



ALLERGEN INFORMATION

Our allergen and suitability menu below details information on our ingredients and dishes. Unfortunately, it is not possible for us to guarantee our busy kitchens are 100% allergen/contamination free.

18th September 2018

At PizzaExpress your lifestyle choices and dietary requirements are just as important to us as they are to you. We hope you enjoy our Vegan Mozzarella Alternative which is made with sprouted Italian brown rice. It is free from gluten, soya, nuts, preservatives, palm oil and is suitable for those with dairy reduced diet. We are very excited to bring you a specific vegan menu which lists all our dishes and drinks that are suitable. Please ask our teams.

With regards to our vegan menu, you will notice that not all of our dishes are listed. We have chosen the selected dishes, since appropriate controls have been implemented to make them suitable. Your safety is of the utmost importance to us.



DOES IT CONTAIN?																	ARE THESE SUITABLE FOR?			PLEASE NOTE				
Milk/Dairy	Fish	Crustaceans	Molluscs	Cereals Containing Gluten	Maize	Egg	Peanuts	Nuts	Sesame Seeds	Mustard	Soya	Lupin	Celery	Mushrooms	Tomatoes	Garlic	Onion	Alcohol/Derivatives of Alcohol/Vinegar	Rapeseed	Sulphur Dioxide / Sulphites	Vegetarian	Vegan	Coeliacs	

APPETISERS, STARTERS AND SIDES

Arrabbiata Prawns			✓	✓ Wheat	✓										✓	✓			✓						Suitable for coeliacs if served with Gluten-free Dough Balls	
Bruschetta Originale 'PizzaExpress'	✓			✓ Wheat	✓			✓ Pine Kernels							✓	✓	✓		✓			✓				Suitable for vegans if garlic butter and pesto are removed
Buffalo Mozzarella & Tomato Salad	✓							✓ Pine Kernels							✓	✓						✓		✓		
Calamari	✓	✓		✓ Wheat		✓				✓					✓			✓ Vinegar	✓							
Classic Italian Antipasto	✓			✓ Wheat	✓						✓ In Pistorissa				✓	✓	✓ In Marinated Olives	✓ Vinegar	✓							Suitable for coeliacs if dough sticks are removed
Coleslaw 'PizzaExpress'						✓				✓					✓	✓	✓	✓ Vinegar	✓			✓		✓		
Dough Balls Doppio	✓			✓ Wheat	✓			✓ Pine Kernels			✓ In Pistorissa				✓	✓		✓ Vinegar	✓			✓				
Dough Balls 'PizzaExpress'	✓			✓ Wheat	✓											✓			✓			✓				Suitable for vegans if garlic butter is substituted with garlic or chilli oil
Garlic Bread with Mozzarella	✓			✓ Wheat	✓										✓				✓			✓				
Gluten-Free Dough Balls	✓				✓										✓				✓			✓		✓		Suitable for vegans if the garlic butter is substituted with garlic or chilli oil
Lemon & Herb Chicken Wings (New)						✓ In Dressing				✓ In Dressing					✓	✓		✓ Vinegar in Dressing	✓					✓		
Marinated Olives					✓										✓	✓					✓	✓	✓			



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APPETISERS, STARTERS AND SIDES

Mixed Salad						✓ In Dressing				✓ In Dressing					✓	✓ In Dressing	✓ In Dressing	✓ Vinegar in Dressing		✓ In Dressing	✓		✓	
Polenta Chips	✓			✓ Wheat	✓					✓ In Dressing						✓		✓ Vinegar	✓		✓			
Roasted Tomatoes															✓	✓			✓		✓	✓	✓	

SALADS

Grand Chicken Çesar	✓ In Dressing and Cheese	✓ Anchovies in Dressing			✓ Wheat in Dough	✓ In Dough and Chicken	✓ Fresh and in Dressing			✓ In Dressing						✓ In Dressing		✓ Vinegar in Dressing and Anchovies	✓ In Dough, Dressing and Croutons	✓ In Anchovies				Suitable for coeliacs if served without dough sticks and croutons
Leggera Superfood Salad							✓ In Dressing			✓	✓					✓	✓	✓ Vinegar		✓	✓		✓	Suitable for vegans if dressing is removed
Niçoise		✓ Tuna and Anchovies			✓ Wheat in Dough	✓ In Dough	✓ Fresh and in Dressing			✓ In Dressing					✓	✓ In Dressing	✓ In Dressing	✓ Vinegar in Dressing, Anchovies and Capers	✓ In Dough	✓ In Dressing and Anchovies				Suitable for coeliacs if served without dough sticks
Pollo	✓ Goat's Cheese				✓ Wheat in Dough	✓ In Dough and Chicken	✓ In Dressing			✓ In Dressing					✓	✓ In Dressing	✓ In Dressing	✓ Vinegar in Peppers and Dressing	✓ In Dough and Croutons	✓ In Dressing				Suitable for coeliacs if served without dough sticks and croutons
Pollo Milanese (Cos Lettuce)	✓	✓ In Dressing			✓ Wheat	✓	✓			✓	✓					✓		✓ Vinegar	✓					
Pollo Milanese (Rocket)	✓				✓ Wheat	✓			✓ Pine Kernels		✓				✓	✓			✓					

AL FORNO

Bolognese (New)	✓					✓						✓	✓	✓	✓	✓	✓ Vinegar		✓				✓	
Cannelloni	✓				✓ Wheat	✓	✓				✓				✓	✓	✓		✓		✓			
Lasagna Classica	✓				✓ Wheat	✓	✓					✓	✓	✓	✓	✓								
Leggera Peperonata (New)						✓									✓	✓					✓	✓	✓	
Pollo Pesto	✓					✓			✓ Pine Kernels in Pesto		✓				✓	✓ In Béchamel								✓



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PIZZA

American	✓			✓ Wheat	✓										✓	✓			✓							
American Hot	✓			✓ Wheat	✓										✓	✓		✓ Vinegar	✓	✓ In Jalapeños and Hot Green Peppers						
Calabrese	✓			✓ Wheat	✓			✓ Pine Kernels							✓	✓		✓ Vinegar in Roquitos	✓							
Carbonara (New)	✓			✓ Wheat	✓	✓				✓					✓	✓	✓		✓							Suitable for coeliacs on a gluten-free base
Diavolo	✓			✓ Wheat	✓										✓	✓	✓	✓ Vinegar in Jalapeños, Hot Green Peppers and Tabasco	✓	✓ In Jalapeños and Hot Green Peppers						
Fiorentina	✓			✓ Wheat	✓	✓									✓	✓			✓		✓					
La Reine	✓			✓ Wheat	✓									✓	✓				✓	✓						
Leggera American Hot	✓			✓ Wheat and Spelt	✓	✓ In Dressing			✓ In Dressing						✓	✓	✓ In Dressing	✓ Vinegar in Dressing and Peppers	✓	✓ In Dressing, Jalapeños and Hot Green Peppers						
Leggera Padana	✓			✓ Wheat and Spelt	✓	✓ In Dressing			✓ In Dressing						✓	✓	✓ In Pizza and Dressing	✓ Vinegar in Dressing and Chutney	✓	✓ In Dressing and Chutney	✓					Suitable for vegans if goat's cheese is substituted with Vegan Mozzarella Alternative
Leggera Pollo ad Astra	✓			✓ Wheat and Spelt	✓	✓ In Dressing			✓ In Dressing						✓	✓	✓ In Pizza and Dressing	✓ Vinegar in Dressing	✓	✓ In Dressing						
Leggera Vegan Giardiniera				✓ Wheat and Spelt	✓									✓	✓	✓	✓		✓		✓	✓				
Margherita	✓			✓ Wheat	✓										✓				✓		✓					Suitable for coeliacs on a gluten-free base



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PIZZA

Padana	✓			✓ Wheat	✓										✓	✓	✓	✓ Vinegar in Chutney	✓	✓ In Chutney	✓				Suitable for vegans if goat's cheese and mozzarella are substituted with Vegan Mozzarella Alternative
Pollo ad Astra	✓			✓ Wheat	✓										✓	✓	✓	✓ Vinegar	✓						Suitable for coeliacs on a gluten-free base
Pollo Forza	✓			✓ Wheat	✓										✓	✓	✓	✓ Vinegar in Roquitos	✓						
Ragù (New)	✓			✓ Wheat	✓							✓	✓	✓	✓	✓	✓		✓						
Sloppy Giuseppe	✓			✓ Wheat	✓										✓	✓	✓		✓						
Vegan Giardiniera				✓ Wheat	✓									✓	✓	✓	✓	✓ Vinegar	✓		✓	✓			
Vegan Puttanesca (New)				✓ Wheat	✓										✓	✓	✓	✓ Vinegar	✓	✓	✓	✓			
Veneziana	✓			✓ Wheat	✓												✓	✓ Vinegar in Capers	✓		✓				Suitable for vegans if mozzarella is substituted with Vegan Mozzarella Alternative



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DESSERTS

Affogato	✓			✓ Wheat in biscuit							✓								✓		✓			Suitable for coeliacs if biscuit is removed	
Chocolate Brownie with Gelato	✓				✓	✓					✓								✓		✓		✓		
Chocolate Fudge Cake (served with Cream, Gelato or Mascarpone)	✓			✓ Wheat		✓															✓				Pasteurised milk / Unpasteurised eggs
Coppa Gelato Chocolate	✓										✓ In Chocolate Straw										✓			✓	
Coppa Gelato Salted Caramel	✓				✓						✓ In Gelato and Chocolate Straw										✓			✓	
Coppa Gelato Strawberry	✓				✓						✓ In Chocolate Straw										✓			✓	
Coppa Gelato Vanilla	✓										✓ In Chocolate Straw										✓			✓	
Leggera Sorbet (Coconut and Raspberry)					✓																✓	✓	✓		
Lemon Tart & Raspberry Sorbet (New)	✓			✓		✓		*											✓		✓				* May contain nuts
Raspberry Honeycomb Cream Slice (served with Gelato)	✓			✓ Wheat	✓						✓								✓		✓				
Sticky Toffee Bundt Cake	✓			✓ Wheat	✓	✓					✓ In Gelato								✓		✓				
Tiramisu	✓			✓ Wheat	✓	✓												✓ Wine		✓	✓				
Vanilla Cheese Cake with Fruit Coulis	✓			✓ Wheat		✓													✓		✓				Pasteurised milk and eggs



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DOLCETTI (NOT INCLUDING DRINKS)

Caffè Reale	✓																	✓ Rum and Wine		✓ In Figs	✓		✓	
Carrot Cake (New)					✓						✓							✓	✓		✓	✓	✓	
Chocolate Brownie	✓				✓	✓					✓								✓		✓		✓	
Lemon Posset Crunch	✓				✓ Wheat														✓		✓			
Lotus Biscoff Cheesecake	✓				✓ Wheat	✓					✓								✓		✓			
Salted Caramel Profiteroles	✓				✓ Wheat	✓					✓										✓			

PICCOLO STARTERS

Dough Balls with Garlic Butter	✓				✓ Wheat	✓										✓			✓		✓			
Dough Balls with Extra Virgin Olive Oil and Balsamic Vinegar					✓ Wheat	✓												✓ Vinegar	✓	✓	✓	✓		
Gluten-free Dough Balls with Garlic Butter	✓					✓										✓			✓		✓		✓	
Gluten-free Dough Balls with Extra Virgin Olive Oil and Balsamic Vinegar						✓												✓ Vinegar	✓	✓	✓	✓	✓	
Piccolo Salad															✓						✓	✓	✓	

PICCOLO PIZZA

American	✓				✓ Wheat	✓									✓	✓			✓					
Pollo	✓				✓ Wheat	✓									✓				✓					
La Reine	✓				✓ Wheat	✓						✓	✓						✓					
Margherita	✓				✓ Wheat	✓									✓				✓		✓			
Margherita with Light Mozzarella	✓				✓ Wheat	✓									✓				✓		✓			

Suitable for coeliacs on a gluten-free base



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PICCOLO AL FORNO

Bianca	✓				✓						✓			✓ In Sauce		✓						✓		✓	
Bolognese					✓								✓	✓	✓	✓	✓							✓	
Napoletana	✓				✓						✓				✓		✓					✓		✓	

PICCOLO SIDE SALAD

Pollo Salad (served with Dough Balls)	✓			✓ Wheat	✓	✓ In Dressing				✓ In Dressing					✓ In Dressing	✓ In Dressing	✓ In Dressing	✓	✓ In Dressing							
Pollo Salad (served with Polenta Chips)	✓			✓ Wheat	✓	✓ In Dressing				✓ In Dressing					✓ In Dressing	✓ In Dressing	✓ In Dressing		✓ In Dressing							
Pollo Salad (served with Gluten-free Dough Balls)	✓				✓	✓ In Dressing				✓ In Dressing					✓ In Dressing	✓ In Dressing	✓ In Dressing	✓	✓ In Dressing					✓		

PICCOLO DESSERTS

Bambinoccino	✓																					✓		✓	
Chocolate Brownie	✓				✓	✓					✓							✓				✓		✓	
Piccolo Sundae with Baby Cone	✓			✓ Wheat	✓						✓ In Cone											✓			Suitable for coeliacs without the Baby Cone
Pip Organic Fruity Ice Lolly																						✓	✓	✓	
Pip Organic Rainbow Ice Lolly																						✓	✓	✓	
Raspberry Sorbet with Baby Cone				✓ Wheat							✓ In Cone											✓			Suitable for coeliacs without the Baby Cone



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INGREDIENTS

Anchovies (White)	✓																	✓ Vinegar		✓			✓		
Anchovies (Brown)	✓																							✓	
Antipasto Mix (ingredients - Coppa, Finocchiona and Milano Salami)					✓																			✓	
Artichokes																✓					✓	✓	✓		
Baby Cones				✓ Wheat							✓										✓	✓			
Baby Figs																		✓ Rum and Wine		✓	✓	✓	✓	✓	Figs marinated in Rum and White Wine Syrup
Balsamic Vinegar																		✓		✓	✓	✓	✓		
Béchamel	✓				✓						✓				✓		✓				✓		✓	✓	Pasteurised milk
Black Olives																					✓	✓	✓		Pitted black olives
Bolognese Mix (New)					✓							✓	✓	✓	✓	✓	✓							✓	
Bolognese Sauce (Kids)					✓							✓	✓	✓	✓	✓	✓							✓	
Bruschetta Mix															✓		✓				✓	✓	✓	✓	Prepared in house
Buffalo Mozzarella	✓																				✓		✓	✓	Pasteurised cheese
Butter	✓																				✓		✓	✓	Pasteurised
Calabrese Sausage																								✓	
Calamari (ingredient)			✓	✓ Wheat																					
Çaesar Dressing	✓	✓				✓				✓						✓		✓ Vinegar	✓					✓	Unpasteurised cheese
Cannelloni (ingredient)	✓			✓ Wheat	✓	✓										✓	✓		✓		✓				Pasteurised milk and egg
Cajun Spice																✓	✓				✓	✓	✓		
Capers																		✓ Vinegar			✓	✓	✓		



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INGREDIENTS

Carlo (Starspray)					✓														✓		✓	✓	✓	Emulsion based on vegetable oil
Carrot Cake (New) (ingredient)					✓						✓							✓	✓		✓	✓	✓	
Chicken Breast					✓ Dextrose																		✓	
Chocolate Brownie (ingredient)	✓				✓	✓					✓								✓		✓		✓	Pasteurised milk and egg
Chocolate Fudge Cake Mix	✓				✓ Wheat	✓															✓			Pasteurised milk / Unpasteurised egg
Chocolate Icing for Chocolate Fudge Cake																					✓		✓	
Chocolate Straws	*										✓										✓		✓	* May contain milk
Chocolate Sauce																					✓	✓	✓	
Coconut Delight (ingredient)					✓																✓	✓	✓	Dairy-free
Coleslaw (ingredient)						✓				✓					✓	✓	✓	✓ Vinegar	✓		✓		✓	Pasteurised eggs
Croutons					✓ Wheat																✓	✓		
Diced Onions and Peppers Mix																	✓				✓	✓	✓	
Double Cream	✓																				✓		✓	Pasteurised
Dough					✓ Wheat	✓													✓		✓	✓		
Eggs						✓															✓		✓	Free range



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INGREDIENTS

Fennel Seeds																						✓	✓	✓	
Garlic Oil																✓						✓	✓	✓	Prepared in house
Gelato Chocolate	✓																					✓		✓	Pasteurised
Gelato Salted Caramel	✓				✓					✓												✓		✓	
Gelato Strawberry	✓				✓																	✓		✓	
Gelato Vanilla	✓																					✓		✓	
Gluten-free Base (classic)					✓														✓			✓	✓	✓	
Gluten-free Base (Piccolo)					✓														✓			✓	✓	✓	
Gluten-free Dough Balls (ingredient)					✓														✓			✓	✓	✓	
Gluten-free Flour																						✓	✓	✓	Wheat-free
Goat's Cheese	✓																					✓		✓	Pasteurised goat's milk
Gran Milano	✓																					✓		✓	Pasteurised
Ham					✓																			✓	
Honey & Mustard Dressing										✓						✓		✓	✓			✓		✓	
Hot Green Peppers																						✓	✓	✓	
House Dressing						✓				✓						✓	✓	✓	✓			✓		✓	
Jackfruit Puttanesca Mix (New) (ingredient)					✓										✓	✓	✓	✓	✓			✓	✓	✓	
Jalapeños																						✓	✓	✓	
Lasagna	✓				✓ Wheat	✓	✓						✓	✓	✓	✓	✓								Pasteurised milk and egg



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Lemon & Herbs Chicken Wings (New) (ingredient)																	✓	✓		✓				✓	
Lemon Posset Crunch (ingredient)	✓				✓ Wheat															✓		✓			Pasteurised milk
Light House Dressing						✓				✓							✓	✓	Vinegar		✓	✓		✓	Pasteurised eggs
Light Mozzarella	✓																					✓		✓	Pasteurised milk
Lotus Biscoff Cheesecake (ingredient)	✓				✓ Wheat	✓					✓									✓		✓			Pasteurised milk
Lemon Tart (New) (ingredient)	✓				✓	✓			*											✓		✓			* May contain nuts
Marinated Olives (ingredient)						✓											✓	✓				✓	✓	✓	
Mascarpone	✓																					✓		✓	Pasteurised cream
Mixed Peppers (grilled and sliced)																						✓	✓	✓	
Mozzarella Cubes	✓																					✓		✓	Pasteurised milk
'Nduja Sausage																								✓	
Oil - Blended																						✓	✓	✓	Blend of Sunflower and Extra Virgin Olive Oil
Pancetta																								✓	
Penne Pasta (New)						✓																✓	✓	✓	
Peppadew																			✓			✓	✓	✓	
Pepperoni																	✓							✓	
Pesto	✓					✓			✓ Pine Kernels								✓					✓		✓	Pasteurised cheese



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Pestorissa (Dip)											✓					✓			Vinegar			✓	✓	✓	
Pip Organic Fruity Ice Lolly (ingredient)																						✓	✓	✓	
Pip Organic Rainbow Ice Lolly (ingredient)																						✓	✓	✓	
Pine Kernels									✓ Pine Kernels													✓	✓	✓	
Polenta Chips (ingredient)					✓ Wheat	✓																✓	✓		
Pollo Milanese (ingredient)					✓ Wheat	✓					✓														
Prawns			✓																					✓	
Raspberry Honeycomb Cream Slice (ingredient)	✓				✓ Wheat	✓					✓								✓			✓			
Raspberry Sorbet																						✓	✓	✓	Dairy-free sorbet
Red Onion Chutney						✓												✓		✓		✓	✓	✓	
Ricotta	✓																					✓		✓	
Roasted Tomatoes (ingredient)																✓	✓		✓			✓	✓	✓	
Roquito Peppers																			✓ Vinegar			✓	✓	✓	
Roquito Peppers Pearls																			✓ Vinegar			✓	✓	✓	



DOES IT CONTAIN?																	ARE THESE SUITABLE FOR?			PLEASE NOTE				
Milk/Dairy	Fish	Crustaceans	Molluscs	Cereals Containing Gluten	Maize	Egg	Peanuts	Nuts	Sesame Seeds	Mustard	Soya	Lupin	Celery	Mushrooms	Tomatoes	Garlic	Onion	Alcohol/Derivatives of Alcohol/Vinegar	Rapeseed	Sulphur Dioxide / Sulphites	Vegetarian	Vegan	Coeliacs	

INGREDIENTS

Salted Caramel Profiteroles (ingredient)	✓			✓ Wheat		✓					✓											✓			Pasteurised milk and egg	
Sloppy Giuseppe Mix					✓										✓	✓	✓							✓		Spicy beef mixed with diced onions, peppers, and tomato sauce
Spicy Beef					✓											✓	✓							✓		
Smoked Chilli Powder																✓	✓		✓		✓	✓	✓			
Spinach																					✓	✓	✓			
Sticky Toffee Bundt Cake (ingredient)	✓			✓ Wheat	✓	✓												✓			✓					Pasteurised milk and egg
Sultanas																					✓	✓	✓			
Superfood Mix										✓					✓		Vinegar				✓	✓	✓			
Tiramisu (ingredient)	✓			✓ Wheat	✓	✓				✓							✓	Wine		✓	✓					Pasteurised milk and egg / Cake not baked
Tabasco (Red)																	✓	Vinegar			✓	✓	✓			
Tabasco (Green)					✓												✓	Vinegar			✓	✓	✓			
Tomato Sauce															✓						✓	✓	✓			
Tuna		✓																					✓			
Vanilla Cheesecake (ingredient)	✓			✓ Wheat	✓	✓												✓			✓					Pasteurised milk and egg
Vegan Mozzarella Alternative																	✓	Vinegar			✓	✓	✓			Dairy-free
Wholemeal, White Flour and Spelt Dough				✓ Wheat and Spelt																	✓	✓				
Worcester Sauce		✓		✓ Barley												✓	✓	✓	Vinegar							



DISH	SUITABLE FOR A REDUCED DAIRY DIET
Marinated Olives	No changes needed
Roasted Tomatoes	No changes needed
Dough Balls	Remove Garlic Butter, add Garlic or Chilli Oil
Bruschetta Originale	Remove Garlic Butter and Pesto
Arrabbiata Prawns	No changes needed
Lemon & Herb Chicken Wings	
Calamari	Remove Çaesar Dressing
Pollo Milanese (Rocket)	Remove Gran Milano and Pesto, add House Dressing
Pollo Milanese (Cos Lettuce)	Remove Gran Milano and Çaesar Dressing, add House Dressing
Niçoise	No changes needed
Pollo	Remove Goat's Cheese
Grand Chicken Çaesar	Remove Çaesar Dressing and Gran Milano
Leggera Superfood Salad	No changes needed
American	Remove Mozzarella, add our Vegan Mozzarella Alternative
American Hot (including Leggera)	
Diavolo	
La Reine	
Margherita	
Pollo Forza	Remove Gran Milano and Mozzarella, add our Vegan Mozzarella Alternative

DISH	SUITABLE FOR A REDUCED DAIRY DIET
Padana (including Leggera)	Remove Mozzarella and Goat's Cheese, add our Vegan Mozzarella Alternative
Fiorentina	Remove Mozzarella and Gran Milano, add our Vegan Mozzarella Alternative
Pollo ad Astra (including Leggera)	Remove (Light) Mozzarella, add our Vegan Mozzarella Alternative
Vegan Puttanesca	No changes needed
Sloppy Giuseppe	Remove Mozzarella, add our Vegan Mozzarella Alternative
Vegan Giardiniera (including Leggera)	No changes needed
Veneziana	Remove Mozzarella, add our Vegan Mozzarella Alternative
Mixed Salad	No changes needed
Polenta Chips	Remove Gran Milano
Leggera Peperonata	No changes needed
Raspberry or Coconut Sorbet	
DISH	PICCOLO MENU
Piccolo Dough Balls	Remove Garlic Butter, add Extra Virgin Olive Oil and Balsamic Vinegar
Piccolo Napoletana	Remove Béchamel
Piccolo Margherita	Remove Mozzarella, add our Vegan Mozzarella Alternative
Piccolo La Reine	
Piccolo American	
Piccolo Pollo Pizza	
Piccolo Pollo Salad	Remove Light Mozzarella



ALLERGEN INFORMATION DRINKS

Our allergen and suitability menu below details information on our drinks and ingredients. Unfortunately, it is not possible for us to guarantee our busy restaurants are 100% allergen/contamination free.

18th September 2018



DOES IT CONTAIN?														PLEASE NOTE
Alcohol/derivatives of alcohol/Vinegar	Sulphur Dioxide	Milk/Dairy	Cereals containing gluten	Egg	Peanuts	Nuts	Sesame Seeds	Soya	Lupin	Celery	Fish	Crustaceans	Molluscs	Mustard

BEERS AND CIDERS

Bavaria Non-Alcoholic Lager			✓ Barley and Wheat												
Fuller's Organic Honey Dew Golden Ale	✓		✓ Barley												
Gluten- Free Peroni Nastro Azzurro	✓														Vegan
Kopparberg Mixed Fruit Cider	✓	✓													
Peroni Nastro Azzurro	✓		✓ Barley												Vegan
Peroni Gran Riserva	✓		✓ Barley												Vegan
Thatchers Gold Cider	✓	✓													Vegan

SPIRITS AND LIQUEURS

Amaretto	✓														Vegan
Aperol	✓	✓													Suitable for vegans if served without lemon
Archers	✓														Suitable for vegans if served without lemon
Bacardi	✓														Suitable for vegans if served without lemon
Baileys	✓													✓	



DOES IT CONTAIN?													PLEASE NOTE	
Alcohol/Derivatives of alcohol/Minegar	Sulphur Dioxide	Milk/Dairy	Cereals containing gluten	Eggs	Peanuts	Nuts	Sesame Seeds	Soya	Lupin	Celery	Fish	Crustaceans		Molluscs

SPIRITS AND LIQUEURS

Campari	✓														
Chambord	✓														
Courvoisier	✓														Suitable for vegans if served without lemon
Elderflower Liqueur (St-Germain)	✓														Suitable for vegans if served without lemon
Gin	✓														Suitable for vegans if served without lemon
Glenfiddich	✓														Suitable for vegans if served without lemon
Grappa	✓														Suitable for vegans if served without lemon
Jack Daniel's	✓														Suitable for vegans if served without lemon
Jameson	✓														Suitable for vegans if served without lemon
Limoncello	✓														Vegan
Malibu	✓														Suitable for vegans if served without lemon
Martini	✓	✓													Suitable for vegans if served without lemon
Pimm's	✓	✓													
Sambuca	✓														Suitable for vegans if served without lemon
Seedlip Garden 108															Vegan



DOES IT CONTAIN?														PLEASE NOTE	
Alcohol/derivatives of alcohol/Vinegar	Sulphur Dioxide	Milk/Dairy	Cereals containing gluten	Egg	Peanuts	Nuts	Sesame Seeds	Soya	Lupin	Celery	Fish	Crustaceans	Molluscs	Mustard	

SPIRITS AND LIQUEURS

Sloe Gin	✓															Suitable for vegans if served without lemon
Tia Maria	✓															Suitable for vegans if served without lemon
Vodka	✓															Suitable for vegans if served without lemon

WHITE WINE

Gavi de Gavi	✓	✓														Vegan
Greco Chardonnay	✓	✓														Vegan
Organic Verdicchio	✓	✓														Vegan
Pinot Grigio	✓	✓														
Sauvignon Blanc	✓	✓														Vegan
Soave	✓	✓														Vegan

PROSECCO

Prosecco DOC	✓	✓														Vegan
Prosecco DOCG	✓	✓														Vegan



DOES IT CONTAIN?													PLEASE NOTE		
Alcohol/derivatives of alcohol/Vinegar	Sulphur Dioxide	Milk/Dairy	Cereals containing gluten	Egg	Peanuts	Nuts	Sesame Seeds	Soya	Lupin	Celery	Fish	Crustaceans	Molluscs	Mustard	

RED WINE

Chianti Riserva G.O.C.G	✓	✓													Vegan
Malbec	✓	✓													Vegan
Merlot	✓	✓													Vegan
Montepulciano d'Abruzzo	✓	✓													Vegan
Nero d'Avola Shiraz	✓	✓													Vegan
Peperosso	✓	✓													Vegan
Shiraz	✓	✓													Vegan

ROSE WINE

Pinot Grigio Blush	✓	✓													
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COCKTAILS

Espresso Martini	✓														Vegan
Sipsmith & Aromatic 'Pink' Fever-Tree	✓														Suitable for vegans if lemon is removed
Hugo St-Germain	✓	✓													Suitable for vegans if lemon is removed
Rum Punch	✓														Suitable for vegans if orange is removed



DOES IT CONTAIN?													PLEASE NOTE	
Alcohol/derivatives of alcohol/Meegar	Sulphur Dioxide	Milk/Dairy	Cereals containing gluten	Eggs	Peanuts	Nuts	Sesame Seeds	Soya	Lupin	Celery	Fish	Crustaceans	Molluscs	Mustard

INGREDIENTS

Chocolate Dusting		*													* May contain milk
Chocolate Powder		*													* May contain milk
Coffee Beans															Vegan
Decaf Coffee Pods															Vegan
Milk		✓													
Salted Caramel Syrup															Vegan
Salted Caramel Sauce		✓													
Soya Milk								✓							Vegan
Strawberry Syrup															Vegan
Whipped Cream		✓													



DOES IT CONTAIN?													PLEASE NOTE		
Alcohol/derivatives of alcohol/Minegar	Sulphur Dioxide	Milk/Dairy	Cereals containing gluten	Eggs	Peanuts	Nuts	Sesame Seeds	Soya	Lupin	Celery	Fish	Crustaceans	Molluscs	Mustard	

TEA AND COFFEE

Americano																Vegan
Baileys Latte	✓		✓													
Bambinoccino			✓													Suitable for vegans if made with soya milk and choc dusting removed
Cappuccino			✓													Suitable for vegans if made with soya milk and choc dusting removed
Espresso																Vegan
Fresh Mint Tea																Vegan
Hot Chocolate			✓													
Irish Coffee	✓		✓													
Latte			✓													Suitable for vegans if made with soya milk
Macchiato			✓													Suitable for vegans if made with soya milk
Mocha			✓													
Salted Caramel Latte			✓													
Salted Caramel Iced Latte			✓													Suitable for vegans if made with soya milk
Teapigs Tea																Vegan



DOES IT CONTAIN?												PLEASE NOTE			
Alcohol/derivatives of alcohol/Minegar	Sulphur Dioxide	Milk/Dairy	Cereals containing gluten	Eggs	Peanuts	Nuts	Sesame Seeds	Soya	Lupin	Celery	Fish	Crustaceans	Molluscs	Mustard	

SOFT DRINKS

Acqua Panna Still Mineral Water															Suitable for vegans if served without lemon
Apple Juice															
Appletiser															Vegan
Belvoir Light Pressé Elderflower															Vegan
Belvoir Light Pressé Ginger Beer															Vegan
Belvoir Light Pressé Raspberry Lemonade															Vegan
Cawston Press Kids' Blend															Vegan
Coca-Cola Classic															Suitable for vegans if lemon is removed
Coca-Cola Zero Sugar															Suitable for vegans if lemon is removed
Diet Coke															Suitable for vegans if lemon is removed
Fanta															Vegan
Fever-Tree Refreshingly Light Tonic Water Mediterranean															Suitable for vegans if served without lemon
Fever-Tree Refreshingly Light Tonic Water 'Pink' Aromatic															Suitable for vegans if served without lemon
Irn-Bru															Vegan
Irn-Bru Diet															Vegan



	DOES IT CONTAIN?												PLEASE NOTE	
	Alcohol/derivatives of alcohol/Minegar	Sulphur Dioxide	Milk/Dairy	Cereals containing gluten	Eggs	Peanuts	Nuts	Sesame Seeds	Soya	Lupin	Celery	Fish		Crustaceans

SOFT DRINKS															
Orange Juice															
San Pellegrino Limonata															Vegan
San Pellegrino Sparkling Mineral Water															Suitable for vegans if served without lemon
Schweppes Mixer - Lemonade															Suitable for vegans if served without lemon
Schweppes Mixer - Slimline Tonic															Suitable for vegans if served without lemon
Schweppes Mixer - Soda Water															Suitable for vegans if served without lemon
Schweppes Mixer - Tomato Juice															Suitable for vegans if served without lemon
Schweppes Mixer - Tonic															Suitable for vegans if served without lemon
Sicilian Still Lemonade															
Sprite No Sugar															Suitable for vegans if served without lemon
Strawberry Sicilian Still Lemonade															
Watermelon Chill															Vegan



NUTRITIONAL INFORMATION

18TH SEPTEMBER 2018

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.

	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																			
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 'Pizza Express'	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 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 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
Bruschetta Originale 'Pizza Express'	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
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
Classic Italian Antipasto	795	3315	48.0	17.7	58.5	6.9	4.1	30.1	5.9		288	1201	17.4	6.4	21.2	2.5	1.5	10.9	2.1
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
Caesar Salad without dressing	238	990	15.8	5.0	9.4	0.6	1.1	14.0	0.9		152	634	10.1	3.2	6.0	0.4	0.7	9.0	0.6
Caesar Salad with dressing	341	1420	26.0	6.1	11.3	2.4	1.7	14.9	1.6		183	763	14.0	3.3	6.1	1.3	0.9	8.0	0.9
Prawns	296	1250	11.6	1.5	33.4	12.5	3.3	13.7	2.6		110	466	4.3	0.6	12.4	4.7	1.2	5.1	1.0
Lemon & Herbs Chicken Wings PizzaExpress	556	2314	37.5	8.2	2.2	2.0	0.0	52.4	3.0		1649	395	21.6	12.9	40.4	3.1	3.0	8.1	1.6

	PER SERVING									PER 100 G								
	kcal	kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g	Energy kcal	Energy kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
Romana Pizzas and Calabrese																		
Margherita Bufala	1051	4392	48.1	23.0	104.2	14.5	12.5	43.6	4.4	260	1087	11.9	5.7	25.8	3.6	3.1	10.8	1.1
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
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
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
Ragu	1181	4959	49.4	19.2	135.6	21.1	12.8	54.7	5.5	246	1033	10.3	4.0	28.3	4.4	2.7	11.4	1.2
Vegan Puttanesca	844	3545	22.7	12.7	140.1	14.6	13.1	26.2	7.0	200	840	5.4	3.0	33.2	3.5	3.1	6.2	1.7
Carbonara	1420	5927	72.8	31.2	122.3	25.6	7.5	71.9	7.5	310	1294	15.9	6.8	26.7	5.6	1.6	15.7	1.6

	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
Classic Pizzas																		
American	1019	4275	39.8	16.3	121.8	11.4	5.7	40.5	4.8	287	1204	11.2	4.6	34.3	3.2	1.6	11.4	1.4
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
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
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										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
Leggera Pizzas																			
Wholemeal Leggera Pollo ad Astra	599	2515	13.9	5.4	75.0	12.4	6.7	46.4	3.0	164	689	3.8	1.5	20.5	3.4	1.8	12.7	0.8	
Wholemeal Leggera Padana	587	2463	17.4	5.7	91.4	26.5	8.7	20.4	2.6	184	772	5.4	1.8	28.7	8.3	2.7	6.4	0.8	
Wholemeal Leggera American Hot	548	2291	18.8	6.6	67.2	5.6	7.0	30.3	3.7	197	824	6.8	2.4	24.2	2.0	2.5	10.9	1.3	
Wholemeal Leggera Vegan Giardiniera	556	2324	21.0	5.7	79.6	9.1	9.1	16.1	3.2	171	715	6.5	1.8	24.5	2.8	2.8	4.9	1.0	
Superfood salad addition	171	711	9.2	1.1	15.2	2.7	3.5	6.3	0.5	227	948	12.2	1.5	20.2	3.6	4.7	8.4	0.7	

	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
Salads																		
Leggera Superfood Salad	446	1863	25.4	3.4	32.9	16.8	9.3	16.8	1.7	130	543	7.4	1.0	9.6	4.9	2.7	4.9	0.5
Pollo Salad no dressing	502	2096	26.3	10.5	22.1	11.6	3.9	42.1	2.2	143	597	7.5	3.0	6.3	3.3	1.1	12.0	0.6
Nicoise Salad no dressing	366	1528	21.0	3.6	5.1	3.3	1.8	39.1	2.0	101	422	5.8	1.0	1.4	0.9	0.5	10.8	0.6
Grand Chicken Caesar Salad no dressing	477	1998	24.5	6.4	17.2	1.6	1.6	47.1	1.9	150	628	7.7	2.0	5.4	0.5	0.5	14.8	0.6
Leggera Superfood Salad with Anchovies	497	2068	27.1	3.8	33.1	16.9	9.4	24.4	2.3	132	550	7.2	1.0	8.8	4.5	2.5	6.5	0.6
Leggera Superfood Salad with Chicken	593	2482	26.4	3.7	33.3	17.1	9.7	50.5	2.4	128	536	5.7	0.8	7.2	3.7	2.1	10.9	0.5
Pollo Salad with dressing	693	2879	46.3	13.1	24.6	5.1	4.0	42.8	3.3	175	727	11.7	3.3	6.2	1.3	1.0	10.8	0.8
Nicoise Salad with dressing	558	2312	40.7	6.1	7.3	4.5	2.0	39.5	3.1	137	568	10.0	1.5	1.8	1.1	0.5	9.7	0.8
Grand Chicken Caesar Salad with dressing	636	2643	39.9	8.0	20.3	4.4	2.5	48.3	2.9	175	728	11.0	2.2	5.6	1.2	0.7	13.3	0.8
Pollo Salad with dressing and dough sticks	954	3986	48.9	13.7	72.9	8.8	6.4	52.8	4.8	195	815	10.0	2.8	14.9	1.8	1.3	10.8	1.0
Nicoise Salad with dressing and dough sticks	820	3420	43.5	6.5	55.5	8.5	4.5	50.0	4.6	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	894	3753	42.4	8.2	68.4	8.2	4.6	58.4	4.4	196	823	9.3	1.8	15.0	1.8	1.0	12.8	1.0
Milanese - Rucola	787	3297	51.6	15.3	39.4	4.2	2.3	40.0	2.4	216	905	14.2	4.2	10.8	1.2	0.6	11.0	0.7
Milanese - Caesar	768	3210	50.6	15.0	38.1	3.5	1.9	39.8	2.5	214	896	14.1	4.2	10.6	1.0	0.5	11.1	0.7
Salad sides																		
Dough sticks	263	1110	2.6	0.3	48.3	3.8	2.3	10.2	1.5	282	1193	2.8	0.3	51.9	4.1	2.5	11.0	1.6
Classic house dressing	191	784	19.9	2.7	2.3	1.2	0.2	0.5	1.1	423	1741	44.2	6.1	5.0	2.7	0.5	1.0	2.4
Light house dressing	135	554	13.6	1.9	2.3	2.1	0.3	0.4	1.0	298	1230	30.3	4.2	5.2	4.6	0.6	0.9	2.2
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								
	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
Al Forno																			
Lasagna Classica	712	2973	42.1	23.3	43.0	11.0	7.0	36.9	3.9		162	677	9.6	5.3	9.8	2.5	1.6	8.4	0.9
Pollo Pesto (GF)	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	798	3326	41.1	19.1	68.0	16.1	9.8	33.7	3.5		163	680	8.4	3.9	13.9	3.3	2.0	6.9	0.7
Bolognese	674	2834	27.1	9.9	82.6	5.7	4.8	27.7	1.6		166	698	6.7	2.5	20.3	1.4	1.2	6.8	0.4
Peperonata	542	2269	15.9	1.9	90.9	15.3	7.1	11.8	1.7		117	490	3.4	0.4	19.6	3.3	1.5	2.5	0.4
Sides																			
Coleslaw 'Pizza Express'	330	1362	33.3	2.4	4.6	0.0	2.5	1.9	0.8		264	1089	26.6	1.9	3.7	0.0	2.0	1.5	0.7
Mixed Salad without dressing	74	306	5.4	0.8	3.6	2.5	1.4	1.9	0.1		53	220	3.9	0.6	2.6	1.8	1.0	1.4	0.1
Mixed Salad with House dressing	202	829	18.8	2.5	5.1	4.2	2.5	2.2	0.8		119	490	11.1	1.5	3.0	2.5	1.5	1.3	0.5
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

	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 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
Coppa Gelato – 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
Coppa Gelato - 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
Raspberry Honeycombe Cream Slice	466	1915	29.9	14.8	42.1	25.1	1.9	4.9	0.5	360	1484	23.2	11.4	32.6	19.4	1.5	3.8	0.4
Lemon Tart -no sorbet	351	1467	20.9	12.8	37.2	21.2	1.1	3.2	0.1	444	1856	26.4	16.2	47.1	26.8	1.4	4.0	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
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										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
Dolcetti																			
Salted Caramel Profiteroles	257	1070	16.2	10.2	24.0	19.2	0.0	3.4	0.1		428	1783	27.0	17.0	40.0	32.0	0.0	5.6	0.2
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
Caffe reale	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
Lemon Posset Crunch	195	807	15.7	8.4	11.9	7.7	0.2	1.0	0.2		442	1832	35.6	19.2	27.0	17.4	0.5	2.2	0.4
Lotus Biscoff Cheesecake	319	1341	22.8	9.6	25.4	14.6	0.6	2.7	0.3		469	1971	33.6	14.2	37.4	21.4	0.8	3.9	0.4
Vegan Carrot Cake	336	1409	16.2	4.1	45.9	31.5	0.0	1.5	0.5		373	1565	18.0	4.5	51.0	35.0	0.0	1.6	0.5

	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																			
Baked dough balls with butter	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	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

	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																			
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	
Piccolo milk	82	346	2.0	1.2	9.6	9.6	0.0	7.0	0.2	41	173	1.0	0.6	4.8	4.8	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	