Nutritional Information

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 through the below guide, we aim to provide customers with the nutritional and allergen information they need to make an informed choice from our menu.

Our nutritional information for our ingredients is listed per 100g unless otherwise stated

Craft your own

Per 100g	ENERGY (kJ)	ENERGY (kcal)	FAT (g)	SATURATED FAT (g)	CARBOHYDRATE(g)	SUGARS (g)	FIBRE (g)	PROTEIN (g)	SALT (g)
BBQ SAUCE	815	193	4.8	0.4	36.6	28.1	0.6	0.6	1.1
CLASSIC TOMATO SAUCE	706	167	2.5	0.2	34.4	34.4	0.6	1.4	1.7
SPICY PIZZASTORM SAUCE	759	180	3.4	0.3	36.0	31.1	1.1	0.7	1.6
WHITE SAUCE	1970	477	46.2	3.5	13.2	9.2	0.7	1.8	1.8
HAND TORN MOZZARELLA	1014	244	18.5	12.2	0.4	0.4	TRACE	19.0	0.4
MOZZARELLA SHAVINGS	1236	297	21.6	13.8	1.0	1.0	TRACE	24.7	1.4
PARMESAN	1612	388	28.4	18.7	TRACE	TRACE	TRACE	33.0	1.6
GORGONZOLA	1358	328	27.4	18.9	0.4	0.1	TRACE	19.8	2.0
GOATS CHEESE	1225	295	23.0	16.3	1.0	TRACE	TRACE	21.0	1.5
CHEDDAR	1629	393	32.0	19.8	0.2	0.2	TRACE	26.0	1.9
RICOTTA	702	163	13.0	9.0	5.0	4.0	TRACE	8.0	0.5
BACON	1561	375	25.6	10.0	0.3	0.2	TRACE	35.8	2.9
MEATBALLS	1076	259	20.0	8.0	6.5	1.0	0.6	13.0	1.6
HAM	552	132	6.6	2.4	0.4	0.4	TRACE	17.7	1.7
SPICY BEEF	953	224	16.0	6.8	4.0	0.5	3.3	16.0	1.5
CHARGRILLED CHICKEN	455	107	1.1	0.4	0.8	0.2	0.1	23.5	1.2
SALAMI	1715	414	36.0	12.5	0.5	0.5	TRACE	22.0	3.8
PEPPERONI	1462	351	23.9	9.7	9.5	TRACE	1.0	24.0	4.1
BBQ PULLED PORK	663	158	7.0	2.7	1.5	0.5	TRACE	22.0	2.3
CHORIZO	1895	458	41.0	16.0	2.5	1.0	TRACE	20.0	4.0
PIRI PIRI CHICKEN	658	155	1.6	0.4	5.5	3.4	TRACE	29.7	0.8
SPICY SAUSAGE	1068	257	19.7	6.9	1.2	TRACE	1.3	18.6	1.2

Per 100g	ENERGY (kJ)	ENERGY (kcal)	FAT (g)	SATURATEDFAT(g)	CARBOHYDRATE(g)	SUGARS (g)	FIBRE (g)	PROTEIN (g)	SALT (g)
FREE RANGE EGGS	547	131	9.0	2.5	TRACE	TRACE	TRACE	12.6	0.4
TUNA	414	99	0.5	0.1	TRACE	TRACE	TRACE	23.5	1.1
ANCHOVIES	732	175	7.6	3.0	0.1	TRACE	TRACE	26.6	7.6
SLOW ROASTED TOMATOES	1403	335	32.9	3.7	8.4	8.4	1.4	0.7	1.1
GREEN PEPPERS	173	41	0.2	TRACE	7.9	5.6	1.4	1.2	TRACE
RED ONION	102	24	0.2	TRACE	4.3	4.2	1.0	0.8	TRACE
ROASTED WHITE ONIONS	246	58	1.1	TRACE	9.9	8.0	2.3	1.0	TRACE
PINEAPPLE	280	66	TRACE	TRACE	15.7	14.5	0.8	0.4	TRACE
RED & GREEN CHILLIES	204	48	0.3	TRACE	8.8	5.0	1.4	1.9	TRACE
JALAPENOS	94	23	0.5	0.1	2.6	2.3	1.8	1.0	3.0
ROASTED MUSHROOMS	137	33	2.3	0.3	0.4	TRACE	2.6	1.4	0.3
BABY SPINACH	124	30	0.8	0.1	1.5	1.5	2.7	2.8	0.4
ARTICHOKES	160	38	TRACE	TRACE	6.5	1.5	3.0	1.5	0.7
SWEETCORN	490	116	2.3	0.2	19.6	16.9	TRACE	4.2	TRACE
OLIVES	990	241	25.3	3.7	0.2	TRACE	3.5	1.3	10.6
CHOPPED GARLIC	1686	403	39.8	4.7	8.0	0.3	1.0	1.8	3.1
CHARGRILLED COURGETTE	119	29	1.4	0.2	1.8	1.7	0.9	1.8	TRACE
RED & YELLOW PEPPERS	815	198	20.2	2.2	3.3	3.3	TRACE	0.7	1.0
BUTTERNUT SQUASH	216	51	1.1	TRACE	8.8	5.3	1.4	0.9	TRACE
BASIL PESTO	1915	464	48.3	6.9	7.4	1.9	1.8	1.1	0.9
ROCKET	72	17	0.5	0.1	1.7	1.7	1.4	0.8	TRACE
ROQUITO SAUCE	446	106	1.1	0.2	22.6	22.2	1.4	0.6	0.2
BALSAMIC SYRUP	1131	266	TRACE	TRACE	64.9	48.3	TRACE	2.0	TRACE
SEA SALT	0	0	0.0	0.0	0.0	0.0	0.0	0.0	100.0
CHILLI FLAKES	2040	489	17.0	3.0	55.0	7.0	34.0	12.0	2.5
CRACKED BLACK PEPPER	1621	385	3.3	0.1	64.8	0.6	26.5	11.0	0.1
OREGANO	1823	435	4.3	1.6	68.9	4.1	42.5	9.0	0.1
CHILLI KETCHUP DIP	733	173	2.6	0.3	36.1	33.1	0.6	1.1	1.5
GARLIC & HERB MAYO DIP	1970	477	46.2	3.5	13.2	9.2	0.7	1.8	1.8
TOMATO KETCHUP DIP	706	167	2.5	0.2	34.4	34.4	0.6	1.4	1.7
BBQ SAUCE DIP	815	193	4.8	0.4	36.6	28.1	0.6	0.6	1.1
DOUGH BALLS	1002	237	1.7	0.3	46.6	3.0	1.8	7.8	1.0

Per 100g	ENERGY (kJ)	ENERGY (kcal)	FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	PROTEIN (g)	SALT (g)
GARLIC CROUTONS	1736	412	8.8	0.8	69	5.3	4.2	12	2.3
HONEY & MUSTARD DRESSING	2189	531	53.5	3.8	12.6	8.7	3.2	1.5	1
CAESAR DRESSING	1677	407	41.7	3.2	6.7	3.7	1.2	1.8	2
FRENCH DRESSING	502	120	7.4	0.9	13.8	8.8	1.7	0.5	2.3
ROMAINE LETTUCE	68	16	0.5	0.1	1.7	1.7	0.9	0.8	TRACE
MIXED BABY LEAF	92	22	0.6	TRACE	1.6	1.6	1.9	1.6	0.1

DESSERTS

Per 100g	ENERGY (kJ)	ENERGY (kcal)	FAT (g)	SATURATEDFAT(g)	CARBOHYDRATE(g)	SUGARS (g)	FIBRE (g)	PROTEIN (g)	SALT (g)
JERSEY SOFT MIX ICE CREAM	614	146	6.2	2.7	18.5	16.3	0.7	4.1	0.2
COOKIES AND CREAM BISCUIT	1917	456	17.7	13.3	69.5	40.7	3.5	4.8	1.3
MINI BEANS CHOC SUGAR COATED	1969	469	17.0	10.0	73.0	73.0	N/A	3.3	0.2
MINTY CHOCOLATE CHIPS	1920	459	15.1	9.2	74.7	54.4	N/A	4.9	TRACE
BLUE BUBBLE CRUNCH	1690	404	0.1	TRACE	99.0	97.0	0.2	NIL	TRACE
CHOCOLATE TOPPING SAUCE	1250	290	0.5	TRACE	69.0	42.0	N/A	1.5	0.2
STRAWBERRY TOPPING SAUCE	950	220	TRACE	TRACE	54.0	34.0	N/A	TRACE	0.1
TOFFEE TOPPING SAUCE	1368	327	5.1	2.7	68.0	48.0	N/A	3.2	0.4

PIZZASTORM ORIGINALS

Per 1/6 Pizza Serving	ENERGY (kJ)	ENERGY (kcal)	FAT (g)	SATURATEDFAT(g)	CARBOHYDRATE(g)	SUGARS (g)	FIBRE (g)	PROTEIN (g)	SALT (g)
ORIGINAL CHEESE & TOMATO	633	151	6.3	3.2	16.0	1.3	0.9	7.2	0.8
AL'OTTA GREENS	618	147	5.5	2.3	17.3	2.0	2.0	6.2	0.7
SUNNY SIDE ERUPT	676	161	6.4	3.0	16.8	1.2	1.3	8.4	0.8
THIS LITTLE PIGGY HAD BBQ	663	158	5.3	2.0	18.9	4.9	0.9	8.0	0.7
ERRM…PEPPERONI?	678	162	6.1	2.5	18.8	1.2	1.4	7.2	1.0
THE MEXICANA	593	141	4.4	1.8	18.3	2.7	1.6	6.4	0.7
THE BLAZIN' TORNADO	673	160	5.6	2.2	18.3	2.6	1.5	8.4	0.9
GARLIC PIZZA BREAD	714	170	6.7	2.7	20.7	1.0	0.9	6.4	0.9
MOTD (Match days only)	677	161	6.7	2.5	16.3	2.1	0.6	8.7	1.4

SIDES & DRINKS

Per 100g	ENERGY (kJ)	ENERGY (kcal)	FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	PROTEIN (g)	SALT (g)
PIZZASTORM COLESLAW	997	242	23.6	2.5	5.0	4.4	1.6	1.6	0.8
GUACAMOLE	607	147	12.5	3.1	6.4	1.0	0.6	1.8	0.6
POTATO WEDGES	1100	260	6.0	0.8	44.0	3.0	5.0	5.2	0.2
SPICY POTATO WEDGES	1100	260	6.0	0.8	44.0	3.0	5.0	5.2	1.4
GARLIC BREAD BITES	2003	478	22.0	8.0	59.4	3.8	2.8	12.0	1.5
BBQ BREAD BITES	1954	465	16.7	6.4	63.6	5.0	2.4	14.0	1.4
COKE COLA	180	42	NIL	NIL	10.6	10.6	NIL	NIL	NIL
DIET COKE COLA	2	1	NIL	NIL	NIL	NIL	NIL	NIL	NIL
VIMTO	132	32	NIL	NIL	7.8	7.8	NIL	NIL	NIL
SUNKIST ORANGE	70	17	NIL	NIL	3.9	3.9	NIL	NIL	NIL
SUNKIST LEMONADE ZERO	1	TRACE	NIL	NIL	NIL	NIL	NIL	NIL	NIL
FEEL GOOD ORANGE & PINEAPPLE	167	39	TRACE	TRACE	9.0	8.8	TRACE	TRACE	TRACE
FEEL GOOD BLACKCURRANT AND APPLE	157	37	TRACE	TRACE	8.9	8.3	TRACE	TRACE	TRACE
FOLKINGTONS APPLE JUICE	230	54	TRACE	13.0	13.0	0.1	TRACE	TRACE	TRACE
FOLKINGTONS ORANGE JUICE	146	35	NIL	NIL	8.6	7.0	2.0	0.8	0.1
MR FITZPATRICK'S ENGLISH ELDERFLOWER & BRAMLEY APPLE CORDIAL	218	52	Trace	Nil	12.2	12.2	0.1	Nil	Trace
MR FITZPATRICK'S RHUBARB & ROSEHIP CORDIAL	208	50	Trace	Nil	11.8	11.8	0.1	Nil	Trace
MR FITZPATRICK'S SOUR CHERRY, RED GRAPE & HIBISCUS CORDIAL	238	57	Trace	Nil	14.1	13.7	Trace	Trace	Trace
CAPLE ROAD MEDIUM CIDER	N/A								
JOEY BROWN WHITE WINE	N/A								
JOEY BROWN RED WINE	N/A								
JOEY BROWN ROSE WISE	N/A								
ONE 4 ONE MERLOT	N/A								
ONE 4 ONE ZINFANFEL	N/A								
ONE 4 ONE SAUVIGNON BLANC	N/A								
ONE 4 ONE PROSECCO	N/A								
PROSECCO	N/A								
REKORDERLIG STRAW & LIME CIDER	N/A								
BUDWEISER	N/A								
BECKS	N/A								
VEDETTE	N/A								
BIRRA MORETTI	N/A								
MEANTIME LONDON LAGER	N/A								
MEANTIME YAKIMA RED	N/A								
SAN MIGUEL ZERO	N/A								
NEWCASTLE BROWN ALE	N/A								

We have compiled this guide to help customers make an informed decision in order to achieve a balanced diet. Our aim is to provide nutritional information about our products which is as comprehensive and accurate as possible. PizzaStorm reserves the right to change the profile of its ingredients and therefore the information contained in this guide may change at any time, without notice, as we continuously review and update our food ingredients to ensure the highest possible quality and food safety. While this Guide has been prepared in good faith, no responsibility or liability is or will be accepted by PizzaStorm, any group company or their employees and officers in relation to the accuracy or completeness of this Guide. All nutritional data is based on supplier results. Further information on allergies can be found at www.anaphylaxis.org.uk.

INGREDIENTS & ALLERGENS

We do not use nuts in our pizzas, accompaniments or side orders, however some ingredients are produced in factories that handle nuts.

Allergens are highlighted with an"X" in the "contains" boxes to the right. An "X" in the box indicates that the product contains an allergen as an ingredient or processing aid. If you have a Food Allergy or Intolerance: before you order your food please always speak to our staff. Our restaurants are busy working environments and there is always a risk of cross-contamination between toppings. We have also included whether the material is suitable for Vegetarians and Vegans. A "√" indicates it is suitable.

Item	Ingredients	Cereals containing gluten	Eggs	Fish	Peanuts	Nuts	Soyabeans	Milk	Celery/ celeriac	Mustard	Sesame	Lupins	Sulphur dioxide	Crustaceans	Molluscs	Suitable for Vegetarians	Suitable for Vegans
CHEDDAR THE DEVIL YOU KNOW	Mozzarella shaving and mature cheddar on a tomato sauce base	X						X								√	
GARLIC PIZZA BREAD	Pizza topped with Mozzarella shavings, chopped garlic, Sea Salt and fragrant Oregano.	X						X								√	
AL'OTTA GREENS	Mozzarella shaving, baby spinach, ricotta, marinated baby tomatoes, parmesan and oregano on a tomato sauce base	X						X									
SUNNY SIDE ERUPT	Mozzarella shavings, parmesan, bacon, mushrooms, rocket and black pepper, with a cooked egg on top, on a white sauce base	X	X					X									
THIS LITTLE PIGGY HAD BBQ	Mozzarella shavings, red onion, BBQ pulled pork, roasted white onion, with red and yellow peppers on a BBQ sauce base	X						X									
ERRM… PEPPERONI?	Mozzarella shaving, pepperoni, salami and red onion on a tomato sauce base	X						X									
THE MEXICANA	Mozzarella shavings, spicy beef, red & green chillies and red onion on a spicy tomato sauce base drizzled with Roquito sauce	X						X									
THE BLAZIN' TORNADO	Mozzarella shavings, spicy sausage, pepperoni, piri piri chicken, red & green chillies, jalapenos and roquito sauce on a spicy tomato sauce base	X						X									
MOTD PIZZA (MATCH DAYS ONLY)	A meaty delight, with mozzarella shavings, chicken, ham, spicy beef, pepperoni on a rich tomato sauce base.	X						X									

Item	Ingredients	Cereals containing gluten	Eggs	Fish	Peanuts	Nuts	Soyabeans	Milk	Celery/ celeriac	Mustard	Sesame	Lupins	Sulphur dioxide	Crustaceans	Molluscs	Suitable for Vegetarians	Suitable for Vegans
POTATO WEDGES	Crisp potato wedges with skins left on, giving a extra burst of flavour															√	√
SPICY WEDGES	Seasoned crisp potato wedges with skins left on, giving a extra burst of flavour															√	√
GARLIC BREAD BITES	A blend of garlic, cheese and herbs in a soft doughy bread	X						X								√	
BBQ BREAD BITES	Cheesy BBQ flavoured doughy bread	X						X								√	
HAND TORN MOZZARELLA	Pasteurised Cows Milk, Rennet, Salt, Acidity Regulator: Citric Acid							X								√	
MOZZARELLA SHAVINGS	Pasteurised Cows Milk, Salt, Rennet, Potato Starch, Starter Culture							X								√	
PARMESAN	Parmigiano Reggiano, Cows Milk, Salt, Starter Culture, Calf Rennet							X									
GORGONZOLA	Pasteurised Cows Milk, Salt, Lactic Acid, Fungalferment, Coagulant							X									
GOATS CHEESE	Pasteurised Goats Milk, Goats Curd, Salt, Cultures, Microbial Rennet							X								√	
CHEDDAR	Cheddar Cheese, Milk, Salt, Coagulant, Start Culture, Potato Starch							X								√	
RICOTTA	Pasteurised Whey, Milk, Cream, Salt, Lactic Acid, Citric Acid							X									
BACON	Pork, Salt, Preservative E250, Antioxidant E301																
MEATBALLS	Pork, Onions, Breadcrumbs, Eggs, Salt, Spices, Rapeseed Oil	X	X														
HAM	Pork, Water, Salt, Sugar, Stabilisers (Sodium Polyphosphate, Sodium Ferrocyanide), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).																
SPICY BEEF	Beef, Water, Breadcrumbs, Salt, Flavour, Pepper.	X															
CHARGRILLED CHICKEN	Chicken Breast, Chicken Stock, Sugar, Modified Tapioca Starch, Salt, Natural Smoke Flavour, Dextrose.																
SALAMI	Pork, Salt, Spices, Dextrose, Frutose, Sodium Ascorbate, Potassium Nitrate, Sodium Nitrate																
PEPPERONI	Pork, Durum Wheat Semolina, Curing Salts (Salt, Sodium Nitrite), Dextrose, Paprika Extract, Rosemary Extract, Antioxidant (Sodium Ascorbate), Garlic Powder, Paprika, Pepper Extract, Starter Culture.	X															
BBQ PULLED PORK	Pork, Salt, Maltodextrin, Spices, Acidity Regulator (Sodium Citrate), Modified Maize Starch, Spice Extracts, Sugar, Onion, Garlic, Tomato Powder, Herbs.	X															
CHORIZO	Pork, Salt, Spices, Dextrose, Pork Fat, Spice Extracts, Antioxidants (E301, E300), Yeast Extract, Garlic Powder, Acidity Regulator (E330), Starter Culture, Preservative (E250).																
PIRI PIRI CHICKEN	Chicken, Red Chilli Puree, Tomato , Vinegar, Sugar, Spices, Garlic, Salt																
SPICY SAUSAGE	Pork, Paprika, Chilli Flakes, Salt, Cayenne Pepper, Chilli Powder, Ground Fennel Seeds, Ground Black Pepper.																

Item	Ingredients	Cereals containing gluten	Eggs	Fish	Peanuts	Nuts	Soyabeans	Milk	Celery/ celeriac	Mustard	Sesame	Lupins	Sulphur dioxide	Crustaceans	Molluscs	Suitable for Vegetarians	Suitable for Vegans
EGGS	Egg		X													√	
TUNA	Tuna (Fish), Water, Salt			X												√	
ANCHOVIES	Anchovy (Fish), Salt, Sunflower Oil			X												√	
SLOW ROASTED TOMATOES	Tomatoes, Sunflower Seed Oil, Apple Cider Vinegar, Salt, Mint, Garlic, Parsley, Pepper, Acidity Regulator: Citric Acid.															√	√
GREEN PEPPERS	Green Peppers															√	√
RED ONION	Red Onion															√	√
ROASTED WHITE ONION	White Onion, Brown Sugar, Sunflower Oil, Thyme, Oregano															√	√
PINEAPPLE	Pineapple															√	√
RED & GREEN CHILLIES	Red and Green Chillies															√	√
JALAPENOS	Jalapenos, Water, Sea Salt, Acidity Regulator: Citric Acid, Spices, Firming Agent: Calcium Chloride.															√	√
ROASTED MUSHROOMS	Mushrooms, Sunflower Oil, Garlic Puree, Salt, Cracked Pepper.															√	√
BABY SPINACH	Baby Spinach															√	√
ARTICHOKES	Artichoke Hearts, Salt, Citric Acid															√	√
SWEETCORN	Sweetcorn															√	√
OLIVES	Kalamata Olives, Water, Salt, Red Wine Vinegar, Extra Virgin Olive oil															√	√
CHOPPED GARLIC	Garlic, Vegetable Oil, Salt, Citric Acid, Sodium Metabisulphite												X			√	√
CHARGRILLED COURGETTE	Courgettes, Sunflower Oil															√	√
RED & YELLOW PEPPERS	Red/Yellow Peppers, Sunflower Seed Oil, Salt, Acidity Regulator															√	√
BUTTERNUT SQUASH	Butternut Squash, Honey, Sunflower Oil, Rosemary															√	
GUACAMOLE	Avocado, Red Onion, Lime Juice, Dehydrated Pepper, Salt, Organic Jalapeno Powder, Dehydrated Coriander, Black Pepper.															√	√
BASIL PESTO	Basil, Sunflower Oil, Vegetarian Cheese, Sugar, Salt, Garlic, Lactic Acid							X								√	
ROCKET	Wild Rocket															√	√
ROQUITO SAUCE	Water, Red Jalapeno Peppers, Sugar, Vinegar, Tomato, Onion, Sunflower Oil, Garlic, Onion, Xanthan Gum															√	√
BALSAMIC SYRUP	Grape Juice, Balsamic Vinegar, Modified Starch, Sulphur Dioxide												X			√	√
SEA SALT	Sea Salt															√	√
CHILLI FLAKES	Crushed Chillis															√	√
CRACKED BLACK PEPPER	Cracked Black Pepper															√	√
OREGANO	Dried Oregano															√	√

Item	Ingredients	Cereals containing gluten	Eggs	Fish	Peanuts	Nuts	Soyabeans	Milk	Celery/ celeriac	Mustard	Sesame	Lupins	Sulphur dioxide	Crustaceans	Molluscs	Suitable for Vegetarians	Suitable for Vegans
BBQ SAUCE	Water, Dextrose, Spirit Vinegar, Sugar, Tomato Purée, Rapeseed Oil, Cornflour, Salt, Black Pepper, Onion Powder, Smoke (Flavouring), Colour (Plain Caramel), Garlic Powder, Smoked Salt.															√	√
CLASSIC TOMATO SAUCE	Tomato, Water, Tomato Paste, Rapeseed Oil, Basil, Salt, Sugar, Cornflour.															√	√
SPICY PIZZASTORM SAUCE	Tomato, Water, Tomato Paste, Rapeseed Oil, Red & Green Jalapeño Chilli, Basil, Salt, Sugar, Chilli Powder, Cornflour.															√	√
WHITE SAUCE	Milk, Cream (Milk), Wheat Flour (Gluten), Maize Starch (Gluten), Salt	X						X									
PIZZASTORM DOUGH BALLS	Flour, Water, Salt, Olive Oil, RS190 , Yeast, Malt Flour, Sponge	X														√	√
CHILLI KETCHUP DIP	Passata, Dextrose, White Wine Vinegar, Water, Tomato Purée, Sugar, Rapeseed Oil, Cornflour, Fructose, Salt, Chilli Powder, Concentrated Lime Juice, Chilli Flakes.															√	√
GARLIC & HERB MAYO DIP	Rapeseed Oil, Water, Spirit Vinegar, Dextrose, Fructose, Garlic Purée, Egg, Salted Egg Yolk (Egg Yolk, Salt), Salt, Cornflour, Mustard Powder, Garlic Powder, Parsley, Xanthan Gum.		X							X						√	
TOMATO KETCHUP DIP	Passata, Dextrose, White Wine Vinegar, Water, Tomato Purée, Sugar, Rapeseed Oil, Cornflour, Salt, Concentrated Lime Juice, Chilli Powder.															√	√
BBQ SAUCE DIP	Water, Dextrose, Spirit Vinegar, Sugar, Tomato Purée, Rapeseed Oil, Cornflour, Salt, Black Pepper, Onion Powder, Smoke (Flavouring), Colour (Plain Caramel), Garlic Powder, Smoked Salt.															√	√
ROLL OFF RELEASE AGENT	Vegetable Oil, Emulsifier, Soya Lecithin, Propane, Emulsifier, Antioxidant						X									√	√
PLAIN FLOUR & SEMOLINA MIX	Wheat Flour, Durum Wheat Semolina	X														√	√
COLESLAW	Cabbage (40%), Rapeseed Oil, Carrot, Soured Cream (Milk), Pasteurised Free Range Egg Yolk, Onion, Water, Lemon Juice, Sugar, Spirit Vinegar, Crème Fraiche (Milk), Salt, Chive, Black Pepper, Stabilisers (Guar Gum, Xantham Gum), Mustard Powder.		X					X		X						√	
HOT MADRAS CURRY POPCORN	Mushroom Popcorn, Rapeseed Oil, Sea Salt, Madras Curry Powder (Ground Coriander, Ground Turmeric, Mustard Powder, Ground Chilli, Bengal Gram (Black Chickpea), Ground Cumin, Ground Fenugreek, Ground Black Pepper, Garlic Powder, Iodised Salt, Ground Fennel).									X						√	√
SEA SALT & PEPPER POPCORN	Mushroom Popcorn, Rapeseed Oil, Sea Salt, Black Pepper.															√	√

Item	Ingredients	Cereals containing gluten	Eggs	Fish	Peanuts	Nuts	Soyabeans	Milk	Celery/ celeriac	Mustard	Sesame	Lupins	Sulphur dioxide	Crustaceans	Molluscs	Suitable for Vegetarians	Suitable for Vegans
GARLIC CROUTONS	Wheat Flour, Vegetable Oil (Sunflower), Garlic Flavouring, Wheat Gluten, Salt, Sugar, Yeast	X														√	√
HONEY AND MUSTARD DRESSING	Rapeseed Oil, Honey (13.5%), Water, Coarsegrain Mustard (5%) (Mustard Seed, White Wine Vinegar, Water, Honey, Spirit Vinegar, Salt, Mustard Flour, Sugar, Ground Turmeric, Dried Tarragon, Ground Cinnamon), Spirit Vinegar, Pasteurised Egg Yolk, Dijon Mustard (3%) (Water, Mustard Flour, Spirit Vinegar, Salt, Mustard Bran, Ground Turmeric, Ground Pimento, Black Pepper, White Pepper, Ground Cinnamon, Ground Cloves), Mustard Seed (1%), Salt, Modified Maize Starch, Flavouring, White Pepper.		X							X						√	
CAESAR DRESSING	Rapeseed Oil, Water, Caesar Dressing Premix (Spirit Vinegar, Water, Garlic Puree (Water, Dried Garlic, Acidity Regulator (Citric Acid)), Medium Fat Hard Cheese (Milk) (contains Preservative (Lysozyme (from Egg)), Salt, Concentrated Lemon Juice, Dried Garlic, Dried Onion, Stabiliser (Xanthan Gum), Sugar, Pasteurised Egg Yolk, Worcester Sauce (Water, Malt Vinegar (Barley), Sugar, Molasses, Salt, Soy Sauce (Water, Soya Beans, Wheat, Salt), Tamarind Concentrate, Onion Powder, Concentrated Lemon Juice, Ground White Pepper, Ground Chillies, Garlic Powder, Ground Ginger, Ground Cloves, Acidity Regulator (Acetic Acid), Malt Extract (Barley)), Salt, Cracked Black Pepper, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Natural Flavourings (Contains Milk)	X	X				X	X								√	
FRENCH DRESSING	Water, White Wine Vinegar, Glucose-Fructose Syrup, Extra Virgin Olive Oil (7%), French Mustard (2.5%) (Water, Mustard Flour, Spirit Vinegar, Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin and Thiamin), Salt, Sugar, Caramelised Sugar Syrup, Acidity Regulator (Acetic Acid), Mustard Bran, Colour (E150d), Clove Powder, Pimento, Chilli Seasoning (Chilli Powder, Cumin, Garlic Powder, Dried Oregano, Salt), Dried Garlic, Dried Onion, Flavouring), Salt, Dijon Mustard (1.9%) (Water, Mustard Flour, Spirit Vinegar, Salt, Mustard Bran, Turmeric, Pimento, Black Pepper, White Pepper, Cinnamon, Clove Powder), Concentrated Lemon Juice, Herbs (Parsley, Chives, Basil), Stabiliser (Xanthan Gum), Cracked Black Pepper, Preservative (Potassium Sorbate), Mustard Seed	X								X						√	√
ROMAINE LETTUCE	Romaine Lettuce															√	√
MIXED BABY LEAF	Spinach, Mizuna, Baby Red Leaf															√	√

Item	Ingredients	Cereals containing gluten	Eggs	Fish	Peanuts	Nuts	Soyabeans	Milk	Celery/ celeriac	Mustard	Sesame	Lupins	Sulphur dioxide	Crustaceans	Molluscs	Suitable for Vegetarians	Suitable for Vegans
JERSEY SOFT MIX ICE CREAM	Jersey Skimmed Milk, Jersey Cream, Jersey Skimmed Milk Concentrate, Sugar, Glucose, Emulsifiers / Stabilisers (Mono and Di-Glycerides of Fatty Acids, Cellulose Gum, Guar Gum, Carrageenan, Sodium Alginate, Locust Bean Gum), Vanilla Flavouring, Annatto Colour.							X								√	
COOKIES AND CREAM BISCUIT	Sugar, Enriched Cake Flour, Palm and Palm Kernel Oil, Cocoa, Chocolate Liquor, Salt, Raising Agent (Sodium Bicarbonate), Emulsifier (Soya Lecithin), Natural Vanilla Flavouring.						X									√	
MINI BEANS CHOC SUGAR COATED	Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Whey Powder, Thickening Agent (Gum Arabic), Emulsifier (Sunflower Lecithin), Colours (Anthocyanins, Copper-Chlorophyllin-Complex), Carmine, Curcumin, Titanium Dioxide), Glucose Syrup, Glazing Agents (Shellac, Carnauba Wax, Bees Wax), Salt, Acidity Regulator (Citric Acid).							X								√	
MINTY CHOCOLATE CHIPS	Sugar, Glucose Syrup, Cocoa Butter, Cocoa Powder, Milk Powder, Skimmed Milk Powder, Cocoa Mass, Sunflower Oil, Emulsifier (Sunflower Lecithin), Glazing Agent (Gum Arabic), Natural Flavour, Salt.							X								√	
BLUE BUBBLE CRUNCH	Sugar, Glucose Syrup, Flavouring, Glazing Agents (Shellac, Beeswax), Sunflower Oil, Colour (Patent Blue V).															√	√
CHOCOLATE TOPPING SAUCE	Glucose Syrup, Sugar, Water, Fat-Reduced Cocoa Powder, Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid), Salt, Flavouring.															√	√
STRAWBERRY TOPPING SAUCE	Glucose Syrup, Sugar, Strawberries, Water, Acidity Regulator (Citric Acid), Strawberry Pulp, Thickening Agent (Pectin), Flavouring, Preservative (Potassium Sorbate), Colouring Matter (Anthocyanins).															√	√
TOFFEE TOPPING SAUCE	Glucose Syrup, Water, Skimmed Milk Powder, Vegetable Fat (Palm Oil), Salt, Flavouring, Emulsifier (Soya Lecithin), Preservative (Potassium Sorbate).						X	X								√	

Item	Cereals containing gluten	Eggs	Fish	Peanuts	Nuts	Soyabeans	Milk	Celery/ celeriac	Mustard	Sesame	Lupins	Sulphur dioxide	Crustaceans	Molluscs	Suitable for Vegetarians	Suitable for Vegans
COCA COLA															√	√
DIET COCA COLA															√	√
VIMTO															√	√
SUNKIST ORANGE															√	√
SUNKIST LEMONADE ZERO															√	√
COCA COLA ZERO															√	√
IRN BRU (Newcastle)															√	√
FEEL GOOD ORANGE & PINEAPPLE															√	√
FEEL GOOD BLACKCURRANT & APPLE															√	√
FOLKINGTONS APPLE JUICE															√	√
FOLKINGTONS ORANGE JUICE															√	√
MR FITZPATRICK'S ENGLISH ELDERFLOWER & BRAMLEY APPLE CORDIAL															√	√
MR FITZPATRICK'S RHUBARB & ROSEHIP CORDIAL															√	√
MR FITZPATRICK'S SOUR CHERRY, RED GRAPE & HIBISCUS CORDIAL															√	√
CAPLE ROAD MEDIUM CIDER												X			√	√
JOEY BROWN WHITE WINE												X			√	√
JOEY BROWN RED WINE												X			√	√
JOEY BROWN ROSE WINE												X			√	√
PROSECCO															√	√
ONE 4 ONE SAUVIGNON BLANC												X			√	√
ONE 4 ONE PROSECCO															√	√
ONE 4 ONE MERLOT												X			√	√
ONE 4 ONE ZINFANDFEL												X			√	√
BUDWEISER	X														√	√
BECKS	X														√	√
SAN MIGUEL ZERO	X														√	√
BIRRA MORETTI	X														√	√
REKORDERLIG STRAW & LIME CIDER												X			√	√
VEDETTE	X														√	√
NEWCASTLE BROWN ALE (Newcastle)	X														√	√
MEAN TIME YAKIMA RED	X														√	√
MEAN TIME LONDON LAGER	X														√	√

We have compiled this guide to help customers make an informed decision in order to achieve a balanced diet. Our aim is to provide nutritional information about our products which is as comprehensive and accurate as possible. PizzaStorm reserves the right to change the profile of its ingredients and therefore the information contained in this guide may change at any time, without notice, as we continuously review and update our food ingredients to ensure the highest possible quality and food safety. While this Guide has been prepared in good faith, no responsibility or liability is or will be accepted by PizzaStorm, any group company or their employees and officers in relation to the accuracy or completeness of this Guide. All nutritional data is based on supplier results. Further information on allergies can be found at www.anaphylaxis.org.uk.