



# Pizzas - Nutrition information per 100g

Pizza			Contains									
Name	Style	Size	Energy (kcal)	Energy (kj)	Protein (g)	Carbo-hydrate (g)	of which Sugars (g)	Fat (g)	of which Saturates (g)	Fibre (g)	Sodium (g)	Salt (g)
Pioneer	Chicago style Square Pan	Individual 7" (17.5 cm)	207	874	10.2	31.3	2.0	5.7	3.3	3	1.4	1.0
		Medium 10" (25 cm)	207	874	10.2	31.3	2.0	5.7	3.3	3	1.4	1.0
		Large 12" (30 cm)	207	874	10.2	31.3	2.0	5.7	3.3	3	1.4	1.0
		Giant 16" (40 cm)	207	874	10.2	31.3	2.0	5.7	3.3	3	1.4	1.0
	New York style Thin Base	Medium 10" (25 cm)	207	874	10.2	31.3	2.0	5.7	3.3	3	1.4	1.0
		Large 12" (30 cm)	207	874	10.2	31.3	2.0	5.7	3.3	3	1.4	1.0
Original Hawaiian	Chicago style Square Pan	Individual 7" (17.5 cm)	176	742	9.9	25.2	4.0	4.7	2.6	2.3	1.0	1.0
		Medium 10" (25 cm)	176	742	9.9	25.2	4.0	4.7	2.6	2.3	1.0	1.0
		Large 12" (30 cm)	176	742	9.9	25.2	4.0	4.7	2.6	2.3	1.0	1.0
		Giant 16" (40 cm)	176	742	9.9	25.2	4.0	4.7	2.6	2.3	1.0	1.0
	New York style Thin Base	Medium 10" (25 cm)	176	742	9.9	25.2	4.0	4.7	2.6	2.3	1.0	1.0
		Large 12" (30 cm)	176	742	9.9	25.2	4.0	4.7	2.6	2.3	1.0	1.0
Classic Hawaiian	Chicago style Square Pan	Individual 7" (17.5 cm)	163	675	9.2	22.9	3.7	4.2	2.4	2.2	0.9	0.9
		Medium 10" (25 cm)	163	675	9.2	22.9	3.7	4.2	2.4	2.2	0.9	0.9
		Large 12" (30 cm)	163	675	9.2	22.9	3.7	4.2	2.4	2.2	0.9	0.9
		Giant 16" (40 cm)	163	675	9.2	22.9	3.7	4.2	2.4	2.2	0.9	0.9
	New York style Thin Base	Medium 10" (25 cm)	163	675	9.2	22.9	3.7	4.2	2.4	2.2	0.9	0.9
		Large 12" (30 cm)	163	675	9.2	22.9	3.7	4.2	2.4	2.2	0.9	0.9
Tropical Herbie	Chicago style Square Pan	Individual 7" (17.5 cm)	158	668	7.4	25.4	4.7	3.9	2.2	2.5	0.9	0.6
		Medium 10" (25 cm)	158	668	7.4	25.4	4.7	3.9	2.2	2.5	0.9	0.6
		Large 12" (30 cm)	158	668	7.4	25.4	4.7	3.9	2.2	2.5	0.9	0.6
		Giant 16" (40 cm)	158	668	7.4	25.4	4.7	3.9	2.2	2.5	0.9	0.6
	New York style Thin Base	Medium 10" (25 cm)	158	668	7.4	25.4	4.7	3.9	2.2	2.5	0.9	0.6
		Large 12" (30 cm)	158	668	7.4	25.4	4.7	3.9	2.2	2.5	0.9	0.6
Chicken Tandoori	Chicago style Square Pan	Individual 7" (17.5 cm)	163	687	9.7	23.8	2.6	4.1	2.3	2.7	1.0	0.8
		Medium 10" (25 cm)	163	687	9.7	23.8	2.6	4.1	2.3	2.7	1.0	0.8
		Large 12" (30 cm)	163	687	9.7	23.8	2.6	4.1	2.3	2.7	1.0	0.8
		Giant 16" (40 cm)	163	687	9.7	23.8	2.6	4.1	2.3	2.7	1.0	0.8
	New York style Thin Base	Medium 10" (25 cm)	163	687	9.7	23.8	2.6	4.1	2.3	2.7	1.0	0.8
		Large 12" (30 cm)	163	687	9.7	23.8	2.6	4.1	2.3	2.7	1.0	0.8
Herbie	Chicago style Square Pan	Individual 7" (17.5 cm)	138	582	6.7	21.7	2.6	3.4	1.9	2.5	0.8	0.5
		Medium 10" (25 cm)	138	582	6.7	21.7	2.6	3.4	1.9	2.5	0.8	0.5
		Large 12" (30 cm)	138	582	6.7	21.7	2.6	3.4	1.9	2.5	0.8	0.5
		Giant 16" (40 cm)	138	582	6.7	21.7	2.6	3.4	1.9	2.5	0.8	0.5
	New York style Thin Base	Medium 10" (25 cm)	138	582	6.7	21.7	2.6	3.4	1.9	2.5	0.8	0.5
		Large 12" (30 cm)	138	582	6.7	21.7	2.6	3.4	1.9	2.5	0.8	0.5
Hot Herbie	Chicago style Square Pan	Individual 7" (17.5 cm)	139	586	6.7	21.6	2.4	3.5	1.9	2.6	0.9	0.7
		Medium 10" (25 cm)	139	586	6.7	21.6	2.4	3.5	1.9	2.6	0.9	0.7
		Large 12" (30 cm)	139	586	6.7	21.6	2.4	3.5	1.9	2.6	0.9	0.7
		Giant 16" (40 cm)	139	586	6.7	21.6	2.4	3.5	1.9	2.6	0.9	0.7
	New York style Thin Base	Medium 10" (25 cm)	139	586	6.7	21.6	2.4	3.5	1.9	2.6	0.9	0.7
		Large 12" (30 cm)	139	586	6.7	21.6	2.4	3.5	1.9	2.6	0.9	0.7
Sweet Herbie	Chicago style Square Pan	Individual 7" (17.5 cm)	140	590	6.5	22.6	4.2	3.3	1.8	2.4	0.8	0.5
		Medium 10" (25 cm)	140	590	6.5	22.6	4.2	3.3	1.8	2.4	0.8	0.5
		Large 12" (30 cm)	140	590	6.5	22.6	4.2	3.3	1.8	2.4	0.8	0.5
		Giant 16" (40 cm)	140	590	6.5	22.6	4.2	3.3	1.8	2.4	0.8	0.5
	New York style Thin Base	Medium 10" (25 cm)	140	590	6.5	22.6	4.2	3.3	1.8	2.4	0.8	0.5
		Large 12" (30 cm)	140	590	6.5	22.6	4.2	3.3	1.8	2.4	0.8	0.5
Chicken Feast	Chicago style Square Pan	Individual 7" (17.5 cm)	181	762	13.2	23.2	1.7	4.7	2.6	2.2	1.1	1.0
		Medium 10" (25 cm)	181	762	13.2	23.2	1.7	4.7	2.6	2.2	1.1	1.0
		Large 12" (30 cm)	181	762	13.2	23.2	1.7	4.7	2.6	2.2	1.1	1.0
		Giant 16" (40 cm)	181	762	13.2	23.2	1.7	4.7	2.6	2.2	1.1	1.0
	New York style Thin Base	Medium 10" (25 cm)	181	762	13.2	23.2	1.7	4.7	2.6	2.2	1.1	1.0
		Large 12" (30 cm)	181	762	13.2	23.2	1.7	4.7	2.6	2.2	1.1	1.0



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Pizza			Contains									
Name	Style	Size	Energy (kcal)	Energy (kj)	Protein (g)	Carbo-hydrate (g)	of which Sugars (g)	Fat (g)	of which Saturates (g)	Fibre (g)	Sodium (g)	Salt (g)
Louisiana	Chicago style Square Pan	Individual 7" (17.5 cm)	171	720	9.5	22.7	1.7	5.4	2.7	2.4	1.0	0.9
		Medium 10" (25 cm)	171	720	9.5	22.7	1.7	5.4	2.7	2.4	1.0	0.9
		Large 12" (30 cm)	171	720	9.5	22.7	1.7	5.4	2.7	2.4	1.0	0.9
		Giant 16" (40 cm)	171	720	9.5	22.7	1.7	5.4	2.7	2.4	1.0	0.9
	New York style Thin Base	Medium 10" (25 cm)	171	720	9.5	22.7	1.7	5.4	2.7	2.4	1.0	0.9
		Large 12" (30 cm)	171	720	9.5	22.7	1.7	5.4	2.7	2.4	1.0	0.9
Seafarer	Chicago style Square Pan	Individual 7" (17.5 cm)	167	706	11.0	23.2	1.9	4.2	2.4	2.3	1.0	0.7
		Medium 10" (25 cm)	167	706	11.0	23.2	1.9	4.2	2.4	2.3	1.0	0.7
		Large 12" (30 cm)	167	706	11.0	23.2	1.9	4.2	2.4	2.3	1.0	0.7
		Giant 16" (40 cm)	167	706	11.0	23.2	1.9	4.2	2.4	2.3	1.0	0.7
	New York style Thin Base	Medium 10" (25 cm)	167	706	11.0	23.2	1.9	4.2	2.4	2.3	1.0	0.7
		Large 12" (30 cm)	167	706	11.0	23.2	1.9	4.2	2.4	2.3	1.0	0.7
Wild West BBQ	Chicago style Square Pan	Individual 7" (17.5 cm)	203	855	9.0	27.4	2.7	7.2	3.6	1.4	1.2	1.1
		Medium 10" (25 cm)	203	855	9.0	27.4	2.7	7.2	3.6	1.4	1.2	1.1
		Large 12" (30 cm)	203	855	9.0	27.4	2.7	7.2	3.6	1.4	1.2	1.1
		Giant 16" (40 cm)	203	855	9.0	27.4	2.7	7.2	3.6	1.4	1.2	1.1
	New York style Thin Base	Medium 10" (25 cm)	203	855	9.0	27.4	2.7	7.2	3.6	1.4	1.2	1.1
		Large 12" (30 cm)	203	855	9.0	27.4	2.7	7.2	3.6	1.4	1.2	1.1
Hot Chicken Tandoori	Chicago style Square Pan	Individual 7" (17.5 cm)	152	641	9.0	22.1	2.5	3.9	2.1	2.8	1.0	0.9
		Medium 10" (25 cm)	152	641	9.0	22.1	2.5	3.9	2.1	2.8	1.0	0.9
		Large 12" (30 cm)	152	641	9.0	22.1	2.5	3.9	2.1	2.8	1.0	0.9
		Giant 16" (40 cm)	152	641	9.0	22.1	2.5	3.9	2.1	2.8	1.0	0.9
	New York style Thin Base	Medium 10" (25 cm)	152	641	9.0	22.1	2.5	3.9	2.1	2.8	1.0	0.9
		Large 12" (30 cm)	152	641	9.0	22.1	2.5	3.9	2.1	2.8	1.0	0.9
Meat Feast	Chicago style Square Pan	Individual 7" (17.5 cm)	239	1000	12.3	19.9	1.3	12.9	5.7	1.8	1.2	1.7
		Medium 10" (25 cm)	239	1000	12.3	19.9	1.3	12.9	5.7	1.8	1.2	1.7
		Large 12" (30 cm)	239	1000	12.3	19.9	1.3	12.9	5.7	1.8	1.2	1.7
		Giant 16" (40 cm)	239	1000	12.3	19.9	1.3	12.9	5.7	1.8	1.2	1.7
	New York style Thin Base	Medium 10" (25 cm)	239	1000	12.3	19.9	1.3	12.9	5.7	1.8	1.2	1.7
		Large 12" (30 cm)	239	1000	12.3	19.9	1.3	12.9	5.7	1.8	1.2	1.7
South of the Border	Chicago style Square Pan	Individual 7" (17.5 cm)	197	825	10.8	18.8	1.4	9.3	4.3	2.3	1.1	1.4
		Medium 10" (25 cm)	197	825	10.8	18.8	1.4	9.3	4.3	2.3	1.1	1.4
		Large 12" (30 cm)	197	825	10.8	18.8	1.4	9.3	4.3	2.3	1.1	1.4
		Giant 16" (40 cm)	197	825	10.8	18.8	1.4	9.3	4.3	2.3	1.1	1.4
	New York style Thin Base	Medium 10" (25 cm)	197	825	10.8	18.8	1.4	9.3	4.3	2.3	1.1	1.4
		Large 12" (30 cm)	197	825	10.8	18.8	1.4	9.3	4.3	2.3	1.1	1.4
Rancher	Chicago style Square Pan	Individual 7" (17.5 cm)	261	1092	12.4	18.7	1.2	15.8	6.8	1.8	1.3	1.7
		Medium 10" (25 cm)	261	1092	12.4	18.7	1.2	15.8	6.8	1.8	1.3	1.7
		Large 12" (30 cm)	261	1092	12.4	18.7	1.2	15.8	6.8	1.8	1.3	1.7
		Giant 16" (40 cm)	261	1092	12.4	18.7	1.2	15.8	6.8	1.8	1.3	1.7
	New York style Thin Base	Medium 10" (25 cm)	261	1092	12.4	18.7	1.2	15.8	6.8	1.8	1.3	1.7
		Large 12" (30 cm)	261	1092	12.4	18.7	1.2	15.8	6.8	1.8	1.3	1.7
Pepperoni Prairie	Chicago style Square Pan	Individual 7" (17.5 cm)	329	1372	13.6	19.1	1.3	22.6	9.9	1.8	1.6	2.3
		Medium 10" (25 cm)	329	1372	13.6	19.1	1.3	22.6	9.9	1.8	1.6	2.3
		Large 12" (30 cm)	329	1372	13.6	19.1	1.3	22.6	9.9	1.8	1.6	2.3
		Giant 16" (40 cm)	329	1372	13.6	19.1	1.3	22.6	9.9	1.8	1.6	2.3
	New York style Thin Base	Medium 10" (25 cm)	329	1372	13.6	19.1	1.3	22.6	9.9	1.8	1.6	2.3
		Large 12" (30 cm)	329	1372	13.6	19.1	1.3	22.6	9.9	1.8	1.6	2.3
Rocky Mountain High	Chicago style Square Pan	Individual 7" (17.5 cm)	198	798	10.3	17.5	2.3	9.4	4.2	1.8	1.0	1.2
		Medium 10" (25 cm)	198	798	10.3	17.5	2.3	9.4	4.2	1.8	1.0	1.2
		Large 12" (30 cm)	198	798	10.3	17.5	2.3	9.4	4.2	1.8	1.0	1.2
		Giant 16" (40 cm)	198	798	10.3	17.5	2.3	9.4	4.2	1.8	1.0	1.2
	New York style Thin Base	Medium 10" (25 cm)	198	798	10.3	17.5	2.3	9.4	4.2	1.8	1.0	1.2
		Large 12" (30 cm)	198	798	10.3	17.5	2.3	9.4	4.2	1.8	1.0	1.2