

NUTRITIONAL INFORMATION- BIG TASTE RANGE – APRIL 2010

CLASSIC CRUST

DEEP PAN

THIN N CRISPY

CHICKEN MONACO	Average Quantity per Serving 77g	Average Quantity per 100g	Average Quantity per Serving 91g	Average Quantity per 100g	Average Quantity per Serving 75g	Average Quantity per 100g
Energy	644kJ (154Cal)	834kJ (199Cal)	806kJ (193Cal)	883kJ (211Cal)	636kJ (152Cal)	848kJ (203Cal)
Protein	7.6g	9.8g	8.7g	9.5g	7.8g	10.5g
Fat, Total	5.4g	7.0g	6.1g	6.6g	5.2g	7.0g
- Saturated	2.5g	3.2g	2.6g	2.8g	2.7g	3.6g
- Trans	0.1g	0.2g	0.2g	0.2g	0.2g	0.2g
Carbohydrate	17.8g	23.1g	24.7g	27.0g	17.6g	23.5g
- Sugars	1.2g	1.6g	1.3g	1.4g	1.1g	1.4g
Sodium	299mg	388mg	349mg	382mg	298mg	398mg
BBQ CHICKEN & BACON	Average Quantity per Serving 78g	Average Quantity per 100g	Average Quantity per Serving 92g	Average Quantity per 100g	Average Quantity per Serving 76g	Average Quantity per 100g
Energy	807kJ (193Cal)	1030kJ (246Cal)	968kJ (231Cal)	1050kJ (250Cal)	798kJ (191Cal)	1050kJ (251Cal)
Protein	9.1g	11.6g	10.2g	11.1g	9.4g	12.3g
Fat, Total	8.3g	10.6g	8.9g	9.6g	8.1g	10.6g
- Saturated	3.6g	4.6g	3.7g	4.0g	3.8g	5.0g
- Trans	0.2g	0.2g	0.2g	0.2g	0.2g	0.2g
Carbohydrate	19.8g	25.3g	26.7g	28.8g	19.6g	25.7g
- Sugars	2.9g	3.7g	3.0g	3.2g	2.7g	3.6g
Sodium	481mg	614mg	531mg	574mg	480mg	632mg
CREAMY CHICKEN & CHERRY TOMATO	Average Quantity per Serving 83g	Average Quantity per 100g	Average Quantity per Serving 89g	Average Quantity per 100g	Average Quantity per Serving 73g	Average Quantity per 100g
Energy	779kJ (186Cal)	940kJ (225Cal)	935kJ (223Cal)	1050kJ (250Cal)	765kJ (183Cal)	1050kJ (250Cal)
Protein	8.3g	10.0g	9.4g	10.5g	8.5g	11.6g
Fat, Total	8.8g	10.7g	9.5g	10.6g	8.6g	11.8g
- Saturated	4.0g	4.8g	4.1g	4.5g	4.2g	5.8g
- Trans	0.2g	0.2g	0.2g	0.2g	0.1g	0.2g
Carbohydrate	17.5g	21.2g	24.2g	27.1g	17.1g	23.4g
- Sugars	0.8g	1.0g	0.7g	0.8g	0.5g	0.7g
Sodium	382mg	461mg	430mg	481mg	380mg	520mg
FIRE BREATHER	Average Quantity per Serving 79g	Average Quantity per 100g	Average Quantity per Serving 93g	Average Quantity per 100g	Average Quantity per Serving 77g	Average Quantity per 100g
Energy	686kJ (164Cal)	871kJ (208Cal)	848kJ (203Cal)	913kJ (218Cal)	678kJ (162Cal)	886kJ (212Cal)
Protein	8.5g	10.7g	9.6g	10.3g	8.7g	11.4g
Fat, Total	6.2g	7.8g	6.8g	7.3g	6.0g	7.8g
- Saturated	2.8g	3.6g	2.9g	3.1g	3.1g	4.0g
- Trans	0.2g	0.2g	0.2g	0.2g	0.2g	0.2g
Carbohydrate	18.2g	23.1g	25.1g	27.0g	18.0g	23.5g
- Sugars	1.0g	1.3g	1.1g	1.2g	0.9g	1.1g
Sodium	506mg	642mg	555mg	598mg	505mg	660mg
7 MEATS	Average Quantity per Serving 77g	Average Quantity per 100g	Average Quantity per Serving 91g	Average Quantity per 100g	Average Quantity per Serving 75g	Average Quantity per 100g
Energy	838kJ (200Cal)	1080kJ (259Cal)	1000kJ (239Cal)	1090kJ (261Cal)	829kJ (198Cal)	1110kJ (264Cal)
Protein	9.9g	12.8g	11.0g	12.0g	10.1g	13.5g
Fat, Total	8.6g	11.1g	9.2g	10.1g	8.4g	11.2g
- Saturated	3.5g	4.5g	3.6g	3.9g	3.8g	5.0g
- Trans	0.2g	0.3g	0.2g	0.2g	0.2g	0.3g
Carbohydrate	20.2g	26.2g	27.1g	29.7g	20.0g	26.7g
- Sugars	2.6g	3.4g	2.7g	3.0g	2.5g	3.3g
Sodium	557mg	721mg	606mg	664mg	556mg	742mg

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GARLIC PRAWN	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	672kJ (161Cal)	943kJ (225Cal)	834kJ (199Cal)	977kJ (233Cal)	687kJ (164Cal)	989kJ (236Cal)
Protein	8.5g	11.9g	9.6g	11.2g	8.7g	12.6g
Fat, Total	6.1g	8.5g	6.7g	7.9g	6.5g	9.4g
- Saturated	2.9g	4.1g	3.0g	3.6g	3.2g	4.7g
- Trans	0.2g	0.2g	0.2g	0.2g	0.2g	0.2g
Carbohydrate	17.0g	23.8g	23.8g	27.9g	16.8g	24.1g
- Sugars	0.5g	0.7g	0.6g	0.6g	0.3g	0.5g
Sodium	248mg	348mg	298mg	349mg	247mg	355mg
CHILLI PRAWN	Average Quantity per Serving 61g	Average Quantity per 100g	Average Quantity per Serving 75g	Average Quantity per 100g	Average Quantity per Serving 59g	Average Quantity per 100g
Energy	612kJ (146Cal)	1010kJ (240Cal)	774kJ (185Cal)	1030kJ (246Cal)	604kJ (144Cal)	1030kJ (246Cal)
Protein	8.2g	13.4g	9.3g	12.4g	8.4g	14.3g
Fat, Total	4.7g	7.7g	5.3g	7.1g	4.5g	7.7g
- Saturated	2.1g	3.4g	2.2g	2.9g	2.3g	3.9g
- Trans	0.1g	0.2g	0.2g	0.2g	0.2g	0.3g
Carbohydrate	16.9g	27.8g	23.8g	31.7g	16.7g	28.5g
- Sugars	0.6g	1.0g	0.7g	0.9g	0.5g	0.8g
Sodium	213mg	349mg	262mg	349mg	212mg	361mg

CHICKEN & FETA	Average Quantity per Serving 67g	Average Quantity per 100g	Average Quantity per Serving 81g	Average Quantity per 100g	Average Quantity per Serving 65g	Average Quantity per 100g
Energy	685kJ (164Cal)	1020kJ (243Cal)	846kJ (202Cal)	1040kJ (249Cal)	676kJ (161Cal)	1040kJ (249Cal)
Protein	7.4g	11.0g	8.6g	10.5g	7.7g	11.8g
Fat, Total	6.9g	10.3g	7.5g	9.3g	6.7g	10.3g
- Saturated	3.0g	4.5g	3.1g	3.8g	3.3g	5.0g
- Trans	0.2g	0.3g	0.2g	0.2g	0.2g	0.3g
Carbohydrate	17.0g	25.3g	23.9g	29.4g	16.8g	25.9g
- Sugars	0.5g	0.7g	0.6g	0.7g	0.3g	0.5g
Sodium	306mg	455mg	355mg	437mg	305mg	469mg
SPINACH & FETA	Average Quantity per Serving 67g	Average Quantity per 100g	Average Quantity per Serving 81g	Average Quantity per 100g	Average Quantity per Serving 65g	Average Quantity per 100g
Energy	718kJ (171Cal)	1070kJ (255Cal)	880kJ (210Cal)	1080kJ (258Cal)	709kJ (169Cal)	1090kJ (261Cal)
Protein	7.8g	11.5g	8.9g	10.9g	8.0g	12.3g
Fat, Total	7.8g	11.5g	8.4g	10.3g	7.6g	11.6g
- Saturated	4.0g	6.0g	4.1g	5.1g	4.3g	6.6g
- Trans	0.2g	0.3g	0.2g	0.3g	0.3g	0.4g
Carbohydrate	16.8g	25.0g	23.7g	29.1g	16.6g	25.5g
- Sugars	0.5g	0.7g	0.6g	0.7g	0.3g	0.5g
Sodium	349mg	519mg	398mg	490mg	348mg	536mg
CHICKEN PESTO	Average Quantity per Serving 78g	Average Quantity per 100g	Average Quantity per Serving 92g	Average Quantity per 100g	Average Quantity per Serving 76g	Average Quantity per 100g
Energy	772kJ (184Cal)	988kJ (236Cal)	934kJ (223Cal)	1010kJ (242Cal)	812kJ (194Cal)	1070kJ (256Cal)
Protein	7.8g	10.0g	9.0g	9.7g	8.1g	10.7g
Fat, Total	8.9g	11.4g	9.5g	10.3g	8.8g	11.6g
- Saturated	3.6g	4.6g	3.7g	4.0g	3.9g	5.2g
- Trans	0.2g	0.2g	0.2g	0.2g	0.2g	0.3g
Carbohydrate	17.7g	22.6g	24.5g	26.6g	19.9g	26.3g
- Sugars	0.7g	0.9g	0.8g	0.8g	0.9g	1.1g
Sodium	329mg	421mg	378mg	410mg	348mg	459mg
THE LOT	Average Quantity per Serving 83g	Average Quantity per 100g	Average Quantity per Serving 97g	Average Quantity per 100g	Average Quantity per Serving 80g	Average Quantity per 100g
Energy	739kJ (177Cal)	895kJ (214Cal)	901kJ (215Cal)	932kJ (223Cal)	730kJ (175Cal)	910kJ (217Cal)
Protein	8.1g	9.8g	9.2g	9.5g	8.3g	10.3g
Fat, Total	7.4g	9.0g	8.1g	8.3g	7.2g	9.0g
- Saturated	3.1g	3.8g	3.2g	3.3g	3.4g	4.2g
- Trans	0.2g	0.2g	0.2g	0.2g	0.2g	0.3g
Carbohydrate	18.9g	22.9g	25.7g	26.6g	18.6g	23.2g
- Sugars	1.6g	1.9g	1.7g	1.7g	1.4g	1.8g

Sodium	419mg	507mg	468mg	484mg	418mg	521mg
SMOKY STREAKY BACON WITH MEATBALLS	Average Quantity per Serving 83g	Average Quantity per 100g	Average Quantity per Serving 97g	Average Quantity per 100g	Average Quantity per Serving 81g	Average Quantity per 100g
Energy	843kJ (201Cal)	1010kJ (242Cal)	1000kJ (240Cal)	1030kJ (246Cal)	833kJ (199Cal)	1030kJ (246Cal)
Protein	9.8g	11.8g	11.0g	11.3g	10.1g	12.5g
Fat, Total	9.2g	11.1g	9.8g	10.1g	9.0g	11.1g
- Saturated	4.2g	5.1g	4.3g	4.4g	4.5g	5.5g
- Trans	0.3g	0.4g	0.3g	0.3g	0.3g	0.4g
Carbohydrate	19.1g	23.0g	26.0g	26.7g	18.9g	23.3g
- Sugars	1.9g	2.2g	2.0g	2.0g	1.7g	2.1g
Sodium	504mg	604mg	553mg	567mg	502mg	620mg
SMOKY STREAKY BACON WITH MUSHROOM	Average Quantity per Serving 76g	Average Quantity per 100g	Average Quantity per Serving 90g	Average Quantity per 100g	Average Quantity per Serving 73g	Average Quantity per 100g
Energy	758kJ (181Cal)	1000kJ (239Cal)	920kJ (220Cal)	1030kJ (245Cal)	749kJ (179Cal)	1020kJ (244Cal)
Protein	7.6g	10.0g	8.7g	9.7g	7.8g	10.6g
Fat, Total	8.5g	11.2g	9.1g	10.2g	8.3g	11.3g
- Saturated	3.1g	4.1g	3.2g	3.6g	3.3g	4.5g
- Trans	0.2g	0.2g	0.2g	0.2g	0.2g	0.2g
Carbohydrate	17.8g	23.6g	24.7g	27.5g	17.6g	24.0g
- Sugars	1.5g	2.0g	1.6g	1.8g	1.3g	1.8g
Sodium	422mg	558mg	471mg	525mg	421mg	574mg

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THIN N CRISPY

* 8 SERVINGS PER PIZZA

* This information is correct as from April 2010