

NUTRITIONAL INFORMATION

November 2021



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

Simply click on the required menu section

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Starters

	PER SERVING									PER 100 G								
	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
Starters																		
Olives Marinade	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 -smoky harissa	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
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 PizzaExpress	556	2314	37.5	8.2	2.2	2.0	0.0	52.4	3.0	248	1033	16.7	3.7	1.0	0.9	0.0	23.4	1.3
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
Garlic King Prawns	289	1211	12.5	6.1	29.5	1.7	3.2	16.3	2.3	134	563	5.8	2.8	13.7	0.8	1.5	7.6	1.1

Pizzas – Romana, Calabrese, Calzone & Classics

Bases

Standard dough - cooked
 Wholemeal dough - cooked
 Adult Gluten Free - cooked
 Piccolo Gluten Free - cooked

PER SERVING								
Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
578	2446	3.4	0.5	118.0	9.5	6.5	22.1	3.2
542	2290	5.2	0.6	107.1	8.3	11.2	22.1	2.7
529	2237	2.7	0.3	121.2	2.1	3.9	6.5	3.0
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

Romana Pizzas, Calabrese and Calzone

American Hot Vegan
 American Hot
 Padana
 Padana - Vegan
 Ad Astra Vegan
 Pollo ad Astra
 Diavolo Vegan
 Diavolo
 Forza Vegan
 Pollo Forza
 Calabrese
 Giardiniera Vegan
 Calzone 'Nduja
 Calzone Verdure

PER SERVING								
Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
801	3368	25.3	13.4	126.0	12.8	10.7	22.8	6.3
1010	4237	41.5	18.0	102.0	12.6	6.1	54.1	6.5
1108	4649	33.2	16.0	129.1	33.9	19.9	62.8	4.7
911	3822	25.3	13.2	152.8	33.7	14.0	24.5	4.9
925	3890	25.6	11.3	144.8	20.0	12.4	34.8	5.9
1145	4820	32.5	13.0	142.1	21.5	8.9	66.6	5.0
985	4125	33.5	14.0	140.5	16.0	14.5	36.8	6.8
1167	4894	39.0	20.1	139.1	15.0	10.2	59.1	7.1
1043	4378	42.2	15.4	137.3	20.7	11.4	34.8	5.3
1253	5263	44.6	15.9	129.4	20.6	8.4	79.3	5.0
1275	5327	66.1	30.2	108.7	18.2	13.9	54.1	6.5
970	4077	34.0	13.3	144.1	14.5	11.8	27.6	6.5
1196	5002	65.3	24.2	105.6	17.3	11.0	52.3	7.3
932	3914	33.2	3.5	141.1	22.6	19.4	27.2	4.9

PER 100 G								
Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
225	946	7.1	3.8	35.4	3.6	3.0	6.4	1.8
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
217	913	6.0	2.7	34.0	4.7	2.9	8.2	1.4
282	1187	8.0	3.2	35.0	5.3	2.2	16.4	1.2
197	825	6.7	2.8	28.1	3.2	2.9	7.4	1.4
296	1242	9.9	5.1	35.3	3.8	2.6	15.0	1.8
237	995	9.6	3.5	31.2	4.7	2.6	7.9	1.2
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
249	1042	13.6	5.0	22.0	3.6	2.3	10.9	1.5
202	849	7.2	0.8	30.6	4.9	4.2	5.89	1.1

Classic Pizzas

	PER SERVING								
	Energy kcal	Energy kj	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
American	978	4110	37.7	14.6	111.1	13.0	8.2	52.8	5.7
Margherita	807	3396	24.6	9.6	106.6	10.2	4.5	41.9	3.8
Margherita Gluten Free	749	3148	25.7	11.5	110.3	5.7	5.1	21.6	3.5
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	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
	285	1198	11.0	4.3	32.4	3.8	2.4	15.4	1.7
	252	1061	7.7	3.0	33.3	3.2	1.4	13.1	1.2
	236	993	8.1	3.6	34.8	1.8	1.6	6.8	1.1
	240	1009	6.3	2.8	40.1	3.7	3.1	7.2	1.4
	238	999	7.6	3.0	28.8	2.6	2.0	12.5	1.2
	213	896	7.1	2.9	24.4	1.9	2.4	11.7	1.0
	213	897	6.2	2.9	27.4	3.2	2.5	10.7	1.1
	246	1033	7.8	2.8	31.6	4.8	2.5	11.0	1.2
	219	919	6.3	2.4	35.6	5.7	2.9	6.3	1.4
	184	774	6.0	2.0	28.5	3.0	2.6	5.4	1.3

Leggera Pizzas under 600 Calories

	PER SERVING								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Leggera Pizzas									
Pollo ad Astra	502	2106	15.7	3.7	56.7	10.0	7.7	39.7	3.0
Padana	504	2115	16.7	6.0	76.0	27.7	8.3	18.0	3.0
Vegan Padana	508	2135	14.3	5.0	86.0	29.3	9.0	15.0	3.0
American Hot	439	1839	16.3	6.0	52.0	4.3	6.0	24.7	4.0
Vegan Giardiniera	432	1836	18.7	6.0	56.7	6.7	8.7	13.7	3.0
La Reine	432	1812	16.0	4.3	49.7	3.0	8.3	25.0	3.0
Pollo Forza	542	2273	19.0	4.3	55.3	6.7	8.0	42.7	3.0
Diavolo	472	1975	20.0	6.0	52.7	5.3	7.7	25.3	4.0
Margherita	385	1617	12.3	3.3	55.0	5.0	7.7	19.0	2.0
Vegan Margherita	339	1422	10.3	5.0	55.3	4.7	7.3	12.0	3.0
Veneziana	443	1860	14.7	4.3	62.7	15.7	8.7	21.7	3.0
Vegan Veneziana	482	2015	19.3	6.0	66.3	16.7	9.3	13.7	3.0
American	441	1848	17.3	6.3	50.3	4.3	7.3	26.0	3.0
Sloppy Giuseppe	454	1900	18.3	5.7	54.7	5.7	8.3	23.0	3.0

	PER 100 G								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
	164	622	4.4	1.0	16.5	2.7	2.1	11.6	0.8
	166	698	5.3	1.7	25.0	9.0	2.6	5.8	0.7
	160	675	4.4	1.5	27.0	9.2	2.7	4.6	0.7
	175	735	6.4	2.2	20.7	1.4	2.2	9.8	1.2
	151	642	6.3	1.9	19.7	2.1	2.9	4.7	1.0
	157	660	5.6	1.4	18.0	0.9	2.8	9.0	1.0
	161	675	5.5	1.2	16.3	1.8	2.2	12.5	0.7
	165	690	6.9	2.0	18.2	1.7	2.5	8.7	1.1
	142	597	4.4	1.1	20.1	1.7	2.7	6.8	0.7
	162	680	4.6	2.1	26.2	1.9	3.3	5.7	1.0
	160	672	5.1	1.5	22.4	5.5	3.0	7.6	0.9
	173	726	6.8	1.8	23.7	5.8	3.2	4.9	1.0
	181	758	6.9	2.4	20.5	1.6	2.7	10.5	1.1
	153	642	6.0	1.7	18.3	1.8	2.6	7.7	0.9

Salads

	PER SERVING									PER 100 G									
	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	
Salads No Dressings with Dough Sticks																			
Nicoise Salad no dressing	621	2605	20.1	3.9	52.5	8.4	6.7	54.8	3.9	111	466	3.6	0.7	9.4	1.5	1.2	9.8	0.7	
Chicken Caesar	806	3370	31.8	8.9	72.1	6.4	6.0	57.2	3.2	200	836	7.9	2.2	17.9	1.6	1.5	14.2	0.8	
Salads With Dressings no Dough Sticks																			
Nicoise Salad	502	26	31.4	4.6	7.7	6.7	4.6	45.2	3.1	97.5	4.9	6.1	0.9	1.5	1.3	0.9	8.8	0.6	
Chicken Caesar	710	2960	44.6	10.1	28.4	5.8	4.7	48.6	2.9	197	822	12.4	2.8	7.9	1.6	1.3	13.5	0.8	
Salads With Dressings and Dough Sticks																			
Nicoise Salad	755	3159	33.8	4.8	54.4	10.3	6.6	55.0	4.2	125	523	5.6	0.8	9.0	1.7	1.1	9.1	0.7	
Grand Chicken Caesar	962	4014	47.2	10.2	74.8	9.3	7.1	58.3	4.5	216	902	10.6	2.3	16.8	2.1	1.6	13.1	1.0	
Salad sides																			
Dough Sticks	255	1076	2.5	0.4	49.6	2.5	2.5	9.5	1.4	283	1195	2.8	0.4	55.1	2.8	2.8	10.5	1.6	
New House dressing	134	550	13.5	0.9	2.2	1.8	0.2	0.1	0.6	296	1222	30.0	2.1	4.9	3.9	0.5	0.2	1.4	
Caesar dressing	157	647	15.4	1.6	3.0	2.7	0.8	1.2	1.0	348	1437	34.2	3.5	6.6	6.1	1.7	2.7	2.3	
Honey mustard dressing	196	810	17.7	1.2	7.8	7.6	1.4	0.6	1.0	435	1798	39.3	2.7	17.4	16.9	3.0	1.4	2.2	

Al Forno & Sides

Al Forno

Lasagna Classica
 Pollo Pesto (GF)
 Cannelloni
 Bolognese

Sides

Mixed Salad
 Polenta Chips
 Haloumi Bites
 Rucola

PER SERVING								
Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
712	2973	42.1	23.3	43.0	11.0	7.0	36.9	3.9
1082	4507	57.5	23.3	90.3	6.5	3.4	48.6	7.5
705	2943	43.0	21.2	49.2	10.4	5.7	33.1	3.6
674	2834	28.0	10.0	83.0	6.0	5.0	28.0	2.0
121	508	9.9	0.6	5.4	4.8	2.6	1.7	0.4
454	1889	26.6	2.7	42.8	5.0	7.7	6.7	2.7
351	1463	23.2	8.7	20.7	1.8	1.1	15.4	0.0
140	579	11.7	3.4	3.0	2.7	1.1	5.7	0.3

PER 100 G								
Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates 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
56	235	4.6	0.3	2.5	2.2	1.2	0.8	0.2
218	908	12.8	1.3	20.6	2.4	3.7	3.2	1.3
290	1209	19.2	7.2	17.1	1.5	0.9	12.7	0.0
241	997	20.2	5.9	5.2	4.7	1.9	9.9	0.6

Dips & Extra Toppings

	PER SERVING									PER 100 G									
	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	
Dips																			
Hot Jalapenos Salsa	102	419	10.1	0.7	2.4	1.9	0.3	0.2	0.2	339	1396	33.5	2.3	8.1	6.3	0.9	0.8	0.5	
Italian Tomato	63	260	6.0	0.8	2.1	1.9	0.3	0.4	0.2	210	865	19.9	2.8	7.0	6.4	0.9	1.3	0.6	
Basil & Pine Kernel Pesto	142	586	14.6	1.7	1.6	0.0	0.5	1.0	0.9	473	1951	48.5	5.7	5.2	0.1	1.5	3.3	3.0	
Houmous	106	437	9.3	0.9	2.6	0.2	1.5	2.2	0.3	352	1456	30.9	3.0	8.6	0.7	5.0	7.3	1.1	
Sweet & Smoky BBQ	44	185	0.1	0.0	10.1	8.7	0.2	0.3	0.5	145	615	0.2	0.0	33.5	29.0	0.6	0.9	1.8	
Extra Toppings																			
Black Olives	35	144	3.6	0.6	0.0	0.0	0.8	0.1	0.7	129	530	13.2	2.2	0.0	0.0	3.0	0.5	2.5	
Red Onion	10	42	0.0	0.0	2.2	1.7	0.4	0.3	0.0	35	150	0.1	0.0	8.0	6.2	1.3	1.0	0.0	
Red Chillies	21	85	1.1	0.4	1.5	0.5	0.5	1.1	0.2	101	421	5.6	2.1	7.5	2.3	2.4	5.3	1.0	
Anchovies - Brown	34	143	1.8	0.3	0.1	0.0	0.0	4.3	2.3	206	863	11.0	1.9	0.8	0.0	0.0	26.0	14.0	
Anchovies - White	23	94	1.1	0.3	0.0	0.0	0.0	3.1	0.1	135	569	6.6	1.8	0.0	0.0	0.0	19.0	0.5	
Tuna	64	268	2.6	0.3	0.0	0.0	0.0	10.2	0.4	159	669	6.4	0.8	0.0	0.0	0.0	25.4	1.0	
Mushrooms	10	39	0.2	0.0	2.2	1.0	0.9	0.9	0.0	22	92	0.5	0.1	5.3	2.3	2.2	2.2	0.0	
Artichokes	52	215	0.4	0.0	4.8	3.6	0.0	5.3	1.2	54	223	0.4	0.0	5.0	3.8	0.0	5.5	1.3	
Jalapeño Peppers	4	17	0.0	0.0	0.8	0.0	0.2	0.0	0.6	20	84	0.1	0.0	3.8	0.0	1.2	0.2	3.1	
Diced Mozzarella - Classic	190	788	13.6	8.6	0.7	0.7	0.0	15.7	0.7	291	1211	20.9	13.3	1.0	1.0	0.0	24.2	1.0	
Diced Mozzarella - Romana	248	1030	17.8	11.3	0.9	0.9	0.0	20.6	0.9	291	1211	20.9	13.3	1.0	1.0	0.0	24.2	1.0	
Chicken	53	223	0.9	0.2	0.0	0.3	0.0	10.9	0.2	132	557	2.2	0.5	0.0	0.7	0.0	27.3	0.4	
Pepperoni	101	417	9.0	3.8	0.2	0.1	0.0	4.6	0.8	479	1981	43.0	18.0	1.0	0.6	0.0	22.0	3.6	
Ham	30	123	0.6	0.2	1.1	0.3	0.2	5.0	0.9	97	407	1.9	0.6	3.7	1.1	0.7	16.5	3.0	
Buffalo Mozzarella	157	649	13.8	9.8	0.8	7.6	0.0	7.4	0.6	250	1037	22.0	15.6	1.2	12.1	0.0	11.9	0.9	
Quorn	54	226	1.2	0.4	0.6	0.1	3.4	8.5	0.3	108	451	2.5	0.8	1.2	0.1	6.7	17.0	0.6	
Jack & Bry Pepperoni	17	70	1.1	0.1	1.2	0.1	0.2	0.4	0.5	82	346	5.3	0.5	6.2	0.6	0.9	2.2	2.7	

Desserts

	PER SERVING									PER 100 G								
	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
Desserts																		
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
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
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
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
Side of 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
Side of Chocolate Sauce	29	123	0.1	0.0	6.9	6.1	0.2	0.1	0.0	288	1223	0.6	0.3	69.1	60.5	1.8	1.1	0.1
Dolcetti																		
Salted Caramel Profiteroles	257	1070	16.2	10.2	24.0	19.2	0.0	3.4	0.1	428	1783	27.0	17.0	40.0	32.0	0.0	5.6	0.2
Caffe reale	208	866	12.6	8.7	23.7	32.7	1.4	1.9	0.1	281	1170	17.0	11.8	32.0	44.2	1.9	2.6	0.1
Lotus Biscoff Cheesecake	319	1341	22.8	9.6	25.4	14.6	0.6	2.7	0.3	469	1971	33.6	14.2	37.4	21.4	0.8	3.9	0.4

Piccolo

	PER SERVING									PER 100 G									
	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																			
Piccolo dough balls - no dips no salad	115	486	0.7	0.1	23.2	1.6	1.3	4.6	0.7	244	1033	1.4	0.2	49.4	3.3	2.8	9.8	1.4	
Piccolo dough balls with houmous - with salad	193	1089	7.6	1.2	40.4	1.7	4.0	3.5	0.6	171	716	6.7	0.8	26.6	1.1	2.6	2.3	0.4	
Piccolo dough balls with houmous - no salad	130	543	6.5	0.7	13.8	0.7	1.5	3.7	0.3	203	848	10.2	1.0	21.6	1.0	2.4	5.8	0.5	
Piccolo dough balls with garlic butter - with salad	233	972	11.2	5.7	27.9	0.8	2.6	6.1	0.9	151	631	7.3	3.7	18.1	0.5	1.7	4.0	0.6	
Piccolo dough balls with garlic butter - no salad	54	223	3.3	1.9	5.2	0.3	0.2	1.0	0.2	99	413	6.0	3.6	9.5	0.5	0.4	1.8	0.3	
Piccolo dough balls with balsamic and olive oil - with salad	153	644	2.9	0.5	27.3	2.7	2.1	5.3	0.8	115	484	2.2	0.4	20.5	2.0	1.6	4.0	0.6	
Piccolo Salad starter	16	67	0.6	0.0	1.7	1.7	0.8	1.0	0.0	16	67	0.6	0.0	1.7	1.7	0.8	1.0	0.0	
Bolognese Pasta	353	1486	10.2	3.7	53.0	4.6	3.8	14.1	0.8	150	632	4.3	1.6	22.6	2.0	1.6	6.0	0.4	
Napoletana Pasta	284	1194	5.4	2.9	53.6	4.0	3.2	6.7	0.9	139	585	2.6	1.4	26.3	2.0	1.6	3.3	0.4	
Bianca Pasta	355	1488	11.6	6.3	56.2	3.3	2.2	7.2	0.7	174	729	5.7	3.1	27.6	1.6	1.1	3.5	0.3	
Pizza Margherita	435	1831	12.7	6.1	60.0	7.2	3.8	22.0	2.1	277	1166	8.1	3.9	38.2	4.6	2.4	14.0	1.3	
Pizza La Reine	437	1839	12.3	4.6	63.8	7.4	5.3	20.2	2.6	237	999	6.7	2.5	34.7	4.0	2.9	11.0	1.4	
Pizza American	482	2022	17.9	7.1	61.1	6.8	4.6	21.2	2.5	290	1218	10.8	4.3	36.8	4.1	2.8	12.8	1.5	
Pizza Pollo	458	1929	12.0	4.8	61.4	7.2	4.8	28.4	2.2	266	1121	7.0	2.8	35.7	4.2	2.8	16.5	1.3	
Pizza Quorn ™	372	1568	7.6	4.4	63.0	6.7	6.2	15.8	2.4	204	861	4.2	2.4	34.6	3.7	3.4	8.7	1.3	
Pollo Milanese	321	1343	16.4	6.3	22.6	1.2	9.5	21.0	1.4	162	678	8.3	3.2	11.4	0.6	4.8	10.6	0.7	
Sundae with chocolate sauce	149	625	4.6	3.1	23.7	21.8	0.3	2.9	0.1	207	873	6.4	4.3	33.1	30.5	0.4	4.1	0.1	
Sundae with fruit sauce	131	552	4.5	3.1	19.6	18.4	0.3	2.8	0.1	183	772	6.3	4.3	27.4	25.7	0.4	3.9	0.1	
Chocolate Brownie	206	857	11.3	5.5	24.5	20.1	1.8	2.6	0.0	349	1451	19.2	9.3	41.5	34.1	3.1	4.4	0.1	
Pip Organic Fruity Ice Lolly	18	75	0.0	0.0	4.2	4.0	0.0	0.0	0.0	43	186	0.1	0.0	10.4	9.9	0.0	0.1	0.0	
Pip Organic Rainbow Ice Lolly	20	81	0.0	0.0	4.5	4.2	0.0	0.0	0.0	48	202	0.0	0.0	11.2	10.6	0.0	0.0	0.0	
Cawston apple and summer berries	50	214	0.2	0.0	11.6	11.0	0.0	0.6	0.0	25	107	0.1	0.0	5.8	5.5	0.0	0.3	0.0	
Cawston apple and pear juice	54	234	0.0	0.0	12.8	12.8	0.0	0.2	0.0	27	117	0.0	0.0	6.4	6.4	0.0	0.1	0.0	

New Menu

	PER SERVING								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Starters									
Dough Balls Al Forno	404	1693	18.0	10.1	37.0	3.3	1.9	24.4	2.0
Bruschetta con Funghi	472	1981	20.9	6.1	61.5	8.0	4.1	11.8	1.8
Vegan Bruschetta con Funghi	518	2168	24.3	10.5	65.6	6.6	5.6	11.9	2.4
Polpette al Forno	219	912	10.3	4.4	11.2	5.1	3.3	21.7	1.3

PER 100 G								
Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
		14.						
323	1354	4	8.1	29.6	2.6	1.5	19.5	1.6
194	815	8.6	2.5	25.3	3.3	1.7	4.8	0.7
		10.						
213	892	0	4.3	27.0	2.7	2.3	4.9	1.0
125	521	5.9	2.5	6.4	2.9	1.9	12.4	0.7

	PER SERVING								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Romana & Calzone Pizzas									
Mushroom & Truffle	1187	4971	57.0	22.0	125.0	15.0	9.0	49.0	5.0
BBQ Burnt Ends	1157	4865	35.0	15.0	154.0	43.0	11.0	63.0	8.0
Padana Natale	992	4173	32.0	14.0	130.0	29.0	2.0	47.0	5.0
Padana Natale Vegan	872	3679	24.0	13.0	147.0	30.0	9.0	23.0	5.0
Vegan Mushrooms & Pinenut	939	3935	42.0	15.0	123.0	9.0	8.0	24.0	4.0
Quattro Formaggi Piccante	1048	4397	41.0	23.0	121.0	13.0	8.0	54.0	6.0
Porchetta	1385	5786	70.0	28.0	118.0	14.0	6.0	75.0	7.0

PER 100 G								
Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
274	1148	13.1	5.0	28.8	3.3	1.9	11.2	1.0
261	1098	7.9	3.3	34.6	9.6	2.4	14.0	1.7
261	1098	8.3	3.6	34.2	7.6	0.5	12.3	1.1
227	958	6.2	3.2	38.1	7.6	2.2	5.9	1.2
263	1102	11.5	4.0	34.3	2.3	2.0	6.6	1.1
296	1242	11.5	6.2	34.1	3.6	2.2	15.1	1.6
319	1333	16.0	6.3	27.1	3.2	1.3	17.2	1.5

	PER SERVING									PER 100 G									
	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 Pizzas																			
American Jack Vegan	703	2960	20.2	9.0	113.6	19.6	8.3	21.0	4.6	219	922	6.3	2.8	35.4	6.1	2.6	6.6	1.4	
American Jack Vegetarian	812	3414	23.9	9.7	117.0	12.6	11.9	38.2	4.7	238	1001	7.0	2.8	34.3	3.7	3.5	11.2	1.4	
Sloppy Vegan	863	3637	24.9	9.4	134.2	15.1	13.5	33.1	4.9	211	889	6.1	2.3	32.8	3.7	3.3	8.1	1.2	
Leggera Pizzas																			
Tre Formaggi Piccante	492	2060	19.0	9.0	61.0	13.0	7.0	24.0	3.0	213	892	8.1	3.9	26.1	5.5	2.6	10.2	1.2	
Mushroom & Truffle	528	2206	25.3	9.0	60.7	7.7	7.3	19.7	2.3	204	855	9.6	3.2	23.4	2.8	2.6	7.5	0.8	
Burnt Ends	520	2186	13	4	72	22	8	36	4	170	714	4.0	1.3	23.1	7.1	2.6	11.6	1.0	
Padana Natale Vegan	454	1905	14.0	5.0	74.0	20.0	7.0	13.0	2.0	151	635	4.6	1.4	24.5	6.4	2.3	4.1	0.7	
Padana Natale	480	2012	16.0	6.0	71.0	19.0	6.0	16.0	2.0	166	698	5.5	1.8	24.6	6.5	2.1	5.5	0.7	
Vegan Mushrooms & Pinenut	431	1805	21.0	6.0	53.0	4.0	5.0	12.0	2.0	201	843	9.5	2.4	24.6	1.8	2.0	5.4	0.7	
Leggera Porchetta	571	2387	28.0	10.0	51.0	5.0	4.0	33.0	3.0	211	882	10.1	3.6	18.6	1.6	1.2	11.9	1.0	

	PER SERVING									PER 100 G									
	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	
Salad																			
Caprese & Prosciutto	537	2209	47.5	17.0	6.1	0.0	4.8	23.1	4.2	167	688	14.8	5.3	1.9	0.0	1.5	7.2	1.3	
Vegan Nourish Bowl	470	1964	26.8	3.7	53.6	1.1	13.1	10.3	2.6	128	535	7.3	1.0	14.6	0.3	3.6	2.8	0.7	
Pollo Grain	361	1512	18.5	3.9	16.9	0.0	4.2	34.1	1.6	111	465	5.7	1.2	5.2	0.0	1.3	10.5	0.5	
Dough Sticks	255	1076	2.5	0.4	49.6	2.5	2.5	9.5	1.4	283	1195	2.8	0.4	55.1	2.8	2.8	10.5	1.6	
Al Forno																			
Melanzane	400	1661	24.3	8.2	25.0	10.0	8.6	24.1	1.3	112	465	6.8	2.3	7	2.8	2.4	6.76	7	
Vegan Melanzane	342	1417	25.4	9.0	27.0	12.2	8.1	5.4	1.6	101	419	7.5	2.67	8	3.6	2.4	1.61	6	
Sides																			
Raw Slaw	163	2003	14.3	1.0	8.3	2.1	3.5	1.5	0.8	101	1244	8.9	0.6	5.1	1.3	2.2	1.0	0.5	

	PER SERVING								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
Desserts									
Doppio Snowall Dough Balls with dips	861	3636	17.9	9.1	157.0	48.1	5.5	20.8	3.7
Snowall Dough Balls Vegan with dips	357	1511	1.8	0.3	74.3	10.5	3.3	12.3	1.8
Red Berry and Vanilla Cheesecake	552	2314	32.5	18.1	56.2	41.4	1.0	5.6	0.6
Triple Salted Caramel Cheesecake	757	3163	18.3	28.0	71.6	52.7	1.3	8.2	1.7
Amaretto Dolce Vita PE	562	2349	31.4	15.7	57.9	45.1	1.0	7.3	1.0
Snowball Dough Balls	434	1829	10.2	5.4	76.5	24.3	2.8	10.4	1.6
Chocolate Brownie with gelato	527	2202	26.8	13.2	62.5	55.7	2.8	6.9	0.2
Sticky Toffe Cream slice ROI	411	1722	26.3	14.0	37.4	21.8	0.5	6.2	0.3
Red Berry & White Chocolate Cheesecake ROI	491	2052	32.4	19.0	41.1	26.0	1.3	8.2	0.5
La Dolce Vita ROI	688	2878	15.0	4.3	130.9	118.0	0.9	5.9	1.1
Christmas Cheese Plate	474	1977	24.2	13.4	41.0	14.3	1.9	23.5	2.6
Dolcetti									
Vegan & Gluten Free Orange & Carrot Cake	247	1033	12.2	2.0	32.7	21.3	11.3	0.8	0.2
Piccolo									
Snowball Dough Balls with dip	259	1091	7.6	4.2	43.1	17.9	1.3	5.2	0.8
Snowball Dough Balls Vegan with dip	174	738	0.9	0.1	36.9	8.3	1.5	5.4	0.8

PER 100 G								
Energy kcal	Energy kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
313	1322	6.5	3.3	57.1	17.5	2.0	7.6	1.3
292	1238	1.5	0.3	60.9	8.6	2.7	10.1	1.5
345	1446	20.3	11.3	35.1	25.9	0.6	3.5	0.4
352	1471	8.5	13.0	33.3	24.5	0.6	3.8	0.8
336	1406	18.8	9.4	34.7	27.0	0.6	4.4	0.6
358	1511	8.4	4.4	63.2	20.1	2.3	8.6	1.4
294	1230	15.0	7.4	34.9	31.1	1.6	3.9	0.1
377	1579	24.1	12.8	34.3	20.0	0.5	5.7	0.3
274	1146	18.1	10.6	22.9	14.5	0.7	4.6	0.3
317	1326	6.9	2	60.3	54.4	0.4	2.7	0.5
324	1354	16.6	9.2	28.1	9.8	1.3	16.1	1.8
385	1614	19.1	3.2	51.1	33.3	17.6	1.3	0.4
386	1627	11.3	6.3	64.4	26.7	1.9	7.7	1.2
263	1117	1.3	0.2	55.9	12.6	2.2	8.1	1.2