

# Dietary Information Booklet

Please ask to speak with a manager if you need any further guidance

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

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

If you, or anyone with you today, has a food allergy, please check this booklet for information on the 14 allergens and the full list of ingredients.

Allergy data in the table has been derived from specifications obtained from the suppliers of the products. We have taken all reasonable steps to ensure that this table is accurate at the time of publishing (June 2023).

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

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RESTAURANTS

PRINTED JULY 2023

# OVERVIEW OF GLUTEN FREE PRODUCTS

## FOOD ALLERGIES

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

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
- Frank's RedHot® & Blue Cheese Drizzle
- Spicy Honey & BBQ Drizzle

## DIPS & BITS STATION & TAKEAWAY SAUCES

- Tomato Ketchup
- BBQ sauce
- Garlic Sauce Dip Pot
- BBQ Dip Pot
- Italian Hard Cheese
- Chilli Flakes

## SALAD STATION

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

## SALAD DRESSINGS & DIPS

- Thousand Island Dressing
- Blue Cheese Dressing
- Light Mayonnaise
- Low Fat French Dressing
- Garlic Mayonnaise
- Ranch Dressing
- Salsa

## PIZZA & SAUCES

- Gluten Free Dough
- Seasoned Tomato Sauce
- Unseasoned Tomato Sauce
- BBQ Sauce
- BBQ Drizzle
- Balsamic Drizzle
- Frank's RedHot® and Ranch Dressing
- Frank's RedHot® Drizzle
- Spicy Honey Drizzle
- Garlic Spread

## MEAT

- Bacon
- Chicken Breast
- Pepperoni
- Beef
- Ham
- Cup 'N' Crisp Pepperoni
- Spicy Pork

## 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 [marinated in Frank's RedHot®]
- Soya Based Chik'n

## CHEESE

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

## DESSERTS

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

## KIDS

- Gluten Free Dough (refer to toppings)
- Mini Corn on the Cob
- Chocolate Brownie
- Ice Cream Factory (including all sauces and sprinkles)
- Chilly Billy Apple & Blackcurrant Ice Lolly

## DRINKS

- Unlimited Drinks Station
- Fresh Semi skimmed Milk
- Robinsons Squash Orange / Apple & Blackcurrant
- Fruit Shoot All Flavours
- Gingerella Ginger Beer
- Soda Folk Sodas
- Irn Bru
- Still / Sparkling Water
- J20 All Flavours
- 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 / Mixed Fruit Tropical
- Bulmers Original Cider
- White Zinfandel
- Prosecco
- Pinot Grigio
- Merlot

# OVERVIEW OF VEGAN PRODUCTS

## FOOD ALLERGIES

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## SIDES

- Mini Corn on the Cob
- Vegan Southern Fried Nuggets

## DIPS & BITS STATION & TAKEAWAY SAUCES

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

## SALAD STATION

- 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
- Blue Cheese Dressing
- Garlic Mayonnaise
- Light Mayonnaise
- Ranch Dressing
- Low Fat French Dressing
- Salsa

## PIZZA & BASES

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

## PIZZA & FLATBREADS

- Vegan Veggie
- Vegan Margherita
- Vegan Pepperphoni Feast
- Vegan Hot 'N' Spicy Veg
- Vegan Flamin' Buffalo
- Vegan Virtuous Veg 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 [marinated in Frank's RedHot®]
- Soya Based Chik'n

## 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
- Raspberry Ice
- Chilly Billy Apple & Blackcurrant Ice Lolly

## DRINKS

- Bottle of Pepsi
- Irn Bru
- Still / Sparkling Water
- Robinsons Squash Orange / Apple & Blackcurrant
- Robinsons Fruit Shoot All Flavours
- J20 All Flavours
- Gingerella Ginger Beer
- Orange / Apple Juice
- All Take Away 1.5L Soft Drinks Excluding Diet Pepsi
- Soda Folk Cream Soda
- Soda Folk Cherry Soda
- Black Tea, Black Americano, Espresso Shot
- Prosecco
- San Miguel
- Budweiser
- BrewDog Punk IPA
- Koppaberg Cider Strawberry & Lime / Mixed Fruit Tropical
- 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.**

**FOOD ALLERGIES**

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



The '●' indicates that the allergen is **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.

Dish Name	Suitable for?				Does it contain?											
	Vegetarians	Vegans	Coeliacs	Cereals containing gluten above 20 ppm	Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphur Dioxide above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
<b>Sides</b>																
Fries	Yes	No	No	●			○									
Onion Rings	Yes	No	No	●			○									
Garlic Bread <i>(new recipe)</i>	Yes	No	No	●	○		○				○					
Garlic Bread with Cheese <i>(new recipe)</i>	Yes	No	No	●	○		●				○					
Mozzarella Sticks	Yes	No	No	●	○		●						○			
Vegan Southern Fried Nuggets	Yes	Yes	No	●			○									
Mini Corn on the Cob	Yes	Yes	Yes		●		○									
Cheesy Bite Bites / Loaded Cheesy Bite Bites / Loaded Spicy Cheesy Bite Bites	Yes	No	No	●	●		●									
Loaded Bacon Cheesy Bite Bites	No	No	No	●	●		●									
Chicken Wings	No	No	Yes				○									
Chicken Bites	No	No	No	●	●		○									
Chicken Combo	No	No	No	●	●		○									
<b>Double Chicken and Chicken Combo topped with parsley and one drizzle of your choice (choose between the following two drizzles)</b>																
Frank's RedHot® & Blue Cheese Drizzle	No	No	Yes				○									
Spicy Honey & BBQ Drizzle	No	No	Yes		●		○									
<b>Dips &amp; Bits Station</b>																
BBQ Sauce	Yes	Yes	Yes													
Tomato Ketchup	Yes	Yes	Yes													
Italian Hard Cheese	Yes	No	Yes				○	●								
Chilli Flakes	Yes	Yes	Yes													
<b>Takeaway Dip Pots</b>																
Heinz Garlic Sauce Dip Pot	Yes	No	Yes		●	●						●	●			
Heinz BBQ Sauce Dip Pot	Yes	Yes	Yes													
Heinz Sour Cream & Chive Dip Pot	Yes	No	No	●		●	●									
<b>Salad Station</b>																
<b>Dressed Salad Lines</b>																
Potato Salad	Yes	No	Yes				●							●		
Coleslaw	Yes	No	Yes				●							●		
Sweetcorn	Yes	Yes	Yes													
Diced Beetroot	Yes	Yes	Yes													
Jalapeños	Yes	Yes	Yes													
<b>Fresh Salad Lines</b>																
Carrots, Cherry Tomatoes, Cucumbers, Lettuce Mix, Peppers, Red Onions	Yes	Yes	Yes													
<b>Dried Items</b>																
Bacon Bits	Yes	Yes	No	●	●											
Croutons	Yes	Yes	No	●												
Tortilla Chips	Yes	Yes	Yes													
Crispy Onions	Yes	Yes	No	●												
Sultanas	Yes	Yes	Yes													
<b>Dressings &amp; Dips</b>																
Thousand Island Dressing	Yes	Yes	Yes													
Blue Cheese Dressing	Yes	Yes	Yes													
Garlic Mayonnaise	Yes	Yes	Yes										●			
Light Mayonnaise	Yes	Yes	Yes													
Ranch Dressing	Yes	Yes	Yes						●				●			
Low Fat French Dressing	Yes	Yes	Yes										●			
Salsa	Yes	Yes	Yes									●				

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The '•' indicates that the allergen is <b>contained</b> and <b>present</b> in this item.																
The '◦' means that this allergen is present in the manufacturing site/factory/supply chain, therefore our suppliers believe there is a <b>risk</b> that this allergen could <b>cross-contaminate</b> the food.																
Dish Name	Suitable for?				Does it contain?											
	Vegetarians	Vegans	Coeliacs	Cereals containing gluten above 20 ppm	Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphur Dioxide above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
<b>Pizza Builder</b>																
<b>Pizza Bases</b>																
Original Pan	Yes	Yes	No	•	•	◦										
All American Thin	Yes	Yes	No	•	•	◦										
Stuffed Crust	Yes	No	No	•	•	•										
Cheesy Bites	Yes	No	No	•	•	•										
Gluten Free	Yes	Yes	Yes			◦										
Vegan Stuffed Crust	Yes	Yes	No	•	•	◦										
Flatbread	Yes	Yes	No	•	•	◦										
Big New Yorker	Yes	No	No	•	•	•										
<b>Pizza Base Sauces</b>																
Unseasoned Tomato <i>(used on Gluten Free, Flatbread, Kids Pizzas)</i>	Yes	Yes	Yes			◦										
Seasoned Tomato <i>(used on All American Thin, Original Pan, Stuffed Crust, Cheesy Bites, Vegan Stuffed Crust, Big New Yorker)</i>	Yes	Yes	Yes			◦										
BBQ	Yes	Yes	Yes		•	◦										
<b>Cheese</b>																
Mozzarella	Yes	No	Yes			•										
Goats' Cheese	Yes	No	Yes			•										
Triple Cheese Blend	Yes	No	Yes			•										
Vegan Ch**se	Yes	Yes	Yes			◦										
<b>Pizza Toppings</b>																
Chicken Breast	No	No	Yes			◦										
Ham	No	No	Yes			◦										
Pepperoni	No	No	Yes			◦						•				
Beef	No	No	Yes		•	◦										
Bacon	No	No	Yes			◦										
Cup 'n' Crisp Pepperoni	No	No	Yes		•	◦						•				
Spicy Pork	No	No	Yes		•	◦										
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 <sup>#</sup>	Yes	Yes	Yes		•	◦										
Soya based Chik'n <sup>#</sup> in Frank's RedHot®	Yes	Yes	Yes		•	◦										
Pea Protein Pepperphoni <sup>***</sup>	Yes	Yes	Yes			◦										
**PLEASE NOTE: Peas are in the legume family, and people with allergies to other legumes like <b>Peanuts</b> and <b>Soya</b> should be careful when introducing pea protein due to the possibility of a pea allergy. <sup>#</sup> An olive is used to identify <b>Pea Protein Pepperphoni</b> and <b>Soya Based Chik'n</b> .																
<b>Pizza drizzle finish</b>																
Garlic Spread	Yes	No	Yes			◦										
BBQ Drizzle	Yes	Yes	Yes		•	◦										
Balsamic Drizzle	Yes	Yes	Yes			◦			•							
Frank's RedHot® & Ranch Drizzle	Yes	Yes	Yes			◦			•			•				
Frank's RedHot® Drizzle	Yes	Yes	Yes			◦										
Spicy Honey Drizzle	Yes	No	Yes			◦										

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	Vegetarians	Vegans	Coeliacs	Cereals containing gluten above 20 ppm	Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphur Dioxide above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
<b>Pizza Combinations (Tomato sauce base unless stated otherwise on the menu)</b>																
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 - New Recipe	No	No	Yes			●										
Chicken Chic (f.k.a. Chicken Supreme)	No	No	Yes			●			●							
Meat Feast (new recipe)	No	No	Yes		●	●							●			
Supreme (new recipe)	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			●										
Hot 'N' Spicy Chicken	No	No	Yes			●										
Meat Feast Hot (new recipe)	No	No	Yes		●	●							●			
Double Pepperoni & Spicy Honey	No	No	Yes		●	●							●			
Farmhouse	No	No	Yes			●										
Flamin' Buffalo*	Yes	No	Yes		●	●			●				●			
Veggie Pepperphoni Feast***	Yes	No	Yes			●										
Vegan Margherita	Yes	Yes	Yes			○										
Vegan Veggie	Yes	Yes	Yes			○										
Vegan Hot 'N' Spicy Veg	Yes	Yes	Yes			○										
Vegan Flamin' Buffalo*	Yes	Yes	Yes		●	○			●				●			
Vegan Pepperphoni Feast***	Yes	Yes	Yes			○										
<b>Flatbread Combinations (Tomato sauce base unless stated otherwise on the menu)</b>																
Virtuous Veg Flatbread	Yes	No	No	●	●	●			●							
Vegan Virtuous Veg Flatbread	Yes	Yes	No	●	●	○			●							
Chicken Delight Flatbread	No	No	No	●	●	●			●				●			
The Little G.O.A.T. Flatbread	Yes	No	No	●	●	●			●							
BBQ Chicken 'N' Ham Flatbread (new recipe)	No	No	No	●	●	●										
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<b>Melts</b>																
Meat Feast Melt (served with Marinara sauce)	No	No	No	●	●	●							●			
Pepperoni Melt (served with Marinara sauce)	No	No	No	●	●	●							●			
BBQ Chicken Melt (served with BBQ sauce)	No	No	No	●	●	●										
Spicy Veg Melt (served with Marinara sauce)	Yes	No	No	●	●	●										
Fries (served with Melts for dine in)	Yes	No	No	●		○										
<b>Buffet Pizza</b>																
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	●	●	●										
Three Cheese & Caramelised Onion	Yes	No	No	●	●	●			●							
BBQ Beef & Onion	No	No	No	●	●	●										
Double Pepperoni & Spicy Honey	No	No	No	●	●	●							●			
<b>Buffet Sides</b>																
Garlic Breadsticks	Yes	Yes	No	●	●	○										
Cheesy Garlic Breadsticks	Yes	No	No	●	●	●										
Tomato Pasta	Yes	Yes	No	●	●	○						●				
Four Cheese & Broccoli Pasta	Yes	No	No	●	●	●										
<b>Pasta</b>																
Lasagne	No	No	No	●		●	●									
Classic Mac 'N' Cheese	Yes	No	No	●		●	●						●			

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<b>Little and Big Kids</b>																
<b>Pizza (with unseasoned tomato sauce)</b>																
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			○						●				
Beef	No	No	Yes		●	○										
Bacon	No	No	Yes			○										
Spicy Pork	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*	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 <b>Peanuts and Soya</b> should be careful when introducing pea protein due to the possibility of a pea allergy. *An olive is used to identify <b>Pea Protein Pepperphoni</b> and <b>Soya Based Chik'n</b> .																
<b>Mains</b>																
Cheesy Pasta	Yes	No	No	●		●										
Spaghetti Bolognese	No	No	No	●		○										
Mozzarella <i>(served with Spaghetti Bolognese)</i>	Yes	No	Yes			●										
Mac 'N' Cheese	Yes	No	No	●		●						●				
Chicken 'N' Fries	No	No	No	●	●	○						●			○	
Vegan Southern Fried Nuggets 'N' Fries	Yes	No	No	●		○										
<b>Sides</b>																
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	●	○	○				○						
<b>Drinks</b>																
Milk	Yes	No	Yes			●										
Apple Juice / Orange Juice	Yes	Yes	Yes													
Fruit Shoots - All Flavours	Yes	Yes	Yes	Refer directly to the supplier - Fruit Shoot - <a href="http://www.fruitshoot.com/gb">www.fruitshoot.com/gb</a>												
<b>All fountain drinks contain a source of Phenylalanine.</b>																
Tango Orange / Tango Apple / 7UP Zero / Pepsi Max / Diet Pepsi	Yes	No	Yes	Refer directly to the supplier - Pepsi - <a href="http://www.pepsi.co.uk">www.pepsi.co.uk</a> , 7UP - <a href="http://www.7up.co.uk">www.7up.co.uk</a> , Tango - <a href="http://www.tango.co.uk">www.tango.co.uk</a>												
Robinsons Squash - All flavours	Yes	Yes	Yes	Refer directly to the supplier - Robinsons - <a href="http://www.robinsonssquash.co.uk">www.robinsonssquash.co.uk</a>												
<b>Desserts</b>																
Chocolate Brownie <i>(Served with Vanilla Ice Cream and Chocolate Sauce)</i>	Yes	No	Yes		●	●	●		○							○
Raspberry Ice	Yes	Yes	Yes			○										
Chilly Billy Apple & Blackcurrant Ice Lolly	Yes	Yes	Yes													○



**FOOD ALLERGIES**

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



The '•' indicates that the allergen is <b>contained</b> and <b>present</b> in this item.																
The 'o' means that this allergen is present in the manufacturing site/factory/supply chain, therefore our suppliers believe there is a <b>risk</b> that this allergen could <b>cross-contaminate</b> the food.																
Dish Name	Suitable for?			Does it contain?												
	Vegetarians	Vegans	Coeliacs	Cereals containing gluten above 20 ppm	Soya	Egg	Milk (e.g. cheese)	Fish / shellfish	Mollusc	Sulphur Dioxide above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
<b>Ice Cream Factory</b>																
Ice Cream Mix	Yes	No	Yes				•									
Raspberry Sauce	Yes	Yes	Yes				o									
Chocolate Sauce	Yes	No	Yes		•		•									
Strawberry Crunch	Yes	No	Yes				o									
Milk Chocolate Beans	Yes	No	Yes		•		•									
Chocolate Toffee Crunch	Yes	No	Yes				•									
Milk Chocolate Chips	Yes	No	Yes		•		•									
Lemon Crunch	Yes	No	Yes				o									
Golden Crunch / Gold Stars	Yes	No	Yes		o		o									
Alphabet Sprinkles	Yes	Yes	Yes				o									
Tropical Crush	Yes	Yes	Yes				o									
Mixed Coloured Stars	Yes	Yes	Yes				o									
Mixed Chocolate Chips	Yes	No	Yes		•		•									
<b>Hot Cookie Dough - All Sizes (Served with Vanilla Ice Cream and Sauce)</b>																
Chocolate Chip Cookie Dough	Yes	No	No	•	•	o	•									o
White Chocolate & Caramel Cookie Dough	Yes	No	No	•	•	o	•									o
Birthday Cake Cookie Dough	Yes	No	No	•	•	o	•				o					o
<b>Desserts</b>																
I Can't Believe It's Not Cheesecake	Yes	Yes	No	•	•	o	o			o						o
Chocolate Brownie (Served with Vanilla Ice Cream and Chocolate Sauce)	Yes	No	Yes		•	•	•			o						o
Raspberry Ice	Yes	Yes	Yes				o									
<b>Dessert Additions</b>																
Vanilla Ice Cream	Yes	No	Yes				•									
Take Away Vanilla Ice Cream	Yes	No	Yes				•									
Chocolate Sauce	Yes	No	Yes		•		•									
Salted Caramel Sauce	Yes	No	Yes				•									
Mixed Berry Sauce	Yes	No	No	o	o	o	o			o		o				
<b>Drinks</b>																
<b>Soft Drinks</b>																
<b>All fountain drinks contain a source of Phenylalanine.</b>																
Tango Orange / Tango Apple / 7UP Zero / Pepsi Max / Diet Pepsi	Yes	No	Yes	Refer directly to the supplier - Pepsi - www.pepsi.co.uk, 7UP - www.7up.co.uk, Tango - www.tango.co.uk												
Flavour Shots – Cherry/Vanilla/Lime/ Strawberry	Yes	No	Yes													
Robinsons Squash - All Flavours	Yes	Yes	Yes	Refer directly to the supplier - Robinsons - www.robinsonssquash.co.uk												
Belu Still / Sparkling Water	Yes	Yes	Yes	Refer directly to the supplier - Belu - www.belu.org												
Bottle of Pepsi	Yes	Yes	Yes	Refer directly to the supplier - Pepsi - www.pepsi.co.uk												
Irn Bru	Yes	Yes	Yes	Refer directly to the supplier - A.G. Barr - www.agbarr.co.uk												
Apple Juice / Orange Juice	Yes	Yes	Yes													
J20 - All Flavours	Yes	Yes	Yes	Refer directly to the supplier - J20 - www.j20.co.uk												
Gingerella	Yes	Yes	Yes	Refer directly to the supplier - Karma Cola - www.karmacola.co.uk												
Soda Folk – Cream Soda / Cherry Soda	Yes	Yes	Yes	Refer directly to the supplier - Soda Folk - www.sodafolk.com												
Bottle of 7UP Zero / Pepsi Max Tango Orange / Pepsi	Yes	Yes	Yes	Refer directly to the supplier - Pepsi - www.pepsi.co.uk, 7UP - www.7up.co.uk, Tango - www.tango.co.uk												
Bottle of Diet Pepsi	Yes	No	Yes	Refer directly to the supplier - Pepsi - www.pepsi.co.uk												
<b>Hot Drinks</b>																
Black Tea	Yes	Yes	Yes													
Tea with Milk	Yes	No	Yes				•									
Hot Chocolate	Yes	No	Yes				•									
Black Americano	Yes	Yes	Yes													
Americano with Milk	Yes	No	Yes				•									
Caffe Latte	Yes	No	Yes				•									
Cappuccino	Yes	No	Yes				•									
Espresso Shot	Yes	Yes	Yes													
<b>Alcoholic Drinks</b>																
Pinot Grigio / Merlot / White Zinfandel	No	No	Yes	Refer directly to the supplier - Matthew Clark - www.matthewclark.co.uk												
Prosecco	Yes	Yes	Yes	Refer directly to the supplier - Matthew Clark - www.matthewclark.co.uk												
Budweiser	Yes	Yes	No	Refer directly to the supplier - Budweiser - www.budweiser.com/en/company/products/budweiser												
San Miguel	Yes	Yes	No	Refer directly to the supplier - San Miguel - www.sanmiguel.com												
BrewDog Punk IPA	Yes	Yes	No	Refer directly to the supplier - BrewDog - www.BrewDog.com												
Kopparberg Strawberry & Lime	Yes	Yes	Yes	Refer directly to the supplier - Kopparberg - www.kopparberg.co.uk/faqs/												
Kopparberg Mixed Fruit Tropical	Yes	Yes	Yes	Refer directly to the supplier - Kopparberg - www.kopparberg.co.uk/faqs/												
Bulmers	Yes	Yes	Yes	Refer directly to the supplier - Bulmers - www.bulmers.co.uk/nutritional-values												



## INGREDIENT INFORMATION (updated July 2023)

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Sides	
<b>Fries</b>	
Fries	Potatoes, Sunflower oil, <b>Wheat (Gluten)</b> flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
<b>Onion Rings</b>	
Onion Rings	Diced Onions (53%), <b>Wheat</b> flour, Vegetable oils (rapeseed, sunflower, in varying proportions), Gelling agent (E401), Salt, Yeast, Sugar, Flavouring (Paprika extract; Turmeric extract)
<b>Garlic Bread (new recipe)</b>	
Garlic Bread (new recipe)	Wheat Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Fat Spread (17%) [Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Flavouring, Colour (Carotenes), Garlic (3%) (Puree and Chopped), Yeast, Salt, Oregano, Preservative (Calcium Propionate), Lemon Juice, Flour Treatment Agent (Ascorbic Acid), Enzymes (contains <b>Wheat</b> ). <i>May contain Soya, Sesame and Milk</i>
<b>Garlic Bread with Cheese (new recipe)</b>	
Garlic Bread (new recipe)	Wheat Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Fat Spread (17%) [Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Flavouring, Colour (Carotenes), Garlic (3%) (Puree and Chopped), Yeast, Salt, Oregano, Preservative (Calcium Propionate), Lemon Juice, Flour Treatment Agent (Ascorbic Acid), Enzymes (contains <b>Wheat</b> ). <i>May contain Soya, Sesame and Milk</i>
Mozzarella Cheese (optional)	Mozzarella Cheese (Pasteurised <b>Milk</b> , Salt, Lactic Cultures), Potato Starch.
<b>Mozzarella Sticks</b>	
Mozzarella Sticks	Breading (52%) ( <b>Wheat</b> Flour, Water, Sunflower Oil, Maize Starch, Salt, Yeast, Potato Flake, Dehydrated Onion, Pea Protein, Dehydrated Parsley, Raising Agents (E450, E500), Stabiliser (E461), Black Pepper, Garlic Powder, Flavourings, Dextrose, Colour (E101)), Mozzarella Cheese (48%)( <b>Milk</b> ) (contains Anti-Caking Agent(Potato Starch)).
<b>Vegan Southern Fried Nuggets</b>	
Vegan Southern Fried Nuggets	Mycoprotein (53%), <b>Wheat Flour</b> (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Breadcrumb ( <b>Wheat Flour</b> , Calcium Carbonate, Iron, Niacin, Thiamine, Yeast, Salt), <b>Wheat</b> Starch, Potato Protein, <b>Wheat</b> Gluten, Salt, Firming Agents: Calcium Chloride, Calcium Acetate; Water, Natural Flavouring, Pea Fibre, Spices (Paprika, Fennel, Black Pepper), Yeast Extract, Stabilisers: Carrageenan, Sodium Alginate; Black Pepper, Rice Flour, Dextrose, Acid: Citric Acid; Garlic Extract, Onion Oil.
<b>Chicken Wings</b>	
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.
<b>Chicken Bites</b>	
Chicken Bites	Chicken, <b>Wheat</b> Flour, Rapeseed Oil, Water, Rice Starch, Salt, Dextrose, Stabilisers: E451, E450, E452; <b>Wheat</b> Gluten, Onion Powder, Black Pepper, Garlic Powder, Raising Agents: E341(i), E450(ii); Yeast Extract, Modified Maize Starch, Sunflower Oil, Cayenne Pepper, Flavouring, Black Pepper Extract.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya</b> Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
<b>Spicy Honey &amp; BBQ Drizzle (for Double Chicken)</b>	
Spicy Honey Drizzle	Honey (99.98%), Chilli Extract (0.02%)
BBQ Drizzle (Gluten Free)	Water, Tomato Paste, Sugar, Spirit Vinegar, Glucose-Fructose Syrup, <b>Soy</b> Sauce (Water, <b>Soya</b> Extract [Water, <b>Soya</b> Beans, Salt, <b>Wheat*</b> Flour (With Calcium, Iron, Niacin (Vitamin B3), Thiamin (Vitamin B1)]), Salt, Glucose, Spirit Vinegar, <b>Barley*</b> Malt Extract), Modified Maize Starch, Spices, Caramelised Sugar Syrup, Salt, Smoke Flavouring, Preservative (Potassium). <i>*Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')</i>
Dried Parsley	Parsley
<b>Frank's RedHot® &amp; Blue Cheese Drizzle (for Double Chicken)</b>	
Frank's RedHot® Drizzle	Fermented Red Cayenne Peppers (35%), Spirit Vinegar, Water, Salt, Garlic Powder.
Blue Cheese Drizzle	Rapeseed Oil, Water, Glucose-Fructose Syrup, White Wine Vinegar, Modified Starch, Salt, Natural Flavouring, Preservative (Potassium Sorbate), Dried Onion, Dried Garlic, Stabiliser (Xanthan Gum), Acidity Regulator (Lactic Acid), Dried Parsley.
Dried Parsley	Parsley
<b>Jalapeno Poppers</b>	
Jalapeno Poppers	Full Fat Soft Cheese ( <b>Milk</b> ) (28%), Red Jalapeño Peppers (26%), Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin), Water, Cornflour, <b>Wheat</b> Starch, Sunflower Oil, Dried Red Pepper Flakes, Rice Flour, Salt, Yeast, Paprika, Dried Whole <b>Egg</b> Powder (Free range).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya</b> Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
<b>Mini Corn on the cob</b>	
Corn on the cob	Sweetcorn.
Vegetable oil spray	Rapeseed oil, Emulsifier: <b>Soya</b> Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
<b>Loaded Garlic Bread (new recipe)</b>	
Garlic Bread (new recipe)	Wheat Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Fat Spread (17%) [Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Flavouring, Colour (Carotenes), Garlic (3%) (Puree and Chopped), Yeast, Salt, Oregano, Preservative (Calcium Propionate), Lemon Juice, Flour Treatment Agent (Ascorbic Acid), Enzymes (contains <b>Wheat</b> ). <i>May contain Soya, Sesame and Milk</i>
Mozzarella Cheese	Mozzarella Cheese (Pasteurised <b>Milk</b> , 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 ( <b>Mustard</b> , 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).

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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, ( <b>Celery</b> ). 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).
Cheesy Bite Bites	
Stuffed Crust Dough	Wheat Flour ( <b>Wheat</b> ), Water, Yeast: (Bakers Yeast, Rehydrating Agent;e491), Salt, Vegetable Oil, Sugar, Ascorbic Acid e300
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya Lecithin</b> (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
String Cheese for Crust	Mozzarella (Pasteurised Milk, Salt, Cultures), Potato Starch
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. <i>may contain milk</i>
Loaded Cheesy Bite Bites	
Stuffed Crust Dough	Wheat Flour ( <b>Wheat</b> ), Water, Yeast: (Bakers Yeast, Rehydrating Agent;e491), Salt, Vegetable Oil, Sugar, Ascorbic Acid e300
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya Lecithin</b> (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
String Cheese for Crust	Mozzarella (Pasteurised Milk, Salt, Cultures), Potato Starch
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. <i>may contain milk</i>
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)
Loaded Spicy Cheesy Bite Bites	
Stuffed Crust Dough	Wheat Flour ( <b>Wheat</b> ), Water, Yeast: (Bakers Yeast, Rehydrating Agent;e491), Salt, Vegetable Oil, Sugar, Ascorbic Acid e300
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya Lecithin</b> (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
String Cheese for Crust	Mozzarella (Pasteurised Milk, Salt, Cultures), Potato Starch
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. <i>may contain milk</i>
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)
Jalapeños	Jalapeno Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509).
Frank's RedHot®	Fermented Red Cayenne Peppers (35%), Spirit Vinegar, Water, Salt, Garlic Powder.
Loaded Bacon Cheesy Bite Bites	
Stuffed Crust Dough	Wheat Flour ( <b>Wheat</b> ), Water, Yeast: (Bakers Yeast, Rehydrating Agent;e491), Salt, Vegetable Oil, Sugar, Ascorbic Acid e300
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya Lecithin</b> (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
String Cheese for Crust	Mozzarella (Pasteurised Milk, Salt, Cultures), Potato Starch
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. <i>may contain milk</i>
Triple Cheese Blend	Mozzarella (Pasteurised Milk, Salt, Starter Cultures, Potato Starch), Red Leicester (Pasteurised Milk, Salt, Starter cultures, Annatto (E160b), Monterey Jack (Pasteurised Milk, Salt, Starter Cultures)
Bacon	Pork Belly & Pork Back, Salt, Smoke Flavouring, Antioxidant: Sodium Ascorbate (E301), Preservatives: Sodium Nitrite (E250), Potassium Nitrate (E252)
Dips & Bits Station	
BBQ Sauce	Water, Concentrated Tomato Purée (19%), Sugar, Spirit Vinegar, Modified Maize Starch, Salt, Ground Paprika, Colour (Plain Caramel), Smoke Flavouring, Dried Garlic, Onion Powder, Preservative (Potassium Sorbate), Chilli Powder.
Tomato Ketchup	Water, Concentrated Tomato Purée, Sugar, Spirit Vinegar, Maize Starch, Salt, Seasoning [Maltodextrin, Salt, Spice Extract, Colour (Paprika Extract)], Spice Blend [Salt, Tomato Powder, Flavouring].
Italian Hard Cheese	97% Cow's Milk, 2.5% salt, 0.5% microbial rennet. <i>May contain Egg.</i>
Chilli Flakes	Crushed Chillies.
Takeaway Dip Pots	
Garlic & Herb Sauce Dip Pot	Refined Soya Oil, Water, Spirit Vinegar, Sugar, Garlic, Lemon Juice (from concentrate), Modified Starch, <b>Egg</b> Yolk, Salt, Garlic Juice, Shallots, <b>Mustard</b> Seeds, Thickener (Xanthan Gum), Preservative (Potassium Sorbate), Chives, <b>Celery</b> Juice, Onion, Garlic Extract, Spices, Flavouring, Antioxidant (Calcium Disodium EDTA).
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, <b>Egg</b> Yolk, Modified Starch, Salt, Lemon Juice (from concentrate), Flavourings (contain <b>Milk</b> , <b>Barley</b> ), Thickener (Xanthan Gum), Chive, Preservative (Potassium Sorbate), Antioxidant (Calcium Disodium EDTA).
Salad Station	
Dressed Salad	
Potato Salad	Potato (64%), Water, Rapeseed oil, Spirit vinegar, Sugar, White wine vinegar, Onion, Pasteurised liquid whole <b>Egg</b> , Salt, Chive, Stabilisers (Guar gum, Xanthan gum), Cornflour, <b>Mustard</b> flour, Preservative (Potassium sorbate), Concentrated Lemon Juice.
Coleslaw	Cabbage (59%), Rapeseed oil, Water, Carrot (6%), White wine vinegar, Pasteurised liquid whole <b>Egg</b> , Sugar, Onion, Spirit vinegar, Salt, Stabilisers (Guar gum, Xanthan gum), Preservative (Potassium sorbate), <b>Mustard</b> flour, Concentrated lemon juice.
Sweetcorn	Sweetcorn, Water
Diced Beetroot	Beetroot, Acetic Acid
Jalapeños	Jalapeno Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509).

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Fresh Salad	
Lettuce Mix	Iceberg and Cos Lettuce
Cherry Tomatoes	Cherry Tomatoes
Cucumber	Cucumbers
Mixed Peppers	Green Peppers, Red Peppers, Yellow Peppers
Red Onion	Red Onions
Shredded Carrot	Carrots
Dried Items	
Smoky Flavour Sprinkles (Bacon Bits)	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Thiamine, Niacin), Palm Oil, Seasoning (Rusk (Contains Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Thiamine, Niacin)), Flavourings (contains Soya, Barley), Colours (Beetroot Red, Paprika Extract, Plain Caramel), Yeast Extract Powder, Salt, Yeast Powder, Sugar, Barley Malt Flour, Hydrolysed Vegetable Protein (Soya), Smoked Salt), Salt, Yeast.
Croutons	Wheat Flour, Vegetable Oil, Salt, Yeast
Tortilla Chips	Maize Flour (Corn); Sunflower Oil; Salt
Crispy Onions	Onion, Palm Oil, Wheat Flour, Salt
Sultanas	Sultanas
Dressings & Dips	
Thousand Island Dressing	Water, Rapeseed Oil, Glucose-Fructose Syrup, Spirit Vinegar, Tomato Paste, White Wine Vinegar, Modified Starch, Salt, Gherkins, Dried Onion, Lemon Juice Concentrate, Preservative (Potassium Sorbate), Stabilisers (Xanthan Gum, Guar Gum), Acidity Regulator (Lactic Acid), Dried Red Pepper, Dried Garlic, Dried Parsley, Colour (Paprika Extract), Natural Flavouring.
Blue Cheese Dressing	Rapeseed Oil, Water, Glucose-Fructose Syrup, White Wine Vinegar, Modified Starch, Salt, Natural Flavouring, Preservative (Potassium Sorbate), Dried Onion, Dried Garlic, Stabiliser (Xanthan Gum), Acidity Regulator (Lactic Acid), Dried Parsley.
Garlic Mayonnaise	Rapeseed Oil, Water, Spirit Vinegar, Glucose-Fructose Syrup, Salt, Garlic Powder, Modified Starch, Stabilisers (Xanthan Gum, Guar Gum), Preservative (Potassium Sorbate), Mustard Flour, Caramelised Sugar Syrup, Acidity Regulator (Lactic Acid).
Light Mayonnaise	Water, Rapeseed Oil (39%), Glucose-Fructose Syrup, Spirit Vinegar, Modified Starch, Salt, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Colour (Paprika Extract).
Ranch Dressing	Rapeseed Oil, Water, White Wine Vinegar, Glucose-Fructose Syrup, Dijon Mustard (Water, Mustard Seeds (29%), Spirit Vinegar, Salt, Acidity Regulator (Citric Acid), Preservative (Sodium Metabisulphite)), Modified Starch, Salt, Lemon Juice Concentrate, Dried Onion, Dried Garlic, Preservative (Potassium Sorbate), Cracked Black Pepper, Dried Parsley, Stabiliser (Xanthan Gum), Natural Flavouring.
Low Fat French Dressing	Water, Glucose-Fructose Syrup, White Wine Vinegar, Rapeseed Oil, Garlic Puree (Water, Dried Garlic, Acidity Regulator (Citric Acid)), Salt, Dijon Mustard (Water, Mustard Seed, Spirit Vinegar, Salt), Parsley, Stabilisers (Xanthan Gum, Guar Gum), Cracked Black Pepper, Dried Onion, Basil, Preservative (Potassium Sorbate), Caramelised Sugar Syrup, Acidity Regulator (Lactic Acid), White Pepper, Colour (Curcumin).
Salsa	Tomato Paste, Vegetables, Paprika, Onion, Water, Vinegar, Glucose-Fructose Syrup, Modified Starch, Salt, Herbs (Parsley, Oregano), Garlic, Spices, (Celery). Acid; Lactic Acid, Preservative, Potassium Sorbate, Sweetener, Saccharin.
Pizza Builder	
Pizza Bases	
Original Pan	
Orginal Pan	Wheat Flour, Water, Yeast : (Bakers Yeast, Rehydrating Agent; E190), Vegetable Rapeseed Oil, Salt, Premix : (Salt, Calcium Sulphate, Emulsifiers; E481, E472e, E471, Flour Treatment Agent E300, Enzyme (Alpha Amylase, Xylanase, Glucose Oxidase, Protease, Cellulase)), Sugar, Flour Treatment Agent (ascorbic acid E300).
Soya Oil	100% Refined Soya Oil
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
All American Thin	
All American Thin	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. <b>May contain Gluten.</b>
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	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. <b>may contain milk</b>
String Cheese for Crust	Mozzarella (Pasteurised Milk, Salt, Cultures), Potato Starch
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	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. <b>may contain milk</b>
String Cheese for Crust	Mozzarella (Pasteurised Milk, Salt, Cultures), Potato Starch
Gluten Free	
Gluten Free Dough	Gluten Free Blend (Tapioca Starch, Rice Flour, Maize Starch, Psyllium Husk Powder, Sugar, Buckwheat Flour, Thickeners (Xanthan Gum, Hydroxypropyl Methyl Cellulose), Salt), Water, Rapeseed Oil, Yeast, Pea Protein.
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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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).
Big New Yorker	
San Francisco Dough Base	Wheat flour, water, rapeseed oil, yeast, rice flour, salt, inactive wheat sourdough in powder (water, wheat flour, lactic acid bacterial cultures, yeast), flour treatment agents: E 300; glucose oxidase, xylanase, alpha-amylase.
Polenta	100% Maize. <i>May contain gluten.</i>
Vegetable Oil Spray	Rapeseed Oil, Emulsifiers (Soy Lecithin (E322), Mono and Diglycerides Fatty Acid Esters (E471)).
Garlic Sprinkle	Maltodextrin, Cheese Powder (from Milk), Salt, Vegetable Oil, Dried Garlic, Dried Parsley, Anti-Caking Agent (Silicon Dioxide).
Pizza Base Sauces	
Unseasoned Tomato Sauce (used on Gluten Free Bases, Flatbreads, Kids Pizza Bases)	Tomato Concentrate (Tomato Paste, Citric Acid).
Seasoned Tomato Sauce (used on All American Thin, Original Pan, Stuffed Crust, Cheesy Bites, Vegan Stuffed Crust, Big New Yorker)	Tomato Concentrate (Tomato Paste, Citric Acid), Sugar (White), Sugar, Herbs (Oregano, Basil, Marjoram, Thyme), Maltodextrin, Salt, Yeast Extract, Rapeseed Oil, Thickener (Guar Gum), Anti-Caking Agent (Silicon Dioxide).
BBQ Sauce (For all Bases) (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>
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 (98%), Salt, Stabilisers (E450i, E450iii, E451i, E452i)
Ham	Pork Leg, Water, Salt, Modified Maize Starch (E1422), Carageenan (E407), Stabiliser (E451), Flavouring, Smoke Flavouring, Antioxidant (E301), Preservative (E250).
Pepperoni	Meat (Pork, Beef), Beef Fat, Spice Blend (Mustard, Salt, Dextrose, Smoke Flavour, Spice Extracts (Contains Colour (E160c), Antioxidant (E301)), Salt, Flavouring, Lactic Acid Starter Culture, Preservative (E250).
Cup 'N' Crisp Pepperoni	Meat (Beef, Pork), Beef Fat, Soy Protein, Salt, Mustard Powder, Dextrose, Sunflower Oil, Spice Extracts, Colour (Paprika Extract), Onion Powder, Garlic Powder, Cayenne Chilli Powder, Black Pepper, Lactic Acid Starter Culture, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite). Made with 100g of beef & pork per 100g of finished product.
Beef (with added Soya protein)	Beef, Beef Fat, Water, Soya Protein, Seasoning (Modified Potato Starch, Salt, Dextrose, Yeast Extract, Spices, Stabiliser (E407), Garlic Powder, Onion Powder, Spirit Vinegar Solids, Acidity Regulator (E330), White Sugar, Flavouring, Spice Extract), Roasted Barley* Malt Extract <i>*Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')</i>
Bacon	Pork Belly & Pork Back, Salt, Smoke Flavouring, Antioxidant: Sodium Ascorbate (E301), Preservatives: Sodium Nitrite (E250), Potassium Nitrate (E252)
Spicy Pork (with added Soya protein)	Pork, Pork Fat, Water, Textured Soya Protein, Soya Protein, Salt, Spices, Sugar, Yeast Powder, Spice Extract
Vegetables & Fruit	
Black Olives	Water, Olives, Salt, Stabiliser (Ferrous Gluconate)
Mixed Peppers	Green peppers, Red Peppers, Yellow Peppers
Mushrooms	Mushrooms
Red Onion	Red Onion
Caramelised Onions	Red Onions, Balsamic vinegar Of Modena (Aceto balsamico di Modena I.G.P.:Wine vinegar, Concentrated Grape Must, Caramel E-150d Preservative E-224(Potassium Metabisulphite)), Glucose Syrup, Sugar, Modified Corn Starch, Xanthan Gum Stabilizer. <b>Contains Sulphites.</b>
Sweetcorn	Sweetcorn, Water, Salt
Cherry Tomatoes	Cherry Tomatoes
Pineapple	Pineapple, Pineapple Juice, Citric Acid.
Rocket	Rocket Leaves
Spinach	Spinach
Jalapeños	Jalapeno Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509).
Green Chilli	Green Chilli
Soya Based Chik'n	Water, Soya Protein concentrate, Sunflower Oil, Natural Flavourings, Dextrose, Salt, Potato Starch, Spices.
Soya Based Chik'n in Frank's RedHot®	Soya Based Chik'in: Water, Soya Protein concentrate, Sunflower Oil, Natural Flavourings, Dextrose, Salt, Potato Starch, Spices. Frank's RedHot Sauce: Fermented Red Cayenne Peppers (35%), Spirit Vinegar, Water, Salt, Garlic Powder.
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.

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Pizza Drizzle Finish	
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. <i>may contain milk</i>
BBQ Drizzle (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 Drizzle	Balsamic Vinegar Of Modena (Aceto Balsamico di Modena I.G.P.:Wine Vinegar, Concentrated Grape Must, Caramel E-150d Preservative E-224), Glucose Syrup, Sugar, Modified Corn Starch, Xanthan Gum Stabilizer. <b>Contains Sulphites.</b>
Ranch Dressing	Rapeseed Oil, Water, White Wine Vinegar, Sugar, Dijon Mustard (Water, Mustard Seeds (29%), Spirit Vinegar, Salt, Acidity Regulator (Citric Acid), Preservative (Sodium Metabisulphite)), Modified Starch, Salt, Lemon Juice Concentrate, Dried Onion, Dried Garlic, Preservative (Potassium Sorbate), Cracked Black Pepper, Dried Parsley, Stabiliser (Xanthan Gum), Natural Flavouring.
Frank's RedHot®	Fermented Red Cayenne Peppers (35%), Spirit Vinegar, Water, Salt, Garlic Powder.
Spicy Honey Drizzle	Honey (99.98%), Chilli Extract (0.02%)
Melts	
Meat Feast Melt	
Thin & Crispy Dough	Wheat flour, water, fully refined soybean oil, salt, yeast.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk, Salt, Lactic Cultures), Potato Starch.
Pepperoni	Meat (Pork, Beef), Beef Fat, Spice Blend (Mustard, Salt, Dextrose, Smoke Flavour, Spice Extracts (Contains Colour (E160c), Antioxidant (E301)), Salt, Flavouring, Lactic Acid Starter Culture, Preservative (E250).
Ham	Pork Leg, Water, Salt, Modified Maize Starch (E1422), Carageenan (E407), Stabiliser (E451), Flavouring, Smoke Flavouring, Antioxidant (E301), Preservative (E250).
Beef (with added Soya protein)	Beef, Beef Fat, Water, Soya Protein, Seasoning (Modified Potato Starch, Salt, Dextrose, Yeast Extract, Spices, Stabiliser (E407), Garlic Powder, Onion Powder, Spirit Vinegar Solids, Acidity Regulator (E330), White Sugar, Flavouring, Spice Extract), Roasted Barley* Malt Extract <i>*Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')</i>
Spicy Pork (with added Soya protein)	Pork, Pork Fat, Water, Textured Soya Protein, Soya Protein, Salt, Spices, Sugar, Yeast Powder, Spice Extract
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. <i>may contain milk</i>
Garlic Sprinkle	Maltodextrin, Cheese Powder (From Milk), Salt, Vegetable Oil, Dried Garlic, Dried Parsley, Anti-Caking Agent (Silicon Dioxide).
Marinara Dip	Tomatoes, Salt, Sunflower Oil, Sugar, Herbs & Spices (Oregano, Dried Basil, Black Pepper, Garlic), Acidity regulator E330 (Citric Acid)
Pepperoni Melt	
Thin & Crispy Dough	Wheat flour, water, fully refined soybean oil, salt, yeast.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk, Salt, Lactic Cultures), Potato Starch.
Pepperoni	Meat (Pork, Beef), Beef Fat, Spice Blend (Mustard, Salt, Dextrose, Smoke Flavour, Spice Extracts (Contains Colour (E160c), Antioxidant (E301)), Salt, Flavouring, Lactic Acid Starter Culture, Preservative (E250).
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. <i>may contain milk</i>
Garlic Sprinkle	Maltodextrin, Cheese Powder (From Milk), Salt, Vegetable Oil, Dried Garlic, Dried Parsley, Anti-Caking Agent (Silicon Dioxide).
Marinara Dip	Tomatoes, Salt, Sunflower Oil, Sugar, Herbs & Spices (Oregano, Dried Basil, Black Pepper, Garlic), Acidity regulator E330 (Citric Acid)
BBQ Chicken Melt	
Thin & Crispy Dough	Wheat flour, water, fully refined soybean oil, salt, yeast.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: Soya Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
BBQ Sauce	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>
Mozzarella Cheese	Mozzarella Cheese (Pasteurised Milk, Salt, Lactic Cultures), Potato Starch.
Chicken Breast	Chicken Breast (98%), Salt, Stabilisers (E450i, E450iii, E451i, E452i)
Red Onion	Red Onion
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. <i>may contain milk</i>
Garlic Sprinkle	Maltodextrin, Cheese Powder (From Milk), Salt, Vegetable Oil, Dried Garlic, Dried Parsley, Anti-Caking Agent (Silicon Dioxide).
BBQ Dip	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>

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Spicy Veg Melt	
Thin & Crispy Dough	Wheat flour, water, fully refined soybean oil, salt, yeast.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya Lecithin (E322)</b> , Mono- and Diglycerides Fatty Acid Esters (E471).
Mozzarella Cheese	Mozzarella Cheese (Pasteurised <b>Milk</b> , Salt, Lactic Cultures), Potato Starch.
Mixed Peppers	Green peppers, Red Peppers, Yellow Peppers
Red Onion	Red Onion
Jalapeños	Jalapeno Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509).
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. <i>may contain milk</i>
Garlic Sprinkle	Maltodextrin, Cheese Powder (From Milk), Salt, Vegetable Oil, Dried Garlic, Dried Parsley, Anti-Caking Agent (Silicon Dioxide).
Marinara Dip	Tomatoes, Salt, Sunflower Oil, Sugar, Herbs & Spices (Oregano, Dried Basil, Black Pepper, Garlic), Acidity regulator E330 (Citric Acid)
Fries (served with Melts for dine in)	
Fries	Potatoes, Sunflower oil, <b>Wheat (Gluten)</b> flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
Buffet Sides	
Garlic Breadsticks	
Pan dough	Wheat flour, Water, Yeast: (Bakers Yeast, Rehydrating Agent;E491), Rapeseed Oil, Salt, Premix : [Salt, Calcium Sulphate, Emulsifiers; E481, E472e, E471, Flour Treatment Agent E300, Enzyme (Alpha Amylase, Xylanase, Glucose Oxidase, Protease, Cellulase)], Sugar, Flour Treatment Agent (ascorbic acid E300).
Soya Oil	100% Refined Soya Oil
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. <i>may contain milk</i>
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya Lecithin (E322)</b> , Mono- and Diglycerides Fatty Acid Esters (E471).
Cheesy Breadsticks	
Pan dough	Wheat flour, Water, Yeast: (Bakers Yeast, Rehydrating Agent;E491), Rapeseed Oil, Salt, Premix : [Salt, Calcium Sulphate, Emulsifiers; E481, E472e, E471, Flour Treatment Agent E300, Enzyme (Alpha Amylase, Xylanase, Glucose Oxidase, Protease, Cellulase)], Sugar, Flour Treatment Agent (ascorbic acid E300).
Soya Oil	100% Refined Soya Oil
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Purée (12%), Parsley (1.5%), Acidity Regulator Citric Acid. <i>may contain milk</i>
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya Lecithin (E322)</b> , Mono- and Diglycerides Fatty Acid Esters (E471).
Triple Cheese Blend	Mozzarella (Pasteurised <b>Milk</b> , Salt, Starter Cultures, Potato Starch), Red Leicester (Pasteurised <b>Milk</b> , Salt, Starter cultures, Annatto (E160b), Monterey Jack (Pasteurised <b>Milk</b> , Salt, Starter Cultures)
Tomato Pasta	
Tomato Pasta	Cooked Penne Pasta (Water, Durum <b>Wheat</b> Semolina) (33%), Tomatoes (31%), Tomato Passata (12%), Onion, Tomato Puree, Sunflower Oil, Olive Oil, Water, Carrots, <b>Celery</b> , White Sugar, Garlic, Salt, Modified Maize Starch, Oregano, Black Pepper, Thyme.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya Lecithin (E322)</b> , Mono- and Diglycerides Fatty Acid Esters (E471).
Four Cheese and Broccoli Pasta	
Four Cheese and Broccoli Pasta	Water, Cooked Penne Pasta (Water, Durum <b>Wheat</b> Semolina) (22%), Whole Pasteurised <b>Milk</b> , Broccoli (5%), Single Cream ( <b>Milk</b> ), Mature Cheddar Cheese ( <b>Milk</b> ) (3%), Spinach (3%), Full Cream <b>Milk</b> Powder, Garden Peas (2%), Modified Maize Starch, Adcrem ( <b>Milk</b> Protein, Palm Oil, Lactose), Cheese Crumb Mix (Pecorino Cheese (Sheep's <b>Milk</b> ), Regato Cheese ( <b>Milk</b> )) Cheddar Cheese Stock (Processed Cheese Powder ( <b>Milk</b> )) (Cheese ( <b>Milk</b> ), Emulsifying Salt: (E339), Dried Glucose Syrup, Water, Yeast Extract, Salt, Sunflower Oil, Natural Flavouring), Mascarpone Cheese ( <b>Milk</b> ), Ricotta Cheese ( <b>Milk</b> ), Salt, Sunflower Oil, Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetable (Dried Onion, Dried Parsnip, Dried Parsley), Sunflower Oil, Spices (Lovage Powder, Turmeric, Pepper Powder, Garlic Powder, Mace, Nutmeg), Lovage Extract), Garlic, Lemon Juice from Concentrate, Black Pepper.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: <b>Soya Lecithin (E322)</b> , Mono- and Diglycerides Fatty Acid Esters (E471).
Mains	
Lasagne	
Lasagne	Water, Tomato, Beef (15%), Egg Pasta (Durum <b>WHEAT</b> Semolina, Water, <b>EGG</b> ), Passata, Onion, Tomato Puree, Modified Maize Starch, Skimmed <b>MILK</b> Powder, Mature Cheddar Cheese ( <b>MILK</b> ), Full Fat Soft Cheese ( <b>MILK</b> ), Red Wine, Wheat Flour ( <b>WHEAT</b> Flour, Iron, Calcium Carbonate, Niacin, Thiamin), Beef Bouillon (Maltodextrin, Salt, Yeast Extract, Beef Extract, Sugar, Natural Flavouring, Vegetables (Onions, Parsnips), Sunflower Oil, Starch, Spices (Garlic, Lovage Leaves, Nutmeg), Beef Meat Powder, Caramelised Sugar, Natural Roasted Onions Flavouring), Brown Sugar, Vegetable Oil (Sunflower Oil, Rapeseed Oil), Salt, Garlic Puree, Oregano, Salt, Vegetable Bouillon (Maltodextrin, Salt, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion Powder, Parsnip Powder), Sunflower Oil, Spices (Turmeric Powder, Pepper Powder, Garlic Powder, Mace Powder, Nutmeg Powder), Herbs (Dried Parsley, Lovage Powder)), Basil, Stabilisers (Xanthan Gum, Guar Gum), Black Pepper, <b>BARLEY</b> Malt Extract.



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Mac & Cheese	
Classic Mac 'N' Cheese	Cooked Macaroni Pasta (37%) (Water, Durum <b>WHEAT</b> Semolina, Water, Mature Cheddar Cheese ( <b>MILK</b> ) (10%), Single Cream ( <b>MILK</b> ), Mozzarella Cheese ( <b>MILK</b> ) (2.5%), Semi Skimmed <b>MILK</b> Powder, Cheddar Cheese Flavour Base (Reconstituted Cheese ( <b>MILK</b> ), Whey Powder ( <b>MILK</b> ), Flavourings, Salt, Lactic acid, <b>MUSTARD</b> Flour), Modified Maize Starch, Full Fat Soft Cheese ( <b>MILK</b> , Cream ( <b>MILK</b> ), Salt, Stabiliser: Locust Bean Gum, Preservative: Potassium Sorbate), Vegetable Oils (Sunflower Oil, Rapeseed Oil), Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Onion Powder, Parsnip Powder, Sunflower Oil, Lovage Extract, Ground Lovage, Ground Turmeric, Ground White Pepper, Garlic Powder, Mace Powder, Ground Nutmeg, Dried Parsley), Vegetarian Worcesters Sauce (Water, White Vinegar, Sugar, Onion, Salt, Tamarind Paste, Cloves, Ginger, Garlic, <b>BARLEY</b> Malt Extract), Garlic Puree, Salt, Yeast Extract, Ground Black Pepper, Cayenne Pepper (Chilli Powder, Paprika Powder).
Mozzarella Cheese	Mozzarella Cheese (Pasteurised <b>MILK</b> , Salt, Lactic Cultures), Potato Starch.
Little and Big Kids	
Pizza ( with unseasoned tomato sauce)	
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: <b>Soya</b> Lecithin (E322), Mono- and diglycerides fatty acid esters (E471).
Unseasoned tomato sauce	Tomato Concentrate (Tomato Paste, Citric Acid).
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: <b>Soya</b> 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 ( <b>Milk</b> , Salt, Cultures), Potato Starch)
Vegan Ch**se	Water, Coconut Oil, Modified Starch, Starch, Sea Salt, Flavourings, Preservative: Sorbic Acid, Colour: B-Carotene, Vitamin B12.
Toppings	
Chicken Breast	Chicken Breast (98%), Salt, Stabilisers (E450i, E450iii, E451i, E452i)
Ham	Pork Leg, Water, Salt, Modified Maize Starch (E1422), Carageenan (E407), Stabiliser (E451), Flavouring, Smoke Flavouring, Antioxidant (E301), Preservative (E250).
Pepperoni	Meat (Pork, Beef), Beef Fat, Spice Blend ( <b>Mustard</b> , Salt, Dextrose, Smoke Flavour, Spice Extracts (Contains Colour (E160c), Antioxidant (E301)), Salt, Flavouring, Lactic Acid Starter Culture, Preservative (E250).
Beef (with added Soya protein)	Beef, Beef Fat, Water, <b>Soya</b> Protein, Seasoning (Modified Potato Starch, Salt, Dextrose, Yeast Extract, Spices, Stabiliser (E407), Garlic Powder, Onion Powder, Spirit Vinegar Solids, Acidity Regulator (E330), White Sugar, Flavouring, Spice Extract), Roasted <b>Barley*</b> Malt Extract <i><u>*Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'gluten-free')</u></i>
Bacon	Pork Belly & Pork Back, Salt, Smoke Flavouring, Antioxidant: Sodium Ascorbate (E301), Preservatives: Sodium Nitrite (E250), Potassium Nitrate (E252)
Spicy Pork (with added Soya protein)	Pork, Pork Fat, Water, Textured <b>Soya</b> Protein, <b>Soya</b> Protein, Salt, Spices, Sugar, Yeast Powder, Spice Extract
Black Olives	Water, Olives, Salt, Stabiliser (Ferrous Gluconate)
Peppers	Green peppers, Red Peppers, Yellow Peppers
Mushrooms	Mushrooms
Red Onion	Red Onion
Caramelised Onions	Red Onions, Balsamic vinegar Of Modena (Aceto balsamico di Modena I.G.P.:Wine vinegar, Concentrated Grape Must, Caramel E-150d Preservative E-224(Potassium <b>Metabisulphite</b> )), Glucose Syrup, Sugar, Modified Corn Starch, Xanthan Gum Stabilizer. <b>Contains Sulphites</b> .
Sweetcorn	Sweetcorn, Water, Salt
Cherry Tomatoes	Cherry Tomatoes
Pineapple	Pineapple, Pineapple Juice, Citric Acid.
Rocket	Rocket Leaves
Spinach	Spinach
Jalapeños	Jalapeno Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509).
Green Chilli	Green Chilli
Soya Based Chik'n	Water, <b>Soya</b> Protein concentrate, Sunflower Oil, Natural Flavourings, Dextrose, Salt, Potato Starch, Spices.
Soya Based Chik'n in Frank's RedHot®	<b>Soya Based Chik'in</b> : Water, <b>Soya</b> Protein concentrate, Sunflower Oil, Natural Flavourings, Dextrose, Salt, Potato Starch, Spices. <b>Franks RedHot Sauce</b> : Fermented Red Cayenne Peppers (35%), Spirit Vinegar, Water, Salt, Garlic Powder.
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.

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Mains	
<b>Cheesy Pasta</b>	Cooked Macaroni Pasta (36%) (Water, Durum <b>WHEAT</b> Semolina), Water, Pasteurised Whole <b>MILK</b> , Mature Cheddar Cheese ( <b>MILK</b> ) (6%), Skimmed <b>MILK</b> Powder, Modified Maize Starch, Vegetable Oils (Sunflower Oil, Rapeseed Oil), Full Fat Soft Cheese (Soft Cheese ( <b>MILK</b> ), Salt, Stabiliser: Locust Bean Gum; Preservative: Potassium Sorbate), Pecorino Cheese (Sheep <b>MILK</b> ), Rigato Cheese ( <b>MILK</b> ), Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Onion Powder, Parsnip Powder, Vegetable Oils (Sunflower Oil, Rapeseed Oil), Lovage Extract, Ground Lovage, Ground Turmeric, Ground White Pepper, Garlic Powder, Mace Powder, Ground Nutmeg, Dried Parsley), Lemon Juice from Concentrate, Garlic Puree, Salt, Ground Black Pepper
<b>Spaghetti Bolognese</b>	Bolognese Sauce (64%): Water, Tomato Passata, Minced Beef (19%), Onions, Carrots (7%), Tomato Puree, Modified Maize Starch, Beef Bouillon (Maltodextrin, Salt, Yeast Extract, Beef Extract, Sugar, Natural Flavouring, Vegetables (Onions, Parsnip), Sunflower Oil, Potato Starch, Spices (Garlic, Lovage, Nutmeg), Beef Powder, Caramelised Sugar, Flavouring), Brown Sugar, <b>Wheat</b> Flour ( <b>Wheat</b> 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), <b>Barley</b> Malt Extract, Black Pepper.
<b>Mozzarella Cheese</b> (served with Spaghetti Bolognese)	Mozzarella Cheese (Pasteurised <b>Milk</b> , Salt, Lactic Cultures), Potato Starch.
<b>Mac 'N' Cheese</b>	Cooked Macaroni Pasta (37%) (Water, Durum <b>WHEAT</b> Semolina, Water, Mature Cheddar Cheese ( <b>MILK</b> ) (10%), Single Cream ( <b>MILK</b> ), Mozzarella Cheese ( <b>MILK</b> ) (2.5%), Semi Skimmed <b>MILK</b> Powder, Cheddar Cheese Flavour Base (Reconstituted Cheese ( <b>MILK</b> ), Whey Powder ( <b>MILK</b> ), Flavourings, Salt, Lactic acid, <b>MUSTARD</b> Flour), Modified Maize Starch, Full Fat Soft Cheese ( <b>MILK</b> , Cream ( <b>MILK</b> ), Salt, Stabiliser: Locust Bean Gum, Preservative: Potassium Sorbate), Vegetable Oils (Sunflower Oil, Rapeseed Oil), Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Onion Powder, Parsnip Powder, Sunflower Oil, Lovage Extract, Ground Lovage, Ground Turmeric, Ground White Pepper, Garlic Powder, Mace Powder, Ground Nutmeg, Dried Parsley), Vegetarian Worcester Sauce (Water, White Vinegar, Sugar, Onion, Salt, Tamarind Paste, Cloves, Ginger, Garlic, <b>BARLEY</b> Malt Extract), Garlic Puree, Salt, Yeast Extract, Ground Black Pepper, Cayenne Pepper (Chilli Powder, Paprika Powder).
<b>Mozzarella Cheese</b> (with Mac 'n' Cheese)	Mozzarella Cheese (Pasteurised <b>Milk</b> , Salt, Lactic Cultures), Potato Starch.
Chicken 'N' Fries	
<b>Chicken Strips</b>	Chicken Inner Fillet, Water, <b>Wheat</b> Flour, Rice Flour, Breadcrumbs ( <b>Wheat</b> Flour, Dextrose, Refined Soybean Oil*, Salt, Yeast), <b>Wheat</b> Starch, <b>Wheat</b> , Salt, Refined Soybean Oil*, Garlic Powder, Yeast Extract (contains Salt), Maltodextrin, Raising Agents (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Spices (Black Pepper, <b>Celery</b> , Turmeric), Onion Powder, Sugar, Dextrose, Refined Sunflower Oil, Spice Extract (Black Pepper, Capsicum, <b>Celery</b> ), Acidity Regulator (Citric Acid). (*The Soybean Oil used in this product is fully refined, therefore is not an allergen) <b>May Contain Peanuts/ their derivatives.</b>
<b>Vegetable Oil Spray</b>	Rapeseed oil, Emulsifier: <b>Soya</b> Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
<b>Fries</b>	Potatoes, Sunflower oil, <b>Wheat</b> (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.
Vegan Southern Fried Nuggets 'N' Fries	
<b>Vegan Southern Fried Nuggets</b>	Mycoprotein (53%), <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Breadcrumb ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine, Yeast, Salt), <b>Wheat</b> Starch, Potato Protein, <b>Wheat</b> Gluten, Salt, Firming Agents: Calcium Chloride, Calcium Acetate; Water, Natural Flavouring, Pea Fibre, Spices (Paprika, Fennel, Black Pepper), Yeast Extract, Stabilisers: Carrageenan, Sodium Alginate; Black Pepper, Rice Flour, Dextrose, Acid: Citric Acid; Garlic Extract, Onion Oil.
<b>Fries</b>	Potatoes, Sunflower oil, <b>Wheat</b> (Gluten) flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
Sides	
<b>Fries</b>	Potatoes, Sunflower oil, <b>Wheat</b> (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.
<b>Onion Rings</b>	Diced Onions (53%), <b>Wheat</b> flour, Vegetable oils (rapeseed, sunflower, in varying proportions), Gelling agent (E401), Salt, Yeast, Sugar, Flavouring (Paprika extract; Turmeric extract)
<b>Mini Corn on the Cob</b> (with Vegetable Oil Spray)	Sweetcorn. Rapeseed oil, Emulsifier: <b>Soya</b> Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
<b>Garlic Bread</b> (new recipe)	Wheat Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Fat Spread (17%) [Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Flavouring, Colour (Carotenes), Garlic (3%) (Puree and Chopped), Yeast, Salt, Oregano, Preservative (Calcium Propionate), Lemon Juice, Flour Treatment Agent (Ascorbic Acid), Enzymes (contains <b>Wheat</b> ). <b>May contain Soya, Sesame and Milk</b>
Drinks	
<b>Milk</b>	100% Semi Skimmed Milk
<b>Apple Juice</b>	Apple Juice from Concentrate (100%)
<b>Orange Juice</b>	Orange juice from concentrate (100%)
<b>Fruit Shoots - All flavours</b>	Refer directly to the supplier- Fruit Shoot - <a href="http://www.fruitshoot.com/gb">www.fruitshoot.com/gb</a>
<b>Tango Orange/ Tango Apple/ 7Up Free/ Pepsi Max/ Diet Pepsi</b>	Refer directly to the supplier - Pepsi - <a href="http://www.pepsi.co.uk/7up">www.pepsi.co.uk/7up</a> - <a href="http://www.7up.co.uk/">www.7up.co.uk/</a> Tango - <a href="http://www.tango.co.uk">www.tango.co.uk</a>
<b>Flavour Shot - Cherry, Lime, Strawberry</b>	Water, dextrin, flavourings, acid: citric acid, sweeteners: acesulfame K, sucralose, preservatives: potassium sorbate, sodium benzoate
<b>Flavour Shot - Vanilla</b>	Water, Natural Vanilla Flavouring with other Natural Flavourings, Sweeteners (Acesulfame K, Sucralose), Colour (Plain Caramel), Acid (Citric Acid), Preservative (Potassium Sorbate).
<b>Robinsons Squash - All Flavours</b>	Refer directly to the supplier - Robinsons - <a href="http://www.robinsonssquash.co.uk">www.robinsonssquash.co.uk</a>

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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.
Chilly Billy Ice Lolly Blackcurrant & Apple	Apple juice (88%), Blackcurrant juice (11.75%), Stabiliser (carob gum) 0.25%, antioxidant (ascorbic acid). <i>may contain hazelnuts</i>
Kids Chocolate Brownie	
Chocolate Brownie	Sugar, Pasteurised Free Range EGG, Milk Chocolate (17%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Vegetable Margarine [Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)], Dark Chocolate (8%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Fat Reduced Cocoa Powder (3.7%), Raising Agents (E450, E501). <i>May contain Nuts</i>
Vanilla Ice Cream	Skimmed Milk, Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring. Water, Skimmed Milk Powder (MILK), Whey Powder (MILK), Sugar, Palm Oil, Dextrose, Stabilisers (Guar Gum, Carrageenan, Locust Bean Gum), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Natural Colours (Annatto, Curcumin).
Chocolate Sauce (Rowse)	Glucose Syrup, Water, Belgian Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Liquor, Emulsifier: Soya Lecithin, Natural Vanilla Extract), Single Cream (Milk), Cocoa Liquor, Corn Flour, Natural Vanilla Flavouring
Desserts	
Ice Cream Factory	
Ice Cream Mix	Skimmed Milk, Cream (10%) (Milk), Sugar, Fructose, Whey Powder (Milk), Emulsifier (E471), Stabilisers (E466, E412, E407, E401, E410), Flavouring, Salt
Raspberry Sauce	Glucose syrup, water, raspberry puree from concentrate (10%), sugar, dextrose, modified starch, acidity regulators (citric acid, sodium citrates), colour (anthocyanins), thickener (pectins), preservative (potassium sorbate), natural flavouring, natural raspberry flavouring with other natural flavourings
Chocolate Sauce	Glucose syrup, Sugar, Water, Sweetened condensed Milk, Couverture Milk chocolate (6 %) (Sugar, Cocoa butter, Whole Milk powder, Cocoa mass, Emulsifier (Soya lecithins), Natural vanilla flavouring), Modified starch, Fat reduced cocoa powder, Preservative (Potassium sorbate), Natural flavouring.
Strawberry Crunch	Sugar, Glucose syrup, Water, Colour (E162), Natural flavouring, Coconut oil, Glazing agent (E901).
Milk Chocolate Beans	Sugar, Cocoa butter, Whey powder (Milk), Fat-reduced cocoa powder, Whole Milk powder, Emulsifier (Soya lecithin), Glazing agents (Arabic gum, Carnauba wax, Bees wax), Colours (E101, E141, E160a, E162, E163, E171, E172).
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).
Milk Chocolate Chips	Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, whey powder (Milk), Lactose (Milk), Emulsifier: Soya Lecithin; Flavouring.
Lemon Crunch	Sugar, Water, Glucose Syrup, Glazing Agent (Coconut Oil and Beeswax (E901)) Colour (E100), Flavouring (Citric Acid and Natural Lemon Aroma).
Golden Crunch	Sugar, Water, Colours (E172, E171), Glazing agent (Shellac), Glucose syrup.
Alphabet Sprinkles	Sugar, Cocoa Butter (UTZ MB), Potato Starch, Rice Flour, Maize Starch, Colours: Curcumin (E100), Anthocyanins (E163), Carotenes (E160a), Beetroot Red (E162), Flavouring.
Tropical Crush	Sugar, Dextrose, Glucose Syrup, Rice Flour, Sunflower Oil, Palm Oil RSPO SG, Potato Starch, Maize Starch, Invert Sugar Syrup, Natural Flavour, Colours: Curcumin E100, Carotenes E160a; Citric Acid, Water, Glazing Agents: Beeswax E901, Carnauba Wax E903; Emulsifier: Sunflower Lecithin; Vegetable Concentrates (Radish, Sweet Potato)
Gold Stars	Sugar, Vegetable Oils (Coconut, Shea), Rice Flour, Water, Thickener (Sodium Carboxy Methyl Cellulose), Glazing Agents (Shellac, Acacia Gum), Anti Caking Agent (Potassium Aluminum Silicate), Caramelised Sugar Syrup, Glucose Syrup, Flavouring, Colours (Iron Oxide and Hydroxides), Tapioca Starch, Safflower Concentrate.
Mixed Coloured Stars	Sugar, Palm fat (RSPO Certified), Potato starch, Rice flour, Corn starch, Colors: E163, E162, E160a, E100, E172, Natural Flavour.
Mixed Chocolate Chips	White Chocolate Chips (50%) Sugar, Cocoa Butter, Whole Milk Powder, Lactose (Milk), Whey Powder (Milk), Emulsifier: Soya Lecithin (E322), Vanilla Extract. Dark Chocolate Chips (50%) Sugar, Vegetable Fat (Palm), Fat-Reduced Cocoa Powder, Emulsifiers: Soya Lecithin (E322) and Sorbitan Tristearate (E492), Natural Flavouring.
Hot Cookie Dough	
Chocolate Chip Cookie Dough	
Chocolate Chip Cookie Dough	Wheat flour (WHEAT flour, Calcium carbonate, Iron; Niacin, Thiamine), Sugar, Dark chocolate (21%) (Cocoa mass, Sugar, Cocoa butter, Fat reduced cocoa powder, Emulsifier (SOYA lecithin)), Butter (MILK), Maltodextrin, Butterfat (MILK), Vegetable oils (Palm oil, Rapeseed oil), Whey powder (MILK), Salt, Water, Raising agent (Diphosphates, Sodium carbonates), Flavouring. <i>May contain Nuts and Egg.</i>
Vanilla Ice Cream	Skimmed Milk, Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring. Water, Skimmed Milk Powder (MILK), Whey Powder (MILK), Sugar, Palm Oil, Dextrose, Stabilisers (Guar Gum, Carrageenan, Locust Bean Gum), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Natural Colours (Annatto, Curcumin).
Chocolate Sauce (Rowse)	Glucose Syrup, Water, Belgian Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Liquor, Emulsifier: Soya Lecithin, Natural Vanilla Extract), Single Cream (Milk), Cocoa Liquor, Corn Flour, Natural Vanilla Flavouring.

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White Chocolate & Caramel Cookie Dough	
White Chocolate & Caramel Cookie Dough	Wheat flour (WHEAT flour, Calcium carbonate, Iron, Niacin, Thiamine), Sugar, White Chocolate (12%) (Sugar, Cocoa butter, Whole MILK powder, Sweet whey powder (MILK), Lactose (MILK), MILK fat, Emulsifier (SOYA Lecithins), Natural vanilla flavouring), Brown sugar, Butter (MILK), Caramel pieces (8%) (Sugar, Glucose syrup, Condensed MILK, Coconut oil, Butteroil (MILK), Natural flavouring, Glazing agent (Carnauba wax)), Water, Butterfat (MILK), Vegetable oils (Palm oil, Rapeseed oil), Whey powder (MILK), Salt, Raising agent (Diphosphates, Sodium carbonates), Flavouring. <i>May contain Nuts and Egg.</i>
Vanilla Ice Cream	Skimmed Milk, Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring.  Water, Skimmed Milk Powder (MILK), Whey Powder (MILK), Sugar, Palm Oil, Dextrose, Stabilisers (Guar Gum, Carrageenan, Locust Bean Gum), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Natural Colours (Annatto, Curcumin).
Salted Caramel Sauce	Water, sugar, Dextrose, Oligofructose, Dark Muscovado Sugar, Butter (Milk), Modified Starch, Whole Milk Powder (Milk), Salt, Vegetable Oil, Stabilisers (Guar Gum, Xanthan Gum), Cane Molasses, Preservative (Potassium Sorbate), Flavouring (Caramelised Sugar Syrup).
Birthday Cake Cookie Dough	
White Chocolate & Caramel Cookie Dough	Wheat flour (WHEAT flour, Calcium carbonate, Iron, Niacin, Thiamine), Sugar, White Chocolate (12%) (Sugar, Cocoa butter, Whole MILK powder, Sweet whey powder (MILK), Lactose (MILK), MILK fat, Emulsifier (SOYA Lecithins), Natural vanilla flavouring), Brown sugar, Butter (MILK), Caramel pieces (8%) (Sugar, Glucose syrup, Condensed MILK, Coconut oil, Butteroil (MILK), Natural flavouring, Glazing agent (Carnauba wax)), Water, Butterfat (MILK), Vegetable oils (Palm oil, Rapeseed oil), Whey powder (MILK), Salt, Raising agent (Diphosphates, Sodium carbonates), Flavouring. <i>May contain Nuts and Egg.</i>
Vanilla Ice Cream	Skimmed Milk, Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring.  Water, Skimmed Milk Powder (MILK), Whey Powder (MILK), Sugar, Palm Oil, Dextrose, Stabilisers (Guar Gum, Carrageenan, Locust Bean Gum), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Natural Colours (Annatto, Curcumin).
Mixed Berry Sauce	Fruit Purees (38%) [Blackcurrant Puree, Redcurrant Puree, Raspberry Puree, Blueberry Puree], Water, Sugar, Oligofructose, Humectant (Glycerol), Glucose Syrup, Modified Starch, Colour (Anthocyanins), Acidity Regulator (Citric Acid), Rowanberry Extract, Stabiliser (Guar gum). <i>May contain Gluten, Soya, Egg, Milk, Sulphur Dioxide and Celery.</i>
Mixed Coloured Stars	Sugar, Palm fat (RSPO Certified), Potato starch, Rice flour, Corn starch, Colors: E163, E162, E160a, E100, E172, Natural Flavour.
I Can't Believe Its Not Cheesecake	
I Can't Believe its not Cheesecake	Biscuit Base (30%) [Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Thiamin, Niacin), Vegetable Oils (SG RSPO Palm, Rapeseed), Sugar, Invert Sugar Syrup, Raising Agents; E500ii, E503ii, Salt], Lotus Original Caramelised Biscuit Spread (23%) [Original Caramelised Biscuits (Wheat Flour, Sugar, Vegetable Oils (Palm Oil From Sustainable and Certified Plantations, Rapeseed Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Soya Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier (Soya Lecithin), Acid (Citric Acid)], Non-Dairy Cream (16%) [Lentil Protein Preparation (Water, 1.1% Lentil Protein), Palm Fat, Rapeseed Oil, Sugar, Modified Corn Starch, Emulsifiers (Sunflower Lecithin, Sugar Esters of Fatty Acids, Mono- and Diglycerides of Fatty Acids), Stabilisers (Guar Gum, Locust Bean Gum), Natural Flavours, Salt, Colourant (Beta-Carotene)], Food Preparation With Coconut Oil (16%) [Water, Coconut Oil (23%), Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12], Sugar, Caramelised Biscuit (5%) [Wheat Flour, Sugar, Vegetable Oils (Palm (RSPO certified), Rapeseed), Candy Sugar Syrup, Raising Agent; E500, Soya Flour, Salt, Cinnamon], Starch, Partially Inverted Sugar Syrup, Tapioca Starch, Natural Vanilla Flavouring, Preservative (Potassium Sorbate (E202)). <i>May contain Milk, Eggs, Sulphur Dioxide and Nuts.</i>
Chocolate Brownie	
Chocolate Brownie	Sugar, Pasteurised Free Range EGG, Milk Chocolate (17%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Vegetable Margarine [Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)], Dark Chocolate (8%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Fat Reduced Cocoa Powder (3.7%), Raising Agents (E450, E501). <i>May contain Nuts</i>
Vanilla Ice Cream	Skimmed Milk, Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring.  Water, Skimmed Milk Powder (MILK), Whey Powder (MILK), Sugar, Palm Oil, Dextrose, Stabilisers (Guar Gum, Carrageenan, Locust Bean Gum), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Natural Colours (Annatto, Curcumin).
Chocolate Sauce (Rowse)	Glucose Syrup, Water, Belgian Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Liquor, Emulsifier: Soya Lecithin, Natural Vanilla Extract), Single Cream (Milk), Cocoa Liquor, Corn Flour, Natural Vanilla Flavouring
Ice Cream	
Vanilla Ice Cream	Skimmed Milk, Whipping Cream (14%) (Milk), Sugar, Skimmed Milk Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring.  Water, Skimmed Milk Powder (MILK), Whey Powder (MILK), Sugar, Palm Oil, Dextrose, Stabilisers (Guar Gum, Carrageenan, Locust Bean Gum), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Natural Colours (Annatto, Curcumin).
Take Away Vanilla Ice Cream	
Rob & Nick's Vanilla Ice Cream	Whole Milk, Sugar, Double Cream (Milk), Buttermilk Powder, Emulsifier: Mono- & Diglycerides of Fatty Acids, Flavouring, Stabilisers: Sodium Alginate, Guar Gum, Colours: Curcumin, Annatto Norbixin, Plain Caramel.
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.
Sauces	
Chocolate Sauce (Rowse)	Glucose Syrup, Water, Belgian Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Liquor, Emulsifier: Soya Lecithin, Natural Vanilla Extract), Single Cream (Milk), Cocoa Liquor, Corn Flour, Natural Vanilla Flavouring
Salted Caramel Sauce	Water, sugar, Dextrose, Oligofructose, Dark Muscovado Sugar, Butter (Milk), Modified Starch, Whole Milk Powder (Milk), Salt, Vegetable Oil, Stabilisers (Guar Gum, Xanthan Gum), Cane Molasses, Preservative (Potassium Sorbate), Flavouring (Caramelised Sugar Syrup).

## INGREDIENT INFORMATION (updated July 2023)

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Drinks	
Soft Drinks	
Tango Orange/ Tango Apple/ 7Up Free/ Pepsi Max/ Diet Pepsi	Refer directly to the supplier - Pepsi - <a href="http://www.pepsi.co.uk/7up">www.pepsi.co.uk/7up</a> - <a href="http://www.7up.co.uk/">www.7up.co.uk/</a> Tango - <a href="http://www.tango.co.uk">www.tango.co.uk</a>
Flavour Shot - Cherry, Lime, Strawberry	Water, dextrin, flavourings, acid: citric acid, sweeteners: acesulfame K, sucralose, preservatives: potassium sorbate, sodium benzoate
Flavour Shot - Vanilla	Water, Natural Vanilla Flavouring with other Natural Flavourings, Sweeteners (Acesulfame K, Sucralose), Colour (Plain Caramel), Acid (Citric Acid), Preservative (Potassium Sorbate).
Robinsons Squash - All Flavours	Refer directly to the supplier - Robinsons - <a href="http://www.robinsonssquash.co.uk">www.robinsonssquash.co.uk</a>
Belu Still Water / Sparkling Water	Refer directly to the supplier - Belu - <a href="http://www.belu.com">www.belu.com</a>
Bottle of Pepsi	Refer directly to the supplier - Pepsi - <a href="http://www.pepsi.co.uk">www.pepsi.co.uk</a>
Irn Bru	Refer directly to the supplier - Agbarr - <a href="http://www.agbarr.co.uk">www.agbarr.co.uk</a>
Apple Juice	Apple Juice from Concentrate (100%)
Orange Juice	Orange juice from concentrate (100%)
J2O - all flavours	Refer directly to the supplier - J2O - <a href="http://www.j2o.co.uk">www.j2o.co.uk</a>
Gingerella	Refer directly to the supplier - Karma Cola - <a href="http://www.karmacola.co.uk">www.karmacola.co.uk</a>
Soda Folk - Cream Soda/ Cherry Soda	Refer directly to the supplier - Soda Folk - <a href="http://www.sodafolk.com">www.sodafolk.com</a>
Bottle of 7Up Free / Pepsi Max / Tango Orange / Pepsi	Refer directly to the supplier - Pepsi - <a href="http://www.pepsi.co.uk/">www.pepsi.co.uk/</a> 7up - <a href="http://www.7up.co.uk/">www.7up.co.uk/</a> Tango - <a href="http://www.tango.co.uk">www.tango.co.uk</a>
Bottle of Diet Pepsi	Refer directly to the supplier - Pepsi - <a href="http://www.pepsi.co.uk">www.pepsi.co.uk</a>
Hot Drinks	
Black Tea	100% Black Tea
Tea with Milk	100% Black Tea, 100% Semi Skimmed Milk
Hot Chocolate	Sugar, Whey Powder (Milk), Low Fat Cocoa Powder, Skimmed Milk Powder, Acidity Regulator E331, Salt, Flavouring, Anti-Caking Agent E551.
Americano with Milk, Caffe Latte, Cappuccino	Roasted & Ground Coffee, 100% Semi Skimmed Milk
Black Americano, Espresso Shot	Roasted & Ground Coffee
Alcoholic Drinks	
Pinot Grigio / Merlot / White Zinfandel	Refer directly to the supplier - Matthew Clark - <a href="http://www.matthewclark.co.uk/">www.matthewclark.co.uk/</a>
Prosecco	Refer directly to the supplier - Matthew Clark - <a href="http://www.matthewclark.co.uk/">www.matthewclark.co.uk/</a>
Budweiser	Refer to label on bottle or directly to the supplier - Budweiser - <a href="http://www.budweiser.com/en/company/products/budweiser">www.budweiser.com/en/company/products/budweiser</a>
San Miguel	Refer directly to the supplier - San Miguel - <a href="http://www.sanmiguel.com">www.sanmiguel.com</a>
Brewdog Punk IPA	Refer directly to the supplier - Brewdog - <a href="http://www.BrewDog.com">www.BrewDog.com</a>
Kopparberg Strawberry & Lime	Refer directly to the supplier - Kopparberg - <a href="http://www.kopparberg.co.uk/faqs/">www.kopparberg.co.uk/faqs/</a>
Kopparberg Mixed Fruit Tropical	Refer directly to the supplier - Kopparberg - <a href="http://www.kopparberg.co.uk/faqs/">www.kopparberg.co.uk/faqs/</a>
Bulmer's	Refer directly to the supplier - Bulmer's - <a href="http://www.Bulmers.co.uk/nutritional-values">www.Bulmers.co.uk/nutritional-values</a>

# NUTRITIONAL GUIDE (updated July 2023)

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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)				
<b>Sides</b>												
Fries	230	384	5.1	51	1.2	17	2.1	2.3				
Onion Rings	158	338	5.5	47	7.0	15	1.7	1.4				
Mini Corn on the Cob	267	207	6.4	29	18	4.8	0.8	0.01				
BBQ Chicken Wings	121	247	24	6.7	4.4	14	3.4	2.0				
Sharing BBQ Chicken Wings	242	494	47	13	8.8	28	6.8	3.9				
Chicken Bites	158	359	22	30	0	16	1.7	1.6				
Sharing Chicken Bites	316	719	45	60	0	33	3.4	3.1				
Sharing Chicken Combo	279	606	46	37	4.4	30	5.1	3.5				
Jalapeno Poppers	157	354	6.3	38	5.9	19	6.2	1.3				
Garlic Bread	120	357	9.0	49	3.1	13	4.1	0.90				
Garlic Bread with Cheese	181	527	20	51	4.3	26	12	1.7				
Vegan Southern Fried Nuggets	120	248	12	18	0.6	13	1.0	1.1				
Loaded Garlic Bread with Bacon	201	580	28	53	1.9	27	13	2.5				
Loaded Garlic Bread with Pepperoni	221	710	29	53	1.9	41	19	2.9				
Loaded Garlic Bread with Jalapeños	205	516	21	53	1.8	23	12	2.3				
Loaded Nachos	203	538	16	18	6.3	32	9.5	2.8				
Mozzarella Sticks	138	403	18	32	2.2	22	8.9	2.6				
Cheesy Bite Bites	209	524	23	74	0.4	14	6.1	2.2				
Loaded Cheesy Bite Bites	239	624	29	75	0.6	22	10	2.6				
Loaded Spicy Cheesy Bite Bites	278	629	30	75	0.9	22	10	4.7				
Loaded Bacon Cheesy Bite Bites	259	687	36	75	0.7	26	12	3.5				
Cheesy Garlic Breadsticks	203	586	24	55	0.5	30	12	2.2				
<b>Tabletop Sauces</b>												
BBQ Sauce	100	119	1.5	27	22	0.4	0.1	1.2				
Tomato Ketchup	100	99	2.0	21	21	0.3	0.1	0.90				
Spicy Honey BBQ Sauce	60	91	0.7	22	18	0	0	0.55				
Franks Red Hot and Blue Cheese Sauce	30	52	0.3	2.5	1.2	4.3	1.6	1.9				
Italian Hard Cheese	1	5	0.4	0	0	0.3	0.2	0.03				
Chilli Flakes	1	3	0.1	0.3	0.1	0.2	0	0				
<b>Takeaway Dip Pots</b>												
Garlic Sauce Dip Pot	25	89	0.2	2.0	1.1	9.0	1.4	0.35				
BBQ Sauce Dip Pot	25	29	0.4	6.4	5.0	0.1	0	0.24				
Sour Cream & Chive Pot	25	102	0.3	1.9	1.2	11	1.2	0.44				
Marinara Dip Pot	50	30	1.2	5.5	3.5	0.5	0.1	0.47				
*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.												
	Weight of Portion (g)	Energy per Portion (kcal)	Protein per Portion (g)	Carbohydrate per Portion (g)	Sugar per Portion (g)	Fat per Portion (g)	Saturated Fat per Portion (g)	Salt per Portion (g)				
<b>Salad Station</b>												
<b>Dressed Salads</b>												
Potato Salad	63	102	0.8	9.1	1.7	6.7	0.5	0.38				
Coleslaw	50	68	0.4	3.1	2.4	5.9	0.4	0.07				
BBQ Pasta	59	95	2.7	13	2.1	3.0	0.3	0.30				
Sweetcorn	26	20	0.7	3.5	0.9	0.4	0.2	0				
Diced Beetroot	24	12	1.0	1.6	1.1	0.1	0.1	0				
Jalapenos	16	1	0.1	0.1	0	0.1	0	0.48				
<b>Fresh Salad</b>												
Lettuce Mix	17	2	0.1	0.2	0.2	0	0	0				
Cherry Tomatoes	33	6	0.2	1.0	1.0	0.1	0	0				
Cucumber	35	3	0.2	0.5	0.5	0	0	0				
Mixed Peppers	26	4	0.2	0.7	0.6	0.1	0	0				
Red Onion	21	8	0.3	1.7	1.2	0	0	0				
Shredded Carrot	18	9	0.1	2.3	2.3	0	0	0				
<b>Dried Items</b>												
Bacon Bits	13	69	1.2	6.6	0.5	4.0	1.9	0.31				
Croutons	7	31	0.8	4.7	0.1	0.8	0.4	0.19				
Tortilla Chips	13	64	0.8	8.2	0.2	2.7	0.3	0.09				
Crispy Onions	6	35	0.4	2.4	0.5	2.6	1.3	0.07				
Sultanas	16	43	0.4	11	11	0	0	0				
<b>Dressings &amp; Dips</b>												
Thousand Island Dressing	30	80	0.2	3.4	1.5	7.2	0.9	0.37				
Blue Cheese Dressing	27	125	0.4	5.2	2.1	11	4.2	0.36				
Garlic Mayonnaise	29	127	0.6	1.2	0.5	13	1.8	0.31				
Light Mayonnaise	34	138	0.2	4.3	2.0	13	1.8	0.44				
Ranch Dressing	31	145	0.7	2.0	1.3	15	1.6	0.33				
Low Fat French Dressing	22	18	0.2	3.1	1.9	0.6	0.4	0.27				
Salsa	33	20	0.4	4.3	2.6	0	0	0.53				
Garlic & Chilli Infused Oil	5	41	0	0	0	4.6	0.7	0.01				
Olive Oil with Balsamic Vinegar	5	31	0	0.4	0.3	3.3	0.5	0.01				



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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)				
<b>Pizza</b>													
<b>Pepperoni Feast</b>													
Individual Pan (9")	408	6	182	7.1	18	0.9	8.9	3.0	0.78				
Sharing Pan (13")	844	8	279	11	28	1.3	13	4.5	1.2				
Individual Thin (11")	405	6	165	7.4	19	0.7	6.3	2.8	0.87				
Sharing Thin (14")	674	8	208	9.6	22	1.1	9.0	4.1	1.1				
Individual Stuffed Crust (11")	558	6	241	12	23	0.9	11	5.5	1.3				
Sharing Stuffed Crust (14")	946	8	301	15	29	1.4	14	6.7	1.6				
Cheesy Bites (14")	946	8	301	15	29	1.3	14	6.7	1.6				
Gluten Free (9" Square)	359	6	168	4.7	20	1.6	7.4	2.8	0.72				
Big New Yorker	1066	6	434	19	46	3.5	19	7.8	2.2				
<b>Hawaiian</b>													
Individual Pan (9")	464	6	165	7.5	18	1.8	6.6	2.1	0.78				
Sharing Pan (13")	970	8	255	12	29	2.9	9.7	3.2	1.2				
Individual Thin (11")	461	6	149	7.9	20	1.6	4.0	1.9	0.87				
Sharing Thin (14")	800	8	185	10	23	2.7	5.5	2.7	1.1				
Individual Stuffed Crust (11")	614	6	224	12	23	1.8	8.9	4.6	1.3				
Sharing Stuffed Crust (14")	1072	8	278	15	31	3.0	10	5.3	1.6				
Cheesy Bites (14")	1072	8	278	15	31	3.0	10	5.3	1.6				
Gluten Free (9" Square)	415	6	152	5.1	20	2.5	5.0	1.9	0.72				
<b>Farmhouse</b>													
Individual Pan (9")	447	6	166	7.9	18	1.0	6.7	2.2	0.79				
Sharing Pan (13")	918	8	254	12	29	1.4	9.8	3.3	1.2				
Individual Thin (11")	444	6	147	7.9	19	1.0	4.0	1.9	0.91				
Sharing Thin (14")	748	8	179	10	22	1.5	5.5	2.7	1.1				
Individual Stuffed Crust (11")	597	6	219	12	23	1.0	8.7	4.5	1.3				
Sharing Stuffed Crust (14")	1032	8	278	15	29	1.5	11	5.6	1.6				
Cheesy Bites (14")	1032	8	278	15	29	1.5	11	5.6	1.6				
Gluten Free (9" Square)	398	6	149	5.1	20	1.7	5.1	1.9	0.73				
<b>Chicken Supreme</b>													
Individual Pan (9")	502	6	172	8.9	19	1.2	6.6	2.2	0.63				
Sharing Pan (13")	1071	8	268	14	30	1.9	9.8	3.3	1.0				
Individual Thin (11")	499	6	152	8.9	20	1.1	3.9	1.9	0.75				
Sharing Thin (14")	901	8	192	12	22	1.7	5.5	2.7	0.95				
Individual Stuffed Crust (11")	652	6	227	13	23	1.3	8.9	4.6	1.1				
Sharing Stuffed Crust (14")	1173	8	284	18	30	2.0	10	5.3	1.4				
Cheesy Bites (14")	1173	8	284	18	30	2.0	10	5.3	1.4				
Gluten Free (9" Square)	453	6	155	6.2	20	2.0	5.0	1.8	0.57				
<b>Meat Feast</b>													
Individual Pan (9")	476	6	200	9.5	19	1.1	9.6	3.3	0.91				
Sharing Pan (13")	1004	8	315	15	30	1.7	15	5.2	1.4				
Individual Thin (11")	473	6	180	9.5	20	1.0	6.9	3.1	1.0				
Sharing Thin (14")	834	8	238	13	23	1.5	10	4.7	1.4				
Individual Stuffed Crust (11")	626	6	256	14	23	1.2	12	5.8	1.4				
Sharing Stuffed Crust (14")	1106	8	331	18	30	1.8	15	7.3	1.9				
Cheesy Bites (14")	1106	8	331	18	30	1.8	15	7.3	1.9				
Gluten Free (9" Square)	427	6	183	6.7	20	1.8	8.0	3.0	0.85				
	Weight of Pizza (g)	Number of Slices per Pizza	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice(g)				
<b>Supreme</b>													
Individual Pan (9")	521	6	204	8.8	19	1.4	10	3.4	0.85				
Sharing Pan (13")	1021	8	313	14	30	1.9	15	5.2	1.3				
Individual Thin (11")	518	6	184	8.8	20	1.3	7	3.1	0.96				
Sharing Thin (14")	851	8	237	12	23	1.7	11	4.7	1.3				
Individual Stuffed Crust (11")	671	6	259	13	24	1.5	12	5.8	1.4				
Sharing Stuffed Crust (14")	1123	8	330	17	31	2.0	15	7.2	1.7				
Cheesy Bites (14")	1123	8	330	17	31	2.0	15	7.2	1.7				
Gluten Free (9" Square)	472	6	187	6.0	21	2.2	8.5	3.0	0.79				
<b>BBQ Americano</b>													
Individual Pan (9")	509	6	189	9.8	20	2.5	7.3	2.4	0.85				
Sharing Pan (13")	1090	8	298	16	32	3.8	11	3.7	1.4				
Individual Thin (11")	506	6	174	10	22	2.5	4.7	2.2	0.97				
Sharing Thin (14")	920	8	229	15	26	3.9	6.9	3.3	1.3				
Individual Stuffed Crust (11")	659	6	248	14	25	2.5	9.6	4.9	1.4				
Sharing Stuffed Crust (14")	1192	8	320	20	33	3.9	12	5.8	1.8				
Cheesy Bites (14")	1192	8	320	20	33	3.9	12	5.8	1.8				
Gluten Free (9" Square)	460	6	176	7.4	23	3.4	5.8	2.1	0.82				
<b>Veggie Pepperphoni Feast</b>													
Individual Pan (9")	396	6	162	6.1	18	1.0	7.1	2.1	0.71				
Sharing Pan (13")	834	8	253	9.6	29	1.5	11	3.2	1.2				
Individual Thin (11")	393	6	146	6.4	20	0.8	4.5	1.9	0.80				
Sharing Thin (14")	664	8	183	8.2	22	1.3	6.6	2.8	1.1				
Individual Stuffed Crust (11")	546	6	221	11	23	1.0	9.4	4.6	1.2				
Sharing Stuffed Crust (14")	936	8	276	13	30	1.6	11	5.4	1.6				
Cheesy Bites (14")	936	8	276	13	30	1.6	11	5.4	1.6				
Gluten Free (9" Square)	347	8	111	2.8	15	1.3	4.2	1.4	0.48				
<b>Veggie</b>													
Individual Pan (9")	496	6	162	6.3	19	1.6	6.5	2.1	0.59				
Sharing Pan (13")	1053	8	251	9.8	30	2.5	9.6	3.1	0.92				
Individual Thin (11")	493	6	146	6.6	21	1.4	3.9	1.9	0.68				
Sharing Thin (14")	883	8	180	8.4	24	2.3	5.4	2.7	0.83				
Individual Stuffed Crust (11")	601	6	221	11	24	1.6	8.8	4.6	1.1				
Sharing Stuffed Crust (14")	1155	8	273	13	31	2.6	10	5.3	1.4				
Cheesy Bites (14")	1155	8	273	13	31	2.6	10	5.3	1.4				
Gluten Free (9" Square)	447	8	111	2.9	16	1.7	3.7	1.4	0.39				

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<b>Margherita</b>													
Individual Pan (9")	410	6	171	7.0	18	1.0	7.7	2.9	0.66				
Sharing Pan (13")	847	8	262	11	28	1.4	11	4.3	1.0				
Individual Thin (11")	407	6	155	7.4	19	0.8	5.1	2.6	0.75				
Sharing Thin (14")	677	8	192	9.5	22	1.2	7.2	3.8	0.94				
Individual Stuffed Crust (11")	560	6	230	12	23	1.0	10	5.3	1.2				
Sharing Stuffed Crust (14")	949	8	285	15	29	1.5	12	6.4	1.5				
Cheesy Bites (14")	949	8	285	15	29	1.5	12	6.4	1.5				
Gluten Free (9" Square)	361	8	118	3.5	15	1.3	4.6	1.9	0.45				
Big New Yorker	1039	6	395	18	46	3.6	15	6.7	1.8				
<b>The G.O.A.T</b>													
Individual Pan (9")	525	6	184	7.4	20	2.9	8.0	3.1	0.68				
Sharing Pan (13")	1122	8	286	12	32	5.2	12	4.7	1.1				
Individual Thin (11")	522	6	165	7.6	21	2.8	5.3	2.8	0.67				
Sharing Thin (14")	952	8	213	10	26	5.1	7.5	4.1	0.86				
Individual Stuffed Crust (11")	675	6	243	12	25	3.0	10	5.6	1.2				
Sharing Stuffed Crust (14")	1224	8	309	15	34	5.3	12	6.8	1.5				
Cheesy Bites (14")	1224	8	309	15	34	5.3	12	6.8	1.5				
Gluten Free (9" Square)	476	8	128	3.8	17	2.8	4.8	2.2	0.48				
<b>Hot 'N' Spicy Chicken</b>													
Individual Pan (9")	543	6	189	9.8	18	1.2	8.2	3.0	0.84				
Sharing Pan (13")	1146	8	292	16	29	1.8	12	12	1.3				
Individual Thin (11")	540	6	169	10	19	1.1	5.5	2.7	0.83				
Sharing Thin (14")	976	8	223	14	23	1.8	8.0	4.1	1.2				
Individual Stuffed Crust (11")	692	6	248	15	23	1.3	11	5.5	1.3				
Sharing Stuffed Crust (14")	1248	8	315	19	30	1.9	13	6.7	1.7				
Cheesy Bites (14")	1248	8	315	19	30	1.9	13	6.7	1.7				
Gluten Free (9" Square)	494	6	176	7.4	20	2.0	6.7	2.8	0.78				
<b>Hot 'N' Spicy Veg</b>													
Individual Pan (9")	502	6	176	7.3	18	1.2	8.1	3.0	0.78				
Sharing Pan (13")	1052	8	271	11	29	1.9	12	4.4	1.2				
Individual Thin (11")	499	6	161	7.6	20	1.2	5.5	2.7	0.87				
Sharing Thin (14")	882	8	201	9.9	23	1.8	7.7	4.0	1.1				
Individual Stuffed Crust (11")	606	6	236	12	23	1.3	10	5.4	1.3				
Sharing Stuffed Crust (14")	1154	8	294	15	30	2.1	12	6.6	1.7				
Cheesy Bites (14")	1154	8	294	15	30	2.1	12	6.6	1.7				
Gluten Free (9" Square)	453	6	163	4.9	20	2.0	6.6	2.7	0.72				
	Weight of Pizza (g)	Number of Slices per Pizza	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice(g)				
<b>Meat Feast Hot</b>													
Individual Pan (9")	538	6	221	11	19	1.1	11	4.1	1.1				
Sharing Pan (13")	1129	8	346	17	30	1.8	17	6.6	1.8				
Individual Thin (11")	535	6	202	11	20	1.0	8.6	4.0	1.2				
Sharing Thin (14")	959	8	270	15	23	1.6	13	6.0	1.7				
Individual Stuffed Crust (11")	688	6	277	15	23	1.2	13	6.7	1.6				
Sharing Stuffed Crust (14")	1231	8	363	20	30	1.8	18	8.6	2.2				
Cheesy Bites (14")	1231	8	363	20	30	1.8	18	8.6	2.2				
Gluten Free (9" Square)	489	6	204	8.0	21	1.9	9.6	3.9	1.1				
<b>Flamin' Buffalo</b>													
Individual Pan (9")	511	6	183	6.6	19	1.7	8.8	2.3	1.8				
Sharing Pan (13")	1063	8	292	13	30	3.1	13	3.4	1.7				
Individual Thin (11")	508	6	167	6.9	20	1.6	6.2	2.0	1.9				
Sharing Thin (14")	893	8	222	11	24	3.0	8.9	3.0	1.6				
Individual Stuffed Crust (11")	661	6	242	11	24	1.8	11	4.7	2.3				
Sharing Stuffed Crust (14")	1165	8	312	16	31	3.2	13	5.4	1.8				
Cheesy Bites (14")	1165	8	312	16	31	3.2	13	5.4	1.8				
Gluten Free (9" Square)	462	6	170	4.2	21	2.5	7.3	2.0	1.7				
<b>Double Pepperoni and Spicy Honey</b>													
Individual Pan (9")	470	6	212	8.4	20	2.9	11	3.6	1.1				
Sharing Pan (13")	948	8	316	13	30	3.4	16	5.2	1.7				
Individual Thin (11")	467	6	196	8.7	21	2.8	8.2	3.4	0.85				
Sharing Thin (14")	778	8	246	11	24	3.2	11	4.8	1.1				
Individual Stuffed Crust (11")	620	6	271	13	25	3.0	13	6.1	1.3				
Sharing Stuffed Crust (14")	1050	8	339	16	31	3.5	16	7.3	1.6				
Cheesy Bites (14")	1050	8	339	16	31	3.5	16	7.3	1.6				
Gluten Free (9" Square)	421	6	199	6.0	22	3.6	9.3	3.3	0.70				

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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)				
<b>Vegan Pizzas</b>													
<b>Vegan Margherita</b>													
Individual Pan (9")	380	6	159	3.7	20	0.4	7.0	3.5	0.68				
Sharing Pan (13")	732	8	224	5.8	30	0.8	8.7	3.7	0.92				
Individual Thin (11")	377	6	140	3.8	21	0.4	4.3	3.2	0.68				
Sharing Thin (14")	562	8	150	4.3	23	0.6	4.4	3.2	0.73				
Gluten Free (9" Square)	331	6	146	1.3	22	1.3	5.5	3.2	0.65				
Vegan Stuffed Crust	469	6	189	3.9	24	0.5	8.4	6.9	1.2				
<b>Vegan Veggie</b>													
Individual Pan (9")	476	6	154	4.0	20	1.2	6.1	2.5	0.61				
Sharing Pan (13")	1013	8	239	6.4	32	2.0	9.0	3.8	0.94				
Individual Thin (11")	473	6	134	4.2	21	1.1	3.3	2.2	0.60				
Sharing Thin (14")	843	8	165	4.9	25	1.9	4.6	3.2	0.75				
Gluten Free (9" Square)	427	6	141	1.6	22	2.1	4.5	2.3	0.55				
Vegan Stuffed Crust	565	6	183	4.3	25	1.3	7.4	6.0	1.1				
<b>Vegan Pepperphoni Feast</b>													
Individual Pan (9")	376	6	154	3.9	19	0.6	6.7	2.6	0.73				
Sharing Pan (13")	794	8	241	6.2	31	1.0	10	3.9	1.2				
Individual Thin (11")	373	6	135	4.0	20	0.5	3.9	2.2	0.72				
Sharing Thin (14")	624	8	167	4.7	24	0.9	5.8	3.3	1.0				
Gluten Free (9" Square)	327	6	141	1.5	21	1.5	5.1	2.3	0.67				
Vegan Stuffed Crust	465	6	184	4.1	24	0.7	8.0	6.0	1.2				
<b>Vegan Hot 'N' Spicy Veg</b>													
Individual Pan (9")	444	6	148	3.8	19	0.9	6.0	2.5	0.71				
Sharing Pan (13")	937	8	229	6.0	31	1.5	8.8	3.8	1.1				
Individual Thin (11")	441	6	129	3.9	20	0.8	3.2	2.2	0.70				
Sharing Thin (14")	767	8	155	4.5	24	1.3	4.4	3.2	0.91				
Gluten Free (9" Square)	395	6	135	1.4	22	1.7	4.4	2.3	0.65				
Vegan Stuffed Crust	533	6	178	4.0	24	0.9	7.3	5.9	1.2				
<b>Vegan Flamin' Buffalo</b>													
Individual Pan (9")	491	6	175	4.3	20	1.4	8.4	2.7	1.8				
Sharing Pan (13")	974	8	261	6.6	31	2.0	11.6	4.0	2.5				
Individual Thin (11")	488	6	159	4.6	22	1.4	5.8	2.5	1.9				
Sharing Thin (14")	804	8	190	5.2	25	1.8	7.4	3.5	2.4				
Gluten Free (9" Square)	442	6	162	1.9	22	2.2	6.8	2.4	1.7				
Vegan Stuffed Crust	580	6	205	4.6	24	1.4	9.7	6.1	2.3				
	Average Weight of Portion (g)	Energy per Portion (kcal)	Protein per Portion (g)	Carbohydrate per Portion (g)	Sugar per Portion (g)	Fat per Portion (g)	Saturated Fat per Portion (g)	Salt per Portion (g)					
<b>Flatbreads</b>													
Chicken Delight Flatbread	300	500	27	59	6.2	16	5.6	3.0					
The Little G.O.A.T Flatbread	316	537	26	64	10	19	10	3.2					
Virtuous Veg Flatbread	301	439	20	60	6.7	12	5.2	2.7					
Vegan Virtuous Veg Flatbread	289	401	13	65	6.0	8.9	6.4	2.8					
BBQ Chicken 'N' Ham Flatbread	285	519	33	61	6.0	16	5.9	2.7					
The Little Flamin Buffalo Flatbread	313	461	16	61	8.3	15	1.3	8.3					
<b>Melts</b>													
Pepperoni Melt	277	749	31	68	5.3	38	17	4.5					
Meat Feast Melt	312	771	37	70	6.1	38	16	4.9					
BBQ Chicken Melt	326	704	34	84	19	25	12	4.0					
Veggie Melt	316	615	25	70	7.7	25	12	4.2					
<b>Mains</b>													
Lasagne	416	552	29	43	11	29	13	2.9					
Mac 'N' Cheese	460	811	38	86	10	38	22	3.8					

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<b>Buffet Pizzas</b>													
<b>Margherita</b>													
Individual Pan (9")	410	8	128	5.3	13	0.7	5.8	2.1	0.74				
Sharing Pan (13")	847	12	175	7.3	19	1.0	7.6	2.8	1.0				
Individual Thin (11")	407	8	116	5.5	15	0.6	3.8	2.0	0.56				
<b>Hawaiian</b>													
Individual Pan (9")	464	8	124	5.7	14	1.3	4.9	1.6	0.83				
Sharing Pan (13")	970	12	170	7.8	20	1.9	6.5	2.1	1.1				
Individual Thin (11")	461	8	112	5.9	15	1.2	3.0	1.4	0.65				
<b>Pepperoni</b>													
Individual Pan (9")	408	8	136	5.3	13	0.6	6.7	2.3	0.83				
Sharing Pan (13")	844	12	186	7.3	19	0.9	8.8	3.0	1.2				
Individual Thin (11")	405	8	124	5.6	14	0.6	4.7	2.1	0.66				
<b>BBQ Americano</b>													
Individual Pan (9")	509	8	142	7.3	15	1.9	5.5	1.8	0.88				
Sharing Pan (13")	1090	12	199	11	21	2.5	7.4	2.5	1.3				
Individual Thin (11")	506	8	130	7.6	17	1.9	3.5	1.6	0.73				
<b>BBQ Beef &amp; Onion</b>													
Individual Pan (9")	439	8	132	4.9	16	1.9	5.3	1.8	0.53				
Sharing Pan (13")	908	12	181	6.8	22	2.3	7.1	2.5	0.72				
Individual Thin (11")	435	8	117	5.3	16	1.9	3.3	1.6	0.63				
<b>Simply Veggie</b>													
Individual Pan (9")	496	8	121	4.7	14	1.2	4.9	1.6	0.68				
Sharing Pan (13")	1053	12	167	6.5	20	1.7	6.4	2.1	0.95				
Individual Thin (11")	493	8	109	4.9	15	1.1	1.1	1.4	0.51				
<b>Classic Chicken</b>													
Individual Pan (9")	471	8	124	5.4	15	0.9	4.8	1.6	0.43				
Sharing Pan (13")	999	12	171	7.6	21	1.3	6.3	2.1	0.60				
Individual Thin (11")	467	8	109	5.8	15	0.9	2.8	1.4	0.52				
<b>Veggie Hot</b>													
Individual Pan (9")	469	8	120	4.4	15	1.2	4.7	1.6	0.41				
Sharing Pan (13")	989	12	165	6.1	21	1.7	6.2	2.1	0.57				
Individual Thin (11")	465	8	104	4.7	15	1.0	2.9	1.3	0.41				
<b>Spicy Chicken</b>													
Individual Pan (9")	474	8	124	5.3	15	0.9	4.8	1.6	0.52				
Sharing Pan (13")	972	12	170	7.5	21	1.3	6.3	2.1	0.66				
Individual Thin (11")	470	8	109	5.8	15	0.9	2.8	1.4	0.61				
<b>Three Cheese &amp; Caramelised Onion</b>													
Individual Pan (9")	505	8	127	4.5	16	2.0	4.8	1.6	0.44				
Sharing Pan (13")	1062	12	174	6.2	23	2.9	6.2	2.2	0.61				
Individual Thin (11")	483	8	141	6.5	17	1.7	5.2	2.6	0.64				
	Average Weight of Portion (g)	Energy per Portion (kcal)	Protein per Portion (g)	Carbohydrate per Portion (g)	Sugar per Portion (g)	Fat per Portion (g)	Saturated Fat per Portion (g)	Salt per Portion (g)					
<b>Buffet Sides</b>													
<b>Buffet Pasta</b>													
Marinara Pasta	82	100	2.3	12	2.9	4.6	0.6	0.34					
Four Cheese & Broccoli Pasta	97	105	4.2	11	2.6	4.6	2.4	0.61					
<b>Garlic Breadsticks</b>													
Garlic Breadsticks - Large	20.1	56	1.6	7.4	0	2.2	0.4	0.32					
Garlic Breadsticks - Small	18.6	50	1.5	7.0	0	1.6	0.3	0.30					
<b>Cheesy Garlic Breadsticks</b>													
Cheesy Garlic Breadsticks - Large	30.6	93	3.5	7.7	0.1	5.2	2.0	0.47					
Cheesy Garlic Breadsticks - Small	27.5	81	3.1	7.3	0.1	4.3	1.7	0.42					

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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)				
<b>Kids</b>												
Pan Pizza Margherita	206	434	19	55	3.1	14	5.4	1.7				
Thin Pizza Margherita	206	434	19	55	3.1	14	5.4	1.7				
Gluten Free Margherita	181	395	14	42	6.2	18	8.2	1.5				
*Nutritionals do not include any choices made at the Salad Station.												
<b>Mains</b>												
Chicken 'N' Fries	230	421	20	45	1.1	17	2.6	2.1				
Southern Fried Nuggets 'N' Fries	205	374	11	40	1.0	18	1.8	2.0				
Mac 'N' Cheese	230	406	19	43	5.0	19	11	1.9				
Spaghetti Bolognese with Cheese	280	281	18	29	6.4	9.6	5.0	1.0				
Cheesy Pasta	250	352	14	52	5.8	11	5.2	1.2				
<b>Sides</b>												
Fries	125	209	2.8	28	0.6	9.3	1.1	1.3				
Garlic Bread	60	178	4.5	24	1.6	6.7	2.0	0.40				
Onion Rings	79	169	2.8	23	3.5	7.4	0.9	0.71				
Mini Corn on the Cob	66	96	2.6	12	7.1	3.0	0.4	0				
<b>Drinks</b>												
Semi Skimmed Milk	225	101	7.9	10	10	3.4	2.0	0.25				
Kids Orange Juice	230	94	1.6	21	21	0	0	0				
Kids Apple Juice	230	104	0	25	25	0	0	0				
Robinsons Squash - Orange	230	2	0	0	0	0	0	0.05				
Robinsons Squash - Apple & Blackcurrant	230	5	0	0	0	0	0	0.07				
<b>Desserts</b>												
Raspberry Ice	75	94	0.1	23	20	0.2	0.2	0.09				
Chilly Billy Blackcurrant & Apple Ice Lolly	80	30	0.2	7.6	7.6	0.1	<0.1	0				
Kids Chocolate Brownie	145	404	5.4	50	43	20	9.3	0.11				
<b>Ice Cream Factory</b>												
Our Food Team have worked hard to develop the perfect recipe for your Ice Cream Creation! The following nutritional information is based on our recommended portions.												
<b>Kids Ice Cream Factory</b>												
	Average Weight of portion (g)	Energy per portion (kcal)	Protein per portion (g)	Carbohydrate per portion (g)	Sugar per portion (g)	Fat per portion (g)	Sat Fat per portion (g)	Salt per portion (g)				
Typical portion Ice Cream	129	151	4.3	18	17	6.6	4.6	0.27				
Typical portion Choc Sauce	8	24	0.1	5.4	4.5	0.2	0.1	0				
Toppings(3)	22	99	0.8	17	16	3.6	2.2	0.10				
TOTAL	159	274	5.2	40	38	10	7.0	0.37				
<b>Adults Ice Cream Builder</b>												
Typical portion Ice Cream	221	259	7.3	31	31	29	8.0	0.46				
Typical portion Choc Sauce	8	24	0.1	5.4	4.5	0.2	0.1	0				
Toppings(3)	22	99	0.8	17	16	3.6	2.2	0.10				
TOTAL	251	382	8.2	54	52	33	10	0.56				
<b>Per 100g</b>												
Ice Cream Builder Ice Cream	117	3.3	14	13	5.1	3.6	0.21					
Raspberry Sauce	249	0.1	62	43	0.4	0.2	0.04					
Chocolate Sauce	297	1.4	67	56	2.6	1.6	0.03					
Alphabet Sprinkles	421	0.9	93	83	5.5	2.6	0.10					
Gold Crunch	397	0	98	98	1.7	1.6	0					
Lemon Crunch	397	0	98	98	1.7	1.6	0					
Strawberry Crunch	397	0	98	98	1.7	1.6	0					
Milk Chocolate Chips	523	6.7	60	59	28	17	0.17					
Dark and White Chocolate Chips	530	3.8	64	62	28	21	0.12					
Milk Chocolate Beans	464	2.5	76	75	16	9.8	0.10					
Chocolate Toffee Crunch	391	4.1	77	73	16	10	0.80					
Tropical Crush	423	1.1	94	80	4.8	2.8	0.54					
Gold Stars	437	1.1	84	79	10	6.4	0.10					
Mixed Coloured Stars	421	0.3	93	83	5.1	2.6	0.01					

## NUTRITIONAL GUIDE (updated July 2023)

### FOOD ALLERGIES

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

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

	Average weight of Portion (g)	Energy per Portion (kcal)	Protein per Portion (g)	Carbohydrate per Portion (g)	Sugar per Portion (g)	Fat per Portion (g)	Saturated Fat per Portion (g)	Salt per Portion (g)				
<b>Desserts</b>												
<b>Hot Cookie Dough (served with a scoop of ice cream &amp; drizzle of sauce for all)</b>												
White Chocolate & Caramel Cookie Dough	196	609	6.7	89	60	25	14	1.1				
Chocolate Chip Cookie Dough	196	628	7.9	88	55	27	15	1.1				
Birthday Cookie Dough	201	618	6.8	91	59	25	14	0.84				
<b>Takeaway Cookie Dough</b>												
<b>(Standard &amp; Sharing Cookie Doughs served with x1 Take Away Ice Cream Tub &amp; a Drizzle of Sauce, Party Cookie Dough served with x2 Take Away Ice Cream Tubs &amp; a Drizzle of Sauce)</b>												
White Chocolate & Caramel	175	586	6.8	83	53	25	14	1.1				
Chocolate Chip	175	604	7.9	82	48	27	15	1.1				
Sharing White Chocolate & Caramel	270	1017	11	146	87	43	25	1.9				
Sharing Chocolate Chip	270	1043	13	142	78	47	26	2.0				
Party White Chocolate & Caramel	525	1997	22	284	166	85	49	3.6				
Party Chocolate Chip	525	2039	26	275	151	92	52	4.0				
<b>Hot Desserts</b>												
Hot Chocolate Brownie (served with ice cream & sauce)	189	618	7.9	72	62	32	15	0.18				
Take Away Hot Chocolate Brownie (served with ice cream & sauce)	168	595	7.9	66	56	33	15	0.20				
Additional Take Away Vanilla Ice Cream Tub (Rob & Nick's) - 110ml	65	118	2.5	12	12	6.5	3.8	0.09				