



DIETARY INFORMATION

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 it's prepared with care, we can't guarantee your food will be allergen-free, with the exception of our gluten-free dishes that contain 20ppm or less of gluten, even after removing specific items on request. Whilst our vegan items have vegan recipes, due to risk of cross-contamination they may contain dairy. Finally, please note due to the seriousness of allergies and food intolerances, our restaurant teams will not be able to help select dishes.

If you, or anyone with you today, has a food allergy, please check this Allergen Guide for information on the 14 allergens, or for the full list of ingredients please scan the QR code.



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

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

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

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FOOD ALLERGIES

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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?				Cereals containing gluten				Soya	Egg	MILK (e.g. cheese)	Fish / shelffish	Mollusc	Sulphites above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts		
	Vegetarians	Vegans / Plant Based	Celiacs (contains less than 20ppm of gluten)	Wheat	Barley	Rye	Oats															
	Sides																					
Fries	Yes	No	No	●							○											
Cheesy Fries	Yes	No	No	●							●											
Onion Rings	Yes	No	No	●							○											
Garlic Bread	Yes	No	No	●					○		○											
Garlic Bread with Cheese	Yes	No	No	●					○		●											
Mozzarella Sticks with a choice of dip, for dips see below	Yes	No	No	●					○		●								○			
Cheesy Triangles with a choice of dip, for dips see below	Yes	No	No	●							●											
Halloumi Fries with a choice of dip, for dips see below	Yes	No	No	●							●											
Mini Corn on the Cob	Yes	Yes	Yes						●		○											
Cheesy Bite Bites (CBBs) Loaded CBBs Loaded Sweet Chilli CBBs Loaded Brie & Cranberry CBBs	Yes	No	No	●	○	○	○	●	●		●											
Loaded Bacon CBBs Brie, Bacon & Cranberry CBBs Festive Feast CBBs	No	No	No	●	○	○	○	●	●		●											
Roasted Chicken Wings	No	No	Yes	○					○	○	○							○				
BBQ Chicken Wings	No	No	Yes									○										
Chicken Bites	No	No	No	●					○	○	○							○				
Breaded Chicken Tenders	No	No	No	●							○							●		○		
Hot Honey Breaded Chicken Tenders	No	No	No	●							○							●		○		
Hot Honey Chicken Bites	No	No	No	●					○	○	○							○				
Hot Honey BBQ Chicken Wings	No	No	Yes								○											
Dips & Bits Station																						
Heinz BBQ Sauce	Yes	Yes	Yes																			
Heinz Tomato Ketchup	Yes	Yes	Yes															●				
Chilli Flakes	Yes	Yes	Yes																			
Dine-in Dip Pots																						
Sour Cream	Yes	No	Yes						●	●									●			
Sweet Chilli (Hammonds Brand)	Yes	Yes	Yes								○											
Hot Honey	Yes	No	Yes								○											
Nacho Cheese Sauce Dip	Yes	No	Yes								●											
Burger Sauce Dip	Yes	No	Yes						●	○									●			
Cholula® Original Dip	Yes	Yes	Yes																			
Heinz Garlic Sauce Dip Pot (rectangular)	Yes	No	Yes					●	●									●	●			
Heinz BBQ Sauce Dip Pot (rectangular)	Yes	Yes	Yes																			
Heinz Sweet Chilli (rectangular)	Yes	Yes	Yes																			
Mango Habanero Dip	Yes	Yes	Yes																			
Buffalo Ranch Dip	Yes	Yes	Yes																			
Korean BBQ Sauce Dip	Yes	Yes	Yes							●												
Swicy Cranberry Dip	Yes	Yes	Yes																			
Sweet Chilli Dip (Oval pot)	Yes	No	Yes																			
Garlic Buttermilk Mayo (Oval pot)	Yes	No	Yes						●	●												
BBQ Dip (Oval pot)	Yes	Yes	Yes																			
Ketchup (Oval pot)	Yes	Yes	Yes																			
Salad Station																						
Dressed Salad Lines																						
Potato Salad	Yes	No	Yes							●									●			
Coleslaw	Yes	No	Yes							●									●			
Sweetcorn	Yes	Yes	Yes																			
Diced Beetroot	Yes	Yes	Yes																			
Jalapeños	Yes	Yes	Yes																			
Roquito® Chilli Peppers	Yes	Yes	Yes																			
Black Olives	Yes	Yes	Yes																			
Fresh Salad Lines																						
Carrots, Cherry Tomatoes, Cucumbers, Lettuce Mix, Peppers, Red Onions, Spinach, Rocket	Yes	Yes	Yes																			
Dry Items																						
Smoky Flavour Sprinkle	Yes	Yes	No	●	●																	
Croutons	Yes	Yes	No	●																		
Tortilla Chips	Yes	Yes	Yes																			
Crispy Onions	Yes	Yes	No	●																		
Sultanas	Yes	Yes	Yes																			

FOOD ALLERGIES

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Suitable for?																					
Dish Name	Vegetarians			Vegans / Plant Based			Coeliacs (contains less than 20ppm of gluten)			Cereals containing gluten			Soya			Egg			Milk (e.g. cheese)		
	Wheat	Barley	Rye	Oats																	
Sriracha Seasoning	Yes	Yes	Yes																		
Garlic & Herb Seasoning (Piri Piri)	Yes	Yes	Yes																		
Dressings & Dips																					
Thousand Island Dressing	Yes	Yes	Yes																		
Blue Cheese Dressing	Yes	Yes	Yes																		
Garlic Mayonnaise	Yes	Yes	Yes																●		
Light Mayonnaise	Yes	Yes	Yes																		
Ranch Dressing	Yes	Yes	Yes																●		
Low Fat French Dressing	Yes	Yes	Yes																●		
Salsa	Yes	Yes	Yes																		
Sour Cream	Yes	No	Yes							●	●								●		
Mango Habanero Drizzle	Yes	Yes	Yes																		
NEW Buffalo Ranch Drizzle	Yes	Yes	Yes																		
NEW Korean BBQ Sauce Drizzle	Yes	Yes	Yes							●											
Swicy Cranberry Drizzle	Yes	Yes	Yes																		
Pizza Builder																					
Pizza Bases																					
Original Pan	Yes	Yes	No	●	○	○	○	○	●				○								
Handcrafted with Garlic Sprinkle	Yes	No	No	●	○	○	○	○	●				●								
Handcrafted without Garlic Sprinkle	Yes	Yes	No	●	○	○	○	○	●				○								
Stuffed Crust	Yes	No	No	●	○	○	○	○	●				●								
Pepperoni Stuffed Crust	No	No	No	●	○	○	○	○	●				●						●		
Cheesy Bites	Yes	No	No	●	○	○	○	○	●				●								
Gluten-Free	Yes	Yes	Yes										○								
Flatbread	Yes	Yes	No	●	○	○	○	○	●				○								
Flatzz	Yes	Yes	No	●	○	○	○	○	●				○								
Pizza Base Sauces																					
Unseasoned Tomato (used on Gluten-Free, Flatbread, Kids Pizzas)	Yes	Yes	Yes										○								
Seasoned Tomato (used on Handcrafted, Original Pan, Stuffed Crust, Cheesy Bites)	Yes	Yes	Yes										○								
NEW Gluten-Free BBQ Sauce	Yes	Yes	Yes							●			○								
Bechamel sauce (Used on Handcrafted, Original Pan, Stuffed Crust, Cheesy Bites)	Yes	No	No	●									●								
NEW Korean BBQ Sauce	Yes	Yes	Yes							●			○								
Cheese																					
Mozzarella	Yes	No	Yes										●								
Goat's Cheese	Yes	No	Yes										●								
Triple Cheese Blend	Yes	No	Yes										●								
Vegan Ch**se	Yes	Yes	Yes										○								
Brie Cheese	Yes	No	Yes										●								
Pizza Toppings																					
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										●								
NEW Sliced Breaded Chicken	No	No	No	●									○						●		
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										○								
Roquito® Chilli Peppers	Yes	Yes	Yes										○								

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Dish Name	Suitable for?				Cereals containing gluten														
	Vegetarians	Vegans / Plant Based	Coeliacs (contains less than 20ppm of gluten)	Wheat	Cereals containing gluten			Soya	Egg	MILK (e.g. cheese)	Fish / shelffish	Mollusc	Sulphites above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts
					Barley	Rye	Oats												
Jalapeños	Yes	Yes	Yes							○									
Gherkins	Yes	Yes	Yes							○									
Go Extra Cheesy (Add Triple Cheese - a blend of Mozzarella, Monterey Jack and Red Leicester)	Yes	No	Yes							●									
Sunblushed Tomatoes	Yes	Yes	Yes							○									
Sage & Onion Stuffing	Yes	Yes	Yes					●		○									
Brown Sugar Bacon	No	No	Yes							○									
NEW Kimchi	Yes	Yes	Yes				●		○										
Pizza drizzle finish																			
Garlic Spread	Yes	No	Yes							○									
Dried Parsley	Yes	Yes	Yes							○									
BBQ Sauce Drizzle	Yes	Yes	Yes				●			○									
Burger Sauce Drizzle	Yes	No	Yes					●	●	●									●
Sour Cream Drizzle	Yes	No	Yes					●	●	●									●
Balsamic Drizzle	Yes	Yes	Yes						○										
Hot Honey Drizzle	Yes	No	Yes							○									
Fajita Seasoning	Yes	Yes	Yes							○									
Nut-Free Pesto	Yes	No	Yes							●									
NEW Buffalo Ranch Drizzle	Yes	Yes	Yes					●		○									
NEW Korean BBQ Drizzle	Yes	Yes	Yes																
Pizza Combinations (Tomato Sauce base unless stated otherwise on the menu)																			
Allergen Information for Pizza Combinations does not include Pizza Bases. Please see Pizza Base section and factor in the base you have chosen.																			
BBQ Americano	No	No	Yes						●	●									
Beef Burger	No	No	Yes		●				●	●	●								●
Chicken & Bacon Club	No	No	No	●	●				●	●	●								●
Chicken Fajita	No	No	Yes						●	●	●								●
Chicken Sizzler	No	No	Yes							●									
Chicken Supreme	No	No	Yes							●									
Farmhouse	No	No	Yes								●								
Hawaiian	No	No	Yes								●								
Hot Honey Pepperoni Feast	No	No	Yes				●			●									●
Margherita	Yes	No	Yes							●									
Meat Feast	No	No	Yes		●				●		●								●
Meat Feast Sizzler	No	No	Yes		●				●		●								●
Pepperoni	No	No	Yes							●									●
Pepperoni Feast	No	No	Yes						●		●								●
Meat Supreme	No	No	Yes		●				●		●								●
The G.O.A.T.	Yes	No	Yes								●								
The Spicy G.O.A.T.	Yes	No	Yes								●								
Veggie Supreme	Yes	No	Yes								●								
Veggie Sizzler	Yes	No	Yes								●								
Vegan Margherita	Yes	Yes	Yes								○								
Vegan Veggie Supreme	Yes	Yes	Yes								○								
Vegan Veggie Sizzler	Yes	Yes	Yes								○								
Posh Margherita	Yes	No	Yes							●									●
Chicken Pesto	No	No	Yes							●									●
Brie, Bacon & Cranberry (Bechamel base)	No	No	No	●							●								
Brie & Cranberry (Bechamel base)	Yes	No	No	●							●								
Festive Feast (Bechamel base)	No	No	No	●						●									
NEW Korean BBQ Chicken	No	No	No	●						●									●
NEW Korean BBQ Veg	Yes	No	Yes						●		●								
Flatbread Combinations (Tomato sauce base unless stated otherwise on the menu)																			
Virtuous Veg Flatbread	Yes	No	No	●	○	○	○	○	●	●	●								
Vegan Virtuous Veg Flatbread	Yes	Yes	No	●	○	○	○	○	●	○									
Chicken Delight Flatbread	No	No	No	●	○	○	○	○	●	●	●								●
The Little G.O.A.T. Flatbread	Yes	No	No	●	○	○	○	○	●	●	●								●
BBQ Chicken 'N' Ham Flatbread	No	No	No	●	●				○	○	○	●							

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Dish Name	Suitable for?				Cereals containing gluten																
	Vegetarians	Vegans / Plant Based	Celiacs (contains less than 20ppm of gluten)		Wheat	Barley	Rye	Oats	Soya	Egg	Milk (e.g. cheese)	Fish / shelffish	Mollusc	Sulphites above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts	
Melts																					
Meat Feast Melt with a choice of dip, for dips see Dips & Bits section	No	No	No	●	<20ppm	○	○	●	●	●	●					●					
Pepperoni Melt with a choice of dip, for dips see Dips & Bits section	No	No	No	●	○	○	○	●		●	●					●					
BBQ Chicken Melt with a choice of dip, for dips see Dips & Bits section	No	No	No	●	○	○	○	●		●	●										
Toasted Three Cheese Melt with a choice for dips see Dips & Bits section	Yes	No	No	●	○	○	○	●		●	●										
Fries (served with Melts for dine in)	Yes	No	No	●						○											
Marinara Sauce	Yes	No	No							○											
Flatzz																					
Duo Pepperoni	No	No	No	●	○	○	○	●		●						●					
Triple Cheese	Yes	No	No	●	○	○	○	●		●											
Chicken Fajita	No	No	No	●	○	○	○	●		●											
Pesto Vegetable	Yes	No	No	●	○	○	○	●		●						●					
NEW Buffalo Ranch Chicken	No	No	No	●	○	○	○	●		●						●					
NEW Korean BBQ Chicken	No	No	No	●	○	○	○	●		●						●					
Buffet Pizza																					
Margherita	Yes	No	No	●	○	○	○	●		●											
Pepperoni	No	No	No	●	○	○	○	●		●						●					
BBQ Americano	No	No	No	●	○	○	○	●		●											
Beef Burger	No	No	No	●	<20ppm	○	○	●	●	●	●					●					
Veggie	Yes	No	No	●	○	○	○	●		●											
Veggie Hot	Yes	No	No	●	○	○	○	●		●											
Hawaiian	No	No	No	●	○	○	○	●		●											
Hot Honey Pepperoni Feast	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	●	<20ppm	○	○	●		●											
The G.O.A.T.	Yes	No	No	●	○	○	○	●		●						●					
Chicken Feast	No	No	No	●	○	○	○	●		●											
The Spicy G.O.A.T.	Yes	No	No	●	○	○	○	●		●											
Chicken & Bacon Club	No	No	No	●	●	○	○	●	●	●	●					●					
Chicken Fajita	No	No	No	●	○	○	○	●	●	●	●					●					
Posh Margherita	Yes	No	No	●	○	○	○	●		●						●					
Chicken Pesto	No	No	No	●	○	○	○	●		●						●					
Brie, Bacon & Cranberry (Bechamel base)	No	No	No	●	○	○	○	●		●											
Brie & Cranberry (Bechamel base)	Yes	No	No	●	○	○	○	●		●											
Festive Feast (Bechamel base)	No	No	No	●	○	○	○	●		●											
Buffet Sides																					
Garlic Breadsticks	Yes	Yes	No	●	○	○	○	●		○											
Cheesy Garlic Breadsticks	Yes	No	No	●	○	○	○	●		●											
Tomato Pasta	Yes	Yes	No	●						●		○				●					
Penne Pomodoro	Yes	Yes	No	●						●		○									
Four Cheese & Broccoli Pasta	Yes	No	No	●						●		●									
Mac 'n' Cheese Buffet	Yes	No	No	●						●		●									
Pasta																					
Lasagne	No	No	No	●	●					●		●									
Classic Mac 'N' Cheese	Yes	No	No	●	●					●		●				●					
Takeaway Mac 'N' Cheese	Yes	No	No	●						●		●				●					
Mains																					
Spaghetti Bolognese	No	No	No	●	●							○									
Mac 'N' Cheese	Yes	No	No	●	●							●				●					
Chicken 'N' Fries	No	No	No	●						●		○				●		○			

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Dish Name	Suitable for?				Cereals containing gluten				Soya	Egg	MILK (e.g. cheese)	Fish / shellfish	Mollusc	Sulphites above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts																																		
	Vegetarians	Vegans / Plant Based	Celiacs (contains less than 20ppm of gluten)	Wheat	Barley	Rye	Oats																																															
Desserts																																																						
Ice Cream Factory																																																						
Ice Cream Mix	Yes	No	Yes									●																																										
Raspberry Sauce	Yes	Yes	Yes									○																																										
Chocolate Sauce	Yes	No	Yes					●				●																																										
Bubblegum Sauce	Yes	Yes	Yes									○																																										
Strawberry Crunch	Yes	No	Yes									○																																										
MILK Chocolate Beans	Yes	No	Yes					●				●																																										
MILK Chocolate Chips	Yes	No	Yes					●				●																																										
Gold Stars	Yes	No	Yes					○				○																																										
Mixed Coloured Stars	Yes	Yes	Yes									○																																										
Mixed Chocolate Chips	Yes	No	Yes					●				●																																										
Triple Chocolate Chunks	Yes	No	Yes					●	○			●																																										
Hot Cookie Dough - All Sizes (Served with Vanilla Ice Cream and Sauce)																																																						
Chocolate Chip Cookie Dough	Yes	No	No	●				●	○			●									○																																	
White Chocolate & Caramel Cookie Dough	Yes	No	No	●				●	○			●									○																																	
S'mores Cookie Dough	No	No	No	●				●	○			●									○																																	
Desserts																																																						
Chocolate Brownie (Served with Vanilla Ice Cream and Chocolate Sauce)	Yes	No	Yes					●	●			●										○																																
I Can't Believe It's Not Cheesecake	Yes	Yes	No	●				●	○			○										○																																
So Scallops Biscoff® Cheesecake & Ice Cream	Yes	No	No	●				●	○			●										○																																
Mini Donuts with Chocolate Dip	Yes	No	No	●				●	●			●																																										
Vanilla Ice Cream	Yes	No	Yes									●																																										
Take Away Vanilla Ice Cream	Yes	No	Yes									●																																										
Chocolate Sauce	Yes	No	Yes					●				●																																										
Salted Caramel Sauce	Yes	No	Yes									●																																										
Drinks																																																						
Soft Drinks																																																						
All fountain drinks contain a source of Phenylalanine.																																																						
7UP Zero / Pepsi Max / Diet Pepsi	Yes	No	Yes																																																			
Tango Orange / Tango Apple	Yes	No	Yes																																																			
Flavour Shots – Cherry/Vanilla/Lime/Strawberry	Yes	Yes	Yes	●																																																		
Robinsons Squash – All Flavours	Yes	Yes	Yes																																																			
Belu Still / Sparkling Water	Yes	Yes	Yes																																																			
Lipton Peach Ice Tea	Yes	Yes	Yes																																																			
Bottle of Pepsi	Yes	Yes	Yes																																																			
IRN-BRU	Yes	Yes	Yes																																																			
Apple Juice / Orange Juice	Yes	Yes	Yes																																																			
J2O - All Flavours	Yes	Yes	Yes																																																			
Gingerella	Yes	Yes	Yes																																																			
Soda Folk – Cream Soda	Yes	Yes	Yes																																																			
Bottle of 7UP Zero / Pepsi Max / Pepsi	Yes	Yes	Yes																																																			
Bottle of Tango Orange	Yes	Yes	Yes																																																			
Bottle of Diet Pepsi	Yes	No	Yes																																																			
Milk	Yes	No	Yes									●																																										
Fruit Shoots – All Flavours	Yes	Yes	Yes																																																			
Hot Drinks																																																						
Black Tea	Yes	Yes	Yes																																																			
Tea with Milk	Yes	No	Yes									●																																										
Hot Chocolate	Yes	No	Yes									●																																										
Black Americano	Yes	Yes	Yes																																																			
Americano with Milk	Yes	No	Yes									●																																										
Caffè Latte	Yes	No	Yes									●																																										
Cappuccino	Yes	No	Yes									●																																										
Espresso Shot	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.



Dish Name	Suitable for?					Allergens																								
	Vegetarians	Vegans / Plant Based	Coeliacs (contains less than 20ppm of gluten)	Cereals containing gluten				Soya	Egg	MILK (e.g. cheese)	Fish / shelffish	Mollusc	Sulphites above 10 ppm	Sesame	Celery	Mustard	Lupin	Peanuts	Nuts											
				Wheat	Barley	Rye	Oats																							
Alcoholic Drinks																														
NICE Wine Sauvignon / Pale Rosé / Merlot	Yes	Yes	Yes		Please see side of the wine can																									
Pinot Grigio / Merlot / White Zinfandel	No	No	Yes		Refer directly to the supplier – Matthew Clark – www.matthewclark.co.uk																									
Prosecco	No	No	Yes		Refer directly to the supplier – Matthew Clark – www.matthewclark.co.uk																									
Budweiser	Yes	Yes	No		Refer directly to the supplier – Budweiser – www.budweiser.com/en/company/products/budweiser																									
San Miguel	Yes	Yes	No		Refer directly to the supplier – San Miguel – www.sanmiguel.com																									
BrewDog Punk IPA	Yes	Yes	No		Refer directly to the supplier – BrewDog – www.BrewDog.com																									
Kopparberg Strawberry & Lime	Yes	Yes	Yes		Refer directly to the supplier – Kopparberg – www.kopparberg.co.uk/faqs/																									
Kopparberg Mixed Fruit Tropical	Yes	Yes	Yes		Refer directly to the supplier – Kopparberg – www.kopparberg.co.uk/faqs/																									
Bulmers	Yes	Yes	Yes		Refer directly to the supplier – Bulmers – www.bulmers.co.uk/nutritional-values																									
Camden Pale Ale	Yes	Yes	No		Refer directly to the supplier – Camden Brewery – www.camdentownbrewery.com/																									
Magners	No	No	Yes		Refer directly to the supplier – Magners – www.magners.co.uk/																									
Alcohol Free																														
Corona Cero	Yes	Yes	No		Refer directly to the supplier – Corona – www.coronaextra.co.uk/																									

INGREDIENT INFORMATION (updated December 2025)

FOOD ALLERGIES

We cook up a storm, preparing all of our delicious food in the same place where different allergens (such as **MILK**) are present. While its 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.

Sides	
Fries	
Fries	Potatoes, Sunflower oil, WHEAT (GLUTEN) flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
Cheesy Fries	
Fries	Potatoes, Sunflower oil, WHEAT (GLUTEN) flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
Cheese Sauce	Water, Cheese (pasteurised cow's MILK (EU)), salt, starter culture, microbial rennet, colour: carotenes), Modified starch, Emulsifying salts (diphosphates, polyphosphates), Vegetable oil (palm oil), Yeast extract, salt, Dried red pepper, thickener: sodium alginate, preservative: potassium sorbate, dried Jalapeño pepper, Colour (paprika extract, beta-carotene).
Garlic Sprinkle	Maltodextrin, Cheese Powder (from MILK), Salt, Vegetable Oil, Dried Garlic, Dried Parsley, Anti-Caking Agent (Silicon Dioxide).
Crispy Onions	Onion, Palm Oil, WHEAT FLOUR , Salt.
Onion Rings	
Onion Rings	Diced Onions (53%), WHEAT FLOUR , Vegetable oils (rapeseed, sunflower, in varying proportions), Gelling agent (E401), Salt, Yeast, Sugar, Flavouring (Paprika extract; Turmeric extract).
Garlic Bread	
Garlic Bread	WHEAT FLOUR (WHEAT 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 WHEAT). May contain SOYA and MILK .
Garlic Bread with Cheese	
Garlic Bread	WHEAT FLOUR (WHEAT 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 WHEAT). May contain SOYA and MILK .
Mozzarella Cheese (optional)	Mozzarella Cheese (Pasteurised MILK , Salt, Lactic Cultures), Potato Starch.
Mozzarella Sticks	
Mozzarella Sticks	Breading (52%) (WHEAT FLOUR , Water, Sunflower Oil, Maize Starch, Salt, Yeast, Potato Flake, Dehydrated Onion, Pea Protein, Dehydrated Parsley, Raising Agents (E450, E500), Stabiliser (E461), Black Pepper, Garlic Powder, Flavourings, Dextrose, Colour (E101)), Mozzarella Cheese (48%) (MILK) (contains Anti-Caking Agent (Potato Starch)).
Cheesy Triangles	
Cheesy Triangles	Processed cheese (MILK) (57%) [FDM (45%), Rennet from microbiological Origin] [Cheese (MILK) (65%), Water, Butter (MILK), MILK protein, Maize starch, Emulsifying salts (E452, E331), Salt, Thickener (E407)], Flour (WHEAT , Maize), Water, Rapeseed oil, Modified maize starch, Salt, MILK protein (MILK), Yeast, Parsley, Raising agents (E450, E500), Garlic powder, Onion powder.
Halloumi Fries	
Halloumi Fries	Halloumi Cheese (MILK) (67%) ((Cows MILK , Sheeps MILK , Goat's MILK , Mint), Stabiliser (E461)), Vegetable Oils (Rapeseed, Sunflower) - in varying proportions, Water, Batter (WHEAT FLOUR (with Calcium, Iron, Niacin, Thiamin), Modified Starch, Maize Flour, Raising Agents (E450, E500), Dextrose, Red Bell Pepper, Quinoa, WHEAT GLUTEN , Parsley), Rusk (WHEAT FLOUR (with Calcium, Iron, Niacin, Thiamin), Salt).
Mini Corn on the cob	
Corn on the cob	Sweetcorn.
Vegetable oil spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Cheesy Bite Bites	
Stuffed Crust Dough	Ingredients: WHEAT FLOUR (WHEAT FLOUR , Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Rapeseed Oil, Salt, Emulsifiers: Diacetyl Tartaric Acid Ester of Mono- and Diglycerides of Fatty Acids (E472e), Mono- and Diglycerides of Fatty Acids (E471); Flour Treatment Agent: Ascorbic Acid (E300).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
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 Puree (12%), Parsley (1.5%), Acidity Regulator Citric Acid. May contain MILK .
Loaded Sweet Chilli Cheesy Bite Bites	
Stuffed Crust Dough	Ingredients: WHEAT FLOUR (WHEAT FLOUR , Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Rapeseed Oil, Salt, Emulsifiers: Diacetyl Tartaric Acid Ester of Mono- and Diglycerides of Fatty Acids (E472e), Mono- and Diglycerides of Fatty Acids (E471); Flour Treatment Agent: Ascorbic Acid (E300).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
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 Puree (12%), Parsley (1.5%), Acidity Regulator Citric Acid. May contain MILK .
Triple Cheese Blend	Mozzarella (Pasteurised MILK , Salt, Starter Cultures, Potato Starch), Red Leicester (Pasteurised MILK , Salt, Starter cultures, Annatto (E160b), Monterey Jack (Pasteurised MILK , Salt, Starter Cultures).
Sweet Chilli (Hammond's Brand)	Water, Glucose-Fructose Syrup, Sugar, Modified Maize Starch, Spirit Vinegar, Acidity Regulator (Acetic Acid), Dried Red Bell Peppers, Dried Garlic, Tomato Paste, Dried Crushed Chillies, Salt, Preservative (Potassium Sorbate), Colour (Paprika Extract).
Sliced Roquito Peppers	Red Roquito® Jalapeño Pepper, Sugar, Water, Vinegar.
Loaded Bacon Cheesy Bite Bites	
Stuffed Crust Dough	Ingredients: WHEAT FLOUR (WHEAT FLOUR , Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Rapeseed Oil, Salt, Emulsifiers: Diacetyl Tartaric Acid Ester of Mono- and Diglycerides of Fatty Acids (E472e), Mono- and Diglycerides of Fatty Acids (E471); Flour Treatment Agent: Ascorbic Acid (E300).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
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 Puree (12%), Parsley (1.5%), Acidity Regulator Citric Acid. May contain MILK .
Triple Cheese Blend	Mozzarella (Pasteurised MILK , Salt, Starter Cultures, Potato Starch), Red Leicester (Pasteurised MILK , Salt, Starter cultures, Annatto (E160b), Monterey Jack (Pasteurised MILK , Salt, Starter Cultures).
Bacon	Pork (90%), Water, Salt, Smoke Flavourings, Stabilisers (E450, E451), antioxidant (E301), Preservative (E250). Formed from cuts of pork with added water.

Brie & Cranberry Cheesy Bite Bites	
Stuffed Crust Dough	Ingredients: WHEAT FLOUR (WHEAT FLOUR , Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Rapeseed Oil, Salt, Emulsifiers: Diacetyl Tartaric Acid Ester of Mono- and Diglycerides of Fatty Acids (E472e), Mono- and Diglycerides of Fatty Acids (E471); Flour Treatment Agent: Ascorbic Acid (E300).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
String Cheese for Crust	Mozzarella (Pasteurised MILK , Salt, Cultures), Potato Starch.
Mozzarella Cheese	Mozzarella Cheese (Pasteurised MILK , Salt, Lactic Cultures), Potato Starch.
Brie Cheese	Pasteurised cow's MILK , Salt, Starters (MILK).
Swicy Cranberry Sauce	Sugar, Water, Cranberry Puree (20%), Glucose-Fructose Syrup, Red Grape Vinegar, Modified Maize Starch, Tomato Paste, Onion, Ginger Puree, Salt, Garlic, Red Chilli Puree (Red Chilli), Water, Rapeseed Oil, Acidity Regulator (Citric Acid), Salt, White Wine Vinegar, Thickener (Guar Gum), Preservative (Potassium Sorbate), Dried Chillies, Preservative (Potassium Sorbate).
Bacon, Brie & Cranberry Cheesy Bite Bites	
Stuffed Crust Dough	Ingredients: WHEAT FLOUR (WHEAT FLOUR , Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Rapeseed Oil, Salt, Emulsifiers: Diacetyl Tartaric Acid Ester of Mono- and Diglycerides of Fatty Acids (E472e), Mono- and Diglycerides of Fatty Acids (E471); Flour Treatment Agent: Ascorbic Acid (E300).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
String Cheese for Crust	Mozzarella (Pasteurised MILK , Salt, Cultures), Potato Starch.
Mozzarella Cheese	Mozzarella Cheese (Pasteurised MILK , Salt, Lactic Cultures), Potato Starch.
Brown Sugar Bacon	Pork, Brown Sugar, Salt, Emulsifier: Sodium Tripolyphosphate (E451), Smoke Flavouring, Preservative: Sodium Nitrite (E250).
Brie Cheese	Pasteurised cow's MILK , Salt, Starters (MILK).
Swicy Cranberry Sauce	Sugar, Water, Cranberry Puree (20%), Glucose-Fructose Syrup, Red Grape Vinegar, Modified Maize Starch, Tomato Paste, Onion, Ginger Puree, Salt, Garlic, Red Chilli Puree (Red Chilli), Water, Rapeseed Oil, Acidity Regulator (Citric Acid), Salt, White Wine Vinegar, Thickener (Guar Gum), Preservative (Potassium Sorbate), Dried Chillies, Preservative (Potassium Sorbate).
Festive Feast Cheesy Bite Bites	
Stuffed Crust Dough	Ingredients: WHEAT FLOUR (WHEAT FLOUR , Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Rapeseed Oil, Salt, Emulsifiers: Diacetyl Tartaric Acid Ester of Mono- and Diglycerides of Fatty Acids (E472e), Mono- and Diglycerides of Fatty Acids (E471); Flour Treatment Agent: Ascorbic Acid (E300).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
String Cheese for Crust	Mozzarella (Pasteurised MILK , Salt, Cultures), Potato Starch.
Mozzarella Cheese	Mozzarella Cheese (Pasteurised MILK , Salt, Lactic Cultures), Potato Starch.
Chicken Breast	Chicken Breast (98%), Salt, Stabilisers (E450i, E450iii, E451i, E452i).
Brown Sugar Bacon	Pork, Brown Sugar, Salt, Emulsifier: Sodium Tripolyphosphate (E451), Smoke Flavouring, Preservative: Sodium Nitrite (E250).
Sage & Onion Stuffing	Water, Sunflower Oil, Onion (12%), Breadcrumb (Rice Flour, Gram Flour, Maize Starch, Salt, Dextrose), Modified Starch, Textured SOY Protein Concentrate, Thickener (Methyl Cellulose), Salt, Natural Flavourings, Sage (0.5%), Parsley, Black Pepper, Thyme, Oregano.
Swicy Cranberry Sauce	Sugar, Water, Cranberry Puree (20%), Glucose-Fructose Syrup, Red Grape Vinegar, Modified Maize Starch, Tomato Paste, Onion, Ginger Puree, Salt, Garlic, Red Chilli Puree (Red Chilli), Water, Rapeseed Oil, Acidity Regulator (Citric Acid), Salt, White Wine Vinegar, Thickener (Guar Gum), Preservative (Potassium Sorbate), Dried Chillies, Preservative (Potassium Sorbate).
BBQ Chicken Wings	
BBQ Chicken Wings	Chicken, Sugar, Salt, Potato Starch, Dextrose, Maize Flour, Onion Powder, Fructose, Garlic Powder, Yeast Extract, Cornflour, Maltodextrin, Cayenne Pepper, Black Pepper, Smoke Flavouring, Rapeseed Oil, Paprika Extract, Cocoa Powder, Sunflower Oil, Honey, Flavouring, Black Pepper Extract, Pimento Extract, Sage Extract.
Roasted Chicken Wings	
Roasted Chicken Wings	Chicken wings (86%), water, salt, modified starch and starch, dextrose, stabilisers E450, natural flavours. May contain GLUTEN, MILK, EGG, SOYA, CELERY.
Hot Honey Chicken Wings	
Roasted Chicken Wings	Chicken wings (86%), water, salt, modified starch and starch, dextrose, stabilisers E450, natural flavours. May contain GLUTEN, MILK, EGG, SOYA, CELERY.
Spicy Honey Drizzle	Honey (99.98%), Chilli Extract (0.02%).
Chilli Flakes	Crushed Chillies.
Breaded Chicken Tenders	
Chicken Strips	Chicken Breast (67%), Flour (WHEAT , Rice), Vegetable Oils (Palm, Rice Bran), Modified Starches, Breadcrumb (Contains WHEAT), WHEAT GLUTEN , Salt, Yeast Extract, Garlic Powder, Stabiliser (E451), Onion Powder, Dextrose, Spice (CELERY), Raising Agents (E450, E500).
Hot Honey Breaded Chicken Tenders	
Chicken Strips	Chicken Breast (67%), Flour (WHEAT , Rice), Vegetable Oils (Palm, Rice Bran), Modified Starches, Breadcrumb (Contains WHEAT), WHEAT GLUTEN , Salt, Yeast Extract, Garlic Powder, Stabiliser (E451), Onion Powder, Dextrose, Spice (CELERY), Raising Agents (E450, E500).
Spicy Honey Drizzle	Honey (99.98%), Chilli Extract (0.02%).
Chilli Flakes	Crushed Chillies.
Breaded Chicken Bites	
Breaded Chicken Bites	Chicken fillet (57%), WHEAT flour (calcium, iron, vitamin B3, vitamin B1), sunflower oil, water, starch, salt, breadcrumb (WHEAT flour (calcium, iron, vitamin B3, vitamin B1), salt, yeast), yeast extract, aromatic plants, WHEAT GLUTEN , sugar, spices, natural flavourings, dextrose, raising agents (E341i, E450i, E500ii), stabilisers (E451, E452). May contain GLUTEN, MILK, EGG, SOYA, CELERY.
Hot Honey Breaded Chicken Bites	
Breaded Chicken Bites	Chicken fillet (57%), WHEAT flour (calcium, iron, vitamin B3, vitamin B1), sunflower oil, water, starch, salt, breadcrumb (WHEAT flour (calcium, iron, vitamin B3, vitamin B1), salt, yeast), yeast extract, aromatic plants, WHEAT GLUTEN , sugar, spices, natural flavourings, dextrose, raising agents (E341i, E450i, E500ii), stabilisers (E451, E452). May contain GLUTEN, MILK, EGG, SOYA, CELERY.
Spicy Honey Drizzle	Honey (99.98%), Chilli Extract (0.02%).
Chilli Flakes	Crushed Chillies.
Takeaway Mac & Cheese	
Takeaway Mac & Cheese - Classic	
Mac 'N' Cheese (200g)	Water, Cooked Macaroni Pasta (36%) (Water, Durum WHEAT Semolina), Mature Cheddar Cheese (MILK) (10%), Single Cream (MILK), Adcrem (MILK Protein, Palm Oil, Lactose (MILK)), Modified Maize Starch, Vegetable Oil (Sunflower Oil, Rapeseed Oil), Unsalted Butter (MILK), Salt, WHEAT FLOUR (WHEAT FLOUR , Calcium Carbonate, Iron, Niacin, Thiamin), Yellow MUSTARD Seeds, Ground White Pepper.
Mozzarella Cheese	Mozzarella Cheese (Pasteurised MILK , Salt, Lactic Cultures), Potato Starch.

Take Away Cholula® Chicken Macaroni Cheese	
Mac 'N' Cheese (200g)	Water, Cooked Macaroni Pasta (36%) (Water, Durum WHEAT Semolina), Mature Cheddar Cheese (MILK) (10%), Single Cream (MILK), Adcrem (MILK Protein, Palm Oil, Lactose (MILK)), Modified Maize Starch, Vegetable Oil (Sunflower Oil, Rapeseed Oil), Unsalted Butter (MILK), Salt, WHEAT FLOUR (WHEAT FLOUR , Calcium Carbonate, Iron, Niacin, Thiamin), Yellow MUSTARD Seeds, Ground White Pepper.
Mozzarella Cheese	Mozzarella Cheese (Pasteurised MILK , Salt, Lactic Cultures), Potato Starch.
Jalapeños	Jalapeño Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509).
Roquito® Chilli Peppers	Red Roquito® Jalapeño Pepper, Sugar, Water, Vinegar.
Cholula®	Water, Chilli Peppers (5%) (Arbol, Piquin), Salt, Acid (Acetic Acid), Stabiliser (Xanthan Gum), Rice Flour, Spices, Apple Cider Vinegar, Natural Flavourings.
Spicy Chicken	Chicken, Sriracha seasoning [Sugar, Spices, Unmodified Starch Maize, Garlic Powder, Chili Powder, Red Bell Pepper, Onion Powder, Citric Acid (E 330), Colour (E160c), Chilli Extract, Stabiliser (E415), Flavouring, Lemon Oil]. Potato Starch, Salt, Cayenne Chilli Powder, Stabilizers (E450(v), E450(i), E451).
Take Away Cholula® Cauliflower Macaroni Cheese	
Mac 'N' Cheese (200g)	Water, Cooked Macaroni Pasta (36%) (Water, Durum WHEAT Semolina), Mature Cheddar Cheese (MILK) (10%), Single Cream (MILK), Adcrem (MILK Protein, Palm Oil, Lactose (MILK)), Modified Maize Starch, Vegetable Oil (Sunflower Oil, Rapeseed Oil), Unsalted Butter (MILK), Salt, WHEAT FLOUR (WHEAT FLOUR , Calcium Carbonate, Iron, Niacin, Thiamin), Yellow MUSTARD Seeds, Ground White Pepper.
Mozzarella Cheese	Mozzarella Cheese (Pasteurised MILK , Salt, Lactic Cultures), Potato Starch.
Jalapeños	Jalapeño Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509).
Roquito® Chilli Peppers	Red Roquito® Jalapeño Pepper, Sugar, Water, Vinegar.
Cholula®	Water, Chilli Peppers (5%) (Arbol, Piquin), Salt, Acid (Acetic Acid), Stabiliser (Xanthan Gum), Rice Flour, Spices, Apple Cider Vinegar, Natural Flavourings.
Spicy Cauliflower	Cauliflower, Vegetable Oil (rapeseed Oil or Sunflower Oil in various proportions), Tamary Gluten Free (Water, SOYA Beans, Salt, Alcohol), Rice Vinegar, Garlic Puree, Ginger Puree, Polenta, Red Chilli Puree, Red Pepper Powder, Cornflour, Salt.
Dips & Bits Station	
Heinz BBQ Sauce	Tomato puree, spirit vinegar, sugar, molasses, water, modified cornflour, salt, spices, garlic, thickener (xanthan gum), smoke flavouring, flavourings.
Heinz Tomato Ketchup	Tomatoes (148 g per 100 g ketchup), spirit vinegar, sugar, salt, spice and herb extracts (contains CELERY), spice.
Chilli Flakes	Crushed Chillies.
Dine In Dip Pots	
Sour Cream	Rapeseed Oil, Water, Spirit Vinegar, Dextrose, EGG Yolk, Yoghurt Powder, Onion Powder, Salt, Chives, Acidity Regulator (Lactic Acid), MILK Protein, Stabilisers (Xanthan Gum, Guar Gum), Modified Starch, Preservative (Potassium Sorbate), MUSTARD Flour, Calcium Disodium EDTA.
Sweet Chilli (Hammond's Brand)	Water, Glucose-Fructose Syrup, Sugar, Modified Maize Starch, Spirit Vinegar, Acidity Regulator (Acetic Acid), Dried Red Bell Peppers, Dried Garlic, Tomato Paste, Dried Crushed Chillies, Salt, Preservative (Potassium Sorbate), Colour (Paprika Extract).
Hot Honey	Honey, Birds Eye Chilli Extract (0.2%), Guajillo Chilli Extract (0.06%).
Burger Sauce	Rapeseed Oil, Water, Sugar, EGG Yolk, Modified Maize Starch E1422, Tomato Paste, Salt, MUSTARD Flour, Acidity Regulator: E260, Spirit Vinegar, Paprika, Natural Dill Flavouring [Salt, Flavouring Preparation (Dill Extract), Silicon Dioxide (E551)], Horseradish Powder, Stabiliser: Xanthan Gum E415, Dried Onion, Natural Tarragon Flavouring with other Natural Flavourings [Salt, Flavouring Preparation (Tarragon Extract), Silicon Dioxide (E551)], Preservative: Potassium Sorbate E202, Natural Flavouring [Salt, Flavouring Preparations, Silicon Dioxide (E551), Propylene Glycol (E1520)], Natural Paprika Flavouring [Extractives of Paprika, Sunflower Oil], Lactic Acid E270, Cayenne Pepper, Black Pepper, Antioxidant: Calcium Disodium EDTA E385
Nacho Cheese	Water, Cheese (pasteurised cow's MILK (EU)), salt, starter culture, microbial rennet, colour: carotenes), Modified starch, Emulsifying salts (diphosphates, polydiphosphates), Vegetable oil (palm oil), Yeast extract, salt, Dried red pepper, thickener: sodium alginate, preservative: potassium sorbate, dried Jalapeño pepper, Colour (paprika extract, beta-carotene).
Cholula® Dip	Water, Chilli Peppers (5%) (Arbol, Piquin), Salt, Acid (Acetic Acid), Stabiliser (Xanthan Gum), Rice Flour, Spices, Apple Cider Vinegar, Natural Flavourings.
Mango Habanero Dip	Water, Glucose-Fructose Syrup, Mango Puree (16%), Sugar, Spirit Vinegar, Modified Maize Starch, Habanero Chilli, Salt, Tomato Paste, Dried Onion, Lemon Juice Concentrate, Toasted Onion Powder, Garlic Puree, Preservative (Potassium Sorbate), Cayenne Pepper, Dried Red Bell Peppers, Acidity Regulator (Acetic Acid), Colour (Paprika Extract).
Buffalo Ranch Dip	Water, Rapeseed Oil, Dextrose, Frank's Redhot® Sauce (Fermented Red Cayenne Peppers, Spirit Vinegar, Water, Salt, Garlic Powder), Spirit Vinegar, Modified Maize Starch, Garlic Puree, Salt, Acidity Regulator (Lactic Acid), Herbs, Stabiliser (Xanthan Gum), Preservatives (Potassium Sorbate), Dried Onion, Ground Black Pepper, Natural Flavouring, Colour (Paprika Extract), Antioxidant (Calcium disodium EDTA).
Korean BBQ Sauce Dip	Water, Sugar, Bramley Apples, SOY Sauce (Water, Soybeans (SOYA), Salt, Spirit Vinegar), Maize Starch, Garlic Puree, Ginger Puree, Spice (Red Chilli Pepper, Paprika), Acidity Regulator Malic Acid(E296), Salt, Yeast Extract, Natural Flavouring.
Swicy Cranberry Dip	Sugar, Water, Cranberry Puree (20%), Glucose-Fructose Syrup, Red Grape Vinegar, Modified Maize Starch, Tomato Paste, Onion, Ginger Puree, Salt, Garlic, Red Chilli Puree (Red Chilli), Water, Rapeseed Oil, Acidity Regulator (Citric Acid), Salt, White Wine Vinegar, Thickener (Guar Gum), Preservative (Potassium Sorbate)), Dried Chillies, Preservative (Potassium Sorbate).
Takeaway Dip Pots	
Heinz Garlic Sauce Dip Pot	Refined SOYA Oil, Water, Spirit Vinegar, Sugar, Garlic, Lemon Juice (from concentrate), Modified Starch, EGG Yolk, Salt, Garlic Juice, Shallots, MUSTARD Seeds, Thickeners (Xanthan Gum), Preservative (Potassium Sorbate), Chives, Celery Juice, Onion, Garlic Extract, Spices, Flavouring, Antioxidant (Calcium Disodium EDTA).
Heinz BBQ Sauce Dip Pot	Tomato Puree, Spirit Vinegar, Sugar, Molasses, Water, Modified Starch, Salt, Spices, Garlic, Thickener: Xanthan Gum; Smoke Flavouring, Flavouring.
Heinz Sweet Chilli Dip Pot	Sugar, water, spirit vinegar, modified cornflour, garlic, chillies, red peppers, tomato paste, salt, spice.
Mango Habanero Dip	Water, Glucose-Fructose Syrup, Mango Puree (16%), Sugar, Spirit Vinegar, Modified Maize Starch, Habanero Chilli, Salt, Tomato Paste, Dried Onion, Lemon Juice Concentrate, Toasted Onion Powder, Garlic Puree, Preservative (Potassium Sorbate), Cayenne Pepper, Dried Red Bell Peppers, Acidity Regulator (Acetic Acid), Colour (Paprika Extract).
Buffalo Ranch Dip	Water, Rapeseed Oil, Dextrose, Frank's Redhot® Sauce (Fermented Red Cayenne Peppers, Spirit Vinegar, Water, Salt, Garlic Powder), Spirit Vinegar, Modified Maize Starch, Garlic Puree, Salt, Acidity Regulator (Lactic Acid), Herbs, Stabiliser (Xanthan Gum), Preservatives (Potassium Sorbate), Dried Onion, Ground Black Pepper, Natural Flavouring, Colour (Paprika Extract), Antioxidant (Calcium disodium EDTA).
Korean BBQ Sauce Dip	Water, Sugar, Bramley Apples, SOY Sauce (Water, Soybeans (SOYA), Salt, Spirit Vinegar), Maize Starch, Garlic Puree, Ginger Puree, Spice (Red Chilli Pepper, Paprika), Acidity Regulator Malic Acid(E296), Salt, Yeast Extract, Natural Flavouring.
Swicy Cranberry Dip	Sugar, Water, Cranberry Puree (20%), Glucose-Fructose Syrup, Red Grape Vinegar, Modified Maize Starch, Tomato Paste, Onion, Ginger Puree, Salt, Garlic, Red Chilli Puree (Red Chilli), Water, Rapeseed Oil, Acidity Regulator (Citric Acid), Salt, White Wine Vinegar, Thickener (Guar Gum), Preservative (Potassium Sorbate)), Dried Chillies, Preservative (Potassium Sorbate).
Sweet Chilli Dip (Oval pot)	Water, Sugar, Glucose-Fructose Syrup, Spirit Vinegar, Onion Puree, Tomato Paste, Modified Maize Starch, Honey, Rapeseed Oil, Salt, Dried Garlic, Stabiliser (Xanthan Gum), Colour (Paprika Extract), Preservative (Potassium Sorbate), Dried Crushed Chillies, Cayenne Pepper.
Garlic Buttermilk Mayo (Oval pot)	Water, Rapeseed Oil (34.8%), Cultured Buttermilk (9%), Dextrose, Modified Maize Starch, Spirit Vinegar, Salt, Free Range EGG Yolk (0.9%), Garlic Puree (0.8%), Acidity Regulator (Lactic Acid), Dried Garlic (0.4%), Onion Powder, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Black Pepper.
BBQ Dip (Oval pot)	Water, Sugar, Cane Molasses, Spirit Vinegar, Tomato Paste, Modified Maize Starch, Smoked Paprika, Spices, Salt, Caramelised Sugar Syrup, Natural Flavouring, Rapeseed Oil, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Smoked Salt, Rice Flour.
Ketchup (Oval pot)	Water, Tomato Paste (24%), Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Modified Maize Starch, Salt, Preservative (Potassium Sorbate), Natural Flavouring.

Salad Station	
Dressed Salad Lines	
Potato Salad	Potato (64%), Water, Rapeseed oil, Spirit vinegar, Sugar, White wine vinegar, Onion, Pasteurised liquid whole EGG , Salt, Chive, Stabilisers (Guar gum, Xanthan gum), Cornflour, MUSTARD flour, Preservative (Potassium sorbate), Concentrated Lemon Juice.
Coleslaw	Cabbage (59%), Rapeseed oil, Water, Carrot (6%), White wine vinegar, Pasteurised liquid whole EGG , Sugar, Onion, Spirit vinegar, Salt, Stabilisers (Guar gum, Xanthan gum), Preservative (Potassium sorbate), MUSTARD flour, Concentrated lemon juice.
Sweetcorn	Sweetcorn, Water.
Diced Beetroot	Beetroot, Acetic Acid.
Jalapeños	Jalapeño Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509).
Roquito® Chilli Peppers	Red Roquito® Jalapeño Pepper, Sugar, Water, Vinegar.
Black Olives	Water, Olives, Salt, Stabiliser (Ferrous Gluconate).
Fresh Salad Lines	
Lettuce Mix	Iceberg and Cos Lettuce.
Cherry Tomatoes	Cherry Tomatoes.
Cucumber	Cucumbers.
Mixed Peppers	Green Peppers, Red Peppers, Yellow Peppers.
Red Onion	Red Onions.
Shredded Carrot	Carrots.
Spinach	Spinach.
Rocket	Rocket Leaves.
Dried Items	
Smoky Flavour Sprinkles (Bacon Bits)	WHEAT FLOUR (Contains Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Oil (Palm), Seasoning (Rusk [WHEAT FLOUR (Contains Calcium Carbonate, Iron, Niacin, Thiamin), Salt], Sugar, WHEAT Maltodextrin, Yeast Powder, Yeast Extract Powder, Salt [Including Smoked Salt], Colours [Beetroot Extract, Paprika Extract], BARLEY Malt Flour, Natural Flavourings), Salt, Yeast.
Croutons	WHEAT FLOUR (Contains Calcium Carbonate, Iron, Niacin, Thiamine), Vegetable Oil (Palm), Salt, Yeast.
Tortilla Chips	Maize Flour (Corn); Sunflower Oil; Salt.
Crispy Onions	Onion, Palm Oil, WHEAT FLOUR , Salt.
Sultanas	Sultanas
Sriracha Chili Flakes	Sugar, Salt, Garlic Granules (15%), Dried Chillies (10%), Dried Red Bell Peppers, Paprika, Acid (Citric Acid), Colour (Paprika Extract), Flavourings, Anti-caking Agents (Calcium Silicate, Silicon Dioxide), Sunflower Oil.
Garlic & Herb Seasoning	Maltodextrin, Dried Onion, Dried Garlic (9%), Black Pepper, Salt, Chilli Powder (Chilli Pepper, Cumin, Salt, Oregano, Garlic), Lemon Peel Powder (4%), Dried Chillies (4%), Bay Leaves, Cayenne Pepper, Paprika, Ground Coriander Seed, Basil, Oregano, Sunflower Oil, Colour (Paprika Extract), Anti-caking Agent (Silicon Dioxide), Dried Lemon Juice Concentrate.
Dressings & Dips	
Thousand Island Dressing	Water, Rapeseed Oil, Glucose-Fructose Syrup, Spirit Vinegar, Tomato Paste, White Wine Vinegar, Modified Starch, Salt, Gherkins, Dried Onion, Lemon Juice Concentrate, Preservative (Potassium Sorbate), Stabilisers (Xanthan Gum, Guar Gum), Acidity Regulator (Lactic Acid), Dried Red Pepper, Dried Garlic, Dried Parsley, Colour (Paprika Extract), Natural Flavouring.
Blue Cheese Dressing	Rapeseed Oil, Water, Glucose-Fructose Syrup, White Wine Vinegar, Modified Starch, Salt, Natural Flavouring, Preservative (Potassium Sorbate), Dried Onion, Dried Garlic, Stabiliser (Xanthan Gum), Acidity Regulator (Lactic Acid), Dried Parsley.
Garlic Mayonnaise	Rapeseed Oil, Water, Spirit Vinegar, Glucose-Fructose Syrup, Salt, Garlic Powder, Modified Starch, Stabilisers (Xanthan Gum, Guar Gum), Preservative (Potassium Sorbate), MUSTARD Flour, Caramelised Sugar Syrup, Acidity Regulator (Lactic Acid).
Light Mayonnaise	Water, Rapeseed Oil (39%), Glucose-Fructose Syrup, Spirit Vinegar, Modified Starch, Salt, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Colour (Paprika Extract).
Ranch Dressing	Rapeseed Oil, Water, White Wine Vinegar, Glucose-Fructose Syrup, Dijon MUSTARD (Water, MUSTARD Seeds (29%), Spirit Vinegar, Salt, Acidity Regulator (Citric Acid), Preservative (SODIUM METABISULPHITE)), Modified Starch, Salt, Lemon Juice Concentrate, Dried Onion, Dried Garlic, Preservative (Potassium Sorbate), Cracked Black Pepper, Dried Parsley, Stabiliser (Xanthan Gum), Natural Flavouring.
Low Fat French Dressing	Water, Glucose-Fructose Syrup, White Wine Vinegar, Rapeseed Oil, Garlic Puree (Water, Dried Garlic, Acidity Regulator (Citric Acid)), Salt, Dijon MUSTARD (Water, MUSTARD Seed, Spirit Vinegar, Salt), Parsley, Stabilisers (Xanthan Gum, Guar Gum), Cracked Black Pepper, Dried Onion, Basil, Preservative (Potassium Sorbate), Caramelised Sugar Syrup, Acidity Regulator (Lactic Acid), White Pepper, Colour (Curcumin).
Salsa	Tomato Paste, Vegetables, Paprika, Onion, Water, Vinegar, Glucose-Fructose Syrup, Modified Starch, Salt, Herbs (Parsley, Oregano), Garlic, Spices, (Celery), Acid; Lactic Acid, Preservative, Potassium Sorbate, Sweetener, Saccharin.
Sour Cream	Rapeseed Oil, Water, Spirit Vinegar, Dextrose, EGG Yolk, Yoghurt Powder, Onion Powder, Salt, Chives, Acidity Regulator (Lactic Acid), MILK Protein, Stabilisers (Xanthan Gum, Guar Gum), Modified Starch, Preservative (Potassium Sorbate), MUSTARD Flour, Calcium Disodium EDTA.
Mango Habanero Drizzle	Water, Glucose-Fructose Syrup, Mango Puree (16%), Sugar, Spirit Vinegar, Modified Maize Starch, Habanero Chilli, Salt, Tomato Paste, Dried Onion, Lemon Juice Concentrate, Toasted Onion Powder, Garlic Puree, Preservative (Potassium Sorbate), Cayenne Pepper, Dried Red Bell Peppers, Acidity Regulator (Acetic Acid), Colour (Paprika Extract).
NEW - Buffalo Ranch Drizzle	Water, Rapeseed Oil, Dextrose, Frank's Redhot® Sauce (Fermented Red Cayenne Peppers, Spirit Vinegar, Water, Salt, Garlic Powder), Spirit Vinegar, Modified Maize Starch, Garlic Puree, Salt, Acidity Regulator (Lactic Acid), Herbs, Stabiliser (Xanthan Gum), Preservatives (Potassium Sorbate), Dried Onion, Ground Black Pepper, Natural Flavouring, Colour (Paprika Extract), Antioxidant (Calcium disodium EDTA).
NEW - Korean BBQ Sauce Drizzle	Water, Sugar, Bramley Apples, SOY Sauce (Water, Soybeans (SOYA), Salt, Spirit Vinegar), Maize Starch, Garlic Puree, Ginger Puree, Spice (Red Chilli Pepper, Paprika), Acidity Regulator Malic Acid(E296), Salt, Yeast Extract, Natural Flavouring.
Swicy Cranberry Drizzle	Sugar, Water, Cranberry Puree (20%), Glucose-Fructose Syrup, Red Grape Vinegar, Modified Maize Starch, Tomato Paste, Onion, Ginger Puree, Salt, Garlic, Red Chilli Puree (Red Chilli), Water, Rapeseed Oil, Acidity Regulator (Citric Acid), Salt, White Wine Vinegar, Thickener (Guar Gum), Preservative (Potassium Sorbate)), Dried Chillies, Preservative (Potassium Sorbate).
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).
Pan Oil	Rapeseed Oil, Antifoaming Agent (E900).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Handcrafted with Garlic Sprinkle	
Handcrafted Dough	WHEAT FLOUR (WHEAT FLOUR , Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Rice Flour, Dried WHEAT Sourdough, Dust Suppressant, Potato Starch, Sunflower Oil, WHEAT FLOUR ; Thickener: Guar Gum; Flour Treatment Agent: Ascorbic Acid (E300).
Rice Cones	100% Rice. May contain GLUTEN .
Vegetable Oil	Rapeseed Oil, Emulsifiers (SOY Lecithin (E322), Mono and Diglycerides Fatty Acid Esters (E471)).
Garlic Sprinkle	Maltodextrin, Cheese Powder (from MILK), Salt, Vegetable Oil, Dried Garlic, Dried Parsley, Anti-Caking Agent (Silicon Dioxide).

Handcrafted without Garlic Sprinkle	
Handcrafted Dough	WHEAT FLOUR (WHEAT FLOUR, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Rice Flour, Dried WHEAT Sourdough, Dust Suppressant: Potato Starch, Sunflower Oil, WHEAT FLOUR ; Thickener: Guar Gum; Flour Treatment Agent: Ascorbic Acid (E300).
Rice Cones	100% Rice. May contain GLUTEN .
Vegetable Oil	Rapeseed Oil, Emulsifiers (SOY Lecithin (E322), Mono and Diglycerides Fatty Acid Esters (E471)).
Stuffed Crust	
Stuffed Crust Dough	WHEAT FLOUR (WHEAT FLOUR, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Rapeseed Oil, Salt, Emulsifiers: Diacetyl Tartaric Acid Ester of Mono- and Diglycerides of Fatty Acids (E472e), Mono- and Diglycerides of Fatty Acids (E471); Flour Treatment Agent: Ascorbic Acid (E300).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides 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 Puree (12%), Parsley (1.5%), Acidity Regulator Citric Acid. May contain MILK .
String Cheese for Crust	Mozzarella (Pasteurised MILK , Salt, Cultures), Potato Starch.
Cheesy Bites	
Stuffed Crust Dough	WHEAT FLOUR (WHEAT FLOUR, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Rapeseed Oil, Salt, Emulsifiers: Diacetyl Tartaric Acid Ester of Mono- and Diglycerides of Fatty Acids (E472e), Mono- and Diglycerides of Fatty Acids (E471); Flour Treatment Agent: Ascorbic Acid (E300).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil)), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene), Garlic Puree (12%), Parsley (1.5%), Acidity Regulator Citric Acid. May contain MILK .
String Cheese for Crust	Mozzarella (Pasteurised MILK , Salt, Cultures), Potato Starch.
Gluten Free	
Gluten Free Dough	Gluten Free Blend (Tapioca Starch, Rice Flour, Maize Starch, Psyllium Husk Powder, Sugar, Buckwheat Flour, Thickeners (Xanthan Gum, Hydroxypropyl Methyl Cellulose), Salt), Water, Rapeseed Oil, Yeast, Pea Protein.
Flatbread	
Pan Dough	WHEAT FLOUR , Water, Yeast: (Bakers Yeast, Rehydrating Agent; E190), Vegetable Rapeseed Oil, Salt, Premix: {Salt, Calcium Sulphate, Emulsifiers: E481, E472e, E471, Flour Treatment Agent E300, Enzyme (Alpha Amylase, Xylanase, Glucose Oxidase, Protease, Cellulase)}, Sugar, Flour Treatment Agent (ascorbic acid E300).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Pizza Base Sauces	
Unseasoned Tomato Sauce (used on Gluten Free Bases, Flatbreads, Kids Pizza Bases)	Tomato Concentrate (Tomato Paste, Citric Acid).
Seasoned Tomato Sauce (used on Handcrafted, Original Pan, Stuffed Crust, Cheesy Bites)	Tomato Concentrate (Tomato Paste, Citric Acid), Sugar (White), Sugar, Herbs (Oregano, Basil, Marjoram, Thyme), Maltodextrin, Salt, Yeast Extract, Rapeseed Oil, Thickener (Guar Gum), Anti-Caking Agent (Silicon Dioxide).
NEW - BBQ Base Sauce (Gluten Free)	Water, Tomato Paste, Sugar, Spirit Vinegar, Glucose-Fructose Syrup, Modified Maize Starch, Dehydrated SOY Sauce (SOY Beans, Salt, Spirit Vinegar), Maltodextrin, Salt), Caramelised Sugar Syrup, Smoked Paprika, Smoked Maltodextrin, Preservative (Potassium Sorbate), Dried Onion, Garlic Powder, Salt.
Bechamel Base Sauce	Reconstituted Skimmed MILK , Water, Cream (MILK), Palm Oil, Modified Starch, WHEAT flour (GLUTEN), Flavourings (Contains MILK), Salt, Stabiliser (Pentasodium Triphosphate), White Pepper, Colour (E160a), Nutmeg Oil.
NEW - Korean BBQ Base Sauce	Water, Sugar, Bramley Apples, SOY Sauce (Water, Soybeans (SOYA), Salt, Spirit Vinegar), Maize Starch, Garlic Puree, Ginger Puree, Spice (Red Chilli Pepper, Paprika), Acidity Regulator Malic Acid(E296), Salt, Yeast Extract, Natural Flavouring.
Cheese	
Mozzarella Cheese	Mozzarella with added starch (Mozzarella Cheese (MILK , Salt, Cultures), Potato Starch).
Goat's 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 (Vilofite)	Water, Coconut Oil, Modified Starch, Starch, Sea Salt, Flavourings, Preservative: Sorbic Acid, Colour: B-Carotene, Vitamin B12.
Vegan Ch**se (Ornua, contingency)	Water, Modified Potato Starch, Coconut Oil, Emulsifier (E341), Salt, Natural Flavouring, Fructose, Colour (E160a), Preservative (E202). Anticaking: Potato Starch.
Brie Cheese	Pasteurised cow's MILK , Salt, Starters (MILK).
Pizza Toppings	
Chicken Breast	Chicken Breast (98%), Salt, Stabilisers (E450i, E450iii, E451i, E452i).
Ham	Pork Leg, Water, Salt, Modified Maize Starch (E1422), Carrageenan (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). Made with 120g of meat 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 *Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'gluten-free').
Bacon	Pork (90%), Water, Salt, Smoke Flavourings, Stabilisers (E450, E451), antioxidant (E301), Preservative (E250). Formed from cuts of pork with added water.
Cup 'N' Crisp Pepperoni	Meat (Beef, Pork), Beef Fat, SOY Protein, Salt, MUSTARD Powder, Dextrose, Sunflower Oil, Spice Extracts, Colour (Paprika Extract), Onion Powder, Garlic Powder, Cayenne Chilli Powder, Black Pepper, Lactic Acid Starter Culture, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite). Made with 100g of beef & pork per 100g of finished product.
Spicy Pork	Pork, Pork Fat, Water, Textured SOYA Protein, SOYA Protein, Salt, Spices, Sugar, Yeast Powder, Spice Extract.
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. Contains SULPHITES .
Sweetcorn	Sweetcorn, Water, Salt.
Cherry Tomatoes	Cherry Tomatoes.
Pineapple	Pineapple, Pineapple Juice, Citric Acid.

Rocket	Rocket Leaves.
Spinach	Spinach.
Roquito® Chilli Peppers	Red Roquito® Jalapeño Pepper, Sugar, Water, Vinegar.
Jalapeños	Jalapeño Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509).
Sunblushed Tomatoes	Cherry tomatoes, Rapeseed Oil, Salt, Garlic, Oregano.
Brown Sugar Bacon	Pork, Brown Sugar, Salt, Emulsifier: Sodium Tripolyphosphate (E451), Smoke Flavouring, Preservative: Sodium Nitrite (E250).
Sage & Onion Stuffing	Water, Sunflower Oil, Onion (12%), Breadcrumb (Rice Flour, Gram Flour, Maize Starch, Salt, Dextrose), Modified Starch, Textured SOY Protein Concentrate, Thickener (Methyl Cellulose), Salt, Natural Flavourings, Sage (0.5%), Parsley, Black Pepper, Thyme, Oregano.
NEW - Kimchi	White Cabbage, Mooli (White Radish), Carrot, Dark SOYA Sauce (Water, Molasses, Salt, SOYA Sauce, [Water, SOYA Beans, Salt, Spirit Vinegar], Sea Salt, Garlic, Ginger, Red Pepper Powder, Spring Onion).
NEW - Sliced Chicken Strips	Chicken Breast (67%), Flour (WHEAT , Rice), Vegetable Oils (Palm, Rice Bran), Modified Starches, Breadcrumb (Contains WHEAT), WHEAT GLUTEN, Salt, Yeast Extract, Garlic Powder, Stabiliser (E451), Onion Powder, Dextrose, Spice (CELERY), Raising Agents (E450, E500).
Go Extra Cheesy	
Triple Cheese Blend	Mozzarella (Pasteurised MILK , Salt, Starter Cultures, Potato Starch), Red Leicester (Pasteurised MILK , Salt, Starter cultures, Annatto (E160b), Monterey Jack (Pasteurised MILK , Salt, Starter Cultures).
Pizza Drizzle Finish	
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Puree (12%), Parsley (1.5%), Acidity Regulator Citric Acid. May contain MILK.
Dried Parsley	Parsley.
BBQ Drizzle (Gluten Free)	Water, Tomato Paste, Sugar, Spirit Vinegar, Glucose-Fructose Syrup, Modified Maize Starch, Dehydrated SOY Sauce (SOYA Beans, Salt, Spirit Vinegar), Maltodextrin, Salt, Caramelised Sugar Syrup, Smoked Paprika, Smoked Maltodextrin, Preservative (Potassium Sorbate), Dried Onion, Garlic Powder, Salt.
Sour Cream Drizzle	Rapeseed Oil, Water, Spirit Vinegar, Dextrose, EGG Yolk, Yoghurt Powder, Onion Powder, Salt, Chives, Acidity Regulator (Lactic Acid), MILK Protein, Stabilisers (Xanthan Gum, Guar Gum), Modified Starch, Preservative (Potassium Sorbate), MUSTARD Flour, Calcium Disodium EDTA.
Balsamic Drizzle	Balsamic Vinegar Of Modena (Aceto Balsamico di Modena I.G.P.: Wine Vinegar, Concentrated Grape Must, Caramel E-150d Preservative E-224), Glucose Syrup, Sugar, Modified Corn Starch, Xanthan Gum Stabilizer. Contains SULPHITES.
Hot Honey Drizzle	Honey, Birds Eye Chilli Extract (0.2%), Guajillo Chilli Extract (0.06%).
Burger Sauce Drizzle	Rapeseed Oil, Water, Sugar, EGG Yolk, Modified Maize Starch E1422, Tomato Paste, Salt, MUSTARD Flour, Acidity Regulator: E260, Spirit Vinegar, Paprika, Natural Dill Flavouring [Salt, Flavouring Preparation (Dill Extract), Silicon Dioxide (E551)], Horseradish Powder, Stabiliser: Xanthan Gum E415, Dried Onion, Natural Tarragon Flavouring with other Natural Flavourings [Salt, Flavouring Preparation (Tarragon Extract), Silicon Dioxide (E551)], Preservative: Potassium Sorbate E202, Natural Flavouring [Salt, Flavouring Preparation, Silicon Dioxide (E551), Propylene Glycol (E1520)], Natural Paprika Flavouring [Extracts of Paprika, Sunflower Oil], Lactic Acid E270, Cayenne Pepper, Black Pepper, Antioxidant: Calcium Disodium EDTA E385.
Cholula® Drizzle	Water, Chilli Peppers (5%) (Arbol, Piquin), Salt, Acid (Acetic Acid), Stabiliser (Xanthan Gum), Rice Flour, Spices, Apple Cider Vinegar, Natural Flavourings.
Fajita Seasoning	Chilli pepper (28%), spices and herbs (18%) (cumin, paprika, oregano, coriander leaf, cayenne pepper, cinnamon), salt, onion, garlic, sugar, lime juice powder, lemon juice powder, anti-caking agent (silicon dioxide), natural flavouring.
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). Made with 120g of meat per 100g of finished product.
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 *Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'gluten-free').
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 Puree (12%), Parsley (1.5%), Acidity Regulator Citric Acid. May contain MILK.
Garlic Sprinkle	Maltodextrin, Cheese Powder (From MILK), Salt, Vegetable Oil, Dried Garlic, Dried Parsley, Anti-Caking Agent (Silicon Dioxide).
Pepperoni Melt	
Thin & Crispy Dough	WHEAT flour, water, fully refined SOYBEAN oil, salt, yeast.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Mozzarella Cheese	Mozzarella Cheese (Pasteurised MILK , Salt, Lactic Cultures), Potato Starch.
Pepperoni	Meat (Pork, Beef), Beef Fat, Spice Blend (MUSTARD , Salt, Dextrose, Smoke Flavour, Spice Extracts (Contains Colour (E160c), Antioxidant (E301)), Salt, Flavouring, Lactic Acid Starter Culture, Preservative (E250). Made with 120g of meat per 100g of finished product.
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 Puree (12%), Parsley (1.5%), Acidity Regulator Citric Acid. May contain MILK.
Garlic Sprinkle	Maltodextrin, Cheese Powder (From MILK), Salt, Vegetable Oil, Dried Garlic, Dried Parsley, Anti-Caking Agent (Silicon Dioxide).
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, Modified Maize Starch, Dehydrated SOY Sauce (SOY Sauce (SOYA Beans, Salt, Spirit Vinegar), Maltodextrin, Salt), Caramelised Sugar Syrup, Smoked Paprika, Smoked Maltodextrin, Preservative (Potassium Sorbate), Dried Onion, Garlic Powder, Salt.
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 Puree (12%), Parsley (1.5%), Acidity Regulator Citric Acid. May contain MILK.
Garlic Sprinkle	Maltodextrin, Cheese Powder (From MILK), Salt, Vegetable Oil, Dried Garlic, Dried Parsley, Anti-Caking Agent (Silicon Dioxide).

Toasted Three Cheese Melt	
Thin & Crispy Dough	WHEAT flour, water, fully refined SOYBEAN oil, salt, yeast.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Triple Cheese Blend	Mozzarella (Pasteurised MILK , Salt, Starter Cultures, Potato Starch), Red Leicester (Pasteurised MILK , Salt, Starter cultures, Annatto (E160b), Monterey Jack (Pasteurised MILK , Salt, Starter Cultures).
String Cheese	Mozzarella (Pasteurised MILK , Salt, Cultures), Potato Starch.
Garlic Spread	Reduced Fat Spread Margarine (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Natural Flavouring, Natural Colour (Beta Carotene)), Garlic Puree (12%), Parsley (1.5%), Acidity Regulator Citric Acid. May contain MILK.
Garlic Sprinkle	Maltodextrin, Cheese Powder (From MILK), Salt, Vegetable Oil, Dried Garlic, Dried Parsley, Anti-Caking Agent (Silicon Dioxide).
Fries (served with Melts for dine in)	
Fries	Potatoes, Sunflower oil, WHEAT (GLUTEN) FLOUR , Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
Flatzz	
Duo pepperoni	
Handcrafted Dough	WHEAT FLOUR (WHEAT FLOUR , Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Rice Flour, Dried WHEAT Sourdough, Dust Suppressant: Potato Starch, Sunflower Oil, WHEAT FLOUR ; Thickener: Guar Gum; Flour Treatment Agent: Ascorbic Acid (E300).
Rice Cones	100% Rice. May contain GLUTEN.
Vegetable Oil	Rapeseed Oil, Emulsifiers (SOY Lecithin (E322), Mono and Diglycerides Fatty Acid Esters (E471)).
Garlic Sprinkle	Maltodextrin, Cheese Powder (from MILK), Salt, Vegetable Oil, Dried Garlic, Dried Parsley, Anti-Caking Agent (Silicon Dioxide).
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). Made with 120g of meat per 100g of finished product.
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.
Triple Cheese	
Handcrafted Dough	WHEAT FLOUR (WHEAT FLOUR , Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Rice Flour, Dried WHEAT Sourdough, Dust Suppressant: Potato Starch, Sunflower Oil, WHEAT FLOUR ; Thickener: Guar Gum; Flour Treatment Agent: Ascorbic Acid (E300).
Rice Cones	100% Rice. May contain GLUTEN.
Vegetable Oil	Rapeseed Oil, Emulsifiers (SOY Lecithin (E322), Mono and Diglycerides Fatty Acid Esters (E471)).
Garlic Sprinkle	Maltodextrin, Cheese Powder (from MILK), Salt, Vegetable Oil, Dried Garlic, Dried Parsley, Anti-Caking Agent (Silicon Dioxide).
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).
Pesto Vegetable	
Handcrafted Dough	WHEAT FLOUR (WHEAT FLOUR , Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Rice Flour, Dried WHEAT Sourdough, Dust Suppressant: Potato Starch, Sunflower Oil, WHEAT FLOUR ; Thickener: Guar Gum; Flour Treatment Agent: Ascorbic Acid (E300).
Rice Cones	100% Rice. May contain GLUTEN.
Vegetable Oil	Rapeseed Oil, Emulsifiers (SOY Lecithin (E322), Mono and Diglycerides Fatty Acid Esters (E471)).
Mozzarella Cheese	Mozzarella Cheese (Pasteurised MILK , Salt, Lactic Cultures), Potato Starch.
Red Onion	Red Onion.
Mixed Peppers	Green peppers, Red Peppers, Yellow Peppers.
Sunblushed Tomatoes	Cherry tomatoes, Rapeseed Oil, Salt, Garlic, Oregano.
Black Olives	Water, Olives, Salt, Stabiliser (Ferrous Gluconate).
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. Contains SULPHITES.
Nut-Free Pesto	Basil Puree, salt, sunflower oil, vegetarian med hard fat cheese (MILK).
New - Korean BBQ Chicken	
Handcrafted Dough	WHEAT FLOUR (WHEAT FLOUR , Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Rice Flour, Dried WHEAT Sourdough, Dust Suppressant: Potato Starch, Sunflower Oil, WHEAT FLOUR ; Thickener: Guar Gum; Flour Treatment Agent: Ascorbic Acid (E300).
NEW - Korean BBQ Base Sauce	Water, Sugar, Bramley Apples, SOY Sauce (Water, Soybeans (SOYA), Salt, Spirit Vinegar), Maize Starch, Garlic Puree, Ginger Puree, Spice (Red Chilli Pepper, Paprika), Acidity Regulator Malic Acid(E296). Salt, Yeast Extract, Natural Flavouring.
Rice Cones	100% Rice. May contain GLUTEN.
Vegetable Oil	Rapeseed Oil, Emulsifiers (SOY Lecithin (E322), Mono and Diglycerides Fatty Acid Esters (E471)).
Mozzarella Cheese	Mozzarella Cheese (Pasteurised MILK , Salt, Lactic Cultures), Potato Starch.
NEW - Sliced Chicken Strips	Chicken Breast (67%), Flour (WHEAT , Rice), Vegetable Oils (Palm, Rice Bran), Modified Starches, Breadcrumb (Contains WHEAT), WHEAT GLUTEN , Salt, Yeast Extract, Garlic Powder, Stabiliser (E451), Onion Powder, Dextrose, Spice (CELERI), Raising Agents (E450, E500).
Kimchi	White Cabbage, Mooli (White Radish), Carrot, Dark SOYA Sauce (Water, Molasses, Salt, SOYA Sauce, [Water, SOYA Beans, Salt, Spirit Vinegar], Sea Salt, Garlic, Ginger, Red Pepper Powder, Spring Onion).
Roquito® Chilli Peppers	Red Roquito® Jalapeño Pepper, Sugar, Water, Vinegar.
NEW - Korean BBQ Sauce Drizzle	Water, Sugar, Bramley Apples, SOY Sauce (Water, Soybeans (SOYA), Salt, Spirit Vinegar), Maize Starch, Garlic Puree, Ginger Puree, Spice (Red Chilli Pepper, Paprika), Acidity Regulator Malic Acid(E296). Salt, Yeast Extract, Natural Flavouring.
Chilli Flakes	Crushed Chillies.
New - Buffalo Ranch Chicken	
Handcrafted Dough	WHEAT FLOUR (WHEAT FLOUR , Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Rice Flour, Dried WHEAT Sourdough, Dust Suppressant: Potato Starch, Sunflower Oil, WHEAT FLOUR ; Thickener: Guar Gum; Flour Treatment Agent: Ascorbic Acid (E300).
Seasoned Tomato Sauce	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).
Rice Cones	100% Rice. May contain GLUTEN.
Vegetable Oil	Rapeseed Oil, Emulsifiers (SOY Lecithin (E322), Mono and Diglycerides Fatty Acid Esters (E471)).
Mozzarella Cheese	Mozzarella Cheese (Pasteurised MILK , Salt, Lactic Cultures), Potato Starch.
NEW - Sliced Chicken Strips	Chicken Breast (67%), Flour (WHEAT , Rice), Vegetable Oils (Palm, Rice Bran), Modified Starches, Breadcrumb (Contains WHEAT), WHEAT GLUTEN , Salt, Yeast Extract, Garlic Powder, Stabiliser (E451), Onion Powder, Dextrose, Spice (CELERI), Raising Agents (E450, E500).

Red Onion	Red Onion.
Roquito® Chilli Peppers	Red Roquito® Jalapeño Pepper, Sugar, Water, Vinegar.
NEW - Buffalo Ranch Drizzle	Water, Rapeseed Oil, Dextrose, Frank's Redhot® Sauce (Fermented Red Cayenne Peppers, Spirit Vinegar, Water, Salt, Garlic Powder), Spirit Vinegar, Modified Maize Starch, Garlic Puree, Salt, Acidity Regulator (Lactic Acid), Herbs, Stabiliser (Xanthan Gum), Preservatives (Potassium Sorbate), Dried Onion, Ground Black Pepper, Natural Flavouring, Colour (Paprika Extract), Antioxidant (Calcium disodium EDTA).
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).
Pan Oil	Rapeseed Oil, Antifoaming Agent (E900).
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 Puree (12%), Parsley (1.5%), Acidity Regulator Citric Acid. May contain MILK.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Dried Parsley	Parsley.
Cheesy Garlic Breadsticks	
Pan dough	WHEAT flour, Water, Yeast: (Bakers Yeast, Rehydrating Agent;E491), Rapeseed Oil, Salt, Premix: [Salt, Calcium Sulphate, Emulsifiers; E481, E472e, E471, Flour Treatment Agent.
Pan Oil	Rapeseed Oil, Antifoaming Agent (E900).
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 Puree (12%), Parsley (1.5%), Acidity Regulator Citric Acid. May contain MILK.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Triple Cheese Blend	Mozzarella (Pasteurised MILK , Salt, Starter Cultures, Potato Starch), Red Leicester (Pasteurised MILK , Salt, Starter cultures, Annatto (E160b), Monterey Jack (Pasteurised MILK , Salt, Starter Cultures).
Dried Parsley	Parsley.
Tomato Pasta	
Tomato Pasta	Cooked Penne Pasta (Water, Durum WHEAT Semolina) (33%), Tomatoes (31%), Tomato Passata (12%), Onion, Tomato Puree, Sunflower Oil, Olive Oil, Water, Carrots, CELERY , White Sugar, Garlic, Salt, Modified Maize Starch, Oregano, Black Pepper, Thyme.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Penne Pomodoro (Temporary Product)	
Penne Pasta	Water, Durum WHEAT flour.
Pomodoro sauce	Tomatoes Diced (61%), Tomato Puree (33%), Sugar, Sunflower Oil, Salt, Onion, Herbs & Spices and Acidity Regulator (E330).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Four Cheese & Broccoli Pasta	
Four Cheese & Broccoli Pasta	Water, Cooked Penne Pasta (Water, Durum WHEAT Semolina) (22%), Whole Pasteurised MILK , Broccoli (5%), Single Cream (MILK), Mature Cheddar Cheese (MILK) (3%), Spinach (3%), Full Cream MILK Powder, Garden Peas (2%), Modified Maize Starch, Adcrem (MILK Protein, Palm Oil, Lactose), Cheese Crumb Mix (Pecorino Cheese (Sheep's MILK), Regato Cheese (MILK)) Cheddar Cheese Stock (Processed Cheese Powder (MILK) (Cheese (MILK), Emulsifying Salt: (E339), Dried Glucose Syrup, Water, Yeast Extract, Salt, Sunflower Oil, Natural Flavouring), Mascarpone Cheese (MILK), Ricotta Cheese (MILK), Salt, Sunflower Oil, Vegetable Bouillon (Salt, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Vegetable (Dried Onion, Dried Parsnip, Dried Parsley), Sunflower Oil, Spices (Lovage Powder, Turmeric, Pepper Powder, Garlic Powder, Mace, Nutmeg), Lovage Extract), Garlic, Lemon Juice from Concentrate, Black Pepper.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Mac 'n' Cheese (Temporary Product)	
Penne Pasta	Water, Durum WHEAT flour.
Bechamel Sauce	Reconstituted Skimmed MILK , Water, Cream (MILK), Palm Oil, Modified Starch, WHEAT flour (GLUTEN), Flavourings (Contains MILK), Salt, Stabiliser (Pentasodium Triphosphate), White Pepper, Colour (E160a), Nutmeg Oil.
Triple Cheese	Mozzarella (Pasteurised MILK , Salt, Starter Cultures, Potato Starch), Red Leicester (Pasteurised Milk, Salt, Starter cultures, Annatto (E160b), Monterey Jack (Pasteurised Milk, Salt, Starter Cultures).
Water	Water.
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Pasta	
Lasagne	
Lasagne	Water, Tomato, Beef (15%), EGG Pasta (Durum WHEAT Semolina, Water, EGG), Passata, Onion, Tomato Puree, Modified Maize Starch, Skimmed MILK Powder, Mature Cheddar Cheese (MILK), Full Fat Soft Cheese (MILK), Red Wine, WHEAT FLOUR (WHEAT 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, BARLEY Malt Extract.
Mozzarella Cheese	Mozzarella Cheese (Pasteurised MILK , Salt, Lactic Cultures), Potato Starch.
Mac & Cheese	
Mac 'N' Cheese	Cooked Macaroni Pasta (37%) (Water, Durum WHEAT Semolina, Water, Mature Cheddar Cheese (MILK) (10%), Single Cream (MILK), Mozzarella Cheese (MILK) (2.5%), Semi Skimmed MILK Powder, Cheddar Cheese Flavour Base (Reconstituted Cheese (MILK), Whey Powder (MILK)), Flavourings, Salt, Lactic acid, MUSTARD Flour), Modified Maize Starch, Full Fat Soft Cheese (MILK), Cream (MILK), 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, BARLEY Malt Extract), Garlic Puree, Salt, Yeast Extract, Ground Black Pepper, Cayenne Pepper (Chilli Powder, Paprika Powder).
Mozzarella Cheese	Mozzarella Cheese (Pasteurised MILK , Salt, Lactic Cultures), Potato Starch.
Mini and Mega Monster	
Pizza (with unseasoned tomato sauce)	
Original Pan Base	
Pan Dough	WHEAT FLOUR , Water, Yeast: (Bakers Yeast, Rehydrating Agent;E491), Rapeseed Oil, Salt, Premix: [Salt, Calcium Sulphate, Emulsifiers; E481, E472e, E471, Flour Treatment Agent E300, Enzyme (Alpha Amylase, Xylanase, Glucose Oxidase, Protease, Cellulase)], Sugar, Flour Treatment Agent (ascorbic acid E300).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and diglycerides fatty acid esters (E471).
Unseasoned tomato sauce	Tomato Concentrate (Tomato Paste, Citric Acid).

Thin Base	
Pan dough	WHEAT FLOUR , Water, Yeast: (Bakers Yeast, Rehydrating Agent;E491), Rapeseed Oil, Salt, Premix: [Salt, Calcium Sulphate, Emulsifiers; E481, E472e, E471, Flour Treatment Agent E300, Enzyme (Alpha Amylase, Xylanase, Glucose Oxidase, Protease, Cellulase)], Sugar, Flour Treatment Agent (ascorbic acid E300).
Vegetable Oil Spray	Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and diglycerides fatty acid esters (E471).
Unseasoned tomato sauce	Tomato Concentrate (Tomato Paste, Citric Acid).
Gluten Free Base	
Gluten Free dough	Gluten Free Blend (Tapioca Starch, Rice Flour, Maize Starch, Psyllium Husk Powder, Sugar, Buckwheat Flour, Thickeners (Xanthan Gum, Hydroxypropyl Methyl Cellulose), Salt), Water, Rapeseed Oil, Yeast, Pea Protein.
Unseasoned tomato sauce	Tomato Concentrate (Tomato Paste, Citric Acid).
Cheese	
Mozzarella Cheese	Mozzarella with added starch (Mozzarella Cheese (MILK , Salt, Cultures), Potato Starch).
Vegan Ch**se (VioLife)	Water, Coconut Oil, Modified Starch, Starch, Sea Salt, Flavourings, Preservative: Sorbic Acid, Colour: B-Carotene, Vitamin B12.
Vegan Ch**se (Ornua, contingency)	Water, Modified Potato Starch, Coconut Oil, Emulsifier (E341), Salt, Natural Flavouring, Fructose, Colour (E160a), Preservative (E202). Anticaking: Potato Starch.
Toppings	
Chicken Breast	Chicken Breast (98%), Salt, Stabilisers (E450i, E450iii, E451i, E452i).
Ham	Pork Leg, Water, Salt, Modified Maize Starch (E1422), Carageenan (E407), Stabiliser (E451), Flavouring, Smoke Flavouring, Antioxidant (E301), Preservative (E250).
Pepperoni	Meat (Pork, Beef), Beef Fat, Spice Blend (MUSTARD , Salt, Dextrose, Smoke Flavour, Spice Extracts (Contains Colour (E160c), Antioxidant (E301)), Salt, Flavouring, Lactic Acid Starter Culture, Preservative (E250).
Beef (with added SOYA protein)	Beef, Beef Fat, Water, SOYA Protein, Seasoning (Modified Potato Starch, Salt, Dextrose, Yeast Extract, Spices, Stabiliser (E407), Garlic Powder, Onion Powder, Spirit Vinegar Solids, Acidity Regulator (E330), White Sugar, Flavouring, Spice Extract), Roasted BARLEY * Malt Extract *Below 20ppm (Foods that contain 20 parts per million or less can be labelled as 'gluten-free').
Bacon (New Recipe)	Pork (90%), Water, Salt, Smoke Flavourings, Stabilisers (E450, E451), antioxidant (E301), Preservative (E250). Formed from cuts of pork with added water.
Spicy Pork (with added SOYA protein)	Pork, Pork Fat, Water, Textured SOYA Protein, SOYA Protein, Salt, Spices, Sugar, Yeast Powder, Spice Extract.
Spicy 'Nduja	Pork, spices, Jalapeño, salt (partly smoked), acid (E 575), rice starch, thickener (E 412), spice extracts, antioxidants (E 301, E 392), preservative (E 250). Made with 110 g pork per 100 g finished product.
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 METABISULPHITE)), Glucose Syrup, Sugar, Modified Corn Starch, Xanthan Gum Stabilizer. Contains SULPHITES .
Sweetcorn	Sweetcorn, Water, Salt.
Cherry Tomatoes	Cherry Tomatoes.
Pineapple	Pineapple, Pineapple Juice, Citric Acid.
Rocket	Rocket Leaves.
Spinach	Spinach.
Roquito® Chilli Peppers	Red Roquito® Jalapeño Pepper, Sugar, Water, Vinegar.
Jalapeños	Jalapeño Pepper, Water, Vinegar, Salt, Acetic Acid, Preservative (Potassium Sorbate E202), Firming Agent (Calcium Chloride E509).
Spicy Chicken	Chicken, Sriracha seasoning [Sugar, Spices, Unmodified Starch Maize, Garlic Powder, Chili Powder, Red Bell Pepper, Onion Powder, Citric Acid (E 330), Colour (E160c), Chilli Extract, Stabiliser (E415), Flavouring, Lemon Oil], Potato Starch, Salt, Cayenne Chilli Powder, Stabilizers (E450(v), E450(i), E451).
Spicy Cauliflower	Cauliflower, Vegetable Oil (rapeseed Oil or Sunflower Oil in various proportions), Tamarind Gluten Free (Water, SOYA Beans, Salt, Alcohol), Rice Vinegar, Garlic Puree, Ginger Puree, Polenta, Red Chilli Puree, Red Pepper Powder, Cornflour, Salt.
Mains	
Spaghetti Bolognese	Bolognese Sauce (64%): Water, Tomato Passata, Minced Beef (19%), Onions, Carrots (7%), Tomato Puree, Modified Maize Starch, Beef Bouillon (Maltodextrin, Salt, Yeast Extract, Beef Extract, Sugar, Natural Flavouring, Vegetables (Onions, Parsnip), Sunflower Oil, Potato Starch, Spices (Garlic, Lovage, Nutmeg), Beef Powder, Caramelised Sugar, Flavouring), Brown Sugar, WHEAT FLOUR (WHEAT Four, Calcium Carbonate, Iron, Niacin, Thiamin), Sunflower Oil, Oregano, Salt, Vegetable Bouillon (Maltodextrin, Salt, Potato Starch, Yeast Extract, Sugar, Vegetables (Onion, Parsnips), Sunflower Oil, Spices (Turmeric, Pepper, Garlic, Mace, Nutmeg), Herbs (Parsley, Lovage)), Basil, Stabilisers (Xanthan Gum, Guar Gum), BARLEY Malt Extract, Black Pepper.
Mac 'N' Cheese	Cooked Macaroni Pasta (37%) (Water, Durum WHEAT Semolina, Water, Mature Cheddar Cheese (MILK) (10%), Single Cream (MILK), Mozzarella Cheese (MILK) (2.5%), Semi Skimmed MILK Powder, Cheddar Cheese Flavour Base (Reconstituted Cheese (MILK), Whey Powder (MILK)), Flavourings, Salt, Lactic acid, MUSTARD Flour, Modified Maize Starch, Full Fat Soft Cheese (MILK), Cream (MILK), 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, BARLEY Malt Extract), Garlic Puree, Salt, Yeast Extract, Ground Black Pepper, Cayenne Pepper (Chilli Powder, Paprika Powder).
Mozzarella Cheese (with Mac 'N' Cheese)	Mozzarella Cheese (Pasteurised MILK , Salt, Lactic Cultures), Potato Starch.
Chicken 'N' Fries	
Chicken Strips	Chicken Breast (67%), Flour (WHEAT , Rice), Vegetable Oils (Palm, Rice Bran), Modified Starches, Breadcrumb (Contains WHEAT), WHEAT GLUTEN , Salt, Yeast Extract, Garlic Powder, Stabiliser (E451), Onion Powder, Dextrose, Spice (CELERY), Raising Agents (E450, E500).
Fries	Potatoes, Sunflower oil, WHEAT (GLUTEN) flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
Sides	
Fries	Potatoes, Sunflower oil, WHEAT (GLUTEN) flour, Salt, Modified starch, Spices (black pepper, chilli pepper), Garlic powder, Onion powder, Raising agents (E450(i), E500(ii)), Yeast extract, Spice extracts (paprika, black pepper), Dextrose.
Onion Rings	Diced Onions (53%), WHEAT flour, Vegetable oils (rapeseed, sunflower, in varying proportions), Gelling agent (E401), Salt, Yeast, Sugar, Flavouring (Paprika extract, Turmeric extract).
Mini Corn on the Cob (with Vegetable Oil Spray)	Sweetcorn. Rapeseed oil, Emulsifier: SOYA Lecithin (E322), Mono- and Diglycerides Fatty Acid Esters (E471).
Garlic Bread	WHEAT FLOUR (WHEAT 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 WHEAT). May contain SOYA and MILK .

Drinks	
Milk	100% Semi Skimmed MILK .
Apple Juice	Apple Juice from Concentrate (100%).
Orange Juice	Orange juice from concentrate (100%).
Fruit Shoots - All flavours	Refer directly to the supplier- Fruit Shoot - www.fruitshoot.com/gb
Tango Orange/ Tango Apple/ 7Up Zero/ Pepsi Max/ Diet Pepsi	Refer directly to the supplier - Pepsi - www.pepsi.co.uk/7up - www.7up.co.uk/
Flavour Shot - Cherry, Lime, Strawberry, Vanilla	Carbonated Water, Gluten Free WHEAT Dextrin, Flavourings*, Sweeteners: Acesulfame K, Sucralose, Acid: Citric Acid, Preservatives: Potassium Sorbate, Sodium benzoate. Flavourings: Vanilla, Cherry, Lime or Strawberry.
Robinsons Squash - All Flavours	Refer directly to the supplier - Robinsons - www.robinsonssquash.co.uk
Kids Desserts	
Chilly Billy Ice Lolly Blackcurrant & Apple	Apple juice (88%), Blackcurrant juice (11.75%), Stabiliser (carob gum) 0.25%, antioxidant (ascorbic acid). May contain hazelnuts .
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). May contain NUTS .
Vanilla Ice Cream	Skimmed MILK , Whipping Cream (14%) (MILK), Sugar, Skimmed MILK Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring, 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.
Kids Mini Donuts	
Donuts	Fortified WHEAT FLOUR (WHEAT FLOUR , Calcium Carbonate, Iron, Niacin, Thiamin), White Sugar, Palm Oil, Water, Rapeseed Oil, Raising Agents (Disodium Diphosphate, Potassium Bicarbonate), Dried Skimmed MILK , SOYA Flour, Whey Powder (MILK), Dextrose, Dried EGG Yolk, Emulsifiers (SOYA Lecithin, Mono- and Diglycerides of Fatty Acid, Sodium Stearyl-2-Lactylate), Cornflour, OAT Fibre, MILK Proteins.
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.
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 raspberry flavouring, natural raspberry flavouring with other natural flavourings.
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 raspberry flavouring with other natural flavourings.
Chocolate Sauce	Glucose syrup, Sugar, Water, Sweetened condensed MILK , Couverture MILK chocolate (6 %) (Sugar, Cocoa butter, Whole MILK powder, Cocoa mass, Emulsifier (SOYA lecithins), Natural vanilla flavouring), Modified starch, Fat reduced cocoa powder, Preservative (Potassium sorbate), Natural flavouring.
Bubblegum Sauce	Sugar, Glucose Syrup, Water, Natural Flavouring, Colour: Anthocyanin (E163), Acid: Citric Acid, Preservative: Potassium Sorbate.
Strawberry Crunch	Sugar, Glucose syrup, Water, Colour (E162), Natural flavouring, Coconut oil, Glazing agent (E901).
Milk Chocolate Beans	Sugar, Cocoa butter, Whey powder (MILK), Fat-reduced cocoa powder, Whole MILK powder, Emulsifier (SOYA lecithin), Glazing agents (Arabic gum, Carnauba wax, Bees wax), Colours (E101, E141, E160a, E162, E163, E171, E172).
Milk Chocolate Chips	Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, whey powder (MILK), Lactose (MILK), Emulsifier: SOYA Lecithin; Flavouring.
Gold Stars	Sugar, Vegetable Oils (Coconut, Shea), Rice Flour, Water, Thickener (Sodium Carboxy Methyl Cellulose), Glazing Agents (Shellac, Acacia Gum), Anti Caking Agent (Potassium Aluminum Silicate), Caramelised Sugar Syrup, Glucose Syrup, Flavouring, Colours (Iron Oxide and Hydroxides), Tapioca Starch, Safflower Concentrate.
Mixed Coloured Stars	Sugar, Palm Fat RSPO SG, Potato Starch, Rice Flour, Corn Starch, Colours: E163, E162, E160a, E100, E172; Natural Flavour.
Mixed Chocolate Chips	White Chocolate Chips (50%) Sugar, Cocoa Butter, Whole MILK Powder, Lactose (MILK), Whey Powder (MILK), Emulsifier: SOYA Lecithin (E322), Vanilla Extract, Dark Chocolate Chips (50%) Sugar, Vegetable Fat (Palm), Fat-Reduced Cocoa Powder, Emulsifiers: SOYA Lecithin (E322) and Sorbitan Tristearate (E492), Natural Flavouring.
Triple Chocolate Chunks	MILK Chocolate Chunks 34% - (Sugar, Whole MILK Powder, Cocoa Butter, Cocoa Mass, Emulsifier: (SOYA); Flavouring) Dark Chocolate Chunks 33% - (Sugar, Cocoa Butter, Cocoa Mass, Emulsifier: (SOYA); Flavouring) White Chocolate Chunks 33% - (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: (SOYA); Flavouring).
Marshmallows	Sugar, Glucose-fructose syrup, Water, Maize starch, Dextrose, Tapioca starch, Gelling agent: Carrageenan, Hydrolysed Rice protein, Natural flavouring, Colour: E162.
Gold Fudge	White Granulated Sugar, Sweetened Condensed MILK (MILK , Sugar), Fondant (Sugar, Glucose Syrup, Water), Glucose Syrup, Palm Oil, Salted Butter (MILK , Salt), Colour: Potassium Aluminium Silicate (E555), Iron Oxides and Hydroxides (E172), Natural Flavouring.
Hot Cookie Dough (All sizes served with Vanilla Ice Cream and Sauce)	
Chocolate Chip Cookie Dough	
Chocolate Chip Cookie Dough	WHEAT flour (WHEAT flour, Calcium carbonate, Iron; Niacin, Thiamine), Sugar, Dark chocolate (21%) (Cocoa mass, Sugar, Cocoa butter, Fat reduced cocoa powder, Emulsifier (SOYA lecithin)), Butter (MILK), Maltodextrin, Butterfat (MILK), Vegetable oils (Palm oil, Rapeseed oil), Whey powder (MILK), Salt, Water, Raising agent (Diphosphates, Sodium carbonates), Flavouring. May contain NUTS and EGG .
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.
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. May contain NUTS and EGG .
Vanilla Ice Cream	Skimmed MILK , Whipping Cream (14%) (MILK), Sugar, Skimmed MILK Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring, Water, Skimmed MILK Powder (MILK), Whey Powder (MILK), Sugar, Palm Oil, Dextrose, Stabilisers (Guar Gum, Carrageenan, Locust Bean Gum), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Natural Colours (Annatto, Curcumin).
Salted Caramel Sauce	Water, sugar, Dextrose, Oligofructose, Dark Muscovado Sugar, Butter (MILK), Modified Starch, Whole MILK Powder (MILK), Salt, Vegetable Oil, Stabilisers (Guar Gum, Xanthan Gum), Cane Molasses, Preservative (Potassium Sorbate), Flavouring (Caramelised Sugar Syrup).

Loaded Cookie Dough made with KitKat®	
Chocolate Chip Cookie Dough	WHEAT flour (WHEAT flour, Calcium carbonate, Iron; Niacin, Thiamine), Sugar, Dark chocolate (21%) (Cocoa mass, Sugar, Cocoa butter, Fat reduced cocoa powder, Emulsifier (SOYA lecithin)), Butter (MILK), Maltodextrin, Butterfat (MILK), Vegetable oils (Palm oil, Rapeseed oil), Whey powder (MILK), Salt, Water, Raising agent (Diphosphates, Sodium carbonates), Flavouring. May contain NUTS and EGG.
Vanilla Ice Cream	Skimmed MILK , Whipping Cream (14%) (MILK), Sugar, Skimmed MILK Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring, Water, Skimmed MILK Powder (MILK), Whey Powder (MILK), Sugar, Palm Oil, Dextrose, Stabilisers (Guar Gum, Carrageenan, Locust Bean Gum), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Natural Colours (Annatto, Curcumin).
Nestlé KitKat® Sauce	Sugar, sunflower oil, skimmed MILK powder, biscuit granules 5% (sugar, WHEAT flour, vegetable oils (rapeseed, sunflower), lactose (MILK), MILK proteins, BARLEY malt extract, salt, raising agent (sodium bicarbonate), whey powder (MILK), anhydrous MILK fat, fat reduced-cocoa powder + 3.8%, cocoa mass + 3%, emulsifier (lecithins), salt, natural vanilla flavouring. May contain NUTS and SOYA.
Nestlé KitKat® Topping	Wafer pieces [WHEAT flour, sugar, palm fat, WHEAT starch, emulsifier (SOYA lecithins), salt], sugar, cocoa butter, cocoa mass, skimmed MILK powder, whey powder product (MILK), vegetable fats (palm, shea), butter oil (MILK), emulsifier (lecithins), natural vanilla flavouring. May contain TREE NUTS.
Loaded Cookie Dough made with Rolo®	
Chocolate Chip Cookie Dough	WHEAT flour (WHEAT flour, Calcium carbonate, Iron; Niacin, Thiamine), Sugar, Dark chocolate (21%) (Cocoa mass, Sugar, Cocoa butter, Fat reduced cocoa powder, Emulsifier (SOYA lecithin)), Butter (MILK), Maltodextrin, Butterfat (MILK), Vegetable oils (Palm oil, Rapeseed oil), Whey powder (MILK), Salt, Water, Raising agent (Diphosphates, Sodium carbonates), Flavouring. May contain NUTS and EGG.
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), Water, Sugar, Dextrose, Oligofructose, Dark Muscovado Sugar, Butter (MILK), Modified Starch, Whole MILK Powder (MILK), Salt, Vegetable Oil, Stabilisers (Guar Gum, Xanthan).
Salted Caramel Sauce	
Nestlé ROLO® Topping	Sugar, glucose syrup, cocoa butter, MILK powders (whole and skimmed), cocoa mass, vegetable fats (palm, shea), invert sugar syrup, butterfat (from MILK), lactose and proteins from whey (from MILK), whey powder (from MILK), sweetened condensed skimmed MILK (skimmed MILK , sugar), emulsifier (lecithins), salt, flavouring. May contain GLUTEN. Important: Young children (less than 4 years) have limited chewing ability and could choke on small sweets.
I Can't Believe Its Not Cheesecake	
Cheesecake	Biscuit Base (30%) [Fortified WHEAT FLOUR (WHEAT FLOUR , Calcium Carbonate, Iron, Thiamin, Niacin), Vegetable Oils (SG RSPO Palm, Rapeseed), Sugar, Invert Sugar Syrup, Raising Agents: E500ii, E503ii, Salt], Lotus Original Caramelised Biscuit Spread (23%) [Original Caramelised Biscuits (WHEAT FLOUR , Sugar, Vegetable Oils (Palm Oil From Sustainable and Certified Plantations, Rapeseed Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier (SOYA Lecithin), Acid (Citric Acid)], Non-Dairy Cream (16%) [Lentil Protein Preparation (Water, 1.1% Lentil Protein), Palm Fat, Rapeseed Oil, Sugar, Modified Corn Starch, Emulsifiers (Sunflower Lecithin, Sugar Esters of Fatty Acids, Mono-and Diglycerides of Fatty Acids), Stabilisers (Guar Gum, Locust Bean Gum), Natural Flavours, Salt, Colourant (Beta-Carotene),], Food Preparation with Coconut Oil (16%) [Water, Coconut Oil (23%) Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12], Sugar, Caramelised Biscuit (5%) [WHEAT FLOUR , Sugar, Vegetable Oils (Palm (RSPO certified), Rapeseed), Candy Sugar Syrup, Raising Agent; E500, SOYA Flour, Salt, Cinnamon], Starch, Partially Inverted Sugar Syrup, Tapioca Starch, Natural Vanilla Flavouring, Preservative (Potassium Sorbate (E202)). May contain MILK, EGGS, SULPHUR DIOXIDE and NUTS.
So Scoffable Biscoff® Cheesecake & Ice Cream	
Cheesecake	Biscuit Base (30%) [Fortified WHEAT FLOUR (WHEAT FLOUR , Calcium Carbonate, Iron, Thiamin, Niacin), Vegetable Oils (SG RSPO Palm, Rapeseed), Sugar, Invert Sugar Syrup, Raising Agents: E500ii, E503ii, Salt], Lotus Original Caramelised Biscuit Spread (23%) [Original Caramelised Biscuits (WHEAT FLOUR , Sugar, Vegetable Oils (Palm Oil From Sustainable and Certified Plantations, Rapeseed Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier (SOYA Lecithin), Acid (Citric Acid)], Non-Dairy Cream (16%) [Lentil Protein Preparation (Water, 1.1% Lentil Protein), Palm Fat, Rapeseed Oil, Sugar, Modified Corn Starch, Emulsifiers (Sunflower Lecithin, Sugar Esters of Fatty Acids, Mono-and Diglycerides of Fatty Acids), Stabilisers (Guar Gum, Locust Bean Gum), Natural Flavours, Salt, Colourant (Beta-Carotene),], Food Preparation with Coconut Oil (16%) [Water, Coconut Oil (23%) Starch, Sea Salt, Acidity Regulator: Glucono-Delta-Lactone, Flavourings, Olive Extract, Vitamin B12], Sugar, Caramelised Biscuit (5%) [WHEAT FLOUR , Sugar, Vegetable Oils (Palm (RSPO certified), Rapeseed), Candy Sugar Syrup, Raising Agent; E500, SOYA Flour, Salt, Cinnamon], Starch, Partially Inverted Sugar Syrup, Tapioca Starch, Natural Vanilla Flavouring, Preservative (Potassium Sorbate (E202)). May contain MILK, EGGS, SULPHUR DIOXIDE and NUTS.
Vanilla Ice Cream	Skimmed MILK , Whipping Cream (14%) (MILK), Sugar, Skimmed MILK Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring, Water, Skimmed MILK Powder (MILK), Whey Powder (MILK), Sugar, Palm Oil, Dextrose, Stabilisers (Guar Gum, Carrageenan, Locust Bean Gum), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Natural Colours (Annatto, Curcumin).
Salted Caramel Sauce	Water, sugar, Dextrose, Oligofructose, Dark Muscovado Sugar, Butter (MILK), Modified Starch, Whole MILK Powder (MILK), Salt, Vegetable Oil, Stabilisers (Guar Gum, Xanthan Gum), Cane Molasses, Preservative (Potassium Sorbate), Flavouring (Caramelised Sugar Syrup).
Chocolate Brownie	
Chocolate Brownie	Sugar, Pasteurised Free Range EGG , MILK Chocolate (17%) [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Vegetable Margarine [Palm Oil, Rapeseed Oil, Water, Emulsifier (E471)], Dark Chocolate (8%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Fat Reduced Cocoa Powder (3.7%), Raising Agents (E450, E501). May contain NUTS.
Vanilla Ice Cream	Skimmed MILK , Whipping Cream (14%) (MILK), Sugar, Skimmed MILK Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring, 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.
Mini Donuts	
Donuts	Fortified WHEAT FLOUR (WHEAT FLOUR , Calcium Carbonate, Iron, Niacin, Thiamin), White Sugar, Palm Oil, Water, Rapeseed Oil, Raising Agents (Disodium Diphosphate, Potassium Bicarbonate), Dried Skimmed MILK , SOYA Flour, Whey Powder (MILK), Dextrose, Dried EGG Yolk, Emulsifiers (SOYA Lecithin, Mono- and Diglycerides of Fatty Acid, Sodium Stearyl-2-Lactylate), Cornflour, OAT Fibre, MILK Proteins.
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.
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
Chilly Billy Ice Lolly Blackcurrant & Apple	
Chilly Billy Ice Lolly Blackcurrant & Apple	Apple juice (88%), Blackcurrant juice (11.75%), Stabiliser (carob gum) 0.25%, antioxidant (ascorbic acid). May contain hazelnuts.
Ice Cream	
Vanilla Ice Cream	Skimmed MILK , Whipping Cream (14%) (MILK), Sugar, Skimmed MILK Powder, Dried Glucose Syrup, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum, Xanthan Gum, Carrageenan), Natural Flavouring, Water, Skimmed MILK Powder (MILK), Whey Powder (MILK), Sugar, Palm Oil, Dextrose, Stabilisers (Guar Gum, Carrageenan, Locust Bean Gum), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Natural Colours (Annatto, Curcumin).
Take Away Vanilla Ice Cream	
Take Away Vanilla Ice Cream	Whole MILK , Sugar, Double Cream (MILK), Buttermilk Powder, Emulsifier: Mono- & Diglycerides of Fatty Acids, Flavouring, Stabilisers: Sodium Alginate, Guar Gum, Colours: Curcumin, Annatto Norbixin, Plain Caramel.
Sauces	
Chocolate Sauce (Rowse)	Glucose Syrup, Water, Belgian MILK Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Liquor, Emulsifier: SOYA Lecithin, Natural Vanilla Extract), Single Cream (MILK), Cocoa Liquor, Corn Flour, Natural Vanilla Flavouring.
Salted Caramel Sauce	Water, sugar, Dextrose, Oligofructose, Dark Muscovado Sugar, Butter (MILK), Modified Starch, Whole MILK Powder (MILK), Salt, Vegetable Oil, Stabilisers (Guar Gum, Xanthan Gum), Cane Molasses, Preservative (Potassium Sorbate), Flavouring (Caramelised Sugar Syrup).

Drinks	
Soft Drinks	
Tango Orange/ Tango Apple/ 7Up Zero/ Pepsi Max/ Diet Pepsi	Refer directly to the supplier - Pepsi - www.pepsi.co.uk/7up - www.7up.co.uk
Flavour Shot - Cherry, Lime, Strawberry, Vanilla	Carbonated Water, Gluten Free WHEAT Dextrin, Flavourings*, Sweeteners: Acesulfame K, Sucralose, Acid: Citric Acid, Preservatives: Potassium Sorbate, Sodium benzoate. Flavourings: Vanilla, Cherry, Lime or Strawberry.
Robinsons Squash - All Flavours	Refer directly to the supplier - Robinsons - www.robinsonssquash.co.uk
Belu Still Water / Sparkling Water	Refer directly to the supplier - Belu - www.belu.com
Lipton Peach Iced Tea	Refer directly to the supplier - Lipton - www.liptonicedtea.com
Bottle of Pepsi	Refer directly to the supplier - Pepsi - www.pepsi.co.uk
Irn Bru	Refer directly to the supplier - Agbarr - www.agbarr.co.uk
Apple Juice	Apple Juice from Concentrate (100%).
Orange Juice	Orange juice from concentrate (100%).
J2O - all flavours	Refer directly to the supplier - J2O - www.j2o.co.uk
Bottle of 7Up Zero / Pepsi Max / Tango Orange / Pepsi	Refer directly to the supplier - Pepsi - www.pepsi.co.uk/7up - www.7up.co.uk
Bottle of Diet Pepsi	Refer directly to the supplier - Pepsi - www.pepsi.co.uk
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 - www.matthewclark.co.uk/
Nice Wine	Refer to label on can or directly to the supplier - Nice Drinks - www.nice-drinks.co.uk/
Prosecco	Refer directly to the supplier - Matthew Clark - www.matthewclark.co.uk/
Budweiser	Refer to label on bottle or directly to the supplier - Budweiser - www.budweiser.com/en/company/products/budweiser
San Miguel	Refer directly to the supplier - San Miguel - www.sanmiguel.com
Brewdog Punk IPA	Refer directly to the supplier - Brewdog - www.BrewDog.com
Kopparberg Strawberry & Lime	Refer directly to the supplier - Kopparberg - www.kopparberg.co.uk/faqs/
Kopparberg Mixed Fruit Tropical	Refer directly to the supplier - Kopparberg - www.kopparberg.co.uk/faqs/
Bulmer's	Refer directly to the supplier - Bulmer's - www.Bulmers.co.uk/nutritional-values

NUTRITION INFORMATION (valid from December 2025)

FOOD ALLERGIES

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



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

	Average Weight of Portion (g)	Energy per Portion (kcal)	Protein per Portion (g)	Carbohydrate per Portion (g)	Sugar per Portion (g)	Fat per Portion (g)	Saturated Fat per Portion (g)	Salt per Portion (g)
Sides								
Fries	230	384	5.1	51	1.2	17	2.1	2.3
Cheesy Fries	375	686	13.8	75	3.1	35	10.4	5.6
Onion Rings	158	338	5.5	47	7.0	15	1.7	1.4
Garlic Bread	120	360	9.0	47	3.4	14	4.3	0.84
Garlic Bread with Cheese	181	530	20	49	4.6	27	12	1.7
Cheesy Triangles	108	377	14	20	1	26	11	3
Halloumi Fries	85	275	14	11	3	20	9	2
Mini Corn on the Cob	267	207	6.4	29	18	4.8	0.8	0.01
Cheesy Bite Bites	240	534	24	75	2.2	15	6.2	2.1
Loaded Sweet Chilli Cheesy Bite Bites	297	669	30	85	9.8	23	10	2.7
Loaded Bacon Cheesy Bite Bites	297	711	34	77	2.5	29	15	3.1
Loaded Brie & Cranberry Cheesy Bite Bites	197	499	23.8	53	8.2	19	9.2	2.1
Loaded Brie, Bacon & Cranberry Cheesy Bite Bites	205	530	25.6	53	8.5	22	10.0	2.3
Loaded Festive Feast Cheesy Bite Bites	215	507	26.8	55	8.2	19	8.6	2.3
Chicken Bites	193	416	27	37.3	8.9	17	2.2	2.7
Hot Honey Chicken Bites	182	380	27	29	0.7	17	2	2.7
BBQ Chicken Wings	121	247	24	6.7	4.4	14	3.4	2.0
Hot Honey BBQ Chicken Wings	132	281	24	15	12.1	14	3	2.0
Breaded Chicken Tenders	175	354	28.4	30	0.9	13	2.5	1.5
Hot Honey Breaded Chicken Tenders	197	454	28.6	43	13.9	18	2.8	1.5
Take Away Macaroni Cheese								
Take Away Macaroni Cheese - Classic	230	396	16.5	42	3.9	19	10.0	1.4
Take Away Cholula® Chicken Macaroni Cheese	314	461	24.7	48	6.9	20	10.3	3.2
Take Away Cholula® Cauliflower Macaroni Cheese	314	449	17.7	48	7.1	21	10.3	3.3
Dips & Bits Station								
Heinz BBQ Sauce	100	138	1	34	29	0	0	1
Heinz Tomato Ketchup	100	102	1	23	23	0	0	2
Chilli Flakes	1	3	0.1	0.3	0.1	0.2	0	0
Dine In Dip Pots								
Sour Cream	45	266	0.64	3.6	2.8	27.7	2.0	0.41
Sweet Chilli	60	98	0.16	24.2	20.3	0	0.0	0.34
Hot Honey	60	197	0.30	49.2	48.6	0.30	0.12	0.02
Burger Sauce	50	207	0.9	7	4.5	20	1.7	1.1
Nacho Cheese	50	89	5.2	2	0.3	7	4.6	1.5
Cholula® Original Dip	45	10	0.3	1	0.3	0	0.1	2.3
Mango Habanero Drizzle	45	57	0.1	14	11.2	0	0.0	0.6
Buffalo Ranch Drizzle	45	127	0.1	11	5.9	11	0.8	0.9
Korean BBQ Sauce	45	74	0.6	18	15.0	0	0.0	0.7
Swicy Cranberry	45	77	0.2	19	16.2	0	0.0	0.5
Takeaway Dip Pots								
Heinz Garlic Sauce Dip Pot	25	89	0.2	2.0	1.1	9.0	1.4	0.35
Heinz BBQ Sauce Dip Pot	25	29	0.4	6.4	5.0	0.1	0	0.24
Heinz Sweet Chilli Dip Pot	25	47	0.1	11.5	10.5	0.0	0.0	0.38
Mango Habanero Dip	35	44	0.1	10.9	8.7	0.0	0.0	0.44
Buffalo Ranch Dip	35	99	0.1	8.9	4.6	8.6	1	0.68
Korean BBQ Dip	35	58	0.5	13.8	11.7	0.1	0.0	0.55
Sweet Chilli Dip (30ml PP) (Oval)	35	64	0.1	14.8	12.9	0.4	0.0	0.37
Garlic Buttermilk Mayo (30ml PP) (Oval)	35	128	0.2	4.8	2.7	12.0	1	0.34
BBQ Dip (30ml PP) (Oval)	35	51	0.4	11.9	8.8	0.2	0.0	0.35
Ketchup (30ml PP) (Oval)	35	39	0.5	8.9	6.5	0.0	0.0	0.47
Swicy Cranberry	35	60	0.2	14.7	12.6	0.2	0.0	0.36

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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)
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*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 nutritionals.

Salad Station

Dressed Salads

Potato Salad	63	102	0.8	9.1	1.7	6.7	0.49	0.38
Coleslaw	50	68	0.4	3.1	2.4	5.9	0.43	0.07
Sweetcorn	26	20	0.70	3.5	0.93	0.4	0.24	0.01
Diced Beetroot	24	12	1.0	1.6	1.1	0.1	0.07	0.02
Jalapenos	16	1	0.07	0.07	0	0.1	0.03	0.48
Roquito® Chilli Peppers	16	14	0.11	3.34	3	0	0	0
Black Olives	15	21	0.14	0.11	0	2.1	0.21	0.14

Fresh Salad

Lettuce Mix	17	2	0.1	0.2	0.2	0	0	0
Cherry Tomatoes	33	6	0.2	1.0	1.0	0.1	0	0
Cucumber	35	3	0.2	0.5	0.5	0	0	0
Mixed Peppers	26	4	0.2	0.7	0.6	0.1	0	0
Red Onion	21	8	0.3	1.7	1.2	0	0	0
Shredded Carrot	18	9	0.1	2.3	2.3	0	0	0
Spinach	20	4	0.5	0.0	0.0	0.1	0	0
Rocket	20	4	0.7	0.1	0.0	0	0	0

Dried Items

Bacon Bits	13	70	1.2	7.7	0.3	3.8	1.7	0.33
Croutons	7	33	0.8	5.0	0.1	1.1	0.5	0.16
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

Dressings & Dips

Thousand Island Dressing	30	80	0.21	3.4	1.5	7.2	0.9	0.37
Blue Cheese Dressing	27	125	0.35	5.2	2.1	11	4.2	0.36
Garlic Mayonnaise	29	127	0.58	1.2	0.5	13	1.8	0.31
Light Mayonnaise	34	138	0.24	4.3	2.0	13	1.8	0.44
Ranch Dressing	31	145	0.74	2.0	1.3	15	1.6	0.33
Low Fat French Dressing	22	18	0.18	3.1	1.9	0.6	0.4	0.27
Salsa	33	20	0.36	4.3	2.6	0	0	0.53
Sour Cream	30	177	0.43	2.4	1.8	18	1	0.27

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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)
Pizza									
Pepperoni									
Individual Pan (9")	400	6	181	7.0	18	0.9	8.8	2.9	0.75
Sharing Pan (13")	774	8	249	10	28	1.4	11	3.2	1.0
Individual Handcrafted (11")	398	6	162	6.9	18	1.4	6.6	2.7	0.84
Sharing Handcrafted (14")	704	8	215	9.1	24	2.0	9.0	3.7	1.1
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	394	6	159	6.8	18	1.4	6.5	2.7	0.76
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	698	8	212	9.1	23	1.9	8.9	3.7	1.0
Individual Stuffed Crust (11")	550	6	239	12	23	1.9	11	5.2	1.1
Sharing Stuffed Crust (14")	912	8	293	14	30	2.6	13	6.1	1.3
Cheesy Bites (14")	912	8	293	14	30	2.6	13	6.1	1.3
Gluten Free (9" Square)	351	6	166	4.4	20	1.6	7.3	2.7	0.70
Pepperoni Feast									
Individual Pan (9")	422	6	198	7.7	18	0.96	10	3.1	0.91
Sharing Pan (13")	848	8	293	11	28	1.4	15	4.3	1.3
Individual Handcrafted (11")	416	6	176	7.4	18	1.5	7.9	2.8	0.97
Sharing Handcrafted (14")	727	8	228	9.6	24	2.0	10.2	3.7	1.3
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	412	6	173	7.4	18	1.4	7.8	2.8	0.89
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	721	8	225	10	23	2.0	10	3.6	1.2
Individual Stuffed Crust (11")	568	6	253	12	23	2.0	12	5.3	1.2
Sharing Stuffed Crust (14")	935	8	306	14	30	2.7	14	6.0	1.5
Cheesy Bites (14")	935	8	306	14	30	2.7	14	6.0	1.5
Gluten Free (9" Square)	373	6	183	5.1	20	1.6	8.9	2.9	0.85
The Spicy GOAT									
Individual Pan (9")	498	6	204	8.5	21	3.8	9.2	3.8	0.74
Sharing Pan (13")	996	8	298	12	33	4.8	13	5.3	1.1
Individual Handcrafted (11")	496	6	183	8.3	21	4.4	6.9	3.5	0.8
Sharing Handcrafted (14")	890	8	239	11	28	5.6	9	4.7	1.0
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	492	6	180	8.2	21	4.4	6.8	3.5	0.73
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	884	8	236	10.9	27	5.5	9.1	4.7	1.0
Individual Stuffed Crust (11")	648	6	260	13	26	4.9	11	6.0	1.0
Individual Pepperoni Stuffed Crust (11")	682	6	287	14	26	5.0	14	6.9	1.2
Sharing Stuffed Crust (14")	1098	8	317	16	34	6.3	13	7.0	1.2
Sharing Pepperoni Stuffed Crust (14")	1139	8	341	17	34	6.3	15	7.9	1.4
Cheesy Bites (14")	1098	8	317	16	34	6.3	13	7.0	1.2
Gluten Free (9" Square)	449	6	186	5.8	23	4.6	7.6	3.5	0.67
Chicken & Bacon Club									
Individual Pan (9")	530	6	226	9.1	20	1.5	12.2	3.7	0.81
Sharing Pan (13")	1110	8	331	14	31	2.4	17	5.0	1.2
Individual Handcrafted (11")	528	6	206	8.8	20	2.2	9.9	3.4	0.9
Sharing Handcrafted (14")	1004	8	272	12	26	3.2	13	4.5	1.2
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	524	6	203	8.8	19	2.1	9.8	3.3	0.80
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	998	8	269	12.1	26	3.1	12.8	4.5	1.1
Individual Stuffed Crust (11")	680	6	282	14	25	2.7	14	5.9	1.1
Individual Pepperoni Stuffed Crust (11")	714	6	309	15	25	2.7	17	6.8	1.3
Sharing Stuffed Crust (14")	1212	8	350	17	32	3.9	17	6.8	1.4
Sharing Pepperoni Stuffed Crust (14")	1253	8	374	18	32	3.9	19	7.6	1.5
Cheesy Bites (14")	1212	8	350	17	32	3.9	17	6.8	1.4

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Chicken Fajita									
Individual Pan (9")	535	6	216	8.6	20	2.4	11.1	3.0	0.81
Sharing Pan (13")	1083	8	316	13	32	3.6	15	4.0	1.2
Individual Handcrafted (11")	533	6	196	8.4	20	3.0	8.8	2.7	0.9
Sharing Handcrafted (14")	977	8	257	11	27	4.4	11	3.5	1.1
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	529	6	193	8.3	20	3.0	8.7	2.7	0.81
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	971	8	254	11.4	26	4.3	11.2	3.5	1.0
Individual Stuffed Crust (11")	685	6	273	13	25	3.5	13	5.2	1.1
Individual Pepperoni Stuffed Crust (11")	719	6	299	14	25	3.6	16	6.1	1.3
Sharing Stuffed Crust (14")	1185	8	335	16	33	5.0	15	5.8	1.3
Sharing Pepperoni Stuffed Crust (14")	1226	8	359	17	33	5.1	17	6.6	1.5
Cheesy Bites (14")	1185	8	335	16	33	5.0	15	5.8	1.3
Gluten Free (9" Square)	486	6	199	5.9	22	3.2	9.5	2.7	0.75
Hawaiian									
Individual Pan (9")	456	6	166	7.6	19	1.7	6.4	2.0	0.77
Sharing Pan (13")	936	8	249	11	30	2.8	9.0	2.7	1.2
Individual Handcrafted (11")	454	6	158	7.6	21	2.6	4.6	1.8	1.2
Sharing Handcrafted (14")	830	8	211	10	28	4.0	6.0	2.4	1.8
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	450	6	142	7.3	19	2.3	4.0	1.7	0.77
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	824	8	187	9.8	25	3.5	5.1	2.2	1.0
Individual Stuffed Crust (11")	606	6	222	12	24	2.9	8.4	4.2	1.1
Individual Pepperoni Stuffed Crust (11")	640	6	249	13	24	2.9	11	5.1	1.3
Sharing Stuffed Crust (14")	1038	8	268	15	31	4.2	9.1	4.5	1.3
Sharing Pepperoni Stuffed Crust (14")	1079	8	292	16	31	4.3	11	5.4	1.5
Cheesy Bites (14")	1038	8	268	15	31	4.2	9.1	4.5	1.3
Gluten Free (9" Square)	407	6	149	4.9	20	2.5	4.8	1.7	0.70
Chicken Supreme									
Individual Pan (9")	494	6	168	8.7	19	1.2	6.3	2.0	0.62
Sharing Pan (13")	1037	8	256	14	29	1.8	8.9	2.7	1.0
Individual Handcrafted (11")	492	6	148	8.4	19	1.8	4.1	1.7	0.69
Sharing Handcrafted (14")	931	8	197	12	24	2.6	5.2	2.2	1.1
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	488	6	145	8.4	18	1.8	4.0	1.7	0.61
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	925	8	194	12	24	2.6	5.1	2.2	0.99
Individual Stuffed Crust (11")	644	6	224	13	23	2.3	8.4	4.2	0.91
Individual Pepperoni Stuffed Crust (11")	678	6	251	14	24	2.4	11	5.1	1.1
Sharing Stuffed Crust (14")	1139	8	275	17	30	3.3	9.1	4.5	1.1
Sharing Pepperoni Stuffed Crust (14")	1180	8	299	18	30	3.3	11	5.3	1.3
Cheesy Bites (14")	1139	8	275	17	30	3.3	9.1	4.5	1.1
Gluten Free (9" Square)	445	6	151	6	20	1.9	4.7	1.9	0.56
Meat Feast									
Individual Pan (9")	468	6	195	9.1	18	1.2	9.3	3.0	0.90
Sharing Pan (13")	970	8	301	14	29	1.8	14	4.5	1.4
Individual Handcrafted (11")	466	6	177	8.9	19	1.7	7.1	2.9	0.98
Sharing Handcrafted (14")	864	8	245	13	25	2.4	10	4.3	1.4
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	462	6	174	8.9	18	1.6	7.0	2.9	0.90
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	858	8	242	13	24	2.3	10	4.2	1.3
Individual Stuffed Crust (11")	618	6	254	14	24	2.2	11	5.4	1.2
Sharing Stuffed Crust (14")	1072	8	323	17	31	3.0	14	6.6	1.6
Cheesy Bites (14")	1072	8	323	17	31	3.0	14	6.6	1.6
Gluten Free (9" Square)	419	6	180	6.5	20	1.8	7.8	2.9	0.84

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Meat Supreme									
Individual Pan (9")	477	6	195	8.3	19	1.3	9.5	3.0	0.81
Sharing Pan (13")	987	8	299	13	29	2.0	14	4.5	1.2
Individual Handcrafted (11")	475	6	176	8.2	19	1.8	7.3	2.9	0.9
Sharing Handcrafted (14")	881	8	243	12	25	2.6	10	4.2	1.2
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	471	6	174	8.1	19	1.8	7.2	2.9	0.81
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	875	8	240	11.6	25	2.6	10.3	4.2	1.1
Individual Stuffed Crust (11")	627	6	253	13	24	2.3	12	5.4	1.1
Sharing Stuffed Crust (14")	1089	8	321	16	31	3.3	14	6.5	1.4
Cheesy Bites (14")	1089	8	321	16	31	3.3	14	6.5	1.4
Gluten Free (9" Square)	428	6	180	5.7	20	1.9	8.0	2.9	0.75
BBQ Americana									
Individual Pan (9")	508	6	191	9.4	21	2.4	7.5	2.7	0.79
Sharing Pan (13")	1054	8	289	14.6	33	3.7	10.5	3.6	1.20
Individual Handcrafted (11")	499	6	168	9.6	21	2.5	4.8	2.0	0.90
Sharing Handcrafted (14")	950	8	233	14.3	28	4.5	6.6	2.7	1.28
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	495	6	166	9.5	20	2.1	4.7	1.9	0.82
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	944	8	230	14.2	27	4.4	6.5	2.7	1.19
Individual Stuffed Crust (11")	651	6	245	14	26	3.6	9.1	4.4	1.12
Individual Pepperoni Stuffed Crust (11")	685	6	272	15	26	3.6	12	5.4	1.3
Sharing Stuffed Crust (14")	1156	8	311	19	34	5.2	10.5	5.0	1.5
Sharing Pepperoni Stuffed Crust (14")	1197	8	335	20	34	5.2	13	5.9	1.7
Cheesy Bites (14")	1156	8	311	19	34	5.2	10.5	5.0	1.5
Gluten Free (9" Square)	459	6	175	6.6	23	3.4	5.9	2.4	0.75
Veggie									
Individual Pan (9")	488	6	162	6.4	19	1.5	6.3	2.0	0.58
Sharing Pan (13")	1019	8	245	9.6	31	2.4	8.8	2.7	0.89
Individual Handcrafted (11")	486	6	141	6.1	19	2.1	4.0	1.7	0.64
Sharing Handcrafted (14")	913	8	186	8.1	26	3.2	5.1	2.1	0.82
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	482	6	139	6.1	19	2.1	3.9	1.6	0.56
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	907	8	183	8.0	25	3.1	5.0	2.1	0.73
Individual Stuffed Crust (11")	638	6	218	11	24	2.6	8.3	4.2	0.86
Individual Pepperoni Stuffed Crust (11")	672	6	245	12	24	2.7	11	5.1	1.1
Sharing Stuffed Crust (14")	1121	8	263	13	32	3.8	9.0	4.5	1.0
Sharing Pepperoni Stuffed Crust (14")	1162	8	288	14	32	3.9	11	5.3	1.2
Cheesy Bites (14")	1121	8	263	13	32	3.8	9.0	4.5	1.0
Gluten Free (9" Square)	439	6	108	2.7	16	1.7	3.5	1.2	0.39
Margherita									
Individual Pan (9")	398	6	169	7.0	18	0.9	7.4	2.7	0.64
Sharing Pan (13")	796	8	250	10	29	1.3	10	3.5	0.96
Individual Handcrafted (11")	394	6	149	6.8	18	1.6	5.1	2.3	0.71
Sharing Handcrafted (14")	690	8	191	8.7	24	2.1	6.4	3.0	0.90
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	392	6	146	6.7	18	1.5	5.0	2.3	0.63
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	684	8	188	8.7	23	2.1	6.3	3.0	0.81
Individual Stuffed Crust (11")	548	6	225	11	23	2.1	9.4	4.8	0.93
Individual Pepperoni Stuffed Crust (11")	582	6	252	13	23	2.1	12	5.8	1.1
Sharing Stuffed Crust (14")	898	8	269	13	30	2.8	10	5.3	1.1
Sharing Pepperoni Stuffed Crust (14")	939	8	293	14	30	2.8	13	6.2	1.3
Cheesy Bites (14")	898	8	269	13	30	2.8	10	5.3	1.1
Gluten Free (9" Square)	349	6	114	3.2	15	1.3	4.3	1.8	0.43

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The G.O.A.T									
Individual Pan (9")	517	6	184	7.5	21	3.0	7.8	3.0	0.67
Sharing Pan (13")	1088	8	281	11.3	33	5.3	11.0	4.3	1.03
Individual Handcrafted (11")	515	6	164	7.3	21	3.6	5.5	2.7	0.74
Sharing Handcrafted (14")	982	8	222	9.8	28	5.7	7.3	3.7	1.0
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	511	6	161	7.2	20	3.5	5.4	2.7	0.66
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	976	8	219	9.7	28	5.6	7.2	3.7	0.89
Individual Stuffed Crust (11")	667	6	241	12	26	4.1	9.8	5.2	0.97
Individual Pepperoni Stuffed Crust (11")	701	6	268	13	26	4.1	12	6.1	1.2
Sharing Stuffed Crust (14")	1190	8	300	14	34	6.7	11	6.0	1.2
Sharing Pepperoni Stuffed Crust (14")	1231	8	324	15	35	6.7	13	6.9	1.4
Cheesy Bites (14")	1190	8	300	14	34	6.7	11	6.0	1.2
Gluten Free (9" Square)	468	6	126	3.6	17	2.8	4.6	2	0.46
Veggie Supreme									
Individual Pan (9")	493	6	162	6.2	19	1.4	6.8	2.0	0.59
Sharing Pan (13")	1011	8	241	9	30	2.1	9	2.7	0.9
Individual Handcrafted (11")	491	6	142	5.9	19	2.0	4.5	1.7	0.7
Sharing Handcrafted (14")	905	8	182	8	25	2.9	6	2.2	0.8
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	487	6	139	5.9	18	2.0	4.4	1.7	0.59
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	899	8	179	7.7	24	2.9	5.4	2.1	0.8
Individual Stuffed Crust (11")	643	6	219	11	24	2.5	9	4.2	0.9
Individual Pepperoni Stuffed Crust (11")	677	6	245	12	24	2.5	11	5.1	1.1
Sharing Stuffed Crust (14")	1113	8	260	12	31	3.6	9	4.5	1.0
Sharing Pepperoni Stuffed Crust (14")	1154	8	284	13	31	3.6	12	5.3	1.2
Cheesy Bites (14")	1113	8	260	12	31	3.6	9	4.5	1.0
Gluten Free (9" Square)	444	6	145	3.4	20	2.1	5.2	1.7	0.53
Veggie Sizzler									
Individual Pan (9")	461	6	160	6.1	19	2.0	6.3	2.0	0.68
Sharing Pan (13")	948	8	241	9	31	3.1	9	2.7	1.0
Individual Handcrafted (11")	459	6	140	5.9	20	2.6	4.0	1.7	0.7
Sharing Handcrafted (14")	842	8	182	8	26	3.9	5	2.1	1.0
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	455	6	137	5.9	19	2.6	3.9	1.6	0.67
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	836	8	179	7.7	25	3.8	5.0	2.1	0.9
Individual Stuffed Crust (11")	611	6	217	11	24	3.1	8	4.2	1.0
Individual Pepperoni Stuffed Crust (11")	645	6	243	12	24	3.1	11	5.1	1.2
Sharing Stuffed Crust (14")	1050	8	260	12	32	4.5	9	4.5	1.2
Sharing Pepperoni Stuffed Crust (14")	1091	8	284	13	32	4.5	11	5.3	1.4
Cheesy Bites (14")	1050	8	260	12	32	4.5	9	4.5	1.2
Gluten Free (9" Square)	412	6	143	3.4	21	2.7	4.7	1.6	0.61
Meat Feast Sizzler									
Individual Pan (9")	480	6	191	8.7	18	1.2	9.0	2.9	0.97
Sharing Pan (13")	1000	8	296	14	29	1.8	13	4.3	1.5
Individual Handcrafted (11")	478	6	173	8.6	19	1.7	6.8	2.8	1.0
Sharing Handcrafted (14")	894	8	240	12	25	2.4	10	4.1	1.5
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	474	6	170	8.5	18	1.6	6.7	2.8	0.97
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	888	8	237	12.3	24	2.4	9.8	4.1	1.4
Individual Stuffed Crust (11")	630	6	250	13	24	2.2	11	5.3	1.3
Sharing Stuffed Crust (14")	1102	8	318	17	31	3.1	14	6.4	1.7
Cheesy Bites (14")	1102	8	318	17	31	3.1	14	6.4	1.7
Gluten Free (9" Square)	414	6	201	6.3	20	1.6	10.4	3.7	0.94

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Chicken Sizzler									
Individual Pan (9")	466	6	164	7.3	19	1.9	6.3	1.8	0.71
Sharing Pan (13")	965	8	248	11.2	30	3.0	8.8	2.4	1.08
Individual Handcrafted (11")	464	6	145	7.2	19	2.4	4.1	1.7	0.79
Sharing Handcrafted (14")	859	8	192	9.9	26	3.6	5.2	2.2	1.06
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	460	6	143	7.1	19	2.4	4.0	1.7	0.71
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	853	8	189	9.8	25	3.5	5.1	2.2	0.97
Individual Stuffed Crust (11")	616	6	222	11.8	24	2.9	8.4	4.2	1.02
Individual Pepperoni Stuffed Crust (11")	639	6	240	12.6	24	3.0	10.0	4.8	1.15
Sharing Stuffed Crust (14")	1067	8	270	14.6	32	4.3	9.1	4.5	1.26
Sharing Pepperoni Stuffed Crust (14")	1101	8	290	15.4	32	4.3	10.9	5.2	1.41
Cheesy Bites (14")	1073	8	273	14.6	32	4.3	9.2	4.5	1.35
Gluten Free (9" Square)	417	6	149	4.7	21	2.6	4.7	1.7	0.65
Farmhouse									
Individual Pan (9")	439	6	162	7.6	18	0.9	6.4	2.0	0.78
Sharing Pan (13")	884	8	242	11	29	1.3	8.9	2.7	1.1
Individual Handcrafted (11")	437	6	142	7.4	18	1.6	4.1	1.7	0.85
Sharing Handcrafted (14")	778	8	183	9.6	24	2.1	5.2	2.2	1.1
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	433	6	139	7.3	18	1.5	4.0	1.7	0.77
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	772	8	180	10	23	2.1	5.1	2.2	1.0
Individual Stuffed Crust (11")	589	6	219	12	23	2.1	8.4	4.2	1.1
Individual Pepperoni Stuffed Crust (11")	623	6	245	13	23	2.1	11	5.1	1.3
Sharing Stuffed Crust (14")	986	8	261	14	30	2.8	9.1	4.5	1.3
Sharing Pepperoni Stuffed Crust (14")	1027	8	285	15	30	2.8	11	5.3	1.5
Cheesy Bites (14")	986	8	261	14	30	2.8	9.1	4.5	1.3
Gluten Free (9" Square)	390	6	145	4.9	20	1.7	4.8	1.7	0.72
Hot Honey Pepperoni Feast									
Individual Pan (9")	440	6	190	7.1	19	2.6	9.0	2.5	0.92
Sharing Pan (13")	879	8	277	10	30	3.5	12	3.3	1.3
Individual Handcrafted (11")	434	6	169	6.9	20	3.1	6.7	2.3	0.92
Sharing Handcrafted (14")	769	8	219	9.0	26	4.1	8.6	3.0	1.2
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	438	6	171	7.0	20	3.1	6.8	2.3	1.00
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	775	8	222	9.1	26	4.1	8.7	3.0	1.3
Individual Stuffed Crust (11")	590	6	252	12	26	4.4	11.1	4.8	1.3
Sharing Stuffed Crust (14")	1015	8	313	15	32	4.8	14	6.0	1.6
Cheesy Bites (14")	1015	8	313	15	32	4.8	14	6.0	1.6
Gluten Free (9" Square)	391	6	175	4.5	21	3.2	7.5	2.3	0.87
Beef Burger									
Individual Pan (9")	510	6	208	8.0	19	1.9	10.7	3.1	0.91
Sharing Pan (13")	1029	8	299	11.9	30	2.6	14.1	4.2	1.32
Individual Handcrafted (11")	508	6	189	7.9	20	2.4	8.5	3.0	0.99
Sharing Handcrafted (14")	923	8	243	10.7	26	3.2	10.5	4.0	1.30
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	504	6	187	7.9	19	2.3	8.4	3.0	0.91
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	917	8	240	10.6	25	3.2	10.4	3.9	1.21
Individual Stuffed Crust (11")	660	6	266	12.6	25	2.9	12.8	5.5	1.21
Sharing Stuffed Crust (14")	1131	8	321	15.4	32	3.9	14.4	6.3	1.50
Cheesy Bites (14")	1137	8	324	15.4	32	4.0	14.5	6.3	1.59
Gluten Free (9" Square)	461	6	193	5.4	21	2.5	9.2	3.0	0.85

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Brie, Bacon & Cranberry									
Individual Pan (9")	508	6	234	9.6	20	2.4	12.0	4.3	0.93
Sharing Pan (13")	956	8	322	13.0	30	2.5	15.6	5.4	1.25
Individual Handcrafted (11")	502	6	213	9.4	20	2.8	9.7	4.1	0.93
Sharing Handcrafted (14")	844	8	263	11.6	25	3.1	11.9	5.1	1.14
Individual Stuffed Crust (11")	648	6	284	14.1	25	3.4	13.2	6.3	1.21
Sharing Stuffed Crust (14")	1046	8	336	16.4	32	3.8	15.0	7.2	1.41
Cheesy Bites (14")	1046	8	336	16.4	32	3.8	15.0	7.2	1.41
Brie & Cranberry									
Individual Pan (9")	483	6	218	8.6	20	2.2	10.8	3.8	0.82
Sharing Pan (13")	921	8	305	12.0	30	2.4	14.2	4.9	1.13
Individual Handcrafted (11")	477	6	197	8.4	20	2.7	8.5	3.7	0.82
Sharing Handcrafted (14")	809	8	246	10.6	25	2.9	10.5	4.7	1.02
Individual Stuffed Crust (11")	623	6	268	13.1	25	3.2	11.9	5.9	1.10
Sharing Stuffed Crust (14")	1011	8	320	15.4	31	3.6	13.7	6.7	1.29
Cheesy Bites (14")	1011	8	320	15.4	31	3.6	13.7	6.7	1.29
Festive Feast									
Individual Pan (9")	515	6	217	9.4	21	2.2	10.6	3.5	0.87
Sharing Pan (13")	986	8	305	13.6	31	2.3	13.9	4.6	1.19
Individual Handcrafted (11")	509	6	196	9.3	21	2.6	8.3	3.4	0.87
Sharing Handcrafted (14")	874	8	246	12.2	26	2.9	10.2	4.3	1.08
Individual Stuffed Crust (11")	655	6	267	14.0	26	3.2	11.8	5.6	1.15
Sharing Stuffed Crust (14")	1076	8	319	17.0	32	3.6	13.3	6.4	1.34
Cheesy Bites (14")	1076	8	319	17.0	32	3.6	13.3	6.4	1.34
Posh Margherita									
Individual Pan (9")	422	6	175	6.1	19	1.7	7.9	2.0	0.78
Sharing Pan (13")	821	8	253	9.0	30	2.2	10.5	2.7	1.08
Individual Handcrafted (11")	420	6	156	6.0	20	2.2	5.7	1.9	0.86
Sharing Handcrafted (14")	717	8	198	7.7	25	2.9	6.9	2.4	1.06
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	416	6	154	5.9	19	2.2	5.6	1.9	0.78
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	711	8	195	7.7	25	2.8	6.8	2.4	0.97
Individual Stuffed Crust (11")	572	6	237	10.6	26	3.5	10.0	4.4	1.13
Sharing Stuffed Crust (14")	923	8	275	12.4	31	3.5	10.8	4.7	1.25
Cheesy Bites (14")	923	8	275	12.4	31	3.5	10.8	4.7	1.25
Gluten Free (9" Square)	373	6	160	3.5	21	2.4	6.4	1.9	0.72
Chicken Pesto									
Individual Pan (9")	453	6	181	7.4	19	1.7	8.0	2.1	0.81
Sharing Pan (13")	893	8	264	11.2	30	2.2	10.6	2.7	1.13
Individual Handcrafted (11")	451	6	162	7.3	20	2.2	5.8	1.9	0.89
Sharing Handcrafted (14")	789	8	209	10.0	25	2.9	7.1	2.5	1.11
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	447	6	160	7.2	19	2.2	5.7	1.9	0.81
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	783	8	206	9.9	25	2.8	7.0	2.4	1.02
Individual Stuffed Crust (11")	603	6	243	11.9	26	3.5	10.0	4.4	1.16
Sharing Stuffed Crust (14")	995	8	286	14.6	31	3.5	10.9	4.8	1.31
Cheesy Bites (14")	995	8	286	14.6	31	3.5	10.9	4.8	1.31
Gluten Free (9" Square)	404	6	166	4.8	21	2.4	6.4	1.9	0.75
NEW - Korean BBQ Chicken									
Individual Pan (9")	524	6	198	8.2	23	5.5	8.0	2.7	0.90
Sharing Pan (13")	1000	8	289	12	35	7.0	11.0	3.5	1.28
Individual Handcrafted (11")	522	6	180	8.1	23	6.0	5.8	2.6	0.98
Sharing Handcrafted (14")	888	8	230	11	30	7.5	7.3	3.3	1.17
Individual Stuffed Crust (11")	664	6	248	13	28	6.6	9.2	4.8	1.19
Sharing Stuffed Crust (14")	1090	8	303	15	37	8.3	11	5.4	1.44
Cheesy Bites (14")	1090	8	303	15	37	8.3	11	5.4	1.44

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NEW - Korean BBQ VEG									
Individual Pan (9")	492	6	184	6.9	22	5.7	7.3	2.4	0.85
Sharing Pan (13")	937	8	267	10.0	34	7.3	10.0	3.1	1.19
Individual Handcrafted (11")	486	6	163	6.7	22	6.2	5.0	2.3	0.85
Sharing Handcrafted (14")	825	8	208	8.6	29	7.8	6.3	2.9	1.08
Individual Stuffed Crust (11")	632	6	234	11	28	6.8	8.6	4.5	1.14
Sharing Stuffed Crust (14")	1027	8	282	13	36	8.6	9.5	5.0	1.35
Cheesy Bites (14")	1027	8	282	13	36	8.6	9.5	5.0	1.35
Gluten Free (9" Square)	443	6	170	4.3	24	6.5	5.8	2.3	0.82
Vegan Pizzas									
Vegan Margherita									
Individual Pan (9")	380	6	163	4.0	20	0.6	7.1	3.6	0.68
Sharing Pan (13")	732	8	231	6.3	31	0.9	8.8	3.8	0.92
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	374	6	140	3.7	20	1.2	4.7	3.2	0.68
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	620	8	169	4.8	25	1.6	5.0	3.3	0.84
Gluten Free (9" Square)	331	6	146	1.3	22	1.3	5.5	3.2	0.65
Vegan Veggie									
Individual Pan (9")	476	6	158	4.3	21	1.3	6.1	2.6	0.61
Sharing Pan (13")	1013	8	245	6.9	33	2.1	9.1	3.9	0.94
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	470	6	135	4.0	21	1.9	3.8	2.2	0.59
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	901	8	183	5.4	28	2.8	5.3	3.3	0.84
Gluten Free (9" Square)	427	6	141	1.6	22	2.1	4.5	2.3	0.55
Vegan Veggie Supreme									
Individual Pan (9")	481	6	157	4.2	20	1.2	6.4	2.4	0.60
Sharing Pan (13")	1005	8	240	6.7	32	2.0	9.2	3.6	0.92
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	475	6	134	3.9	20	1.8	4.1	2.1	0.60
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	893	8	178	5.1	27	2.7	5.4	3.1	0.80
Gluten Free (9" Square)	432	6	140	1.5	22	2.0	4.8	2.1	0.54
Vegan Veggie Sizzler									
Individual Pan (9")	449	6	155	4.2	21	1.8	5.9	2.4	0.69
Sharing Pan (13")	942	8	240	6.7	33	2.9	8.7	3.6	1.07
Individual Handcrafted (11") WITHOUT Garlic Sprinkle	443	6	132	3.9	21	2.4	3.5	2.1	0.68
Sharing Handcrafted (14") WITHOUT Garlic Sprinkle	830	8	178	5.1	28	3.6	4.9	3.0	0.95
Gluten Free (9" Square)	400	6	138	1.5	22	2.6	4.3	2.1	0.62
	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)	
Flatbreads									
Chicken Delight Flatbread	289	499	27	60	6.0	19	5.5	1.9	
The Little G.O.A.T Flatbread	295	492	24	62	6.3	16	8	2.0	
Virtuous Veg Flatbread	301	439	20	60	6.7	12	5.2	2.7	
Vegan Virtuous Veg Flatbread	289	401	13	65	6.0	8.9	6.4	2.8	
BBQ Chicken 'N' Ham Flatbread	285	499	33	61	6.0	16	5.9	2.7	
Melts									
Pepperoni Melt	277	754	30	68	5.5	40	17	4.8	
Meat Feast Melt	312	774	36	70	6.3	38	17	5.2	
BBQ Chicken Melt	326	704	34	84	19	25	12	4.0	
Toasted 3 Cheese Melt	328	898	42	71	4.8	49	24	5.0	
Flatzz									
Duo pepperoni	333	828	36	86	7.0	37	13	4.7	
Triple Cheese	321	759	36	86	6.3	29	14	3.6	
Pesto Vegetable	362	733	30	91	10.9	27	10	3.8	
NEW - Korean BBQ Chicken	370	782	37	101	20	24	11	4.0	
NEW - Buffalo Ranch Chicken	367	764	37	93	11	26	11	3.4	

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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)	
Mains									
Lasagne	416	552	29	43	11	29	13	2.9	
Classic Mac 'N' Cheese	460	811	38	86	10	38	22	3.8	
	Weight of Pizza (g)	Number of Slices per Pizza	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice (g)
Buffet Pizzas									
Margherita									
Individual Pan (9")	398	6	169	7.0	18	0.9	7.4	2.7	0.64
Sharing Pan (13")	796	8	250	10	29	1.3	10	3.5	0.96
Individual Handcrafted (11")	394	6	149	6.8	18	1.6	5.1	2.3	0.71
Pepperoni									
Individual Pan (9")	400	6	181	7.0	18	0.9	8.8	2.9	0.75
Sharing Pan (13")	774	8	249	10	28	1.4	11	3.2	1.0
Individual Handcrafted (11")	398	6	162	6.9	18	1.4	6.6	2.7	0.84
BBQ Americano									
Individual Pan (9")	508	6	191	9.4	21	2.4	7.5	2.7	0.79
Sharing Pan (13")	1054	8	289	14.6	33	3.7	10.5	3.6	1.20
Individual Handcrafted (11")	499	6	168	9.6	21	2.1	4.8	2.0	0.90
Veggie									
Individual Pan (9")	488	6	162	6.4	19	1.5	6.3	2.0	0.58
Sharing Pan (13")	1019	8	275	10.7	35	2.7	10.0	3.5	1.00
Individual Handcrafted (11")	486	6	141	6.1	19	2.1	4.0	1.7	0.64
Veggie Hot									
Individual Pan (9")	471	6	157	6.1	19	1.4	6.2	2.0	0.68
Sharing Pan (13")	977	8	236	9.2	30	2.1	8.7	2.7	1.03
Individual Handcrafted (11")	465	6	134	5.8	18	1.9	3.8	1.6	0.68
Hawaiian									
Individual Pan (9")	456	6	166	7.6	19	1.7	6.4	2.0	0.77
Sharing Pan (13")	936	8	249	11	30	2.8	9.0	2.7	1.2
Individual Handcrafted (11")	454	6	158	7.6	21	2.6	4.6	1.8	1.2
Classic Chicken									
Individual Pan (9")	463	6	162	7.4	19	1.2	6.3	2.0	0.59
Sharing Pan (13")	965	8	245	11.4	29	1.8	8.8	2.7	0.89
Individual Handcrafted (11")	457	6	139	7.1	18	1.8	3.9	1.6	0.57
Spicy Chicken									
Individual Pan (9")	461	6	161	7.2	19	1.2	6.3	2.0	0.70
Sharing Pan (13")	948	8	242	10.8	29	1.8	8.8	2.7	1.06
Individual Handcrafted (11")	458	6	142	7.2	20	1.3	3.6	1.7	0.82
Three Cheese & Caramelised Onion									
Individual Pan (9")	458	6	183	7.2	21	3.4	7.7	2.8	0.66
Sharing Pan (13")	936	8	274	10.5	33	5.6	10.6	3.7	0.98
Individual Handcrafted (11")	452	6	160	6.9	20	3.9	5.3	2.4	0.65
BBQ Beef & Onion									
Individual Pan (9")	429	6	173	6.9	20	2.4	7.0	2.3	0.70
Sharing Pan (13")	870	8	261	10.5	32	3.3	10.0	3.3	1.04
Individual Handcrafted (11")	426	6	150	6.6	20	3.0	4.6	2.0	0.69
The G.O.A.T									
Individual Pan (9")	517	6	184	7.5	21	3.0	7.8	3.0	0.67
Sharing Pan (13")	1088	8	281	11.3	33	5.3	11.0	4.3	1.03
Individual Handcrafted (11")	515	6	164	7.3	21	3.6	5.5	2.7	0.74
The Spicy GOAT									
Individual Pan (9")	498	6	204	8.5	21	3.8	9.2	3.8	0.74
Sharing Pan (13")	996	8	298	12	33	4.8	13	5.3	1.1
Individual Handcrafted (11")	496	6	183	8.3	21	4.4	6.9	3.5	0.8

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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)	Saturate d Fat per Slice (g)	Salt per Slice (g)
Chicken & Bacon Club									
Individual Pan (9")	530	6	226	9.1	20	1.5	12.2	3.7	0.81
Sharing Pan (13")	1110	8	331	14	31	2.4	17	5.0	1.2
Individual Handcrafted (11")	528	6	206	8.8	20	2.2	9.9	3.4	0.9
Chicken Fajita									
Individual Pan (9")	535	6	216	8.6	20	2.4	11.1	3.0	0.81
Sharing Pan (13")	1083	8	316	13	32	3.6	15	4.0	1.2
Individual Handcrafted (11")	533	6	196	8.4	20	3.0	8.8	2.7	0.9
Hot Honey Pepperoni Feast									
Individual Pan (9")	440	6	190	7.1	19	2.6	9.0	2.5	0.92
Sharing Pan (13")	879	8	277	10	30	3.5	12	3.3	1.3
Individual Handcrafted (11")	434	6	169	6.9	20	3.1	6.7	2.3	0.9
Sausage & Onion									
Individual Pan (9")	414	6	165	6.7	18	1.3	6.2	2.1	0.67
Sharing Pan (13")	867	8	255	10.4	29	2.2	8.6	3.1	1.07
Individual Handcrafted (11")	412	6	146	6.5	19	1.9	4	2	0.75
Posh Margherita									
Individual Pan (9")	422	6	175	6.1	19	1.7	7.9	2.0	0.78
Sharing Pan (13")	821	8	253	9.0	30	2.2	10.5	2.7	1.08
Individual Handcrafted (11")	416	6	154	5.9	19	2.2	5.6	1.9	0.78
	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)	
Buffet Sides									
Buffet Pasta									
Tomato Pasta	82	100	2.3	12	2.9	4.6	0.6	0.34	
Four Cheese & Broccoli Pasta	97	105	4.2	11	2.6	4.6	2.4	0.61	
Penne Pomodoro	200	397	8.6	43	5.6	4.3	0.6	0.30	
Mac 'n' Cheese Buffet	200	336	13.6	40	2.6	14.4	7.4	0.81	
Garlic Breadsticks									
Garlic Breadsticks - Large	20.1	57	1.7	7.6	0	2.1	0.4	0.17	
Garlic Breadsticks - Small	18.6	51	1.7	7.3	0	1.6	0.3	0.16	
Cheesy Garlic Breadsticks									
Cheesy Garlic Breadsticks - Large	30.6	93	3.7	8.0	0.1	5.1	1.9	0.32	
Cheesy Garlic Breadsticks - Small	27.5	81	3.2	7.6	0.1	4.2	1.6	0.29	
Mini & Mega Monster									
Pan Pizza Margherita	206	448	20	57	3.1	15	5.5	1.7	
Thin Pizza Margherita	206	448	20	57	3.1	15	5.5	1.7	
Gluten Free Margherita	181	394	14	43	6.2	17	8.0	1.5	
*Nutritionals do not include any choices made at the Salad Station.									
Mains									
Chicken 'N' Fries	230	395	21.0	37	0.7	17	4.0	2.2	
Mac 'N' Cheese	230	406	19	43	5.0	19	11	1.9	
Spaghetti Bolognese	250	198	13	28	5.8	3.3	1.3	0.6	
Sides									
Fries	125	209	2.8	28	0.6	9.3	1.1	1.3	
Garlic Bread	60	180	4.5	23	1.7	7.2	2.2	0.43	
Onion Rings	79	169	2.8	23	3.5	7.4	0.9	0.71	
Mini Corn on the Cob	66	96	2.6	12	7.1	3.0	0.4	0	
Drinks									
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	

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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)	
Desserts									
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	
Kids Mini Donuts with Chocolate Sauce	91	310	2.7	52	31.9	10	4.4	0.2	
Kids Mini Donuts with Raspberry Sauce	91	294	2.3	51	30.5	9	4.0	0.2	
Ice Cream Factory									
Our Food Team have worked hard to develop the perfect recipe for your Ice Cream Creation! The following nutritional information is based on our recommended portions.									
Kids Ice Cream Factory									
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	
Adults Ice Cream Builder									
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	
Per 100g									
Ice Cream Builder Ice Cream		117	3.3	14	13	5.1	3.6	0.21	
Raspberry Sauce		249	0.1	62	43	0.4	0.2	0.04	
Chocolate Sauce		297	1.4	67	56	2.6	1.6	0.03	
Bubblegum Sauce		290	0.0	72	50	0.0	0.0	0.01	
Strawberry Crunch		397	0	98	98	1.7	1.6	0	
Milk Chocolate Chips		523	6.7	60	59	28	17	0.17	
Mixed Chocolate Chips		530	3.8	64	62	28	21	0.12	
Milk Chocolate Beans		464	2.5	76	75	16	9.8	0.10	
Gold Stars		437	1.1	84	79	10	6.4	0.10	
Mixed Coloured Stars		421	0.3	93	83	5.1	2.6	0.01	
Mixed Chocolate Chunks		539	6.3	59	57	30.4	18.6	0.12	
Desserts									
Hot Cookie Dough (served with a scoop of ice cream & drizzle of sauce for all)									
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	
Takeaway Cookie Dough (Served with Take Away Ice Cream Tub & a Drizzle of Sauce)									
White Chocolate & Caramel Cookie Dough	175	586	6.8	83	53	25	14	1.1	
Chocolate Chip Cookie Dough	175	604	7.9	82	48	27	15	1.1	
S'mores Cookie Dough	181	648	6.7	98	64.1	24	12.7	0.8	
Desserts									
I Can't Believe Its Not Cheesecake	107	468	2.9	48	25	30	12	0.57	
So Scoffable Biscoff® Cheesecake & Ice Cream	208	645	5.4	74	51	36	15	0.81	
Hot Chocolate Brownie (served with ice cream & sauce)	189	618	7.9	72	62	32	15	3.00	
Take Away Hot Chocolate Brownie (served with ice cream & sauce)	168	595	7.9	66	56	33	15	0.20	
Mini Donuts with Chocolate Sauce	131	479	5.0	72	40.8	19	8.3	0.3	
Take Away Mini Donuts with Chocolate Sauce	128	507	6.1	66	33.0	24	10.7	0.4	
Chilly Billy Blackcurrant & Apple Ice Lolly	80	30	0.2	7.6	7.6	0.1	<0.1	0	
Additional Take Away Vanilla Ice Cream Tub	65	118	2.5	12	12	6.5	3.8	0.09	
Additional Scoop Vanilla Ice cream	86	141	2.5	19	19	6.5	3.2	0.03	
Additional Chocolate Sauce	15	48	0.4	9.2	6.0	1.1	0.7	0	
Additional Salted Caramel Sauce	15	37	0	7.7	7.5	0.5	0.2	0.20	

