



DEBONAIRS PIZZA

TRY SOMETHING AMAZING



NUTRITIONAL GUIDE

KNOW WHAT YOU'RE TUCKING INTO

Debonairs Pizza is proud to announce the nutritional analysis of our menu. It was analysed by a SANAS (The South African National Accreditation System) Accredited laboratory, and we have reason to be proud! This is what we found...

ENERGY

All energy required by the body must be supplied by food and beverage intake.

Recommended energy intakes vary according to gender, age and activity. Total food energy intake should allow for healthy growth and development, the body's many functions and healthy physical activity.

Carbohydrates, proteins and fats are all energy-giving nutrients. Over half of our energy should come from carbohydrates. Our body's also need protein and energy from fat for good health.

CARBOHYDRATES

Carbohydrates are the body's preferred source of energy. All Debonairs Pizzas and Hot Subs contain carbohydrates. For a food to be high in carbohydrates it must have at least 13g of carbohydrates per 100g of food.

DIETARY FIBRES

Dietary fibre (also referred to as roughage), generally of plant origin, is an essential part of any diet. It adds bulk to foods, slows down your digestion and helps you feel full. It also helps keep your tummy healthy and helps keep you regular. Foods high in fibre usually require a bit more chewing, contribute to satiation and promote dental health.

All Debonairs Pizzas and most of the Hot Subs offer you a source of fibre*. Check it out – if it has three (3)*# (AOAC method for fibre analysis used) or more grams of fibre for every 100g of food, it's a good source of fibre.

GOOD TO KNOW

Load your pizza or sub with more veggies and further boost the fibre content of your meal.

PROTEIN

Proteins are made up of amino acids and their function is to help build, maintain and repair the body tissues. Amino acids are the basic building blocks of enzymes, hormones, proteins, and body tissues.

Food sources of proteins include meat, poultry, fish, eggs, milk, cheese, yoghurt, soya, legumes (e.g. dried beans, split peas, lentils and chickpeas), seeds and nuts. Grain products and many vegetables also supply small amounts of protein.

All protein is made up of amino acids. The body needs 22 amino acids of which 8 are essential, i.e. they cannot be manufactured by the body and need to be taken in through the diet.

Protein quality depends on the amount of essential amino acids a food contains. Animal foods (e.g. fish, poultry, meat, eggs, milk) are high quality proteins and contain all the essential amino acids; while all plant foods, except for soya, are incomplete proteins as they lack sufficient amounts of one or more of the essential amino acids. If two incomplete proteins are properly combined, called complementary proteins, they can make up a complete protein.

GOOD TO KNOW

For a food to be high in protein it must contain a minimum of 10g of protein for every 100g of food. At Debonairs Pizza our chicken wings, cocktail sausages and 99% of our subs and pizzas are all high* in protein.

* At least 950kJ of protein per 100g of food.

TOTAL FAT

Fat is a concentrated source of energy.

Fat has various functions in the body. It:

- protects the body's organs and nerves from injury by holding them in position
- insulates and regulates the body's temperature
- supplies the essential fat-soluble vitamins: A, D, E, & K
- transports and absorbs fat-soluble vitamins
- delays the stomach-emptying process
- adds to the taste and palatability of the diet

There are different types of fats:

(a) Polyunsaturated fat

A beneficial fat that is found primarily in plant foods, such as nuts, seeds and leafy greens.

(b) Monounsaturated fat

A beneficial fat that is found primarily in plant foods. It is usually liquid at room temperature. Found in, e.g. olive oil, nuts, avocado and red meat.

(c) Saturated fat

A saturated fat is usually solid at room temperature. It is found mostly in foods from animals, such as fatty meat, poultry with the skin and full cream dairy products. It can increase your LDL (bad) cholesterol levels, which may increase your risk of heart disease. It is advisable to limit your intake of saturated fat.

(d) Trans fat

Trans fat has been associated with an increase in bad cholesterol and a simultaneous decrease in good cholesterol in the human body. Because of this, food manufacturers have worked to lower trans fats found in foods. It is advisable to limit your intake of trans fat.

GOOD TO KNOW

Debonairs Pizza aims to keep its menu items free from trans fat, less than 1g of trans fat per 100g of food.

WHY THAT MATTERS?

Fats formed when food manufacturers add hydrogen atoms to unsaturated fats to make them more saturated, more solid and shelf-stable (hydrogenated fats) raise your body's bad cholesterol and lower the good cholesterol.

CHOLESTEROL

Cholesterol is a substance normally made by the body, but also found in foods from animal sources, like full cream dairy products.

GOOD TO KNOW

A high intake of saturated fat, trans fat and cholesterol in the food you eat can raise your bad blood cholesterol. These Debonairs Pizza menu items are low* in cholesterol and contain less than 20mg of cholesterol for every 100g of food:

Debonairs Pizza Subs

- Chicken & Mushroom
- Sweet & Sour
- Tikka Chicken
- Vegetarian

Debonairs Pizzas

- Hawaiian (Halaal)
- Vegetarian
- Four Seasons

SODIUM

Sodium is a mineral needed by the body to keep body fluids in balance. Sodium is found in table salt and in many processed foods.

The recommendation is to limit salt to no more than 6g (heaped teaspoon of salt/day) or 2400mg sodium/day.

PORTION SIZE MATTERS

Over the years, our perception of what constitutes a portion of food has been slowly increasing. The result of this is that we are eating more and more!

Good To Know

Increasing portion size is one of the easiest ways that extra energy (kilojoules) sneaks into our diet because often we don't realise we are eating more than we should. Share with a friend or save the rest for later.

SOUTH AFRICAN GUIDELINES FOR HEALTHY EATING

1. Enjoy a variety of foods.
2. Make starchy food part of most meals.
3. Fish, chicken, lean meat or eggs could be eaten daily.
4. Have milk, maas or yoghurt every day.
5. Eat dry beans, split-peas, lentils and soya regularly.
6. Use salt and food high in salt sparingly.
7. Use fat sparingly; choose vegetable oils rather than hard fats.
8. Use sugar and food and drinks high in sugar sparingly.
10. Drink lots of clean, safe water.
11. Be active!

*South African Food-based dietary guidelines for adults & children over the age of seven years

REFERENCES

Regulations and guidelines as published in R.146 of 1 March 2010 (Regulations relating to the labelling and advertising of foodstuffs published under the Foodstuffs, Cosmetics and Disinfectants Act, 1972 (Act 54 of 1972). Regulations relating to the advertising of foodstuffs, R. 146 of 1 March 2010: Amendment No. R. 1091(Regulations relating to the labelling and advertising of foodstuffs published under the Foodstuffs, Cosmetics and Disinfectants Act, 1972 (Act 54 of 1972). Regulations relating to Trans-fat in foodstuffs, R.127 of 17 February 2011. (Regulations relating to the labelling and advertising of foodstuffs published under the Foodstuffs, Cosmetics and Disinfectants Act, 1972 (Act 54 of 1972).

PIZZA BASES

MENU ITEM	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Na (mg)	Fiber (g)
Original Base						
Small	68.92	21.71	12.38	1980.35	172.23	1.88
Medium	104.77	37.07	22.87	3234.54	310.48	2.79
Large	172.15	63.75	40.18	5463.07	532.23	5.63
Slim Fit Base	94.36	26.55	12.83	2506.14	138.48	2.16
Thin & Crispy Base - Large	109.33	52.63	38.71	4155.22	515.6	4.23
Triple-Decker® - Large	298.76	95.30	78.67	9663.40	1312.64	8.48
Pizza-Filla® - Large	198.60	62.76	71.83	7183.93	1470.48	8.03
Crammed-Crust® - Large	184.12	110.55	80.30	7970.37	3193.74	5.63
Double-Stack® - Large	208.39	82.60	102.07	8918.26	1907.96	8.68

Please Note: Pizza bases calculated including all ingredients in the base recipe (Mozzarella cheese, tomato paste etc)

SIDES

MENU ITEM	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Na (mg)	Fiber (g)
Cocktail Cheese Griller (15g)	0	4.60	1.40	138.60	45.30	0
BBQ Chicken Wings (1 Wing)	1.40	6.80	4.30	306.60	150.9	0
Mexican Chicken Wings	1.86	6.81	4.89	335.96	80.2	0
Tikka Chicken Wings	1.2	6.86	4.88	334.76	230.2	0.28
Sweet & Sour Chicken Wings	1.9	6.73	4.84	337.46	80.2	0
Fired-Up! Chicken Wings	0.97	6.79	5.73	355.80	153.42	0.25
Chutney Pizza Pop-Itz®	62.49	28.33	32.57	2768.71	613.89	1.24
Macon & Spring Onion Pizza Pop-Itz®	55.03	29.94	32.40	2684.41	645.53	1.21
Sweet Chilli Pop-Itz®	68.99	124.76	134.15	8408.22	2109.23	1.21
Donut Dippers	159.00	5.20	26.90	3813.60	217.60	0.20
Death by Chocolate						
Cheese & Garlic Bread Ripper	33.10	11.11	14.15	1289.27	411.90	1.00

HOT SUBS

MENU ITEM	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Na (mg)	Fiber (g)
Vegetarian						
Small	64.07	18.82	33.60	2622.63	391.40	2.22
Regular	123.56	37.36	62.40	4996.38	687.94	3.92
Sweet & Sour Chicken						
Small	66.23	23.37	32.08	2695.30	633.25	1.98
Regular	125.51	44.88	60.57	5109.13	924.11	3.56
Chicken & Mushroom						
Small	63.80	23.91	38.27	2902.88	679.50	2.17
Medium	124.18	45.80	70.93	5503.83	1199.56	3.93
Tikka Chicken						
Small	65.23	24.28	32.32	2748.33	1159.51	3.20
Regular	114.93	45.78	60.79	5127.78	1451.70	4.65
Club						
Small	61.39	31.82	38.95	3023.37	1122.86	1.66
Medium	120.55	58.39	71.84	5698.73	1905.59	3.16
Something Meaty						
Small	61.21	32.51	35.41	3703.48	1149.69	1.39
Regular	118.10	58.36	64.63	6190.17	1796.85	2.69
Cheese & Garlic						
Small	57.35	18.27	41.00	2790.47	358.90	1.27
Regular	114.34	36.56	78.61	5452.60	692.05	2.54

PIZZA OPTIONS

MENU ITEM	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Na (mg)	Fiber (g)
Margherita						
Small	70.13	22.03	12.66	2006.43	182.2	2.14
Medium	106.70	37.61	23.43	3277.04	325.71	3.17
Large	175.36	64.55	40.73	5531.76	560.23	6.34
Margherita Thin Base - Large	112.54	53.43	39.26	4223.91	543.6	4.94
Classic Margherita						
Large	172.15	63.75	40.18	5463.07	532.23	5.63
Medium	104.77	37.07	22.88	3234.54	310.48	2.79
Small	68.93	21.71	12.38	1980.35	172.23	1.88
Classic Margherita Thin Base - Large	112.54	53.43	39.26	4223.91	543.6	4.94
Regina						
Small	69.85	28.85	12.80	2140.13	513.53	2.16
Medium	106.09	48.29	23.52	3483.28	853.23	3.19
Large	174.13	84.99	41.38	5925.03	1572.50	6.23
Regina Thin Base - Large	111.31	73.87	39.91	4617.18	1569.2	4.83
Hawaiian						
Small	73.25	28.14	12.75	2175.78	512.46	2.35
Medium	111.06	47.29	23.45	3536.00	851.71	3.47
Large	183.29	83.56	41.29	6031.41	1570.35	6.83
Hawaiian Thin Base - Large	120.47	72.44	39.82	4723.56	1567.05	5.43
Original Veggie						
Real Deal	77.16	22.72	14.69	2203.67	280.51	2.97
Standard	116.74	38.55	25.97	3551.01	457.51	4.37
Large	192.42	66.12	45.27	5990.98	776.44	8.33
Original Veggie Thin Base - Large	129.59	55.00	43.80	4683.13	759.81	6.93
Double Beef & Macon	187.75	107.93	47.04	6750.51	1553.5	6.51

MENU ITEM	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Na (mg)	Fiber (g)
3 Cheese						
Small	69.97	27.29	22.51	2478.84	632.22	2.01
Medium	106.18	33.88	21.65	3207.68	853.2	2.99
Large	175.70	73.30	60.12	6461.73	1733.45	5.98
3 Cheese Thin Base - Large	112.88	62.18	58.65	5153.88	1730.15	4.58
Sweet & Sour Chicken						
Small	78.86	26.83	13.13	2259.50	398.40	2.59
Medium	118.04	45.46	24.09	3639.72	569.43	3.81
Large	197.99	78.16	42.28	6213.46	848.89	7.48
Sweet & Sour Chicken Thin Base - Large	135.16	67.03	40.80	4905.61	832.26	6.08
Four Seasons						
Small	72.97	27.49	22.81	5684.23	631.74	2.52
Medium	110.22	43.17	34.08	6991.38	802.7	3.70
Large	180.80	72.14	56.09	10529.69	1216.34	7.14
Four Seasons Thin Base - Large	117.98	61.02	54.62	9221.84	1213.04	5.74
BBQ Chicken						
Small	76.48	27.62	13.18	2242.96	401.07	2.54
Medium	114.64	46.62	24.15	3616.85	609.37	3.70
Large	190.69	79.72	42.34	6141.95	1136.85	7.11
BBQ Chicken Thin Base - Large	127.87	68.60	40.87	4834.10	1120.22	5.71
Mexican Fiesta						
Small	76.82	27.02	14.19	2246.69	659.23	2.85
Medium	115.04	45.30	25.67	3617.71	1104.12	4.20
Large	191.65	78.00	45.07	6162.15	1519.19	7.88
Mexican Fiesta Thin Base - Large	128.83	66.88	43.60	4854.30	1515.89	6.48

MENU ITEM	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Na (mg)	Fiber (g)
Club						
Small	74.02	35.28	20.00	2587.57	1011.26	2.27
Medium	113.34	59.10	35.64	4236.10	1674.72	3.45
Large	183.76	104.00	58.14	7038.79	2823.74	6.50
Club Thin Base - Large	120.94	92.88	56.67	5730.94	2820.44	5.10
Chicken and Mushroom						
Small	77.12	28.02	19.39	2492.33	568.95	2.99
Medium	117.70	47.31	34.53	4070.48	969.64	4.48
Large	191.18	80.68	56.45	6691.21	1466.43	8.23
Chicken and Mushroom Thin Base - Large	128.36	69.56	54.98	5383.36	1449.8	6.83
Tikka Chicken						
Small	76.14	28.17	13.33	2271.83	719.32	3.47
Medium	116.23	47.60	24.42	3706.45	1222.27	5.30
Large	188.54	80.93	42.66	6181.30	1802.3	9.24
Tikka Chicken Thin Base - Large	125.72	69.81	41.19	4873.45	1785.67	7.84
Something Meaty						
Small	73.99	37.23	18.50	2575.12	1128.57	2.00
Medium	110.79	60.20	30.18	4028.20	1655.91	2.94
Large	184.91	105.58	51.34	6858.96	3017.17	5.95
Something Meaty Thin Base - Large	122.09	94.47	49.87	5551.11	3013.87	4.55
Sweet Chili Chicken						
Small	75.69	30.44	19.02	2498.96	603.45	2.01
Medium	113.55	50.73	32.52	3986.53	911.45	2.99
Large	189.98	87.45	57.42	6832.25	1658.74	5.98
Sweet Chili Chicken Thin Base - Large						
Chicken, Feta & Avo						
Small	76.50	31.86	30.27	2964.31	466.70	6.83
Medium	112.75	52.04	43.76	4422.33	758.46	7.74
Large	184.58	89.22	72.41	7318.33	1330.49	12.23
Chicken, Feta & Avo Thin Base - Large	121.16	78.10	70.94	6010.48	1313.86	10.83

MENU ITEM	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Na (mg)	Fiber (g)
Macon, Feta & Avo						
Small	76.29	31.39	29.86	2941.50	854.79	6.83
Medium	112.40	50.94	43.05	4377.94	1303.39	7.74
Large	183.98	89.00	71.29	7275.35	1879.64	12.23
Macon, Feta & Avo Thin Base - Large	121.16	77.84	69.82	5967.51	1876.34	10.83
Fired-Up! Chicken						
Small	76.62	27.3	19.32	2451.47	570.18	3.07
Medium	116.92	46.26	34.42	4009.45	970.22	4.62
Large	189.92	79.07	56.28	6597.99	1465.89	8.46
Fired-Up! Chicken Thin Base - Large	127.1	67.95	54.81	5290.14	1449.25	7.06
Red Hot Veggie						
Small	-	-	-	-	-	-
Medium	-	-	-	-	-	-
Large	190.48	65.05	56.45	6357.77	1089.58	8.31
Red Hot Veg Thin Base - Large	-	-	-	-	-	-
Red Hot Chicken						
Small	-	-	-	-	-	-
Medium	-	-	-	-	-	-
Large	194.14	78.86	58.35	6723.89	1257.13	8.95
Red Hot Chicken Thin Base - Large	-	-	-	-	-	-

AWESOME FOURSOME® PIZZA

MENU ITEM	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Na (mg)	Fiber (g)
Chicken & Mushroom	76.27	27.45	18.75	2444.60	753.05	2.83
Sweet & Sour	77.05	26.44	12.67	2207.55	572.05	2.34
Seasonal Veggie	70.44	21.89	12.01	1992.14	366.51	2.39
Mexican Fiesta	76.73	26.43	13.77	2239.30	511.45	2.15
Four Seasons	72.62	24.52	18.3	2295.22	643.95	2.52
Crispy Macon & Pine	72.42	29.76	12.4	2179.89	818.86	2.26

Awesome Foursome

MENU ITEM	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Na (mg)	Fiber (g)
Crammed-Crust® Chicken - Large	202.29	125.56	93.54	8998.72	3548.99	7.69
Crammed-Crust® Meaty - Large	197.39	127.56	86.78	10855.42	4596.09	6.02
Triple-Decker® Chicken - Large	370.41	118.28	82.14	11378.84	2962.42	10.70
Triple-Decker® Meat - Large	327.23	133.41	105.99	11855.77	3391.64	9.75
Chicken Filla® - Large	216.65	96.47	105.57	9344.42	2611.80	9.99
Meaty Filla® - Large	210.82	119.05	109.16	9805.79	4266.92	8.83
Chicken Double-Stack® - Large	225.30	99.22	104.46	9632.46	3203.41	12.28
Meaty Double-Stack® - Large	226.70	109.06	107.17	9904.15	3492.83	10.20
Meaty Cram-Decker™ Large	535.23	224.85	187.29	19879.83	6134.3	16.07
Chicken Cram-Decker™ Large	534.98	215.09	181.1	19481.68	5827.43	16.85



NEW REAL DEAL ON THE DOUBLE[®] & ON THE TRIPLE[®] PIZZA OPTIONS

MENU ITEM	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Na (mg)	Fiber (g)
Creamy Chicken						
Small	73.94	26.88	19.29	2416.69	558.88	2.23
Large	183.61	77.99	56.24	6513.56	14377.9	6.43
Seasonal Veg						
Small	70.28	22.27	12.42	2014.34	172.93	2.28
Large	175.54	65.02	40.27	5545.33	533.73	6.63
Sweet & Sour Rib						
Small	73.68	26.00	16.78	2306.8	370.77	1.88
Large	184.5	75.61	52.35	6351.64	592.57	5.63
Spicy Chicken						
Small	73.79	26.75	13.2	2174.75	220.91	1.88
Large	184.84	77.93	42.46	5993.44	670.15	5.63
BBQ Macon						
Small	70.41	24.99	22.27	2423.39	583.48	2.12
Large	175.18	68.12	55.24	6136.75	1163.06	5.98
Salami & Olive						
Small	176.56	70.81	55.95	6213.94	1226.76	6.28
Large	176.56	70.81	55.95	6213.94	1226.76	6.28

SAUCES

MENU ITEM	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Na (mg)	Fiber (g)
Sweet n Sour Sauce						
Small	4.75	0.18	0.05	91.25	Not specified	Not specified
Medium	5.70	0.21	0.06	109.50	Not specified	Not specified
Large	12.35	0.46	0.13	237.25	Not specified	Not specified
BBQ Sauce						
Small	4.75	0.18	0.05	91.25	176.75	0.12
Medium	5.70	0.21	0.06	109.50	212.10	0.14
Large	12.35	0.46	0.13	237.25	459.55	0.32
Mexican Sauce						
Small	4.65	0.38	0.18	87.50	Not specified	Not specified
Medium	5.58	0.46	0.22	105.00	Not specified	Not specified
Large	12.09	1.00	0.48	227.50	Not specified	Not specified
Tikka Sauce						
Small	3.96	0.66	0.20	111.54	495.00	0.92
Medium	6.60	1.10	0.33	185.90	825.00	1.54
Large	9.00	1.50	0.45	253.50	1125.00	2.10
Debonairs Sauce						
Small	4.62	0.43	6.27	325.38	336.60	0.35
Medium	7.70	0.71	10.45	542.30	561.00	0.58
Large	10.50	0.97	14.25	739.50	765.00	0.80
Sweet Chilli Sauce						
Small	11.75	0	0	199.75	271.25	0
Medium	14.1	0	0	239.7	325.5	0
Large	30.55	0	0	519.35	705.25	0
Sriracha Hot Chilli Mayo						
Small	12.97	0.41	16.24	833.62	555.1	0.63
Medium	7.98	0.25	9.99	513	341.6	0.39
Large	2.99	0.09	3.74	192.37	128.1	0.14

EXTRAS

MENU ITEM	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Na (mg)	Fiber (g)
Garlic						
Small	1.32	0.25	0.02	25.03	1.33	0.00
Medium	1.98	0.38	0.03	37.55	2.00	0.00
Large	3.97	0.77	0.06	75.10	4.00	0.00
Mushroom						
Small	0.46	0.43	0.04	16.82	0.70	0.14
Medium	0.66	0.62	0.06	24.04	1.00	0.20
Large	0.99	0.93	0.09	36.06	1.50	0.30
Pineapple						
Small	4.32	0.17	0.033	69.30	0.33	0.46
Medium	6.29	0.24	0.048	100.80	0.48	0.68
Large	11.13	0.42	0.090	178.50	0.85	1.20
Feta						
Small	0.61	4.00	6.00	309.32	256.79	0.00
Medium	0.87	5.72	8.57	441.88	366.86	0.00
Large	2.83	10.29	15.43	795.39	660.34	0.00
Beef Salami						
Small	0.31	2.53	4.06	197.82	180.96	0.00
Medium	0.31	2.53	4.06	197.82	180.96	0.00
Large	0.41	3.36	5.42	263.76	241.28	0.00
Beef Steak Pieces						
Small						
Medium						
Large						
Macon						
Small	0.00	4.18	0.22	84.08	226.60	0.00
Medium	0.00	6.65	0.35	133.77	360.50	0.00
Large	0.00	12.92	0.68	259.90	700.40	0.00

EXTRAS

MENU ITEM	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Na (mg)	Fiber (g)
Chicken						
Small	0.21	4.65	0.64	106.90	48.68	0.00
Medium	0.35	7.75	1.06	178.16	81.13	0.00
Large	0.60	13.18	1.80	302.87	137.92	0.00
Green Pepper						
Small	0.64	0.12	0.02	11.70	0.42	0.23
Medium	0.92	0.17	0.04	16.72	0.6	0.34
Large	1.75	0.34	0.08	31.77	1.14	0.65
Onion						
Small	1.48	0.17	0.01	26.75	0.64	0.25
Medium	2.13	0.24	0.02	38.45	0.92	0.36
Large	3.25	0.38	0.04	58.52	1.4	0.56
Tomato						
Small	0.94	0.18	0	19.29	9.40	0.22
Medium	1.41	0.28	0	28.94	14.11	0.33
Large	2.7	0.54	0	55.13	26.88	0.64
Sweet Bell Pepper						
Small	0.44	0.06	0	8.58	0	0.13
Medium	0.68	0.09	0	13.2	0	0.2
Large	1.2	0.17	0	23.1	0	0.35
Spare Ribs						
Small	0	4.11	4.34	235.19	21.78	0
Medium	0	6.65	7.02	379.93	35.19	0
Large	0	11.4	12.04	651.32	60.34	0
Ground Beef						
Small	0	4.45	1.55	137.53	145.43	0
Medium	0	7.09	2.47	218.80	231.37	0
Large	0	12.16	4.25	375.09	396.64	0

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Chicken						
Small	0.21	4.65	0.64	106.90	48.68	0.00
Medium	0.35	7.75	1.06	178.16	81.13	0.00
Large	0.60	13.18	1.80	302.87	137.92	0.00
Olives						
Small	0.83	0.00	2.21	87.08	95.83	0.00
Medium	1.11	0.00	2.95	116.11	127.78	0.00
Large	1.83	0.00	4.86	191.58	210.83	0.00
Mozzarella						
Small	0.51	5.11	5.15	291.18	69.00	0.00
Medium	1.00	9.77	9.85	557.04	132.00	0.00
Large	1.72	17.32	17.47	987.48	234.00	0.00
Avocado						
Small	6.75	1.50	11.25	567.75	0.00	4.95
Medium	6.75	1.5	11.25	567.75	0.00	4.95
Large	9.00	2.00	15.00	757.00	0.00	6.60
Green Chilli						
Small	1.11	0.15	0.07	20.61	0.51	0.48
Medium	1.62	0.22	0.10	30.31	0.75	0.70
Large	2.41	0.33	0.15	44.85	1.11	1.04

