



NUTRITION SURVIVAL GUIDE TO

PIZZA HUT

CALORIES AND MACRONUTRIENTS

2020/21

WWW.PDFITNESSANDNUTRITION.CO.UK

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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SIDES

Fries (Oven Baked)	384	5.1	50.6	-	1.2	17	2.3
Fries (Fried)	702	7.8	93.6	-	0.1	33	3.5
Onion Rings (Oven Baked)	303	4.7	53.1	-	7.6	13.2	1.6
Onion Rings (Fried)	472	7.2	55.4	-	4.1	25.1	1.8
Mini Corn on the Cob	328	10.4	48.8	-	28.6	6.7	0
Chicken Wings	379	36.1	10.2	-	6.7	21.4	3
Chicken Bites	397	23.5	37	-	1.3	17.2	2
Cheese Triangles (Oven Baked)	396	16.4	25.2	-	1.3	25.2	3
Cheese Triangles (Fried)	425	18.1	26.5	-	1	27.8	2.9
Jalapeno Poppers (Oven Baked)	354	6.3	37.8	-	5.9	19	1.3
Jalapeno Poppers (Fried)	438	8.5	37.4	-	4.2	28.7	2.1
Garlic Bread	511	8.7	49.9	-	38	30.7	1.2
Garlic Bread with Mozzarella	689	19.7	52.4	-	5	43.4	2
BBQ Pork Ribs	582	51.8	28.4	-	29.3	28.4	3.5
Southern Fried Nuggets	248	11.8	18	-	0.6	13.2	1.1

TABLETOP SAUCES

BBQ Sauce	119	1.5	26.7	-	21.6	0.4	1.2
Tomato Ketchup	99	2	21.1	-	20.5	0.3	0.9
Mayonnaise	77	1	2.3	-	1.6	7.5	0.3

TAKEAWAY DIP POTS

Garlic Sauce Dip Pot	89	0.2	2	-	1.1	9	0.4
BBQ Sauce Dip Pot	35	0.3	7.8	-	7.1	0.1	0.3
Sour Cream & Chive Pot	102	0.3	1.9	-	1.2	10.5	0.4

SALAD STATION - DRESSED SALAD LINES

Potato Salad	268	2.1	25.8	-	4.7	16.6	0.8
Coleslaw	380	1.7	14	-	10.5	34.7	0.8

SALAD STATION - FRESH SALAD LINES

Lettuce and Carrot Mix	5	0.2	0.7	-	0.5	0	0
Cherry Tomatoes	9	0.4	1.6	-	1.6	0.2	0
Cucumber	2	0.1	0.3	-	0.3	0	0

SALAD STATION - DRIED ITEMS

B*con Bits (Flavoured Sprinkles)	26	0.4	2.6	-	0.2	1.6	0.1
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1-200 CAL

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501+ CAL

Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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SALAD STATION - DRESSINGS & DIPS

Thousand Island	54	0.1	2.4	-	0.9	4.9	0.2
Vinaigrette	15	0.1	2.8	-	2.7	0.4	0.3

PIZZA - PEPPERONI FEAST

Individual Pan (9")	182	6.7	19	-	0.8	8.7	0.7
Sharing Pan (13")	279	10.4	30.2	-	1.2	12.8	1.1
Individual Thin (11")	162	7.3	19.3	-	0.8	6	0.8
Sharing Thin (14")	404	9.3	21.5	-	1.1	8.7	1.1
Individual Stuffed Crust (11")	216	10.9	19.4	-	0.9	10.5	1.1
Sharing Stuffed Crust (14")	298	14.5	29.2	-	1.3	13.5	1.6
Cheesy Bites (14")	298	14.5	29.2	-	1.3	13.5	1.6
Gluten Free (9" Square)	166	4.5	19.7	-	1.7	7.2	0.7

PIZZA - HAWAIIAN

Individual Pan (9")	168	7.7	19.8	-	1.6	6.5	0.7
Sharing Pan (13")	259	11.4	31.6	-	2.7	9.5	1.1
Individual Thin (11")	148	7.9	20.1	-	1.6	3.8	0.9
Sharing Thin (14")	184	10.3	23	-	2.6	5.4	1.1
Individual Stuffed Crust (11")	202	11.5	20.2	-	1.7	8.9	1.2
Sharing Stuffed Crust (14")	277	15.4	30.6	-	2.8	10.2	1.6
Cheesy Bites (14")	277	15.4	30.6	-	2.7	10.2	1.6
Gluten Free (9" Square)	152	5.2	20.5	-	2.5	5	0.7

PIZZA - CHICKEN SUPREME

Individual Pan (9")	175	8.5	2.4	-	2.2	6.5	0.6
Sharing Pan (13")	274	13.7	32.6	-	3.6	9.7	1
Individual Thin (11")	155	9	20.7	-	2.2	3.8	0.7
Sharing Thin (14")	199	12.7	24	-	3.6	5.5	0.9
Individual Stuffed Crust (11")	210	12.6	20.8	-	2.2	8.3	1
Sharing Stuffed Crust (14")	293	17.8	31.6	-	3.7	10.3	1.5
Cheesy Bites (14")	293	17.8	31.6	-	3.7	10.3	1.5
Gluten Free (9" Square)	159	6.3	21.1	-	3.1	5.1	0.6

PIZZA - MEAT FEAST

Individual Pan (9")	190	9.1	19.3	-	1	8.4	0.8
Sharing Pan (13")	297	14.5	30.7	-	1.5	12.8	1.3
Individual Thin (11")	170	9.6	19.7	-	1	5.7	0.9
Sharing Thin (14")	222	13.5	22.1	-	1.5	8.7	1.3
Individual Stuffed Crust (11")	225	13.1	19.9	-	1	10.2	1.3
Sharing Stuffed Crust (14")	316	18.6	29.8	-	1.6	13.4	1.8
Cheesy Bites (14")	316	18.6	29.8	-	1.6	13.4	1.8
Gluten Free (9" Square)	174	6.9	20	-	1.9	6.9	0.8

1-200 CAL

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501+ CAL

Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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PIZZA - SUPREME

Individual Pan (9")	193	8.4	20.2	-	1.3	8.7	0.8
Sharing Pan (13")	305	13.5	32.3	-	2.1	13.5	1.4
Individual Thin (11")	173	8.9	20.5	-	1.3	6	1
Sharing Thin (14")	230	12.5	23.6	-	2.1	9.3	1.3
Individual Stuffed Crust (11")	228	12.5	20.6	-	1.4	10.5	1.3
Sharing Stuffed Crust (14")	325	17.6	31.4	-	2.2	14.1	1.9
Cheesy Bites (14")	325	17.6	31.4	-	2.2	14.1	1.9
Gluten Free (9" Square)	178	6.2	20.5	-	2.2	7.5	0.8

PIZZA - BBQ AMERICANO

Individual Pan (9")	193	9.8	21.7	-	2.6	7.2	0.9
Sharing Pan (13")	304	16.1	34.5	-	4	11	1.4
Individual Thin (11")	173	10.3	22.3	-	2.6	4.6	1
Sharing Thin (14")	230	15	26.3	-	4	6.9	1.4
Individual Stuffed Crust (11")	229	13.9	22.4	-	2.7	9	1.3
Sharing Stuffed Crust (14")	323	20.2	33.6	-	4.1	11.7	1.9
Cheesy Bites (14")	323	20.2	33.6	-	4.1	11.7	1.9
Gluten Free (9" Square)	178	7.6	22.9	-	3.7	5.8	0.9

PIZZA - VEGGIE PEPPERPHONI FEAST

Individual Pan (9")	164	5.9	19.4	-	0.9	7	0.7
Sharing Pan (13")	253	9.2	30.8	-	1.4	10.3	1
Individual Thin (11")	144	6.5	19.7	-	0.9	4.3	0.8
Sharing Thin (14")	178	8.1	22.1	-	1.3	6.2	1
Individual Stuffed Crust (11")	199	10.1	19.8	-	1	8.8	1.1
Sharing Stuffed Crust (14")	272	13.3	29.8	-	1.4	11	1.5
Cheesy Bites (14")	272	13.3	29.8	-	1.4	11	1.5
Gluten Free (9" Square)	148	3.7	20.1	-	1.8	5.6	0.6

PIZZA - VEGGIE

Individual Pan (9")	164	6.1	20.3	-	1.4	6.4	0.5
Sharing Pan (13")	254	9.5	32.4	-	2.2	9.5	0.8
Individual Thin (11")	144	6.6	20.6	-	1.4	3.7	0.8
Sharing Thin (14")	197	8.5	23.8	-	2.2	5.3	0.8
Individual Stuffed Crust (11")	199	10.2	20.7	-	1.5	8.2	1
Sharing Stuffed Crust (14")	273	13.6	31.5	-	2.3	10.1	1.3
Cheesy Bites (14")	273	13.6	31.5	-	2.3	10.1	1.3
Gluten Free (9" Square)	148	3.9	21	-	2.3	5	0.5

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Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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PIZZA - THE G.O.A.T

Individual Pan (9")	189	7.2	22.1	-	3.3	7.9	0.7
Sharing Pan (13")	289	11.1	34.5	-	5	11.6	1
Individual Thin (11")	167	7.6	22.5	-	3.1	5.4	0.7
Sharing Thin (14")	212	9.9	26	-	4.7	7.8	0.8
Individual Stuffed Crust (11")	223	11.3	22.5	-	3.3	9.6	1.1
Sharing Stuffed Crust (14")	307	15.2	33.6	-	5.1	12.2	1.5
Cheesy Bites (14")	307	15.2	33.6	-	5.1	12.2	1.5
Gluten Free (9" Square)	172	5	22.8	-	4	6.4	0.6

PIZZA - EPIC MEAT FEAST

Individual Pan (9")	198	10.6	19.1	-	0.7	8.7	0.9
Sharing Pan (13")	306	16.4	30.3	-	1.1	13.1	1.4
Individual Thin (11")	178	11.2	19.4	-	0.7	6	1
Sharing Thin (14")	231	15.4	21.7	-	1	9	1.4
Individual Stuffed Crust (11")	233	14.7	19.6	-	0.8	10.6	1.4
Sharing Stuffed Crust (14")	324	20.5	29.4	-	1.2	13.8	1.9
Cheesy Bites (14")	324	20.5	29.4	-	1.2	13.8	1.9
Gluten Free (9" Square)	195	8.6	19.9	-	1.5	8.7	1

PIZZA - MELTING MARG

Individual Thin (11")	168	8	19.7	-	0.6	6.3	0.8
Sharing Thin (14")	214	10.5	22.2	-	0.9	9.2	1.1
Individual Stuffed Crust (11")	223	11.6	19.6	-	0.7	10.8	1.1
Sharing Stuffed Crust (14")	307	15.6	29.4	-	1	13.9	1.5

PIZZA - MELTING STEAK & CHORIZO

Individual Thin (11")	199	11.1	20.1	-	0.8	8.2	1.2
Sharing Thin (14")	264	15.3	22.7	-	1.2	12.3	1.6
Individual Stuffed Crust (11")	253	14.7	19.9	-	8	12.7	1.4
Sharing Stuffed Crust (14")	357	20.4	30	-	1.2	17.1	2.1

PIZZA - MELTING HOT

Individual Thin (11")	189	9.9	20	-	0.7	7.6	1
Sharing Thin (14")	246	13.6	22.5	-	1.1	11.2	1.4
Individual Stuffed Crust (11")	243	13.5	19.8	-	0.7	12.1	1.3
Sharing Stuffed Crust (14")	339	18.7	29.8	-	1.1	16	1.9

1-200 CAL

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Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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PIZZA - MELTING CHICKEN & GARLIC MUSHROOMS

Individual Thin (11")	192	9.9	21.8	-	0.8	7.1	1
Sharing Thin (14")	250	13.5	25.2	-	1.2	10.4	1.2
Individual Stuffed Crust (11")	246	13.5	21.7	-	0.8	11.6	1.2
Sharing Stuffed Crust (14")	343	18.7	32.5	-	1.3	15.2	1.7

VEGAN PIZZAS - VEGAN PIZZAS

Individual Pan (9")	176	3.5	22.1	-	0.5	8.1	0.8
Sharing Pan (13")	270	5.5	34.8	-	0.7	12	1.2
Individual Thin (11")	156	3.8	22.8	-	0.5	5.7	0.8
Sharing Thin (14")	195	4.3	26.7	-	0.7	8.2	1
Gluten Free (9" Square)	160	2.6	18.5	-	1.2	8.1	0.8
Vegan Stuffed Crust	202	3.9	25.2	-	0.5	9.4	1.3

VEGAN PIZZAS - VEGAN VEGGIE

Individual Pan (9")	156	3.8	21.5	-	1.1	6	0.6
Sharing Pan (13")	242	6.1	34.2	-	1.8	8.8	0.9
Individual Thin (11")	135	4.2	2.2	-	1.1	3.5	0.6
Sharing Thin (14")	166	4.9	26.1	-	1.8	5	0.7
Gluten Free (9" Square)	155	1.8	25.1	-	2.2	4.8	0.6
Vegan Stuffed Crust	181	4.3	24.5	-	1.1	7.3	1.1

VEGAN PIZZAS - VEGAN PEPPERPHONI FEAST

Individual Pan (9")	156	3.7	20.6	-	0.6	6.5	0.7
Sharing Pan (13")	240	5.8	32.5	-	0.9	9.6	1.1
Individual Thin (11")	136	4.1	21.3	-	0.6	4.1	0.7
Sharing Thin (14")	165	4.6	24.4	-	0.9	5.8	0.9
Gluten Free (9" Square)	141	1.5	21.5	-	1.5	5.1	0.7
Vegan Stuffed Crust	182	4.1	23.6	-	0.6	7.8	1.2

VEGAN PIZZAS - VEGAN ALL ABOUT MUSHROOMS

Individual Pan (9")	161	4.3	20.7	-	0.5	6.7	0.6
Sharing Pan (13")	247	6.7	32.7	-	0.8	9.8	1
Individual Thin (11")	138	4.7	21.4	-	0.5	4	0.6
Sharing Thin (14")	172	5.5	24.6	-	0.8	6	0.8
Gluten Free (9" Square)	160	2.2	24.4	-	1.6	5.5	0.7
Vegan Stuffed Crust	186	4.7	23.8	-	0.6	8	1.1

PASTA AND MAINS

Lasagne	790	37.5	65.5	-	16.4	42.8	3.2
Garlic Bread (served with Lasagne)	128	2.2	12.5	-	1	7.7	0.3
Mac 'N' Cheese	824	38	80.8	-	6.8	37.9	3.5
Chicken-izo Melt	430	55.3	8.2	-	5.3	19.6	4.8

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Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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BLUFFET - MARGHERITA

Individual Pan (6")	120	4.1	14.9	-	0.8	6.4	0.4
Individual Thin (6.5")	80	3.7	10.8	-	0.7	2.4	0.4

BLUFFET - PEPPERONI FEAST

Individual Pan (6")	137	4.8	14.9	-	0.8	11	0.9
Individual Thin (6.5")	98	4.3	10.9	-	0.7	4	0.5

BLUFFET - BBQ AMERICANO

Individual Pan (6")	143	6.1	17.3	-	2.3	5.4	0.6
Individual Thin (6.5")	105	5.7	13.5	-	2.3	3	0.6

BLUFFET - SIMPLY VEGGIE

Individual Pan (6")	125	4.3	15.4	-	1.1	5.1	0.5
Individual Thin (6.5")	82	3.9	11.4	-	0.9	2.2	0.5

BLUFFET SIDES

Garlic Breadstick Bites	252	7.9	41.8	-	0	5.7	0.9
Tomato Pasta	273	6.3	33	-	7.9	12.8	0.9
Cheese and Broccoli Pasta	245	9.7	26.5	-	6.1	10.8	1.4

LITTLE BOSS

Pan Pizza Margherita	423	17.7	59.8	-	5	13.2	1.5
- With Ham	436	20.2	59.9	-	5.2	13.5	1.8
- With Pepperoni	457	19	59.9	-	5	16.4	1.7
- With Chicken breast	443	21.6	59.8	-	5.2	13.5	1.6
- With Sweetcorn	438	18.2	62.5	-	5.7	13.5	1.5
- With Pineapple	444	17.8	62.3	-	7.3	13.2	1.5
- With Peppers	425	17.8	60.5	-	5.3	13.2	1.5
- With Meat Free Pepperphoni	440	18.1	60.7	-	5.2	14.7	1.8
Thin Pizza Margherita	327	14.5	45.4	-	3.2	10.3	1.3
- With Ham	340	17	45.5	-	3.4	10.6	1.6
- With Pepperoni	361	15.8	45.5	-	3.2	13.5	1.5
- With Chicken breast	347	18.4	45.4	-	3.4	10.6	1.4
- With Sweetcorn	342	15	48.1	-	3.9	10.6	1.3
- With Pineapple	348	14.6	47.9	-	5.5	10.3	1.3
- With Peppers	329	14.6	46.1	-	3.5	10.3	1.3
- With Meat Free Pepperphoni	344	14.9	46.3	-	3.4	11.8	1.6
Gluten Free Margherita	412	9.6	61.6	-	7.4	12.9	4.4
- With Ham	425	12.1	61.7	-	7.6	13.2	4.7
- With Pepperoni	446	10.9	61.7	-	7.4	16.1	4.6
- With Chicken breast	432	13.5	61.6	-	7.6	13.2	4.5
- With Sweetcorn	427	10.1	64.3	-	8.1	13.2	4.4

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MAINS

Spaghetti Bolognese	198	12.8	27.5	-	5.8	3.3	0.6
Cheesy Pasta	385	12	52.9	-	5.4	15.2	1.4
Chicken & Fried Fries	548	20.2	68	-	1.2	22.8	2.1
Chicken & Baked Fries	400	19.1	47.7	-	1.9	14.9	1.6

DESSERTS

Orange Juice Ice Lolly	69	0.9	16.1	-	16.6	0.1	0
Raspberry Ice	94	0.1	22.7	-	20.4	0.2	0.1

DRINKS

Semi Skimmed Milk	101	7.7	10.1	-	10.1	3.4	0
Kids Orange Juice	101	0.2	23.9	-	23.9	0.2	0
Kids Apple Juice	97	1.2	21.2	-	21.2	0.2	0.1
Robinsons Squash - Orange	2	0	0	-	0	0	0.1
Robinsons Squash - Apple & Blackcurrant	5	0	0	-	0	0	0.1

BIG BOSS

Pan Pizza Margherita	453	19	60.2	-	5.1	15.8	1.6
- With Sliced Ham	466	21.5	60.3	-	5.3	16.1	1.9
- With Pepperoni	487	20.3	60.3	-	5.1	19	1.8
- With Chicken	473	22.9	60.2	-	5.3	16.1	1.7
- With Sweetcorn	468	19.5	62.9	-	5.8	16.1	1.6
- With Pineapple	474	19.1	62.7	-	7.4	15.8	1.6
- With Mixed Peppers	455	19.1	60.9	-	5.4	15.8	1.6
- With Cherry Tomatoes	459	19.3	61.3	-	6.2	15.9	1.6
- With Meat Free Pepperphoni	470	19.4	61.1	-	5.3	17.3	1.9
Thin Pizza Margherita	374	15.9	45.9	-	3.4	14.7	1.4
- With Sliced Ham	387	2.5	0.1	-	0.2	0.3	1.7
- With Pepperoni	408	1.3	0.1	-	0	3.2	1.6
- With Chicken	394	5.2	0.1	-	0.2	3.5	1.5
- With Sweetcorn	389	1.8	2.8	-	0.7	3.5	1.4
- With Pineapple	395	1.4	2.6	-	2.3	3.2	1.4
- With Mixed Peppers	376	1.4	0.8	-	0.3	3.2	1.4
- With Cherry Tomatoes	380	1.6	1.2	-	1.1	3.3	1.4
- With Meat Free Pepperphoni	391	1.7	1	-	0.2	4.7	1.7
Gluten Free Margherita	433	11	61.9	-	7.5	14.5	1.7
- With Sliced Ham	446	13.5	62	-	7.7	14.8	2
- With Pepperoni	467	12.3	62	-	7.5	17.7	1.9
- With Chicken	453	14.9	61.9	-	7.7	14.8	1.8
- With Sweetcorn	448	11.5	64.6	-	8.2	14.8	1.7
- With Pineapple	454	11.1	64.4	-	9.8	14.5	1.7
- With Mixed Peppers	435	11.1	62.6	-	7.8	14.5	1.7
- With Cherry Tomatoes	439	11.3	63	-	8.6	14.6	1.7

1-200 CAL

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Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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MAINS

Chicken & Fried Fries	619	25.5	73.4	-	1.5	28.3	2.5
Chicken & Baked Fries	472	24.4	54.1	-	17.5	17.5	1.9
Lasagne	395	18.7	32.7	-	21.4	21.4	1.6
Mac 'N' Cheese	412	19	40.4	-	19	19	1.8

SIDES

Fries (Fried)	336	4.1	47.9	-	0.5	15.1	1.2
Fries (Oven Baked)	193	3	28.6	-	1.1	7.2	0.6
Garlic Bread	256	4.4	25	-	1.9	15.4	6
Onion Rings (Fried)	236	3.6	27.7	-	2	12.9	0.9
Onion Rings (Oven Baked)	154	2.4	26.9	-	3.8	6.7	0.8
Mini Corn on the Cob	203	6.3	28.1	-	17.2	4.7	0

DESSERTS

Orange Juice Ice Lolly	69	0.9	16.1	-	16.6	0.1	0
Raspberry Ice	94	0.1	22.7	-	20.4	0.2	0.1
Kids Chocolate Brownie	394	6.2	49.9	-	37.9	19.1	0.2

KIDS ICE CREAM BUILDER

Typical portion Ice Cream	192	3.1	30.6	-	25.8	6.5	0.4
Typical portion Choc Sauce	32	0.3	7.3	-	5.8	0.3	0
Toppings(3)	131	0.5	17	-	14.8	3.4	0

ADULTS ICE CREAM BUILDER

Typical portion Ice Cream	329	5.3	52.4	-	44.2	11.1	0.6
Typical portion Choc Sauce	59	0.5	13.4	-	10.6	0.5	0
Toppings(3)	131	0.5	17	-	14.8	3.4	0

HOT COOKIE DOUGH (WITH ICE CREAM & SAUCE)

Salted Caramel Cookie Dough	613	7.8	97.1	-	24.3	23.2	1.2
Take Away Salted Caramel Cookie Dough	594	5.6	90	-	18.4	23.1	1.2
Chocolate Chip Cookie Dough	651	9.2	91.7	-	55.5	26.9	1
Take Away Chocolate Chip	614	7	84.6	-	49.6	26.8	1
Triple Chocolate Cookie Dough	669	9.1	92.1	-	64.1	29.1	0.8
Take Away Triple Chocolate Cookie Dough	632	6.9	85	-	58.2	29	0.8

ICE CREAM BUILDER

Ice Cream Builder Ice Cream	143	4	17.8	-	17.8	6.2	0.2
Raspberry Sauce	263	0	66	-	51	0	0.2
Chocolate Sauce	297	1.4	67.1	-	56.3	2.6	0

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Tricolour Chocolate Pieces	542	5.3	53.5	-	52.5	33.1	0.2
Gold Crunch	681	0	98	-	98	0	0.2
Lemon Crunch	382	1	96	-	91	1	0.3
Strawberry Crunch	382	0	98.7	-	98.7	0.3	0.1
Milk Chocolate Chips	516	5.4	63	-	71.9	26.5	0.1
Milk Chocolate Beans	460	2.5	77.4	-	77.2	15.6	0.3
Chocolate Toffee Crunch	465	4	76.7	-	72.5	17.2	0.5
Popping Candy	416	0.31	92	-	79.39	4.64	0

SHARING COOKIE DOUGH (WITH ICE CREAM AND SAUCE)

Additional Vanilla Ice cream	140	3.7	18.9	-	15.9	5.5	0.1
Additional Chocolate Sauce	48	0.4	9.2	-	6	1	0
Additional Salted Caramel Sauce	37	0	7.7	-	7.5	0.5	0.2

HOT DESSERTS

Chocolate Brownie (served with ice cream & sauce)	600	8.3	71.6	-	53.8	31.5	0.2
Take Away Chocolate Brownie (served with ice cream & sauce)	562	6.1	64.5	-	47.9	31.5	0.3

COLD DESSERTS

I Can't Believe Its Not Ch**secake	513	5.8	42.8	-	22.3	34.3	0.9
Additional Vanilla Ice cream	140	3.7	18.9	-	15.9	5.5	0.1
Raspberry Ice	188	0.2	45.5	-	40.8	0.5	0.2