



NUTRITIONAL INFORMATION

20th September 2022 v1.1

England, Wales & Scotland

At PizzaExpress your lifestyle choices and dietary requirements are just as important to us as they are to you. We understand that part of this includes awareness of your nutritional intake.

Our nutritional menu below details information on our dishes. As our dishes are handmade in our busy kitchens, we can't guarantee our data is as stated. Our nutritional values are for informational purposes only and are not a substitute for medical advice

All of our NEW dishes can be found at the end of this document

Simply click on the required menu section

- [Starters](#)
- [Pizzas – Romana, Calabrese, Calzone & Classics](#)
- [Leggera Pizza](#)
- [Al Forno & Sides](#)
- [Salads](#)
- [Lunch](#)
- [Dips & Extra Toppings](#)
- [Desserts](#)
- [Piccolo](#)
- [New Menu](#)

	PER SERVING									PER 100 G								
	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Starters																		
Olives Marinate	137	562	13.6	1.6	1.1	0.1	3.4	0.7	2.8	171	702	17.0	2.0	1.4	0.1	4.2	0.9	3.5
Roasted Tomatoes	67	277	3.5	0.4	6.0	5.6	2.8	1.3	0.5	111	461	5.9	0.6	10.0	9.4	4.6	2.1	0.8
Dough Balls with Garlic Butter	396	1650	21.6	12.9	43.4	3.1	3.0	8.1	1.6	356	1486	19.5	11.6	39.1	2.8	2.7	7.3	1.5
Dough Balls Gluten Free - with Garlic Butter	370	1548	18.7	9.6	47.4	2.1	3.6	1.2	1.7	336	1407	17.0	8.7	43.1	1.9	3.3	1.1	1.5
Vegan Dough Balls - Garlic & Parsley Spread	373	1559	14.5	2.4	52.0	2.4	2.3	9.7	1.7	327	1367	12.7	2.1	45.6	2.1	2.0	8.5	1.5
Vegan Dough Balls Gluten Free - Garlic & Parsley Spread	394	1645	20.0	3.1	52.6	2.4	2.6	2.2	1.7	342	1430	17.4	2.7	45.7	2.1	2.3	1.9	1.5
Dough Balls Al Forno	404	1693	18.0	10.1	37.0	3.3	1.9	24.4	2.0	323	1354	14.4	8.1	29.6	2.6	1.5	19.5	1.6
Dough Balls Al Forno Gluten Free	474	1980	25.1	12.8	44.8	2.8	2.3	18.3	2.2	324	1356	17.2	8.8	30.7	1.9	1.6	12.5	1.5
Doppio Dough Balls	749	3124	27.3	10.6	107.6	12.4	5.4	20.1	4.1	331	1382	12.1	4.7	47.6	5.5	2.4	8.9	1.8
Doppio Dough Balls - Gluten Free	857	3577	37.2	10.7	114.0	11.5	5.2	5.2	4.5	327	1365	14.2	4.1	43.5	4.4	2.0	2.0	1.7
Chimichurri Dough Balls	435	1818	20.4	2.4	52.2	4.1	4.0	11.0	2.0	304	1271	14.3	1.7	36.5	2.9	2.8	7.7	1.4
Chimichurri Dough Balls Gluten Free	488	2044	25.3	2.4	55.4	3.7	3.9	3.7	2.3	303	1269	15.7	1.5	34.4	2.3	2.4	2.3	1.4
Garlic Bread (butter)	354	1496	5.3	1.7	65.3	3.7	3.1	12.8	1.9	295	1246	4.4	1.4	54.4	3.1	2.6	10.7	1.6
Garlic Bread Vegan (garlic oil)	295	1246	4.7	0.6	54.2	3.1	2.6	10.3	1.5	301	1271	4.8	0.6	55.3	3.2	2.7	10.5	1.5
Garlic Bread with Mozzarella	356	1494	10.0	4.4	49.4	3.7	4.0	14.9	1.6	282	1185	7.9	3.5	39.2	2.9	3.2	11.8	1.3
Garlic Bread with Vegan Mozzarella Alternative	330	1389	10.3	4.1	51.5	5.2	3.4	9.4	1.8	268	1129	8.4	3.3	41.9	4.2	2.8	7.7	1.5
Bruschetta Originale	362	1519	11.1	2.1	50.8	7.1	6.7	11.1	2.0	172	723	5.3	1.0	24.2	3.4	3.2	5.3	1.0
Buffalo Mozzarella & Tomato Salad	336	1393	28.2	15.2	3.7	3.7	2.7	15.5	0.8	163	676	13.7	7.4	1.8	1.8	1.3	7.5	0.4
Lemon & Herbs Chicken Wings	556	2314	37.5	8.2	2.2	2.0	0.0	52.4	3.0	248	1033	16.7	3.7	1.0	0.9	0.0	23.4	1.3
Calamari with Caesar Dressing	504	2104	32.1	3.2	36.3	2.9	0.8	17.6	2.8	300	1252	19.1	1.9	21.6	1.7	0.5	10.5	1.7
Chilli King Prawns - With Dough Balls	435	1832	13.8	6.5	58.0	3.0	4.6	22.1	3.2	166	699	5.3	2.5	22.1	1.1	1.7	8.4	1.2
Chilli King Prawns Gluten Free	440	1881	29.2	8.7	58.1	2.9	5.3	1.1	3.2	167	715	11.1	3.3	22.1	1.1	2.0	0.4	1.2
Pollo Milanese	355	1479	18.9	6.6	23.6	0.8	2.5	23.7	1.8	211	880	11.2	3.9	14.0	0.5	1.5	14.1	1.1

	PER SERVING									PER 100 G								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Romana Pizzas, Calabrese and Calzone																		
Margherita	867	3639	29.6	12.2	112.5	10.1	8.8	41.8	4.0	284	1193	9.7	4.0	36.9	3.3	2.9	13.7	1.3
Margherita Vegan	758	3182	23.7	12.5	119.3	10.7	9.2	21.3	4.4	256	1075	8.0	4.2	40.3	3.6	3.1	7.2	1.5
American	1036	4339	44.3	18.1	110.2	10.3	8.7	53.3	5.5	311	1303	13.3	5.4	33.1	3.1	2.6	16.0	1.6
American Jack - Vegan	774	3255	24.7	12.2	120.1	11.6	10.0	22.5	5.5	241	1014	7.7	3.8	37.4	3.6	3.1	7.0	1.7
American Hot - Hot Green Pepper or Jalapeno Peppers	1010	4237	41.5	18.0	102.0	12.6	6.1	54.1	6.5	297	1246	12.2	5.3	30.0	3.7	1.8	15.9	1.9
American Hot - Hot Green Pepper or Jalapeno Peppers - Vegan	778	3272	24.8	12.3	120.9	11.8	10.2	22.7	6.1	226	951	7.2	3.6	35.1	3.4	3.0	6.6	1.8
Padana	1108	4649	33.2	16.0	129.1	33.9	19.9	62.8	4.7	284	1192	8.5	4.1	33.1	8.7	5.1	16.1	1.2
Padana - Vegan	911	3822	25.3	13.2	152.8	33.7	14.0	24.5	4.9	227	953	6.3	3.3	38.1	8.4	3.5	6.1	1.2
La Reine	939	3953	31.7	13.4	104.1	11.1	5.9	56.6	5.5	237	998	8.0	3.4	26.3	2.8	1.5	14.3	1.4
Fiorentina	1017	4262	37.2	14.9	125.7	12.3	12.3	50.4	5.0	232	973	8.5	3.4	28.7	2.8	2.8	11.5	1.2
Pollo ad Astra	1145	4820	32.5	13.0	142.1	21.5	8.9	66.6	5.0	282	1187	8.0	3.2	35.0	5.3	2.2	16.4	1.2
Ad Astra Vegan	925	3890	25.6	11.3	144.8	20.0	12.4	34.8	5.9	217	913	6.0	2.7	34.0	4.7	2.9	8.2	1.4
Pollo American	926	3887	31.2	12.2	107.8	11.0	8.8	57.5	5.0	243	1020	8.2	3.2	28.3	2.9	2.3	15.1	1.3
Veneziana	963	4050	33.5	13.2	124.1	21.1	10.5	47.0	4.5	256	1077	8.9	3.5	33.0	5.6	2.8	12.5	1.2
Veneziana Vegan	915	3848	29.7	13.2	144.4	24.4	10.6	23.1	5.3	259	1090	8.4	3.7	40.9	6.9	3.0	6.5	1.5
Calabrese	1275	5327	66.1	30.2	108.7	18.2	13.9	54.1	6.5	266	1112	13.8	6.3	22.7	3.8	2.9	11.3	1.4
Vegan Giardiniera	933	3912	38.5	14.2	129.1	12.4	13.3	24.3	5.7	211	885	8.7	3.2	29.2	2.8	3.0	5.5	1.3
Calzone 'Nduja	1196	5002	65.3	24.2	105.6	17.3	11.0	52.3	7.3	249	1042	13.6	5.0	22.0	3.6	2.3	10.9	1.5
Calzone Orto	753	3169	26.6	2.8	110.8	17.8	7.6	21.6	3.4	178	749	6.3	0.7	26.2	4.2	1.8	5.1	0.8
Etna	1283	5368	61.8	26.0	124.8	17.0	13.2	63.5	7.2	301	1260	14.5	6.1	29.3	4.0	3.1	14.9	1.7
Napoletana	955	3999	37.6	13.9	114.6	10.4	6.0	42.0	6.7	284	1190	11.2	4.1	34.1	3.1	1.8	12.5	2.0
BBQ Burnt Ends	1157	4865	35.0	14.7	153.3	42.5	10.6	62.0	7.5	261	1098	7.9	3.3	34.6	9.6	2.4	14	1.7
Smoky BBQ Chicken	1045	4393	25.3	12.5	149.5	35.0	10.6	59.3	5.6	227	955	5.5	2.7	32.5	7.6	2.3	12.9	1.2

	PER SERVING									PER 100 G								
	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Classic Pizzas																		
American	978	4110	37.7	14.6	111.1	13.0	8.2	52.8	5.7	285	1198	11.0	4.3	32.4	3.8	2.4	15.4	1.7
American Gluten Free	929	3901	37.0	14.4	114.3	5.6	5.6	37.2	5.5	280	1175	11.2	4.4	34.4	1.7	1.7	11.2	1.6
American Jack Vegan	703	2960	20.2	9.0	113.6	19.6	8.3	21.0	4.6	219	922	6.3	2.8	35.4	6.1	2.6	6.6	1.4
American Jack Vegan Gluten Free	654	2751	19.5	8.8	116.8	12.2	5.7	5.4	4.4	211	887	6	3	38	4	2	2	1
American Jack Vegetarian	812	3414	23.9	9.7	117.0	12.6	11.9	38.2	4.7	238	1001	7.0	2.8	34.3	3.7	3.5	11.2	1.4
American Jack Vegetarian Gluten Free	763	3205	23.2	9.5	120.2	5.2	9.3	22.6	4.5	231	971	7	3	36	2	3	7	1
American Hot -Hot Green Peppers or Jalapenos Peppers	940	3945	37.4	14.5	105.5	10.4	8.5	49.6	5.6	254	1066	10.1	3.9	28.5	2.8	2.3	13.4	1.5
American Hot - Hot Green Pepper or Jalapeno Peppers Gluten Free	891	3736	36.7	14.3	108.7	3.0	5.9	34.0	5.4	248	1041	10.2	4.0	30.3	0.8	1.6	9.5	1.5
American Hot - Hot Green Peppers or Jalapenos Peppers Vegan	706	2950	20.2	8.9	113.9	19.5	8.3	21.2	4.6	213	891	6.1	2.7	34.4	5.9	2.5	6.4	1.4
American Hot - Hot Green Peppers or Jalapenos Peppers Vegan Gluten Free	657	2741	19.5	8.7	117.1	12.1	5.7	5.6	4.4	205	857	6.1	2.7	36.6	3.8	1.8	1.7	1.4
Margherita	807	3396	24.6	9.6	106.6	10.2	4.5	41.9	3.8	252	1061	7.7	3.0	33.3	3.2	1.4	13.1	1.2
Margherita Gluten Free	749	3148	25.7	11.5	110.3	5.7	5.1	21.6	3.5	236	993	8.1	3.6	34.8	1.8	1.6	6.8	1.1
Margherita Vegan	711	2987	18.6	8.3	118.7	11.0	9.2	21.4	4.3	240	1009	6.3	2.8	40.1	3.7	3.1	7.2	1.4
Margherita Vegan Gluten Free	662	2778	17.9	8.1	121.9	3.6	6.6	5.8	4.1	232	975	6.3	2.8	42.8	1.2	2.3	2.0	1.4
La Reine	898	3767	28.7	11.3	108.6	9.8	7.5	47.1	4.6	238	999	7.6	3.0	28.8	2.6	2.0	12.5	1.2
La Reine Gluten Free	849	3558	28.0	11.1	111.8	2.4	4.9	31.5	4.4	232	972	7.6	3.0	30.5	0.7	1.3	8.6	1.2
Fiorentina	942	3961	31.4	12.8	107.8	8.4	10.6	51.7	4.2	213	896	7.1	2.9	24.4	1.9	2.4	11.7	1.0
Fiorentina Gluten Free	893	3752	30.7	12.6	111.0	1.0	8.0	36.1	4.0	207	871	7.1	2.9	25.8	0.2	1.9	8.4	0.9
Vegan Giardiniera	843	3545	27.5	9.2	130.5	13.7	11.9	24.7	5.7	184	774	6.0	2.0	28.5	3.0	2.6	5.4	1.3
Vegan Giardiniera Gluten Free	794	3336	26.8	9.0	133.7	6.3	9.3	9.1	5.5	178	746	6.0	2.0	29.9	1.4	2.1	2.0	1.2

	PER SERVING									PER 100 G								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Classic Pizzas																		
Padana	931	3918	29.8	14.0	133.8	28.2	9.7	36.7	4.1	231	972	7.4	3.5	33.2	7.0	2.4	9.1	1.0
Padana Gluten Free	882	3709	29.1	13.8	137.0	20.8	7.1	21.1	3.9	225	946	7.4	3.5	34.9	5.3	1.8	5.4	1.0
Padana Vegan	794	3345	16.5	7.2	144.6	29.1	8.6	20.8	4.0	202	851	4.2	1.8	36.8	7.4	2.2	5.3	1.0
Padana Vegan Gluten Free	745	3136	15.8	7.0	147.8	21.7	6.0	5.2	3.8	195	821	4.1	1.8	38.7	5.7	1.6	1.4	1.0
Pollo ad Astra	880	3695	24.9	9.3	138.1	19.1	12.9	32.1	5.3	198	832	5.6	2.1	31.1	4.3	2.9	7.2	1.2
Pollo ad Atra Gluten Free	831	3486	24.2	9.1	141.3	11.7	10.3	16.5	5.1	192	805	5.6	2.1	32.6	2.7	2.4	3.8	1.2
Ad Astra Vegan	866	3638	22.8	9.2	116.5	17.7	8.0	52.3	4.5	205	862	5.4	2.2	27.6	4.2	1.9	12.4	1.1
Ad Astra Vegan Gluten Free	817	3429	22.1	9.0	119.7	10.3	5.4	36.7	4.3	199	834	5.4	2.2	29.1	2.5	1.3	8.9	1.0
Pollo American	1075	4501	41.9	17.6	112.5	11.4	11.4	67.0	5.5	274	1148	10.7	4.5	28.7	2.9	2.9	17.1	1.4
Pollo American Gluten Free	1026	4292	41.2	17.4	115.7	4.0	8.8	51.4	5.3	269	1127	10.8	4.6	30.4	1.0	2.3	13.5	1.4
Napoletana	819	3441	26.7	9.4	108.6	10.4	8.7	40.1	5.7	245	1030	8.0	2.8	32.5	3.1	2.6	12.0	1.7
Napoletana Gluten Free	770	3232	26.0	9.2	111.8	3.0	6.1	24.5	5.5	238	1001	8.1	2.8	34.6	0.9	1.9	7.6	1.7
Etna	1089	4567	48.0	19.5	106.8	16.1	11.6	63.3	6.2	263	1103	11.6	4.7	25.8	3.9	2.8	15.3	1.5
Etna Gluten Free	1040	4358	47.3	19.3	110.0	8.7	9.0	47.7	6.0	258	1081	11.7	4.8	27.3	2.2	2.2	11.8	1.5
BBQ Burnt Ends	976	4116	26.3	12.0	133.4	32.1	8.3	55.9	5.4	234	987	6.3	2.9	32.0	7.7	2.0	13.4	1.3
BBQ Burnt Ends Gluten Free	927	3907	25.6	11.8	136.6	24.7	5.7	40.3	5.2	228	962	6.3	2.9	33.7	6.1	1.4	9.9	1.3
Smoky BBQ Chicken	906	3827	19.8	9.7	135.1	30.3	7.6	50.9	5.1	215	909	4.7	2.3	32.1	7.2	1.8	12.1	1.2
Smoky BBQ Chicken Gluten Free	857	3618	19.1	9.5	138.3	22.9	5.0	35.3	4.9	209	882	4.7	2.3	33.7	5.6	1.2	8.6	1.2

	Half Pizza Energy Kcal
Pizza	
Margherita	434
Margherita Vegan	379
American	518
American Jack - Vegan	387
American Hot - Hot Green Pepper or Jalapeno Peppers	505
American Hot - Hot Green Pepper or Jalapeno Peppers - Vegan	389
Padana	554
Padana - Vegan	456
La Reine	470
Fiorentina	509
Pollo ad Astra	573
Ad Astra Vegan	463
Pollo American	463
Veneziana	482
Veneziana Vegan	458
Calabrese	638
Vegan Giardiniera	467
Calzone 'Nduja	598
Calzone Orto	377
Etna	642
Napoletana	478
BBQ Burnt Ends	579
Smoky BBQ Chicken	523

	PER SERVING									PER 100 G								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Leggera Pizzas																		
Gamberetti	589	2490	6.6	1.0	108.6	11.8	7.7	27.7	3.9	179	758	2.0	0.3	33.1	3.6	2.3	8.4	1.2
Pomodoro	573	2415	8.5	2.5	95.4	10.8	7.1	23.3	3.2	177	745	2.6	0.8	29.4	3.3	2.2	7.2	1.0
Quattro Verdure	544	2299	8.1	1.2	100.9	10.5	9.1	21.4	3.6	166	700	2.5	0.4	30.7	3.2	2.8	6.5	1.1
Pollo ad Astra	641	2710	8.7	2.6	102.0	15.6	7.1	42.0	4.1	181	765	2.5	0.7	28.8	4.4	2.0	11.9	1.2
Padana	722	3039	14.0	6.1	127.2	29.1	9.0	26.0	3.6	206	869	4.0	1.8	36.4	8.3	2.6	7.4	1.0
American Hot	638	2693	15.5	5.3	96.3	8.6	6.8	32.0	4.7	213	898	5.2	1.8	32.1	2.9	2.3	10.7	1.6

	PER SERVING									PER 100 G									
	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	
Al Forno																			
Lasagna Classica	712	2973	42.1	23.3	43.0	11.0	7.0	36.9	3.9	162	677	9.6	5.3	9.8	2.5	1.6	8.4	0.9	
Pollo Pesto	1082	4507	57.5	23.3	90.3	6.5	3.4	48.6	7.5	190	792	10.1	4.1	15.9	1.1	0.6	8.6	1.3	
Cannelloni	705	2943	43.0	21.2	49.2	10.4	5.7	33.1	3.6	149	622	9.1	4.5	10.4	2.2	1.2	7.0	0.8	
Zucchini Linguine	448	1885	12.7	1.9	71.4	13.6	8.1	16.1	2.7	99	417	2.8	0.4	15.8	3.0	1.8	3.6	0.6	
’Nduja & Buffalo Mozzarella Linguine	749	3135	41.0	16.9	67.7	6.2	7.7	31.2	3.4	146	611	8.0	3.3	13.2	1.2	1.5	6.1	0.7	
Pepperonata Pasta	474	1994	10.4	1.4	86.6	9.0	5.9	11.3	0.5	105	442	2.3	0.3	19.2	2.0	1.3	2.5	0.1	
Sides																			
Polenta Chips	454	1889	26.6	2.7	42.8	5.0	7.7	6.7	2.7	218	908	12.8	1.3	20.6	2.4	3.7	3.2	1.3	
Halloumi Bites	351	1463	23.2	8.7	20.7	1.8	1.1	15.4	3.4	290	1209	19.2	7.2	17.1	1.5	0.9	12.7	2.9	
Rucola UK	140	579	11.7	3.4	3.0	2.7	1.1	5.7	0.3	241	997	20.2	5.9	5.2	4.7	1.9	9.9	0.6	
Mixed Leaf Salad	166	691	14.8	1.5	4.5	4.1	2.2	3.0	0.5	77	321	6.9	0.7	2.1	1.9	1.0	1.4	0.2	
Raw Slaw	163	2003	14.3	1.0	8.3	2.1	3.5	1.5	0.8	101	1244	8.9	0.6	5.1	1.3	2.2	1.0	0.5	
Broccolini	104	431	8.3	1.2	4.0	1.9	3.5	4.0	1.0	80	334	6.4	0.9	3.1	1.5	2.7	3.1	0.8	

	PER SERVING									PER 100 G								
	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Salads With Dressings no Dough Sticks																		
Chicken Caesar	700	2932	45.0	8.6	26.0	6.7	3.7	48.7	2.6	188	788	12.1	2.3	7.0	1.8	1.0	13.1	0.7
Vegan Nourish Bowl	443	443	25.7	2.9	38.5	9.1	12.4	13.7	2.5	107	107	6.2	0.7	9.3	2.2	3.0	3.3	0.6
Beetroot & Goat's Cheese	497	2069	30.8	9.3	41.0	14.9	8.3	13.9	2.0	150	625	9.3	2.8	12.4	4.5	2.5	4.2	0.6
Niçoise	561	2340	36.4	4.9	19.0	6.0	5.4	40.3	2.2	103	430	6.7	0.9	3.5	1.1	1.0	7.4	0.4
Salad sides																		
Dough Sticks	255	1076	2.5	0.4	49.6	2.5	2.5	9.5	1.4	283	1195	2.8	0.4	55.1	2.8	2.8	10.5	1.6
House dressing	134	550	13.5	0.9	2.2	1.8	0.2	0.1	0.6	296	1222	30.0	2.1	4.9	3.9	0.5	0.2	1.4
Caesar dressing	157	647	15.4	1.6	3.0	2.7	0.8	1.2	1.0	348	1437	34.2	3.5	6.6	6.1	1.7	2.7	2.3
Honey mustard dressing	196	810	17.7	1.2	7.8	7.6	1.4	0.6	1.0	435	1798	39.3	2.7	17.4	16.9	3.0	1.4	2.2

	PER SERVING									PER 100 G								
	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
WRAPS																		
Pulled Beef & Cheese	520	2182	15.6	7.5	61.7	8.0	6.0	35.9	4.0	207	869	6.2	3.0	24.6	3.2	2.4	14.3	1.6
Wrap Vegan Sloppy New Recipe	391	1643	8.2	1.3	63.2	7.2	7.2	19.3	2.3	152	639	3.2	0.5	24.6	2.8	2.8	7.5	0.9
Wrap Padana	578	2429	19.2	10.0	82.4	17.9	8.7	23.2	2.8	213	896	7.1	3.7	30.4	6.6	3.2	8.6	1.0
Wrap ad Astra	531	2236	18.4	6.6	61.4	10.1	4.7	32.6	2.6	205	863	7.1	2.6	23.7	3.9	1.8	12.6	1.0
Wrap American Hot	576	2415	26.4	11.4	57.8	5.6	4.5	29.1	3.8	257	1078	11.8	5.1	25.8	2.5	2.0	13.0	1.7
SALADS																		
Grains & Greens	206	860	12.6	1.5	16.4	2.5	5.3	6.6	1.0	124	518	7.6	0.9	9.9	1.5	3.2	4.0	0.6
Baby Caesar	248	1031	17.6	4.3	12.8	2.1	2.4	9.2	2.6	200	831	14.2	3.5	10.3	1.7	1.9	7.4	2.1
SIDES																		
Bruschetta Originale	362	1519	11.1	2.1	50.8	7.1	6.7	11.1	2.0	172	723	5.3	1.0	24.2	3.4	3.2	5.3	1.0
Pollo Milanese	355	1479	18.9	6.6	23.6	0.8	2.5	23.7	1.8	211	880	11.2	3.9	14.0	0.5	1.5	14.1	1.1
Raw Slaw	163	2003	14.3	1.0	8.3	2.1	3.5	1.5	0.8	101	1244	8.9	0.6	5.1	1.3	2.2	1.0	0.5
Mixed Leaf Salad	166	691	14.8	1.5	4.5	4.1	2.2	3.0	0.5	77	321	6.9	0.7	2.1	1.9	1.0	1.4	0.2
Rucola	140	579	11.7	3.4	3.0	2.7	1.1	5.7	0.3	241	997	20.2	5.9	5.2	4.7	1.9	9.9	0.6
Halloumi Bites	351	1463	23.2	8.7	20.7	1.8	1.1	15.4	0.0	290	1209	19.2	7.2	17.1	1.5	0.9	12.7	0.0
Calamari with Dressing	504	2104	32.1	3.2	36.3	2.9	0.8	17.6	2.8	300	1252	19.1	1.9	21.6	1.7	0.5	10.5	1.7
Polenta Chips	454	1889	26.6	2.7	42.8	5.0	7.7	6.7	2.7	218	908	12.8	1.3	20.6	2.4	3.7	3.2	1.3
Lemon & Herbs Chicken Wings	556	2314	37.5	8.2	2.2	2.0	0.0	52.4	3.0	248	1033	16.7	3.7	1.0	0.9	0.0	23.4	1.3
Dough Balls with Garlic Butter	396	1650	21.6	12.9	40.4	3.1	3.0	8.1	1.6	356	1486	19.5	11.6	36.4	2.8	2.7	7.3	1.5
Dough Balls Gluten Free - with Garlic Butter	370	1548	18.7	9.6	47.4	2.1	3.6	1.2	1.7	336	1407	17.0	8.7	43.1	1.9	3.3	1.1	1.5
Garlic Bread with Mozzarella	356	1494	10.0	4.4	49.4	3.7	4.0	14.9	1.6	282	1185	7.9	3.5	39.2	2.9	3.2	11.8	1.3
DIPS																		
Hot Jalapenos	102	419	10.1	0.7	2.4	1.9	0.3	0.2	0.2	339	1396	33.5	2.3	8.1	6.3	0.9	0.8	0.5
Italian Tomato	63	260	6.0	0.8	2.1	1.9	0.3	0.4	0.2	210	865	19.9	2.8	7.0	6.4	0.9	1.3	0.6
Basil & Pine Kernel Pesto	142	586	14.6	1.7	1.6	0.0	0.5	1.0	0.9	473	1951	48.5	5.7	5.2	0.1	1.5	3.3	3.0
House dressing	134	550	13.5	0.9	2.2	1.8	0.2	0.1	0.6	296	1222	30	2	5	4	1	0	1
Sweet & Smoky BBQ	44	185	0.1	0.0	10.1	8.7	0.2	0.3	0.5	145	615	0.2	0.0	33.5	29.0	0.6	0.9	1.8
Garlic Butter	138	565	15.0	9.2	0.4	0.1	0.1	0.3	0.3	686	2825	74.8	45.9	2.0	0.6	0.4	1.3	1.6

	PER SERVING									PER 100 G								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Dips																		
House dressing	134	550	13.5	0.9	2.2	1.8	0.2	0.1	0.6	296	1222	30.0	2.1	4.9	3.9	0.5	0.2	1.4
Caesar dressing	157	647	15.4	1.6	3.0	2.7	0.8	1.2	1.0	348	1437	34.2	3.5	6.6	6.1	1.7	2.7	2.3
Honey mustard dressing	196	810	17.7	1.2	7.8	7.6	1.4	0.6	1.0	435	1798	39.3	2.7	17.4	16.9	3.0	1.4	2.2
Italian Tomato	63	260	6.0	0.8	2.1	1.9	0.3	0.4	0.2	210	865	19.9	2.8	7.0	6.4	0.9	1.3	0.6
Basil & Pine Kernel Pesto	142	586	14.6	1.7	1.6	0.0	0.5	1.0	0.9	473	1951	48.5	5.7	5.2	0.1	1.5	3.3	3.0
Houmous	106	437	9.3	0.9	2.6	0.2	1.5	2.2	0.3	352	1456	30.9	3.0	8.6	0.7	5.0	7.3	1.1
Sweet & Smoky BBQ	44	185	0.1	0.0	10.1	8.7	0.2	0.3	0.5	145	615	0.2	0.0	33.5	29.0	0.6	0.9	1.8
Garlic Butter	205	844	22.3	13.6	0.7	0.2	0.1	0.4	0.5	683	2813	74.4	45.4	2.2	0.7	0.4	1.3	1.8
Vegan Garlic & Parsley Spread	178	744	19.6	3.3	0.5	0.2	0.1	0.2	0.4	593	2480	65.2	10.9	1.5	0.6	0.4	0.7	1.2

	PER SERVING									PER 100 G									
	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	
Extra Toppings																			
Black Olives	35	144	3.6	0.6	0.0	0.0	0.8	0.1	0.7	129	530	13.2	2.2	0.0	0.0	3.0	0.5	2.5	
Red Onion	10	42	0.0	0.0	2.2	1.7	0.4	0.3	0.0	35	150	0.1	0.0	8.0	6.2	1.3	1.0	0.0	
Red Chillies	21	85	1.1	0.4	1.5	0.5	0.5	1.1	0.2	101	421	5.6	2.1	7.5	2.3	2.4	5.3	1.0	
Anchovies - Brown	34	143	1.8	0.3	0.1	0.0	0.0	4.3	2.3	206	863	11.0	1.9	0.8	0.0	0.0	26.0	14.0	
Anchovies - White	23	94	1.1	0.3	0.0	0.0	0.0	3.1	0.1	135	569	6.6	1.8	0.0	0.0	0.0	19.0	0.5	
Tuna	64	268	2.6	0.3	0.0	0.0	0.0	10.2	0.4	159	669	6.4	0.8	0.0	0.0	0.0	25.4	1.0	
Mushrooms	10	39	0.2	0.0	2.2	1.0	0.9	0.9	0.0	22	92	0.5	0.1	5.3	2.3	2.2	2.2	0.0	
Artichokes	52	215	0.4	0.0	4.8	3.6	0.0	5.3	1.2	54	223	0.4	0.0	5.0	3.8	0.0	5.5	1.3	
Jalapeño Peppers	4	17	0.0	0.0	0.8	0.0	0.2	0.0	0.6	20	84	0.1	0.0	3.8	0.0	1.2	0.2	3.1	
Chicken	53	223	0.9	0.2	0.0	0.3	0.0	10.9	0.2	132	557	2.2	0.5	0.0	0.7	0.0	27.3	0.4	
Pepperoni	101	417	9.0	3.8	0.2	0.1	0.0	4.6	0.8	479	1981	43.0	18.0	1.0	0.6	0.0	22.0	3.6	
Goats Cheese	109	456	9.5	6.3	0.4	0.2	0.4	5.6	0.4	311	1302	27.0	18.0	1.0	0.5	1.0	16.0	1.2	
Ham	30	123	0.6	0.2	1.1	0.3	0.2	5.0	0.9	97	407	1.9	0.6	3.7	1.1	0.7	16.5	3.0	
Hot Green Peppers	4	15	0.1	0.1	0.6	0.1	0.2	0.2	0.6	18	75	0.5	0.5	3.0	0.5	0.9	1.0	3.0	
Nduja	118	484	11.6	4.4	0.5	0.2	0.0	2.4	0.4	586	2417	58.0	22.0	2.5	0.9	0.0	12.0	2.0	
Buffalo Mozzarella	157	649	13.8	9.8	0.8	7.6	0.0	7.4	0.6	250	1037	22.0	15.6	1.2	12.1	0.0	11.9	0.9	
Quorn® pieces	54	226	1.2	0.4	0.6	0.1	3.4	8.5	0.3	108	451	2.5	0.8	1.2	0.1	6.7	17.0	0.6	
Caramelised Red Onion	78	332	0.0	0.0	18.8	16.4	0.7	0.6	0.1	195	828	0.0	0.0	47.0	41.0	1.8	1.6	0.3	
Tomato	8	33	0.2	0.0	1.1	1.1	0.4	0.3	0.0	26	109	0.5	0.1	3.6	3.6	1.3	1.1	0.0	
Roasted Mixed Peppers	15	60	0.2	0.0	2.4	1.7	0.7	0.4	0.0	48	200	0.5	0.0	8.1	5.8	2.4	1.3	0.2	
Jackfruit 'Pepperoni'	17	70	1.1	0.1	1.2	0.1	0.2	0.4	0.5	82	346	5.3	0.5	6.2	0.6	0.9	2.2	2.7	
Spinach	15	63	0.3	0.0	1.2	0.2	0.8	1.4	0.1	35	148	0.7	0.1	2.9	0.5	1.9	3.4	0.3	
Slow-cooked beef brisket with chipotle	75	312	3.6	1.4	1.6	0.9	0.3	8.8	0.7	93	390	4.5	1.7	2.0	1.1	0.4	11.0	0.8	
Hot & Sweet Chilli Peppers	20	81	0.1	0.0	4.3	3.6	0.4	0.2	0.0	96	403	0.6	0.1	21.3	17.9	2.1	1.1	0.1	
Spiced Beef with Green Pepper & Red Onion	55	227	1.9	0.6	2.5	1.7	0.7	6.4	0.2	95	397	3.4	1.0	4.4	3.0	1.2	11.3	0.4	
Sweet & Red Peppers	22	90	0.1	0.0	4.8	4.7	0.4	0.2	0.4	71	299	0.3	0.1	15.9	15.8	1.2	0.5	1.2	
Mozzarella	190	788	13.6	8.6	0.7	0.7	0.0	15.7	0.7	291	1211	20.9	13.3	1.0	1.0	0.0	24.2	1.0	
Egg	90	374	7.1	1.5	0.0	0.0	0.0	6.6	0.0	200	831	15.7	3.4	0.1	0.0	0.0	14.7	0.0	
Vegan Mozzarella Alternative	104	431	9.0	7.7	3.6	0.2	1.3	0.4	0.6	208	861	18.0	15.4	7.2	0.3	2.6	0.8	1.3	
Rocket	9	35	0.2	0.0	0.6	0.6	0.5	0.8	0.0	28	116	0.7	0.0	2.1	2.1	1.6	2.6	0.0	

	PER SERVING									PER 100 G								
	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Desserts																		
Gluten Free Chocolate Brownie	539	2257	26.9	13.0	65.3	56.3	3.2	7.2	0.2	352	1475	17.6	8.5	42.7	36.8	2.1	4.7	0.2
Gluten Free Chocolate Brownie (Take Away)	426	1782	22.4	10.0	49.9	40.8	2.9	4.6	0.1	457	1916	24.1	10.7	53.7	43.9	3.1	4.9	0.1
Chocolate Fudge Cake (cake only)	312	1308	13.4	4.2	42.4	30.5	0.9	4.8	1.0	302	1269	13.0	4.1	41.2	29.6	0.9	4.7	1.0
Vegan Carrot Cake (Take Away)	483	2019	23.6	4.0	66.4	45.9	1.3	1.3	0.5	409	1711	20.0	3.4	56.3	38.9	1.1	1.1	0.4
Tiramisu	412	1729	15.0	11.8	62.7	37.5	3.0	5.0	0.3	245	1029	8.9	7.0	37.3	22.3	1.8	3.0	0.2
Coppa Gelato – Vanilla + choc straw	248	1038	10.3	7.4	32.9	32.8	0.5	5.2	0.2	200	837	8.3	6.0	26.5	26.4	0.4	4.2	0.1
Coppa Gelato – Salted Caramel + choc straw	282	1181	14.3	9.2	33.8	30.9	0.5	4.4	0.7	227	952	11.5	7.4	27.2	24.9	0.4	3.6	0.5
Sicilian Watermelon Sorbet 2 scoops	136	576	0.5	0.2	32.4	28.0	0.0	0.1	0.0	113	480	0.4	0.2	27.0	23.3	0.0	0.1	0.0
Stracciatella Gelato 2 scoops	282	1089	16.2	10.1	28.5	28.1	0.6	5.0	0.2	227	878	13.0	8.1	23.0	22.6	0.5	4.0	0.1
Leggera Sorbet – Raspberry Sorbet	122	514	0.5	0.4	28.4	28.4	1.3	0.7	0.0	101	428	0.4	0.3	23.7	23.7	1.1	0.6	0.0
Leggera Sorbet - Coconut Sorbet	201	838	6.0	5.4	36.0	28.8	0.0	0.6	0.0	167	698	5.0	4.5	30.0	24.0	0.0	0.5	0.0
Honeycombed Cream Slice	578	2427	37.4	18.8	54.8	37.2	1.2	5.0	0.6	448	1881	29.0	14.6	42.5	28.8	0.9	3.9	0.5
Red Berry and Vanilla Cheesecake	552	2314	32.5	18.1	56.2	41.4	1.0	5.6	0.6	345	1446	20.3	11.3	35.1	25.9	0.6	3.5	0.4
Strawberry and Chocolate Dipping Sauce	149	619	2.9	0.6	29.1	25.3	3.6	1.1	0.1	127	529	2.5	0.5	24.9	21.6	3.1	0.9	0.1
Sicilian Lemon & White Chocolate Roulade	373	1684	14.6	9.1	63.2	56.8	2.3	3.8	0.2	345	1559	13.5	8.4	58.5	52.6	2.1	3.5	0.1
Side of cream	139	572	15.0	9.4	0.5	0.5	0.0	0.4	0.0	496	2041	53.7	33.4	1.7	1.7	0.0	1.6	0.1
Side of vanilla gelato	114	474	4.5	3.1	15.4	15.4	0.1	2.7	0.1	189	790	7.5	5.1	25.7	25.7	0.2	4.5	0.2
Side of mascarpone	118	489	12.3	8.7	0.8	0.8	0.0	1.2	0.0	392	1628	41.0	29.0	2.5	2.5	0.0	4.0	0.1
Side of Fruit Coulis	25	104	0.1	0.0	5.7	5.7	0.4	0.1	0.0	123	518	0.4	0.0	28.7	28.4	1.8	0.4	0.0
Side of Chocolate Sauce	29	123	0.1	0.0	6.9	6.1	0.2	0.1	0.0	288	1223	0.6	0.3	69.1	60.5	1.8	1.1	0.1
Dolcetti																		
Gluten Free Brownie excluding coffee	204	854	11.3	5.0	22.6	19.6	1.5	2.3	0.1	416	1741	23.0	10.2	46.2	40.0	3.1	4.6	0.1
Caffe reale excluding coffee option	208	866	12.6	8.7	23.7	32.7	1.4	1.9	0.1	281	1170	17.0	11.8	32.0	44.2	1.9	2.6	0.1
Lotus Biscoff Cheesecake excluding coffee option	306	1277	22.8	9.6	25.4	14.6	0.6	2.7	0.3	449	1877	29.5	11.3	41.8	23.8	0.8	4.4	0.6
Jam Doughnuts Dine In	171	716	22.8	9.6	25.4	14.6	0.6	2.7	0.3	342	1432	16.9	7.6	40.4	17.5	1.8	6.3	0.7
Jam Doughnuts PE only (Take Away)	431	1805	22.8	9.6	25.4	14.6	0.6	2.7	0.3	342	1432	16.9	7.6	40.4	17.5	1.8	6.3	0.7
Vegan Orange & Carrot Cake excluding coffee option	242	1010	11.8	2.0	33.2	23.0	0.6	0.6	0.2	409	1711	20.0	3.4	56.3	38.9	1.1	1.1	0.4
Sicilian Watermelon Sorbet excluding coffee	68	288	0.2	0.1	16.2	14.0	0.0	0.1	0.0	113	480	0.4	0.2	27.0	23.3	0	0.1	0.0

	PER SERVING									PER 100 G									
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	
Piccolo Starters																			
Piccolo dough balls with houmous - with salad	211	883	7.4	0.6	28.9	2.5	2.8	7.2	0.9	134	562	4.7	0.4	18.4	1.6	1.8	4.6	0.6	
Piccolo dough balls Gluten Free with houmous - with salad	275	1150	11.4	1.2	39.2	3.0	3.5	3.9	1.2	156	653	6.5	0.7	22.3	1.7	2.0	2.2	0.7	
Piccolo dough balls with garlic with butter - with salad	194	807	8.7	4.7	24.4	2.8	2.6	5.4	0.9	136	568	6.1	3.3	17.2	2.0	1.8	3.8	0.6	
Piccolo dough balls Gluten Free with garlic butter - with salad	248	1036	11.9	5.0	33.8	3.1	2.3	2.3	1.1	154	643	7.4	3.1	21.0	1.9	1.4	1.4	0.7	
Piccolo Salad starter	14	58	0.5	0.0	1.3	1.3	0.7	0.9	0.0	15	64	0.6	0.0	1.4	1.4	0.8	1.0	0.0	
Piccolo Pasta																			
Bolognese Pasta	353	1486	10.2	3.7	53.0	4.6	3.8	14.1	0.8	150	632	4.3	1.6	22.6	2.0	1.6	6.0	0.4	
Napoletana Pasta	284	1194	5.4	2.9	53.6	4.0	3.2	6.7	0.9	139	585	2.6	1.4	26.3	2.0	1.6	3.3	0.4	
Bianca Pasta	355	1488	11.6	6.3	56.2	3.3	2.2	7.2	0.7	174	729	5.7	3.1	27.6	1.6	1.1	3.5	0.3	

	PER SERVING									PER 100 G								
	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Piccolo Pizza & Salads																		
Margherita	410	1724	12.3	5.4	54.9	5.1	3.4	21.4	2.1	256	1077	7.7	3.4	34.3	3.2	2.1	13.4	1.3
Margherita Gluten Free	372	1567	11.8	5.4	55.1	2.4	2.4	12.7	1.7	243	1024	7.7	3.5	36.0	1.6	1.6	8.3	1.1
Margherita Vegan Mozz Alternative	349	1466	8.7	4.1	58.5	5.9	4.0	10.8	2.1	219	922	5.5	2.6	36.8	3.7	2.5	6.8	1.3
Margherita Vegan Mozz Alternative Gluten Free	258	1081	7.9	3.9	43.3	3.3	1.6	3.0	1.4	170	711	5.2	2.6	28.5	2.2	1.0	2.0	0.9
Margherita Light Mozzarella	370	1556	7.8	2.6	55.9	5.4	3.0	20.3	2.1	224	943	4.7	1.6	33.9	3.3	1.8	12.3	1.3
Margherita Light Mozzarella Gluten Free	279	1171	7.0	2.4	40.7	2.8	0.6	12.5	1.4	177	741	4.4	1.5	25.8	1.8	0.4	7.9	0.9
La Reine	437	1839	12.3	4.6	63.8	7.4	5.3	20.2	2.6	237	999	6.7	2.5	34.7	4.0	2.9	11.0	1.4
La Reine Gluten Free	346	1454	11.5	4.4	48.6	4.8	2.9	12.4	1.9	195	821	6.5	2.5	27.5	2.7	1.7	7.0	1.1
La Reine Vegan Mozz Alternative	359	1513	9.6	4.4	56.5	5.0	3.7	13.6	2.6	195	822	5.2	2.4	30.7	2.7	2.0	7.4	1.4
La Reine Vegan Mozz Alternative Gluten Free	268	1128	8.8	4.2	41.3	2.4	1.3	5.8	1.9	151	637	5.0	2.4	23.3	1.3	0.7	3.3	1.1
La Reine Light Mozzarella	409	1717	9.9	3.1	57.8	5.3	2.4	23.0	2.6	202	850	4.9	1.5	28.6	2.6	1.2	11.4	1.3
La Reine Light Mozzarella Gluten Free	318	1332	9.1	2.9	42.6	2.7	0.0	15.2	1.9	163	683	4.7	1.5	21.8	1.4	0.0	7.8	1.0
American	482	2022	17.9	7.1	61.1	6.8	4.6	21.2	2.5	290	1218	10.8	4.3	36.8	4.1	2.8	12.8	1.5
American Gluten Free	391	1637	17.1	6.9	45.9	4.2	2.2	13.4	1.8	246	1030	10.8	4.4	28.9	2.6	1.4	8.5	1.2
American Vegan Mozz Alternative	437	1836	15.5	6.4	61.1	5.9	3.7	15.1	2.6	251	1055	8.9	3.7	35.1	3.4	2.1	8.7	1.5
American Vegan Mozz Alternative Gluten Free	346	1451	14.7	6.2	45.9	3.3	1.3	7.3	1.9	207	869	8.8	3.7	27.5	2.0	0.8	4.4	1.1
American Light Mozzarella	453	1904	15.6	5.3	56.2	5.5	2.9	23.4	2.5	238	1002	8.2	2.8	29.6	2.9	1.5	12.3	1.3
American Light Mozzarella Gluten Free	362	1519	14.8	5.1	41.0	2.9	0.5	15.6	1.8	198	830	8.1	2.8	22.4	1.6	0.2	8.5	1.0
Pollo	458	1929	12.0	4.8	61.4	7.2	4.8	28.4	2.2	266	1121	7.0	2.8	35.7	4.2	2.8	16.5	1.3
Pollo Gluten Free	367	1544	11.2	4.6	46.2	4.6	2.4	20.6	1.5	222	936	6.8	2.8	28.0	2.8	1.5	12.5	0.9
Pollo Light Mozzarella	396	1666	8.9	2.6	53.3	4.9	2.3	26.5	2.1	209	881	4.7	1.4	28.2	2.6	1.2	14.0	1.1
Pollo Light Mozzarella Gluten Free	305	1281	8.1	2.4	38.1	2.3	-0.1	18.7	1.4	168	704	4.4	1.3	20.9	1.3	-0.1	10.3	0.8
Pollo Vegan Mozz Alternative	370	1561	8.9	4.2	59.3	4.5	2.9	14.4	2.2	215	907	5.2	2.4	34.5	2.6	1.7	8.4	1.3
Pollo Vegan Mozz Alternative Gluten Free	279	1176	8.1	4.0	44.1	1.9	0.5	6.6	1.5	169	713	4.9	2.4	26.8	1.1	0.3	4.0	0.9
Quorn®	372	1568	7.6	4.4	63.0	6.7	6.2	15.8	2.4	204	861	4.2	2.4	34.6	3.7	3.4	8.7	1.3
Quorn® Gluten Free	281	1183	6.8	4.2	47.8	4.1	3.8	8.0	1.7	161	676	3.9	2.4	27.3	2.4	2.2	4.6	1.0
Quorn® Light Mozzarella	402	1695	7.0	2.9	62.0	4.7	4.1	24.6	2.1	206	869	3.6	1.5	31.8	2.4	2.1	12.6	1.1
Quorn® Light Mozzarella Gluten Free	311	1310	6.2	2.7	46.8	2.1	1.7	16.8	1.4	105	443	2.1	0.9	15.8	0.7	0.6	5.7	0.5
Pollo Milanese Salad	321	1343	16.4	6.3	22.6	1.2	9.5	21.0	1.4	162	678	8.3	3.2	11.4	0.6	4.8	10.6	0.7

	PER SERVING									PER 100 G								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Piccolo Extras Toppings																		
Mushrooms	5	20	0.1	0.0	1.1	0.5	0.5	0.5	0.0	22	92	0.5	0.1	5.3	2.3	2.2	2.2	0.0
Tomatoes	8	33	0.2	0.0	1.1	1.1	0.4	0.3	0.0	26	109	0.5	0.1	3.6	3.6	1.3	1.1	0.0
Black Olives	18	72	1.8	0.3	0.0	0.0	0.4	0.1	0.3	129	530	13.2	2.2	0.0	0.0	3.0	0.5	2.5
Piccolo Desserts																		
Sundae with chocolate sauce	159	673	4.7	3.3	26.5	21.5	0.4	2.7	0.1	209	885	6.1	4.4	34.9	28.3	0.5	3.6	0.1
Sundae with fruit sauce	132	558	4.6	3.3	19.6	15.9	0.1	2.8	0.1	174	734	6.1	4.3	25.8	20.9	0.1	3.7	0.1
Chocolate Brownie	204	854	11.3	5.0	22.6	19.6	1.5	2.3	0.1	416	1741	23.0	10.2	46.2	40.0	3.1	4.6	0.1
Pip Organic Fruity Ice Lolly	18	75	0.0	0.0	4.2	4.0	0.0	0.0	0.0	43	186	0.1	0.0	10.4	9.9	0.0	0.1	0.0
Pip Organic Rainbow Ice Lolly	20	81	0.0	0.0	4.5	4.2	0.0	0.0	0.0	48	202	0.0	0.0	11.2	10.6	0.0	0.0	0.0
Extra Strawberries	5	20	0.0	0.0	1.0	1.0	0.2	0.1	0.0	29	122	0.0	0.0	6.1	6.1	1.0	0.6	0.0
Bambinoccino	12	48	0.4	0.2	1.3	1.3	0.0	0.7	0.0	55	231	1.8	1.2	6.5	6.4	0.0	3.5	0.1
Bambinoccino Soya milk	11	44	0.4	0.1	0.9	0.9	0.1	0.7	0.0	51	213	2.0	0.4	4.5	4.3	0.6	3.4	0.1
Piccolo Drinks																		
Piccolo milk	92	390	3.4	2.2	9.4	9.4	0.0	7.0	0.2	46	195	1.7	1.1	4.7	4.7	0.0	3.5	0.1
Cawston apple and summer berries	50	214	0.2	0.0	11.6	11.0	0.0	0.6	0.0	25	107	0.1	0.0	5.8	5.5	0.0	0.3	0.0
Cawston apple and pear juice	54	234	0.0	0.0	12.8	12.8	0.0	0.2	0.0	27	117	0.0	0.0	6.4	6.4	0.0	0.1	0.0

New Menu

	PER SERVING									PER 100 G									
	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	
Starters																			
Mushroom Arancini	220	920	9.9	3.4	27.2	4.3	1.7	6.2	1.3	173	724	7.8	2.7	21.4	3.4	1.3	4.9	1.0	
Dynamite Dough Balls	377	1566	14.1	2.9	52.4	5.5	2.8	9.9	1.7	281	1168	10.5	2.2	39.1	4.1	2.1	7.4	1.3	
Dynamite Dough Balls - Gluten Free	431	1793	19.0	3.0	55.6	5.0	2.7	2.4	1.8	283	1179	12.5	2	36.6	3.3	1.8	1.6	1.2	

	PER SERVING								
	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Romana & Calzone Pizzas									
Tikka Paneer	1177	4942	49.7	24.7	134.1	37.3	6.7	51.9	4.9
Spicy Giuseppe	1187	4967	54.9	21.6	120.1	16.4	10.3	58.2	8.4
Funghi di Bosco	1047	4385	43.5	17.1	120.7	11.0	13.5	49.8	4.6
Vegan Funghi di Bosco	888	3727	34.8	15.2	124.7	11.7	12.9	25.8	4.7
	1145	4814	41.8	19.1	136.0	14.8	11.7	62.4	5.8
Sloppy Giuseppe New Recipe									
Sloppy Vegan New Recipe	920	3868	31.9	13.2	132.0	13.2	16.8	35.0	5.2
Pollo Forza	1253	5263	44.6	15.9	129.4	20.6	8.4	79.3	5.0
Vegan Forza	1043	4378	42.2	15.4	137.3	20.7	11.4	34.8	5.3
Garlic Prawn	1033	4332	38.6	12.9	126.7	11.7	8.2	48.2	5.2
Classic Pizzas									
Tikka Paneer Classic	1032	4333	36.9	18.7	137.2	30.0	6.5	40.6	4.5
Tikka Paneer Classic Gluten Free	983	4124	36.2	18.5	140.4	22.6	3.9	25.0	4.3
Spicy Giuseppe	1028	4311	43.4	15.9	116.3	15.4	11.7	49.0	7.5
Spicy Giuseppe Gluten Free	979	4102	42.7	15.7	119.5	8.0	9.1	33.4	7.3
Funghi di Bosco	929	3894	34.8	13.1	114.9	10.6	8.2	42.9	4.5
Funghi di Bosco Gluten Free	880	3685	34.1	12.9	118.1	3.2	5.6	27.3	4.3
Vegan Funghi di Bosco	775	3246	26.6	10.0	114.6	10.6	10.2	23.9	3.9
Vegan Funghi di Bosco Gluten Free	726	3037	25.9	9.8	117.8	3.2	7.6	8.3	3.7
	925	3893	26.9	12.6	118.9	13.9	10.9	46.4	4.9
Sloppy Giuseppe New Recipe									
Sloppy Giuseppe New Recipe Gluten Free	876	3684	26.2	12.4	122.1	6.5	8.3	30.8	4.7
Sloppy Vegan New Recipe	863	3637	24.9	9.4	134.2	15.1	13.5	33.1	4.9
Sloppy Vegan Gluten Free New Recipe	814	3428	24.2	9.2	137.4	7.7	10.9	17.5	4.7
Pollo Forza	1056	4427	39.4	12.5	116.7	16.2	8.3	62.5	4.6
Pollo Forza Gluten Free	1007	4218	38.7	12.3	119.9	8.8	5.7	46.9	4.4
Forza Vegan	895	3765	31.7	10.0	129.1	16.5	12.7	30.0	4.6
Forza Vegan Gluten Free	846	3556	31.0	9.8	132.3	9.1	10.1	14.4	4.4
Garlic Prawn	912	3837	28.5	9.6	122.3	12.5	6.9	44.9	5.1
Garlic Prawn Gluten Free	863	3628	27.8	9.4	125.5	5.1	4.3	29.3	4.9

PER 100 G								
Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
265	1113	11.2	5.56	30.2	8.4	1.5	11.7	1.1
253	1059	11.7	4.6	25.6	3.5	2.2	12.4	1.8
248	1039	10.3	4.05	28.6	2.6	3.2	11.8	1.1
227	953	8.9	3.9	31.9	3	3.3	6.6	1.2
255	1072	9.3	4.3	30.3	3.3	2.6	13.9	1.3
202	850	7.0	2.9	29.0	2.9	3.7	7.7	1.2
267	1122	9.5	3.4	27.6	4.4	1.8	16.9	1.1
237	995	9.6	3.5	31.2	4.7	2.6	7.9	1.2
238	998	8.9	3.0	29.2	2.7	1.9	11.1	1.2
254	1067	9.1	4.6	33.8	7.4	1.6	10.0	1.1
249	1044	9.2	4.7	35.6	5.7	1.0	6.3	1.1
220	923	9.3	3.4	24.9	3.3	2.5	10.5	1.6
215	900	9.4	3.4	26.2	1.8	2.0	7.3	1.6
227	952	8.5	3.2	28.1	2.6	2	10.5	1.1
221	926	8.6	3.2	29.7	0.8	1.4	6.9	1.1
198	830	6.8	2.55	29.3	2.7	2.6	6.1	1.0
191	799	6.8	2.6	31.0	0.8	2.0	2.2	1.0
213	897	6.2	2.9	27.4	3.2	2.5	10.7	1.1
207	871	6.2	2.9	28.9	1.5	2.0	7.3	1.1
211	889	6.1	2.3	32.8	3.7	3.3	8.1	1.2
205	861	6.1	2.3	34.5	1.9	2.7	4.4	1.2
228	956	8.5	2.7	25.2	3.5	1.8	13.5	1.0
223	933	8.6	2.7	26.5	1.9	1.3	10.4	1.0
212	892	7.5	2.4	30.6	3.9	3.0	7.1	1.1
206	865	7.5	2.4	32.2	2.2	2.4	3.5	1.1
211	888	6.6	2.2	28.3	2.9	1.6	10.4	1.2
205	862	6.6	2.2	29.8	1.2	1.0	7.0	1.2

	Half Pizza Energy
Duo Romana - Information provided for half pizza	Kcal
Tikka Paneer	589
Spicy Giuseppe	594
Funghi di Bosco	524
Vegan Funghi di Bosco	444
Sloppy Giuseppe New Recipe	573
Sloppy Vegan New Recipe	460
Pollo Forza	627
Vegan Forza	522
Garlic Prawn	517

	PER SERVING									PER 100 G								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Al Forno																		
Linguine Carbonara	1051	4381	66.6	31.8	67.1	4.9	4.0	47.8	3.7	235	980	14.9	7.11	15	1.1	0.9	10.7	0.8
Peperonata Pasta	474	1994	10.4	1.4	86.6	9.0	5.9	11.3	0.5	105	442	2.3	0.3	19.2	2.0	1.3	2.5	0.1
Dips																		
Red Pepper & Chilli	108	442	11.0	1.6	1.7	1.3	0.2	0.2	0.1	358	1472	36.6	5.2	5.6	4.4	0.8	0.8	0.2
Desserts																		
Billionaire's Truffle Sundae	604	2522	31.9	20.5	70.4	65.0	0.7	8.2	0.9	259	1082	13.7	8.8	30.2	27.9	0.3	3.5	0.4
Fruit of the Forest Sundae 2 meringues	484	2022	26.5	16.8	52.1	51.7	0.9	8.1	0.2	204	853	11.2	7.1	22.0	21.8	0.4	3.4	0.1
Ginger & Pumpkin Cake Dine out	531	2221	21.5	3.0	82.6	58.9	2.0	1.7	0.3	402	1682	16.3	2.3	62.6	44.6	1.5	1.3	0.2
Sticky Toffee Bundt Cake	637	2668	32.1	20.6	81.4	62.4	0.2	3.9	0.6	309	1295	15.6	10.0	39.5	30.3	0.1	1.9	0.3
Dolcetti																		
Gelato Sandwich excluding coffee	158	661	4.5	3.3	25.9	12.1	0.8	3.1	0.1	329	1376	9.4	6.8	54.0	25.3	1.6	6.4	0.2
Ginger & Pumpkin Cake Dine in excluding coffee	266	1111	10.8	1.5	41.3	29.4	1.0	0.9	0.1	402	1682	16.3	2.3	62.6	44.6	1.5	1.3	0.2
Piccolo																		
Ice Cream Sandwich	158	661	4.5	3.3	25.9	12.1	0.8	3.1	0.1	329	1376	9.4	6.8	54.0	25.3	1.6	6.4	0.2

Delivery Exclusives

	PER SERVING									PER 100 G									
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	
Romana & Calzone Pizzas																			
Hawaiian Hot	1267	5329	48.7	21.6	141.8	34.0	9.6	70.7	6.9	276	1161	10.6	4.7	30.9	7.4	2.1	15.4	1.5	
Classic Pizzas																			
Hawaiian Hot	1107	4644	48.2	20.8	111.5	25.2	10.4	52.1	6.3	255	1070	11.1	4.8	25.7	5.8	2.4	12	1.5	
Hawaiian Hot Gluten Free	1058	4435	47.5	20.6	114.7	17.8	7.8	36.5	6.1	250	1048	11.2	4.9	27.1	4.2	1.8	8.6	1.4	