PRODUCT NUTRITIION INFORMATION

TRADITIONAL PIZZAS

Margherita

Ingredients: Pizza dough (flour, water, vegetable oil. Yeast, salt, sugar) Pizza sauce (crushed tomatoes, vegetable oil, water, salt, oregano, parmesan cheese) Mozzarella cheese, oregano

Regular				***Large***				***Family***		
Servings	6			Servings	8			Servings	12	
Serving size	86 g			Serving size	112 g			Serving size	120 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	941 kJ	1090 kJ		Energy	1260 kJ	1120 kJ		Energy	1370 kJ	1140 kJ
Protein	11.9 g	11.4 g		Protein	15 g	13.4 g		Protein	16 g	13.3 g
Fat, total	9.8 g	11.4 g		Fat, total	12.4 g	11.1 g		Fat, total	12.8 g	10.7 g
- saturated	1.9 g	5.7 g		- saturated	5.9 g	5.3 g		- saturated	6 g	5 g
Carbohydrate	21 g	24.4 g		Carbohydrate	30.4 g	27.1 g		Carbohydrate	34.9 g	29.1 g
- sugars	2.5 g	3 g		- sugars	3.5 g	3.1 g		- sugars	3.8 g	3.1 g
Sodium	438 mg	509 mg		Sodium	556 mg	496 mg		Sodium	605mg	504 mg

Regular -thin base				***Large – thin base***				***Family – thin base***		
Servings	6			Servings	8			Servings	12	
Serving size	66 g			Serving size	88 g			Serving size	95 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	748 kJ	1030 kJ		Energy	936 kJ	1060 kJ		Energy	1040 kJ	1090 kJ
Protein	10.2 g	14.4 g		Protein	12.7 g	14.4 g		Protein	13.6 g	14.5 g
Fat, total	9 g	13 g		Fat, total	11.5 g	13 g		Fat, total	11.8 g	13 g
- saturated	4.6 g	6.2 g		- saturated	5.8 g	6.2 g		- saturated	5.9 g	6.2 g
Carbohydrate	13.6 g	20.6 g		Carbohydrate	16.5 g	18.8 g		Carbohydrate	20.7 g	21.8 g
- sugars	1.8 g	2.7 g		- sugars	2.4 g	2.8 g		- sugars	2.7 g	2.8 g
Sodium	341 mg	mg		Sodium	409 mg	463 mg		Sodium	452mg	476 mg

3 Cheese

Ingredients: Pizza dough (flour, water, vegetable oil. Yeast, salt, sugar) Mozzarella cheese, feta cheese, bocconcini

Regular				***Large***				***Family***		
Servings	6			Servings	8			Servings	12	
Serving size	68 g			Serving size	102 g			Serving size	110 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	873 kJ	1280 kJ		Energy	1300 kJ	1270kJ		Energy	1410 kJ	1280kJ
Protein	11.6 g	17 g		Protein	17.2 g	16.9 g		Protein	18.2 g	16.8 g
Fat, total	8.9 g	13.1 g		Fat, total	13.3 g	13.1 g		Fat, total	13.8 g	12.6 g
- saturated	5 g	7.3 g		- saturated	7.5 g	7.3 g		- saturated	7.6 g	6.9 g
Carbohydrate	19.6 g	28.8 g		Carbohydrate	28.8 g	28.2 g		Carbohydrate	33.4 g	30.4 g
- sugars	1.6 g	2.4 g		- sugars	2.4 g	2.3 g		- sugars	2.8 g	2.5 g
Sodium	303 mg	578 mg		Sodium	583 mg	572 mg		Sodium	636 mg	578 mg

Regular -thin base				***Large – thin base***				***Family – thin base***		
Servings	6			Servings	8			Servings	12	
Serving size	56 g			Serving size	76 g			Serving size	85 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	710 g	1270 kJ		Energy	969 kJ	1280 kJ		Energy	1090 g	1280 g
Protein	10.4 g	18.5 g		Protein	14.8 g	19.5 g		Protein	15.8 g	18.6 g
Fat, total	8.4 g	15 g		Fat, total	12.3 g	16.2 g		Fat, total	12.8 g	15.1 g
- saturated	4.9 g	8.8 g		- saturated	7.3 g	9.6 g		- saturated	7.5 g	8.8 g
Carbohydrate	12.6 g	22.4 g		Carbohydrate	14.8 g	19.5 g		Carbohydrate	19.3 g	22.7 g
- sugars	1.1 g	2 g		- sugars	1.3 g	1.8 g		- sugars	1.7 g	2 g
Sodium	317 mg	566 mg		Sodium	432 mg	568 mg		Sodium	484 mg	570 mg

Peperoni

Ingredients: Pizza dough (flour, water, vegetable oil. Yeast, salt, sugar), Pizza sauce (crushed tomatoes, vegetable oil, water, salt, oregano, parmesan cheese) Mozzarella cheese, Peperoni salami

Regular				***Large***				***Family***		
Servings	6			Servings	8			Servings	12	
Serving size	79 g			Serving size	113 g			Serving size	121 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	930 kJ	1180 kJ		Energy	1340 kJ	1190 kJ		Energy	1470 kJ	1220 kJ
Protein	10.1 g	12.8 g		Protein	14.7 g	13 g		Protein	16 g	13.2 g
Fat, total	10.5 g	13.2 g		Fat, total	15 g	13.3 g		Fat, total	15.7 g	13 g
- saturated	4 g	5.1 g		- saturated	5.8 g	5.2 g		- saturated	6.2 g	5.1 g
Carbohydrate	20.8 g	26.4 g		Carbohydrate	30.4 g	26.9 g		Carbohydrate	35 g	28.9 g
- sugars	2.4 g	3.1 g		- sugars	3.5 g	3.1 g		- sugars	3.7 g	3.1 g
Sodium	516 mg	653 mg		Sodium	740 mg	655 mg		Sodium	799 mg	660 mg

Regular -thin base				***Large – thin base***				***Family – thin base***		
Servings	6			Servings	8			Servings	12	
Serving size	65 g			Serving size	88 g			Serving size	97 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	749 kJ	1150 kJ		Energy	1020 kJ	1160 kJ		Energy	1150 kJ	1180 kJ
Protein	8.7 g	13.4 g		Protein	12.3 g	13.9 g		Protein	13.6 g	14 g
Fat, total	9.7 g	15 g		Fat, total	13.9 g	15.8 g		Fat, total	14.7 g	15.2 g
- saturated	3.9 g	6 g		- saturated	5.7 g	6.5 g		- saturated	6 g	6.2 g
Carbohydrate	13.5 g	20.8 g		Carbohydrate	16.4 g	18.7 g		Carbohydrate	20.9 g	21.5 g
- sugars	1.8 g	2.8 g		- sugars	2.4 g	2.7 g		- sugars	2.7 g	2.8 g
Sodium	430 mg	662 mg		Sodium	588 mg	669 mg		Sodium	647 mg	667 mg

Ham

Ingredients: Pizza dough (flour, water, vegetable oil. Yeast, salt, sugar), Pizza sauce (crushed tomatoes, vegetable oil, water, salt, oregano, parmesan cheese) Mozzarella cheese, Shredded ham

Regular				***Large***				***Family***		
Servings	6			Servings	8			Servings	12	
Serving size	74 g			Serving size	99 g			Serving size	112 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	736 kJ	995 kJ		Energy	1040 kJ	1050 kJ		Energy	1220 kJ	1090 kJ
Protein	9.3 g	12.5 g		Protein	12.5 g	12.6 g		Protein	14.1 g	12.6 g
Fat, total	5.9 g	7.9 g		Fat, total	8.2 g	8.3 g		Fat, total	9 g	8 g
- saturated	2.4 g	3.3 g		- saturated	3.5 g	3.5 g		- saturated	3.8 g	3.4 g
Carbohydrate	20.4 g	27.6 g		Carbohydrate	29.6 g	29.9 g		Carbohydrate	36.7 g	32.7 g
- sugars	2 g	2.8 g		- sugars	2.9 g	2.9 g		- sugars	5.7 g	5.1 g
Sodium	513 mg	693 mg		Sodium	634 mg	640 mg		Sodium	721 mg	644 mg

Regular -thin base				***Large – thin base***				***Family – thin base***		
Servings	6			Servings	8			Servings	12	
Serving size	60 g			Serving size	74 g			Serving size	87 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	560 kJ	933 kJ		Energy	715 kJ	966 kJ		Energy	886 kJ	1020 kJ
Protein	7.9 g	13.2 g		Protein	10.1 g	13.6 g		Protein	11.6 g	13.4 g
Fat, total	5.2 g	8.8 g		Fat, total	7.2 g	9.7 g		Fat, total	7.9 g	9.1 g
- saturated	2.3 g	3.9 g		- saturated	3.3 g	4.5 g		- saturated	3.6 g	4.2 g
Carbohydrate	13 g	21.7 g		Carbohydrate	15.6 g	21 g		Carbohydrate	22.4 g	25.8 g
- sugars	1.5 g	2.5 g		- sugars	1.8 g	2.5 g		- sugars	4.6 g	5.3 g
Sodium	427 mg	712 mg		Sodium	482 mg	651 mg		Sodium	566 mg	651 mg

All Meat

Ingredients: Pizza dough (flour, water, vegetable oil. Yeast, salt, sugar), Pizza sauce (crushed tomatoes, vegetable oil, water, salt, oregano, parmesan cheese) Mozzarella cheese, Peperoni salami, shredded ham, cabanossi, bacon, beef pizza topping

Regular				***Large***				***Family***		
Servings	6			Servings	8			Servings	12	
Serving size	74 g			Serving size	122 g			Serving size	130 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	921 kJ	1240 kJ		Energy	1490 kJ	1220 kJ		Energy	1530 g	1180 g
Protein	10 g	13.6 g		Protein	16.6 g	13.6 g		Protein	18.9 g	14.5 g
Fat, total	10.6 g	14.4 g		Fat, total	18.4 g	15.1 g		Fat, total	16.3 g	12.5 g
- saturated	4.4 g	6 g		- saturated	7.7 g	6.3 g		- saturated	6.7 g	5.1 g
Carbohydrate	20.2 g	27.3 g		Carbohydrate	29.7 g	24.3 g		Carbohydrate	34.3 g	26.4 g
- sugars	2 g	2.8 g		- sugars	3 g	2.4 g		- sugars	3.3 g	2.6 g
Sodium	508 mg	686 mg		Sodium	828 mg	678 mg		Sodium	878 mg	676 mg

Regular -thin base				***Large – thin base***				***Family – thin base***		
Servings	6			Servings	8			Servings	12	
Serving size	61 g			Serving size	96 g			Serving size	106 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	764 kJ	1250 kJ		Energy	1160 kJ	1220 kJ		Energy	1260 kJ	1190 kJ
Protein	9 g	14.7 g		Protein	14.2 g	14.9 g		Protein	15.2 g	14.4 g
Fat, total	10.2 g	16.7 g		Fat, total	17.3 g	18.2 g		Fat, total	16.9 g	16 g
- saturated	4.4 g	7.2 g		- saturated	7.5 g	7.8 g		- saturated	7.1 g	6.7 g
Carbohydrate	13.3 g	21.8 g		Carbohydrate	15.7 g	16.4 g		Carbohydrate	21 g	19.8 g
- sugars	1.5 g	2.5 g		- sugars	1.9 g	2 g		- sugars	2.4 g	2.3 g
Sodium	437 mg	716 mg		Sodium	676 mg	708 mg		Sodium	753.mg	710 mg

Ham & Pineapple

Ingredients: Pizza dough (flour, water, vegetable oil. Yeast, salt, sugar), Pizza sauce (crushed tomatoes, vegetable oil, water, salt, oregano, parmesan cheese) Mozzarella cheese, shredded ham, pineapple pieces.

Regular				***Large***				***Family***		
Servings	6			Servings	8			Servings	12	
Serving size	77 g			Serving size	111 g			Serving size	125 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	826 kJ	1070 kJ		Energy	1070 kJ	962 kJ		Energy	1250 kJ	1000 kJ
Protein	8.8 g	11.4 g		Protein	12.5 g	11.2 g		Protein	14.1 g	11.3 g
Fat, total	7.7 g	10 g		Fat, total	8.2 g	7.4 g		Fat, total	9 g	7.2 g
- saturated	3.1 g	4 g		- saturated	3.5 g	3.1 g		- saturated	3.8 g	3 g
Carbohydrate	22 g	28.6 g		Carbohydrate	31 g	27.9 g		Carbohydrate	38.2 g	30.6 g
- sugars	3.2 g	4.2 g		- sugars	4.4 g	4 g		- sugars	7.3g	5.8 g
Sodium	436 mg	567 mg		Sodium	631 mg	569 mg		Sodium	721 mg	577 mg

Regular -thin base				***Large – thin base***				***Family – thin base***		
Servings	6			Servings	8			Servings	12	
Serving size	68 g			Serving size	87 g			Serving size	100	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	586 kJ	862 kJ		Energy	749 kJ	860 kJ		Energy	916 kJ	916 kJ
Protein	7.8 g	11.5 g		Protein	10.1 g	11.6 g		Protein	11.6 g	11.6 g
Fat, total	5.3 g	7.8 g		Fat, total	7.3 g	8.4 g		Fat, total	8 g	8 g
- saturated	2.3 g	3.4 g		- saturated	3.3 g	3.8 g		- saturated	3.6 g	3.6 g
Carbohydrate	14.3 g	21.1 g		Carbohydrate	17.1 g	19.7 g		Carbohydrate	23.9 g	23.9 g
- sugars	2.6 g	3.8 g		- sugars	3.4 g	3.9 g		- sugars	6.1 g	6.1 g
Sodium	414 mg	609 mg		Sodium	483 mg	555 mg		Sodium	565 mg	565 mg

Australian

Ingredients: Pizza dough (flour, water, vegetable oil. Yeast, salt, sugar), Pizza sauce (crushed tomatoes, vegetable oil, water, salt, oregano, parmesan cheese) Mozzarella cheese, diced bacon, egg.

Regular				***Large***				***Family***		
Servings	6			Servings	8			Servings	12	
Serving size	77 g			Serving size	102 g			Serving size	117 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	900 kJ	1170 kJ		Energy	1220 kJ	1190 kJ		Energy	1430 kJ	1220 kJ
Protein	10.2 g	13.3 g		Protein	13.5 g	13.2 g		Protein	15.4 g	13.2 g
Fat, total	9.9 g	12.9 g		Fat, total	12.6 g	12.3 g		Fat, total	14.1 g	12 g
- saturated	3.9 g	5.1 g		- saturated	5.1 g	5 g		- saturated	5.7 g	4.9 g
Carbohydrate	20.3 g	26.4 g		Carbohydrate	29.6 g	29 g		Carbohydrate	36.6 g	31.3 g
- sugars	2..1 g	2.7 g		- sugars	3 g	2.9 g		- sugars	5.8 g	4.9 g
Sodium	484 mg	628 mg		Sodium	625 mg	613 mg		Sodium	710 mg	607 mg

Regular -thin base				***Large – thin base***				***Family – thin base***		
Servings	6			Servings	8			Servings	12	
Serving size	66 g			Serving size	78 g			Serving size	94 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	737 kJ	1120 kJ		Energy	892 kJ	1140 kJ		Energy	1110 kJ	1180 kJ
Protein	9 g	13.7 g		Protein	11.1 g	14.2 g		Protein	13 g	13.9 g
Fat, total	9.4 g	14.2 g		Fat, total	11.5 g	14.8 g		Fat, total	13.1 g	14 g
- saturated	3.9 g	5.9 g		- saturated	5 g	6.4 g		- saturated	5.6 g	5.9 g
Carbohydrate	13.2 g	20.1 g		Carbohydrate	15.6 g	20 g		Carbohydrate	22.6 g	24 g
- sugars	1.6 g	2.4 g		- sugars	1.9 g	2.4 g		- sugars	4.7 g	5 g
Sodium	408 mg	618 mg		Sodium	473 mg	606 mg		Sodium	561 mg	597 mg

Mexicana

Ingredients: Pizza dough (flour, water, vegetable oil. Yeast, salt, sugar), Pizza sauce (crushed tomatoes, vegetable oil, water, salt, oregano, parmesan cheese) Mozzarella cheese, Peperoni salami, onion, capsicum,

Regular				***Large***				***Family***		
Servings	6			Servings	8			Servings	12	
Serving size	94 g			Serving size	133 g			Serving size	130 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	960 kJ	1020 kJ		Energy	1380 kJ	1040 kJ		Energy	1410 kJ	1080 kJ
Protein	10.8 g	11.4 g		Protein	15.1 g	11.4 g		Protein	15.1 g	11.6 g
Fat, total	10.6 g	11.3 g		Fat, total	15.1 g	11.4 g		Fat, total	14 g	10.7 g
- saturated	4.2 g	4.5 g		- saturated	5.9 g	4.4 g		- saturated	5.5 g	4.2 g
Carbohydrate	21.4 g	22.8 g		Carbohydrate	31.4 g	23.6 g		Carbohydrate	35.6 g	27.4 g
- sugars	3 g	3.2 g		- sugars	4.3 g	3.2 g		- sugars	4.5 g	3.4 g
Sodium	534 mg	568 mg		Sodium	746 mg	561 mg		Sodium	727 mg	560 mg

Regular -thin base				***Large – thin base***				***Family – thin base***		
Servings	6			Servings	8			Servings	12	
Serving size	81 g			Serving size	108 g			Serving size	107 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	794 kJ	980 kJ		Energy	1050 kJ	976 kJ		Energy	1090 kJ	1020 kJ
Protein	9.5 g	11.8 g		Protein	12.7 g	11.8 g		Protein	12.8 g	12 g
Fat, total	10.1 g	12.4 g		Fat, total	14.1 g	13 g		Fat, total	13 g	12.1 g
- saturated	4.1 g	5.1 g		- saturated	5.8 g	5.3 g		- saturated	5.4 g	5 g
Carbohydrate	14.3 g	17.6 g		Carbohydrate	17.4 g	16.2 g		Carbohydrate	21.6 g	20.2 g
- sugars	2.5 g	3.1 g		- sugars	3.3 g	3 g		- sugars	3.4 g	3.2 g
Sodium	456 mg	563 mg		Sodium	595 mg	551 mg		Sodium	577 mg	539 mg

4 Seasons

Ingredients: Pizza dough (flour, water, vegetable oil. Yeast, salt, sugar), Pizza sauce (crushed tomatoes, vegetable oil, water, salt, oregano, parmesan cheese) Mozzarella cheese, cabanossi, shredded ham, prawns, mushroom

Regular				***Large***				***Family***		
Servings	6			Servings	8			Servings	12	
Serving size	78 g			Serving size	123 g			Serving size	135 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	823 kJ	1050 kJ		Energy	1150 kJ	934 kJ		Energy	1310 kJ	973 kJ
Protein	10.2 g	13.1 g		Protein	15 g	12.2 g		Protein	16.2 g	12 g
Fat, total	7.7 g	9.9 g		Fat, total	10 g	8.1 g		Fat, total	10.6 g	7.8 g
- saturated	3.2 g	4.1 g		- saturated	4.2 g	3.4 g		- saturated	4.5 g	3.3 g
Carbohydrate	20.5 g	26.2 g		Carbohydrate	29.6 g	24.1 g		Carbohydrate	36.7 g	27.2 g
- sugars	2.1 g	2.7 g		- sugars	3 g	2.4 g		- sugars	5.8 g	4.3 g
Sodium	469 mg	601 mg		Sodium	672 mg	546 mg		Sodium	735 mg	545 mg

Regular -thin base				***Large – thin base***				***Family – thin base***		
Servings	6			Servings	8			Servings	12	
Serving size	66 g			Serving size	99 g			Serving size	110 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	663 kJ	1000 kJ		Energy	829 kJ	837 kJ		Energy	988 kJ	898 kJ
Protein	9.1 g	13.8 kJ		Protein	12.6 g	12.7 g		Protein	13.7 g	12.5 g
Fat, total	7.3 g	11 g		Fat, total	9 g	9.1 g		Fat, total	9.6 g	8.7g
- saturated	3.1 g	4.8 g		- saturated	4.1 g	4.1 g		- saturated	4.3 g	3.9 g
Carbohydrate	13.5 g	20.4 g		Carbohydrate	15.7 g	15.9 g		Carbohydrate	22.6 g	20.5 g
- sugars	1.6 g	2.4 g		- sugars	1.9 g	1.9 g		- sugars	4.7 g	4.3 g
Sodium	395 mg	598 mg		Sodium	523 mg	528 mg		Sodium	583 mg	530 mg

Vegetarian

Ingredients: Pizza dough (flour, water, vegetable oil. Yeast, salt, sugar), Pizza sauce (crushed tomatoes, vegetable oil, water, salt, oregano, parmesan cheese) Mozzarella cheese, onion, mushroom, capsicum, pineapple.

Regular				***Large***				***Family***		
Servings	6			Servings	8			Servings	12	
Serving size	92 g			Serving size	123 g			Serving size	128 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	723 kJ	785 kJ		Energy	1040 kJ	846 kJ		Energy	1160 kJ	903 kJ
Protein	7.7 g	8.4 g		Protein	11.1 g	9 g		Protein	12.2 g	9.5 g
Fat, total	5.4 g	5.9 g		Fat, total	7.8 g	6.4 g		Fat, total	8.4 g	6.6 g
- saturated	2.2 g	2.4 g		- saturated	3.3 g	2.7 g		- saturated	3.6 g	2.8 g
Carbohydrate	21.8 g	23.6 g		Carbohydrate	31.4 g	25.6 g		Carbohydrate	35.7 g	27.9 g
- sugars	3.4 g	3.8 g		- sugars	4.6 g	3.8 g		- sugars	4.7 g	3.7 g
Sodium	322 mg	350 mg		Sodium	448 mg	364 mg		Sodium	501 mg	391 mg

Regular -thin base				***Large – thin base***				***Family – thin base***		
Servings	6			Servings	8			Servings	12	
Serving size	80 g			Serving size	99 g			Serving size	104 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	558 kJ	697 kJ		Energy	714 kJ	721 kJ		Energy	834 kJ	802 kJ
Protein	6.6 g	8.2 g		Protein	8.7 g	8.8 g		Protein	9.9 g	9.5 g
Fat, total	4.9 g	6.1 g		Fat, total	6.8 g	6.8 g		Fat, total	7.5 g	7.2 g
- saturated	2.2 g	2.7 g		- saturated	3.2 g	3.2 g		- saturated	3.5 g	3.3 g
Carbohydrate	14.6 g	18.3 g		Carbohydrate	17.3 g	17.5 g		Carbohydrate	21.6 g	20.8 g
- sugars	2.9 g	3.6 g		- sugars	3.5 g	3.6 g		- sugars	3.7 g	3.5 g
Sodium	245 mg	306 mg		Sodium	296 mg	299 mg		Sodium	351 mg	338 mg

Napoli

Ingredients: Pizza dough (flour, water, vegetable oil. Yeast, salt, sugar), Pizza sauce (crushed tomatoes, vegetable oil, water, salt, oregano, parmesan cheese) Mozzarella cheese, anchovies, black olives, garlic

Regular				***Large***				***Family***		
Servings	6			Servings	8			Servings	12	
Serving size	94 g			Serving size	118 g			Serving size	124 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	1020 kJ	1090 kJ		Energy	1270 kJ	1080 kJ		Energy	1360 kJ	1100 kJ
Protein	12.9 g	13.7 g		Protein	14.3 g	12.1 g		Protein	15 g	12.1 g
Fat, total	11.4 g	12.2 g		Fat, total	12.9 g	10.9 g		Fat, total	12.9 g	10.4 g
- saturated	5.1 g	5.4 g		- saturated	5.2 g	4.4 g		- saturated	5.1 g	4.1 g
Carbohydrate	21.3 g	22.6 g		Carbohydrate	30.9 g	26.2 g		Carbohydrate	35.5 g	28.6 g
- sugars	2.6 g	2.8 g		- sugars	3.5 g	3 g		- sugars	3.8 g	3.1 g
Sodium	715 mg	760 mg		Sodium	858 mg	727 mg		Sodium	918 mg	740 mg

Regular -thin base				***Large – thin base***				***Family – thin base***		
Servings	6			Servings	8			Servings	12	
Serving size	76 g			Serving size	95 g			Serving size	96 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	835 kJ	1100 kJ		Energy	966 kJ	1020 kJ		Energy	999 kJ	1040 kJ
Protein	11.2 g	14.8 g		Protein	12.2 g	12.9 g		Protein	12.5 g	13 g
Fat, total	10.6 g	13.9 g		Fat, total	12.2 g	12.8 g		Fat, total	11 g	11.5 g
saturated	4.8 g	6.4 g		- saturated	5.2 g	5.5 g		- saturated	4.8 g	5 g
Carbohydrate	14 g	18.4 g		Carbohydrate	17 g	17.9 g		Carbohydrate	21.2 g	22 g
- sugars	1.8 g	2.4 g		- sugars	2.5 g	2.6 g		- sugars	2.8 g	2.9 g
Sodium	620 mg	816 mg		Sodium	712 mg	750 mg		Sodium	702 mg	732 mg

Chicken Surprise

Ingredients: Pizza dough (flour, water, vegetable oil. Yeast, salt, sugar), Pizza sauce (crushed tomatoes, vegetable oil, water, salt, oregano, parmesan cheese) Mozzarella cheese, diced roast chicken, pineapple

Regular				***Large***				***Family***		
Servings	6			Servings	8			Servings	12	
Serving size	90 g			Serving size	120 g			Serving size	129	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	864 kJ	960 kJ		Energy	1170 kJ	978 kJ		Energy	1340 kJ	1040 kJ
Protein	13.5 g	15 g		Protein	17.8 g	14.9 g		Protein	19 g	14.7 g
Fat, total	6.9 g	7.7 g		Fat, total	8.8 g	7.3 g		Fat, total	9.4 g	7.3 g
- saturated	2.8 g	3.1 g		- saturated	3.6 g	3 g		- saturated	3.9 g	3 g
Carbohydrate	21.2 g	23.6 g		Carbohydrate	30.8 g	25.6 g		Carbohydrate	23.6 g	22.3 g
- sugars	3 g	3.3 g		- sugars	4 g	3.4 g		- sugars	6.8 g	5.3 g
Sodium	366 mg	406 mg		Sodium	457 mg	381 mg		Sodium	510 mg	396 mg

Regular -thin base				***Large – thin base***				***Family – thin base***		
Servings	6			Servings	8			Servings	12	
Serving size	66			Serving size	96 g			Serving size	106 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	584 kJ	884 kJ		Energy	852 kJ	888 kJ		Energy	1010 kJ	955 kJ
Protein	10.4 g	15.8 g		Protein	15.5 g	16.1 g		Protein	16.6 g	15.7 g
Fat, total	4.9 g	7.5 g		Fat, total	7.8 g	8.1 g		Fat, total	8.4 g	7.9 g
- saturated	2.1 g	3.2 g		- saturated	3.5 g	3.6 g		- saturated	3.8 g	3.6 g
Carbohydrate	12.5 g	18.9 g		Carbohydrate	16.8 g	17.5 g		Carbohydrate	23.6 g	22.3 g
- sugars	2.2 g	3.2 g		- sugars	3 g	3.1 g		- sugars	5.8 g	5.4 g
Sodium	211 mg	320 mg		Sodium	307 mg	320 mg		Sodium	358 mg	338 mg

Chicken Delight

Ingredients: Pizza dough (flour, water, vegetable oil. Yeast, salt, sugar), Pizza sauce (crushed tomatoes, vegetable oil, water, salt, oregano, parmesan cheese) Mozzarella cheese, diced roast chicken, diced bacon, onion, mushroom

Regular				***Large***				***Family***		
Servings	6			Servings	8			Servings	12	
Serving size	95 g			Serving size	135 g			Serving size	137 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	859 kJ	905 kJ		Energy	1260 kJ	930 kJ		Energy	1370 kJ	998 kJ
Protein	10.9 g	11.5 g		Protein	15.9 g	11.8 g		Protein	17.2 g	12.6 g
Fat, total	7.9 g	8.3 g		Fat, total	11.5 g	8.5 g		Fat, total	12.3 g	9 g
- saturated	3.2 g	3.3 g		- saturated	4.7 g	3.5 g		- saturated	5 g	3.6 g
Carbohydrate	21.4 g	22.5 g		Carbohydrate	31.2 g	23.1 g		Carbohydrate	34.9 g	25.5 g
- sugars	2.5 g	2.6 g		- sugars	3.6 g	2.7 g		- sugars	3.8 g	2.8 g
Sodium	500 mg	526 mg		Sodium	706 mg	523 mg		Sodium	625 mg	456 mg

Regular -thin base				***Large – thin base***				***Family – thin base***		
Servings	6			Servings	8			Servings	12	
Serving size	82 g			Serving size	109 g			Serving size	112 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	702 kJ	856 kJ		Energy	935 kJ	858 kJ		Energy	1040 kJ	926 kJ
Protein	9.8 g	11.9 g		Protein	13.6 g	12.5 g		Protein	14.7 g	13.1 g
Fat, total	7.4 g	9.1 g		Fat, total	10.5 g	9.7 g		Fat, total	11.3 g	10.1 g
- saturated	3.1 g	3.8 g		- saturated	4.6 g	4.2 g		- saturated	4.8 g	4.3 g
Carbohydrate	14.5 g	17.6 g		Carbohydrate	17.3 g	15.9 g		Carbohydrate	20.6 g	18.4 g
- sugars	2 g	2.4 g		- sugars	2.6 g	2.4 g		- sugars	2.7 g	2.4 g
Sodium	427 mg	521 mg		Sodium	557 mg	511 mg		Sodium	470 mg	420 mg

Caprice

Ingredients: Pizza dough (flour, water, vegetable oil. Yeast, salt, sugar), Pizza sauce (crushed tomatoes, vegetable oil, water, salt, oregano, parmesan cheese) Mozzarella cheese, shredded ham, mushroom, capsicum, olives, anchovies

Regular				***Large***				***Family***		
Servings	6			Servings	8			Servings	12	
Serving size	85 g			Serving size	123 g			Serving size	108 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	774 kJ	910 kJ		Energy	1110 kJ	903 kJ		Energy	1210 kJ	1120 kJ
Protein	8.9 g	10.5 g		Protein	13 g	10.6 g		Protein	13.6 g	12.6 g
Fat, total	6.9 g	8.1 g		Fat, total	9.6 g	7.8 g		Fat, total	8.9 g	8.2 g
- saturated	2.5 g	2.9 g		- saturated	3.6 g	2.9 g		- saturated	3.7 g	3.5 g
Carbohydrate	20.4 g	24 g		Carbohydrate	30 g	24.4 g		Carbohydrate	36.6 g	33.9 g
- sugars	2.2 g	2.5 g		- sugars	3.1 g	2.6 g		- sugars	5.7 g	5.3 g
Sodium	613 mg	721 mg		Sodium	785 mg	638 mg		Sodium	763 mg	706 mg

Regular -thin base				***Large – thin base***				***Family – thin base***		
Servings	6			Servings	8			Servings	12	
Serving size	73 g			Serving size	99 g			Serving size	83 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	615 kJ	842 kJ		Energy	789 kJ	797 kJ		Energy	881 kJ	1060 kJ
Protein	7.8 g	10.7 g		Protein	10.6 g	10.8 g		Protein	11.2 g	13.5 g
Fat, total	6.4 g	8.8 g		Fat, total	8.6 g	8.7 g		Fat, total	7.9 g	9.5 g
- saturated	2.4 g	3.3 g		- saturated	3.5 g	3.5 g		- saturated	3.6 g	4.4 g
Carbohydrate	13.5 g	18.5 g		Carbohydrate	16.1 g	16.2 g		Carbohydrate	22.5 g	27.1 g
- sugars	1.6 g	2.2 g		- sugars	2.1 g	2.1 g		- sugars	4.6 g	5.6 g
Sodium	541 mg	740 mg		Sodium	635 mg	642 mg		Sodium	611 mg	736 mg

Pizza Inn Supreme

Ingredients: Pizza dough (flour, water, vegetable oil. Yeast, salt, sugar), Pizza sauce (crushed tomatoes, vegetable oil, water, salt, oregano, parmesan cheese) Mozzarella cheese, shredded ham, cabanossi, bacon, beef, onion, mushroom, capsicum, pineapple

Regular				***Large***				***Family***		
Servings	6			Servings	8			Servings	12	
Serving size	104 g			Serving size	138 g			Serving size	152 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	841 kJ	809 kJ		Energy	1200 kJ	869 kJ		Energy	1410 kJ	925 kJ
Protein	10 g	9.7 g		Protein	14.2 g	10.3 g		Protein	16 g	10.6 g
Fat, total	7.7 g	7.4 g		Fat, total	10.8 g	7.8 g		Fat, total	12.3 g	8.1 g
- saturated	3.2 g	3 g		- saturated	4.5 g	3.3 g		- saturated	5.1 g	3.3 g
Carbohydrate	21.5 g	20.7 g		Carbohydrate	31.2 g	22.6 g		Carbohydrate	38.2 g	25.1 g
- sugars	3.3 g	3.2 g		- sugars	4.5 g	3.3 g		- sugars	7.2 g	4.7 g
Sodium	430 mg	414 mg		Sodium	591 mg	429 mg		Sodium	705 mg	464 mg

Regular -thin base				***Large – thin base***				***Family – thin base***		
Servings	6			Servings	8			Servings	12	
Serving size	92 g			Serving size	114 g			Serving size	128 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	678 kJ	737 kJ		Energy	878 kJ	770 kJ		Energy	18080 kJ	844 kJ
Protein	8.9 g	9.6 g		Protein	11.8 g	10.4 g		Protein	13.6 g	10.6 g
Fat, total	7.2 g	7.8 g		Fat, total	9.8 g	8.6 g		Fat, total	11.3 g	8.8 g
- saturated	3.1 g	3.4 g		- saturated	4.4 g	3.9 g		- saturated	4.9 g	3.8 g
Carbohydrate	14.4 g	15.7 g		Carbohydrate	17.2 g	15.1 g		Carbohydrate	24 g	18.8 g
- sugars	2.7 g	3 g		- sugars	3.4 g	3 g		- sugars	6.1 g	4.8 g
Sodium	354 mg	385 mg		Sodium	442 mg	388 mg		Sodium	553 mg	432 mg

GOURMET PIZZAS:

Mediterranean				***Campagna***				***Latino***		
Servings	8			Servings	8			Servings	8	
Serving size	87 g			Serving size	86 g			Serving size	103 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	925 kJ	1060 kJ		Energy	854 kJ	890 kJ		Energy	1050 kJ	1010 kJ
Protein	12.1 g	13.9 g		Protein	10.6 g	11 g		Protein	13.2 g	12.8 g
Fat, total	11.4 g	13.1 g		Fat, total	9.6 g	10 g		Fat, total	13.6 g	13.2 g
- saturated	5.2 g	6 g		- saturated	4.7 g	4.9 g		- saturated	5.8 g	5.7 g
Carbohydrate	16.5 g	19 g		Carbohydrate	17.6 g	18.3 g		Carbohydrate	17.6 g	17 g
- sugars	2 g	2.2 g		- sugars	2.6 g	2.8 g		- sugars	2.9 g	2.8 g
Sodium	581 mg	668 mg		Sodium	451 mg	470 mg		Sodium	669 mg	650 mg

Atlantic				***Neptune***				***Garlic Prawn***		
Servings	8			Servings	8			Servings	8	
Serving size	83 g			Serving size	102 g			Serving size	88 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	847 kJ	1020 kJ		Energy	1050 kJ	1030 kJ		Energy	958 kJ	1090 kJ
Protein	11.2 g	13.5 g		Protein	16.4 g	16.1 g		Protein	14 g	15.9 g
Fat, total	9.8 g	11.8 g		Fat, total	12.9 g	12.7 g		Fat, total	11.7 g	13.3 g
- saturated	4.5 g	5.5 g		- saturated	5.4 g	5.3 g		- saturated	4.7 g	5.3 g
Carbohydrate	16.4 g	19.8 g		Carbohydrate	16 g	15.7 g		Carbohydrate	16 g	18.1 g
- sugars	2.1 g	2.6 g		- sugars	1.6 g	1.6 g		- sugars	1.+6 g	1.9 g
Sodium	433 mg	522 mg		Sodium	424 mg	416 mg		Sodium	386 mg	438 mg

Chicken, Feta & Mushroom				***Chorizo & Prawn***				***Sweet Chilli Chicken***		
Servings	8			Servings	8			Servings	8	
Serving size	86 g			Serving size	100 g			Serving size	93 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	1070 kJ	1240 kJ		Energy	897 kJ	897 kJ		Energy	964 kJ	1040 kJ
Protein	14.7 g	17.1 g		Protein	15.4 g	15.4 g		Protein	15.4 g	16.6 g
Fat, total	14.6 g	17 g		Fat, total	9.2 g	9.2 g		Fat, total	10.2 g	11 g
- saturated	6.2 g	7.2 g		- saturated	4.3 g	4.3 g		- saturated	5.5 g	5.9 g
Carbohydrate	15.6 g	18.1 g		Carbohydrate	16.6 g	16.6 g		Carbohydrate	18 g	19.4 g
- sugars	1.4 g	1.6 g		- sugars	2.3 g	2.3 g		- sugars	3.6 g	3.9 g
Sodium	389 mg	452 mg		Sodium	470 mg	470 mg		Sodium	380 mg	409 mg

Greek Lamb				***Pork & Potato***						
Servings	8			Servings	8			Servings	8	
Serving size	80 g			Serving size	85 g			Serving size		
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	891 kJ	1110 kJ		Energy	880 kJ	1040 kJ		Energy		
Protein	14.2 g	17.7 g		Protein	13.2 g	15.6 g		Protein		
Fat, total	10 g	12.5 g		Fat, total	9.3 g	11 g		Fat, total		
- saturated	5.2 g	6.5 g		- saturated	4.4 g	5.1 g		- saturated		
Carbohydrate	15.8 g	19.7 g		Carbohydrate	17.4 g	20.5 g		Carbohydrate		
- sugars	1.7 g	2.1 g		- sugars	1.9 g	2.2 g		- sugars		
Sodium	361 mg	452 mg		Sodium	325 mg	382 mg		Sodium		

PLANT BASED PIZZAS

Margherita:

Regular				***Large***		
Servings	6			Servings	8	
Serving size	68 g			Serving size	96 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	232.5 kJ	342 kJ		Energy	406 kJ	423.7 KJ
Protein	0.9 g	1.4 g		Protein	1 g	1.06 g
Fat, total	2 g	3 g		Fat, total	4.4 g	4.6 g
- saturated	1 g	1.5 g		- saturated	2.2 g	2.3 g
Carbohydrate	5.2 g	7.7 g		Carbohydrate	5.6 g	5.9 g
- sugars	1 g	1.6 g		- sugars	1.2 g	1.33 g
Sodium	147.35 mg	216.7 mg		Sodium	216 mg	225 mg

Peri-Peri Chicken:

Regular				***Large***		
Servings	6			Servings	8	
Serving size	77 g			Serving size	169 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	301.2 kJ	391.2 kJ		Energy	494.3 kJ	292.5 kJ
Protein	3 g	3.9 g		Protein	4.3 g	2.6 g
Fat, total	4.2 g	5.4 g		Fat, total	2.5 g	1.5 g
- saturated	1.07 g	1.4 g		- saturated	6.6 g	3.9 g
Carbohydrate	5.2 g	6.7 g		Carbohydrate	6.4 g	3.8 g
- sugars	1.1 g	1.5 g		- sugars	1.8 g	1.1 g
Sodium	185.6 mg	241.1 mg		Sodium	332.2 mg	196.6 mg

Mexican Beef:

Regular				***Large***		
Servings	6			Servings	8	
Serving size	84 g			Serving size	122 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	263 kJ	313 kJ		Energy	437 kJ	359 kJ
Protein	2.7 g	3.2 g		Protein	4.1 g	3.3 g
Fat, total	2.28 g	2.7g		Fat, total	5 g	4.1 g
- saturated	0.9 g	1.1 g		- saturated	2.3 g	1.9 g
Carbohydrate	10.5 g	12.5 g		Carbohydrate	11.9 g	9.8 g
- sugars	1.5 g	1.8 g		- sugars	2.4 g	2 g
Sodium	195 mg	232 mg		Sodium	333.7 mg	273.6 mg

Char-grilled Veg:

Regular				***Large***		
Servings	6			Servings	8	
Serving size	73 g			Serving size	106 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	217.6 kJ	298.1 kJ		Energy	372 kJ	351 kJ
Protein	0.9 g	1.3 g		Protein	1.3 g	1.2 g
Fat, total	3 g	4.1 g		Fat, total	6 g	5.7 g
- saturated	1 g	1.3 g		- saturated	2.4 g	2.2 g
Carbohydrate	5.3 g	7.3 g		Carbohydrate	6.8 g	6.4 g
- sugars	1 g	1.4 g		- sugars	1.7 g	1.6 g
Sodium	204 mg	279.5 mg		Sodium	361.8 mg	341.3 mg

Vegan Veg:

Regular				***Large***		
Servings	6			Servings	8	
Serving size	83 g			Serving size	120 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	238.6 kJ	287.5 kJ		Energy	405.1 kJ	337.5 kJ
Protein	1.7 g	2.1 g		Protein	2.2 g	1.8 g
Fat, total	3.2 g	3.9 g		Fat, total	6.4 g	5.4 g
- saturated	1 g	1.2 g		- saturated	2.4 g	2 g
Carbohydrate	5.4 g	6.5 g		Carbohydrate	6.9 g	5.8 g
- sugars	1 g	1.2 g		- sugars	1.7 g	1.4 g
Sodium	196.2 mg	236 mg		Sodium	352 mg	293 mg

Vegan Supreme:

Regular				***Large***		
Servings	6			Servings	8	
Serving size	86 g			Serving size	124 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	234 kJ	272 kJ		Energy	401 kJ	323.4 kJ
Protein	1.8 g	2.2 g		Protein	2.3 g	1.8 g
Fat, total	3 g	3.5 g		Fat, total	6.1 g	4.9 g
- saturated	0.9 g	1.1 g		- saturated	2.4 g	1.9 g
Carbohydrate	5.2 g	6.1 g		Carbohydrate	6.7 g	5.4 g
- sugars	1 g	1.2 g		- sugars	1.8 g	1.5 g
Sodium	182.4 mg	212.1 mg		Sodium	328.3 mg	264.7 mg

SIDES

Pumpkin & Sage Arancini balls		
Servings	1	
Serving size	175 gr (6)	
Average quantity	Per serving	Per 100 g
Energy	1132 kJ	647 kJ
Protein	4.7 g	2.7 g
Fat, total	6.5 g	3.7 g
- saturated	0.5 g	0.3 g
Carbohydrate	48 g	27.4 g
- sugars	2.27 g	1.3 g
Sodium	542 mg	310 mg

Bolognese Arancini balls		
Servings	1	
Serving size	175 gr (6)	
Average quantity	Per serving	Per 100 g
Energy	1155 kJ	660 kJ
Protein	8.4 g	4.8 g
Fat, total	7.5 g	4.3 g
- saturated	2.9 g	1.7 g
Carbohydrate	42.3 g	24.2 g
- sugars	1.7 g	< 1 g
Sodium	315 mg	180 mg

Fiesta Chicken (no salsa)		
Servings	1	
Serving size	135 g (6)	
Average quantity	Per serving	Per 100 g
Energy	1327 kJ	983 kJ
Protein	12.7 g	9.4 g
Fat, total	17.1 g	12.7 g
- saturated	1.75 g	1.3 g
Carbohydrate	27.94 g	20.7 g
- sugars	1.48 g	1.1 g
Sodium	792.5 mg	587 mg

Salt & Pepper Squid pack (no tartare sauce)		
Servings	Crumbed squid (14 pieces)	
Serving size	350 g	
Average quantity	Per serving	Per 100 g
Energy	3591 kJ	1026 kJ
Protein	60.5 g	17.3 g
Fat, total	51.1 g	14.6 g
- saturated	3.1 g	0.9 g
Carbohydrate	80.5 g	12 g
- sugars	3.5 g	1 g
Sodium	3048 mg	871 mg

Servings	Potato wedges	
Serving size	250 g	
Average quantity	Per serving	Per 100 g
Energy	1822 kJ	729 kJ
Protein	6.5 g	2.6 g
Fat, total	16.2 g	6.5 g
- saturated	4.7 g	1.9 g
Carbohydrate	63.2 g	25.3 g
- sugars	1.2 g	< 0.5 g
Sodium	952.5 mg	381 mg

Potato Bake		
Servings	1	
Serving size	500 g	
Average quantity	Per serving	Per 100 g
Energy	5270 kJ	1050 kJ
Protein	38.4 g	7.7 g
Fat, total	97.9 g	19.6 g
- saturated	44.7 g	8.9 g
Carbohydrate	51.4 g	10.3 g
- sugars	4.6 g	0.9 g
Sodium	1460 mg	291 mg

Chicken Tenders				***Roasted Wings***				***Hot'n'Spicy Buffalo wings***		
Servings	5			Servings	1			Servings	1	
Serving size	63 g			Serving size	330 g (edible portion)			Serving size	330 g (edible portion)	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	579 kJ	920 kJ		Energy	2451 kJ	743 kJ		Energy	2814 kJ	853 kJ
Protein	8 g	13 g		Protein	70.6 g	21.4 g		Protein	71.6 g	21.7 g
Fat, total	9.1 g	15 g		Fat, total	30 g	9.1 g		Fat, total	36.9 g	11.2 g
- saturated	1.3 g	2 g		- saturated	7.9 g	2.4 g		- saturated	9.9 g	3 g
Carbohydrate	5.9 g	9.4 g		Carbohydrate	8.2 g	2.5 g		Carbohydrate	13.5 g	4.1 g
- sugars	0.3 g	0.5 g		- sugars	0.6 g	0.2 g		- sugars	2.9 g	0.9 g
Sodium	236 mg	376 mg		Sodium	1551 mg	470 mg		Sodium	2706 mg	820 mg

Chicken Parmigiana (with wedges)				***Ribs only (brushed with sauce)***				***Potato wedges (in rib pack)***		
Servings	1			Servings	1			Servings		
Serving size	525 g			Serving size	255 g (edible portion)			Serving size		
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	3019 kJ	575 kJ		Energy	2520 kJ	988 kJ		Energy	1822 kJ	729 kJ
Protein	34.4 g	6.5 g		Protein	47.4 g	18.6 g		Protein	6.5 g	2.6 g
Fat, total	18.9 g	3.6 g		Fat, total	25.8 g	10.1 g		Fat, total	16.2 g	6.5 g
- saturated	5.4 g	1 g		- saturated	9.1 g	3.6 g		- saturated	4.7 g	1.9 g
Carbohydrate	104.8 g	19.9 g		Carbohydrate	35.4 g	13.9 g		Carbohydrate	63.2 g	25.3 g
- sugars	17.4 g	3.3 g		- sugars	30.7 g	12 g		- sugars	1.2 g	< 0.5 g
Sodium	1705 mg	324.7 mg		Sodium	1037 mg	406 mg		Sodium	952.5 mg	381 mg

Corn cobette			
Servings	1		
Serving size	60 g (edible portion)		
Average quantity	Per serving	Per 100 g	
Energy	192 kJ	279 kJ	
Protein	1.7 g	2.5 g	
Fat, total	1.2 g	1.8 g	
- saturated	0.3 g	0.4 g	
Carbohydrate	5.9 g	8.6 g	
- sugars	5.3 g	7.7 g	
Sodium	1 mg	1 mg	

Garlic bread roll			
Servings	10		
Serving size	22.5 g (1 slice)		
Average quantity	Per serving	Per 100 g	
Energy	279 kJ	1240 kJ	
Protein	1.3 g	5.8 g	
Fat, total	3.1 g	13.8 g	
- saturated	1.4 g	6.1 g	
Carbohydrate	8.1 g	36.1 g	
- sugars	0.5 g	2.2 g	
Sodium	126 mg	560.mg	

Garden salad (no dressing)		
Servings	1	
Serving size	280 g	
Average quantity	Per serving	Per 100 g
Energy	416 kJ	149 kJ
Protein	3.2 g	1.1 g
Fat, total	6.4 g	2.3 g
- saturated	0.8 g	0.3 g
Carbohydrate	4.6 g	1.6 g
- sugars	3.8 g	1.4 g
Sodium	489 mg	175 mg

Garlic or Herb pizza base			
Servings	8		
Serving size	65 g		
Average quantity	Per serving	Per 100 g	
Energy	915 kJ	1410 kJ	
Protein	5 g	7.8 g	
Fat, total	8.7 g	13.4 g	
- saturated	1.7 g	2.7 g	
Carbohydrate	28.7 g	44.1 g	
- sugars	2.2 g	3.4 g	
Sodium	368 mg	566 mg	

Garlic or Herb pizza base with cheese			
Servings	8		
Serving size	80 g		
Average quantity	Per serving	Per 100 g	
Energy	1160 kJ	1450 kJ	
Protein	9.9 g	12.4 g	
Fat, total	12.9 g	16.2 g	
- saturated	4.4 g	5.5 g	
Carbohydrate	28.8 g	36 g	
- sugars	2.3 g	2.9 g	
Sodium	454 mg	567 mg	

DESSERTS

Chocolate Mousse				***Tiramisu***				***Chocolate Bavarian***		
Servings	1			Servings	1			Servings	6	
Serving size	70 g			Serving size	80 g			Serving size	75 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	245 kJ	350 kJ		Energy	948 kJ	1185 kJ		Energy	916 kJ	1220 kJ
Protein	2.2 g	3.1 g		Protein	3.6 g	4.6 g		Protein	2.8 g	3.7 g
Fat, total	2.8 g	4 g		Fat, total	10.7 g	13.4 g		Fat, total	10.7 g	14.2 g
- saturated	2.2 g	3 g		- saturated	8.7 g	10.9 g		- saturated	6.2 g	8.3 g
Carbohydrate	3.7 g	5.2 g		Carbohydrate	26.3 g	32.9 g		Carbohydrate	27.9 g	37.2 g
- sugars	3.7 g	5.2 g		- sugars	18.4 g	23 g		- sugars	17.6 g	23.4 g
Sodium	22.1 mg	31 mg		Sodium	120 mg	150 mg		Sodium	56 mg	75 mg

Cheesecake				***Streets Viennetta***				***Ben & Jerry's Choc Fudge Brownie***		
Servings	6			Servings	6			Servings	4	
Serving size	75 g			Serving size	108 g			Serving size	102 g	
Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g		Average quantity	Per serving	Per 100 g
Energy	811 kJ	1080 kJ		Energy	1090kJ			Energy	1070 kJ	1050 kJ
Protein	3.1 g	4.1 g		Protein	2.7 g			Protein	4.4 g	4.3 g
Fat, total	9.5 g	12.6 g		Fat, total	14.7 g			Fat, total	12.8 g	12.6 g
- saturated	5.6 g	7.4 g		- saturated	12.9 g			- saturated	7.9 g	7.8 g
Carbohydrate	24.1 g	32.1 g		Carbohydrate	29.7 g			Carbohydrate	29.9 g	29.3 g
- sugars	15.3 g	20.4 g		- sugars	22.3 g			- sugars	27.7 g	27.1 g
Sodium	144 mg	192 mg		Sodium	43.2 mg			Sodium	95 mg	95 mg

Ben & Jerry's Choc Chip Cookie Dough			
Servings	4		
Serving size	104 g		
Average quantity	Per serving	Per 100 g	
Energy	1150 kJ	1110 kJ	
Protein	4.2 g	4	
Fat, total	15.3 g	14.8	
- saturated	9 g	8.7	
Carbohydrate	31.6 g	30.5	
- sugars	24.8 g	23.9	
Sodium	50 mg	50 mg	