



NUTRITIONAL INFORMATION

5th July 2022 v1.2

Northern Ireland Only

At Milano 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 Pizzas](#)
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- [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 |
| Vegan Dough Balls - Houmous | 324 | 1357 | 7.6 | 0.8 | 53.5 | 2.4 | 3.3 | 11.1 | 1.7 | 284 | 1190 | 6.7 | 0.7 | 46.9 | 2.1 | 2.9 | 9.7 | 1.5 |
| Vegan Dough Balls Gluten Free - Houmous | 345 | 1444 | 13.1 | 1.5 | 53.9 | 2.4 | 3.6 | 3.6 | 1.7 | 300 | 1255 | 11.4 | 1.3 | 46.9 | 2.1 | 3.1 | 3.1 | 1.5 |
| Hot Jalapenos Dough Balls | 434 | 1819 | 20.1 | 2.3 | 55.3 | 7.4 | 2.7 | 9.4 | 2.1 | 287 | 1204 | 13.3 | 1.5 | 36.6 | 4.9 | 1.8 | 6.2 | 1.4 |
| Hot Jalapenos Dough Balls Gluten Free | 452 | 1892 | 21.4 | 2.6 | 64.2 | 6.3 | 4.2 | 2.6 | 2.3 | 293 | 1228 | 13.9 | 1.7 | 41.7 | 4.1 | 2.7 | 1.7 | 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 |
| 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 |
| 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 PizzaExpress | 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 |
| 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 |
| Sloppy Giuseppe | 1003 | 4213 | 36.5 | 16.7 | 119.1 | 13.0 | 10.2 | 54.6 | 5.1 | 255 | 1072 | 9.3 | 4.3 | 30.3 | 3.3 | 2.6 | 13.9 | 1.3 |
| Sloppy Vegan | 920 | 3868 | 31.9 | 13.2 | 132.0 | 13.2 | 16.8 | 35.0 | 5.2 | 202 | 850 | 7.0 | 2.9 | 29.0 | 2.9 | 3.7 | 7.7 | 1.2 |
| Diavolo Hot Green Peppers or Jalapeno Peppers | 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 |
| Diavolo Hot Green Peppers or Jalapeno Peppers Vegan | 985 | 4125 | 33.5 | 14.0 | 140.5 | 16.0 | 14.5 | 36.8 | 6.8 | 197 | 825 | 6.7 | 2.8 | 28.1 | 3.2 | 2.9 | 7.4 | 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 |
| 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 Beef ROI-NI | 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 Vegeterian | 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 Vegeterian 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 |
| 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 |
| Sloppy Gluten Free | 848 | 3568 | 25.4 | 12.0 | 118.6 | 6.1 | 7.9 | 29.4 | 4.6 | 207 | 870 | 6.2 | 2.9 | 28.9 | 1.5 | 1.9 | 7.2 | 1.1 |
| 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 |
| Sloppy Vegan Gluten Free | 814 | 3428 | 24.2 | 9.2 | 137.4 | 7.7 | 10.9 | 17.5 | 4.7 | 205 | 861 | 6 | 2 | 35 | 2 | 3 | 4 | 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 Gluten Free | 889 | 3727 | 29.0 | 10.5 | 123.6 | 10.9 | 6.9 | 26.3 | 4.2 | 240 | 1007 | 7.8 | 2.8 | 33.4 | 2.9 | 1.9 | 7.1 | 1.1 |
| 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 |
| Veneziana Vegan Gluten Free | 766 | 3210 | 22.7 | 8.9 | 135.6 | 13.8 | 8.2 | 7.8 | 5.0 | 212 | 889 | 6.3 | 2.5 | 37.6 | 3.8 | 2.3 | 2.2 | 1.4 |

| | 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 | | | | | | | | | | | | | | | | | | | |
| 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 | 924 | 7.4 | 2.5 | 37.0 | 1.8 | 2.6 | 2.5 | 1.5 | |
| 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 | 913 | 6.3 | 2.4 | 37.0 | 3.1 | 2.7 | 4.3 | 1.3 | |
| 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 | |
| Diavolo Hot Green Peppers or Jalapenos Peppers | 990 | 4151 | 38.8 | 15.1 | 114.7 | 11.3 | 3.9 | 47.1 | 6.0 | 227 | 952 | 8.9 | 3.5 | 26.3 | 2.6 | 0.9 | 10.8 | 1.4 | |
| Diavolo Hot Green Peppers or Jalapenos Peppers Gluten Free | 941 | 3942 | 38.1 | 14.9 | 117.9 | 3.9 | 1.3 | 31.5 | 5.8 | 221 | 928 | 9.0 | 3.5 | 27.7 | 0.9 | 0.3 | 7.4 | 1.4 | |
| Diavolo Hot Green Peppers or Jalapenos Peppers Vegan | 728 | 3054 | 22.0 | 8.3 | 110.8 | 12.2 | 10.6 | 26.7 | 4.7 | 185 | 777 | 5.6 | 2.1 | 28.2 | 3.1 | 2.7 | 6.8 | 1.2 | |
| Diavolo Hot Green Peppers or Jalapenos Peppers Vegan Gluten Free | 679 | 2845 | 21.3 | 8.1 | 114.0 | 4.8 | 8.0 | 11.1 | 4.5 | 178 | 745 | 5.6 | 2.1 | 29.8 | 1.3 | 2.1 | 2.9 | 1.2 | |
| 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 Beef - | 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 Beef 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 | 211 | 891 | 4.7 | 2.3 | 34.1 | 5.6 | 1.2 | 8.7 | 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 |
| Leggera Pizzas | | | | | | | | | | | | | | | | | | |
| Prawns | 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 |
| 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 |
| Caprese & Prosciutto | 610 | 2527 | 49.3 | 23.3 | 14.4 | 10.4 | 4.8 | 26.5 | 4.4 | 152 | 630 | 12.3 | 5.8 | 3.6 | 2.6 | 1.2 | 6.6 | 1.1 |
| Vegan Nourish Bowl New Recipe | 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 |
| Salads With Dressings and Dough Sticks | | | | | | | | | | | | | | | | | | |
| Grand Chicken Caesar | 952 | 3983 | 46.7 | 9.2 | 76.7 | 10.2 | 6.0 | 57.8 | 4.2 | 206 | 862 | 10.1 | 2.0 | 16.6 | 2.2 | 1.3 | 12.5 | 0.9 |
| Salads No Dressings with Dough Sticks | | | | | | | | | | | | | | | | | | |
| Chicken Caesar | 797 | 3324 | 31.3 | 7.5 | 73.4 | 7.1 | 5.8 | 56.7 | 3.3 | 191 | 797 | 7.5 | 1.8 | 17.6 | 1.7 | 1.4 | 13.6 | 0.8 |
| 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 | |
| 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 | |
| Melanzane | 400 | 1661 | 25.0 | 9.0 | 25.0 | 10.0 | 9.0 | 25.0 | 2.0 | 112 | 465 | 6.8 | 2.3 | 7.0 | 2.8 | 2.4 | 6.8 | 0.4 | |
| Vegan Melanzane | 342 | 1417 | 26.0 | 10.0 | 28.0 | 13.0 | 9.0 | 6.0 | 2.0 | 101 | 419 | 7.5 | 2.7 | 8.0 | 3.6 | 2.4 | 1.6 | 0.5 | |
| 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 | 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 | |
| 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 |
| WRAPS | | | | | | | | | | | | | | | | | | |
| Wrap BBQ Beef | 571 | 2397 | 16.3 | 7.2 | 73.7 | 19.9 | 3.9 | 33.8 | 3.3 | 206 | 865 | 5.9 | 2.6 | 26.6 | 7.2 | 1.4 | 12.2 | 1.2 |
| Wrap Vegan Sloppy | 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 Garlic and Herb dip | 519 | 2160 | 33.5 | 4.9 | 42.1 | 3.0 | 2.1 | 13.1 | 2.4 | 291 | 1213 | 18.8 | 2.7 | 23.6 | 1.7 | 1.2 | 7.4 | 1.4 |
| 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 | 437 | 1821 | 24.7 | 5.9 | 3.0 | 0.8 | 0.0 | 50.2 | 4.7 | 207 | 863 | 11.7 | 2.8 | 1.4 | 0.4 | 0.0 | 23.8 | 2.2 |
| 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 |
| 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 |
| 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 |
| Smoky Tomato Harissa | 163 | 670 | 16.0 | 2.0 | 4.2 | 2.5 | 1.4 | 0.7 | 0.9 | 541 | 2231 | 53.3 | 6.7 | 13.9 | 8.4 | 4.6 | 2.2 | 3.0 |
| 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 |
| 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 |
| Garlic & Herbs - ROI | 112 | 462 | 1.1 | 0.8 | 3.3 | 2.3 | 0.2 | 0.4 | 0.5 | 373 | 1540 | 3.6 | 2.6 | 11.0 | 7.6 | 0.5 | 1.3 | 1.7 |
| Frank's Hot Sauce - ROI | 9 | 37 | 0.5 | 0.1 | 0.6 | 0.0 | 0.8 | 0.2 | 2.0 | 30 | 123 | 1.5 | 0.2 | 2.0 | 0.0 | 2.5 | 0.8 | 6.5 |

| | 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 – Chocolate + choc straw | 247 | 1036 | 10.3 | 7.3 | 32.6 | 27.9 | 2.5 | 5.6 | 0.2 | 199 | 835 | 8.3 | 5.9 | 26.3 | 22.5 | 2.0 | 4.5 | 0.2 | |
| Coppa Gelato – Strawberry + choc straw | 212 | 898 | 5.1 | 3.6 | 40.0 | 34.2 | 0.9 | 1.6 | 0.1 | 171 | 724 | 4.1 | 2.9 | 32.3 | 27.6 | 0.7 | 1.3 | 0.0 | |
| 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 | |
| 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 - Cocconut 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 | |
| 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 | |
| Red Berry & White Chocolate Cheesecake | 492 | 2057 | 32.5 | 19.1 | 41.3 | 26.3 | 0.5 | 8.3 | 0.6 | 281 | 1175 | 18.6 | 10.9 | 23.6 | 15.0 | 0.3 | 4.7 | 0.3 | |
| Caramel & Chocolate Cheesecake | 425 | 1774 | 28.0 | 16.4 | 36.6 | 27.0 | 0.8 | 6.6 | 0.3 | 329 | 1375 | 21.7 | 12.7 | 28.4 | 20.9 | 0.6 | 5.1 | 0.2 | |
| 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 coffe | 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 | 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 | |
| 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 | |
| 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 | |

| | 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 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 | | | | | | | | | | | | | | | | | | |
| Chimichurri Dough Balls | 435 | 1818 | 21.0 | 3.0 | 53.0 | 5.0 | 5.0 | 12.0 | 3.0 | 304 | 1271 | 14.3 | 1.7 | 36.5 | 2.9 | 2.8 | 7.7 | 1.4 |
| Chimichurri Dough Balls Gluten Free | 488 | 2044 | 26.0 | 3.0 | 56.0 | 4.0 | 4.0 | 4.0 | 3.0 | 303 | 1269 | 15.7 | 1.5 | 34.4 | 2.3 | 2.4 | 2.3 | 1.4 |
| Dough Balls Doppio New Recipe | 749 | 3124 | 28.0 | 11.0 | 108.0 | 13.0 | 6.0 | 21.0 | 5.0 | 331 | 1382 | 12.1 | 4.7 | 47.6 | 5.5 | 2.4 | 8.9 | 1.8 |
| Dough Balls Doppio New Recipe Gluten Free | 857 | 3577 | 38.0 | 11.0 | 114.0 | 12.0 | 6.0 | 6.0 | 5.0 | 327 | 1365 | 14.2 | 4.1 | 43.5 | 4.4 | 2 | 2 | 1.7 |
| Dough Balls Doppio Vegan New Recipe | 721 | 3013 | 26.0 | 4.0 | 103.0 | 9.0 | 7.0 | 21.0 | 4.0 | 319 | 1333 | 11.5 | 1.7 | 45.5 | 3.6 | 2.8 | 9.2 | 1.5 |
| Dough Balls Doppio Vegan Gluten Free New Recipe | 828 | 3467 | 36.0 | 4.0 | 110.0 | 8.0 | 7.0 | 7.0 | 4.0 | 316 | 1323 | 13.6 | 1.5 | 41.7 | 2.8 | 2.3 | 2.3 | 1.5 |
| Garlic King Prawns - With Dough Balls | 435 | 1832 | 14.0 | 7.0 | 58.0 | 3.0 | 5.0 | 23.0 | 4.0 | 166 | 699 | 5.3 | 2.5 | 22.1 | 1.1 | 1.7 | 8.4 | 1.2 |
| Garlic King Prawns Gluten Free | 440 | 1881 | 30.0 | 9.0 | 59.0 | 3.0 | 6.0 | 2.0 | 4.0 | 167 | 715 | 11.1 | 3.3 | 22.1 | 1.1 | 2.0 | 0.4 | 1.2 |
| Romana & Calzone Pizzas | | | | | | | | | | | | | | | | | | |
| Chilli Prawn & 'Nduja | 1110 | 4650 | 48.0 | 19.0 | 126.0 | 19.0 | 10.0 | 51.0 | 6.0 | 268 | 1123 | 11.4 | 4.5 | 30.3 | 4.5 | 2.2 | 12.1 | 1.3 |
| Hoisin Duck | 1223 | 5145 | 42.0 | 16.0 | 165.0 | 45.0 | 7.0 | 51.0 | 8.0 | 259 | 1090 | 8.8 | 3.2 | 34.9 | 9.5 | 1.4 | 10.8 | 1.6 |
| Zucchini & Ricotta | 830 | 3491 | 29.0 | 11.0 | 112.0 | 16.0 | 8.0 | 36.0 | 5.0 | 192 | 808 | 6.7 | 2.4 | 25.7 | 3.7 | 1.8 | 8.24 | 0.98 |
| Calzone Orto | 753 | 3169 | 27.0 | 3.0 | 111.0 | 18.0 | 8.0 | 22.0 | 4.0 | 178 | 749 | 6.3 | 0.67 | 26.2 | 4.2 | 1.8 | 5.1 | 0.8 |
| Classic Pizzas | | | | | | | | | | | | | | | | | | |
| Chilli Prawn | 1004 | 4218 | 39.4 | 15.7 | 120.5 | 18.8 | 7.9 | 46.0 | 5.3 | 229 | 963 | 9 | 3.59 | 27.5 | 4.3 | 1.8 | 10.5 | 1.2 |
| Chilli Prawn Gluten Free | 955 | 4009 | 38.7 | 15.5 | 123.7 | 11.4 | 5.3 | 30.4 | 5.1 | 224 | 939 | 9.1 | 3.6 | 29.0 | 2.7 | 1.2 | 7.1 | 1.2 |
| Hoisin Duck | 1031 | 4331 | 30.3 | 10.4 | 144.2 | 38.9 | 7.7 | 48.8 | 6.3 | 228 | 958 | 6.7 | 2.3 | 31.9 | 8.6 | 1.7 | 10.8 | 1.4 |
| Hoisin Duck Gluten Free | 982 | 4122 | 29.6 | 10.2 | 147.4 | 31.5 | 5.1 | 33.2 | 6.1 | 223 | 935 | 6.7 | 2.3 | 33.4 | 7.1 | 1.2 | 7.5 | 1.4 |
| Zucchini & Ricotta | 810 | 3408 | 26.0 | 9.0 | 118.0 | 16.0 | 9.0 | 33.0 | 5.0 | 187 | 787 | 5.8 | 1.86 | 27.1 | 3.5 | 1.9 | 7.58 | 0.95 |
| Zucchini & Ricotta Gluten Free | 761 | 3199 | 25.3 | 8.8 | 121.2 | 8.6 | 6.4 | 17.4 | 4.8 | 180 | 758 | 6.0 | 2.1 | 28.7 | 2.0 | 1.5 | 4.1 | 1.1 |

| Duo Romana - Information provided for half pizza | Energy kcal |
|---|-------------|
| 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 |
| Sloppy Giuseppe | 502 |
| Sloppy Vegan | 460 |
| Diavolo Hot Green Peppers or Jalapeno Peppers | 584 |
| Diavolo Hot Green Peppers or Jalapeno Peppers Vegan | 493 |
| Pollo American | 463 |
| Veneziana | 482 |
| Veneziana Vegan | 458 |
| Vegan Giardiniera | 467 |
| Etna | 642 |
| Napoletana | 478 |
| BBQ Beef ROI-NI | 579 |
| Smoky BBQ Chicken | 523 |

| Summer - Duo Romana - Information provided for half pizza | Energy KCAL |
|--|-------------|
| Chilli Prawn & 'Nduja | 555 |
| Hoisin Duck | 612 |
| Zucchini & Ricotta | 415 |

| | 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 |
| Salad | | | | | | | | | | | | | | | | | | |
| Niçoise New Recipe | 497 | 2070 | 35.0 | 6.0 | 8.0 | 6.0 | 5.0 | 39.0 | 3.0 | 107 | 446 | 7.5 | 1.1 | 1.6 | 1.1 | 0.9 | 8.4 | 0.5 |
| Niçoise No dressing New Recipe | 408 | 1697 | 26.0 | 5.0 | 7.0 | 4.0 | 4.0 | 39.0 | 3.0 | 94 | 391 | 5.9 | 1.0 | 1.4 | 0.9 | 0.9 | 8.9 | 0.5 |
| Beetroot & Goat's Cheese | 497 | 2069 | 31.0 | 10.0 | 42.0 | 15.0 | 9.0 | 14.0 | 2.0 | 150 | 625 | 9.3 | 2.8 | 12.4 | 4.5 | 2.5 | 4.2 | 0.6 |
| Al Forno | | | | | | | | | | | | | | | | | | |
| Zucchini Linguine | 448 | 1885 | 13.0 | 2.0 | 72.0 | 14.0 | 9.0 | 17.0 | 3.0 | 99 | 417 | 2.8 | 0.4 | 15.8 | 3.0 | 1.8 | 3.6 | 0.6 |
| ´Nduja & Buffalo Mozzarella Linguine | 749 | 3135 | 42.0 | 17.0 | 68.0 | 7.0 | 8.0 | 32.0 | 4.0 | 146 | 611 | 8.0 | 3.3 | 13.2 | 1.2 | 1.5 | 6.1 | 0.7 |
| Pepperonata Pasta | 474 | 1994 | 11.0 | 2.0 | 87.0 | 10.0 | 6.0 | 12.0 | 1.0 | 105 | 442 | 2.3 | 0.3 | 19.2 | 2.0 | 1.3 | 2.5 | 0.1 |
| Desserts | | | | | | | | | | | | | | | | | | |
| Lotus Billionaire's Sundae | 604 | 2522 | 32.9 | 18.9 | 69.4 | 62.2 | 0.7 | 7.5 | 0.9 | 259 | 1082 | 14.1 | 8.1 | 29.8 | 26.7 | 0.3 | 3.2 | 0.4 |
| Eton Mess Sundae | 455 | 1896 | 19.8 | 13.1 | 59.0 | 59.0 | 1.9 | 9.1 | 0.2 | 190 | 793 | 8.3 | 5.5 | 24.7 | 24.7 | 0.8 | 3.8 | 0.1 |
| Apple & Salted Caramel Dough-lectable | 462 | 1949 | 15.8 | 9.1 | 73.7 | 40.8 | 2.1 | 7.3 | 1.6 | 246 | 1036 | 8.4 | 4.8 | 39.2 | 21.7 | 1.1 | 3.9 | 0.8 |
| Lotus Billionaire's Sundae | 593 | 2474 | 32.1 | 18.5 | 68.9 | 60.9 | 0.5 | 7.3 | 1.1 | 260 | 1085 | 14.1 | 8.1 | 30.2 | 26.7 | 0.2 | 3.2 | 0.5 |