

NUTRITIONAL INFORMATION

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JANUARY 2020

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 | | | | | | | | | PER 100 G | | | | | | | | | |
|--|-------------|------|-------|-------------|-----------------|----------|---------|-----------|--------|-----------|------|-------|-------------|-----------------|----------|---------|-----------|--------|--|
| | 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 | 396 | 1650 | 21.6 | 12.9 | 40.4 | 3.1 | 3.0 | 8.1 | 1.6 | 356 | 1486 | 19.5 | 11.6 | 36.4 | 2.8 | 2.7 | 7.3 | 1.5 | |
| Dough Balls - no butter | 230 | 972 | 1.3 | 0.2 | 46.4 | 3.1 | 2.6 | 9.2 | 1.3 | 244 | 1033 | 1.4 | 0.2 | 49.4 | 3.3 | 2.8 | 9.8 | 1.4 | |
| Gluten Free Dough Balls 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 -pestorissa- | 336 | 1418 | 12.0 | 1.5 | 48.6 | 4.8 | 3.6 | 9.7 | 1.9 | 294 | 1243 | 10.5 | 1.3 | 42.6 | 4.2 | 3.1 | 8.5 | 1.7 | |
| Dough Balls Doppio | 828 | 3464 | 43.3 | 14.0 | 88.3 | 8.5 | 5.3 | 18.6 | 3.6 | 342 | 1431 | 17.9 | 5.8 | 36.5 | 3.5 | 2.2 | 7.7 | 1.5 | |
| Garlic Bread (butter) | 280 | 1181 | 5.7 | 2.6 | 49.0 | 3.6 | 2.5 | 9.4 | 1.5 | 288 | 1217 | 5.8 | 2.6 | 50.6 | 3.7 | 2.6 | 9.6 | 1.5 | |
| Vegan Garlic Bread (garlic oil) | 345 | 1449 | 11.6 | 1.6 | 51.5 | 3.8 | 2.6 | 9.8 | 1.5 | 338 | 1420 | 11.4 | 1.5 | 50.5 | 3.7 | 2.6 | 9.6 | 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 | |
| King Prawns with Spicy 'Nduja | 326 | 1364 | 16.4 | 4.3 | 28.9 | 5.5 | 2.7 | 17.3 | 2.1 | 167 | 699 | 8.4 | 2.2 | 14.8 | 2.8 | 1.4 | 8.9 | 1.1 | |
| 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 | | | | | | | | | | | | | | | | | | | |
| PizzaExpress | 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 | 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 | |

| | PER SERVING | | | | | | | | |
|------------------------------|-------------|------|-------|-------------|-----------------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g |
| 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 |

| | PER 100 G | | | | | | | | |
|--|-------------|-----------|-------|-------------|-----------------|----------|---------|-----------|--------|
| | Energy kcal | Energy kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g |
| | 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 |

| | PER SERVING | | | | | | | | | PER 100 G | | | | | | | | |
|---|-------------|------|-------|-------------|-----------------|----------|---------|-----------|--------|-------------|-----------|-------|-------------|-----------------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g |
| Romana Pizzas, Calabrese and Calzone | | | | | | | | | | | | | | | | | | |
| American Hot | 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 |
| 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 |
| 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 |
| Diavlo | 1167 | 4894 | 39.0 | 20.1 | 139.1 | 15.0 | 10.2 | 59.1 | 7.1 | 296 | 1242 | 9.9 | 5.1 | 35.3 | 3.8 | 2.6 | 15.0 | 1.8 |
| Pollo Forza | 1253 | 5263 | 44.6 | 15.9 | 129.4 | 20.6 | 8.4 | 79.3 | 5.0 | 267 | 1122 | 9.5 | 3.4 | 27.6 | 4.4 | 1.8 | 16.9 | 1.1 |
| 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 |
| Barbacoa | 1118 | 4702 | 38.4 | 14.0 | 127.7 | 26.9 | 12.1 | 71.8 | 5.6 | 204 | 858 | 7.0 | 2.56 | 23.3 | 4.9 | 2.2 | 13.1 | 1.0 |
| Vegan Giardiniera | 970 | 4077 | 34.0 | 13.3 | 144.1 | 14.5 | 11.8 | 27.6 | 6.5 | 214 | 900 | 7.5 | 2.9 | 31.8 | 3.2 | 2.6 | 6.1 | 1.4 |
| Calzone Verdure | 906 | 3783 | 40.6 | 5.5 | 116.9 | 16.1 | 11.2 | 23.4 | 3.6 | 203 | 848 | 9.1 | 1.2 | 26.2 | 3.6 | 2.5 | 5.3 | 0.8 |
| 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 |
| Classic Pizzas | | | | | | | | | | | | | | | | | | |
| American | 978 | 4110 | 37.7 | 14.6 | 111.1 | 13.0 | 8.2 | 52.8 | 5.7 | 285 | 1198 | 11.0 | 4.3 | 32.4 | 3.8 | 2.4 | 15.4 | 1.7 |
| Margherita | 834 | 3512 | 24.9 | 10.1 | 111.5 | 13.1 | 7.2 | 37.6 | 4.3 | 255 | 1074 | 7.6 | 3.1 | 34.1 | 4.0 | 2.2 | 11.5 | 1.3 |
| 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 |
| 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 |
| 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 |
| Sloppy Giuseppe | 897 | 3777 | 26.1 | 12.2 | 115.4 | 13.5 | 10.5 | 45.0 | 4.8 | 213 | 897 | 6.2 | 2.9 | 27.4 | 3.2 | 2.5 | 10.7 | 1.1 |
| Veneziana | 938 | 3936 | 29.7 | 10.7 | 120.4 | 18.3 | 9.5 | 41.9 | 4.4 | 246 | 1033 | 7.8 | 2.8 | 31.6 | 4.8 | 2.5 | 11.0 | 1.2 |
| Veneziana - Vegan | 815 | 3419 | 23.4 | 9.1 | 132.4 | 21.2 | 10.8 | 23.4 | 5.2 | 219 | 919 | 6.3 | 2.4 | 35.6 | 5.7 | 2.9 | 6.3 | 1.4 |
| 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 |

| | PER SERVING | | | | | | | | |
|--------------------------------------|-------------|------|-------|-------------|---------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g |
| Leggera Pizzas | | | | | | | | | |
| Wholemeal Leggera Pollo ad Astra | 599 | 2515 | 13.9 | 3.7 | 75.0 | 12.4 | 6.7 | 46.4 | 3.0 |
| Wholemeal Leggera Padana | 587 | 2463 | 17.4 | 5.7 | 91.4 | 26.5 | 8.7 | 20.4 | 2.6 |
| Wholemeal Leggera Padana - Vegan | 560 | 2350 | 16.3 | 5.3 | 93.0 | 30.7 | 12.3 | 19.3 | 3.0 |
| Wholemeal Leggera American Hot | 548 | 2291 | 18.8 | 6.6 | 67.2 | 5.6 | 7.0 | 30.3 | 3.7 |
| Wholemeal Leggera Vegan Giardiniera | 556 | 2324 | 21.0 | 5.7 | 79.6 | 9.1 | 9.1 | 16.1 | 3.2 |
| Wholemeal Leggera Barbacoa | 547 | 2291 | 18.6 | 4.7 | 55.1 | 14.8 | 8.0 | 43.5 | 3.5 |
| Wholemeal Leggera La Reine | 498 | 2092 | 15.8 | 2.8 | 61.3 | 3.0 | 7.8 | 31.5 | 3.4 |
| Wholemeal Leggera Pollo Forza | 578 | 2427 | 18.6 | 3.6 | 60.8 | 5.9 | 10.3 | 46.8 | 2.9 |
| Wholemeal Leggera Diavolo | 556 | 2326 | 22.6 | 6.5 | 59.9 | 5.4 | 8.8 | 32.5 | 3.9 |
| Wholemeal Leggera Margherita | 440 | 1850 | 13.2 | 3.0 | 61.8 | 6.6 | 8.2 | 22.4 | 2.2 |
| Wholemeal Leggera Margherita - Vegan | 452 | 1893 | 16.2 | 5.3 | 67.4 | 10.8 | 9.9 | 13.9 | 2.3 |
| Wholemeal Leggera Veneziana | 517 | 2170 | 16.0 | 2.5 | 70.2 | 16.6 | 9.2 | 27.5 | 3.1 |
| Wholemeal Leggera Veneziana - Vegan | 544 | 2275 | 22.0 | 6.5 | 76.4 | 20.4 | 10.0 | 14.7 | 3.1 |
| Wholemeal Leggera American | 557 | 2334 | 23.6 | 6.9 | 56.1 | 7.1 | 8.2 | 34.1 | 3.2 |
| Wholemeal Leggera Sloppy Giuseppe | 490 | 2061 | 14.1 | 4.8 | 65.6 | 8.0 | 9.2 | 29.9 | 3.1 |

| | PER 100 G | | | | | | | | |
|--|-----------|-----|-------|-------------|---------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g |
| | 164 | 689 | 3.8 | 1.0 | 20.5 | 3.4 | 1.8 | 12.7 | 0.8 |
| | 184 | 772 | 5.4 | 1.8 | 28.7 | 8.3 | 2.7 | 6.4 | 0.8 |
| | 174 | 733 | 4.9 | 1.5 | 28.8 | 9.5 | 3.7 | 5.9 | 0.8 |
| | 197 | 824 | 6.8 | 2.4 | 24.2 | 2.0 | 2.5 | 10.9 | 1.3 |
| | 171 | 715 | 6.5 | 1.8 | 24.5 | 2.8 | 2.8 | 4.9 | 1.0 |
| | 157 | 658 | 5.3 | 1.3 | 15.8 | 4.3 | 2.3 | 12.5 | 1.0 |
| | 166 | 697 | 5.3 | 0.9 | 20.4 | 1.0 | 2.6 | 10.5 | 1.1 |
| | 169 | 712 | 5.5 | 1.1 | 17.8 | 1.7 | 3.0 | 13.7 | 0.9 |
| | 178 | 745 | 7.2 | 2.1 | 19.2 | 1.7 | 2.8 | 10.4 | 1.2 |
| | 143 | 600 | 4.3 | 1.0 | 20.1 | 2.1 | 2.7 | 7.3 | 0.7 |
| | 140 | 586 | 5.0 | 1.7 | 20.9 | 3.3 | 3.1 | 4.3 | 0.7 |
| | 167 | 700 | 5.2 | 0.8 | 22.6 | 5.4 | 3.0 | 8.9 | 1.0 |
| | 193 | 809 | 7.8 | 2.3 | 27.2 | 7.3 | 3.6 | 5.2 | 1.1 |
| | 216 | 904 | 9.1 | 2.7 | 21.7 | 2.8 | 3.2 | 13.2 | 1.2 |
| | 158 | 665 | 4.5 | 1.6 | 21.2 | 2.6 | 3.0 | 9.6 | 1.0 |

| | PER SERVING | | | | | | | | |
|---|-------------|------|-------|-------------|---------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g |
| Salads No Dressings with Dough Sticks | | | | | | | | | |
| Pollo Salad no dressing | 502 | 2096 | 26.3 | 10.5 | 22.1 | 11.6 | 3.9 | 42.1 | 2.2 |
| Nicoise Salad no dressing | 366 | 1528 | 21.0 | 3.6 | 5.1 | 3.3 | 1.8 | 39.1 | 2.0 |
| Grand Chicken Caesar Salad no dressing | 477 | 1998 | 24.5 | 6.4 | 17.2 | 1.6 | 1.6 | 47.1 | 1.9 |
| Salads With Dressings no Dough Sticks | | | | | | | | | |
| Leggera Superfood | 333 | 1392 | 15.4 | 1.9 | 27.9 | 14.4 | 16.4 | 13.5 | 1.0 |
| Pollo Salad with dressing | 693 | 2879 | 46.3 | 13.1 | 24.6 | 5.1 | 4.0 | 42.8 | 3.3 |
| Nicoise Salad with dressing | 558 | 2312 | 40.7 | 6.1 | 7.3 | 4.5 | 2.0 | 39.5 | 3.1 |
| Grand Chicken Caesar Salad with dressing | 636 | 2643 | 39.9 | 8.0 | 20.3 | 4.4 | 2.5 | 48.3 | 2.9 |
| Salads With Dressings and Dough Sticks | | | | | | | | | |
| Pollo Salad with dressing and dough sticks | 954 | 3986 | 48.9 | 13.7 | 72.9 | 8.8 | 6.4 | 52.8 | 4.8 |
| Nicoise Salad with dressing and dough sticks | 820 | 3420 | 43.5 | 6.5 | 55.5 | 8.5 | 4.5 | 50.0 | 4.6 |
| Grand Chicken Caesar Salad with dressing and dough sticks | 894 | 3753 | 42.4 | 8.2 | 68.4 | 8.2 | 4.6 | 58.4 | 4.4 |

| | PER 100 G | | | | | | | | |
|---|-----------|-----|-------|-------------|---------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g |
| Pollo Salad no dressing | 143 | 597 | 7.5 | 3.0 | 6.3 | 3.3 | 1.1 | 12.0 | 0.6 |
| Nicoise Salad no dressing | 101 | 422 | 5.8 | 1.0 | 1.4 | 0.9 | 0.5 | 10.8 | 0.6 |
| Grand Chicken Caesar Salad no dressing | 150 | 628 | 7.7 | 2.0 | 5.4 | 0.5 | 0.5 | 14.8 | 0.6 |
| Leggera Superfood | 104 | 434 | 4.8 | 0.6 | 8.7 | 4.5 | 5.1 | 4.2 | 0.3 |
| Pollo Salad with dressing | 175 | 727 | 11.7 | 3.3 | 6.2 | 1.3 | 1.0 | 10.8 | 0.8 |
| Nicoise Salad with dressing | 137 | 568 | 10.0 | 1.5 | 1.8 | 1.1 | 0.5 | 9.7 | 0.8 |
| Grand Chicken Caesar Salad with dressing | 175 | 728 | 11.0 | 2.2 | 5.6 | 1.2 | 0.7 | 13.3 | 0.8 |
| Pollo Salad with dressing and dough sticks | 195 | 815 | 10.0 | 2.8 | 14.9 | 1.8 | 1.3 | 10.8 | 1.0 |
| Nicoise Salad with dressing and dough sticks | 164 | 684 | 8.7 | 1.3 | 11.1 | 1.7 | 0.9 | 10.0 | 0.9 |
| Grand Chicken Caesar Salad with dressing and dough sticks | 196 | 823 | 9.3 | 1.8 | 15.0 | 1.8 | 1.0 | 12.8 | 1.0 |

| | PER SERVING | | | | | | | | |
|------------------------|-------------|------|-------|-------------|---------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g |
| Salad sides | | | | | | | | | |
| Dough sticks | 263 | 1110 | 2.6 | 0.3 | 48.3 | 3.8 | 2.3 | 10.2 | 1.5 |
| Classic house dressing | 191 | 784 | 19.9 | 2.7 | 2.3 | 1.2 | 0.2 | 0.5 | 1.1 |
| Light house dressing | 135 | 554 | 13.6 | 1.9 | 2.3 | 2.1 | 0.3 | 0.4 | 1.0 |
| 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 |

| | PER 100 G | | | | | | | | |
|------------------------|-----------|------|-------|-------------|---------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g |
| Dough sticks | 282 | 1193 | 2.8 | 0.3 | 51.9 | 4.1 | 2.5 | 11.0 | 1.6 |
| Classic house dressing | 423 | 1741 | 44.2 | 6.1 | 5.0 | 2.7 | 0.5 | 1.0 | 2.4 |
| Light house dressing | 298 | 1230 | 30.3 | 4.2 | 5.2 | 4.6 | 0.6 | 0.9 | 2.2 |
| 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 |

| | PER SERVING | | | | | | | | |
|---------------------------------|-------------|------|-------|-------------|---------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g |
| Al Forno | | | | | | | | | |
| Lasagna Classica | 712 | 2973 | 42.1 | 23.3 | 43.0 | 11.0 | 7.0 | 36.9 | 3.9 |
| 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 |
| Leggera Peperonata | 542 | 2269 | 16.0 | 2.0 | 91.0 | 16.0 | 8.0 | 12.0 | 2.0 |
| Sides | | | | | | | | | |
| Coleslaw 'Pizza Express' | 330 | 1362 | 33.3 | 2.4 | 4.6 | 0.0 | 2.5 | 1.9 | 0.8 |
| 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 |

| | PER 100 G | | | | | | | | |
|--|-----------|------|-------|-------------|---------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g |
| | 162 | 677 | 9.6 | 5.3 | 9.8 | 2.5 | 1.6 | 8.4 | 0.9 |
| | 190 | 792 | 10.1 | 4.1 | 15.9 | 1.1 | 0.6 | 8.6 | 1.3 |
| | 149 | 622 | 9.1 | 4.5 | 10.4 | 2.2 | 1.2 | 7.0 | 0.8 |
| | 166 | 698 | 6.7 | 2.5 | 20.3 | 1.4 | 1.2 | 6.8 | 0.4 |
| | 117 | 490 | 3.4 | 0.4 | 19.6 | 3.3 | 1.5 | 2.5 | 0.4 |
| | 264 | 1089 | 26.6 | 1.9 | 3.7 | 0.0 | 2.0 | 1.5 | 0.7 |
| | 53 | 220 | 3.9 | 0.6 | 2.6 | 1.8 | 1.0 | 1.4 | 0.1 |
| | 119 | 490 | 11.1 | 1.5 | 3.0 | 2.5 | 1.5 | 1.3 | 0.5 |
| | 218 | 908 | 12.8 | 1.3 | 20.6 | 2.4 | 3.7 | 3.2 | 1.3 |

| | PER SERVING | | | | | | | | | PER 100 G | | | | | | | | | |
|--|-------------|------|-------|-------------|---------|----------|---------|-----------|--------|-----------|------|-------|-------------|---------|----------|---------|-----------|--------|--|
| | kcal | kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | kcal | kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | |
| Desserts | | | | | | | | | | | | | | | | | | | |
| Chocolate & Amaretto Parfait | 275 | 1143 | 18.8 | 13.6 | 23.7 | 19.1 | 1.1 | 1.5 | 0.2 | 366 | 1523 | 25.0 | 18.1 | 31.6 | 25.4 | 1.5 | 2.0 | 0.2 | |
| 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 | |
| Vanilla cheesecake Reduce Fat & Sugar (cake only) | 377 | 1563 | 25.7 | 13.7 | 29.6 | 19.7 | 0.6 | 6.6 | 0.0 | 349 | 1447 | 23.8 | 12.7 | 27.4 | 18.2 | 0.6 | 6.1 | 0.0 | |
| 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 | |
| Chocolate Brownie and ice cream | 519 | 2159 | 27.0 | 14.0 | 62.9 | 54.1 | 3.4 | 7.9 | 0.2 | 307 | 1277 | 16.0 | 8.3 | 37.2 | 32.0 | 2.0 | 4.7 | 0.1 | |
| Coppa Gelato – Vanilla + choc straw | 247 | 1033 | 10.3 | 6.9 | 32.7 | 32.5 | 0.5 | 5.6 | 0.2 | 199 | 833 | 8.3 | 5.6 | 26.4 | 26.2 | 0.4 | 4.5 | 0.2 | |
| Coppa Gelato – Chocolate + choc straw | 246 | 1032 | 10.3 | 7.3 | 32.6 | 27.9 | 2.5 | 5.6 | 0.2 | 198 | 832 | 8.3 | 5.9 | 26.3 | 22.5 | 2.0 | 4.5 | 0.2 | |
| Coppa Gelato – Strawberry + choc straw | 211 | 895 | 5.0 | 3.6 | 40.1 | 34.2 | 0.9 | 1.5 | 0.1 | 170 | 721 | 4.0 | 2.9 | 32.3 | 27.6 | 0.7 | 1.2 | 0.1 | |
| Coppa Gelato – Salted Caramel + choc straw | 287 | 1201 | 14.8 | 9.3 | 33.9 | 31.5 | 0.4 | 4.6 | 0.8 | 231 | 968 | 11.9 | 7.5 | 27.3 | 25.4 | 0.3 | 3.7 | 0.6 | |
| 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 | |
| Sticky Toffee Bundt Cake – no ice cream | 494 | 2065 | 26.1 | 13.6 | 61.0 | 36.3 | 1.2 | 4.2 | 0.8 | 377 | 1576 | 19.9 | 10.4 | 46.6 | 27.7 | 0.9 | 3.2 | 0.6 | |
| Affogato - no coffee | 337 | 1407 | 15.4 | 9.9 | 44.0 | 41.9 | 0.1 | 5.9 | 0.6 | 239 | 998 | 10.9 | 7.0 | 31.2 | 29.7 | 0.1 | 4.2 | 0.4 | |
| Honeycombe Cream Slice | 578 | 2427 | 37.4 | 18.8 | 54.8 | 37.2 | 1.2 | 5.0 | 0.6 | 448 | 1881 | 29.0 | 14.6 | 42.5 | 28.8 | 0.9 | 3.9 | 0.5 | |
| 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 | |
| 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 | |

| | PER SERVING | | | | | | | | |
|-----------------------------|-------------|------|-------|-------------|---------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g |
| 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 |
| Lemon Posset Crunch | 195 | 807 | 15.7 | 8.4 | 11.9 | 7.7 | 0.2 | 1.0 | 0.2 |
| Lotus Biscoff Cheesecake | 319 | 1341 | 22.8 | 9.6 | 25.4 | 14.6 | 0.6 | 2.7 | 0.3 |

| | PER 100 G | | | | | | | | |
|-----------------------------|-----------|------|-------|-------------|---------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g |
| Vegan Carrot Cake | 373 | 1565 | 18.0 | 4.5 | 51.0 | 35.0 | 0.0 | 1.6 | 0.5 |
| Salted Caramel Profiteroles | 428 | 1783 | 27.0 | 17.0 | 40.0 | 32.0 | 0.0 | 5.6 | 0.2 |
| Chocolate Brownie | 349 | 1451 | 19.2 | 9.3 | 41.5 | 34.1 | 3.1 | 4.4 | 0.1 |
| Caffe reale | 281 | 1170 | 17.0 | 11.8 | 32.0 | 44.2 | 1.9 | 2.6 | 0.1 |
| Lemon Posset Crunch | 442 | 1832 | 35.6 | 19.2 | 27.0 | 17.4 | 0.5 | 2.2 | 0.4 |
| Lotus Biscoff Cheesecake | 469 | 1971 | 33.6 | 14.2 | 37.4 | 21.4 | 0.8 | 3.9 | 0.4 |

| | PER SERVING | | | | | | | | | PER 100 G | | | | | | | | |
|--|-------------|------|-------|-------------|---------|----------|---------|-----------|--------|-----------|------|-------|-------------|---------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | kcal | kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g |
| Piccolo | | | | | | | | | | | | | | | | | | |
| Piccolo dough balls - no dips no salad | 60 | 252 | 0.3 | 0.1 | 12.1 | 0.5 | 0.5 | 2.2 | 0.3 | 135 | 571 | 0.8 | 0.1 | 27.5 | 1.2 | 1.2 | 5.1 | 0.6 |
| Piccolo dough balls with houmous – with salad | 193 | 809 | 7.6 | 0.7 | 24.1 | 1.7 | 2.5 | 6.9 | 0.5 | 117 | 493 | 4.6 | 0.4 | 14.7 | 1.0 | 1.5 | 4.2 | 0.3 |
| Baked dough balls with butter – no salad | 189 | 793 | 8.3 | 4.9 | 23.2 | 1.9 | 1.2 | 4.9 | 0.8 | 350 | 1467 | 15.3 | 9.1 | 42.9 | 3.5 | 2.3 | 9.0 | 1.6 |
| Baked dough balls with balsamic and olive oil – no salad | 160 | 674 | 4.5 | 0.6 | 24.4 | 3.1 | 1.4 | 4.9 | 0.7 | 296 | 1247 | 8.3 | 1.2 | 45.1 | 5.7 | 2.5 | 9.0 | 1.4 |
| Salad to go with starter | 16 | 67 | 0.6 | 0.0 | 1.7 | 1.7 | 0.8 | 1.0 | 0.0 | 16 | 67 | 0.6 | 0.0 | 1.7 | 1.7 | 0.8 | 1.0 | 0.0 |
| Bolognese | 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 | 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 | 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 |
| Pizza Margherita | 448 | 1883 | 11.0 | 6.6 | 63.4 | 6.9 | 4.7 | 21.2 | 2.3 | 285 | 1199 | 7.0 | 4.2 | 40.4 | 4.4 | 3.0 | 13.5 | 1.5 |
| Pizza La Reine | 509 | 2139 | 13.7 | 7.0 | 63.8 | 7.4 | 7.4 | 28.7 | 3.1 | 275 | 1156 | 7.4 | 3.8 | 34.5 | 4.0 | 4.0 | 15.5 | 1.7 |
| Pizza American | 510 | 2141 | 18.2 | 8.5 | 55.4 | 6.1 | 7.8 | 27.2 | 3.0 | 300 | 1259 | 10.7 | 5.0 | 32.6 | 3.6 | 4.6 | 16.0 | 1.8 |
| Pizza Pollo | 456 | 1922 | 10.8 | 6.2 | 59.2 | 7.1 | 2.6 | 29.1 | 2.3 | 265 | 1117 | 6.3 | 3.6 | 34.4 | 4.1 | 1.5 | 16.9 | 1.4 |
| Pollo Salad with DB | 283 | 1179 | 9.4 | 2.9 | 23.6 | 0.5 | 3.4 | 27.0 | 1.3 | 108 | 450 | 3.6 | 1.1 | 9.0 | 0.2 | 1.3 | 10.3 | 0.5 |
| Pollo Salad with Polenta Chips | 265 | 1107 | 17.0 | 3.5 | 12.4 | 0.0 | 3.2 | 23.2 | 1.2 | 107 | 448 | 6.9 | 1.4 | 5.0 | 0.0 | 1.3 | 9.4 | 0.5 |
| Sundae with chocolate sauce | 149 | 625 | 4.6 | 3.1 | 23.7 | 21.8 | 0.3 | 2.9 | 0.1 | 207 | 873 | 6.4 | 4.3 | 33.1 | 30.5 | 0.4 | 4.1 | 0.1 |
| Sundae with fruit sauce | 131 | 552 | 4.5 | 3.1 | 19.6 | 18.4 | 0.3 | 2.8 | 0.1 | 183 | 772 | 6.3 | 4.3 | 27.4 | 25.7 | 0.4 | 3.9 | 0.1 |
| Chocolate Brownie | 206 | 857 | 11.3 | 5.5 | 24.5 | 20.1 | 1.8 | 2.6 | 0.0 | 349 | 1451 | 19.2 | 9.3 | 41.5 | 34.1 | 3.1 | 4.4 | 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 |
| 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 DISHES

| | PER SERVING | | | | | | | | | PER 100 G | | | | | | | | | |
|--|-------------|------|-------|-------------|---------|----------|---------|-----------|--------|-----------|------|-------|-------------|---------|----------|---------|-----------|--------|--|
| | kcal | kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | kcal | kJ | Fat g | Saturates g | Carbs g | Sugars g | Fibre g | Protein g | Salt g | |
| Starters | | | | | | | | | | | | | | | | | | | |
| Baked Garlic Mushroom | 329 | 1358 | 29.5 | 6.7 | 11.1 | 0.7 | 1.7 | 5.5 | 0.8 | 199 | 823 | 17.9 | 4.0 | 6.7 | 0.4 | 1.0 | 3.3 | 0.5 | |
| King Prawns with Spicy 'Nduja | 326 | 1364 | 16.4 | 4.3 | 28.9 | 5.5 | 2.7 | 17.3 | 2.1 | 167 | 699 | 8.4 | 2.2 | 14.8 | 2.8 | 1.4 | 8.9 | 1.1 | |
| Romana Pizzas & Calzone | | | | | | | | | | | | | | | | | | | |
| Calzone Verdure | 906 | 3783 | 41.0 | 6.0 | 117.0 | 17.0 | 12.0 | 24.0 | 4.0 | 203 | 848 | 9.1 | 1.2 | 26.2 | 3.6 | 2.5 | 5.3 | 0.8 | |
| 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 | |
| Romana Carbonara | 1486 | 6213 | 71.4 | 29.6 | 124.4 | 12.9 | 8.5 | 90.1 | 8.0 | 333 | 1393 | 16.0 | 6.6 | 27.9 | 2.9 | 1.9 | 20.2 | 1.8 | |
| Al Forno | | | | | | | | | | | | | | | | | | | |
| Risotto con Funghi | 668 | 2775 | 44.5 | 18.7 | 53.2 | 0.8 | 3.4 | 15.0 | 2.8 | 177 | 736 | 11.8 | 5.0 | 14.1 | 0.2 | 0.9 | 4.0 | 0.7 | |
| Desserts | | | | | | | | | | | | | | | | | | | |
| Chocolate Fondant with Vanilla Ice Cream | 657 | 2746 | 37.4 | 16.8 | 72.0 | 56.6 | 3.6 | 10.0 | 1.3 | 367 | 1534 | 20.9 | 9.4 | 40.2 | 31.6 | 2.0 | 5.6 | 0.7 | |
| Piccolo | | | | | | | | | | | | | | | | | | | |
| La Rosie | 455 | 1912 | 24.0 | 7.8 | 39.0 | 1.4 | 1.2 | 21.0 | 1.0 | 269 | 1131 | 14.2 | 4.6 | 23.1 | 0.8 | 0.7 | 12.4 | 0.6 | |