



Nutritional Information- Sides and Desserts

Sides

Product Name	Per 100g									
	Energy kcal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
Chick 'n' Mix	229	963	10.6	2.6	14.0	0.5	0.8	19.5	1.43	0.56
Chicken Kickers (7)	213	896	7.0	1.3	15.4	0.4	1.2	21.1	1.50	0.59
Chicken Kickers (14)	213	896	7.0	1.3	15.4	0.4	1.2	21.1	1.50	0.59
Chicken Kickers Combo UK	178	745	6.5	1.0	18.0	0.7	1.8	10.6	1.11	0.44
Chicken Kickers Combo IRL	176	738	6.5	0.9	18.1	0.8	1.9	10.1	1.10	0.43
Chicken Strippers (7)	273	1146	10.8	1.8	23.5	0.0	1.2	21.1	1.50	0.59
Chicken Strippers (14)	273	1146	10.8	1.8	23.5	0.0	1.2	21.1	1.50	0.59
Chicken Strippers Combo UK	207	869	8.3	1.2	21.6	0.5	1.8	11.1	1.13	0.45
Chicken Strippers Combo IRL	204	855	8.2	1.2	21.5	0.6	1.8	10.7	1.12	0.44
Chicken Wings (7)	203	852	13.3	4.3	4.3	1.0	0.0	16.8	1.32	0.52
Chicken Wings (14)	203	852	13.3	4.3	4.3	1.0	0.0	16.8	1.32	0.52
Chicken Wings Combo UK	176	738	9.6	2.5	12.3	1.0	1.2	9.5	1.07	0.42
Chicken Wings Combo IRL	175	732	9.5	2.4	12.7	1.0	1.2	9.2	1.05	0.41
Chili Flakes	318	1330	17.0	3.0	56.0	10.0	27.0	12.0	0.00	0.00
Coleslaw	146	611	12.9	1.0	6.3	4.8	0.6	0.9	0.80	0.32
Frank's Red Hot Wings (7)	188	789	12.2	3.9	4.3	1.1	0.1	15.5	1.93	0.76
Frank's Red Hot Wings (14)	191	804	12.5	4.0	4.3	1.0	0.1	15.8	1.79	0.70
Garlic Dippers	324	1356	10.2	2.6	46.0	4.6	3.6	10.2	0.90	0.35
Garlic Pizza Bread	328	1370	9.4	3.1	47.0	4.0	2.4	12.5	0.98	0.39
NACHOS (no Jalapenos)	319	1331	18.9	7.1	24.5	2.2	2.4	11.6	1.22	0.48
NACHOS with Jalapenos	286	1192	16.8	6.3	21.8	2.0	2.3	10.4	1.55	0.61
Pop'n Chicken Standard Portion	242	1013	10.6	2.3	19.6	0.7	1.7	16.2	0.69	0.27
Pop'n Chicken Double Portion	242	1013	10.6	2.3	19.6	0.7	1.7	16.2	0.69	0.27
Pop'n Chicken Combo UK	193	808	8.2	1.5	19.8	0.9	2.0	8.9	0.75	0.30
Pop'n Chicken Combo IRL	191	798	8.1	1.4	19.8	0.9	2.0	8.6	0.76	0.30
Potato Wedges UK	150	627	6.1	0.7	20.0	1.0	2.3	2.5	0.81	0.32
Potato Wedges IRL	150	627	6.1	0.7	20.0	1.0	2.3	2.5	0.81	0.32
Spicy BBQ Wings (7)	201	844	11.7	3.8	9.2	6.1	0.1	14.9	1.42	0.56
Spicy BBQ Wings (14)	202	846	12.1	3.9	8.1	4.9	0.1	15.4	1.40	0.55
Twisted Dough Balls: Cheese	339	1446	11.2	3.8	46.7	3.7	2.9	12.8	0.98	0.38
Twisted Dough Balls: Ham	317	1350	10.5	3.6	42.4	3.3	2.6	13.2	1.12	0.44
Twisted Dough Balls: Pepperoni	350	1487	13.9	4.9	42.9	3.4	2.6	13.3	1.26	0.49
Vegan Nuggets (7)	239	1007	6.9	0.6	24.3	1.1	5.4	19.9	1.90	0.75
Vegan Nuggets (14)	239	1007	6.9	0.6	24.3	1.1	5.4	19.9	1.90	0.75
Vegan Combo UK	189	795	6.5	0.7	22.0	1.0	3.7	10.6	1.32	0.52
Vegan Combo IRL	189	796	6.5	0.7	22.0	1.0	3.8	10.7	1.33	0.52

Serves	Per Portion										
	Energy kcal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	
2	386	1622	17.9	4.4	23.6	0.8	1.3	32.8	2.42	0.95	
2	186	784	6.1	1.1	13.5	0.4	1.1	18.4	1.31	0.52	
4	186	784	6.1	1.1	13.5	0.4	1.1	18.4	1.31	0.52	
4	178	745	6.5	1.0	18.0	0.7	1.8	10.6	1.11	0.44	
4	187	784	6.3	1.0	19.2	0.8	2.0	10.8	1.17	0.46	
2	268	1123	10.6	1.8	23.0	0.0	1.2	20.6	1.47	0.58	
4	268	1123	10.6	1.8	23.0	0.0	1.2	20.6	1.47	0.58	
4	218	914	8.7	1.3	22.8	0.6	1.9	11.7	1.19	0.47	
4	228	953	9.1	1.3	24.0	0.6	2.0	11.9	1.24	0.49	
2	222	932	14.5	4.7	4.7	1.1	0.0	18.4	1.45	0.57	
4	222	932	14.5	4.7	4.7	1.1	0.0	18.4	1.45	0.57	
4	195	819	10.7	2.7	13.6	1.1	1.3	10.6	1.18	0.46	
4	205	858	11.1	2.8	14.9	1.2	1.4	10.8	1.23	0.48	
1	3	13	0.2	0.0	0.6	0.1	0.3	0.1	0.00	0.00	
2	146	611	12.9	1.0	6.3	4.8	0.6	0.9	0.80	0.32	
2	224	942	14.6	4.7	5.1	1.3	0.2	18.4	2.30	0.91	
4	224	939	14.6	4.7	5.0	1.2	0.1	18.4	2.09	0.82	
2	243	1017	7.7	2.0	34.5	3.5	2.7	7.7	0.67	0.26	
2	311	1302	8.9	2.9	44.7	3.8	2.3	11.9	0.93	0.37	
2	263	1098	15.6	5.8	20.2	1.8	2.0	9.6	1.01	0.40	
2	264	1103	15.6	5.8	20.2	1.8	2.1	9.6	1.43	0.56	
2	242	1013	10.6	2.3	19.6	0.7	1.7	16.2	0.69	0.27	
4	242	1013	10.6	2.3	19.6	0.7	1.7	16.2	0.69	0.27	
4	205	859	8.7	1.5	21.0	0.9	2.1	9.5	0.80	0.32	
4	215	898	9.1	1.6	22.3	1.0	2.3	9.7	0.85	0.34	
2	169	705	6.9	0.8	22.5	1.1	2.6	2.8	0.92	0.36	
2	188	783	7.6	0.9	25	1.3	2.9	3.1	1.01	0.4	
2	250	1049	14.6	4.7	11.4	7.5	0.2	18.6	1.77	0.70	
4	243	1020	14.6	4.7	9.8	5.9	0.1	18.5	1.69	0.66	
2	339	1446	11.2	3.8	46.7	3.7	2.9	12.8	0.98	0.38	
2	341	1451	11.3	3.8	45.6	3.6	2.8	14.2	1.21	0.47	
2	373	1584	14.8	5.2	45.7	3.6	2.8	14.2	1.34	0.53	
2	268	1128	7.7	0.7	27.2	1.2	6.0	22.3	2.13	0.84	
4	268	1128	7.7	0.7	27.2	1.2	6.0	22.3	2.13	0.84	
4	198	833	6.8	0.7	23.1	1.1	3.9	11.1	1.38	0.54	
4	223	940	7.6	0.8	26.0	1.2	4.4	12.6	1.57	0.62	

Dips

Product Name	Per 100g									
	Energy KCal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
BBQ Dip 100g	187	783	0.3	0.0	44.9	43.0	0.9	1.4	2.16	0.85
BBQ Dip 25g	187	783	0.3	0.0	44.9	43.0	0.9	1.4	2.16	0.85
Frank's Hot Dip 100g	23	97	0.5	0.0	4.0	1.7	1.5	0.8	8.55	3.36
Frank's Hot Dip 25g	23	97	0.5	0.0	4.0	1.7	1.5	0.8	8.55	3.36
Garlic and Herb Dip 100g	675	2824	73.8	5.1	2.0	1.6	0.1	0.8	0.76	0.30
Garlic and Herb Dip 25g	675	2824	73.8	5.1	2.0	1.6	0.1	0.8	0.76	0.30
Honey and Mustard Dip 25g	436	1823	43.3	3.0	9.7	8.6	0.7	1.7	1.58	0.62
Sweet Chili Dip 25g	215	898	0.9	0.1	51.4	50.3	0.2	0.3	0.92	0.36
Tangy Salsa Dip 25g	168	703	5.4	0.5	27.7	25.0	2.4	2.0	1.30	0.51
Vegan Garlic & Herb Dip 25g	464	1911	49.1	3.7	4.5	3.3	0.2	0.3	1	0.4

Serves	Per Portion										
	Energy KCal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	
4	47	196	0.1	0.0	11.2	10.8	0.2	0.3	0.54	0.21	
1	47	196	0.1	0.0	11.2	10.8	0.2	0.3	0.54	0.21	
4	6	24	0.1	0.0	1.0	0.4	0.4	0.2	2.14	0.84	
1	6	24	0.1	0.0	1.0	0.4	0.4	0.2	2.14	0.84	
4	169	706	18.5	1.3	0.5	0.4	0.0	0.2	0.19	0.08	
1	169	706	18.5	1.3	0.5	0.4	0.0	0.2	0.19	0.08	
1	109	456	10.8	0.8	2.4	2.2	0.2	0.4	0.39	0.16	
1	54	225	0.2	0.0	12.9	12.6	0.1	0.1	0.23	0.09	
1	42	176	1.4	0.1	6.9	6.2	0.6	0.5	0.32	0.13	
1	116	478	12.3	0.9	1.1	0.8	<0.5	<0.5	0.25	0.1	

Wrappz

Product Name	Per 100g									
	Energy kcal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
Chicken and Bacon	265	1115	11.0	3.4	26.3	2.0	1.3	15.6	1.42	0.56
Meatball Feast	287	1202	15.9	5.5	25.5	4.1	1.2	10.8	1.67	0.66
Pepperoni Passion	306	1286	17.0	7.7	26.8	2.0	1.2	12.2	1.91	0.75
Tandoori Hot	209	876	6.6	3.1	26.3	2.2	1.3	11.1	1.46	0.57
Texas BBQ	264	1108	10.6	3.3	27.7	4.4	1.2	14.9	1.41	0.55
Veg! Supreme	209	879	7.0	3.4	29.2	2.7	1.6	7.7	0.93	0.37

Serves	Per Portion									
	Energy kcal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
1	403	1695	16.7	5.1	40.1	3.1	2.0	23.6	2.16	0.85
1	526	2199	29.1	10.1	46.7	7.6	2.2	19.7	3.05	1.20
1	453	1891	25.0	11.4	39.5	3.0	1.7	17.9	2.80	1.10
1	332	1393	10.5	4.9	41.8	3.4	2.1	17.7	2.32	0.91
1	417	1751	16.8	5.2	43.7	7.0	1.9	23.6	2.22	0.88
1	301	1266	10.1	4.9	42.0	3.8	2.3	11.0	1.35	0.53

Desserts

Product Name	Per 100g									
	Energy kcal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
Cinni Dippers	433	1825	19.8	3.7	52.5	8.8	2.5	10.0	0.23	0.09
Domino's Cookies	458	1921	20.2	10.2	61.8	36.6	1.8	6.4	0.80	0.31
Lotta - Chocca Pizza	415	1747	15.7	6.0	56.2	16.1	2.6	10.7	0.10	0.04
Choc Orange Cookies	414	1736	17.7	9.1	57.7	37.1	2.4	5.9	0.78	0.31

Serves	Per Portion									
	Energy kcal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
4	200	844	9.2	1.7	24.3	4.1	1.1	4.6	0.11	0.04
4	183	768	8.1	4.1	24.7	14.6	0.7	2.6	0.32	0.13
4	211	887	8.0	3.1	28.5	8.2	1.3	5.4	0.05	0.02
4	170	712	7.3	3.7	23.7	15.2	1.0	2.4	0.32	0.13

The calorie and nutritional information given for our products is a guide only, as all our pizzas are handmade to order and nutritional values may vary.

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