



NUTRITION SURVIVAL GUIDE TO

PIZZA HUT

CALORIES AND MACRONUTRIENTS

WWW.XTREME-FITNESS.CO.UK

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

SMALL CLASSIC

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
The Meaty One	1116	57	118	-	7	46	4.4
BBQ Meat Feast	1092	50	155	-	12	44	4.8
Super Supreme	1092	49	120	-	8	47	4.7
Meat Feast	1068	50	119	-	7	44	4.4
Pepperoni Feast	1050	44	116	-	7	46	3.8
Meatysaurus	996	46	124	-	13	36	3.8
Texas BBQ	966	48	121	-	11	32	3.7
Margherita	906	38	116	-	7	32	2.9
Chicken Supreme	870	41	116	-	7	27	2.6
Hawaiian	864	37	119	-	10	27	3.1
Farmhouse	852	37	115	-	6	27	3.1
Veggie Supreme	846	34	119	-	10	26	2.5
Veggie Sizzler	846	34	119	-	10	26	2.9

GLUTEN FREE

The Meaty One	1464	68	128	-	14	74	6.8
BBQ Meat Feast	1408	56	137	-	20	69	7.7
Super Supreme	1400	53	130	-	15	72	7.1
Pepperoni Feast	1384	46	124	-	13	76	6.3
Meat Feast	1384	57	129	-	14	70	7.3
Meatysaurus	1312	57	135	-	22	58	6.6
Texas BBQ	1160	50	130	-	19	46	5.5
Margherita	1072	34	123	-	13	46	4.2
Hawaiian	1008	34	128	-	17	38	4.9
Chicken Supreme	1008	39	124	-	14	37	3.8
Farmhouse	992	34	123	-	12	38	4.9
Veggie Supreme	968	27	128	-	17	37	3.5
Veggie Sizzler	968	27	129	-	17	37	4.2

MEDIUM CLASSIC

The Meaty One	1656	90	158	-	11	74	7.4
BBQ Meat Feast	1608	78	167	-	18	71	7.9
Super Supreme	1600	74	161	-	12	74	7.4
Meat Feast	1576	78	159	-	11	71	7.4
Pepperoni Feast	1560	67	154	-	10	100	6.3
Meatysaurus	1472	72	166	-	19	58	6.2
Texas BBQ	1352	70	161	-	16	47	5.6
Margherita	1280	56	154	-	10	49	4.4
Hawaiian	1208	55	158	-	14	40	5.1
Chicken Supreme	1208	61	154	-	11	39	4.1
Farmhouse	1192	55	154	-	9	40	5.1
Veggie Supreme	1168	49	158	-	14	38	3.8
Veggie Sizzler	1144	49	159	-	14	35	4.5

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

LARGE CLASSIC

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
The Meaty One	2380	125	229	-	18	108	10.1
Pepperoni Feast	2340	101	225	-	16	115	9.8
BBQ Meat Feast	2340	111	247	-	31	101	11.8
Super Supreme	2300	106	233	-	20	106	11.3
Meat Feast	2260	111	230	-	18	101	10.8
Meatysaurus	2170	107	246	-	34	85	9.6
Texas BBQ	2000	103	238	-	29	70	8.7
Margherita	1870	83	224	-	16	72	6.6
Hawaiian	1760	81	231	-	23	57	7.6
Chicken Supreme	1760	87	225	-	18	57	6
Farmhouse	1740	82	223	-	15	58	7.6
Veggie Supreme	1710	72	230	-	23	56	5.6
Veggie Sizzler	1710	71	231	-	22	56	6.5

LARGE ITALIAN

The Meaty One	1970	112	167	-	17	96	8.7
Pepperoni Feast	1930	88	162	-	15	103	8.4
BBQ Meat Feast	1930	98	184	-	30	89	10.4
Super Supreme	1900	93	170	-	18	95	9.2
Meat Feast	1890	100	168	-	18	91	9.7
Meatysaurus	1770	94	183	-	32	73	8.2
Texas BBQ	1590	91	176	-	28	58	7.3
Margherita	1460	70	161	-	15	60	5.2
Hawaiian	1360	68	168	-	21	46	6.2
Chicken Supreme	1350	74	162	-	17	45	4.6
Farmhouse	1330	69	161	-	14	46	6.2
Veggie Supreme	1300	59	168	-	22	44	4.2
Veggie Sizzler	1300	59	169	-	21	44	5.1

LARGE PAN

Pepperoni Feast	2730	111	250	-	15	143	11.7
The Meaty One	2730	132	252	-	15	132	11.7
BBQ Meat Feast	2690	118	269	-	28	126	13.3
Super Supreme	2660	113	255	-	16	131	12.2
Meat Feast	2620	119	253	-	16	126	12.5
Meatysaurus	2530	114	268	-	30	109	11.1
Margherita	2260	93	247	-	15	99	8.6
Hawaiian	2120	88	253	-	19	83	9
Chicken Supreme	2110	92	248	-	15	82	7.6
Farmhouse	2100	94	246	-	12	83	6.3
Veggie Supreme	2060	79	253	-	19	81	7
Veggie Sizzler	2060	78	254	-	18	81	8
Texas BBQ	1970	112	167	-	17	96	8.7

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501+ CAL

LARGE STUFFED CRUST

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
The Meaty One	2780	154	257	-	14	126	8.9
Pepperoni Feast	2740	130	252	-	12	133	8.5
BBQ Meat Feast	2740	140	274	-	27	119	10.5
Super Supreme	2700	135	259	-	15	125	13.8
Meat Feast	2670	140	258	-	14	119	9.6
Meatysaurus	2580	136	273	-	30	103	12.7
Texas BBQ	2410	133	266	-	25	88	7.5
Margherita	2270	112	251	-	12	90	5.4
Hawaiian	2170	110	258	-	19	76	6.4
Chicken Supreme	2160	116	252	-	14	75	4.8
Farmhouse	2150	111	251	-	11	77	6.4
Veggie Supreme	2110	101	258	-	19	74	4.4
Veggie Sizzler	2110	100	259	-	18	74	5.3

LARGE CHEESY BITES

The Meaty One	2800	155	259	-	14	127	9.5
Pepperoni Feast	2760	131	255	-	12	134	9.1
BBQ Meat Feast	2760	141	277	-	27	120	11.1
Super Supreme	2720	135	262	-	15	126	14.4
Meat Feast	2690	141	260	-	14	120	10.2
Meatysaurus	2600	137	276	-	30	104	13.3
Texas BBQ	2430	133	268	-	26	89	8.1
Margherita	2290	113	254	-	12	91	6
Hawaiian	2190	111	261	-	19	77	7
Chicken Supreme	2180	117	255	-	14	76	5.4
Farmhouse	2170	112	253	-	11	78	7
Veggie Supreme	2130	102	260	-	19	75	5
Veggie Sizzler	2130	101	261	-	18	75	5.9

MARGHERITA (3 SLICES)

Large Cheesy Bites	687	34	76	-	4	27	1.8
Large Stuffed Crust	681	34	75	-	4	27	1.6
Large Pan	678	28	74	-	5	30	2.6
Large Classic	561	25	67	-	5	22	2
Medium Classic	480	21	58	-	4	18	1.7
Small Classic	453	19	58	-	3	16	1.4
Large Italian	438	21	48	-	5	18	1.6
Gluten Free	402	13	46	-	5	17	1.6

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FARMHOUSE (3 SLICES)

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Large Cheesy Bites	651	34	76	-	3	23	2.1
Large Stuffed Crust	645	33	75	-	3	23	1.9
Large Pan	630	28	74	-	4	25	1.9
Large Classic	522	25	67	-	5	17	2.3
Medium Classic	447	21	58	-	3	15	1.9
Small Classic	426	19	58	-	3	14	1.6
Large Italian	399	21	48	-	4	14	1.9
Gluten Free	372	13	46	-	5	14	1.8

HAWAIIAN (3 SLICES)

Large Cheesy Bites	657	33	78	-	6	23	2.1
Large Stuffed Crust	651	33	77	-	6	23	1.9
Large Pan	636	26	76	-	6	25	2.7
Large Classic	528	24	69	-	7	17	2.3
Medium Classic	453	21	59	-	5	15	1.9
Small Classic	432	18	59	-	5	14	1.6
Large Italian	408	20	50	-	6	14	1.9
Gluten Free	378	13	48	-	6	14	1.8

VEGGIE SUPREME (3 SLICES)

Large Cheesy Bites	639	31	78	-	6	23	1.5
Large Stuffed Crust	633	30	77	-	6	22	1.3
Large Pan	618	24	76	-	6	24	2.1
Large Classic	513	22	69	-	7	17	1.7
Medium Classic	438	18	59	-	5	14	1.4
Small Classic	423	17	60	-	5	13	1.2
Large Italian	390	18	50	-	7	13	1.3
Gluten Free	363	10	48	-	6	14	1.3

VEGGIE SIZZLER (3 SLICES)

Large Cheesy Bites	639	30	78	-	5	23	1.8
Large Stuffed Crust	633	30	78	-	5	22	1.6
Large Pan	618	23	76	-	5	24	2.4
Large Classic	513	21	69	-	7	17	2
Medium Classic	429	18	60	-	5	13	1.7
Small Classic	423	17	60	-	5	13	1.4
Large Italian	390	18	51	-	6	13	1.5
Gluten Free	363	10	48	-	6	14	1.6

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TEXAS BBQ (3 SLICES)

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Large Cheesy Bites	729	40	80	-	8	27	2.4
Large Stuffed Crust	723	40	80	-	8	26	2.3
Large Classic	600	31	71	-	9	21	2.6
Large Pan	591	34	50	-	5	29	2.6
Medium Classic	507	26	60	-	6	18	2.1
Small Classic	483	24	60	-	6	16	1.9
Large Italian	477	27	53	-	8	17	2.2
Gluten Free	435	19	49	-	7	17	2.1

PEPPERONI FEAST (3 SLICES)

Large Cheesy Bites	828	39	77	-	4	40	2.7
Large Stuffed Crust	822	39	76	-	4	40	2.6
Large Pan	819	33	75	-	5	43	3.5
Large Classic	702	30	68	-	5	35	2.9
Medium Classic	585	25	58	-	4	38	2.4
Large Italian	579	26	49	-	5	31	2.5
Small Classic	525	22	58	-	3	23	1.9
Gluten Free	519	17	47	-	5	29	2.4

THE MEATY ONE (3 SLICES)

Large Cheesy Bites	840	47	78	-	4	38	2.9
Large Stuffed Crust	834	46	77	-	4	38	2.7
Large Pan	819	40	76	-	5	40	3.5
Large Classic	714	38	69	-	5	32	3
Medium Classic	621	34	59	-	4	28	2.8
Large Italian	591	34	50	-	5	29	2.6
Small Classic	558	29	59	-	4	23	2.2
Gluten Free	549	26	48	-	5	28	2.6

MEAT FEAST (3 SLICES)

Large Cheesy Bites	807	42	78	-	4	36	3.1
Large Stuffed Crust	801	42	77	-	4	36	2.9
Large Pan	786	36	76	-	5	38	3.8
Large Classic	678	33	69	-	5	30	3.2
Medium Classic	591	29	60	-	4	27	2.8
Large Italian	567	30	50	-	5	27	2.9
Small Classic	534	25	59	-	4	22	2.2
Gluten Free	519	21	48	-	5	26	2.7

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BBQ MEAT FEAST (3 SLICES)

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Large Cheesy Bites	828	42	83	-	8	36	3.3
Large Stuffed Crust	822	42	82	-	8	36	3.2
Large Pan	807	35	81	-	8	38	4
Large Classic	702	33	74	-	9	30	3.5
Medium Classic	603	29	63	-	7	27	3
Large Italian	579	29	55	-	9	27	3.1
Small Classic	546	25	78	-	6	22	2.4
Gluten Free	528	21	51	-	8	26	2.9

CHICKEN SUPREME (3 SLICES)

Large Cheesy Bites	654	35	77	-	4	23	1.6
Large Stuffed Crust	648	35	76	-	4	23	1.4
Large Pan	633	28	74	-	5	25	2.3
Large Classic	528	26	68	-	5	17	1.8
Medium Classic	453	23	58	-	4	15	1.5
Small Classic	435	20	58	-	4	14	1.3
Large Italian	405	22	49	-	5	14	1.4
Gluten Free	378	15	47	-	5	14	1.4

SUPER SUPREME (3 SLICES)

Large Cheesy Bites	816	41	79	-	5	38	4.3
Large Stuffed Crust	810	41	78	-	5	38	4.1
Large Pan	798	34	77	-	5	39	3.7
Large Classic	690	32	70	-	6	32	3.4
Medium Classic	600	28	60	-	5	28	2.8
Large Italian	570	28	51	-	5	29	2.8
Small Classic	546	25	60	-	4	23	2.3
Gluten Free	525	20	49	-	6	27	2.7

MEATYSAURUS (3 SLICES)

Large Cheesy Bites	780	41	83	-	9	31	4
Large Stuffed Crust	774	41	82	-	9	31	3.8
Large Pan	759	34	80	-	9	33	3.3
Large Classic	651	32	74	-	10	26	2.9
Medium Classic	552	27	62	-	7	22	2.3
Large Italian	531	28	55	-	10	22	2.5
Small Classic	498	23	62	-	6	18	1.9
Gluten Free	492	21	51	-	8	22	2.5

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CLASSIC SIDES

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Large Potato Wedges	569	10	79	-	4	24	2.7
Cheesy Nachos	563	16	58	-	7	33	2.6
Potato Wedges	380	7	53	-	3	16	1.3
Garlic Bread (Per Slice)	95	2	11	-	1	5	0.3
Mixed Leaf Salad (Side Salad)	44	1	3	-	3	3	0.1

PREMIUM SIDES

Loaded Chicken With Cheese & Bacon	573	43	34	-	3	29	3
Loaded Chicken With Cheese	521	38	34	-	2	26	2.5
Cheese Triangles	462	19	29	-	2	30	3.6
Hot 'N' Spicy Chicken Strips (8 Strips)	437	29	37	-	2	19	3.1
BBQ Chicken Wings (7 Wings)	414	39	12	-	7	23	3.3
Macaroni Cheese	410	21	35	-	4	20	1.5
Breaded Chicken Strips (5 Strips)	366	27	33	-	1	15	1.7
Cheesy Garlic Bread (Per Slice)	139	5	12	-	1	8	0.5

DIPS (DELIVERY)

Garlic & Herb	106	0	2	-	1	11	0.2
Sour Cream & Chive	72	0	3	-	1	7	0.2
Sweet Chilli	51	0	12	-	11	0	0.3
BBQ	25	0	5	-	4	0	0.3
Hot Sauce	17	0	3	-	2	0	0.3

WINGSTREET

6 Habanero Chicken Wings	723	30	47	-	14	46	5.7
6 Sweet Chilli Chicken Wings	721	29	57	-	18	42	6.5
6 BBQ Chicken Wings	690	30	48	-	13	42	5.8
7 Habanero Chicken Breast Chunks	641	33	54	-	14	32	2.7
7 Sweet Chilli Chicken Breast Chunks	639	32	64	-	18	28	3.5
6 Plain Chicken Wings	624	29	34	-	1	42	5.1
7 BBQ Chicken Breast Chunks	608	33	56	-	12	28	2.8
7 Plain Chicken Breast Chunks	543	32	41	-	1	28	2.2
Chips	500	8	74	-	1	19	1.9

DESSERTS

Triple Choc Chip Cookie Dough	651	7	82	-	56	32	2.3
Chocolate Chip Cookie Dough	642	8	79	-	51	32	2.2
Strawberries & Cream Cookie Dough	634	6	88	-	60	29	2.2
Caramel & White Chocolate Cookie Dough	626	7	87	-	59	27	2.8
Caramel Chew Chew (1/2 tub)	600	9	65	-	55	35	0.4
Ben & Jerry's Cookie Dough (1/2 tub)	575	9	65	-	53	33	0.4

1-200 CAL

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Ben & Jerry's Phish Food (1/2 tub)	575	8	78	-	60	25	0.4
Blondie Brownie Core (1/2 tub)	548	9	63	-	55	30	0.3
Chocolate Fudge Brownie (1/2 tub)	523	9	63	-	58	28	0.4
Vanilla Ice Cream (+ Cookie Dough)	103	2	12	-	10	6	0.1