

NUTRITIONAL INFORMATION

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JUNE 2019

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.

Starters

	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
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
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 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
Lemon & Italian 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
Garlic King Prawns	421	1757	24.4	10.0	33.5	4.1	2.6	18.2	2.4	176	735	10.2	4.2	14.0	1.7	1.1	7.6	1.0
Rosemary & Garlic Flatbread Houmous	498	2082	24.0	2.4	60.4	3.4	6.4	13.1	2.0	319	1334	15.4	1.6	38.7	2.2	4.1	8.4	1.3
Pea, Broad Beans & Mint Arancini	323	1347	18.9	3.0	32.3	1.5	5.1	8.6	1.4	215	898	12.6	2.0	21.5	1.0	3.4	5.8	0.9
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

Bases, Romana & Calabrese

Bases

Standard dough - cooked

Wholemeal dough - cooked

Adult Gluten Free - cooked

Piccolo Gluten Free - cooked

Romana Pizzas and Calabrese

American Hot

Barbacoa

Padana

Padana - Vegan

Roasted Veg & Ricotta

Funghi di Bosco

Pollo ad Astra

Diavolo

Pollo Forza

Calabrese

Vegan Giardiniera

	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
Standard dough - cooked	578	2446	3.4	0.5	118.0	9.5	6.5	22.1	3.2	309	1308	1.8	0.3	63.1	5.1	3.5	11.8	1.7
Wholemeal dough - cooked	542	2290	5.2	0.6	107.1	8.3	11.2	22.1	2.7	301	1272	2.9	0.4	59.5	4.6	6.2	12.3	1.5
Adult Gluten Free - cooked	529	2237	2.7	0.3	121.2	2.1	3.9	6.5	3.0	309	1308	1.6	0.2	70.9	1.2	2.3	3.8	1.7
Piccolo Gluten Free - cooked	168	711	1.0	0.1	37.1	0.6	0.9	2.2	0.8	221	935	1.3	0.1	48.8	0.8	1.2	2.9	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
Barbacoa	1118	4702	38.4	14.0	127.7	26.9	12.1	71.8	5.6	204	858	7.0	2.6	23.3	4.9	2.2	13.1	1.0
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
Roasted Veg & Ricotta	1152	4837	43.0	15.0	149.0	26.0	14.0	52.0	6.0	235	987	8.6	3.0	30.3	5.2	2.8	10.5	1.1
Funghi di Bosco	1096	4605	40.7	16.4	125.2	12.1	7.6	61.2	5.4	245	1030	9.1	3.7	28.0	2.7	1.7	13.7	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
Diavolo	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

Classic

	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
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
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

Leggera

	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
Wholemeal Leggera Pollo ad Astra	599	2515	13.9	3.7	75.0	12.4	6.7	46.4	3.0	164	689	3.8	1.0	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 Padana - Vegan	560	2350	16.3	5.3	93.0	30.7	12.3	19.3	3.0	174	733	4.9	1.5	28.8	9.5	3.7	5.9	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
Wholemeal Leggera Barbacoa	547	2291	18.6	4.7	55.1	14.8	8.0	43.5	3.5	157	658	5.3	1.3	15.8	4.3	2.3	12.5	1.0
Wholemeal Leggera La Reine	498	2092	15.8	2.8	61.3	3.0	7.8	31.5	3.4	166	697	5.3	0.9	20.4	1.0	2.6	10.5	1.1
Wholemeal Leggera Pollo Forza	578	2427	18.6	3.6	60.8	5.9	10.3	46.8	2.9	169	712	5.5	1.1	17.8	1.7	3.0	13.7	0.9
Wholemeal Leggera Diavolo	556	2326	22.6	6.5	59.9	5.4	8.8	32.5	3.9	178	745	7.2	2.1	19.2	1.7	2.8	10.4	1.2
Wholemeal Leggera Margherita	440	1850	13.2	3.0	61.8	6.6	8.2	22.4	2.2	143	600	4.3	1.0	20.1	2.1	2.7	7.3	0.7
Wholemeal Leggera Margherita - Vegan	452	1893	16.2	5.3	67.4	10.8	9.9	13.9	2.3	140	586	5.0	1.7	20.9	3.3	3.1	4.3	0.7
Wholemeal Leggera Veneziana	517	2170	16.0	2.5	70.2	16.6	9.2	27.5	3.1	167	700	5.2	0.8	22.6	5.4	3.0	8.9	1.0
Wholemeal Leggera Veneziana - Vegan	544	2275	22.0	6.5	76.4	20.4	10.0	14.7	3.1	193	809	7.8	2.3	27.2	7.3	3.6	5.2	1.1
Wholemeal Leggera American	557	2334	23.6	6.9	56.1	7.1	8.2	34.1	3.2	216	904	9.1	2.7	21.7	2.8	3.2	13.2	1.2
Wholemeal Leggera Vegan Roasted Veg	495	2075	15.0	5.0	78.7	17.7	14.0	20.0	3.0	138	580	4.0	1.3	21.9	4.9	3.8	5.5	0.7
Wholemeal Leggera Funghi di Bosco	496	2080	17.0	3.7	63.3	5.3	9.3	29.0	3.0	156	654	5.1	1.1	19.8	1.5	2.8	9.0	0.7
Wholemeal Leggera Roasted Veg & Ricotta	439	1847	10.3	3.0	73.7	13.3	11.3	20.3	2.7	141	594	3.2	0.8	23.5	4.2	3.4	6.3	0.7
Wholemeal Leggera Sloppy Giuseppe	490	2061	14.1	4.8	65.6	8.0	9.2	29.9	3.1	158	665	4.5	1.6	21.2	2.6	3.0	9.6	1.0

Salads

	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 No Dressings																		
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
Salads With Dressings no Dough Sticks																		
Leggera Superfood	334	1394	15.4	1.9	27.9	14.4	16.4	13.5	1.0	104	434	4.8	0.6	8.7	4.5	5.1	4.2	0.3
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
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	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 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	892	3707	60.2	17.0	50.2	2.6	4.2	39.0	2.7	277	1151	18.7	5.3	15.6	0.8	1.3	12.1	0.9
Milanese Caesar	737	3069	49	14	41	5	4	37	3	233	971	15.4	4.4	12.7	1.5	1.0	11.4	0.8
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

Al Forno & Sides

Al Forno

	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
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
Bolognese	674	2834	28.0	10.0	83.0	6.0	5.0	28.0	2.0	166	698	6.7	2.5	20.3	1.4	1.2	6.8	0.4
Peperonata	542	2269	16.0	2.0	91.0	16.0	8.0	12.0	2.0	117	490	3.4	0.4	19.6	3.3	1.5	2.5	0.4

Sides

Trio of Dips	297	1233	28.5	2.5	6.7	2.2	1.7	3.4	1.2	330	1369	31.7	2.8	7.4	2.4	1.9	3.8	1.3
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
Broccolini	126	521	9.2	1.0	7.3	1.3	3.6	5.2	0.0	114	473	8.4	0.9	6.6	1.2	3.3	4.7	0.0
Halloumi Bites	378	1575	23.8	10.1	26.9	1.0	1.5	14.7	1.7	295	1230	18.6	7.9	21.0	0.8	1.2	11.5	1.3
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

Desserts

	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
Passion Fruit & Orange Meringue	374	1572	10.9	6.6	64.6	42.5	1.1	3.4	0.1	311	1310	9.1	5.5	53.8	35.4	0.9	2.8	0.1
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 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
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
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
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
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

Piccolo

	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 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 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 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 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