



NUTRITIONAL INFORMATION

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 and some ingredients – extra toppings. 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.

You can find our NEW dishes at the end of each menu section.

Adults need around 2000 kcal a day

Simply click on the required menu section

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- [Pizzas – Romana, Calabrese, Calzone & Classics](#)
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- [Salads](#)
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- [Breakfast \(selected restaurants only\)](#)

	Energy		SERVING							Energy		PER 100 grams						
	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	kcal	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	450	1880	23.7	13.9	50.4	3.4	2.6	9.9	1.9	398	1663	21.0	12.3	44.6	3.1	2.3	8.7	1.7
Dough Balls Gluten Free - with Garlic Butter	504	1990	28.6	14.4	53.6	3.0	2.5	2.5	2.1	385	1519	21.8	11.0	40.9	2.3	1.9	1.9	1.6
Double Dough Balls Doppio	1659	6912	75.9	24.0	206.1	16.7	12.7	40.7	8.6	367	1529	16.8	5.3	45.6	3.7	2.8	9.0	1.9
Double Dough Balls Doppio Gluten-Free	1876	7819	95.4	24.1	219.0	15.2	12.1	11.0	9.4	358	1492	18.2	4.6	41.8	2.9	2.3	2.1	1.8
Vegan Dough Balls - Garlic & Parsley Spread	423	1780	21.0	3.5	50.2	3.4	2.6	9.7	1.7	374	1575	18.6	3.1	44.4	3.0	2.3	8.6	1.5
Vegan Dough Balls Gluten Free - Garlic & Parsley Spread	477	1890	25.8	4.1	53.4	3.0	2.5	2.4	1.9	364	1442	19.7	3.1	40.7	2.3	1.9	1.8	1.5
Loaded Pesto Dough Balls	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	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
Doughballs Doppio Pistorissa	871	2983	13.3	6.6	125.7	8.3	6.4	24.1	3.7	340	1164	5.2	2.6	49.1	3.2	2.5	9.4	1.4
Doughballs Doppio Gluten Free Pistorissa	996	3129	25.9	8.7	125.5	6.8	5.8	5.3	4.0	341	1070	8.9	3.0	42.9	2.3	2.0	1.8	1.4
Dough Balls Doppio Vegan	833	3291	13.8	2.3	140.2	9.2	7.1	26.8	4.1	291	1150	4.8	0.8	49.0	3.2	2.5	9.4	1.4
Dough Balls Doppio Vegan Gluten Free	940	3405	27.3	3.9	138.1	7.5	6.4	5.8	4.3	292	1057	8.5	1.2	42.9	2.3	2.0	1.8	1.3
Hot Honey Dough Balls	429	1613	2.1	0.4	78.3	10.5	3.6	13.8	2.0	290	1090	1.4	0.3	52.9	7.1	2.5	9.3	1.4
Hot Honey Dough Balls Gluten Free	483	1655	8.5	1.1	77.6	10.3	3.3	2.9	2.1	291	997	5.1	0.7	46.8	6.2	2.0	1.8	1.3
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
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	379	1597	10.5	4.5	55.1	4.5	3.4	17.8	1.8	303	1277	8.4	3.6	44.1	3.6	2.7	14.2	1.4
Garlic Bread with Mozzarella Sharer	808	3399	27.9	11.6	100.1	7.6	4.6	41.4	3.4	318	1338	11.0	4.6	39.4	3.0	1.8	16.3	1.3
Garlic Bread with Vegan Mozzarella Alternative	343	1443	8.9	3.9	57.1	7.8	3.1	10.0	1.9	268	1130	7.0	3.1	44.7	6.1	2.4	7.8	1.5
Garlic Bread with Vegan Mozzarella Alternative Sharer	717	3018	20.3	8.7	115.8	8.1	6.9	21.1	3.8	282	1188	8.0	3.4	45.6	3.2	2.7	8.3	1.5
Bruschetta Originale	429	1789	20.0	2.5	52.4	6.4	4.0	10.6	2.3	206	860	9.6	1.2	25.2	3.1	1.9	5.1	1.1
Buffalo Mozzarella & Tomato Salad	314	1307	28.6	11.7	5.3	4.1	1.7	9.2	1.1	167	695	15.2	6.2	2.8	2.2	0.9	4.9	0.6
Lemon & Herbs Chicken Wings	600	2209	31.6	8.8	2.3	0.9	1.8	59.7	2.4	212	782	11.2	3.1	0.8	0.3	0.7	21.2	0.8
Calamari with Caesar Dressing	647	2696	40.3	4.2	58.6	3.8	5.0	14.6	3.5	323	1348	20.2	2.1	29.3	1.9	2.5	7.3	1.8
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 - With Gluten Free Dough Balls	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	387	1537	18.3	3.5	22.0	1.9	1.9	28.3	1.9	201	800	9.5	1.8	11.5	1.0	1.0	14.7	1.0

NEW STARTERS

Energy

SERVING

Energy

PER 100 grams

kcal

kJ

Fat g

Saturates g

Carbohydrates g

Sugars g

Fibre g

Protein g

Salt g

kcal

kJ

Fat g

Saturates g

Carbohydrates g

Sugars g

Fibre g

Protein g

Salt g

Starters

Mushrooms Aranicini

346

1446

17.6

3.9

40.3

2.2

1.6

7.2

1.2

235

983

12.0

2.7

27.4

1.5

1.1

4.9

0.8

Dynamite Dough Balls

483

2013

25.0

2.7

55.2

7.3

3.0

10.2

2.1

326

1360

16.9

1.8

37.3

4.9

2.0

6.9

1.4

Dynamite Dough Balls Gluten Free

537

2240

29.9

2.8

58.4

6.8

2.8

2.8

2.3

323

1349

18.0

1.7

35.2

4.1

1.7

1.7

1.4

	Energy		SERVING							Energy		PER 100 grams							
	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	
Romana, Calabrese and Calzone Pizzas																			
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 Gluten Free (selected restaurants only)	818	3430	28.9	12.0	115.7	2.7	6.2	26.2	3.8	278	1167	9.8	4.1	39.4	0.9	2.1	8.9	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	
Margherita Vegan Gluten Free (selected restaurants only)	709	2973	23.0	12.3	122.5	3.3	6.6	5.7	4.2	249	1043	8.1	4.3	43.0	1.1	2.3	2.0	1.5	
American	1087	4553	43.4	17.9	120.1	13.9	6.6	56.9	5.3	313	1312	12.5	5.2	34.6	4.0	1.9	16.4	1.5	
American Gluten Free (selected restaurants only)	1038	4344	42.7	17.7	123.3	6.5	4.0	41.3	5.1	309	1293	12.7	5.3	36.7	1.9	1.2	12.3	1.5	
American Hot - Hot Green or Jalapeno Peppers	1019	4274	41.4	15.7	113.8	12.2	6.8	51.1	6.1	283	1187	11.5	4.4	31.6	3.4	1.9	14.2	1.7	
American Hot - Hot Green or Jalapeno Peppers Gluten Free (selected restaurants only)	970	4065	40.7	15.5	117.0	4.8	4.2	35.5	5.9	278	1165	11.7	4.4	33.5	1.4	1.2	10.2	1.7	
Padana	989	4152	31.7	13.9	140.2	32.9	9.7	40.1	4.4	234	983	7.5	3.3	33.2	7.8	2.3	9.5	1.0	
Padana Gluten Free (selected restaurants only)	940	3943	31.0	13.7	143.4	25.5	7.1	24.5	4.2	229	959	7.5	3.3	34.9	6.2	1.7	6.0	1.0	
Padana - Vegan	887	3726	24.8	12.3	148.3	28.1	14.7	24.7	4.9	211	887	5.9	2.9	35.3	6.7	3.5	5.9	1.2	
Padana - Vegan Gluten Free (selected restaurants only)	838	3517	24.1	12.1	151.5	20.7	12.1	9.1	4.7	205	860	5.9	2.9	37.0	5.1	3.0	2.2	1.2	
La Reine	928	3900	29.9	12.3	114.5	10.5	10.5	55.5	5.8	239	1005	7.7	3.2	29.5	2.7	2.7	14.3	1.5	
La Reine Gluten Free (selected restaurants only)	879	3691	29.2	12.1	117.7	3.1	7.9	39.9	5.6	233	979	7.7	3.2	31.2	0.8	2.1	10.6	1.5	
Fiorentina	1042	4370	40.4	14.7	125.8	13.8	11.9	49.6	5.0	227	952	8.8	3.2	27.4	3.0	2.6	10.8	1.1	
Fiorentina Gluten Free (selected restaurants only)	993	4161	39.7	14.5	129.0	6.4	9.3	34.0	4.8	222	929	8.9	3.2	28.8	1.4	2.1	7.6	1.1	
Pollo ad Astra	1006	4231	29.7	12.0	123.2	16.4	14.2	68.7	5.8	227	955	6.7	2.7	27.8	3.7	3.2	15.5	1.3	
Pollo ad Astra Gluten Free (selected restaurants only)	957	4022	29.0	11.8	126.4	9.0	11.6	53.1	5.6	222	931	6.7	2.7	29.2	2.1	2.7	12.3	1.3	
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	
Spicy Giuseppe Gluten Free (selected restaurants only)	1138	4758	54.2	21.4	123.3	9.0	7.7	42.6	8.2	248	1039	11.8	4.7	26.9	2.0	1.7	9.3	1.8	

	Energy		SERVING							Energy		PER 100 grams						
	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Romana, Calabrese and Calzone Pizzas																		
Sloppy Giuseppe	1025	4315	35.7	16.1	124.1	15.0	8.5	56.4	7.1	218	918	7.6	3.4	26.4	3.2	1.8	12.0	1.5
Sloppy Giuseppe Gluten Free (selected restaurants only)	976	4106	35.0	15.9	127.3	7.6	5.9	40.8	6.9	213	895	7.6	3.5	27.7	1.7	1.3	8.9	1.5
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
Garlic Prawn Gluten Free (selected restaurants only)	984	4123	37.9	12.7	129.9	4.3	5.6	32.6	5.0	233	975	9.0	3.0	30.7	1.0	1.3	7.7	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 Gluten Free (selected restaurants only)	998	4176	42.8	16.9	123.9	3.6	10.9	34.2	4.4	243	1016	10.4	4.1	30.1	0.9	2.7	8.3	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
Funghi di Bosco Vegan Gluten Free (selected restaurants only)	839	3518	34.1	15.0	127.9	4.3	10.3	10.2	4.5	221	926	9.0	4.0	33.7	1.1	2.7	2.7	1.2
Calabrese	1272	5320	63.3	26.5	119.7	7.4	14.9	63.3	6.6	239	1000	11.9	5.0	22.5	1.4	2.8	11.9	1.2
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
Vegan Giardiniera Gluten Free (selected restaurants only)	968	4046	43.8	14.1	139.2	5.7	10.5	8.6	5.9	205	855	9.3	3.0	29.4	1.2	2.2	1.8	1.3
Calzone 'Nduja	1021	4267	49.6	20.0	100.8	14.9	8.3	46.7	6.8	247	1033	12.0	4.8	24.4	3.6	2.0	11.3	1.7
Calzone 'Nduja Dine Out	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
BBQ Burnt Ends	1157	4865	35.0	14.7	153.3	42.5	10.6	62.0	7.5	261	1098	7.9	3.3	34.6	9.6	2.4	14	1.7
BBQ Burnt Ends Gluten Free (selected restaurants only)	1108	4656	34.3	14.5	156.5	35.1	8.0	46.4	7.3	256	1078	7.9	3.3	36.2	8.1	1.9	10.7	1.7
Chicken Italiano	1258	5269	58.1	21.1	116.8	14.4	10.4	72.1	5.0	253	1060	11.7	4.25	23.5	2.9	2.1	14.5	1.0
Chicken & Bacon (Delivery Exclusive)	1050	4412	39.8	14.3	108.3	12.3	7.2	68.5	4.8	248	1043	9.4	3.39	25.6	2.9	1.7	16.2	1.1
Vegan Mezze	949	3981	35.7	3.8	137.4	19.7	14.7	26.6	4.6	207	869	7.8	0.8	30.0	4.3	3.2	5.8	1.0
Vegan Mezze Gluten Free (selected restaurants only)	900	3772	35.0	3.6	140.6	12.3	12.1	11.0	4.4	201	844	7.8	0.8	31.5	2.8	2.7	2.5	1.0
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
Smoky BBQ Chicken Gluten Free (selected restaurants only)	996	4184	24.6	12.3	152.7	27.6	8.0	43.7	5.4	222	932	5.5	2.7	34.0	6.1	1.8	9.7	1.2

	Energy		SERVING							Energy		PER 100 grams						
	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Classic & Large Classic Pizzas																		
American	912	3839	32.7	13.2	114.8	12.2	4.5	42.1	4.7	262	1103	9.4	3.8	33.0	3.5	1.3	12.1	1.4
American Gluten Free	863	3630	32.0	13.0	118.0	4.8	1.9	26.5	4.5	256	1077	9.5	3.9	35.0	1.4	0.6	7.9	1.3
American Large Classic	1494	6286	52.6	21.9	186.2	17.9	8.4	73.6	7.4	284	1195	10.0	4.2	35.4	3.4	1.6	14.0	1.4
American Hot –Hot Green Peppers or Jalapenos Peppers	940	3943	34.6	13.5	116.8	13.5	4.0	41.9	5.8	258	1083	9.5	3.7	32.1	3.7	1.1	11.5	1.6
American Hot – Hot Green Pepper or Jalapeno Peppers Gluten Free	891	3734	33.9	13.3	120.0	6.1	1.4	26.3	5.6	252	1058	9.6	3.8	34.0	1.7	0.4	7.4	1.6
American Hot – Hot Green or Jalapeno Peppers Large Classic	1604	6735	54.8	23.2	208.0	19.7	10.7	74.5	8.9	269	1130	9.2	3.9	34.9	3.3	1.8	12.5	1.5
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 Large Classic	1399	5887	37.4	14.9	202.8	18.2	10.4	67.6	6.8	269	1132	7.2	2.9	39.0	3.5	2.0	13.0	1.3
Margherita Vegan	675	2835	18.0	8.0	111.0	10.3	6.8	20.4	3.9	229	963	6.1	2.7	37.7	3.5	2.3	6.9	1.3
Margherita Vegan Gluten Free	626	2626	17.3	7.8	114.2	2.9	4.2	4.8	3.7	221	927	6.1	2.8	40.3	1.0	1.5	1.7	1.3
Margherita Vegan Large Classic	1238	5216	30.2	15.5	210.1	18.7	14.0	38.3	7.3	238	1003	5.8	3.0	40.4	3.6	2.7	7.4	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	8.6	3.2	29.7	0.8	1.4	6.9	1.1
Funghi di Bosco Large Classic	1553	6518	48.9	19.0	209.9	16.7	10.9	72.8	7.1	241	1012	7.6	3.0	32.6	2.6	1.7	11.3	1.1
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	6.8	2.6	31.0	0.8	2.0	2.2	1.0
Funghi di Bosco Vegan Large Classic	1358	5704	37.8	16.4	217.6	15.5	12.4	42.2	7.3	219	920	6.1	2.7	35.1	2.5	2.0	6.8	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	862	6.6	2.2	29.8	1.2	1.0	7.0	1.2
Garlic Prawn Large Classic	1515	6367	43.7	17.1	211.3	18.8	7.4	72.0	7.6	225	946	6.5	2.5	31.4	2.8	1.1	10.7	1.1
La Reine	935	3939	26.4	10.0	133.2	12.2	5.9	44.0	5.8	223	940	6.3	2.4	31.8	2.9	1.4	10.5	1.4
La Reine Gluten Free	886	3730	25.7	9.8	136.4	4.8	3.3	28.4	5.6	217	914	6.3	2.4	33.4	1.2	0.8	7.0	1.4
La Reina Large Classic	1482	6240	43.2	18.1	205.2	18.6	15.0	75.6	8.4	247	1040	7.2	3.0	34.2	3.1	2.5	12.6	1.4
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
Sloppy Giuseppe Large Classic	1674	7030	53.4	24.6	215.1	19.0	9.8	87.2	10.0	238	1000	7.6	3.5	30.6	2.7	1.4	12.4	1.4

	Energy		SERVING							Energy		PER 100 grams						
	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Classic & Large Classic Pizzas																		
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
Spicy Giuseppe Large Classic	1755	7354	64.4	25.8	214.8	19.3	10.0	83.1	9.7	245	1027	9	4	30	3	1	12	1
Fiorentina	980	4123	33.5	12.5	121.3	8.7	4.4	50.9	4.9	202	850	6.9	2.6	25.0	1.8	0.9	10.5	1.0
Fiorentina Gluten Free	931	3914	32.8	12.3	124.5	1.3	1.8	35.3	4.7	196	826	6.9	2.6	26.3	0.3	0.4	7.5	1.0
Fiorentina Large Classic	1578	6626	49.2	19.3	214.3	17.5	12.1	74.8	7.5	234	983	7.3	2.9	31.8	2.6	1.8	11.1	1.1
Vegan Giardiniera	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
Vegan Giardiniera Large Classic	1425	5986	42.7	16.5	222.9	18.6	11.0	41.7	8.9	207	870	6.2	2.4	32.4	2.7	1.6	6.1	1.3
Padana	900	3788	26.6	11.6	131.5	25.4	11.7	39.6	4.1	223	939	6.6	2.9	32.6	6.3	2.9	9.8	1.0
Padana Gluten Free	851	3579	25.9	11.4	134.7	18.0	9.1	24.0	3.9	217	912	6.6	2.9	34.3	4.6	2.3	6.1	1.0
Padana Large Classic	1472	6211	36.2	15.7	225.5	35.6	13.3	68.1	7.2	244	1030	6.0	2.6	37.4	5.9	2.2	11.3	1.2
Padana Vegan	847	3568	19.4	8.4	146.4	29.5	6.6	24.9	4.5	192	809	4.4	1.9	33.2	6.7	1.5	5.7	1.0
Padana Vegan Gluten Free	798	3359	18.7	8.2	149.6	22.1	4.0	9.3	4.3	186	781	4.3	1.9	34.8	5.2	0.9	2.2	1.0
Padana – Vegan Large Classic	1338	5642	30.3	15.1	232.2	37.2	12.6	40.4	7.3	212	894	4.8	2.4	36.8	5.9	2.0	6.4	1.2
Pollo ad Astra	952	4015	25.9	11.0	122.0	16.6	4.2	60.1	5.5	206	869	5.6	2.4	26.4	3.6	0.9	13.0	1.2
Pollo ad Atra Gluten Free	903	3806	25.2	10.8	125.2	9.2	1.6	44.5	5.3	200	844	5.6	2.4	27.8	2.0	0.3	9.9	1.2
Pollo ad Astra Large Classic	1574	6640	41.2	17.2	215.8	25.2	10.0	90.3	8.5	237	1000	6.2	2.6	32.5	3.8	1.5	13.6	1.3
BBQ Burnt Ends	976	4116	26.3	12.0	133.4	32.1	8.3	55.9	5.4	234	987	6.3	2.9	32.0	7.7	2.0	13.4	1.3
BBQ Burnt Ends Gluten	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
BBQ Burnt Ends Gluten Large Classic	1668	7023	48.6	19.8	242.1	48.6	14.8	73.2	9.5	237	998	6.9	2.8	34.4	6.9	2.1	10.4	1.4
Pollo Italiano (Delivery Exclusive)	1126	4721	47.3	15.9	115.9	11.8	7.6	62.9	4.7	238	998	10.0	3.4	24.5	2.5	1.6	13.3	1.0
Pollo Italiano Gluten Free (Delivery Exclusive)	1077	4512	46.6	15.7	119.1	4.4	5.0	47.3	4.5	233	977	10.1	3.4	25.8	1.0	1.1	10.2	1.0
Pollo Italiano (Delivery Exclusive) Large Classic	1795	7549	67.8	26.0	187.7	18.5	11.0	114.4	8.2	262	1102	9.9	3.8	27.4	2.7	1.6	16.7	1.2
Vegan Mezze	912	3813	36.3	3.9	128.8	18.1	16.3	25.1	4.7	196	820	7.8	0.8	27.7	3.9	3.5	5.4	1.0
Vegan Mezze Gluten-Free	863	3604	35.6	3.7	132.0	10.7	13.7	9.5	4.5	190	794	7.8	0.8	29.1	2.4	3.0	2.1	1.0
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
Smoky BBQ Chicken Large Classic	1567	6613	34.1	15.7	232.2	47.0	10.9	88.5	8.2	230	971	5.0	2.3	34.1	6.9	1.6	13.0	1.2
Chicken & Bacon (Delivery Exclusive)	983	4131	35.7	12.0	108.6	12.0	7.5	60.5	4.6	237	996	8.6	2.89	26.2	2.9	1.8	14.6	1.1
Chicken & Bacon GF (Delivery Exclusive)	934	3922	35.0	11.8	111.8	4.6	4.9	44.9	4.4	231	972	8.7	2.9	27.7	1.1	1.2	11.1	1.1
Chicken & Bacon Large Classic (Delivery Exclusive)	1669	7030	52.5	19.9	209.2	16.8	8.7	94.8	7.9	248	1045	7.8	2.96	31.1	2.5	1.3	14.1	1.2

	Energy		SERVING							Energy		PER 100 grams						
	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Leggera Pizzas																		
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	667	2007	10.6	2.7	107.1	17.3	7.5	39.3	4.0	193	580	3.1	0.8	31.0	5.0	2.2	11.4	1.2
Padana	554	2337	10.2	4.4	97.0	16.7	7.3	22.1	2.9	208	877	3.8	1.7	36.4	6.3	2.7	8.3	1.1
American Hot	672	2832	16.7	5.9	100.2	9.7	7.9	34.1	4.5	230	971	5.7	2.0	34.4	3.3	2.7	11.7	1.5
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

NEW PIZZAS	Energy		SERVING							Energy		PER 100 grams						
	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Romana, Large Classic, Calabrese & Calzone Pizzas																		
Soho 65	1226	5122	61.0	24.0	114.6	6.1	7.0	57.3	5.1	263	1099	13.1	5.2	24.6	1.3	1.5	12.3	1.1
American Hottest	1277	5338	66.2	25.7	117.9	12.0	12.8	58.9	6.7	299	1250	15.5	6.0	27.6	2.8	3.0	13.8	1.6
American Hottest Gluten Free (selected restaurants only)	1228	5129	65.5	25.5	121.1	4.6	10.2	43.3	6.5	295	1233	15.7	6.1	29.1	1.1	2.5	10.4	1.6
Chicken Italiano Calzone	925	3885	37.4	12.5	100.6	12.5	3.5	48.4	4.4	237	996	9.6	3.2	25.8	3.2	0.9	12.4	1.1
Chicken Italiano Calzone Dine Out	839	3519	36.2	13.1	88.5	12.2	4.6	44.5	4.0	247	1035	10.7	3.8	26.0	3.6	1.3	13.1	1.2
Double American cheese	1271	5319	60.9	26.8	121.0	12.6	11.4	65.4	7.3	313	1310	15.0	6.6	29.8	3.1	2.8	16.1	1.8
Double American cheese Gluten Free (selected restaurants only)	1222	5110	60.2	26.6	124.2	5.2	8.8	49.8	7.1	309	1068	12.6	5.6	26.0	1.1	1.8	10.4	1.5
Classic & Large Classics Pizzas																		
American Hottest	1163	4870	56.2	22.0	118.9	12.4	10.2	50.7	6.6	273	1143	13.2	5.2	27.9	2.9	2.4	11.9	1.5
American Hottest Gluten-Free	1114	4661	55.5	21.8	122.1	5.0	7.6	35.1	6.4	268	1123	13.4	5.2	29.4	1.2	1.8	8.5	1.5
American Hottest Large Classic	1864	7824	74.3	30.7	201.6	17.9	15.9	89.5	9.8	281	1180	11.2	4.6	30.4	2.7	2.4	13.5	1.5
Double American cheese	1101	4606	47.9	20.9	108.1	12.2	5.1	61.3	6.5	280	1172	12.2	5.3	27.5	3.1	1.3	15.6	1.7
Double American cheese Gluten-Free	1052	4397	47.2	20.7	111.3	4.8	2.5	45.7	6.3	253	1060	11.4	5.0	26.8	1.2	0.6	11.0	1.5
Double American cheese Large Classic	1712	7192	59.4	25.6	213.4	20.8	8.9	85.0	9.8	288	1210	10.0	4.3	35.9	3.5	1.5	14.3	1.7

	Energy		SERVING							Energy		PER 100 grams						
	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Al Forno																		
Lasagna Classica	597	2500	30.0	13.1	52.0	8.9	3.8	31.6	3.6	141	591	7.1	3.1	12.3	2.1	0.9	7.5	0.9
Pollo Pesto	1091	4562	60.1	21.4	93.5	6.1	5.0	47.0	2.8	196	820	10.8	3.8	16.8	1.1	0.9	8.4	0.5
Cannelloni	757	3156	40.6	20.0	61.3	7.4	5.9	39.3	3.7	153	638	8.2	4.1	12.4	1.5	1.2	7.9	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	516	2147	35.2	3.4	44.2	9.9	3.9	6.1	3.0	240	999	16.4	1.6	20.6	4.6	1.8	2.8	1.4
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
Rocket Salad	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
Rainbow 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

NEW AL FORNO & SIDES	Energy		SERVING							Energy		PER 100 grams						
	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Al Forno																		
Carbonara	1072	4467	68.8	31.1	79.6	3.3	2.1	33.4	3.0	257	1071	16.5	7.5	19.1	0.8	0.5	8.0	0.7
Prawn Peperonata	422	1773	4.2	1.1	81.0	5.3	8.4	19.5	3.2	80.1	337	0.8	0.2	15.4	1	1.6	3.7	0.6
Sides																		
Potato Salad	231	596	1.4	0.2	30.3	7.1	3.1	3.0	1.0	118	304	0.7	0.1	15.5	3.6	1.6	1.5	0.5

	Energy		SERVING							Energy		PER 100 grams						
	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Salads With Dressings no Dough Sticks																		
Chicken Caesar	711	2969	45.0	8.9	27.2	6.3	3.3	49.5	4.8	191	798	12.1	2.4	7.3	1.7	0.9	13.3	1.3
Niçoise	566	2356	35.9	4.9	19.0	6.0	5.4	41.3	4.9	104	433	6.6	0.9	3.5	1.1	1.0	7.6	0.9
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

NEW SALADS	Energy		SERVING							Energy		PER 100 grams						
	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Salad																		
Vegan Buddha Bowl	491	2062	26.7	2.5	47.7	19.5	11.2	14.4	2.5	136	571	7.4	0.7	13.2	5.4	3.1	4.0	0.7
Goats Cheese & Beetroot Buddha Bowl	594	2487	36.4	9.9	46.3	20.2	9.9	19.0	3.2	150	628	9.2	2.5	11.7	5.1	2.5	4.8	0.8
Crispy Chicken Buddha Bowl	887	3709	44.3	10.1	76.9	21.3	12.3	42.6	3.9	158	661	7.9	1.8	13.7	3.8	2.2	7.6	0.7

	Energy		SERVING							Energy		PER 100 grams						
	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Dips																		
House dressing	89	367	9.0	0.6	1.5	1.2	0.2	0.1	0.4	296	1222	30.0	2.1	4.9	3.9	0.5	0.2	1.4
Caesar dressing	106	437	10.2	1.1	6.3	2.0	0.1	0.8	0.7	352	1454	34.0	3.7	21.0	6.5	0.4	2.7	2.2
Honey mustard dressing	197	813	17.6	1.3	8.1	7.7	0.5	0.6	1.0	436	1805	39.0	2.8	18.0	17.0	1.0	1.4	2.2
Italian Tomato Dip	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
Smoky Tomato Harissa	163	670	16.0	2.0	3.3	2.5	1.4	0.7	0.9	541	2231	53.3	6.7	10.9	8.4	4.6	2.2	3.0
Garlic & Herbs dip	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
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
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

	Energy		SERVING							Energy		PER 100 grams						
	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Extra Toppings																		
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
Mozzarella Large Classic	350	1454	25.1	16.0	1.2	1.2	0.0	29.0	1.2	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 Classic	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
Vegan Mozzarella Alternative Romana	156	646	13.5	11.6	5.4	0.3	2.0	0.6	0.9	208	861	18.0	15.4	7.2	0.3	2.6	0.8	1.3
Vegan Mozzarella Alternative Create your Own	52	216	4.5	3.9	1.8	0.1	0.7	0.2	0.3	208	861	18.0	15.4	7.2	0.3	2.6	0.8	1.3
Vegan Mozzarella Alternative Large Classic	208	861	18.0	15.4	7.2	0.3	2.6	0.8	1.3	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
Pancetta Sliced	155	641	12.8	5.1	0.2	0.2	0.0	9.6	1.4	386	1601	32.0	12.8	0.5	0.5	0.0	24.0	3.5
Spiced Pineapple Salsa	66	278	0.1	0.0	16.1	14.4	0.5	0.2	0.3	163	694	0.3	0.0	40.1	36.1	1.3	0.5	0.8

	Energy		SERVING							Energy		PER 100 grams						
	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	kcal	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 Dine Out	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
Honeycombed Cream Slice (cake and chocolate sauce only)	509	2123	27.2	13.0	59.4	42.4	1.2	6.0	0.9	391	1633	20.9	10.0	45.7	32.6	0.9	4.6	0.7
Chocolate Fondant	578	2418	33.9	15.8	57.8	48.2	4.2	8.9	0.2	344	1439	20.2	9.4	34.4	28.7	2.5	5.3	0.1
Chocolate Fudge Cake (cake only)	277	1167	8.3	3.9	46.0	30.1	1.4	5.3	0.9	318	1341	9.5	4.5	52.9	34.6	1.6	6.1	1.1
Tiramisu	507	2114	21.7	16.7	70.9	51.2	1.2	6.1	0.2	257	1073	11.0	8.5	36.0	26.0	0.6	3.1	0.1
Coppa Gelato – Vanilla + choc straw	254	1060	10.6	7.1	33.1	33.0	1.1	5.8	0.2	203	848	8.5	5.7	26.5	26.4	0.9	4.6	0.2
Coppa Gelato – Salted Caramel + choc straw	288	1200	14.6	9.4	34.3	31.3	0.6	4.5	0.6	230	960	11.7	7.5	27.4	25.0	0.5	3.6	0.5
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
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
Lime and Basil Sorbet	143	598	0.4	0.4	34.8	30.8	0.0	0.1	0.0	119	498	0.3	0.3	29	25.7	0	0.1	0
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
Baked Vanilla Cheesecake	545	2283	36.0	20.3	46.8	32.7	1.3	5.6	0.8	392	1642	25.9	14.6	33.7	23.5	0.9	4.0	0.6
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

	Energy		SERVING							Energy		PER 100 grams							
	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	
Dolcetti																			
Gluten Free Brownie excluding coffee	204	854	11.3	5.0	22.6	19.6	1.5	2.3	0.1	416	1741	23.0	10.2	46.2	40.0	3.1	4.6	0.1	
Caffe reale excluding coffee	254	1062	13.3	9.0	28.9	22.2	4.4	2.4	1.5	343	1434	18.0	12.2	39.0	30.0	5.9	3.2	2.0	
Biscoff Cheesecake excluding coffee option	306	1277	22.8	9.6	25.4	14.6	0.6	2.7	0.3	449	1877	29.5	11.3	41.8	23.8	0.8	4.4	0.6	
Stem Ginger Cake excluding coffee	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	
Stem Ginger 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	
Lime and Basil Sorbet	72	299	22.8	9.6	25.4	14.6	0.6	2.7	0.3	119	498	0.3	0.3	29.0	25.7	0.0	0.1	0.0	

NEW DESSERTS	Energy		SERVING							Energy		PER 100 grams							
	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	
Desserts																			
Biscoff Billionaire	659	2750	39.4	16.5	66.8	58.3	0.7	9.0	0.7	279	1165	16.7	7.0	28.3	24.7	0.3	3.8	0.3	
Summer Berry & White Chocolate	518	2165	24.5	16.5	62.5	62.5	1.8	10.0	0.3	207	866	9.8	6.6	25.0	25.0	0.7	4.0	0.1	

	Energy		SERVING								Energy		PER 100 grams							
	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	kcal	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	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 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 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 Pasta																				
Bolognese Pasta	318	1341	4.5	2.1	57.0	0.3	5.3	14.8	1.1	113	477	1.6	0.8	20.3	0.1	1.9	5.3	0.4		
Creamy Pesto	441	1839	24.4	7.7	49.5	2.6	1.7	6.4	1.3	204	851	11.3	3.6	22.9	1.2	0.8	3.0	0.6		
Napoletana Pasta	297	1253	5.4	2.7	57.1	7.0	2.7	6.1	0.7	143	605	2.6	1.3	27.6	3.4	1.3	3.0	0.4		

	Energy		SERVING							Energy		PER 100 grams						
	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	kcal	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
American	452	1901	14.5	6.0	57.4	6.4	0.8	22.8	2.4	277	1166	8.9	3.7	35.2	3.9	0.5	14.0	1.5
American Gluten Free	361	1516	13.7	5.8	42.2	3.8	-1.6	15.0	1.7	231	972	8.8	3.7	27.0	2.4	-1.0	9.6	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
Ham & Mushrooms	425	1783	12.8	4.6	60.0	6.4	5.7	19.9	2.6	232	974	7.0	2.5	32.8	3.5	3.1	10.9	1.4
Ham & Mushrooms Gluten Free	334	1398	12.0	4.4	44.8	3.8	3.3	12.1	1.9	190	794	6.8	2.5	25.5	2.2	1.9	6.9	1.1
Ham & Mushrooms Vegan Mozz Alternative	344	1447	9.2	4.2	54.0	4.8	3.5	13.0	2.5	195	822	5.2	2.4	30.7	2.7	2.0	7.4	1.4
Ham & Mushrooms Vegan Mozz Alternative Gluten Free	253	1062	8.4	4.0	38.8	2.2	1.1	5.2	1.8	150	628	4.9	2.4	23.0	1.3	0.7	3.1	1.1
Ham & Mushrooms Light Mozzarella	392	1649	9.5	3.0	55.5	5.0	2.3	22.1	2.5	202	850	4.9	1.5	28.6	2.6	1.2	11.4	1.3
Ham & Mushrooms Light Mozzarella Gluten Free	301	1264	8.7	2.8	40.3	2.4	-0.1	14.3	1.8	161	676	4.7	1.5	21.5	1.3	0.0	7.7	1.0
Pollo	415	1747	10.6	4.2	57.9	6.1	3.3	23.5	2.1	238	1004	6.1	2.4	33.3	3.5	1.9	13.5	1.2
Pollo Gluten Free	324	1362	9.8	4.0	42.7	3.5	0.9	15.7	1.4	194	816	5.9	2.4	25.6	2.1	0.5	9.4	0.8
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
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
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

	Energy		SERVING							Energy		PER 100 grams						
	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	kcal	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
Sunshine Oranje	38	162	0.0	0.0	8.8	8.8	0.0	0.2	0.0	19	81	0.0	0.0	4.4	4.4	0.0	0.1	0.0

Breakfast (selected restaurants only)

	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
Cooked Breakfast																		
The Full Works – poached eggs	1196	4997	65.0	30.0	84.0	14.0	11.0	63.0	7.1	184	768	10.0	4.6	13.0	2.1	1.7	9.7	1.1
The Full Works – fried eggs	1213	5063	67.0	30.0	84.0	14.0	11.0	62.0	7.2	189	789	10.0	4.6	13.0	2.2	1.7	9.7	1.1
The Full Works – scrambled eggs	1299	5420	77.0	38.0	84.0	14.0	11.0	63.0	7.4	198	824	12.0	5.7	13.0	2.1	1.7	9.5	1.1
The Full Veggie – poached eggs	1104	4611	58.0	22.0	89.0	15.0	16.0	48.0	3.8	164	687	8.7	3.2	13.0	2.2	2.4	7.1	0.6
The Full Veggie – fried eggs	1120	4677	60.0	22.0	89.0	15.0	16.0	47.0	3.9	169	707	9.1	3.3	13.0	2.3	2.5	7.1	0.6
The Full Veggie – scrambled eggs	1207	5033	70.0	29.0	90.0	15.0	16.0	47.0	4.1	178	742	10.0	4.3	13.0	2.2	2.4	7.0	0.6
The Light Works – poached eggs	995	4152	61.0	29.0	57.0	3.5	4.3	53.0	6.4	275	1148	17.0	8.0	16.0	1.0	1.2	15.0	1.8
The Light Works – fried eggs	1011	4218	63.0	29.0	57.0	3.5	4.3	53.0	6.5	287	1198	18.0	8.2	16.0	1.0	1.2	15.0	1.8
The Light Works – scrambled eggs	1098	4575	72.0	37.0	57.0	3.8	4.3	53.0	6.7	298	1242	20.0	10.0	16.0	1.0	1.2	14.0	1.8
The Light Veggie – poached eggs	903	3766	54.0	21.0	62.0	4.7	9.8	38.0	3.1	236	986	14.0	5.5	16.0	1.2	2.6	10.0	0.8
The Light Veggie – fried eggs	919	3832	56.0	21.0	62.0	4.7	9.8	37.0	3.2	247	1029	15.0	5.6	17.0	1.3	2.6	10.0	0.9
The Light Veggie – scrambled eggs	1006	4188	65.0	29.0	62.0	4.9	9.8	38.0	3.3	259	1077	17.0	7.4	16.0	1.3	2.5	9.7	0.9
Shakshuka Baked Eggs	485	2041	13.0	2.9	65.0	18.0	4.7	24.0	3.1	145	612	3.9	0.9	20.0	5.4	1.4	7.3	0.9
Optional items/extras:																		
<i>2 Fried Eggs</i>	164	682	13.0	3.0	0.0	0.0	0.0	12.0	0.4	181	753	14.0	3.3	0.0	0.0	0.0	14.0	0.4
<i>2 Poached Eggs</i>	149	618	11.0	3.0	0.0	0.0	0.0	13.0	0.3	149	618	11.0	3.0	0.0	0.0	0.0	13.0	0.3
<i>2 Scrambled Eggs</i>	251	1038	22.0	11.0	0.0	0.0	0.0	13.0	0.6	235	972	21.0	10.0	0.0	0.0	0.0	12.0	0.5
<i>Sour Dough Toast with Butter</i>	294	1228	18.0	11.0	28.0	1.6	1.5	4.8	3.0	405	1689	25.0	15.0	38.0	2.3	2.1	6.5	4.1
<i>GF Toast with Butter</i>	328	1363	21.0	11.0	31.0	2.0	6.4	1.7	1.0	364	1515	23.0	12.0	34.0	2.2	7.1	1.8	1.1
<i>Extra Spinach</i>	10	41	0.0	0.0	0.8	0.0	0.5	1.0	0.1	35	148	0.7	0.0	2.9	0.0	1.9	3.4	0.3
<i>Extra Pancetta (2 slices)</i>	62	256	5.1	2.0	0.0	0.0	0.0	3.8	0.6	772	3201	64.0	26.0	1.0	1.0	0.0	48.0	7.0
<i>Extra Goats Cheese</i>	109	456	9.5	6.3	0.5	0.0	0.0	5.6	0.4	311	1302	27.0	18.0	1.0	0.5	0.0	16.0	1.2

	PER SERVING										PER 100 G								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrate s g	Sugars g	Fibre g	Protein g	Salt g	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrate s g	Sugars g	Fibre g	Protein g	Salt g	
Pancake & Pastries																			
Pancetta & Maple Syrup Pancakes	531	2223	27.0	14.0	60.0	27.0	1.7	11.0	1.5	318	1331	16.0	8.3	36.0	16.0	1.0	6.5	0.9	
Blueberries & Mascarpone Pancakes	389	1637	12.0	6.3	63.0	30.0	2.5	6.7	0.4	185	780	5.5	3.0	30.0	14.0	1.2	3.2	0.2	
All-butter Croissant with Butter	384	1596	28.0	19.0	27.0	3.8	1.3	5.5	0.8	541	2247	39.0	27.0	38.0	5.3	1.9	7.8	1.2	
Pain au Chocolat	304	1269	16.0	8.3	33.0	9.7	2.3	6.3	0.5	476	1991	25.0	13.0	52.0	15.0	3.6	9.9	0.8	
Pain aux Raisins	337	1411	17.0	7.7	40.0	16.0	1.2	4.5	0.8	413	1729	21.0	9.4	49.0	20.0	1.4	5.5	0.9	
Breakfast Dough Balls with Butter	403	1691	18.0	11.0	50.0	3.4	2.5	9.6	1.8	392	1641	17.0	10.0	48.0	3.3	2.4	9.3	1.7	
Breakfast Dough Balls GF Version with Butter	430	1800	23.0	11.0	53.0	2.9	2.4	2.3	1.9	1487	356	19.0	9.3	44.0	2.4	2.0	1.9	1.6	
Fresh Fruit & Yoghurt Bowl	132	554	5.2	1.9	15.0	14.0	3.4	3.7	0.0	68	284	2.6	1.0	7.8	7.2	1.7	1.9	0.0	
<i>Preserves:</i>																			
<i>Strawberry Jam</i>	67	287	0.0	0.0	17.0	15.0	0.5	0.0	0.0	241	1024	0.0	0.0	59.0	55.0	1.6	0.0	0.1	
<i>Raspberry Jam</i>	67	284	0.0	0.0	16.0	15.0	0.5	0.0	0.0	239	1013	0.0	0.0	58.0	55.0	1.6	0.6	0.1	
<i>Marmalade</i>	67	286	0.0	0.0	17.0	16.0	0.1	0.0	0.0	240	1020	0.0	0.0	59.0	56.0	0.5	0.0	0.1	
<i>Honey</i>	91	389	0.0	0.0	23.0	21.0	0.0	0.0	0.0	327	1388	0.0	0.0	81.0	75.0	0.0	0.0	0.1	
Pizzas																			
Classic Italian Bacon & Egg Pizza	1016	4276	32.0	15.0	125.0	17.0	7.5	53.0	5.7	261	1096	8.2	3.7	32.0	4.3	1.9	14.0	1.5	
Classic Italian Bacon & Egg Pizza GF Version	956	4022	31.0	14.0	129.0	9.4	4.8	37.0	5.5	256	1075	8.4	3.8	34.0	2.5	1.3	9.9	1.5	
Romana Italian Bacon & Egg Pizza	1080	4537	41.0	19.0	115.0	15.0	6.7	59.0	6.1	273	1144	10.0	4.9	29.0	3.8	1.7	15.0	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
Small Plates																		
Eggs on Bruschetta – poached eggs	450	1888	17.0	6.0	50.0	2.6	2.6	23.0	1.8	230	965	8.8	3.1	25.0	1.3	1.3	12.0	0.9
Eggs on Bruschetta – fried eggs	466	1954	19.0	6.0	50.0	2.6	2.6	22.0	1.9	250	1050	10.0	3.2	27.0	1.4	1.4	12.0	1.0
Eggs on Bruschetta – scrambled eggs	552	2310	29.0	14.0	50.0	2.8	2.6	22.0	2.1	273	1142	14.0	6.8	25.0	1.4	1.3	11.0	1.0
Smashed Avocado & Poached Eggs	592	2474	31.0	9.3	51.0	2.9	5.0	24.0	1.9	215	898	11.0	3.4	18.0	1.1	1.8	8.7	0.7
Eggs Benedict	690	2879	40.0	14.0	51.0	3.2	2.6	29.0	3.0	279	1163	16.0	5.5	21.0	1.3	1.1	12.0	1.2
Eggs Royale	680	2840	38.0	11.0	51.0	3.1	2.6	32.0	3.4	245	1023	14.0	4.1	18.0	1.1	0.9	11.0	1.2
Eggs Florentine	607	2537	33.0	11.0	52.0	3.1	3.1	24.0	2.2	230	962	12.0	4.0	20.0	1.2	1.2	9.1	0.8
<i>Swaps / Extras:</i>																		
<i>Sour Dough Toast with Butter</i>	294	1228	18.0	11.0	28.0	1.6	1.5	4.8	3.0	405	1689	25.0	15.0	38.0	2.3	2.1	6.5	4.1
<i>GF Toast with Butter</i>	328	1363	21.0	11.0	31.0	2.0	6.4	1.7	1.0	364	1515	23.0	12.0	34.0	2.2	7.1	1.8	1.1
<i>Smoked Salmon</i>	83	345	5.5	0.8	0.0	0.0	0.0	8.4	1.3	197	821	13.0	2.0	0.0	0.0	0.0	20.0	3.0
<i>Crispy Pancetta (3 slices)</i>	93	384	7.7	3.1	0.0	0.0	0.0	5.8	0.8	772	3201	64.0	26.0	1.0	1.0	0.0	48.0	7.0
<i>2 Pork Sausages</i>	284	1179	22.0	12.0	7.3	0.9	1.8	13.0	1.5	329	1367	26.0	14.0	8.4	1.1	2.1	15.0	1.7
<i>2 Vegetarian Sausages</i>	200	834	10.0	3.8	11.0	1.7	4.9	14.0	0.9	217	907	11.0	4.1	12.0	1.8	5.3	15.0	0.9
<i>Smashed Avocado</i>	142	587	14.0	3.3	1.3	0.5	2.4	1.4	0.1	178	733	18.0	4.1	1.7	0.5	3.0	1.8	0.2
<i>2 Fried Eggs</i>	164	682	13.0	3.0	0.0	0.0	0.0	12.0	0.4	181	753	14.0	3.3	0.0	0.0	0.0	14.0	0.4
<i>2 Poached Eggs</i>	149	618	11.0	3.0	0.0	0.0	0.0	13.0	0.3	149	618	11.0	3.0	0.0	0.0	0.0	13.0	0.3
<i>2 Scrambled Eggs</i>	251	1038	22.0	11.0	0.0	0.0	0.0	13.0	0.6	235	972	21.0	10.0	0.0	0.0	0.0	12.0	0.5
<i>Goats Cheese</i>	109	456	9.5	6.3	0.5	0.0	0.0	5.6	0.4	311	1302	27.0	18.0	1.0	0.5	0.0	16.0	1.2
<i>Baked Vine Tomato</i>	32	132	1.6	0.2	2.6	2.6	0.9	0.5	0.0	46	191	2.3	0.3	3.7	3.7	1.3	0.6	0.0
<i>Spinach</i>	10	41	0.0	0.0	0.8	0.0	0.5	1.0	0.1	35	148	0.7	0.0	2.9	0.0	1.9	3.4	0.3
<i>Baked beans</i>	125	525	0.7	0.3	21.0	7.1	4.9	6.4	0.7	89	375	0.5	0.2	15.0	5.1	3.5	4.6	0.5
<i>Whole Button Mushrooms</i>	44	181	2.3	0.3	3.7	0.6	0.8	2.8	0.0	54	226	2.9	0.4	4.6	0.7	1.0	3.5	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
Smoothies & Juices																		
Go Tropical	198	836	4.2	2.7	37.0	36.0	2.8	1.7	0.0	58	246	1.2	0.8	11.0	11.0	0.8	0.5	0.0
Berry Berry Nice	146	615	1.6	0.0	28.0	28.0	6.9	1.5	0.0	43	181	0.5	0.0	8.3	8.3	2.0	0.5	0.0
Feel Good	171	722	1.4	0.1	36.0	33.0	3.1	1.7	0.0	50	212	0.5	0.0	11.0	9.7	0.9	0.5	0.0
Green Machine	151	637	1.7	0.1	30.0	30.0	2.1	2.6	0.1	44	187	0.5	0.0	8.9	8.8	0.6	0.8	0.0
Mango Tango	169	717	1.3	0.0	37.0	37.0	2.1	1.5	0.0	50	211	0.5	0.0	11.0	11.0	0.6	0.5	0.0
Orange juice	74	316	0.0	0.0	18.0	18.0	0.0	1.0	0.1	37	158	0.0	0.0	8.8	8.8	0.0	0.5	0.0
Apple Juice	110	455	0.0	0.0	26.0	26.0	0.0	0.5	0.0	43	182	0.0	0.0	10.0	10.0	0.0	0.1	0.0
Condiments																		
Tomato ketchup	31	131	0.0	0.0	7.0	6.8	0.0	0.5	0.5	102	435	0.1	0.0	23.2	22.8	0.0	1.2	1.8
Brown sauce	37	155	0.0	0.0	8.5	6.9	0.0	0.5	0.4	122	517	0.1	0.0	28.3	23.1	0.0	0.9	1.3
Piccolo																		
Eggs and Soldiers	428	1799	15.0	3.4	50.0	2.5	2.5	22.0	1.8	237	997	8.4	1.9	27.0	1.4	1.4	12.0	1.0
Pancetta & Maple Syrup Pancakes	342	1435	15.0	7.5	43.0	21.0	1.1	7.2	1.0	303	1270	14.0	6.6	38.0	19.0	1.0	6.4	0.9
Blueberry & Mascarpone Pancakes	290	1221	11.0	6.1	43.0	21.0	1.7	4.8	0.3	194	814	7.1	4.1	29.0	14.0	1.1	3.2	0.2
<i>Optional:</i>																		
<i>Crispy pancetta</i>	62	256	5.1	2.0	0.0	0.0	0.0	3.8	0.6	772	3201	64.0	26.0	1.0	1.0	0.0	48.0	7.0
Fresh Fruit & Yoghurt Bowl	52	217	1.4	0.8	7.2	7.0	1.5	1.3	0.0	54	228	1.5	0.8	7.6	7.4	1.6	1.3	0.0
Italian Bacon & Egg Pizza	522	2194	18.0	7.6	59.0	10.0	4.2	28.0	3.1	217	914	7.5	3.2	25.0	4.2	1.8	12.0	1.3
Italian Bacon & Egg Pizza GF Version	490	2060	17.0	7.5	61.0	7.9	2.0	21.0	2.9	210	883	7.5	3.2	26.0	3.4	0.9	9.1	1.3