

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 unless otherwise stated

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	552	132	6.6	2.4	0.4	0.4	TRACE	17.7	1.7
SPICY BEEF	953	224	16.0	6.8	4.0	0.5	3.3	16.0	1.5
CHARGRILLED CHICKEN	455	107	1.1	0.4	0.8	0.2	0.1	23.5	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
BBQ PULLED PORK	663	158	7.0	2.7	1.5	0.5	TRACE	22.0	2.3
CHORIZO	1895	458	41.0	16.0	2.5	1.0	TRACE	20.0	4.0
PIRI PIRI CHICKEN	658	155	1.6	0.4	5.5	3.4	TRACE	29.7	0.8
SPICY SAUSAGE	1068	257	19.7	6.9	1.2	TRACE	1.3	18.6	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
SLOW ROASTED TOMATOES	1403	335	32.9	3.7	8.4	8.4	1.4	0.7	1.1
GREEN PEPPERS	173	41	0.2	TRACE	7.9	5.6	1.4	1.2	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	280	66	TRACE	TRACE	15.7	14.5	0.8	0.4	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
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
DOUGH BALLS	1002	237	1.7	0.3	46.6	3.0	1.8	7.8	1.0

Per 100g	ENERGY (kJ)	ENERGY (kcal)	FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	FIBRE (g)	PROTEIN (g)	SALT (g)
GARLIC CROUTONS	1736	412	8.8	0.8	69	5.3	4.2	12	2.3
HONEY & MUSTARD DRESSING	2189	531	53.5	3.8	12.6	8.7	3.2	1.5	1
CAESAR DRESSING	1677	407	41.7	3.2	6.7	3.7	1.2	1.8	2
FRENCH DRESSING	502	120	7.4	0.9	13.8	8.8	1.7	0.5	2.3
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

DESSERTS

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
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
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)
ORIGINAL CHEESE & TOMATO	633	151	6.3	3.2	16.0	1.3	0.9	7.2	0.8
AL'OTTA GREENS	618	147	5.5	2.3	17.3	2.0	2.0	6.2	0.7
SUNNY SIDE ERUPT	676	161	6.4	3.0	16.8	1.2	1.3	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?	678	162	6.1	2.5	18.8	1.2	1.4	7.2	1.0
THE MEXICANA	593	141	4.4	1.8	18.3	2.7	1.6	6.4	0.7
THE BLAZIN' TORNADO	673	160	5.6	2.2	18.3	2.6	1.5	8.4	0.9

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
GUACAMOLE	607	147	12.5	3.1	6.4	1.0	0.6	1.8	0.6
SPICY POTATO WEDGES	1100	260	6.0	0.8	44.0	3.0	5.0	5.2	1.4
BBQ BREAD BITES	1954	465	16.7	6.4	63.6	5.0	2.4	14.0	1.4
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	132	32	NIL	NIL	7.8	7.8	NIL	NIL	NIL
SUNKIST ORANGE	70	17	NIL	NIL	3.9	3.9	NIL	NIL	NIL
SUNKIST LEMONADE ZERO	1	TRACE	NIL	NIL	NIL	NIL	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
MR FITZPATRICK'S ENGLISH ELDERFLOWER & BRAMLEY APPLE CORDIAL	218	52	Trace	Nil	12.2	12.2	0.1	Nil	Trace
MR FITZPATRICK'S RHUBARB & ROSEHIP CORDIAL	208	50	Trace	Nil	11.8	11.8	0.1	Nil	Trace
MR FITZPATRICK'S SOUR CHERRY, RED GRAPE & HIBISCUS CORDIAL	238	57	Trace	Nil	14.1	13.7	Trace	Trace	Trace
CAPLE ROAD MEDIUM CIDER	N/A								
JOEY BROWN WHITE WINE	N/A								
JOEY BROWN RED WINE	N/A								
JOEY BROWN ROSE WISE	N/A								
ONE 4 ONE MERLOT	N/A								
ONE 4 ONE ZINFANFEL	N/A								
ONE 4 ONE SAUVIGNON BLANC	N/A								
ONE 4 ONE PROSECCO	N/A								
PROSECCO	N/A								
REKORDERLIG STRAW & LIME CIDER	N/A								
BUDWEISER	N/A								
BECKS	N/A								
VEDETTE	N/A								
BIRRA MORETTI	N/A								
MEANTIME LONDON LAGER	N/A								
MEANTIME YAKIMA RED	N/A								
SAN MIGUEL ZERO	N/A								
NEWCASTLE BROWN ALE	N/A								

We have compiled this guide to help customers make an informed decision in order to achieve a balanced diet. Our aim is to provide nutritional information about our products which is as comprehensive and accurate as possible. Inferno reserves the right to change the profile of its ingredients and therefore the information contained in this guide may change at any time, without notice, as we continuously review and update our food ingredients to ensure the highest possible quality and food safety. While this Guide has been prepared in good faith, no responsibility or liability is or will be accepted by Inferno, any group company or their employees and officers in relation to the accuracy or completeness of this Guide. All nutritional data is based on supplier results. Further information on allergies can be found at www.anaphylaxis.org.uk.

Item	Cereals containing gluten	Eggs	Fish	Peanuts	Nuts	Soyabeans	Milk	Celery/ celeriac	Mustard	Sesame	Lupins	Sulphur dioxide	Crustaceans	Molluscs	Suitable for Vegetarians	Suitable for Vegans
COCA COLA															✓	✓
DIET COCA COLA															✓	✓
VIMTO															✓	✓
SUNKIST ORANGE															✓	✓
SUNKIST LEMONADE ZERO															✓	✓
COCA COLA ZERO															✓	✓
IRN BRU (Newcastle)															✓	✓
FEEL GOOD ORANGE & PINEAPPLE															✓	✓
FEEL GOOD BLACKCURRANT & APPLE															✓	✓
FOLKINGTONS APPLE JUICE															✓	✓
FOLKINGTONS ORANGE JUICE															✓	✓
MR FITZPATRICK'S ENGLISH ELDERFLOWER & BRAMLEY APPLE CORDIAL															✓	✓
MR FITZPATRICK'S RHUBARB & ROSEHIP CORDIAL															✓	✓
MR FITZPATRICK'S SOUR CHERRY, RED GRAPE & HIBISCUS CORDIAL															✓	✓
CAPLE ROAD MEDIUM CIDER												X			✓	✓
JOEY BROWN WHITE WINE												X			✓	✓
JOEY BROWN RED WINE												X			✓	✓
JOEY BROWN ROSE WINE												X			✓	✓
PROSECCO															✓	✓
ONE 4 ONE SAUVIGNON BLANC												X			✓	✓
ONE 4 ONE PROSECCO															✓	✓
ONE 4 ONE MERLOT												X			✓	✓
ONE 4 ONE ZINFANDEFEL												X			✓	✓
BUDWEISER	X														✓	✓
BECKS	X														✓	✓
SAN MIGUEL ZERO	X														✓	✓
BIRRA MORETTI	X														✓	✓
REKORDERLIG STRAW & LIME CIDER												X			✓	✓
VEDETTE	X														✓	✓
NEWCASTLE BROWN ALE (Newcastle)	X														✓	✓
MEAN TIME YAKIMA RED	X														✓	✓
MEAN TIME LONDON LAGER	X														✓	✓

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