

NUTRITIONAL INFORMATION- PREMIUM RANGE – JAN 2012

CLASSIC CRUST

DEEP PAN

THIN N CRISPY

BBQ CHICKEN & BACON	Average Quantity per Serving 70g	Average Quantity per 100g	Average Quantity per Serving 84g	Average Quantity per 100g	Average Quantity per Serving 69g	Average Quantity per 100g
Energy	694kJ (166Cal)	990kJ (236Cal)	856kJ (204Cal)	1020kJ (243Cal)	690kJ (165Cal)	1000kJ (239Cal)
Protein	7.5g	10.6g	8.6g	10.2g	7.7g	11.1g
Fat, Total	6.8g	9.7g	7.4g	8.8g	6.5g	9.5g
- Saturated	2.8g	4.0g	2.9g	3.5g	2.9g	4.3g
- Trans	0.2g	0.2g	0.2g	0.2g	0.1g	0.2g
Carbohydrate	18.0g	25.7g	24.9g	29.5g	18.4g	26.6g
- Sugars	4.0g	5.7g	4.7g	5.6g	4.0g	5.7g
Sodium	342mg	488mg	395mg	469mg	339mg	492mg
CHICKEN & FETA	Average Quantity per Serving 71g	Average Quantity per 100g	Average Quantity per Serving 85g	Average Quantity per 100g	Average Quantity per Serving 70g	Average Quantity per 100g
Energy	627kJ (150Cal)	881kJ (211Cal)	788kJ (188Cal)	925kJ (221Cal)	622kJ (149Cal)	891kJ (213Cal)
Protein	6.7g	9.4g	7.8g	9.2g	6.9g	9.9g
Fat, Total	6.0g	8.5g	6.6g	7.8g	5.7g	8.2g
- Saturated	2.4g	3.4g	2.5g	3.0g	2.6g	3.7g
- Trans	0.1g	0.2g	0.1g	0.22g	0.1g	0.2g
Carbohydrate	16.5g	23.2g	23.3g	27.4g	16.8g	24.0g
- Sugars	2.5g	3.5g	3.2g	3.7g	2.5g	3.5g
Sodium	325mg	457mg	378mg	443mg	322mg	460mg
CHICKEN MONACO	Average Quantity per Serving 73g	Average Quantity per 100g	Average Quantity per Serving 87g	Average Quantity per 100g	Average Quantity per Serving 72g	Average Quantity per 100g
Energy	565kJ (135Cal)	776kJ (185Cal)	727kJ (174Cal)	837kJ (200Cal)	561kJ (134Cal)	784kJ (187Cal)
Protein	6.8g	9.3g	7.9g	9.1g	7.0g	9.8g
Fat, Total	4.2g	5.8g	4.8g	5.6g	3.9g	5.5g
- Saturated	1.8g	2.5g	1.9g	2.2g	2.0g	2.7g
- Trans	0.1g	0.2g	0.2g	0.2g	0.1g	0.2g
Carbohydrate	16.9g	23.1g	23.7g	27.2g	17.2g	24.0g
- Sugars	2.7g	3.7g	3.4g	3.9g	2.7g	3.8g
Sodium	269mg	370mg	322mg	370mg	266mg	371mg
SATAY CHICKEN	Average Quantity per Serving 73g	Average Quantity per 100g	Average Quantity per Serving 94g	Average Quantity per 100g	Average Quantity per Serving 72g	Average Quantity per 100g
Energy	603kJ (144Cal)	827kJ (198Cal)	776kJ (185Cal)	830kJ (198Cal)	599kJ (143Cal)	836kJ (200Cal)
Protein	6.8g	9.4g	8.1g	8.7g	7.1g	9.9g
Fat, Total	4.7g	6.5g	5.4g	5.8g	4.4g	6.2g
- Saturated	2.0g	2.8g	2.1g	2.3g	2.2g	3.0g
- Trans	0.1g	0.2g	0.2g	0.2g	0.1g	0.2g
Carbohydrate	17.8g	24.4g	25.1g	26.8g	18.1g	25.2g
- Sugars	3.4g	4.6g	4.4g	4.7g	3.3g	4.7g
Sodium	294mg	403mg	347mg	371mg	290mg	405mg
CREAMY CHICKEN & CHERRY TOMATO	Average Quantity per Serving 71g	Average Quantity per 100g	Average Quantity per Serving 85g	Average Quantity per 100g	Average Quantity per Serving 70g	Average Quantity per 100g
Energy	716kJ (171Cal)	1010kJ (241Cal)	878kJ (210Cal)	1030kJ (246Cal)	712kJ (170Cal)	1020kJ (244Cal)
Protein	7.1g	10.0g	8.3g	9.7g	7.4g	10.5g
Fat, Total	8.5g	12.0g	9.1g	10.7g	8.2g	11.8g
- Saturated	3.8g	5.4g	3.9g	4.6g	4.0g	5.7g
- Trans	0.2g	0.2g	0.2g	0.2g	0.1g	0.2g
Carbohydrate	15.9g	22.3g	22.7g	26.7g	16.2g	23.2g
- Sugars	1.9g	2.6g	2.6g	3.0g	1.9g	2.7g
Sodium	292mg	412mg	345mg	405mg	289mg	414mg

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FIRE BREATHER	Average Quantity per Serving 74g	Average Quantity per 100g	Average Quantity per Serving 89g	Average Quantity per 100g	Average Quantity per Serving 73g	Average Quantity per 100g
Energy	634kJ (151Cal)	852kJ (204Cal)	796kJ (190Cal)	899kJ (215Cal)	630kJ (151Cal)	861kJ (206Cal)
Protein	7.4g	10.0g	8.6g	9.7g	7.6g	10.4g
Fat, Total	5.7g	7.7g	6.3g	7.1g	5.4g	7.4g
- Saturated	2.6g	3.5g	2.8g	3.1g	2.8g	3.8g
- Trans	0.1g	0.2g	0.1g	0.2g	0.1g	0.2g
Carbohydrate	17.1g	23.0g	23.9g	27.0g	17.4g	23.8g
- Sugars	2.6g	3.4g	3.3g	3.7g	2.5g	3.5g
Sodium	495mg	665mg	548mg	619mg	492mg	672mg
GARLIC PRAWN	Average Quantity per Serving 67g	Average Quantity per 100g	Average Quantity per Serving 81g	Average Quantity per 100g	Average Quantity per Serving 66g	Average Quantity per 100g
Energy	580kJ (138Cal)	867kJ (207Cal)	742kJ (177Cal)	916kJ (219Cal)	576kJ (138Cal)	877kJ (209Cal)
Protein	6.8g	10.1g	7.9g	9.8g	7.0g	10.7g
Fat, Total	5.2g	7.8g	5.8g	7.2g	4.9g	7.5g
- Saturated	2.6g	3.9g	2.7g	3.3g	2.7g	4.2g
- Trans	less than 0.1g	0.1g	0.1g	0.1g	less than 0.1g	0.1g
Carbohydrate	15.4g	23.1g	22.3g	27.5g	15.8g	24.0g
- Sugars	1.7g	2.5g	2.4g	3.0g	1.7g	2.6g
Sodium	239mg	357mg	291mg	359mg	235mg	358mg

PRAWN BACON & FETA	Average Quantity per Serving 73g	Average Quantity per 100g	Average Quantity per Serving 88g	Average Quantity per 100g	Average Quantity per Serving 72g	Average Quantity per 100g
Energy	631kJ (151Cal)	858kJ (205Cal)	793kJ (189Cal)	905kJ (216Cal)	627kJ (150Cal)	868kJ (207Cal)
Protein	7.8g	10.6g	8.9g	10.2g	8.0g	11.1g
Fat, Total	5.9g	8.0g	6.5g	7.4g	5.6g	7.7g
- Saturated	2.6g	3.5g	2.7g	3.1g	2.7g	3.8g
- Trans	less than 0.1g	0.1g	0.1g	0.1g	less than 0.1g	0.1g
Carbohydrate	16.1g	21.9g	22.9g	26.2g	16.4g	22.7g
- Sugars	2.4g	3.3g	3.1g	3.6g	2.4g	3.3g
Sodium	324mg	441mg	377mg	430mg	321mg	444mg
SATAY PRAWN	Average Quantity per Serving 76g	Average Quantity per 100g	Average Quantity per Serving 90g	Average Quantity per 100g	Average Quantity per Serving 82g	Average Quantity per 100g
Energy	567kJ (135Cal)	744kJ (178Cal)	738kJ (176Cal)	817kJ (195Cal)	601kJ (144Cal)	738kJ (176Cal)
Protein	7.0g	9.1g	7.9g	8.8g	7.6g	9.3g
Fat, Total	3.7g	4.8g	4.6g	5.1g	4.2g	5.1g
- Saturated	1.7g	2.2g	1.9g	2.1g	2.4g	3.0g
- Trans	less than 0.1g	less than 0.1g	0.2g	0.2g	0.2g	0.2g
Carbohydrate	17.9g	23.5g	24.7g	27.4g	18.6g	22.8g
- Sugars	3.8g	5.0g	4.5g	5.0g	4.2g	5.1g
Sodium	275mg	361mg	338mg	374mg	289mg	354mg
PRAWN SUPREME	Average Quantity per Serving 68g	Average Quantity per 100g	Average Quantity per Serving 90g	Average Quantity per 100g	Average Quantity per Serving 67g	Average Quantity per 100g
Energy	636kJ (152Cal)	937kJ (224Cal)	802kJ (192Cal)	889kJ (212Cal)	632kJ (151Cal)	948kJ (227Cal)
Protein	7.1g	10.4g	9.6g	10.6g	7.3g	10.9g
Fat, Total	6.0g	8.8g	6.1g	6.8g	5.7g	8.5g
- Saturated	2.7g	4.0g	2.6g	2.9g	2.8g	4.3g
- Trans	0.1g	0.2g	0.1g	0.1g	0.1g	0.2g
Carbohydrate	17.0g	25.0g	23.7g	26.2g	17.3g	26.0g
- Sugars	2.9g	4.2g	3.6g	4.0g	2.8g	4.3g
Sodium	343mg	505mg	414mg	459mg	339mg	509mg

* 8 SERVINGS PER PIZZA

* This information is correct as from Jan 2012