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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 guide below, we aim to provide customers with the nutritional & allergen information you need to make an informed choice about our menu.

Our nutritional information for our ingredients is listed per 100g unless stated otherwise. Suitable for Vegetarians: **v** Suitable for Vegans **V**

**Nutrition Contains Key:-** CEREALS CONTAINING GLUTEN EGGS FISH PEANUTS NUTS SOYABEANS MILK CELERY / CELERIAC MUSTARD SESAME LUPINS SULPHUR DIOXIDE CRUSTACEANS MOLLUSCS

Menu Item	Allergens	Energy		Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
		Energy KJ	Energy Kcal							
Dough Ball	<b>v</b> <b>V</b>	995	235	3.3	0.3	46.5	0.9	Trace	7.4	1.1
<b>BASE SAUCE</b>										
Classic Tomato Sauce	<b>v</b> <b>V</b>	706	167	2.5	0.2	34.4	34.4	0.6	1.4	1.7
Spicy Tomato Sauce	<b>v</b> <b>V</b>	759	180	3.4	0.3	36.0	31.1	1.1	0.7	1.6
BBQ Sauce	<b>v</b> <b>V</b>	809	192	5.7	0.4	34.3	29.7	0.8	0.5	1.1
White Sauce	<b>v</b>	1970	477	46.2	3.5	13.2	9.2	0.7	1.8	1.8
<b>CHEESE</b>										
Mozzarella Pearls	<b>v</b>	1043	251	19.0	13.6	2.0	2.0	0.0	18.0	0.5
Mozzarella Diced	<b>v</b>	1209	291	21.0	13.0	1.0	1.0	Trace	24.0	1.4
Regato	<b>v</b>	1480	354	25.0	16.1	1.8	0.2	Trace	28.4	2.7
Red Leicester	<b>v</b>	1546	370	30.4	18.8	1.8	0.2	Trace	22.5	1.9
Cheddar Mature	<b>v</b>	1721	415	34.6	21.5	0.9	0.1	Trace	25.1	1.9
<b>MEAT, FISH, PROTEIN</b>										
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		867	204	13.0	5.7	7.0	3.1	0.4	13.0	2.0
Chargrilled Chicken		521	123	1.6	0.4	1.7	1.7	0.5	25.2	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

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		Energy KJ	Energy Kcal								
Chorizo		1660	397	35.0	14.0	Trace	Trace	Nil	19.0	4.1	
Piri Piri Chicken		527	125	2.0	0.4	5.7	4.0	0.8	20.0	1.5	
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	
<b>VEGETABLES</b>											
Tomatoes		 	84	20	0.3	0.1	3.1	3.1	1.0	0.7	0.1
Green Peppers		 	82	20	0.3	0.1	2.6	2.4	1.6	0.8	Trace
Red Onion		 	173	41	0.2	0.1	7.9	5.6	1.4	1.2	Trace
Pineapple		 	272	64	0.5	Trace	15.0	15.0	Trace	0.5	Trace
Red Jalapenos		 	33	8	0.3	0.2	0.4	Trace	0.8	0.4	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
Sweetcorn		 	500	118	1.3	0.1	22.0	3.5	3.3	3.0	0.5
Olives		 	521	127	13.2	2.2	Trace	Trace	3.0	0.5	2.1
Chopped Garlic		 	1686	403	39.8	4.7	8.0	0.3	1.0	1.8	3.1
Courgetti		 	84	20	0.3	0.1	3.1	3.1	1.0	0.7	0.1
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
Baked Beans		 	311	74	0.2	Trace	11.9	4.8	3.5	4.4	0.6
<b>SALAD LEAF</b>											
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

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		Energy KJ	Energy Kcal									
<b>DIPS, DRESSINGS &amp; FINISHES</b>												
Garlic & Herb Mayo Dip		v	<u>V</u>	1970	477	46.2	3.5	13.2	9.2	0.7	1.8	1.8
Tomato Ketchup Dip		v	<u>V</u>	762	180	3.2	0.2	35.7	33.0	1.6	1.5	1.6
BBQ Sauce Dip		v	<u>V</u>	809	192	5.7	0.4	34.3	29.7	0.8	0.5	1.1
Basil Pesto	☉	v		1915	464	48.3	6.9	7.4	1.9	1.8	1.1	0.9
Rocket		v	<u>V</u>	72	17	0.5	0.1	1.7	1.7	1.4	0.8	Trace
Sriracha Chilli Sauce		v	<u>V</u>	435	103	0.7	Trace	22.0	16.0	2.7	0.8	4.5
Balsamic Vinegar (12 Stars)		v	<u>V</u>	1131	266	Trace	Trace	64.9	48.3	Trace	2.0	Trace
Extra Virgin Olive Oil		v	<u>V</u>	3865	900	99.9	13.0	Nil	Nil	Nil	Nil	Nil
Sea Salt		v	<u>V</u>	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Cracked Black Pepper		v	<u>V</u>	1621	385	3.3	0.1	64.8	0.6	26.5	11.0	0.1
Chilli Flakes		v	<u>V</u>	2040	489	17.0	3.0	55.0	7.0	34.0	12.0	2.5
Oregano		v	<u>V</u>	1823	435	4.3	1.6	68.9	4.1	42.5	9.0	0.1
Garlic Croutons	●	v	<u>V</u>	1736	412	8.8	0.8	69.0	5.3	4.2	12.0	2.3
Honey & Mustard Dressing	● ● ●	v		2192	527	53.6	3.8	9.3	8.7	3.2	1.5	1.1
Caesar Dressing	● ● ● ● ●	v		1678	407	41.8	3.2	5.6	3.7	1.2	1.9	1.9
French Dressing	● ●	v		717	173	14.4	1.1	10.3	9.3	0.4	0.4	2.0
<b>DESSERTS</b>												
Jersey Gold Ice Cream	☉	v		637	152	6.0	3.3	20.3	19.0	Trace	4.1	0.1
Chocolate Topping Sauce		v	<u>V</u>	1250	290	0.5	Trace	69.0	42.0	N/A	1.5	0.2
Strawberry Topping Sauce		v	<u>V</u>	950	220	Trace	Trace	54.0	34.0	N/A	Trace	0.1
Toffee Topping Sauce	☉ ● ●	v		1368	327	5.1	2.7	68.0	48.0	N/A	3.2	0.4
Nutella	☉ ● ●	v		2252	539	30.9	10.6	57.5	56.3	N/A	6.3	0.1
Mascarpone	☉	v		1759	427	44.0	30.8	2.7	2.7	Nil	5.0	0.1





