



UK NUTRITIONAL & ALLERGEN GUIDE - August 2026

Item		Nutrition Info															Contains These Allergens								May Contain These Allergens											
Item Name	Serving Size	Wgt (g) per serving	Cals (kcal) per 100g	Cals (kcal) per serving	Fat (g) per 100g	Fat (g) per serving	SatFat (g) per 100g	SatFat (g) per serving	Carb (g) per 100g	Carb (g) per serving	Sugar (g) per 100g	Sugar (g) per serving	Prot (g) per 100g	Prot (g) per serving	Salt (g) per 100g	Salt (g) per serving	Celery	Mustard	Egg	Milk	Soy	Wheat	Tree Nuts	Hazelnuts	Almond	Mustard	Celery / Celeriac	Milk	Egg	Cashew	Mustard	Peanut	Soy	Tree Nuts		
HAM & MUSHROOM 12in (UK)	Whole Pizza	734	200	1500	7	54	3	22	25	182	2	13	9	66	1	9				X	X	X								X					X	
Nachos	1 Portion	240	210	503	9	23	3	6	33	79	3	6	4	10	2	4				X	X						X			X						
Nachos XL	1 Portion	320	220	704	10	32	3	9	25	80	2	7	6	19	1	4				X	X					X			X							
Nachos Addon - Chicken	1 Portion	40	109	44	1	0	0	0	3	1	1	0	19	8	1	0				X									X							
Nachos Addon - Sausage	1 Portion	40	219	88	15	6	6	2	9	4	1	0	11	4	1	0						X							X							
Nachos Addon - Pepperoni	1 Portion	40	459	184	41	16	17	7	4	2	0	0	18	7	10	4		X			X								X							
HAM & MUSHROOM 14in (UK)	Whole Pizza	999	200	2040	8	76	3	31	24	241	2	17	9	91	1	12				X	X	X							X					X		
HAM & MUSHROOM 17in (UK)	Whole Pizza	1478	210	3050	8	112	3	47	25	364	2	26	9	136	1	18				X	X	X							X					X		
MEAT FEAST 12in (UK)	Whole Pizza	699	230	1630	9	65	4	29	27	188	2	14	10	69	1	10		X		X	X	X							X					X		
MEAT FEAST 14in (UK)	Whole Pizza	950	240	2240	10	93	5	42	26	249	2	19	10	96	1	14		X		X	X	X							X					X		
MEAT FEAST 17in (UK)	Whole Pizza	1389	240	3270	9	132	4	59	27	373	2	27	10	139	1	19		X		X	X	X							X					X		
Cheese Pizza 12in	Whole Pizza	600.0	230.0	1400.0	8.0	50.0	4.0	24.0	28.8	172.7	2.0	12.0	10.0	60.0	1.3	7.6				X		X							X					X		
Cheese Pizza 14in	Whole Pizza	800.0	230.0	1870.0	8.0	68.0	4.0	32.0	28.6	228.8	2.0	16.0	10.0	81.0	1.3	10.1				X		X							X					X		
Cheese Pizza 17in	1 Slice, 1/6 Pizza	206.0	230.0	480.0	8.0	17.0	4.0	8.0	28.9	59.5	2.0	4.0	10.0	21.0	1.3	2.6				X		X							X					X		
Pulled Chicken & Pepperoni Pizza 17"	Whole 17" Pizza	1558.0	212.6	3311.9	8.2	127.4	3.5	54.3	24.7	385.2	1.7	26.6	9.8	152.0	1.4	21.9		X		X	X	X							X							
Pulled Chicken & Pepperoni Pizza 14"	Whole 14" Pizza	1059.0	212.7	2252.4	8.6	91.0	3.8	40.4	23.6	249.4	1.7	18.2	10.1	106.8	1.4	14.6		X		X	X	X							X							
Pulled Chicken & Pepperoni Pizza 12"	Whole 12" Pizza	782.0	214.4	1676.3	8.5	66.4	3.8	29.9	24.0	188.0	1.7	13.6	10.1	78.7	1.3	10.4		X		X	X	X							X							
Pulled Chicken & Pepperoni Slice	Whole Slice	259.7	212.6	552.0	8.2	21.2	3.5	9.1	24.7	64.2	1.7	4.4	9.8	25.3	1.4	3.6		X		X	X	X							x							
Veggie Volcano 12in	Whole Pizza	677.0	218.2	1298.2	6.3	43.3	2.4	17.9	30.4	171.6	6.5	19.5	7.8	50.8	1.7	7.7				X		X							X					X		
Veggie Volcano 14in	Whole Pizza	960.0	209.2	1866.0	4.2	64.5	2.0	26.2	32.5	241.0	8.1	27.0	7.2	73.1	2.2	10.1				X		X							X					X		
Veggie Volcano 17in	Whole pizza	275.0	188.6	3176.0	2.0	110.5	1.7	48.2	32.7	410.8	8.1	42.0	6.7	126.1	1.5	17.4				X		X							X					X		

Veggie Volcano Slice	Slice	45.8	31.4	529.3	0.3	18.4	0.3	8.0	5.5	68.5	1.3	7.0	1.1	21.0	0.3	2.9				X		X										X					X	
Pepperoni 12in	Whole Pizza	666.0	260.0	1730.0	12.0	80.0	5.0	35.0	26.7	177.8	2.0	13.0	10.0	70.0	1.6	10.8		X		X	X	X									X					X		
Pepperoni 14in	Whole Pizza	930.0	260.0	2410.0	12.0	112.0	5.0	50.0	26.5	246.7	2.0	18.0	11.0	98.0	1.6	15.0		X		X	X	X									X					X		
Pepperoni 17in	1 Slice, 1/6 Pizza	248.0	260.0	650.0	12.0	30.0	5.0	13.0	26.7	66.2	2.0	5.0	11.0	26.0	1.6	4.0		X		X	X	X									X					X		
BBQ Chicken 12in	Whole Pizza	676.0	235.0	1590.0	6.0	42.0	2.0	19.0	33.0	228.0	8.0	57.0	10.0	67.0	1.0	8.0	X			X		X									X					X		
BBQ Chicken 14in	Whole Pizza	970.0	236.0	2290.0	6.0	61.0	2.0	28.0	33.0	327.0	8.0	83.0	10.0	97.0	1.0	12.0	X			X		X									X					X		
BBQ Chicken 17in	1 Slice, 1/6 Pizza	281.0	235.0	660.0	6.0	17.0	2.0	7.0	34.0	96.0	8.0	24.0	10.0	27.0	1.0	3.0	X			X		X									X					X		
Firecracker 12in	Whole Pizza	632.0	210.0	1327.2	7.0	44.2	3.0	19.0	27.1	171.3	2.0	12.6	10.0	63.2	1.3	8.3				X		X									X					X		
Firecracker 14in	Whole Pizza	861.0	210.0	1808.1	7.0	60.3	3.0	25.8	26.9	232.0	2.0	17.2	10.0	86.1	1.3	11.5				X		X									X					X		
Firecracker 17in	1 Slice, 1/6 Pizza	214.0	210.0	449.4	7.0	15.0	3.0	6.4	27.0	57.9	2.0	4.3	10.0	21.4	1.4	2.9				X		X									X					X		
Firecracker 17in	1 Slice, 1/6 Pizza	214.0	210.0	449.4	7.0	15.0	3.0	6.4	27.0	57.9	2.0	4.3	10.0	21.4	1.4	2.9				X		X									X					X		
Cheeseburger (Classic, Spicy, BBQ) 12in	Whole Pizza	829.0	250.0	2072.5	12.0	99.5	4.0	33.2	25.6	212.2	4.0	33.2	9.0	74.6	1.4	11.4	X	X	X	X		X									X					X		
Cheeseburger (Classic, Spicy, BBQ) 14in	Whole Pizza	1015.0	250.0	2537.5	12.0	121.8	4.0	40.6	25.8	261.8	4.0	40.6	9.0	91.4	1.4	13.8	X	X	X	X		X									X					X		
Cheeseburger (Classic, Spicy, BBQ) 17in	1 Slice, 1/6 Pizza	246.0	250.0	615.0	12.0	29.5	4.0	9.8	26.1	64.2	4.0	9.8	9.0	22.1	1.4	3.3	X	X	X	X		X									X					X		
SBARRO - Festive Pizza 12in (UK)	Whole Pizza	752	200	1520	6	47	3	21	24.86	186.96	2	16	11	80	1.19	8.98				X		X									X					X		
SBARRO - Festive Pizza 14in (UK)	Whole Pizza	999	200	2020	6	64	3	28	24.77	247.57	2	21	11	106	1.2	11.95				X		X									X					X		
SBARRO - Festive Pizza 17in (UK)	Whole Pizza	1504	200	3050	6	96	3	42	24.84	373.56	2	32	11	161	1.2	17.98				X		X									X					X		
SBARRO - Festive Pizza Slice (UK)	Slice	251	200	510	6	16	3	7	24.84	62.26	2	5	11	27	1.2	3				X		X									X					X		
Breadstick	1 Breadstick	66.0	310.0	210.0	10.0	7.0	5.0	3.0	45.8	30.2	1.0	1.0	8.0	5.0	1.5	1.0				X		X									X					X		
Stuffed Sausage Pepperoni	1 Slice, 1/8 Pizza	351.0	280.0	970.0	13.0	45.0	5.0	17.0	29.4	103.0	1.0	5.0	10.0	37.0	1.5	5.4		X	X	X	X	X													X			
Spinach & Ricotta Stromboli	1 Stromboli	288.0	252.3	726.7	11.5	33.2	4.8	13.7	26.5	76.2	1.7	4.9	9.9	28.4	1.0	3.0			X	X	X	X														X		
Ham & Cheese Stromboli	1 Stromboli	288.0	248.7	716.2	10.7	30.8	4.0	11.4	25.9	74.7	1.4	4.0	12.0	34.7	1.4	4.0			X	X	X	X														X		
Chicken & Cheese Stromboli	1 Stromboli	288.0	249.9	719.7	10.4	29.9	3.8	11.1	26.3	75.7	1.2	3.5	13.1	37.6	1.3	3.7			X	X	X	X													X			
Pepperoni & Cheese Stromboli	1 Stromboli	288.0	310.7	894.7	17.3	49.9	6.9	19.8	26.3	75.7	1.2	3.4	10.2	29.3	1.7	5.0		X	X	X	X	X														X		
Sbarro - Classic Lemonade Cooler	16oz	455.0	168.0	84.0	0.0	0.0	0.0	0.0	37.8	18.9	37.7	18.9	0.0	0.0	0.3	0.1																						

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Cheesy Bread	1 Order	586.0	310.0	1810.0	13.0	74.0	7.0	39.0	36.1	211.6	1.0	6.0	12.0	69.0	1.4	8.3			X	X		X														X
Cheesy Garlic Breadsticks	1 Each	92.0	310.0	285.0	11.0	10.0	5.5	5.0	43.0	40.0	0.9	1.0	8.7	8.0	1.5	1.0			X	X		X													X	
Cinnamon Breadstick (UK)	2	476.0	300.0	1420.0	7.0	33.0	2.5	12.0	51.5	245.1	6.0	27.0	7.0	32.0	1.2	5.7				X		X													X	
Potato Wedges (McCain)	1 Serving	200	144	288	5	10	0.5	1	22	44	0.9	1.8	2.1	4.2	0.62	1.24						X														
CHEESY WEDGES (McCain)	1 Serving	260	290.625	465	14.5	23.2	5.65	9.04	27.6875	44.3	1.575	2.52	12.375	19.8	1.3	2.08				X		X														
SBARRO - Breaded Mozzarella sticks (UK)	4 Fingers	102.0	287.0	292.7	15.0	15.6	5.8	5.9	27.0	27.5	5.8	5.9	11.0	11.2	1.4	1.4				X		X														
SBARRO - Halal Chicken Nuggets, 4 portion (UK)	4 Nuggets	90.0	225.0	202.5	10.2	9.2	1.1	1.0	18.1	16.3	1.2	1.1	14.7	13.2	0.7	0.6	X					X														
SBARRO - Halal Chicken Nuggets, 6 portion (UK)	6 Nuggets	134.0	225.0	301.5	10.2	13.7	1.1	1.5	18.1	24.3	1.2	1.6	14.7	19.7	0.7	0.9	X					X														
SBARRO - Hot & Kickin' Chicken Wings (UK)	4 Wings	200.0	247.0	494.0	14.9	29.8	3.1	6.2	13.3	26.6	0.5	1.0	14.7	29.4	1.1	2.2						X				X	X	X	X					X		
SBARRO - Chicken Strips (UK)	4 Strips	198.0	207.0	409.9	10.0	19.8	4.4	8.7	11.0	21.8	0.3	0.6	17.0	33.7	1.3	2.6	X					X														
SBARRO - Fries (UK)	250g	250.0	140.0	350.0	3.0	7.4	4.5	11.0	24.7	61.8	0.2	0.5	2.3	5.8	0.4	0.9																		X		
Loaded Fries - Cheese	1 Portion	270.0	439.0	537.0	25.0	27.0	18.5	21.7	25.7	43.0	1.2	1.4	27.3	28.9	1.8	2.1				X														X		
Loaded Fries - Chicken Tikka	1 Portion	310.0	548.0	580.6	26.5	27.6	18.9	21.8	29.6	44.6	2.2	1.8	47.1	36.8	3.3	2.7				X														X		
Loaded Fries - Diced Pepperoni	1 Portion	310.0	898.0	720.6	66.5	43.6	36.4	28.8	29.7	44.6	2.1	1.7	28.9	29.6	5.8	3.7		X		X	X															
Chicken tikka Salad (No Sauce)	Whole Salad	224.0	268.7	131.5	4.3	2.1	1.0	0.5	30.9	11.5	18.6	6.6	25.3	16.1	1.6	1.1				X																
Diced Beef Peperoni Salad (No Sauce)	Whole Salad	224.0	618.7	383.5	44.3	30.9	18.5	13.1	31.0	11.6	18.5	6.5	23.6	14.9	4.1	2.9		X			X				X									X		
Spicy Beef Sausage Salad (No Sauce)	Whole Salad	224.0	378.7	210.7	18.2	12.1	7.5	5.2	36.3	15.4	19.3	7.1	17.2	10.3	1.8	1.3				X		X														
Turkey Ham Salad (No Sauce)	Whole Salad	224.0	261.7	126.5	6.1	3.4	1.7	1.0	29.0	10.1	19.6	7.3	19.5	11.9	2.1	1.5				X							X									
Cheese Salad (No Sauce)	Whole Salad	207.0	451.7	213.6	25.9	13.7	15.2	8.2	28.8	9.7	17.7	5.9	28.0	14.2	1.5	0.8				X							X									
Side Salad	Whole Side Salad	107.0	159.7	31.5	2.8	0.7	0.6	0.1	27.0	4.9	17.6	3.5	5.5	1.2	0.1	0.0																				
Caesar Dressing	15 Grams	15.0	407.0	61.1	41.7	6.3	3.2	0.5	5.5	0.8	3.7	0.6	1.8	0.3	2.0	0.3			X	X	X	X							X	X				X		
Balsamic Vinegar Glaze	15 Grams	15.0	201.0	30.2	0.1	0.0	0.0	0.0	40.0	6.0	35.0	5.3	0.8	0.1	0.1	0.0																				
SBARRO - Cookie Dough - Milk Chocolate (UK)	1 Portion	110.0	463.0	509.3	20.9	23.0	9.8	10.8	62.8	69.1	32.9	36.2	4.9	5.4	0.2	0.3			X	X	X	X			X				X			X		X		
SBARRO - Cookie Dough - White Chocolate (UK)	1 Portion	110.0	468.0	514.8	21.8	24.0	10.0	11.0	61.8	68.0	31.8	32.0	4.6	5.1	0.3	0.3			X	X	X	X			X				X			X		X		
Pre-Packaged Sbarro Milk Chocolate Cookie	1 Cookie	50g	438.0	219.0	19.3	9.7	8.2	4.1	61.3	30.7	32.4	16.2	5.7	2.9	0.7	0.4			X	X	X	X														

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