

Dietary Information Booklet

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 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 our products are completely allergen-free.

If you have an allergy, check our dietary information booklet and if your allergy is severe, please consider carefully whether you choose to 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 (June 2019).

The '**N**' means that the allergen is not part of the product as it is delivered by the supplier. However, we cannot guarantee that the product is '100% free from' the allergen due to the risk of cross-contamination.

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

The '**C**' 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.**

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

The tree 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.



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TASTE FREEDOM™

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GLUTEN FREE PRODUCTS

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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.

STARTERS

- Chicken Wings
- BBQ Ribs

SIDES

- Mini Corn on the Cob

TABLETOP & TAKEAWAY SAUCES

- Sweet Chilli Sauce
- Tomato Ketchup
- Hot & Spicy Sauce
- Hut House Seasoning
- Garlic Sauce Dip Pot
- BBQ Dip Pot

SALAD STATION

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

SALAD DRESSINGS AND DIPS

- Thousand Island Dressing
- Blue Cheese Dressing
- Low Fat French Dressing
- Garlic Mayonnaise
- Ranch Dressing
- Salsa
- Garlic and Chilli Oil
- Extra Virgin Olive Oil and Balsamic Vinegar
- Light Mayonnaise

PIZZA & SAUCES

- Gluten Free Dough
- Seasoned Tomato Sauce
- Unseasoned Tomato Sauce
- BBQ Sauce
- Creamy Sauce
- BBQ Drizzle
- Ranch Drizzle
- Balsamic Glaze

CHEESE

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

MEAT

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

FISH & CRUSTACEANS

- Tuna

VEGETABLES & FRUIT

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

KIDS

- Gluten Free Dough
- Mini Corn on the Cob
- Ice Cream Shake Vanilla
- Ice Cream Shake Strawberry
- Ice Cream Shake The Chocoholic
- Ice Cream Shake Salted Caramel
- Chocolate Brownie
- Del Monte Orange Ice Lolly
- Ice Cream Factory

ALL AMERICAN MAINS – only GF when served with sides option of corn on the cob

- Rack of BBQ Ribs
- Pepperoni Melt
- BBQ Americano Melt
- Naked (Chargrilled Chicken Breast)

Please note that Garlic Mushroom Melt is not suitable for GF as the garlic butter used as sauce is a may contain gluten!

DESSERTS

- Ice Cream Factory Mix
- Raspberry Sauce
- Chocolate Sauce
- Tricolour Chocolate Pieces
- Milk Chocolate Chips
- Milk Chocolate Beans
- Chocolate Toffee Crunch
- Strawberry Crunch
- Lemon Crunch
- Golden Crunch
- Dinosaur and Unicorn Sprinkles
- Alphabet Sprinkles
- Mango Ice
- Vanilla Ice Cream
- Take Away Vanilla Ice Cream
- Strawberry Ice Cream
- Hot Chocolate Brownie

DRINKS

- Mango Ice Slush
- Ice Cream Shake Strawberry
- Ice Cream Shake The Chocoholic
- Ice Cream Shake Vanilla
- Ice Cream Shake Salted Caramel
- Cream Soda
- Black Cherry Cream Soda
- Ginger Beer
- Cream Soda Ice Cream Float
- Black Cherry Cream Soda Float
- Still / Sparkling Water
- Unlimited Drinks Station
- Cherry (Flavour Shot)
- Lime (Flavour Shot)
- Strawberry (Flavour Shot)
- Vanilla (Flavour Shot)
- Fruit Shoot Hydro Blackcurrant
- Semi skimmed Milk
- Slimline Tonic
- J20 Apple & Raspberry/Orange & Passion Fruit
- Pepsi Bottle
- Pepsi Max Bottle
- Orange/Apple Juice
- Fruit Shoot Orange/Apple & Blackcurrant
- All Take Away 1.5L Soft Drinks
- Tea
- Americano
- Caffe Latte
- Cappuccino
- Espresso Shot
- Hot Chocolate

ALCOHOL

- Kopparberg Cider Mixed Fruit/Strawberry & Lime
- Bulmers Original Cider
- Pinot Grigio
- Sauvignon Blanc
- Merlot
- Shiraz
- White Zinfandel
- Prosecco
- All Spirits
- All Cocktails, Mocktails and Fizz (excluding Chambord Oreo Delight Hard Shake)

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

VEGAN PRODUCTS

Any allergies? Please let us know. If you have an allergy, check our dietary information booklet and if your allergy is severe, please consider carefully whether you choose to dine with us. **Whilst we have strict controls in our kitchens, please be aware that all of our food is prepared and cooked in the same kitchen, and so we cannot guarantee our products are completely allergen-free.**

STARTERS

- Jack 'N' Roll

SIDES

- Mini Corn on the Cob

SALAD STATION

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

SALAD DRESSINGS AND DIPS

- Low Fat French Dressing
- Salsa
- Garlic & Chilli Oil
- Extra Virgin Olive Oil with Balsamic Vinegar

BUFFET

- Penne Pasta
- Marinara Sauce
- Marinara Pasta Bake

TABLETOP & TAKEAWAY SAUCES

- Hot & Spicy Sauce
- BBQ Sauce Dip Pot
- BBQ Sauce
- Sweet Chilli Sauce
- Tomato Ketchup
- Hut House Seasoning

PIZZA AND BASES

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

PIZZA AND FLATBREADS

- Vegan Veggie
- Vegan Margherita
- Vegan Hot 'N' Spicy Veg
- Vegan BBQ Jack 'N' Ch**se
- Vegan Virtuous Flatbread
- Vegan Pizza Colada
- Vegan Pizza Colada Flatbread

VEGETABLES & FRUIT

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

PLEASE NOTE: Garlic Mushrooms are not vegan

KIDS

- Pan Pizza Dough
- Thin Pizza Dough
- Gluten Free Dough
- Cinnamon Bites
- Mini Corn on the Cob

DESSERTS

- Cinnamon Bites

DRINKS

- Pepsi Bottle
- Pepsi Max Bottle
- Irm Bru
- Still / Sparkling Water
- Robinsons Squash - Orange
- Robinsons Squash - Apple & Blackcurrant
- Robinsons Fruit Shoot - Orange
- Robinsons Fruit Shoot - Apple & Blackcurrant
- Fruit Shoot Hydro - Blackcurrant
- J20 Apple & Raspberry/Orange & Passion Fruit
- Ginger Beer
- Orange/Apple Juice
- Slimline Tonic
- All Take Away 1.5L Soft Drinks Excluding Diet Pepsi
- Cream Soda
- Black Cherry Cream Soda
- Black Tea
- Black Americano
- Espresso Shot
- Prosecco
- Carlsberg
- San Miguel
- Budweiser
- Brooklyn Lager
- BrewDog Punk IPA
- All Spirits excluding Chambord

COCKTAILS AND FIZZ

- Woo Woo Fizz
- Passion fruit Fizz
- Prosecco

PLEASE NOTE: Any Cocktails / Mocktails containing Lemon, Lime or Orange slices are not suitable for vegans as they contain shellac wax

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

P8 2019 - Allergens

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Updated June 2019

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Starters																		
BBQ Ribs	Single BBQ Ribs	No	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Chicken Wings	BBQ Chicken Wings	No	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Chicken Bites	Chicken Bites	No	No	No	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N
Jack 'N' Roll	Baked tortilla wraps filled with sweet chilli, BBQ jackfruit and Violife vegan ch***se	Yes	Yes	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
Cheesy Bite Bites	Dough stuffed with mozzarella served with a garlic and herb dip	Yes	No	No	Yes	Yes	Yes	Yes	N	N	C	C	Yes	Yes	N	N	N	N
Cheesy Triangles (Oven Baked)	Cheese Triangles	Yes	No	No	Yes	N	Yes	Yes	N	N	N	N	N	N	N	N	N	N
Cheesy Triangles (Fried)	Cheese Triangles	Yes	No	No	Yes	C	Yes	Yes	N	N	N	C	C	C	N	N	N	N
Jalapeno Poppers (Fried)	Jalapeno Poppers	Yes	No	No	Yes	C	Yes	Yes	N	N	N	C	C	C	N	N	N	N
Jalapeno Poppers (Oven Baked)	Jalapeno Poppers	Yes	No	No	Yes	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N
Garlic Bread	Garlic Bread	Yes	No	No	Yes	C	N	C	N	N	N	N	N	N	N	N	N	N
Garlic Bread with Mozzarella	Garlic Bread with Mozzarella Cheese	Yes	No	No	Yes	C	N	Yes	N	N	N	N	N	N	N	N	N	N
Table Top Sauces																		
BBQ Sauce	BBQ Sauce	Yes	Yes	No	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N
Sweet Chilli Sauce	Sweet Chilli Sauce	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Hot N Spicy Sauce	Hot N Spicy Sauce	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	Yes	N	N	N	N
Tomato Ketchup	Tomato Ketchup	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Hut House Seasoning	Hut House Seasoning	Yes	Yes	Yes	N	N	N	N	N	N	Yes	N	N	N	N	N	N	N
Takeaway Dip Pots																		
Garlic Sauce Dip Pot	Garlic Sauce Dip Pot	Yes	No	Yes	N	Yes	Yes	N	N	N	N	N	Yes	Yes	N	N	N	N
BBQ Sauce Dip Pot	BBQ Sauce Dip Pot	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Sour Cream & Chive Dip Pot	Sour Cream & Chive Dip Pot	Yes	No	No	Yes	N	Yes	Yes	N	N	N	N	N	N	N	N	N	N

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Salad Station																		
Dressed Salad Lines																		
Potato Salad	Potato Salad	Yes	No	Yes	N	N	Yes	Yes	N	N	N	N	N	Yes	N	C	C	
Coleslaw	Coleslaw	Yes	No	Yes	N	N	Yes	N	N	N	N	N	N	Yes	N	C	C	
Sweetcorn	Sweetcorn	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	
Diced Beetroot	Pickled Beetroot	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	
Jalapeños	Jalapeños	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	
Fresh Salad Lines																		
Lettuce Mix	Seasonal Salad Mix	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	
Cherry Tomatoes	Cherry Tomatoes	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	
Cucumbers	Cucumbers	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	
Peppers	Mixed Peppers	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	
Red Onions	Red Onions	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	
Carrot	Shredded Carrot	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	
Apple	Apple	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	
Dried Items																		
Bacon Bits	Smoky Flavour Sprinkles	Yes	Yes	No	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	
Croutons	Large Salad Croutons	Yes	Yes	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	
Tortilla Chips	Tortilla Chips	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	
Crispy Onions	Fried Onion	Yes	Yes	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	
Sultanas	Sultanas	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	
Dressings & Dips																		
Thousand Island Dressing	Thousand Island Dressing	Yes	No	Yes	N	N	Yes	N	N	N	N	N	N	N	N	N	N	
Blue Cheese Dressing	Blue Cheese Dressing	Yes	No	Yes	N	N	Yes	Yes	N	N	N	N	N	N	N	N	N	
Garlic Mayonnaise	Garlic Mayonnaise	Yes	No	Yes	N	N	Yes	N	N	N	N	N	N	Yes	N	N	N	
Light Mayonnaise	Mayonnaise Light	Yes	No	Yes	N	N	Yes	N	N	N	N	N	N	N	N	N	N	
Ranch Dressing	Buttermilk Dressing	Yes	No	Yes	N	N	Yes	Yes	N	N	N	N	N	N	N	N	N	
Low Fat French Dressing	Low Fat French Dressing	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	Yes	N	N	N	
Salsa	Salsa	Yes	Yes	Yes	N	N	N	N	N	N	N	N	Yes	N	N	N	N	
Garlic & Chilli Oil	Garlic & Chilli Dipping Oil	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	
Extra Virgin Olive Oil with Balsamic Vinegar	Extra Virgin Olive Oil with Balsamic Vinegar	Yes	Yes	Yes	N	N	N	N	N	N	Yes	N	N	N	N	N	N	

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Pizza Bases																	
All American Thin	All American Thin dough	Yes	Yes	No	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N
Pan	Pan dough	Yes	Yes	No	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N
Stuffed Crust	Thin dough stuffed with mozzarella cheese brushed with garlic butter	Yes	No	No	Yes	Yes	C	Yes	N	N	C	C	N	C	N	N	N
Cheesy Bites	Thin dough stuffed with mozzarella cheese, shaped into bites and brushed with garlic butter	Yes	No	No	Yes	Yes	C	Yes	N	N	C	C	N	C	N	N	N
Gluten Free	Gluten Free dough	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
Flatbreads	Thin dough	Yes	Yes	No	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N
Pizza Base Sauces																	
Creamy	Béchamel Sauce (for all bases)	Yes	No	Yes	N	Yes	C	Yes	C	N	N	N	C	N	N	N	N
Unseasoned tomato	Tomato sauce (for All American Thin, Flatbreads, Gluten Free and all Kids Pizza Bases)	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
Seasoned tomato	Tomato sauce (for Pan, Stuffed Crust and Cheesy Bites Pizza Bases)	Yes	Yes	Yes	N	N	N	N	N	N	Yes	N	N	N	N	N	N
BBQ	BBQ Sauce (for all bases)	Yes	Yes	Yes	N	Yes	N	N	N	N	N	N	N	N	N	N	N
Cheese																	
Mozzarella	Mozzarella Cheese (with added starch)	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N
Goats' Cheese	Goats' Cheese	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N
Triple Cheese Blend	Mozzarella, Monterey Jack & Red Leicester	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N
Vegan Ch**se	Vegan Alternative to Cheese	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N

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Pizza Toppings																		
Meat																		
Chicken breast	Chicken breast	No	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Ham	Ham Slices (Formed from cuts of pork)	No	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Pepperoni	Pepperoni	No	No	Yes	N	N	N	N	N	N	N	N	N	Yes	N	N	N	N
Beef	Seasoned Beef Mince (With added soya protein)	No	No	Yes	N	Yes	N	N	N	N	N	N	N	N	N	N	N	N
Bacon	Bacon	No	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Spicy Pork	Spicy Pork Sausage (Formed from cuts of pork with added soya protein)	No	No	Yes	N	Yes	N	N	N	N	N	N	N	N	N	N	N	N
Chorizo	Chorizo	No	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Shaved Steak	Shaved Steak (with added soya protein)	No	No	Yes	N	Yes	N	N	N	N	N	N	Yes	N	N	N	N	N
Paprika Pulled Chicken	Pulled Chicken	No	No	Yes	N	N	N	N	N	N	N	C	N	N	N	C	C	C
Fish																		
Tuna	Tuna	No	No	Yes	N	N	N	N	Yes	N	N	N	N	N	N	N	N	N
Vegetables & Fruit																		
Garlic Mushrooms	Garlic Mushrooms	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N	N
Black Olives	Black Olives	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Peppers	Peppers	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Mushrooms	Mushrooms	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Red Onions	Red Onion	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Sweetcorn	Sweetcorn	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Green Chilli	Green Chillies	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Cherry Tomatoes	Cherry Tomatoes	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Jalapeños	Jalapeños	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Pineapple	Pineapple	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Rocket	Rocket	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Spinach	Spinach	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Caramelised Onions	Red Onion & Balsamic glaze	Yes	Yes	Yes	N	N	N	N	N	N	Yes	N	N	N	N	N	N	N
Flame Roasted Peppers & Onions	Onion, pepper & sunflower oil	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
BBQ Jackfruit	BBQ Jackfruit	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Pizza drizzle finish																		
Garlic Butter	Garlic Butter	Yes	No	No	C	C	C	Yes	N	N	C	C	N	C	N	N	N	N
Ranch Dressing	Buttermilk Dressing	Yes	No	Yes	N	N	Yes	Yes	N	N	N	N	N	N	N	N	N	N
BBQ Sauce	BBQ Sauce (for all bases)	Yes	Yes	Yes	N	Yes	N	N	N	N	N	N	N	N	N	N	N	N
Balsamic Glaze	Balsamic Glaze	Yes	Yes	Yes	N	N	N	N	N	N	Yes	N	N	N	N	N	N	N

P8 2019 - Allergens

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Pizza Combinations (Tomato sauce base unless stated otherwise)																	
Pepperoni	Mozzarella, Pepperoni	No	No	Yes	N	N	N	Yes	N	N	N	N	N	Yes	N	N	N
BBQ Americano	BBQ Sauce, Mozzarella, Chicken Breast, Bacon, Sweetcorn, BBQ Drizzle	No	No	Yes	N	Yes	N	Yes	N	N	N	N	N	N	N	N	N
Veggie	Mozzarella, Spinach, Sweetcorn, Peppers, Red Onion, Mushrooms	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N
Meat Feast	Mozzarella, Pepperoni, Ham, Beef, Chicken Breast	No	No	Yes	N	Yes	N	Yes	N	N	N	N	N	Yes	N	N	N
Hawaiian	Mozzarella, Ham, Pineapple	No	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N
Margherita	Mozzarella	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N
Supreme	Mozzarella, Chicken Breast, Black Olives, Beef, Pepperoni, Red Onions, Peppers	No	No	Yes	N	Yes	N	Yes	N	N	N	N	N	Yes	N	N	N
Chicken Supreme	Mozzarella, Chicken Breast, Mushrooms, Caramelised Onions	No	No	Yes	N	N	N	Yes	N	N	Yes	N	N	N	N	N	N
Philly Cheese Steak	Creamy Sauce, Triple Cheese Blend, Mozzarella, Shaved Steak, Caramelised Onions, Peppers	No	No	Yes	N	Yes	C	Yes	C	N	Yes	N	Yes	N	N	N	N
The G.O.A.T	Mozzarella, Spinach, Goats Cheese, Caramelised Onions, Red Onions, Cherry Tomatoes, Balsamic Glaze	Yes	No	Yes	N	N	N	Yes	N	N	Yes	N	N	N	N	N	N
Texas Meat Meltdown	BBQ Sauce, Mozzarella, Spicy Pork, Chicken Breast, Pepperoni, Chorizo	No	No	Yes	N	Yes	N	Yes	N	N	N	N	N	Yes	N	N	N
BBQ Jack 'n' Cheese	Mozzarella, BBQ Jackfruit, Peppers, Red Onions, Sweetcorn, BBQ drizzle	Yes	No	Yes	N	Yes	N	Yes	N	N	N	N	N	N	N	N	N
Hot 'N' Spicy Chicken	Triple Cheese Blend, Paprika Pulled Chicken, Chicken Breast, Peppers, Red Onion, Jalapenos, Hut House Seasoning	No	No	Yes	N	N	N	Yes	N	N	Yes	C	N	N	N	C	C
Hot 'N' Spicy Veg	Triple Cheese Blend, Roasted Peppers and Onions, Peppers, Red Onion, Jalapenos, Hut House Seasoning	Yes	No	Yes	N	N	N	Yes	N	N	Yes	N	N	N	N	N	N
EPIC Meat Feast	Triple Cheese Blend, Shaved Steak, Paprika Pulled Chicken, Pepperoni, Ham	No	No	Yes	N	Yes	N	Yes	N	N	N	C	Yes	Yes	N	C	C
EPIC Chicken Supreme	Triple Cheese Blend, Paprika Pulled Chicken, Chicken Breast, Garlic Mushrooms, Red Onion, Peppers	No	No	Yes	N	N	N	Yes	N	N	N	C	N	N	N	C	C
EPIC Veggie	Triple Cheese Blend, Flame Roasted Peppers & Onions, Garlic Mushrooms, Cherry Tomatoes, Spinach	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N
EPIC Pepperoni	Triple Cheese Blend, Pepperoni, Chorizo	No	No	Yes	N	N	N	Yes	N	N	N	N	N	Yes	N	N	N
Pizza Colada	Mozzarella, jackfruit, peppers, red onion, pineapple, sweetcorn	Yes	No	No	N	N	N	Yes	N	N	N	N	N	N	N	N	N

P8 2019 - Allergens

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Flatbread Combinations (Tomato sauce base unless stated otherwise)																		
Virtuous Veg Flatbread	Flatbread pizza dough, Unseasoned tomato sauce, Mozzarella, Spinach, Peppers, Red Onions, Mushrooms, Cherry Tomatoes, Rocket	Yes	No	No	Yes	Yes	N	Yes	N	N	N	N	N	N	N	N	N	N
Ham & Garlic Mushroom Flatbread	Flatbread pizza dough, Unseasoned sauce, Mozzarella, Spinach, Ham, Garlic Mushrooms, Mushrooms, Rocket, ranch dressing	No	No	No	Yes	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N
Chicken Delight Flatbread	Flatbread pizza dough, Unseasoned tomato sauce, Mozzarella, Chicken Breast, Mushrooms, Red Onions, Rocket	No	No	No	Yes	Yes	N	Yes	N	N	N	N	N	N	N	N	N	N
BBQ Steak 'N' Chicken Flatbread	Flatbread pizza dough, Unseasoned sauce, Triple Cheese Blend, Shaved Steak, Chicken Breast, Flame Roasted Peppers & Onions, Rocket, BBQ Drizzle	No	No	No	Yes	Yes	N	Yes	N	N	N	N	Yes	N	N	N	N	N
Tuna & Sweetcorn Flatbread	Flatbread pizza dough, Unseasoned tomato sauce, Mozzarella, Tuna, Red Onion, Sweetcorn, Ranch Dressing, Rocket	No	No	No	Yes	Yes	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N
Pizza Colada Flatbread	Flatbread pizza dough, Unseasoned tomato sauce, BBQ jackfruit, mozzarella, peppers, red onion, pineapple, sweetcorn, rocket	Yes	No	No	Yes	Yes	N	Yes	N	N	N	N	N	N	N	N	N	N
Vegan Pizza Colada Flatbread	Flatbread pizza dough, Unseasoned tomato sauce, BBQ jackfruit, Vegan Ch**se, peppers, red onion, pineapple, sweetcorn, rocket	Yes	Yes	No	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N
Vegan Pizza Combinations (Tomato sauce base unless stated otherwise)																		
Vegan Veggie	Vegan Ch**se, Spinach, Sweetcorn, Peppers, Red Onions, Mushrooms	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Vegan Margherita	Vegan Ch**se	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Vegan Hot 'N' Spicy Veg	Vegan Ch**se, Roasted Peppers and Onions, Peppers, Red Onion, Jalapenos, Hut House Seasoning	Yes	Yes	Yes	N	N	N	N	N	N	Yes	N	N	N	N	N	N	N
Vegan Virtuous Veg Flatbread	Flatbread pizza dough, Unseasoned Tomato Sauce, Vegan Ch**se, Spinach, Mushrooms, Red Onions, Peppers, Cherry Tomatoes, Rocket	Yes	Yes	No	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N
Vegan BBQ Jack N Ch**se	Vegan Ch**se, BBQ Jackfruit, Peppers, Red Onions, Sweetcorn, BBQ Sauce	Yes	Yes	Yes	N	Yes	N	N	N	N	N	N	N	N	N	N	N	N
Vegan Pizza Colada	Vegan Ch**se, Jackfruit, Peppers, Red Onion, Pineapple, Sweetcorn	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N

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Pasta																	
Beef Lasagne	Beef Lasagne with Mozzarella	No	No	No	Yes	N	Yes	Yes	N	N	N	C	N	N	N	C	C
	Garlic Bread	Yes	No	No	Yes	C	N	C	N	N	N	N	N	N	N	N	N
Classic Mac 'N' Cheese	Mac 'N' Cheese with Mozzarella	Yes	No	No	Yes	N	N	Yes	N	N	N	C	N	Yes	N	C	C
Pulled Chicken Mac 'N' Cheese	Mac 'N' Cheese with Mozzarella and Paprika Pulled Chicken	No	No	No	Yes	N	N	Yes	N	N	N	C	N	Yes	N	C	C
Garlic Mushroom Mac 'N' Cheese	Mac 'N' Cheese with Mozzarella and Garlic Mushrooms	Yes	No	No	Yes	N	N	Yes	N	N	N	C	N	Yes	N	C	C
All American Mains																	
Rack of BBQ Pork Ribs	Rack of BBQ Pork Ribs	No	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
Chicken Melt - Pepperoni Melt	Chicken Breast topped with triple cheese, tomato sauce and pepperoni. Served with rocket.	No	No	Yes	N	N	N	Yes	N	N	N	N	N	Yes	N	N	N
Chicken Melt - Garlic Mushroom Melt	Chicken Breast topped with garlic butter, triple cheese and garlic mushrooms. Served with rocket.	No	No	No	C	C	C	Yes	N	N	C	C	N	C	N	N	N
Chicken Melt - BBQ Americano Melt	Chicken Breast topped with BBQ sauce, triple cheese and bacon. Served with rocket.	No	No	Yes	N	Yes	N	Yes	N	N	N	N	N	N	N	N	N
Chicken Melt - Naked	Chargrilled Chicken Breast. Served with rocket.	No	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
Sides	Onion Rings (Fried)	Yes	No	No	Yes	C	C	C	C	N	N	C	C	C	N	N	N
	Fries (Fried)	Yes	No	No	C	C	C	C	N	N	N	C	C	C	N	N	N
	Onion Rings (Oven Baked)	Yes	No	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N
	Fries (Oven Baked)	Yes	No	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N
	Corn	Yes	Yes	Yes	N	Yes	N	N	N	N	N	N	N	N	N	N	N
Buffet Pasta																	
4 Cheese & Spinach Pasta	4 Cheese & Spinach Pasta	Yes	No	No	Yes	N	N	Yes	N	N	N	C	N	N	N	C	C
Bolognese Pasta	Bolognese Pasta	No	No	No	Yes	N	N	N	N	N	N	C	N	N	N	C	C
Buffet Pasta	Penne Pasta	Yes	Yes	No	Yes	N	N	N	N	N	N	C	N	N	N	C	C
	Cheese Sauce	Yes	No	Yes	N	N	N	Yes	N	N	N	C	N	Yes	N	C	C
	Marinara Sauce	Yes	Yes	Yes	N	N	N	N	N	N	N	C	Yes	N	N	C	C
Marinara Pasta Bake - NEW RECIPE	Penne pasta with marinara sauce	Yes	Yes	No	Yes	Yes	N	N	N	N	C	Yes	N	N	N	C	C
4 Cheese and Spinach Pasta Bake NEW RECIPE	Penne pasta with 4 cheese and spinach sauce	Yes	No	No	Yes	Yes	N	Yes	N	N	N	C	N	N	N	C	C
Buffet Breadsticks																	
Breadsticks	Pan dough with garlic butter	Yes	No	No	Yes	Yes	C	Yes	N	N	C	C	N	C	N	N	N
Sides																	
Fries (Fried)	Fries (Fried)	Yes	No	No	C	C	C	C	N	N	N	C	C	C	N	N	N
Fries (Oven Baked)	Fries (Oven Baked)	Yes	No	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N
Onion Rings (Fried)	Battered Onion Rings (fried)	Yes	No	No	Yes	C	C	C	N	N	N	C	C	C	N	N	N
Onion Rings (Oven Baked)	Battered Onion Rings (Oven Baked)	Yes	No	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N
Sweet Potato Fries (Fried)	Sweet Potato Fries (Fried)	Yes	No	No	C	C	C	C	N	N	N	C	C	C	N	N	N
Cheesy Fries (Fried)	Fries (Fried) with Cheese Sauce	Yes	No	No	Yes	C	C	Yes	N	N	N	C	C	Yes	N	C	C
Cheesy Fries (Oven Baked)	Fries (Oven Baked) with Cheese Sauce	Yes	No	No	Yes	N	N	Yes	N	N	N	C	N	Yes	N	C	C
Mini Corn on the Cob	Corn	Yes	Yes	Yes	N	Yes	N	N	N	N	N	N	N	N	N	N	N

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Big and Little Boss																		
Pizza																		
Pan base	Pan dough (using unseasoned tomato sauce)	Yes	Yes	No	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N
Thin base	All American Thin dough (using unseasoned tomato sauce)	Yes	Yes	No	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N
Gluten Free base	Gluten Free dough (using unseasoned tomato sauce)	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Mozzarella	Mozzarella Cheese (with Added Starch)	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N	N
Vegan Ch**se	Vegan Alternative to Cheese	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Tuna	Tuna	No	No	Yes	N	N	N	N	Yes	N	N	N	N	N	N	N	N	N
Chicken breast	Chicken breast	No	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Ham	Ham Slices (Formed from cuts of pork)	No	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Pepperoni	Pepperoni	No	No	Yes	N	N	N	N	N	N	N	N	N	Yes	N	N	N	N
Sweetcorn	Sweetcorn	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Cherry Tomatoes	Cherry Tomatoes	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Pineapple	Pineapple	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Peppers	Peppers	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Black Olives	Black Olives	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Red Onions	Red Onion	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Mushrooms	Mushrooms	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Spinach	Spinach	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
BBQ Jackfruit	BBQ Jackfruit	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Jalapeños	Jalapeños	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Green Chilli	Green Chillies	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Mains																		
Little Boss - Cheesy Pasta	Cheesy Pasta	Yes	No	No	Yes	N	N	Yes	N	N	N	C	N	N	N	C	C	C
Little Boss - Spaghetti Bolognese	Spaghetti Bolognese	No	No	No	Yes	N	N	N	N	N	N	C	N	N	N	C	C	C
	Mozzarella Cheese	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N	N
Big Boss - Beef Lasagne	6 inch Beef Lasagne with Mozzarella Cheese	No	No	No	Yes	N	Yes	Yes	N	N	C	N	N	N	C	C	C	
Big Boss - Mac 'N' Cheese	Mac 'N' Cheese with Mozzarella Cheese	Yes	No	No	Yes	N	N	Yes	N	N	C	N	Yes	N	N	C	C	
Chicken with Fried Fries	Breaded Chicken Strips with Fried Fries	No	No	No	Yes	Yes	C	C	N	N	C	Yes	C	N	C	C	N	
Chicken with Oven Baked Fries	Breaded Chicken Strips with Oven Baked Fries	No	No	No	Yes	Yes	N	N	N	N	Yes	N	N	N	C	N	N	
Breaded Chicken Wraps	Tortilla Wraps, Breaded Chicken Strips	No	No	No	Yes	Yes	N	N	N	N	N	Yes	N	N	C	N	N	
Breaded Chicken and Cheese Wraps	Tortilla Wraps, Breaded Chicken Strips and Mozzarella	No	No	No	Yes	Yes	N	Yes	N	N	N	Yes	N	N	C	N	N	
Breaded Chicken and Sweetcorn Wraps	Tortilla Wraps, Breaded Chicken Wraps and Sweetcorn	No	No	No	Yes	Yes	N	N	N	N	N	Yes	N	N	C	N	N	
Tuna Wraps	Tortilla Wraps and Tuna	No	No	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	
Tuna and Sweetcorn Wraps	Tortilla Wraps, Tuna and Sweetcorn	No	No	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	
Tuna and Cheese Wraps	Tortilla Wraps, Tuna and Mozzarella	No	No	No	Yes	N	N	Yes	Yes	N	N	N	N	N	N	N	N	
Sides																		
Garlic Bread	Garlic Bread	Yes	No	No	Yes	C	N	C	N	N	N	N	N	N	N	N	N	N
Fries (Fried)	Fries (Fried)	Yes	No	No	C	C	C	C	N	N	N	C	C	C	N	N	N	N
Fries (Oven Baked)	Fries (Oven Baked)	Yes	No	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
Onion Rings (Fried)	Battered Onion Rings (Fried)	Yes	No	No	Yes	C	C	C	N	N	N	C	C	C	N	N	N	N
Onion Rings (Oven Baked)	Onion Rings (Oven Baked)	Yes	No	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
Mini Corn on the Cob	Corn	Yes	Yes	Yes	N	Yes	N	N	N	N	N	N	N	N	N	N	N	N

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Big and Little Boss Drinks																		
Unlimited Drinks Station	Self Service Drinks	Yes	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Fruit Shoots - Orange	Fruit shoot orange	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Fruit Shoots- Apple & Blackcurrant	Fruit shoot apple and blackcurrant	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Fruit Shoot Hydro Blackcurrant	Sugar Free Still Spring Water	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Apple Juice	Apple juice	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Orange Juice	Orange juice	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Robinsons Squash - Orange	Orange squash	Yes	Yes	Yes	N	N	N	N	N	N	Yes	N	N	N	N	N	N	N
Robinsons Squash - Apple & Blackcurrant	Apple and blackcurrant squash	Yes	Yes	Yes	N	N	N	N	N	N	Yes	N	N	N	N	N	N	N
Milk	Semi Skimmed Milk	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N	N
Big and Little Boss Desserts																		
Orange Juice Ice Lolly	Orange Juice Ice Lolly	Yes	No	Yes	N	N	N	C	N	N	N	N	N	N	N	N	N	N
Chocolate Brownie	Chocolate Brownie served with Vanilla Ice Cream and Chocolate Sauce (Rowse)	Yes	No	Yes	N	Yes	Yes	Yes	N	N	C	N	N	N	N	N	N	C
Cinnamon Bites	Pan dough with cinnamon sugar drizzled with white icing.	Yes	Yes	No	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N
Ice Cream Shake - Vanilla	Vanilla Ice Cream, Vanilla Frappe, Semi-Skimmed Milk	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N	N
Ice Cream Shake - Strawberry	Strawberry Ice Cream, Strawberry Frappe, Semi-Skimmed Milk	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N	N
Ice Cream Shake - The Chocoholic	Vanilla Ice Cream, Chocolate Frappe, Semi-Skimmed Milk and Chocolate Sauce (Rowse)	Yes	No	Yes	N	Yes	N	Yes	N	N	N	N	N	N	N	N	N	N
Ice Cream Shake - Salted Caramel	Vanilla Ice Cream, Vanilla Frappe, Semi-Skimmed Milk and Salted Caramel Sauce	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N	N
Ice Cream Shake - Oreo	Vanilla Ice Cream, Vanilla Frappe, Semi-Skimmed Milk and Oreo Cookie Crumb	Yes	No	No	Yes	Yes	N	Yes	N	N	N	N	N	N	N	N	N	N
Mango Ice Slush	Mango Sorbet	Yes	No	Yes	N	N	N	C	N	N	N	N	N	N	N	N	N	N
Ice Cream Factory																		
Ice Cream Mix	Ice Cream Mix	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N	N
Raspberry Sauce	Raspberry Sauce	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Chocolate Sauce	Chocolate Sauce	Yes	No	Yes	N	Yes	N	Yes	N	N	N	N	N	N	N	N	N	N
Tricolour Chocolate Pieces	Rainbow Chocolates	Yes	No	Yes	N	Yes	N	Yes	N	N	N	N	N	N	N	N	N	C
Lemon Crunch	Lemon Crunch	Yes	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Strawberry Crunch	Strawberry Crunch	Yes	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Golden Crunch	Golden Crunch	Yes	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Milk Chocolate Beans	Milk Chocolate Beans	Yes	No	Yes	N	Yes	N	Yes	N	N	N	N	N	N	N	N	N	N
Chocolate Toffee Crunch	Chocolate Toffee Crunch	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N	N
Milk Chocolate Chips	Milk Chocolate Chips	Yes	No	Yes	N	Yes	N	Yes	N	N	N	N	N	N	N	N	N	C
Dinosaur and Unicorn Sprinkles	Dinosaur and Unicorn Sprinkles	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Alphabet Sprinkles	Alphabet Sprinkles	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N

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Hot Cookie Dough																		
Choc Chip Cookie Dough	Choc Chip Cookie Dough served with Vanilla Ice Cream and Chocolate Sauce (Rowse)	Yes	No	No	Yes	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	C
White Chocolate & Caramel Cookie Dough	White Choc & Caramel Cookie Dough served with Vanilla Ice Cream and Salted Caramel Sauce	Yes	No	No	Yes	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	C
S'mores Cookie Dough	Choc Chip Cookie Dough stuffed with marshmallows, served with Vanilla Ice Cream and Chocolate Sauce (Rowse)	No	No	No	Yes	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	C
Sharing Cookie Dough	Sharing cookie dough is two of either white chocolate and caramel or chocolate chip, with an extra scoop of ice cream & portion of sauce.																	
Desserts																		
Chocolate Honeycomb Cheesecake	Chocolate Honeycomb Cheesecake served with Vanilla Ice Cream and Chocolate Sauce (Rowse)	Yes	No	No	Yes	Yes	C	Yes	N	N	C	N	N	N	N	N	N	C
Strawberries 'N' Cream Cheesecake	Strawberries and Cream Cheesecake served with Vanilla Ice Cream and Raspberry Sauce	Yes	No	No	Yes	Yes	C	Yes	N	N	C	N	N	N	N	N	N	C
Chocolate Brownie	Chocolate Brownie served with Vanilla Ice Cream and Chocolate Sauce (Rowse)	Yes	No	Yes	N	Yes	Yes	Yes	N	N	C	N	N	N	N	N	N	C
Cinnamon Bites	Pan dough with cinnamon sugar drizzled with white icing.	Yes	Yes	No	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N
Mango Ice	Mango Sorbet	Yes	No	Yes	N	N	N	C	N	N	N	N	N	N	N	N	N	N
Strawberry Ice Cream	Strawberry Ice Cream	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N	N
Vanilla Ice Cream	Vanilla Ice cream	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N	N
Take Away Vanilla Ice Cream	Vanilla Ice Cream	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N	N
Drinks																		
Ice Cream Shakes																		
Vanilla	Vanilla Ice Cream, Vanilla Frappe and Semi-Skimmed Milk	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N	N
Strawberry	Strawberry Ice Cream, Strawberry Frappe, Semi-Skimmed Milk and Raspberry Sauce	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N	N
The Chocoholic	Vanilla Ice Cream, Chocolate Frappe, Semi-Skimmed Milk and Chocolate Sauce (Rowse)	Yes	No	Yes	N	Yes	N	Yes	N	N	N	N	N	N	N	N	N	N
Salted Caramel	Vanilla Ice Cream, Vanilla Frappe, Semi-Skimmed Milk and Salted Caramel Sauce	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N	N
Oreo	Vanilla Ice Cream, Vanilla Frappe, Semi-Skimmed Milk and Oreo Cookie Crumb	Yes	No	No	Yes	Yes	N	Yes	N	N	N	N	N	N	N	N	N	N
Mango Ice Slush	Mango Sorbet	Yes	No	Yes	N	N	N	C	N	N	N	N	N	N	N	N	N	N
Ice Cream Floats																		
Sodas and Floats	Black Cherry Cream Soda	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
	Black Cherry Cream Soda Float	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N	N
	Cream Soda	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
	Cream Soda Float	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N	N

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Dish Name	Description	Suitable for Vegetarians	Suitable for Vegans	Suitable for Coeliacs	Cereals containing gluten above 20ppm	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish products present	Mollusc products present	Sulphur Dioxide above 10 ppm	Sesame products present	Celery products present	Mustard products present	Lupin products present	Peanut (&/or lupin) or their derivatives present	Treenuts / nut derivatives present
Drinks																	
Soft Drinks																	
Unlimited Drinks Station	All our drinks in our self-serve drink station use the same dispense nozzle, therefore share the same Allergens. Pepsi, Diet Pepsi, Pepsi Max, 7up Free, Tango, Tango Apple, Flavour Shots: Cherry, Vanilla, Lime, Strawberry	Yes	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
Robinsons Squash - Orange	Orange squash	Yes	Yes	Yes	N	N	N	N	N	N	Yes	N	N	N	N	N	N
Robinsons Squash - Apple & Blackcurrant	Apple and blackcurrant squash	Yes	Yes	Yes	N	N	N	N	N	N	Yes	N	N	N	N	N	N
Pepsi bottle	Pepsi	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
Pepsi Max bottle	Pepsi Max	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
Irn Bru	Irn Bru	Yes	Yes	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N
Water-Still	Still water	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
Water- Sparkling	Sparkling water	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
Apple Juice	Apple juice	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
Orange Juice	Orange juice	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
J2O Apple & Raspberry	Apple and raspberry J2O	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
J2O Orange and Passionfruit	Orange and passionfruit J2O	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
John Crabbies Ginger Beer	Ginger Beer	Yes	Yes	Yes	N	N	N	N	N	N	Yes	N	N	N	N	N	N
Virgil's Cream Soda	Cream Soda	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
Virgil's Black Cherry Cream Soda	Black Cherry Soda	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
Slimline Tonic	Slimline Tonic	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
Take Away 7Up Free (1.5l)	7Up Free	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
Take Away Diet Pepsi (1.5l)	Diet Pepsi	Yes	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
Take Away Pepsi Max (1.5l)	Pepsi Max	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
Take Away Tango Orange (1.5l)	Tango Orange	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
Take Away Pepsi (1.5l)	Pepsi	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
Hot drinks																	
Black Tea	Tea	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
Tea with Milk	Tea and Semi Skimmed Milk	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N
Hot Chocolate	Hot Chocolate	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N
Black Americano	Americano without milk	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
Americano with Milk	Americano with milk	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N
Caffe Latte	Caffe Latte	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N
Cappuccino	Cappuccino	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N
Espresso Shot	Espresso Shot	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N

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Alcoholic drinks																		
Pinot Grigio	White wine	Yes	No	Yes	N	N	N	N	N	N	Yes	N	N	N	N	N	N	N
Sauvignon Blanc	White wine	No	No	Yes	N	N	N	N	N	N	Yes	N	N	N	N	N	N	N
Merlot	Red wine	No	No	Yes	N	N	N	N	N	N	Yes	N	N	N	N	N	N	N
Shiraz	Red wine	No	No	Yes	N	N	N	N	N	N	Yes	N	N	N	N	N	N	N
White Zinfandel	Rose wine	No	No	Yes	N	N	N	N	N	N	Yes	N	N	N	N	N	N	N
Prosecco	Prosecco	Yes	Yes	Yes	N	N	N	N	N	N	Yes	N	N	N	N	N	N	N
Budweiser	Lager	Yes	Yes	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
San Miguel	Lager	Yes	Yes	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
Carlsberg	Lager	Yes	Yes	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
Brooklyn Lager	Lager	Yes	Yes	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
Brewdog	Punk IPA	Yes	Yes	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N
Bulmers	Cider	No	No	Yes	N	N	N	N	N	N	Yes	N	N	N	N	N	N	N
Kopparberg Mixed Fruit	Flavoured Cider	No	No	Yes	N	N	N	N	N	N	Yes	N	N	N	N	N	N	N
Kopparberg Strawberry & Lime	Flavoured Cider	No	No	Yes	N	N	N	N	N	N	Yes	N	N	N	N	N	N	N
Bombay Sapphire	Gin	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Smirnoff No 21	Vodka	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Bacardi	Rum	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Jack Daniels	Whiskey	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Disaronno	Liqueur	Yes	Yes	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	C
Chambord	Liqueur	Yes	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N

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Cocktails All cocktails contain 50ml liquers in total and are suitable for adults over 18 years.																		
PLEASE NOTE: Any cocktails/mocktails containing lemon, lime or orange slices are not suitable for vegans as it contains shellac wax.																		
Woo Woo	Smirnoff Vodka, Funkin' Woo Woo Mixer, Lemon and Lime Slice.	No	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Passionate Martini	Smirnoff Vodka, Funkin' Passion Fruit Martini Mixer, Soda Water, Orange Slice.	No	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Pina Colada	Bacardi Rum, Funkin' Pina Colada Mixer, Vanilla Frappe, Orange Slice	No	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N	N
Godfather Max	Disaronno, Jack Daniels, Pepsi Max, Lime Slice	No	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	C
Cocktails All cocktails contain 50ml liquers in total and are suitable for adults over 18 years.																		
JD Lynchberg Lemonade	Jack Daniels Old No 7, Funkin Sour Mix, 7 Up Free, Lemon Slice	Yes	No	Yes	N	N	Yes	N	N	N	N	N	N	N	N	N	N	N
Raspberry Mojito	Bacardi Rum, Funkin' Raspberry Mojito Mix, Mint Leaves, Soda Water	Yes	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Mojito	Bacardi Rum, Funkin' Mojito Mixer, Mint Leaves, Soda Water	Yes	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Ginito	Bombay Sapphire, Funkin' Mojito Mix, Soda Water, Mint Leaves, Cucumber Slice	Yes	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Zipper	Smirnoff Vodka, Chambord, 7 Up Free, Lime Slice	Yes	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Vodka Mule	Smirnoff Vodka, Ginger Beer, Lime Slice, Lemon Slice	Yes	No	Yes	N	N	N	N	N	N	Yes	N	N	N	N	N	N	N
Disaronno Strawberry Cheesecake Hard Shake	Disaronno, Strawberry Frappe, Strawberry Ice Cream, Raspberry Sauce	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N	C
Chambord OREO Delight Hard Shake	Chambord, Vanilla Ice Cream, Chocolate Frappe, OREO Cookie Crumb, Chocolate Sauce	Yes	No	No	Yes	Yes	Yes	N	Yes	N	N	N	N	N	N	N	N	N
Disaronno Sour	Disaronno Amaretto, Funkin' Sour Mix	Yes	No	Yes	N	N	Yes	N	N	N	N	N	N	N	N	N	N	C
Pink Gin Sour	Bombay Sapphire, Funkin' Sour Mix, Funkin' Woo Woo Mix	Yes	No	Yes	N	N	Yes	N	N	N	N	N	N	N	N	N	N	N
Fizz																		
Chambord Raspberry Fizz	Prosecco, Chambord	Yes	No	Yes	N	N	N	N	N	N	Yes	N	N	N	N	N	N	N
Woo Woo Fizz	Prosecco, Funkin Woo Woo Mix	Yes	Yes	Yes	N	N	N	N	N	N	Yes	N	N	N	N	N	N	N
Passion Fruit Fizz	Prosecco, Funkin' Passion Fruit Martini Mixer	Yes	Yes	Yes	N	N	N	N	N	N	Yes	N	N	N	N	N	N	N
Prosecco	Prosecco	Yes	Yes	Yes	N	N	N	N	N	N	Yes	N	N	N	N	N	N	N
Mocktails All virgin cocktails are alcohol-free and suitable for all ages.																		
Yeah Yeah	7 Up Free, Funkin' Woo Woo Mixer, Lime Slice	Yes	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Virgin Passion	Funkin Passion Fruit Martini Mix, Soda Water, Orange Slice	Yes	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Virgin Colada	Soda Water, Funkin' Pina Colada Mixer, Vanilla Frappe, Orange Slice	Yes	No	Yes	N	N	N	Yes	N	N	N	N	N	N	N	N	N	N
Old Fashioned Lemonade	Funkin Sour Mix, 7 Up Free, Lemon Slice	Yes	No	Yes	N	N	Yes	N	N	N	N	N	N	N	N	N	N	N
Virgin Mo-Jo	Funkin' Mojito Mixer, 7 Up Free, Mint Leaves	Yes	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Virgin Raspberry Mojito	Funkin Raspberry Mojito Mix, 7 Up Free, Mint Leaves	Yes	No	Yes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
PLEASE NOTE: Any cocktails/mocktails containing lemon, lime or orange slices are not suitable for vegans as it contains shellac wax.																		

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Starters	
BBQ Pork Ribs	
BBQ Pork Ribs	Pork, Sugar, Molasses, Tomato Paste, Water, Spirit Vinegar, Salt, Corn Flour, Oregano, Onion Powder, Colour (E160c), Flavourings, Cumin, Cayenne Pepper, Clove, Glucose, Rice Flour, Potato Starch, Tomato Powder, Acidity Regulator (E330, E331i, E262ii), Onion Puree, Tamarind Paste, Yeast Extract, Paprika, Fennel, Coriander, Black Pepper, Ginger Puree, Stabilisers (E451i, E450i, E453).
Chicken Wings	
Chicken Wings	Chicken, Sugar, Salt, Potato Starch, Dextrose, Maize Flour, Onion Powder, Fructose, Yeast Extract, Garlic Powder, Smoke Flavouring, Cornflour, Cayenne Pepper, Black Pepper, Honey Powder, Paprika Extract, Rapeseed Oil, Flavouring, Cocoa Powder, Black Pepper Extract, Pimento Extract, Sage Extract, Sunflower Oil.
Chicken Bites	
Chicken Bites	Chicken, Wheat Flour, Rapeseed Oil, Water, Rice Starch, Salt, Dextrose, Stabilisers: E451, E450, E452; Wheat Gluten, Onion Powder, Black Pepper, Garlic Powder, Raising Agents: E341(i), E450(i); Yeast Extract, Modified Maize Starch, Sunflower Oil, Cayenne Pepper, Flavouring, Black Pepper Extract.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Jack 'N' Roll	
Tortilla Wrap	Wheat Flour, water, Rapeseed Oil, Stabilisers: E422, E466, E412; Raising Agents: E500, E450; Emulsifier: E471, Salt, Acid: E296.
Sweet Chilli Sauce	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).
Vegan Alternative to Cheese	Water, Coconut Oil, Modified Starch, Starch, Sea Salt, Flavourings, Preservative: Sorbic Acid, Colour: B-Carotene, Vitamin B12.
BBQ Jackfruit	Jackfruit [Water, Salt, Citric Acid (E330).] (85.30%), Tomato Ketchup [Organic Sugar, Tomato Paste, Water, Spirit Vinegar, Sea Salt.] Sunflower Oil, Garlic, Smoked Paprika, Salt, Ground Fennel, Cumin, Chilli Powder.
Cheesy Bite Bites	
All American Thin 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).
String Cheese for Crust	Mozzarella (Pasteurised Milk , Salt, Cultures), Potato Starch
Garlic Butter	Butter (Milk), Garlic Puree (10%), Parsley (4%), Pepper, Sea Salt, Preservatives (Citric Acid, Acetic Acid). May contain Gluten, Soya, Egg, Mustard, Sesame & Sulphites.
Heinz Garlic 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).
Cheesy Triangles (Oven Baked)	
Cheesy Triangles	57% Processed Cheese (Milk) [65% Cheese (Milk), Water, Butter (Milk), Milk Protein, Starch, Emulsifying Salts (E452, E331), Salt, Thickeners (E407)], Flour (Wheat , Maize), Water, Rapeseed oil, Modified Starch, Salt, Parsley, Milk Protein, Yeast, Chicken Egg powder, Onion powder, Garlic Powder, Raising agents (E450, E500), Sunflower Oil.
Cheesy Triangles (Fried)	
Cheesy Triangles	57% Processed Cheese (Milk) [65% Cheese (Milk), Water, Butter (Milk), Milk Protein, Starch, Emulsifying Salts (E452, E331), Salt, Thickeners (E407)], Flour (Wheat , Maize), Water, Rapeseed oil, Modified Starch, Salt, Parsley, Milk Protein, Yeast, Chicken Egg powder, Onion powder, Garlic Powder, Raising agents (E450, E500), Sunflower Oil.
Rapeseed Oil	Rapeseed Oil, Antifoaming Agent (E900)
Jalapeno Poppers (Oven Baked)	
Jalapeno Poppers	Wheat flour, Cream Cheese (Milk) (FDM, Rennet from microbiological origin), Jalapeño Pepper, Cream (Milk), Sunflower Oil, Water, Whole Egg Powder, Maize Flour, Salt, Modified Starch, Spices, Starch, Milk Protein, Yeast, Dextrose, Acidifier (E330).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Jalapeno Poppers (Fried)	
Jalapeno Poppers	Wheat flour, Cream Cheese (Milk) (FDM, Rennet from microbiological origin), Jalapeño Pepper, Cream (Milk), Sunflower Oil, Water, Whole Egg Powder, Maize Flour, Salt, Modified Starch, Spices, Starch, Milk Protein, Yeast, Dextrose, Acidifier (E330).
Rapeseed Oil	Rapeseed Oil, Antifoaming Agent (E900)

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

Garlic Bread	
Garlic Bread	Wheat Flour (with Calcium carbonate, Iron, Niacin, Thiamin), Water, Margarine [Oil (Rapeseed Oil, Palm Oil), Water, Emulsifier (E471), Flavouring, Colours (E160b, E100)], Garlic (Puree and Chopped), Yeast, Salt, Garlic Powder, Oregano, Onion Powder, Garlic Oil, Flour Treatment Agent (E300). May contain Soya/Soya Products, Milk/ Milk Products.
Mozzarella Cheese (optional)	Mozzarella Cheese (Pasteurised Milk , Salt, Lactic Cultures), Potato Starch.
Tabletop Sauces	
BBQ Sauce	Water, Concentrated Tomato Purée, Sugar, Spirit Vinegar, Glucose-Fructose Syrup, Soy Sauce (Water, Salt, Sugar, Roasted Wheat, Wheat, Soya Beans, Acidity Regulator (Acetic Acid)), Modified Maize Starch, Salt, Paprika, Colour (Plain Caramel), Smoke Flavouring, Garlic Powder, 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].
Hot N Spicy Sauce	Water, Glucose- Fructose Syrup, White Wine Vinegar, Red Habanero Mash (9%) (Contains: Red Habanero Chilli Pepper, Salt, Acidity Regulator (Acetic Acid)), Sugar, Spirit Vinegar, Rapeseed Oil, Mustard Flour, Red Bird Eye Chillies, Tomato Paste, Dried Onion, Stabilizer (Xanthan Gum), Preservative (Potassium Sorbate), Garlic Powder.
Sweet Chilli Sauce	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).
Hut House Seasoning	Salt, Smoked Paprika, Sugar, Garlic Powder (Sulphites).
Takeaway Dip Pots	
Garlic & Herb Sauce Dip Pot	Refined Soya Oil, Water, Spirit Vinegar, Sugar, Garlic, Lemon Juice (from concentrate), Modified Starch, Egg Yolk, Salt, Garlic Juice, Shallots, Mustard Seeds, Thickener (Xanthan Gum), Preservative (Potassium Sorbate), Chives, Celery Juice, Onion, Garlic Extract, Spices, Flavouring, Antioxidant (Calcium Disodium EDTA).
BBQ Sauce Dip Pot	Tomato Purée, Spirit Vinegar, Sugar, Molasses, Water, Modified Starch, Salt, Spices, Garlic, Thickener: Xanthan Gum; Smoke Flavouring, Flavouring.
Sour Cream & Chive Pot	Rapeseed Oil, Water, Spirit Vinegar, Sour Cream (Milk), Sugar, Egg Yolk, Modified Starch, Salt, Lemon Juice (from concentrate), Flavourings (contain Milk, Barley), Thickener (Xanthan Gum), Chive, Preservative (Potassium Sorbate), Antioxidant (Calcium Disodium EDTA).

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Salad Station	
Dressed Salad Lines	
Potato Salad	Potato (71%), Mayonnaise (24%) (Water, Rapeseed Oil, Spirit Vinegar, Sugar, White Wine Vinegar, Free Range Egg , Stabilisers (Guar Gum, Xanthan Gum), Free Range Egg Yolk Powder, Mustard Flour), Onion, Soured Cream (Milk), White Wine Vinegar, Salt, Chives, Rapeseed Oil, Cornflour, Preservative (Potassium Sorbate). May Contain Tree Nuts & Peanuts/ their derivatives
Coleslaw	Cabbage (54%), Mayonnaise (33%) (Rapeseed Oil, Water, Free Range Egg , Sugar, White Wine Vinegar, Spirit Vinegar, Stabilisers (Guar Gum, Xanthan Gum), Salt, Mustard Flour), Carrot (9%), Onion (2%), White Wine Vinegar, Preservative (Potassium Sorbate). May contain Peanuts & Tree nuts/ their derivatives.
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	Lettuce Mix
Cherry Tomatoes	Cherry Tomatoes
Cucumber	Cucumbers
Mixed Peppers	Green Peppers, Red Peppers, Yellow Peppers
Red Onion	Red Onions
Shredded Carrot	Carrots
Cherry Tomatoes	Cherry Tomatoes
Apples	Apple
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
Sultanas	Sultanas
Crispy Onions	Onion, Palm Oil, Wheat Flour, Salt
Dressings & Dips	
Thousand Island Dressing	Water, Rapeseed Oil, Sugar, Spirit Vinegar, Tomato Paste, White Wine Vinegar, Modified Maize Starch, Salt, Free Range Dried Egg Yolk, Gherkin [Gherkin, Salt, Acidity Regulator (Acetic Acid)], Dried Onion, Lemon Juice Concentrate, Stabilisers (Xanthan Gum, Guar Gum), Preservative (Potassium Sorbate), Acidity Regulator (Lactic Acid), Dried Red Pepper, Dried Garlic, Colour (Paprika Extract), Dried Parsley, Natural Flavouring.
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, Pasteurised Buttermilk (Milk) (35%), Spirit Vinegar, Sugar, Water, Skimmed Milk Powder, Salt, Free Range Dried Egg Yolk, Acidity Regulator (Acetic Acid), Dried Onion, Modified Maize Starch, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Dried Garlic, Dried Parsley.
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 Oil	Extra Virgin 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%).
Extra Virgin Olive Oil with Balsamic Vinegar	Extra Virgin Olive Oil (72%), Balsamic Vinegar (28%) (Wine Vinegar, Concentrated Grape Must, Cooked Grape Must, Colour: Caramel E150d). Contains Sulphites.

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Pizza Bases	
All American Thin	
All American Thin Dough	Wheat Flour, Water, Yeast: (Bakers Yeast, Rehydrating Agent;e491), Salt, Vegetable Oil, Sugar, Ascorbic Acid e300
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Polenta	Maize. May contain Gluten.
Pan	
Pan Dough	Wheat Flour, Water, Yeast : (Bakers Yeast, Rehydrating Agent; E190), Vegetable Rapeseed Oil, Salt, Premix : {Salt, Calcium Sulphate, Emulsifiers; E481, E472e, E471, Flour Treatment Agent E300, Enzyme (Alpha Amylase, Xylanase, Glucose Oxidase, Protease, Cellulase)}, Sugar, Flour Treatment Agent (ascorbic acid E300).
Soya Oil	100% Refined Soya Oil
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
PLEASE NOTE: THE SOYA OIL USED ON OUR PAN DOUGH PIZZA BASE DOES NOT CONTAIN ANY SOYA. THE SOYA OIL IS 100% REFINED, THEREFORE IS NOT ALLERGENIC.	
Stuffed Crust	
Stuffed Crust Dough Base	Wheat Flour (Wheat), Water, Yeast: (Bakers Yeast, Rehydrating Agent;e491), Salt, Vegetable Oil, Sugar, Ascorbic Acid e300
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Garlic Butter	Butter (Milk), Garlic Puree (10%), Parsley (4%), Pepper, Sea Salt, Preservatives (Citric Acid, Acetic Acid). May contain Gluten, Soya, Egg, Mustard, Sesame & Sulphites.
String Cheese for Crust	Mozzarella (Pasteurised Milk , Salt, Cultures), Potato Starch
Cheesy Bites	
Stuffed Crust Dough	Wheat Flour (Wheat), Water, Yeast: (Bakers Yeast, Rehydrating Agent;e491), Salt, Vegetable Oil, Sugar, Ascorbic Acid e300
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Garlic Butter	Butter (Milk), Garlic Puree (10%), Parsley (4%), Pepper, Sea Salt, Preservatives (Citric Acid, Acetic Acid). May contain Gluten, Soya, Egg, Mustard, Sesame & Sulphites.
String Cheese for Crust	Mozzarella (Pasteurised Milk , Salt, Cultures), Potato Starch
Gluten Free	
Gluten Free Dough	Gluten Free Blend (Tapioca Starch, Rice Flour, Maize Starch, Psyllium Husk Powder, Sugar, Buckwheat Flour, Thickeners (Xanthan Gum, Hydroxypropyl Methyl Cellulose), Salt), Water, Rapeseed Oil, Yeast, Pea Protein.
Flatbread	
All American Thin Dough	Wheat Flour, Water, Yeast: (Bakers Yeast, Rehydrating Agent;e491), Salt, Vegetable Oil, Sugar, Ascorbic Acid e300
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Pizza Base Sauces	
Creamy Sauce (all bases)	Skimmed Milk , Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Palm Oil, Butter (Milk), Modified Starch (Waxy maize), Salt, Emulsifier (Soya Lecithin (E322)). May contain Fish/Fish derivatives, Egg/Egg derivatives, Celery/Celery derivatives.
Unseasoned Tomato Sauce (for All American Thin, Flatbreads, Gluten Free Bases, Kids Pizza Bases)	Tomato Concentrate (Tomato Paste, Citric Acid).
Seasoned Tomato Sauce (for Pan, Stuffed Crust, Cheesy Bites Pizza)	Tomato Concentrate (Tomato Paste, Citric Acid), Sugar (White), Herbs (Oregano, Basil), Salt, Flavouring [Carriers (Maize Maltodextrin, Potato Maltodextrin, Tapioca Dextrin), Flavouring Preparations, Flavouring Substances, Acid: Citric Acid (E330), Colour: Paprika Extract (E160c)], Garlic Powder, Onion Powder, Spice (Black Pepper), Acids: [Lactic Acid (E270), Calcium Lactate (E327)]. Contains Sulphites.
BBQ Sauce (For all Bases) (Gluten Free)	Water, Tomato Paste, Sugar, Spirit Vinegar, Glucose-Fructose Syrup, Soy Sauce (Water, Soya Extract [Water, Soya Beans, Salt, Wheat * Flour (With Calcium, Iron, Niacin (Vitamin B3), Thiamin (Vitamin B1)]), Salt, Glucose, Spirit Vinegar, Barley * Malt Extract), Modified Maize Starch, Spices, Caramelised Sugar Syrup, Salt, Smoke Flavouring, Preservative (Potassium). *Below 20ppm. (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')
Cheese	
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, Flavoursings, Preservative: Sorbic Acid, Colour: B-Carotene, Vitamin B12.

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Meat & Fish	
Chicken Breast	Chicken Breast, Dextrose, Salt, Modified Tapioca Starch (E1420), Glucose Syrup (E330, E500i), Corn Starch.
Chorizo	Pork Meat, Pork Fat, Salt, Dextrose, Chilli Powder, Garlic Powder, Rosemary Extract, Sage, Malt Vinegar, Smoked Paprika, Colour (Paprika Oleoresin), Antioxidant (Sodium Ascorbate), Lactic Acid Starter Culture, Preservative (Sodium Nitrite), Paprika Powder.
Pepperoni	Meat (Pork, Beef), Beef Fat, Spice Blend (Mustard , Salt, Dextrose, Smoke Flavour, Spice Extracts (Contains Colour (E160c), Antioxidant (E301)), Salt, Flavouring, Lactic Acid Starter Culture, Preservative (E250).
Ham	Pork Leg, Water, Salt, Dextrose, Modified Maize Starch, Stabilisers (E450, E451), Emulsifier (E407), Smoke Flavouring, Natural Flavouring, Antioxidant (E301), Preservative (E250).
Seasoned Minced Beef (with added Soya protein)	Beef, Beef Fat, Water, Soya Protein, Seasoning (Modified Potato Starch, Salt, Dextrose, Yeast Extract, Spices, Stabiliser (E407), Garlic Powder, Onion Powder, Spirit Vinegar Solids, Acidity Regulator (E330), White Sugar, Flavouring, Spice Extract), Roasted Barley* Malt Extract. *Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')
Bacon	Pork Belly & Pork Back, Salt, Smoke Flavouring, Antioxidant: Sodium Ascorbate (E301), Preservatives: Sodium Nitrite (E250), Potassium Nitrate (E252)
Shaved steak (with added Soya protein)	Beef, Seasoning (Unmodified starch (Rice), Sugar, Dried Glucose Syrup, Rice flour, Dextrose, Caramelised Sugar, Salt, Stabilisers(E450, E451) , Tomato Powder, Flavourings (Contains Flavour Enhancer (E635)), Acidity Regulator (E330), Garlic Powder, Onion Powder, Spices (Celery Seed, White Pepper), Soya Protein.
Spicy Pork (with added Soya protein)	Pork, Pork Fat, Water, Textured Soya Protein, Soya Protein, Salt, Spices, Sugar, Yeast Powder, Spice Extract.
Paprika Pulled Chicken	Chicken (88%), Modified Maize Starch, Water, Sunflower Oil, Salt, Smoked Paprika, Ground Cumin, Garlic, Black Pepper, Chilli Powder. May contain Sesame, Peanuts and Treenuts.
Tuna	Tuna (Fish), Water, Salt
Vegetables & Fruit	
Black Olives	Water, Olives, Salt, Stabiliser (Ferrous Gluconate)
Mixed Peppers	Green peppers, Red Peppers, Yellow Peppers
Caramelised Onions	Red Onions, Balsamic vinegar Of Modena (Aceto balsamico di Modena I.G.P.:Wine vinegar, Concentrated Grape Must, Caramel E-150d Preservative E-224(Potassium Metabisulphite)), Glucose Syrup, Sugar, Modified Corn Starch, Xanthan Gum Stabilizer. Contains Sulphites.
Mushrooms	Mushrooms
Garlic Mushrooms	Mushroom, Garlic, Butter (Milk) , Thyme, Salt, Ground White Pepper.
Red Onion	Red Onion
Sweetcorn	Sweetcorn, Water, Salt
Green Chillies	Green Chillies
Cherry Tomatoes	Cherry Tomatoes
Jalapeños	Jalapeno Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509).
Pineapple	Pineapple, Pineapple Juice, Citric Acid.
Rocket	Rocket Leaves
Spinach	Spinach
Flame roasted peppers & onions	Onions, Peppers, Sunflower oil
BBQ Jackfruit	Jackfruit [Water, Salt, Citric Acid (E330).] (85.30%), Tomato Ketchup [Organic Sugar, Tomato Paste, Water, Spirit Vinegar, Sea Salt.] Sunflower Oil, Garlic, Smoked Paprika, Salt, Ground Fennel, Cumin, Chilli Powder.
Pizza Drizzle Finish	
Garlic Butter	Butter (Milk), Garlic Puree (10%), Parsley (4%), Pepper, Sea Salt, Preservatives (Citric Acid, Acetic Acid). May contain Gluten, Soya, Egg, Mustard, Sesame & Sulphites.
Ranch Dressing	Rapeseed Oil, Pasteurised Buttermilk (Milk) (35%), Spirit Vinegar, Sugar, Water, Skimmed Milk Powder, Salt, Free Range Dried Egg Yolk, Acidity Regulator (Acetic Acid), Dried Onion, Modified Maize Starch, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Dried Garlic, Dried Parsley.
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.

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Pastas	
Lasagne	
Beef 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 Treenuts, Peanuts and Sesame Seeds.
Garlic Bread	Wheat Flour (with Calcium carbonate, Iron, Niacin, Thiamin), Water, Margarine [Oil (Rapeseed Oil, Palm Oil), Water, Emulsifier (E471), Flavouring, Colours (E160b, E100)], Garlic (Puree and Chopped), Yeast, Salt, Garlic Powder, Oregano, Onion Powder, Garlic Oil, Flour Treatment Agent (E300). May contain Soya/Soya Products, Milk/ Milk Products.
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk , Salt, Lactic Cultures), Potato Starch.
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). May contain Tree nuts, Peanuts, and Sesame Seeds. Mozzarella Cheese (Milk) (2%).
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk , Salt, Lactic Cultures), Potato Starch.
Pulled Chicken 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). May contain Tree nuts, Peanuts, and Sesame Seeds. Mozzarella Cheese (Milk) (2%).
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk , Salt, Lactic Cultures), Potato Starch.
Paprika Pulled Chicken	Chicken (88%), Modified Maize Starch, Water, Sunflower Oil, Salt, Smoked Paprika, Ground Cumin, Garlic, Black Pepper, Chilli Powder. May contain Sesame, Peanuts and Treenuts.
Garlic Mushroom 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). May contain Tree nuts, Peanuts, and Sesame Seeds. Mozzarella Cheese (Milk) (2%).
Garlic Mushrooms	Mushroom, Garlic, Butter (Milk), Thyme, Salt, Ground White Pepper.
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk , Salt, Lactic Cultures), Potato Starch.

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

All American Mains	
Rack of Ribs	
Rack of Pork Ribs	Pork Rib, Sugar, Molasses, Tomato Paste, Spirit Vinegar, Salt, Corn Flour, Water, Glucose, Oregano, Onion Powder, Colour [E160c], Natural Flavourings, Cumin, Cayenne Pepper, Clove, Tomato Powder, Rice Flour, Potato Starch, Acidity Regulators [E330, E331i, E262ii], Onion Puree, Tamarind Paste, Yeast Extract, Black Pepper, Fennel, Coriander, Paprika, Ginger Puree, Garlic Puree, Stabilisers [E451i, E452, E450i].
BBQ Americano Chicken Melt	
Chicken Melt	Chicken, Roast Chicken Stock (Water, Roast Chicken Carcass, Yeast Extract, Salt), Cornflour, Sugar, Salt, Dried Onion, Garlic, Sunflower Oil, Thyme.
BBQ Sauce (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')
3 Cheese Blend	Mozzarella Cheese , Red Leicester Cheese , Monterey Jack Cheese (Pasteurised Milk , Salt, Lactic Cultures, Colour (Annatto (E160b)))
Bacon	Pork Belly & Pork Back, Salt, Smoke Flavouring, Antioxidant: Sodium Ascorbate (E301), Preservatives: Sodium Nitrite (E250), Potassium Nitrate (E252)
Rocket	Rocket Leaves
Garlic Mushroom Chicken Melt	
Chicken Melt	Chicken, Roast Chicken Stock (Water, Roast Chicken Carcass, Yeast Extract, Salt), Cornflour, Sugar, Salt, Dried Onion, Garlic, Sunflower Oil, Thyme.
Garlic Butter	Butter (Milk), Garlic Puree (10%), Parsley (4%), Pepper, Sea Salt, Preservatives (Citric Acid, Acetic Acid). May contain Gluten, Soya, Egg, Mustard, Sesame & Sulphites.
3 Cheese Blend	Mozzarella Cheese , Red Leicester Cheese , Monterey Jack Cheese (Pasteurised Milk , Salt, Lactic Cultures, Colour (Annatto (E160b)))
Roasted Garlic Mushrooms	Mushroom, Garlic, Butter (Milk), Thyme, Salt, Ground White Pepper.
Rocket	Rocket Leaves
Pepperoni Chicken Melt	
Chicken Melt	Chicken, Roast Chicken Stock (Water, Roast Chicken Carcass, Yeast Extract, Salt), Cornflour, Sugar, Salt, Dried Onion, Garlic, Sunflower Oil, Thyme.
Unseasoned Tomato Sauce	Tomato Concentrate (Tomato Paste, Citric Acid)..
3 Cheese Blend	Mozzarella Cheese , Red Leicester Cheese , Monterey Jack Cheese (Pasteurised Milk , Salt, Lactic Cultures, Colour (Annatto (E160b)))
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).
Rocket	Rocket Leaves
Naked Chicken	
Chicken Melt	Chicken, Roast Chicken Stock (Water, Roast Chicken Carcass, Yeast Extract, Salt), Cornflour, Sugar, Salt, Dried Onion, Garlic, Sunflower Oil, Thyme
Rocket	Rocket Leaves
Sides for Chicken Melts and Ribs	
Onion Rings (Fried)	
Onion Rings (Fried)	Onions, Batter [Wheat Starch, Wheat Flour, Dextrose, Salt, Dextrin, Thickeners (Guar Gum, Carrageenan), Raising Agents (Diphosphates, Sodium Bicarbonate)], Wheat Flour, Oil (Sunflower, Palm), gelling agent (Sodium Alginate), Sugar, Salt.
Rapeseed Oil	Rapeseed Oil, Antifoaming Agent (E900)
Fries (Fried)	
Fries (Fried)	Potatoes, Sunflower oil, Modified starch, Rice flour, Starch, Salt, Raising agents (E450(i), E500(ii)), Thickener (Xanthan gum), Spice-extracts (Turmeric, Paprika), Dextrose.
Rapeseed Oil	Rapeseed Oil, Antifoaming Agent (E900)
Onion Rings (Baked)	
Onion Rings (Oven Baked)	Onions, Batter [Wheat Starch, Wheat Flour, Dextrose, Salt, Dextrin, Thickeners (Guar Gum, Carrageenan), Raising Agents (Diphosphates, Sodium Bicarbonate)], Wheat Flour, Oil (Sunflower, Palm), gelling agent (Sodium Alginate), Sugar, Salt.
Fries (Baked)	
Fries (Oven Baked)	Potatoes, Batter (Wheat Flour, Modified starch, Rice Flour, Salt, Starch, Spice Extracts), Sunflower oil.
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).

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

Buffet	
Buffet Pasta	
4 Cheese & Spinach Pasta	Water, Penne Pasta (Durum Wheat Semolina) (22%), Pasteurised Milk , Single Cream (Milk), Broccoli, White Mature Cheddar (Milk) (3%), Spinach (3%), Full Cream Milk Powder, Peas, Modified Maize Starch, 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), Mascarpone Cheese (Milk), Ricotta Cheese (Milk), Salt, Sunflower Oil, Vegan Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnip, Parsley), Sunflower Oil, Spices (Lovage, Turmeric Pepper, Garlic, Mace, Nutmeg), Spice Extract), Garlic, Lemon Juice from concentrate, Black Pepper. May contain Treenuts, Sesame seeds and Peanuts and their derivatives.
Bolognese Pasta	Penne Pasta (Durum Wheat Semolina) (33%), Chopped Tomatoes (18.5%), Tomato Passata (18%), Water, Minced Beef, Onion, Tomato Puree, Beef Bouillon (Maltodextrin, Salt, Yeast Extract, Beef Extract, Sugar, Natural Flavouring, Vegetables (Onion, Parsnip), Sunflower Oil, Potato Starch, Spices (Garlic, Lovage, Nutmeg), Beef Powder, Caramelised Sugar, Natural Roasted Onion Flavouring), Modified Maize Starch, Sunflower Oil, Salt, Garlic, Wheat Flour, Oregano, Vegetable Bouillon (Maltodextrin, Salt, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnip), Sunflower Oil, Spices (Turmeric, Pepper, Garlic, Mace, Nutmeg), Herbs (Parsley, Lovage)), Brown Sugar, Basil, Stabiliser: Xanthan Gum, Guar Gum, Black Pepper, Barley Malt Extract. May contain Treenuts, Sesame seeds and Peanuts and their derivatives.
Penne Pasta	Cooked Penne Pasta (Durum Wheat Semolina (92%), Sunflower Oil, Salt. May contain Treenuts, Peanuts and Sesame Seed.
Cheese Sauce	Water, Cream (Milk) (10%), Mature Cheddar Cheese (Milk) (8%), Full Cream Milk Powder, Modified Maize Starch, Sunflower Oil, Full Fat Soft Cheese (Milk), Pecorino Cheese (Milk) and Regato Cheese Mix (Milk), Cheddar Cheese Stock (Reconstituted Cheese (Milk), Whey Powder (Milk), Flavourings, Salt, Lactic Acid, Mustard Flour, Black Pepper), Lemon Juice from concentrate, Garlic, Salt, Black Pepper. May contain Treenuts, Peanuts, Sesame seeds and their derivatives.
Marinara Sauce	Tomatoes (47%), Tomato Passata (17%), Onion, Tomato Puree, Sunflower Oil, Olive Oil, Water, Carrots, Celery , White Sugar, Garlic, Salt, Modified Maize Starch, Oregano, Black pepper, Thyme. May contain Treenuts, Peanuts, Sesame seeds and their derivatives.
Marinara Pasta Bake	
Marinara Pasta - NEW RECIPE	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, tree nuts and sesame.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
4 Cheese and Spinach Pasta Bake	
4 Cheese and Spinach Pasta - NEW RECIPE	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, tree nuts and sesame.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Breadsticks	
Pan dough	Wheat flour, Water, Yeast: (Bakers Yeast, Rehydrating Agent;E491), Rapeseed Oil, Salt, Premix : [Salt, Calcium Sulphate, Emulsifiers; E481, E472e, E471, Flour Treatment Agent E300, Enzyme (Alpha Amylase, Xylanase, Glucose Oxidase, Protease, Cellulase)], Sugar, Flour Treatment Agent (ascorbic acid E300).
Soya Oil	100% Refined Soya Oil
Garlic Butter	Butter (Milk), Garlic Puree (10%), Parsley (4%), Pepper, Sea Salt, Preservatives (Citric Acid, Acetic Acid). May contain Gluten, Soya, Egg, Mustard, Sesame & Sulphites.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
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.	

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, Modified starch, Rice flour, Starch, Salt, Raising agents (E450(i), E500(ii)), Thickener (Xanthan gum), Spice-extracts (Turmeric, Paprika), Dextrose.
Rapeseed Oil	Rapeseed Oil, Antifoaming Agent (E900)
Fries (Oven Baked)	
Fries (Oven Baked)	Potatoes, Batter (Wheat flour, Modified starch, Rice flour, Salt, Starch, Spice extracts), Sunflower oil.
Onion Rings (Fried)	
Onion Rings (Fried)	Onions, Batter [Wheat Starch, Wheat Flour, Dextrose, Salt, Dextrin, Thickeners (Guar Gum, Carrageenan), Raising Agents (Diphosphates, Sodium Bicarbonate)], Wheat Flour, Oil (Sunflower, Palm), gelling agent (Sodium Alginate), Sugar, Salt.
Rapeseed Oil	Rapeseed Oil, Antifoaming Agent (E900)
Onion Rings (Oven Baked)	
Onion Rings (Oven Baked)	Onions, Batter [Wheat Starch, Wheat Flour, Dextrose, Salt, Dextrin, Thickeners (Guar Gum, Carrageenan), Raising Agents (Diphosphates, Sodium Bicarbonate)], Wheat Flour, Oil (Sunflower, Palm), gelling agent (Sodium Alginate), Sugar, Salt.
Cheesy Fries (Fried)	
Fries (Fried)	Potatoes, Sunflower oil, Modified starch, Rice flour, Starch, Salt, Raising agents (E450(i), E500(ii)), Thickener (Xanthan gum), Spice-extracts (turmeric, paprika), Dextrose.
Cheese sauce	Milk , Water, Vintage Cheddar Cheese (Milk) (9.5%), Red Leicester Cheese (Milk) (5.5%) (Colour: Annatto), Cream (Milk), Modified Maize Starch, Sunflower Oil, Full Cream Milk Powder, Wheat Flour (contains Calcium Carbonate, Iron, Niacin, Thiamin), Cheddar Cheese Stock (Cheese Powder (Milk), Glucose Syrup Solids, Water, Yeast Extract, Salt, Sunflower Oil, Natural Flavouring (Sugar Cane, Yeast, Onion, Apricot)), Medium Fat Hard Cheese (Milk), Red Wine Vinegar, Tomato Puree, Yellow Mustard Powder, Worcester Sauce (Water, Spirit Vinegar, Sugar, Onion, Salt, Tamarind Paste, Cloves, Ginger, Garlic, Barley Malt Extract), Butter (Milk), Garlic, Salt, Chipotle Chilli Powder, Black Pepper, Santa Cruz Chilli Powder (Chilli, Cumin, Salt, Oregano, Garlic Powder). May contain Treenuts, Sesame, Peanuts & their derivatives.
Rapeseed Oil	Rapeseed Oil, Antifoaming Agent (E900)
Cheesy Fries (Oven Baked)	
Fries (Oven Baked)	Potatoes, Batter (Wheat flour, Modified starch, Rice flour, Salt, Starch, Spice extracts), Sunflower oil.
Cheese Sauce	Milk , Water, Vintage Cheddar Cheese (Milk) (9.5%), Red Leicester Cheese (Milk) (5.5%) (Colour: Annatto), Cream (Milk), Modified Maize Starch, Sunflower Oil, Full Cream Milk Powder, Wheat Flour (contains Calcium Carbonate, Iron, Niacin, Thiamin), Cheddar Cheese Stock (Cheese Powder (Milk), Glucose Syrup Solids, Water, Yeast Extract, Salt, Sunflower Oil, Natural Flavouring (Sugar Cane, Yeast, Onion, Apricot)), Medium Fat Hard Cheese (Milk), Red Wine Vinegar, Tomato Puree, Yellow Mustard Powder, Worcester Sauce (Water, Spirit Vinegar, Sugar, Onion, Salt, Tamarind Paste, Cloves, Ginger, Garlic, Barley Malt Extract), Butter (Milk), Garlic, Salt, Chipotle Chilli Powder, Black Pepper, Santa Cruz Chilli Powder (Chilli, Cumin, Salt, Oregano, Garlic Powder). May contain Treenuts, Sesame, Peanuts and their derivatives.
Sweet Potato Fries (Fried)	
Sweet Potato Fries (Fried)	Sweet Potatoes , Coating [Modified Starch, Sugar, Rice Flour, Starch, Dextrin, Salt, Raising Agents (E450, E500), Natural Colours (Paprika Extract, Turmeric Extract), Thickener (E415)], Canola Oil. May contain Gluten.
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).

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	
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).
Thin	
All American Thin dough	Wheat Flour (Wheat), Water, Yeast: (Bakers Yeast, Rehydrating Agent;e491), Salt, Vegetable Oil, Sugar, Ascorbic Acid e300
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and diglycerides fatty acid esters (E471).
Unseasoned tomato sauce	Tomato Concentrate (Tomato Paste, Citric Acid).
Gluten Free	
Gluten Free dough	Gluten Free Blend (Tapioca Starch, Rice Flour, Maize Starch, Psyllium Husk Powder, Sugar, Buckwheat Flour, Thickeners (Xanthan Gum, Hydroxypropyl Methyl Cellulose), Salt), Water, Rapeseed Oil, Yeast, Pea Protein.
Unseasoned tomato sauce	Tomato Concentrate (Tomato Paste, Citric Acid).
Cheese	
Mozzarella Cheese	Mozzarella with added starch (Mozzarella Cheese (Milk , Salt, Cultures), Potato Starch)
Vegan Ch**se	Water, Coconut Oil, Modified Starch, Starch, Sea Salt, Flavourings, Preservative: Sorbic Acid, Colour: B-Carotene, Vitamin B12.
Toppings	
Chicken Breast	Chicken Breast, Dextrose, Salt, Modified Tapioca Starch (E1420), Glucose Syrup (E330, E500i), Corn Starch.
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 (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).
Tuna	Tuna (Fish), Water, Salt
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
Green Chillies	Green Chillies
Cherry Tomatoes	Cherry Tomatoes
Jalapeños	Jalapeno Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509).
Pineapple	Pineapple, Pineapple Juice, Citric Acid.
Spinach	Spinach
BBQ Jackfruit	Jackfruit [Water, Salt, Citric Acid (E330).] (85.30%), Tomato Ketchup [Organic Sugar, Tomato Paste, Water, Spirit Vinegar, Sea Salt.] Sunflower Oil, Garlic, Smoked Paprika, Salt, Ground Fennel, Cumin, Chilli Powder.

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

Little Boss Mains	
Spaghetti Bolognese	Bolognese Sauce (64%): Water, Tomato Passata, Minced Beef (19%), Onions, Carrots (7%), Tomato Puree, Modified Maize Starch, Beef Bouillon (Maltodextrin, Salt, Yeast Extract, Beef Extract, Sugar, Natural Flavouring, Vegetables (Onions, Parsnip), Sunflower Oil, Potato Starch, Spices (Garlic, Lovage, Nutmeg), Beef Powder, Caramelised Sugar, Flavouring), Brown Sugar, Wheat Flour (Wheat 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 Tree Nuts/ their derivatives, Peanuts/ their derivatives, Sesame Products.
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 Tree Nuts/ their derivatives, Peanuts/ their derivatives, Sesame Products.
Chicken & Fries	
Fries (Oven Baked)	Potatoes, Batter (Wheat flour, Modified starch, Rice flour, Salt, Starch, Spice extracts), Sunflower Oil.
Fries (Fried)	Potatoes, Sunflower oil, Modified starch, Rice flour, Starch, Salt, Raising agents (E450(i), E500(ii)), Thickener(Xanthan gum), Spice-extracts (turmeric, paprika), Dextrose.
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)
Little Boss Mains	
Tuna Wraps	
Wraps	Wheat Flour, water, Rapeseed Oil, Stabilisers: E422, E466, E412; Raising Agents: E500, E450; Emulsifier: E471, Salt, Acid: E296.
Tuna	Tuna (Fish), Water, Salt
Mozzarella Cheese (Optional)	Mozzarella Cheese (Pasteurised Milk, Salt, Lactic Cultures), Potato Starch.
Sweetcorn (Optional)	Sweetcorn, Water, Salt
Little Boss Desserts	
Ice Cream Factory	See 'Desserts' section for ingredient formulations for all Ice Cream Factory products
Orange Juice Ice Lolly	Concentrated Orange Juice, Concentrated Grape Juice, Concentrated Apple Juice. May contain milk or milk products.
Kids Cinnamon Bites	
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).
Cinnamon sugar	Sugar (White), Spice (Cinnamon)
Icing drizzle	Fondant (53%) (Sugar, Glucose Syrup, Water), Icing Sugar, Water, Glucose Syrup, Rapeseed Oil, Colour (E171), Stabiliser (E406, E415), Preservative (E202).

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

Big Boss	
Pastas	
Lasagne	
Beef 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 Treenuts, Peanuts and Sesame Seed.
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk , Salt, Lactic Cultures), Potato Starch.
Mac 'N' Cheese	
Mac 'N' Cheese	Cheese Sauce (61%) Water, Mature Cheddar Cheese (Milk) (16%), Cream (Milk), Mozzarella Cheese (Milk) (4%), Cheddar Cheese Stock (Milk) (Reconstituted Cheese (Milk), Whey Powder (Milk), Flavourings, Salt, Lactic Acid, Mustard Flour, Black Pepper), Modified Maize Starch, Full Fat Soft Cheese (Milk), Sunflower Oil, Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnip, Parsley), Sunflower Oil, Spices (Turmeric, Lovage, Pepper, Garlic, Mace, Nutmeg), Lovage Extract), Worcester Sauce (Water, Spirit Vinegar, Sugar, Onion, Salt, Tamarind Paste, Cloves, Ginger, Garlic, Barley Malt Vinegar), Garlic, Salt, Yeast Extract (Yeast Extract, Salt), Black Pepper, Cayenne Pepper. Cooked Pasta (37%) (Durum Wheat Semolina). Mozzarella Cheese (Milk) (2%). May contain Tree Nuts/ their derivatives, Peanuts/ their derivatives, Sesame Products.
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk , Salt, Lactic Cultures), Potato Starch.
Chicken & Fries	
Fries (Oven Baked)	Potatoes, Batter (Wheat flour, Modified starch, Rice flour, Salt, Starch, Spice extracts), Sunflower Oil.
Fries (Fried)	Potatoes, Sunflower oil, Modified starch, Rice flour, Starch, Salt, Raising agents (E450(i), E500(ii)), Thickeners(Xanthan gum), Spice-extracts (turmeric, paprika), Dextrose.
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)
Breaded Chicken Wraps	
Wraps	Wheat Flour, water, Rapeseed Oil, Stabilisers: E422, E466, E412; Raising Agents: E500, E450; Emulsifier: E471, Salt, Acid: E296.
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).
Mozzarella Cheese (Optional)	Mozzarella Cheese (Pasteurised Milk , Salt, Lactic Cultures), Potato Starch.
Sweetcorn (Optional)	Sweetcorn, Water, Salt

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Tuna Wraps	
Wraps	Wheat Flour, Water, Rapeseed Oil, Stabilisers: E422, E466, E412; Raising Agents: E500, E450; Emulsifier: E471, Salt, Acid: E296.
Tuna	Tuna (Fish), Water, Salt
Mozzarella Cheese (Optional)	Mozzarella Cheese (Pasteurised Milk , Salt, Lactic Cultures), Potato Starch.
Sweetcorn (Optional)	Sweetcorn, Water, Salt
Sides	
Fries (Oven Baked)	Potatoes, Batter (Wheat flour, Modified starch, Rice flour, Salt, Starch, Spice extracts), Sunflower Oil.
Fries (Fried)	Potatoes, Sunflower oil, Modified starch, Rice flour, Starch, Salt, Raising agents (E450(i), E500(ii)), Thickener(Xanthan gum), Spice-extracts (turmeric, paprika), Dextrose.
Rapeseed Oil (when Fried)	Rapeseed Oil, Antifoaming Agent (E900)
Garlic Bread	Wheat Flour (with Calcium carbonate, Iron, Niacin, Thiamin), Water, Margarine [Oil (Rapeseed Oil, Palm Oil), Water, Emulsifier (E471), Flavouring, Colours (E160b, E100)], Garlic (Puree and Chopped), Yeast, Salt, Garlic Powder, Oregano, Onion Powder, Garlic Oil, Flour Treatment Agent (E300). May contain Soya/Soya Products, Milk/ Milk Products.
Onion Rings	Onions, Batter [Wheat starch, Wheat Flour, Dextrose, Salt, Dextrin, Thickeners (Guar Gum, Carrageenan), Raising agents (Diphosphates, Sodium Bicarbonate)], Wheat Flour, Oil (Sunflower, Palm), gelling agent (Sodium Alginate), Sugar, Salt.
Rapeseed Oil (when Fried)	Rapeseed Oil, Antifoaming Agent (E900)
Mini Corn on the Cob	
Corn on the cob	Sweetcorn.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Big Boss Desserts	
Orange Juice Ice Lolly	Concentrated Orange Juice, Concentrated Grape Juice, Concentrated Apple Juice. May contain Milk/ Milk Products.
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[Copprah, 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 Sulphites and Tree Nuts/ their derivatives
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
Kids Cinnamon Bites	
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).
Cinnamon sugar	Sugar (White), Spice (Cinnamon)
Icing drizzle	Fondant (53%) (Sugar, Glucose Syrup, Water), Icing Sugar, Water, Glucose Syrup, Rapeseed Oil, Colour (E171), Stabiliser (E406, E415), Preservative (E202).

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Desserts	
Ice Cream Factory	
Ice Cream Factory Ice Cream	Skimmed Milk, Cream (12%) (Milk), Sugar, Emulsifier E471, Stabilisers E466, E412, E407, E401, E410, Vanilla Flavouring.
Raspberry Sauce	Glucose Syrup, Water, Sugar, Concentrated Raspberry Puree (3.4 %), Modified Starch, Acidity Regulators (Sodium citrates, Citric Acid), Thickener (Pectins), Colour (Anthocyanins), Preservative (Potassium sorbate), 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 Tree Nuts/ Nuts and their derivatives
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. May contain Tree Nuts/ their derivatives and Peanuts/ their derivatives.
Milk Chocolate Beans	Sugar, Cocoa butter, Whey powder (Milk), Fat-reduced cocoa powder, Whole Milk powder, Emulsifier (Soya lecithin), Glazing agents (Arabic gum, Carnauba wax, Bees wax), Colours (E101, E141, E160a, E162, E163, E171, E172).
Chocolate Toffee Crunch	Sugar, Glucose syrup, Cocoa butter, Whole Milk powder, Skimmed Milk powder, Cocoa mass, Butter (Milk), Emulsifier (Sunflower lecithin), Natural flavour, Glazing agents (E904, E414), Salt, Acidity regulator (E500).
Dinosaur and Unicorn Sprinkles	Sugar, Cocoa Butter (UTZ MB), Potato Starch, Rice Flour, Maize Starch, Colours: Curcumin (E100), Anthocyanins (E163), Beetroot Red (E162), flavouring.
Alphabet Sprinkles	Sugar, Cocoa Butter (UTZ MB), Potato Starch, Rice Flour, Maize Starch, Colours: Curcumin (E100), Anthocyanins (E163), Carotenes (E160a), Beetroot Red (E162), Flavouring.
Choc Chip Cookie Dough	
Choc Chip Cookie Dough	Wheat Flour, Chocolate Chunks (contains Cocoa Mass (Milk), Sugar, Fat Reduced Cocoa Powder, Emulsifier: Soya Lecithin), Butter (Milk), Brown Sugar, Sugar, Water, Whole Egg Powder, Raising Agents: Sodium Acid Pyrophosphate, Sodium Bicarbonate, Salt, Maltodextrin, Concentrated Butter (Milk), Whey Powder (Milk), Sodium Diphosphates. May contain Tree Nuts/their derivatives.
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 Choc & Caramel Cookie Dough	
White Choc & Caramel Cookie Dough	Wheat Flour, Butter (Milk), Brown Sugar, Sugar, White Chocolate Chunks (contains sugar, cocoa butter, whole Milk powder, whey powder (Milk), lactose (Milk), Soya lecithin, flavouring), Caramel Flakes (contains caramelised glucose syrup, caramelised sugar, caramelised sweetened condensed Milk , stabilisers: pectin, alginate, emulsifiers: E471, E473, acidity regulator: sodium bicarbonate, natural flavouring, Coconut Oil, Butteroil (Milk) Carnauba Wax), Water, Demerara Sugar, Concentrated Butter (Milk), Whey Powder (Milk) Whole Egg Powder, Raising Agents: Sodium Acid Pyrophosphate, Sodium Carbonates, Bicarbonate, Diphosphates, Salt. May contain Tree Nuts/their derivatives.
Vanilla Ice Cream	Skimmed Milk , Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring.
Salted Caramel Sauce	Water, sugar, Dextrose, Oligofructose, Dark Muscovado Sugar, Butter (Milk), Modified Starch, Whole Milk Powder (Milk), Salt, Vegetable Oil, Stabilisers (Guar Gum, Xanthan Gum), Cane Molasses, Preservative (Potassium Sorbate), Flavouring (Caramelised Sugar Syrup).

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S'mores Cookie Dough	
Choc Chip Cookie Dough	Wheat Flour, Chocolate Chunks (contains Cocoa Mass (Milk), Sugar, Fat Reduced Cocoa Powder, Emulsifier: Soya Lecithin), Butter (Milk), Brown Sugar, Sugar, Water, Whole Egg Powder, Raising Agents: Sodium Acid Pyrophosphate, Sodium Bicarbonate, Salt, Maltodextrin, Concentrated Butter (Milk), Whey Powder (Milk), Sodium Diphosphates. May contain Tree Nuts/their derivatives.
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.
Marshmallows	Glucose- Fructose Syrup, Sugar, Gelatine (Pork or Beef), Dextrose, Maize Starch, Natural Flavouring, Lactic Acid, E162.
Chocolate Honeycomb Cheesecake	
Chocolate Honeycomb Cheesecake	Biscuit Base (33%) [Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Thiamin, Niacin), Vegetable Oils (SG RSP0 Palm, Rapeseed), Sugar, Invert Sugar Syrup, Raising Agents; E500ii, E503ii, Salt], Double Cream (Milk), Reduced Fat Soft Cheese (Milk) (11%), Milk Chocolate Honeycomb Granules (11%) [Milk Chocolate: Sugar, Cocoa Butter, Cocoa Mass, Skimmed Milk Powder, Milk Sugar, Whey Powder (Milk), Anhydrous Milk Fat, Emulsifier: Soya Lecithin (E322), Honeycomb Granules (40%): Sugar, Glucose Syrup, Water, Raising Agent: Sodium Bicarbonate (E500) Glazing Agent: (Thickener: Gum Arabic (E414), Sucrose, Honey)], Milk Chocolate (6%) [Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Emulsifier; Soya Lecithin, Natural Vanilla Flavouring], Partially Inverted Sugar Syrup, Milk , Butter (Milk), Sugar, Cocoa Butter, Honeycomb Granules (2%) [Sugar, Glucose Syrup, Water, Raising Agent E500ii, Non Hydrogenated Vegetable Fat SG (Shea Oil, Palm Oil, Emulsifier E322), Modified Starch (Maize), Tapioca Starch, Natural Vanilla Flavouring, Preservative(Potassium Sorbate (E202)). May Contain: Egg, Sulphites and Treenuts.
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.
Strawberries 'N' Cream Cheesecake	
Strawberries 'N' Cream Cheesecake	Biscuit Base (28%) [Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Thiamin, Niacin), Vegetable Oils (SG RSP0 Palm, Rapeseed), Sugar, Invert Sugar Syrup, Raising Agents; E500, E503, Salt], Double Cream (Milk), Fruit(Strawberries (22%) [Strawberries, Coating (Modified Starch, Maltodextrin, Guar Gum, Xanthan Gum, Ascorbic Acid, Flavouring)], Reduced Fat Soft Cheese (Milk) (11%), Partially Inverted Sugar Syrup, Milk, Strawberry Filling (2%) [Strawberry (60%), Water, Sugar, Modified starch, Colouring (Elderberry Juice Concentrate), Acidifier (E330), Firming Agent (E509), Natural Flavouring, Preservative (E202)], Butter (Milk), Sugar, Cocoa Butter, White Chocolate (2%) [Sugar, Full Cream Milk Powder, Cocoa Butter, Emulsifier; Soya Lecithin, Natural Flavouring], Modified Starch (Maize), Rapeseed Oil, Tapioca Starch, Natural Vanilla Flavouring, Preservative (Potassium Sorbate (E202)). May Contain Sulphites, Eggs, Treenuts and their derivatives.
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.
Raspberry Sauce	Glucose Syrup, Water, Sugar, Concentrated Raspberry Puree (3.4 %), Modified Starch, Acidity Regulators (Sodium citrates, Citric Acid), Thickener (Pectins), Colour (Anthocyanins), Preservative (Potassium sorbate), Natural Raspberry flavouring with other natural flavourings
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[Copprah, 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 Sulphites and Tree Nuts/ their derivatives
Vanilla Ice Cream	Skimmed Milk , Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring.
Chocolate Sauce (Rowse)	Glucose Syrup, Water, Belgian Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Liquor, Emulsifier: Soya Lecithin, Natural Vanilla Extract), Single Cream (Milk), Cocoa Liquor, Corn Flour, Natural Vanilla Flavouring

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Cinnamon Bites	
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).
Cinnamon sugar	Sugar (White), Spice (Cinnamon)
Icing drizzle	Fondant (53%) (Sugar, Glucose Syrup, Water), Icing Sugar, Water, Glucose Syrup, Rapeseed Oil, Colour (E171), Stabiliser (E406, E415), Preservative (E202).
Ice Cream	
Mango Ice	Water, Mango Puree (29%), Sugar, Glucose Syrup, Emulsifier: Mono & Diglycerides of Fatty Acids, Stabilisers [Amidated Pectin, Guar Gum, Sodium Carboxymethylcellulose], Acidity Regulator: Trisodium Citrate, Colour: Beetroot Red. May contain Milk.
Strawberry Ice Cream	Skimmed Milk , Cream (Milk), Sugar, Water, Oil (Coconut) Whey powder (Milk), Buttermilk powder (Milk), Dextrose, Emulsifier (E471), Colour (E162), Stabilisers (E401, E412), Natural Flavouring.
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].

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Ice Cream Shakes	
Vanilla	
Semi Skimmed Milk	100% Semi Skimmed Milk
Vanilla Frappe	Whole Milk , Sugar, Dried Glucose Syrup, Skimmed Milk Powder, Emulsifier (E471), Stabilisers (E466, E412, E407), Flavouring
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.
Strawberry	
Semi Skimmed Milk	100% Semi Skimmed Milk
Strawberry Frappe	Whole Milk , Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (E471), Stabilisers (E466, E412, E407), Natural Flavouring, Strawberry Juice Concentrate, Beta Carotene (E160a).
Strawberry Ice Cream	Skimmed Milk , Cream , Sugar, Water, Oil (Coconut) Whey powder (Milk), Buttermilk powder (Milk), Dextrose, Emulsifier (E471), Colour (E162), Stabilisers (E401, E412), Natural Flavouring.
Raspberry Sauce	Glucose Syrup, Water, Sugar, Concentrated Raspberry Puree (3.4 %), Modified Starch, Acidity Regulators (Sodium citrates, Citric Acid), Thickener (Pectins), Colour (Anthocyanins), Preservative (Potassium sorbate), Natural Raspberry flavouring with other natural flavourings
The Chocoholic	
Semi Skimmed Milk	100% Semi Skimmed Milk
Chocolate Flavour Frappe	Whole Milk , Sugar, Dried Glucose Syrup, Reduced Fat Cocoa Powder, Dried Glucose Syrup, Cocoa Mass, Emulsifier: (E471), Stabilisers: (E466, E412, E407), Natural Flavourings.
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.
Salted Caramel	
Semi Skimmed Milk	100% Semi Skimmed Milk
Vanilla Frappe	Whole Milk , Sugar, Dried Glucose Syrup, Skimmed Milk Powder, Emulsifier (E471), Stabilisers (E466, E412, E407), Flavouring
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).
Oreo	
Vanilla Frappe	Whole Milk , Sugar, Dried Glucose Syrup, Skimmed Milk Powder, Emulsifier (E471), Stabilisers (E466, E412, E407), Flavouring
Semi Skimmed Milk	100% Semi Skimmed Milk
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.
Oreo Cookie Crumb	Sugar, Wheat Flour (Wheat), Vegetable and Partially Hydrogenated Vegetable Fats (palm oil: antioxidant E320, fat reduced cocoa powder, glucose syrup, raising agents [sodium and ammonium bicarbonates], salt, emulsifiers (sunflower and Soya lecithins), artificial flavouring (vanillin).
Mango Ice Slush	
Mango Ice Slush	Water, Mango Puree (29%), Sugar, Glucose Syrup, Emulsifier: Mono & Diglycerides of Fatty Acids, Stabilisers [Amidated Pectin, Guar Gum, Sodium Carboxymethylcellulose], Acidity Regulator: Trisodium Citrate, Colour: Beetroot Red. May contain Milk.
Ice Cream Floats	
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.
Black Cherry Cream Soda	Purified Carbonated Water, Unbleached Cane Sugar, Caramelised Unrefined Cane Sugar, Vanilla Extract, Black Cherry Flavours, Natural Flavours
Cream Soda	Purified Carbonated Water, Unbleached Cane Sugar, Caramelised Unrefined Cane Sugar, Vanilla Extract, Natural Flavours

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Cold and Soft Drinks	
Water-Still	Refer directly to the supplier - Belu - www.belu.org
Water- Sparkling	Refer directly to the supplier - Belu - www.belu.org
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 (1.5l)	Refer directly to the supplier - Britvic - www.britvic.co.uk
Diet Pepsi (1.5l)	Refer directly to the supplier - Britvic - www.britvic.co.uk
Pepsi Max (1.5l)	Refer directly to the supplier - Britvic - www.britvic.co.uk
Tango Orange (1.5l)	Refer directly to the supplier - Britvic - www.britvic.co.uk
Pepsi (1.5l)	Refer directly to the supplier - Britvic - www.britvic.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

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Cocktails	
Woo Woo	
PLEASE NOTE: Any cocktails/mocktails containing lemon, lime or orange slices are not suitable for vegans as they contain shellac wax.	
Smirnoff Vodka	37.5% ABV. A classic tasting vodka.
Funkin' Woo Woo Mixer	Water, peaches, strawberries, sugar, cranberry juice from concentrate, lemons, concentrates (carrot, blackcurrant).
Lemon Slice & Lime Slice	100% Lemon, 100% Lime
Passionate Martini	
Smirnoff Vodka	37.5% ABV. A classic tasting vodka.
Funkin Passion Fruit Martini Mix	Water, sugar, passion fruit juice (15%), mango purée (10%), lime juice (10%), Brazilian orange juice from concentrate (10%), natural flavours
Soda Water	100% Carbonated water
Orange Slice	100% Orange
Pina Colada	
Bacardi Rum	37.5% ABV. White rum with distinctive vanilla and almond notes.
Funkin' Pina Colada Mixer	Water sugar, Skimmed Milk , fruit juices from concentrate (pineapple 24%, coconut 14%, lemon 9%), Cream (Milk), stabiliser: natural pectin, Acidifier: lactic acid, natural flavouring, Acidity regulator: trisodium citrate
Vanilla Frappe	Whole Milk , Sugar, Dried Glucose Syrup, Skimmed Milk Powder , Emulsifier (E471), Stabilisers (E466, E412, E407), Flavouring.
Orange Slice	100% Orange
Godfather Max	
Disaronno	28% ABV. An Italian liqueur flavored with herbs and fruits soaked in apricot kernel oil.
Jack Daniels	40% ABV. Water, Alcohol.
Pepsi Max	Water, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Acids (Phosphoric Acid, Citric Acid), Acidity Regulator (Sodium Citrate), Flavourings (including Caffeine), Preservatives (Sodium Benzoate, Potassium Sorbate), Anti-foaming Agent (E900). Contains a Source of Phenylalanine.
Lime Slice	100% Lime
Lynchberg Lemonade	
Jack Daniels	40% ABV. Water, Alcohol.
Funkin Sour Mix	Water, lemon juice, Lime juice, Egg albumen
7 Up Free	Carbonated Water, Acids (Citric Acid, Malic Acid), Natural Lemon and Lime Flavouring, Acidity Regulator (Sodium Citrate), Sweeteners (Aspartame, Acesulfame K), Potassium Chloride, Stabiliser (Pectin)
Lemon Slice	100% Lemon
Raspberry Mojito	
Bacardi Rum	37.5% ABV. White rum with distinctive vanilla and almond notes.
Funkin Raspberry Mojito Mix	Water, raspberry purée (16%), sugar, lime juice, lemon juice, colour: natural concentrate (carrot and blackcurrant), natural mint flavour
Mint Leaves	100% Mint Leaves
Soda Water	100% Carbonated water
Mojito	
Bacardi Rum	37.5% ABV. White rum with distinctive vanilla and almond notes.
Funkin' Mojito Mixer	Water, Limes and Lemons, Sugar, Mint Extract.
Soda Water	100% Carbonated water
Mint Leaves	100% Mint Leaves
Ginito	
Bombay Sapphire	40% ABV. Distilled Grain Alcohol, Infused botanicals.
Funkin' Mojito Mixer	Water, Limes and Lemons, Sugar, Mint Extract.
Soda Water	100% Carbonated water
Mint Leaves	100% Mint Leaves
Cucumber Slice	100% Cucumber

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

Zipper	
Chambord	Distilled Spirits, water, sugar, Natural Flavours, Raspberry Juice, Blackberry Juice, Cognac.
Smirnoff Vodka	37.5% ABV. A classic tasting vodka.
7 Up Free	Carbonated Water, Acids (Citric Acid, Malic Acid), Natural Lemon and Lime Flavouring, Acidity Regulator (Sodium Citrate), Sweeteners (Aspartame, Acesulfame K), Potassium Chloride, Stabiliser (Pectin)
Lime Slice	100% Lime
Vodka Mule	
Smirnoff Vodka	37.5% ABV. A classic tasting vodka.
Ginger Beer	Carbonated Water, Sugar, Natural Flavours (including Ginger Root Extract), Acidifier (Citric Acid), Antioxidant (Ascorbic Acid). Contains sulphites
Lime Slice	100% Lime
Lemon Slice	100% Lemon
Disaronno Sour	
Disaronno	28% ABV. An Italian liqueur flavored with herbs and fruits soaked in apricot kernel oil. <i>May contain tree nuts.</i>
Funkin Sour Mix	Water, lemon juice, Lime juice, Egg albumen
Pink Gin Sour	
Bombay Sapphire	40% ABV. Distilled Grain Alcohol, Infused botanicals.
Funkin Sour Mix	Water, lemon juice, Lime juice, Egg albumen
Funkin Woo Woo Mix	Water, peaches, strawberries, sugar, cranberry juice from concentrate, lemons, concentrates (carrot, blackcurrant).
Chambord Raspberry Fizz	
Bottega Gold Prosecco Brut	Refer directly to the supplier- Matthew Clark - www.matthewclark.co.uk
Chambord	Distilled Spirits, water, sugar, Natural Flavours, Raspberry Juice, Blackberry Juice, Cognac.
Woo Woo Fizz	
Bottega Gold Prosecco Brut	Refer directly to the supplier- Matthew Clark - www.matthewclark.co.uk
Funkin' Woo Woo Mixer	Water, peaches, strawberries, sugar, cranberry juice from concentrate, lemons, concentrates (carrot, blackcurrant).
Passion Fruit Fizz	
Bottega Gold Prosecco Brut	Refer directly to the supplier- Matthew Clark - www.matthewclark.co.uk
Funkin' Passionfruit mix	Water, sugar, passion fruit juice (15%), mango purée (10%), lime juice (10%), Brazilian orange juice from concentrate (10%), natural flavours
Disaronno Strawberry Cheesecake Hard Shake	
Disaronno	28% ABV. An Italian liqueur flavored with herbs and fruits soaked in apricot kernel oil.
Strawberry Frappe	Whole Milk , Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (E471), Stabilisers (E466, E412, E407), Natural Flavouring, Strawberry Juice Concentrate, Beta Carotene (E160a).
Strawberry Ice Cream	Skimmed Milk , Cream (Milk), Sugar, Water, Vegetable Oil, Whey powder (Milk), Buttermilk powder (Milk), Dextrose, Emulsifier (E471), Colour (E162), Stabilisers (E401, E412), Natural Flavouring.
Raspberry Sauce	Raspberry, Caster Sugar, Thickener (Xanthan Gum)
Chambord OREO Delight Hard Shake	
Chambord	Distilled Spirits, water, sugar, Natural Flavours, Raspberry Juice, Blackberry Juice, Cognac.
Vanilla Icecream	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 Frappe	Whole Milk , Sugar, Dried Glucose Syrup, Reduced Fat Cocoa Powder, Dried Glucose Syrup, Cocoa Mass, Emulsifier: (E471), Stabilisers: (E466, E412, E407), Natural Flavours.
Oreo Cookie Crumb	Sugar, wheat flour (Wheat), vegetable and partially hydrogenated vegetable fats (palm oil: antioxidant E320, fat reduced cocoa powder, glucose syrup, raising agents [sodium and ammonium bicarbonates], salt, emulsifiers (sunflower and Soya lecithins), artificial flavouring (vanillin).
Chocolate Sauce	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.
Orange Slice	100% Orange

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

Mocktails	
Yeah Yeah	
7 Up Free	Carbonated Water, Acids (Citric Acid, Malic Acid), Natural Lemon and Lime Flavouring, Acidity Regulator (Sodium Citrate), Sweeteners (Aspartame, Acesulfame K), Potassium Chloride, Stabiliser (Pectin)
Funkin' Woo Woo Mixer	Water, peaches, strawberries, sugar, cranberry juice from concentrate, lemons, concentrates (carrot, blackcurrant).
Lime Slice	100% Lime
Virgin Passion	
Funkin Passion Fruit Martini Mix	Water, sugar, passion fruit juice (15%), mango purée (10%), lime juice (10%), Brazilian orange juice from concentrate (10%), natural flavours
Soda Water	100% carbonated water
Orange Slice	100% Orange
Virgin Colada	
Funkin' Pina Colada Mixer	Water, sugar, Skimmed Milk , fruit juices from concentrate (pineapple 24%, coconut 14%, lemon 9%), Cream , stabiliser: natural pectin, Acidifier: lactic acid, natural flavouring, Acidity regulator: trisodium citrate
Vanilla Frappe	Whole Milk , Sugar, Dried Glucose Syrup, Skimmed Milk Powder, Emulsifier (E471), Stabilisers (E466, E412, E407), Flavouring.
Orange Slice	100% Orange
Old Fashioned Lemonade	
Funkin Sour Mix	Water, lemon juice, Lime juice, Egg albumen
7 Up Free	Carbonated Water, Acids (Citric Acid, Malic Acid), Natural Lemon and Lime Flavouring, Acidity Regulator (Sodium Citrate), Sweeteners (Aspartame, Acesulfame K), Potassium Chloride, Stabiliser (Pectin)
Lemon Slice	100% Lemon
Virgin Mo-Jo	
Funkin' Mojito Mixer	Water, Limes and Lemons, Sugar, Mint Extract.
7 Up Free	Carbonated Water, Acids (Citric Acid, Malic Acid), Natural Lemon and Lime Flavouring, Acidity Regulator (Sodium Citrate), Sweeteners (Aspartame, Acesulfame K), Potassium Chloride, Stabiliser (Pectin)
Mint Leaves	100% Mint Leaves
Virgin Raspberry Mojito	
Funkin Raspberry Mojito Mix	Water, Raspberry Purée (16%), Sugar, Lime Juice, Lemon Juice, Colour: Natural Concentrate (carrot and blackcurrant), Natural Mint Flavour
7 Up Free	Carbonated Water, Acids (Citric Acid, Malic Acid), Natural Lemon and Lime Flavouring, Acidity Regulator (Sodium Citrate), Sweeteners (Aspartame, Acesulfame K), Potassium Chloride, Stabiliser (Pectin)
Mint Leaves	100% Mint Leaves
PLEASE NOTE: Any cocktails/mocktails containing lemon, lime or orange slices are not suitable for vegans as they contain shellac wax.	

P8 2019 - Nutritionals

Updated June 2019

	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 100(g)	Sugar per 100(g)	Fat per 100 (g)	Saturated Fat per 100 (g)	Salt per 100 (g)
Starters															
BBQ Pork Ribs	293	582	51.8	28.4	29.3	28.4	3.8	3.52	199	17.7	9.7	10.0	9.7	1.3	1.20
Chicken Wings	300	612	58.2	18.0	10.8	34.5	8.3	4.82	204	19.4	6.0	3.6	11.5	2.8	1.61
Chicken Bites	191	397	23.5	37.0	1.3	17.2	3.4	2.03	208	12.3	19.3	0.7	9.0	1.8	1.06
Jack 'N' Roll	118	305	4.9	42.0	6.4	12.3	8.1	1.63	259	4.2	35.8	5.5	10.5	6.9	1.39
Cheesy Bite Bites	188	469	21.0	60.8	0.3	16.6	7.7	2.00	250	11.2	32.3	0.2	8.8	4.1	1.06
Cheese Triangles (Oven Baked)	120	396	16.4	25.2	1.3	25.2	11.0	3.00	330	13.7	21.0	1.1	21.0	9.2	2.50
Cheese Triangles (Fried)	120	425	18.1	26.5	1.0	27.8	9.7	2.85	354	15.1	22.1	0.8	23.2	8.1	2.38
Jalapeno Poppers (Oven Baked)	156	388	3.3	36.2	7.9	22.9	9.3	2.36	249	2.1	23.2	5.1	14.7	6.0	1.51
Jalapeno Poppers (Fried)	157	438	8.5	37.4	4.2	28.7	10.5	2.12	279	5.4	23.8	2.7	18.3	6.7	1.35
Garlic Bread	136	511	8.7	49.9	3.8	30.7	8.7	1.16	376	6.4	36.7	2.8	22.6	6.4	0.85
Garlic Bread with Mozzarella	197	689	19.7	52.4	5.0	43.4	16.0	2.01	350	10.0	26.6	2.5	22.0	8.1	1.02
Tabletop Sauces															
BBQ Sauce	100	119	1.5	26.7	21.6	0.4	0.1	1.15	119	1.5	26.7	21.6	0.4	0.1	1.15
Hot & Spicy Sauce	100	65	0.9	3.4	1.3	4.7	0.4	3.60	65	0.9	3.4	1.3	4.7	0.4	3.60
Tomato Ketchup	100	99	2.0	21.1	20.5	0.3	0.1	0.90	99	2.0	21.1	20.5	0.3	0.1	0.90
Sweet Chilli Sauce	100	175	0.5	42.4	31.3	0.4	0.2	2.81	175	0.5	42.4	31.3	0.4	0.2	2.81
Hut House Seasoning	100	322	3.3	68.5	62.1	2.6	0.4	15.01	322	3.3	68.5	62.1	2.6	0.4	15.01
Takeaway Dip Pots															
Garlic Sauce Dip Pot	25	89	0.2	2.0	1.1	9.0	1.4	0.35	357	0.7	7.8	4.4	36.0	5.7	1.40
BBQ Sauce Dip Pot	25	35	0.3	7.8	7.1	0.1	0.0	0.33	141	1.1	31.3	28.4	0.4	0.0	1.30
Sour Cream & Chive Pot	25	102	0.3	1.9	1.2	10.5	1.2	0.44	408	1.1	7.5	4.6	42.0	4.8	1.76

*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.

P8 2019 - Nutritionals

Updated June 2019

	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 100g (g)	Salt per 100g (g)
Salad Station															
Dressed Salad Lines															
Potato Salad	20	27	0.2	2.6	0.5	1.7	0.5	0.08	134	1.1	12.9	2.4	8.3	2.3	0.40
Coleslaw	20	38	0.2	1.4	1.1	3.5	0.3	0.08	190	0.8	7.0	5.3	17.4	1.3	0.40
Sweetcorn	20	15	0.5	2.7	0.7	0.3	0.2	0.00	77	2.7	13.3	3.6	1.4	0.9	0.02
Diced Beetroot	20	10	0.8	1.3	0.9	0.1	0.1	0.02	49	4.1	6.7	4.7	0.5	0.3	0.10
Jalapenos	20	2	0.1	0.1	0.0	0.1	0.0	0.60	8	0.4	0.4	0.0	0.3	0.2	3.00
Fresh Salad Lines															
Lettuce Mix	20	2	103.4	0.3	0.3	0.0	0.0	0.00	11	517.0	1.4	1.4	0.1	0.0	0.02
Cherry Tomatoes	20	3	0.1	0.6	0.6	0.1	0.0	0.00	17	0.7	3.1	3.1	0.3	0.1	0.02
Cucumber	20	2	0.1	0.3	0.3	0.0	0.0	0.00	10	0.7	1.5	1.4	0.1	0.0	0.01
Mixed Peppers	20	3	0.2	0.5	0.5	0.1	0.0	0.00	15	0.8	2.6	2.4	0.3	0.1	0.01
Red Onion	20	7	0.2	1.6	1.1	0.0	0.0	0.00	36	1.2	7.9	5.6	0.2	0.0	0.01
Shredded Carrot	20	10	0.1	2.5	2.5	0.0	0.0	0.00	50	0.4	12.5	12.5	0.1	0.0	0.01
Apples	20	10	0.1	2.5	2.5	0.0	0.0	0.00	50	0.4	12.5	12.5	0.1	0.0	0.01
Dried Items															
Bacon Bits	20	104	1.8	10.2	0.8	6.2	2.9	0.47	519	8.9	51.0	3.9	31.0	14.7	2.35
Croutons	20	85	2.4	13.4	0.3	2.2	1.0	0.54	423	12.0	67.0	1.3	11.0	5.1	2.70
Tortilla Chips	20	96	1.3	12.6	0.3	4.2	0.5	0.14	478	6.3	63.0	1.6	21.0	2.5	0.70
Crispy Onions	20	125	1.2	8.8	2.4	9.4	4.6	0.20	625	6.0	44.0	12.0	47.0	23.0	1.00
Sultanas	20	55	0.5	13.9	13.9	0.0	0.0	0.01	275	2.7	69.4	69.4	0.1	0.1	0.05
Dressings & Dips															
Thousand Island	20	54	0.1	2.4	1.9	4.9	0.3	0.24	270	0.7	12.0	9.4	24.4	1.7	1.22
Blue Cheese	20	75	0.3	1.5	1.2	7.5	0.6	0.29	375	1.3	7.7	6.1	37.7	2.8	1.45
Garlic Mayonnaise	20	92	0.2	0.7	0.7	9.8	0.6	0.20	458	1.2	3.3	3.3	48.9	3.1	1.01
Light Mayonnaise	20	77	0.1	2.3	1.6	7.5	0.5	0.26	387	0.3	11.5	8.1	37.7	2.5	1.28
Ranch Dressing	20	79	0.6	2.0	1.6	7.7	0.6	0.26	396	2.8	9.9	7.8	38.3	2.8	1.30
Low Fat French Dressing	20	15	0.1	2.8	2.7	0.4	0.0	0.27	75	0.3	14.1	13.5	2.0	0.1	1.34
Salsa	20	12	0.2	2.6	1.6	0.0	0.0	0.32	60	1.1	13.0	8.0	0.0	0.0	1.60
Garlic & Chilli Oil	20	180	0.0	0.0	0.0	18.2	2.6	0.02	899	0.0	0.0	0.0	91.0	13.0	0.10
Extra Virgin Olive Oil with Balsamic Vinegar	20	124	0.1	1.6	1.2	13.0	1.8	0.02	619	0.5	8.0	6.0	65.0	9.0	0.10

P8 2019 - Nutritionals

Updated June 2019

	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																
Veggie																
Individual Pan (9")	496	6	164	6.1	20.3	1.4	6.4	2.2	0.54	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	0.84	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	0.67	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	0.81	162	7.7	21.6	2.0	4.9	2.5	0.7
Individual Stuffed Crust (11")	596	6	199	10.2	20.7	1.5	8.2	4.8	0.97	200	10.3	20.9	1.5	8.3	4.8	1.0
Sharing Stuffed Crust (14")	1157	8	273	13.6	31.5	2.3	10.1	5.7	1.32	189	9.4	21.8	1.6	7.0	4.0	0.9
Cheesy Bites (14")	1157	8	273	13.6	31.5	2.3	10.1	5.7	1.32	189	9.4	21.8	1.6	7.0	4.0	0.9
Gluten Free (9" Square)	447	6	148	3.9	21.0	2.3	5.0	1.9	0.51	198	5.2	28.2	3.1	6.7	2.5	0.7
Pepperoni																
Individual Pan (9")	407	6	185	6.8	19.0	0.8	8.9	3.2	0.73	272	10.0	28.0	1.2	13.2	4.7	1.1
Sharing Pan (13")	843	8	283	10.5	30.2	1.2	13.2	4.7	1.13	269	10.0	28.6	1.1	12.6	4.5	1.1
Individual Thin (11")	403	6	164	7.4	19.3	0.8	6.3	2.9	0.86	245	11.0	28.8	1.1	9.3	4.3	1.3
Sharing Thin (14")	671	8	208	9.5	21.5	1.1	9.1	4.2	1.09	248	11.3	25.7	1.3	10.9	5.1	1.3
Individual Stuffed Crust (11")	507	6	219	11.0	19.4	0.9	10.7	5.8	1.16	260	13.0	23.0	1.0	12.7	6.8	1.4
Sharing Stuffed Crust (14")	947	8	302	14.6	29.2	1.3	13.9	7.2	1.60	255	12.3	24.7	1.1	11.7	6.1	1.4
Cheesy Bites (14")	947	8	302	14.6	29.2	1.3	13.9	7.2	1.60	255	12.3	24.7	1.1	11.7	6.1	1.4
Gluten Free (9" Square)	358	6	169	4.6	19.7	1.7	7.5	2.9	0.70	282	7.7	33.0	2.8	12.6	4.8	1.2
Chicken Supreme																
Individual Pan (9")	485	6	175	8.5	20.4	2.2	6.5	2.2	0.62	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	0.98	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	0.74	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	0.94	184	11.8	22.2	3.3	5.1	2.6	0.9
Individual Stuffed Crust (11")	585	6	210	12.6	20.8	2.2	8.3	4.8	1.05	216	13.0	21.4	2.3	8.5	4.9	1.1
Sharing Stuffed Crust (14")	1140	8	293	17.8	31.6	3.7	10.3	5.7	1.45	205	12.5	22.2	2.6	7.2	4.0	1.0
Cheesy Bites (14")	1140	8	293	17.8	31.6	3.7	10.3	5.7	1.45	205	12.5	22.2	2.6	7.2	4.0	1.0
Gluten Free (9" Square)	436	6	159	6.3	21.1	3.1	5.1	1.9	0.59	219	8.7	29.0	4.2	7.0	2.6	0.8
Margherita																
Individual Pan (9")	410	6	173	6.8	19.2	0.9	7.6	2.9	0.62	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	0.97	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	0.75	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	0.93	226	11.3	25.9	1.5	8.4	4.5	1.1
Individual Stuffed Crust (11")	509	6	208	11.0	19.6	1.0	9.4	5.5	1.05	245	12.9	23.1	1.1	11.1	6.5	1.2
Sharing Stuffed Crust (14")	951	8	285	14.6	29.5	1.4	11.8	6.8	1.44	240	12.3	24.8	1.2	10.0	5.7	1.2
Cheesy Bites (14")	951	8	285	14.6	29.5	1.4	11.8	6.8	1.44	240	12.3	24.8	1.2	10.0	5.7	1.2
Gluten Free (9" Square)	361	6	157	4.6	19.9	1.8	6.1	2.6	0.60	262	7.7	33.1	3.0	10.2	4.3	1.0
Meat Feast																
Individual Pan (9")	468	6	192	9.2	19.3	1.0	8.6	3.1	0.84	247	11.8	24.8	1.3	11.1	3.9	1.1
Sharing Pan (13")	1000	8	299	14.6	30.7	1.5	13.0	4.7	1.32	239	11.7	24.6	1.2	10.4	3.7	1.1
Individual Thin (11")	473	6	172	9.7	19.7	1.0	5.9	2.8	0.97	219	12.4	25.0	1.2	7.6	3.5	1.2
Sharing Thin (14")	828	8	224	13.6	22.1	1.5	8.9	4.2	1.28	216	13.1	21.4	1.4	8.6	4.0	1.2
Individual Stuffed Crust (11")	576	6	228	13.2	19.9	1.1	10.5	5.7	1.29	237	13.8	20.7	1.1	10.9	5.9	1.3
Sharing Stuffed Crust (14")	1105	8	318	18.7	29.8	1.6	13.6	7.1	1.79	230	13.5	21.6	1.2	9.9	5.2	1.3
Cheesy Bites (14")	1105	8	318	18.7	29.8	1.6	13.6	7.1	1.79	230	13.5	21.6	1.2	9.9	5.2	1.3
Gluten Free (9" Square)	428	6	176	7.0	20.0	1.9	7.2	2.8	0.82	248	9.8	28.1	2.6	10.1	3.9	1.1
Supreme																
Individual Pan (9")	522	6	196	8.5	20.2	1.3	9.0	3.1	0.85	225	9.7	23.2	1.5	10.3	3.5	1.0
Sharing Pan (13")	1116	8	307	13.6	32.3	2.1	13.7	4.7	1.39	220	9.7	23.1	1.5	9.8	3.4	1.0
Individual Thin (11")	518	6	176	9.0	20.5	1.3	6.3	2.8	0.98	204	10.5	23.8	1.5	7.3	3.2	1.1
Sharing Thin (14")	944	8	232	12.5	23.6	2.1	9.5	4.2	1.35	197	10.6	20.0	1.7	8.1	3.6	1.1
Individual Stuffed Crust (11")	621	6	231	12.6	20.6	1.4	10.8	5.7	1.28	223	12.2	19.9	1.3	10.4	5.5	1.2
Sharing Stuffed Crust (14")	1223	8	327	17.7	31.5	2.2	14.3	7.2	1.86	214	11.6	20.6	1.4	9.4	4.7	1.2
Cheesy Bites (14")	1223	8	327	17.7	31.5	2.2	14.3	7.2	1.86	214	11.6	20.6	1.4	9.4	4.7	1.2
Gluten Free (9" Square)	473	6	181	6.3	20.5	2.2	7.8	2.8	0.82	230	8.0	26.0	2.8	9.9	3.6	1.0

P8 2019 - Nutritionals

Updated June 2019

	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	0.86	226	11.4	25.5	3.0	8.5	2.9	1.01
Sharing Pan (13")	1094	8	304	16.1	34.5	4.0	11.0	3.9	1.40	222	11.8	25.3	2.9	8.1	2.9	1.02
Individual Thin (11")	507	6	173	10.3	22.3	2.6	4.6	2.2	1.00	205	12.2	26.4	3.1	5.4	2.6	1.19
Sharing Thin (14")	922	8	230	15.0	26.3	4.0	6.9	3.4	1.39	199	13.0	22.8	3.5	6.0	2.9	1.20
Individual Stuffed Crust (11")	613	6	229	13.9	22.4	2.7	9.0	5.1	1.29	224	13.7	21.9	2.6	8.9	5.0	1.26
Sharing Stuffed Crust (14")	1198	8	323	20.2	33.6	4.1	11.7	6.4	1.88	215	13.5	22.4	2.7	7.8	4.2	1.25
Cheesy Bites (14")	1198	8	323	20.2	33.6	4.1	11.7	6.4	1.88	215	13.5	22.4	2.7	7.8	4.2	1.25
Gluten Free (9" Square)	462	6	178	7.6	22.9	3.7	5.8	2.2	0.86	229	9.7	29.4	4.8	7.5	2.8	1.10
Hawaiian																
Individual Pan (9")	464	6	168	7.4	19.8	1.6	6.5	2.2	0.74	217	9.5	25.6	2.1	8.4	2.8	0.96
Sharing Pan (13")	970	8	259	11.4	31.6	2.7	9.5	3.2	1.15	213	9.4	26.1	2.2	7.9	2.7	0.94
Individual Thin (11")	460	6	148	7.9	20.1	1.6	3.8	1.9	0.87	192	10.3	26.3	2.1	4.9	2.4	1.13
Sharing Thin (14")	798	8	184	10.3	23.0	2.6	5.4	2.7	1.11	184	10.4	23.0	2.6	5.4	2.7	1.11
Individual Stuffed Crust (11")	564	6	202	11.5	20.2	1.7	8.3	4.8	1.17	216	12.3	21.5	1.8	8.8	5.1	1.24
Sharing Stuffed Crust (14")	1074	8	277	15.4	30.6	2.8	10.2	5.7	1.62	207	11.5	22.8	2.1	7.6	4.2	1.21
Cheesy Bites (14")	1074	8	277	15.4	30.6	2.8	10.2	5.7	1.62	207	11.5	22.8	2.1	7.6	4.2	1.21
Gluten Free (9" Square)	415	6	152	5.2	20.5	2.5	5.0	1.8	0.72	219	7.5	29.7	3.6	7.3	2.7	1.03
Philly Cheese Steak																
Individual Pan (9")	585	6	232	12.1	21.1	2.2	11.0	5.1	0.94	238	12.4	21.6	2.3	11.2	5.2	0.96
Sharing Pan (13")	1211	8	356	18.4	33.6	3.7	16.3	7.6	1.45	235	12.2	22.2	2.4	10.8	5.0	0.95
Individual Thin (11")	581	6	213	12.6	21.6	2.3	8.3	4.8	1.08	219	13.0	22.3	2.3	8.5	5.0	1.12
Sharing Thin (14")	1039	8	281	17.4	25.3	3.7	12.2	7.1	1.43	217	13.4	19.5	2.9	9.4	5.5	1.10
Individual Stuffed Crust (11")	685	6	267	16.2	21.5	2.3	12.8	7.7	1.37	234	14.2	18.8	2.0	11.2	6.7	1.20
Sharing Stuffed Crust (14")	1317	8	375	22.5	32.8	3.8	16.9	10.1	1.92	228	13.7	19.9	2.3	10.3	6.1	1.17
Cheesy Bites (14")	1317	8	375	22.5	32.8	3.8	16.9	10.1	1.92	228	13.7	19.9	2.3	10.3	6.1	1.17
Gluten Free (9" Square)	536	6	217	9.8	22.0	3.2	9.5	4.8	0.93	242	11.0	24.6	3.6	10.7	5.3	1.04
Texas Meat Meltown																
Individual Pan (9")	499	6	218	9.7	21.1	2.4	10.4	3.6	1.06	262	11.7	25.4	2.8	12.5	4.3	1.27
Sharing Pan (13")	1052	8	341	15.6	33.5	3.6	15.9	5.6	1.68	259	11.9	25.4	2.7	12.1	4.3	1.28
Individual Thin (11")	495	6	198	10.2	21.7	2.4	7.7	3.3	1.20	241	12.4	26.3	2.9	9.3	4.0	1.45
Sharing Thin (14")	860	8	282	14.5	25.5	3.7	13.6	5.1	1.44	263	13.5	23.7	3.4	12.7	4.8	1.34
Individual Stuffed Crust (11")	600	6	254	13.9	21.8	2.4	12.2	6.2	1.48	254	13.9	21.8	2.4	12.1	6.2	1.48
Sharing Stuffed Crust (14")	1157	8	360	19.7	32.5	3.7	16.6	8.1	2.16	249	13.6	22.5	2.5	11.4	5.6	1.49
Cheesy Bites (14")	1157	8	360	19.7	32.5	3.7	16.6	8.1	2.16	249	13.6	22.5	2.5	11.4	5.6	1.49
Gluten Free (9" Square)	450	6	169	5.8	22.2	3.5	5.9	2.2	0.73	249	8.5	32.8	5.1	8.7	3.2	1.07
Vegan Hot 'N' Spicy Veg																
Individual Pan (9")	479	6	161	3.7	22.4	2.3	6.2	2.6	0.8	202	4.7	28.1	2.9	7.8	3.2	1.0
Sharing Pan (13")	990	8	247	5.9	35.3	3.5	9.1	3.9	1.2	200	4.8	28.5	2.8	7.3	3.1	1.0
Individual Thin (11")	475	6	140	4.1	22.9	2.1	3.8	2.3	0.8	177	5.2	28.9	2.7	4.8	2.9	1.0
Sharing Thin (14")	818	8	171	4.7	26.8	3.2	5.3	3.3	1.0	167	4.6	26.2	3.1	5.2	3.2	1.0
Gluten Free (9" Square)	430	6	145	1.5	23.1	3.1	4.7	2.3	0.7	202	2.1	32.3	4.3	6.6	3.2	1.0
Hot 'N' Spicy Veg																
Individual Pan (9")	499	6	175	6.2	20.9	2.4	7.3	2.9	0.76	211	7.5	25.1	2.9	8.8	3.5	0.91
Sharing Pan (13")	1030	8	269	9.6	33.0	3.6	10.8	4.3	1.18	209	7.5	25.6	2.8	8.4	3.4	0.91
Individual Thin (11")	495	6	154	6.6	21.4	2.2	4.9	2.6	0.76	187	8.0	25.9	2.7	6.0	3.1	0.92
Sharing Thin (14")	858	8	192	8.4	24.5	3.3	7.0	3.8	0.99	179	0.7	22.8	3.1	6.5	3.5	0.93
Individual Stuffed Crust (11")	599	6	210	10.4	21.3	2.4	9.1	5.5	1.18	210	10.4	21.4	2.4	9.1	5.5	1.18
Sharing Stuffed Crust (14")	1134	8	287	13.7	32.0	3.5	11.4	6.8	1.63	202	9.7	22.6	2.5	8.0	4.7	1.15
Cheesy Bites (14")	1134	8	287	13.7	32.0	3.5	11.4	6.8	1.63	202	9.7	22.6	2.5	8.0	4.7	1.15
Gluten Free (9" Square)	450	6	159	4.0	21.6	3.2	5.9	2.6	0.72	212	5.3	28.8	4.2	7.8	3.4	0.96

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Updated June 2019

	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")	511	6	182	8.4	20.3	1.7	7.4	2.9	0.85	214	9.9	23.8	2.0	8.7	3.4	0.99
Sharing Pan (13")	1077	8	282	13.3	32.3	2.7	10.9	4.4	1.32	210	9.9	24.0	2.0	8.1	3.3	0.98
Individual Thin (11")	507	6	162	8.8	21.0	1.7	5.0	2.6	0.87	192	10.4	24.9	2.0	5.9	3.1	1.03
Sharing Thin (14")	905	8	207	12.1	24.2	2.7	7.1	3.9	1.17	183	10.7	21.4	2.4	6.3	3.4	1.04
Individual Stuffed Crust (11")	611	6	217	12.6	20.7	1.8	9.2	5.5	1.27	213	12.3	20.4	1.8	9.0	5.4	1.25
Sharing Stuffed Crust (14")	1181	8	301	17.4	31.3	2.8	11.6	6.9	1.79	204	11.8	21.2	1.9	7.8	4.6	1.21
Cheesy Bites (14")	1181	8	301	17.4	31.3	2.8	11.6	6.9	1.79	204	11.8	21.2	1.9	7.8	4.6	1.21
Gluten Free (9" Square)	462	6	166	6.2	21.0	2.5	5.9	2.6	0.81	215	8.0	27.3	3.2	7.7	3.4	1.05
The G.O.A.T																
Individual Pan (9")	514	6	189	7.2	22.1	3.3	7.9	3.2	0.66	220	8.4	25.7	3.8	9.2	3.7	0.77
Sharing Pan (13")	1076	8	289	11.1	34.5	5.0	11.6	4.8	1.03	215	8.3	25.7	3.7	8.6	3.5	0.76
Individual Thin (11")	510	6	167	7.6	22.5	3.1	5.4	2.8	0.66	197	8.9	26.5	3.6	6.4	3.3	0.77
Sharing Thin (14")	904	8	212	9.9	26.0	4.7	7.8	4.2	0.84	188	8.7	23.0	4.2	6.9	3.7	0.75
Individual Stuffed Crust (11")	614	6	223	11.3	22.5	3.3	9.6	5.8	1.09	219	11.1	22.0	3.3	9.4	5.6	1.06
Sharing Stuffed Crust (14")	1180	8	307	15.2	33.6	5.1	12.2	7.2	1.50	208	10.3	22.7	3.5	8.3	4.9	1.02
Cheesy Bites (14")	1180	8	307	15.2	33.6	5.1	12.2	7.2	1.50	208	10.3	22.7	3.5	8.3	4.9	1.02
Gluten Free (9" Square)	465	6	172	5.0	22.8	4.0	6.4	2.9	0.62	222	6.4	29.4	5.2	8.3	3.7	0.80
BBQ Jack 'N' Cheese																
Individual Pan (9")	513	6	173	6.1	21.9	2.6	6.7	2.2	0.68	203	7.1	25.6	3.0	7.8	2.6	0.80
Sharing Pan (13")	1083	8	268	9.5	34.8	4.1	9.8	3.3	1.06	198	7.0	25.7	3.0	7.3	2.4	0.78
Individual Thin (11")	509	6	152	6.5	22.3	2.4	4.2	1.9	0.68	179	7.7	26.3	2.8	5.0	2.2	0.80
Sharing Thin (14")	911	8	192	8.3	26.4	3.8	6.0	2.7	0.88	169	7.3	23.2	3.3	5.3	2.4	0.77
Individual Stuffed Crust (11")	612	6	208	10.3	22.3	2.7	8.4	4.8	1.11	204	10.1	21.8	2.6	8.3	4.7	1.09
Sharing Stuffed Crust (14")	1187	8	287	13.6	33.9	4.2	10.5	5.8	1.54	193	9.2	22.8	2.8	7.1	3.9	1.04
Cheesy Bites (14")	1187	8	287	13.6	33.9	4.2	10.5	5.8	1.54	193	9.2	22.8	2.8	7.1	3.9	1.04
Gluten Free (9" Square)	464	6	157	3.9	22.6	3.4	5.2	1.9	0.64	203	5.0	29.2	4.3	6.7	2.4	0.83
Pizza Colada																
Individual Pan (9")	536	6	174	6.1	22.0	2.8	6.7	2.2	0.65	194	6.8	24.6	3.2	7.4	2.4	0.73
Sharing Pan (13")	1143	8	270	9.5	35.3	4.6	9.9	3.3	1.02	189	6.7	24.7	3.2	6.9	2.3	0.71
Individual Thin (11")	532	6	153	6.5	22.5	2.6	4.2	1.9	0.65	172	7.3	25.4	3.0	4.8	2.1	0.73
Sharing Thin (14")	971	8	194	8.3	26.8	4.3	6.1	2.7	0.83	160	6.8	22.1	3.6	5.0	2.3	0.69
Individual Stuffed Crust (11")	636	6	209	10.3	22.4	2.9	8.5	4.8	1.08	197	9.7	21.2	2.7	8.0	4.5	1.02
Sharing Stuffed Crust (14")	1247	8	289	13.6	34.4	4.7	10.5	5.8	1.49	185	8.7	22.0	3.0	6.7	3.7	0.96
Cheesy Bites (14")	1247	8	289	13.6	34.4	4.7	10.5	5.8	1.49	185	8.7	22.0	3.0	6.7	3.7	0.96
Gluten Free (9" Square)	464	6	158	4.1	22.8	3.5	5.2	1.9	0.67	204	5.0	29.5	4.6	6.7	2.4	0.86
Go Epic Pizzas																
Epic Pepperoni																
Individual Pan (9")	438	6	214	8.8	18.7	0.6	11.5	4.4	1.01	293	12.0	25.6	0.8	15.8	6.0	1.38
Sharing Pan (13")	913	8	331	13.7	29.7	0.8	17.4	6.7	1.59	290	12.0	26.0	0.7	15.3	5.8	1.40
Individual Thin (11")	434	6	194	9.3	19.0	0.5	8.8	4.1	1.14	268	12.9	26.3	0.7	12.2	5.6	1.57
Sharing Thin (14")	741	8	256	12.7	21.1	0.8	13.3	6.1	1.56	276	13.7	22.7	0.8	14.4	6.6	1.68
Individual Stuffed Crust (11")	538	6	249	12.9	19.1	0.6	13.3	7.0	1.44	277	14.4	21.3	0.7	14.8	7.8	1.60
Sharing Stuffed Crust (14")	1017	8	350	17.8	28.7	0.9	18.1	9.1	2.07	275	14.0	22.6	0.7	14.2	7.2	1.63
Cheesy Bites (14")	1017	8	350	17.8	28.7	0.9	18.1	9.1	2.07	275	14.0	22.6	0.7	14.2	7.2	1.63
Gluten Free (9" Square)	389	6	198	6.6	19.4	1.4	10.1	4.1	0.98	305	10.1	29.9	2.2	15.5	6.2	1.52
Epic Meat Feast																
Individual Pan (9")	489	6	201	10.7	19.1	0.7	9.0	3.4	0.93	246	13.2	23.5	0.9	11.0	4.1	1.14
Sharing Pan (13")	1009	8	308	16.5	30.3	1.1	13.3	5.1	1.43	244	13.1	24.0	0.8	10.6	4.0	1.13
Individual Thin (11")	485	6	181	11.3	19.4	0.7	6.3	3.1	1.06	223	14.0	24.1	0.8	7.8	3.8	1.31
Sharing Thin (14")	837	8	233	15.5	21.7	1.0	9.2	4.5	1.39	222	14.8	20.7	1.0	8.8	4.3	1.33
Individual Stuffed Crust (11")	588	6	236	14.8	19.6	0.8	10.8	6.0	1.38	241	15.1	20.0	0.8	11.1	6.1	1.41
Sharing Stuffed Crust (14")	1114	8	327	20.6	29.4	1.2	14.0	7.5	1.90	235	14.8	21.1	0.8	10.0	5.4	1.37
Cheesy Bites (14")	1114	8	327	20.6	29.4	1.2	14.0	7.5	1.90	235	14.8	21.1	0.8	10.0	5.4	1.37
Gluten Free (9" Square)	440	6	198	8.7	19.9	1.6	8.9	3.5	1.00	270	11.9	27.1	2.1	12.2	4.8	1.36

P8 2019 - Nutritionals

Updated June 2019

	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)	
Epic Veggie																	
Individual Pan (9")	515	6	177	7.0	19.8	1.6	7.7	2.9	0.62	206	8.1	23.1	1.8	9.0	3.3	0.73	
Sharing Pan (13")	1061	8	271	10.8	31.3	2.3	11.4	4.3	0.97	205	8.1	23.6	1.7	8.6	3.2	0.73	
Individual Thin (11")	511	6	157	7.6	20.2	1.5	5.0	2.6	0.75	184	8.9	23.7	1.8	5.9	3.0	0.88	
Sharing Thin (14")	889	8	196	9.8	22.7	2.2	7.2	3.8	0.93	176	8.8	20.4	2.0	6.5	3.4	0.84	
Individual Stuffed Crust (11")	615	6	212	11.2	20.2	1.6	9.5	5.5	1.05	207	10.9	19.8	1.6	9.3	5.3	1.03	
Sharing Stuffed Crust (14")	1165	8	290	14.9	30.4	2.4	12.0	6.8	1.44	199	10.2	20.8	1.6	8.2	4.6	0.99	
Cheesy Bites (14")	1165	8	290	14.9	30.4	2.4	12.0	6.8	1.44	199	10.2	20.8	1.6	8.2	4.6	0.99	
Gluten Free (9" Square)	466	6	161	4.8	20.5	2.4	6.3	2.6	0.60	207	6.2	26.4	3.1	8.1	3.3	0.77	
Epic Chicken Supreme																	
Individual Pan (9")	541	6	185	8.7	19.9	1.3	7.7	3.1	0.69	205	9.6	22.0	1.4	8.5	3.5	0.76	
Sharing Pan (13")	1130	8	286	13.8	31.6	2.0	11.4	4.7	1.08	202	9.7	22.3	1.4	8.1	3.3	0.76	
Individual Thin (11")	537	6	164	9.1	20.3	1.1	5.3	2.8	0.69	183	10.1	22.7	1.2	5.9	3.1	0.77	
Sharing Thin (14")	958	8	209	12.5	23.1	1.7	7.6	4.1	0.89	175	10.5	19.3	1.4	6.3	3.4	0.75	
Individual Stuffed Crust (11")	641	6	219	12.9	20.3	1.3	9.5	5.7	1.12	206	12.0	19.0	1.3	8.9	5.3	1.05	
Sharing Stuffed Crust (14")	1234	8	304	17.9	30.6	2.1	12.0	7.1	1.55	197	11.6	19.8	1.4	7.8	4.6	1.00	
Cheesy Bites (14")	1234	8	304	17.9	30.6	2.1	12.0	7.1	1.55	197	11.6	19.8	1.4	7.8	4.6	1.00	
Gluten Free (9" Square)	492	6	168	6.5	20.6	2.0	6.2	2.8	0.65	205	7.9	25.1	2.5	7.6	3.4	0.79	
Vegan BBQ Jack N Ch**se																	
Individual Pan (9")	493	6	165.6	3.9	23.3	2.4	6.2	2.6	0.7	201.6	4.7	28.3	2.9	7.5	3.2	0.9	
Sharing Pan (13")	1043	8	257.2	6.2	37.0	3.7	9.2	4.0	1.1	197.2	4.7	28.4	2.8	7.0	3.0	0.8	
Individual Thin (11")	489	6	145.5	4.2	24.0	2.4	3.8	2.3	0.7	178.5	5.2	29.4	2.9	4.7	2.8	0.9	
Sharing Thin (14")	871	8	182.1	4.9	28.9	3.7	5.4	3.4	1.0	167.3	4.5	26.5	3.4	4.9	3.1	0.9	
Gluten Free (9" Square)	474	6	164.0	1.8	26.7	3.2	5.1	2.4	0.7	198.1	2.3	33.8	4.1	6.4	3.0	0.9	
Vegan Margherita																	
Individual Pan (9")	409.5	6	176.0	3.5	22.1	0.5	8.1	4.6	0.8	257.9	5.1	32.4	0.7	11.9	6.8	1.1	
Sharing Pan (13")	847	8	270.4	5.5	34.8	0.7	12.0	7.0	1.2	255.4	5.2	32.9	0.7	11.3	6.6	1.1	
Individual Thin (11")	405.5	6	155.9	3.8	22.8	0.5	5.7	4.3	0.8	230.7	5.7	33.8	0.7	8.4	6.4	1.2	
Sharing Thin (14")	675	8	195.4	4.3	26.7	0.7	8.2	6.4	1.0	231.5	5.1	31.7	0.8	9.7	7.6	1.2	
Gluten Free (9" Square)	352.5	6	159.7	2.6	18.5	1.2	8.1	5.5	0.8	271.8	4.4	31.6	2.1	13.8	9.3	1.3	
Vegan Veggie																	
Individual Pan (9")	476	6	155.5	3.8	21.5	1.1	6.0	2.6	0.6	196.1	4.8	27.1	1.4	7.5	3.3	0.7	
Sharing Pan (13")	1012	8	241.5	6.1	34.2	1.8	8.8	3.9	0.9	190.9	4.9	27.0	1.4	6.9	3.1	0.7	
Individual Thin (11")	472	6	135.4	4.2	2.2	1.1	3.5	2.3	0.6	172.1	5.4	2.8	1.4	4.5	2.9	0.7	
Sharing Thin (14")	840	8	166.5	4.9	26.1	1.8	5.0	3.4	0.7	158.6	4.7	24.8	1.7	4.8	3.2	0.7	
Gluten Free (9" Square)	457	6	154.9	1.8	25.1	2.2	4.8	2.3	0.6	203.3	2.4	32.9	2.8	6.3	3.1	0.8	
		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	278	440	33.1	47.7	5.8	16.6	5.8	2.09	159	11.9	17.2	2.1	6.0	2.1	0.75		
Virtuous Veg	304	375	18.3	48.3	6.9	11.7	5.5	1.71	123	6.0	15.9	2.3	3.9	1.8	0.56		
Ham & Garlic Mushroom	315	457	24.3	47.4	5.2	19.0	6.9	2.44	145	7.7	15.1	1.6	6.0	2.2	0.78		
Tuna & Sweetcom	282	457	24.0	53.4	7.2	16.9	6.1	1.65	162	8.5	18.9	2.6	6.0	2.2	0.59		
BBQ Steak N' Chicken	318.5	535	39.1	55.2	11.8	18.0	7.9	2.48	168	12.3	17.3	3.7	5.6	2.5	0.78		
Vegan Virtuous Veg	289.5	332	11.0	52.9	6.2	9.1	6.5	1.50	115	3.8	18.3	2.1	3.1	2.3	0.52		
Pizza Colada Flatbread	345.5	453	18.6	63.3	15.1	14.2	5.8	2.02	131	5.4	18.3	4.4	4.1	1.7	0.58		
Vegan Pizza Colada Flatbread	335.5	431	11.8	67.5	14.3	12.8	7.1	2.10	128	3.5	20.1	4.3	3.8	2.1	0.63		

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	Average Weight of Product (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)	
Pastas																
Beef Lasagne	450	790	37.5	65.5	16.4	42.8	20.6	3.16	176	8.3	14.5	3.6	9.5	4.6	0.70	
Mac 'N' Cheese	460	824	38.0	80.8	6.8	37.9	22.8	3.54	179	8.3	17.6	1.5	8.2	4.9	0.77	
Mac 'N' Cheese with Pulled Chicken	492	867	43.9	82.3	6.8	39.5	23.1	3.86	176	8.9	16.7	1.4	8.0	4.7	0.78	
Garlic Mushroom Mac 'N' Cheese	570	891	42.0	83.4	7.6	42.0	24.9	4.08	156	7.4	14.6	1.3	7.4	4.4	0.72	
All American Mains																
Rack of Ribs																
Rack of Pork Ribs	373	787	58.2	41.8	33.2	43.3	15.7	3.79	211	15.6	11.2	8.9	11.6	4.2	1.02	
Chicken Melts																
BBQ Americano Chicken Melt	249	396	54.2	8.7	5.5	16.0	7.9	4.44	159	21.8	3.5	2.2	6.4	3.2	1.78	
Garlic Mushroom Chicken Melt	276	447	52.1	5.9	2.6	23.7	13.1	4.08	162	18.9	2.1	0.9	8.6	4.7	1.48	
Pepperoni Chicken Melt	261.7	440	54.3	6.3	3.8	22.0	10.3	4.35	168	20.7	2.4	1.4	8.4	3.9	1.66	
Naked Chicken	194	246	44.5	3.7	2.0	6.0	1.5	3.34	127	23.0	1.9	1.1	3.1	0.8	1.72	
Sides for Chicken Melts and Ribs																
Fries (Fried)	250	673	8.3	95.8	1.0	30.3	2.3	2.31	269	3.3	38.3	0.4	12.1	0.9	0.92	
Fries (Oven Baked)	230	355	5.5	52.7	2.1	14.3	1.7	1.15	154	2.4	22.9	0.9	6.2	0.7	0.50	
Onion rings (Fried)	140	404	6.2	47.5	3.5	22.1	1.5	1.58	212	3.2	24.8	1.8	11.6	0.8	0.83	
Onion rings (Baked)	138	259	4.0	45.4	6.5	11.3	2.1	1.35	86	1.3	15.1	2.2	3.8	0.7	0.45	
Corn on the Cob x3	158	203	6.3	28.1	17.2	4.7	0.8	0.01	129	4.0	17.8	10.9	3.0	0.5	0.01	
Corn on the Cob x5	262	328	10.4	46.8	28.6	6.7	1.2	0.01	125	4.0	17.9	10.9	2.6	0.5	0.00	
Buffet																
Buffet Pasta																
4 Cheese & Spinach Pasta	225	243	9.2	30.8	6.5	8.8	5.4	1.18	108	4.1	13.7	2.9	3.9	2.4	0.58	
Bolognese Pasta	225	252	10.6	39.8	5.4	5.0	1.8	1.37	112	4.7	17.7	2.4	2.2	0.8	0.61	
Penne Pasta	100	265	7.1	39.8	1.2	8.7	1.1	0.30	265	7.1	39.8	1.2	8.7	1.1	0.30	
Cheese Sauce	100	128	3.7	5.7	2.4	10.0	4.7	0.51	128	3.7	5.7	2.4	10.0	4.7	0.51	
Marinara Sauce	100	87	1.7	5.3	5.1	6.4	0.8	0.58	87	1.7	5.3	5.1	6.4	0.8	0.58	
Marinara Pasta Bake	225	273	6.3	33.0	7.9	12.8	1.7	0.93	121.4	2.8	14.6	3.5	5.7	0.8	0.41	
4 Cheese and Spinach Pasta Bake	225	245	9.7	26.5	6.1	10.8	5.5	1.41	108.5	4.3	11.8	2.7	4.8	2.4	0.63	
Breadsticks																
Breadsticks	100	245	8.0	42.3	0.0	4.7	2.0	0.86	245	8.0	42.3	0.0	4.7	2.0	0.86	

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	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	0.49	268	10.4	30.2	2.2	11.3	4.3	0.96
Sharing Pan (13")	847	12	187	7.3	21.7	1.5	7.6	2.9	0.68	265	10.3	30.8	2.2	10.7	4.2	0.96
Individual Thin (11")	404	8	116	5.5	14.6	0.6	3.8	1.9	0.93	229	10.9	29.0	1.3	7.5	3.8	0.19
Hawaiian																
Individual Pan (9")	462	8	132	5.7	15.9	1.7	5.0	1.7	0.64	229	9.9	27.5	2.9	8.6	2.9	1.11
Sharing Pan (13")	844	12	181	7.8	22.5	2.4	6.5	2.3	0.88	258	11.1	32.0	3.4	9.3	3.2	1.25
Individual Thin (11")	459	8	112	5.9	15.1	1.2	2.9	1.4	0.65	194	10.3	26.3	2.1	5.1	2.5	1.13
Pepperoni																
Individual Pan (9")	406	8	145	5.5	15.2	1.0	6.8	2.1	0.57	287	10.8	30.0	2.1	13.4	4.2	1.13
Sharing Pan (13")	1053	12	198	7.5	21.5	1.4	9.0	2.8	0.79	226	8.6	24.5	1.6	10.2	3.2	0.89
Individual Thin (11")	402	8	125	5.5	14.5	0.6	4.8	2.2	0.64	248	11.0	28.8	1.1	9.6	4.3	1.28
BBQ Americano																
Individual Pan (9")	512	8	151	7.6	17.6	2.6	5.5	1.9	0.68	237	11.8	27.5	4.1	8.5	2.9	1.07
Sharing Pan (13")	1090	12	210	11.1	24.4	3.2	7.4	2.6	0.97	231	12.2	26.8	3.5	8.1	2.8	1.07
Individual Thin (11")	511	8	133	7.8	17.1	2.2	3.4	1.5	0.76	208	12.2	26.7	3.5	5.4	2.4	1.20
BBQ Beef & Onion																
Individual Pan (9")	509	8	154	5.9	18.2	2.8	6.3	2.3	0.59	242	9.2	28.5	4.4	9.8	3.6	0.93
Sharing Pan (13")	1080	12	211	8.3	25.2	3.5	8.4	3.2	0.81	235	9.2	28.0	3.9	9.3	3.5	0.90
Individual Thin (11")	508	8	137	6.1	17.6	2.4	4.3	2.0	0.67	215	9.6	27.8	3.8	6.8	3.1	1.06
Three Cheese & Caramelised Onion																
Individual Pan (9")	505	8	127	4.5	16.2	2.0	4.8	1.6	0.44	202	7.1	25.6	3.1	7.6	2.6	0.69
Sharing Pan (13")	1062	12	174	6.2	22.9	2.9	6.2	2.2	0.61	196	7.0	25.9	3.2	7.0	2.5	0.69
Individual Thin (11")	483	8	141	6.5	16.5	1.7	5.2	2.6	0.64	233	10.8	27.4	2.8	8.7	4.3	1.06
Simply Veggie																
Individual Pan (9")	494	8	128	4.7	16.1	1.4	4.9	1.7	0.43	208	7.6	26.0	2.3	7.9	2.7	0.70
Sharing Pan (13")	1053	12	177	6.6	23.1	2.0	6.3	2.3	0.60	201	7.5	26.3	2.3	7.2	2.6	0.68
Individual Thin (11")	481	8	144	6.6	20.4	1.4	3.8	1.8	0.67	180	8.2	4.2	1.7	4.7	0.3	0.84
Chicken & Sweetcorn																
Individual Pan (9")	474	8	131	6.4	15.0	1.0	4.9	1.7	0.46	221	10.9	2.5	1.6	8.3	2.8	0.78
Sharing Pan (13")	1010	12	182	9.3	21.3	1.4	6.5	2.2	0.65	216	11.0	2.5	1.6	7.7	2.7	0.77
Individual Thin (11")	470	8	115	6.7	15.3	0.8	3.1	1.4	0.46	196	11.4	2.6	1.4	5.3	2.4	0.78
Veggie Hot																
Individual Pan (9")	469	8	120	4.4	14.8	1.2	4.7	1.6	0.41	205	7.5	2.5	2.0	8.1	2.7	0.70
Sharing Pan (13")	989	12	165	6.1	21.0	1.7	6.2	2.1	0.57	200	7.4	2.5	2.0	7.5	2.5	0.69
Individual Thin (11")	465	8	104	4.7	15.2	1.0	2.9	1.3	0.41	179	8.1	2.6	1.8	5.0	2.3	0.70
Chicken and Jalapeno																
Individual Pan (9")	427	8	123	5.3	14.4	0.7	4.8	1.6	0.50	230	10.0	26.9	1.4	9.0	3.0	0.93
Sharing Pan (13")	894	12	169	7.5	20.3	1.0	6.3	2.1	0.69	227	10.1	27.2	1.3	8.5	2.9	0.93
Individual Thin (11")	423	8	107	5.6	14.7	0.6	3.0	1.4	0.49	202	10.6	27.8	1.1	5.7	2.6	0.93
Ham and Mushroom																
Individual Pan (9")	447	8	124	5.6	14.2	0.8	4.9	1.6	0.57	221	9.9	25.5	1.4	8.7	2.9	1.01
Sharing Pan (13")	930	12	169	7.6	20.1	1.0	6.4	2.2	0.78	218	9.8	25.9	1.3	8.2	2.8	1.00
Individual Thin (11")	443	8	108	6.0	14.5	0.6	2.8	1.4	0.65	196	10.8	26.2	1.2	5.1	2.5	1.18

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	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)
Sides															
Fries (Oven Baked)	230	355	5.5	52.7	2.1	14.3	1.7	1.15	154	2.4	22.9	0.9	6.2	0.7	0.50
Fries (Fried)	250	673	8.3	95.8	1.0	30.3	2.3	2.31	269	3.3	38.3	0.4	12.1	0.9	0.92
Onion Rings (Oven Baked)	138	259	4.0	45.4	6.5	11.3	2.1	1.35	86	1.3	15.1	2.2	3.8	0.7	0.45
Onion Rings (Fried)	140	404	6.2	47.5	3.5	22.1	1.5	1.58	212	3.2	24.8	1.8	11.6	0.8	0.83
Cheesy Fries (Fried)	357	854	15.0	108.6	9.0	41.6	7.7	4.11	239	4.2	30.4	2.5	11.7	2.2	1.15
Cheesy Fries (Oven Baked)	437	680	14.7	88.4	10.9	30.5	7.7	3.45	156	3.4	20.2	2.5	7.0	1.8	0.79
Sweet Potato Fries	330	772	5.3	115.8	53.1	35.0	22.4	0.80	234	1.6	35.1	16.1	10.6	6.8	0.24
Mini Corn on the Cob	262	328	10.4	46.8	28.6	6.7	1.2	0.01	125	4.0	17.9	10.9	2.6	0.5	0.00

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	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)	
Items marked with a 🍏 symbol are our healthier choices. These are based on the traffic light labelling scheme and have at least 2 green, no red and no more than 2 amber traffic lights. Salad bar nutritionals will be dependent on the items selected. If you are looking for healthier choices choose the following item: Tuna Wrap/Tuna and Sweetcorn Wrap, Orange Ice Lolly and Water.																
Little Boss																
Pan Pizza Margherita	197	423	17.7	59.8	5.0	13.2	4.7	1.52	215	9.0	30.4	2.5	6.7	2.4	0.77	
Thin Pizza Margherita	165	327	14.5	45.4	3.2	10.3	4.3	1.29	109	4.8	15.1	1.1	3.4	1.4	0.43	
Gluten Free Margherita	173	412	9.6	61.6	7.4	12.9	4.4	1.58	238	5.5	35.6	4.3	7.5	2.5	0.91	
Then add one of the below as your topping choice:																
Ham	14	13	2.5	0.1	0.2	0.3	0.1	0.32	93	18.1	0.4	1.1	2.1	0.7	2.29	
Pepperoni	7	34	1.3	0.1	0.0	3.2	1.3	0.23	488	18.9	1.0	0.1	45.4	18.2	3.28	
Chicken breast	15	20	3.9	0.0	0.2	0.3	0.1	0.10	130	26.0	0.1	1.4	2.0	0.7	0.67	
Tuna	15	14	3.2	0.4	0.4	0.1	0.0	0.07	93	1.7	0.2	0.2	0.0	0.0	0.04	
Sweetcorn	20	15	0.5	2.7	0.7	0.3	0.2	0.00	77	2.7	13.3	3.6	1.4	1.0	0.00	
Pineapple	19	21	0.1	2.5	2.3	0.0	0.0	0.00	13	0.1	1.6	1.5	0.0	0.0	0.00	
Peppers	13	2	0.1	0.7	0.3	0.0	0.0	0.00	1	0.1	0.4	0.2	0.0	0.0	0.00	
Mains																
Spaghetti Bolognese	250	198	12.8	27.5	5.8	3.3	1.3	0.58	79	5.1	11.0	2.3	1.3	0.5	0.23	
Cheesy Pasta	250	385	12.0	52.9	5.4	15.2	6.7	1.38	154	4.8	21.2	2.2	6.1	2.7	0.55	
Chicken & Fries (Fried)	230	548	20.2	67.0	1.2	22.8	2.4	2.15	548	20.2	67.0	1.2	22.8	2.4	2.15	
Chicken & Fries (Oven Baked)	230	400	19.1	47.7	1.9	14.9	2.1	1.62	400	19.1	47.7	1.9	14.9	2.1	1.62	
Tuna Wrap 🍏	89	210	10.7	29.9	1.7	5.0	2.0	0.55	236	12.0	33.6	1.9	5.6	2.3	0.62	
Tuna & Cheese Wrap	139	350	19.7	31.9	2.7	15.6	8.3	1.25	252	14.1	22.9	1.9	11.2	6.0	0.90	
Tuna & Sweetcorn Wrap 🍏	129	245	11.7	35.2	3.6	5.6	2.2	0.60	190	9.1	27.3	2.8	4.3	1.7	0.47	
Desserts																
Orange Juice Ice Lolly 🍏	75	69	0.9	16.1	16.6	0.1	0.1	0.01	92	1.2	21.5	22.2	0.1	0.1	0.01	
Kids Cinnamon Bites	86	248	5.2	42.4	13.8	6.3	0.6	0.54	289	6.1	49.3	16.1	7.3	0.7	0.63	
Drinks																
Semi Skimmed Milk	225	101	7.7	10.1	10.1	3.4	2.3	0.00	45	3.4	4.5	4.5	1.5	1.0	0.00	
Kids Orange Juice	230	101	0.2	23.9	23.9	0.2	<0.1	0.02	44	0.1	10.4	10.4	0.1	<0.1	0.01	
Kids Apple Juice	230	97	1.2	21.2	21.2	0.2	<0.1	0.07	42	0.5	9.2	9.2	0.1	<0.1	0.03	
Robinsons Squash - Orange	230	2	0.0	0.0	0.0	0.0	0	0.05	1	0.0	0.0	0.0	0.0	0.0	0.02	
Robinsons Squash - Apple & Blackcurrant	230	5	0.0	0.0	0.0	0.0	0	0.07	2	0.0	0.0	0.0	0.0	0.0	0.03	

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	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)
Items marked with a 🟡 symbol are our healthier choices. These are based on the traffic light labelling scheme and have at least 2 green, no red and no more than 2 amber traffic lights. Salad bar nutritionals will be dependent on the items selected. If you are looking for healthier choices choose the following item: Tuna Wrap/Tuna and Sweetcorn Wrap, Orange Ice Lolly and Water.															
Big Boss															
Pan Pizza Margherita	206	453	19.0	60.2	5.1	15.8	5.7	1.62	220	9.3	29.3	2.5	7.7	2.8	0.79
Thin Pizza Margherita	176	374	15.9	45.9	3.4	14.7	5.4	1.40	1871	79.4	229.4	17.0	73.7	27.2	6.99
Gluten Free Margherita	181	433	11.0	61.9	7.5	14.5	5.4	1.68	240	6.1	34.3	4.2	8.0	3.0	0.93
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	0.32	93	18.1	0.4	1.1	2.1	0.7	2.29
Pepperoni	7	34	1.3	0.1	0.0	3.2	1.3	0.23	488	18.9	1.0	0.1	45.4	18.2	3.28
Chicken	15	20	3.9	0.0	0.2	0.3	0.1	0.10	130	26.0	0.1	1.4	2.0	0.7	0.67
Tuna	15	14	3.2	0.4	0.4	0.1	0.0	0.07	7	1.7	0.2	0.2	0.0	0.0	0.04
Sweetcorn	20	15	0.5	2.7	0.7	0.3	0.2	0.00	77	2.7	13.3	3.6	1.4	1.0	0.00
Pineapple	19	21	0.1	2.5	2.3	0.0	0.0	0.00	13	0.1	1.6	1.5	0.0	0.0	0.00
Mixed Peppers	13	2	0.1	0.7	0.3	0.0	0.0	0.00	1	0.1	0.4	0.2	0.0	0.0	0.00
Cherry Tomatoes	18	6	0.3	1.1	1.1	0.1	0.0	0.01	34	1.4	6.2	6.2	0.6	0.2	0.05
*Nutritionals do not include any choices made at the Salad Station.															
Mains															
Chicken & Fries (Fried)	265	619	25.5	73.4	1.5	25.3	2.8	2.48	234	9.6	27.7	0.6	9.6	1.1	0.94
Chicken & Fries (Oven Baked)	265	472	24.4	54.1	2.1	17.5	2.6	1.95	2358	122.1	270.5	10.5	87.4	12.8	9.74
Beef Lasagne	225	395	18.7	32.7	8.2	21.4	10.3	1.58	176	8.3	14.5	3.6	9.5	4.6	0.70
Mac 'N' Cheese	230	412	19.0	40.4	3.4	19.0	11.4	1.77	179	8.3	17.6	1.5	8.2	4.9	0.77
Chicken Wrap	165	395.7	20.6	48.3	2.4	12.5	3.2	1.41	240	12.5	29.3	1.4	7.6	2.0	0.85
Chicken & Cheese Wrap	215	535	29.6	50.3	3.4	23.1	9.5	2.11	249	13.8	23.4	1.6	10.7	4.4	0.98
Chicken & Sweetcorn Wrap	205	426	21.7	53.6	3.8	13.0	3.6	1.41	208	10.6	26.1	1.8	6.4	1.8	0.69
Tuna Wrap 🟡	89	210	10.7	29.9	1.7	5.0	2.0	0.55	236	12.0	33.6	1.9	5.6	2.3	0.62
Tuna & Cheese Wrap	139	350	19.7	31.9	2.7	15.6	8.3	1.25	252	14.1	22.9	1.9	11.2	6.0	0.90
Tuna & Sweetcorn Wrap 🟡	129	245	11.7	35.2	3.6	5.6	2.2	0.60	190	9.1	27.3	2.8	4.3	1.7	0.47
Sides															
Fries (Fried)	125	336	4.1	47.9	0.5	15.1	1.1	1.16	269	3.3	38.3	0.4	12.1	0.9	0.93
Fries (Oven Baked)	125	189	3.0	28.6	1.1	7.2	0.9	0.63	151	2.4	22.9	0.9	5.8	0.7	0.50
Garlic Bread	68	256	4.4	25.0	1.9	15.4	4.4	0.58	376	6.4	36.7	2.8	22.6	6.4	0.85
Onion Rings (Fried)	98	283	4.3	33.2	2.5	15.5	1.1	1.10	289	4.4	33.9	2.5	15.8	1.1	1.13
Onion Rings (Oven Baked)	98	184	2.8	32.2	4.6	8.0	1.5	0.96	188	2.9	32.9	4.7	8.2	1.5	0.98
Mini Corn on the Cob 🟡	158	203	6.3	28.1	17.2	4.7	0.8	0.01	129	4.0	17.8	10.9	3.0	0.5	0.01
Desserts															
Orange Juice Ice Lolly 🟡	75	69	0.9	16.1	16.6	0.1	0.1	0.01	92	1.2	21.5	22.2	0.1	0.1	0.01
Kids Chocolate Brownie	143	394	6.2	49.9	37.9	19.1	11.4	0.17	276	4.3	35.0	26.6	13.4	8.0	0.12
Kids Cinnamon Bites	86	248	5.2	42.4	13.8	6.3	0.6	0.54	289	6.1	49.3	16.1	7.3	0.7	0.63
Ice Cream Shakes															
Strawberry	218	287	7.9	34.1	33.9	13.6	9.9	0.27	132	3.6	15.6	15.6	6.2	4.5	0.12
The Chocoholic	218	273	8.3	39.7	35.8	9.6	6.3	0.26	125	3.8	18.2	16.4	4.4	2.9	0.12
Vanilla	218	263	9.2	36.7	33.7	9.1	6.0	0.32	121	4.2	16.8	15.4	4.2	2.7	0.15
Salted Caramel	233	328	9.4	44.7	41.7	12.7	8.3	0.46	141	4.0	19.2	17.9	5.5	3.6	0.20
Oreo	228	309	9.7	43.2	37.6	11.1	6.9	0.32	136	4.3	18.9	16.5	4.9	3.0	0.14
Mango Ice Slush	218	124.7	0.26	30.27	26.57	0.26	0.26	0.1	57	0.1	13.9	12.2	0.1	0.1	0.05

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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	0.37
Typical portion Choc Sauce	12	32.4	0.3	7.3	5.8	0.3	0.2	0.01
Toppings(2)	11	42	0.1	10.7	10.4	0	0	0.2
TOTAL	152	266.4	3.5	48.6	42	6.8	4.2	0.58
Adults Ice Cream Factory								
Typical portion Ice Cream	221	329	5.3	52.4	44.2	11.1	6.9	0.64
Typical portion Choc Sauce	22	59.4	0.5	13.4	10.6	0.5	0.3	0.02
Toppings(2)	24	91.7	0.1	23.3	22.7	0.1	0.1	0.3
TOTAL	267	480.1	5.9	89.1	77.5	11.7	7.3	0.96
Per 100g								
	Energy per 100g	Protein per 100g	Carbohydrate per 100g	Sugar per 100g	Fat per 100g	Sat Fat per 100g	Salt per 100g	
Ice Cream Factory Ice Cream	143	4	17.8	17.8	6.2	4.1	0.15	
Raspberry Sauce	263	0	66	51	0	0	0.2	
Chocolate Sauce	297	1.4	67.1	56.3	2.6	1.6	0.03	
Tricolour Chocolate Pieces	542	5.3	53.5	52.5	33.1	20.6	0.19	
Gold Crunch	681	0	98	98	0	0	0.2	
Lemon Crunch	382	1	96	91	1	0.7	2.5	
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	0.12	
Milk Chocolate Beans	460	2.5	77.4	77.2	15.6	10.9	0.25	
Chocolate Toffee Crunch	465	4	76.7	72.5	17.2	10.8	0.5	
Dinosaur and Unicorn Sprinkles	421	1.9	93	83	5.5	2.6	0.25	
Alphabet Sprinkles	421	0.85	93	83	5.5	2.61	0.1	

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	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 (with Ice Cream & Sauce)															
Salted Caramel	201	609	8.3	86.8	64.2	24.9	15.7	2.19	303	4.1	43.2	31.9	12.4	7.8	1.09
Take Away Salted Caramel	167	575	2.7	73.1	71.1	30.0	19.0	1.20	344	1.6	43.8	42.6	18.0	11.4	0.72
Chocolate Chip Cookie Dough	201	631	9.7	82.5	56.8	28.4	17.8	1.61	314	4.8	41.0	28.3	14.1	8.9	0.80
Take Away Chocolate Chip	167	594	7.5	75.4	51.0	28.0	17.5	1.63	356	4.5	45.1	30.5	16.8	10.4	0.98
S'mores Cookie Dough	213	671	10.1	92.0	65.1	28.4	17.8	1.62	315	4.8	43.2	30.6	13.3	8.4	0.76
Take Away S'mores Cookie Dough	179	634	8.0	84.8	59.2	28.4	17.5	1.63	354	4.5	47.4	33.1	15.9	9.8	0.91
Sharing Cookie Dough (with Ice Cream and Sauce)															
Sharing Cookie Dough	Sharing cookie dough is two of either white chocolate and caramel or chocolate chip, with an extra scoop of ice cream & portion of sauce. To build your sharing cookie dough nutritionals, add together your chosen two cookie doughs from above & one scoop of ice cream/portion of sauce from below.														
Additional Vanilla Ice cream	86	140	3.7	18.9	15.9	5.5	3.6	0.09	163	4.3	22.0	18.5	6.4	4.2	0.10
Additional Chocolate Sauce (Rowse)	15	48	0.4	9.2	6.0	1.0	0.7	0.00	319	2.4	61.0	40.0	7.0	4.5	0.06
Additional Salted Caramel Sauce	15	37	0.0	7.7	7.5	0.5	0.2	0.20	245	0.3	51.5	50.0	3.0	1.5	1.30
Cheesecake (served with Ice Cream & Sauce)															
Chocolate Honeycomb Cheesecake	201	639	8.4	69.1	46.9	36.6	19.3	0.65	318	4.2	34.4	23.3	18.2	9.6	0.32
Cheesecake	167	602	6.2	62.0	41.0	36.5	19.0	0.67	360	3.7	37.1	24.6	21.9	11.4	0.40
Strawberries 'N' Cream Cheesecake	205	537	7.3	56.9	38.1	31.5	16.1	0.59	262	3.6	27.8	18.6	15.4	7.8	0.29
Take Away Strawberries and 'N' Cheesecake	171	500	5.1	49.8	32.3	31.5	15.8	0.61	292	3.0	29.1	18.9	18.4	9.2	0.36
Hot Desserts															
Chocolate Brownie (served with ice cream & sauce)	184	600	8.3	71.6	53.8	31.5	18.5	0.24	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	0.26	375	4	43	31.9	21	12.1	0.17
Cinnamon Bites	169	472	10.5	84.8	27.7	9.9	1.1	1.08	279.4	6.2	50.2	16.4	5.8	0.6	0.6
Cold Desserts															
Mango Ice	150	217	0.45	52.8	46.35	0.45	0.45	0.15	145	0.3	35.2	30.9	0.3	0.3	0.10
Strawberry Ice Cream	86	174	2.7	17.9	17.9	10.1	7.7	0.09	202	3.1	20.8	20.8	11.8	8.9	0.10
Additional Vanilla Ice cream	86	140	3.7	18.9	15.9	5.5	3.6	0.09	163	4.3	22.0	18.5	6.4	4.2	0.10
Ice Cream Shakes															
Vanilla	473	581	19.5	78.3	69.2	21.4	14.0	0.58	123	4.1	16.5	14.6	4.5	3.0	0.12
Strawberry	483	698	16.0	80.2	78.5	35.1	26.0	0.49	145	3.3	16.6	16.3	7.3	5.4	0.10
The Chocoholic	483	622	18.7	87.4	75.3	22.6	14.8	0.52	129	3.9	18.1	15.6	4.7	3.1	0.11
Salted Caramel	513	679	19.6	98.9	89.2	22.6	14.6	1.10	132	3.8	19.3	17.7	5.4	3.4	0.27
Oreo	513	775	20.3	107.5	87.1	29.9	18.0	0.52	151	4.0	21.0	17.0	5.8	3.5	0.10
Mango Ice Slush	361	326	0.7	79.2	69.5	0.7	0.7	0.24	90	0.2	21.9	19.3	0.2	0.2	0.07
Ice Cream Floats															
Black Cherry Cream Soda	441	300	3.7	60.8	57.8	5.5	3.6	0.09	68	0.8	13.8	13.1	1.2	0.8	0.02
Cream Soda	441	300	3.7	60.8	57.8	5.5	3.6	0.09	68	0.8	13.8	13.1	1.2	0.8	0.02

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Cocktails					
All of our cocktails contain 50ml of alcohol					
Cocktails	Volume	Kcal/100ml	Kcal/Drink	Kcal/Product	Units/Product
Woo Woo	192	348	210.25	210	1.9
Passionate Martini	210	382	241	241	1.9
Pina Colada	235	512	289.5	291	1.9
Godfather Max	232	508	150.2	150	1.7
Lynchburg Lemonade	210	337	157.9	158	2
Raspberry Mojito	205	368	211.75	212	1.9
Mojito	205	375	220.5	221	1.9
Ginito	245	380	213.9	214	2
Zipper	232	447	109.25	109	1.4
Vodka Mule	397	299	214.6	215	1.9
Disaronno Sour	175	452	289.75	290	1.4
Pink Gin Sour	175	386	215.2	215	2
Chambord Raspberry Fizz	125	207	51.75	52	1.2
Woo Woo Fizz	125	81	20.2	20	1.2
Passion Fruit Fizz	125	104	26	26	1.2
Hardshakes					
All of our hard shakes contain 25ml of alcohol					
Hard Shakes	Volume	Kcal/100ml	Kcal/Drink	Kcal/Product	Units/Product
Disaronno Strawberry Cheesecake Hard Shake	276	775	582.4	582	1.4
Chambord OREO Delight Hard Shake	286	1283	526.6	527	0.8
Mocktails					
All of our mocktails are alcohol free					
Mocktails	Volume	Kcal/100ml	Kcal/Drink	Kcal/Product	Units/Product
Yeah Yeah	182	113	104	104	0
Virgin Passion	235	174	137	137	0
Virgin Colada	235	293	180	180	0
Old Fashioned Lemonade	185	116	110	110	0
Virgin Mo-Jo	180	158	112	112	0
Virgin Raspberry Mojito	180	151	103	103	0