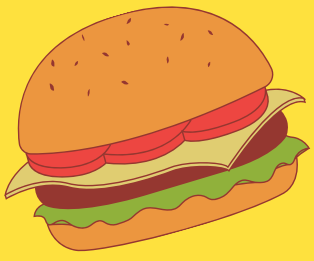
NATASHA FARRELL

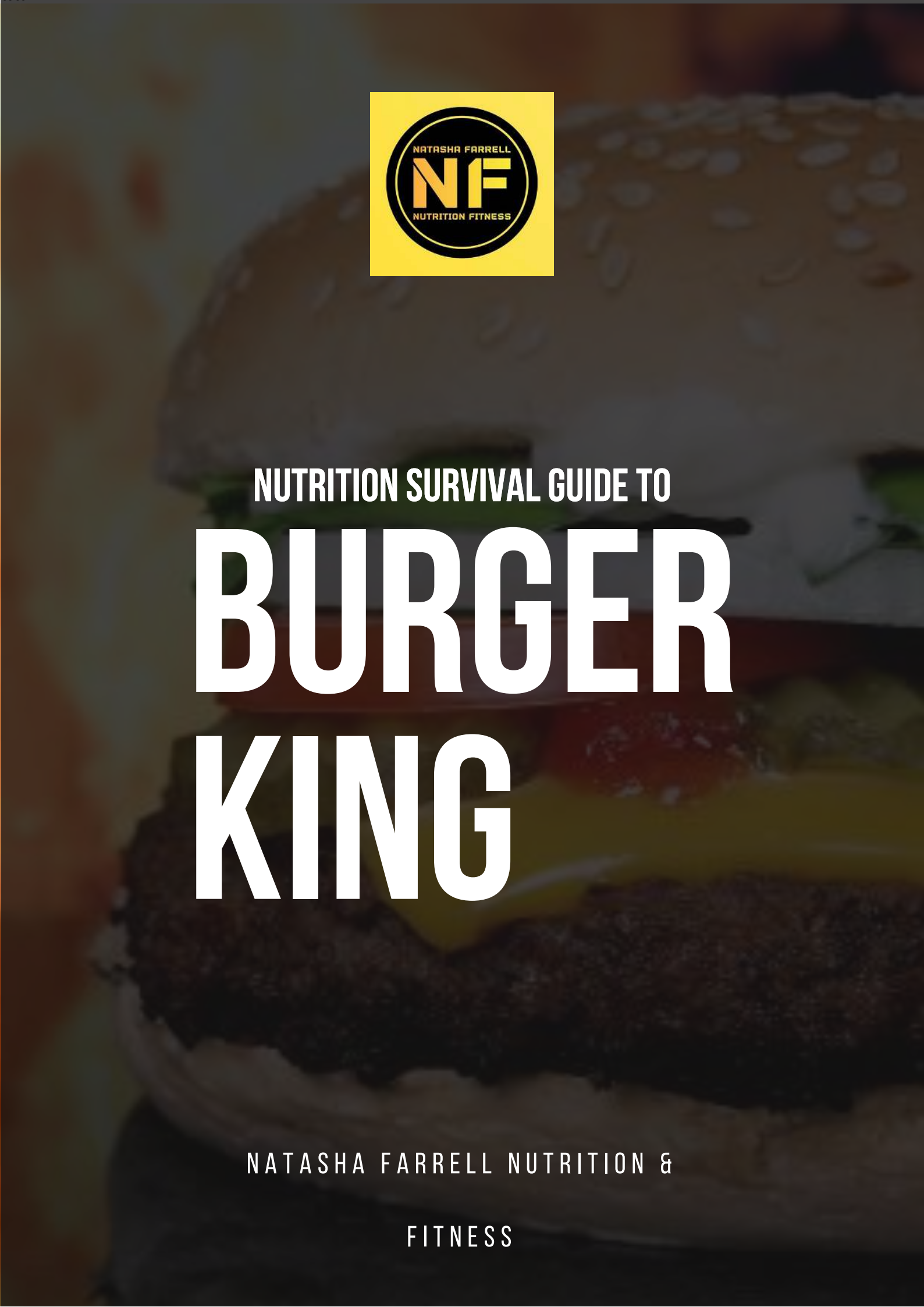
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NUTRITION FITNESS

The Fast Food Fat Loss Guide

AN EASY GUIDE TO YOUR FAVOURITE TAKEAWAYS & RESTAURANTS





NUTRITION SURVIVAL GUIDE TO

BURGER KING

NATASHA FARRELL NUTRITION & FITNESS

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

BURGERS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Bacon King	1040	69	58	-	14	59	5
Big King XL	1010	59	58	-	13	60	4.8
Bacon Double XL	930	61	55	-	13	51	3.9
Double WHOPPER Sandwich	870	50	55	-	12	50	2.3
Steakhouse	670	37	53	-	14	34	2.8
Long Big King	620	31	46	-	10	34	3.6
Angus Classic	600	40	44	-	10	29	2.1
WHOPPER Sandwich	540	28	57	-	12	22	2.5
Long Texas BBQ	540	27	53	-	9	24	2.1
Long Pepperoni	490	30	43	-	9	22	1.8
Long Chilli Cheese	480	28	28	-	5	28	2.1
Double Cheeseburger	431	26	33	-	7	22	2.4
Bacon Double Cheeseburger	376	21	34	-	7	18	2.6
WHOPPER® Junior Sandwich	335	14	34	-	7	16	1.4
Cheeseburger	303	16	33	-	7	12	1.8
Hamburger	263	14	32	-	6	9	1.2

CHICKEN

Chicken Bacon King	690	44	56	-	8	32	5.1
Bacon Cheese Chicken Royale	560	30	53	-	8	24	4.7
Chicken TENDERCRISP	520	29	58	-	7	18	3.5
BLT Chicken Wrap	450	24	43	-	5	20	2.5
Chicken Royale	440	23	52	-	7	16	3.2
Chicken Burger	390	12	39	-	5	21	1.8
Chicken Strips (4 piece)	380	26	26	-	0	20	3.2
Chicken Nuggets (6 piece)	290	17	16	-	0	18	1.4
Crispy Chicken Salad	210	16	15	-	6	10	1.7
Chicken Strips (2 piece)	190	13	13	-	0	10	1.6

SIDES

Onion Rings (12 piece)	535	9	62	-	7	27	0.5
Super Fries	470	6	62	-	0	21	2.4
Large Fries	400	5	52	-	0	18	2.1
Large Hash Browns	380	3	30	-	0	26	1.3
Mozzarella Sticks (5 piece)	340	16	21	-	1	22	1.7
Emmental Bites (5 piece)	280	14	16	-	0	17	1
Medium Fries	280	4	36	-	0	12	1.4
Regular Hash Browns	280	2	22	-	0	19	0.9
Bacon Cheese Bites (5 piece)	260	12	16	-	0	17	2
Chilli Cheese Bites (4 piece)	240	7	25	-	1	13	1.5
Onion Rings (5 piece)	232	4	28	-	3	11	0.3
Small Fries	220	3	29	-	0	10	1.2
Apple Fries	30	0	7	-	7	0	0

1-200 CAL

201-300 CAL

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501+ CAL

VEGGIE, FISH AND SALAD

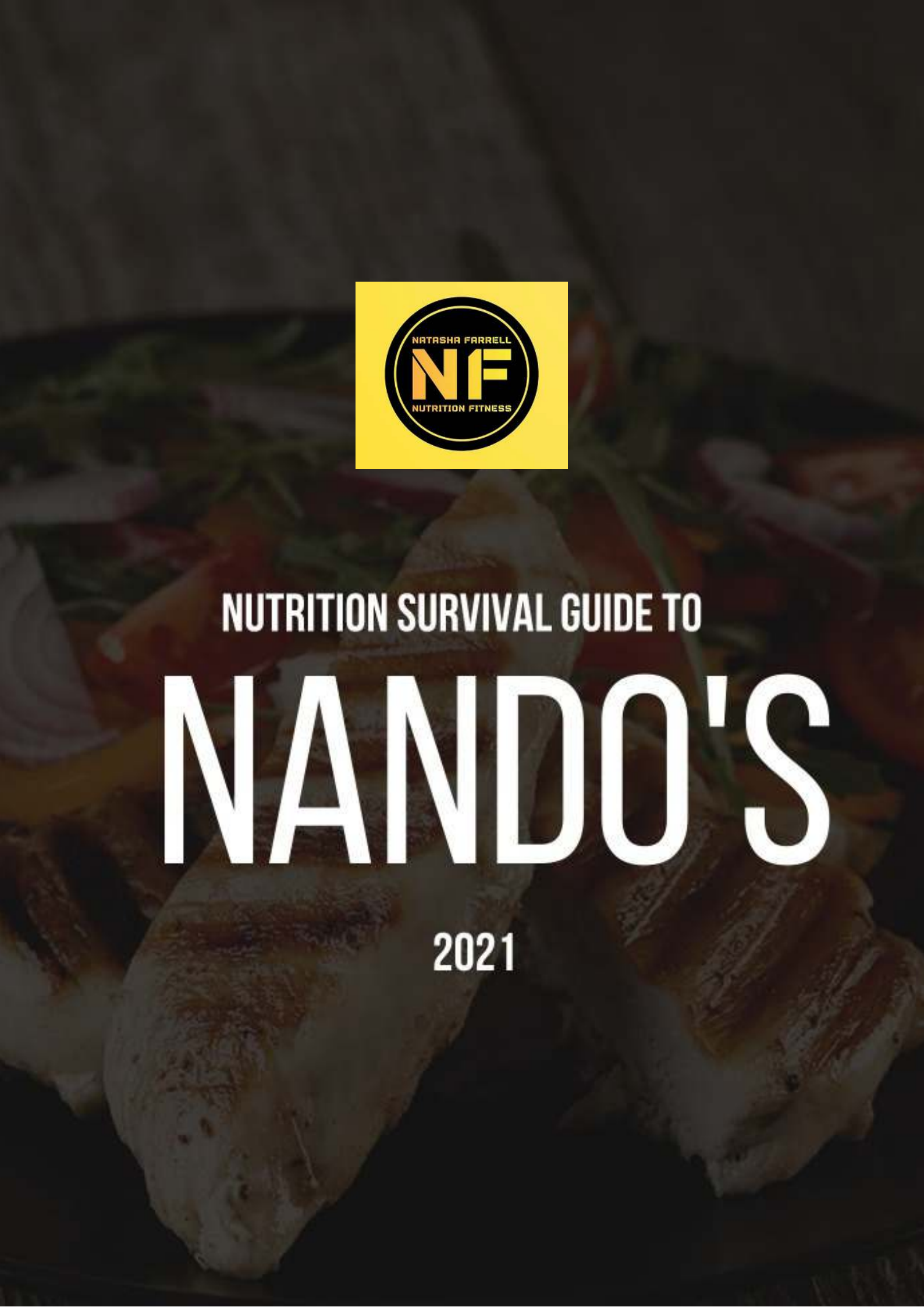
	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Veggie Bean Burger	547	15	61	-	9	26	3.5
King Fish	430	18	44	-	7	20	2.1
Crispy Chicken Salad	210	16	15	-	6	10	1.7
Garden Salad	14	1	2	-	2	0	0

BREAKFAST

Sausage Croissan'wich	600	25	44	-	7	36	2.5
Quaker Porridge	187	8	31	-	11	3	0.1
Bacon Croissan'wich	400	18	32	-	6	23	2
Double Croissan'wich	540	27	33	-	6	34	2
Bacon King Muffin	320	19	28	-	3	15	2
Sausage King Muffin	430	26	28	-	2	23	1.6
Bacon Butty	210	9	31	-	4	6	1.2

SWEET TREATS

Oreo Shake	570	11	90	-	76	18	1.2
Doughnuts	540	7	52	-	21	34	1.2
Warm Belgian Waffle	500	6	66	-	45	24	0.8
Chocolate Muffin	480	4	47	-	32	31	0.7
Choc Brownie Hottie	450	6	45	-	36	28	0.2
Chocolate Milkshake	430	12	73	-	61	10	0.7
Strawberry Milkshake	430	12	75	-	68	9	0.7
Blueberry Muffin	430	5	48	-	41	24	0.7
Vanilla Milkshake	370	12	59	-	52	9	0.7
Mini-pancakes & Syrup (6 piece)	270	3	41	-	22	10	0.4
BK Fusions	260	5	39	-	35	10	0.3
Chocolate Sundae	240	4	42	-	38	7	0.3
Caramel Sundae	230	4	41	-	39	7	0.4
Strawberry Sundae	220	11	39	-	36	7	0.3
Ice Cream Cone	120	3	19	-	17	4	0.2



NUTRITION SURVIVAL GUIDE TO NANDO'S

2021

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

STARTERS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Spicy Mixed Olives	138	1.2	4.7	3.9	0	13.5	4.6
PERi-PERi Nuts	793	27.3	14.8	9	5.9	67.4	1.2
Halloumi Sticks & Dip	441	24	13.3	0.2	11.8	30.7	2.9

PERI-PERI CHICKEN

PERi-PERi Chicken - 1/4 Chicken Leg	265	28.6	0.6	0.1	0.2	16.5	1.2
PERi-PERi Chicken - 1/4 Chicken Breast	343	51.6	0.5	1.1	0.3	14.9	1.4
PERi-PERi Chicken - Whole Chicken	1156	160.2	1.3	2	0.7	56.5	3.9
PERi-PERi Chicken - 1/2 Chicken	588	80.1	0.8	1.1	0.4	29.3	2.2
PERi-PERi Chicken - 3 Chicken Wings	256	32	0.6	0.8	0.2	13.9	1.8
PERi-PERi Chicken - 5 Chicken Wings	413	53.3	0.7	1.3	0.3	21.8	2.7
PERi-PERi Chicken - 10 Chicken Wings	806	106.5	1.2	2.6	0.5	41.5	4.9
PERi-PERi Chicken - 15 Chicken Wings	1199	159.7	1.6	3.8	0.6	61.2	7.2
PERi-PERi Chicken - 10 Wing Roulette	814	106.5	2.4	2.8	1.2	41.8	5
PERi-PERi Chicken - 4 Boneless Chicken Thighs	575	70.2	0.5	1.3	0.3	32.5	2.2
PERi-PERi Chicken - Chicken Butterfly	352	59.5	0.5	1.6	0.3	12.2	1.8

BURGERS, PITTAS, WRAPS

Grilled Chicken - Burger	407	37.7	45	2.7	4.8	8.3	2.6
Grilled Chicken - Pitta	416	36.5	45.7	3.4	3.6	9.4	2.2
Grilled Chicken - Wrap	551	37.6	59.8	3.6	18	16.9	2.8
Double Chicken - Burger	545	66.2	45.1	3.1	4.9	10.8	3.4
Double Chicken - Pitta	554	65.1	45.8	3.9	3.7	12	2.9
Double Chicken - Wrap	688	66.1	59.9	4.1	18.1	19.4	3.5
Veggie Beanie - Burger	531	22.4	72.4	10.1	5.9	18.4	3.4
- With Cheddar Cheese Slice	614	27.5	72.4	10.1	5.9	25.4	3.8
- With Pineapple	568	22.6	81.3	10.6	13.3	18.4	3.4
- With Chilli Jam	680	23.3	108.1	10.9	36.7	18.5	4
- With Grilled Halloumi Cheese	708	34.3	73.7	10.1	7.2	31.3	4.8
- With Mayonnaise	604	22.6	76.9	10.2	8.9	24.4	4
Veggie Beanie - Pitta	540	21.3	73.1	10.9	4.7	19.5	3
- With Cheddar Cheese Slice	623	26.4	73.1	10.9	4.7	26.5	3.4
- With Pineapple	577	21.5	82	11.4	12.1	19.5	3
- With Chilli Jam	689	22.2	108.8	11.7	35.5	19.6	3.6
- With Grilled Halloumi Cheese	717	33.2	74.4	10.9	6	32.4	4.4
- With Mayonnaise	613	21.5	77.6	11	7.7	25.5	3.6
Veggie Beanie - Wrap	674	22.3	87.2	11.1	19.1	27	3.5
- With Cheddar Cheese Slice	757	27.4	87.2	11.1	19.1	34	3.9
- With Pineapple	711	22.5	96.1	11.6	26.5	27	3.5
- With Chilli Jam	823	23.2	122.9	11.9	49.9	27.1	4.1
- With Grilled Halloumi Cheese	851	34.2	88.5	11.1	20.4	39.9	4.9
- With Mayonnaise	747	22.5	91.7	11.2	22.1	33	4.1

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

SHARING PLATTERS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Boneless Platter	-	-	-	-	-	-	-
Wing Platter	-	-	-	-	-	-	-
Full Platter	-	-	-	-	-	-	-
Family Platter	-	-	-	-	-	-	-

SIDES

Spicy Rice - Regular	246	3.8	42.2	3.9	1.2	6	1.7
- With PERinaise	405	4.1	49.2	4	6.3	20.3	3
- With PERi-PERi Drizzle	343	4.1	43.2	4.2	1.5	16.3	2.5
Spicy Rice - Large	492	7.5	84.3	7.8	2.4	12	3.3
- With PERinaise	651	7.8	91.3	7.9	7.5	26.3	4.6
- With PERi-PERi Drizzle	589	7.8	85.3	8.1	2.7	22.3	4.1
Coleslaw - Regular	263	1.3	11.4	0.8	7.5	23.7	0.5
- With PERinaise	422	1.6	18.4	0.9	12.6	38	1.8
- With PERi-PERi Drizzle	360	1.6	12.4	1.1	7.8	34	1.3
Coleslaw - Large	492	7.5	84.3	7.8	2.4	12	3.3
- With PERinaise	651	7.8	91.3	7.9	7.5	26.3	4.6
- With PERi-PERi Drizzle	589	7.8	85.3	8.1	2.7	22.3	4.1
Garlic Bread - Regular	349	8.8	42.4	1.7	2.4	15.7	1.3
- With PERinaise	508	9.1	49.4	1.8	7.5	30	2.6
- With PERi-PERi Drizzle	446	9.1	43.4	2	2.7	26	2.1
Garlic Bread - Large	698	17.6	84.9	3.4	4.8	31.4	2.7
- With PERinaise	857	17.9	91.9	3.5	9.9	45.7	4
- With PERi-PERi Drizzle	795	17.9	85.9	3.7	5.1	41.7	3.5
Corn on the Cob - Regular	144	5.7	22	4.6	12.5	2.7	0
- With PERinaise	303	6	29	4.7	17.6	17	1.3
- With PERi-PERi Drizzle	241	6	23	4.9	12.8	13	0.8
Corn on the Cob - Large	288	11.4	44	9.2	25	5.4	0.1
- With PERinaise	447	11.7	51	9.3	30.1	19.7	1.4
- With PERi-PERi Drizzle	385	11.7	45	9.5	25.3	15.7	0.9
Creamy Mash - Regular	248	3.4	28	1.6	3	13.2	1.5
- With PERinaise	407	3.7	35	1.7	8.1	27.5	2.8
- With PERi-PERi Drizzle	345	3.7	29	1.9	3.3	23.5	2.3
Creamy Mash - Large	496	6.8	56	3.2	6	26.4	3
- With PERinaise	655	7.1	63	3.3	11.1	40.7	4.3
- With PERi-PERi Drizzle	593	7.1	57	3.5	6.3	36.7	3.8
Chips - Regular	465	5	66.2	6.8	1.3	18.6	0.7
- With PERinaise	624	5.3	73.2	6.9	6.4	32.9	2
- With PERi-PERi Drizzle	562	5.3	67.2	7.1	1.6	28.9	1.5
Chips - Large	1256	13.4	178.6	18.2	3.4	50.3	1.9
- With PERinaise	1415	13.7	185.6	18.3	8.5	64.6	3.2
- With PERi-PERi Drizzle	1353	13.7	179.6	18.5	3.7	60.6	2.7
PERi-Salted Chips - Regular	467	5	66.5	6.8	1.4	18.7	1.3
- With PERinaise	626	5.3	73.5	6.9	6.5	33	2.6

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- With PERi-PERi Drizzle	564	5.3	67.5	7.1	1.7	29	2.1
PERi-Salted Chips - Large	1260	13.5	179.2	18.4	3.7	50.4	3
- With PERinaise	1419	13.8	186.2	18.5	8.8	64.7	4.3
- With PERi-PERi Drizzle	1357	13.8	180.2	18.7	4	60.7	3.8
Macho Peas - Regular	141	7.7	17.5	8.5	0.8	6.4	0.4
- With PERinaise	300	8	24.5	8.6	5.9	20.7	1.7
- With PERi-PERi Drizzle	238	8	18.5	8.8	1.1	16.7	1.2
Macho Peas - Large	283	15.4	35	17.1	1.7	12.9	0.8
- With PERinaise	442	15.7	42	17.2	6.8	27.2	2.1
- With PERi-PERi Drizzle	380	15.7	36	17.4	2	23.2	1.6
Long Stem Broccoli - Regular	20	2.8	0.9	1.8	0.6	0.5	0
- With PERinaise	179	3.1	7.9	1.9	5.7	14.8	1.3
- With PERi-PERi Drizzle	117	3.1	1.9	2.1	0.9	10.8	0.8
Long Stem Broccoli - Large	39	5.6	1.7	1.7	1.2	1	0
- With PERinaise	198	5.9	8.7	1.8	6.3	15.3	1.3
- With PERi-PERi Drizzle	136	5.9	2.7	2	1.5	11.3	0.8

HAVE YOUR CAKE!

Gooey Caramel Cheesecake	415	7.8	38.9	0.6	25.1	25.3	0.5
Choc-A-Lot Cake	582	8.1	67.4	3.3	42.8	31.7	1.3
White Choc & Raspberry Cheesecake	446	7.4	47.3	0.7	30.2	25.3	0.5
Carrot Cake	737	8.1	67.8	2.6	46.9	48.7	1.1

BROWNIES

Salted Caramel Brownie	389	4.2	42.9	2.1	29	21.7	0.4

NATAS

Naughty Natas	169	2.8	22.6	1.1	13.2	7.2	0.2

SOFT DRINKS

Coca-Cola	126	0	31.8	0	31.8	0	0
Diet Coke	1	0	0	0	0	0	0
Coke Zero	2	0	0	0	0	0	0
Fanta	57	0	13.5	0	13.5	0	0
Sprite Zero	3	0	0	0	0	0	0
RUBRO	57	0	14.7	0	14.7	0	0
Mineral Water	0	0	0	0	0	0	0
REAL Kombucha Royal Flush	41	0	8.3	0	8.3	0	0
NIX and KIX Cucumber Mint	59	1.7	13.2	0	12.9	1.7	0
Karma Drinks Gingerella	105	0	24	0	23.7	0	0.9
Kid's Cawston Press	54	0.2	12.8	0	12.8	0	0

1-200 CAL

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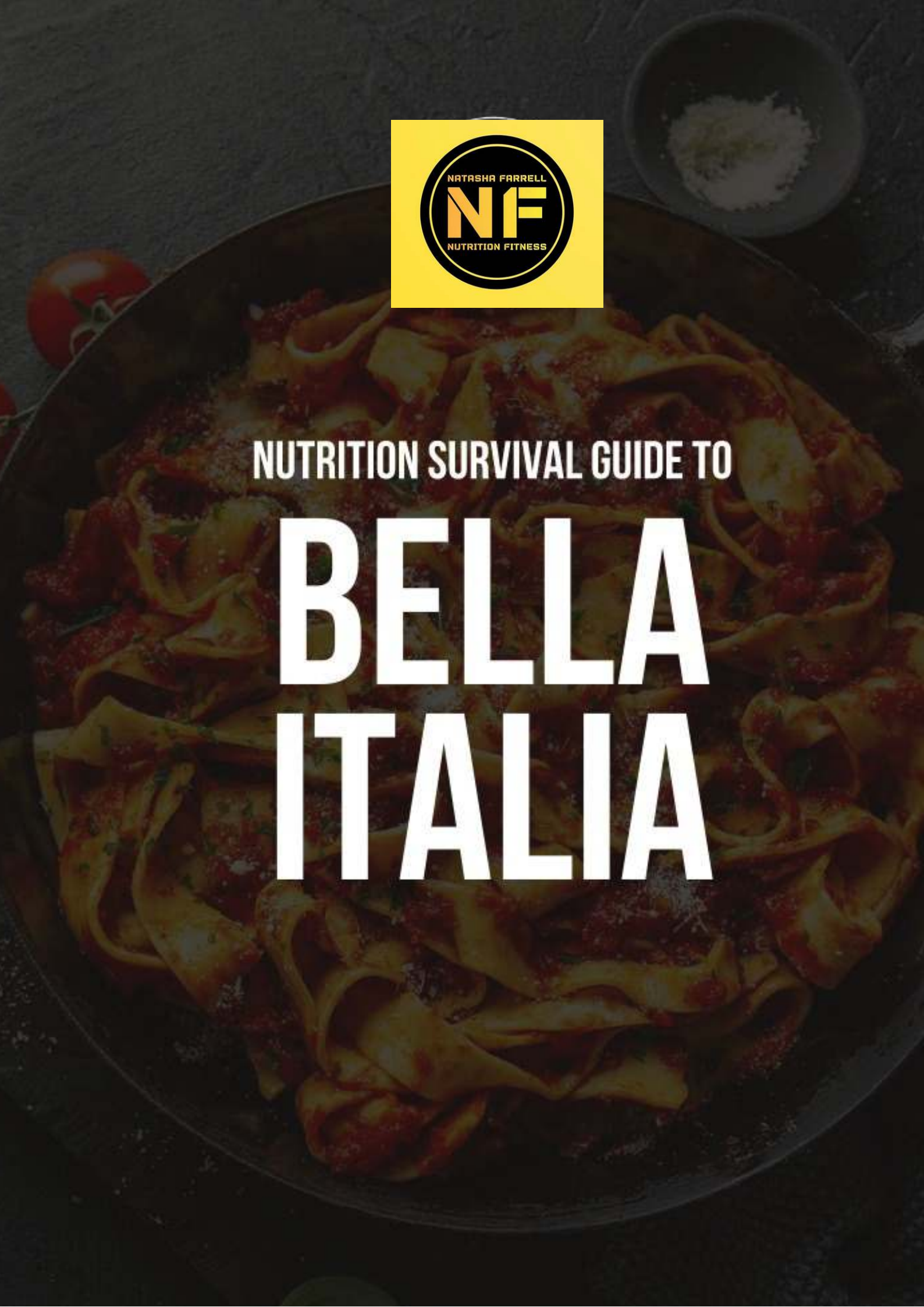
501+ CAL

WINE

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
White Cara Viva (Portugal) - Bottle	600	0.8	7.8	0	7.8	0	0
White Cara Viva (Portugal) - Glass (250ml)	200	0.3	2.6	0	2.6	0	0
White Cara Viva (Portugal) - Glass (175ml)	140	0.2	1.8	0	1.8	0	0
White Spier Chenin Blanc (South Africa) - Bottle	502	0	1.1	0	1.1	0	0
White Spier Chenin Blanc (South Africa) - Glass (250ml)	167	0	0.4	0	0.4	0	0
White Spier Chenin Blanc (South Africa) - Glass (175ml)	117	0	0.3	0	0.3	0	0
White Spier Sauvignon Blanc (South Africa) - Bottle	585	0	2.5	0	2.5	0	0
White Spier Sauvignon Blanc (South Africa) - Glass (250ml)	195	0	0.8	0	0.8	0	0
White Spier Sauvignon Blanc (South Africa) - Glass (175ml)	137	0	0.6	0	0.6	0	0
Rosé Cara Viva Medium Dry (Portugal) - Bottle	528	0.8	11.2	0	11.2	0	0
Rosé Cara Viva Medium Dry (Portugal) - Glass (250ml)	176	0.3	3.7	0	3.7	0	0
Rosé Cara Viva Medium Dry (Portugal) - Glass (175ml)	123	0.2	2.6	0	2.6	0	0
Rosé Cara Viva Summer Fruit (Portugal) - Bottle	543	0.8	15	0	15	0	0
Rosé Cara Viva Summer Fruit (Portugal) - Glass (250ml)	181	0.3	5	0	5	0	0
Rosé Cara Viva Summer Fruit (Portugal) - Glass (175ml)	127	0.2	3.5	0	3.5	0	0
Red Cara Viva Red (Portugal) - Bottle	600	0.8	14.6	0	14.6	0	0
Red Cara Viva Red (Portugal) - Glass (250ml)	200	0.3	4.9	0	4.9	0	0
Red Cara Viva Red (Portugal) - Glass (175ml)	140	0.2	3.4	0	3.4	0	0
Red Spier Merlot (South Africa) - Bottle	615	0	2.7	0	2.7	0	0
Red Spier Merlot (South Africa) - Glass (250ml)	205	0	0.9	0	0.9	0	0
Red Spier Merlot (South Africa) - Glass (175ml)	144	0	0.6	0	0.6	0	0
Red Spier Cabernet Sauvignon (South Africa) - Bottle	600	0	0.2	0	2	0	0
Red Spier Cabernet Sauvignon (South Africa) - Glass (250ml)	200	0	0.7	0	0.7	0	0
Red Spier Cabernet Sauvignon (South Africa) - Glass (175ml)	140	0	0.5	0	0.5	0	0

BEER & CIDER

Sagres	129	0.7	10.2	1	0.7	0.3	0
Benson's Raspberry and Lime Cider	235	0.3	28.9	0	26.1	0.1	0
Benson's Apple Cider	105	0.5	24	5	19	0.5	0.2
Five Points XPA	56	1	11.9	0.3	0.3	0.3	0.2
Freedom Pilsner	119	1.3	8.6	1.7	0.3	0.3	0
Black's Kinsale Pale Ale	112	1	11.9	0	1.7	0.3	0
Tempted: Medium Dry Cider	155	0.5	0.8	0	0.8	0.5	0
Big Drop Pale Ale	61	1	12.2	0	6.9	0.7	0



NUTRITION SURVIVAL GUIDE TO

BELLA ITALIA

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

WHILE YOU WAIT

	Calories (kJ/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Sodium(g)
Sicilian Olives	195.6	1.2	4.6	4	0.6	18.4	3.6
Dough Bites with Garlic and Rosemary Dip	473.1	9.2	48.3	1.4	3.8	26.7	1.5
Dough Bites with Basil Pesto Dip	519.7	11.1	45.7	2.7	3.4	31.8	1.7
Pane Bella	801.4	19.5	100.8	6.1	7.8	34.1	3.2
Flatbread with Garlic Butter	723.1	19.8	103.8	3.5	4.1	24.7	2.2
Flatbread with Spicy 'Nduja Sausage & Mozzarella	808.2	32.5	93.8	7.1	4.7	32	3.3
Flatbread with Mozzarella & Garlic Butter	907.2	35.8	102.8	4.5	4	38.1	3
Flatbread with Caramelised Onion & Mozzarella	976	30.1	136	5.4	51.2	33.3	3.3
Flatbread with Pomodoro and Pesto	731.5	20.2	92.1	6.9	13	29.8	3
Gluten Free Flatbread with Garlic Butter	677.4	6.1	83	7.8	8.8	111	2.4
Gluten Free Flatbread with Spicy 'Nduja Sausage & Mozzarella	656.6	22.6	80.3	7.4	8.6	88.3	2.9
Gluten Free Flatbread with Mozzarella & Garlic Butter	867.3	23	93.4	8.8	9.8	124.9	3.5
Gluten Free & Vegan Flatbread with Caramelised Onion	915	9.7	147.6	13.2	27.2	131.6	2.8
Gluten Free Flatbread with Pomodoro and Pesto	611.2	8.4	81.9	7.2	12.2	84.2	2.6

STARTERS

Seasonal Soup	409.8	15.3	50.3	3.3	5.9	5.4	3.8
Gluten Free -Seasonal Soup	294.4	11.4	43.4	4	6.9	21.3	3
Arancini	477.1	11.2	51.6	3.7	5.3	24.4	1.6
Polpette	510.9	32.1	28.9	3.9	5.5	28.7	3.1
Vegan Polpette	454.3	10.9	52.5	11.8	8.9	19.8	2.9
Gluten Free Vegan Polpette	315.7	8.6	20.7	14.5	7.7	18.9	2.8
Fritto Misto	518.9	20.6	34.6	0.9	1.1	33.1	2.2
Gamberi	302.8	22.4	10.3	1.7	1.2	18.8	2.6
Gluten Free Gamberi	332.4	21.2	20.6	-	2.4	37.5	2.7
Chicken wings in Sweet & Sour	468.9	47.7	13.2	0.5	14.6	25	0.6
Chicken wings in Piri Piri	434.2	48.4	4.4	1.8	0.1	24.3	1.2
Chicken Wings in Barbecue	372.3	38.1	11.4	1.2	12.6	19	1.1
Funghi Arrosto	439.5	20.8	29.3	6.7	2.6	25.2	1.1
Gluten Free Funghi Arrosto	331.5	9.4	19.1	3.5	3.3	36.2	1.1
Antipasti board	806.5	44.9	27	2	3.4	57.2	6.8
Calamari	282.5	8.3	16.1	0.5	0.8	20.5	2.4
Insalata Caprese	339	15	2.1	4.4	4	30.2	0.5
Bruschetta	674.5	8.5	47.3	-	4.8	35.4	1.9
Gluten Free Bruschetta	342.7	2.2	20.4	-	4.9	40.5	0.7
Mozzarella Carrozza	849.3	24.1	71.9	3.2	28.8	51	3.9

LIGHTER DISHES

Gamberoni Spirali	259.2	23	10.8	-	9.1	13.7	5.3
Lenticchie Spirali	299.2	19.1	44.6	-	17.3	10.6	7.7
Bolognese Spirali	282.8	19.3	16.5	-	14.9	15.4	3.6

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Milli Colori Pizza	524.6	15.6	65.7	10.5	-	22.2	5.6
Pollo Sapori Pizza	532.7	28.8	62.5	8.4	-	18.7	5.7
Pollo Lenticchie	335.4	44.7	22.1	0.7	10.5	12.4	7

SALADS

Insalata Giardiniera	265.2	6	14.3	5.4	11	19.4	0.7
- With Pollo	432.8	41.2	14.9	5.7	11.2	22.4	1.8
- With Salmon	607.2	44.4	14.3	5.4	11	23.2	1.2
- With Goat's Cheese	385.2	13.9	14.7	5.4	11.4	29.1	1.2
Insalata di Verona	875.4	16.8	94.4	10.6	7.7	45.2	2.3
Insalata Parma Bufala	654.6	30	20	12.9	2.3	47.5	3.4
Insalata Caesar	432	9.5	16.8	3.7	5.4	35.4	1.4
Insalata Caesar with Pollo & Pancetta	561.1	47.1	10.6	3.7	5.3	35.9	2.8

PASTA

Pomodoro Rustici	573.7	19.2	84.9	-	7.6	16.3	3.3
Gluten Free Pomodoro Penne	422.7	8.4	59.6	-	3.9	16.2	1.9
Bolognese Spaghetti	688.5	31.3	76.2	6.3	7.4	27.3	3.1
Gluten Free Bolognese Penne	756.4	25.5	89.6	-	11.7	31.7	2.5
Vegan Bolognese Spaghetti	667.5	27.3	114.2	-	13	9.4	6.8
Gluten Free and Vegan Bolognese Penne	944.5	27.7	138.1	-	14.7	29.1	8.4
Gamberoni Arrabiata	691.9	33.2	91.5	10.3	12.6	18.9	3.4
Gluten Free Gamberoni Arrabiata	526.4	25.2	69.6	7.8	9.6	14.4	2.6
Calabrese	774.4	34.4	83.7	8.1	4.3	31.5	2.6
Gluten Free Calabrese	1388.3	55.1	88.5	-	10.6	89.4	7.2
Pollo Pesto	1036.8	41.5	86.7	9.1	6	56.2	1.8
Gluten Free Pollo Pesto	1204.6	40	87.2	5	7.3	76.7	2.2
Vegan Pollo Pesto	1318	41.4	152.2	13.8	15	58.2	2.8
Vegan and Gluten Free Pollo Pesto	1089.1	25.3	98.8	10	9.3	64.2	2.9
Marco Polo	1005.8	41.1	140	8.1	40.6	29.5	2.3
Gluten Free Marco Polo	1070.3	37.2	127.2	-	41.8	44.9	3.3
Vegan Marco Polo	1002.2	39.2	149.1	16.1	47.8	23.6	3.2
Vegan and Gluten Free Marco Polo	1093	32.6	139.5	-	57.2	42.4	5
Cacio E Pepe	1192.7	63.1	96.8	2.9	5.2	61.4	5.2
Gluten Free Cacio E Pepe	1475.7	69.8	95.2	2.4	3.2	90	5.2
Carbonara	792.4	29	92.2	5.2	3	32.9	3.3
Gluten Free Carbonara	1035	29	84.5	3.5	4.5	64.2	6.5
Funghi Crema	653.7	21.9	88.5	5.3	3.2	22.3	0.6
Gluten Free Funghi Crema	895.7	20.2	84.6	3.4	5.4	52.3	2.4
Marinara	652.8	30.8	84.8	6.2	5.1	19.5	3.5
Gluten Free Marinara Penne	965.4	48.5	86.3	2.2	5.6	46.6	6.3
Polpette Americano	760.3	34.3	90.3	8.4	8.4	26.9	2.9
Vegan Polpette Americano	797.3	22.6	110.7	16.7	13.7	25.6	3.7
Vegan and Gluten Free Polpette Penne	727.2	13.1	101	18.2	12.1	26.3	3.1
Tagliatelle Capra	905.6	35.1	123.6	6.2	17	28.3	2.8
Gluten Free Tagliatelle Capra	908.3	25.7	96	5.8	15	45.8	3.6

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

AL FORNO

	Calories (kJ/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Traditional Lasagne	835.6	46.8	69	7.6	16.5	39.9	5.8
Pollo Alla Crema	1043.1	45.6	97.7	6.6	7.7	50.5	3.1
Carne Festa	1029	60.4	91.4	8.9	7.9	44.6	4.6

RISOTTO

Risotto Pescatore	569.6	19.4	74.7	2.8	2	20.6	4.3
Risotto Verdura	559.9	12.2	69.9	7.1	3.1	23.9	2.6
Risotto Pollo Funghi	619.6	47.3	50.6	7.1	3.3	23.7	3.3

MEAT & FISH

Pollo Funghi	681.1	13.7	96.5	5.2	8.5	25.5	4.7
Pollo Milanese	848.2	32.4	47.1	7.1	10.6	88.9	2.3
Salmone Al Forno	906.2	49.2	62	7.2	5.1	49.7	3.4
Salmone Al Forno Gluten Free	946.4	49.5	44.6	-	8.1	49.4	3.3
Sea bream	731.6	30.4	59.4	10.7	6.4	39	2.9
Sirloin Steak	337	64.5	1	0.5	0.4	8.7	0.4
- With Fries	1453	74.1	109.8	14.1	1.6	76.9	1.9
- With Salad	525.4	69.8	17.9	7.3	11	18.4	2
- With Peppercorn Sauce	420.4	65.6	4.8	1.3	1.8	14.6	1.2
- With Creamy Mushroom Sauce	565.4	69.7	5.5	0.5	1.8	29.5	1.4
- With Garlic Butter	402	64.6	1.2	0.5	0.4	15.8	0.5
Grilled Chicken	167.6	35.2	0.6	0.3	0.2	3	1.1
- With Fries	1283.6	44.8	109.4	13.9	10.8	71.2	2.6
- With Salad	356	40.5	17.5	7.1	7.5	12.7	2.7
Gluten Free Grilled Chicken	548.2	54.6	8.9	5.2	7.3	32.8	2.7
- With Salad	736.6	59.9	25.8	12	17.9	42.5	4.3
Half Chicken Sweet & Sour	3019.4	98.1	85.4	-	29.5	98.2	6.5
Half Chicken Piri Piri	1633.5	98.3	75.2	-	18.3	103.7	7.3
Half Chicken Barbecue	1578.7	98.2	93.4	-	35	89.6	6.8
Rack of Ribs Sweet & Sour	3028.2	68.3	86.2	-	29.7	102.4	6
Rack of Ribs Piri Piri	1531.6	69.9	69.5	-	12.2	106.4	3.3
Rack of Ribs Barbecue	1608.9	67.3	116.5	-	65.6	95.9	5.6
Ribs & Chicken Sweet & Sour	2932.5	86.1	84.8	-	29.3	97.2	6.5
Ribs & Chicken Piri Piri	1351.7	85.7	55.4	-	9.3	86.2	4.5
Ribs & Chicken Barbecue	1391.3	83.3	81.9	-	39.4	80.2	5.7

BURGERS

Black Angus Burger	664.2	38	45.1	15.7	9.1	33.5	3.1
- With Fries	1780.2	47.6	153.9	29.3	10.3	107.7	4.6
- With Salad	852.6	43.3	62	22.5	19.7	43.2	4.7
Vegan burger	471.9	22.6	44.3	8	6.8	20.8	2.6
- With Salad	660.3	27.9	61.2	14.8	17.4	30.5	4.2
Pollo Burger	659.2	34.9	68.2	5.1	7	26.2	2.9
- With Fries	1775.2	44.5	177	18.7	8.2	94.4	4.4
- With Salad	847.6	40.2	85.1	11.9	17.6	35.9	4.5
Cannellini Bean Burger	592.8	16.5	73	15	9.4	22.8	3

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- With Fries	1708.8	26.1	181.8	28.6	10.6	91	4.5
- With Salad	781.2	21.8	89.9	21.8	20	32.5	4.6
Gluten Free Burger Americano	664.2	38	45.1	15.7	9.1	33.5	3.1
- With Salad add	852.6	43.3	62	22.5	19.7	43.2	4.7

PIZZA

Margherita	763.6	40	98.2	5.8	7.6	22.1	3
Margherita Roma	763.6	40	98.2	5.8	7.6	22.1	3
Margherita Ripiena Crust	1187.2	64.2	106.3	7.1	8.4	54.5	6.1
Margherita Gluten Free Base	910.9	30.3	97.1	-	-	114.3	7.3
Vegan Cheese Pizza	931.1	8.2	117.3	-	-	117.7	8.1
Queen Margherita	1085.4	35.6	104.5	8.5	10.1	56.3	4
Queen Margherita Roma	1085.4	35.6	104.5	8.5	10.1	56.3	4
Queen Margherita Ripiena Crust	1513.7	69.5	109	12.4	6.5	86	7.4
Queen Margherita Gluten Free Base	986.7	21.8	109.6	8.6	6	49.6	3.8
Campagna	868.7	41.9	83.8	8.8	14.5	38.9	4
Campagna Roma	868.7	41.9	83.8	8.8	14.5	38.9	4
Campagna Ripiena Crust	1461.2	73.1	132.1	1.4	15.7	71.4	7
Campagna Gluten Free Base	1028.6	66.2	133.9	14.8	17.3	21.9	5.1
Parma Bufala Pizza	1038.6	50.2	101.3	5.4	16.7	46.7	5.8
Parma Pizza Roma	1109.9	61.2	90.4	7.2	19.4	54.4	6.7
Parma Pizza Ripiena Crust	1388.3	80	94.3	7	22.1	75.5	9.4
Parma Bufala Pizza Gluten Free Base	1333.8	48.1	111.6	10.3	12.5	155.4	5.1
Diavola Forte	1254.6	49.2	106.6	6.6	9.8	68.5	5.9
Diavola Forte Roma	1254.6	49.2	106.6	6.6	9.8	68.5	5.9
Diavola Forte Ripiena Crust	1871.1	85.5	110	13.5	13.5	118.3	8.3
Diavola Forte Gluten Free Base	1523.2	56.1	110.2	-	-	169.5	10.1
Pollo Barbecue	979	62	114.5	6.4	22.7	28.7	6.4
Pollo Barbecue Roma	979	62	114.5	6.4	22.7	28.7	6.4
Pollo Barbecue Ripiena Crust	1595.9	92.6	130.6	6.1	31.8	76.4	9.1
Pollo Barbecue Gluten Free Base	1167	51.9	123.7	7.6	18.6	112.7	8.9
Vegan Barbecue	929.8	35.5	137.9	13.4	36.6	23.2	5.6
Vegan Barbecue Roma	929.8	35.5	137.9	13.4	36.6	23.2	5.6
Vegan Barbecue Gluten Free Base	987	33.6	134.1	11.9	32.3	95.1	8.3
Pepperoni Piccante	963.2	42.4	92.7	7	8.6	45.3	4.7
Pepperoni Piccante Roma	963.2	42.4	92.7	7	8.6	45.3	4.7
Pepperoni Piccante Ripiena Crust	1408	76.2	105.4	6.3	9.2	74.3	8.4
Pepperoni Piccante Gluten Free Base	1064.9	43	83.3	-	-	121.9	8.5
Pollo Vesuvio	924.2	56.1	29.3	7	10.6	105.6	4.8
Pollo Vesuvio Roma	924.2	56.1	29.3	7	10.6	105.6	4.8
Pollo Vesuvio Ripiena Crust	1310.8	83.5	108.5	11.6	11.6	58	7.4
Pollo Vesuvio Gluten Free Base	1144.4	54.2	103.1	-	-	128.6	8.4
Carne Mista	1005.7	58.5	93.3	6.6	9	42.8	6.6
Carne Mista Roma	1005.7	58.5	93.3	6.6	9	42.8	6.6
Carne Mista Ripiena Crust	1541.4	85.6	98.6	5.2	15.6	88.2	12
Carne Mista Gluten Free Base	1171.4	45	94.9	-	-	135.5	11.1
Cotto	801.4	51.2	88.3	5.8	5.1	25.6	4.5
Cotto Roma	801.4	51.2	88.3	5.8	5.1	25.6	4.5
Cotto Ripiena Crust	1233.2	79.5	99.1	7.2	7.2	56.2	7.9
Cotto Gluten Free Base	873.3	30	83.5	10.8	-	106.3	7.6

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Gamberoni	895.4	42.7	97.2	4.5	17.5	36.2	4.9
Gamberoni Ripiena	1288.7	67.9	104.8	8.4	25.2	64.7	7.7
Gamberoni Roma	910.5	47.6	86.3	9.5	19	39.4	5.3
Gamberoni Gluten Free Base	1064.8	36.9	94	-	-	121.4	7.2
Funghi Luganica	1403.6	76.5	94.6	8.7	13.1	77.9	6.5
Funghi Luganica Ripiena	1787.9	95.1	113.5	7.2	16.3	104.1	10.3
Funghi Luganica Roma	1434.8	71	110.2	6.6	12.7	77.1	6.8
Funghi Luganica Gluten Free Base	1453.6	57.9	84.8	-	-	158.6	12.2

PIZZA CYO

Create Your Own Pizza	831.7	38.8	103.5	0	0	28.4	4.3
- With Roast Pepper	886.7	39.7	109.7	2.1	5.9	31.42	4.4
- With Red Onion	873.3	39.8	108.5	1.2	3.6	30.6	4.3
- With Green Chilli	836.1	39.4	103.7	0	0.2	28.5	4.3
- With Black Olives	862.1	39	104.5	0.5	0	31.2	4.9
- With Rocket	832.3	38.8	103.6	0	0.1	28.4	4.3
- With Spinach	837.6	39.5	103.9	0.5	0.4	28.6	4.4
- With Spring Onion	843.9	39.9	105.1	1.1	1.5	28.7	4.3
- With Garlic Mushrooms	879.3	40.1	104	1	0.2	32.9	4.3
- With Pepperoni	958.6	46.3	105.4	0	0.1	39.2	5.3
- With Salami	895.6	43.5	103.7	0	0	33.3	5.2
- With Cotto Ham	944.1	47	103.5	0	0	37.2	5.7
- With Pancetta	900	42.4	103.8	0	0.3	34.3	5.3
- With Chicken	1189.4	89.9	103.8	0.9	0.3	45.3	6.6
- With Tuna	897.7	54.5	103.5	0	0	28.8	4.8
- With Luganica Sausage	933.1	45.2	103.5	0.6	0	36.7	5.2
- With Spicy 'Nduja Sausage	977.6	45	104	0	0.5	41.6	5.2
- With Buffalo Mozzarella	938	44	103.7	0	0	37.8	5.1
- With Goat's Cheese	987	49.9	104	0	0.5	40.5	5.1
Create Your Own Roma	844.2	36.3	97.3	-	-	33.8	6
- With Roast Pepper	899.2	37.2	103.5	2.1	5.9	36.82	6.1
- With Red Onion	885.8	37.3	102.3	1.2	3.6	36	6
- With Green Chilli	848.6	36.9	97.5	0	0.2	33.9	6
- With Black Olives	874.6	36.5	98.3	0.5	0	36.6	6.6
- With Rocket	844.8	36.3	97.4	0	0.1	33.8	6
- With Spinach	850.1	37	97.7	0.5	0.4	34	6.1
- With Spring Onion	856.4	37.4	98.9	1.1	1.5	34.1	6
- With Garlic Mushrooms	891.8	37.6	97.8	1	0.2	38.3	6
- With Pepperoni	971.1	43.8	99.2	0	0.1	44.6	7
- With Salami	908.1	41	97.5	0	0	38.7	6.9
- With Cotto Ham	956.6	44.5	97.3	0	0	42.6	7.4
- With Pancetta	912.5	39.9	97.6	0	0.3	39.7	7
- With Chicken	1201.9	87.4	97.6	0.9	0.3	50.7	8.3
- With Tuna	910.2	52	97.3	0	0	34.2	6.5
- With Luganica Sausage	945.6	42.7	97.3	0.6	0	42.1	6.9
- With Spicy 'Nduja Sausage	990.1	42.5	97.8	0	0.5	47	6.9
- With Buffalo Mozzarella	950.5	41.5	97.5	0	0	43.2	6.8
- With Goat's Cheese	999.5	47.4	97.8	0	0.5	45.9	6.8
Create Your Own Ripiena	1328.1	67.5	103	8.4	-	74.8	8.3
- With Roast Pepper	1383.1	68.4	109.2	10.5	5.9	77.82	8.4

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- With Red Onion	1369.7	68.5108	9.6	3.6	77	8.3	
- With Green Chilli	1332.5	68.1103.2	8.4	0.2	74.9	8.3	
- With Black Olives	1358.5	67.7104	8.9	0	77.6	8.9	
- With Rocket	1328.7	67.5103.1	8.4	0.1	74.8	8.3	
- With Spinach	1334	68.2103.4	8.9	0.4	75	8.4	
- With Spring Onion	1340.3	68.6104.6	9.5	1.5	75.1	8.3	
- With Garlic Mushrooms	1375.7	68.8103.5	9.4	0.2	79.3	8.3	
- With Pepperoni	1455	75104.9	8.4	0.1	85.6	9.3	
- With Salami	1392	72.2103.2	8.4	0	79.7	9.2	
- With Cotto Ham	1440.5	75.7103	8.4	0	83.6	9.7	
- With Pancetta	1396.4	71.1103.3	8.4	0.3	80.7	9.3	
- With Chicken	1685.8	118.6103.3	9.3	0.3	91.7	10.6	
- With Tuna	1394.1	83.2103	8.4	0	75.2	8.8	
- With Luganica Sausage	1429.5	73.9103	9	0	83.1	9.2	
- With Spicy 'Nduja Sausage	1474	73.7103.5	8.4	0.5	88	9.2	
- With Buffalo Mozzarella	1434.4	72.7103.2	8.4	0	84.2	9.1	
- With Goat's Cheese	1483.4	78.6103.5	8.4	0.5	86.9	9.1	
Create Your Own Gluten Free	726.3	2184.1	10	-	94.5	6	
- With Roast Pepper	781.3	21.990.3	12.1	5.9	97.52	6.1	
- With Red Onion	767.9	2289.1	11.2	3.6	96.7	6	
- With Green Chilli	730.7	21.684.3	10	0.2	94.6	6	
- With Black Olives	756.7	21.285.1	10.5	0	97.3	6.6	
- With Rocket	726.9	2184.2	10	0.1	94.5	6	
- With Spinach	732.2	21.784.5	10.5	0.4	94.7	6.1	
- With Spring Onion	738.5	22.185.7	11.1	1.5	94.8	6	
- With Garlic Mushrooms	773.9	22.384.6	11	0.2	99	6	
- With Pepperoni	853.2	28.586	10	0.1	105.3	7	
- With Salami	790.2	25.784.3	10	0	99.4	6.9	
- With Cotto Ham	838.7	29.284.1	10	0	103.3	7.4	
- With Pancetta	794.6	24.684.4	10	0.3	100.4	7	
- With Chicken	1084	72.184.4	10.9	0.3	111.4	8.3	
- With Tuna	792.3	36.784.1	10	0	94.9	6.5	
- With Luganica Sausage	827.7	27.484.1	10.6	0	102.8	6.9	
- With Spicy 'Nduja Sausage	872.2	27.284.6	10	0.5	107.7	6.9	
- With Buffalo Mozzarella	832.6	26.284.3	10	0	103.9	6.8	
- With Goat's Cheese	881.6	32.184.6	10	0.5	106.6	6.8	
Create Your Own Gluten Free & Vegan	934.6	8.2117.8	-	-	118.2	8.1	
- With Roast Pepper	989.6	9.1124	2.1	5.9	121.2	8.2	
- With Red Onion	976.2	9.2122.8	1.2	3.6	120.4	8.1	
- With Green Chilli	939	8.8118	0	0.2	118.3	8.1	
- With Black Olives	965	8.4118.8	0.5	0	121	8.7	
- With Rocket	935.2	8.2117.9	0	0.1	118.2	8.1	
- With Spinach	940.5	8.9118.2	0.5	0.4	118.4	8.2	
- With Spring Onion	946.8	9.3119.4	1.1	1.5	118.5	8.1	
- With Garlic Mushrooms	982.2	9.5118.3	1	0.2	122.7	8.1	
- With Pepperoni	1061.5	15.7119.7	0	0.1	129	9.1	
- With Salami	998.5	12.9118	0	0	123.1	9	
- With Cotto Ham	1047	16.4117.8	0	0	127	9.5	
- With Pancetta	1002.9	11.8118.1	0	0.3	124.1	9.1	
- With Chicken	1292.3	59.3118.1	0.9	0.3	135.1	10.4	

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- With Tuna	1000.6	23.9	117.8	0	0	118.6	8.6
- With Luganica Sausage	1036	14.6	117.8	0.6	0	126.5	9
- With Spicy 'Nduja Sausage	1080.5	14.4	118.3	0	0.5	131.4	9
- With Buffalo Mozzarella	1040.9	13.4	118	0	0	127.6	8.9
- With Goat's Cheese	1089.9	19.3	118.3	0	0.5	130.3	8.9

CALZONE

Carne	1101.6	64.4	87	4	16.1	54.3	6.2
Diavola	1161.5	54	106.1	9.1	19.7	56.1	6.3
Verdure Pesto	1311.6	42.6	103.9	7.7	17.9	78.9	4.5

SIDES

Coleslaw	108.6	1.5	6.5	2	2.9	8.1	1.1
Roasted Mediterranean Vegetables	64.8	2.5	8.8	2.7	7.7	1.5	0.7
Green Beans	41.6	1.5	1.2	2.2	1.2	3	0.2
Mixed Salad	97.7	1.9	8.1	2.9	6.7	6.5	0.4
Fries	457.9	3.5	34.5	-	1.9	33.4	1.6
Sweet Potato Fries	335	2.7	36.4	3.1	15.1	19.2	0.6
Onion Rings	666.9	8.4	72.9	4.5	23	37.1	2.5
Crushed New Potatoes with Spring Onions	248.9	3.4	29.9	2.7	2.7	13.7	0.1

DESSERTS

Chocolate Brownie	396.5	3.4	32.1	1.7	25.5	28.1	0.2
Tiramisu	462.7	5.3	50.7	0.4	30.1	26.5	0.2
Strawberry Cheesecake	675.4	8.1	80.5	2.5	46.1	35	0.3
Coconut Panna Cotta	378.5	3.4	33.7	3.2	31.9	24.9	0.1
Cookie Dough Al Forno	867	8.9	110.1	2.9	64.1	42.9	0.8
Vegan Cookie Dough Al Forno	864.2	6.4	111.2	2.7	73	42.9	0.8
Mini Doughnuts with Dark Chocolate Sauce	516.5	7.1	70.2	2.5	26.1	23.1	1.3
Dolcetti Sharing Desserts	956.5	10.1	98.5	3.9	66.8	57.2	0.4
Eton Mess Sundae	499.1	5.3	42.3	1.2	33.8	34.3	0.2
Banoffee Sundae	1192.3	12.6	134.2	4.9	102.4	66.1	0.4
Rocky Road Sundae	1022.6	10.8	78.7	3.1	64.7	73	0.2

ICE CREAM

Honeycomb	334.9	4.7	43.6	0.4	36.9	15.8	0.2
- With Gelato Topping Amaretti Biscuits	380	5.4	51.8	0.7	44.8	16.8	0.2
- With Gelato Topping Banana	414.1	5.7	62.9	1.6	54.3	16.1	0.2
- With Gelato Topping Chocolate Tagliatelle	375.1	5.1	47.8	0.9	40.9	18.2	0.2
- With Gelato Topping Crushed Ice Cream Cone	373.6	5.4	51.2	0.8	39.1	16.3	0.2
- With Gelato Topping Sprinkles	375.7	4.7	53.2	0.4	46	15.9	0.2
- With Gelato Topping Marshmallows	368.2	5	51.5	0.4	43.8	15.9	0.2
- With Gelato Topping Popping Candy	394.2	5.2	52.2	0.5	45.3	18.4	0.2
- With Gelato Topping Whipped Cream	427.4	5.2	44.4	0.4	37.7	25.5	0.2
Limoncello	208.8	0.1	39.2	0.4	38.9	5.8	0.1
- With Gelato Topping Amaretti Biscuits	253.9	0.8	47.4	0.7	46.8	6.8	0.1
- With Gelato Topping Banana	288	1.1	58.5	1.6	56.3	6.1	0.1

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kJ/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- With Gelato Topping Chocolate Tagliatelle	249	0.5	43.4	0.9	42.9	8.2	0.1
- With Gelato Topping Crushed Ice Cream Cone	247.5	0.8	46.8	0.8	41.1	6.3	0.1
- With Gelato Topping Sprinkles	249.6	0.1	48.8	0.4	48	5.9	0.1
- With Gelato Topping Marshmallows	242.1	0.4	47.1	0.4	45.8	5.9	0.1
- With Gelato Topping Popping Candy	268.1	0.6	47.8	0.5	47.3	8.4	0.1
- With Gelato Topping Whipped Cream	301.3	0.6	40	0.4	39.7	15.5	0.1
Amarena Cherry	347.4	5.5	37.7	0.4	34.6	19.4	0.2
- With Gelato Topping Amaretti Biscuits	392.5	6.2	45.9	0.7	42.5	20.4	0.2
- With Gelato Topping Banana	426.6	6.5	57	1.6	52	19.7	0.2
- With Gelato Topping Chocolate Tagliatelle	387.6	5.9	41.9	0.9	38.6	21.8	0.2
- With Gelato Topping Crushed Ice Cream Cone	386.1	6.2	45.3	0.8	36.8	19.9	0.2
- With Gelato Topping Sprinkles	388.2	5.5	47.3	0.4	43.7	19.5	0.2
- With Gelato Topping Marshmallows	380.7	5.8	45.6	0.4	41.5	19.5	0.2
- With Gelato Topping Popping Candy	406.7	6	46.3	0.5	43	22	0.2
- With Gelato Topping Whipped Cream	439.9	6	38.5	0.4	35.4	29.1	0.2
Bubblegum	291.5	4.8	33.9	0.4	29	15.2	0.2
- With Gelato Topping Amaretti Biscuits	336.6	5.5	42.1	0.7	36.9	16.2	0.2
- With Gelato Topping Banana	370.7	5.8	53.2	1.6	46.4	15.5	0.2
- With Gelato Topping Chocolate Tagliatelle	331.7	5.2	38.1	0.9	33	17.6	0.2
- With Gelato Topping Crushed Ice Cream Cone	330.2	5.5	41.5	0.8	31.2	15.7	0.2
- With Gelato Topping Sprinkles	332.3	4.8	43.5	0.4	38.1	15.3	0.2
- With Gelato Topping Marshmallows	324.8	5.1	41.8	0.4	35.9	15.3	0.2
- With Gelato Topping Popping Candy	350.8	5.3	42.5	0.5	37.4	17.8	0.2
- With Gelato Topping Whipped Cream	384	5.3	34.7	0.4	29.8	24.9	0.2
Chocolate Chip	304.6	5.2	31	1.8	26.1	17.3	0.1
- With Gelato Topping Amaretti Biscuits	349.7	5.9	39.2	2.1	34	18.3	0.1
- With Gelato Topping Banana	383.8	6.2	50.3	3	43.5	17.6	0.1
- With Gelato Topping Chocolate Tagliatelle	344.8	5.6	35.2	2.3	30.1	19.7	0.1
- With Gelato Topping Crushed Ice Cream Cone	343.3	5.9	38.6	2.2	28.3	17.8	0.1
- With Gelato Topping Sprinkles	345.4	5.2	40.6	1.8	35.2	17.4	0.1
- With Gelato Topping Marshmallows	337.9	5.5	38.9	1.8	33	17.4	0.1
- With Gelato Topping Popping Candy	363.9	5.7	39.6	1.9	34.5	19.9	0.1
- With Gelato Topping Whipped Cream	397.1	5.7	31.8	1.8	26.9	27	0.1
Hazelnut	291.2	4.3	28.6	0.7	16.5	17.6	0.2
- With Gelato Topping Amaretti Biscuits	336.3	5	36.8	1	24.4	18.6	0.2
- With Gelato Topping Banana	370.4	5.3	47.9	1.9	33.9	17.9	0.2
- With Gelato Topping Chocolate Tagliatelle	331.4	4.7	32.8	1.2	20.5	20	0.2
- With Gelato Topping Crushed Ice Cream Cone	329.9	5	36.2	1.1	18.7	18.1	0.2
- With Gelato Topping Sprinkles	332	4.3	38.2	0.7	25.6	17.7	0.2
- With Gelato Topping Marshmallows	324.5	4.6	36.5	0.7	23.4	17.7	0.2
- With Gelato Topping Popping Candy	350.5	4.8	37.2	0.8	24.9	20.2	0.2
- With Gelato Topping Whipped Cream	383.7	4.8	29.4	0.7	17.3	27.3	0.2
Mint Chocolate Chip	331.8	5.2	38.7	0.4	33.2	17.4	0.2
- With Gelato Topping Amaretti Biscuits	376.9	5.9	46.9	0.7	41.1	18.4	0.2
- With Gelato Topping Banana	411	6.2	58	1.6	50.6	17.7	0.2
- With Gelato Topping Chocolate Tagliatelle	372	5.6	42.9	0.9	37.2	19.8	0.2
- With Gelato Topping Crushed Ice Cream Cone	370.5	5.9	46.3	0.8	35.4	17.9	0.2
- With Gelato Topping Sprinkles	372.6	5.2	48.3	0.4	42.3	17.5	0.2
- With Gelato Topping Marshmallows	365.1	5.5	46.6	0.4	40.1	17.5	0.2
- With Gelato Topping Popping Candy	391.1	5.7	47.3	0.5	41.6	20	0.2

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- With Gelato Topping Whipped Cream	424.3	5.7	39.5	0.4	34	27.1	0.2
Raspberry	117.5	0.3	29.1	0.3	22.9	0	0.1
- With Gelato Topping Amaretti Biscuits	162.6	1	37.3	0.6	30.8	1	0.1
- With Gelato Topping Banana	196.7	1.3	48.4	1.5	40.3	0.3	0.1
- With Gelato Topping Chocolate Tagliatelle	157.7	0.7	33.3	0.8	26.9	2.4	0.1
- With Gelato Topping Crushed Ice Cream Cone	156.2	1	36.7	0.7	25.1	0.5	0.1
- With Gelato Topping Sprinkles	158.3	0.3	38.7	0.3	32	0.1	0.1
- With Gelato Topping Marshmallows	150.8	0.6	37	0.3	29.8	0.1	0.1
- With Gelato Topping Popping Candy	176.8	0.8	37.7	0.4	31.3	2.6	0.1
- With Gelato Topping Whipped Cream	210	0.8	29.9	0.3	23.7	9.7	0.1
Vanilla	258.1	4.3	30.1	0.3	13	13.4	0.2
- With Gelato Topping Amaretti Biscuits	303.2	5	38.3	0.6	20.9	14.4	0.2
- With Gelato Topping Banana	337.3	5.3	49.4	1.5	30.4	13.7	0.2
- With Gelato Topping Chocolate Tagliatelle	298.3	4.7	34.3	0.8	17	15.8	0.2
- With Gelato Topping Crushed Ice Cream Cone	296.8	5	37.7	0.7	15.2	13.9	0.2
- With Gelato Topping Sprinkles	298.9	4.3	39.7	0.3	22.1	13.5	0.2
- With Gelato Topping Marshmallows	291.4	4.6	38	0.3	19.9	13.5	0.2
- With Gelato Topping Popping Candy	317.4	4.8	38.7	0.4	21.4	16	0.2
- With Gelato Topping Whipped Cream	350.6	4.8	30.9	0.3	13.8	23.1	0.2
Strawberry		0.5	39.5	0.4	36	5	0.1
- With Gelato Topping Amaretti Biscuits	205	1.2	47.7	0.7	43.9	6	0.1
- With Gelato Topping Banana	250.1	1.5	58.8	1.6	53.4	5.3	0.1
- With Gelato Topping Chocolate Tagliatelle	284.2	0.9	43.7	0.9	40	7.4	0.1
- With Gelato Topping Crushed Ice Cream Cone	245.2	1.2	47.1	0.8	38.2	5.5	0.1
- With Gelato Topping Sprinkles	243.7	0.5	49.1	0.4	45.1	5.1	0.1
- With Gelato Topping Marshmallows	245.8	0.8	47.4	0.4	42.9	5.1	0.1
- With Gelato Topping Popping Candy	238.3	1	48.1	0.5	44.4	7.6	0.1
- With Gelato Topping Whipped Cream	264.3	1	40.3	0.4	36.8	14.7	0.1
	297.5						



NUTRITION SURVIVAL GUIDE TO

KFC

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

ORIGINAL RECIPE CHICKEN

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Keel	265	29.1	7.3	-	0.5	13.3	0.94
Drumstick	170	13.4	6.9	-	0.3	10.2	0.79
Thigh	285	19.2	8.1	-	0.3	19.4	0.98
Rib	325	30.5	9.5	-	0.5	18.9	1.32
Wing	175	16.1	4.9	-	0.3	10.3	0.61

CHICKEN BURGERS

Fillet Burger	475	29.7	45.1	-	5.5	19.3	2.02
Zinger Burger	450	26.4	43.8	-	5.4	18.8	1.97
Fillet Tower Bruger	620	33.5	58.4	-	10.2	28	3.39
Zinger Tower Burger	595	30.2	56.7	-	8.9	27.6	3.22
BBQ Bacon Tower Burger	690	38.6	57.5	-	7.6	34.5	4
Mini Fillet Burger	290	18	29.1	-	3.2	10.7	1.35
Kids Burger	265	18	30.7	-	5.1	7.3	1.42
Big Daddy Burger	685	38.7	57.9	-	9.4	33.4	4.07
Bacon & Cheese Fillet Burger	585	37.7	49.6	-	9.6	26.4	3.51
Zinger Stacker	780	51.7	58.8	-	12	37.7	4.29

VEGAN BURGER

Vegan Burger (ve)	450	18.74	52.94	-	5.7	18.7	2.91

WRAPS

Original Kentucky Mayo Twister Wrap	500	28.4	45.1	-	6	22.8	2.09
Sweet Chilli Twister Wrap	485	28.7	51.8	-	12	17.6	2
Smokey BBQ Twister Wrap	475	28.8	50	-	10.4	17.4	2.06
Nashville Hot Twister Wrap	490	28.7	50.3	-	10	18.7	2.17
Flamin' Wrap	335	18.9	30.9	-	2	14.9	1.59
BBQ Wrap	300	18.7	33	-	3.9	9.8	1.48

SALADS & RICEBOXES

Fillet Salad	370	26.6	26.7	-	11.8	16.8	2.34
Zinger Salad	350	23.2	25.4	-	11.7	16.3	2.29
Veggie Salad	235	6.8	32.5	-	13.2	8.2	1.08
Zinger Ricebox	480	25.6	63.5	-	10.9	14.7	2.71
Fillet Ricebox	490	27.8	64.3	-	11.1	14.7	2.7
Veggie Ricebox (v)	365	9.2	70.6	-	12.5	6.8	1.51

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

CHICKEN PIECES

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Small Popcorn Chicken	135	8.4	8.4	-	0.1	7.7	0.73
Regular Popcorn Chicken	285	17.6	17.6	-	0.2	16.2	1.54
Large Popcorn Chicken	465	28.6	28.6	-	0.3	26.3	2.49
Hot Wing (Per Piece, Average)	85	4.5	3.4	-	0.1	5.6	0.43
Mini Fillet (Per Piece Average)	130	13.8	6.3	-	0.3	5.6	0.86
Original Recipe Fillet (Per Piece, Average)	220	22.8	8.7	-	0.3	10.3	1.25
Zinger Fillet (Per Piece, Average)	200	19.5	7.5	-	0.2	9.8	1.2

SIDES

Regular Fries	250	3.5	30.2	-	0.2	11	0.5
Large Fries	345	4.8	42	-	0.3	15.4	0.76
Regular BBQ Beans (VE)	105	5.4	17.3	-	6.7	0.7	0.77
Large BBQ Beans (VE)	250	12.6	40.3	-	15.7	1.7	1.81
Regular Coleslaw (V)	160	0.8	8.2	-	6.9	13.4	0.5
Large Coleslaw (V)	320	1.6	16.4	-	13.8	26.8	1
Corn Cobette (VE)	85	3.1	14.5	-	1.7	1.7	0
2 Corn Cobettes (Large) (VE)	165	6.2	29	-	3.4	3.4	0.02
Regular Gravy	45	2.7	6.3	-	0.1	1.3	1.6
Large Gravy	110	6.1	14.5	-	0.3	3	3.68
Mashed Potato (V)	110	2	17.5	-	0.9	2.5	0.79
Onion Rings #	400	6.9	51.1	-	6.2	19.4	1.47
Regular Curry Sauce # (VE)	75	2.1	13.2	-	8.9	1	2.74
Large Curry Sauce # (VE)	175	4.9	30.4	-	20.4	2.3	6.32
Southern Rice $ @ (VE)	210	4.3	45.7	-	4.7	2	0.89
Garden Salad	75	1.9	8.9	-	5.7	3.1	0.53

KRUSHEMS & DESSERTS

Malteser Krushems (V)	225	4.6	35.3	-	25.2	7.3	0.25
Oreo Krushems (V)	280	4.1	42.2	-	32.2	10.1	0.48
MilkyBar Krushems (V)	325	6.4	43.6	-	38.9	13.6	0.3
Salted Caramel Krushems Soft Serve (V)	375	6	57.2	-	43.7	13.5	0.8
Munch Bunch Yogurt (V)	100	3.6	13.6	-	12.8	3	0.25
Pineapple Sticks (VE)	30	0.3	6.5	-	5.5	0.3	0
Chocolate Sundae (V)	230	3.7	33.7	-	27.4	9.2	0.2
Mini Chocolate Sundae (V)	150	2.5	21.6	-	17.4	6	0.16
Cherry Sundae	220	3.9	33.1	-	24.9	8.7	0.3
Mini Cherry Sundae (V)	145	2.6	21.3	-	16.2	5.8	0.2
Milk Chocolate Cookie (V)	325	3.4	40.8	-	30.5	15.9	0.57
White Chocolate Cookie (V)	335	3.2	41.9	-	28.3	16.7	0.39
Chocolate Muffin (V)	555	7.3	59.6	-	40.3	31.3	0.63
Lemon Muffin (V)	470	6.2	65.7	-	39.6	19.4	1.18

DRINKS

Bottle Of Water (Still & Sparkling) (VE)	0	0	0	-	0	0	0
Blackcurrant & Apple Robinsons Fruit Shoot (VE)	10	0	1.6	-	1.6	0	0.06

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Orange Robinsons Fruit Shoot (VE)	10	0	1.6	-	1.6	0	0.04
Pepsi - Kids (VE)	100	0	24.8	-	24.8	0	0
Pepsi - Regular (VE)	130	0	27.1	-	31.8	0	0
Pepsi - Large (VE)	180	0	44.9	-	44.5	0	0
Pepsi Max - Kids (VE)	5	0	0	-	0	0	0
Pepsi Max - Regular (VE)	5	0	0	-	0	0	0
Pepsi Max - Large (VE)	5	0	0	-	0	0	0
Diet Pepsi - Kids (VE)	5	0	0	-	0	0	0
Diet Pepsi - Regular (VE)	5	0	0	-	0	0	0
Diet Pepsi - Large (VE)	5	0	0	-	0	0	0
Pepsi Max Cherry - Kids (VE)	5	0.2	0.2	-	0	0	0
Pepsi Max Cherry - Regular (VE)	5	0.3	0.3	-	0	0	0
Pepsi Max Cherry - Large (VE)	5	0.4	0.4	-	0	0	0
7Up Free - Kids (VE)	5	0	0	-	0	0	0
7Up Free - Regular (VE)	5	0	0	-	0	0	0
7Up Free - Large (VE)	10	0	0	-	0	0	0
Robinson Apple & Blackcurrant - Kids (VE)	5	0	0	-	0	0	0
Robinson Apple & Blackcurrant - Regular (VE)	5	0	0	-	0	0	0
Robinson Apple & Blackcurrant - Large (VE)	10	0	0	-	0	0	0
1.5L Pepsi Max Bottle (VE)	5	0	1.5	-	0	0	0
Tango Orange - Kids (VE)	45	0	0	-	0	0	0
Tango Orange - Regular (VE)	60	0	0	-	0	0	0
Tango Orange - Large (VE)	80	0	0	-	0	0	0
Lipton Ice Tea - Kids (VE)	20	0.5	4.5	-	4.5	0.5	0.03
Lipton Ice Tea - Regular (VE)	45	1.2	10.7	-	10.4	1.2	0.06
Lipton Ice Tea - Large (VE)	60	1.5	13.8	-	13.5	1.5	0.09
Club Orange - Kids # (VE)	125	0	30.2	-	30.2	0	0.1
Club Orange - Regular # (VE)	160	0	39	-	39	0	0.2
Club Orange - Large # (VE)	230	0	54.6	-	54.6	0	0.2
Club Orange Zero - Kids # (VE)	10	0	0	-	0	0	0.2
Club Orange Zero - Regular # (VE)	10	0	0	-	0	0	0.2
Club Orange Zero - Large # (VE)	15	0	0	-	0	0	0.3
Tropicana Orange Juice (VE)	120	2	25	-	25	0	0
Espresso - Single (VE)	10	0.4	1.8	-	0	0.4	0
Espresso - Double (VE)	15	0.6	2.7	-	0	0.6	0
Black Americano - Regular (VE)	15	0.6	2.7	-	0	0.6	0
White Americano - Regular (VE)	80	5.4	9	-	6.3	2.7	0.15
Cappuccino - Regular (VE)	125	8.8	13.9	-	11.2	4.2	0.3
Latte - Regular (VE)	140	10.1	15.3	-	12.6	4.8	0.3
Vanilla Latte - Regular (VE)	195	10.1	29	-	26	4.8	0.3
Caramel Latte - Regular (VE)	195	10.1	29	-	26	4.8	0.3
Cafe Mocha - Regular (VE)	180	10.4	24.3	-	21	4.9	0.5
Hot Choclate - Regular (VE)	180	6	310	-	29.3	2.6	0.7
Black Tea - Regular (VE)	0	0	0	-	0	0	0

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

CONDIMENTS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Real Tomato Sauce Dip Pot (VE)	40	0.4	8.5	-	7.3	0.2	0.44
Garlic Buttermilk Mayo Dip Pot (V)	110	0.3	4	-	2.4	10.3	0.4
Kentucky Smoky BBQ Sauce Dip Pot (VE)	50	0.4	12.2	-	10	0.2	0.26
Sticky Sweet Chilli Sauce Dip Pot (V)	75	0.2	16.4	-	14	0.7	0.36
Original Hot Sauce Dip Pot (VE)	40	0.5	8.5	-	6.4	0.1	0.52
Spicy Supercharger Dip Pot (V)	150	1	2.7	-	2.4	15	0.43
Heinz Vinegar Sachet (VE)	5	0.1	0.2	-	0.1	0	0
Heinz Tomato Ketchup Sachet (VE)	10	1	2.2	-	1.9	0	0.2
Heinz Light Mayonnaise Sachet (V)	30	0.1	0.7	-	0.4	2.5	0.2
Heinz HP BBQ Sauce Sachet (V)	15	0.1	3.2	-	2.3	0	0.1
Heinz HP Brown Sauce Sachet (V)	15	0.1	3.5	-	2.5	0	0.15
Sugar Sachet (V)	10	0	2.5	-	2.5	0	0
Salt Sachet (V)	0	0	0	-	0	0	0.8
Pepper Sachet (V)	5	0	0.1	-	0	0	0
Milk Portion (V)	10	0.3	0.5	-	0.5	0.4	0

BUNDLES BOXMEALS

Boneless Banquet	920	57	81.7	-	10.8	39.6	4.27
Fillet Box Meal	1045	57.3	97.4	-	7.4	46.2	3.49
Zinger Box Meal	945	42.2	95.4	-	7.3	42.9	3.38
The Big Daddy Meal Box Meal	1260	66.23	110.1	-	11.36	60.19	5.54
Zinger Stacker Box Meal	1280	67.6	110.3		14	61.7	5.69
BBQ Bacon Tower Burger Box Meal (1 PC)	1245	66.2	111.2	-	12.7	58.4	5.33
BBQ Bacon Tower Burger Box Meal (2 Hot Wings)	1170	54.5	110.5	-	12.7	55.6	5.27
Trilogy Box Meal Pepsi Max	1145	57.94	122.4	-	26.61	44.6	5.4
Trilogy Box Meal Lipton	1200	59.14	136.2	-	40.11	46.1	5.3
Original Kentucky Mayo Twister Wrap Box Meal	965	49.1	96	-	8.1	41.1	3.52
Sweet Chilli Twister Wrap Box Meal	945	49.3	102.8	-	14.3	35.9	3.54
Smokey BBQ Twister Wrap Box Meal	935	49.4	100.9	-	12.5	35.8	3.47
Nashville Hot Twister Wrap Box Meal	950	49.4	101.2	-	12	37	3.59

FOR SHARING

6 Piece Bargain Bucket	610	34.5	41.5	-	0.2	32.2	1.93
10 Piece Bargain Bucket	850	55.2	49	-	0.2	46.3	2.85
14 Piece Bargain Bucket	1090	75.8	56.5	-	0.2	60.4	3.77
8 Piece Dipping Boneless Feast	780	43.7	78.5	-	14.4	32.9	3.87
12 Piece Dipping Boneless Feast	910	57.5	84.8	-	14.7	38.5	4.73
6 Piece Wicked Variety	905	57.3	54.6	-	0.5	49.1	3.64
10 Piece Wicked Variety	1145	77.9	62.1	-	0.5	63.2	4.56
14 Piece Party Bucket	1225	84.3	77.5	-	4.2	64.1	5.18
6 Piece Family Feast	690	39.6	59.6	-	5.6	33.4	2.45
10 Piece Family Feast	930	60.3	67.1	-	5.6	47.5	3.37

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

CHICKEN

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Mighty Bucket For One	1155	81.7	64.6	-	0.8	61.8	4.97
6 Hot Wings Meal	740	30.6	50.7	-	0.3	44.9	3.11
Popcorn Chicken Meal	535	21.4	47.8	-	0.4	27.3	2.09
Large Popcorn Chicken Meal	710	32.3	58.8	-	0.5	37.3	3.04
4 Piece Boneless Dips Meal (1 Dip)	835	59.3	66.1	-	9.25	35.8	4.5
3 Piece Boneless Dips Meal (1Dip)	705	45.5	58.85	-	9	30.2	3.6
Colonel's Meal For One - 4 Piece	1210	86.4	76.29	-	0.23	67.4	4.3
Colonel's Meal For One - 3 Piece	970	65.8	52.8	-	0.2	53.3	3.31
Colonel's Meal For One - 2 Piece	730	45.1	45.3	-	0.2	39.2	2.39
3 Piece Variety Meal	1265	88.6	65.9	-	0.5	70.2	5.02
2 Piece Variety Meal	1025	67.9	58.3	-	0.5	56.1	4.1

BURGER MEALS

Fillet Tower Meal	870	37.3	88.6	-	10.4	39.1	3.94
Zinger Tower Meal	845	34	86.9	-	9.1	38.6	3.77
BBQ Bacon Tower Burger Meal	925	42.4	89.1	-	11	42.6	4.42
Fillet Burger Meal	720	33.5	75.3	-	5.7	30.4	2.57
Zinger Burger Meal	700	30.2	74.1	-	5.6	29.9	2.52
Zinger Stacker Meal	1030	55.5	89	-	12.3	48.7	4.83

SALAD & RICEBOXES

Fillet Salad Meal	620	30.3	56.9	-	12.1	27.8	2.87
Zinger Salad Meal	600	27	55.6	-	11.9	27.3	2.84
Veggie Salad Meal	485	10.6	62.7	-	13.5	19.2	1.63
Fillet Ricebox Meal	740	31.6	94.6	-	11.3	25.8	3.25
Zinger Ricebox Meal	725	29.4	93.7	-	11.2	25.8	3.26
Veggie Ricebox Meal	615	13	100.8	-	12.7	17.7	2.06
Zinger Ricebox With a Sugar Free Drink	480	25.9	63.5	-	10.9	14.7	2.71
Fillet Ricebox With a Sugar Free Drink	500	27.9	64.5	-	11	16.6	2.5
Veggie Ricebox With a Sugar Free Drink	365	9.5	70.6	-	12.5	6.7	1.51
Fillet Salad With a Sugar Free Drink	375	26.9	26.7	-	11.8	16.8	2.34
Zinger Salad With a Sugar Free Drink	350	23.5	25.4	-	11.7	16.3	2.29
Veggie Salad With a Sugar Free Drink	235	7.1	32.5	-	13.2	8.2	1.08

WRAPS

Original Kentucky Mayo Twister Wrap Meal	750	32.1	75.3	-	6.1	33.8	2.64
Sweet Chilli Twister Wrap Meal	735	32.4	82	-	12.2	28.6	2.55
Smokey BBQ Twister Wrap Meal	725	32.5	80.1	-	10.5	28.4	2.61
Nashville Hot Twister Wrap Meal	735	32.5	80.4	-	10.1	29.7	2.72

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

SNACKING

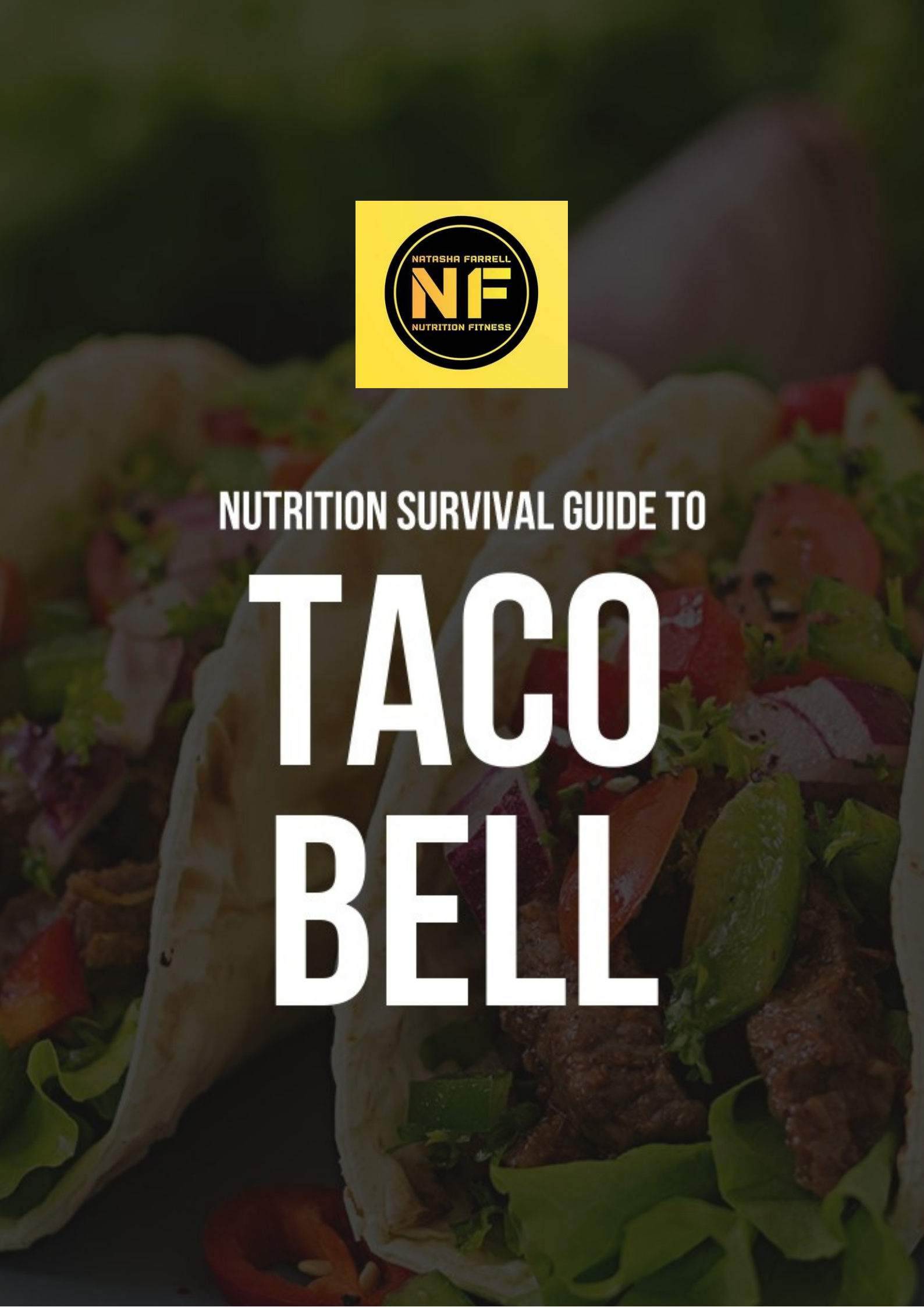
	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Megabox	930	50.9	68.9	-	0.7	47.7	5
Popcorn Snackbox	480	13.2	50.4	-	0.4	23.1	1.49
OR Snackbox	585	25.5	49.6	-	0.3	29.5	1.68
Mini Fillet Snackbox	475	18.6	48.3	-	0.6	21	1.63
How Wings Snackbox	510	13.8	48.9	-	0.3	26.6	1.62
Allstars Meal (BBQ)	685	30.5	72.4	-	4.3	28.5	2.85
Allstars Meal (Flamin')	720	30.7	69.5	-	2.3	33.6	2.86
Kids Meal - Burger	455	25.7	60.4	-	21.2	12	1.7
Kids Meal - Minifillet	345	19.5	43.6	-	23.5	9.9	1.42

ROI

ROI Lunchbox #	755	34.5	72.9	-	1	33.3	2.83
ROI 3 Legends #	1210	66.3	104.2	-	7.4	57.5	4.34
ROI Spicebox #	950	39.8	89.5	-	11.1	45.8	6.32

PROMOTION

10 Hot Wings & 10 Pieces Of COB **	805	62.9	27.4	-	0	49.3	3.41
10 Piece Of COB+	2406	206	75	-	0	141	9.3
10 Hot Wings	825	44.9	34.2	-	0.1	56.4	4.26
10 Hot Wings Meal	1070	48.6	64.4	-	0.3	67.4	4.81
Popcorn Bucket **	305	18.8	18.8	-	0.2	17.3	1.64
2 Fillet Burger, 2 Hot Wings & 2 Fries	805	37.7	78.8	-	5.7	36	3.05
Kids Meal - Popcorn With Pineapple Sticks #	255	11.7	30.9	-	8.9	9.7	0.74
Kids Meal - Minifillet With Pineapple Sticks #	290	17.6	37.3	-	16.3	7.8	1.32
Kids Meal - Burger With Pineapple Sticks #	385	21.3	53.3	-	13.8	9.3	1.44
Pineapple Sticks (VE) #	30	0.3	6.5	-	5.5	0.3	0



NUTRITION SURVIVAL GUIDE TO

TACO BELL

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

FEATURED

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chalupa Supreme - Beef	392	15	33	-	3.6	23	1.4
Chalupa Supreme - Black Bean	354	9.7	33	-	3.4	20	1.2
Chalupa Supreme - Grilled Chicken	377	17	33	-	3.7	20	1.4
Chalupa Supreme - Shredded Chicken	388	15	33	-	4	22	1.4
Cheesy Gordita Crunch	512	22	42	-	3.5	29	2.2

FAVOURITES

Crunchwrap Supreme - Beef	578	17	67	-	5.6	27	2.2
Crunchwrap Supreme - Black Beans	540	13	68	-	5.4	24	1.9
Crunchwrap Supreme - Grilled Chicken	563	20	67	-	5.8	25	2.2
Crunchwrap Supreme - Shredded Chicken	574	17	67	-	6.1	27	2.1
Quesadilla - Beef	544	26	41	-	4	30	2.4
Quesadilla - Black Beans	506	21	42	-	3.8	27	2.1
Quesadilla - Cheese	478	19	40	-	3.8	27	1.9
Quesadilla - Grilled Chicken	529	28	42	-	4.2	28	2.4
Quesadilla - Shredded Chicken	540	26	42	-	4.4	30	2.3

BURRITOS

7-Layer Burrito	454	15	56	-	4.3	17	2.4
Crispy Chicken Burrito	636	25	49	-	7.1	38	2.7
Double Cheesy Black Bean Burrito	379	11	53	-	3.3	13	2.1
Volcano Burrito - Beef	649	17	62	-	5	37	2.9
Volcano Burrito - Black Beans	610	12	63	-	4.8	34	2.6
Volcano Burrito - Grilled Chicken	633	19	63	-	5.2	34	2.9
Volcano Burrito - Shredded Chicken	645	17	63	-	5.4	37	2.8

TACOS

Crunchy Taco - Beef	159	9.4	11	-	0.7	8.9	0.77
Crunchy Taco - Black Beans	120	4.5	11	-	0.5	5.7	0.51
Crunchy Taco - Grilled Chicken	143	12	11	-	0.9	6	0.79
Crunchy Taco - Shredded Chicken	155	9.4	11	-	1.2	8.4	0.7
Crunchy Taco Supreme - Beef	202	9.9	12	-	1.8	13	0.79
Crunchy Taco Supreme - Black Beans	164	5	13	-	1.5	9.8	0.52
Crunchy Taco Supreme - Grilled Chicken	187	12	12	-	1.9	10	0.81
Crunchy Taco Supreme - Shredded Chicken	198	9.9	12	-	2.2	13	0.71
Soft Taco - Beef	193	11	18	-	1.1	8.2	1
Soft Taco - Black Beans	154	6.1	19	-	0.9	5	0.78
Soft Taco - Grilled Chicken	177	13	19	-	1.3	5.4	1.1
Soft Taco - Shredded Chicken	189	11	19	-	1.6	7.8	0.97
Soft Taco Supreme - Beef	236	11	20	-	2.2	12	1.1
Soft Taco Supreme - Black Beans	198	6.6	20	-	1.9	9.1	0.79
Soft Taco Supreme - Grilled Chicken	220	14	20	-	2.3	9.5	1.1
Soft Taco Supreme - Shredded Chicken	232	11	20	-	2.6	12	0.99

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

SHAREABLES

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Fries Bell Grande	881	18	107	-	5.1	47	3.3
Fries Supreme	517	13	56	-	3.6	29	2
Nachos Bell Grande	658	16	64	-	5.4	39	2.8

CRAVINGS VALUE MENU

Beefy Nacho Griller	398	14	49	-	2.8	16	1.8
Cheesy Roll Up	199	9	17	-	0.7	11	0.84
Churros	182	2.3	23	-	6.1	9.4	0.59
Cinnamon Twists	173	1.7	24	-	8.6	8.1	0.54
Crispy Chicken Soft Taco	346	13	21	-	2	23	1.5
Spicy Chicken Griller	316	15	40	-	2.6	10	1.9

SIDES & EXTRAS

Black Beans	83	5.8	6.5	-	<0.5	1.3	0.86
Guacamole	23	<0.5	1.3	-	<0.5	2	0.17
Jalapeños	3	<0.5	<0.5	-	<0.5	<0.5	0.98
Nacho Cheese Sauce	89	1.3	3.4	-	1.6	8.6	0.42
Pico de Gallo	4	<0.5	0.9	-	0.8	<0.5	0.15
Seasoned Fries with Cheese Sauce (Large)	408	5.6	53	-	2.3	22	1.4
Seasoned Fries with Cheese Sauce (Regular)	322	4.4	40	-	2.1	18	1.2
Seasoned Nacho Chips with Cheese Sauce (Large)	412	5.5	49	-	3	23	1.6
Seasoned Nacho Chips with Cheese Sauce (Regular)	283	3.8	30	-	2.4	17	1.1
Seasoned Rice	116	2.1	24	-	2	1.8	1.2
Sour Cream	83	0.9	1.4	-	1.2	8.2	0.03

ADD-ONS

Extra Grilled Chicken	51	9.1	1.9	-	<0.5	0.8	0.57
Extra Seasoned Beef	66	6.8	1.6	-	<0.5	3.6	0.55
Extra Shredded Chicken	62	6.8	1.9	-	0.7	3.1	0.48
Fire Sauce	2	<0.5	<0.5	-	<0.5	0.6	0.17
Heinz Light Mayonnaise Sachet	30	<0.5	0.7	-	<0.5	2.5	0.2
Heinz Tomato Ketchup Sachet	10	1	2.2	-	1.9	<0.5	0.2
Hot Sauce	1	<0.5	<0.5	-	<0.5	<0.5	0.1
Mild Sauce	1	<0.5	<0.5	-	<0.5	<0.5	0.1

DESSERTS

Churros (2) with Dulce de Leche	270	4.4	38	-	21	12	0.66
Churros (6) with Dulce de Leche	722	11	99	-	48	32	1.9
Grande Cinnamon Twists	865	8.4	120	-	43	40	2.7

1-200 CAL

201-300 CAL

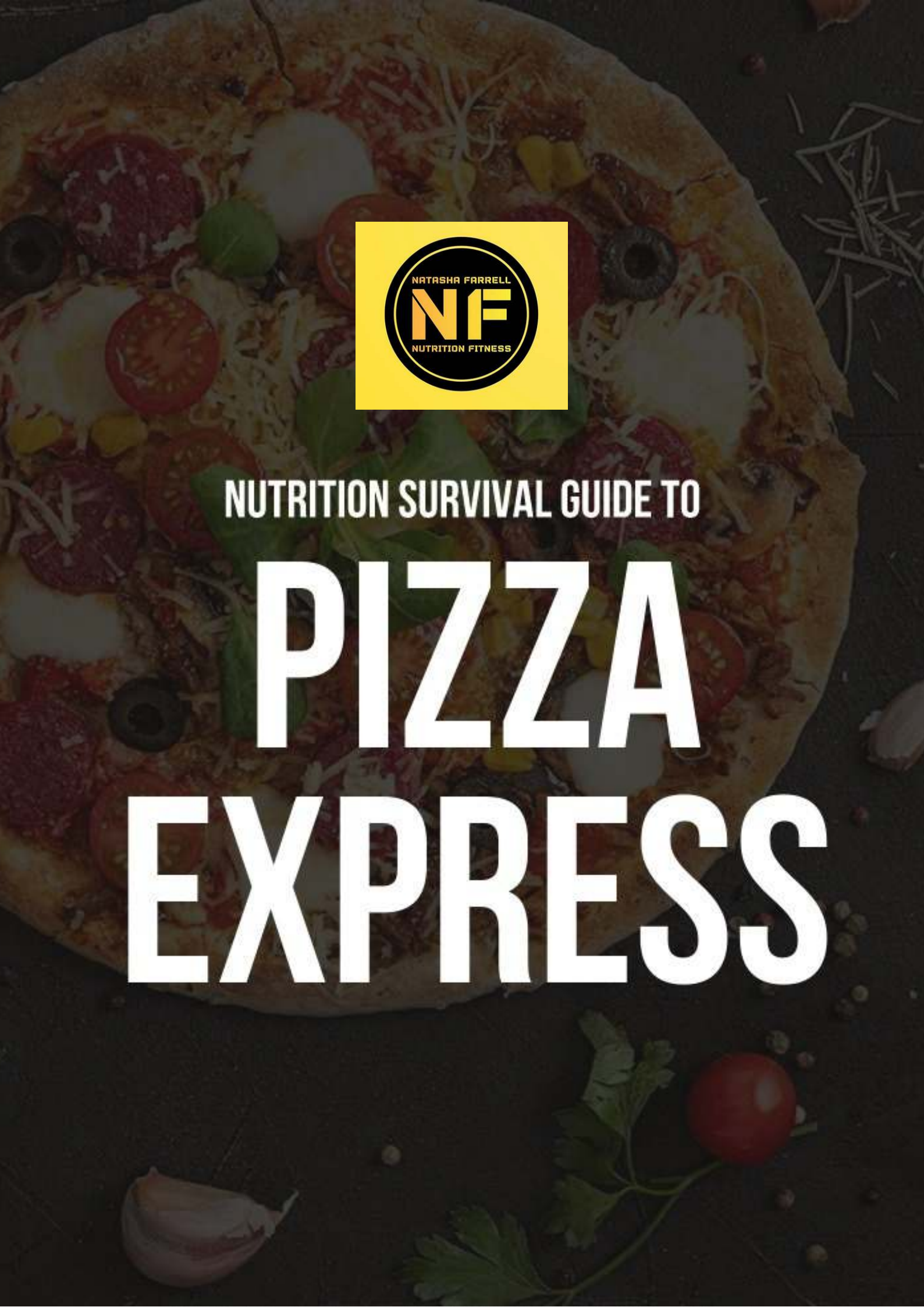
301-400 CAL

401-500 CAL

501+ CAL

DRINKS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
7Up Free (1.5L Bottle)	30	<0.5	<0.5	-	<0.5	<0.5	0.59
7Up Free (Can)	7	<0.5	<0.5	-	<0.5	<0.5	0.13
7Up Free (Large)	13	<0.5	<0.5	-	<0.5	<0.5	0.58
7Up Free (Regular)	9	<0.5	<0.5	-	<0.5	<0.5	0.42
Bottled Water	0	<0.5	<0.5	-	<0.5	<0.5	<0.01
Diet Pepsi (1.5L Bottle)	9	<0.5	<0.5	-	<0.5	<0.5	0.74
Diet Pepsi (Can)	2	<0.5	<0.5	-	<0.5	<0.5	0.16
Diet Pepsi (Large)	4	<0.5	<0.5	-	<0.5	<0.5	0.43
Diet Pepsi (Regular)	3	<0.5	<0.5	-	<0.5	<0.5	0.31
Lemonade Freeze	166	<0.5	41	-	40	<0.5	0.04
Lipton Ice Tea Peach (Large)	124	1.6	30	-	29	<0.5	0.19
Lipton Ice Tea Peach (Regular)	90	1.2	22	-	21	<0.5	0.14
Mountain Dew Citrus Sugar Free (Bottle)	5	<0.5	<0.5	-	<0.5	<0.5	0.05
Pepsi (1.5L Bottle)	615	<0.5	165	-	165	<0.5	0.15
Pepsi (Can)	135	<0.5	36	-	36	<0.5	0.03
Pepsi Max (1.5L Bottle)	6	<0.5	<0.5	-	<0.5	<0.5	<0.01
Pepsi Max (Can)	1	<0.5	<0.5	-	<0.5	<0.5	<0.01
Pepsi Max (Large)	3	<0.5	<0.5	-	<0.5	<0.5	0.32
Pepsi Max (Regular)	2	<0.5	<0.5	-	<0.5	<0.5	0.23
Pepsi Max Cherry (Large)	5	<0.5	<0.5	-	<0.5	<0.5	0.32
Pepsi Max Cherry (Regular)	3	<0.5	<0.5	-	<0.5	<0.5	0.23
Robinsons Apple and Blackcurrent (Large)	13	<0.5	<0.5	-	<0.5	<0.5	0.13
Robinsons Apple and Blackcurrent (Regular)	9	<0.5	<0.5	-	<0.5	<0.5	0.09
Strawberry Freeze	183	<0.5	46	-	44	<0.5	0.04
Tango Apple Sugar Free (Large)	26	<0.5	3.3	-	3.3	<0.5	0.7
Tango Apple Sugar Free (Regular)	19	<0.5	2.4	-	2.4	<0.5	0.51
Tango Orange Sugar Free (1.5L Bottle)	60	<0.5	<0.5	-	<0.5	<0.5	0.89
Tango Orange Sugar Free (Can)	13	<0.5	<0.5	-	<0.5	<0.5	0.19
Tango Orange Sugar Free (Large)	7	<0.5	<0.5	-	<0.5	<0.5	0.7
Tango Orange Sugar Free (Regular)	5	<0.5	<0.5	-	<0.5	<0.5	0.51



NUTRITION SURVIVAL GUIDE TO

PIZZA EXPRESS

1-200 CAL

201-300 CAL

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501+ CAL

STARTERS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Olives Marinate	137	0.7	1.1	3.4	0.1	13.6	2.8
Roasted Tomatoes	67	1.3	6	2.8	5.6	3.5	0.5
Dough Balls	396	8.1	40.4	3	3.1	21.6	1.6
Dough Balls - No Butter	230	9.2	46.4	2.6	3.1	1.3	1.3
Gluten Free Dough Balls With Garlic Butter	370	1.2	47.4	3.6	2.1	18.7	1.7
Vegan Dough Balls - pestorissa	336	9.7	48.6	3.6	4.8	12	1.9
Dough Balls Doppio	828	18.6	88.3	5.3	8.5	43.3	3.6
Garlic Bread (Butter)	280	9.4	49	2.5	3.6	5.7	1.5
Vegan Garlic Bread (Garlic Oil)	345	9.8	51.5	2.6	3.8	11.6	1.5
Garlic Bread With Mozzarella	356	14.9	49.4	4	3.7	10	1.6
Garlic Bread With Vegan Mozzarella Alternative	330	9.4	51.5	3.4	5.2	10.3	1.8
Bruschetta Originale	362	11.1	50.8	6.7	7.1	11.1	2
Buffalo Mozzarella & Tomato Salad	336	15.5	3.7	2.7	3.7	28.2	0.8
Lemon & Herbs Chicken Wings Pizzaexpress	556	52.4	2.2	0	2	37.5	3
Calamari	504	17.6	36.3	0.8	2.9	32.1	2.8

BASES

Standard Dough - Cooked	578	22.1	118	6.5	9.5	3.4	3.2
Wholemeal Dough - Cooked	542	22.1	107.1	11.2	8.3	5.2	2.7
Adult Gluten Free - Cooked	529	6.5	121.2	3.9	2.1	2.7	3
Piccolo Gluten Free - Cooked	168	2.2	37.1	0.9	0.6	1	0.8

ROMANA PIZZAS, CALABRESE AND CALZONE

American Hot	1010	54.1	102	6.1	12.6	41.5	6.5
Padana	1108	62.8	129.1	19.9	33.9	33.2	4.7
Padana - Vegan	911	24.5	152.8	14	33.7	25.3	4.9
Pollo Ad Astra	1145	66.6	142.1	8.9	21.5	32.5	5
Diavlo	1167	59.1	139.1	10.2	15	39	7.1
Pollo Forza	1253	79.3	129.4	8.4	20.6	44.6	5
Calabrese	1275	54.1	108.7	13.9	18.2	66.1	6.5
Barbacoa	1118	71.8	127.7	12.1	26.9	38.4	5.6
Vegan Giardiniera	970	27.6	144.1	11.8	14.5	34	6.5
Calzone 'nduja	1196	52.3	105.6	11	17.3	65.3	7.3

CLASSIC PIZZAS

American	978	52.8	111.1	8.2	13	37.7	5.7
Margherita	834	37.6	111.5	7.2	13.1	24.9	4.3
Margherita - Vegan	711	21.4	118.7	9.2	11	18.6	4.3
La Reine	898	47.1	108.6	7.5	9.8	28.7	4.6
Fiorentina	942	51.7	107.8	10.6	8.4	31.4	4.2
Sloppy Giuseppe	897	45	115.4	10.5	13.5	26.1	4.8
Veneziana	938	41.9	120.4	9.5	18.3	29.7	4.4
Veneziana - Vegan	815	23.4	132.4	10.8	21.2	23.4	5.2
Vegan Giardiniera	843	24.7	130.5	11.9	13.7	27.5	5.7

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

LEGGERA PIZZAS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Wholemeal Leggera Pollo Ad Astra	599	46.4	75	6.7	12.4	13.9	3
Wholemeal Leggera Padana	587	20.4	91.4	8.7	26.5	17.4	2.6
Wholemeal Leggera Padana - Vegan	560	19.3	93	12.3	30.7	16.3	3
Wholemeal Leggera American Hot	548	30.3	67.2	7	5.6	18.8	3.7
Wholemeal Leggera Vegan Giardiniera	556	16.1	79.6	9.1	9.1	21	3.2
Wholemeal Leggera Barbacoa	547	43.5	55.1	8	14.8	18.6	3.5
Wholemeal Leggera La Reine	498	31.5	61.3	7.8	3	15.8	3.4
Wholemeal Leggera Pollo Forza	578	46.8	60.8	10.3	5.9	18.6	2.9
Wholemeal Leggera Diavolo	556	32.5	59.9	8.8	5.4	22.6	3.9
Wholemeal Leggera Margherita	440	22.4	61.8	8.2	6.6	13.2	2.2
Wholemeal Leggera Margherita - Vegan	452	13.9	67.4	9.9	10.8	16.2	2.3
Wholemeal Leggera Veneziana	517	27.5	70.2	9.2	16.6	16	3.1
Wholemeal Leggera Veneziana - Vegan	544	14.7	76.4	10	20.4	22	3.1
Wholemeal Leggera American	557	34.1	56.1	8.2	7.1	23.6	3.2
Wholemeal Leggera Sloppy Giuseppe	490	29.9	65.6	9.2	8	14.1	3.1
Superfood Salad Addition	171	6.3	15.2	3.5	2.7	9.2	0.5

SALADS NO DRESSINGS WITH DOUGH STICKS

Pollo Salad No Dressing	502	42.1	22.1	3.9	11.6	26.3	2.2
Nicoise Salad No Dressing	366	39.1	5.1	1.8	3.3	21	2
Grand Chicken Caesar Salad No Dressing	477	47.1	17.2	1.6	1.6	24.5	1.9

SALADS WITH DRESSINGS NO DOUGH STICKS

Leggera Superfood	424	14.1	29.3	17	15.5	24.3	1.5
Pollo Salad With Dressing	693	42.8	24.6	4	5.1	46.3	3.3
Nicoise Salad With Dressing	558	39.5	7.3	2	4.5	40.7	3.1
Grand Chicken Caesar Salad With Dressing	636	48.3	20.3	2.5	4.4	39.9	2.9

SALADS WITH DRESSINGS AND DOUGH STICKS

Pollo Salad With Dressing And Dough Sticks	954	52.8	72.9	6.4	8.8	48.9	4.8
Nicoise Salad With Dressing And Dough Sticks	820	50	55.5	4.5	8.5	43.5	4.6
Grand Chicken Caesar Salad With Dressing And Dough Sticks	894	58.4	68.4	4.6	8.2	42.4	4.4

SALAD SIDES

Dough Sticks	263	10.2	48.3	2.3	3.8	2.6	1.5
Classic House Dressing	191	0.5	2.3	0.2	1.2	19.9	1.1
Light House Dressing	135	0.4	2.3	0.3	2.1	13.6	1
Caesar Dressing	157	1.2	3	0.8	2.7	15.4	1

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

AL FORNO

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Lasagna Classica	712	36.9	43	7	11	42.1	3.9
Pollo Pesto (Gf)	1082	48.6	90.3	3.4	6.5	57.5	7.5
Cannelloni	705	33.1	49.2	5.7	10.4	43	3.6
Bolognese	674	28	83	5	6	28	2
Leggera Peperonata	542	12	91	8	16	16	2

SIDES

Coleslaw 'Pizza Express'	330	1.9	4.6	2.5	0	33.3	0.8
Mixed Salad without dressing	74	1.9	3.6	1.4	2.5	5.4	0.1
Mixed Salad with House dressing	202	2.2	5.1	2.5	4.2	18.8	0.8
Polenta Chips	454	6.7	42.8	7.7	5	26.6	2.7

DESSERTS

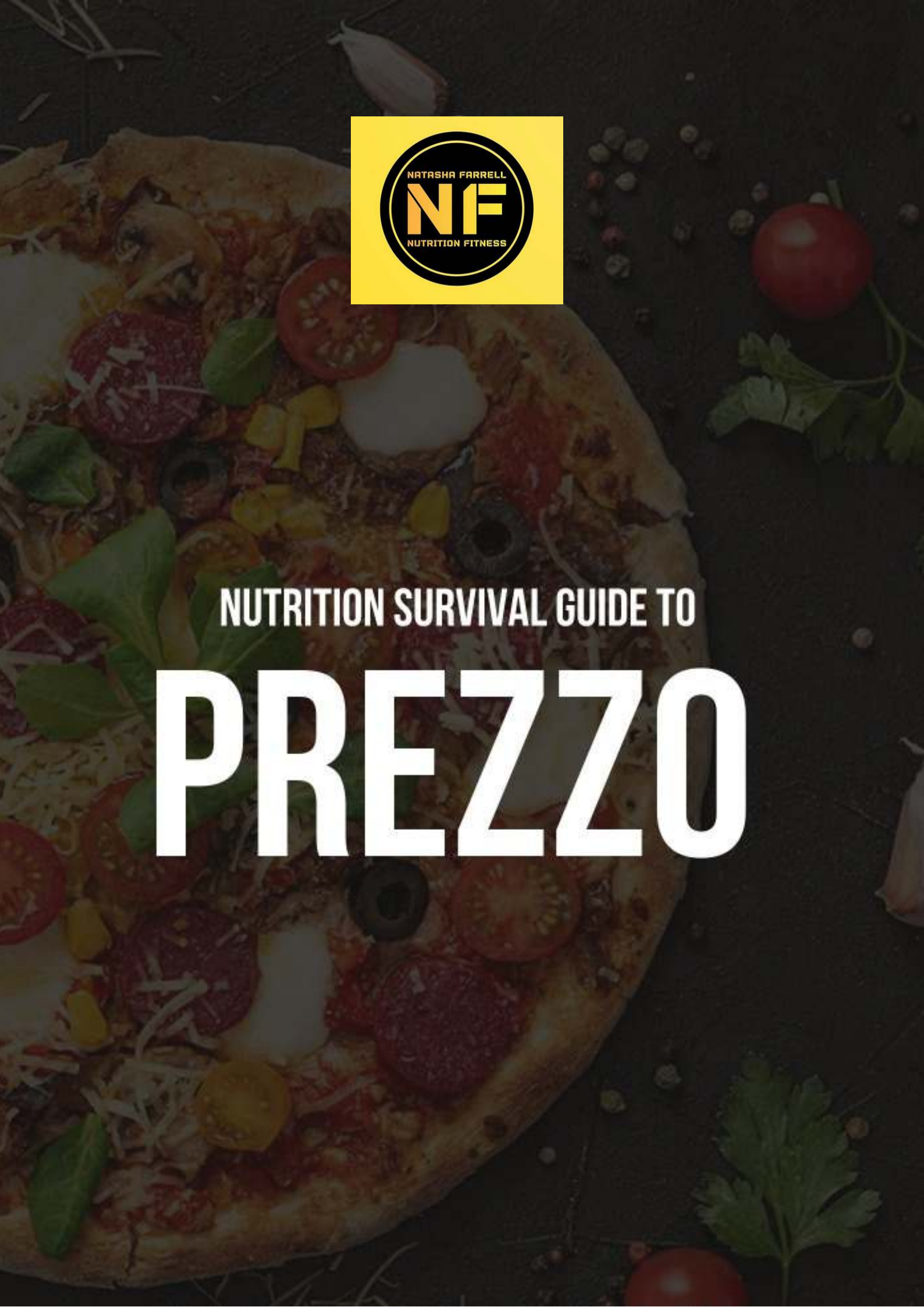
Chocolate Fondant With Vanilla Ice Cream	657	10	72	3.6	56.6	37.4	1.3
Chocolate Fudge Cake (Cake Only)	312	4.8	42.4	0.9	30.5	13.4	1
Vanilla cheesecake	384	5.6	32.5	0.5	19.5	25.7	0.6
Tiramisu	412	5	62.7	3	37.5	15	0.3
Chocolate Brownie And Ice Cream	519	7.9	62.9	3.4	54.1	27	0.2
Coppa Gelato – Vanilla + Choc Straw	247	5.6	32.7	0.5	32.5	10.3	0.2
Coppa Gelato – Chocolate + Choc Straw	246	5.6	32.6	2.5	27.9	10.3	0.2
Coppa Gelato – Strawberry + Choc Straw	211	1.5	40.1	0.9	34.2	5	0.1
Coppa Gelato – Salted Caramel + Choc Straw	287	4.6	33.9	0.4	31.5	14.8	0.8
Leggera Sorbet – Raspberry Sorbet	122	0.7	28.4	1.3	28.4	0.5	0
Leggera Sorbet - Cocconut Sorbet	201	0.6	36	0	28.8	6	0
Affogato - No Coffee	337	5.9	44	0.1	41.9	15.4	0.6
Honeycombe Cream Slice	578	5	54.8	1.2	37.2	37.4	0.6
Side Of Cream	139	0.4	0.5	0	0.5	15	0
Side Of Vanilla Gelato	114	2.7	15.4	0.1	15.4	4.5	0.1
Side Of Mascarpone	118	1.2	0.8	0	0.8	12.3	0
Fruit Coulis	25	0.1	5.7	0.4	5.7	0.1	0

DOLCETTI

Vegan Carrot Cake	336	1.5	45.9	0	31.5	16.2	0.5
Salted Caramel Profiteroles	257	3.4	24	0	19.2	16.2	0.1
Chocolate Brownie	206	2.6	24.5	1.8	20.1	11.3	0
Caffe reale	208	1.9	23.7	1.4	32.7	12.6	0.1
Lotus Biscoff Cheesecake	319	2.7	25.4	0.6	14.6	22.8	0.3

PICCOLO

Piccolo Dough Balls - No Dips No Salad	60	2.2	12.1	0.5	0.5	0.3	0.3
Piccolo Dough Balls With Hournous - With Salad	193	6.9	24.1	2.5	1.7	7.6	0.5
Piccolo Dough Balls With Hournous- No Salad	130	3.7	13.8	1.5	0.7	6.5	0.3



NUTRITION SURVIVAL GUIDE TO

PREZZO

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

WHILE YOU DECIDE

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Marinated Olives	102	0.9	0.6	5.3	0.1	9.8	1.14

STARTERS

Giant Meatballls	453	27.2	20.3	4.7	0.3	28.3	3.29
Tomato Bruschetta	415	12.2	52	4.8	3.3	16.4	2.41
Calamari	702	19.2	17.5	4.4	0.2	60.7	1.38
Stuffed Baked Mushrooms	395	12.6	9.5	5.3	0.2	33	2.75
King Prawns	406	14.6	51.4	8.7	0.8	13.8	5.85
Garlic Bread	271	8.4	49.1	3.3	2.2	3.8	1.45
Garlic Bread With Mozzarella	386	13.5	54.3	2.3	1.5	12.3	2.1
Garlic Bread With Balsamic Onions & Mozzarellla	520	16	40	3	13	34	2
Italian Hummus	667	17	57.7	7.7	1.5	39	2.93
Breaded Mozzarella	561	27.6	31.8	5.5	0.2	34.6	2.61
Caprese Salad	241	8.6	5.2	2.2	0.2	20.3	0.72
Spicy Pizza Bites	356	11.4	48	4.6	4.3	14.2	1.57
Pizza Bites	356	11.4	48	4.6	4.3	14.2	1.57

SHARERS

Pizza Bites To Share	860	25	136	9	11	26	3
Spicy Pizza Bites To Share	860	25	136	9	11	26	3
Antipasti Board of Cured Italian Meats	979	43.9	53.7	9.1	0.3	63.5	4.25
Large Garlic Pizza Bread	892	21.9	132.4	10.5	30.6	28.2	4.17
Flatbreads to Share	849	38.8	122.5	9.5	10.3	20.6	5.9

PIZZA

Tre Gusti - Regular	929	58.6	123.2	11.7	2.8	19.8	6.67
Tre Gusti - Large	1339	65.2	130.9	8.6	6.1	63.7	9.8
Vesuvio - Regular	872	51.1	111	13.8	8.2	22	7.06
Vesuvio - Large	1052	91.6	75.7	8.4	15.4	44.4	8.88
Garlic Mushroom - Reglar	595	15.9	88	11.2	23.8	22.5	1.79
Garlic Mushroom - Large	725	23.7	112.5	11.9	11.9	22.4	2.55
Margherita - Regular	705	29.9	107.5	9.5	8.6	15.1	3.97
Margherita - Large	837	38.2	137.5	5.3	10.5	16.2	4.81
Goat's Cheese & Red Pepper - Regular	910	36.8	109.5	9.5	10.6	33.7	4.59
Goat's Cheese & Red Pepper - Large	1053	51.8	123.2	9.8	14.3	23.7	4.91
Tropicana - Regular	783	41.7	111.1	10.4	13.1	17	5.36
Tropicana - large	1018	52	142.5	8.6	19.3	28.4	5.84
Fiorentina - Regular	699	32.9	99.2	8.9	2.9	16.9	4.21
Fiorentina - Large	1016	48.9	134	10.8	5.2	33.9	5.6
Chicken & Roasted Peppers - Regular	923	38.7	153.3	9.9	21.4	19.4	4.57
Posh Pepperoni - Premium	1242	65.7	110.5	9.8	12.4	57.5	4.7
Margherita Royale - Premium	979	42.4	110	10.7	7.5	38.2	4.9

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

CALZONE

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Tre Carni Calzone	930	48.5	105.3	14.8	4.6	31.7	6.03
Spicy Carne Calzone	898	50.7	111.3	12.1	13.8	25.3	4.96

LIGHT PIZZA

Chicken Primavera	524	31.4	60.5	7.8	5.2	15.5	2.78
Goat's Cheese & Aubergine	554	23.6	57.2	3.6	0.4	25	2.83

PASTA

Spaghetti Bolognese	589	43.4	58.4	12.2	16.1	17.8	4.95
Spaghettie with King Prawns	564	29.6	70.1	15.4	0.6	14.8	3.47
Spaghettie Carbonara	662	27.3	88.8	3	0.4	22.5	3.29
Penne Alla Rusticana	756	52.1	87.8	8.7	0.5	19.9	4.85
Penne Gorgonzola	633	36.4	57.3	6	0.4	27.2	3.22
Penne Arrabbiata	501	16.6	89.2	14.1	4.8	5.2	2.74
Pesto & Pea Penne	681	24.7	110.6	11.5	1.7	17.9	2.38
Oak Smoked Salmon Penne	840	34.3	87.4	8.2	0.5	37.2	3.04
Aubergine Penne	554	21.3	98	11.9	0	11.4	2.57

Al FORNO

Goat's Cheese Penne Al Forno	1033	29.3	110.6	15.6	0.7	22.8	4.49
Chicken Spaghetti Carbonara Al Forno	1033	62.6	88	4.7	0.6	49	4.96
Spaghetti Meatballs Al Forno	903	81.8	70.1	11	7.8	35.1	3.77
Traditional Lasagne	687	34.6	60.9	7.8	0.5	32.3	4.57

FILLED PASTA

Lobster & Crab Ravioli	510	28.5	54.7	6.8	0.3	18	3.29

LIGHT PASTA

Spicy Prawn & Basil Pesto Penne	506	19.4	57.9	10.9	1.6	19.4	2.1
Pancetta, Pea & Mushroom Penne	492	18.7	66.5	11.8	5	14.1	3.05

RISOTTO

King Prawn & Salmon Risotto	471	26.7	51.5	13.6	0.5	14.6	2.96
Mushroom Risotto	725	15.8	95.7	6.3	0.5	29.4	2.21
Chicken & Asparagus Risotto	787	39.1	88.5	9.3	0.5	28.8	1.96

SALAD - SERVED WITH GARLIC BREAD

Chicken, Bacon & Avocado Salad (Without Garlic Bread)	512	30.5	32.6	8.5	2.7	26.8	2.17
Puy Lentil, Roasted Beetroot & Butternut Squash Salad (Without Garlic Brea	321	17.2	25.5	22.8	0.3	11.6	1.42
Caeser Salad With Chicken (Without Garlic Bread)	737	38.3	32.3	7.1	0.4	48.9	2.8

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

MEAT & FISH

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Calabrese Burger - Served With Fries	1382	78	88	13	1	80	4
Chargrilled Chicken Breast With Mushrooms	384	44.6	6.2	5.9	1	18.9	0.88
Roasted Salmon Filllet	483	32.4	5.6	6.5	0.3	35.3	0.68
Sea Bass	506	36.3	11.9	9.8	0.3	32.4	1.55

SIDES

House Fries	582	5.9	54.6	7	0.2	36.2	0.16
Truffle Oil Infused Fries	671	7.1	56.6	10	0.2	43.9	0.19
Rocket Salad (With Italian Cheese)	93	3.6	1	1.6	0.1	7.9	0.11
Tenderstem Broccoli & Cauliflower	88	2	2	2.5	0.1	7.6	0.38
Mix Salad	103	1.9	2.6	3.9	0.2	8.6	0.81

DESSERTS

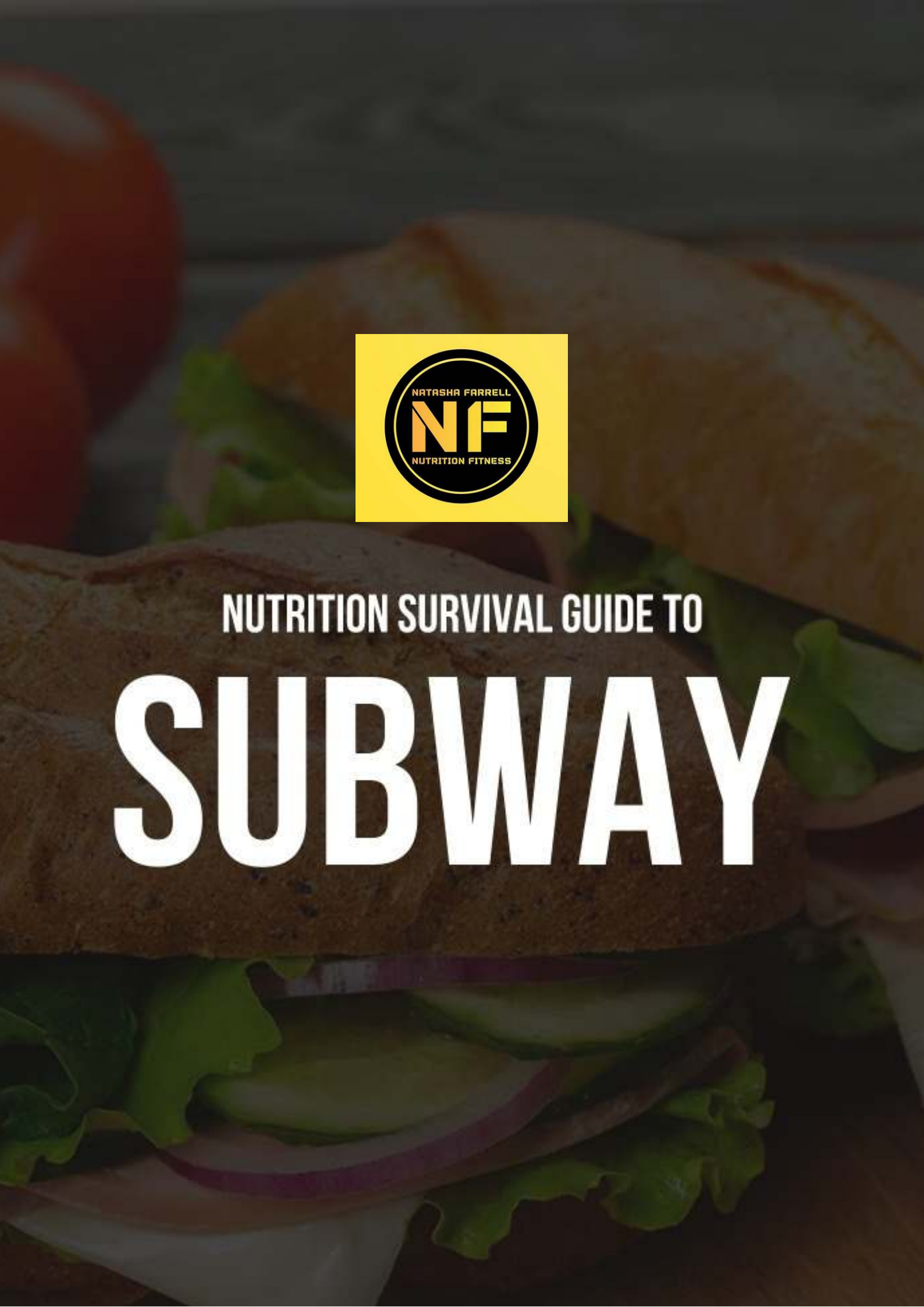
Salted Caramel chocolate Tart	599	6.2	83.8	2.5	49.1	26	0.5
Honeycomb Smash Cheesecake	500	7	61.7	1.3	35.8	24.9	0.27
Panna Cottas (Served With Fruit Compote)	375	4	42.3	2.1	1.9	20.6	0.19
Chocolate Brownie Dome	467	6.2	50.9	4.7	42.9	25.5	0.67
Sticky Toffee Pudding	631	5.8	105.4	5	69.3	19.7	1.8
Tiramisu	323	4.4	50.2	2.6	39.1	11.1	0.18
Affogato	320	4.3	33.3	0.9	26.9	18.5	0.34
Raspberry Sorbet	13	0	3.2	0	2.8	0	0

SELECTION OF ICE CREAM

Ice Cream - Vanilla	171	3.4	17.5	0.1	17.5	9.7	0.25
Ice Cream - Strawberry	171	3	21.3	0.3	20.7	8.2	0.22
Ice Cream - Chocolate	194	4.2	20.9	0.2	20.3	10.1	0.24

MINI DESSERTS

Mini Vanilla Cheesecake With Raspberries	242	3.7	34.7	2.2	20.4	9.9	0.1
Mini Vanilla Cheesecake With Caramel Sauce	203	3.3	25.6	0.8	13	9.9	0.15
Mini Panna Cottas With Fruits of Forest Compote	126	1.7	14.8	0.7	13.5	6.8	0.05
Cannoli	282	1.8	27.9	1.7	19.1	17.8	0.2
Mini Honeycomb Smash Cheesecake	219	3	28	0	16	11	0.13



NUTRITION SURVIVAL GUIDE TO

SUBWAY

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

ALL SANDWICHES

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chicken Breast	302	25	40	4.8	7	3.6	1.4
Chicken Teriyaki	319	25	43	4.9	9	3.7	2.2
Chicken Tikka	296	25	41	2.4	6.4	3.3	1.3
Rotisserie-Style Chicken	216	8.6	39	4.9	5.6	2.2	0.57
Chicken & Bacon Melt	374	30	42	2.5	7.4	9.3	2.1
Chicken Pizziola	455	32	46	3.4	9.4	16	2.8
Subway Melt™	358	25	41	2.8	6.9	9.6	2.3
Turkey Breast	273	20	39	4.8	5.9	3.1	1.4
Turkey Breast and Ham	288	22	40	5.1	6.2	3.8	1.6
Ham	453	26	40	7	6.8	19	2.1
B.L.T.	282	14	38	4.5	5.5	7.4	1.3
Italian B.M.T.®	387	20	41	2.7	6	15	2.6
Spicy Italian	450	19	41	2.4	5.6	23	3.1
Meatball Marinara	496	24	58	4.8	11	19	2
Steak & Cheese	362	24	51	2.4	8.3	6.7	1.7
Tuna	445	24	41	6.8	6.9	19	1.6
Veggie Delite®	437	16	44	7.3	9.3	21	1.9
Meatless Meatball Marinara	469	26	52	13	10	15	2.1
Vegan Patty Sub	425	19	48	6.5	8.2	16	1.8

SALADS

Chicken Breast	142	18	9.3	3.2	7.2	2.6	1
Chicken Tikka	128	20	7.8	2.6	5.9	1.8	0.67
Ham	153	16	7.9	3.3	5.9	5.9	1.5
Italian B.M.T.®	277	18	9.1	3.9	6.5	18	3.3
Thai Chicken Salad	197	19	17	3.4	13	5.2	2.3
Tuna	193	14	9.4	3	6.6	11	1
Tuna Niçoise Salad	308	22	13	3.8	6.7	18	1.4
Turkey Breast	106	14	8	3	6	1.5	0.82
Turkey Breast & Ham	118	15	7.4	3	5.7	2.6	1.1
Vegan Patty Salad	197	14	14	6.7	7.3	8.1	1.1

SIGNATURE WRAPS

BBQ Chicken & Bacon	578	45	59	4.7	14	17	3.8
Chipotle Steak & Cheese	616	39	62	8.1	12	23	3.9
Vegan	704	32	65	15	10	32	3.6

The Real Deal Sides

Cheesy Pepperoni	392	19	42	5.3	7.6	16	1.8
Bowl of Meatballs	288	18	17	3.7	8.7	17	1.5
Meat Feast	459	24	46	6.5	46	19	2.9
Cheesy Garlic Bread	400	15	45	1.6	4.7	18	1.2
Hash Browns	153	2.2	19	2.7	1.1	6.8	0.78
Nachos	382	11	39	5	4.1	20	1.6

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

BREAKFAST

	Calories (kJ/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Bacon	275	14	40	1.5	6.9	6.2	1.7
Bacon, Egg & Cheese	329	16	41	1.7	7.6	10	2
Egg & Cheese	294	13	41	1.7	7.5	8.2	1.6
Sausage	383	17	48	2.3	7.6	13	1.9
Sausage, Poached Egg & Cheese	471	23	49	2.6	8.3	20	2.6
Mega Melt	506	27	49	2.6	8.4	22	3

KIDS' PAK™

Chicken Breast	192	15	26	3.2	4.5	2.2	0.87
Ham	173	11	25	3.2	3.5	2.5	0.84
Turkey Breast	182	13	26	3.2	3.9	2	0.91



NUTRITION SURVIVAL GUIDE TO MCDONALD'S

CALORIESANDMACRONUTRIENTS

2021

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

LIMITED BREAKFAST MENU

	Calorie (kcal)	Protein (g)	Total Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Breakfast Roll with Ketchup	513	31.0	41.0	2.4	8.8	24.0	2.7
Breakfast Roll with Brown Sauce	517	31.0	43.0	2.1	9.3	24.0	2.6
Muffin with Jam	211	6.4	34.0	2.0	11.0	4.8	0.5
Bacon Roll with Brown Sauce	356	22.0	41.0	1.8	8.5	11.0	2.2
Bacon Roll with Tomato Ketchup	351	22.0	40.0	2.0	7.9	11.0	2.4
Hash Brown	136	1.0	14.0	1.3	0.3	8.2	0.7
Double Sausage & Egg McMuffin®	565	36.0	28.0	2.5	3.2	34.0	2.7
Sausage & Egg McMuffin®	430	26.0	27.0	2.1	2.7	24.0	1.9
Bacon & Egg McMuffin®	348	21.0	27.0	1.8	2.1	17.0	1.7
Double Bacon & Egg McMuffin®	401	27.0	27.0	1.8	2.2	20.0	2.2
Egg & Cheese McMuffin®	295	16.0	27.0	1.8	2.1	13.0	1.1
Cheesy Bacon Flatbread	298	14.0	28.0	1.6	2.1	14.0	1.5
Pancakes & Syrup	477	10.0	95.0	2.3	41.0	5.6	1.5
Pancakes & Sausage with Syrup	612	20.0	96.0	2.6	41.0	16.0	2.3

MCCAFÉ®

Salted Caramel Latte - Regular	164	7.8	20.0	0.0	20.0	5.8	0.5
Salted Caramel Latte - Large	206	10.0	26.0	0.0	25.0	6.9	0.6
Hot Chocolate - Regular	173	2.2	30.0	2.3	27.0	4.3	0.6
Hot Chocolate - Large	231	3.0	40.0	3.1	36.0	5.8	0.8
Toffee Latte - Regular	187	7.9	25.0	0.0	23.0	6.3	0.3
Toffee Latte - Large	232	10.0	31.0	0.0	29.0	7.5	0.3
Black Coffee - Regular	6	0.6	0.8	0.0	0.0	0.0	0.0
Black Coffee - Large	8	0.8	1.1	0.0	0.0	0.0	0.0
Cappuccino - Regular	97	6.6	10.0	0.2	9.9	3.3	0.2
Cappuccino - Large	128	8.8	13.0	0.2	13.0	4.4	0.3
Flat White	86	6.3	8.4	0.0	8.2	3.1	0.2
Latte - Regular	145	11.0	14.0	0.0	14.0	5.2	0.3
Latte - Large	197	14.0	19.0	0.0	19.0	7.1	0.4
Tea - Regular	6	0.4	0.8	0.0	0.5	0.2	0.0
Tea - Large	12	0.7	1.4	0.0	1.0	0.4	0.0
White Coffee - Regular	54	4.1	5.5	0.0	4.7	1.8	0.1
White Coffee - Large	74	5.6	7.6	0.0	6.4	2.4	0.2

HAPPY MEAL®

Happy Meal® Veggie Dippers - 2 pieces Meal	206	3.6	30.0	4.8	11.2	6.7	0.6
Fish Fingers (3 fingers) Meal	194	13.0	16.0	0.7	0.5	8.5	0.7
Hamburger Meal	296	13.3	40.0	4.2	16.6	8.4	1.2
Cheeseburger Meal	347	16.3	41.0	4.2	17.3	12.1	1.6
Chicken McNuggets® (4 pieces) Meal	219	11.3	22.0	2.2	10.4	9.0	0.3

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

REDUCED MENU

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Double Big Mac®	694	43.0	43.0	3.6	9.1	38.0	2.8
Cheese Melt Dippers- 4 Pieces	255	8.8	16.0	1.9	0.7	17.0	1.9
Cheese Melt Dippers - sharebox- 12 Pieces	765	26.0	47.0	5.7	2.1	51.0	5.7
Jerk Chicken Sandwich	564	31.0	58.0	2.2	12.0	23.0	2.7
Celebrations McFlurry® - Regular	343	5.9	49.0	1.7	44.0	13.0	0.2
Celebrations McFlurry® - Mini	171	3.0	25.0	0.9	22.0	6.6	0.1
Salted Caramel Latte - Regular	164	7.8	20.0	0.0	20.0	5.8	0.5
Salted Caramel Latte - Large	206	10.0	26.0	0.0	25.0	6.9	0.6
Hot Chocolate - Regular	173	2.2	30.0	2.3	27.0	4.3	0.6
Hot Chocolate - Large	231	3.0	40.0	3.1	36.0	5.8	0.8
Toffee Latte - Regular	187	7.9	25.0	0.0	23.0	6.3	0.3
Toffee Latte - Large	232	10.0	31.0	0.0	29.0	7.5	0.3
Frozen Strawberry Lemonade - Regular	201	0.3	49.0	0.0	32.0	0.5	0.0
Frozen Strawberry Lemonade - Large	255	0.4	62.0	0.0	40.0	0.6	0.0
Caramel Iced Frappé - Regular	319	6.4	38.0	0.7	33.0	16.0	0.3
Caramel Iced Frappé - Large	399	8.2	48.0	1.0	42.0	19.0	0.4
Breakfast Roll with Ketchup	513	31.0	41.0	2.4	8.8	24.0	2.7
Breakfast Roll with Brown Sauce	517	31.0	43.0	2.1	9.3	24.0	2.6
Crispy Chicken Salad	261	21.0	16.0	1.9	2.9	12.0	0.8
Crispy Chicken and Bacon Salad	311	25.0	16.0	1.9	3.0	16.0	1.1
Triple Cheeseburger	588	37.0	37.0	2.4	8.9	34.0	3.1
Muffin with Jam	211	6.4	34.0	2.0	11.0	4.8	0.5
Double Quarter Pounder with Cheese®	750	51.0	38.0	2.5	10.0	43.0	2.9
Veggie Dippers - 4 pieces	321	6.6	41.0	6.0	2.3	13.0	1.1
Happy Meal® Veggie Dippers - 2 pieces	160	3.3	20.0	3.0	1.2	6.6	0.6
Apple Pie	250	2.3	27.0	1.4	9.5	14.0	0.3
Millionaire's Donut	250	4.7	26.0	1.2	8.6	12.0	0.5
Chicken Legend® with BBQ Sauce	484	27.0	61.0	3.9	8.4	14.0	1.6
Chicken Legend® with Hot & Spicy Mayo	519	27.0	56.0	3.9	4.5	20.0	1.8
Chicken Legend® with Cool Mayo	529	27.0	56.0	4.0	4.5	21.0	1.8
Carrot Bag	34	0.5	6.2	2.4	5.8	0.2	0.1
The BBQ and Bacon Chicken One - Crispy	500	24.0	52.0	3.1	7.0	21.0	2.2
The Sweet Chilli Chicken One – Crispy	474	22.0	52.0	3.2	7.2	19.0	2.0
Side Salad	15	0.9	1.5	1.0	1.5	0.5	0.1
Mayo Chicken	319	12.0	38.0	2.8	4.6	13.0	1.1
Bacon Mayo Chicken	370	17.0	38.0	2.8	4.7	16.0	1.5
Bacon Double Cheeseburger	495	30.0	32.0	2.4	8.1	27.0	2.7
Big Mac®	508	26.0	43.0	3.6	9.0	25.0	2.3
Quarter Pounder™ with Cheese	518	31.0	37.0	2.5	10.0	27.0	2.5
McChicken Sandwich®	388	17.0	43.0	3.4	7.1	16.0	1.4
Vegetable Deluxe	380	9.0	52.0	5.4	7.8	14.0	1.5
Hamburger	250	13.0	30.0	2.4	6.6	8.3	1.2
Cheeseburger	301	16.0	31.0	2.4	7.3	12.0	1.6
Double Cheeseburger	445	26.0	32.0	2.4	8.1	23.0	2.4
Chicken McNuggets® 6 Pieces	259	16.0	18.0	0.7	0.6	13.0	0.5
Chicken McNuggets® (9 pieces)	388	24.0	28.0	1.0	0.8	20.0	0.8
Chicken Selects® 3 Pieces	359	25.0	20.0	0.2	0.3	20.0	1.8
Chicken Selects® (5 pieces)	599	42.0	34.0	0.3	0.5	33.0	3.0
20 Chicken McNuggets® ShareBox®	863	53.0	61.0	2.2	1.9	45.0	1.7

1-200 CAL

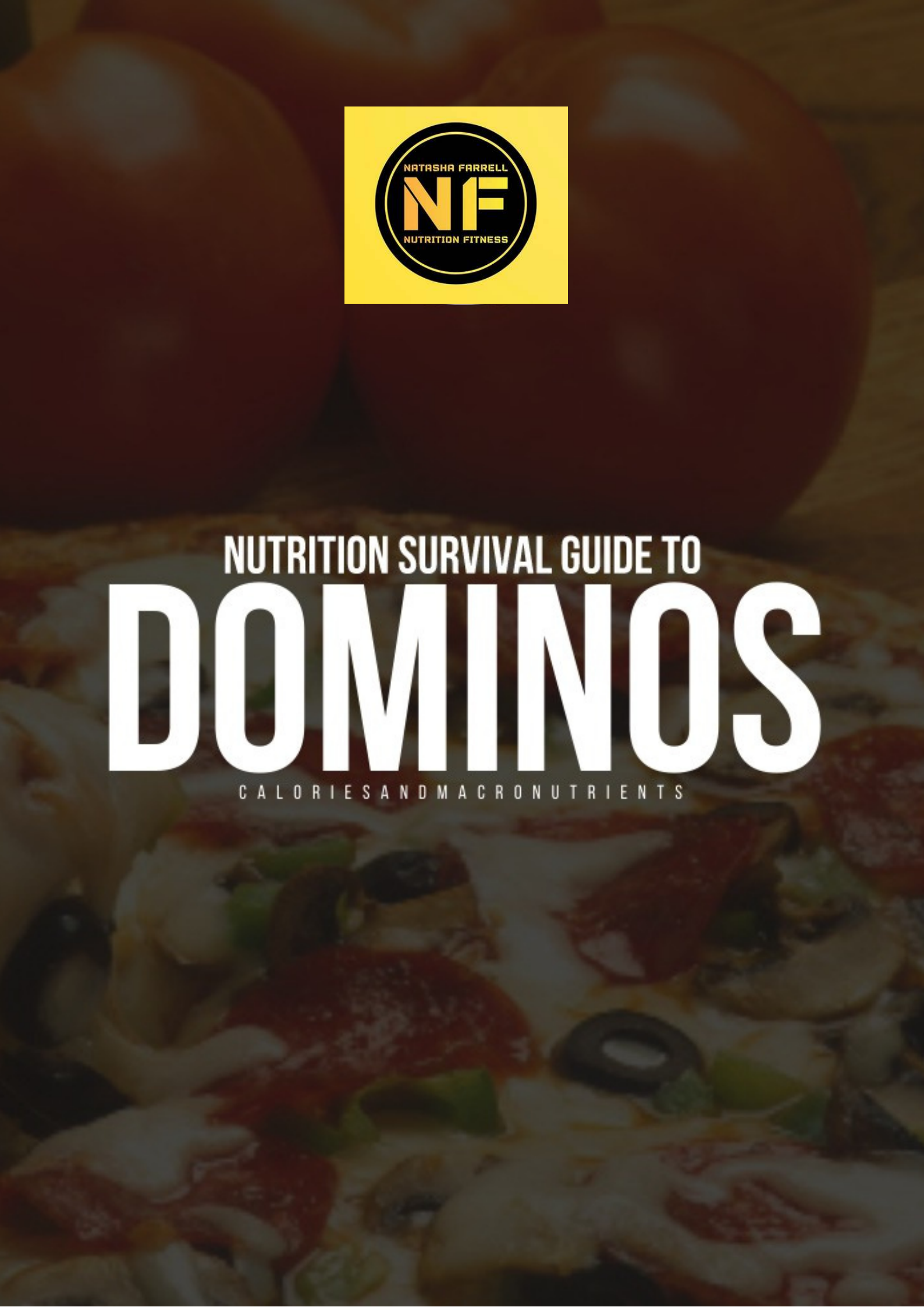
201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
ShareBox® - 5 Chicken McNugget portion	216	13.0	15.0	0.6	0.5	11.0	0.4
Filet-o-Fish®	329	15.0	36.0	2.7	5.4	13.0	1.3
McDonald's Fries - Medium	337	3.3	42.0	3.6	0.6	17.0	0.6
McDonald's Fries - Large	444	4.4	55.0	4.8	0.8	22.0	0.8
McDonald's Fries - Small	237	2.3	29.0	2.6	0.4	12.0	0.4
Apple & Grape Fruit Bag	46	0.3	10.0	1.8	10.0	0.1	0.0
Maltesers® McFlurry®	266	5.3	38.0	1.5	34.0	10.0	0.2
Smarties McFlurry®	273	5.2	40.0	1.5	37.0	10.0	0.2
Oreo® McFlurry®	258	5.2	38.0	1.8	32.0	9.0	0.3
Buxton® Mineral Water (Still)	0	0.0	0.0	0.0	0.0	0.0	0.0
Buxton® Mineral Water (Still) - 250ml	0	0.0	0.0	0.0	0.0	0.0	0.0
Chocolate Milkshake - Medium	364	11.0	61.0	2.1	50.0	7.8	0.7
Chocolate Milkshake - Large	468	14.0	79.0	2.6	65.0	10.0	0.9
Chocolate Milkshake - Small	192	5.9	32.0	1.1	27.0	4.1	0.4
Strawberry Milkshake - Medium	356	11.0	62.0	1.3	57.0	7.0	0.4
Strawberry Milkshake - Small	188	5.5	33.0	0.7	30.0	3.7	0.2
Strawberry Milkshake - Large	458	13.0	80.0	1.7	74.0	9.0	0.5
Banana Milkshake - Small	188	5.5	33.0	0.7	30.0	3.7	0.2
Banana Milkshake - Medium	357	11.0	62.0	1.3	58.0	7.0	0.4
Banana Milkshake - Large	459	13.0	80.0	1.7	74.0	9.0	0.5
Vanilla Milkshake - Small	192	5.5	34.0	0.7	31.0	3.7	0.2
Vanilla Milkshake - Medium	366	11.0	64.0	1.3	60.0	7.0	0.4
Vanilla Milkshake - Large	469	13.0	82.0	1.7	77.0	9.0	0.5
Coca-Cola® Classic - Medium	170	0.0	42.0	0.0	42.0	0.0	0.0
Coca-Cola® Classic - Small	106	0.0	27.0	0.0	27.0	0.0	0.0
Coca-Cola® Classic - Large	212	0.0	53.0	0.0	53.0	0.0	0.0
Diet Coke® - Medium	1	0.0	0.0	0.0	0.0	0.0	0.1
Diet Coke® - Small	1	0.0	0.0	0.0	0.0	0.0	0.1
Diet Coke® - Large	2	0.0	0.0	0.0	0.0	0.0	0.1
Sprite® Zero - Medium	4	0.1	0.0	0.0	0.0	0.0	0.1
Sprite® Zero - Small	3	0.1	0.0	0.0	0.0	0.0	0.0
Sprite® Zero - Large	5	0.1	0.0	0.0	0.0	0.0	0.1
Fanta® Orange - Medium	76	0.0	18.0	0.0	18.0	0.0	0.1
Fanta® Orange - Small	48	0.0	11.0	0.0	11.0	0.0	0.1
Fanta® Orange - Large	95	0.0	23.0	0.0	23.0	0.0	0.1
Oasis® - Small	42	0.1	10.0	0.0	10.0	0.0	0.2
Oasis® - Medium	67	0.1	17.0	0.0	17.0	0.0	0.3
Oasis® - Large	83	0.1	21.0	0.0	21.0	0.0	0.4
Coca-Cola® Zero Sugar	1	0.0	0.0	0.0	0.0	0.0	0.0
Tropicana® Orange Juice	108	2.0	22.0	1.5	22.0	0.0	0.0
Robinsons® Fruit Shoot	10	0.0	1.6	0.0	1.6	0.0	0.1
Organic Milk	125	9.0	12.0	0.0	12.0	4.5	0.3
Flat White	86	6.3	8.4	0.0	8.2	3.1	0.2
Tea - Regular	6	0.4	0.8	0.0	0.5	0.2	0.0
Tea - Large	12	0.7	1.4	0.0	1.4	0.4	0.0
Espresso Double shot	1	0.1	0.2	0.0	0.0	0.0	0.0
Espresso Single shot	1	0.1	0.0	0.0	0.0	0.0	0.0
Latte - Regular	145	11.0	14.0	0.0	14.0	5.2	0.3
Latte - Large	197	14.0	19.0	0.0	19.0	7.1	0.4
Cappuccino - Regular	97	6.6	10.0	0.2	9.9	3.3	0.2



NUTRITION SURVIVAL GUIDE TO DOMINOS

CALORIES AND MACRONUTRIENTS

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

CLASSIC CRUST LARGE

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Meateor	**2400**	90	303	20	89	87	14.8
Ranch BBQ	**2330**	102	298	20	87	77	14.4
Americano	**2320**	99	316	22	92	69	14.6
House Special Tandoori	**2250**	117	261	28	50	76	13.3
Scrummy	**2240**	104	254	27	48	84	13.9
House Special	**2210**	123	251	28	49	74	12.3
Pepperoni Passion	**2150**	101	245	26	47	80	12.6
Bacon Double Cheese	**2090**	102	250	28	49	70	11.2
Extravaganza	**2090**	106	253	29	50	66	12.1
Meat Lovers	**2050**	92	246	27	46	72	12.5
Mighty Meaty	**2030**	96	252	28	50	65	12.3
Texas BBQ	**2030**	89	300	20	88	49	11.6
Meatzza	2000	93	248	27	47	65	12.2
Spanish Sizzler	1980	100	266	30	57	53	10.3
The Sizzler	1980	83	244	22	39	70	12.6
Mexican Hot	1960	93	250	28	51	59	12.2
New Yorker	1950	85	244	27	46	64	11.8
Mixed Grill	1940	85	252	28	48	59	10.5
Meatilicious	1930	96	247	27	47	56	10.9
American Hot	1910	76	251	28	50	61	12.9
Full House	1910	85	262	29	57	53	10.3
Chicken & Rasher Bacon	1870	95	262	29	53	44	9.2
Deluxe	1870	78	251	28	50	56	10
Vegi Volcano	1820	79	236	22	42	57	10.1
Chicken Feast	1780	104	258	29	48	32	8.3
Original Cheese & Tomato	1760	85	252	27	48	40	8.7
Tuna Delight Mozzarella	1710	79	259	28	47	35	7.7
Buffalo Chicken	1680	85	254	29	51	31	11.2
Veg-A-Roma	1680	60	243	24	38	48	7.7
Four Vegi	1660	67	267	31	53	30	8
Hawaiian	1660	78	253	28	57	32	9.4
Hot & Spicy	1660	69	249	28	47	37	9.5
Tandoori Hot	1660	79	253	28	50	30	10.1
Farmhouse	1640	78	249	28	50	32	9.4
Vegi Lite	1620	66	258	30	53	30	7.4
Vegi Sizzler	1610	64	258	29	52	30	7.4
Fiery Vegi Sizzler	1600	64	256	29	51	30	9.1
Vegi Supreme	1600	64	257	29	49	30	7.2
Tandoori Sizzler	1480	92	197	25	39	31	7.5

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

CLASSIC CRUST MEDIUM

	Calories (kJcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Meateor	1800	70	225	10.4	56	66	11.9
Ranch BBQ	1736	78	221	9.6	55	58	11.5
Scrummy	1696	99	162	20	30	68	10.6
Americano	1656	73	222	11.2	55	50	11.2
House Special	1656	112	158	20	30	59	9.4
Pepperoni Passion	1640	96	155	18.4	29	66	9.8
House Special Tandoori	1608	103	158	19.2	30	58	9.6
Extravaganza	1552	99	160	20.8	31	54	9.2
Bacon Double Cheese	1544	94	158	20	30	55	8.3
Meat Lovers	1544	89	155	19.2	29	58	9.6
Mighty Meaty	1528	92	160	20	31	54	9.5
Meatzza	1512	90	158	19.2	29	54	9.5
The Sizzler	1504	76	169	17.6	28	54	11.8
Texas BBQ	1496	69	222	10.4	56	34	9.3
Mexican Hot	1464	89	158	20	32	49	9.2
New Yorker	1464	84	154	19.2	29	53	9
Meatilicious	1448	92	157	19.2	29	46	8.4
Mixed Grill	1448	83	160	20	30	48	8
Full House	1424	83	167	20.8	35	43	7.8
Deluxe	1408	78	159	20	31	46	7.7
American Hot	1392	74	154	19.2	30	50	9.5
Spanish Sizzler	1392	90	161	20	34	40	7.3
Vegi Volcano	1352	71	162	16.8	30	42	9.5
Chicken Feast	1320	99	165	20.8	30	26	6.2
Chicken & Rasher Bacon	1312	86	158	20	32	34	6.5
Tandoori Sizzler	1269	57	198	13.9	32	26	6.3
Tuna Delight Mozzarella	1264	77	166	20	30	29	5.8
Veg-A-Roma	1256	57	167	18.4	28	36	7.8
Hawaiian	1232	78	161	20	35	26	7.1
Original Cheese & Tomato	1232	78	151	18.4	28	30	6.2
Hot & Spicy	1224	70	158	20	30	30	7.1
Tandoori Hot	1224	78	161	20	31	25	7.5
Farmhouse	1216	78	157	20	29	26	7.1
Buffalo Chicken	1192	79	156	20	31	25	8.2
Vegi Supreme	1176	67	164	20.8	30	25	5.3
Four Vegi	1168	67	163	21.6	32	24	5.8
Vegi Lite	1128	64	155	20	29	24	5.2
Fiery Vegi Sizzler	1120	63	154	19.2	30	24	6.4
Vegi Sizzler	1120	63	155	20	31	24	5.2

CLASSIC CRUST PERSONAL

Tandoori Sizzler	822	37	121	9	19	19	4
Meateor	724	27	87	4.4	21	29	4
Scrummy	688	31	76	5.2	12	28	4.3
House Special	668	34	74	5.2	12	25	3.8

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
House Special Tandoori	652	31	74	4.8	12	24	3.8
Ranch BBQ	636	27	84	4.4	20	20	3.3
Pepperoni Passion	628	28	73	4.8	11	24	3.6
Americano	620	26	87	4.8	21	18	3.3
Extravaganza	620	31	75	5.2	12	21	3.7
Bacon Double Cheese	608	28	74	5.2	12	22	3.2
Meatilicious	600	29	74	4.8	11	20	3.5
Full House	584	26	77	5.2	14	18	3.2
Meat Lovers	584	25	73	4.8	11	20	3.4
Mighty Meaty	576	26	74	5.2	12	18	3.3
Meatzza	572	26	74	4.8	11	18	3.3
Mixed Grill	572	24	74	4.8	12	19	3.1
Texas BBQ	568	24	85	4.4	20	14	2.7
The Sizzler	564	23	78	5.2	13	16	4.2
New Yorker	560	23	72	4.8	11	18	3.2
American Hot	548	21	73	4.8	12	18	3.5
Spanish Sizzler	548	26	76	5.2	13	15	2.8
Mexican Hot	540	24	74	4.8	12	16	3.2
Chicken & Rasher Bacon	536	26	75	5.2	12	14	2.6
Deluxe	536	22	74	5.2	12	16	2.8
Vegi Volcano	520	21	75	4.8	14	14	3.5
Chicken Feast	516	28	76	5.2	12	10	2.4
Tuna Delight Mozzarella	496	22	76	5.2	12	11	2.2
Veg-A-Roma	496	17	78	5.6	13	12	3
Buffalo Chicken	484	23	74	5.2	12	10	3.1
Hawaiian	484	22	74	4.8	14	10	2.7
Hot & Spicy	484	19	74	5.2	12	11	2.6
Farmhouse	480	22	73	4.8	11	10	2.7
Original Cheese & Tomato	480	21	72	4.8	11	11	2.3
Tandoori Hot	480	22	74	5.2	12	10	2.8
Four Vegi	472	18	77	5.6	12	9	2.3
Vegi Supreme	468	18	75	5.2	12	9	2.1
Fiery Vegi Sizzler	456	17	73	4.8	12	9	2.4
Vegi Lite	456	18	74	5.2	12	9	2.1
Vegi Sizzler	456	17	74	5.2	12	9	2.1

CLASSIC CRUST SMALL

Meateor	1242	47	153	8.4	36	47	6.7
Scrummy	1242	57	129	9.6	19	53	7.6
Pepperoni Passion	1200	55	125	9	18	52	7
House Special	1194	65	126	9.6	19	46	6.5
Ranch BBQ	1188	53	150	8.4	35	40	6.4
Meat Lovers	1134	50	125	9	18	46	6.9
Extravaganza	1122	56	127	10.2	20	41	6.4
Mighty Meaty	1122	53	127	9.6	19	43	6.8
Meatzza	1116	52	126	9	18	43	6.8
Bacon Double Cheese	1104	53	126	9.6	19	41	5.7
Americano	1086	47	145	8.4	34	34	6

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
New Yorker	1080	47	124	9	18	41	6.5
The Sizzler	1080	47	137	7.8	25	37	6.9
House Special Tandoori	1068	50	121	9	18	41	6.1
Meatilicious	1062	53	126	9	18	37	6
Mexican Hot	1062	49	127	9.6	20	38	6.5
Mixed Grill	1062	47	128	9.6	19	38	5.6
Full House	1038	46	133	10.2	22	34	5.6
Deluxe	1032	42	128	9.6	20	37	5.5
Texas BBQ	1002	45	151	8.4	36	22	4.6
American Hot	984	38	119	9	18	38	6.5
Spanish Sizzler	966	48	123	9.6	21	30	4.8
Chicken Feast	954	55	131	10.2	19	22	4.2
Chicken & Rasher Bacon	912	46	121	9.6	19	26	4.3
Tuna Delight Mozzarella	912	41	132	10.2	19	23	3.9
Hawaiian	894	42	128	9.6	23	22	5
Veg-A-Roma	894	34	136	8.4	24	23	4
Farmhouse	888	42	126	9.6	17	22	5
Hot & Spicy	888	36	127	9.6	19	24	4.9
Tandoori Hot	882	41	129	10.2	20	20	5.2
Vegi Supreme	858	33	131	10.2	19	20	3.6
Original Cheese & Tomato	846	40	116	8.4	17	23	4
Vegi Volcano	846	47	99	10.8	20	28	7.5
Buffalo Chicken	834	41	120	9.6	19	19	5.4
Four Vegi	804	31	124	10.2	19	19	3.7
Vegi Lite	786	31	119	9.6	17	19	3.4
Fiery Vegi Sizzler	780	30	118	9	18	19	4.2
Vegi Sizzler	780	30	119	9	19	19	3.4
Tandoori Sizzler	585	35	65	9	14	19	2.9

DOUBLE DECADENCE LARGE

Meateor	**2940**	113	320	30	84	127	15.4
Scrummy	**2920**	136	280	32	44	132	17.6
Ranch BBQ	**2880**	126	315	30	83	117	14.9
House Special	**2870**	156	275	33	46	121	15.8
Pepperoni Passion	**2830**	133	271	31	44	128	16.3
Americano	**2800**	120	326	31	86	107	14.7
Bacon Double Cheese	**2750**	134	275	33	45	117	14.6
Extravaganza	**2730**	138	277	34	47	113	15.6
House Special Tandoori	**2730**	140	267	31	44	116	15.8
Meat Lovers	**2720**	123	272	32	43	120	16.2
Mighty Meaty	**2680**	126	277	33	46	112	15.8
Meatzza	**2670**	125	274	32	43	112	15.9
Mexican Hot	**2610**	124	275	33	48	106	15.7
New Yorker	**2610**	116	270	31	43	111	15.3
The Sizzler	**2610**	100	297	32	57	107	16.4
Meatilicious	**2590**	128	274	31	43	103	14.5
Mixed Grill	**2580**	116	278	32	45	106	13.9
Full House	**2550**	115	287	34	52	98	13.7

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Texas BBQ	**2550**	112	318	30	84	86	11.9
Deluxe	**2520**	108	277	33	47	102	13.4
Spanish Sizzler	**2460**	123	271	32	50	93	12.8
American Hot	**2430**	100	262	31	44	102	15.7
Chicken Feast	**2430**	136	285	34	45	77	11.5
Vegi Volcano	**2430**	95	287	32	59	93	13.6
Tuna Delight Mozzarella	**2360**	109	287	33	44	80	11
Chicken & Rasher Bacon	**2350**	117	268	32	46	84	11.7
Hot & Spicy	**2300**	99	277	33	44	82	13
Hawaiian	**2290**	107	279	32	53	76	12.8
Tandoori Hot	**2290**	109	279	33	47	75	13.5
Veg-A-Roma	**2290**	75	295	33	57	83	11
Farmhouse	**2280**	108	275	33	47	76	12.8
Vegi Supreme	**2230**	93	284	34	46	74	10.4
Buffalo Chicken	**2190**	109	265	32	45	71	14
Original Cheese & Tomato	**2150**	104	248	28	40	76	10.8
Tandoori Sizzler	**2140**	83	326	22	58	52	11.6
Four Vegi	**2130**	89	273	33	46	70	10.5
Vegi Lite	**2100**	88	264	32	46	70	9.9
Vegi Sizzler	**2090**	87	263	31	45	70	9.9
Fiery Vegi Sizzler	**2080**	87	262	31	44	70	11.6

DOUBLE DECADENCE MEDIUM

Meateor	**2208**	81	246	16.8	81	97	13.2
Scrummy	**2160**	124	184	24.8	37	98	13
Ranch BBQ	**2144**	89	242	16.8	80	88	12.7
Americano	**2112**	86	250	18.4	82	82	12.8
House Special	**2112**	138	180	24.8	38	89	11.7
Pepperoni Passion	**2112**	122	178	24	36	96	12.2
Extravaganza	**2016**	124	182	25.6	38	82	11.4
Meat Lovers	**2008**	114	178	24	36	88	12
Bacon Double Cheese	2000	120	180	24.8	37	84	10.6
Mighty Meaty	1992	117	182	25.6	38	83	11.8
House Special Tandoori	1984	123	173	23.2	35	84	11.4
The Sizzler	1984	90	221	15.2	40	79	12.6
Meatzza	1976	116	180	24.8	36	83	11.8
Mexican Hot	1928	114	181	24.8	38	78	11.5
New Yorker	1928	109	177	24	35	82	11.4
Meatilicious	1912	118	180	24	36	75	10.7
Mixed Grill	1904	108	182	24.8	37	77	10.2
Texas BBQ	1896	79	244	17.6	81	64	10.4
Full House	1880	107	190	25.6	42	72	10.1
Deluxe	1864	102	182	25.6	38	75	9.9
Vegi Volcano	1824	85	213	15.2	42	67	10.2
American Hot	1776	94	170	23.2	36	74	11.4
Chicken Feast	1776	123	188	26.4	37	55	8.3
Spanish Sizzler	1768	110	176	24	39	66	9
Veg-A-Roma	1728	70	219	16	39	60	8.4

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Tuna Delight Mozzarella	1720	102	189	25.6	37	57	7.9
Chicken & Rasher Bacon	1696	106	174	24	38	59	8.3
Hawaiian	1680	102	183	24.8	42	54	9.4
Hot & Spicy	1680	94	182	25.6	37	58	9.4
Farmhouse	1672	102	180	24.8	35	54	9.4
Tandoori Hot	1672	102	184	25.6	38	54	9.8
Vegi Supreme	1632	90	186	26.4	38	53	7.4
Buffalo Chicken	1576	99	171	24	36	50	10
Original Cheese & Tomato	1576	96	162	21.6	33	54	7.8
Four Vegi	1544	86	178	25.6	38	50	7.5
Vegi Lite	1504	85	170	24	34	49	7
Fiery Vegi Sizzler	1496	83	169	24	36	49	8.2
Vegi Sizzler	1496	83	170	24	36	49	7
Tandoori Sizzler	912	47	122	14.4	29	24	6.2

GLUTEN FREE SMALL

Meateor	1068	30	124	13.8	37	47	8
Scrummy	1050	44	104	6.6	17	49	7.1
Ranch BBQ	1020	35	121	13.8	37	41	7.6
Pepperoni Passion	1008	41	100	6	17	49	6.5
Americano	996	32	127	14.4	38	37	7.7
House Special	996	52	101	6.6	18	42	6
Meat Lovers	942	37	100	6	17	42	6.4
Extravaganza	930	43	103	7.2	19	37	5.9
Mighty Meaty	930	40	103	6.6	18	39	6.3
Meatzza	924	38	101	6	17	39	6.3
Bacon Double Cheese	912	39	101	6.6	17	38	5.2
The Sizzler	912	37	106	8.4	13	36	6.2
House Special Tandoori	882	38	97	6	17	37	5.6
New Yorker	882	34	99	6	16	38	6
Meatilicious	870	40	101	6	17	33	5.5
Mexican Hot	870	35	101	6.6	19	34	5.9
Mixed Grill	864	33	103	6.6	17	34	5.1
Full House	846	32	107	7.2	21	31	5
Deluxe	840	29	103	6.6	19	34	4.9
Texas BBQ	834	27	122	13.8	37	23	5.9
American Hot	804	25	95	6	17	34	6
Spanish Sizzler	786	35	100	6.6	20	26	4.3
Vegi Volcano	780	32	101	8.4	14	26	4.4
Chicken Feast	762	41	106	7.2	17	18	3.7
Chicken & Rasher Bacon	732	33	98	6.6	18	22	3.8
Veg-A-Roma	726	23	106	9	13	22	3.3
Tuna Delight Mozzarella	720	27	107	7.2	17	19	3.4
Hawaiian	702	28	103	6.6	22	18	4.5
Hot & Spicy	696	23	103	6.6	17	20	4.4
Farmhouse	690	29	101	6.6	16	18	4.6
Tandoori Hot	690	28	104	7.2	19	17	4.6
Original Cheese & Tomato	666	27	93	5.4	16	19	3.5

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Vegi Supreme	660	20	106	7.2	18	17	3.1
Tandoori Sizzler	654	41	83	9	17	15	4.7
Buffalo Chicken	648	28	97	6.6	17	16	4.9
Four Vegi	624	19	100	7.2	18	15	3.2
Vegi Lite	600	18	95	6.6	16	15	2.9
Vegi Sizzler	600	17	95	6.6	17	15	2.9
Fiery Vegi Sizzler	594	17	95	6	17	15	3.7

ITALIAN STYLE CRUST LARGE

Meateor	**2070**	73	246	14	94	85	11.6
Ranch BBQ	**2010**	85	240	14	92	75	11.2
Scrummy	1980	109	175	21	38	89	13
Americano	1930	79	251	16	95	65	11
House Special	1930	129	171	22	39	78	11.4
House Special Tandoori	1890	118	172	21	39	77	11.9
Pepperoni Passion	1890	106	166	20	37	84	11.7
Bacon Double Cheese	1810	107	170	22	39	74	10.2
Tandoori Sizzler	1810	107	211	26	49	54	9.9
Extravaganza	1800	111	173	23	40	69	11.1
Meat Lovers	1780	97	167	21	36	76	11.6
Mighty Meaty	1750	100	173	22	39	69	11.3
Meatzza	1730	98	169	21	37	69	11.3
The Sizzler	1730	95	181	16	51	66	14.7
Texas BBQ	1690	72	243	15	93	45	8.3
Mexican Hot	1680	97	170	22	41	63	11.2
New Yorker	1670	90	165	21	36	68	10.8
Meatilicious	1660	101	168	21	37	60	10
Mixed Grill	1650	90	173	22	38	63	9.5
Full House	1630	89	182	23	45	56	9.3
Spanish Sizzler	1630	101	177	22	45	54	8.9
American Hot	1590	78	168	21	39	63	11.7
Deluxe	1580	83	172	22	40	59	9
Vegi Volcano	1560	91	173	16	53	53	12
Chicken & Rasher Bacon	1510	96	173	22	41	45	7.8
Chicken Feast	1500	109	179	23	38	35	7.2
Tuna Delight Mozzarella	1430	83	181	22	37	38	6.7
Veg-A-Roma	1420	71	179	17	50	43	9.5
Original Cheese & Tomato	1400	86	163	20	37	41	7.3
Hawaiian	1370	83	174	22	46	34	8.4
Hot & Spicy	1370	73	171	22	37	39	8.5
Tandoori Hot	1370	83	174	22	40	33	9.1
Buffalo Chicken	1350	87	170	22	40	32	10.1
Farmhouse	1350	83	170	22	40	34	8.4
Vegi Supreme	1310	68	178	23	39	32	6.1
Four Vegi	1300	68	178	24	41	31	6.6
Vegi Lite	1260	66	169	23	41	31	6
Fiery Vegi Sizzler	1250	65	167	22	39	31	7.7
Vegi Sizzler	1250	65	169	22	40	31	6

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

ITALIAN STYLE CRUST MEDIUM

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Meateor	1544	122	102	16.8	67	69	8.7
Ranch BBQ	1480	131	97	16.8	64	60	8.3
Americano	1448	128	103	18.4	67	54	8.4
Scrummy	1424	72	125	14.4	27	67	10.9
House Special	1384	86	122	14.4	29	58	9.6
Pepperoni Passion	1368	69	118	13.6	27	66	10
House Special Tandoori	1336	77	121	13.6	28	58	9.8
Extravaganza	1280	73	123	15.2	30	53	9.4
Bacon Double Cheese	1272	68	122	14.4	28	54	8.5
Meat Lovers	1272	62	119	13.6	26	58	9.8
The Sizzler	1264	58	141	14.4	37	49	10.5
Mighty Meaty	1256	64	123	14.4	29	53	9.7
Meatzza	1240	64	121	13.6	26	53	9.8
Texas BBQ	1240	122	98	17.6	67	37	6.1
Mexican Hot	1192	62	122	14.4	30	48	9.4
New Yorker	1192	57	118	13.6	26	52	9.3
Meatilicious	1176	64	120	13.6	26	46	8.6
Mixed Grill	1176	57	124	14.4	28	47	8.2
Full House	1152	56	131	15.2	33	42	8.1
Deluxe	1136	51	123	14.4	30	46	7.9
American Hot	1128	47	118	14.4	28	48	9.8
Spanish Sizzler	1120	63	125	14.4	32	39	7.4
Vegi Volcano	1112	53	134	13.6	38	38	8.2
Chicken & Rasher Bacon	1048	60	122	14.4	30	33	6.7
Chicken Feast	1048	70	128	15.2	27	26	6.4
Veg-A-Roma	1016	38	139	15.2	36	30	6.5
Tuna Delight Mozzarella	992	50	128	15.2	27	28	5.9
Hawaiian	960	50	124	14.4	34	26	7.4
Original Cheese & Tomato	960	52	115	12.8	26	30	6.3
Hot & Spicy	952	43	122	14.4	27	30	7.3
Tandoori Hot	952	51	124	15.2	29	24	7.8
Farmhouse	944	51	120	14.4	26	26	7.4
Buffalo Chicken	928	53	120	14.4	29	23	8.4
Vegi Supreme	904	39	127	15.2	29	24	5.5
Four Vegi	896	39	127	16	30	23	5.9
Tandoori Sizzler	880	50	114	8.8	24	23	4.8
Vegi Lite	856	38	118	14.4	27	23	5.4
Vegi Sizzler	856	37	118	14.4	29	22	5.4
Fiery Vegi Sizzler	848	37	118	14.4	28	22	6.6

ITALIAN STYLE CRUST SMALL

Meateor	1050	39	119	9	42	44	6.5
Ranch BBQ	996	44	116	9	41	38	6.2
Americano	972	41	121	9.6	43	34	6.2
Scrummy	972	56	82	8.4	15	45	7.7
House Special	930	64	79	9	16	38	6.8
Pepperoni Passion	924	53	77	7.8	14	43	7.1
House Special Tandoori	894	55	83	9	16	37	6.9

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Extravaganza	870	56	80	9.6	16	34	6.7
Meat Lovers	864	50	77	8.4	14	38	7.1
Mighty Meaty	864	52	80	9	16	35	7
Meatzza	852	51	79	8.4	14	35	7
Bacon Double Cheese	846	52	79	9	16	34	5.9
Texas BBQ	822	37	117	9	41	22	4.6
New Yorker	816	46	76	8.4	14	34	6.7
The Sizzler	816	43	86	9	16	32	7.8
Mexican Hot	804	48	79	9	16	31	6.7
Mixed Grill	804	46	81	9	16	31	5.9
Meatilicious	798	52	78	8.4	14	29	6.2
Spanish Sizzler	798	52	85	9.6	19	26	5.6
American Hot	792	41	79	9	16	33	7.1
Full House	792	46	85	9.6	19	28	5.9
Deluxe	774	42	80	9	16	30	5.8
Chicken & Rasher Bacon	738	49	84	9.6	17	22	5
Chicken Feast	702	53	83	9.6	15	16	4.6
Vegi Volcano	702	39	81	8.4	17	23	6.2
Buffalo Chicken	660	45	82	9.6	17	15	6.2
Tuna Delight Mozzarella	660	41	83	9	15	17	4.3
Hawaiian	648	42	81	8.4	19	16	5.3
Farmhouse	642	42	78	9	14	16	5.3
Hot & Spicy	642	37	79	9	15	18	5.2
Veg-A-Roma	642	31	85	9.6	15	19	5.2
Four Vegi	636	35	86	10.2	17	14	4.4
Tandoori Hot	636	41	80	9	16	15	5.5
Vegi Supreme	612	34	82	9.6	16	14	4
Vegi Lite	612	35	82	9.6	16	14	4.1
Vegi Sizzler	612	34	82	9	17	14	4.1
Fiery Vegi Sizzler	606	34	81	9	17	14	5
Original Cheese & Tomato	558	36	65	6.6	13	16	3.9
Tandoori Sizzler	510	24	79	8.7	16	9	2.6

STUFFED CRUST LARGE

Meateor	**2860**	119	314	29	94	118	18.1
Ranch BBQ	**2790**	132	309	29	93	108	17.6
Scrummy	**2750**	164	240	24	61	120	17.9
Americano	**2720**	126	319	31	95	98	17.5
House Special	**2700**	184	235	24	63	109	16.2
Pepperoni Passion	**2660**	160	231	22	61	116	16.6
House Special Tandoori	**2600**	169	231	23	61	106	16.3
Bacon Double Cheese	**2580**	163	235	24	62	105	15
Extravaganza	**2570**	166	237	25	64	101	15.9
Meat Lovers	**2550**	152	232	23	60	108	16.5

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Mighty Meaty	**2520**	155	237	24	63	100	16.2
Meatzza	**2500**	153	234	23	61	100	16.2
Texas BBQ	**2470**	118	311	29	94	78	14.7
Mexican Hot	**2440**	152	235	24	65	94	16.1
New Yorker	**2440**	145	230	23	60	99	15.7
Meatilicious	**2430**	156	234	23	61	91	14.8
Mixed Grill	**2420**	144	238	24	62	94	14.3
The Sizzler	**2400**	119	248	38	66	96	15.2
Full House	**2390**	144	247	25	69	87	14.1
Deluxe	**2350**	136	237	24	64	90	13.8
Spanish Sizzler	**2330**	152	236	24	67	83	13.3
American Hot	**2300**	129	227	23	61	92	16.2
Chicken Feast	**2260**	164	245	25	62	65	11.9
Vegi Volcano	**2230**	114	239	38	68	82	12.5
Chicken & Rasher Bacon	**2220**	146	232	24	63	74	12.2
Tuna Delight Mozzarella	**2190**	137	246	25	61	68	11.4
Tandoori Sizzler	**2170**	102	268	31	45	71	11.1
Hawaiian	**2130**	136	239	24	70	65	13.1
Hot & Spicy	**2130**	127	236	25	61	70	13.3
Tandoori Hot	**2130**	138	239	25	64	63	13.9
Farmhouse	**2110**	137	235	25	64	65	13.2
Veg-A-Roma	**2090**	94	246	39	65	73	9.9
Original Cheese & Tomato	**2070**	135	219	21	58	68	11.6
Vegi Supreme	**2070**	123	243	26	63	63	10.8
Buffalo Chicken	**2060**	138	230	24	62	61	14.5
Four Vegi	2000	118	237	26	63	60	11
Vegi Lite	1970	117	228	24	63	60	10.4
Vegi Sizzler	1960	116	228	24	62	60	10.4
Fiery Vegi Sizzler	1950	116	226	23	61	60	12.1