

LARGE PIZZA NUTRITIONAL INFORMATION

SUPER SUPREME	Per Pizza	Per Slice
Energy (kJ)	7,990	999
Protein_g	111	14
Fat, Total_G	74	9
saturated_g	25	3
Carbohydrate_g	196	24
Sugars_g	12	2
Sodium_mg	3,816	477

BBQ MEATLOVERS	Per Pizza	Per Slice
Energy (kJ)	8,411	1,051
Protein_g	82	10
Fat, Total_G	89	11
saturated_g	34	4
Carbohydrate_g	218	27
Sugars_g	36	5
Sodium_mg	4,287	536

HAWAIIAN	Per Pizza	Per Slice
Energy (kJ)	7,391	924
Protein_g	102	13
Fat, Total_G	58	7
saturated_g	19	2
Carbohydrate_g	207	26
Sugars_g	26	3
Sodium_mg	3,168	396

HAM LOVERS	Per Pizza	Per Slice
Energy (kJ)	7,256	907
Protein_g	106	13
Fat, Total_G	59	7
saturated_g	19	2
Carbohydrate_g	188	24
Sugars_g	7	1
Sodium_mg	3,499	437

CHICKEN SUPREME	Per Pizza	Per Slice
Energy (kJ)	7,468	934
Protein_g	109	14
Fat, Total_G	59	7
saturated_g	19	2
Carbohydrate_g	199	25
Sugars_g	21	3
Sodium_mg	3,508	438

VEGGIE SENSATION	Per Pizza	Per Slice
Energy (kJ)	8,423	1,053
Protein_g	109	14
Fat, Total_G	84	11
saturated_g	32	4
Carbohydrate_g	199	25
Sugars_g	18	2
Sodium_mg	3,353	419

HOT AND SPICY VEG	Per Pizza	Per Slice
Energy (kJ)	7,218	902
Protein_g	92	11
Fat, Total_G	59	7
saturated_g	17	2
Carbohydrate_g	201	25
Sugars_g	19	2
Sodium_mg	3,160	395

CHEESE LOVERS	Per Pizza	Per Slice
Energy (kJ)	9,909	1,239
Protein_g	144	18
Fat, Total_G	114	14
saturated_g	54	7
Carbohydrate_g	188	23
Sugars_g	8	1
Sodium_mg	3,616	452

VEGAN MEDITERRANEAN	Per Pizza	Per Slice
Energy (kJ)	6,308	789
Protein_g	68	8

ULTIMATE HOT & SPICY	Per Pizza
Energy (kJ)	8,205
Protein_g	108
Fat, Total_G	80
saturated_g	27
Carbohydrate_g	195
Sugars_g	11
Sodium_mg	3,901

BBQ CHEESEBURGER	Per Pizza
Energy (kJ)	8,421
Protein_g	89
Fat, Total_G	80
saturated_g	30
Carbohydrate_g	229
Sugars_g	44
Sodium_mg	4,993

PEPPERONI LOVERS	Per Pizza
Energy (kJ)	8,153
Protein_g	104
Fat, Total_G	86
saturated_g	33
Carbohydrate_g	186
Sugars_g	7
Sodium_mg	3,221

BBQ BEEF	Per Pizza
Energy (kJ)	7,607
Protein_g	71
Fat, Total_G	72
saturated_g	27
Carbohydrate_g	218
Sugars_g	36
Sodium_mg	3,704

BBQ CHICKEN	Per Pizza
Energy (kJ)	7,587
Protein_g	75
Fat, Total_G	64
saturated_g	22
Carbohydrate_g	229
Sugars_g	52
Sodium_mg	3,811

MARGHERITA	Per Pizza
Energy (kJ)	6,793
Protein_g	91
Fat, Total_G	51
saturated_g	16
Carbohydrate_g	191
Sugars_g	11
Sodium_mg	2,499

HOT AND SPICY CHICKEN	Per Pizza
Energy (kJ)	7,676
Protein_g	108
Fat, Total_G	64
saturated_g	18
Carbohydrate_g	201
Sugars_g	22
Sodium_mg	3,743

GARLIC PRAWN	Per Pizza
Energy (kJ)	7,308
Protein_g	108
Fat, Total_G	57
saturated_g	16
Carbohydrate_g	191
Sugars_g	10
Sodium_mg	3,171

BBQ MEGA MEATLOVERS	Per Pizza
Energy (kJ)	8,702
Protein_g	94

Fat. Total_G	47	6
saturated_g	13	2
Carbohydrate_g	198	25
Sugars_g	9	1
Sodium_mg	3,193	399

BUTCHERS BLOCK	Per Pizza	Per Slice
Energy (kJ)	9,242	1,155
Protein_g	95	12
Fat. Total_G	104	13
saturated_g	37	5
Carbohydrate_g	220	27
Sugars_g	39	5
Sodium_mg	5,014	627

CREAMY CHICKEN & BACON	Per Pizza	Per Slice
Energy (kJ)	7,628	954
Protein_g	90	11
Fat. Total_G	80	10
saturated_g	36	5
Carbohydrate_g	184	23
Sugars_g	16	2
Sodium_mg	3,404	425

AMERICANO	Per Pizza	Per Slice
Energy (kJ)	7,088	886
Protein_g	94	12
Fat. Total_G	61	8
saturated_g	21	3
Carbohydrate_g	186	23
Sugars_g	7	1
Sodium_mg	2,707	338

VEGAN CHEESE LOVERS	Per Pizza	Per Slice
Energy (kJ)	6,203	775
Protein_g	66	8
Fat. Total_G	45	6
saturated_g	16	2
Carbohydrate_g	198	25
Sugars_g	7	1
Sodium_mg	3,039	380

CREAMY GALRIC PRAWN	Per Pizza	Per Slice
Energy (kJ)	8,424	1,053
Protein_g	90	11
Fat. Total_G	86	11
saturated_g	30	4
Carbohydrate_g	212	26
Sugars_g	17	2
Sodium_mg	3,251	406

Sponge BOB	Per Pizza	Per Slice
Energy_kJ	9,600	1,200
Protein_g	113	14
Fat. Total_G	107	13
saturated_g	26	3
Carbohydrate_g	215	27
Sugars_g	29	4
Sodium_mg	4,800	600

MEDIUM PIZZA NUTRITIONAL INFORMATION

SUPER SUPREME	Per Pizza	Per Slice
Energy (kJ)	4,905	817
Protein_g	52	9
Fat. Total_G	51	9
saturated_g	22	4
Carbohydrate_g	125	21
Sugars_g	12	2
Sodium_mg	2,502	417

BBQ MEATLOVERS	Per Pizza	Per Slice
Energy (kJ)	5,530	922
Protein_g	58	10
Fat. Total_G	65	11
saturated_g	27	5

Fat. Total_G	90
saturated_g	35
Carbohydrate_g	219
Sugars_g	36
Sodium_mg	4,935

SMOKY CHICKEN AND BACON	Per Pizza
Energy (kJ)	8,145
Protein_g	116
Fat. Total_G	72
saturated_g	23
Carbohydrate_g	202
Sugars_g	25
Sodium_mg	4,107

EPIC PEPPERONI	Per Pizza
Energy (kJ)	7,535
Protein_g	98
Fat. Total_G	72
saturated_g	26
Carbohydrate_g	186
Sugars_g	7
Sodium_mg	2,926

VEGAN DELUXE	Per Pizza
Energy (kJ)	6,091
Protein_g	68
Fat. Total_G	39
saturated_g	12
Carbohydrate_g	201
Sugars_g	13
Sodium_mg	2,761

VEGAN MARGHERITA	Per Pizza
Energy (kJ)	6,009
Protein_g	67
Fat. Total_G	39
saturated_g	12
Carbohydrate_g	197
Sugars_g	9
Sodium_mg	2,761

SURF AND TURF	Per Pizza
Energy (kJ)	7,388
Protein_g	114
Fat. Total_G	57
saturated_g	19
Carbohydrate_g	192
Sugars_g	11
Sodium_mg	3,517

ULTIMATE HOT & SPICY	Per Pizza
Energy (kJ)	5,088
Protein_g	51
Fat. Total_G	56
saturated_g	24
Carbohydrate_g	124
Sugars_g	11
Sodium_mg	2,569

BBQ CHEESEBURGER	Per Pizza
Energy (kJ)	5,366
Protein_g	60
Fat. Total_G	56
saturated_g	24

Carbohydrate_g	127	21
Sugars_g	24	4
Sodium_mg	2,870	478

HAWAIIAN	Per Pizza	Per Slice
Energy (kJ)	4,477	746
Protein_g	47	8
Fat, Total_G	40	7
saturated_g	19	3
Carbohydrate_g	130	22
Sugars_g	19	3
Sodium_mg	2,077	346

HAM LOVERS	Per Pizza	Per Slice
Energy (kJ)	4,402	734
Protein_g	49	8
Fat, Total_G	41	7
saturated_g	18	3
Carbohydrate_g	120	20
Sugars_g	9	1
Sodium_mg	2,258	376

CHICKEN SUPREME	Per Pizza	Per Slice
Energy (kJ)	4,530	755
Protein_g	51	8
Fat, Total_G	41	7
saturated_g	18	3
Carbohydrate_g	127	21
Sugars_g	17	3
Sodium_mg	2,263	377

HOT AND SPICY CHICKEN	Per Pizza	Per Slice
Energy (kJ)	4,745	791
Protein_g	50	8
Fat, Total_G	46	8
saturated_g	18	3
Carbohydrate_g	128	21
Sugars_g	17	3
Sodium_mg	2,455	409

GARLIC PRAWN	Per Pizza	Per Slice
Energy (kJ)	4,532	755
Protein_g	54	9
Fat, Total_G	40	7
saturated_g	17	3
Carbohydrate_g	122	20
Sugars_g	11	2
Sodium_mg	2,203	367

VEGGIE SENSATION	Per Pizza	Per Slice
Energy (kJ)	5,094	849
Protein_g	51	9
Fat, Total_G	56	9
saturated_g	26	4
Carbohydrate_g	126	21
Sugars_g	15	2
Sodium_mg	2,239	373

CHEESE LOVERS	Per Pizza	Per Slice
Energy (kJ)	4,798	800
Protein_g	52	9
Fat, Total_G	51	8
saturated_g	26	4
Carbohydrate_g	119	20
Sugars_g	9	1
Sodium_mg	1,978	330

CREAMY CHICKEN & BACON	Per Pizza	Per Slice
Energy (kJ)	5,366	894
Protein_g	57	9
Fat, Total_G	64	11
saturated_g	29	5
Carbohydrate_g	119	20
Sugars_g	10	2
Sodium_mg	2,166	361

Carbohydrate_g	134
Sugars_g	29
Sodium_mg	3,164

PEPPERONI LOVERS	Per Pizza
Energy (kJ)	5,206
Protein_g	51
Fat, Total_G	62
saturated_g	29
Carbohydrate_g	119
Sugars_g	9
Sodium_mg	2,254

BBQ BEEF	Per Pizza
Energy (kJ)	4,900
Protein_g	50
Fat, Total_G	51
saturated_g	22
Carbohydrate_g	126
Sugars_g	23
Sodium_mg	2,425

BBQ CHICKEN	Per Pizza
Energy (kJ)	4,908
Protein_g	53
Fat, Total_G	47
saturated_g	19
Carbohydrate_g	133
Sugars_g	33
Sodium_mg	2,515

HOT AND SPICY VEG	Per Pizza
Energy (kJ)	4,425
Protein_g	42
Fat, Total_G	41
saturated_g	18
Carbohydrate_g	128
Sugars_g	15
Sodium_mg	2,107

BUTCHERS BLOCK	Per Pizza
Energy (kJ)	6,060
Protein_g	66
Fat, Total_G	75
saturated_g	30
Carbohydrate_g	127
Sugars_g	25
Sodium_mg	3,284

MARGHERITA	Per Pizza
Energy (kJ)	4,145
Protein_g	41
Fat, Total_G	36
saturated_g	17
Carbohydrate_g	121
Sugars_g	11
Sodium_mg	1,709

MEGA MEATLOVERS	Per Pizza
Energy (kJ)	5,689
Protein_g	65
Fat, Total_G	66
saturated_g	28
Carbohydrate_g	127
Sugars_g	24
Sodium_mg	3,224

SMOKY CHICKEN AND BACON	Per Pizza
Energy (kJ)	5,041
Protein_g	56
Fat, Total_G	51
saturated_g	22
Carbohydrate_g	129
Sugars_g	19
Sodium_mg	2,725

AMERICANO	Per Pizza	Per Slice
Energy (kJ)	4,520	753
Protein_g	44	7
Fat, Total_G	47	8
saturated_g	22	4
Carbohydrate_g	119	20
Sugars_g	9	1
Sodium_mg	1,923	320

VEGAN MEDITERRANEAN	Per Pizza	Per Slice
Energy (kJ)	3,907	651
Protein_g	26	4
Fat, Total_G	35	6
saturated_g	16	3
Carbohydrate_g	127	21
Sugars_g	10	2
Sodium_mg	2,196	366

VEGAN CHEESE LOVERS	Per Pizza	Per Slice
Energy (kJ)	3,850	642
Protein_g	25	4
Fat, Total_G	34	6
saturated_g	18	3
Carbohydrate_g	127	21
Sugars_g	9	1
Sodium_mg	2,118	353

CREAMY GALRIC PRAWN	Per Pizza	Per Slice
Energy (kJ)	4,950	619
Protein_g	60	8
Fat, Total_G	50	6
saturated_g	24	3
Carbohydrate_g	118	15
Sugars_g	6	1
Sodium_mg	1,883	235

Sponge BOB Medium	Per Pizza	Per Slice
Energy_kJ	6,542	818
Protein_g	54	7
Fat, Total_G	85	11
saturated_g	24	3
Carbohydrate_g	145	18
Sugars_g	29	4
Sodium_mg	3,403	425

PERSONAL PAN PIZZA NUTRITIONAL INFORMATION

SUPER SUPREME	Per Pizza	Per Slice
Energy (kJ)	1,629	407
Protein_g	18	4
Fat, Total_G	17	4
saturated_g	8	2
Carbohydrate_g	41	10
Sugars_g	5	1
Sodium_mg	967	242

PEPPERONI LOVERS	Per Pizza	Per Slice
Energy (kJ)	1,715	429
Protein_g	17	4
Fat, Total_G	22	5
saturated_g	11	3
Carbohydrate_g	37	9
Sugars_g	3	1
Sodium_mg	796	199

AMERICANO	Per Pizza	Per Slice
Energy (kJ)	1,294	324
Protein_g	13	3
Fat, Total_G	12	3
saturated_g	6	2
Carbohydrate_g	37	9
Sugars_g	3	1
Sodium_mg	594	149

CHEESE LOVERS	Per Pizza	Per Slice
Energy (kJ)	1,684	421
Protein_g	20	5

EPIC PEPPERONI	Per Pizza
Energy (kJ)	4,742
Protein_g	46
Fat, Total_G	52
saturated_g	24
Carbohydrate_g	119
Sugars_g	9
Sodium_mg	2,033

VEGAN DELUXE	Per Unit
Energy (kJ)	3,816
Protein_g	26
Fat, Total_G	31
saturated_g	16
Carbohydrate_g	130
Sugars_g	13
Sodium_mg	1,980

VEGAN MARGHERITA	Per Pizza
Energy (kJ)	3,606
Protein_g	38
Fat, Total_G	24
saturated_g	8
Carbohydrate_g	118
Sugars_g	6
Sodium_mg	1,743

SURF AND TURF	Per Pizza
Energy (kJ)	4,827
Protein_g	65
Fat, Total_G	42
saturated_g	20
Carbohydrate_g	125
Sugars_g	13
Sodium_mg	2,734

BBQ MEATLOVERS	Per Pizza
Energy (kJ)	1,560
Protein_g	19
Fat, Total_G	14
saturated_g	7
Carbohydrate_g	41
Sugars_g	6
Sodium_mg	937

HAWAIIAN	Per Pizza
Energy (kJ)	1,382
Protein_g	15
Fat, Total_G	11
saturated_g	6
Carbohydrate_g	45
Sugars_g	10
Sodium_mg	709

MARGHERITA	Per Pizza
Energy (kJ)	1,163
Protein_g	11
Fat, Total_G	9
saturated_g	5
Carbohydrate_g	38
Sugars_g	4
Sodium_mg	523

VEGGIE SENSATION	Per Pizza
Energy (kJ)	1,678
Protein_g	17

Fat. Total_G	19	5
saturated_g	11	3
Carbohydrate_g	37	9
Sugars_g	3	1
Sodium_mg	732	183

BBQ CHICKEN	Per Pizza	Per Slice
Energy (kJ)	1,539	385
Protein_g	21	5
Fat. Total_G	11	3
saturated_g	5	1
Carbohydrate_g	46	12
Sugars_g	13	3
Sodium_mg	1,515	379

BBQ CHEESEBURGER	Per Pizza	Per Slice
Energy (kJ)	1,657	414
Protein_g	22	6
Fat. Total_G	14	3
saturated_g	7	2
Carbohydrate_g	45	11
Sugars_g	9	2
Sodium_mg	1,252	313

VEGAN MEDITERRANEAN	Per Unit	Per Slice
Energy (kJ)	1,069	267
Protein_g	4	1
Fat. Total_G	8	2
saturated_g	4	1
Carbohydrate_g	41	10
Sugars_g	4	1
Sodium_mg	770	192

VEGAN MARGHERITA	Per Unit	Per Slice
Energy (kJ)	994	248
Protein_g	4	1
Fat. Total_G	6	1
saturated_g	4	1
Carbohydrate_g	41	10
Sugars_g	4	1
Sodium_mg	662	165

Sponge Bob	Per Pizza	Per Slice
Energy_kJ	3,388	847
Protein_g	20	5
Fat. Total_G	52	13
saturated_g	9	2
Carbohydrate_g	65	16
Sugars_g	26	7
Sodium_mg	1,932	483

KIOSK NUTRITIONAL INFORMATION

BBQ MEAT LOVERS - KIOSK PPP	Per Pizza	Per Slice
Energy (kJ)	1,356	339
Protein_g	17	4
Fat. Total_G	13	3
saturated_g	6	2
Carbohydrate_g	35	9
Sugars_g	5	1
Sodium_mg	834	209

HAWAIIAN - KIOSK PPP	Per Pizza	Per Slice
Energy (kJ)	1,191	298
Protein_g	13	3
Fat. Total_G	9	2
saturated_g	5	1
Carbohydrate_g	38	10
Sugars_g	9	2
Sodium_mg	621	155

CHEESE LOVERS - KIOSK PPP	Per Pizza	Per Slice
Energy (kJ)	1,727	432
Protein_g	22	5
Fat. Total_G	22	6
saturated_g	13	3

Fat. Total_G	19
saturated_g	9
Carbohydrate_g	41
Sugars_g	6
Sodium_mg	817

HAM LOVERS	Per Pizza
Energy (kJ)	1,167
Protein_g	11
Fat. Total_G	9
saturated_g	5
Carbohydrate_g	38
Sugars_g	3
Sodium_mg	1,030

BBQ BEEF	Per Pizza
Energy (kJ)	1,534
Protein_g	19
Fat. Total_G	13
saturated_g	7
Carbohydrate_g	42
Sugars_g	6
Sodium_mg	976

VEGAN DELUXE	Per Unit
Energy (kJ)	1,036
Protein_g	4
Fat. Total_G	6
saturated_g	4
Carbohydrate_g	43
Sugars_g	6
Sodium_mg	662

VEGAN CHEESE LOVERS	Per Unit
Energy (kJ)	1,038
Protein_g	4
Fat. Total_G	7
saturated_g	5
Carbohydrate_g	41
Sugars_g	3
Sodium_mg	730

SUPER SUPREME - KIOSK PPP	Per Pizza
Energy (kJ)	1,437
Protein_g	16
Fat. Total_G	16
saturated_g	7
Carbohydrate_g	34
Sugars_g	4
Sodium_mg	879

PEPPERONI LOVERS - KIOSK PPP	Per Pizza
Energy (kJ)	1,524
Protein_g	15
Fat. Total_G	20
saturated_g	10
Carbohydrate_g	31
Sugars_g	2
Sodium_mg	709

CHEESE LOVERS - KIOSK TRADITIONAL	Per Pizza
Energy (kJ)	9,785
Protein_g	133
Fat. Total_G	138
saturated_g	66

Carbohydrate_g	31	8
Sugars_g	3	1
Sodium_mg	720	180

BBQ MEAT LOVERS - KIOSK TRADITIONAL	Per Pizza	Per Slice
Energy (kJ)	7,355	1,839
Protein_g	65	16
Fat, Total_G	96	24
saturated_g	36	9
Carbohydrate_g	186	47
Sugars_g	94	23
Sodium_mg	4,439	1,110

HAWAIIAN - KIOSK TRADITIONAL	Per Pizza	Per Slice
Energy (kJ)	6,357	1,589
Protein_g	75	19
Fat, Total_G	65	16
saturated_g	21	5
Carbohydrate_g	180	45
Sugars_g	37	9
Sodium_mg	3,314	828

PIZZA PIE - HAM & CHEESE	Per Unit
Energy (kJ)	876
Protein_g	12
Fat, Total_G	10
saturated_g	5
Carbohydrate_g	19
Sugars_g	3
Sodium_mg	596

PIZZA PIE - CHEESE AND TOMATO	Per Unit
Energy (kJ)	775
Protein_g	9
Fat, Total_G	8
saturated_g	4
Carbohydrate_g	19
Sugars_g	4
Sodium_mg	412

SIDES NUTRITIONAL INFORMATION

TRIPLE DIPPERS	Per Pack
Energy (kJ)	8,079
Protein_g	87
Fat, Total_G	112
saturated_g	44
Carbohydrate_g	145
Sugars_g	21
Sodium_mg	4,260

GARLIC BREAD	Per Item
Energy (kJ)	2,278
Protein_g	13
Fat, Total_G	24
saturated_g	10
Carbohydrate_g	68
Sugars_g	7
Sodium_mg	903

CHEESY SPUD BITES	8 Pack
Energy (kJ)	1,261
Protein_g	8
Fat, Total_G	15
saturated_g	5
Carbohydrate_g	33
Sugars_g	6
Sodium_mg	978

CREAMY GARLIC DIP	Per Item
Energy (kJ)	524
Protein_g	0
Fat, Total_G	13
saturated_g	1
Carbohydrate_g	2
Sugars_g	1
Sodium_mg	291

Carbohydrate_g	161
Sugars_g	19
Sodium_mg	4,056

SUPER SUPREME - KIOSK TRADITIONAL	Per Pizza
Energy (kJ)	6,955
Protein_g	84
Fat, Total_G	81
saturated_g	27
Carbohydrate_g	168
Sugars_g	23
Sodium_mg	3,962

PEPPERONI LOVERS - KIOSK TRADITIONAL	Per Pizza
Energy (kJ)	7,119
Protein_g	78
Fat, Total_G	93
saturated_g	35
Carbohydrate_g	159
Sugars_g	17
Sodium_mg	3,367

PIZZA PIE - BEEF & CHEESE	Per Unit
Energy (kJ)	1,044
Protein_g	12
Fat, Total_G	10
saturated_g	6
Carbohydrate_g	27
Sugars_g	12
Sodium_mg	733

RANCH DIP	Per Pack
Energy (kJ)	448
Protein_g	1
Fat, Total_G	9
saturated_g	2
Carbohydrate_g	5
Sugars_g	3
Sodium_mg	415

SWEET CHILLI DIP	Per Item
Energy (kJ)	151
Protein_g	0
Fat, Total_G	0
saturated_g	0
Carbohydrate_g	9
Sugars_g	8
Sodium_mg	198

PORK RIB FAMILY	Per Unit
Energy (kJ)	9,850
Protein_g	203
Fat, Total_G	148
saturated_g	59
Carbohydrate_g	53
Sugars_g	49
Sodium_mg	3,110

PORK RIB REGULAR	Per Unit
Energy (kJ)	2,463
Protein_g	51
Fat, Total_G	37
saturated_g	15
Carbohydrate_g	13
Sugars_g	12
Sodium_mg	778

TOMATO SAUCE DIP	Per Item
Energy (kJ)	99
Protein_g	0
Fat. Total_G	0
saturated_g	0
Carbohydrate_g	5
Sugars_g	5
Sodium_mg	292

PORK RIB SHARE	Per Unit
Energy (kJ)	4,925
Protein_g	101
Fat. Total_G	74
saturated_g	30
Carbohydrate_g	27
Sugars_g	24
Sodium_mg	1,555

VEGAN CHEESY GARLIC BREAD	Per Unit
Energy (kJ)	2,500
Protein_g	11
Fat. Total_G	29
saturated_g	15
Carbohydrate_g	71
Sugars_g	4
Sodium_mg	1,250

SPUD BITES	30 Pack
Energy (kJ)	1,790
Protein_g	7
Fat. Total_G	25
saturated_g	12
Carbohydrate_g	41
Sugars_g	2
Sodium_mg	1,434

CHEESY GARLIC BREAD	Per Item
Energy (kJ)	2,703
Protein_g	19
Fat. Total_G	33
saturated_g	16
Carbohydrate_g	68
Sugars_g	4
Sodium_mg	1,124

BEEF LASAGNE-SHARED	Per Unit
Energy (kJ)	3,503
Protein_g	43
Fat. Total_G	36
saturated_g	19
Carbohydrate_g	81
Sugars_g	19
Sodium_mg	1,872

SPIRAL BOLOGNESE-SHARED	Per Unit
Energy (kJ)	3,659
Protein_g	52
Fat. Total_G	29
saturated_g	13
Carbohydrate_g	95
Sugars_g	22
Sodium_mg	2,328

JALAPENO CHEESE BITES	Per Unit
Energy (kJ)	262
Protein_g	2
Fat. Total_G	4
saturated_g	2
Carbohydrate_g	6
Sugars_g	1
Sodium_mg	136

CHIPS - REGULAR	Per Unit
Energy_kJ	1,617
Protein_g	8

ALFREDO PASTA/CHICKEN-SHARED	Per Unit
Energy (kJ)	4,743
Protein_g	54
Fat. Total_G	65
saturated_g	42
Carbohydrate_g	81
Sugars_g	14
Sodium_mg	2,694

ALFREDO PASTA/CHICKEN-SINGLE	Per Unit
Energy (kJ)	2,372
Protein_g	27
Fat. Total_G	33
saturated_g	21
Carbohydrate_g	41
Sugars_g	7
Sodium_mg	1,347

ALFREDO PASTA-SINGLE	Per Unit
Energy (kJ)	2,138
Protein_g	20
Fat. Total_G	30
saturated_g	20
Carbohydrate_g	39
Sugars_g	4
Sodium_mg	1,038

ALFREDO PASTA-SHARED	Per Unit
Energy (kJ)	4,277
Protein_g	40
Fat. Total_G	60
saturated_g	40
Carbohydrate_g	78
Sugars_g	8
Sodium_mg	2,076

BEEF LASAGNE-SINGLE	Per Unit
Energy (kJ)	1,751
Protein_g	21
Fat. Total_G	18
saturated_g	10
Carbohydrate_g	41
Sugars_g	10
Sodium_mg	936

SPIRAL BOLOGNESE-SINGLE	Per Unit
Energy (kJ)	1,829
Protein_g	26
Fat. Total_G	15
saturated_g	7
Carbohydrate_g	47
Sugars_g	11
Sodium_mg	1,164

CREAMY PRAWN ALFREDO PASTA-SINGLE	Per Unit
Energy (kJ)	2,278
Protein_g	28
Fat. Total_G	30
saturated_g	20
Carbohydrate_g	39
Sugars_g	4
Sodium_mg	1,279

CREAMY PRAWN ALFREDO PASTA-SHARED	Per Unit
Energy (kJ)	4,557
Protein_g	56
Fat. Total_G	60
saturated_g	40
Carbohydrate_g	78
Sugars_g	8
Sodium_mg	2,558

CHIPS - LARGE	Per Unit
Energy_kJ	2,220
Protein_g	8

Fat. Total_G	12
saturated_g	10
Carbohydrate_g	59
Sugars_g	1
Sodium_mg	120

Meat ball pk 30	Per Pack
Energy (kJ)	4,023
Protein_g	72
Fat. Total_G	54
saturated_g	16
Carbohydrate_g	44
Sugars_g	5
Sodium_mg	2,591

Meat ball pk 10	Per Pack
Energy (kJ)	1,341
Protein_g	24
Fat. Total_G	18
saturated_g	5
Carbohydrate_g	15
Sugars_g	2
Sodium_mg	864

Meat ball + Smokey BBQ pk 15	Per Pack
Energy (kJ)	2,509
Protein_g	37
Fat. Total_G	27
saturated_g	8
Carbohydrate_g	48
Sugars_g	25
Sodium_mg	2,116

Mac and cheese Pasta Single	Per Pack
Energy (kJ)	2,299
Protein_g	27
Fat. Total_G	30
saturated_g	19
Carbohydrate_g	44
Sugars_g	4
Sodium_mg	1,066

Pizza Pie - Cheese & Beef	Per Item
Energy (kJ)	1,044
Protein_g	12
Fat. Total_G	10
saturated_g	6
Carbohydrate_g	27
Sugars_g	12
Sodium_mg	733

Pizza Pie - Cheese & Beef	Per Item
Energy (kJ)	775
Protein_g	9
Fat. Total_G	8
saturated_g	5
Carbohydrate_g	19
Sugars_g	4
Sodium_mg	412

Schnitzza - Cheese	Per Item
Energy (kJ)	3,347
Protein_g	53
Fat. Total_G	54
saturated_g	28
Carbohydrate_g	25
Sugars_g	4
Sodium	1,209

Schnitzza - Creamy	Per Item
Energy (kJ)	2,647
Protein_g	45
Fat. Total_G	40
saturated_g	19
Carbohydrate_g	7
Sugars_g	2

Fat. Total_G	21
saturated_g	2
Carbohydrate_g	75
Sugars_g	4
Sodium_mg	870

Meat ball pk 15	Per Pack
Energy (kJ)	2,011
Protein_g	36
Fat. Total_G	27
saturated_g	8
Carbohydrate_g	22
Sugars_g	2
Sodium_mg	1,295

Meat ball + Smokey BBQ pk 30	Per Pack
Energy (kJ)	4,520
Protein_g	73
Fat. Total_G	54
saturated_g	16
Carbohydrate_g	70
Sugars_g	27
Sodium_mg	3,412

Meat ball + Smokey BBQ pk 10	Per Pack
Energy (kJ)	1,590
Protein_g	25
Fat. Total_G	18
saturated_g	5
Carbohydrate_g	28
Sugars_g	13
Sodium_mg	1,274

Mac and cheese Pasta Shared	Per Pack
Energy (kJ)	2,756
Protein_g	34
Fat. Total_G	39
saturated_g	25
Carbohydrate_g	44
Sugars_g	4
Sodium_mg	1,213

Pizza Pie - Cheese & Ham	Per Item
Energy (kJ)	876
Protein_g	12
Fat. Total_G	10
saturated_g	5
Carbohydrate_g	19
Sugars_g	3
Sodium_mg	596

Schnitzza - Hawaiian	Per Item
Energy (kJ)	2,842
Protein_g	45
Fat. Total_G	40
saturated_g	20
Carbohydrate_g	36
Sugars_g	14
Sodium	1,282

Schnitzza - BBQ	Per Item
Energy (kJ)	3,444
Protein_g	49
Fat. Total_G	45
saturated_g	21
Carbohydrate_g	57
Sugars_g	33
Sodium	2,239

Sodium	1,162
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DESSERTS NUTRITIONAL INFORMATION

HERSHEY'S COOKIE	Per Item
Energy (kJ)	6,292
Protein_g	15
Fat. Total_G	76
saturated_g	39
Carbohydrate_g	137
Sugars_g	7
Sodium_mg	877

HERSHEY'S CHOCOLATE BROWNIE	Per Item
Energy (kJ)	9,345
Protein_g	26
Fat. Total_G	95
saturated_g	29
Carbohydrate_g	326
Sugars_g	225
Sodium_mg	483

BEN & JERRY'S - CHOC CHIP COOKIE DOUGH	Per Item
Energy (kJ)	4,644
Protein_g	17
Fat. Total_G	61
saturated_g	36
Carbohydrate_g	127
Sugars_g	99
Sodium_mg	210

BEN & JERRY'S - SLICE TONIGHT DOUGH	Per Item
Energy (kJ)	1,213
Protein_g	4
Fat. Total_G	18
saturated_g	11
Carbohydrate_g	31
Sugars_g	23
Sodium_mg	75

VEGAN CORNETTO (1 PORTION = 60g)	Per Portion*
Energy (kJ)	753
Protein_g	1
Fat. Total_G	8
saturated_g	6
Carbohydrate_g	24
Sugars_g	16
Sodium_mg	15

BEN & JERRY'S - CHOC CHIP COOKIE MINI CUP	Per Item
Energy (kJ)	1,190
Protein_g	4
Fat. Total_G	16
saturated_g	10
Carbohydrate_g	31
Sugars_g	26
Sodium_mg	50

MUTAGEN NUTRITIONAL INFORMATION

MUTAGEN PEPPERONI LOVERS - LARGE	Per Pizza	Per Slice
Energy (kJ)	8,467	1,058
Protein_g	104	13
Fat. Total_G	93	12
saturated_g	34	4
Carbohydrate_g	188	24
Sugars_g	8	1
Sodium_mg	3,390	424

MUTAGEN HAWAIIAN - LARGE	Per Pizza	Per Slice
Energy (kJ)	7,705	963
Protein_g	102	13
Fat. Total_G	66	8

CHOCOLATE MOUSSE	Per Item
Energy (kJ)	1,720
Protein_g	3
Fat. Total_G	35
saturated_g	25
Carbohydrate_g	22
Sugars_g	19
Sodium_mg	84

HERSHEY'S CHOCOLATE LAVA CAKE	Per Item
Energy (kJ)	1,422
Protein_g	6
Fat. Total_G	15
saturated_g	6
Carbohydrate_g	25
Sugars_g	34
Sodium_mg	84

BEN & JERRY'S - CHOCOLATE FUDGE BROWNIE	Per Item
Energy (kJ)	4,351
Protein_g	18
Fat. Total_G	54
saturated_g	31
Carbohydrate_g	127
Sugars_g	108
Sodium_mg	280

BLUE RIBBON VANILLA (1.25L)	Per 100g
Energy (kJ)	781
Protein_g	3
Fat. Total_G	7
saturated_g	5
Carbohydrate_g	28
Sugars_g	18
Sodium_mg	40

BEN & JERRY'S - STRAWBERRY CHEESECAKE MINI CUP	Per Item
Energy (kJ)	1,110
Protein_g	4
Fat. Total_G	15
saturated_g	7
Carbohydrate_g	29
Sugars_g	24
Sodium_mg	115

BEN & JERRY'S - CHOC FUDGE BROWNIE MINI CUP	Per Item
Energy (kJ)	1,140
Protein_g	5
Fat. Total_G	14
saturated_g	9
Carbohydrate_g	32
Sugars_g	24
Sodium_mg	65

MUTAGEN PEPPERONI LOVERS - MEDIUM	Per Pizza
Energy (kJ)	5,520
Protein_g	51
Fat. Total_G	70
saturated_g	30
Carbohydrate_g	121
Sugars_g	9
Sodium_mg	2,423

MUTAGEN HAWAIIAN - MEDIUM	Per Pizza
Energy (kJ)	4,791
Protein_g	47
Fat. Total_G	48

saturated_g	20	2
Carbohydrate_g	209	26
Sugars_g	27	3
Sodium_mg	3,337	417

MUTAGEN BBQ MEATLOVERS - LARGE	Per Pizza	Per Slice
Energy (kJ)	8,725	1,091
Protein_g	82	10
Fat, Total_G	96	12
saturated_g	34	4
Carbohydrate_g	220	28
Sugars_g	37	5
Sodium_mg	4,456	557

MUTAGEN CHEESE LOVERS - LARGE	Per Pizza	Per Slice
Energy (kJ)	10,223	1,278
Protein_g	144	18
Fat, Total_G	122	15
saturated_g	55	7
Carbohydrate_g	190	24
Sugars_g	9	1
Sodium_mg	3,784	473

MUTAGEN SUPER SUPREME - LARGE	Per Pizza	Per Slice
Energy (kJ)	8,303	1,038
Protein_g	111	14
Fat, Total_G	81	10
saturated_g	26	3
Carbohydrate_g	197	25
Sugars_g	13	2
Sodium_mg	3,985	498

saturated_g	19
Carbohydrate_g	132
Sugars_g	20
Sodium_mg	2,245

MUTAGEN BBQ MEATLOVERS - MEDIUM	Per Pizza
Energy (kJ)	5,844
Protein_g	59
Fat, Total_G	72
saturated_g	28
Carbohydrate_g	128
Sugars_g	25
Sodium_mg	3,039

MUTAGEN CHEESE LOVERS - MEDIUM	Per Pizza
Energy (kJ)	5,112
Protein_g	52
Fat, Total_G	58
saturated_g	26
Carbohydrate_g	121
Sugars_g	10
Sodium_mg	2,147

MUTAGEN SUPER SUPREME - MEDIUM	Per Pizza
Energy (kJ)	5,219
Protein_g	53
Fat, Total_G	59
saturated_g	23
Carbohydrate_g	126
Sugars_g	13
Sodium_mg	2,671