

NUTRITIONAL INFORMATION

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SEPTEMBER 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.

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

	PER SERVING								
	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
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 -pestorissa-	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 with Mozzarella	356	1494	10.0	4.4	49.4	3.7	4.0	14.9	1.6
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

	PER 100 G								
	kcal	kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
Olives Marinate	171	702	17.0	2.0	1.4	0.1	4.2	0.9	3.5
Roasted Tomatoes	111	461	5.9	0.6	10.0	9.4	4.6	2.1	0.8
Dough Balls	356	1486	19.5	11.6	36.4	2.8	2.7	7.3	1.5
Dough Balls - no butter	244	1033	1.4	0.2	49.4	3.3	2.8	9.8	1.4
Gluten Free Dough Balls with Garlic Butter	336	1407	17.0	8.7	43.1	1.9	3.3	1.1	1.5
Vegan Dough Balls -pestorissa-	294	1243	10.5	1.3	42.6	4.2	3.1	8.5	1.7
Dough Balls Doppio	342	1431	17.9	5.8	36.5	3.5	2.2	7.7	1.5
Garlic Bread with Mozzarella	282	1185	7.9	3.5	39.2	2.9	3.2	11.8	1.3
Bruschetta Originale	172	723	5.3	1.0	24.2	3.4	3.2	5.3	1.0
Buffalo Mozzarella & Tomato Salad	163	676	13.7	7.4	1.8	1.8	1.3	7.5	0.4
Lemon & Herbs Chicken Wings PizzaExpress	248	1033	16.7	3.7	1.0	0.9	0.0	23.4	1.3
Calamari	300	1252	19.1	1.9	21.6	1.7	0.5	10.5	1.7

	PER SERVING								
	kcal	kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
Romana Pizzas and Calabrese									
Margherita Bufala	1152	4813	55.8	23.3	127.0	14.2	11.4	40.6	4.6
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
Diavlo	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
Barbacoa	1118	4702	38.4	14.0	127.7	26.9	12.1	71.8	5.6
Funghi di Bosco	1096	4605	40.7	16.4	125.2	12.1	7.6	61.2	5.4
Vegan Giardiniera	970	4077	34.0	13.3	144.1	14.5	11.8	27.6	6.5
Classic Pizzas									
American	1019	4275	39.8	16.3	121.8	11.4	5.7	40.5	4.8
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

	PER 100 G								
	kcal	kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
	252	1053	12.2	5.1	27.8	3.1	2.5	8.9	1.0
	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
	204	858	7	2.56	23.3	4.9	2.2	13.1	1.0
	245	1030	9.1	3.7	28.0	2.7	1.7	13.7	1.2
	214	900	7.5	2.9	31.8	3.2	2.6	6.1	1.4
	287	1204	11.2	4.6	34.3	3.2	1.6	11.4	1.4
	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

	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 Smoky Dough balls with Ghoulish Green Garlic Butter (limited time)	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	
	364	1521	22.0	8.7	41.7	2.9	2.5	8.6	1.7	293	1226	17.8	7.0	33.6	2.3	2.0	7.0	1.4	
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	918	3834	52.3	23.5	100.1	78.5	5.1	14.1	0.3	516	2154	29	13	56	44	3	8	0	
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	