



NUTRITION & ALLERGEN INFORMATION

Pizza Capers stores will endeavour to provide allergen-free or gluten-free products if requested by you, but traces of allergens or gluten may be unintentionally present in food due to cross-contamination during store operations. We cannot guarantee that your order will be 100% allergen or gluten free. Subject to law, Pizza Capers will not be liable for any costs, fees, claims, damages, or charges whatsoever, including medical and dental costs, if a customer has any adverse reaction to a product sold through a Pizza Capers store, including dental damage and any other adverse reaction caused by objects that can reasonably be anticipated to be in food, such as but not limited to olive pits in olives, bones in chicken, fish, seafood and meat, or shells on prawns.

Actual values may differ from those listed below due to the individual preparation of our products. Please use this nutrition & allergen information manual as a guide only.

Alfunghi - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 671 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	5120 kJ (1220 Cal)	762 kJ (182 Cal)
Protein	59.2 g	8.8 g
Fat, total	50.3 g	7.5 g
-saturated	22.4 g	3.3 g
Carbohydrate	126 g	18.8 g
-sugars	11.8 g	1.8 g
Sodium	3250 mg	485 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Mushroom (27%), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Sliced Ham (Pork, Water, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407), Natural Flavour, Wood Smoke), Camembert Cheese (**Milk**, Salt, Mineral Salt (509), Cultures, Non-animal Rennet), Pepperoni (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parsley, Mixed Herbs.

Contains Milk.**May Contain Egg, Soy, Almond, Sesame.**

Alfunghi - Large Classico

Nutritional Information
Servings per package: 1
Serving Size: 754 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	5320 kJ (1270 Cal)	705 kJ (168 Cal)
Protein	72.3 g	9.6 g
Fat, total	39.7 g	5.3 g
-saturated	21.2 g	2.8 g
Carbohydrate	147 g	19.5 g
-sugars	12.8 g	1.7 g
Sodium	3860 mg	511 mg

Ingredients: Mushroom (27%), Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Sliced Ham (Pork, Water, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407), Natural Flavour, Wood Smoke), Camembert Cheese (**Milk**, Salt, Mineral Salt (509), Cultures, Non-animal Rennet), Pepperoni (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parsley, Dry Yeast (Yeast, Emulsifier (491)), Mixed Herbs.

Contains Gluten, Wheat, Milk.

May Contain Soy.



Alfunghi - Rustico

Nutritional Information

Servings per package: 1

Serving Size: 709 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	4860 kJ (1160 Cal)	685 kJ (164 Cal)
Protein	68.8 g	9.7 g
Fat, total	39.2 g	5.5 g
-saturated	21.2 g	3.0 g
Carbohydrate	125 g	17.7 g
-sugars	11.8 g	1.7 g
Sodium	3610 mg	509 mg

Ingredients: Mushroom (28%), Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Sliced Ham (Pork, Water, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407), Natural Flavour, Wood Smoke), Camembert Cheese (**Milk**, Salt, Mineral Salt (509), Cultures, Non-animal Rennet), Pepperoni (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parsley, Dry Yeast (Yeast, Emulsifier (491)), Mixed Herbs.

Contains Gluten, Wheat, Milk.

May Contain Soy.



Alfunghi - Small

Nutritional Information



Servings per package: 1

Serving Size: 473 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	3230 kJ (772 Cal)	682 kJ (163 Cal)
Protein	45.7 g	9.7 g
Fat, total	26.0 g	5.5 g
-saturated	14.0 g	3.0 g
Carbohydrate	83.4 g	17.6 g
-sugars	7.8 g	1.7 g
Sodium	2400 mg	506 mg

Ingredients: Mushroom (29%), Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Sliced Ham (Pork, Water, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407), Natural Flavour, Wood Smoke), Camembert Cheese (**Milk**, Salt, Mineral Salt (509), Cultures, Non-animal Rennet), Pepperoni (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parsley, Dry Yeast (Yeast, Emulsifier (491)), Mixed Herbs.

Contains Gluten, Wheat, Milk.**May Contain Soy.**

Apple Pie Bites 12 pack

Nutritional Information
Servings per package: 1
Serving Size: 242 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	3250 kJ (777 Cal)	1340 kJ (321 Cal)
Protein	9.4 g	3.9 g
Fat, total	36.2 g	15.0 g
-saturated	10.3 g	4.3 g
Carbohydrate	99.4 g	41.1 g
-sugars	35.8 g	14.8 g
Sodium	475 mg	196 mg

Ingredients: Apple Pie Bites (**Wheat** Flour, Diced Apple, Water, Sugar, Margarine (Vegetable Oils And Fats, Waters, Salt, Emulsifiers (322, 471), Food Acid (330), Natural Flavour, Natural Colour (160a)), Modified Maize Thickener (1422), Cassia, Citric Acid, Baking Powder, Salt), Icing Sugar (Sugar, Tapioca Or Maize Starch).

Contains Gluten, Wheat.

Apple Pie Bites 6 pack

Nutritional Information
Servings per package: 1
Serving Size: 121 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	1620 kJ (388 Cal)	1340 kJ (321 Cal)
Protein	4.7 g	3.9 g
Fat, total	18.1 g	15.0 g
-saturated	5.2 g	4.3 g
Carbohydrate	49.7 g	41.1 g
-sugars	17.9 g	14.8 g
Sodium	238 mg	196 mg

Ingredients: Apple Pie Bites (**Wheat** Flour, Diced Apple, Water, Sugar, Margarine (Vegetable Oils And Fats, Waters, Salt, Emulsifiers (322, 471), Food Acid (330), Natural Flavour, Natural Colour (160a)), Modified Maize Thickener (1422), Cassia, Citric Acid, Baking Powder, Salt), Icing Sugar (Sugar, Tapioca Or Maize Starch).

Contains Gluten, Wheat.

Bacon & Mushroom Carbonara Pasta

Nutritional Information

Servings per package: 1

Serving Size: 636 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	6290 kJ (1500 Cal)	989 kJ (236 Cal)
Protein	39.1 g	6.1 g
Fat, total	108 g	17.0 g
-saturated	59.8 g	9.4 g
Carbohydrate	93.3 g	14.7 g
-sugars	9.8 g	1.5 g
Sodium	1580 mg	249 mg

Ingredients: Cream (Cream (**Milk**), Gelatine), Pasta (**Wheat**), Water, Streaky Bacon (14%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Mushroom (11%), Parmesan Cheese (Contains **Milk**), Crushed Garlic (Garlic, Salt), Shallots, Canola Oil, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Salt (Salt, Anti-caking Agent (554)), Parsley.

Contains Gluten, Wheat, Milk.

May Contain Egg, Soy.



BBQ Bonanza - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 557 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6370 kJ (1520 Cal)	1140 kJ (273 Cal)
Protein	80.9 g	14.5 g
Fat, total	71.9 g	12.9 g
-saturated	29.6 g	5.3 g
Carbohydrate	135 g	24.1 g
-sugars	16.2 g	2.9 g
Sodium	4250 mg	762 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Marinated Beef (15%) (Beef, Marinade (Water, Garlic, Modified Starch (1442), **Soy** Protein, Maltodextrin, Salt, Acidity Regulator (451), Onion, Yeast Extract)), Streaky Bacon (15%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Sliced Ham (11%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407), Natural Flavour, Wood Smoke), Pepperoni (6%) (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Parsley.

Contains Milk, Soy.**May Contain Egg, Almond, Sesame.**

BBQ Bonanza - Large Classico

Nutritional Information

Servings per package: 1

Serving Size: 640 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	6570 kJ (1570 Cal)	1030 kJ (245 Cal)
Protein	94.0 g	14.7 g
Fat, total	61.3 g	9.6 g
-saturated	28.4 g	4.4 g
Carbohydrate	156 g	24.3 g
-sugars	17.1 g	2.7 g
Sodium	4850 mg	758 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Marinated Beef (14%) (Beef, Marinade (Water, Garlic, Modified Starch (1442), **Soy** Protein, Maltodextrin, Salt, Acidity Regulator (451), Onion, Yeast Extract)), Streaky Bacon (14%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Sliced Ham (11%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407), Natural Flavour, Wood Smoke), Water, Pepperoni (5%) (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Dry Yeast (Yeast, Emulsifier (491)), Parsley.

Contains Gluten, Wheat, Milk, Soy.**May Contain Egg.**

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BBQ Bonanza - Rustico

Nutritional Information



Servings per package: 1

Serving Size: 595 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6110 kJ (1460 Cal)	1030 kJ (246 Cal)
Protein	90.5 g	15.2 g
Fat, total	60.8 g	10.2 g
-saturated	28.3 g	4.8 g
Carbohydrate	134 g	22.5 g
-sugars	16.1 g	2.7 g
Sodium	4600 mg	773 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Marinated Beef (15%) (Beef, Marinade (Water, Garlic, Modified Starch (1442), **Soy** Protein, Maltodextrin, Salt, Acidity Regulator (451), Onion, Yeast Extract)), Streaky Bacon (15%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet))), Anticaking Agent (460), Preservative (200)), Sliced Ham (12%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407), Natural Flavour, Wood Smoke), Pepperoni (6%) (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Water, Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Dry Yeast (Yeast, Emulsifier (491)), Parsley.

Contains Gluten, Wheat, Milk, Soy.**May Contain Egg.**

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BBQ Bonanza - Small

Nutritional Information



Servings per package: 1

Serving Size: 397 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4080 kJ (976 Cal)	1030 kJ (246 Cal)
Protein	60.4 g	15.2 g
Fat, total	40.8 g	10.3 g
-saturated	19.0 g	4.8 g
Carbohydrate	89.1 g	22.5 g
-sugars	10.7 g	2.7 g
Sodium	3070 mg	773 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Marinated Beef (15%) (Beef, Marinade (Water, Garlic, Modified Starch (1442), **Soy** Protein, Maltodextrin, Salt, Acidity Regulator (451), Onion, Yeast Extract)), Streaky Bacon (15%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Sliced Ham (11%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407), Natural Flavour, Wood Smoke), Pepperoni (6%) (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Water, Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Parsley, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk, Soy.**May Contain Egg.**

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BBQ Chicken & Mushroom - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 509 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4730 kJ (1130 Cal)	930 kJ (222 Cal)
Protein	67.3 g	13.2 g
Fat, total	34.1 g	6.7 g
-saturated	14.4 g	2.8 g
Carbohydrate	134 g	26.3 g
-sugars	17.4 g	3.4 g
Sodium	2520 mg	496 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Chicken (24%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Mushroom (9%), Onion, Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parsley.

Contains Milk.**May Contain Egg, Soy, Almond, Sesame.**

BBQ Chicken & Mushroom - Large Classico

Nutritional Information



Servings per package: 1

Serving Size: 591 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4930 kJ (1180 Cal)	833 kJ (199 Cal)
Protein	80.4 g	13.6 g
Fat, total	23.5 g	4.0 g
-saturated	13.2 g	2.2 g
Carbohydrate	155 g	26.2 g
-sugars	18.3 g	3.1 g
Sodium	3120 mg	528 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Chicken (23%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Water, Mushroom (8%), Onion, Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Dry Yeast (Yeast, Emulsifier (491)), Parsley.

Contains Gluten, Wheat, Milk.**May Contain Egg, Soy.**

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BBQ Chicken & Mushroom - Rustico

Nutritional Information

Servings per package: 1

Serving Size: 546 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4470 kJ (1070 Cal)	819 kJ (196 Cal)
Protein	76.9 g	14.1 g
Fat, total	23.1 g	4.2 g
-saturated	13.1 g	2.4 g
Carbohydrate	133 g	24.3 g
-sugars	17.3 g	3.2 g
Sodium	2880 mg	526 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Chicken (25%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Mushroom (9%), Water, Onion, Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Dry Yeast (Yeast, Emulsifier (491)), Parsley.

Contains Gluten, Wheat, Milk.

May Contain Egg, Soy.



BBQ Chicken & Mushroom - Small

Nutritional Information



Servings per package: 1

Serving Size: 365 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2980 kJ (713 Cal)	818 kJ (195 Cal)
Protein	51.3 g	14.1 g
Fat, total	15.4 g	4.2 g
-saturated	8.7 g	2.4 g
Carbohydrate	88.5 g	24.3 g
-sugars	11.5 g	3.1 g
Sodium	1920 mg	526 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Chicken (25%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Mushroom (10%), Water, Onion, Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parsley, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

May Contain Egg, Soy.



BBQ NOT Chick'n - Large Classico

Nutritional Information



Servings per package: 1

Serving Size: 569 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5340 kJ (1280 Cal)	939 kJ (224 Cal)
Protein	72.8 g	12.8 g
Fat, total	32.1 g	5.6 g
-saturated	14.3 g	2.5 g
Carbohydrate	166 g	29.2 g
-sugars	21.0 g	3.7 g
Sodium	3140 mg	551 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Kebab Chick'n (21%) (Gluten (**Wheat**), Water, **Soy**, Vegetable Oil, Salt, Rice Flour, Flavour Enhancer (Monosodium Glutamate), Dextrose, Cornflour, Hvp, Nutritional Yeast, White Vinegar, Sugar, Spices, Oregano, Coriander), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Water, Mushroom, Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Onion, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Dry Yeast (Yeast, Emulsifier (491)), Parsley.

Contains Gluten, Wheat, Milk, Soy.**May Contain Tree Nuts, Sesame.**

BBQ NOT Chick'n - Rustico

Nutritional Information

Servings per package: 1

Serving Size: 524 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4890 kJ (1170 Cal)	933 kJ (223 Cal)
Protein	69.3 g	13.2 g
Fat, total	31.6 g	6.0 g
-saturated	14.2 g	2.7 g
Carbohydrate	144 g	27.5 g
-sugars	20.0 g	3.8 g
Sodium	2890 mg	552 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Kebab Chick'n (23%) (Gluten (**Wheat**), Water, **Soy**, Vegetable Oil, Salt, Rice Flour, Flavour Enhancer (Monosodium Glutamate), Dextrose, Cornflour, Hvp, Nutritional Yeast, White Vinegar, Sugar, Spices, Oregano, Coriander), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Mushroom, Water, Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Onion, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Dry Yeast (Yeast, Emulsifier (491)), Parsley.

Contains Gluten, Wheat, Milk, Soy.

May Contain Tree Nuts, Sesame.



BBQ NOT Chick'n - Small

Nutritional Information



Servings per package: 1

Serving Size: 351 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	3260 kJ (779 Cal)	928 kJ (222 Cal)
Protein	46.3 g	13.2 g
Fat, total	21.1 g	6.0 g
-saturated	9.5 g	2.7 g
Carbohydrate	96.1 g	27.4 g
-sugars	13.3 g	3.8 g
Sodium	1930 mg	549 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Kebab Chick'n (23%) (Gluten (**Wheat**), Water, **Soy**, Vegetable Oil, Salt, Rice Flour, Flavour Enhancer (Monosodium Glutamate), Dextrose, Cornflour, Hvp, Nutritional Yeast, White Vinegar, Sugar, Spices, Oregano, Coriander), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Mushroom, Water, Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Onion, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parsley, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Tree Nuts, Sesame.



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BBQ Whiskey Reaper Wings

Nutritional Information

Servings per package: 1

Serving Size: 284 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4000 kJ (956 Cal)	1410 kJ (336 Cal)
Protein	63.3 g	22.3 g
Fat, total	72.5 g	25.5 g
-saturated	17.9 g	6.3 g
Carbohydrate	14.1 g	5.0 g
-sugars	6.3 g	2.2 g
Sodium	883 mg	311 mg

Ingredients: Wings (Oven Roasted Chicken Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-caking Agent (551))), Aioli (Canola Oil, Vinegar, Free Range **Egg** (**Egg** Yolk, Whole **Egg**), Roasted Garlic, Sugar, Thickeners (1442, 415), Salt, Garlic Powder, Concentrated Lemon Juice, Natural Preservative (234)), Bbq Whiskey Reaper Sauce (Tomato Puree (Tomato, Sugar, Salt, Acetic Acid, Spices) Carolina Reaper, Molasses, Honey, Scotch Whiskey (Malted Barley, Water, Yeast) Cider Vinegar, Molasses, Vegetable Paste, Salt, Spices, Natural Flavours) Water, Garlic, Chipotle, Lemon, All Spice, Smoked Paprika, Salt), Chilli, Smokehouse Seasoning (Herbs & Spices, Salt, Flavour, Sugar, Onion, Mustard Flour, Anticaking Agent (551)).

Contains Egg.

Beefy BBQ - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 516 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6650 kJ (1590 Cal)	1290 kJ (308 Cal)
Protein	60.9 g	11.8 g
Fat, total	86.0 g	16.7 g
-saturated	33.7 g	6.5 g
Carbohydrate	138 g	26.8 g
-sugars	20.2 g	3.9 g
Sodium	2910 mg	564 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Beef Bolognaise (21%) (Beef, Tomato Paste, Vegetables, Tomato, Garlic, Beef Flavour (Colour (150c), Hydrolysed Vegetable Protein), Textured Vegetable Protein (**Soy**), Sugar, Vinegar, Spice Emulsion (Colour (160c), Acidity Regulators (260, 330), Thickener (415), Preservatives (211, 202)), Herbs & Spices, Vegetable Gum (466), Modified Starch (1422), Citrus Fibre), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Streaky Bacon (10%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Hollandaise Sauce (**Milk**, **Milk**, **Soy**) (Rice Bran Oil, Water, **Egg**, Vinegar, Thickener (1414, 415, 412, 401), Salt, Acidity Regulator (575, 330), colour (160a), Natural Flavour, Vegetable Powders, Preservative (211, 202), Emulsifier (433), Spice, Antioxidant (385)), Onion.

Contains Egg, Milk, Soy.**May Contain Almond, Sesame.**

Beefy BBQ - Large Classico

Nutritional Information

Servings per package: 1

Serving Size: 626 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	7220 kJ (1730 Cal)	1150 kJ (276 Cal)
Protein	78.2 g	12.5 g
Fat, total	83.3 g	13.3 g
-saturated	35.9 g	5.7 g
Carbohydrate	160 g	25.5 g
-sugars	21.2 g	3.4 g
Sodium	3780 mg	605 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Beef Bolognaise (19%) (Beef, Tomato Paste, Vegetables, Tomato, Garlic, Beef Flavour (Colour (150c), Hydrolysed Vegetable Protein), Textured Vegetable Protein (**Soy**), Sugar, Vinegar, Spice Emulsion (Colour (160c), Acidity Regulators (260, 330), Thickener (415), Preservatives (211, 202)), Herbs & Spices, Vegetable Gum (466), Modified Starch (1422), Citrus Fibre), Streaky Bacon (14%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Water, Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Hollandaise Sauce (**Soy**) (Contains **Egg**, **Milk**), Onion, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk, Soy.



Beefy BBQ - Rustico

Nutritional Information

Servings per package: 1

Serving Size: 554 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6390 kJ (1530 Cal)	1150 kJ (276 Cal)
Protein	70.5 g	12.7 g
Fat, total	74.9 g	13.5 g
-saturated	32.4 g	5.9 g
Carbohydrate	137 g	24.8 g
-sugars	20.2 g	3.7 g
Sodium	3260 mg	589 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Beef Bolognaise (22%) (Beef, Tomato Paste, Vegetables, Tomato, Garlic, Beef Flavour (Colour (150c), Hydrolysed Vegetable Protein), Textured Vegetable Protein (**Soy**), Sugar, Vinegar, Spice Emulsion (Colour (160c), Acidity Regulators (260, 330), Thickener (415), Preservatives (211, 202)), Herbs & Spices, Vegetable Gum (466), Modified Starch (1422), Citrus Fibre), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Streaky Bacon (11%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Water, Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Hollandaise Sauce (**Milk, Milk, Soy**) (Rice Bran Oil, Water, **Egg**, Vinegar, Thickener (1414, 415, 412, 401), Salt, Acidity Regulator (575, 330), colour (160a), Natural Flavour, Vegetable Powders, Preservative (211, 202), Emulsifier (433), Spice, Antioxidant (385)), Onion, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk, Soy.



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Beefy BBQ - Small

Nutritional Information



Servings per package: 1

Serving Size: 365 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4250 kJ (1020 Cal)	1170 kJ (279 Cal)
Protein	46.9 g	12.9 g
Fat, total	49.9 g	13.7 g
-saturated	21.6 g	5.9 g
Carbohydrate	91.3 g	25.1 g
-sugars	13.2 g	3.6 g
Sodium	2170 mg	597 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Beef Bolognaise (22%) (Beef, Tomato Paste, Vegetables, Tomato, Garlic, Beef Flavour (Colour (150c), Hydrolysed Vegetable Protein), Textured Vegetable Protein (**Soy**), Sugar, Vinegar, Spice Emulsion (Colour (160c), Acidity Regulators (260, 330), Thickener (415), Preservatives (211, 202)), Herbs & Spices, Vegetable Gum (466), Modified Starch (1422), Citrus Fibre), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Streaky Bacon (11%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Water, Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Hollandaise Sauce (**Milk, Milk, Soy**) (Rice Bran Oil, Water, **Egg**, Vinegar, Thickener (1414, 415, 412, 401), Salt, Acidity Regulator (575, 330), colour (160a), Natural Flavour, Vegetable Powders, Preservative (211, 202), Emulsifier (433), Spice, Antioxidant (385)), Onion, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk, Soy.

Blue Cheese & Garlic - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 286 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	3760 kJ (899 Cal)	1310 kJ (314 Cal)
Protein	28.0 g	9.8 g
Fat, total	32.2 g	11.2 g
-saturated	14.1 g	4.9 g
Carbohydrate	120 g	41.9 g
-sugars	6.2 g	2.2 g
Sodium	1630 mg	568 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Blue Cheese (4.5%) (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Crushed Garlic (4.5%) (Garlic, Water, Salt, Food Acids (260, 330)).

Contains Milk.**May Contain Egg, Almond, Sesame.**

Blue Cheese & Garlic Calzone

Nutritional Information



Servings per package: 1

Serving Size: 230 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2490 kJ (594 Cal)	1080 kJ (259 Cal)
Protein	27.5 g	12.0 g
Fat, total	16.7 g	7.3 g
-saturated	10.3 g	4.5 g
Carbohydrate	79.9 g	34.8 g
-sugars	4.4 g	1.9 g
Sodium	1450 mg	633 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Water, Blue Cheese (7%) (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Crushed Garlic (7%) (Garlic, Water, Salt, Food Acids (260, 330)), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.



Blue Cheese & Garlic Flat Pizza Bread

Nutritional Information



Servings per package: 1

Serving Size: 243 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2680 kJ (642 Cal)	1100 kJ (264 Cal)
Protein	31.4 g	12.9 g
Fat, total	20.2 g	8.3 g
-saturated	12.7 g	5.2 g
Carbohydrate	79.9 g	32.9 g
-sugars	4.4 g	1.8 g
Sodium	1540 mg	632 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Water, Blue Cheese (6%) (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Crushed Garlic (6%) (Garlic, Water, Salt, Food Acids (260, 330)), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.



Bolognese Pasta

Nutritional Information



Servings per package: 1

Serving Size: 525 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	3200 kJ (766 Cal)	610 kJ (146 Cal)
Protein	40.0 g	7.6 g
Fat, total	26.0 g	4.9 g
-saturated	10.8 g	2.1 g
Carbohydrate	88.7 g	16.9 g
-sugars	14.7 g	2.8 g
Sodium	1340 mg	255 mg

Ingredients: Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Beef Bolognaise (Beef, Tomato Paste, Vegetables, Tomato, Garlic, Beef Flavour (Colour (150c), Hydrolysed Vegetable Protein), Textured Vegetable Protein (**Soy**), Sugar, Vinegar, Spice Emulsion (Colour (160c), Acidity Regulators (260, 330), Thickener (415), Preservatives (211, 202)), Herbs & Spices, Vegetable Gum (466), Modified Starch (1422), Citrus Fibre), Pasta (**Wheat**), Water, Tomato, Parmesan Cheese (Contains **Milk**), Crushed Garlic (Garlic, Salt), Parsley, Basil, Salt (Salt, Anti-caking Agent (554)), Mixed Herbs.

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg.



Caesar Salad

Nutritional Information



Servings per package: 1

Serving Size: 236 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2160 kJ (515 Cal)	913 kJ (218 Cal)
Protein	20.6 g	8.7 g
Fat, total	43.8 g	18.6 g
-saturated	14.1 g	6.0 g
Carbohydrate	10.3 g	4.4 g
-sugars	3.5 g	1.5 g
Sodium	1040 mg	442 mg

Ingredients: Lettuce, Streaky Bacon (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Caesar Dressing (**Fish, Fish, Soy**) (Canola Oil, **Egg** Yolk, Vinegar, Water, Parmesan Cheese (Contains **Milk**), Sugar, Red Wine Vinegar, Reconstituted Lemon Juice, Anchovies, Mustard Flour, Salt, Garlic, Pepper), Parmesan Cheese (**Milk**, Salt, Cultures, Enzyme (Non-animal Rennet), Anticaking Agent (460), Preservative (200)), Croutons (**Wheat** Flour, Yeast, Iodised Salt, Vinegar, Emulsifier (481), Vitamins (Thiamin, Folic Acid)), Seasoning (Cheese Powders (**Milk**) (Cheese Solids (**Milk**), **Milk** Solids, Salt, Maltodextrin, Vegetable Oil, Starter Culture, Enzyme, Emulsifiers (433, 471), Food Acids (262, 270)), Salt, **Milk** Solids, Dehydrated Vegetables, Herbs, Dextrose, Sugar, Yeast Extract, Vegetable Gum (415), Anticaking Agent (551), Natural Flavours, Spices).

Contains Gluten, Wheat, Egg, Fish, Milk, Soy.

May Contain Tree Nuts, Sesame.



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Capricciosa - Gluten Free Base**Nutritional Information**

Servings per package: 1

Serving Size: 595 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4740 kJ (1130 Cal)	797 kJ (190 Cal)
Protein	49.7 g	8.4 g
Fat, total	41.9 g	7.0 g
-saturated	14.9 g	2.5 g
Carbohydrate	130 g	21.9 g
-sugars	12.8 g	2.1 g
Sodium	3720 mg	626 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Sliced Ham (Pork, Water, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407), Natural Flavour, Wood Smoke), Mushroom, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Kalamata Olives (Kalamata Olives, Water, Sea Salt, Acetic Acid, Vinegar, Vegetable Oil), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parsley, Mixed Herbs.

Contains Milk.**May Contain Egg, Soy, Almond, Sesame.**

Capricciosa - Large Classico

Nutritional Information



Servings per package: 1

Serving Size: 678 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4940 kJ (1180 Cal)	729 kJ (174 Cal)
Protein	62.8 g	9.3 g
Fat, total	31.3 g	4.6 g
-saturated	13.7 g	2.0 g
Carbohydrate	151 g	22.3 g
-sugars	13.7 g	2.0 g
Sodium	4330 mg	638 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Sliced Ham (Pork, Water, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407), Natural Flavour, Wood Smoke), Mushroom, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Water, Kalamata Olives (Kalamata Olives, Water, Sea Salt, Acetic Acid, Vinegar, Vegetable Oil), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parsley, Dry Yeast (Yeast, Emulsifier (491)), Mixed Herbs.

Contains Gluten, Wheat, Milk.**May Contain Soy.**

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Capricciosa - Rustico

Nutritional Information



Servings per package: 1

Serving Size: 633 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4480 kJ (1070 Cal)	709 kJ (169 Cal)
Protein	59.4 g	9.4 g
Fat, total	30.8 g	4.9 g
-saturated	13.6 g	2.2 g
Carbohydrate	130 g	20.5 g
-sugars	12.7 g	2.0 g
Sodium	4080 mg	645 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Sliced Ham (Pork, Water, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407), Natural Flavour, Wood Smoke), Mushroom, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Kalamata Olives (Kalamata Olives, Water, Sea Salt, Acetic Acid, Vinegar, Vegetable Oil), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parsley, Dry Yeast (Yeast, Emulsifier (491)), Mixed Herbs.

Contains Gluten, Wheat, Milk.**May Contain Soy.**

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Capricciosa - Small

Nutritional Information
Servings per package: 1
Serving Size: 428 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	3050 kJ (730 Cal)	713 kJ (170 Cal)
Protein	40.8 g	9.5 g
Fat, total	21.3 g	5.0 g
-saturated	9.2 g	2.1 g
Carbohydrate	87.0 g	20.3 g
-sugars	8.7 g	2.0 g
Sodium	2890 mg	675 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Sliced Ham (Pork, Water, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407), Natural Flavour, Wood Smoke), Mushroom, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Kalamata Olives (Kalamata Olives, Water, Sea Salt, Acetic Acid, Vinegar, Vegetable Oil), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parsley, Dry Yeast (Yeast, Emulsifier (491)), Mixed Herbs.

Contains Gluten, Wheat, Milk.

May Contain Soy.



Chicken & Avocado - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 651 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5910 kJ (1410 Cal)	908 kJ (217 Cal)
Protein	82.7 g	12.7 g
Fat, total	59.7 g	9.2 g
-saturated	20.3 g	3.1 g
Carbohydrate	130 g	20.0 g
-sugars	12.8 g	2.0 g
Sodium	2790 mg	429 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Chicken (25%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Avocado (8%), Onion, Hollandaise Sauce (**Soy**) (Contains **Egg**, **Milk**), Rocket, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parmesan Cheese (Contains **Milk**), Black Pepper.

Contains Egg, Milk, Soy.

May Contain Almond, Sesame.



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Chicken & Avocado - Large Classico

Nutritional Information



Servings per package: 1

Serving Size: 734 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6110 kJ (1460 Cal)	833 kJ (199 Cal)
Protein	95.9 g	13.1 g
Fat, total	49.1 g	6.7 g
-saturated	19.1 g	2.6 g
Carbohydrate	151 g	20.6 g
-sugars	13.8 g	1.9 g
Sodium	3390 mg	463 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Chicken (25%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Avocado (8%), Onion, Water, Hollandaise Sauce (**Soy**) (Contains **Egg**, **Milk**), Rocket, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parmesan Cheese (Contains **Milk**), Dry Yeast (Yeast, Emulsifier (491)), Black Pepper.

Contains Gluten, Wheat, Egg, Milk, Soy.



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Chicken & Avocado - Rustico

Nutritional Information



Servings per package: 1

Serving Size: 689 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5650 kJ (1350 Cal)	821 kJ (196 Cal)
Protein	92.4 g	13.4 g
Fat, total	48.6 g	7.1 g
-saturated	19.1 g	2.8 g
Carbohydrate	129 g	18.8 g
-sugars	12.8 g	1.9 g
Sodium	3150 mg	457 mg

Ingredients: Chicken (26%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Avocado (9%), Onion, Hollandaise Sauce (**Soy**) (Contains **Egg**, **Milk**), Rocket, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parmesan Cheese (Contains **Milk**), Dry Yeast (Yeast, Emulsifier (491)), Black Pepper.

Contains Gluten, Wheat, Egg, Milk, Soy.



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Chicken & Avocado - Small

Nutritional Information



Servings per package: 1

Serving Size: 491 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4020 kJ (962 Cal)	819 kJ (196 Cal)
Protein	71.2 g	14.5 g
Fat, total	34.8 g	7.1 g
-saturated	13.8 g	2.8 g
Carbohydrate	86.7 g	17.6 g
-sugars	8.3 g	1.7 g
Sodium	2300 mg	469 mg

Ingredients: Chicken (31%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Avocado (9%), Hollandaise Sauce (**Soy**) (Contains **Egg**, **Milk**), Onion, Rocket, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parmesan Cheese (Contains **Milk**), Black Pepper, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk, Soy.



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Chicken Bites

Nutritional Information



Servings per package: 1

Serving Size: 250 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	1800 kJ (430 Cal)	720 kJ (172 Cal)
Protein	39.5 g	15.8 g
Fat, total	5.0 g	2.0 g
-saturated	1.5 g	0.6 g
Carbohydrate	54.0 g	21.6 g
-sugars	3.8 g	1.5 g
Sodium	1250 mg	500 mg

Ingredients: Karaage Chicken (Chicken Breast, Karaage Mix (Potato Starch, Breadcrumbs ((**Wheat** Flour (Added Thiamine & Folic Acid))), Iodised Salt, Dry Yeast, Water), Honey **Soy** Glaze (Sugar, Honey Powder, **Soy** Sauce Powder, Thickener (1422), Salt, Hydrolysed Vegetable Protein, Colour (150d), Spice, Food Acids (330, 331), **Sesame** Oil, Natural Flavour), Garlic Powder, Salt), Qld Brine (Salt, Sugar, Mineral Salts (450, 451, 452), Food Acid (262)), Rice Bran Oil, Rc Seasoning (Maltodextrin (Corn), Salt, Sugar, Natural Flavour, Hydrolysed Vegetable Protein (**Soy**), Anticaking Agent (551)), Carrageenan).

Contains Gluten, Wheat, Soy, Sesame.



Choc Brownie Bites

Nutritional Information



Servings per package: 1

Serving Size: 121 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	1920 kJ (459 Cal)	1590 kJ (379 Cal)
Protein	7.4 g	6.1 g
Fat, total	15.6 g	12.9 g
-saturated	9.2 g	7.6 g
Carbohydrate	70.8 g	58.5 g
-sugars	58.5 g	48.4 g
Sodium	261 mg	216 mg

Ingredients: Chocolate Brownie (Sugar White, Brown Sugar, Margarine (Vegetable Oils And Fats, Water, Salt, Emulsifiers (322 (**Soy** Derived), 471), Preservative (202), Natural Flavour, Acidity Regulator (330), Natural Colour (160a), Antioxidant (307b)), Plain **Wheat** Flour (Vitamins (Thiamine, Folate)), Whole **Egg**, Water, Cocoa Powder, Whey Protein Concentrate (**Milk**), Dusting Sugar (Dextrose, Maize Starch, Inter-esterified Palm Oil)), Chocolate Fudge Sauce (Sugar, Water, Dextrose, **Milk** Solids, Cocoa Powder, Vegetable Fat, Maltodextrin, Salt, Thickener (401) Preservative (202), Flavour, Emulsifiers (322 (**Soy**))), Icing Sugar (Sugar, Tapioca Or Maize Starch).

Contains Gluten, Wheat, Egg, Milk, Soy.

May Contain Peanut, Tree Nuts, Sesame.



Chocolate Mousse

Nutritional Information



Servings per package: 1

Serving Size: 95 g


	Average Quantity per Serving	Average Quantity Per 100g
Energy	1610 kJ (384 Cal)	1690 kJ (404 Cal)
Protein	2.9 g	3.1 g
Fat, total	32.3 g	34.0 g
-saturated	20.9 g	22.0 g
Carbohydrate	18.6 g	19.6 g
-sugars	18.1 g	19.0 g
Sodium	60 mg	63 mg

Ingredients: Chocolate Mousse (Thickened Cream (**Milk**, Thickeners (412, 407)), **Milk** And Dark Chocolate (Sugar, Cocoa Mass, **Milk** Solids, Cocoa Butter, Emulsifiers (**Soy** Lecithin, 476), Natural Flavours), Natural Flavours. Cocoa Solids (13%)).

Contains Milk, Soy.

May Contain Peanut, Tree Nuts.



Classic Garlic - Gluten Free Base		
Nutritional Information		
Servings per package: 1		
Serving Size: 268 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	3470 kJ (830 Cal)	1300 kJ (310 Cal)
Protein	23.8 g	8.9 g
Fat, total	26.5 g	9.9 g
-saturated	10.3 g	3.9 g
Carbohydrate	120 g	44.6 g
-sugars	6.2 g	2.3 g
Sodium	1400 mg	523 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)).

Contains Milk.

May Contain Egg, Almond, Sesame.

Classic Garlic Calzone

Nutritional Information
Servings per package: 1
Serving Size: 203 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	2070 kJ (495 Cal)	1020 kJ (244 Cal)
Protein	20.7 g	10.2 g
Fat, total	8.8 g	4.3 g
-saturated	5.0 g	2.5 g
Carbohydrate	79.8 g	39.4 g
-sugars	4.4 g	2.2 g
Sodium	1170 mg	579 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Water, Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.



Classic Garlic Flat Pizza Bread

Nutritional Information



Servings per package: 1

Serving Size: 221 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2330 kJ (558 Cal)	1060 kJ (253 Cal)
Protein	25.9 g	11.7 g
Fat, total	13.4 g	6.1 g
-saturated	8.2 g	3.7 g
Carbohydrate	79.8 g	36.2 g
-sugars	4.4 g	2.0 g
Sodium	1280 mg	582 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Water, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.



Fiery Sriracha Wings

Nutritional Information
Servings per package: 1
Serving Size: 372 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	3950 kJ (945 Cal)	1060 kJ (254 Cal)
Protein	67.8 g	18.2 g
Fat, total	66.7 g	17.9 g
-saturated	18.3 g	4.9 g
Carbohydrate	19.8 g	5.3 g
-sugars	9.3 g	2.5 g
Sodium	1560 mg	419 mg

Ingredients: Wings (Oven Roasted Chicken Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-caking Agent (551))), Sriracha Sauce (Red Chilli, Sugar, Garlic, Salt, Stabilizer (Xanthan Gum), Thickener (Modified Corn Starch), Acidity regulator (Acetic Acid), Natural Colour (Paprika Oleoresin), Water), Lemon, Shallots.

Garden Salad

Nutritional Information



Servings per package: 1

Serving Size: 355 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	378 kJ (90 Cal)	106 kJ (25 Cal)
Protein	4.0 g	1.1 g
Fat, total	0.6 g	0.2 g
-saturated	less than 0.1 g	less than 0.1 g
Carbohydrate	14.2 g	4.0 g
-sugars	12.3 g	3.5 g
Sodium	735 mg	207 mg

Ingredients: Mushroom, Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Lettuce, Tomato, Italian Dressing (Water, Vinegar, Sugar, Onion, Salt, Garlic, Food Acids (331, 330), Capsicum, Thickener (407), Pepper, Basil, Oregano, Rosemary, Marjoram, Rosemary), Onion.

May Contain Peanut.



Garlic & Fresh Rosemary - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 264 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	3390 kJ (810 Cal)	1280 kJ (307 Cal)
Protein	21.6 g	8.2 g
Fat, total	24.9 g	9.4 g
-saturated	9.1 g	3.4 g
Carbohydrate	120 g	45.4 g
-sugars	6.2 g	2.4 g
Sodium	1740 mg	661 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Mozzarella Cheese (15%) (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Rosemary, Salt.

Contains Milk.

May Contain Egg, Almond, Sesame.



Garlic & Fresh Rosemary Calzone

Nutritional Information



Servings per package: 1

Serving Size: 221 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2310 kJ (553 Cal)	1050 kJ (251 Cal)
Protein	25.0 g	11.3 g
Fat, total	12.9 g	5.9 g
-saturated	7.7 g	3.5 g
Carbohydrate	79.9 g	36.2 g
-sugars	4.5 g	2.0 g
Sodium	1650 mg	749 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Water, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Rosemary, Salt, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.



Garlic & Fresh Rosemary Flat Pizza Bread

Nutritional Information



Servings per package: 1

Serving Size: 221 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2310 kJ (553 Cal)	1050 kJ (251 Cal)
Protein	25.0 g	11.3 g
Fat, total	12.9 g	5.9 g
-saturated	7.7 g	3.5 g
Carbohydrate	79.9 g	36.2 g
-sugars	4.5 g	2.0 g
Sodium	1650 mg	749 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Mozzarella Cheese (20%) (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Water, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Rosemary, Salt, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.



Garlic Bread

Nutritional Information



Servings per package: 1

Serving Size: 170 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2140 kJ (512 Cal)	1260 kJ (301 Cal)
Protein	12.8 g	7.5 g
Fat, total	19.9 g	11.7 g
-saturated	7.6 g	4.5 g
Carbohydrate	68.0 g	40.0 g
-sugars	5.4 g	3.2 g
Sodium	989 mg	582 mg

Ingredients: Garlic Bread (Bread (**Wheat** Flour, Water, Baker's Yeast, Iodised Salt, Sugar, Vegetable Oil, Dextrose, Preservative (282), Emulsifiers (481, 472e), **Soy** Flour, Vitamins (Thiamin, Folate)), Margarine ((Vegetable Oil, Water, Salt, Emulsifiers (322 **Soy**, 471), Flavour, Antioxidant (307b From **Soy**), Acidity Regulator (330), Colour (160a)), Garlic (1.5%), Sugar, Parsley, Acidity Regulator (330)).

Contains Gluten, Wheat, Soy.

May Contain Sesame.



Garlic Prawn Pasta

Nutritional Information



Servings per package: 1

Serving Size: 508 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	3170 kJ (758 Cal)	624 kJ (149 Cal)
Protein	36.8 g	7.2 g
Fat, total	24.6 g	4.8 g
-saturated	4.6 g	0.9 g
Carbohydrate	93.4 g	18.4 g
-sugars	7.8 g	1.5 g
Sodium	916 mg	180 mg

Ingredients: Pasta (**Wheat**), Water, Prawn (**Crustacean**) (Prawn, Salt (E451, E452), Water), Tomato, Crushed Garlic (Garlic, Salt), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Lemon, Olive Oil, Shallots, Parmesan Cheese (Contains **Milk**), Parsley, Salt (Salt, Anti-caking Agent (554)), Mixed Herbs.

Contains Gluten, Wheat, Crustacean, Milk.

May Contain Egg, Soy.



Ham Solo - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 500 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4530 kJ (1080 Cal)	907 kJ (217 Cal)
Protein	50.0 g	10.0 g
Fat, total	35.2 g	7.0 g
-saturated	13.6 g	2.7 g
Carbohydrate	135 g	26.9 g
-sugars	19.1 g	3.8 g
Sodium	3540 mg	709 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Sliced Ham (25%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407), Natural Flavour, Wood Smoke), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Parsley.

Contains Milk.

May Contain Egg, Soy, Almond, Sesame.



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Ham Solo - Large Classico

Nutritional Information



Servings per package: 1

Serving Size: 582 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4730 kJ (1130 Cal)	813 kJ (194 Cal)
Protein	63.2 g	10.9 g
Fat, total	24.6 g	4.2 g
-saturated	12.4 g	2.1 g
Carbohydrate	156 g	26.7 g
-sugars	20.0 g	3.4 g
Sodium	4140 mg	711 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Sliced Ham (24%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407), Natural Flavour, Wood Smoke), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Water, Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Parsley, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

May Contain Soy.



Ham Solo - Rustico

Nutritional Information



Servings per package: 1

Serving Size: 537 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4280 kJ (1020 Cal)	796 kJ (190 Cal)
Protein	59.7 g	11.1 g
Fat, total	24.1 g	4.5 g
-saturated	12.4 g	2.3 g
Carbohydrate	134 g	24.9 g
-sugars	19.0 g	3.5 g
Sodium	3890 mg	725 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Sliced Ham (26%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407), Natural Flavour, Wood Smoke), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Water, Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Parsley, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

May Contain Soy.



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Ham Solo - Small

Nutritional Information



Servings per package: 1

Serving Size: 361 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2870 kJ (685 Cal)	795 kJ (190 Cal)
Protein	40.0 g	11.1 g
Fat, total	16.1 g	4.5 g
-saturated	8.2 g	2.3 g
Carbohydrate	89.9 g	24.9 g
-sugars	13.2 g	3.7 g
Sodium	2630 mg	730 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Sliced Ham (26%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407), Natural Flavour, Wood Smoke), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Water, Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Parsley, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

May Contain Soy.



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Hot Honey Chicken - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 536 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6100 kJ (1460 Cal)	1140 kJ (272 Cal)
Protein	67.7 g	12.6 g
Fat, total	60.0 g	11.2 g
-saturated	16.5 g	3.1 g
Carbohydrate	158 g	29.5 g
-sugars	40.8 g	7.6 g
Sodium	2800 mg	524 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Chicken (23%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Burger Sauce (Canola Oil, Pasteurised Whole **Egg**, White Vinegar, tomato Sauce (5%) (Concentrated Tomatoes, Sugar, salt, Food Acids (Acetic Acid, Citric Acid), Natural flavours), Dill Cucumbers (3%) [Dill Cucumbers Vinegar, Salt, Mineral Salt (509), Flavours, Colour (101)], Sugar, Salt, Garlic Powder, Mustard Powder, Paprika, Cayenne Pepper), Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Honey, Shallots, Sriracha Sauce (Red Chilli, Sugar, Garlic, Salt, Stabilizer (Xanthan Gum), Thickener (Modified Corn Starch), Acidity regulator (Acetic Acid), Natural Colour (Paprika Oleoresin), Water), Chilli Flakes, Smokehouse Seasoning (Spices, Salt, Sugar, Vegetable Powders, Rice Cereal, Natural Smoke Flavour, Yeast Extract, Anti-caking Agent (551), Canola Oil, Colour (150d), Acidity Regulator (262)).

Contains Egg, Milk.

May Contain Soy, Almond, Sesame.



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Hot Honey Chicken - Large Classico

Nutritional Information



Servings per package: 1

Serving Size: 618 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6300 kJ (1500 Cal)	1020 kJ (243 Cal)
Protein	80.8 g	13.1 g
Fat, total	49.4 g	8.0 g
-saturated	15.3 g	2.5 g
Carbohydrate	179 g	28.9 g
-sugars	41.7 g	6.7 g
Sodium	3410 mg	551 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Chicken (22%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Water, Caramelised Onion (Onion, Brown Sugar, Canola Oil), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Burger Sauce (Canola Oil, Pasteurised Whole **Egg**, White Vinegar, tomato Sauce (5%) (Concentrated Tomatoes, Sugar, salt, Food Acids (Acetic Acid, Citric Acid), Natural flavours), Dill Cucumbers (3%) [Dill Cucumbers Vinegar, Salt, Mineral Salt (509), Flavours, Colour (101)], Sugar, Salt, Garlic Powder, Mustard Powder, Paprika, Cayenne Pepper), Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Honey, Shallots, Sriracha Sauce (Red Chilli, Sugar, Garlic, Salt, Stabilizer (Xanthan Gum), Thickener (Modified Corn Starch), Acidity regulator (Acetic Acid), Natural Colour (Paprika Oleoresin), Water), Dry Yeast (Yeast, Emulsifier (491)), Chilli Flakes, Smokehouse Seasoning (Spices, Salt, Sugar, Vegetable Powders, Rice Cereal, Natural Smoke Flavour, Yeast Extract, Anti-caking Agent (551), Canola Oil, Colour (150d), Acidity Regulator (262)).

Contains Gluten, Wheat, Egg, Milk.

May Contain Soy.



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Hot Honey Chicken - Rustico

Nutritional Information



Servings per package: 1

Serving Size: 573 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5840 kJ (1400 Cal)	1020 kJ (244 Cal)
Protein	77.3 g	13.5 g
Fat, total	48.9 g	8.5 g
-saturated	15.3 g	2.7 g
Carbohydrate	157 g	27.4 g
-sugars	40.8 g	7.1 g
Sodium	3160 mg	551 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Chicken (24%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Water, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Burger Sauce (Canola Oil, Pasteurised Whole **Egg**, White Vinegar, tomato Sauce (5%) (Concentrated Tomatoes, Sugar, salt, Food Acids (Acetic Acid, Citric Acid), Natural flavours), Dill Cucumbers (3%) [Dill Cucumbers Vinegar, Salt, Mineral Salt (509), Flavours, Colour (101)], Sugar, Salt, Garlic Powder, Mustard Powder, Paprika, Cayenne Pepper), Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Honey, Shallots, Sriracha Sauce (Red Chilli, Sugar, Garlic, Salt, Stabilizer (Xanthan Gum), Thickener (Modified Corn Starch), Acidity regulator (Acetic Acid), Natural Colour (Paprika Oleoresin), Water), Dry Yeast (Yeast, Emulsifier (491)), Chilli Flakes, Smokehouse Seasoning (Spices, Salt, Sugar, Vegetable Powders, Rice Cereal, Natural Smoke Flavour, Yeast Extract, Anti-caking Agent (551), Canola Oil, Colour (150d), Acidity Regulator (262)).

Contains Gluten, Wheat, Egg, Milk.

May Contain Soy.



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Hot Honey Chicken - Small

Nutritional Information



Servings per package: 1

Serving Size: 378 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	3910 kJ (935 Cal)	1030 kJ (247 Cal)
Protein	54.1 g	14.3 g
Fat, total	32.6 g	8.6 g
-saturated	10.2 g	2.7 g
Carbohydrate	104 g	27.4 g
-sugars	26.1 g	6.9 g
Sodium	2120 mg	561 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Chicken (26%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Water, Caramelised Onion (Onion, Brown Sugar, Canola Oil), Burger Sauce (Canola Oil, Pasteurised Whole **Egg**, White Vinegar, tomato Sauce (5%) (Concentrated Tomatoes, Sugar, salt, Food Acids (Acetic Acid, Citric Acid), Natural flavours), Dill Cucumbers (3%) [Dill Cucumbers Vinegar, Salt, Mineral Salt (509), Flavours, Colour (101)], Sugar, Salt, Garlic Powder, Mustard Powder, Paprika, Cayenne Pepper), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Honey, Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Shallots, Sriracha Sauce (Red Chilli, Sugar, Garlic, Salt, Stabilizer (Xanthan Gum), Thickener (Modified Corn Starch), Acidity regulator (Acetic Acid), Natural Colour (Paprika Oleoresin), Water), Smokehouse Seasoning (Spices, Salt, Sugar, Vegetable Powders, Rice Cereal, Natural Smoke Flavour, Yeast Extract, Anti-caking Agent (551), Canola Oil, Colour (150d), Acidity Regulator (262)), Dry Yeast (Yeast, Emulsifier (491)), Chilli Flakes.

Contains Gluten, Wheat, Egg, Milk.

May Contain Soy.



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Italian Connection - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 627 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4780 kJ (1140 Cal)	762 kJ (182 Cal)
Protein	41.1 g	6.5 g
Fat, total	44.0 g	7.0 g
-saturated	17.6 g	2.8 g
Carbohydrate	136 g	21.6 g
-sugars	18.8 g	3.0 g
Sodium	2690 mg	429 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Tomato, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Pepperoni (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Onion, Kalamata Olives, Basil, Rocket, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Balsamic Vinegar Glaze (Grape Must, Balsamic Vinegar (Wine Vinegar, Grape Must, Colour (150d), Antioxidant (Sulphur Dioxide (**Sulphites**))), Wine Vinegar, Colour (150d), Thickeners (1422), Stabiliser (415)), Balsamic Vinegar (Contains **Sulphites**), Parmesan Cheese (Contains **Milk**), Parsley, Mixed Herbs.

Contains Milk, Sulphites.**May Contain Egg, Soy, Tree Nuts, Almond, Sesame.**

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Italian Connection - Large Classico

Nutritional Information



Servings per package: 1

Serving Size: 710 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4980 kJ (1190 Cal)	701 kJ (168 Cal)
Protein	54.2 g	7.6 g
Fat, total	33.5 g	4.7 g
-saturated	16.4 g	2.3 g
Carbohydrate	157 g	22.1 g
-sugars	19.7 g	2.8 g
Sodium	3290 mg	464 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Tomato, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Water, Pepperoni (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Onion, Kalamata Olives, Basil, Rocket, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Balsamic Vinegar Glaze (Grape Must, Balsamic Vinegar (Wine Vinegar, Grape Must, Colour (150d), Antioxidant (Sulphur Dioxide (**Sulphites**))), Wine Vinegar, Colour (150d), Thickeners (1422), Stabiliser (415)), Balsamic Vinegar (Contains **Sulphites**), Parmesan Cheese (Contains **Milk**), Parsley, Dry Yeast (Yeast, Emulsifier (491)), Mixed Herbs.

Contains Gluten, Wheat, Milk, Sulphites.**May Contain Soy, Tree Nuts.**

Italian Connection - Rustico

Nutritional Information



Servings per package: 1

Serving Size: 665 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4520 kJ (1080 Cal)	680 kJ (163 Cal)
Protein	50.7 g	7.6 g
Fat, total	33.0 g	5.0 g
-saturated	16.3 g	2.5 g
Carbohydrate	135 g	20.3 g
-sugars	18.8 g	2.8 g
Sodium	3040 mg	458 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Tomato, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Pepperoni (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Onion, Kalamata Olives, Basil, Rocket, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Balsamic Vinegar Glaze (Grape Must, Balsamic Vinegar (Wine Vinegar, Grape Must, Colour (150d), Antioxidant (Sulphur Dioxide (**Sulphites**))), Wine Vinegar, Colour (150d), Thickeners (1422), Stabiliser (415)), Balsamic Vinegar (Contains **Sulphites**), Parmesan Cheese (Contains **Milk**), Parsley, Dry Yeast (Yeast, Emulsifier (491)), Mixed Herbs.

Contains Gluten, Wheat, Milk, Sulphites.**May Contain Soy, Tree Nuts.**

Italian Connection - Small

Nutritional Information



Servings per package: 1

Serving Size: 464 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	3040 kJ (725 Cal)	654 kJ (156 Cal)
Protein	33.7 g	7.3 g
Fat, total	22.0 g	4.7 g
-saturated	10.8 g	2.3 g
Carbohydrate	90.9 g	19.6 g
-sugars	13.1 g	2.8 g
Sodium	2040 mg	440 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Tomato, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Pepperoni (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Kalamata Olives, Onion, Basil, Rocket, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Balsamic Vinegar Glaze (Grape Must, Balsamic Vinegar (Wine Vinegar, Grape Must, Colour (150d), Antioxidant (Sulphur Dioxide (**Sulphites**))), Wine Vinegar, Colour (150d), Thickeners (1422), Stabiliser (415)), Balsamic Vinegar (Contains **Sulphites**), Parmesan Cheese (Contains **Milk**), Parsley, Dry Yeast (Yeast, Emulsifier (491)), Mixed Herbs.

Contains Gluten, Wheat, Milk, Sulphites.

May Contain Soy, Tree Nuts.



Karaage Chicken - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 588 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6390 kJ (1530 Cal)	1090 kJ (260 Cal)
Protein	54.8 g	9.3 g
Fat, total	66.4 g	11.3 g
-saturated	19.3 g	3.3 g
Carbohydrate	169 g	28.8 g
-sugars	21.8 g	3.7 g
Sodium	2700 mg	459 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Karaage Chicken (23%) (Chicken Breast, Karaage Mix (Potato Starch, Breadcrumbs ((**Wheat** Flour (Added Thiamine & Folic Acid))), Iodised Salt, Dry Yeast, Water), Honey **Soy** Glaze (Sugar, Honey Powder, **Soy** Sauce Powder, Thickener (1422), Salt, Hydrolysed Vegetable Protein, Colour (150d), Spice, Food Acids (330, 331), **Sesame** Oil, Natural Flavour), Garlic Powder, Salt), Qld Brine (Salt, Sugar, Mineral Salts (450, 451, 452), Food Acid (262)), Rice Bran Oil, Rc Seasoning (Maltodextrin (Corn), Salt, Sugar, Natural Flavour, Hydrolysed Vegetable Protein (**Soy**), Anticaking Agent (551)), Carrageenan), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Avocado, Kewpie Mayonnaise (**Soybean** Oil, **Egg** Yolk, Distilled Vinegar, Salt, Rice Vinegar, Water, Flavour Enhancer (Monosodium Glutamate), Spices, Antioxidant), Tomato, Lemon, Onion, Shallots, Sweet **Soy** Sauce (Palm Sugar, Sugar, **Soy** Extract (Water, Salt, **Soybean**, **Wheat**), Water, Salt, Colour (150a), Preservatives (211, 223), Acidity Regulator (330), Stabiliser (415)).

Contains Gluten, Wheat, Egg, Milk, Soy, Sesame.

May Contain Almond.



Karaage Chicken - Large Classico

Nutritional Information



Servings per package: 1

Serving Size: 671 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6590 kJ (1580 Cal)	983 kJ (235 Cal)
Protein	68.0 g	10.1 g
Fat, total	55.8 g	8.3 g
-saturated	18.1 g	2.7 g
Carbohydrate	190 g	28.4 g
-sugars	22.7 g	3.4 g
Sodium	3300 mg	492 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Karaage Chicken (22%) (Chicken Breast, Karaage Mix (Potato Starch, Breadcrumbs ((**Wheat** Flour (Added Thiamine & Folic Acid)), Iodised Salt, Dry Yeast, Water), Honey **Soy** Glaze (Sugar, Honey Powder, **Soy** Sauce Powder, Thickener (1422), Salt, Hydrolysed Vegetable Protein, Colour (150d), Spice, Food Acids (330, 331), **Sesame** Oil, Natural Flavour), Garlic Powder, Salt), Qld Brine (Salt, Sugar, Mineral Salts (450, 451, 452), Food Acid (262)), Rice Bran Oil, Rc Seasoning (Maltodextrin (Corn), Salt, Sugar, Natural Flavour, Hydrolysed Vegetable Protein (**Soy**), Anticaking Agent (551)), Carrageenan), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Avocado, Water, Kewpie Mayonnaise (**Soybean** Oil, **Egg** Yolk, Distilled Vinegar, Salt, Rice Vinegar, Water, Flavour Enhancer (Monosodium Glutamate), Spices, Antioxidant), Tomato, Lemon, Onion, Shallots, Sweet **Soy** Sauce (Palm Sugar, Sugar, **Soy** Extract (Water, Salt, **Soybean**, **Wheat**), Water, Salt, Colour (150a), Preservatives (211, 223), Acidity Regulator (330), Stabiliser (415)), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk, Soy, Sesame.



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Karaage Chicken - Rustico

Nutritional Information

Servings per package: 1

Serving Size: 626 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6140 kJ (1470 Cal)	981 kJ (235 Cal)
Protein	64.5 g	10.3 g
Fat, total	55.3 g	8.8 g
-saturated	18.1 g	2.9 g
Carbohydrate	169 g	27.0 g
-sugars	21.7 g	3.5 g
Sodium	3050 mg	488 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Karaage Chicken (24%) (Chicken Breast, Karaage Mix (Potato Starch, Breadcrumbs ((**Wheat** Flour (Added Thiamine & Folic Acid)), Iodised Salt, Dry Yeast, Water), Honey **Soy** Glaze (Sugar, Honey Powder, **Soy** Sauce Powder, Thickener (1422), Salt, Hydrolysed Vegetable Protein, Colour (150d), Spice, Food Acids (330, 331), **Sesame** Oil, Natural Flavour), Garlic Powder, Salt), Qld Brine (Salt, Sugar, Mineral Salts (450, 451, 452), Food Acid (262)), Rice Bran Oil, Rc Seasoning (Maltodextrin (Corn), Salt, Sugar, Natural Flavour, Hydrolysed Vegetable Protein (**Soy**), Anticaking Agent (551)), Carrageenan), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Avocado, Kewpie Mayonnaise (**Soybean** Oil, **Egg** Yolk, Distilled Vinegar, Salt, Rice Vinegar, Water, Flavour Enhancer (Monosodium Glutamate), Spices, Antioxidant), Tomato, Lemon, Onion, Shallots, Sweet **Soy** Sauce (Palm Sugar, Sugar, **Soy** Extract (Water, Salt, **Soybean**, **Wheat**), Water, Salt, Colour (150a), Preservatives (211, 223), Acidity Regulator (330), Stabiliser (415)), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk, Soy, Sesame.



Karaage Chicken - Small

Nutritional Information
Servings per package: 1
Serving Size: 437 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	4390 kJ (1050 Cal)	1010 kJ (240 Cal)
Protein	43.3 g	9.9 g
Fat, total	45.6 g	10.4 g
-saturated	13.4 g	3.1 g
Carbohydrate	110 g	25.2 g
-sugars	13.0 g	3.0 g
Sodium	2050 mg	470 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Karaage Chicken (23%) (Chicken Breast, Karaage Mix (Potato Starch, Breadcrumbs ((**Wheat** Flour (Added Thiamine & Folic Acid)), Iodised Salt, Dry Yeast, Water), Honey **Soy** Glaze (Sugar, Honey Powder, **Soy** Sauce Powder, Thickener (1422), Salt, Hydrolysed Vegetable Protein, Colour (150d), Spice, Food Acids (330, 331), **Sesame** Oil, Natural Flavour), Garlic Powder, Salt), Qld Brine (Salt, Sugar, Mineral Salts (450, 451, 452), Food Acid (262)), Rice Bran Oil, Rc Seasoning (Maltodextrin (Corn), Salt, Sugar, Natural Flavour, Hydrolysed Vegetable Protein (**Soy**), Anticaking Agent (551)), Carrageenan), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Avocado, Kewpie Mayonnaise (**Soybean** Oil, **Egg** Yolk, Distilled Vinegar, Salt, Rice Vinegar, Water, Flavour Enhancer (Monosodium Glutamate), Spices, Antioxidant), Lemon, Tomato, Onion, Shallots, Sweet **Soy** Sauce (Palm Sugar, Sugar, **Soy** Extract (Water, Salt, **Soybean**, **Wheat**), Water, Salt, Colour (150a), Preservatives (211, 223), Acidity Regulator (330), Stabiliser (415)), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk, Soy, Sesame.



Karaage NOT Chick'n - Large Classico

Nutritional Information



Servings per package: 1

Serving Size: 644 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	7120 kJ (1700 Cal)	1110 kJ (264 Cal)
Protein	65.5 g	10.2 g
Fat, total	66.6 g	10.3 g
-saturated	19.6 g	3.1 g
Carbohydrate	201 g	31.3 g
-sugars	33.9 g	5.3 g
Sodium	3690 mg	574 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Popcorn Chick'n (16%) (**Wheat** Flour, Gluten, Water, **Soy**, Vegetable Oil, Salt, rice Flour, Flavour Enhancer (Monosodium Glutamate), Dextrose, Cornflour, Hydrolysed Vegetable Protein, Nutritional Yeast, White Vinegar, Sugar, Spices, Thyme, Basil, Oregano), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet))), Anticaking Agent (460), Preservative (200)), Avocado, Water, Sweet **Soy** Sauce (Palm Sugar, Sugar, **Soy** Extract (Water, Salt, **Soybean**, **Wheat**), Water, Salt, Colour (150a), Preservatives (211, 223), Acidity Regulator (330), Stabiliser (415)), Kewpie Mayonnaise (**Soybean** Oil, **Egg** Yolk, Distilled Vinegar, Salt, Rice Vinegar, Water, Flavour Enhancer (Monosodium Glutamate), Spices, Antioxidant), Tomato, Lemon, Onion, Shallots, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk, Soy.**May Contain Tree Nuts, Sesame.**

Karaage NOT Chick'n - Rustico

Nutritional Information



Servings per package: 1

Serving Size: 599 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6660 kJ (1590 Cal)	1110 kJ (266 Cal)
Protein	62.1 g	10.4 g
Fat, total	66.1 g	11.0 g
-saturated	19.6 g	3.3 g
Carbohydrate	180 g	30.0 g
-sugars	32.9 g	5.5 g
Sodium	3440 mg	575 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Popcorn Chick'n (17%) (**Wheat** Flour, Gluten, Water, **Soy**, Vegetable Oil, Salt, rice Flour, Flavour Enhancer (Monosodium Glutamate), Dextrose, Cornflour, Hydrolysed Vegetable Protein, Nutritional Yeast, White Vinegar, Sugar, Spices, Thyme, Basil, Oregano), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet))), Anticaking Agent (460), Preservative (200)), Avocado, Sweet **Soy** Sauce (Palm Sugar, Sugar, **Soy** Extract (Water, Salt, **Soybean**, **Wheat**), Water, Salt, Colour (150a), Preservatives (211, 223), Acidity Regulator (330), Stabiliser (415)), Water, Kewpie Mayonnaise (**Soybean** Oil, **Egg** Yolk, Distilled Vinegar, Salt, Rice Vinegar, Water, Flavour Enhancer (Monosodium Glutamate), Spices, Antioxidant), Tomato, Lemon, Onion, Shallots, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk, Soy.

May Contain Tree Nuts, Sesame.



Karaage NOT Chick'n - Small

Nutritional Information



Servings per package: 1

Serving Size: 410 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4500 kJ (1080 Cal)	1100 kJ (263 Cal)
Protein	41.2 g	10.1 g
Fat, total	44.5 g	10.9 g
-saturated	13.1 g	3.2 g
Carbohydrate	122 g	29.8 g
-sugars	23.9 g	5.8 g
Sodium	2340 mg	571 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Popcorn Chick'n (16%) (**Wheat** Flour, Gluten, Water, **Soy**, Vegetable Oil, Salt, rice Flour, Flavour Enhancer (Monosodium Glutamate), Dextrose, Cornflour, Hydrolysed Vegetable Protein, Nutritional Yeast, White Vinegar, Sugar, Spices, Thyme, Basil, Oregano), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet))), Anticaking Agent (460), Preservative (200)), Avocado, Sweet **Soy** Sauce (Palm Sugar, Sugar, **Soy** Extract (Water, Salt, **Soybean**, **Wheat**), Water, Salt, Colour (150a), Preservatives (211, 223), Acidity Regulator (330), Stabiliser (415)), Water, Kewpie Mayonnaise (**Soybean** Oil, **Egg** Yolk, Distilled Vinegar, Salt, Rice Vinegar, Water, Flavour Enhancer (Monosodium Glutamate), Spices, Antioxidant), Lemon, Onion, Shallots, Tomato, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk, Soy.**May Contain Tree Nuts, Sesame.**

Kids Cheesy Grin - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 340 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4000 kJ (955 Cal)	1180 kJ (281 Cal)
Protein	33.6 g	9.9 g
Fat, total	35.0 g	10.3 g
-saturated	16.0 g	4.7 g
Carbohydrate	121 g	35.7 g
-sugars	8.5 g	2.5 g
Sodium	1620 mg	476 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Mozzarella Cheese (24%) (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion).

Contains Milk.

May Contain Egg, Almond, Sesame.



Kids Cheesy Grin

Nutritional Information
Servings per package: 1
Serving Size: 279 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	2890 kJ (691 Cal)	1040 kJ (248 Cal)
Protein	36.6 g	13.1 g
Fat, total	23.0 g	8.2 g
-saturated	14.6 g	5.2 g
Carbohydrate	80.4 g	28.8 g
-sugars	5.6 g	2.0 g
Sodium	1480 mg	531 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Mozzarella Cheese (32%) (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Water, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.



Kids Chicken & Cheese - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 394 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4090 kJ (977 Cal)	1040 kJ (248 Cal)
Protein	50.4 g	12.8 g
Fat, total	29.8 g	7.6 g
-saturated	11.7 g	3.0 g
Carbohydrate	123 g	31.1 g
-sugars	8.5 g	2.2 g
Sodium	1940 mg	492 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Chicken (21%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Mozzarella Cheese (14%) (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion).

Contains Milk.**May Contain Egg, Soy, Almond, Sesame.**

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Kids Chicken & Cheese

Nutritional Information
Servings per package: 1
Serving Size: 306 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	2660 kJ (636 Cal)	870 kJ (208 Cal)
Protein	45.5 g	14.9 g
Fat, total	12.9 g	4.2 g
-saturated	7.1 g	2.3 g
Carbohydrate	81.7 g	26.7 g
-sugars	5.6 g	1.8 g
Sodium	1640 mg	535 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Chicken (26%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Mozzarella Cheese (13%) (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Water, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

May Contain Egg, Soy.



Kids Ham & Cheese - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 417 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4240 kJ (1010 Cal)	1020 kJ (243 Cal)
Protein	44.4 g	10.6 g
Fat, total	35.1 g	8.4 g
-saturated	14.4 g	3.4 g
Carbohydrate	124 g	29.9 g
-sugars	10.3 g	2.5 g
Sodium	2720 mg	653 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Sliced Ham (21%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407), Natural Flavour, Wood Smoke), Mozzarella Cheese (17%) (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion).

Contains Milk.**May Contain Egg, Soy, Almond, Sesame.**

Kids Ham & Cheese

Nutritional Information



Servings per package: 1

Serving Size: 320 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2930 kJ (700 Cal)	917 kJ (219 Cal)
Protein	41.2 g	12.9 g
Fat, total	21.0 g	6.6 g
-saturated	12.2 g	3.8 g
Carbohydrate	82.4 g	25.8 g
-sugars	6.8 g	2.1 g
Sodium	2130 mg	667 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Mozzarella Cheese (23%) (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Sliced Ham (19%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407), Natural Flavour, Wood Smoke), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Water, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

May Contain Soy.



Kids Ham & Pineapple - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 462 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4230 kJ (1010 Cal)	915 kJ (219 Cal)
Protein	39.2 g	8.5 g
Fat, total	30.4 g	6.6 g
-saturated	11.2 g	2.4 g
Carbohydrate	139 g	30.1 g
-sugars	24.3 g	5.3 g
Sodium	2610 mg	566 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Sliced Ham (19%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407), Natural Flavour, Wood Smoke), Canned Pineapple (14%) (Pineapple, Water, Sugar, Citric Acid), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion).

Contains Milk.

May Contain Egg, Soy, Almond, Sesame.



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Kids Ham & Pineapple

Nutritional Information
Servings per package: 1
Serving Size: 356 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	2740 kJ (655 Cal)	771 kJ (184 Cal)
Protein	34.2 g	9.6 g
Fat, total	13.2 g	3.7 g
-saturated	6.6 g	1.9 g
Carbohydrate	95.5 g	26.9 g
-sugars	19.1 g	5.4 g
Sodium	2120 mg	597 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Sliced Ham (21%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407), Natural Flavour, Wood Smoke), Canned Pineapple (17%) (Pineapple, Water, Sugar, Citric Acid), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet))), Anticaking Agent (460), Preservative (200)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Water, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

May Contain Soy.



Margherita - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 590 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5480 kJ (1310 Cal)	929 kJ (222 Cal)
Protein	62.0 g	10.5 g
Fat, total	58.0 g	9.8 g
-saturated	31.7 g	5.4 g
Carbohydrate	128 g	21.7 g
-sugars	13.7 g	2.3 g
Sodium	2360 mg	400 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Tomato, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Bocconcini (**Milk**, Salt, Food Acid (330), Rennet (Non Animal)), Parmesan Cheese (Contains **Milk**), Basil, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Balsamic Vinegar (Contains **Sulphites**), Parsley, Mixed Herbs.

Contains Milk, Sulphites.

May Contain Egg, Almond, Sesame.



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Margherita - Large Classico

Nutritional Information

Servings per package: 1

Serving Size: 673 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5680 kJ (1360 Cal)	844 kJ (202 Cal)
Protein	75.1 g	11.2 g
Fat, total	47.4 g	7.0 g
-saturated	30.5 g	4.5 g
Carbohydrate	149 g	22.2 g
-sugars	14.6 g	2.2 g
Sodium	2960 mg	440 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Tomato, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Water, Bocconcini (**Milk**, Salt, Food Acid (330), Rennet (Non Animal)), Parmesan Cheese (Contains **Milk**), Basil, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Balsamic Vinegar (Contains **Sulphites**), Parsley, Dry Yeast (Yeast, Emulsifier (491)), Mixed Herbs.

Contains Gluten, Wheat, Milk, Sulphites.



Margherita - Rustico

Nutritional Information



Servings per package: 1

Serving Size: 628 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5230 kJ (1250 Cal)	832 kJ (199 Cal)
Protein	71.6 g	11.4 g
Fat, total	47.0 g	7.5 g
-saturated	30.5 g	4.9 g
Carbohydrate	127 g	20.3 g
-sugars	13.6 g	2.2 g
Sodium	2710 mg	432 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Tomato, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Bocconcini (**Milk**, Salt, Food Acid (330), Rennet (Non Animal)), Parmesan Cheese (Contains **Milk**), Basil, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Balsamic Vinegar (Contains **Sulphites**), Parsley, Dry Yeast (Yeast, Emulsifier (491)), Mixed Herbs.

Contains Gluten, Wheat, Milk, Sulphites.



Margherita - Small

Nutritional Information
Servings per package: 1
Serving Size: 410 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	3340 kJ (798 Cal)	814 kJ (194 Cal)
Protein	44.7 g	10.9 g
Fat, total	28.8 g	7.0 g
-saturated	18.5 g	4.5 g
Carbohydrate	84.8 g	20.7 g
-sugars	9.1 g	2.2 g
Sodium	1730 mg	422 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Tomato, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Bocconcini (**Milk**, Salt, Food Acid (330), Rennet (Non Animal)), Water, Parmesan Cheese (Contains **Milk**), Basil, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Balsamic Vinegar (Contains **Sulphites**), Parsley, Dry Yeast (Yeast, Emulsifier (491)), Mixed Herbs.

Contains Gluten, Wheat, Milk, Sulphites.



Meat The Devil Deluxe - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 652 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	7420 kJ (1770 Cal)	1140 kJ (272 Cal)
Protein	82.5 g	12.7 g
Fat, total	88.5 g	13.6 g
-saturated	35.6 g	5.5 g
Carbohydrate	158 g	24.2 g
-sugars	36.7 g	5.6 g
Sodium	4150 mg	637 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Marinated Beef (15%) (Beef, Marinade (Water, Garlic, Modified Starch (1442), **Soy** Protein, Maltodextrin, Salt, Acidity Regulator (451), Onion, Yeast Extract)), Streaky Bacon (12%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Chorizo (6%) (**Milk**) (Meat Including Pork, Water Salt, Herb And Spices, Dextrose (Tapioca, Maize), Emulsifier (451), Maltodextrin (Maize), Antioxidants (316, 307b), Sugar, Spice Extract, Sodium Nitrite (250), Dehydrated Vegetable, Vegetable Extract, Natural Casing), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Beef Bolognaise (4%) (Beef, Tomato Paste, Vegetables, Tomato, Garlic, Beef Flavour (Colour (150c), Hydrolysed Vegetable Protein), Textured Vegetable Protein (**Soy**), Sugar, Vinegar, Spice Emulsion (Colour (160c), Acidity Regulators (260, 330), Thickener (415), Preservatives (211, 202)), Herbs & Spices, Vegetable Gum (466), Modified Starch (1422), Citrus Fibre), Jalapenos (Jalapeno Peppers, Water, Salt, Acetic Acid Calcium Chloride (Tbc)), Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Shallots, Sugar, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Chilli Flakes, Salt (Salt, Anti-caking Agent (554)), Black Pepper.

Contains Milk, Soy.**May Contain Egg, Almond, Sesame.**

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Meat The Devil Deluxe - Large Classico

Nutritional Information



Servings per package: 1

Serving Size: 734 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	7620 kJ (1820 Cal)	1040 kJ (248 Cal)
Protein	95.6 g	13.0 g
Fat, total	77.9 g	10.6 g
-saturated	34.4 g	4.7 g
Carbohydrate	179 g	24.3 g
-sugars	37.6 g	5.1 g
Sodium	4750 mg	647 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Marinated Beef (15%) (Beef, Marinade (Water, Garlic, Modified Starch (1442), **Soy** Protein, Maltodextrin, Salt, Acidity Regulator (451), Onion, Yeast Extract)), Streaky Bacon (12%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Chorizo (5%) (**Milk**) (Meat Including Pork, Water Salt, Herb And Spices, Dextrose (Tapioca, Maize), Emulsifier (451), Maltodextrin (Maize), Antioxidants (316, 307b), Sugar, Spice Extract, Sodium Nitrite (250), Dehydrated Vegetable, Vegetable Extract, Natural Casing), Water, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Beef Bolognaise (4%) (Beef, Tomato Paste, Vegetables, Tomato, Garlic, Beef Flavour (Colour (150c), Hydrolysed Vegetable Protein), Textured Vegetable Protein (**Soy**), Sugar, Vinegar, Spice Emulsion (Colour (160c), Acidity Regulators (260, 330), Thickener (415), Preservatives (211, 202)), Herbs & Spices, Vegetable Gum (466), Modified Starch (1422), Citrus Fibre), Jalapenos (Jalapeno Peppers, Water, Salt, Acetic Acid Calcium Chloride (Tbc)), Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Shallots, Sugar, Dry Yeast (Yeast, Emulsifier (491)), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Chilli Flakes, Salt (Salt, Anti-caking Agent (554)), Black Pepper.

Contains Gluten, Wheat, Milk, Soy.**May Contain Egg.**

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Meat The Devil Deluxe - Rustico

Nutritional Information



Servings per package: 1

Serving Size: 689 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	7160 kJ (1710 Cal)	1040 kJ (248 Cal)
Protein	92.2 g	13.4 g
Fat, total	77.4 g	11.2 g
-saturated	34.3 g	5.0 g
Carbohydrate	157 g	22.7 g
-sugars	36.6 g	5.3 g
Sodium	4500 mg	653 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Marinated Beef (16%) (Beef, Marinade (Water, Garlic, Modified Starch (1442), **Soy** Protein, Maltodextrin, Salt, Acidity Regulator (451), Onion, Yeast Extract)), Streaky Bacon (13%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Chorizo (6%) (**Milk**) (Meat Including Pork, Water Salt, Herb And Spices, Dextrose (Tapioca, Maize), Emulsifier (451), Maltodextrin (Maize), Antioxidants (316, 307b), Sugar, Spice Extract, Sodium Nitrite (250), Dehydrated Vegetable, Vegetable Extract, Natural Casing), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Beef Bolognaise (4.5%) (Beef, Tomato Paste, Vegetables, Tomato, Garlic, Beef Flavour (Colour (150c), Hydrolysed Vegetable Protein), Textured Vegetable Protein (**Soy**), Sugar, Vinegar, Spice Emulsion (Colour (160c), Acidity Regulators (260, 330), Thickener (415), Preservatives (211, 202)), Herbs & Spices, Vegetable Gum (466), Modified Starch (1422), Citrus Fibre), Jalapenos (Jalapeno Peppers, Water, Salt, Acetic Acid Calcium Chloride (Tbc)), Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Shallots, Sugar, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Dry Yeast (Yeast, Emulsifier (491)), Chilli Flakes, Salt (Salt, Anti-caking Agent (554)), Black Pepper.

Contains Gluten, Wheat, Milk, Soy.**May Contain Egg.**

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Meat The Devil Deluxe - Small

Nutritional Information



Servings per package: 1

Serving Size: 439 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4610 kJ (1100 Cal)	1050 kJ (251 Cal)
Protein	60.8 g	13.9 g
Fat, total	49.4 g	11.3 g
-saturated	22.1 g	5.0 g
Carbohydrate	101 g	23.0 g
-sugars	21.3 g	4.8 g
Sodium	2870 mg	655 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Marinated Beef (18%) (Beef, Marinade (Water, Garlic, Modified Starch (1442), **Soy** Protein, Maltodextrin, Salt, Acidity Regulator (451), Onion, Yeast Extract)), Streaky Bacon (15%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Chorizo (4.5%) (**Milk**) (Meat Including Pork, Water Salt, Herb And Spices, Dextrose (Tapioca, Maize), Emulsifier (451), Maltodextrin (Maize), Antioxidants (316, 307b), Sugar, Spice Extract, Sodium Nitrite (250), Dehydrated Vegetable, Vegetable Extract, Natural Casing), Jalapenos (Jalapeno Peppers, Water, Salt, Acetic Acid Calcium Chloride (Tbc)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Beef Bolognaise (2.5%) (Beef, Tomato Paste, Vegetables, Tomato, Garlic, Beef Flavour (Colour (150c), Hydrolysed Vegetable Protein), Textured Vegetable Protein (**Soy**), Sugar, Vinegar, Spice Emulsion (Colour (160c), Acidity Regulators (260, 330), Thickener (415), Preservatives (211, 202)), Herbs & Spices, Vegetable Gum (466), Modified Starch (1422), Citrus Fibre), Sugar, Shallots, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Dry Yeast (Yeast, Emulsifier (491)), Chilli Flakes, Salt (Salt, Anti-caking Agent (554)), Black Pepper.

Contains Gluten, Wheat, Milk, Soy.**May Contain Egg.**

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New Mexico - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 656 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6790 kJ (1620 Cal)	1040 kJ (247 Cal)
Protein	67.2 g	10.2 g
Fat, total	80.9 g	12.3 g
-saturated	30.9 g	4.7 g
Carbohydrate	152 g	23.2 g
-sugars	14.3 g	2.2 g
Sodium	3340 mg	510 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Marinated Beef (Beef, Marinade (Water, Garlic, Modified Starch (1442), **Soy** Protein, Maltodextrin, Salt, Acidity Regulator (451), Onion, Yeast Extract)), Chorizo (10%) (**Milk**) (Meat Including Pork, Water Salt, Herb And Spices, Dextrose (Tapioca, Maize), Emulsifier (451), Maltodextrin (Maize), Antioxidants (316, 307b), Sugar, Spice Extract, Sodium Nitrite (250), Dehydrated Vegetable, Vegetable Extract, Natural Casing), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Salsa (Tomatoes (From Paste And Diced), Onion, Capsicum, Vinegar, Sugar, Jalapeno Peppers, Salt, Coriander Leaf, Natural Flavour, Food Acid (Citric), Thickener (415), Cumin, Garlic, Firming Agent (509)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Guacamole (Avocado, Pickled Onion (Onion, Vinegar, Sugar, Salt), Raw Sugar, Spices, Garlic, Salt, Food Acids (270, 300), Lime Juice, Vegetable Gum (415)), Jalapenos (4%) (Jalapeno Peppers, Water, Salt, Acetic Acid Calcium Chloride (Tbc)), Corn Chips (**Milk**, **Soy**) (Corn Flour (76%), Vegetable Oil, Water, Salt), Sour Cream (Reduced Fat Cream (**Milk**), Halal Gelatine, Cultures (**Milk**)), Onion, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Shallots, Chives, Sweet Chilli Sauce (Sugar Syrup, Garlic, Red Chilli, Acidity Regulator (Acetic Acid), Salt, Water, Thickener: (Hydroxypropyl Distarch Phosphate (From Tapioca)), Xanthan Gum), Black Pepper.

Contains Milk, Soy.**May Contain Egg, Peanut, Tree Nuts, Almond, Sesame.**

New Mexico - Large Classico

Nutritional Information



Servings per package: 1

Serving Size: 739 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6990 kJ (1670 Cal)	946 kJ (226 Cal)
Protein	80.3 g	10.9 g
Fat, total	70.3 g	9.5 g
-saturated	29.7 g	4.0 g
Carbohydrate	173 g	23.4 g
-sugars	15.3 g	2.1 g
Sodium	3950 mg	534 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Marinated Beef (Beef, Marinade (Water, Garlic, Modified Starch (1442), **Soy** Protein, Maltodextrin, Salt, Acidity Regulator (451), Onion, Yeast Extract)), Chorizo (10%) (**Milk**) (Meat Including Pork, Water Salt, Herb And Spices, Dextrose (Tapioca, Maize), Emulsifier (451), Maltodextrin (Maize), Antioxidants (316, 307b), Sugar, Spice Extract, Sodium Nitrite (250), Dehydrated Vegetable, Vegetable Extract, Natural Casing), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Salsa (Tomatoes (From Paste And Diced), Onion, Capsicum, Vinegar, Sugar, Jalapeno Peppers, Salt, Coriander Leaf, Natural Flavour, Food Acid (Citric), Thickener (415), Cumin, Garlic, Firming Agent (509)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Guacamole (Avocado, Pickled Onion (Onion, Vinegar, Sugar, Salt), Raw Sugar, Spices, Garlic, Salt, Food Acids (270, 300), Lime Juice, Vegetable Gum (415)), Water, Jalapenos (4%) (Jalapeno Peppers, Water, Salt, Acetic Acid Calcium Chloride (Tbc)), Corn Chips (**Milk**, **Soy**) (Corn Flour (76%), Vegetable Oil, Water, Salt), Sour Cream (Reduced Fat Cream (**Milk**), Halal Gelatine, Cultures (**Milk**)), Onion, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Shallots, Chives, Dry Yeast (Yeast, Emulsifier (491)), Sweet Chilli Sauce (Sugar Syrup, Garlic, Red Chilli, Acidity Regulator (Acetic Acid), Salt, Water, Thickener: (Hydroxypropyl Distarch Phosphate (From Tapioca)), Xanthan Gum), Black Pepper.


Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Peanut, Tree Nuts, Sesame.



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New Mexico - Rustico		
Nutritional Information		
Servings per package: 1		
Serving Size: 694 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	6540 kJ (1560 Cal)	942 kJ (225 Cal)
Protein	76.9 g	11.1 g
Fat, total	69.9 g	10.1 g
-saturated	29.6 g	4.3 g
Carbohydrate	151 g	21.8 g
-sugars	14.3 g	2.1 g
Sodium	3700 mg	533 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Marinated Beef (Beef, Marinade (Water, Garlic, Modified Starch (1442), **Soy** Protein, Maltodextrin, Salt, Acidity Regulator (451), Onion, Yeast Extract)), Chorizo (11%) (**Milk**) (Meat Including Pork, Water Salt, Herb And Spices, Dextrose (Tapioca, Maize), Emulsifier (451), Maltodextrin (Maize), Antioxidants (316, 307b), Sugar, Spice Extract, Sodium Nitrite (250), Dehydrated Vegetable, Vegetable Extract, Natural Casing), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Salsa (Tomatoes (From Paste And Diced), Onion, Capsicum, Vinegar, Sugar, Jalapeno Peppers, Salt, Coriander Leaf, Natural Flavour, Food Acid (Citric), Thickener (415), Cumin, Garlic, Firming Agent (509)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Guacamole (Avocado, Pickled Onion (Onion, Vinegar, Sugar, Salt), Raw Sugar, Spices, Garlic, Salt, Food Acids (270, 300), Lime Juice, Vegetable Gum (415)), Jalapenos (4.5%) (Jalapeno Peppers, Water, Salt, Acetic Acid Calcium Chloride (Tbc)), Corn Chips (**Milk**, **Soy**) (Corn Flour (76%), Vegetable Oil, Water, Salt), Sour Cream (Reduced Fat Cream (**Milk**), Halal Gelatine, Cultures (**Milk**)), Onion, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Shallots, Chives, Dry Yeast (Yeast, Emulsifier (491)), Sweet Chilli Sauce (Sugar Syrup, Garlic, Red Chilli, Acidity Regulator (Acetic Acid), Salt, Water, Thickener: (Hydroxypropyl Distarch Phosphate (From Tapioca)), Xanthan Gum), Black Pepper.

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Peanut, Tree Nuts, Sesame.

New Mexico - Small

Nutritional Information
Servings per package: 1
Serving Size: 485 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	4650 kJ (1110 Cal)	959 kJ (229 Cal)
Protein	52.1 g	10.7 g
Fat, total	51.0 g	10.5 g
-saturated	20.4 g	4.2 g
Carbohydrate	107 g	22.1 g
-sugars	10.2 g	2.1 g
Sodium	2540 mg	525 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Marinated Beef (Beef, Marinade (Water, Garlic, Modified Starch (1442), **Soy** Protein, Maltodextrin, Salt, Acidity Regulator (451), Onion, Yeast Extract)), Chorizo (10%) (**Milk**) (Meat Including Pork, Water Salt, Herb And Spices, Dextrose (Tapioca, Maize), Emulsifier (451), Maltodextrin (Maize), Antioxidants (316, 307b), Sugar, Spice Extract, Sodium Nitrite (250), Dehydrated Vegetable, Vegetable Extract, Natural Casing), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Guacamole (Avocado, Pickled Onion (Onion, Vinegar, Sugar, Salt), Raw Sugar, Spices, Garlic, Salt, Food Acids (270, 300), Lime Juice, Vegetable Gum (415)), Salsa (Tomatoes (From Paste And Diced), Onion, Capsicum, Vinegar, Sugar, Jalapeno Peppers, Salt, Coriander Leaf, Natural Flavour, Food Acid (Citric), Thickener (415), Cumin, Garlic, Firming Agent (509)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Corn Chips (**Milk**, **Soy**) (Corn Flour (76%), Vegetable Oil, Water, Salt), Jalapenos (4%) (Jalapeno Peppers, Water, Salt, Acetic Acid Calcium Chloride (Tbc)), Onion, Sour Cream (Reduced Fat Cream (**Milk**), Halal Gelatine, Cultures (**Milk**)), Shallots, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Chives, Dry Yeast (Yeast, Emulsifier (491)), Sweet Chilli Sauce (Sugar Syrup, Garlic, Red Chilli, Acidity Regulator (Acetic Acid), Salt, Water, Thickener: (Hydroxypropyl Distarch Phosphate (From Tapioca)), Xanthan Gum), Black Pepper.

Contains Gluten, Wheat, Milk, Soy.

May Contain Egg, Peanut, Tree Nuts, Sesame.



New Orleans - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 700 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5630 kJ (1350 Cal)	804 kJ (192 Cal)
Protein	72.5 g	10.4 g
Fat, total	43.4 g	6.2 g
-saturated	17.5 g	2.5 g
Carbohydrate	160 g	22.9 g
-sugars	32.4 g	4.6 g
Sodium	3240 mg	463 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Chicken (17%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Potato, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Mushroom, Sweet Chilli Sauce (Sugar Syrup, Garlic, Red Chilli, Acidity Regulator (Acetic Acid), Salt, Water, Thickener: (Hydroxypropyl Distarch Phosphate (From Tapioca)), Xanthan Gum), Shallots, Sour Cream (Reduced Fat Cream (**Milk**), Halal Gelatine, Cultures (**Milk**)), Canola Oil, Chives, Paprika, Cajun Spice, Salt (Salt, Anti-caking Agent (554)), Black Pepper.

Contains Milk.

May Contain Egg, Soy, Almond, Sesame.



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New Orleans - Large Classico

Nutritional Information



Servings per package: 1

Serving Size: 783 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5830 kJ (1390 Cal)	744 kJ (178 Cal)
Protein	85.6 g	10.9 g
Fat, total	32.8 g	4.2 g
-saturated	16.3 g	2.1 g
Carbohydrate	181 g	23.1 g
-sugars	33.3 g	4.2 g
Sodium	3840 mg	491 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Chicken (17%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Potato, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Mushroom, Sweet Chilli Sauce (Sugar Syrup, Garlic, Red Chilli, Acidity Regulator (Acetic Acid), Salt, Water, Thickener: (Hydroxypropyl Distarch Phosphate (From Tapioca)), Xanthan Gum), Shallots, Sour Cream (Reduced Fat Cream (**Milk**), Halal Gelatine, Cultures (**Milk**)), Canola Oil, Chives, Paprika, Dry Yeast (Yeast, Emulsifier (491)), Cajun Spice, Salt (Salt, Anti-caking Agent (554)), Black Pepper.

Contains Gluten, Wheat, Milk.

May Contain Egg, Soy.



New Orleans - Rustico

Nutritional Information

Servings per package: 1

Serving Size: 738 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	5370 kJ (1280 Cal)	728 kJ (174 Cal)
Protein	82.2 g	11.1 g
Fat, total	32.3 g	4.4 g
-saturated	16.2 g	2.2 g
Carbohydrate	159 g	21.6 g
-sugars	32.3 g	4.4 g
Sodium	3590 mg	487 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Chicken (18%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Potato, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Mushroom, Sweet Chilli Sauce (Sugar Syrup, Garlic, Red Chilli, Acidity Regulator (Acetic Acid), Salt, Water, Thickener: (Hydroxypropyl Distarch Phosphate (From Tapioca)), Xanthan Gum), Shallots, Sour Cream (Reduced Fat Cream (**Milk**), Halal Gelatine, Cultures (**Milk**)), Canola Oil, Chives, Paprika, Dry Yeast (Yeast, Emulsifier (491)), Cajun Spice, Salt (Salt, Anti-caking Agent (554)), Black Pepper.

Contains Gluten, Wheat, Milk.

May Contain Egg, Soy.



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New Orleans - Small

Nutritional Information
Servings per package: 1
Serving Size: 491 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	3580 kJ (855 Cal)	728 kJ (174 Cal)
Protein	54.8 g	11.1 g
Fat, total	21.3 g	4.3 g
-saturated	10.6 g	2.2 g
Carbohydrate	107 g	21.7 g
-sugars	21.7 g	4.4 g
Sodium	2410 mg	491 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Chicken (18%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Potato, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Mushroom, Sweet Chilli Sauce (Sugar Syrup, Garlic, Red Chilli, Acidity Regulator (Acetic Acid), Salt, Water, Thickener: (Hydroxypropyl Distarch Phosphate (From Tapioca)), Xanthan Gum), Shallots, Sour Cream (Reduced Fat Cream (**Milk**), Halal Gelatine, Cultures (**Milk**)), Canola Oil, Chives, Paprika, Cajun Spice, Dry Yeast (Yeast, Emulsifier (491)), Salt (Salt, Anti-caking Agent (554)), Black Pepper.

Contains Gluten, Wheat, Milk.

May Contain Egg, Soy.



NOT Chick'n & Avocado - Large Classico

Nutritional Information



Servings per package: 1

Serving Size: 680 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6290 kJ (1500 Cal)	926 kJ (221 Cal)
Protein	76.1 g	11.2 g
Fat, total	56.7 g	8.4 g
-saturated	20.0 g	2.9 g
Carbohydrate	162 g	23.9 g
-sugars	17.0 g	2.5 g
Sodium	3170 mg	466 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Kebab Chick'n (18%) (Gluten (**Wheat**), Water, **Soy**, Vegetable Oil, Salt, Rice Flour, Flavour Enhancer (Monosodium Glutamate), Dextrose, Cornflour, Hvp, Nutritional Yeast, White Vinegar, Sugar, Spices, Oregano, Coriander), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Avocado (9%), Water, Onion, Hollandaise Sauce (**Soy**) (Contains **Egg**, **Milk**), Rocket, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parmesan Cheese (Contains **Milk**), Dry Yeast (Yeast, Emulsifier (491)), Black Pepper.

Contains Gluten, Wheat, Egg, Milk, Soy.**May Contain Tree Nuts, Sesame.**

NOT Chick'n & Avocado - Rustico

Nutritional Information



Servings per package: 1

Serving Size: 635 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5840 kJ (1390 Cal)	920 kJ (220 Cal)
Protein	72.7 g	11.4 g
Fat, total	56.3 g	8.9 g
-saturated	19.9 g	3.1 g
Carbohydrate	140 g	22.1 g
-sugars	16.0 g	2.5 g
Sodium	2920 mg	460 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Kebab Chick'n (19%) (Gluten (**Wheat**), Water, **Soy**, Vegetable Oil, Salt, Rice Flour, Flavour Enhancer (Monosodium Glutamate), Dextrose, Cornflour, Hvp, Nutritional Yeast, White Vinegar, Sugar, Spices, Oregano, Coriander), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Avocado (9%), Onion, Hollandaise Sauce (**Soy**) (Contains **Egg**, **Milk**), Rocket, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parmesan Cheese (Contains **Milk**), Dry Yeast (Yeast, Emulsifier (491)), Black Pepper.

Contains Gluten, Wheat, Egg, Milk, Soy.**May Contain Tree Nuts, Sesame.**

NOT Chick'n & Avocado - Small

Nutritional Information



Servings per package: 1

Serving Size: 422 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	3890 kJ (930 Cal)	922 kJ (220 Cal)
Protein	48.5 g	11.5 g
Fat, total	37.5 g	8.9 g
-saturated	13.3 g	3.1 g
Carbohydrate	93.6 g	22.2 g
-sugars	10.6 g	2.5 g
Sodium	1950 mg	461 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Kebab Chick'n (19%) (Gluten (**Wheat**), Water, **Soy**, Vegetable Oil, Salt, Rice Flour, Flavour Enhancer (Monosodium Glutamate), Dextrose, Cornflour, Hvp, Nutritional Yeast, White Vinegar, Sugar, Spices, Oregano, Coriander), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Avocado (9%), Onion, Hollandaise Sauce (**Soy**) (Contains **Egg**, **Milk**), Rocket, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parmesan Cheese (Contains **Milk**), Black Pepper, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk, Soy.**May Contain Tree Nuts, Sesame.**

Not chick'n Bites

Nutritional Information



Servings per package: 1

Serving Size: 200 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2800 kJ (670 Cal)	1400 kJ (335 Cal)
Protein	42.0 g	21.0 g
Fat, total	27.4 g	13.7 g
-saturated	4.8 g	2.4 g
Carbohydrate	62.7 g	31.4 g
-sugars	10.7 g	5.4 g
Sodium	1850 mg	924 mg

Ingredients: Popcorn Chick'n (**Wheat** Flour, Gluten, Water, **Soy**, Vegetable Oil, Salt, rice Flour, Flavour Enhancer (Monosodium Glutamate), Dextrose, Cornflour, Hydrolysed Vegetable Protein, Nutritional Yeast, White Vinegar, Sugar, Spices, Thyme, Basil, Oregano), Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Shallots.

Contains Gluten, Wheat, Soy.

May Contain Tree Nuts, Sesame.



Pepperoni - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 462 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5160 kJ (1230 Cal)	1120 kJ (267 Cal)
Protein	56.1 g	12.1 g
Fat, total	55.1 g	11.9 g
-saturated	25.6 g	5.6 g
Carbohydrate	123 g	26.6 g
-sugars	10.1 g	2.2 g
Sodium	2830 mg	614 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Pepperoni (15%) (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)).

Contains Milk.

May Contain Egg, Soy, Almond, Sesame.



Pepperoni - Large Classico

Nutritional Information



Servings per package: 1

Serving Size: 545 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5360 kJ (1280 Cal)	985 kJ (235 Cal)
Protein	69.2 g	12.7 g
Fat, total	44.5 g	8.2 g
-saturated	24.4 g	4.5 g
Carbohydrate	144 g	26.4 g
-sugars	11.0 g	2.0 g
Sodium	3440 mg	631 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Pepperoni (14%) (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Water, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

May Contain Soy.



Pepperoni - Rustico

Nutritional Information

Servings per package: 1

Serving Size: 500 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	4910 kJ (1170 Cal)	982 kJ (235 Cal)
Protein	65.7 g	13.2 g
Fat, total	44.0 g	8.8 g
-saturated	24.4 g	4.9 g
Carbohydrate	122 g	24.5 g
-sugars	10.1 g	2.0 g
Sodium	3190 mg	638 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Pepperoni (15%) (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Water, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

May Contain Soy.



Pepperoni - Small

Nutritional Information



Servings per package: 1

Serving Size: 333 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	3270 kJ (782 Cal)	982 kJ (235 Cal)
Protein	43.8 g	13.2 g
Fat, total	29.4 g	8.8 g
-saturated	16.3 g	4.9 g
Carbohydrate	81.5 g	24.5 g
-sugars	6.7 g	2.0 g
Sodium	2130 mg	638 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Pepperoni (15%) (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Water, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

May Contain Soy.



Pepperoni & Jalapeno Calzone

Nutritional Information



Servings per package: 1

Serving Size: 216 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2260 kJ (540 Cal)	1050 kJ (250 Cal)
Protein	23.2 g	10.7 g
Fat, total	11.3 g	5.3 g
-saturated	6.0 g	2.8 g
Carbohydrate	82.6 g	38.2 g
-sugars	7.6 g	3.5 g
Sodium	1480 mg	684 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Water, Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Pepperoni (7%) (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Jalapenos (5%) (Jalapeno Peppers, Water, Salt, Acetic Acid Calcium Chloride (Tbc)), Sugar, Dry Yeast (Yeast, Emulsifier (491)), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Salt (Salt, Anti-caking Agent (554)), Black Pepper.

Contains Gluten, Wheat, Milk.

May Contain Soy.



Pesto & Feta - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 307 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4030 kJ (964 Cal)	1310 kJ (314 Cal)
Protein	30.4 g	9.9 g
Fat, total	38.1 g	12.4 g
-saturated	16.0 g	5.2 g
Carbohydrate	120 g	39.2 g
-sugars	6.7 g	2.2 g
Sodium	2100 mg	683 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Fetta Cheese (9%) (Pasteurised Cow's **Milk**, Brine (Salt, Mineral Salt (509), Acidity Regulator (260)), Cultures, Mineral Salt (509), Non-animal Rennet), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Basil Pesto (2.5%) (Basil Puree (Fresh Basil, Vegetable Oil, Salt, Acetic Acid, Citric Acid, Calcium Lactate, Potassium Sorbate, Ascorbic Acid), Canola Oil, **Cashews**, Parmesan Cheese (Pasteurised **Milk**, Tapioca Starch, Whey Powder, Salt, Starter Cultures, Enzymes (Contains **Egg**), Preservative (E200)), Sugar, Garlic, Salt, Citric Acid, Preservative (E202, E211)).

Contains Egg, Milk, Cashew.**May Contain Almond, Sesame.**

Pesto & Feta Calzone

Nutritional Information



Servings per package: 1

Serving Size: 250 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2760 kJ (659 Cal)	1100 kJ (263 Cal)
Protein	29.9 g	12.0 g
Fat, total	22.7 g	9.1 g
-saturated	12.3 g	4.9 g
Carbohydrate	80.5 g	32.2 g
-sugars	4.9 g	2.0 g
Sodium	1920 mg	768 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Water, Fetta Cheese (12%) (Pasteurised Cow's **Milk**, Brine (Salt, Mineral Salt (509), Acidity Regulator (260)), Cultures, Mineral Salt (509), Non-animal Rennet), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Basil Pesto (3%) (Basil Puree (Fresh Basil, Vegetable Oil, Salt, Acetic Acid, Citric Acid, Calcium Lactate, Potassium Sorbate, Ascorbic Acid), Canola Oil, **Cashews**, Parmesan Cheese (Pasteurised **Milk**, Tapioca Starch, Whey Powder, Salt, Starter Cultures, Enzymes (Contains **Egg**), Preservative (E200)), Sugar, Garlic, Salt, Citric Acid, Preservative (E202, E211)), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk, Cashew.



Pesto & Feta Flat Pizza Bread

Nutritional Information



Servings per package: 1

Serving Size: 250 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2760 kJ (659 Cal)	1100 kJ (263 Cal)
Protein	29.9 g	12.0 g
Fat, total	22.7 g	9.1 g
-saturated	12.3 g	4.9 g
Carbohydrate	80.5 g	32.2 g
-sugars	4.9 g	2.0 g
Sodium	1920 mg	768 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Water, Fetta Cheese (12%) (Pasteurised Cow's **Milk**, Brine (Salt, Mineral Salt (509), Acidity Regulator (260)), Cultures, Mineral Salt (509), Non-animal Rennet), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Basil Pesto (3%) (Basil Puree (Fresh Basil, Vegetable Oil, Salt, Acetic Acid, Citric Acid, Calcium Lactate, Potassium Sorbate, Ascorbic Acid), Canola Oil, **Cashews**, Parmesan Cheese (Pasteurised **Milk**, Tapioca Starch, Whey Powder, Salt, Starter Cultures, Enzymes (Contains **Egg**), Preservative (E200)), Sugar, Garlic, Salt, Citric Acid, Preservative (E202, E211)), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk, Cashew.



Pesto Chicken Pasta

Nutritional Information



Servings per package: 1

Serving Size: 614 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5780 kJ (1380 Cal)	941 kJ (225 Cal)
Protein	52.2 g	8.5 g
Fat, total	86.4 g	14.1 g
-saturated	38.7 g	6.3 g
Carbohydrate	98.0 g	16.0 g
-sugars	13.1 g	2.1 g
Sodium	1770 mg	288 mg

Ingredients: Cream (Cream (**Milk**), Gelatine), Pasta (**Wheat**), Water, Chicken (13%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Basil Pesto (10%) (Basil Puree (Fresh Basil, Vegetable Oil, Salt, Acetic Acid, Citric Acid, Calcium Lactate, Potassium Sorbate, Ascorbic Acid), Canola Oil, **Cashews**, Parmesan Cheese (Pasteurised **Milk**, Tapioca Starch, Whey Powder, Salt, Starter Cultures, Enzymes (Contains **Egg**), Preservative (E200)), Sugar, Garlic, Salt, Citric Acid, Preservative (E202, E211)), Tomato, Parmesan Cheese (Contains **Milk**), Onion, Crushed Garlic (Garlic, Salt), **Cashews**, Salt (Salt, Anti-caking Agent (554)), Parsley, Mixed Herbs.

Contains Gluten, Wheat, Egg, Milk, Cashew.

May Contain Soy.



Piri Piri Chicken - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 666 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5950 kJ (1420 Cal)	893 kJ (214 Cal)
Protein	71.4 g	10.7 g
Fat, total	63.6 g	9.5 g
-saturated	17.5 g	2.6 g
Carbohydrate	136 g	20.4 g
-sugars	15.0 g	2.2 g
Sodium	2760 mg	414 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Chicken (18%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Tomato, Peri Peri Sauce (8%) (Water, Vinegar, Tomato Paste, Chillies (Cayenne Pepper, Bird's Eye Chilli), Vegetable Oil, Thickeners (1422, 415), Sugar, Salt, Spices, Garlic, Onion, Food Acid (Acetic), Colour (160c)), Aioli (Canola Oil, Vinegar, Free Range **Egg** (**Egg** Yolk, Whole **Egg**), Roasted Garlic, Sugar, Thickeners (1442, 415), Salt, Garlic Powder, Concentrated Lemon Juice, Natural Preservative (234)), **Cashews**, Lemon, Onion, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Shallots, Spice (Spices, Salt, Dextrose, Dehydrated Vegetables, Sugar, Herbs, Natural Flavour (**Soy**), **Sesame** Seeds, Rice Cereal, Flavour Enhancer (635), Canola Oil, Anti-caking Agent (551), Spice Extract (160c)).

Contains Egg, Milk, Soy, Cashew, Sesame.

May Contain Peanut, Almond.



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Piri Piri Chicken - Large Classico

Nutritional Information



Servings per package: 1

Serving Size: 749 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6150 kJ (1470 Cal)	821 kJ (196 Cal)
Protein	84.5 g	11.3 g
Fat, total	53.0 g	7.1 g
-saturated	16.3 g	2.2 g
Carbohydrate	157 g	21.0 g
-sugars	15.9 g	2.1 g
Sodium	3360 mg	449 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Chicken (18%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Tomato, Peri Peri Sauce (8%) (Water, Vinegar, Tomato Paste, Chillies (Cayenne Pepper, Bird's Eye Chilli), Vegetable Oil, Thickeners (1422, 415), Sugar, Salt, Spices, Garlic, Onion, Food Acid (Acetic), Colour (160c)), Aioli (Canola Oil, Vinegar, Free Range **Egg** (**Egg** Yolk, Whole **Egg**), Roasted Garlic, Sugar, Thickeners (1442, 415), Salt, Garlic Powder, Concentrated Lemon Juice, Natural Preservative (234)), **Cashews**, Lemon, Onion, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Shallots, Dry Yeast (Yeast, Emulsifier (491)), Spice (Spices, Salt, Dextrose, Dehydrated Vegetables, Sugar, Herbs, Natural Flavour (**Soy**), **Sesame** Seeds, Rice Cereal, Flavour Enhancer (635), Canola Oil, Anti-caking Agent (551), Spice Extract (160c)).

Contains Gluten, Wheat, Egg, Milk, Soy, Cashew, Sesame.

May Contain Peanut.



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Piri Piri Chicken - Rustico

Nutritional Information



Servings per package: 1

Serving Size: 704 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5690 kJ (1360 Cal)	809 kJ (193 Cal)
Protein	81.0 g	11.5 g
Fat, total	52.5 g	7.5 g
-saturated	16.2 g	2.3 g
Carbohydrate	135 g	19.2 g
-sugars	14.9 g	2.1 g
Sodium	3110 mg	443 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Chicken (19%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Tomato, Peri Peri Sauce (9%) (Water, Vinegar, Tomato Paste, Chillies (Cayenne Pepper, Bird's Eye Chilli), Vegetable Oil, Thickeners (1422, 415), Sugar, Salt, Spices, Garlic, Onion, Food Acid (Acetic), Colour (160c)), Aioli (Canola Oil, Vinegar, Free Range **Egg** (**Egg** Yolk, Whole **Egg**), Roasted Garlic, Sugar, Thickeners (1442, 415), Salt, Garlic Powder, Concentrated Lemon Juice, Natural Preservative (234)), **Cashews**, Lemon, Onion, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Shallots, Dry Yeast (Yeast, Emulsifier (491)), Spice (Spices, Salt, Dextrose, Dehydrated Vegetables, Sugar, Herbs, Natural Flavour (**Soy**), **Sesame** Seeds, Rice Cereal, Flavour Enhancer (635), Canola Oil, Anti-caking Agent (551), Spice Extract (160c)).

Contains Gluten, Wheat, Egg, Milk, Soy, Cashew, Sesame.

May Contain Peanut.



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Piri Piri Chicken - Small

Nutritional Information



Servings per package: 1

Serving Size: 484 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	3820 kJ (912 Cal)	788 kJ (188 Cal)
Protein	54.4 g	11.2 g
Fat, total	34.8 g	7.2 g
-saturated	10.9 g	2.2 g
Carbohydrate	91.3 g	18.8 g
-sugars	10.6 g	2.2 g
Sodium	2140 mg	442 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Chicken (19%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Tomato, Peri Peri Sauce (9%) (Water, Vinegar, Tomato Paste, Chillies (Cayenne Pepper, Bird's Eye Chilli), Vegetable Oil, Thickeners (1422, 415), Sugar, Salt, Spices, Garlic, Onion, Food Acid (Acetic), Colour (160c)), Lemon, Aioli (Canola Oil, Vinegar, Free Range **Egg** (**Egg** Yolk, Whole **Egg**), Roasted Garlic, Sugar, Thickeners (1442, 415), Salt, Garlic Powder, Concentrated Lemon Juice, Natural Preservative (234)), **Cashews**, Onion, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Shallots, Spice (Spices, Salt, Dextrose, Dehydrated Vegetables, Sugar, Herbs, Natural Flavour (**Soy**), **Sesame** Seeds, Rice Cereal, Flavour Enhancer (635), Canola Oil, Anti-caking Agent (551), Spice Extract (160c)), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk, Soy, Cashew, Sesame.

May Contain Peanut.



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Piri Piri NOT Chick'n - Large Classico

Nutritional Information

Servings per package: 1

Serving Size: 762 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6820 kJ (1630 Cal)	894 kJ (214 Cal)
Protein	78.9 g	10.4 g
Fat, total	66.5 g	8.7 g
-saturated	18.6 g	2.4 g
Carbohydrate	170 g	22.3 g
-sugars	20.1 g	2.6 g
Sodium	3430 mg	450 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Kebab Chick'n (16%) (Gluten (**Wheat**), Water, **Soy**, Vegetable Oil, Salt, Rice Flour, Flavour Enhancer (Monosodium Glutamate), Dextrose, Cornflour, Hvp, Nutritional Yeast, White Vinegar, Sugar, Spices, Oregano, Coriander), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Tomato, Peri Peri Sauce (8%) (Water, Vinegar, Tomato Paste, Chillies (Cayenne Pepper, Bird's Eye Chilli), Vegetable Oil, Thickeners (1422, 415), Sugar, Salt, Spices, Garlic, Onion, Food Acid (Acetic), Colour (160c)), Onion, Aioli (Canola Oil, Vinegar, Free Range **Egg** (**Egg** Yolk, Whole **Egg**), Roasted Garlic, Sugar, Thickeners (1442, 415), Salt, Garlic Powder, Concentrated Lemon Juice, Natural Preservative (234)), Lemon, **Cashews**, Shallots, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Dry Yeast (Yeast, Emulsifier (491)), Spice (Spices, Salt, Dextrose, Dehydrated Vegetables, Sugar, Herbs, Natural Flavour (**Soy**), **Sesame** Seeds, Rice Cereal, Flavour Enhancer (635), Canola Oil, Anti-caking Agent (551), Spice Extract (160c)).

Contains Gluten, Wheat, Egg, Milk, Soy, Cashew, Sesame.

May Contain Peanut.



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Piri Piri NOT Chick'n - Rustico

Nutritional Information



Servings per package: 1

Serving Size: 690 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6120 kJ (1460 Cal)	887 kJ (212 Cal)
Protein	73.6 g	10.7 g
Fat, total	61.1 g	8.8 g
-saturated	17.3 g	2.5 g
Carbohydrate	147 g	21.3 g
-sugars	18.2 g	2.6 g
Sodium	3130 mg	453 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Kebab Chick'n (17%) (Gluten (**Wheat**), Water, **Soy**, Vegetable Oil, Salt, Rice Flour, Flavour Enhancer (Monosodium Glutamate), Dextrose, Cornflour, Hvp, Nutritional Yeast, White Vinegar, Sugar, Spices, Oregano, Coriander), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Tomato, Peri Peri Sauce (9%) (Water, Vinegar, Tomato Paste, Chillies (Cayenne Pepper, Bird's Eye Chilli), Vegetable Oil, Thickeners (1422, 415), Sugar, Salt, Spices, Garlic, Onion, Food Acid (Acetic), Colour (160c)), Aioli (Canola Oil, Vinegar, Free Range **Egg** (**Egg** Yolk, Whole **Egg**), Roasted Garlic, Sugar, Thickeners (1442, 415), Salt, Garlic Powder, Concentrated Lemon Juice, Natural Preservative (234)), **Cashews**, Lemon, Onion, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Shallots, Dry Yeast (Yeast, Emulsifier (491)), Spice (Spices, Salt, Dextrose, Dehydrated Vegetables, Sugar, Herbs, Natural Flavour (**Soy**), **Sesame** Seeds, Rice Cereal, Flavour Enhancer (635), Canola Oil, Anti-caking Agent (551), Spice Extract (160c)).

Contains Gluten, Wheat, Egg, Milk, Soy, Cashew, Sesame.

May Contain Peanut.



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Piri Piri NOT Chick'n - Small

Nutritional Information



Servings per package: 1

Serving Size: 464 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	3930 kJ (939 Cal)	848 kJ (203 Cal)
Protein	47.4 g	10.2 g
Fat, total	37.6 g	8.1 g
-saturated	11.1 g	2.4 g
Carbohydrate	97.6 g	21.1 g
-sugars	12.3 g	2.7 g
Sodium	2120 mg	457 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Kebab Chick'n (16%) (Gluten (**Wheat**), Water, **Soy**, Vegetable Oil, Salt, Rice Flour, Flavour Enhancer (Monosodium Glutamate), Dextrose, Cornflour, Hvp, Nutritional Yeast, White Vinegar, Sugar, Spices, Oregano, Coriander), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Peri Peri Sauce (10%) (Water, Vinegar, Tomato Paste, Chillies (Cayenne Pepper, Bird's Eye Chilli), Vegetable Oil, Thickeners (1422, 415), Sugar, Salt, Spices, Garlic, Onion, Food Acid (Acetic), Colour (160c)), Tomato, Lemon, Aioli (Canola Oil, Vinegar, Free Range **Egg** (**Egg** Yolk, Whole **Egg**), Roasted Garlic, Sugar, Thickeners (1442, 415), Salt, Garlic Powder, Concentrated Lemon Juice, Natural Preservative (234)), Onion, **Cashews**, Shallots, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Spice (Spices, Salt, Dextrose, Dehydrated Vegetables, Sugar, Herbs, Natural Flavour (**Soy**), **Sesame** Seeds, Rice Cereal, Flavour Enhancer (635), Canola Oil, Anti-caking Agent (551), Spice Extract (160c)), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk, Soy, Cashew, Sesame.

May Contain Peanut.



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Reaperoni - Gluten Free Base**Nutritional Information**

Servings per package: 1

Serving Size: 543 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	6300 kJ (1510 Cal)	1160 kJ (278 Cal)
Protein	52.7 g	9.7 g
Fat, total	78.6 g	14.5 g
-saturated	25.5 g	4.7 g
Carbohydrate	141 g	25.9 g
-sugars	26.2 g	4.8 g
Sodium	3140 mg	578 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Pepperoni (13%) (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Aioli (Canola Oil, Vinegar, Free Range **Egg** (**Egg** Yolk, Whole **Egg**), Roasted Garlic, Sugar, Thickeners (1442, 415), Salt, Garlic Powder, Concentrated Lemon Juice, Natural Preservative (234)), Camembert Cheese (Contains **Milk**), Bbq Whiskey Reaper Sauce (Tomato Puree (Tomato, Sugar, Salt, Acetic Acid, Spices) Carolina Reaper, Molasses, Honey, Scotch Whiskey (Malted Barley, Water, Yeast) Cider Vinegar, Molasses, Vegetable Paste, Salt, Spices, Natural Flavours) Water, Garlic, Chipotle, Lemon, All Spice, Smoked Paprika, Salt), Chilli.

Contains Egg, Milk.**May Contain Soy, Almond, Sesame.**

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Reaperoni - Large Classico

Nutritional Information



Servings per package: 1

Serving Size: 626 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6500 kJ (1550 Cal)	1040 kJ (248 Cal)
Protein	65.8 g	10.5 g
Fat, total	68.0 g	10.9 g
-saturated	24.3 g	3.9 g
Carbohydrate	162 g	25.8 g
-sugars	27.2 g	4.3 g
Sodium	3740 mg	598 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Pepperoni (13%) (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Water, Caramelised Onion (Onion, Brown Sugar, Canola Oil), Aioli (Canola Oil, Vinegar, Free Range **Egg** (**Egg** Yolk, Whole **Egg**), Roasted Garlic, Sugar, Thickeners (1442, 415), Salt, Garlic Powder, Concentrated Lemon Juice, Natural Preservative (234)), Camembert Cheese (Contains **Milk**), Bbq Whiskey Reaper Sauce (Tomato Puree (Tomato, Sugar, Salt, Acetic Acid, Spices) Carolina Reaper, Molasses, Honey, Scotch Whiskey (Malted Barley, Water, Yeast) Cider Vinegar, Molasses, Vegetable Paste, Salt, Spices, Natural Flavours) Water, Garlic, Chipotle, Lemon, All Spice, Smoked Paprika, Salt), Chilli, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk.

May Contain Soy.



Reaperoni - Rustico

Nutritional Information
Servings per package: 1
Serving Size: 581 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	6050 kJ (1450 Cal)	1040 kJ (249 Cal)
Protein	62.3 g	10.7 g
Fat, total	67.5 g	11.6 g
-saturated	24.3 g	4.2 g
Carbohydrate	140 g	24.1 g
-sugars	26.2 g	4.5 g
Sodium	3490 mg	602 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Pepperoni (14%) (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Water, Aioli (Canola Oil, Vinegar, Free Range **Egg** (**Egg** Yolk, Whole **Egg**), Roasted Garlic, Sugar, Thickeners (1442, 415), Salt, Garlic Powder, Concentrated Lemon Juice, Natural Preservative (234)), Camembert Cheese (**Milk**, Salt, Mineral Salt (509), Cultures, Non-animal Rennet), Bbq Whiskey Reaper Sauce (Tomato Puree (Tomato, Sugar, Salt, Acetic Acid, Spices) Carolina Reaper, Molasses, Honey, Scotch Whiskey (Malting Barley, Water, Yeast) Cider Vinegar, Molasses, Vegetable Paste, Salt, Spices, Natural Flavours) Water, Garlic, Chipotle, Lemon, All Spice, Smoked Paprika, Salt), Chilli, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk.

May Contain Soy.



Reaperoni - Small

Nutritional Information



Servings per package: 1

Serving Size: 382 g


	Average Quantity per Serving	Average Quantity Per 100g
Energy	3980 kJ (950 Cal)	1040 kJ (249 Cal)
Protein	40.9 g	10.7 g
Fat, total	44.2 g	11.6 g
-saturated	16.0 g	4.2 g
Carbohydrate	92.4 g	24.2 g
-sugars	16.7 g	4.4 g
Sodium	2270 mg	595 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Pepperoni (13%) (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Water, Aioli (Canola Oil, Vinegar, Free Range **Egg** (**Egg** Yolk, Whole **Egg**), Roasted Garlic, Sugar, Thickeners (1442, 415), Salt, Garlic Powder, Concentrated Lemon Juice, Natural Preservative (234)), Camembert Cheese (**Milk**, Salt, Mineral Salt (509), Cultures, Non-animal Rennet), Bbq Whiskey Reaper Sauce (Tomato Puree (Tomato, Sugar, Salt, Acetic Acid, Spices) Carolina Reaper, Molasses, Honey, Scotch Whiskey (Malting Barley, Water, Yeast) Cider Vinegar, Molasses, Vegetable Paste, Salt, Spices, Natural Flavours) Water, Garlic, Chipotle, Lemon, All Spice, Smoked Paprika, Salt), Chilli, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk.**May Contain Soy.**

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Reef & Beef - Gluten Free Base		
Nutritional Information  Servings per package: 1 Serving Size: 788 g		
	Average Quantity per Serving	Average Quantity Per 100g
Energy	6950 kJ (1660 Cal)	882 kJ (211 Cal)
Protein	90.9 g	11.5 g
Fat, total	83.2 g	10.6 g
-saturated	32.1 g	4.1 g
Carbohydrate	135 g	17.2 g
-sugars	16.0 g	2.0 g
Sodium	3340 mg	424 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Marinated Beef (13%) (Beef, Marinade (Water, Garlic, Modified Starch (1442), **Soy** Protein, Maltodextrin, Salt, Acidity Regulator (451), Onion, Yeast Extract)), Prawn (11%) (**Crustacean**) (Prawn, Salt (E451, E452), Water), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Streaky Bacon (10%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Hollandaise Sauce (**Soy**) (Contains **Egg**, **Milk**), Onion, Shallots, Lemon, Cajun Spice, Lemon Pepper (Dehydrated Vegetables, Salt, Sugar, Herbs And spices, Food Acid (330), Flavour Enhancer (Monosodium Glutamate), Canola Oil).

Contains Crustacean, Egg, Milk, Soy.

May Contain Almond, Sesame.

Reef & Beef - Large Classico

Nutritional Information



Servings per package: 1

Serving Size: 870 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	7150 kJ (1710 Cal)	821 kJ (196 Cal)
Protein	104 g	12.0 g
Fat, total	72.6 g	8.3 g
-saturated	30.9 g	3.5 g
Carbohydrate	156 g	18.0 g
-sugars	17.0 g	1.9 g
Sodium	3940 mg	453 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Marinated Beef (13%) (Beef, Marinade (Water, Garlic, Modified Starch (1442), **Soy** Protein, Maltodextrin, Salt, Acidity Regulator (451), Onion, Yeast Extract)), Prawn (11%) (**Crustacean**) (Prawn, Salt (E451, E452), Water), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Streaky Bacon (10%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Hollandaise Sauce (**Soy**) (Contains **Egg**, **Milk**), Onion, Shallots, Lemon, Dry Yeast (Yeast, Emulsifier (491)), Cajun Spice, Lemon Pepper (Dehydrated Vegetables, Salt, Sugar, Herbs And spices, Food Acid (330), Flavour Enhancer (Monosodium Glutamate), Canola Oil).

Contains Gluten, Wheat, Crustacean, Egg, Milk, Soy.



Reef & Beef - Rustico

Nutritional Information



Servings per package: 1

Serving Size: 825 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6690 kJ (1600 Cal)	811 kJ (194 Cal)
Protein	101 g	12.2 g
Fat, total	72.1 g	8.7 g
-saturated	30.8 g	3.7 g
Carbohydrate	135 g	16.3 g
-sugars	16.0 g	1.9 g
Sodium	3690 mg	447 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Marinated Beef (13%) (Beef, Marinade (Water, Garlic, Modified Starch (1442), **Soy** Protein, Maltodextrin, Salt, Acidity Regulator (451), Onion, Yeast Extract)), Prawn (12%) (**Crustacean**) (Prawn, Salt (E451, E452), Water), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Streaky Bacon (11%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Hollandaise Sauce (**Soy**) (Contains **Egg**, **Milk**), Onion, Shallots, Lemon, Dry Yeast (Yeast, Emulsifier (491)), Cajun Spice, Lemon Pepper (Dehydrated Vegetables, Salt, Sugar, Herbs And spices, Food Acid (330), Flavour Enhancer (Monosodium Glutamate), Canola Oil).

Contains Gluten, Wheat, Crustacean, Egg, Milk, Soy.



Reef & Beef - Small

Nutritional Information



Servings per package: 1

Serving Size: 557 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4480 kJ (1070 Cal)	805 kJ (192 Cal)
Protein	67.3 g	12.1 g
Fat, total	48.3 g	8.7 g
-saturated	20.6 g	3.7 g
Carbohydrate	90.0 g	16.2 g
-sugars	10.9 g	2.0 g
Sodium	2510 mg	450 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Marinated Beef (13%) (Beef, Marinade (Water, Garlic, Modified Starch (1442), **Soy** Protein, Maltodextrin, Salt, Acidity Regulator (451), Onion, Yeast Extract)), Prawn (12%) (**Crustacean**) (Prawn, Salt (E451, E452), Water), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Streaky Bacon (11%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Lemon, Hollandaise Sauce (**Soy**) (Contains **Egg**, **Milk**), Onion, Shallots, Cajun Spice, Lemon Pepper (Dehydrated Vegetables, Salt, Sugar, Herbs And spices, Food Acid (330), Flavour Enhancer (Monosodium Glutamate), Canola Oil), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Crustacean, Egg, Milk, Soy.



Rocket & Parmesan Salad

Nutritional Information



Servings per package: 1

Serving Size: 126 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	1010 kJ (242 Cal)	805 kJ (192 Cal)
Protein	10.4 g	8.2 g
Fat, total	20.8 g	16.5 g
-saturated	6.8 g	5.4 g
Carbohydrate	0.8 g	0.7 g
-sugars	0.5 g	0.4 g
Sodium	635 mg	504 mg

Ingredients: Rocket, Parmesan Cheese (**Milk**, Salt, Cultures, Enzyme (Non-animal Rennet), Anticaking Agent (460), Preservative (200)), Lemon, Olive Oil, Salt (Salt, Anti-caking Agent (554)).

Contains Milk.



Rustic Lamb - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 710 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6410 kJ (1530 Cal)	903 kJ (216 Cal)
Protein	66.6 g	9.4 g
Fat, total	77.2 g	10.9 g
-saturated	30.3 g	4.3 g
Carbohydrate	136 g	19.2 g
-sugars	15.8 g	2.2 g
Sodium	3700 mg	521 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Tomato, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Marinated Lamb (11%) (Lamb, Marinade (Water, Garlic, Modified Starch (1442), **Soy** Protein, Maltodextrin, Salt, Acidity Regulator (451), Onion, Yeast Extract, Dried Parsley), Chorizo (**Milk**) (Meat Including Pork, Water Salt, Herb And Spices, Dextrose (Tapioca, Maize), Emulsifier (451), Maltodextrin (Maize), Antioxidants (316, 307b), Sugar, Spice Extract, Sodium Nitrite (250), Dehydrated Vegetable, Vegetable Extract, Natural Casing), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet))), Anticaking Agent (460), Preservative (200)), Kalamata Olives, Fetta Cheese (Pasteurised Cow's **Milk**, Brine (Salt, Mineral Salt (509), Acidity Regulator (260)), Cultures, Mineral Salt (509), Non-animal Rennet), Lemon, Onion, Basil Pesto (Basil Puree (Fresh Basil, Vegetable Oil, Salt, Acetic Acid, Citric Acid, Calcium Lactate, Potassium Sorbate, Ascorbic Acid), Canola Oil, **Cashews**, Parmesan Cheese (Pasteurised **Milk**, Tapioca Starch, Whey Powder, Salt, Starter Cultures, Enzymes (Contains **Egg**), Preservative (E200)), Sugar, Garlic, Salt, Citric Acid, Preservative (E202, E211)), Rocket, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Balsamic Vinegar (Contains **Sulphites**).

Contains Egg, Milk, Soy, Cashew, Sulphites.

May Contain Almond, Sesame.



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Rustic Lamb - Large Classico

Nutritional Information



Servings per package: 1

Serving Size: 793 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6610 kJ (1580 Cal)	834 kJ (199 Cal)
Protein	79.7 g	10.1 g
Fat, total	66.6 g	8.4 g
-saturated	29.1 g	3.7 g
Carbohydrate	157 g	19.9 g
-sugars	16.7 g	2.1 g
Sodium	4300 mg	542 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Tomato, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Marinated Lamb (11%) (Lamb, Marinade (Water, Garlic, Modified Starch (1442), **Soy** Protein, Maltodextrin, Salt, Acidity Regulator (451), Onion, Yeast Extract, Dried Parsley), Chorizo (**Milk**) (Meat Including Pork, Water Salt, Herb And Spices, Dextrose (Tapioca, Maize), Emulsifier (451), Maltodextrin (Maize), Antioxidants (316, 307b), Sugar, Spice Extract, Sodium Nitrite (250), Dehydrated Vegetable, Vegetable Extract, Natural Casing), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Kalamata Olives, Fetta Cheese (Pasteurised Cow's **Milk**, Brine (Salt, Mineral Salt (509), Acidity Regulator (260)), Cultures, Mineral Salt (509), Non-animal Rennet), Lemon, Onion, Basil Pesto (Basil Puree (Fresh Basil, Vegetable Oil, Salt, Acetic Acid, Citric Acid, Calcium Lactate, Potassium Sorbate, Ascorbic Acid), Canola Oil, **Cashews**, Parmesan Cheese (Pasteurised **Milk**, Tapioca Starch, Whey Powder, Salt, Starter Cultures, Enzymes (Contains **Egg**), Preservative (E200)), Sugar, Garlic, Salt, Citric Acid, Preservative (E202, E211)), Rocket, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Balsamic Vinegar (Contains **Sulphites**), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk, Soy, Cashew, Sulphites.



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Rustic Lamb - Rustico

Nutritional Information



Servings per package: 1

Serving Size: 748 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6160 kJ (1470 Cal)	823 kJ (197 Cal)
Protein	76.2 g	10.2 g
Fat, total	66.1 g	8.8 g
-saturated	29.1 g	3.9 g
Carbohydrate	136 g	18.1 g
-sugars	15.7 g	2.1 g
Sodium	4050 mg	542 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Tomato, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Marinated Lamb (11%) (Lamb, Marinade (Water, Garlic, Modified Starch (1442), **Soy** Protein, Maltodextrin, Salt, Acidity Regulator (451), Onion, Yeast Extract, Dried Parsley), Chorizo (**Milk**) (Meat Including Pork, Water Salt, Herb And Spices, Dextrose (Tapioca, Maize), Emulsifier (451), Maltodextrin (Maize), Antioxidants (316, 307b), Sugar, Spice Extract, Sodium Nitrite (250), Dehydrated Vegetable, Vegetable Extract, Natural Casing), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Kalamata Olives, Fetta Cheese (Pasteurised Cow's **Milk**, Brine (Salt, Mineral Salt (509), Acidity Regulator (260)), Cultures, Mineral Salt (509), Non-animal Rennet), Lemon, Onion, Basil Pesto (Basil Puree (Fresh Basil, Vegetable Oil, Salt, Acetic Acid, Citric Acid, Calcium Lactate, Potassium Sorbate, Ascorbic Acid), Canola Oil, **Cashews**, Parmesan Cheese (Pasteurised **Milk**, Tapioca Starch, Whey Powder, Salt, Starter Cultures, Enzymes (Contains **Egg**), Preservative (E200)), Sugar, Garlic, Salt, Citric Acid, Preservative (E202, E211)), Rocket, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Balsamic Vinegar (Contains **Sulphites**), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk, Soy, Cashew, Sulphites.



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Rustic Lamb - Small

Nutritional Information



Servings per package: 1

Serving Size: 548 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4400 kJ (1050 Cal)	803 kJ (192 Cal)
Protein	55.9 g	10.2 g
Fat, total	48.9 g	8.9 g
-saturated	21.4 g	3.9 g
Carbohydrate	92.1 g	16.8 g
-sugars	11.3 g	2.1 g
Sodium	2900 mg	529 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Tomato, Marinated Lamb (13%) (Lamb, Marinade (Water, Garlic, Modified Starch (1442), **Soy** Protein, Maltodextrin, Salt, Acidity Regulator (451), Onion, Yeast Extract, Dried Parsley), Chorizo (**Milk**) (Meat Including Pork, Water Salt, Herb And Spices, Dextrose (Tapioca, Maize), Emulsifier (451), Maltodextrin (Maize), Antioxidants (316, 307b), Sugar, Spice Extract, Sodium Nitrite (250), Dehydrated Vegetable, Vegetable Extract, Natural Casing), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Kalamata Olives, Lemon, Fetta Cheese (Pasteurised Cow's **Milk**, Brine (Salt, Mineral Salt (509), Acidity Regulator (260)), Cultures, Mineral Salt (509), Non-animal Rennet), Onion, Basil Pesto (Basil Puree (Fresh Basil, Vegetable Oil, Salt, Acetic Acid, Citric Acid, Calcium Lactate, Potassium Sorbate, Ascorbic Acid), Canola Oil, **Cashews**, Parmesan Cheese (Pasteurised **Milk**, Tapioca Starch, Whey Powder, Salt, Starter Cultures, Enzymes (Contains **Egg**), Preservative (E200)), Sugar, Garlic, Salt, Citric Acid, Preservative (E202, E211)), Rocket, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Balsamic Vinegar (Contains **Sulphites**), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk, Soy, Cashew, Sulphites.



Saucy Cheese - Gluten Free Base

Nutritional Information
Servings per package: 1
Serving Size: 416 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	4520 kJ (1080 Cal)	1090 kJ (260 Cal)
Protein	43.3 g	10.4 g
Fat, total	43.1 g	10.4 g
-saturated	21.4 g	5.1 g
Carbohydrate	124 g	29.9 g
-sugars	11.2 g	2.7 g
Sodium	1930 mg	463 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Mozzarella Cheese (26%) (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Parmesan Cheese (0.5%) (Contains **Milk**), Parsley, Mixed Herbs.

Contains Milk.

May Contain Egg, Almond, Sesame.



Saucy Cheese - Large Classico

Nutritional Information



Servings per package: 1

Serving Size: 499 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4720 kJ (1130 Cal)	947 kJ (226 Cal)
Protein	56.4 g	11.3 g
Fat, total	32.5 g	6.5 g
-saturated	20.2 g	4.0 g
Carbohydrate	145 g	29.1 g
-sugars	12.1 g	2.4 g
Sodium	2530 mg	507 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Mozzarella Cheese (24%) (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Water, Parmesan Cheese (0.5%) (Contains **Milk**), Dry Yeast (Yeast, Emulsifier (491)), Parsley, Mixed Herbs.

Contains Gluten, Wheat, Milk.



Saucy Cheese - Rustico

Nutritional Information
Servings per package: 1
Serving Size: 454 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	4270 kJ (1020 Cal)	941 kJ (225 Cal)
Protein	52.9 g	11.7 g
Fat, total	32.0 g	7.1 g
-saturated	20.1 g	4.4 g
Carbohydrate	123 g	27.2 g
-sugars	11.2 g	2.5 g
Sodium	2280 mg	503 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Mozzarella Cheese (26%) (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Water, Parmesan Cheese (0.5%) (Contains **Milk**), Dry Yeast (Yeast, Emulsifier (491)), Parsley, Mixed Herbs.

Contains Gluten, Wheat, Milk.



Saucy Cheese - Small

Nutritional Information
Servings per package: 1
Serving Size: 309 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	2860 kJ (683 Cal)	925 kJ (221 Cal)
Protein	35.4 g	11.5 g
Fat, total	21.4 g	6.9 g
-saturated	13.4 g	4.3 g
Carbohydrate	82.6 g	26.8 g
-sugars	7.8 g	2.5 g
Sodium	1540 mg	498 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Mozzarella Cheese (26%) (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Water, Parmesan Cheese (0.5%) (Contains **Milk**), Parsley, Dry Yeast (Yeast, Emulsifier (491)), Mixed Herbs.

Contains Gluten, Wheat, Milk.



Seasoned Chips

Nutritional Information



Servings per package: 1

Serving Size: 323 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2010 kJ (481 Cal)	623 kJ (149 Cal)
Protein	9.6 g	3.0 g
Fat, total	14.8 g	4.6 g
-saturated	1.3 g	0.4 g
Carbohydrate	73.6 g	22.8 g
-sugars	2.1 g	0.7 g
Sodium	531 mg	164 mg

Ingredients: Chips (Potato, Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil), Chicken Salt (Salt, Sugar, Maize Starch, Flavour Enhancer (Monosodium Glutamate), Spices, Vegetable Oil, Vegetable Protein Extracts (Contains **Soy**), Acidity Regulator (330), Hydrolysed Vegetable Protein (Contains **Soy**)).

Contains Soy.

May Contain Milk.



Smoke Cured Pepperoni - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 548 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5870 kJ (1400 Cal)	1070 kJ (256 Cal)
Protein	69.5 g	12.7 g
Fat, total	66.9 g	12.2 g
-saturated	30.8 g	5.6 g
Carbohydrate	125 g	22.8 g
-sugars	11.9 g	2.2 g
Sodium	3610 mg	659 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Pepperoni (21%) (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Onion, Parsley.

Contains Milk.

May Contain Egg, Soy, Almond, Sesame.



Smoke Cured Pepperoni - Large Classico

Nutritional Information



Servings per package: 1

Serving Size: 631 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6070 kJ (1450 Cal)	962 kJ (230 Cal)
Protein	82.6 g	13.1 g
Fat, total	56.3 g	8.9 g
-saturated	29.6 g	4.7 g
Carbohydrate	146 g	23.1 g
-sugars	12.8 g	2.0 g
Sodium	4210 mg	668 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Pepperoni (21%) (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Water, Onion, Dry Yeast (Yeast, Emulsifier (491)), Parsley.

Contains Gluten, Wheat, Milk.

May Contain Soy.



Smoke Cured Pepperoni - Rustico

Nutritional Information



Servings per package: 1

Serving Size: 586 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5610 kJ (1340 Cal)	958 kJ (229 Cal)
Protein	79.1 g	13.5 g
Fat, total	55.8 g	9.5 g
-saturated	29.5 g	5.0 g
Carbohydrate	124 g	21.2 g
-sugars	11.8 g	2.0 g
Sodium	3960 mg	677 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Pepperoni (22%) (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Water, Onion, Dry Yeast (Yeast, Emulsifier (491)), Parsley.

Contains Gluten, Wheat, Milk.

May Contain Soy.



Smoke Cured Pepperoni - Small

Nutritional Information



Servings per package: 1

Serving Size: 388 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	3640 kJ (870 Cal)	938 kJ (224 Cal)
Protein	50.6 g	13.0 g
Fat, total	35.1 g	9.1 g
-saturated	19.1 g	4.9 g
Carbohydrate	83.2 g	21.5 g
-sugars	8.5 g	2.2 g
Sodium	2450 mg	630 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Pepperoni (18%) (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Onion, Water, Parsley, Dry Yeast (Yeast, Emulsifier (491))).

Contains Gluten, Wheat, Milk.

May Contain Soy.



Smokey BBQ Chicken Wings

Nutritional Information



Servings per package: 1

Serving Size: 364 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4120 kJ (984 Cal)	1130 kJ (270 Cal)
Protein	68.6 g	18.9 g
Fat, total	67.4 g	18.5 g
-saturated	19.1 g	5.2 g
Carbohydrate	26.3 g	7.2 g
-sugars	16.9 g	4.6 g
Sodium	1240 mg	341 mg

Ingredients: Wings (Oven Roasted Chicken Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-caking Agent (551))), Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Shallots, Parmesan Cheese (Contains **Milk**).

Contains Milk.

May Contain Soy.



Southern Chicken & Bacon - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 658 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	7050 kJ (1680 Cal)	1070 kJ (256 Cal)
Protein	86.4 g	13.1 g
Fat, total	84.0 g	12.8 g
-saturated	31.5 g	4.8 g
Carbohydrate	142 g	21.5 g
-sugars	22.8 g	3.5 g
Sodium	3950 mg	600 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Chicken (18%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Streaky Bacon (12%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Mushroom, Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Aioli (Canola Oil, Vinegar, Free Range **Egg** (**Egg** Yolk, Whole **Egg**), Roasted Garlic, Sugar, Thickeners (1442, 415), Salt, Garlic Powder, Concentrated Lemon Juice, Natural Preservative (234)), Blue Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Onion, Shallots, Parmesan Cheese (Contains **Milk**).

Contains Egg, Milk.**May Contain Soy, Almond, Sesame.**

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Southern Chicken & Bacon - Large Classico

Nutritional Information



Servings per package: 1

Serving Size: 741 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	7250 kJ (1730 Cal)	979 kJ (234 Cal)
Protein	99.5 g	13.4 g
Fat, total	73.5 g	9.9 g
-saturated	30.3 g	4.1 g
Carbohydrate	163 g	22.0 g
-sugars	23.7 g	3.2 g
Sodium	4550 mg	614 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Chicken (18%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Streaky Bacon (12%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Mushroom, Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Water, Aioli (Canola Oil, Vinegar, Free Range **Egg** (**Egg** Yolk, Whole **Egg**), Roasted Garlic, Sugar, Thickeners (1442, 415), Salt, Garlic Powder, Concentrated Lemon Juice, Natural Preservative (234)), Blue Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Onion, Shallots, Parmesan Cheese (Contains **Milk**), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk.

May Contain Soy.



Southern Chicken & Bacon - Rustico

Nutritional Information



Servings per package: 1

Serving Size: 696 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6790 kJ (1620 Cal)	977 kJ (233 Cal)
Protein	96.1 g	13.8 g
Fat, total	73.0 g	10.5 g
-saturated	30.3 g	4.3 g
Carbohydrate	141 g	20.3 g
-sugars	22.8 g	3.3 g
Sodium	4300 mg	619 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Chicken (19%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Streaky Bacon (13%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Mushroom, Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Aioli (Canola Oil, Vinegar, Free Range **Egg** (**Egg** Yolk, Whole **Egg**), Roasted Garlic, Sugar, Thickeners (1442, 415), Salt, Garlic Powder, Concentrated Lemon Juice, Natural Preservative (234)), Blue Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Onion, Shallots, Parmesan Cheese (Contains **Milk**), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk.

May Contain Soy.



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Southern Chicken & Bacon - Small

Nutritional Information



Servings per package: 1

Serving Size: 493 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4770 kJ (1140 Cal)	968 kJ (231 Cal)
Protein	66.2 g	13.4 g
Fat, total	51.2 g	10.4 g
-saturated	21.7 g	4.4 g
Carbohydrate	100 g	20.3 g
-sugars	20.5 g	4.2 g
Sodium	3180 mg	644 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Chicken (18%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Streaky Bacon (15%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Mushroom, Aioli (Canola Oil, Vinegar, Free Range **Egg** (**Egg** Yolk, Whole **Egg**), Roasted Garlic, Sugar, Thickeners (1442, 415), Salt, Garlic Powder, Concentrated Lemon Juice, Natural Preservative (234)), Blue Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Onion, Shallots, Parmesan Cheese (Contains **Milk**), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk.

May Contain Soy.



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Spinach & Feta - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 432 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4920 kJ (1180 Cal)	1140 kJ (272 Cal)
Protein	35.7 g	8.3 g
Fat, total	56.4 g	13.1 g
-saturated	20.8 g	4.8 g
Carbohydrate	123 g	28.4 g
-sugars	7.5 g	1.7 g
Sodium	2520 mg	583 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Mushroom, Fetta Cheese (6%) (Pasteurised Cow's **Milk**, Brine (Salt, Mineral Salt (509), Acidity Regulator (260)), Cultures, Mineral Salt (509), Non-animal Rennet), Kalamata Olives (Kalamata Olives, Water, Sea Salt, Acetic Acid, Vinegar, Vegetable Oil), Onion, Spinach (4%), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Olive Oil.

Contains Milk.

May Contain Egg, Almond, Sesame.



Spinach & Feta - Large Classico

Nutritional Information



Servings per package: 1

Serving Size: 515 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5120 kJ (1220 Cal)	995 kJ (238 Cal)
Protein	48.8 g	9.5 g
Fat, total	45.8 g	8.9 g
-saturated	19.6 g	3.8 g
Carbohydrate	144 g	27.9 g
-sugars	8.5 g	1.6 g
Sodium	3120 mg	606 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Water, Mushroom, Fetta Cheese (6%) (Pasteurised Cow's **Milk**, Brine (Salt, Mineral Salt (509), Acidity Regulator (260)), Cultures, Mineral Salt (509), Non-animal Rennet), Kalamata Olives (Kalamata Olives, Water, Sea Salt, Acetic Acid, Vinegar, Vegetable Oil), Onion, Spinach (4%), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Olive Oil, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.



Spinach & Feta - Rustico

Nutritional Information
Servings per package: 1
Serving Size: 470 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	4670 kJ (1120 Cal)	993 kJ (237 Cal)
Protein	45.4 g	9.7 g
Fat, total	45.4 g	9.7 g
-saturated	19.5 g	4.2 g
Carbohydrate	122 g	26.0 g
-sugars	7.5 g	1.6 g
Sodium	2870 mg	612 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Mushroom, Water, Fetta Cheese (6%) (Pasteurised Cow's **Milk**, Brine (Salt, Mineral Salt (509), Acidity Regulator (260)), Cultures, Mineral Salt (509), Non-animal Rennet), Kalamata Olives (Kalamata Olives, Water, Sea Salt, Acetic Acid, Vinegar, Vegetable Oil), Onion, Spinach (4.5%), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Olive Oil, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.



Spinach & Feta - Small

Nutritional Information
Servings per package: 1
Serving Size: 311 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	3090 kJ (738 Cal)	994 kJ (238 Cal)
Protein	30.2 g	9.7 g
Fat, total	29.7 g	9.6 g
-saturated	12.9 g	4.2 g
Carbohydrate	81.3 g	26.2 g
-sugars	5.1 g	1.6 g
Sodium	1870 mg	603 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Mushroom, Water, Fetta Cheese (6%) (Pasteurised Cow's **Milk**, Brine (Salt, Mineral Salt (509), Acidity Regulator (260)), Cultures, Mineral Salt (509), Non-animal Rennet), Kalamata Olives, Onion, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Olive Oil, Spinach (3%), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.



Supremo - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 627 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5000 kJ (1190 Cal)	796 kJ (190 Cal)
Protein	52.6 g	8.4 g
Fat, total	47.0 g	7.5 g
-saturated	18.7 g	3.0 g
Carbohydrate	132 g	21.0 g
-sugars	14.5 g	2.3 g
Sodium	3510 mg	559 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Mushroom, Sliced Ham (10%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407), Natural Flavour, Wood Smoke), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Pepperoni (5%) (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Onion, Kalamata Olives, Parmesan Cheese (Contains **Milk**), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parsley, Mixed Herbs.

Contains Milk.**May Contain Egg, Soy, Almond, Sesame.**

Supremo - Large Classico

Nutritional Information

Servings per package: 1

Serving Size: 710 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5200 kJ (1240 Cal)	732 kJ (175 Cal)
Protein	65.8 g	9.3 g
Fat, total	36.4 g	5.1 g
-saturated	17.5 g	2.5 g
Carbohydrate	153 g	21.5 g
-sugars	15.4 g	2.2 g
Sodium	4110 mg	579 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Mushroom, Sliced Ham (10%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407), Natural Flavour, Wood Smoke), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Water, Pepperoni (5%) (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Onion, Kalamata Olives, Parmesan Cheese (Contains **Milk**), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parsley, Dry Yeast (Yeast, Emulsifier (491)), Mixed Herbs.

Contains Gluten, Wheat, Milk.**May Contain Soy.**

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Supremo - Rustico

Nutritional Information



Servings per package: 1

Serving Size: 665 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4740 kJ (1130 Cal)	713 kJ (170 Cal)
Protein	62.3 g	9.4 g
Fat, total	35.9 g	5.4 g
-saturated	17.4 g	2.6 g
Carbohydrate	131 g	19.7 g
-sugars	14.5 g	2.2 g
Sodium	3860 mg	581 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Mushroom, Sliced Ham (11%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407), Natural Flavour, Wood Smoke), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Pepperoni (5%) (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Onion, Kalamata Olives, Parmesan Cheese (Contains **Milk**), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parsley, Dry Yeast (Yeast, Emulsifier (491)), Mixed Herbs.

Contains Gluten, Wheat, Milk.

May Contain Soy.



Supremo - Small

Nutritional Information



Servings per package: 1

Serving Size: 439 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	3110 kJ (742 Cal)	707 kJ (169 Cal)
Protein	40.8 g	9.3 g
Fat, total	22.9 g	5.2 g
-saturated	11.4 g	2.6 g
Carbohydrate	87.1 g	19.8 g
-sugars	9.7 g	2.2 g
Sodium	2480 mg	564 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Mushroom, Sliced Ham (10%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407), Natural Flavour, Wood Smoke), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Onion, Pepperoni (4.5%) (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Kalamata Olives, Parmesan Cheese (Contains **Milk**), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parsley, Dry Yeast (Yeast, Emulsifier (491)), Mixed Herbs.

Contains Gluten, Wheat, Milk.**May Contain Soy.**

Sweet Chilli - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 277 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	3680 kJ (878 Cal)	1330 kJ (317 Cal)
Protein	24.9 g	9.0 g
Fat, total	27.7 g	10.0 g
-saturated	11.1 g	4.0 g
Carbohydrate	128 g	46.1 g
-sugars	13.4 g	4.8 g
Sodium	1530 mg	552 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Sweet Chilli Sauce (Sugar Syrup, Garlic, Red Chilli, Acidity Regulator (Acetic Acid), Salt, Water, Thickener: (Hydroxypropyl Distarch Phosphate (From Tapioca)), Xanthan Gum).

Contains Milk.

May Contain Egg, Almond, Sesame.



Sweet Chilli Calzone

Nutritional Information



Servings per package: 1

Serving Size: 212 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2290 kJ (548 Cal)	1080 kJ (259 Cal)
Protein	23.0 g	10.9 g
Fat, total	11.1 g	5.2 g
-saturated	6.6 g	3.1 g
Carbohydrate	85.6 g	40.5 g
-sugars	9.6 g	4.5 g
Sodium	1270 mg	603 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Water, Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Sweet Chilli Sauce (Sugar Syrup, Garlic, Red Chilli, Acidity Regulator (Acetic Acid), Salt, Water, Thickener: (Hydroxypropyl Distarch Phosphate (From Tapioca)), Xanthan Gum), Dry Yeast (Yeast, Emulsifier (491))).

Contains Gluten, Wheat, Milk.



Sweet Chilli Flat Pizza Bread

Nutritional Information



Servings per package: 1

Serving Size: 234 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2600 kJ (621 Cal)	1110 kJ (266 Cal)
Protein	28.3 g	12.1 g
Fat, total	15.8 g	6.7 g
-saturated	9.8 g	4.2 g
Carbohydrate	88.0 g	37.6 g
-sugars	11.7 g	5.0 g
Sodium	1440 mg	615 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Water, Sweet Chilli Sauce (Sugar Syrup, Garlic, Red Chilli, Acidity Regulator (Acetic Acid), Salt, Water, Thickener: (Hydroxypropyl Distarch Phosphate (From Tapioca)), Xanthan Gum), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.



The Prawn - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 682 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4940 kJ (1180 Cal)	724 kJ (173 Cal)
Protein	67.4 g	9.9 g
Fat, total	33.6 g	4.9 g
-saturated	13.6 g	2.0 g
Carbohydrate	151 g	22.1 g
-sugars	32.9 g	4.8 g
Sodium	2470 mg	363 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Prawn (26%) (**Crustacean**) (Prawn, Salt (E451, E452), Water), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Sweet Chilli Sauce (Sugar Syrup, Garlic, Red Chilli, Acidity Regulator (Acetic Acid), Salt, Water, Thickener: (Hydroxypropyl Distarch Phosphate (From Tapioca)), Xanthan Gum), Shallots, Lemon, Lemon Pepper (Dehydrated Vegetables, Salt, Sugar, Herbs And spices, Food Acid (330), Flavour Enhancer (Monosodium Glutamate), Canola Oil).

Contains Crustacean, Milk.

May Contain Egg, Almond, Sesame.



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The Prawn - Large Classico

Nutritional Information



Servings per package: 1

Serving Size: 765 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5140 kJ (1230 Cal)	672 kJ (161 Cal)
Protein	80.5 g	10.5 g
Fat, total	23.0 g	3.0 g
-saturated	12.4 g	1.6 g
Carbohydrate	172 g	22.5 g
-sugars	33.8 g	4.4 g
Sodium	3080 mg	402 mg

Ingredients: Prawn (26%) (**Crustacean**) (Prawn, Salt (E451, E452), Water), Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Sweet Chilli Sauce (Sugar Syrup, Garlic, Red Chilli, Acidity Regulator (Acetic Acid), Salt, Water, Thickener: (Hydroxypropyl Distarch Phosphate (From Tapioca)), Xanthan Gum), Shallots, Lemon, Dry Yeast (Yeast, Emulsifier (491)), Lemon Pepper (Dehydrated Vegetables, Salt, Sugar, Herbs And spices, Food Acid (330), Flavour Enhancer (Monosodium Glutamate), Canola Oil).

Contains Gluten, Wheat, Crustacean, Milk.



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The Prawn - Rustico

Nutritional Information



Servings per package: 1

Serving Size: 720 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4690 kJ (1120 Cal)	651 kJ (156 Cal)
Protein	77.0 g	10.7 g
Fat, total	22.5 g	3.1 g
-saturated	12.4 g	1.7 g
Carbohydrate	150 g	20.8 g
-sugars	32.8 g	4.6 g
Sodium	2830 mg	393 mg

Ingredients: Prawn (28%) (**Crustacean**) (Prawn, Salt (E451, E452), Water), Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Sweet Chilli Sauce (Sugar Syrup, Garlic, Red Chilli, Acidity Regulator (Acetic Acid), Salt, Water, Thickener: (Hydroxypropyl Distarch Phosphate (From Tapioca)), Xanthan Gum), Shallots, Lemon, Dry Yeast (Yeast, Emulsifier (491)), Lemon Pepper (Dehydrated Vegetables, Salt, Sugar, Herbs And spices, Food Acid (330), Flavour Enhancer (Monosodium Glutamate), Canola Oil).

Contains Gluten, Wheat, Crustacean, Milk.



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The Prawn - Small

Nutritional Information
Servings per package: 1
Serving Size: 485 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	3140 kJ (750 Cal)	647 kJ (155 Cal)
Protein	51.7 g	10.6 g
Fat, total	15.0 g	3.1 g
-saturated	8.2 g	1.7 g
Carbohydrate	101 g	20.7 g
-sugars	22.3 g	4.6 g
Sodium	1930 mg	397 mg

Ingredients: Prawn (28%) (**Crustacean**) (Prawn, Salt (E451, E452), Water), Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Sweet Chilli Sauce (Sugar Syrup, Garlic, Red Chilli, Acidity Regulator (Acetic Acid), Salt, Water, Thickener: (Hydroxypropyl Distarch Phosphate (From Tapioca)), Xanthan Gum), Lemon, Shallots, Lemon Pepper (Dehydrated Vegetables, Salt, Sugar, Herbs And spices, Food Acid (330), Flavour Enhancer (Monosodium Glutamate), Canola Oil), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Crustacean, Milk.



Troppo - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 678 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5980 kJ (1430 Cal)	883 kJ (211 Cal)
Protein	59.9 g	8.8 g
Fat, total	58.6 g	8.6 g
-saturated	24.0 g	3.5 g
Carbohydrate	160 g	23.6 g
-sugars	42.4 g	6.3 g
Sodium	3890 mg	575 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Canned Pineapple (20%) (Pineapple, Water, Sugar, Citric Acid), Sliced Ham (16%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407), Natural Flavour, Wood Smoke), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Streaky Bacon (12%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)).

Contains Milk.**May Contain Egg, Soy, Almond, Sesame.**

Troppo - Large Classico

Nutritional Information
Servings per package: 1
Serving Size: 761 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	6180 kJ (1480 Cal)	813 kJ (194 Cal)
Protein	73.0 g	9.6 g
Fat, total	48.0 g	6.3 g
-saturated	22.8 g	3.0 g
Carbohydrate	181 g	23.8 g
-sugars	43.3 g	5.7 g
Sodium	4500 mg	591 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Canned Pineapple (20%) (Pineapple, Water, Sugar, Citric Acid), Sliced Ham (16%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407), Natural Flavour, Wood Smoke), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Streaky Bacon (12%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

May Contain Soy.



Troppo - Rustico

Nutritional Information



Servings per package: 1

Serving Size: 716 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5730 kJ (1370 Cal)	800 kJ (191 Cal)
Protein	69.5 g	9.7 g
Fat, total	47.5 g	6.6 g
-saturated	22.7 g	3.2 g
Carbohydrate	159 g	22.2 g
-sugars	42.3 g	5.9 g
Sodium	4250 mg	594 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Canned Pineapple (21%) (Pineapple, Water, Sugar, Citric Acid), Sliced Ham (17%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407), Natural Flavour, Wood Smoke), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Streaky Bacon (13%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.**May Contain Soy.**

Troppo - Small

Nutritional Information



Servings per package: 1

Serving Size: 482 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	3840 kJ (917 Cal)	797 kJ (190 Cal)
Protein	47.1 g	9.8 g
Fat, total	31.8 g	6.6 g
-saturated	15.1 g	3.1 g
Carbohydrate	106 g	22.1 g
-sugars	28.3 g	5.9 g
Sodium	2890 mg	601 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Canned Pineapple (21%) (Pineapple, Water, Sugar, Citric Acid), Sliced Ham (18%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (450, 451), Dextrose (Maize Or Tapioca), Antioxidant (316), Preservative (250)), Acidity Regulators (326, 262), Modified Starch (1442 Maize Or Tapioca), Vegetable Gum (407), Natural Flavour, Wood Smoke), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Streaky Bacon (12%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.**May Contain Soy.**

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Tuscan Pesto Chicken & Bacon - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 774 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6880 kJ (1640 Cal)	888 kJ (212 Cal)
Protein	85.4 g	11.0 g
Fat, total	82.7 g	10.7 g
-saturated	27.9 g	3.6 g
Carbohydrate	135 g	17.4 g
-sugars	16.3 g	2.1 g
Sodium	3550 mg	459 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Chicken (16%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Tomato, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Streaky Bacon (10%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Mushroom, Basil Pesto (3%) (Basil Puree (Fresh Basil, Vegetable Oil, Salt, Acetic Acid, Citric Acid, Calcium Lactate, Potassium Sorbate, Ascorbic Acid), Canola Oil, **Cashews**, Parmesan Cheese (Pasteurised **Milk**, Tapioca Starch, Whey Powder, Salt, Starter Cultures, Enzymes (Contains **Egg**), Preservative (E200)), Sugar, Garlic, Salt, Citric Acid, Preservative (E202, E211)), Onion, Aioli (Canola Oil, Vinegar, Free Range **Egg** (**Egg** Yolk, Whole **Egg**), Roasted Garlic, Sugar, Thickeners (1442, 415), Salt, Garlic Powder, Concentrated Lemon Juice, Natural Preservative (234)), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parmesan Cheese (Contains **Milk**), Balsamic Vinegar (Contains **Sulphites**), Parsley.

Contains Egg, Milk, Cashew, Sulphites.

May Contain Soy, Almond, Sesame.



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Tuscan Pesto Chicken & Bacon - Large Classico

Nutritional Information



Servings per package: 1

Serving Size: 857 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	7080 kJ (1690 Cal)	826 kJ (197 Cal)
Protein	98.6 g	11.5 g
Fat, total	72.1 g	8.4 g
-saturated	26.7 g	3.1 g
Carbohydrate	156 g	18.2 g
-sugars	17.3 g	2.0 g
Sodium	4150 mg	485 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Chicken (16%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Tomato, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Streaky Bacon (11%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Mushroom, Basil Pesto (3%) (Basil Puree (Fresh Basil, Vegetable Oil, Salt, Acetic Acid, Citric Acid, Calcium Lactate, Potassium Sorbate, Ascorbic Acid), Canola Oil, **Cashews**, Parmesan Cheese (Pasteurised **Milk**, Tapioca Starch, Whey Powder, Salt, Starter Cultures, Enzymes (Contains **Egg**), Preservative (E200)), Sugar, Garlic, Salt, Citric Acid, Preservative (E202, E211)), Onion, Aioli (Canola Oil, Vinegar, Free Range **Egg** (**Egg** Yolk, Whole **Egg**), Roasted Garlic, Sugar, Thickeners (1442, 415), Salt, Garlic Powder, Concentrated Lemon Juice, Natural Preservative (234)), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parmesan Cheese (Contains **Milk**), Balsamic Vinegar (Contains **Sulphites**), Dry Yeast (Yeast, Emulsifier (491)), Parsley.

Contains Gluten, Wheat, Egg, Milk, Cashew, Sulphites.

May Contain Soy.



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Tuscan Pesto Chicken & Bacon - Rustico

Nutritional Information

Servings per package: 1

Serving Size: 812 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6620 kJ (1580 Cal)	816 kJ (195 Cal)
Protein	95.1 g	11.7 g
Fat, total	71.6 g	8.8 g
-saturated	26.7 g	3.3 g
Carbohydrate	134 g	16.5 g
-sugars	16.3 g	2.0 g
Sodium	3900 mg	481 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Chicken (17%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Tomato, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Streaky Bacon (11%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Mushroom, Basil Pesto (3%) (Basil Puree (Fresh Basil, Vegetable Oil, Salt, Acetic Acid, Citric Acid, Calcium Lactate, Potassium Sorbate, Ascorbic Acid), Canola Oil, **Cashews**, Parmesan Cheese (Pasteurised **Milk**, Tapioca Starch, Whey Powder, Salt, Starter Cultures, Enzymes (Contains **Egg**), Preservative (E200)), Sugar, Garlic, Salt, Citric Acid, Preservative (E202, E211)), Onion, Aioli (Canola Oil, Vinegar, Free Range **Egg** (**Egg** Yolk, Whole **Egg**), Roasted Garlic, Sugar, Thickeners (1442, 415), Salt, Garlic Powder, Concentrated Lemon Juice, Natural Preservative (234)), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parmesan Cheese (Contains **Milk**), Balsamic Vinegar (Contains **Sulphites**), Dry Yeast (Yeast, Emulsifier (491)), Parsley.

Contains Gluten, Wheat, Egg, Milk, Cashew, Sulphites.

May Contain Soy.



Tuscan Pesto Chicken & Bacon - Small

Nutritional Information



Servings per package: 1

Serving Size: 562 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4420 kJ (1060 Cal)	787 kJ (188 Cal)
Protein	63.2 g	11.3 g
Fat, total	47.6 g	8.5 g
-saturated	17.5 g	3.1 g
Carbohydrate	90.0 g	16.0 g
-sugars	11.5 g	2.0 g
Sodium	2600 mg	463 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Tomato, Chicken (16%) (Chicken, Marinade (Water, Modified Starch (1442), Salt, Acidity Regulator (451), Vegetable Gum (407), Citrus Fibre, Yeast Extract)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Streaky Bacon (11%) (Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Wood Smoke), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Mushroom, Basil Pesto (3%) (Basil Puree (Fresh Basil, Vegetable Oil, Salt, Acetic Acid, Citric Acid, Calcium Lactate, Potassium Sorbate, Ascorbic Acid), Canola Oil, **Cashews**, Parmesan Cheese (Pasteurised **Milk**, Tapioca Starch, Whey Powder, Salt, Starter Cultures, Enzymes (Contains **Egg**), Preservative (E200)), Sugar, Garlic, Salt, Citric Acid, Preservative (E202, E211)), Onion, Aioli (Canola Oil, Vinegar, Free Range **Egg** (**Egg** Yolk, Whole **Egg**), Roasted Garlic, Sugar, Thickeners (1442, 415), Salt, Garlic Powder, Concentrated Lemon Juice, Natural Preservative (234)), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Balsamic Vinegar (Contains **Sulphites**), Parmesan Cheese (Contains **Milk**), Parsley, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk, Cashew, Sulphites.

May Contain Soy.



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VEGAN BBQ NOT Chick'n - Large Classico

Nutritional Information



Servings per package: 1

Serving Size: 560 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5160 kJ (1230 Cal)	922 kJ (220 Cal)
Protein	53.4 g	9.5 g
Fat, total	30.2 g	5.4 g
-saturated	16.7 g	3.0 g
Carbohydrate	180 g	32.1 g
-sugars	21.0 g	3.7 g
Sodium	3160 mg	565 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Kebab Chick'n (21%) (Gluten (**Wheat**), Water, **Soy**, Vegetable Oil, Salt, Rice Flour, Flavour Enhancer (Monosodium Glutamate), Dextrose, Cornflour, Hvp, Nutritional Yeast, White Vinegar, Sugar, Spices, Oregano, Coriander), Vegan Mozzarella Cheese (Water, Coconut Oil, Modified Starch (E1404, E1450), Starch, Sea Salt, Anticaking Agent (Tapioca Starch), Vegan Mozzarella Flavours, Olive Extract, Colour (B-carotene)), Water, Mushroom, Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Onion, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Dry Yeast (Yeast, Emulsifier (491)), Parsley.

Contains Gluten, Wheat, Soy.**May Contain Tree Nuts, Sesame.**

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VEGAN BBQ NOT Chick'n - Rustico

Nutritional Information



Servings per package: 1

Serving Size: 515 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4710 kJ (1120 Cal)	914 kJ (218 Cal)
Protein	49.9 g	9.7 g
Fat, total	29.7 g	5.8 g
-saturated	16.6 g	3.2 g
Carbohydrate	158 g	30.7 g
-sugars	20.0 g	3.9 g
Sodium	2910 mg	566 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Kebab Chick'n (23%) (Gluten (**Wheat**), Water, **Soy**, Vegetable Oil, Salt, Rice Flour, Flavour Enhancer (Monosodium Glutamate), Dextrose, Cornflour, Hvp, Nutritional Yeast, White Vinegar, Sugar, Spices, Oregano, Coriander), Vegan Mozzarella Cheese (Water, Coconut Oil, Modified Starch (E1404, E1450), Starch, Sea Salt, Anticaking Agent (Tapioca Starch), Vegan Mozzarella Flavours, Olive Extract, Colour (B-carotene)), Mushroom, Water, Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Onion, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Dry Yeast (Yeast, Emulsifier (491)), Parsley.

Contains Gluten, Wheat, Soy.**May Contain Tree Nuts, Sesame.**

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VEGAN BBQ NOT Chick'n - Small

Nutritional Information



Servings per package: 1

Serving Size: 347 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	3160 kJ (755 Cal)	912 kJ (218 Cal)
Protein	33.3 g	9.6 g
Fat, total	20.2 g	5.8 g
-saturated	11.4 g	3.3 g
Carbohydrate	106 g	30.5 g
-sugars	13.3 g	3.8 g
Sodium	1950 mg	564 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Kebab Chick'n (23%) (Gluten (**Wheat**), Water, **Soy**, Vegetable Oil, Salt, Rice Flour, Flavour Enhancer (Monosodium Glutamate), Dextrose, Cornflour, Hvp, Nutritional Yeast, White Vinegar, Sugar, Spices, Oregano, Coriander), Vegan Mozzarella Cheese (Water, Coconut Oil, Modified Starch (E1404, E1450), Starch, Sea Salt, Anticaking Agent (Tapioca Starch), Vegan Mozzarella Flavours, Olive Extract, Colour (B-carotene)), Mushroom, Water, Bbq Sauce (Tomato (From Paste), Sugar, Molasses, Vinegar, Salt, Thickeners (1414 Or 1422, 415), Natural Smoke, Burnt Sugar, Food Acids (260, 330), Spice, Preservatives (202, 211), Natural Flavours), Onion, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parsley, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Soy.**May Contain Tree Nuts, Sesame.**

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VEGAN Classic Garlic Calzone

Nutritional Information



Servings per package: 1

Serving Size: 194 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	1920 kJ (460 Cal)	994 kJ (238 Cal)
Protein	12.9 g	6.7 g
Fat, total	6.5 g	3.4 g
-saturated	4.6 g	2.4 g
Carbohydrate	84.0 g	43.4 g
-sugars	4.4 g	2.3 g
Sodium	1140 mg	590 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Water, Vegan Mozzarella Cheese (Water, Coconut Oil, Modified Starch (E1404, E1450), Starch, Sea Salt, Anticaking Agent (Tapioca Starch), Vegan Mozzarella Flavours, Olive Extract, Colour (B-carotene)), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat.



VEGAN Garlic & Fresh Rosemary Calzone

Nutritional Information

Servings per package: 1

Serving Size: 198 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	1970 kJ (471 Cal)	994 kJ (238 Cal)
Protein	13.3 g	6.7 g
Fat, total	7.2 g	3.6 g
-saturated	4.9 g	2.5 g
Carbohydrate	84.1 g	42.5 g
-sugars	4.5 g	2.3 g
Sodium	1540 mg	776 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Water, Vegan Mozzarella Cheese (Water, Coconut Oil, Modified Starch (E1404, E1450), Starch, Sea Salt, Anticaking Agent (Tapioca Starch), Vegan Mozzarella Flavours, Olive Extract, Colour (B-carotene)), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Rosemary, Salt, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat.



VEGAN Sweet Chilli Calzone

Nutritional Information



Servings per package: 1

Serving Size: 194 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2020 kJ (482 Cal)	1040 kJ (249 Cal)
Protein	12.7 g	6.5 g
Fat, total	6.5 g	3.4 g
-saturated	4.6 g	2.4 g
Carbohydrate	89.8 g	46.4 g
-sugars	9.6 g	5.0 g
Sodium	1190 mg	614 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Water, Vegan Mozzarella Cheese (Water, Coconut Oil, Modified Starch (E1404, E1450), Starch, Sea Salt, Anticaking Agent (Tapioca Starch), Vegan Mozzarella Flavours, Olive Extract, Colour (B-carotene)), Sweet Chilli Sauce (Sugar Syrup, Garlic, Red Chilli, Acidity Regulator (Acetic Acid), Salt, Water, Thickener: (Hydroxypropyl Distarch Phosphate (From Tapioca)), Xanthan Gum), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat.



Vegan Sweet Potato Lovers - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 573 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4570 kJ (1090 Cal)	797 kJ (191 Cal)
Protein	15.7 g	2.7 g
Fat, total	35.5 g	6.2 g
-saturated	16.5 g	2.9 g
Carbohydrate	170 g	29.6 g
-sugars	30.5 g	5.3 g
Sodium	3330 mg	580 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum)), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Sweet Potato (17%), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Vegan Mozzarella Cheese (Water, Coconut Oil, Modified Starch (E1404, E1450), Starch, Sea Salt, Anticaking Agent (Tapioca Starch), Vegan Mozzarella Flavours, Olive Extract, Colour (B-carotene)), Mushroom, Sweet Chilli Sauce (Sugar Syrup, Garlic, Red Chilli, Acidity Regulator (Acetic Acid), Salt, Water, Thickener: (Hydroxypropyl Distarch Phosphate (From Tapioca)), Xanthan Gum), Shallots, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Canola Oil, Rosemary, Salt, Salt (Salt, Anti-caking Agent (554)).

May Contain Egg, Almond, Sesame.



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Vegan Sweet Potato Lovers - Large Classico

Nutritional Information



Servings per package: 1

Serving Size: 656 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4770 kJ (1140 Cal)	727 kJ (174 Cal)
Protein	28.8 g	4.4 g
Fat, total	24.9 g	3.8 g
-saturated	15.3 g	2.3 g
Carbohydrate	191 g	29.0 g
-sugars	31.5 g	4.8 g
Sodium	3930 mg	599 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Sweet Potato (17%), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Vegan Mozzarella Cheese (Water, Coconut Oil, Modified Starch (E1404, E1450), Starch, Sea Salt, Anticaking Agent (Tapioca Starch), Vegan Mozzarella Flavours, Olive Extract, Colour (B-carotene)), Mushroom, Water, Sweet Chilli Sauce (Sugar Syrup, Garlic, Red Chilli, Acidity Regulator (Acetic Acid), Salt, Water, Thickener: (Hydroxypropyl Distarch Phosphate (From Tapioca)), Xanthan Gum), Shallots, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Canola Oil, Rosemary, Salt, Dry Yeast (Yeast, Emulsifier (491)), Salt (Salt, Anti-caking Agent (554)).

Contains Gluten, Wheat.



Vegan Sweet Potato Lovers - Rustico

Nutritional Information



Servings per package: 1

Serving Size: 611 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4310 kJ (1030 Cal)	706 kJ (169 Cal)
Protein	25.3 g	4.1 g
Fat, total	24.4 g	4.0 g
-saturated	15.3 g	2.5 g
Carbohydrate	169 g	27.6 g
-sugars	30.5 g	5.0 g
Sodium	3680 mg	602 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Sweet Potato (18%), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Vegan Mozzarella Cheese (Water, Coconut Oil, Modified Starch (E1404, E1450), Starch, Sea Salt, Anticaking Agent (Tapioca Starch), Vegan Mozzarella Flavours, Olive Extract, Colour (B-carotene)), Mushroom, Water, Sweet Chilli Sauce (Sugar Syrup, Garlic, Red Chilli, Acidity Regulator (Acetic Acid), Salt, Water, Thickener: (Hydroxypropyl Distarch Phosphate (From Tapioca)), Xanthan Gum), Shallots, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Canola Oil, Rosemary, Salt, Dry Yeast (Yeast, Emulsifier (491)), Salt (Salt, Anti-caking Agent (554)).

Contains Gluten, Wheat.



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Vegan Sweet Potato Lovers - Small

Nutritional Information



Servings per package: 1

Serving Size: 404 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2910 kJ (696 Cal)	720 kJ (172 Cal)
Protein	16.7 g	4.1 g
Fat, total	17.8 g	4.4 g
-saturated	11.6 g	2.9 g
Carbohydrate	111 g	27.6 g
-sugars	18.3 g	4.5 g
Sodium	2310 mg	573 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Sweet Potato (18%), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Vegan Mozzarella Cheese (Water, Coconut Oil, Modified Starch (E1404, E1450), Starch, Sea Salt, Anticaking Agent (Tapioca Starch), Vegan Mozzarella Flavours, Olive Extract, Colour (B-carotene)), Mushroom, Water, Shallots, Sweet Chilli Sauce (Sugar Syrup, Garlic, Red Chilli, Acidity Regulator (Acetic Acid), Salt, Water, Thickener: (Hydroxypropyl Distarch Phosphate (From Tapioca)), Xanthan Gum), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Canola Oil, Rosemary, Salt, Dry Yeast (Yeast, Emulsifier (491)), Salt (Salt, Anti-caking Agent (554)).

Contains Gluten, Wheat.



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Vegetarian - Gluten Free Base

Nutritional Information



Servings per package: 1

Serving Size: 698 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4800 kJ (1150 Cal)	687 kJ (164 Cal)
Protein	37.7 g	5.4 g
Fat, total	39.1 g	5.6 g
-saturated	16.4 g	2.3 g
Carbohydrate	152 g	21.7 g
-sugars	34.3 g	4.9 g
Sodium	2210 mg	317 mg

Ingredients: Gluten Free Pizza Base (Gluten Free Flours (Rice, Whole Grain Corn, Sorghum), Water, Sourdough (Rice Flour, Water, Vegetable Gum (Guar Gum))), Tapioca Starch, Sunflower Oil, Rice Syrup, Potato Starch, Yeast, Maltodextrin (From Corn), Iodised Salt, Vegetable Gum (Guar Gum), Emulsifier (Sunflower Lecithin), Stabiliser (466)), Mushroom, Canned Pineapple (Pineapple, Water, Sugar, Citric Acid), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet))), Anticaking Agent (460), Preservative (200)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Onion, Kalamata Olives, Parmesan Cheese (Contains **Milk**), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parsley, Mixed Herbs.

Contains Milk.**May Contain Egg, Almond, Sesame.**

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Vegetarian - Large Classico

Nutritional Information



Servings per package: 1

Serving Size: 781 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5000 kJ (1190 Cal)	639 kJ (153 Cal)
Protein	50.8 g	6.5 g
Fat, total	28.5 g	3.6 g
-saturated	15.2 g	1.9 g
Carbohydrate	173 g	22.1 g
-sugars	35.2 g	4.5 g
Sodium	2810 mg	360 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Mushroom, Canned Pineapple (Pineapple, Water, Sugar, Citric Acid), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Onion, Kalamata Olives, Parmesan Cheese (Contains **Milk**), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parsley, Dry Yeast (Yeast, Emulsifier (491)), Mixed Herbs.

Contains Gluten, Wheat, Milk.

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Vegetarian - Rustico

Nutritional Information



Servings per package: 1

Serving Size: 736 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4540 kJ (1090 Cal)	617 kJ (147 Cal)
Protein	47.3 g	6.4 g
Fat, total	28.0 g	3.8 g
-saturated	15.1 g	2.1 g
Carbohydrate	151 g	20.5 g
-sugars	34.3 g	4.7 g
Sodium	2570 mg	349 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Mushroom, Canned Pineapple (Pineapple, Water, Sugar, Citric Acid), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Onion, Kalamata Olives, Parmesan Cheese (Contains **Milk**), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parsley, Dry Yeast (Yeast, Emulsifier (491)), Mixed Herbs.

Contains Gluten, Wheat, Milk.



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Vegetarian - Small

Nutritional Information



Servings per package: 1

Serving Size: 489 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	3050 kJ (729 Cal)	624 kJ (149 Cal)
Protein	31.6 g	6.5 g
Fat, total	19.3 g	4.0 g
-saturated	10.2 g	2.1 g
Carbohydrate	101 g	20.6 g
-sugars	22.4 g	4.6 g
Sodium	1760 mg	361 mg

Ingredients: Dough Flour (**Wheat** Flour, Iodised Salt, Sugar, Gluten, Emulsifier (472e), Flour Treatment Agents (300, 920), Enzyme (Amylase)), Mushroom, Canned Pineapple (Pineapple, Water, Sugar, Citric Acid), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Onion, Kalamata Olives, Parmesan Cheese (Contains **Milk**), Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Parsley, Dry Yeast (Yeast, Emulsifier (491)), Mixed Herbs.

Contains Gluten, Wheat, Milk.



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