



# NUTRITION & ALLERGEN GUIDE

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# INTRODUCTION

## PURPOSE

The purpose of this Allergen and Nutritional document is to help you choose from our menu if you have a food allergy or intolerance and want to find out more about the nutritional values in our products.

Our menu items are produced with approved ingredients only. We cannot however prevent contamination or guarantee a 100% free from finished product as some of our ingredients are stored and handled alongside some products which may contain nuts and other allergens. Do not place an order if you are uncertain about the allergies.

Note: "N/A" referenced in this document indicates no allergens, as shown below, are listed in the product ingredients. However, we cannot completely eliminate the risk of cross contamination during the assembly part of the pizza making process.

Adults need around 2000 kcal a day

This document highlights the following allergens:

- Gluten containing grains (wheat, barley, oats, spelt, kamut etc.)
- Celery
- Crustaceans
- Mustard
- Sesame
- Soya (Soybean)
- Sulphites/ Sulphur dioxide
- Egg
- Milk
- Lupin
- Peanuts
- Nuts
- Fish
- Molluscs

## VEGAN ITEMS

Our vegan menu items are produced using vegan ingredients. We cannot however prevent contamination or guarantee a 100% free from finished product as some of our ingredients are stored and handled alongside meat-based products.

Please speak to one of our in-store team and they will be happy to talk you through our process and limit potential contamination as much as possible. Products produced by Fireaway Pizza are classed as "Vegan Friendly" = Produced using ingredients suitable for a Vegan diet.

Please be aware that although assembled following strict procedures these products are prepared in an environment that handles meat and dairy products.

## DAIRY PRODUCTS

Our kitchen offers products that contain dairy such as mozzarella, cheddar, parmesan and buffalo mozzarella. While we take steps to minimize the risk of cross contamination when preparing products for our customers with dairy allergies, we cannot guarantee that any of our products are safe to consume as these products share the same preparation and cooking surfaces.



## GLUTEN-FREE PRODUCTS

Fireaway Pizza is pleased to offer a variety of gluten free options on both our food and beverage menu. We are not a gluten-free restaurant and cannot ensure that cross contamination will never occur. We have processes in place to minimize that happening but there is a great deal of gluten in the air and on our work surfaces.

Our products must be prepared in the same oven as our other products and we do clean the oven on a regular basis but there is a good risk of cross contamination. If you are a Celiac and/or highly sensitive please advise the person taking your order and know that we will do our best but cannot guarantee your order will not touch gluten somewhere in the process.

## HALAL PRODUCTS

When we source our meat, our decisions are based on animal welfare standards, food safety and quality. We do specify to all of our suppliers to supply us with halal certified meat and dairy, and therefore position our stores or meat and dairy as halal approved.

## PEANUTS AND NUTS DISCLAIMER

Although some of our products contain peanuts or nuts, we put in the extra effort to limit the contamination when handling them. However, we cannot completely eliminate the risk of cross contamination during the assembly part of preparing and cooking process.



# PIZZA

## MARGHERITA



**Toppings:** Tomato sauce, mozzarella cheese

**Allergens:** milk (except for “vegan cheese” and “no cheese”), gluten (when made on regular base)

**May contain traces of:** soya, mustard, lupin

Typical values	As it comes
Energy	761 kcal
Fat	52.2 g
of which saturates	10.5 g
Carbohydrate	97.3 g
of which sugars	5.4 g
Fibre	4 g
Protein	45g
Salt	1.85 g

## AMALFI



**Toppings:** Tomato sauce, mozzarella cheese, parmesan, black olives, basil

**Allergens:** milk (except for “vegan cheese” and “no cheese”), gluten (when made on regular base)

**May contain traces of:** soya, mustard, lupin

Typical values	As it comes
Energy	855 kcal
Fat	60 g
of which saturates	20.2 g
Carbohydrate	99.2 g
of which sugars	5.4 g
Fibre	5 g
Protein	49.5 g
Salt	2.62 g

## BBQ BOSS



**Toppings:** BBQ sauce, mozzarella cheese, sweetcorn, sliced red onion, chicken

**Allergens:** milk (except for “vegan cheese” and “no cheese”), gluten (when made on regular base)

**May contain traces of:** soya, mustard, lupin

Typical values	As it comes
Energy	855 kcal
Fat	53.2 g
of which saturates	10.7 g
Carbohydrate	109.2 g
of which sugars	10.8 g
Fibre	4.9 g
Protein	53 g
Salt	2.42 g

## KING PEPPERONI



**Toppings:** Tomato sauce, mozzarella cheese, turkey pepperoni

**Allergens:** milk (except for “vegan cheese” and “no cheese”), gluten (when made on regular base)

**May contain traces of:** soya, mustard, lupin, celery

Typical values	As it comes
Energy	1264 kcal
Fat	97.4 g
of which saturates	32.6 g
Carbohydrate	98.6 g
of which sugars	6.7 g
Fibre	4 g
Protein	44 g
Salt	6.49 g

### Gluten Free Base

- adds 103 kcal -

### Vegan Cheese

- adds 32 kcal -

### Double Mozzarella

- adds 128 kcal -

### Mozzarella + Buffalo

- adds 202 kcal -

### Buffalo cheese only

- adds 13 kcal -

### Double Mozzarella + Buffalo

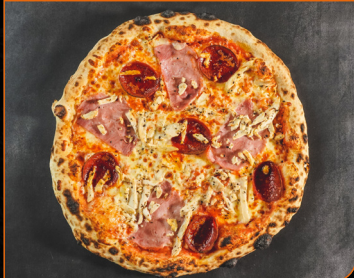
- adds 330 kcal -

### No cheese

- subtracts 154 kcal -



## MEATHEAD



**Toppings:** Tomato sauce, mozzarella cheese, turkey pepperoni, chicken, turkey ham

**Allergens:** milk (except for “vegan cheese” and “no cheese”), gluten (when made on regular base)

**May contain traces of:** soya, mustard, lupin, celery, eggs

Typical values	As it comes
Energy	1051 kcal
Fat	72.9 g
of which saturates	20.3 g
Carbohydrate	99.3 g
of which sugars	7.4 g
Fibre	4 g
Protein	69.3 g
Salt	4.84 g

## CHEESY



**Toppings:** Tomato sauce, mozzarella cheese, cheddar, parmesan

**Allergens:** milk (except for “vegan cheese” and “no cheese”), gluten (when made on regular base)

**May contain traces of:** soya, mustard, lupin

Typical values	As it comes
Energy	985 kcal
Fat	70.7 g
of which saturates	22.1 g
Carbohydrate	97.3 g
of which sugars	5.4 g
Fibre	4 g
Protein	59.6 g
Salt	2.78 g

## PESTO



**Toppings:** Pesto sauce, mozzarella cheese, fresh spinach, sweetcorn, black olives, green olives

**Allergens:** milk (except for “vegan cheese” and “no cheese”), gluten (when made on regular base), nuts

**May contain traces of:** soya, mustard, lupin

Typical values	As it comes
Energy	1386 kcal
Fat	116.5 g
of which saturates	19.5 g
Carbohydrate	103.4 g
of which sugars	3.9 g
Fibre	6.1 g
Protein	47.9 g
Salt	4.14 g

## TWISTED HAWAIIAN



**Toppings:** Tomato sauce, mozzarella cheese, turkey bacon, pineapple

**Allergens:** milk (except for “vegan cheese” and “no cheese”), gluten (when made on regular base)

**May contain traces of:** soya, mustard, lupin, eggs, celery

Typical values	As it comes
Energy	867 kcal
Fat	58.1 g
of which saturates	12.1 g
Carbohydrate	105 g
of which sugars	11.9 g
Fibre	4 g
Protein	50.8 g
Salt	3.45 g

## BURNER



**Toppings:** Tomato sauce, mozzarella cheese, fresh peppers, jalapeños, fresh chillies

**Allergens:** milk (except for “vegan cheese” and “no cheese”), gluten (when made on regular base)

**May contain traces of:** soya, mustard, lupin

Typical values	As it comes
Energy	799 kcal
Fat	52.2 g
of which saturates	10.5 g
Carbohydrate	105 g
of which sugars	11 g
Fibre	5.3 g
Protein	45.3 g
Salt	4.15 g



## ROMA



**Toppings:** Tomato sauce, mozzarella cheese, turkey pepperoni, jalapeños

**Allergens:** milk (except for “vegan cheese” and “no cheese”), gluten (when made on regular base)

**May contain traces of:** soya, mustard, lupin, celery

Typical values	As it comes
Energy	1167 kcal
Fat	87.9 g
of which saturates	27.8 g
Carbohydrate	99.1 g
of which sugars	6.9 g
Fibre	4.3 g
Protein	62.4 g
Salt	6.52 g

## QUEEN MARGHERITA



**Toppings:** Tomato sauce, buffalo mozzarella cheese, fresh basil, dried oregano

**Allergens:** milk (except for “vegan cheese” and “no cheese”), gluten (when made on regular base)

**May contain traces of:** soya, mustard, lupin, sesame

Typical values	As it comes
Energy	794 kcal
Fat	52.2 g
of which saturates	10.5 g
Carbohydrate	97.3 g
of which sugars	5.4 g
Fibre	4 g
Protein	45 g
Salt	1.85 g

## KIDS PIZZA



**Toppings:** Tomato sauce, mozzarella cheese, black olives

**Allergens:** milk (except for “vegan cheese”), gluten

**May contain traces of:** soya, mustard, lupin

Typical values	As it comes
Energy	669 kcal
Fat	46.7 g
of which saturates	7.2 g
Carbohydrate	95.1 g
of which sugars	4.3 g
Fibre	3.8 g
Protein	35.9 g
Salt	1.27 g

## FIREAWAY SPECIAL



**Toppings:** Tomato sauce, mozzarella cheese, meatballs, mixed peppers, parmesan

**Allergens:** milk (except for “vegan cheese” and “no cheese”), gluten (when made on regular base)

**May contain traces of:** soya, mustard, lupin, sesame

Typical values	As it comes
Energy	1215 kcal
Fat	31.8 g
of which saturates	19.9 g
Carbohydrate	173.8 g
of which sugars	16.7 g
Fibre	12.9 g
Protein	51.3 g
Salt	7.88 g

## MEAT HEAVEN



**Toppings:** Tomato sauce, mozzarella cheese, meatballs, pepperoni, sausages, turkey bacon

**Allergens:** milk (except for “vegan cheese” and “no cheese”), gluten (when made on regular base)

**May contain traces of:** soya, mustard, lupin, sesame

Typical values	As it comes
Energy	1418 kcal
Fat	54.1 g
of which saturates	29.2 g
Carbohydrate	139.6 g
of which sugars	12.6 g
Fibre	7.7 g
Protein	90 g
Salt	10.2 g



## VEGGIE SUPREME



**Toppings:** Tomato sauce, mozzarella cheese, mixed peppers, onions, mushrooms, sweetcorn, green olives

**Allergens:** milk (except for “vegan cheese” and “no cheese”), gluten (when made on regular base)

**May contain traces of:** soya, mustard, lupin, sesame

Typical values	As it comes
Energy	1166 kcal
Fat	31.9 g
of which saturates	25.2 g
Carbohydrate	188.1 g
of which sugars	20.72 g
Fibre	15.6 g
Protein	31.9 g
Salt	6.94 g

## MEXICANO



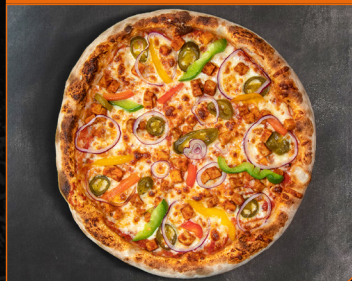
**Toppings:** Tomato sauce, mozzarella cheese, sausages, onions, jalapeños

**Allergens:** milk (except for “vegan cheese” and “no cheese”), gluten (when made on regular base)

**May contain traces of:** soya, mustard, lupin, sesame

Typical values	As it comes
Energy	1248 kcal
Fat	37.6 g
of which saturates	23.4 g
Carbohydrate	156.9 g
of which sugars	14.7 g
Fibre	14.7 g
Protein	62.6 g
Salt	8.72 g

## ASIAN FUSION



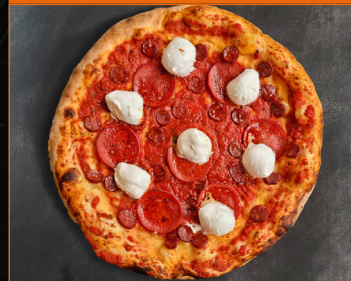
**Toppings:** Tomato sauce, mozzarella cheese, tandoori chicken, mixed peppers, jalapeños, onions.

**Allergens:** milk (except for “vegan cheese” and “no cheese”), gluten (when made on regular base)

**May contain traces of:** soya, mustard, lupin, sesame

Typical values	As it comes
Energy	1229 kcal
Fat	32.4 g
of which saturates	19.4 g
Carbohydrate	138.6 g
of which sugars	14.5 g
Fibre	13.9 g
Protein	88.1 g
Salt	9.28 g

## WILD BUFFALO



**Toppings:** Tomato sauce, buffalo mozzarella cheese, pepperoni, sausages

**Allergens:** milk (except for “vegan cheese” and “no cheese”), gluten (when made on regular base)

**May contain traces of:** soya, mustard, lupin, sesame

Typical values	As it comes
Energy	1310 kcal
Fat	48.3 g
of which saturates	30.6 g
Carbohydrate	140.4 g
of which sugars	10.4 g
Fibre	7.8 g
Protein	73.8 g
Salt	7.95 g

## VEGAN PEPPERONI PIZZA



**Toppings:** Tomato sauce, vegan cheese, vegan pepperoni

**Allergens:** gluten, soya

**May contain traces of:** mustard, lupin, sesame

Typical values	As it comes
Energy	1003 kcal
Fat	48.3 g
of which saturates	30.6 g
Carbohydrate	140.4 g
of which sugars	10.4 g
Fibre	7.8 g
Protein	73.8 g
Salt	7.95 g



## SIDES

### CHEESY GARLIC BREAD



### GARLIC BREAD



Typical values	Per portion with cheese	Per portion without cheese
Energy	831 kcal	688 kcal
Fat	69.4 g	60.5 g
of which saturates	10.1 g	1.37 g
Carbohydrate	93.1 g	91.3 g
of which sugars	1.37 g	1.3 g
Fibre	3.2 g	3.2 g
Protein	32.3 g	18 g
Salt	1.103 g	1.003 g

**Toppings:** garlic base, mozzarella cheese / no cheese, dried oregano

**Allergens Cheesy Garlic Bread:** milk, gluten

**May contain traces of:** soya, mustard, lupin

**Allergens Garlic Bread (no cheese):** gluten

**May contain traces of:** milk, soya, mustard, lupin

### POTATO WEDGES



Typical values	Per portion with parmesan	Per portion without parmesan
Energy	352 kcal	293 kcal
Fat	11.8 g	7.36 g
of which saturates	4.28 g	1.28 g
Carbohydrate	53.18 g	53.18 g
of which sugars	3 g	3 g
Fibre	5.9 g	5.9 g
Protein	10.9 g	6.4 g
Salt	3.13 g	2.92 g

**Toppings:** parmesan (optional)

**Allergens:** milk (when topped with parmesan)

**May contain traces of:** gluten, soya, mustard, lupin



## OLIVE POT



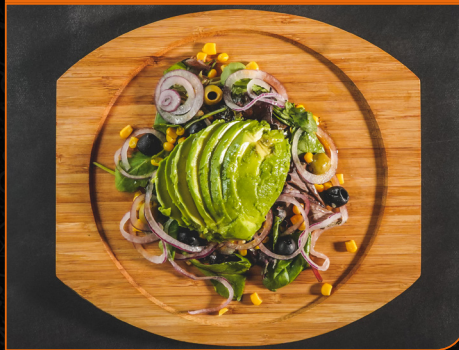
Typical values	Per portion
Energy	392 kcal
Fat	41.5 g
of which saturates	6.1 g
Carbohydrate	<0.1 g
of which sugars	<0.1 g
Fibre	6.2 g
Protein	1.4 g
Salt	4.99 g

**Toppings:** green olives, black olives, olive oil, dried oregano

**Allergens:** N/A

**May contain traces of:** milk, gluten, soya, mustard, lupin, sesame

## AVOCADO SALAD



Typical values	Per portion
Energy	249 kcal
Fat	24.3 g
of which saturates	4.8 g
Carbohydrate	2.3 g
of which sugars	0.9 g
Fibre	5.7 g
Protein	2.3 g
Salt	0.59 g

**Toppings:** mixed salad, avocado, cherry tomatoes, red onions, green olives, black olives, olive oil

**Allergens:** N/A

**May contain traces of:** milk, gluten, soya, mustard, lupin

## HALLOUMI SALAD



Typical values	Per portion
Energy	361 kcal
Fat	28.3 g
of which saturates	17.3 g
Carbohydrate	2.1 g
of which sugars	2.1 g
Fibre	1.1 g
Protein	23.9 g
Salt	3.57 g

**Toppings:** mixed salad, halloumi, cherry tomatoes, red onions, green olives, black olives, olive oil

**Allergens:** milk

**May contain traces of:** gluten, soya, mustard, lupin

## BUFFALO CAPRESE



Typical values	Per portion
Energy	246 kcal
Fat	18.4 g
of which saturates	12.4 g
Carbohydrate	1.7 g
of which sugars	1.7 g
Fibre	1.1 g
Protein	17.7 g
Salt	0.91 g

**Toppings:** mixed salad, buffalo mozzarella, cherry tomatoes, black olives, olive oil

**Allergens:** milk

**May contain traces of:** gluten, soya, mustard, lupin



## VEGAN STRIPS - 4 PIECES



Typical values	Per portion - plain
Energy	595 kcal
Fat	38.1 g
of which saturates	4.18 g
Carbohydrate	48.02 g
of which sugars	1.8 g
Fibre	8.11 g
Protein	18.92 g
Salt	2.82 g

**Available toppings:** Plain, BBQ Crunch, Heat Extreme

**Allergens:** gluten

**May contain traces of:** soya, mustard, lupin, milk

## CHICKEN STRIPS - 6 PIECES



Typical values	Per portion - plain
Energy	638 kcal
Fat	25.2 g
of which saturates	10.7 g
Carbohydrate	55.1 g
of which sugars	2.9 g
Fibre	2.8 g
Protein	46.4 g
Salt	3.88 g

**Allergens:** gluten, mustard, celery

**May contain traces of:** milk, soya, lupin

## CHICKEN WINGS - 6 PIECES



Typical values	Per portion - plain
Energy	677 kcal
Fat	20.9 g
of which saturates	6 g
Carbohydrate	41.1 g
of which sugars	12.7 g
Fibre	1.8 g
Protein	80.4 g
Salt	6.2 g

**Allergens:** gluten

**May contain traces of:** milk, soya, mustard, celery

## TOPPINGS

- BBQ Crunch -  
176 kcal

**Allergens:** gluten

**May contain traces of:** milk, soya, lupin

- Chilli Honey -  
70 kcal

**Allergens:** N/A

**May contain traces of:** gluten, soya, sesame, lupin

- Heat Extreme -  
26 kcal

**Allergens:** N/A

**May contain traces of:** milk, soya, lupin

- Garlic Parmesan -  
237 kcal

**Allergens:** milk

**May contain traces of:** soya, lupin



# BUILD YOUR OWN - INGREDIENTS BASE



**Tomato** - 25 kcal/80 g (standard portion)

**Allergens:** N/A

**May contain traces of:** soya, mustard, lupin, gluten



**BBQ** - 36 kcal/40 g

**Allergens:** N/A

**May contain traces of:** soya, mustard, lupin, gluten



**Mozzarella** - 257 kcal/90g

**Allergens:** milk

**May contain traces of:** soya, mustard, lupin, gluten



**Buffalo mozzarella** - 270 kcal/100g

**Allergens:** milk

**May contain traces of:** soya, mustard, lupin, gluten



**Cheddar** - 166 kcal/40g

**Allergens:** milk

**May contain traces of:** soya, mustard, lupin, gluten

**Pesto** - 560 kcal/80 g (standard portion)

**Allergens:** nuts

**May contain traces of:** soya, mustard, lupin, gluten



**Garlic** - 209 kcal/35 g (standard portion)

**Allergens:** N/A

**May contain traces of:** soya, mustard, lupin, gluten, milk



## CHEESE

**Parmesan** - 78 kcal/20g

**Allergens:** milk

**May contain traces of:** soya, mustard, lupin, gluten



**Vegan cheese** - 268 kcal/90g

**Allergens:** N/A

**May contain traces of:** soya, mustard, lupin, gluten



made with  
**Violife**  
100% Vegan



## MEAT



**Pepperoni** - 197 kcal/6 slices, 51 g

**Allergens: N/A**

May contain traces of: soya, mustard, lupin, gluten



**Chicken** - 22 kcal/20 g

**Allergens: N/A**

May contain traces of: soya, mustard, lupin, gluten



**Tandoori chicken** - 55 kcal/ 40 g

**Allergens: N/A**

May contain traces of: gluten, eggs, milk, celery, mustard, soya

**Turkey ham** - 45 kcal/ 35 g

**Allergens: N/A**

May contain traces of: gluten, eggs, milk, celery, mustard, soya, lupin



**Turkey bacon** - 60 kcal/6 slices, 26g

**Allergens: N/A**

May contain traces of: gluten, soya, eggs, milk, celery, mustard, lupin



**Meatballs** - 90 kcal/ 50 g

**Allergens: N/A**

May contain traces of: gluten, eggs, milk, celery, mustard, soya



**Sausages** - 142 kcal/ 50g

**Allergens: N/A**

May contain traces of: gluten, soya, eggs, milk, celery, mustard



## PLANT BASED MEAT



**Vegan Pepperoni** - 74 kcal/ 40 g

**Allergens: gluten, soya**

May contain traces of: N/A



# VEGGIES



**Peppers** - 6.2 kcal/ 20g

**Allergens: N/A**

**May contain traces of:** soya, mustard, lupin



**Red onions** - 6 kcal/15 g

**Allergens: N/A**

**May contain traces of:** soya, mustard, lupin



**Black olives** - 17.3 kcal/15 g

**Allergens: N/A**

**May contain traces of:** soya, mustard, lupin



**Chillies** - 4 kcal/10 g

**Allergens: N/A**

**May contain traces of:** soya, mustard, lupin



**Sweetcorn** - 16.6 kcal/20 g

**Allergens:**

**May contain traces of:** soya, mustard, lupin



**Sundried tomatoes** - 51.6 kcal/20 g

**Allergens: N/A**

**May contain traces of:** soya, mustard, lupin



**Cherry tomatoes** - 5.4 kcal/ 30g

**Allergens: N/A**

**May contain traces of:** soya, mustard, lupin

**Green olives** - 21.7 kcal/ 15 g

**Allergens: N/A**

**May contain traces of:** soya, mustard, lupin



**Mushrooms** - 3.3 kcal/15 g

**Allergens: N/A**

**May contain traces of:** soya, mustard, lupin



**Jalapenos** - 2 kcal/10 g

**Allergens: N/A**

**May contain traces of:** soya, mustard, lupin



**Spinach** - 2.3 kcal/10 g

**Allergens: N/A**

**May contain traces of:** soya, mustard, lupin



**Capers** - 1.4 kcal/5 g

**Allergens: N/A**

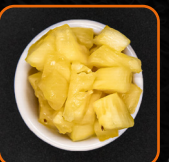
**May contain traces of:** soya, mustard, lupin



**Pineapple** - 10.4 kcal/20 g

**Allergens: N/A**

**May contain traces of:** soya, mustard, lupin





# TOP IT OFF



**Rocket** - 0.2 kcal/10 g

**Allergens:** N/A

May contain traces of: soya, mustard, lupin



**Basil** - 0.7 kcal/3 g

**Allergens:**

May contain traces of: soya, mustard, lupin



**Crispy onions** - 61 kcal/10 g

**Allergens:** gluten

May contain traces of: soya, mustard, lupin

**Chilli flakes** - 2 kcal/0.5 g

**Allergens:** N/A

May contain traces of: soya, mustard, lupin



**Chilli oil** - 90 kcal/10 g

**Allergens:** N/A

May contain traces of: soya, mustard, lupin



**Oregano** - 1.3 kcal/0.5 g

**Allergens:** N/A

May contain traces of: soya, mustard, lupin





## DESSERTS

### NUTELLA PIZZA



### TOPPINGS FOR NUTELLA PIZZA

Bananas -105 kcal/ medium banana (118g)

Allergens: N/A

May contain traces of: **gluten**

Strawberries - 32 kcal/ 100g

Allergens: N/A

May contain traces of: **gluten**

Chopped peanuts -113 kcal/20 g

Allergens:peanuts

May contain traces of: **nuts, gluten**

Marshmallows - 34 kcal/10 g

Allergens: N/A

May contain traces of: **gluten**

Typical values	Per pizza - plain
Energy	800 kcal
Fat	20.6 g
of which saturates	6.2 g
Carbohydrate	130.8 g
of which sugars	29.9 g
Fibre	6.3 g
Protein	19.7 g
Salt	3.02 g

**Allergens: gluten, nuts, milk, soya**  
May contain traces of: lupin

### HOMEMADE COOKIE



Typical values	Per portion
Energy	533 kcal
Fat	25 g
of which saturates	11 g
Carbohydrate	70 g
of which sugars	40 g
Fibre	0 g
Protein	7.7 g
Salt	0.81 g

**Allergens: gluten, milk, soya, egg**  
May contain traces of: nuts, peanuts



## HAZELNUT CHOCOLATE CANNOLI



Typical values	Per 100 g
Energy	472 kcal
Fat	31 g
of which saturates	5.6 g
Carbohydrate	45 g
of which sugars	43 g
Protein	4.7 g
Salt	0.02 g

**Allergens:** gluten, nuts, milk, soya  
**May contain traces of:** sesame, eggs

## PISTACHIO CANNOLI



Typical values	Per 100 g
Energy	383 kcal
Fat	24 g
of which saturates	7.8 g
Carbohydrate	37 g
of which sugars	28 g
Protein	4.7 g
Salt	0.11 g

**Allergens:** gluten, nuts, milk, soya, eggs  
**May contain traces of:** N/A

## LIMONCELLO CANNOLI



Typical values	Per 100 g
Energy	419 kcal
Fat	25 g
of which saturates	8.4 g
Carbohydrate	47 g
of which sugars	47 g
Protein	1.4 g
Salt	0.29 g

**Allergens:** gluten, milk, soya  
**May contain traces of:** tree nuts, eggs



## CHOCOLATE GELATO TUB - 500 ML



Typical values	Per 100g
Energy	212 kcal
Fat	11 g
of which saturates	7.9 g
Carbohydrate	22.6 g
of which sugars	22 g
Protein	4.7 g
Salt	0.27 g

**Allergens: milk**  
**May contain traces of: peanuts, nuts**

## VANILLA GELATO TUB - 500 ML



Typical values	Per 100g
Energy	194 kcal
Fat	11 g
of which saturates	7.9 g
Carbohydrate	19.9 g
of which sugars	19.9 g
Protein	3.9 g
Salt	0.28 g

**Allergens: milk**  
**May contain traces of: peanuts, nuts**

## STRAWBERRY GELATO TUB - 500 ML



Typical values	Per 100g
Energy	192 kcal
Fat	9.6 g
of which saturates	6.9 g
Carbohydrate	22.6 g
of which sugars	22.3 g
Protein	3.5 g
Salt	0.26 g

**Allergens: milk**  
**May contain traces of: peanuts, nuts**



## GELATO SPACE ROCK - DOUBLE CHOCOLATE



Typical values	Per 100g
Energy	213 kcal
Fat	9.1 g
of which saturates	6.7 g
Carbohydrate	28 g
of which sugars	25 g
Protein	3.4 g
Salt	0.03 g

**Allergens:** milk, gluten, egg, soya, nuts, sulfur dioxide  
**May contain traces of:** peanuts

## GELATO SPACE ROCK- WHITE CHOCOLATE COFFEE



Typical values	Per 100g
Energy	226 kcal
Fat	10.4 g
of which saturates	7.0 g
Carbohydrate	28.8 g
of which sugars	25.9 g
Protein	2.9 g
Salt	0.02 g

**Allergens:** milk, gluten, egg  
**May contain traces of:** peanuts, nuts, soya, sulphur dioxide

## GELATO SPACE ROCK - PISTACHIO



Typical values	Per 100g
Energy	267 kcal
Fat	14 g
of which saturates	7.7 g
Carbohydrate	32 g
of which sugars	25 g
Protein	4.0 g
Salt	0.09 g

**Allergens:** milk, nuts, gluten, egg,  
**May contain traces of:** peanuts, soya



### GELATO SPACE ROCK - LIMONCELLO



Typical values	Per 100g
Energy	185 kcal
Fat	5.4 g
of which saturates	3.6 g
Carbohydrate	31.5 g
of which sugars	28.5 g
Protein	1.7 g
Salt	0.00 g

**Allergens: milk, gluten, egg**  
**May contain traces of: peanuts, nuts, soya**

### GELATO SPACE ROCK - STRAWBERRY CHEESECAKE



Typical values	Per 100g
Energy	269 kcal
Fat	13.5 g
of which saturates	9.6 g
Carbohydrate	33.2 g
of which sugars	25.4 g
Protein	3.1 g
Salt	0.14 g

**Allergens: milk, gluten, soya, egg**  
**May contain traces of: peanuts, nuts**



## NUTELLA COVERED STRAWBERRIES



## TOPPINGS FOR NUTELLA COVERED FRUIT

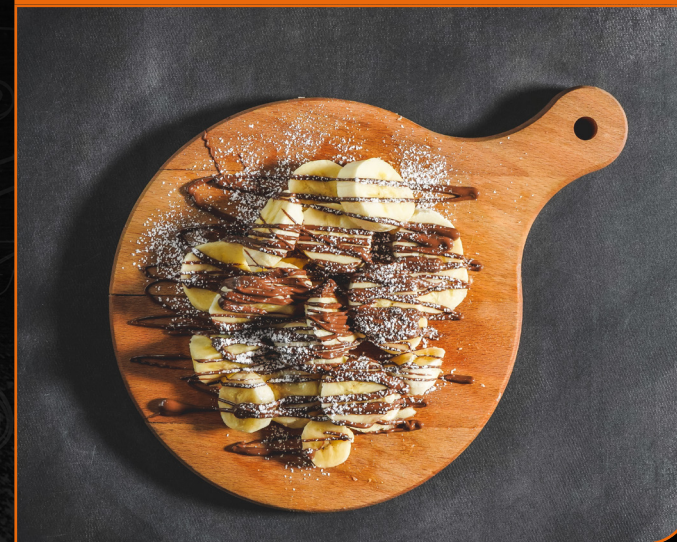
Chopped peanuts - 113 kcal/20 g  
Allergens: peanuts  
May contain traces of: **nuts, gluten**

Marshmallows - 85 kcal/25 g  
Allergens: N/A  
May contain traces of: **gluten**

Typical values	Per portion
Energy	266 kcal
Fat	12.8 g
of which saturates	4.24 g
Carbohydrate	35.3 g
of which sugars	30.3 g
Protein	3.6 g
Salt	0.04 g

**Allergens: gluten, nuts, milk, soya**  
**May contain traces of: peanuts**

## NUTELLA COVERED BANANAS



Typical values	Per portion
Energy	320 kcal
Fat	12.7 g
of which saturates	4.3 g
Carbohydrate	50 g
of which sugars	36.9 g
Protein	3.8 g
Salt	0.04 g

**Allergens: gluten, nuts, milk, soya**  
**May contain traces of: peanuts**



# DIPS

We stock a number of dips from Harrison's and they are as follows:

## BARBECUE



44.5 kcal/ serving

**Allergens: mustard, celery**

**May contain traces of: N/A**

## GARLIC & HERB



150.7 kcal/ serving

**Allergens: mustard**

**May contain traces of: N/A**

## TOMATO KETCHUP



30 kcal/ serving

**Allergens: celery**

**May contain traces of: N/A**

116 kcal/ serving

**Allergens: milk, egg**

**May contain traces of: N/A**

50.2 kcal/ serving

**Allergens: N/A**

**May contain traces of: N/A**

19 kcal/ serving

**Allergens: N/A**

**May contain traces of: N/A**

## BUTTERMILK RANCH



## SWEET CHILLI



## HOT PERI-PERI



Please refer to website & label for allergens and nutrition  
<https://harrisonssaues.com/collections/dips>



# DRINKS

## MILKSHAKES

### LOTUS BISCOFF MILKSHAKE



791 kcal/ milkshake  
Allergens: milk, gluten, soya  
May contain traces of: nuts, peanuts

### OREO MILKSHAKE



795 kcal/ milkshake  
Allergens: milk, gluten, soya  
May contain traces of: N/A

### CUSTARD CREAM MILKSHAKE



815 kcal/ milkshake  
Allergens: milk, gluten  
May contain traces of: sesame

### NUTELLA MILKSHAKE



747 kcal/ milkshake  
Allergens: milk, soya, nuts  
May contain traces of: gluten

### VANILLA MILKSHAKE



639 kcal/ milkshake  
Allergens: milk  
May contain traces of: gluten

### CHOCOLATE MILKSHAKE



960 kcal/ milkshake  
Allergens: milk  
May contain traces of: gluten

### BANANA MILKSHAKE



701 kcal/ milkshake  
Allergens: milk  
May contain traces of: gluten

### BUBBLEGUM MILKSHAKE



882 kcal/ milkshake  
Allergens: milk  
May contain traces of: gluten

### PISTACHIO MILKSHAKE



1014 kcal/ milkshake  
Allergens: milk, nuts, soy  
May contain traces of: gluten

### STRAWBERRY MILKSHAKE



840 kcal/ milkshake  
Allergens: milk  
May contain traces of: gluten

### RASPBERRY MILKSHAKE



900 kcal/ milkshake  
Allergens: milk  
May contain traces of: gluten

### MANGO MILKSHAKE



876 kcal/ milkshake  
Allergens: milk  
May contain traces of: gluten



# SOFT DRINKS

We stock a range of soft drinks and they are as follows:

**COCA-COLA - REGULAR 330 ML**



139 kcal/ serving

**COCA-COLA - DIET 330 ML**



1 kcal/ serving

**COCA-COLA - ZERO 330 ML**



1 kcal/ serving

**SPRITE 330 ML**



46 kcal/ serving

**FANTA ORANGE 330 ML**



63 kcal/ serving

**RED BULL 250 ML**



117 kcal/ serving

**RED BULL TROPICAL 250 ML**



115 kcal/ serving

**RED BULL SUGAR FREE 250 ML**



8 kcal/ serving

**COCA-COLA - REGULAR 1.25 L**



525 kcal/ bottle

**COCA-COLA - DIET 1.25 L**



5 kcal/ bottle

**COCA-COLA ZERO 1.25 L**



5 kcal/ bottle

Please refer to website & label for allergens and nutrition

- for the Coca-Cola range please visit <https://www.coca-cola.co.uk/brands>
- for the Red Bull range please visit <https://www.redbull.com/gb-en/energydrink>



## STILL WATER



0 kcal/ serving

## POLARA - ARANCIA ROSSA



132 kcal/ serving

## POLARA - ARANCIATA



132 kcal/ serving

## SAN PELLEGRINO - ORANGE



138 kcal/ serving

## SAN PELLEGRINO - LEMON



121 kcal/ serving

## SAN PELLEGRINO - BLOOD ORANGE



151 kcal/ serving

Please refer to website & label for allergens and nutrition

- for the Polara range please visit <https://www.polara.it/en/italian-soft-drink-ancient-sicilian-recipe.html>



## CAPRI SUN



58 kcal/ serving

## SAN PELLEGRINO - ORANGE



64 kcal/ serving

## SAN PELLEGRINO - LEMON



73 kcal/ serving

## SAN PELLEGRINO - BLOOD ORANGE



69 kcal/ serving

Please refer to website & label for allergens and nutrition

- for the San Pellegrino range please visit <https://www.sanpellegrinofruitbeverages.com/uk/beverages/fruit>
- for the Capri Sun range please visit <https://www.capri-sun.com/group/en/products/original/>



# MEAL DEALS

## FIRESTARTER



- Consists of:
- 1x Signature pizza - 504 kcal - 1819 kcal
  - 1x Side - 246 kcal - 981 kcal
  - 1x Soft drink (330 ml can, Capri Sun or still water bottle) - 0 kcal - 139 kcal

## FIRE & ICE



- Consists of:
- 1x Signature pizza - 504 kcal - 1819 kcal
  - 1x Dessert - 185 kcal - 1060 kcal
  - or 1x Milkshake - 701 kcal - 815 kcal

## FAMILY OF FIRE



- Consists of:
- 3x Signature pizza - 504 kcal - 1819 kcal/ pizza
  - 1x Side - 246 kcal - 981 kcal **or**
  - 1x Kids Pizza - 669 kcal - 690 kcal
  - 1x Coca-Cola bottle - 5 kcal - 525 kcal

## THE FAMILIA



- Consists of:
- 2x Signature pizza - 504 kcal - 1819 kcal/ pizza
  - 2x Kinder Cookie - 533 kcal/portion
  - 1x Coca-Cola bottle - 5 kcal - 525 kcal

- Consists of:
- 1x Cheesy Garlic bread - 839 kcal - 967 kcal/ pizza
  - 1x Chicken Wings - 246 kcal - 981 kcal
  - 1x Chicken strips - 246 kcal - 981 kcal
  - 3x Dips - 30 kcal - 147 kcal

- Consists of:
- 2x Signature pizza - 504 kcal - 1819 kcal/ pizza
  - 1x Side - 246 kcal - 981 kcal
  - 1x Coca-Cola bottle - 5 kcal - 525 kcal

- Consists of:
- 1x Nutella Pizza - 800 kcal - 1135 kcal/ pizza
  - 1x Kinder Cookie - 533 kcal/portion
  - 1x Cannoli - 496 kcal - 510 kcal
  - 1x Gelato Tub - 960 kcal - 1060 kcal/ tub
  - 1x Nutella covered fruit - 266 kcal - 518 kcal/ portion

- Consists of:
- 5x Signature pizza - 504 kcal - 1819 kcal/ pizza
  - 2x Side - 246 kcal - 981 kcal/ side
  - 1x Nutella Pizza - 800 kcal - 1135 kcal/ pizza
  - 1x Coca-Cola bottle - 5 kcal - 525 kcal

## THE SIDE MAN



## FIRE US UP



## THE SWEET MAN



## OFFICE FIREWORKS

