



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 (21)	213	896	7.0	1.3	15.4	0.4	1.2	21.1	1.50	0.59
Kickers Combo	178	745	6.5	1.0	18.0	0.7	1.8	10.6	1.11	0.44
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 (21)	273	1146	10.8	1.8	23.5	0.0	1.2	21.1	1.50	0.59
Strippers Combo	207	869	8.3	1.2	21.6	0.5	1.8	11.1	1.13	0.45
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 (21)	203	852	13.3	4.3	4.3	1.0	0.0	16.8	1.32	0.52
Chicken Wings Combo	176	738	9.6	2.5	12.3	1.0	1.2	9.5	1.07	0.42
Chilli Flakes	318	1330	17.0	3.0	56.0	10.0	27.0	12.0	0.00	0.00
Coleslaw	155	639	13.7	1.0	8.3	5.9	2.3	0.8	0.89	0.35
Frank's Red Hot Wings (14)	191	804	12.5	4.0	4.3	1.0	0.1	15.8	1.79	0.70
Frank's Red Hot Wings (21)	193	809	12.6	4.1	4.3	1.0	0.1	15.9	1.74	0.68
Frank's Red Hot Wings (7)	188	789	12.2	3.9	4.3	1.1	0.1	15.5	1.93	0.76
Garlic Pizza Bread	328	1368	9.4	3.1	47.0	4.0	2.4	12.5	0.98	0.39
Lunch Combo (Potato wedges & Chicken Strippers)	211	885	8.4	1.3	21.7	0.5	1.8	11.7	1.16	0.45
NACHOS (no Jalapenos)	323	1346	18.5	6.4	26.8	2.4	2.7	10.8	1.17	0.46
NACHOS with Jalapenos	286	1193	16.4	5.6	23.6	2.1	2.5	9.6	1.54	0.60
Potato Wedges UK	150	627	6.1	0.7	20.0	1.0	2.3	2.5	0.81	0.32
Cheesy Wedges	201	842	7.8	1.4	27.2	1.9	2.4	4.2	1.44	0.57
Cheesy Wedges with Bacon	213	892	10.0	1.2	24.8	1.8	2.2	4.9	1.54	0.61
Spicy BBQ Chicken 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
Spicy BBQ Wings (21)	202	846	12.2	3.9	7.7	4.5	0.1	15.5	1.39	0.55
Spicy Chicken Wings Combo	177	741	9.1	2.3	14.3	3.7	1.2	9.0	1.13	0.45
Twisted Dough Balls: Cheese	345	1467	12.4	4.1	45.7	3.6	2.8	12.5	0.98	0.38
Twisted Dough Balls: Ham	322	1371	11.5	3.9	41.5	3.3	2.5	12.9	1.12	0.44
Twisted Dough Balls: Pepperoni	355	1505	14.9	5.2	42.0	3.3	2.6	13.0	1.25	0.49

Portion	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
6	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
2	535	2246	21.1	3.6	46.1	0.1	2.4	41.3	2.94	1.16
4	268	1123	10.6	1.8	23.0	0.0	1.2	20.6	1.47	0.58
6	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
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
6	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
per sachet	3	13	0.2	0.0	0.6	0.1	0.3	0.1	0.00	0.00
2	155	639	13.7	1.0	8.3	5.9	2.3	0.8	0.89	0.35
2	224	939	14.6	4.7	5.0	1.2	0.1	18.4	2.09	0.82
4	224	938	14.6	4.7	5.0	1.2	0.1	18.4	2.02	0.79
6	224	942	14.6	4.7	5.1	1.3	0.2	18.4	2.30	0.91
2	311	1300	8.9	2.9	44.7	3.8	2.3	11.9	0.93	0.37
1	475	1992	19	2.8	48.9	1.2	4	26.4	2.6	1.02
2	242	1010	13.9	4.8	20.1	1.8	2.0	8.1	0.88	0.35
2	243	1014	13.9	4.8	20.1	1.8	2.1	8.1	1.31	0.51
2	169	705	6.9	0.8	22.5	1.1	2.6	2.8	0.92	0.36
2	241	1010	9.4	1.6	32.6	2.3	2.9	5.0	1.73	0.68
2	281	1177	13.1	1.6	32.7	2.3	2.9	6.4	2.03	0.80
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
6	241	1010	14.6	4.7	9.2	5.4	0.1	18.5	1.66	0.65
4	209	877	10.7	2.7	17.0	4.3	1.4	10.7	1.34	0.53
2	345	1467	12.4	4.1	45.7	3.6	2.8	12.5	0.98	0.38
2	354	1508	12.7	4.3	45.7	3.6	2.8	14.2	1.23	0.48
2	387	1641	16.3	5.7	45.8	3.6	2.8	14.2	1.37	0.54

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 25g	675	2824	73.8	5.1	2.0	1.6	0.1	0.8	0.76	0.30
Garlic and Herb Dip 100g	675	2824	73.8	5.1	2.0	1.6	0.1	0.8	0.76	0.30
Honey and Mustard Dip	436	1823	43.3	3.0	9.7	8.6	0.7	1.7	1.58	0.62
Sweet Chilli Dip	215	898	0.9	0.1	51.4	50.3	0.2	0.3	0.92	0.36
Tangy Salsa Dip	168	703	5.4	0.5	27.7	25.0	2.4	2.0	1.30	0.51

Portion	Per Portion									
	Energy KCal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
1	47	196	0.1	0.0	11.2	10.8	0.2	0.3	0.54	0.21
4	47	196	0.1	0.0	11.2	10.8	0.2	0.3	0.54	0.21
1	6	24	0.1	0.0	1.0	0.4	0.4	0.2	2.14	0.84
4	6	24	0.1	0.0	1.0	0.4	0.4	0.2	2.14	0.84
1	169	706	18.5	1.3	0.5	0.4	0.0	0.2	0.19	0.08
4	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

Wrapzz

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 Wrapzz	232	974	14.0	3.7	4.6	1.5	0.7	21.8	1.63	0.64
Meatball Feast Wrapzz	277	1153	21.1	7.0	9.3	5.1	0.7	12.4	1.97	0.78
Meatball (8) Mayhem Wrapzz	249	1035	17.1	7.7	12.4	7.3	1.0	11.4	1.67	0.66
Pepperoni (12) Passion Wrapzz	312	1291	25.6	12.0	4.1	1.6	0.4	15.8	2.57	1.01
Tandoori Hot Wrapzz	134	559	5.9	3.2	6.2	1.9	0.8	13.5	1.68	0.66
Texas BBQ Wrapzz	232	972	13.1	3.5	8.4	5.9	0.6	20.3	1.59	0.63
Vegi Supreme Wrapzz	120	502	6.6	3.8	7.7	2.8	1.3	7.1	0.71	0.28

Portion	Per Portion									
	Energy KCal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
1	191	800	11.5	3.0	3.8	1.3	0.6	17.9	1.34	0.53
1	313	1304	23.8	8.0	10.5	5.8	0.8	14.0	2.23	0.88
1	257	1067	17.6	8.0	12.8	7.5	1.0	11.8	1.72	0.68
1	240	996	19.7	9.3	3.2	1.2	0.3	12.2	1.98	0.78
1	119	498	5.3	2.8	5.5	1.7	0.7	12.0	1.50	0.59
1	204	856	11.6	3.0	7.4	5.2	0.5	17.9	1.40	0.55
1	89	372	4.9	2.8	5.7	2.0	0.9	5.3	0.52	0.21

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	1814	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	1745	15.7	6.0	56.2	16.1	2.6	10.7	0.10	0.04

Portion	Per Portion									
	Energy KCal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
4	200	839	9.2	1.7	24.3	4.1	1.1	4.6	0.11	0.04
4	206	865	9.1	4.6	27.8	16.5	0.8	2.9	0.36	0.14
4	211	885	8.0	3.1	28.5	8.2	1.3	5.4	0.05	0.02

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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