

SOMETHING SCRUMPTIOUS FOR EVERYONE

Milano Nutritional Information
21st November 2017 Version 2

MENU ITEM	PER SERVING									PER 100 G								
	Kcal	KJ	Protein (g)	Fat (g)	of which saturates	Carbs (g)	of which sugars	Fibre (g)	Salt (g)	Kcal	KJ	Protein (g)	Fat (g)	of which saturates	Carbs (g)	of which sugars	Fibre (g)	Salt (g)
STARTERS																		
Olives Marinare	122	504	1.1	10.7	1.4	6.6	1.2	2.9	2.8	153	630	1.4	13.4	1.7	8.3	1.5	3.6	3.5
Roasted Tomatoes	67	277	1.3	3.5	0.4	6.0	5.6	2.8	0.5	111	461	2.1	5.9	0.6	10.0	9.4	4.6	0.8
Dough Balls	361	1509	9.1	16.4	9.1	42.4	1.8	2.9	1.6	301	1257	7.6	13.7	7.6	35.3	1.5	2.4	1.3
Dough Balls Doppio	770	3228	19.2	36.7	12.0	87.9	4.2	6.5	3.4	296	1242	7.4	14.1	4.6	33.8	1.6	2.5	1.3
Gluten Free Dough Balls	382	1599	2.0	21.6	11.1	44.4	5.0	2.6	1.3	403	1684	2.1	22.7	11.7	46.7	5.3	2.7	1.4
Garlic Bread w. Mozzarella	326	1370	15.7	9.7	5.2	42.2	1.9	2.8	1.6	249	1045	12.0	7.4	4.0	32.2	1.5	2.1	1.3
Bruschetta Originale	412	1733	10.5	19.5	2.4	46.2	4.4	3.7	1.9	189	795	4.8	9.1	1.1	21.2	1.7	1.6	0.9
Buffalo Mozzarella and Tomato Salad	331	1376	9.5	30.3	12.5	5.3	4.0	1.0	1.0	164	681	4.7	15.0	6.2	2.6	2.0	0.5	0.5
Calamari	636	2647	12.1	44.7	17.6	46.5	3.7	4.6	2.8	279	1161	5.3	19.6	7.7	20.4	1.6	2	1.2
Classic Italian Antipasto for 1	787	3288	31.1	49.7	20.5	52.7	6.1	8.2	6.5	252	1050	9.9	15.9	6.5	16.8	2.0	2.6	2.1
Classic Italian Antipasto for 2	1604	6728	63.0	102.3	41.4	107.4	12.9	16.0	12.9	255	1066	10.0	16.2	6.6	17.0	2.0	2.5	2.0
Caesar Salad	349	1447	16.1	25.4	5.9	13.6	2.7	2.7	1.7	185	765	8.5	13.5	3.1	7.2	1.4	1.4	0.9

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AL FORNO																			
Cannelloni	760	3172	36.1	55.0	26.8	31.0	23.3	2.8	4.8	152	634	7.2	11.0	5.4	6.2	4.7	0.6	1.0	
Lasagna Classica	752	3149	33.4	49.3	32.4	42.3	10.2	3.4	3.9	172	721	7.6	11.3	7.4	9.7	2.3	0.8	0.9	
Pollo Pesto	1195	5000	50.5	70.0	28.0	88.2	11.1	3.3	3.0	203	849	8.6	11.9	4.8	15.0	1.9	0.6	0.5	

MAIN COURSE SALAD																			
Leggera Superfood Salad	472	1970	14.6	28.2	3.6	38.4	11.9	10.1	1.8	135	562	4.6	7.9	1.0	13.0	4.4	2.3	0.4	
Nicoise Salad with dough sticks	897	3742	53.8	52.4	8.2	50.3	8.1	6.5	4.5	143	597	8.6	8.4	1.3	8.0	1.3	1.0	0.7	
Pollo Salad with dough sticks	1014	4246	48.9	56.9	17.1	73.3	10.0	7.4	4.2	208	872	10.0	11.7	3.5	15.0	2.1	1.5	0.9	
Grand Chicken Caesar with dough sticks	1160	4851	66.5	47.9	10.2	112.1	8.9	10.3	5.3	201	840	11.5	8.3	1.8	19.4	1.5	1.8	0.9	

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LEGGERA PIZZAS																		
Pollo ad Astra Leggera	486	2044	36.9	14.1	4.0	54.5	16.4	6.3	2.4	128	537	9.3	3.7	1.0	14.3	4.3	1.6	0.6
Padana Leggera	465	1955	15.8	14.1	6.1	67.7	26.7	7.5	2.1	131	551	4.5	4.0	1.7	19.1	7.5	2.1	0.6
American Hot Leggera	440	1842	24.2	17.3	6.9	49.3	9.0	5.9	3.0	147	616	8.1	5.8	2.3	16.5	2.9	2.0	1.0
Superfood Mix Upgrade	170	711	6.3	9.2	1.1	15.2	2.7	3.5	0.5	227	948	8.4	12.2	1.5	20.2	3.6	4.7	0.7

PIZZAS																		
Calabrese	1346	5647	77.6	68.8	32.6	103.3	19.8	8.1	7.4	210	881	12.1	10.7	5.1	16.1	3.1	1.3	1.2
Margherita Bufala Romana	911	3820	35.8	41.9	21.3	96.1	14.0	8.7	4.0	173	725	6.8	7.9	4.0	18.2	2.7	1.6	1.0
American Hot (HGP) Romana	928	3900	46.7	39.6	18.1	92.2	10.9	6.7	5.1	220	926	11.1	9.4	4.3	21.9	2.6	1.6	1.2
Padana Romana	872	3668	37.0	28.3	14.2	113.6	28.4	8.2	4.0	190	799	8.1	6.2	3.1	24.7	6.2	1.8	0.9
Pollo ad Astra Romana	925	3879	60.0	30.3	12.9	100.7	18.9	8.6	4.5	186	772	11.9	6.1	2.6	20.3	3.6	1.7	0.9
Diavolo Romana	943	3962	49.0	37.9	17.3	96.5	13.0	7.2	5.3	197	825	10.2	7.9	3.6	20.1	2.7	1.5	1.1
Pollo Forza Romana	1168	4917	71.0	50.0	17.2	104.3	19.4	8.3	5.0	210	886	12.8	9.0	3.1	18.8	3.5	1.5	0.9
Soho 65 Romana	1019	4288	45.4	50.2	21.4	92.8	11.4	7.1	4.5	220	926	9.8	10.8	4.6	20.0	2.5	1.5	1.0

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PIZZAS																		
American Classic	844	3548	41.1	33.6	14.7	91.2	10.6	6.4	4.9	224	941	10.9	8.9	3.9	24.2	2.8	1.7	1.3
Margherita Classic	729	3066	35.7	23.3	10.2	91.1	10.6	6.4	3.9	206	869	10.1	6.6	2.9	25.8	3.0	1.8	1.1
La Reine Classic	770	3240	39.4	25.8	10.6	92.0	10.5	6.9	4.6	190	794	9.7	6.3	2.6	22.3	2.6	1.7	1.1
Fiorentina Classic	888	3730	48.9	33.6	13.2	92.8	10.6	7.9	4.3	175	735	9.6	6.6	2.6	18.3	2.1	1.5	0.9
Veneziana Classic	843	3546	41.0	30.5	12.7	97.4	15.4	7.5	4.1	199	837	9.7	7.2	3.0	23.0	3.6	1.8	1.0
Sloppy Giuseppe Classic	842	3540	45.0	30.8	12.1	97.3	14.6	7.1	4.7	188	790	10.0	6.9	2.7	21.7	3.3	1.6	1.0
Vegan Giardiniera Classic	825	3464	21.4	35.7	10.7	99.8	11.7	13.0	5.5	167	699	4.3	7.2	2.2	20.1	2.4	2.6	1.1

BASES																		
Main Base	448	1892	17.8	3.2	0.2	83.8	3.2	5.6	2.4	224	946	8.9	1.6	0.1	41.9	1.6	2.8	1.2
Piccolo Base	224	946	8.9	1.6	0.1	41.9	1.6	2.8	1.2	224	946	8.9	1.6	0.1	52.5	1.6	2.8	1.2
Gluten Free Main Base	445	1888	5.1	2.3	0.2	102.4	1.6	2.5	2.2	228	968	2.6	1.2	0.2	52.5	0.8	1.3	1.2
Gluten Free Piccolo Base	206	872	2.3	1.1	0.2	47.3	0.7	1.2	1.0	228	968	2.6	1.2	0.2	52.5	0.8	1.3	1.2

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SIDES																		
Mixed Leaf Salad	176	728	1.7	16.7	2.3	4.6	3.6	2.0	0.9	88	363	0.9	8.3	1.1	2.3	1.8	1.0	0.5
Coleslaw	213	894	1.6	19.9	1.4	7.9	5.7	0.0	0.7	170	715	1.2	15.9	1.1	6.3	4.6	0.0	0.6
Polenta Chips	558	2334	8.4	28.5	1.7	65.4	6.2	3.7	3.0	240	1002	3.7	12.2	0.7	28.0	2.7	1.6	1.3

DESSERTS																		
Chocolate Fudge Cake	311	1307	4.9	14.0	5.0	40.8	26.7	1.6	1.1	308	1294	4.9	13.9	4.9	40.4	26.4	1.6	1.0
Chocolate Fudge Cake + Ice Cream	491	2062	8.0	21.2	9.4	66.2	51.1	2.3	1.4	276	1159	4.5	11.9	5.3	37.2	28.7	1.3	0.8
Honeycombe Cream Slice	575	2395	5.1	38.0	18.9	52.9	24.0	1.3	1.1	429	1787	3.8	28.3	14.1	39.4	17.9	1.0	0.9
Honeycombe Cream Slice + Ice Cream	687	2872	7.9	42.4	22	68.4	39.5	1.4	1.2	351	1465	4.0	21.7	11.2	34.9	20.1	0.7	0.6
Vanilla Cheesecake	436	1821	6.2	27.4	13.2	42.8	31.5	2.7	0.5	309	1289	4.4	19.4	9.3	30.5	21.1	1.9	0.4
Vanilla Cheesecake + Ice Cream	549	2293	8.9	31.8	16.2	58.2	46.8	2.7	0.6	273	1139	4.4	15.8	8.1	28.9	23.3	1.4	0.3
Tiramisu	554	2313	7.0	32.0	28.1	53.0	30.3	0.4	0.2	279	1163	3.5	16.1	14.1	26.6	15.2	0.2	0.1
Coppa Gelato Vanilla	260	1054	5.6	10.6	7.8	33.1	33.1	1.0	0.3	208	844	4.5	8.5	6.2	26.5	26.5	0.8	0.2
Coppa Gelato Chocolate	253	1061	5.6	10.5	7.3	34.6	29.2	2.2	0.2	202	849	4.5	8.4	5.8	27.6	23.2	1.8	0.1
Coppa Gelato Strawberry	221	934	0.8	4.9	4.1	42.8	42.3	0.8	0.0	177	748	0.6	3.9	3.3	34.2	33.8	0.6	0.0
Coconut Delight	201	839	0.6	6.0	5.4	36.0	28.8	0.0	0.1	167	696	0.5	5.0	4.5	29.9	23.9	0.0	0.1

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Coppa Gelato Salted Caramel	288	1204	4.8	14.4	9.9	34.3	28.1	0.5	0.9	230	964	3.8	11.5	7.9	27.0	22.5	0.4	0.7
Chocolate Brownie Dessert	547	2289	7.8	27.2	13.7	66.2	58.0	3.2	0.2	316	1323	4.5	15.7	7.9	38.3	33.5	1.9	0.1
Raspberry Sorbet	100	424	0.7	0.4	0.3	23.4	23.3	1.1	0.0	122	518	0.8	0.5	0.4	28.5	28.4	1.3	0.0

DOLCETTI (VALUES BELOW ARE WITHOUT COFFEE)

Salted Caramel Profiteroles	257	1074	3.4	16.2	10.2	24.0	19.2	0.0	0.2	428	1790	5.6	27.0	17.0	40.0	32.0	0.0	0.3
Chocolate Brownie	235	983	2.8	13.0	6.2	26.2	22.2	0.1	0.1	392	1638	4.6	21.6	10.3	43.6	37.0	0.1	0.1
Caffè Reale	191	796	2.0	11.7	7.7	19.4	19.4	1.3	0.1	293	1224	3.1	18.0	11.9	29.9	29.8	1.9	0.2
Lemon Posset Crunch	194	806	0.0	15.7	8.4	13.2	7.7	0.2	0.2	442	1832	0.0	35.6	19.2	30.0	17.4	0.5	0.4

PICCOLO NUTRITIONAL DATA

PICCOLO STARTERS

Dough Balls, Side Salad, Garlic Butter	210	880	6.5	9.4	4.6	24.0	3.7	3.0	0.8	83	351	2.6	3.7	1.8	9.6	1.5	1.2	0.4
Dough Balls, Side Salad, Olive Oil and Balsamic	190	800	6.4	6.9	0.8	24.7	4.4	2.9	0.7	77	320	2.6	2.8	0.3	9.9	1.8	1.2	0.3
Gluten Free Dough Balls, Side Salad, Garlic Butter	274	1145	3.9	11.3	5.0	36.8	3.4	3.3	1.1	105	440	1.5	4.5	1.9	14.2	1.3	1.3	0.4
Gluten Free Dough Balls, Side Salad, Olive Oil and Balsamic	255	1067	3.8	9.3	1.2	37.5	4.1	3.3	1.0	99	410	1.5	3.6	0.4	14.4	1.6	1.3	0.4
Piccolo Salad	29	125	1.9	1.1	0.0	2.9	2.9	1.5	0.1	16	66	1.0	0.6	0.0	1.5	1.5	0.8	0.1

PICCOLO PIZZAS & SALAD

American	395	1659	20.0	12.8	6.3	48.2	5.6	3.4	2.3	208	873	10.5	6.7	3.3	25.5	2.9	1.8	1.2
American (Light Mozz.)	356	1496	20.4	9.8	4.6	45.8	5.4	3.4	2.2	188	788	10.7	5.2	2.4	24.1	2.8	1.8	1.1

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La Reine	360	1510	19.7	10.1	4.7	45.7	5.3	3.5	2.3	177	745	9.7	5.0	2.3	22.5	2.6	1.7	1.2
La Reine (Light Mozz.)	341	1436	21.2	7.8	3.4	45.8	5.4	3.5	2.3	160	674	10.0	3.7	1.6	21.5	2.6	1.6	1.1
Pollo	362	1522	22.1	9.2	4.3	46.2	5.6	3.2	1.9	191	801	11.6	4.8	2.2	24.3	2.9	1.7	1.0
Pollo (Light Mozz.)	343	1446	23.6	6.9	2.9	46.3	5.7	3.2	1.9	172	723	11.8	3.4	1.5	23.1	2.8	1.6	1.0
Margherita	342	1438	17.8	9.1	4.8	45.6	5.3	3.2	1.8	196	822	10.2	5.2	2.7	26.1	3.0	1.8	1.1
Margherita (Light Mozz.)	309	1302	18.2	5.8	2.7	45.7	5.4	3.2	1.8	172	723	10.1	3.2	1.5	25.4	3.0	1.8	1.0
Chicken Salad	296	1234	22.6	14.3	3.6	19.9	5.4	3.4	1.4	117	489	9.0	5.6	1.4	7.9	2.1	1.4	0.5

PICCOLO PASTA																		
Pasta Bolognese	390	1636	19.7	11.7	10.3	49.6	5.2	2.6	0.5	149	629	7.6	4.5	4.0	19.1	2.0	1.0	0.2
Pasta Bianca	391	1636	10.0	15.6	8.7	51.3	4.2	1.7	0.5	178	744	4.6	7.1	4.0	23.3	1.9	0.8	0.2
Pasta Napoletana	319	1335	9.3	7.1	3.6	53.4	8.6	2.3	0.8	147	613	4.2	3.3	1.7	24.5	4.0	1.1	0.4
Pasta Burro	311	1307	7.2	12.1	6.8	43.3	1.4	2.5	0.4	270	1137	6.3	10.5	5.9	37.7	1.2	2.2	0.4

PICCOLO DESSERTS																		
Vanilla Gelato with Cone	120	502	2.8	4.6	3.1	16.7	15.6	0.3	0.2	194	810	4.6	7.5	5.0	27	25.2	0.6	0.3
Vanilla Gelato with Chocolate Sauce	146	614	2.9	4.6	3.1	23.2	20.2	0.6	0.2	209	880	4.1	6.6	4.5	33.3	28.9	0.9	0.1
Vanilla Gelato with Chocolate Sauce and Cone	154	644	3.0	4.8	3.2	24.7	20.4	0.7	0.2	213	895	4.2	6.6	4.4	34.3	28.4	0.9	0.2
Vanilla Gelato with Fruit Coulis	125	524	2.7	4.5	3.1	18.4	18.4	0.5	0.2	178	749	3.9	6.5	4.4	26.3	26.3	0.7	0.2
Vanilla Gelato with Fruit Coulis, Cone and Fresh Strawberry	134	563	3.0	4.7	3.1	20.3	19.2	0.6	0.2	164	686	3.6	5.7	3.8	24.8	23.4	0.8	0.2
Vanilla Gelato with Fresh Strawberry	120	502	2.8	4.6	3.1	16.7	15.6	0.3	0.2	194	810	4.6	7.5	5.0	27.0	25.2	0.6	0.1
Raspberry Sorbet	61	257	0.4	0.2	0.2	14.2	14.2	0.7	0.0	101	428	0.6	0.4	0.3	23.7	23.7	1.1	0.0

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Raspberry Sorbet with Cone	72.5	307.3	0.6	0.3	0.2	16.8	15.4	0.7	0.0	115.1	487.8	1.0	0.5	0.3	26.7	24.5	1.1	0.0
Raspberry Sorbet with Fruit Coulis and Cone	79	331	0.5	0.4	0.2	18.4	17.3	0.9	0.0	110	463	0.7	0.5	0.3	25.8	24.2	1.2	0.0
Piccolo Ice Pop	17	74	0.0	0.0	0.0	4.2	4.0	0.0	0.0	43	186	0.1	0.1	0.0	10.4	9.9	0.0	0.0
Piccolo Brownie	235	983	2.8	13.0	6.2	26.2	22.2	0.1	0.1	392	1638	4.6	21.6	10.3	43.6	37.0	0.1	0.1
Claudi & Fln Mango Yoghurt Lolly	56	235	0.9	2.4	1.5	7.6	6.8	0.3	0.06	112	469	1.9	4.7	3.0	15.2	13.7	0.6	0.12

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Milano Christmas Specials
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STARTERS																			
Chicken Liver Pate	436	1824	11.5	19.4	6.5	50.3	21.4	3.0	1.8	306	1277	8.1	13.6	4.6	35.2	15.0	2.1	1.3	
Roasted Tomato Soup	546	2292	13.8	24.3	9.7	65.2	10.3	5.1	2.0	147	614	3.7	6.5	2.6	17.5	2.7	1.4	0.8	
AL FORNO																			
Broad Bean Rigatoni	879	3673	24.3	50.0	23.3	82.3	4.0	6.4	4.1	164	683	4.5	9.3	4.3	15.3	0.7	1.2	0.8	
Bolognese Rigatoni	683	2856	30.1	38.7	3.4	81.3	13.0	3.9	3.2	134	560	5.9	7.6	0.7	15.9	2.5	0.8	0.6	
PIZZAS																			
Beef & Horseradish	1010	4230	58.3	40.0	17.2	100.4	16.3	8.1	5.2	197	823	11.3	7.8	3.3	19.5	3.2	1.6	1.0	
Maple-galzed Gammon	1221	5115	71.8	53.2	23.7	119.3	31.3	7.6	11.5	244	1022	14.3	10.6	4.7	23.8	6.2	1.5	2.3	
Potato & Fontal	1122	4704	47.2	53.4	24.3	111.5	7.3	8.6	5.7	226	947	9.5	10.7	4.9	22.4	1.5	1.7	1.1	
DESSERT																			
Sticky Toffee Bundt Cake	638	2671	6.3	34.2	21.1	77.4	60.4	1.0	1.1	297	1242	2.9	15.9	9.8	36.0	28.1	0.5	0.5	
Lotus Biscoff Cheesecake Dolcetti	322	1346	2.7	22.9	9.7	25.6	14.7	0.6	0.3	472	1972	3.9	33.5	14.2	37.5	21.5	0.8	0.5	
Snowball Dough Balls (vanilla)	379	1592	9.2	8.7	3.9	64.2	20.3	3.2	1.2	284	1193	6.9	6.5	2.9	48.1	15.2	2.4	0.9	
Snowball Dough Balls (caramel sauce)	386	1621	9.3	12.2	6.7	59.5	19.2	2.8	1.9	297	1247	7.1	9.4	5.1	45.8	14.8	2.2	1.5	
Caramel & Pear Gelato	420	1754	4.9	22.3	13.8	50.9	47.3	0.1	1.0	269	1123	3.1	14.3	8.9	32.5	30.2	0.1	0.7	

ENJOY
YOUR MEAL