

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

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
Pasta Crisps	1201	286	12	1.3	36	7.4	6.3	3.1	901	215	8.9	1	27	5.6	4.7	2.3
Cheeky Olives	625	152	15	2.1	0.7	0	1	3.5	617	150	15	2.1	0.7	0	1	3.5
Little Soul breads	1169	279	12	2.6	35	0.7	7	2.1	3709	885	38	8.2	110	2.4	22	6.7
Complimentary Pasta crisp	1943	463	19	1.7	59	5.8	10	4.6	389	93	3.9	0.3	12	1.2	2	0.93
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	17	0.47	3829	915	48	11	63	0	58	1.6
Add Freshly Baked Bread	1115	265	7.9	1.8	40	0	7.8	2.3	1448	344	10	2.3	52	0.6	10	3
Bruschetta	568	135	4.5	0.7	19	3.1	3.6	0.38	1699	404	13	2	58	9.1	11	1.1
Burrata Caprese	501	121	10	4.7	4.1	3.6	2.9	0.27	1749	422	35	17	14	13	10	0.94
Cheesy Chilli Garlic Bread	1099	262	9.2	3.3	34	0.7	9.8	1	2911	693	24	8.8	90	1.8	26	2.6
Pork & Garlic Meatballs	1020	246	19	7.5	5.5	2	12	1.1	2764	666	52	20	15	5.5	34	3
Mozzarella, Basil & tomato Arancini	842	202	11	6.1	17	2.9	7.9	1.5	1443	345	19	10	29	4.9	14	2.5
King Prawn Spiedini with Seafood Sauce	262	62	1.9	0.4	2.3	1.2	8.8	0.91	630	150	4.5	0.8	5.6	3	21	2.2
King Prawn Spiedini with Garlic Sauce	537	129	8.9	2	1.5	1	11	0.89	1045	251	17	3.9	3	1.9	21	1.7
Calamari Small	1143	273	14	3.3	19	0	17	0.47	2115	505	27	6.1	35	0	32	0.9
Vegan Meatless Meatballs	547	130	4.4	0.6	13	4.9	7.6	1.2	1288	306	10	1.4	31	11	18	2.9
Take Away Only: Double Mozzarella, Basil & Tomato Arancini	898	215	12	6.6	18	2.1	8.6	1.5	2762	661	37	20	54	6.5	26	4.6
Mushroom Brindisi	746	178	5.8	2.9	22	1.8	7.2	0.91	1976	471	15	7.6	57	4.8	19	2.4
Garlic Bread with Mozzarella	1071	254	7.1	2.9	36	0.5	10	1	2627	624	17	7.2	89	1.3	26	2.5
Garlic & Nduja Bombe	1352	323	17	5.6	34	2.7	8.9	1.2	3794	907	47	16	94	7.5	25	3.3
Garlic Bread with Mozzarella & Caramelised Onions	1048	249	6.7	2.6	37	4.6	9.4	1	2885	685	18	7.3	102	13	26	2.8
Take Away Only: Chilli Chicken Wings 12	769	184	13	3.6	3.4	3.2	14	0.84	4622	1108	77	22	21	19	82	5.1
Add Fior di latte mozzarella	1158	279	22	15	0.7	0.7	20	0.3	579	140	11	7.6	0	0	10	0.15
Pollo Fritti	841	201	11	2.4	13	1.8	11	0.56	2370	567	31	6.8	38	5.1	32	1.6
Garlic Bread	1113	264	7.5	1.6	40	0	8	0.99	2463	585	16	3.6	90	1	18	2.2
Chicken Spiedini	899	215	13	1.6	15	14	11	0.47	2012	482	28	3.5	33	30	24	1
Take Away Only: Chilli Chicken Wings 6	766	183	12	3.5	4.4	4.2	13	0.82	2368	567	38	11	14	13	41	2.5
Fonduta Formaggi	1016	243	11	5.8	26	0	9.4	2	3566	851	39	20	91	1.7	33	7.1
Garlic & Mozzarella Bombe	1142	272	9.7	3.7	35	2.8	10	1	3032	722	26	9.8	93	7.4	27	2.7

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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
Fonduta Board	994	238	12	4.5	24	1.2	7.4	1.2	8105	1939	100	37	193	9.8	60	10
Grande Antipasti	761	182	9.3	3.8	15	1.7	8.8	1.1	5293	1266	65	26	105	12	61	7.8
Favourites Board	882	210	8.6	2.5	24	1.7	8.4	0.77	7720	1840	75	22	211	15	74	6.7
Add Chicken Skewers	693	167	11	1.8	2.2	1.7	15	0.44	1066	256	16	2.8	3.4	2.6	24	0.68
Add Harissa King Prawn Skewers	293	70	2	0.4	1.2	1	12	0.81	511	121	3.4	0.7	2.1	1.7	20	1.4
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
Add Burrata	1054	255	24	15	2	2	8	0.8	1054	255	24	15	2	2	8	0.8
Add Goat Cheese	1362	329	29	21	1	0	16	1.2	734	177	16	11	0.5	0	8.6	0.65
Chicken & Prosciutto Salad	613	148	12	2.3	2.3	1.8	7.7	0.56	1582	382	30	6	5.8	4.5	20	1.5
Salmon & Avo Salad	783	189	16	1.8	4.1	1.3	6	0.4	2453	593	51	5.8	13	4.2	19	1.3
Super Zucca Salad	405	97	3.6	0.4	12	3.1	3.1	0.61	1392	332	12	1.3	40	11	11	2.1
Add King Prawn Skewer	293	70	2	0.4	1.2	1	12	0.81	511	121	3.4	0.7	2.1	1.7	20	1.4
Add Chicken Skewers	693	167	11	1.8	2.2	1.7	15	0.44	1066	256	16	2.8	3.4	2.6	24	0.68

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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 Milanese with Tuscan Style Potato	807	192	9.9	1	19	1.9	7.6	0.54	4589	1094	56	5.5	107	11	43	3.1
Chicken Milanese with Chips	1041	249	15	1.4	21	1.8	7.9	0.8	5929	1418	85	8.2	121	10	45	4.5
Pan-Fried Sea bass	469	112	5.9	0.9	6.1	1.3	8.1	0.45	2451	586	31	4.9	32	6.9	42	2.3
Chicken Calabrese	561	134	6.1	2.6	7.7	2.5	12	0.53	3252	775	35	15	45	15	67	3.1
Herb Rolled Pork Belly	1446	348	26	8.3	20	6.1	8.5	0.25	7152	1719	130	41	98	30	42	1.2
Pan-Fried Salmon & Pesto Risotto	656	157	8.4	1.6	15	0.6	5.1	0.5	3875	926	49	9.2	89	3.4	30	2.9
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
Add Harissa King Prawn Skewers	293	70	2	0.4	1.2	1	12	0.81	511	121	3.4	0.7	2.1	1.7	20	1.4
Add Chicken Skewers	693	167	11	1.8	2.2	1.7	15	0.44	1066	256	16	2.8	3.4	2.6	24	0.68
OUR RUSTICA																
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
Add torn chicken breast	561	133	2.2	0.5	0.7	0.7	27	0.4	269	64	1.1	0.2	0	0	13	0.19
Take Away Only: Rustica Meat Feast	926	221	9.3	4.7	19	1	14	1.2	4543	1084	46	23	95	4.7	70	5.8
Vegan Harissa Meatballs	858	204	6.8	3.5	27	2.5	7.1	1.5	3859	918	31	16	123	11	32	6.8
Wagyu Royale With Burrata	844	201	9.2	5.1	19	3.4	10	1.1	5193	1240	57	31	117	21	62	6.9
Black Truffle Salami & Mushroom	1059	253	13	7.2	19	0.9	13	1.1	5339	1277	68	36	97	4.6	68	5.7
Margherita	896	213	7.2	4.3	25	1	12	0.99	3290	783	26	16	92	3.8	42	3.6
Primavera	810	194	9.9	4	17	1.3	8.5	1.1	4951	1184	60	25	103	7.9	52	6.7
Vegan Margherita	762	182	7.5	6.1	23	0.6	4.2	1.1	3519	839	35	28	108	2.8	20	5.3
Sticky Pig	1095	262	15	6.5	19	2.3	13	0.99	6265	1501	86	37	107	13	72	5.7
Pure Pepperoni	1025	245	11	5.9	23	1	13	1.9	4171	996	46	24	92	4.1	52	7.7
Pepperoni Campagna	837	199	7.6	4.2	20	0.9	12	1.3	3805	907	35	19	92	4	54	5.9
Piccante	1077	258	16	8.1	17	1.8	11	1.5	6366	1527	95	48	100	11	65	8.9
Chicken And Fiery Roquito	898	214	8.7	4.1	21	2.1	12	1.1	4268	1018	41	19	100	9.9	59	5
Meat Sofia	908	217	9	4.5	20	1.8	14	1.2	4629	1104	46	23	99	9	70	6.1
Pinoli	902	215	7.8	4.5	25	3.9	10	1	3790	903	33	19	107	16	43	4.4

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PIZZA FRESCA																
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
Add Prosciutto	979	234	13	3.1	0	0	29	5.5	306	73	4.1	1	0	0	9.1	1.7
Verdura	639	152	4.3	1.9	21	2.3	6.5	0.59	2938	698	20	8.7	97	10	30	2.7
Harissa Gamberetto	580	137	1.9	0.3	22	1.5	7.6	0.87	2553	604	8.4	1.3	96	6.5	33	3.8
Roast Pollo & Pesto	767	182	4.4	0.9	25	1.1	9.8	0.97	2848	676	16	3.5	93	4.1	36	3.6
NON-GLUTEN 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
Non-Gluten Meat Sofia Pizza	930	222	10	4.5	20	2.4	11	1	4928	1178	55	24	107	13	59	5.4
Non-Gluten Pure Pepperoni Pizza	1048	251	13	5.8	23	1.8	9.5	1.6	4469	1069	54	25	100	7.6	41	7
Non-Gluten Roast Pollo & Pesto Fresca Pizza	805	192	6.4	1.1	26	2	6.3	0.76	3146	750	25	4.2	100	7.6	25	3
Non-Gluten Chicken And Fiery Roquito Pizza	922	220	10	4.1	22	2.7	9.6	0.89	4567	1091	50	20	107	13	47	4.4
Non-Gluten Pinoli Pizza	902	215	8.2	3.5	28	4.8	5.7	0.81	3654	871	33	14	114	19	23	3.3
Non-Gluten Vegan Harissa Meatball Pizza	886	211	8.4	3.5	28	3.1	4.4	1.3	4158	992	39	16	131	15	21	6.2
Non-Gluten Vegan Margherita Pizza	798	190	7.2	3.9	28	1.7	2	0.83	3053	728	27	15	107	6.3	7.5	3.2
Non-Gluten Primavera Pizza	832	199	11	4	18	1.8	6.4	0.97	5249	1258	69	25	111	11	40	6.1
Take Away Only: Non-Gluten Meat Feast Pizza	948	227	11	4.6	20	1.6	11	1	4841	1157	55	24	103	8.2	59	5.2
Non-Gluten Sticky Pig Pizza	1109	266	16	6.4	19	2.8	10	0.85	6563	1574	95	38	114	17	61	5
Non-Gluten Verdura Fresca Pizza	680	162	5.9	2	22	2.9	3.9	0.43	3281	782	28	9.4	107	14	19	2.1
Non-Gluten Pepperoni Campagna Pizza	865	207	9.1	4.2	21	1.6	9	1.1	4104	980	43	20	100	7.6	43	5.3
Non-Gluten Black Truffle Salami & Mushroom Pizza	1076	258	15	7.1	20	1.5	11	0.96	5637	1350	76	37	104	8.1	56	5
Non-Gluten Piccante Pizza	1092	262	17	8	18	2.4	8.7	1.4	6664	1600	103	49	108	14	53	8.3
Non-Gluten Wagyu Royale with Burrata Pizza	864	207	10	5.1	20	3.8	7.9	0.99	5491	1313	65	32	125	24	50	6.3
Non-Gluten Harissa Gamberetto Fresca Pizza	620	147	3.7	0.4	22	2.2	4.8	0.69	2851	678	17	2	103	10	22	3.2
Non-Gluten Margherita Pizza	895	213	7.7	3.2	28	2	6.5	0.72	3156	752	27	11	99	7	23	2.6

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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 Carne Piccante	812	194	7.6	3.4	20	2	11	0.94	4111	980	39	17	101	10	53	4.8
Calzone Pollo Spinaci	865	206	8.2	4.1	21	1.7	11	1	4037	962	38	19	100	7.8	52	4.8
CLASSIC 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
Double Mozzarella	1241	299	23	15	1	1	23	1.3	869	209	16	10	0.7	0.7	16	0.89
Classic Pepperoni Campagna	854	203	6.8	3.6	24	0.9	11	1.3	3264	777	26	14	92	3.6	42	5
Classic Pinoli	878	209	6.3	3.6	28	4.1	9.2	1	3291	783	24	14	105	15	34	3.7
Classic Margherita Pizza	858	204	5.6	3.2	27	1	10	0.96	2857	679	18	11	91	3.5	34	3.2
Classic Vegan Margherita Pizza	759	180	5.2	4	27	0.8	5.2	1	2755	654	19	14	99	2.8	19	3.8
Add Chicken	561	133	2.2	0.5	0.7	0.7	27	0.4	269	64	1.1	0.2	0	0	13	0.19
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
Green Beans	320	77	6.3	0.7	2	1.9	2.1	0.07	387	94	7.6	0.8	2.4	2.3	2.5	0.08
Take Away Only: Pulled Pork Calabrese Chips	1121	268	17	3.8	22	3.8	7	1.1	5001	1198	76	17	100	17	31	5
Courgette Fritti	805	193	9.2	1.3	22	0.9	3.2	1	1612	386	18	2.6	44	1.8	6.4	2.1
Loaded Bolognese Chips	1163	278	17	3.4	26	1.5	7.1	0.53	3898	933	56	11	87	5	24	1.8
Chips	1510	361	21	1.8	41	0.6	4.5	0.72	3053	729	43	3.6	83	1.2	9	1.5
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	1.9
Tuscan Style Potatoes	851	201	6.7	0.4	34	0.9	3.6	0	1284	304	10	0.7	51	1.4	5.4	0
Mixed Leaf Salad	726	176	16	2.9	2.5	2	4	0.76	764	185	17	3.1	2.6	2.1	4.2	0.8
Sweet Potato Fries	823	198	11	1.1	21	12	2.2	0.7	1648	396	21	2.2	41	23	4.4	1.4
Cheesy Chilli Garlic Bread	1099	262	9.2	3.3	34	0.7	9.8	1	2911	693	24	8.8	90	1.8	26	2.6
Garlic Bread with Mozzarella	1071	254	7.1	2.9	36	0.5	10	1	2627	624	17	7.2	89	1.3	26	2.5
Garlic Bread with Mozzarella & Caramelised Onions	1048	249	6.7	2.6	37	4.6	9.4	1	2885	685	18	7.3	102	13	26	2.8

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PASTA SUPERIORE																
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
Wagyu Meatballs Arrabbiata	654	156	4.6	1.8	19	3.9	8.1	0.91	3114	740	22	8.5	93	19	39	4.3
Piccante King Prawn Pasta	876	210	14	6.9	15	1.7	6.8	0.57	4379	1052	68	35	74	8.6	34	2.9
Crispy Prosciutto Carbonara	1156	278	18	9.9	17	0.9	11	1.3	4859	1167	77	41	70	3.6	46	5.3
Signature Beef & Chianti Ragù	750	179	5.7	2.2	21	2	8.3	0.59	2798	667	21	8.3	78	7.6	31	2.2
CLASSIC 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
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
Six Layer Lasagne	648	155	7.7	3.7	15	3.5	6	0.94	3465	829	41	20	81	19	32	5
GO ALL OUT - bolognese, mozzarella & bechamel upgrade only	703	169	12	7.2	5.5	3.2	8.4	0.86	1125	271	20	12	8.7	5.1	13	1.4
Spaghetti Bolognese	598	143	6.7	1.5	16	2.5	5.1	0.69	2734	653	30	7	73	12	23	3.1
King Prawn Linguine	337	79	0	0	13	0.6	6	0.78	2723	416	2.6	0.5	67	3.2	25	4.1
Casareccia Della Casa	766	184	9.5	2.7	15	1.7	7.3	0.94	3841	921	48	13	74	8.3	37	4.7
Casareccia Pork & Garlic Meatballs	812	195	13	3.3	14	2.8	6.2	0.88	5212	1250	82	21	91	18	40	5.6
Vegan Spaghetti Pomodoro	405	96	1.7	0.3	17	2.1	3	0.3	1943	461	8.2	1.2	80	10	14	1.4
Casareccia Pesto Rosso	1044	251	17	7.7	18	2.1	6.9	0.95	4038	970	67	30	68	8.2	27	3.7
Casareccia Pollo Piccante	980	236	17	6.6	16	1.4	5.8	0.6	4211	1013	73	28	67	6	25	2.6
Spaghetti Chorizo Carbonara	900	216	14	4.1	16	1.1	7	1	3935	943	61	18	70	4.9	31	4.4
Spaghetti Pomodoro	465	111	3.6	1.7	15	2	3.8	0.3	2462	586	19	9	80	11	20	1.8
Ravioli Di Capra	618	147	5.7	2.5	18	0.7	5.5	0.46	2269	540	21	9.5	68	2.6	20	1.7
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
Take Away Only : Lasagne Go All Out	661	158	8.8	4.5	13	3.4	6.6	0.92	4591	1100	61	32	90	24	46	6.4

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NON-GLUTEN PASTA SUPERIORE																
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 Crispy Prosciutto Carbonara	1022	245	15	8.3	17	0.6	8.7	1.2	5064	1215	77	41	87	3.2	43	5.8
Non-Gluten Signature Beef & Chianti Ragu	670	160	4.6	1.8	21	1.6	6.3	0.6	3002	715	20	7.9	95	7.2	28	2.7
Non-Gluten Piccante King Prawn Pasta	798	191	12	6	16	1.4	5.4	0.58	4584	1100	67	34	91	8.2	31	3.3
Non-Gluten Wagyu Meatball Arrabbiata Pasta	602	143	3.8	1.5	20	3.3	6.5	0.88	3318	788	21	8.1	110	18	36	4.8
NON-GLUTEN CLASSIC 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 Vegan Lentil Ragu	591	141	4.5	0.7	18	2.5	4.5	0.21	2613	623	20	3.1	82	11	20	0.93
Non-Gluten Chorizo Carbonara	875	209	11	3.9	21	1.1	6.5	0.93	3828	915	47	17	93	4.9	28	4.1
Non-Gluten Bolognese	602	143	4.4	0.9	22	3.2	3.6	0.68	2751	655	20	4.3	100	15	17	3.1
Non-Gluten Pesto Rosso	1166	280	18	7.9	22	1.9	6.2	0.75	4953	1190	78	34	93	7.9	26	3.2
Non-Gluten Vegan Pomodoro Pasta	499	118	2.4	0.4	22	3.8	2.2	0.7	2300	545	11	2	99	17	9.9	3.2
Non-Gluten King Prawn Pasta	498	118	3	0.4	18	1.1	4.4	0.68	2619	623	16	2.3	94	5.7	23	3.6
Non-Gluten Pomodoro Pasta	465	111	3.6	1.7	15	2	3.8	0.3	2462	586	19	9	80	11	20	1.8
Non-Gluten Pollo Piccante Pasta	957	230	14	6.5	21	1.4	5.3	0.36	4104	985	59	28	89	6.1	23	1.6
MAFALDE 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
Mafalde Bolognese pasta	666	159	5.5	1.2	22	3.9	5.1	0.69	2547	607	21	4.7	82	15	19	2.6
Mafalde Pesto Rosso Pasta	1195	287	17	9.5	23	2.8	8.7	0.93	3727	894	54	30	73	8.7	27	2.9
Mafalde Chorizo Carbonara Pasta	1000	239	13	4.9	21	1.5	8.6	0.99	3623	867	48	18	75	5.4	31	3.6
Mafalde King Prawn Pasta	337	79	0	0	13	0.6	6	0.78	2723	416	2.6	0.5	67	3.2	25	4.1
Mafalde Lentil Ragu	683	163	5.1	0.9	22	2.2	5.3	0.5	2837	675	21	3.6	92	9	22	2.1
Mafalde Pollo Piccante Pasta	1100	264	17	8	20	1.8	7.1	0.51	3899	937	60	28	72	6.5	25	1.8
Mafalde Pomodoro Pasta	615	146	5.2	2.3	19	4.2	5.3	0.66	2668	635	23	10	82	18	23	2.9

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DESSERTS																
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
Lemon Meringue Sundae	966	230	10	6.7	32	28	3.3	0.23	1518	362	16	11	50	44	5.1	0.36
Twisted Affogato - Coffee Liqueur	829	198	5.9	5.6	28	23	2.5	0.08	1196	285	8.5	8.1	40	34	3.6	0.12
Triple Chocolate Bomba	1535	367	20	10	42	34	4.2	0.48	3240	775	42	21	88	73	8.8	1
Take Away Only: Triple Chocolate Bomba	1535	367	20	10	42	34	4.2	0.48	3240	775	42	21	88	73	8.8	1
Take Away Only: Baked Lemon & Blackcurrant Cheesecake	1266	303	17	9.9	33	31	4.7	0.35	1925	461	25	15	51	47	7.2	0.54
Take Away Only: Zillionaire Cookie Dough	1731	413	19	9.1	54	37	4.4	0.73	3723	889	42	20	116	80	9.5	1.6
Honeycomb Cheesecake	1355	323	16	8.4	42	30	3.3	0.8	2640	630	31	16	82	59	6.4	1.6
Baked Lemon & Blackcurrant Cheesecake	1179	282	15	9.2	32	29	4.5	0.35	2225	532	29	17	60	55	8.4	0.66
Take Away Only: Raspberry Collins Cheesecake	1332	320	22	10	30	19	0.9	0.12	1831	439	30	14	42	27	1.2	0.17
Raspberry Collins Cheesecake	1141	273	17	8.3	29	19	0.7	0.1	1989	477	30	14	51	33	1.3	0.17
Take Away Only: Honeycomb Cheesecake	1465	350	17	8.7	45	33	3.8	0.86	2315	553	27	14	70	52	6	1.4
Zillionaire's Fudge Cake	1708	408	17	4.3	59	43	2.7	0.47	2801	669	28	7	97	71	4.5	0.77
Chocolate Brownie Sundae	1207	288	12	7.9	41	29	3.5	0.47	2669	636	27	18	90	65	7.7	1
Salted Caramel Chocolate Brownie	1440	343	15	7.3	47	41	3.9	0.89	2847	679	30	14	93	81	7.8	1.8
Tiramisu	976	234	15	9.8	22	15	3.4	0.14	1505	361	23	15	34	23	5.2	0.22
Chocolate Melt	1387	333	22	12	28	26	5.4	0.1	2219	532	35	19	45	42	8.7	0.17
Take Away Only: Chocolate Melt	1593	382	26	14	30	29	6.2	0.11	1964	471	32	17	37	36	7.7	0.13
Take Away Only: Salted Caramel Chocolate Brownie	1610	384	17	7.3	53	46	4.2	1.1	2592	618	27	12	85	75	6.8	1.7
GELATOS																
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
Chocolate Gelato	761	182	8.8	8.1	21	18	4.4	0.1	280	67	3.2	3	7.7	6.6	1.6	0.04
Strawberry Sorbet	430	101	0	0	25	18	0	0	158	37	0	0	9.2	6.6	0	0
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	0.21
Vanilla Gelato	695	166	7.4	7.3	22	18	2.7	0.09	256	61	2.7	2.7	8.1	6.6	1	0.03
Wild Strawberry & Panna Cotta Gelato	811	194	9.6	6.1	23	21	3.5	0.13	308	74	3.6	2.3	8.8	8	1.3	0.05
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

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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
Plum Baby Tomato	109	26	0	0	3.6	3.6	1.1	0	36	8	0	0	1.2	1.2	0	0
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	1.3
Garlic Dip	2667	648	69	16	4.4	0.7	1.2	1.5	933	227	24	5.6	1.5	0	0	0.53
Wild Garlic Aioli	1411	342	34	2.2	8.1	3	1.2	1	494	120	12	0.8	2.8	1.1	0	0.35
Butternut	225	54	2	0.3	7.3	3.8	0.9	0.57	225	54	2	0.3	7.3	3.8	0.9	0.57
Chilli & Red Pepper Hummus	671	161	8.4	0.6	15	3	4.6	1.1	235	56	2.9	0.2	5.1	1.1	1.6	0.38
Balsamic Onion	860	204	3.4	0.2	41	38	1.2	0.97	261	62	1	0	12	11	0	0.3
Mozzarella	1241	299	23	15	1	1	23	1.3	869	209	16	10	0.7	0.7	16	0.89
Artichoke	973	235	20	2.2	5.4	4.1	5.9	1.3	500	121	10	1.1	2.8	2.1	3	0.68
Candied Green Jalapenos	414	98	0.8	0	21	17	0.8	3.3	92	22	0	0	4.6	3.9	0	0.74
Rocket	97	23	0	0	1.2	0	2.2	0.1	19	5	0	0	0	0	0	0.02
Avocado	813	198	20	4.1	1.9	0	1.9	0.02	624	152	15	3.1	1.5	0	1.5	0
Spinach	65	15	0	0	1.4	0	1.3	0	10	2	0	0	0	0	0	0
Bolognese	415	100	5.8	2.7	4.3	3.4	6.7	0.83	274	66	3.8	1.8	2.8	2.2	4.4	0.55
Roquito Chilli Pearl	391	92	0	0	21	17	1.5	0.5	59	14	0	0	3.2	2.6	0	0.08
Caesar Dressing	1622	394	41	3	5	3.6	1.2	1.8	568	138	14	1.1	1.8	1.3	0	0.64
Nduja	2393	580	58	22	2.5	0.9	12	2	598	145	14	5.5	0.6	0	3	0.5
Basil	169	40	0.8	0	5.1	0	3.1	0.02	10	2	0	0	0	0	0	0
Prosciutto	979	234	13	3.1	0	0	29	5.5	306	73	4.1	1	0	0	9.1	1.7
Torn Chicken Breast	561	133	2.2	0.5	0.7	0.7	27	0.4	269	64	1.1	0.2	0	0	13	0.19
Whipping Cream	1571	382	40	25	2.7	2.7	2	0.1	1571	382	40	25	2.7	2.7	2	0.1
Goat Cheese	1362	329	29	21	1	0	16	1.2	734	177	16	11	0.5	0	8.6	0.65
Spicy Roquito Chillies	452	107	0	0	24	22	1.4	1.5	43	10	0	0	2.3	2.1	0	0.14
Scamorza	1437	346	28	19	0.6	0	23	1.2	575	138	11	7.6	0	0	9.2	0.48
Fior di Latte	1158	279	22	15	0.7	0.7	20	0.3	579	140	11	7.6	0	0	10	0.15
Pinenuts	3007	728	68	5	13	4	14	0.5	90	22	2	0.1	0	0	0	0.01
Mascarpone	1716	416	43	29	3.8	3.6	4.2	0.49	403	98	10	6.9	0.9	0.8	1	0.11
Honeycomb	1680	396	2	1	93	67	1	2	504	119	0.6	0.3	28	20	0	0.6
Roquito Hot Honey	1292	304	0	0	76	76	0	0.03	452	106	0	0	27	27	0	0
Red Chillies	113	27	0	0	4.2	4.2	1.8	0.03	8	2	0	0	0	0	0	0
Cotto Ham	464	110	3.6	1.3	0	0	19	2.2	193	46	1.5	0.5	0	0	8	0.92
Green Pesto	1436	349	36	4.3	2.4	1	2.4	2.6	718	175	18	2.1	1.2	0	1.2	1.3
Courgette	92	22	0	0	2	1.9	2	2.5	28	7	0	0	0.6	0.6	0.6	0.75
Pizza Olives	1318	321	33	3.9	1.6	0.9	1.4	4	439	107	11	1.3	0.5	0	0	1.3

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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
Olives	1318	321	33	3.9	1.6	0.9	1.4	4	439	107	11	1.3	0.5	0	0	1.3
Tomato Ketchup	517	122	0	0	29	25	1.1	2.8	181	43	0	0	10	8.7	0	1
Spianata	1473	355	29	11	0	0	23	5.8	491	118	9.7	3.7	0	0	7.7	1.9
Olive Oil	3696	899	100	10	0	0	0	0	309	75	8.4	0.8	0	0	0	0
Pizza Sauce	93	22	0	0	3.4	3.4	1.2	0.7	53	12	0	0	1.9	1.9	0.7	0.4
Wagyu Beef Meatballs	641	153	6.3	2.9	6.7	0.9	17	1.2	288	69	2.8	1.3	3	0	7.6	0.55
Rosemary	416	99	4.4	0	14	0	1.4	0.04	4	1	0	0	0	0	0	0
Pepperoni	1982	479	43	18	1	0.6	22	9	296	72	6.4	2.7	0	0	3.3	1.3
Pea Shoots	60	14	0	0	1.4	1.4	1.2	0.02	2	0	0	0	0	0	0	0
Riserva Cheese	1583	381	29	21	0	0	30	1.8	158	38	2.9	2.1	0	0	3	0.18
Mushrooms	65	16	0	0	0	0	1.8	0	21	5	0	0	0	0	0.6	0
Calamari	1056	253	14	3.2	17	0	15	0.48	693	166	9.1	2.1	11	0	10	0.31
Smoked Garlic Oil	3399	827	91	8.8	1.2	0	0.6	0.71	510	124	14	1.3	0	0	0	0.11
Fire Roasted Peppers	147	35	0	0	6	0	0.7	0.5	74	18	0	0	3	0	0	0.25
Prawns	310	73	0.8	0.3	0	0	17	1	120	28	0	0.1	0	0	6.4	0.39
Vegan Mozzarisella	766	185	16	14	8.5	0	0.7	1.5	766	185	16	14	8.5	0	0.7	1.5
Burrata	1054	255	24	15	2	2	8	0.8	1054	255	24	15	2	2	8	0.8
Sunblush Baby Tomato	434	104	4.6	0.4	12	6.9	2	2	42	10	0	0	1.1	0.7	0	0.19
Spring Onion	116	28	0	0	3	2.8	2	0.02	12	3	0	0	0	0	0	0
Take Away Only: Duo of Dips	1669	405	39	8.3	9.5	1.8	2.9	1.3	1168	283	27	5.8	6.6	1.3	2	0.9
Pulled Harissa Chicken Breast	608	145	3.6	0.7	1	0.7	27	0.53	330	78	2	0.4	0.5	0	14	0.29
Sage	502	119	4.6	2.6	16	0	3.9	0	17	4	0	0	0.5	0	0	0
Meatless Meatballs	1020	243	9.4	0.6	19	0.6	19	2.1	509	121	4.7	0.3	9.4	0	9.5	1.1
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

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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
Kids Penne Pomodoro	513	122	5.9	0.6	15	3.5	2.8	2.3	1090	260	13	1.3	32	7.4	6	4.8
Kids Vanilla Gelato	695	166	7.4	7.3	22	18	2.7	0.09	256	61	2.7	2.7	8.1	6.6	1	0.03
Kids Spaghetti Super Green Pesto	1062	255	18	1.8	21	0.7	3.9	1.1	1593	383	27	2.8	32	1.1	5.8	1.7
Kids Fruit Pot	278	66	0	0	15	15	0	0	116	28	0	0	6.4	6.4	0	0
Kids Pepperoni Topping	1982	479	43	18	1	0.6	22	9	158	38	3.4	1.4	0	0	1.8	0.72
Kids Super Green Pesto Pasta Twists	1062	255	18	1.8	21	0.7	3.9	1.1	1593	383	27	2.8	32	1.1	5.8	1.7
Kids Non-Gluten Pomodoro Pasta	531	126	2.5	0.5	23	3.8	2.2	0.75	1128	267	5.4	1	49	8	4.8	1.6
Kids Flawsome Sweet Apple	150	35	0	0	8.8	8.5	0	0	300	70	0	0	18	17	0	0
Kids Oat Milk	202	48	2.2	0.2	6.8	3.1	0	0.1	404	96	4.4	0.4	14	6.2	0.6	0.2
Kids Penne Super Green Pesto	1001	241	18	1.9	17	0	3.9	3.2	1501	361	27	2.8	26	0	5.8	4.8
Kids Ham Topping	464	110	3.6	1.3	0	0	19	2.2	97	23	0.8	0.3	0	0	4	0.46
Kids Non-Gluten Bolognese Pasta	525	124	3.2	1.2	19	2.1	4.3	0.37	1312	311	8.1	3	47	5.3	11	0.93
Kids Spaghetti Pesto Rosso	1112	268	20	9.3	16	2.8	6	1.2	2514	605	46	21	36	6.3	13	2.7
Kids Non-Gluten Pizza Base Only	1011	240	5.1	0.5	44	2	2.7	0.58	2224	528	11	1.1	96	4.4	5.9	1.3
Kids Non-Gluten Vegan Lentil Ragù	579	138	3.9	0.6	21	2.1	3.3	0.44	1406	334	9.5	1.5	51	5	7.9	1.1
Kids Sweet Potato Fries	822	198	11	1.1	21	12	2.2	0.7	824	198	11	1.1	21	12	2.2	0.7
Chilly Billy Ice Lolly	170	40	0	0	9.3	9.3	0	0	187	44	0	0.1	10	10	0	0
Carrot, Cucumber & Pasta Crisps	278	66	2.3	0.3	9	4.7	1.4	0.61	401	96	3.4	0.4	13	6.9	2.1	0.89
Kids Pomodoro Pasta Twists	556	132	5.9	0.6	18	3.8	2.8	0.82	1182	281	12	1.3	38	8	6	1.8
Kids Spaghetti Pomodoro	556	132	5.9	0.6	18	3.8	2.8	0.82	1182	281	12	1.3	38	8	6	1.8
Mini Cones Only	1672	394	1.9	0.3	85	8.4	8.1	0.7	50	12	0	0	2.6	0	0	0.02
Kids Sugar Cones. Chocolate & Salted Caramel Sauce (No Gelato)	1129	268	7.2	4.2	47	34	2.7	0.52	248	59	1.6	0.9	10	7.5	0.6	0.11
Kids Mozzarella Topping	1241	299	23	15	1	1	23	1.3	434	105	7.9	5.2	0	0	8.1	0.45
Kids Flawsome Apple and Cherry	153	36	0	0	9	8.4	0	0	306	72	0	0	18	17	0	0
Kids Penne Pesto Rosso	1072	258	20	9.3	13	2.6	6	2.5	2423	584	46	21	30	5.8	13	5.7
Kids Penne Vegan Lentil Ragù	625	149	7.7	0.9	16	1.8	4.1	2	1374	328	17	1.9	34	3.9	9	4.5
Kids Spaghetti Vegan Lentil Ragù	601	143	6.8	0.8	17	2	3.7	0.5	1459	348	17	1.9	40	5	9.1	1.2
Kids Vegan Lentil Ragù Pasta Twist	601	144	6.9	0.8	17	2	3.8	0.5	1460	349	17	1.9	40	4.9	9.2	1.2
Kids Chocolate Gelato	761	182	8.8	8.1	21	18	4.4	0.1	280	67	3.2	3	7.7	6.6	1.6	0.04
Kids Vegan Pizza Margherita	798	189	5.1	3.9	30	0.8	5.3	1	1484	352	9.4	7.2	55	1.4	9.8	1.9
Kids Mushroom Topping	65	16	0	0	0	0	1.8	0	9	2	0	0	0	0	0	0
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 Pesto Rosso Pasta Twist	1112	268	20	9.3	16	2.8	6	1.2	2514	605	46	21	36	6.3	13	2.7
Apple & Blackcurrant Squash	0	0	0	0	0	0	0	0.03	0	0	0	0	0	0	0	0.01
Orange Squash	2	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Kids Penne Bolognese	509	121	6.1	1.3	12	1.9	4.8	1.7	1273	304	15	3.4	30	4.7	12	4.2

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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
Tiny Tummies Little Soul Bread	988	234	4.7	1	39	0	8.3	3	492	117	2.3	0.5	19	0	4.2	1.5
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 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	0.1
Kids Pizza Margherita	898	213	5.4	3.2	30	1	10	0.93	1535	364	9.3	5.4	51	1.8	18	1.6
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 Olives Topping	1318	321	33	3.9	1.6	0.9	1.4	4	220	54	5.5	0.7	0	0	0	0.67
Kids Milk	193	46	1.5	0.9	4.6	4.6	3.5	0.11	386	92	3	1.8	9.2	9.2	7	0.22
Kids Chocacino	448	107	2.7	1.7	15	14	4.2	0.15	327	78	2	1.2	11	10	3	0.11
Tiny Penne Pomodoro	513	122	5.9	0.6	15	3.5	2.8	2.3	545	130	6.3	0.7	16	3.7	3	2.4
Kids Roasted Peppers Topping	147	35	0	0	6	0	0.7	0.5	44	11	0	0	1.8	0	0	0.15
Kids Non-Gluten Margherita Pizza	948	225	6.8	2.2	34	2	5.1	0.67	2685	639	19	6.3	97	5.7	14	1.9
Carrot, Cucumber & Soul Bread	402	96	2.9	0.6	14	3.5	2.8	1	746	178	5.3	1.1	26	6.4	5.2	1.9
Kids Green Beans	118	28	0	0	2.4	2.4	2.1	0	55	13	0	0	1.1	1.1	1	0
Kids Non-Gluten Super Green Pesto Pasta	1026	246	13	1.6	28	0.7	3.1	1	1539	369	19	2.4	43	1.1	4.6	1.6
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 Pollo Fritti	807	192	7.5	1.5	23	1.8	8.5	0.41	1842	437	17	3.5	53	4.1	19	0.95
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	2.4	0.8
Tiny Spaghetti Pomodoro	556	132	5.9	0.6	18	3.8	2.8	0.82	591	141	6.2	0.6	19	4	3	0.88
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
Organic Craft Primitivo 250ml	315	76	0	0	0	0	0	0.02	788	190	0	0	0	0	0	0.04
Organic Craft Primitivo 175ml	315	76	0	0	0	0	0	0.02	551	133	0	0	0	0	0	0.03
Malbec 175ml	315	76	0	0	0	0	0	0.02	394	95	0	0	0	0	0	0.02
Merlot 250ml	315	76	0	0	0	0	0	0.02	788	190	0	0	0	0	0	0.04
Montepulciano 250ml	315	76	0	0	0	0	0	0.02	788	190	0	0	0	0	0	0.04
Merlot 125ml	315	76	0	0	0	0	0	0.02	394	95	0	0	0	0	0	0.02
Merlot Bottle	315	76	0	0	0	0	0	0.02	2363	570	0	0	1.5	1.5	0.8	0.13
Nero D'Avola Bottle	315	76	0	0	0	0	0	0.02	2363	570	0	0	1.5	1.5	0.8	0.13
Merlot 175ml	315	76	0	0	0	0	0	0.02	551	133	0	0	0	0	0	0.03
Organic Craft Primitivo Bottle	315	76	0	0	0	0	0	0.02	2363	570	0	0	1.5	1.5	0.8	0.13
Montepulciano Bottle	315	76	0	0	0	0	0	0.02	2363	570	0	0	1.5	1.5	0.8	0.13
Malbec 125ml	315	76	0	0	0	0	0	0.02	394	95	0	0	0	0	0	0.02

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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
Montepulciano 175ml	315	76	0	0	0	0	0	0.02	551	133	0	0	0	0	0	0.03
Nero D'Avola 175ml	315	76	0	0	0	0	0	0.02	551	133	0	0	0	0	0	0.03
Malbec Bottle	315	76	0	0	0	0	0	0.02	2363	570	0	0	1.5	1.5	0.8	0.13
Organic Craft Primitivo 125ml	315	76	0	0	0	0	0	0.02	394	95	0	0	0	0	0	0.02
Nero D'Avola 125ml	315	76	0	0	0	0	0	0.02	394	95	0	0	0	0	0	0.02
Nero D'Avola 250ml	315	76	0	0	0	0	0	0.02	788	190	0	0	0	0	0	0.04
Malbec 250ml	315	76	0	0	0	0	0	0.02	788	190	0	0	0	0	0	0.04
Montepulciano 125ml	315	76	0	0	0	0	0	0.02	394	95	0	0	0	0	0	0.02
Pinot Grigio Blush 250ml	329	79	0	0	2.5	2.5	0	0	823	198	0	0	6.3	6.3	0	0.03
Pinot Grigio Blush 175ml	329	79	0	0	2.5	2.5	0	0	576	138	0	0	4.4	4.4	0	0.02
Zinfandel Blush 125ml	329	79	0	0	2.5	2.5	0	0	411	99	0	0	3.1	3.1	0	0
Zinfandel Blush 175ml	329	79	0	0	2.5	2.5	0	0	576	138	0	0	4.4	4.4	0	0.02
Zinfandel Blush 250ml	329	79	0	0	2.5	2.5	0	0	823	198	0	0	6.3	6.3	0	0.03
Pinot Grigio Blush 125ml	329	79	0	0	2.5	2.5	0	0	411	99	0	0	3.1	3.1	0	0
Pinot Grigio Blush Bottle	329	79	0	0	2.5	2.5	0	0	2468	593	0	0	19	19	0.8	0.08
Zinfandel Blush Bottle	329	79	0	0	2.5	2.5	0	0	2468	593	0	0	19	19	0.8	0.08
Sauvignon Blanc. St Clair Bottle	313	75	0	0	3	3	0	0.03	2348	563	0	0	23	23	0.8	0.21
Organic Craft Chardonnay 250ml	309	75	0	0	0.6	0.6	0	0	773	188	0	0	1.5	1.5	0	0.03
Pinot Grigio 175ml	309	75	0	0	0.6	0.6	0	0	541	131	0	0	1.1	1.1	0	0.02
Trebbiano 250ml	313	75	0	0	3	3	0	0.03	783	188	0	0	7.5	7.5	0	0.07
Sauvignon Blanc. Veneto Bottle	313	75	0	0	3	3	0	0.03	2348	563	0	0	23	23	0.8	0.21
Organic Craft Chardonnay Bottle	309	75	0	0	0.6	0.6	0	0	2318	563	0	0	4.5	4.5	0.8	0.08
Pinot Grigio Bottle	309	75	0	0	0.6	0.6	0	0	2318	563	0	0	4.5	4.5	0.8	0.08
Trebbiano 125ml	313	75	0	0	3	3	0	0.03	391	94	0	0	3.8	3.8	0	0.03
Sauvignon Blanc. Veneto 125ml	313	75	0	0	3	3	0	0.03	391	94	0	0	3.8	3.8	0	0.03
Trebbiano 175ml	313	75	0	0	3	3	0	0.03	548	131	0	0	5.3	5.3	0	0.05
Pinot Grigio 125ml	309	75	0	0	0.6	0.6	0	0	386	94	0	0	0.8	0.8	0	0
Sauvignon Blanc. Veneto 250ml	313	75	0	0	3	3	0	0.03	783	188	0	0	7.5	7.5	0	0.07
Organic Craft Chardonnay 175ml	309	75	0	0	0.6	0.6	0	0	541	131	0	0	1.1	1.1	0	0.02
Trebbiano Bottle	313	75	0	0	3	3	0	0.03	2348	563	0	0	23	23	0.8	0.21
Sauvignon Blanc. Veneto 175ml	313	75	0	0	3	3	0	0.03	548	131	0	0	5.3	5.3	0	0.05
Organic Craft Chardonnay 125ml	309	75	0	0	0.6	0.6	0	0	386	94	0	0	0.8	0.8	0	0
Sauvignon Blanc. St Clair 175ml	313	75	0	0	3	3	0	0.03	548	131	0	0	5.3	5.3	0	0.05
Pinot Grigio 250ml	309	75	0	0	0.6	0.6	0	0	773	188	0	0	1.5	1.5	0	0.03
Sauvignon Blanc. St Clair 250ml	313	75	0	0	3	3	0	0.03	783	188	0	0	7.5	7.5	0	0.07
Sauvignon Blanc. St Clair 125ml	313	75	0	0	3	3	0	0.03	391	94	0	0	3.8	3.8	0	0.03

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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 Bottle	351	84	0	0	5.1	5.1	0	0	2633	630	0	0	38	38	2.3	0.09
Prosecco 125ml	351	84	0	0	5.1	5.1	0	0	439	105	0	0	6.4	6.4	0	0.02
Pink Prosecco 125ml	351	84	0	0	5.1	5.1	0	0	439	105	0	0	6.4	6.4	0	0.02
Prosecco Bottle	351	84	0	0	5.1	5.1	0	0	2633	630	0	0	38	38	2.3	0.09
Pink Prosecco Bottle	351	84	0	0	5.1	5.1	0	0	2633	630	0	0	38	38	2.3	0.09
Sparkling Pinot Grigio 125ml	351	84	0	0	5.1	5.1	0	0	439	105	0	0	6.4	6.4	0	0.02
BEER & 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
Peroni 660ml	124	30	0	0	2.2	2.2	0	0.02	818	198	0	0	15	15	2	0.1
Peroni Zero	94	22	0	0	5.3	3	0	0	310	73	0	0	17	9.9	0.7	0
Peroni Gluten Free	124	30	0	0	2.2	2.2	0	0.02	409	99	0	0	7.3	7.3	1	0.05
Cornish Orchards Gold Cider	285	68	0	0	7.3	7.3	0	0	1425	340	0	0	37	37	0	0.03
Peroni 330ml	124	30	0	0	2.2	2.2	0	0.02	409	99	0	0	7.3	7.3	1	0.05
Hophead	124	30	0	0	2.2	2.2	0	0.02	620	150	0	0	11	11	1.5	0.08
Meantime Anytime Ipa	124	30	0	0	2.2	2.2	0	0.02	409	99	0	0	7.3	7.3	1	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
Peroni Gran Riserva	175	42	0	0	2.2	2.2	0	0.02	875	210	0	0	11	11	1.5	0.1

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SIGNATURE COCKTAILS																
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
Amalfi Sundown	229	55	0	0	5.6	5.4	0	0	583	139	0	0	14	14	0.6	0.02
Grey Goose Limoncello fizz	348	83	0	0	6.4	6.4	0	0	756	181	0	0	14	14	0	0
Italian Paloma	429	102	0	0	9.7	8.9	0.8	0.02	678	162	0	0	15	14	1.3	0.03
Rum Forest Rum	322	77	0	0	6.7	6.1	0.7	0.01	571	137	0	0	12	11	1.2	0.02
Pineapple Spritz	263	63	0	0	4.5	4.4	0	0	335	80	0	0	5.7	5.6	0	0
Lemon Drizzle Martini	993	236	2.1	1.1	30	29	1.1	0.08	1166	278	2.5	1.3	35	35	1.3	0.09
Tiramisu Espresso Martini	951	228	5	3	17	13	2.2	0.12	694	166	3.7	2.2	12	9.1	1.6	0.09
Strawberry Aperol Spritz	412	99	0	0	4.6	4.6	0	0	819	197	0	0	9.2	9.1	0	0
CLASSIC COCKTAILS																
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
Grey Goose Vodka & Tonic	196	47	0	0	4.1	4.1	0	0	450	107	0	0	9.4	9.4	0	0
Strawberry Daiquiri	410	98	0	0	8.5	8.5	0	0	508	122	0	0	11	11	0	0
Pineapple & Citrus Rum Punch	550	131	0	0	15	15	0	0	617	147	0	0	17	17	0	0
Passion Fruitini	463	110	0	0	12	12	0.5	0	638	152	0	0	17	16	0.7	0.01
Sipsmith G&T	175	41	0	0	4.2	4	0	0	401	95	0	0	9.7	9.2	0	0
Raspberry Mojito	508	122	0	0	13	12	0	0	570	136	0	0	15	14	0	0
Campari Elderflower Tonic	316	75	0	0	10	9.7	0.9	0.02	414	99	0	0	14	13	1.1	0.03
Aperol Spritz	493	119	0	0	3.3	3.2	0	0	751	181	0	0	5.1	4.9	0	0

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MOCKTAILS & 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
Humble Warrior Mango Turmeric	73	17	0	0	3.8	3.5	0	0.1	183	43	0	0.3	9.5	8.8	0	0.25
Apple Juice	174	41	0	0	9.9	9.9	0	0	574	135	0	0	33	33	0	0
Coke Zero	1	0	0	0	0	0	0	0	4	1	0	0	0	0	0	0
Sicilian Still Lemonade	104	25	0	0	4.9	4.8	0	0	343	83	1.7	0.3	16	16	0	0
Blood Orange & Elderflower Tonic	71	17	0	0	4.2	4.2	0	0	142	34	0	0	8.4	8.4	0	0
Take away Only: Coke	187	44	0	0	11	11	0	0	617	145	0	0	36	35	0	0
Flawsome Apple & Sour Cherry	111	26	0	0	6	6	0	0.03	278	65	0	0	15	15	1.3	0.06
Take Away Only: Belu Sparkling Water Small	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Flawsome Apple & Ruhbarb	102	24	0	0	5.5	5.5	0	0.03	255	60	0	0	14	14	1.3	0.06
Diet Coke	1	0	0	0	0	0	0	0	4	1	0	0	0	0	0	0
San Pellegrino Lemon	81	19	0	0	4.7	4.7	0	0	267	63	0	0	16	16	0	0
Pink Grapefruit Soda	78	18	0	0	4.6	4.6	0	0	156	36	0	0	9.2	9.2	0	0
Coke	187	44	0	0	11	10	0	0	617	145	0	0	36	35	0	0
Take Away Only: Coke Zero	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Orange Juice	157	37	0	0	8	8	1	0	518	122	0	0	26	26	3.3	0
Roasted Pineapple Soda	77	18	0	0	4.5	4.5	0	0	154	36	0	0	9	9	0	0
Take Away Only: Diet Coke	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Belu Sparkling Water Large	1	0	0	0	0	0	0	0	4	1	0	0	0	0	0	0
Belu Water Still Small	1	0	0	0	0	0	0	0	4	1	0	0	0	0	0	0
Sprite Zero	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Ginger Ale	71	17	0	0	4.2	4.2	0	0	142	34	0	0	8.4	8.4	0	0

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MOCKTAILS & 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
Take Away Only: Sprite Zero	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Original Tonic	71	17	0	0	4.2	4.2	0	0	142	34	0	0	8.4	8.4	0	0
Belu Sparkling Water Small	1	0	0	0	0	0	0	0	4	1	0	0	0	0	0	0
Take Away Only: Belu Water Still Small	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Appletiser	187	44	0	0	11	11	0	0	514	121	0	0	30	29	0	0
Belu Still Water Large	1	0	0	0	0	0	0	0	4	1	0	0	0	0	0	0
Strawberry Sparkler	114	27	0	0	6.5	6.4	0	0	186	44	0	0	11	11	0	0
San Pellegrino Blood Orange	85	20	0	0	4.9	4.9	0	0	281	66	0	0	16	16	0	0
Goodrays Passion Fruit & Pomelo	54	13	0	0	3.2	2.3	0	0	135	33	0	0	8	5.8	0	0
Passion Fruit Sparkler	178	42	0	0	9.7	9.3	0	0	317	74	0	0	17	16	0.7	0.01
Humble Warrior Pineapple Ginger	45	11	0	0	2.3	2.1	0	0.1	113	28	0	0.3	5.8	5.3	0	0.25
Goodrays Raspberry & Guava	48	11	0	0	2.8	2.1	0	0	120	28	0	0	7	5.3	0	0
Pineapple & Citrus Refresher	194	46	0	0	11	11	0	0	296	70	0	0	17	17	0	0
Raspberry & Mint Cooler	163	39	0	0	9.5	9	0	0	249	59	0	0	15	14	0	0
Sipsmith Freeglider	95	22	0	0	4.4	3.9	0	0	230	54	0	0	11	9.5	1.2	0.02
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
Aperol 50ML	919	222	0	0	0	0	0	0	460	111	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
Grey Goose Vodka 50ml	1160	280	0	0	0	0	0	0	580	140	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
Jack Daniels 25ML	919	222	0	0	0	0	0	0	230	56	0	0	0	0	0	0
Aluna Peach 50ml	1099	262	0	0	33	33	0	0.03	550	131	0	0	16	16	0	0.01
Limoncello 25ML	1313	314	0	0	24	24	0	0.01	328	79	0	0	6.1	6.1	0	0
White Rum - Calados 25ML	919	222	0	0	0	0	0	0	230	56	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
Jamesons Irish Whiskey 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
Aperol 25ML	919	222	0	0	0	0	0	0	230	56	0	0	0	0	0	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
Dead Mans Fingers 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
Jamesons Irish Whiskey 50ml	919	222	0	0	0	0	0	0	460	111	0	0	0	0	0	0
White Rum - Calados 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
Sipsmith London Dry Gin 25ml	919	222	0	0	0	0	0	0	230	56	0	0	0	0	0	0
Aluna Coffee 50ml	1099	262	0	0	33	33	0	0.03	550	131	0	0	16	16	0	0.01
Sipsmith London Dry Gin 50ml	919	222	0	0	0	0	0	0	460	111	0	0	0	0	0	0
Frangelico 50ML	919	222	0	0	0	0	0	0	460	111	0	0	0	0	0	0
Amaretto 25ML	1313	314	0	0	24	24	0	0.01	328	79	0	0	6.1	6.1	0	0
Archers 25ML	919	222	0	0	0	0	0	0	230	56	0	0	0	0	0	0
Jack Daniels 50ML	919	222	0	0	0	0	0	0	460	111	0	0	0	0	0	0
Aluna Peach 25ml	1099	262	0	0	33	33	0	0.03	275	66	0	0	8.2	8.2	0	0
Malfy Con Aranciata 25ml	919	222	0	0	0	0	0	0	230	56	0	0	0	0	0	0
Baileys 100ML	1346	323	13	0	25	25	3	0	1346	323	13	0	25	25	3	0
Vodka - Red Griffin 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
Dead Mans Fingers Spiced Rum 50ml	919	222	0	0	0	0	0	0	460	111	0	0	0	0	0	0
Baileys 50ML	1346	323	13	0	25	25	3	0	673	162	6.5	0	13	13	1.5	0
Archers 50ML	919	222	0	0	0	0	0	0	460	111	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
Aluna Coffee 25ml	1099	262	0	0	33	33	0	0.03	275	66	0	0	8.2	8.2	0	0
Frangelico 25ML	919	222	0	0	0	0	0	0	230	56	0	0	0	0	0	0
Tequila 50 ml	919	222	0	0	0	0	0	0	460	111	0	0	0	0	0	0
Tequila 25 ml	919	222	0	0	0	0	0	0	230	56	0	0	0	0	0	0
Sipsmith Freeglider 50 ml	7	2	0	0	0	0	0	0	4	1	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
Sipsmith Freeglider 25 ml	7	2	0	0	0	0	0	0	2	1	0	0	0	0	0	0

Zizzi Nutrition Guide

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
Oat Cappuccino	269	64	2.1	0.3	11	6.3	0	0.18	299	71	2.3	0.3	12	7	0	0.2
Oat Decaf Americano	291	69	2	0.2	12	7.5	0	0.23	198	47	1.3	0.2	8.5	5.1	0	0.16
Black Americano	705	166	0.8	0.4	39	28	0.5	0.83	85	20	0	0	4.7	3.4	0	0.1
Oat Americano	291	69	2	0.2	12	7.5	0	0.23	198	47	1.3	0.2	8.5	5.1	0	0.16
Decaf Black Americano	705	166	0.8	0.4	39	28	0.5	0.83	85	20	0	0	4.7	3.4	0	0.1
Oat Macchiato	434	103	1.6	0.3	22	15	0	0.44	113	27	0	0	5.6	3.8	0	0.11
Decaf Macchiato	429	101	1.2	0.7	20	15	2.1	0.44	112	26	0	0.2	5.3	4	0.6	0.12
Oat Decaf Flat White	228	54	2.1	0.2	8.4	4.4	0	0.14	537	127	5	0.5	20	10	0.7	0.32
Oat Decaf Macchiato	434	103	1.6	0.3	22	15	0	0.44	113	27	0	0	5.6	3.8	0	0.11
Decaf Mocha	298	71	1.8	1.2	10	8.9	3.4	0.16	486	116	3	2	16	15	5.5	0.27
Decaf Latte	219	52	1.5	0.9	6.3	5.8	3.3	0.15	517	123	3.5	2.1	15	14	7.9	0.35
Mocha	298	71	1.8	1.2	10	8.9	3.4	0.16	486	116	3	2	16	15	5.5	0.27
Flat White	213	51	1.4	0.9	6.2	5.6	3.3	0.14	517	123	3.5	2.1	15	14	7.9	0.35
Decaf Flat White	213	51	1.4	0.9	6.2	5.6	3.3	0.14	517	123	3.5	2.1	15	14	7.9	0.35
Oat Decaf Latte	228	54	2.1	0.2	8.4	4.4	0	0.14	537	127	5	0.5	20	10	0.7	0.32
Decaf Cappuccino	261	62	1.5	0.9	8.9	7.6	3.2	0.19	290	69	1.7	1	9.8	8.5	3.6	0.21
Sub Oat Milk	202	48	2.2	0.2	6.8	3.1	0	0.1	253	60	2.8	0.3	8.5	3.9	0	0.13
Decaf Americano	283	67	1.4	0.8	11	8.7	3	0.24	193	46	0.9	0.6	7.2	5.9	2	0.16
Sugar Stick	1698	400	0	0	100	100	0	0	102	24	0	0	6	6	0	0
Oat Latte	228	54	2.1	0.2	8.4	4.4	0	0.14	537	127	5	0.5	20	10	0.7	0.32
Single Espresso	705	166	0.8	0.4	39	28	0.5	0.83	85	20	0	0	4.7	3.4	0	0.1
Americano	283	67	1.4	0.8	11	8.7	3	0.24	193	46	0.9	0.6	7.2	5.9	2	0.16
Hot Chocolate	378	90	2.3	1.4	13	12	3.9	0.17	972	231	5.8	3.5	33	30	9.9	0.44
Oat Decaf Cappuccino	269	64	2.1	0.3	11	6.3	0	0.18	299	71	2.3	0.3	12	7	0	0.2
Decaf Double Espresso	448	106	0.5	0.3	25	18	0	0.53	85	20	0	0	4.7	3.4	0	0.1
Oat Hot Chocolate	386	92	2.9	0.8	15	10	1.1	0.16	992	235	7.4	2	38	27	2.7	0.42
Cappuccino	261	62	1.5	0.9	8.9	7.6	3.2	0.19	290	69	1.7	1	9.8	8.5	3.6	0.21
Oat Flat White	221	53	2.1	0.2	8.2	4.3	0	0.13	538	128	5	0.5	20	10	0.8	0.32
Decaf Single Espresso	705	166	0.8	0.4	39	28	0.5	0.83	85	20	0	0	4.7	3.4	0	0.1
Macchiato	232	55	1.4	0.9	7.2	6.4	3.3	0.17	362	86	2.3	1.3	11	10	5.1	0.26
Double Espresso	448	106	0.5	0.3	25	18	0	0.53	85	20	0	0	4.7	3.4	0	0.1
Latte	219	52	1.5	0.9	6.3	5.8	3.3	0.15	517	123	3.5	2.1	15	14	7.9	0.35
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	0.27
Oat Mocha	300	71	2.4	0.4	12	7.3	0.6	0.16	489	116	3.9	0.7	19	12	1	0.27

Zizzi Nutrition Guide

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
English Breakfast	305	72	1.5	0.9	11	9.4	3.2	0.26	192	46	0.9	0.6	7.2	5.9	2	0.16
Earl Grey	305	72	1.5	0.9	11	9.4	3.2	0.26	192	46	0.9	0.6	7.2	5.9	2	0.16
Peppermint	310	74	1.5	0.9	12	9.6	3.2	0.26	192	46	0.9	0.6	7.2	5.9	2	0.16
Pure Green	305	72	1.5	0.9	11	9.4	3.2	0.26	192	46	0.9	0.6	7.2	5.9	2	0.16
Fresh Mint Tea	1252	295	1.6	0.7	68	48	1.8	1.4	88	21	0	0	4.8	3.4	0	0.1
SPRING SPECIAL																
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
Peach Bellini	369	88	0	0	8.6	8.2	0	0	581	139	0	0	14	13	0.7	0.02
Black Forest Fondant	1516	362	18	8.7	44	38	4.6	0.2	3153	753	38	18	91	79	9.5	0.42
Espresso Brownie	1522	364	20	6.9	42	32	3.2	0.24	2933	702	38	13	81	62	6.2	0.46
Take Away Only: Espresso Brownie	1716	411	23	6.8	47	36	3.4	0.28	2678	641	35	11	73	56	5.2	0.43
Passion Fruit Martini Sundae?	831	198	9.1	6.2	27	22	1.3	0.08	2027	484	22	15	67	54	3.3	0.19
Peach Mocktail	196	46	0	0	10	9.6	0	0	308	73	0	0	16	15	0.7	0
Pea & Mint Bruschetta	851	203	9	3.7	20	2.5	9	0.93	2249	537	24	9.9	53	6.6	24	2.5
Spicy Croquette	789	188	8.8	5.1	20	4.9	6.9	1.4	1390	332	15	9.1	35	8.7	12	2.5

Zizzi Nutrition Guide

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
Truffle Mayo	2668	648	70	8.7	3.7	2.4	0.9	1	934	227	25	3	1.3	0.8	0	0.35
Raspberry Freegliders Fizz	134	32	0	0	7.9	6.6	0	0.02	187	44	0	0	11	9.3	0	0.02
Gin Bramble	567	135	0	0	16	16	0	0	649	155	0	0	19	18	0	0
Beef and red pepper calzone	752	179	6.9	3.6	17	1.2	11	0.92	4288	1021	39	21	99	7	65	5.3
Twisted Affogato - Limoncello	960	229	7.7	4.8	28	24	3	0.27	1385	330	11	6.9	40	35	4.3	0.39
Black Forest Martini	1218	292	12	7.7	28	26	3.1	0.13	1280	307	13	8.1	29	28	3.2	0.13
Brownie & Honeycomb Pizzette	1246	296	10	4.3	45	24	4.9	0.65	3614	860	30	13	131	69	14	1.9
Lemon Swirl Cheesecake	1526	366	22	13	38	29	4.3	0.39	3069	735	43	26	77	57	8.6	0.77
Valentines sharer dessert with tartufo	1372	328	16	8.7	41	30	3.8	0.51	4268	1019	51	27	126	92	12	1.6
Take away Only: Sticky Toffee Pudding	1745	417	23	14	46	34	6.5	0.58	2845	680	37	23	76	55	11	0.94
Sipsmith Strawberry 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
Sausage & Nduja Lasagne	755	181	12	5.1	10	2.9	9.3	0.91	3515	844	54	24	46	14	43	4.2
Non-Gluten Mezzo Manzo Pizza	912	218	9.6	4.5	23	3	9.2	1	4484	1070	47	22	111	15	45	5
Non-Gluten Triple Cheese Diavola Pizza	825	197	9.2	3.9	21	5.1	6.1	1.2	5202	1243	58	24	134	32	39	7.8
Non-Gluten Truffle & Pancetta Carbonara	914	219	14	5.4	18	1.4	6	0.88	4853	1164	72	29	95	7.2	32	4.7
Non-Gluten Fable Shiitake 'Shroom	1031	247	13	7.3	26	3.4	3.5	1	5402	1295	68	38	137	18	19	5.5
Non-Gluten Hot-Smoked Salmon Carbonara	829	198	10	4.3	17	0.7	8.9	1	4162	996	52	22	87	3.3	45	5.1
Campanelle Lentil Ragu	591	141	4.5	0.7	18	2.5	4.5	0.21	2613	623	20	3.1	82	11	20	0.93
Truffle & Pancetta Carbonara	1012	243	15	6.1	18	1.5	8.1	1.1	4866	1168	73	29	85	7.2	39	5.4
Hot-Smoked Salmon Carbonara	924	221	12	4.9	17	0.7	11	1.3	4175	999	53	22	77	3.3	52	5.8
Pinot Noir 250ml	315	76	0	0	0	0	0	0.02	788	190	0	0	0	0	0	0.04
Pinot Noir 125ml	315	76	0	0	0	0	0	0.02	394	95	0	0	0	0	0	0.02
Pinot Noir 175ml	315	76	0	0	0	0	0	0.02	551	133	0	0	0	0	0	0.03
Pinot Noir Bottle	315	76	0	0	0	0	0	0.02	2363	570	0	0	1.5	1.5	0.8	0.13
Cotes De Provence 250ml	329	79	0	0	2.5	2.5	0	0	823	198	0	0	6.3	6.3	0	0.03
Cote De Provance 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	0	411	99	0	0	3.1	3.1	0	0
Cotes De Provence 175ml	329	79	0	0	2.5	2.5	0	0	576	138	0	0	4.4	4.4	0	0.02
Triple Cheese Diavola	803	192	8.1	3.9	21	4.7	8.2	1.4	4904	1170	49	24	126	29	50	8.5
Fable Shiitake Shroom	1013	242	12	7.4	26	2.9	6	1.2	5104	1222	59	37	129	14	30	6.1

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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
Mezzo Manzo	887	211	8.2	4.5	22	2.4	12	1.2	4186	997	38	21	103	11	57	5.6
Blackberry Refresher	212	50	0	0	12	12	0	0	327	77	0	0	19	18	0	0
Strawberry Smash Spritz	235	56	0	0	4.3	4.3	0	0	611	146	0	0	11	11	0	0
Winter Caprese	607	145	8.9	4.5	10	5.7	5.1	0.81	1128	270	17	8.4	19	11	9.6	1.5
Vegan Antipasti garlic bread	754	180	6.7	1	24	2	5.3	0.75	3355	799	30	4.6	105	9.1	23	3.3
Sticky Toffee Pudding	1552	371	20	13	42	31	5.8	0.49	3100	741	40	26	84	61	12	0.97
Mozzarella Arancini	632	150	4.2	2.2	22	2.5	5.2	0.83	987	235	6.6	3.4	35	4	8.1	1.3
Chicken Wings	766	183	12	3.5	4.4	4.2	13	0.82	2368	567	38	11	14	13	41	2.5
Blackcurrant & Mascarpone Gelato	664	158	5.6	3.5	23	20	3.6	0.1	242	58	2	1.3	8.5	7.2	1.3	0.04
Passion Fruit sorbet	689	162	0	0.2	40	29	0	0	307	72	0	0	18	13	0	0
Frascati 250ml	313	75	0	0	3	3	0	0.03	783	188	0	0	7.5	7.5	0	0.07
Frascati 125ml	313	75	0	0	3	3	0	0.03	391	94	0	0	3.8	3.8	0	0.03
Frascati 175ml	313	75	0	0	3	3	0	0.03	548	131	0	0	5.3	5.3	0	0.05
Frascati Bottle	313	75	0	0	3	3	0	0.03	2348	563	0	0	23	23	0.8	0.21
TAKE AWAY DRINK																
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	602	146	0	0	0	0	0	0
Served - Peach Hard Seltzer	235	57	0	0	0	0	0	0	602	146	0	0	0	0	0	0

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SUMMER SPECIAL GUEST																
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
+ diced chorizo	1416	341	26	10	2.7	2.1	24	3.3	283	68	5.2	2	0.5	0	4.8	0.66
White Chocolate & Raspberry Tiramisu	1209	290	18	11	30	25	2.5	0.08	2278	546	33	20	56	47	4.6	0.16
Non-Gluten Siciliana Salmon Pasta	830	199	13	5.3	15	1.1	4.5	0.53	5354	1287	85	34	99	7.1	29	3.4
Non-Gluten Harissa Lamb Pizza	944	226	12	5.8	19	2.5	9.4	1.1	5648	1352	73	35	111	15	56	6.6
Siciliana Salmon	903	217	15	6.1	14	1.3	5.6	0.51	5150	1239	86	35	82	7.5	32	2.9
Rustica Harissa Lamb	925	221	11	5.9	18	2	12	1.3	5350	1279	65	34	104	12	67	7.3
Mac & Cheese side	967	232	16	7.2	15	0.7	8.7	1.2	2137	513	35	16	32	1.5	19	2.6
White Peach & Raspberry Refresher	190	45	0	0	10	9.9	0	0	294	69	0	0	16	15	0.5	0
Wild Garlic & Pesto Bombe	1210	290	17	6	24	0.6	11	0.96	2634	631	36	13	52	1.3	23	2.1
Out of restaurant only: Mac & Cheese bites	963	230	9.6	5.7	24	4.2	11	1.1	1840	439	18	11	46	8.1	21	2
Out of restaurant only: Double Cheese Non-Gluten Margherita Pizza	1009	242	13	7	19	1.7	12	0.91	5264	1260	65	37	101	8.7	62	4.7
Out of restaurant only: Double Courgetti Fritti	805	193	9.2	1.3	22	0.9	3.2	1	3225	772	37	5.2	88	3.6	13	4.2
Out of restaurant only: Double Cheese Rustica Margherita	989	236	11	7.2	19	1	15	1.1	4966	1187	57	36	93	5.2	73	5.4
Mini Biscoff Doughnuts x3	1768	423	25	9.3	43	14	6.6	0.79	1326	317	19	7	32	11	5	0.59
Out of restaurant only: White Chocolate & Raspberry Tiramisu	1188	285	16	10	31	26	2.5	0.08	2114	506	29	18	56	46	4.4	0.15

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SUMMER SPECIAL GUEST																
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
+ diced chorizo	1416	341	26	10	2.7	2.1	24	3.3	283	68	5.2	2	0.5	0	4.8	0.66
White Chocolate & Raspberry Tiramisu	1209	290	18	11	30	25	2.5	0.08	2278	546	33	20	56	47	4.6	0.16
Non-Gluten Siciliana Salmon Pasta	830	199	13	5.3	15	1.1	4.5	0.53	5354	1287	85	34	99	7.1	29	3.4
Non-Gluten Harissa Lamb Pizza	944	226	12	5.8	19	2.5	9.4	1.1	5648	1352	73	35	111	15	56	6.6
Siciliana Salmon	903	217	15	6.1	14	1.3	5.6	0.51	5150	1239	86	35	82	7.5	32	2.9
Rustica Harissa Lamb	925	221	11	5.9	18	2	12	1.3	5350	1279	65	34	104	12	67	7.3
Mac & Cheese side	967	232	16	7.2	15	0.7	8.7	1.2	2137	513	35	16	32	1.5	19	2.6
White Peach & Raspberry Refresher	190	45	0	0	10	9.9	0	0	294	69	0	0	16	15	0.5	0
Wild Garlic & Pesto Bombe	1210	290	17	6	24	0.6	11	0.96	2634	631	36	13	52	1.3	23	2.1
Out of restaurant only: Mac & Cheese bites	963	230	9.6	5.7	24	4.2	11	1.1	1840	439	18	11	46	8.1	21	2
Out of restaurant only: Double Cheese Non-Gluten Margherita Pizza	1009	242	13	7	19	1.7	12	0.91	5264	1260	65	37	101	8.7	62	4.7
Out of restaurant only: Double Courgetti Fritti	805	193	9.2	1.3	22	0.9	3.2	1	3225	772	37	5.2	88	3.6	13	4.2
Out of restaurant only: Double Cheese Rustica Margherita	989	236	11	7.2	19	1	15	1.1	4966	1187	57	36	93	5.2	73	5.4
Mini Biscoff Doughnuts x3	1768	423	25	9.3	43	14	6.6	0.79	1326	317	19	7	32	11	5	0.59
Out of restaurant only: White Chocolate & Raspberry Tiramisu	1188	285	16	10	31	26	2.5	0.08	2114	506	29	18	56	46	4.4	0.15