

# NUTRITIONAL INFORMATION

Please note figures are approximate values per serving.

## -TOPPINGS-

MENU ITEM	Energy		Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Of Which Sugars (g)	Salt (g)
	Kcal	Kj					
<b>-CHEESE-</b>							
BUFFALO MOZZARELLA 25g	60	251	4.6	2.9	0.8	0.8	0.1
FETA 15g	39	160	3.2	2.3	0.1	0.1	0.4
GORGONZOLA 15g	52	215	4.4	3	0.1	0.01	0.4
MOZZARELLA 100% 80g	206	854	16.3	11	0	0	0.8
PARMESAN 10g	47	197	2.8	1.8	0	0	0.2
<b>-MEATS-</b>							
BACON (STREAKY) 20g	84	350	6	2.2	0.2	0.2	0.7
HAGGIS 30g	77	357	5.7	2.3	5.6	0.2	0.5
HAM 22.5g	22	90	0.6	0.2	0.6	0.3	0.6
MEATBALLS 30g	87	364	6.2	2.4	3.3	0.3	0.5
PEPPERONI 20g	93	390	8	3.2	0.8	0.1	0.9
PROSCUITTO 20g	74	310	6.2	2.1	0	0	1.2
PULLED PORK BBQ 30g	38	162	0.4	0.2	4	3.3	0.3
ROASTED CHICKEN 35g	44	184	0.4	0.1	0.4	0.1	0.23
SPICY CHICKEN 35g	44	184	0.4	0.1	0.4	0.1	0.4
SPICY ITALIAN SAUSAGE 30g	81	336	6.7	2.3	0.1	0.1	0.23
<b>-VEGGIES-</b>							
ARTICHOKE HEARTS 35g	6	27	0.1	0	0.9	0.5	0
BASIL 7g	3	12	0.1	0	0.4	0	0
BLACK OLIVES SLICED 20g	33	135	3.3	0.4	0.2	0	0.3
CARAMELISED ONIONS 30g	37	156	2.4	0.2	3.8	3.4	0
CHERRY TOMATOES 40g	9	38	0.2	0	1.4	1.4	0.01
CHILLIES RED 10g	3	11	0	0	0.4	0.4	0
CORIANDER 7g	1	5	0	0	0.1	0.1	0.01
GARLIC (CHOPPED IN VEG OIL) 7g	28	115	2.7	0.3	0.5	0.1	0.3
GREEN PEPPERS 35g	5	23	0.1	0	0.9	0.8	0
GRILLED AUBERGINES 25g							
JALAPENO PEPPERS 25g	3.8	15.7	0	0	0.5	0.5	0.4
MUSHROOMS 30g	2	9	0.1	0	0.1	0.1	0
ONIONS RED 20g	7	30	0	0	1.6	1.2	0
PINEAPPLE 40g	19	80	0	0	4.9	4.9	0
RED PEPPERS ROASTED 25g	9.6	40	0.6	0	1.1	1.1	0
ROASTED BRUSSEL SPROUTS 30g	23	96	1.7	0.3	1.1	0.8	0.2
ROCKET 10g	2	7	0	0	0	0	0
SPINACH 10g	3	10	0.1	0	0.2	0.2	0.04
SUN-DRIED TOMATOES 25g	45	187	2.9	0.4	2.7	2.7	0.3
SWEETCORN 30g	33	141	0.7	0	5.9	0.7	0

**-NAKED PIE-**

MENU ITEM	Energy		Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Of Which Sugars (g)	Salt (g)
	Kcal	Kj					
CLASSIC CHEESE PIE	694	2899	29.7	14.9	79.8	5.5	3.3

**-GLUTEN FREE NAKED PIE-**

MENU ITEM	Energy		Total fat (g)	Saturated Fat (g)	Carbohydrates (g)	Of Which Sugars (g)	Salt (g)
	Kcal	Kj					
CLASSIC CHEESE PIE	802.5	3367	32	15.4	100.4	4.4	3.3

**-AFTER BAKE EXTRAS-**

MENU ITEM	Energy		Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Of Which Sugars (g)	Salt (g)
	Kcal	Kj					
BBQ SAUCE 50ml	102	431	0.1	0.05	25	24	0.8
GARLIC MAYO 35ml	231	952	25	1.8	1.4	0.5	0.1
SWEET CHILLI 50ml	48	206	0.1	0	12	9	0.6
PESTO (N) 50ml	225	927	23.1	2.7	2.2	0.5	0.6
RANCH DRESSING 50ml	199	820	19.3	1.6	4.5	4.1	1.4
PIRI PIRI HOT SAUCE 50ml	30	124	1	0.1	3.4	0.8	3
CAJUN AND TOMATO DRESSING 50ml	250	1031	25.3	2	4.4	3.6	0.6

**-SIDE SALADS-**

MENU ITEM	Energy		Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Of Which Sugars (g)	Salt (g)
	Kcal	Kj					
BUFALLO MOZZARELLA, TOMATO & BASIL	264	1104	20.5	11.4	4.9	4.6	0.3
ROCKET AND PARMESAN	114	472	9.1	4.3	0.2	0.2	0.4
CAESAR SALAD	146	609	8.8	4.1	8.1	1.4	0.5
CAESAR SALAD WITH CHICKEN	237	999	9.1	2.2	19	2.4	0.6

## -OTHER GOOD STUFF-

MENU ITEM	Energy		Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Of Which Sugars (g)	Salt (g)
	Kcal	Kj					
<b>-NIBBLES-</b>							
BOWL OF MARINATED OLIVES 80g	142	582	14.4	1.8	0.4	0	2.8
GARLIC BREAD WITH MOZZARELLA & CARAMELISED ONIONS	649	2710	27.4	16.7	83.4	8.3	3.2
PARMESAN & GARLIC STRIPS	539	2019	18.9	11.1	79	4.5	2.9
TOMATO & PESTO STRIPS	662	2759	32.5	3.8	82	6	2.9
POTATO WEDGES WITH SIGNATURE SALT STANDARD 205g	249	1050	6.3	3.2	40	0.7	1.8
POTATO WEDGES WITH SIGNATURE SALT LARGE 410g	499	2099	12.6	6.5	80	1.3	3.2
<b>-DESSERT PIZZAS (11")-</b>							
NUTELLA & BANANA	790	3306	22	9	138	59	2.5
APPLE PIE	710	3004	8.5	1	152	78	2.4
BANOFFEE PIE	844	3547	28	10	138	57.3	2.5
STRAWBERRY & NUTELLA	644	2726	22	8.9	102	27.9	2.5
S'MORES	774	3232	23	9.6	131	49	2.5
<b>-SHAKE IT-</b>							
CHOCOLATE	398	1668	18.3	11	47.8	44.5	0.5
BANANA	462	1945	19.2	11.6	63	61	0.5
STRAWBERRY	390	1647	18.9	11.8	45.5	43.4	0.5
VANILLA	367	1561	18.3	11	42.5	37.6	0.5
<b>-KID'S CONES-</b>							
CHOCOLATE	314	1314	15	9	39	37	0.3
STRAWBERRY	299	1251	16	10	33	32	0.3
VANILLA	297	1244	15.8	9.5	34	29	0.3

## -DRINKS-

MENU ITEM	Energy		Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Of Which Sugars (g)	Salt (g)
	Kcal	Kj					
<b>-BOYLAN BOTTLING- per 16oz cup serving</b>							
GINGER ALE	139	581	0	0	34	34	0
CRÈME SODA	149	623	0	0	37	37	0
BLACK CHERRY	164	686	0	0	40	40	0
CANE COLA	150	627	0	0	37	37	0
LEMONADE	157	657	0	0	39	39	0
LEMON LIME	145	607	0	0	36	36	0
DIET CANE COLA	5	21	0	0	0	0	0
ROOT BEER	156	653	0	0	39	39	0