



# Saudi Arabia

## Nutritional Information 2021

*Last updated 18 August 2021*

# Pizzas – Super Papa’s



Value Whole Pizza	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
Super Papa	kcal	kJ	g	g	g	g	g	g	g (mg)	g (mg)
Super Papa 8"	865	3642	35.7	29.2	10.5	111.3	11.5	8	2.05	5.13 (5126)
Super Papa 10" ATC	1040	4374	46.3	42	16.8	115.3	12.8	9.3	2.83 (2833)	7.08 (7084)
Super Papa 10"	1228	5165	52.7	45	17.1	148.1	15.6	11.1	3.11 (3115)	7.79 (7787)
Super Papa 10" Stuffed Crust	1486	5345	65.8	65.4	27.3	151.3	15.6	11.2	3.83 (3831)	9.58 (9578)
Super Papa 13" ATC	1409	5923	63.1	57.5	22	154.1	17.5	13.2	3.95 (3947)	9.87 (9868)
Super Papa 13"	2082	8756	90.2	76.7	29.5	249.4	25.9	18.7	5.23 (5233)	13.08 (13083)
Super Papa 13" Stuffed Crust	2428	8985	108	103.8	43.3	253.9	25.9	18.9	6.20 (6205)	15.51 (15512)

Value per Slice	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
Super Papa	kcal	kJ	g	g	g	g	g	g	g	g
Super Papa 8"	144	607	6	5	2	19	2	1	0.3	0.9
Super Papa 10" ATC	130	547	6	5	2	14	2	1	0.4	0.9
Super Papa 10"	154	646	7	6	2	19	2	1	0.4	1.0
Super Papa 10" Stuffed Crust	186	668	8	8	3	19	2	1	0.5	1.2
Super Papa 13" ATC	141	592	6	6	2	15	2	1	0.4	1.0
Super Papa 13"	208	876	9	8	3	25	3	2	0.5	1.3
Super Papa 13" Stuffed Crust	243	899	11	10	4	25	3	2	0.6	1.5

# Pizzas – All The Meats



Value Whole Pizza	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
<b>All The Meats</b>	kcal	kJ	g	g	g	g	g	g	g (mg)	g (mg)
All the Meats 8"	964	4058	43.7	37.1	13.2	110.6	10.9	8.2	2.54 (2542)	6.35 (6355)
All the Meats 10" ATC	964	4058	43.7	37.1	13.2	110.6	10.9	8.2	2.54 (2542)	6.35 (6355)
All the Meats 10"	1092	4592	51.9	45.7	15.8	114.5	11.8	9.4	3.08 (3082)	7.71 (7706)
All the Meats 10" Stuffed Crust	1635	5974	76.3	75.5	29.6	155.6	14.8	11.7	4.32 (4318)	10.80 (10796)
All the Meats 13" ATC	1342	5646	62.5	53.9	19.3	147.3	14.8	11.3	3.60 (3600)	9.00 (9001)
All the Meats 13"	2246	9449	104.5	89.8	32.5	247.4	24.1	18.8	5.99 (5988)	14.97 (14969)
All the Meats 13" Stuffed Crust	2592	9678	122.3	117	46.3	252	24.1	18.9	6.96 (6959)	17.40 (17398)

Value per Slice	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
<b>All The Meats</b>	kcal	kJ	g	g	g	g	g	g	g	g
All the Meats 8"	161	676	7	6	2	18	2	1	0.4	1.1
All the Meats 10" ATC	121	507	5	5	2	14	1	1	0.3	0.8
All the Meats 10"	137	574	6	6	2	14	1	1	0.4	1.0
All the Meats 10" Stuffed Crust	204	747	10	9	4	19	2	1	0.5	1.3
All the Meats 13" ATC	134	565	6	5	2	15	1	1	0.4	0.9
All the Meats 13"	225	945	10	9	3	25	2	2	0.6	1.4
All the Meats 13" Stuffed Crust	259	968	12	12	5	25	2	2	0.7	1.7

# Pizzas – Garden Special



Value Whole Pizza	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
<b>Garden Special</b>	kcal	kJ	g	g	g	g	g	g	g (mg)	g (mg)
Garden Special 8"	789	3321	30.2	23	7.5	111.5	11.8	7.9	1.58 (1575)	3.94 (3938)
Garden Special 10" ATC	817	3441	30.9	23.8	7.5	115.6	13.1	8.6	1.68 (1681)	4.20 (4203)
Garden Special 10"	1068	4495	41.5	31.9	11	148.3	16.1	10.5	2.20 (2200)	5.50 (5500)
Garden Special 10" Stuffed Crust	1325	4675	54.6	52.3	21.2	151.6	16.1	10.7	2.92 (2917)	7.29 (7293)
Garden Special 13" ATC	1194	5021	47.4	39.6	14.3	155.8	18.6	12.5	2.55 (2550)	6.38 (6376)
Garden Special 13"	1776	7477	69.4	53.1	18.3	246.5	26.7	17.7	3.58 (3579)	8.95 (8948)
Garden Special 13" Stuffed Crust	2122	7706	87.1	80.2	32.1	251.1	26.7	17.9	4.55 (4550)	11.38 (11376)

Value Per Slice	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
<b>Garden Special</b>	kcal	kJ	g	g	g	g	g	g	g	g
Garden Special 8"	132	554	5	4	1	19	2	1	0.3	0.7
Garden Special 10" ATC	102	430	4	3	1	14	2	1	0.2	0.5
Garden Special 10"	134	562	5	4	1	19	2	1	0.3	0.7
Garden Special 10" Stuffed Crust	166	584	7	7	3	19	2	1	0.4	0.9
Garden Special 13" ATC	119	502	5	4	1	16	2	1	0.3	0.6
Garden Special 13"	178	748	7	5	2	25	3	2	0.4	0.9
Garden Special 13" Stuffed Crust	212	771	9	8	3	25	3	2	0.5	1.1

# Pizzas – Chicken BBQ



Value Whole Pizza	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
<b>Chicken BBQ</b>	kcal	kJ	g	g	g	g	g	g	g (mg)	g (mg)
Chicken BBQ 8"	824	3464	34	22.2	7.7	118	11.6	7.2	1.91 (1912)	4.78 (4780)
Chicken BBQ 10" ATC	824	3464	34	22.2	7.7	118	11.6	7.2	1.91 (1912)	4.78 (4780)
Chicken BBQ 10"	1139	4786	49.3	31.8	11.5	158.3	16.1	10	2.74 (2743)	6.86 (6857)
Chicken BBQ 10" Stuffed Crust	1397	4966	62.4	52.1	21.7	161.6	16.1	10.1	3.46 (3460)	8.65 (8650)
Chicken BBQ 13" ATC	1285	5393	58.8	38.6	15	169.2	18	11.1	3.34 (3338)	8.35 (8345)
Chicken BBQ 13"	1870	7859	80.9	52.2	19	260.2	26.1	16.3	4.37 (4372)	10.93 (10931)
Chicken BBQ 13" Stuffed Crust	2216	8088	98.7	79.3	32.8	264.7	26.2	16.4	5.34 (5344)	13.36 (13360)

Value Per Slice	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
<b>Chicken BBQ</b>	kcal	kJ	g	g	g	g	g	g	g	g
Chicken BBQ 8"	137	577	6	4	1	20	2	1	0.3	0.8
Chicken BBQ 10" ATC	103	433	4	3	1	15	1	1	0.2	0.6
Chicken BBQ 10"	142	598	6	4	1	20	2	1	0.3	0.9
Chicken BBQ 10" Stuffed Crust	175	621	8	7	3	20	2	1	0.4	1.1
Chicken BBQ 13" ATC	129	539	6	4	2	17	2	1	0.3	0.8
Chicken BBQ 13"	187	786	8	5	2	26	3	2	0.4	1.0
Chicken BBQ 13" Stuffed Crust	222	809	10	8	3	26	3	2	0.5	1.3

# Pizzas – Hot & Spicy



Value Whole Pizza	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
<b>Hot &amp; Spicy</b>	kcal	kJ	g	g	g	g	g	g	g (mg)	g (mg)
Hot & Spicy 8"	792	3333	31.3	22.9	7.5	111.5	11.9	7.4	1.84 (1839)	4.60 (4599)
Hot & Spicy 10" ATC	838	3526	33.4	25.1	7.5	115.6	13.2	8.2	2.01 (2010)	5.02 (5024)
Hot & Spicy 10"	1090	4590	44.1	33.3	11	148.7	16.3	10.1	2.53 (2534)	6.33 (6335)
Hot & Spicy 10" Stuffed Crust	1348	4770	57.2	53.7	21.2	151.9	16.3	10.3	3.25 (3251)	8.13 (8128)
Hot & Spicy 13" ATC	1236	5200	52.3	42.2	14.3	156.3	18.8	11.7	3.21 (3211)	8.03 (8026)
Hot & Spicy 13"	1819	7656	74.3	55.7	18.3	247	26.9	16.9	4.24 (4239)	10.60 (10597)
Hot & Spicy 13" Stuffed Crust	2165	7885	92.1	82.9	32.1	251.6	27	17	5.21 (5210)	13.03 (13026)

Value Per Slice	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
<b>Hot &amp; Spicy</b>	kcal	kJ	g	g	g	g	g	g	g	g
Hot & Spicy 8"	132	556	5	4	1	19	2	1	0.3	0.8
Hot & Spicy 10" ATC	105	441	4	3	1	14	2	1	0.3	0.6
Hot & Spicy 10"	136	574	6	4	1	19	2	1	0.3	0.8
Hot & Spicy 10" Stuffed Crust	169	596	7	7	3	19	2	1	0.4	1.0
Hot & Spicy 13" ATC	124	520	5	4	1	16	2	1	0.3	0.8
Hot & Spicy 13"	182	766	7	6	2	25	3	2	0.4	1.0
Hot & Spicy 13" Stuffed Crust	217	789	9	8	3	25	3	2	0.5	1.3

# Pizzas – Chicken Florentine



Value Whole Pizza	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
<b>Chicken Florentine</b>	kcal	kJ	g	g	g	g	g	g	g (mg)	g (mg)
Chicken Florentine 8"	823	3473	35.1	26.6	11.5	108	9.9	6.9	1.68 (1680)	4.20 (4201)
Chicken Florentine 10" ATC	891	3758	40.4	30.4	13.7	110.8	10.5	7.5	1.89 (1891)	4.73 (4728)
Chicken Florentine 10"	1141	4812	51	38.6	17.2	143.5	13.5	9.4	2.41 (2409)	6.02 (6024)
Chicken Florentine 10" Stuffed Crust	1378	5000	62.8	57.4	26.4	146.7	13.5	9.6	3.06 (3059)	7.65 (7648)
Chicken Florentine 13" ATC	1282	5407	60.9	47.6	22.6	148.6	14.3	10.3	2.86 (2858)	7.14 (7144)
Chicken Florentine 13"	1865	7863	82.9	61.1	26.5	239.3	22.5	15.5	3.89 (3886)	9.72 (9716)
Chicken Florentine 13" Stuffed Crust	2211	8092	100.7	88.2	40.3	243.9	22.5	15.6	4.86 (4858)	12.14 (12144)

Value Per Slice	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
<b>Chicken Florentine</b>	kcal	kJ	g	g	g	g	g	g	g	g
Chicken Florentine 8"	137	579	6	4	2	18	2	1	0.3	0.7
Chicken Florentine 10" ATC	111	470	5	4	2	14	1	1	0.2	0.6
Chicken Florentine 10"	143	602	6	5	2	18	2	1	0.3	0.8
Chicken Florentine 10" Stuffed Crust	172	625	8	7	3	18	2	1	0.4	1.0
Chicken Florentine 13" ATC	128	541	6	5	2	15	1	1	0.3	0.7
Chicken Florentine 13"	187	786	8	6	3	24	2	2	0.4	1.0
Chicken Florentine 13" Stuffed Crust	221	809	10	9	4	24	2	2	0.5	1.2

# Pizzas – Little Italy



Value Whole Pizza	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
<b>Little Italy</b>	kcal	kJ	g	g	g	g	g	g	g (mg)	g (mg)
Little Italy 8"	933	3920	37.9	35.9	13.7	110.7	11	8.3	2.16 (2161)	5.40 (5402)
Little Italy 10" ATC	1026	4309	42.9	42.2	16.4	114.5	11.9	9.5	2.51 (2512)	6.28 (6281)
Little Italy 10"	1276	5363	53.4	50.3	19.8	147.2	14.9	11.4	3.03 (3031)	7.58 (7576)
Little Italy 10" Stuffed Crust	1546	5591	66.6	71.9	30.1	150.6	14.9	11.6	3.76 (3758)	9.39 (9395)
Little Italy 13" ATC	1533	6434	66.6	70	29.1	153.4	16.1	13.5	3.93 (3925)	9.81 (9813)
Little Italy 13"	2118	8901	88.7	83.6	33.1	244.4	24.3	18.7	4.96 (4960)	12.40 (12400)
Little Italy 13" Stuffed Crust	2464	9130	106.4	110.8	46.9	248.9	24.3	18.8	5.93 (5931)	14.83 (14829)

Value Per Slice	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
<b>Little Italy</b>	kcal	kJ	g	g	g	g	g	g	g	g
Little Italy 8"	156	653	6	6	2	18	2	1	0.4	0.9
Little Italy 10" ATC	128	539	5	5	2	14	1	1	0.3	0.8
Little Italy 10"	160	670	7	6	2	18	2	1	0.4	0.9
Little Italy 10" Stuffed Crust	193	699	8	9	4	19	2	1	0.5	1.2
Little Italy 13" ATC	153	643	7	7	3	15	2	1	0.4	1.0
Little Italy 13"	212	890	9	8	3	24	2	2	0.5	1.2
Little Italy 13" Stuffed Crust	246	913	11	11	5	25	2	2	0.6	1.4



# Pizzas – Mexican Olé



Value Whole Pizza	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
Mexican Olé	kcal	kJ	g	g	g	g	g	g	g (mg)	g (mg)
Mexican Ole 8"	792	3338	33.1	22	7.7	111.8	12	7.5	1.85 (1851)	4.63 (4627)
Mexican Ole 10" ATC	806	3393	34.2	22.2	7.7	113.5	12.5	7.7	1.87 (1872)	4.68 (4681)
Mexican Ole 10"	1085	4571	45.4	31.2	11.3	150.8	16.4	10.1	2.50 (2496)	6.24 (6240)
Mexican Ole 10" Stuffed Crust	1343	4751	58.5	51.5	21.5	154.1	16.4	10.2	3.21 (3213)	8.03 (8033)
Mexican Ole 13" ATC	1206	5076	54.5	37.9	14.8	156.2	18.9	11.5	3.14 (3139)	7.85 (7848)
Mexican Ole 13"	1791	7541	76.6	51.5	18.8	247.2	27.1	16.7	4.17 (4173)	10.43 (10433)
Mexican Ole 13" Stuffed Crust	2137	7770	94.4	78.6	32.6	251.7	27.1	16.8	5.14 (5145)	12.86 (12862)

Value Per Slice	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
Mexican Olé	kcal	kJ	g	g	g	g	g	g	g	g
Mexican Ole 8"	132	556	6	4	1	19	2	1	0.3	0.8
Mexican Ole 10" ATC	101	424	4	3	1	14	2	1	0.2	0.6
Mexican Ole 10"	136	571	6	4	1	19	2	1	0.3	0.8
Mexican Ole 10" Stuffed Crust	168	594	7	6	3	19	2	1	0.4	1.0
Mexican Ole 13" ATC	121	508	5	4	1	16	2	1	0.3	0.8
Mexican Ole 13"	179	754	8	5	2	25	3	2	0.4	1.0
Mexican Ole 13" Stuffed Crust	214	777	9	8	3	25	3	2	0.5	1.2

# Pizzas – Hawaiian



Value Whole Pizza	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
<b>Hawaiian</b>	kcal	kJ	g	g	g	g	g	g	g (mg)	g (mg)
Hawaiian 8"	819	3454	35.1	22.5	7.4	115.4	15.8	7.7	2.11 (2107)	5.27 (5267)
Hawaiian 10" ATC	871	3678	38.6	23.9	7.5	121.7	19.1	8.7	2.49 (2493)	6.23 (6232)
Hawaiian 10"	1122	4732	49.1	32	11	154.5	22.1	10.6	3.01 (3011)	7.53 (7528)
Hawaiian 10" Stuffed Crust	1380	4912	62.2	52.4	21.2	157.7	22.1	10.7	3.73 (3728)	9.32 (9320)
Hawaiian 13" ATC	1255	5295	59.5	39.2	14.3	160.9	25.6	11.9	3.91 (3907)	9.77 (9766)
Hawaiian 13"	1850	7802	81.9	52.8	18.3	254	33.8	17.2	4.94 (4938)	12.34 (12344)
Hawaiian 13" Stuffed Crust	2196	8031	99.7	80	32.1	258.6	33.8	17.4	5.91 (5909)	14.77 (14773)

Value Per Slice	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
<b>Hawaiian</b>	kcal	kJ	g	g	g	g	g	g	g	g
Hawaiian 8"	137	576	6	4	1	19	3	1	0.4	0.9
Hawaiian 10" ATC	109	460	5	3	1	15	2	1	0.3	0.8
Hawaiian 10"	140	592	6	4	1	19	3	1	0.4	0.9
Hawaiian 10" Stuffed Crust	173	614	8	7	3	20	3	1	0.5	1.2
Hawaiian 13" ATC	126	530	6	4	1	16	3	1	0.4	1.0
Hawaiian 13"	185	780	8	5	2	25	3	2	0.5	1.2
Hawaiian 13" Stuffed Crust	220	803	10	8	3	26	3	2	0.6	1.4

# Pizzas – Spicy Chicken Ranch



Value Whole Pizza	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
<b>Spicy Chicken Ranch</b>	kcal	kJ	g	g	g	g	g	g	g (mg)	g (mg)
Spicy Chicken Ranch 8"	973	3186	33.2	43.8	11.6	109.4	11.7	6.5	2.22 (2219)	5.55 (5548)
Spicy Chicken Ranch 10" ATC	1109	3309	37.1	55.8	13.7	112.8	13	6.8	2.63 (2626)	6.57 (6566)
Spicy Chicken Ranch 10"	1359	4363	47.6	64	17.2	145.6	16.1	8.8	3.14 (3144)	7.86 (7861)
Spicy Chicken Ranch 10" Stuffed Crust	1619	4553	60.8	84.5	27.5	149.1	16.1	8.9	3.87 (3868)	9.67 (9671)
Spicy Chicken Ranch 13" ATC	1588	4836	57.2	82.5	22.9	151.8	18	9.6	3.95 (3946)	9.87 (9866)
Spicy Chicken Ranch 13"	2170	7293	79.1	96	26.9	242.5	26.1	14.8	4.97 (4974)	12.44 (12436)
Spicy Chicken Ranch 13" Stuffed Crust	2516	7522	96.9	123.1	40.7	247.1	26.1	15	5.95 (5946)	14.86 (14864)

Value Per Slice	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
<b>Spicy Chicken Ranch</b>	kcal	kJ	g	g	g	g	g	g	g	g
Spicy Chicken Ranch 8"	162	531	6	7	2	18	2	1	0.4	0.9
Spicy Chicken Ranch 10" ATC	139	414	5	7	2	14	2	1	0.3	0.8
Spicy Chicken Ranch 10"	170	545	6	8	2	18	2	1	0.4	1.0
Spicy Chicken Ranch 10" Stuffed Crust	202	569	8	11	3	19	2	1	0.5	1.2
Spicy Chicken Ranch 13" ATC	159	484	6	8	2	15	2	1	0.4	1.0
Spicy Chicken Ranch 13"	217	729	8	10	3	24	3	1	0.5	1.2
Spicy Chicken Ranch 13" Stuffed Crust	252	752	10	12	4	25	3	2	0.6	1.4

# Pizzas – Pepperoni



Value Whole Pizza	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
Pepperoni	kcal	kJ	g	g	g	g	g	g	g (mg)	g (mg)
Pepperoni 8"	999	4194	41.1	41.6	17	111.6	11.1	7.7	2.35 (2353)	5.88 (5883)
Pepperoni 10" ATC	1106	4640	45.3	49.9	20.2	115.3	11.9	8.5	2.73 (2735)	6.84 (6836)
Pepperoni 10"	1359	5706	56	58.3	23.8	148.3	14.9	10.4	3.26 (3261)	8.15 (8154)
Pepperoni 10" Stuffed Crust	1617	5885	69.1	78.6	34	151.5	14.9	10.5	3.98 (3978)	9.95 (9946)
Pepperoni 13" ATC	1620	6794	68.2	79.3	33.3	154	16	11.8	4.15 (4148)	10.37 (10369)
Pepperoni 13"	2206	9262	90.3	92.9	37.4	244.9	24.2	16.9	5.19 (5185)	12.96 (12963)
Pepperoni 13" Stuffed Crust	2552	9491	108.1	120.1	51.2	249.4	24.2	17.1	6.16 (6157)	15.39 (15391)

Value Per Slice	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
Pepperoni	kcal	kJ	g	g	g	g	g	g	g	g
Pepperoni 8"	167	699	7	7	3	19	2	1	0.4	1.0
Pepperoni 10" ATC	138	580	6	6	3	14	1	1	0.3	0.9
Pepperoni 10"	170	713	7	7	3	19	2	1	0.4	1.0
Pepperoni 10" Stuffed Crust	202	736	9	10	4	19	2	1	0.5	1.2
Pepperoni 13" ATC	162	679	7	8	3	15	2	1	0.4	1.0
Pepperoni 13"	221	926	9	9	4	24	2	2	0.5	1.2
Pepperoni 13" Stuffed Crust	255	949	11	12	5	25	2	2	0.6	1.5

# Pizzas – Chicken Super Papa's



Value Whole Pizza	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
<b>Chicken Super Papa's</b>	kcal	kJ	g	g	g	g	g	g	g (mg)	g (mg)
Chicken Super Papa 8"	813	3424	34.9	23.7	7.8	111.5	11.5	7.5	1.79 (1795)	4.49 (4487)
Chicken Super Papa 10" ATC	851	3580	37	24.8	7.9	115.7	12.7	8.1	1.96 (1959)	4.90 (4898)
Chicken Super Papa 10"	1101	4634	47.6	33	11.4	148.4	15.7	10	2.48 (2478)	6.19 (6194)
Chicken Super Papa 10" Stuffed Crust	1361	4824	60.8	53.4	21.6	152	15.7	10.2	3.20 (3201)	8.00 (8002)
Chicken Super Papa 13" ATC	1261	5305	59.7	41.7	15.2	156.2	17.7	11.5	3.11 (3110)	7.77 (7774)
Chicken Super Papa 13"	1847	7774	81.8	55.4	19.3	246.9	25.9	16.7	4.15 (4148)	10.37 (10371)
Chicken Super Papa 13" Stuffed Crust	2193	8004	99.6	82.6	33.1	251.5	25.9	16.9	5.12 (5120)	12.80 (12800)

Value Per Slice	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
<b>Chicken Super Papa's</b>	kcal	kJ	g	g	g	g	g	g	g	g
Chicken Super Papa 8"	136	571	6	4	1	19	2	1	0.3	0.7
Chicken Super Papa 10" ATC	106	448	5	3	1	14	2	1	0.2	0.6
Chicken Super Papa 10"	138	579	6	4	1	19	2	1	0.3	0.8
Chicken Super Papa 10" Stuffed Crust	170	603	8	7	3	19	2	1	0.4	1.0
Chicken Super Papa 13" ATC	126	531	6	4	2	16	2	1	0.3	0.8
Chicken Super Papa 13"	185	777	8	6	2	25	3	2	0.4	1.0
Chicken Super Papa 13" Stuffed Crust	219	800	10	8	3	25	3	2	0.5	1.2

# Pizzas – Garlic Parmesan Chicken



Value Whole Pizza	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
<b>Garlic Parmesan Chicken</b>	kcal	kJ	g	g	g	g	g	g	g (mg)	g (mg)
Garlic Parmesan Chicken 8"	887	3414	36.6	30.9	9.4	112.3	11.6	7.2	2.38 (2382)	5.95 (5954)
Garlic Parmesan Chicken 10" ATC	995	3696	43.9	37.4	10.6	117.3	13	7.9	2.96 (2956)	7.39 (7389)
Garlic Parmesan Chicken 10"	1245	4750	54.5	45.5	14.1	150	16	9.8	3.47 (3474)	8.68 (8684)
Garlic Parmesan Chicken 10" Stuffed crust	1506	4939	67.7	66	24.4	153.5	16.1	9.9	4.20 (4198)	10.49 (10494)
Garlic Parmesan Chicken 13" ATC	1436	5358	66.5	57.9	18.7	157.7	17.8	10.8	4.42 (4422)	11.05 (11055)
Garlic Parmesan Chicken 13"	2022	7828	88.6	71.7	22.8	248.4	26	16	5.46 (5460)	13.65 (13650)
Garlic Parmesan Chicken 13" Stuffed Crust	2366	8048	106.3	98.7	36.6	252.7	25.9	16.1	6.42 (6421)	16.05 (16054)

Value Per Slice	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
<b>Garlic Parmesan Chicken</b>	kcal	kJ	g	g	g	g	g	g	g	g
Garlic Parmesan Chicken 8"	148	569	6	5	2	19	2	1	0.4	1.0
Garlic Parmesan Chicken 10" ATC	124	462	5	5	1	15	2	1	0.4	0.9
Garlic Parmesan Chicken 10"	156	594	7	6	2	19	2	1	0.4	1.1
Garlic Parmesan Chicken 10" Stuffed crust	188	617	8	8	3	19	2	1	0.5	1.3
Garlic Parmesan Chicken 13" ATC	144	536	7	6	2	16	2	1	0.4	1.1
Garlic Parmesan Chicken 13"	202	783	9	7	2	25	3	2	0.5	1.3
Garlic Parmesan Chicken 13" Stuffed Crust	237	805	11	10	4	25	3	2	0.6	1.6

# Pizzas – Green Garden Delight



Value Whole Pizza	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
<b>Green Garden Delight</b>	kcal	kJ	g	g	g	g	g	g	g (mg)	g (mg)
Green Garden Delight 8"	786	3310	30.3	22.7	7.7	111.5	11.9	7.6	1.63 (1630)	4.08 (4075)
Green Garden Delight 10" ATC	814	3426	30.9	23.5	7.7	115.6	13.1	8.2	1.74 (1737)	4.34 (4342)
Green Garden Delight 10"	1065	4481	41.5	31.7	11.2	148.3	16.1	10.1	2.26 (2255)	5.64 (5638)
Green Garden Delight 10" Stuffed Crust	1322	4661	54.5	52.1	21.4	151.6	16.1	10.2	2.97 (2972)	7.43 (7431)
Green Garden Delight 13" ATC	1187	4992	47.2	39.1	14.7	155.8	18.6	11.7	2.66 (2661)	6.65 (6653)
Green Garden Delight 13"	1773	7461	69.4	52.8	18.8	246.6	26.7	16.9	3.70 (3700)	9.25 (9250)
Green Garden Delight 13" Stuffed Crust	2119	7691	87.2	79.9	32.6	251.2	26.7	17	4.67 (4671)	11.68 (11678)

Value Per Slice	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
<b>Green Garden Delight</b>	kcal	kJ	g	g	g	g	g	g	g	g
Green Garden Delight 8"	131	552	5	4	1	19	2	1	0.3	0.7
Green Garden Delight 10" ATC	102	428	4	3	1	14	2	1	0.2	0.5
Green Garden Delight 10"	133	560	5	4	1	19	2	1	0.3	0.7
Green Garden Delight 10" Stuffed Crust	165	583	7	7	3	19	2	1	0.4	0.9
Green Garden Delight 13" ATC	119	499	5	4	1	16	2	1	0.3	0.7
Green Garden Delight 13"	177	746	7	5	2	25	3	2	0.4	0.9
Green Garden Delight 13" Stuffed Crust	212	769	9	8	3	25	3	2	0.5	1.1

# Pizzas – Margherita



Value Whole Pizza	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
<b>Margherita</b>	kcal	kJ	g	g	g	g	g	g	g (mg)	g (mg)
Margherita 8"	835	3516	34	26.6	10.7	111.5	11.1	7	1.81 (1809)	4.52 (4522)
Margherita 10" ATC	862	3628	34.6	27.5	10.7	115.4	11.9	7.5	1.92 (1920)	4.80 (4801)
Margherita 10"	1112	4682	45.2	35.7	14.2	148	14.9	9.4	2.44 (2441)	6.10 (6102)
Margherita 10" Stuffed Crust	1373	4872	58.4	56.2	24.5	151.5	15	9.5	3.16 (3164)	7.91 (7911)
Margherita 13" ATC	1201	5052	50	41.8	17.5	151.6	15.9	10	2.79 (2786)	6.97 (6965)
Margherita 13"	1789	7533	72.2	55.6	21.6	242.7	24.1	15.1	3.83 (3832)	9.58 (9579)
Margherita 13" Stuffed Crust	2135	7761	90	82.7	35.5	247.2	24.1	15.3	4.80 (4803)	12.01 (12009)

Value Per Slice	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
<b>Margherita</b>	kcal	kJ	g	g	g	g	g	g	g	g
Margherita 8"	139	586	6	4	2	19	2	1	0.3	0.8
Margherita 10" ATC	108	454	4	3	1	14	1	1	0.2	0.6
Margherita 10"	139	585	6	4	2	19	2	1	0.3	0.8
Margherita 10" Stuffed Crust	172	609	7	7	3	19	2	1	0.4	1.0
Margherita 13" ATC	120	505	5	4	2	15	2	1	0.3	0.7
Margherita 13"	179	753	7	6	2	24	2	2	0.4	1.0
Margherita 13" Stuffed Crust	214	776	9	8	4	25	2	2	0.5	1.2



# Pizzas – The Greek



Value Whole Pizza	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
<b>The Greek</b>	kcal	kJ	g	g	g	g	g	g	g (mg)	g (mg)
The Greek 8"	819	3445	31.8	25.4	9.5	111.9	11.7	7.6	1.83 (1828)	4.57 (4571)
The Greek 10" ATC	881	3705	34.3	29	11.4	116.5	13	8.4	2.07 (2073)	5.18 (5182)
The Greek 10"	1132	4758	44.9	37.2	14.9	149.2	16	10.3	2.59 (2591)	6.48 (6478)
The Greek 10" Stuffed Crust	1392	4948	58.1	57.6	25.1	152.8	16	10.4	3.31 (3315)	8.29 (8287)
The Greek 13" ATC	1286	5403	52.2	47.3	20.3	157.1	18.2	11.9	3.20 (3197)	7.99 (7993)
The Greek 13"	1872	7872	74.3	61	24.4	247.9	26.3	17	4.24 (4236)	10.59 (10590)
The Greek 13" Stuffed Crust	2218	8101	92.1	88.1	38.2	252.5	26.3	17.2	5.21 (5207)	13.02 (13018)

Value Per Slice	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
<b>The Greek</b>	kcal	kJ	g	g	g	g	g	g	g	g
The Greek 8"	137	574	5	4	2	19	2	1	0.3	0.8
The Greek 10" ATC	110	463	4	4	1	15	2	1	0.3	0.6
The Greek 10"	142	595	6	5	2	19	2	1	0.3	0.8
The Greek 10" Stuffed Crust	174	619	7	7	3	19	2	1	0.4	1.0
The Greek 13" ATC	129	540	5	5	2	16	2	1	0.3	0.8
The Greek 13"	187	787	7	6	2	25	3	2	0.4	1.0
The Greek 13" Stuffed Crust	222	810	9	9	4	25	3	2	0.5	1.3

# Pastas and salads



Pastas	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
<b>Whole Portion</b>	kcal	kJ	g	g	g	g	g	g	g (mg)	g (mg)
Pasta Chicken Florentine	750	3248	36.6	34.4	20.3	71.4	4.1	8.5	1.77 (1767)	4.42 (4418)
Pasta Arrabiata	561	2361	22.8	17.4	7.7	74.8	8.4	7.3	1.10 (1102)	2.76 (2755)
Italian Beef Pasta	707	2971	30.9	30	13.6	75	8.5	8.2	1.60 (1602)	4.00 (4004)
Papa House Pasta	727	3212	41.6	26.4	11.1	77.4	8.8	8.4	1.87 (1871)	4.68 (4677)
Salads	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
<b>Whole Salad</b>	kcal	kJ	g	g	g	g	g	g	g (mg)	g (mg)
Garden salad	123	510	2.7	6.5	0.1	9.5	8.9	7.6	0.02 (15)	0.04 (38)
Chicken Tender Salad	325	1356	22.2	14.4	0.1	23	6.5	6.4	0.62 (624)	1.56 (1560)
Papa's Club Salad	347	1610	27.1	19.2	7.1	12.6	8.4	8.8	1.12 (1122)	2.81 (2806)
Greek Salad	414	1721	19.8	28.9	14.6	14.5	9.3	8.6	1.21 (1215)	3.04 (3037)

# Sides



Sides	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
Whole Portion	kcal	kJ	g	g	g	g	g	g	g (mg)	g (mg)
Breadsticks	646	2728	22.1	10.3	1.1	113.1	9.7	6.2	0.96 (959)	2.40 (2398)
Chicken strips	453	1899	41.5	16.7	0	33.8	0	0	1.26 (1263)	3.16 (3158)
Chicken Poppers 15 pcs	595	2508	46	25.7	4.3	44.9	1.6	1.4	1.95 (1948)	4.87 (4869)
Chicken Poppers 12 pcs	475	2000	36.7	20.5	3.5	35.8	1.3	1.1	1.55 (1554)	3.88 (3884)
Garlic Parmesan Sticks	319	1342	9.9	9.3	0.7	47.6	4.2	2.6	0.59 (587)	1.47 (1468)
Cheese Sticks	1131	3301	12.5	13.1	5	33.7	2.9	2.2	0.61 (613)	1.53 (1533)
Pepperoni Rolls	471	1387	16.3	43.3	12.7	4.5	0.2	1.2	1.25 (1247)	3.12 (3118)
Chicken Wings - 10pcs	718	2993	73.5	45.5	0	0.3	0	7	2.56 (2561)	6.40 (6402)
Chicken Wings - 8pcs	574	2394	58.8	36.4	0	0.2	0	5.6	2.05 (2049)	5.12 (5122)
Potato Wedges - 200 gm	362	1520	5.6	11	5	55.8	1.6	8.6	0.40 (396)	0.99 (990)

# Dipping sauces and sachets



Dipping Sauces	Energy	Energy	Protein	Total Fat	Saturated Fat	Total carbohydrates	Sugars	Dietary Fiber	Sodium	Salt
Per cup	kcal	kJ	g	g	g	g	g	g	g (mg)	g (mg)
Special Garlic	150	627	0g	17g	3g	0g	0g	0g	0.31	0.78
Pizza Sauce	20	84	0g	1g	0g	3g	1g	0g	0.23	0.58
BBQ Sauce	45	188	0g	0g	0g	11g	10g	0g	0.24	0.60
Buffalo Sauce	15	63	0g	0.5g	0g	3g	2g	1g	0.9	2.25
Ranch Sauce	100	418	1g	10g	1.5g	2g	1g	0g	0.24	0.60
Thousand Island	130	543	0g	13g	2g	4g	3g	0g	0.3	0.75
French Dressing	130	543	0g	12g	1.5g	6g	5g	0	0.15	0.38
Spicy Garlic Sauce	145	606	0.06g	16g	3g	0.5g	0g	0g	0.29	0.73
Italian Dressing	150	627		17	1				0.46	1.15
Ranch Dressing	140	585		15	2.5				0.29	0.73

  

Sachets	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
Per sachet	kcal	kJ	g	g	g	g	g	g	g (mg)	g (mg)
Crushed Red Pepper	3	13	0	0	0	0	0	0	0	0.00
Special Seasoning	6.4	26.7	0.2	0.1	0	1.3	0	0	0	0.00

# Desserts



Desserts	Energy	Energy	Protein	Fat	Saturates	Available Carbohydrate	Sugars	Dietary Fibre	Sodium	Salt
Whole Portion	kcal	kJ	g	g	g	g	g	g	g (mg)	g (mg)
Chocolate Scrolls	2334	3889	29.4	43.8	14.9	167	43.3	7.2	1.19	2.97
Chocolate Chip Cookie	1578	0	15	76.7	38.4	216.9	146.8	7.7	0.89 (891)	2.23 (2227)
Chocolate Chip Brownie	2163	0	19.3	106	30.3	303.4	202.3	0	0.66 (665)	1.66 (1662)
Cinnamon Scrolls	1058	4443	21.1	36.8	8.8	157.2	52.6	6.3	0.99 (993)	2.48 (2484)