

Dish Name	Per Serving							Per 100g						
	Fat (g) per serving	Saturated Fat (g) per serving	Carbohydrate (g) per serving	Sugars (g) per serving	Fibre (g) per serving	Protein (g) per serving	Salt (g) per serving	Fat (g) per 100g	Saturated Fat (g) per 100g	Carbohydrate (g) per 100g	Sugars (g) per 100g	Fibre (g) per 100g	Protein (g) per 100g	Salt (g) per 100g
Bakery														
Garlic Bread	9.2	3.7	58	2.9	2.2	9.2	0.71	6.8	2.7	44	2.1	1.7	6.9	0.53
Garlic Bread with Balsamic Onions & Mozzarella	20	11	64	8.8	2.4	22	1.5	9.6	5.3	30	4.1	1.1	10	0.7
Garlic Bread with Mozzarella	19	10	59	2.9	2.2	20	1.3	11	5.7	33	1.6	1.3	11	0.76
Prezzo Dough Twist	9.6	5.6	64	3.5	2.4	17	1.1	5.5	3.2	37	2	1.4	10	0.66
Tomato Bruschetta	17	4.5	61	5.4	3.1	10	1.2	7.8	2	28	2.4	1.4	4.6	0.53
Garlic Bread with Balsamic onions & Mozzarella Large	38	20	150	19	5.3	44	2.9	8.5	4.6	33	4.1	1.2	9.7	0.64
Garlic Bread GF	11	4	51	1.4	1.5	3.5	1.8	9.9	3.6	47	1.2	1.4	3.2	1.7
Garlic Bread with Balsamic onions & Mozzarella GF	22	11	57	7.3	1.7	17	2.6	12	6.1	30	3.9	0.9	8.8	1.4
Garlic Bread with Balsamic Onions & Mozzarella Large GF	42	21	125	15	3.7	30	5.4	11	5.5	33	3.9	1	8	1.4
Garlic Bread with Mozzarella GF	20	10	51	1.4	1.5	14	2.5	13	6.8	34	0.9	1	9.5	1.6
Tomato Bruschetta GF	19	4.8	66	4	2.5	5.4	2.3	9	2.3	31	1.9	1.2	2.5	1.1
Starters and Sharers														
Prezzo's Antipasto Sharing	56	22	67	11	4.6	46	6.9	14	5.5	17	2.7	1.2	12	1.7
Tomato and Burrata Salad	47	20	5.9	4.9	1	11	1.7	21	9	2.6	2.2	0.5	4.9	0.78
Calamari	54	6.2	19	2.6	1	21	3.4	22	2.6	7.8	1.1	0.5	8.7	1.4
Crispy Fried Mozzarella with Calabrese ketchup	36	11	52	13	3.4	25	3.1	18	5.3	26	6.5	1.7	12	1.5
Crispy Fried Mozzarella with Pomodoro	35	11	45	5.4	3.1	24	2.6	17	5.1	22	2.6	1.5	12	1.3
Italian Hummus	33	3.7	70	3.4	8.3	16	1.5	15	1.7	32	1.6	3.8	7.1	0.67
Oak-Smoked Salmon Cucumber & Dill Salad	20	4.1	23	3.1	1.2	22	3.3	12	2.3	13	1.8	0.7	12	1.9
Olives	6.2	1.1	0.5	0	1.1	0.5	3	7.3	1.3	0.5	0	1.3	0.6	3.5
Prezzo's Antipasto	38	14	35	7.2	2.9	29	4.6	15	5.6	14	2.9	1.2	12	1.8

Prezzo's Meatballs	20	6.7	30	5.7	4	35	4.3	6.5	2.2	9.8	1.9	1.3	12	1.4
Artichoke, Olive and Tomato Salad	34	4.1	23	3.4	2.9	4.6	2.7	17	2.1	11	1.8	1.5	2.3	1.4
Mushroom and Mascarpone Arancini	29	5.2	34	1.8	1.5	6	1.4	18	3.2	21	1.1	0.9	3.7	0.84
Prezzo's Antipasto GF	39	14	32	6.5	2.5	27	5.2	16	6	13	2.7	1.1	11	2.2
Prezzo's Antipasto Sharing GF	58	22	59	9.3	3.9	40	8	16	5.9	16	2.5	1.1	11	2.2
Pasta														
Rigatoni Arrabbiata With burrata	29	11	92	11	6	22	1.6	6.6	2.5	21	2.4	1.3	5.1	0.37
Rigatoni Arrabbiata with Burrata Mozzarella & Chicken	30	12	93	11	6.1	46	2	5.8	2.2	18	2.1	1.2	8.7	0.39
Beef Shin Mezzelune	32	14	93	12	3.5	22	3.7	8.7	3.9	25	3.4	1	5.9	1
Crab & Lobster Ravioli	39	13	49	9.1	1.6	26	3.1	8.1	2.6	10	1.9	0.5	5.4	0.63
King prawn Spaghetti	16	2.4	93	12	7.1	31	1.9	3.2	0.5	18	2.2	1.4	5.9	0.36
Lasagne	32	15	50	10	4.5	37	4.4	6.9	3.3	11	2.2	0.9	7.9	0.94
Oak smoked salmon Rigatoni	28	8	89	8.3	5.8	35	3.8	6	1.7	19	1.8	1.2	7.4	0.81
Spaghetti carbonara with chicken	62	33	89	10	3.3	67	4.2	11	6.1	16	1.9	0.6	12	0.77
Rigatoni Arrabbiata with chicken	16	2.4	92	9.8	6.1	41	1.5	3.4	0.5	20	2.1	1.3	8.8	0.33
Spicy Gnocchi Al Forno with Burrata	72	38	92	7	10	58	7.5	11	5.9	14	1.1	1.6	8.9	1.2
Pea & Goats Cheese Ravioli	37	20	57	7.2	3.6	26	1.6	9.9	5.5	15	1.9	1	7.1	0.44
Rigatoni Arrabbiata	16	2.3	91	9.3	5.9	18	1.1	4.1	0.6	24	2.4	1.6	4.6	0.3
Rigatoni Chicken and Mushroom	39	7.1	92	11	6.8	45	2.2	6.7	1.2	16	1.8	1.2	7.7	0.38
Rigatoni Chicken and Mushroom Veggie	43	7.4	94	11	15	46	2.9	7	1.2	15	1.8	2.4	7.6	0.47
Rigatoni Rusticana	34	14	95	13	6.1	57	4.8	6	2.5	17	2.3	1.1	10	0.85
Spaghetti Bolognese	21	7.6	96	8.9	5.9	33	2.9	4.3	1.6	20	1.9	1.2	6.9	0.6
Spaghetti Carbonara	61	33	88	10	3.2	44	3.8	13	7.1	19	2.2	0.7	9.5	0.82
Rigatoni Arrabbiata Al Forno with Burrata & Chicken	54	27	60	9.4	4.8	66	3.5	10	5.2	11	1.8	0.9	12	0.66
Rigatoni Arrabbiata Al Forno with Burrata	53	27	59	9.1	4.7	43	3.1	12	6	13	2	1	9.5	0.69
Rigatoni Arrabbiata Al Forno with Chicken	39	18	59	8.2	4.8	61	3	8.4	3.9	13	1.7	1	13	0.64
Spinach & Ricotta Cannelloni	42	25	42	8.8	1.3	38	4.2	11	6.3	11	2.2	0.5	9.7	1.1
Arrabbiata Al Forno	38	18	58	7.9	4.7	38	2.6	9.8	4.6	15	2	1.2	9.8	0.68
Spaghetti Carbonara Chicken Al Forno	84	34	61	13	2.4	86	5.5	14	5.6	10	2.1	0.5	14	0.9
Spicy Gnocchi Al Forno	57	29	91	5.8	10	53	7.1	9.8	5	16	1	1.7	9	1.2
Rigatoni Arrabbiata Al Forno with Burrata GF	54	28	126	8.5	6.2	43	3.1	9.2	4.7	21	1.4	1	7.4	0.53
Rigatoni Arrabbiata Al Forno with Chicken & Burrata GF	55	28	127	8.8	6.2	67	3.5	8.3	4.2	19	1.3	0.9	9.9	0.53
Fusilli Carbonara Chicken Al Forno GF	85	35	128	12	3.9	86	5.5	11	4.7	17	1.6	0.5	11	0.74

Rigatoni Arrabbiata Al Forno with Chicken GF	41	19	125	7.6	6.2	62	3.1	6.7	3.1	21	1.2	1	10	0.5
Arrabbiata Al Forno GF	40	19	124	7.3	6.2	39	2.7	7.5	3.5	23	1.4	1.2	7.3	0.5
Arrabbiata With Burrata & Chicken GF	31	12	127	9	6.3	40	2	5.4	2.1	22	1.6	1.1	7	0.36
Arrabbiata with Burrata GF	29	12	126	8.7	6.2	17	1.7	6	2.4	26	1.8	1.3	3.4	0.34
Arrabbiata With Chicken GF	16	2.8	126	7.8	6.3	35	1.6	3.2	0.5	25	1.5	1.2	6.9	0.31
Arrabbiata GF	15	2.5	124	7.5	6.2	12	1.2	3.5	0.6	29	1.7	1.4	2.8	0.27
King Prawn Fusilli GF	16	2.6	127	9.7	7.4	24	1.9	2.8	0.5	22	1.7	1.3	4.2	0.33
Oak Smoked Salmon Rigatoni GF	30	9.7	123	6.2	6.1	29	3.8	5.9	1.9	24	1.2	1.2	5.6	0.74
Fusilli Chicken and Mushroom GF	39	7.4	125	8.7	7	40	2.2	6.2	1.2	20	1.4	1.1	6.3	0.35
Fusilli Rusticana GF	34	15	128	11	6.3	51	4.8	5.6	2.4	21	1.8	1	8.4	0.78
Fusilli Bolognese GF	21	8	130	6.9	6.1	27	2.9	4	1.5	25	1.3	1.2	5	0.55
Fusilli Carbonara GF	61	33	123	8	3.4	37	3.8	12	6.5	24	1.6	0.7	7.3	0.75
Spaghetti Carbonara with Chicken GF	63	33	124	8.3	3.5	61	4.2	11	5.7	21	1.4	0.6	10	0.71
Gnocchi Pesto with Burrata	49	13	86	1.9	8.1	15	5	13	3.2	22	0.5	2.1	3.9	1.3
Gnocchi Pesto with Chicken	36	3.8	86	1	8.1	34	4.9	8.9	0.9	21	0	2	8.2	1.2
Gnocchi Pesto with Chicken and Burrata	51	13	87	2.2	8.1	38	5.4	11	2.8	19	0.5	1.7	8.2	1.1
Gnocchi Pesto	35	3.4	85	0.7	8.1	10	4.5	11	1	26	0	2.5	3.2	1.4
Rigatoni Arrabbiata with Vegan Chicken	20	2.7	94	10	14	42	2.2	4.1	0.6	19	2	2.8	8.6	0.45
Vegan Spaghetti Bolognese	10	1.4	98	13	9.5	27	2.2	2.1	0.3	20	2.6	2	5.7	0.46
Vegan Fusilli Bolognese GF	10	1.7	133	11	9.7	20	2.2	2	0.3	25	2	1.8	3.9	0.43
Pizza														
Calabrese Calzone	54	22	155	22	8.6	50	4.9	8.6	3.5	25	3.5	1.4	8.1	0.79
Chicken & Roast Pepper Pinsa	35	19	129	21	6.5	69	3.5	6.2	3.4	23	3.7	1.2	12	0.62
Courgette & Black Olive	62	15	145	13	8.3	36	4.2	12	2.9	29	2.6	1.6	7.1	0.82
Courgette & Black Olive Large	85	21	149	16	9.8	44	5.5	14	3.5	24	2.6	1.6	7.1	0.91
Courgette & Black Olive Pizzetta	38	8.3	70	10	5.1	18	2.2	11	2.4	20	2.9	1.5	5.3	0.64
Dolce E Picante	46	21	152	20	6.3	46	4.5	9.5	4.3	31	4	1.3	9.4	0.93
Dolce E Picante Large	65	30	159	26	7	57	5.8	11	5.1	27	4.5	1.2	9.7	1
Dolce E Picante Pizzetta	28	11	74	14	4.4	23	2.5	8	3.1	21	4	1.3	6.7	0.71
Goats Cheese & Roasted Pepper	37	22	159	27	8.4	50	3.9	6.9	4	29	4.9	1.5	9.2	0.71
Goats Cheese & Roasted Pepper Large	53	31	168	36	9.4	62	5	8.2	4.8	26	5.6	1.5	9.7	0.78
Goats Cheese & Roasted Pepper Pizzetta	24	12	77	17	5	26	2.1	6.8	3.3	22	4.7	1.4	7.3	0.59
Gorgonzola & Prosciutto	59	33	150	19	5.7	65	5.6	11	6	27	3.4	1	12	1

Gorgonzola & Prosciutto Large	82	46	156	24	6	81	7.2	12	7	23	3.6	0.9	12	1.1
Gorgonzola & Prosciutto Pizzetta	34	17	73	13	3.8	33	2.9	9.4	4.7	20	3.5	1	8.9	0.8
Margherita	28	17	141	9.4	6.2	49	3.2	6.2	3.8	31	2.1	1.4	11	0.71
Margherita Large	40	25	143	11	6.7	62	4.1	7.5	4.7	27	2.1	1.3	12	0.77
Margherita Pizzetta	19	9.2	68	8.2	4	25	1.7	6.1	2.9	22	2.6	1.3	7.9	0.56
Marinara	10	1.2	146	14	8.3	23	2.4	2.5	0.3	36	3.6	2	5.7	0.58
Marinara Large	13	1.5	149	17	9	23	2.6	3	0.4	35	3.9	2.1	5.6	0.62
Marinara Pizzetta	11	1.3	70	10	4.8	12	1.2	3.8	0.5	25	3.7	1.7	4.2	0.44
Mortadella Mushroom & Mascarpone	61	37	143	11	7.7	53	4.2	9.8	6	23	1.8	1.2	8.6	0.67
Mortadella Mushroom & Mascarpone Large	83	50	146	14	8.9	65	5.4	11	6.6	19	1.8	1.2	8.6	0.71
Mortadella Mushroom & Mascarpone Pizzetta	36	19	93	9.5	5	29	2.2	8.3	4.4	22	2.2	1.2	6.7	0.52
Mushroom, Burrata & Truffle Pinsa	57	30	142	9	6.4	50	3.3	10	5.3	25	1.6	1.1	8.9	0.58
Pepperoni	38	20	141	8.9	6.2	53	4.6	8.2	4.2	31	1.9	1.3	12	1
Pepperoni Large	51	26	143	10	6.7	65	6	9.5	4.9	27	1.9	1.3	12	1.1
Pepperoni Pizzetta	24	10	68	7.9	4	27	2.4	7.4	3.2	21	2.5	1.3	8.4	0.76
Smokey Tre Carni Pinsa	54	24	118	9	6.3	85	5.5	9.3	4.1	21	1.6	1.1	15	0.95
Tre Carni Calzone	62	26	153	19	9.3	70	7.7	8.5	3.6	21	2.6	1.3	9.6	1
Tre Gusti	56	26	144	11	6.3	86	7.4	9.6	4.5	24	1.9	1.1	15	1.3
Tre Gusti Large	80	37	147	14	6.9	116	10.2	11	5.1	20	1.9	0.9	16	1.4
Tre Gusti Pizzetta	33	14	70	9.2	4.1	43	3.7	8.5	3.5	18	2.4	1.1	11	0.98
Tre Veggie Calzone	36	16	150	18	10	29	2.9	5.8	2.5	24	2.8	1.6	4.6	0.47
Veggie Tre Carni Calzone	37	16	153	17	16	51	5.2	5.4	2.4	22	2.5	2.4	7.4	0.76
Courgette & Black Olive GF	66	16	121	9.8	6.7	23	6.7	15	3.5	27	2.2	1.5	5.2	1.5
Courgette & black olive Pizzetta GF	40	8.6	59	8.3	4.2	12	3.3	13	2.8	19	2.7	1.4	3.8	1.1
Dolce E Picante GF	50	22	127	16	4.7	33	7.1	12	5.1	30	3.8	1.1	7.7	1.7
Dolce E Picante Pizzetta GF	29	11	63	12	3.5	17	3.6	9.3	3.5	20	3.9	1.1	5.4	1.1
Goats Cheese & Roasted Pepper GF	42	23	133	23	6.4	38	6.5	9	4.9	29	4.9	1.4	8.1	1.4
Goats Cheese & Roasted Pepper Pizzetta GF	26	12	65	15	4.1	19	3.2	8.1	3.7	20	4.6	1.3	6.1	1
Gorgonzola & Prosciutto GF	62	34	125	15	4.1	51	8.1	13	6.9	26	3.1	0.8	11	1.7
Gorgonzola & Prosciutto Pizzetta GF	36	17	61	11	2.9	26	4	11	5.2	19	3.4	0.9	7.9	1.2
Margherita GF	31	18	116	6	4.6	36	5.7	8.2	4.6	30	1.6	1.2	9.3	1.5
Margherita Pizzetta GF	40	25	65	6.5	3.1	29	4.4	11	6.9	18	1.8	0.9	8	1.2
Marinara GF	14	1.8	120	9.8	6.1	9.4	4.7	4.4	0.6	39	3.2	2	3	1.5
Marinara Pizzetta GF	12	1.6	58	8.4	3.9	5.3	2.3	5	0.6	24	3.5	1.6	2.2	0.95

Marinara GF	14	1.8	120	9.8	6.1	9.4	4.7	4.4	0.6	39	3.2	2	3	1.5
Marinara Pizzetta GF	12	1.6	58	8.4	3.9	5.3	2.3	5	0.6	24	3.5	1.6	2.2	0.95
Mortadella Mushroom & Mascarpone GF	64	37	118	8	6.1	40	6.7	12	6.8	21	1.4	1.1	7.3	1.2
Mortadella Mushroom & Mascarpone Pizzetta GF	37	19	57	7.4	3.9	21	3.3	10	5.3	16	2.1	1.1	5.7	0.91
Pepperoni GF	41	20	116	5.5	4.6	40	7.2	10	5.1	29	1.4	1.2	10	1.8
Pepperoni Pizzetta GF	25	10	57	6.2	3.1	20	3.5	8.9	3.7	20	2.2	1.1	7.1	1.2
Tre Gusti GF	60	27	119	8	4.7	74	9.9	11	5.2	23	1.5	0.9	14	1.9
Tre Gusti Pizzetta GF	34	14	58	7.4	3.2	37	4.8	9.8	4	17	2.1	0.9	11	1.4
Vegan Pepperoni GF	38	23	138	5.4	17	12	9.2	8.4	5.2	30	1.2	3.7	2.8	2
Vegan Pepperoni Pizzetta GF	25	13	68	6.2	11	7.4	5.1	7.8	3.9	21	1.9	3.4	2.3	1.5
Vegan Margherita	24	20	158	8.8	6.2	21	3.5	5.6	4.7	38	2.1	1.5	5.1	0.84
Vegan Margherita GF	17	10	124	5.4	4.6	8.3	5.1	5.3	3.3	40	1.7	1.5	2.7	1.6
Vegan Margherita Large	30	25	166	10	6.7	22	4.3	6.3	5.3	35	2.1	1.4	4.6	0.91
Vegan Margherita Pizzetta	17	10	77	7.9	4	11	1.9	5.6	3.4	26	2.7	1.3	3.7	0.63
Vegan Pepperoni	34	23	162	8.8	19	26	6.7	6.6	4.4	31	1.7	3.6	4.9	1.3
Vegan Pepperoni Large	45	30	171	10	23	27	8.6	7.4	5	28	1.6	3.9	4.5	1.4
Vegan Pepperoni Pizzetta	24	13	80	7.9	12	14	4	6.6	3.5	22	2.2	3.3	3.8	1.1
Vegan Tre Gusti	28	13	153	9	16	35	4.5	5.8	2.7	32	1.9	3.2	7.3	0.95
Vegan Tre Gusti Large	34	17	159	10	20	40	5.8	6.1	3	29	1.9	3.5	7.2	1
Vegan Tre Gusti Pizzetta	24	12	79	8.1	8.8	18	2.9	6.8	3.4	22	2.3	2.5	5.1	0.83
Vegan Margherita Pizzetta GF	18	11	65	6.1	3.1	4.7	3	6.9	4	25	2.3	1.2	1.8	1.1
Grills														
Burger Italiano - Beef	83	15	102	19	8	47	7.2	13	2.3	16	3	1.3	7.5	1.1
Burger Italiano - Chicken	53	14	95	19	7.5	77	5.7	8.6	2.3	15	3	1.2	12	0.91
Vegetarian Calabrese Burger	61	16	116	23	15	35	5.7	12	3.1	22	4.4	2.8	6.7	1.1
Saltimbocca Chicken Sage	27	14	48	13	12	65	2.2	3.1	1.6	5.4	1.5	1.4	7.4	0.25
Seabass with Gnocchi and Saffron	26	9.3	40	4	5.9	28	2	6.4	2.3	10	1	1.5	7	0.51
Truffle Gorgonzola Beef burger	81	11	100	17	8	39	5.6	13	1.8	17	2.8	1.3	6.5	0.94
Truffle Gorgonzola Chicken burger	51	10	93	17	7.6	69	4.1	8.6	1.8	16	2.8	1.3	12	0.7
Tuscan Sausages	53	13	21	13	8.4	51	5.5	11	2.7	4.4	2.6	1.7	11	1.1
House burger Veggie with truffle fries	70	18	116	23	15	37	5.8	13	3.4	22	4.3	2.8	6.9	1.1
House Burger - Chicken with Truffle Fries	62	17	95	19	7.6	79	5.8	9.7	2.6	15	2.9	1.2	12	0.91
House Burger - Beef with Truffle Fries	92	17	102	19	8	50	7.3	14	2.7	16	2.9	1.2	7.7	1.1

Marinara GF	14	1.8	120	9.8	6.1	9.4	4.7	4.4	0.6	39	3.2	2	3	1.5
Marinara Pizzetta GF	12	1.6	58	8.4	3.9	5.3	2.3	5	0.6	24	3.5	1.6	2.2	0.95
Mortadella Mushroom & Mascarpone GF	64	37	118	8	6.1	40	6.7	12	6.8	21	1.4	1.1	7.3	1.2
Mortadella Mushroom & Mascarpone Pizzetta GF	37	19	57	7.4	3.9	21	3.3	10	5.3	16	2.1	1.1	5.7	0.91
Pepperoni GF	41	20	116	5.5	4.6	40	7.2	10	5.1	29	1.4	1.2	10	1.8
Pepperoni Pizzetta GF	25	10	57	6.2	3.1	20	3.5	8.9	3.7	20	2.2	1.1	7.1	1.2
Tre Gusti GF	60	27	119	8	4.7	74	9.9	11	5.2	23	1.5	0.9	14	1.9
Tre Gusti Pizzetta GF	34	14	58	7.4	3.2	37	4.8	9.8	4	17	2.1	0.9	11	1.4
Vegan Pepperoni GF	38	23	138	5.4	17	12	9.2	8.4	5.2	30	1.2	3.7	2.8	2
Vegan Pepperoni Pizzetta GF	25	13	68	6.2	11	7.4	5.1	7.8	3.9	21	1.9	3.4	2.3	1.5
Vegan Margherita	24	20	158	8.8	6.2	21	3.5	5.6	4.7	38	2.1	1.5	5.1	0.84
Vegan Margherita GF	17	10	124	5.4	4.6	8.3	5.1	5.3	3.3	40	1.7	1.5	2.7	1.6
Vegan Margherita Large	30	25	166	10	6.7	22	4.3	6.3	5.3	35	2.1	1.4	4.6	0.91
Vegan Margherita Pizzetta	17	10	77	7.9	4	11	1.9	5.6	3.4	26	2.7	1.3	3.7	0.63
Vegan Pepperoni	34	23	162	8.8	19	26	6.7	6.6	4.4	31	1.7	3.6	4.9	1.3
Vegan Pepperoni Large	45	30	171	10	23	27	8.6	7.4	5	28	1.6	3.9	4.5	1.4
Vegan Pepperoni Pizzetta	24	13	80	7.9	12	14	4	6.6	3.5	22	2.2	3.3	3.8	1.1
Vegan Tre Gusti	28	13	153	9	16	35	4.5	5.8	2.7	32	1.9	3.2	7.3	0.95
Vegan Tre Gusti Large	34	17	159	10	20	40	5.8	6.1	3	29	1.9	3.5	7.2	1
Vegan Tre Gusti Pizzetta	24	12	79	8.1	8.8	18	2.9	6.8	3.4	22	2.3	2.5	5.1	0.83
Vegan Margherita Pizzetta GF	18	11	65	6.1	3.1	4.7	3	6.9	4	25	2.3	1.2	1.8	1.1
Grills														
Burger Italiano - Beef	83	15	102	19	8	47	7.2	13	2.3	16	3	1.3	7.5	1.1
Burger Italiano - Chicken	53	14	95	19	7.5	77	5.7	8.6	2.3	15	3	1.2	12	0.91
Vegetarian Calabrese Burger	61	16	116	23	15	35	5.7	12	3.1	22	4.4	2.8	6.7	1.1
Saltimbocca Chicken Sage	27	14	48	13	12	65	2.2	3.1	1.6	5.4	1.5	1.4	7.4	0.25
Seabass with Gnocchi and Saffron	26	9.3	40	4	5.9	28	2	6.4	2.3	10	1	1.5	7	0.51
Truffle Gorgonzola Beef burger	81	11	100	17	8	39	5.6	13	1.8	17	2.8	1.3	6.5	0.94
Truffle Gorgonzola Chicken burger	51	10	93	17	7.6	69	4.1	8.6	1.8	16	2.8	1.3	12	0.7
Tuscan Sausages	53	13	21	13	8.4	51	5.5	11	2.7	4.4	2.6	1.7	11	1.1
House burger Veggie with truffle fries	70	18	116	23	15	37	5.8	13	3.4	22	4.3	2.8	6.9	1.1
House Burger - Chicken with Truffle Fries	62	17	95	19	7.6	79	5.8	9.7	2.6	15	2.9	1.2	12	0.91
House Burger - Beef with Truffle Fries	92	17	102	19	8	50	7.3	14	2.7	16	2.9	1.2	7.7	1.1

Salads

Orzo salad with prawns	27	12	45	9.8	3.6	25	1.2	6.6	2.8	11	2.4	0.9	6.1	0.29
Orzo salad with chicken	19	8	44	9.4	3.2	40	0.61	4.5	1.9	10	2.2	0.8	9.4	0.14
Chicken Caesar Salad	41	7.7	32	3.6	4.8	61	2	8.3	1.5	6.5	0.7	1	12	0.39
Chicken Bacon & Avocado Salad	32	6.3	51	12	5.6	39	2.1	6.4	1.3	10	2.5	1.1	7.8	0.42
Orzo, Tomato and Ricotta Salad	18	7.7	44	9.4	3.2	14	0.45	5.7	2.4	14	3	1	4.4	0.14

Sides

Fries Side	19	1.8	50	0.9	4.3	4.5	1.3	9.7	0.9	25	0.5	2.2	2.3	0.66
Potato Al Forno	12	4.1	68	4.2	8	7.7	0.14	3.7	1.3	21	1.3	2.5	2.4	0.04
Mixed Salad	10	1.4	7.7	7.3	2	1.8	0.3	5.5	0.7	4	3.8	1.1	0.9	0.15
Truffle Fries Side	28	4.3	50	1	4.3	6.8	1.4	13	2	24	0.5	2	3.2	0.66

Extras

Anchovies extra	1.8	0	0	0	0	6.5	3.5	7.3	0.2	0.7	0.7	0	26	14
Burrata extra	14	9.2	1.2	1.2	0	4.8	0.48	24	15	2	2	0	8	0.8
Chicken -Pizza/Pasta extra	1.2	0.3	1.1	0.5	0	23	0.39	1.5	0.4	1.4	0.5	0	29	0.49
Chilli extra	0	0	0.5	0.5	0	0	0	0.5	0	4.2	4.2	1.5	1.8	0.03
Gorgonzola DOP extra	12	8.6	0	0	0	8.6	0.68	27	19	0	0	0	19	1.5
Mortadella DOP extra	8.3	2.7	0	0	0	5	0.67	26	8.5	0.5	0.5	0	16	2.1
Mozzeralla extra	19	13	0	0	0	22	1.3	22	15	0	0	0	26	1.5
Mushrooms extra	5.1	3	0.5	0	1.2	2	0	6.2	3.6	0.5	0.5	1.5	2.4	0.01
Nduja extra	20	8.8	0.5	0	0	5.6	0.84	50	22	1.1	0	0	14	2.1
Olives extra	1.8	0.3	0	0	0.5	0	0.88	7.3	1.3	0.5	0	1.3	0.6	3.5
Pancetta extra	21	8.4	2.3	2.1	0	13	2.8	36	14	4	3.7	0	22	4.8
Pepperoni extra	15	5.9	1	0	0	9.2	1.6	38	15	2.4	0	0	23	4.1
Prawn extra	0.5	0	0.5	0.5	0.5	11	0.62	0.5	0.1	0.5	0.5	0.5	13	0.75
Prosciutto extra	4.2	1	0	0	0	9.3	1.8	13	3.1	0.5	0	0	29	5.5
Roast peppers extra	0	0	2.1	2	1.1	0.5	0	0	0	4.3	4.2	2.2	0.8	0
Rocket extra	0	0	0.5	0	0.5	0.5	0.01	0.7	0	2.1	1	1.6	2.6	0.07
Spicy pepperoni extra	12	4.4	0	0	0	7	1.3	38	14	0.5	0.5	0	22	4
Spinach extra	0	0	0	0	0.5	0.5	0.04	0.8	0.1	1.6	1.5	2.1	2.8	0.35

Vegan Chicken extra	2.4	0.3	1.7	0.5	3.8	12	0.5	4.8	0.6	3.3	0.5	7.5	23	1
Vegan Mozzarella extra	21	19	18	0		0	1.9	24	22	21	0		0	2.2
Vegan Pepperoni extra	5	1.6	1.9	0	5.6	1.9	1.4	11	3.5	4.3	0	12	4.2	3.2
Vegan Pepperoni extra	5	1.6	1.9	0	5.6	1.9	1.4	11	3.5	4.3	0	12	4.2	3.2
Dips														
Calabrese Ketchup Dip	0.6	0	10	9.5	1.2	1.1	0.95	1.4	0.2	24	22	2.9	2.5	2.2
Calabrese Mayo Dip	17	1.4	5.4	5	0.6	0.8	0.8	40	3.2	12	12	15	1.8	1.9
Garlic Butter Dip	25	11	1	0		0.5	0.43	58	25	2.4	0	0	1.2	1
Garlic Mayo Dip	28	2.2	1.7	0.7	0.5	0.5	0.69	64	5	4	1.7	0.7	0.6	1.6
Pestonnaise Dip	27	2.3	1.1	0.5	0	1.1	0.97	64	5.4	2.6	0.7	0.5	2.6	2.3
Truffle mayo dip	46	4.2	0.7	0.6	0	0.5	0.7	82	7.6	1.2	1.1	0	0.9	1.3
Desserts														
Affogato	6.9	4.6	19	12	0	4.3	0.12	7.6	5.1	21	13	0	4.7	0.14
Best Ever Chocolate Cake	46	23	34	33	3.8	11	0.07	30	15	22	21	2.5	7.4	0.05
Chocolate & Cherry Sundae	25	16	67	44	0.5	13	0.32	8.3	5.4	22	14	0	4.2	0.11
Chocolate Gelato	11	7	38	24		7.7	0.19	7.1	4.4	24	15	0	4.8	0.12
Lemon Meringue Pie	22	13	68	58	1.2	6.6	0.32	13	8	41	36	0.7	4	0.19
Lotus Biscoff Cheesecake with Banana	31	12	74	47	2	4.2	0.58	15	5.8	36	23	1	2	0.28
Mango Sorbet	0.5	0.2	44	37		0.6	0.13	0.5	0.1	27	23	0	0.5	0.08
Raspberry Sorbet	0.5	0.2	45	40		0.8	0	0	0.1	28	25	0	0.5	0
Salted Caramel Chocolate Bar	12	7.3	21	18	1.7	3	0.2	21	12	36	30	3	5.1	0.34
Sicilian Orange Cheesecake	30	16	44	34	0.7	10	0.5	13	7.2	19	15	0.5	4.4	0.22
Sticky Toffee Pudding	44	21	92	67	2.3	7.3	1.6	16	7.9	34	25	0.8	2.7	0.6
Strawberry Sundae	25	18	78	58	0.5	10	0.4	7.4	5.2	23	17	0	3	0.12
Tiramisu	23	14	62	51	0.9	4.5	0.14	14	8.3	36	30	0.5	2.6	0.08
Vanilla gelato	11	8	36	23		5.9	0.24	7.1	5	22	14	0	3.7	0.15
Kids														
Crispy Fried Mozzarella - Kids	15	5.1	23	3.4	1.9	12	1.4	11	3.8	17	2.5	1.4	9.1	1
Garlic Bread - Kids	4.6	1.8	29	1.4	1.1	4.6	0.35	6.8	2.7	44	2.1	1.7	6.9	0.53
Garlic Bread with Mozzarella Kids	9.4	5.1	29	1.5	1.1	10	0.68	11	5.7	33	1.6	1.3	11	0.76

Vegetable Sticks with Caesar - Kids	15	1.8	1.9	1.7	1.5	0.9	0.51	16	2	2.2	2	1.7	1.1	0.58
Vegetable Sticks with Hummus - Kids	9.6	1.1	7.2	3.2	3.6	2.9	0.29	7.5	0.8	5.6	2.5	2.8	2.3	0.23
Garlic Bread GF Kids	11	4	51	1.4	1.5	35	1.8	9.9	3.6	47	1.2	1.4	32	1.7
Garlic Bread with Mozzarella GF Kids	15	7.1	51	1.4	1.5	8.9	2.2	12	5.5	39	1	1.2	6.8	1.7
Pesto Gnocchi - Kids	15	1.4	46	1.3	5.6	7.1	2.4	7.9	0.8	24	0.7	3	3.7	1.3
Beef Burger Kids	29	3	75	13	4.9	20	3.2	8.4	0.9	21	3.8	1.4	5.6	0.92
Cheese & Tomato Pizza Kids	11	6.7	65	4.7	3.2	22	1.5	4.7	2.8	27	2	1.4	9.1	0.62
Chicken Burger Kids	15	2.8	72	13	4.7	34	2.5	4.2	0.8	21	3.8	1.3	9.9	0.71
Pepperoni Pizza Kids	22	11	65	4.8	3.3	28	2.7	8.4	4.2	25	1.8	1.2	11	1
Rigatoni Bolognese Kids	8.9	3.4	46	5.5	2.3	15	1.1	4.1	1.5	21	2.5	1.1	6.8	0.51
Rigatoni Carbonara Kids	40	23	45	5	1.6	24	1.6	16	9.4	18	2	0.7	9.6	0.67
Rigatoni Meatballs Kids	9	3.5	50	5.1	3.6	30	2.3	3.2	1.2	18	1.8	1.3	10	0.81
Rigatoni Pomodoro Kids	2.2	0.3	45	4.7	2.9	8.5	0.68	1.2	0.2	25	2.6	1.6	4.7	0.37
Rigatoni with Butter Kids	12	6.8	41	1.9	1.6	7.6	0	9.3	5.3	32	1.4	1.2	5.9	0
Spaghetti Bolognese Kids	8.9	3.4	46	5.5	2.3	15	1.1	4.1	1.5	21	2.5	1.1	7	0.51
Spaghetti Carbonara Kids	40	23	44	5	1.6	24	1.6	16	9.4	18	2	0.7	9.8	0.67
Spaghetti Pomodoro Kids	2.2	0.3	45	4.7	2.9	9.1	0.68	1.2	0.2	24	2.6	1.6	5	0.37
Veggie Burger Kids	19	3.9	82	15	8.3	16	2.4	6.4	1.3	27	5	2.7	5.2	0.78
Bolognese Kids GF	9.1	3.6	63	4.4	2.5	12	1.1	3.8	1.5	26	1.8	1	4.9	0.47
Carbonara Kids GF	40	23	62	4	1.7	21	1.6	15	8.6	23	1.5	0.6	7.7	0.61
Cheese & Tomato Pizza Kids GF	13	6.9	53	3	2.3	15	2.5	6.3	3.5	26	1.5	1.2	7.5	1.3
Fusilli with Butter Kids GF	12	7	58	0.8	1.7	4.8	0.01	8	4.6	38	0.6	1.1	3.2	0
Pepperoni Pizza Kids GF	28	13	54	3	2.4	24	4.2	11	5.3	22	1.2	1	10	1.7
Rigatoni Pomodoro Kids GF	2.4	0.5	62	3.7	3	5.7	0.69	1.2	0.2	30	1.8	1.4	2.8	0.33
Vegan Bolognese Kids GF	4.6	0.8	65	4.6	4.3	9.3	0.93	1.9	0.3	27	1.9	1.8	3.8	0.39
Vegan Cheese & Tomato Pizza Kids GF	14	10	62	3	2.3	4.1	2.9	6.7	5	31	1.5	1.2	2	1.4
Vegan Pepperoni Pizza Kids GF	19	12	76	3.1	7.9	6.8	4.3	7.1	4.5	29	1.2	3	2.6	1.6
Vegan Cheese & Tomato Pizza Kids	12	9.9	74	4.7	3.2	11	1.8	5.1	4.2	31	2	1.4	4.5	0.75
Vegan Pepperoni Pizza Kids	17	11	76	4.7	8.7	12	3.2	6	4.1	27	1.7	3.1	4.4	1.1
Vegan Rigatoni Bolognese Kids	4.4	0.6	48	5.6	4.1	12	0.92	2	0.3	22	2.6	1.9	5.5	0.42
Vegan Spaghetti Bolognese Kids	4.4	0.6	48	5.6	4.1	13	0.92	2	0.3	22	2.6	1.9	5.8	0.42
Chocolate Gelato Kids	5.9	3.7	20	12		4	0.1	7.1	4.4	24	15		4.8	0.12
Ice lolly Berry	0	0	3.9	3.7	0	0	0	0	0	9.7	9.3	0	0	0
Ice lolly Rainbow	0	0	4.5	4.2	0	0	0	0	0	11	11	0	0	0

Kids Sundae - Caramel Sauce	0.5	0.1	12	11	0	0	0.3	1.7	0.6	59	57	0	0.5	1.5
Kids Sundae - Cherries	0	0	3.3	3.3	0.5	0	0	0	0	13	13	1.5	0	0
Kids Sundae - Chocolate Sauce	0.5	0.2	12	9	0	0.5	0	1.8	1.1	58	45	0	1.7	0
Kids Sundae - Sprinkles	0	0.1	12	11	0	0		1.3	1.2	97	91	0	0	
Kids Sundae - Squirty Cream	1.1	0.8	0.5	0.5	0	0	0	28	20	8.1	8.1	0	2.4	0.08
Kids Sundae - Strawberries	0	0	2	2	0.5	0	0	0	0	7.8	7.8	1.2	0.7	0
Kid's Sundae - Strawberry Syrup	0	0	12	12	0	0	0	0	0	81	81	0	0	0.03
Kids Sundae Cafe Curl	0.5	0.2	1.5	0.9		0	0	14	12	74	44	0	6.3	0.21
Mango Sorbet Kids	0	0	23	19		0.5	0.07	0.5	0.1	27	23	0	0.5	0.08
Nutella Dippers Dessert	9.6	3.2	60	28	1.2	6.9	0.35	9	3	56	26	1.2	6.4	0.33
Raspberry Sorbet Kids	0	0	23	21		0.5	0	0	0.1	28	25		0.5	0
Vanilla Gelato Kids	5.9	4.2	19	12		3.1	0.12	7.1	5	22	14	0	3.7	0.15