

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 (32 g)	4	80	4	2	0.05	10	112	8	0.1	7	0.3	3	0	59	0	40
	1 Slice (45 g)	6	117	6.1	2.8	0.08	14	157	10.6	0.1	10.5	0.5	4.8	0	83	0.1	58
Tandoori Paneer Pizza	1 Slice (32 g)	4	76	4	2	0.05	10	112	7	1	7	0.35	3	0	59	0.1	40
	1 Slice (45 g)	6	114	5.9	2.8	0.07	14	157	10.5	0.1	10.3	0.5	4.8	0	84	0.1	158
Piri Piri Corn Pizza	1 Slice (32 g)	4	68	2.6	1	0.02	3.8	106	8.5	0.3	7.3	0.4	2.6	0	42	0.1	23
	1 Slice (45 g)	6	96	3.7	1.4	0.03	5.3	149	12	0.4	10.2	0.5	3.6	0	59	0.1	33
Spicy Paneer Twist Pizza	1 Slice (32 g)	4	78	4	2	0.1	9	112	7.5	0.1	7	0.3	3	0	59	0.1	40
	1 Slice (65 g)	8	168	8.8	4	0.11	19.2	227	15.2	0.2	15	0.6	6.9	0	119	0.2	82
Smokey BBQ Pizza	1 Slice (32 g)	4	87	5	2	0.05	9	112	7.5	0.1	7	0.3	3	0	59	0.1	40
Szechuan Paneer Pizza	1 Slice (32 g)	4	80	4	2	0.05	9	112	7.7	0.1	8	0.5	3.4	0	58	0.1	40
Thai Vegie Magic Pizza	1 Slice (32 g)	4	69	3	1	0.02	3.8	106	8	0.2	7	0.4	2.4	0	42	0.1	35
Thai Red Curry Pizza	1 Slice (32 g)	4	65	2.6	1	0.02	3.8	106	7.8	0.25	7.4	0.4	2.5	0	42	0.1	35
Creamy Macaroni Pizza	1 Slice (32 g)	4	78	3.2	3.2	0	2.2	165	9	0.8	0.9	0.3	3.17	0.19	42	1	28
Cheesy Garlic Strips Pizza	1 Slice (32 g)	4	82	3.8	1.6	0	6.4	147	8	0	7.7	0.3	3.8	0	76	0.1	38
Triple Cheese Pizza	1 Slice (45 g)	6	116	5.5	2.5	0.5	9.8	217	11.5	0.2	11.4	0.5	5.2	0	109	0.2	45
Pizza Margherita	1 Slice (45 g)	6	99	4.4	1.9	0.04	7.3	174	10.4	0.2	10.1	0.4	4.2	0	78	0.1	36
Giardino Feast Pizza	1 Slice (65 g)	8	135	5.5	2.1	0.05	7.6	215	16.3	0.5	15	0.6	5.1	0	86	0.4	66
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