

Nutrition Menu

Per 100g/Per Serving

These figures are approximate as all our ingredients are measured by hand and are based on cooked weights. Product seasonality and availability may also cause variation in these figures. The data is a mixture of theoretical calculations and laboratory testing.

The data provided are for all core menu dishes and does not include substitutions or extra ingredients.

Adults need around 2.000kcal per day.

Zizzi Nutrition Guide

July 2023

NIBBLES																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Cheeky Olives	674	164	15	2.0	3.8	0.5	1.0	3.0	665	162	15	2.0	3.8	0.5	1.0	3.0
Pasta Crisps	1210	288	12	1.3	37	7.7	6.4	2.6	907	216	8.9	1.0	28	5.8	4.8	1.9
Little Soul Breads with oil and vinegar	1137	270	8.3	1.3	41	2.4	7.6	2.1	2653	631	19	3.0	95	5.6	18	5.0
Little Soul breads with dips	1152	275	13	2.6	31	1.5	6.2	2.0	4057	969	47	9.2	111	5.4	22	7.1
Take Away Only: Little Soul Breads with dip	1152	275	13	2.6	31	1.5	6.2	2.0	4057	969	47	9.2	111	5.4	22	7.1
Complimentary Pasta crisp	1959	467	19	1.7	60	6.2	10	3.7	392	93	3.9	0.3	12	1.3	2.1	0.74
STARTERS																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Calamari Large	1143	273	14	3.3	19	0.1	17	0.47	3829	915	48	11	63	0.3	58	1.6
Additional Soul Breads	1180	281	11	2.5	38	0.4	7.6	2.3	1532	365	14	3.2	49	0.5	9.8	2.9
Roasted Mushroom Brindisi	744	177	5.8	2.9	22	1.8	7.3	0.91	1973	470	15	7.6	57	4.8	19	2.4
Chicken Spiedini	849	203	11	1.5	13	12	13	0.46	2207	528	29	3.8	33	30	34	1.2
Garlic Bread	1106	263	7.3	1.7	40	0.4	8.0	1.0	2448	582	16	3.7	89	0.9	18	2.2
Garlic Bread with Mozzarella & Caramelised Onions	1055	251	6.9	2.9	36	4.4	10	1.0	2958	703	19	8.1	102	12	28	2.9
Bruschetta	715	171	9.3	1.2	17	2.1	3.7	0.53	2329	558	30	4.0	57	6.9	12	1.7
Calamari Small	1143	273	14	3.3	19	0.1	17	0.47	2115	505	27	6.1	35	0.2	32	0.90
Mozzarella Arancini	842	200	3.5	2.0	37	17	4.7	0.55	1316	312	5.5	3.1	58	27	7.4	0.86
King Prawn Spiedini	529	127	8.7	2.1	1.5	0.9	11	0.90	1030	247	17	4.0	2.9	1.8	21	1.8
Caprese Salad	551	133	12	4.0	3.6	2.7	3.5	0.15	1318	318	28	9.6	8.6	6.6	8.3	0.35
Cheesy Chilli Garlic Bread	1103	263	9.3	3.6	33	0.6	10	1.0	2976	709	25	9.7	90	1.5	28	2.8
Pork & Garlic Meatballs	839	202	16	6.2	5.2	2.1	10	0.96	2645	636	49	19	16	6.5	32	3.0
Vegan Meatless Meatballs	575	137	6.8	2.5	11	2.6	7.5	1.3	1312	313	16	5.7	24	5.9	17	3.0
Fondutta Formaggi	930	222	9.2	5.1	24	0.8	9.7	1.7	3568	851	35	20	94	3.1	37	6.7
Garlic Bread with just Cheese	1079	256	7.3	3.2	36	0.4	11	1.0	2700	642	18	8.0	89	1.1	28	2.6
Additional Bufala Mozzarella	1037	250	22	16	1.2	1.2	12	0.63	519	125	11	7.8	0.6	0.6	6.0	0.32

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SHARERS																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Grazing Board	882	211	10	3.4	22	4.1	7.0	1.5	7673	1833	88	30	192	36	61	13.4
Favourites Board	927	221	8.9	2.0	27	4.0	7.9	0.64	8275	1973	80	18	239	35	70	5.8
Fonduta Board	980	234	9.2	3.4	30	4.5	7.0	1.0	8056	1921	76	28	246	37	58	8.3
Add Chicken Skewers	664	159	8.9	1.6	1.9	1.5	18	0.44	1261	302	17	3.0	3.6	2.8	34	0.84
Add Harissa King Prawn Skewers	294	70	1.9	0.4	1.1	0.9	12	0.83	556	132	3.5	0.8	2.1	1.7	23	1.6
OUR RUSTICA PIZZA																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Piccante	1087	261	16	8.3	17	1.6	12	1.5	6612	1586	98	51	101	10	71	9.0
Margherita	924	220	7.7	4.8	24	0.9	13	1.0	3532	841	29	18	92	3.4	49	3.9
Pepperoni Campagna	862	205	8.0	4.6	20	0.8	13	1.3	4047	965	38	22	92	3.6	61	6.2
Meat Sofia	886	211	8.6	4.3	17	1.5	16	1.1	5227	1247	51	26	101	8.6	93	6.5
Primavera	840	201	10	4.4	17	1.2	9.5	1.1	5301	1269	65	27	105	7.6	60	7.0
Pinoli	918	219	8.1	4.7	25	3.7	11	1.1	3951	941	35	20	107	16	47	4.6
Vegan Margherita	762	182	7.5	6.2	23	0.6	4.2	1.2	3519	839	35	28	108	2.8	20	5.3
Chicken And Fiery Roquito	891	213	8.6	4.1	19	1.8	14	0.98	4782	1141	46	22	100	9.4	77	5.3
Black Truffle Salami & Mushroom	1060	254	14	7.5	19	0.9	13	1.2	5438	1301	71	38	97	4.5	67	6.1
Sticky Pig	1097	263	15	6.6	18	2.3	13	1.0	6431	1540	89	39	108	13	75	6.0
Duo Verde	869	208	11	6.0	17	2.8	10	0.83	5732	1371	70	40	113	18	67	5.5
Italian Garden	735	175	7.6	3.2	21	1.9	4.8	1.0	3857	921	40	17	110	10	25	5.3
Pure Pepperoni	1046	250	12	6.3	22	0.9	14	1.9	4412	1054	49	26	92	3.6	59	8.0
Additional Chicken	561	133	2.2	0.5	0.7	0.7	27	0.40	467	111	1.8	0.4	0.6	0.6	23	0.33
+ Crispy Prosciutto	979	234	13	3.1	0.3	0.3	29	5.5	306	73	4.1	1.0	0.1	0.1	9.1	1.7
Take Away Only: Chicken & Mushroom Pizza	853	203	7.7	4.2	18	0.8	14	0.88	4290	1023	39	21	93	4.0	73	4.4

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CLASSIC PIZZAS																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Classic Margherita Pizza	880	209	6.0	3.6	27	0.9	11	0.98	3018	717	21	12	92	3.2	39	3.4
Classic Pepperoni Campagna	873	208	7.1	3.9	23	0.9	12	1.3	3425	815	28	15	92	3.3	46	5.2
Classic Pinoli	887	211	6.5	3.8	28	4.0	9.6	1.0	3372	802	25	14	105	15	37	3.8
Classic Vegan Margherita Pizza	759	180	5.2	4.0	27	0.8	5.2	1.0	2755	654	19	14	99	2.8	19	3.8
Add Chicken	561	133	2.2	0.5	0.7	0.7	27	0.40	467	111	1.8	0.4	0.6	0.6	23	0.33
NON-GLUTEN PIZZAS																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Non-Gluten Chicken And Fiery Roquito Pizza	913	218	9.8	4.1	19	2.3	12	0.84	5081	1214	55	23	108	13	66	4.7
Non-Gluten Margherita Pizza	914	218	8.1	3.6	27	1.9	7.5	0.76	3317	791	29	13	99	6.7	27	2.7
Non-Gluten Pepperoni Campagna Pizza	888	212	9.5	4.6	20	1.5	10	1.1	4345	1038	46	22	100	7.1	49	5.6
Non-Gluten Piccante Pizza	1100	264	17	8.2	17	2.2	9.5	1.3	6910	1659	107	51	108	14	60	8.3
Non-Gluten Pinoli Pizza	911	217	8.4	3.7	28	4.7	6.2	0.83	3734	891	34	15	114	19	25	3.4
Non-Gluten Primavera Pizza	860	206	11	4.3	17	1.7	7.4	0.98	5600	1342	74	28	112	11	48	6.4
Non-Gluten Pure Pepperoni Pizza	1067	255	13	6.2	23	1.6	11	1.7	4710	1127	57	27	100	7.2	47	7.3
Non-Gluten Vegan Margherita Pizza	798	190	7.2	4.0	28	1.7	2.0	0.83	3053	728	27	15	107	6.3	7.5	3.2
Non-Gluten Black Truffle & Mushroom Pizza	1077	258	15	7.3	20	1.5	10	1.0	5736	1374	79	39	104	8.0	56	5.4
Non-Gluten Meat Sofia Pizza	907	217	9.8	4.3	18	2.0	13	0.96	5526	1320	59	26	108	12	82	5.9
Non-Gluten Sticky Pig	1111	266	16	6.5	19	2.8	11	0.89	6729	1614	97	39	115	17	64	5.4
Non-Gluten Italian Garden Pizza	763	183	8.9	3.2	22	2.5	2.5	0.85	4156	994	49	17	117	14	14	4.7
Non-Gluten Duo Verde Pizza	887	213	12	5.9	18	3.2	8.2	0.72	6030	1445	79	40	121	22	56	4.9
Take away Only: Non-Gluten Chicken & Mushroom Pizza	878	210	9.1	4.2	19	1.4	12	0.73	4588	1096	47	22	100	7.5	61	3.8

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CALZONE																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Calzone Piccante	811	193	7.6	3.4	19	1.9	12	0.94	4451	1061	42	19	103	10	65	5.1
Calzone Pollo Spinaci	862	206	8.1	4.1	20	1.5	13	1.2	4391	1046	41	21	100	7.6	65	5.9
PASTA																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Six Layer Lasagne	648	155	7.7	3.8	15	3.5	6.0	0.94	3465	829	41	20	81	19	32	5.0
Vegan Rainbow Lasagne	527	126	6.9	1.6	13	3.3	2.2	1.2	2491	597	33	7.4	61	16	10	5.5
ALL OUT - bolognese, mozzarella & bechamel upgrade o	754	182	13	7.1	6.2	3.6	8.6	0.95	1250	301	22	12	10	5.9	14	1.6
Casareccia Pork & Garlic Meatballs	747	179	12	3.0	14	2.8	5.6	0.82	5124	1228	79	20	93	19	38	5.6
Take Away Only : Lasagne Go All Out	673	161	9.1	4.5	13	3.5	6.6	0.94	4715	1130	63	32	91	24	46	6.6
King Prawn Linguine	337	79	0.5	0.1	13	0.6	6.0	0.78	2723	416	2.6	0.5	67	3.2	25	4.1
Casareccia Pollo Piccante	908	218	15	5.8	14	1.4	7.4	0.57	4488	1079	75	29	68	6.8	36	2.8
Spaghetti Chorizo Carbonara	913	219	14	4.1	17	1.1	6.9	1.0	3994	958	62	18	72	4.8	30	4.5
Spaghetti Bolognese	625	149	7.5	1.1	17	3.2	4.1	0.75	2858	683	34	5.0	77	14	19	3.4
Ravioli Di Capra	618	147	5.7	2.6	18	0.7	5.5	0.46	2269	540	21	9.5	68	2.6	20	1.7
Spaghetti Pomodoro	465	111	3.6	1.7	15	2.0	3.8	0.30	2462	586	19	9.0	80	11	20	1.8
Casareccia Pesto Rosso	1087	261	18	7.3	15	1.8	8.8	0.81	4988	1199	85	34	71	8.2	40	3.7
Casareccia Della Casa	757	181	9.2	2.6	14	1.6	8.2	0.92	3965	950	48	14	74	8.5	43	4.8
Vegan Spaghetti Pomodoro	405	96	1.7	0.3	17	2.1	3.0	0.30	1943	461	8.2	1.2	80	10	14	1.4
FRESH PASTA																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Signature Beef & Chianti Ragù	748	178	5.6	2.1	21	1.9	8.8	0.85	3162	753	23	8.8	87	7.8	37	3.6
Hot-Smoked Salmon Carbonara	762	181	5.8	1.2	20	0.7	11	0.97	3442	819	26	5.4	92	3.4	52	4.4
Truffle & Pancetta Carbonara	1016	244	15	6.1	18	1.5	8.0	1.1	4886	1172	74	29	85	7.2	38	5.5
Campanelle Lentil Ragù	591	141	4.5	0.7	18	2.5	4.5	0.21	2613	623	20	3.1	82	11	20	0.93

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NON-GLUTEN PASTA																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Non-Gluten Bolognese	602	143	4.4	1.0	22	3.2	3.6	0.68	2751	655	20	4.3	100	15	17	3.1
Non-Gluten Chorizo Carbonara	889	213	11	4.0	22	1.1	6.4	0.95	3887	930	48	17	95	4.9	28	4.2
Non-Gluten King Prawn Pasta	516	123	3.1	0.4	18	1.1	5.4	0.65	2714	645	16	2.3	94	5.7	29	3.4
Non-Gluten Pesto Rosso	1115	268	17	7.3	20	1.8	8.1	0.73	5221	1253	80	34	93	8.2	38	3.4
Non-Gluten Pollo Piccante Pasta	888	213	12	5.7	18	1.4	6.9	0.37	4381	1051	60	28	90	6.9	34	1.8
Non-Gluten Pomodoro Pasta	531	126	4.1	1.9	19	3.5	3.0	0.67	2828	672	22	9.8	100	18	16	3.6
Non-Gluten Vegan Lentil Ragù	621	148	4.1	0.7	22	1.7	3.9	0.52	3042	723	20	3.2	109	8.5	19	2.6
Non-Gluten Vegan Pomodoro Pasta	479	113	2.3	0.4	21	3.7	2.1	0.67	2309	547	11	2.0	100	18	9.9	3.2
Non-Gluten Hot-Smoked Salmon Carbonara	683	162	5.0	1.0	20	0.7	8.9	0.73	3430	815	25	5.1	101	3.4	45	3.7
Non-Gluten Signature Beef & Chianti Ragù	666	158	4.7	1.8	20	1.7	6.4	0.61	3150	749	22	8.5	97	7.8	30	2.9
Non-Gluten Truffle & Pancetta Carbonara	918	220	14	5.5	18	1.4	5.9	0.90	4873	1169	73	29	95	7.2	31	4.8
WILDFARMED PASTA																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Wildfarmed Chorizo Carbonara	993	237	12	4.4	22	1.1	8.8	1.3	3846	920	48	17	85	4.3	34	5.2
Wildfarmed King Prawn Pasta	337	79	0.5	0.1	13	0.6	6.0	0.78	2723	416	2.6	0.5	67	3.2	25	4.1
Wildfarmed Pollo Piccante Pasta	977	234	13	6.2	18	1.4	9.1	0.80	4340	1041	60	28	80	6.3	40	3.5
Wildfarmed Pomodoro Pasta	421	100	3.0	1.4	14	2.4	4.1	0.56	2230	530	16	7.4	73	13	22	3.0
Wildfarmed Vegan Pomodoro Pasta	526	125	2.4	0.4	21	4.0	3.8	0.98	2262	535	10	1.6	90	17	16	4.2
Wildfarmed Pesto rosso	1183	284	17	7.9	20	1.9	11	1.1	4839	1161	70	32	83	7.6	44	4.4
Wildfarmed Bolognese Pasta	665	158	4.8	1.0	22	3.4	5.6	1.0	2710	645	20	3.9	90	14	23	4.1
Wildfarmed Truffle & Pancetta Carbonara	1094	263	18	6.3	17	1.4	7.8	1.3	5162	1239	83	30	83	6.5	37	6.1
Wildfarmed Signature Beef & Chianti Ragù	735	175	5.1	1.9	21	1.7	8.7	0.92	3108	739	22	8.1	87	7.2	37	3.9
Wildfarmed Hot-Smoked Salmon Carbonara	750	178	5.4	1.0	20	0.6	11	1.0	3388	805	25	4.7	91	2.8	51	4.7

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CRESTE DI GALLO PASTA																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Cresta Di Gallo Chorizo Carbonara	1007	241	13	4.6	22	1.3	9.0	1.3	3900	933	50	18	85	4.9	35	4.9
Creste di Gallo King Prawn Pasta	337	79	0.5	0.1	13	0.6	6.0	0.78	2723	416	2.6	0.5	67	3.2	25	4.1
Creste Di Gallo Pollo Piccante pasta	989	237	14	6.4	18	1.6	9.2	0.73	4394	1054	62	28	81	6.9	41	3.2
Creste Di Gallo Pomodoro pasta	421	100	3.0	1.4	14	2.4	4.1	0.56	2230	530	16	7.4	73	13	22	3.0
Creste Di Gallo Pesto rosso	1196	287	18	8.1	20	2.0	11	1.0	4893	1174	72	33	84	8.2	45	4.1
Creste Di Gallo Bolognese	679	162	5.2	1.1	22	3.6	5.8	0.94	2764	658	21	4.6	90	15	24	3.8
Creste Di Gallo Lentil Ragu	694	165	4.9	0.8	23	1.9	5.9	0.74	3054	727	21	3.5	100	8.5	26	3.3
MEAT, FISH & RISOTTO																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Chicken Calabrese	784	188	11	3.7	12	2.8	10	0.82	3355	804	46	16	51	12	43	3.5
Chicken Milanese	917	219	12	1.3	21	2.7	7.3	0.75	5614	1341	74	7.9	128	16	45	4.6
Herb Rolled Pork Belly	1347	325	26	8.5	15	7.3	7.7	0.47	6658	1605	127	42	74	36	38	2.3
Pan-Fried Seabass	984	236	14	2.7	19	1.7	8.5	0.58	5470	1309	78	15	108	9.5	47	3.2
Roasted Mushroom Risotto	561	133	4.6	2.2	18	1.1	4.3	0.62	2812	669	23	11	88	5.7	21	3.1
Hot-Smoked Salmon & Pesto Risotto	592	141	6.4	1.9	15	0.9	5.7	0.73	3362	802	36	11	84	5.1	33	4.2
Add Harissa King Prawn Skewers	294	70	1.9	0.4	1.1	0.9	12	0.83	556	132	3.5	0.8	2.1	1.7	23	1.6
Add Chicken Skewers	664	159	8.9	1.6	1.9	1.5	18	0.44	1261	302	17	3.0	3.6	2.8	34	0.84

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SALADS																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Super Zucca Salad	388	93	5.4	3.4	6.0	2.6	4.3	0.42	1367	328	19	12	21	9.0	15	1.5
Chicken & Prosciutto Salad	640	154	12	2.3	2.2	1.7	9.6	0.57	1868	450	34	6.6	6.3	4.8	28	1.7
Hot-Smoked Salmon Salad	691	167	14	1.9	2.5	1.9	6.3	0.87	1716	415	36	4.6	6.3	4.8	16	2.2
Additional Chicken Skewers	664	159	8.9	1.6	1.9	1.5	18	0.44	1261	302	17	3.0	3.6	2.8	34	0.84
Additional King Prawn Skewer	294	70	1.9	0.4	1.1	0.9	12	0.83	556	132	3.5	0.8	2.1	1.7	23	1.6
SIDES																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Garlic Bread with Mozzarella & Caramelised Onions	1055	251	6.9	2.9	36	4.4	10	1.0	2958	703	19	8.1	102	12	28	2.9
Chips	1510	361	21	1.8	41	0.6	4.5	0.72	3053	729	43	3.6	83	1.2	9.0	1.5
Sweet Potato Fries	823	198	11	1.1	21	12	2.2	0.70	1648	396	21	2.2	41	23	4.4	1.4
Mixed Leaf Salad	726	176	16	2.9	2.5	2.0	4.0	0.76	764	185	17	3.1	2.6	2.1	4.3	0.80
Loaded Bolognese Chips	1187	284	17	3.3	26	1.8	7.0	0.59	4040	967	59	11	89	6.2	24	2.0
Rainbow Heritage Carrots	256	62	3.0	0.8	6.5	6.0	1.0	0.13	320	77	3.8	0.9	8.1	7.4	1.2	0.16
Fried Purple Gnocci	996	235	2.4	0.6	49	5.0	3.1	1.6	894	211	2.2	0.6	44	4.5	2.8	1.4
Take Away Only : Large chips	1517	362	21	1.8	41	0.6	4.5	0.48	6101	1457	85	7.2	165	2.4	18	2.0
Garlic Bread with just Cheese	1079	256	7.3	3.2	36	0.4	11	1.0	2700	642	18	8.0	89	1.1	28	2.6

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DESSERTS & SUNDAES																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Twisted Affogato – Coffee Liqueur	874	208	5.4	5.0	30	25	2.4	0.08	940	224	5.8	5.4	32	27	2.6	0.09
Twisted Affogato – Limoncello	1008	240	7.0	4.3	29	25	2.9	0.25	1084	258	7.5	4.6	31	27	3.1	0.27
Zillionaire’s Fudge Cake	1706	407	17	4.2	59	43	2.8	0.48	2798	667	28	6.9	97	70	4.6	0.78
Golden Caramel Calzone	1541	370	23	6.9	36	17	3.9	0.56	3875	930	58	17	91	44	9.9	1.4
Dark Cherry & Amaretto Cheesecake	1256	301	19	8.6	28	23	2.4	0.28	2651	636	41	18	60	49	5.0	0.59
Lemon Swirl Cheesecake	1496	358	21	12	38	30	4.3	0.41	3008	720	42	24	77	60	8.7	0.83
Honeycomb Cheesecake	1350	322	16	8.6	41	30	3.3	0.77	2655	634	31	17	82	58	6.5	1.5
Take Away Only: Dark Cherry & Amaretto Cheesecake	1426	343	25	12	25	21	2.3	0.28	3204	771	57	28	57	47	5.2	0.64
Take Away Only: Lemon Swirl Cheesecake	1637	393	27	16	34	27	4.0	0.37	3515	845	57	34	73	57	8.6	0.79
Take Away Only: Honeycomb Cheesecake	1492	358	22	13	36	26	3.4	0.66	3138	752	47	26	75	56	7.1	1.4
Take Away Only : Golden Caramel Calzone	1590	382	25	9.0	34	14	4.3	0.60	4718	1133	75	27	101	42	13	1.8
Berry & Cherry Sundae	930	223	14	8.7	22	20	2.8	0.17	1817	435	27	17	43	39	5.4	0.33
Triple Chocolate & Marshmallow Sundae	1284	307	16	11	36	31	3.3	0.32	3221	770	41	28	91	77	8.2	0.81
Salted Caramel Chocolate Brownie	1479	353	16	7.9	48	42	4.0	0.87	3072	733	33	16	99	87	8.4	1.8
Chocolate Melt	1386	333	22	12	28	26	5.4	0.10	2219	532	35	19	45	42	8.7	0.17
Tiramisu	976	234	15	9.8	22	15	3.4	0.14	1505	361	23	15	34	23	5.2	0.22
Take Away Only: Chocolate Melt	1596	384	30	17	24	23	5.1	0.12	2772	667	52	29	42	40	8.8	0.21
Take Away Only: Salted Caramel Chocolate Brownie	1637	392	22	12	43	39	3.9	0.84	3626	868	50	26	96	85	8.5	1.9
GELATOS & SORBETS																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Blackcurrant & Mascarpone Gelato	664	158	5.6	3.5	23	20	3.6	0.10	242	58	2.0	1.3	8.5	7.2	1.3	0.04
Vanilla Gelato	694	166	7.4	7.3	22	18	2.7	0.09	255	61	2.7	2.7	8.1	6.6	1.0	0.03
Strawberry Sorbet	430	101	0	0	25	18	0.2	0	158	37	0	0	9.2	6.6	0.1	0
Chocolate Gelato	761	182	8.8	8.1	21	18	4.4	0.10	280	67	3.2	3.0	7.7	6.6	1.6	0.04
Sicilian Lemon & Ricotta Gelato	818	195	9.7	6.2	24	21	3.4	0.34	301	72	3.6	2.3	8.7	7.8	1.3	0.13
Vegan Salted Caramel Gelato	882	210	8.8	7.3	31	19	1.3	0.57	324	77	3.2	2.7	12	7.1	0.5	0.21

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Menu Item Name	EXTRAS															
	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Mushrooms	65	16	0.5	0.1	0.4	0.2	1.8	0.01	21	5	0.2	0	0.1	0.1	0.6	0
Mozzarella	1287	310	22	15	1.0	0.5	26	1.4	1030	248	18	12	0.8	0.4	21	1.1
Fire Roasted Peppers	147	35	0.4	0.1	6.0	0.2	0.7	0.50	74	18	0.2	0.1	3.0	0.1	0.4	0.25
Roquito Peppers Sliced	420	99	0.6	0.1	21	18	1.1	0.13	46	11	0.1	0	2.3	2.0	0.1	0.01
Cotto Ham	464	110	3.6	1.3	0.1	0.1	19	2.2	193	46	1.5	0.5	0	0	8.0	0.92
Nduja	2393	580	58	22	2.5	0.9	12	2.0	598	145	15	5.5	0.6	0.2	3.0	0.50
Pepperoni	1982	479	43	18	1.0	0.6	22	9.0	296	72	6.4	2.7	0.2	0.1	3.3	1.4
Pinenuts	3007	728	68	5.0	13	4.0	14	0.50	90	22	2.0	0.2	0.4	0.1	0.4	0.01
Balsamic Onion	860	204	3.4	0.2	41	38	1.2	0.97	261	62	1.0	0.1	12	11	0.4	0.30
Pizza Olives	1318	321	33	3.9	1.6	0.9	1.4	4.0	439	107	11	1.3	0.5	0.3	0.5	1.3
Prosciutto	979	234	13	3.1	0.3	0.3	29	5.5	306	73	4.1	1.0	0.1	0.1	9.1	1.7
Tomato Ketchup	517	122	0.1	0	29	25	1.1	2.9	181	43	0	0	10	8.7	0.4	1.0
Vegan Mozzarisella	766	185	16	14	8.5	0	0.7	1.5	766	185	16	14	8.5	0	0.7	1.5
Torn Chicken Breast	561	133	2.2	0.5	0.7	0.7	27	0.40	467	111	1.8	0.4	0.6	0.6	23	0.33
Roasted Garlic	806	192	5.5	0.7	22	2.4	12	0	81	19	0.6	0.1	2.2	0.2	1.2	0
Rocket	97	23	0.4	0.1	1.2	0.1	2.2	0.10	19	5	0.1	0	0.2	0	0.4	0.02
Rosemary	416	99	4.4	0	14	0	1.4	0.04	4	1	0	0	0.1	0	0	0
Bufala Mozzarella	1037	250	22	16	1.2	1.2	12	0.63	518	125	11	7.8	0.6	0.6	6.0	0.32
Garlic Dip	2591	630	67	16	3.9	0.3	1.6	1.6	907	221	24	5.7	1.4	0.1	0.6	0.57
Wild Garlic Aioli	1411	342	34	2.2	8.1	3.0	1.2	1.0	494	120	12	0.8	2.8	1.1	0.4	0.35
Baby Romanesco Cauliflower	191	46	0.3	0	6.1	3.0	3.0	0.06	96	23	0.2	0	3.1	1.5	1.5	0.03
Roquito Hot Honey	1292	304	0	0	76	76	0	0.03	452	106	0	0	27	27	0	0.01
Roquito Chilli Pearl	391	92	0	0	21	17	1.5	0.50	74	17	0	0	4.0	3.3	0.3	0.10
Hot-Smoked Salmon	1102	264	17	2.7	1.0	1.0	26	3.0	551	132	8.7	1.4	0.5	0.5	13	1.5
Artichoke	973	235	20	2.2	5.4	4.1	5.9	1.3	500	121	10	1.1	2.8	2.1	3.0	0.68
Caesar Dressing	1622	394	41	3.0	5.0	3.6	1.2	1.8	568	138	14	1.1	1.8	1.3	0.4	0.64
Avocado	813	198	20	4.1	1.9	0.5	1.9	0.01	624	151	15	3.1	1.5	0.4	1.5	0.01
Basil	169	40	0.8	0	5.1	0	3.1	0.02	10	2	0.1	0	0.3	0	0.2	0
Butternut	225	54	2.0	0.3	7.3	3.8	0.9	0.57	225	54	2.0	0.3	7.3	3.8	0.9	0.57
Calamari	1056	253	14	3.2	17	0	15	0.48	693	166	9.1	2.1	11	0	10	0.31

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EXTRAS																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Courgette	92	22	0.4	0.1	2.0	1.9	2.0	2.5	28	7	0.1	0	0.6	0.6	0.6	0.75
Whipping Cream	1571	382	40	25	2.7	2.7	2.0	0.10	1571	382	40	25	2.7	2.7	2.0	0.10
Goat Cheese	1362	329	29	21	1.0	0	16	1.2	734	177	16	11	0.5	0	8.6	0.65
Green Pesto	1436	349	36	4.3	2.4	1.0	2.4	2.6	718	175	18	2.2	1.2	0.5	1.2	1.3
Honeycomb	1680	396	2.0	1.0	93	67	1.0	2.0	504	119	0.6	0.3	28	20	0.3	0.60
Mascarpone	1716	416	43	29	3.8	3.6	4.2	0.49	403	98	10	6.9	0.9	0.9	1.0	0.11
Olives	1318	321	33	3.9	1.6	0.9	1.4	4.0	439	107	11	1.3	0.5	0.3	0.5	1.3
Olive Oil	3696	899	100	10	0	0	0	0	309	75	8.4	0.8	0	0	0	0
Pea Shoots	60	14	0.1	0.1	1.4	1.4	1.2	0.02	2	0	0	0	0	0	0	0
EXTRAS																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Sunblush Baby Tomato	434	104	4.6	0.4	12	6.9	2.0	2.0	42	10	0.4	0	1.2	0.7	0.2	0.19
Pizza Sauce	93	22	0.2	0	3.4	3.4	1.2	0.70	53	12	0.1	0	1.9	1.9	0.7	0.40
Spring Onion	116	28	0.5	0.1	3.0	2.8	2.0	0.02	12	3	0.1	0	0.3	0.3	0.2	0
Plum Baby Tomato	84	20	0.3	0.1	3.1	3.1	0.7	0.02	45	11	0.2	0.1	1.7	1.7	0.4	0.01
Spinach	65	15	0.2	0.1	1.4	0.4	1.3	0	10	2	0	0	0.2	0.1	0.2	0
Spianata	1473	355	29	11	0.5	0.5	23	5.8	491	118	9.7	3.7	0.2	0.2	7.7	1.9
Pomodoro Sauce	273	65	3.6	0.6	6.6	6.6	1.2	1.2	307	73	4.1	0.7	7.4	7.4	1.4	1.4
Smoked Garlic Oil	3399	827	91	8.8	1.2	0.1	0.6	0.71	510	124	14	1.3	0.2	0	0.1	0.11
Prawns	433	102	0.9	0.2	0	0	24	0.76	167	39	0.4	0.1	0	0	9.1	0.29
Scamorza	1437	346	28	19	0.6	0	23	1.2	575	139	11	7.6	0.2	0	9.2	0.48
Red Chillies	113	27	0.3	0	4.2	4.2	1.8	0.03	8	2	0	0	0.3	0.3	0.1	0
Riserva Cheese	1583	381	29	21	0	0	30	1.8	158	38	2.9	2.1	0	0	3.0	0.18
Take Away Only: Trio of Dips	1452	352	35	6.5	7.4	4.2	1.6	1.3	1524	370	37	6.8	7.7	4.4	1.7	1.4
Pulled Harissa Chicken Breast	612	145	3.8	0.7	1.0	0.8	26	0.54	636	151	3.9	0.7	1.1	0.8	28	0.57
Sage	502	119	4.6	2.6	16	0	3.9	0.01	17	4	0.2	0.1	0.5	0	0.1	0
Smoky Tomato Dip	353	84	3.3	0.9	10	9.3	1.9	1.3	124	29	1.2	0.3	3.5	3.3	0.7	0.44
Meatless Meatballs	1020	243	9.4	0.6	19	0.6	19	2.2	509	121	4.7	0.3	9.4	0.3	9.5	1.1

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Menu Item Name	BAMBINI															
	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Kids Oat Chocacino	456	108	3.3	1.1	17	13	1.5	0.14	333	79	2.4	0.8	13	9.5	1.1	0.10
Kids Oat Milk	202	48	2.2	0.2	6.8	3.1	0.3	0.10	404	96	4.4	0.4	14	6.2	0.6	0.20
Apple & Raspberry Chilly Billy	170	40	0.1	0.1	9.3	9.3	0.3	0.01	187	44	0.1	0.1	10	10	0.3	0.01
Kids Wildfarmed Pomodoro	591	140	2.7	0.4	24	4.1	4.2	1.1	1107	262	5.1	0.8	44	7.7	8.0	2.1
Kids Spaghetti Pomodoro	556	132	5.9	0.6	18	3.8	2.8	0.82	1182	281	12	1.3	38	8.0	6.0	1.8
Kids Wildfarmed Bolognese	574	136	3.5	1.2	19	2.2	6.2	0.63	1291	306	7.8	2.8	43	5.0	14	1.4
Kids Spaghetti Bolognese	546	130	6.1	1.3	14	2.1	4.8	0.43	1365	325	15	3.3	36	5.2	12	1.1
Kids Wildfarmed Super Green Pesto	1215	291	15	1.8	30	0.6	6.2	1.6	1518	364	19	2.2	38	0.8	7.8	2.1
Kids Spaghetti Super Green Pesto	1062	255	18	1.9	21	0.7	3.9	1.1	1593	383	27	2.8	32	1.1	5.8	1.7
Kids Pizza Margherita	918	218	5.9	3.5	29	0.9	11	0.96	1616	384	10	6.2	52	1.6	20	1.7
Kids Vegan Pizza Margherita	798	189	5.1	3.9	30	0.8	5.3	1.0	1484	352	9.4	7.2	55	1.4	9.8	1.9
Kids Ham Topping	464	110	3.6	1.3	0.1	0.1	19	2.2	97	23	0.8	0.3	0	0	4.0	0.46
Kids Mushroom Topping	65	15	0.5	0.1	0.4	0.2	1.8	0.01	9	2	0.1	0	0.1	0	0.2	0
Kids Pepperoni Topping	1982	479	43	18	1.0	0.6	22	9.0	158	38	3.4	1.4	0.1	0.1	1.8	0.72
Kids Olives Topping	1318	321	33	3.9	1.6	0.9	1.4	4.0	220	54	5.5	0.7	0.3	0.2	0.2	0.67
Kids Roasted Peppers Topping	147	35	0.4	0.1	6.0	0.2	0.7	0.50	44	11	0.1	0	1.8	0.1	0.2	0.15
Kids Sweet Potato Fries	822	198	11	1.1	21	12	2.2	0.70	824	198	11	1.1	21	12	2.2	0.70
Kids Chips	1524	364	21	1.8	41	0.6	4.5	0.24	1524	364	21	1.8	41	0.6	4.5	0.24
Kids Sugar Cones & Marshmallow (No Gelato)	1420	335	0.7	0.1	80	61	1.8	0.22	256	60	0.1	0	14	11	0.3	0.04
Tiny Non-Gluten Pomodoro Pasta	531	126	2.5	0.5	23	3.8	2.2	0.75	564	134	2.7	0.5	24	4.0	2.4	0.80
Tiny Wildfarmed Pomodoro	549	130	2.8	0.4	21	4.4	3.8	1.1	474	112	2.5	0.4	18	3.8	3.3	0.97
Tiny Spaghetti Pomodoro	556	132	5.9	0.6	18	3.8	2.8	0.82	591	141	6.2	0.7	19	4.0	3.0	0.88
Tiny Tummies Little Soul Bread	984	233	4.6	1.0	39	0.4	8.4	3.0	490	116	2.3	0.5	19	0.2	4.2	1.5
Kids Non-Gluten Bolognese Pasta	525	124	3.2	1.2	19	2.1	4.3	0.37	1312	311	8.1	3.0	47	5.3	11	0.93
Kids Non-Gluten Margherita Pizza	959	228	7.0	2.5	34	1.9	5.7	0.69	2765	658	20	7.1	98	5.6	17	2.0
Kids Non-Gluten Super Green Pesto Pasta	1026	246	13	1.6	28	0.7	3.1	1.0	1539	369	19	2.5	43	1.1	4.6	1.6
Kids Non-Gluten Pomodoro Pasta	531	126	2.5	0.5	23	3.8	2.2	0.75	1128	267	5.4	1.0	49	8.0	4.8	1.6
Kids Non-Gluten Vegan Margherita	883	210	6.5	2.7	34	1.8	2.2	0.74	2634	627	19	8.1	101	5.4	6.6	2.2
Kids Non-Gluten Pizza Base Only	1011	240	5.1	0.5	44	2.0	2.7	0.58	2224	528	11	1.1	96	4.4	5.9	1.3
Kids Vegan Lentil Ragu Pasta Twist	557	133	6.3	0.7	15	2.1	3.5	0.47	1470	351	17	1.9	41	5.4	9.3	1.2
Kids Non-Gluten Vegan Lentil Ragu	536	127	3.6	0.6	20	2.1	3.0	0.41	1415	336	9.5	1.6	52	5.5	7.9	1.1
Kids Wildfarmed Vegan Lentil Ragu	583	139	3.9	0.6	20	2.2	4.7	0.66	1394	331	9.2	1.3	47	5.2	11	1.6
Kids Spaghetti Vegan Lentil Ragu	556	133	6.3	0.7	15	2.1	3.5	0.46	1469	351	17	1.9	41	5.5	9.1	1.2
Kids Mozzarella Topping	1287	310	22	15	1.0	0.5	26	1.4	515	124	8.9	6.0	0.4	0.2	10	0.54

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BAMBINI																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Carrot, Cucumber & Soul Bread	400	95	2.8	0.6	14	3.5	2.8	1.0	742	177	5.2	1.1	26	6.4	5.2	1.9
Kids Bolognese Pasta Twists	546	130	6.1	1.3	14	2.1	4.8	0.43	1365	325	15	3.3	36	5.2	12	1.1
Kids Super Green Pesto Pasta Twists	1062	255	18	1.9	21	0.7	3.9	1.1	1593	383	27	2.8	32	1.1	5.8	1.7
Kids Pomodoro Pasta Twists	556	132	5.9	0.6	18	3.8	2.8	0.82	1182	281	12	1.3	38	8.0	6.0	1.8
Kids Milk	203	48	1.7	1.1	4.7	4.7	3.5	0.10	406	96	3.4	2.2	9.4	9.4	7.0	0.20
Kids Fruit Pot	128	30	0.1	0	6.0	6.0	0.8	0.02	97	23	0.1	0	4.6	4.6	0.6	0.01
Kids Chocacino	456	108	2.9	1.8	15	14	4.2	0.14	333	79	2.1	1.3	11	10	3.0	0.10
Orange Squash	2	0	0	0	0.1	0.1	0	0	1	0	0	0	0.1	0.1	0	0
Apple & Blackcurrant Squash	0	0	0	0	0	0	0	0.03	0	0	0	0	0	0	0	0.01
Mini Cones Only	1672	394	1.9	0.3	85	8.4	8.1	0.70	50	12	0.1	0	2.6	0.3	0.2	0.02
Carrot, Cucumber & Pasta Crisps	279	67	2.3	0.3	9.1	4.8	1.5	0.54	403	96	3.4	0.4	13	6.9	2.1	0.78
Kids Vanilla Gelato	694	166	7.4	7.3	22	18	2.7	0.09	255	61	2.7	2.7	8.1	6.6	1.0	0.03
Kids Chocolate Gelato	761	182	8.8	8.1	21	18	4.4	0.10	280	67	3.2	3.0	7.7	6.6	1.6	0.04
Kids Marshmallow	1370	323	0.5	0.1	79	71	0.5	0.12	206	48	0.1	0	12	11	0.1	0.02
Rainbow Heritage Carrots & Spinach	256	62	3.0	0.8	6.5	6.0	1.0	0.13	320	77	3.8	0.9	8.1	7.4	1.2	0.16

Zizzi Nutrition Guide

WINES																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Malbec 125ml	315	76	0	0	0.2	0.2	0.1	0.02	394	95	0	0	0.3	0.3	0.1	0.02
Merlot 125ml	315	76	0	0	0.2	0.2	0.1	0.02	394	95	0	0	0.3	0.3	0.1	0.02
Montepulciano 125ml	315	76	0	0	0.2	0.2	0.1	0.02	394	95	0	0	0.3	0.3	0.1	0.02
Nero D'Avola 125ml	315	76	0	0	0.2	0.2	0.1	0.02	394	95	0	0	0.3	0.3	0.1	0.02
Bio Primitivo 125ml	315	76	0	0	0.2	0.2	0.1	0.02	394	95	0	0	0.3	0.3	0.1	0.02
Pinot Noir 125ml	315	76	0	0	0.2	0.2	0.1	0.02	394	95	0	0	0.3	0.3	0.1	0.02
Malbec 175ml	315	76	0	0	0.2	0.2	0.1	0.02	394	95	0	0	0.3	0.3	0.1	0.02
Merlot 175ml	315	76	0	0	0.2	0.2	0.1	0.02	551	133	0	0	0.4	0.4	0.2	0.03
Montepulciano 175ml	315	76	0	0	0.2	0.2	0.1	0.02	551	133	0	0	0.4	0.4	0.2	0.03
Nero D'Avola 175ml	315	76	0	0	0.2	0.2	0.1	0.02	551	133	0	0	0.4	0.4	0.2	0.03
Bio Primitivo 175ml	315	76	0	0	0.2	0.2	0.1	0.02	551	133	0	0	0.4	0.4	0.2	0.03
Pinot Noir 175ml	315	76	0	0	0.2	0.2	0.1	0.02	551	133	0	0	0.4	0.4	0.2	0.03
Malbec 250ml	315	76	0	0	0.2	0.2	0.1	0.02	788	190	0	0	0.5	0.5	0.3	0.04
Merlot 250ml	315	76	0	0	0.2	0.2	0.1	0.02	788	190	0	0	0.5	0.5	0.3	0.04
Montepulciano 250ml	315	76	0	0	0.2	0.2	0.1	0.02	788	190	0	0	0.5	0.5	0.3	0.04
Nero D'Avola 250ml	315	76	0	0	0.2	0.2	0.1	0.02	788	190	0	0	0.5	0.5	0.3	0.04
Bio Primitivo 250ml	315	76	0	0	0.2	0.2	0.1	0.02	788	190	0	0	0.5	0.5	0.3	0.04
Pinot Noir 250ml	315	76	0	0	0.2	0.2	0.1	0.02	788	190	0	0	0.5	0.5	0.3	0.04
Malbec Bottle	315	76	0	0	0.2	0.2	0.1	0.02	2363	570	0	0	1.5	1.5	0.8	0.13
Merlot Bottle	315	76	0	0	0.2	0.2	0.1	0.02	2363	570	0	0	1.5	1.5	0.8	0.13
Montepulciano Bottle	315	76	0	0	0.2	0.2	0.1	0.02	2363	570	0	0	1.5	1.5	0.8	0.13
Nero D'Avola Bottle	315	76	0	0	0.2	0.2	0.1	0.02	2363	570	0	0	1.5	1.5	0.8	0.13
Bio Primitivo Bottle	315	76	0	0	0.2	0.2	0.1	0.02	2363	570	0	0	1.5	1.5	0.8	0.13
Pinot Noir Bottle	315	76	0	0	0.2	0.2	0.1	0.02	2363	570	0	0	1.5	1.5	0.8	0.13
Zinfandel Rose Bottle	329	79	0	0	2.5	2.5	0.1	0.01	2468	593	0	0	19	19	0.8	0.08
Cote De Provence Bottle	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cotes De Provence 125ml	329	79	0	0	2.5	2.5	0.1	0.01	411	99	0	0	3.1	3.1	0.1	0.01
Cotes De Provence 175ml	329	79	0	0	2.5	2.5	0.1	0.01	576	138	0	0	4.4	4.4	0.2	0.02
Cotes De Provence 250ml	329	79	0	0	2.5	2.5	0.1	0.01	823	198	0	0	6.3	6.3	0.3	0.03
Pinot Grigio Blush Bottle	329	79	0	0	2.5	2.5	0.1	0.01	2468	593	0	0	19	19	0.8	0.08
Zinfandel Rose 250ml	329	79	0	0	2.5	2.5	0.1	0.01	823	198	0	0	6.3	6.3	0.3	0.03
Pinot Grigio Blush 250ml	329	79	0	0	2.5	2.5	0.1	0.01	823	198	0	0	6.3	6.3	0.3	0.03
Zinfandel Rose 175ml	329	79	0	0	2.5	2.5	0.1	0.01	576	138	0	0	4.4	4.4	0.2	0.02
Pinot Grigio Blush 175ml	329	79	0	0	2.5	2.5	0.1	0.01	576	138	0	0	4.4	4.4	0.2	0.02
Zinfandel Rose 125ml	329	79	0	0	2.5	2.5	0.1	0.01	411	99	0	0	3.1	3.1	0.1	0.01

Zizzi Nutrition Guide

WINES																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Pinot Grigio Blush 125ml	329	79	0	0	2.5	2.5	0.1	0.01	411	99	0	0	3.1	3.1	0.1	0.01
Pinot Grigio 125ml	309	75	0	0	0.6	0.6	0.1	0.01	386	94	0	0	0.8	0.8	0.1	0.01
Frascati 125ml	313	75	0	0	3.0	3.0	0.1	0.03	391	94	0	0	3.8	3.8	0.1	0.03
Bio Chardonnay 125ml	309	75	0	0	0.6	0.6	0.1	0.01	386	94	0	0	0.8	0.8	0.1	0.01
Sauvignon Blanc. Veneto 125ml	313	75	0	0	3.0	3.0	0.1	0.03	391	94	0	0	3.8	3.8	0.1	0.03
Trebbiano 125ml	313	75	0	0	3.0	3.0	0.1	0.03	391	94	0	0	3.8	3.8	0.1	0.03
Sauvignon Blanc. St Clair 125ml	313	75	0	0	3.0	3.0	0.1	0.03	391	94	0	0	3.8	3.8	0.1	0.03
Pinot Grigio 175ml	309	75	0	0	0.6	0.6	0.1	0.01	541	131	0	0	1.1	1.1	0.2	0.02
Sauvignon Blanc. Veneto 175ml	313	75	0	0	3.0	3.0	0.1	0.03	548	131	0	0	5.3	5.3	0.2	0.05
Bio Chardonnay 175ml	309	75	0	0	0.6	0.6	0.1	0.01	541	131	0	0	1.1	1.1	0.2	0.02
Frascati 175ml	313	75	0	0	3.0	3.0	0.1	0.03	548	131	0	0	5.3	5.3	0.2	0.05
Sauvignon Blanc. St Clair 175ml	313	75	0	0	3.0	3.0	0.1	0.03	548	131	0	0	5.3	5.3	0.2	0.05
Bio Chardonnay 250ml	309	75	0	0	0.6	0.6	0.1	0.01	773	188	0	0	1.5	1.5	0.3	0.03
Trebbiano 175ml	313	75	0	0	3.0	3.0	0.1	0.03	548	131	0	0	5.3	5.3	0.2	0.05
Sauvignon Blanc. St Clair 250ml	313	75	0	0	3.0	3.0	0.1	0.03	783	188	0	0	7.5	7.5	0.3	0.07
Pinot Grigio 250ml	309	75	0	0	0.6	0.6	0.1	0.01	773	188	0	0	1.5	1.5	0.3	0.03
Frascati 250ml	313	75	0	0	3.0	3.0	0.1	0.03	783	188	0	0	7.5	7.5	0.3	0.07
Bio Chardonnay Bottle	309	75	0	0	0.6	0.6	0.1	0.01	2318	563	0	0	4.5	4.5	0.8	0.08
Sauvignon Blanc. Veneto 250ml	313	75	0	0	3.0	3.0	0.1	0.03	783	188	0	0	7.5	7.5	0.3	0.07
Trebbiano 250ml	313	75	0	0	3.0	3.0	0.1	0.03	783	188	0	0	7.5	7.5	0.3	0.07
Pinot Grigio Bottle	309	75	0	0	0.6	0.6	0.1	0.01	2318	563	0	0	4.5	4.5	0.8	0.08
Frascati Bottle	313	75	0	0	3.0	3.0	0.1	0.03	2348	563	0	0	23	23	0.8	0.21
Sauvignon Blanc. St Clair Bottle	313	75	0	0	3.0	3.0	0.1	0.03	2348	563	0	0	23	23	0.8	0.21
Sauvignon Blanc. Veneto Bottle	313	75	0	0	3.0	3.0	0.1	0.03	2348	563	0	0	23	23	0.8	0.21
Trebbiano Bottle	313	75	0	0	3.0	3.0	0.1	0.03	2348	563	0	0	23	23	0.8	0.21
FIZZ & BUBBLES																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Sparkling Pinot Grigio 125ml	351	84	0	0	5.1	5.1	0.3	0.01	439	105	0	0	6.4	6.4	0.4	0.02
Sparkling Pinot Grigio Bottle	351	84	0	0	5.1	5.1	0.3	0.01	2633	630	0	0	38	38	2.3	0.09
Prosecco 125ml	351	84	0	0	5.1	5.1	0.3	0.01	439	105	0	0	6.4	6.4	0.4	0.02
Prosecco Bottle	351	84	0	0	5.1	5.1	0.3	0.01	2633	630	0	0	38	38	2.3	0.09
Pink Prosecco Bottle	351	84	0	0	5.1	5.1	0.3	0.01	2633	630	0	0	38	38	2.3	0.09
Pink Prosecco 125ml	351	84	0	0	5.1	5.1	0.3	0.01	439	105	0	0	6.4	6.4	0.4	0.02

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BEERS & CIDERS																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Cornish Orchards Blush Cider	285	68	0	0	7.3	7.3	0	0.01	1425	340	0	0	37	37	0	0.03
Cornish Orchards Gold Cider	285	68	0	0	7.3	7.3	0	0.01	1425	340	0	0	37	37	0	0.03
Meantime Anytime Ipa	124	30	0	0	2.2	2.2	0.3	0.02	409	99	0	0	7.3	7.3	1.0	0.05
Peroni 330ml	124	30	0	0	2.2	2.2	0.3	0.02	409	99	0	0	7.3	7.3	1.0	0.05
Peroni 660ml	124	30	0	0	2.2	2.2	0.3	0.02	818	198	0	0	15	15	2.0	0.10
Peroni Gran Riserva	175	42	0	0	2.2	2.2	0.3	0.02	875	210	0	0	11	11	1.5	0.10
Peroni Zero	94	22	0	0	5.3	3.0	0.2	0	310	73	0	0	17	9.9	0.7	0
Hophead	124	30	0	0	2.2	2.2	0.3	0.02	620	150	0	0	11	11	1.5	0.08
Peroni Gluten Free	124	30	0	0	2.2	2.2	0.3	0.02	409	99	0	0	7.3	7.3	1.0	0.05
Cornish Orchards Raspberry & Elderflower Cider	176	42	0	0	4.3	4.3	0	0.02	880	210	0	0	22	22	0	0.09
SPIRITS & TONICS																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Sipsmith G&T	840	203	0.5	0	1.6	0	0.3	0.01	244	59	0.1	0	0.5	0	0.1	0
Zizzi G&T	840	203	0.5	0	1.6	0	0.3	0.01	244	59	0.1	0	0.5	0	0.1	0
Vodka & Tonic	776	187	0.1	0	0.6	0.6	0.2	0	234	57	0	0	0.2	0.2	0.1	0
Seedlip with Light Tonic	71	17	0	0	4.0	3.9	0.1	0.06	178	43	0	0	10	9.9	0.1	0.14
Seedlip with Classic Tonic	108	26	0	0	6.2	6.1	0.1	0.06	272	65	0	0	16	15	0.1	0.14
Seedlip with Garden Tonic	71	17	0	0	4.0	3.9	0.1	0.06	178	43	0	0	10	9.9	0.1	0.14
Seedlip with London Essence Roasted Pineapple Soda	72	17	0	0	4.1	4.0	0.1	0.05	182	43	0	0	10	10	0.1	0.13
Garden Tonic	75	18	0	0	4.4	4.4	0	0.01	150	36	0	0	8.8	8.8	0	0.01
Belu Light Tonic	75	18	0	0	4.4	4.4	0	0.01	150	36	0	0	8.8	8.8	0	0.01
Belu Classic Tonic	122	29	0	0	7.2	7.2	0	0.01	244	58	0	0	14	14	0	0.01
London Essence Roast Pineapple Soda	77	18	0	0	4.5	4.5	0	0	154	36	0	0	9.0	9.0	0	0

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COCKTAILS & SPRITZ																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Passion Fruitini	387	92	0.2	0	11	10	1.1	0.02	734	175	0.3	0.1	20	19	2.1	0.04
Raspberry Mojito	508	122	0	0	13	12	0.1	0	570	136	0	0	15	14	0.1	0
Strawberry Daiquiri	410	98	0	0	8.5	8.5	0.2	0	508	122	0	0	11	11	0.3	0
Pineapple Zombie	550	131	0	0	15	15	0.1	0	617	147	0	0	17	17	0.1	0
Amalfi Sundown	229	55	0	0	5.6	5.4	0.3	0.01	583	139	0.1	0.1	14	14	0.6	0.02
Grey Goose L Original Limoncello fizz	348	83	0	0	6.4	6.4	0	0	756	181	0	0	14	14	0.1	0
Grey Goose L Original Berry Lemonade	249	60	0	0	5.3	5.3	0.1	0	654	156	0	0	14	14	0.4	0
Negroni Sbagliato	646	155	0	0	14	14	0.3	0.02	499	119	0	0	11	11	0.2	0.01
Aperol Spritz	493	119	0	0	3.3	3.2	0.2	0.01	751	181	0	0	5.1	4.9	0.4	0.01
Pineapple Spritz	263	63	0	0	4.5	4.4	0.1	0	335	80	0	0	5.7	5.6	0.1	0
White Peach & Pineapple Spritz	229	54	0	0	8.7	8.7	0	0	543	129	0	0	21	21	0.1	0.01
Strawberry Smash Spritz	235	56	0	0	4.3	4.3	0.1	0	611	146	0	0	11	11	0.3	0.01
MOCKTAILS																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Raspberry & Mint Cooler	163	39	0	0	9.5	9.0	0.1	0	249	59	0	0	15	14	0.1	0
Passion Fruit Sparkler	179	42	0.1	0	8.8	8.5	0.9	0.02	413	97	0.3	0.1	20	19	2.1	0.04
Strawberry Sparkler	114	27	0	0	6.5	6.4	0.2	0	186	44	0	0	11	11	0.3	0
Citrus & Pineapple Cooler	194	46	0	0	11	11	0.1	0	296	70	0	0	17	17	0.1	0

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SOFT DRINKS																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Belu IL Sparkling Water	0	0	0	0	0	0	0	0	4	1	0	0	0.2	0.2	0.1	0
Belu IL Still Water	0	0	0	0	0	0	0	0	4	1	0	0	0.2	0.2	0.1	0
Sprite Zero	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Flawsome Apple & Sour Cherry	111	26	0	0	6.0	6.0	0.5	0.03	276	65	0	0	15	15	1.3	0.06
Flawsome Rhubarb & Apple	102	24	0	0	5.5	5.5	0.5	0.03	255	60	0	0	14	14	1.3	0.06
Fresh Orange Juice	179	42	0.1	0.1	9.6	9.0	0.5	0.04	591	139	0.3	0.3	32	30	1.7	0.13
Sicilian Still Lemonade	104	25	0.5	0.1	4.9	4.8	0.1	0	343	83	1.7	0.3	16	16	0.3	0
Coke Zero Bottle	1	0	0	0	0.1	0.1	0	0	4	1	0	0	0.2	0.2	0.1	0
Coke Bottle	187	44	0	0	11	11	0	0	617	145	0	0	36	35	0	0
Belu 500ml Still Water	1	0	0	0	0	0	0	0	4	1	0	0	0.2	0.2	0.1	0
Belu 500ml Sparkling Water	1	0	0	0	0	0	0	0	4	1	0	0	0.2	0.2	0.1	0
Appletiser	187	44	0	0	11	11	0	0	514	121	0	0	30	29	0	0
Apple Juice	174	41	0.1	0	9.9	9.9	0.1	0	574	135	0.3	0	33	33	0.3	0
Diet Coke Bottle	1	0	0	0	0.1	0.1	0	0	4	1	0	0	0.2	0.2	0.1	0
San Pellegrino Lemon	81	19	0	0	4.7	4.7	0	0	267	63	0	0	16	16	0	0
San Pellegrino Blood Orange	85	20	0	0	4.9	4.9	0.1	0	281	66	0	0	16	16	0.3	0
SPIRITS																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
White Rum - Calados 50ML	919	222	0	0	0	0	0	0	460	111	0	0	0	0	0	0
White Rum - Calados 25ML	919	222	0	0	0	0	0	0	230	56	0	0	0	0	0	0
Vodka - Red Griffin 50ML	919	222	0	0	0	0	0	0	460	111	0	0	0	0	0	0
Vodka - Red Griffin 25ML	919	222	0	0	0	0	0	0	230	56	0	0	0	0	0	0
Limoncello 50ML	1313	314	0	0	24	24	0	0.01	657	157	0	0	12	12	0	0.01
Limoncello 25ML	1313	314	0	0	24	24	0	0.01	328	79	0	0	6.1	6.1	0	0
Jack Daniels 50ML	919	222	0	0	0	0	0	0	460	111	0	0	0	0	0	0
Jack Daniels 25ML	919	222	0	0	0	0	0	0	230	56	0	0	0	0	0	0
Gin Half Crown 50ML	919	222	0	0	0	0	0	0	460	111	0	0	0	0	0	0
Gin Half Crown 25ML	919	222	0	0	0	0	0	0	230	56	0	0	0	0	0	0
Frangelico 50ML	919	222	0	0	0	0	0	0	460	111	0	0	0	0	0	0
Frangelico 25ML	919	222	0	0	0	0	0	0	230	56	0	0	0	0	0	0
Baileys 50ML	1346	323	13	0	25	25	3.0	0	673	162	6.5	0	13	13	1.5	0
Baileys 25ML	1346	323	13	0	25	25	3.0	0	337	81	3.3	0	6.3	6.3	0.8	0

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Menu Item Name	SPIRITS															
	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Archers 50ML	919	222	0	0	0	0	0	0	460	111	0	0	0	0	0	0
Archers 25ML	919	222	0	0	0	0	0	0	230	56	0	0	0	0	0	0
Aperol 50ML	919	222	0	0	0	0	0	0	460	111	0	0	0	0	0	0
Aperol 25ML	919	222	0	0	0	0	0	0	230	56	0	0	0	0	0	0
Amaretto 50ML	1313	314	0	0	24	24	0	0.01	657	157	0	0	12	12	0	0.01
Amaretto 25ML	1313	314	0	0	24	24	0	0.01	328	79	0	0	6.1	6.1	0	0
Jamesons Irish Whiskey 25ml	919	222	0	0	0	0	0	0	230	56	0	0	0	0	0	0
Jamesons Irish Whiskey 50ml	919	222	0	0	0	0	0	0	460	111	0	0	0	0	0	0
Spiced rum 25ml	919	222	0	0	0	0	0	0	230	56	0	0	0	0	0	0
Spiced Rum 50ML	919	222	0	0	0	0	0	0	460	111	0	0	0	0	0	0
Grey Goose Vodka 50ml	1160	280	0	0	0	0	0	0	580	140	0	0	0	0	0	0
Dead Mans Fingers Spiced Rum 25ml	919	222	0	0	0	0	0	0	230	56	0	0	0	0	0	0
Dead Mans Fingers Spiced Rum 50ml	919	222	0	0	0	0	0	0	460	111	0	0	0	0	0	0
Aluna Coffee 25ml	1099	262	0	0	33	33	0	0.03	275	66	0	0	8.2	8.2	0	0.01
Aluna Coffee 50ml	1099	262	0	0	33	33	0	0.03	550	131	0	0	16	16	0	0.01
Aluna Peach 25ml	1099	262	0	0	33	33	0	0.03	275	66	0	0	8.2	8.2	0	0.01
Aluna Peach 50ml	1099	262	0	0	33	33	0	0.03	550	131	0	0	16	16	0	0.01
Sipsmith London Dry Gin 25ml	919	222	0	0	0	0	0	0	230	56	0	0	0	0	0	0
Sipsmith London Dry Gin 50ml	919	222	0	0	0	0	0	0	460	111	0	0	0	0	0	0
Sipsmith Strawberry Gin 25ml	919	222	0	0	0	0	0	0	230	56	0	0	0	0	0	0
Sipsmith Strawberry Gin 50ml	919	222	0	0	0	0	0	0	460	111	0	0	0	0	0	0
Malfy Con Aranciata 25ml	919	222	0	0	0	0	0	0	230	56	0	0	0	0	0	0
Malfy Con Aranciata 50ml	919	222	0	0	0	0	0	0	460	111	0	0	0	0	0	0
Grey Goose Vodka 25ml	1160	280	0	0	0	0	0	0	290	70	0	0	0	0	0	0

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COFFEE																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Black Americano	705	166	0.8	0.4	39	28	0.5	0.83	85	20	0.1	0.1	4.7	3.4	0.1	0.10
Decaf Black Americano	705	166	0.8	0.4	39	28	0.5	0.83	85	20	0.1	0.1	4.7	3.4	0.1	0.10
Oat Americano	291	69	2.0	0.2	12	7.5	0.3	0.23	198	47	1.3	0.2	8.5	5.1	0.2	0.16
Oat Cappuccino	269	64	2.1	0.3	11	6.3	0.4	0.18	299	71	2.3	0.3	12	7.0	0.4	0.20
Oat Decaf Americano	291	69	2.0	0.2	12	7.5	0.3	0.23	198	47	1.3	0.2	8.5	5.1	0.2	0.16
Oat Decaf Cappuccino	269	64	2.1	0.3	11	6.3	0.4	0.18	299	71	2.3	0.3	12	7.0	0.4	0.20
Oat Decaf Flat White	228	54	2.1	0.2	8.4	4.4	0.3	0.14	537	128	5.0	0.5	20	10	0.7	0.32
Oat Decaf Latte	228	54	2.1	0.2	8.4	4.4	0.3	0.14	537	128	5.0	0.5	20	10	0.7	0.32
Oat Decaf Macchiato	434	103	1.6	0.3	22	15	0.4	0.44	113	27	0.4	0.1	5.6	3.8	0.1	0.11
Oat Decaf Mocha	300	71	2.4	0.4	12	7.3	0.6	0.16	489	116	3.9	0.7	19	12	1.0	0.27
Oat Flat White	221	53	2.1	0.2	8.2	4.3	0.3	0.13	538	128	5.0	0.5	20	10	0.8	0.32
Oat Macchiato	434	103	1.6	0.3	22	15	0.4	0.44	113	27	0.4	0.1	5.6	3.8	0.1	0.11
Oat Mocha	300	71	2.4	0.4	12	7.3	0.6	0.16	489	116	3.9	0.7	19	12	1.0	0.27
Oat Latte	228	54	2.1	0.2	8.4	4.4	0.3	0.14	537	127	5.0	0.5	20	10	0.7	0.32
Sugar Stick	1698	400	0	0	100	100	0	0.01	102	24	0	0	6.0	6.0	0	0
Hot Chocolate	387	92	2.4	1.5	13	12	3.9	0.16	994	235	6.3	4.0	33	30	9.9	0.41
Oat Hot Chocolate	386	92	2.9	0.8	15	10	1.1	0.16	992	235	7.4	2.0	38	27	2.7	0.41
Single Espresso	705	166	0.8	0.4	39	28	0.5	0.83	85	20	0.1	0.1	4.7	3.4	0.1	0.10
Double Espresso	448	106	0.5	0.3	25	18	0.4	0.53	85	20	0.1	0.1	4.7	3.4	0.1	0.10
Americano	292	69	1.6	1.0	11	8.8	3.0	0.23	198	47	1.1	0.7	7.3	6.0	2.0	0.16
Latte	229	54	1.7	1.1	6.4	5.9	3.4	0.14	539	127	3.9	2.5	15	14	7.9	0.32
Cappuccino	270	64	1.7	1.1	8.9	7.7	3.2	0.18	300	71	1.9	1.2	9.9	8.6	3.6	0.20
Flat White	222	53	1.6	1.0	6.3	5.7	3.3	0.13	540	128	3.9	2.5	15	14	7.9	0.32
Macchiato	242	57	1.6	1.1	7.3	6.5	3.3	0.16	377	89	2.6	1.6	11	10	5.1	0.24
Mocha	298	71	1.8	1.2	10	8.9	3.4	0.16	486	116	3.0	2.0	16	15	5.5	0.27
Decaf Single Espresso	705	166	0.8	0.4	39	28	0.5	0.83	85	20	0.1	0.1	4.7	3.4	0.1	0.10
Decaf Double Espresso	448	106	0.5	0.3	25	18	0.4	0.53	85	20	0.1	0.1	4.7	3.4	0.1	0.10
Decaf Americano	292	69	1.6	1.0	11	8.8	3.0	0.23	198	47	1.1	0.7	7.3	6.0	2.0	0.16
Decaf Latte	229	54	1.7	1.1	6.4	5.9	3.4	0.14	539	127	3.9	2.5	15	14	7.9	0.32
Decaf Cappuccino	270	64	1.7	1.1	8.9	7.7	3.2	0.18	300	71	1.9	1.2	9.9	8.6	3.6	0.20
Decaf Flat White	222	53	1.6	1.0	6.3	5.7	3.3	0.13	540	128	3.9	2.5	15	14	7.9	0.32
Decaf Macchiato	435	103	1.3	0.8	21	16	2.1	0.44	113	27	0.3	0.2	5.3	4.0	0.6	0.11
Decaf Mocha	298	71	1.8	1.2	10	8.9	3.4	0.16	486	116	3.0	2.0	16	15	5.5	0.27
Sub Oatly Milk	202	48	2.2	0.2	6.8	3.1	0.3	0.10	253	60	2.8	0.3	8.5	3.9	0.4	0.13

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TEA																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Chamomile Tea	323	76	1.7	1.1	12	9.8	3.3	0.25	198	47	1.1	0.7	7.3	6.0	2.0	0.16
Earl Grey Tea	314	74	1.7	1.1	12	9.5	3.2	0.25	198	47	1.1	0.7	7.3	6.0	2.0	0.16
English Breakfast Tea	314	74	1.7	1.1	12	9.5	3.2	0.25	198	47	1.1	0.7	7.3	6.0	2.0	0.16
Fresh Mint Tea	1252	295	1.6	0.7	68	48	1.8	1.4	88	21	0.1	0.1	4.8	3.4	0.1	0.10
Green Tea	314	74	1.7	1.1	12	9.5	3.2	0.25	198	47	1.1	0.7	7.3	6.0	2.0	0.16
Peppermint Tea	319	75	1.7	1.1	12	9.7	3.2	0.25	198	47	1.1	0.7	7.3	6.0	2.0	0.16

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SUMMER SPECIALS																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Pomegranate Aperol Spritz	386	93	0	0	3.3	3.1	0.3	0.01	781	188	0	0	6.7	6.2	0.5	0.01
Apple Calzone	1087	259	9.7	4.5	38	19	3.9	0.63	3077	733	27	13	109	55	11	1.8
Take Away Only : Apple Calzone	1223	292	15	7.5	36	18	3.8	0.61	3630	868	44	22	106	53	11	1.8
Passion Fruit Martini Sundae	716	171	7.6	5.1	24	19	1.6	0.07	2122	507	22	15	70	57	4.7	0.21
Non-Gluten Misto Mare	511	121	3.5	0.7	16	2.0	6.3	0.72	3164	752	22	4.0	97	12	39	4.5
Non-Gluten Triple Vesuvio	1091	261	15	6.5	20	3.7	9.7	1.2	6345	1521	89	38	118	21	56	7.1
Tagliatelle Misto Mare	524	125	4.2	0.8	13	2.4	8.2	0.90	2723	648	22	4.1	66	12	43	4.7
Asparagus, Pancetta and Mascarpone Girsoli	936	224	14	7.3	14	3.4	9.8	1.3	4122	989	61	32	63	15	43	5.8
Rustica Triple Vesuvio	1076	258	14	6.6	20	3.2	12	1.4	6047	1447	80	37	111	18	68	7.8
Chicky Fritti	804	192	7.9	0.9	19	1.8	11	1.3	1996	476	20	2.2	46	4.5	28	3.1
Aubergine Parmigiana Croquettes	711	170	9.3	3.5	14	3.9	5.9	1.5	1004	240	13	4.9	20	5.6	8.3	2.1
TAKE AWAY																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Served - Raspberry Hard Seltzer	235	57	0	0	0	0	0	0	601	145	0	0	0	0	0	0
Served - Peach Hard Seltzer	235	57	0	0	0	0	0	0	601	145	0	0	0	0	0	0

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SPECIALS																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Non-Gluten Parmigiana Pizza	796	190	9.3	4.9	18	1.7	7.9	0.79	4721	1128	55	29	105	10	47	4.7
Non-Gluten Vegan Aubergine & Pesto Pizza	677	162	7.3	3.0	21	1.7	2.1	0.90	3709	886	40	16	112	9.3	12	4.9
Non-Gluten Sausage Ragù	1031	247	14	5.6	20	1.1	11	0.85	4707	1127	62	26	89	5.1	50	3.9
Creste Di Gallo Sausage Ragù	1161	278	16	6.4	20	1.3	14	1.1	4719	1131	64	26	80	5.1	57	4.6
Parmigiana	771	184	8.1	4.9	17	1.1	10	0.93	4423	1055	46	28	97	6.5	58	5.3
Vegan Aubergine & Pesto	645	154	5.9	3.0	20	1.1	4.4	1.1	3411	812	31	16	105	5.8	23	5.6
Passion Fruit Cheesecake	727	174	7.4	4.1	23	17	3.2	0.18	1568	375	16	8.9	49	37	6.8	0.38
Limoncello tart	898	213	6.5	2.8	34	25	3.2	0.06	1416	336	10	4.4	53	39	5.1	0.09
Sticky Toffee cheesecake	1512	361	19	7.6	44	29	4.0	0.67	2450	585	30	12	72	47	6.5	1.1
Caramelised Banana & Salted Caramel Waffle	1075	256	11	6.1	36	24	3.0	0.42	3173	756	32	18	107	71	8.9	1.3
TAKE AWAY TRIAL																
Menu Item Name	Per 100g								Per Serving							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Zillionaire s Cookie Dough	1824	436	21	9.7	56	37	4.3	0.85	3283	785	39	17	100	67	7.7	1.5
Sweet Dippers (with trio of dips): Biscoff. Salted Caramel & Chocolate	1270	303	12	2.5	42	11	6.2	0.75	4032	961	37	7.8	135	36	20	2.4
Trio of Dips: Biscoff. Salted Caramel & Chocolate	1633	392	24	6.0	41	31	2.3	0.46	1715	411	25	6.3	43	32	2.4	0.49
Non-Gluten Spicy Vegetariana Pizza	690	165	6.3	3.1	20	3.8	5.9	0.65	4309	1028	39	19	124	24	37	4.1
Non-Gluten Triple Chilli Vesuvio	1091	261	15	6.5	20	3.7	9.7	1.2	6345	1521	89	38	118	21	56	7.1
Non-Gluten BBQ Pulled Pork Pizza	827	197	8.4	3.5	19	2.9	10	0.85	5072	1211	51	21	116	18	64	5.2
Non-Gluten Meat Lover's Feast	925	221	10	4.5	18	1.4	14	0.99	5434	1299	59	26	104	8.3	81	5.8
Spicy Vegetariana Rustica	664	158	5.1	3.0	19	3.4	8.0	0.78	4010	954	31	18	117	20	48	4.7
Meat Lover's Feast Rustica	904	216	8.9	4.5	17	0.8	16	1.1	5136	1225	51	26	96	4.7	93	6.5
BBQ Pulled Pork Rustica	804	192	7.2	3.4	18	2.4	13	0.99	4774	1138	43	20	109	14	75	5.9
Rustica Triple Chilli Vesuvio	1076	258	14	6.6	20	3.2	12	1.4	6047	1447	80	37	111	18	68	7.8
BBQ Pulled Pork Fries	1304	311	16	2.3	29	3.1	13	0.63	4045	965	51	7.2	91	9.5	41	2.0
Chilli Chicken Wings	496	118	6.3	1.7	5.2	4.8	9.7	0.70	1351	322	17	4.7	14	13	26	1.9
Double Arancini	785	186	3.9	2.2	32	10	5.3	0.62	2179	517	11	6.2	89	28	15	1.7