

NUTRITIONAL INFORMATION

January 2022

Northern Ireland

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.

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 Pizzas under 600 Calories](#)
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Pizzas – Romana, Calabrese, Calzone & Classics

| | PER SERVING | | | | | | | | | PER 100 G | | | | | | | | |
|------------------------------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|
| | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g |
| Bases | | | | | | | | | | | | | | | | | | |
| Standard dough - cooked | 578 | 2446 | 3.4 | 0.5 | 118.0 | 9.5 | 6.5 | 22.1 | 3.2 | 309 | 1308 | 1.8 | 0.3 | 63.1 | 5.1 | 3.5 | 11.8 | 1.7 |
| Wholemeal dough - cooked | 542 | 2290 | 5.2 | 0.6 | 107.1 | 8.3 | 11.2 | 22.1 | 2.7 | 301 | 1272 | 2.9 | 0.4 | 59.5 | 4.6 | 6.2 | 12.3 | 1.5 |
| Adult Gluten Free - cooked | 529 | 2237 | 2.7 | 0.3 | 121.2 | 2.1 | 3.9 | 6.5 | 3.0 | 309 | 1308 | 1.6 | 0.2 | 70.9 | 1.2 | 2.3 | 3.8 | 1.7 |
| Piccolo Gluten Free - cooked | 168 | 711 | 1.0 | 0.1 | 37.1 | 0.6 | 0.9 | 2.2 | 0.8 | 221 | 935 | 1.3 | 0.1 | 48.8 | 0.8 | 1.2 | 2.9 | 1.1 |

| | PER SERVING | | | | | | | | | PER 100 G | | | | | | | | |
|-------------------------------------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|
| | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g |
| Romana Calabrese and Calzone | | | | | | | | | | | | | | | | | | |
| American Hot | 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 |
| 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 |
| 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 |
| Diavolo | 1167 | 4894 | 39.0 | 20.1 | 139.1 | 15.0 | 10.2 | 59.1 | 7.1 | 296 | 1242 | 9.9 | 5.1 | 35.3 | 3.8 | 2.6 | 15.0 | 1.8 |
| Pollo Forza | 1253 | 5263 | 44.6 | 15.9 | 129.4 | 20.6 | 8.4 | 79.3 | 5.0 | 267 | 1122 | 9.5 | 3.4 | 27.6 | 4.4 | 1.8 | 16.9 | 1.1 |
| 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 | 970 | 4077 | 34.0 | 13.3 | 144.1 | 14.5 | 11.8 | 27.6 | 6.5 | 214 | 900 | 7.5 | 2.9 | 31.8 | 3.2 | 2.6 | 6.1 | 1.4 |
| 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 Verdure | 932 | 3914 | 33.2 | 3.5 | 141.1 | 22.6 | 19.4 | 27.2 | 4.9 | 202 | 849 | 7.2 | 0.8 | 30.6 | 4.9 | 4.2 | 5.89 | 1.1 |

| | PER SERVING | | | | | | | | | PER 100 G | | | | | | | | | |
|-----------------------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|--|
| | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs 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 | |
| Margherita | 834 | 3512 | 24.9 | 10.1 | 111.5 | 13.1 | 7.2 | 37.6 | 4.3 | 255 | 1074 | 7.6 | 3.1 | 34.1 | 4.0 | 2.2 | 11.5 | 1.3 | |
| 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 | |
| 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 | |
| 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 | |
| Sloppy Giuseppe | 897 | 3777 | 26.1 | 12.2 | 115.4 | 13.5 | 10.5 | 45.0 | 4.8 | 213 | 897 | 6.2 | 2.9 | 27.4 | 3.2 | 2.5 | 10.7 | 1.1 | |
| Veneziana | 938 | 3936 | 29.7 | 10.7 | 120.4 | 18.3 | 9.5 | 41.9 | 4.4 | 246 | 1033 | 7.8 | 2.8 | 31.6 | 4.8 | 2.5 | 11.0 | 1.2 | |
| Veneziana - Vegan | 815 | 3419 | 23.4 | 9.1 | 132.4 | 21.2 | 10.8 | 23.4 | 5.2 | 219 | 919 | 6.3 | 2.4 | 35.6 | 5.7 | 2.9 | 6.3 | 1.4 | |
| 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 | |

Leggera Pizzas under 600 Calories

| | PER SERVING | | | | | | | | | PER 100 G | | | | | | | | | |
|-----------------------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|--|
| | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | |
| Leggera Pizzas | | | | | | | | | | | | | | | | | | | |
| Pollo ad Astra | 502 | 2106 | 15.7 | 3.7 | 56.7 | 10.0 | 7.7 | 39.7 | 3.0 | 164 | 622 | 4.4 | 1.0 | 16.5 | 2.7 | 2.1 | 11.6 | 0.8 | |
| Padana | 504 | 2115 | 16.7 | 6.0 | 76.0 | 27.7 | 8.3 | 18.0 | 3.0 | 166 | 698 | 5.3 | 1.7 | 25.0 | 9.0 | 2.6 | 5.8 | 0.7 | |
| Vegan Padana | 508 | 2135 | 14.3 | 5.0 | 86.0 | 29.3 | 9.0 | 15.0 | 3.0 | 160 | 675 | 4.4 | 1.5 | 27.0 | 9.2 | 2.7 | 4.6 | 0.7 | |
| American Hot | 439 | 1839 | 16.3 | 6.0 | 52.0 | 4.3 | 6.0 | 24.7 | 4.0 | 175 | 735 | 6.4 | 2.2 | 20.7 | 1.4 | 2.2 | 9.8 | 1.2 | |
| Vegan Giardiniera | 432 | 1836 | 18.7 | 6.0 | 56.7 | 6.7 | 8.7 | 13.7 | 3.0 | 151 | 642 | 6.3 | 1.9 | 19.7 | 2.1 | 2.9 | 4.7 | 1.0 | |
| La Reine | 432 | 1812 | 16.0 | 4.3 | 49.7 | 3.0 | 8.3 | 25.0 | 3.0 | 157 | 660 | 5.6 | 1.4 | 18.0 | 0.9 | 2.8 | 9.0 | 1.0 | |
| Pollo Forza | 542 | 2273 | 19.0 | 4.3 | 55.3 | 6.7 | 8.0 | 42.7 | 3.0 | 161 | 675 | 5.5 | 1.2 | 16.3 | 1.8 | 2.2 | 12.5 | 0.7 | |
| Diavolo | 472 | 1975 | 20.0 | 6.0 | 52.7 | 5.3 | 7.7 | 25.3 | 4.0 | 165 | 690 | 6.9 | 2.0 | 18.2 | 1.7 | 2.5 | 8.7 | 1.1 | |
| Margherita | 385 | 1617 | 12.3 | 3.3 | 55.0 | 5.0 | 7.7 | 19.0 | 2.0 | 142 | 597 | 4.4 | 1.1 | 20.1 | 1.7 | 2.7 | 6.8 | 0.7 | |
| Vegan Margherita | 339 | 1422 | 10.3 | 5.0 | 55.3 | 4.7 | 7.3 | 12.0 | 3.0 | 162 | 680 | 4.6 | 2.1 | 26.2 | 1.9 | 3.3 | 5.7 | 1.0 | |
| Veneziana | 443 | 1860 | 14.7 | 4.3 | 62.7 | 15.7 | 8.7 | 21.7 | 3.0 | 160 | 672 | 5.1 | 1.5 | 22.4 | 5.5 | 3.0 | 7.6 | 0.9 | |
| Vegan Veneziana | 482 | 2015 | 19.3 | 6.0 | 66.3 | 16.7 | 9.3 | 13.7 | 3.0 | 173 | 726 | 6.8 | 1.8 | 23.7 | 5.8 | 3.2 | 4.9 | 1.0 | |
| American | 441 | 1848 | 17.3 | 6.3 | 50.3 | 4.3 | 7.3 | 26.0 | 3.0 | 181 | 758 | 6.9 | 2.4 | 20.5 | 1.6 | 2.7 | 10.5 | 1.1 | |
| Sloppy Giuseppe | 454 | 1900 | 18.3 | 5.7 | 54.7 | 5.7 | 8.3 | 23.0 | 3.0 | 153 | 642 | 6.0 | 1.7 | 18.3 | 1.8 | 2.6 | 7.7 | 0.9 | |

Salads

No Dressings with Dough Sticks

Nicoise Salad no dressing
Chicken Caesar

| PER SERVING | | | | | | | | | PER 100 G | | | | | | | | |
|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|
| Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g |
| 621 | 2605 | 20.1 | 3.9 | 52.5 | 8.4 | 6.7 | 54.8 | 3.9 | 111 | 466 | 3.6 | 0.7 | 9.4 | 1.5 | 1.2 | 9.8 | 0.7 |
| 806 | 3370 | 31.8 | 8.9 | 72.1 | 6.4 | 6.0 | 57.2 | 3.2 | 200 | 836 | 7.9 | 2.2 | 17.9 | 1.6 | 1.5 | 14.2 | 0.8 |

With Dressings No Dough Sticks

Nicoise Salad
Chicken Caesar

| PER SERVING | | | | | | | | | PER 100 G | | | | | | | | |
|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|
| Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g |
| 502 | 2576 | 31.4 | 4.6 | 7.7 | 6.7 | 4.6 | 45.2 | 3.1 | 98 | 501 | 6.1 | 0.9 | 1.5 | 1.3 | 0.9 | 8.8 | 0.6 |
| 710 | 2960 | 44.6 | 10.1 | 28.4 | 5.8 | 4.7 | 48.6 | 2.9 | 197 | 822 | 12.4 | 2.8 | 7.9 | 1.6 | 1.3 | 13.5 | 0.8 |

With Dressings With Dough Sticks

Nicoise Salad
Grand Chicken Caesar

| PER SERVING | | | | | | | | | PER 100 G | | | | | | | | |
|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|
| Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g |
| 755 | 3159 | 33.8 | 4.8 | 54.4 | 10.3 | 6.6 | 55.0 | 4.2 | 125 | 523 | 5.6 | 0.8 | 9.0 | 1.7 | 1.1 | 9.1 | 0.7 |
| 962 | 4014 | 47.2 | 10.2 | 74.8 | 9.3 | 7.1 | 58.3 | 4.5 | 216 | 902 | 10.6 | 2.3 | 16.8 | 2.1 | 1.6 | 13.1 | 1.0 |

Salad sides

Dough Sticks
New House dressing
Caesar dressing
Honey mustard dressing

| PER SERVING | | | | | | | | | PER 100 G | | | | | | | | |
|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|
| Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g |
| 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 |
| 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 |
| 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 |
| 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 |

Al Forno & Sides

| | PER SERVING | | | | | | | | | PER 100 G | | | | | | | | | |
|------------------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|--|
| | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | |
| Al Forno | | | | | | | | | | | | | | | | | | | |
| Lasagne 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 | |
| Bolognese | 674 | 2834 | 28.0 | 10.0 | 83.0 | 6.0 | 5.0 | 28.0 | 2.0 | 166 | 698 | 6.7 | 2.5 | 20.3 | 1.4 | 1.2 | 6.8 | 0.4 | |

| | PER SERVING | | | | | | | | | PER 100 G | | | | | | | | | |
|---------------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|--|
| | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | |
| Sides | | | | | | | | | | | | | | | | | | | |
| Mixed Salad | 121 | 508 | 9.9 | 0.6 | 5.4 | 4.8 | 2.6 | 1.7 | 0.4 | 56 | 235 | 4.6 | 0.3 | 2.5 | 2.2 | 1.2 | 0.8 | 0.2 | |
| 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 | |
| Haloumi 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 | |
| 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 | |

Dips & Extra Toppings

| | PER SERVING | | | | | | | | | PER 100 G | | | | | | | | | |
|---------------------------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|--|
| | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | |
| Dips | | | | | | | | | | | | | | | | | | | |
| Hot Jalapenos Salsa | 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 | |
| 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 | |

| | PER SERVING | | | | | | | | | PER 100 G | | | | | | | | | |
|--------------------------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|--|
| | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs 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 | |
| Diced Mozzarella Classic | 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 | |
| Diced Mozzarella Romana | 248 | 1030 | 17.8 | 11.3 | 0.9 | 0.9 | 0.0 | 20.6 | 0.9 | 291 | 1211 | 20.9 | 13.3 | 1.0 | 1.0 | 0.0 | 24.2 | 1.0 | |
| 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 | |
| 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 | |
| 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 | 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 | |
| Jack & Bry 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 | |

Desserts

| | PER SERVING | | | | | | | | | PER 100 G | | | | | | | | |
|--------------------------------------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|
| | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g |
| Desserts | | | | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| Gelato - Vanilla + choc straw | 247 | 1033 | 10.3 | 6.9 | 32.7 | 32.5 | 0.5 | 5.6 | 0.2 | 199 | 833 | 8.3 | 5.6 | 26.4 | 26.2 | 0.4 | 4.5 | 0.2 |
| Gelato - Chocolate + choc straw | 246 | 1032 | 10.3 | 7.3 | 32.6 | 27.9 | 2.5 | 5.6 | 0.2 | 198 | 832 | 8.3 | 5.9 | 26.3 | 22.5 | 2.0 | 4.5 | 0.2 |
| Gelato - Strawberry + choc straw | 211 | 895 | 5.0 | 3.6 | 40.1 | 34.2 | 0.9 | 1.5 | 0.1 | 170 | 721 | 4.0 | 2.9 | 32.3 | 27.6 | 0.7 | 1.2 | 0.1 |
| Gelato - Salted Caramel + choc straw | 287 | 1201 | 14.8 | 9.3 | 33.9 | 31.5 | 0.4 | 4.6 | 0.8 | 231 | 968 | 11.9 | 7.5 | 27.3 | 25.4 | 0.3 | 3.7 | 0.6 |
| 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 |
| 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 |

| | PER SERVING | | | | | | | | | PER 100 G | | | | | | | | |
|-------------------------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|
| | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g |
| 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 |

| | PER SERVING | | | | | | | | | PER 100 G | | | | | | | | |
|-----------------------------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|
| | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g |
| Dolcetti | | | | | | | | | | | | | | | | | | |
| Salted Caramel Profiteroles | 257 | 1070 | 16.2 | 10.2 | 24.0 | 19.2 | 0.0 | 3.4 | 0.1 | 428 | 1783 | 27.0 | 17.0 | 40.0 | 32.0 | 0.0 | 5.6 | 0.2 |
| Caffe reale | 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 | 319 | 1341 | 22.8 | 9.6 | 25.4 | 14.6 | 0.6 | 2.7 | 0.3 | 469 | 1971 | 33.6 | 14.2 | 37.4 | 21.4 | 0.8 | 3.9 | 0.4 |

Piccolo

| | PER SERVING | | | | | | | | | PER 100 G | | | | | | | | |
|--|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|
| | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g |
| Piccolo | | | | | | | | | | | | | | | | | | |
| Piccolo dough balls no dips no salad | 127 | 537 | 0.7 | 0.1 | 25.9 | 1.1 | 1.1 | 4.8 | 0.8 | 270 | 562 | 4.7 | 0.4 | 18.4 | 1.6 | 1.8 | 4.6 | 0.6 |
| Piccolo dough balls with houmous & salad | 193 | 883 | 7.6 | 0.6 | 28.9 | 1.7 | 2.8 | 7.2 | 0.9 | 134 | 716 | 6.7 | 0.8 | 26.6 | 1.1 | 2.6 | 2.3 | 0.4 |
| Piccolo dough balls with houmous no salad | 198 | 826 | 6.9 | 0.7 | 27.5 | 1.3 | 2.1 | 6.2 | 0.4 | 203 | 848 | 10.2 | 1.0 | 21.6 | 1.0 | 2.4 | 5.8 | 0.5 |
| Piccolo dough balls with garlic butter & salad | 228 | 991 | 11.5 | 5.8 | 28.4 | 0.8 | 2.7 | 6.2 | 0.9 | 151 | 631 | 7.3 | 3.7 | 18.1 | 0.5 | 1.7 | 4.0 | 0.6 |
| Piccolo dough balls with garlic butter no salad | 264 | 1094 | 15.6 | 9.2 | 26.3 | 1.3 | 1.2 | 5.0 | 1.1 | 393 | 1632 | 23.3 | 13.7 | 39.2 | 1.9 | 1.8 | 7.5 | 1.7 |
| Piccolo dough balls with balsamic, olive oil & salad | 228 | 951 | 9.7 | 0.8 | 33.5 | 4.1 | 2.2 | 2.2 | 0.9 | 146 | 609 | 6.2 | 0.5 | 21.5 | 2.6 | 1.4 | 1.4 | 0.6 |
| 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 | 0.8 | 0.8 | 1.0 | 0.0 |
| 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 |
| Pizza Margherita | 435 | 1831 | 12.7 | 6.1 | 60.0 | 7.2 | 3.8 | 22.0 | 2.1 | 277 | 1166 | 8.1 | 3.9 | 38.2 | 4.6 | 2.4 | 14.0 | 1.3 |
| Pizza 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 |
| Pizza 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 |
| Pizza 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 |
| Pizza 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 |
| Pollo Milanese | 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 |
| Sundae with chocolate sauce | 149 | 625 | 4.6 | 3.1 | 23.7 | 21.8 | 0.3 | 2.9 | 0.1 | 207 | 873 | 6.4 | 4.3 | 33.1 | 30.5 | 0.4 | 4.1 | 0.1 |
| Sundae with fruit sauce | 131 | 552 | 4.5 | 3.1 | 19.6 | 18.4 | 0.3 | 2.8 | 0.1 | 183 | 772 | 6.3 | 4.3 | 27.4 | 25.7 | 0.4 | 3.9 | 0.1 |
| Chocolate Brownie | 206 | 857 | 11.3 | 5.5 | 24.5 | 20.1 | 1.8 | 2.6 | 0.0 | 349 | 1451 | 19.2 | 9.3 | 41.5 | 34.1 | 3.1 | 4.4 | 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 |

New Menu

| | PER SERVING | | | | | | | | | PER 100 G | | | | | | | | |
|---------------------------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|
| | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g |
| Starters | | | | | | | | | | | | | | | | | | |
| Loaded Pesto Dough Balls | 548 | 2301 | 21.6 | 3.2 | 73.6 | 7.5 | 4.0 | 16.7 | 2.7 | 263 | 1106 | 10.4 | 1.5 | 35.4 | 3.6 | 1.9 | 8.0 | 1.3 |
| Hot Jalapenos Dough Balls | 597 | 2505 | 27.7 | 3.1 | 76.1 | 10.2 | 3.7 | 12.9 | 2.9 | 287 | 1204 | 13.3 | 1.5 | 36.6 | 4.9 | 1.8 | 6.2 | 1.4 |
| 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 |
| 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 | Carbs g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g |
| Romana & Calzone Pizzas | | | | | | | | | | | | | | | | | | |
| Pollo Pancetta | 1125 | 4711 | 45.0 | 17.0 | 131.0 | 14.0 | 8.0 | 55.0 | 6.0 | 267 | 1119 | 10.6 | 4.0 | 30.9 | 3.2 | 1.9 | 12.9 | 1.3 |
| Vegan American Hot | 801 | 3368 | 26.0 | 14.0 | 127.0 | 13.0 | 11.0 | 23.0 | 7.0 | 225 | 946 | 7.1 | 3.8 | 35.4 | 3.6 | 3.0 | 6.4 | 1.8 |
| Vegan ad Astra | 925 | 3890 | 26.0 | 12.0 | 145.0 | 21.0 | 13.0 | 35.0 | 6.0 | 217 | 913 | 6.0 | 2.7 | 34.0 | 4.7 | 2.9 | 8.2 | 1.4 |
| Quattro Formaggi Piccante | 1048 | 4397 | 41.0 | 23.0 | 121.0 | 13.0 | 8.0 | 54.0 | 6.0 | 296 | 1242 | 11.5 | 6.2 | 34.1 | 3.6 | 2.2 | 15.1 | 1.6 |
| Vegan Diavolo | 985 | 4125 | 34.0 | 14.0 | 141.0 | 16.0 | 15.0 | 37.0 | 7.0 | 197 | 825 | 6.7 | 2.8 | 28.1 | 3.2 | 2.9 | 7.4 | 1.4 |
| Vegan Forza | 1043 | 4378 | 43.0 | 16.0 | 138.0 | 21.0 | 12.0 | 35.0 | 6.0 | 237 | 995 | 9.6 | 3.5 | 31.2 | 4.7 | 2.6 | 7.9 | 1.2 |
| BBQ Burnt Ends | 1157 | 4865 | 35.0 | 15.0 | 154.0 | 43.0 | 11.0 | 63.0 | 8.0 | 261 | 1098 | 7.9 | 3.3 | 34.6 | 9.6 | 2.4 | 14.0 | 1.7 |

| | PER SERVING | | | | | | | | | PER 100 G | | | | | | | | |
|--------------------------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|
| | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g |
| Classic Pizzas | | | | | | | | | | | | | | | | | | |
| 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 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 |
| Sloppy Vegan | 863 | 3637 | 24.9 | 9.4 | 134.2 | 15.1 | 13.5 | 33.1 | 4.9 | 211 | 889 | 6.1 | 2.3 | 32.8 | 3.7 | 3.3 | 8.1 | 1.2 |

| | PER SERVING | | | | | | | | | PER 100 G | | | | | | | | | |
|----------------------------------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|--|
| | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | |
| Leggera Pizzas | | | | | | | | | | | | | | | | | | | |
| WM Leggera Pollo Pancetta | 471 | 1979 | 13.0 | 5.0 | 57.0 | 7.0 | 7.0 | 34.0 | 3.0 | 163 | 685 | 4.4 | 1.5 | 19.6 | 2.1 | 2.2 | 11.5 | 0.8 | |
| WM Leggera Vegan American Jack | 428 | 1789 | 16.0 | 6.0 | 63.0 | 9.0 | 8.0 | 13.0 | 3.0 | 172 | 720 | 6.4 | 2.0 | 25.1 | 3.5 | 3.1 | 5.0 | 1.0 | |
| WM Leggera Tre Formaggi Piccante | 492 | 2060 | 19.0 | 9.0 | 61.0 | 13.0 | 7.0 | 24.0 | 3.0 | 213 | 892 | 8.1 | 3.9 | 26.1 | 5.5 | 2.6 | 10.2 | 1.2 | |
| WM Leggera Vegan American Hot | 430 | 1803 | 16.0 | 6.0 | 64.0 | 9.0 | 9.0 | 13.0 | 3.0 | 166 | 695 | 6.1 | 2.0 | 24.4 | 3.3 | 3.1 | 4.9 | 1.1 | |
| WM Leggera Vegan Diavolo | 460 | 1921 | 17.0 | 6.0 | 68.0 | 13.0 | 12.0 | 18.0 | 4.0 | 151 | 630 | 5.3 | 1.7 | 22.0 | 4.0 | 3.9 | 5.7 | 1.0 | |
| WM Leggera Vegan ad Astra | 503 | 2112 | 16.0 | 6.0 | 77.0 | 15.0 | 12.0 | 21.0 | 4.0 | 152 | 639 | 4.7 | 1.5 | 23.1 | 4.3 | 3.6 | 6.1 | 0.9 | |
| WM Leggera Frank's Red Hot Pollo | 446 | 1880 | 11.0 | 3.0 | 57.0 | 8.0 | 7.0 | 36.0 | 4.0 | 134 | 567 | 3.1 | 0.9 | 17.2 | 2.3 | 2.0 | 10.6 | 1.1 | |
| WM Leggera Vegan Forza | 507 | 2122 | 20.0 | 6.0 | 69.0 | 11.0 | 12.0 | 21.0 | 3.0 | 168 | 704 | 6.4 | 1.9 | 22.7 | 3.6 | 3.7 | 6.7 | 0.8 | |

| | PER SERVING | | | | | | | | | PER 100 G | | | | | | | | | |
|----------------------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|--|
| | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | |
| Salad | | | | | | | | | | | | | | | | | | | |
| Caprese & Prosciutto | 537 | 2209 | 47.5 | 17.0 | 6.1 | 0.0 | 4.8 | 23.1 | 4.2 | 167 | 688 | 14.8 | 5.3 | 1.9 | 0.0 | 1.5 | 7.2 | 1.3 | |
| Vegan Nourish Bowl | 470 | 1964 | 26.8 | 3.7 | 53.6 | 1.1 | 13.1 | 10.3 | 2.6 | 128 | 535 | 7.3 | 1.0 | 14.6 | 0.3 | 3.6 | 2.8 | 0.7 | |
| Pollo Grain | 361 | 1512 | 18.5 | 3.9 | 16.9 | 0.0 | 4.2 | 34.1 | 1.6 | 111 | 465 | 5.7 | 1.2 | 5.2 | 0.0 | 1.3 | 10.5 | 0.5 | |
| 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 | |

| | PER SERVING | | | | | | | | | PER 100 G | | | | | | | | |
|-----------------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|
| | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g |
| Al Forno | | | | | | | | | | | | | | | | | | |
| Melanzane | 400 | 1661 | 24.3 | 8.2 | 25.0 | 10.0 | 8.6 | 24.1 | 1.3 | 112 | 465 | 6.8 | 2.3 | 7.0 | 2.8 | 2.4 | 6.8 | 0.4 |
| Vegan Melanzane | 342 | 1417 | 25.4 | 9.0 | 27.0 | 12.2 | 8.1 | 5.4 | 1.6 | 101 | 419 | 7.5 | 2.7 | 8.0 | 3.6 | 2.4 | 1.6 | 0.5 |

| | PER SERVING | | | | | | | | | PER 100 G | | | | | | | | |
|-----------------------------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|-------------|-----------|-------|-------------|----------|----------|---------|-----------|--------|
| | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbos g | Sugars g | Fibre g | Protein g | Salt g |
| Dips | | | | | | | | | | | | | | | | | | |
| Garlic & Herb Dipping Sauce | 108 | 450 | 10.2 | 0.7 | 3.6 | 2.5 | 0.2 | 0.4 | 0.5 | 360 | 1500 | 34.0 | 2.3 | 12.0 | 8.2 | 0.5 | 1.4 | 1.7 |

| | PER SERVING | | | | | | | | | PER 100 G | | | | | | | | |
|--|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|-------------|-----------|-------|-------------|---------|----------|---------|-----------|--------|
| | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g |
| Desserts | | | | | | | | | | | | | | | | | | |
| Amaretto Dolce Vita PE | 562 | 2349 | 31.4 | 15.7 | 57.9 | 45.1 | 1.0 | 7.3 | 1.0 | 336 | 1406 | 18.8 | 9.4 | 34.7 | 27 | 0.6 | 4.4 | 0.6 |
| La Dolce Vita ROI | 688 | 2878 | 15.0 | 4.3 | 130.9 | 118.0 | 0.9 | 5.9 | 1.1 | 317 | 1326 | 6.9 | 2 | 60.3 | 54.4 | 0.4 | 2.7 | 0.5 |
| Chocolate Brownie with gelato | 527 | 2202 | 26.8 | 13.2 | 62.5 | 55.7 | 2.8 | 6.9 | 0.2 | 294 | 1230 | 15.0 | 7.4 | 34.9 | 31.1 | 1.6 | 3.9 | 0.1 |
| Red Berry Vanilla Cheesecake | 552 | 2314 | 32.5 | 18.1 | 56.2 | 41.4 | 1.0 | 5.6 | 0.6 | 345 | 1446 | 2.0 | 11.3 | 35.1 | 25.9 | 0.6 | 3.5 | 0.4 |
| Triple Salted Caramel Cheesecake | 757 | 3163 | 18.3 | 28.0 | 71.6 | 52.7 | 1.3 | 8.2 | 1.7 | 352 | 1471 | 8.5 | 13.0 | 33.3 | 24.5 | 0.6 | 3.8 | 0.8 |
| Strawberry and Chocolate Dipping Sauce | 111 | 468 | 0.6 | 0.1 | 25.6 | 23.0 | 3.7 | 0.8 | 0.0 | 100 | 421 | 0.5 | 0.1 | 23.1 | 20.7 | 3.3 | 0.7 | 0.0 |
| Chocolate Fondant with ice cream | 657 | 2746 | 37.4 | 16.8 | 72.0 | 56.6 | 3.6 | 10.0 | 1.3 | 367 | 1534 | 20.9 | 9.4 | 40.2 | 31.6 | 2.0 | 5.6 | 0.7 |
| Dolcetti | | | | | | | | | | | | | | | | | | |
| Chocolate Brownie | 202 | 845 | 11.2 | 4.9 | 22.4 | 19.4 | 1.5 | 2.2 | 0.1 | 416 | 1741 | 23.0 | 10.2 | 46.2 | 40.0 | 3.1 | 4.6 | 0.1 |
| Orange & Carrot Cake | 247 | 1033 | 12.2 | 2.0 | 32.7 | 21.3 | 11.3 | 0.8 | 0.2 | 385 | 1614 | 19.1 | 3.2 | 51.1 | 33.3 | 17.6 | 1.3 | 0.4 |
| Piccolo | | | | | | | | | | | | | | | | | | |
| Chocolate Brownie - | 202 | 845 | 11.2 | 4.9 | 22.4 | 19.4 | 1.5 | 2.2 | 0.1 | 416 | 1741 | 23.0 | 10.2 | 46.2 | 40.0 | 3.1 | 4.6 | 0.1 |