Calorie Transperancy in gm. KJ/Cal. in gm. in gm. **Item Name** Size **Serving Size** Energy Fat - Total **Protein HT** crust 52.0 138.5 6.8 3.2 **VEG MARGHERITA** R 69 9.1 4.3 184.3 M

R M

R

M

M

R

M

R

R

M

R

M

R

M

R

M

R M

R

M

R

M

R

M

R

M

R

M

R

M

R

R

M

R

M

M

R

M

R

R

M

M

M

M

M

M

CHEESE & TOMATO

COUNTRY SPECIAL

MEXICAN GREEN WAVE

SPICY TRIPLE TANGO

PEPPY PANEER

VEGGIE PARADISE

VEGGIE DELUXE

VEG EXTRAVAGANZA

CHEF'S VEG WONDER

CHEESE & BBQ CHICKEN

CHICKEN SALAMI SPECIAL

BBQ CHICKEN

CHICKEN FIESTA

CHICKEN LOVERS

CHICKEN MEXICANA

CHICKEN GOLDEN DELIGHT

CHEF'S CHICKEN CHOICE

CHICKEN DOMINATOR

SEVENTH HEAVEN

NON-VEG SUPREME

CHEESE & PEPPERONI

PIZZA CRUSTS FRESH PAN

CHEESE BURST

DOUBLE CHEESE CRUNCH

WHEAT THIN CRUST

GARLIC BREADSTICKS

CH.GARLIC BREADSTICKS

PASTA - VEG WHITE

ZINGY PARCEL VEG

CHICKEN WINGS

LAVA CAKE

TACO MEXICANA - VEG

CALZONE POCKETS - VEG

CRISPY CHICKEN STRIPS

ZINGY PARCEL CHICKEN

TACO MEXICANA - CHICKEN

CALZONE POCKETS - CHICKEN

STUFFED GARLIC BREADSTICKS

ITALIAN CRUST

SIDES

CLOUD 9

NON-VEG

5 PEPPER

FARM HOUSE

DOUBLE CHEESE MARGHERITA

96

56.0

64

108

70

80

123

70

83

114

65

82

114

68.8

75

109

68

79

109

90

79

107

72

77

97

76

79

99

91

97

128

78

106

126

74

79

112

61

77

96

60

71

97

65

79

109

65

94

99

66

78

108

69

87

107

73

79

96

72

85

112

70

92

155

76

108

115

80

91

132

68

75

97

122

190

198

91

238

180

85

174

156

210

97

248

256.4

145.5

166.7

279.3

153.2

175.5

268.1

156.5

184.6

253.5

144.5

181.9

253.4

160.1

175.1

254.8

168.8

198.4

271.9

190.0

167.5

225.4

156.7

167.7

210.9

169.7

175.6

220.5

173.3

184.2

242.6

170.1

231.2

274.2

167.6

178.9

253.4

141.8

180.5

224.6

176.7

209.2

283.7

152.1

185.5

255.4

150.1

217.4

227.7

145.0

172.7

238.0

156.6

197.5

241.4

170.0

185.2

225.1

163.9

194.3

254.7

172.5

226.7

399.0

158.4

224.4

237.9

174.5

199.2

287.9

189.0

210.0

272.3

340.3

540.2

593.2

327.2

593.3

620.4

323.2

352.9

461.2

667.5

322.6

582.9

12.7

6.5

7.5

12.5

6.8

7.8

11.9

6.7

7.9

10.8

6.1

7.7

10.8

7.4

8.1

11.8

7.2

8.5

11.6

8.5

7.5

10.1

7.2

7.7

9.7

7.5

7.8

9.8

8.8

9.3

12.3

7.7

10.4

12.4

8.1

8.7

12.3

7.6

9.7

12.0

7.1

8.4

11.4

7.2

8.7

12.0

6.9

10.0

10.5

7.7

9.1

12.6

8.0

10.1

12.3

7.5

8.2

9.9

8.6

10.2

13.4

9.1

12.0

18.3

9.4

13.3

14.1

7.3

8.3

12.0

9.2

10.2

13.2

11.9

20.2

19.6

6.8

20.6

16.9

5.1

35.3

26.7

19.2

9.3

18.6

6.0

3.2

3.7

6.2

3.3

3.8

5.8

3.4

4.0

5.5

3.0

3.8

5.3

3.3

3.6

5.3

4.5

5.3

7.3

3.3

2.9

3.9

3.3

3.5

4.5

4.0

4.1

5.2

2.4

2.5

3.3

5.2

7.0

8.3

3.4

3.7

5.2

2.9

3.6

4.5

8.3

9.9

13.4

3.3

4.1

5.6

4.3

6.2

6.5

2.4

2.9

4.0

3.8

4.8

5.8

1.4

1.5

1.9

3.7

4.4

5.8

5.5

7.2

14.9

4.7

6.7

7.1

3.8

4.3

6.3

6.7

7.4

9.6

6.9

14.4

21.4

15.4

16.3

30.5

12.1

12.6

13.9

31.3

16.5

11.6

in mg.

Sodium

268.4

357.0

496.8

303.7

348.0

583.0

321.3

368.0

562.3

325.7

384.0

527.4

322.1

405.5

565.0

496.6

542.9

790.0

449.4

528.2

724.0

541.6

477.4

642.4

377.7

404.3

508.4

332.0

343.7

431.4

428.9

455.9

600.4

336.8

457.7

543.0

312.7

333.8

472.7

330.3

420.5

523.3

294.4

348.6

472.8

433.2

528.6

727.6

385.9

559.1

585.5

326.6

388.9

536.0

590.3

744.4

909.9

503.5

548.6

666.7

423.5

501.9

658.0 791.7

1040.5

565.1

468.6

663.8

703.7

448.6

512.1

740.2

408.0

453.4

587.9

505.8

821.9

552.6

628.1

1047.5

640.8

48.1

1162.0

792.1

888.6

691.5

1284.6

in gm.

sugars

2.7

3.6

5.0

3.0

3.4

5.7

3.3

3.8

5.8

2.8

3.4

4.6

3.0

3.8

5.3

3.1

3.4

4.9

3.0

3.5

4.9

2.7

2.4

3.2

2.8

3.0

3.7

2.5

2.6

3.3

2.9

3.1

4.1

2.9

4.0

4.7

3.3

3.5

4.9

2.0

2.6

3.2

2.4

2.9

3.9

2.8

3.4

4.7

2.9

4.2

4.4

2.8

3.3

4.5

2.6

3.2

4.0

4.9

5.3

6.5

0.1

0.1

0.1

2.6

3.4

6.8

2.9

4.1

4.4

3.0

3.5

5.0

3.2

3.6

4.7

8.5

8.9

8.3

4.8

12.2

8.8

27.0

10.4

3.6

10.6

3.9

12.2

in gm.

1.9

2.5

3.5

2.0

2.3

3.9

1.9

2.2

3.4

2.1

2.5

3.4

2.1

2.6

3.6

1.9

2.0

3.0

2.9

3.4

4.6

1.8

1.6

2.2

1.9

2.0

2.5

2.3

2.4

3.0

1.3

1.3

1.8

3.7

5.0

5.9

2.1

2.2

3.1

1.8

2.3

2.8

7.7

9.2

12.4

2.4

2.9

4.0

2.2

3.2

3.4

1.4

1.6

2.3

2.5

3.1

3.8

0.9

1.0

1.2

1.6

1.9

2.5

2.5

3.3

7.9

1.5

2.2

2.3

2.4

2.7

3.9

3.8

4.3

5.5

1.4

6.1

8.0

4.4

7.5

15.1

8.6

4.8

4.3

14.1

4.5

4.2

Fat - Sat

in gm.

20.5

27.3

38.0

22.6

25.9

43.4

24.0

27.5

42.1

24.9

29.3

40.3

23.1

29.1

40.6

25.2

27.6

40.1

24.8

29.1

40.0

31.6

27.9

37.5

24.5

26.2

33.0

26.0

26.9

33.7

29.2

31.1

40.9

23.3

31.6

37.5

26.0

27.8

39.3

21.4

27.3

34.0

18.3

21.7

29.4

23.3

28.5

39.2

21.0

30.4

31.9

23.1

27.5

37.9

22.7

28.6

35.0

31.8

34.7

42.1

23.9

28.3

37.1

21.7

28.5

48.0

19.6

27.8

29.4

27.8

31.7

45.9

23.1

25.6

33.2

57.6

82.4

80.4

40.3

91.1

69.5

48.4

24.5

57.3

77.3

34.2

101.0

Carbohydrate