

ALLERGY INFORMATION

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



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

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

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

Many thanks and eat safe

Jens Hofma

(CEO Pizza Hut Restaurants)



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

KEY & INTERPRETING THE DATA



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

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

The '○' means that this allergen is present in the manufacturing site/factory/supply chain, therefore our suppliers believe there is a **risk** that this allergen could **cross contaminate** the food.

The '●*' indicates that the allergen is contained in Pan, (Vegan) Stuffed Crust and Cheesy Bites bases for pizza combinations using tomato sauce.

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

Our allergen information will be kept up to date and should be checked each time you dine with us, as we may update recipes. Our teams cannot recommend or tell you what is suitable for you to eat or drink.



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GLUTEN FREE PRODUCTS




Allergies – Unfortunately, we can't guarantee any of our food is 100% allergen free.

We cook up a storm, preparing all of our delicious food in the same place; so there's a risk of cross contamination with allergens, **especially milk as we use lots of dairy cheese.**

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

Our  pizzas and the processes involved in preparing them have been checked by Coeliac UK and verified through annual audits.

The  symbol denotes gluten free foods that contain gluten at a level no more than 20 parts per million.

SIDES

- Mini Corn on the Cob
- BBQ Chicken Wings
- Loaded Nachos

TABLETOP & TAKEAWAY SAUCES

- Tomato Ketchup
- BBQ sauce
- Garlic Sauce Dip Pot
- BBQ Dip Pot

SALAD STATION

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

SALAD DRESSINGS & DIPS

- Thousand Island Dressing (*new recipe*)
- Blue Cheese Dressing
- Light Mayonnaise (*new recipe*)
- Low Fat French Dressing
- Garlic Mayonnaise (*new recipe*)
- Ranch Dressing (*new recipe*)
- Salsa
- Garlic & Chilli Infused Oil
- Olive Oil with Balsamic Vinegar

PIZZA & SAUCES

- Gluten Free Dough
- Seasoned Tomato Sauce
- Unseasoned Tomato Sauce
- BBQ Sauce
- BBQ Drizzle
- Balsamic Drizzle
- Frank's RedHot® and Ranch Dressing (*new recipe*)
- Peri-Peri Drizzle

CHEESE

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

MEAT

- Bacon
- Chicken Breast
- Pepperoni
- Beef
- Ham
- Peri-Peri Chicken

VEGETABLES & FRUIT

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

KIDS

- Gluten Free Dough (refer to toppings)
- Mini Corn on the Cob
- Chocolate Brownie
- Raspberry Ice
- Ice Cream Factory (including all sauces and sprinkles)

DESSERTS

- Ice Cream Factory (including all sauces and sprinkles)
- Hot Chocolate Brownie
- Raspberry Ice
- Vanilla Ice Cream
- Take Away Vanilla Ice Cream

DRINKS

- Unlimited Drinks Station
- Fresh Semi skimmed Milk
- Robinsons Squash Orange / Apple & Blackcurrant
- Fruit Shoot Orange / Apple & Blackcurrant
- Fruit Shoot Hydro Blackcurrant
- Gingerella / Ginger Beer
- Cream Soda
- Black Cherry Cream Soda
- Still / Sparkling Water
- J20 Apple & Raspberry/Orange & Passion Fruit
- Bottle of Pepsi
- Orange / Apple Juice
- All Take Away 1.5L Soft Drinks
- Tea
- Americano
- Caffe Latte
- Cappuccino
- Espresso Shot
- Hot Chocolate

ALCOHOL

- Kopparberg Cider Strawberry & Lime
- Bulmers Original Cider
- White Zinfandel
- Prosecco
- Pinot Grigio
- Merlot

VEGAN PRODUCTS



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SIDES

- Mini Corn on the Cob
- Southern Fried Nuggets

SALAD STATION

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

SALAD DRESSINGS & DIPS

- Thousand Island Dressing (*new recipe*)
- Garlic Mayonnaise (*new recipe*)
- Light Mayonnaise (*new recipe*)
- Ranch Dressing (*new recipe*)
- Low Fat French Dressing
- Salsa
- Garlic & Chilli Infused Oil
- Olive Oil with Balsamic Vinegar

TABLETOP & TAKEAWAY

SAUCES

- Tomato Ketchup
- BBQ Sauce
- BBQ Sauce Dip Pot

PIZZA & BASES

- Pan Dough
- All American Thin Dough
- Gluten Free Dough
- Flatbread Dough
- Vegan Stuffed Crust
- Seasoned Tomato Sauce
- Unseasoned Tomato Sauce
- BBQ Sauce
- BBQ Drizzle
- Balsamic Drizzle
- Peri-Peri Drizzle
- Frank's RedHot® Sauce & Ranch Dressing (*new recipe*)
- Violife Vegan Ch**se

PIZZA & FLATBREADS

- Vegan Veggie
- Vegan Margherita
- Vegan Pepperphoni Feast
- Vegan Hot 'N' Spicy Veg
- Vegan Flamin' Buffalo (*new recipe*)
- Vegan Virtuous Veg Flatbread
- The Little Flamin' Buffalo Flatbread

VEGETABLES & FRUIT

- Black Olives
- Peppers
- Green Chilli
- Mushroom
- Red Onion
- Sweetcorn
- Cherry Tomatoes
- Jalapeños
- Pineapple
- Rocket
- Spinach
- Caramelised Onions
- Pea Protein Pepperphoni
- Soya based Chik'n in Frank's RedHot®

KIDS

- Pan Pizza Dough
- Thin Pizza Dough
- Gluten Free Dough (refer to toppings)
- Violife Vegan Ch**se
- Mini Corn on the Cob

DESSERTS

- I Can't Believe It's Not Cheesecake (*new recipe*)
- Raspberry Ice

DRINKS

- Bottle of Pepsi
- Iri Bru
- Still / Sparkling Water
- Robinsons Squash Orange / Apple & Blackcurrant
- Robinsons Fruit Shoot Orange / Apple & Blackcurrant
- Fruit Shoot Hydro - Blackcurrant
- J20 Apple & Raspberry / Orange & Passion Fruit
- Gingerella / Ginger Beer
- Orange/Apple Juice
- All Take Away 1.5L Soft Drinks Excluding Diet Pepsi
- Cream Soda
- Black Cherry Cream Soda
- Black Tea
- Black Americano
- Espresso Shot
- Prosecco
- San Miguel
- Budweiser
- BrewDog Punk IPA
- Koppaberg Cider Strawberry & Lime
- Bulmers Original Cider

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

ALLERGEN DECLARATION

Updated March 2022

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

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

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

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Dish Name	<i>Suitable for?</i>			<i>Does it contain?</i>												
	Vegetarians	Vegans	Coeliacs	Cereals containing gluten above 20ppm	Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphur Dioxide above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
Vegetables & Fruit																
Black Olives	Yes	Yes	Yes													
Peppers	Yes	Yes	Yes													
Mushrooms	Yes	Yes	Yes													
Red Onions	Yes	Yes	Yes													
Caramelised Onions	Yes	Yes	Yes							●						
Sweetcorn	Yes	Yes	Yes													
Cherry Tomatoes	Yes	Yes	Yes													
Pineapple	Yes	Yes	Yes													
Rocket	Yes	Yes	Yes													
Spinach	Yes	Yes	Yes													
Jalapeños	Yes	Yes	Yes													
Green Chilli	Yes	Yes	Yes													
Soya based Chik'n in Frank's RedHot®	Yes	Yes	Yes		●											
Pea Protein Pepperphoni**	Yes	Yes	Yes													
**PLEASE NOTE: Peas are in the legume family, and people with allergies to other legumes like Peanuts and Soya should be careful when introducing pea protein due to the possibility of a pea allergy.																
Pizza Drizzle Finish																
Garlic Spread	Yes	Yes	Yes													
BBQ Drizzle	Yes	Yes	Yes		●											
Balsamic Drizzle	Yes	Yes	Yes							●						
Frank's RedHot® & Ranch Drizzle (<i>new recipe</i>)	Yes	Yes	Yes							●			●			
Peri-Peri Drizzle	Yes	Yes	Yes													

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Pizza Combinations (Tomato sauce base unless stated otherwise on the menu)																
Allergen Information for Pizza Combinations does not include Pizza Bases. Please see Pizza Base section and factor in the base you have chosen.																
Pepperoni Feast	No	No	Yes				●			●*			●			
Hawaiian	No	No	Yes				●			●*						
Chicken Supreme	No	No	Yes				●			●						
Meat Feast	No	No	Yes		●		●			●*			●			
Supreme	No	No	Yes		●		●			●*			●			
BBQ Americano	No	No	Yes		●		●									
Veggie	Yes	No	Yes				●			●*						
Margherita	Yes	No	Yes				●			●*						
The G.O.A.T	Yes	No	Yes				●			●						
Hot 'N' Spicy Veg	Yes	No	Yes				●			●*						
Meat Feast Hot	No	No	Yes		●		●			●*			●			
Peri-Peri Chicken	No	No	Yes				●			●*						
Flamin' Buffalo (new recipe)	Yes	No	Yes		●		●			●			●			
Veggie Pepperphoni Feast**	Yes	No	Yes				●			●*						
Vegan Pizza Combinations (Tomato sauce base unless stated otherwise on the menu)																
Vegan Margherita	Yes	Yes	Yes							●*						
Vegan Veggie	Yes	Yes	Yes							●*						
Vegan Hot 'N' Spicy Veg	Yes	Yes	Yes							●*						
Vegan Flamin' Buffalo (new recipe)	Yes	Yes	Yes		●					●			●			
Vegan Pepperphoni Feast**	Yes	Yes	Yes							●*						
Flatbread Combinations (Tomato sauce base unless stated otherwise on the menu)																
Virtuous Veg Flatbread	Yes	No	No	●	●		●			●						
Vegan Virtuous Veg Flatbread	Yes	Yes	No	●	●					●						
Chicken Delight Flatbread (new recipe)	No	No	No	●	●		●			●			●			
The Little G.O.A.T Flatbread	Yes	No	No	●	●		●			●						
The Little Flamin' Buffalo Flatbread	Yes	Yes	No	●	●					●			●			
BBQ Chicken 'N' Bacon Flatbread	No	No	No	●	●		●									

PLEASE NOTE: Peas are in the legume family, and people with allergies to other legumes like **Peanuts and Soya should be careful when introducing pea protein due to the possibility of a pea allergy.

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Dish Name	Suitable for?			Does it contain?												
	Vegetarians	Vegans	Coeliacs	Cereals containing gluten above 20ppm	Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphur Dioxide above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
Buffet Pizza																
Margherita	Yes	No	No	●	●		●			●*						
Pepperoni	No	No	No	●	●		●			●*			●			
BBQ Americano	No	No	No	●	●		●			●*						
Veggie	Yes	No	No	●	●		●			●*						
Veggie Hot	Yes	No	No	●	●		●			●*						
Hawaiian	No	No	No	●	●		●			●*						
Classic Chicken	No	No	No	●	●		●			●*						
Spicy Chicken	No	No	No	●	●		●			●*						
BBQ Beef 'N' Onion	No	No	No	●	●		●			●*						
Three Cheese and Caramelised Onion	Yes	No	No	●	●		●			●						
Buffet Sides																
Garlic Breadstick Bites	Yes	No	No	●	●		●									
Tomato Pasta	Yes	Yes	No	●	●						○	●			○	○
Four Cheese & Broccoli Pasta	Yes	No	No	●	●		●				○				○	○
Mains																
Lasagne	No	No	No	●		●	●				○				○	○
Garlic Bread - served with Lasagne (new recipe)	Yes	No	No	●	○		○				○					
Classic Mac 'N' Cheese	Yes	No	No	●			●				○		●		○	○
Big and Little Boss																
Pizza (with unseasoned tomato sauce)																
Original Pan	Yes	Yes	No	●	●											
Thin	Yes	Yes	No	●	●											
Gluten Free base	Yes	Yes	Yes													
Mozzarella	Yes	No	Yes				●									
Vegan Ch**se	Yes	Yes	Yes													
Chicken breast	No	No	Yes													
Ham	No	No	Yes													
Pepperoni	No	No	Yes										●			

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Beef	No	No	Yes		●											
Bacon	No	No	Yes													
Peri-Peri Chicken	No	No	Yes													
Black Olives	Yes	Yes	Yes													
Peppers	Yes	Yes	Yes													
Mushrooms	Yes	Yes	Yes													
Red Onions	Yes	Yes	Yes													
Caramelised Onions	Yes	Yes	Yes							●						
Sweetcorn	Yes	Yes	Yes													
Cherry Tomatoes	Yes	Yes	Yes													
Pineapple	Yes	Yes	Yes													
Rocket	Yes	Yes	Yes													
Spinach	Yes	Yes	Yes													
Jalapeños	Yes	Yes	Yes													
Green Chilli	Yes	Yes	Yes													
Soya based Chik'n in Frank's RedHot®	Yes	Yes	Yes		●											
Pea Protein Pepperphoni**	Yes	Yes	Yes													
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Mains																
Little Boss - Cheesy Pasta	Yes	No	No	●			●				○				○	○
Little Boss - Spaghetti Bolognese	No	No	No	●							○				○	○
Mozzarella (served with Spaghetti Bolognese)	Yes	No	Yes				●									
Big Boss - Lasagne	No	No	No	●		●	●				○				○	○
Big Boss - Mac 'N' Cheese	Yes	No	No	●			●				○		●		○	○
Chicken 'N' Fries	No	No	No	●	●							●			○	
Southern Fried Nuggets 'N' Fries	Yes	No	No	●												

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Sides																
Fries	Yes	No	No	●												
Onion Rings	Yes	No	No	●												
Mini Corn on the Cob	Yes	Yes	Yes		●											
Garlic Bread <i>(new recipe)</i>	Yes	No	No	●	○		○				○					
Big and Little Boss Drinks																
Milk	Yes	No	Yes				●									
Apple Juice / Orange Juice	Refer directly to the supplier - Mulrines - www.mulrines.com/mulrines-uk															
Fruit Shoots - All flavours																
All fountain drinks contain a source of Phenylalanine.																
Robinsons Squash - All flavours	Refer directly to the supplier - Britvic - www.britvic.co.uk															
Tango Orange / Tango Apple / 7Up Free / Pepsi Max / Diet Pepsi	Refer directly to the supplier - Britvic - www.britvic.co.uk															
Big and Little Boss Desserts																
Chocolate Brownie (Served with Vanilla Ice Cream and Chocolate Sauce)	Yes	No	Yes		●	●	●			○						○
Raspberry Ice	Yes	Yes	Yes													
Ice Cream Factory																
Ice Cream Mix	Yes	No	Yes				●									
Raspberry Sauce	Yes	Yes	Yes													
Chocolate Sauce	Yes	No	Yes		●		●									
Strawberry Crunch	Yes	No	Yes													
Milk Chocolate Beans	Yes	No	Yes		●		●									
Chocolate Toffee Crunch	Yes	No	Yes				●									
Milk Chocolate Chips	Yes	No	Yes		●		●								○	○
Lemon Crunch	Yes	No	Yes													
Golden Crunch	Yes	No	Yes													
Alphabet Sprinkles	Yes	Yes	Yes													
Hot Cookie Dough - All Sizes (Served with Vanilla Ice Cream and Sauce)																
Choc Chip Cookie Dough	Yes	No	No	●	●	○	●									○

ALLERGEN DECLARATION

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The '○' means that this allergen is present in the manufacturing site/factory/supply chain, therefore our suppliers believe there is a risk that this allergen could cross-contaminate the food.																
The '●*' indicates that the allergen is contained in Pan, (Vegan) Stuffed Crust and Cheesy Bites bases for pizza combinations using tomato sauce.																
Dish Name	Suitable for?			Does it contain?												
	Vegetarians	Vegans	Coeliacs	Cereals containing gluten above 20ppm	Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphur Dioxide above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
White Chocolate & Caramel Cookie Dough	Yes	No	No	●	●	○	●									○
Cookies & Cream Cookie Dough	Yes	No	No	●	●	○	●									○
Desserts																
I Can't Believe It's Not Cheesecake (new recipe)	Yes	Yes	No	●	●	○	○			○						○
Hot Chocolate Brownie (Served with Vanilla Ice Cream and Chocolate Sauce)	Yes	No	Yes		●	●	●			○						○
Raspberry Ice	Yes	Yes	Yes													
Dessert Additions																
Vanilla Ice Cream	Yes	No	Yes				●									
Take Away Vanilla Ice Cream	Yes	No	Yes				●									
Chocolate Sauce	Yes	No	Yes		●		●									
Salted Caramel Sauce	Yes	No	Yes				●									
Drinks																
Soft Drinks																
All fountain drinks contain a source of Phenylalanine.																
Unlimited Self Service Drinks Machine	Refer directly to the supplier - Britvic - www.britvic.co.uk Diet Pepsi is NOT vegan. Due to cross contamination in the nozzle of our self-service drinks machines, all our self-serve drinks using this machine are not suitable for those following a vegan diet. (Pepsi, Diet Pepsi, Pepsi Max, 7up Free, Tango, Tango Apple, Flavour Shots: Cherry, Vanilla, Lime, Strawberry).															
Robinsons Squash - All flavours	Refer directly to the supplier - Britvic - www.britvic.co.uk															
Belu Still Water	Refer directly to the supplier - Belu - www.belu.co.uk															
Belu Sparkling Water																
Bottle of Pepsi	Refer directly to the supplier - Britvic - www.britvic.co.uk															
Irn Bru																
Apple Juice / Orange Juice	Refer directly to the supplier - Mulrines - www.mulrines.com/mulrines-uk															
J2O - all flavours	Refer directly to the supplier - Britvic - www.britvic.co.uk															
Gingerella	Refer directly to the supplier - Karma Cola - www.karmacola.co.uk															
Virgil's - All flavours	Refer directly to the supplier - Virgil's - www.virgils.com															

ALLERGEN DECLARATION

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The '●*' indicates that the allergen is contained in Pan, (Vegan) Stuffed Crust and Cheesy Bites bases for pizza combinations using tomato sauce.																
	<i>Suitable for?</i>			<i>Does it contain?</i>												
Dish Name	Vegetarians	Vegans	Coeliacs	Cereals containing gluten above 20ppm	Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphur Dioxide above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
Take Away 7Up Free / Diet Pepsi / Pepsi Max / Tango Orange / Pepsi	Refer directly to the supplier - Britvic - www.britvic.co.uk															
Hot drinks																
Black Tea	Yes	Yes	Yes													
Tea with Milk	Yes	No	Yes				●									
Hot Chocolate	Yes	No	Yes				●									
Black Americano	Yes	Yes	Yes													
Americano with Milk	Yes	No	Yes				●									
Caffe Latte	Yes	No	Yes				●									
Cappuccino	Yes	No	Yes				●									
Espresso Shot	Yes	Yes	Yes													
Alcoholic drinks																
Pinot Grigio / Merlot / White Zinfandel	Refer directly to the supplier - Matthew Clark - www.matthewclark.co.uk/															
Prosecco																
Budweiser																
San Miguel	Refer directly to the supplier - Carlsberg - www.Carlsberg.com/															
Brewdog	Refer directly to the supplier - Brewdog - www.BrewDog.com															
Bulmer's	Refer directly to the supplier - Bulmer's - www.Bulmer.co.uk/															
Kopparbera - All flavours	Refer directly to the supplier - Kopparbera - www.kopparbera.com															

INGREDIENT DECLARATION

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Sides	
Fries	
Fries	Potatoes, Sunflower oil, Wheat (Gluten) flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
Onion Rings	
Onion Rings	Diced onions (53%), Wheat flour, Sunflower Oil, Gelling Agent (E401), Salt, Sugar, Yeast, Flavouring (Paprika Extract, Turmeric Extract).
Garlic Bread (new recipe)	
Garlic Bread (new recipe)	Wheat Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine (16%) [Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Emulsifier (E471), Flavouring, Colour (E160a)], Garlic (3%) (Puree and Chopped), Yeast, Salt, Oregano, Flour Treatment Agent (E300), Wheat Flour. May contain Soya, Milk Products and Sesame.
Garlic Bread with Cheese (new recipe)	
Garlic Bread (new recipe)	Wheat Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine (16%) [Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Emulsifier (E471), Flavouring, Colour (E160a)], Garlic (3%) (Puree and Chopped), Yeast, Salt, Oregano, Flour Treatment Agent (E300), Wheat Flour. May contain Soya, Milk Products and Sesame.
Mozzarella Cheese (optional)	Mozzarella Cheese (Pasteurised Milk , Salt, Lactic Cultures), Potato Starch.
Cheesy Triangles	
Cheesy Triangles	57% Processed Cheese (Milk) [65% Cheese (Milk), Water, Butter (Milk), Milk Protein, Starch, Emulsifying Salts (E452, E331), Salt, Thickeners (E407)], Flour (Wheat , Maize), Water, Rapeseed oil, Modified Starch, Salt, Parsley, Milk Protein, Yeast, Chicken Egg powder, Onion powder, Garlic Powder, Raising agents (E450, E500), Sunflower Oil.
Southern Fried Nuggets	
Southern Fried Nuggets	Mycoprotein (53%), Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Breadcrumb (Wheat Flour , Calcium Carbonate, Iron, Niacin, Thiamine, Yeast, Salt), Wheat Starch, Potato Protein, Wheat Gluten, Salt, Firming Agents: Calcium Chloride, Calcium Acetate; Water, Natural Flavouring, Pea Fibre, Spices (Paprika, Fennel, Black Pepper), Yeast Extract, Stabilisers: Carrageenan, Sodium Alginate; Black Pepper, Rice Flour, Dextrose, Acid: Citric Acid; Garlic Extract, Onion Oil.
Chicken Wings	
Chicken Wings	Chicken, Sugar, Salt, Potato Starch, Dextrose, Maize Flour, Onion Powder, Fructose, Yeast Extract, Garlic Powder, Smoke Flavouring, Cornflour, Cayenne Pepper, Black Pepper, Honey Powder, Paprika Extract, Rapeseed Oil, Flavouring, Cocoa Powder, Black Pepper Extract, Pimento Extract, Sage Extract, Sunflower Oil.
Chicken Bites	
Chicken Bites	Chicken, Wheat Flour, Rapeseed Oil, Water, Rice Starch, Salt, Dextrose, Stabilisers: E451, E450, E452; Wheat Gluten, Onion Powder, Black Pepper, Garlic Powder, Raising Agents: E341(i), E450(i); Yeast Extract, Modified Maize Starch, Sunflower Oil, Cayenne Pepper, Flavouring, Black Pepper Extract.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Jalapeno Poppers	
Jalapeno Poppers	Full Fat Soft Cheese (Milk) (28%), Red Jalapeño Peppers (26%), Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin), Water, Cornflour, Wheat Starch, Sunflower Oil, Dried Red Pepper Flakes, Rice Flour, Salt, Yeast, Paprika, Dried Whole Egg Powder (Free range).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Mini Corn on the cob	
Corn on the cob	Sweetcorn.
Vegetable oil spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).

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Loaded Garlic Bread (<i>new recipe</i>)	
Garlic Bread (<i>new recipe</i>)	Wheat Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine (16%) [Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Emulsifier (E471), Flavouring, Colour (E160a)], Garlic (3%) (Puree and Chopped), Yeast, Salt, Oregano, Flour Treatment Agent (E300), Wheat Flour. <i>May contain Soya, Milk Products and Sesame.</i>
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk , Salt, Lactic Cultures), Potato Starch.
Bacon (addition)	Pork Belly & Pork Back, Salt, Smoke Flavouring, Antioxidant: Sodium Ascorbate (E301), Preservatives: Sodium Nitrite (E250), Potassium Nitrate (E252)
Pepperoni (addition)	Meat (Pork, Beef), Beef Fat, Spice Blend (Mustard , Salt, Dextrose, Smoke Flavour, Spice Extracts (Contains Colour (E160c), Antioxidant (E301)), Salt, Flavouring, Lactic Acid Starter Culture, Preservative (E250).
Jalapeños (addition)	Jalapeno Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509).
Loaded Nachos	
Tortilla Chips	Maize Flour (Corn); Sunflower Oil; Salt
Salsa	Tomato Paste, Vegetables, Paprika, Onion, Water, Vinegar, Glucose-Fructose Syrup, Modified Starch, Salt, Herbs (Parsley, Oregano), Garlic, Spices, (Celery). Acid; Lactic Acid, Preservative, Potassium Sorbate, Sweetener, Saccharin.
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk , Salt, Lactic Cultures), Potato Starch.
Jalapeños	Jalapeno Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509).
Tabletop Sauces	
BBQ Sauce	Water, Concentrated Tomato Purée (19%), Sugar, Spirit Vinegar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Ground Paprika, Colour (Plain Caramel), Smoke Flavouring, Dried Garlic, Onion Powder, Preservative (Potassium Sorbate), Chilli Powder.
Tomato Ketchup	Water, Concentrated Tomato Purée, Sugar, Spirit Vinegar, Maize Starch, Salt, Seasoning [Maltodextrin, Salt, Spice Extract, Colour (Paprika Extract)], Spice Blend [Salt, Tomato Powder, Flavouring].
Takeaway Dip Pots	
Garlic & Herb Sauce Dip Pot	Refined Soya Oil, Water, Spirit Vinegar, Sugar, Garlic, Lemon Juice (from concentrate), Modified Starch, Egg Yolk, Salt, Garlic Juice, Shallots, Mustard Seeds, Thickener (Xanthan Gum), Preservative (Potassium Sorbate), Chives, Celery Juice, Onion, Garlic Extract, Spices, Flavouring, Antioxidant (Calcium Disodium EDTA).
BBQ Sauce Dip Pot	Tomato Purée, Spirit Vinegar, Sugar, Molasses, Water, Modified Starch, Salt, Spices, Garlic, Thickener: Xanthan Gum; Smoke Flavouring, Flavouring.
Sour Cream & Chive Pot	Rapeseed Oil, Water, Spirit Vinegar, Sour Cream (Milk), Sugar, Egg Yolk, Modified Starch, Salt, Lemon Juice (from concentrate), Flavourings (contain Milk, Barley), Thickener (Xanthan Gum), Chive, Preservative (Potassium Sorbate), Antioxidant (Calcium Disodium EDTA).

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

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Garlic & Chilli Infused Oil	Olive Oil (44%), Garlic Infused Olive Oil (26%), Garlic, Salt), Chilli Infused Olive Oil (Olive Oil (18%), Chilli, Salt), Dried Garlic (9%), Driedm Peppers (3%).
Olive Oil with Balsamic Vinegar	Olive Oil (72%), Balsamic Vinegar (28%) (Wine Vinegar, Concentrated Grape Must, Cooked Grape Must, Colour: Caramel E150d). Contains Sulphites.
Pizza Bases	
Original Pan	
Pan Dough	Wheat Flour, Water, Yeast : (Bakers Yeast, Rehydrating Agent; E190), Vegetable Rapeseed Oil, Salt, Premix : {Salt, Calcium Sulphate, Emulsifiers; E481, E472e, E471, Flour Treatment Agent E300, Enzyme (Alpha Amylase, Xylanase, Glucose Oxidase, Protease, Cellulase)}, Sugar, Flour Treatment Agent (ascorbic acid E300).
Soya Oil	100% Refined Soya Oil
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
PLEASE NOTE: THE SOYA OIL USED ON OUR PAN DOUGH PIZZA BASE DOES NOT CONTAIN ANY SOYA. THE SOYA OIL IS 100% REFINED, THEREFORE IS NOT ALLERGENIC.	
All American Thin	
All American Thin Dough	Wheat Flour, Water, Yeast: (Bakers Yeast, Rehydrating Agent; E491), Salt, Vegetable Oil, Sugar, Ascorbic Acid e300
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Polenta	Maize. May contain Gluten.
Stuffed Crust	
Stuffed Crust Dough Base	Wheat Flour (Wheat), Water, Yeast: (Bakers Yeast, Rehydrating Agent;e491), Salt, Vegetable Oil, Sugar, Ascorbic Acid e300
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Garlic Spread	Vegetable Margarine (Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Emulsifier (Mono-and Di-Glycerides of Fatty Acids), Natural Flavouring, Colour (Beta Carotene)), Garlic Puree (12%), Parsley, Salt, Lemon Juice Concentrate, Acidity Regulator Citric Acid.
String Cheese for Crust	Mozzarella (Pasteurised Milk , Salt, Cultures), Potato Starch
Peri-Peri Stuffed Crust	
Stuffed Crust Dough Base	Wheat Flour (Wheat), Water, Yeast: (Bakers Yeast, Rehydrating Agent;e491), Salt, Vegetable Oil, Sugar, Ascorbic Acid e300
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Garlic Spread	Vegetable Margarine (Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Emulsifier (Mono-and Di-Glycerides of Fatty Acids), Natural Flavouring, Colour (Beta Carotene)), Garlic Puree (12%), Parsley, Salt, Lemon Juice Concentrate, Acidity Regulator Citric Acid.
Piri Piri Flavoured String Cheese for Crust	Mozzarella Cheese (Milk) (91%), Starch, Peri Peri Spice Mix (Pepper, Cayenne, Cumin, Garlic, Onion, Fenugreek, Paprika, Dextrose, Salt, Flavour enhancer: Hydrolysed Corn, Antioxidant: Citric Acid), Citrus Fiber, Flavouring: Natural Cheese Flavour.
Cheesy Bites	
Stuffed Crust Dough	Wheat Flour (Wheat), Water, Yeast: (Bakers Yeast, Rehydrating Agent;e491), Salt, Vegetable Oil, Sugar, Ascorbic Acid e300
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Garlic Spread	Vegetable Margarine (Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Emulsifier (Mono-and Di-Glycerides of Fatty Acids), Natural Flavouring, Colour (Beta Carotene)), Garlic Puree (12%), Parsley, Salt, Lemon Juice Concentrate, Acidity Regulator Citric Acid.
String Cheese for Crust	Mozzarella (Pasteurised Milk , Salt, Cultures), Potato Starch
Gluten Free	
Gluten Free Dough	Gluten Free Blend (Tapioca Starch, Rice Flour, Maize Starch, Psyllium Husk Powder, Sugar, Buckwheat Flour, Thickeners (Xanthan Gum, Hydroxypropyl Methyl Cellulose), Salt), Water, Rapeseed Oil, Yeast, Pea Protein.
Flatbread	
Pan Dough	Wheat Flour, Water, Yeast : (Bakers Yeast, Rehydrating Agent; E190), Vegetable Rapeseed Oil, Salt, Premix : {Salt, Calcium Sulphate, Emulsifiers; E481, E472e, E471, Flour Treatment Agent E300, Enzyme (Alpha Amylase, Xylanase, Glucose Oxidase, Protease, Cellulase)}, Sugar, Flour Treatment Agent (ascorbic acid E300).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Vegan Stuffed Crust	
Stuffed Crust Dough	Wheat Flour (Wheat), Water, Yeast: (Bakers Yeast, Rehydrating Agent;e491), Salt, Vegetable Oil, Sugar, Ascorbic Acid e300
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
String Ch**se for Crust	Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour: B-Carotene, Vitamin B12.
Vegan Ch**se	Water, Coconut Oil, Modified Starch, Starch, Sea Salt, Flavourings, Preservative: Sorbic Acid, Colour: B-Carotene, Vitamin B12.

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Pizza Base Sauces	
Unseasoned Tomato Sauce (for All American Thin, Flatbreads, Gluten Free Bases, Kids Pizza Bases)	Tomato Concentrate (Tomato Paste, Citric Acid).
Seasoned Tomato Sauce (for Original Pan, Stuffed Crust, Cheesy Bites Pizza)	Tomato Concentrate (Tomato Paste, Citric Acid), Sugar (White), Herbs (Oregano, Basil), Salt, Flavouring [Carriers (Maize Maltodextrin, Potato Maltodextrin, Tapioca Dextrin), Flavouring Preparations, Flavouring Substances, Acid: Citric Acid (E330), Colour: Paprika Extract (E160c)], Garlic Powder, Onion Powder, Spice (Black Pepper), Acids: [Lactic Acid (E270), Calcium Lactate (E327)]. Contains Sulphites.
BBQ Sauce (For all Bases) (Gluten Free)	Water, Tomato Paste, Sugar, Spirit Vinegar, Glucose-Fructose Syrup, Soy Sauce (Water, Soya Extract [Water, Soya Beans, Salt, Wheat * Flour (With Calcium, Iron, Niacin (Vitamin B3), Thiamin (Vitamin B1)]), Salt, Glucose, Spirit Vinegar, Barley * Malt Extract), Modified Maize Starch, Spices, Caramelised Sugar Syrup, Salt, Smoke Flavouring, Preservative (Potassium). <u>*Below 20ppm. (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')</u>
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.
Meat	
Chicken Breast	Chicken Breast, Dextrose, Salt, Modified Tapioca Starch (E1420), Glucose Syrup (E330, E500i), Corn Starch.
Peri-Peri Chicken	Chicken (88%), Seasoning [Sugar, Spices (Cayenne, Chilli, Paprika, Birds Eye Chilli, Black Pepper, Coriander, Cumin), Tomato Powder, Garlic Powder, Acid (E330), Onion Powder, Yeast Extract, Maize Starch, Parsley, Caramelised Sugar, Spice Extracts (Paprika, Chilli), Lemon Oil, Flavouring], Modified Starch, Cornflour, Salt, Stabilisers (E450, E451).
Pepperoni	Meat (Pork, Beef), Beef Fat, Spice Blend (Mustard , Salt, Dextrose, Smoke Flavour, Spice Extracts (Contains Colour (E160c), Antioxidant (E301)), Salt, Flavouring, Lactic Acid Starter Culture, Preservative (E250).
Ham	Pork Leg, Water, Salt, Dextrose, Modified Maize Starch, Stabilisers (E450, E451), Emulsifier (E407), Smoke Flavouring, Natural Flavouring, Antioxidant (E301), Preservative (E250).
Seasoned Minced Beef (with added Soya protein)	Beef, Beef Fat, Water, Soya Protein, Seasoning (Modified Potato Starch, Salt, Dextrose, Yeast Extract, Spices, Stabiliser (E407), Garlic Powder, Onion Powder, Spirit Vinegar Solids, Acidity Regulator (E330), White Sugar, Flavouring, Spice Extract), Roasted Barley * Malt Extract <u>*Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')</u>
Bacon	Pork Belly & Pork Back, Salt, Smoke Flavouring, Antioxidant: Sodium Ascorbate (E301), Preservatives: Sodium Nitrite (E250), Potassium Nitrate (E252)

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Vegetables & Fruit	
Green Chilli	Green Chilli
Black Olives	Water, Olives, Salt, Stabiliser (Ferrous Gluconate)
Mixed Peppers	Green peppers, Red Peppers, Yellow Peppers
Mushrooms	Mushrooms
Red Onion	Red Onion
Sweetcorn	Sweetcorn, Water, Salt
Cherry Tomatoes	Cherry Tomatoes
Jalapeños	Jalapeno Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509).
Pineapple	Pineapple, Pineapple Juice, Citric Acid.
Rocket	Rocket Leaves
Spinach	Spinach
Caramelised Onions	Red Onions, Balsamic vinegar Of Modena (Aceto balsamico di Modena I.G.P.:Wine vinegar, Concentrated Grape Must, Caramel E-150d Preservative E-224(Potassium Metabisulphite)), Glucose Syrup, Sugar, Modified Corn Starch, Xanthan Gum Stabilizer. Contains Sulphites.
Pea Protein Pepperphoni	Water, Sunflower Oil, Blend,[Pea protein, Stabilisers (Carrageenan, Konjac Gum), potato protein, starch, flaxseed flour], Salt, Onion Extract, Dried Glucose Syrup, Natural Flavourings, Spices, Thickener (Methyl Cellulose), Colours (Beetroot Red, Paprika Extract), Acidity Regulator (Lactic Acid, Citric Acid),Flavourings, Garlic Powder, Yeast Extract Powder, Onion Powder, Smoked Salt, Maltodextrin, Smoked Flavouring.
Soya Based Chik'n in Frank's RedHot®	<u>Soya Based Chik'in</u> : Water, Soya Protein concentrate, Sunflower Oil, Natural Flavourings, Dextrose, Salt, Potato Starch, Spices. <u>Franks RedHot Sauce</u> : Fermented Red Cayenne Peppers (35%), Spirit Vinegar, Water, Salt, Garlic Powder.
Pizza Drizzle Finish	
Garlic Spread	Vegetable Margarine (Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Emulsifier (Mono-and Di-Glycerides of Fatty Acids), Natural Flavouring, Colour (Beta Carotene)), Garlic Puree (8%), Parsley, Salt, Lemon Juice Concentrate, Acidity Regulator Citric Acid.
BBQ Sauce (Gluten Free)	Water, Tomato Paste, Sugar, Spirit Vinegar, Glucose-Fructose Syrup, Soy Sauce (Water, Soya Extract [Water, Soya Beans, Salt, Wheat* Flour (With Calcium, Iron, Niacin (Vitamin B3), Thiamin (Vitamin B1)]), Salt, Glucose, Spirit Vinegar, Barley* Malt Extract), Modified Maize Starch, Spices, Caramelised Sugar Syrup, Salt, Smoke Flavouring, Preservative (Potassium). <i>*Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')</i>
Balsamic Glaze	Balsamic Vinegar Of Modena (Aceto Balsamico di Modena I.G.P.:Wine Vinegar, Concentrated Grape Must, Caramel E-150d Preservative E-224), Glucose Syrup, Sugar, Modified Corn Starch, Xanthan Gum Stabilizer. Contains Sulphites.
Ranch Dressing (<i>new recipe</i>)	Rapeseed Oil, Water, White Wine Vinegar, Sugar, Dijon Mustard (Water, Mustard Seeds (29%), Spirit Vinegar, Salt, Acidity Regulator (Citric Acid), Preservative (Sodium Metabisulphite)), Modified Starch, Salt, Lemon Juice Concentrate, Dried Onion, Dried Garlic, Preservative (Potassium Sorbate), Cracked Black Pepper, Dried Parsley, Stabiliser (Xanthan Gum), Natural Flavouring.
Frank's RedHot®	Fermented Red Cayenne Peppers (35%), Spirit Vinegar, Water, Salt, Garlic Powder.
Peri-Peri Drizzle	Water, Spirit Vinegar, Glucose-Fructose Syrup, Sugar, Modified Maize Starch, Tomato Paste (4%), Lemon Juice Concentrate, Red Chili Puree (2.5%) (Red Chili, Water, Sunflower Oil, Acidity Regulator (Citric Acid), Salt, White Wine Vinegar, Thickener (Guar Gum), Preservative (Potassium Sorbate), Onion, Salt, Garlic Puree, Chilli Powder (Chilli Pepper, Cumin, Salt, Oregano, Garlic), Paprika, Birdseye Chilli, Preservative (Potassium Sorbate).

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Main Meals & Pastas	
Lasagne	
Lasagne	Beef Sauce (59%): Beef (32%), Tomatoes (21%), Tomato Passata (20%), Water, Onion, Tomato Puree, Red Wine, Salt, Modified Maize Starch, Beef Bouillon [Maltodextrin, Salt, Yeast Extract, Beef Meat Extract, Sugar, Natural Flavouring, Vegetables (Onions, Parsnip), Sunflower Oil, Potato Starch, Spices (Garlic, Lovage, Nutmeg, Beef Powder, Caramelised Sugar, Natural Roasted Onions Flavouring)], Brown Sugar, Sunflower Oil, Salt, Garlic, Wheat Flour (with added Calcium Carbonate, Iron, Niacin, Thiamin), Oregano, Vegetable Bouillon [Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetable (Onion, Parsnip), Sunflower Oil, Spices (Turmeric, Pepper, Garlic, Mace, Nutmeg), Herbs (Parsley, Lovage)], Basil, Stabiliser Mix (Xanthan & Guar Gum), Black Pepper, Malt Extract (Barley). Béchamel Sauce (27%): Water, Milk Powder, Mature Cheddar (Milk), Wheat Flour, (with added Calcium Carbonate, Iron, Niacin, Thiamine), Mascarpone Cheese (Milk), Modified Maize Starch, Full Fat Soft Cheese (Milk), Cheese Stock (Milk)[Cheese Powder, Glucose Syrup, Yeast Extract, Salt, Sunflower Oil, Natural Flavouring (Sugar Cane, Yeast, Onion, Apricot)], Salt. Pasta (14%) Durum Wheat Semolina, Egg , Water. May contain Peanuts/ their derivatives, Nuts and Sesame .
Garlic Bread (new recipe)	Wheat Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine (16%) [Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Emulsifier (E471), Flavouring, Colour (E160a)], Garlic (3%) (Puree and Chopped), Yeast, Salt, Oregano, Flour Treatment Agent (E300), Wheat Flour. May contain Soya, Milk Products and Sesame .
Mac & Cheese	
Mac 'N' Cheese	Cheese Sauce (61%) - Water, Mature Cheddar Cheese (Milk) (16%), Cream (Milk), Mozzarella Cheese (Milk) (4%), Cheddar Cheese Stock (Milk) (Reconstituted Cheese (Milk), Whey Powder (Milk), Flavourings, Salt, Lactic Acid, Mustard Flour, Black Pepper), Modified Maize Starch, Full Fat Soft Cheese (Milk), Sunflower Oil, Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnip, Parsley), Sunflower Oil, Spices (Turmeric, Lovage, Pepper, Garlic, Mace, Nutmeg), Lovage Extract), Worcester Sauce (Water, Spirit Vinegar, Sugar, Onion, Salt, Tamarind Paste, Cloves, Ginger, Garlic, Barley Malt Vinegar), Garlic, Salt, Yeast Extract (Yeast Extract, Salt), Black Pepper, Cayenne Pepper. Cooked Pasta (37%) - (Durum Wheat Semolina). Mozzarella Cheese (Milk) (2%). May contain Peanuts/ their derivatives, Nuts and Sesame .
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk , Salt, Lactic Cultures), Potato Starch.
Buffet	
Garlic Breadsticks	
PLEASE NOTE: THE SOYA OIL USED ON OUR PAN DOUGH FOR BUFFET BREADSTICKS DOES NOT CONTAIN ANY SOYA. THE SOYA OIL IS 100% REFINED, THEREFORE IS NOT ALLERGENIC.	
Pan dough	Wheat flour, Water, Yeast: (Bakers Yeast, Rehydrating Agent;E491), Rapeseed Oil, Salt, Premix : [Salt, Calcium Sulphate, Emulsifiers; E481, E472e, E471, Flour Treatment Agent E300, Enzyme (Alpha Amylase, Xylanase, Glucose Oxidase, Protease, Cellulase)], Sugar, Flour Treatment Agent (ascorbic acid E300).
Soya Oil	100% Refined Soya Oil
Garlic Spread	Vegetable Margarine (Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Emulsifier (Mono-and Di-Glycerides of Fatty Acids), Natural Flavouring, Colour (Beta Carotene)), Garlic Puree (8%), Parsley, Salt, Lemon Juice Concentrate, Acidity Regulator Citric Acid.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Tomato Pasta	
Tomato Pasta	Cooked Penne Pasta (Water, Durum Wheat Semolina) (33%), Tomatoes (31%), Tomato Passata (12%), Onion, Tomato Puree, Sunflower Oil, Olive Oil, Water, Carrots, Celery , White Sugar, Garlic, Salt, Modified Maize Starch, Oregano, Black Pepper, Thyme. May contain Peanuts/ their derivatives, Nuts and Sesame .
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Four Cheese and Broccoli Pasta	
Four Cheese and Broccoli Pasta	Water, Cooked Penne Pasta (Water, Durum Wheat Semolina) (22%), Whole Pasteurised Milk , Broccoli (5%), Single Cream (Milk), Mature Cheddar Cheese (Milk) (3%), Spinach (3%), Full Cream Milk Powder, Garden Peas (2%), Modified Maize Starch, Adcrem (Milk Protein, Palm Oil, Lactose), Cheese Crumb Mix (Pecorino Cheese (Sheep's Milk), Regato Cheese (Milk)) Cheddar Cheese Stock (Processed Cheese Powder (Milk) (Cheese (Milk), Emulsifying Salt: (E339), Dried Glucose Syrup, Water, Yeast Extract, Salt, Sunflower Oil, Natural Flavouring), Mascarpone Cheese (Milk), Ricotta Cheese (Milk), Salt, Sunflower Oil, Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetable (Dried Onion, Dried Parsnip, Dried Parsley), Sunflower Oil, Spices (Lovage Powder, Turmeric, Pepper Powder, Garlic Powder, Mace, Nutmeg), Lovage Extract), Garlic, Lemon Juice from Concentrate, Black Pepper. May contain Peanuts/ their derivatives, Nuts and Sesame .
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).

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Little and Big Boss	
Little and Big Boss Pizzas	
Original Pan	
Pan Dough	Wheat Flour, Water, Yeast: (Bakers Yeast, Rehydrating Agent;E491), Rapeseed Oil, Salt, Premix : [Salt, Calcium Sulphate, Emulsifiers; E481, E472e, E471, Flour Treatment Agent E300, Enzyme (Alpha Amylase, Xylanase, Glucose Oxidase, Protease, Cellulase)], Sugar, Flour Treatment Agent (ascorbic acid E300).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and diglycerides fatty acid esters (E471).
Unseasoned tomato sauce	Tomato Concentrate (Tomato Paste, Citric Acid).
All American Thin	
Pan dough	Wheat Flour, Water, Yeast: (Bakers Yeast, Rehydrating Agent;E491), Rapeseed Oil, Salt, Premix : [Salt, Calcium Sulphate, Emulsifiers; E481, E472e, E471, Flour Treatment Agent E300, Enzyme (Alpha Amylase, Xylanase, Glucose Oxidase, Protease, Cellulase)], Sugar, Flour Treatment Agent (ascorbic acid E300).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and diglycerides fatty acid esters (E471).
Unseasoned tomato sauce	Tomato Concentrate (Tomato Paste, Citric Acid).
Gluten Free	
Gluten Free dough	Gluten Free Blend (Tapioca Starch, Rice Flour, Maize Starch, Psyllium Husk Powder, Sugar, Buckwheat Flour, Thickeners (Xanthan Gum, Hydroxypropyl Methyl Cellulose), Salt), Water, Rapeseed Oil, Yeast, Pea Protein.
Unseasoned tomato sauce	Tomato Concentrate (Tomato Paste, Citric Acid).
Cheese	
Mozzarella Cheese	Mozzarella with added starch (Mozzarella Cheese (Milk , Salt, Cultures), Potato Starch)
Vegan Ch**se	Water, Coconut Oil, Modified Starch, Starch, Sea Salt, Flavours, Preservative: Sorbic Acid, Colour: B-Carotene, Vitamin B12.
Toppings	
Chicken Breast	Chicken Breast, Dextrose, Salt, Modified Tapioca Starch (E1420), Glucose Syrup (E330, E500i), Corn Starch.
Peri-Peri Chicken	Chicken (88%), Seasoning [Sugar, Spices (Cayenne, Chilli, Paprika, Birds Eye Chilli, Black Pepper, Coriander, Cumin), Tomato Powder, Garlic Powder, Acid (E330), Onion Powder, Yeast Extract, Maize Starch, Parsley, Caramelised Sugar, Spice Extracts (Paprika, Chilli), Lemon Oil, Flavouring], Modified Starch, Cornflour, Salt, Stabilisers (E450, E451).
Pepperoni	Meat (Pork, Beef), Beef Fat, Spice Blend (Mustard , Salt, Dextrose, Smoke Flavour, Spice Extracts (Contains Colour (E160c), Antioxidant (E301)), Salt, Flavouring, Lactic Acid Starter Culture, Preservative (E250).
Ham	Pork Leg, Water, Salt, Dextrose, Modified Maize Starch, Stabilisers (E450, E451), Emulsifier (E407), Smoke Flavouring, Natural Flavouring, Antioxidant (E301), Preservative (E250).
Seasoned Minced Beef (with added Soya protein)	Beef, Beef Fat, Water, Soya Protein, Seasoning (Modified Potato Starch, Salt, Dextrose, Yeast Extract, Spices, Stabiliser (E407), Garlic Powder, Onion Powder, Spirit Vinegar Solids, Acidity Regulator (E330), White Sugar, Flavouring, Spice Extract), Roasted Barley* Malt Extract <u>*Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')</u>
Bacon	Pork Belly & Pork Back, Salt, Smoke Flavouring, Antioxidant: Sodium Ascorbate (E301), Preservatives: Sodium Nitrite (E250), Potassium Nitrate (E252)
Green Chilli	Green Chilli
Black Olives	Water, Olives, Salt, Stabiliser (Ferrous Gluconate)
Mixed Peppers	Green peppers, Red Peppers, Yellow Peppers
Mushrooms	Mushrooms
Red Onion	Red Onion
Sweetcorn	Sweetcorn, Water, Salt
Cherry Tomatoes	Cherry Tomatoes
Jalapenos	Jalapeno Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509).

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Pineapple	Pineapple, Pineapple Juice, Citric Acid.
Rocket	Rocket Leaves
Spinach	Spinach
Caramelised Onions	Red Onions, Balsamic vinegar Of Modena (Aceto balsamico di Modena I.G.P.:Wine vinegar, Concentrated Grape Must, Caramel E-150d Preservative E-224(Potassium Metabisulphite)), Glucose Syrup, Sugar, Modified Corn Starch, Xanthan Gum Stabilizer. Contains Sulphites.
Pea Protein Pepperphoni	Water, Sunflower Oil, Blend,[Pea protein, Stabilisers (Carrageenan, Konjac Gum), potato protein, starch, flaxseed flour], Salt, Onion Extract, Dried Glucose Syrup, Natural Flavourings, Spices, Thickener (Methyl Cellulose), Colours (Beetroot Red, Paprika Extract), Acidity Regulator (Lactic Acid, Citric Acid),Flavourings, Garlic Powder, Yeast Extract Powder, Onion Powder, Smoked Salt, Maltodextrin, Smoked Flavouring.
Soya Based Chik'n in Frank's RedHot®	<u>Soya Based Chik'in</u> : Water, Soya Protein concentrate, Sunflower Oil, Natural Flavourings, Dextrose, Salt, Potato Starch, Spices. <u>Franks RedHot Sauce</u> : Fermented Red Cayenne Peppers (35%), Spirit Vinegar, Water, Salt, Garlic Powder.
<u>Little Boss Pasta</u>	
Spaghetti Bolognese	Bolognese Sauce (64%): Water, Tomato Passata, Minced Beef (19%), Onions, Carrots (7%), Tomato Puree, Modified Maize Starch, Beef Bouillon (Maltodextrin, Salt, Yeast Extract, Beef Extract, Sugar, Natural Flavouring, Vegetables (Onions, Parsnip), Sunflower Oil, Potato Starch, Spices (Garlic, Lovage, Nutmeg), Beef Powder, Caramelised Sugar, Flavouring), Brown Sugar, Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sunflower Oil, Oregano, Salt, Vegetable Bouillon (Maltodextrin, Salt, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnips), Sunflower Oil, Spices (Turmeric, Pepper, Garlic, Mace, Nutmeg), Herbs (Parsley, Lovage)), Basil, Stabilisers (Xanthan Gum, Guar Gum), Barley Malt Extract, Black Pepper. May contain Peanuts/ their derivatives, Nuts and Sesame.
Mozzarella Cheese (add on)	Mozzarella Cheese (Pasteurised Milk , Salt, Lactic Cultures), Potato Starch.
Cheesy Pasta	Cheese Sauce: Water, Single Cream (Milk), Mature Cheddar Cheese (Milk), Milk Powder, Modified Maize Starch, Sunflower Oil, Double Cream (Milk), Full Fat Soft Cheese (Milk), Cheese Mix (Regato Cheese (Milk), Pecorino Cheese (Sheep's Milk)), Cheddar Cheese Stock (Cheese Powder (Milk), Glucose Syrup Solids, Water, Yeast Extract, Salt, Sunflower Oil, Natural Flavouring), Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnip, Parsley), Sunflower Oil, Spices (Turmeric, Lovage, Pepper, Garlic, Mace, Nutmeg), Spice Extract (Lovage Extract)), Lemon Juice from concentrate, Garlic, Salt, Black Pepper. Cooked Pasta (36%) (Durum Wheat Semolina). May contain Peanuts/ their derivatives, Nuts and Sesame.
<u>Big & Little Boss Mains</u>	
<u>Chicken 'N' Fries</u>	
Chicken Strips	Chicken Inner Fillet, Water, Wheat Flour, Rice Flour, Breadcrumbs (Wheat Flour, Dextrose, Refined Soybean Oil*, Salt, Yeast), Wheat Starch, Wheat , Salt, Refined Soybean Oil*, Garlic Powder, Yeast Extract (contains Salt), Maltodextrin, Raising Agents (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Spices (Black Pepper, Celery , Turmeric), Onion Powder, Sugar, Dextrose, Refined Sunflower Oil, Spice Extract (Black Pepper, Capsicum, Celery), Acidity Regulator (Citric Acid). (*The Soyabean Oil used in this product is fully refined, therefore is not an allergen) May Contain Peanuts/ their derivatives.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Fries	Potatoes, Sunflower oil, Wheat (Gluten) flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
<u>Southern Fried Nuggets 'N' Fries</u>	
Southern Fried Nuggets	Mycoprotein (53%), Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Breadcrumbs (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Yeast, Salt), Wheat Starch, Potato Protein, Wheat Gluten , Salt, Firming Agents: Calcium Chloride, Calcium Acetate; Water, Natural Flavouring, Pea Fibre, Spices (Paprika, Fennel, Black Pepper), Yeast Extract, Stabilisers: Carrageenan, Sodium Alginate; Black Pepper, Rice Flour, Dextrose, Acid: Citric Acid; Garlic Extract, Onion Oil.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Fries	Potatoes, Sunflower oil, Wheat (Gluten) flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.

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Big Boss Pasta	
Lasagne	
Lasagne	Beef Sauce (59%): Beef (32%), Tomatoes (21%), Tomato Passata (20%), Water, Onion, Tomato Puree, Red Wine, Salt, Modified Maize Starch, Beef Bouillon [Maltodextrin, Salt, Yeast Extract, Beef Meat Extract, Sugar, Natural Flavouring, Vegetables (Onions, Parsnip), Sunflower Oil, Potato Starch, Spices (Garlic, Lovage, Nutmeg, Beef Powder, Caramelised Sugar, Natural Roasted Onions Flavouring), Brown Sugar, Sunflower Oil, Salt, Garlic, Wheat Flour (with added Calcium Carbonate, Iron, Niacin, Thiamin), Oregano, Vegetable Bouillon [Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetable (Onion, Parsnip), Sunflower Oil, Spices (Turmeric, Pepper, Garlic, Mace, Nutmeg), Herbs (Parsley, Lovage)], Basil, Stabiliser Mix (Xanthan & Guar Gum), Black Pepper, Malt Extract (Barley). Béchamel Sauce (27%): Water, Milk Powder, Mature Cheddar (Milk), Wheat Flour, (with added Calcium Carbonate, Iron, Niacin, Thiamine), Mascarpone Cheese (Milk), Modified Maize Starch, Full Fat Soft Cheese (Milk), Cheese Stock (Milk)[Cheese Powder, Glucose Syrup, Yeast Extract, Salt, Sunflower Oil, Natural Flavouring (Sugar Cane, Yeast, Onion, Apricot)], Salt. Pasta (14%) Durum Wheat Semolina, Egg , Water. May contain Peanuts/ their derivatives, Nuts and Sesame.
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk , Salt, Lactic Cultures), Potato Starch.
Mac 'N' Cheese	
Mac 'N' Cheese	Cheese Sauce (61%) Water, Mature Cheddar Cheese (Milk) (16%), Cream (Milk), Mozzarella Cheese (Milk) (4%), Cheddar Cheese Stock (Milk) (Reconstituted Cheese (Milk), Whey Powder (Milk), Flavourings, Salt, Lactic Acid, Mustard Flour, Black Pepper), Modified Maize Starch, Full Fat Soft Cheese (Milk), Sunflower Oil, Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnip, Parsley), Sunflower Oil, Spices (Turmeric, Lovage, Pepper, Garlic, Mace, Nutmeg), Lovage Extract), Worcester Sauce (Water, Spirit Vinegar, Sugar, Onion, Salt, Tamarind Paste, Cloves, Ginger, Garlic, Barley Malt Vinegar), Garlic, Salt, Yeast Extract (Yeast Extract, Salt), Black Pepper, Cayenne Pepper. Cooked Pasta (37%) (Durum Wheat Semolina). Mozzarella Cheese (Milk) (2%). May contain Peanuts/ their derivatives, Nuts and Sesame.
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk , Salt, Lactic Cultures), Potato Starch.
Big Boss Sides	
Fries	Potatoes, Sunflower oil, Wheat (Gluten) flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
Garlic Bread (<i>new recipe</i>)	Wheat Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine (16%) [Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Emulsifier (E471), Flavouring, Colour (E160a)], Garlic (3%) (Puree and Chopped), Yeast, Salt, Oregano, Flour Treatment Agent (E300), Wheat Flour. May contain Soya, Milk Products and Sesame.
Onion Rings	Diced onions (53%), Wheat flour, Sunflower Oil, Gelling Agent (E401), Salt, Sugar, Yeast, Flavouring (Paprika Extract, Turmeric Extract).
Mini Corn on the Cob (with Vegetable Oil Spray)	Sweetcorn. Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).

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Big & Little Boss Desserts	
Raspberry Ice	Water, Sugar, Raspberry Preparation (7%) [Glucose Syrup, Sugar, Raspberries (20%), Acidity Regulator: Citric Acid, Colour: Beetroot Red, Carrot Extracts, Stabiliser: Pectin, Flavourings], Glucose Syrup, Raspberry Fruit Preparation (5%) [Raspberries (46%), Apple Concentrate, Glucose Fructose Syrup, Water, Gelling Agent: Pectin, Acidity Regulator: Citric Acid, Antioxidant: Ascorbic Acid, Firming Agent: Calcium Lactate, Flavouring], Dextrose, Stabilisers [Amidated Pectin, Guar Gum, Sodium Carboxymethylcellulose, Sorbitol], Emulsifier: Mono & Diglycerides of Fatty Acids, Acidity Regulator: Trisodium Citrate, Flavourings, Colour: Beetroot Red.
Kids Chocolate Brownie	
Chocolate Brownie	Sugar, Whole Egg Free Range, Chocolate (20%) [Cocoa Mass, Sugar, Cocoa Butter, Fat Reduced Cocoa Powder, Emulsifier; Soya Lecithin], Palm Free Margarine[Coprah, Rapeseed, Water, Salt, Emulsifier (E471), Citric Acid (E330)], Gluten Free Self Raising Flour Blend [(Rice, Potato, Tapioca, Maize & Buckwheat), Raising agents; (E341, E500), Xanthan Gum], Milk Chocolate (9%) [Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Emulsifier; Soya Lecithin, Natural Vanilla Flavouring], Fat Reduced Cocoa Powder, Natural Vanilla Flavouring, Coffee Granules, Preservative (Potassium Sorbate (E202)). May contain Nuts and Sulphites.
Vanilla Ice Cream	Skimmed Milk , Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring.
Chocolate Sauce (Rowse)	Glucose Syrup, Water, Belgian Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Liquor, Emulsifier: Soya Lecithin, Natural Vanilla Extract), Single Cream (Milk), Cocoa Liquor, Corn Flour, Natural Vanilla Flavouring
Desserts	
Ice Cream Factory	
Ice Cream Factory Ice Cream	Skimmed Milk, Cream (12%) (Milk), Sugar, Emulsifier E471, Stabilisers E466, E412, E407, E401, E410, Vanilla Flavouring.
Raspberry Sauce	Glucose syrup, water, 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.
Strawberry Crunch	Sugar, Glucose syrup, Water, Colour (E162), Natural flavouring, Coconut oil, Glazing agent (E901).
Milk Chocolate Chips	Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, whey powder (Milk) , Lactose (Milk), Emulsifier: Soya Lecithin; Flavouring.
Milk Chocolate Beans	Sugar, Cocoa butter, Whey powder (Milk), Fat-reduced cocoa powder, Whole Milk powder, Emulsifier (Soya lecithin), Glazing agents (Arabic gum, Carnauba wax, Bees wax), Colours (E101, E141, E160a, E162, E163, E171, E172).
Chocolate Toffee Crunch	Sugar, Glucose syrup, Cocoa butter, Whole Milk powder, Skimmed Milk powder, Cocoa mass, Butter (Milk), Emulsifier (Sunflower lecithin), Natural flavour, Glazing agents (E904, E414), Salt, Acidity regulator (E500).
Gold Crunch	Sugar, Water, Colours (E172, E171), Glazing agent (Shellac), Glucose syrup.
Lemon Crunch	Sugar, Water, Glucose Syrup, Glazing Agent (Coconut Oil and Beeswax (E901)) Colour (E100), Flavouring (Citric Acid and Natural Lemon Aroma.
Alphabet Sprinkles	Sugar, Cocoa Butter (UTZ MB), Potato Starch, Rice Flour, Maize Starch, Colours: Curcumin (E100), Anthocyanins (E163), Carotenes (E160a), Beetroot Red (E162), Flavouring.

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Hot Cookie Dough	
Chocolate Chip Cookie Dough	
Chocolate Chip Cookie Dough	Wheat flour, (Wheat Flour; Calcium carbonate; Iron; Niacin; Thiamine); Dark chocolate (21%) (Cocoa mass; Sugar; Cocoa butter; Fat reduced cocoa powder; Emulsifier: Soya Lecithin); Sugar; Butter (Milk); Maltodextrin; Concentrated Butter (Milk); Whey Powder (Milk); Salt; Raising agents: Sodium carbonates, Diphosphates; Water. May contain Egg and Nuts.
Vanilla Ice Cream	Skimmed Milk , Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring.
Chocolate Sauce (Rowse)	Glucose Syrup, Water, Belgian Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Liquor, Emulsifier: Soya Lecithin, Natural Vanilla Extract), Single Cream (Milk), Cocoa Liquor, Corn Flour, Natural Vanilla Flavouring.
White Chocolate & Caramel Cookie Dough	
White Chocolate & Caramel Cookie Dough	Wheat Flour (Wheat Flour; Calcium carbonate; Iron; Niacin; Thiamine); Sugar; Salted butter (Butter) (Milk); Salt; White chocolate chunks(11%) (Sugar; Cocoa butter; Whole Milk Powder; Sweet Whey Powder (Milk); Lactose (Milk); Milk Fat; Emulsifier: Soya Lecithin; Natural vanilla flavouring); Caramel pieces (9%) (Sugar; Glucose syrup; Sweetened Condensed Milk ; Coconut oil; Butteroil (Milk); Natural flavouring; Glazing agent: Carnauba wax); Demerara sugar; Water; Concentrated Butter (Milk); Whey Powder (Milk); Salt; Raising agents: Sodium carbonates, Diphosphates. May contain Egg and Nuts.
Vanilla Ice Cream	Skimmed Milk , Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring.
Salted Caramel Sauce	Water, sugar, Dextrose, Oligofructose, Dark Muscovado Sugar, Butter (Milk), Modified Starch, Whole Milk Powder (Milk), Salt, Vegetable Oil, Stabilisers (Guar Gum, Xanthan Gum), Cane Molasses, Preservative (Potassium Sorbate), Flavouring (Caramelised Sugar Syrup).
Cookies & Cream Cookie Dough	
Cookies & Cream Cookie Dough	Wheat Flour (Wheat Flour; Calcium carbonate; Iron; Niacin; Thiamine); Sugar; Salted Butter (Milk); Salt; White chocolate chunks (9.5%) (Sugar; Cocoa butter; Whole Milk Powder; Sweet Whey Powder (Milk); Lactose (Milk); Milk Fat; Emulsifier: Soya Lecithin; Natural vanilla flavouring); Cookie crumbs (9.5%) (Sugar; Corn flour; Palm; Potato starch; Fat reduced cocoa powder; Dextrose; Tapioca starch; Natural Bourbon vanilla flavouring; Natural flavourings; Salt; Emulsifier: Soya Lecithin; Raising agent: Ammonium carbonate, Sodium carbonates; Acidity regulator: Potassium carbonates); Water; Butterfat (Milk); Invert sugar syrup; Baking powder (Raising agent: Diphosphates, Sodium carbonates; Wheat Flour); Flavouring. May contain Egg and Nuts.
Vanilla Ice Cream	Skimmed Milk , Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring.
Chocolate Sauce (Rowse)	Glucose Syrup, Water, Belgian Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Liquor, Emulsifier: Soya Lecithin, Natural Vanilla Extract), Single Cream (Milk), Cocoa Liquor, Corn Flour, Natural Vanilla Flavouring.
I Can't Believe Its Not Cheesecake (new recipe)	
Vegan Caramel Biscuit Cheesecake (new recipe)	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, Flavourings, Olive Extract, Vitamin B12.], Sugar, Caramelised Biscuit (5%) [Wheat Flour , Sugar, Vegetable Oils (Palm (RSPO certified), Rapeseed), Candy Sugar Syrup, Raising Agent; E500, Soya Flour, Salt, Cinnamon], Starch, Partially Inverted Sugar Syrup, Tapioca Starch, Natural Vanilla Flavouring, Preservative(Potassium Sorbate (E202)). May contain Milk, Eggs, Sulphur Dioxide and Nuts.

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Hot Chocolate Brownie	
Hot Chocolate Brownie	Sugar, Whole Egg Free Range, Chocolate (20%) [Cocoa Mass, Sugar, Cocoa Butter, Fat Reduced Cocoa Powder, Emulsifier; Soya Lecithin], Palm Free Margarine[Copprah, Rapeseed, Water, Salt, Emulsifier (E471), Citric Acid (E330)], Gluten Free Self Raising Flour Blend [(Rice, Potato, Tapioca, Maize & Buckwheat), Raising agents; (E341, E500), Xanthan Gum], Milk Chocolate (9%) [Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Emulsifier; Soya Lecithin, Natural Vanilla Flavouring], Fat Reduced Cocoa Powder, Natural Vanilla Flavouring, Coffee Granules, Preservative (Potassium Sorbate (E202)). May contain Nuts and Sulphites.
Vanilla Ice Cream	Skimmed Milk , Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring.
Chocolate Sauce (Rowse)	Glucose Syrup, Water, Belgian Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Liquor, Emulsifier: Soya Lecithin, Natural Vanilla Extract), Single Cream (Milk), Cocoa Liquor, Corn Flour, Natural Vanilla Flavouring
Ice Cream	
Vanilla Ice Cream	Skimmed Milk , Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring.
Take Away Vanilla Ice Cream	
Vanilla Ice Cream	Partially Reconstituted Buttermilk, Sugar, Dextrose, Palm Oil, Whey Powder (Milk), Emulsifier: Mono- and Diglycerides of Fatty Acids, Stabilisers: Locust Bean Gum, Guar Gum; Flavouring.
Raspberry Ice	
Raspberry Ice	Water, Sugar, Raspberry Preparation (7%) [Glucose Syrup, Sugar, Raspberries (20%), Acidity Regulator: Citric Acid, Colour: Beetroot Red, Carrot Extracts, Stabiliser: Pectin, Flavourings], Glucose Syrup, Raspberry Fruit Preparation (5%) [Raspberries (46%), Apple Concentrate, Glucose Fructose Syrup, Water, Gelling Agent: Pectin, Acidity Regulator: Citric Acid, Antioxidant: Ascorbic Acid, Firming Agent: Calcium Lactate, Flavouring], Dextrose, Stabilisers [Amidated Pectin, Guar Gum, Sodium Carboxymethylcellulose, Sorbitol], Emulsifier: Mono & Diglycerides of Fatty Acids, Acidity Regulator: Trisodium Citrate, Flavourings, Colour: Beetroot Red.
Cold and Soft Drinks	
Belu Still Water (500ml)	Refer directly to the supplier - Belu - www.belu.com
Belu Sparkling Water (500ml)	Refer directly to the supplier - Belu - www.belu.com
Apple Juice	Refer directly to the supplier - Mulrines - www.mulrines.com/mulrines-uk
Orange Juice	Refer directly to the supplier - Mulrines - www.mulrines.com/mulrines-uk
Squash - Orange	Refer directly to the supplier - Britvic - www.britvic.co.uk
Squash - Apple & Blackcurrant	Refer directly to the supplier - Britvic - www.britvic.co.uk
Semi Skimmed Milk	100% Semi Skimmed Milk
7Up Free, Diet Pepsi, Pepsi Max, Tango Orange, Pepsi	Refer directly to the supplier - Britvic - www.britvic.co.uk
Hot Drinks	
Lincoln & York Variety Coffees (Coffee, Cappuccino)	Roasted & Ground Coffee
Tea All Flavours	Refer directly to the supplier - Yorkshire Tea - www.yorkshiretea.co.uk
Hot Chocolate	Sugar, Whey Powder (Milk), Low Fat Cocoa Powder, Skimmed Milk Powder, Acidity Regulator E331, Salt, Flavouring, Anti-Caking Agent E551.
White Sugar Sticks	Refer directly to the supplier - The Silver Spoon Company - www.silverspoon.co.uk
Brown Sugar Sticks	Refer directly to the supplier - The Silver Spoon Company - www.silverspoon.co.uk
Truvia	Refer directly to the supplier - The Silver Spoon Company - www.silverspoon.co.uk
Sweet n' Low Sachets	Refer directly to the supplier - The Silver Spoon Company - www.silverspoon.co.uk

NUTRITIONAL DECLARATION

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

	Average Weight of Portion (g)	Energy per Portion (kcal)	Protein per Portion (g)	Carbohydrate per Portion (g)	Sugar per Portion (g)	Fat per Portion (g)	Saturated Fat per Portion (g)	Salt per Portion (g)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100g (g)	Sugar per 100g (g)	Fat per 100 (g)	Saturated Fat per 100 (g)	Salt per 100 (g)
Sides															
Fries	230	384	5.1	50.6	1.2	17.0	2.1	2.3	167	2.2	22.0	0.5	7.4	0.9	1.0
Onion Rings	161	303	4.7	53.1	7.6	13.2	2.4	1.6	188	2.9	32.9	4.7	8.2	1.5	1.0
Mini Corn on the Cob	262	328	10.4	46.8	28.6	6.7	1.2	0.0	125	4.0	17.9	10.9	2.6	0.5	0.0
BBQ Chicken Wings	186	379	36.1	10.2	6.7	21.4	5.2	3.0	204	19.4	5.5	3.6	11.5	2.8	1.6
Chicken Bites	191	397	23.5	37.0	1.3	17.2	3.4	2.0	208	12.3	19.3	0.7	9.0	1.8	1.1
Cheese Triangles	122	435	15.3	22.5	1.2	31.1	12.4	3.0	357	12.5	18.4	1.0	25.5	10.1	2.5
Jalapeno Poppers	157	354	6.3	37.8	5.9	19.0	6.2	1.3	226	4.0	24.1	3.8	12.1	3.9	0.8
Garlic Bread	120	357	9.0	48.6	3.1	13.4	4.1	0.9	297	7.5	40.5	2.6	11.2	3.4	0.8
Garlic Bread with Cheese	181	527	20.0	51.0	4.3	26.4	11.8	1.7	291	11.0	28.2	2.4	14.6	6.5	0.9
Southern Fried Nuggets	120	248	11.8	18.0	0.6	13.2	1.0	1.1	207	9.8	15.0	0.5	11.0	0.8	0.9
Loaded Garlic Bread with Bacon	201	580	28.3	53.1	1.9	26.7	13.2	2.5	288	14.1	26.4	0.9	13.3	6.6	1.3
Loaded Garlic Bread with Pepperoni	221	710	28.8	53.4	1.9	40.8	18.7	2.9	321	13.0	24.2	0.9	18.5	8.5	1.3
Loaded Garlic Bread with Jalapeños	205	516	21.3	53.1	1.8	22.7	11.5	2.3	252	10.4	..	0.9	11.1	5.6	1.1
Loaded Nachos	203	538	16.0	18.3	6.3	32.0	9.5	2.8	265	7.9	9.0	3.1	15.8	4.7	1.4
Tabletop Sauces															
BBQ Sauce	100	119	1.5	26.7	21.6	0.4	0.1	1.2	119	1.5	26.7	21.6	0.4	0.1	1.2
Tomato Ketchup	100	99	2.0	21.1	20.5	0.3	0.1	0.9	99	2.0	21.1	20.5	0.3	0.1	0.9
Takeaway Dip Pots															
Garlic Sauce Dip Pot	25	89	0.2	2.0	1.1	9.0	1.4	0.4	357	0.7	7.8	4.4	36.0	5.7	1.4
BBQ Sauce Dip Pot	25	35	0.3	7.8	7.1	0.1	0.0	0.3	141	1.1	31.3	28.4	0.4	0.0	1.3
Sour Cream & Chive Pot	25	102	0.3	1.9	1.2	10.5	1.2	0.4	408	1.1	7.5	4.6	42.0	4.8	1.8
*Nutritional values don't account for the dips chosen by the consumer. These values should be taken from 'Tabletop Sauces' and added to the product nutritional values.															

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

	Weight of Portion (g)	Energy per Portion (kcal)	Protein per Portion (g)	Carbohydrate per Portion (g)	Sugar per Portion (g)	Fat per Portion (g)	Saturated Fat per Portion (g)	Salt per Portion (g)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100g (g)	Sugar per 100g (g)	Fat per 100 (g)	Saturated Fat per 100g (g)	Salt per 100g (g)
Salad Station															
Dressed Salad Lines															
Potato Salad	63	102	0.8	9.1	1.7	6.7	0.5	0.4	162	1.3	14.4	2.7	10.6	0.8	0.6
Coleslaw	50	68	0.4	3.1	2.4	5.9	0.4	0.1	135	0.9	6.2	4.9	11.7	0.9	0.1
BBQ Pasta	59	95	2.7	12.7	2.1	3.0	0.3	0.3	154	4.5	21.5	3.5	5.0	0.5	0.5
Sweetcorn	26	20	0.7	3.5	0.9	0.4	0.2	0.0	77	2.7	13.3	3.6	1.4	0.9	0.0
Diced Beetroot	24	12	1.0	1.6	1.1	0.1	0.1	0.0	49	4.1	6.7	4.7	0.5	0.3	0.1
Jalapenos	16	1	0.1	0.1	0.0	0.1	0.0	0.5	8	0.4	0.4	0.0	0.3	0.2	3.0
Fresh Salad Lines															
Lettuce Mix	17	2	0.1	0.2	0.2	0.0	0.0	0.0	11	0.7	1.4	1.4	0.1	0.0	0.0
Cherry Tomatoes	33	6	0.2	1.0	1.0	0.1	0.0	0.0	17	0.7	3.1	3.1	0.3	0.1	0.0
Cucumber	35	3	0.2	0.5	0.5	0.0	0.0	0.0	10	0.7	1.5	1.4	0.1	0.0	0.0
Mixed Peppers	26	4	0.2	0.7	0.6	0.1	0.0	0.0	15	0.8	2.6	2.4	0.3	0.1	0.0
Red Onion	21	8	0.3	1.7	1.2	0.0	0.0	0.0	36	1.2	7.9	5.6	0.2	0.0	0.0
Shredded Carrot	18	9	0.1	2.3	2.3	0.0	0.0	0.0	50	0.4	12.5	12.5	0.1	0.0	0.0
Dried Items															
Bacon Bits	13	69	1.2	6.6	0.5	4.0	1.9	0.3	519	8.9	51.0	3.9	31.0	14.7	2.4
Croutons	7	31	0.8	4.7	0.1	0.8	0.4	0.2	423	12.0	67.0	1.3	11.0	5.1	2.7
Tortilla Chips	13	64	0.8	8.2	0.2	2.7	0.3	0.1	478	6.3	63.0	1.6	21.0	2.5	0.7
Crispy Onions	6	35	0.4	2.6	0.7	2.8	1.4	0.1	625	6.0	44.0	12.0	47.0	23.0	1.0
Sultanas	16	43	0.4	11.1	11.1	0.0	0.0	0.0	275	2.7	69.4	69.4	0.1	0.1	0.1
Dressings & Dips															
Thousand Island Dressing <i>(new recipe)</i>	30	81	0.2	3.8	2.9	7.2	0.6	0.5	272	0.5	12.5	9.5	24.0	2.0	1.5
Blue Cheese	27	102	0.0	3.9	3.1	11.9	0.8	0.4	455	0.0	14.5	11.5	44.0	3.0	1.5
Garlic Mayonnaise <i>(new recipe)</i>	29	133	0.0	1.3	1.0	13.9	1.0	0.3	453	0.0	4.5	3.5	48.0	3.5	1.0
Light Mayonnaise <i>(new recipe)</i>	34	138	0.0	4.4	3.4	13.4	1.0	0.5	408	0.0	13.0	10.0	39.5	3.0	1.5
Ranch Dressing <i>(new recipe)</i>	31	154	0.2	3.1	3.1	15.5	1.1	0.5	500	0.5	10.0	10.0	50.0	3.5	1.5
Low Fat French Dressing	22	16	0.1	3.1	3.0	0.4	0.0	0.3	75	0.3	14.1	13.5	2.0	0.1	1.3
Salsa	33	20	0.4	4.3	2.6	0.0	0.0	0.5	60	1.1	13.0	8.0	0.0	0.0	1.6
Garlic & Chilli Infused Oil	5	41	0.0	0.0	0.0	4.6	0.7	0.0	899	0.0	0.0	0.0	91.0	13.0	0.1
Olive Oil with Balsamic Vinegar	5	31	0.0	0.4	0.3	3.3	0.5	0.0	619	0.5	8.0	6.0	65.0	9.0	0.1

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

	Weight of Pizza (g)	Number of Slices per Pizza	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice(g)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100(g)	Sugar per 100(g)	Fat per 100 (g)	Saturated Fat per 100 (g)	Salt per 100 (g)
Pizza																
Pepperoni Feast																
Individual Pan (9")	408	6	183	7.1	17.5	0.8	9.1	3.2	1.1	269	10.4	25.8	1.2	13.4	4.6	1.6
Sharing Pan (13")	844	8	280	10.9	27.8	1.3	13.5	4.7	1.7	266	10.3	26.4	1.2	12.8	4.5	1.6
Individual Thin (11")	405	6	166	7.4	19.2	0.7	6.5	2.9	0.9	247	10.9	28.5	1.1	9.6	4.3	1.3
Sharing Thin (14")	674	8	210	9.5	21.6	1.1	9.3	4.3	1.1	249	11.3	25.6	1.2	11.0	5.1	1.3
Individual Stuffed Crust (11")	513	6	225	11.1	19.4	0.9	11.3	5.6	1.2	263	13.0	22.7	1.1	13.2	6.5	1.4
Sharing Stuffed Crust (14")	946	8	303	14.6	29.1	1.3	14.0	6.8	1.6	256	12.3	24.6	1.1	11.8	5.8	1.4
Cheesy Bites (14")	946	8	303	14.6	29.1	1.3	14.0	6.8	1.6	256	12.3	24.6	1.1	11.8	5.8	1.4
Individual Piri-Piri Stuffed Crust (11")	527	6	228	11.5	20.1	1.3	11.2	6.0	1.5	260	13.1	22.8	1.5	12.7	6.8	1.7
Sharing Piri-Piri Stuffed Crust (14")	964	8	306	15.0	29.7	1.7	13.9	7.2	1.9	254	12.4	24.7	1.4	11.5	6.0	1.5
Gluten Free (9" Square)	359	6	169	4.6	19.7	1.6	7.6	2.9	0.7	283	7.7	32.9	2.7	12.6	4.8	1.2
Hawaiian																
Individual Pan (9")	464	6	165	7.5	18.3	1.8	6.6	2.1	1.1	214	9.7	23.7	2.3	8.5	2.7	1.4
Sharing Pan (13")	970	8	255	11.6	29.3	2.9	9.7	3.2	1.7	210	9.6	24.1	2.4	8.0	2.6	1.4
Individual Thin (11")	461	6	149	7.9	20.0	1.6	4.0	1.9	0.9	194	10.2	26.1	2.1	5.2	2.5	1.1
Sharing Thin (14")	800	8	185	10.3	23.0	2.7	5.5	2.7	1.1	185	10.3	23.0	2.7	5.5	2.7	1.1
Individual Stuffed Crust (11")	569	6	208	11.6	20.2	1.8	8.8	4.6	1.2	219	12.2	21.3	1.9	9.2	4.8	1.2
Sharing Stuffed Crust (14")	1072	8	278	15.3	30.5	3.0	10.2	5.3	1.6	207	11.4	22.8	2.2	7.6	4.0	1.2
Cheesy Bites (14")	1072	8	278	15.3	30.5	3.0	10.2	5.3	1.6	207	11.4	22.8	2.2	7.6	4.0	1.2
Individual Piri-Piri Stuffed Crust (11")	583	6	211	12.0	20.9	2.3	8.7	4.9	1.5	217	12.3	21.5	2.3	8.9	5.1	1.5
Sharing Piri-Piri Stuffed Crust (14")	1090	8	281	15.7	31.2	3.3	10.1	5.7	1.9	206	11.5	22.9	2.4	7.4	4.2	1.4
Gluten Free (9" Square)	415	6	152	5.1	20.5	2.5	5.0	1.9	0.7	220	7.4	29.6	3.6	7.3	2.7	1.0
Chicken Supreme																
Individual Pan (9")	485	6	172	8.6	18.7	2.1	6.6	1.4	1.0	212	10.6	23.2	2.6	8.1	1.7	1.2
Sharing Pan (13")	1036	8	268	13.8	30.0	3.5	9.7	3.2	1.5	207	10.7	23.1	2.7	7.5	2.5	1.2
Individual Thin (11")	482	6	155	8.9	20.4	2.0	4.0	1.9	0.7	193	11.1	25.4	2.5	4.9	2.3	0.9
Sharing Thin (14")	866	8	198	12.5	23.7	3.3	5.5	2.7	0.9	183	11.5	21.9	3.0	5.1	2.5	0.9
Individual Stuffed Crust (11")	590	6	214	12.6	20.6	2.2	8.8	4.6	1.1	218	12.8	20.9	2.2	8.9	4.6	1.1
Sharing Stuffed Crust (14")	1138	8	291	17.5	31.2	3.6	10.2	5.3	1.5	204	12.3	21.9	2.5	7.2	3.7	1.0
Cheesy Bites (14")	1138	8	291	17.5	31.2	3.6	10.2	5.3	1.5	204	12.3	21.9	2.5	7.2	3.7	1.0
Individual Piri-Piri Stuffed Crust (11")	604	6	218	13.0	21.3	2.6	8.7	4.9	1.3	216	12.9	21.1	2.6	8.6	4.9	1.3
Sharing Piri-Piri Stuffed Crust (14")	1156	8	294	17.9	31.9	4.0	10.1	5.7	1.7	204	12.4	22.1	2.7	7.0	3.9	1.2
Gluten Free (9" Square)	436	6	158	6.2	20.9	2.9	5.0	1.9	0.6	218	8.5	28.7	3.9	6.9	2.5	0.8
Meat Feast																
Individual Pan (9")	477	6	191	9.5	17.8	1.0	8.7	3.0	1.2	240	11.9	22.4	1.3	11.0	3.8	1.5
Sharing Pan (13")	1001	8	296	15.1	28.4	1.5	13.1	4.6	1.9	237	12.1	22.7	1.2	10.5	3.7	1.5
Individual Thin (11")	474	6	174	9.8	19.5	0.9	6.1	2.8	1.0	221	12.4	24.7	1.1	7.7	3.5	1.2
Sharing Thin (14")	831	8	226	13.7	22.1	1.3	8.9	4.2	1.3	218	13.2	21.3	1.3	8.6	4.0	1.2
Individual Stuffed Crust (11")	582	6	233	13.5	19.7	1.1	10.9	5.5	1.3	240	13.9	20.3	1.1	11.3	5.6	1.3
Sharing Stuffed Crust (14")	1103	8	319	18.8	29.6	1.6	13.6	6.8	1.8	231	13.6	21.5	1.2	9.9	4.9	1.3
Cheesy Bites (14")	1103	8	319	18.8	29.6	1.6	13.6	6.8	1.8	231	13.6	21.5	1.2	9.9	4.9	1.3
Individual Piri-Piri Stuffed Crust (11")	596	6	237	13.9	20.4	1.5	10.8	5.9	1.6	238	14.0	20.5	1.5	10.9	5.9	1.6
Sharing Piri-Piri Stuffed Crust (14")	1121	8	322	19.2	30.3	2.0	13.5	7.1	2.0	230	13.7	21.6	1.4	9.6	5.1	1.5
Gluten Free (9" Square)	428	6	177	7.1	20.0	1.8	7.2	2.8	0.8	248	9.9	28.0	2.5	10.1	3.9	1.1

NUTRITIONAL DECLARATION

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	Weight of Pizza (g)	Number of Slices per Pizza	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice(g)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100g)	Sugar per 100(g)	Fat per 100 (g)	Saturated Fat per 100 (g)	Salt per 100 (g)
Supreme																
Individual Pan (9")	522	6	194	8.8	18.3	1.3	9.2	3.1	1.1	223	10.1	21.0	1.5	10.6	3.5	1.3
Sharing Pan (13")	1018	8	295	14.0	28.7	1.8	13.3	4.6	1.7	232	11.0	22.6	1.4	10.5	3.6	1.4
Individual Thin (11")	519	6	178	9.1	20.0	1.2	6.6	2.8	0.9	206	10.5	23.1	1.4	7.6	3.3	1.0
Sharing Thin (14")	848	8	225	12.6	22.5	1.6	9.1	4.2	1.1	212	11.9	21.2	1.5	8.6	3.9	1.1
Individual Stuffed Crust (11")	627	6	236	12.8	20.1	1.4	11.4	5.5	1.2	226	12.3	19.3	1.3	10.9	5.3	1.2
Sharing Stuffed Crust (14")	1120	8	317	17.6	30.0	1.9	13.8	6.7	1.7	227	12.6	21.4	1.3	9.8	4.8	1.2
Cheesy Bites (14")	1120	8	317	17.6	30.0	1.9	13.8	6.7	1.7	227	12.6	21.4	1.3	9.8	4.8	1.2
Individual Piri-Piri Stuffed Crust (11")	641	6	240	13.2	20.8	1.8	11.3	5.9	1.5	225	12.4	19.5	1.7	10.6	5.5	1.4
Sharing Piri-Piri Stuffed Crust (14")	1138	8	321	18.0	30.6	2.3	13.7	7.1	1.9	226	12.7	21.5	1.6	9.6	5.0	1.3
Gluten Free (9" Square)	473	6	181	6.4	20.4	2.1	7.7	2.8	0.8	229	8.1	25.9	2.6	9.7	3.5	1.0
BBQ Americano																
Individual Pan (9")	509	6	189	9.8	20.2	2.5	7.3	2.4	1.2	223	11.5	23.8	2.9	8.6	2.8	1.4
Sharing Pan (13")	1090	8	298	16.1	32.0	3.8	11.1	3.7	1.9	219	11.8	23.5	2.8	8.1	2.7	1.4
Individual Thin (11")	506	6	174	10.1	22.1	2.5	4.7	2.2	1.0	206	12.0	26.2	3.0	5.6	2.5	1.1
Sharing Thin (14")	920	8	229	14.7	26.1	3.9	6.9	3.3	1.3	199	12.8	22.7	3.3	6.0	2.8	1.2
Individual Stuffed Crust (11")	614	6	231	13.8	22.0	2.5	9.5	4.8	1.3	226	13.5	21.5	2.5	9.3	4.7	1.2
Sharing Stuffed Crust (14")	1192	8	320	19.7	33.3	3.9	11.6	5.8	1.8	215	13.2	22.3	2.6	7.8	3.9	1.2
Cheesy Bites (14")	1192	8	320	19.7	33.3	3.9	11.6	5.8	1.8	215	13.2	22.3	2.6	7.8	3.9	1.2
Individual Piri-Piri Stuffed Crust (11")	628	6	231	14.3	21.6	2.2	9.4	5.2	1.5	221	13.6	20.6	2.1	9.0	5.0	1.4
Sharing Piri-Piri Stuffed Crust (14")	1210	8	318	20.2	32.2	3.1	11.5	6.2	2.0	210	13.4	21.3	2.1	7.6	4.1	1.3
Gluten Free (9" Square)	460	6	176	7.4	22.6	3.4	5.8	2.1	0.8	230	9.6	29.4	4.4	7.5	2.8	1.1
Veggie Pepperphoni Feast																
Individual Pan (9")	403	6	165	6.2	18.1	1.0	7.3	2.2	1.1	245	9.2	26.9	1.5	10.9	3.2	1.6
Sharing Pan (13")	834	8	253	9.6	28.6	1.5	10.8	3.2	1.7	243	9.2	27.4	1.4	10.4	3.1	1.6
Individual Thin (11")	400	6	148	6.5	19.8	0.9	4.7	1.9	0.8	222	9.7	29.6	1.3	7.1	2.9	1.2
Sharing Thin (14")	664	8	183	8.2	22.4	1.3	6.6	2.8	1.1	220	9.9	27.0	1.5	7.9	3.4	1.3
Individual Stuffed Crust (11")	508	6	207	10.2	19.9	1.1	9.5	4.6	1.2	244	12.1	23.5	1.2	11.2	5.4	1.4
Sharing Stuffed Crust (14")	936	8	276	13.3	29.9	1.6	11.3	5.4	1.6	235	11.3	25.5	1.3	9.7	4.6	1.4
Cheesy Bites (14")	936	8	276	13.3	29.9	1.6	11.3	5.4	1.6	235	11.3	25.5	1.3	9.7	4.6	1.4
Individual Piri-Piri Stuffed Crust (11")	522	6	210	10.6	20.6	1.5	9.4	5.0	1.4	242	12.2	23.7	1.7	10.8	5.7	1.6
Sharing Piri-Piri Stuffed Crust (14")	954	8	279	13.7	30.5	2.0	11.2	5.7	1.8	234	11.5	25.6	1.6	9.4	4.8	1.5
Gluten Free (9" Square)	354	8	113	2.8	15.2	1.3	4.4	1.4	0.5	256	6.4	34.2	2.9	9.8	3.2	1.2
Veggie																
Individual Pan (9")	496	6	162	6.3	18.8	1.6	6.5	2.1	0.9	196	7.6	22.8	1.9	7.9	2.5	1.1
Sharing Pan (13")	1053	8	251	9.8	30.1	2.5	9.6	3.1	1.4	191	7.5	22.9	1.9	7.3	2.4	1.1
Individual Thin (11")	493	6	146	6.6	20.5	1.4	3.9	1.9	0.7	177	8.0	25.0	1.7	4.7	2.3	0.8
Sharing Thin (14")	883	8	180	8.4	23.9	2.3	5.4	2.7	0.8	163	7.6	21.6	2.0	4.9	2.4	0.7
Individual Stuffed Crust (11")	601	6	204	10.3	20.7	1.6	8.7	4.5	1.0	204	10.3	20.6	1.6	8.7	4.5	1.0
Sharing Stuffed Crust (14")	1155	8	273	13.5	31.3	2.6	10.1	5.3	1.4	189	9.3	21.7	1.8	7.0	3.6	0.9
Cheesy Bites (14")	1155	8	273	13.5	31.3	2.6	10.1	5.3	1.4	189	9.3	21.7	1.8	7.0	3.6	0.9
Individual Piri-Piri Stuffed Crust (11")	615	6	208	10.7	21.4	2.0	8.6	4.9	1.3	203	10.5	20.8	2.0	8.4	4.8	1.2
Sharing Piri-Piri Stuffed Crust (14")	1173	8	277	13.9	32.0	3.0	10.0	5.6	1.6	189	9.5	21.8	2.0	6.8	3.8	1.1
Gluten Free (9" Square)	447	8	111	2.9	15.7	1.7	3.7	1.4	0.4	199	5.2	28.1	3.1	6.7	2.4	0.7

NUTRITIONAL DECLARATION

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Margherita																
Individual Pan (9")	410	6	171	7.0	17.7	1.0	7.7	2.9	1.0	250	10.3	26.0	1.4	11.3	4.2	1.4
Sharing Pan (13")	847	8	262	10.9	28.1	1.4	11.4	4.3	1.5	248	10.3	26.6	1.4	10.7	4.0	1.5
Individual Thin (11")	407	6	155	7.4	19.4	0.8	5.1	2.6	0.8	229	10.8	28.7	1.2	7.5	3.9	1.1
Sharing Thin (14")	677	8	192	9.5	21.9	1.2	7.2	3.8	0.9	227	11.2	25.9	1.4	8.5	4.5	1.1
Individual Stuffed Crust (11")	515	6	213	11.1	19.6	1.0	9.9	5.3	1.1	249	12.9	22.8	1.2	11.5	6.2	1.2
Sharing Stuffed Crust (14")	949	8	285	14.6	29.4	1.5	11.9	6.4	1.5	240	12.3	24.7	1.3	10.0	5.4	1.2
Cheesy Bites (14")	949	8	285	14.6	29.4	1.5	11.9	6.4	1.5	240	12.3	24.7	1.3	10.0	5.4	1.2
Individual Piri-Piri Stuffed Crust (11")	529	6	217	11.5	20.3	1.5	9.8	5.7	1.3	246	13.0	23.0	1.6	11.1	6.4	1.5
Sharing Piri-Piri Stuffed Crust (14")	967	8	288	15.0	30.0	1.9	11.8	6.8	1.7	239	12.4	24.8	1.6	9.7	5.6	1.4
Gluten Free (9" Square)	361	8	118	3.5	14.9	1.3	4.6	1.9	0.5	262	7.7	33.1	2.9	10.3	4.3	1.0
The G.O.A.T																
Individual Pan (9")	525	6	184	7.4	20.1	2.9	8.0	3.1	1.0	210	8.5	22.9	3.3	9.1	3.6	1.1
Sharing Pan (13")	1122	8	286	11.5	32.5	5.2	11.8	4.7	1.6	204	8.2	23.2	3.7	8.4	3.4	1.1
Individual Thin (11")	522	6	165	7.6	21.2	2.8	5.3	2.8	0.7	190	8.7	24.4	3.3	6.0	3.2	0.8
Sharing Thin (14")	952	8	213	10.0	25.7	5.1	7.5	4.1	0.9	179	8.4	21.6	4.3	6.3	3.5	0.7
Individual Stuffed Crust (11")	630	6	226	11.4	21.9	3.0	10.2	5.6	1.1	216	10.9	20.9	2.8	9.7	5.3	1.0
Sharing Stuffed Crust (14")	1224	8	309	15.2	33.7	5.3	12.3	6.8	1.5	202	9.9	22.1	3.5	8.0	4.5	1.0
Cheesy Bites (14")	1224	8	309	15.2	33.7	5.3	12.3	6.8	1.5	202	9.9	22.1	3.5	8.0	4.5	1.0
Individual Piri-Piri Stuffed Crust (11")	644	6	230	11.9	22.7	3.5	10.1	6.0	1.4	215	11.1	21.1	3.2	9.4	5.5	1.3
Sharing Piri-Piri Stuffed Crust (14")	1242	8	313	15.6	34.5	5.8	12.2	7.2	1.8	202	10.1	22.2	3.8	7.9	4.6	1.1
Gluten Free (9" Square)	476	8	128	3.8	16.7	2.8	4.8	2.2	0.5	216	6.3	28.1	4.7	8.1	3.6	0.8
Hot 'N' Spicy Chicken																
Individual Pan (9")	543	6	189	9.8	18.0	1.2	8.2	3.0	1.2	209	10.9	19.9	1.3	9.1	3.3	1.3
Sharing Pan (13")	1146	8	292	15.7	28.7	1.8	12.2	12.2	1.8	204	11.0	20.0	1.3	8.5	8.5	1.3
Individual Thin (11")	540	6	169	10.0	19.2	1.1	5.5	2.7	0.8	188	11.1	21.4	1.2	6.1	2.9	0.9
Sharing Thin (14")	976	8	223	14.3	22.6	1.8	8.0	4.1	1.2	183	11.7	18.5	1.4	6.5	3.4	1.0
Individual Stuffed Crust (11")	647	6	231	13.8	20.0	1.3	10.4	5.5	1.3	214	12.8	18.5	1.2	9.7	5.1	1.2
Sharing Stuffed Crust (14")	1248	8	315	19.4	29.9	1.9	12.7	6.7	1.7	202	12.4	19.2	1.2	8.1	4.3	1.1
Cheesy Bites (14")	1248	8	315	19.4	29.9	1.9	12.7	6.7	1.7	202	12.4	19.2	1.2	8.1	4.3	1.1
Individual Piri-Piri Stuffed Crust (11")	662	6	235	14.3	20.7	1.8	10.3	5.8	1.5	213	12.9	18.7	1.6	9.4	5.3	1.4
Sharing Piri-Piri Stuffed Crust (14")	1266	8	319	19.8	30.7	2.5	12.6	7.0	2.0	202	12.5	19.4	1.5	8.0	4.4	1.3
Gluten Free (9" Square)	494	6	176	7.4	20.3	2.0	6.7	2.8	0.8	213	9.0	24.7	2.5	8.1	3.3	1.0
Hot 'N' Spicy Veg																
Individual Pan (9")	502	6	176	7.3	18.1	1.2	8.1	3.0	1.1	211	8.7	21.6	1.4	9.7	3.5	1.3
Sharing Pan (13")	1052	8	271	11.3	28.7	1.9	11.9	4.4	1.7	206	8.6	21.8	1.4	9.1	3.4	1.3
Individual Thin (11")	499	6	161	7.6	19.8	1.2	5.5	2.7	0.9	193	9.1	23.9	1.4	6.6	3.3	1.0
Sharing Thin (14")	882	8	201	9.9	22.6	1.8	7.7	4.0	1.1	183	9.0	20.5	1.6	7.0	3.6	1.0
Individual Stuffed Crust (11")	606	6	219	11.3	20.0	1.3	10.3	5.4	1.2	217	11.2	19.8	1.3	10.2	5.3	1.2
Sharing Stuffed Crust (14")	1154	8	294	14.9	30.1	2.1	12.4	6.6	1.7	204	10.4	20.9	1.4	8.6	4.5	1.1
Cheesy Bites (14")	1154	8	294	14.9	30.1	2.1	12.4	6.6	1.7	204	10.4	20.9	1.4	8.6	4.5	1.1
Individual Piri-Piri Stuffed Crust (11")	621	6	223	11.7	20.7	1.8	10.2	5.8	1.5	215	11.3	20.0	1.7	9.8	5.6	1.4
Sharing Piri-Piri Stuffed Crust (14")	1172	8	298	15.4	30.8	2.5	12.4	6.9	1.9	203	10.5	21.0	1.7	8.4	4.7	1.3
Gluten Free (9" Square)	453	6	163	4.9	20.3	2.0	6.6	2.7	0.7	217	6.5	26.9	2.7	8.7	3.6	1.0

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Meat Feast Hot																
Individual Pan (9")	539	6	212	10.8	18.1	1.1	10.4	3.9	1.4	236	12.0	20.1	1.2	11.6	4.4	1.6
Sharing Pan (13")	1126	8	328	17.0	28.7	1.6	15.6	6.0	2.2	233	12.1	20.4	1.1	11.1	4.2	1.6
Individual Thin (11")	536	6	195	11.1	19.8	0.9	7.8	3.7	1.2	219	12.4	22.1	1.0	8.7	4.1	1.3
Sharing Thin (14")	956	8	258	15.6	22.5	1.4	11.4	5.5	1.6	216	13.1	18.8	1.2	9.6	4.6	1.3
Individual Stuffed Crust (11")	643	6	254	14.8	19.9	1.1	12.6	6.4	1.5	237	13.8	18.6	1.0	11.7	5.9	1.4
Sharing Stuffed Crust (14")	1228	8	351	20.7	28.7	1.7	16.1	8.1	2.1	228	13.5	18.7	1.1	10.5	5.3	1.4
Cheesy Bites (14")	1228	8	351	20.7	28.7	1.7	16.1	8.1	2.1	228	13.5	18.7	1.1	10.5	5.3	1.4
Individual Piri-Piri Stuffed Crust (11")	658	6	258	15.2	20.6	1.5	12.5	6.8	1.8	235	13.9	18.8	1.4	11.4	6.2	1.6
Sharing Piri-Piri Stuffed Crust (14")	1246	8	354	21.1	30.6	2.1	16.0	8.5	2.4	227	13.5	19.6	1.3	10.3	5.4	1.5
Gluten Free (9" Square)	490	6	198	8.3	20.2	1.8	8.9	3.7	1.0	243	10.2	24.8	2.2	10.9	4.5	1.2
Peri-Peri Chicken																
Individual Pan (9")	501	6	171	7.3	19.8	1.9	6.7	2.1	1.0	205	8.7	23.8	2.2	8.0	2.5	1.1
Sharing Pan (13")	1060	8	267	11.8	31.6	2.8	9.9	3.1	1.5	202	8.9	23.8	2.1	7.5	2.4	1.1
Individual Thin (11")	498	6	155	7.6	21.5	1.7	4.1	1.9	0.7	187	9.2	25.9	2.1	4.9	2.2	0.9
Sharing Thin (14")	890	8	197	10.4	25.3	2.6	5.7	2.7	0.9	177	9.3	22.8	2.3	5.1	2.4	0.8
Individual Stuffed Crust (11")	606	6	214	11.3	21.7	1.9	8.9	4.5	1.0	212	11.2	21.4	1.9	8.8	4.5	1.0
Sharing Stuffed Crust (14")	1162	8	290	15.5	32.8	2.9	10.4	5.3	1.4	200	10.6	22.6	2.0	7.2	3.6	1.0
Cheesy Bites (14")	1162	8	290	15.5	32.8	2.9	10.4	5.3	1.4	200	10.6	22.6	2.0	7.2	3.6	1.0
Individual Piri-Piri Stuffed Crust (11")	620	6	217	11.8	22.4	2.3	8.8	4.9	1.3	210	11.4	21.6	2.3	8.5	4.7	1.3
Sharing Piri-Piri Stuffed Crust (14")	1180	8	293	15.9	33.5	3.3	10.3	5.6	1.7	199	10.8	22.7	2.2	7.0	3.8	1.1
Gluten Free (9" Square)	452	6	158	4.9	22.0	2.6	5.1	1.8	0.6	210	6.5	29.2	3.5	6.8	2.4	0.8
Flamin' Buffalo																
Individual Pan (9")	511	6	183	6.6	18.5	1.7	8.8	2.3	2.1	215	7.7	21.8	2.0	10.4	2.6	2.4
Sharing Pan (13")	1063	8	292	12.8	30.1	3.1	13.2	3.4	2.2	220	9.6	22.6	2.3	9.9	2.6	1.7
Individual Thin (11")	508	6	167	6.9	20.2	1.6	6.2	2.0	1.9	197	8.1	23.9	1.9	7.3	2.4	2.2
Sharing Thin (14")	893	8	222	11.4	24.0	3.0	8.9	3.0	1.6	199	10.2	21.5	2.7	8.0	2.7	1.4
Individual Stuffed Crust (11")	616	6	225	10.6	20.4	1.8	11.0	4.7	2.2	220	10.3	19.9	1.7	10.7	4.6	2.1
Sharing Stuffed Crust (14")	1165	8	312	16.1	31.2	3.2	13.5	5.4	1.8	214	11.1	21.4	2.2	9.2	3.7	1.3
Cheesy Bites (14")	1165	8	312	16.1	31.2	3.2	13.5	5.4	1.8	214	11.1	21.4	2.2	9.2	3.7	1.3
Individual Piri-Piri Stuffed Crust (11")	630	6	229	11.0	21.1	2.2	10.9	5.1	2.4	218	10.5	20.0	2.1	10.4	4.8	2.3
Sharing Piri-Piri Stuffed Crust (14")	1183	8	319	16.9	32.1	3.7	13.6	5.9	2.4	216	11.4	21.7	2.5	9.2	4.0	1.6
Gluten Free (9" Square)	462	6	170	4.2	20.7	2.5	7.3	2.0	1.7	221	5.4	26.9	3.2	9.5	2.6	2.2

NUTRITIONAL DECLARATION

Updated March 2022

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	Weight of Pizza (g)	Number of Slices per Pizza	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice(g)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100g)	Sugar per 100(g)	Fat per 100 (g)	Saturated Fat per 100 (g)	Salt per 100 (g)
Vegan Pizzas																
Vegan Margherita																
Individual Pan (9")	380	6	159	3.7	19.6	0.4	7.0	3.5	1.0	251	5.8	31.0	0.6	11.1	5.5	1.6
Sharing Pan (13")	732	8	224	5.8	29.7	0.8	8.7	3.7	1.4	245	6.4	32.5	0.8	9.5	4.1	1.6
Individual Thin (11")	377	6	140	3.8	20.9	0.4	4.3	3.2	0.7	222	6.1	33.4	0.7	6.9	5.0	1.1
Sharing Thin (14")	562	8	150	4.3	23.0	0.6	4.4	3.2	0.7	214	6.1	32.7	0.9	6.2	4.5	1.0
Gluten Free (9" Square)	331	6	146	1.3	22.0	1.3	5.5	3.2	0.7	265	2.3	39.9	2.4	10.0	5.9	1.2
Vegan Stuffed Crust	469	6	189	3.9	24.2	0.5	8.4	6.9	1.2	242	5.0	31.0	0.7	10.7	8.9	1.5
Vegan Veggie																
Individual Pan (9")	476	6	154	4.0	20.2	1.2	6.1	2.5	0.9	194	5.1	25.4	1.5	7.6	3.2	1.2
Sharing Pan (13")	1013	8	239	6.4	32.1	2.0	9.0	3.8	1.5	189	5.1	25.3	1.6	7.1	3.0	1.1
Individual Thin (11")	473	6	134	4.2	21.3	1.1	3.3	2.2	0.6	170	5.3	27.0	1.4	4.2	2.7	0.8
Sharing Thin (14")	843	8	165	4.9	25.3	1.9	4.6	3.2	0.8	157	4.6	24.0	1.8	4.4	3.0	0.7
Gluten Free (9" Square)	427	6	141	1.6	22.4	2.1	4.5	2.3	0.6	198	2.3	31.5	2.9	6.4	3.2	0.8
Vegan Stuffed Crust	565	6	183	4.3	24.6	1.3	7.4	6.0	1.1	195	4.5	26.1	1.3	7.9	6.3	1.2
Vegan Pepperphoni Feast																
Individual Pan (9")	383	6	157	3.9	19.4	0.7	6.9	2.6	1.1	245	6.2	30.4	1.0	10.8	4.1	1.7
Sharing Pan (13")	794	8	241	6.2	30.6	1.0	10.1	3.9	1.7	243	6.3	30.8	1.0	10.2	3.9	1.7
Individual Thin (11")	380	6	137	4.1	20.6	0.6	4.2	2.2	0.8	216	6.4	32.5	0.9	6.5	3.5	1.2
Sharing Thin (14")	624	8	167	4.7	23.9	0.9	5.8	3.3	1.0	214	6.0	30.6	1.1	7.4	4.2	1.3
Gluten Free (9" Square)	334	6	144	1.5	21.6	1.5	5.4	2.3	0.7	258	2.7	38.8	2.7	9.6	4.2	1.3
Vegan Stuffed Crust	472	6	186	4.2	23.9	0.7	8.2	6.0	1.3	237	5.3	30.3	0.9	10.5	7.7	1.6
Vegan Hot 'N' Spicy Veg																
Individual Pan (9")	444	6	148	3.8	19.3	0.9	6.0	2.5	1.0	200	5.1	26.0	1.2	8.0	3.4	1.4
Sharing Pan (13")	937	8	229	6.0	30.7	1.5	8.8	3.8	1.6	196	5.1	26.2	1.3	7.5	3.2	1.4
Individual Thin (11")	441	6	129	3.9	20.5	0.8	3.2	2.2	0.7	175	5.4	27.8	1.1	4.4	2.9	1.0
Sharing Thin (14")	767	8	155	4.5	23.8	1.3	4.4	3.2	0.9	162	4.7	24.8	1.3	4.6	3.3	1.0
Gluten Free (9" Square)	395	6	135	1.4	21.5	1.7	4.4	2.3	0.7	205	2.1	32.7	2.6	6.7	3.4	1.0
Vegan Stuffed Crust	533	6	178	4.0	23.7	0.9	7.3	5.9	1.2	200	4.5	26.7	1.1	8.2	6.7	1.4
Vegan Flamin' Buffalo																
Individual Pan (9")	491	6	175	4.3	19.9	1.4	8.4	2.7	2.1	214	5.3	24.3	1.7	10.2	3.3	2.6
Sharing Pan (13")	974	8	261	6.6	31.2	2.0	11.6	4.0	3.1	214	5.4	25.6	1.6	9.5	3.3	2.5
Individual Thin (11")	488	6	159	4.6	21.7	1.4	5.8	2.5	1.9	196	5.7	26.6	1.7	7.1	3.0	2.3
Sharing Thin (14")	804	8	190	5.2	25.0	1.8	7.4	3.5	2.4	189	5.1	24.8	1.7	7.4	3.5	2.4
Gluten Free (9" Square)	442	6	162	1.9	22.1	2.2	6.8	2.4	1.7	220	2.6	30.0	3.0	9.3	3.3	2.3
Vegan Stuffed Crust	580	6	205	4.6	24.3	1.4	9.7	6.1	2.3	212	4.7	25.2	1.5	10.1	6.3	2.3

NUTRITIONAL DECLARATION

Updated March 2022

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	Average Weight of Portion (g)	Energy per Portion (kcal)	Protein per Portion (g)	Carbohydrate per Portion (g)	Sugar per Portion (g)	Fat per Portion (g)	Saturated Fat per Portion (g)	Salt per Portion (g)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100g (g)	Sugar per 100g (g)	Fat per 100g (g)	Saturated Fat per 100g (g)	Salt per 100g (g)	
Flatbreads																
Chicken Delight Flatbread	300	500	27.3	58.7	6.2	16.1	5.6	3.0	167	9.1	19.6	2.1	5.4	1.9	0.6	
The Little G.O.A.T Flatbread	316	537	25.6	63.7	10.3	18.9	10.0	3.2	170	8.1	20.2	3.2	6.0	3.2	1.0	
Virtuous Veg Flatbread	301	439	20.1	60.5	6.7	12.0	5.2	2.7	146	6.7	20.1	2.2	4.0	1.7	0.9	
Vegan Virtuous Veg Flatbread	289	401	13.4	64.7	6.0	8.9	6.4	2.8	139	4.6	22.4	2.1	3.1	2.2	1.0	
BBQ Chicken 'N' Bacon Flatbread	278	550	33.4	58.3	5.8	19.1	7.1	3.8	198	12.0	21.0	2.1	6.9	2.6	1.4	
The Little Flamin Buffalo Flatbread	313	461	16.4	61.4	8.3	15.1	1.3	8.3	147	5.2	19.6	2.7	4.8	0.4	2.7	
Mains																
	Average Weight of Portion (g)	Energy per Portion (kcal)	Protein per Portion (g)	Carbohydrate per Portion (g)	Sugar per Portion (g)	Fat per Portion (g)	Saturated Fat per Portion (g)	Salt per Portion (g)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100g (g)	Sugar per 100g (g)	Fat per 100g (g)	Saturated Fat per 100g (g)	Salt per 100g (g)	
Lasagne	450	790	37.5	65.5	16.4	42.8	20.6	3.2	176	8.3	14.5	3.6	9.5	4.6	0.7	
(Additional Garlic Bread)	30	89	2.3	12.2	0.8	3.4	1.0	0.2	297	7.7	40.7	2.7	11.3	3.3	0.7	
Mac 'N' Cheese	460	824	38.0	80.8	6.8	37.9	22.8	3.5	179	8.3	17.6	1.5	8.2	4.9	0.8	
	Weight of Pizza (g)	Number of Slices per Pizza	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice(g)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100(g)	Sugar per 100(g)	Fat per 100 (g)	Saturated Fat per 100 (g)	Salt per 100 (g)
Buffet Pizzas																
Margherita																
Individual Pan (9")	410	8	128	5.3	13.3	0.7	5.8	2.1	0.7	250	10.3	26.0	1.4	11.3	4.2	1.4
Sharing Pan (13")	847	12	175	7.3	18.7	1.0	7.6	2.8	1.0	248	10.3	26.6	1.4	10.7	4.0	1.5
Individual Thin (11")	407	8	116	5.5	14.6	0.6	3.8	2.0	0.6	229	10.8	28.7	1.2	7.5	3.9	1.1
Hawaiian																
Individual Pan (9")	464	8	124	5.7	13.8	1.3	4.9	1.6	0.8	214	9.7	23.7	2.3	8.5	2.7	1.4
Sharing Pan (13")	970	12	170	7.8	19.5	1.9	6.5	2.1	1.1	210	9.6	24.1	2.4	8.0	2.6	1.4
Individual Thin (11")	461	8	112	5.9	15.0	1.2	3.0	1.4	0.7	194	10.2	26.1	2.1	5.2	2.5	1.1
Pepperoni																
Individual Pan (9")	408	8	137	5.3	13.2	0.6	6.8	2.4	0.8	269	10.4	25.8	1.2	13.4	4.6	1.6
Sharing Pan (13")	844	12	187	7.3	18.6	0.8	9.0	3.1	1.1	266	10.3	26.4	1.2	12.8	4.5	1.6
Individual Thin (11")	405	8	125	5.5	14.4	0.5	4.9	2.2	0.7	247	10.9	28.5	1.1	9.6	4.3	1.3
BBQ Americano																
Individual Pan (9")	509	8	142	7.3	15.1	1.9	5.5	1.8	0.9	223	11.5	23.8	2.9	8.6	2.8	1.4
Sharing Pan (13")	1090	12	199	10.7	21.4	2.5	7.4	2.5	1.3	219	11.8	23.5	2.8	8.1	2.7	1.4
Individual Thin (11")	506	8	130	7.6	16.6	1.9	3.5	1.6	0.7	206	12.0	26.2	3.0	5.6	2.5	1.1
BBQ Beef & Onion																
Individual Pan (9")	439	8	132	4.9	15.9	1.9	5.3	1.8	0.5	241	8.9	29.0	3.4	9.7	3.4	1.0
Sharing Pan (13")	908	12	181	6.8	22.1	2.3	7.1	2.5	0.7	239	9.0	29.2	3.0	9.4	3.3	1.0
Individual Thin (11")	435	8	117	5.3	16.3	1.9	3.3	1.6	0.6	216	9.7	30.1	3.5	6.1	3.0	1.2
Simply Veggie																
Individual Pan (9")	496	8	121	4.7	14.1	1.2	4.9	1.6	0.7	196	7.6	22.8	1.9	7.9	2.5	1.1
Sharing Pan (13")	1053	12	167	6.5	20.1	1.7	6.4	2.1	1.0	191	7.5	22.9	1.9	7.3	2.4	1.1
Individual Thin (11")	493	8	109	4.9	15.4	1.1	1.1	1.4	0.5	177	8.0	25.0	1.7	4.7	2.3	0.8
Classic Chicken																
Individual Pan (9")	471	8	124	5.4	14.6	0.9	4.8	1.6	0.4	210	9.1	24.8	1.6	8.2	2.7	0.7
Sharing Pan (13")	999	12	171	7.6	20.7	1.3	6.3	2.1	0.6	205	9.1	24.8	1.6	7.6	2.6	0.7
Individual Thin (11")	467	8	109	5.8	14.9	0.9	2.8	1.4	0.5	186	9.9	25.5	1.6	4.8	2.4	0.9
Veggie Hot																
Individual Pan (9")	469	8	120	4.4	14.8	1.2	4.7	1.6	0.4	205	7.5	2.5	2.0	8.1	2.7	0.7
Sharing Pan (13")	989	12	165	6.1	21.0	1.7	6.2	2.1	0.6	200	7.4	2.5	2.0	7.5	2.5	0.7
Individual Thin (11")	465	8	104	4.7	15.2	1.0	2.9	1.3	0.4	179	8.1	2.6	1.8	5.0	2.3	0.7
Spicy Chicken																
Individual Pan (9")	474	8	124	5.3	14.6	0.9	4.8	1.6	0.5	209	9.0	24.7	1.6	8.1	2.7	0.9
Sharing Pan (13")	972	12	170	7.5	20.7	1.3	6.3	2.1	0.7	210	9.3	25.5	1.6	7.8	2.6	0.8
Individual Thin (11")	470	8	109	5.8	14.9	0.9	2.8	1.4	0.6	185	9.8	25.3	1.5	4.7	2.4	1.0
Three Cheese & Caramelised Onion																
Individual Pan (9")	505	8	127	4.5	16.2	2.0	4.8	1.6	0.44	202	7.1	25.6	3.1	7.6	2.6	0.69
Sharing Pan (13")	1062	12	174	6.2	22.9	2.9	6.2	2.2	0.61	196	7.0	25.9	3.2	7.0	2.5	0.69
Individual Thin (11")	483	8	141	6.5	16.5	1.7	5.2	2.6	0.64	233	10.8	27.4	2.8	8.7	4.3	1.06

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Buffet Sides															
Buffet Pasta															
Marinara Pasta	82	100	2.3	12.0	2.9	4.6	0.6	0.3	121	2.8	14.6	3.5	5.7	0.8	0.4
Four Cheese & Broccoli Pasta	97	105	4.2	11.4	2.6	4.6	2.4	0.6	108	4.3	11.8	2.7	4.8	2.4	0.6
Garlic Breadsticks															
..	33	81	2.7	12.7	0.0	1.9	0.5	0.6	244	8.3	38.5	0.0	5.8	1.5	1.7
	Average Weight of Portion (g)	Energy per Portion (kcal)	Protein per Portion (g)	Carbohydrate per Portion (g)	Sugar per Portion (g)	Fat per Portion (g)	Saturated Fat per Portion (g)	Salt per Portion (g)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100g (g)	Sugar per 100g (g)	Fat per 100g (g)	Saturated Fat per 100g (g)	Salt per 100g (g)
Little Boss															
Pan Pizza Margherita	206	434	18.6	55.1	3.1	14.4	5.4	2.7	211	9.1	26.8	1.5	7.0	2.6	1.3
Thin Pizza Margherita	206	434	18.6	55.1	3.1	14.4	5.4	2.7	211	9.1	26.8	1.5	7.0	2.6	1.3
Gluten Free Margherita	181	395	14.4	42.3	6.2	17.5	8.2	1.5	219	8.0	23.4	3.4	9.7	4.5	0.8
Mains															
Spaghetti Bolognese	250	198	12.8	27.5	5.8	3.3	1.3	0.6	79	5.1	11.0	2.3	1.3	0.5	0.2
Cheesy Pasta	250	385	12.0	52.9	5.4	15.2	6.7	1.4	154	4.8	21.2	2.2	6.1	2.7	0.6
Chicken 'N' Fries	230	421	19.8	45.4	1.1	17.0	2.6	2.1	183	8.6	19.7	0.5	7.4	1.1	0.9
Southern Fried Nuggets 'N' Fries	205	374	10.6	39.5	1.0	18.1	1.8	2.0	183	5.2	19.3	0.5	8.8	0.9	1.0
Desserts															
Raspberry Ice	75	94	0.1	22.7	20.4	0.2	0.2	0.1	125	0.1	30.3	27.2	0.3	0.3	0.1
Drinks															
Semi Skimmed Milk	225	101	7.7	10.1	10.1	3.4	2.3	0.0	45	3.4	4.5	4.5	1.5	1.0	0.0
Kids Orange Juice	230	101	0.2	23.9	23.9	0.2	<0.1	0.0	44	0.1	10.4	10.4	0.1	<0.1	0.0
Kids Apple Juice	230	97	1.2	21.2	21.2	0.2	<0.1	0.1	42	0.5	9.2	9.2	0.1	<0.1	0.0
Robinsons Squash - Orange	230	2	0.0	0.0	0.0	0.0	0	0.1	1	0.0	0.0	0.0	0.0	0.0	0.0
Robinsons Squash - Apple & Blackcurrant	230	5	0.0	0.0	0.0	0.0	0	0.1	2	0.0	0.0	0.0	0.0	0.0	0.0
	Average Weight of Portion (g)	Energy per Portion (kcal)	Protein per Portion (g)	Carbohydrate per Portion (g)	Sugar per Portion (g)	Fat per Portion (g)	Saturated Fat per Portion (g)	Salt per Portion (g)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100g (g)	Sugar per 100g (g)	Fat per 100g (g)	Saturated Fat per 100g (g)	Salt per 100g (g)
Big Boss															
Pan Pizza Margherita	206	434	18.6	55.1	3.1	14.4	5.4	2.7	211	9.1	26.8	1.5	7.0	2.6	1.3
Thin Pizza Margherita	206	434	18.6	55.1	3.1	14.4	5.4	2.7	211	9.1	26.8	1.5	7.0	2.6	1.3
Gluten Free Margherita	181	395	14.4	42.3	6.2	17.5	8.2	1.5	219	8.0	23.4	3.4	9.7	4.5	0.8
*Nutritionals do not include any choices made at the Salad Station.															
Mains															
Chicken 'N' Fries	230	421	19.8	45.4	1.1	17.0	2.6	2.1	183	8.6	19.7	0.5	7.4	1.1	0.9
Southern Fried Nuggets 'N' Fries	205	374	10.6	39.5	1.0	18.1	1.8	2.0	183	5.2	19.3	0.5	8.8	0.9	1.0
Lasagne	225	395	18.7	32.7	8.2	21.4	10.3	1.6	176	8.3	14.5	3.6	9.5	4.6	0.7
Mac 'N' Cheese	230	412	19.0	40.4	3.4	19.0	11.4	1.8	179	8.3	17.6	1.5	8.2	4.9	0.8
Sides															
Fries	125	209	2.8	27.5	0.6	9.3	1.1	1.3	167	2.2	22.0	0.5	7.4	0.9	1.0
Garlic Bread	60	178	4.5	24.3	1.6	6.7	2.0	0.4	297	7.5	40.5	2.7	11.2	3.3	0.7
Onion Rings	82	154	2.4	26.9	3.8	6.7	1.2	0.8	188	2.9	32.9	4.7	8.2	1.5	1.0
Mini Corn on the Cob	108	143	4.3	19.1	11.7	3.8	0.6	0.0	133	4.0	17.7	10.8	3.5	0.6	0.0
Desserts															
Raspberry Ice	75	94	0.1	22.7	20.4	0.2	0.2	0.1	125	0.1	30.3	27.2	0.3	0.3	0.1
Kids Chocolate Brownie	143	394	6.2	49.9	37.9	19.1	11.4	0.2	276	4.3	35.0	26.6	13.4	8.0	0.1

NUTRITIONAL DECLARATION

Updated March 2022

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

The below nutritional information for our menu is provided as a guide. All our dishes are finished by hand, therefore these are approximate values only.																
Ice Cream Factory																
Our Food Team have worked hard to develop the perfect recipe for your Ice Cream Creation! The following nutritional information is based on our recommended portions.																
Kids Ice Cream Factory																
	Average Weight of portion (g)	Energy per portion (kcal)	Protein per portion (g)	Carbohydrate per portion (g)	Sugar per portion (g)	Fat per portion (g)	Sat Fat per portion (g)	Salt per portion (g)								
Typical portion Ice Cream	129	184	5.2	23.0	23.0	8.0	5.3	0.2								
Typical portion Choc Sauce	8	24	0.1	5.4	5	0.2	0.1	0								
Toppings(3)	22	100	0.7	16.9	17.2	3.4	2.2	0.1								
TOTAL	159	308	6.0	45.2	44.7	11.6	7.6	0.2								
Adults Ice Cream Builder																
Typical portion Ice Cream	221	316	8.8	39.3	39.3	13.7	9.1	0.3								
Typical portion Choc Sauce	8	24	0.1	5.4	4.5	0.2	0.1	0.0								
Toppings(3)	22	100	0.7	16.9	17.2	3.4	2.2	0.1								
TOTAL	251	440	9.6	61.6	61.1	17.4	11.4	0.4								
Per 100g																
Ice Cream Builder Ice Cream		143	4	17.8	17.8	6.2	4.1	0.2								
Raspberry Sauce		263	0	66	51	0	0	0.2								
Chocolate Sauce		297	1.4	67.1	56.3	2.6	1.6	0.0								
Alphabet Sprinkles		421	0.9	93.0	83.0	5.5	2.6	0.1								
Gold Crunch		681	0	98	98	0	0	0.2								
Lemon Crunch		382	1	96	91	1	0.7	0.3								
Strawberry Crunch		382	0	98.7	98.7	0.3	0.2	0.1								
Milk Chocolate Chips		516	5.4	63	71.9	26.5	16.5	0.1								
Milk Chocolate Beans		460	2.5	77.4	77.2	15.6	10.9	0.3								
Chocolate Toffee Crunch		465	4	76.7	72.5	17.2	10.8	0.5								
	Average weight of Portion (g)	Energy per Portion (kcal)	Protein per Portion (g)	Carbohydrate per Portion (g)	Sugar per Portion (g)	Fat per Portion (g)	Saturated Fat per Portion (g)	Salt per Portion (g)	Energy per 100g (kcal)	Protein per 100g (g)	Carbohydrate per 100g (g)	Sugar per 100g (g)	Fat per 100g (g)	Saturated Fat per 100g (g)	Salt per 100g (g)	
Desserts																
Hot Cookie Dough (served with a scoop of ice cream & drizzle of sauce for all)																
White Chocolate & Caramel Cookie Dough	201	631	7.8	97.1	24.3	23.2	14.4	1.2	314	3.9	48.3	12.1	11.5	7.2	0.6	
Chocolate Chip Cookie Dough	201	651	9.2	91.7	55.5	26.9	16.2	1.0	324	4.6	45.6	27.6	13.4	8.1	0.5	
Cookies & Cream Cookie Dough	201	642	8.1	92.1	55.7	26.7	16.7	0.4	320	4.0	45.8	27.7	13.3	8.3	0.2	
Takeaway Cookie Dough																
(Small and Medium Cookie Doughs served with x1 Take Away Ice Cream Tub & a Drizzle of Sauce. Party Cookie Dough served with x2 Take Away Ice Cream Tubs & a Drizzle of Sauce)																
Small White Chocolate & Caramel	167	594	5.6	90.0	18.4	23.1	14.1	1.2	356	3.4	53.9	11.0	13.8	8.4	0.7	
Small Chocolate Chip	167	614	7.0	84.6	49.6	26.8	15.9	1.0	368	4.2	50.6	29.7	16.1	9.5	0.6	
Small Cookies & Cream	205	700	7.3	95.9	59.1	31.7	19.3	0.6	342	3.6	46.8	28.8	15.5	9.4	0.3	
Medium White Chocolate & Caramel	282	1084	9.7	168.3	91.6	40.8	24.9	2.3	385	3.5	59.7	32.5	14.5	8.8	0.8	
Medium Chocolate Chip	282	1125	12.4	157.3	89.2	48.2	28.4	1.9	399	4.4	55.8	31.6	17.1	10.1	0.7	
Medium Cookies & Cream	320	1202	11.8	169.0	98.8	52.8	32.4	1.0	376	3.7	52.8	30.9	16.5	10.1	0.3	
Party White Chocolate & Caramel	564	2169	19.5	336.5	183.3	81.5	49.9	4.6	385	3.5	59.7	32.5	14.5	8.8	0.8	
Party Chocolate Chip	564	2249	24.8	314.6	178.5	96.3	56.9	3.7	399	4.4	55.8	31.6	17.1	10.1	0.7	
Party Cookies & Cream	640	2405	23.5	338.0	197.7	105.6	64.8	2.0	376	3.7	52.8	30.9	16.5	10.1	0.3	
Hot Desserts																
Hot Chocolate Brownie (served with ice cream & sauce)	184	600	8.3	71.6	53.8	31.5	18.5	0.2	325.9	4.5	38.9	29.2	17.1	10.0	0.1	
Take Away Hot Chocolate Brownie (served with ice cream & sauce)	181	528	7.2	63.3	52.8	26.6	12.3	0.2	291	4.0	35.0	29.2	14.7	6.8	0.1	
Additional Take Away Vanilla Ice Cream Tub	52	66	1.5	9.3	8.3	2.5	1.2	0.1	127	2.9	17.9	15.9	4.8	2.4	0.1	
Cold Desserts																
I Can't Believe Its Not Cheesecake	107	468	2.9	47.8	25.0	29.5	12.0	0.6	437	2.7	44.7	23.4	27.6	11.2	0.53	
Raspberry Ice	150	188	0.2	45.5	40.8	0.5	0.5	0.2	125	0.1	30.3	27.2	0.3	0.3	0.1	
Additional Scoop Vanilla Ice cream	86	140	3.7	18.9	15.9	5.5	3.6	0.1	163	4.3	22.0	18.5	6.4	4.2	0.1	
Additional Chocolate Sauce	15	48	0.4	9.2	6.0	1.0	0.7	0.0	319	2.4	61.0	40.0	7.0	4.5	0.1	
Additional Salted Caramel Sauce	15	37	0.0	7.7	7.5	0.5	0.2	0.2	245	0.3	51.5	50.0	3.0	1.5	1.3	