

# HALAAL NUTRITIONAL GUIDE

## PIZZAS - CHEEZY

Menu Item	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Total Sodium (mg)	Dietary Fibre (g)
<b>Cheezy Jalapeño</b>						
Large	169.1	86.15	90.6	7747.97	1550.84	5.71
Medium	100.84	49.91	52.16	4492.84	880.58	3.57
Small	65.81	30.86	34.27	2916.6	578.61	2.36
<b>Cheezy Chicken Mushroom</b>						
Large	171.85	101.17	92.63	8200.85	1692.08	5.44
Medium	102.31	58.84	53.36	4765.88	963.73	3.27
Small	66.86	36.34	35	3089.91	628.73	2.18
<b>Cheezy Beef Onion</b>						
Large	179.52	98.91	95.06	8386.78	1999.99	6.19
Medium	109.17	57.51	54.8	4913.08	1151.37	3.16
Small	72.17	35.72	35.95	3203.71	753.67	2.14

Please note: Pizza bases calculated including all ingredients in the base recipe (mozzarella cheese, tomato paste, etc.)

## PIZZAS - VEGETARIAN

Menu Item	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Total Sodium (mg)	Dietary Fibre (g)
<b>Original Veggie</b>						
Small	77.15	22.71	14.69	2203.6	280.51	2.96
Medium	116.74	38.55	25.97	3551	457.51	4.37
Large	192.41	66.11	45.26	5990.98	763.11	8.33
Thin base	129.59	54.99	43.79	4683.13	759.81	6.93
<b>Margherita</b>						
Small	70.13	22.03	12.66	2006.43	381.36	2.14
Medium	106.7	37.61	23.43	3277.04	591.26	3.17
Large	175.36	64.55	40.73	5531.76	546.9	6.34
Thin base	112.54	53.43	39.26	4223.91	543.6	4.94
<b>Creamy Veg</b>						
Small	73.61	29.58	31.21	2945.73	711.87	2.48
Medium	111.25	47.83	47.5	4508.76	1031.26	3.66
Large	184.05	82.67	84.45	7731.21	1828.77	6.97
<b>Creamy Spinach &amp; Feta</b>						
Large	186.3	84.9	84.8	7796.6	1892	8.6
Standard	113.1	49.5	47.7	4559.8	1078.7	4.9
Real Deal	74.8	30.7	31.4	2979.9	743.5	3.3
<b>4 Cheese</b>						
Large	165.39	78.39	88.49	7543.48	1974.96	3.63
Medium	98.23	52.91	58.44	4799.74	1215.94	2.16
Small	64.91	41.63	47.4	3625.34	930.39	1.41

Please note: Pizza bases calculated including all ingredients in the base recipe (mozzarella cheese, tomato paste, etc.)

# PIZZAS - CHICKEN

Menu Item	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Total Sodium (mg)	Dietary Fibre (g)
<b>Debonairs Chicken</b>						
Small	73.76	26.79	19.29	2412.63	557.51	2.23
Medium	112.83	45.54	34.39	3955	952.61	3.38
Large	183.25	77.90	56.23	6505.44	1435.15	6.43
<b>Tikka Chicken</b>						
Small	76.14	28.17	13.33	2271.83	719.32	3.47
Medium	116.23	47.6	24.42	3706.45	1222.28	5.3
Large	188.54	80.93	42.66	6181.3	1802.3	9.24
Thin base	125.72	69.81	41.19	4873.45	1785.67	7.84
<b>Chicken &amp; Mushroom</b>						
Small	77.12	28.02	19.39	2492.33	768.12	2.99
Medium	117.7	47.31	34.53	4070.48	1235.19	4.48
Large	191.18	80.68	56.45	6691.21	1453.1	8.23
Thin base	128.36	69.56	54.98	5383.36	1449.8	6.83
<b>Sweet Chilli Chicken</b>						
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	87.48	57.42	6832.25	1658.74	5.98
Thin base	127.16	76.36	55.95	5524.4	1642.12	4.58
<b>BBQ Chicken</b>						
Small	76.48	27.62	13.18	2242.96	600.24	2.54
Medium	114.64	46.62	24.15	3616.85	874.93	3.7
Large	190.69	79.72	42.34	6141.95	1123.52	7.11
Thin base	127.87	68.6	40.87	4834.1	1120.22	5.71
<b>Sweet &amp; Sour Chicken</b>						
Small	78.86	26.83	13.13	2259.5	420.82	2.59
Medium	118.04	45.46	24.09	3639.72	658.24	3.81
Large	197.99	78.16	42.28	6213.46	658.81	7.48
Thin base	135.16	67.03	40.8	4905.61	655.51	6.08

Please note: Pizza bases calculated including all ingredients in the base recipe (mozzarella cheese, tomato paste, etc.)

# PIZZAS - MEAT

Menu Item	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Total Sodium (mg)	Dietary Fibre (g)
<b>BBQ Macon</b>						
Small	73.68	26.07	12.65	2155.68	575.58	2
Medium	110.47	43.93	23.29	3477.8	883.08	2.94
Large	184.50	77.13	40.99	5960.20	1692.18	5.95
<b>Creamy Macon Spinach</b>						
Large	186.33	97.82	85.45	8056.46	2592.37	8.55
Medium	113.06	56.17	48.09	4693.61	1439.16	4.88
Small	74.83	34.89	31.59	3063.97	970.07	3.3
<b>Club</b>						
Small	74.02	35.28	20	2587.57	1210.43	2.269
Medium	113.34	59.1	35.64	4236.1	1940.28	3.45
Large	183.76	104	58.14	7038.792	2823.74	6.5
Thin base	120.94	92.88	56.67	5730.942	2820.44	5.1
<b>Something Meaty</b>						
Small	73.99	37.23	18.5	2575.12	1327.74	2
Medium	110.79	60.2	30.18	4028.2	1921.47	2.94
Large	184.91	105.58	51.34	6858.96	3017.17	5.95
Thin base	122.09	94.465	49.87	5551.11	3013.87	4.55
<b>Hawaiian</b>						
Small	73.25	28.14	12.75	2175.78	711.62	2.35
Medium	111.06	47.29	23.45	3536	1117.26	3.47
Large	183.29	83.56	41.29	6031.41	1570.35	6.83
Thin base	120.47	72.44	39.82	4723.56	1567.05	5.43
<b>Mexican Fiesta</b>						
Small	76.82	27.02	14.19	2246.69	518.4	2.85
Medium	115.04	45.3	25.67	3617.71	809.67	4.2
Large	191.65	78	45.07	6162.15	1519.19	7.88
Thin base	128.83	66.88	43.6	4854.3	1515.89	6.48

Please note: Pizza bases calculated including all ingredients in the base recipe (mozzarella cheese, tomato paste, etc.)

## PIZZAS - SPECIALTY

Menu Item	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Total Sodium (mg)	Dietary Fibre (g)
<b>Meaty Triple-Decker®</b>						
Large	327.23	133.41	105.99	11855.77	3391.64	9.75
Small	160.3	52.9	34.01	4842.11	951.36	13.63
<b>Creamy Chicken Triple-Decker®</b>						
Large	318.1	118.82	95.84	11042.98	2329.13	11.08
Small	157.05	49.77	27.55	4491.14	669.54	14.21
<b>Sweet Chilli Chicken Triple-Decker®</b>						
Large	370.41	118.28	82.14	11378.84	2975.75	10.7
Small	176.63	49.54	21.55	4580.62	876	14.02
<b>Veggie Triple-Decker®</b>						
Large	319.8	102.9	93.7	10685	2191.7	13.4
Small	158.4	44.8	26.9	4386	635.2	15.4
<b>Triple-Decker® Topped Chicken</b>						
Large	331.21	180.2	142.67	14146.83	3858.71	12.69
<b>Triple-Decker® Topped Meaty Halaal</b>						
Large	336.76	177.45	144.08	14276.91	4619.34	11.52

Please note: Pizza bases calculated including all ingredients in the base recipe (mozzarella cheese, tomato paste, etc.)

## PIZZAS - REAL DEAL

Menu Item	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Total Sodium (mg)	Dietary Fibre (g)
<b>BBQ Beef</b>						
Large	184.5	76.37	44.56	6075.41	1388.42	5.95
Medium	110.47	44.38	25.42	3562.84	753.95	2.94
Small	73.68	26.34	13.99	2209.13	494.42	2
<b>BBQ Chicken</b>						
Large	185.1	77.39	42.11	6003.19	1129.7	5.95
Medium	110.83	45.04	24	3522.2	603.71	2.94
Small	73.89	26.54	13.07	2178.5	397.66	2

Please note: Pizza bases calculated including all ingredients in the base recipe (mozzarella cheese, tomato paste, etc.)

# PIZZAS - ON THE DOUBLE® / ON THE TRIPLE®

Menu Item	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Total Sodium (mg)	Dietary Fibre (g)
<b>Debonairs Chicken</b>						
Small	73.76	26.79	19.29	2412.63	557.51	2.23
Medium	112.83	45.54	34.39	3955	952.61	3.38
Large	183.61	77.99	56.24	6513.56	1437.9	6.43
<b>BBQ Macon</b>						
Small	73.69	26.07	12.65	2155.69	575.58	2
Medium	110.47	43.93	23.29	3477.8	883.08	2.94
Large	184.5	77.13	40.99	5960.21	1692.18	5.95
<b>Salami &amp; Olive</b>						
Small	70.72	24.37	18.69	2276.96	449.44	2.12
Large	175.59	67.29	50.46	5941.51	984.34	5.98
<b>Creamy Tikka Veg</b>						
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
<b>Spicy Chicken</b>						
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
<b>Sweet &amp; Sour Rib</b>						
Small	73.68	26.02	20.21	2436.61	370.77	1.88
Large	184.5	75.67	61.84	6711.12	592.57	5.63

Please note: Pizza bases calculated including all ingredients in the base recipe (mozzarella cheese, tomato paste, etc.)

## BASE

Menu Item	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Total Sodium (mg)	Dietary Fibre (g)
<b>Original Base</b>						
Small	68.92	21.71	12.38	1980.35	371.39	1.88
Medium	104.77	37.07	22.87	3234.54	576.03	2.79
Large	172.15	63.75	40.18	5463.07	518.9	5.63
<b>Crammed-Crust®</b>						
Large	184.12	110.55	80.3	7970.37	3193.74	5.63

## SIDES

Menu Item	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Total Sodium (mg)	Dietary Fibre (g)
<b>Potato Shutz (10 per portion)</b>	33.96	11.33	15.82	1351.81	956.2	4.48
<b>Cocktail Chicken Cheese Grillers (per portion)</b>	2.97	20.01	21.66	1244.49	3175.38	0.61
<b>Death By Chocolate Pudding (300g portion)</b>	116.53	11.82	82.19	5064.68	980.75	4.1

# SAUCES RECIPE

Menu Item	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Total Sodium (mg)	Dietary Fibre (g)
<b>Sweet &amp; Sour Sauce</b>						
Small	4.75	0.18	0.05	91.25	Not specified	Not specified
Medium	5.7	0.21	0.06	109.5	Not specified	Not specified
Large	12.35	0.46	0.13	237.25	Not specified	Not specified
<b>BBQ Sauce</b>						
Small	4.75	0.18	0.05	91.25	176.75	0.12
Medium	5.7	0.21	0.06	109.5	212.1	0.14
Large	12.35	0.46	0.13	237.25	459.55	0.32
<b>Mexican Sauce</b>						
Small	4.65	0.38	0.18	87.5	Not specified	Not specified
Medium	5.58	0.46	0.22	105	Not specified	Not specified
Large	12.09	1	0.48	227.5	Not specified	Not specified
<b>Tikka Sauce</b>						
Small	3.96	0.66	0.198	111.54	495	0.92
Medium	6.6	1.1	0.33	185.9	825	1.54
Large	9	1.5	0.45	253.5	1125	2.1
<b>Debonairs Sauce</b>						
Small	4.62	0.4268	6.27	325.38	336.6	0.352
Medium	7.7	0.71	10.45	542.3	561	0.58
Large	10.5	0.97	14.25	739.5	765	0.8
<b>Sweet Chilli Sauce</b>						
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

# EXTRAS

Menu Item	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Total Sodium (mg)	Dietary Fibre (g)
<b>Garlic</b>						
Small	1.32	0.25	0.02	25.03	1.33	0
Medium	1.98	0.38	0.03	37.55	2	0
Large	3.97	0.77	0.06	75.1	4	0
<b>Mushroom</b>						
Small	0.46	0.43	0.04	16.82	0.7	0.14
Medium	0.66	0.62	0.06	24.04	1	0.2
Large	0.99	0.93	0.09	36.06	1.5	0.3
<b>Jalapeño</b>						
Small	1.1	0.17	0.01	2.85	0.51	0.48
Medium	1.63	0.25	0.02	4.19	0.75	0.7
Large	2.41	0.37	0.03	6.2	1.11	1.04
<b>Pineapple</b>						
Small	4.323	0.165	0.033	69.3	0.33	0.46
Medium	6.288	0.24	0.048	100.8	0.48	0.68
Large	11.13	0.42	0.085	178.5	0.85	1.2
<b>Sweet Bell Pepper</b>						
Small	0.45	0.06	0	8.58	0	0.13
Medium	0.69	0.1	0	13.2	0	0.2
Large	1.2	0.17	0	23.1	0	0.35
<b>Green Pepper</b>						
Small	0.64	0.13	0.03	11.7	0.42	0.24
Medium	0.92	0.18	0.04	16.72	0.6	0.34
Large	1.75	0.34	0.08	31.77	1.14	0.65
<b>Tomato</b>						
Small	0.95	0.19	0	19.3	9.41	0.22
Medium	1.42	0.28	0	28.94	14.11	0.34
Large	2.7	0.54	0	55.13	26.88	0.64
<b>Onion</b>						
Small	1.49	0.17	0.02	26.75	0.64	0.26
Medium	2.14	0.25	0.03	38.46	0.92	0.37
Large	3.25	0.38	0.04	58.52	1.4	0.56
<b>Olives</b>						
Small	0.83	0	2.21	87.08	95.83	0
Medium	1.11	0	2.95	116.11	127.78	0
Large	1.83	0	4.86	191.58	210.83	0
<b>Avocado</b>						
Small	6.75	1.5	11.25	567.75	0	4.95
Medium	6.75	1.5	11.25	567.75	0	4.95
Large	9	2	15	757	0	6.6
<b>Crushed Chilli in a tub</b>						
Small	0.1	0	7.8	295.94	0.2	0
Medium	0.2	0	15.6	591.88	0.4	0
Large	0.3	0	23.4	887.83	0.6	0

# EXTRAS

Menu Item	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kJ)	Total Sodium (mg)	Dietary Fibre (g)
<b>Feta</b>						
Small	0.61	4	6	309.32	256.79	0
Medium	0.87	5.72	8.57	441.88	366.86	0
Large	2.83	10.29	15.43	795.39	660.34	0
<b>Mozzarella</b>						
Small	0.51	5.11	5.15	291.18	69	0
Medium	1	9.77	9.85	557.04	132	0
Large	1.72	17.32	17.47	987.48	234	0
<b>Cheddar</b>						
Small	0.31	6.58	9.27	467.71	154.56	0
Medium	0.46	9.6	13.52	682.08	257.6	0
Large	0.88	16.32	21.97	1159.54	437.92	0
<b>Salami</b>						
Small	0.31	2.53	4.06	197.82	180.96	0
Medium	0.31	2.53	4.06	197.82	180.96	0
Large	0.41	3.36	5.42	263.76	241.28	0
<b>Macon</b>						
Small	0	4.18	0.22	84.084	226.6	0
Medium	0	6.65	0.35	133.77	360.5	0
Large	0	12.92	0.68	259.9	700.4	0
<b>Chicken</b>						
Small	0.21	4.65	0.64	106.9	48.68	0
Medium	0.35	7.75	1.06	178.16	81.13	0
Large	0.6	13.18	1.8	302.87	137.92	0
<b>Ground Beef</b>						
Small	0	4.46	1.56	137.53	145.43	0
Medium	0	7.09	2.48	218.8	231.37	0
Large	0	12.16	4.25	375.09	396.64	0
<b>Beef Rib Meat</b>						
Small	0	4.14	7.78	365.01	21.79	0
Medium	0	6.69	12.56	589.63	35.2	0
Large	0	11.47	21.54	1010.8	60.34	0
<b>Beef Steak</b>						
Small	0	9.9	1.84	235.12	0	0
Medium	0	13.2	2.46	313.5	0	0
Large	0	16.5	3.07	391.87	0	0