



NUTRITION & ALLERGEN INFORMATION

Crust 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, Crust 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 Crust 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.

Sundried Tomato, Basil & Feta Scrolls

Nutritional Information

Servings per package: 1

Serving Size: 249 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	3010 kJ (719 Cal)	1210 kJ (288 Cal)
Protein	29.5 g	11.8 g
Fat, total	26.5 g	10.6 g
-saturated	11.4 g	4.6 g
Carbohydrate	88.5 g	35.5 g
-sugars	7.0 g	2.8 g
Sodium	1360 mg	546 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Water, Feta (Pasteurized Cow's **Milk**, Palm Oil, Salt, Lactic Cultures, Microbial Rennet), Sundried Tomatoes (Sun Dried Tomatoes, Canola Oil, Salt, Food Acid (330), Sugar, Herbs, Garlic, Vinegar, Water), Crushed Garlic (Garlic, Salt), Parmesan Cheese (Cheese (Pasteurised **Milk**, Salt, Mineral Salt (509), Starter Cultures, Enzymes (Animal Lipase), Preservatives (1105 (**Egg**), 235) Enzymes, Preservative (1105)) Anticaking Agent (460)), Canola Oil, Basil, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk.

1889 Margherita - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 769 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	7660 kJ (1830 Cal)	996 kJ (238 Cal)
Protein	95.9 g	12.5 g
Fat, total	81.8 g	10.6 g
-saturated	48.8 g	6.3 g
Carbohydrate	168 g	21.8 g
-sugars	16.2 g	2.1 g
Sodium	3950 mg	514 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), 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), Mozzarella Cheese (Pasteurized Buffalo **Milk**, Naturally Fermented Whey, Salt, Animal Rennet), Basil, Black Pepper, Salt (Salt, Anti-caking Agent (554)), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

1889 Margherita - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 460 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4670 kJ (1120 Cal)	1020 kJ (243 Cal)
Protein	44.4 g	9.7 g
Fat, total	46.8 g	10.2 g
-saturated	23.9 g	5.2 g
Carbohydrate	123 g	26.8 g
-sugars	10.2 g	2.2 g
Sodium	2030 mg	442 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), Mozzarella Cheese (Pasteurized Buffalo **Milk**, Naturally Fermented Whey, Salt, Animal Rennet), Basil, Black Pepper, Salt (Salt, Anti-caking Agent (554)).

Contains Milk.**May Contain Egg, Tree Nuts, Sesame.**

1889 Margherita - Large

Nutritional Information

Servings per package: 1

Serving Size: 471 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4340 kJ (1040 Cal)	923 kJ (220 Cal)
Protein	53.0 g	11.3 g
Fat, total	39.2 g	8.3 g
-saturated	23.0 g	4.9 g
Carbohydrate	114 g	24.3 g
-sugars	11.9 g	2.5 g
Sodium	1970 mg	419 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), 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, Mozzarella Cheese (Pasteurized Buffalo **Milk**, Naturally Fermented Whey, Salt, Animal Rennet), Basil, Black Pepper, Salt (Salt, Anti-caking Agent (554)), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

1889 Margherita - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 480 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4590 kJ (1100 Cal)	957 kJ (229 Cal)
Protein	56.8 g	11.8 g
Fat, total	50.1 g	10.4 g
-saturated	24.3 g	5.1 g
Carbohydrate	102 g	21.3 g
-sugars	14.5 g	3.0 g
Sodium	1830 mg	382 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), 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), Mozzarella Cheese (Pasteurized Buffalo **Milk**, Naturally Fermented Whey, Salt, Animal Rennet), Basil, Black Pepper, Salt (Salt, Anti-caking Agent (554)).

Contains Gluten, Wheat, Milk.

1889 Margherita - XL

Nutritional Information

Servings per package: 1

Serving Size: 634 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5890 kJ (1410 Cal)	929 kJ (222 Cal)
Protein	70.0 g	11.0 g
Fat, total	51.2 g	8.1 g
-saturated	29.6 g	4.7 g
Carbohydrate	161 g	25.4 g
-sugars	16.2 g	2.6 g
Sodium	2590 mg	409 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), 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, Mozzarella Cheese (Pasteurized Buffalo **Milk**, Naturally Fermented Whey, Salt, Animal Rennet), Basil, Black Pepper, Salt (Salt, Anti-caking Agent (554)), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

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.

Australian - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 810 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	7670 kJ (1830 Cal)	947 kJ (226 Cal)
Protein	109 g	13.4 g
Fat, total	75.8 g	9.4 g
-saturated	40.5 g	5.0 g
Carbohydrate	170 g	21.0 g
-sugars	14.2 g	1.8 g
Sodium	5870 mg	725 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), Ham (Pork, Water, Salt, Acidity Regulators (325, 330), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407, 415), Sugar, Dextrose (Tapioca, Maize), Antioxidant (316), Smoke Flavour, Sodium Nitrite (250), Yeast Extract, Canola Oil), 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), **Egg**, Bacon (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk.

Australian - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 493 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4710 kJ (1130 Cal)	956 kJ (228 Cal)
Protein	54.6 g	11.1 g
Fat, total	43.1 g	8.7 g
-saturated	18.0 g	3.6 g
Carbohydrate	125 g	25.3 g
-sugars	8.6 g	1.8 g
Sodium	3370 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)), Ham (Pork, Water, Salt, Acidity Regulators (325, 330), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407, 415), Sugar, Dextrose (Tapioca, Maize), Antioxidant (316), Smoke Flavour, Sodium Nitrite (250), Yeast Extract, Canola Oil), 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), **Egg**, Bacon (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked).

Contains Egg, Milk.**May Contain Tree Nuts, Sesame.**

Australian - Large

Nutritional Information

Servings per package: 1

Serving Size: 504 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4390 kJ (1050 Cal)	870 kJ (208 Cal)
Protein	63.1 g	12.5 g
Fat, total	35.5 g	7.0 g
-saturated	17.0 g	3.4 g
Carbohydrate	116 g	22.9 g
-sugars	10.2 g	2.0 g
Sodium	3310 mg	656 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Ham (Pork, Water, Salt, Acidity Regulators (325, 330), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407, 415), Sugar, Dextrose (Tapioca, Maize), Antioxidant (316), Smoke Flavour, Sodium Nitrite (250), Yeast Extract, Canola Oil), 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), **Egg**, Bacon (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked), Water, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk.

Australian - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 513 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4640 kJ (1110 Cal)	904 kJ (216 Cal)
Protein	66.9 g	13.0 g
Fat, total	46.4 g	9.1 g
-saturated	18.4 g	3.6 g
Carbohydrate	103 g	20.1 g
-sugars	12.9 g	2.5 g
Sodium	3170 mg	617 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), Ham (Pork, Water, Salt, Acidity Regulators (325, 330), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407, 415), Sugar, Dextrose (Tapioca, Maize), Antioxidant (316), Smoke Flavour, Sodium Nitrite (250), Yeast Extract, Canola Oil), 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), **Egg**, Bacon (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked).

Contains Gluten, Wheat, Egg, Milk.

Australian - XL

Nutritional Information

Servings per package: 1

Serving Size: 675 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5900 kJ (1410 Cal)	874 kJ (209 Cal)
Protein	82.7 g	12.2 g
Fat, total	45.1 g	6.7 g
-saturated	21.4 g	3.2 g
Carbohydrate	163 g	24.2 g
-sugars	14.2 g	2.1 g
Sodium	4510 mg	669 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Ham (Pork, Water, Salt, Acidity Regulators (325, 330), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407, 415), Sugar, Dextrose (Tapioca, Maize), Antioxidant (316), Smoke Flavour, Sodium Nitrite (250), Yeast Extract, Canola Oil), 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), **Egg**, Water, Bacon (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk.

BBQ (Not) Chicken Bites

Nutritional Information

Servings per package: 1

Serving Size: 200 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2860 kJ (684 Cal)	1430 kJ (342 Cal)
Protein	42.2 g	21.1 g
Fat, total	27.4 g	13.7 g
-saturated	4.8 g	2.4 g
Carbohydrate	66.2 g	33.1 g
-sugars	13.7 g	6.9 g
Sodium	1820 mg	910 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 (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Parsley.

Contains Gluten, Wheat, Soy.

May Contain Peanut, Tree Nuts, Sesame.

BBQ Chicken - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 815 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	8710 kJ (2080 Cal)	1070 kJ (256 Cal)
Protein	120 g	14.7 g
Fat, total	87.0 g	10.7 g
-saturated	42.9 g	5.3 g
Carbohydrate	196 g	24.1 g
-sugars	40.3 g	5.0 g
Sodium	4800 mg	590 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), Chicken, Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Mushroom, Feta (Pasteurized Cow's **Milk**, Palm Oil, Salt, Lactic Cultures, Microbial Rennet), Onion, Shallots, Canola Oil, Spice Blend, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

May Contain Peanut.

BBQ Chicken - Gluten Free Base

Nutritional Information
 Servings per package: 1
 Serving Size: 484 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	5410 kJ (1290 Cal)	1120 kJ (267 Cal)
Protein	60.3 g	12.5 g
Fat, total	49.1 g	10.1 g
-saturated	18.7 g	3.9 g
Carbohydrate	147 g	30.4 g
-sugars	30.5 g	6.3 g
Sodium	2610 mg	540 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, Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Mushroom, Feta (Pasteurized Cow's **Milk**, Palm Oil, Salt, Lactic Cultures, Microbial Rennet), Onion, Shallots, Canola Oil, Spice Blend.

Contains Milk.

May Contain Egg, Peanut, Tree Nuts, Sesame.

BBQ Chicken - Large

Nutritional Information
 Servings per package: 1
 Serving Size: 495 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	5080 kJ (1210 Cal)	1030 kJ (245 Cal)
Protein	68.9 g	13.9 g
Fat, total	41.5 g	8.4 g
-saturated	17.7 g	3.6 g
Carbohydrate	138 g	27.9 g
-sugars	32.1 g	6.5 g
Sodium	2550 mg	516 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Chicken, Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Mushroom, Water, Feta (Pasteurized Cow's **Milk**, Palm Oil, Salt, Lactic Cultures, Microbial Rennet), Onion, Shallots, Canola Oil, Spice Blend, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

May Contain Peanut.

BBQ Chicken - Low Carb

Nutritional Information
 Servings per package: 1
 Serving Size: 504 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	5330 kJ (1270 Cal)	1060 kJ (253 Cal)
Protein	72.7 g	14.4 g
Fat, total	52.4 g	10.4 g
-saturated	19.1 g	3.8 g
Carbohydrate	126 g	25.0 g
-sugars	34.8 g	6.9 g
Sodium	2410 mg	479 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), Chicken, Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Mushroom, Feta (Pasteurized Cow's **Milk**, Palm Oil, Salt, Lactic Cultures, Microbial Rennet), Onion, Shallots, Canola Oil, Spice Blend.

Contains Gluten, Wheat, Milk.

May Contain Peanut.

BBQ Chicken - XL

Nutritional Information
 Servings per package: 1
 Serving Size: 680 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	6940 kJ (1660 Cal)	1020 kJ (244 Cal)
Protein	93.8 g	13.8 g
Fat, total	56.3 g	8.3 g
-saturated	23.8 g	3.5 g
Carbohydrate	189 g	27.9 g
-sugars	40.3 g	5.9 g
Sodium	3450 mg	508 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Chicken, Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Mushroom, Water, Feta (Pasteurized Cow's **Milk**, Palm Oil, Salt, Lactic Cultures, Microbial Rennet), Onion, Shallots, Canola Oil, Spice Blend, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

May Contain Peanut.

Biscoff Scrolls

Nutritional Information

Servings per package: 1

Serving Size: 221 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	3330 kJ (796 Cal)	1500 kJ (359 Cal)
Protein	15.3 g	6.9 g
Fat, total	26.5 g	11.9 g
-saturated	6.1 g	2.8 g
Carbohydrate	122 g	55.0 g
-sugars	35.0 g	15.8 g
Sodium	972 mg	439 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Biscoff Spread (Caramel Biscuits (**Wheat** Flour, Sugar, Vegetable oils (Palm Oil, Canola Oil), Candy Sugar Syrup, Raising Agent (Sodium Carbonate), **Soy** Flour, Salt, Cinnamon), Canola Oil, Sugar, Emulsifier (**Soy** Lecithin), Acid (Citric Acid)), Water, Salted Caramel Sauce (Sugar, Water, Glucose (Sulphites), Invert Syrup, **Milk** Solids, Vegetable Fat, Salt, Thickeners (1442, 401) Emulsifiers (471, 322 **Soy**), Mineral Salts (339, 500) Preservative (202)), Olive Oil, Icing Sugar (Sugar, Tapioca Or Maize Starch), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk, Soy.

Bolognese

Nutritional Information

Servings per package: 1

Serving Size: 455 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2960 kJ (707 Cal)	650 kJ (155 Cal)
Protein	34.8 g	7.6 g
Fat, total	20.0 g	4.4 g
-saturated	6.6 g	1.5 g
Carbohydrate	92.1 g	20.2 g
-sugars	10.6 g	2.3 g
Sodium	1610 mg	354 mg

Ingredients: Pasta (**Wheat**), Water, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Beef Mince, Bacon (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked), Tomato, Parmesan Cheese (Cheese (Pasteurised **Milk**, Salt, Mineral Salt (509), Starter Cultures, Enzymes (Animal Lipase), Preservatives (1105 (**Egg**), 235) Enzymes, Preservative (1105)) Anticaking Agent (460)), Crushed Garlic (Garlic, Salt), Canola Oil, Parsley, Basil, Spice Blend (Spices (Paprika, Black Pepper), Sea Salt Flakes, Canola Oil, Vegetable Powders, Smoke Oil), Salt (Salt, Anti-caking Agent (554)).

Contains Gluten, Wheat, Egg, Milk.

May Contain Soy.

Caesar Salad

Nutritional Information

Servings per package: 1

Serving Size: 236 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2000 kJ (478 Cal)	1000 kJ (239 Cal)
Protein	16.9 g	8.4 g
Fat, total	39.0 g	19.5 g
-saturated	8.6 g	4.3 g
Carbohydrate	14.3 g	7.2 g
-sugars	3.0 g	1.5 g
Sodium	1020 mg	512 mg

Ingredients: Mixed Lettuce Leaves, Bacon (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked), 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), 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)), Parmesan Cheese (Cheese (Pasteurised **Milk**, Salt, Mineral Salt (509), Starter Cultures, Enzymes (Animal Lipase), Preservatives (1105 (**Egg**), 235) Enzymes, Preservative (1105)) Anticaking Agent (460)).

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

May Contain Sesame.

Capricciosa - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 783 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	7360 kJ (1760 Cal)	940 kJ (225 Cal)
Protein	94.0 g	12.0 g
Fat, total	72.0 g	9.2 g
-saturated	37.5 g	4.8 g
Carbohydrate	172 g	22.0 g
-sugars	14.0 g	1.8 g
Sodium	5890 mg	752 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), Ham (Pork, Water, Salt, Acidity Regulators (325, 330), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407, 415), Sugar, Dextrose (Tapioca, Maize), Antioxidant (316), Smoke Flavour, Sodium Nitrite (250), Yeast Extract, Canola Oil), 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), Kalamata Olives (Olives, Water, Red Wine Vinegar, Sea Salt, Sunflower Oil), Mushroom, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

Capricciosa - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 448 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4340 kJ (1040 Cal)	969 kJ (232 Cal)
Protein	40.1 g	8.9 g
Fat, total	38.3 g	8.6 g
-saturated	14.9 g	3.3 g
Carbohydrate	126 g	28.2 g
-sugars	8.5 g	1.9 g
Sodium	3210 mg	716 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)), Ham (Pork, Water, Salt, Acidity Regulators (325, 330), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407, 415), Sugar, Dextrose (Tapioca, Maize), Antioxidant (316), Smoke Flavour, Sodium Nitrite (250), Yeast Extract, Canola Oil), 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), Kalamata Olives (Olives, Water, Red Wine Vinegar, Sea Salt, Sunflower Oil), Mushroom.

Contains Milk.**May Contain Egg, Tree Nuts, Sesame.**

Capricciosa - Large

Nutritional Information

Servings per package: 1

Serving Size: 459 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4020 kJ (960 Cal)	875 kJ (209 Cal)
Protein	48.7 g	10.6 g
Fat, total	30.7 g	6.7 g
-saturated	13.9 g	3.0 g
Carbohydrate	117 g	25.5 g
-sugars	10.1 g	2.2 g
Sodium	3150 mg	686 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Ham (Pork, Water, Salt, Acidity Regulators (325, 330), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407, 415), Sugar, Dextrose (Tapioca, Maize), Antioxidant (316), Smoke Flavour, Sodium Nitrite (250), Yeast Extract, Canola Oil), 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, Kalamata Olives (Olives, Water, Red Wine Vinegar, Sea Salt, Sunflower Oil), Mushroom, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

Capricciosa - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 468 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4270 kJ (1020 Cal)	911 kJ (218 Cal)
Protein	52.5 g	11.2 g
Fat, total	41.7 g	8.9 g
-saturated	15.3 g	3.3 g
Carbohydrate	105 g	22.4 g
-sugars	12.7 g	2.7 g
Sodium	3010 mg	643 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), Ham (Pork, Water, Salt, Acidity Regulators (325, 330), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407, 415), Sugar, Dextrose (Tapioca, Maize), Antioxidant (316), Smoke Flavour, Sodium Nitrite (250), Yeast Extract, Canola Oil), 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), Kalamata Olives (Olives, Water, Red Wine Vinegar, Sea Salt, Sunflower Oil), Mushroom.

Contains Gluten, Wheat, Milk.

Capricciosa - XL

Nutritional Information

Servings per package: 1

Serving Size: 648 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5590 kJ (1340 Cal)	862 kJ (206 Cal)
Protein	68.1 g	10.5 g
Fat, total	41.3 g	6.4 g
-saturated	18.3 g	2.8 g
Carbohydrate	166 g	25.6 g
-sugars	14.0 g	2.2 g
Sodium	4530 mg	700 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Ham (Pork, Water, Salt, Acidity Regulators (325, 330), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407, 415), Sugar, Dextrose (Tapioca, Maize), Antioxidant (316), Smoke Flavour, Sodium Nitrite (250), Yeast Extract, Canola Oil), 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, Kalamata Olives (Olives, Water, Red Wine Vinegar, Sea Salt, Sunflower Oil), Mushroom, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

Carbonara

Nutritional Information

Servings per package: 1

Serving Size: 498 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4260 kJ (1020 Cal)	856 kJ (205 Cal)
Protein	33.5 g	6.7 g
Fat, total	58.4 g	11.7 g
-saturated	33.7 g	6.8 g
Carbohydrate	88.1 g	17.7 g
-sugars	6.8 g	1.4 g
Sodium	1300 mg	261 mg

Ingredients: Cream (Cream (**Milk**), Gelatine), Pasta (**Wheat**), Water, Mushroom, Bacon (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked), Parmesan Cheese (Cheese (Pasteurised **Milk**, Salt, Mineral Salt (509), Starter Cultures, Enzymes (Animal Lipase), Preservatives (1105 (**Egg**), 235) Enzymes, Preservative (1105)) Anticaking Agent (460)), Mushrooms, Crushed Garlic (Garlic, Salt), Canola Oil, Parsley, Salt (Salt, Anti-caking Agent (554)).

Contains Gluten, Wheat, Egg, Milk.

May Contain Soy.

Cheesy Garlic Bread

Nutritional Information

Servings per package: 1

Serving Size: 166 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2100 kJ (502 Cal)	1270 kJ (302 Cal)
Protein	18.2 g	10.9 g
Fat, total	27.0 g	16.2 g
-saturated	14.1 g	8.5 g
Carbohydrate	45.1 g	27.2 g
-sugars	2.8 g	1.7 g
Sodium	980 mg	590 mg

Ingredients: Garlic Bread (Bread (**Wheat** Flour, Water, Baker's Yeast, Vegetable Oil, Iodised Salt, Sugar, Dextrose, Emulsifiers (481, 472e), **Soy** Flour, Preservative (282), Vitamins (Thiamin, Folic Acid)), Spread (Margarine (Vegetable Oil, Water, Salt, Emulsifiers (322 **Soy**, 471), Flavour, Antioxidant (307b **Soy**), Food Acid (330), Colour (160a)), Water, Garlic, Sugar, Parsley, Acidity Regulator (330)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Parmesan Cheese (Cheese (Pasteurised **Milk**, Salt, Mineral Salt (509), Starter Cultures, Enzymes (Animal Lipase), Preservatives (1105 (**Egg**), 235) Enzymes, Preservative (1105)) Anticaking Agent (460)), Parsley.

Contains Gluten, Wheat, Egg, Milk, Soy.

May Contain Sesame.

Cheesy Jalapeno Scrolls

Nutritional Information

Servings per package: 1

Serving Size: 279 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2690 kJ (643 Cal)	964 kJ (230 Cal)
Protein	30.1 g	10.8 g
Fat, total	19.1 g	6.9 g
-saturated	10.2 g	3.7 g
Carbohydrate	84.1 g	30.2 g
-sugars	7.3 g	2.6 g
Sodium	1420 mg	509 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic 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, Jalapenos (Jalapeno Peppers, Water, Salt, Acetic Acid Calcium Chloride (Tbc)), Parmesan Cheese (Cheese (Pasteurised **Milk**, Salt, Mineral Salt (509), Starter Cultures, Enzymes (Animal Lipase), Preservatives (1105 (**Egg**), 235) Enzymes, Preservative (1105)) Anticaking Agent (460)), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk.

Cheesy Pepperoni Scrolls

Nutritional Information

Servings per package: 1

Serving Size: 279 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2960 kJ (707 Cal)	1060 kJ (253 Cal)
Protein	35.8 g	12.8 g
Fat, total	24.3 g	8.7 g
-saturated	12.1 g	4.4 g
Carbohydrate	83.8 g	30.1 g
-sugars	7.3 g	2.6 g
Sodium	1560 mg	560 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic 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, Pepperoni (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Parmesan Cheese (Cheese (Pasteurised **Milk**, Salt, Mineral Salt (509), Starter Cultures, Enzymes (Animal Lipase), Preservatives (1105 (**Egg**), 235) Enzymes, Preservative (1105)) Anticaking Agent (460)), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk.

May Contain Soy.

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 (**Egg**) (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.

Choc Hazelnut Scrolls

Nutritional Information

Servings per package: 1

Serving Size: 217 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	3140 kJ (752 Cal)	1450 kJ (346 Cal)
Protein	17.1 g	7.9 g
Fat, total	23.1 g	10.7 g
-saturated	6.8 g	3.1 g
Carbohydrate	117 g	54.0 g
-sugars	39.9 g	18.4 g
Sodium	714 mg	329 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), **Hazelnut** Spread With Cocoa (**Soy, Soy**) (Sugar, Palm Oil, **Hazelnuts**, Fat-reduced Cocoa, Skim **Milk** Powder, Skim **Milk** Powder, Soy/sunflower Lecithin, Vanillin), Water, Icing Sugar (Sugar, Tapioca Or Maize Starch), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk, Soy, Hazelnut.

May Contain Tree Nuts.

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 Pepperoni - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 666 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	7240 kJ (1730 Cal)	1090 kJ (260 Cal)
Protein	90.9 g	13.7 g
Fat, total	74.5 g	11.2 g
-saturated	39.6 g	6.0 g
Carbohydrate	165 g	24.8 g
-sugars	14.0 g	2.1 g
Sodium	4390 mg	658 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Pepperoni (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, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

May Contain Soy.

Classic Pepperoni - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 381 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4360 kJ (1040 Cal)	1140 kJ (274 Cal)
Protein	40.7 g	10.7 g
Fat, total	41.5 g	10.9 g
-saturated	17.0 g	4.5 g
Carbohydrate	121 g	31.9 g
-sugars	8.5 g	2.2 g
Sodium	2360 mg	619 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 (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).

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

Classic Pepperoni - Large

Nutritional Information

Servings per package: 1

Serving Size: 392 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4030 kJ (963 Cal)	1030 kJ (246 Cal)
Protein	49.3 g	12.6 g
Fat, total	33.9 g	8.7 g
-saturated	16.0 g	4.1 g
Carbohydrate	112 g	28.6 g
-sugars	10.1 g	2.6 g
Sodium	2290 mg	586 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Pepperoni (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, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

May Contain Soy.

Classic Pepperoni - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 401 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4280 kJ (1020 Cal)	1070 kJ (255 Cal)
Protein	53.1 g	13.2 g
Fat, total	44.9 g	11.2 g
-saturated	17.4 g	4.3 g
Carbohydrate	100.0 g	25.0 g
-sugars	12.7 g	3.2 g
Sodium	2160 mg	538 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Pepperoni (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).

Contains Gluten, Wheat, Milk.

May Contain Soy.

Classic Pepperoni - XL

Nutritional Information

Servings per package: 1

Serving Size: 531 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5470 kJ (1310 Cal)	1030 kJ (246 Cal)
Protein	65.0 g	12.2 g
Fat, total	43.8 g	8.3 g
-saturated	20.5 g	3.9 g
Carbohydrate	159 g	29.9 g
-sugars	14.0 g	2.6 g
Sodium	3030 mg	571 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Pepperoni (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, Dry Yeast (Yeast, Emulsifier (491))).

Contains Gluten, Wheat, Milk.

May Contain Soy.

Crust Supreme - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 846 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	8010 kJ (1910 Cal)	947 kJ (226 Cal)
Protein	97.8 g	11.6 g
Fat, total	83.3 g	9.9 g
-saturated	41.9 g	5.0 g
Carbohydrate	182 g	21.5 g
-sugars	25.4 g	3.0 g
Sodium	5780 mg	684 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Ham (Pork, Water, Salt, Acidity Regulators (325, 330), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407, 415), Sugar, Dextrose (Tapioca, Maize), Antioxidant (316), Smoke Flavour, Sodium Nitrite (250), Yeast Extract, Canola Oil), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Canned Pineapple (Pineapple, Water, Sugar And Citric Acid), Kalamata Olives, Pepperoni (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Salami Csabai (Meat Including Pork, Salt, Spices, Maltodextrin, Sugar, Dextrose, Antioxidant (316), Sodium Nitrite (250), Smoke), Capsicum, Mushroom, Onion, Dry Yeast (Yeast, Emulsifier (491)).

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

Crust Supreme - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 502 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4840 kJ (1160 Cal)	965 kJ (231 Cal)
Protein	43.0 g	8.6 g
Fat, total	46.7 g	9.3 g
-saturated	18.0 g	3.6 g
Carbohydrate	134 g	26.8 g
-sugars	17.4 g	3.5 g
Sodium	3210 mg	639 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), Ham (Pork, Water, Salt, Acidity Regulators (325, 330), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407, 415), Sugar, Dextrose (Tapioca, Maize), Antioxidant (316), Smoke Flavour, Sodium Nitrite (250), Yeast Extract, Canola Oil), Canned Pineapple (Pineapple, Water, Sugar And Citric Acid), Kalamata Olives (Olives, Water, Red Wine Vinegar, Sea Salt, Sunflower Oil), Pepperoni (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Salami Csabai (Meat Including Pork, Salt, Spices, Maltodextrin, Sugar, Dextrose, Antioxidant (316), Sodium Nitrite (250), Smoke), Capsicum, Mushroom, Onion.

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

Crust Supreme - Large

Nutritional Information

Servings per package: 1

Serving Size: 513 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4520 kJ (1080 Cal)	881 kJ (210 Cal)
Protein	51.6 g	10.0 g
Fat, total	39.1 g	7.6 g
-saturated	17.1 g	3.3 g
Carbohydrate	125 g	24.4 g
-sugars	19.0 g	3.7 g
Sodium	3150 mg	614 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic 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), Ham (Pork, Water, Salt, Acidity Regulators (325, 330), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407, 415), Sugar, Dextrose (Tapioca, Maize), Antioxidant (316), Smoke Flavour, Sodium Nitrite (250), Yeast Extract, Canola Oil), Canned Pineapple (Pineapple, Water, Sugar And Citric Acid), Kalamata Olives (Olives, Water, Red Wine Vinegar, Sea Salt, Sunflower Oil), Water, Pepperoni (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Salami Csabai (Meat Including Pork, Salt, Spices, Maltodextrin, Sugar, Dextrose, Antioxidant (316), Sodium Nitrite (250), Smoke), Capsicum, Mushroom, Onion, Dry Yeast (Yeast, Emulsifier (491)).

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

Crust Supreme - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 522 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4770 kJ (1140 Cal)	913 kJ (218 Cal)
Protein	55.3 g	10.6 g
Fat, total	50.0 g	9.6 g
-saturated	18.5 g	3.5 g
Carbohydrate	113 g	21.7 g
-sugars	21.7 g	4.2 g
Sodium	3010 mg	577 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), 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), Ham (Pork, Water, Salt, Acidity Regulators (325, 330), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407, 415), Sugar, Dextrose (Tapioca, Maize), Antioxidant (316), Smoke Flavour, Sodium Nitrite (250), Yeast Extract, Canola Oil), Canned Pineapple (Pineapple, Water, Sugar And Citric Acid), Kalamata Olives (Olives, Water, Red Wine Vinegar, Sea Salt, Sunflower Oil), Pepperoni (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Salami Csabai (Meat Including Pork, Salt, Spices, Maltodextrin, Sugar, Dextrose, Antioxidant (316), Sodium Nitrite (250), Smoke), Capsicum, Mushroom, Onion.

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

Crust Supreme - XL

Nutritional Information

Servings per package: 1

Serving Size: 711 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6240 kJ (1490 Cal)	877 kJ (210 Cal)
Protein	71.9 g	10.1 g
Fat, total	52.7 g	7.4 g
-saturated	22.8 g	3.2 g
Carbohydrate	175 g	24.7 g
-sugars	25.4 g	3.6 g
Sodium	4430 mg	623 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Ham (Pork, Water, Salt, Acidity Regulators (325, 330), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407, 415), Sugar, Dextrose (Tapioca, Maize), Antioxidant (316), Smoke Flavour, Sodium Nitrite (250), Yeast Extract, Canola Oil), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Canned Pineapple (Pineapple, Water, Sugar And Citric Acid), Water, Kalamata Olives, Pepperoni (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Salami Csabai (Meat Including Pork, Salt, Spices, Maltodextrin, Sugar, Dextrose, Antioxidant (316), Sodium Nitrite (250), Smoke), Capsicum, Mushroom, Onion, Dry Yeast (Yeast, Emulsifier (491)).

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

Garden Salad

Nutritional Information

Servings per package: 1

Serving Size: 355 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	622 kJ (149 Cal)	290 kJ (69 Cal)
Protein	2.0 g	1.0 g
Fat, total	9.5 g	4.4 g
-saturated	1.3 g	0.6 g
Carbohydrate	10.3 g	4.8 g
-sugars	10.1 g	4.7 g
Sodium	28 mg	13 mg

Ingredients: Mixed Lettuce Leaves, Tomato, Cucumber, Onion, 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)), Olive Oil, Lemon.

May Contain Milk, Soy, Tree Nuts.

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 - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 869 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	8060 kJ (1930 Cal)	928 kJ (222 Cal)
Protein	112 g	12.8 g
Fat, total	81.9 g	9.4 g
-saturated	40.0 g	4.6 g
Carbohydrate	181 g	20.8 g
-sugars	20.0 g	2.3 g
Sodium	4200 mg	483 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), Prawn (**Crustacean**) (Prawn, Salt (E451, E452), Water), 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), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Feta (Pasteurized Cow's **Milk**, Palm Oil, Salt, Lactic Cultures, Microbial Rennet), Lemon, Sundried Tomatoes (Sun Dried Tomatoes, Canola Oil, Salt, Food Acid (330), Sugar, Herbs, Garlic, Vinegar, Water), Crushed Garlic (Garlic, Salt), Shallots, Canola Oil, Parsley, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Crustacean, Milk.

Garlic Prawn - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 565 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5310 kJ (1270 Cal)	939 kJ (224 Cal)
Protein	62.1 g	11.0 g
Fat, total	53.1 g	9.4 g
-saturated	21.3 g	3.8 g
Carbohydrate	133 g	23.6 g
-sugars	13.3 g	2.4 g
Sodium	2360 mg	417 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 (**Crustacean**) (Prawn, Salt (E451, E452), Water), 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), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Feta (Pasteurized Cow's **Milk**, Palm Oil, Salt, Lactic Cultures, Microbial Rennet), Lemon, Sundried Tomatoes (Sun Dried Tomatoes, Canola Oil, Salt, Food Acid (330), Sugar, Herbs, Garlic, Vinegar, Water), Crushed Garlic (Garlic, Salt), Shallots, Canola Oil, Parsley.

Contains Crustacean, Milk.**May Contain Egg, Tree Nuts, Sesame.**

Garlic Prawn - Large

Nutritional Information

Servings per package: 1

Serving Size: 576 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4980 kJ (1190 Cal)	865 kJ (207 Cal)
Protein	70.6 g	12.3 g
Fat, total	45.5 g	7.9 g
-saturated	20.4 g	3.5 g
Carbohydrate	124 g	21.6 g
-sugars	14.9 g	2.6 g
Sodium	2290 mg	398 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Prawn (**Crustacean**) (Prawn, Salt (E451, E452), Water), 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), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Feta (Pasteurized Cow's **Milk**, Palm Oil, Salt, Lactic Cultures, Microbial Rennet), Lemon, Sundried Tomatoes (Sun Dried Tomatoes, Canola Oil, Salt, Food Acid (330), Sugar, Herbs, Garlic, Vinegar, Water), Crushed Garlic (Garlic, Salt), Shallots, Canola Oil, Parsley, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Crustacean, Milk.

Garlic Prawn - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 585 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5230 kJ (1250 Cal)	894 kJ (214 Cal)
Protein	74.4 g	12.7 g
Fat, total	56.4 g	9.6 g
-saturated	21.7 g	3.7 g
Carbohydrate	112 g	19.2 g
-sugars	17.5 g	3.0 g
Sodium	2150 mg	368 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), Prawn (**Crustacean**) (Prawn, Salt (E451, E452), Water), 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), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Feta (Pasteurized Cow's **Milk**, Palm Oil, Salt, Lactic Cultures, Microbial Rennet), Lemon, Sundried Tomatoes (Sun Dried Tomatoes, Canola Oil, Salt, Food Acid (330), Sugar, Herbs, Garlic, Vinegar, Water), Crushed Garlic (Garlic, Salt), Shallots, Canola Oil, Parsley.

Contains Gluten, Wheat, Crustacean, Milk.

Garlic Prawn - XL

Nutritional Information

Servings per package: 1

Serving Size: 734 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6290 kJ (1500 Cal)	858 kJ (205 Cal)
Protein	85.6 g	11.7 g
Fat, total	51.3 g	7.0 g
-saturated	20.8 g	2.8 g
Carbohydrate	174 g	23.7 g
-sugars	20.0 g	2.7 g
Sodium	2840 mg	388 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Prawn (**Crustacean**) (Prawn, Salt (E451, E452), Water), 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), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Water, Feta (Pasteurized Cow's **Milk**, Palm Oil, Salt, Lactic Cultures, Microbial Rennet), Lemon, Sundried Tomatoes (Sun Dried Tomatoes, Canola Oil, Salt, Food Acid (330), Sugar, Herbs, Garlic, Vinegar, Water), Crushed Garlic (Garlic, Salt), Shallots, Canola Oil, Parsley, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Crustacean, Milk.

Hawaiian - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 846 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	7500 kJ (1790 Cal)	887 kJ (212 Cal)
Protein	93.3 g	11.0 g
Fat, total	65.1 g	7.7 g
-saturated	36.3 g	4.3 g
Carbohydrate	199 g	23.5 g
-sugars	42.0 g	5.0 g
Sodium	5290 mg	626 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), Canned Pineapple (Pineapple, Water, Sugar And Citric Acid), Ham (Pork, Water, Salt, Acidity Regulators (325, 330), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407, 415), Sugar, Dextrose (Tapioca, Maize), Antioxidant (316), Smoke Flavour, Sodium Nitrite (250), Yeast Extract, Canola Oil), 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), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

Hawaiian - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 502 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4470 kJ (1070 Cal)	891 kJ (213 Cal)
Protein	40.9 g	8.1 g
Fat, total	33.5 g	6.7 g
-saturated	14.1 g	2.8 g
Carbohydrate	146 g	29.0 g
-sugars	28.5 g	5.7 g
Sodium	2900 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)), Canned Pineapple (Pineapple, Water, Sugar And Citric Acid), Ham (Pork, Water, Salt, Acidity Regulators (325, 330), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407, 415), Sugar, Dextrose (Tapioca, Maize), Antioxidant (316), Smoke Flavour, Sodium Nitrite (250), Yeast Extract, Canola Oil), 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, Tree Nuts, Sesame.**

Hawaiian - Large

Nutritional Information

Servings per package: 1

Serving Size: 513 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4150 kJ (991 Cal)	808 kJ (193 Cal)
Protein	49.5 g	9.6 g
Fat, total	25.9 g	5.0 g
-saturated	13.1 g	2.6 g
Carbohydrate	136 g	26.6 g
-sugars	30.1 g	5.9 g
Sodium	2840 mg	554 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Canned Pineapple (Pineapple, Water, Sugar And Citric Acid), Ham (Pork, Water, Salt, Acidity Regulators (325, 330), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407, 415), Sugar, Dextrose (Tapioca, Maize), Antioxidant (316), Smoke Flavour, Sodium Nitrite (250), Yeast Extract, Canola Oil), 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.

Hawaiian - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 522 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4400 kJ (1050 Cal)	842 kJ (201 Cal)
Protein	53.3 g	10.2 g
Fat, total	36.8 g	7.0 g
-saturated	14.5 g	2.8 g
Carbohydrate	124 g	23.8 g
-sugars	32.7 g	6.3 g
Sodium	2700 mg	518 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), Canned Pineapple (Pineapple, Water, Sugar And Citric Acid), Ham (Pork, Water, Salt, Acidity Regulators (325, 330), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407, 415), Sugar, Dextrose (Tapioca, Maize), Antioxidant (316), Smoke Flavour, Sodium Nitrite (250), Yeast Extract, Canola Oil), 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 Gluten, Wheat, Milk.

Hawaiian - XL

Nutritional Information

Servings per package: 1

Serving Size: 711 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5730 kJ (1370 Cal)	806 kJ (193 Cal)
Protein	67.4 g	9.5 g
Fat, total	34.4 g	4.8 g
-saturated	17.1 g	2.4 g
Carbohydrate	192 g	27.1 g
-sugars	42.0 g	5.9 g
Sodium	3940 mg	554 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Canned Pineapple (Pineapple, Water, Sugar And Citric Acid), Ham (Pork, Water, Salt, Acidity Regulators (325, 330), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407, 415), Sugar, Dextrose (Tapioca, Maize), Antioxidant (316), Smoke Flavour, Sodium Nitrite (250), Yeast Extract, Canola Oil), 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.

Herb and Garlic Squares

Nutritional Information

Servings per package: 1

Serving Size: 397 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4740 kJ (1130 Cal)	1200 kJ (286 Cal)
Protein	44.1 g	11.1 g
Fat, total	34.1 g	8.6 g
-saturated	12.6 g	3.2 g
Carbohydrate	159 g	40.2 g
-sugars	10.0 g	2.5 g
Sodium	1840 mg	463 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Water, Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Crushed Garlic (Garlic, Salt), Canola Oil, Parsley, Dry Yeast (Yeast, Emulsifier (491)), Mixed Herbs.

Contains Gluten, Wheat, Milk.

Kids Cheese Pizza (No Juice)

Nutritional Information

Servings per package: 1

Serving Size: 194 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	1930 kJ (460 Cal)	995 kJ (238 Cal)
Protein	22.7 g	11.7 g
Fat, total	15.0 g	7.7 g
-saturated	8.3 g	4.3 g
Carbohydrate	56.9 g	29.4 g
-sugars	5.9 g	3.0 g
Sodium	841 mg	435 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic 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.

Kids Chicken & Pineapple Pizza (No Juice)

Nutritional Information

Servings per package: 1

Serving Size: 261 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2630 kJ (628 Cal)	1010 kJ (241 Cal)
Protein	30.1 g	11.5 g
Fat, total	18.6 g	7.1 g
-saturated	9.0 g	3.5 g
Carbohydrate	83.2 g	31.9 g
-sugars	29.4 g	11.3 g
Sodium	1180 mg	452 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Canned Pineapple (Pineapple, Water, Sugar And Citric Acid), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Chicken, Canola Oil, Spice Blend, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

May Contain Peanut.

Kids Ham & Cheese Pizza (No Juice)

Nutritional Information

Servings per package: 1

Serving Size: 257 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2190 kJ (524 Cal)	855 kJ (204 Cal)
Protein	31.4 g	12.2 g
Fat, total	17.1 g	6.7 g
-saturated	9.2 g	3.6 g
Carbohydrate	59.1 g	23.1 g
-sugars	5.9 g	2.3 g
Sodium	1810 mg	707 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Ham (Pork, Water, Salt, Acidity Regulators (325, 330), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407, 415), Sugar, Dextrose (Tapioca, Maize), Antioxidant (316), Smoke Flavour, Sodium Nitrite (250), Yeast Extract, Canola Oil), 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.

Kids Ham & Pineapple Pizza (No Juice)

Nutritional Information

Servings per package: 1

Serving Size: 311 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2410 kJ (575 Cal)	775 kJ (185 Cal)
Protein	31.4 g	10.1 g
Fat, total	17.1 g	5.5 g
-saturated	9.2 g	3.0 g
Carbohydrate	71.7 g	23.1 g
-sugars	17.9 g	5.8 g
Sodium	1820 mg	585 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Ham (Pork, Water, Salt, Acidity Regulators (325, 330), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407, 415), Sugar, Dextrose (Tapioca, Maize), Antioxidant (316), Smoke Flavour, Sodium Nitrite (250), Yeast Extract, Canola Oil), Canned Pineapple (Pineapple, Water, Sugar And 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), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

Korean Gochujang Hot Wings

Nutritional Information

Servings per package: 1

Serving Size: 351 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4290 kJ (1030 Cal)	1220 kJ (292 Cal)
Protein	73.5 g	20.9 g
Fat, total	70.0 g	19.9 g
-saturated	18.4 g	5.2 g
Carbohydrate	27.9 g	7.9 g
-sugars	16.9 g	4.8 g
Sodium	2600 mg	740 mg

Ingredients: Wings (Oven Roasted Chicken Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-caking Agent (551)), Korean Bbq Sauce (Sugar, Water, Hydrolysed Vegetable Protein (**Soy**), Fermented **Soy** Beans (Water, **Soybeans**, **Wheat** Flour, Salt, Sugar, Preservative (211)), Salt, Garlic Powder, **Sesame** Oil, **Fish** Sauce, Thickener (1422), Canola Oil, Chilli Flakes, Yeast Extract, Acidity Regulator (Acetic), Black Pepper Powder, Colour (Paprika Oleoresins), Natural Grill Flavour), **Sesame** Seeds White.

Contains Gluten, Wheat, Fish, Soy, Sesame.

May Contain Crustacean, Milk, Peanut.

Margherita - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 747 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	8310 kJ (1990 Cal)	1110 kJ (266 Cal)
Protein	106 g	14.2 g
Fat, total	91.7 g	12.3 g
-saturated	52.3 g	7.0 g
Carbohydrate	173 g	23.2 g
-sugars	17.2 g	2.3 g
Sodium	4090 mg	547 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Water, Canola Oil, Oregano, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

Margherita - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 590 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4960 kJ (1190 Cal)	1180 kJ (281 Cal)
Protein	52.1 g	12.3 g
Fat, total	51.5 g	12.2 g
-saturated	27.1 g	6.4 g
Carbohydrate	123 g	29.1 g
-sugars	9.7 g	2.3 g
Sodium	2060 mg	487 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), Oregano.

Contains Milk.

May Contain Egg, Tree Nuts, Sesame.

Margherita - Large

Nutritional Information

Servings per package: 1

Serving Size: 433 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4640 kJ (1110 Cal)	1070 kJ (256 Cal)
Protein	60.7 g	14.0 g
Fat, total	44.0 g	10.2 g
-saturated	26.1 g	6.0 g
Carbohydrate	113 g	26.2 g
-sugars	11.3 g	2.6 g
Sodium	1990 mg	461 mg

Ingredients: Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Water, Oregano, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

Margherita - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 442 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4890 kJ (1170 Cal)	1110 kJ (264 Cal)
Protein	64.5 g	14.6 g
Fat, total	54.9 g	12.4 g
-saturated	27.5 g	6.2 g
Carbohydrate	101 g	22.9 g
-sugars	14.0 g	3.2 g
Sodium	1850 mg	420 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), 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), Oregano.

Contains Gluten, Wheat, Milk.

Margherita - XL

Nutritional Information

Servings per package: 1

Serving Size: 612 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6530 kJ (1560 Cal)	1070 kJ (255 Cal)
Protein	80.1 g	13.1 g
Fat, total	61.0 g	10.0 g
-saturated	33.2 g	5.4 g
Carbohydrate	167 g	27.2 g
-sugars	17.2 g	2.8 g
Sodium	2730 mg	446 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic 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, Canola Oil, Oregano, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

Meat Deluxe - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 832 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	9050 kJ (2160 Cal)	1090 kJ (260 Cal)
Protein	126 g	15.1 g
Fat, total	92.9 g	11.2 g
-saturated	45.0 g	5.4 g
Carbohydrate	197 g	23.7 g
-sugars	39.2 g	4.7 g
Sodium	6540 mg	786 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Ham (Pork, Water, Salt, Acidity Regulators (325, 330), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407, 415), Sugar, Dextrose (Tapioca, Maize), Antioxidant (316), Smoke Flavour, Sodium Nitrite (250), Yeast Extract, Canola Oil), Chicken, Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Pepperoni (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Bacon (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked), Salami Csabai (Meat Including Pork, Salt, Spices, Maltodextrin, Sugar, Dextrose, Antioxidant (316), Sodium Nitrite (250), Smoke), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Beef Mince, Canola Oil, Spice Blend, Spice Blend (Spices (Paprika, Black Pepper), Sea Salt Flakes, Canola Oil, Vegetable Powders, Smoke Oil), Dry Yeast (Yeast, Emulsifier (491)).

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

Meat Deluxe - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 489 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5570 kJ (1330 Cal)	1140 kJ (273 Cal)
Protein	61.9 g	12.7 g
Fat, total	52.5 g	10.7 g
-saturated	20.2 g	4.1 g
Carbohydrate	148 g	30.2 g
-sugars	29.8 g	6.1 g
Sodium	3770 mg	771 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)), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Ham (Pork, Water, Salt, Acidity Regulators (325, 330), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407, 415), Sugar, Dextrose (Tapioca, Maize), Antioxidant (316), Smoke Flavour, Sodium Nitrite (250), Yeast Extract, Canola Oil), Chicken, Bacon (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked), Pepperoni (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Salami Csabai (Meat Including Pork, Salt, Spices, Maltodextrin, Sugar, Dextrose, Antioxidant (316), Sodium Nitrite (250), Smoke), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Beef Mince, Canola Oil, Spice Blend, Spice Blend (Spices (Paprika, Black Pepper), Sea Salt Flakes, Canola Oil, Vegetable Powders, Smoke Oil).

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

Meat Deluxe - Large

Nutritional Information

Servings per package: 1

Serving Size: 500 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5250 kJ (1250 Cal)	1050 kJ (251 Cal)
Protein	70.5 g	14.1 g
Fat, total	44.9 g	9.0 g
-saturated	19.2 g	3.8 g
Carbohydrate	139 g	27.8 g
-sugars	31.4 g	6.3 g
Sodium	3710 mg	742 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Ham (Pork, Water, Salt, Acidity Regulators (325, 330), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407, 415), Sugar, Dextrose (Tapioca, Maize), Antioxidant (316), Smoke Flavour, Sodium Nitrite (250), Yeast Extract, Canola Oil), Chicken, Water, Bacon (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked), Pepperoni (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Salami Csabai (Meat Including Pork, Salt, Spices, Maltodextrin, Sugar, Dextrose, Antioxidant (316), Sodium Nitrite (250), Smoke), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Beef Mince, Canola Oil, Spice Blend, Spice Blend (Spices (Paprika, Black Pepper), Sea Salt Flakes, Canola Oil, Vegetable Powders, Smoke Oil), Dry Yeast (Yeast, Emulsifier (491)).

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

Meat Deluxe - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 509 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5500 kJ (1310 Cal)	1080 kJ (258 Cal)
Protein	74.3 g	14.6 g
Fat, total	55.8 g	11.0 g
-saturated	20.6 g	4.0 g
Carbohydrate	126 g	24.9 g
-sugars	34.0 g	6.7 g
Sodium	3570 mg	701 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Ham (Pork, Water, Salt, Acidity Regulators (325, 330), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407, 415), Sugar, Dextrose (Tapioca, Maize), Antioxidant (316), Smoke Flavour, Sodium Nitrite (250), Yeast Extract, Canola Oil), Chicken, Bacon (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked), Pepperoni (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Salami Csabai (Meat Including Pork, Salt, Spices, Maltodextrin, Sugar, Dextrose, Antioxidant (316), Sodium Nitrite (250), Smoke), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Beef Mince, Canola Oil, Spice Blend, Spice Blend (Spices (Paprika, Black Pepper), Sea Salt Flakes, Canola Oil, Vegetable Powders, Smoke Oil).

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

Meat Deluxe - XL

Nutritional Information

Servings per package: 1

Serving Size: 698 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	7280 kJ (1740 Cal)	1040 kJ (249 Cal)
Protein	99.7 g	14.3 g
Fat, total	62.2 g	8.9 g
-saturated	25.9 g	3.7 g
Carbohydrate	191 g	27.3 g
-sugars	39.2 g	5.6 g
Sodium	5190 mg	744 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Ham (Pork, Water, Salt, Acidity Regulators (325, 330), Emulsifiers (451, 508, 450, 452), Thickeners (407a, 407, 415), Sugar, Dextrose (Tapioca, Maize), Antioxidant (316), Smoke Flavour, Sodium Nitrite (250), Yeast Extract, Canola Oil), Chicken, Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric))), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Water, Pepperoni (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Bacon (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked), Salami Csabai (Meat Including Pork, Salt, Spices, Maltodextrin, Sugar, Dextrose, Antioxidant (316), Sodium Nitrite (250), Smoke), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Beef Mince, Canola Oil, Spice Blend, Spice Blend (Spices (Paprika, Black Pepper), Sea Salt Flakes, Canola Oil, Vegetable Powders, Smoke Oil), Dry Yeast (Yeast, Emulsifier (491)).

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

Mediterranean Lamb - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 932 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	9000 kJ (2150 Cal)	966 kJ (231 Cal)
Protein	112 g	12.0 g
Fat, total	105 g	11.3 g
-saturated	47.4 g	5.1 g
Carbohydrate	181 g	19.4 g
-sugars	19.2 g	2.1 g
Sodium	5300 mg	569 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Lamb (Lamb, Marinade (Water, Mineral Salts (451, 452, 450), Salt, Hydrolysed Vegetable Protein)), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Tomato, Greek Style Yogurt (**Milk**, **Milk** Solids, Cream (**Milk**), Yogurt Cultures: *S. Thermophilus*, *L. Bulgaricus*), Crushed Garlic (Garlic, Salt), Feta (Pasteurized Cow's **Milk**, Palm Oil, Salt, Lactic Cultures, Microbial Rennet), Onion, Canola Oil, Lemon, Capsicum, Souvlaki Seasoning (Salt, Dextrose, Rice Cereal, Herbs, Flavour Enhancer (621), Natural Flavour, Vegetable Powders, Spices, Food Acid (330), Canola Oil, Anti-caking Agent (551)), Mint, Dry Yeast (Yeast, Emulsifier (491)), Salt (Salt, Anti-caking Agent (554)).

Contains Gluten, Wheat, Milk.

May Contain Egg, Soy.

Mediterranean Lamb - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 565 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5460 kJ (1310 Cal)	966 kJ (231 Cal)
Protein	54.3 g	9.6 g
Fat, total	60.2 g	10.7 g
-saturated	21.8 g	3.9 g
Carbohydrate	131 g	23.3 g
-sugars	12.2 g	2.1 g
Sodium	2870 mg	508 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)), Lamb (Lamb, Marinade (Water, Mineral Salts (451, 452, 450), Salt, Hydrolysed Vegetable Protein)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Tomato, Greek Style Yogurt (**Milk**, **Milk** Solids, Cream (**Milk**), Yogurt Cultures: S. Thermophilus, L.Bulgaricus), Crushed Garlic (Garlic, Salt), Lemon, Feta (Pasteurized Cow's **Milk**, Palm Oil, Salt, Lactic Cultures, Microbial Rennet), Canola Oil, Capsicum, Onion, Souvlaki Seasoning (Salt, Dextrose, Rice Cereal, Herbs, Flavour Enhancer (621), Natural Flavour, Vegetable Powders, Spices, Food Acid (330), Canola Oil, Anti-caking Agent (551)), Mint, Salt (Salt, Anti-caking Agent (554)).

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

Mediterranean Lamb - Large

Nutritional Information

Servings per package: 1

Serving Size: 576 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5130 kJ (1230 Cal)	891 kJ (213 Cal)
Protein	62.9 g	10.9 g
Fat, total	52.7 g	9.1 g
-saturated	20.8 g	3.6 g
Carbohydrate	122 g	21.2 g
-sugars	13.8 g	2.4 g
Sodium	2810 mg	488 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Lamb (Lamb, Marinade (Water, Mineral Salts (451, 452, 450), Salt, Hydrolysed Vegetable Protein)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Tomato, Greek Style Yogurt (**Milk**, **Milk** Solids, Cream (**Milk**), Yogurt Cultures: *S. Thermophilus*, *L. Bulgaricus*), Crushed Garlic (Garlic, Salt), Lemon, Feta (Pasteurized Cow's **Milk**, Palm Oil, Salt, Lactic Cultures, Microbial Rennet), Canola Oil, Capsicum, Onion, Souvlaki Seasoning (Salt, Dextrose, Rice Cereal, Herbs, Flavour Enhancer (621), Natural Flavour, Vegetable Powders, Spices, Food Acid (330), Canola Oil, Anti-caking Agent (551)), Mint, Dry Yeast (Yeast, Emulsifier (491)), Salt (Salt, Anti-caking Agent (554)).

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

Mediterranean Lamb - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 585 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5380 kJ (1290 Cal)	920 kJ (220 Cal)
Protein	66.7 g	11.4 g
Fat, total	63.6 g	10.9 g
-saturated	22.2 g	3.8 g
Carbohydrate	110 g	18.8 g
-sugars	16.4 g	2.8 g
Sodium	2670 mg	457 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), Lamb (Lamb, Marinade (Water, Mineral Salts (451, 452, 450), Salt, Hydrolysed Vegetable Protein)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet))), Anticaking Agent (460), Preservative (200)), Tomato, Greek Style Yogurt (**Milk**, **Milk** Solids, Cream (**Milk**), Yogurt Cultures: *S. Thermophilus*, *L.Bulgaricus*), Crushed Garlic (Garlic, Salt), Lemon, Feta (Pasteurized Cow's **Milk**, Palm Oil, Salt, Lactic Cultures, Microbial Rennet), Canola Oil, Capsicum, Onion, Souvlaki Seasoning (Salt, Dextrose, Rice Cereal, Herbs, Flavour Enhancer (621), Natural Flavour, Vegetable Powders, Spices, Food Acid (330), Canola Oil, Anti-caking Agent (551)), Mint, Salt (Salt, Anti-caking Agent (554)).

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

Mediterranean Lamb - XL

Nutritional Information

Servings per package: 1

Serving Size: 797 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	7230 kJ (1730 Cal)	908 kJ (217 Cal)
Protein	86.2 g	10.8 g
Fat, total	74.4 g	9.3 g
-saturated	28.2 g	3.5 g
Carbohydrate	174 g	21.8 g
-sugars	19.2 g	2.4 g
Sodium	3940 mg	495 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Lamb (Lamb, Marinade (Water, Mineral Salts (451, 452, 450), Salt, Hydrolysed Vegetable Protein)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Tomato, Greek Style Yogurt (**Milk**, **Milk** Solids, Cream (**Milk**), Yogurt Cultures: S. Thermophilus, L.Bulgaricus), Crushed Garlic (Garlic, Salt), Feta (Pasteurized Cow's **Milk**, Palm Oil, Salt, Lactic Cultures, Microbial Rennet), Onion, Canola Oil, Lemon, Capsicum, Souvlaki Seasoning (Salt, Dextrose, Rice Cereal, Herbs, Flavour Enhancer (621), Natural Flavour, Vegetable Powders, Spices, Food Acid (330), Canola Oil, Anti-caking Agent (551)), Mint, Dry Yeast (Yeast, Emulsifier (491)), Salt (Salt, Anti-caking Agent (554)).

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

Moroccan Lamb - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 860 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	8070 kJ (1930 Cal)	939 kJ (224 Cal)
Protein	111 g	13.0 g
Fat, total	83.9 g	9.8 g
-saturated	42.0 g	4.9 g
Carbohydrate	172 g	20.1 g
-sugars	20.3 g	2.4 g
Sodium	5010 mg	583 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), Lamb (Lamb, Marinade (Water, Mineral Salts (451, 452, 450), Salt, Hydrolysed Vegetable Protein)), 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), Baby Spinach, Greek Style Yogurt (**Milk**, **Milk** Solids, Cream (**Milk**), Yogurt Cultures: S. Thermophilus, L.Bulgaricus), Onion, Lemon, 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)), Canola Oil, Mint, Dry Yeast (Yeast, Emulsifier (491)), Salt (Salt, Anti-caking Agent (554)).

Contains Gluten, Wheat, Milk, Soy, Sesame.

May Contain Egg.

Moroccan Lamb - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 525 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4940 kJ (1180 Cal)	941 kJ (225 Cal)
Protein	55.1 g	10.5 g
Fat, total	47.7 g	9.1 g
-saturated	18.4 g	3.5 g
Carbohydrate	127 g	24.2 g
-sugars	13.2 g	2.5 g
Sodium	2760 mg	526 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)), Lamb (Lamb, Marinade (Water, Mineral Salts (451, 452, 450), Salt, Hydrolysed Vegetable Protein)), 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), Baby Spinach, Greek Style Yogurt (**Milk**, **Milk** Solids, Cream (**Milk**), Yogurt Cultures: S. Thermophilus, L.Bulgaricus), Onion, Lemon, 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)), Canola Oil, Mint, Salt (Salt, Anti-caking Agent (554)).

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

Moroccan Lamb - Large

Nutritional Information

Servings per package: 1

Serving Size: 536 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4610 kJ (1100 Cal)	861 kJ (206 Cal)
Protein	63.7 g	11.9 g
Fat, total	40.1 g	7.5 g
-saturated	17.5 g	3.3 g
Carbohydrate	118 g	22.0 g
-sugars	14.8 g	2.8 g
Sodium	2700 mg	504 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Lamb (Lamb, Marinade (Water, Mineral Salts (451, 452, 450), Salt, Hydrolysed Vegetable Protein)), 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), Baby Spinach, Greek Style Yogurt (**Milk**, **Milk** Solids, Cream (**Milk**), Yogurt Cultures: S. Thermophilus, L.Bulgarius), Onion, Lemon, 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)), Canola Oil, Mint, Dry Yeast (Yeast, Emulsifier (491)), Salt (Salt, Anti-caking Agent (554)).

Contains Gluten, Wheat, Milk, Soy, Sesame.

May Contain Egg.

Moroccan Lamb - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 545 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4860 kJ (1160 Cal)	892 kJ (213 Cal)
Protein	67.5 g	12.4 g
Fat, total	51.0 g	9.4 g
-saturated	18.8 g	3.5 g
Carbohydrate	105 g	19.4 g
-sugars	17.4 g	3.2 g
Sodium	2560 mg	470 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), Lamb (Lamb, Marinade (Water, Mineral Salts (451, 452, 450), Salt, Hydrolysed Vegetable Protein)), 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), Baby Spinach, Greek Style Yogurt (**Milk**, **Milk** Solids, Cream (**Milk**), Yogurt Cultures: S. Thermophilus, L.Bulgaricus), Onion, Lemon, 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)), Canola Oil, Mint, Salt (Salt, Anti-caking Agent (554)).

Contains Gluten, Wheat, Milk, Soy, Sesame.

May Contain Egg.

Moroccan Lamb - XL

Nutritional Information

Servings per package: 1

Serving Size: 725 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6300 kJ (1510 Cal)	869 kJ (208 Cal)
Protein	85.5 g	11.8 g
Fat, total	53.2 g	7.3 g
-saturated	22.8 g	3.1 g
Carbohydrate	166 g	22.9 g
-sugars	20.3 g	2.8 g
Sodium	3660 mg	505 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Lamb (Lamb, Marinade (Water, Mineral Salts (451, 452, 450), Salt, Hydrolysed Vegetable Protein)), 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), Baby Spinach, Water, Greek Style Yogurt (**Milk**, **Milk** Solids, Cream (**Milk**), Yogurt Cultures: S. Thermophilus, L.Bulgaricus), Onion, Lemon, 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)), Canola Oil, Mint, Dry Yeast (Yeast, Emulsifier (491)), Salt (Salt, Anti-caking Agent (554)).

Contains Gluten, Wheat, Milk, Soy, Sesame.

May Contain Egg.

Not Beef Royale - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 902 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	8180 kJ (1960 Cal)	907 kJ (217 Cal)
Protein	110 g	12.2 g
Fat, total	80.8 g	9.0 g
-saturated	36.6 g	4.1 g
Carbohydrate	182 g	20.2 g
-sugars	25.2 g	2.8 g
Sodium	4920 mg	546 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), Plant-based Mince (Water, Plant Based Protein (**Soy**), Canola Oil, Flavour, Yeast Extracts, Maltodextrin (Maize), Salt, Sugar, Hydrolysed Vegetable Protein (Maize), Yeast, Vegetables (Onion, Garlic), Smoke Flavour, Food Acid (Tartaric), Pepper, Mineral (Zinc), Vitamin (B12)), 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), Tomato, Onion, Pickles (Sliced Dill Cucumbers, Water, Vinegar, Salt, Mineral Salt (509), Flavours, Colour (101)), Ketchup (Concentrated Tomatoes, Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice), Dijon Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric), Vegan Aioli (Canola Oil, **Soy** Milk (Water, **Soy** Protein, Maltodextrin (Corn), Canola Oil, Sugar, Mineral Salts (450, 509, 526, 504), Acidity Regulators (338, 332), Vegetable Gum (407), Vitamins (Riboflavin, A, B12)), Water, White Vinegar, Reconstituted Garlic, Salt, Mustard Powder And Thickener (415, 412)), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), **Sesame** Seeds Black, **Sesame** Seeds White, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk, Soy, Sesame.

May Contain Peanut.

Not Beef Royale - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 563 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5110 kJ (1220 Cal)	909 kJ (217 Cal)
Protein	55.5 g	9.9 g
Fat, total	46.8 g	8.3 g
-saturated	14.6 g	2.6 g
Carbohydrate	135 g	23.9 g
-sugars	17.1 g	3.0 g
Sodium	2770 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)), Plant-based Mince (Water, Plant Based Protein (**Soy**), Canola Oil, Flavour, Yeast Extracts, Maltodextrin (Maize), Salt, Sugar, Hydrolysed Vegetable Protein (Maize), Yeast, Vegetables (Onion, Garlic), Smoke Flavour, Food Acid (Tartaric), Pepper, Mineral (Zinc), Vitamin (B12)), 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), Tomato, Onion, Pickles (Sliced Dill Cucumbers, Water, Vinegar, Salt, Mineral Salt (509), Flavours, Colour (101)), Ketchup (Concentrated Tomatoes, Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice), Dijon Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric), Vegan Aioli (Canola Oil, **Soy** Milk (Water, **Soy** Protein, Maltodextrin (Corn), Canola Oil, Sugar, Mineral Salts (450, 509, 526, 504), Acidity Regulators (338, 332), Vegetable Gum (407), Vitamins (Riboflavin, A, B12)), Water, White Vinegar, Reconstituted Garlic, Salt, Mustard Powder And Thickener (415, 412)), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), **Sesame** Seeds Black, **Sesame** Seeds White.

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

Not Beef Royale - Large

Nutritional Information

Servings per package: 1

Serving Size: 573 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4780 kJ (1140 Cal)	834 kJ (199 Cal)
Protein	64.1 g	11.2 g
Fat, total	39.2 g	6.8 g
-saturated	13.6 g	2.4 g
Carbohydrate	125 g	21.9 g
-sugars	18.7 g	3.3 g
Sodium	2710 mg	472 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Plant-based Mince (Water, Plant Based Protein (**Soy**), Canola Oil, Flavour, Yeast Extracts, Maltodextrin (Maize), Salt, Sugar, Hydrolysed Vegetable Protein (Maize), Yeast, Vegetables (Onion, Garlic), Smoke Flavour, Food Acid (Tartaric), Pepper, Mineral (Zinc), Vitamin (B12)), 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), Tomato, Onion, Pickles (Sliced Dill Cucumbers, Water, Vinegar, Salt, Mineral Salt (509), Flavours, Colour (101)), Ketchup (Concentrated Tomatoes, Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice), Dijon Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric), Vegan Aioli (Canola Oil, **Soy** Milk (Water, **Soy** Protein, Maltodextrin (Corn), Canola Oil, Sugar, Mineral Salts (450, 509, 526, 504), Acidity Regulators (338, 332), Vegetable Gum (407), Vitamins (Riboflavin, A, B12)), Water, White Vinegar, Reconstituted Garlic, Salt, Mustard Powder And Thickener (415, 412)), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), **Sesame** Seeds Black, **Sesame** Seeds White, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk, Soy, Sesame.

May Contain Peanut.

Not Beef Royale - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 582 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5030 kJ (1200 Cal)	864 kJ (207 Cal)
Protein	67.9 g	11.7 g
Fat, total	50.1 g	8.6 g
-saturated	15.0 g	2.6 g
Carbohydrate	113 g	19.4 g
-sugars	21.4 g	3.7 g
Sodium	2570 mg	441 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), Plant-based Mince (Water, Plant Based Protein (**Soy**), Canola Oil, Flavour, Yeast Extracts, Maltodextrin (Maize), Salt, Sugar, Hydrolysed Vegetable Protein (Maize), Yeast, Vegetables (Onion, Garlic), Smoke Flavour, Food Acid (Tartaric), Pepper, Mineral (Zinc), Vitamin (B12)), 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), Tomato, Onion, Pickles (Sliced Dill Cucumbers, Water, Vinegar, Salt, Mineral Salt (509), Flavours, Colour (101)), Ketchup (Concentrated Tomatoes, Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice), Dijon Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric), Vegan Aioli (Canola Oil, **Soy** Milk (Water, **Soy** Protein, Maltodextrin (Corn), Canola Oil, Sugar, Mineral Salts (450, 509, 526, 504), Acidity Regulators (338, 332), Vegetable Gum (407), Vitamins (Riboflavin, A, B12)), Water, White Vinegar, Reconstituted Garlic, Salt, Mustard Powder And Thickener (415, 412)), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), **Sesame** Seeds Black, **Sesame** Seeds White.

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

Not Beef Royale - XL

Nutritional Information

Servings per package: 1

Serving Size: 767 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6410 kJ (1530 Cal)	836 kJ (200 Cal)
Protein	83.8 g	10.9 g
Fat, total	50.1 g	6.5 g
-saturated	17.5 g	2.3 g
Carbohydrate	175 g	22.9 g
-sugars	25.2 g	3.3 g
Sodium	3570 mg	465 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Plant-based Mince (Water, Plant Based Protein (**Soy**), Canola Oil, Flavour, Yeast Extracts, Maltodextrin (Maize), Salt, Sugar, Hydrolysed Vegetable Protein (Maize), Yeast, Vegetables (Onion, Garlic), Smoke Flavour, Food Acid (Tartaric), Pepper, Mineral (Zinc), Vitamin (B12)), 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), Tomato, Onion, Pickles (Sliced Dill Cucumbers, Water, Vinegar, Salt, Mineral Salt (509), Flavours, Colour (101)), Ketchup (Concentrated Tomatoes, Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice), Dijon Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric), Vegan Aioli (Canola Oil, **Soy** Milk (Water, **Soy** Protein, Maltodextrin (Corn), Canola Oil, Sugar, Mineral Salts (450, 509, 526, 504), Acidity Regulators (338, 332), Vegetable Gum (407), Vitamins (Riboflavin, A, B12)), Water, White Vinegar, Reconstituted Garlic, Salt, Mustard Powder And Thickener (415, 412)), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), **Sesame** Seeds Black, **Sesame** Seeds White, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk, Soy, Sesame.

May Contain Peanut.

Oven Baked Chips

Nutritional Information

Servings per package: 1

Serving Size: 297 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	2050 kJ (491 Cal)	691 kJ (165 Cal)
Protein	9.9 g	3.3 g
Fat, total	15.2 g	5.1 g
-saturated	1.3 g	0.4 g
Carbohydrate	74.9 g	25.2 g
-sugars	1.7 g	0.6 g
Sodium	152 mg	51 mg

Ingredients: Chips (Potato, Coating (Modified Starch (1412), Rice Flour, Dextrin, Pea Fibre, Raising Agents (450, 500), Thickener (415), Pea Protein), Canola Oil).

Paneer Masala - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 832 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	8870 kJ (2120 Cal)	1070 kJ (255 Cal)
Protein	96.4 g	11.6 g
Fat, total	110 g	13.2 g
-saturated	50.6 g	6.1 g
Carbohydrate	178 g	21.3 g
-sugars	20.4 g	2.4 g
Sodium	3770 mg	452 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), Paneer (Cow Whey, Cow's **Milk**, Salt, Food Acid (270), Thickener from Tapioka (1442), Preservative (202)), Masala Sauce (Water, Tomatoes (Diced, From Paste), Onion, Yoghurt, (**Milk**, Skimmed **Milk** Powder, Cultures), Vegetable Oil, Cream, Spices, Thickener (Maize Starch 1422), Sugar, Garlic, Salt, Ginger, Lemon Juice, Food Acids (Acetic, Lactic), Colour (Paprika Extract), Coriander Leaf, mustard Powder, Natural Flavour), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Tomato, Aioli (Canola Oil, Water, Fresh Whole **Eggs**, Vinegar, roasted Garlic, Garlic, Sugar, Salt, Mustard powder), Onion, Coriander, Chilli Flakes, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk.

May Contain Peanut, Soy, Tree Nuts.

Paneer Masala - Gluten Free Base

Nutritional Information
Servings per package: 1
Serving Size: 496 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	5600 kJ (1340 Cal)	1130 kJ (270 Cal)
Protein	45.1 g	9.1 g
Fat, total	69.3 g	14.0 g
-saturated	25.8 g	5.2 g
Carbohydrate	129 g	26.1 g
-sugars	12.5 g	2.5 g
Sodium	1780 mg	359 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)), Paneer (Cow Whey, Cow's **Milk**, Salt, Food Acid (270), Thickener from Tapioka (1442), Preservative (202)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Masala Sauce (Water, Tomatoes (Diced, From Paste), Onion, Yoghurt, (**Milk**, Skimmed **Milk** Powder, Cultures), Vegetable Oil, Cream, Spices, Thickener (Maize Starch 1422), Sugar, Garlic, Salt, Ginger, Lemon Juice, Food Acids (Acetic, Lactic), Colour (Paprika Extract), Coriander Leaf, mustard Powder, Natural Flavour), Tomato, Aioli (Canola Oil, Water, Fresh Whole **Eggs**, Vinegar, roasted Garlic, Garlic, Sugar, Salt, Mustard powder), Onion, Coriander, Chilli Flakes.

Contains Egg, Milk.

May Contain Gluten, Wheat, Peanut, Soy, Tree Nuts, Sesame.

Paneer Masala - Large

Nutritional Information

Servings per package: 1

Serving Size: 608 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6100 kJ (1460 Cal)	1000 kJ (240 Cal)
Protein	63.2 g	10.4 g
Fat, total	76.8 g	12.6 g
-saturated	31.2 g	5.1 g
Carbohydrate	126 g	20.7 g
-sugars	17.5 g	2.9 g
Sodium	2030 mg	334 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Paneer (Cow Whey, Cow's **Milk**, Salt, Food Acid (270), Thickener from Tapioka (1442), Preservative (202)), Masala Sauce (Water, Tomatoes (Diced, From Paste), Onion, Yoghurt, (**Milk**, Skimmed **Milk** Powder, Cultures), Vegetable Oil, Cream, Spices, Thickener (Maize Starch 1422), Sugar, Garlic, Salt, Ginger, Lemon Juice, Food Acids (Acetic, Lactic), Colour (Paprika Extract), Coriander Leaf, mustard Powder, Natural Flavour), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Tomato, Aioli (Canola Oil, Water, Fresh Whole **Eggs**, Vinegar, roasted Garlic, Garlic, Sugar, Salt, Mustard powder), Onion, Coriander, Chilli Flakes, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk.

May Contain Peanut, Soy, Tree Nuts.

Paneer Masala - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 516 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5530 kJ (1320 Cal)	1070 kJ (256 Cal)
Protein	57.5 g	11.1 g
Fat, total	72.6 g	14.1 g
-saturated	26.2 g	5.1 g
Carbohydrate	108 g	21.0 g
-sugars	16.8 g	3.2 g
Sodium	1580 mg	307 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), Paneer (Cow Whey, Cow's **Milk**, Salt, Food Acid (270), Thickener from Tapioka (1442), Preservative (202)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Masala Sauce (Water, Tomatoes (Diced, From Paste), Onion, Yoghurt, (**Milk**, Skimmed **Milk** Powder, Cultures), Vegetable Oil, Cream, Spices, Thickener (Maize Starch 1422), Sugar, Garlic, Salt, Ginger, Lemon Juice, Food Acids (Acetic, Lactic), Colour (Paprika Extract), Coriander Leaf, mustard Powder, Natural Flavour), Tomato, Aioli (Canola Oil, Water, Fresh Whole **Eggs**, Vinegar, roasted Garlic, Garlic, Sugar, Salt, Mustard powder), Onion, Coriander, Chilli Flakes.

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

Paneer Masala - XL

Nutritional Information

Servings per package: 1

Serving Size: 698 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	7100 kJ (1700 Cal)	1020 kJ (243 Cal)
Protein	70.5 g	10.1 g
Fat, total	79.3 g	11.4 g
-saturated	31.4 g	4.5 g
Carbohydrate	171 g	24.5 g
-sugars	20.4 g	2.9 g
Sodium	2410 mg	346 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Paneer (Cow Whey, Cow's **Milk**, Salt, Food Acid (270), Thickener from Tapioka (1442), Preservative (202)), Masala Sauce (Water, Tomatoes (Diced, From Paste), Onion, Yoghurt, (**Milk**, Skimmed **Milk** Powder, Cultures), Vegetable Oil, Cream, Spices, Thickener (Maize Starch 1422), Sugar, Garlic, Salt, Ginger, Lemon Juice, Food Acids (Acetic, Lactic), Colour (Paprika Extract), Coriander Leaf, mustard Powder, Natural Flavour), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Tomato, Water, Aioli (Canola Oil, Water, Fresh Whole **Eggs**, Vinegar, roasted Garlic, Garlic, Sugar, Salt, Mustard powder), Onion, Coriander, Chilli Flakes, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk.

May Contain Peanut, Soy, Tree Nuts.

Peking Duck - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 779 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	8520 kJ (2040 Cal)	1090 kJ (262 Cal)
Protein	97.5 g	12.5 g
Fat, total	88.2 g	11.3 g
-saturated	41.9 g	5.4 g
Carbohydrate	205 g	26.3 g
-sugars	47.5 g	6.1 g
Sodium	4860 mg	625 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), Peking Duck Breast (**Soy**) (Duck, Marinade (Sugar, Salt, Dextrose, Emulsifiers (451, 452, 450), Spices, Vegetable Powders, Tomato Powder, Food Acid (330), Yeast Extract, Vegetable Gum (415), Natural Colours (150a, 160c, 164, 160b), Fermented Rice, Natural Flavour), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Hoisin (Sugar, Water, Fermented **Soybean** Paste (Water, Salt, **Soybeans**, Corn Starch), Salt, Colours (150a,129), Modified Corn Starch (1422), Rice Vinegar, Sweet Potato Powder, **Sesame** Paste, Dehydrated Garlic, Spices, Salted Chili Peppers (Chili Peppers, Salt)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Cucumber, Shallots, Icing Sugar (Sugar, Tapioca Or Maize Starch), Orange Juice (Orange Juice, Vitamin C), Chilli, **Sesame** Seeds White, Orange Marmalade (Orange, Grape And Date Juice Concentrates, Fruit Pectin, Lemon Juice), Lemon, Coriander, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk, Soy, Sesame.

May Contain Fish, Mollusc, Peanut.

Peking Duck - Gluten Free Base

Nutritional Information
Servings per package: 1
Serving Size: 478 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	5300 kJ (1270 Cal)	1110 kJ (265 Cal)
Protein	45.1 g	9.4 g
Fat, total	51.1 g	10.7 g
-saturated	18.5 g	3.9 g
Carbohydrate	152 g	31.8 g
-sugars	34.6 g	7.2 g
Sodium	2660 mg	557 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)), Peking Duck Breast (**Soy**) (Duck, Marinade (Sugar, Salt, Dextrose, Emulsifiers (451, 452, 450), Spices, Vegetable Powders, Tomato Powder, Food Acid (330), Yeast Extract, Vegetable Gum (415), Natural Colours (150a, 160c, 164, 160b), Fermented Rice, Natural Flavour), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Cucumber, Hoisin (Sugar, Water, Fermented **Soybean** Paste (Water, Salt, **Soybeans**, Corn Starch), Salt, Colours (150a,129), Modified Corn Starch (1422), Rice Vinegar, Sweet Potato Powder, **Sesame** Paste, Dehydrated Garlic, Spices, Salted Chili Peppers (Chili Peppers, Salt)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Shallots, Icing Sugar (Sugar, Tapioca Or Maize Starch), Orange Juice (Orange Juice, Vitamin C), Coriander, Chilli, Orange Marmalade (Orange, Grape And Date Juice Concentrates, Fruit Pectin, Lemon Juice), **Sesame** Seeds White, Lemon.

Contains Milk, Soy, Sesame.

May Contain Gluten, Wheat, Egg, Fish, Mollusc, Peanut, Tree Nuts.

Peking Duck - Large

Nutritional Information

Servings per package: 1

Serving Size: 489 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4980 kJ (1190 Cal)	1020 kJ (243 Cal)
Protein	53.6 g	11.0 g
Fat, total	43.5 g	8.9 g
-saturated	17.5 g	3.6 g
Carbohydrate	143 g	29.2 g
-sugars	36.2 g	7.4 g
Sodium	2600 mg	532 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Peking Duck Breast (**Soy**) (Duck, Marinade (Sugar, Salt, Dextrose, Emulsifiers (451, 452, 450), Spices, Vegetable Powders, Tomato Powder, Food Acid (330), Yeast Extract, Vegetable Gum (415), Natural Colours (150a, 160c, 164, 160b), Fermented Rice, Natural Flavour), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Cucumber, Hoisin (Sugar, Water, Fermented **Soybean** Paste (Water, Salt, **Soybeans**, Corn Starch), Salt, Colours (150a,129), Modified Corn Starch (1422), Rice Vinegar, Sweet Potato Powder, **Sesame** Paste, Dehydrated Garlic, Spices, Salted Chili Peppers (Chili Peppers, Salt)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Water, Shallots, Icing Sugar (Sugar, Tapioca Or Maize Starch), Orange Juice (Orange Juice, Vitamin C), Coriander, Chilli, Orange Marmalade (Orange, Grape And Date Juice Concentrates, Fruit Pectin, Lemon Juice), **Sesame** Seeds White, Lemon, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk, Soy, Sesame.

May Contain Fish, Mollusc, Peanut.

Peking Duck - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 498 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5230 kJ (1250 Cal)	1050 kJ (251 Cal)
Protein	57.4 g	11.5 g
Fat, total	54.4 g	10.9 g
-saturated	18.9 g	3.8 g
Carbohydrate	131 g	26.2 g
-sugars	38.8 g	7.8 g
Sodium	2460 mg	495 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), Peking Duck Breast (**Soy**) (Duck, Marinade (Sugar, Salt, Dextrose, Emulsifiers (451, 452, 450), Spices, Vegetable Powders, Tomato Powder, Food Acid (330), Yeast Extract, Vegetable Gum (415), Natural Colours (150a, 160c, 164, 160b), Fermented Rice, Natural Flavour), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Cucumber, Hoisin (Sugar, Water, Fermented **Soybean** Paste (Water, Salt, **Soybeans**, Corn Starch), Salt, Colours (150a,129), Modified Corn Starch (1422), Rice Vinegar, Sweet Potato Powder, **Sesame** Paste, Dehydrated Garlic, Spices, Salted Chili Peppers (Chili Peppers, Salt)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Shallots, Icing Sugar (Sugar, Tapioca Or Maize Starch), Orange Juice (Orange Juice, Vitamin C), Coriander, Chilli, Orange Marmalade (Orange, Grape And Date Juice Concentrates, Fruit Pectin, Lemon Juice), **Sesame** Seeds White, Lemon.

Contains Gluten, Wheat, Milk, Soy, Sesame.

May Contain Fish, Mollusc, Peanut.

Peking Duck - XL

Nutritional Information

Servings per package: 1

Serving Size: 644 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6750 kJ (1610 Cal)	1050 kJ (251 Cal)
Protein	71.6 g	11.1 g
Fat, total	57.6 g	8.9 g
-saturated	22.7 g	3.5 g
Carbohydrate	198 g	30.8 g
-sugars	47.5 g	7.4 g
Sodium	3510 mg	545 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Peking Duck Breast (**Soy**) (Duck, Marinade (Sugar, Salt, Dextrose, Emulsifiers (451, 452, 450), Spices, Vegetable Powders, Tomato Powder, Food Acid (330), Yeast Extract, Vegetable Gum (415), Natural Colours (150a, 160c, 164, 160b), Fermented Rice, Natural Flavour), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Water, Hoisin (Sugar, Water, Fermented **Soybean** Paste (Water, Salt, **Soybeans**, Corn Starch), Salt, Colours (150a,129), Modified Corn Starch (1422), Rice Vinegar, Sweet Potato Powder, **Sesame** Paste, Dehydrated Garlic, Spices, Salted Chili Peppers (Chili Peppers, Salt)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Cucumber, Shallots, Icing Sugar (Sugar, Tapioca Or Maize Starch), Orange Juice (Orange Juice, Vitamin C), Chilli, **Sesame** Seeds White, Orange Marmalade (Orange, Grape And Date Juice Concentrates, Fruit Pectin, Lemon Juice), Lemon, Coriander, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk, Soy, Sesame.

May Contain Fish, Mollusc, Peanut.

Pepperoni - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 841 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	8410 kJ (2010 Cal)	999 kJ (239 Cal)
Protein	110 g	13.1 g
Fat, total	94.0 g	11.2 g
-saturated	46.0 g	5.5 g
Carbohydrate	171 g	20.4 g
-sugars	18.8 g	2.2 g
Sodium	5660 mg	673 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), Pepperoni (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), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Capsicum, Onion, Beef Mince, Black Olive Paste (Greek Kalamata Olives, Olive Oil, Salt, Citric Acid), Crushed Garlic (Garlic, Salt), Canola Oil, Spice Blend (Spices (Paprika, Black Pepper), Sea Salt Flakes, Canola Oil, Vegetable Powders, Smoke Oil), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

May Contain Soy.

Pepperoni - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 462 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5140 kJ (1230 Cal)	1020 kJ (244 Cal)
Protein	52.7 g	10.5 g
Fat, total	54.3 g	10.8 g
-saturated	21.0 g	4.2 g
Carbohydrate	126 g	25.1 g
-sugars	12.3 g	2.4 g
Sodium	3150 mg	624 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)), Pepperoni (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), Cheeses (13%) (Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet))), Anticaking Agent (460), Preservative (200))), Capsicum, Onion, Beef Mince, Black Olive Paste (Greek Kalamata Olives, Olive Oil, Salt, Citric Acid), Crushed Garlic (Garlic, Salt), Canola Oil, Spice Blend (Spices (Paprika, Black Pepper), Sea Salt Flakes, Canola Oil, Vegetable Powders, Smoke Oil).

Contains Milk.

May Contain Egg, Soy, Tree Nuts, Sesame.

Pepperoni - Large

Nutritional Information

Servings per package: 1

Serving Size: 524 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4940 kJ (1180 Cal)	943 kJ (225 Cal)
Protein	63.9 g	12.2 g
Fat, total	49.0 g	9.4 g
-saturated	21.6 g	4.1 g
Carbohydrate	117 g	22.4 g
-sugars	13.9 g	2.6 g
Sodium	3140 mg	600 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Pepperoni (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), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Capsicum, Onion, Beef Mince, Black Olive Paste (Greek Kalamata Olives, Olive Oil, Salt, Citric Acid), Crushed Garlic (Garlic, Salt), Canola Oil, Spice Blend (Spices (Paprika, Black Pepper), Sea Salt Flakes, Canola Oil, Vegetable Powders, Smoke Oil), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

May Contain Soy.

Pepperoni - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 524 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5060 kJ (1210 Cal)	966 kJ (231 Cal)
Protein	65.1 g	12.4 g
Fat, total	57.6 g	11.0 g
-saturated	21.4 g	4.1 g
Carbohydrate	105 g	20.0 g
-sugars	16.5 g	3.2 g
Sodium	2950 mg	562 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), Pepperoni (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), Cheeses (12%) (Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet))), Anticaking Agent (460), Preservative (200))), Capsicum, Onion, Beef Mince, Black Olive Paste (Greek Kalamata Olives, Olive Oil, Salt, Citric Acid), Crushed Garlic (Garlic, Salt), Canola Oil, Spice Blend (Spices (Paprika, Black Pepper), Sea Salt Flakes, Canola Oil, Vegetable Powders, Smoke Oil).

Contains Gluten, Wheat, Milk.

May Contain Soy.

Pepperoni - XL

Nutritional Information

Servings per package: 1

Serving Size: 707 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6640 kJ (1590 Cal)	940 kJ (225 Cal)
Protein	84.1 g	11.9 g
Fat, total	63.3 g	9.0 g
-saturated	26.8 g	3.8 g
Carbohydrate	165 g	23.3 g
-sugars	18.8 g	2.7 g
Sodium	4310 mg	609 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Pepperoni (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), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Water, Capsicum, Onion, Beef Mince, Black Olive Paste (Greek Kalamata Olives, Olive Oil, Salt, Citric Acid), Crushed Garlic (Garlic, Salt), Canola Oil, Spice Blend (Spices (Paprika, Black Pepper), Sea Salt Flakes, Canola Oil, Vegetable Powders, Smoke Oil), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

May Contain Soy.

Pepperoni Nouveau - Cheese Crust

Nutritional Information
Servings per package: 1
Serving Size: 804 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	8530 kJ (2040 Cal)	1060 kJ (254 Cal)
Protein	104 g	12.9 g
Fat, total	89.7 g	11.2 g
-saturated	46.0 g	5.7 g
Carbohydrate	195 g	24.3 g
-sugars	43.2 g	5.4 g
Sodium	5310 mg	660 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), Pepperoni (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)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Ricotta (**Milk**, **Milk** Solids, Acidity Regulator (260), Salt, Preservative (202)), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Honey, Sriracha Sauce (Red Chilli, Sugar, Garlic, Salt, Stabilizer (Xanthan Gum), Thickener (Modified Corn Starch), Acidity regulator (Acetic Acid), Natural Colour (Paprika Oleoresin), Water.), Basil, Salt (Salt, Anti-caking Agent (554)), Dry Yeast (Yeast, Emulsifier (491)), Olive Oil.

Contains Gluten, Wheat, Milk.

May Contain Soy.

Pepperoni Nouveau - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 492 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5380 kJ (1290 Cal)	1090 kJ (262 Cal)
Protein	51.4 g	10.4 g
Fat, total	54.3 g	11.0 g
-saturated	22.3 g	4.5 g
Carbohydrate	143 g	29.0 g
-sugars	29.3 g	6.0 g
Sodium	3120 mg	635 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)), Pepperoni (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)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Ricotta (**Milk**, **Milk** Solids, Acidity Regulator (260), Salt, Preservative (202)), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Honey, Sriracha Sauce (Red Chilli, Sugar, Garlic, Salt, Stabilizer (Xanthan Gum), Thickener (Modified Corn Starch), Acidity regulator (Acetic Acid), Natural Colour (Paprika Oleoresin), Water.), Basil, Salt (Salt, Anti-caking Agent (554)), Olive Oil.

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

Pepperoni Nouveau - Large

Nutritional Information

Servings per package: 1

Serving Size: 502 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5050 kJ (1210 Cal)	1010 kJ (241 Cal)
Protein	60.0 g	11.9 g
Fat, total	46.7 g	9.3 g
-saturated	21.3 g	4.2 g
Carbohydrate	134 g	26.6 g
-sugars	30.9 g	6.1 g
Sodium	2900 mg	578 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Pepperoni (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)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Ricotta (**Milk**, **Milk** Solids, Acidity Regulator (260), Salt, Preservative (202)), Water, Caramelised Onion (Onion, Brown Sugar, Canola Oil), Honey, Sriracha Sauce (Red Chilli, Sugar, Garlic, Salt, Stabilizer (Xanthan Gum), Thickener (Modified Corn Starch), Acidity regulator (Acetic Acid), Natural Colour (Paprika Oleoresin), Water.), Basil, Dry Yeast (Yeast, Emulsifier (491)).

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

Pepperoni Nouveau - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 512 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5300 kJ (1270 Cal)	1040 kJ (248 Cal)
Protein	63.8 g	12.5 g
Fat, total	57.6 g	11.3 g
-saturated	22.7 g	4.4 g
Carbohydrate	121 g	23.7 g
-sugars	33.5 g	6.6 g
Sodium	2920 mg	571 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), Pepperoni (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)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Ricotta (**Milk**, **Milk** Solids, Acidity Regulator (260), Salt, Preservative (202)), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Honey, Sriracha Sauce (Red Chilli, Sugar, Garlic, Salt, Stabilizer (Xanthan Gum), Thickener (Modified Corn Starch), Acidity regulator (Acetic Acid), Natural Colour (Paprika Oleoresin), Water.), Basil, Salt (Salt, Anti-caking Agent (554)), Olive Oil.

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

Pepperoni Nouveau - XL

Nutritional Information

Servings per package: 1

Serving Size: 669 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6760 kJ (1620 Cal)	1010 kJ (241 Cal)
Protein	77.7 g	11.6 g
Fat, total	59.0 g	8.8 g
-saturated	26.8 g	4.0 g
Carbohydrate	189 g	28.2 g
-sugars	43.2 g	6.5 g
Sodium	3960 mg	591 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Pepperoni (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)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Ricotta (**Milk**, **Milk** Solids, Acidity Regulator (260), Salt, Preservative (202)), Water, Caramelised Onion (Onion, Brown Sugar, Canola Oil), Honey, Sriracha Sauce (Red Chilli, Sugar, Garlic, Salt, Stabilizer (Xanthan Gum), Thickener (Modified Corn Starch), Acidity regulator (Acetic Acid), Natural Colour (Paprika Oleoresin), Water.), Basil, Salt (Salt, Anti-caking Agent (554)), Dry Yeast (Yeast, Emulsifier (491)), Olive Oil.

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

Peri Peri (Not) Chicken - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 875 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	9500 kJ (2270 Cal)	1090 kJ (260 Cal)
Protein	119 g	13.6 g
Fat, total	108 g	12.4 g
-saturated	41.7 g	4.8 g
Carbohydrate	196 g	22.4 g
-sugars	29.7 g	3.4 g
Sodium	4530 mg	518 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), Kebab Chick'n (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)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Peri Peri Sauce (Canola Oil, Whole **Egg**, Vinegar, Fresh Chilli, Salt, Lemon Juice, Garlic Powder, Sugar, Mustard Powder), Bocconcini (**Milk**, Salt, Food Acid (330), Rennet (Non Animal)), Shallots, **Sesame** Seeds Black, **Sesame** Seeds White, Dry Yeast (Yeast, Emulsifier (491)).

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

May Contain Tree Nuts.

Peri Peri (Not) Chicken - Large

Nutritional Information

Servings per package: 1

Serving Size: 560 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5870 kJ (1400 Cal)	1050 kJ (250 Cal)
Protein	71.9 g	12.8 g
Fat, total	61.5 g	11.0 g
-saturated	17.7 g	3.2 g
Carbohydrate	137 g	24.4 g
-sugars	22.5 g	4.0 g
Sodium	2410 mg	430 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Kebab Chick'n (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)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Peri Peri Sauce (Canola Oil, Whole **Egg**, Vinegar, Fresh Chilli, Salt, Lemon Juice, Garlic Powder, Sugar, Mustard Powder), Bocconcini (**Milk**, Salt, Food Acid (330), Rennet (Non Animal)), Shallots, **Sesame** Seeds Black, **Sesame** Seeds White, Dry Yeast (Yeast, Emulsifier (491)).

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

May Contain Tree Nuts.

Peri Peri (Not) Chicken - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 569 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6110 kJ (1460 Cal)	1070 kJ (257 Cal)
Protein	75.7 g	13.3 g
Fat, total	72.4 g	12.7 g
-saturated	19.1 g	3.4 g
Carbohydrate	125 g	21.9 g
-sugars	25.1 g	4.4 g
Sodium	2270 mg	399 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), Kebab Chick'n (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)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Peri Peri Sauce (Canola Oil, Whole **Egg**, Vinegar, Fresh Chilli, Salt, Lemon Juice, Garlic Powder, Sugar, Mustard Powder), Bocconcini (**Milk**, Salt, Food Acid (330), Rennet (Non Animal)), Shallots, **Sesame** Seeds Black, **Sesame** Seeds White.

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

May Contain Tree Nuts.

Peri Peri (Not) Chicken - XL

Nutritional Information

Servings per package: 1

Serving Size: 740 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	7730 kJ (1850 Cal)	1040 kJ (250 Cal)
Protein	93.4 g	12.6 g
Fat, total	77.4 g	10.5 g
-saturated	22.6 g	3.0 g
Carbohydrate	189 g	25.6 g
-sugars	29.7 g	4.0 g
Sodium	3180 mg	430 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Kebab Chick'n (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)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Peri Peri Sauce (Canola Oil, Whole **Egg**, Vinegar, Fresh Chilli, Salt, Lemon Juice, Garlic Powder, Sugar, Mustard Powder), Bocconcini (**Milk**, Salt, Food Acid (330), Rennet (Non Animal)), Shallots, **Sesame** Seeds Black, **Sesame** Seeds White, Dry Yeast (Yeast, Emulsifier (491)).

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

May Contain Tree Nuts.

Peri Peri (Not) Chicken Bites

Nutritional Information

Servings per package: 1

Serving Size: 200 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	3100 kJ (740 Cal)	1550 kJ (370 Cal)
Protein	42.2 g	21.1 g
Fat, total	38.4 g	19.2 g
-saturated	5.7 g	2.8 g
Carbohydrate	56.3 g	28.2 g
-sugars	4.8 g	2.4 g
Sodium	1710 mg	856 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), Vegan Aioli (Canola Oil, **Soy** Milk (Water, **Soy** Protein, Maltodextrin (Corn), Canola Oil, Sugar, Mineral Salts (450, 509, 526, 504), Acidity Regulators (338, 332), Vegetable Gum (407), Vitamins (Riboflavin, A, B12)), Water, White Vinegar, Reconstituted Garlic, Salt, Mustard Powder And Thickener (415, 412)), Parsley, Sriracha Sauce (Red Chilli, Sugar, Garlic, Salt, Stabilizer (Xanthan Gum), Thickener (Modified Corn Starch), Acidity regulator (Acetic Acid), Natural Colour (Paprika Oleoresin), Water.).

Contains Gluten, Wheat, Soy.

May Contain Tree Nuts, Sesame.

Peri Peri Chicken - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 873 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	9410 kJ (2250 Cal)	1080 kJ (258 Cal)
Protein	122 g	14.0 g
Fat, total	112 g	12.8 g
-saturated	43.0 g	4.9 g
Carbohydrate	179 g	20.6 g
-sugars	26.1 g	3.0 g
Sodium	4320 mg	495 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), Chicken, 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), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Peri Peri Sauce (Canola Oil, Whole **Egg**, Vinegar, Fresh Chilli, Salt, Lemon Juice, Garlic Powder, Sugar, Mustard Powder), Bocconcini (**Milk**, Salt, Food Acid (330), Rennet (Non Animal)), Shallots, Canola Oil, Spice Blend, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk.

Peri Peri Chicken - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 538 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6020 kJ (1440 Cal)	1120 kJ (267 Cal)
Protein	63.0 g	11.7 g
Fat, total	70.7 g	13.1 g
-saturated	19.4 g	3.6 g
Carbohydrate	133 g	24.6 g
-sugars	17.9 g	3.3 g
Sodium	2250 mg	419 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, 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), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Peri Peri Sauce (Canola Oil, Whole **Egg**, Vinegar, Fresh Chilli, Salt, Lemon Juice, Garlic Powder, Sugar, Mustard Powder), Bocconcini (**Milk**, Salt, Food Acid (330), Rennet (Non Animal)), Shallots, Canola Oil, Spice Blend.

Contains Egg, Milk.**May Contain Tree Nuts, Sesame.**

Peri Peri Chicken - Large

Nutritional Information

Servings per package: 1

Serving Size: 549 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5690 kJ (1360 Cal)	1040 kJ (248 Cal)
Protein	71.6 g	13.0 g
Fat, total	63.1 g	11.5 g
-saturated	18.5 g	3.4 g
Carbohydrate	123 g	22.5 g
-sugars	19.5 g	3.6 g
Sodium	2190 mg	399 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Chicken, 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), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Peri Peri Sauce (Canola Oil, Whole **Egg**, Vinegar, Fresh Chilli, Salt, Lemon Juice, Garlic Powder, Sugar, Mustard Powder), Bocconcini (**Milk**, Salt, Food Acid (330), Rennet (Non Animal)), Shallots, Canola Oil, Spice Blend, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk.

Peri Peri Chicken - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 558 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5940 kJ (1420 Cal)	1060 kJ (254 Cal)
Protein	75.4 g	13.5 g
Fat, total	74.0 g	13.3 g
-saturated	19.8 g	3.6 g
Carbohydrate	111 g	19.9 g
-sugars	22.1 g	4.0 g
Sodium	2050 mg	368 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), Chicken, 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), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Peri Peri Sauce (Canola Oil, Whole **Egg**, Vinegar, Fresh Chilli, Salt, Lemon Juice, Garlic Powder, Sugar, Mustard Powder), Bocconcini (**Milk**, Salt, Food Acid (330), Rennet (Non Animal)), Shallots, Canola Oil, Spice Blend.

Contains Gluten, Wheat, Egg, Milk.

Peri Peri Chicken - XL

Nutritional Information
Servings per package: 1
Serving Size: 738 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	7640 kJ (1830 Cal)	1040 kJ (247 Cal)
Protein	96.5 g	13.1 g
Fat, total	81.3 g	11.0 g
-saturated	23.8 g	3.2 g
Carbohydrate	173 g	23.4 g
-sugars	26.1 g	3.5 g
Sodium	2970 mg	402 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Chicken, 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), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Water, Peri Peri Sauce (Canola Oil, Whole **Egg**, Vinegar, Fresh Chilli, Salt, Lemon Juice, Garlic Powder, Sugar, Mustard Powder), Bocconcini (**Milk**, Salt, Food Acid (330), Rennet (Non Animal)), Shallots, Canola Oil, Spice Blend, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk.

Peri Peri NOT Chicken - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 549 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6190 kJ (1480 Cal)	1130 kJ (270 Cal)
Protein	63.3 g	11.5 g
Fat, total	69.1 g	12.6 g
-saturated	18.7 g	3.4 g
Carbohydrate	146 g	26.6 g
-sugars	20.9 g	3.8 g
Sodium	2470 mg	450 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)), Kebab Chick'n (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)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Peri Peri Sauce (Canola Oil, Whole **Egg**, Vinegar, Fresh Chilli, Salt, Lemon Juice, Garlic Powder, Sugar, Mustard Powder), Bocconcini (**Milk**, Salt, Food Acid (330), Rennet (Non Animal)), Shallots, **Sesame** Seeds Black, **Sesame** Seeds White.

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

May Contain Tree Nuts.

Pesto Chicken - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 932 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	9350 kJ (2230 Cal)	1000 kJ (240 Cal)
Protein	122 g	13.1 g
Fat, total	112 g	12.1 g
-saturated	41.8 g	4.5 g
Carbohydrate	172 g	18.5 g
-sugars	18.8 g	2.0 g
Sodium	5180 mg	556 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), Chicken, 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), Tomato, Avocado, Prosciutto (Pork, Salt, Dextrose, Sugar, Flavour, Antioxidants (300, 301), Preservatives (252, 250)), Basil Pesto Aioli (Canola Oil , Whole **Egg** , Vinegar, Basil Leaf, Basil Puree, Sugar, Salt, Lemon Juice, Mustard Powder), Onion, Rocket, Canola Oil, Crushed Garlic (Garlic, Salt), Spice Blend, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk.

Pesto Chicken - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 592 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6090 kJ (1460 Cal)	1030 kJ (246 Cal)
Protein	66.2 g	11.2 g
Fat, total	73.2 g	12.4 g
-saturated	19.0 g	3.2 g
Carbohydrate	126 g	21.3 g
-sugars	11.9 g	2.0 g
Sodium	3000 mg	507 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, Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Avocado, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Tomato, Prosciutto (Pork, Salt, Dextrose, Sugar, Flavour, Antioxidants (300, 301), Preservatives (252, 250)), Basil Pesto Aioli (Canola Oil , Whole **Egg** , Vinegar, Basil Leaf, Basil Puree, Sugar, Salt, Lemon Juice, Mustard Powder), Onion, Rocket, Canola Oil, Crushed Garlic (Garlic, Salt), Spice Blend.

Contains Egg, Milk.**May Contain Tree Nuts, Sesame.**

Pesto Chicken - Large

Nutritional Information

Servings per package: 1

Serving Size: 603 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5770 kJ (1380 Cal)	957 kJ (229 Cal)
Protein	74.8 g	12.4 g
Fat, total	65.6 g	10.9 g
-saturated	18.0 g	3.0 g
Carbohydrate	117 g	19.4 g
-sugars	13.5 g	2.2 g
Sodium	2940 mg	488 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Chicken, Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Avocado, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Tomato, Prosciutto (Pork, Salt, Dextrose, Sugar, Flavour, Antioxidants (300, 301), Preservatives (252, 250)), Basil Pesto Aioli (Canola Oil , Whole **Egg** , Vinegar, Basil Leaf, Basil Puree, Sugar, Salt, Lemon Juice, Mustard Powder), Onion, Rocket, Canola Oil, Crushed Garlic (Garlic, Salt), Spice Blend, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk.

Pesto Chicken - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 612 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6020 kJ (1440 Cal)	983 kJ (235 Cal)
Protein	78.6 g	12.8 g
Fat, total	76.5 g	12.5 g
-saturated	19.4 g	3.2 g
Carbohydrate	105 g	17.1 g
-sugars	16.1 g	2.6 g
Sodium	2800 mg	458 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), Chicken, Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Avocado, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Tomato, Prosciutto (Pork, Salt, Dextrose, Sugar, Flavour, Antioxidants (300, 301), Preservatives (252, 250)), Basil Pesto Aioli (Canola Oil , Whole **Egg** , Vinegar, Basil Leaf, Basil Puree, Sugar, Salt, Lemon Juice, Mustard Powder), Onion, Rocket, Canola Oil, Crushed Garlic (Garlic, Salt), Spice Blend.

Contains Gluten, Wheat, Egg, Milk.

Pesto Chicken - XL

Nutritional Information

Servings per package: 1

Serving Size: 797 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	7580 kJ (1810 Cal)	951 kJ (227 Cal)
Protein	96.5 g	12.1 g
Fat, total	81.6 g	10.2 g
-saturated	22.6 g	2.8 g
Carbohydrate	166 g	20.8 g
-sugars	18.8 g	2.4 g
Sodium	3820 mg	480 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Chicken, 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), Tomato, Avocado, Prosciutto (Pork, Salt, Dextrose, Sugar, Flavour, Antioxidants (300, 301), Preservatives (252, 250)), Basil Pesto Aioli (Canola Oil , Whole **Egg** , Vinegar, Basil Leaf, Basil Puree, Sugar, Salt, Lemon Juice, Mustard Powder), Onion, Rocket, Canola Oil, Crushed Garlic (Garlic, Salt), Spice Blend, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk.

Prosciutto & Rocket - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 729 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	7220 kJ (1730 Cal)	990 kJ (237 Cal)
Protein	99.6 g	13.7 g
Fat, total	68.7 g	9.4 g
-saturated	38.0 g	5.2 g
Carbohydrate	167 g	23.0 g
-sugars	16.0 g	2.2 g
Sodium	4810 mg	660 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), 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), Prosciutto (Pork, Salt, Dextrose, Sugar, Flavour, Antioxidants (300, 301), Preservatives (252, 250)), Tomato, Water, Rocket, Parmesan Cheese (Cheese (Pasteurised **Milk**, Salt, Mineral Salt (509), Starter Cultures, Enzymes (Animal Lipase), Preservatives (1105 (**Egg**), 235) Enzymes, Preservative (1105)) Anticaking Agent (460)), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk.

Prosciutto & Rocket - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 421 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4240 kJ (1010 Cal)	1010 kJ (241 Cal)
Protein	44.7 g	10.6 g
Fat, total	35.5 g	8.4 g
-saturated	15.0 g	3.6 g
Carbohydrate	123 g	29.2 g
-sugars	10.0 g	2.4 g
Sodium	2530 mg	601 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), Prosciutto (Pork, Salt, Dextrose, Sugar, Flavour, Antioxidants (300, 301), Preservatives (252, 250)), Tomato, Rocket, Parmesan Cheese (Cheese (Pasteurised **Milk**, Salt, Mineral Salt (509), Starter Cultures, Enzymes (Animal Lipase), Preservatives (1105 (**Egg**), 235) Enzymes, Preservative (1105)) Anticaking Agent (460)).

Contains Egg, Milk.**May Contain Tree Nuts, Sesame.**

Prosciutto & Rocket - Large

Nutritional Information

Servings per package: 1

Serving Size: 432 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	3910 kJ (935 Cal)	906 kJ (216 Cal)
Protein	53.3 g	12.3 g
Fat, total	27.9 g	6.4 g
-saturated	14.0 g	3.2 g
Carbohydrate	114 g	26.4 g
-sugars	11.6 g	2.7 g
Sodium	2470 mg	572 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic 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), Prosciutto (Pork, Salt, Dextrose, Sugar, Flavour, Antioxidants (300, 301), Preservatives (252, 250)), Tomato, Water, Rocket, Parmesan Cheese (Cheese (Pasteurised **Milk**, Salt, Mineral Salt (509), Starter Cultures, Enzymes (Animal Lipase), Preservatives (1105 (**Egg**), 235) Enzymes, Preservative (1105)) Anticaking Agent (460)), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk.

Prosciutto & Rocket - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 441 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4160 kJ (995 Cal)	944 kJ (226 Cal)
Protein	57.1 g	13.0 g
Fat, total	38.8 g	8.8 g
-saturated	15.4 g	3.5 g
Carbohydrate	102 g	23.1 g
-sugars	14.2 g	3.2 g
Sodium	2330 mg	529 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), 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), Prosciutto (Pork, Salt, Dextrose, Sugar, Flavour, Antioxidants (300, 301), Preservatives (252, 250)), Tomato, Rocket, Parmesan Cheese (Cheese (Pasteurised **Milk**, Salt, Mineral Salt (509), Starter Cultures, Enzymes (Animal Lipase), Preservatives (1105 (**Egg**), 235) Enzymes, Preservative (1105)) Anticaking Agent (460)).

Contains Gluten, Wheat, Egg, Milk.

Prosciutto & Rocket - XL

Nutritional Information

Servings per package: 1

Serving Size: 594 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5450 kJ (1300 Cal)	917 kJ (219 Cal)
Protein	73.7 g	12.4 g
Fat, total	38.0 g	6.4 g
-saturated	18.8 g	3.2 g
Carbohydrate	161 g	27.1 g
-sugars	16.0 g	2.7 g
Sodium	3450 mg	581 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic 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), Prosciutto (Pork, Salt, Dextrose, Sugar, Flavour, Antioxidants (300, 301), Preservatives (252, 250)), Water, Tomato, Rocket, Parmesan Cheese (Cheese (Pasteurised **Milk**, Salt, Mineral Salt (509), Starter Cultures, Enzymes (Animal Lipase), Preservatives (1105 (**Egg**), 235) Enzymes, Preservative (1105)) Anticaking Agent (460)), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk.

Pulled Pork and Slaw - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 873 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	9640 kJ (2300 Cal)	1100 kJ (264 Cal)
Protein	110 g	12.6 g
Fat, total	111 g	12.8 g
-saturated	45.6 g	5.2 g
Carbohydrate	207 g	23.7 g
-sugars	50.6 g	5.8 g
Sodium	4630 mg	531 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Pulled Pork (Pork, Marinade (Water, Salt, Acidity Regulator (451), Sodium Acetate (262), Vegetable Gum (407), Citrus Fibre, Yeast Extract, Sodium Citrate (331), Sodium Ascorbate (301), Ascorbic Acid (300))), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Pear, Aioli (Canola Oil, Water, Fresh Whole **Eggs**, Vinegar, roasted Garlic, Garlic, Sugar, Salt, Mustard powder), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Cabbage, Carrot, Dry Yeast (Yeast, Emulsifier (491)).

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

Pulled Pork and Slaw - Gluten Free Base

Nutritional Information
 Servings per package: 1
 Serving Size: 547 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	6280 kJ (1500 Cal)	1150 kJ (274 Cal)
Protein	54.3 g	9.9 g
Fat, total	70.5 g	12.9 g
-saturated	21.4 g	3.9 g
Carbohydrate	157 g	28.7 g
-sugars	40.0 g	7.3 g
Sodium	2530 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)), Pulled Pork (Pork, Marinade (Water, Salt, Acidity Regulator (451), Sodium Acetate (262), Vegetable Gum (407), Citrus Fibre, Yeast Extract, Sodium Citrate (331), Sodium Ascorbate (301), Ascorbic Acid (300))), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Pear, Aioli (Canola Oil, Water, Fresh Whole **Eggs**, Vinegar, roasted Garlic, Garlic, Sugar, Salt, Mustard powder), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Cabbage, Carrot.

Contains Egg, Milk.

May Contain Peanut, Soy, Tree Nuts, Sesame.

Pulled Pork and Slaw - Large

Nutritional Information

Servings per package: 1

Serving Size: 558 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5950 kJ (1420 Cal)	1070 kJ (255 Cal)
Protein	62.8 g	11.3 g
Fat, total	62.9 g	11.3 g
-saturated	20.4 g	3.7 g
Carbohydrate	148 g	26.5 g
-sugars	41.6 g	7.5 g
Sodium	2470 mg	443 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Pulled Pork (Pork, Marinade (Water, Salt, Acidity Regulator (451), Sodium Acetate (262), Vegetable Gum (407), Citrus Fibre, Yeast Extract, Sodium Citrate (331), Sodium Ascorbate (301), Ascorbic Acid (300))), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Pear, Aioli (Canola Oil, Water, Fresh Whole **Eggs**, Vinegar, roasted Garlic, Garlic, Sugar, Salt, Mustard powder), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Cabbage, Carrot, Dry Yeast (Yeast, Emulsifier (491)).

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

Pulled Pork and Slaw - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 567 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6200 kJ (1480 Cal)	1090 kJ (261 Cal)
Protein	66.6 g	11.8 g
Fat, total	73.9 g	13.0 g
-saturated	21.8 g	3.8 g
Carbohydrate	136 g	23.9 g
-sugars	44.2 g	7.8 g
Sodium	2330 mg	411 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), Pulled Pork (Pork, Marinade (Water, Salt, Acidity Regulator (451), Sodium Acetate (262), Vegetable Gum (407), Citrus Fibre, Yeast Extract, Sodium Citrate (331), Sodium Ascorbate (301), Ascorbic Acid (300))), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Pear, Aioli (Canola Oil, Water, Fresh Whole **Eggs**, Vinegar, roasted Garlic, Garlic, Sugar, Salt, Mustard powder), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Cabbage, Carrot.

Contains Gluten, Wheat, Egg, Milk.

May Contain Peanut, Soy.

Pulled Pork and Slaw - XL

Nutritional Information

Servings per package: 1

Serving Size: 738 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	7870 kJ (1880 Cal)	1070 kJ (255 Cal)
Protein	84.2 g	11.4 g
Fat, total	80.6 g	10.9 g
-saturated	26.4 g	3.6 g
Carbohydrate	200 g	27.1 g
-sugars	50.6 g	6.9 g
Sodium	3280 mg	444 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Pulled Pork (Pork, Marinade (Water, Salt, Acidity Regulator (451), Sodium Acetate (262), Vegetable Gum (407), Citrus Fibre, Yeast Extract, Sodium Citrate (331), Sodium Ascorbate (301), Ascorbic Acid (300))), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Pear, Water, Aioli (Canola Oil, Water, Fresh Whole **Eggs**, Vinegar, roasted Garlic, Garlic, Sugar, Salt, Mustard powder), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Cabbage, Carrot, Dry Yeast (Yeast, Emulsifier (491)).

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

Quattro Salumi - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 813 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	8470 kJ (2020 Cal)	1040 kJ (249 Cal)
Protein	113 g	13.9 g
Fat, total	96.1 g	11.8 g
-saturated	50.1 g	6.2 g
Carbohydrate	168 g	20.7 g
-sugars	15.7 g	1.9 g
Sodium	5710 mg	703 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), 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), Prosciutto (Pork, Salt, Dextrose, Sugar, Flavour, Antioxidants (300, 301), Preservatives (252, 250)), Tomato, Pepperoni (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), 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 (Pasteurized Buffalo **Milk**, Naturally Fermented Whey, Salt, Animal Rennet), Salami Csabai (Meat Including Pork, Salt, Spices, Maltodextrin, Sugar, Dextrose, Antioxidant (316), Sodium Nitrite (250), Smoke), Basil, Dry Yeast (Yeast, Emulsifier (491)).

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

Quattro Salumi - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 495 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5320 kJ (1270 Cal)	1070 kJ (257 Cal)
Protein	58.1 g	11.7 g
Fat, total	58.1 g	11.7 g
-saturated	24.8 g	5.0 g
Carbohydrate	124 g	25.0 g
-sugars	9.8 g	2.0 g
Sodium	3430 mg	693 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), Prosciutto (Pork, Salt, Dextrose, Sugar, Flavour, Antioxidants (300, 301), Preservatives (252, 250)), Tomato, Pepperoni (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), 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), Salami Csabai (Meat Including Pork, Salt, Spices, Maltodextrin, Sugar, Dextrose, Antioxidant (316), Sodium Nitrite (250), Smoke), Mozzarella Cheese (Pasteurized Buffalo **Milk**, Naturally Fermented Whey, Salt, Animal Rennet), Basil.

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

Quattro Salumi - Large

Nutritional Information
 Servings per package: 1
 Serving Size: 506 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4990 kJ (1190 Cal)	986 kJ (236 Cal)
Protein	66.7 g	13.2 g
Fat, total	50.5 g	10.0 g
-saturated	23.8 g	4.7 g
Carbohydrate	114 g	22.6 g
-sugars	11.4 g	2.3 g
Sodium	3370 mg	666 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic 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), Prosciutto (Pork, Salt, Dextrose, Sugar, Flavour, Antioxidants (300, 301), Preservatives (252, 250)), Tomato, Pepperoni (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Water, 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), Salami Csabai (Meat Including Pork, Salt, Spices, Maltodextrin, Sugar, Dextrose, Antioxidant (316), Sodium Nitrite (250), Smoke), Mozzarella Cheese (Pasteurized Buffalo **Milk**, Naturally Fermented Whey, Salt, Animal Rennet), Basil, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

May Contain Soy.

Quattro Salumi - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 515 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5240 kJ (1250 Cal)	1020 kJ (243 Cal)
Protein	70.5 g	13.7 g
Fat, total	61.4 g	11.9 g
-saturated	25.2 g	4.9 g
Carbohydrate	102 g	19.9 g
-sugars	14.1 g	2.7 g
Sodium	3230 mg	627 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), 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), Prosciutto (Pork, Salt, Dextrose, Sugar, Flavour, Antioxidants (300, 301), Preservatives (252, 250)), Tomato, Pepperoni (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), 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), Salami Csabai (Meat Including Pork, Salt, Spices, Maltodextrin, Sugar, Dextrose, Antioxidant (316), Sodium Nitrite (250), Smoke), Mozzarella Cheese (Pasteurized Buffalo **Milk**, Naturally Fermented Whey, Salt, Animal Rennet), Basil.

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

Quattro Salumi - XL

Nutritional Information

Servings per package: 1

Serving Size: 678 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6700 kJ (1600 Cal)	989 kJ (236 Cal)
Protein	87.1 g	12.9 g
Fat, total	65.4 g	9.7 g
-saturated	30.9 g	4.6 g
Carbohydrate	161 g	23.8 g
-sugars	15.7 g	2.3 g
Sodium	4360 mg	643 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic 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), Prosciutto (Pork, Salt, Dextrose, Sugar, Flavour, Antioxidants (300, 301), Preservatives (252, 250)), Tomato, Water, Pepperoni (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), 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 (Pasteurized Buffalo **Milk**, Naturally Fermented Whey, Salt, Animal Rennet), Salami Csabai (Meat Including Pork, Salt, Spices, Maltodextrin, Sugar, Dextrose, Antioxidant (316), Sodium Nitrite (250), Smoke), Basil, Dry Yeast (Yeast, Emulsifier (491)).

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

Roast Chicken & Bacon - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 765 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	8460 kJ (2020 Cal)	1110 kJ (264 Cal)
Protein	117 g	15.3 g
Fat, total	81.9 g	10.7 g
-saturated	39.7 g	5.2 g
Carbohydrate	195 g	25.5 g
-sugars	39.6 g	5.2 g
Sodium	5000 mg	654 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), Chicken, Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Bacon (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Onion, Canola Oil, Spice Blend, Dry Yeast (Yeast, Emulsifier (491)).

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

Roast Chicken & Bacon - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 466 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5400 kJ (1290 Cal)	1160 kJ (277 Cal)
Protein	62.7 g	13.5 g
Fat, total	48.0 g	10.3 g
-saturated	17.2 g	3.7 g
Carbohydrate	146 g	31.4 g
-sugars	29.9 g	6.4 g
Sodium	2910 mg	624 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, Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Bacon (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Onion, Canola Oil, Spice Blend.

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

Roast Chicken & Bacon - Large

Nutritional Information

Servings per package: 1

Serving Size: 477 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5070 kJ (1210 Cal)	1060 kJ (254 Cal)
Protein	71.3 g	15.0 g
Fat, total	40.4 g	8.5 g
-saturated	16.2 g	3.4 g
Carbohydrate	137 g	28.8 g
-sugars	31.5 g	6.6 g
Sodium	2850 mg	597 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Chicken, Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Bacon (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Water, Onion, Canola Oil, Spice Blend, Dry Yeast (Yeast, Emulsifier (491)).

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

Roast Chicken & Bacon - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 486 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5320 kJ (1270 Cal)	1090 kJ (262 Cal)
Protein	75.1 g	15.5 g
Fat, total	51.3 g	10.6 g
-saturated	17.6 g	3.6 g
Carbohydrate	125 g	25.7 g
-sugars	34.2 g	7.0 g
Sodium	2710 mg	557 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), Chicken, Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Bacon (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Onion, Canola Oil, Spice Blend.

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

Roast Chicken & Bacon - XL

Nutritional Information

Servings per package: 1

Serving Size: 630 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6690 kJ (1600 Cal)	1060 kJ (254 Cal)
Protein	91.0 g	14.5 g
Fat, total	51.2 g	8.1 g
-saturated	20.5 g	3.3 g
Carbohydrate	189 g	29.9 g
-sugars	39.6 g	6.3 g
Sodium	3650 mg	579 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Chicken, Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Bacon (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Sodium Nitrite (250), Smoked), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Water, Onion, Canola Oil, Spice Blend, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

May Contain Peanut.

Rocket & Parmesan Salad

Nutritional Information

Servings per package: 1

Serving Size: 126 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	1010 kJ (240 Cal)	866 kJ (207 Cal)
Protein	9.9 g	8.5 g
Fat, total	20.8 g	17.9 g
-saturated	6.3 g	5.4 g
Carbohydrate	0.5 g	0.4 g
-sugars	0.5 g	0.4 g
Sodium	698 mg	602 mg

Ingredients: Rocket, Parmesan Cheese (Cheese (Pasteurised **Milk**, Salt, Mineral Salt (509), Starter Cultures, Enzymes (Animal Lipase), Preservatives (1105 (**Egg**), 235) Enzymes, Preservative (1105)) Anticaking Agent (460)), Lemon, Olive Oil, Salt (Salt, Anti-caking Agent (554)).

Contains Egg, Milk.

Shepard's Lie - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 841 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	8630 kJ (2060 Cal)	1030 kJ (245 Cal)
Protein	102 g	12.1 g
Fat, total	94.2 g	11.2 g
-saturated	39.4 g	4.7 g
Carbohydrate	189 g	22.4 g
-sugars	27.2 g	3.2 g
Sodium	4120 mg	490 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), Plant-based Mince (Water, Plant Based Protein (**Soy**), Canola Oil, Flavour, Yeast Extracts, Maltodextrin (Maize), Salt, Sugar, Hydrolysed Vegetable Protein (Maize), Yeast, Vegetables (Onion, Garlic), Smoke Flavour, Food Acid (Tartaric), Pepper, Mineral (Zinc), Vitamin (B12)), 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), Potato, Caramelised Onion (Onion, Brown Sugar, Canola Oil), Carrot, Truffle Oil (Olive Oil, Dehydrated Black Truffle (Tuber Indicum), Black Truffle Aroma), Parmesan Cheese (Cheese (Pasteurised **Milk**, Salt, Mineral Salt (509), Starter Cultures, Enzymes (Animal Lipase), Preservatives (1105 (**Egg**), 235) Enzymes, Preservative (1105)) Anticaking Agent (460)), Canola Oil, Parsley, **Sesame** Seeds Black, **Sesame** Seeds White, Rosemary, Rosemary, Dry Yeast (Yeast, Emulsifier (491)), Salt (Salt, Anti-caking Agent (554)).

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

Shepard's Lie - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 522 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5400 kJ (1290 Cal)	1030 kJ (247 Cal)
Protein	49.1 g	9.4 g
Fat, total	55.3 g	10.6 g
-saturated	16.4 g	3.1 g
Carbohydrate	140 g	26.9 g
-sugars	18.7 g	3.6 g
Sodium	2130 mg	408 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)), Plant-based Mince (Water, Plant Based Protein (**Soy**), Canola Oil, Flavour, Yeast Extracts, Maltodextrin (Maize), Salt, Sugar, Hydrolysed Vegetable Protein (Maize), Yeast, Vegetables (Onion, Garlic), Smoke Flavour, Food Acid (Tartaric), Pepper, Mineral (Zinc), Vitamin (B12)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Potato, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Carrot, Truffle Oil (Olive Oil, Dehydrated Black Truffle (Tuber Indicum), Black Truffle Aroma), Canola Oil, Parmesan Cheese (Cheese (Pasteurised **Milk**, Salt, Mineral Salt (509), Starter Cultures, Enzymes (Animal Lipase), Preservatives (1105 (**Egg**), 235) Enzymes, Preservative (1105)) Anticaking Agent (460)), Parsley, **Sesame** Seeds Black, **Sesame** Seeds White, Rosemary, Rosemary, Salt (Salt, Anti-caking Agent (554)).

Contains Egg, Milk, Soy, Sesame.

May Contain Tree Nuts.

Shepard's Lie - Large

Nutritional Information

Servings per package: 1

Serving Size: 532 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5070 kJ (1210 Cal)	952 kJ (228 Cal)
Protein	57.7 g	10.8 g
Fat, total	47.7 g	9.0 g
-saturated	15.4 g	2.9 g
Carbohydrate	131 g	24.6 g
-sugars	20.3 g	3.8 g
Sodium	2070 mg	389 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Plant-based Mince (Water, Plant Based Protein (**Soy**), Canola Oil, Flavour, Yeast Extracts, Maltodextrin (Maize), Salt, Sugar, Hydrolysed Vegetable Protein (Maize), Yeast, Vegetables (Onion, Garlic), Smoke Flavour, Food Acid (Tartaric), Pepper, Mineral (Zinc), Vitamin (B12)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Potato, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Carrot, Truffle Oil (Olive Oil, Dehydrated Black Truffle (Tuber Indicum), Black Truffle Aroma), Canola Oil, Parmesan Cheese (Cheese (Pasteurised **Milk**, Salt, Mineral Salt (509), Starter Cultures, Enzymes (Animal Lipase), Preservatives (1105 (**Egg**), 235) Enzymes, Preservative (1105)) Anticaking Agent (460)), Parsley, **Sesame** Seeds Black, **Sesame** Seeds White, Rosemary, Rosemary, Salt (Salt, Anti-caking Agent (554)), Dry Yeast (Yeast, Emulsifier (491)).

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

Shepard's Lie - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 541 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5320 kJ (1270 Cal)	982 kJ (235 Cal)
Protein	61.5 g	11.4 g
Fat, total	58.6 g	10.8 g
-saturated	16.8 g	3.1 g
Carbohydrate	119 g	22.0 g
-sugars	23.0 g	4.2 g
Sodium	1930 mg	356 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), Plant-based Mince (Water, Plant Based Protein (**Soy**), Canola Oil, Flavour, Yeast Extracts, Maltodextrin (Maize), Salt, Sugar, Hydrolysed Vegetable Protein (Maize), Yeast, Vegetables (Onion, Garlic), Smoke Flavour, Food Acid (Tartaric), Pepper, Mineral (Zinc), Vitamin (B12)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Potato, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Carrot, Truffle Oil (Olive Oil, Dehydrated Black Truffle (Tuber Indicum), Black Truffle Aroma), Canola Oil, Parmesan Cheese (Cheese (Pasteurised **Milk**, Salt, Mineral Salt (509), Starter Cultures, Enzymes (Animal Lipase), Preservatives (1105 (**Egg**), 235) Enzymes, Preservative (1105)) Anticaking Agent (460)), Parsley, **Sesame** Seeds Black, **Sesame** Seeds White, Rosemary, Rosemary, Salt (Salt, Anti-caking Agent (554)).

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

Shepard's Lie - XL

Nutritional Information

Servings per package: 1

Serving Size: 706 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6850 kJ (1640 Cal)	971 kJ (232 Cal)
Protein	76.0 g	10.8 g
Fat, total	63.5 g	9.0 g
-saturated	20.3 g	2.9 g
Carbohydrate	182 g	25.8 g
-sugars	27.2 g	3.9 g
Sodium	2770 mg	392 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Plant-based Mince (Water, Plant Based Protein (**Soy**), Canola Oil, Flavour, Yeast Extracts, Maltodextrin (Maize), Salt, Sugar, Hydrolysed Vegetable Protein (Maize), Yeast, Vegetables (Onion, Garlic), Smoke Flavour, Food Acid (Tartaric), Pepper, Mineral (Zinc), Vitamin (B12)), 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), Potato, Water, Caramelised Onion (Onion, Brown Sugar, Canola Oil), Carrot, Truffle Oil (Olive Oil, Dehydrated Black Truffle (Tuber Indicum), Black Truffle Aroma), Parmesan Cheese (Cheese (Pasteurised **Milk**, Salt, Mineral Salt (509), Starter Cultures, Enzymes (Animal Lipase), Preservatives (1105 (**Egg**), 235) Enzymes, Preservative (1105)) Anticaking Agent (460)), Canola Oil, Parsley, **Sesame** Seeds Black, **Sesame** Seeds White, Rosemary, Rosemary, Dry Yeast (Yeast, Emulsifier (491)), Salt (Salt, Anti-caking Agent (554)).

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

Smokey BBQ Wings

Nutritional Information

Servings per package: 1

Serving Size: 352 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4190 kJ (1000 Cal)	1190 kJ (284 Cal)
Protein	67.7 g	19.2 g
Fat, total	66.4 g	18.9 g
-saturated	18.3 g	5.2 g
Carbohydrate	35.0 g	9.9 g
-sugars	24.2 g	6.9 g
Sodium	1130 mg	322 mg

Ingredients: Wings (Oven Roasted Chicken Wings, Peri Peri (Spices, Paprika, Cumin, Chillies), Dextrose, Salt, Anti-caking Agent (551)), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Parsley.

May Contain Peanut.

Smokey Pulled Jackfruit - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 506 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4610 kJ (1100 Cal)	912 kJ (218 Cal)
Protein	13.5 g	2.7 g
Fat, total	48.2 g	9.5 g
-saturated	16.3 g	3.2 g
Carbohydrate	149 g	29.4 g
-sugars	13.5 g	2.7 g
Sodium	2040 mg	403 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)), Jackfruit (Young Jackfruit, Water, Refined Salt, Citric Acid (E330)), 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)), Capsicum, Vegan Aioli (Canola Oil, **Soy** Milk (Water, **Soy** Protein, Maltodextrin (Corn), Canola Oil, Sugar, Mineral Salts (450, 509, 526, 504), Acidity Regulators (338, 332), Vegetable Gum (407), Vitamins (Riboflavin, A, B12)), Water, White Vinegar, Reconstituted Garlic, Salt, Mustard Powder And Thickener (415, 412)), Onion, Canola Oil, Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Chilli, Parsley, Cayenne Pepper, Paprika, Salt (Salt, Anti-caking Agent (554)).

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

Smokey Pulled Jackfruit - Large

Nutritional Information

Servings per package: 1

Serving Size: 517 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4290 kJ (1020 Cal)	830 kJ (198 Cal)
Protein	22.1 g	4.3 g
Fat, total	40.6 g	7.9 g
-saturated	15.3 g	3.0 g
Carbohydrate	140 g	27.1 g
-sugars	15.1 g	2.9 g
Sodium	1980 mg	383 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Jackfruit (Young Jackfruit, Water, Refined Salt, Citric Acid (E330)), 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)), Capsicum, Water, Vegan Aioli (Canola Oil, **Soy** Milk (Water, **Soy** Protein, Maltodextrin (Corn), Canola Oil, Sugar, Mineral Salts (450, 509, 526, 504), Acidity Regulators (338, 332), Vegetable Gum (407), Vitamins (Riboflavin, A, B12)), Water, White Vinegar, Reconstituted Garlic, Salt, Mustard Powder And Thickener (415, 412)), Onion, Canola Oil, Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Chilli, Parsley, Cayenne Pepper, Paprika, Dry Yeast (Yeast, Emulsifier (491)), Salt (Salt, Anti-caking Agent (554)).

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

Smokey Pulled Jackfruit - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 526 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4530 kJ (1080 Cal)	863 kJ (206 Cal)
Protein	25.9 g	4.9 g
Fat, total	51.5 g	9.8 g
-saturated	16.7 g	3.2 g
Carbohydrate	128 g	24.3 g
-sugars	17.7 g	3.4 g
Sodium	1840 mg	350 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), Jackfruit (Young Jackfruit, Water, Refined Salt, Citric Acid (E330)), 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)), Capsicum, Vegan Aioli (Canola Oil, **Soy** Milk (Water, **Soy** Protein, Maltodextrin (Corn), Canola Oil, Sugar, Mineral Salts (450, 509, 526, 504), Acidity Regulators (338, 332), Vegetable Gum (407), Vitamins (Riboflavin, A, B12)), Water, White Vinegar, Reconstituted Garlic, Salt, Mustard Powder And Thickener (415, 412)), Onion, Canola Oil, Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Chilli, Parsley, Cayenne Pepper, Paprika, Salt (Salt, Anti-caking Agent (554)).

Contains Gluten, Wheat, Milk, Soy.

May Contain Peanut.

Smokey Pulled Jackfruit - XL

Nutritional Information

Servings per package: 1

Serving Size: 726 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5910 kJ (1410 Cal)	814 kJ (194 Cal)
Protein	31.3 g	4.3 g
Fat, total	53.4 g	7.3 g
-saturated	20.4 g	2.8 g
Carbohydrate	198 g	27.2 g
-sugars	21.2 g	2.9 g
Sodium	2780 mg	382 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Jackfruit (Young Jackfruit, Water, Refined Salt, Citric Acid (E330)), 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)), Capsicum, Water, Onion, Vegan Aioli (Canola Oil, **Soy** Milk (Water, **Soy** Protein, Maltodextrin (Corn), Canola Oil, Sugar, Mineral Salts (450, 509, 526, 504), Acidity Regulators (338, 332), Vegetable Gum (407), Vitamins (Riboflavin, A, B12)), Water, White Vinegar, Reconstituted Garlic, Salt, Mustard Powder And Thickener (415, 412)), Canola Oil, Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), Chilli, Parsley, Cayenne Pepper, Paprika, Salt (Salt, Anti-caking Agent (554)), Dry Yeast (Yeast, Emulsifier (491)).

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

Spinach & Feta - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 729 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	7820 kJ (1870 Cal)	1070 kJ (257 Cal)
Protein	81.2 g	11.1 g
Fat, total	89.8 g	12.3 g
-saturated	41.4 g	5.7 g
Carbohydrate	174 g	23.9 g
-sugars	12.4 g	1.7 g
Sodium	4370 mg	599 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Mushroom, Kalamata Olives (Olives, Water, Red Wine Vinegar, Sea Salt, Sunflower Oil), Water, Crushed Garlic (Garlic, Salt), Baby Spinach, Feta (Pasteurized Cow's **Milk**, Palm Oil, Salt, Lactic Cultures, Microbial Rennet), Onion, Canola Oil, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

Spinach & Feta - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 435 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4960 kJ (1180 Cal)	1140 kJ (273 Cal)
Protein	33.0 g	7.6 g
Fat, total	56.5 g	13.0 g
-saturated	18.6 g	4.3 g
Carbohydrate	130 g	29.9 g
-sugars	7.3 g	1.7 g
Sodium	2360 mg	544 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, Crushed Garlic (Garlic, Salt), Kalamata Olives (Olives, Water, Red Wine Vinegar, Sea Salt, Sunflower Oil), Feta (Pasteurized Cow's **Milk**, Palm Oil, Salt, Lactic Cultures, Microbial Rennet), Baby Spinach, Onion, Canola Oil.

Contains Milk.**May Contain Egg, Tree Nuts, Sesame.**

Spinach & Feta - Large

Nutritional Information
Servings per package: 1
Serving Size: 446 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4630 kJ (1110 Cal)	1040 kJ (248 Cal)
Protein	41.6 g	9.3 g
Fat, total	48.9 g	11.0 g
-saturated	17.7 g	4.0 g
Carbohydrate	121 g	27.2 g
-sugars	8.9 g	2.0 g
Sodium	2300 mg	517 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Mushroom, Water, Crushed Garlic (Garlic, Salt), Kalamata Olives (Olives, Water, Red Wine Vinegar, Sea Salt, Sunflower Oil), Feta (Pasteurized Cow's **Milk**, Palm Oil, Salt, Lactic Cultures, Microbial Rennet), Baby Spinach, Onion, Canola Oil, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

Spinach & Feta - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 455 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4880 kJ (1170 Cal)	1070 kJ (257 Cal)
Protein	45.4 g	10.0 g
Fat, total	59.8 g	13.2 g
-saturated	19.0 g	4.2 g
Carbohydrate	109 g	23.9 g
-sugars	11.6 g	2.5 g
Sodium	2160 mg	476 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Mushroom, Crushed Garlic (Garlic, Salt), Kalamata Olives (Olives, Water, Red Wine Vinegar, Sea Salt, Sunflower Oil), Feta (Pasteurized Cow's **Milk**, Palm Oil, Salt, Lactic Cultures, Microbial Rennet), Baby Spinach, Onion, Canola Oil.

Contains Gluten, Wheat, Milk.

Spinach & Feta - XL

Nutritional Information

Servings per package: 1

Serving Size: 594 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6050 kJ (1450 Cal)	1020 kJ (244 Cal)
Protein	55.3 g	9.3 g
Fat, total	59.1 g	9.9 g
-saturated	22.2 g	3.7 g
Carbohydrate	168 g	28.2 g
-sugars	12.4 g	2.1 g
Sodium	3010 mg	507 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Water, Mushroom, Kalamata Olives (Olives, Water, Red Wine Vinegar, Sea Salt, Sunflower Oil), Crushed Garlic (Garlic, Salt), Baby Spinach, Feta (Pasteurized Cow's **Milk**, Palm Oil, Salt, Lactic Cultures, Microbial Rennet), Onion, Canola Oil, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Milk.

Szechuan Chilli Prawn - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 820 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	8050 kJ (1920 Cal)	982 kJ (235 Cal)
Protein	111 g	13.6 g
Fat, total	75.7 g	9.2 g
-saturated	37.4 g	4.6 g
Carbohydrate	195 g	23.8 g
-sugars	34.4 g	4.2 g
Sodium	4210 mg	514 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), Prawn (**Crustacean**) (Prawn, Salt (E451, E452), 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), Capsicum, Bocconcini (**Milk**, Salt, Food Acid (330), Rennet (Non Animal)), Lemon, Crushed Garlic (Garlic, Salt), Shallots, Canola Oil, Parsley, Chilli, Szechuan Seasoning (Sugar, Salt, Spices, Rice Cereal, Dextrose, Acidity Regulator (262), Food Acid (330), Maize Starch, Dehydrated Vegetables, Herbs, Anti-caking Agent (551), Spice Extract (160c), Hydrolysed Vegetable Protein, Flavour Enhancer (621)), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Crustacean, Milk.

Szechuan Chilli Prawn - Gluten Free Base

Nutritional Information
Servings per package: 1
Serving Size: 503 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	4980 kJ (1190 Cal)	990 kJ (237 Cal)
Protein	56.1 g	11.2 g
Fat, total	42.1 g	8.4 g
-saturated	15.2 g	3.0 g
Carbohydrate	145 g	28.9 g
-sugars	24.9 g	5.0 g
Sodium	2220 mg	442 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 (**Crustacean**) (Prawn, Salt (E451, E452), 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), Capsicum, Bocconcini (**Milk**, Salt, Food Acid (330), Rennet (Non Animal)), Lemon, Crushed Garlic (Garlic, Salt), Canola Oil, Parsley, Shallots, Chilli, Szechuan Seasoning (Sugar, Salt, Spices, Rice Cereal, Dextrose, Acidity Regulator (262), Food Acid (330), Maize Starch, Dehydrated Vegetables, Herbs, Anti-caking Agent (551), Spice Extract (160c), Hydrolysed Vegetable Protein, Flavour Enhancer (621)).

Contains Crustacean, Milk.

May Contain Egg, Tree Nuts, Sesame.

Szechuan Chilli Prawn - Large

Nutritional Information

Servings per package: 1

Serving Size: 514 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4650 kJ (1110 Cal)	906 kJ (216 Cal)
Protein	64.7 g	12.6 g
Fat, total	34.5 g	6.7 g
-saturated	14.2 g	2.8 g
Carbohydrate	136 g	26.5 g
-sugars	26.5 g	5.2 g
Sodium	2160 mg	421 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Prawn (**Crustacean**) (Prawn, Salt (E451, E452), 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), Capsicum, Water, Bocconcini (**Milk**, Salt, Food Acid (330), Rennet (Non Animal)), Lemon, Crushed Garlic (Garlic, Salt), Canola Oil, Parsley, Shallots, Chilli, Szechuan Seasoning (Sugar, Salt, Spices, Rice Cereal, Dextrose, Acidity Regulator (262), Food Acid (330), Maize Starch, Dehydrated Vegetables, Herbs, Anti-caking Agent (551), Spice Extract (160c), Hydrolysed Vegetable Protein, Flavour Enhancer (621)), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Crustacean, Milk.

Szechuan Chilli Prawn - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 523 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4900 kJ (1170 Cal)	938 kJ (224 Cal)
Protein	68.5 g	13.1 g
Fat, total	45.4 g	8.7 g
-saturated	15.6 g	3.0 g
Carbohydrate	124 g	23.7 g
-sugars	29.2 g	5.6 g
Sodium	2020 mg	387 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), Prawn (**Crustacean**) (Prawn, Salt (E451, E452), 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), Capsicum, Bocconcini (**Milk**, Salt, Food Acid (330), Rennet (Non Animal)), Lemon, Crushed Garlic (Garlic, Salt), Canola Oil, Parsley, Shallots, Chilli, Szechuan Seasoning (Sugar, Salt, Spices, Rice Cereal, Dextrose, Acidity Regulator (262), Food Acid (330), Maize Starch, Dehydrated Vegetables, Herbs, Anti-caking Agent (551), Spice Extract (160c), Hydrolysed Vegetable Protein, Flavour Enhancer (621)).

Contains Gluten, Wheat, Crustacean, Milk.

Szechuan Chilli Prawn - XL

Nutritional Information

Servings per package: 1

Serving Size: 685 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6280 kJ (1500 Cal)	916 kJ (219 Cal)
Protein	85.4 g	12.5 g
Fat, total	45.0 g	6.6 g
-saturated	18.3 g	2.7 g
Carbohydrate	188 g	27.5 g
-sugars	34.4 g	5.0 g
Sodium	2860 mg	417 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Prawn (**Crustacean**) (Prawn, Salt (E451, E452), 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), Water, Capsicum, Bocconcini (**Milk**, Salt, Food Acid (330), Rennet (Non Animal)), Lemon, Crushed Garlic (Garlic, Salt), Shallots, Canola Oil, Parsley, Chilli, Szechuan Seasoning (Sugar, Salt, Spices, Rice Cereal, Dextrose, Acidity Regulator (262), Food Acid (330), Maize Starch, Dehydrated Vegetables, Herbs, Anti-caking Agent (551), Spice Extract (160c), Hydrolysed Vegetable Protein, Flavour Enhancer (621)), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Crustacean, Milk.

Tropical Spice - Cheese Crust

Nutritional Information
Servings per package: 1
Serving Size: 725 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	7280 kJ (1740 Cal)	1000 kJ (240 Cal)
Protein	87.8 g	12.1 g
Fat, total	71.2 g	9.8 g
-saturated	38.4 g	5.3 g
Carbohydrate	177 g	24.4 g
-sugars	23.8 g	3.3 g
Sodium	4630 mg	638 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), 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 (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Water, Jalapenos (Jalapeno Peppers, Water, Salt, Acetic Acid Calcium Chloride (Tbc)), Sugar, Shallots, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Chilli Flakes, Salt (Salt, Anti-caking Agent (554)), Dry Yeast (Yeast, Emulsifier (491)), Black Pepper.

Contains Gluten, Wheat, Milk.

May Contain Soy.

Tropical Spice - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 492 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4650 kJ (1110 Cal)	946 kJ (226 Cal)
Protein	38.3 g	7.8 g
Fat, total	39.0 g	7.9 g
-saturated	16.0 g	3.3 g
Carbohydrate	145 g	29.6 g
-sugars	30.6 g	6.2 g
Sodium	2580 mg	525 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 (Pineapple, Water, Sugar And 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), Pepperoni (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Jalapenos (Jalapeno Peppers, Water, Salt, Acetic Acid Calcium Chloride (Tbc)), Sugar, Shallots, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Chilli Flakes, Salt (Salt, Anti-caking Agent (554)), Black Pepper.

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

Tropical Spice - Large

Nutritional Information

Servings per package: 1

Serving Size: 503 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4330 kJ (1030 Cal)	860 kJ (206 Cal)
Protein	46.9 g	9.3 g
Fat, total	31.4 g	6.2 g
-saturated	15.1 g	3.0 g
Carbohydrate	136 g	27.1 g
-sugars	32.3 g	6.4 g
Sodium	2520 mg	501 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Canned Pineapple (Pineapple, Water, Sugar And 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), Pepperoni (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Water, Jalapenos (Jalapeno Peppers, Water, Salt, Acetic Acid Calcium Chloride (Tbc)), Sugar, Shallots, Chilli Flakes, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Salt (Salt, Anti-caking Agent (554)), Dry Yeast (Yeast, Emulsifier (491)), Black Pepper.

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

Tropical Spice - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 503 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4480 kJ (1070 Cal)	891 kJ (213 Cal)
Protein	48.8 g	9.7 g
Fat, total	40.6 g	8.1 g
-saturated	15.8 g	3.1 g
Carbohydrate	124 g	24.7 g
-sugars	34.8 g	6.9 g
Sodium	2250 mg	448 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), Canned Pineapple (Pineapple, Water, Sugar And 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), Pepperoni (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Jalapenos (Jalapeno Peppers, Water, Salt, Acetic Acid Calcium Chloride (Tbc)), Sugar, Shallots, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Chilli Flakes, Salt (Salt, Anti-caking Agent (554)), Black Pepper.

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

Tropical Spice - XL

Nutritional Information

Servings per package: 1

Serving Size: 590 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5510 kJ (1320 Cal)	933 kJ (223 Cal)
Protein	61.9 g	10.5 g
Fat, total	40.5 g	6.9 g
-saturated	19.2 g	3.2 g
Carbohydrate	170 g	28.8 g
-sugars	23.8 g	4.0 g
Sodium	3270 mg	554 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic 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), Pepperoni (Meat Including Pork, Salt, Spices, Mineral Salts (450, 451, 452), Antioxidant (316), Fermented Rice, Preservative (250)), Water, Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Jalapenos (Jalapeno Peppers, Water, Salt, Acetic Acid Calcium Chloride (Tbc)), Sugar, Shallots, Crushed Garlic (Garlic, Water, Salt, Food Acids (260, 330)), Chilli Flakes, Salt (Salt, Anti-caking Agent (554)), Dry Yeast (Yeast, Emulsifier (491)), Black Pepper.

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

Truffle Beef Rossini - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 878 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	9230 kJ (2210 Cal)	1050 kJ (251 Cal)
Protein	107 g	12.2 g
Fat, total	116 g	13.1 g
-saturated	46.3 g	5.3 g
Carbohydrate	180 g	20.5 g
-sugars	24.5 g	2.8 g
Sodium	4220 mg	480 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Marinated Beef (Beef Brisket, Seasoning (Water, Acidity Regulator (451), Sodium Acetate (262), Vegetable Gum (407), Citrus Fibre, Yeast Extract, Sodium Citrate (331), Sodium Ascorbate (301), Ascorbic Acid (300)), Marinade (Red Wine Vinegar, Vegetable Oil, Garlic, Pepper, Salt)), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Bechamel Sauce (**Milk**) (Water, Cream, Thickener (Modified Cornstarch), Vegetable Oil, Sugar, Cheese Powder (Contains Dairy), Onion, Garlic, Salt, Food Acid (Lactic), Yeast Extract, Cheese Flavour (Contains Dairy), Pepper, Turmeric), Mushroom, Mozzarella Cheese (Pasteurized Buffalo **Milk**, Naturally Fermented Whey, Salt, Animal Rennet), Truffle Aioli (Canola Oil, Pasteurised Whole **Egg**, Grilled Mushrooms paste, White Vinegar, Kalamata Olives Puree, Sugar, salt, Mustard Powder, Anchovy Fillet (**Fish**), White Truffle Flavoured Extra Virgin Olive Oil & Preservative (202, 211)), Mushrooms, Basil, Parsley, Dry Yeast (Yeast, Emulsifier (491)).

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

Truffle Beef Rossini - Gluten Free Base

Nutritional Information
 Servings per package: 1
 Serving Size: 523 g



	Average Quantity per Serving	Average Quantity Per 100g
Energy	5780 kJ (1380 Cal)	1110 kJ (264 Cal)
Protein	52.0 g	9.9 g
Fat, total	72.4 g	13.8 g
-saturated	22.1 g	4.2 g
Carbohydrate	129 g	24.7 g
-sugars	13.1 g	2.5 g
Sodium	2180 mg	418 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 Brisket, Seasoning (Water, Acidity Regulator (451), Sodium Acetate (262), Vegetable Gum (407), Citrus Fibre, Yeast Extract, Sodium Citrate (331), Sodium Ascorbate (301), Ascorbic Acid (300)), Marinade (Red Wine Vinegar, Vegetable Oil, Garlic, Pepper, Salt)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Bechamel Sauce (**Milk**) (Water, Cream, Thickener (Modified Cornstarch), Vegetable Oil, Sugar, Cheese Powder (Contains Dairy), Onion, Garlic, Salt, Food Acid (Lactic), Yeast Extract, Cheese Flavour (Contains Dairy), Pepper, Turmeric), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Mushroom, Mozzarella Cheese (Pasteurised Buffalo **Milk**, Naturally Fermented Whey, Salt, Animal Rennet), Truffle Aioli (Canola Oil, Pasteurised Whole **Egg**, Grilled Mushrooms paste, White Vinegar, Kalamata Olives Puree, Sugar, salt, Mustard Powder, Anchovy Fillet (**Fish**), White Truffle Flavoured Extra Virgin Olive Oil & Preservative (202, 211)), Mushrooms, Basil, Parsley.

Contains Egg, Fish, Milk.

May Contain Peanut, Soy, Tree Nuts, Sesame.

Truffle Beef Rossini - Large

Nutritional Information

Servings per package: 1

Serving Size: 534 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5450 kJ (1300 Cal)	1020 kJ (244 Cal)
Protein	60.6 g	11.4 g
Fat, total	64.8 g	12.1 g
-saturated	21.1 g	4.0 g
Carbohydrate	120 g	22.5 g
-sugars	14.7 g	2.8 g
Sodium	2120 mg	398 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Marinated Beef (Beef Brisket, Seasoning (Water, Acidity Regulator (451), Sodium Acetate (262), Vegetable Gum (407), Citrus Fibre, Yeast Extract, Sodium Citrate (331), Sodium Ascorbate (301), Ascorbic Acid (300)), Marinade (Red Wine Vinegar, Vegetable Oil, Garlic, Pepper, Salt)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Bechamel Sauce (**Milk**) (Water, Cream, Thickener (Modified Cornstarch), Vegetable Oil, Sugar, Cheese Powder (Contains Dairy), Onion, Garlic, Salt, Food Acid (Lactic), Yeast Extract, Cheese Flavour (Contains Dairy), Pepper, Turmeric), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Mushroom, Mozzarella Cheese (Pasteurized Buffalo **Milk**, Naturally Fermented Whey, Salt, Animal Rennet), Truffle Aioli (Canola Oil, Pasteurised Whole **Egg**, Grilled Mushrooms paste, White Vinegar, Kalamata Olives Puree, Sugar, salt, Mustard Powder, Anchovy Fillet (**Fish**), White Truffle Flavoured Extra Virgin Olive Oil & Preservative (202, 211)), Mushrooms, Basil, Parsley, Dry Yeast (Yeast, Emulsifier (491)).

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

Truffle Beef Rossini - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 543 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5700 kJ (1360 Cal)	1050 kJ (251 Cal)
Protein	64.4 g	11.9 g
Fat, total	75.7 g	13.9 g
-saturated	22.5 g	4.1 g
Carbohydrate	108 g	19.9 g
-sugars	17.3 g	3.2 g
Sodium	1980 mg	365 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), Marinated Beef (Beef Brisket, Seasoning (Water, Acidity Regulator (451), Sodium Acetate (262), Vegetable Gum (407), Citrus Fibre, Yeast Extract, Sodium Citrate (331), Sodium Ascorbate (301), Ascorbic Acid (300)), Marinade (Red Wine Vinegar, Vegetable Oil, Garlic, Pepper, Salt)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Bechamel Sauce (**Milk**) (Water, Cream, Thickener (Modified Cornstarch), Vegetable Oil, Sugar, Cheese Powder (Contains Dairy), Onion, Garlic, Salt, Food Acid (Lactic), Yeast Extract, Cheese Flavour (Contains Dairy), Pepper, Turmeric), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Mushroom, Mozzarella Cheese (Pasteurized Buffalo **Milk**, Naturally Fermented Whey, Salt, Animal Rennet), Truffle Aioli (Canola Oil, Pasteurised Whole **Egg**, Grilled Mushrooms paste, White Vinegar, Kalamata Olives Puree, Sugar, salt, Mustard Powder, Anchovy Fillet (**Fish**), White Truffle Flavoured Extra Virgin Olive Oil & Preservative (202, 211)), Mushrooms, Basil, Parsley.

Contains Gluten, Wheat, Egg, Fish, Milk.

May Contain Peanut, Soy.

Truffle Beef Rossini - XL

Nutritional Information

Servings per package: 1

Serving Size: 743 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	7460 kJ (1780 Cal)	1000 kJ (240 Cal)
Protein	81.5 g	11.0 g
Fat, total	84.8 g	11.4 g
-saturated	27.1 g	3.6 g
Carbohydrate	173 g	23.3 g
-sugars	24.5 g	3.3 g
Sodium	2860 mg	385 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Marinated Beef (Beef Brisket, Seasoning (Water, Acidity Regulator (451), Sodium Acetate (262), Vegetable Gum (407), Citrus Fibre, Yeast Extract, Sodium Citrate (331), Sodium Ascorbate (301), Ascorbic Acid (300)), Marinade (Red Wine Vinegar, Vegetable Oil, Garlic, Pepper, Salt)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Bechamel Sauce (**Milk**) (Water, Cream, Thickener (Modified Cornstarch), Vegetable Oil, Sugar, Cheese Powder (Contains Dairy), Onion, Garlic, Salt, Food Acid (Lactic), Yeast Extract, Cheese Flavour (Contains Dairy), Pepper, Turmeric), Mushroom, Mozzarella Cheese (Pasteurized Buffalo **Milk**, Naturally Fermented Whey, Salt, Animal Rennet), Truffle Aioli (Canola Oil, Pasteurised Whole **Egg**, Grilled Mushrooms paste, White Vinegar, Kalamata Olives Puree, Sugar, salt, Mustard Powder, Anchovy Fillet (**Fish**), White Truffle Flavoured Extra Virgin Olive Oil & Preservative (202, 211)), Mushrooms, Basil, Parsley, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Fish, Milk.

May Contain Peanut, Soy.

Vegan NOT Beef Royale - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 545 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4810 kJ (1150 Cal)	883 kJ (211 Cal)
Protein	37.4 g	6.9 g
Fat, total	42.4 g	7.8 g
-saturated	14.5 g	2.7 g
Carbohydrate	145 g	26.6 g
-sugars	17.1 g	3.1 g
Sodium	2720 mg	499 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)), Plant-based Mince (Water, Plant Based Protein (**Soy**), Canola Oil, Flavour, Yeast Extracts, Maltodextrin (Maize), Salt, Sugar, Hydrolysed Vegetable Protein (Maize), Yeast, Vegetables (Onion, Garlic), Smoke Flavour, Food Acid (Tartaric), Pepper, Mineral (Zinc), Vitamin (B12)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Tomato, 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)), Onion, Pickles (Sliced Dill Cucumbers, Water, Vinegar, Salt, Mineral Salt (509), Flavours, Colour (101)), Ketchup (Concentrated Tomatoes, Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice), Dijon Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric), Vegan Aioli (Canola Oil, **Soy** Milk (Water, **Soy** Protein, Maltodextrin (Corn), Canola Oil, Sugar, Mineral Salts (450, 509, 526, 504), Acidity Regulators (338, 332), Vegetable Gum (407), Vitamins (Riboflavin, A, B12)), Water, White Vinegar, Reconstituted Garlic, Salt, Mustard Powder And Thickener (415, 412)), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), **Sesame** Seeds Black, **Sesame** Seeds White.

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

VEGAN Not Beef Royale - Large

Nutritional Information

Servings per package: 1

Serving Size: 555 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4480 kJ (1070 Cal)	807 kJ (193 Cal)
Protein	46.0 g	8.3 g
Fat, total	34.8 g	6.3 g
-saturated	13.5 g	2.4 g
Carbohydrate	136 g	24.5 g
-sugars	18.7 g	3.4 g
Sodium	2660 mg	478 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Plant-based Mince (Water, Plant Based Protein (**Soy**), Canola Oil, Flavour, Yeast Extracts, Maltodextrin (Maize), Salt, Sugar, Hydrolysed Vegetable Protein (Maize), Yeast, Vegetables (Onion, Garlic), Smoke Flavour, Food Acid (Tartaric), Pepper, Mineral (Zinc), Vitamin (B12)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Tomato, 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)), Onion, Pickles (Sliced Dill Cucumbers, Water, Vinegar, Salt, Mineral Salt (509), Flavours, Colour (101)), Ketchup (Concentrated Tomatoes, Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice), Dijon Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric), Vegan Aioli (Canola Oil, **Soy** Milk (Water, **Soy** Protein, Maltodextrin (Corn), Canola Oil, Sugar, Mineral Salts (450, 509, 526, 504), Acidity Regulators (338, 332), Vegetable Gum (407), Vitamins (Riboflavin, A, B12)), Water, White Vinegar, Reconstituted Garlic, Salt, Mustard Powder And Thickener (415, 412)), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), **Sesame** Seeds Black, **Sesame** Seeds White, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Soy, Sesame.**May Contain Peanut.**

VEGAN Not Beef Royale - XL

Nutritional Information

Servings per package: 1

Serving Size: 749 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6090 kJ (1460 Cal)	814 kJ (194 Cal)
Protein	60.5 g	8.1 g
Fat, total	45.9 g	6.1 g
-saturated	18.6 g	2.5 g
Carbohydrate	190 g	25.4 g
-sugars	25.2 g	3.4 g
Sodium	3540 mg	473 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Plant-based Mince (Water, Plant Based Protein (**Soy**), Canola Oil, Flavour, Yeast Extracts, Maltodextrin (Maize), Salt, Sugar, Hydrolysed Vegetable Protein (Maize), Yeast, Vegetables (Onion, Garlic), Smoke Flavour, Food Acid (Tartaric), Pepper, Mineral (Zinc), Vitamin (B12)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Tomato, 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)), Onion, Pickles (Sliced Dill Cucumbers, Water, Vinegar, Salt, Mineral Salt (509), Flavours, Colour (101)), Ketchup (Concentrated Tomatoes, Sugar, Salt, Food Acid (Acetic Acid), Natural Flavours, Spice), Dijon Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric), Vegan Aioli (Canola Oil, **Soy** Milk (Water, **Soy** Protein, Maltodextrin (Corn), Canola Oil, Sugar, Mineral Salts (450, 509, 526, 504), Acidity Regulators (338, 332), Vegetable Gum (407), Vitamins (Riboflavin, A, B12)), Water, White Vinegar, Reconstituted Garlic, Salt, Mustard Powder And Thickener (415, 412)), Bbq Sauce (Sugar, Tomatoes (From Paste, Food Acid (Citric)), Rice Flour, Food Acid (Acetic, Citric), Salt, Glucose Syrup, Colour (Caramel 150c), Thickener (Pectin), Onion, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract), **Sesame** Seeds Black, **Sesame** Seeds White, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Soy, Sesame.**May Contain Peanut.**

VEGAN Peri Peri (Not) Chicken - Large

Nutritional Information

Servings per package: 1

Serving Size: 524 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5180 kJ (1240 Cal)	989 kJ (236 Cal)
Protein	50.0 g	9.5 g
Fat, total	48.4 g	9.2 g
-saturated	15.2 g	2.9 g
Carbohydrate	148 g	28.2 g
-sugars	22.6 g	4.3 g
Sodium	2300 mg	439 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Kebab Chick'n (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), 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)), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Vegan Aioli (Canola Oil, **Soy** Milk (Water, **Soy** Protein, Maltodextrin (Corn), Canola Oil, Sugar, Mineral Salts (450, 509, 526, 504), Acidity Regulators (338, 332), Vegetable Gum (407), Vitamins (Riboflavin, A, B12)), Water, White Vinegar, Reconstituted Garlic, Salt, Mustard Powder And Thickener (415, 412)), Shallots, Sriracha Sauce (Red Chilli, Sugar, Garlic, Salt, Stabilizer (Xanthan Gum), Thickener (Modified Corn Starch), Acidity regulator (Acetic Acid), Natural Colour (Paprika Oleoresin), Water.), **Sesame** Seeds Black, **Sesame** Seeds White, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Soy, Sesame.

May Contain Tree Nuts.

VEGAN Peri Peri (Not) Chicken - XL

Nutritional Information

Servings per package: 1

Serving Size: 699 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6950 kJ (1660 Cal)	993 kJ (237 Cal)
Protein	65.4 g	9.4 g
Fat, total	62.5 g	8.9 g
-saturated	20.7 g	3.0 g
Carbohydrate	204 g	29.2 g
-sugars	29.9 g	4.3 g
Sodium	3080 mg	441 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Kebab Chick'n (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), 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)), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Water, Vegan Aioli (Canola Oil, **Soy** Milk (Water, **Soy** Protein, Maltodextrin (Corn), Canola Oil, Sugar, Mineral Salts (450, 509, 526, 504), Acidity Regulators (338, 332), Vegetable Gum (407), Vitamins (Riboflavin, A, B12)), Water, White Vinegar, Reconstituted Garlic, Salt, Mustard Powder And Thickener (415, 412)), Shallots, Sriracha Sauce (Red Chilli, Sugar, Garlic, Salt, Stabilizer (Xanthan Gum), Thickener (Modified Corn Starch), Acidity regulator (Acetic Acid), Natural Colour (Paprika Oleoresin), Water.), **Sesame** Seeds Black, **Sesame** Seeds White, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Soy, Sesame.

May Contain Tree Nuts.

Vegan Shepards Lie - Gluten free Base

Nutritional Information

Servings per package: 1

Serving Size: 501 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5050 kJ (1210 Cal)	1010 kJ (241 Cal)
Protein	30.0 g	6.0 g
Fat, total	50.1 g	10.0 g
-saturated	15.7 g	3.1 g
Carbohydrate	151 g	30.1 g
-sugars	18.7 g	3.7 g
Sodium	2050 mg	409 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)), Plant-based Mince (Water, Plant Based Protein (**Soy**), Canola Oil, Flavour, Yeast Extracts, Maltodextrin (Maize), Salt, Sugar, Hydrolysed Vegetable Protein (Maize), Yeast, Vegetables (Onion, Garlic), Smoke Flavour, Food Acid (Tartaric), Pepper, Mineral (Zinc), Vitamin (B12)), Potato, 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)), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Carrot, Truffle Oil (Olive Oil, Dehydrated Black Truffle (Tuber Indicum), Black Truffle Aroma), Canola Oil, Parsley, **Sesame** Seeds Black, **Sesame** Seeds White, Rosemary, Rosemary, Salt (Salt, Anti-caking Agent (554)).

Contains Soy, Sesame.

May Contain Egg, Tree Nuts.

VEGAN Shepard's Lie - Large

Nutritional Information

Servings per package: 1

Serving Size: 512 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4720 kJ (1130 Cal)	923 kJ (221 Cal)
Protein	38.6 g	7.5 g
Fat, total	42.5 g	8.3 g
-saturated	14.7 g	2.9 g
Carbohydrate	142 g	27.7 g
-sugars	20.3 g	4.0 g
Sodium	1980 mg	388 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Plant-based Mince (Water, Plant Based Protein (**Soy**), Canola Oil, Flavour, Yeast Extracts, Maltodextrin (Maize), Salt, Sugar, Hydrolysed Vegetable Protein (Maize), Yeast, Vegetables (Onion, Garlic), Smoke Flavour, Food Acid (Tartaric), Pepper, Mineral (Zinc), Vitamin (B12)), Potato, 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)), Caramelised Onion (Onion, Brown Sugar, Canola Oil), Water, Carrot, Truffle Oil (Olive Oil, Dehydrated Black Truffle (Tuber Indicum), Black Truffle Aroma), Canola Oil, Parsley, **Sesame** Seeds Black, **Sesame** Seeds White, Rosemary, Rosemary, Salt (Salt, Anti-caking Agent (554)), Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Soy, Sesame.

VEGAN Shepards Lie - XL

Nutritional Information

Servings per package: 1

Serving Size: 684 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6460 kJ (1540 Cal)	945 kJ (226 Cal)
Protein	51.1 g	7.5 g
Fat, total	57.9 g	8.5 g
-saturated	20.5 g	3.0 g
Carbohydrate	197 g	28.8 g
-sugars	27.2 g	4.0 g
Sodium	2690 mg	393 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Plant-based Mince (Water, Plant Based Protein (**Soy**), Canola Oil, Flavour, Yeast Extracts, Maltodextrin (Maize), Salt, Sugar, Hydrolysed Vegetable Protein (Maize), Yeast, Vegetables (Onion, Garlic), Smoke Flavour, Food Acid (Tartaric), Pepper, Mineral (Zinc), Vitamin (B12)), Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Potato, 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, Caramelised Onion (Onion, Brown Sugar, Canola Oil), Carrot, Truffle Oil (Olive Oil, Dehydrated Black Truffle (Tuber Indicum), Black Truffle Aroma), Canola Oil, Parsley, **Sesame** Seeds Black, **Sesame** Seeds White, Rosemary, Rosemary, Dry Yeast (Yeast, Emulsifier (491)), Salt (Salt, Anti-caking Agent (554)).

Contains Gluten, Wheat, Soy, Sesame.

Vegetarian Supreme - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 860 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	8010 kJ (1920 Cal)	932 kJ (223 Cal)
Protein	85.6 g	10.0 g
Fat, total	90.9 g	10.6 g
-saturated	39.3 g	4.6 g
Carbohydrate	178 g	20.7 g
-sugars	20.6 g	2.4 g
Sodium	3950 mg	460 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), Eggplant, 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), Artichokes, Roasted Red Pepper Strips, Baby Spinach, Basil Pesto Aioli (Canola Oil , Whole **Egg** , Vinegar, Basil Leaf, Basil Puree, Sugar, Salt, Lemon Juice, Mustard Powder), Bocconcini (**Milk**, Salt, Food Acid (330), Rennet (Non Animal)), Sundried Tomatoes (Sun Dried Tomatoes, Canola Oil, Salt, Food Acid (330), Sugar, Herbs, Garlic, Vinegar, Water), Mushroom, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk.

Vegetarian Supreme - Gluten Free Base

Nutritional Information

Servings per package: 1

Serving Size: 516 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4980 kJ (1190 Cal)	965 kJ (231 Cal)
Protein	36.0 g	7.0 g
Fat, total	55.2 g	10.7 g
-saturated	16.8 g	3.3 g
Carbohydrate	130 g	25.3 g
-sugars	13.2 g	2.6 g
Sodium	1980 mg	384 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)), Eggplant, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Artichokes (Artichokes, Water, Salt, Citric Acid, Ascorbic Acid), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Basil Pesto Aioli (Canola Oil , Whole **Egg** , Vinegar, Basil Leaf, Basil Puree, Sugar, Salt, Lemon Juice, Mustard Powder), Bocconcini (**Milk**, Salt, Food Acid (330), Rennet (Non Animal)), Baby Spinach, Sundried Tomatoes (Sun Dried Tomatoes, Canola Oil, Salt, Food Acid (330), Sugar, Herbs, Garlic, Vinegar, Water), Mushroom.

Contains Egg, Milk.**May Contain Tree Nuts, Sesame.**

Vegetarian Supreme - Large

Nutritional Information

Servings per package: 1

Serving Size: 527 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4650 kJ (1110 Cal)	883 kJ (211 Cal)
Protein	44.6 g	8.5 g
Fat, total	47.6 g	9.1 g
-saturated	15.9 g	3.0 g
Carbohydrate	121 g	23.0 g
-sugars	14.8 g	2.8 g
Sodium	1920 mg	365 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Eggplant, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Artichokes (Artichokes, Water, Salt, Citric Acid, Ascorbic Acid), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Basil Pesto Aioli (Canola Oil , Whole **Egg** , Vinegar, Basil Leaf, Basil Puree, Sugar, Salt, Lemon Juice, Mustard Powder), Bocconcini (**Milk**, Salt, Food Acid (330), Rennet (Non Animal)), Baby Spinach, Sundried Tomatoes (Sun Dried Tomatoes, Canola Oil, Salt, Food Acid (330), Sugar, Herbs, Garlic, Vinegar, Water), Mushroom, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk.

Vegetarian Supreme - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 536 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	4900 kJ (1170 Cal)	915 kJ (219 Cal)
Protein	48.4 g	9.0 g
Fat, total	58.6 g	10.9 g
-saturated	17.2 g	3.2 g
Carbohydrate	109 g	20.4 g
-sugars	17.5 g	3.3 g
Sodium	1780 mg	333 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Eggplant, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509)), Sugar, Salt, Herbs And Spices, Onion), Artichokes (Artichokes, Water, Salt, Citric Acid, Ascorbic Acid), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Basil Pesto Aioli (Canola Oil , Whole **Egg** , Vinegar, Basil Leaf, Basil Puree, Sugar, Salt, Lemon Juice, Mustard Powder), Bocconcini (**Milk**, Salt, Food Acid (330), Rennet (Non Animal)), Baby Spinach, Sundried Tomatoes (Sun Dried Tomatoes, Canola Oil, Salt, Food Acid (330), Sugar, Herbs, Garlic, Vinegar, Water), Mushroom.

Contains Gluten, Wheat, Egg, Milk.

Vegetarian Supreme - XL

Nutritional Information

Servings per package: 1

Serving Size: 725 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	6240 kJ (1490 Cal)	862 kJ (206 Cal)
Protein	59.7 g	8.2 g
Fat, total	60.2 g	8.3 g
-saturated	20.2 g	2.8 g
Carbohydrate	171 g	23.6 g
-sugars	20.6 g	2.8 g
Sodium	2600 mg	358 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Eggplant, 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), Artichokes (Artichokes, Water, Salt, Citric Acid, Ascorbic Acid), Roasted Red Pepper Strips (Red Peppers, Water, Acetic Acid, Salt, Sugar), Water, Baby Spinach, Basil Pesto Aioli (Canola Oil , Whole **Egg** , Vinegar, Basil Leaf, Basil Puree, Sugar, Salt, Lemon Juice, Mustard Powder), Bocconcini (**Milk**, Salt, Food Acid (330), Rennet (Non Animal)), Sundried Tomatoes (Sun Dried Tomatoes, Canola Oil, Salt, Food Acid (330), Sugar, Herbs, Garlic, Vinegar, Water), Mushroom, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk.

Vietnamese Chilli Chicken - Cheese Crust

Nutritional Information

Servings per package: 1

Serving Size: 810 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	9250 kJ (2210 Cal)	1140 kJ (273 Cal)
Protein	120 g	14.8 g
Fat, total	108 g	13.4 g
-saturated	40.6 g	5.0 g
Carbohydrate	181 g	22.3 g
-sugars	25.3 g	3.1 g
Sodium	4580 mg	566 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Cheese (Mozzarella Cheese (Pasteurized **Milk**, Cultures, Salt, enzymes), Modified Food Starch), Chicken, 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), Aioli (Canola Oil, Water, Fresh Whole **Eggs**, Vinegar, roasted Garlic, Garlic, Sugar, Salt, Mustard powder), Cabbage, Shallots, Sweet Chilli Sauce (Sugar Syrup, Garlic, Red Chilli, Acidity Regulator (Acetic Acid), Salt, Water, Thickener: (Hydroxypropyl Distarch Phosphate (From Tapioca)), Xanthan Gum), Canola Oil, Hoisin (Sugar, Water, Fermented **Soybean** Paste (Water, Salt, **Soybeans**, Corn Starch), Salt, Colours (150a,129), Modified Corn Starch (1422), Rice Vinegar, Sweet Potato Powder, **Sesame** Paste, Dehydrated Garlic, Spices, Salted Chili Peppers (Chili Peppers, Salt)), Crushed Garlic (Garlic, Salt), Chilli, Coriander, Carrot, Spice Blend, Dry Yeast (Yeast, Emulsifier (491)).

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

May Contain Fish, Mollusc, Peanut.

Vietnamese Chilli Chicken - Large

Nutritional Information

Servings per package: 1

Serving Size: 487 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5490 kJ (1310 Cal)	1130 kJ (269 Cal)
Protein	69.9 g	14.4 g
Fat, total	59.5 g	12.2 g
-saturated	16.6 g	3.4 g
Carbohydrate	121 g	24.9 g
-sugars	16.8 g	3.4 g
Sodium	2300 mg	471 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Chicken, 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, Aioli (Canola Oil, Water, Fresh Whole **Eggs**, Vinegar, roasted Garlic, Garlic, Sugar, Salt, Mustard powder), Cabbage, Shallots, Sweet Chilli Sauce (Sugar Syrup, Garlic, Red Chilli, Acidity Regulator (Acetic Acid), Salt, Water, Thickener: (Hydroxypropyl Distarch Phosphate (From Tapioca)), Xanthan Gum), Canola Oil, Hoisin (Sugar, Water, Fermented **Soybean** Paste (Water, Salt, **Soybeans**, Corn Starch), Salt, Colours (150a,129), Modified Corn Starch (1422), Rice Vinegar, Sweet Potato Powder, **Sesame** Paste, Dehydrated Garlic, Spices, Salted Chili Peppers (Chili Peppers, Salt)), Crushed Garlic (Garlic, Salt), Chilli, Coriander, Carrot, Spice Blend, Dry Yeast (Yeast, Emulsifier (491)).

Contains Gluten, Wheat, Egg, Milk, Soy, Sesame.**May Contain Fish, Mollusc, Peanut.**

Vietnamese Chilli Chicken - Low Carb

Nutritional Information

Servings per package: 1

Serving Size: 503 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	5750 kJ (1370 Cal)	1140 kJ (273 Cal)
Protein	73.8 g	14.7 g
Fat, total	70.5 g	14.0 g
-saturated	18.0 g	3.6 g
Carbohydrate	110 g	21.8 g
-sugars	19.5 g	3.9 g
Sodium	2160 mg	429 mg

Ingredients: Cauliflower Wholemeal Base (Wholemeal **Wheat** Flour (**Wheat** Flour, Thiamine, Folic Acid), Cauliflower, Water, Flaxmeal (Brown Linseed), Yeast (Bakers Yeast, Water), Iodised Salt, Olive Oil And Canola Oil, Parmesan Cheese (**Milk**, Tapioca Starch, Salt, Starter Cultures, Non- Animal Rennet, Lipase), Breadcrumbs (**Wheat** Flour, Sugar, Salt, Yeast, Canola Oil)), Chicken, 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), Aioli (Canola Oil, Water, Fresh Whole **Eggs**, Vinegar, roasted Garlic, Garlic, Sugar, Salt, Mustard powder), Cucumber, Shallots, Sweet Chilli Sauce (Sugar Syrup, Garlic, Red Chilli, Acidity Regulator (Acetic Acid), Salt, Water, Thickener: (Hydroxypropyl Distarch Phosphate (From Tapioca)), Xanthan Gum), Canola Oil, Coriander, Hoisin (Sugar, Water, Fermented **Soybean** Paste (Water, Salt, **Soybeans**, Corn Starch), Salt, Colours (150a,129), Modified Corn Starch (1422), Rice Vinegar, Sweet Potato Powder, **Sesame** Paste, Dehydrated Garlic, Spices, Salted Chili Peppers (Chili Peppers, Salt)), Crushed Garlic (Garlic, Salt), Spice Blend, Chilli Flakes.

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

May Contain Fish, Mollusc, Peanut.

Vietnamese Chilli Chicken - XL

Nutritional Information

Servings per package: 1

Serving Size: 675 g

	Average Quantity per Serving	Average Quantity Per 100g
Energy	7480 kJ (1790 Cal)	1110 kJ (265 Cal)
Protein	94.1 g	13.9 g
Fat, total	77.5 g	11.5 g
-saturated	21.5 g	3.2 g
Carbohydrate	174 g	25.8 g
-sugars	25.3 g	3.8 g
Sodium	3230 mg	478 mg

Ingredients: Dough Mix (**Wheat** Flour, Sugar, Canola Oil, Iodised Salt, **Wheat** Gluten, Thiamine, Folic Acid), Chicken, Mozzarella Cheese (Cheese (**Milk**, Salt, Starter Culture, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Water, Pizza Sauce (Tomato (Tomato Puree, Diced Tomato, Citric Acid (330), Mineral Salt (509))), Sugar, Salt, Herbs And Spices, Onion), Aioli (Canola Oil, Water, Fresh Whole **Eggs**, Vinegar, roasted Garlic, Garlic, Sugar, Salt, Mustard powder), Cabbage, Shallots, Sweet Chilli Sauce (Sugar Syrup, Garlic, Red Chilli, Acidity Regulator (Acetic Acid), Salt, Water, Thickener: (Hydroxypropyl Distarch Phosphate (From Tapioca)), Xanthan Gum), Canola Oil, Hoisin (Sugar, Water, Fermented **Soybean** Paste (Water, Salt, **Soybeans**, Corn Starch), Salt, Colours (150a,129), Modified Corn Starch (1422), Rice Vinegar, Sweet Potato Powder, **Sesame** Paste, Dehydrated Garlic, Spices, Salted Chili Peppers (Chili Peppers, Salt)), Crushed Garlic (Garlic, Salt), Chilli, Coriander, Carrot, Spice Blend, Dry Yeast (Yeast, Emulsifier (491)).

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

May Contain Fish, Mollusc, Peanut.