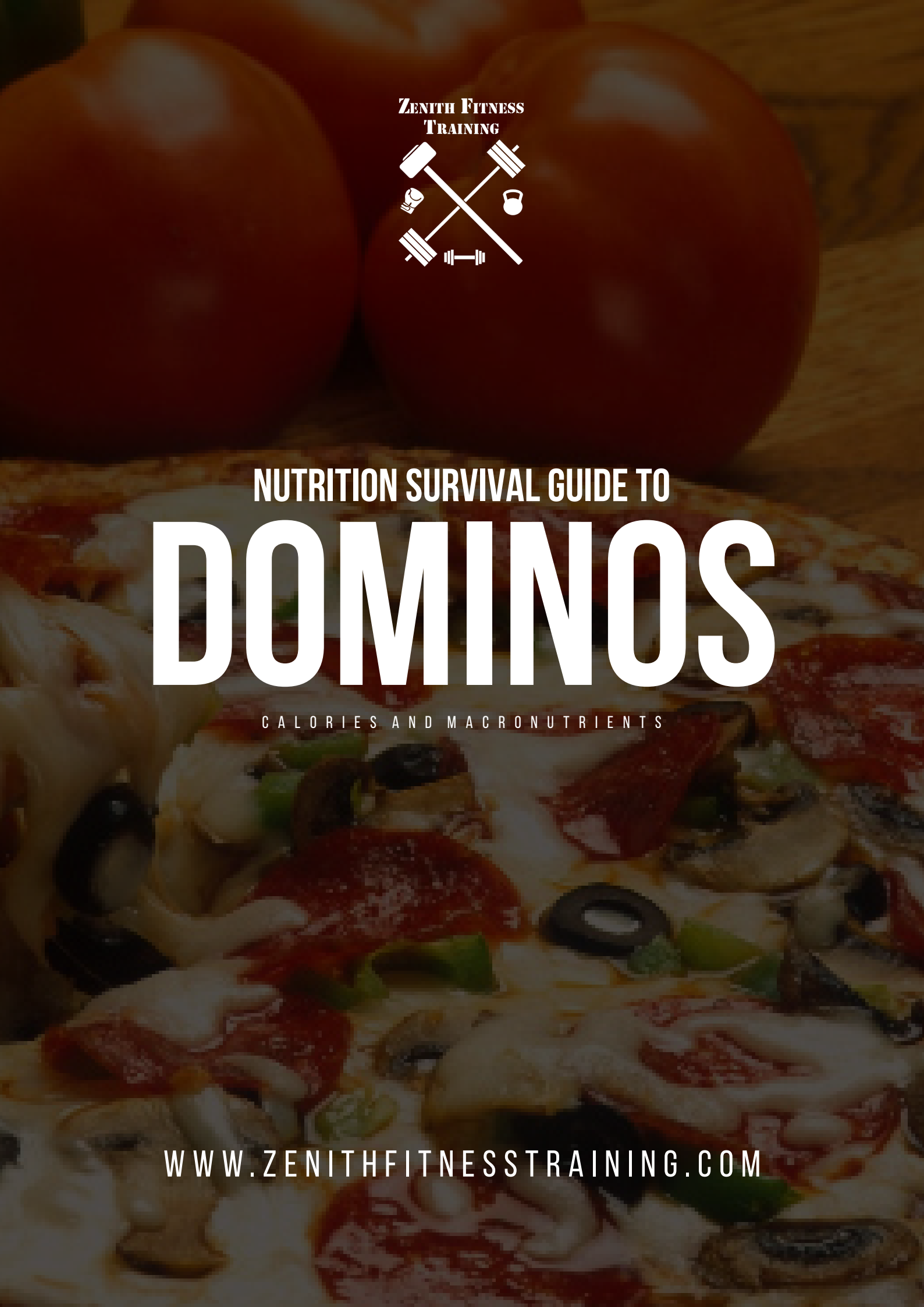

ZENITH FITNESS TRAINING

NUTRITION SURVIVAL GUIDE TO DOMINOS

CALORIES AND MACRONUTRIENTS

WWW.ZENITHFITNESSTRAINING.COM

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

CLASSIC CRUST LARGE

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Meateor	**2400**	90	303	20	89	87	14.8
Ranch BBQ	**2330**	102	298	20	87	77	14.4
Americano	**2320**	99	316	22	92	69	14.6
House Special Tandoori	**2250**	117	261	28	50	76	13.3
Scrummy	**2240**	104	254	27	48	84	13.9
House Special	**2210**	123	251	28	49	74	12.3
Pepperoni Passion	**2150**	101	245	26	47	80	12.6
Bacon Double Cheese	**2090**	102	250	28	49	70	11.2
Extravaganza	**2090**	106	253	29	50	66	12.1
Meat Lovers	**2050**	92	246	27	46	72	12.5
Mighty Meaty	**2030**	96	252	28	50	65	12.3
Texas BBQ	**2030**	89	300	20	88	49	11.6
Meatzza	2000	93	248	27	47	65	12.2
Spanish Sizzler	1980	100	266	30	57	53	10.3
The Sizzler	1980	83	244	22	39	70	12.6
Mexican Hot	1960	93	250	28	51	59	12.2
New Yorker	1950	85	244	27	46	64	11.8
Mixed Grill	1940	85	252	28	48	59	10.5
Meatilicious	1930	96	247	27	47	56	10.9
American Hot	1910	76	251	28	50	61	12.9
Full House	1910	85	262	29	57	53	10.3
Chicken & Rasher Bacon	1870	95	262	29	53	44	9.2
Deluxe	1870	78	251	28	50	56	10
Vegi Volcano	1820	79	236	22	42	57	10.1
Chicken Feast	1780	104	258	29	48	32	8.3
Original Cheese & Tomato	1760	85	252	27	48	40	8.7
Tuna Delight Mozzarella	1710	79	259	28	47	35	7.7
Buffalo Chicken	1680	85	254	29	51	31	11.2
Veg-A-Roma	1680	60	243	24	38	48	7.7
Four Vegi	1660	67	267	31	53	30	8
Hawaiian	1660	78	253	28	57	32	9.4
Hot & Spicy	1660	69	249	28	47	37	9.5
Tandoori Hot	1660	79	253	28	50	30	10.1
Farmhouse	1640	78	249	28	50	32	9.4
Vegi Lite	1620	66	258	30	53	30	7.4
Vegi Sizzler	1610	64	258	29	52	30	7.4
Fiery Vegi Sizzler	1600	64	256	29	51	30	9.1
Vegi Supreme	1600	64	257	29	49	30	7.2
Tandoori Sizzler	1480	92	197	25	39	31	7.5

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

CLASSIC CRUST MEDIUM

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Meateor	1800	70	225	10.4	56	66	11.9
Ranch BBQ	1736	78	221	9.6	55	58	11.5
Scrummy	1696	99	162	20	30	68	10.6
Americano	1656	73	222	11.2	55	50	11.2
House Special	1656	112	158	20	30	59	9.4
Pepperoni Passion	1640	96	155	18.4	29	66	9.8
House Special Tandoori	1608	103	158	19.2	30	58	9.6
Extravaganza	1552	99	160	20.8	31	54	9.2
Bacon Double Cheese	1544	94	158	20	30	55	8.3
Meat Lovers	1544	89	155	19.2	29	58	9.6
Mighty Meaty	1528	92	160	20	31	54	9.5
Meatzza	1512	90	158	19.2	29	54	9.5
The Sizzler	1504	76	169	17.6	28	54	11.8
Texas BBQ	1496	69	222	10.4	56	34	9.3
Mexican Hot	1464	89	158	20	32	49	9.2
New Yorker	1464	84	154	19.2	29	53	9
Meatilicious	1448	92	157	19.2	29	46	8.4
Mixed Grill	1448	83	160	20	30	48	8
Full House	1424	83	167	20.8	35	43	7.8
Deluxe	1408	78	159	20	31	46	7.7
American Hot	1392	74	154	19.2	30	50	9.5
Spanish Sizzler	1392	90	161	20	34	40	7.3
Vegi Volcano	1352	71	162	16.8	30	42	9.5
Chicken Feast	1320	99	165	20.8	30	26	6.2
Chicken & Rasher Bacon	1312	86	158	20	32	34	6.5
Tandoori Sizzler	1269	57	198	13.9	32	26	6.3
Tuna Delight Mozzarella	1264	77	166	20	30	29	5.8
Veg-A-Roma	1256	57	167	18.4	28	36	7.8
Hawaiian	1232	78	161	20	35	26	7.1
Original Cheese & Tomato	1232	78	151	18.4	28	30	6.2
Hot & Spicy	1224	70	158	20	30	30	7.1
Tandoori Hot	1224	78	161	20	31	25	7.5
Farmhouse	1216	78	157	20	29	26	7.1
Buffalo Chicken	1192	79	156	20	31	25	8.2
Vegi Supreme	1176	67	164	20.8	30	25	5.3
Four Vegi	1168	67	163	21.6	32	24	5.8
Vegi Lite	1128	64	155	20	29	24	5.2
Fiery Vegi Sizzler	1120	63	154	19.2	30	24	6.4
Vegi Sizzler	1120	63	155	20	31	24	5.2

CLASSIC CRUST PERSONAL

Tandoori Sizzler	822	37	121	9	19	19	4
Meateor	724	27	87	4.4	21	29	4
Scrummy	688	31	76	5.2	12	28	4.3
House Special	668	34	74	5.2	12	25	3.8

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
House Special Tandoori	652	31	74	4.8	12	24	3.8
Ranch BBQ	636	27	84	4.4	20	20	3.3
Pepperoni Passion	628	28	73	4.8	11	24	3.6
Americano	620	26	87	4.8	21	18	3.3
Extravaganza	620	31	75	5.2	12	21	3.7
Bacon Double Cheese	608	28	74	5.2	12	22	3.2
Meatilicious	600	29	74	4.8	11	20	3.5
Full House	584	26	77	5.2	14	18	3.2
Meat Lovers	584	25	73	4.8	11	20	3.4
Mighty Meaty	576	26	74	5.2	12	18	3.3
Meatzza	572	26	74	4.8	11	18	3.3
Mixed Grill	572	24	74	4.8	12	19	3.1
Texas BBQ	568	24	85	4.4	20	14	2.7
The Sizzler	564	23	78	5.2	13	16	4.2
New Yorker	560	23	72	4.8	11	18	3.2
American Hot	548	21	73	4.8	12	18	3.5
Spanish Sizzler	548	26	76	5.2	13	15	2.8
Mexican Hot	540	24	74	4.8	12	16	3.2
Chicken & Rasher Bacon	536	26	75	5.2	12	14	2.6
Deluxe	536	22	74	5.2	12	16	2.8
Vegi Volcano	520	21	75	4.8	14	14	3.5
Chicken Feast	516	28	76	5.2	12	10	2.4
Tuna Delight Mozzarella	496	22	76	5.2	12	11	2.2
Veg-A-Roma	496	17	78	5.6	13	12	3
Buffalo Chicken	484	23	74	5.2	12	10	3.1
Hawaiian	484	22	74	4.8	14	10	2.7
Hot & Spicy	484	19	74	5.2	12	11	2.6
Farmhouse	480	22	73	4.8	11	10	2.7
Original Cheese & Tomato	480	21	72	4.8	11	11	2.3
Tandoori Hot	480	22	74	5.2	12	10	2.8
Four Vegi	472	18	77	5.6	12	9	2.3
Vegi Supreme	468	18	75	5.2	12	9	2.1
Fiery Vegi Sizzler	456	17	73	4.8	12	9	2.4
Vegi Lite	456	18	74	5.2	12	9	2.1
Vegi Sizzler	456	17	74	5.2	12	9	2.1

CLASSIC CRUST SMALL

Meateor	1242	47	153	8.4	36	47	6.7
Scrummy	1242	57	129	9.6	19	53	7.6
Pepperoni Passion	1200	55	125	9	18	52	7
House Special	1194	65	126	9.6	19	46	6.5
Ranch BBQ	1188	53	150	8.4	35	40	6.4
Meat Lovers	1134	50	125	9	18	46	6.9
Extravaganza	1122	56	127	10.2	20	41	6.4
Mighty Meaty	1122	53	127	9.6	19	43	6.8
Meatzza	1116	52	126	9	18	43	6.8
Bacon Double Cheese	1104	53	126	9.6	19	41	5.7
Americano	1086	47	145	8.4	34	34	6

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
New Yorker	1080	47	124	9	18	41	6.5
The Sizzler	1080	47	137	7.8	25	37	6.9
House Special Tandoori	1068	50	121	9	18	41	6.1
Meatilicious	1062	53	126	9	18	37	6
Mexican Hot	1062	49	127	9.6	20	38	6.5
Mixed Grill	1062	47	128	9.6	19	38	5.6
Full House	1038	46	133	10.2	22	34	5.6
Deluxe	1032	42	128	9.6	20	37	5.5
Texas BBQ	1002	45	151	8.4	36	22	4.6
American Hot	984	38	119	9	18	38	6.5
Spanish Sizzler	966	48	123	9.6	21	30	4.8
Chicken Feast	954	55	131	10.2	19	22	4.2
Chicken & Rasher Bacon	912	46	121	9.6	19	26	4.3
Tuna Delight Mozzarella	912	41	132	10.2	19	23	3.9
Hawaiian	894	42	128	9.6	23	22	5
Veg-A-Roma	894	34	136	8.4	24	23	4
Farmhouse	888	42	126	9.6	17	22	5
Hot & Spicy	888	36	127	9.6	19	24	4.9
Tandoori Hot	882	41	129	10.2	20	20	5.2
Vegi Supreme	858	33	131	10.2	19	20	3.6
Original Cheese & Tomato	846	40	116	8.4	17	23	4
Vegi Volcano	846	47	99	10.8	20	28	7.5
Buffalo Chicken	834	41	120	9.6	19	19	5.4
Four Vegi	804	31	124	10.2	19	19	3.7
Vegi Lite	786	31	119	9.6	17	19	3.4
Fiery Vegi Sizzler	780	30	118	9	18	19	4.2
Vegi Sizzler	780	30	119	9	19	19	3.4
Tandoori Sizzler	585	35	65	9	14	19	2.9

DOUBLE DECADENCE LARGE

Meateor	**2940**	113	320	30	84	127	15.4
Scrummy	**2920**	136	280	32	44	132	17.6
Ranch BBQ	**2880**	126	315	30	83	117	14.9
House Special	**2870**	156	275	33	46	121	15.8
Pepperoni Passion	**2830**	133	271	31	44	128	16.3
Americano	**2800**	120	326	31	86	107	14.7
Bacon Double Cheese	**2750**	134	275	33	45	117	14.6
Extravaganza	**2730**	138	277	34	47	113	15.6
House Special Tandoori	**2730**	140	267	31	44	116	15.8
Meat Lovers	**2720**	123	272	32	43	120	16.2
Mighty Meaty	**2680**	126	277	33	46	112	15.8
Meatzza	**2670**	125	274	32	43	112	15.9
Mexican Hot	**2610**	124	275	33	48	106	15.7
New Yorker	**2610**	116	270	31	43	111	15.3
The Sizzler	**2610**	100	297	32	57	107	16.4
Meatilicious	**2590**	128	274	31	43	103	14.5
Mixed Grill	**2580**	116	278	32	45	106	13.9
Full House	**2550**	115	287	34	52	98	13.7

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Texas BBQ	**2550**	112	318	30	84	86	11.9
Deluxe	**2520**	108	277	33	47	102	13.4
Spanish Sizzler	**2460**	123	271	32	50	93	12.8
American Hot	**2430**	100	262	31	44	102	15.7
Chicken Feast	**2430**	136	285	34	45	77	11.5
Vegi Volcano	**2430**	95	287	32	59	93	13.6
Tuna Delight Mozzarella	**2360**	109	287	33	44	80	11
Chicken & Rasher Bacon	**2350**	117	268	32	46	84	11.7
Hot & Spicy	**2300**	99	277	33	44	82	13
Hawaiian	**2290**	107	279	32	53	76	12.8
Tandoori Hot	**2290**	109	279	33	47	75	13.5
Veg-A-Roma	**2290**	75	295	33	57	83	11
Farmhouse	**2280**	108	275	33	47	76	12.8
Vegi Supreme	**2230**	93	284	34	46	74	10.4
Buffalo Chicken	**2190**	109	265	32	45	71	14
Original Cheese & Tomato	**2150**	104	248	28	40	76	10.8
Tandoori Sizzler	**2140**	83	326	22	58	52	11.6
Four Vegi	**2130**	89	273	33	46	70	10.5
Vegi Lite	**2100**	88	264	32	46	70	9.9
Vegi Sizzler	**2090**	87	263	31	45	70	9.9
Fiery Vegi Sizzler	**2080**	87	262	31	44	70	11.6

DOUBLE DECADENCE MEDIUM

Meateor	**2208**	81	246	16.8	81	97	13.2
Scrummy	**2160**	124	184	24.8	37	98	13
Ranch BBQ	**2144**	89	242	16.8	80	88	12.7
Americano	**2112**	86	250	18.4	82	82	12.8
House Special	**2112**	138	180	24.8	38	89	11.7
Pepperoni Passion	**2112**	122	178	24	36	96	12.2
Extravaganza	**2016**	124	182	25.6	38	82	11.4
Meat Lovers	**2008**	114	178	24	36	88	12
Bacon Double Cheese	2000	120	180	24.8	37	84	10.6
Mighty Meaty	1992	117	182	25.6	38	83	11.8
House Special Tandoori	1984	123	173	23.2	35	84	11.4
The Sizzler	1984	90	221	15.2	40	79	12.6
Meatzza	1976	116	180	24.8	36	83	11.8
Mexican Hot	1928	114	181	24.8	38	78	11.5
New Yorker	1928	109	177	24	35	82	11.4
Meatilicious	1912	118	180	24	36	75	10.7
Mixed Grill	1904	108	182	24.8	37	77	10.2
Texas BBQ	1896	79	244	17.6	81	64	10.4
Full House	1880	107	190	25.6	42	72	10.1
Deluxe	1864	102	182	25.6	38	75	9.9
Vegi Volcano	1824	85	213	15.2	42	67	10.2
American Hot	1776	94	170	23.2	36	74	11.4
Chicken Feast	1776	123	188	26.4	37	55	8.3
Spanish Sizzler	1768	110	176	24	39	66	9
Veg-A-Roma	1728	70	219	16	39	60	8.4

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Tuna Delight Mozzarella	1720	102	189	25.6	37	57	7.9
Chicken & Rasher Bacon	1696	106	174	24	38	59	8.3
Hawaiian	1680	102	183	24.8	42	54	9.4
Hot & Spicy	1680	94	182	25.6	37	58	9.4
Farmhouse	1672	102	180	24.8	35	54	9.4
Tandoori Hot	1672	102	184	25.6	38	54	9.8
Vegi Supreme	1632	90	186	26.4	38	53	7.4
Buffalo Chicken	1576	99	171	24	36	50	10
Original Cheese & Tomato	1576	96	162	21.6	33	54	7.8
Four Vegi	1544	86	178	25.6	38	50	7.5
Vegi Lite	1504	85	170	24	34	49	7
Fiery Vegi Sizzler	1496	83	169	24	36	49	8.2
Vegi Sizzler	1496	83	170	24	36	49	7
Tandoori Sizzler	912	47	122	14.4	29	24	6.2

GLUTEN FREE SMALL

Meateor	1068	30	124	13.8	37	47	8
Scrummy	1050	44	104	6.6	17	49	7.1
Ranch BBQ	1020	35	121	13.8	37	41	7.6
Pepperoni Passion	1008	41	100	6	17	49	6.5
Americano	996	32	127	14.4	38	37	7.7
House Special	996	52	101	6.6	18	42	6
Meat Lovers	942	37	100	6	17	42	6.4
Extravaganza	930	43	103	7.2	19	37	5.9
Mighty Meaty	930	40	103	6.6	18	39	6.3
Meatzza	924	38	101	6	17	39	6.3
Bacon Double Cheese	912	39	101	6.6	17	38	5.2
The Sizzler	912	37	106	8.4	13	36	6.2
House Special Tandoori	882	38	97	6	17	37	5.6
New Yorker	882	34	99	6	16	38	6
Meatilicious	870	40	101	6	17	33	5.5
Mexican Hot	870	35	101	6.6	19	34	5.9
Mixed Grill	864	33	103	6.6	17	34	5.1
Full House	846	32	107	7.2	21	31	5
Deluxe	840	29	103	6.6	19	34	4.9
Texas BBQ	834	27	122	13.8	37	23	5.9
American Hot	804	25	95	6	17	34	6
Spanish Sizzler	786	35	100	6.6	20	26	4.3
Vegi Volcano	780	32	101	8.4	14	26	4.4
Chicken Feast	762	41	106	7.2	17	18	3.7
Chicken & Rasher Bacon	732	33	98	6.6	18	22	3.8
Veg-A-Roma	726	23	106	9	13	22	3.3
Tuna Delight Mozzarella	720	27	107	7.2	17	19	3.4
Hawaiian	702	28	103	6.6	22	18	4.5
Hot & Spicy	696	23	103	6.6	17	20	4.4
Farmhouse	690	29	101	6.6	16	18	4.6
Tandoori Hot	690	28	104	7.2	19	17	4.6
Original Cheese & Tomato	666	27	93	5.4	16	19	3.5

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Vegi Supreme	660	20	106	7.2	18	17	3.1
Tandoori Sizzler	654	41	83	9	17	15	4.7
Buffalo Chicken	648	28	97	6.6	17	16	4.9
Four Vegi	624	19	100	7.2	18	15	3.2
Vegi Lite	600	18	95	6.6	16	15	2.9
Vegi Sizzler	600	17	95	6.6	17	15	2.9
Fiery Vegi Sizzler	594	17	95	6	17	15	3.7

ITALIAN STYLE CRUST LARGE

Meateor	**2070**	73	246	14	94	85	11.6
Ranch BBQ	**2010**	85	240	14	92	75	11.2
Scrummy	1980	109	175	21	38	89	13
Americano	1930	79	251	16	95	65	11
House Special	1930	129	171	22	39	78	11.4
House Special Tandoori	1890	118	172	21	39	77	11.9
Pepperoni Passion	1890	106	166	20	37	84	11.7
Bacon Double Cheese	1810	107	170	22	39	74	10.2
Tandoori Sizzler	1810	107	211	26	49	54	9.9
Extravaganza	1800	111	173	23	40	69	11.1
Meat Lovers	1780	97	167	21	36	76	11.6
Mighty Meaty	1750	100	173	22	39	69	11.3
Meatzza	1730	98	169	21	37	69	11.3
The Sizzler	1730	95	181	16	51	66	14.7
Texas BBQ	1690	72	243	15	93	45	8.3
Mexican Hot	1680	97	170	22	41	63	11.2
New Yorker	1670	90	165	21	36	68	10.8
Meatilicious	1660	101	168	21	37	60	10
Mixed Grill	1650	90	173	22	38	63	9.5
Full House	1630	89	182	23	45	56	9.3
Spanish Sizzler	1630	101	177	22	45	54	8.9
American Hot	1590	78	168	21	39	63	11.7
Deluxe	1580	83	172	22	40	59	9
Vegi Volcano	1560	91	173	16	53	53	12
Chicken & Rasher Bacon	1510	96	173	22	41	45	7.8
Chicken Feast	1500	109	179	23	38	35	7.2
Tuna Delight Mozzarella	1430	83	181	22	37	38	6.7
Veg-A-Roma	1420	71	179	17	50	43	9.5
Original Cheese & Tomato	1400	86	163	20	37	41	7.3
Hawaiian	1370	83	174	22	46	34	8.4
Hot & Spicy	1370	73	171	22	37	39	8.5
Tandoori Hot	1370	83	174	22	40	33	9.1
Buffalo Chicken	1350	87	170	22	40	32	10.1
Farmhouse	1350	83	170	22	40	34	8.4
Vegi Supreme	1310	68	178	23	39	32	6.1
Four Vegi	1300	68	178	24	41	31	6.6
Vegi Lite	1260	66	169	23	41	31	6
Fiery Vegi Sizzler	1250	65	167	22	39	31	7.7
Vegi Sizzler	1250	65	169	22	40	31	6

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

ITALIAN STYLE CRUST MEDIUM

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Meateor	1544	122	102	16.8	67	69	8.7
Ranch BBQ	1480	131	97	16.8	64	60	8.3
Americano	1448	128	103	18.4	67	54	8.4
Scrummy	1424	72	125	14.4	27	67	10.9
House Special	1384	86	122	14.4	29	58	9.6
Pepperoni Passion	1368	69	118	13.6	27	66	10
House Special Tandoori	1336	77	121	13.6	28	58	9.8
Extravaganza	1280	73	123	15.2	30	53	9.4
Bacon Double Cheese	1272	68	122	14.4	28	54	8.5
Meat Lovers	1272	62	119	13.6	26	58	9.8
The Sizzler	1264	58	141	14.4	37	49	10.5
Mighty Meaty	1256	64	123	14.4	29	53	9.7
Meatzza	1240	64	121	13.6	26	53	9.8
Texas BBQ	1240	122	98	17.6	67	37	6.1
Mexican Hot	1192	62	122	14.4	30	48	9.4
New Yorker	1192	57	118	13.6	26	52	9.3
Meatilicious	1176	64	120	13.6	26	46	8.6
Mixed Grill	1176	57	124	14.4	28	47	8.2
Full House	1152	56	131	15.2	33	42	8.1
Deluxe	1136	51	123	14.4	30	46	7.9
American Hot	1128	47	118	14.4	28	48	9.8
Spanish Sizzler	1120	63	125	14.4	32	39	7.4
Vegi Volcano	1112	53	134	13.6	38	38	8.2
Chicken & Rasher Bacon	1048	60	122	14.4	30	33	6.7
Chicken Feast	1048	70	128	15.2	27	26	6.4
Veg-A-Roma	1016	38	139	15.2	36	30	6.5
Tuna Delight Mozzarella	992	50	128	15.2	27	28	5.9
Hawaiian	960	50	124	14.4	34	26	7.4
Original Cheese & Tomato	960	52	115	12.8	26	30	6.3
Hot & Spicy	952	43	122	14.4	27	30	7.3
Tandoori Hot	952	51	124	15.2	29	24	7.8
Farmhouse	944	51	120	14.4	26	26	7.4
Buffalo Chicken	928	53	120	14.4	29	23	8.4
Vegi Supreme	904	39	127	15.2	29	24	5.5
Four Vegi	896	39	127	16	30	23	5.9
Tandoori Sizzler	880	50	114	8.8	24	23	4.8
Vegi Lite	856	38	118	14.4	27	23	5.4
Vegi Sizzler	856	37	118	14.4	29	22	5.4
Fiery Vegi Sizzler	848	37	118	14.4	28	22	6.6

ITALIAN STYLE CRUST SMALL

Meateor	1050	39	119	9	42	44	6.5
Ranch BBQ	996	44	116	9	41	38	6.2
Americano	972	41	121	9.6	43	34	6.2
Scrummy	972	56	82	8.4	15	45	7.7
House Special	930	64	79	9	16	38	6.8
Pepperoni Passion	924	53	77	7.8	14	43	7.1
House Special Tandoori	894	55	83	9	16	37	6.9

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Extravaganza	870	56	80	9.6	16	34	6.7
Meat Lovers	864	50	77	8.4	14	38	7.1
Mighty Meaty	864	52	80	9	16	35	7
Meatzza	852	51	79	8.4	14	35	7
Bacon Double Cheese	846	52	79	9	16	34	5.9
Texas BBQ	822	37	117	9	41	22	4.6
New Yorker	816	46	76	8.4	14	34	6.7
The Sizzler	816	43	86	9	16	32	7.8
Mexican Hot	804	48	79	9	16	31	6.7
Mixed Grill	804	46	81	9	16	31	5.9
Meatilicious	798	52	78	8.4	14	29	6.2
Spanish Sizzler	798	52	85	9.6	19	26	5.6
American Hot	792	41	79	9	16	33	7.1
Full House	792	46	85	9.6	19	28	5.9
Deluxe	774	42	80	9	16	30	5.8
Chicken & Rasher Bacon	738	49	84	9.6	17	22	5
Chicken Feast	702	53	83	9.6	15	16	4.6
Vegi Volcano	702	39	81	8.4	17	23	6.2
Buffalo Chicken	660	45	82	9.6	17	15	6.2
Tuna Delight Mozzarella	660	41	83	9	15	17	4.3
Hawaiian	648	42	81	8.4	19	16	5.3
Farmhouse	642	42	78	9	14	16	5.3
Hot & Spicy	642	37	79	9	15	18	5.2
Veg-A-Roma	642	31	85	9.6	15	19	5.2
Four Vegi	636	35	86	10.2	17	14	4.4
Tandoori Hot	636	41	80	9	16	15	5.5
Vegi Supreme	612	34	82	9.6	16	14	4
Vegi Lite	612	35	82	9.6	16	14	4.1
Vegi Sizzler	612	34	82	9	17	14	4.1
Fiery Vegi Sizzler	606	34	81	9	17	14	5
Original Cheese & Tomato	558	36	65	6.6	13	16	3.9
Tandoori Sizzler	510	24	79	8.7	16	9	2.6

STUFFED CRUST LARGE

Meateor	**2860**	119	314	29	94	118	18.1
Ranch BBQ	**2790**	132	309	29	93	108	17.6
Scrummy	**2750**	164	240	24	61	120	17.9
Americano	**2720**	126	319	31	95	98	17.5
House Special	**2700**	184	235	24	63	109	16.2
Pepperoni Passion	**2660**	160	231	22	61	116	16.6
House Special Tandoori	**2600**	169	231	23	61	106	16.3
Bacon Double Cheese	**2580**	163	235	24	62	105	15
Extravaganza	**2570**	166	237	25	64	101	15.9
Meat Lovers	**2550**	152	232	23	60	108	16.5

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Mighty Meaty	**2520**	155	237	24	63	100	16.2
Meatzza	**2500**	153	234	23	61	100	16.2
Texas BBQ	**2470**	118	311	29	94	78	14.7
Mexican Hot	**2440**	152	235	24	65	94	16.1
New Yorker	**2440**	145	230	23	60	99	15.7
Meatilicious	**2430**	156	234	23	61	91	14.8
Mixed Grill	**2420**	144	238	24	62	94	14.3
The Sizzler	**2400**	119	248	38	66	96	15.2
Full House	**2390**	144	247	25	69	87	14.1
Deluxe	**2350**	136	237	24	64	90	13.8
Spanish Sizzler	**2330**	152	236	24	67	83	13.3
American Hot	**2300**	129	227	23	61	92	16.2
Chicken Feast	**2260**	164	245	25	62	65	11.9
Vegi Volcano	**2230**	114	239	38	68	82	12.5
Chicken & Rasher Bacon	**2220**	146	232	24	63	74	12.2
Tuna Delight Mozzarella	**2190**	137	246	25	61	68	11.4
Tandoori Sizzler	**2170**	102	268	31	45	71	11.1
Hawaiian	**2130**	136	239	24	70	65	13.1
Hot & Spicy	**2130**	127	236	25	61	70	13.3
Tandoori Hot	**2130**	138	239	25	64	63	13.9
Farmhouse	**2110**	137	235	25	64	65	13.2
Veg-A-Roma	**2090**	94	246	39	65	73	9.9
Original Cheese & Tomato	**2070**	135	219	21	58	68	11.6
Vegi Supreme	**2070**	123	243	26	63	63	10.8
Buffalo Chicken	**2060**	138	230	24	62	61	14.5
Four Vegi	**2000**	118	237	26	63	60	11
Vegi Lite	**1970**	117	228	24	63	60	10.4
Vegi Sizzler	**1960**	116	228	24	62	60	10.4
Fiery Vegi Sizzler	**1950**	116	226	23	61	60	12.1