



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	962	10.6	2.6	14.0	0.5	0.8	19.5	1.43	0.56
Chicken Kickers (7)	209	880	7.0	1.3	15.4	0.4	1.2	21.1	1.50	0.59
Chicken Kickers (14)	209	880	7.0	1.3	15.4	0.4	1.2	21.1	1.50	0.59
Chicken Kickers Combo UK	179	751	6.6	0.9	18.8	0.4	2.5	11.0	1.03	0.40
Chicken Kickers Combo IRL	177	744	6.6	0.9	18.8	0.4	2.5	10.5	1.01	0.40
Chicken Strippers (7)	276	1158	10.8	1.8	23.5	0.0	1.2	21.1	1.50	0.59
Chicken Strippers (14)	276	1158	10.8	1.8	23.5	0.0	1.2	21.1	1.50	0.59
Chicken Strippers Combo UK	211	887	8.4	1.2	22.4	0.2	2.4	11.5	1.05	0.41
Chicken Strippers Combo IRL	208	873	8.3	1.1	22.3	0.2	2.5	11.0	1.03	0.40
Chicken Wings (7)	204	851	13.3	4.3	4.3	1.0	0.0	16.8	1.32	0.52
Chicken Wings (14)	204	851	13.3	4.3	4.3	1.0	0.0	16.8	1.32	0.52
Chicken Wings Combo UK	180	752	9.8	2.4	13.0	0.7	1.8	9.9	0.99	0.39
Chicken Wings Combo IRL	178	745	9.6	2.3	13.4	0.7	1.9	9.5	0.97	0.38
Chili Flakes	425	1785	17.0	3.0	56.0	10.0	27.0	12.0	0.00	0.00
Coleslaw	145	600	12.9	1.0	6.3	4.8	0.6	0.9	0.80	0.32
Frank's Red Hot Wings (7)	189	788	12.2	3.9	4.3	1.1	0.1	15.5	1.93	0.76
Frank's Red Hot Wings (14)	193	804	12.5	4.0	4.3	1.0	0.1	15.8	1.79	0.70
Garlic Dippers	317	1333	10.2	2.6	46.0	4.6	3.6	10.2	0.90	0.35
Garlic Pizza Bread	323	1359	9.4	3.1	47.0	4.0	2.4	12.5	0.98	0.39
NACHOS (no Jalapenos)	306	1280	17.4	7.0	25.5	2.1	2.0	11.9	1.43	0.56
NACHOS with Jalapenos	273	1141	15.5	6.2	22.8	1.8	1.9	10.6	1.74	0.68
Popp'n Chicken Standard Portion	239	1001	10.6	2.3	19.6	0.7	1.7	16.2	0.69	0.27
Popp'n Chicken Double Portion	239	1001	10.6	2.3	19.6	0.7	1.7	16.2	0.69	0.27
Popp'n Chicken Combo UK	194	815	8.3	1.4	20.6	0.5	2.7	9.3	0.67	0.26
Popp'n Chicken Combo IRL	192	805	8.2	1.4	20.6	0.5	2.7	8.9	0.67	0.26
Potato Wedges UK	155	650	6.3	0.6	21.4	0.4	3.5	3.1	0.66	0.26
Potato Wedges IRL	155	650	6.3	0.6	21.4	0.4	3.5	3.1	0.66	0.26
Spicy BBQ Wings (7)	202	843	11.7	3.8	9.2	6.1	0.1	14.9	1.42	0.56
Spicy BBQ Wings (14)	203	847	12.1	3.9	8.1	4.9	0.1	15.4	1.40	0.55
Twisted Dough Balls: Cheese	339	1426	11.2	3.8	46.7	3.7	2.9	12.8	0.98	0.38
Twisted Dough Balls: Ham	317	1334	10.5	3.6	42.4	3.3	2.6	13.2	1.12	0.44
Twisted Dough Balls: Pepperoni	350	1470	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	795	6.5	0.7	22.0	1.0	3.8	10.7	1.33	0.52
Fries*	240	1007	8.8	0.9	36.7	0.3	6.3	3.4	0.15	0.06
Sweet Potato Fries*	180	755	7.3	1.1	26.4	12.4	6.3	2.1	0.51	0.20

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	183	770	6.1	1.1	13.5	0.4	1.1	18.4	1.31	0.52
4	183	770	6.1	1.1	13.5	0.4	1.1	18.4	1.31	0.52
4	179	751	6.6	0.9	18.8	0.4	2.5	11.0	1.03	0.40
4	188	791	7.0	0.9	20.1	0.4	2.7	11.2	1.07	0.42
2	270	1135	10.6	1.8	23.0	0.0	1.2	20.6	1.47	0.58
4	270	1135	10.6	1.8	23.0	0.0	1.2	20.6	1.47	0.58
4	222	934	8.8	1.2	23.6	0.2	2.6	12.1	1.11	0.44
4	232	974	9.2	1.3	24.9	0.3	2.8	12.3	1.15	0.45
2	255	1064	16.6	5.4	5.4	1.3	0.0	21.0	1.65	0.65
4	255	1064	16.6	5.4	5.4	1.3	0.0	21.0	1.65	0.65
4	200	834	10.8	2.7	14.4	0.8	2.0	10.9	1.09	0.43
4	209	873	11.2	2.7	15.7	0.8	2.2	11.1	1.14	0.45
1	4	18	0.2	0.0	0.6	0.1	0.3	0.1	0.00	0.00
2	145	600	12.9	1.0	6.3	4.8	0.6	0.9	0.80	0.32
2	226	941	14.6	4.7	5.1	1.3	0.2	18.4	2.30	0.91
4	226	940	14.6	4.7	5.0	1.2	0.1	18.4	2.09	0.82
2	238	1000	7.7	2.0	34.5	3.5	2.7	7.7	0.67	0.26
2	307	1291	8.9	2.9	44.7	3.8	2.3	11.9	0.93	0.37
2	253	1056	14.4	5.7	21.1	1.7	1.6	9.8	1.18	0.47
2	253	1056	14.4	5.7	21.1	1.7	1.7	9.8	1.61	0.63
2	239	1001	10.6	2.3	19.6	0.7	1.7	16.2	0.69	0.27
4	239	1001	10.6	2.3	19.6	0.7	1.7	16.2	0.69	0.27
4	206	866	8.8	1.5	21.8	0.6	2.8	9.8	0.71	0.28
4	216	906	9.2	1.5	23.2	0.6	3.0	10.0	0.76	0.30
2	145	611	5.9	0.6	20.1	0.4	3.3	2.9	0.62	0.24
2	162	679	6.6	0.6	22.4	0.4	3.7	3.2	0.69	0.27
2	251	1048	14.6	4.7	11.4	7.5	0.2	18.6	1.77	0.70
4	245	1022	14.6	4.7	9.8	5.9	0.1	18.5	1.69	0.66
2	339	1426	11.2	3.8	46.7	3.7	2.9	12.8	0.98	0.38
2	341	1434	11.3	3.8	45.6	3.6	2.8	14.2	1.21	0.47
2	373	1565	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
2	139	583	5.1	0.5	21.2	0.2	3.6	2.0	0.09	0.04
2	176	741	7.2	1.1	25.9	12.2	6.2	2.1	0.50	0.20

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	188	798	0.3	0.0	44.9	43.0	0.9	1.4	2.16	0.85
BBQ Dip 25g	188	798	0.3	0.0	44.9	43.0	0.9	1.4	2.16	0.85
Frank's Hot Dip 100g	24	100	0.5	0.0	4.0	1.7	1.5	0.8	8.55	3.36
Frank's Hot Dip 25g	24	100	0.5	0.0	4.0	1.7	1.5	0.8	8.55	3.36
Garlic and Herb Dip 100g	675	2778	73.8	5.1	2.0	1.6	0.1	0.8	0.76	0.30
Garlic and Herb Dip 25g	675	2778	73.8	5.1	2.0	1.6	0.1	0.8	0.76	0.30
Honey and Mustard Dip 25g	435	1796	43.3	3.0	9.7	8.6	0.7	1.7	1.58	0.62
Sweet Chili Dip 25g	215	912	0.9	0.1	51.4	50.3	0.2	0.3	0.92	0.36
Tangy Salsa Dip 25g	167	705	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	200	0.1	0.0	11.2	10.8	0.2	0.3	0.54	0.21
1	47	200	0.1	0.0	11.2	10.8	0.2	0.3	0.54	0.21
4	6	25	0.1	0.0	1.0	0.4	0.4	0.2	2.14	0.84
1	6	25	0.1	0.0	1.0	0.4	0.4	0.2	2.14	0.84
4	169	695	18.5	1.3	0.5	0.4	0.0	0.2	0.19	0.08
1	169	695	18.5	1.3	0.5	0.4	0.0	0.2	0.19	0.08
1	109	449	10.8	0.8	2.4	2.2	0.2	0.4	0.39	0.16
1	54	228	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

Wraps

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	267	1119	11.0	3.4	26.3	2.0	1.3	15.6	1.42	0.56
Mexiball Feast	288	1205	15.9	5.5	25.5	4.1	1.2	10.8	1.67	0.66
Pepperoni Passion	309	1282	17.0	7.7	26.8	2.0	1.2	12.2	1.91	0.76
Tandoori Hot	209	880	6.6	3.1	26.3	2.2	1.3	11.1	1.46	0.57
Texas BBQ	266	1116	10.6	3.3	27.7	4.4	1.2	14.9	1.41	0.55
Veg Supreme	211	886	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	405	1701	16.7	5.1	40.1	3.1	2.0	23.6	2.16	0.85
1	528	2206	29.1	10.1	46.7	7.6	2.2	19.7	3.05	1.20
1	454	1899	25.0	11.4	39.5	3.0	1.7	17.9	2.80	1.10
1	332	1399	10.5	4.9	41.8	3.4	2.1	17.7	2.32	0.91
1	420	1764	16.8	5.2	43.7	7.0	1.9	23.6	2.22	0.88
1	303	1276	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	428	1795	19.8	3.7	52.5	8.8	2.5	10.0	0.23	0.09
Domino's Cookies	455	1907	20.2	10.2	61.8	36.6	1.8	6.4	0.80	0.31
Lotsa - Chocca Pizza	409	1718	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
Mega Cookie*	445	1871	17.8	9.3	65.7	39.1	3.4	5.6	0.76	0.30

Serves	Per Portion									
	Energy kcal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
4	198	830	9.2	1.7	24.3	4.1	1.1	4.6	0.11	0.04
4	182	763	8.1	4.1	24.7	14.6	0.7	2.6	0.32	0.13
4	208	872	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
8	251	1052	10.0	5.2	37.0	22.0	1.9	3.2	0.43	0.17

ThickShakes*

Product Name	Per 100g									
	Energy kcal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
Chocolate	167	699	7.3	5.1	21.0	14.5	0.4	4.2	0.14	0.05
Strawberry	159	667	6.9	4.1	21.0	14.0	0.1	3.2	0.11	0.04
Vanilla	149	624	6.2	4.1	19.9	12.9	0.1	3.3	0.13	0.05

Serves	Per Portion									
	Energy kcal	Energy kJ	Fat (g)	Sat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
1	416	1744	18.2	12.7	52.4	36.2	1.0	10.5	0.34	0.14
1	396	1662	17.2	10.2	52.4	34.9	0.2	8.0	0.28	0.11
1	371	1557	15.5	10.2	49.7	32.2	0.2	8.2	0.32	0.13

*Available in select trial stores only

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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