



NUTRITIONAL INFORMATION



AVERAGE NUTRITION INFORMATION PER 100G PIZZA FOR STANDARD PIZZA BASE; DOUBLE 8 SLICES, SNACK & DESSERT 4 SLICES.

INDIVIDUAL PIZZAS	AVERAGE SLICE (G)	OPTIONALS	ENERGY (KJ)	ENERGY (CAL)	PROTEIN	FAT TOTAL	FAT SATURATED	CARBOHYDRATE	-SUGARS	DIETARY FIBRE	SODIUM	POTASSIUM	CALCIUM	ALLERGENS WITH STANDARD WHEAT FLOUR BASE
BEAST	100 g		1139 kJ	272 cal	14.2 g	136 g	7.6 g	22.9 g	1.6 g	2 g	407 mg	95 mg	160 mg	W, M, S
BRIMSTONE	108 g		893 kJ	213 cal	10.6 g	7.5 g	3.6 g	24.7 g	2.0 g	2.1 g	408 mg	199 mg	145 mg	W, M, S
BUFFALO	100 g		1190 kJ	285 cal	11.6 g	149 g	7.2 g	26.0 g	1.6 g	2 g	306 mg	64 mg	155 mg	W, M, T
CURSED	110 g		957 kJ	229 cal	12.3 g	8.3 g	4.6 g	25.2 g	2.7 g	1.6 g	395 mg	156 mg	186 mg	W, M, S, SU
DAMNED	107 g		930 kJ	222 cal	10.0 g	7.7 g	3.4 g	26.6 g	3.8 g	2.9 g	230 mg	337 mg	165 mg	W, M, T, SU
ENVY	100 g		878 kJ	210 cal	10.6 g	6.2 g	3.1 g	26.7 g	2.5 g	2.0 g	293 mg	211 mg	150 mg	W, M, S, SU
GLUTTONY	102 g		840 kJ	201 cal	10.1 g	5.9 g	3.0 g	25.6 g	1.9 g	2.0 g	276 mg	201 mg	149 mg	W, M, S
GREED	107 g		901 kJ	215 cal	10.9 g	6.9 g	3.8 g	26.3 g	3.9 g	1.6 g	297 mg	144 mg	213 mg	W, M
GRIMM	104 g		1030 kJ	245 cal	11.4 g	9.6 g	4.8 g	27.1 g	3.6 g	2.0 g	342 mg	170 mg	163 mg	W, M, T
LIMBO	105 g	no olives	824 kJ	197 cal	9.3 g	6.3 g	3.5 g	24.6 g	1.8 g	1.9 g	330 mg	182 mg	158 mg	W, M
LUST	100 g	with bbq sauce	986 kJ	235 cal	12.2 g	7.7 g	3.8 g	28.2 g	3.4 g	1.9 g	461 mg	195 mg	152 mg	W, M, S, SU
LUST DELUXE	111g	with béarnaise	1140 kJ	272 cal	12.9 g	138g	4.5 g	23.0 g	1.1 g	1.7 g	442 mg	161 mg	132 mg	W, M, E, S
MAYHEM	102 g		939 kJ	224 cal	11.4 g	7.7 g	3.1 g	26.3 g	2.7 g	1.8 g	342 mg	182 mg	149 mg	W, M, P
MISCHIEF	102 g	no optionals	872 kJ	208 cal	11.1 g	6.4 g	3.2 g	25.4 g	1.6 g	2.0 g	355 mg	195 mg	151 mg	W, M, S
MORDOR	104 g		906 kJ	216 cal	11.6 g	6.5 g	3.2 g	26.6 g	3.1 g	1.8 g	403 mg	181 mg	145 mg	W, M, S, SU
PANDEMONIUM	102 g		1000 kJ	240 cal	13.3 g	8.0 g	4.3 g	27.6 g	3.9 g	1.5 g	372 mg	156 mg	199 mg	W, M
PRIDE	95 g	no optionals	835 kJ	199 cal	9.2 g	5.2 g	2.8 g	27.5 g	2.5 g	2.2 g	207 mg	197 mg	158 mg	W, M
PURGATORY	102 g	no olives	936 kJ	224 cal	10.7 g	7.6 g	4.2 g	26.4 g	2.9 g	2.7 g	291 mg	336 mg	177 mg	W, M, SU
SAVIOUR	102 g		738 kJ	176 cal	9.2 g	10.3 g	2.9 g	13.5 g	2.1 g	4.6 g	323 mg	266 mg	136 mg	D
SINISTER (VEGAN)	108 g		653 kJ	156 cal	5.5 g	2.2 g	0.3 g	26.5 g	1.9 g	3.5 g	307 mg	256 mg	23 mg	W
TROUBLE	107 g		951 kJ	227 cal	12.8 g	8.1 g	4.2 g	24.8 g	2.0 g	1.6 g	370 mg	181 mg	174 mg	W, M, S, SU
UNDERWORLD	99 g	avg 2 choices	972 kJ	232 cal	11.8 g	7.6 g	3.1 g	27.5 g	1.7 g	1.7 g	385 mg	169 mg	163 mg	W, B, C, E, F, M, S
WRATH	102 g	no optionals	846 kJ	202 cal	10.1 g	6.0 g	3.1 g	25.6 g	1.8 g	2.1 g	301 mg	190 mg	151 mg	W, M, S
SERPENT	106 g	with optionals	1090 kJ	262 cal	10.4 g	13.1 g	4.8 g	24.3 g	1.4 g	2.2 g	560 mg	190 mg	141 mg	W, F, M, S
UNEARTHLY	77 g		957 kJ	229 cal	5.6 g	4.5 g	3.1 g	39.8 g	13.4 g	2.6 g	107 mg	255 mg	28 mg	W, M, S

ALLERGENS: CONTAINS W=WHEAT, B=BARLEY, O=OATS, M=MILK, S=SOY, SU=SULPHITES>10PPM, SE=SESAME SEEDS, P=PEANUTS, T=TREENUTS, F=FISH, C=CRUSTACEA, E=EGG.

ALL MAY CONTAIN TRACES OF NUTS & SOY. ALL PIZZAS ARE MSG FREE. ALL PIZZAS MADE IN AN ENVIRONMENT THAT ALSO HANDLES WHEAT, OATS, MILK, SOY, FISH, SEAFOOD/CRUSTACEAN, SESAME SEEDS, TREE NUTS & PEANUTS.

REGULAR PIZZA BASES: MADE WITH WHEAT FLOUR, CONTAIN GLUTEN; PIZZAS WITH OUR GLUTEN FREE BASE (MAY CONTAIN SESAME SEEDS) ARE HANDLED IN A SEPARATE AREA WITH SEPARATE TOOLS. MOST TOPPINGS ARE GLUTENFREE.

EXCEPT: WHEAT CRUMB ON CALAMARI (UNDERWORLD), OAT CRUMBLE (TEMPTATION), MALT VINEGAR (BARLEY) IN MAYO ON SLOTH & IN SEAFOOD SAUCE ON UNDERWORLD.

COLOUR CODING	LOW	MEDIUM	HIGH	NUTRIENT CLAIMS:
Total Fat (g/100g)	≤3 g	3.1 - 19.9 g	≥20 g	≥5g = Source Of Protein ≥10g = High In Protein
Saturated Fat (g/100g)	≤1.5 g	1.6 - 4.9 g	≥5 g	≥1.5g = Source Of Fibre ≥3g = High In Fibre
Sugars (g/100g)	≤5 g	5.1 - 14.9 g	≥15 g	Calcium ≥80mg = 10% RDI = Source Of Calcium
Sodium (mg/100g)	≤120 mg	121 - 599 mg	≥600 mg	Low In Salt/Sodium: ≤120mg/100g

