SBARRO UK | NUTRITION GUIDE

NOVEMBER 2026

We produce our food in kitchens where allergens are handled by our people, and where equipment and utensils are used for multiple menu items, including those containing allergens. Although your meal is prepared with care, we cannot guarantee it will be allergen free, even after ingredients have been removed on request. For products where there are no nuts or peanut ingredients in the products listed we can't guarantee that our food is completely nut or peanut free.

Delivery orders: We also cannot guarantee your meal will not come in to contact with other allergens during delivery. Couriers may transport other Sbarro orders or orders from other businesses at the same time as your Sbarro order.

Category	Item Name	Serving Size	Weight (g)	Energy (kcal) per serving	Fat (g) per serving	Saturates (g) per serving	Carbs (g) per serving	Sugars (g) per serving	Protein (g) per serving	Salt (g) per serving
Stromboli	Pepperoni & Cheese Stromboli	1 Stromboli	288	894.71	49.92	19.82	75.7	3.43	29.32	4.97
Stromboli	Spinach & Ricotta Stromboli	1 Stromboli	288	726.71	33.23	13.73	76.2	4.86	28.39	3.01
Stromboli	Chicken & Cheese Stromboli	1 Stromboli	288	719.71	29.93	11.05	75.65	3.48	37.59	3.72
Stromboli	Ham & Cheese Stromboli	1 Stromboli	288	716.21	30.82	11.4	74.7	3.98	34.69	3.95
Soft Drinks	7Up	1 Bottle	500ml	0	0	0	0	0	0	0
Soft Drinks	Beverages Pepsi Max Cherry	1 Bottle	500ml	5	0	0	0	0	0	0
Soft Drinks	Diet Pepsi	1 Bottle	500ml	95	0	0	23	23	0	0.2
Soft Drinks	Fruit Shoot - Apple & Blackcurrant	1 Bottle	500ml	25	0	0	5	5	0	0.1
Soft Drinks	Fruit Shoot - Orange	1 Bottle	275ml	13.75	0	0	2.2	2.2	0	0.07
Soft Drinks	Pepsi Max	1 Bottle	500ml	0	0	0	0	0	0	0.1
Soft Drinks	Pepsi Regular	1 Bottle	500ml	90	0	0	23	23	0	0.1
Soft Drinks	Robinsons - Orange and Mango	1 Bottle	500ml	45	0	0	9.5	0	0	0.15
Soft Drinks	Robinsons Blueberry & Blackberry	1 Bottle	500ml	45	0	0	9	9	0	0.2
Soft Drinks	Robinsons Peach and Mango	1 Bottle	500ml	50	0	0	10.1	10	0	0.2
Soft Drinks	Tango Orange	1 Bottle	500ml	5	0	0	0	0	0	0.2
Soft Drinks	Water	1 Bottle	275ml	16.5	0	0	3.3	3.3	0	0.07
Sides & Snacks	CHEESY WEDGES (McCain)	1 Portion	260	465	23.2	9.04	44.3	2.52	19.8	2.08
Sides & Snacks	Nachos	1 Portion	240	503	22.6	6.1	78.6	6.1	10.3	3.7
Sides & Snacks	Nachos XL	1 Portion	320	704	32	8.6	79.9	6.5	19	3.7
Sides & Snacks	Potato Wedges (McCain)	1 Portion	200	288	10	1	44	1.8	4.2	1.24
Sides & Snacks	SBARRO - Breaded Mozzarella sticks (UK)	4 Breadsticks	102	292.74	15.6	5.91	27.54	5.91	11.22	1.43
Sides & Snacks	SBARRO - Chicken Strips (UK)	4 Strips	198	409.86	19.8	8.71	21.78	0.59	33.66	2.57

Category	Item Name	Serving Size	Weight (g)	Energy (kcal) per serving	Fat (g) per serving	Saturates (g) per serving	Carbs (g) per serving	Sugars (g) per serving	Protein (g) per serving	Salt (g) per serving
Sides & Snacks	SBARRO - Halal Chicken Nuggets, 4 portion (UK)	4 Nuggets	90	202.5	9.18	0.99	16.29	1.08	13.23	0.58
Sides & Snacks	SBARRO - Halal Chicken Nuggets, 6 portion (UK)	6 Nuggets	134	301.5	13.67	1.47	24.25	1.61	19.7	0.87
Sides & Snacks	SBARRO - Hot & Kickin' Chicken Wings (UK)	4 Wings	200	494	29.8	6.2	26.6	1	29.4	2.2
Sides & Snacks	Stuffed Breadstick	1 Breadstick	66	210	7	3	30.2	1	5	1
Sides & Snacks	Sides Cheesy Bread	1 Portion	586	1810	74	39	211.6	6	69	8.3
Sauces & Extras	Dip Pot - Deluxe BBQ Sauce	1 Pot	25	43.25	0.05	0	10.22	9.55	0.3	0.61
Sauces & Extras	Dip Pot - Garlic & Herb_x000D_	1 Pot	25	117.75	12.57	0.95	0.7	0.62	0.25	0.35
Sauces & Extras	Dip Pot - Ketchup With a Kick of Chilli	1 Pot	25	24	0.03	0	5.25	4.53	0.3	0.38
Sauces & Extras	Dip Pot - Perinnaise	1 Pot	25	89	9.3	0.68	0.83	0.33	0.1	0.34
Sauces & Extras	Dip Pot - Spicy Fried Chicken Sauce	1 Pot	25	108.25	10.18	0.78	2.62	2.62	0.33	0.36
Sauces & Extras	Dip Pot - Sweet Chilli Sauce	1 Pot	25	30.25	0.03	0	7.03	6.5	0.05	0.4
Sauces & Extras	Heinz BBQ Sauce Dip Pots	1 Pot	25	35.25	0.1	0.03	7.83	7.1	0.27	0.33
Sauces & Extras	Heinz Mayonnaise Dip Pots	1 Pot	25	165.75	18	14.5	0.75	0.06	0.25	0.3
Sauces & Extras	Heinz Tomato Ketchup Dip Pots	1 Pot	25	25.5	0.03	0.02	5.8	5.7	0.3	0.45
Sauces & Extras	Monin Caramel syrup	1 Portion	15	48.45	0	0	11.89	11.89	0	0
Sauces & Extras	MONIN HAZELNUT SYRUP	1 Portion	15	47.25	0	0	11.84	11.76	0	0
Sauces & Extras	Monin Vanilla syrup	1 Portion	15	51.15	0	0	12.6	12.59	0	0
Pizza Slice	Veggie Volcano Slice	1 Slice, 1/6 17" Pizza	45.83	529.33	18.42	8.03	68.47	7	21.02	2.9
Pizza Slice	BBQ Chicken Slice	1 Slice, 1/6 17" Pizza	281	660	17	7	96	24	27	3
Pizza Slice	Firecracker Slice	1 Slice, 1/6 17" Pizza	214	449.4	15	6.4	57.9	4.3	21.4	2.9
Pizza Slice	Stuffed Sausage Pepperoni	1 Slice, 1/8 16" Pizza	351	970	45	17	103	5	37	5.4
Pizza Slice	Pepperoni Slice	1 Slice, 1/6 17" Pizza	248	650	30	13	66.2	5	26	4
Pizza Slice	Chicken Tikka Pizza Slice	1 Slice (1/6 of 17in pizza)	229.2	473	18.17	8	53.67	4.5	24	2.5
Pizza Slice	Cheese Pizza Slice	1 Slice, 1/6 Pizza	206	480	17	8	59.5	4	21	2.6
Pizza Slice	MEAT FEAST SLICE	1 Slice, 1/6 17" Pizza	231.5	545	22	9.83	62.17	4.5	23.17	3.17
Pizza Slice	Ham & Mushroom Slice	1 Slice, 1/6 17" Pizza	246.33	508.33	18.67	7.83	60.67	4.33	22.67	3
Pizza 17"	Pepperoni 17in	Whole Pizza	1488	3900	180	78	397.2	30	156	24

Category	Item Name	Serving Size	Weight (g)	Energy (kcal) per serving	Fat (g) per serving	Saturates (g) per serving	Carbs (g) per serving	Sugars (g) per serving	Protein (g) per serving	Salt (g) per serving
Pizza 17"	Veggie Volcano 17"	Whole pizza	275	3176	110.52	48.2	410.82	42.02	126.14	17.4
Pizza 17"	BBQ Chicken 17"	Whole Pizza,	1686	3960	102	42	576	144	162	18
Pizza 17"	Firecracker 17in	Whole Pizza	1284	2696.4	90	38.4	347.4	25.8	128.4	17.4
Pizza 17"	Cheese Pizza 17"	Whole 17" Pizza	1236	2880	102	48	357	24	126	15.6
Pizza 17"	Chicken Tikka Pizza 17in	Whole 17in pizza	1375	2838	109	48	322	27	144	15
Pizza 17"	HAM & MUSHROOM 17in (UK)	Whole Pizza	1478	3050	112	47	364	26	136	18
Pizza 17"	MEAT FEAST 17in (UK)	Whole Pizza	1389	3270	132	59	373	27	139	19
Pizza 16"	Stuffed Sausage Pepperoni	Whole Pizza	2808	7760	360	136	824	40	296	43.2
Pizza 14"	Pepperoni 14in	Whole Pizza	930	2410	112	50	246.7	18	98	15
Pizza 14"	Veggie Volcano 14"	Whole Pizza	960	1866	64.52	26.2	241.02	27.02	73.14	10.1
Pizza 14"	BBQ Chicken 14"	Whole Pizza	970	2290	61	28	327	83	97	12
Pizza 14"	Firecracker 14in	Whole Pizza	861	1808.1	60.3	25.8	232	17.2	86.1	11.5
Pizza 14"	Cheese Pizza 14in	Whole Pizza	800	1870	68	32	228.8	16	81	10.1
Pizza 14"	Chicken Tikka Pizza 14in	Whole 14in pizza	920	1900	73	33	213	18	97	10
Pizza 14"	HAM & MUSHROOM 14in (UK)	Whole Pizza	999	2040	76	31	241	17	91	12
Pizza 14"	MEAT FEAST 14in (UK)	Whole Pizza	950	2240	93	42	249	19	96	14
Pizza 12"	Pepperoni 12in	Whole Pizza	666	1730	80	35	177.8	13	70	10.8
Pizza 12"	Pizza HAM & MUSHROOM 12in (UK)	Whole Pizza	734	1500	54	22	182	13	66	9
Pizza 12"	Veggie Volcano 12"	Whole Pizza	677	1298.2	43.27	17.9	171.63	19.54	50.77	7.68
Pizza 12"	BBQ Chicken 12"	Whole Pizza	676	1590	42	19	228	57	67	8
Pizza 12"	Firecracker 12in	Whole Pizza	632	1327.2	44.2	19	171.3	12.6	63.2	8.3
Pizza 12"	Cheese Pizza 12in	Whole Pizza	600	1400	50	24	172.7	12	60	7.6
Pizza 12"	Chicken Tikka Pizza 12in	Whole 12in pizza	725	1513	56	24	178	14	74	8
Pizza 12"	MEAT FEAST 12in (UK)	Whole Pizza	699	1630	65	29	188	14	69	10
Pizza & Bakery	Cheesy Garlic Breadsticks	1 Breadstick	92	285	10	5	40	1	8	1
Hot Drinks	Black Americano (Large)	16oz	18.2	4	0.13	0.01	0	0	0.73	0.03
Hot Drinks	Black Americano (Regular)	12oz	14	3.08	0.1	0.01	0	0	0.56	0.03
Hot Drinks	Cappuccino (Large)	16oz	418.2	296.92	9.26	4.06	20.91	18.82	30.95	1.2
Hot Drinks	Cappuccino (Regluar)	12oz	314	222.94	6.95	3.05	15.7	14.13	23.24	0.9

Category	Item Name	Serving Size	Weight (g)	Energy (kcal) per serving	Fat (g) per serving	Saturates (g) per serving	Carbs (g) per serving	Sugars (g) per serving	Protein (g) per serving	Salt (g) per serving
Hot Drinks	Flat white	8oz	227	161.17	5.03	2.2	11.35	10.21	16.8	0.65
Hot Drinks	Hot Chocolate (Large)	16oz	473	459.32	11.73	7.54	66.84	63.47	17.25	0.47
Hot Drinks	Hot Chocolate (Regular)	12oz	360	356.25	9.87	6.42	50.51	47.97	13.08	0.36
Hot Drinks	Latte (Large)	16oz	418.2	296.92	9.26	4.06	20.91	18.82	30.95	1.2
Hot Drinks	Latte (Regular)	12oz	314	222.94	6.95	3.05	15.7	14.13	23.24	0.9
Hot Drinks	White Americano (Large)	16oz	418	296.78	9.25	4.06	20.9	18.81	30.93	1.2
Hot Drinks	White Americano (Regular)	12oz	314	222.94	6.95	3.05	15.7	14.13	23.24	0.9
Desserts	Pre-Packaged Sbarro Milk Chocolate Cookie	1 Cookie	50g	219	9.65	4.1	30.65	16.2	2.85	0.37
Desserts	Ben & Jerry's Brookies & Cream 100ml	1 × 100ml portion	100	278	16	8.4	30	24	4	0.38
Desserts	Ben & Jerry's Caramel Chew Chew 100ml	1 × 100ml portion	100	271	15	11	30	26	3.6	0.19
Desserts	Ben & Jerry's Cookie Dough 465ml	1 × 100ml portion	100	238	13	8	27	22	3.5	0.15
Desserts	Ben & Jerry's Strawberry Cheesecake 100ml	1 × 100ml portion	100	243	14	7.4	27	24	3.3	0.28
Desserts	Ice Cream (Yarde Farm)	1 each	95	237.5	16.2	9.5	19	18.1	3.8	0.2
Desserts	Portuguese Custard Tart 60g	1 tart (58g nutrition basis)	58	168	7.5	3.5	22	12.8	2.6	0.12
Desserts	SBARRO - Cookie Dough - Milk Chocolate (UK)	1 Portion	110	509.3	22.99	10.78	69.1	36.2	5.4	0.3
Desserts	SBARRO - Cookie Dough - White Chocolate (UK)	1 Portion	110	514.8	23.98	10.97	67.98	31.98	5.1	0.3
Breakfast	Ham, Egg & Cheese Strombolini	1 Strombolini	233.66	714.25	32.73	11.42	74.21	3.24	30.63	3.23
Breakfast	Sausage, Egg & Cheese Strombolini	1 Strombolini	258.66	798.25	39.61	14.6	78.36	3.59	32.98	3.58
Addon	Nachos Addon - Chicken	1 Portion	40	43.6	0.4	0	1.2	0.4	7.6	0.4
Addon	Nachos Addon - Pepperoni	1 Portion	40	183.6	16.4	6.8	1.6	0	7.2	4
Addon	Nachos Addon - Sausage	1 Portion	40	87.6	6	2.4	3.6	0.4	4.4	0.4

SBARRO UK | ALLERGEN GUIDE

NOVEMBER 2026

We produce our food in kitchens where allergens are handled by our people, and where equipment and utensils are used for multiple menu items, including those containing allergens. Although your meal is prepared with care, we cannot guarantee it will be allergen free, even after ingredients have been removed on request. For products where there are no nuts or peanut ingredients in the products listed we can't guarantee that our food is completely nut or peanut free.

Delivery orders: We also cannot guarantee your meal will not come in to contact with other allergens during delivery. Couriers may transport other Sbarro orders or orders from other businesses at the same time as your Sbarro order.

Category	Item Name	Contains	May Contain
Stromboli	Pepperoni & Cheese Stromboli	Mustard, Egg, Milk, Soy, Wheat	Soy
Stromboli	Spinach & Ricotta Stromboli	Egg, Milk, Soy, Wheat	Soy
Stromboli	Chicken & Cheese Stromboli	Egg, Milk, Soy, Wheat	Soy
Stromboli	Ham & Cheese Stromboli	Egg, Milk, Soy, Wheat	Soy
Soft Drinks	7Up	—	—
Soft Drinks	Pepsi Max Cherry	—	—
Soft Drinks	Diet Pepsi	—	—
Soft Drinks	Fruit Shoot - Apple & Blackcurrant	—	—
Soft Drinks	Fruit Shoot - Orange	—	—
Soft Drinks	Pepsi Max	—	—
Soft Drinks	Pepsi Regular	—	—
Soft Drinks	Robinsons - Orange and Mango	—	—
Soft Drinks	Robinsons Blueberry & Blackberry	—	—
Soft Drinks	Robinsons Peach and Mango	—	—
Soft Drinks	Tango Orange	—	—
Soft Drinks	Water	—	—
Sides & Snacks	CHEESY WEDGES (McCain)	Milk, Wheat	—
Sides & Snacks	Nachos	Milk, Soy	Mustard, Egg
Sides & Snacks	Nachos XL	Milk, Soy	Mustard, Egg
Sides & Snacks	Potato Wedges (McCain)	Wheat	—
Sides & Snacks	SBARRO - Breaded Mozzarella sticks (UK)	Milk, Wheat	—

Category	Item Name	Contains	May Contain
Sides & Snacks	SBARRO - Chicken Strips (UK)	Celery, Wheat	—
Sides & Snacks	SBARRO - Halal Chicken Nuggets	Celery, Wheat	—
Sides & Snacks	SBARRO - Hot & Kickin' Chicken Wings (UK)	Wheat	Mustard, Celery / Celeriac, Milk, Egg, Soy
Sides & Snacks	Stuffed Breadstick	Milk, Wheat	Egg, Soy
Sides & Snacks	Cheesy Bread	Egg, Milk, Wheat	Soy
Sauces & Extras	Dip Pot - Deluxe BBQ Sauce	Mustard	—
Sauces & Extras	Dip Pot - Garlic & Herb	Mustard, Egg, Milk	—
Sauces & Extras	Dip Pot - Ketchup With a Kick of Chilli	Mustard	—
Sauces & Extras	Dip Pot - Perinnaise	Egg	—
Sauces & Extras	Dip Pot - Spicy Fried Chicken Sauce	Egg	—
Sauces & Extras	Dip Pot - Sweet Chilli Sauce	—	—
Sauces & Extras	Heinz BBQ Sauce Dip Pots	—	—
Sauces & Extras	Heinz Mayonnaise Dip Pots	Mustard, Egg	—
Sauces & Extras	Heinz Tomato Ketchup Dip Pots	Celery	—
Sauces & Extras	Monin Caramel syrup	—	—
Sauces & Extras	MONIN HAZELNUT SYRUP	Tree Nuts, Hazelnuts	—
Sauces & Extras	Monin Vanilla syrup	—	—
Pizza	Veggie Volcano - (all sizes & slices)	Milk, Wheat	Egg, Soy
Pizza	BBQ Chicken - (all sizes & slices)	Celery, Milk, Wheat	Egg, Soy
Pizza	Firecracker - (all sizes & slices)	Milk, Wheat	Egg, Soy
Pizza	Stuffed Sausage Pepperoni - (16in & slice)	Egg, Milk, Mustard, Soy, Wheat	Soy
Pizza	Pepperoni - (all sizes & slices)	Milk, Mustard, Soy, Wheat	Egg, Soy
Pizza	Chicken Tikka - (all sizes & slices)	Milk, Wheat	Egg, Soya
Pizza	Cheese Pizza - (all sizes & slices)	Milk, Wheat	Egg, Soy
Pizza	Meat Feast - (all sizes & slice)	Milk, Mustard, Soy, Wheat	Egg, Soy
Pizza	Ham & Mushroom - (all sizes & slice)	Milk, Soy, Wheat	Egg, Soy
Pizza & Bakery	Cheesy Garlic Breadsticks	Egg, Milk, Wheat	Soy

Category	Item Name	Contains	May Contain
Hot Drinks	Black Americano (Large)	—	—
Hot Drinks	Black Americano (Regular)	—	—
Hot Drinks	Cappuccino (Large)	Milk	—
Hot Drinks	Cappuccino (Regular)	Milk	—
Hot Drinks	Flat white	Milk	—
Hot Drinks	Hot Chocolate (Large)	Milk	—
Hot Drinks	Hot Chocolate (Regular)	Milk	—
Hot Drinks	Latte (Large)	Milk	—
Hot Drinks	Latte (Regular)	Milk	—
Hot Drinks	White Americano (Large)	Milk	—
Hot Drinks	White Americano (Regular)	Milk	—
Desserts	Pre-Packaged Sbarro Milk Chocolate Cookie	Egg, Milk, Soy, Wheat	—
Desserts	Ben & Jerry's Brookies & Cream 100ml	Gluten/Wheat/Barley, Egg, Soya, Milk	—
Desserts	Ben & Jerry's Caramel Chew Chew 100ml	Egg, Soya, Milk	Tree nuts (almond, hazelnut, walnut)
Desserts	Ben & Jerry's Cookie Dough 465ml	Gluten/Wheat, Egg, Soya, Milk	—
Desserts	Ben & Jerry's Strawberry Cheesecake 100ml	Gluten/Wheat, Egg, Soya, Milk	—
Desserts	Ice Cream (Yarde Farm)	Egg, Milk, Soy	—
Desserts	Portuguese Custard Tart 60g	Gluten/Wheat, Egg, Milk	Soya, Tree nuts (almond), Sesame
Desserts	SBARRO - Cookie Dough - Milk Chocolate (UK)	Egg, Milk, Soy, Wheat	Almond, Cashew, Peanut, Tree Nuts
Desserts	SBARRO - Cookie Dough - White Chocolate (UK)	Egg, Milk, Soy, Wheat	Almond, Cashew, Peanut, Tree Nuts
Breakfast	Ham, Egg & Cheese Strombolini	Egg, Milk, Wheat	Soy
Breakfast	Sausage, Egg & Cheese Strombolini	Egg, Milk, Wheat	Soy
Addon	Nachos Addon - Chicken	Milk	Egg
Addon	Nachos Addon - Pepperoni	Mustard, Soy	Egg
Addon	Nachos Addon - Sausage	Wheat	Egg