

ALLERGENS					
1	CEREALS CONTAINING GLUTEN WHEAT/BARLEY / RYE / OATS	6	MOLLUSC PRODUCTS	11	MUSTARD PRODUCTS
2	SOYBEANS OR SOYA PRODUCTS	7	CRUSTACEANS	12	LUPIN PRODUCTS
3	EGG / EGG PRODUCTS	8	SULPHUR DIOXIDE	13	PEANUTS OR THEIR DERIVATIVES
4	MILK / MILK PRODUCTS	9	SESAME PRODUCTS	14	TREE NUTS / NUT DERIVATIVES
5	FISH PRODUCTS	10	CELERY PRODUCTS		

PIZZA / ALLERGENS	SIZE	CRUST	PER PORTION/ SLICE										WHOLE PIZZA									
			Energy KCal	Energy KJ	Fat (g)	Of wich Saturates (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	Energy KCal	Energy KJ	Fat (g)	Of wich Saturates (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
ROOKIE ① ④ WHEAT	9	REGULAR	124	522	3.1	1.4	17.9	2.8	1.4	5.8	0.5	0.21	744	3132	18.6	8.4	107.4	16.8	8.4	34.8	3	1.26
	9	GLUTEN FREE	155	648	8.7	3.2	11.3	1.6	0.9	7.4	0.8	0.31	930	3888	52.2	19.2	67.8	9.6	5.4	44.4	4.8	1.86
	12	REGULAR	160	674	6.6	3.0	14.7	2.2	1.1	10.0	0.9	0.36	1280	5392	52.8	24	117.6	17.6	8.8	80	7.2	2.88
	12	GLUTEN FREE	180	757	6.9	2.8	17.5	3.0	1.3	11.5	1.0	0.40	1440	6056	55.2	22.4	140	24	10.4	92	8	3.2
	14	REGULAR	193	810	10.9	4.0	16.8	5.6	0.8	7.8	1.0	0.40	1930	8100	109	40	168	56	8	78	10	4
	14	GLUTEN FREE	215	898	6.7	2.4	27.8	8.1	1.7	10.7	1.0	0.40	2150	8980	67	24	278	81	17	107	10	4
SQARD 35 ① ④ WHEAT	9	REGULAR	173	726	6.6	2.9	19.8	2.6	1.4	7.8	1.2	0.46	1038	4356	39.6	17.4	118.8	15.6	8.4	46.8	7.2	2.76
	9	GLUTEN FREE	191	803	7.6	3.0	22.5	6.2	1.3	8.5	1.0	0.41	1146	4818	45.6	18	135	37.2	7.8	51	6	2.46
	12	REGULAR	197	825	11.1	4.1	13.1	2.0	0.9	10.7	1.0	0.41	1576	6600	88.8	32.8	104.8	16	7.2	85.6	8	3.28
	12	GLUTEN FREE	303	1267	11.4	4.3	31.6	10.1	3.0	16.8	1.8	0.71	2424	10136	91.2	34.4	252.8	80.8	24	134.4	14.4	5.68
	14	REGULAR	238	997	10.0	4.9	25.4	3.0	1.8	11.7	1.2	0.46	2380	9970	100	49	254	30	18	117	12	4.6
	14	GLUTEN FREE	288	1209	13.5	6.7	26.4	2.6	1.7	14.5	1.5	0.60	2880	12090	135	67	264	26	17	145	15	6
BUTCHER BLOCK ① ② ④ WHEAT	9	REGULAR	175	734	6.6	2.7	17.9	3.0	1.4	10.4	1.1	0.45	1050	4404	39.6	16.2	107.4	18	8.4	62.4	6.6	2.7
	9	GLUTEN FREE	216	908	8.9	3.9	19.2	3.3	1.4	14.0	1.2	0.48	1296	5448	53.4	23.4	115.2	19.8	8.4	84	7.2	2.88
	12	REGULAR	205	861	7.4	3.9	24.3	2.8	1.7	9.5	0.9	0.34	1640	6888	59.2	31.2	194.4	22.4	13.6	76	7.2	2.72
	12	GLUTEN FREE	235	985	9.2	4.7	26.3	5.7	2.1	11.7	1.3	0.51	1880	7880	73.6	37.6	210.4	45.6	16.8	93.6	10.4	4.08
	14	REGULAR	253	1062	11.0	4.8	25.4	1.0	2.1	12.8	1.5	0.59	2530	10620	110	48	254	10	21	128	15	5.9
	14	GLUTEN FREE	305	1281	11.4	4.3	31.6	10.1	3.0	16.8	1.8	0.71	3050	12810	114	43	316	101	30	168	18	7.1

ALLERGENS					
1	CEREALS CONTAINING GLUTEN WHEAT/BARLEY / RYE / OATS	6	MOLLUSC PRODUCTS	11	MUSTARD PRODUCTS
2	SOYBEANS OR SOYA PRODUCTS	7	CRUSTACEANS	12	LUPIN PRODUCTS
3	EGG / EGG PRODUCTS	8	SULPHUR DIOXIDE	13	PEANUTS OR THEIR DERIVATIVES
4	MILK / MILK PRODUCTS	9	SESAME PRODUCTS	14	TREE NUTS / NUT DERIVATIVES
5	FISH PRODUCTS	10	CELERY PRODUCTS		

FIREHOUSE PIZZA NUTRITIONAL INFORMATION

PIZZA / ALLERGENS	SIZE	CRUST	PER PORTION/ SLICE										WHOLE PIZZA									
			Energy KCal	Energy KJ	Fat (g)	Of wich Saturates (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	Energy KCal	Energy KJ	Fat (g)	Of wich Saturates (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
ENGINE 51 (1) (4) WHEAT	9	REGULAR	148	620	7.7	2.8	12.9	2.2	1.1	7.2	0.7	0.26	888	3720	46.2	16.8	77.4	13.2	6.6	43.2	4.2	1.56
	9	GLUTEN FREE	166	698	4.0	1.7	20.1	4.2	1.5	11.6	0.8	0.33	996	4188	24	10.2	120.6	25.2	9	69.6	4.8	1.98
	12	REGULAR	179	753	7.1	3.1	19.3	2.6	1.3	8.9	1.0	0.41	1432	6024	56.8	24.8	154.4	20.8	10.4	71.2	8	3.28
	12	GLUTEN FREE	279	1168	12.2	6.1	27.4	2.8	2.0	15.0	1.4	0.56	2232	9344	97.6	48.8	219.2	22.4	16	120	11.2	4.48
	14	REGULAR	218	914	7.6	4.0	24.7	2.8	1.7	11.9	1.1	0.44	2180	9140	76	40	247	28	17	119	11	4.4
	14	GLUTEN FREE	269	1127	11.8	5.9	24.5	2.8	1.7	15.3	1.4	0.56	2690	11270	118	59	245	28	17	153	14	5.6
MEDITERRANIAN (1) (4) (8) WHEAT	9	REGULAR	131	550	4.2	1.2	16.3	1.9	1.5	6.3	0.7	0.27	786	3300	25.2	7.2	97.8	11.4	9	37.8	4.2	1.62
	9	GLUTEN FREE	149	630	3.8	1.7	20.2	3.5	1.3	8.0	0.8	0.31	894	3780	22.8	10.2	121.2	21	7.8	48	4.8	1.86
	12	REGULAR	160	674	6.6	3.0	14.7	2.2	1.1	10.0	0.9	0.36	1280	5392	52.8	24	117.6	17.6	8.8	80	7.2	2.88
	12	GLUTEN FREE	190	798	6	2.5	23.7	2.5	1.9	9.8	1.0	0.38	1520	6384	48	20	189.6	20	15.2	78.4	8	3.04
	14	REGULAR	203	966	7.4	3.9	23.7	2.3	1.5	9.3	0.9	0.34	2030	9660	74	39	237	23	15	93	9	3.4
	14	GLUTEN FREE	254	1066	11.0	4.8	25.4	1.0	2.1	12.8	1.5	0.59	2540	10660	110	48	254	10	21	128	15	5.9
IRISH FARMHOUSE (1) (4) WHEAT	9	REGULAR	160	674	6.6	3.0	14.7	2.2	1.1	10.0	0.9	0.36	960	4044	39.6	18	88.2	13.2	6.6	60	5.4	2.16
	9	GLUTEN FREE	179	753	7.1	3.1	19.3	2.6	1.3	8.9	1.0	0.41	1074	4518	42.6	18.6	115.8	15.6	7.8	53.4	6	2.46
	12	REGULAR	188	789	8.2	3.4	17.6	2.5	1.1	10.6	1.1	0.45	1504	6312	65.6	27.2	140.8	20	8.8	84.8	8.8	3.6
	12	GLUTEN FREE	219	919	7.6	4.0	24.7	2.8	1.7	11.9	1.1	0.44	1752	7352	60.8	32	197.6	22.4	13.6	95.2	8.8	3.52
	14	REGULAR	225	945	9.3	4.0	20.7	4.4	1.5	14.1	1.6	0.64	2250	9450	93	40	207	44	15	141	16	6.4
	14	GLUTEN FREE	273	1159	8.7	3.5	35.1	11.3	1.8	13.9	1.5	0.59	2730	11590	87	35	351	113	18	139	15	5.9

ALLERGENS					
1	CEREALS CONTAINING GLUTEN WHEAT/BARLEY / RYE / OATS	6	MOLLUSC PRODUCTS	11	MUSTARD PRODUCTS
2	SOYBEANS OR SOYA PRODUCTS	7	CRUSTACEANS	12	LUPIN PRODUCTS
3	EGG / EGG PRODUCTS	8	SULPHUR DIOXIDE	13	PEANUTS OR THEIR DERIVATIVES
4	MILK / MILK PRODUCTS	9	SESAME PRODUCTS	14	TREE NUTS / NUT DERIVATIVES
5	FISH PRODUCTS	10	CELERY PRODUCTS		

FIREHOUSE PIZZA NUTRITIONAL INFORMATION

PIZZA / ALLERGENS	SIZE	CRUST	PER PORTION/ SLICE										WHOLE PIZZA									
			Energy KCal	Energy KJ	Fat (g)	Of wich Saturates (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	Energy KCal	Energy KJ	Fat (g)	Of wich Saturates (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
BBQ SIZLER ① ② ④ WHEAT	9	REGULAR	160	674	6.6	3.0	14.7	2.2	1.1	10.0	0.9	0.36	960	4044	39.6	18	88.2	13.2	6.6	60	5.4	2.16
	9	GLUTEN FREE	179	753	7.1	3.1	19.3	2.6	1.3	8.9	1.0	0.41	1074	4518	42.6	18.6	115.8	15.6	7.8	53.4	6	2.46
	12	REGULAR	188	789	8.2	3.4	17.6	2.5	1.1	10.6	1.1	0.45	1504	6312	65.6	27.2	140.8	20	8.8	84.8	8.8	3.6
	12	GLUTEN FREE	219	919	7.6	4.0	24.7	2.8	1.7	11.9	1.1	0.44	1752	7352	60.8	32	197.6	22.4	13.6	95.2	8.8	3.52
	14	REGULAR	225	945	9.3	4.0	20.7	4.4	1.5	14.1	1.6	0.64	2250	9450	93	40	207	44	15	141	16	6.4
	14	GLUTEN FREE	273	1159	8.7	3.5	35.1	11.3	1.8	13.9	1.5	0.59	2730	11590	87	35	351	113	18	139	15	5.9
BACK DRAFT ① ② ④ WHEAT	9	REGULAR	175	734	6.6	2.7	17.9	3.0	1.4	10.4	1.1	0.45	1050	4404	39.6	16.2	107.4	18	8.4	62.4	6.6	2.7
	9	GLUTEN FREE	216	908	8.9	3.9	19.2	3.3	1.4	14.0	1.2	0.48	1296	5448	53.4	23.4	115.2	19.8	8.4	84	7.2	2.88
	12	REGULAR	205	861	7.4	3.9	24.3	2.8	1.7	9.5	0.9	0.34	1640	6888	59.2	31.2	194.4	22.4	13.6	76	7.2	2.72
	12	GLUTEN FREE	235	985	9.2	4.7	26.3	5.7	2.1	11.7	1.3	0.51	1880	7880	73.6	37.6	210.4	45.6	16.8	93.6	10.4	4.08
	14	REGULAR	253	1062	11.0	4.8	25.4	1.0	2.1	12.8	1.5	0.59	2530	10620	110	48	254	10	21	128	15	5.9
	14	GLUTEN FREE	305	1281	11.4	4.3	31.6	10.1	3.0	16.8	1.8	0.71	3050	12810	114	43	316	101	30	168	18	7.1
TOWERING INFERNO ① ④ WHEAT	9	REGULAR	133	558	4.3	1.9	15.2	2.6	1.1	7.8	0.7	0.26	798	3348	25.8	11.4	91.2	15.6	6.6	46.8	4.2	1.56
	9	GLUTEN FREE	151	633	6.1	2.0	15.7	1.6	1.3	7.7	0.8	0.32	906	3798	36.6	12	94.2	9.6	7.8	46.2	4.8	1.92
	12	REGULAR	161	676	6.6	3.0	14.7	2.2	1.1	10.0	0.9	0.36	1288	5408	52.8	24	117.6	17.6	8.8	80	7.2	2.88
	12	GLUTEN FREE	191	805	6.1	2.5	23.7	2.5	1.9	9.8	1.0	0.38	1528	6440	48.8	20	189.6	20	15.2	78.4	8	3.04
	14	REGULAR	204	857	7.7	3.3	17.9	3.3	1.4	15.0	1.1	0.43	2040	8570	77	33	179	33	14	150	11	4.3
	14	GLUTEN FREE	256	1072	11.0	4.8	25.4	1.0	2.1	12.8	1.5	0.59	2560	10720	110	48	254	10	21	128	15	5.9

ALLERGENS					
1	CEREALS CONTAINING GLUTEN WHEAT/BARLEY / RYE / OATS	6	MOLLUSC PRODUCTS	11	MUSTARD PRODUCTS
2	SOYBEANS OR SOYA PRODUCTS	7	CRUSTACEANS	12	LUPIN PRODUCTS
3	EGG / EGG PRODUCTS	8	SULPHUR DIOXIDE	13	PEANUTS OR THEIR DERIVATIVES
4	MILK / MILK PRODUCTS	9	SESAME PRODUCTS	14	TREE NUTS / NUT DERIVATIVES
5	FISH PRODUCTS	10	CELERY PRODUCTS		

FIREHOUSE PIZZA NUTRITIONAL INFORMATION

PIZZA / ALLERGENS	SIZE	CRUST	PER PORTION/ SLICE										WHOLE PIZZA									
			Energy KCal	Energy KJ	Fat (g)	Of wich Saturates (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	Energy KCal	Energy KJ	Fat (g)	Of wich Saturates (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
VEGETABLE SUPREME ① ④ WHEAT	9	REGULAR	121	506	4.6	1.7	13.4	1.4	1.1	5.9	0.7	0.26	726	3036	27.6	10.2	80.4	8.4	6.6	35.4	4.2	1.56
	9	GLUTEN FREE	139	583	5.8	2.0	13.2	2.3	1.1	8.1	0.7	0.27	834	3498	34.8	12	79.2	13.8	6.6	48.6	4.2	1.62
	12	REGULAR	151	633	6.1	2.0	15.7	1.6	1.3	7.7	0.8	0.32	1208	5064	48.8	16	125.6	12.8	10.4	61.6	6.4	2.56
	12	GLUTEN FREE	181	759	8.1	3.7	16.8	2.3	1.1	9.5	1.1	0.42	1448	6072	64.8	29.6	134.4	18.4	8.8	76	8.8	3.36
	14	REGULAR	190	798	6.1	2.5	23.7	2.5	1.9	9.8	1.0	0.38	1900	7980	61	25	237	25	19	98	10	3.8
	14	GLUTEN FREE	240	1009	8.4	4.4	27.3	3.1	1.9	13.1	1.2	0.49	2400	10090	84	44	273	31	19	131	12	4.9
FIREHOUSE ① ② ④ WHEAT	9	REGULAR	141	594	6.0	2.6	14.3	1.9	1.0	7.1	0.9	0.34	846	3564	36	15.6	85.8	11.4	6	42.6	5.4	2.04
	9	GLUTEN FREE	159	668	6.6	3.0	14.7	2.2	1.1	10.0	0.9	0.36	954	4008	39.6	18	88.2	13.2	6.6	60	5.4	2.16
	12	REGULAR	161	676	6.6	3.0	14.7	2.2	1.1	10.0	0.9	0.36	966	4056	39.6	18	88.2	13.2	6.6	60	5.4	2.16
	12	GLUTEN FREE	255	1071	10	4.8	25.4	1.0	2.1	12.8	1.5	0.59	2040	8568	80	38.4	203.2	8	16.8	102.4	12	4.72
	14	REGULAR	204	857	7.7	3.3	17.9	3.3	1.4	15.0	1.1	0.43	2040	8570	77	33	179	33	14	150	11	4.3
	14	GLUTEN FREE	255	1071	10	4.8	25.4	1.0	2.1	12.8	1.5	0.59	2550	10710	100	48	254	10	21	128	15	5.9
PHILLY CHEESE STEAK ① ④ WHEAT	9	REGULAR	167	701	8.8	3.5	12.8	1.9	1.1	8.7	0.9	0.36	1002	4206	52.8	21	76.8	11.4	6.6	52.2	5.4	2.16
	9	GLUTEN FREE	185	785	7.2	2.9	18.2	3.1	1.4	12.3	1.1	0.42	1110	4710	43.2	17.4	109.2	18.6	8.4	73.8	6.6	2.52
	12	REGULAR	193	810	10.2	4.0	12.8	2.1	1.1	11.8	0.9	0.36	1544	6480	81.6	32	102.4	16.8	8.8	94.4	7.2	2.88
	12	GLUTEN FREE	223	1003	8.3	3.6	19.7	3.7	1.6	16.3	1.2	0.46	1784	8024	66.4	28.8	157.6	29.6	12.8	130.4	9.6	3.68
	14	REGULAR	228	957	7.2	3.0	26.4	4.1	1.9	13.1	1.2	0.47	2280	9570	72	30	264	41	19	131	12	4.7
	14	GLUTEN FREE	279	1171	12.4	4.8	26.5	4.4	2.4	15.5	1.6	0.63	2790	11710	124	48	265	44	24	155	16	6.3

ALLERGENS					
1	CEREALS CONTAINING GLUTEN WHEAT/BARLEY / RYE / OATS	6	MOLLUSC PRODUCTS	11	MUSTARD PRODUCTS
2	SOYBEANS OR SOYA PRODUCTS	7	CRUSTACEANS	12	LUPIN PRODUCTS
3	EGG / EGG PRODUCTS	8	SULPHUR DIOXIDE	13	PEANUTS OR THEIR DERIVATIVES
4	MILK / MILK PRODUCTS	9	SESAME PRODUCTS	14	TREE NUTS / NUT DERIVATIVES
5	FISH PRODUCTS	10	CELERY PRODUCTS		

FIREHOUSE PIZZA NUTRITIONAL INFORMATION

PIZZA / ALLERGENS	SIZE	CRUST	PER PORTION/ SLICE										WHOLE PIZZA									
			Energy KCal	Energy KJ	Fat (g)	Of wich Saturates (g)	Carbohydrates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	Energy KCal	Energy KJ	Fat (g)	Of wich Saturates (g)	Carbohydrates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
BIG SMOKE ① ② ④ WHEAT	9	REGULAR	148	620	7.7	2.8	12.9	2.2	1.1	7.2	0.7	0.26	888	3720	46.2	16.8	77.4	13.2	6.6	43.2	4.2	1.56
	9	GLUTEN FREE	166	698	4.0	1.7	20.1	4.2	1.5	11.6	0.8	0.33	996	4188	24	10.2	120.6	25.2	9	69.6	4.8	1.98
	12	REGULAR	179	753	7.1	3.1	19.3	2.6	1.3	8.9	1.0	0.41	1432	6024	56.8	24.8	154.4	20.8	10.4	71.2	8	3.28
	12	GLUTEN FREE	279	1168	12.2	6.1	27.4	2.8	2.0	15.0	1.4	0.56	2232	9344	97.6	48.8	219.2	22.4	16	120	11.2	4.48
	14	REGULAR	218	914	7.6	4.0	24.7	2.8	1.7	11.9	1.1	0.44	2180	9140	76	40	247	28	17	119	11	4.4
	14	GLUTEN FREE	269	1127	11.8	5.9	24.5	2.8	1.7	15.3	1.4	0.56	2690	11270	118	59	245	28	17	153	14	5.6
FLASHOVER ① ② ④ WHEAT	9	REGULAR	133	558	4.3	1.9	15.2	2.6	1.1	7.8	0.7	0.26	798	3348	25.8	11.4	91.2	15.6	6.6	46.8	4.2	1.56
	9	GLUTEN FREE	151	633	6.1	2.0	15.7	1.6	1.3	7.7	0.8	0.32	906	3798	36.6	12	94.2	9.6	7.8	46.2	4.8	1.92
	12	REGULAR	161	676	6.6	3.0	14.7	2.2	1.1	10.0	0.9	0.36	1288	5408	52.8	24	117.6	17.6	8.8	80	7.2	2.88
	12	GLUTEN FREE	191	805	6.1	2.5	23.7	2.5	1.9	9.8	1.0	0.38	1528	6440	48.8	20	189.6	20	15.2	78.4	8	3.04
	14	REGULAR	204	857	7.7	3.3	17.9	3.3	1.4	15.0	1.1	0.43	2040	8570	77	33	179	33	14	150	11	4.3
	14	GLUTEN FREE	256	1072	11.0	4.8	25.4	1.0	2.1	12.8	1.5	0.59	2560	10720	110	48	254	10	21	128	15	5.9
CHIEF ① ② ④ WHEAT	9	REGULAR	175	734	6.6	2.7	17.9	3.0	1.4	10.4	1.1	0.45	1050	4404	39.6	16.2	107.4	18	8.4	62.4	6.6	2.7
	9	GLUTEN FREE	216	908	8.9	3.9	19.2	3.3	1.4	14.0	1.2	0.48	1296	5448	53.4	23.4	115.2	19.8	8.4	84	7.2	2.88
	12	REGULAR	205	861	7.4	3.9	24.3	2.8	1.7	9.5	0.9	0.34	1640	6888	59.2	31.2	194.4	22.4	13.6	76	7.2	2.72
	12	GLUTEN FREE	235	985	9.2	4.7	26.3	5.7	2.1	11.7	1.3	0.51	1880	7880	73.6	37.6	210.4	45.6	16.8	93.6	10.4	4.08
	14	REGULAR	253	1062	11.0	4.8	25.4	1.0	2.1	12.8	1.5	0.59	2530	10620	110	48	254	10	21	128	15	5.9
	14	GLUTEN FREE	305	1281	11.4	4.3	31.6	10.1	3.0	16.8	1.8	0.71	3050	12810	114	43	316	101	30	168	18	7.1

ALLERGENS					
1	CEREALS CONTAINING GLUTEN WHEAT/BARLEY / RYE / OATS	6	MOLLUSC PRODUCTS	11	MUSTARD PRODUCTS
2	SOYBEANS OR SOYA PRODUCTS	7	CRUSTACEANS	12	LUPIN PRODUCTS
3	EGG / EGG PRODUCTS	8	SULPHUR DIOXIDE	13	PEANUTS OR THEIR DERIVATIVES
4	MILK / MILK PRODUCTS	9	SESAME PRODUCTS	14	TREE NUTS / NUT DERIVATIVES
5	FISH PRODUCTS	10	CELERY PRODUCTS		

FIREHOUSE PIZZA NUTRITIONAL INFORMATION

PIZZA / ALLERGENS	SIZE	CRUST	PER PORTION/ SLICE										WHOLE PIZZA									
			Energy KCal	Energy KJ	Fat (g)	Of wich Saturates (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	Energy KCal	Energy KJ	Fat (g)	Of wich Saturates (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
FIESTY FAJITA CHICKEN ① ② ④ WHEAT	9	REGULAR	133	558	4.3	1.9	15.2	2.6	1.1	7.8	0.7	0.26	798	3348	25.8	11.4	91.2	15.6	6.6	46.8	4.2	1.56
	9	GLUTEN FREE	151	633	6.1	2.0	15.7	1.6	1.3	7.7	0.8	0.32	906	3798	36.6	12	94.2	9.6	7.8	46.2	4.8	1.92
	12	REGULAR	161	676	6.6	3.0	14.7	2.2	1.1	10.0	0.9	0.36	1288	5408	52.8	24	117.6	17.6	8.8	80	7.2	2.88
	12	GLUTEN FREE	191	805	6.1	2.5	23.7	2.5	1.9	9.8	1.0	0.38	1528	6440	48.8	20	189.6	20	15.2	78.4	8	3.04
	14	REGULAR	204	857	7.7	3.3	17.9	3.3	1.4	15.0	1.1	0.43	2040	8570	77	33	179	33	14	150	11	4.3
	14	GLUTEN FREE	256	1072	11.0	4.8	25.4	1.0	2.1	12.8	1.5	0.59	2560	10720	110	48	254	10	21	128	15	5.9
SMOKED BACON CHEESEBURGER ④ ⑧ ⑪ ① WHEAT	9	REGULAR	141	594	6.0	2.6	14.3	1.9	1.0	7.1	0.9	0.34	846	3564	36	15.6	85.8	11.4	6	42.6	5.4	2.04
	9	GLUTEN FREE	159	668	6.6	3.0	14.7	2.2	1.1	10.0	0.9	0.36	954	4008	39.6	18	88.2	13.2	6.6	60	5.4	2.16
	12	REGULAR	161	676	6.6	3.0	14.7	2.2	1.1	10.0	0.9	0.36	966	4056	39.6	18	88.2	13.2	6.6	60	5.4	2.16
	12	GLUTEN FREE	255	1071	10	4.8	25.4	1.0	2.1	12.8	1.5	0.59	2040	8568	80	38.4	203.2	8	16.8	102.4	12	4.72
	14	REGULAR	204	857	7.7	3.3	17.9	3.3	1.4	15.0	1.1	0.43	2040	8570	77	33	179	33	14	150	11	4.3
	14	GLUTEN FREE	255	1071	10	4.8	25.4	1.0	2.1	12.8	1.5	0.59	2550	10710	100	48	254	10	21	128	15	5.9
NUTS FOR CHICKEN ① ② ④ ⑬ ⑭ WHEAT / CASHEW NUTS/ COCONUT	9	REGULAR	167	701	8.8	3.5	12.8	1.9	1.1	8.7	0.9	0.36	1002	4206	52.8	21	76.8	11.4	6.6	52.2	5.4	2.16
	9	GLUTEN FREE	185	785	7.2	2.9	18.2	3.1	1.4	12.3	1.1	0.42	1110	4710	43.2	17.4	109.2	18.6	8.4	73.8	6.6	2.52
	12	REGULAR	193	810	10.2	4.0	12.8	2.1	1.1	11.8	0.9	0.36	1544	6480	81.6	32	102.4	16.8	8.8	94.4	7.2	2.88
	12	GLUTEN FREE	223	1003	8.3	3.6	19.7	3.7	1.6	16.3	1.2	0.46	1784	8024	66.4	28.8	157.6	29.6	12.8	130.4	9.6	3.68
	14	REGULAR	228	957	7.2	3.0	26.4	4.1	1.9	13.1	1.2	0.47	2280	9570	72	30	264	41	19	131	12	4.7
	14	GLUTEN FREE	279	1171	12.4	4.8	26.5	4.4	2.4	15.5	1.6	0.63	2790	11710	124	48	265	44	24	155	16	6.3

ALLERGENS					
1	CEREALS CONTAINING GLUTEN WHEAT/BARLEY / RYE / OATS	6	MOLLUSC PRODUCTS	11	MUSTARD PRODUCTS
2	SOYBEANS OR SOYA PRODUCTS	7	CRUSTACEANS	12	LUPIN PRODUCTS
3	EGG / EGG PRODUCTS	8	SULPHUR DIOXIDE	13	PEANUTS OR THEIR DERIVATIVES
4	MILK / MILK PRODUCTS	9	SESAME PRODUCTS	14	TREE NUTS / NUT DERIVATIVES
5	FISH PRODUCTS	10	CELERY PRODUCTS		

FIREHOUSE PIZZA NUTRITIONAL INFORMATION

PIZZA / ALLERGENS	SIZE	CRUST	PER PORTION/ SLICE										WHOLE PIZZA									
			Energy KCal	Energy KJ	Fat (g)	Of wich Saturates (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	Energy KCal	Energy KJ	Fat (g)	Of wich Saturates (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)
PESTO CHICKEN ① ② ④ ⑭ WHEAT/ WALNUTS PINENUTS/ CASHEW NUTS	9	REGULAR	167	701	8.8	3.5	12.8	1.9	1.1	8.7	0.9	0.36	1002	4206	52.8	21	76.8	11.4	6.6	52.2	5.4	2.16
	9	GLUTEN FREE	185	785	7.2	2.9	18.2	3.1	1.4	12.3	1.1	0.42	1110	4710	43.2	17.4	109.2	18.6	8.4	73.8	6.6	2.52
	12	REGULAR	193	810	10.2	4.0	12.8	2.1	1.1	11.8	0.9	0.36	1544	6480	81.6	32	102.4	16.8	8.8	94.4	7.2	2.88
	12	GLUTEN FREE	223	1003	8.3	3.6	19.7	3.7	1.6	16.3	1.2	0.46	1784	8024	66.4	28.8	157.6	29.6	12.8	130.4	9.6	3.68
	14	REGULAR	228	957	7.2	3.0	26.4	4.1	1.9	13.1	1.2	0.47	2280	9570	72	30	264	41	19	131	12	4.7
	14	GLUTEN FREE	279	1171	12.4	4.8	26.5	4.4	2.4	15.5	1.6	0.63	2790	11710	124	48	265	44	24	155	16	6.3