



# Pizzas - Nutrition information per Slice

Pizza				Contains									
Name	Style	Size	Slices	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)	4	162	682	8.0	24.4	1.6	4.5	2.6	2.3	1.1	0.8
		Medium 10" (25 cm)	6	184	775	9.1	27.7	1.8	5.1	3.0	2.6	1.2	0.9
		Large 12" (30 cm)	9	204	859	10.1	30.7	2.0	5.7	3.3	2.9	1.4	1.0
		Giant 16" (40 cm)	16	230	968	11.4	34.6	2.3	6.4	3.7	3.3	1.6	1.1
		Beast 24"x18" (60 cm x 45 cm)	24	307	1293	15.2	46.3	3.0	8.5	4.9	4.4	2.1	1.5
	New York style Thin Base	Medium 10" (25 cm)	6	173	728	8.5	26.1	1.7	4.8	2.8	2.5	1.2	0.9
		Large 12" (30 cm)	8	185	778	9.1	27.8	1.8	5.1	3.0	2.6	1.3	0.9
		Giant 16" (40 cm)	12	197	831	9.7	29.7	1.9	5.5	3.2	2.8	1.3	1.0
Original Hawaiian	Chicago style Square Pan	Individual 7" (17.5 cm)	4	190	801	10.7	27.2	4.3	5.1	2.8	2.5	1.1	1.1
		Medium 10" (25 cm)	6	216	910	12.2	30.9	4.9	5.8	3.2	2.8	1.2	1.2
		Large 12" (30 cm)	9	239	1009	13.5	34.3	5.4	6.4	3.5	3.1	1.4	1.4
		Giant 16" (40 cm)	16	270	1137	15.2	38.6	6.1	7.2	4.0	3.6	1.5	1.6
		Beast 24"x18" (60 cm x 45 cm)	24	360	1518	20.3	51.6	8.2	9.7	5.3	4.7	2.0	2.1
	New York style Thin Base	Medium 10" (25 cm)	6	203	855	11.4	29.0	4.6	5.4	3.0	2.7	1.2	1.2
		Large 12" (30 cm)	8	217	914	12.2	31.0	4.9	5.8	3.2	2.9	1.2	1.3
		Giant 16" (40 cm)	12	231	976	13.0	33.1	5.2	6.2	3.4	3.0	1.3	1.3
Classic Hawaiian	Chicago style Square Pan	Individual 7" (17.5 cm)	4	192	813	11.1	27.6	4.5	5.1	2.9	2.7	1.1	1.1
		Medium 10" (25 cm)	6	218	924	12.6	31.4	5.1	5.8	3.3	3.1	1.2	1.2
		Large 12" (30 cm)	9	242	1024	14.0	34.8	5.7	6.4	3.7	3.4	1.4	1.4
		Giant 16" (40 cm)	16	273	1155	15.8	39.2	6.4	7.2	4.1	3.8	1.6	1.6
		Beast 24"x18" (60 cm x 45 cm)	24	364	1541	21.0	52.3	8.5	9.7	5.5	5.1	2.1	2.1
	New York style Thin Base	Medium 10" (25 cm)	6	205	868	11.9	29.5	4.8	5.4	3.1	2.9	1.2	1.2
		Large 12" (30 cm)	8	219	927	12.7	31.5	5.1	5.8	3.3	3.1	1.3	1.3
		Giant 16" (40 cm)	12	234	990	13.5	33.6	5.5	6.2	3.5	3.3	1.3	1.3
Tropical Herbie	Chicago style Square Pan	Individual 7" (17.5 cm)	4	186	788	8.7	30.0	5.5	4.6	2.6	2.9	1.1	1.1
		Medium 10" (25 cm)	6	211	895	9.9	34.1	6.2	5.2	3.0	3.3	1.2	1.2
		Large 12" (30 cm)	9	234	992	11.0	37.8	6.9	5.8	3.3	3.7	1.4	1.4
		Giant 16" (40 cm)	16	264	1119	12.4	42.6	7.8	6.5	3.7	4.1	1.6	1.6
		Beast 24"x18" (60 cm x 45 cm)	24	353	1494	16.5	56.9	10.4	8.7	4.9	5.5	2.1	2.1
	New York style Thin Base	Medium 10" (25 cm)	6	199	842	9.3	32.0	5.9	4.9	2.8	3.1	1.2	1.2
		Large 12" (30 cm)	8	212	899	9.9	34.2	6.3	5.2	3.0	3.3	1.3	1.3
		Giant 16" (40 cm)	12	227	960	10.6	36.5	6.7	5.6	3.2	3.5	1.3	1.3
Chicken Tandoori	Chicago style Square Pan	Individual 7" (17.5 cm)	4	168	707	11.2	23.4	4.7	4.1	2.1	2.7	0.8	0.9
		Medium 10" (25 cm)	6	191	803	12.7	26.6	5.4	4.7	2.4	3.1	0.9	1.0
		Large 12" (30 cm)	9	212	890	14.1	29.5	5.9	5.2	2.6	3.4	1.0	1.1
		Giant 16" (40 cm)	16	239	1004	15.9	33.2	6.7	5.8	3.0	3.8	1.1	1.3
		Beast 24"x18" (60 cm x 45 cm)	24	318	1340	21.2	44.4	8.9	7.8	4.0	5.1	1.5	1.7
	New York style Thin Base	Medium 10" (25 cm)	6	179	755	12.0	25.0	5.0	4.4	2.2	2.9	0.9	1.0
		Large 12" (30 cm)	8	192	806	12.8	26.7	5.4	4.7	2.4	3.1	0.9	1.0
		Giant 16" (40 cm)	12	205	861	13.6	28.5	5.7	5.0	2.6	3.3	1.0	1.1
Herbie	Chicago style Square Pan	Individual 7" (17.5 cm)	4	190	803	9.2	30.0	3.6	4.7	2.6	3.4	1.1	0.7
		Medium 10" (25 cm)	6	216	912	10.5	34.1	4.1	5.3	3.0	3.9	1.2	0.8
		Large 12" (30 cm)	9	239	1011	11.6	37.8	4.5	5.9	3.3	4.3	1.4	0.9
		Giant 16" (40 cm)	16	270	1140	13.1	42.6	5.1	6.7	3.7	4.8	1.6	1.0
		Beast 24"x18" (60 cm x 45 cm)	24	360	1522	17.4	56.9	6.8	8.9	4.9	6.4	2.1	1.3
	New York style Thin Base	Medium 10" (25 cm)	6	203	858	9.8	32.0	3.8	5.0	2.8	3.6	1.2	0.7
		Large 12" (30 cm)	8	217	916	10.5	34.2	4.1	5.4	3.0	3.9	1.3	0.8
		Giant 16" (40 cm)	12	231	978	11.2	36.5	4.4	5.7	3.2	4.1	1.3	0.9
Hot Herbie	Chicago style Square Pan	Individual 7" (17.5 cm)	4	192	808	9.3	29.8	3.3	4.8	2.6	3.6	1.2	1.0
		Medium 10" (25 cm)	6	218	918	10.6	33.9	3.7	5.5	3.0	4.1	1.4	1.1
		Large 12" (30 cm)	9	242	1018	11.7	37.5	4.2	6.1	3.3	4.5	1.5	1.3
		Giant 16" (40 cm)	16	273	1147	13.2	42.3	4.7	6.9	3.7	5.1	1.7	1.4
		Beast 24"x18" (60 cm x 45 cm)	24	364	1532	17.6	56.5	6.3	9.2	4.9	6.8	2.3	1.9
	New York style Thin Base	Medium 10" (25 cm)	6	205	863	9.9	31.8	3.5	5.2	2.8	3.8	1.3	1.1
		Large 12" (30 cm)	8	219	922	10.6	34.0	3.8	5.5	3.0	4.1	1.4	1.1
		Giant 16" (40 cm)	12	234	984	11.3	36.3	4.0	5.9	3.2	4.4	1.5	1.2
Sweet Herbie	Chicago style Square Pan	Individual 7" (17.5 cm)	4	200	844	9.3	32.3	6.0	4.7	2.6	3.4	1.1	0.7
		Medium 10" (25 cm)	6	227	959	10.6	36.7	6.8	5.3	3.0	3.9	1.2	0.8
		Large 12" (30 cm)	9	252	1063	11.7	40.7	7.6	5.9	3.3	4.3	1.4	0.9
		Giant 16" (40 cm)	16	284	1199	13.2	45.9	8.5	6.7	3.7	4.8	1.6	1.0
		Beast 24"x18" (60 cm x 45 cm)	24	379	1600	17.6	61.2	11.4	8.9	4.9	6.4	2.1	1.3
	New York style Thin Base	Medium 10" (25 cm)	6	214	901	9.9	34.5	6.4	5.0	2.8	3.6	1.2	0.7
		Large 12" (30 cm)	8	228	963	10.6	36.8	6.8	5.4	3.0	3.9	1.3	0.8
		Giant 16" (40 cm)	12	244	1028	11.3	39.3	7.3	5.7	3.2	4.1	1.3	0.9
Chicken Feast	Chicago style Square Pan	Individual 7" (17.5 cm)	4	195	823	14.3	25.1	1.8	5.1	2.2	2.4	1.2	1.1
		Medium 10" (25 cm)	6	222	935	16.2	28.5	2.0	5.8	2.5	2.7	1.4	1.2
		Large 12" (30 cm)	9	246	1037	18.0	31.6	2.3	6.4	2.8	3.0	1.5	1.4
		Giant 16" (40 cm)	16	277	1169	20.3	35.6	2.6	7.2	3.1	3.4	1.7	1.6
		Beast 24"x18" (60 cm x 45 cm)	24	370	1560	27.1	47.6	3.4	9.7	4.2	4.5	2.3	2.1
	New York style Thin Base	Medium 10" (25 cm)	6	208	879	15.3	26.8	1.9	5.4	2.3	2.6	1.3	1.2
		Large 12" (30 cm)	8	222	939	16.3	28.6	2.1	5.8	2.5	2.7	1.4	1.3
		Giant 16" (40 cm)	12	238	1002	17.4	30.6	2.2	6.2	2.7	2.9	1.5	1.3



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Pizza				Contains									
Name	Style	Size	Slices	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)		210	886	11.7	27.9	2.1	6.6	3.3	3.0	1.2	1.1
		Medium 10" (25 cm)		239	1006	13.3	31.7	2.4	7.5	3.7	3.4	1.4	1.2
		Large 12" (30 cm)		264	1116	14.7	35.1	2.6	8.3	4.2	3.8	1.5	1.4
		Giant 16" (40 cm)		298	1258	16.6	39.6	3.0	9.4	4.7	4.3	1.7	1.6
		Beast 24"x18" (60 cm x 45 cm)		398	1679	22.2	52.9	4.0	12.5	6.3	5.7	2.3	2.1
	New York style Thin Base	Medium 10" (25 cm)		224	946	12.5	29.8	2.2	7.0	3.5	3.2	1.3	1.2
		Large 12" (30 cm)		240	1011	13.3	31.8	2.4	7.5	3.8	3.4	1.4	1.3
		Giant 16" (40 cm)		256	1079	14.3	34.0	2.6	8.0	4.0	3.7	1.5	1.3
Seafarer	Chicago style Square Pan	Individual 7" (17.5 cm)		184	780	12.2	25.6	2.1	4.6	2.7	2.5	1.1	0.8
		Medium 10" (25 cm)		209	886	13.9	29.1	2.4	5.2	3.1	2.8	1.2	0.9
		Large 12" (30 cm)		232	982	15.4	32.2	2.6	5.8	3.4	3.1	1.4	1.0
		Giant 16" (40 cm)		261	1108	17.3	36.4	3.0	6.5	3.8	3.6	1.6	1.1
		Beast 24"x18" (60 cm x 45 cm)		349	1478	23.1	48.5	4.0	8.7	5.1	4.7	2.1	1.5
	New York style Thin Base	Medium 10" (25 cm)		197	833	13.0	27.3	2.2	4.9	2.9	2.7	1.2	0.9
		Large 12" (30 cm)		210	890	13.9	29.2	2.4	5.2	3.1	2.9	1.3	0.9
		Giant 16" (40 cm)		224	950	14.9	31.2	2.6	5.6	3.3	3.0	1.3	1.0
Wild West BBQ	Chicago style Square Pan	Individual 7" (17.5 cm)		219	923	9.7	29.6	2.9	7.8	3.9	1.5	1.3	1.2
		Medium 10" (25 cm)		249	1049	11.0	33.6	3.3	8.9	4.4	1.7	1.5	1.4
		Large 12" (30 cm)		276	1163	12.2	37.3	3.7	9.8	4.9	1.9	1.6	1.5
		Giant 16" (40 cm)		311	1311	13.8	42.0	4.1	11.1	5.5	2.1	1.8	1.7
		Beast 24"x18" (60 cm x 45 cm)		415	1750	18.4	56.1	5.5	14.8	7.4	2.8	2.5	2.3
	New York style Thin Base	Medium 10" (25 cm)		234	986	10.4	31.6	3.1	8.3	4.2	1.6	1.4	1.3
		Large 12" (30 cm)		250	1053	11.1	33.8	3.3	8.9	4.4	1.7	1.5	1.4
		Giant 16" (40 cm)		267	1124	11.8	36.1	3.5	9.5	4.8	1.8	1.6	1.5
Hot Chicken Tandoori	Chicago style Square Pan	Individual 7" (17.5 cm)		195	820	11.5	28.3	3.2	5.0	2.7	3.6	1.3	1.2
		Medium 10" (25 cm)		222	932	13.1	32.1	3.6	5.7	3.1	4.1	1.5	1.4
		Large 12" (30 cm)		246	1033	14.5	35.6	4.0	6.3	3.4	4.5	1.6	1.5
		Giant 16" (40 cm)		277	1164	16.3	40.2	4.5	7.1	3.8	5.1	1.8	1.7
		Beast 24"x18" (60 cm x 45 cm)		370	1554	21.8	53.6	6.1	9.5	5.1	6.8	2.5	2.3
	New York style Thin Base	Medium 10" (25 cm)		208	876	12.3	30.2	3.4	5.3	2.9	3.8	1.4	1.3
		Large 12" (30 cm)		222	935	13.1	32.3	3.7	5.7	3.1	4.1	1.5	1.4
		Giant 16" (40 cm)		238	999	14.0	34.5	3.9	6.1	3.3	4.4	1.6	1.5
Meat Feast	Chicago style Square Pan	Individual 7" (17.5 cm)		306	1280	15.7	25.5	1.7	16.5	7.3	2.3	1.5	2.2
		Medium 10" (25 cm)		348	1454	17.8	29.0	1.9	18.7	8.3	2.6	1.7	2.5
		Large 12" (30 cm)		385	1612	19.8	32.1	2.1	20.8	9.2	2.9	1.9	2.8
		Giant 16" (40 cm)		435	1818	22.3	36.2	2.4	23.4	10.4	3.3	2.1	3.1
		Beast 24"x18" (60 cm x 45 cm)		580	2426	29.8	48.3	3.2	31.3	13.8	4.4	2.8	4.2
	New York style Thin Base	Medium 10" (25 cm)		327	1367	16.8	27.2	1.8	17.6	7.8	2.5	1.6	2.3
		Large 12" (30 cm)		349	1460	17.9	29.1	1.9	18.8	8.3	2.6	1.7	2.5
		Giant 16" (40 cm)		373	1559	19.1	31.1	2.1	20.1	8.9	2.8	1.8	2.7
South of the Border	Chicago style Square Pan	Individual 7" (17.5 cm)		277	1159	15.2	26.4	2.0	13.1	6.0	3.2	1.5	2.0
		Medium 10" (25 cm)		315	1317	17.3	30.0	2.3	14.9	6.8	3.6	1.7	2.3
		Large 12" (30 cm)		349	1460	19.1	33.3	2.5	16.5	7.6	4.0	1.9	2.5
		Giant 16" (40 cm)		393	1646	21.6	37.5	2.8	18.6	8.5	4.5	2.1	2.8
		Beast 24"x18" (60 cm x 45 cm)		525	2197	28.8	50.0	3.8	24.8	11.4	6.1	2.8	3.8
	New York style Thin Base	Medium 10" (25 cm)		296	1238	16.2	28.2	2.1	14.0	6.4	3.4	1.6	2.1
		Large 12" (30 cm)		316	1322	17.3	30.1	2.3	14.9	6.8	3.7	1.7	2.3
		Giant 16" (40 cm)		337	1412	18.5	32.2	2.4	16.0	7.3	3.9	1.8	2.4
Rancher	Chicago style Square Pan	Individual 7" (17.5 cm)		366	1534	17.4	26.3	1.7	22.2	9.6	2.5	1.8	2.4
		Medium 10" (25 cm)		416	1743	19.8	29.9	1.9	25.2	10.9	2.8	2.0	2.7
		Large 12" (30 cm)		461	1932	21.9	33.1	2.1	28.0	12.1	3.1	2.3	3.0
		Giant 16" (40 cm)		520	2178	24.7	37.3	2.4	31.5	13.6	3.6	2.6	3.4
		Beast 24"x18" (60 cm x 45 cm)		694	2908	33.0	49.9	3.2	42.1	18.2	4.7	3.4	4.5
	New York style Thin Base	Medium 10" (25 cm)		391	1638	18.6	28.1	1.8	23.7	10.3	2.7	1.9	2.6
		Large 12" (30 cm)		417	1750	19.8	30.0	1.9	25.3	11.0	2.9	2.1	2.7
		Giant 16" (40 cm)		446	1868	21.2	32.0	2.1	27.0	11.7	3.0	2.2	2.9
Pepperoni Prairie	Chicago style Square Pan	Individual 7" (17.5 cm)		421	1756	17.4	24.4	1.7	28.9	12.7	2.3	2.0	2.9
		Medium 10" (25 cm)		478	1995	19.8	27.7	1.9	32.8	14.4	2.6	2.3	3.3
		Large 12" (30 cm)		530	2212	21.9	30.7	2.1	36.4	16.0	2.9	2.5	3.7
		Giant 16" (40 cm)		598	2494	24.7	34.6	2.4	41.0	18.0	3.3	2.8	4.1
		Beast 24"x18" (60 cm x 45 cm)		798	3329	33.0	46.3	3.2	54.8	24.1	4.4	3.8	5.5
	New York style Thin Base	Medium 10" (25 cm)		450	1875	18.6	26.1	1.8	30.9	13.6	2.5	2.1	3.1
		Large 12" (30 cm)		480	2003	19.8	27.8	1.9	33.0	14.5	2.6	2.3	3.3
		Giant 16" (40 cm)		513	2139	21.2	29.7	2.1	35.2	15.5	2.8	2.4	3.5
Rocky Mountain High	Chicago style Square Pan	Individual 7" (17.5 cm)		352	1420	18.3	31.1	4.1	16.7	7.5	3.2	1.8	2.1
		Medium 10" (25 cm)		400	1613	20.8	35.3	4.7	19.0	8.5	3.6	2.0	2.4
		Large 12" (30 cm)		443	1788	23.0	39.2	5.2	21.0	9.4	4.0	2.3	2.6
		Giant 16" (40 cm)		500	2016	26.0	44.2	5.8	23.7	10.7	4.5	2.6	3.0
		Beast 24"x18" (60 cm x 45 cm)		667	2692	34.7	59.0	7.8	31.7	14.2	6.1	3.4	4.0
	New York style Thin Base	Medium 10" (25 cm)		376	1517	19.5	33.2	4.4	17.8	8.0	3.4	1.9	2.2
		Large 12" (30 cm)		402	1620	20.9	35.5	4.7	19.0	8.6	3.7	2.1	2.4
		Giant 16" (40 cm)		429	1730	22.3	37.9	5.0	20.3	9.1	3.9	2.2	2.6