



Domino's Nutrition Information Guide

Pizzas, Bases & Toppings

Correct as of 6th January 2025

We ensure that the nutrition information provided is as accurate as possible. Pizza nutrition stated excludes dips. Sides and desserts nutrition excludes dips. For ice cream, drinks and other **non-Domino's** pre-packaged products, please see packaging for product-specific calorie, nutrition, and allergen information.

Table with 3 main columns: Pizza name, Crust Type, and Nutrient Information. Sub-headers include Standard/Mozzarella, Reduced Fat Mozzarella, and Per 100g/Per Slice. Columns list Energy, Fat, Sat, Carb, Sugars, Fiber, Protein, and Sodium.

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Nutritional Information- Bases

Base/Crust Nutrition		Per 100g									
		Energy kcal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
Classic Crust	Large	301	1273	4.9	0.5	52.4	2.9	3.5	11.8	0.83	0.33
	Medium	307	1299	5.1	0.5	53.3	2.3	3.4	12.0	0.86	0.34
	Small	320	1353	5.5	0.5	55.2	3.2	4.1	12.4	0.90	0.35
	Personal	304	1285	5.0	0.5	53.1	0.6	3.2	11.6	0.80	0.32
Italian Style Crust	Large	328	1388	6.0	0.5	55.8	2.2	3.8	12.8	0.88	0.35
	Medium	331	1400	4.7	0.4	59.0	2.6	3.6	13.1	0.89	0.35
	Small	341	1442	5.9	0.5	58.7	2.2	3.9	13.3	0.92	0.36
Double Decadence	Large	250	1053	6.9	4.7	37.3	2.7	1.7	9.6	0.53	0.21
	Medium	253	1066	6.7	4.4	38.6	2.7	1.8	9.5	0.52	0.21
Stuffed Crust	Large	309	1301	10.8	5.2	40.1	2.3	2.2	12.9	1.24	0.49
	Medium	290	1224	8.4	4.1	40.3	1.7	2.9	13.4	1.28	0.50
Thin & Crispy Crust	Large	283	1199	4.0	0.7	54.4	2.6	2.2	7.4	0.38	0.15
	Medium	283	1199	4.0	0.7	54.4	2.6	2.2	7.4	0.38	0.15

Per Pizza										
Energy kcal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	
1171	4951	19.1	1.9	203.8	11.3	13.6	45.9	3.24	1.27	
832	3520	13.8	1.4	144.4	8.2	9.2	32.5	2.32	0.91	
562	2376	9.7	0.9	97.0	5.6	7.2	21.8	1.58	0.62	
370	1563	6.1	0.6	64.6	0.7	3.9	14.1	0.98	0.38	
817	3452	14.9	1.2	138.8	5.5	9.4	31.8	2.20	0.86	
547	2314	7.8	0.7	97.5	4.3	6.0	21.7	1.46	0.58	
351	1486	6.1	0.5	60.5	2.3	4.0	13.7	0.95	0.37	
1576	6644	43.5	29.6	235.2	17.0	11.0	60.7	3.36	1.32	
1150	4851	30.4	20.0	175.5	12.3	8.1	43.1	2.37	0.93	
1604	6746	56.0	27.0	208.0	11.9	11.4	66.9	6.44	2.53	
1099	4630	31.8	15.5	152.5	6.4	11.0	50.7	4.83	1.90	
596	2524	8.4	1.5	114.6	5.5	4.6	15.7	0.80	0.31	
446	1889	6.3	1.1	85.7	4.1	3.5	11.7	0.60	0.24	

Per Slice										
Energy kcal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	
117	495	1.9	0.2	20.4	1.1	1.4	4.6	0.32	0.13	
104	440	1.7	0.2	18.1	0.8	1.2	4.1	0.29	0.11	
94	396	1.6	0.2	16.2	0.9	1.2	3.6	0.26	0.10	
62	261	1.0	0.1	10.8	0.1	0.7	2.4	0.16	0.06	
82	345	1.5	0.1	13.9	0.6	0.9	3.2	0.22	0.09	
68	289	1.0	0.1	12.2	0.5	0.8	2.7	0.18	0.07	
59	248	1.0	0.1	10.1	0.4	0.7	2.3	0.16	0.06	
158	664	4.4	3.0	23.5	1.7	1.1	6.1	0.34	0.13	
144	606	3.8	2.5	21.9	1.5	1.0	5.4	0.30	0.12	
160	675	5.6	2.7	20.8	1.2	1.1	6.7	0.64	0.25	
137	579	4.0	1.9	19.1	0.8	1.4	6.3	0.80	0.24	
60	252	0.8	0.2	11.5	0.6	0.5	1.6	0.08	0.03	
56	236	0.8	0.1	10.7	0.5	0.4	1.5	0.08	0.03	

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.

Nutritional Information- Sauces, Cheese & Toppings

Sauce		Per 100g									
		Energy kcal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
Pizza Sauce	per 100g	36	154	0.4	0.2	6.3	6.1	3.2	1.9	2.01	0.79
	Large	55	237	0.6	0.3	9.7	9.4	4.9	2.9	3.10	1.22
	Medium	40	172	0.4	0.2	7.1	6.8	3.6	2.1	2.25	0.88
	Small	22	92	0.2	0.1	3.8	3.7	1.9	1.1	1.21	0.47
	Personal	13	54	0.1	0.1	2.2	2.1	1.1	0.7	0.70	0.28
BBQ Sauce	per 100g	174	737	0.4	0.1	41.2	35.1	1.3	1.3	2.04	0.80
	Large	268	1135	0.6	0.2	63.4	54.1	2.0	2.0	3.14	1.23
	Medium	195	825	0.4	0.1	46.1	39.3	1.5	1.5	2.28	0.90
	Small	104	442	0.2	0.1	24.7	21.1	0.8	0.8	1.22	0.48
	Personal	61	258	0.1	0.0	14.4	12.3	0.5	0.5	0.71	0.28
Sun-Dried Tomato & Garlic Sauce	per 100g	145	602	10.3	0.8	12.2	7.3	0.7	0.8	1.64	0.65
	Large	223	927	15.9	1.2	18.8	11.2	1.1	1.2	2.53	1.00
	Medium	162	674	11.5	0.9	13.7	8.2	0.8	0.9	1.84	0.73
	Small	87	361	6.2	0.5	7.3	4.4	0.4	0.5	0.98	0.39
	Personal	51	211	3.6	0.3	4.3	2.6	0.2	0.3	0.57	0.23
Cheese Sauce	per 100g	123	516	6.9	4.1	9.5	2.8	0.0	5.9	0.90	0.36
	Large	17	72	1.0	0.6	1.3	0.4	0.0	0.8	0.13	0.05
	Medium	138	578	7.7	4.6	10.6	3.1	0.0	6.6	1.01	0.40
	Small	74	310	4.1	2.5	5.7	1.7	0.0	3.5	0.54	0.22
	Personal	43	181	2.4	1.4	3.3	1.0	0.0	2.1	0.32	0.13

Cheese		Per 100g									
		Energy kcal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
100% Mozzarella Cheese	per 100g	284	1178	22.2	14.1	1.0	1.0	0.0	20.0	1.53	0.60
	Large	437	1814	34.2	21.7	1.5	1.5	0.0	30.8	2.36	0.92
	Medium	318	1319	24.9	15.8	1.1	1.1	0.0	22.4	1.71	0.67
	Small	170	707	13.3	8.5	0.6	0.6	0.0	12.0	0.92	0.36
	Personal	99	412	7.8	4.9	0.4	0.4	0.0	7.0	0.54	0.21
Reduced Fat Mozzarella Cheese	per 100g	238	992	13.9	9.2	3.6	1.1	0.0	24.5	1.53	0.60
	Large	367	1528	21.4	14.2	5.5	1.7	0.0	37.7	2.36	0.92
	Medium	267	1111	15.6	10.3	4.0	1.2	0.0	27.4	1.71	0.67
	Small	143	595	8.3	5.5	2.2	0.7	0.0	14.7	0.92	0.36
	Personal	83	347	4.9	3.2	1.3	0.4	0.0	8.6	0.54	0.21
Vegan Cheese Alternative	per 100g	299	1240	22.9	19.6	22.1	0.1	0.3	1.0	1.73	0.68
	Large	460	1910	35.3	30.2	34.0	0.2	0.5	1.5	2.66	1.05
	Medium	335	1389	25.6	22.0	24.8	0.1	0.3	1.1	1.94	0.76

Toppings		Per 100g									
		Energy kcal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
Pepperoni	per 100g	467	1931	43.0	17.0	1.0	0.5	0.0	19.0	4.27	1.68
	Large	350	1448	32.3	12.8	0.8	0.4	0.0	14.3	3.20	1.26
	Medium	280	1159	25.8	10.2	0.6	0.3	0.0	11.4	2.56	1.01
	Small	210	869	19.4	7.7	0.5	0.2	0.0	8.6	1.92	0.76
	Personal	93	386	8.6	3.4	0.2	0.1	0.0	3.8	0.85	0.34
Ham	per 100g	95	400	2.9	1.1	0.3	0.2	0.5	16.9	2.52	0.99
	Large	80	336	2.4	0.9	0.3	0.2	0.4	14.2	2.12	0.83
	Medium	64	269	1.9	0.7	0.2	0.1	0.3	11.4	1.69	0.67
	Small	48	202	1.5	0.6	0.2	0.1	0.3	8.5	1.27	0.50
	Personal	21	90	0.6	0.2	0.1	0.0	0.1	3.8	0.56	0.22
Sausage - Cumberland (UK, exc NI)	per 100g	216	901	14.7	5.5	5.0	1.5	0.7	16.0	1.86	0.73
	Large	259	1081	17.6	6.6	6.0	1.8	0.8	19.2	2.23	0.88
	Medium	207	865	14.1	5.3	4.8	1.4	0.7	15.4	1.79	0.70
	Small	156	649	10.6	4.0	3.6	1.1	0.5	11.5	1.34	0.53
	Personal	69	288	4.7	1.8	1.6	0.5	0.2	5.1	0.60	0.23
Sausage - Irish (ROI & NI)	per 100g	242	1004	18.5	7.5	5.2	2.8	0.5	13.6	1.53	0.60
	Large	290	1205	22.2	9.0	6.2	3.4	0.6	16.3	1.84	0.72
	Medium	232	964	17.8	7.2	5.0	2.7	0.5	13.1	1.47	0.58
	Small	174	723	13.3	5.4	3.7	2.0	0.4	9.8	1.10	0.43
	Personal	77	321	5.9	2.4	1.7	0.9	0.2	4.4	0.49	0.19
Red and Green Pepper	per 100g	19	81	0.3	0.1	3.3	3.3	1.1	0.8	0.01	0.00
	Large	11	48	0.2	0.1	1.9	1.9	0.6	0.5	0.01	0.00
	Medium	8	34	0.1	0.0	1.4	1.4	0.5	0.3	0.00	0.00
	Small	5	23	0.1	0.0	0.9	0.9	0.3	0.2	0.00	0.00
	Personal	3	11	0.0	0.0	0.5	0.5	0.2	0.1	0.00	0.00
Jalapenos	per 100g	10	41	0.1	0.1	1.6	0.3	0.9	0.6	4.07	1.60
	Large	6	24	0.1	0.1	0.9	0.2	0.5	0.4	2.40	0.94
	Medium	4	17	0.0	0.0	0.7	0.1	0.4	0.3	1.71	0.67
	Small	3	11	0.0	0.0	0.4	0.1	0.3	0.2	1.14	0.45
	Personal	1	6	0.0	0.0	0.2	0.0	0.1	0.1	0.57	0.22
Mushroom	per 100g	7	30	0.2	0.0	0.3	0.3	1.2	1.0	0.00	0.00
	Large	4	18	0.1	0.0	0.2	0.2	0.7	0.6	0.00	0.00
	Medium	3	13	0.1	0.0	0.1	0.1	0.5	0.4	0.00	0.00
	Small	2	8	0.1	0.0	0.1	0.1	0.3	0.3	0.00	0.00
	Personal	1	4	0.0	0.0	0.0	0.0	0.2	0.1	0.00	0.00
Black Olives	per 100g	119	490	13.0	2.3	0.0	0.0	3.0	0.5	5.09	2.00
	Large	70	289	7.7	1.4	0.0	0.0	1.8	0.3	3.00	1.18
	Medium	50	206	5.5	1.0	0.0	0.0	1.3	0.2	2.14	0.84
	Small	33	137	3.6	0.6	0.0	0.0	0.8	0.1	1.43	0.56
	Personal	17	69	1.8	0.3	0.0	0.0	0.4	0.1	0.71	0.28
Sweetcorn	per 100g	81	343	1.7	0.3	13.9	7.5	3.1	2.6	0.00	0.00
	Large	48	202	1.0	0.2	8.2	4.4	1.8	1.5	0.00	0.00
	Medium	34	144	0.7	0.1	5.8	3.2	1.3	1.1	0.00	0.00
	Small	23	96	0.5	0.1	3.9	2.1	0.9	0.7	0.00	0.00
	Personal	11	48	0.2	0.0	1.9	1.1	0.4	0.4	0.00	0.00
Tuna	per 100g	185	775	9.0	1.4	0.0	0.0	1.1	26.0	2.29	0.90
	Large	109	457	5.3	0.8	0.0	0.0	0.6	15.3	1.35	0.53
	Medium	78	326	3.8	0.6	0.0	0.0	0.5	10.9	0.96	0.38
	Small	52	217	2.5	0.4	0.0	0.0	0.3	7.3	0.64	0.25
	Personal	26	109	1.3	0.2	0.0	0.0	0.2	3.6	0.32	0.13
Red Onions	per 100g	37	157	0.1	0.0	8.0	6.2	2.2	1.0	0.01	0.00
	Large	18	75	0.0	0.0	3.8	3.0	1.1	0.5	0.00	0.00
	Medium	13	53	0.0	0.0	2.7	2.1	0.7	0.3	0.00	0.00
	Small	9	39	0.0	0.0	2.0	1.6	0.6	0.3	0.00	0.00
	Personal	4	17	0.0	0.0	0.9	0.7	0.2	0.1	0.00	0.00

Toppings		Per 100g									
		Energy kcal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
Ground Beef	per 100g	225	937	16.0	6.8	4.3	0.2	1.0	16.0	1.53	0.60
	Per single serve Large	176	731	12.5	5.3	3.4	0.2	0.8	12.5	1.19	0.47
	Medium	126	525	9.0	3.8	2.4	0.1	0.6	9.0	0.86	0.34
	Small	88	365	6.2	2.7	1.7	0.1	0.4	6.2	0.60	0.23
	Personal	45	187	3.2	1.4	0.9	0.0	0.2	3.2	0.31	0.12
Chorizo	per 100g	449	1857	41.0	17.0	1.0	0.5	1.0	19.0	3.56	1.40
	Per single serve Large	350	1448	32.0	13.3	0.8	0.4	0.8	14.8	2.78	1.09
	Medium	251	1040	23.0	9.5	0.6	0.3	0.6	10.6	1.99	0.78
	Small	175	724	16.0	6.6	0.4	0.2	0.4	7.4	1.39	0.55
	Personal	90	371	8.2	3.4	0.2	0.1	0.2	3.8	0.71	0.28
Fresh Tomato	per 100g	15	63	0.1	0.0	3.0	3.0	1.0	0.5	0.01	0.00
	Per single serve Large	12	49	0.1	0.0	2.3	2.3	0.8	0.4	0.01	0.00
	Medium	8	35	0.1	0.0	1.7	1.7	0.6	0.3	0.01	0.00
	Small	6	25	0.0	0.0	1.2	1.2	0.4	0.2	0.00	0.00
	Personal	3	13	0.0	0.0	0.6	0.6	0.2	0.1	0.00	0.00
Pineapple	per 100g	15	63	0.1	0.0	3.0	3.0	1.0	0.5	0.01	0.00
	Per single serve Large	12	49	0.1	0.0	2.3	2.3	0.8	0.4	0.01	0.00
	Medium	8	35	0.1	0.0	1.7	1.7	0.6	0.3	0.01	0.00
	Small	6	25	0.0	0.0	1.2	1.2	0.4	0.2	0.00	0.00
	Personal	3	13	0.0	0.0	0.6	0.6	0.2	0.1	0.00	0.00
Chicken Breast Strips	per 100g	109	460	1.3	0.4	0.2	0.1	0.0	24.0	0.83	0.33
	Per single serve Large	85	359	1.0	0.3	0.2	0.1	0.0	18.7	0.65	0.26
	Medium	61	258	0.7	0.2	0.1	0.1	0.0	13.4	0.46	0.18
	Small	43	179	0.5	0.2	0.1	0.0	0.0	9.4	0.32	0.13
	Personal	22	92	0.3	0.1	0.0	0.0	0.0	4.8	0.17	0.07
Tandoori Chicken	per 100g	160	677	3.4	1.7	4.6	1.6	1.6	27.8	1.68	0.67
	Per single serve Large	125	528	2.7	1.3	3.6	1.2	1.2	21.7	1.31	0.52
	Medium	90	379	1.9	1.0	2.6	0.9	0.9	15.6	0.94	0.38
	Small	62	264	1.3	0.7	1.8	0.6	0.6	10.8	0.66	0.26
	Personal	32	135	0.7	0.3	0.9	0.3	0.3	5.6	0.34	0.13
Smoked Bacon Rashers	per 100g	331	1368	31.5	13.2	0.3	0.3	0.1	11.6	2.04	0.80
	Per single serve Large	209	862	19.8	8.3	0.2	0.2	0.1	7.3	1.29	0.50
	Medium	149	616	14.2	5.9	0.1	0.1	0.0	5.2	0.92	0.36
	Small	103	424	9.8	4.1	0.1	0.1	0.0	3.6	0.63	0.25
	Personal	73	301	6.9	2.9	0.1	0.1	0.0	2.6	0.45	0.18
Anchovies	per 100g	206	863	11.0	1.9	0.8	0.0	0.6	26.0	14.24	5.60
	Per single serve Large	82	345	4.4	0.8	0.3	0.0	0.2	10.4	5.70	2.24
	Medium	66	276	3.5	0.6	0.3	0.0	0.2	8.3	4.56	1.79
	Small	49	207	2.6	0.5	0.2	0.0	0.1	6.2	3.42	1.34
	Personal	33	138	1.8	0.3	0.1	0.0	0.1	4.2	2.28	0.90
Pork Meatballs	per 100g	288	1196	23.0	7.9	7.3	1.7	1.0	13.0	1.88	0.74
	Per single serve Large	403	1674	32.2	11.1	10.2	2.4	1.4	18.2	2.63	1.03
	Medium	323	1340	25.8	8.8	8.2	1.9	1.1	14.6	2.11	0.83
	Small	242	1005	19.3	6.6	6.1	1.4	0.8	10.9	1.58	0.62
	Personal	81	335	6.4	2.2	2.0	0.5	0.3	3.6	0.53	0.21
Garlic Spread	per 100g	561	2309	60.6	16.1	2.6	0.3	0.7	1.3	1.04	0.41
	Per single serve Large	281	1155	30.3	8.1	1.3	0.2	0.4	0.7	0.52	0.21
	Medium	210	866	22.7	6.0	1.0	0.1	0.3	0.5	0.39	0.15
	Small	140	577	15.2	4.0	0.7	0.1	0.2	0.3	0.26	0.10
	Personal	70	289	7.6	2.0	0.3	0.0	0.1	0.2	0.13	0.05
Herbs	per 100g	281	1193	1.7	0.4	52.5	12.0	14.3	14.0	5.09	2.00
	Per single serve Large	56	239	0.3	0.1	10.5	2.4	2.9	2.8	1.02	0.40
	Medium	45	191	0.3	0.1	8.4	1.9	2.3	2.2	0.81	0.32
	Small	34	143	0.2	0.0	6.3	1.4	1.7	1.7	0.61	0.24
	Personal	11	48	0.1	0.0	2.1	0.5	0.6	0.6	0.20	0.08

Toppings		Per 100g										
		Energy kcal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	
Vegan Soy Strips	per 100g	132	554	5.5	0.6	2.5	1.3	6.8	18.1	2.32	0.91	
	Per single serve	Large	103	432	4.3	0.5	2.0	1.0	5.3	14.1	1.81	0.71
	Medium	74	310	3.1	0.3	1.4	0.7	3.8	10.1	1.30	0.51	
	Small	51	216	2.1	0.2	1.0	0.5	2.7	7.1	0.90	0.35	
	Personal	26	111	1.1	0.1	0.5	0.3	1.4	3.6	0.46	0.18	
Vegan Soy & Wheat Pepperoni	per 100g	192	797	14.0	7.6	0.1	0.1	7.1	16.3	2.80	1.10	
	Per single serve	Large	144	598	10.5	5.7	0.1	0.1	5.3	12.2	2.10	0.83
	Medium	115	478	8.4	4.6	0.1	0.1	4.3	9.8	1.68	0.66	
	Small	86	359	6.3	3.4	0.0	0.0	3.2	7.3	1.26	0.50	
	Personal	38	159	2.8	1.5	0.0	0.0	1.4	3.3	0.56	0.22	
Green chillies	per 100g	20	83	0.6	0.0	0.7	0.7	0.0	2.9	0.02	0.01	
	Per single serve	Large	10	40	0.3	0.0	0.3	0.3	1.4	0.01	0.00	
	Medium	7	28	0.2	0.0	0.2	0.2	0.0	1.0	0.01	0.00	
	Small	5	21	0.2	0.0	0.2	0.2	0.0	0.7	0.01	0.00	
	Personal	2	9	0.1	0.0	0.1	0.1	0.0	0.3	0.00	0.00	
Burger Sauce	per 100g	312	1291	28.5	2.1	12.7	8.2	0.6	1.2	1.32	0.52	
	Per single serve	Large	125	516	11.4	0.8	5.1	3.3	0.2	0.5	0.53	0.21
	Medium	94	387	8.6	0.6	3.8	2.5	0.2	0.4	0.40	0.16	
	Small	62	258	5.7	0.4	2.5	1.6	0.1	0.2	0.26	0.10	
	Personal	31	129	2.9	0.2	1.3	0.8	0.1	0.1	0.13	0.05	
Sliced Gherkins	per 100g	56	237	0.1	0.1	13.1	11.9	1.2	0.6	3.03	1.19	
	Per single serve	Large	44	185	0.1	0.1	10.2	9.3	0.9	0.5	2.36	0.93
	Medium	31	133	0.1	0.1	7.3	6.7	0.7	0.3	1.70	0.67	
	Small	22	92	0.0	0.0	5.1	4.6	0.5	0.2	1.18	0.46	
	Personal	11	47	0.0	0.0	2.6	2.4	0.2	0.1	0.61	0.24	
Hotdog Slices	per 100g	283	1174	24.0	9.1	3.8	0.5	0.0	13.0	0.00	0.00	
	Per single serve	Large	221	916	18.7	7.1	3.0	0.4	0.0	10.1	0.00	0.00
	Medium	158	657	13.4	5.1	2.1	0.3	0.0	7.3	0.00	0.00	
	Small	110	458	9.4	3.5	1.5	0.2	0.0	5.1	0.00	0.00	
	Personal	57	235	4.8	1.8	0.8	0.1	0.0	2.6	0.00	0.00	
Salami	per 100g	366	1515	32.0	12.0	0.5	0.5	0.0	19.0	3.80	1.49	
	Per single serve	Large	278	1151	24.3	9.1	0.4	0.4	0.0	14.4	2.89	1.13
	Medium	223	921	19.5	7.3	0.3	0.3	0.0	11.6	2.31	0.91	
	Small	167	691	14.6	5.5	0.2	0.2	0.0	8.7	1.73	0.68	
	Personal	56	230	4.9	1.8	0.1	0.1	0.0	2.9	0.58	0.23	
'Nduja Sausage	per 100g	371	1535	33.0	13.0	0.5	0.5	18.0	0.0	2.60	1.02	
	Per single serve	Large	289	1197	25.7	10.1	0.4	0.4	14.0	0.0	2.03	0.80
	Medium	208	860	18.5	7.3	0.3	0.3	10.1	0.0	1.46	0.57	
	Small	145	599	12.9	5.1	0.2	0.2	7.0	0.0	1.01	0.40	
	Personal	74	307	6.6	2.6	0.1	0.1	3.6	0.0	0.52	0.20	
Red Jalapenos	per 100g	27	113	0.3	0.0	4.2	4.2	1.8	0.0	0.03	0.01	
	Per single serve	Large	16	67	0.2	0.0	2.5	2.5	1.1	0.0	0.02	0.01
	Medium	11	47	0.1	0.0	1.8	1.8	0.8	0.0	0.01	0.00	
	Small	7	32	0.1	0.0	1.2	1.2	0.5	0.0	0.01	0.00	
	Personal	4	16	0.0	0.0	0.6	0.6	0.3	0.0	0.00	0.00	
Basil Pesto Drizzle	per 100g	185	767	14.0	2.0	12.0	4.4	0.7	2.6	0.77	0.30	
	Per single serve	Large	59	245	4.5	0.6	3.8	1.4	0.2	0.8	0.25	0.10
	Medium	44	184	3.4	0.5	2.9	1.1	0.2	0.6	0.18	0.07	
	Small	37	153	2.8	0.4	2.4	0.9	0.1	0.5	0.15	0.06	
	Personal	22	92	1.7	0.2	1.4	0.5	0.1	0.3	0.09	0.04	
Prosciutto	per 100g	238	996	13.6	6.9	0.0	0.0	0.0	29.0	4.75	1.87	
	Per single serve	Large	123	514	7.0	3.6	0.0	0.0	0.0	15.0	2.45	0.96
	Medium	92	385	5.3	2.7	0.0	0.0	0.0	11.2	1.84	0.72	
	Small	61	257	3.5	1.8	0.0	0.0	0.0	7.5	1.23	0.48	
	Personal	31	128	1.8	0.9	0.0	0.0	0.0	3.7	0.61	0.24	
PEPPADEW® Piquanté Peppers	per 100g	641	2682	68.5	4.9	4.8	3.5	0.5	1.3	1.66	0.67	
	Per single serve	Large	269	1126	28.8	2.1	2.0	1.5	0.2	0.5	0.70	0.28
	Medium	179	751	19.2	1.4	1.3	1.0	0.1	0.4	0.46	0.19	
	Small	135	563	14.4	1.0	1.0	0.7	0.1	0.3	0.35	0.14	
	Personal	90	375	9.6	0.7	0.7	0.5	0.1	0.2	0.23	0.09	
Goats Cheese	per 100g	329	1377	29.0	21.0	1.0	0.5	0.0	16.0	1.20	0.48	
	Per single serve	Large	194	812	17.1	12.4	0.6	0.3	0.0	9.4	0.71	0.28
	Medium	138	578	12.2	8.8	0.4	0.2	0.0	6.7	0.50	0.20	
	Small	92	386	8.1	5.9	0.3	0.1	0.0	4.5	0.34	0.13	
	Personal	46	193	4.1	2.9	0.1	0.1	0.0	2.2	0.17	0.07	

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.