



NUTRITIONAL INFORMATION

JANUARY 2020

At Milano 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									PER 100 G									
	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g	
Starters																			
Olives Marinate	137	562	13.6	1.6	1.1	0.1	3.4	0.7	2.8	171	702	17.0	2.0	1.4	0.1	4.2	0.9	3.5	
Roasted Tomatoes	67	277	3.5	0.4	6.0	5.6	2.8	1.3	0.5	111	461	5.9	0.6	10.0	9.4	4.6	2.1	0.8	
Dough Balls	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	
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	
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 (butter)	280	1181	5.7	2.6	49.0	3.6	2.5	9.4	1.5	288	1217	5.8	2.6	50.6	3.7	2.6	9.6	1.5	
Vegan Garlic Bread (garlic oil)	345	1449	11.6	1.6	51.5	3.8	2.6	9.8	1.5	338	1420	11.4	1.5	50.5	3.7	2.6	9.6	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	
Garlic Bread with Vegan Mozzarella Alternative	330	1389	10.3	4.1	51.5	5.2	3.4	9.4	1.8	268	1129	8.4	3.3	41.9	4.2	2.8	7.7	1.5	
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	
King Prawns with Spicy 'Nduja	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	
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	
Lemon & Herbs Chicken Wings Milano	437	1821	24.7	5.9	3.0	0.8	0.0	50.2	4.7	207	863	11.7	2.8	1.4	0.4	0.0	23.8	2.2	
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	

	PER SERVING								
	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Bases									
Standard dough - cooked	578	2446	3.4	0.5	118.0	9.5	6.5	22.1	3.2
Wholemeal dough - cooked	542	2290	5.2	0.6	107.1	8.3	11.2	22.1	2.7
Adult Gluten Free - cooked	529	2237	2.7	0.3	121.2	2.1	3.9	6.5	3.0
Piccolo Gluten Free - cooked	168	711	1.0	0.1	37.1	0.6	0.9	2.2	0.8

	PER 100 G								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
	309	1308	1.8	0.3	63.1	5.1	3.5	11.8	1.7
	301	1272	2.9	0.4	59.5	4.6	6.2	12.3	1.5
	309	1308	1.6	0.2	70.9	1.2	2.3	3.8	1.7
	221	935	1.3	0.1	48.8	0.8	1.2	2.9	1.1

	PER SERVING									PER 100 G								
	kcal	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
Romana Pizzas, Calabrese and Calzone																		
American Hot	1010	4237	41.5	18.0	102.0	12.6	6.1	54.1	6.5	297	1246	12.2	5.3	30.0	3.7	1.8	15.9	1.9
Padana	1108	4649	33.2	16.0	129.1	33.9	19.9	62.8	4.7	284	1192	8.5	4.1	33.1	8.7	5.1	16.1	1.2
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
Pollo ad Astra	1145	4820	32.5	13.0	142.1	21.5	8.9	66.6	5.0	282	1187	8.0	3.2	35.0	5.3	2.2	16.4	1.2
Diavlo	1167	4894	39.0	20.1	139.1	15.0	10.2	59.1	7.1	296	1242	9.9	5.1	35.3	3.8	2.6	15.0	1.8
Pollo Forza	1253	5263	44.6	15.9	129.4	20.6	8.4	79.3	5.0	267	1122	9.5	3.4	27.6	4.4	1.8	16.9	1.1
Calabrese	1275	5327	66.1	30.2	108.7	18.2	13.9	54.1	6.5	266	1112	13.8	6.3	22.7	3.8	2.9	11.3	1.4
Barbacoa	1118	4702	38.4	14.0	127.7	26.9	12.1	71.8	5.6	204	858	7.0	2.56	23.3	4.9	2.2	13.1	1.0
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
Calzone Verdure	906	3783	40.6	5.5	116.9	16.1	11.2	23.4	3.6	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
Classic Pizzas																		
American	978	4110	37.7	14.6	111.1	13.0	8.2	52.8	5.7	285	1198	11.0	4.3	32.4	3.8	2.4	15.4	1.7
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

	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									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 with Dough Sticks																		
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	424	1767	24.3	3.2	29.3	15.5	17.0	14.1	1.5	121	504	6.9	0.9	8.3	4.4	4.8	4.0	0.4
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 with dressing and dough sticks	894	3753	42.4	8.2	68.4	8.2	4.6	58.4	4.4	196	823	9.3	1.8	15.0	1.8	1.0	12.8	1.0

	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									PER 100 G									
	kcal	kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g	kcal	kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g	
Al Forno																			
Lasagna Classica	712	2973	42.1	23.3	43.0	11.0	7.0	36.9	3.9	162	677	9.6	5.3	9.8	2.5	1.6	8.4	0.9	
Pollo Pesto (GF)	1082	4507	57.5	23.3	90.3	6.5	3.4	48.6	7.5	190	792	10.1	4.1	15.9	1.1	0.6	8.6	1.3	
Cannelloni	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	
Leggera 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																			
Coleslaw 'Pizza Express'	330	1362	33.3	2.4	4.6	0.0	2.5	1.9	0.8	264	1089	26.6	1.9	3.7	0.0	2.0	1.5	0.7	
Mixed Salad without dressing	74	306	5.4	0.8	3.6	2.5	1.4	1.9	0.1	53	220	3.9	0.6	2.6	1.8	1.0	1.4	0.1	
Mixed Salad with House dressing	202	829	18.8	2.5	5.1	4.2	2.5	2.2	0.8	119	490	11.1	1.5	3.0	2.5	1.5	1.3	0.5	
Polenta Chips	454	1889	26.6	2.7	42.8	5.0	7.7	6.7	2.7	218	908	12.8	1.3	20.6	2.4	3.7	3.2	1.3	

	PER SERVING									PER 100 G									
	kcal	kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g	kcal	kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g	
Desserts																			
Chocolate & 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								
	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
Piccolo dough balls with houmous – with salad	193	809	7.6	0.7	24.1	1.7	2.5	6.9	0.5
Baked dough balls with butter – no salad	189	793	8.3	4.9	23.2	1.9	1.2	4.9	0.8
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
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
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								
	kcal	kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
	135	571	0.8	0.1	27.5	1.2	1.2	5.1	0.6
	117	493	4.6	0.4	14.7	1.0	1.5	4.2	0.3
	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
	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

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	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	
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	657	2746	37.4	16.8	72.0	56.6	3.6	10.0	1.3	367	1534	20.9	9.4	40.2	31.6	2.0	5.6	0.7	
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	