

Nutrition Menu

Zizzi

Non - Gluten

Dish Name	Kcal Per Portion	kJ Per Portion	Fat Per Portion	Sats Per Portion	Carbohydrate Per Portion	Sugar Per Portion	Protein Per Portion	Fibre Per Portion	Sodium Per Portion	Salt Per Portion
Non-Gluten Piccante	1818	7569	121	55	110	14	65	15	4	11
Non-Gluten Primavera	1404	5857	81	29	112	11	48	17	2	6
Non-Gluten Hot & Spicy Jackfruit	1245	5193	69	36	130	15	14	23	3	8
Non-Gluten Veggie vs. Veggie	1090	4567	47	24	115	11	44	15	2	4
Non-Gluten Hot Potato & Calabrian Sausage	1386	5790	74	33	115	10	57	15	3	7
Non-Gluten Vegan Margherita	1086	4543	51	30	139	7	10	14	2	5
Non-Gluten Margherita	981	4109	46	20	100	7	38	11	1	3
Non-Gluten Pinoli	1016	4260	43	21	116	20	36	12	2	4
Non-Gluten Pepperoni Campagna	1097	4593	51	25	101	7	52	11	3	7
Non-Gluten Vegan Pomodoro	678	2848	24	4	102	18	11	5	1	4

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Non-Gluten Pure Pepperoni	1669	6964	100	52	101	8	86	12	5	12
Non-Gluten Chicken & Fiery Roquito	1289	5398	58	24	110	14	75	13	2	5
Non-Gluten King Prawn Pasta	576	2424	15	5	92	8	21	N/A	N/A	4
Non-Gluten Pollo Piccante	1530	6363	108	47	96	7	39	8	2	4
Non-Gluten Pesto Rosso	865	3627	38	13	91	4	38	4	1	3
Non-Gluten Chorizo Carbonara	1012	4229	56	22	94	4	33	3	2	5
Non-Gluten Lentil Ragù	707	2971	22	4	103	9	17	12	1	2
Non-Gluten Bolognese	713	2994	28	5	98	12	16	5	1	2
Non-Gluten Slow-Cooked Lamb	889	3726	42	16	96	8	30	4	1	3
Non-Gluten Pomodoro	535	2235	22	8	75	1	13	N/A	N/A	2

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Non-Gluten Vegan Pomodoro	678	2848	24	4	102	18	11	5	1	4
Tiny Non-Gluten Pomodoro	134	565	3	0	25	4	2	1	0	1
Kids Non-Gluten Bolognese	312	1313	8	3	48	5	11	3	0	1
Kids Non-Gluten Margherita	664	2792	20	7	98	7	17	10	1	2
Kids Non-Gluten Super Green Pesto Pasta	281	1181	10	1	42	0	4	2	0	1
Kids Non-Gluten Pizza Base	528	2224	11	1	96	4	6	9	1	1
Kids Non-Gluten Pomodoro	268	1130	5	1	49	8	5	2	1	1
Kids Non-Gluten Vegan Margherita	633	2660	19	8	102	6	7	11	1	2
Kids Non-Gluten Vegan Lentil Ragu	381	1599	13	2	53	5	9	6	1	1

Wholemeal

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Average calories (kcal) per pasta portion are 353 kcal and an average wholemeal pasta portion is 349 kcal										

