

NUTRITIONAL INFORMATION

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MARCH 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.

	PER SERVING									PER 100 G								
	Energy kcal	Energy 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
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
Crab Arancini	332	1382	20.6	4.9	29.2	3.8	1.5	8.0	1.1	235	980	21.6	12.9	40.4	3.1	3.0	8.1	1.6
Rosemary & Garlic Flatbread with 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
Burrata Italia	719	2994	40.0	15.0	66.0	11.0	7.0	29.0	3.0	3463	828	43.3	14.0	88.3	8.5	5.3	18.6	3.6
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
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
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	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 & 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
Lemon & Herbs Chicken Wings Milano	437	1821	24.7	5.9	3.0	0.8	0.0	50.2	4.7	3463	828	43.3	14.0	88.3	8.5	5.3	18.6	3.6

PER SERVING									
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
Bases									
Standard dough	434	1838	3.6	0.5	83.4	0.2	2.6	18.2	1.0
Wholemeal dough	424	1794	4.6	0.6	80.6	1.6	7.4	18.8	1.0
Adult Gluten Free	431	1824	2.5	0.2	95.2	1.6	2.3	5.7	2.1
Piccolo Gluten Free	199	842	1.2	0.1	43.9	0.7	1.1	2.6	1.0

PER 100 G									
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
Standard dough	217	919	1.8	0.3	41.7	0.1	1.3	9.1	0.5
Wholemeal dough	212	897	2.3	0.3	40.3	0.8	3.7	9.4	0.5
Adult Gluten Free	221	935	1.3	0.1	48.8	0.8	1.2	2.9	1.1
Piccolo Gluten Free	221	935	1.3	0.1	48.8	0.8	1.2	2.9	1.1

	PER SERVING								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
Romana Pizzas and Calabrese									
Vegan Mezze	932	3914	34.0	4.0	142.0	23.0	20.0	28.0	5.0
Barbacoa	1118	4702	38.4	14.0	127.7	26.9	12.1	71.8	5.6
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
Diavolo	1167	4894	39.0	20.1	139.1	15.0	10.2	59.1	7.1
Pollo Forza	1253	5263	44.6	15.9	129.4	20.6	8.4	79.3	5.0
Calabrese	1275	5327	66.1	30.2	108.7	18.2	13.9	54.1	6.5
Vegan Giardiniera	970	4077	34.0	13.3	144.1	14.5	11.8	27.6	6.5

	PER 100 G								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
	202	849	7.2	0.8	30.6	4.9	4.2	5.9	1.1
	204	858	7.0	2.6	23.3	4.9	2.2	13.1	1.0
	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
	214	900	7.5	2.9	31.8	3.2	2.6	6.1	1.4

	PER SERVING								
	Energy kcal	Energy 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
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								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
American	287	1204	11.2	4.6	34.3	3.2	1.6	11.4	1.4
Margherita	255	1074	7.6	3.1	34.1	4.0	2.2	11.5	1.3
Margherita - Vegan	240	1009	6.3	2.8	40.1	3.7	3.1	7.2	1.4
La Reine	238	999	7.6	3.0	28.8	2.6	2.0	12.5	1.2
Fiorentina	213	896	7.1	2.9	24.4	1.9	2.4	11.7	1.0
Sloppy Giuseppe	213	897	6.2	2.9	27.4	3.2	2.5	10.7	1.1
Veneziana	246	1033	7.8	2.8	31.6	4.8	2.5	11.0	1.2
Veneziana - Vegan	219	919	6.3	2.4	35.6	5.7	2.9	6.3	1.4
Vegan Giardiniera	184	774	6.0	2.0	28.5	3.0	2.6	5.4	1.3

Leggera Pizzas

Wholemeal Leggera Pollo ad Astra

Wholemeal Leggera Padana

Wholemeal Leggera Padana - Vegan

Wholemeal Leggera American Hot

Wholemeal Leggera Vegan Giardiniera

Leggera Pollo ad Astra -standard dough

Leggera Padana -standard dough

Leggera American Hot -standard dough

Superfood salad addition

PER SERVING								
Energy kcal	Energy kj	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
599	2515	13.9	3.7	75.0	12.4	6.7	46.4	3.0
587	2463	17.4	5.7	91.4	26.5	8.7	20.4	2.6
560	2350	16.3	5.3	93.0	30.7	12.3	19.3	3.0
548	2291	18.8	6.6	67.2	5.6	7.0	30.3	3.7
556	2324	21.0	5.7	79.6	9.1	9.1	16.1	3.2
594	2505	14.5	4.1	71.2	18.9	8.5	40.4	3.2
589	2476	17.0	6.0	87.0	36.0	8.0	20.0	3.0
517	2174	18.0	7.0	59.0	9.0	7.0	29.0	4.0
171	711	9.2	1.1	15.2	2.7	3.5	6.3	0.5

PER 100 G								
Energy kcal	Energy 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
160	675	3.9	1.1	19.2	5.1	2.3	10.9	0.9
180	757	5.0	1.8	26.4	11.0	2.4	6.1	0.8
185	779	6.3	2.4	20.8	3.2	2.4	10.1	1.3
227	948	12.2	1.5	20.2	3.6	4.7	8.4	0.7

	PER SERVING								
	Energy kcal	Energy 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
Pollo Salad	502	2096	26.3	10.5	22.1	11.6	3.9	42.1	2.2
Nicoise Salad	366	1528	21.0	3.6	5.1	3.3	1.8	39.1	2.0
Grand Chicken Caesar	477	1998	24.5	6.4	17.2	1.6	1.6	47.1	1.9
Salads With Dressings									
Leggera Superfood Salad with Anchovies	497	2068	27.1	3.8	33.1	16.9	9.4	24.4	2.3
Leggera Superfood Salad with Chicken	593	2482	26.4	3.7	33.3	17.1	9.7	50.5	2.4
Pollo Salad	693	2879	46.3	13.1	24.6	5.1	4.0	42.8	3.3
Nicoise Salad	558	2312	40.7	6.1	7.3	4.5	2.0	39.5	3.1
Grand Chicken Caesar Salad	636	2643	39.9	8.0	20.3	4.4	2.5	48.3	2.9

PER 100 G								
Energy kcal	Energy kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
130	543	7.4	1.0	9.6	4.9	2.7	4.9	0.5
143	597	7.5	3.0	6.3	3.3	1.1	12.0	0.6
101	422	5.8	1.0	1.4	0.9	0.5	10.8	0.6
150	628	7.7	2.0	5.4	0.5	0.5	14.8	0.6
132	550	7.2	1.0	8.8	4.5	2.5	6.5	0.6
128	536	5.7	0.8	7.2	3.7	2.1	10.9	0.5
175	727	11.7	3.3	6.2	1.3	1.0	10.8	0.8
137	568	10.0	1.5	1.8	1.1	0.5	9.7	0.8
175	728	11.0	2.2	5.6	1.2	0.7	13.3	0.8

	PER SERVING								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
Salads With Dressings and Dough Sticks									
Pollo Salad	954	3986	48.9	13.7	72.9	8.8	6.4	52.8	4.8
Nicoise Salad	820	3420	43.5	6.5	55.5	8.5	4.5	50.0	4.6
Grand Chicken Caesar Salad	894	3753	42.4	8.2	68.4	8.2	4.6	58.4	4.4
Milanese Rucola	892	3707	60.2	17.0	50.2	2.6	4.2	39.0	2.7
Milanese Caesar	737	3069	49	14	41	5	4	37	3
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								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
	195	815	10.0	2.8	14.9	1.8	1.3	10.8	1.0
	164	684	8.7	1.3	11.1	1.7	0.9	10.0	0.9
	196	823	9.3	1.8	15.0	1.8	1.0	12.8	1.0
	277	1151	18.7	5.3	15.6	0.8	1.3	12.1	0.9
	233	971	15.4	4.4	12.7	1.5	1.0	11.4	0.8
	282	1193	2.8	0.3	51.9	4.1	2.5	11.0	1.6
	423	1741	44.2	6.1	5.0	2.7	0.5	1.0	2.4
	298	1230	30.3	4.2	5.2	4.6	0.6	0.9	2.2
	348	1437	34.2	3.5	6.6	6.1	1.7	2.7	2.3
	435	1798	39.3	2.7	17.4	16.9	3.0	1.4	2.2

	PER SERVING								
	Energy kcal	Energy 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	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									
Broccolini	126	521	9.2	1.0	7.3	1.3	3.6	5.2	0.0
Coleslaw	330	1362	33.3	2.4	4.6		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								
Energy kcal	Energy 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
114	473	8.4	0.88	6.6	1.2	3.3	4.73	0
264	1089	26.6	1.9	3.7	<0.1	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								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
Desserts									
Eton Mess	398	1426	13.6	9.1	48.8	48.8	1.8	8.3	0.3
Warm Lemon Sponge Cake with Mascarpone	408	1711	16.8	9.0	58.3	41.3	1.0	6.5	0.4
Honeycom Cream slice	557	2297	37.7	17.8	52.3	35.6	1.4	4.8	0.7
Chocolate Fudge Cake (cake only)	312	1308	13.4	4.2	42.4	30.5	0.9	4.8	1.0
Vanilla cheesecake (cake only)	377	1563	25.7	13.7	29.6	19.7	0.6	6.6	0.0
Tiramisu	412	1729	15.0	11.8	62.7	37.5	3.0	5.0	0.3
Chocolate Brownie and ice cream	519	2159	27.0	14.0	62.9	54.1	3.4	7.9	0.2
Coppa Gelato Vanilla + choc straw	247	1033	10.3	6.9	32.7	32.5	0.5	5.6	0.2
Coppa Gelato Chocolate + choc straw	246	1032	10.3	7.3	32.6	27.9	2.5	5.6	0.2
Coppa Gelato Strawberry + choc straw	211	895	5.0	3.6	40.1	34.2	0.9	1.5	0.1
Coppa Gelato Salted Caramel + choc straw	287	1201	14.8	9.3	33.9	31.5	0.4	4.6	0.8
Leggera Sorbet Raspberry Sorbet	122	514	0.5	0.4	28.4	28.4	1.3	0.7	0.0
Leggera Sorbet Cocconut Sorbet	201	838	6.0	5.4	36.0	28.8	0.0	0.6	0.0
Affogato - no coffee	337	1407	15.4	9.9	44.0	41.9	0.1	5.9	0.6
Side of cream	139	572	15.0	9.4	0.5	0.5	0.0	0.4	0.0
Side of vanilla gelato	114	474	4.5	3.1	15.4	15.4	0.1	2.7	0.1
Side of mascarpone	118	489	12.3	8.7	0.8	0.8	0.0	1.2	0.0
Fruit Coulis	25	104	0.1	0.0	5.7	5.7	0.4	0.1	0.0

PER 100 G								
Energy kcal	Energy kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
1307	311	13.4	4.2	42.4	30.5	0.9	4.8	1.0
240	1005	9.8	5.3	34.2	24.2	0.6	3.8	0.3
428	1766	29.0	13.7	40.2	27.4	1.1	3.7	0.6
302	1269	13.0	4.1	41.2	29.6	0.9	4.7	1.0
349	1447	23.8	12.7	27.4	18.2	0.6	6.1	0.0
245	1029	8.9	7.0	37.3	22.3	1.8	3.0	0.2
307	1277	16.0	8.3	37.2	32.0	2.0	4.7	0.1
199	833	8.3	5.6	26.4	26.2	0.4	4.5	0.2
198	832	8.3	5.9	26.3	22.5	2.0	4.5	0.2
170	721	4.0	2.9	32.3	27.6	0.7	1.2	0.1
231	968	11.9	7.5	27.3	25.4	0.3	3.7	0.6
101	428	0.4	0.3	23.7	23.7	1.1	0.6	0.0
167	698	5.0	4.5	30.0	24.0	0.0	0.5	0.0
239	998	10.9	7.0	31.2	29.7	0.1	4.2	0.4
496	2041	53.7	33.4	1.7	1.7	0.0	1.6	0.1
189	790	7.5	5.1	25.7	25.7	0.2	4.5	0.2
392	1628	41.0	29.0	2.5	2.5	0.0	4.0	0.1
123	518	0.4	0.0	28.7	28.4	1.8	0.4	0.0

	PER SERVING								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
Dolcetti									
Orange & Polenta Cake	283	1182	13.4	6.1	37.4	29.0	0.5	3.3	0.2
Vegan Carrot Cake	336	1409	16.2	4.1	45.9	31.5	0.0	1.5	0.5
Salted Caramel Profiteroles	257	1070	16.2	10.2	24.0	19.2	0.0	3.4	0.1
Chocolate Brownie	206	857	11.3	5.5	24.5	20.1	1.8	2.6	0.0
Caffe reale	208	866	12.6	8.7	23.7	32.7	1.4	1.9	0.1
Lotus Biscoff Cheesecake	319	1341	22.8	9.6	25.4	14.6	0.6	2.7	0.3

PER 100 G								
Energy kcal	Energy kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
336	1407	16.0	7.2	44.6	34.5	0.5	3.9	0.2
1774	426	26.8	12.9	41.1	30.1	2.3	5.9	0.4
428	1783	27.0	17.0	40.0	32.0	0.0	5.6	0.2
349	1451	19.2	9.3	41.5	34.1	3.1	4.4	0.1
281	1170	17.0	11.8	32.0	44.2	1.9	2.6	0.1
469	1971	33.6	14.2	37.4	21.4	0.8	3.9	0.4

	PER SERVING								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
Piccolo									
Piccolo dough balls with houmous	107	446	3.6	0.4	14.9	1.0	1.3	3.5	0.5
Baked dough balls with butter	189	793	8.3	4.9	23.2	1.9	1.2	4.9	0.8
Baked dough balls with balsamic and olive oil	160	674	4.5	0.6	24.4	3.1	1.4	4.9	0.7
Salad to go with starter	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
Napoletana	284	1194	5.4	2.9	53.6	4.0	3.2	6.7	0.9
Bianca	355	1488	11.6	6.3	56.2	3.3	2.2	7.2	0.7
Pizza Margherita	448	1883	11.0	6.6	63.4	6.9	4.7	21.2	2.3
Pizza La Reine	509	2139	13.7	7.0	63.8	7.4	7.4	28.7	3.1
Pizza American	510	2141	18.2	8.5	55.4	6.1	7.8	27.2	3.0
Pizza Pollo	456	1922	10.8	6.2	59.2	7.1	2.6	29.1	2.3
Pollo Salad with DB	283	1179	9.4	2.9	23.6	0.5	3.4	27.0	1.3
Pollo Salad with Polenta Chips	265	1107	17.0	3.5	12.4	0.0	3.2	23.2	1.2
Sundae with chocolate sauce	149	625	4.6	3.1	23.7	21.8	0.3	2.9	0.1
Sundae with fruit sauce	131	552	4.5	3.1	19.6	18.4	0.3	2.8	0.1
Chocolate Brownie	206	857	11.3	5.5	24.5	20.1	1.8	2.6	0.0
Pip Organic Fruity Ice Lolly	18	75	0.0	0.0	4.2	4.0	0.0	0.0	0.0
Pip Organic Rainbow Ice Lolly	20	81	0.0	0.0	4.5	4.2	0.0	0.0	0.0
Piccolo milk	82	346	2.0	1.2	9.6	9.6	0.0	7.0	0.2
Cawston apple and summer berries	50	214	0.2	0.0	11.6	11.0	0.0	0.6	0.0
Cawston apple and pear juice	54	234	0.0	0.0	12.8	12.8	0.0	0.2	0.0

	PER 100 G								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
	143	602	4.9	0.5	20.1	1.4	1.8	4.8	0.7
	350	1467	15.3	9.1	42.9	3.5	2.3	9.0	1.6
	296	1247	8.3	1.2	45.1	5.7	2.5	9.0	1.4
	16	67	0.6	0.0	1.7	1.7	0.8	1.0	0.0
	150	632	4.3	1.6	22.6	2.0	1.6	6.0	0.4
	139	585	2.6	1.4	26.3	2.0	1.6	3.3	0.4
	174	729	5.7	3.1	27.6	1.6	1.1	3.5	0.3
	285	1199	7.0	4.2	40.4	4.4	3.0	13.5	1.5
	275	1156	7.4	3.8	34.5	4.0	4.0	15.5	1.7
	300	1259	10.7	5.0	32.6	3.6	4.6	16.0	1.8
	265	1117	6.3	3.6	34.4	4.1	1.5	16.9	1.4
	108	450	3.6	1.1	9.0	0.2	1.3	10.3	0.5
	107	448	6.9	1.4	5.0	0.0	1.3	9.4	0.5
	207	873	6.4	4.3	33.1	30.5	0.4	4.1	0.1
	183	772	6.3	4.3	27.4	25.7	0.4	3.9	0.1
	349	1451	19.2	9.3	41.5	34.1	3.1	4.4	0.1
	43	186	0.1	0.0	10.4	9.9	0.0	0.1	0.0
	48	202	0.0	0.0	11.2	10.6	0.0	0.0	0.0
	41	173	1.0	0.6	4.8	4.8	0.0	3.5	0.1
	25	107	0.1	0.0	5.8	5.5	0.0	0.3	0.0
	27	117	0.0	0.0	6.4	6.4	0.0	0.1	0.0