

NUTRITIONAL INFORMATION



At Inferno 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

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 INFERNO 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	471	112	3.3	1.1	0.5	0.5	TRACE	20.0	4.1
SPICY BEEF	1170	282	22.6	8.7	2.9	2.9	3.3	15.2	0.2
CHARGRILLED CHICKEN	551	131	3.6	1.2	0.9	TRACE	TRACE	23.7	1.0
SALAMI	1715	414	36.0	12.5	0.5	0.5	TRACE	22.0	3.8
PEPPERONI	1643	396	32.0	13.0	4.0	2.0	TRACE	23.0	3.5
BBQ PULLED PORK	1048	249	6.6	2.1	16.6	9.7	TRACE	30.7	1.5
CHORIZO	1589	383	31.0	12.0	4.0	2.2	TRACE	22.0	3.5
PIRI PIRI CHICKEN	658	155	1.6	0.4	5.5	3.4	TRACE	29.7	0.8
SPICY NDUJA SAUSAGE	910	217	10.8	3.7	0.9	0.1	0.5	28.9	1.2

Per 100g	ENERGY (kJ)	ENERGY (kcal)	FAT (g)	SATURATED FAT (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
MARINATED BABY TOMATOES	306	74	6.3	0.5	2.7	1.5	1.2	1.0	1.8
GREEN PEPPERS	82	20	0.3	TRACE	2.6	2.6	2.4	0.8	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	200	47	0.2	TRACE	10.1	10.1	TRACE	1.2	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
GUACAMOLE	607	147	12.5	3.1	6.4	1.0	0.6	1.8	0.6
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

Per 100g	ENERGY (kJ)	ENERGY (kcal)	FAT (g)	SATURATED FAT (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
MILK CHOC POPPING CANDY	2032	483	19.1	11.3	75.0	74.0	N/A	3.6	0.2
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
SALTED CARAMEL CHIPS	1900	454	15.4	10.6	77.7	51.8	N/A	0.3	4.2
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

HALL OF FLAMES

Per 1/6 Pizza Serving	ENERGY (kJ)	ENERGY (kcal)	FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	PROTEIN (g)	SALT (g)
CHEDDAR THE DEVIL YOU KNOW	633	151	6.3	3.2	16.0	1.3	0.9	7.2	0.8
AL'OTTA GREENS	573	136	5.2	2.4	15.0	2.2	1.0	6.9	0.7
SUNNY SIDE ERUPT	657	156	6.0	3.0	16.9	1.4	0.7	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?	632	151	6.3	2.5	16	2.1	0.9	7.0	1.0
HOLY GUACAMOLE	622	148	5.6	2.2	17.7	2.2	1.0	6.2	0.7
THE INFERNO	610	146	5.7	2.3	14.7	3.1	0.7	8.5	0.8
GARLIC PIZZA BREAD	714	170	6.7	2.7	20.7	1.0	0.9	6.4	0.9

THE INFERNOVER

Per Portion	ENERGY (kJ)	ENERGY (kcal)	FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	PROTEIN (g)	SALT (g)
VEG OUT PESTO	1775	422	13.7	5.9	55.6	7.4	5.1	16.6	2.1
SPICY PEPPERONI	1775	422	15.4	6.8	51.1	6.5	4.4	17.7	3.2
MOLTEN MEATY	1987	473	17.7	8.2	55.9	6.3	4.0	20.7	3.2

SIDES & DRINKS

Per 100g	ENERGY (kJ)	ENERGY (kcal)	FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	PROTEIN (g)	SALT (g)
INFERNO COLESLAW	997	242	23.6	2.5	5.0	4.4	1.6	1.6	0.8
HOT MADRAS POPCORN	2079	499	28.4	1.8	44.3	TRACE	14.8	9.2	0.7
SALT & PEPPER POPCORN	2163	521	33.4	2.1	40.9	TRACE	15.0	6.6	0.7
CHICKEN & BACON RANCH SALAD	773	185	12.0	1.3	12.0	1.0	0.7	7.0	0.4
CAESAR SALAD	486	117	8.3	1.5	6.8	1.2	1.3	3.1	0.4
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	180	42	NIL	NIL	10.6	10.6	NIL	NIL	NIL
SUNKIST ORANGE	217	52	NIL	NIL	12.3	9.1	1.9	0.6	NIL
SUNKIST LEMON AND LIME	105	25	NIL	NIL	6.4	6.1	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
CAMDEN PALE ALE	N/A								
CAMDEN HELLS LAGER	N/A								
FRIAR TUCK REAL ALE	N/A								
ROBIN HOOD REAL ALE	N/A								
CAPLE ROAD SWEET CIDER	N/A								
CAPLE ROAD DRY CIDER	N/A								
JOEY BROWN WHITE WINE	N/A								
JOEY BROWN RED WINE	N/A								
JOEY BROWN ROSE WISE	N/A								

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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/ celeniac	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									
HOLY GUACAMOLE	Mozzarella shavings, spicy beef, red & green chillies, red onion and guacamole on a spicy tomato sauce base	X						X									
THE INFERNO	Mozzarella shavings, spicy nduja sausage, pepperoni, piri piri chicken, red & green chillies, jalapenos and roquito sauce on a spicy tomato sauce base	X						X									
VEG OUT PESTO INFERNOVER	Green pesto Infused Infernover, packed with mozzarella shavings, fresh green peppers, red onions, mushrooms on a tomato sauce bed	X						X									✓
SPICY PEPPERONI INFERNOVER	Infernover full of red onions, pepperoni and mozzarella shavings, with a kick from our jalapenos and inferno recipe spicy tomato sauce	X						X									
MOLTEN MEATY INFERNOVER	Meaty Infernover with ham, meatballs, bacon accompanied by green peppers and mozzarella shavings on our inferno tomato sauce	X	X					X									
CHICKEN & BACON RANCH SALAD	Penne Pasta (Water, Durum Wheat Semolina), Ranch Dressing (Rape-seed Oil, Sour Cream, Water, Salted Egg Yolk, Spirit Vinegar, Cornflour, Chives, Garlic Purée, Salt, Mustard Powder, White Pepper), Sliced Baby Gem Lettuce, Sliced Chicken, Rocket, Cucumber, Smoked Reformed Cooked Bacon, Parsley, Olive Oil, Sunflower Oil, Chives, Cracked Black Pepper.	X	X					X		X							

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COKE COLA	N/A															✓	✓
DIET COKE COLA	N/A															✓	✓
VIMTO	N/A															✓	✓
SUNKIST ORANGE	N/A															✓	✓
SUNKIST LEMON AND LIME	N/A															✓	✓
FEEL GOOD ORANGE & PINEAPPLE	N/A															✓	✓
FEEL GOOD BLACKCURRANT & APPLE	N/A															✓	✓
FOLKINGTONS APPLE JUICE	N/A															✓	✓
FOLKINGTONS ORANGE JUICE	N/A															✓	✓
CAMDEN PALE ALE	N/A	X														✓	✓
CAMDEN HELLS LAGER	N/A	X														✓	✓
FRIER TUCK REAL ALE	N/A	X														✓	✓
ROBIN HOOD REAL ALE	N/A	X														✓	✓
CAPLE ROAD SWEET CIDER	N/A												X			✓	✓
CAPLE ROAD DRY CIDER	N/A												X			✓	✓
JOEY BROWN WHITE WINE	N/A												X			✓	✓
JOEY BROWN RED WINE	N/A												X			✓	✓
JOEY BROWN ROSE WINE	N/A												X			✓	✓

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