



# NUTRITIONAL INFORMATION

15<sup>th</sup> November 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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STARTERS	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
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
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 New Recipe	725	3026	26.1	3.9	103.3	8.2	6.4	20.9	3.4	319	1333	11.5	1.7	45.5	3.6	2.8	9.2	1.5
Dough Balls Doppio Vegan Gluten Free New Recipe	828	3467	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
Chimichurri Dough Balls	435	1818	20.4	2.4	52.2	4.1	4.0	11.0	2.0	304	1271	14.3	1.7	36.5	2.9	2.8	7.7	1.4
Chimichurri Dough Balls Gluten Free	488	2044	25.3	2.4	55.4	3.7	3.9	3.7	2.3	303	1269	15.7	1.5	34.4	2.3	2.4	2.3	1.4
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 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
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

ROMANA – CALABRESE - CALZONE	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
	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
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	926	3887	31.2	12.2	107.8	11.0	8.8	57.5	5.0	243	1020	8.2	3.2	28.3	2.9	2.3	15.1	1.3
Veneziana	963	4050	33.5	13.2	124.1	21.1	10.5	47.0	4.5	256	1077	8.9	3.5	33.0	5.6	2.8	12.5	1.2
Veneziana Vegan	915	3848	29.7	13.2	144.4	24.4	10.6	23.1	5.3	259	1090	8.4	3.7	40.9	6.9	3.0	6.5	1.5
Calabrese	1275	5327	66.1	30.2	108.7	18.2	13.9	54.1	6.5	266	1112	13.8	6.3	22.7	3.8	2.9	11.3	1.4
Vegan Giardiniera	933	3912	38.5	14.2	129.1	12.4	13.3	24.3	5.7	211	885	8.7	3.2	29.2	2.8	3.0	5.5	1.3
Calzone 'Nduja	1196	5002	65.3	24.2	105.6	17.3	11.0	52.3	7.3	249	1042	13.6	5.0	22.0	3.6	2.3	10.9	1.5
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 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
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

CLASSIC	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
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 Jack Vegetarian	812	3414	23.9	9.7	117.0	12.6	11.9	38.2	4.7	238	1001	7.0	2.8	34.3	3.7	3.5	11.2	1.4
American Jack Vegetarian Gluten Free	763	3205	23.2	9.5	120.2	5.2	9.3	22.6	4.5	231	971	7.0	2.9	36.4	1.6	2.8	6.8	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
Vegan Giardiniera	843	3545	27.5	9.2	130.5	13.7	11.9	24.7	5.7	184	774	6.0	2.0	28.5	3.0	2.6	5.4	1.3
Vegan Giardiniera Gluten Free	794	3336	26.8	9.0	133.7	6.3	9.3	9.1	5.5	178	746	6.0	2.0	29.9	1.4	2.1	2.0	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
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	1075	4501	41.9	17.6	112.5	11.4	11.4	67.0	5.5	274	1148	10.7	4.5	28.7	2.9	2.9	17.1	1.4
Pollo American Gluten Free	1026	4292	41.2	17.4	115.7	4.0	8.8	51.4	5.3	269	1127	10.8	4.6	30.4	1.0	2.3	13.5	1.4
Napoletana	819	3441	26.7	9.4	108.6	10.4	8.7	40.1	5.7	245	1030	8.0	2.8	32.5	3.1	2.6	12.0	1.7
Napoletana Gluten Free	770	3232	26.0	9.2	111.8	3.0	6.1	24.5	5.5	238	1001	8.1	2.8	34.6	0.9	1.9	7.6	1.7
Etna	1089	4567	48.0	19.5	106.8	16.1	11.6	63.3	6.2	263	1103	11.6	4.7	25.8	3.9	2.8	15.3	1.5
Etna Gluten Free	1040	4358	47.3	19.3	110.0	8.7	9.0	47.7	6.0	258	1081	11.7	4.8	27.3	2.2	2.2	11.8	1.5
BBQ 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 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

<b>Duo Romana - Information provided for half pizza</b>	<b>Half Pizza Energy Kcal</b>
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	463
Veneziana	482
Veneziana Vegan	458
Calabrese	638
Vegan Giardiniera	467
Calzone 'Nduja	598
Calzone Orto	377
Etna	642
Napoletana	478
BBQ Burnt Ends	579
Smoky BBQ Chicken	523

LEGGERA	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
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
Quattro Verdure	544	2299	8.1	1.2	100.9	10.5	9.1	21.4	3.6	166	700	2.5	0.4	30.7	3.2	2.8	6.5	1.1
Pollo ad Astra	641	2710	8.7	2.6	102.0	15.6	7.1	42.0	4.1	181	765	2.5	0.7	28.8	4.4	2.0	11.9	1.2
Padana	722	3039	14.0	6.1	127.2	29.1	9.0	26.0	3.6	206	869	4.0	1.8	36.4	8.3	2.6	7.4	1.0
American Hot	638	2693	15.5	5.3	96.3	8.6	6.8	32.0	4.7	213	898	5.2	1.8	32.1	2.9	2.3	10.7	1.6



AL FORNO	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
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
ʻNduja & Buffalo Mozzarella Linguine	749	3135	41.0	16.9	67.7	6.2	7.7	31.2	3.4	146	611	8.0	3.3	13.2	1.2	1.5	6.1	0.7
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
Rucola	140	579	11.7	3.4	3.0	2.7	1.1	5.7	0.3	241	997	20.2	5.9	5.2	4.7	1.9	9.9	0.6
Mixed Leaf Salad	166	691	14.8	1.5	4.5	4.1	2.2	3.0	0.5	77	321	6.9	0.7	2.1	1.9	1.0	1.4	0.2
Raw Slaw	163	2003	14.3	1.0	8.3	2.1	3.5	1.5	0.8	101	1244	8.9	0.6	5.1	1.3	2.2	1.0	0.5
Broccolini	104	431	8.3	1.2	4.0	1.9	3.5	4.0	1.0	80	334	6.4	0.9	3.1	1.5	2.7	3.1	0.8

SALADS WITH DRESSING NO DOUGH STICKS	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	
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	
Vegan Nourish Bowl	443	443	25.7	2.9	38.5	9.1	12.4	13.7	2.5	107	107	6.2	0.7	9.3	2.2	3.0	3.3	0.6	
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	561	2340	36.4	4.9	19.0	6.0	5.4	40.3	2.2	103	430	6.7	0.9	3.5	1.1	1.0	7.4	0.4	
<b>SALADS 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>																		
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
<b>SALADS</b>																		
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
<b>SIDES</b>																		
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
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	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
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
<b>DIPS</b>																		
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

DIPS	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
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

EXTRA TOPPINGS	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
Black Olives	35	144	3.6	0.6	0.0	0.0	0.8	0.1	0.7	129	530	13.2	2.2	0.0	0.0	3.0	0.5	2.5
Red Onion	10	42	0.0	0.0	2.2	1.7	0.4	0.3	0.0	35	150	0.1	0.0	8.0	6.2	1.3	1.0	0.0
Red Chillies	21	85	1.1	0.4	1.5	0.5	0.5	1.1	0.2	101	421	5.6	2.1	7.5	2.3	2.4	5.3	1.0
Anchovies - Brown	34	143	1.8	0.3	0.1	0.0	0.0	4.3	2.3	206	863	11.0	1.9	0.8	0.0	0.0	26.0	14.0
Anchovies - White	23	94	1.1	0.3	0.0	0.0	0.0	3.1	0.1	135	569	6.6	1.8	0.0	0.0	0.0	19.0	0.5
Tuna	64	268	2.6	0.3	0.0	0.0	0.0	10.2	0.4	159	669	6.4	0.8	0.0	0.0	0.0	25.4	1.0
Mushrooms	10	39	0.2	0.0	2.2	1.0	0.9	0.9	0.0	22	92	0.5	0.1	5.3	2.3	2.2	2.2	0.0
Artichokes	52	215	0.4	0.0	4.8	3.6	0.0	5.3	1.2	54	223	0.4	0.0	5.0	3.8	0.0	5.5	1.3
Jalapeño Peppers	4	17	0.0	0.0	0.8	0.0	0.2	0.0	0.6	20	84	0.1	0.0	3.8	0.0	1.2	0.2	3.1
Chicken	53	223	0.9	0.2	0.0	0.3	0.0	10.9	0.2	132	557	2.2	0.5	0.0	0.7	0.0	27.3	0.4
Pepperoni	101	417	9.0	3.8	0.2	0.1	0.0	4.6	0.8	479	1981	43.0	18.0	1.0	0.6	0.0	22.0	3.6
Goats Cheese	109	456	9.5	6.3	0.4	0.2	0.4	5.6	0.4	311	1302	27.0	18.0	1.0	0.5	1.0	16.0	1.2
Ham	30	123	0.6	0.2	1.1	0.3	0.2	5.0	0.9	97	407	1.9	0.6	3.7	1.1	0.7	16.5	3.0
Hot Green Peppers	4	15	0.1	0.1	0.6	0.1	0.2	0.2	0.6	18	75	0.5	0.5	3.0	0.5	0.9	1.0	3.0
Nduja	118	484	11.6	4.4	0.5	0.2	0.0	2.4	0.4	586	2417	58.0	22.0	2.5	0.9	0.0	12.0	2.0
Buffalo Mozzarella	157	649	13.8	9.8	0.8	7.6	0.0	7.4	0.6	250	1037	22.0	15.6	1.2	12.1	0.0	11.9	0.9
Quorn® pieces	54	226	1.2	0.4	0.6	0.1	3.4	8.5	0.3	108	451	2.5	0.8	1.2	0.1	6.7	17.0	0.6
Caramelised Red Onion	78	332	0.0	0.0	18.8	16.4	0.7	0.6	0.1	195	828	0.0	0.0	47.0	41.0	1.8	1.6	0.3
Tomato	8	33	0.2	0.0	1.1	1.1	0.4	0.3	0.0	26	109	0.5	0.1	3.6	3.6	1.3	1.1	0.0
Roasted Mixed Peppers	15	60	0.2	0.0	2.4	1.7	0.7	0.4	0.0	48	200	0.5	0.0	8.1	5.8	2.4	1.3	0.2
Jackfruit 'Pepperoni'	17	70	1.1	0.1	1.2	0.1	0.2	0.4	0.5	82	346	5.3	0.5	6.2	0.6	0.9	2.2	2.7
Spinach	15	63	0.3	0.0	1.2	0.2	0.8	1.4	0.1	35	148	0.7	0.1	2.9	0.5	1.9	3.4	0.3
Slow-cooked beef brisket with chipotle	75	312	3.6	1.4	1.6	0.9	0.3	8.8	0.7	93	390	4.5	1.7	2.0	1.1	0.4	11.0	0.8
Hot & Sweet Chilli Peppers	20	81	0.1	0.0	4.3	3.6	0.4	0.2	0.0	96	403	0.6	0.1	21.3	17.9	2.1	1.1	0.1
Spiced Beef with Green Pepper & Red Onion	55	227	1.9	0.6	2.5	1.7	0.7	6.4	0.2	95	397	3.4	1.0	4.4	3.0	1.2	11.3	0.4
Sweet & Red Peppers	22	90	0.1	0.0	4.8	4.7	0.4	0.2	0.4	71	299	0.3	0.1	15.9	15.8	1.2	0.5	1.2
Mozzarella	190	788	13.6	8.6	0.7	0.7	0.0	15.7	0.7	291	1211	20.9	13.3	1.0	1.0	0.0	24.2	1.0
Egg	90	374	7.1	1.5	0.0	0.0	0.0	6.6	0.0	200	831	15.7	3.4	0.1	0.0	0.0	14.7	0.0
Vegan Mozzarella Alternative	104	431	9.0	7.7	3.6	0.2	1.3	0.4	0.6	208	861	18.0	15.4	7.2	0.3	2.6	0.8	1.3
Rocket	9	35	0.2	0.0	0.6	0.6	0.5	0.8	0.0	28	116	0.7	0.0	2.1	2.1	1.6	2.6	0.0

	PER SERVING									PER 100 G								
	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
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
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
Sicilian Watermelon Sorbet 2 scoops	136	576	0.5	0.2	32.4	28.0	0.0	0.1	0.0	113	480	0.4	0.2	27.0	23.3	0.0	0.1	0.0
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
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
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
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
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 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 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	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
Jam Doughnuts Dine In PE	171	716	22.8	9.6	25.4	14.6	0.6	2.7	0.3	342	1432	16.9	7.6	40.4	17.5	1.8	6.3	0.7
Jam Doughnuts PE only (Take Away)	431	1805	22.8	9.6	25.4	14.6	0.6	2.7	0.3	342	1432	16.9	7.6	40.4	17.5	1.8	6.3	0.7
Sicilian Watermelon Sorbet excluding coffee	68	288	0.2	0.1	16.2	14.0	0.0	0.1	0.0	113	480	0.4	0.2	27.0	23.3	0	0.1	0.0

PICCOLO STARTERS	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 dough balls with houmous - with salad	211	883	7.4	0.6	28.9	2.5	2.8	7.2	0.9	134	562	4.7	0.4	18.4	1.6	1.8	4.6	0.6	
Piccolo dough balls Gluten Free with houmous - with salad	275	1150	11.4	1.2	39.2	3.0	3.5	3.9	1.2	156	653	6.5	0.7	22.3	1.7	2.0	2.2	0.7	
Piccolo dough balls with garlic butter - with salad	194	807	8.7	4.7	24.4	2.8	2.6	5.4	0.9	136	568	6.1	3.3	17.2	2.0	1.8	3.8	0.6	
Piccolo dough balls Gluten Free with garlic butter - with salad	248	1036	11.9	5.0	33.8	3.1	2.3	2.3	1.1	154	643	7.4	3.1	21.0	1.9	1.4	1.4	0.7	
Piccolo Salad starter	14	58	0.5	0.0	1.3	1.3	0.7	0.9	0.0	15	64	0.6	0.0	1.4	1.4	0.8	1.0	0.0	
<b>PASTA</b>																			
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	

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



PICCOLO EXTRA TOPPINGS	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
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
<b>PICCOLO DESSERTS</b>																		
Sundae with chocolate sauce	159	673	4.7	3.3	26.5	21.5	0.4	2.7	0.1	209	885	6.1	4.4	34.9	28.3	0.5	3.6	0.1
Sundae with fruit sauce	132	558	4.6	3.3	19.6	15.9	0.1	2.8	0.1	174	734	6.1	4.3	25.8	20.9	0.1	3.7	0.1
Chocolate Brownie	204	854	11.3	5.0	22.6	19.6	1.5	2.3	0.1	416	1741	23.0	10.2	46.2	40.0	3.1	4.6	0.1
Pip Organic Fruity Ice Lolly	18	75	0.0	0.0	4.2	4.0	0.0	0.0	0.0	43	186	0.1	0.0	10.4	9.9	0.0	0.1	0.0
Pip Organic Rainbow Ice Lolly	20	81	0.0	0.0	4.5	4.2	0.0	0.0	0.0	48	202	0.0	0.0	11.2	10.6	0.0	0.0	0.0
Extra Strawberries	5	20	0.0	0.0	1.0	1.0	0.2	0.1	0.0	29	122	0.0	0.0	6.1	6.1	1.0	0.6	0.0
Bambinoccino	12	48	0.4	0.2	1.3	1.3	0.0	0.7	0.0	55	231	1.8	1.2	6.5	6.4	0.0	3.5	0.1
Bambinoccino Soya milk	11	44	0.4	0.1	0.9	0.9	0.1	0.7	0.0	51	213	2.0	0.4	4.5	4.3	0.6	3.4	0.1
<b>PICCOLO DRINKS</b>																		
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

STARTERS	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
Truffle Dough Balls with Truffle Oil	460	1924	21.0	9.0	55.0	3.4	3.0	14.0	1.8	348	1457	15.9	6.8	41.7	2.6	2.3	10.6	1.4
Truffle Dough Balls with Truffle Oil- Gluten Free	574	2393	34.2	13.6	53.6	2.9	2.6	7.6	2.3	393	1639	23.4	9.3	36.7	2.0	1.8	5.2	1.6
Doppio Doughballs	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
Doppio Doughballs 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

ROMANA & CALZONE	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
Mushroom & Truffle	1147	4798	55.2	21.1	118.1	11.6	6.5	47.4	4.3	266	1113	12.8	4.9	27.4	2.7	1.5	11.0	1.0
Carbonara	1268	5305	63.0	26.5	103.9	9.4	8.2	75.3	7.4	310	1297	15.4	6.5	25.4	2.3	2.0	18.4	1.8
Hawaiian Hot	1267	5329	48.7	21.6	141.8	34.0	9.6	70.7	6.9	276	1161	10.6	4.7	30.9	7.4	2.1	15.4	1.5
Double American Cheese	1456	6070	81.7	38.0	101.4	11.8	12.2	84.3	7.9	333	1389	18.7	8.7	23.2	2.7	2.8	19.3	1.8
Quattro Formaggi Piccante	1156	4851	50.5	28.4	127.0	26.3	5.9	51.6	6.2	334	1402	14.6	8.2	36.7	7.6	1.7	14.9	1.8
CLASSIC																		
Mushroom & Truffle	962	4037	39.4	14.8	117.8	9.8	6.5	37.2	4.0	266	1117	10.9	4.1	32.6	2.7	1.8	10.3	1.1
Mushroom & Truffle Gluten Free	913	3828	38.7	14.6	121.0	2.4	3.9	21.6	3.8	241	1010	10.2	3.9	31.9	0.6	1.0	5.7	1.0
Carbonara	1120	4684	52.7	21.8	109.2	9.4	5.5	54.6	5.9	287	1201	13.5	5.6	28.0	2.4	1.4	14.0	1.5
Carbonara Gluten Free	1071	4475	52.0	21.6	112.4	2.0	2.9	39.0	5.7	253	1058	12.3	5.1	26.6	0.5	0.7	9.2	1.3
Hawaiian Hot	1107	4644	48.2	20.8	111.5	25.2	10.4	52.1	6.3	255	1070	11.1	4.8	25.7	5.8	2.4	12.0	1.5
Hawaiian Hot Gluten Free	1058	4435	47.5	20.6	114.7	17.8	7.8	36.5	6.1	250	1048	11.2	4.9	27.1	4.2	1.8	8.6	1.4
Double American Cheese	1279	5347	64.4	31.0	116.1	12.2	13.5	65.3	7.4	294	1229	14.8	7.1	26.7	2.8	3.1	15.0	1.7
Double American Cheese Gluten Free	1230	5138	63.7	30.8	119.3	4.8	10.9	49.7	7.2	290	1212	15.0	7.3	28.1	1.1	2.6	11.7	1.7
Quttro Formaggi Piccante	894	3757	33.2	18.4	114.8	14.5	8.0	38.2	5.0	302	1269	11.2	6.2	38.8	4.9	2.7	12.9	1.7
Quttro Formaggi Piccante Gluten Free	845	3548	32.5	18.2	118.0	7.1	5.4	22.6	4.8	296	1245	11.4	6.4	41.4	2.5	1.9	7.9	1.7

<b>Duo Romana - Information provided for half pizza</b>	1/2 KCAL
Mushroom & Truffle	574
Carbonara	634
Hawaiian Hot	634
Double Pepperoni	728
Quattro Formaggi Piccante	585

	PER SERVING								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
<b>DESSERTS</b>									
White Forest Roulade	351	1471	14.3	8.4	53.3	49.8	0.4	3.3	0.1
Snowball Doughballs - Vanilla Flavoured Frosting	387	1619	6.7	3.2	72.8	25.4	2.9	9.6	1.6
Snowball Doughballs - Salted Caramel Sauce	410	1714	12.1	6.8	68.2	21.4	2.6	9.8	2.1
Snowball Doughballs - Fruit Coulis	281	1175	1.6	0.2	57.3	10.6	3.2	10.0	1.5
Snowball Doughballs Gluten-Free - Vanilla Flavoured Dip	440	1842	11.7	3.2	76.0	25.1	2.8	2.3	1.7
Snowball Doughballs Gluten-Free - Salted Caramel Sauce	464	1938	16.9	6.9	71.1	21.0	2.6	2.5	2.2
Snowball Doughballs Gluten-Free - Fruit Coulis	334	1397	6.3	0.4	60.5	10.3	3.0	2.6	1.7
Doppio Snowball Doughballs	872	3652	19.5	10.5	156.5	56.1	6.1	21.5	4.1
Doppio Snowball Doughballs Gluten Free	933	3906	28.6	10.0	153.7	52.5	5.6	5.3	4.1
<b>DOLCETTI</b>									
Gelato Sandwich excluding coffe	158	661	4.5	3.3	25.9	12.1	0.8	3.1	0.1
Ginger & Pumpkin Cake Dine in excluding coffe	266	1111	10.8	1.5	41.3	29.4	1.0	0.9	0.1
<b>PICCOLO</b>									
Piccolo Snowball Doughballs Vanilla Flavoured Dip	212	884	4.5	2.3	38.9	16.9	2.0	4.6	0.8
Piccolo Snowball Doughballs Vanilla Fruit Coulis	137	574	0.8	0.1	28.2	6.7	2.1	4.8	0.7
Piccolo Snowball Doughballs Gluten Free Vanilla Flavoured Dip	267	1113	7.7	2.6	48.3	17.1	1.7	1.4	1.1
Piccolo Snowball Doughballs Gluten Free Fruit Coulis	192	801	4.0	0.5	37.6	6.9	1.8	1.6	1.0

PER 100 G								
Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
283	1186	11.5	6.8	43.0	40.2	0.3	2.7	0.1
333	1395	5.8	2.8	62.8	21.9	2.5	8.3	1.4
359	1503	10.6	6.0	59.8	18.8	2.3	8.6	1.8
246	1030	1.4	0.2	50.3	9.3	2.8	8.8	1.3
328	1374	8.7	2.4	56.7	18.7	2.1	1.7	1.3
351	1468	12.8	5.2	53.9	15.9	2.0	1.9	1.7
253	1058	4.8	0.3	45.8	7.8	2.3	2.0	1.3
317	1328	7.1	3.8	56.9	20.4	2.2	7.8	1.5
316	1324	9.7	3.4	52.1	17.8	1.9	1.8	1.4
329	1376	9.4	6.8	54.0	25.3	1.6	6.4	0.2
402	1682	16.3	2.3	62.6	44.6	1.5	1.3	0.2
325	1359	6.9	3.5	59.9	26.0	3.1	7.0	1.2
217	910	1.2	0.2	44.8	10.6	3.4	7.6	1.1
317	1324	9.2	3.1	57.5	20.4	2.0	1.7	1.3
233	976	4.9	0.6	45.9	8.4	2.2	2.0	1.2