

Urban Pizza Menu Nutritional Information - Spring Summer 2024



Key & Interpreting the data

The figures below highlight the nutrition values for each complete dish as listed on the menu.

The RI columns indicates the % of recommended Reference Intakes (RI) for an average adult (8400 KJ/ 2000 kcal per day) for each nutrient. They are based on official recommendations for an average adult, doing an average amount of physical activity. These are intended as a guide, not a target.

Figures are typical for that dish and may vary slightly as a result of manufacturing tolerances and cooking assembly.

Where there are options available, these will appear underneath the corresponding dish, please add the nutrition for the choice to the total dish.

Reference Intakes (RIs) of an average adult	
<i>Nutrient</i>	<i>Reference Intake</i>
Energy (kj/kcal)	8400kj / 2000kcal
Fat (g)	70g
Saturates (g)	20g
Carbohydrates (g)	260g
Sugars (g)	90g
Protein (g)	50g
Salt (g)	6g

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
PUV Urban Core - SS24 Pizzas	6" Pizzas	6" Americana	2965	35%	709	35%	39.3	56%	19.7	99%	52.4	20%	5.4	6%	36.3	73%	3.16	53%
PUV Urban Core - SS24 Pizzas	6" Pizzas	6" Pamplona	3007	36%	719	36%	35.9	51%	17.3	86%	53.2	20%	5.8	6%	46.0	92%	4.74	79%
PUV Urban Core - SS24 Pizzas	6" Pizzas	6" Margherita (V)	2267	27%	542	27%	23.7	34%	13.1	65%	52.1	20%	5.0	6%	30.1	60%	1.99	33%
PUV Urban Core - SS24 Pizzas	6" Pizzas	6" Ham & Mushroom	2670	32%	638	32%	30.9	44%	14.2	71%	52.3	20%	5.2	6%	37.6	75%	3.44	57%
PUV Urban Core - SS24 Pizzas	6" Pizzas	6" Tuna Niciose	3374	40%	806	40%	41.1	59%	16.2	81%	56.2	22%	8.4	9%	52.1	104%	6.63	111%
PUV Urban Core - SS24 Pizzas	6" Pizzas	6" BBQ Chicken	2695	32%	644	32%	23.5	34%	13.3	66%	58.0	22%	9.2	10%	48.0	96%	2.57	43%
PUV Urban Core - SS24 Pizzas	6" Pizzas	6" BBQ Pulled Pork & Chorizo	3075	37%	735	37%	35.6	51%	16.4	82%	57.4	22%	10.0	11%	44.0	88%	3.92	65%
PUV Urban Core - SS24 Pizzas	6" Pizzas	6" Vegetarian (V)	2930	35%	700	35%	37.0	53%	16.3	82%	55.9	22%	8.5	9%	35.0	70%	2.76	46%
PUV Urban Core - SS24 Pizzas	6" Pizzas	6" Peri Peri Chicken	3497	42%	836	42%	44.4	63%	20.2	101%	53.7	21%	4.5	5%	54.9	110%	5.49	92%
PUV Urban Core - SS24 Pizzas	6" Pizzas	6" Fajita	2999	36%	717	36%	30.1	43%	16.0	80%	60.6	23%	8.7	10%	49.0	98%	3.32	55%
PUV Urban Core - SS24 Pizzas	6" Pizzas	6" Hoisin Duck	2638	31%	631	32%	25.6	37%	13.5	68%	58.5	23%	11.8	13%	42.3	85%	3.18	53%
PUV Urban Core - SS24 Pizzas	6" Pizzas	6" Gourmet	3309	39%	791	40%	43.8	63%	19.6	98%	54.8	21%	6.6	7%	44.2	88%	3.74	62%
PUV Urban Core - SS24 Pizzas	6" Pizzas	6" Hawaiian	2629	31%	628	31%	26.2	37%	13.9	69%	60.7	23%	13.6	15%	37.3	75%	3.57	60%

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Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
PUV Urban Core - SS24 Pizzas	6" Pizzas	6" Chipotle	2533	30%	605	30%	24.1	34%	13.2	66%	56.2	22%	7.7	9%	41.0	82%	2.79	47%
PUV Urban Core - SS24 Pizzas	6" Pizzas	6" Goats Cheese and Pear	3049	36%	729	36%	32.8	47%	19.9	100%	72.0	28%	23.7	26%	36.5	73%	2.45	41%
PUV Urban Core - SS24 Pizzas	6" Pizzas	6" Five Cheese	3175	38%	759	38%	41.5	59%	26.0	130%	53.4	21%	6.3	7%	43.0	86%	3.19	53%
PUV Urban Core - SS24 Pizzas	6" Pizzas	6" Grecian	2840	34%	679	34%	34.9	50%	17.9	89%	55.7	21%	8.3	9%	34.9	70%	3.22	54%
PUV Urban Core - SS24 Pizzas	6" Pizzas	6" Create Your Own	1170	14%	280	14%	3.7	5%	0.3	1%	51.3	20%	5.0	6%	9.3	19%	0.71	12%
PUV Urban Core - SS24 Pizzas	12" Pizzas	12" Americana	5929	71%	1417	71%	78.5	112%	39.4	197%	104.9	40%	10.8	12%	72.6	145%	6.32	105%
PUV Urban Core - SS24 Pizzas	12" Pizzas	12" Pamplona	6013	72%	1437	72%	71.7	102%	34.5	173%	106.3	41%	11.6	13%	92.0	184%	9.49	158%
PUV Urban Core - SS24 Pizzas	12" Pizzas	12" Margherita (V)	4534	54%	1084	54%	47.4	68%	26.2	131%	104.2	40%	10.0	11%	60.2	120%	3.98	66%
PUV Urban Core - SS24 Pizzas	12" Pizzas	12" Ham & Mushroom	5340	64%	1276	64%	61.8	88%	28.4	142%	104.6	40%	10.4	12%	75.1	150%	6.88	115%
PUV Urban Core - SS24 Pizzas	12" Pizzas	12" Tuna Niciose	6425	76%	1535	77%	76.9	110%	30.6	153%	112.5	43%	16.8	19%	96.6	193%	13.04	217%
PUV Urban Core - SS24 Pizzas	12" Pizzas	12" BBQ Chicken	5390	64%	1288	64%	47.1	67%	26.5	132%	116.0	45%	18.3	20%	95.9	192%	5.14	86%
PUV Urban Core - SS24 Pizzas	12" Pizzas	12" BBQ Pulled Pork & Chorizo	6150	73%	1469	73%	71.1	102%	32.8	164%	114.8	44%	19.9	22%	88.0	176%	7.84	131%
PUV Urban Core - SS24 Pizzas	12" Pizzas	12" Vegetarian (V)	5860	70%	1400	70%	74.0	106%	32.6	163%	111.8	43%	17.0	19%	69.9	140%	5.51	92%
PUV Urban Core - SS24 Pizzas	12" Pizzas	12" Peri Peri Chicken	6993	83%	1671	84%	88.8	127%	40.4	202%	107.4	41%	8.9	10%	109.8	220%	10.97	183%

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Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
PUV Urban Core - SS24 Pizzas	12" Pizzas	12" Fajita	5998	71%	1434	72%	60.3	86%	31.9	160%	121.1	47%	17.4	19%	97.9	196%	6.64	111%
PUV Urban Core - SS24 Pizzas	12" Pizzas	12" Hoisin Duck	5277	63%	1261	63%	51.2	73%	27.1	135%	117.0	45%	23.6	26%	84.5	169%	6.37	106%
PUV Urban Core - SS24 Pizzas	12" Pizzas	12" Gourmet	6618	79%	1582	79%	87.6	125%	39.1	195%	109.6	42%	13.1	15%	88.3	177%	7.47	125%
PUV Urban Core - SS24 Pizzas	12" Pizzas	12" Hawaiian	5257	63%	1257	63%	52.5	75%	27.7	139%	121.3	47%	27.2	30%	74.6	149%	7.13	119%
PUV Urban Core - SS24 Pizzas	12" Pizzas	12" Chipotle	5066	60%	1210	61%	48.2	69%	26.3	132%	112.5	43%	15.4	17%	82.0	164%	5.58	93%
PUV Urban Core - SS24 Pizzas	12" Pizzas	12" Goats Cheese and Pear	6099	73%	1457	73%	65.6	94%	39.9	199%	143.9	55%	47.5	53%	73.0	146%	4.90	82%
PUV Urban Core - SS24 Pizzas	12" Pizzas	12" Five Cheese	6350	76%	1518	76%	83.0	119%	52.1	260%	106.7	41%	12.6	14%	86.0	172%	6.39	107%
PUV Urban Core - SS24 Pizzas	12" Pizzas	12" Grecian	5680	68%	1357	68%	69.7	100%	35.8	179%	111.4	43%	16.7	19%	69.8	140%	6.44	107%
PUV Urban Core - SS24 Pizzas	12" Pizzas	12" Create Your Own	2340	28%	559	28%	7.3	10%	0.6	3%	102.5	39%	10.0	11%	18.5	37%	1.42	24%
PUV Urban Core - SS24 Pizzas	6" Extras	6" Cheese	1095	13%	262	13%	20.0	29%	12.8	64%	0.8	0%	0.0	0%	20.8	42%	1.28	21%
PUV Urban Core - SS24 Pizzas	6" Extras	6" Feta Cheese	288	3%	69	3%	5.8	8%	4.0	20%	0.3	0%	0.3	0%	4.0	8%	0.63	11%
PUV Urban Core - SS24 Pizzas	6" Extras	6" Goats Cheese	460	5%	110	5%	9.1	13%	6.9	34%	1.1	0%	1.1	1%	6.0	12%	0.42	7%
PUV Urban Core - SS24 Pizzas	6" Extras	6" Spinach	23	0%	5	0%	0.2	0%	0.0	0%	0.4	0%	0.4	0%	0.5	1%	0.00	0%
PUV Urban Core - SS24 Pizzas	6" Extras	6" Peppers	30	0%	7	0%	0.0	0%	0.0	0%	1.3	0%	1.3	1%	0.3	1%	0.00	0%

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			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
PUV Urban Core - SS24 Pizzas	6" Extras	6" Mushrooms	19	0%	4	0%	0.1	0%	0.0	0%	0.1	0%	0.1	0%	0.5	1%	0.00	0%
PUV Urban Core - SS24 Pizzas	6" Extras	6" Prosciutto	213	3%	51	3%	2.5	4%	0.8	4%	0.1	0%	0.1	0%	7.0	14%	1.45	24%
PUV Urban Core - SS24 Pizzas	6" Extras	6" Chicken	176	2%	42	2%	0.2	0%	0.1	0%	1.1	0%	0.2	0%	9.0	18%	0.20	3%
PUV Urban Core - SS24 Pizzas	6" Extras	6" Red Onions	45	1%	11	1%	0.0	0%	0.0	0%	2.4	1%	1.8	2%	0.3	1%	0.00	0%
PUV Urban Core - SS24 Pizzas	6" Extras	6" Chorizo	265	3%	63	3%	4.2	6%	1.5	8%	0.9	0%	0.5	1%	5.3	11%	0.66	11%
PUV Urban Core - SS24 Pizzas	6" Extras	6" Salame	309	4%	74	4%	6.2	9%	2.2	11%	0.2	0%	0.2	0%	4.4	9%	0.78	13%
PUV Urban Core - SS24 Pizzas	6" Extras	6" Egg	323	4%	77	4%	5.2	7%	1.7	9%	0.0	0%	0.0	0%	7.5	15%	0.22	4%
PUV Urban Core - SS24 Pizzas	6" Extras	6" Anchovy	188	2%	45	2%	2.0	3%	0.3	1%	0.3	0%	0.0	0%	6.5	13%	3.58	60%
PUV Urban Core - SS24 Pizzas	6" Extras	6" Tuna	117	1%	28	1%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	6.7	13%	0.25	4%
PUV Urban Core - SS24 Pizzas	6" Extras	6" Rocket	22	0%	5	0%	0.2	0%	0.0	0%	0.6	0%	0.3	0%	0.5	1%	0.00	0%
PUV Urban Core - SS24 Pizzas	6" Extras	6" Olives	227	3%	54	3%	5.3	8%	0.8	4%	1.0	0%	0.8	1%	0.3	1%	0.60	10%
PUV Urban Core - SS24 Pizzas	6" Extras	6" Jalapeno	17	0%	4	0%	0.0	0%	0.0	0%	0.3	0%	0.3	0%	0.8	2%	0.60	10%
PUV Urban Core - SS24 Pizzas	6" Extras	6" Pepperoni	700	8%	167	8%	15.6	22%	6.6	33%	0.4	0%	0.4	0%	6.2	12%	1.17	20%
PUV Urban Core - SS24 Pizzas	6" Extras	6" Shredded Duck	254	3%	61	3%	1.8	3%	0.5	2%	0.0	0%	0.0	0%	11.7	23%	0.63	11%

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			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
PUV Urban Core - SS24 Pizzas	6" Extras	6" Pulled Pork	450	5%	108	5%	8.1	12%	1.8	9%	0.5	0%	0.5	1%	8.1	16%	0.50	8%
PUV Urban Core - SS24 Pizzas	6" Extras	6" Streaky Bacon	515	6%	123	6%	9.2	13%	3.5	17%	0.1	0%	0.1	0%	10.0	20%	1.14	19%
PUV Urban Core - SS24 Pizzas	6" Extras	6" Pineapple	106	1%	25	1%	0.0	0%	0.0	0%	6.0	2%	6.0	7%	0.2	0%	0.09	2%
PUV Urban Core - SS24 Pizzas	6" Extras	6" Chillies	8	0%	2	0%	0.1	0%	0.0	0%	0.1	0%	0.1	0%	0.3	1%	0.00	0%
PUV Urban Core - SS24 Pizzas	6" Extras	6" Fajita Chicken	299	4%	71	4%	0.3	0%	0.1	1%	2.1	1%	0.5	1%	14.9	30%	0.55	9%
PUV Urban Core - SS24 Pizzas	6" Extras	6" Red Onion Chutney	276	3%	66	3%	0.0	0%	0.0	0%	16.0	6%	14.8	16%	0.4	1%	0.04	1%
PUV Urban Core - SS24 Pizzas	6" Extras	6" Italian Hard Cheese	163	2%	39	2%	3.0	4%	2.1	11%	0.0	0%	0.0	0%	3.0	6%	0.16	3%
PUV Urban Core - SS24 Pizzas	6" Extras	6" Cherry Tomatoes	28	0%	7	0%	0.2	0%	0.0	0%	1.1	0%	1.1	1%	0.3	1%	0.00	0%
PUV Urban Core - SS24 Pizzas	6" Extras	6" Pear	49	1%	12	1%	0.0	0%	0.0	0%	2.9	1%	2.9	3%	0.1	0%	0.00	0%
PUV Urban Core - SS24 Pizzas	12" Extras	12" Cheese	2189	26%	523	26%	40.0	57%	25.6	128%	1.6	1%	0.0	0%	41.6	83%	2.56	43%
PUV Urban Core - SS24 Pizzas	12" Extras	12" Feta Cheese	575	7%	138	7%	11.5	16%	8.0	40%	0.5	0%	0.5	1%	8.0	16%	1.25	21%
PUV Urban Core - SS24 Pizzas	12" Extras	12" Goats Cheese	920	11%	220	11%	18.2	26%	13.7	69%	2.1	1%	2.1	2%	11.9	24%	0.84	14%
PUV Urban Core - SS24 Pizzas	12" Extras	12" Spinach	45	1%	11	1%	0.4	1%	0.0	0%	0.7	0%	0.7	1%	1.1	2%	0.00	0%
PUV Urban Core - SS24 Pizzas	12" Extras	12" Peppers	61	1%	15	1%	0.0	0%	0.0	0%	2.5	1%	2.5	3%	0.5	1%	0.00	0%

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			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
PUV Urban Core - SS24 Pizzas	12" Extras	12" Mushrooms	37	0%	9	0%	0.3	0%	0.1	0%	0.2	0%	0.1	0%	1.0	2%	0.01	0%
PUV Urban Core - SS24 Pizzas	12" Extras	12" Prosciutto	427	5%	102	5%	5.0	7%	1.6	8%	0.2	0%	0.2	0%	14.0	28%	2.90	48%
PUV Urban Core - SS24 Pizzas	12" Extras	12" Chicken	351	4%	84	4%	0.3	0%	0.2	1%	2.2	1%	0.4	0%	18.1	36%	0.40	7%
PUV Urban Core - SS24 Pizzas	12" Extras	12" Red Onions	90	1%	21	1%	0.0	0%	0.0	0%	4.8	2%	3.6	4%	0.6	1%	0.00	0%
PUV Urban Core - SS24 Pizzas	12" Extras	12" Chorizo	529	6%	127	6%	8.5	12%	3.0	15%	1.8	1%	1.0	1%	10.6	21%	1.31	22%
PUV Urban Core - SS24 Pizzas	12" Extras	12" Salame	618	7%	148	7%	12.4	18%	4.4	22%	0.4	0%	0.4	0%	8.8	18%	1.56	26%
PUV Urban Core - SS24 Pizzas	12" Extras	12" Egg	323	4%	77	4%	5.2	7%	1.7	9%	0.0	0%	0.0	0%	7.5	15%	0.22	4%
PUV Urban Core - SS24 Pizzas	12" Extras	12" Anchovy	377	4%	90	5%	4.0	6%	0.5	3%	0.5	0%	0.0	0%	13.0	26%	7.15	119%
PUV Urban Core - SS24 Pizzas	12" Extras	12" Tuna	235	3%	56	3%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	13.3	27%	0.49	8%
PUV Urban Core - SS24 Pizzas	12" Extras	12" Rocket	44	1%	11	1%	0.3	0%	0.0	0%	1.2	0%	0.6	1%	0.9	2%	0.00	0%
PUV Urban Core - SS24 Pizzas	12" Extras	12" Olives	454	5%	109	5%	10.5	15%	1.5	8%	2.0	1%	1.5	2%	0.5	1%	1.20	20%
PUV Urban Core - SS24 Pizzas	12" Extras	12" Jalapeno	33	0%	8	0%	0.0	0%	0.0	0%	0.5	0%	0.5	1%	1.5	3%	1.20	20%
PUV Urban Core - SS24 Pizzas	12" Extras	12" Pepperoni	1400	17%	335	17%	31.2	45%	13.3	66%	0.8	0%	0.8	1%	12.5	25%	2.34	39%
PUV Urban Core - SS24 Pizzas	12" Extras	12" Pulled Duck	508	6%	122	6%	3.6	5%	0.9	5%	0.0	0%	0.0	0%	23.4	47%	1.26	21%

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			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
PUV Urban Core - SS24 Pizzas	12" Extras	12" Pulled Pork	900	11%	215	11%	16.2	23%	3.6	18%	0.9	0%	0.9	1%	16.2	32%	0.99	17%
PUV Urban Core - SS24 Pizzas	12" Extras	12" Streaky Bacon	1031	12%	246	12%	18.4	26%	6.9	35%	0.1	0%	0.1	0%	20.1	40%	2.27	38%
PUV Urban Core - SS24 Pizzas	12" Extras	12" Pineapple	211	3%	50	3%	0.1	0%	0.0	0%	11.9	5%	11.9	13%	0.4	1%	0.18	3%
PUV Urban Core - SS24 Pizzas	12" Extras	12" Chillies	17	0%	4	0%	0.2	0%	0.0	0%	0.2	0%	0.2	0%	0.6	1%	0.00	0%
PUV Urban Core - SS24 Pizzas	12" Extras	12" Fajita Chicken	598	7%	143	7%	0.6	1%	0.3	1%	4.3	2%	1.0	1%	29.9	60%	1.10	18%
PUV Urban Core - SS24 Pizzas	12" Extras	12" Red Onion Chutney	552	7%	132	7%	0.0	0%	0.0	0%	32.0	12%	29.6	33%	0.8	2%	0.08	1%
PUV Urban Core - SS24 Pizzas	12" Extras	12" Italian Hard Cheese	326	4%	78	4%	6.0	9%	4.2	21%	0.0	0%	0.0	0%	6.0	12%	0.32	5%
PUV Urban Core - SS24 Pizzas	12" Extras	12" Cherry Tomatoes	56	1%	13	1%	0.3	0%	0.1	0%	2.2	1%	2.2	2%	0.7	1%	0.01	0%
PUV Urban Core - SS24 Pizzas	12" Extras	12" Pear	98	1%	23	1%	0.1	0%	0.0	0%	5.8	2%	5.8	6%	0.2	0%	0.00	0%
PUV Urban Core - SS24 Pizzas	Sides	Dough Balls	3905	46%	933	47%	60.8	87%	35.6	178%	78.9	30%	2.4	3%	15.4	31%	2.40	40%
PUV Urban Core - SS24 Pizzas	Sides	Garlic Pizza Bread	2943	35%	703	35%	45.9	66%	26.8	134%	59.5	23%	1.8	2%	11.6	23%	1.82	30%
PUV Urban Core - SS24 Pizzas	Sides	Garlic Pizza Bread with Cheddar Cheese	3490	42%	834	42%	55.9	80%	33.2	166%	59.9	23%	1.8	2%	22.0	44%	2.46	41%