Name of Pizza Variant	Serving Size	No. Of Servings	Energy K Cal	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Cheesy Chilli Paneer Pizza	1 Slice (48 g)	6	126	6	2.9	0.1	14	181	12	0.3	12	0.5	5.4	0	83	0.2	95.5
Tandoori Paneer Pizza	1 Slice (48 g)	6	118	5.8	2.8	0.08	13.5	180	12	0.3	11.6	0.6	4	0	82.4	0.2	95
Piri Piri Corn Pizza	1 Slice (48 g)	6	160	3.6	1.4	0.03	6.3	173.2	12	0.7	11.7	0.7	4	0	57.4	3.8	65.8
Smokey BBQ Pizza	1 Slice (48 g)	6	130	6.4	2.8	0.08	13.4	180.5	12	0.3	12.2	0.5	5.4	0	82	0.2	94.5
Celery Schezwan Paneer Pizza	1 Slice (48 g)	6	125	6	2.7	0.08	13	181	12.5	0.3	12.5	0.7	5.4	0	81	0.2	93
Triple Cheese Pizza	1 Slice (48 g)	6	130	6.3	2.8	0	9.6	230	12.5	0	12.5	0.5	5.7	0	116	0.1	48
Pizza Margherita	1 Slice (48 g)	6	108	5	2	0	7.2	187.2	11	0.5	10.5	0.48	2	0	83	0.1	38.4
Giardino Feast Pizza	1 Slice (69 g)	8	151	5.4	2.1	0.06	7.2	253	27	0.7	18	0.7	6	0.2	83.2	0.5	117
Tandoori Paneer Pizza	1 Slice (69 g)	8	178	8.2	3.8	0.1	18.3	265	18.3	0.4	18.2	0.7	7.8	0	116	0.3	134.2
Spicy Paneer Twist Pizza	1 Slice (69 g)	8	140	5.1	2	0.05	7	252	18	0.4	17.5	0.7	5.8	0	82.7	0.3	96
Hawaian Feast Pizza	1 Slice (69 g)	8	140	5.2	2.1	0.05	7	253	19	0.6	19	1.1	6	0	83.7	0.3	115
Veg Supremo	1 Slice (69 g)	8	154	6.6	3	0.08	12.5	258	18.7	0.5	18	0.7	6.8	0	99	0.3	126
Cheesy Garlic Strip	1 Slice (32g)	4	87	4	1.8	0.04	6.6	159	10.3	0.3	8.8	0.35	4.3	0	76.5	0.1	23.4
Herby Cheese Pizza	1 Slice (32g)	4	95	4	1.7	0.04	6.8	156	9	0.2	8.9	0.35	4.1	0	77	0.2	51.5
Name of Dessert Variant	Serving Size	No. Of Servings	Energy K Cal	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Chocolate Lava cake	Per Serve (70 g)	1	247	11	3.4	0.1	12	139	33	2	19	18	4	1	0	39	70
Espresso Lava cake	Per Serve (70 g)	1	247	11	3.4	0.1	12	139	33	1.8	19	18	4	1	0	39	70
Banana Caramel Lava Cake	Per Serve (70 g)	1	260	12	3.4	0.1	12	139	34	1.8	19	18	4	1	0	39	70
Name of Pasta Variant	Serving Size	No. Of Servings	Energy K Cal	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Penne Pasta with Red Sauce	Per Serve (160 g)	1	208	9.8	2.6	0.1	7.8	27	25	3.8	21	0	5.1	0	1	0	30
Creamy Baked Macroni	Per Serve (160 g)	1	182	4	1.8	0	10.4	230	30	0.7	29	0	6.5	0	115	0.8	90