

NUTRITIONAL INFORMATION

JUNE 2021

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.

All of our NEW dishes can be found at the end of this document

	PER SERVING								
	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
Roasted Tomatoes	67	277	3.5	0.4	6.0	5.6	2.8	1.3	0.5
Dough Balls	396	1650	21.6	12.9	40.4	3.1	3.0	8.1	1.6
Dough Balls - no butter	230	972	1.3	0.2	46.4	3.1	2.6	9.2	1.3
Gluten Free Dough Balls with Garlic Butter	370	1548	18.7	9.6	47.4	2.1	3.6	1.2	1.7
Vegan Dough Balls - smoky harissa	336	1418	12.0	1.5	48.6	4.8	3.6	9.7	1.9
Dough Balls Doppio	828	3464	43.3	14.0	88.3	8.5	5.3	18.6	3.6
Garlic Bread (butter)	280	1181	5.7	2.6	49.0	3.6	2.5	9.4	1.5
Vegan Garlic Bread (garlic oil)	345	1449	11.6	1.6	51.5	3.8	2.6	9.8	1.5
Garlic Bread with Mozzarella	356	1494	10.0	4.4	49.4	3.7	4.0	14.9	1.6
Garlic Bread with Vegan Mozzarella Alternative	330	1389	10.3	4.1	51.5	5.2	3.4	9.4	1.8
Bruschetta Originale	362	1519	11.1	2.1	50.8	7.1	6.7	11.1	2.0
Buffalo Mozzarella & Tomato Salad	336	1393	28.2	15.2	3.7	3.7	2.7	15.5	0.8
Lemon & Herbs Chicken Wings PizzaExpress	556	2314	37.5	8.2	2.2	2.0	0.0	52.4	3.0
Calamari	504	2104	32.1	3.2	36.3	2.9	0.8	17.6	2.8
Garlic King Prawns	289	1211	12.5	6.1	29.5	1.7	3.2	16.3	2.3
Bases									
Standard dough - cooked	578	2446	3.4	0.5	118.0	9.5	6.5	22.1	3.2
Wholemeal dough - cooked	542	2290	5.2	0.6	107.1	8.3	11.2	22.1	2.7
Adult Gluten Free - cooked	529	2237	2.7	0.3	121.2	2.1	3.9	6.5	3.0
Piccolo Gluten Free - cooked	168	711	1.0	0.1	37.1	0.6	0.9	2.2	0.8
Romana Pizzas, Calabrese and Calzone									
American Hot	1010	4237	41.5	18.0	102.0	12.6	6.1	54.1	6.5
Padana	1108	4649	33.2	16.0	129.1	33.9	19.9	62.8	4.7
Padana - Vegan	911	3822	25.3	13.2	152.8	33.7	14.0	24.5	4.9
Pollo ad Astra	1145	4820	32.5	13.0	142.1	21.5	8.9	66.6	5.0
Diavolo	1167	4894	39.0	20.1	139.1	15.0	10.2	59.1	7.1
Pollo Forza	1253	5263	44.6	15.9	129.4	20.6	8.4	79.3	5.0
Calabrese	1275	5327	66.1	30.2	108.7	18.2	13.9	54.1	6.5
Vegan Giardiniera	970	4077	34.0	13.3	144.1	14.5	11.8	27.6	6.5
Calzone 'Nduja	1196	5002	65.3	24.2	105.6	17.3	11.0	52.3	7.3
Calzone Verdure	932	3914	33.2	3.5	141.1	22.6	19.4	27.2	4.9
Margherita Bufala	1152	4813	55.8	23.3	127.0	14.2	11.4	40.6	4.6

	PER 100 G								
	Energy kcal	Energy KJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
	171	702	17.0	2.0	1.4	0.1	4.2	0.9	3.5
	111	461	5.9	0.6	10.0	9.4	4.6	2.1	0.8
	356	1486	19.5	11.6	36.4	2.8	2.7	7.3	1.5
	244	1033	1.4	0.2	49.4	3.3	2.8	9.8	1.4
	336	1407	17.0	8.7	43.1	1.9	3.3	1.1	1.5
	294	1243	10.5	1.3	42.6	4.2	3.1	8.5	1.7
	342	1431	17.9	5.8	36.5	3.5	2.2	7.7	1.5
	288	1217	5.8	2.6	50.6	3.7	2.6	9.6	1.5
	338	1420	11.4	1.5	50.5	3.7	2.6	9.6	1.5
	282	1185	7.9	3.5	39.2	2.9	3.2	11.8	1.3
	268	1129	8.4	3.3	41.9	4.2	2.8	7.7	1.5
	172	723	5.3	1.0	24.2	3.4	3.2	5.3	1.0
	163	676	13.7	7.4	1.8	1.8	1.3	7.5	0.4
	248	1033	16.7	3.7	1.0	0.9	0.0	23.4	1.3
	300	1252	19.1	1.9	21.6	1.7	0.5	10.5	1.7
	134	563	5.8	2.8	13.7	0.8	1.5	7.6	1.1
	309	1308	1.8	0.3	63.1	5.1	3.5	11.8	1.7
	301	1272	2.9	0.4	59.5	4.6	6.2	12.3	1.5
	309	1308	1.6	0.2	70.9	1.2	2.3	3.8	1.7
	221	935	1.3	0.1	48.8	0.8	1.2	2.9	1.1
	297	1246	12.2	5.3	30.0	3.7	1.8	15.9	1.9
	284	1192	8.5	4.1	33.1	8.7	5.1	16.1	1.2
	227	953	6.3	3.3	38.1	8.4	3.5	6.1	1.2
	282	1187	8.0	3.2	35.0	5.3	2.2	16.4	1.2
	296	1242	9.9	5.1	35.3	3.8	2.6	15.0	1.8
	267	1122	9.5	3.4	27.6	4.4	1.8	16.9	1.1
	266	1112	13.8	6.3	22.7	3.8	2.9	11.3	1.4
	214	900	7.5	2.9	31.8	3.2	2.6	6.1	1.4
	249	1042	13.6	5.0	22.0	3.6	2.3	10.9	1.5
	202	849	7.2	0.8	30.6	4.9	4.2	5.89	1.1
	252	1053	12.2	5.1	27.8	3.1	2.5	8.9	1.0

	PER SERVING								
	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
Margherita	834	3512	24.9	10.1	111.5	13.1	7.2	37.6	4.3
Margherita - Vegan	711	2987	18.6	8.3	118.7	11.0	9.2	21.4	4.3
La Reine	898	3767	28.7	11.3	108.6	9.8	7.5	47.1	4.6
Fiorentina	942	3961	31.4	12.8	107.8	8.4	10.6	51.7	4.2
Sloppy Giuseppe	897	3777	26.1	12.2	115.4	13.5	10.5	45.0	4.8
Veneziana	938	3936	29.7	10.7	120.4	18.3	9.5	41.9	4.4
Veneziana - Vegan	815	3419	23.4	9.1	132.4	21.2	10.8	23.4	5.2
Vegan Giardiniera	843	3545	27.5	9.2	130.5	13.7	11.9	24.7	5.7
Leggera Pizzas									
Pollo ad Astra	502	2106	15.7	3.7	56.7	10.0	7.7	39.7	3.0
Padana	504	2115	16.7	6.0	76.0	27.7	8.3	18.0	3.0
Vegan Padana	508	2135	14.3	5.0	86.0	29.3	9.0	15.0	3.0
American Hot	439	1839	16.3	6.0	52.0	4.3	6.0	24.7	4.0
Wholemeal Leggera Vegan Giardiniera	556	2324	21.0	5.7	79.6	9.1	9.1	16.1	3.2
La Reine	432	1812	16.0	4.3	49.7	3.0	8.3	25.0	3.0
Pollo Forza	542	2273	19.0	4.3	55.3	6.7	8.0	42.7	3.0
Diavolo	472	1975	20.0	6.0	52.7	5.3	7.7	25.3	4.0
Margherita	385	1617	12.3	3.3	55.0	5.0	7.7	19.0	2.0
Vegan Margherita	339	1422	10.3	5.0	55.3	4.7	7.3	12.0	3.0
Veneziana	443	1860	14.7	4.3	62.7	15.7	8.7	21.7	3.0
Vegan Veneziana	482	2015	19.3	6.0	66.3	16.7	9.3	13.7	3.0
American	441	1848	17.3	6.3	50.3	4.3	7.3	26.0	3.0
Sloppy Giuseppe	454	1900	18.3	5.7	54.7	5.7	8.3	23.0	3.0

	PER 100 G								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
	285	1198	11.0	4.3	32.4	3.8	2.4	15.4	1.7
	255	1074	7.6	3.1	34.1	4.0	2.2	11.5	1.3
	240	1009	6.3	2.8	40.1	3.7	3.1	7.2	1.4
	238	999	7.6	3.0	28.8	2.6	2.0	12.5	1.2
	213	896	7.1	2.9	24.4	1.9	2.4	11.7	1.0
	213	897	6.2	2.9	27.4	3.2	2.5	10.7	1.1
	246	1033	7.8	2.8	31.6	4.8	2.5	11.0	1.2
	219	919	6.3	2.4	35.6	5.7	2.9	6.3	1.4
	184	774	6.0	2.0	28.5	3.0	2.6	5.4	1.3
	164	622	4.4	1.0	16.5	2.7	2.1	11.6	0.8
	166	698	5.3	1.7	25.0	9.0	2.6	5.8	0.7
	160	675	4.4	1.5	27.0	9.2	2.7	4.6	0.7
	175	735	6.4	2.2	20.7	1.4	2.2	9.8	1.2
	171	715	6.5	1.8	24.5	2.8	2.8	4.9	1.0
	157	660	5.6	1.4	18.0	0.9	2.8	9.0	1.0
	161	675	5.5	1.2	16.3	1.8	2.2	12.5	0.7
	165	690	6.9	2.0	18.2	1.7	2.5	8.7	1.1
	142	597	4.4	1.1	20.1	1.7	2.7	6.8	0.7
	162	680	4.6	2.1	26.2	1.9	3.3	5.7	1.0
	160	672	5.1	1.5	22.4	5.5	3.0	7.6	0.9
	173	726	6.8	1.8	23.7	5.8	3.2	4.9	1.0
	181	758	6.9	2.4	20.5	1.6	2.7	10.5	1.1
	153	642	6.0	1.7	18.3	1.8	2.6	7.7	0.9

	PER SERVING								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Salads No Dressings with Dough Sticks									
Nicoise Salad no dressing	366	1528	21.0	3.6	5.1	3.3	1.8	39.1	2.0
Chicken Caesar	630	2644	17.9	5.6	63.7	1.6	2.8	54.4	3.0
Salads With Dressings no Dough Sticks									
Nicoise Salad with dressing	558	2312	40.7	6.1	7.3	4.5	2.0	39.5	3.1
Chicken Caesar	540	2259	30.8	6.9	17.7	2.9	2.2	47.8	2.9
Salads With Dressings and Dough Sticks									
Nicoise Salad	820	3420	43.5	6.5	55.5	8.5	4.5	50.0	4.6
Grand Chicken Caesar	801	3358	33.7	7.3	66.0	6.4	4.6	58.2	4.6
Salad sides									
Dough Sticks	255	1076	2.5	0.4	49.6	2.5	2.5	9.5	1.4
New House dressing	134	550	13.5	0.9	2.2	1.8	0.2	0.1	0.6
Caesar dressing	157	647	15.4	1.6	3.0	2.7	0.8	1.2	1.0
Honey mustard dressing	196	810	17.7	1.2	7.8	7.6	1.4	0.6	1.0
Al Forno									
Lasagna Classica	712	2973	42.1	23.3	43.0	11.0	7.0	36.9	3.9
Pollo Pesto (GF)	1082	4507	57.5	23.3	90.3	6.5	3.4	48.6	7.5
Cannelloni	705	2943	43.0	21.2	49.2	10.4	5.7	33.1	3.6
Bolognese	674	2834	28.0	10.0	83.0	6.0	5.0	28.0	2.0
Sides									
Mixed Salad without dressing	74	306	5.4	0.8	3.6	2.5	1.4	1.9	0.1
Mixed Salad with House dressing	202	829	18.8	2.5	5.1	4.2	2.5	2.2	0.8
Polenta Chips	454	1889	26.6	2.7	42.8	5.0	7.7	6.7	2.7
Haloumi Bites	351	1463	23.2	8.7	20.7	1.8	1.1	15.4	0.0
Rucola	140	579	11.7	3.4	3.0	2.7	1.1	5.7	0.3
Dips									
Hot Jalapenos Salsa	102	419	10.1	0.7	2.4	1.9	0.3	0.2	0.2
Italian Tomato	63	260	6.0	0.8	2.1	1.9	0.3	0.4	0.2
Basil & Pine Kernel Pesto	142	586	14.6	1.7	1.6	0.0	0.5	1.0	0.9
Houmous	106	437	9.3	0.9	2.6	0.2	1.5	2.2	0.3
Sweet & Smoky BBQ	44	185	0.1	0.0	10.1	8.7	0.2	0.3	0.5

	PER 100 G								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Nicoise Salad no dressing	101	422	5.8	1.0	1.4	0.9	0.5	10.8	0.6
Chicken Caesar	155	651	4.4	1.4	15.7	0.4	0.7	13.4	0.7
Nicoise Salad with dressing	137	568	10.0	1.5	1.8	1.1	0.5	9.7	0.8
Chicken Caesar	149	624	8.5	1.9	4.9	0.8	0.6	13.2	0.8
Nicoise Salad	164	684	8.7	1.3	11.1	1.7	0.9	10.0	0.9
Grand Chicken Caesar	176	738	7.4	1.6	14.5	1.4	1.0	12.8	1.0
Dough Sticks	283	1195	2.8	0.4	55.1	2.8	2.8	10.5	1.6
New House dressing	296	1222	30.0	2.1	4.9	3.9	0.5	0.2	1.4
Caesar dressing	348	1437	34.2	3.5	6.6	6.1	1.7	2.7	2.3
Honey mustard dressing	435	1798	39.3	2.7	17.4	16.9	3.0	1.4	2.2
Lasagna Classica	162	677	9.6	5.3	9.8	2.5	1.6	8.4	0.9
Pollo Pesto (GF)	190	792	10.1	4.1	15.9	1.1	0.6	8.6	1.3
Cannelloni	149	622	9.1	4.5	10.4	2.2	1.2	7.0	0.8
Bolognese	166	698	6.7	2.5	20.3	1.4	1.2	6.8	0.4
Mixed Salad without dressing	53	220	3.9	0.6	2.6	1.8	1.0	1.4	0.1
Mixed Salad with House dressing	119	490	11.1	1.5	3.0	2.5	1.5	1.3	0.5
Polenta Chips	218	908	12.8	1.3	20.6	2.4	3.7	3.2	1.3
Haloumi Bites	290	1209	19.2	7.2	17.1	1.5	0.9	12.7	0.0
Rucola	241	997	20.2	5.9	5.2	4.7	1.9	9.9	0.6
Hot Jalapenos Salsa	339	1396	33.5	2.3	8.1	6.3	0.9	0.8	0.5
Italian Tomato	210	865	19.9	2.8	7.0	6.4	0.9	1.3	0.6
Basil & Pine Kernel Pesto	473	1951	48.5	5.7	5.2	0.1	1.5	3.3	3.0
Houmous	352	1456	30.9	3.0	8.6	0.7	5.0	7.3	1.1
Sweet & Smoky BBQ	145	615	0.2	0.0	33.5	29.0	0.6	0.9	1.8

	PER SERVING								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Desserts									
Chocolate Fondant with Vanilla Ice Cream	657	2746	37.4	16.8	72.0	56.6	3.6	10.0	1.3
Chocolate Fudge Cake (cake only)	312	1308	13.4	4.2	42.4	30.5	0.9	4.8	1.0
Vanilla cheesecake -Reduce Fat & Sugar (cake only)	384	1602	25.7	12.2	32.5	19.5	0.5	5.6	0.6
Tiramisu	412	1729	15.0	11.8	62.7	37.5	3.0	5.0	0.3
Chocolate Brownie and ice cream	519	2159	27.0	14.0	62.9	54.1	3.4	7.9	0.2
Coppa Gelato – Vanilla + choc straw	247	1033	10.3	6.9	32.7	32.5	0.5	5.6	0.2
Coppa Gelato – Chocolate + choc straw	246	1032	10.3	7.3	32.6	27.9	2.5	5.6	0.2
Coppa Gelato – Strawberry + choc straw	211	895	5.0	3.6	40.1	34.2	0.9	1.5	0.1
Coppa Gelato – Salted Caramel + choc straw	287	1201	14.8	9.3	33.9	31.5	0.4	4.6	0.8
Leggera Sorbet – Raspberry Sorbet	122	514	0.5	0.4	28.4	28.4	1.3	0.7	0.0
Leggera Sorbet - Cocconut Sorbet	201	838	6.0	5.4	36.0	28.8	0.0	0.6	0.0
Honeycombe Cream Slice	578	2427	37.4	18.8	54.8	37.2	1.2	5.0	0.6
Side of cream	139	572	15.0	9.4	0.5	0.5	0.0	0.4	0.0
Side of vanilla gelato	114	474	4.5	3.1	15.4	15.4	0.1	2.7	0.1
Side of mascarpone	118	489	12.3	8.7	0.8	0.8	0.0	1.2	0.0
Fruit Coulis	25	104	0.1	0.0	5.7	5.7	0.4	0.1	0.0
Dolcetti									
Vegan Carrot Cake	336	1409	16.2	4.1	45.9	31.5	0.0	1.5	0.5
Salted Caramel Profiteroles	257	1070	16.2	10.2	24.0	19.2	0.0	3.4	0.1
Chocolate Brownie	206	857	11.3	5.5	24.5	20.1	1.8	2.6	0.0
Caffe reale	208	866	12.6	8.7	23.7	32.7	1.4	1.9	0.1
Lotus Bischoff Cheesecake	319	1341	22.8	9.6	25.4	14.6	0.6	2.7	0.3

	PER 100 G								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
	367	1534	20.9	9.4	40.2	31.6	2.0	5.6	0.7
	302	1269	13.0	4.1	41.2	29.6	0.9	4.7	1.0
	358	1497	24.0	11.4	30.4	18.2	0.5	5.2	0.6
	245	1029	8.9	7.0	37.3	22.3	1.8	3.0	0.2
	307	1277	16.0	8.3	37.2	32.0	2.0	4.7	0.1
	199	833	8.3	5.6	26.4	26.2	0.4	4.5	0.2
	198	832	8.3	5.9	26.3	22.5	2.0	4.5	0.2
	170	721	4.0	2.9	32.3	27.6	0.7	1.2	0.1
	231	968	11.9	7.5	27.3	25.4	0.3	3.7	0.6
	101	428	0.4	0.3	23.7	23.7	1.1	0.6	0.0
	167	698	5.0	4.5	30.0	24.0	0.0	0.5	0.0
	448	1881	29.0	14.6	42.5	28.8	0.9	3.9	0.5
	496	2041	53.7	33.4	1.7	1.7	0.0	1.6	0.1
	189	790	7.5	5.1	25.7	25.7	0.2	4.5	0.2
	392	1628	41.0	29.0	2.5	2.5	0.0	4.0	0.1
	123	518	0.4	0.0	28.7	28.4	1.8	0.4	0.0
	373	1565	18.0	4.5	51.0	35.0	0.0	1.6	0.5
	428	1783	27.0	17.0	40.0	32.0	0.0	5.6	0.2
	349	1451	19.2	9.3	41.5	34.1	3.1	4.4	0.1
	281	1170	17.0	11.8	32.0	44.2	1.9	2.6	0.1
	469	1971	33.6	14.2	37.4	21.4	0.8	3.9	0.4

	PER SERVING								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Piccolo									
Piccolo dough balls - no dips no salad	115	486	0.7	0.1	23.2	1.6	1.3	4.6	0.7
Piccolo dough balls with houmous - with salad	193	1089	7.6	1.2	40.4	1.7	4.0	3.5	0.6
Piccolo dough balls with houmous - no salad	130	543	6.5	0.7	13.8	0.7	1.5	3.7	0.3
Piccolo dough balls with garlic butter - with salad	233	972	11.2	5.7	27.9	0.8	2.6	6.1	0.9
Piccolo dough balls with garlic butter - no salad	54	223	3.3	1.9	5.2	0.3	0.2	1.0	0.2
Piccolo dough balls with balsamic and olive oil - with salad	153	644	2.9	0.5	27.3	2.7	2.1	5.3	0.8
Piccolo Salad starter	16	67	0.6	0.0	1.7	1.7	0.8	1.0	0.0
Bolognese Pasta	353	1486	10.2	3.7	53.0	4.6	3.8	14.1	0.8
Napoletana Pasta	284	1194	5.4	2.9	53.6	4.0	3.2	6.7	0.9
Bianca Pasta	355	1488	11.6	6.3	56.2	3.3	2.2	7.2	0.7
Pizza Margherita	435	1831	12.7	6.1	60.0	7.2	3.8	22.0	2.1
Pizza La Reine	437	1839	12.3	4.6	63.8	7.4	5.3	20.2	2.6
Pizza American	482	2022	17.9	7.1	61.1	6.8	4.6	21.2	2.5
Pizza Pollo	458	1929	12.0	4.8	61.4	7.2	4.8	28.4	2.2
Pizza Quorn ™	372	1568	7.6	4.4	63.0	6.7	6.2	15.8	2.4
Pollo Milanese	163	680	8.6	2.8	13.0	2.0	0.7	9.0	0.5
Sundae with chocolate sauce	149	625	4.6	3.1	23.7	21.8	0.3	2.9	0.1
Sundae with fruit sauce	131	552	4.5	3.1	19.6	18.4	0.3	2.8	0.1
Chocolate Brownie	206	857	11.3	5.5	24.5	20.1	1.8	2.6	0.0
Pip Organic Fruity Ice Lolly	18	75	0.0	0.0	4.2	4.0	0.0	0.0	0.0
Pip Organic Rainbow Ice Lolly	20	81	0.0	0.0	4.5	4.2	0.0	0.0	0.0
Cawston apple and summer berries	50	214	0.2	0.0	11.6	11.0	0.0	0.6	0.0
Cawston apple and pear juice	54	234	0.0	0.0	12.8	12.8	0.0	0.2	0.0

	PER 100 G								
	Energy kcal	Energy KJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
	244	1033	1.4	0.2	49.4	3.3	2.8	9.8	1.4
	171	716	6.7	0.8	26.6	1.1	2.6	2.3	0.4
	203	848	10.2	1.0	21.6	1.0	2.4	5.8	0.5
	151	631	7.3	3.7	18.1	0.5	1.7	4.0	0.6
	99	413	6.0	3.6	9.5	0.5	0.4	1.8	0.3
	115	484	2.2	0.4	20.5	2.0	1.6	4.0	0.6
	16	67	0.6	0.0	1.7	1.7	0.8	1.0	0.0
	150	632	4.3	1.6	22.6	2.0	1.6	6.0	0.4
	139	585	2.6	1.4	26.3	2.0	1.6	3.3	0.4
	174	729	5.7	3.1	27.6	1.6	1.1	3.5	0.3
	277	1166	8.1	3.9	38.2	4.6	2.4	14.0	1.3
	237	999	6.7	2.5	34.7	4.0	2.9	11.0	1.4
	290	1218	10.8	4.3	36.8	4.1	2.8	12.8	1.5
	266	1121	7.0	2.8	35.7	4.2	2.8	16.5	1.3
	204	861	4.2	2.4	34.6	3.7	3.4	8.7	1.3
	163	680	8.6	2.8	13.0	2.0	0.7	9.0	0.5
	207	873	6.4	4.3	33.1	30.5	0.4	4.1	0.1
	183	772	6.3	4.3	27.4	25.7	0.4	3.9	0.1
	349	1451	19.2	9.3	41.5	34.1	3.1	4.4	0.1
	43	186	0.1	0.0	10.4	9.9	0.0	0.1	0.0
	48	202	0.0	0.0	11.2	10.6	0.0	0.0	0.0
	25	107	0.1	0.0	5.8	5.5	0.0	0.3	0.0
	27	117	0.0	0.0	6.4	6.4	0.0	0.1	0.0

Summer 21

	PER SERVING								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Starters									
Loaded Pesto Dough Balls	548	2301	21.6	3.2	73.6	7.5	4.0	16.7	2.7
Hot Jalapenos Dough Balls	597	2505	27.7	3.1	76.1	10.2	3.7	12.9	2.9
Dough Balls Al Forno	404	1693	18.0	10.1	37.0	3.3	1.9	24.4	2.0
Pollo Milanese	355	1479	18.9	6.6	23.6	0.8	2.5	23.7	1.8
Romana & Calzone Pizzas									
BBQ Burnt Ends	1157	4865	35.0	15.0	154.0	43.0	11.0	63.0	8.0
Funghi di Bosco	1105	4634	44.0	18.0	131.0	10.0	11.0	53.0	6.0
Funghi di Bosco Vegan	910	3824	38.0	15.0	133.0	13.0	12.0	27.0	6.0
Pollo Italiano	1415	5918	67.0	25.0	127.0	17.0	9.0	75.0	7.0
Classic Pizzas									
Sloppy Vegan	863	3637	24.9	9.4	134.2	15.1	13.5	33.1	4.9
Leggera Pizzas									
WM Leggera Burnt Ends with dressing	520	2186	12.7	4.3	71.7	22.3	8.3	36.0	4.0
WM Leggera Funghi di Bosco with dressing	489	2046	20.0	6.3	55.0	2.3	8.7	28.7	3.0
WM Leggera Vegan Funghi di Bosco with dressing	422	1766	17.3	5.0	56.7	4.0	9.0	16.3	3.0
WM Leggera Sloppy Vegan with dressing	470	1972	16.0	5.3	67.0	8.3	12.3	22.0	3.0
Salads									
Caprese & Prosciutto	537	2209	47.5	17.0	6.1	0.0	4.8	23.1	4.2
Vegan Nourish Bowl no dough sticks	470	1964	26.8	3.7	53.6	1.1	13.1	10.3	2.6
Pollo Grain no dough sticks	361	1512	18.5	3.9	16.9	0.0	4.2	34.1	1.6
Salad sides									
Dough Sticks	255	1076	2.5	0.4	49.6	2.5	2.5	9.5	1.4
Al Forno									
Pea & Asparagus Risotto	484	2013	24.0	6.6	59.0	3.9	5.5	10.4	2.1
Sides									
Raw Slaw	163	2003	14.3	1.0	8.3	2.1	3.5	1.5	0.8
Desserts									
Panna Cotta	352	1462	26.7	16.5	25.0	23.1	0.0	3.3	3.7

	PER 100 G								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
	263	1106	10.4	1.53	35.4	3.6	1.9	8.04	1.3
	287	1204	13.3	1.5	36.6	4.9	1.8	6.2	1.4
	323	1354	14.4	8.1	29.6	2.6	1.5	19.5	1.6
	211	880	11.23	3.9	14.03	0.5	1.5	14.1	1.1
	261	1098	7.9	3.3	34.6	9.6	2.4	14.0	1.7
	255	1070	10.1	4.0	30.2	2.3	2.5	12.1	1.2
	215	904	8.8	3.3	31.4	2.9	2.8	6.2	1.2
	299	1251	14.1	5.1	26.8	3.5	1.9	15.7	1.4
	211	889	6.1	2.3	32.8	3.7	3.3	8.1	1.2
	170	714	4.0	1.3	23.1	7.1	2.6	11.6	1.0
	153	642	6.1	1.9	17.1	0.5	2.6	8.8	0.7
	145	607	5.7	1.6	19.3	1.3	2.9	5.5	0.7
	149	627	5.0	1.5	21.2	2.5	3.7	6.8	0.9
	167	688	14.8	5.3	1.9	0.0	1.5	7.2	1.3
	128	535	7.3	1.0	14.6	0.3	3.6	2.8	0.7
	111	465	5.7	1.2	5.2	0.0	1.3	10.5	0.5
	283	1195	2.8	0.4	55.1	2.8	2.8	10.5	1.6
	123	512	6.1	1.7	15.0	1.0	1.4	2.6	0.5
	101	1244	8.9	0.6	5.1	1.3	2.2	1.0	0.5
	227	943	17.2	10.63	16.1	14.9	0	2.1	2.4