

FOR YOU DEVISED  
 THIS EVIL LIST  
 THESE HELTHY FACTS  
 OF WHICH CONSIST  
 OUR EVIL TREATS  
 & MEALS DO DWELL  
 IF YOU WANT IT  
 HELTHY

◆◆◆ GO TO ◆◆◆

HELL





# NUTRITIONAL INFORMATION



AVERAGE NUTRITION INFORMATION PER 100G PIZZA FOR STANDARD PIZZA BASE; DOUBLE 8 SLICES, SNACK & DESSERT 4 SLICES.

INDIVIDUAL PIZZAS	AVERAGE SLICE (G)	OPTIONALS	ENERGY (KJ)	ENERGY (CAL)	PROTEIN	FAT TOTAL	FAT SATURATED	CARBOHYDRATE	-SUGARS	DIETARY FIBRE	SODIUM	POTASSIUM	CALCIUM	ALLERGENS WITH STANDARD WHEAT FLOUR BASE
<b>BRIMSTONE</b>	108 g		893 kJ	213 cal	10.6 g	7.5 g	3.6 g	24.7 g	2.0 g	2.1 g	408 mg	199 mg	145 mg	W,M,S
<b>CURSED</b>	110 g		957 kJ	229 cal	12.3 g	8.3 g	4.6 g	25.2 g	2.7 g	1.6 g	395 mg	156 mg	186 mg	W,M,S,SU
<b>DAMNED</b>	107 g		930 kJ	222 cal	10.0 g	7.7 g	3.4 g	26.6 g	3.8 g	2.9 g	230 mg	337 mg	165 mg	W,M,T,SU
<b>ENVY</b>	100 g		878 kJ	210 cal	10.6 g	6.2 g	3.1 g	26.7 g	2.5 g	2.0 g	293 mg	211 mg	150 mg	W,M,S,SU
<b>GLUTTONY</b>	102 g		840 kJ	201 cal	10.1 g	5.9 g	3.0 g	25.6 g	1.9 g	2.0 g	276 mg	201 mg	149 mg	W,M,S
<b>GREED</b>	107 g		901 kJ	215 cal	10.9 g	6.9 g	3.8 g	26.3 g	3.9 g	1.6 g	297 mg	144 mg	213 mg	W,M
<b>GRIMM</b>	104 g		1030 kJ	245 cal	11.4 g	9.6 g	4.8 g	27.1 g	3.6 g	2.0 g	342 mg	170 mg	163 mg	W,M,T
<b>LIMBO</b>	105 g	no olives	824 kJ	197 cal	9.3 g	6.3 g	3.5 g	24.6 g	1.8 g	1.9 g	330 mg	182 mg	158 mg	W,M
<b>LUST</b>	100 g	with bbq sauce	986 kJ	235 cal	12.2 g	7.7 g	3.8 g	28.2 g	3.4 g	1.9 g	461 mg	195 mg	152 mg	W,M,S,SU
<b>MAYHEM</b>	102 g		939 kJ	224 cal	11.4 g	7.7 g	3.1 g	26.3 g	2.7 g	1.8 g	342 mg	182 mg	149 mg	W,M,P
<b>MISCHIEF</b>	102 g	no optionals	872 kJ	208 cal	11.1 g	6.4 g	3.2 g	25.4 g	1.6 g	2.0 g	355 mg	195 mg	151 mg	W,M,S
<b>MORDOR</b>	104 g		906 kJ	216 cal	11.6 g	6.5 g	3.2 g	26.6 g	3.1 g	1.8 g	403 mg	181 mg	145 mg	W,M,S,SU
<b>PANDEMONIUM</b>	102 g		1000 kJ	240 cal	13.3 g	8.0 g	4.3 g	27.6 g	3.9 g	1.5 g	372 mg	156 mg	199 mg	W,M
<b>PRIDE</b>	95 g	no optionals	835 kJ	199 cal	9.2 g	5.2 g	2.8 g	27.5 g	2.5 g	2.2 g	207 mg	197 mg	158 mg	W,M
<b>PURGATORY</b>	102 g	no olives	936 kJ	224 cal	10.7 g	7.6 g	4.2 g	26.4 g	2.9 g	2.7 g	291 mg	336 mg	177 mg	W,M,SU
<b>SINISTER (VEGAN)</b>	108 g		653 kJ	156 cal	5.5 g	2.2 g	0.3 g	26.5 g	1.9 g	3.5 g	307 mg	256 mg	23 mg	W
<b>SLOTH</b>	106 g		896 kJ	214 cal	10.2 g	7.3 g	2.9 g	25.7 g	2.2 g	2.0 g	408 mg	185 mg	141 mg	W,B,E,F,M,S,SU
<b>TROUBLE</b>	107 g		951 kJ	227 cal	12.8 g	8.1 g	4.2 g	24.8 g	2.0 g	1.6 g	370 mg	181 mg	174 mg	W,M,S,SU
<b>UNDERWORLD</b>	99 g	avg 2 choices	972 kJ	232 cal	11.8 g	7.6 g	3.1 g	27.5 g	1.7 g	1.7 g	385 mg	169 mg	163 mg	W,B,C,E,F,M,S
<b>WRATH</b>	102 g	no optionals	846 kJ	202 cal	10.1 g	6.0 g	3.1 g	25.6 g	1.8 g	2.1 g	301 mg	190 mg	151 mg	W,M,S
<b>NEMESIS</b>	116 g		893 kJ	213 cal	9.2 g	9.3 g	4.0 g	22.3 g	1.3 g	2.2 g	414 mg	188 mg	128 mg	W,M,S
<b>SERPENT</b>	106 g	with optionals	1090 kJ	262 cal	10.4 g	13.1 g	4.8 g	24.3 g	1.4 g	2.2 g	560 mg	190 mg	141 mg	W,F,M,S
<b>TEMPTATION</b>	79 g		937 kJ	224 cal	6.1 g	2.4 g	0.7 g	42.3 g	12.2 g	3.6 g	108 mg	263 mg	53 mg	W,O,M,SU
<b>UNEARTHLY</b>	77 g		957 kJ	229 cal	5.6 g	4.5 g	3.1 g	39.8 g	13.4 g	2.6 g	107 mg	255 mg	28 mg	W,M,S

**ALLERGENS:** CONTAINS W=WHEAT, B=BARLEY, O=OATS, M=MILK, S=SOY, SU=SULPHITES>10PPM, SE=SESAME SEEDS, P=PEANUTS, T=TREENUTS, F=FISH, C=CRUSTACEA, E=EGG.

**ALL MAY CONTAIN TRACES OF NUTS & SOY.** ALL PIZZAS ARE MSG FREE. ALL PIZZAS MADE IN AN ENVIRONMENT THAT ALSO HANDLES WHEAT, OATS, MILK, SOY, FISH, SEAFOOD/CRUSTACEAN, SESAME SEEDS, TREE NUTS & PEANUTS. REGULAR PIZZA BASES: MADE WITH WHEAT FLOUR, CONTAIN GLUTEN; PIZZAS WITH OUR GLUTEN FREE BASE (MAY CONTAIN SESAME SEEDS) ARE HANDLED IN A SEPARATE AREA WITH SEPARATE TOOLS. MOST TOPPING ARE GLUTENFREE. EXCEPT: WHEAT CRUMB ON CALAMARI (UNDERWORLD), OAT CRUMBLE (TEMPTATION), MALT VINEGAR (BARLEY) IN MAYO ON SLOTH & IN SEAFOOD SAUCE ON UNDERWORLD.

## COLOUR CODING

	LOW	MEDIUM	HIGH
Total Fat (g/100g)	≤3 g	3.1 - 19.9 g	≥20 g
Saturated Fat (g/100g)	≤1.5 g	1.6 - 4.9 g	≥5 g
Sugars (g/100g)	≤5 g	5.1 - 14.9 g	≥15 g
Sodium (mg/100g)	≤120 mg	121 - 599 mg	≥600 mg

## NUTRIENT CLAIMS:

≥5g = Source Of Protein ≥10g = High In Protein  
 ≥1.5g = Source Of Fibre ≥3g = High In Fibre  
 Calcium ≥80mg = 10% RDI = Source Of Calcium  
 Low In Salt/Sodium: ≤120mg/100g

