

NUTRITIONAL INFORMATION



SEPTEMBER 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

Starters

	PER SERVING									PER 100 G								
	kcal	kJ	Fat g	Saturate 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
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
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
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

BASES, ROMANA, CALABRESE & CALZONE

	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
Bases																		
Standard dough - cooked	578	2446	3.4	0.5	118.0	9.5	6.5	22.1	3.2	309	1308	1.8	0.3	63.1	5.1	3.5	11.8	1.7
Wholemeal dough - cooked	542	2290	5.2	0.6	107.1	8.3	11.2	22.1	2.7	301	1272	2.9	0.4	59.5	4.6	6.2	12.3	1.5
Adult Gluten Free - cooked	529	2237	2.7	0.3	121.2	2.1	3.9	6.5	3.0	309	1308	1.6	0.2	70.9	1.2	2.3	3.8	1.7
Piccolo Gluten Free - cooked	168	711	1.0	0.1	37.1	0.6	0.9	2.2	0.8	221	935	1.3	0.1	48.8	0.8	1.2	2.9	1.1
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
Diavolo	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 '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
Vegan Mezze	932	3914	33.2	3.5	141.1	22.6	19.4	27.2	4.9	202	849	7.2	0.8	30.6	4.9	4.2	5.89	1.1
Margherita Bufala	1152	4813	55.8	23.3	127.0	14.2	11.4	40.6	4.6	252	1053	12.2	5.1	27.8	3.1	2.5	8.9	1.0

CLASSIC PIZZAS

	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
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

LEGGERA PIZZA

	PER SERVING								
	kcal	kJ	Fat g	Saturates g	Carbohydrates g	Sugars g	Fibre g	Protein g	Salt g
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	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	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	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
Superfood salad addition	171	711	9.2	1.1	15.2	2.7	3.5	6.3	0.5

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
227	948	12.2	1.5	20.2	3.6	4.7	8.4	0.7

SALAD

	PER SERVING								
	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
Nicoise Salad no dressing	366	1528	21.0	3.6	5.1	3.3	1.8	39.1	2.0
Salads With Dressings no Dough Sticks									
Leggera Superfood	424	1767	24.3	3.2	29.3	15.5	17.0	14.1	1.5
Pollo Salad with dressing	693	2879	46.3	13.1	24.6	5.1	4.0	42.8	3.3
Nicoise Salad with dressing	558	2312	40.7	6.1	7.3	4.5	2.0	39.5	3.1
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
Nicoise Salad with dressing and dough sticks	820	3420	43.5	6.5	55.5	8.5	4.5	50.0	4.6
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
Pollo Salad no dressing	143	597	7.5	3.0	6.3	3.3	1.1	12.0	0.6
Nicoise Salad no dressing	101	422	5.8	1.0	1.4	0.9	0.5	10.8	0.6
Leggera Superfood	121	504	6.9	0.9	8.3	4.4	4.8	4.0	0.4
Pollo Salad with dressing	175	727	11.7	3.3	6.2	1.3	1.0	10.8	0.8
Nicoise Salad with dressing	137	568	10.0	1.5	1.8	1.1	0.5	9.7	0.8
Pollo Salad with dressing and dough sticks	195	815	10.0	2.8	14.9	1.8	1.3	10.8	1.0
Nicoise Salad with dressing and dough sticks	164	684	8.7	1.3	11.1	1.7	0.9	10.0	0.9
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

AL FORNO & SIDES

	PER SERVING								
	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
Pollo Pesto (GF)	1082	4507	57.5	23.3	90.3	6.5	3.4	48.6	7.5
Cannelloni	705	2943	43.0	21.2	49.2	10.4	5.7	33.1	3.6
Bolognese	674	2834	28.0	10.0	83.0	6.0	5.0	28.0	2.0
Sides									
Mixed Salad without dressing	74	306	5.4	0.8	3.6	2.5	1.4	1.9	0.1
Mixed Salad with House dressing	202	829	18.8	2.5	5.1	4.2	2.5	2.2	0.8
Polenta Chips	454	1889	26.6	2.7	42.8	5.0	7.7	6.7	2.7
Haloumi Bites	351	1463	23.2	8.7	20.7	1.8	1.1	15.4	0.0
Rucola	140	579	11.7	3.4	3.0	2.7	1.1	5.7	0.3
Vegan Trio of Dips	270	1121	25.3	2.4	7.1	4.1	2.1	2.8	0.6

	PER 100 G								
	kcal	kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
	162	677	9.6	5.3	9.8	2.5	1.6	8.4	0.9
	190	792	10.1	4.1	15.9	1.1	0.6	8.6	1.3
	149	622	9.1	4.5	10.4	2.2	1.2	7.0	0.8
	166	698	6.7	2.5	20.3	1.4	1.2	6.8	0.4
	53	220	3.9	0.6	2.6	1.8	1.0	1.4	0.1
	119	490	11.1	1.5	3.0	2.5	1.5	1.3	0.5
	218	908	12.8	1.3	20.6	2.4	3.7	3.2	1.3
	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
	300	1245	28.1	2.7	7.9	4.5	2.3	3.1	0.7

DESSERT	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
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
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)	384	1602	25.7	12.2	32.5	19.5	0.5	5.6	0.6	358	1497	24.0	11.4	30.4	18.2	0.5	5.2	0.6
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 - Coconut 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
Chocolate Fondant and ice cream	670	2793	38.6	23.3	70.0	57.4	2.2	9.2	0.2	370	1543	21.3	12.9	38.7	31.7	1.2	5.1	0.1
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

DOLCETTI

Vegan Carrot Cake

Salted Caramel Profiteroles

Chocolate Brownie

Caffe reale

Lotus Biscoff Cheesecake

PER SERVING								
kcal	kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
336	1409	16.2	4.1	45.9	31.5	0.0	1.5	0.5
257	1070	16.2	10.2	24.0	19.2	0.0	3.4	0.1
206	857	11.3	5.5	24.5	20.1	1.8	2.6	0.0
208	866	12.6	8.7	23.7	32.7	1.4	1.9	0.1
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
373	1565	18.0	4.5	51.0	35.0	0.0	1.6	0.5
428	1783	27.0	17.0	40.0	32.0	0.0	5.6	0.2
349	1451	19.2	9.3	41.5	34.1	3.1	4.4	0.1
281	1170	17.0	11.8	32.0	44.2	1.9	2.6	0.1
469	1971	33.6	14.2	37.4	21.4	0.8	3.9	0.4

PICCOLO	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
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	809	7.6	0.7	24.1	1.7	2.5	6.9	0.5	117	493	4.6	0.4	14.7	1.0	1.5	4.2	0.3
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	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	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	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
Pollo Salad with DB	283	1179	9.4	2.9	23.6	0.5	3.4	27.0	1.3	108	450	3.6	1.1	9.0	0.2	1.3	10.3	0.5
Pollo Salad with Polenta Chips	265	1107	17.0	3.5	12.4	0.0	3.2	23.2	1.2	107	448	6.9	1.4	5.0	0.0	1.3	9.4	0.5
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

Autumn	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	
Romana & Calzone Pizzas																			
Calzone Verdure	906	3783	41.0	6.0	117.0	17.0	12.0	24.0	4.0	203	848	9.1	1.23	26.2	3.6	2.5	5.25	0.81	
Leggera Pizzas																			
Leggera Mezze	522	2196	21.1	2.6	75.5	15.0	13.8	10.9	2.2	163	686	6.6	0.8	23.6	4.7	4.3	3.4	0.7	
Desserts																			
White Chocolate & Rapsberry Cheesecake	440	1840	31.1	17.8	36.3	18.5	1.0	3.8	0.6	352	1472	24.9	14.2	29.0	14.8	0.8	3	0.5	