

**PIZZASTORM**

**INGREDIENT NUTRITIONAL & ALLERGEN INFORMATION V10**

At PizzaStorm, we use the best quality ingredients to make great quality pizzas personalised to your taste. We provide a wide range of options and with the help of the uncooked guide information below, we aim to provide guests with the nutritional & allergen information you need to make an informed choice about our menu.

| Menu Item                   | Allergens                 |      |      |         |      |            |      |                  |         |        |        |                 | Energy      |          | Fat (g) | Saturated Fat (g) | Carbohydrate (g) | Sugars (g) | Fibre (g) | Protein (g) | Salt (g) |                          |                     |           |             |
|-----------------------------|---------------------------|------|------|---------|------|------------|------|------------------|---------|--------|--------|-----------------|-------------|----------|---------|-------------------|------------------|------------|-----------|-------------|----------|--------------------------|---------------------|-----------|-------------|
|                             | Cereals containing Gluten | Eggs | Fish | Peanuts | Nuts | Soya Beans | Milk | Celery/Celeryiac | Mustard | Sesame | Lupins | Sulphur Dioxide | Crustaceans | Molluscs |         |                   |                  |            |           |             |          | Suitable for Vegetarians | Suitable for Vegans | Energy Kj | Energy Kcal |
| Dough ball                  | ●                         |      |      |         |      |            |      |                  |         |        |        |                 |             |          | ✓       | ✓                 | 1024             | 242        | 3.2       | 0.3         | 45.2     | 0.8                      | 2.6                 | 7.2       | 118         |
| <b>BASE SAUCES</b>          |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          |         |                   |                  |            |           |             |          |                          |                     |           |             |
| Tomato Sauce                |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          | ✓       | ✓                 | 146              | 35         | 0.2       | 0.1         | 5.7      | 4.3                      | 0.9                 | 1.5       | 0.7         |
| Spicy Tomato Sauce          |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          | ✓       | ✓                 | 139              | 33.3       | 0.28      | 0.075       | 5.68     | 4.4                      | 0.68                | 1.4       | 0.95        |
| BBO Sauce                   |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          | ✓       | ✓                 | 809              | 192        | 5.7       | 0.4         | 34       | 30                       | 0.8                 | 0.5       | 1.1         |
| White Sauce                 |                           |      |      |         |      | ●          | ●    |                  |         |        |        |                 |             |          | ✓       | ✓                 | 670              | 160        | 13.2      | 7.5         | 8.8      | 4                        | 0                   | 1.7       | 0.7         |
| <b>CHEESES</b>              |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          |         |                   |                  |            |           |             |          |                          |                     |           |             |
| Mozzarella Pearls           |                           |      |      |         |      |            | ●    |                  |         |        |        |                 |             |          | ✓       | ✓                 | 989              | 238        | 18        | 12.4        | 1        | 1                        | 0                   | 1.8       | 0.6         |
| Mozzarella Diced            |                           |      |      |         |      |            | ●    |                  |         |        |        |                 |             |          | ✓       | ✓                 | 1246             | 300        | 21.5      | 13.8        | 0.1      | 0.1                      | trace               | 25.5      | 0.6         |
| Regato                      |                           |      |      |         |      |            | ●    |                  |         |        |        |                 |             |          | ✓       | ✓                 | 1482             | 355        | 25        | 16          | 1.1      | 0.1                      | trace               | 29        | 2.9         |
| Red Leicester               |                           |      |      |         |      |            | ●    |                  |         |        |        |                 |             |          | ✓       | ✓                 | 1653             | 399        | 33.7      | 21.1        | 0.1      | 0.1                      | trace               | 23.8      | 0.63        |
| Cheddar Mature              |                           |      |      |         |      |            | ●    |                  |         |        |        |                 |             |          | ✓       | ✓                 | 1700             | 410        | 34.4      | 21.7        | 0.1      | 0.1                      | trace               | 25        | 0.67        |
| Vegan Cheese                |                           |      |      |         |      | ●          |      |                  |         |        |        |                 |             |          | ✓       | ✓                 | 1478             | 357        | 33.5      | 21.6        | 8.1      | 0.4                      | 0.8                 | 5.5       | 1.5         |
| Gorgonzola                  |                           |      |      |         |      |            | ●    |                  |         |        |        |                 |             |          | ✓       | ✓                 | 1346             | 325        | 27        | 19.4        | 0.9      | Trace                    | 0                   | 19.5      | 1.8         |
| <b>MEAT, FISH, PROTEINS</b> |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          |         |                   |                  |            |           |             |          |                          |                     |           |             |
| Bacon                       |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          |         |                   | 1680             | 405        | 35        | 14          | 0.5      | 0.5                      | 0                   | 2.2       | 4           |
| Meatball Marinara           | ●                         |      |      |         |      |            |      |                  |         |        |        |                 |             |          |         |                   | 739              | 178        | 12.7      | 5.1         | 6.8      | 2.6                      | 1.0                 | 8.4       | 0.9         |
| Ham                         |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          |         |                   | 576              | 137        | 4.9       | 1.7         | 0.2      | 0.5                      | 1                   | 20.6      | 2.5         |
| Spicy Beef                  | ●                         |      |      |         |      |            |      |                  |         |        |        |                 |             |          |         |                   | 87               | 20.6       | 0.14      | 0.0         | 4.4      | 3.2                      | 0.54                | 0.16      | 0.9         |
| Beef Brisket Strips         |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          |         |                   | 308              | 74.9       | 8.36      | 1273        | 0        | 0                        | 0                   | 0         | 0           |
| Chargrilled Chicken         |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          |         |                   | 516              | 122        | 1.6       | 0.4         | 1.7      | 1.7                      | 0.5                 | 25.2      | 0.96        |
| Salami                      |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          |         |                   | 1205             | 290        | 22.6      | 8.8         | 0.62     | 0.58                     | 0                   | 2.1       | 0           |
| Chorizo                     |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          |         |                   | 1660             | 397        | 35        | 14          | trace    | trace                    | 0                   | 1.9       | 4.1         |
| Pepperoni                   | ●                         |      |      |         |      |            |      |                  |         |        |        |                 |             |          |         |                   | 1340             | 320        | 25        | trace       | 9.5      | trace                    | trace               | 1.7       | 3.75        |
| Piri Piri Chicken           |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          |         |                   | 522              | 124        | 2.12      | 0.4         | 5        | 3.88                     | 0.72                | 2.2       | 1.27        |
| Free Range Eggs             |                           | ●    |      |         |      |            |      |                  |         |        |        |                 |             |          |         |                   | 547              | 131        | 9         | 2.5         | trace    | trace                    | trace               | 12.6      | 0.4         |
| Tuna                        |                           |      | ●    |         |      |            |      |                  |         |        |        |                 |             |          |         |                   | 422              | 99         | 0.6       | 0.2         | 0        | 0                        | 0                   | 23.5      | 0.8         |
| Anchovies                   |                           |      | ●    |         |      |            |      |                  |         |        |        |                 |             |          |         |                   | 732              | 175        | 7.6       | 3           | 0.1      | 0                        | 0                   | 26.6      | 7.63        |
| Vegan Hoi Sin Duck          | ●                         |      |      |         |      | ●          |      |                  |         | ●      |        |                 |             |          | ✓       | ✓                 | 195              | 46         | 0.26      | 0.04        | 10.6     | 9.6                      | 0                   | 0.24      | 1.32        |
| <b>VEGETABLES</b>           |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          |         |                   |                  |            |           |             |          |                          |                     |           |             |
| Tomatoes                    |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          | ✓       | ✓                 | 1403             | 335        | 32.9      | 3.7         | 8.4      | 8.4                      | 0                   | 0.7       | 1.1         |
| Green Peppers               |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          | ✓       | ✓                 | 83.7             | 20         | 1.4       | 0           | 4.6      | 2.4                      | 1.7                 | 0.9       | trace       |
| Red Onion                   |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          | ✓       | ✓                 | 167              | 40         | 0.1       | 0           | 9.3      | 4.2                      | 1.7                 | 1.1       | trace       |
| Pineapple                   |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          | ✓       | ✓                 | 272              | 64         | 0.5       | 0           | 1.5      | 1.5                      | 0                   | 0.5       | trace       |
| Red Jalapenos               |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          | ✓       | ✓                 | 42               | 10         | trace     | 0.2         | 0.5      | 0                        | trace               | 0.5       | 3           |
| Roasted Chestnut Mushrooms  |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          | ✓       | ✓                 | 115              | 28         | 2.3       | 0.3         | 0.4      | 0                        | 2.6                 | 1.4       | 0.3         |
| Baby Spinach                |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          | ✓       | ✓                 | 96.3             | 23         | 0.4       | 0.1         | 3.6      | 0.4                      | 2.2                 | 2.9       | trace       |
| Sweetcorn                   |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          | ✓       | ✓                 | 500              | 118        | 1.3       | 0.1         | 2.2      | 3.5                      | 3.3                 | 3         | 0.53        |
| Olives                      |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          | ✓       | ✓                 | 546              | 133        | 13.6      | 2.2         | 0        | 0                        | 3                   | 0.5       | 2.5         |
| Chopped Garlic              |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          | ✓       | ✓                 | 1917             | 465        | 46.8      | 7.8         | 8.05     | 0.8                      | 2.05                | 3.9       | trace       |
| Courgetti                   |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          | ✓       | ✓                 | 67               | 16         | 0.2       | 0           | 3.3      | 1.7                      | 1.1                 | 1.2       | trace       |
| Red & Yellow Peppers        |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          | ✓       | ✓                 | 841              | 201        | 20.2      | 2.2         | 3.3      | 3.3                      | 1.5                 | 0.7       | 1           |
| Butternut Squash            |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          | ✓       | ✓                 | 174              | 41         | 1.1       | 0.1         | 7.4      | 3.8                      | 1.4                 | 0.9       | trace       |
| Caramelised Onion           |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          | ✓       | ✓                 | 364              | 87         | 5.3       | 0.6         | 9.6      | 8.5                      | 2.1                 | 0.6       | trace       |



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| Menu Item   | Allergens                 |      |      |         |      |            |      |                  |         |        |        |                 |             |          | Energy                   |                     | Fat (g) | Saturated Fat (g) | Carbohydrate (g) | Sugars (g) | Fibre (g) | Protein (g) | Salt (g) |           |             |  |  |
|---|---------------------------|------|------|---------|------|------------|------|------------------|---------|--------|--------|-----------------|-------------|----------|--------------------------|---------------------|---------|-------------------|------------------|------------|-----------|-------------|----------|-----------|-------------|--|--|
|   | Cereals containing Gluten | Eggs | Fish | Peanuts | Nuts | Soya Beans | Milk | Celery/Celeryiac | Mustard | Sesame | Lupins | Sulphur Dioxide | Crustaceans | Molluscs | Suitable for Vegetarians | Suitable for Vegans |         |                   |                  |            |           |             |          | Energy KJ | Energy Kcal |  |  |
| Creamy Chicken, Bacon & Potato (Per 100g)           | ●                         |      |      |         |      |            | ●    |                  |         |        |        |                 |             |          |                          |                     | 982     | 234               | 10.5             | 4.754      | 22.8      | 1.34        | 0.16     | 11.3      | 1.11        |  |  |
| Creamy Chicken, Bacon & Potato (Per Pizza)          | ●                         |      |      |         |      |            | ●    |                  |         |        |        |                 |             |          |                          |                     | 4604    | 1096              | 49.4             | 22.3       | 107       | 6.29        | 0.76     | 53.1      | 5.23        |  |  |
| <b>14" PIZZASTORM SIGNATURES + FAVOURITE PIZZAS</b> |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          |                          |                     |         |                   |                  |            |           |             |          |           |             |  |  |
| Margherita Pizza (Per Pizza)                        | ●                         |      |      |         |      |            | ●    |                  |         |        |        |                 |             |          |                          |                     | 6981    | 1660              | 56               | 28.06      | 206       | 8.85        | 0        | 76.6      | 7.08        |  |  |
| Loaded Cheese Feast (Per Pizza)                     | ●                         |      |      |         |      |            | ●    |                  |         |        |        |                 |             |          |                          |                     | 8117    | 1934              | 78.2             | 42.45      | 206       | 9.37        | 0        | 94.8      | 7.62        |  |  |
| Vegetable Supreme (Per Pizza)                       | ●                         |      |      |         |      |            | ●    |                  |         |        |        |                 |             |          |                          |                     | 6641    | 1577              | 43.9             | 19.43      | 222       | 13          | 3.33     | 69.4      | 7.08        |  |  |
| Smokey BBQ Chicken (Per Pizza)                      | ●                         |      |      |         |      |            | ●    |                  |         |        |        |                 |             |          |                          |                     | 9091    | 2164              | 81.7             | 35.42      | 251       | 45.8        | 3.64     | 102       | 10.1        |  |  |
| The Dirty Mighty Meaty (Per Pizza)                  | ●                         |      |      |         |      |            | ●    |                  |         |        |        |                 |             |          |                          |                     | 7643    | 1815              | 57.3             | 20.8       | 216       | 13.2        | 1.33     | 102       | 13          |  |  |
| Classic Pepperoni (Per Pizza)                       | ●                         |      |      |         |      |            | ●    |                  |         |        |        |                 |             |          |                          |                     | 7989    | 1899              | 73.8             | 19.38      | 218       | 8.81        | 0        | 88.1      | 11.5        |  |  |
| Meatball Marinara (Per Pizza)                       | ●                         |      |      |         |      |            | ●    |                  |         |        |        |                 |             |          |                          |                     | 8099    | 1929              | 74.6             | 37.72      | 216       | 14.5        | 1.28     | 92.5      | 8.34        |  |  |
| Vegan Hoi Sin Duck (Per Pizza)                      | ●                         | ●    |      |         |      | ●          |      |                  |         | ●      |        |                 |             |          |                          |                     |         |                   |                  |            |           |             |          |           |             |  |  |
| Brisket & Blue (Per Pizza)                          | ●                         | ●    | ●    | ●       | ●    | ●          | ●    | ●                | ●       | ●      | ●      | ●               | ●           | ●        | ●                        | ●                   |         |                   |                  |            |           |             |          |           |             |  |  |
| Creamy Chicken, Bacon & Potato (Per Pizza)          | ●                         |      |      |         |      |            | ●    |                  |         |        |        |                 |             |          |                          |                     | 9208    | 2192              | 98.7             | 44.59      | 214       | 12.6        | 1.52     | 106       | 10.5        |  |  |
| <b>SIDES + FAVOURITE MAC'S</b>                      |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          |                          |                     |         |                   |                  |            |           |             |          |           |             |  |  |
| Garlic Dough Bites (Per 100g)                       | ●                         |      |      |         |      |            | ●    |                  |         |        |        |                 |             |          |                          |                     | 1558    | 373               | 20.5             | 5.595      | 40        | 3.99        | 1.89     | 7.96      | 1.21        |  |  |
| Garlic Dough Bites (Per Portion)                    | ●                         |      |      |         |      |            | ●    |                  |         |        |        |                 |             |          |                          |                     | 2587    | 619               | 34               | 9.288      | 66.4      | 6.63        | 3.13     | 13.2      | 2           |  |  |
| Wedges (Per 100g)                                   | ●                         |      |      |         |      |            |      |                  |         |        |        |                 |             |          |                          |                     | 1375    | 325               | 7.5              | 1.0        | 55.0      | 3.8         | 6.25     | 6.3       | 1.6         |  |  |
| Wedges (Per Portion)                                | ●                         |      |      |         |      |            |      |                  |         |        |        |                 |             |          |                          |                     | 701     | 167               | 8.1              | 3.5        | 17.3      | 1.8         | 1.8      | 5.3       | 0.9         |  |  |
| Mac & Cheese with squash (Per 100g)                 | ●                         |      |      |         |      |            | ●    |                  |         |        |        |                 |             |          |                          |                     | 937     | 224               | 17.3             | 9.348      | 85.3      | 5.26        | 0.45     | 8.9       | 0.7         |  |  |
| Mac & Cheese with Squash (Per Portion)              | ●                         |      |      |         |      |            | ●    |                  |         |        |        |                 |             |          |                          |                     | 1286    | 308               | 23.7             | 12.8       | 11.7      | 7.2         | 0.62     | 12.2      | 0.9         |  |  |
| Loaded Wedges (Per 100g)                            | ●                         |      |      |         |      |            | ●    |                  |         |        |        |                 |             |          |                          |                     | 701     | 167               | 8.1              | 3.5        | 17.3      | 1.8         | 1.8      | 5.3       | 0.9         |  |  |
| Loaded Wedges (Per Portion)                         | ●                         |      |      |         |      |            | ●    |                  |         |        |        |                 |             |          |                          |                     | 2453    | 583               | 28.4             | 12.14      | 60.5      | 6.37        | 6.25     | 18.6      | 3.07        |  |  |
| Mac & Cheese (Per 100g)                             | ●                         |      |      |         |      |            | ●    |                  |         |        |        |                 |             |          |                          |                     | 1084    | 259               | 19.8             | 11.63      | 9.23      | 5.72        | 0.28     | 11.3      | 0.85        |  |  |
| Mac & Cheese (Per Portion)                          | ●                         |      |      |         |      |            | ●    |                  |         |        |        |                 |             |          |                          |                     | 1160    | 277               | 21.2             | 12.45      | 9.88      | 6.12        | 0.3      | 12        | 0.91        |  |  |
| Mac & Cheese with Bacon (Per 100g)                  | ●                         |      |      |         |      |            | ●    |                  |         |        |        |                 |             |          |                          |                     | 1206    | 288               | 21.9             | 11.72      | 7.67      | 4.83        | 0.22     | 15.4      | 1.54        |  |  |
| Mac & Cheese with Bacon (Per Portion)               | ●                         |      |      |         |      |            | ●    |                  |         |        |        |                 |             |          |                          |                     | 1591    | 380               | 28.9             | 15.47      | 10.1      | 6.37        | 0.3      | 20.3      | 2.03        |  |  |
| Italian Salad (Per 100g)                            | ●                         |      |      |         |      |            | ●    |                  |         |        |        |                 |             |          |                          |                     | 938     | 225               | 17.1             | 4.193      | 11.3      | 4.74        | 0.95     | 6.12      | 0.81        |  |  |
| Italian Salad (Per Portion)                         | ●                         |      |      |         |      |            | ●    |                  |         |        |        |                 |             |          |                          |                     | 975     | 234               | 17.8             | 4.361      | 11.8      | 4.93        | 0.99     | 6.36      | 0.84        |  |  |
| <b>TREAT YOURSELF DESSERTS</b>                      |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          |                          |                     |         |                   |                  |            |           |             |          |           |             |  |  |
| Cookie Dough Dessert (Per Portion)                  | ●                         | ●    |      |         |      | ●          | ●    |                  |         |        |        |                 |             |          |                          |                     | 189     | 45.2              | 2.07             | 0.861      | 5.89      | 3.91        | 0.25     | 0.62      | 0.06        |  |  |
| Jersey Gold Ice Cream                               |                           |      |      |         |      | ●          | ●    |                  |         |        |        |                 |             |          |                          |                     | 637     | 152               | 6                | 3.3        | 20.3      | 19          | 0.6      | 4.1       | 0.1         |  |  |
| Chocolate Topping Sauce                             |                           |      |      |         |      | ●          | ●    |                  |         |        |        |                 |             |          |                          |                     | 1180    | 280               | 12               | 0.8        | 64.4      | 60.9        | 2.8      | 2         | 0           |  |  |
| Strawberry Topping Sauce                            |                           |      |      |         |      | ●          | ●    |                  |         |        |        |                 |             |          |                          |                     | 915     | 220               | 0.1              | 0          | 54.2      | 53.7        | 0.5      | 0.1       | 0           |  |  |
| Toffee Topping Sauce                                |                           |      |      |         |      | ●          | ●    |                  |         |        |        |                 |             |          |                          |                     | 1310    | 315               | 6.3              | 1.9        | 63.2      | 61.6        | 0.2      | 0.9       | 0.4         |  |  |
| <b>NOTTINGHAM MILKSHAKES</b>                        |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          |                          |                     |         |                   |                  |            |           |             |          |           |             |  |  |
| Chocolate Oreo Milkshake (Per 100g)                 | ●                         |      |      |         | ●    | ●          | ●    |                  |         |        |        |                 |             |          |                          |                     | 1027    | 246               | 11.9             | 6.289      | 30.5      | 24.3        | 1.07     | 3.75      | 0.21        |  |  |
| Chocolate Oreo Milkshake (Per Portion)              | ●                         |      |      |         | ●    | ●          | ●    |                  |         |        |        |                 |             |          |                          |                     | 976     | 233               | 11.3             | 5.975      | 28.9      | 23.1        | 1.02     | 3.57      | 0.2         |  |  |
| Strawberry Cheesecake Milkshake (Per 100g)          | ●                         |      |      |         | ●    | ●          | ●    |                  |         |        |        |                 |             |          |                          |                     | 957     | 229               | 13.3             | 8.233      | 23.8      | 17.8        | 0.5      | 3.23      | 0.25        |  |  |
| Strawberry Cheesecake Milkshake (Per Portion)       | ●                         |      |      |         | ●    | ●          | ●    |                  |         |        |        |                 |             |          |                          |                     | 1220    | 292               | 16.9             | 10.5       | 30.3      | 22.7        | 0.64     | 4.12      | 0.32        |  |  |
| Salted Caramel Pretzel Milkshake (Per 100g)         | ●                         |      |      |         | ●    | ●          | ●    |                  |         |        |        |                 |             |          |                          |                     | 989     | 237               | 10.1             | 5.663      | 31.6      | 18.9        | 0.94     | 4.36      | 0.53        |  |  |
| Salted Caramel Pretzel Milkshake (Per Portion)      | ●                         |      |      |         | ●    | ●          | ●    |                  |         |        |        |                 |             |          |                          |                     | 940     | 225               | 9.62             | 5.38       | 30        | 18          | 0.89     | 4.15      | 0.5         |  |  |
| <b>NEWCASTLE MILKSHAKES</b>                         |                           |      |      |         |      |            |      |                  |         |        |        |                 |             |          |                          |                     |         |                   |                  |            |           |             |          |           |             |  |  |
| Chocolate Oreo Milkshake (Per 100g)                 | ●                         |      |      |         | ●    | ●          | ●    |                  |         |        |        |                 |             |          |                          |                     | 753     | 180               | 5.94             | 3.327      | 27.9      | 25.1        | 1.02     | 3.28      | 0.11        |  |  |
| Chocolate Oreo Milkshake (Per Portion)              | ●                         |      |      |         | ●    | ●          | ●    |                  |         |        |        |                 |             |          |                          |                     | 2478    | 591               | 19.5             | 10.95      | 91.7      | 82.6        | 3.36     | 10.8      | 0.36        |  |  |

# PIZZASTORM

## INGREDIENT NUTRITIONAL & ALLERGEN INFORMATION V10

At PizzaStorm, we use the best quality ingredients to make great quality pizzas personalised to your taste. We provide a wide range of options and with the help of the uncooked guide information below, we aim to provide guests with the nutritional & allergen information you need to make an informed choice about our menu.

| Menu Item                                      | Allergens                 |      |      |         |      |            |      |                  |         |        |        |                 |             |          | Energy                   |                     | Fat (g) | Saturated Fat (g) | Carbohydrate (g) | Sugars (g) | Fibre (g) | Protein (g) | Salt (g) |           |             |
|--|---------------------------|------|------|---------|------|------------|------|------------------|---------|--------|--------|-----------------|-------------|----------|--------------------------|---------------------|---------|-------------------|------------------|------------|-----------|-------------|----------|-----------|-------------|
|  | Cereals containing Gluten | Eggs | Fish | Peanuts | Nuts | Soya Beans | Milk | Celery/Celeryiac | Mustard | Sesame | Lupins | Sulphur Dioxide | Crustaceans | Molluscs | Suitable for Vegetarians | Suitable for Vegans |         |                   |                  |            |           |             |          | Energy KJ | Energy Kcal |
| Strawberry Cheesecake Milkshake (Per 100g)     | ●                         |      |      |         | ●    |            | ●    |                  |         |        |        |                 |             |          | ✓                        |                     | 650     | 155               | 8.31             | 5.069      | 16.6      | 13.7        | 0.36     | 3.43      | 0.16        |
| Strawberry Cheesecake Milkshake (Per Portion)  | ●                         |      |      |         | ●    |            | ●    |                  |         |        |        |                 |             |          | ✓                        |                     | 1944    | 465               | 24.8             | 15.16      | 49.6      | 41          | 1.07     | 10.2      | 0.49        |
| Salted Caramel Pretzel Milkshake (Per 100g)    | ●                         |      |      |         |      | ●          | ●    |                  |         |        |        |                 |             |          | ✓                        |                     | 624     | 149               | 6.58             | 3.781      | 18.4      | 13.4        | 0.49     | 3.85      | 0.26        |
| Salted Caramel Pretzel Milkshake (Per Portion) | ●                         |      |      |         |      | ●          | ●    |                  |         |        |        |                 |             |          | ✓                        |                     | 1616    | 386               | 17.1             | 9.792      | 47.7      | 34.8        | 1.27     | 9.97      | 0.66        |

| Other - Sub Components (NOT FOR WEBSITE) |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |      |     |      |      |      |      |     |      |       |  |
|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|------|-----|------|------|------|------|-----|------|-------|--|
| Hoisin Sauce                             | ● |   |   |   |   | ● |   |   |   |   |   |   |   |   |   | ✓ | ✓ | 976  | 230 | 13   | 0.2  | 53   | 48   | 0   | 12   | 6.6   |  |
| Garlic                                   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | ✓ |   | 444  | 106 | 16   | 1.6  | 16.1 | 1.6  | 4.1 | 7.8  | trace |  |
| Spicy Base                               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | ✓ | ✓ | 117  | 28  | 0.5  | 0    | 5.6  | 4.7  | 0   | 1.1  | 1.7   |  |
| Meatballs                                | ● |   |   |   |   |   |   |   |   |   |   |   |   |   |   | ✓ |   | 1134 | 273 | 21   | 8.4  | 7.5  | 1.5  | 1   | 13   | 1     |  |
| Vegan Mock Duck                          | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ✓ | ✓ |      |     |      |      |      |      |     |      |       |  |
| Cookie Dough Base                        | ● | ● |   |   |   | ● | ● |   |   |   |   |   |   |   |   | ✓ | ✓ | 1908 | 456 | 21.9 | 8.7  | 57.7 | 33.8 | 2.8 | 5.3  | 0.63  |  |
| Beef                                     | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ✓ |   |      |     |      |      |      |      |     |      |       |  |
| Flour & Semolina mix                     | ● |   |   |   |   |   |   |   |   |   |   |   |   |   |   | ✓ | ✓ | 1467 | 345 | 1.46 | 0.22 | 75.6 | 1.44 | 3.1 | 9.82 | 0.8   |  |
| Semolina                                 | ● |   |   |   |   |   |   |   |   |   |   |   |   |   |   | ✓ | ✓ | 1444 | 340 | 15   | 0.1  | 72   | 2    | 2.5 | 10.3 | 0     |  |
| Flour                                    | ● |   |   |   |   |   |   |   |   |   |   |   |   |   |   | ✓ | ✓ | 1501 | 352 | 14   | 0.4  | 80.9 | 0.6  | 4   | 9.1  | 2     |  |
| Veg Oil                                  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | ✓ | ✓ | 3696 | 899 | 99.9 | 11.9 | 0    | 0    | 0   | 0    | Trace |  |
| Piri Piri Sauce (Marinade)               |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | ✓ | ✓ | 551  | 131 | 4.7  | 0.4  | 21.5 | 14.8 | 1.8 | 1.1  | 2.8   |  |
| Macaroni Elbows                          | ● |   |   |   |   |   |   |   |   |   |   |   |   |   |   | ✓ | ✓ | 675  | 159 | 0.6  | 0.2  | 31.6 | 0.2  | 1.7 | 6    | Trace |  |
| strawberry puree odk                     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   | ✓ | ✓ | 950  | 220 | 0    | 0    | 54   | 34   | 0   | 0    | 0.1   |  |
| milk                                     |   |   |   |   |   |   | ● |   |   |   |   |   |   |   |   | ✓ |   | 268  | 64  | 3.6  | 2.3  | 4.7  | 4.7  | 0   | 3.2  | 0.1   |  |
| Oreo Crumb                               | ● |   |   |   |   | ● | ● |   |   |   |   |   |   |   |   | ✓ |   | 1990 | 474 | 19   | 5.2  | 68   | 38   | 2.7 | 5.4  | 0.74  |  |
| Real Cream fresh squirty Tesco           |   |   |   |   |   |   | ● |   |   |   |   |   |   |   |   | ✓ |   | 1395 | 338 | 33.3 | 22   | 7.6  | 5.8  | 0   | 2    | 0.2   |  |
| Pretzels tesco                           | ● |   |   |   |   |   |   |   |   |   |   |   |   |   |   | ✓ | ✓ | 1662 | 393 | 4.6  | 0.5  | 76   | 3.3  | 3.6 | 10   | 2.5   |  |
| Shortbread all butter tesco              | ● |   |   |   | ● |   |   |   |   |   |   |   |   |   |   | ✓ |   | 2083 | 498 | 24.3 | 2.8  | 62.3 | 17.9 | 0   | 6.4  | 0.8   |  |
| Cream cheese Value Tesco                 |   |   |   |   |   |   | ● |   |   |   |   |   |   |   |   | ✓ |   | 986  | 239 | 22.4 | 15.6 | 4.7  | 3.3  | 0.5 | 4.3  | 0.5   |  |