



NUTRITIONAL INFORMATION

England, Wales & Scotland

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 and some ingredients – extra toppings. As our dishes are handmade in our busy kitchens, we can't guarantee our data is as stated.

Our nutritional values are for informational purposes only and are not a substitute for medical advice.

Adults need around 2000 kcal a day

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Starters - Dough Balls	PER PORTION									PER 100g								
	Energy (kcal)	Energy (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)
Dough Balls - no dip	245	1036	1.4	0.2	49.7	3.2	2.5	9.5	1.38	295	1248	1.7	0.3	59.9	3.9	3.0	11.4	1.66
Dough Balls Gluten Free - no dip	299	1146	6.3	0.8	52.9	2.8	2.4	2.2	1.57	296	1134	6.2	0.8	52.4	2.8	2.4	2.1	1.55
Dough Balls with Garlic Butter	450	1880	23.7	13.9	50.4	3.4	2.6	9.9	1.92	398	1663	21.0	12.3	44.6	3.1	2.3	8.7	1.70
Dough Balls Gluten Free - with Garlic Butter	504	1990	28.6	14.4	53.6	3.0	2.5	2.5	2.11	385	1519	21.8	11.0	40.9	2.3	1.9	1.9	1.61
Double Dough Balls Doppio	1659	6912	75.9	24.0	206.1	16.7	12.7	40.7	8.59	367	1529	16.8	5.3	45.6	3.7	2.8	9.0	1.90
Double Dough Balls Doppio Gluten-Free	1876	7819	95.4	24.1	219.0	15.2	12.1	11.0	9.43	358	1492	18.2	4.6	41.8	2.9	2.3	2.1	1.80
Vegan Dough Balls - Garlic & Parsley Spread	423	1780	21.0	3.5	50.2	3.4	2.6	9.7	1.74	374	1575	18.6	3.1	44.4	3.0	2.3	8.6	1.54
Vegan Dough Balls Gluten Free - Garlic & Parsley Spread	477	1890	25.8	4.1	53.4	3.0	2.5	2.4	1.93	364	1442	19.7	3.1	40.7	2.3	1.9	1.8	1.47
Loaded Pesto Dough Balls	467	1948	23.1	3.6	53.4	5.2	3.3	12.4	2.52	315	1316	15.6	2.4	36.1	3.5	2.2	8.4	1.70
Loaded Pesto Dough Balls Gluten Free	522	2173	28.1	3.7	56.6	4.8	3.2	5.1	2.82	314	1309	16.9	2.2	34.1	2.9	1.9	3.1	1.70
Doughballs Doppio	871	2983	13.3	6.6	125.7	8.3	6.4	24.1	3.71	340	1164	5.2	2.6	49.1	3.2	2.5	9.4	1.45
Doughballs Doppio Gluten Free	996	3129	25.9	8.7	125.5	6.8	5.8	5.3	3.97	341	1070	8.9	3.0	42.9	2.3	2.0	1.8	1.36
Dough Balls Doppio Vegan	833	3291	13.8	2.3	140.2	9.2	7.1	26.8	4.06	291	1150	4.8	0.8	49.0	3.2	2.5	9.4	1.42
Dough Balls Doppio Vegan Gluten Free	940	3405	27.3	3.9	138.1	7.5	6.4	5.8	4.28	292	1057	8.5	1.2	42.9	2.3	2.0	1.8	1.33
Hot Honey Dough Balls	429	1613	2.1	0.4	78.3	10.5	3.6	13.8	2.01	290	1090	1.4	0.3	52.9	7.1	2.5	9.3	1.36
Hot Honey Dough Balls Gluten Free	483	1655	8.5	1.1	77.6	10.3	3.3	2.9	2.10	291	997	5.1	0.7	46.8	6.2	2.0	1.8	1.27
Dough Balls Al Forno	525	2195	28.1	17.2	37.8	2.9	2.0	31.0	2.50	375	1568	20.1	12.3	27.0	2.1	1.4	22.2	1.80
Dough Balls Al Forno Gluten Free	581	2430	32.0	17.2	42.9	2.7	2.1	25.6	2.70	361	1509	19.9	10.7	26.7	1.7	1.3	15.9	1.70
Truffle dough balls	583	2425	36.4	17.7	50.4	3.5	2.7	14.7	2.10	422	1753	26.3	12.8	36.4	2.5	1.9	10.6	1.50
Truffle dough balls - Gluten free	637	2651	41.2	17.7	53.6	3.1	2.6	7.4	2.30	408	1696	26.4	11.4	34.3	2	1.7	4.7	1.50
Dough balls in blankets	364	1522	20.7	4.7	30.4	6.6	2.7	14.5	2.40	332	1288	18.9	4.3	27.8	6	2.4	13.2	2.20
Dough balls in blankets - Gluten free	485	2030	27.9	6.7	49.5	6.9	2.3	9.4	2.60	343	1433	19.7	4.7	35	4.9	1.6	6.7	1.80

Starters	PER PORTION									PER 100g								
	Energy (kcal)	Energy (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)
Olives Marinate	137	562	13.6	1.6	1.1	0.1	3.4	0.7	2.80	171	702	17.0	2.0	1.4	0.1	4.2	0.9	3.50
Roasted Tomatoes	67	277	3.5	0.4	6.0	5.6	2.8	1.3	0.47	111	461	5.9	0.6	10.0	9.4	4.6	2.1	0.79
Garlic Bread (butter)	354	1496	5.3	1.7	65.3	3.7	3.1	12.8	1.90	295	1246	4.4	1.4	54.4	3.1	2.6	10.7	1.58
Garlic Bread Vegan (garlic oil)	295	1246	4.7	0.6	54.2	3.1	2.6	10.3	1.47	301	1271	4.8	0.6	55.3	3.2	2.7	10.5	1.50
Garlic Bread with Mozzarella	377	1575	12.5	6.9	48.4	3.9	2.5	18.7	1.80	276	1150	9.1	5.1	35.3	2.9	1.8	13.7	1.30
Garlic Bread with Mozzarella Sharer	872	3640	27.5	13.3	119.6	10.4	6.8	39.3	4.00	337	1405	10.6	5.1	46.2	4.0	2.6	15.2	1.50
Garlic Bread with Vegan Mozzarella Alternative	343	1443	8.9	3.9	57.1	7.8	3.1	10.0	1.89	268	1130	7.0	3.1	44.7	6.1	2.4	7.8	1.48
Garlic Bread with Vegan Mozzarella Alternative Sharer	717	3018	20.3	8.7	115.8	8.1	6.9	21.1	3.81	282	1188	8.0	3.4	45.6	3.2	2.7	8.3	1.50
Bruschetta Originale	429	1789	20.0	2.5	52.4	6.4	4.0	10.6	2.29	206	860	9.6	1.2	25.2	3.1	1.9	5.1	1.10
Caprese Salad	348	1460	22.9	15.5	12.8	10.5	1.1	22.6	0.60	145	606	9.5	6.4	5.3	4.3	0.4	9.4	0.30
Lemon & Herbs Chicken Wings	600	2209	31.6	8.8	2.3	0.9	1.8	59.7	2.40	212	782	11.2	3.1	0.8	0.3	0.7	21.2	0.85
Calamari with Caesar Dressing	647	2696	40.3	4.2	58.6	3.8	5.0	14.6	3.51	323	1348	20.2	2.1	29.3	1.9	2.5	7.3	1.75
Chilli Prawns - With Dough Balls	435	1832	13.8	6.5	58.0	3.0	4.6	22.1	3.15	166	699	5.3	2.5	22.1	1.1	1.7	8.4	1.20
Chilli Prawns - With Gluten Free Dough Balls	440	1881	29.2	8.7	58.1	2.9	5.3	1.1	3.16	167	715	11.1	3.3	22.1	1.1	2.0	0.4	1.20
Mushrooms Aranicini	346	1446	17.6	3.9	40.3	2.2	1.6	7.2	1.20	235	983	12.0	2.7	27.4	1.5	1.1	4.9	0.80
Pollo Milanese	387	1537	18.3	3.5	22.0	1.9	1.9	28.3	1.86	201	800	9.5	1.8	11.5	1.0	1.0	14.7	0.97
Spicy Wings	638	2666	38.7	10.3	7.2	3.1	3.3	66.3	2.80	223	932	13.5	3.6	2.5	1.1	1.2	23.2	1.00
Mozzarella Sticks	578	2415	31.7	13.6	44.3	14.8	2.4	27.9	1.90	288	1201	15.8	6.8	22.1	7.4	1.2	13.9	0.90
Anchovy Bruschetta	301	1260	5.8	1.9	50.0	4.9	3.2	13.4	4.20	189	791	3.6	1.2	31.4	3.1	2	8.4	2.60
Antipasto Classico	1382	5779	63.8	25.4	147.5	32.6	9.9	58.3	7.10	270	1127	12.4	5.0	28.8	6.4	1.9	11.4	1.40
Antipasto Verdure	1348	5638	62.9	21.6	141.1	25.1	15.8	55.8	6.90	228	954	10.7	3.7	23.9	4.2	2.7	9.4	1.20
Antipasto Classico Gluten Free	1045	4368	56.3	22.4	92.9	26.5	6.1	35.5	5.70	234	978	12.6	5.0	20.8	5.9	1.4	7.9	1.30
Antipasto Verdure Gluten Free	1011	4228	55.5	18.6	86.5	18.9	12.0	33.0	5.50	193	805	10.6	3.5	16.5	3.6	2.3	6.3	1.10

	PER PORTION									PER 100g								
Sides	Energy (kcal)	Energy (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)
Polenta Chips	516	2147	35.2	3.4	44.2	9.9	3.9	6.1	2.99	240	999	16.4	1.6	20.6	4.6	1.8	2.8	1.39
Halloumi Bites	351	1463	23.2	8.7	20.7	1.8	1.1	15.4	3.45	290	1209	19.2	7.2	17.1	1.5	0.9	12.7	2.85
Mixed Leaf Salad	166	691	14.8	1.5	4.5	4.1	2.2	3.0	0.45	77	321	6.9	0.7	2.1	1.9	1	1.4	0.21
Rainbow Slaw	163	2003	14.3	1.0	8.3	2.1	3.5	1.5	0.81	101	1244	8.9	0.6	5.1	1.3	2.2	1.0	0.50
Dough Sticks	255	1076	2.5	0.4	49.6	2.5	2.5	9.5	1.44	283	1195	2.8	0.4	55.1	2.8	2.8	10.5	1.60
Mac & Cheese Maccheroni	636	2659	37.9	20.1	48.9	7.3	1.4	25.4	1.70	228	953	13.6	7.2	17.5	2.6	0.5	9.1	0.60
Mac & Cheese Fusilli Gluten Free	608	2542	38.0	20.3	44.9	5.8	1.3	22.1	1.70	218	911	13.6	7.3	16.1	2.1	0.5	7.9	0.60
Crispy Potatoes	321	1339	15.7	36.4	2.6	3.3	6.7	1.8	1.80	178	744	8.7	1.8	20.2	1.4	1.8	3.7	1.00
Crispy Potatoes ad Astra	330	1376	15.9	3.2	37.7	2.6	3.3	7.0	2.60	181	753	8.7	1.7	20.6	1.4	1.8	3.8	1.40
Festive Sprouts	346	1443	24.7	7.7	21.4	7.0	0.5	9.9	2.20	197	823	14.1	4.4	12.2	4	0.3	5.7	1.30

	PER PORTION									PER 100g								
Pizzas - Classic	Energy (kcal)	Energy (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)
American	933	3900	29.0	14.5	125.5	16.9	7.5	45.3	5.50	264	1105	8.2	4.1	35.5	4.8	2.1	12.8	1.60
American Gluten Free	884	3693	28.4	14.3	128.7	9.4	4.9	29.8	5.30	258	1080	8.3	4.2	37.6	2.7	1.4	8.7	1.50
American Hot	989	4134	34.7	15.7	125.5	16.9	7.5	46.5	5.60	268	1120	9.4	4.3	34.0	4.6	2.0	12.6	1.50
American Hot Gluten Free	940	3927	34.0	15.5	128.8	9.4	4.9	31.0	5.30	262	1097	9.5	4.3	36.0	2.6	1.4	8.6	1.50
American Hottest	1163	4870	56.2	22.0	118.9	12.4	10.2	50.7	6.56	273	1143	13.2	5.2	27.9	2.9	2.4	11.9	1.54
American Hottest Gluten-Free	1114	4661	55.5	21.8	122.1	5.0	7.6	35.1	6.36	268	1123	13.4	5.2	29.4	1.2	1.8	8.5	1.53
Margherita	807	3396	24.6	9.6	106.6	10.2	4.5	41.9	3.84	252	1061	7.7	3.0	33.3	3.2	1.4	13.1	1.20
Margherita Gluten Free	749	3148	25.7	11.5	110.3	5.7	5.1	21.6	3.49	236	993	8.1	3.6	34.8	1.8	1.6	6.8	1.10
Margherita Vegan	675	2835	18.0	8.0	111.0	10.3	6.8	20.4	3.94	229	963	6.1	2.7	37.7	3.5	2.3	6.9	1.34
Margherita Vegan Gluten Free	626	2626	17.3	7.8	114.2	2.9	4.2	4.8	3.74	221	927	6.1	2.8	40.3	1.0	1.5	1.7	1.32
Funghi di Bosco Vegan	775	3246	26.6	10.0	114.6	10.6	10.2	23.9	3.91	198	830	6.8	2.6	29.3	2.7	2.6	6.1	1.00
Funghi di Bosco Vegan Gluten Free	726	3037	25.9	9.8	117.8	3.2	7.6	8.3	3.71	191	799	6.8	2.6	31.0	0.8	2.0	2.2	0.98
Garlic Prawn	1024	4270	36.5	12.5	129.3	19.6	8.9	48.6	5.40	201	840	7.2	2.5	25.4	3.9	1.8	9.6	1.10
Garlic Prawn Gluten Free	974	4064	35.8	12.3	132.5	12.1	6.3	33.0	5.20	196	816	7.2	2.5	26.6	2.4	1.3	6.6	1.00
La Reine	907	3788	25.8	11.0	126.4	17.2	8.1	45.0	5.70	214	893	6.1	2.6	29.8	4.1	1.9	10.6	1.40
La Reine Gluten Free	857	3581	25.1	10.8	129.7	9.7	5.5	29.5	5.50	208	867	6.1	2.6	31.4	2.3	1.3	7.1	1.30
Sloppy Giuseppe	961	4020	22.8	11.6	130.6	20.0	8.8	61.5	5.30	219	916	5.2	2.6	29.8	4.6	2.0	14.0	1.20
Sloppy Giuseppe Gluten Free	912	3813	22.2	11.4	133.9	12.5	6.2	45.9	5.10	213	891	5.2	2.7	31.3	2.9	1.4	10.7	1.20
Spicy Giuseppe	1047	4377	32.1	12.8	131.0	20.4	8.8	61.7	5.30	222	927	6.8	2.7	27.8	4.3	1.9	13.1	1.10
Spicy Giuseppe Gluten Free	997	4170	31.4	12.6	134.3	12.9	6.2	46.1	5.10	216	905	6.8	2.7	29.1	2.8	1.3	10.0	1.10
Fiorentina	980	4092	30.2	13.2	127.3	17.1	8.9	51.5	5.20	200	835	6.2	2.7	26.0	3.5	1.8	10.5	1.10
Fiorentina Gluten Free	930	3885	29.6	12.9	130.5	9.6	6.3	36.0	4.90	194	811	6.2	2.7	27.2	2.0	1.3	7.5	1.00
Vegan Giardiniera	840	3523	29.0	9.1	117.6	15.2	5.5	24.0	5.07	182	764	6.3	2.0	25.5	3.3	1.2	5.2	1.10
Vegan Giardiniera Gluten Free	791	3314	28.3	8.9	120.8	7.8	2.9	8.4	4.87	176	736	6.3	2.0	26.8	1.7	0.7	1.9	1.08

Pizzas - Classic	PER PORTION									PER 100g								
	Energy (kcal)	Energy (KJ)	Fat (g)	Saturates (g)	Carbohydrates (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Energy (kcal)	Energy (KJ)	Fat (g)	Saturates (g)	Carbohydrate s (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Padana	957	4000	24.8	13.6	147.3	34.6	8.7	39.3	4.70	235	980	6.1	3.3	36.1	8.5	2.1	9.6	1.10
Padana Gluten Free	907	3793	24.2	13.4	150.6	27.1	6.1	23.8	4.40	229	956	6.1	3.4	37.9	6.8	1.5	6.0	1.10
Padana Vegan	847	3568	19.4	8.4	146.4	29.5	6.6	24.9	4.45	192	809	4.4	1.9	33.2	6.7	1.5	5.65	1.01
Padana Vegan Gluten Free	798	3359	18.7	8.2	149.6	22.1	4.0	9.3	4.25	186	781	4.3	1.9	34.8	5.2	0.9	2.2	0.99
Pollo ad Astra	953	3981	22.1	10.9	131.8	22.2	8.9	59.4	5.10	204	853	4.7	2.3	28.2	4.8	1.9	12.7	1.10
Pollo ad Atra Gluten Free	903	3775	21.5	10.7	135.0	14.7	6.3	43.8	4.80	193	808	4.6	2.3	28.9	3.2	1.4	9.4	1.00
BBQ Burnt Ends	1060	4432	29.6	9.9	151.7	38.4	9.9	47.7	6.20	251	1050	7.0	2.3	36.0	9.1	2.4	11.3	1.50
BBQ Burnt Ends Gluten	1011	4225	28.9	9.7	155.0	31.0	7.3	32.2	5.90	246	1028	7.0	2.3	37.7	7.5	1.8	7.8	1.40
Pollo Italiano	1209	5052	47.7	19.0	129.7	16.7	9.8	66.5	5.70	253	1057	10.0	4.0	27.1	3.5	2.0	13.9	1.20
Pollo Italiano Gluten Free	1160	4845	47.0	18.8	133.0	9.2	7.1	51.0	5.40	248	1037	10.1	4.0	28.5	2.0	1.5	10.9	1.20
Vegan Mezze	912	3813	36.3	3.9	128.8	18.1	16.3	25.1	4.74	196	820	7.8	0.8	27.7	3.9	3.5	5.4	1.02
Vegan Mezze Gluten-Free	863	3604	35.6	3.7	132.0	10.7	13.7	9.5	4.54	190	794	7.8	0.8	29.1	2.4	3.0	2.1	1.00
Smoky BBQ Chicken	1020	4266	19.4	10.5	153.4	39.7	8.5	59.1	5.90	240	1001	4.5	2.5	36.0	9.3	2.0	13.9	1.40
Smoky BBQ Chicken Gluten-Free	971	4059	18.7	10.3	156.7	32.3	5.8	43.6	5.70	234	978	4.5	2.5	37.8	7.8	1.4	10.5	1.40
Double American cheese	1101	4606	47.9	20.9	108.1	12.2	5.1	61.3	6.48	280	1172	12.2	5.3	27.5	3.1	1.3	15.6	1.65
Double American cheese Gluten-Free	1052	4397	47.2	20.7	111.3	4.8	2.5	45.7	6.28	232	969	10.4	4.6	24.5	1.1	0.6	10.1	1.38
Meatball Italiano	1367	5706	62.3	22.6	140.6	27.8	8.7	64.1	5.40	297	1238	13.5	4.9	30.5	6	1.9	13.9	1.20
Meatball Italiano Gluten Free	1318	5499	61.6	22.4	143.8	20.3	6.0	48.5	5.10	290	1211	13.6	4.9	31.7	4.5	1.3	10.7	1.10
Spicy chicken & chorizo	1222	5106	48.4	21.7	130.7	20.0	8.8	68.7	6.70	244	1017	9.6	4.3	26	4	1.8	13.7	1.30
Spicy chicken & chorizo Gluten Free	1173	4899	47.8	21.4	133.9	12.5	6.2	53.1	6.40	237	990	9.6	4.3	27.1	2.5	1.3	10.7	1.30
Christmas Feast	1216	5072	47.6	15.4	140.5	25.8	9.0	58.7	5.80	276	1149	10.8	3.5	31.8	5.8	2	13.3	1.30
Christmas Feast - Gluten Free	1167	4865	47.0	15.2	143.7	18.3	6.4	43.2	5.50	273	1139	11.0	3.6	33.6	4.3	1.5	10.1	1.30
Figgy Formaggi	1162	4859	40.0	23.2	150.8	33.7	10.7	50.9	5.70	329	1375	11.3	6.6	42.7	9.5	3	14.4	1.60
Figgy Formaggi - Gluten Free	1113	4653	39.3	23.0	154.1	26.2	8.1	35.4	5.40	328	1373	11.6	6.8	45.5	7.7	2.4	10.4	1.60
Mushroom & Truffle	978	4086	36.3	16.6	124.2	12.8	7.4	42.1	4.30	273	1139	10.1	4.6	34.6	3.6	2.1	11.7	1.20
Mushroom & Truffle - Gluten Free	929	3879	35.6	16.3	127.4	5.3	4.8	26.5	4.00	270	1126	10.3	4.7	37.0	1.5	1.4	7.7	1.20

Pizzas – Large Classic	PER PORTION									PER 100g								
	Energy (kcal)	Energy (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)
American	1575	6583	49.6	24.0	211.3	22.6	9.3	74.5	8.50	289	1206	9.1	4.4	38.7	4.1	1.7	13.6	1.60
American Hot	1634	6825	53.7	26.7	211.5	22.8	9.3	79.3	8.70	265	1108	8.7	4.3	34.3	3.7	1.5	12.9	1.40
American Hottest	1864	7824	74.3	30.7	201.6	17.9	15.9	89.5	9.81	281	1180	11.2	4.6	30.4	2.7	2.4	13.5	1.48
Margherita	1417	5918	35.9	17.4	211.0	22.5	9.0	66.4	7.20	262	1096	6.6	3.2	39.1	4.2	1.7	12.3	1.30
Margherita Vegan	1238	5216	30.2	15.5	210.1	18.7	14.0	38.3	7.28	238	1003	5.8	3.0	40.4	3.6	2.7	7.4	1.40
Funghi di Bosco Vegan	1358	5704	37.8	16.4	217.6	15.5	12.4	42.2	7.32	219	920	6.1	2.65	35.1	2.5	2.0	6.8	1.18
Garlic Prawn	1652	6889	55.5	22.7	213.3	23.2	9.9	79.1	8.30	238	994	8.0	3.3	30.8	3.3	1.4	11.4	1.20
La Reine	1546	6460	43.5	21.1	212.9	23.2	10.1	78.9	9.30	249	1042	7.0	3.4	34.3	3.7	1.6	12.7	1.50
Sloppy Giuseppe	1611	6734	40.6	21.8	217.1	26.0	10.6	98.1	8.50	223	931	5.6	3.0	30.0	3.6	1.5	13.6	1.20
Spicy Giuseppe	1699	7102	49.8	23.0	217.9	26.8	10.6	98.5	8.50	231	965	6.8	3.1	29.6	3.6	1.4	13.4	1.20
Fiorentina	1602	6690	47.5	23.1	213.2	23.0	10.8	82.7	8.30	231	964	6.8	3.3	30.7	3.3	1.6	11.9	1.20
Vegan Giardiniera	1425	5986	42.7	16.5	222.9	18.6	11.0	41.7	8.94	207	870	6.2	2.4	32.4	2.7	1.6	6.06	1.30
Padana	1467	6133	33.2	18.1	233.6	40.2	10.9	62.0	7.20	241	1009	5.5	3.0	38.4	6.6	1.8	10.2	1.20
Padana Vegan	1338	5642	30.3	15.1	232.2	37.2	12.6	40.4	7.26	212	894	4.8	2.4	36.8	5.9	2.0	6.4	1.15
Pollo ad Astra	1570	6557	38.7	20.7	217.7	28.1	10.6	90.8	8.00	229	959	5.7	3.0	31.8	4.1	1.6	13.3	1.20
BBQ Burnt Ends	1741	7277	48.6	19.7	246.1	51.6	11.9	81.1	9.70	240	1005	6.7	2.7	34.0	7.1	1.6	11.2	1.30
Pollo Italiano	1860	7770	67.3	30.5	217.0	23.3	11.5	98.3	8.70	264	1102	9.5	4.3	30.8	3.3	1.6	14.0	1.20
Vegan Mezze	1387	5801	35.1	4.2	224.9	31.9	18.9	43.3	7.40	225	939	5.7	0.7	36.4	5.2	3.1	7.0	1.20
Smoky BBQ Chicken	1666	6963	36.1	20.3	246.0	51.4	10.3	90.7	9.20	238	993	5.1	2.9	35.1	7.3	1.5	12.9	1.30
Double American cheese	1754	7330	63.2	32.4	211.8	23.0	9.7	87.4	10.10	300	1255	10.8	5.6	36.3	3.9	1.7	15.0	1.70
Meatball Italiano	1984	8281	78.9	32.5	226.5	33.7	10.3	95.4	8.30	276	1152	11.0	4.5	31.5	4.7	1.4	13.3	1.20
Spicy chicken & chorizo	1397	5833	63.2	31.1	120.5	18.8	8.1	88.6	7.20	186	777	8.4	4.1	16	2.5	1.1	11.8	1.00
Christmas Feast	1833	7647	64.2	25.2	226.4	31.7	10.7	90.1	8.70	278	1160	9.7	3.8	34.3	4.8	1.6	13.7	1.30
Figgy Formaggi	1902	7952	66.8	39.2	240.6	42.0	12.9	86.4	9.40	314	1312	11.0	6.5	39.7	6.9	2.1	14.2	1.50
Mushroom & Truffle	1651	6896	59.2	28.1	212.4	20.1	9.4	71.3	7.20	258	1078	9.2	4.4	33.2	3.1	1.5	11.1	1.10

	PER PORTION									PER 100g								
Pizzas - Romana	Energy (kcal)	Energy (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)
Margherita	867	3639	29.6	12.2	112.5	10.1	8.8	41.8	3.97	284	1193	9.7	4.0	36.9	3.3	2.9	13.7	1.30
Margherita Gluten Free	818	3430	28.9	12.0	115.7	2.7	6.2	26.2	3.77	278	1167	9.8	4.1	39.4	0.9	2.1	8.9	1.28
Margherita Vegan	758	3182	23.7	12.5	119.3	10.7	9.2	21.3	4.44	256	1075	8.0	4.2	40.3	3.6	3.1	7.2	1.50
Margherita Vegan Gluten Free	709	2973	23.0	12.3	122.5	3.3	6.6	5.7	4.24	249	1043	8.1	4.3	43.0	1.1	2.3	2.0	1.49
American	1022	4270	41.1	19.4	114.8	15.2	6.8	50.5	5.70	290	1213	11.7	5.5	32.6	4.3	1.9	14.3	1.60
American Gluten Free	1100	4596	44.3	19.8	168.8	10.4	5.5	40.7	6.70	323	1348	13.0	5.8	49.5	3.0	1.6	11.9	2.00
American Hot	1026	4285	41.2	19.5	115.4	15.3	7.0	50.7	6.30	290	1211	11.6	5.5	32.6	4.3	2.0	14.3	1.80
American Hot Gluten Free	1103	4611	44.4	19.9	169.4	10.5	5.7	40.9	7.30	322	1422	12.9	5.8	49.4	3.1	1.7	11.9	2.10
American Hottest	1277	5338	66.2	25.7	117.9	12.0	12.8	58.9	6.66	299	1250	15.5	6.0	27.6	2.8	3.0	13.8	1.60
American Hottest Gluten Free	1228	5129	65.5	25.5	121.1	4.6	10.2	43.3	6.46	295	1233	15.7	6.1	29.1	1.1	2.5	10.4	1.55
Padana	914	3820	24.8	13.5	137.2	32.7	8.5	38.0	4.40	219	916	5.9	3.2	32.9	7.8	2.0	9.1	1.10
Padana Gluten Free	992	4146	28.0	13.9	191.1	27.9	7.1	28.2	5.40	244	1021	6.9	3.4	47.1	6.9	1.8	7.0	1.30
Padana - Vegan	887	3726	24.8	12.3	148.3	28.1	14.7	24.7	4.91	211	887	5.9	2.9	35.3	6.7	3.5	5.9	1.17
Padana - Vegan Gluten Free	838	3517	24.1	12.1	151.5	20.7	12.1	9.1	4.71	205	860	5.9	2.9	37.0	5.1	3.0	2.2	1.15
La Reine	935	3905	30.9	13.8	116.3	15.6	7.6	50.1	6.30	238	994	7.9	3.5	29.6	4.0	1.9	12.8	1.60
La Reine Gluten Free	1012	4230	34.1	14.2	170.2	10.8	6.3	40.4	7.30	265	1107	8.9	3.7	44.5	2.8	1.7	10.6	1.90
Fiorentina	993	4146	35.0	15.9	116.6	15.3	8.3	54.1	5.30	214	893	7.6	3.4	25.1	3.3	1.8	11.7	1.10
Fiorentina Gluten Free	1071	4471	38.2	16.2	170.5	10.5	7.0	44.3	6.30	236	987	8.4	3.6	37.6	2.3	1.5	9.8	1.40
Pollo ad Astra	958	4002	26.1	13.5	121.1	20.5	8.2	61.9	5.00	214	893	5.8	3.0	27.0	4.6	1.8	13.8	1.10
Pollo ad Astra Gluten Free	1036	4327	29.3	13.8	175.0	15.7	6.8	52.2	6.00	219	913	6.2	2.9	36.9	3.3	1.4	11.0	1.30
Pollo Italiano	1146	4790	46.8	22.6	114.9	11.0	6.6	68.2	5.30	231	964	9.4	4.5	23.1	2.2	1.3	13.7	1.10
Spicy Giuseppe	1088	4548	37.3	15.9	121.3	18.6	7.9	69.7	6.40	230	960	7.9	3.4	25.6	3.9	1.7	14.7	1.30
Spicy Giuseppe Gluten Free	1166	4873	40.5	16.2	175.2	13.8	6.6	60.0	7.40	252	1053	8.7	3.5	37.8	3.0	1.4	12.9	1.60
Sloppy Giuseppe	999	4176	27.9	14.6	120.3	18.3	8.1	69.3	5.50	210	879	5.9	3.1	25.3	3.8	1.7	14.6	1.20
Sloppy Giuseppe Gluten Free	1077	4502	31.1	14.9	174.2	13.5	6.8	59.5	6.50	183	763	5.3	2.5	29.5	2.3	1.2	10.1	1.10

	PER PORTION									PER 100g								
Pizzas - Romana	Energy (kcal)	Energy (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)
Garlic Prawn	1086	4528	43.4	15.5	124.3	23.2	8.7	51.3	5.20	247	1032	9.9	3.5	28.3	5.3	2.0	11.7	1.20
Garlic Prawn Gluten Free	1164	4854	46.6	15.9	178.2	18.4	7.3	41.5	6.20	272	1134	10.9	3.7	41.6	4.3	1.7	9.7	1.40
Funghi di Bosco Vegan	888	3727	34.8	15.2	124.7	11.7	12.9	25.8	4.69	227	953	8.9	3.9	31.9	3.0	3.3	6.6	1.20
Funghi di Bosco Vegan Gluten Free	839	3518	34.1	15.0	127.9	4.3	10.3	10.2	4.49	221	926	9.0	4.0	33.7	1.1	2.7	2.7	1.18
Vegan Giardiniera	1017	4255	44.5	14.3	136.0	13.1	13.1	24.2	6.15	210	879	9.2	3.0	28.1	2.7	2.7	5.0	1.27
Vegan Giardiniera Gluten Free	968	4046	43.8	14.1	139.2	5.7	10.5	8.6	5.95	205	855	9.3	3.0	29.4	1.2	2.2	1.8	1.26
BBQ Burnt Ends	1130	4722	35.9	12.5	149.5	43.9	9.5	52.3	6.70	252	1054	8.0	2.8	33.4	9.8	2.1	11.7	1.50
BBQ Burnt Ends Gluten Free	1208	5047	39.1	12.8	203.4	39.1	8.1	42.5	7.70	276	1155	9.0	2.9	46.6	9.0	1.9	9.7	1.80
Vegan Mezze	949	3981	35.7	3.8	137.4	19.7	14.7	26.6	4.58	207	869	7.8	0.8	30.0	4.3	3.2	5.8	1.00
Vegan Mezze Gluten Free	900	3772	35.0	3.6	140.6	12.3	12.1	11.0	4.38	201	844	7.8	0.8	31.5	2.8	2.7	2.5	0.98
Smoky BBQ Chicken	1055	4408	23.4	13.1	149.4	43.8	7.8	61.9	6.20	227	948	5.0	2.8	32.1	9.4	1.7	13.3	1.30
Smoky BBQ Chicken Gluten Free	1132	4733	26.6	13.4	203.3	39.0	6.5	52.1	7.20	249	1043	5.9	3.0	44.8	8.6	1.4	11.5	1.60
Double American	1288	5381	61.1	31.8	115.7	15.8	7.2	70.6	7.60	325	1359	15.4	8.0	29.2	4.0	1.8	17.8	1.90
Double American Gluten Free	1366	5706	64.3	32.2	169.6	11.0	5.9	60.8	8.60	355	1482	16.7	8.4	44.0	2.9	1.5	15.8	2.20
Meatball Italiano	1372	5726	66.3	25.2	129.8	26.0	7.9	66.6	5.30	314	1310	15.2	5.8	29.7	6.0	1.8	15.2	1.20
Meatball Italiano Gluten Free	1450	6051	69.5	25.6	183.7	21.3	6.5	56.8	6.30	337	1407	16.2	5.9	42.7	4.9	1.5	13.2	1.50
Spicy chicken & chorizo	1252	5227	52.7	24.4	120.0	18.3	8.1	76.6	6.70	250	1043	10.5	4.9	23.9	3.6	1.6	15.3	1.30
Spicy chicken & chorizo Gluten Free	1329	5552	55.9	24.8	173.9	13.5	6.7	66.8	7.70	269	1124	11.3	5.0	35.2	2.7	1.4	13.5	1.60
Christmas Feast	1212	5052	51.9	18.0	122.5	21.4	8.3	59.6	5.50	301	1256	12.9	4.5	30.5	5.3	2.1	14.8	1.40
Christmas Feast Gluten Free	1299	5418	54.8	18.3	183.7	19.2	6.9	51.5	6.70	260	1083	11.0	3.7	36.7	3.8	1.4	10.3	1.30
Figgy Formaggi	1281	5356	54.5	32.0	136.7	31.8	10.4	55.9	6.20	363	1517	15.4	9.1	38.7	9.0	2.9	15.8	1.70
Figgy Formaggi Gluten Free	1368	5722	57.4	32.3	197.9	29.6	9.1	47.8	7.40	303	1268	12.7	7.2	43.9	6.6	2.0	10.6	1.60
Mushroom & Truffle	1029	4301	46.9	20.9	108.6	9.9	7.0	40.9	4.00	268	1120	12.2	5.4	28.3	2.6	1.8	10.6	1.00
Mushroom & Truffle Gluten Free	1117	4667	49.7	21.2	169.7	7.7	5.6	32.7	5.20	232	968	10.3	4.4	35.2	1.6	1.2	6.8	1.10

	PER PORTION									PER 100g								
Calzone	Energy (kcal)	Energy (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)
Calzone 'Nduja	1021	4267	49.6	20.0	100.8	14.9	8.3	46.7	6.81	247	1033	12.0	4.8	24.4	3.6	2.0	11.3	1.65
Calzone Italiano (Dine In)	1100	4599	43.5	13.0	127.4	15.2	9.3	51.3	5.80	282	1179	11.2	3.3	32.7	3.9	2.4	13.1	1.50
Calzone Italiano (Dine Out)	1007	4211	34.4	12.3	125.6	13.8	8.8	50.9	5.30	296	1239	10.1	3.6	36.9	4.1	2.6	15.0	1.60
Calzone 'Nduja Dine Out	928	3883	40.5	19.3	98.8	13.4	7.8	46.3	6.40	256	1070	11.2	5.3	27.2	3.7	2.1	12.8	1.76

	PER PORTION									PER 100g								
Leggera	Energy (kcal)	Energy (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)
Pomodoro	573	2415	8.5	2.5	95.4	10.8	7.1	23.3	3.16	177	745	2.6	0.8	29.4	3.3	2.2	7.2	0.98
Pollo ad Astra	667	2007	10.6	2.7	107.1	17.3	7.5	39.3	4.03	193	580	3.1	0.8	31.0	5.0	2.2	11.4	1.16
Padana	554	2337	10.2	4.4	97.0	16.7	7.3	22.1	2.88	208	877	3.8	1.7	36.4	6.3	2.7	8.3	1.08
American Hot	672	2832	16.7	5.9	100.2	9.7	7.9	34.1	4.48	230	971	5.7	2.0	34.4	3.3	2.7	11.7	1.54
Vegan Giardianiera	585	2468	11.8	4.2	104.2	11.3	9.4	20.3	3.88	167	706	3.4	1.2	29.8	3.2	2.7	5.8	1.11

	PER PORTION									PER 100g								
Salads	Energy (kcal)	Energy (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)
Chicken Caesar	711	2969	45.0	8.9	27.2	6.3	3.3	49.5	4.84	191	798	12.1	2.4	7.3	1.7	0.9	13.3	1.30
Niçoise	566	2356	35.9	4.9	19.0	6.0	5.4	41.3	4.90	104	433	6.6	0.9	3.5	1.1	1	7.6	0.90
Vegan Buddha Bowl	491	2062	26.7	2.5	47.7	19.5	11.2	14.4	2.53	136	571	7.4	0.7	13.2	5.4	3.1	4	0.70
Goats Cheese & Beetroot Buddha Bowl	594	2487	36.4	9.9	46.3	20.2	9.9	19.0	3.17	150	628	9.2	2.5	11.7	5.1	2.5	4.8	0.80
Crispy Chicken Buddha Bowl	887	3709	44.3	10.1	76.9	21.3	12.3	42.6	3.93	158	661	7.9	1.8	13.7	3.8	2.2	7.6	0.70

	PER PORTION									PER 100g								
Al Forno	Energy (kcal)	Energy (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)
Lasagna Classica	597	2500	30.0	13.1	52.0	8.9	3.8	31.6	3.64	141	591	7.1	3.09	12.3	2.1	0.9	7.47	0.86
Cannelloni	757	3156	40.6	20.0	61.3	7.4	5.9	39.3	3.71	153	638	8.2	4.05	12.4	1.5	1.2	7.94	0.75
Mac & Cheese Maccheroni	1097	4586	68.2	36.2	75.8	11.6	2.1	45.9	3.10	229	956	14.2	7.5	15.8	2.4	0.4	9.6	0.60
Mac & Cheese Fusilli Gluten Free	1055	4411	68.3	36.5	69.8	9.3	2.0	40.9	3.10	220	919	14.2	7.6	14.5	1.9	0.4	8.5	0.60
Spicy Pollo & Chorizo Penne	1118	4646	72.7	18.1	70.7	17.7	3.9	45.9	3.60	235	976	15.3	3.8	14.8	3.7	0.8	9.6	0.80
Spicy Pollo & Chorizo Fusilli Gluten Free	1076	4470	72.9	18.4	64.7	15.5	3.8	40.9	3.60	226	939	15.3	3.9	13.6	3.3	0.8	8.6	0.80
Pollo Pesto Penne	1075	4495	65.3	26.3	73.8	11.5	3.1	48.5	3.80	194	808	11.7	4.7	13.3	2.1	0.6	8.7	0.70
Pollo Pesto Fusilli Gluten Free	1048	4385	67.1	28.0	67.0	9.0	3.0	43.3	3.30	188	789	12.1	5.0	12.0	1.6	0.5	7.8	0.60
Pepperonata Pasta Penne	471	1972	9.4	1.2	81.0	26.6	6.5	14.6	1.70	105	437	2.1	0.3	18.0	5.9	1.4	3.2	0.40
Pepperonata Pasta Fusilli Gluten Free	429	1796	9.6	1.5	75.0	24.3	6.3	9.6	1.70	95	398	2.1	0.3	16.6	5.4	1.4	2.1	0.40
Chicken Parmigiana	975	4065	47.1	17.6	82.7	14.8	5.0	53.7	2.80	213	890	10.3	3.9	18.1	3.2	1.1	11.8	0.60

	PER PORTION									PER 100g								
Dips	Energy (kcal)	Energy (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)
House dressing	89	367	9.0	0.6	1.5	1.2	0.2	0.1	0.41	296	1222	30.0	2.1	4.9	3.9	0.5	0.2	1.35
Caesar dressing	106	437	10.2	1.1	6.3	2.0	0.1	0.8	0.66	352	1454	34.0	3.7	21	6.5	0.4	2.7	2.20
Honey mustard dressing	197	813	17.6	1.3	8.1	7.7	0.5	0.6	0.99	436	1805	39.0	2.8	18.0	17.0	1.0	1.4	2.20
Italian Tomato Dip	63	260	6.0	0.8	2.1	1.9	0.3	0.4	0.18	210	865	19.9	2.8	7.0	6.4	0.9	1.3	0.60
Basil & Pine Kernel Pesto	142	586	14.6	1.7	1.6	0.0	0.5	1.0	0.90	473	1951	48.5	5.7	5.2	0.1	1.5	3.3	3.00
Houmous	106	437	9.3	0.9	2.6	0.2	1.5	2.2	0.33	352	1456	30.9	3.0	8.6	0.7	5	7.3	1.10
Sweet & Smoky BBQ	44	185	0.1	0.0	10.1	8.7	0.2	0.3	0.54	145	615	0.2	0	33.5	29	0.6	0.9	1.80
Garlic Butter	205	844	22.3	13.6	0.7	0.2	0.1	0.4	0.54	683	2813	74.4	45.4	2.2	0.7	0.4	1.3	1.80
Vegan Garlic & Parsley Spread	178	744	19.6	3.3	0.5	0.2	0.1	0.2	0.36	593	2480	65.2	10.9	1.5	0.6	0.4	0.7	1.20
Chilli & Basil	51	207	3.8	0.5	3.4	2.4	0.5	0.7	0.21	168	690	12.7	1.8	11.2	7.9	1.7	2.2	0.70
Smoky Tomato Harissa	163	670	16.0	2.0	3.3	2.5	1.4	0.7	0.90	541	2231	53.3	6.7	10.9	8.4	4.6	2.2	3.00
Garlic & Herbs dip	112	462	1.1	0.8	3.3	2.3	0.2	0.4	0.51	373	1540	3.6	2.6	11	7.6	0.5	1.3	1.70

	PER PORTION									PER 100g								
Extra Toppings	Energy (kcal)	Energy (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)
Black Olives	35	144	3.6	0.6	0.0	0.0	0.8	0.1	0.68	129	530	13.2	2.2	0	0	3	0.5	2.50
Red Onion	10	42	0.0	0.0	2.2	1.7	0.4	0.3	0.00	35	150	0.1	0	8	6.2	1.3	1	0.00
Red Chillies	21	85	1.1	0.4	1.5	0.5	0.5	1.1	0.20	101	421	5.6	2.1	7.5	2.3	2.4	5.3	1.00
Anchovies - Brown	34	143	1.8	0.3	0.1	0.0	0.0	4.3	2.31	206	863	11.0	1.9	0.8	0	0	26	14.00
Anchovies - White	23	94	1.1	0.3	0.0	0.0	0.0	3.1	0.08	135	569	6.6	1.8	0	0	0	19	0.50
Tuna	64	268	2.6	0.3	0.0	0.0	0.0	10.2	0.40	159	669	6.4	0.8	0	0	0	25.4	1.00
Mushrooms	10	39	0.2	0.0	2.2	1.0	0.9	0.9	0.00	22	92	0.5	0.1	5.3	2.3	2.2	2.2	0.00
Artichokes	52	215	0.4	0.0	4.8	3.6	0.0	5.3	1.25	54	223	0.4	0	5.0	3.8	0	5.5	1.30
Jalapeño Peppers	4	17	0.0	0.0	0.8	0.0	0.2	0.0	0.62	20	84	0.1	0	3.8	0	1.2	0.2	3.10
Chicken	53	223	0.9	0.2	0.0	0.3	0.0	10.9	0.16	132	557	2.2	0.5	0	0.7	0	27.3	0.40
Pepperoni	101	417	9.0	3.8	0.2	0.1	0.0	4.6	0.76	479	1981	43.0	18	1	0.6	0	22	3.60
Goats Cheese	109	456	9.5	6.3	0.4	0.2	0.4	5.6	0.42	311	1302	27.0	18	1	0.5	1	16	1.20
Ham	30	123	0.6	0.2	1.1	0.3	0.2	5.0	0.90	97	407	1.9	0.64	3.7	1.1	0.7	16.5	3.00
Hot Green Pepers	4	15	0.1	0.1	0.6	0.1	0.2	0.2	0.60	18	75	0.5	0.5	3.0	0.5	0.9	1	3.00
Nduja	118	484	11.6	4.4	0.5	0.2	0.0	2.4	0.40	586	2417	58.0	22	2.5	0.9	0	12	2.00
Buffalo Mozzarella	157	649	13.8	9.8	0.8	7.6	0.0	7.4	0.59	250	1037	22.0	15.6	1.21	12.1	0	11.9	0.94
Caramelised Red Onion	78	332	0.0	0.0	18.8	16.4	0.7	0.6	0.12	195	828	0.0	0	47	41	1.8	1.6	0.30
Tomato	8	33	0.2	0.0	1.1	1.1	0.4	0.3	0.00	26	109	0.5	0.1	3.6	3.6	1.3	1.1	0.00
Roasted Mixed Peppers	15	60	0.2	0.0	2.4	1.7	0.7	0.4	0.05	48	200	0.5	0	8.1	5.8	2.4	1.3	0.15
Spinach	15	63	0.3	0.0	1.2	0.2	0.8	1.4	0.11	35	148	0.7	0.1	2.9	0.5	1.9	3.4	0.25
Slow-cooked beef brisket with chipotle	75	312	3.6	1.4	1.6	0.9	0.3	8.8	0.66	93	390	4.5	1.7	2.0	1.1	0.4	11	0.82
Hot & Sweet Chilli Peppers	20	81	0.1	0.0	4.3	3.6	0.4	0.2	0.03	96	403	0.6	0.1	21.3	17.9	2.1	1.1	0.13
Spiced Beef with Green Pepper & Red Onion	55	227	1.9	0.6	2.5	1.7	0.7	6.4	0.23	95	397	3.4	1.0	4.4	3	1.2	11.3	0.40
Sweet & Red Peppers	22	90	0.1	0.0	4.8	4.7	0.4	0.2	0.37	71	299	0.3	0.08	15.9	15.8	1.2	0.5	1.23
Mozzarella	117	485	8.4	5.3	0.4	0.4	0.0	9.7	0.40	291	1211	20.9	13.3	1.0	1.0	0	24.2	1.00
Egg	90	374	7.1	1.5	0.0	0.0	0.0	6.6	0.00	200	831	15.7	3.4	0.1	0	0	14.7	0.00
Vegan Mozzarella Alternative Classic	104	431	9.0	7.7	3.6	0.2	1.3	0.4	0.63	208	861	18.0	15.4	7.24	0.34	2.6	0.8	1.25
Vegan Mozzarella Alternative Large Classic	208	861	18.0	15.4	7.2	0.3	2.6	0.8	1.25	208	861	18.0	15.4	7.24	0.34	2.6	0.8	1.25
Rocket	9	35	0.2	0.0	0.6	0.6	0.5	0.8	0.00	28	116	0.7	0	2.1	2.1	1.6	2.6	0.00
King Prawns	53	223	0.5	0.3	0.0	0.0	0.0	9.9	1.28	62	262	0.6	0.3	0	0	0	11.6	1.50
Pancetta Sliced	155	641	12.8	5.1	0.2	0.2	0.0	9.6	1.40	386	1601	32.0	12.8	0.5	0.5	0	24	3.50
Roasted Tomatoes	54	222	2.8	0.3	4.8	4.5	2.2	1.0	0.38	111	461	5.9	0.6	10	9.4	4.6	2.1	0.80
Light Mozzarella	71	297	3.8	2.5	0.8	0.8	0.0	8.4	0.24	177	741	9.5	6.3	2	2	0	20.9	0.60
Spiced Pineapple Salsa	66	278	0.1	0.0	16.1	14.4	0.5	0.2	0.32	163	694	0.3	0.02	40.13	36.1	1.3	0.5	0.80
Nduja addition for Mac & Cheese	118	484	11.6	4.4	0.5	0.2	0.0	2.4	0.40	586	2417	58.0	22	2.5	0.9	0	12	2.00

	PER PORTION									PER 100g								
Desserts	Energy (kcal)	Energy (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)
Gluten Free Chocolate Brownie Dine Out	426	1782	22.4	10.0	49.9	40.8	2.9	4.6	0.13	457	1916	24.1	10.7	53.7	43.9	3.1	4.9	0.14
Honeycombed Cream Slice (cake and chocolate sauce only)	509	2123	27.2	13.0	59.4	42.4	1.2	6.0	0.91	391	1633	20.9	10	45.7	32.6	0.9	4.6	0.70
Chocolate Fudge Cake (cake only)	277	1167	8.3	3.9	46.0	30.1	1.4	5.3	0.93	318	1341	9.5	4.46	52.9	34.6	1.6	6.09	1.07
Tiramisu	507	2114	21.7	16.7	70.9	51.2	1.2	6.1	0.22	257	1073	11.0	8.5	36	26	0.6	3.1	0.11
Biscoff Billionaire	659	2749	39.4	16.5	66.8	58.3	0.7	9.0	0.71	279	1165	16.7	7	28.3	24.7	0.3	3.8	0.30
Raspberry Sorbet (2 scoops)	122	514	0.5	0.4	28.4	28.4	1.3	0.7	0.02	101	428	0.4	0.3	23.7	23.7	1.1	0.6	0.02
Lime and Basil Sorbet	143	598	0.4	0.4	34.8	30.8	0.0	0.1	0.00	119	498	0.3	0.3	29	25.7	0	0.1	0.00
Sicilian Lemon & White Chocolate Roulade	373	1684	14.6	9.1	63.2	56.8	2.3	3.8	0.15	345	1559	13.5	8.4	58.5	52.6	2.1	3.5	0.14
Baked Vanilla Cheesecake	572	2402	37.6	21.3	50.4	36.4	0.7	5.9	0.86	399	1668	26.1	14.8	35	25.3	0.5	4.1	0.60
Side of cream	139	572	15.0	9.4	0.5	0.5	0.0	0.4	0.02	496	2041	53.7	33.4	1.7	1.7	0	1.6	0.06
Side of Vanilla gelato	114	474	4.5	3.1	15.4	15.4	0.1	2.7	0.09	189	790	7.5	5.1	25.7	25.7	0.2	4.5	0.15
Side of mascarpone	118	489	12.3	8.7	0.8	0.8	0.0	1.2	0.02	392	1628	41.0	29	2.5	2.5	0	4	0.08
Side of Fruit Coulis	25	104	0.1	0.0	5.7	5.7	0.4	0.1	0.00	123	518	0.4	0	28.7	28.4	1.8	0.4	0.00
Side of Chocolate Sauce	29	123	0.1	0.0	6.9	6.1	0.2	0.1	0.01	288	1223	0.6	0.3	69.1	60.5	1.8	1.1	0.10
The Ultimate Chocolate Fudge Cake	610	2552	29.9	7.1	76.4	61.6	3.5	6.9	0.80	404	1690	19.8	4.7	50.6	40.8	2.3	4.6	0.50
Sticky Toffee Pudding	571	2340	29.8	19.2	67.4	55.3	1.5	7.1	0.80	300	1254	15.7	10.1	35.3	29	0.8	3.7	0.40
Coppa Gelato – Vanilla 2 scoops	237	990	9.1	6.1	32.9	31.4	0.6	5.6	0.20	193	808	7.4	5	26.9	25.6	0.5	4.6	2.00
Coppa Gelato – Salted Caramel 2 scoops	270	1130	13.0	8.4	34.0	29.7	0.1	4.4	0.70	221	923	10.6	6.9	27.7	24.3	0.1	3.6	0.60
Stracciatella Gelato 2 scoops	264	1105	14.5	9.0	28.2	26.5	0.1	4.9	0.20	216	902	11.8	7.4	23	21.6	0.1	4	0.10
Snowflake Brownie	573	2397	29.7	14.7	67.1	60.2	3.1	7.7	0.24	360	1505	18.7	9.2	42.1	37.8	1.9	4.8	0.15
Loaded Snowball Dough Balls	481	2014	15.8	3.4	73.0	26.4	2.7	12.7	1.50	383	1604	12.6	2.7	58.1	21	2.1	10.1	1.20
Loaded Snowball Dough Balls Gluten Free	480	2007	17.2	2.8	70.7	20.5	2.6	4.5	1.70	359	1502	12.9	2.1	52.9	15.4	1.9	3.4	1.30
Vegan Loaded Snowball Dough Balls	361	1512	1.7	0.4	77.7	27.7	3.4	9.9	1.50	292	1223	1.3	0.3	62.8	22.4	2.7	8	1.20
Vegan Loaded Snowball Dough Balls Gluten Free	387	1617	6.4	0.4	74.0	21.3	3.1	2.5	1.60	294	1229	4.9	0.3	56.2	16.2	2.4	1.9	1.30
Snowball Dough Ball Wreath	889	3718	28.0	11.7	140.4	47.3	5.1	22.2	3.60	373	1558	11.7	4.9	58.8	19.8	2.2	9.3	1.50
GF Snowball Dough Balls Doppio	940	3933	34.1	9.7	141.3	41.0	5.0	7.0	4.00	355	1486	12.9	3.6	53.4	15.5	1.9	2.7	1.50

	PER PORTION									PER 100g								
Dolcetti	Energy (kcal)	Energy (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)
Gluten Free Brownie excluding coffee	204	854	11.3	5.0	22.6	19.6	1.5	2.3	0.07	416	1741	23.0	10.2	46.2	40	3.1	4.6	0.14
Caffe reale excluding coffee	254	1062	13.3	9.0	28.9	22.2	4.4	2.4	1.48	343	1434	18.0	12.2	39	30	5.9	3.2	2.00
Biscoff Cheesecake excluding coffee option	306	1277	22.8	9.6	25.4	14.6	0.6	2.7	0.28	449	1877	29.5	11.3	41.8	23.8	0.8	4.4	0.60
Stem Ginger Cake excluding coffee	266	1111	22.8	9.6	25.4	14.6	0.6	2.7	0.28	402	1682	16.3	2.3	62.6	44.6	1.5	1.3	0.20
Stem Ginger Cake Dine out	531	2221	22.8	9.6	25.4	14.6	0.6	2.7	0.28	402	1682	16.3	2.3	62.6	44.6	1.5	1.3	0.20
Lime and Basil Sorbet	72	299	22.8	9.6	25.4	14.6	0.6	2.7	0.28	119	498	0.3	0.3	29	25.7	0	0.1	0.00
Frangelico Affogato	280	1170	9.0	6.1	37.1	37.1	0.6	5.4	0.20	183	765	5.9	4	24.3	24.3	0.04	3.5	1.20

Piccolo- Starters	PER PORTION									PER 100g								
	Energy (kcal)	Energy (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)
Dough Balls no dip no salad	112	473	0.7	0.1	22.9	1.6	1.8	4.4	0.64	266	1125	1.6	0.28	54.5	3.7	4.3	10.5	1.52
Dough Balls Gluten Free no dip no salad	167	702	3.9	0.5	32.3	1.8	1.5	1.3	0.95	273	1150	6.4	0.81	52.9	2.9	2.4	2.14	1.55
Piccolo dough balls with houmous - with salad	211	883	7.4	0.6	28.9	2.5	2.8	7.2	0.94	134	562	4.7	0.4	18.4	1.6	1.8	4.6	0.60
Piccolo dough balls Gluten Free with houmous - with salad	248	1049	10.6	1.0	35.2	3.2	3.1	3.6	1.20	145	613	6.2	0.6	20.6	1.9	1.8	2.1	0.70
Piccolo dough balls with garlic butter - with salad	194	807	8.7	4.7	24.4	2.8	2.6	5.4	0.85	136	568	6.1	3.3	17.2	2.0	1.8	3.8	0.60
Piccolo dough balls Gluten Free with garlic butter - with salad	248	1036	11.9	5.0	33.8	3.1	2.3	2.3	1.13	154	643	7.4	3.1	21	1.9	1.4	1.4	0.70

Piccolo – Extra Toppings	PER PORTION									PER 100g								
	Energy (kcal)	Energy (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)
Mushrooms	5	20	0.1	0.0	1.1	0.5	0.5	0.5	0.00	22	92	0.5	0.1	5.3	2.3	2.2	2.2	0.00
Tomatoes	8	33	0.2	0.0	1.1	1.1	0.4	0.3	0.00	26	109	0.5	0.1	3.6	3.6	1.3	1.1	0.00
Ham	15	62	0.3	0.1	0.6	0.2	0.1	2.5	0.45	97	407	1.9	0.64	3.7	1.1	0.7	16.5	3.00
Chicken	27	112	0.4	0.1	0.0	0.1	0.0	5.5	0.08	132	557	2.2	0.5	0	0.7	0	27.3	0.40
Light Mozzarella	71	297	3.8	2.5	0.8	0.8	0.0	8.4	0.24	177	741	9.5	6.3	2	2	0	20.9	0.60
Mozzarella	59	243	4.2	2.7	0.2	0.2	0.0	4.8	0.20	291	1211	20.9	13.3	1	1	0	24.2	1.00
Vegan Mozzarella Alternaitve	52	216	4.5	3.9	1.8	0.1	0.7	0.2	0.31	208	861	18.0	15.4	7.2	0.3	2.6	0.8	1.25
Pepperoni	48	199	4.3	1.8	0.1	0.1	0.0	2.2	0.36	479	1981	43.0	18	1	0.6	0	22	3.60
Black Olives	18	72	1.8	0.3	0.0	0.0	0.4	0.1	0.34	129	530	13.2	2.2	0	0	3	0.5	2.50
Extra Strawberries	5	20	0.0	0.0	1.0	1.0	0.2	0.1	0.00	29	122	0.0	0.0	6.1	6.1	1.0	0.6	0.00

Piccolo- Pizza & Pasta	PER PORTION									PER 100g								
	Energy (kcal)	Energy (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)
Margherita	412	1723	12.7	5.9	56.0	6.8	3.7	20.1	2.20	250	1044	7.7	3.6	33.9	4.1	2.2	12.2	1.30
Margherita Gluten Free	321	1342	11.8	5.7	40.8	4.3	1.3	12.3	1.50	203	849	7.5	3.6	25.8	2.7	0.8	7.8	1.00
Margherita Vegan Mozz Alternative	349	1466	8.7	4.1	58.5	5.9	4.0	10.8	2.07	219	922	5.5	2.6	36.8	3.7	2.5	6.8	1.30
Margherita Vegan Mozz Alternative Gluten Free	258	1081	7.9	3.9	43.3	3.3	1.6	3.0	1.37	170	711	5.2	2.6	28.5	2.2	1.0	2.0	0.90
Margherita Light Mozzarella	370	1556	7.8	2.6	55.9	5.4	3.0	20.3	2.15	224	943	4.7	1.6	33.9	3.3	1.8	12.3	1.30
Margherita Light Mozzarella Gluten Free	279	1171	7.0	2.4	40.7	2.8	0.6	12.5	1.45	177	741	4.4	1.5	25.8	1.8	0.4	7.9	0.91
American	477	1992	18.3	8.5	56.1	6.9	3.8	23.3	2.70	276	1152	10.6	4.9	32.4	4.0	2.2	13.5	1.60
American Gluten Free	386	1612	17.5	8.2	40.9	4.3	1.4	15.5	2.10	232	971	10.5	5.0	24.6	2.6	0.8	9.3	1.20
American Light Mozzarella	453	1904	15.6	5.3	56.2	5.5	2.9	23.4	2.47	238	1002	8.2	2.8	29.6	2.9	1.5	12.3	1.30
American Light Mozzarella Gluten Free	362	1519	14.8	5.1	41.0	2.9	0.5	15.6	1.77	198	830	8.1	2.8	22.4	1.6	0.2	8.5	0.97
Ham & Mushrooms	427	1785	13.0	6.0	56.5	7.0	3.8	22.6	2.60	221	925	6.7	3.1	29.3	3.6	2.0	11.7	1.40
Ham & Mushrooms Gluten Free	336	1404	12.1	5.8	41.3	4.5	1.4	14.8	2.00	181	755	6.5	3.1	22.2	2.4	0.8	8.0	1.10
Ham & Mushrooms Vegan Mozz Alternative	344	1447	9.2	4.2	54.0	4.8	3.5	13.0	2.52	195	822	5.2	2.4	30.7	2.7	2.0	7.4	1.43
Ham & Mushrooms Vegan Mozz Alternative Gluten Free	253	1062	8.4	4.0	38.8	2.2	1.1	5.2	1.82	150	628	4.9	2.4	23.0	1.3	0.7	3.1	1.08
Ham & Mushorroms Light Mozzarella	392	1649	9.5	3.0	55.5	5.0	2.3	22.1	2.52	202	850	4.9	1.5	28.6	2.6	1.2	11.4	1.30
Ham & Mushrooms Light Mozzarella Gluten Free	301	1264	8.7	2.8	40.3	2.4	-0.1	14.3	1.82	161	676	4.7	1.5	21.5	1.3	0.0	7.7	0.97
Pollo	433	1811	13.4	7.5	54.1	4.2	3.3	25.4	2.10	236	984	7.3	4.1	29.4	2.3	1.8	13.8	1.10
Pollo Gluten Free	342	1431	12.6	7.3	38.9	1.7	0.9	17.6	1.40	193	808	7.1	4.1	22.0	1.0	0.5	10.0	0.80
Pollo Light Mozzarella	396	1666	8.9	2.6	53.3	4.9	2.3	26.5	2.08	209	881	4.7	1.4	28.2	2.6	1.2	14.0	1.10
Pollo Light Mozzarella Gluten Free	305	1281	8.1	2.4	38.1	2.3	0.0	18.7	1.38	168	704	4.4	1.3	20.9	1.3	0.0	10.3	0.76
Pollo Vegan Mozz Alternative	370	1561	8.9	4.2	59.3	4.5	2.9	14.4	2.15	215	907	5.2	2.4	34.5	2.6	1.7	8.4	1.25
Pollo Vegan Mozz Alternative Gluten Free	279	1176	8.1	4.0	44.1	1.9	0.5	6.6	1.45	169	713	4.9	2.4	26.8	1.1	0.3	4.0	0.88
Pollo Milanese Salad	321	1343	16.4	6.3	22.6	1.2	9.5	21.0	1.39	162	678	8.3	3.2	11.4	0.6	4.8	10.6	0.70
American Vegan Mozz Alternative	437	1836	15.5	6.4	61.1	5.9	3.7	15.1	2.61	251	1055	8.9	3.7	35.1	3.4	2.1	8.7	1.50
American Vegan Mozz Alternative Gluten Free	346	1451	14.7	6.2	45.9	3.3	1.3	7.3	1.91	207	869	8.8	3.7	27.5	2.0	0.8	4.4	1.14
Bolognese Pasta Maccheroni	333	1398	9.5	8.0	44.8	10.0	2.3	16.7	0.90	119	498	3.4	2.8	16	3.6	0.8	5.9	0.30
Bolognese Pasta Fusilli	305	1281	9.6	8.2	40.8	8.5	2.2	13.4	0.90	109	456	3.4	2.9	14.5	3	0.8	4.8	0.30
Napoletana Pasta Maccheroni	275	1150	6.8	3.3	45.2	9.5	1.7	8.5	0.84	133	556	3.3	1.6	21.8	4.6	0.8	4.1	0.40
Napoletana Pasta Fusilli	250	1046	7.2	3.8	41.0	7.9	1.6	5.1	0.70	121	505	3.5	1.8	19.8	3.8	0.8	2.5	0.40
Creamy Pasta Maccheroni	482	2015	29.4	9.7	44.7	5.0	1.5	9.9	1.60	223	933	13.6	4.5	20.7	2.3	0.7	4.6	0.70
Creamy Pesto Pasta Fusilli	454	1898	29.5	9.9	40.7	3.5	1.4	6.6	1.60	210	879	13.6	4.6	18.8	1.6	0.6	3.1	0.70

	PER PORTION									PER 100g								
Piccolo - Dessert	Energy (kcal)	Energy (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)
Sundae with chocolate sauce	159	673	4.7	3.3	26.5	21.5	0.4	2.7	0.10	209	885	6.1	4.4	34.9	28.3	0.5	3.6	0.13
Sundae with fruit sauce	132	558	4.6	3.3	19.6	15.9	0.1	2.8	0.11	174	734	6.1	4.3	25.8	20.9	0.1	3.7	0.14
Chocolate Brownie	204	854	11.3	5.0	22.6	19.6	1.5	2.3	0.07	416	1741	23.0	10.2	46.2	40.0	3.1	4.6	0.14
Pip Organic Fruity Ice Lolly	18	75	0.0	0.0	4.2	4.0	0.0	0.0	0.00	43	186	0.1	0.0	10.4	9.9	0.0	0.1	0.00
Pip Organic Rainbow Ice Lolly	20	81	0.0	0.0	4.5	4.2	0.0	0.0	0.00	48	202	0.0	0.0	11.2	10.6	0.0	0.0	0.00
Snowball Dough Balls	247	1034	8.3	1.9	37.2	13.9	1.2	6.3	0.75	387	1620	13.0	3	58.3	21.8	2	9.9	1.18
Snowball Dough Balls Gluten Free	304	1272	11.3	2.0	44.1	14.0	1.5	2.9	1.00	367	1534	13.7	2.4	53.2	16.8	1.8	3.5	1.20
Vegan Snowball Dough Balls	181	758	0.8	0.2	39.0	14.0	1.6	5.0	0.73	293	1227	1.3	0.3	63.1	22.7	2.6	8	1.20
Vegan Snowball Dough Balls Gluten Free	238	997	3.9	0.2	45.9	14.1	1.8	1.5	0.99	294	1232	4.8	0.3	56.7	17.4	2.2	1.8	1.20

	PER PORTION									PER 100g								
Piccolo - Drinks	Energy (kcal)	Energy (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)
Cawston Press Drink - Apple & Pear	54	234	0.2	0.0	12.8	12.8	0.0	0.2	0.00	27	117	0.1	0.0	6.4	6.4	0.0	0.1	0.00
Cawston Press Drink - Apple & Summer Berries	50	214	0.2	0.0	11.6	11.0	0.0	0.6	0.00	25	107	0.1	0.0	5.8	5.5	0.0	0.3	0.00
Cawston Press Drink - Sunshine Orange	38	162	0.0	0.0	8.8	8.8	0.0	0.0	0.00	19	81	0.0	0.0	4.4	4.4	0.0	0.0	0.00
Bambinoccino	12	49	0.4	0.2	1.3	1.3	0.0	0.8	0.02	54	229	1.8	1.1	6.2	6.1	0.0	3.5	0.11
Bambinoccino Oat drink	14	59	0.6	0.1	1.8	1.3	0.1	0.2	0.02	66	276	2.9	0.6	8.6	6.2	0.6	1.0	0.10
Piccolo milk	92	390	3.4	2.2	9.4	9.4	0.0	7.0	0.20	46	195	1.7	1.1	4.7	4.7	0	3.5	0.10
Piccolo oat milk	116	485	5.6	1.0	13.8	9.0	1.2	1.8	0.20	58	243	2.8	0.5	6.9	4.5	0.6	0.9	0.10

Breakfast (selected restaurants only)

	PER PORTION									PER 100g								
Breakfast eggs	Energy (kcal)	Energy (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)
Eggs on Bruschetta - poached eggs	450	1888	17.0	6.0	50.0	2.6	2.6	23.0	1.80	230	965	8.8	3.1	25	1.3	1.3	12	0.93
Eggs on Bruschetta - fried eggs	466	1954	19.0	6.0	50.0	2.6	2.6	22.0	1.90	250	1050	10.0	3.2	27	1.4	1.4	12	1.00
Eggs on Bruschetta - scrambled eggs	478	2006	20.0	8.7	51.0	2.9	3.3	22.0	1.90	247	1036	10.0	4.5	26	1.5	1.7	11	0.99
Smashed Avocado & Poached Eggs	592	2474	31.0	9.3	51.0	2.9	5.0	24.0	1.90	215	898	11.0	3.4	18	1.1	1.8	8.7	0.71
Eggs Benedict	652	2723	36.0	13.0	52.0	3.0	2.6	29.0	3.20	263	1100	15.0	5.4	21	1.2	1.1	12	1.30
Eggs Royale	642	2684	34.0	11.0	52.0	2.8	2.6	31.0	3.60	231	967	12.0	4	19	1	0.9	11	1.30
Eggs Florentine	569	2380	29.0	10.0	52.0	2.8	3.1	24.0	2.40	216	903	11.0	3.9	20	1.1	1.2	9	0.91
Shakshuka Baked Eggs	485	2041	13.0	2.9	65.0	18.0	4.7	24.0	3.10	145	612	3.9	0.9	20	5.4	1.4	7.3	0.93

	PER PORTION									PER 100g								
Cooked Breakfast	Energy (kcal)	Energy (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)
The Full Works - poached eggs	1196	4997	65.0	30.0	84.0	14.0	11.0	63.0	7.10	184	768	10.0	4.6	13	2.1	1.7	9.7	1.10
The Full Works - fried eggs	1213	5063	67.0	30.0	84.0	14.0	11.0	62.0	7.20	189	789	10.0	4.6	13	2.2	1.7	9.7	1.10
The Full Works - scrambled eggs	1225	5115	68.0	33.0	86.0	14.0	12.0	62.0	7.20	189	788	10.0	5	13	2.2	1.8	9.6	1.10
The Full Veggie - poached eggs	1016	4245	53.0	21.0	87.0	14.0	16.0	40.0	4.10	157	654	8.1	3.3	13	2.1	2.5	6.2	0.63
The Full Veggie - fried eggs	1033	4311	55.0	21.0	87.0	14.0	16.0	40.0	4.20	161	674	8.6	3.3	14	2.1	2.6	6.2	0.65
The Full Veggie - scrambled eggs	1045	4363	56.0	24.0	89.0	14.0	17.0	39.0	4.20	161	674	8.6	3.7	14	2.2	2.6	6.1	0.64
The Light Works - poached eggs	995	4152	61.0	29.0	57.0	3.5	4.3	53.0	6.40	275	1148	17.0	8	16	1	1.2	15	1.80
The Light Works - fried eggs	1011	4218	63.0	29.0	57.0	3.5	4.3	53.0	6.50	287	1198	18.0	8.2	16	1	1.2	15	1.80
The Light Works - scrambled eggs	1024	4270	63.0	32.0	59.0	3.9	5.0	52.0	6.50	285	1188	18.0	8.8	16	1.1	1.4	15	1.80
The Light Veggie - poached eggs	815	3400	48.0	20.0	60.0	3.4	9.8	31.0	3.30	226	944	13.0	5.7	17	0.9	2.7	8.5	0.93
The Light Veggie - fried eggs	832	3466	50.0	20.0	60.0	3.4	9.8	30.0	3.40	237	989	14.0	5.8	17	1	2.8	8.6	0.98
The Light Veggie - scrambled eggs	844	3518	51.0	23.0	61.0	3.8	10.0	30.0	3.40	236	983	14.0	6.5	17	1	2.9	8.3	0.96

	PER PORTION									PER 100g								
Extras	Energy (kcal)	Energy (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)
2 Fried Eggs	164	682	13.0	3.0	0.0	0.0	0.0	12.0	0.39	181	753	14.0	3.3	0	0	0	14	0.43
2 Poached Eggs	149	618	11.0	3.0	0.0	0.0	0.0	13.0	0.30	149	618	11.0	3	0	0	0	13	0.30
2 Scrambled Eggs	176	733	13.0	5.7	1.6	0.5	0.7	12.0	0.41	180	748	14.0	5.9	1.6	0.5	0.7	12	0.41
Sour Dough Toast with Butter	294	1228	18.0	11.0	28.0	1.6	1.5	4.8	3.00	405	1689	25.0	15	38	2.3	2.1	6.5	4.10
GF Toast with Butter	328	1363	21.0	11.0	31.0	2.0	6.4	1.7	1.00	364	1515	23.0	12	34	2.2	7.1	1.8	1.10
Smoked Salmon	83	345	5.5	0.8	0.0	0.0	0.0	8.4	1.30	197	821	13.0	2	0	0	0	20	3.00
Crispy Pancetta (3 slices)	93	384	7.7	3.1	0.0	0.0	0.0	5.8	0.84	772	3201	64.0	26	1	1	0	48	7.00
2 Pork Sausages	284	1179	22.0	12.0	7.3	0.9	1.8	13.0	1.50	329	1367	26.0	14	8.4	1.1	2.1	15	1.70
2 Vegetarian Sausages	112	469	4.6	3.3	8.7	0.5	4.9	6.6	1.10	160	669	6.5	4.8	12	0.5	6.9	9.4	1.60
Smashed Avocado	142	587	14.0	3.3	1.3	0.5	2.4	1.4	0.13	178	733	18.0	4.1	1.7	0.5	3	1.8	0.17
Goats Cheese	109	456	9.5	6.3	0.5	0.0	0.0	5.6	0.42	311	1302	27.0	18	1	0.5	0	16	1.20
Baked Vine Tomato	32	132	1.6	0.2	2.6	2.6	0.9	0.5	0.00	46	191	2.3	0.3	3.7	3.7	1.3	0.6	0.00
Spinach	10	41	0.0	0.0	0.8	0.0	0.5	1.0	0.07	35	148	0.7	0	2.9	0	1.9	3.4	0.25
Baked beans	125	525	0.7	0.3	21.0	7.1	4.9	6.4	0.70	89	375	0.5	0.2	15	5.1	3.5	4.6	0.50
Whole Button Mushrooms	44	181	2.3	0.3	3.7	0.6	0.8	2.8	0.00	54	226	2.9	0.4	4.6	0.7	1	3.5	0.02
Extra Spinach	10	41	0.0	0.0	0.8	0.0	0.5	1.0	0.07	35	148	0.7	0	2.9	0	1.9	3.4	0.25
Extra Pancetta (2 slices)	62	256	5.1	2.0	0.0	0.0	0.0	3.8	0.56	772	3201	64.0	26	1	1	0	48	7.00
Extra Goats Cheese	109	456	9.5	6.3	0.5	0.0	0.0	5.6	0.42	311	1302	27.0	18	1	0.5	0	16	1.20

	PER PORTION									PER 100g								
Preserves & Dips	Energy (kcal)	Energy (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)
Strawberry Jam	67	287	0.0	0.0	17.0	15.0	0.5	0.0	0.03	241	1024	0.0	0	59	55	1.6	0	0.10
Raspberry Jam	67	284	0.0	0.0	16.0	15.0	0.5	0.0	0.03	239	1013	0.0	0	58	55	1.6	0.6	0.10
Marmalade	67	286	0.0	0.0	17.0	16.0	0.1	0.0	0.03	240	1020	0.0	0	59	56	0.5	0	0.10
Honey	91	389	0.0	0.0	23.0	21.0	0.0	0.0	0.03	327	1388	0.0	0	81	75	0	0	0.10
Tomato ketchup	31	131	0.0	0.0	7.0	6.8	0.0	0.5	0.54	102	435	0.1	0	23.2	22.8	0	1.2	1.80
Brown sauce	37	155	0.0	0.0	8.5	6.9	0.0	0.5	0.39	122	517	0.1	0	28.3	23.1	0	0.9	1.30

	PER PORTION									PER 100g								
Pancakes & Pastries	Energy (kcal)	Energy (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)
Pancetta & Maple Syrup Pancakes	531	2223	27.0	14.0	60.0	27.0	1.7	11.0	1.50	318	1331	16.0	8.3	36	16	1	6.5	0.92
Blueberries & Mascarpone Pancakes	389	1637	12.0	6.3	63.0	30.0	2.5	6.7	0.41	185	780	5.5	3	30	14	1.2	3.2	0.19
All-butter Croissant with Butter	384	1596	28.0	19.0	27.0	3.8	1.3	5.5	0.83	541	2247	39.0	27	38	5.3	1.9	7.8	1.20
Pain au Chocolat	304	1269	16.0	8.3	33.0	9.7	2.3	6.3	0.49	476	1991	25.0	13	52	15	3.6	9.9	0.76
Pain aux Raisins	337	1411	17.0	7.7	40.0	16.0	1.2	4.5	0.77	413	1729	21.0	9.4	49	20	1.4	5.5	0.94
Breakfast Dough Balls with Butter	403	1691	18.0	11.0	50.0	3.4	2.5	9.6	1.80	392	1641	17.0	10	48	3.3	2.4	9.3	1.70
Breakfast Dough Balls GF Version with Butter	430	1800	23.0	11.0	53.0	2.9	2.4	2.3	1.90	1487	356	19.0	9.3	44	2.4	2	1.9	1.60
Fresh Fruit & Yoghurt Bowl	132	554	5.2	1.9	15.0	14.0	3.4	3.7	0.04	68	284	2.6	1	7.8	7.2	1.7	1.9	0.02

	PER PORTION									PER 100g								
Pizzas	Energy (kcal)	Energy (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)
Classic Italian Bacon & Egg Pizza	1016	4276	32.0	15.0	125.0	17.0	7.5	53.0	5.70	261	1096	8.2	3.7	32	4.3	1.9	14	1.50
Classic Italian Bacon & Egg Pizza GF Version	956	4022	31.0	14.0	129.0	9.4	4.8	37.0	5.50	256	1075	8.4	3.8	34	2.5	1.3	9.9	1.50
Romana Italian Bacon & Egg Pizza	1080	4537	41.0	19.0	115.0	15.0	6.7	59.0	6.10	273	1144	10.0	4.9	29	3.8	1.7	15	1.50

	PER PORTION									PER 100g								
Smoothies & Juices	Energy (kcal)	Energy (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)
Berry Berry Nice	146	615	1.6	0.0	28.0	28.0	6.9	1.5	0.00	43	181	0.5	0	8.3	8.3	2	0.5	0.00
Green Machine	151	637	1.7	0.1	30.0	30.0	2.1	2.6	0.06	44	187	0.5	0	8.9	8.8	0.6	0.8	0.02
Mango Tango	169	717	1.3	0.0	37.0	37.0	2.1	1.5	0.00	50	211	0.5	0	11	11	0.6	0.5	0.00
Orange juice	84	358	0.0	0.0	18.0	18.0	0.0	1.8	0.00	42	179	0.0	0	9	9	0	0.9	0.00
Apple Juice	110	455	0.0	0.0	26.0	26.0	0.0	0.5	0.00	43	182	0.0	0	10	10	0	0.1	0.00

	PER PORTION									PER 100g								
Piccolo	Energy (kcal)	Energy (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)
Piccolo Works - poached eggs	572	2382	39.0	20.0	29.0	1.8	2.2	27.0	3.40	300	1249	20.0	10	15	1	1.1	14	1.80
Piccolo Works - fried eggs	580	2415	40.0	20.0	29.0	1.8	2.2	26.0	3.40	312	1299	21.0	11	15	1	1.2	14	1.80
Piccolo Works - scrambled eggs	586	2441	40.0	21.0	29.0	2.0	2.5	26.0	3.40	309	1287	21.0	11	15	1.1	1.3	14	1.80
Piccolo Veggie - poached eggs	474	1978	26.0	14.0	40.0	5.1	6.1	18.0	2.10	215	899	12.0	6.3	18	2.3	2.8	8.1	0.97
Piccolo Veggie - fried eggs	482	2011	27.0	14.0	40.0	5.1	6.1	18.0	2.20	224	934	12.0	6.5	18	2.4	2.9	8.2	1.00
Piccolo Veggie - scrambled eggs	488	2037	27.0	15.0	41.0	5.3	6.5	17.0	2.20	223	931	12.0	7	19	2.4	3	8	0.99
Piccolo Fresh Fruit & Yoghurt Bowl	52	217	1.4	0.8	7.2	7.0	1.5	1.3	0.02	54	228	1.5	0.8	7.6	7.4	1.6	1.3	0.02
Piccollo Italian Bacon & Egg Pizza	522	2194	18.0	7.6	59.0	10.0	4.2	28.0	3.10	217	914	7.5	3.2	25	4.2	1.8	12	1.30
Piccollo Italian Bacon & Egg Pizza GF Version	490	2060	17.0	7.5	61.0	7.9	2.0	21.0	2.90	210	883	7.5	3.2	26	3.4	0.9	9.1	1.30
Eggs and Soldiers	428	1799	15.0	3.4	50.0	2.5	2.5	22.0	1.80	237	997	8.4	1.9	27	1.4	1.4	12	1.00
Pancetta & Maple Syrup Pancakes	342	1435	15.0	7.5	43.0	21.0	1.1	7.2	0.97	303	1270	14.0	6.6	38	19	1	6.4	0.86
Blueberry & Mascarpone Pancakes	290	1221	11.0	6.1	43.0	21.0	1.7	4.8	0.28	194	814	7.1	4.1	29	14	1.1	3.2	0.18