



Nutritional Analysis



Contents

Classic	3	Supreme	19
Margherita	4	Four in One	20
Hawaiian	5	Seafood	21
Fiji	6	BBQ Chicken & Mushroom	22
Regina	7	BBQ Chicken & Pineapple	23
Pepperoni Deluxe	8	BBQ Chicken Supreme	24
Tropical	9	Peri-Peri Chicken	25
Vegetarian	10	Chick'n Mayo (Bacon)	26
Greek (Olives)	11	Chick'n Mayo (Feta)	27
Greek (Spinach)	12	BBQ Spare Rib & Mushroom	28
Tangy Russian	13	BBQ Spare Rib & Pineapple	29
Bacon & Avocado	14	Quattro	30
Bacon Supreme	15	Sweet Chilli Chicken	31
Hot One	16	Garlic Bread	32
Bolognese	17	Lasagne	33
Fetaroni	18	Salads	34
		Salad Dressings	35

Classic Small Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1062,4	2045,2	511,3
Protein	g	14,5	28,0	7,0
Glycaemic Carbohydrates	g	26,2	50,4	12,6
of which total Sugars	g	2,4	4,6	1,2
Total Fat	g	10,1	19,4	4,9
Of which Saturated Fat	g	6,3	12,2	3,0
Of which Monounsaturated Fat	g	2,7	5,3	1,3
Of which Polyunsaturated Fat	g	1,0	1,9	0,5
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,4	0,7	0,2
Sodium	mg	377,3	726,3	181,6

Classic Medium Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1055,1	3239,1	539,9
Protein	g	13,8	42,2	7,0
Glycaemic Carbohydrates	g	29,0	88,9	14,8
of which total Sugars	g	2,5	7,8	1,3
Total Fat	g	9,0	27,5	4,6
Of which Saturated Fat	g	5,5	16,8	2,8
Of which Monounsaturated Fat	g	2,4	7,4	1,2
Of which Polyunsaturated Fat	g	1,0	3,1	0,5
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,4	1,2	0,2
Sodium	mg	366,9	1126,2	187,7

Classic Large Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1101,5	5724,9	715,6
Protein	g	14,3	74,3	9,3
Glycaemic Carbohydrates	g	30,3	157,5	19,7
of which total Sugars	g	2,3	12,0	1,5
Total Fat	g	9,4	48,6	6,1
Of which Saturated Fat	g	5,7	29,6	3,7
Of which Monounsaturated Fat	g	2,5	13,0	1,6
Of which Polyunsaturated Fat	g	1,1	5,6	0,7
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,3	1,6	0,2
Sodium	mg	367,6	1910,3	238,8

Classic Small Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1018,9	2694,9	673,7
Protein	g	12,9	34,1	8,5
Glycaemic Carbohydrates	g	29,8	78,7	19,7
of which total Sugars	g	2,8	7,4	1,8
Total Fat	g	8,0	21,2	5,3
Of which Saturated Fat	g	4,9	12,9	3,2
Of which Monounsaturated Fat	g	2,2	5,9	1,5
Of which Polyunsaturated Fat	g	0,8	2,2	0,6
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,3	0,7	0,2
Sodium	mg	441,3	1167,4	291,8

Classic Medium Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1000,0	3999,9	666,7
Protein	g	12,4	49,5	8,3
Glycaemic Carbohydrates	g	30,5	122,0	20,3
of which total Sugars	g	2,9	11,7	1,9
Total Fat	g	7,4	29,6	4,9
Of which Saturated Fat	g	4,4	17,7	3,0
Of which Monounsaturated Fat	g	2,1	8,2	1,4
Of which Polyunsaturated Fat	g	0,9	3,4	0,6
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,3	1,2	0,2
Sodium	mg	438,5	1754,0	292,3

Classic Large Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1032,2	7053,9	881,7
Protein	g	12,7	87,1	10,9
Glycaemic Carbohydrates	g	31,5	215,2	26,9
of which total Sugars	g	2,8	18,9	2,4
Total Fat	g	7,7	52,3	6,5
Of which Saturated Fat	g	4,6	31,3	3,9
Of which Monounsaturated Fat	g	2,1	14,5	1,8
Of which Polyunsaturated Fat	g	0,9	6,0	0,8
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,2	1,6	0,2
Sodium	mg	442,3	3022,4	377,8

**Margherita
Small
Traditional Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1149,0	2326,8	581,7
Protein	g	13,9	28,1	7,0
Glycaemic Carbohydrates	g	24,9	50,4	12,6
of which total Sugars	g	2,3	4,6	1,2
Total Fat	g	13,3	27,0	6,7
Of which Saturated Fat	g	6,6	13,3	3,3
Of which Monounsaturated Fat	g	5,4	11,0	2,8
Of which Polyunsaturated Fat	g	1,2	2,4	0,6
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,4	0,7	0,2
Sodium	mg	359,2	727,4	181,8

**Margherita
Medium
Traditional Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1137,1	3661,5	610,3
Protein	g	13,2	42,4	7,1
Glycaemic Carbohydrates	g	27,6	88,9	14,8
of which total Sugars	g	2,4	7,8	1,3
Total Fat	g	12,1	38,9	6,5
Of which Saturated Fat	g	5,8	18,6	3,1
Of which Monounsaturated Fat	g	5,0	16,0	2,7
Of which Polyunsaturated Fat	g	1,2	4,0	0,7
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,4	1,2	0,2
Sodium	mg	350,3	1127,9	188,0

**Margherita
Large
Traditional Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1195,1	6569,7	821,2
Protein	g	13,6	74,7	9,3
Glycaemic Carbohydrates	g	28,6	157,5	19,7
of which total Sugars	g	2,2	12,0	1,5
Total Fat	g	13,0	71,3	8,9
Of which Saturated Fat	g	6,0	33,2	4,2
Of which Monounsaturated Fat	g	5,5	30,3	3,8
Of which Polyunsaturated Fat	g	1,3	7,3	0,9
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,3	1,6	0,2
Sodium	mg	348,1	1913,6	239,2

**Margherita
Small
Pan Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1084,3	2976,5	744,1
Protein	g	12,5	34,2	8,6
Glycaemic Carbohydrates	g	28,7	78,7	19,7
of which total Sugars	g	2,7	7,4	1,8
Total Fat	g	10,5	28,8	7,2
Of which Saturated Fat	g	5,1	14,1	3,5
Of which Monounsaturated Fat	g	4,3	11,7	2,9
Of which Polyunsaturated Fat	g	1,0	2,8	0,7
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,3	0,7	0,2
Sodium	mg	425,7	1168,5	292,1

**Margherita
Medium
Pan Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1065,6	4422,3	737,1
Protein	g	12,0	49,7	8,3
Glycaemic Carbohydrates	g	29,4	122,0	20,3
of which total Sugars	g	2,8	11,7	1,9
Total Fat	g	9,9	41,0	6,8
Of which Saturated Fat	g	4,7	19,5	3,3
Of which Monounsaturated Fat	g	4,1	16,9	2,8
Of which Polyunsaturated Fat	g	1,0	4,3	0,7
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,3	1,2	0,2
Sodium	mg	423,0	1755,7	292,6

**Margherita
Large
Pan Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1107,2	7898,7	987,3
Protein	g	12,3	87,4	10,9
Glycaemic Carbohydrates	g	30,2	215,2	26,9
of which total Sugars	g	2,6	18,9	2,4
Total Fat	g	10,5	75,0	9,4
Of which Saturated Fat	g	4,9	34,8	4,4
Of which Monounsaturated Fat	g	4,5	31,9	4,0
Of which Polyunsaturated Fat	g	1,1	7,7	1,0
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,2	1,6	0,2
Sodium	mg	424,1	3025,7	378,2

Hawaiian Small Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	913,9	2627,5	656,9
Protein	g	12,1	34,7	8,7
Glycaemic Carbohydrates	g	20,1	57,8	14,5
of which total Sugars	g	4,2	12,1	3,0
Total Fat	g	10,0	28,8	7,2
Of which Saturated Fat	g	5,2	14,8	3,7
Of which Monounsaturated Fat	g	3,6	10,3	2,6
Of which Polyunsaturated Fat	g	1,3	3,6	0,9
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,4	4,0	1,0
Sodium	mg	551,3	1585,1	396,3

Hawaiian Medium Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	925,0	4111,6	685,3
Protein	g	11,9	52,9	8,8
Glycaemic Carbohydrates	g	22,4	99,3	16,6
of which total Sugars	g	4,1	18,3	3,0
Total Fat	g	9,4	41,6	6,9
Of which Saturated Fat	g	4,8	21,5	3,6
Of which Monounsaturated Fat	g	3,3	14,6	2,4
Of which Polyunsaturated Fat	g	1,3	5,6	0,9
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,3	5,8	1,0
Sodium	mg	519,1	2307,4	384,6

Hawaiian Large Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	983,7	6908,0	863,5
Protein	g	12,7	88,9	11,1
Glycaemic Carbohydrates	g	24,4	171,0	21,4
of which total Sugars	g	3,6	25,6	3,2
Total Fat	g	9,7	68,0	8,5
Of which Saturated Fat	g	5,1	36,0	4,5
Of which Monounsaturated Fat	g	3,3	22,9	2,9
Of which Polyunsaturated Fat	g	1,3	8,9	1,1
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,1	7,7	1,0
Sodium	mg	503,0	3532,5	441,6

Hawaiian Small Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	911,6	3277,2	819,3
Protein	g	11,4	40,9	10,2
Glycaemic Carbohydrates	g	24,0	86,2	21,5
of which total Sugars	g	4,1	14,8	3,7
Total Fat	g	8,5	30,6	7,6
Of which Saturated Fat	g	4,3	15,5	3,9
Of which Monounsaturated Fat	g	3,1	11,0	2,7
Of which Polyunsaturated Fat	g	1,1	4,0	1,0
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,1	4,0	1,0
Sodium	mg	563,6	2026,2	506,5

Hawaiian Medium Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	906,5	4872,4	812,1
Protein	g	11,2	60,2	10,0
Glycaemic Carbohydrates	g	24,6	132,4	22,1
of which total Sugars	g	4,1	22,1	3,7
Total Fat	g	8,1	43,7	7,3
Of which Saturated Fat	g	4,2	22,4	3,7
Of which Monounsaturated Fat	g	2,9	15,5	2,6
Of which Polyunsaturated Fat	g	1,1	5,8	1,0
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,1	5,8	1,0
Sodium	mg	546,1	2935,2	489,2

Hawaiian Large Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	951,3	8237,0	1029,6
Protein	g	11,7	101,7	12,7
Glycaemic Carbohydrates	g	26,4	228,8	28,6
of which total Sugars	g	3,7	32,5	4,1
Total Fat	g	8,3	71,7	9,0
Of which Saturated Fat	g	4,3	37,6	4,7
Of which Monounsaturated Fat	g	2,8	24,5	3,1
Of which Polyunsaturated Fat	g	1,1	9,3	1,2
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,9	7,7	1,0
Sodium	mg	536,4	4644,5	580,6

Fiji Small Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	881,0	2533,0	633,2
Protein	g	13,1	37,5	9,4
Glycaemic Carbohydrates	g	22,1	63,5	15,9
of which total Sugars	g	5,7	16,3	4,1
Total Fat	g	7,8	22,5	5,6
Of which Saturated Fat	g	4,3	12,4	3,1
Of which Monounsaturated Fat	g	2,4	6,8	1,7
Of which Polyunsaturated Fat	g	1,1	3,1	0,8
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,8	2,2	0,6
Sodium	mg	456,1	1311,2	327,8

Fiji Medium Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	890,1	4045,6	674,3
Protein	g	12,7	57,6	9,6
Glycaemic Carbohydrates	g	23,9	108,7	18,1
of which total Sugars	g	5,6	25,4	4,2
Total Fat	g	7,4	33,6	5,6
Of which Saturated Fat	g	4,0	18,4	3,1
Of which Monounsaturated Fat	g	2,2	10,0	1,7
Of which Polyunsaturated Fat	g	1,1	4,9	0,8
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,8	3,5	0,6
Sodium	mg	437,1	1986,4	331,1

Fiji Large Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	955,4	6732,8	841,6
Protein	g	13,3	93,7	11,7
Glycaemic Carbohydrates	g	25,9	182,2	22,8
of which total Sugars	g	4,8	34,0	4,3
Total Fat	g	8,0	56,1	7,0
Of which Saturated Fat	g	4,5	31,4	3,9
Of which Monounsaturated Fat	g	2,3	16,3	2,0
Of which Polyunsaturated Fat	g	1,1	7,8	1,0
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,6	4,4	0,6
Sodium	mg	427,0	3009,1	376,1

Fiji Small Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	885,3	3182,7	795,7
Protein	g	12,1	43,7	10,9
Glycaemic Carbohydrates	g	25,6	91,9	23,0
of which total Sugars	g	5,3	19,1	4,8
Total Fat	g	6,7	24,2	6,1
Of which Saturated Fat	g	3,6	13,1	3,3
Of which Monounsaturated Fat	g	2,1	7,5	1,9
Of which Polyunsaturated Fat	g	1,0	3,5	0,9
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,6	2,2	0,6
Sodium	mg	487,4	1752,3	438,1

Fiji Medium Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	877,9	4806,4	801,1
Protein	g	11,9	64,9	10,8
Glycaemic Carbohydrates	g	25,9	141,8	23,6
of which total Sugars	g	5,3	29,3	4,9
Total Fat	g	6,5	35,7	5,9
Of which Saturated Fat	g	3,5	19,3	3,2
Of which Monounsaturated Fat	g	2,0	10,9	1,8
Of which Polyunsaturated Fat	g	0,9	5,2	0,9
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,6	3,5	0,6
Sodium	mg	477,5	2614,2	435,7

Fiji Large Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	928,3	8061,7	1007,7
Protein	g	12,3	106,5	13,3
Glycaemic Carbohydrates	g	27,6	240,0	30,0
of which total Sugars	g	4,7	40,8	5,1
Total Fat	g	6,9	59,8	7,5
Of which Saturated Fat	g	3,8	33,0	4,1
Of which Monounsaturated Fat	g	2,1	17,9	2,2
Of which Polyunsaturated Fat	g	1,0	8,3	1,0
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,5	4,4	0,6
Sodium	mg	474,6	4121,1	515,1

**Regina
Small**

Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	977,9	2567,0	641,7
Protein	g	13,9	36,4	9,1
Glycaemic Carbohydrates	g	19,7	51,7	12,9
of which total Sugars	g	2,3	6,0	1,5
Total Fat	g	11,1	29,1	7,3
Of which Saturated Fat	g	5,7	14,8	3,7
Of which Monounsaturated Fat	g	3,9	10,3	2,6
Of which Polyunsaturated Fat	g	1,4	3,7	0,9
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,2	3,1	0,8
Sodium	mg	605,3	1588,8	397,2

**Regina
Medium**

Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	973,5	4035,2	672,5
Protein	g	13,4	55,6	9,3
Glycaemic Carbohydrates	g	21,9	90,8	15,1
of which total Sugars	g	2,4	9,7	1,6
Total Fat	g	10,1	42,0	7,0
Of which Saturated Fat	g	5,2	21,5	3,6
Of which Monounsaturated Fat	g	3,5	14,6	2,4
Of which Polyunsaturated Fat	g	1,4	5,7	1,0
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,1	4,7	0,8
Sodium	mg	558,3	2314,1	385,7

**Regina
Large**

Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1002,7	6840,6	855,1
Protein	g	13,8	93,8	11,7
Glycaemic Carbohydrates	g	23,5	160,1	20,0
of which total Sugars	g	2,1	14,6	1,8
Total Fat	g	10,1	68,7	8,6
Of which Saturated Fat	g	5,3	36,1	4,5
Of which Monounsaturated Fat	g	3,4	22,9	2,9
Of which Polyunsaturated Fat	g	1,3	9,2	1,1
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,0	7,0	0,9
Sodium	mg	519,8	3546,5	443,3

**Regina
Small**

Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	961,6	3216,7	804,2
Protein	g	12,7	42,5	10,6
Glycaemic Carbohydrates	g	23,9	80,1	20,0
of which total Sugars	g	2,6	8,7	2,2
Total Fat	g	9,2	30,8	7,7
Of which Saturated Fat	g	4,7	15,6	3,9
Of which Monounsaturated Fat	g	3,3	11,0	2,7
Of which Polyunsaturated Fat	g	1,2	4,1	1,0
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,9	3,1	0,8
Sodium	mg	606,9	2029,9	507,5

**Regina
Medium**

Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	945,0	4796,0	799,3
Protein	g	12,4	62,9	10,5
Glycaemic Carbohydrates	g	24,4	123,9	20,6
of which total Sugars	g	2,7	13,6	2,3
Total Fat	g	8,7	44,1	7,4
Of which Saturated Fat	g	4,4	22,4	3,7
Of which Monounsaturated Fat	g	3,0	15,5	2,6
Of which Polyunsaturated Fat	g	1,2	5,9	1,0
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,9	4,7	0,8
Sodium	mg	579,7	2941,9	490,3

**Regina
Large**

Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	965,8	8169,6	1021,2
Protein	g	12,6	106,6	13,3
Glycaemic Carbohydrates	g	25,7	217,8	27,2
of which total Sugars	g	2,5	21,5	2,7
Total Fat	g	8,6	72,3	9,0
Of which Saturated Fat	g	4,5	37,7	4,7
Of which Monounsaturated Fat	g	2,9	24,4	3,1
Of which Polyunsaturated Fat	g	1,1	9,6	1,2
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,8	7,0	0,9
Sodium	mg	550,7	4658,5	582,3

Pepperoni
Deluxe Small
Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1035,6	2293,9	573,5
Protein	g	14,9	32,9	8,2
Glycaemic Carbohydrates	g	22,7	50,3	12,6
of which total Sugars	g	2,1	4,6	1,2
Total Fat	g	10,8	23,9	6,0
Of which Saturated Fat	g	5,9	13,0	3,2
Of which Monounsaturated Fat	g	3,5	7,8	2,0
Of which Polyunsaturated Fat	g	1,3	3,0	0,8
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,3	2,8	0,7
Sodium	mg	536,8	1189,1	297,3

Pepperoni
Deluxe Medium
Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1036,6	3768,0	628,0
Protein	g	14,5	52,5	8,8
Glycaemic Carbohydrates	g	24,5	89,0	14,8
of which total Sugars	g	2,2	7,9	1,3
Total Fat	g	10,2	37,0	6,2
Of which Saturated Fat	g	5,4	19,8	3,3
Of which Monounsaturated Fat	g	3,3	12,1	2,0
Of which Polyunsaturated Fat	g	1,4	5,0	0,8
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,2	4,5	0,8
Sodium	mg	526,8	1915,0	319,2

Pepperoni
Deluxe Large
Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1070,5	6725,0	840,6
Protein	g	15,0	93,9	11,7
Glycaemic Carbohydrates	g	25,1	157,6	19,7
of which total Sugars	g	1,9	12,1	1,5
Total Fat	g	10,6	66,6	8,3
Of which Saturated Fat	g	5,7	35,6	4,5
Of which Monounsaturated Fat	g	3,5	21,7	2,7
Of which Polyunsaturated Fat	g	1,4	8,9	1,1
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,3	7,9	1,0
Sodium	mg	531,1	3336,6	417,1

Pepperoni
Deluxe Small
Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1003,0	2943,7	735,9
Protein	g	13,3	39,0	9,8
Glycaemic Carbohydrates	g	26,8	78,7	19,7
of which total Sugars	g	2,5	7,3	1,8
Total Fat	g	8,7	25,7	6,4
Of which Saturated Fat	g	4,7	13,7	3,4
Of which Monounsaturated Fat	g	2,9	8,5	2,1
Of which Polyunsaturated Fat	g	1,1	3,4	0,8
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,0	2,8	0,7
Sodium	mg	555,4	1630,2	407,5

Pepperoni
Deluxe Medium
Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	992,1	4528,8	754,8
Protein	g	13,1	59,8	10,0
Glycaemic Carbohydrates	g	26,7	122,0	20,3
of which total Sugars	g	2,6	11,7	2,0
Total Fat	g	8,6	39,1	6,5
Of which Saturated Fat	g	4,5	20,7	3,4
Of which Monounsaturated Fat	g	2,9	13,0	2,2
Of which Polyunsaturated Fat	g	1,1	5,2	0,9
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,0	4,5	0,7
Sodium	mg	557,0	2542,8	423,8

Pepperoni
Deluxe Large
Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1017,0	8053,9	1006,7
Protein	g	13,5	106,7	13,3
Glycaemic Carbohydrates	g	27,2	215,3	26,9
of which total Sugars	g	2,4	19,0	2,4
Total Fat	g	8,9	70,3	8,8
Of which Saturated Fat	g	4,7	37,2	4,6
Of which Monounsaturated Fat	g	2,9	23,3	2,9
Of which Polyunsaturated Fat	g	1,2	9,3	1,2
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,0	7,9	1,0
Sodium	mg	561,8	4448,6	556,1

Tropical Small Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	868,9	2411,2	602,8
Protein	g	13,2	36,7	9,2
Glycaemic Carbohydrates	g	20,5	56,9	14,2
of which total Sugars	g	4,0	11,2	2,8
Total Fat	g	8,1	22,5	5,6
Of which Saturated Fat	g	4,5	12,4	3,1
Of which Monounsaturated Fat	g	2,5	6,9	1,7
Of which Polyunsaturated Fat	g	1,1	3,1	0,8
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,0	2,7	0,7
Sodium	mg	471,4	1308,1	327,0

Tropical Medium Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	886,7	3852,7	642,1
Protein	g	13,0	56,3	9,4
Glycaemic Carbohydrates	g	22,6	98,2	16,4
of which total Sugars	g	3,9	17,1	2,9
Total Fat	g	7,7	33,6	5,6
Of which Saturated Fat	g	4,2	18,4	3,1
Of which Monounsaturated Fat	g	2,3	10,1	1,7
Of which Polyunsaturated Fat	g	1,1	5,0	0,8
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,9	4,1	0,7
Sodium	mg	456,0	1981,4	330,2

Tropical Large Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	952,3	6496,7	812,1
Protein	g	13,5	92,1	11,5
Glycaemic Carbohydrates	g	24,8	169,4	21,2
of which total Sugars	g	3,5	23,9	3,0
Total Fat	g	8,2	56,1	7,0
Of which Saturated Fat	g	4,6	31,5	3,9
Of which Monounsaturated Fat	g	2,4	16,4	2,1
Of which Polyunsaturated Fat	g	1,2	7,9	1,0
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,8	5,3	0,7
Sodium	mg	440,2	3003,0	375,4

Tropical Small Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	875,8	3060,9	765,2
Protein	g	12,2	42,8	10,7
Glycaemic Carbohydrates	g	24,4	85,3	21,3
of which total Sugars	g	4,0	13,9	3,5
Total Fat	g	6,9	24,2	6,1
Of which Saturated Fat	g	3,8	13,1	3,3
Of which Monounsaturated Fat	g	2,1	7,5	1,9
Of which Polyunsaturated Fat	g	1,0	3,5	0,9
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,8	2,7	0,7
Sodium	mg	500,5	1749,2	437,3

Tropical Medium Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	874,6	4613,5	768,9
Protein	g	12,1	63,6	10,6
Glycaemic Carbohydrates	g	24,9	131,2	21,9
of which total Sugars	g	4,0	21,0	3,5
Total Fat	g	6,8	35,7	5,9
Of which Saturated Fat	g	3,7	19,3	3,2
Of which Monounsaturated Fat	g	2,1	11,0	1,8
Of which Polyunsaturated Fat	g	1,0	5,2	0,9
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,8	4,1	0,7
Sodium	mg	494,6	2609,2	434,9

Tropical Large Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	925,1	7825,7	978,2
Protein	g	12,4	104,9	13,1
Glycaemic Carbohydrates	g	26,8	227,1	28,4
of which total Sugars	g	3,6	30,8	3,8
Total Fat	g	7,1	59,8	7,5
Of which Saturated Fat	g	3,9	33,1	4,1
Of which Monounsaturated Fat	g	2,1	18,0	2,2
Of which Polyunsaturated Fat	g	1,0	8,4	1,0
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,6	5,3	0,7
Sodium	mg	486,5	4115,0	514,4

**Vegetarian
Small**

S

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	716,6	1952,9	488,2
Protein	g	10,1	27,5	6,9
Glycaemic Carbohydrates	g	19,1	51,9	13,0
of which total Sugars	g	2,3	6,3	1,6
Total Fat	g	6,0	16,5	4,1
Of which Saturated Fat	g	3,7	10,0	2,5
Of which Monounsaturated Fat	g	1,6	4,4	1,1
Of which Polyunsaturated Fat	g	0,7	1,9	0,5
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,5	4,1	1,0
Sodium	mg	248,1	676,1	169,0

M

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	725,8	3226,1	537,7
Protein	g	9,9	44,0	7,3
Glycaemic Carbohydrates	g	20,6	91,4	15,2
of which total Sugars	g	2,4	10,6	1,8
Total Fat	g	5,7	25,2	4,2
Of which Saturated Fat	g	3,4	15,1	2,5
Of which Monounsaturated Fat	g	1,5	6,6	1,1
Of which Polyunsaturated Fat	g	0,7	3,3	0,6
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,5	6,6	1,1
Sodium	mg	247,3	1099,2	183,2

**Vegetarian
Large**

L

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	773,1	5737,9	717,2
Protein	g	10,5	78,1	9,8
Glycaemic Carbohydrates	g	21,7	161,2	20,2
of which total Sugars	g	2,2	16,2	2,0
Total Fat	g	6,1	45,6	5,7
Of which Saturated Fat	g	3,7	27,3	3,4
Of which Monounsaturated Fat	g	1,6	12,0	1,5
Of which Polyunsaturated Fat	g	0,8	5,9	0,7
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,4	10,5	1,3
Sodium	mg	252,8	1876,7	234,6

**Vegetarian
Small**

S

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	755,5	2602,6	650,7
Protein	g	9,8	33,6	8,4
Glycaemic Carbohydrates	g	23,3	80,3	20,1
of which total Sugars	g	2,6	9,0	2,3
Total Fat	g	5,3	18,2	4,6
Of which Saturated Fat	g	3,1	10,8	2,7
Of which Monounsaturated Fat	g	1,5	5,0	1,3
Of which Polyunsaturated Fat	g	0,7	2,3	0,6
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,2	4,1	1,0
Sodium	mg	324,3	1117,2	279,3

**Vegetarian
Medium**

M

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	741,7	3986,9	664,5
Protein	g	9,5	51,3	8,6
Glycaemic Carbohydrates	g	23,2	124,5	20,7
of which total Sugars	g	2,7	14,4	2,4
Total Fat	g	5,1	27,3	4,6
Of which Saturated Fat	g	3,0	16,0	2,7
Of which Monounsaturated Fat	g	1,4	7,5	1,3
Of which Polyunsaturated Fat	g	0,7	3,5	0,6
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,2	6,6	1,1
Sodium	mg	321,3	1727,0	287,8

**Vegetarian
Large**

L

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	780,1	7066,9	883,4
Protein	g	10,0	90,9	11,4
Glycaemic Carbohydrates	g	24,2	219,0	27,4
of which total Sugars	g	2,5	23,1	2,9
Total Fat	g	5,4	49,2	6,2
Of which Saturated Fat	g	3,2	28,9	3,6
Of which Monounsaturated Fat	g	1,5	13,5	1,7
Of which Polyunsaturated Fat	g	0,7	6,3	0,8
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,2	10,5	1,3
Sodium	mg	329,9	2988,7	373,6

Greek (Olives)

Small

Traditional Base

S

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1070,3	2542,1	635,5
Protein	g	13,6	32,4	8,1
Glycaemic Carbohydrates	g	21,2	50,2	12,6
of which total Sugars	g	1,9	4,5	1,1
Total Fat	g	13,0	30,9	7,7
Of which Saturated Fat	g	7,4	17,6	4,4
Of which Monounsaturated Fat	g	4,5	10,7	2,7
Of which Polyunsaturated Fat	g	1,0	2,4	0,6
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,7	1,7	0,4
Sodium	mg	778,3	1848,6	462,1

Greek (Olives)

Medium

Traditional Base

M

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1067,2	4103,5	683,9
Protein	g	13,3	51,1	8,5
Glycaemic Carbohydrates	g	23,1	88,8	14,8
of which total Sugars	g	2,0	7,7	1,3
Total Fat	g	12,2	46,8	7,8
Of which Saturated Fat	g	6,9	26,4	4,4
Of which Monounsaturated Fat	g	4,2	16,1	2,7
Of which Polyunsaturated Fat	g	1,0	4,0	0,7
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,7	2,7	0,4
Sodium	mg	743,2	2857,5	476,3

Greek (Olives)

Large

Traditional Base

L

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1104,7	7205,1	900,6
Protein	g	13,8	89,9	11,2
Glycaemic Carbohydrates	g	24,1	157,3	19,7
of which total Sugars	g	1,8	11,9	1,5
Total Fat	g	12,5	81,5	10,2
Of which Saturated Fat	g	7,1	46,1	5,8
Of which Monounsaturated Fat	g	4,3	27,8	3,5
Of which Polyunsaturated Fat	g	1,1	7,0	0,9
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,6	4,0	0,5
Sodium	mg	737,7	4811,7	601,5

Greek (Olives)

Small

Pan Base

S

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1031,3	3191,8	798,0
Protein	g	12,5	38,5	9,6
Glycaemic Carbohydrates	g	25,4	78,6	19,6
of which total Sugars	g	2,3	7,2	1,8
Total Fat	g	10,6	32,7	8,2
Of which Saturated Fat	g	5,9	18,3	4,6
Of which Monounsaturated Fat	g	3,7	11,4	2,8
Of which Polyunsaturated Fat	g	0,9	2,8	0,7
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,5	1,7	0,4
Sodium	mg	739,8	2289,7	572,4

Greek (Olives)

Medium

Pan Base

M

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1018,7	4864,3	810,7
Protein	g	12,2	58,4	9,7
Glycaemic Carbohydrates	g	25,5	121,9	20,3
of which total Sugars	g	2,4	11,6	1,9
Total Fat	g	10,2	48,9	8,2
Of which Saturated Fat	g	5,7	27,3	4,6
Of which Monounsaturated Fat	g	3,6	17,0	2,8
Of which Polyunsaturated Fat	g	0,9	4,2	0,7
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,6	2,6	0,4
Sodium	mg	729,9	3485,3	580,9

Greek (Olives)

Large

Pan Base

L

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1046,0	8534,1	1066,8
Protein	g	12,6	102,7	12,8
Glycaemic Carbohydrates	g	26,4	215,0	26,9
of which total Sugars	g	2,3	18,7	2,3
Total Fat	g	10,4	85,2	10,7
Of which Saturated Fat	g	5,8	47,7	6,0
Of which Monounsaturated Fat	g	3,6	29,4	3,7
Of which Polyunsaturated Fat	g	0,9	7,4	0,9
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,5	4,0	0,5
Sodium	mg	726,0	5923,7	740,5

**Greek (Spinach)
Small**

Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1003,0	2582,7	645,7
Protein	g	12,9	33,2	8,3
Glycaemic Carbohydrates	g	19,5	50,2	12,6
of which total Sugars	g	1,8	4,5	1,1
Total Fat	g	12,3	31,6	7,9
Of which Saturated Fat	g	6,8	17,6	4,4
Of which Monounsaturated Fat	g	3,4	8,7	2,2
Of which Polyunsaturated Fat	g	2,0	5,1	1,3
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,0	2,6	0,7
Sodium	mg	568,9	1465,0	366,2

**Greek (Spinach)
Medium**

Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	982,4	4244,0	707,3
Protein	g	12,1	52,3	8,7
Glycaemic Carbohydrates	g	20,6	88,8	14,8
of which total Sugars	g	1,8	7,7	1,3
Total Fat	g	11,6	50,1	8,3
Of which Saturated Fat	g	6,1	26,4	4,4
Of which Monounsaturated Fat	g	3,2	13,7	2,3
Of which Polyunsaturated Fat	g	2,2	9,6	1,6
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,2	5,0	0,8
Sodium	mg	543,4	2347,3	391,2

**Greek (Spinach)
Large**

Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1047,6	7251,9	906,5
Protein	g	13,2	91,5	11,4
Glycaemic Carbohydrates	g	22,7	157,3	19,7
of which total Sugars	g	1,7	11,9	1,5
Total Fat	g	11,9	82,1	10,3
Of which Saturated Fat	g	6,7	46,0	5,8
Of which Monounsaturated Fat	g	3,2	22,3	2,8
Of which Polyunsaturated Fat	g	1,9	13,0	1,6
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,9	5,9	0,7
Sodium	mg	551,0	3814,1	476,8

**Greek (Spinach)
Small**

Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	981,0	3232,4	808,1
Protein	g	11,9	39,3	9,8
Glycaemic Carbohydrates	g	23,8	78,6	19,6
of which total Sugars	g	2,2	7,2	1,8
Total Fat	g	10,1	33,4	8,3
Of which Saturated Fat	g	5,6	18,3	4,6
Of which Monounsaturated Fat	g	2,8	9,3	2,3
Of which Polyunsaturated Fat	g	1,7	5,5	1,4
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,8	2,6	0,7
Sodium	mg	578,5	1906,1	476,5

**Greek (Spinach)
Medium**

Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	953,3	5004,8	834,1
Protein	g	11,4	59,7	9,9
Glycaemic Carbohydrates	g	23,2	121,8	20,3
of which total Sugars	g	2,2	11,6	1,9
Total Fat	g	9,9	52,2	8,7
Of which Saturated Fat	g	5,2	27,3	4,6
Of which Monounsaturated Fat	g	2,8	14,6	2,4
Of which Polyunsaturated Fat	g	1,9	9,9	1,6
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,0	5,0	0,8
Sodium	mg	566,7	2975,1	495,9

**Greek (Spinach)
Large**

Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1002,6	8580,9	1072,6
Protein	g	12,2	104,3	13,0
Glycaemic Carbohydrates	g	25,1	215,0	26,9
of which total Sugars	g	2,2	18,7	2,3
Total Fat	g	10,0	85,7	10,7
Of which Saturated Fat	g	5,6	47,7	6,0
Of which Monounsaturated Fat	g	2,8	23,9	3,0
Of which Polyunsaturated Fat	g	1,6	13,5	1,7
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,7	5,9	0,7
Sodium	mg	575,5	4926,1	615,8

**Tangy Russian
Small**

Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1100,2	2943,0	735,8
Protein	g	14,1	37,7	9,4
Glycaemic Carbohydrates	g	26,9	72,0	18,0
of which total Sugars	g	9,4	25,2	6,3
Total Fat	g	11,1	29,7	7,4
Of which Saturated Fat	g	5,4	14,6	3,6
Of which Monounsaturated Fat	g	3,9	10,4	2,6
Of which Polyunsaturated Fat	g	1,7	4,5	1,1
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,8	2,0	0,5
Sodium	mg	642,8	1719,4	429,9

**Tangy Russian
Medium**

Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1111,4	4662,1	777,0
Protein	g	13,9	58,3	9,7
Glycaemic Carbohydrates	g	28,9	121,3	20,2
of which total Sugars	g	9,2	38,5	6,4
Total Fat	g	10,6	44,3	7,4
Of which Saturated Fat	g	5,2	21,7	3,6
Of which Monounsaturated Fat	g	3,7	15,3	2,6
Of which Polyunsaturated Fat	g	1,7	6,9	1,2
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,7	2,9	0,5
Sodium	mg	623,6	2615,9	436,0

**Tangy Russian
Large**

Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1114,8	8386,2	1048,3
Protein	g	14,2	106,9	13,4
Glycaemic Carbohydrates	g	28,4	213,9	26,7
of which total Sugars	g	8,7	65,5	8,2
Total Fat	g	10,7	80,7	10,1
Of which Saturated Fat	g	5,3	39,7	5,0
Of which Monounsaturated Fat	g	3,7	28,1	3,5
Of which Polyunsaturated Fat	g	1,6	12,2	1,5
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,7	5,3	0,7
Sodium	mg	638,9	4806,1	600,8

**Tangy Russian
Small**

Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1058,3	3592,8	898,2
Protein	g	12,9	43,8	11,0
Glycaemic Carbohydrates	g	29,6	100,3	25,1
of which total Sugars	g	8,2	27,9	7,0
Total Fat	g	9,3	31,5	7,9
Of which Saturated Fat	g	4,5	15,3	3,8
Of which Monounsaturated Fat	g	3,2	11,0	2,8
Of which Polyunsaturated Fat	g	1,4	4,9	1,2
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,6	2,0	0,5
Sodium	mg	636,4	2160,5	540,1

**Tangy Russian
Medium**

Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1058,1	5422,9	903,8
Protein	g	12,8	65,7	10,9
Glycaemic Carbohydrates	g	30,1	154,4	25,7
of which total Sugars	g	8,3	42,4	7,1
Total Fat	g	9,0	46,4	7,7
Of which Saturated Fat	g	4,4	22,6	3,8
Of which Monounsaturated Fat	g	3,2	16,2	2,7
Of which Polyunsaturated Fat	g	1,4	7,2	1,2
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,6	2,9	0,5
Sodium	mg	632,9	3243,7	540,6

**Tangy Russian
Large**

Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1060,7	9715,2	1214,4
Protein	g	13,1	119,7	15,0
Glycaemic Carbohydrates	g	29,7	271,7	34,0
of which total Sugars	g	7,9	72,3	9,0
Total Fat	g	9,2	84,4	10,5
Of which Saturated Fat	g	4,5	41,3	5,2
Of which Monounsaturated Fat	g	3,2	29,7	3,7
Of which Polyunsaturated Fat	g	1,4	12,6	1,6
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,6	5,3	0,7
Sodium	mg	646,2	5918,1	739,8

**Bacon & Avocado
Small
Traditional Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1002,6	2782,2	695,5
Protein	g	13,4	37,2	9,3
Glycaemic Carbohydrates	g	18,3	50,8	12,7
of which total Sugars	g	1,8	5,1	1,3
Total Fat	g	12,6	34,9	8,7
Of which Saturated Fat	g	5,2	14,4	3,6
Of which Monounsaturated Fat	g	5,7	15,9	4,0
Of which Polyunsaturated Fat	g	1,5	4,1	1,0
Of which Trans Fat	g	0,1	0,2	0,0
Dietary Fibre	g	1,6	4,6	1,1
Sodium	mg	471,9	1309,6	327,4

**Bacon & Avocado
Medium
Traditional Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1006,2	4372,1	728,7
Protein	g	13,1	57,1	9,5
Glycaemic Carbohydrates	g	20,6	89,6	14,9
of which total Sugars	g	2,0	8,6	1,4
Total Fat	g	11,7	50,9	8,5
Of which Saturated Fat	g	4,9	21,2	3,5
Of which Monounsaturated Fat	g	5,2	22,8	3,8
Of which Polyunsaturated Fat	g	1,5	6,4	1,1
Of which Trans Fat	g	0,1	0,2	0,0
Dietary Fibre	g	1,5	6,6	1,1
Sodium	mg	456,5	1983,5	330,6

**Bacon & Avocado
Large
Traditional Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1048,9	7208,8	901,1
Protein	g	13,7	94,3	11,8
Glycaemic Carbohydrates	g	23,1	158,4	19,8
of which total Sugars	g	1,9	13,0	1,6
Total Fat	g	11,5	79,1	9,9
Of which Saturated Fat	g	5,1	35,3	4,4
Of which Monounsaturated Fat	g	4,8	32,9	4,1
Of which Polyunsaturated Fat	g	1,4	9,9	1,2
Of which Trans Fat	g	0,0	0,3	0,0
Dietary Fibre	g	1,2	8,6	1,1
Sodium	mg	446,8	3070,7	383,8

**Bacon & Avocado
Small
Pan Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	981,9	3431,9	858,0
Protein	g	12,4	43,4	10,8
Glycaemic Carbohydrates	g	22,7	79,2	19,8
of which total Sugars	g	2,2	7,8	2,0
Total Fat	g	10,5	36,6	9,2
Of which Saturated Fat	g	4,3	15,1	3,8
Of which Monounsaturated Fat	g	4,7	16,6	4,1
Of which Polyunsaturated Fat	g	1,3	4,5	1,1
Of which Trans Fat	g	0,0	0,2	0,0
Dietary Fibre	g	1,3	4,6	1,1
Sodium	mg	500,9	1750,7	437,7

**Bacon & Avocado
Medium
Pan Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	973,1	5132,9	855,5
Protein	g	12,2	64,4	10,7
Glycaemic Carbohydrates	g	23,3	122,7	20,5
of which total Sugars	g	2,4	12,4	2,1
Total Fat	g	10,1	53,0	8,8
Of which Saturated Fat	g	4,2	22,1	3,7
Of which Monounsaturated Fat	g	4,5	23,7	3,9
Of which Polyunsaturated Fat	g	1,3	6,6	1,1
Of which Trans Fat	g	0,0	0,2	0,0
Dietary Fibre	g	1,3	6,6	1,1
Sodium	mg	495,0	2611,3	435,2

**Bacon & Avocado
Large
Pan Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1003,4	8537,8	1067,2
Protein	g	12,6	107,1	13,4
Glycaemic Carbohydrates	g	25,4	216,2	27,0
of which total Sugars	g	2,3	19,9	2,5
Total Fat	g	9,7	82,8	10,3
Of which Saturated Fat	g	4,3	37,0	4,6
Of which Monounsaturated Fat	g	4,1	34,5	4,3
Of which Polyunsaturated Fat	g	1,2	10,3	1,3
Of which Trans Fat	g	0,0	0,3	0,0
Dietary Fibre	g	1,0	8,6	1,1
Sodium	mg	491,6	4182,7	522,8

**Bacon Supreme
Small**

Traditional Base

S

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	866,7	2361,9	590,5
Protein	g	14,2	38,6	9,7
Glycaemic Carbohydrates	g	18,8	51,2	12,8
of which total Sugars	g	2,1	5,6	1,4
Total Fat	g	8,3	22,7	5,7
Of which Saturated Fat	g	4,6	12,4	3,1
Of which Monounsaturated Fat	g	2,5	6,8	1,7
Of which Polyunsaturated Fat	g	1,2	3,2	0,8
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,0	2,6	0,7
Sodium	mg	482,1	1313,6	328,4

**Bacon Supreme
Medium**

Traditional Base

M

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	854,6	3798,7	633,1
Protein	g	13,4	59,6	9,9
Glycaemic Carbohydrates	g	20,3	90,4	15,1
of which total Sugars	g	2,2	9,6	1,6
Total Fat	g	7,6	34,0	5,7
Of which Saturated Fat	g	4,2	18,5	3,1
Of which Monounsaturated Fat	g	2,3	10,1	1,7
Of which Polyunsaturated Fat	g	1,1	5,1	0,8
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,0	4,6	0,8
Sodium	mg	448,1	1991,7	331,9

**Bacon Supreme
Large**

Traditional Base

L

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	872,3	6518,4	814,8
Protein	g	13,3	99,3	12,4
Glycaemic Carbohydrates	g	21,4	160,0	20,0
of which total Sugars	g	2,0	15,0	1,9
Total Fat	g	7,7	57,4	7,2
Of which Saturated Fat	g	4,3	31,9	4,0
Of which Monounsaturated Fat	g	2,2	16,6	2,1
Of which Polyunsaturated Fat	g	1,1	8,3	1,0
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,1	7,9	1,0
Sodium	mg	413,4	3089,2	386,1

**Bacon Supreme
Small**

Pan Base

S

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	874,2	3011,6	752,9
Protein	g	13,0	44,7	11,2
Glycaemic Carbohydrates	g	23,1	79,6	19,9
of which total Sugars	g	2,4	8,3	2,1
Total Fat	g	7,1	24,5	6,1
Of which Saturated Fat	g	3,8	13,2	3,3
Of which Monounsaturated Fat	g	2,2	7,5	1,9
Of which Polyunsaturated Fat	g	1,0	3,6	0,9
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,8	2,6	0,7
Sodium	mg	509,4	1754,7	438,7

**Bacon Supreme
Medium**

Pan Base

M

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	848,3	4559,5	759,9
Protein	g	12,4	66,9	11,1
Glycaemic Carbohydrates	g	23,0	123,5	20,6
of which total Sugars	g	2,5	13,4	2,2
Total Fat	g	6,7	36,1	6,0
Of which Saturated Fat	g	3,6	19,4	3,2
Of which Monounsaturated Fat	g	2,0	11,0	1,8
Of which Polyunsaturated Fat	g	1,0	5,4	0,9
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,9	4,6	0,8
Sodium	mg	487,3	2619,5	436,6

**Bacon Supreme
Large**

Pan Base

L

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	861,5	7847,4	980,9
Protein	g	12,3	112,1	14,0
Glycaemic Carbohydrates	g	23,9	217,8	27,2
of which total Sugars	g	2,4	21,9	2,7
Total Fat	g	6,7	61,1	7,6
Of which Saturated Fat	g	3,7	33,5	4,2
Of which Monounsaturated Fat	g	2,0	18,2	2,3
Of which Polyunsaturated Fat	g	1,0	8,8	1,1
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,9	7,9	1,0
Sodium	mg	461,2	4201,2	525,2

**Hot One
Small**

Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	938,1	2368,8	592,2
Protein	g	12,5	31,5	7,9
Glycaemic Carbohydrates	g	26,2	66,2	16,6
of which total Sugars	g	3,3	8,3	2,1
Total Fat	g	7,6	19,2	4,8
Of which Saturated Fat	g	4,5	11,5	2,9
Of which Monounsaturated Fat	g	2,2	5,6	1,4
Of which Polyunsaturated Fat	g	0,7	1,8	0,5
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,8	2,0	0,5
Sodium	mg	707,7	1786,9	446,7

**Hot One
Medium**

Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	937,1	3790,4	631,7
Protein	g	12,0	48,6	8,1
Glycaemic Carbohydrates	g	27,7	111,8	18,6
of which total Sugars	g	3,5	14,0	2,3
Total Fat	g	7,1	28,9	4,8
Of which Saturated Fat	g	4,2	17,0	2,8
Of which Monounsaturated Fat	g	2,1	8,3	1,4
Of which Polyunsaturated Fat	g	0,8	3,1	0,5
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,8	3,3	0,6
Sodium	mg	655,8	2652,6	442,1

**Hot One
Large**

Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	945,9	6548,1	818,5
Protein	g	12,1	83,6	10,5
Glycaemic Carbohydrates	g	27,8	192,4	24,1
of which total Sugars	g	3,4	23,4	2,9
Total Fat	g	7,3	50,4	6,3
Of which Saturated Fat	g	4,3	29,9	3,7
Of which Monounsaturated Fat	g	2,1	14,3	1,8
Of which Polyunsaturated Fat	g	0,8	5,5	0,7
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,8	5,7	0,7
Sodium	mg	600,1	4153,9	519,2

**Hot One
Small**

Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	930,2	3018,5	754,6
Protein	g	11,6	37,6	9,4
Glycaemic Carbohydrates	g	29,1	94,5	23,6
of which total Sugars	g	3,4	11,1	2,8
Total Fat	g	6,5	21,0	5,3
Of which Saturated Fat	g	3,8	12,2	3,1
Of which Monounsaturated Fat	g	1,9	6,3	1,6
Of which Polyunsaturated Fat	g	0,7	2,2	0,5
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,6	2,0	0,5
Sodium	mg	686,6	2228,0	557,0

**Hot One
Medium**

Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	914,8	4551,2	758,5
Protein	g	11,2	55,9	9,3
Glycaemic Carbohydrates	g	29,1	144,9	24,2
of which total Sugars	g	3,6	17,9	3,0
Total Fat	g	6,2	31,0	5,2
Of which Saturated Fat	g	3,6	17,9	3,0
Of which Monounsaturated Fat	g	1,8	9,2	1,5
Of which Polyunsaturated Fat	g	0,7	3,4	0,6
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,7	3,3	0,6
Sodium	mg	659,4	3280,4	546,7

**Hot One
Large**

Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	920,3	7877,1	984,6
Protein	g	11,3	96,4	12,1
Glycaemic Carbohydrates	g	29,2	250,2	31,3
of which total Sugars	g	3,5	30,3	3,8
Total Fat	g	6,3	54,1	6,8
Of which Saturated Fat	g	3,7	31,5	3,9
Of which Monounsaturated Fat	g	1,8	15,8	2,0
Of which Polyunsaturated Fat	g	0,7	6,0	0,7
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,7	5,7	0,7
Sodium	mg	615,2	5265,9	658,2

Bolognese
Small

Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1054,8	2769,0	692,2
Protein	g	13,6	35,6	8,9
Glycaemic Carbohydrates	g	21,3	55,9	14,0
of which total Sugars	g	2,9	7,5	1,9
Total Fat	g	8,5	22,3	5,6
Of which Saturated Fat	g	4,8	12,7	3,2
Of which Monounsaturated Fat	g	2,6	6,9	1,7
Of which Polyunsaturated Fat	g	0,9	2,5	0,6
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,2	3,1	0,8
Sodium	mg	366,3	961,6	240,4

Bolognese
Medium

Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1045,2	4437,0	739,5
Protein	g	13,2	55,9	9,3
Glycaemic Carbohydrates	g	22,9	97,0	16,2
of which total Sugars	g	2,8	11,9	2,0
Total Fat	g	8,0	33,9	5,7
Of which Saturated Fat	g	4,5	19,0	3,2
Of which Monounsaturated Fat	g	2,5	10,4	1,7
Of which Polyunsaturated Fat	g	1,0	4,1	0,7
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,2	5,1	0,8
Sodium	mg	353,9	1502,4	250,4

Bolognese
Large

Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1047,3	7564,0	945,5
Protein	g	13,3	95,7	12,0
Glycaemic Carbohydrates	g	23,6	170,7	21,3
of which total Sugars	g	2,7	19,4	2,4
Total Fat	g	8,1	58,5	7,3
Of which Saturated Fat	g	4,6	33,2	4,2
Of which Monounsaturated Fat	g	2,4	17,6	2,2
Of which Polyunsaturated Fat	g	1,0	7,1	0,9
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,1	8,2	1,0
Sodium	mg	341,4	2466,1	308,3

Bolognese
Small

Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1022,0	3418,7	854,7
Protein	g	12,5	41,8	10,4
Glycaemic Carbohydrates	g	25,2	84,3	21,1
of which total Sugars	g	3,1	10,2	2,6
Total Fat	g	7,2	24,0	6,0
Of which Saturated Fat	g	4,0	13,4	3,3
Of which Monounsaturated Fat	g	2,3	7,5	1,9
Of which Polyunsaturated Fat	g	0,9	2,9	0,7
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,9	3,1	0,8
Sodium	mg	419,3	1402,7	350,7

Bolognese
Medium

Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1004,4	5197,8	866,3
Protein	g	12,2	63,2	10,5
Glycaemic Carbohydrates	g	25,1	130,0	21,7
of which total Sugars	g	3,1	15,8	2,6
Total Fat	g	7,0	36,0	6,0
Of which Saturated Fat	g	3,9	20,0	3,3
Of which Monounsaturated Fat	g	2,2	11,3	1,9
Of which Polyunsaturated Fat	g	0,8	4,4	0,7
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,0	5,1	0,8
Sodium	mg	411,6	2130,2	355,0

Bolognese
Large

Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1003,8	8893,0	1111,6
Protein	g	12,2	108,5	13,6
Glycaemic Carbohydrates	g	25,8	228,4	28,6
of which total Sugars	g	3,0	26,2	3,3
Total Fat	g	7,0	62,2	7,8
Of which Saturated Fat	g	3,9	34,8	4,3
Of which Monounsaturated Fat	g	2,2	19,2	2,4
Of which Polyunsaturated Fat	g	0,8	7,5	0,9
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,9	8,2	1,0
Sodium	mg	403,9	3578,1	447,3

Fetaroni

**Small
Traditional Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1121,0	2875,5	718,9
Protein	g	15,5	39,8	9,9
Glycaemic Carbohydrates	g	19,6	50,2	12,6
of which total Sugars	g	1,8	4,5	1,1
Total Fat	g	14,2	36,5	9,1
Of which Saturated Fat	g	7,9	20,3	5,1
Of which Monounsaturated Fat	g	4,4	11,3	2,8
Of which Polyunsaturated Fat	g	1,8	4,7	1,2
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,8	1,9	0,5
Sodium	mg	718,3	1842,4	460,6

Fetaroni

**Medium
Traditional Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1120,2	4688,0	781,3
Protein	g	15,0	62,9	10,5
Glycaemic Carbohydrates	g	21,2	88,8	14,8
of which total Sugars	g	1,9	7,7	1,3
Total Fat	g	13,7	57,2	9,5
Of which Saturated Fat	g	7,4	30,9	5,1
Of which Monounsaturated Fat	g	4,3	17,8	3,0
Of which Polyunsaturated Fat	g	2,0	8,2	1,4
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,8	3,3	0,6
Sodium	mg	691,9	2895,7	482,6

Fetaroni

**Large
Traditional Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1157,9	8316,5	1039,6
Protein	g	15,5	111,0	13,9
Glycaemic Carbohydrates	g	21,9	157,3	19,7
of which total Sugars	g	1,7	11,9	1,5
Total Fat	g	14,2	101,9	12,7
Of which Saturated Fat	g	7,6	54,3	6,8
Of which Monounsaturated Fat	g	4,4	31,7	4,0
Of which Polyunsaturated Fat	g	2,1	15,3	1,9
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,8	5,4	0,7
Sodium	mg	692,0	4969,9	621,2

Fetaroni

**Small
Pan Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1073,1	3525,2	881,3
Protein	g	14,0	45,9	11,5
Glycaemic Carbohydrates	g	23,9	78,6	19,6
of which total Sugars	g	2,2	7,2	1,8
Total Fat	g	11,7	38,3	9,6
Of which Saturated Fat	g	6,4	21,0	5,2
Of which Monounsaturated Fat	g	3,6	12,0	3,0
Of which Polyunsaturated Fat	g	1,5	5,0	1,3
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,6	1,9	0,5
Sodium	mg	695,1	2283,5	570,9

Fetaroni

**Medium
Pan Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1065,3	5448,8	908,1
Protein	g	13,7	70,2	11,7
Glycaemic Carbohydrates	g	23,8	121,9	20,3
of which total Sugars	g	2,3	11,6	1,9
Total Fat	g	11,6	59,3	9,9
Of which Saturated Fat	g	6,2	31,8	5,3
Of which Monounsaturated Fat	g	3,6	18,7	3,1
Of which Polyunsaturated Fat	g	1,7	8,5	1,4
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,6	3,3	0,5
Sodium	mg	688,8	3523,5	587,2

Fetaroni

**Large
Pan Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1093,7	9645,4	1205,7
Protein	g	14,0	123,8	15,5
Glycaemic Carbohydrates	g	24,4	215,0	26,9
of which total Sugars	g	2,1	18,7	2,3
Total Fat	g	12,0	105,6	13,2
Of which Saturated Fat	g	6,3	55,9	7,0
Of which Monounsaturated Fat	g	3,8	33,2	4,2
Of which Polyunsaturated Fat	g	1,8	15,7	2,0
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,6	5,4	0,7
Sodium	mg	689,6	6081,9	760,2

Supreme Small

Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	839,4	2455,2	613,8
Protein	g	12,3	36,1	9,0
Glycaemic Carbohydrates	g	21,0	61,4	15,3
of which total Sugars	g	1,8	5,4	1,3
Total Fat	g	7,4	21,7	5,4
Of which Saturated Fat	g	4,3	12,5	3,1
Of which Monounsaturated Fat	g	2,3	6,7	1,7
Of which Polyunsaturated Fat	g	0,8	2,3	0,6
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,2	3,6	0,9
Sodium	mg	583,8	1707,6	426,9

Supreme Medium

Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	836,1	3950,7	658,5
Protein	g	12,0	56,4	9,4
Glycaemic Carbohydrates	g	22,0	103,9	17,3
of which total Sugars	g	2,0	9,2	1,5
Total Fat	g	7,1	33,3	5,6
Of which Saturated Fat	g	4,0	18,8	3,1
Of which Monounsaturated Fat	g	2,2	10,2	1,7
Of which Polyunsaturated Fat	g	0,8	4,0	0,7
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,3	6,0	1,0
Sodium	mg	538,9	2546,5	424,4

Supreme Large

Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	855,9	6729,3	841,2
Protein	g	12,1	95,2	11,9
Glycaemic Carbohydrates	g	22,7	178,6	22,3
of which total Sugars	g	1,9	14,5	1,8
Total Fat	g	7,2	56,5	7,1
Of which Saturated Fat	g	4,1	32,3	4,0
Of which Monounsaturated Fat	g	2,1	16,9	2,1
Of which Polyunsaturated Fat	g	0,9	6,8	0,9
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,3	9,9	1,2
Sodium	mg	490,5	3856,6	482,1

Supreme Small

Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	851,8	3104,9	776,2
Protein	g	11,6	42,2	10,5
Glycaemic Carbohydrates	g	24,6	89,7	22,4
of which total Sugars	g	2,2	8,1	2,0
Total Fat	g	6,5	23,5	5,9
Of which Saturated Fat	g	3,6	13,2	3,3
Of which Monounsaturated Fat	g	2,0	7,4	1,8
Of which Polyunsaturated Fat	g	0,7	2,7	0,7
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,0	3,6	0,9
Sodium	mg	589,5	2148,7	537,2

Supreme Medium

Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	833,2	4711,5	785,2
Protein	g	11,3	63,8	10,6
Glycaemic Carbohydrates	g	24,2	137,0	22,8
of which total Sugars	g	2,3	13,1	2,2
Total Fat	g	6,3	35,4	5,9
Of which Saturated Fat	g	3,5	19,7	3,3
Of which Monounsaturated Fat	g	2,0	11,1	1,9
Of which Polyunsaturated Fat	g	0,8	4,3	0,7
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,1	6,0	1,0
Sodium	mg	561,3	3174,3	529,0

Supreme Large

Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	848,3	8058,3	1007,3
Protein	g	11,4	107,9	13,5
Glycaemic Carbohydrates	g	24,9	236,3	29,5
of which total Sugars	g	2,3	21,4	2,7
Total Fat	g	6,3	60,2	7,5
Of which Saturated Fat	g	3,6	33,9	4,2
Of which Monounsaturated Fat	g	1,9	18,4	2,3
Of which Polyunsaturated Fat	g	0,8	7,2	0,9
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,0	9,9	1,2
Sodium	mg	523,1	4968,6	621,1

Four in One

Small

Traditional Base

S

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1019,0	2929,7	732,4
Protein	g	15,8	45,4	11,3
Glycaemic Carbohydrates	g	19,1	54,9	13,7
of which total Sugars	g	2,1	6,2	1,5
Total Fat	g	11,6	33,3	8,3
Of which Saturated Fat	g	5,8	16,6	4,2
Of which Monounsaturated Fat	g	4,1	11,9	3,0
Of which Polyunsaturated Fat	g	1,6	4,5	1,1
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,7	2,1	0,5
Sodium	mg	781,3	2246,1	561,5

Four in One

Medium

Traditional Base

M

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1021,9	4623,9	770,6
Protein	g	15,4	69,8	11,6
Glycaemic Carbohydrates	g	21,0	95,1	15,9
of which total Sugars	g	2,2	10,0	1,7
Total Fat	g	10,9	49,5	8,2
Of which Saturated Fat	g	5,4	24,6	4,1
Of which Monounsaturated Fat	g	3,9	17,5	2,9
Of which Polyunsaturated Fat	g	1,5	7,0	1,2
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,7	3,2	0,5
Sodium	mg	739,9	3348,0	558,0

Four in One

Large

Traditional Base

L

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1055,9	7985,0	998,1
Protein	g	15,5	117,4	14,7
Glycaemic Carbohydrates	g	22,3	168,8	21,1
of which total Sugars	g	2,1	15,7	2,0
Total Fat	g	11,2	84,8	10,6
Of which Saturated Fat	g	5,6	42,7	5,3
Of which Monounsaturated Fat	g	3,9	29,7	3,7
Of which Polyunsaturated Fat	g	1,5	11,6	1,5
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,7	5,1	0,6
Sodium	mg	731,2	5529,9	691,2

Four in One

Small

Pan Base

S

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	995,7	3579,4	894,9
Protein	g	14,3	51,5	12,9
Glycaemic Carbohydrates	g	23,2	83,3	20,8
of which total Sugars	g	2,5	8,9	2,2
Total Fat	g	9,7	35,0	8,8
Of which Saturated Fat	g	4,8	17,3	4,3
Of which Monounsaturated Fat	g	3,5	12,6	3,1
Of which Polyunsaturated Fat	g	1,3	4,8	1,2
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,6	2,1	0,5
Sodium	mg	747,5	2687,2	671,8

Four in One

Medium

Pan Base

M

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	987,1	5384,6	897,4
Protein	g	14,1	77,1	12,8
Glycaemic Carbohydrates	g	23,5	128,2	21,4
of which total Sugars	g	2,5	13,9	2,3
Total Fat	g	9,5	51,6	8,6
Of which Saturated Fat	g	4,7	25,5	4,3
Of which Monounsaturated Fat	g	3,4	18,4	3,1
Of which Polyunsaturated Fat	g	1,3	7,3	1,2
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,6	3,2	0,5
Sodium	mg	728,8	3975,8	662,6

Four in One

Large

Pan Base

L

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1012,5	9313,9	1164,2
Protein	g	14,2	130,2	16,3
Glycaemic Carbohydrates	g	24,6	226,5	28,3
of which total Sugars	g	2,5	22,6	2,8
Total Fat	g	9,6	88,4	11,1
Of which Saturated Fat	g	4,8	44,3	5,5
Of which Monounsaturated Fat	g	3,4	31,3	3,9
Of which Polyunsaturated Fat	g	1,3	12,1	1,5
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,6	5,1	0,6
Sodium	mg	722,0	6641,9	830,2

Seafood

**Small
Traditional Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	915,5	2540,5	635,1
Protein	g	15,9	44,1	11,0
Glycaemic Carbohydrates	g	18,3	50,9	12,7
of which total Sugars	g	1,6	4,5	1,1
Total Fat	g	9,3	25,9	6,5
Of which Saturated Fat	g	4,3	12,0	3,0
Of which Monounsaturated Fat	g	3,8	10,5	2,6
Of which Polyunsaturated Fat	g	1,2	3,3	0,8
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,3	0,7	0,2
Sodium	mg	291,2	808,1	202,0

Seafood

**Medium
Traditional Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	929,2	4083,8	680,6
Protein	g	15,4	67,7	11,3
Glycaemic Carbohydrates	g	20,4	89,8	15,0
of which total Sugars	g	1,8	7,7	1,3
Total Fat	g	9,0	39,4	6,6
Of which Saturated Fat	g	4,1	18,0	3,0
Of which Monounsaturated Fat	g	3,6	15,9	2,6
Of which Polyunsaturated Fat	g	1,2	5,3	0,9
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,3	1,2	0,2
Sodium	mg	291,9	1283,1	213,9

Seafood

**Large
Traditional Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	994,8	7184,9	898,1
Protein	g	15,5	111,8	14,0
Glycaemic Carbohydrates	g	22,0	158,6	19,8
of which total Sugars	g	1,6	11,9	1,5
Total Fat	g	10,0	72,1	9,0
Of which Saturated Fat	g	4,5	32,4	4,0
Of which Monounsaturated Fat	g	4,2	30,1	3,8
Of which Polyunsaturated Fat	g	1,3	9,2	1,2
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,2	1,6	0,2
Sodium	mg	296,4	2140,5	267,6

Seafood

**Small
Pan Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	912,8	3190,2	797,6
Protein	g	14,4	50,2	12,6
Glycaemic Carbohydrates	g	22,7	79,2	19,8
of which total Sugars	g	2,1	7,2	1,8
Total Fat	g	7,9	27,7	6,9
Of which Saturated Fat	g	3,6	12,7	3,2
Of which Monounsaturated Fat	g	3,2	11,2	2,8
Of which Polyunsaturated Fat	g	1,1	3,7	0,9
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,2	0,7	0,2
Sodium	mg	357,4	1249,2	312,3

Seafood

**Medium
Pan Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	909,8	4844,6	807,4
Protein	g	14,1	75,0	12,5
Glycaemic Carbohydrates	g	23,1	122,8	20,5
of which total Sugars	g	2,2	11,6	1,9
Total Fat	g	7,8	41,5	6,9
Of which Saturated Fat	g	3,6	18,9	3,2
Of which Monounsaturated Fat	g	3,1	16,8	2,8
Of which Polyunsaturated Fat	g	1,1	5,6	0,9
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,2	1,2	0,2
Sodium	mg	358,9	1910,9	318,5

Seafood

**Large
Pan Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	961,0	8513,9	1064,2
Protein	g	14,1	124,6	15,6
Glycaemic Carbohydrates	g	24,4	216,3	27,0
of which total Sugars	g	2,1	18,7	2,3
Total Fat	g	8,5	75,7	9,5
Of which Saturated Fat	g	3,8	34,0	4,3
Of which Monounsaturated Fat	g	3,6	31,7	4,0
Of which Polyunsaturated Fat	g	1,1	9,6	1,2
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,2	1,6	0,2
Sodium	mg	367,1	3252,5	406,6

BBQ Chicken & Mushroom Small Traditional Base

S

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	936,7	2365,1	591,3
Protein	g	15,6	39,4	9,9
Glycaemic Carbohydrates	g	19,9	50,3	12,6
of which total Sugars	g	1,5	3,8	1,0
Total Fat	g	9,0	22,8	5,7
Of which Saturated Fat	g	4,4	11,2	2,8
Of which Monounsaturated Fat	g	2,5	6,4	1,6
Of which Polyunsaturated Fat	g	2,0	5,0	1,3
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,4	1,1	0,3
Sodium	mg	439,9	1110,8	277,7

BBQ Chicken & Mushroom Medium Traditional Base

M

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	952,3	3756,8	626,1
Protein	g	15,1	59,4	9,9
Glycaemic Carbohydrates	g	22,5	88,7	14,8
of which total Sugars	g	1,6	6,3	1,1
Total Fat	g	8,5	33,7	5,6
Of which Saturated Fat	g	4,2	16,6	2,8
Of which Monounsaturated Fat	g	2,4	9,3	1,6
Of which Polyunsaturated Fat	g	1,9	7,4	1,2
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,4	1,7	0,3
Sodium	mg	425,7	1679,3	279,9

BBQ Chicken & Mushroom Large Traditional Base

L

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	968,6	6705,0	838,1
Protein	g	15,3	105,9	13,2
Glycaemic Carbohydrates	g	22,8	157,8	19,7
of which total Sugars	g	1,5	10,5	1,3
Total Fat	g	8,7	60,4	7,6
Of which Saturated Fat	g	4,3	29,9	3,7
Of which Monounsaturated Fat	g	2,4	16,7	2,1
Of which Polyunsaturated Fat	g	1,9	13,1	1,6
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,4	3,0	0,4
Sodium	mg	420,7	2912,2	364,0

BBQ Chicken & Mushroom Small Pan Base

S

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	929,1	3014,9	753,7
Protein	g	14,0	45,6	11,4
Glycaemic Carbohydrates	g	24,2	78,7	19,7
of which total Sugars	g	2,0	6,5	1,6
Total Fat	g	7,6	24,6	6,1
Of which Saturated Fat	g	3,7	11,9	3,0
Of which Monounsaturated Fat	g	2,2	7,1	1,8
Of which Polyunsaturated Fat	g	1,7	5,4	1,4
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,3	1,1	0,3
Sodium	mg	478,2	1551,9	388,0

BBQ Chicken & Mushroom Medium Pan Base

M

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	926,7	4517,6	752,9
Protein	g	13,7	66,7	11,1
Glycaemic Carbohydrates	g	25,0	121,7	20,3
of which total Sugars	g	2,1	10,2	1,7
Total Fat	g	7,3	35,8	6,0
Of which Saturated Fat	g	3,6	17,5	2,9
Of which Monounsaturated Fat	g	2,1	10,2	1,7
Of which Polyunsaturated Fat	g	1,6	7,7	1,3
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,3	1,7	0,3
Sodium	mg	473,2	2307,1	384,5

BBQ Chicken & Mushroom Large Pan Base

L

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	938,7	8034,0	1004,3
Protein	g	13,9	118,7	14,8
Glycaemic Carbohydrates	g	25,2	215,6	26,9
of which total Sugars	g	2,0	17,3	2,2
Total Fat	g	7,5	64,1	8,0
Of which Saturated Fat	g	3,7	31,6	3,9
Of which Monounsaturated Fat	g	2,1	18,3	2,3
Of which Polyunsaturated Fat	g	1,6	13,5	1,7
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,3	3,0	0,4
Sodium	mg	470,2	4024,2	503,0

BBQ Chicken & Pineapple Small Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	874,1	2425,6	606,4
Protein	g	13,6	37,8	9,4
Glycaemic Carbohydrates	g	20,3	56,4	14,1
of which total Sugars	g	3,6	9,9	2,5
Total Fat	g	8,1	22,6	5,6
Of which Saturated Fat	g	4,0	11,1	2,8
Of which Monounsaturated Fat	g	2,3	6,4	1,6
Of which Polyunsaturated Fat	g	1,8	4,9	1,2
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,7	2,0	0,5
Sodium	mg	398,9	1107,0	276,8

BBQ Chicken & Pineapple Small Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	879,9	3075,4	768,8
Protein	g	12,6	43,9	11,0
Glycaemic Carbohydrates	g	24,3	84,8	21,2
of which total Sugars	g	3,6	12,6	3,2
Total Fat	g	7,0	24,4	6,1
Of which Saturated Fat	g	3,4	11,9	3,0
Of which Monounsaturated Fat	g	2,0	7,1	1,8
Of which Polyunsaturated Fat	g	1,5	5,3	1,3
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,6	2,0	0,5
Sodium	mg	443,0	1548,1	387,0

BBQ Chicken & Pineapple Medium Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	903,0	3833,2	638,9
Protein	g	13,4	56,7	9,5
Glycaemic Carbohydrates	g	22,9	97,2	16,2
of which total Sugars	g	3,5	14,9	2,5
Total Fat	g	7,9	33,3	5,6
Of which Saturated Fat	g	3,9	16,6	2,8
Of which Monounsaturated Fat	g	2,2	9,4	1,6
Of which Polyunsaturated Fat	g	1,7	7,3	1,2
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,7	2,8	0,5
Sodium	mg	394,0	1672,6	278,8

BBQ Chicken & Pineapple Medium Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	887,7	4594,0	765,7
Protein	g	12,4	64,0	10,7
Glycaemic Carbohydrates	g	25,2	130,3	21,7
of which total Sugars	g	3,6	18,7	3,1
Total Fat	g	6,8	35,4	5,9
Of which Saturated Fat	g	3,4	17,5	2,9
Of which Monounsaturated Fat	g	2,0	10,3	1,7
Of which Polyunsaturated Fat	g	1,5	7,6	1,3
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,5	2,8	0,5
Sodium	mg	444,5	2300,4	383,4

BBQ Chicken & Pineapple Large Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	950,9	6772,4	846,6
Protein	g	14,2	101,0	12,6
Glycaemic Carbohydrates	g	23,7	168,8	21,1
of which total Sugars	g	3,0	21,4	2,7
Total Fat	g	8,4	59,7	7,5
Of which Saturated Fat	g	4,2	29,8	3,7
Of which Monounsaturated Fat	g	2,4	16,7	2,1
Of which Polyunsaturated Fat	g	1,8	12,9	1,6
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,5	3,7	0,5
Sodium	mg	406,9	2898,2	362,3

BBQ Chicken & Pineapple Large Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	924,9	8101,4	1012,7
Protein	g	13,0	113,8	14,2
Glycaemic Carbohydrates	g	25,9	226,5	28,3
of which total Sugars	g	3,2	28,3	3,5
Total Fat	g	7,2	63,4	7,9
Of which Saturated Fat	g	3,6	31,4	3,9
Of which Monounsaturated Fat	g	2,1	18,3	2,3
Of which Polyunsaturated Fat	g	1,5	13,3	1,7
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,4	3,6	0,5
Sodium	mg	457,8	4010,2	501,3

**BBQ Chicken
Supreme Small
Traditional Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	943,4	2334,8	583,7
Protein	g	15,3	37,8	9,5
Glycaemic Carbohydrates	g	20,5	50,7	12,7
of which total Sugars	g	1,7	4,3	1,1
Total Fat	g	9,1	22,6	5,6
Of which Saturated Fat	g	4,5	11,1	2,8
Of which Monounsaturated Fat	g	2,6	6,4	1,6
Of which Polyunsaturated Fat	g	2,0	4,9	1,2
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,3	0,8	0,2
Sodium	mg	446,6	1105,3	276,3

**BBQ Chicken
Supreme Medium
Traditional Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	941,1	3712,8	618,8
Protein	g	14,4	56,9	9,5
Glycaemic Carbohydrates	g	22,7	89,5	14,9
of which total Sugars	g	1,9	7,3	1,2
Total Fat	g	8,5	33,3	5,6
Of which Saturated Fat	g	4,2	16,5	2,8
Of which Monounsaturated Fat	g	2,4	9,3	1,6
Of which Polyunsaturated Fat	g	1,8	7,2	1,2
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,4	1,6	0,3
Sodium	mg	423,6	1671,3	278,6

**BBQ Chicken
Supreme Large
Traditional Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	944,6	6633,6	829,2
Protein	g	14,5	101,7	12,7
Glycaemic Carbohydrates	g	22,7	159,4	19,9
of which total Sugars	g	1,8	12,5	1,6
Total Fat	g	8,5	59,7	7,5
Of which Saturated Fat	g	4,2	29,7	3,7
Of which Monounsaturated Fat	g	2,4	16,7	2,1
Of which Polyunsaturated Fat	g	1,8	12,8	1,6
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,5	3,3	0,4
Sodium	mg	412,8	2899,1	362,4

**BBQ Chicken
Supreme Small
Pan Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	934,1	2984,6	746,1
Protein	g	13,7	43,9	11,0
Glycaemic Carbohydrates	g	24,7	79,1	19,8
of which total Sugars	g	2,2	7,0	1,8
Total Fat	g	7,6	24,4	6,1
Of which Saturated Fat	g	3,7	11,8	3,0
Of which Monounsaturated Fat	g	2,2	7,0	1,8
Of which Polyunsaturated Fat	g	1,7	5,3	1,3
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,3	0,8	0,2
Sodium	mg	484,0	1546,4	386,6

**BBQ Chicken
Supreme Medium
Pan Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	917,7	4473,6	745,6
Protein	g	13,2	64,2	10,7
Glycaemic Carbohydrates	g	25,1	122,5	20,4
of which total Sugars	g	2,3	11,2	1,9
Total Fat	g	7,3	35,4	5,9
Of which Saturated Fat	g	3,6	17,4	2,9
Of which Monounsaturated Fat	g	2,1	10,2	1,7
Of which Polyunsaturated Fat	g	1,5	7,5	1,2
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,3	1,6	0,3
Sodium	mg	471,6	2299,1	383,2

**BBQ Chicken
Supreme Large
Pan Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	919,6	7962,6	995,3
Protein	g	13,2	114,5	14,3
Glycaemic Carbohydrates	g	25,1	217,2	27,1
of which total Sugars	g	2,2	19,3	2,4
Total Fat	g	7,3	63,4	7,9
Of which Saturated Fat	g	3,6	31,4	3,9
Of which Monounsaturated Fat	g	2,1	18,2	2,3
Of which Polyunsaturated Fat	g	1,5	13,2	1,6
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,4	3,3	0,4
Sodium	mg	463,2	4011,1	501,4

**Peri-Peri Chicken
Small**

Traditional Base

S

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	788,7	2346,3	586,6
Protein	g	12,5	37,3	9,3
Glycaemic Carbohydrates	g	17,6	52,2	13,1
of which total Sugars	g	2,1	6,3	1,6
Total Fat	g	7,6	22,5	5,6
Of which Saturated Fat	g	3,7	10,9	2,7
Of which Monounsaturated Fat	g	2,2	6,5	1,6
Of which Polyunsaturated Fat	g	1,7	4,9	1,2
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,0	3,0	0,8
Sodium	mg	363,9	1082,5	270,6

**Peri-Peri Chicken
Medium**

Traditional Base

M

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	803,7	3733,3	622,2
Protein	g	12,1	56,3	9,4
Glycaemic Carbohydrates	g	19,7	91,6	15,3
of which total Sugars	g	2,2	10,3	1,7
Total Fat	g	7,2	33,2	5,5
Of which Saturated Fat	g	3,5	16,2	2,7
Of which Monounsaturated Fat	g	2,0	9,4	1,6
Of which Polyunsaturated Fat	g	1,6	7,3	1,2
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,0	4,7	0,8
Sodium	mg	353,8	1643,2	273,9

**Peri-Peri Chicken
Large**

Traditional Base

L

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	831,1	6667,0	833,4
Protein	g	12,5	100,2	12,5
Glycaemic Carbohydrates	g	20,4	163,4	20,4
of which total Sugars	g	2,2	17,6	2,2
Total Fat	g	7,4	59,6	7,4
Of which Saturated Fat	g	3,7	29,3	3,7
Of which Monounsaturated Fat	g	2,1	16,9	2,1
Of which Polyunsaturated Fat	g	1,6	12,9	1,6
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,0	7,6	1,0
Sodium	mg	363,2	2913,7	364,2

**Peri-Peri Chicken
Small**

Pan Base

S

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	810,8	2996,1	749,0
Protein	g	11,7	43,4	10,9
Glycaemic Carbohydrates	g	21,8	80,6	20,1
of which total Sugars	g	2,5	9,1	2,3
Total Fat	g	6,6	24,3	6,1
Of which Saturated Fat	g	3,1	11,6	2,9
Of which Monounsaturated Fat	g	1,9	7,1	1,8
Of which Polyunsaturated Fat	g	1,4	5,3	1,3
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,8	3,0	0,8
Sodium	mg	412,3	1523,6	380,9

**Peri-Peri Chicken
Medium**

Pan Base

M

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	806,1	4494,1	749,0
Protein	g	11,4	63,6	10,6
Glycaemic Carbohydrates	g	22,4	124,7	20,8
of which total Sugars	g	2,5	14,2	2,4
Total Fat	g	6,3	35,3	5,9
Of which Saturated Fat	g	3,1	17,2	2,9
Of which Monounsaturated Fat	g	1,8	10,3	1,7
Of which Polyunsaturated Fat	g	1,4	7,6	1,3
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,8	4,7	0,8
Sodium	mg	407,3	2271,0	378,5

**Peri-Peri Chicken
Large**

Pan Base

L

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	827,8	7996,0	999,5
Protein	g	11,7	113,0	14,1
Glycaemic Carbohydrates	g	22,9	221,1	27,6
of which total Sugars	g	2,5	24,4	3,1
Total Fat	g	6,5	63,2	7,9
Of which Saturated Fat	g	3,2	30,9	3,9
Of which Monounsaturated Fat	g	1,9	18,4	2,3
Of which Polyunsaturated Fat	g	1,4	13,3	1,7
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,8	7,6	1,0
Sodium	mg	416,8	4025,7	503,2

**Chick'n Mayo
(Bacon) Small
Traditional Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1142,8	2914,2	728,5
Protein	g	18,2	46,4	11,6
Glycaemic Carbohydrates	g	19,5	49,7	12,4
of which total Sugars	g	1,6	4,0	1,0
Total Fat	g	13,6	34,7	8,7
Of which Saturated Fat	g	5,4	13,8	3,4
Of which Monounsaturated Fat	g	4,2	10,8	2,7
Of which Polyunsaturated Fat	g	3,9	9,9	2,5
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,0	0,0	0,0
Sodium	mg	583,5	1487,9	372,0

**Chick'n Mayo
(Bacon) Medium
Traditional Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1180,0	4743,5	790,6
Protein	g	17,4	70,1	11,7
Glycaemic Carbohydrates	g	22,0	88,3	14,7
of which total Sugars	g	1,8	7,2	1,2
Total Fat	g	13,8	55,7	9,3
Of which Saturated Fat	g	5,3	21,2	3,5
Of which Monounsaturated Fat	g	4,3	17,2	2,9
Of which Polyunsaturated Fat	g	4,1	16,6	2,8
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,0	0,0	0,0
Sodium	mg	562,3	2260,3	376,7

**Chick'n Mayo
(Bacon) Large
Traditional Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1184,5	8288,3	1036,0
Protein	g	17,4	121,5	15,2
Glycaemic Carbohydrates	g	22,5	157,8	19,7
of which total Sugars	g	1,8	12,3	1,5
Total Fat	g	13,7	96,1	12,0
Of which Saturated Fat	g	5,3	37,4	4,7
Of which Monounsaturated Fat	g	4,2	29,5	3,7
Of which Polyunsaturated Fat	g	4,0	28,2	3,5
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,0	0,0	0,0
Sodium	mg	543,8	3805,5	475,7

**Chick'n Mayo
(Bacon) Small
Pan Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1089,9	3563,9	891,0
Protein	g	16,1	52,6	13,1
Glycaemic Carbohydrates	g	23,9	78,0	19,5
of which total Sugars	g	2,1	6,7	1,7
Total Fat	g	11,2	36,5	9,1
Of which Saturated Fat	g	4,4	14,5	3,6
Of which Monounsaturated Fat	g	3,5	11,4	2,9
Of which Polyunsaturated Fat	g	3,1	10,2	2,6
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,0	0,0	0,0
Sodium	mg	589,9	1929,0	482,3

**Chick'n Mayo
(Bacon) Medium
Pan Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1112,0	5504,3	917,4
Protein	g	15,6	77,4	12,9
Glycaemic Carbohydrates	g	24,5	121,3	20,2
of which total Sugars	g	2,2	11,1	1,8
Total Fat	g	11,7	57,8	9,6
Of which Saturated Fat	g	4,5	22,2	3,7
Of which Monounsaturated Fat	g	3,7	18,1	3,0
Of which Polyunsaturated Fat	g	3,4	16,9	2,8
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,0	0,0	0,0
Sodium	mg	583,5	2888,1	481,4

**Chick'n Mayo
(Bacon) Large
Pan Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1113,9	9617,3	1202,2
Protein	g	15,5	134,2	16,8
Glycaemic Carbohydrates	g	25,0	215,5	26,9
of which total Sugars	g	2,2	19,2	2,4
Total Fat	g	11,6	99,8	12,5
Of which Saturated Fat	g	4,5	39,1	4,9
Of which Monounsaturated Fat	g	3,6	31,1	3,9
Of which Polyunsaturated Fat	g	3,3	28,7	3,6
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,0	0,0	0,0
Sodium	mg	569,6	4917,6	614,7

**Chick'n Mayo
(Feta) Small
Traditional Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1199,0	3057,4	764,3
Protein	g	17,4	44,3	11,1
Glycaemic Carbohydrates	g	19,3	49,2	12,3
of which total Sugars	g	1,4	3,5	0,9
Total Fat	g	15,6	39,8	10,0
Of which Saturated Fat	g	7,4	18,9	4,7
Of which Monounsaturated Fat	g	4,5	11,6	2,9
Of which Polyunsaturated Fat	g	3,5	9,0	2,3
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,0	0,0	0,0
Sodium	mg	636,8	1623,9	406,0

**Chick'n Mayo
(Feta) Medium
Traditional Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1233,4	4958,3	826,4
Protein	g	16,6	66,8	11,1
Glycaemic Carbohydrates	g	21,8	87,5	14,6
of which total Sugars	g	1,6	6,5	1,1
Total Fat	g	15,7	63,3	10,5
Of which Saturated Fat	g	7,2	28,9	4,8
Of which Monounsaturated Fat	g	4,6	18,4	3,1
Of which Polyunsaturated Fat	g	3,8	15,4	2,6
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,0	0,0	0,0
Sodium	mg	613,0	2464,3	410,7

**Chick'n Mayo
(Feta) Large
Traditional Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1230,3	8486,2	1060,8
Protein	g	16,6	114,8	14,3
Glycaemic Carbohydrates	g	22,7	156,7	19,6
of which total Sugars	g	1,6	11,2	1,4
Total Fat	g	15,2	105,0	13,1
Of which Saturated Fat	g	6,8	47,2	5,9
Of which Monounsaturated Fat	g	4,4	30,6	3,8
Of which Polyunsaturated Fat	g	3,8	26,3	3,3
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,0	0,0	0,0
Sodium	mg	572,3	3947,5	493,4

**Chick'n Mayo
(Feta) Small
Pan Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1133,7	3707,1	926,8
Protein	g	15,4	50,4	12,6
Glycaemic Carbohydrates	g	23,7	77,6	19,4
of which total Sugars	g	1,9	6,3	1,6
Total Fat	g	12,7	41,6	10,4
Of which Saturated Fat	g	6,0	19,6	4,9
Of which Monounsaturated Fat	g	3,7	12,2	3,1
Of which Polyunsaturated Fat	g	2,9	9,4	2,4
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,0	0,0	0,0
Sodium	mg	631,5	2065,0	516,3

**Chick'n Mayo
(Feta) Medium
Pan Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1155,4	5719,1	953,2
Protein	g	15,0	74,1	12,4
Glycaemic Carbohydrates	g	24,4	120,6	20,1
of which total Sugars	g	2,1	10,4	1,7
Total Fat	g	13,2	65,4	10,9
Of which Saturated Fat	g	6,0	29,9	5,0
Of which Monounsaturated Fat	g	3,9	19,3	3,2
Of which Polyunsaturated Fat	g	3,2	15,7	2,6
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,0	0,0	0,0
Sodium	mg	624,7	3092,1	515,4

**Chick'n Mayo
(Feta) Large
Pan Base**

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1150,1	9815,2	1226,9
Protein	g	14,9	127,6	15,9
Glycaemic Carbohydrates	g	25,1	214,4	26,8
of which total Sugars	g	2,1	18,1	2,3
Total Fat	g	12,7	108,7	13,6
Of which Saturated Fat	g	5,7	48,8	6,1
Of which Monounsaturated Fat	g	3,8	32,2	4,0
Of which Polyunsaturated Fat	g	3,1	26,7	3,3
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,0	0,0	0,0
Sodium	mg	592,9	5059,6	632,4

BBQ Spare Rib & Mushroom Small Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	999,5	2473,7	618,4
Protein	g	18,3	45,3	11,3
Glycaemic Carbohydrates	g	22,3	55,1	13,8
of which total Sugars	g	3,7	9,2	2,3
Total Fat	g	8,5	21,0	5,2
Of which Saturated Fat	g	4,7	11,6	2,9
Of which Monounsaturated Fat	g	2,6	6,4	1,6
Of which Polyunsaturated Fat	g	1,1	2,8	0,7
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,5	1,3	0,3
Sodium	mg	360,9	893,2	223,3

BBQ Spare Rib & Mushroom Medium Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1001,6	3926,2	654,4
Protein	g	17,1	66,8	11,1
Glycaemic Carbohydrates	g	25,0	98,1	16,3
of which total Sugars	g	4,2	16,6	2,8
Total Fat	g	7,9	30,8	5,1
Of which Saturated Fat	g	4,3	16,8	2,8
Of which Monounsaturated Fat	g	2,3	9,2	1,5
Of which Polyunsaturated Fat	g	1,1	4,4	0,7
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,6	2,2	0,4
Sodium	mg	365,8	1434,1	239,0

BBQ Spare Rib & Mushroom Large Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1021,9	6971,9	871,5
Protein	g	17,6	119,8	15,0
Glycaemic Carbohydrates	g	24,9	169,8	21,2
of which total Sugars	g	3,5	23,8	3,0
Total Fat	g	8,2	56,1	7,0
Of which Saturated Fat	g	4,5	30,9	3,9
Of which Monounsaturated Fat	g	2,4	16,6	2,1
Of which Polyunsaturated Fat	g	1,2	7,9	1,0
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,5	3,6	0,5
Sodium	mg	354,5	2418,8	302,3

BBQ Spare Rib & Mushroom Small Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	977,6	3123,4	780,9
Protein	g	16,1	51,5	12,9
Glycaemic Carbohydrates	g	26,1	83,5	20,9
of which total Sugars	g	3,7	11,9	3,0
Total Fat	g	7,1	22,7	5,7
Of which Saturated Fat	g	3,8	12,3	3,1
Of which Monounsaturated Fat	g	2,2	7,0	1,8
Of which Polyunsaturated Fat	g	1,0	3,2	0,8
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,4	1,3	0,3
Sodium	mg	417,6	1334,3	333,6

BBQ Spare Rib & Mushroom Medium Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	966,4	4687,0	781,2
Protein	g	15,3	74,1	12,4
Glycaemic Carbohydrates	g	27,0	131,1	21,9
of which total Sugars	g	4,2	20,5	3,4
Total Fat	g	6,8	32,9	5,5
Of which Saturated Fat	g	3,7	17,7	3,0
Of which Monounsaturated Fat	g	2,1	10,0	1,7
Of which Polyunsaturated Fat	g	1,0	4,7	0,8
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,5	2,2	0,4
Sodium	mg	425,1	2061,9	343,7

BBQ Spare Rib & Mushroom Large Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	981,3	8300,9	1037,6
Protein	g	15,7	132,5	16,6
Glycaemic Carbohydrates	g	26,9	227,5	28,4
of which total Sugars	g	3,6	30,7	3,8
Total Fat	g	7,1	59,8	7,5
Of which Saturated Fat	g	3,8	32,5	4,1
Of which Monounsaturated Fat	g	2,2	18,2	2,3
Of which Polyunsaturated Fat	g	1,0	8,3	1,0
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,4	3,6	0,5
Sodium	mg	417,4	3530,8	441,4

BBQ Spare Rib & Pineapple Small Traditional Base

S

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	930,0	2534,2	633,5
Protein	g	16,0	43,7	10,9
Glycaemic Carbohydrates	g	22,5	61,2	15,3
of which total Sugars	g	5,6	15,3	3,8
Total Fat	g	7,6	20,7	5,2
Of which Saturated Fat	g	4,2	11,6	2,9
Of which Monounsaturated Fat	g	2,3	6,4	1,6
Of which Polyunsaturated Fat	g	1,0	2,7	0,7
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,8	2,3	0,6
Sodium	mg	326,4	889,5	222,4

BBQ Spare Rib & Pineapple Small Pan Base

S

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	924,2	3183,9	796,0
Protein	g	14,5	49,8	12,5
Glycaemic Carbohydrates	g	26,0	89,6	22,4
of which total Sugars	g	5,2	18,0	4,5
Total Fat	g	6,5	22,5	5,6
Of which Saturated Fat	g	3,6	12,3	3,1
Of which Monounsaturated Fat	g	2,0	7,0	1,8
Of which Polyunsaturated Fat	g	0,9	3,1	0,8
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,7	2,3	0,6
Sodium	mg	386,2	1330,6	332,6

BBQ Spare Rib & Pineapple Medium Traditional Base

M

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	949,9	4032,4	672,1
Protein	g	15,2	64,7	10,8
Glycaemic Carbohydrates	g	25,1	106,6	17,8
of which total Sugars	g	5,9	25,1	4,2
Total Fat	g	7,3	30,9	5,2
Of which Saturated Fat	g	4,0	17,1	2,9
Of which Monounsaturated Fat	g	2,2	9,3	1,6
Of which Polyunsaturated Fat	g	1,0	4,3	0,7
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,8	3,4	0,6
Sodium	mg	339,1	1439,4	239,9

BBQ Spare Rib & Pineapple Medium Pan Base

M

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	926,2	4793,2	798,9
Protein	g	13,9	72,0	12,0
Glycaemic Carbohydrates	g	27,0	139,7	23,3
of which total Sugars	g	5,6	29,0	4,8
Total Fat	g	6,4	33,0	5,5
Of which Saturated Fat	g	3,5	18,0	3,0
Of which Monounsaturated Fat	g	2,0	10,2	1,7
Of which Polyunsaturated Fat	g	0,9	4,6	0,8
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,7	3,4	0,6
Sodium	mg	399,4	2067,2	344,5

BBQ Spare Rib & Pineapple Large Traditional Base

L

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1002,4	7039,3	879,9
Protein	g	16,4	114,9	14,4
Glycaemic Carbohydrates	g	25,7	180,8	22,6
of which total Sugars	g	5,0	34,8	4,4
Total Fat	g	7,9	55,4	6,9
Of which Saturated Fat	g	4,4	30,8	3,9
Of which Monounsaturated Fat	g	2,4	16,6	2,1
Of which Polyunsaturated Fat	g	1,1	7,6	1,0
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,6	4,3	0,5
Sodium	mg	342,4	2404,8	300,6

BBQ Spare Rib & Pineapple Large Pan Base

L

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	966,4	8368,3	1046,0
Protein	g	14,7	127,7	16,0
Glycaemic Carbohydrates	g	27,5	238,5	29,8
of which total Sugars	g	4,8	41,7	5,2
Total Fat	g	6,8	59,1	7,4
Of which Saturated Fat	g	3,7	32,4	4,1
Of which Monounsaturated Fat	g	2,1	18,2	2,3
Of which Polyunsaturated Fat	g	0,9	8,1	1,0
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,5	4,3	0,5
Sodium	mg	406,1	3516,8	439,6

Quattro Small Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	969,6	2836,1	709,0
Protein	g	13,7	40,0	10,0
Glycaemic Carbohydrates	g	17,7	51,7	12,9
of which total Sugars	g	2,1	6,0	1,5
Total Fat	g	11,9	34,7	8,7
Of which Saturated Fat	g	5,3	15,6	3,9
Of which Monounsaturated Fat	g	4,9	14,2	3,6
Of which Polyunsaturated Fat	g	1,6	4,6	1,2
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,4	4,2	1,0
Sodium	mg	912,8	2669,8	667,5

Quattro Medium Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	966,0	4438,8	739,8
Protein	g	13,3	61,0	10,2
Glycaemic Carbohydrates	g	19,8	90,8	15,1
of which total Sugars	g	2,1	9,7	1,6
Total Fat	g	11,0	50,4	8,4
Of which Saturated Fat	g	4,9	22,6	3,8
Of which Monounsaturated Fat	g	4,5	20,4	3,4
Of which Polyunsaturated Fat	g	1,5	7,1	1,2
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,4	6,3	1,1
Sodium	mg	856,5	3935,6	655,9

Quattro Large Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	992,2	7513,4	939,2
Protein	g	13,6	102,9	12,9
Glycaemic Carbohydrates	g	21,1	160,1	20,0
of which total Sugars	g	1,9	14,6	1,8
Total Fat	g	10,9	82,7	10,3
Of which Saturated Fat	g	5,0	37,9	4,7
Of which Monounsaturated Fat	g	4,3	32,7	4,1
Of which Polyunsaturated Fat	g	1,5	11,5	1,4
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,3	9,7	1,2
Sodium	mg	825,2	6249,0	781,1

Quattro Small Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	956,3	3485,8	871,5
Protein	g	12,7	46,1	11,5
Glycaemic Carbohydrates	g	22,0	80,1	20,0
of which total Sugars	g	2,4	8,7	2,2
Total Fat	g	10,0	36,4	9,1
Of which Saturated Fat	g	4,5	16,3	4,1
Of which Monounsaturated Fat	g	4,1	14,9	3,7
Of which Polyunsaturated Fat	g	1,4	5,0	1,3
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,1	4,2	1,0
Sodium	mg	853,5	3110,9	777,7

Quattro Medium Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	941,1	5199,6	866,6
Protein	g	12,4	68,3	11,4
Glycaemic Carbohydrates	g	22,4	123,9	20,6
of which total Sugars	g	2,5	13,6	2,3
Total Fat	g	9,5	52,5	8,8
Of which Saturated Fat	g	4,3	23,5	3,9
Of which Monounsaturated Fat	g	3,9	21,3	3,6
Of which Polyunsaturated Fat	g	1,3	7,3	1,2
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,1	6,3	1,1
Sodium	mg	825,9	4563,4	760,6

Quattro Large Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	960,2	8842,4	1105,3
Protein	g	12,6	115,7	14,5
Glycaemic Carbohydrates	g	23,6	217,8	27,2
of which total Sugars	g	2,3	21,5	2,7
Total Fat	g	9,4	86,3	10,8
Of which Saturated Fat	g	4,3	39,6	4,9
Of which Monounsaturated Fat	g	3,7	34,2	4,3
Of which Polyunsaturated Fat	g	1,3	11,9	1,5
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	1,1	9,7	1,2
Sodium	mg	799,3	7361,0	920,1

Sweet Chilli Chicken
Small
Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1036,9	3032,9	758,2
Protein	g	15,3	44,8	11,2
Glycaemic Carbohydrates	g	21,7	63,6	15,9
of which total Sugars	g	5,9	17,3	4,3
Total Fat	g	11,2	32,7	8,2
Of which Saturated Fat	g	6,2	18,1	4,5
Of which Monounsaturated Fat	g	3,1	9,1	2,3
Of which Polyunsaturated Fat	g	1,7	5,1	1,3
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,3	0,8	0,2
Sodium	mg	604,2	1767,3	441,8

Sweet Chilli Chicken
Medium
Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1061,4	4717,8	786,3
Protein	g	15,2	67,3	11,2
Glycaemic Carbohydrates	g	23,9	106,3	17,7
of which total Sugars	g	5,5	24,5	4,1
Total Fat	g	10,9	48,4	8,1
Of which Saturated Fat	g	6,1	27,0	4,5
Of which Monounsaturated Fat	g	3,0	13,4	2,2
Of which Polyunsaturated Fat	g	1,7	7,5	1,3
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,3	1,2	0,2
Sodium	mg	589,8	2621,8	437,0

Sweet Chilli Chicken
Large
Traditional Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1076,2	7988,0	998,5
Protein	g	15,5	115,2	14,4
Glycaemic Carbohydrates	g	24,7	183,3	22,9
of which total Sugars	g	5,0	36,7	4,6
Total Fat	g	10,8	79,9	10,0
Of which Saturated Fat	g	5,9	43,8	5,5
Of which Monounsaturated Fat	g	3,0	22,2	2,8
Of which Polyunsaturated Fat	g	1,8	13,1	1,6
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,2	1,6	0,2
Sodium	mg	558,8	4147,5	518,4

Sweet Chilli Chicken
Small
Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1010,3	3682,6	920,7
Protein	g	14,0	51,0	12,7
Glycaemic Carbohydrates	g	25,2	91,9	23,0
of which total Sugars	g	5,5	20,1	5,0
Total Fat	g	9,4	34,4	8,6
Of which Saturated Fat	g	5,2	18,8	4,7
Of which Monounsaturated Fat	g	2,7	9,8	2,4
Of which Polyunsaturated Fat	g	1,5	5,5	1,4
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,2	0,8	0,2
Sodium	mg	605,9	2208,4	552,1

Sweet Chilli Chicken
Medium
Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1019,3	5478,6	913,1
Protein	g	13,9	74,6	12,4
Glycaemic Carbohydrates	g	25,9	139,4	23,2
of which total Sugars	g	5,3	28,4	4,7
Total Fat	g	9,4	50,5	8,4
Of which Saturated Fat	g	5,2	28,0	4,7
Of which Monounsaturated Fat	g	2,7	14,3	2,4
Of which Polyunsaturated Fat	g	1,4	7,8	1,3
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,2	1,2	0,2
Sodium	mg	604,6	3249,6	541,6

Sweet Chilli Chicken
Large
Pan Base

Typical nutritional information		Per 100 g	Per pizza	Per slice
Energy Value	kJ	1028,5	9317,0	1164,6
Protein	g	14,1	128,0	16,0
Glycaemic Carbohydrates	g	26,6	241,0	30,1
of which total Sugars	g	4,8	43,6	5,5
Total Fat	g	9,2	83,6	10,4
Of which Saturated Fat	g	5,0	45,4	5,7
Of which Monounsaturated Fat	g	2,6	23,7	3,0
Of which Polyunsaturated Fat	g	1,5	13,6	1,7
Of which Trans Fat	g	0,0	0,0	0,0
Dietary Fibre	g	0,2	1,6	0,2
Sodium	mg	580,6	5259,5	657,4

Garlic Bread

Typical nutritional information		Per 100 g
Energy	kJ	1438,0
Protein	g	7,7
Glycaemic Carbohydrates	g	46,4
of which total Sugars	g	7,4
Total Fat	g	14,2
Of which Saturated Fat	g	5,6
Of which Monounsaturated Fat	g	4,1
Of which Polyunsaturated Fat	g	4,4
Of which Trans Fat	g	0,0
Dietary Fibre	g	3,2
Sodium	mg	600,0

Garlic Bread Supreme

Typical nutritional information		Per 100 g
Energy	kJ	1383,0
Protein	g	10,4
Glycaemic Carbohydrates	g	40,0
of which total Sugars	g	6,3
Total Fat	g	14,4
Of which Saturated Fat	g	6,9
Of which Monounsaturated Fat	g	3,9
Of which Polyunsaturated Fat	g	3,6
Of which Trans Fat	g	0,0
Dietary Fibre	g	2,9
Sodium	mg	563,0

Garlic Bread Super Supreme with Bacon

Typical nutritional information		Per 100 g
Energy	kJ	1492,0
Protein	g	11,9
Glycaemic Carbohydrates	g	33,3
of which total Sugars	g	4,2
Total Fat	g	15,4
Of which Saturated Fat	g	7,1
Of which Monounsaturated Fat	g	4,4
Of which Polyunsaturated Fat	g	3,8
Of which Trans Fat	g	0,0
Dietary Fibre	g	2,1
Sodium	mg	724,0

Garlic Bread Super Supreme with Pepperoni

Typical nutritional information		Per 100 g
Energy	kJ	1469,0
Protein	g	14,6
Glycaemic Carbohydrates	g	30,4
of which total Sugars	g	3,1
Total Fat	g	19,1
Of which Saturated Fat	g	8,1
Of which Monounsaturated Fat	g	6,2
Of which Polyunsaturated Fat	g	4,8
Of which Trans Fat	g	0,0
Dietary Fibre	g	4,2
Sodium	mg	727,0

Chicken Lasagne

Typical nutritional information		Per 100 g
Energy	kJ	823,0
Protein	g	14,0
Glycaemic Carbohydrates	g	7,9
of which total Sugars	g	0,7
Total Fat	g	12,2
Of which Saturated Fat	g	6,1
Of which Monounsaturated Fat	g	3,7
Of which Polyunsaturated Fat	g	2,4
Of which Trans Fat	g	0,0
Dietary Fibre	g	0,0
Sodium	mg	231,0

Meat Lasagne

Typical nutritional information		Per 100 g
Energy	kJ	780,0
Protein	g	12,6
Glycaemic Carbohydrates	g	9,0
of which total Sugars	g	2,0
Total Fat	g	11,2
Of which Saturated Fat	g	6,1
Of which Monounsaturated Fat	g	3,5
Of which Polyunsaturated Fat	g	1,5
Of which Trans Fat	g	0,0
Dietary Fibre	g	0,0
Sodium	mg	230,0

Chicken Romana

Typical nutritional information		Per 100 g
Energy	kJ	803,0
Protein	g	10,4
Glycaemic Carbohydrates	g	9,3
of which total Sugars	g	1,6
Total Fat	g	12,7
Of which Saturated Fat	g	6,5
Of which Monounsaturated Fat	g	3,8
Of which Polyunsaturated Fat	g	2,3
Of which Trans Fat	g	0,0
Dietary Fibre	g	0,0
Sodium	mg	321,0

Vegetarian Lasagne

Typical nutritional information		Per 100 g
Energy	kJ	706,0
Protein	g	8,6
Glycaemic Carbohydrates	g	11,1
of which total Sugars	g	2,2
Total Fat	g	10,1
Of which Saturated Fat	g	5,7
Of which Monounsaturated Fat	g	3,0
Of which Polyunsaturated Fat	g	1,3
Of which Trans Fat	g	0,0
Dietary Fibre	g	1,1
Sodium	mg	328,0

Chicken Salad

Typical nutritional information		Per 100 g
Energy	kJ	241,0
Protein	g	6,6
Glycaemic Carbohydrates	g	3,2
of which total Sugars	g	3,2
Total Fat	g	1,7
Of which Saturated Fat	g	0,3
Of which Monounsaturated Fat	g	0,6
Of which Polyunsaturated Fat	g	0,8
Of which Trans Fat	g	0,0
Dietary Fibre	g	1,6
Sodium	mg	156,0

Greek Salad

Typical nutritional information		Per 100 g
Energy	kJ	408,0
Protein	g	3,5
Glycaemic Carbohydrates	g	6,7
of which total Sugars	g	4,1
Total Fat	g	6,2
Of which Saturated Fat	g	2,4
Of which Monounsaturated Fat	g	3,0
Of which Polyunsaturated Fat	g	0,8
Of which Trans Fat	g	0,0
Dietary Fibre	g	3,9
Sodium	mg	461,0

House Salad

Typical nutritional information		Per 100 g
Energy	kJ	199,0
Protein	g	1,5
Glycaemic Carbohydrates	g	7,0
of which total Sugars	g	2,4
Total Fat	g	1,4
Of which Saturated Fat	g	0,3
Of which Monounsaturated Fat	g	0,7
Of which Polyunsaturated Fat	g	0,4
Of which Trans Fat	g	0,0
Dietary Fibre	g	1,7
Sodium	mg	150,0

Chef's Salad

Typical nutritional information		Per 100 g
Energy	kJ	399,0
Protein	g	9,0
Glycaemic Carbohydrates	g	2,8
of which total Sugars	g	0,7
Total Fat	g	5,4
Of which Saturated Fat	g	2,3
Of which Monounsaturated Fat	g	1,2
Of which Polyunsaturated Fat	g	1,2
Of which Trans Fat	g	0,0
Dietary Fibre	g	0,0
Sodium	mg	372,0

1000 Island Salad Dressing

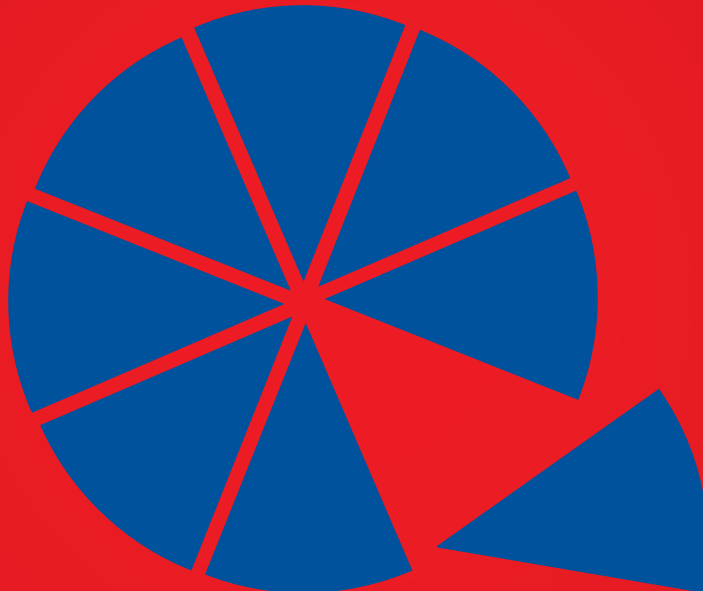
Typical nutritional information		Per 100 g
Energy	kJ	787,0
Protein	g	0,5
Glycaemic Carbohydrates	g	14,0
of which total Sugars	g	10,5
Total Fat	g	14,6
Of which Saturated Fat	g	2,4
Of which Monounsaturated Fat	g	3,4
Of which Polyunsaturated Fat	g	8,7
Of which Trans Fat	g	0,0
Dietary Fibre	g	0,0
Sodium	mg	521,0

Greek Salad Dressing

Typical nutritional information		Per 100 g
Energy	kJ	1095,0
Protein	g	0,0
Glycaemic Carbohydrates	g	9,6
of which total Sugars	g	9,6
Total Fat	g	25,1
Of which Saturated Fat	g	3,1
Of which Monounsaturated Fat	g	7,1
Of which Polyunsaturated Fat	g	15,0
Of which Trans Fat	g	0,0
Dietary Fibre	g	0,0
Sodium	mg	609,0

Honey Mustard Salad Dressing

Typical nutritional information		Per 100 g
Energy	kJ	812,0
Protein	g	0,9
Glycaemic Carbohydrates	g	21,7
of which total Sugars	g	19,2
Total Fat	g	11,9
Of which Saturated Fat	g	1,7
Of which Monounsaturated Fat	g	3,4
Of which Polyunsaturated Fat	g	6,7
Of which Trans Fat	g	0,0
Dietary Fibre	g	0,0
Sodium	mg	471,0



What's in your Pizza?

Nutritional Analysis