

Nutritional Facts

Name of the Delivery Pizza	Average Weight per slice (g)	Total Energy	Carbohydrate (g)	Protein	Sugar	Sodium	Total Fat (g)	MUFA	PUFA	Saturated Fat (g)	Trans Fat	
Veggie Italiano(Personal)	83.5	199.64	24.41	8.20	ND	0.34	7.69	2.06	0.34	5.29	ND	
Veggie Italiano (Medium)	107	255.83	31.28	10.51	ND	0.44	9.85	2.64	0.44	6.77	ND	
Paneer Soya Supreme (Personal)	90.25	236.26	28.77	8.00	2.22	0.41	9.91	2.43	4.13	3.35	ND	
Paneer Soya Supreme (Medium)	117	306.28	37.30	10.37	2.88	0.53	12.85	3.15	5.36	4.34	ND	
Farmer's Pick (Personal)	82.75	180.54	22.91	8.61	2.58	0.29	5.78	1.35	2.69	1.74	ND	
Farmer's Pick (Medium)	108.5	236.73	30.04	11.28	3.39	0.38	7.57	1.77	3.53	2.28	ND	
Soya Masala (Personal)	88.75	218.37	28.78	8.70	3.71	0.45	7.61	2.14	2.64	2.83	ND	
Soya Masala (Medium)	115	282.96	37.29	11.27	4.81	0.58	9.86	2.77	3.42	3.67	ND	

Spiced Paneer(Personal)	78.50	209.54	23.89	8.77	1.87	0.31	8.77	2.09	3.90	2.78	ND
Spiced Paneer (Medium)	102	272.27	31.04	11.39	2.43	0.40	11.39	2.71	5.07	3.61	ND
Lebanese Chicken(Personal)	82.75	196.32	26.49	9.56	ND	0.35	5.79	1.57	1.74	2.48	ND
Lebanese Chicken(Medium)	108	256.22	34.57	12.47	ND	0.45	7.56	2.05	2.27	3.24	ND
SpicedChickenMeatballs(Personal)	81.75	230.95	26.00	7.53	2.62	0.35	8.04	2.34	3.07	2.63	ND
Spiced Chicken Meatballs (Medium)	105.5	298.05	33.55	9.72	3.39	0.46	10.37	3.02	3.96	3.40	ND
Smoked Chicken(Personal)	77.75	177.89	23.28	8.74	ND	0.44	5.54	1.55	2.15	1.83	ND
Smoked Chicken (Medium)	100.2	229.26	30.00	11.26	ND	0.57	7.13	1.99	2.78	2.36	ND
Triple Chicken Feast (Personal)	97.25	225.47	26.02	12.73	ND	0.51	7.83	2.00	3.35	2.48	ND
Triple Chicken Feast (Medium)	125.50	290.97	33.58	16.43	ND	0.65	10.10	2.59	4.32	3.20	ND
Chicken Supreme(Personal)	86.75	214.28	22.31	12.34	ND	0.43	8.41	2.31	2.97	3.13	ND
Chicken Supreme(Medium)	112.50	277.89	28.94	16.01	ND	0.56	10.90	2.99	3.85	4.06	ND
Chicken Exotica(Personal)	85.75	207.32	25.06	7.53	ND	0.45	8.55	2.40	3.32	2.83	ND

Sample	Nutrient Analysis							
	Average Weight per slice (g)	Total Energy	Carbohydrate (g)	Protein	Sugar	Sodium	Total Fat (g)	MIIFA
1	109.66	265.12	32.05	9.63	ND	0.57	10.93	3.07
2	64	174.68	24.71	7.69	<0.5	0.25	5.04	1.25
3	80	220.11	31.14	9.69	<0.5	0.31	6.35	1.57
4	83	194.81	26.49	8.24	<0.5	0.26	6.24	1.64
5	106	247.26	33.62	10.46	<0.5	0.33	7.93	2.08
6	88	206.50	28.60	8.18	<0.5	0.25	6.60	1.49
7	116	273.76	37.91	10.85	<0.5	0.34	8.75	1.97
8	84	177.55	26.94	6.73	<0.5	0.24	4.79	1.39

Item	Nutritional Information (per 100g)							Category
	Average Weight per slice (g)	Total Energy	Carbohydrate (g)	Protein	Sugar	Sodium	Total Fat (g)	
Item 1	120	336.95	39.83	13.37	4.21	0.84	13.80	5
Item 2	86	230.71	26.40	10.51	1.88	0.49	9.23	3
Item 3	110	295.95	33.87	13.48	2.41	0.62	11.84	4
Item 4	76	225.50	25.08	9.32	1.80	0.48	9.76	3
Item 5	96	286.77	31.90	11.86	2.28	0.61	12.42	4
Item 6	86	245.75	22.33	10.63	1.88	0.63	12.66	5
Item 7	109	311.48	28.30	13.47	2.39	0.80	16.04	6
Item 8	77	225.14	24.70	9.28	2.05	0.34	9.91	3

Nutrient Analysis							
Weight	Total Energy	Carbohydrate (g)	Protein	Sugar	Sodium	Total Fat (g)	MIIFA
SIDE S							
216	472.52	19.76	41.21	ND	3.00	25.40	11.2
GARLIC							
110	526.21	52.96	9.73	2.01	1.60	30.62	7.4
184	483.48	103.89	14.58	5.68	0.87	1.06	0.1
145	526.21	52.96	9.73	2.01	1.72	30.62	12.3
180	567.72	61.49	10.84	2.25	1.84	30.95	9.1

Item	Nutrient Analysis (per 100g)							Moisture (%)
	Weight	Total Energy	Carbohydrate (g)	Protein	Sugar	Sodium	Total Fat (g)	
Main Course	364	525.14	66.47	11.50	ND	1.49	23.70	4.5
	408	855.78	74.22	19.01	8.32	2.52	53.65	15.2
	400	569.16	57.16	10.88	ND	2.18	33.00	8.1
	402	777.51	75.98	20.26	10.33	2.62	43.62	12.3
Appetizers								
Appetizers	230	660.10	42.87	28.64	5.22	1.35	41.65	11.5
	233	445.05	41.64	16.31	5.94	5.15	23.70	7.2
	157	252.60	33.77	4.07	<0.1	5.06	11.26	4.1

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Nutritional Information											
Name of the Product	Quantity (ml)	Total Energy	Carbohydrate (g)	Protein	Sugar	Sodium	Total Fat (g)	MUFA	PUFA	Saturated Fat (g)	Trans Fat
BEVERAGES											
Green Apple Mojito	300	96.72	24.18	0.00	33.63	ND	ND	ND	ND	ND	ND
Mojito Blast	300	159.00	25.62	0.00	2.43	ND	ND	ND	ND	ND	ND
Masala Lemonade	300	123.84	30.96	ND	30.96	0.69	ND	ND	ND	ND	ND
Fresh Lime Soda / Water	300	177.00	48.00	2.10	39.00	0.90	ND	ND	ND	ND	ND
Jamuntini	100	79.76	19.94	ND	18.95	0.11	ND	ND	ND	ND	ND
Malt Brew	100	33.16	8.29	ND	7.69	0.01	ND	ND	ND	ND	ND
Tangy Mary	100	76.88	19.22	ND	18.74	0.13	ND	ND	ND	ND	ND

Lemon Iced tea (Glass)	180	55.58	13.90	ND	10.66	<0.1	ND	ND	ND	ND	ND
Lemon Iced tea (Pitcher)	721	222.64	55.66	ND	42.68	<0.1	ND	ND	ND	ND	ND
Strawberry Shake	275	306.74	57.97	3.99	44.88	0.14	6.55	0.80	ND	5.67	ND
Hazelnut Cold Coffee	223	236.74	43.51	4.44	34.48	0.15	5.00	ND	ND	ND	ND
Pepsi	100	43.00	10.90	0.00	10.90	0.00	0.00	0.00	0.00	0.00	0.00
7 up	100	46.00	11.40	0.00	11.40	0.00	0.00	0.00	0.00	0.00	0.00
Mirinda	100	53.44	14.01	0.00	13.99	0.00	0.00	0.00	0.00	0.00	0.00
Diet Pepsi	100	0.30	0.00	0.04	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Item	Nutritional Values						
	Total Energy	Carbohydrate (g)	Protein	Sugar	Sodium	Total Fat (g)	MUFAs
If you add toppings to your pizza the nutritional values mentioned need to be added on top of Pan Pizza nutritional values							
Small	94.51	4.44	1.37	0.00	0.25	7.92	3.29
Medium	91.06	4.47	1.36	0.00	0.26	7.53	3.12
Large	89.91	5.24	3.25	1.05	0.30	6.22	2.09
Extra Large	82.47	4.47	2.97	0.98	0.24	5.86	1.97
Family Size	125.78	7.50	3.43	1.09	0.25	9.12	2.34
Super Size	120.00	7.33	3.29	1.04	0.26	8.61	2.21