor, Emulsifier: Soya Lecithin, Natural Vanilla Extract), Single Cream (Milk), Cocoa Liquor, Corn Flour, Natural Vanilla Flavouring.

INGREDIENT DECLARATION

Updated January 2022

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

Cookies & Cream Cookie Dough	
Cookies & Cream Cookie Dough	Wheat Flour (Wheat Flour; Calcium carbonate; Iron; Niacin; Thiamine); Sugar; Salted Butter (Milk); Salt; White chocolate chunks (9.5%) (Sugar; Cocoa butter; Whole Milk Powder; Sweet Whey Powder (Milk); Lactose (Milk); Milk Fat; Emulsifier: Soya Lecithin; Natural vanilla flavouring); Cookie crumbs (9.5%) (Sugar; Corn flour; Palm; Potato starch; Fat reduced cocoa powder; Dextrose; Tapioca starch; Natural Bourbon vanilla flavouring; Natural flavourings; Salt; Emulsifier: Soya Lecithin; Raising agent: Ammonium carbonate, Sodium carbonates; Acidity regulator: Potassium carbonates); Water; Butterfat (Milk); Invert sugar syrup; Baking powder (Raising agent: Diphosphates, Sodium carbonates; Wheat Flour); Flavouring. May contain Egg and Nuts .
Vanilla Ice Cream	Skimmed Milk , Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring.
Chocolate Sauce (Rowse)	Glucose Syrup, Water, Belgian Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Liquor, Emulsifier: Soya Lecithin, Natural Vanilla Extract), Single Cream (Milk), Cocoa Liquor, Corn Flour, Natural Vanilla Flavouring.
I Can't Believe Its Not Ch**secake	
Vegan Caramel Biscuit Ch**secake	Vegan Alternative to Cream Cheese (37%) [Water, Coconut Oil, Soya Protein Concentrate, Salt, Lactic Acid, Sugar, Thickener (Carrageenan), Natural Flavourings], Biscoff Spread (15%) [Caramelised Biscuits (Wheat Flour, Sugar, Vegetable Oils (RSPO Palm & Rapeseed Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Soya Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier (Soya Lecithin), Acidity Regulator (Citric Acid)], Icing Sugar, Margarine [RSPO Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono - And Diglycerides Of Fatty Acids)], Biscoff Crumble (8%) [Wheat Flour, Sugar, Vegetable Oil (RSPO Palm & Rapeseed Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Soya Flour, Salt, Cinnamon], Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Stabiliser [Maize Starch, Coconut Oil, Glucose Syrup, Emulsifier (Propylene Glycol Esters of Fatty Acids), Pea Protein, Modified Waxy Maize Starch, Emulsifier (Mono-and Diglycerides of Fatty Acids), Stabilisers (Cellulose Gum, Guar Gum, Xanthan, Pectin), Dextrose], Oats Demerara Sugar, Emulsifier (Soya Lecithin), Water, Natural Flavouring, Raising Agent (Sodium Bicarbonate), Baking Powder [Raising Agents (Disodium Diphosphate, Potassium Hydrogen Carbonate), Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin)], Salt.
Chocolate Brownie	
Chocolate Brownie	Sugar, Whole Egg Free Range, Chocolate (20%) [Cocoa Mass, Sugar, Cocoa Butter, Fat Reduced Cocoa Powder, Emulsifier; Soya Lecithin], Palm Free Margarine[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], Milk Chocolate (9%) [Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Emulsifier; Soya Lecithin, Natural Vanilla Flavouring], Fat Reduced Cocoa Powder, Natural Vanilla Flavouring, Coffee Granules, Preservative (Potassium Sorbate (E202)). May contain Nuts and Sulphites .
Vanilla Ice Cream	Skimmed Milk , Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring.
Chocolate Sauce (Rowse)	Glucose Syrup, Water, Belgian Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Liquor, Emulsifier: Soya Lecithin, Natural Vanilla Extract), Single Cream (Milk), Cocoa Liquor, Corn Flour, Natural Vanilla Flavouring.
Ice Cream	
Vanilla Ice Cream	Skimmed Milk , Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring.
Take Away Vanilla Ice Cream	
Vanilla Ice Cream	Whole Milk (32%), Partially Reconstituted Buttermilk (Milk), Double Cream (Milk) (17%), Sugar, Dextrose, Dried Glucose Syrup, Whey Powder (Milk), Emulsifier: Mono and Diglycerides of Fatty Acids, Stabilisers [Locust Bean Gum, Guar Gum], Flavourings, Colours [Annatto, Curcumin].
Raspberry Ice	
Raspberry Ice	Water, Sugar, Raspberry Preparation (7%) [Glucose Syrup, Sugar, Raspberries (20%), Acidity Regulator: Citric Acid, Colour: Beetroot Red, Carrot Extracts, Stabiliser: Pectin, Flavourings], Glucose Syrup, Raspberry Fruit Preparation (5%) [Raspberries (46%), Apple Concentrate, Glucose Fructose Syrup, Water, Gelling Agent: Pectin, Acidity Regulator: Citric Acid, Antioxidant: Ascorbic Acid, Firming Agent: Calcium Lactate, Flavouring], Dextrose, Stabilisers [Amidated Pectin, Guar Gum, Sodium Carboxymethylcellulose, Sorbitol], Emulsifier: Mono & Diglycerides of Fatty Acids, Acidity Regulator: Trisodium Citrate, Flavourings, Colour: Beetroot Red.

INGREDIENT DECLARATION

Updated January 2022

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

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

NUTRITIONAL DECLARATION

Updated January 2022

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.

	Average Weight of Portion (g)	Energy per Portion (kcal)	Protein per Portion (g)	Carbohydrate per Portion (g)	Sugar per Portion (g)	Fat per Portion (g)	Saturated Fat per Portion (g)	Salt per Portion (g)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100g (g)	Sugar per 100g (g)	Fat per 100 (g)	Saturated Fat per 100 (g)	Salt per 100 (g)
Sides															
Fries (Oven Baked)	230	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)	250	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)	161	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)	163	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	262	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	186	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	191	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)	122	435	15.3	22.5	1.2	31.1	12.4	3.0	357	12.5	18.4	1.0	25.5	10.1	2.5
Cheese Triangles (Fried)	151	535	22.8	33.4	1.2	35.0	12.2	3.9	354	15.1	22.1	0.8	23.2	8.1	2.6
Jalapeno Poppers (Oven Baked)	157	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)	157	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	136	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	197	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
Southern Fried Nuggets	120	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
Loaded Garlic Bread with Bacon	217	734	28.0	54.4	2.6	44.0	17.8	2.8	338	12.9	25.1	1.2	20.3	8.2	1.3
Loaded Garlic Bread with Pepperoni	237	864	28.5	54.7	2.6	58.1	23.3	3.2	365	12.0	23.1	1.1	24.5	9.8	1.4
Loaded Garlic Bread with Jalapeños	221	671	21.0	54.4	2.5	40.0	16.1	2.6	304	9.5	24.6	1.1	18.1	7.3	1.2
Loaded Nachos	203	538	16.0	18.3	6.3	32.0	9.5	2.8	265	7.9	9.0	3.1	15.8	4.7	1.4
Tabletop Sauces															
BBQ Sauce	100	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	100	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	20	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
Sweet Chili	100	175	0.5	42.4	31.3	0.4	0.2	2.8	175	0.5	42.4	31.3	0.4	0.2	2.8
Takeaway Dip Pots															
Garlic Sauce Dip Pot	25	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	25	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	25	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 nutritionals.

NUTRITIONAL DECLARATION

Updated January 2022

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.

	Weight of Portion (g)	Energy per Portion (kcal)	Protein per Portion (g)	Carbohydrate per Portion (g)	Sugar per Portion (g)	Fat per Portion (g)	Saturated Fat per Portion (g)	Salt per Portion (g)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100g (g)	Sugar per 100g (g)	Fat per 100 (g)	Saturated Fat per 100g (g)	Salt per 100g (g)
Salad Station															
Dressed Salad Lines															
Potato Salad	20	32	0.3	2.9	0.5	2.1	0.2	0.1	162	1.3	14.4	2.7	10.6	0.8	0.6
Coleslaw	20	27	0.2	1.2	1.0	2.3	0.2	0.0	135	0.9	6.2	4.9	11.7	0.9	0.1
Sweetcorn	20	15	0.5	2.7	0.7	0.3	0.2	0.0	77	2.7	13.3	3.6	1.4	0.9	0.0
Diced Beetroot	20	10	0.8	1.3	0.9	0.1	0.1	0.0	49	4.1	6.7	4.7	0.5	0.3	0.1
Jalapenos	20	2	0.1	0.1	0.0	0.1	0.0	0.6	8	0.4	0.4	0.0	0.3	0.2	3.0
Fresh Salad Lines															
Lettuce Mix	20	2	0.1	0.3	0.3	0.0	0.0	0.0	11	0.7	1.4	1.4	0.1	0.0	0.0
Cherry Tomatoes	20	3	0.1	0.6	0.6	0.1	0.0	0.0	17	0.7	3.1	3.1	0.3	0.1	0.0
Cucumber	20	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
Mixed Peppers	20	3	0.2	0.5	0.5	0.1	0.0	0.0	15	0.8	2.6	2.4	0.3	0.1	0.0
Red Onion	20	7	0.2	1.6	1.1	0.0	0.0	0.0	36	1.2	7.9	5.6	0.2	0.0	0.0
Shredded Carrot	20	10	0.1	2.5	2.5	0.0	0.0	0.0	50	0.4	12.5	12.5	0.1	0.0	0.0
Dried Items															
Bacon Bits	20	104	1.8	10.2	0.8	6.2	2.9	0.5	519	8.9	51.0	3.9	31.0	14.7	2.4
Croutons	20	85	2.4	13.4	0.3	2.2	1.0	0.5	423	12.0	67.0	1.3	11.0	5.1	2.7
Tortilla Chips	20	96	1.3	12.6	0.3	4.2	0.5	0.1	478	6.3	63.0	1.6	21.0	2.5	0.7
Crispy Onions	20	125	1.2	8.8	2.4	9.4	4.6	0.2	625	6.0	44.0	12.0	47.0	23.0	1.0
Sultanas	20	55	0.5	13.9	13.9	0.0	0.0	0.0	275	2.7	69.4	69.4	0.1	0.1	0.1
Dressings & Dips															
Thousand Island	20	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
Blue Cheese	20	75	0.3	1.5	1.2	7.5	0.6	0.3	375	1.3	7.7	6.1	37.7	2.8	1.5
Garlic Mayonnaise	20	92	0.2	0.7	0.7	9.8	0.6	0.2	458	1.2	3.3	3.3	48.9	3.1	1.0
Light Mayonnaise	20	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
Ranch Dressing	20	79	0.6	2.0	1.6	7.7	0.6	0.3	396	2.8	9.9	7.8	38.3	2.8	1.3
Low Fat French Dressing	20	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
Salsa	20	12	0.2	2.6	1.6	0.0	0.0	0.3	60	1.1	13.0	8.0	0.0	0.0	1.6
Garlic & Chilli Infused Oil	20	180	0.0	0.0	0.0	18.2	2.6	0.0	899	0.0	0.0	0.0	91.0	13.0	0.1
Olive Oil with Balsamic Vinegar	20	124	0.1	1.6	1.2	13.0	1.8	0.0	619	0.5	8.0	6.0	65.0	9.0	0.1

NUTRITIONAL DECLARATION

Updated January 2022

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.

	Weight of Pizza (g)	Number of Slices per Pizza	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice(g)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100(g)	Sugar per 100(g)	Fat per 100 (g)	Saturated Fat per 100 (g)	Salt per 100 (g)
Pizza																
Pepperoni Feast																
Individual Pan (9")	404	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")	836	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")	400	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")	664	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")	503	6	217	10.9	19.3	0.9	10.5	5.3	1.2	258	13.0	23.0	1.1	12.5	6.3	1.4
Sharing Stuffed Crust (14")	940	8	298	14.5	29.1	1.3	13.5	6.7	1.6	254	12.3	24.7	1.1	11.5	5.7	1.4
Cheesy Bites (14")	940	8	298	14.5	29.1	1.3	13.5	6.7	1.6	254	12.3	24.7	1.1	11.5	5.7	1.4
Gluten Free (9" Square)	355	6	166	4.5	19.7	1.7	7.2	2.8	0.7	280	7.6	33.3	2.8	12.2	4.7	1.2
Hawaiian																
Individual Pan (9")	464	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")	970	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")	460	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")	798	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")	564	6	203	11.5	20.1	1.8	8.3	4.4	1.2	216	12.2	21.4	1.9	8.8	4.7	1.3
Sharing Stuffed Crust (14")	1074	8	278	15.4	30.5	2.9	10.2	5.3	1.6	207	11.5	22.7	2.2	7.6	4.0	1.2
Cheesy Bites (14")	1074	8	278	15.4	30.5	2.9	10.2	5.3	1.6	207	11.5	22.7	2.2	7.6	4.0	1.2
Gluten Free (9" Square)	415	6	152	5.2	20.5	2.5	5.0	1.8	0.7	219	7.5	29.7	3.6	7.3	2.7	1.0
Chicken Supreme																
Individual Pan (9")	485	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")	1036	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")	481	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")	864	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")	585	6	209	12.5	20.5	2.2	8.3	4.4	1.0	215	12.9	21.1	2.2	8.5	4.5	1.1
Sharing Stuffed Crust (14")	1140	8	291	17.6	31.2	3.5	10.2	5.3	1.5	204	12.3	21.9	2.5	7.2	3.7	1.0
Cheesy Bites (14")	1140	8	291	17.6	31.2	3.5	10.2	5.3	1.5	204	12.3	21.9	2.5	7.2	3.7	1.0
Gluten Free (9" Square)	436	6	159	6.3	21.1	3.1	5.1	1.9	0.6	219	8.7	29.0	4.2	7.0	2.6	0.8
Meat Feast																
Individual Pan (9")	473	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")	997	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")	469	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")	825	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")	573	6	225	13.1	19.7	1.0	10.2	5.2	1.3	236	13.7	20.6	1.1	10.7	5.5	1.3
Sharing Stuffed Crust (14")	1101	8	316	18.5	29.5	1.6	13.4	6.7	1.8	229	13.5	21.4	1.1	9.8	4.8	1.3
Cheesy Bites (14")	1101	8	316	18.5	29.5	1.6	13.4	6.7	1.8	229	13.5	21.4	1.1	9.8	4.8	1.3
Gluten Free (9" Square)	424	6	174	6.9	20.0	1.9	6.9	2.6	0.8	246	9.7	28.3	2.7	9.8	3.7	1.1
Supreme																
Individual Pan (9")	518	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")	1113	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")	514	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")	941	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")	618	6	228	12.5	20.4	1.4	10.5	5.2	1.3	221	12.1	19.8	1.3	10.2	5.1	1.2
Sharing Stuffed Crust (14")	1219	8	324	17.5	31.1	2.1	14.1	6.7	1.9	213	11.5	20.4	1.4	9.2	4.4	1.2
Cheesy Bites (14")	1219	8	324	17.5	31.1	2.1	14.1	6.7	1.9	213	11.5	20.4	1.4	9.2	4.4	1.2
Gluten Free (9" Square)	469	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

NUTRITIONAL DECLARATION

Updated January 2022

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.

	Weight of Pizza (g)	Number of Slices per Pizza	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice(g)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100(g)	Sugar per 100(g)	Fat per 100 (g)	Saturated Fat per 100 (g)	Salt per 100 (g)
BBQ Americano																
Individual Pan (9")	511	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")	1094	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")	507	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")	922	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")	611	6	226	13.8	22.1	2.5	9.0	4.7	1.3	223	13.6	21.7	2.5	8.8	4.6	1.2
Sharing Stuffed Crust (14")	1198	8	321	20.0	33.4	3.8	11.6	5.9	1.8	214	13.3	22.3	2.5	7.7	4.0	1.2
Cheesy Bites (14")	1198	8	321	20.0	33.4	3.8	11.6	5.9	1.8	214	13.3	22.3	2.5	7.7	4.0	1.2
Gluten Free (9" Square)	462	6	178	7.6	22.9	3.7	5.8	2.2	0.9	232	9.8	29.8	4.8	7.5	2.9	1.1
Veggie Pepperphoni Feast																
Individual Pan (9")	396	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")	820	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")	392	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")	648	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")	496	6	199	10.1	19.7	1.0	8.8	4.4	1.1	242	12.2	23.9	1.2	10.7	5.3	1.3
Sharing Stuffed Crust (14")	924	8	272	13.3	29.7	1.5	11.0	5.3	1.5	236	11.5	25.7	1.3	9.5	4.6	1.3
Cheesy Bites (14")	924	8	272	13.3	29.7	1.5	11.0	5.3	1.5	236	11.5	25.7	1.3	9.5	4.6	1.3
Gluten Free (9" Square)	347	6	148	3.7	20.1	1.8	5.6	1.9	0.6	257	6.4	34.8	3.1	9.6	3.2	1.1
Veggie																
Individual Pan (9")	496	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")	1053	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")	492	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")	881	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")	596	6	199	10.2	20.6	1.5	8.2	4.4	1.0	200	10.3	20.8	1.5	8.3	4.4	1.0
Sharing Stuffed Crust (14")	1157	8	273	13.6	31.3	2.4	10.1	5.3	1.3	189	9.4	21.7	1.7	7.0	3.7	0.9
Cheesy Bites (14")	1157	8	273	13.6	31.3	2.4	10.1	5.3	1.3	189	9.4	21.7	1.7	7.0	3.7	0.9
Gluten Free (9" Square)	447	6	148	3.9	21.0	2.3	5.0	1.9	0.5	198	5.2	28.2	3.1	6.7	2.5	0.7
Margherita																
Individual Pan (9")	410	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")	847	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")	406	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")	675	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")	509	6	208	11.0	19.5	1.0	9.4	5.1	1.1	245	13.0	23.0	1.2	11.1	6.0	1.3
Sharing Stuffed Crust (14")	951	8	285	19.5	29.4	1.5	11.9	6.4	1.5	240	16.4	24.7	1.3	10.0	5.4	1.2
Cheesy Bites (14")	951	8	285	19.5	29.4	1.5	11.9	6.4	1.5	240	16.4	24.7	1.3	10.0	5.4	1.2
Gluten Free (9" Square)	361	6	157	4.6	19.9	1.8	6.1	2.6	0.6	262	7.7	33.1	3.0	10.2	4.3	1.0
The G.O.A.T																
Individual Pan (9")	514	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")	1076	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")	510	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")	904	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")	614	6	223	11.3	22.3	3.2	9.7	5.4	1.1	218	11.1	21.8	3.1	9.4	5.3	1.1
Sharing Stuffed Crust (14")	1180	8	307	15.2	33.3	4.9	12.3	6.9	1.5	208	10.3	22.6	3.3	8.3	4.6	1.0
Cheesy Bites (14")	1180	8	307	15.2	33.3	4.9	12.3	6.9	1.5	208	10.3	22.6	3.3	8.3	4.6	1.0
Gluten Free (9" Square)	465	6	172	5.0	22.8	4.0	6.4	2.9	0.6	222	6.4	29.4	5.2	8.3	3.7	0.8

NUTRITIONAL DECLARATION

Updated January 2022

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.

	Weight of Pizza (g)	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)
Hot 'N' Spicy Chicken																
Individual Pan (9")	502	6	177	8.2	18.1	1.1	7.6	2.7	1.1	212	9.8	21.6	1.3	9.1	3.3	1.3
Sharing Pan (13")	1054	8	274	13.0	28.7	1.9	11.4	4.1	1.7	208	9.8	21.8	1.5	8.7	3.1	1.3
Individual Thin (11")	498	6	160	8.5	19.8	1.1	4.9	2.5	0.9	193	10.3	23.9	1.3	5.9	3.0	1.1
Sharing Thin (14")	882	8	203	11.6	22.4	1.7	7.1	3.7	1.1	184	10.5	20.3	1.5	6.5	3.3	1.0
Individual Stuffed Crust (11")	601	6	215	12.2	19.9	1.3	9.4	5.0	1.1	214	12.1	19.9	1.3	9.4	5.0	1.1
Sharing Stuffed Crust (14")	1158	8	297	16.7	30.0	2.0	11.9	7.2	1.7	205	11.5	20.7	1.4	8.2	5.0	1.2
Cheesy Bites (14")	1316	8	343	18.6	34.4	1.8	14.1	6.9	1.6	209	11.3	20.9	1.1	8.6	4.2	1.0
Gluten Free (9" Square)	453	6	164	5.8	20.2	2.0	6.2	2.5	0.7	217	7.7	26.8	2.7	8.2	3.3	1.0
Hot 'N' Spicy Veg																
meat feast	466	6	171	6.9	18.0	1.2	2.9	2.7	1.0	221	9.0	23.2	1.6	3.8	3.5	1.3
Sharing Pan (13")	977	8	263	10.8	28.7	1.7	11.3	4.1	1.6	216	8.8	23.5	1.4	9.3	3.3	1.3
Individual Thin (11")	462	6	154	7.3	19.8	0.9	4.9	2.5	0.8	200	9.5	25.7	1.2	6.3	3.2	1.1
Sharing Thin (14")	805	8	192	9.4	22.3	1.5	7.1	3.6	1.0	191	9.4	22.2	1.4	7.0	3.6	1.0
Individual Stuffed Crust (11")	565	6	209	10.9	19.8	1.1	9.3	5.0	1.1	221	11.6	21.1	1.2	9.9	5.3	1.2
Sharing Stuffed Crust (14")	1081	8	286	14.5	29.9	1.8	11.8	6.2	1.6	212	10.8	22.1	1.3	8.7	4.6	1.1
Cheesy Bites (14")	1089	8	280	13.0	33.4	1.2	10.0	4.5	1.3	205	9.6	24.6	0.9	7.4	3.3	1.0
Gluten Free (9" Square)	417	6	158	4.5	20.2	1.8	6.1	2.5	0.7	227	6.5	29.1	2.7	8.8	3.5	0.9
Meat Feast Hot																
Individual Pan (9")	524	6	203	10.2	18.0	1.0	9.8	3.6	1.3	233	11.6	20.6	1.2	11.2	4.1	1.5
Sharing Pan (13")	1102	8	317	16.2	28.7	1.5	14.8	4.1	2.1	230	11.7	20.8	1.1	10.8	3.0	1.5
Individual Thin (11")	520	6	186	10.5	19.8	0.9	7.0	3.3	1.1	215	12.1	22.8	1.0	8.1	3.9	1.3
Sharing Thin (14")	930	8	246	14.8	22.3	1.3	10.6	5.1	1.0	211	12.7	19.2	1.1	9.1	4.4	0.9
Individual Stuffed Crust (11")	623	6	241	14.1	19.8	1.1	11.5	5.9	1.4	232	13.6	19.1	1.0	11.0	5.6	1.4
Sharing Stuffed Crust (14")	1207	8	340	19.9	29.9	1.6	15.3	7.7	2.0	225	13.2	19.8	1.1	10.2	5.1	1.3
Cheesy Bites (14")	1214	8	333	18.4	33.4	1.0	13.6	5.9	1.8	220	12.1	22.0	0.7	8.9	3.9	1.2
Gluten Free (9" Square)	475	6	190	7.7	20.2	1.8	8.2	3.3	0.9	240	9.8	25.5	2.2	10.4	4.2	1.2
Hog Roast																
Individual Pan (9")	461	6	207	10.2	20.9	1.1	9.2	2.5	0.9	270	13.3	27.1	1.4	12.0	3.2	1.2
Sharing Pan (13")	1045	8	305	12.5	37.0	7.3	11.5	3.4	1.4	233	9.5	28.3	5.6	8.8	2.6	1.1
Individual Thin (11")	494	6	227	10.5	31.8	8.6	6.5	2.3	0.7	275	12.8	38.6	10.4	7.9	2.7	0.8
Sharing Thin (14")	873	8	236	11.0	31.1	7.4	7.3	3.0	0.8	216	10.1	28.5	6.8	6.7	2.7	0.8
Individual Stuffed Crust (11")	598	6	281	14.2	31.8	8.7	10.9	4.8	1.0	282	14.2	31.9	8.7	11.0	4.8	1.0
Sharing Stuffed Crust (14")	1149	8	329	16.2	38.4	7.5	12.0	5.6	1.3	229	11.3	26.7	5.2	8.4	3.9	0.9
Cheesy Bites (14")	1152	8	328	15.9	38.1	7.4	12.1	5.4	1.0	227	11.1	26.4	5.1	8.4	3.7	0.7
Gluten Free (9" Square)	449	6	231	7.8	32.2	9.5	7.7	2.2	0.5	308	10.4	43.1	12.6	10.3	3.0	0.7
BBQ Pulled Pork																
Individual Pan (9")	500	6	212	11.6	20.2	2.4	9.1	3.4	1.2	254	13.9	24.3	2.9	10.9	4.1	1.5
Sharing Pan (13")	1039	8	310	15.5	31.2	3.7	13.1	4.9	1.9	239	11.9	24.1	2.8	10.1	3.8	1.5
Individual Thin (11")	496	6	195	12.0	22.2	2.5	6.4	3.1	1.0	236	14.5	26.8	3.0	7.7	3.8	1.2
Sharing Thin (14")	867	8	240	14.1	25.2	3.7	8.9	4.5	1.4	222	13.0	23.2	3.4	8.2	4.1	1.3
Individual Stuffed Crust (11")	600	6	249	15.6	22.0	2.5	10.8	5.7	1.3	250	15.6	22.1	2.5	10.8	5.7	1.3
Sharing Stuffed Crust (14")	1143	8	333	19.3	32.5	3.7	13.6	7.0	1.9	233	13.5	22.8	2.6	9.5	4.9	1.3
Cheesy Bites (14")	1146	8	332	19.0	32.2	3.7	13.7	6.9	1.6	232	13.3	22.5	2.6	9.6	4.8	1.1
Gluten Free (9" Square)	451	6	199	9.2	22.6	3.4	7.6	3.1	0.9	265	12.3	30.1	4.5	10.1	4.1	1.2

NUTRITIONAL DECLARATION

Updated January 2022

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.

	Weight of Pizza (g)	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)
Flamin' Buffalo																
Individual Pan (9")	513	6	153	5.9	17.4	0.8	6.4	2.1	0.9	179	6.9	20.3	0.9	7.4	2.4	1.0
Sharing Pan (13")	1061	8	236	9.2	2.8	1.1	9.4	3.1	1.4	178	6.9	2.1	0.8	7.1	2.3	1.0
Individual Thin (11")	509	6	136	6.2	19.2	0.7	3.6	1.8	0.7	160	7.3	22.6	0.8	4.3	2.1	0.8
Sharing Thin (14")	889	8	166	7.8	21.7	1.3	5.2	2.6	0.8	150	7.0	19.5	1.2	4.7	2.4	0.8
Individual Stuffed Crust (11")	613	6	190	9.9	19.2	0.8	8.1	4.3	1.0	186	9.7	18.8	0.8	7.9	4.2	0.9
Sharing Stuffed Crust (14")	1165	8	259	13.0	29.0	1.3	9.9	5.2	1.3	178	8.9	19.9	0.9	6.8	3.6	0.9
Cheesy Bites (14")	1168	8	258	12.7	28.7	1.3	9.9	5.1	1.0	177	8.7	19.6	0.9	6.8	3.5	0.7
Gluten Free (9" Square)	464	6	140	3.5	19.6	1.6	4.8	1.8	0.5	181	4.5	25.4	2.0	6.3	2.3	0.7
Veggie Flamin' Buffalo																
Individual Pan (9")	511	6	158	6.5	17.7	1.0	6.5	2.1	0.9	185	7.6	20.8	1.2	7.7	2.4	1.1
Sharing Pan (13")	1044	8	229	8.8	27.5	1.1	8.9	2.8	1.4	175	6.7	21.1	0.8	6.8	2.1	1.0
Individual Thin (11")	507	6	140	6.8	19.4	0.9	3.8	1.8	0.7	166	8.0	23.0	1.1	4.5	2.2	0.8
Sharing Thin (14")	872	8	165	8.2	21.6	1.3	4.9	2.4	0.8	151	7.5	19.9	1.2	4.5	2.2	0.7
Individual Stuffed Crust (11")	599	6	185	6.7	22.0	0.9	7.8	5.5	1.0	185	6.7	22.0	0.9	7.8	5.5	1.0
Sharing Stuffed Crust (14")	1148	8	259	13.4	29.3	1.6	9.6	5.0	1.3	180	9.3	20.4	1.1	6.7	3.4	0.9
Cheesy Bites (14")	1151	8	258	13.1	29.0	1.5	9.7	4.8	1.0	179	9.1	20.2	1.1	6.7	3.3	0.7
Gluten Free (9" Square)	462	6	144	4.1	19.9	1.8	5.0	1.8	0.5	187	5.3	25.8	2.3	6.5	2.4	0.7
Vegan Pizzas																
Vegan Margherita																
Individual Pan (9")	410	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")	847	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")	405.5	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")	675	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)	352.5	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	497.5	6	202	3.9	25.2	0.5	9.4	8.0	1.3	243	4.7	30.4	0.6	11.3	9.7	1.5
Vegan Veggie																
Individual Pan (9")	476	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")	1012	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")	472	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")	840	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)	457	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	564	6	181	4.3	24.5	1.1	7.3	6.0	1.1	193	4.5	26.1	1.2	7.7	6.4	1.1
Vegan Pepperphoni Feast																
Individual Pan (9")	376	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")	779	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")	372	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")	607	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)	327	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	464	6	182	4.1	23.6	0.6	7.8	6.0	1.2	235	5.3	30.5	0.8	10.1	7.7	1.5
Vegan All About Mushrooms																
Individual Pan (9")	491	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")	1017	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")	485	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")	845	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)	472	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	579	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

NUTRITIONAL DECLARATION

Updated January 2022

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.

		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)
Vegan Hot 'N' Spicy Veg																
Individual Pan (9")	479	6	149	3.8	19.5	1.0	6.0	2.5	1.0	187	4.8	24.4	1.2	7.5	3.1	1.3
Sharing Pan (13")	990	8	230	6.1	30.8	1.5	8.8	3.8	1.6	186	4.9	24.9	1.2	7.1	3.0	1.3
Individual Thin (11")	475	6	132	4.2	21.2	0.8	3.2	2.3	0.8	166	5.3	26.8	1.0	4.0	2.9	1.0
Sharing Thin (14")	818	8	159	4.7	24.5	1.3	4.6	3.3	1.0	156	4.6	24.0	1.3	4.5	3.2	0.9
Gluten Free (9" Square)	430	6	136	1.4	21.6	1.7	4.4	2.2	0.6	189	2.0	30.2	2.4	6.2	3.1	0.9
Vegan Stuffed Crust	567	6	179	4.1	24.3	1.3	7.2	5.9	1.3	190	4.3	25.7	1.4	7.6	6.3	1.3
Vegan Flamin' Buffalo																
Individual Pan (9")	491	6	150	4.2	19.2	0.8	6.1	2.5	0.9	184	5.1	23.4	1.0	7.4	3.1	1.1
Sharing Pan (13")	1023	8	231	6.6	30.3	1.2	9.0	3.8	1.5	181	5.2	23.7	0.9	7.0	3.0	1.1
Individual Thin (11")	487	6	133	4.5	20.9	0.7	3.3	2.3	0.7	163	5.6	25.7	0.8	4.1	2.8	0.8
Sharing Thin (14")	851	8	160	5.2	23.9	1.0	4.7	3.3	0.8	151	4.9	22.4	0.9	4.5	3.1	0.8
Gluten Free (9" Square)	442	6	137	1.8	21.3	1.5	4.6	2.3	0.5	186	2.4	28.9	2.1	6.2	3.1	0.7
Vegan Stuffed Crust	579	6	178	4.4	23.4	0.6	7.3	5.9	1.1	184	4.6	24.2	0.7	7.6	6.1	1.1
	Average Weight of Portion (g)	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)	
Flatbreads																
Chicken Delight Flatbread	300	500	27.3	58.7	6.2	16.1	5.6	3.0	167	9.1	19.6	2.1	5.4	1.9	0.6	
The Little G.O.A.T Flatbread	316	537	25.6	63.7	10.3	18.9	10.0	3.2	170	8.1	20.2	3.2	6.0	3.2	1.0	
BBQ Beef 'N' Chicken Flatbread	282	549	32.1	59.0	5.4	19.3	8.1	3.5	195	11.4	21.0	1.9	6.9	2.9	1.2	
Virtuous Veg Flatbread	301	439	20.1	60.5	6.7	12.0	5.2	2.7	146	6.7	20.1	2.2	4.0	1.7	0.9	
Vegan Virtuous Veg Flatbread	289	401	13.4	64.7	6.0	8.9	6.4	2.8	139	4.6	22.4	2.1	3.1	2.2	1.0	
Pasta and Mains																
	Average Weight of Portion (g)	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	450	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)	34	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	460	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	
Festive Mac 'N' Cheese	529	1144	63.7	100.0	7.4	55.0	25.4	3.6	216	12.0	18.9	1.4	10.4	4.8	0.7	

NUTRITIONAL DECLARATION

Updated January 2022

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.

	Weight of Pizza (g)	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)
Buffet Pizzas																
Margherita																
Individual Pan (9")	408	8	137	5.3	15.4	1.1	5.8	2.2	0.5	268	10.4	30.2	2.2	11.3	4.3	1.0
Sharing Pan (13")	847	12	187	7.3	21.7	1.5	7.6	2.9	0.7	265	10.3	30.8	2.2	10.7	4.2	1.0
Individual Thin (11")	404	8	116	5.5	14.6	0.6	3.8	1.9	0.9	229	10.9	29.0	1.3	7.5	3.8	0.2
Hawaiian																
Individual Pan (9")	462	8	132	5.7	15.9	1.7	5.0	1.7	0.6	229	9.9	27.5	2.9	8.6	2.9	1.1
Sharing Pan (13")	844	12	181	7.8	22.5	2.4	6.5	2.3	0.9	258	11.1	32.0	3.4	9.3	3.2	1.2
Individual Thin (11")	459	8	112	5.9	15.1	1.2	2.9	1.4	0.7	194	10.3	26.3	2.1	5.1	2.5	1.1
Pepperoni																
Individual Pan (9")	386	8	126	4.6	14.2	0.7	5.5	1.9	0.5	260	9.6	29.5	1.4	11.4	3.9	1.0
Sharing Pan (13")	1053	12	198	7.5	21.5	1.4	9.0	2.8	0.8	226	8.6	24.5	1.6	10.2	3.2	0.9
Individual Thin (11")	384	8	113	5.0	14.7	0.7	3.7	1.7	0.6	236	10.5	30.5	1.5	7.7	3.5	1.2
BBQ Americano																
Individual Pan (9")	512	8	151	7.6	17.6	2.6	5.5	1.9	0.7	237	11.8	27.5	4.1	8.5	2.9	1.1
Sharing Pan (13")	1090	12	210	11.1	24.4	3.2	7.4	2.6	1.0	231	12.2	26.8	3.5	8.1	2.8	1.1
Individual Thin (11")	511	8	133	7.8	17.1	2.2	3.4	1.5	0.8	208	12.2	26.7	3.5	5.4	2.4	1.2
BBQ Beef & Onion																
Individual Pan (9")	439	8	132	4.9	15.9	1.9	5.3	1.8	0.5	241	8.9	29.0	3.4	9.7	3.4	1.0
Sharing Pan (13")	908	12	181	6.8	22.1	2.3	7.1	2.5	0.7	239	9.0	29.2	3.0	9.4	3.3	1.0
Individual Thin (11")	435	8	117	5.3	16.3	1.9	3.3	1.6	0.6	216	9.7	30.1	3.5	6.1	3.0	1.2
Vegatasic																
Individual Pan (9")	454	8	122	4.5	15.1	0.9	4.8	1.6	0.4	215	7.9	26.6	1.6	8.4	2.9	0.7
Sharing Pan (13")	966	12	168	6.2	21.4	1.3	6.3	2.2	0.6	209	7.7	26.6	1.6	7.8	2.7	0.7
Individual Thin (11")	450	8	107	4.9	15.3	0.9	2.8	1.4	0.5	190	8.7	27.3	1.6	4.9	2.5	0.9
Simply Veggie																
Individual Pan (9")	494	8	128	4.7	16.1	1.4	4.9	1.7	0.4	208	7.6	26.0	2.3	7.9	2.7	0.7
Sharing Pan (13")	1053	12	177	6.6	23.1	2.0	6.3	2.3	0.6	201	7.5	26.3	2.3	7.2	2.6	0.7
Individual Thin (11")	481	8	144	6.6	20.4	1.4	3.8	1.8	0.7	180	8.2	4.2	1.7	4.7	0.3	0.8
Classic Chicken																
Individual Pan (9")	471	8	124	5.4	14.6	0.9	4.8	1.6	0.4	210	9.1	24.8	1.6	8.2	2.7	0.7
Sharing Pan (13")	999	12	171	7.6	20.7	1.3	6.3	2.1	0.6	205	9.1	24.8	1.6	7.6	2.6	0.7
Individual Thin (11")	467	8	109	5.8	14.9	0.9	2.8	1.4	0.5	186	9.9	25.5	1.6	4.8	2.4	0.9
Veggie Hot																
Individual Pan (9")	469	8	120	4.4	14.8	1.2	4.7	1.6	0.4	205	7.5	2.5	2.0	8.1	2.7	0.7
Sharing Pan (13")	989	12	165	6.1	21.0	1.7	6.2	2.1	0.6	200	7.4	2.5	2.0	7.5	2.5	0.7
Individual Thin (11")	465	8	104	4.7	15.2	1.0	2.9	1.3	0.4	179	8.1	2.6	1.8	5.0	2.3	0.7
Spicy Chicken																
Individual Pan (9")	474	8	124	5.3	14.6	0.9	4.8	1.6	0.5	209	9.0	24.7	1.6	8.1	2.7	0.9
Sharing Pan (13")	972	12	170	7.5	20.7	1.3	6.3	2.1	0.7	210	9.3	25.5	1.6	7.8	2.6	0.8
Individual Thin (11")	470	8	109	5.8	14.9	0.9	2.8	1.4	0.6	185	9.8	25.3	1.5	4.7	2.4	1.0
BBQ Meat																
Individual Pan (9")	432	8	140	5.2	15.7	1.7	6.1	2.2	0.6	259	9.6	29.1	3.2	11.3	4.0	1.1
Sharing Pan (13")	890	12	192	7.3	21.8	2.0	8.3	3.0	0.8	259	9.8	29.4	2.7	11.2	4.0	1.1
Individual Thin (11")	428	8	125	5.6	16.2	1.7	4.1	1.9	0.7	234	10.5	30.2	3.3	7.7	3.6	1.3

NUTRITIONAL DECLARATION

Updated January 2022

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.

	Weight of Pizza (g)	Energy per Portion (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice (g)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100g (g)	Sugar per 100g (g)	Fat per 100 (g)	Saturated Fat per 100 (g)	Salt per 100 (g)
Buffet Sides															
Buffet Pasta															
Marinara Pasta Bake	225	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
4 Cheese & Spinach Pasta Bake	225	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
Garlic Breadsticks															
Garlic Breadsticks	100	244	8.3	38.5	0.0	5.8	1.5	1.7	244	8.3	38.5	0.0	5.8	1.5	1.7
	Average Weight of Portion (g)	Energy per Portion (kcal)	Protein per Portion (g)	Carbohydrate per Portion (g)	Sugar per Portion (g)	Fat per Portion (g)	Saturated Fat per Portion (g)	Salt per Portion (g)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100g (g)	Sugar per 100g (g)	Fat per 100g (g)	Saturated Fat per 100g (g)	Salt per 100g (g)
Little Boss															
Pan Pizza Margherita	197	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	195	392	17	55.5	3.6	10.2	4.2	2.7	201	8.8	28.5	1.8	5.2	2.2	1.4
Gluten Free Margherita	173	412	9.6	61.6	7.4	12.9	4.4	1.6	238	5.5	35.6	4.3	7.5	2.5	0.9
Then add one of the below as your topping choice:															
Ham	14	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	7	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	15	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	20	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	19	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	13	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	8	17	0.4	0.9	0.2	1.5	0.2	0.3	216	5.1	11.3	2.9	18.3	2.0	3.4
Mains															
Spaghetti Bolognese	250	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	250	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	230	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	230	400	19.1	47.7	1.9	14.9	2.1	1.6	174	8.3	20.8	0.8	6.5	0.9	0.7
Desserts															
Raspberry Ice	75	94	0.1	22.7	20.4	0.2	0.2	0.1	125	0.1	30.3	27.2	0.3	0.3	0.1
Drinks															
Semi Skimmed Milk	225	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	230	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	230	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	230	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	230	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

NUTRITIONAL DECLARATION

Updated January 2022

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.

	Average Weight of Portion (g)	Energy per Portion (kcal)	Protein per Portion (g)	Carbohydrate per Portion (g)	Sugar per Portion (g)	Fat per Portion (g)	Saturated Fat per Portion (g)	Salt per Portion (g)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100g (g)	Sugar per 100g (g)	Fat per 100g (g)	Saturated Fat per 100g (g)	Salt per 100g (g)
Big Boss															
Pan Pizza Margherita	206	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	203	412	18.6	55.8	3.7	11.8	5.2	2.80	204	9.2	27.6	1.8	5.8	2.5	1.4
Gluten Free Margherita	181	433	11.0	61.9	7.5	14.5	5.4	1.7	240	6.1	34.3	4.2	8.0	3.0	0.9
and then add three of the below as your topping choices:															
Sliced Ham	14	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	7	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	15	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	20	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	19	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	13	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	18	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	8	17	0.4	0.9	0.2	1.5	0.2	0.3	216	5.1	11.3	2.9	18.3	2.0	3.4
*Nutritionals do not include any choices made at the Salad Station.															
Mains															
Chicken & Fried Fries	290	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	290	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	225	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	230	412	19.0	40.4	3.4	19.0	11.4	1.8	179	8.3	17.6	1.5	8.2	4.9	0.8
Sides															
Fries (Fried)	230	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)	250	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	68	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)	82	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)	82	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	158	203	6.3	28.1	17.2	4.7	0.8	0.0	129	4.0	17.8	10.9	3.0	0.5	0.0
Desserts															
Raspberry Ice	75	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	143	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 January 2022

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.

Ice Cream Factory								
Our Food Team have worked hard to develop the perfect recipe for your Ice Cream Creation! The following nutritional information is based on our recommended portions.								
Kids Ice Cream Factory								
	Average Weight of portion (g)	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	129	192	3.1	30.6	25.8	6.5	4.0	0.4
Typical portion Choc Sauce	12	32	0.3	7.3	5.8	0.3	0.2	0.0
Toppings(3)	22	131	0.5	17.0	14.8	3.4	2.1	0.0
TOTAL	163	355	3.9	54.9	46.4	10.2	6.3	0.4
Adults Ice Cream Builder								
Typical portion Ice Cream	221	329	5.3	52.4	44.2	11.1	6.9	0.6
Typical portion Choc Sauce	22	59	0.5	13.4	10.6	0.5	0.3	0.0
Toppings(3)	22	131	0.5	17.0	14.8	3.4	2.1	0.0
TOTAL	265	519	6.3	82.8	69.6	15.0	9.3	0.7
Per 100g								
Ice Cream Builder Ice Cream	143	4	17.8	17.8	6.2	4.1	0.2	
Raspberry Sauce	263	0	66	51	0	0	0.2	
Chocolate Sauce	297	1.4	67.1	56.3	2.6	1.6	0.0	
Tricolour Chocolate Pieces	542	5.3	53.5	52.5	33.1	20.6	0.2	
Gold Crunch	681	0	98	98	0	0	0.2	
Lemon Crunch	382	1	96	91	1	0.7	0.3	
Strawberry Crunch	382	0	98.7	98.7	0.3	0.2	0.1	
Milk Chocolate Chips	516	5.4	63	71.9	26.5	16.5	0.1	
Milk Chocolate Beans	460	2.5	77.4	77.2	15.6	10.9	0.3	
Chocolate Toffee Crunch	465	4	76.7	72.5	17.2	10.8	0.5	

NUTRITIONAL DECLARATION

Updated January 2022

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.

	Average weight of Portion (g)	Energy per Portion (kcal)	Protein per Portion (g)	Carbohydrate per Portion (g)	Sugar per Portion (g)	Fat per Portion (g)	Saturated Fat per Portion (g)	Salt per Portion (g)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100g (g)	Sugar per 100g (g)	Fat per 100g (g)	Saturated Fat per 100g (g)	Salt per 100g (g)
Desserts															
Hot Cookie Dough (served with a scoop of ice cream & drizzle of sauce for all, excluding Cadbury's Caramel Cookie Dough)															
White Chocolate & Caramel Cookie Dough	201	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	201	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	201	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
Cookies & Cream Cookie Dough	201	642	8.1	92.1	55.7	26.7	16.7	0.4	320	4.0	45.8	27.7	13.3	8.3	0.2
Takeaway Cookie Dough															
(Small and Medium Cookie Doughs served with x1 Take Away Ice Cream Tub & a Drizzle of Sauce, Party Cookie Dough served with x2 Take Away Ice Cream Tubs & a Drizzle of Sauce)															
Small White Chocolate & Caramel	167	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	167	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	167	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
Small Cookies & Cream	205	700	7.3	95.9	59.1	31.7	19.3	0.6	342	3.6	46.8	28.8	15.5	9.4	0.3
Medium White Chocolate & Caramel	282	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	282	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	282	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
Medium Cookies & Cream	320	1202	11.8	169.0	98.8	52.8	32.4	1.0	376	3.7	52.8	30.9	16.5	10.1	0.3
Party White Chocolate & Caramel	564	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	564	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	564	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
Party Cookies & Cream	640	2405	23.5	338.0	197.7	105.6	64.8	2.0	376	3.7	52.8	30.9	16.5	10.1	0.3
Hot Desserts															
Chocolate Brownie (served with ice cream & sauce)	184	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)	150	562	6.1	64.5	47.9	31.5	18.1	0.3	375	4	43	31.9	21	12.1	0.17
Cold Desserts															
I Can't Believe It's Not Choc**ecake	125	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	86	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	150	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