



NUTRITIONAL INFORMATION

Spring – Summer 2023 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

Adults need around 2000 kcal a day

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
Starters																		
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
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
Loaded Pesto Dough Balls (all)	467	1948	23.1	3.6	53.4	5.2	3.3	12.4	2.5	315	1316	15.6	2.4	36.1	3.5	2.2	8.4	1.7
Loaded Pesto Dough Balls Gluten Free (all)	522	2173	28.1	3.7	56.6	4.8	3.2	5.1	2.8	314	1309	16.9	2.2	34.1	2.9	1.9	3.1	1.7
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
Dough Balls Doppio Vegan	721	3013	26.0	3.8	102.8	8.1	6.3	20.8	3.4	319	1333	11.5	1.7	45.5	3.6	2.8	9.2	1.5
Dough Balls Doppio Vegan Gluten Free	828	3467	35.6	3.9	109.3	7.3	6.0	6.0	3.9	316	1323	13.6	1.5	41.7	2.8	2.3	2.3	1.5
Doppio Doughballs	762	3176	31.4	11.3	102.2	7.9	5.7	20.1	3.8	337	1405	13.9	5.0	45.2	3.5	2.5	8.9	1.7
Doppio Doughballs Gluten Free	873	3632	41.1	11.3	108.7	7.1	5.5	5.5	4.2	333	1386	15.7	4.3	41.5	2.7	2.1	2.1	1.6
Garlic Bread (butter)	354	1496	5.3	1.7	65.3	3.7	3.1	12.8	1.9	295	1246	4.4	1.4	54.4	3.1	2.6	10.7	1.6
Garlic Bread Vegan (garlic oil)	295	1246	4.7	0.6	54.2	3.1	2.6	10.3	1.5	301	1271	4.8	0.6	55.3	3.2	2.7	10.5	1.5
Garlic Bread with Mozzarella	356	1494	10.0	4.4	49.4	3.7	4.0	14.9	1.6	282	1185	7.9	3.5	39.2	2.9	3.2	11.8	1.3
Garlic Bread with Vegan Mozzarella Alternative	330	1389	10.3	4.1	51.5	5.2	3.4	9.4	1.8	268	1129	8.4	3.3	41.9	4.2	2.8	7.7	1.5
Bruschetta Originale	362	1519	11.1	2.1	50.8	7.1	6.7	11.1	2.0	172	723	5.3	1.0	24.2	3.4	3.2	5.3	1.0
Buffalo Mozzarella & Tomato Salad	336	1393	28.2	15.2	3.7	3.7	2.7	15.5	0.8	163	676	13.7	7.4	1.8	1.8	1.3	7.5	0.4
Lemon & Herbs Chicken Wings	556	2314	37.5	8.2	2.2	2.0	0.0	52.4	3.0	248	1033	16.7	3.7	1.0	0.9	0.0	23.4	1.3
Calamari with 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
Chilli Prawns - With Dough Balls	435	1832	13.8	6.5	58.0	3.0	4.6	22.1	3.2	166	699	5.3	2.5	22.1	1.1	1.7	8.4	1.2
Chilli Prawns Gluten Free	440	1881	29.2	8.7	58.1	2.9	5.3	1.1	3.2	167	715	11.1	3.3	22.1	1.1	2.0	0.4	1.2
Pollo Milanese	355	1479	18.9	6.6	23.6	0.8	2.5	23.7	1.8	211	880	11.2	3.9	14.0	0.5	1.5	14.1	1.1

	PER SERVING									PER 100 G								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Romana Pizzas, Calabrese and Calzone																		
Margherita	867	3639	29.6	12.2	112.5	10.1	8.8	41.8	4.0	284	1193	9.7	4.0	36.9	3.3	2.9	13.7	1.3
Margherita Vegan	758	3182	23.7	12.5	119.3	10.7	9.2	21.3	4.4	256	1075	8.0	4.2	40.3	3.6	3.1	7.2	1.5
American	1036	4339	44.3	18.1	110.2	10.3	8.7	53.3	5.5	311	1303	13.3	5.4	33.1	3.1	2.6	16.0	1.6
American Jack - Vegan	774	3255	24.7	12.2	120.1	11.6	10.0	22.5	5.5	241	1014	7.7	3.8	37.4	3.6	3.1	7.0	1.7
American Hot - Hot Green Pepper or Jalapeno Peppers	1010	4237	41.5	18.0	102.0	12.6	6.1	54.1	6.5	297	1246	12.2	5.3	30.0	3.7	1.8	15.9	1.9
American Hot - Hot Green Pepper or Jalapeno Peppers - Vegan	778	3272	24.8	12.3	120.9	11.8	10.2	22.7	6.1	226	951	7.2	3.6	35.1	3.4	3.0	6.6	1.8
Padana	1108	4649	33.2	16.0	129.1	33.9	19.9	62.8	4.7	284	1192	8.5	4.1	33.1	8.7	5.1	16.1	1.2
Padana - Vegan	911	3822	25.3	13.2	152.8	33.7	14.0	24.5	4.9	227	953	6.3	3.3	38.1	8.4	3.5	6.1	1.2
La Reine	939	3953	31.7	13.4	104.1	11.1	5.9	56.6	5.5	237	998	8.0	3.4	26.3	2.8	1.5	14.3	1.4
Fiorentina	1017	4262	37.2	14.9	125.7	12.3	12.3	50.4	5.0	232	973	8.5	3.4	28.7	2.8	2.8	11.5	1.2
Pollo ad Astra	1145	4820	32.5	13.0	142.1	21.5	8.9	66.6	5.0	282	1187	8.0	3.2	35.0	5.3	2.2	16.4	1.2
Ad Astra Vegan	925	3890	25.6	11.3	144.8	20.0	12.4	34.8	5.9	217	913	6.0	2.7	34.0	4.7	2.9	8.2	1.4
Pollo American	1160	4857	45.3	19.0	121.4	12.3	12.3	72.3	5.9	274	1148	10.7	4.5	28.7	2.9	2.9	17.1	1.4
Spicy Giuseppe	1187	4967	54.9	21.6	120.1	16.4	10.3	58.2	8.4	253	1059	11.7	4.6	25.6	3.5	2.2	12.4	1.8
Sloppy Vegan New Recipe	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
Garlic Prawn	1033	4332	38.6	12.9	126.7	11.7	8.2	48.2	5.2	238	998	8.9	3.0	29.2	2.7	1.9	11.1	1.2
Funghi di Bosco	1047	4385	43.5	17.1	120.7	11.0	13.5	49.8	4.6	248	1039	10.3	4.1	28.6	2.6	3.2	11.8	1.1
Funghi di Bosco Vegan	888	3727	34.8	15.2	124.7	11.7	12.9	25.8	4.7	227	953	8.9	3.9	31.9	3.0	3.3	6.6	1.2
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
Vegan Forza	1043	4378	42.2	15.4	137.3	20.7	11.4	34.8	5.3	237	995	9.6	3.5	31.2	4.7	2.6	7.9	1.2
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	1017	4255	44.5	14.3	136.0	13.1	13.1	24.2	6.1	210	879	9.2	3.0	28.1	2.7	2.7	5.0	1.3
Calzone 'Nduja	1196	5002	65.3	24.2	105.6	17.3	11.0	52.3	7.3	249	1042	13.6	5.0	22.0	3.6	2.3	10.9	1.5
Calzone 'Nduja Take Away	1103	4610	56.2	23.6	104.0	17.2	10.5	51.6	6.9	257	1072	13.1	5.5	24.2	4.0	2.4	12.0	1.6
Calzone Orto	753	3169	26.6	2.8	110.8	17.8	7.6	21.6	3.4	178	749	6.3	0.7	26.2	4.2	1.8	5.1	0.8
Calzone Orto Take Away	660	2779	17.5	2.6	101.7	16.5	7.1	20.9	3.0	177	745	4.7	0.7	27.3	4.4	1.9	5.6	0.8
Etna	1283	5368	61.8	26.0	124.8	17.0	13.2	63.5	7.2	301	1260	14.5	6.1	29.3	4.0	3.1	14.9	1.7
Napoletana	955	3999	37.6	13.9	114.6	10.4	6.0	42.0	6.7	284	1190	11.2	4.1	34.1	3.1	1.8	12.5	2.0
BBQ Beef	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
Funghi di Bosco	929	3894	34.8	13.1	114.9	10.6	8.2	42.9	4.5	227	952	8.5	3.2	28.1	2.6	2.0	10.5	1.1
Funghi di Bosco Gluten Free	880	3685	34.1	12.9	118.1	3.2	5.6	27.3	4.3	221	926	9	3	30	1	1	7	1
Funghi di Bosco Vegan	775	3246	26.6	10.0	114.6	10.6	10.2	23.9	3.9	198	830	6.8	2.6	29.3	2.7	2.6	6.1	1.0
Funghi di Bosco Vegan Gluten Free	726	3037	25.9	9.8	117.8	3.2	7.6	8.3	3.7	191	799	7	3	31	1	2	2	1
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
Pollo Forza	1056	4427	39.4	12.5	116.7	16.2	8.3	62.5	4.6	228	956	8.5	2.7	25.2	3.5	1.8	13.5	1.0
Pollo Forza Gluten Free	1007	4218	38.7	12.3	119.9	8.8	5.7	46.9	4.4	223	1152	10.6	3.4	32.8	2.4	1.6	12.8	1.2
Forza Vegan	895	3765	31.7	10.0	129.1	16.5	12.7	30.0	4.6	212	892	7.5	2.4	30.6	3.9	3.0	7.1	1.1
Forza Vegan Gluten Free	846	3556	31.0	9.8	132.3	9.1	10.1	14.4	4.4	206	865	8	2	32	2	2	4	1
Sloppy Giuseppe	925	3893	26.9	12.6	118.9	13.9	10.9	46.4	4.9	213	897	6.2	2.9	27.4	3.2	2.5	10.7	1.1
Sloppy Giuseppe Gluten Free	876	3684	26.2	12.4	122.1	6.5	8.3	30.8	4.7	207	871	6.2	2.9	28.9	1.5	2.0	7.3	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
Classic Pizzas																		
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	192	810	5.7	2.2	32.5	1.8	2.6	4.1	1.1
Spicy Giuseppe	1028	4311	43.4	15.9	116.3	15.4	11.7	49.0	7.5	220	923	9.3	3.4	24.9	3.3	2.5	10.5	1.6
Spicy Giuseppe Gluten Free	979	4102	42.7	15.7	119.5	8.0	9.1	33.4	7.3	215	900	9	3	26	2	2	7	2
Fiorentina	942	3961	31.4	12.8	107.8	8.4	10.6	51.7	4.2	213	896	7.1	2.9	24.4	1.9	2.4	11.7	1.0
Fiorentina Gluten Free	893	3752	30.7	12.6	111.0	1.0	8.0	36.1	4.0	207	871	7.1	2.9	25.8	0.2	1.9	8.4	0.9
Vegan Giardiniera 2023	840	3523	29.0	9.1	117.6	15.2	5.5	24.0	5.1	182	764	6.3	2.0	25.5	3.3	1.2	5.2	1.1
Vegan Giardiniera Gluten Free	791	3314	28.3	8.9	120.8	7.8	2.9	8.4	4.9	176	736	6.3	2.0	26.8	1.7	0.7	1.9	1.1
Padana	931	3918	29.8	14.0	133.8	28.2	9.7	36.7	4.1	231	972	7.4	3.5	33.2	7.0	2.4	9.1	1.0
Padana Gluten Free	882	3709	29.1	13.8	137.0	20.8	7.1	21.1	3.9	225	946	7.4	3.5	34.9	5.3	1.8	5.4	1.0
Padana Vegan	794	3345	16.5	7.2	144.6	29.1	8.6	20.8	4.0	202	851	4.2	1.8	36.8	7.4	2.2	5.3	1.0
Padana Vegan Gluten Free	745	3136	15.8	7.0	147.8	21.7	6.0	5.2	3.8	195	821	4.1	1.8	38.7	5.7	1.6	1.4	1.0
Pollo ad Astra	880	3695	24.9	9.3	138.1	19.1	12.9	32.1	5.3	198	832	5.6	2.1	31.1	4.3	2.9	7.2	1.2
Pollo ad Atra Gluten Free	831	3486	24.2	9.1	141.3	11.7	10.3	16.5	5.1	192	805	5.6	2.1	32.6	2.7	2.4	3.8	1.2
Ad Astra Vegan	866	3638	22.8	9.2	116.5	17.7	8.0	52.3	4.5	205	862	5.4	2.2	27.6	4.2	1.9	12.4	1.1
Ad Astra Vegan Gluten Free	817	3429	22.1	9.0	119.7	10.3	5.4	36.7	4.3	199	834	5.4	2.2	29.1	2.5	1.3	8.9	1.0
Pollo American	977	4101	33.0	12.9	113.8	11.7	9.2	60.7	5.2	243	1020	8.2	3.2	28.3	2.9	2.3	15.1	1.3
Pollo American Gluten Free	928	3892	32.3	12.7	117.0	4.3	6.6	45.1	5.0	237	995	8.3	3.2	29.9	1.1	1.7	11.5	1.3
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	209	882	4.7	2.3	33.7	5.6	1.2	8.6	1.2

	Half Pizza Energy Kcal
Duo Romana - Information provided for half pizza	
Margherita	434
Margherita Vegan	379
American	518
American Jack - Vegan	387
American Hot - Hot Green Pepper or Jalapeno Peppers	505
American Hot - Hot Green Pepper or Jalapeno Peppers - Vegan	389
Padana	554
Padana - Vegan	456
La Reine	470
Fiorentina	509
Pollo ad Astra	573
Ad Astra Vegan	463
Pollo American Publish	580
Veneziana	482
Veneziana Vegan	458
Calabrese	638
Vegan Giardiniera	462
Calzone 'Nduja	598
Calzone Orto	377
Etna	642
Potato & Pancetta	679
BBQ Beef	579
Smoky BBQ Chicken	523

	PER SERVING									PER 100 G								
	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Leggera Pizzas																		
Gamberetti	589	2490	6.6	1.0	108.6	11.8	7.7	27.7	3.9	179	758	2.0	0.3	33.1	3.6	2.3	8.4	1.2
Pomodoro	573	2415	8.5	2.5	95.4	10.8	7.1	23.3	3.2	177	745	2.6	0.8	29.4	3.3	2.2	7.2	1.0
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
Vegan Giardianiera	585	2468	11.8	4.2	104.2	11.3	9.4	20.3	3.9	167	706	3.4	1.2	29.8	3.2	2.7	5.8	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
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
Beetroot & Goat's Cheese	497	2069	30.8	9.3	41.0	14.9	8.3	13.9	2.0	150	625	9.3	2.8	12.4	4.5	2.5	4.2	0.6
Niçoise	497	2070	34.8	5.1	7.4	5.1	4.2	39.0	2.3	107	446	7.5	1.1	1.6	1.1	0.9	8.4	0.5
Beetroot & Goat's Cheese	497	2069	30.8	9.3	41.0	14.9	8.3	13.9	2.0	150	625	9.3	2.8	12.4	4.5	2.5	4.2	0.6
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
Zucchini Linguine	448	1885	12.7	1.9	71.4	13.6	8.1	16.1	2.7	99	417	2.8	0.4	15.8	3.0	1.8	3.6	0.6
Linguine Carbonara	1051	4381	66.6	31.8	67.1	4.9	4.0	47.8	3.7	235	980	14.9	7.11	15	1.1	0.9	10.7	0.8
Pepperonata Pasta	474	1994	10.4	1.4	86.6	9.0	5.9	11.3	0.5	105	442	2.3	0.3	19.2	2.0	1.3	2.5	0.1
Sides																		
Polenta Chips	454	1889	26.6	2.7	42.8	5.0	7.7	6.7	2.7	218	908	12.8	1.3	20.6	2.4	3.7	3.2	1.3
Halloumi Bites	351	1463	23.2	8.7	20.7	1.8	1.1	15.4	3.4	290	1209	19.2	7.2	17.1	1.5	0.9	12.7	2.9
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
Parmentier Potatoes	254	1060	12.7	1.3	30.1	4.2	2.6	3.3	1.9	188	785	9.4	0.9	22.3	3.1	1.9	2.5	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
WRAPS																		
Pulled Beef & Cheese	520	2182	15.6	7.5	61.7	8.0	6.0	35.9	4.0	207	869	6.2	3.0	24.6	3.2	2.4	14.3	1.6
Wrap Vegan Sloppy New Recipe	391	1643	8.2	1.3	63.2	7.2	7.2	19.3	2.3	152	639	3.2	0.5	24.6	2.8	2.8	7.5	0.9
Wrap Padana	578	2429	19.2	10.0	82.4	17.9	8.7	23.2	2.8	213	896	7.1	3.7	30.4	6.6	3.2	8.6	1.0
Wrap ad Astra	531	2236	18.4	6.6	61.4	10.1	4.7	32.6	2.6	205	863	7.1	2.6	23.7	3.9	1.8	12.6	1.0
Wrap American Hot	576	2415	26.4	11.4	57.8	5.6	4.5	29.1	3.8	257	1078	11.8	5.1	25.8	2.5	2.0	13.0	1.7
SALADS																		
Grains & Greens	206	860	12.6	1.5	16.4	2.5	5.3	6.6	1.0	124	518	7.6	0.9	9.9	1.5	3.2	4.0	0.6
Baby Caesar	248	1031	17.6	4.3	12.8	2.1	2.4	9.2	2.6	200	831	14.2	3.5	10.3	1.7	1.9	7.4	2.1
SIDES																		
Bruschetta Originale	362	1519	11.1	2.1	50.8	7.1	6.7	11.1	2.0	172	723	5.3	1.0	24.2	3.4	3.2	5.3	1.0
Pollo Milanese	355	1479	18.9	6.6	23.6	0.8	2.5	23.7	1.8	211	880	11.2	3.9	14.0	0.5	1.5	14.1	1.1
Raw Slaw	163	2003	14.3	1.0	8.3	2.1	3.5	1.5	0.8	101	1244	8.9	0.6	5.1	1.3	2.2	1.0	0.5
Mixed Leaf Salad	166	691	14.8	1.5	4.5	4.1	2.2	3.0	0.5	77	321	6.9	0.7	2.1	1.9	1.0	1.4	0.2
Rucola	140	579	11.7	3.4	3.0	2.7	1.1	5.7	0.3	241	997	20.2	5.9	5.2	4.7	1.9	9.9	0.6
Halloumi Bites	351	1463	23.2	8.7	20.7	1.8	1.1	15.4	3.4	290	1209	19.2	7.2	17.1	1.5	0.9	12.7	2.9
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 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
Italian Tomato	63	260	6.0	0.8	2.1	1.9	0.3	0.4	0.2	210	865	19.9	2.8	7.0	6.4	0.9	1.3	0.6
Basil & Pine Kernel Pesto	142	586	14.6	1.7	1.6	0.0	0.5	1.0	0.9	473	1951	48.5	5.7	5.2	0.1	1.5	3.3	3.0
Houmous	106	437	9.3	0.9	2.6	0.2	1.5	2.2	0.3	352	1456	30.9	3.0	8.6	0.7	5.0	7.3	1.1
Sweet & Smoky BBQ	44	185	0.1	0.0	10.1	8.7	0.2	0.3	0.5	145	615	0.2	0.0	33.5	29.0	0.6	0.9	1.8
Garlic Butter	205	844	22.3	13.6	0.7	0.2	0.1	0.4	0.5	683	2813	74.4	45.4	2.2	0.7	0.4	1.3	1.8
Vegan Garlic & Parsley Spread	178	744	19.6	3.3	0.5	0.2	0.1	0.2	0.4	593	2480	65.2	10.9	1.5	0.6	0.4	0.7	1.2
Chilli & Basil	51	207	3.8	0.5	3.4	2.4	0.5	0.7	0.2	168	690	12.7	1.8	11.2	7.9	1.7	2.2	0.7
Garlic & Herbs	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	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
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

	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																		
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 (Classic base)	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
King Prawns	53	223	0.5	0.3	0.0	0.0	0.0	9.9	1.3	62	262	0.6	0.3	0.0	0.0	0.0	11.6	1.5

	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
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
Billionaire's Truffle Sundae	604	2522	31.9	20.5	70.4	65.0	0.7	8.2	0.9	259	1082	13.7	8.8	30.2	27.9	0.3	3.5	0.4
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
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
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
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
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
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
Ginger & Pumpkin Cake Dine in	266	1111	22.8	9.6	25.4	14.6	0.6	2.7	0.3	402	1682	16.3	2.3	62.6	44.6	1.5	1.3	0.2
Ginger & Pumpkin Cake Dine out	531	2221	22.8	9.6	25.4	14.6	0.6	2.7	0.3	402	1682	16.3	2.3	62.6	44.6	1.5	1.3	0.2

	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
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 with houmous - no salad	183	762	6.9	0.7	24.6	1.7	2.8	5.9	0.9	294	1229	11.1	1.2	39.7	2.7	4.5	9.5	1.4
Piccolo dough balls Gluten Free with houmous with salad	248	1049	10.6	1.0	35.2	3.2	3.1	3.6	1.2	145	613	6.2	0.6	20.6	1.9	1.8	2.1	0.7
Piccolo dough balls Gluten Free with houmous no salad	238	992	10.0	1.1	34.0	1.9	2.4	2.8	1.2	293	1224	12.4	1.3	42.0	2.4	3.0	3.4	1.5
Piccolo dough balls with garlic 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 with garlic butter - no salad	180	749	8.1	4.7	23.1	1.6	1.9	4.5	0.8	346	1440	15.6	9.0	44.4	3.1	3.6	8.7	1.5
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 dough balls Gluten Free with garlic butter no salad	236	979	11.4	5.0	32.7	1.8	1.5	1.4	1.1	331	1378	16	7.1	46.0	2.6	2.1	2	1.6
Piccolo Pasta																		
Bolognese Pasta	353	1486	10.2	3.7	53.0	4.6	3.8	14.1	0.8	150	632	4.3	1.6	22.6	2.0	1.6	6.0	0.4
Napoletana Pasta	284	1194	5.4	2.9	53.6	4.0	3.2	6.7	0.9	139	585	2.6	1.4	26.3	2.0	1.6	3.3	0.4
Bianca Pasta	355	1488	11.6	6.3	56.2	3.3	2.2	7.2	0.7	174	729	5.7	3.1	27.6	1.6	1.1	3.5	0.3

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

	PER SERVING									PER 100 G								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Piccolo Extras Toppings																		
Mushrooms	5	20	0.1	0.0	1.1	0.5	0.5	0.5	0.0	22	92	0.5	0.1	5.3	2.3	2.2	2.2	0.0
Tomatoes	8	33	0.2	0.0	1.1	1.1	0.4	0.3	0.0	26	109	0.5	0.1	3.6	3.6	1.3	1.1	0.0
Black Olives	18	72	1.8	0.3	0.0	0.0	0.4	0.1	0.3	129	530	13.2	2.2	0.0	0.0	3.0	0.5	2.5
Piccolo Desserts																		
Sundae with chocolate sauce	159	673	4.7	3.3	26.5	21.5	0.4	2.7	0.1	209	885	6.1	4.4	34.9	28.3	0.5	3.6	0.1
Sundae with fruit sauce	132	558	4.6	3.3	19.6	15.9	0.1	2.8	0.1	174	734	6.1	4.3	25.8	20.9	0.1	3.7	0.1
Chocolate Brownie	204	854	11.3	5.0	22.6	19.6	1.5	2.3	0.1	416	1741	23.0	10.2	46.2	40.0	3.1	4.6	0.1
Pip Organic Fruity Ice Lolly	18	75	0.0	0.0	4.2	4.0	0.0	0.0	0.0	43	186	0.1	0.0	10.4	9.9	0.0	0.1	0.0
Pip Organic Rainbow Ice Lolly	20	81	0.0	0.0	4.5	4.2	0.0	0.0	0.0	48	202	0.0	0.0	11.2	10.6	0.0	0.0	0.0
Extra Strawberries	5	20	0.0	0.0	1.0	1.0	0.2	0.1	0.0	29	122	0.0	0.0	6.1	6.1	1.0	0.6	0.0
Bambinoccino	12	48	0.4	0.2	1.3	1.3	0.0	0.7	0.0	55	231	1.8	1.2	6.5	6.4	0.0	3.5	0.1
Bambinoccino Oat drink	30	54	0.7	0.1	1.7	0.8	0.0	0.1	0.0	140	254	3.1	0.4	7.9	3.8	0.0	0.3	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								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Starters									
Hot Honey Dough Balls	387	1614	5.1	0.9	75.8	28.3	3.0	10.2	1.6
Hot Honey Dough Balls Gluten Free	442	1841	10.0	0.8	78.9	28.0	2.9	2.7	1.8
Loaded Pesto Dough Balls (all)	467	1948	23.1	3.6	53.4	5.2	3.3	12.4	2.5
Loaded Pesto Dough Balls Gluten Free (all)	522	2173	28.1	3.7	56.6	4.8	3.2	5.1	2.8
Baked Garlic Mushrooms	253	1048	17.5	4.8	14.7	3.3	5.2	11.7	1.5
Baked Garlic Mushrooms Vegan	167	690	10.1	1.0	14.2	5.4	5.9	7.5	1.3
Romana & Calzone Pizzas									
Pollo Italiano	1258	5269	58.1	21.1	116.8	14.4	10.4	72.1	5.0
Parmense	1017	4262	38.5	17.5	109.5	12.7	16.6	66.1	5.7
Cuban Pulled Pork – (Summer)	1015	4275	33.8	13.5	128.5	22.7	7.2	53.1	5.8
Classic Pizzas									
Pollo Italiano	1126	4721	47.3	15.9	115.9	11.8	7.6	62.9	4.7
Pollo Italiano Gluten Free	1077	4512	46.6	15.7	119.1	4.4	5.0	47.3	4.5
Parmense	916	3850	27.3	11.7	107.2	12.2	7.8	56.0	5.2
Parmense Gluten Free	867	3641	26.6	11.5	110.4	4.8	5.2	40.4	5.0
Cuban Pulled Pork -SUMMER	874	3671	24.4	9.2	109.9	19.8	10.1	58.4	5.1
Cuban Pulled Pork Gluten Free - SUMMER	825	3462	23.7	9.0	113.1	12.4	7.5	42.8	4.9

PER 100 G								
Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
270	1128	3.6	0.6	53.0	19.8	2.1	7.1	1.1
274	1143	6.2	0.5	49.0	17.4	1.8	1.7	1.1
315	1316	15.6	2.4	36.1	3.5	2.2	8.4	1.7
314	1309	16.9	2.2	34.1	2.9	1.9	3.1	1.7
136	564	9.4	2.6	7.9	1.8	2.8	6.3	0.8
104	431	6.3	0.6	8.9	3.4	3.7	4.7	0.8
253	1060	11.7	4.25	23.5	2.9	2.1	14.5	1.0
232	973	8.8	4.0	25.0	2.9	3.8	15.1	1.3
210	885	7.0	2.8	26.6	4.7	1.5	11.0	1.2
238	998	10.0	3.4	24.5	2.5	1.6	13.3	1.0
233	977	10.1	3.4	25.8	1.0	1.1	10.2	1.0
211	887	6.3	2.7	24.7	2.8	1.8	12.9	1.2
205	861	6.3	2.7	26.1	1.1	1.2	9.5	1.2
190	798	5.3	2.0	23.9	4.3	2.2	12.7	1.1
184	771	5.3	2.0	25.2	2.8	1.7	9.5	1.1

	PER SERVING								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Leggera Pizzas									
Vegan Giardianiera	585	2468	11.8	4.2	104.2	11.3	9.4	20.3	3.9
Salad									
Bosco Salad ROI-NI	467	1960	28.6	7.4	25.8	21.7	8.2	25.8	2.5
Al Forno									
Grand Pollo Milanese (Summer)	841	3439	54.1	14.8	47.7	4.5	9.0	45.1	2.6
Desserts									
White Chocolate Vanilla Cheesecake	555	2318	37.8	22.3	45.6	30.5	1.1	8.5	0.8
Sunshine Sundea	509	2128	22.0	14.2	68.5	68.2	1.7	9.5	0.3
Lime and Basil Sorbet	143	598	0.4	0.4	34.8	30.8	0.0	0.1	0.0
Category Average	452	1890	25	14	51	41	1	6	1
Dolcetti									
Lime and Basil Sorbet	72	299	0.2	0.2	17.4	15.4	0.0	0.1	0.0

PER 100 G								
Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
167	706	3.4	1.2	29.8	3.2	2.7	5.8	1.1
114	479	7.0	1.8	6.3	5.3	2.0	6.3	0.6
261	1068	16.8	4.6	14.8	1.4	2.8	14	0.8
367	1535	25.0	14.8	30.2	20.2	0.7	5.6	0.5
176	736	7.6	4.9	23.7	23.6	0.6	3.3	0.1
119	498	0.3	0.3	29.0	25.7	0.0	0.1	0.0
289	1209	16	9	32	25	1	4	0
119	498	0.3	0.3	29	25.7	0	0.1	0

Duo Romana - Information provided for half pizza	Half Pizza Energy Kcal
Pollo Italiano	629
Parmense	509
Cuban Pulled Pork - SUMMER	508