

# Dietary Information Booklet

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 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 booklet for information on the 14 allergens and the full list of ingredients.

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

Allergy data in the table has been derived from specifications obtained from the suppliers of the products. We have taken all reasonable steps to ensure that this table is accurate at the time of publishing (January 2025).

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

## Contents

Allergen Information	Pages 2 - 6
Ingredient Information	Pages 7 - 15
Nutritional Information	Pages 16 - 22



RESTAURANTS

**FOOD ALLERGIES**

If you, or anyone with you today has a food allergy please ask a member of the team for our Allergen Guide, or scan the QR code for the full Dietary Information Booklet. We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy.



The '•' indicates that the allergen is <b>contained</b> and <b>present</b> 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 <b>risk</b> that this allergen could <b>cross-contaminate</b> the food.																			
Dish Name	Suitable for?			Cereals containing gluten				Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphites above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
	Vegetarians	Vegans / Plant Based	Coeliacs (contains less than 20ppm of gluten)	Wheat	Barley	Rye	Oats												
<b>Sides</b>																			
Fries	Yes	No	No	•						o									
Onion Rings	Yes	No	No	•						o									
Garlic Bread	Yes	No	No	•					o	o									
Garlic Bread with Cheese	Yes	No	No	•					o	•									
Mozzarella Sticks with a Sweet Chilli dip	Yes	No	No	•					o	•						o			
Cheesy Triangles with a Sweet Chilli dip	Yes	No	No	•						•									
Cheesy Triangles with a Cranberry dip	Yes	No	No	•						•									
Halloumi Fries with a Sweet Chilli dip	Yes	No	No	•						•									
Vegan Southern Fried Nuggets	Yes	Yes	No	•						o									
Mini Corn on the Cob	Yes	Yes	Yes						•	o									
Cheesy Bite Bites / Loaded Cheesy Bite Bites / Sweet Chilli Loaded Cheesy Bite Bites	Yes	No	No	•					•	•									
Pigs & Blanket Loaded Cheesy Bite Bites	No	No	No	•					•	•		•							
Loaded Bacon Cheesy Bite Bites	No	No	No	•					•	•									
Chicken Wings	No	No	Yes							o									
Chicken Bites	No	No	No	•					•	o									
Hot Honey Chicken Bites	No	No	No	•					•	o									
Hot Honey BBQ Chicken Wings	No	No	Yes							o									
<b>Dips &amp; Bits Station</b>																			
Heinz BBQ Sauce	Yes	Yes	Yes																
Heinz Tomato Ketchup	Yes	Yes	Yes												•				
BBQ Sauce	Yes	Yes	Yes																
Tomato Ketchup	Yes	Yes	Yes																
Chilli Flakes	Yes	Yes	Yes																
<b>Dine-in Dip Pots</b>																			
Sour Cream	Yes	No	Yes							•	•							•	
Sweet Chilli	Yes	Yes	Yes							o									
Hot Honey	Yes	No	Yes							o									
Frank's RedHot®	Yes	Yes	No	o					o	o	o				o	o			
Cranberry	Yes	Yes	Yes							o									
<b>Takeaway Dip Pots</b>																			
Heinz Garlic Sauce Dip Pot	Yes	No	Yes						•	•					•	•			
Heinz BBQ Sauce Dip Pot	Yes	Yes	Yes																
Heinz Sweet Chilli	Yes	Yes	Yes																
<b>Salad Station</b>																			
<b>Dressed Salad Lines</b>																			
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																
<b>Fresh Salad Lines</b>																			
Carrots, Cherry Tomatoes, Cucumbers, Lettuce Mix, Peppers, Red Onions, Spinach, Rocket	Yes	Yes	Yes																
<b>Dried Items</b>																			
Bacon Bits	Yes	Yes	No	•	•				•										
Croutons	Yes	Yes	No	•															
Tortilla Chips	Yes	Yes	Yes																
Crispy Onions	Yes	Yes	No	•															
Sultanas	Yes	Yes	Yes																
<b>Dressings &amp; Dips</b>																			
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							•	•							•	

**FOOD ALLERGIES**

If you, or anyone with you today has a food allergy please ask a member of the team for our Allergen Guide, or scan the QR code for the full Dietary Information Booklet. We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy.



The '•' indicates that the allergen is <b>contained</b> and <b>present</b> 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 <b>risk</b> that this allergen could <b>cross-contaminate</b> the food.																			
Dish Name	Suitable for?			Cereals containing gluten				Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphites above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
	Vegetarians	Vegans / Plant Based	Coeliacs (contains less than 20ppm of gluten)	Wheat	Barley	Rye	Oats												
<b>Pizza Builder</b>																			
<b>Pizza Bases</b>																			
Original Pan	Yes	Yes	No	•	o	o	o	•		o									
Handcrafted with Garlic Sprinkle	Yes	No	No	•	o	o	o	•		•									
Handcrafted without Garlic Sprinkle	Yes	Yes	No	•	o	o	o	•		o									
Stuffed Crust	Yes	No	No	•	o	o	o	•		•									
Pepperoni Stuffed Crust	No	No	No	•	o	o	o	•		•					•				
Cheesy Bites	Yes	No	No	•	o	o	o	•		•									
Gluten Free	Yes	Yes	Yes							o									
Flatbread	Yes	Yes	No	•	o	o	o	•		o									
<b>Pizza Base Sauces</b>																			
Unseasoned Tomato (used on Gluten Free, Flatbread, Kids Pizzas)	Yes	Yes	Yes							o									
Seasoned Tomato (used on Handcrafted, Original Pan, Stuffed Crust, Cheesy Bites)	Yes	Yes	Yes							o									
BBQ Sauce (For all Bases except Gluten Free)	Yes	Yes	No	•	•			•		o									
BBQ Sauce (Gluten Free) (Only for Gluten Free Pizza Bases)	Yes	Yes	Yes							o									
<b>Cheese</b>																			
Mozzarella	Yes	No	Yes							•									
Goats' Cheese	Yes	No	Yes							•									
Triple Cheese Blend	Yes	No	Yes							•									
Vegan Ch**se	Yes	Yes	Yes							o									
Castello Blue Cheese	Yes	No	Yes							•									
<b>Pizza Toppings</b>																			
Chicken Breast	No	No	Yes							o									
Ham	No	No	Yes							o									
Pepperoni	No	No	Yes							o					•				
Beef	No	No	Yes		•			•		o									
Bacon	No	No	Yes		<20ppm			•		o									
Cup 'n' Crisp Pepperoni	No	No	Yes					•		o					•				
Spicy Pork	No	No	Yes					•		o									
Spicy 'Nduja	No	No	Yes							o									
Pork Sausage	No	No	No	•						o		•							
Black Olives	Yes	Yes	Yes							o									
Peppers	Yes	Yes	Yes							o									
Mushrooms	Yes	Yes	Yes							o									
Red Onions	Yes	Yes	Yes							o									
Caramelised Onions	Yes	Yes	Yes							o		•							
Sweetcorn	Yes	Yes	Yes							o									
Cherry Tomatoes	Yes	Yes	Yes							o									
Pineapple	Yes	Yes	Yes							o									
Rocket	Yes	Yes	Yes							o									
Spinach	Yes	Yes	Yes							o									
Roquito® Chilli Peppers	Yes	Yes	Yes							o									
Jalapeños	Yes	Yes	Yes							o									
Green Chilli	Yes	Yes	Yes							o									
Go Extra Cheesy (Add Triple Cheese - a blend of Mozzarella, Monterey Jack and Red Leicester)	Yes	No	Yes							•									
<b>Pizza drizzle finish</b>																			
Garlic Spread	Yes	No	Yes							o									
Dried Parsley	Yes	Yes	Yes							o									
BBQ Drizzle (For all Bases except Gluten Free)	Yes	Yes	No	•	•			•		o									
BBQ Drizzle (Gluten Free) (Only for Gluten Free Pizzas)	Yes	Yes	Yes							o									
Sour Cream Drizzle	Yes	No	Yes						•	•						•			
Balsamic Drizzle	Yes	Yes	Yes							o		•							
Frank's RedHot® Drizzle	Yes	Yes	No	o				o		o	o				o	o			
Hot Honey Drizzle	Yes	No	Yes							o									
Cranberry	Yes	Yes	Yes							o									

**FOOD ALLERGIES**

If you, or anyone with you today has a food allergy please ask a member of the team for our Allergen Guide, or scan the QR code for the full Dietary Information Booklet. We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy.



The '•' indicates that the allergen is <b>contained</b> and <b>present</b> 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 <b>cross-contaminate</b> the food.																			
Dish Name	Suitable for?			Cereals containing gluten				Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphites above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
	Vegetarians	Vegans / Plant Based	Coeliacs (contains less than 20ppm of gluten)	Wheat	Barley	Rye	Oats												
<b>Pizza Combinations (Tomato sauce base unless stated otherwise on the menu)</b>																			
<b>Allergen Information for Pizza Combinations does not include Pizza Bases. Please see Pizza Base section and factor in the base you have chosen.</b>																			
Pepperoni	No	No	Yes							•									
Pepperoni Feast	No	No	Yes					•		•									
Double Pepperoni & Spicy Honey	No	No	Yes					•		•									
Pepperoni & Spicy 'Nduja	No	No	Yes					•		•									
The Spicy G.O.A.T.	Yes	No	Yes							•									
Chicken & Bacon Club	No	No	No	•	•			•	•	•									
Chicken Fajita	No	No	Yes						•	•									
Hawaiian	No	No	Yes							•									
Chicken Supreme	No	No	Yes							•									
Meat Feast	No	No	Yes		•			•		•									
Supreme	No	No	Yes		•			•		•									
BBQ Americano	No	No	Yes		•			•		•									
Margherita	Yes	No	Yes							•									
The G.O.A.T.	Yes	No	Yes							•		•							
Veggie Supreme	Yes	No	Yes							•									
Veggie Sizzler	Yes	No	Yes							•									
Meat Feast Sizzler	No	No	Yes		•			•		•									
Farmhouse	No	No	Yes							•									
Pigs & Blanket	No	No	No	•						•			•						
Cheeseboard	Yes	No	Yes							•									
Vegan Margherita	Yes	Yes	Yes							o									
Vegan Veggie Supreme	Yes	Yes	Yes							o									
Vegan Veggie Sizzler	Yes	Yes	Yes							o									
<b>Flatbread Combinations (Tomato sauce base unless stated otherwise on the menu)</b>																			
Virtuous Veg Flatbread	Yes	No	No	•	o	o	o	•		•		•							
Vegan Virtuous Veg Flatbread	Yes	Yes	No	•	o	o	o	•		o		•							
Chicken Delight Flatbread	No	No	No	•	o	o	o	•	•	•									
The Little G.O.A.T. Flatbread	Yes	No	No	•	o	o	o	•		•		•							
BBQ Chicken 'N' Ham Flatbread	No	No	No	•	o	o	o	•		•									
<b>Melts</b>																			
Meat Feast Melt	No	No	No	•	•	o	o	•		•									
Pepperoni Melt	No	No	No	•	o	o	o	•		•									
BBQ Chicken Melt (served with BBQ sauce)	No	No	No	•	o	o	o	•		•									
Toasted Three Cheese Melt	Yes	No	No	•	o	o	o	•		•									
Fries (served with Melts for dine in)	Yes	No	No	•						o									
Marinara Sauce	Yes	No	No							o									
<b>Buffet Pizza</b>																			
Margherita	Yes	No	No	•	o	o	o	•		•									
Pepperoni	No	No	No	•	o	o	o	•		•									
BBQ Americano	No	No	No	•	o	o	o	•		•									
Veggie	Yes	No	No	•	o	o	o	•		•									
Veggie Hot	Yes	No	No	•	o	o	o	•		•									
Hawaiian	No	No	No	•	o	o	o	•		•									
Classic Chicken	No	No	No	•	o	o	o	•		•									
Spicy Chicken	No	No	No	•	o	o	o	•		•									
Three Cheese & Caramelised Onion	Yes	No	No	•	o	o	o	•		•		•							
BBQ Beef & Onion	No	No	No	•	•	o	o	•		•									
The G.O.A.T.	Yes	No	No	•	o	o	o	•		•		•							
Chicken Feast	No	No	No	•	o	o	o	•		•									
Pepperoni & Spicy 'Nduja	No	No	No	•	o	o	o	•		•									
The Spicy G.O.A.T.	Yes	No	No	•	o	o	o	•		•									
Chicken & Bacon Club	No	No	No	•	•	o	o	•	•	•									
Chicken Fajita	No	No	No	•	o	o	o	•	•	•									
Pigs & Blankets	No	No	No	•	o	o	o	•		•			•						
Sausage & Onion	No	No	No	•	o	o	o	•		•			•						

**FOOD ALLERGIES**

If you, or anyone with you today has a food allergy please ask a member of the team for our Allergen Guide, or scan the QR code for the full Dietary Information Booklet. We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy.



The '•' indicates that the allergen is <b>contained</b> and <b>present</b> 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 <b>risk</b> that this allergen could <b>cross-contaminate</b> the food.																			
Dish Name	Suitable for?			Cereals containing gluten				Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphites above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
	Vegetarians	Vegans / Plant Based	Coeliacs (contains less than 20ppm of gluten)	Wheat	Barley	Rye	Oats												
<b>Buffet Sides</b>																			
Garlic Breadsticks	Yes	Yes	No	•	o	o	o	•		o									
Cheesy Garlic Breadsticks	Yes	No	No	•	o	o	o	•		•									
Tomato Pasta	Yes	Yes	No	•				•		o				•					
Four Cheese & Broccoli Pasta	Yes	No	No	•				•		•									
<b>Pasta</b>																			
Lasagne	No	No	No	•	•				•	•									
Classic Mac 'N' Cheese	Yes	No	No	•	•					•						•			
<b>Mini &amp; Mega Monster</b>																			
<b>Pizza (with unseasoned tomato sauce)</b>																			
Original Pan base	Yes	Yes	No	•	o	o	o	•		o									
Thin base	Yes	Yes	No	•	o	o	o	•		o									
Gluten Free base	Yes	Yes	Yes							o									
Mozzarella	Yes	No	Yes							•									
Vegan Ch**se	Yes	Yes	Yes							o									
Chicken Breast	No	No	Yes							o									
Ham	No	No	Yes							o									
Pepperoni	No	No	Yes							o						•			
Beef	No	No	Yes		•				•	o									
Bacon	No	No	Yes		<20ppm				•	o									
Spicy Pork	No	No	Yes						•	o									
Spicy 'Nduja	No	No	Yes							o									
Pork Sausage	No	No	No	•						o			•						
Black Olives	Yes	Yes	Yes							o									
Peppers	Yes	Yes	Yes							o									
Mushrooms	Yes	Yes	Yes							o									
Red Onions	Yes	Yes	Yes							o									
Caramelised Onions	Yes	Yes	Yes							o			•						
Sweetcorn	Yes	Yes	Yes							o									
Cherry Tomatoes	Yes	Yes	Yes							o									
Pineapple	Yes	Yes	Yes							o									
Rocket	Yes	Yes	Yes							o									
Spinach	Yes	Yes	Yes							o									
Roquito® Chilli Peppers	Yes	Yes	Yes							o									
Jalapeños	Yes	Yes	Yes							o									
<b>Mains</b>																			
Spaghetti Bolognese	No	No	No	•	•					o									
Mac 'N' Cheese	Yes	No	No	•	•					•						•			
Chicken 'N' Fries	No	No	No	•					•	o					•				o
Vegan Southern Fried Nuggets 'N' Fries	Yes	No	No	•						o									
<b>Sides</b>																			
Fries	Yes	No	No	•						o									
Onion Rings	Yes	No	No	•						o									
Mini Corn on the Cob	Yes	Yes	Yes						•	o									
Garlic Bread	Yes	No	No	•					o	o									
<b>Drinks</b>																			
Milk	Yes	No	Yes							•									
Apple Juice / Orange Juice	Yes	Yes	Yes																
Fruit Shoots - All Flavours	Yes	Yes	Yes	Refer directly to the supplier - <a href="http://www.fruitshoot.com">www.fruitshoot.com</a>															
<b>All fountain drinks contain a source of Phenylalanine.</b>																			
7UP Zero / Pepsi Max / Diet Pepsi	Yes	No	Yes	Refer directly to the supplier - Pepsi - <a href="http://www.pepsi.co.uk">www.pepsi.co.uk</a> , 7UP - <a href="http://www.7up.co.uk">www.7up.co.uk</a>															
Tango Orange / Tango Apple	Yes	No	Yes	Refer directly to the supplier - <a href="http://www.tango.co.uk">www.tango.co.uk</a>															
Robinsons Squash - All flavours	Yes	Yes	Yes	Refer directly to the supplier - <a href="http://www.robinsonssquash.co.uk/our-products">www.robinsonssquash.co.uk/our-products</a>															
<b>Desserts</b>																			
Chocolate Brownie (Served with Vanilla Ice Cream and Chocolate Sauce)	Yes	No	Yes						•	•	•								o
Chilly Billy Apple & Blackcurrant Ice Lolly	Yes	Yes	Yes																o
<b>Ice Cream Factory</b>																			
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						•	•									
Milk Chocolate Chips	Yes	No	Yes						•	•									
Gold Stars	Yes	No	Yes						o	o									
Mixed Coloured Stars	Yes	Yes	Yes							o									
Mixed Chocolate Chips	Yes	No	Yes						•	•									
Triple Chocolate Chunks	Yes	No	Yes						•	o	•								
Marshmallows	Yes	No	Yes						o	o									
Gold Fudge	Yes	No	Yes						o	•									

**FOOD ALLERGIES**

If you, or anyone with you today has a food allergy please ask a member of the team for our Allergen Guide, or scan the QR code for the full Dietary Information Booklet. We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy.



The * indicates that the allergen is <b>contained</b> and <b>present</b> 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 <b>risk</b> that this allergen could <b>cross-contaminate</b> the food.																							
Dish Name	Suitable for?			Cereals containing gluten								Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphites above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
	Vegetarians	Vegans / Plant Based	Celiacs (contains less than 20ppm of gluten)	Wheat	Barley	Rye	Oats																
<b>Hot Cookie Dough - All Sizes (Served with Vanilla Ice Cream and Sauce)</b>																							
Chocolate Chip Cookie Dough	Yes	No	No	•						•	o	•										o	
White Chocolate & Caramel Cookie Dough	Yes	No	No	•						•	o	•										o	
Loaded Cookie Dough made with KitKat®	Yes	No	No	•	•					•	o	•										o	
Apple Crumble Cookie Dough	Yes	No	No	•						•	o	•										o	
Loaded Cookie Dough made with ROLO®	Yes	No	No	•						•	o	•										o	
<b>Desserts</b>																							
I Can't Believe It's Not Cheesecake	Yes	Yes	No	•						•	o	o				o						o	
So Scoffable Biscoff® Cheesecake & Ice Cream	Yes	No	No	•						•	o	•			•							o	
Chocolate Brownie & Ice Cream (Served with chocolate sauce)	Yes	No	Yes							•	•	•										o	
Chilly Billy Apple & Blackcurrant Ice Lolly	Yes	Yes	Yes																			o	
<b>Dessert Additions</b>																							
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									•											
<b>Drinks</b>																							
<b>Soft Drinks</b>																							
<b>All fountain drinks contain a source of Phenylalanine.</b>																							
7UP Zero / Pepsi Max / Diet Pepsi	Yes	No	Yes	Refer directly to the supplier - Pepsi - www.pepsi.co.uk, 7UP - www.7up.co.uk																			
Tango Orange / Tango Apple	Yes	No	Yes	Refer directly to the supplier - www.tango.co.uk																			
Flavour Shots – Cherry/Vanilla/Lime/ Strawberry	Yes	No	Yes																				
Robinsons Squash - All Flavours	Yes	Yes	Yes	Refer directly to the supplier																			
Belu Still / Sparkling Water	Yes	Yes	Yes	Refer directly to the supplier - Belu - www.belu.org																			
Lipton Peach Ice Tea	Yes	Yes	Yes	Refer directly to the supplier - Lipton - www.liptonicedtea.com																			
Bottle of Pepsi	Yes	Yes	Yes	Refer directly to the supplier - Pepsi - www.pepsi.co.uk																			
Irn Bru	Yes	Yes	Yes	Refer directly to the supplier - A.G. Barr - www.agbarr.co.uk																			
Apple Juice / Orange Juice	Yes	Yes	Yes																				
J20 - All Flavours	Yes	Yes	Yes	Refer directly to the supplier - J20 - www.j20.co.uk																			
Gingerella	Yes	Yes	Yes	Refer directly to the supplier - Karma Cola - www.karmacola.co.uk																			
Soda Folk – Cream Soda	Yes	Yes	Yes	Refer directly to the supplier - Soda Folk - www.sodafolk.com																			
Bottle of 7UP Zero / Pepsi Max / Pepsi	Yes	Yes	Yes	Refer directly to the supplier - Pepsi - www.pepsi.co.uk, 7UP - www.7up.co.uk																			
Bottle of Tango Orange	Yes	Yes	Yes	Refer directly to the supplier - www.tango.co.uk																			
Bottle of Diet Pepsi	Yes	No	Yes	Refer directly to the supplier - Pepsi - www.pepsi.co.uk																			
<b>Hot Drinks</b>																							
Black Tea	Yes	Yes	Yes																				
Tea with Milk	Yes	No	Yes																				
Hot Chocolate	Yes	No	Yes																				
Black Americano	Yes	Yes	Yes																				
Americano with Milk	Yes	No	Yes																				
Caffe Latte	Yes	No	Yes																				
Cappuccino	Yes	No	Yes																				
Espresso Shot	Yes	Yes	Yes																				
<b>Alcoholic Drinks</b>																							
Pinot Grigio / Merlot / White Zinfandel	No	No	Yes	Refer directly to the supplier - Matthew Clark - www.matthewclark.co.uk																			
Prosecco	No	No	Yes	Refer directly to the supplier - Matthew Clark - www.matthewclark.co.uk																			
Budweiser	Yes	Yes	No	Refer directly to the supplier - Budweiser - www.budweiser.com/en/company/products/budweiser																			
San Miguel	Yes	Yes	No	Refer directly to the supplier - San Miguel - www.sanmiguel.com																			
BrewDog Punk IPA	Yes	Yes	No	Refer directly to the supplier - BrewDog - www.BrewDog.com																			
Kopparberg Strawberry & Lime	Yes	Yes	Yes	Refer directly to the supplier - Kopparberg - www.kopparberg.co.uk/faqs/																			
Kopparberg Mixed Fruit Tropical	Yes	Yes	Yes	Refer directly to the supplier - Kopparberg - www.kopparberg.co.uk/faqs/																			
Bulmers	Yes	Yes	Yes	Refer directly to the supplier - Bulmers - www.bulmers.co.uk/nutritional-values																			
Camden Pale Ale	Yes	Yes	No	Refer directly to the supplier - Camden Brewery - www.camdentownbrewery.com/																			
Magners	No	No	Yes	Refer directly to the supplier - Magners - www.magners.co.uk/																			
<b>Alcohol Free</b>																							
Corona Cero	Yes	Yes	No	Refer directly to the supplier - Corona - www.coronaextra.co.uk/																			

## INGREDIENT INFORMATION (updated January 2025)

**FOOD ALLERGIES**  
 We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy

Sides	
<b>Fries</b>	
Fries	Potatoes, Sunflower oil, <b>Wheat (Gluten)</b> flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
<b>Onion Rings</b>	
Onion Rings	Diced Onions (53%), <b>Wheat</b> flour, Vegetable oils (rapeseed, sunflower, in varying proportions), Gelling agent (E401), Salt, Yeast, Sugar, Flavouring (Paprika extract; Turmeric extract)
<b>Garlic Bread</b>	
Garlic Bread	Wheat Flour ( <b>Wheat</b> 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 <b>Wheat</b> ). <b>May contain Soya and Milk.</b>
<b>Garlic Bread with Cheese</b>	
Garlic Bread	Wheat Flour ( <b>Wheat</b> 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 <b>Wheat</b> ). <b>May contain Soya and Milk.</b>
Mozzarella Cheese (optional)	Mozzarella Cheese (Pasteurised Milk, Salt, Lactic Cultures), Potato Starch.
<b>Mozzarella Sticks</b>	
Mozzarella Sticks	Breading (52%) ( <b>Wheat</b> Flour, Water, Sunflower Oil, Maize Starch, Salt, Yeast, Potato Flake, Dehydrated Onion, Pea Protein, Dehydrated Parsley, Raising Agents (E450, E500), Stabiliser (E461), Black Pepper, Garlic Powder, Flavourings, Dextrose, Colour (E101)), Mozzarella Cheese (48%)(Milk) (contains Anti-Caking Agent(Potato Starch)).
Sweet Chill Dip	Water, Glucose-Fructose Syrup, Sugar, Modified Maize Starch, Spirit Vinegar, Acidity Regulator (Acetic Acid), Dried Red Bell Peppers, Dried Garlic, Tomato Paste, Dried Crushed Chillies, Salt, Preservative (Potassium Sorbate), Colour (Paprika Extract)
<b>Cheesy Triangles</b>	
Cheesy Triangles	Processed cheese ( <b>Milk</b> ) (57%) [FDM (45%), Rennet from microbiological Origin] [Cheese ( <b>Milk</b> ) (65%), Water, Butter ( <b>Milk</b> ), <b>Milk</b> protein, Maize starch, Emulsifying salts (E452, E331), Salt, Thickeners (E407)], Flour (Wheat, Maize), Water, Rapeseed oil, Modified maize starch, Salt, <b>Milk</b> protein ( <b>Milk</b> ), Yeast, Parsley, Raising agents (E450, E500), Garlic powder, Onion powder.
Sweet Chill Dip	Water, Glucose-Fructose Syrup, Sugar, Modified Maize Starch, Spirit Vinegar, Acidity Regulator (Acetic Acid), Dried Red Bell Peppers, Dried Garlic, Tomato Paste, Dried Crushed Chillies, Salt, Preservative (Potassium Sorbate), Colour (Paprika Extract)
Cranberry Dip	Sugar, Cranberries (28.35%), Glucose Syrup, Red Wine Vinegar, Water, Modified Maize Starch, Acidity Regulator (Citric Acid)
<b>Halloumi Fries</b>	
Halloumi Fries	Halloumi Cheese ( <b>Milk</b> ) (67%) ((Cows <b>Milk</b> , Sheeps <b>Milk</b> , Goats <b>Milk</b> , Mint), Stabiliser (E461)), Vegetable Oils (Rapeseed, Sunflower) - in varying proportions, Water, Batter ( <b>WHEAT</b> Flour (with Calcium, Iron, Niacin, Thiamin), Modified Starch, Maize Flour, Raising Agents (E450, E500), Dextrose, Red Bell Pepper, Quinoa, <b>WHEAT</b> Gluten, Parsley), Rusk ( <b>WHEAT</b> Flour (with Calcium, Iron, Niacin, Thiamin), Salt)
Sweet Chill Dip	Water, Glucose-Fructose Syrup, Sugar, Modified Maize Starch, Spirit Vinegar, Acidity Regulator (Acetic Acid), Dried Red Bell Peppers, Dried Garlic, Tomato Paste, Dried Crushed Chillies, Salt, Preservative (Potassium Sorbate), Colour (Paprika Extract)
<b>Hot Honey Halloumi Fries</b>	
Halloumi Fries	Halloumi Cheese ( <b>Milk</b> ) (67%) ((Cows <b>Milk</b> , Sheeps <b>Milk</b> , Goats <b>Milk</b> , Mint), Stabiliser (E461)), Vegetable Oils (Rapeseed, Sunflower) - in varying proportions, Water, Batter ( <b>WHEAT</b> Flour (with Calcium, Iron, Niacin, Thiamin), Modified Starch, Maize Flour, Raising Agents (E450, E500), Dextrose, Red Bell Pepper, Quinoa, <b>WHEAT</b> Gluten, Parsley), Rusk ( <b>WHEAT</b> Flour (with Calcium, Iron, Niacin, Thiamin), Salt)
Spicy Honey Drizzle Chilli Flakes	Honey (99.98%), Chilli Extract (0.02%) Crushed Chillies
<b>Vegan Southern Fried Nuggets</b>	
Vegan Southern Fried Nuggets	Mycoprotein (53%), <b>Wheat Flour</b> (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Breadcrumbs ( <b>Wheat Flour</b> , Calcium Carbonate, Iron, Niacin, Thiamine, Yeast, Salt), <b>Wheat</b> Starch, Potato Protein, <b>Wheat</b> Gluten, Salt, Firming Agents: Calcium Chloride, Calcium Acetate; Water, Natural Flavouring, Pea Fibre, Spices (Paprika, Fennel, Black Pepper), Yeast Extract, Stabilisers: Carrageenan, Sodium Alginate; Black Pepper, Rice Flour, Dextrose, Acid: Citric Acid; Garlic Extract, Onion Oil.
<b>Mini Corn on the cob</b>	
Corn on the cob	Sweetcorn.
Vegetable oil spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
<b>Cheesy Bite Bites</b>	
Stuffed Crust Dough	Ingredients: <b>WHEAT</b> Flour ( <b>WHEAT</b> 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. <b>may contain milk</b>
<b>Loaded Cheesy Bite Bites</b>	
Stuffed Crust Dough	Ingredients: <b>WHEAT</b> Flour ( <b>WHEAT</b> 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. <b>may contain milk</b>
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)
<b>Sweet Chili Loaded Cheesy Bite Bites</b>	
Stuffed Crust Dough	Ingredients: <b>WHEAT</b> Flour ( <b>WHEAT</b> 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. <b>may contain milk</b>
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)
Sweet Chilli	Water, Glucose-Fructose Syrup, Sugar, Modified Maize Starch, Spirit Vinegar, Acidity Regulator (Acetic Acid), Dried Red Bell Peppers, Dried Garlic, Tomato Paste, Dried Crushed Chillies, Salt, Preservative (Potassium Sorbate), Colour (Paprika Extract)
Sliced Roquito Peppers	Red Roquito® Jalapeño Pepper, Sugar, Water, Vinegar
<b>Loaded Bacon Cheesy Bite Bites</b>	
Stuffed Crust Dough	Ingredients: <b>WHEAT</b> Flour ( <b>WHEAT</b> 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. <b>may contain milk</b>
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

## INGREDIENT INFORMATION (updated January 2025)

**FOOD ALLERGIES**  
 We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy

Pigs & Blanket Loaded Cheesy Bite Bites	
Stuffed Crust Dough	Ingredients: <b>WHEAT</b> Flour ( <b>WHEAT</b> 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: <b>Soya</b> 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. <b>may contain milk</b>
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
Sausage	Pork (81.5%), Water, Rusk ( <b>Wheat</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Potaro Starch, Salt, Black Pepper, Sage, Parsley, Stabilisers: (Diphosphates, Triphosphates), Dextrose, Preservative: <b>Sodium Sulphite</b> , Antioxidant: Ascorbic Acid, Nutmeg Extract, Coriander Extract, Sage Extract. Filled into a Sodium Alginate Casing
Cranberry Sauce	Sugar, Cranberries (28.35%), Glucose Syrup, Red Wine Vinegar, Water, Modified Maize Starch, Acidity Regulator (Citric Acid)
Chicken Wings	
Chicken Wings	Chicken, Sugar, Salt, Potato Starch, Dextrose, Maize Flour, Onion Powder, Fructose, Yeast Extract, Garlic Powder, Smoke Flavouring, Cornflour, Cayenne Pepper, Black Pepper, Honey Powder, Paprika Extract, Rapeseed Oil, Flavouring, Cocoa Powder, Black Pepper Extract, Pimento Extract, Sage Extract, Sunflower Oil.
Chicken Bites	
Chicken Bites	Chicken, <b>Wheat</b> Flour, Rapeseed Oil, Water, Rice Starch, Salt, Dextrose, Stabilisers: E451, E450, E452; <b>Wheat</b> Gluten, Onion Powder, Black Pepper, Garlic Powder, Raising Agents: E341(i), E450(i); Yeast Extract, Modified Maize Starch, Sunflower Oil, Cayenne Pepper, Flavouring, Black Pepper Extract.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya</b> Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Hot Honey Chicken Wings	
Chicken Wings	Chicken, Sugar, Salt, Potato Starch, Dextrose, Maize Flour, Onion Powder, Fructose, Yeast Extract, Garlic Powder, Smoke Flavouring, Cornflour, Cayenne Pepper, Black Pepper, Honey Powder, Paprika Extract, Rapeseed Oil, Flavouring, Cocoa Powder, Black Pepper Extract, Pimento Extract, Sage Extract, Sunflower Oil.
Spicy Honey Drizzle	Honey (99.98%), Chilli Extract (0.02%)
Chilli Flakes	Crushed Chillies
Hot Honey Chicken Bites	
Chicken Bites	Chicken, <b>Wheat</b> Flour, Rapeseed Oil, Water, Rice Starch, Salt, Dextrose, Stabilisers: E451, E450, E452; <b>Wheat</b> Gluten, Onion Powder, Black Pepper, Garlic Powder, Raising Agents: E341(i), E450(i); Yeast Extract, Modified Maize Starch, Sunflower Oil, Cayenne Pepper, Flavouring, Black Pepper Extract.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya</b> Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Spicy Honey Drizzle	Honey (99.98%), Chilli Extract (0.02%)
Chilli Flakes	Crushed Chillies
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 <b>celery</b> ), spice
BBQ Sauce	Water, Concentrated Tomato Purée (19%), Sugar, Spirit Vinegar, Modified Maize Starch, Salt, Ground Paprika, Colour (Plain Caramel), Smoke Flavouring, Dried Garlic, Onion Powder, Preservative (Potassium Sorbate), Chilli Powder.
Tomato Ketchup	Water, Concentrated Tomato Purée, Sugar, Spirit Vinegar, Maize Starch, Salt, Seasoning [Maltodextrin, Salt, Spice Extract, Colour (Paprika Extract)], Spice Blend [Salt, Tomato Powder, Flavouring].
Chilli Flakes	Crushed Chillies
Dine In Dip Pots	
Sour Cream	Rapeseed Oil, Water, Spirit Vinegar, Dextrose, <b>EGG</b> Yolk, Yoghurt Powder, Onion Powder, Salt, Chives, Acidity Regulator (Lactic Acid), <b>MILK</b> Protein, Stabilisers (Xanthan Gum, Guar Gum), Modified Starch, Preservative (Potassium Sorbate), <b>MUSTARD</b> Flour, Calcium Disodium EDTA.
Sweet Chilli	Water, Glucose-Fructose Syrup, Sugar, Modified Maize Starch, Spirit Vinegar, Acidity Regulator (Acetic Acid), Dried Red Bell Peppers, Dried Garlic, Tomato Paste, Dried Crushed Chillies, Salt, Preservative (Potassium Sorbate), Colour (Paprika Extract)
Hot Honey	Honey, Birds Eye Chilli Extract (0.2%), Guajillo Chilli Extract (0.06%)
Frank's RedHot®	Fermented Red Cayenne Peppers (35%), Spirit Vinegar, Water, Salt, Garlic Powder.
Cranberry	Sugar, Cranberries (28.35%), Glucose Syrup, Red Wine Vinegar, Water, Modified Maize Starch, Acidity Regulator (Citric Acid)
Takeaway Dip Pots	
Heinz Garlic Sauce Dip Pot	Refined <b>Soya</b> Oil, Water, Spirit Vinegar, Sugar, Garlic, Lemon Juice (from concentrate), Modified Starch, <b>Egg</b> Yolk, Salt, Garlic Juice, Shallots, <b>Mustard</b> Seeds, Thickener (Xanthan Gum), Preservative (Potassium Sorbate), Chives, <b>Celery</b> Juice, Onion, Garlic Extract, Spices, Flavouring, Antioxidant (Calcium Disodium EDTA).
Heinz BBQ Sauce Dip Pot	Tomato Purée, Spirit Vinegar, Sugar, Molasses, Water, Modified Starch, Salt, Spices, Garlic, Thickener: Xanthan Gum; Smoke Flavouring, Flavouring.
Heinz Sweet Chilli Dip Pot	Sugar, water, spirit vinegar, modified cornflour, garlic, chillies, red peppers, tomato paste, salt, spice
Salad Station	
Dressed Salad Lines	
Potato Salad	Potato (64%), Water, Rapeseed oil, Spirit vinegar, Sugar, White wine vinegar, Onion, Pasteurised liquid whole <b>Egg</b> , Salt, Chive, Stabilisers (Guar gum, Xanthan gum), Cornflour, <b>Mustard</b> flour, Preservative (Potassium sorbate), Concentrated Lemon Juice.
Coleslaw	Cabbage (59%), Rapeseed oil, Water, Carrot (6%), White wine vinegar, Pasteurised liquid whole <b>Egg</b> , Sugar, Onion, Spirit vinegar, Salt, Stabilisers (Guar gum, Xanthan gum), Preservative (Potassium sorbate), <b>Mustard</b> 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)	Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Thiamine, Niacin), Palm Oil, Seasoning (Rusk (Contains Fortified Wheat Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Thiamine, Niacin)), Flavourings (contains <b>Soya</b> , <b>Barley</b> ), Colours (Beetroot Red, Paprika Extract, Plain Caramel), Yeast Extract Powder, Salt, Yeast Powder, Sugar, <b>Barley</b> Malt Flour, Hydrolysed Vegetable Protein ( <b>Soya</b> ), Smoked Salt), Salt, Yeast.
Croutons	<b>Wheat</b> Flour, Vegetable Oil, Salt, Yeast
Tortilla Chips	Maize Flour (Corn); Sunflower Oil; Salt
Crispy Onions	Onion, Palm Oil, <b>Wheat</b> Flour, Salt
Sultanas	Sultanas

## INGREDIENT INFORMATION (updated January 2025)

### FOOD ALLERGIES

We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy

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.
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).
Soya Oil	100% Refined Soya Oil
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
PLEASE NOTE: THE SOYA OIL USED ON OUR PAN DOUGH PIZZA BASE DOES NOT CONTAIN ANY SOYA. THE SOYA OIL IS 100% REFINED, THEREFORE IS NOT ALLERGENIC.	
NEW 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. <b>May contain gluten.</b>
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).
NEW 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. <b>May contain gluten.</b>
Vegetable Oil	Rapeseed Oil, Emulsifiers (Soy 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 of Fatty Acids (E471); Flour Treatment Agent: Ascorbic Acid (E300).
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. <b>may contain milk</b>
String Cheese for Crust	Mozzarella (Pasteurised Milk, Salt, Cultures), Potato Starch
Pepperoni 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. <b>may contain milk</b>
String Cheese for Crust	Mozzarella (Pasteurised Milk, Salt, Cultures), Potato Starch
Pepperoni	Meat (Pork, Beef), Beef Fat, Spice Blend (Mustard, Salt, Dextrose, Smoke Flavour, Spice Extracts (Contains Colour (E160c), Antioxidant (E301)), Salt, Flavouring, Lactic Acid Starter Culture, Preservative (E250).
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. <b>may contain milk</b>
String Cheese for Crust	Mozzarella (Pasteurised Milk, Salt, Cultures), Potato Starch
Gluten Free	
Gluten Free Dough	Gluten Free Blend (Tapioca Starch, Rice Flour, Maize Starch, Psyllium Husk Powder, Sugar, Buckwheat Flour, Thickeners (Xanthan Gum, Hydroxypropyl Methyl Cellulose), Salt), Water, Rapeseed Oil, Yeast, Pea Protein.
Flatbread	
Pan Dough	Wheat Flour, Water, Yeast : (Bakers Yeast, Rehydrating Agent; E190), Vegetable Rapeseed Oil, Salt, Premix : (Salt, Calcium Sulphate, Emulsifiers; E481, E472e, E471, Flour Treatment Agent E300, Enzyme (Alpha Amylase, Xylanase, Glucose Oxidase, Protease, Cellulase)), Sugar, Flour Treatment Agent (ascorbic acid E300).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
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 Sauce (For all Bases except Gluten Free)	Water, Tomato Paste, Sugar, Spirit Vinegar, Glucose-Fructose Syrup, Soy Sauce (Water, Soya Extract [Water, Soya Beans, Salt, Wheat* Flour (With Calcium, Iron, Niacin (Vitamin B3), Thiamin (Vitamin B1))], Salt, Glucose, Spirit Vinegar, Barley* Malt Extract), Modified Maize Starch, Spices, Caramelised Sugar Syrup, Salt, Smoke Flavouring, Preservative (Potassium). <b>*Below 20ppm</b>
BBQ Sauce (Gluten Free) - Only for Gluten-Free Pizza Bases	Water, Concentrated Tomato Purée (19%), Sugar, Spirit Vinegar, Modified Maize Starch, Salt, Ground Paprika, Colour (Plain Caramel), Smoke Flavouring, Dried Garlic, Onion Powder, Preservative (Potassium Sorbate), Chilli Powder.
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	Water, Coconut Oil, Modified Starch, Starch, Sea Salt, Flavourings, Preservative: Sorbic Acid, Colour: B-Carotene, Vitamin B12.
Castello Blue Cheese	Milk, Salt, Lactic Acid Culture, Calcium Chloride (E509), Lipase, Rennet (microbial), Blue Mould Culture

## INGREDIENT INFORMATION (updated January 2025)

### FOOD ALLERGIES

We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy

Pizza Toppings	
Chicken Breast	Chicken Breast (98%), Salt, Stabilisers (E450i, E450iii, E451i, E452i)
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).
Beef (with added Soya protein)	Beef, Beef Fat, Water, Soya Protein, Seasoning (Modified Potato Starch, Salt, Dextrose, Yeast Extract, Spices, Stabiliser (E407), Garlic Powder, Onion Powder, Spirit Vinegar Solids, Acidity Regulator (E330), White Sugar, Flavouring, Spice Extract), Roasted Barley* Malt Extract <b>*Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')</b>
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.
Spicy 'Nduja	Pork, spices, jalapeno, salt (partly smoked), acid (E 575), rice starch, thickener (E 412), spice extracts, antioxidants (E 301, E 392), preservative (E 250). Made with 110 g pork per 100 g finished product.
Pork Sausage	Pork (81.5%), Water, Rusk (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Potaro Starch, Salt, Black Pepper, Sage, Parsley, Stabilisers: (Diphosphates, Triphosphates), Dextrose, Preservative: Sodium Sulphite, Antioxidant: Ascorbic Acid, Nutmeg Extract, Coriander Extract, Sage Extract. Filled into a Sodium Alginate Casing
Black Olives	Water, Olives, Salt, Stabiliser (Ferrous Gluconate)
Mixed Peppers	Green peppers, Red Peppers, Yellow Peppers
Mushrooms	Mushrooms
Red Onion	Red Onion
Caramelised Onions	Red Onions, Balsamic vinegar Of Modena (Aceto balsamico di Modena I.G.P.:Wine vinegar, Concentrated Grape Must, Caramel E-150d Preservative E-224(Potassium Metabisulphite)), Glucose Syrup, Sugar, Modified Corn Starch, Xanthan Gum Stabilizer. <b>Contains Sulphites.</b>
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	Jalapeno Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509).
Green Chilli	Green Chilli
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. <b>may contain milk</b>
Dried Parsley	Parsley
BBQ Drizzle (For all bases except Gluten Free)	Water, Tomato Paste, Sugar, Spirit Vinegar, Glucose-Fructose Syrup, Soy Sauce (Water, Soya Extract [Water, Soya Beans, Salt, Wheat* Flour (With Calcium, Iron, Niacin (Vitamin B3), Thiamin (Vitamin B1)])), Salt, Glucose, Spirit Vinegar, Barley* Malt Extract), Modified Maize Starch, Spices, Caramelised Sugar Syrup, Salt, Smoke Flavouring, Preservative (Potassium Sorbate). <b>*Below 20ppm</b>
BBQ Drizzle (Only for Gluten Free Pizzas)	Water, Concentrated Tomato Purée (19%), Sugar, Spirit Vinegar, Modified Maize Starch, Salt, Ground Paprika, Colour (Plain Caramel), Smoke Flavouring, Dried Garlic, Onion Powder, Preservative (Potassium Sorbate), Chilli Powder.
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. <b>Contains Sulphites.</b>
Frank's RedHot® Drizzle	Fermented Red Cayenne Peppers (35%), Spirit Vinegar, Water, Salt, Garlic Powder.
Hot Honey Drizzle	Honey, Birds Eye Chilli Extract (0.2%), Guajillo Chilli Extract (0.06%)
Cranberry Drizzle	Sugar, Cranberries (28.35%), Glucose Syrup, Red Wine Vinegar, Water, Modified Maize Starch, Acidity Regulator (Citric Acid)
Melts	
Meat Feast Melt	
Thin & Crispy Dough	Wheat flour, water, fully refined soybean oil, salt, yeast.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk, Salt, Lactic Cultures), Potato Starch.
Pepperoni	Meat (Pork, Beef), Beef Fat, Spice Blend (Mustard, Salt, Dextrose, Smoke Flavour, Spice Extracts (Contains Colour (E160c), Antioxidant (E301))), Salt, Flavouring, Lactic Acid Starter Culture, Preservative (E250).
Ham	Pork Leg, Water, Salt, Modified Maize Starch (E1422), Carageenan (E407), Stabiliser (E451), Flavouring, Smoke Flavouring, Antioxidant (E301), Preservative (E250).
Beef (with added Soya protein)	Beef, Beef Fat, Water, Soya Protein, Seasoning (Modified Potato Starch, Salt, Dextrose, Yeast Extract, Spices, Stabiliser (E407), Garlic Powder, Onion Powder, Spirit Vinegar Solids, Acidity Regulator (E330), White Sugar, Flavouring, Spice Extract), Roasted Barley* Malt Extract <b>*Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')</b>
Spicy Pork (with added Soya protein)	Pork, Pork Fat, Water, Textured Soya Protein, Soya Protein, Salt, Spices, Sugar, Yeast Powder, Spice Extract
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. <b>may contain milk</b>
Garlic Sprinkle	Maltodextrin, Cheese Powder (From Milk), Salt, Vegetable Oil, Dried Garlic, Dried Parsley, Anti-Caking Agent (Silicon Dioxide).
Pepperoni Melt	
Thin & Crispy Dough	Wheat flour, water, fully refined soybean oil, salt, yeast.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk, Salt, Lactic Cultures), Potato Starch.
Pepperoni	Meat (Pork, Beef), Beef Fat, Spice Blend (Mustard, Salt, Dextrose, Smoke Flavour, Spice Extracts (Contains Colour (E160c), Antioxidant (E301))), Salt, Flavouring, Lactic Acid Starter Culture, Preservative (E250).
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. <b>may contain milk</b>
Garlic Sprinkle	Maltodextrin, Cheese Powder (From Milk), Salt, Vegetable Oil, Dried Garlic, Dried Parsley, Anti-Caking Agent (Silicon Dioxide).

## INGREDIENT INFORMATION (updated January 2025)

**FOOD ALLERGIES**  
 We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy

BBQ Chicken Melt	
Thin & Crispy Dough	Wheat flour, water, fully refined soybean oil, salt, yeast.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya Lecithin (E322)</b> , Mono- and Diglycerides Fatty Acid Esters (E471).
BBQ Sauce	Water, Tomato Paste, Sugar, Spirit Vinegar, Glucose-Fructose Syrup, Soy Sauce (Water, <b>Soya Extract</b> [Water, <b>Soya Beans</b> , Salt, <b>Wheat*</b> Flour (With Calcium, Iron, Niacin (Vitamin B3), Thiamin (Vitamin B1)]), Salt, Glucose, Spirit Vinegar, <b>Barley*</b> Malt Extract), Modified Maize Starch, Spices, Caramelised Sugar Syrup, Salt, Smoke Flavouring, Preservative (Potassium). <b>*Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')</b>
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk, Salt, Lactic Cultures), Potato Starch.
Chicken Breast	Chicken Breast (98%), Salt, Stabilisers (E450i, E450iii, E451i, E452i)
Red Onion	Red Onion
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. <b>may contain milk</b>
Garlic Sprinkle	Maltodextrin, Cheese Powder (From Milk), Salt, Vegetable Oil, Dried Garlic, Dried Parsley, Anti-Caking Agent (Silicon Dioxide).
Toasted Three Cheese Melt	
Thin & Crispy Dough	Wheat flour, water, fully refined soybean oil, salt, yeast.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya Lecithin (E322)</b> , 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)
String Cheese	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. <b>may contain milk</b>
Garlic Sprinkle	Maltodextrin, Cheese Powder (From Milk), Salt, Vegetable Oil, Dried Garlic, Dried Parsley, Anti-Caking Agent (Silicon Dioxide).
Fries (served with Melts for dine in)	
Fries	Potatoes, Sunflower oil, <b>Wheat (Gluten)</b> flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
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).
Soya Oil	100% Refined Soya Oil
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. <b>may contain milk</b>
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya Lecithin (E322)</b> , 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
Soya Oil	100% Refined Soya Oil
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. <b>may contain milk</b>
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya Lecithin (E322)</b> , 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 <b>Wheat Semolina</b> ) (33%), Tomatoes (31%), Tomato Passata (12%), Onion, Tomato Puree, Sunflower Oil, Olive Oil, Water, Carrots, <b>Celery</b> , White Sugar, Garlic, Salt, Modified Maize Starch, Oregano, Black Pepper, Thyme.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya Lecithin (E322)</b> , Mono- and Diglycerides Fatty Acid Esters (E471).
Four Cheese & Broccoli Pasta	
Four Cheese & Broccoli Pasta	Water, Cooked Penne Pasta (Water, Durum <b>Wheat Semolina</b> ) (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: <b>Soya Lecithin (E322)</b> , Mono- and Diglycerides Fatty Acid Esters (E471).
Pasta	
Lasagne	
Lasagne	Water, Tomato, Beef (15%), Egg Pasta (Durum <b>WHEAT Semolina</b> , Water, <b>EGG</b> ), Passata, Onion, Tomato Puree, Modified Maize Starch, Skimmed <b>MILK</b> Powder, Mature Cheddar Cheese ( <b>MILK</b> ), Full Fat Soft Cheese ( <b>MILK</b> ), Red Wine, Wheat Flour ( <b>WHEAT</b> 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, <b>BARLEY</b> Malt Extract.
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk, Salt, Lactic Cultures), Potato Starch.
Classic Mac & Cheese	
Mac 'N' Cheese	Cooked Macaroni Pasta (37%) (Water, Durum <b>WHEAT Semolina</b> , Water, Mature Cheddar Cheese ( <b>MILK</b> ) (10%), Single Cream ( <b>MILK</b> ), Mozzarella Cheese ( <b>MILK</b> ) (2.5%), Semi Skimmed <b>MILK</b> Powder, Cheddar Cheese Flavour Base (Reconstituted Cheese ( <b>MILK</b> ), Whey Powder ( <b>MILK</b> ), Flavourings, Salt, Lactic acid, <b>MUSTARD</b> Flour), Modified Maize Starch, Full Fat Soft Cheese ( <b>MILK</b> , Cream ( <b>MILK</b> ), 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, <b>BARLEY</b> 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.

## INGREDIENT INFORMATION (updated January 2025)

**FOOD ALLERGIES**  
 We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy

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: <b>Soya</b> 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: <b>Soya</b> 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	Water, Coconut Oil, Modified Starch, Starch, Sea Salt, Flavourings, Preservative: Sorbic Acid, Colour: B-Carotene, Vitamin B12.
Toppings	
Chicken Breast	Chicken Breast (98%), Salt, Stabilisers (E450i, E450iii, E451i, E452i)
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 ( <b>Mustard</b> , Salt, Dextrose, Smoke Flavour, Spice Extracts (Contains Colour (E160c), Antioxidant (E301)), Salt, Flavouring, Lactic Acid Starter Culture, Preservative (E250).
Beef (with added Soya protein)	Beef, Beef Fat, Water, <b>Soya</b> Protein, Seasoning (Modified Potato Starch, Salt, Dextrose, Yeast Extract, Spices, Stabiliser (E407), Garlic Powder, Onion Powder, Spirit Vinegar Solids, Acidity Regulator (E330), White Sugar, Flavouring, Spice Extract), Roasted <b>Barley*</b> Malt Extract <b><i>*Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')</i></b>
Bacon ( <i>New Recipe</i> )	Pork (90%), Water, Salt, Smoke Flavourings, Stabilisers (E450, E451), antioxidant (E301), Preservative (E250). Formed from cuts of pork with added water
Spicy Pork (with added Soya protein)	Pork, Pork Fat, Water, Textured <b>Soya</b> Protein, <b>Soya</b> Protein, Salt, Spices, Sugar, Yeast Powder, Spice Extract.
Spicy 'Nduja	Pork, spices, jalapeno, salt (partly smoked), acid (E 575), rice starch, thickener (E 412), spice extracts, antioxidants (E 301, E 392), preservative (E 250). Made with 110 g pork per 100 g finished product.
Pork Sausage	Pork (81.5%), Water, Rusk ( <b>Wheat</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Potaro Starch, Salt, Black Pepper, Sage, Parsley, Stabilisers: (Diphosphates, Triphosphates), Dextrose, Preservative: <b>Sodium Sulphite</b> , Antioxidant: Ascorbic Acid, Nutmeg Extract, Coriander Extract, Sage Extract. Filled into a Sodium Alginate Casing
Black Olives	Water, Olives, Salt, Stabiliser (Ferrous Gluconate)
Peppers	Green peppers, Red Peppers, Yellow Peppers
Mushrooms	Mushrooms
Red Onion	Red Onion
Caramelised Onions	Red Onions, Balsamic vinegar Of Modena (Aceto balsamico di Modena I.G.P.:Wine vinegar, Concentrated Grape Must, Caramel E-150d Preservative E-224(Potassium <b>Metabisulphite</b> )), Glucose Syrup, Sugar, Modified Corn Starch, Xanthan Gum Stabilizer. <b>Contains Sulphites.</b>
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	Jalapeno Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509).

## INGREDIENT INFORMATION (updated January 2025)

**FOOD ALLERGIES**  
 We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy

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, <b>Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin)</b> , Sunflower Oil, Oregano, Salt, Vegetable Bouillon (Maltodextrin, Salt, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnips), Sunflower Oil, Spices (Turmeric, Pepper, Garlic, Mace, Nutmeg), Herbs (Parsley, Lovage)), Basil, Stabilisers (Xanthan Gum, Guar Gum), <b>Barley Malt Extract, Black Pepper.</b>
Mac 'N' Cheese	Cooked Macaroni Pasta (37%) (Water, Durum <b>WHEAT</b> Semolina, Water, Mature Cheddar Cheese ( <b>MILK</b> ) (10%), Single Cream ( <b>MILK</b> ), Mozzarella Cheese ( <b>MILK</b> ) (2.5%), Semi Skimmed <b>MILK</b> Powder, Cheddar Cheese Flavour Base (Reconstituted Cheese ( <b>MILK</b> ), Whey Powder ( <b>MILK</b> ), Flavourings, Salt, Lactic acid, <b>MUSTARD</b> Flour), Modified Maize Starch, Full Fat Soft Cheese ( <b>MILK</b> ), Cream ( <b>MILK</b> ), 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, <b>BARLEY</b> 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 Inner Fillet, Water, <b>Wheat Flour</b> , Rice Flour, Breadcrumbs ( <b>Wheat Flour</b> , Dextrose, Refined Soybean Oil*, Salt, Yeast), <b>Wheat Starch, Wheat</b> , Salt, Refined Soybean Oil*, Garlic Powder, Yeast Extract (contains Salt), Maltodextrin, Raising Agents (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Spices (Black Pepper, <b>Celery</b> , Turmeric), Onion Powder, Sugar, Dextrose, Refined Sunflower Oil, Spice Extract (Black Pepper, Capsicum, <b>Celery</b> ), Acidity Regulator (Citric Acid). (*The Soybean Oil used in this product is fully refined, therefore is not an allergen) <b>May Contain Peanuts/ their derivatives.</b>
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya Lecithin (E322)</b> , Mono- and Diglycerides Fatty Acid Esters (E471).
Fries	Potatoes, Sunflower oil, <b>Wheat (Gluten) flour</b> , Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
Vegan Southern Fried Nuggets 'N' Fries	
Vegan Southern Fried Nuggets	Mycoprotein (53%), <b>Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine)</b> , Rapeseed Oil, Breadcrumb ( <b>Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Yeast, Salt</b> ), <b>Wheat Starch</b> , Potato Protein, <b>Wheat Gluten</b> , Salt, Firming Agents: Calcium Chloride, Calcium Acetate; Water, Natural Flavouring, Pea Fibre, Spices (Paprika, Fennel, Black Pepper), Yeast Extract, Stabilisers: Carrageenan, Sodium Alginate; Black Pepper, Rice Flour, Dextrose, Acid: Citric Acid; Garlic Extract, Onion Oil.
Fries	Potatoes, Sunflower oil, <b>Wheat (Gluten) flour</b> , Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
Sides	
Fries	Potatoes, Sunflower oil, <b>Wheat (Gluten) flour</b> , Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
Onion Rings	Diced Onions (53%), <b>Wheat flour</b> , 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: <b>Soya Lecithin (E322)</b> , Mono- and Diglycerides Fatty Acid Esters (E471).
Garlic Bread	Wheat Flour ( <b>Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin</b> ), 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 <b>Wheat</b> ). <b>May contain Soya and Milk.</b>
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 - <a href="http://www.fruitshoot.com/gb">www.fruitshoot.com/gb</a>
Tango Orange/ Tango Apple/ 7Up Zero/ Pepsi Max/ Diet Pepsi	Refer directly to the supplier - Pepsi - <a href="http://www.pepsi.co.uk/7up">www.pepsi.co.uk/7up</a> - <a href="http://www.7up.co.uk/">www.7up.co.uk/</a>
Flavour Shot - Cherry, Lime, Strawberry, Vanilla	Carbonated Water, Gluten Free <b>Wheat</b> 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 - <a href="http://www.robinsonsquash.co.uk">www.robinsonsquash.co.uk</a>
Kids Desserts	
Chilly Billy Ice Lolly Blackcurrant & Apple	Apple juice (88%), Blackcurrant juice (11.75%), Stabiliser (carob gum) 0.25%, antioxidant (ascorbic acid). <b>may contain hazelnuts</b>
Kids Chocolate Brownie	
Chocolate Brownie	Sugar, Pasteurised Free Range <b>EGG</b> , Milk Chocolate (17%) [Sugar, Cocoa Butter, Whole <b>MILK</b> Powder, Cocoa Mass, Emulsifier ( <b>SOYA</b> Lecithin), Natural Vanilla Flavouring], Vegetable Margarine [Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)], Dark Chocolate (8%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier ( <b>SOYA</b> Lecithin), Natural Vanilla Flavouring], Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Fat Reduced Cocoa Powder (3.7%), Raising Agents (E450, E501). <b>May contain Nuts</b>
Vanilla Ice Cream	Skimmed <b>Milk</b> , Whipping Cream (14%) ( <b>Milk</b> ), Sugar, Skimmed <b>Milk</b> Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring, Water, Skimmed Milk Powder ( <b>MILK</b> ), Whey Powder ( <b>MILK</b> ), 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 <b>Milk</b> Chocolate (Sugar, Cocoa Butter, Whole <b>Milk</b> Powder, Cocoa Liquor, Emulsifier: <b>Soya Lecithin</b> , Natural Vanilla Extract), Single Cream ( <b>Milk</b> ), Cocoa Liquor, Corn Flour, Natural Vanilla Flavouring

## INGREDIENT INFORMATION (updated January 2025)

### FOOD ALLERGIES

We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy

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 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).
Milk Chocolate Chips	Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, whey powder (Milk) , Lactose (Milk), Emulsifier: Soya Lecithin; Flavouring.
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 Coloured Stars	Sugar, Palm Fat RSPO SG, Potato Starch, Rice Flour, Corn Starch, Colours: E163, E162, E160a, E100, E172; Natural Flavour
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 Triesterate (E492), Natural Flavouring.
Triple Chocolate Chunks	Milk Chocolate Chunks 34% - (Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Mass, Emulsifier: (Soya); Flavouring) Dark Chocolate Chunks 33% - (Sugar, Cocoa Butter, Cocoa Mass, Emulsifier: (Soya); Flavouring) White Chocolate Chunks 33% - (Sugar, Whole Milk Powder, Cocoa Butter, Emulsifier: (Soya); Flavouring)
Marshmallows	Sugar, Glucose-fructose syrup, Water, Maize starch, Dextrose, Tapioca starch, Gelling agent: Carrageenan, Hydrolysed Rice protein, Natural flavouring, Colour: E162.
Gold Fudge	White Granulated Sugar, Sweetened Condensed Milk (Milk, Sugar), Fondant (Sugar, Glucose Syrup, Water), Glucose Syrup, Palm Oil, Salted Butter (Milk, Salt), Colour: Potassium Aluminium Silicate (E555), Iron Oxides and Hydroxides (E172), Natural Flavouring
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. <b>May contain Nuts and Egg.</b>
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, sugar, cocoa butter, 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. <b>May contain Nuts and Egg.</b>
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).
Loaded Cookie Dough made with KitKat®	
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. <b>May contain Nuts and Egg.</b>
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).
Nestlé KitKat® Sauce	Sugar, sunflower oil , skimmed MILK powder, biscuit granules 5% (sugar, WHEAT flour, vegetable oils (rapeseed, sunflower), lactose (MILK), MILK proteins, BARLEY malt extract, salt, raising agent (sodium bicarbonate), whey powder (MILK), anhydrous MILK fat, fat reduced-cocoa powder+ 3.8%, cocoa mass+ 3%, emulsifier (lecithins), salt, natural vanilla flavouring. <b>May contain NUTS and SOYA.</b>
Nestlé KitKat® Topping	wafer pieces [WHEAT flour, sugar, palm fat, WHEAT starch, emulsifier (SOYA lecithins), salt], sugar, cocoa butter, cocoa mass, skimmed MILK powder, whey powder product (MILK), vegetable fats (palm, shea), butter oil (MILK), emulsifier (lecithins), natural vanilla flavouring. <b>May contain TREE NUTS</b>
Loaded Cookie Dough made with Rolo®	
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. <b>May contain Nuts and Egg.</b>
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).
Nestlé ROLO® Topping	Ingredients: sugar, glucose syrup, cocoa butter, MILK powders (whole and skimmed), cocoa mass, vegetable fats (palm, shea), invert sugar syrup, butterfat (from MILK), lactose and proteins from whey (from MILK), whey powder (from MILK), sweetened condensed skimmed MILK (skimmed MILK, sugar), emulsifier (lecithins), salt, flavouring. <b>May contain GLUTEN.</b> Important: Young children (less than 4 years) have limited chewing ability and could choke on small sweets.
Apple Crumble 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. <b>May contain Nuts and Egg.</b>
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).
Apple Compote	Apple, Sugar, Water, Modified Tapioca Starch, Lemon Juice Concentrate, Ground Cassia, Acidity Regulator (Citric Acid)
Crumble Topping	Wheat Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Granulated Sugar, Demerara Sugar (12%), Palm Oil, Rapeseed Oil, White Breadcrumb (Wheat Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Wheat Starch, Salt, Dextrose, Mono- and Di-glycerides of Fatty Acids, Rapeseed Oil), Dextrose

## INGREDIENT INFORMATION (updated January 2025)

### FOOD ALLERGIES

We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy

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 Flavours, Salt, Colourant (Beta-Carotene).], Food Preparation With Coconut Oil (16%) [Water, Coconut Oil (23%), Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavours, 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)). <b>May contain Milk, Eggs, Sulphur Dioxide and Nuts.</b>
So Scoffable Biscoff® Cheesecake & Ice Cream	
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 Flavours, Salt, Colourant (Beta-Carotene).], Food Preparation With Coconut Oil (16%) [Water, Coconut Oil (23%), Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavours, 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)). <b>May contain Milk, Eggs, Sulphur Dioxide and Nuts.</b>
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).
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). <b>May contain Nuts</b>
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
Chilly Billy Ice Lolly Blackcurrant & Apple	
Chilly Billy Ice Lolly Blackcurrant & Apple	Apple juice (88%), Blackcurrant juice (11.75%), Stabiliser (carob gum) 0.25%, antioxidant (ascorbic acid). <b>may contain hazelnuts</b>
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).
Drinks	
Soft Drinks	
Tango Orange/ Tango Apple/ 7Up Zero/ Pepsi Max/ Diet Pepsi	Refer directly to the supplier - Pepsi - <a href="http://www.pepsi.co.uk/7up">www.pepsi.co.uk/7up</a> - <a href="http://www.7up.co.uk">www.7up.co.uk</a>
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 - <a href="http://www.robinsonssquash.co.uk">www.robinsonssquash.co.uk</a>
Belu Still Water / Sparkling Water	Refer directly to the supplier - Belu - <a href="http://www.belu.com">www.belu.com</a>
Lipton Peach Iced Tea	Refer directly to the supplier - Lipton - <a href="http://www.liptonicedtea.com">www.liptonicedtea.com</a>
Bottle of Pepsi	Refer directly to the supplier - Pepsi - <a href="http://www.pepsi.co.uk">www.pepsi.co.uk</a>
Irn Bru	Refer directly to the supplier - Aqbarr - <a href="http://www.aqbarr.co.uk">www.aqbarr.co.uk</a>
Apple Juice	Apple Juice from Concentrate (100%)
Orange Juice	Orange juice from concentrate (100%)
J20 - all flavours	Refer directly to the supplier - J20 - <a href="http://www.j20.co.uk">www.j20.co.uk</a>
Gingerella	Refer directly to the supplier - Karma Cola - <a href="http://www.karmacola.co.uk">www.karmacola.co.uk</a>
Soda Folk - Cream Soda	Refer directly to the supplier - Soda Folk - <a href="http://www.sodafolk.com">www.sodafolk.com</a>
Bottle of 7Up Zero / Pepsi Max / Tango Orange / Pepsi	Refer directly to the supplier - Pepsi - <a href="http://www.pepsi.co.uk/7up">www.pepsi.co.uk/7up</a> - <a href="http://www.7up.co.uk">www.7up.co.uk</a>
Bottle of Diet Pepsi	Refer directly to the supplier - Pepsi - <a href="http://www.pepsi.co.uk">www.pepsi.co.uk</a>
Hot Drinks	
Black Tea	100% Black Tea
Tea with Milk	100% Black Tea, 100% Semi Skimmed Milk
Hot Chocolate	Sugar, Whey Powder (Milk), Low Fat Cocoa Powder, Skimmed Milk Powder, Acidity Regulator E331, Salt, Flavouring, Anti-Caking Agent E551.
Americano with Milk, Caffè Latte, Cappuccino	Roasted & Ground Coffee, 100% Semi Skimmed Milk
Black Americano, Espresso Shot	Roasted & Ground Coffee
Alcoholic Drinks	
Pinot Grigio / Merlot / White Zinfandel	Refer directly to the supplier - Matthew Clark - <a href="http://www.matthewclark.co.uk/">www.matthewclark.co.uk/</a>
Prosecco	Refer directly to the supplier - Matthew Clark - <a href="http://www.matthewclark.co.uk/">www.matthewclark.co.uk/</a>
Budweiser	Refer to label on bottle or directly to the supplier - Budweiser - <a href="http://www.budweiser.com/en/company/products/budweiser">www.budweiser.com/en/company/products/budweiser</a>
San Miguel	Refer directly to the supplier - San Miguel - <a href="http://www.sanmiguel.com">www.sanmiguel.com</a>
Brewdog Punk IPA	Refer directly to the supplier - Brewdog - <a href="http://www.BrewDog.com">www.BrewDog.com</a>
Kopparberg Strawberry & Lime	Refer directly to the supplier - Kopparberg - <a href="http://www.kopparberg.co.uk/faqs/">www.kopparberg.co.uk/faqs/</a>
Kopparberg Mixed Fruit Tropical	Refer directly to the supplier - Kopparberg - <a href="http://www.kopparberg.co.uk/faqs/">www.kopparberg.co.uk/faqs/</a>
Bulmer's	Refer directly to the supplier - Bulmer's - <a href="http://www.Bulmers.co.uk/nutritional-values">www.Bulmers.co.uk/nutritional-values</a>

## NUTRITIONAL INFORMATION (updated January 2025)

### FOOD ALLERGIES

We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy.

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

	Average Weight of Portion (g)	Energy per Portion (kcal)	Protein per Portion (g)	Carbohydrate per Portion (g)	Sugar per Portion (g)	Fat per Portion (g)	Saturated Fat per Portion (g)	Salt per Portion (g)						
<b>Sides</b>														
Fries	230	384	5.1	51	1.2	17	2.1	2.3						
Onion Rings	158	338	5.5	47	7.0	15	1.7	1.4						
Garlic Bread	120	360	9.0	47	3.4	14	4.3	0.84						
Garlic Bread with Cheese	181	530	20	49	4.6	27	12	1.7						
Mozzarella Sticks with Sweet Chilli Dip	198	501	18	56	22.5	22	9.0	2.9						
Cheesy Triangles with Sweet Chilli Dip	168	475	14	44	21.4	26	11	3.0						
Cheesy Triangles with Cranberry Dip	153	477	15	45	22.2	27	12	2.7						
Haloumi Fries with Sweet Chilli Dip	145	374	14	35	23.1	20	9	2.1						
Hot Honey Haloumi Fries	96	309	14	19	10.4	20	9	1.8						
Vegan Southern Fried Nuqquets	120	248	12	18	0.6	13	1.0	1.1						
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 Cheesy Bite Bites	270	634	30	76	2.4	23	10	2.6						
Sweet Chilli Loaded Cheesy Bite Bites	297	669	30	85	9.8	23	10	2.7						
Loaded Bacon Cheesy Bite Bites	297	711	34	77	2.5	29	15	3.1						
Pigs & Blanket Loaded Cheesy Bite Bites	333	796	37	86	10.8	28	15	3.6						
BBQ Chicken Wings	121	247	24	6.7	4.4	14	3.4	2.0						
Hot Honey BBQ Chicken Wings	132	281	24	15	12.1	14	3	2.0						
Chicken Bites	158	359	22	30	0	16	1.7	1.6						
Hot Honey Chicken Bites	169	394	22	38	8.5	17	2	1.7						
<b>Dips &amp; Bits Station</b>														
Heinz BBQ Sauce	100	138	1	34	29	0	0	1						
Heinz Tomato Ketchup	100	102	1	23	23	0	0	2						
BBQ Sauce	100	119	1.5	27	22	0.4	0.1	1.2						
Tomato Ketchup	100	99	2.0	21	21	0.3	0.1	0.90						
Chilli Flakes	1	3	0.1	0.3	0.1	0.2	0	0						
<b>Dine In Dip Pots</b>														
Sour Cream	45	266	0.64	3.6	2.8	27.7	2.0	0.41						
Sweet Chilli	60	98	0.16	24.2	20.3	0	0.0	0.34						
Hot Honey	60	197	0.30	49.2	48.6	0.30	0.12	0.02						
Frank's RedHot®	50	13	1.25	0.9	0.2	0.3	0.1	4.2						
Cranberry	45	100	0	24.8	21.2	0	0	0						
<b>Takeaway Dip Pots</b>														
Heinz Garlic Sauce Dip Pot	25	89	0.2	2.0	1.1	9.0	1.4	0.35						
Heinz BBQ Sauce Dip Pot	25	29	0.4	6.4	5.0	0.1	0	0.24						
Heinz Sweet Chill Dip Pot	25	47	0.1	11.5	10.5	0.0	0.0	0.38						
*Nutritional values don't account for the dips chosen by the consumer. These values should be taken from 'Tabletop Sauces' and added to the product nutritional values.														
	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)						
<b>Salad Station</b>														
<b>Dressed Salads</b>														
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	0.70	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	17	0.22	3.84	4	0.05	0	0.24						
Black Olives	15	22	0.08	0	0	2.3	0.35	0.35						
<b>Fresh Salad</b>														
Lettuce Mix	17	2	0.1	0.2	0.2	0	0	0						
Cherry Tomatoes	33	6	0.2	1.0	1.0	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	0.0	0.1	0	0						
Rocket	20	4	0.7	0.1	0.0	0	0	0						
<b>Dried Items</b>														
Bacon Bits	13	69	1.2	6.6	0.5	4.0	1.9	0.31						
Croutons	7	31	0.8	4.7	0.1	0.8	0.4	0.19						
Tortilla Chips	13	64	0.8	8.2	0.2	2.7	0.3	0.09						
Crispy Onions	6	35	0.4	2.4	0.5	2.6	1.3	0.07						
Sultanas	16	43	0.4	11	11	0	0	0						
<b>Dressings &amp; Dips</b>														
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	2.0	13	1.8	0.44						
Ranch Dressing	31	145	0.74	2.0	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	1.3	0.27						

## NUTRITIONAL INFORMATION (updated January 2025)

### FOOD ALLERGIES

We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy.

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

	Weight of Pizza (g)	Number of Slices per Pizza	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice (g)			
<b>Pizza</b>												
<b>Pepperoni</b>												
Individual Pan (9")	400	6	181	7.2	18	0.8	8.7	2.9	0.77			
Sharing Pan (13")	810	8	272	11	29	1.2	12	4.1	1.2			
Individual Handcrafted (11")	398	6	161	6.9	18	1.5	6.4	2.6	0.84			
Sharing Handcrafted (14")	704	8	213	9.2	24	2.0	8.7	3.6	1.1			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	394	6	158	6.9	18	1.4	6.3	2.6	0.76			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	698	8	210	9.2	23	2.0	8.6	3.5	1.0			
Individual Stuffed Crust (11")	550	6	238	12	23	2.0	11	5.1	1.1			
Sharing Stuffed Crust (14")	912	8	291	14	30	2.7	13	5.9	1.3			
Cheesy Bites (14")	912	8	291	14	30	2.7	13	5.9	1.3			
Gluten Free (9" Square)	351	6	164	4.5	20	1.6	7.1	2.6	0.70			
<b>Pepperoni Feast</b>												
Individual Pan (9")	452	6	214	8.8	18	0.91	12	3.8	0.98			
Sharing Pan (13")	891	8	310	13	29	1.3	16	5.1	1.4			
Individual Handcrafted (11")	450	6	194	8.6	18	1.5	9.3	3.5	1.05			
Sharing Handcrafted (14")	785	8	252	1.2	24	2.1	12.0	4.6	1.4			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	412	6	172	7.4	18	1.4	7.7	2.7	0.90			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	721	8	224	10	23	2.0	10	3.5	1.2			
Individual Stuffed Crust (11")	568	6	252	12	23	2.0	12	5.2	1.2			
Sharing Stuffed Crust (14")	935	8	305	14	30	2.7	14	5.8	1.5			
Cheesy Bites (14")	935	8	305	14	30	2.7	14	5.8	1.5			
Gluten Free (9" Square)	403	6	197	6.1	20	1.7	9.9	3.5	0.90			
<b>Pepperoni &amp; Spicy Nduja</b>												
Individual Pan (9")	463	6	218	9.0	18	0.9	11.9	4.0	1.00			
Sharing Pan (13")	934	8	326	13	29	1.3	17	5.6	1.5			
Individual Handcrafted (11")	461	6	197	8.8	18	1.5	9.6	3.7	1.1			
Sharing Handcrafted (14")	828	8	267	12	24	2.1	13	5.1	1.5			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	457	6	195	8.7	18	1.5	9.5	3.6	0.99			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	822	8	264	11.8	23	2.0	13.3	5.1	1.4			
Individual Stuffed Crust (11")	613	6	274	13	23	2.0	14	6.2	1.3			
Sharing Stuffed Crust (14")	1036	8	345	17	30	2.7	17	7.4	1.7			
Cheesy Bites (14")	1036	8	345	17	30	2.7	17	7.4	1.7			
Gluten Free (9" Square)	414	6	201	6.3	20	1.6	10.3	3.6	0.94			
<b>The Spicy GOAT</b>												
Individual Pan (9")	498	6	204	8.5	21	3.8	9.2	3.8	0.74			
Sharing Pan (13")	996	8	298	12	33	4.8	13	5.3	1.1			
Individual Handcrafted (11")	496	6	183	8.3	21	4.4	6.9	3.5	0.8			
Sharing Handcrafted (14")	890	8	239	11	28	5.6	9	4.7	1.0			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	492	6	180	8.2	21	4.4	6.8	3.5	0.73			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	884	8	236	10.9	27	5.5	9.1	4.7	1.0			
Individual Stuffed Crust (11")	648	6	260	13	26	4.9	11	6.0	1.0			
Sharing Stuffed Crust (14")	1098	8	317	16	34	6.3	13	7.0	1.2			
Cheesy Bites (14")	1098	8	317	16	34	6.3	13	7.0	1.2			
Gluten Free (9" Square)	449	6	186	5.8	23	4.6	7.6	3.5	0.67			
<b>Chicken &amp; Bacon Club</b>												
Individual Pan (9")	530	6	226	9.1	20	1.5	12.2	3.7	0.81			
Sharing Pan (13")	1110	8	331	14	31	2.4	17	5.0	1.2			
Individual Handcrafted (11")	528	6	206	8.8	20	2.2	9.9	3.4	0.9			
Sharing Handcrafted (14")	1004	8	272	12	26	3.2	13	4.5	1.2			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	524	6	203	8.8	19	2.1	9.8	3.3	0.80			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	998	8	269	12.1	26	3.1	12.8	4.5	1.1			
Individual Stuffed Crust (11")	680	6	282	14	25	2.7	14	5.9	1.1			
Sharing Stuffed Crust (14")	1212	8	350	17	32	3.9	17	6.8	1.4			
Cheesy Bites (14")	1212	8	350	17	32	3.9	17	6.8	1.4			
<b>Chicken Fajita</b>												
Individual Pan (9")	535	6	216	8.6	20	2.4	11.1	3.0	0.81			
Sharing Pan (13")	1083	8	316	13	32	3.6	15	4.0	1.2			
Individual Handcrafted (11")	533	6	196	8.4	20	3.0	8.8	2.7	0.9			
Sharing Handcrafted (14")	977	8	257	11	27	4.4	11	3.5	1.1			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	529	6	193	8.3	20	3.0	8.7	2.7	0.81			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	971	8	254	11.4	26	4.3	11.2	3.5	1.0			
Individual Stuffed Crust (11")	685	6	273	13	25	3.5	13	5.2	1.1			
Sharing Stuffed Crust (14")	1185	8	335	16	33	5.0	15	5.8	1.3			
Cheesy Bites (14")	1185	8	335	16	33	5.0	15	5.8	1.3			
Gluten Free (9" Square)	486	6	199	5.9	22	3.2	9.5	2.7	0.75			
<b>Hawaiian</b>												
Individual Pan (9")	456	6	166	7.6	19	1.7	6.4	2.0	0.77			
Sharing Pan (13")	936	8	249	11	30	2.8	9.0	2.7	1.2			
Individual Handcrafted (11")	454	6	158	7.6	21	2.6	4.6	1.8	1.2			
Sharing Handcrafted (14")	830	8	211	10	28	4.0	6.0	2.4	1.8			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	450	6	142	7.3	19	2.3	4.0	1.7	0.77			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	824	8	187	9.8	25	3.5	5.1	2.2	1.0			
Individual Stuffed Crust (11")	606	6	222	12	24	2.9	8.4	4.2	1.1			
Sharing Stuffed Crust (14")	1038	8	268	15	31	4.2	9.1	4.5	1.3			
Cheesy Bites (14")	1038	8	268	15	31	4.2	9.1	4.5	1.3			
Gluten Free (9" Square)	407	6	149	4.9	20	2.5	4.8	1.7	0.70			
<b>Chicken Supreme</b>												
Individual Pan (9")	494	6	168	8.7	19	1.2	6.3	2.0	0.62			
Sharing Pan (13")	1037	8	256	14	29	1.8	8.9	2.7	1.0			
Individual Handcrafted (11")	492	6	148	8.4	19	1.8	4.1	1.7	0.69			
Sharing Handcrafted (14")	931	8	197	12	24	2.6	5.2	2.2	1.1			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	488	6	145	8.4	18	1.8	4.0	1.7	0.61			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	925	8	194	12	24	2.6	5.1	2.2	0.99			
Individual Stuffed Crust (11")	644	6	224	13	23	2.3	8.4	4.2	0.91			
Sharing Stuffed Crust (14")	1139	8	275	17	30	3.3	9.1	4.5	1.1			
Cheesy Bites (14")	1139	8	275	17	30	3.3	9.1	4.5	1.1			
Gluten Free (9" Square)	445	6	151	6	20	1.9	4.7	1.9	0.56			

## NUTRITIONAL INFORMATION (updated January 2025)

### FOOD ALLERGIES

We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy.

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

	Weight of Pizza (g)	Number of Slices per Pizza	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice (g)			
<b>Meat Feast</b>												
Individual Pan (9")	468	6	197	9.2	19	1.1	9.3	3.2	0.90			
Sharing Pan (13")	970	8	303	14	30	1.6	14	4.7	1.4			
Individual Handcrafted (11")	466	6	176	9.0	19	1.7	7.0	2.9	0.97			
Sharing Handcrafted (14")	864	8	244	13	25	2.4	10	4.2	1.4			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	462	6	174	8.9	18	1.6	6.9	2.8	0.89			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	858	8	241	13	24	2.4	10	4.1	1.3			
Individual Stuffed Crust (11")	618	6	253	14	24	2.2	11	5.4	1.2			
Sharing Stuffed Crust (14")	1072	8	322	18	31	3.1	14	6.5	1.6			
Cheesy Bites (14")	1072	8	322	18	31	3.1	14	6.5	1.6			
Gluten Free (9" Square)	419	6	180	6.5	20	1.8	7.7	2.9	0.83			
<b>Supreme</b>												
Individual Pan (9")	489	6	199	8.5	19	1.2	9.8	3.2	0.83			
Sharing Pan (13")	1003	8	304	13	30	1.9	14	4.7	1.3			
Individual Handcrafted (11")	487	6	178	8.2	19	1.8	7.5	2.9	0.9			
Sharing Handcrafted (14")	897	8	245	12	25	2.7	11	4.2	1.2			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	483	6	176	8.2	19	1.8	7.4	2.9	0.82			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	891	8	242	11.7	25	2.6	10.5	4.1	1.1			
Individual Stuffed Crust (11")	639	6	255	13	24	2.3	12	5.4	1.1			
Sharing Stuffed Crust (14")	1105	8	323	16	31	3.3	14	6.5	1.4			
Cheesy Bites (14")	1105	8	323	16	31	3.3	14	6.5	1.4			
Gluten Free (9" Square)	440	6	182	5.8	20	2.0	8.1	2.9	0.77			
<b>BBQ Americano</b>												
Individual Pan (9")	508	6	191	9.4	21	2.4	7.5	2.7	0.79			
Sharing Pan (13")	1054	8	289	14.6	33	3.7	10.5	3.6	1.20			
Individual Handcrafted (11")	499	6	168	9.6	21	2.5	4.8	2.0	0.90			
Sharing Handcrafted (14")	950	8	233	14.3	28	4.5	6.6	2.7	1.28			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	495	6	166	9.5	20	2.1	4.7	1.9	0.82			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	944	8	230	14.2	27	4.4	6.5	2.7	1.19			
Individual Stuffed Crust (11")	651	6	245	14	26	3.6	9.1	4.4	1.12			
Sharing Stuffed Crust (14")	1156	8	311	19	34	5.2	10.5	5.0	1.5			
Cheesy Bites (14")	1156	8	311	19	34	5.2	10.5	5.0	1.5			
Gluten Free (9" Square)	459	6	175	6.6	23	3.4	5.9	2.4	0.75			
<b>Veggie</b>												
Individual Pan (9")	488	6	162	6.4	19	1.5	6.3	2.0	0.58			
Sharing Pan (13")	1019	8	245	9.6	31	2.4	8.8	2.7	0.89			
Individual Handcrafted (11")	486	6	141	6.1	19	2.1	4.0	1.7	0.64			
Sharing Handcrafted (14")	913	8	186	8.1	26	3.2	5.1	2.1	0.82			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	482	6	139	6.1	19	2.1	3.9	1.6	0.56			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	907	8	183	8.0	25	3.1	5.0	2.1	0.73			
Individual Stuffed Crust (11")	638	6	218	11	24	2.6	8.3	4.2	0.86			
Sharing Stuffed Crust (14")	1121	8	263	13	32	3.8	9.0	4.5	1.0			
Cheesy Bites (14")	1121	8	263	13	32	3.8	9.0	4.5	1.0			
Gluten Free (9" Square)	439	6	108	2.7	16	1.7	3.5	1.2	0.39			
<b>Margherita</b>												
Individual Pan (9")	398	6	169	7.0	18	0.9	7.4	2.7	0.64			
Sharing Pan (13")	796	8	250	10	29	1.3	10	3.5	0.96			
Individual Handcrafted (11")	394	6	149	6.8	18	1.6	5.1	2.3	0.71			
Sharing Handcrafted (14")	690	8	191	8.7	24	2.1	6.4	3.0	0.90			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	392	6	146	6.7	18	1.5	5.0	2.3	0.63			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	684	8	188	8.7	23	2.1	6.3	3.0	0.81			
Individual Stuffed Crust (11")	548	6	225	11	23	2.1	9.4	4.8	0.93			
Sharing Stuffed Crust (14")	898	8	269	13	30	2.8	10	5.3	1.1			
Cheesy Bites (14")	898	8	269	13	30	2.8	10	5.3	1.1			
Gluten Free (9" Square)	349	6	114	3.2	15	1.3	4.3	1.8	0.43			
<b>The G.O.A.T</b>												
Individual Pan (9")	517	6	184	7.5	21	3.0	7.8	3.0	0.67			
Sharing Pan (13")	1088	8	281	11.3	33	5.3	11.0	4.3	1.03			
Individual Handcrafted (11")	515	6	164	7.3	21	3.6	5.5	2.7	0.74			
Sharing Handcrafted (14")	982	8	222	9.8	28	5.7	7.3	3.7	1.0			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	511	6	161	7.2	20	3.5	5.4	2.7	0.66			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	976	8	219	9.7	28	5.6	7.2	3.7	0.89			
Individual Stuffed Crust (11")	667	6	241	12	26	4.1	9.8	5.2	0.97			
Sharing Stuffed Crust (14")	1190	8	300	14	34	6.7	11	6.0	1.2			
Cheesy Bites (14")	1190	8	300	14	34	6.7	11	6.0	1.2			
Gluten Free (9" Square)	468	6	126	3.6	17	2.8	4.6	2	0.46			
<b>Veggie Supreme</b>												
Individual Pan (9")	493	6	162	6.2	19	1.4	6.8	2.0	0.59			
Sharing Pan (13")	1011	8	241	9	30	2.1	9	2.7	0.9			
Individual Handcrafted (11")	491	6	142	5.9	19	2.0	4.5	1.7	0.7			
Sharing Handcrafted (14")	905	8	182	8	25	2.9	6	2.2	0.8			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	487	6	139	5.9	18	2.0	4.4	1.7	0.59			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	899	8	179	7.7	24	2.9	5.4	2.1	0.8			
Individual Stuffed Crust (11")	643	6	219	11	24	2.5	9	4.2	0.9			
Sharing Stuffed Crust (14")	1113	8	260	12	31	3.6	9	4.5	1.0			
Cheesy Bites (14")	1113	8	260	12	31	3.6	9	4.5	1.0			
Gluten Free (9" Square)	444	6	145	3.4	20	2.1	5.2	1.7	0.53			

## NUTRITIONAL INFORMATION (updated January 2025)

### FOOD ALLERGIES

We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy.

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

	Weight of Pizza (g)	Number of Slices per Pizza	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice(g)			
<b>Veggie Sizzler</b>												
Individual Pan (9")	461	6	160	6.1	19	2.0	6.3	2.0	0.68			
Sharing Pan (13")	948	8	241	9	31	3.1	9	2.7	1.0			
Individual Handcrafted (11")	459	6	140	5.9	20	2.6	4.0	1.7	0.7			
Sharing Handcrafted (14")	842	8	182	8	26	3.9	5	2.1	1.0			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	455	6	137	5.9	19	2.6	3.9	1.6	0.67			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	836	8	179	7.7	25	3.8	5.0	2.1	0.9			
Individual Stuffed Crust (11")	611	6	217	11	24	3.1	8	4.2	1.0			
Sharing Stuffed Crust (14")	1050	8	260	12	32	4.5	9	4.5	1.2			
Cheesy Bites (14")	1050	8	260	12	32	4.5	9	4.5	1.2			
Gluten Free (9" Square)	412	6	143	3.4	21	2.7	4.7	1.6	0.61			
<b>Meat Feast Sizzler</b>												
Individual Pan (9")	480	6	193	8.9	19	1.1	9.0	3.1	0.97			
Sharing Pan (13")	1000	8	298	14	30	1.6	13	4.5	1.5			
Individual Handcrafted (11")	478	6	172	8.6	19	1.7	6.7	2.7	1.0			
Sharing Handcrafted (14")	894	8	239	12	25	2.4	10	4.0	1.5			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	474	6	170	8.6	18	1.6	6.6	2.7	0.96			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	888	8	236	12.3	24	2.4	9.7	4.0	1.4			
Individual Stuffed Crust (11")	630	6	249	13	24	2.2	11	5.2	1.3			
Sharing Stuffed Crust (14")	1102	8	317	17	31	3.1	14	6.3	1.6			
Cheesy Bites (14")	1102	8	317	17	31	3.1	14	6.3	1.6			
Gluten Free (9" Square)	431	6	176	6.1	20	1.8	7.4	2.7	0.90			
<b>Farmhouse</b>												
Individual Pan (9")	439	6	162	7.6	18	0.9	6.4	2.0	0.78			
Sharing Pan (13")	884	8	242	11	29	1.3	8.9	2.7	1.1			
Individual Handcrafted (11")	437	6	142	7.4	18	1.6	4.1	1.7	0.85			
Sharing Handcrafted (14")	778	8	183	9.6	24	2.1	5.2	2.2	1.1			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	433	6	139	7.3	18	1.5	4.0	1.7	0.77			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	772	8	180	10	23	2.1	5.1	2.2	1.0			
Individual Stuffed Crust (11")	589	6	219	12	23	2.1	8.4	4.2	1.1			
Sharing Stuffed Crust (14")	986	8	261	14	30	2.8	9.1	4.5	1.3			
Cheesy Bites (14")	986	8	261	14	30	2.8	9.1	4.5	1.3			
Gluten Free (9" Square)	390	6	145	4.9	20	1.7	4.8	1.7	0.72			
<b>Pigs &amp; Blanket</b>												
Individual Pan (9")	471	6	188	7.2	21	4.1	7	2.7	0.74			
Sharing Pan (13")	950	8	281	11	32	4.8	10	3.8	1.2			
Individual Handcrafted (11")	469	6	170	7	22	4.6	4.8	2.5	0.8			
Sharing Handcrafted (14")	844	8	225	10	28	5.4	6	3.5	1.1			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	465	6	167	7	22	4.6	4.8	2.5	0.74			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	838	8	222	9.7	27	5.4	6.1	3.5	1			
Individual Stuffed Crust (11")	621	6	247	12	27	5.1	9	5	1			
Sharing Stuffed Crust (14")	1052	8	303	14	34	6.1	10	5.8	1.3			
Cheesy Bites (14")	1052	8	303	14	34	6.1	10	5.8	1.3			
<b>Cheeseboard</b>												
Individual Pan (9")	453	6	201	8.7	18	1	10.3	4.3	0.84			
Sharing Pan (13")	874	8	284	12	28	1.5	13	5.3	1.2			
Individual Handcrafted (11")	451	6	183	8.6	18	1.5	8.1	4.2	0.9			
Sharing Handcrafted (14")	768	8	228	11	24	2.1	10	5	1.1			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	447	6	180	8.5	18	1.5	8	4.2	0.84			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	762	8	225	10.6	23	2	9.6	5	1			
Individual Stuffed Crust (11")	603	6	259	13	23	2	12	6.7	1.1			
Sharing Stuffed Crust (14")	976	8	306	15	30	2.7	14	7.3	1.3			
Cheesy Bites (14")	976	8	306	15	30	2.7	14	7.3	1.3			
Gluten Free (9" Square)	404	6	186	6.1	20	1.7	8.7	4.2	0.78			
<b>Double Pepperoni &amp; Spicy Honey</b>												
Individual Pan (9")	443	6	193	7.2	20	2.9	9.0	2.6	0.92			
Sharing Pan (13")	879	8	280	11	31	3.3	12	3.5	1.3			
Individual Handcrafted (11")	441	6	172	7.0	20	3.5	6.7	2.3	1.00			
Sharing Handcrafted (14")	773	8	220	9.1	26	4.1	8.6	3.0	1.3			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	437	6	169	7.0	20	3.5	6.6	2.3	0.92			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	767	8	217	9.1	25	4.1	8.5	2.9	1.2			
Individual Stuffed Crust (11")	593	6	249	12	25	4.0	11.0	4.8	1.2			
Sharing Stuffed Crust (14")	981	8	298	14	32	4.8	13	5.3	1.5			
Cheesy Bites (14")	981	8	298	14	32	4.8	13	5.3	1.5			
Gluten Free (9" Square)	394	6	176	4.5	22	3.7	7.4	2.3	0.86			
		Weight of Pizza (g)	Number of Slices per Pizza	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice(g)		
<b>Vegan Pizzas</b>												
<b>Vegan Margherita</b>												
Individual Pan (9")	380	6	163	4.0	20	0.6	7.1	3.6	0.68			
Sharing Pan (13")	732	8	231	6.3	31	0.9	8.8	3.8	0.92			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	374	6	140	3.7	20	1.2	4.7	3.2	0.68			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	620	8	169	4.8	25	1.6	5.0	3.3	0.84			
Gluten Free (9" Square)	331	6	146	1.3	22	1.3	5.5	3.2	0.65			
<b>Vegan Veggie</b>												
Individual Pan (9")	476	6	158	4.3	21	1.3	6.1	2.6	0.61			
Sharing Pan (13")	1013	8	245	6.9	33	2.1	9.1	3.9	0.94			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	470	6	135	4.0	21	1.9	3.8	2.2	0.59			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	901	8	183	5.4	28	2.8	5.3	3.3	0.84			
Gluten Free (9" Square)	427	6	141	1.6	22	2.1	4.5	2.3	0.55			
<b>Vegan Veggie Supreme</b>												
Individual Pan (9")	481	6	157	4.2	20	1.2	6.4	2.4	0.60			
Sharing Pan (13")	1005	8	240	6.7	32	2.0	9.2	3.6	0.92			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	475	6	134	3.9	20	1.8	4.1	2.1	0.60			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	893	8	178	5.1	27	2.7	5.4	3.1	0.80			
Gluten Free (9" Square)	432	6	140	1.5	22	2.0	4.8	2.1	0.54			
<b>Vegan Veggie Sizzler</b>												
Individual Pan (9")	449	6	155	4.2	21	1.8	5.9	2.4	0.69			
Sharing Pan (13")	942	8	240	6.7	33	2.9	8.7	3.6	1.07			
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	443	6	132	3.9	21	2.4	3.5	2.1	0.68			
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	830	8	178	5.1	28	3.6	4.9	3.0	0.95			
Gluten Free (9" Square)	400	6	138	1.5	22	2.6	4.3	2.1	0.62			

## NUTRITIONAL INFORMATION (updated January 2025)

### FOOD ALLERGIES

We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy.

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

	Average Weight of Portion (g)	Energy per Portion (kcal)	Protein per Portion (g)	Carbohydrate per Portion (g)	Sugar per Portion (g)	Fat per Portion (g)	Saturated Fat per Portion (g)	Salt per Portion (g)						
<b>Flatbreads</b>														
Chicken Delight Flatbread	289	499	27	60	6.0	19	5.5	1.9						
The Little G.O.A.T Flatbread	295	492	24	62	6.3	16	8	2.0						
Virtuous Veg Flatbread	301	439	20	60	6.7	12	5.2	2.7						
Vegan Virtuous Veg Flatbread	289	401	13	65	6.0	8.9	6.4	2.8						
BBQ Chicken 'N' Ham Flatbread	285	499	33	61	6.0	16	5.9	2.7						
<b>Melts</b>														
Pepperoni Melt	277	749	31	68	5.3	38	17	4.5						
Meat Feast Melt	312	771	37	70	6.1	38	16	4.9						
BBQ Chicken Melt	326	704	34	84	19	25	12	4.0						
Toasted 3 Cheese Melt	328	898	42	71	4.8	49	24	5.0						
<b>Mains</b>														
	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						
	Weight of Pizza (g)	Number of Slices per Pizza	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice (g)					
<b>Buffet Pizzas</b>														
<b>Margherita</b>														
Individual Pan (9")	398	6	169	7.0	18	0.9	7.4	2.7	0.64					
Sharing Pan (13")	796	8	250	10	29	1.3	10	3.5	0.96					
Individual Handcrafted (11")	394	6	149	6.8	18	1.6	5.1	2.3	0.71					
<b>Pepperoni</b>														
Individual Pan (9")	400	6	181	7.2	18	0.8	8.7	2.9	0.77					
Sharing Pan (13")	810	8	272	11	29	1.2	12	4.1	1.2					
Individual Handcrafted (11")	398	6	161	6.9	18	1.5	6.4	2.6	0.84					
<b>BBQ Americano</b>														
Individual Pan (9")	508	6	191	9.4	21	2.4	7.5	2.7	0.79					
Sharing Pan (13")	1054	8	289	14.6	33	3.7	10.5	3.6	1.20					
Individual Handcrafted (11")	499	6	168	9.6	21	2.1	4.8	2.0	0.90					
<b>Veggie</b>														
Individual Pan (9")	488	6	162	6.4	19	1.5	6.3	2.0	0.58					
Sharing Pan (13")	1019	8	275	10.7	35	2.7	10.0	3.5	1.00					
Individual Handcrafted (11")	486	6	141	6.1	19	2.1	4.0	1.7	0.64					
<b>Veggie Hot</b>														
Individual Pan (9")	471	6	157	6.1	19	1.4	6.2	2.0	0.68					
Sharing Pan (13")	977	8	236	9.2	30	2.1	8.7	2.7	1.03					
Individual Handcrafted (11")	465	6	134	5.8	18	1.9	3.8	1.6	0.68					
<b>Hawaiian</b>														
Individual Pan (9")	456	6	166	7.6	19	1.7	6.4	2.0	0.77					
Sharing Pan (13")	936	8	249	11	30	2.8	9.0	2.7	1.2					
Individual Handcrafted (11")	454	6	158	7.6	21	2.6	4.6	1.8	1.2					
<b>Classic Chicken</b>														
Individual Pan (9")	463	6	162	7.4	19	1.2	6.3	2.0	0.59					
Sharing Pan (13")	965	8	245	11.4	29	1.8	8.8	2.7	0.89					
Individual Handcrafted (11")	457	6	139	7.1	18	1.8	3.9	1.6	0.57					
<b>Spicy Chicken</b>														
Individual Pan (9")	461	6	161	7.2	19	1.2	6.3	2.0	0.70					
Sharing Pan (13")	948	8	242	10.8	29	1.8	8.8	2.7	1.06					
Individual Handcrafted (11")	458	6	142	7.2	20	1.3	3.6	1.7	0.82					
<b>Three Cheese &amp; Caramelised Onion</b>														
Individual Pan (9")	458	6	183	7.2	21	3.4	7.7	2.8	0.66					
Sharing Pan (13")	936	8	274	10.5	33	5.6	10.6	3.7	0.98					
Individual Handcrafted (11")	452	6	160	6.9	20	3.9	5.3	2.4	0.65					
<b>BBQ Beef &amp; Onion</b>														
Individual Pan (9")	429	6	173	6.9	20	2.4	7.0	2.3	0.70					
Sharing Pan (13")	870	8	261	10.5	32	3.3	10.0	3.3	1.04					
Individual Handcrafted (11")	426	6	150	6.6	20	3.0	4.6	2.0	0.69					
<b>The G.O.A.T</b>														
Individual Pan (9")	517	6	184	7.5	21	3.0	7.8	3.0	0.67					
Sharing Pan (13")	1088	8	281	11.3	33	5.3	11.0	4.3	1.03					
Individual Handcrafted (11")	515	6	164	7.3	21	3.6	5.5	2.7	0.74					
<b>Pepperoni &amp; Spicy 'Nduja</b>														
Individual Pan (9")	463	6	218	9.0	18	0.9	11.9	4.0	1.00					
Sharing Pan (13")	934	8	326	13	29	1.3	17	5.6	1.5					
Individual Handcrafted (11")	461	6	197	8.8	18	1.5	9.6	3.7	1.1					
<b>The Spicy GOAT</b>														
Individual Pan (9")	498	6	204	8.5	21	3.8	9.2	3.8	0.74					
Sharing Pan (13")	996	8	298	12	33	4.8	13	5.3	1.1					
Individual Handcrafted (11")	496	6	183	8.3	21	4.4	6.9	3.5	0.8					
<b>Chicken &amp; Bacon Club</b>														
Individual Pan (9")	530	6	226	9.1	20	1.5	12.2	3.7	0.81					
Sharing Pan (13")	1110	8	331	14	31	2.4	17	5.0	1.2					
Individual Handcrafted (11")	528	6	206	8.8	20	2.2	9.9	3.4	0.9					
<b>Chicken Fajita</b>														
Individual Pan (9")	535	6	216	8.6	20	2.4	11.1	3.0	0.81					
Sharing Pan (13")	1083	8	316	13	32	3.6	15	4.0	1.2					
Individual Handcrafted (11")	533	6	196	8.4	20	3.0	8.8	2.7	0.9					
<b>Pigs &amp; Blanket</b>														
Individual Pan (9")	471	6	188	7.2	21	4.1	7	2.7	0.74					
Sharing Pan (13")	950	8	281	11	32	4.8	10	3.8	1.2					
Individual Handcrafted (11")	469	6	170	7	22	4.6	4.8	2.5	0.8					
<b>Sausage &amp; Onion</b>														
Individual Pan (9")	414	6	165	6.7	18	1.3	6.2	2.1	0.67					
Sharing Pan (13")	867	8	255	10.4	29	2.2	8.6	3.1	1.07					
Individual Handcrafted (11")	412	6	146	6.5	19	1.9	4	2	0.75					

## NUTRITIONAL INFORMATION (updated January 2025)

### FOOD ALLERGIES

We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy.

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

	Average Weight of Portion (g)	Energy per Portion (kcal)	Protein per Portion (g)	Carbohydrate per Portion (g)	Sugar per Portion (g)	Fat per Portion (g)	Saturated Fat per Portion (g)	Salt per Portion (g)				
<b>Buffet Sides</b>												
<b>Buffet Pasta</b>												
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				
<b>Garlic Breadsticks</b>												
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				
<b>Cheesy Garlic Breadsticks</b>												
Cheesy Garlic Breadsticks - Large	30.6	93	3.7	8.0	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				
	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)				
<b>Mini &amp; Mega Monster</b>												
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				
*Nutritionals do not include any choices made at the Salad Station.												
<b>Mains</b>												
Chicken 'N' Fries	230	421	20	45	1.1	17	2.6	2.1				
Vegan Southern Fried Nuqquets 'N' Fries	205	374	11	40	1.0	18	1.8	2.0				
Mac 'N' Cheese	230	406	19	43	5.0	19	11	1.9				
Spaggetti Bolognese	250	198	13	28	5.8	3.3	1.3	0.6				
<b>Sides</b>												
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	0.9	0.71				
Mini Corn on the Cob	66	96	2.6	12	7.1	3.0	0.4	0				
<b>Drinks</b>												
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				
<b>Desserts</b>												
Chilly Billy Blackcurrant & Apple Ice Lolly	80	30	0.2	7.6	7.6	0.1	<0.1	0				
Kids Chocolate Brownie	145	404	5.4	50	43	20	9.3	0.11				
<b>Ice Cream Factory</b>												
Our Food Team have worked hard to develop the perfect recipe for your Ice Cream Creation! The following nutritional information is based on our recommended portions.												
<b>Kids Ice Cream Factory</b>												
	Average Weight of portion (g)	Energy per portion (kcal)	Protein per portion (g)	Carbohydrate per portion (g)	Sugar per portion (g)	Fat per portion (g)	Sat Fat per portion (g)	Salt per portion (g)				
Typical portion Ice Cream	129	151	4.3	18	17	6.6	4.6	0.27				
Typical portion Choc Sauce	8	24	0.1	5.4	4.5	0.2	0.1	0				
Toppings(3)	22	99	0.8	17	16	3.6	2.2	0.10				
TOTAL	159	274	5.2	40	38	10	7.0	0.37				
<b>Adults Ice Cream Builder</b>												
Typical portion Ice Cream	221	259	7.3	31	31	29	8.0	0.46				
Typical portion Choc Sauce	8	24	0.1	5.4	4.5	0.2	0.1	0				
Toppings(3)	22	99	0.8	17	16	3.6	2.2	0.10				
TOTAL	251	382	8.2	54	52	33	10	0.56				
<b>Per 100g</b>												
Ice Cream Builder Ice Cream	117	3.3	14	13	5.1	3.6	0.21					
Raspberry Sauce	249	0.1	62	43	0.4	0.2	0.04					
Chocolate Sauce	297	1.4	67	56	2.6	1.6	0.03					
Bubblegum Sauce	290	0.0	72	50	0.0	0.0	0.01					
Strawberry Crunch	397	0	98	98	1.7	1.6	0					
Milk Chocolate Chips	523	6.7	60	59	28	17	0.17					
Mixed Chocolate Chips	530	3.8	64	62	28	21	0.12					
Milk Chocolate Beans	464	2.5	76	75	16	9.8	0.10					
Gold Stars	437	1.1	84	79	10	6.4	0.10					
Mixed Coloured Stars	421	0.3	93	83	5.1	2.6	0.01					
Mixed Chocolate Chunks	539	6.3	59	57	30.4	18.6	0.12					
Marshmallows	323	0.5	79	71	0.5	0.1	0.12					
Gold Fudge	399	1.5	71	60	12.2	6.3	0.02					

## NUTRITIONAL INFORMATION (updated January 2025)

### FOOD ALLERGIES

We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as milk) are present. While prepared with care, we can't guarantee your food will be allergen free, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy.

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

	Average weight of Portion (g)	Energy per Portion (kcal)	Protein per Portion (g)	Carbohydrate per Portion (g)	Sugar per Portion (g)	Fat per Portion (g)	Saturated Fat per Portion (g)	Salt per Portion (g)				
<b>Desserts</b>												
<b>Hot Cookie Dough (served with a scoop of ice cream &amp; drizzle of sauce for all)</b>												
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				
Loaded Cookie Dough made with KitKat®	201	675	7.3	86	57	32	16	0.75				
Loaded Cookie Dough made with Rolo®	212	690	8.2	97	66	30	17	1.2				
Apple Crumble Cookie Dough	241	722	7.5	110	73	28	15	1.04				
<b>Takeaway Cookie Dough (Served with Take Away Ice Cream Tub &amp; a Drizzle of Sauce)</b>												
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				
Loaded Cookie Dough made with KitKat®	163	594	6.2	76	46	28	14	0.78				
Loaded Cookie Dough made with Rolo®	178	615	7.2	88	56	26	15	1.23				
Apple Crumble Cookie Dough	207	647	6.5	101	63	24	13	1.07				
<b>Desserts</b>												
I Can't Believe It's Not Cheesecake	107	468	2.9	48	25	30	12	0.57				
So Scoffable Biscoff® Cheesecake & Ice Cream	208	645	5.4	74	51	36	15	0.81				
Hot Chocolate Brownie (served with ice cream & sauce)	189	618	7.9	72	62	32	15	3.00				
Take Away Hot Chocolate Brownie (served with ice cream & sauce)	168	595	7.9	66	56	33	15	0.20				
Chilly Billy Blackcurrant & Apple Ice Lolly	80	30	0.2	7.6	7.6	0.1	<0.1	0				
Additional Take Away Vanilla Ice Cream Tub	65	118	2.5	12	12	6.5	3.8	0.09				
Additional Scoop Vanilla Ice cream	86	141	2.5	19	19	6.5	3.2	0.03				
Additional Chocolate Sauce	15	48	0.4	9.2	6.0	1.1	0.7	0				
Additional Salted Caramel Sauce	15	37	0	7.7	7.5	0.5	0.2	0.20				