



DIETARY INFORMATION

PLEASE ASK TO SPEAK WITH A MANAGER IF YOU NEED ANY FURTHER GUIDANCE

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 one priority.

We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While it’s prepared with care, we can’t guarantee your food will be allergen-free, with the exception of our gluten-free dishes that contain 20ppm or less of gluten, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy. Finally, please note due to the seriousness of allergies and food intolerances, our restaurant teams will not be able to help select dishes.

If you, or anyone with you today, has a food allergy, please check this Allergen Guide for information on the 14 allergens, or for the full list of ingredients please scan the QR code.



From time to time, suppliers and items on our menu will change and this can result in a change in ingredients and potentially allergens. Please check before each visit.

Allergy and ingredients data in the table have 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.

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

Nutritional information for our menu is provided as a guide. All dishes are finished by hand, therefore these are approximate values only.



Pizza Hut Restaurants Allergen Information

MARCH 2026

The '*' indicates that the allergen is contained and present in this item.																			
The 'o' 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.																			
Dish Name	Suitable for?			Allergens															
	Vegetarians	Vegans / Plant Based	Celiacs (contains less than 20ppm of)	Cereals containing gluten				Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphites above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
				Wheat	Barley	Rye	Oats												
Sides																			
Fries	Yes	No	No	*															
Cheesy Fries	Yes	No	No	*															
Onion Rings	Yes	No	No	*															
Garlic Bread	Yes	No	No	*															
Garlic Bread with Cheese	Yes	No	No	*															
Cheesy Triangles with a choice of dip, for dips see below	Yes	No	No	*															
Halloumi Fries with a choice of dip, for dips see below	Yes	No	No	*															
Mini Corn on the Cob	Yes	Yes	Yes																
Cheesy Bite Bites (CBBs) / Loaded CBBs	Yes	No	No	*															
Loaded Bacon CBBs	No	No	No	*															
BBQ Chicken Wings	No	No	Yes																
Breaded Chicken Tenders	No	No	No	*															
Dips & Bits Station																			
Heinz BBQ Sauce	Yes	Yes	Yes																
Heinz Tomato Ketchup	Yes	Yes	Yes																
Chilli Flakes	Yes	Yes	Yes																
Dine-in Dip Pots																			
Sour Cream	Yes	No	Yes							*	*								
Nacho Cheese Sauce Dip	Yes	No	Yes							*	*								
Mango Habanero Dip	Yes	Yes	Yes																
Buffalo Ranch Dip	Yes	Yes	Yes																
Korean BBQ Sauce Dip	Yes	Yes	Yes						*										
Sweet Chilli Dip (Oval pot)	Yes	No	Yes																
Garlic Buttermilk Mayo (Oval pot)	Yes	No	Yes							*	*								
BBQ Dip (Oval pot)	Yes	Yes	Yes																
Ketchup (Oval pot)	Yes	Yes	Yes																
Salad Station																			
Dressed Salad Lines																			
Potato Salad	Yes	No	Yes							*	*								*
Coleslaw	Yes	No	Yes							*	*								*
Sweetcorn	Yes	Yes	Yes																
Diced Beetroot	Yes	Yes	Yes																
Jalapeños	Yes	Yes	Yes																
Roquito® Chilli Peppers	Yes	Yes	Yes																
Black Olives	Yes	Yes	Yes																
Fresh Salad Lines																			
Carrots, Cherry Tomatoes, Cucumbers, Lettuce Mix, Peppers, Red Onions, Spinach, Rocket	Yes	Yes	Yes																
Dry Items																			
Bacon Bits	Yes	Yes	No	*	*														
Croutons	Yes	Yes	No	*	*														
Tortilla Chips	Yes	Yes	Yes																
Crispy Onions	Yes	Yes	No	*															
Sultanas	Yes	Yes	Yes																
Sriracha Seasoning	Yes	Yes	Yes																
Garlic & Herb Seasoning (Piri Piri)	Yes	Yes	Yes																
Dressings & Dips																			
Thousand Island Dressing	Yes	Yes	Yes																
Blue Cheese Dressing	Yes	Yes	Yes																
Garlic Mayonnaise	Yes	Yes	Yes																*
Light Mayonnaise	Yes	Yes	Yes																
Ranch Dressing	Yes	Yes	Yes									*							*
Low Fat French Dressing	Yes	Yes	Yes																*
Salsa	Yes	Yes	Yes																*
Sour Cream	Yes	No	Yes							*	*								*
Mango Habanero Drizzle	Yes	Yes	Yes																
Buffalo Ranch Drizzle	Yes	Yes	Yes																
Korean BBQ Sauce Drizzle	Yes	Yes	Yes						*										
Pizza Builder																			
Pizza Bases																			
Original Pan	Yes	Yes	No	*					*										
Handcrafted with Garlic Sprinkle	Yes	No	No	*					*										
Handcrafted without Garlic Sprinkle	Yes	Yes	No	*					*										
Stuffed Crust	Yes	No	No	*					*										
Cheesy Bites	Yes	No	No	*					*										
Gluten Free	Yes	Yes	Yes																
Lites (flatbreads)	Yes	Yes	No	*					*										
Pizza Base Sauces																			
Unseasoned Tomato <i>(used on Gluten Free, Flatbread, Kids Pizzas)</i>	Yes	Yes	Yes																
Seasoned Tomato <i>(used on Handcrafted, Original Pan, Stuffed Crust, Cheesy Bites)</i>	Yes	Yes	Yes																
NEW - Gluten-Free BBQ Sauce	Yes	Yes	Yes						*										
Bechamel sauce <i>(used on Handcrafted, Original Pan, Stuffed Crust, Cheesy Bites)</i>	Yes	No	No	*						*									
NEW - Korean BBQ Sauce	Yes	Yes	Yes						*										
Cheese																			
Mozzarella	Yes	No	Yes							*									
Goats' Cheese	Yes	No	Yes							*									
Triple Cheese Blend	Yes	No	Yes							*									
Vegan Ch**se	Yes	Yes	Yes								*								



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Dish Name	Suitable for?			Allergens															
	Vegetarians	Vegans / Plant Based	Celiacs (contains less than 20ppm of)	Cereals containing gluten				Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphites above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
				Wheat	Barley	Rye	Oats												
Pizza Toppings																			
Chicken Breast	No	No	Yes																
Ham	No	No	Yes																
Pepperoni	No	No	Yes																
Beef	No	No	Yes																
Bacon	No	No	Yes																
Cup 'n' Crisp Pepperoni	No	No	Yes																
Spicy Pork	No	No	Yes																
Sliced Breaded Chicken	No	No	No	*															
Black Olives	Yes	Yes	Yes																
Peppers	Yes	Yes	Yes																
Mushrooms	Yes	Yes	Yes																
Red Onions	Yes	Yes	Yes																
Sweetcorn	Yes	Yes	Yes																
Cherry Tomatoes	Yes	Yes	Yes																
Pineapple	Yes	Yes	Yes																
Rocket	Yes	Yes	Yes																
Spinach	Yes	Yes	Yes																
Roquito® Chilli Peppers	Yes	Yes	Yes																
Jalapeños	Yes	Yes	Yes																
Go Extra Cheesy (Add Triple Cheese - a blend of Mozzarella, Monterey Jack and Red Leicester)	Yes	No	Yes																
Sunblushed Tomatoes	Yes	Yes	Yes																
Sage & Onion Stuffing	Yes	Yes	Yes																
Brown Sugar Bacon	No	No	Yes																
Kimchi	Yes	Yes	Yes																
Gherkins	Yes	Yes	Yes																
Pizza drizzle finish																			
Garlic Spread	Yes	No	Yes																
Dried Parsley	Yes	Yes	Yes																
BBQ Sauce Drizzle	Yes	Yes	Yes																
Sour Cream Drizzle	Yes	No	Yes																
Balsamic Drizzle	Yes	Yes	Yes																
Fajita Seasoning	Yes	Yes	Yes																
Nut-Free Pesto	Yes	No	Yes																
Buffalo Ranch Drizzle	Yes	Yes	Yes																
Korean BBQ Drizzle	Yes	Yes	Yes																
Allergen Information for Pizza Combinations (Tomato sauce base unless stated otherwise on the menu)																			
Allergen Information for Pizza Combinations does not include Pizza Bases. Please see Pizza Base section and factor in the base you have chosen.																			
BBQ Americano	No	No	Yes																
Chicken Supreme	No	No	Yes																
Farmhouse	No	No	Yes																
Hawaiian	No	No	Yes																
Margherita	Yes	No	Yes																
Meat Feast	No	No	Yes																
Pepperoni	No	No	Yes																
Pepperoni Feast	No	No	Yes																
Veggie Supreme	Yes	No	Yes																
Vegan Margherita	Yes	Yes	Yes																
Vegan Veggie Supreme	Yes	Yes	Yes																
Korean BBQ Chicken	No	No	No	*															
Korean BBQ Veg	Yes	No	Yes																
Lites (Flatbread) Combinations (Tomato sauce base unless stated otherwise on the menu)																			
Virtuous Veg Flatbread	Yes	No	No	*															
Vegan Virtuous Veg Flatbread	Yes	Yes	No	*															
Chicken Delight Flatbread	No	No	No	*															
Buffet Pizza (Crust + Sauce + Toppings)																			
Margherita	Yes	No	No	*															
Pepperoni	No	No	No	*															
BBQ Americano	No	No	No	*															
Beef Burger (without burger sauce)	No	No	No	*															
Veggie	Yes	No	No	*															
Hawaiian	No	No	No	*															
Spicy Chicken	No	No	No	*															
BBQ Beef & Onion	No	No	No	*															
The G.O.A.T.	Yes	No	No	*															
Chicken Fajita	No	No	No	*															
Posh Margherita	Yes	No	No	*															
Chicken Pesto	No	No	No	*															
Buffet Sides																			
Garlic Breadsticks	Yes	Yes	No	*															
Cheesy Garlic Breadsticks	Yes	No	No	*															
Tomato Pasta	Yes	Yes	No	*															
Penne Pomodoro	Yes	Yes	No	*															
Four Cheese & Broccoli Pasta	Yes	No	No	*															
Pasta																			
Lasagne	No	No	No	*															
Takeaway Mac 'N' Cheese	Yes	No	No	*															
Kids Mains																			
Spaghetti Bolognese	No	No	No	*	*														
Mac 'N' Cheese	Yes	No	No	*	*														
Chicken 'N' Fries	No	No	No	*	*														



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	Vegetarians	Vegans / Plant Based	Coeliacs (contains less than 20ppm of)	Cereals containing gluten				Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphites above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
				Wheat	Barley	Rye	Oats												
Hot Cookie Dough - All Sizes (Served with Vanilla Ice Cream and Sauce)																			
Chocolate Chip Cookie Dough	Yes	No	No	*					*	o	*								o
White Chocolate & Caramel Cookie Dough	Yes	No	No	*					*	o	*								o
Caramel Fudge Cookie Dough with Vanilla Ice Cream - EAT-IN	Yes	No	No	*					*	o	*								o
Caramel Fudge Cookie Dough with Vanilla Ice Cream - Takeaway	Yes	No	No	*					*	o	*								o
S'mores Cookie Dough	No	No	No	*					*	o	*								o
Desserts																			
Chocolate Brownie (Served with Vanilla Ice Cream and Chocolate Sauce)	Yes	No	Yes						*	*	*								o
I Can't Believe It's Not Cheesecake	Yes	Yes	No	*					*	o	o								o
Mini Donuts with Chocolate Dip	Yes	No	No	*				*	*	*	*								o
Vanilla Ice Cream	Yes	No	Yes						*	*	*								
Take Away Vanilla Ice Cream	Yes	No	Yes						*	*	*								
Chocolate Sauce	Yes	No	Yes						*	*	*								
Salted Caramel Sauce	Yes	No	Yes						*	*	*								
Calippo Ice Lolly	Yes	Yes	Yes							o									
Ice Cream Factory																			
Ice Cream Mix	Yes	No	Yes							*	*								
Raspberry Sauce	Yes	Yes	Yes							o									
Chocolate Sauce	Yes	No	Yes						*	*	*								
Bubblegum Sauce	Yes	Yes	Yes							o									
Strawberry Crunch	Yes	No	Yes							o									
Milk Chocolate Beans	Yes	No	Yes						*	*	*								
Gold Stars	Yes	No	Yes						o		o								
Mixed Chocolate Chips	Yes	No	Yes						*	*	*								
Drinks																			
Soft Drinks																			
All fountain drinks contain a source of Phenylalanine.																			
7UP Zero / Pepsi Max / Diet Pepsi	Yes	No	Yes																
Tango Orange / Tango Apple	Yes	No	Yes																
Flavour Shots - Cherry/Vanilla/Lime/ Strawberry	Yes	Yes	Yes		*														
Robinsons Squash - All Flavours	Yes	Yes	Yes		<20ppm														
Belu Still / Sparkling Water	Yes	Yes	Yes																
Lipton Peach Ice Tea	Yes	Yes	Yes																
Bottle of Pepsi	Yes	Yes	Yes																
Irn Bru	Yes	Yes	Yes																
Apple Juice / Orange Juice	Yes	Yes	Yes																
J20 - All Flavours	Yes	Yes	Yes																
Bottle of 7UP Zero / Pepsi Max / Pepsi	Yes	Yes	Yes																
Bottle of Tango Orange	Yes	Yes	Yes																
Bottle of Diet Pepsi	Yes	No	Yes																
Milk	Yes	No	Yes							*	*								
Fruit Shoots - All Flavours	Yes	Yes	Yes																
Hot Drinks																			
Black Tea	Yes	Yes	Yes																
Tea with Milk	Yes	No	Yes							*	*								
Black Americano	Yes	Yes	Yes																
Americano with Milk	Yes	No	Yes							*	*								
Caffe Latte	Yes	No	Yes							*	*								
Cappuccino	Yes	No	Yes							*	*								
Alcoholic Drinks																			
NICE Wine Sauvignon / Pale Rosé / Merlot	Yes	Yes	Yes																
Pinot Grigio / Merlot / White Zinfandel	No	No	Yes																
Budweiser	Yes	Yes	No																
San Miguel	Yes	Yes	No																
Kopparberg Strawberry & Lime	Yes	Yes	Yes																
Camden Pale Ale	Yes	Yes	No																
Magners	No	No	Yes																
Alcohol Free																			
Corona Cero	Yes	Yes	No																



Pizza Hut Restaurants Ingredients Information

MARCH 2026

Sides	
Fries	
Fries	Potatoes, Sunflower oil, WHEAT (Gluten) flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
Cheesy Fries	
Fries	Potatoes, Sunflower oil, WHEAT (Gluten) flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
Cheese Sauce	Water, Cheese (pasteurized cow's MILK (EU), salt, starter culture, microbial rennet, colour: carotenes), Modified starch, Emulsifying salts (diphosphates, polyphosphates), Vegetable oil (palm oil), Yeast extract, salt, Dried red pepper, thickener: sodium alginate, preservative: potassium sorbate, dried jalapeno pepper, Colour (paprika extract, beta-caroten
Garlic Sprinkle	Maltodextrin, CHEESE POWDER (from MILK), Salt, Vegetable Oil, Dried Garlic, Dried Parsley, Anti-Caking Agent (Silicon Dioxide).
Crispy Onions	Onion, Palm Oil, WHEAT Flour, Salt
Onion Rings	
Onion Rings	Diced Onions (53%), WHEAT flour, Vegetable oils (rapeseed, sunflower, in varying proportions), Gelling agent (E401), Salt, Yeast, Sugar, Flavouring (Paprika extract, Turmeric extract)
Garlic Bread	
Garlic Bread	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Fat Spread (17%) [Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Flavouring, Colour (Carotenes)], Garlic (3%) (Puree and Chopped), Yeast, Salt, Oregano, Preservative (Calcium Propionate), Lemon Juice, Flour Treatment Agent (Ascorbic Acid), Enzymes (contains WHEAT). May contain Soya and Milk.
Garlic Bread with Cheese	
Garlic Bread	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Fat Spread (17%) [Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Flavouring, Colour (Carotenes)], Garlic (3%) (Puree and Chopped), Yeast, Salt, Oregano, Preservative (Calcium Propionate), Lemon Juice, Flour Treatment Agent (Ascorbic Acid), Enzymes (contains Wheat). May contain Soya and Milk.
Mozzarella Cheese (optional)	Mozzarella Cheese (Pasteurised MILK , Salt, Lactic Cultures), Potato Starch.
Cheesy Triangles	
Cheesy Triangles	Processed cheese (MILK) (57%) [FDM (45%), Rennet from microbiological Origin] [Cheese (MILK) (65%), Water, Butter (MILK), MILK protein, Maize starch, Emulsifying salts (E452, E331), Salt, Thickener (E407)], Flour (Wheat, Maize), Water, Rapeseed oil, Modified maize starch, Salt, MILK protein (MILK), Yeast, Parsley, Raising agents (E450, E500), Garlic powder, Onion powder.
Halloumi Fries	
Halloumi Fries	Halloumi Cheese (MILK) (67%) ((Cows MILK , Sheeps MILK , Goats MILK , Mint), Stabiliser (E461)), Vegetable Oils (Rapeseed, Sunflower)- in varying proportions, Water, Batter (WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Modified Starch, Maize Flour, Raising Agents (E450, E500), Dextrose, Red Bell Pepper, Quinoa, WHEAT Gluten, Parsley), Rusk (WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Salt)
Mini Corn on the cob	
Corn on the cob	Sweetcorn.
Vegetable oil spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Cheesy Bite Bites	
Stuffed Crust Dough	Ingredients: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Rapeseed Oil, Salt, Emulsifiers: Diacetyl Tartaric Acid Ester of Mono- and Diglycerides of Fatty Acids (E472e), Mono- and Diglycerides of Fatty Acids (E471); Flour Treatment Agent: 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 Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. may contain milk
Loaded Bacon Cheesy Bite Bites	
Stuffed Crust Dough	Ingredients: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Rapeseed Oil, Salt, Emulsifiers: Diacetyl Tartaric Acid Ester of Mono- and Diglycerides of Fatty Acids (E472e), Mono- and Diglycerides of Fatty Acids (E471); Flour Treatment Agent: 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 Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. may contain milk
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)
Bacon	Pork (90%), Water, Salt, Smoke Flavourings, Stabilisers (E450, E451), antioxidant (E301), Preservative (E250). Formed from cuts of pork with added water
BBQ Chicken Wings	
BBQ Chicken Wings	Chicken, Sugar, Salt, Potato Starch, Dextrose, Maize Flour, Onion Powder, Fructose, Garlic Powder, Yeast Extract, Cornflour, Maltodextrin, Cayenne Pepper, Black Pepper, Smoke Flavouring, Rapeseed Oil, Paprika Extract, Cocoa Powder, Sunflower Oil, Honey, Flavouring, Black Pepper Extract, Pimento Extract, Sage Extract.
Roasted Chicken Wings	
Roasted Chicken Wings	Chicken wings (86%), water, salt, modified starch and starch, dextrose, stabilisers E450, natural flavours. May contain GLUTEN, MILK, EGG, SOYA, CELERY
Breaded Chicken Tenders	
Chicken Strips	Chicken Breast (67%), Flour (WHEAT , Rice), Vegetable Oils (Palm, Rice Bran), Modified Starches, Breadcrumbs (Contains WHEAT), WHEAT Gluten, Salt, Yeast Extract, Garlic Powder, Stabiliser (E451), Onion Powder, Dextrose, Spice (CELERY), Raising Agents (E450, E500).
Breaded Chicken Bites	
Breaded Chicken Bites	Chicken fillet (57%), WHEAT flour (calcium, iron, vitamin B3, vitamin B1), sunflower oil, water, starch, salt, breadcrumb (WHEAT flour (calcium, iron, vitamin B3, vitamin B1), salt, yeast), yeast extract, aromatic plants, WHEAT gluten, sugar, spices, natural flavourings, dextrose, raising agents (E341, E450, E500ii), stabilisers (E451, E452). May contain GLUTEN, MILK, EGG, SOYA, CELERY
Takeaway Mac & Cheese	
Mac 'N' Cheese (200g)	Water, Cooked Macaroni Pasta (36%) (Water, Durum WHEAT Semolina), Mature Cheddar Cheese (MILK) (10%), Single Cream (MILK), Adcrem (MILK Protein, Palm Oil, Lactose (MILK)), Modified Maize Starch, Vegetable Oil (Sunflower Oil, Rapeseed Oil), Unsalted Butter (MILK), Salt, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yellow MUSTARD Seeds, Ground White Pepper.
Mozzarella Cheese	Mozzarella Cheese (Pasteurised MILK , Salt, Lactic Cultures), Potato Starch.
Dips & Bits Station	
Heinz BBQ Sauce	Tomato puree, spirit vinegar, sugar, molasses, water, modified cornflour, salt, spices, garlic, thickener (xanthan gum), smoke flavouring, flavourings
Heinz Tomato Ketchup	Tomatoes (148 g per 100 g ketchup), spirit vinegar, sugar, salt, spice and herb extracts (contains celery), spice
Chilli Flakes	Crushed Chillies
Dine In Dip Pots	
Sour Cream	Rapeseed Oil, Water, Spirit Vinegar, Dextrose, EGG Yolk, Yoghurt Powder, Onion Powder, Salt, Chives, Acidity Regulator (Lactic Acid), MILK Protein, Stabilisers (Xanthan Gum, Guar Gum), Modified Starch, Preservative (Potassium Sorbate), MUSTARD Flour, Calcium Disodium EDTA.
Nacho Cheese	Water, Cheese (pasteurized cow's MILK (EU), salt, starter culture, microbial rennet, colour: carotenes), Modified starch, Emulsifying salts (diphosphates, polyphosphates), Vegetable oil (palm oil), Yeast extract, salt, Dried red pepper, thickener: sodium alginate, preservative: potassium sorbate, dried jalapeno pepper, Colour (paprika extract, beta-caroten
Mango Habanero Dip	Water, Glucose-Fructose Syrup, Mango Puree (16%), Sugar, Spirit Vinegar, Modified Maize Starch, Habanero Chilli, Salt, Tomato Paste, Dried Onion, Lemon Juice Concentrate, Toasted Onion Powder, Garlic Puree, Preservative (Potassium Sorbate), Cayenne Pepper, Dried Red Bell Peppers, Acidity Regulator (Acetic Acid), Colour (Paprika Extract).
Buffalo Ranch Dip	Water, Rapeseed Oil, Dextrose, Frank's Redhot® Sauce (Fermented Red Cayenne Peppers, Spirit Vinegar, Water, Salt, Garlic Powder), Spirit Vinegar, Modified Maize Starch, Garlic Puree, Salt, Acidity Regulator (Lactic Acid), Herbs, Stabiliser (Xanthan Gum), Preservatives (Potassium Sorbate), Dried Onion, Ground Black Pepper, Natural Flavouring, Colour (Paprika Extract), Antioxidant (Calcium disodium EDTA)
Korean BBQ Sauce Dip	Water, Sugar, Bramley Apples, Soy Sauce (Water, Soybeans (SOYA), Salt, Spirit Vinegar), Maize Starch, Garlic Puree, Ginger Puree, Spice (Red Chilli Pepper, Paprika), Acidity Regulator Malic Acid(E296), Salt, Yeast Extract, Natural Flavouring.
Takeaway Dip Pots	
Mango Habanero Dip	Water, Glucose-Fructose Syrup, Mango Puree (16%), Sugar, Spirit Vinegar, Modified Maize Starch, Habanero Chilli, Salt, Tomato Paste, Dried Onion, Lemon Juice Concentrate, Toasted Onion Powder, Garlic Puree, Preservative (Potassium Sorbate), Cayenne Pepper, Dried Red Bell Peppers, Acidity Regulator (Acetic Acid), Colour (Paprika Extract).
Buffalo Ranch Dip	Water, Rapeseed Oil, Dextrose, Frank's Redhot® Sauce (Fermented Red Cayenne Peppers, Spirit Vinegar, Water, Salt, Garlic Powder), Spirit Vinegar, Modified Maize Starch, Garlic Puree, Salt, Acidity Regulator (Lactic Acid), Herbs, Stabiliser (Xanthan Gum), Preservatives (Potassium Sorbate), Dried Onion, Ground Black Pepper, Natural Flavouring, Colour (Paprika Extract), Antioxidant (Calcium disodium EDTA)
Korean BBQ Sauce Dip	Water, Sugar, Bramley Apples, Soy Sauce (Water, Soybeans (SOYA), Salt, Spirit Vinegar), Maize Starch, Garlic Puree, Ginger Puree, Spice (Red Chilli Pepper, Paprika), Acidity Regulator Malic Acid(E296), Salt, Yeast Extract, Natural Flavouring.
Sweet Chilli Dip (Oval pot)	Water, Sugar, Glucose-Fructose Syrup, Spirit Vinegar, Onion Puree, Tomato Paste, Modified Maize Starch, Honey, Rapeseed Oil, Salt, Dried Garlic, Stabiliser (Xanthan Gum), Colour (Paprika Extract), Preservative (Potassium Sorbate), Dried Crushed Chillies, Cayenne Pepper.
Garlic Buttermilk Mayo (Oval pot)	Water, Rapeseed Oil (34.8%), Cultured ButterMILK (9%), Dextrose, Modified Maize Starch, Spirit Vinegar, Salt, Free Range EGG Yolk (0.9%), Garlic Puree (0.8%), Acidity Regulator (Lactic Acid), Dried Garlic (0.4%), Onion Powder, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Black Pepper
BBQ Dip (Oval pot)	Water, Sugar, Cane Molasses, Spirit Vinegar, Tomato Paste, Modified Maize Starch, Smoked Paprika, Spices, Salt, Caramelised Sugar Syrup, Natural Flavouring, Rapeseed Oil, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Smoked Salt, Rice Flour
Ketchup (Oval pot)	Water, Tomato Paste (24%), Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Modified Maize Starch, Salt, Preservative (Potassium Sorbate), Natural Flavouring.



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Salad Station	
Dressed Salad Lines	
Potato Salad	Potato (64%), Water, Rapeseed oil, Spirit vinegar, Sugar, White wine vinegar, Onion, Pasteurised liquid whole EGG, Salt, Chive, Stabilisers (Guar gum, Xanthan gum), Cornflour, MUSTARD flour, Preservative (Potassium sorbate), Concentrated Lemon Juice.
Coleslaw	Cabbage (59%), Rapeseed oil, Water, Carrot (6%), White wine vinegar, Pasteurised liquid whole EGG, Sugar, Onion, Spirit vinegar, Salt, Stabilisers (Guar gum, Xanthan gum), Preservative (Potassium sorbate), MUSTARD flour, Concentrated lemon juice.
Sweetcorn	Sweetcorn, Water
Diced Beetroot	Beetroot, Acetic Acid
Jalapeños	Jalapeno Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509).
Roquito® Chilli Peppers	Red Roquito® Jalapeño Pepper, Sugar, Water, Vinegar
Black Olives	Water, Olives, Salt, Stabiliser (Ferrous Gluconate)
Fresh Salad Lines	
Lettuce Mix	Iceberg and Cos Lettuce
Cherry Tomatoes	Cherry Tomatoes
Cucumber	Cucumbers
Mixed Peppers	Green Peppers, Red Peppers, Yellow Peppers
Red Onion	Red Onions
Shredded Carrot	Carrots
Spinach	Spinach
Rocket	Rocket Leaves
Dried Items	
Smoky Flavour Sprinkles (Bacon Bits)	WHEAT Flour (Contains Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Oil (Palm), Seasoning (Rusk [WHEAT Flour (Contains Calcium Carbonate, Iron, Niacin, Thiamin), Salt], Sugar, WHEAT Maltodextrin, Yeast Powder, Yeast Extract Powder, Salt [Including Smoked Salt], Colours [Beetroot Extract, Paprika Extract], BARLEY Malt Flour, Natural Flavourings), Salt, Yeast.
CROUTONS	WHEAT Flour (Contains Calcium Carbonate, Iron, Niacin, Thiamine), Vegetable Oil (Palm), Salt, Yeast.
Tortilla Chips	Maize Flour (Corn), Sunflower Oil, Salt
Crispy Onions	Onion, Palm Oil, WHEAT Flour, Salt
Sultanas	Sultanas
Sriracha Chili Flakes	Sugar, Salt, Garlic Granules (15%), Dried Chillies (10%), Dried Red Bell Peppers, Paprika, Acid (Citric Acid), Colour (Paprika Extract), Flavourings, Anti-caking Agents (Calcium Silicate, Silicon Dioxide), Sunflower Oil.
Garlic & Herb Seasoning	Maltodextrin, Dried Onion, Dried Garlic (9%), Black Pepper, Salt, Chilli Powder (Chilli Pepper, Cumin, Salt, Oregano, Garlic), Lemon Peel Powder (4%), Dried Chillies (4%), Bay Leaves, Cayenne Pepper, Paprika, Ground Coriander Seed, Basil, Oregano, Sunflower Oil, Colour (Paprika Extract), Anti-caking Agent (Silicon Dioxide), Dried Lemon Juice Concentrate.
Dressings & Dips	
Thousand Island Dressing	Water, Rapeseed Oil, Glucose-Fructose Syrup, Spirit Vinegar, Tomato Paste, White Wine Vinegar, Modified Starch, Salt, Gherkins, Dried Onion, Lemon Juice Concentrate, Preservative (Potassium Sorbate), Stabilisers (Xanthan Gum, Guar Gum), Acidity Regulator (Lactic Acid), Dried Red Pepper, Dried Garlic, Dried Parsley, Colour (Paprika Extract), Natural Flavouring.
Blue Cheese Dressing	Rapeseed Oil, Water, Glucose-Fructose Syrup, White Wine Vinegar, Modified Starch, Salt, Natural Flavouring, Preservative (Potassium Sorbate), Dried Onion, Dried Garlic, Stabiliser (Xanthan Gum), Acidity Regulator (Lactic Acid), Dried Parsley.
Garlic Mayonnaise	Rapeseed Oil, Water, Spirit Vinegar, Glucose-Fructose Syrup, Salt, Garlic Powder, Modified Starch, Stabilisers (Xanthan Gum, Guar Gum), Preservative (Potassium Sorbate), MUSTARD Flour, Caramelised Sugar Syrup, Acidity Regulator (Lactic Acid).
Light Mayonnaise	Water, Rapeseed Oil (39%), Glucose-Fructose Syrup, Spirit Vinegar, Modified Starch, Salt, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Colour (Paprika Extract).
Ranch Dressing	Rapeseed Oil, Water, White Wine Vinegar, Glucose-Fructose Syrup, Dijon Mustard (Water, MUSTARD Seeds (29%), Spirit Vinegar, Salt, Acidity Regulator (Citric Acid), Preservative (SODIUM METABISULPHITE)), Modified Starch, Salt, Lemon Juice Concentrate, Dried Onion, Dried Garlic, Preservative (Potassium Sorbate), Cracked Black Pepper, Dried Parsley, Stabiliser (Xanthan Gum), Natural Flavouring.
Low Fat French Dressing	Water, Glucose-Fructose Syrup, White Wine Vinegar, 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.
Sour Cream	Rapeseed Oil, Water, Spirit Vinegar, Dextrose, EGG Yolk, Yoghurt Powder, Onion Powder, Salt, Chives, Acidity Regulator (Lactic Acid), MILK Protein, Stabilisers (Xanthan Gum, Guar Gum), Modified Starch, Preservative (Potassium Sorbate), MUSTARD Flour, Calcium Disodium EDTA.
Mango Habanero Drizzle	Water, Glucose-Fructose Syrup, Mango Puree (16%), Sugar, Spirit Vinegar, Modified Maize Starch, Habanero Chilli, Salt, Tomato Paste, Dried Onion, Lemon Juice Concentrate, Toasted Onion Powder, Garlic Puree, Preservative (Potassium Sorbate), Cayenne Pepper, Dried Red Bell Peppers, Acidity Regulator (Acetic Acid), Colour (Paprika Extract).
Buffalo Ranch Drizzle	Water, Rapeseed Oil, Dextrose, Frank's Redhot® Sauce (Fermented Red Cayenne Peppers, Spirit Vinegar, Water, Salt, Garlic Powder), Spirit Vinegar, Modified Maize Starch, Garlic Puree, Salt, Acidity Regulator (Lactic Acid), Herbs, Stabiliser (Xanthan Gum), Preservatives (Potassium Sorbate), Dried Onion, Ground Black Pepper, Natural Flavouring, Colour (Paprika Extract), Antioxidant (Calcium disodium EDTA)
Korean BBQ Sauce Drizzle	Water, Sugar, Bramley Apples, Soy Sauce (Water, Soybeans (SOYA), Salt, Spirit Vinegar), Maize Starch, Garlic Puree, Ginger Puree, Spice (Red Chilli Pepper, Paprika), Acidity Regulator Malic Acid(E296), Salt, Yeast Extract, Natural Flavouring.



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Pizza Builder	
Pizza Bases	
Original Pan	
Original Pan	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).
Pan Oil	Rapeseed Oil, Antifoaming Agent (E900)
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Handcrafted with Garlic Sprinkle	
Handcrafted Dough	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Rice Flour, Dried WHEAT Sourdough, Dust Suppressant: Potato Starch, Sunflower Oil, WHEAT Flour; Thickener: Guar Gum; Flour Treatment Agent: Ascorbic Acid (E300).
Rice Cones	100% Rice. May contain gluten.
Vegetable Oil	Rapeseed Oil, Emulsifiers (SOY Lecithin (E322), Mono and Diglycerides Fatty Acid Esters (E471)).
Garlic Sprinkle	Maltodextrin, Cheese Powder (from MILK), Salt, Vegetable Oil, Dried Garlic, Dried Parsley, Anti-Caking Agent (Silicon Dioxide).
Handcrafted without Garlic Sprinkle	
Handcrafted Dough	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Rice Flour, Dried WHEAT Sourdough, Dust Suppressant: Potato Starch, Sunflower Oil, WHEAT Flour; Thickener: Guar Gum; Flour Treatment Agent: Ascorbic Acid (E300).
Rice Cones	100% Rice. May contain gluten.
Vegetable Oil	Rapeseed Oil, Emulsifiers (SOYA Lecithin (E322), Mono and Diglycerides Fatty Acid Esters (E471)).
Stuffed Crust	
Stuffed Crust Dough	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Rapeseed Oil, Salt, Emulsifiers: Diacetyl Tartaric Acid Ester of Mono- and Diglycerides of Fatty Acids (E472e), Mono- and Diglycerides of Fatty Acids (E471); Flour Treatment Agent: Ascorbic Acid (E300).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. may contain milk
String Cheese for Crust	Mozzarella (Pasteurised MILK, Salt, Cultures), Potato Starch
Cheesy Bites	
Stuffed Crust Dough	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Rapeseed Oil, Salt, Emulsifiers: Diacetyl Tartaric Acid Ester of Mono- and Diglycerides of Fatty Acids (E472e), Mono- and Diglycerides of Fatty Acids (E471); Flour Treatment Agent: Ascorbic Acid (E300).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. may contain milk
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.
Lites (Flatbread)	
Pan Dough	
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).
Pizza Base Sauces	
Unseasoned Tomato Sauce (used on Gluten Free Bases, Flatbreads, Kids Pizza Bases)	Tomato Concentrate (Tomato Paste, Citric Acid).
Seasoned Tomato Sauce (used on Handcrafted, Original Pan, Stuffed Crust, Cheesy Bites)	Tomato Concentrate (Tomato Paste, Citric Acid), Sugar (White), Sugar, Herbs (Oregano, Basil, Marjoram, Thyme), Maltodextrin, Salt, Yeast Extract, Rapeseed Oil, Thickener (Guar Gum), Anti-Caking Agent (Silicon Dioxide).
BBQ Base Sauce (Gluten Free)	Water, Tomato Paste, Sugar, Spirit Vinegar, Glucose-Fructose Syrup, Modified Maize Starch, Dehydrated SOY Sauce (SOY Beans, Salt, Spirit Vinegar), Maltodextrin, Salt), Caramelised Sugar Syrup, Smoked Paprika, Smoked Maltodextrin, Preservative (Potassium Sorbate), Dried Onion, Garlic Powder, Salt.
Bechamel Base Sauce	Reconstituted Skimmed MILK, Water, Cream (MILK), Palm Oil, Modified Starch, WHEAT flour (GLUTEN), Flavourings (Contains MILK), Salt, Stabiliser (Pentasodium Triphosphate), White Pepper, Colour (E160a), Nutmeg Oil
Korean BBQ Base Sauce	Water, Sugar, Bramley Apples, Soy Sauce (Water, Soybeans (SOYA), Salt, Spirit Vinegar), Maize Starch, Garlic Puree, Ginger Puree, Spice (Red Chilli Pepper, Paprika), Acidity Regulator Malic Acid (E296), Salt, Yeast Extract, Natural Flavouring.
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)
Vegan Ch*se (Violife)	Water, Coconut Oil, Modified Starch, Starch, Sea Salt, Flavourings, Preservative: Sorbic Acid, Colour: B-Carotene, Vitamin B12.
Vegan Ch*se (Ornuu, contingency)	Water, Modified Potato Starch, Coconut Oil, Emulsifier (E341), Salt, Natural Flavouring, Fructose, Colour (E160a), Preservative (E202), Anticaking: Potato Starch.
Pizza Toppings	
Chicken Breast	Chicken Breast (98%), Salt, Stabilisers (E450, E450iii, E451, E452)
Ham	Pork Leg, Water, Salt, Modified Maize Starch (E1422), Carageenan (E407), Stabiliser (E451), Flavouring, Smoke Flavouring, Antioxidant (E301), Preservative (E250).
Pepperoni	Meat (Pork, Beef), Beef Fat, Spice Blend (MUSTARD , Salt, Dextrose, Smoke Flavour, Spice Extracts (Contains Colour (E160c), Antioxidant (E301)), Salt, Flavouring, Lactic Acid Starter Culture, Preservative (E250). Made with 120g of meat per 100g of finished product.
Beef (with added Soya protein)	Beef Meat (74%), Beef Fat, Water, Textured SOYA Protein, SOYA Protein, Salt, Black Pepper, Sugar, Yeast Extract, Flavouring, Reformed from cuts of beef & blended with SOYA proteins & spices. OR 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 (90%), Water, Salt, Smoke Flavourings, Stabilisers (E450, E451), antioxidant (E301), Preservative (E250). Formed from cuts of pork with added water
Cup 'N' Crisp Pepperoni	Meat (Beef, Pork), Beef Fat, Soy Protein, Salt, MUSTARD Powder, Dextrose, Sunflower Oil, Spice Extracts, Colour (Paprika Extract), Onion Powder, Garlic Powder, Cayenne Chilli Powder, Black Pepper, Lactic Acid Starter Culture, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite). Made with 100g of beef & pork per 100g of finished product.
Spicy Pork	Pork, Pork Fat, Water, Textured Soya Protein, Soya Protein, Salt, Spices, Sugar, Yeast Powder, Spice Extract
Sliced Chicken Strips	Chicken Breast (67%), Flour (WHEAT, Rice), Vegetable Oils (Palm, Rice Bran), Modified Starches, Breadcrumbs (Contains WHEAT), WHEAT Gluten, Salt, Yeast Extract, Garlic Powder, Stabiliser (E451), Onion Powder, Dextrose, Spice (CELERY), Raising Agents (E450, E500).
Black Olives	Water, Olives, Salt, Stabiliser (Ferrous Gluconate)
Mixed Peppers	Green peppers, Red Peppers, Yellow Peppers
Mushrooms	Mushrooms
Red Onion	Red Onion
Sweetcorn	Sweetcorn, Water, Salt
Cherry Tomatoes	Cherry Tomatoes
Pineapple	Pineapple, Pineapple Juice, Citric Acid.
Rocket	Rocket Leaves
Spinach	Spinach
Roquito® Chilli Peppers	Red Roquito® Jalapeño Pepper, Sugar, Water, Vinegar
Jalapeños	Jalapeño Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509).
Sunblushed Tomatoes	Cherry tomatoes, Rapeseed Oil, Salt, Garlic, Oregano
Brown Sugar Bacon	Pork, Brown Sugar, Salt, Emulsifier: Sodium Tripolyphosphate (E451), Smoke Flavouring, Preservative: Sodium Nitrite (E250)
Sage & Onion Stuffing	Water, Sunflower Oil, Onion (12%), Breadcrumb (Rice Flour, Gram Flour, Maize Starch, Salt, Dextrose), Modified Starch, Textured SOY Protein Concentrate, Thickener (Methyl Cellulose), Salt, Natural Flavourings, Sage (0.5%), Parsley, Black Pepper, Thyme, Oregano
Kimchi	White Cabbage, Mooli (White Radish), Carrot, Dark SOYA Sauce (Water, Molasses, Salt, SOYA Sauce, [Water, SOYA Beans, Salt, Spirit Vinegar], Sea Salt, Garlic, Ginger, Red Pepper Powder, Spring Onion.
Gherkins	Gherkins, Water, Spirit Vinegar, Salt
Go Extra Cheesy	
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)
Pizza Drizzle Finish	
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. may contain milk
Dried Parsley	Parsley
BBQ Drizzle (Gluten Free)	Water, Tomato Paste, Sugar, Spirit Vinegar, Glucose-Fructose Syrup, Modified Maize Starch, Dehydrated SOY Sauce (SOY Beans, Salt, Spirit Vinegar), Maltodextrin, Salt), Caramelised Sugar Syrup, Smoked Paprika, Smoked Maltodextrin, Preservative (Potassium Sorbate), Dried Onion, Garlic Powder, Salt.
Sour Cream Drizzle	Rapeseed Oil, Water, Spirit Vinegar, Dextrose, EGG Yolk, Yoghurt Powder, Onion Powder, Salt, Chives, Acidity Regulator (Lactic Acid), MILK Protein, Stabilisers (Xanthan Gum, Guar Gum), Modified Starch, Preservative (Potassium Sorbate), MUSTARD Flour, Calcium Disodium EDTA.
Balsamic Drizzle	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.
Hot Honey Drizzle	Honey, Birds Eye Chilli Extract (0.2%), Guajillo Chilli Extract (0.06%)
Fajita Seasoning	Chilli pepper (28%), spices and herbs (18%)(cumin, paprika, oregano, coriander leaf, cayenne pepper, cinnamon), salt, onion, garlic, sugar, lime juice powder, lemon juice powder, anti-caking agent (silicon dioxide), natural flavouring



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Buffet Sides	
Garlic 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).
Pan Oil	Rapeseed Oil, Antifoaming Agent (E900)
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. may contain milk
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Dried Parsley	Parsley
Cheesy Garlic 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
Pan Oil	Rapeseed Oil, Antifoaming Agent (E900)
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. may contain milk
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
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)
Dried Parsley	Parsley
Tomato Pasta	
Tomato Pasta	Cooked Penne Pasta (Water, Durum WHEAT Semolina) (33%), Tomatoes (31%), Tomato Passata (12%), Onion, Tomato Puree, Sunflower Oil, Olive Oil, Water, Carrots, CELERY, White Sugar, Garlic, Salt, Modified Maize Starch, Oregano, Black Pepper, Thyme.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Penne Pomodoro (Temporary Product)	
Penne Pasta	Water, Durum WHEAT flour
Pomodoro sauce	Tomatoes Diced (61%), Tomato Puree (33%), Sugar, Sunflower Oil, Salt, Onion, Herbs & Spices and Acidity Regulator (E330)
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Four Cheese & Broccoli Pasta	
Four Cheese & Broccoli Pasta	Water, Cooked Penne Pasta (Water, Durum WHEAT Semolina) (22%), Whole Pasteurised MILK, Broccoli (5%), Single Cream (MILK), Mature Cheddar Cheese (MILK) (3%), Spinach (3%), Full Cream MILK Powder, Garden Peas (2%), Modified Maize Starch, Adcrem (MILK Protein, Palm Oil, Lactose), Cheese Crumb Mix (Pecorino Cheese (Sheep's MILK), Regato Cheese (MILK)) Cheddar Cheese Stock (Processed Cheese Powder (MILK) (Cheese (MILK), Emulsifying Salt: (E339), Dried Glucose Syrup, Water, Yeast Extract, Salt, Sunflower Oil, Natural Flavouring), Mascarpone Cheese (MILK), Ricotta Cheese (MILK), Salt, Sunflower Oil, Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetable (Dried Onion, Dried Parsnip, Dried Parsley), Sunflower Oil, Spices (Lovage Powder, Turmeric, Pepper Powder, Garlic Powder, Mace, Nutmeg), Lovage Extract), Garlic, Lemon Juice from Concentrate, Black Pepper.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Pasta	
Lasagne	
Lasagne	Water, Tomato, Beef (15%), Egg Pasta (Durum WHEAT Semolina, Water, EGG), Passata, Onion, Tomato Puree, Modified Maize Starch, Skimmed MILK Powder, Mature Cheddar Cheese (MILK), Full Fat Soft Cheese (MILK), Red Wine, Wheat Flour (WHEAT Flour, Iron, Calcium Carbonate, Niacin, Thiamin), Beef Bouillon (Maltodextrin, Salt, Yeast Extract, Beef Extract, Sugar, Natural Flavouring, Vegetables (Onions, Parsnips), Sunflower Oil, Starch, Spices (Garlic, Lovage Leaves, Nutmeg), Beef Meat Powder, Caramelised Sugar, Natural Roasted Onions Flavouring), Brown Sugar, Vegetable Oil (Sunflower Oil, Rapeseed Oil), Salt, Garlic Puree, Oregano, Salt, Vegetable Bouillon (Maltodextrin, Salt, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion Powder, Parsnip Powder), Sunflower Oil, Spices (Turmeric Powder, Pepper Powder, Garlic Powder, Mace Powder, Nutmeg Powder), Herbs (Dried Parsley, Lovage Powder)), Basil, Stabilisers (Xanthan Gum, Guar Gum), Black Pepper, BARLEY Malt Extract.
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk, Salt, Lactic Cultures), Potato Starch.
Mac & Cheese	
Mac 'N' Cheese	Cooked Macaroni Pasta (37%) (Water, Durum WHEAT Semolina, Water, Mature Cheddar Cheese (MILK) (10%), Single Cream (MILK), Mozzarella Cheese (MILK) (2.5%), Semi Skimmed MILK Powder, Cheddar Cheese Flavour Base (Reconstituted Cheese (MILK), Whey Powder (MILK), Flavourings, Salt, Lactic acid, MUSTARD Flour), Modified Maize Starch, Full Fat Soft Cheese (MILK - Cream (MILK), Salt, Stabiliser: Locust Bean Gum, Preservative: Potassium Sorbate), Vegetable Oils (Sunflower Oil, Rapeseed Oil), Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Onion Powder, Parsnip Powder, Sunflower Oil, Lovage Extract, Ground Lovage, Ground Turmeric, Ground White Pepper, Garlic Powder, Mace Powder, Ground Nutmeg, Dried Parsley), Vegetarian Worcester Sauce (Water, White Vinegar, Sugar, Onion, Salt, Tamarind Paste, Cloves, Ginger, Garlic, BARLEY Malt Extract), Garlic Puree, Salt, Yeast Extract, Ground Black Pepper, Cayenne Pepper (Chilli Powder, Paprika Powder).
Mozzarella Cheese	Mozzarella Cheese (Pasteurised MILK, Salt, Lactic Cultures), Potato Starch.



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Mini and Mega Monster	
Pizza (with unseasoned tomato sauce)	
Original Pan Base	
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 Base	
Pan dough	WHEAT Flour, Water, Yeast (Bakers Yeast, Rehydrating Agent,E491), Rapeseed Oil, Salt, Premix : [Salt, Calcium Sulphate, Emulsifiers; E481, E472e, E471, Flour Treatment Agent E300, Enzyme (Alpha Amylase, Xylanase, Glucose Oxidase, Protease, Cellulase)], Sugar, Flour Treatment Agent (ascorbic acid E300).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322) , Mono- and diglycerides fatty acid esters (E471).
Unseasoned tomato sauce	Tomato Concentrate (Tomato Paste, Citric Acid).
Gluten Free Base	
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 (Violife)	Water, Coconut Oil, Modified Starch, Starch, Sea Salt, Flavourings, Preservative: Sorbic Acid, Colour: B-Carotene, Vitamin B12.
Vegan Ch*se (Ornuu, contingency)	Water, Modified Potato Starch, Coconut Oil, Emulsifier (E341), Salt, Natural Flavouring, Fructose, Colour (E160a), Preservative (E202), Anticaking: Potato Starch.
Topplings	
Chicken Breast	Chicken Breast (98%), Salt, Stabilisers (E450i, E450iii, E451, E452)
Ham	Pork Leg, Water, Salt, Modified Maize Starch (E1422), Carageenan (E407), Stabiliser (E451), Flavouring, Smoke Flavouring, Antioxidant (E301), Preservative (E250).
Pepperoni	Meat (Pork, Beef), Beef Fat, Spice Blend (MUSTARD, Salt, Dextrose, Smoke Flavour, Spice Extracts (Contains Colour (E160c), Antioxidant (E301)), Salt, Flavouring, Lactic Acid Starter Culture, Preservative (E250). Made with 120g of meat per 100g of finished product.
Beef (with added Soya protein)	Beef Meat (74%), Beef Fat, Water, Textured SOYA Protein, SOYA Protein, Salt, Black Pepper, Sugar, Yeast Extract, Flavouring, Reformed from cuts of beef & blended with SOYA proteins & spices. OR 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 (90%), Water, Salt, Smoke Flavourings, Stabilisers (E450, E451), antioxidant (E301), Preservative (E250). Formed from cuts of pork with added water
Cup 'N' Crisp Pepperoni	Meat (Beef, Pork), Beef Fat, Soy Protein, Salt, MUSTARD Powder, Dextrose, Sunflower Oil, Spice Extracts, Colour (Paprika Extract), Onion Powder, Garlic Powder, Cayenne Chilli Powder, Black Pepper, Lactic Acid Starter Culture, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite). Made with 100g of beef & pork per 100g of finished product.
Spicy Pork	Pork, Pork Fat, Water, Textured Soya Protein, Soya Protein, Salt, Spices, Sugar, Yeast Powder, Spice Extract.
Sliced Chicken Strips	Chicken Breast (67%), Flour (WHEAT, Rice), Vegetable Oils (Palm, Rice Bran), Modified Starches, Breadcrumbs (Contains WHEAT), WHEAT Gluten, Salt, Yeast Extract, Garlic Powder, Stabiliser (E451), Onion Powder, Dextrose, Spice (CELERY), Raising Agents (E450, E500).
Black Olives	Water, Olives, Salt, Stabiliser (Ferrous Gluconate)
Mixed Peppers	Green peppers, Red Peppers, Yellow Peppers
Mushrooms	Mushrooms
Red Onion	Red Onion
Sweetcorn	Sweetcorn, Water, Salt
Cherry Tomatoes	Cherry Tomatoes
Pineapple	Pineapple, Pineapple Juice, Citric Acid.
Rocket	Rocket Leaves
Spinach	Spinach
Roquito@ Chilli Peppers	Red Roquito@ Jalapeño Pepper, Sugar, Water, Vinegar
Jalapeños	Jalapeño Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509).
Sunblushed Tomatoes	Cherry tomatoes, Rapeseed Oil, Salt, Garlic, Oregano
Brown Sugar Bacon	Pork, Brown Sugar, Salt, Emulsifier: Sodium Tripolyphosphate (E451), Smoke Flavouring, Preservative: Sodium Nitrite (E250)
Sage & Onion Stuffing	Water, Sunflower Oil, Onion (12%), Breadcrumbs (Rice Flour, Gram Flour, Maize Starch, Salt, Dextrose), Modified Starch, Textured SOY Protein Concentrate, Thickener (Methyl Cellulose), Salt, Natural Flavourings, Sage (0.5%), Parsley, Black Pepper, Thyme, Oregano
Kimchi	White Cabbage, Mooli (White Radish), Carrot, Dark SOYA Sauce (Water, Molasses, Salt, SOYA Sauce, [Water, SOYA Beans, Salt, Spirit Vinegar]), Sea Salt, Garlic, Ginger, Red Pepper Powder, Spring Onion.
Gherkins	Gherkins, Water, Spirit Vinegar, Salt
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.
Mac 'N' Cheese	Cooked Macaroni Pasta (37%) (Water, Durum WHEAT Semolina, Water, Mature Cheddar Cheese (MILK) (10%), Single Cream (MILK), Mozzarella Cheese (MILK) (2.5%), Semi Skimmed MILK Powder, Cheddar Cheese Flavour Base (Reconstituted Cheese (WHEAT), Whey Powder (MILK), Flavourings, Salt, Lactic acid, MUSTARD Flour), Modified Maize Starch, Full Fat Soft Cheese (MILK , Cream (MILK), Salt, Stabiliser: Locust Bean Gum, Preservative: Potassium Sorbate), Vegetable Oils (Sunflower Oil, Rapeseed Oil), Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Onion Powder, Parsnip Powder, Sunflower Oil, Lovage Extract, Ground Lovage, Ground Turmeric, Ground White Pepper, Garlic Powder, Mace Powder, Ground Nutmeg, Dried Parsley), Vegetarian Worcester Sauce (Water, White Vinegar, Sugar, Onion, Salt, Tamarind Paste, Cloves, Ginger, Garlic, BARLEY Malt Extract), Garlic Puree, Salt, Yeast Extract, Ground Black Pepper, Cayenne Pepper (Chilli Powder, Paprika Powder).
Mozzarella Cheese (with Mac 'n' Cheese)	Mozzarella Cheese (Pasteurised MILK, Salt, Lactic Cultures), Potato Starch.
Chicken 'N' Fries	
Chicken Strips	Chicken Breast (67%), Flour (WHEAT, Rice), Vegetable Oils (Palm, Rice Bran), Modified Starches, Breadcrumbs (Contains WHEAT), WHEAT Gluten, Salt, Yeast Extract, Garlic Powder, Stabiliser (E451), Onion Powder, Dextrose, Spice (CELERY), Raising Agents (E450, E500).
Fries	Potatoes, Sunflower oil, WHEAT (Gluten) flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
Sides	
Fries	Potatoes, Sunflower oil, WHEAT (Gluten) flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
Onion Rings	Diced Onions (53%), WHEAT flour, Vegetable oils (rapeseed, sunflower, in varying proportions), Gelling agent (E401), Salt, Yeast, Sugar, Flavouring (Paprika extract, Turmeric extract)
Mini Corn on the Cob (with Vegetable Oil Spray)	Sweetcorn, Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Garlic Bread	Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Fat Spread (17%) (Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Flavouring, Colour (Carotenes)], Garlic (3%) (Puree and Chopped), Yeast, Salt, Oregano, Preservative (Calcium Propionate), Lemon Juice, Flour Treatment Agent (Ascorbic Acid), Enzymes (contains Wheat). <i>May contain Soya and Milk.</i>
Drinks	
Milk	100% Semi Skimmed MILK
Apple Juice	Apple Juice from Concentrate (100%)
Orange Juice	Orange juice from concentrate (100%)
Fruit Shoots - All flavours	Refer directly to the supplier- Fruit Shoot - www.fruitshoot.com/gb
Tango Orange/ Tango Apple/ 7Up Zero/ Pepsi Max/ Diet Pepsi	Refer directly to the supplier - Pepsi - www.pepsi.co.uk/7up - www.7up.co.uk/
Flavour Shot - Cherry, Lime, Strawberry, Vanilla	Carbonated Water, Gluten Free WHEAT Dextrin, Flavourings*, Sweeteners: Acesulfame K, Sucralose, Acid: Citric Acid, Preservatives: Potassium Sorbate, Sodium benzoate. Flavourings: Vanilla, Cherry, Lime or Strawberry
Robinsons Squash - All Flavours	Refer directly to the supplier - Robinsons - www.robinsonssquash.co.uk
Kids Desserts	
Calippo Ice Lolly Orange	Water, orange juice from concentrate (20%), glucose syrup, sugar, apple juice from concentrate (6%), fructose, soluble fibre (corn), acidity regulator (citric acid), stabilisers (guar gum, locust bean gum, tara gum), colours (paprika extract, curcumin), natural orange flavouring. <i>May contain: MILK.</i> Gluten free
Kids Chocolate Brownie	
Chocolate Brownie	Sugar, Pasteurised Free Range EGG, MILK Chocolate (17%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)), Dark Chocolate (8%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Fat Reduced Cocoa Powder (3.7%), Raising Agents (E450, E501). <i>May contain Nuts</i>
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 Water, Skimmed Milk Powder (MILK), Whey Powder (MILK), Sugar, Palm Oil, Dextrose, Stabilisers (Guar Gum, Carrageenan, Locust Bean Gum), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Natural Colours (Annatto, Curcumin).
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 Mini Donuts	
Donuts	Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), White Sugar, Palm Oil, Water, Rapeseed Oil, Raising Agents (Disodium Diphosphate, Potassium Bicarbonate), Dried Skimmed MILK, SOYA Flour, Whey Powder (MILK), Dextrose, Dried EGG Yolk, Emulsifiers (SOYA Lecithin, Mono- and Diglycerides of Fatty Acid, Sodium Stearoyl-2-Lactylate), Cornflour, OAT Fibre, MILK Proteins.
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.
Raspberry Sauce	Glucose syrup, water, raspberry puree from concentrate (10%), sugar, dextrose, modified starch, acidity regulators (citric acid, sodium citrates), colour (anthocyanins), thickener (pectins), preservative (potassium sorbate), natural flavouring, natural raspberry flavouring with other natural flavourings



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Desserts	
Ice Cream Factory	
Ice Cream Mix	Skimmed MILK, Cream (10%) (MILK), Sugar, Fructose, Whey Powder (MILK), Emulsifier (E471), Stabilisers (E466, E412, E407, E401, E410), Flavouring, Salt
Raspberry Sauce	Glucose syrup, water, raspberry puree from concentrate (10%), sugar, dextrose, modified starch, acidity regulators (citric acid, sodium citrates), colour (anthocyanins), thickener (pectins), preservative (potassium sorbate), natural raspberry flavouring, natural raspberry flavouring with other natural flavourings
Chocolate Sauce	Glucose syrup, Sugar, Water, Sweetened condensed MILK, Couverture MILK chocolate (6 %) (Sugar, Cocoa butter, Whole MILK powder, Cocoa mass, Emulsifier (Soya lecithins), Natural vanilla flavouring), Modified starch, Fat reduced cocoa powder, Preservative (Potassium sorbate), Natural flavouring.
Bubblegum Sauce	Sugar, Glucose Syrup, Water, Natural Flavouring, Colour : Anthocyanin (E163), Acid: Citric Acid, Preservative: Potassium Sorbate
Strawberry Crunch	Sugar, Glucose syrup, Water, Colour (E162), Natural flavouring, Coconut oil, Glazing agent (E901)
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)
Gold Stars	Sugar, Vegetable Oils (Coconut, Shea), Rice Flour, Water, Thickener (Sodium Carboxy Methyl Cellulose), Glazing Agents (Shellac, Acacia Gum), Anti Caking Agent (Potassium Aluminum Silicate), Caramelised Sugar Syrup, Glucose Syrup, Flavouring, Colours (Iron Oxide and Hydroxides), Tapioca Starch, Safflower Concentrate.
Mixed Chocolate Chips	White Chocolate Chips (50%) Sugar, Cocoa Butter, Whole MILK Powder, Lactose (MILK), Whey Powder (MILK), Emulsifier: SOYA Lecithin (E322), Vanilla Extract. Dark Chocolate Chips (50%) Sugar, Vegetable Fat (Palm), Fat-Reduced Cocoa Powder, Emulsifiers: Soya Lecithin (E322) and Sorbitan Tristearate (E492), Natural Flavouring.
Marshmallows	Sugar, Glucose-fructose syrup, Water, Maize starch, Dextrose, Tapioca starch, Gelling agent: Carrageenan, Hydrolysed Rice protein, Natural flavouring, Colour: E162.
Hot Cookie Dough (All sizes served with Vanilla Ice Cream and Sauce)	
Chocolate Chip Cookie Dough	
Chocolate Chip Cookie Dough	WHEAT flour (WHEAT flour, Calcium carbonate, Iron, Niacin, Thiamine), Sugar, Dark chocolate (21%) (Cocoa mass, Sugar, Cocoa butter, Fat reduced cocoa powder, Emulsifier (SOYA lecithin)), Butter (MILK), Maltodextrin, Butterfat (MILK), Vegetable oils (Palm oil, Rapeseed oil), Whey powder (MILK), Salt, Water, Raising agent (Diphosphates, Sodium carbonates), Flavouring. <i>May contain Nuts and Egg.</i>
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, Water, Skimmed Milk Powder (MILK), Whey Powder (MILK), Sugar, Palm Oil, Dextrose, Stabilisers (Guar Gum, Carrageenan, Locust Bean Gum), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Natural Colours (Annatto, Curcumin).
Chocolate Sauce (Rowse)	Glucose Syrup, Water, Belgian MILK Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Liquor, Emulsifier: SOYA Lecithin, Natural Vanilla Extract), Single Cream (MILK), Cocoa Liquor, Corn Flour, Natural Vanilla Flavouring.
White Chocolate & Caramel Cookie Dough	
White Chocolate & Caramel Cookie Dough	WHEAT flour (WHEAT flour, Calcium carbonate, Iron, Niacin, Thiamine), Sugar, White Chocolate (12%) (Sugar, Cocoa butter, Whole MILK powder, Sweet whey powder (MILK), Lactose (MILK), MILK fat, Emulsifier (SOYA Lecithins), Natural vanilla flavouring), Brown sugar, Butter (MILK), Caramel pieces (8%) (Sugar, Glucose syrup, Condensed MILK, Coconut oil, Butteroil (MILK), Natural flavouring, Glazing agent (Carnauba wax)), Water, Butterfat (MILK), Vegetable oils (Palm oil, Rapeseed oil), Whey powder (MILK), Salt, Raising agent (Diphosphates, Sodium carbonates), Flavouring. <i>May contain Nuts and Egg.</i>
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, Water, Skimmed Milk Powder (MILK), Whey Powder (MILK), Sugar, Palm Oil, Dextrose, Stabilisers (Guar Gum, Carrageenan, Locust Bean Gum), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Natural Colours (Annatto, Curcumin).
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).
NEW - Salted Caramel Fudge Cookie Dough EAT-IN	
White Chocolate & Caramel Cookie Dough	WHEAT flour (WHEAT flour, Calcium carbonate, Iron, Niacin, Thiamine), Sugar, White Chocolate (12%) (Sugar, Cocoa butter, Whole MILK powder, Sweet whey powder (MILK), Lactose (MILK), MILK fat, Emulsifier (SOYA Lecithins), Natural vanilla flavouring), Brown sugar, Butter (MILK), Caramel pieces (8%) (Sugar, Glucose syrup, Condensed MILK, Coconut oil, Butteroil (MILK), Natural flavouring, Glazing agent (Carnauba wax)), Water, Butterfat (MILK), Vegetable oils (Palm oil, Rapeseed oil), Whey powder (MILK), Salt, Raising agent (Diphosphates, Sodium carbonates), Flavouring. <i>May contain Nuts and Egg.</i>
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, Water, Skimmed Milk Powder (MILK), Whey Powder (MILK), Sugar, Palm Oil, Dextrose, Stabilisers (Guar Gum, Carrageenan, Locust Bean Gum), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Natural Colours (Annatto, Curcumin).
Gold Stars	Sugar, Vegetable Oils (Coconut, Shea), Rice Flour, Water, Thickener (Sodium Carboxy Methyl Cellulose), Glazing Agents (Shellac, Acacia Gum), Anti Caking Agent (Potassium Aluminum Silicate), Caramelised Sugar Syrup, Glucose Syrup, Flavouring, Colours (Iron Oxide and Hydroxides), Tapioca Starch, Safflower Concentrate.
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).
NEW - Salted Caramel Fudge Cookie Dough Takeaway	
White Chocolate & Caramel Cookie Dough	WHEAT flour (WHEAT flour, Calcium carbonate, Iron, Niacin, Thiamine), Sugar, White Chocolate (12%) (Sugar, Cocoa butter, Whole MILK powder, Sweet whey powder (MILK), Lactose (MILK), MILK fat, Emulsifier (SOYA Lecithins), Natural vanilla flavouring), Brown sugar, Butter (MILK), Caramel pieces (8%) (Sugar, Glucose syrup, Condensed MILK, Coconut oil, Butteroil (MILK), Natural flavouring, Glazing agent (Carnauba wax)), Water, Butterfat (MILK), Vegetable oils (Palm oil, Rapeseed oil), Whey powder (MILK), Salt, Raising agent (Diphosphates, Sodium carbonates), Flavouring. <i>May contain Nuts and Egg.</i>
Take Away Vanilla Ice Cream	Whole Milk, Sugar, Double Cream (MILK), Buttermilk Powder, Emulsifier: Mono- & Diglycerides of Fatty Acids, Flavouring, Stabilisers: Sodium Alginate, Guar Gum, Colours: Curcumin, Annatto Norbixin, Plain Caramel.
Gold Stars	Sugar, Vegetable Oils (Coconut, Shea), Rice Flour, Water, Thickener (Sodium Carboxy Methyl Cellulose), Glazing Agents (Shellac, Acacia Gum), Anti Caking Agent (Potassium Aluminum Silicate), Caramelised Sugar Syrup, Glucose Syrup, Flavouring, Colours (Iron Oxide and Hydroxides), Tapioca Starch, Safflower Concentrate.
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).
I Can't Believe Its Not Cheesecake	
Cheesecake	Biscuit Base (30%) [Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Thiamin, Niacin), Vegetable Oils (SG RSPO Palm, Rapeseed), Sugar, Invert Sugar Syrup, Raising Agents: E500ii, E503ii, Salt], Lotus Original Caramelised Biscuit Spread (23%) [Original Caramelised Biscuits (WHEAT Flour, Sugar, Vegetable Oils (Palm Oil From Sustainable and Certified Plantations, Rapeseed Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier (SOYA Lecithin), Acid (Citric Acid)], Non-Dairy Cream (16%) [Lentil Protein Preparation (Water, 1.1% Lentil Protein), Palm Fat, Rapeseed Oil, Sugar, Modified Corn Starch, Emulsifiers (Sunflower Lecithin, Sugar Esters of Fatty Acids, Mono-and Diglycerides of Fatty Acids), Stabilisers (Guar Gum, Locust Bean Gum), Natural Flavourings, Salt, Colourant (Beta-Carotene)], Food Preparation With Coconut Oil (16%) [Water, Coconut Oil (23%), Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12], Sugar, Caramelised Biscuit (5%) [WHEAT Flour, Sugar, Vegetable Oils (Palm (RSPO certified), Rapeseed), Candy Sugar Syrup, Raising Agent, E500, SOYA Flour, Salt, Cinnamon], Starch, Partially Inverted Sugar Syrup, Tapioca Starch, Natural Vanilla Flavouring, Preservative (Potassium Sorbate (E202)). <i>May contain Milk, Eggs, Sulphur Dioxide and Nuts.</i>
Chocolate Brownie	
Chocolate Brownie	Sugar, Pasteurised Free Range EGG, MILK Chocolate (17%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Vegetable Margarine [Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)], Dark Chocolate (8%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Fat Reduced Cocoa Powder (3.7%), Raising Agents (E450, E501). <i>May contain Nuts</i>
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, Water, Skimmed Milk Powder (MILK), Whey Powder (MILK), Sugar, Palm Oil, Dextrose, Stabilisers (Guar Gum, Carrageenan, Locust Bean Gum), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Natural Colours (Annatto, Curcumin).
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.
Mini Donuts	
Donuts	Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), White Sugar, Palm Oil, Water, Rapeseed Oil, Raising Agents (Disodium Diphosphate, Potassium Bicarbonate), Dried Skimmed MILK, SOYA Flour, Whey Powder (MILK), Dextrose, Dried EGG Yolk, Emulsifiers (SOYA Lecithin, Mono- and Diglycerides of Fatty Acid, Sodium Stearoyl-2-Lactylate), Cornflour, OAT Fibre, MILK Proteins.
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.
Raspberry Sauce	Glucose syrup, water, raspberry puree from concentrate (10%), sugar, dextrose, modified starch, acidity regulators (citric acid, sodium citrates), colour (anthocyanins), thickener (pectins), preservative (potassium sorbate), natural flavouring, natural raspberry flavouring with other natural flavourings
Ice Cream	
Vanilla Ice Cream	Skimmed MILK, Whipping Cream (14%) (MILK), Sugar, Skimmed MILK Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring, Water, Skimmed Milk Powder (MILK), Whey Powder (MILK), Sugar, Palm Oil, Dextrose, Stabilisers (Guar Gum, Carrageenan, Locust Bean Gum), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Natural Colours (Annatto, Curcumin).
Take Away Vanilla Ice Cream	
Take Away Vanilla Ice Cream	Whole Milk, Sugar, Double Cream (MILK), Buttermilk Powder, Emulsifier: Mono- & Diglycerides of Fatty Acids, Flavouring, Stabilisers: Sodium Alginate, Guar Gum, Colours: Curcumin, Annatto Norbixin, Plain Caramel.
Sauces	
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 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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Drinks	
Soft Drinks	
Tango Orange/ Tango Apple/ 7Up Zero/ Pepsi Max/ Diet Pepsi	Refer directly to the supplier - Pepsi - www.pepsi.co.uk/7up - www.7up.co.uk
Flavour Shot - Cherry, Lime, Strawberry, Vanilla	Carbonated Water, Gluten Free WHEAT Dextrin, Flavourings*, Sweeteners:Acesulfame K, Sucralose, Acid:Citric Acid, Preservatives:Potassium Sorbate, Sodium benzoate. Flavourings: Vanilla, Cherry, Lime or Strawberry
Robinsons Squash - All Flavours	Refer directly to the supplier - Robinsons - www.robinsonssquash.co.uk
Belu Still Water / Sparkling Water	Refer directly to the supplier - Belu - www.belu.com
Lipton Peach Iced Tea	Refer directly to the supplier - Lipton - www.liptonicedtea.com
Bottle of Pepsi	Refer directly to the supplier - Pepsi - www.pepsi.co.uk
Im Bru	Refer directly to the supplier - Agbarr - www.agbarr.co.uk
Apple Juice	Apple Juice from Concentrate (100%)
Orange Juice	Orange juice from concentrate (100%)
J20 - all flavours	Refer directly to the supplier - J20 - www.j20.co.uk
Bottle of 7Up Zero / Pepsi Max / Tango Orange / Pepsi	Refer directly to the supplier - Pepsi - www.pepsi.co.uk/ 7up - www.7up.co.uk
Bottle of Diet Pepsi	Refer directly to the supplier - Pepsi - www.pepsi.co.uk
Hot Drinks	
Black Tea	100% Black Tea
Tea with Milk	100% Black Tea, 100% Semi Skimmed MILK
Americano with Milk, Caffè Latte, Cappuccino	Roasted & Ground Coffee, 100% Semi Skimmed MILK
Black Americano	Roasted & Ground Coffee
Alcoholic Drinks	
Pinot Grigio / Merlot / White Zinfandel	Refer directly to the supplier - Matthew Clark - www.matthewclark.co.uk/
Nice Wine	Refer to label on can or directly to the supplier - Nice Drinks - www.nice-drinks.co.uk/
Prosecco	Refer directly to the supplier - Matthew Clark - www.matthewclark.co.uk/
Budweiser	Refer to label on bottle or directly to the supplier - Budweiser - www.budweiser.com/en/company/products/budweiser
San Miguel	Refer directly to the supplier - San Miguel - www.sanmiguel.com
Kopparberg Strawberry & Lime	Refer directly to the supplier - Kopparberg - www.kopparberg.co.uk/faqs/
Camden Pale Ale	Refer directly to the supplier - Camden Town brewery - https://camdentownbrewery.com
Magners	Refer directly to the supplier - Magners - www.magners.com



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Sides & Sauces								
Sides	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)
Fries	230	384	5.1	51	1.2	17	2.1	2.3
Cheesy Fries	375	686	13.8	75	3.1	35	10.4	5.6
Onion Rings	158	338	5.5	47	7	15	1.7	1.4
Garlic Bread	120	360	9	47	3.4	14	4.3	0.84
Garlic Bread with Cheese	181	530	20	49	4.6	27	12	1.7
Cheesy Triangles	108	377	14	20	1	26	11	3
Halloumi Fries	85	275	14	11	3	20	9	2
Mini Corn on the Cob	267	207	6.4	29	18	4.8	0.8	0.01
Cheesy Bite Bites	240	534	24	75	2.2	15	6.2	2.1
Loaded Bacon Cheesy Bite Bites	297	711	34	77	2.5	29	15	3.1
BBQ Chicken Wings	121	247	24	6.7	4.4	14	3.4	2
Breaded Chicken Tenders	175	354	28	30	0.9	13	2.5	1.5
Take Away Macaroni Cheese								
Take Away Macaroni Cheese - Classic	230	396	17	42	3.9	19	10	1.4
Dips & Bits Station								
Heinz BBQ Sauce	100	138	1	34	29	0	0	1
Heinz Tomato Ketchup	100	102	1	23	23	0	0	2
Chilli Flakes	1	3	0.1	0.3	0.1	0.2	0	0
Dine In Dip Pots								
Sour Cream	45	266	0.64	3.6	2.8	27.7	2	0.41
Sweet Chilli	60	98	0.16	24.2	20.3	0	0	0.34
Nacho Cheese	50	89	5.2	2	0.3	7	4.6	1.5
Mango Habanero Drizzle	45	57	0.14	14	11	0.05	0.05	0.57
Buffalo Ranch Drizzle	45	127	0.14	11	5.9	11	0.81	0.87
Korean BBQ Sauce	45	74	0.59	18	15	0.09	0.05	0.71
Takeaway Dip Pots								
Mango Habanero Dip	35	44	0.11	11	8.7	0.04	0.04	0.44
Buffalo Ranch Dip	35	99	0.11	8.9	4.6	8.6	0.63	0.68
Korean BBQ Dip	35	58	0.46	14	12	0.07	0.04	0.55
Sweet Chilli Dip (30ml PP) (Oval)	35	64	0.14	15	13	0.42	0.04	0.37
Garlic Buttermilk Mayo (30ml PP) (Oval)	35	128	0.25	4.8	2.7	12	0.84	0.34
BBQ Dip (30ml PP) (Oval)	35	51	0.35	12	8.8	0.21	0.04	0.35
Ketchup (30ml PP) (Oval)	35	39	0.46	8.9	6.5	0.04	0.00	0.47
Salad Station								
Dressed Salads	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)
Potato Salad	63	102	0.8	9.1	1.7	6.7	0.49	0.38
Coleslaw	50	68	0.4	3.1	2.4	5.9	0.43	0.07
Sweetcorn	26	20	0.7	3.5	0.93	0.4	0.24	0.01
Diced Beetroot	24	12	1.0	1.6	1.1	0.1	0.07	0.02
Jalapenos	16	1	0.07	0.07	0	0.1	0.03	0.48
Roquito® Chilli Peppers	16	14	0.11	3.34	3	0	0	0
Black Olives	15	21	0.14	0.11	0	2.1	0.21	0.14
Fresh Salad								
Lettuce Mix	17	2	0.1	0.2	0.2	0	0	0
Cherry Tomatoes	33	6	0.2	1	1	0.1	0	0
Cucumber	35	3	0.2	0.5	0.5	0	0	0
Mixed Peppers	26	4	0.2	0.7	0.6	0.1	0	0
Red Onion	21	8	0.3	1.7	1.2	0	0	0
Shredded Carrot	18	9	0.1	2.3	2.3	0	0	0
Spinach	20	4	0.5	0	0	0.1	0	0
Rocket	20	4	0.7	0.1	0	0	0	0
Dried Items								
Bacon Bits	13	70	1.2	7.7	0.3	3.8	1.7	0.33
Croutons	7	33	0.77	5.0	0.1	1.1	0.48	0.16
Tortilla Chips	13	64	0.80	8.2	0.2	2.7	0.3	0.09
Crispy Onions	6	35	0.40	2.4	0.5	2.6	1.3	0.07
Sultanas	16	43	0.40	11	11	0	0	0
Dressings & Dips								
Thousand Island Dressing	30	80	0.21	3.4	1.5	7.2	0.9	0.37
Blue Cheese Dressing	27	125	0.35	5.2	2.1	11	4.2	0.36
Garlic Mayonnaise	29	127	0.58	1.2	0.5	13	1.8	0.31
Light Mayonnaise	34	138	0.24	4.3	2	13	1.8	0.44
Ranch Dressing	31	145	0.74	2	1.3	15	1.6	0.33
Low Fat French Dressing	22	18	0.18	3.1	1.9	0.6	0.4	0.27
Salsa	33	20	0.36	4.3	2.6	0	0	0.53
Sour Cream	30	177	0.43	2.4	1.8	18	1	0.27



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Pizza									
Pepperoni	Number of Slices per Pizza	Weight of Pizza (g)	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)
Individual Pan (9")	6	400	181	7.0	18	0.93	8.8	2.9	0.75
Sharing Pan (13")	8	774	249	9.6	28	1.4	11	3.2	1.0
Individual Handcrafted (11")	6	398	162	6.9	18	1.4	6.6	2.7	0.84
Sharing Handcrafted (14")	8	704	215	9.1	24	2.0	9.0	3.7	1.1
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	6	394	159	6.8	18	1.4	6.5	2.7	0.76
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	8	698	212	9.1	23	1.9	8.9	3.7	1.0
Individual Stuffed Crust (11")	6	550	239	12	23	1.9	11	5.2	1.1
Sharing Stuffed Crust (14")	8	912	293	14	30	2.6	13	6.1	1.3
Cheesy Bites (14")	8	912	293	14	30	2.6	13	6.1	1.3
Gluten Free (9" Square)	6	351	166	4.4	20	1.6	7.3	2.7	0.70
Pepperoni Feast									
Individual Pan (9")	6	422	198	7.7	18	0.96	10	3.1	0.91
Sharing Pan (13")	8	848	293	11	28	1.4	15	4.3	1.3
Individual Handcrafted (11")	6	416	176	7.4	18	1.5	7.9	2.8	0.97
Sharing Handcrafted (14")	8	727	228	9.6	24	2.0	10	3.7	1.3
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	6	412	173	7.4	18	1.4	7.8	2.8	0.89
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	8	721	225	9.6	23	2.0	10	3.6	1.2
Individual Stuffed Crust (11")	6	568	253	12	23	2.0	12	5.3	1.2
Sharing Stuffed Crust (14")	8	935	306	14	30	2.7	14	6.0	1.5
Cheesy Bites (14")	8	935	306	14	30	2.7	14	6.0	1.5
Gluten Free (9" Square)	6	373	183	5.1	20	1.6	8.9	2.9	0.85
Hawaiian									
Individual Pan (9")	6	456	166	7.6	19	1.7	6.4	2	0.77
Sharing Pan (13")	8	936	249	11	30	2.8	9	2.7	1.2
Individual Handcrafted (11")	6	454	158	7.6	21	2.6	4.6	1.8	1.2
Sharing Handcrafted (14")	8	830	211	10	28	4	6	2.4	1.8
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	6	450	142	7.3	19	2.3	4	1.7	0.77
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	8	824	187	9.8	25	3.5	5.1	2.2	1
Individual Stuffed Crust (11")	6	606	222	12	24	2.9	8.4	4.2	1.1
Sharing Stuffed Crust (14")	8	1038	268	15	31	4.2	9.1	4.5	1.3
Cheesy Bites (14")	8	1038	268	15	31	4.2	9.1	4.5	1.3
Gluten Free (9" Square)	6	407	149	4.9	20	2.5	4.8	1.7	0.7
Chicken Supreme									
Individual Pan (9")	6	494	168	8.7	19	1.2	6.3	2	0.62
Sharing Pan (13")	8	1037	256	14	29	1.8	8.9	2.7	1
Individual Handcrafted (11")	6	492	148	8.4	19	1.8	4.1	1.7	0.69
Sharing Handcrafted (14")	8	931	197	12	24	2.6	5.2	2.2	1.1
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	6	488	145	8.4	18	1.8	4	1.7	0.61
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	8	925	194	12	24	2.6	5.1	2.2	0.99
Individual Stuffed Crust (11")	6	644	224	13	23	2.3	8.4	4.2	0.91
Sharing Stuffed Crust (14")	8	1139	275	17	30	3.3	9.1	4.5	1.1
Cheesy Bites (14")	8	1139	275	17	30	3.3	9.1	4.5	1.1
Gluten Free (9" Square)	6	445	151	6	20	1.9	4.7	1.9	0.56
Meat Feast									
Individual Pan (9")	6	468	195	9.0	18	1.1	9.5	3.1	0.90
Sharing Pan (13")	8	970	301	14	29	1.7	14	4.6	1.4
Individual Handcrafted (11")	6	462	174	8.8	18	1.6	7.2	2.9	0.91
Sharing Handcrafted (14")	8	858	242	13	24	2.3	10	4.3	1.3
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	6	466	177	8.9	19	1.6	7.3	3.0	1.0
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	8	864	245	13	24	2.3	11	4.3	1.4
Individual Stuffed Crust (11")	6	618	254	14	23	2.1	12	5.5	1.2
Sharing Stuffed Crust (14")	8	1072	323	17	30	3.0	14	6.6	1.6
Cheesy Bites (14")	8	1072	323	17	30	3.0	14	6.6	1.6
Gluten Free (9" Square)	6	419	180	6.4	20	1.8	8.0	3.0	0.85
BBQ Americano									
Individual Pan (9")	6	508	191	9.4	21	2.4	7.5	2.7	0.79
Sharing Pan (13")	8	1054	289	15	33	3.7	11	3.6	1.2
Individual Handcrafted (11")	6	499	168	9.6	21	2.5	4.8	2	0.9
Sharing Handcrafted (14")	8	950	233	14	28	4.5	6.6	2.7	1.28
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	6	495	166	9.5	20	2.1	4.7	1.9	0.82
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	8	944	230	14	27	4.4	6.5	2.7	1.19
Individual Stuffed Crust (11")	6	651	245	14	26	3.6	9.1	4.4	1.12
Sharing Stuffed Crust (14")	8	1156	311	19	34	5.2	11	5	1.5
Cheesy Bites (14")	8	1156	311	19	34	5.2	11	5	1.5
Gluten Free (9" Square)	6	459	175	6.6	23	3.4	5.9	2.4	0.75
Margherita									
Individual Pan (9")	6	398	169	7	18	0.9	7.4	2.7	0.64
Sharing Pan (13")	8	796	250	10	29	1.3	10	3.5	0.96
Individual Handcrafted (11")	6	394	149	6.8	18	1.6	5.1	2.3	0.71
Sharing Handcrafted (14")	8	690	191	8.7	24	2.1	6.4	3	0.9
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	6	392	146	6.7	18	1.5	5	2.3	0.63
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	8	684	188	8.7	23	2.1	6.3	3	0.81
Individual Stuffed Crust (11")	6	548	225	11	23	2.1	9.4	4.8	0.93
Sharing Stuffed Crust (14")	8	898	269	13	30	2.8	10	5.3	1.1
Cheesy Bites (14")	8	898	269	13	30	2.8	10	5.3	1.1
Gluten Free (9" Square)	6	349	114	3.2	15	1.3	4.3	1.8	0.43
The G.O.A.T									
Individual Pan (9")	6	517	184	7.5	21	3	7.8	3	0.67
Sharing Pan (13")	8	1088	281	11.3	33	5.3	11	4.3	1.03
Individual Handcrafted (11")	6	515	164	7.3	21	3.6	5.5	2.7	0.74
Sharing Handcrafted (14")	8	982	222	9.8	28	5.7	7.3	3.7	1
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	6	511	161	7.2	20	3.5	5.4	2.7	0.66
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	8	976	219	9.7	28	5.6	7.2	3.7	0.89
Individual Stuffed Crust (11")	6	667	241	12	26	4.1	9.8	5.2	0.97
Sharing Stuffed Crust (14")	8	1190	300	14	34	6.7	11	6	1.2
Cheesy Bites (14")	8	1190	300	14	34	6.7	11	6	1.2
Gluten Free (9" Square)	6	468	126	3.6	17	2.8	4.6	2	0.46
Veggie Supreme									
Individual Pan (9")	6	493	162	6.2	19	1.4	6.8	2	0.59
Sharing Pan (13")	8	1011	241	9	30	2.1	9	2.7	0.9
Individual Handcrafted (11")	6	491	142	5.9	19	2	4.5	1.7	0.7
Sharing Handcrafted (14")	8	905	182	8	25	2.9	6	2.2	0.8
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	6	487	139	5.9	18	2	4.4	1.7	0.59
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	8	899	179	7.7	24	2.9	5.4	2.1	0.8
Individual Stuffed Crust (11")	6	643	219	11	24	2.5	9	4.2	0.9
Sharing Stuffed Crust (14")	8	1113	260	12	31	3.6	9	4.5	1
Cheesy Bites (14")	8	1113	260	12	31	3.6	9	4.5	1
Gluten Free (9" Square)	6	444	145	3.4	20	2.1	5.2	1.7	0.53



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Pizza									
Farmhouse	Number of Slices per Pizza	Weight of Pizza (g)	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)
Individual Pan (9")	6	439	162	7.6	18	0.9	6.4	2	0.78
Sharing Pan (13")	8	884	242	11	29	1.3	8.9	2.7	1.1
Individual Handcrafted (11")	6	437	142	7.4	18	1.6	4.1	1.7	0.85
Sharing Handcrafted (14")	8	778	183	9.6	24	2.1	5.2	2.2	1.1
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	6	433	139	7.3	18	1.5	4	1.7	0.77
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	8	772	180	10	23	2.1	5.1	2.2	1
Individual Stuffed Crust (11")	6	589	219	12	23	2.1	8.4	4.2	1.1
Sharing Stuffed Crust (14")	8	986	261	14	30	2.8	9.1	4.5	1.3
Cheesy Bites (14")	8	986	261	14	30	2.8	9.1	4.5	1.3
Gluten Free (9" Square)	6	390	145	4.9	20	1.7	4.8	1.7	0.72
Korean BBQ Chicken									
Individual Pan (9")	6	524	198	8.2	23	5.5	8.0	2.7	0.90
Sharing Pan (13")	8	1000	289	12	35	7.0	11	3.5	1.3
Individual Handcrafted (11")	6	522	180	8.1	23	6.0	5.8	2.6	1.0
Sharing Handcrafted (14")	8	888	230	11	30	7.5	7.3	3.3	1.2
Individual Stuffed Crust (11")	6	664	248	13	28	6.6	9.2	4.8	1.2
Sharing Stuffed Crust (14")	8	1090	303	15	37	8.3	11	5.4	1.4
Cheesy Bites (14")	8	1090	303	15	37	8.3	11	5.4	1.4
Korean BBQ VEG									
Individual Pan (9")	6	492	184	6.9	22	5.7	7.3	2.4	0.85
Sharing Pan (13")	8	937	267	10	34	7.3	10	3.1	1.2
Individual Handcrafted (11")	6	486	163	6.7	22	6.2	5.0	2.3	0.85
Sharing Handcrafted (14")	8	825	208	8.6	29	7.8	6.3	2.9	1.1
Individual Stuffed Crust (11")	6	632	234	11	28	6.8	8.6	4.5	1.1
Sharing Stuffed Crust (14")	8	1027	282	13	36	8.6	9.5	5.0	1.4
Cheesy Bites (14")	8	1027	282	13	36	8.6	9.5	5.0	1.4
Gluten Free (9" Square)	6	443	170	4.3	24	6.5	5.8	2.3	0.82
Vegan Pizzas									
Vegan Margherita	Number of Slices per Pizza	Weight of Pizza (g)	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)
Individual Pan (9")	6	380	163	4	20	0.6	7.1	3.6	0.68
Sharing Pan (13")	8	732	231	6.3	31	0.9	8.8	3.8	0.92
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	6	374	140	3.7	20	1.2	4.7	3.2	0.68
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	8	620	169	4.8	25	1.6	5	3.3	0.84
Gluten Free (9" Square)	6	331	146	1.3	22	1.3	5.5	3.2	0.65
Vegan Veggie Supreme									
Individual Pan (9")	6	481	157	4.2	20	1.2	6.4	2.4	0.6
Sharing Pan (13")	8	1005	240	6.7	32	2	9.2	3.6	0.92
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	6	475	134	3.9	20	1.8	4.1	2.1	0.6
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	8	893	178	5.1	27	2.7	5.4	3.1	0.8
Gluten Free (9" Square)	6	432	140	1.5	22	2	4.8	2.1	0.54
Mains									
Lites (Flatbreads)	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)	
Chicken Delight Flatbread	289	499	27	60	6	19	5.5	1.9	
Virtuous Veg Flatbread	301	439	20	60	6.7	12	5.2	2.7	
Vegan Virtuous Veg Flatbread	289	401	13	65	6	8.9	6.4	2.8	
Pasta Dishes	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)	
Lasagne	416	552	29	43	11	29	13	2.9	
Classic Mac 'N' Cheese	460	811	38	86	10	38	22	3.8	
Buffet Pizzas									
Margherita	Number of Slices per Pizza	Weight of Pizza (g)	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)
Individual Pan (9")	6	398	169	7	18	0.9	7.4	2.7	0.64
Sharing Pan (13")	8	796	250	10	29	1.3	10	3.5	0.96
Individual Handcrafted (11")	6	394	149	6.8	18	1.6	5.1	2.3	0.71
Pepperoni									
Individual Pan (9")	6	400	181	7.0	18	0.93	8.8	2.9	0.75
Sharing Pan (13")	8	774	249	10	28	1.4	11	3.2	1.0
Individual Handcrafted (11")	6	398	162	6.9	18	1.4	6.6	2.7	0.84
BBQ Americano									
Individual Pan (9")	6	508	191	9.4	21	2.4	7.5	2.7	0.79
Sharing Pan (13")	8	1054	289	14.6	33	3.7	10.5	3.6	1.2
Individual Handcrafted (11")	6	499	168	9.6	21	2.1	4.8	2	0.9
Veggie									
Individual Pan (9")	6	488	162	6.4	19	1.5	6.3	2	0.58
Sharing Pan (13")	8	1019	275	10.7	35	2.7	10	3.5	1
Individual Handcrafted (11")	6	486	141	6.1	19	2.1	4	1.7	0.64
Hawaiian									
Individual Pan (9")	6	456	166	7.6	19	1.7	6.4	2	0.77
Sharing Pan (13")	8	936	249	11	30	2.8	9	2.7	1.2
Individual Handcrafted (11")	6	454	158	7.6	21	2.6	4.6	1.8	1.2
Spicy Chicken									
Individual Pan (9")	6	461	161	7.2	19	1.2	6.3	2	0.7
Sharing Pan (13")	8	948	242	10.8	29	1.8	8.8	2.7	1.06
Individual Handcrafted (11")	6	458	142	7.2	20	1.3	3.6	1.7	0.82
BBQ Beef & Onion									
Individual Pan (9")	6	429	172	6.7	20	2.5	7.1	2.2	0.70
Sharing Pan (13")	8	870	258	10	31	3.4	10	3.0	1.0
Individual Handcrafted (11")	6	423	147	6.6	19	2.2	4.8	2.0	0.66
The G.O.A.T									
Individual Pan (9")	6	517	184	7.5	21	3	7.8	3	0.67
Sharing Pan (13")	8	1088	281	11.3	33	5.3	11	4.3	1.03
Individual Handcrafted (11")	6	515	164	7.3	21	3.6	5.5	2.7	0.74
Chicken Fajita									
Individual Pan (9")	6	535	216	8.6	20	2.4	11.1	3	0.81
Sharing Pan (13")	8	1083	316	13	32	3.6	15	4	1.2
Individual Handcrafted (11")	6	533	196	8.4	20	3	8.8	2.7	0.9
Chicken Pesto									
Individual Pan (9")	6	453	181	7.4	19	1.7	8.0	2.1	0.81
Sharing Pan (13")	8	893	264	11	30	2.2	11	2.7	1.1
Individual Handcrafted (11")	6	451	162	7.3	20	2.2	5.8	1.9	0.89
Beef Burger									
Individual Pan (9")	6	510	208	8	19	1.9	10.7	3.1	0.91
Sharing Pan (13")	8	1029	299	11.9	30	2.6	14.1	4.2	1.32
Individual Handcrafted (11")	6	508	189	7.9	20	2.4	8.5	3	0.99
Posh Margherita									
Individual Pan (9")	6	422	175	6	19	1.7	7.9	2.0	0.78
Sharing Pan (13")	8	821	253	9	30	2	11	2.7	1.1
Individual Handcrafted (11")	6	416	154	6	19	2.2	5.6	1.9	0.78



Pizza Hut Restaurants Ingredients Information

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Buffet Sides								
Buffet Pasta	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)
Tomato Pasta	82	100	2.3	12	2.9	4.6	0.6	0.34
Four Cheese & Broccoli Pasta	97	105	4.2	11	2.6	4.6	2.4	0.61
Penne Pomodoro	200	397	8.6	43	5.6	4.3	0.58	0.30
Garlic Breadsticks								
Garlic Breadsticks - Large	20.1	57	1.7	7.6	0	2.1	0.4	0.17
Garlic Breadsticks - Small	18.6	51	1.7	7.3	0	1.6	0.3	0.16
Cheesy Garlic Breadsticks								
Cheesy Garlic Breadsticks - Large	30.6	93	3.7	8	0.1	5.1	1.9	0.32
Cheesy Garlic Breadsticks - Small	27.5	81	3.2	7.6	0.1	4.2	1.6	0.29
Ice Cream Factory								
Ice Cream Factory Toppings	Weight (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)
Ice Cream Builder Ice Cream	100	117	3.3	14	13	5.1	3.6	0.21
Raspberry Sauce	100	249	0.10	62	43	0.40	0.20	0.04
Chocolate Sauce	100	297	1.4	67	56	2.6	1.6	0.03
Bubblegum Sauce	100	290	0	72	50	0	0	0.01
Strawberry Crunch	100	397	0	98	98	1.7	1.6	0
Milk Chocolate Chips	100	523	6.7	60	59	28	17	0.17
Mixed Chocolate Chips	100	530	3.8	64	62	28	21	0.12
Milk Chocolate Beans	100	464	2.5	76	75	16	9.8	0.10
Gold Stars	100	437	1.1	84	79	10	6.4	0.10
Hot Cookie Dough (served with a scoop of ice cream & drizzle of sauce for all)								
Hot Cookie Dough	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)
White Chocolate & Caramel Cookie Dough	196	609	6.7	89	60	25	14	1.1
Chocolate Chip Cookie Dough	196	628	7.9	88	55	27	15	1.1
NEW - Salted Caramel Fudge Cookie Dough	200	639	7.6	95	30	25	14	0.90
Takeaway Cookie Dough								
White Chocolate & Caramel Cookie Dough	175	586	6.8	83	53	25	14	1.1
Chocolate Chip Cookie Dough	175	604	7.9	82	48	27	15	1.1
NEW - Salted Caramel Fudge Cookie Dough	159	574	6.4	86	22	23	12	0.93
Desserts								
I Can't Believe It's Not Cheesecake	107	468	2.9	48	25	30	12	0.57
Hot Chocolate Brownie (served with ice cream & sauce)	189	618	7.9	72	62	32	15	3
Take Away Hot Chocolate Brownie (served with ice cream & sauce)	168	595	7.9	66	56	33	15	0.2
Mini Donuts with Chocolate Sauce	131	479	5	72	40.8	19	8.3	0.3
Take Away Mini Donuts with Chocolate Sauce	128	507	6.1	66	33	24	10.7	0.4
Take Away Vanilla Ice Cream Tub (100ml)	45	76	1.3	9.8	9.8	3.5	1.8	0.06
Additional Scoop Vanilla Ice cream	86	141	2.5	19	19	6.5	3.2	0.03
Additional Chocolate Sauce	15	48	0.40	9.2	6	1.1	0.70	0
Additional Salted Caramel Sauce	15	37	0	7.7	7.5	0.50	0.20	0.20
Mini & Mega Monster								
Pizza	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)
Pan Pizza Margherita	206	448	20	57	3.1	15	5.5	1.7
Thin Pizza Margherita	206	448	20	57	3.1	15	5.5	1.7
Gluten Free Margherita	181	394	14	43	6.2	17	8.0	1.5
Mains								
Chicken 'N' Fries	230	395	21	37	0.70	17	4.0	2.2
Mac 'N' Cheese	230	406	19	43	5.0	19	11	1.9
Spaghetti Bolognese	250	198	13	28	5.8	3.3	1.3	0.60
Sides								
Fries	125	209	2.8	28	0.6	9.3	1.1	1.3
Garlic Bread	60	180	4.5	23	1.7	7.2	2.2	0.43
Onion Rings	79	169	2.8	23	3.5	7.4	0.90	0.71
Mini Corn on the Cob	66	96	2.6	12	7.1	3.0	0.40	0
Drinks								
Semi Skimmed Milk	225	101	7.9	10	10	3.4	2.0	0.25
Kids Orange Juice	230	94	1.6	21	21	0	0	0
Kids Apple Juice	230	104	0	25	25	0	0	0
Robinsons Squash - Orange	230	2	0	0	0	0	0	0.05
Robinsons Squash - Apple & Blackcurrant	230	5	0	0	0	0	0	0.07
Desserts								
Kids Chocolate Brownie	145	404	5.4	50	43	20	9.3	0.11
Kids Mini Donuts with Chocolate Sauce	91	310	2.7	52	31.9	10	4.4	0.20
Kids Mini Donuts with Raspberry Sauce	91	294	2.3	51	30.5	9.0	4.0	0.20