



# NUTRITIONAL INFORMATION

22<sup>nd</sup> March 2022 v1

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

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	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
<b>Starters</b>																		
Olives Marinade	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
Dough Balls Doppio	849	3534	37.9	11.9	107.1	6.4	5.7	20.6	4.5	342	1425	15.3	4.8	43.2	2.6	2.3	8.3	1.8
Dough Balls Doppio Gluten Free	1025	4274	52.6	14.0	133.9	7.4	7.7	6.5	5.3	345	1439	17.7	4.7	45.1	2.5	2.6	2.2	1.8
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 -Smoky Tomato Harissa	363	1516	12.1	1.5	53.9	4.0	3.2	10.0	2.1	318	1329	10.6	1.3	47.3	3.5	2.8	8.8	1.8
Vegan Dough Balls Gluten Free -Smoky Tomato Harissa	383	1601	17.6	2.3	54.4	3.9	3.5	2.5	2.1	333	1392	15.3	2.0	47.3	3.4	3.0	2.2	1.8
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
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
Loaded Pesto Dough Balls Gluten Free	472	1972	23.7	3.5	61.3	2.7	4.0	5.3	2.5	295	1232	14.8	2.2	38.3	1.7	2.5	3.3	1.6
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)	280	1181	5.7	2.6	49.0	3.6	2.5	9.4	1.5	288	1217	5.8	2.6	50.6	3.7	2.6	9.6	1.5
Bread Vegan (garlic oil)	337	1421	11.9	1.8	49.1	3.6	2.7	9.4	1.3	327	1379	11.6	1.7	47.7	3.5	2.6	9.1	1.3
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
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

**Romana Pizzas, Calabrese and Calzone**

Margherita  
 Margherita Vegan  
 American  
 American Jack - Vegan  
 American Hot - Hot Green Pepper or Jalapeno Peppers  
 American Hot - Hot Green Pepper or Jalapeno Peppers - Vegan  
 Padana  
 Padana - Vegan  
 La Reine  
 Fiorentina  
 Pollo ad Astra  
 Ad Astra Vegan  
 Sloppy Giuseppe  
 Sloppy Vegan  
 Diavolo Hot Green Peppers or Jalapeno Peppers  
 Diavolo Hot Green Peppers or Jalapeno Peppers Vegan  
 Pollo American  
 Pollo Forza  
 Forza Vegan  
 Veneziana  
 Veneziana Vegan  
 Calabrese  
 Vegan Giardiniera  
 Calzone 'Nduja  
 Calzone Verdure  
 Etna  
 Napoletana  
 BBQ Burnt Ends

PER SERVING								
Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
867	3639	29.6	12.2	112.5	10.1	8.8	41.8	4.0
758	3182	23.7	12.5	119.3	10.7	9.2	21.3	4.4
1036	4339	44.3	18.1	110.2	10.3	8.7	53.3	5.5
774	3255	24.7	12.2	120.1	11.6	10.0	22.5	5.5
1010	4237	41.5	18.0	102.0	12.6	6.1	54.1	6.5
778	3272	24.8	12.3	120.9	11.8	10.2	22.7	6.1
1108	4649	33.2	16.0	129.1	33.9	19.9	62.8	4.7
911	3822	25.3	13.2	152.8	33.7	14.0	24.5	4.9
939	3953	31.7	13.4	104.1	11.1	5.9	56.6	5.5
1017	4262	37.2	14.9	125.7	12.3	12.3	50.4	5.0
1145	4820	32.5	13.0	142.1	21.5	8.9	66.6	5.0
925	3890	25.6	11.3	144.8	20.0	12.4	34.8	5.9
1003	4213	36.5	16.7	119.1	13.0	10.2	54.6	5.1
920	3868	31.9	13.2	132.0	13.2	16.8	35.0	5.2
1167	4894	39.0	20.1	139.1	15.0	10.2	59.1	7.1
985	4125	33.5	14.0	140.5	16.0	14.5	36.8	6.8
926	3887	31.2	12.2	107.8	11.0	8.8	57.5	5.0
1253	5263	44.6	15.9	129.4	20.6	8.4	79.3	5.0
1043	4378	42.2	15.4	137.3	20.7	11.4	34.8	5.3
963	4050	33.5	13.2	124.1	21.1	10.5	47.0	4.5
758	3160	28.4	13.3	102.7	13.3	7.2	21.2	3.6
1275	5327	66.1	30.2	108.7	18.2	13.9	54.1	6.5
933	3912	38.5	14.2	129.1	12.4	13.3	24.3	5.7
1196	5002	65.3	24.2	105.6	17.3	11.0	52.3	7.3
932	3914	33.2	3.5	141.1	22.6	19.4	27.2	4.9
1283	5368	61.8	26.0	124.8	17.0	13.2	63.5	7.2
955	3999	37.6	13.9	114.6	10.4	6.0	42.0	6.7
1157	4865	35.0	14.7	153.3	42.5	10.6	62.0	7.5

PER 100 G								
Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
284	1193	9.7	4.0	36.9	3.3	2.9	13.7	1.3
256	1075	8.0	4.2	40.3	3.6	3.1	7.2	1.5
311	1303	13.3	5.4	33.1	3.1	2.6	16.0	1.6
241	1014	7.7	3.8	37.4	3.6	3.1	7.0	1.7
297	1246	12.2	5.3	30.0	3.7	1.8	15.9	1.9
226	951	7.2	3.6	35.1	3.4	3.0	6.6	1.8
284	1192	8.5	4.1	33.1	8.7	5.1	16.1	1.2
227	953	6.3	3.3	38.1	8.4	3.5	6.1	1.2
237	998	8.0	3.4	26.3	2.8	1.5	14.3	1.4
232	973	8.5	3.4	28.7	2.8	2.8	11.5	1.2
282	1187	8.0	3.2	35.0	5.3	2.2	16.4	1.2
217	913	6.0	2.7	34.0	4.7	2.9	8.2	1.4
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
296	1242	9.9	5.1	35.3	3.8	2.6	15.0	1.8
197	825	6.7	2.8	28.1	3.2	2.9	7.4	1.4
243	1020	8.2	3.2	28.3	2.9	2.3	15.1	1.3
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
256	1077	8.9	3.5	33.0	5.6	2.8	12.5	1.2
211	880	7.9	3.7	28.6	3.7	2.0	5.9	1.0
266	1112	13.8	6.3	22.7	3.8	2.9	11.3	1.4
211	885	8.7	3.2	29.2	2.8	3.0	5.5	1.3
249	1042	13.6	5.0	22.0	3.6	2.3	10.9	1.5
202	849	7.2	0.8	30.6	4.9	4.2	5.89	1.1
301	1260	14.5	6.1	29.3	4.0	3.1	14.9	1.7
284	1190	11.2	4.1	34.1	3.1	1.8	12.5	2.0
261	1098	7.9	3.3	34.6	9.6	2.4	14	1.7

	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	
<b>Classic Pizzas</b>																			
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	2.8	37.7	3.9	1.9	1.8	1.4	
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								
	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
<b>Classic Pizzas</b>									
Vegan Giardiniera	843	3545	27.5	9.2	130.5	13.7	11.9	24.7	5.7
Vegan Giardiniera Gluten Free	794	3336	26.8	9.0	133.7	6.3	9.3	9.1	5.5
Padana	931	3918	29.8	14.0	133.8	28.2	9.7	36.7	4.1
Padana Gluten Free	882	3709	29.1	13.8	137.0	20.8	7.1	21.1	3.9
Padana Vegan	794	3345	16.5	7.2	144.6	29.1	8.6	20.8	4.0
Padana Vegan Gluten Free	745	3136	15.8	7.0	147.8	21.7	6.0	5.2	3.8
Pollo ad Astra	880	3695	24.9	9.3	138.1	19.1	12.9	32.1	5.3
Pollo ad Atra Gluten Free	831	3486	24.2	9.1	141.3	11.7	10.3	16.5	5.1
Ad Astra Vegan	866	3638	22.8	9.2	116.5	17.7	8.0	52.3	4.5
Ad Astra Vegan Gluten Free	817	3429	22.1	9.0	119.7	10.3	5.4	36.7	4.3
Pollo American	1075	4501	41.9	17.6	112.5	11.4	11.4	67.0	5.5
Pollo american Gluten Free	1026	4292	41.2	17.4	115.7	4.0	8.8	51.4	5.3
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
Diavolo Hot Green Peppers or Jalapenos Peppers	990	4151	38.8	15.1	114.7	11.3	3.9	47.1	6.0
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
Diavolo Hot Green Peppers or Jalapenos Peppers Vegan	728	3054	22.0	8.3	110.8	12.2	10.6	26.7	4.7
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
Napoletana	819	3441	26.7	9.4	108.6	10.4	8.7	40.1	5.7
Napoletana Gluten Free	770	3232	26.0	9.2	111.8	3.0	6.1	24.5	5.5
Etna	1089	4567	48.0	19.5	106.8	16.1	11.6	63.3	6.2
Etna Gluten Free	1040	4358	47.3	19.3	110.0	8.7	9.0	47.7	6.0
BBQ Burnt Ends	976	4116	26.3	12.0	133.4	32.1	8.3	55.9	5.4
BBQ Burnt Ends Gluten Free	927	3907	25.6	11.8	136.6	24.7	5.7	40.3	5.2

	PER 100 G								
	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Vegan Giardiniera	184	774	6.0	2.0	28.5	3.0	2.6	5.4	1.3
Vegan Giardiniera Gluten Free	178	924	7.4	2.5	37.0	1.8	2.6	2.5	1.5
Padana	231	972	7.4	3.5	33.2	7.0	2.4	9.1	1.0
Padana Gluten Free	225	946	7.4	3.5	34.9	5.3	1.8	5.4	1.0
Padana Vegan	202	851	4.2	1.8	36.8	7.4	2.2	5.3	1.0
Padana Vegan Gluten Free	195	821	4.1	1.8	38.7	5.7	1.6	1.4	1.0
Pollo ad Astra	198	832	5.6	2.1	31.1	4.3	2.9	7.2	1.2
Pollo ad Atra Gluten Free	192	913	6.3	2.4	37.0	3.1	2.7	4.3	1.3
Ad Astra Vegan	205	862	5.4	2.2	27.6	4.2	1.9	12.4	1.1
Ad Astra Vegan Gluten Free	199	834	5.4	2.2	29.1	2.5	1.3	8.9	1.0
Pollo American	274	1148	10.7	4.5	28.7	2.9	2.9	17.1	1.4
Pollo american Gluten Free	269	1127	10.8	4.6	30.4	1.0	2.3	13.5	1.4
Pollo Forza	228	956	8.5	2.7	25.2	3.5	1.8	13.5	1.0
Pollo Forza Gluten Free	223	933	8.6	2.7	26.5	1.9	1.3	10.4	1.0
Forza Vegan	212	892	7.5	2.4	30.6	3.9	3.0	7.1	1.1
Forza Vegan Gluten Free	206	865	7.5	2.4	32.2	2.2	2.4	3.5	1.1
Diavolo Hot Green Peppers or Jalapenos Peppers	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	221	928	9.0	3.5	27.7	0.9	0.3	7.4	1.4
Diavolo Hot Green Peppers or Jalapenos Peppers Vegan	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	178	745	5.6	2.1	29.8	1.3	2.1	2.9	1.2
Napoletana	245	1030	8.0	2.8	32.5	3.1	2.6	12.0	1.7
Napoletana Gluten Free	238	1001	8.1	2.8	34.6	0.9	1.9	7.6	1.7
Etna	263	1103	11.6	4.7	25.8	3.9	2.8	15.3	1.5
Etna Gluten Free	258	1081	11.7	4.8	27.3	2.2	2.2	11.8	1.5
BBQ Burnt Ends	234	987	6.3	2.9	32.0	7.7	2.0	13.4	1.3
BBQ Burnt Ends Gluten Free	228	962	6.3	2.9	33.7	6.1	1.4	9.9	1.3

**Leggera Pizzas**

Prawns

Pomodoro

Quattro Verdure

Pollo ad Astra

Padana

American Hot

PER SERVING								
Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
589	2490	6.6	1.0	108.6	11.8	7.7	27.7	3.9
573	2415	8.5	2.5	95.4	10.8	7.1	23.3	3.2
544	2299	8.1	1.2	100.9	10.5	9.1	21.4	3.6
641	2710	8.7	2.6	102.0	15.6	7.1	42.0	4.1
722	3039	14.0	6.1	127.2	29.1	9.0	26.0	3.6
638	2693	15.5	5.3	96.3	8.6	6.8	32.0	4.7

PER 100 G								
Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
179	758	2.0	0.3	33.1	3.6	2.3	8.4	1.2
177	745	2.6	0.8	29.4	3.3	2.2	7.2	1.0
166	700	2.5	0.4	30.7	3.2	2.8	6.5	1.1
181	765	2.5	0.7	28.8	4.4	2.0	11.9	1.2
206	869	4.0	1.8	36.4	8.3	2.6	7.4	1.0
213	898	5.2	1.8	32.1	2.9	2.3	10.7	1.6

	PER SERVING								
	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
<b>Al Forno</b>									
Lasagna Classica	712	2973	42.1	23.3	43.0	11.0	7.0	36.9	3.9
Pollo Pesto	1082	4507	57.5	23.3	90.3	6.5	3.4	48.6	7.5
Cannelloni	705	2943	43.0	21.2	49.2	10.4	5.7	33.1	3.6
Bolognese	674	2834	28.0	10.0	83.0	6.0	5.0	28.0	2.0
Melanzane	400	1661	25.0	9.0	25.0	10.0	9.0	25.0	2.0
Vegan Melanzane	342	1417	26.0	10.0	28.0	13.0	9.0	6.0	2.0
<b>Sides</b>									
Polenta Chips	454	1889	26.6	2.7	42.8	5.0	7.7	6.7	2.7
Haloumi Bites	351	1463	23.2	8.7	20.7	1.8	1.1	15.4	0.0
Rucola	140	579	11.7	3.4	3.0	2.7	1.1	5.7	0.3
Mixed Leaf Salad New Recipe	166	691	14.8	1.5	4.5	4.1	2.2	3.0	0.5
Raw Slaw	163	2003	14.3	1.0	8.3	2.1	3.5	1.5	0.8

	PER 100 G								
	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
	162	677	9.6	5.3	9.8	2.5	1.6	8.4	0.9
	190	792	10.1	4.1	15.9	1.1	0.6	8.6	1.3
	149	622	9.1	4.5	10.4	2.2	1.2	7.0	0.8
	166	698	6.7	2.5	20.3	1.4	1.2	6.8	0.4
	112	465	6.8	2.3	7.0	2.8	2.4	6.8	0.4
	101	419	7.5	2.7	8.0	3.6	2.4	1.6	0.5
	218	908	12.8	1.3	20.6	2.4	3.7	3.2	1.3
	290	1209	19.2	7.2	17.1	1.5	0.9	12.7	0.0
	241	997	20.2	5.9	5.2	4.7	1.9	9.9	0.6
	77	321	6.9	0.7	2.1	1.9	1.0	1.4	0.2
	101	1244	8.9	0.6	5.1	1.3	2.2	1.0	0.5



	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
<b>Salads With Dressings no Dough Sticks</b>																		
Nicoise Salad	506	2115	35.4	5.2	4.4	3.3	2.2	41.7	2.6	137	573	9.6	1.4	1.2	0.9	0.6	11.3	0.7
Chicken Caesar	704	2948	45.3	8.6	26.2	6.7	3.7	49.0	2.6	188	788	12.1	2.3	7.0	1.8	1.0	13.1	0.7
Pollo & Grain	551	2300	32.2	3.6	31.4	8.4	7.2	33.8	2.0	137	572	8.0	0.9	7.8	2.1	1.8	8.4	0.5
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
<b>Salads With Dressings and Dough Sticks</b>																		
Nicoise Salad	776	3181	38.1	5.5	54.2	6.9	5.0	50.9	4.1	169	693	8.3	1.2	11.8	1.5	1.1	11.1	0.9
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
<b>Salads No Dressings with Dough Sticks</b>																		
Nicoise Salad no dressing	668	2800	29.1	5.1	52.6	6.0	4.7	50.9	3.4	156	654	6.8	1.2	12.3	1.4	1.1	11.9	0.8
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
<b>Salad sides</b>																		
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
<b>WRAPS</b>																		
Wrap Burnt Ends	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
<b>SALADS</b>																		
Chicken Milanese - New Recipe	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
Grains & Greens - New Recipes	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 - New Recipe	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
<b>SIDES</b>																		
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 - Same Recipe	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
Calamari no Dressing	414	1728	23.4	4.1	39.0	0.9	2.0	12.8	2.0	276	1152	15.6	2.8	26.0	0.6	1.3	8.5	1.3
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 - no Garlic Butter	254	1074	1.4	0.2	51.7	2.3	2.3	9.6	1.5	270	1142	1.5	0.2	55.0	2.4	2.4	10.2	1.6
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
Dough Balls Gluten Free - no Garlic Butter	275	1158	6.9	1.0	52.3	2.3	2.6	2.1	1.5	289	1218	7.3	1.0	55.0	2.4	2.7	2.2	1.6
Vegan Dough Balls -Smoky Harissa	336	1418	12.0	1.5	48.6	4.8	3.6	9.7	1.9	294	1243	10.5	1.3	42.6	4.2	3.1	8.5	1.7
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
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

**DIPS**

Hot Jalapenos

Italian Tomato

Basil &amp; Pine Kernel Pesto

Houmous

Sweet &amp; Smoky BBQ

Garlic Butter

Smoky Tomato Harissa

**DESSERTS**

Chocolate Brownie with gelato

Vegan &amp; Gluten Free Orange &amp; Carrot Cake

PER SERVING								
Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
102	419	10.1	0.7	2.4	1.9	0.3	0.2	0.2
63	260	6.0	0.8	2.1	1.9	0.3	0.4	0.2
142	586	14.6	1.7	1.6	0.0	0.5	1.0	0.9
106	437	9.3	0.9	2.6	0.2	1.5	2.2	0.3
44	185	0.1	0.0	10.1	8.7	0.2	0.3	0.5
138	565	15.0	9.2	0.4	0.1	0.1	0.3	0.3
163	670	16.0	2.0	4.2	2.5	1.4	0.7	0.9
527	2202	26.8	13.2	62.5	55.7	2.8	6.9	0.2
247	1033	12.2	2.0	32.7	21.3	11.3	0.8	0.2

PER 100 G								
Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
339	1396	33.5	2.3	8.1	6.3	0.9	0.8	0.5
210	865	19.9	2.8	7.0	6.4	0.9	1.3	0.6
473	1951	48.5	5.7	5.2	0.1	1.5	3.3	3.0
352	1456	30.9	3.0	8.6	0.7	5.0	7.3	1.1
145	615	0.2	0.0	33.5	29.0	0.6	0.9	1.8
686	2825	74.8	45.9	2.0	0.6	0.4	1.3	1.6
541	2231	53.3	6.7	13.9	8.4	4.6	2.2	3.0
294	1230	15.0	7.4	34.9	31.1	1.6	3.9	0.1
385	1614	19.1	3.2	51.1	33.3	17.6	1.3	0.4

	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
<b>Dips</b>																		
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	137	563	14.9	9.1	0.4	0.1	0.1	0.3	0.4	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	119	496	13.0	2.2	0.3	0.1	0.1	0.1	0.2	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	
<b>Extra Toppings</b>																			
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	
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	
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	
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	

	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
<b>Desserts</b>																		
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
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
Honeycombe 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
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
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
<b>Dolcetti</b>																		
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
Salted Caramel Profiteroles excluding coffee option	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 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 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

	PER SERVING								
	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
<b>Piccolo Starters</b>									
Piccolo dough balls with houmous - with salad	211	883	7.4	0.6	28.9	2.5	2.8	7.2	0.9
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
Piccolo dough balls with garlic with butter - with salad	244	1016	12.0	4.7	32.3	2.7	2.2	2.3	1.1
Piccolo dough balls Gluten Free with garlic butter - with salad	342	1417	20.2	9.7	38.0	3.0	2.6	2.6	1.4
Piccolo dough balls with garlic butter - no salad	231	959	11.6	4.6	31.0	1.4	1.6	1.4	1.1
Piccolo dough balls Gluten Free with balsamic and olive oil - with salad	243	1011	10.3	0.8	35.7	4.3	2.3	2.3	1.0
Piccolo Salad starter	14	58	0.5	0.0	1.3	1.3	0.7	0.9	0.0
<b>Piccolo Pasta</b>									
Bolognese Pasta	353	1486	10.2	3.7	53.0	4.6	3.8	14.1	0.8
Napoletana Pasta	284	1194	5.4	2.9	53.6	4.0	3.2	6.7	0.9
Bianca Pasta	355	1488	11.6	6.3	56.2	3.3	2.2	7.2	0.7

	PER 100 G								
	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
	134	562	4.7	0.4	18.4	1.6	1.8	4.6	0.6
	156	653	6.5	0.7	22.3	1.7	2.0	2.2	0.7
	156	651	7.7	3.0	20.7	1.7	1.4	1.5	0.7
	194	805	11.5	5.5	21.6	1.7	1.5	1.5	0.8
	349	1452	17.5	7.0	47.0	2.1	2.4	2.1	1.6
	146	609	6.2	0.5	21.5	2.6	1.4	1.4	0.6
	15	64	0.6	0.0	1.4	1.4	0.8	1.0	0.0
	150	632	4.3	1.6	22.6	2.0	1.6	6.0	0.4
	139	585	2.6	1.4	26.3	2.0	1.6	3.3	0.4
	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	
<b>Piccolo Pizza &amp; Salads</b>																			
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								
	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
<b>Piccolo Extras Toppings</b>									
Mushrooms	5	20	0.1	0.0	1.1	0.5	0.5	0.5	0.0
Tomatoes	8	33	0.2	0.0	1.1	1.1	0.4	0.3	0.0
Black Olives	18	72	1.8	0.3	0.0	0.0	0.4	0.1	0.3
<b>Piccolo Desserts</b>									
Sundae with chocolate sauce	159	673	4.7	3.3	26.5	21.5	0.4	2.7	0.1
Sundae with fruit sauce	132	558	4.6	3.3	19.6	15.9	0.1	2.8	0.1
Chocolate Brownie	204	854	11.3	5.0	22.6	19.6	1.5	2.3	0.1
Pip Organic Fruity Ice Lolly	18	75	0.0	0.0	4.2	4.0	0.0	0.0	0.0
Pip Organic Rainbow Ice Lolly	20	81	0.0	0.0	4.5	4.2	0.0	0.0	0.0
Extra Strawberries	5	20	0.0	0.0	1.0	1.0	0.2	0.1	0.0
Bambinoccino	12	48	0.4	0.2	1.3	1.3	0.0	0.7	0.0
Bambinoccino Soya milk	11	44	0.4	0.1	0.9	0.9	0.1	0.7	0.0
<b>Piccolo Drinks</b>									
Piccolo milk	92	390	3.4	2.2	9.4	9.4	0.0	7.0	0.2
Cawston apple and summer berries	50	214	0.2	0.0	11.6	11.0	0.0	0.6	0.0
Cawston apple and pear juice	54	234	0.0	0.0	12.8	12.8	0.0	0.2	0.0

	PER 100 G								
	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Mushrooms	22	92	0.5	0.1	5.3	2.3	2.2	2.2	0.0
Tomatoes	26	109	0.5	0.1	3.6	3.6	1.3	1.1	0.0
Black Olives	129	530	13.2	2.2	0.0	0.0	3.0	0.5	2.5
<b>Piccolo Desserts</b>									
Sundae with chocolate sauce	209	885	6.1	4.4	34.9	28.3	0.5	3.6	0.1
Sundae with fruit sauce	174	734	6.1	4.3	25.8	20.9	0.1	3.7	0.1
Chocolate Brownie	416	1741	23.0	10.2	46.2	40.0	3.1	4.6	0.1
Pip Organic Fruity Ice Lolly	43	186	0.1	0.0	10.4	9.9	0.0	0.1	0.0
Pip Organic Rainbow Ice Lolly	48	202	0.0	0.0	11.2	10.6	0.0	0.0	0.0
Extra Strawberries	29	122	0.0	0.0	6.1	6.1	1.0	0.6	0.0
Bambinoccino	55	231	1.8	1.2	6.5	6.4	0.0	3.5	0.1
Bambinoccino Soya milk	51	213	2.0	0.4	4.5	4.3	0.6	3.4	0.1
<b>Piccolo Drinks</b>									
Piccolo milk	46	195	1.7	1.1	4.7	4.7	0.0	3.5	0.1
Cawston apple and summer berries	25	107	0.1	0.0	5.8	5.5	0.0	0.3	0.0
Cawston apple and pear juice	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	
<b>Starters</b>																			
Baked Garlic Mushroom	311	1285	30.0	7.0	9.0	0.0	2.0	5.0	1.0	213	880	20.1	4.53	5.6	0	1.3	3.12	0.5	
Vegan Dough Balls - Garlic & Parsley Spread	373	1559	15.0	3.0	52.0	3.0	3.0	10.0	2.0	327	1367	12.7	2.1	45.6	2.1	2	8.5	1.5	
Vegan Dough Balls Gluten Free - Garlic & Parsley Spread	394	1645	21.0	4.0	53.0	3.0	3.0	3.0	2.0	342	1430	17.4	2.7	45.7	2.1	2.3	1.9	1.5	
<b>Romana &amp; Calzone Pizzas</b>																			
Smoky BBQ Chicken	1045	4393	26.0	13.0	150.0	35.0	11.0	60.0	6.0	227	955	5.5	2.7	32.5	7.6	2.3	12.9	1.2	
Garlic Prawn	1033	4332	39.0	13.0	127.0	12.0	9.0	49.0	6.0	238	998	8.9	3.0	29.2	2.7	1.9	11.1	1.2	
Vegan Mezze	979	4108	38.0	5.0	144.0	20.0	19.0	27.0	5.0	227	953	8.6	1.0	33.4	4.6	4.3	6.2	1.1	
<b>Classic Pizzas</b>																			
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	
Garlic Prawn	916	3854	28.6	9.6	122.8	12.6	6.9	45.1	5.1	211	888	6.6	2.2	28.3	2.9	1.6	10.4	1.2	
Garlic Prawn Gluten Free	867	3645	27.9	9.4	126.0	5.2	4.3	29.5	4.9	205	889	6.8	2.3	30.7	1.3	1.1	7.2	1.2	
Vegan Mezze	913	3834	32.0	4.0	116.0	19.0	13.0	50.0	5.0	197	828	6.7	0.8	25.0	4.0	2.8	10.6	1.1	
Vegan Mezze Gluten Free	864	3625	31.3	3.8	119.2	11.6	10.4	34.4	4.8	191	802	6.9	0.8	26.4	2.6	2.3	7.6	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
<b>Leggera</b>																		
King Prawn	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	723	3043	14.0	6.1	127.4	29.2	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
<b>Salad</b>																		
Vegan Nourish Bowl New Recipe	443	443	26.0	3.0	39.0	10.0	13.0	14.0	3.0	107	107	6.2	0.7	9.3	2.2	3.0	3.3	0.6
<b>Dips</b>																		
Vegan Garlic & Parsley Spread - PE ONLY	119	496	14.0	3.0	1.0	1.0	1.0	1.0	1.0	593	2480	65.2	10.9	1.5	0.6	0.4	0.7	1.2
<b>Sides</b>																		
Mixed Leaf Salad New Recipe	166	691	15.0	2.0	5.0	5.0	3.0	4.0	1.0	77	321	6.9	0.7	2.1	1.9	1	1.4	0.21
Broccolini	104	431	9.0	2.0	4.0	2.0	4.0	4.0	2.0	80	334	6.4	0.9	3.1	1.5	2.7	3.1	0.8
<b>Desserts</b>																		
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
Sicilian Watermelon Sorbet	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
Olive Oil & Blood Orange Ripple Gelato	263	1010	13.6	5.7	29.8	27.8	0.6	4.7	0.2	212	814	10.9	4.6	24.0	22.4	0.5	3.8	0.2
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
<b>Dolcetti</b>																		
Sicilian Watermelon Sorbet	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