



NUTRITIONAL GUIDE WINTER 2025

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 a day.

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	1168	279	12	2.6	35	0.7	7	2.1	3704	884	38	8.1	110	2.4	22	6.6
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	1126	267	7.9	1.7	40	0	8	1	1461	347	10	2.3	52	0.6	10	1.3
Bruschetta	577	137	4.5	0.7	20	3.2	3.6	0.38	1735	413	13	2	60	9.8	11	1.2
Cheesy Chilli Garlic Bread	1096	261	9.1	3.3	34	0.7	9.8	1	2954	703	25	8.8	92	1.8	26	2.7
Pork & Garlic Meatballs	1042	251	20	7.3	5.3	1.2	12	1.2	2934	707	56	21	15	3.5	34	3.2
Fonduta Formaggi	1015	242	11	5.7	26	0	9.4	2	3609	862	39	20	93	1.7	33	7.1
Mushroom Brindisi	724	172	6.1	3.1	22	1.5	7.3	0.93	1938	461	16	8.3	58	4.1	19	2.5
Take Away Only: Chilli Chicken Wings 12	804	193	14	3.6	2.4	1.7	14	0.81	4773	1146	85	21	14	9.9	81	4.8
Garlic & Mozzarella Bombe	1138	271	9.6	3.6	35	2.7	10	1	3075	732	26	9.9	95	7.4	27	2.8
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
Roasted Aubergine 'Meatballs'	640	153	6.9	0.7	15	5.8	5.6	0.92	1297	310	14	1.3	31	12	11	1.9
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
Burrata Caprese	506	122	10	4.8	4.4	3.8	2.9	0.27	1758	424	35	17	15	13	10	0.94
Calamari Small	1143	273	14	3.3	19	0	17	0.47	2115	505	27	6.1	35	0	32	0.9
Chorizo & Mozzarella Bombe	1164	278	12	5	30	2.5	12	1.2	3786	903	39	16	97	8.3	39	3.8
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
Garlic Bread with Mozzarella	1068	254	7	2.9	37	0.5	10	1	2670	634	17	7.2	91	1.3	26	2.5
Garlic Bread with Mozzarella & Caramelised Onions	1046	248	6.6	2.6	37	4.5	9.4	1	2928	695	18	7.3	104	13	26	2.8
King Prawn Spiedini with Smoky Tomato Sauce	309	74	2.3	0.5	3.7	3.3	9	0.94	744	177	5.6	1.3	8.8	7.8	22	2.3
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	1109	263	7.3	1.6	40	0	8	0.99	2507	595	17	3.6	91	1	18	2.2
Take Away Only: Chilli Chicken Wings 6	800	192	14	3.5	3.4	2.7	13	0.79	2444	587	42	11	10	8.2	41	2.4
Chicken Spiedini	899	215	13	1.6	15	14	11	0.47	2012	482	28	3.5	33	30	24	1

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
Grande Antipasti	764	183	9.3	3.8	15	1.8	8.7	1.1	5347	1279	65	27	108	13	61	7.9
Favourites Board	885	211	8.6	2.5	24	1.8	8.4	0.77	7800	1859	76	22	215	16	74	6.8
Fonduta Board	1003	240	12	4.6	24	1.2	7.5	1.2	8360	1999	102	38	200	10	62	10.2
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
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	7.6	0.58	1578	381	30	6	5.8	4.5	20	1.5
Super Zucca Salad	408	98	3.9	0.4	12	3.8	2.6	0.64	1200	287	11	1.2	34	11	7.6	1.9
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
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

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 Chips	1040	248	13	1.3	25	0.9	7.9	0.51	5369	1282	68	6.6	130	4.8	41	2.7
Chicken Calabrese	561	134	6.1	2.6	7.7	2.5	12	0.53	3252	775	35	15	45	15	67	3.1
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 Milanese with Crispy Riserva Potatoes	838	200	9.3	1.2	22	1	7.9	0.44	4481	1067	50	6.5	116	5.4	42	2.4
Beef Brisket & Vension Stufato	709	168	5.6	1.9	19	1.3	9.6	0.86	3874	920	30	11	106	7.3	52	4.7
Roasted Mushroom Risotto	549	130	4.7	2.3	17	1	4.3	0.63	2752	654	24	12	88	5.1	21	3.2
Pan-Fried Salmon & Pesto Risotto	668	160	8.3	1.6	16	0.6	5.2	0.49	3954	944	49	9.4	93	3.5	31	2.9
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
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
Primavera	824	197	9.8	4	18	1.3	8.5	1.1	5073	1213	60	25	109	8	53	6.7
Take Away Only: Rustica Meat Feast	926	221	9.3	4.6	20	1	14	1.2	4586	1094	46	23	97	4.7	71	5.8
Wagyu Royale With Burrata	844	202	9.1	5.1	19	3.3	10	1.1	5236	1250	57	31	119	21	62	7
Black Truffle Salami & Mushroom	1055	252	13	7.2	19	0.8	13	1.1	5366	1284	68	36	97	4.1	68	5.4
Margherita	897	213	7.1	4.3	25	1	12	0.99	3333	793	26	16	94	3.8	43	3.7
Vegan Margherita	763	182	7.5	6.1	23	0.6	4.3	1.1	3562	849	35	28	110	2.8	20	5.3
Pure Pepperoni	1024	244	11	5.8	23	1	13	1.9	4214	1006	46	24	94	4.1	52	7.7
Pepperoni Campagna	838	200	7.5	4.2	20	0.9	12	1.3	3849	917	35	19	94	4	55	5.9
Piccante	1076	258	16	8.1	17	1.8	11	1.5	6409	1537	95	48	102	11	65	9
Chicken And Fiery Roquito	936	223	9.7	4.1	21	2	12	1.1	4582	1094	48	20	103	9.7	59	5.4
Aubergine 'Meatball'	762	181	5.4	3	26	3.7	5.8	1.2	4005	952	28	16	136	19	31	6.4
Meat Sofia	908	217	8.9	4.4	20	1.7	14	1.2	4673	1115	46	23	101	9	71	6.1
Sticky Pig	1135	272	16	6.7	19	2.2	13	1.2	6546	1568	90	38	112	13	75	6.9
Pinoli	902	215	7.7	4.4	26	3.8	10	1	3833	913	33	19	109	16	43	4.4
Take Away only: Double Cheese Rustica Margherita	988	236	11	7.1	19	1	15	1.1	5009	1197	57	36	95	5.2	74	5.4

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
Harissa Gamberetto	581	137	2	0.3	22	1.5	7.7	0.9	2483	588	8.4	1.3	92	6.4	33	3.8
Roast Pollo & Pesto	777	184	4.4	1	25	1.1	9.9	0.98	2865	680	16	3.8	94	4.1	37	3.6
Verdura	639	152	4.3	1.9	21	2.4	6.6	0.6	2946	700	20	8.7	97	11	30	2.8
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 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 Sticky Pig Pizza	1149	276	17	6.6	20	2.8	11	1.1	6801	1631	99	39	118	16	63	6.2
Non-Gluten Primavera Pizza	844	202	11	4.1	18	1.8	6.4	0.96	5328	1276	69	26	115	12	41	6.1
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
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 Aubergine 'Meatball'	789	188	6.8	3	26	4.3	3.5	1.1	4260	1015	37	16	142	23	19	5.7
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 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 Chicken And Fiery Roquito Pizza	959	229	11	4.1	22	2.6	9.4	0.94	4837	1157	56	21	109	13	47	4.8
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
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 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 Verdura Fresca Pizza	684	163	5.9	2	22	3.1	3.9	0.43	3305	788	28	9.4	108	15	19	2.1
Non-Gluten Roast Pollo & Pesto Fresca Pizza	825	196	6.4	1.1	27	2	6.4	0.75	3225	768	25	4.5	105	7.7	25	2.9
Non-Gluten Black Truffle Salami & Mushroom Pizza	1074	257	15	7.1	20	1.5	11	0.9	5621	1347	76	37	103	7.6	57	4.7
Non-Gluten Piccante Pizza	1092	262	17	8	18	2.4	8.7	1.4	6664	1600	103	49	108	14	53	8.3
Take Away 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

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	813	194	7.6	3.4	20	2	11	0.94	4154	990	39	17	103	10	54	4.8
Calzone Pollo Spinaci	863	206	8.2	4.1	21	1.6	11	0.96	4061	968	38	19	101	7.4	52	4.5
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	6.7	3.6	24	0.9	11	1.3	3307	787	26	14	94	3.6	42	5
Classic Pinoli	878	209	6.3	3.6	28	4	9.2	1	3335	793	24	14	107	15	35	3.8
Classic Margherita Pizza	859	204	5.5	3.2	28	1	10	0.96	2901	689	19	11	93	3.5	35	3.2
Classic Vegan Margherita Pizza	761	181	5.1	3.9	28	0.8	5.3	1	2798	665	19	14	101	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
Mac & Cheese	958	230	16	7.7	15	0	8.3	0.99	2069	497	34	17	32	1.1	18	2.1
Take Away Only: Pulled Pork La Bomba Chips	1208	290	19	4.1	22	2.3	7.3	1.4	5392	1293	87	18	100	10	33	6.1
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
Green Beans	298	72	5.6	0.6	1.9	1.8	2.3	0.07	420	102	7.9	0.8	2.7	2.5	3.2	0.1
Chips	1510	361	21	1.8	41	0.6	4.5	0.72	3053	729	43	3.6	83	1.2	9	1.5
Crispy Riserva Potatoes	891	211	8	1.7	32	0.8	5.2	0.72	1442	342	13	2.8	51	1.4	8.4	1.2
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
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
Mixed Leaf Salad	712	172	16	2.7	2.5	2	4.3	0.87	749	181	17	2.8	2.6	2.1	4.5	0.91
Take Away only: Mac & Cheese bites x10	1025	244	10	6.2	25	3.7	12	1	3556	848	36	22	88	13	42	3.6
Cheesy Chilli Garlic Bread	1096	261	9.1	3.3	34	0.7	9.8	1	2954	703	25	8.8	92	1.8	26	2.7
Garlic Bread with Mozzarella & Caramelised Onions	1046	248	6.6	2.6	37	4.5	9.4	1	2928	695	18	7.3	104	13	26	2.8
Garlic Bread with Mozzarella	1068	254	7	2.9	37	0.5	10	1	2670	634	17	7.2	91	1.3	26	2.5
Take Away only: Mac & Cheese bites x5	963	230	9.6	5.7	24	4.2	11	1.1	1840	439	18	11	46	8.1	21	2
Take Away 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

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
Mushrooms & Truffle with Burrata	928	223	14	7.9	16	1.4	7.5	0.75	4057	973	61	34	71	6.2	33	3.3
Siciliana Salmon	851	205	14	6	14	1.3	5.7	0.52	4817	1158	78	34	78	7.4	32	2.9
Slow-cooked Beef & Chianti Ragu	610	145	4.2	0.9	20	3.3	6.3	0.67	2428	576	17	3.6	79	13	25	2.7
Piccante King Prawn Pasta	846	203	13	6.8	14	1.7	6.8	0.57	4225	1014	65	34	70	8.5	34	2.9
Wagyu Meatballs Arrabbiata	651	155	5.4	1.6	18	2.5	7.9	0.89	3096	737	26	7.7	85	12	38	4.2
Crispy Prosciutto Carbonara	1118	268	18	9.7	16	0.8	11	1.3	4706	1130	75	41	66	3.5	46	5.3
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	526	126	6.7	1.6	13	3.1	2.2	1.1	2580	618	33	7.7	64	15	11	5.5
GO ALL OUT - bolognese, mozzarella & bechamel upgrade only	721	174	13	6.8	5.7	3.5	7.8	0.7	1158	279	21	11	9.1	5.6	12	1.1
Six Layer Lasagne	646	155	7.7	3.8	15	3.4	6.1	0.88	3454	826	41	20	80	18	33	4.7
Spaghetti Bolognese	598	143	6.7	1.5	16	2.5	5.1	0.69	2734	653	30	7	73	12	23	3.1
Casareccia Pesto Rosso	1030	247	17	7.5	17	2.1	7.2	1.2	4082	980	67	30	68	8.2	29	4.6
Lentil Ragu	696	166	8.5	0.9	19	1.8	4	0.67	3171	758	39	4	84	8.3	18	3.1
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 Pork & Garlic Meatballs	884	212	14	3.5	15	1.9	6.5	0.85	5317	1276	86	21	88	11	39	5.1
King Prawn Linguine	562	134	6.6	0.7	14	2	5	0.75	2904	693	34	3.7	73	10	26	3.9
Take Away Only : Lasagne Go All Out	658	158	8.8	4.6	13	3.3	6.7	0.82	4568	1095	61	32	87	23	46	5.7
Casareccia Pollo Piccante	980	236	17	6.6	16	1.4	5.8	0.6	4211	1013	73	28	67	6	25	2.6
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
Spaghetti Chorizo Carbonara	1003	241	17	7.1	14	0.6	8.5	1.2	4585	1102	78	32	64	2.7	39	5.5
Casareccia Della Casa	734	176	10	3.2	15	1.3	7	0.87	3640	871	50	16	72	6.3	34	4.3
Spaghetti Pomodoro	465	111	3.6	1.7	15	2	3.8	0.3	2462	586	19	9	80	11	20	1.8

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 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	627	149	5	1.5	19	2.1	6.4	0.86	3454	822	27	8	105	12	35	4.7
Non-Gluten Siciliana Salmon Pasta	807	194	12	5.3	15	1.1	4.6	0.53	5175	1244	80	34	99	7.1	29	3.4
Non-Gluten Slow-cooked Beef & Chianti Ragu	589	140	3.9	0.8	21	2.7	4.7	0.67	2787	662	18	3.9	100	13	22	3.1
Non-Gluten Crispy Prosciutto Carbonara	1021	245	15	8.3	17	0.6	8.7	1.2	5064	1215	77	41	87	3.2	43	5.8
Non-Gluten Mushrooms & Truffle with Burrata Pasta	862	207	12	6.8	18	1.2	5.9	0.73	4416	1059	63	35	92	5.9	30	3.8
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 Pesto Rosso	1003	240	13	7.4	23	2.1	6.6	1.1	3975	952	53	29	90	8.3	26	4.3
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 Vegan Lentil Ragu	672	160	5.3	0.7	23	1.8	3.5	0.6	3064	730	24	3.4	107	8.4	16	2.8
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 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 Chorizo Carbonara	980	235	14	6.9	19	0.6	8	1.1	4478	1074	64	32	86	2.8	36	5.2
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
Non-Gluten King Prawn Pasta	541	129	3.9	0.6	19	2	4.6	0.69	2797	665	20	3	96	10	24	3.6
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	626	149	4.8	1	21	3.9	5.1	0.69	2393	569	18	4	79	15	19	2.6
Mafalde Chorizo Carbonara Pasta	1079	259	16	8.2	17	0.8	10	1.2	4120	989	62	31	66	3.1	39	4.8
Mafalde Lentil Ragu	710	169	5.9	0.8	23	2.3	4.9	0.6	2705	644	23	3	86	8.7	19	2.3
Mafalde King Prawn Pasta	552	131	4.1	0.6	17	2.4	6	0.7	2438	579	18	2.7	75	11	26	3.1
Mafalde Pesto Rosso Pasta	1187	285	18	8.9	21	2.6	8.8	1.1	3909	938	59	29	70	8.6	29	3.8
Mafalde Pollo Piccante Pasta	1056	254	16	7.8	19	1.8	7.1	0.51	3746	899	57	28	68	6.4	25	1.8
Mafalde Pomodoro Pasta	580	138	4.6	2.1	18	4.1	5.3	0.66	2514	597	20	9.3	79	18	23	2.9

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
Twisted Affogato - Coffee Liqueur	774	185	6	4	24	21	2.4	0.1	1047	250	8.2	5.4	32	29	3.3	0.14
Take Away Only: Mini Biscoff Doughnuts x9	1768	423	25	9.3	43	14	6.6	0.79	3978	952	56	21	97	32	15	1.8
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
Honeycomb Cheesecake	1355	323	16	8.4	42	30	3.3	0.8	2640	630	31	16	82	59	6.4	1.6
Warm Lemon Meringue Cookie	1617	386	16	6.5	54	34	4.7	0.18	4125	983	42	17	138	87	12	0.46
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	1830	439	30	14	42	27	1.2	0.17
Raspberry Collins Cheesecake	1141	273	17	8.3	29	19	0.7	0.1	1988	476	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	1111	264	10	6	39	26	3.2	0.51	2235	532	21	12	79	53	6.4	1
Salted Caramel Chocolate Brownie	1238	294	8.8	3.9	49	34	3.9	0.39	2225	528	16	7	89	61	6.9	0.69
Chocolate Melt	1388	333	22	12	28	27	5.5	0.11	2221	533	35	19	45	43	8.8	0.18
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: Mini Biscoff Doughnuts x3	1768	423	25	9.3	43	14	6.6	0.79	1326	317	19	7	32	11	5	0.59
Take Away Only: Salted Caramel Chocolate Brownie	1507	358	10	4	63	40	3.5	0.69	2005	476	13	5.3	83	53	4.7	0.92
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
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	784	187	8.8	5.7	22	18	4.4	0.13	288	69	3.2	2.1	7.9	6.7	1.6	0.05
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	700	167	7.4	4.9	22	19	3	0.12	257	61	2.7	1.8	8.1	6.9	1.1	0.04
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

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
Fiery La Bomba	489	118	9.8	0.8	5.7	2.6	1	1.2	171	41	3.4	0.3	2	0.9	0	0.41
Parsley	185	45	1.3	0	2.7	2.3	3	0.08	1	0	0	0	0	0	0	0
Micro Red Basil	81	20	0	0.3	0	0	2.4	0.04	1	0	0	0	0	0	0	0
Pesto	1749	422	36	5.3	20	1.3	3.5	2.4	437	106	8.9	1.3	5	0	0.9	0.6
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
Customer use only: Salt	0	0	0	0	0	0	0	97.5	0	0	0	0	0	0	0	0.98
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
Oregano	133	33	0.9	0.2	0	0	1.8	12.5	1	0	0	0	0	0	0	0.13
Calamari	1056	253	14	3.2	1.7	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
Aubergine 'Meatballs'	910	216	4.7	0.6	27	8.4	13	0.61	546	130	2.8	0.4	16	5	7.5	0.37
Customer use only: Chilli Oil	3404	828	92	14	0	0	0	0	272	66	7.4	1.1	0	0	0	0
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
Customer use only: Black Pepper	1159	277	3.3	1.4	39	0.6	10	0.05	12	3	0	0	0	0	0	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
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
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
Meringue	862	203	0	0	46	44	5.1	0.12	215	51	0	0	11	11	1.3	0.03
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
Customer use only: Balsamic Vinegar	986	232	0	0	57	47	1	0.1	79	19	0	0	4.6	3.8	0	0
Pulled Pork	1314	317	26	8.7	5.2	0	15	2.1	1314	317	26	8.7	5.2	0	15	2.1

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
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
Amarena Cherries	1187	280	0	0	68	62	0	0.03	100	24	0	0	5.7	5.2	0	0
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
Orange Squash 50ml	2	0	0	0	0	0	0	0	1	0	0	0	0	0	0	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 Chili 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
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
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
Lime Cordial 50ml	41	10	0	0	2.4	2.4	0	0	21	5	0	0	1.2	1.2	0	0
Prosciutto	979	234	13	3.1	0	0	29	5.5	306	73	4.1	1	0	0	9.1	1.7
Blackcurrant & Apple Squash 50ml	0	0	0	0	0	0	0	0.03	0	0	0	0	0	0	0	0.01
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
Customer use only: Extra Virgin Olive Oil	3696	899	100	10	0	0	0	0	296	72	8	0.8	0	0	0	0
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
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
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
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
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
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

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 Non-Gluten Cheese Pasta	877	210	9.1	5.3	26	0.6	5.9	0.77	1457	348	15	8.9	42	0.9	9.7	1.3
Kids Spaghetti Cheese Pasta	910	218	13	5.5	19	0.5	6.6	0.86	1510	362	22	9.2	31	0.9	11	1.4
Kids Cheese Pasta Twist	910	218	13	5.5	19	0.5	6.6	0.86	1510	362	22	9.2	31	0.9	11	1.4
Carrot, Cucumber & Soul Bread	405	97	2.8	0.6	14	3.5	2.8	1	757	180	5.3	1.1	26	6.5	5.3	1.9
Kids Baby Tomato Topping	109	26	0	0	3.6	3.6	1.1	0	36	8	0	0	1.2	1.2	0	0
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 Spaghetti Bolognese	645	154	7.1	1.7	17	2	5.7	0.62	1290	308	14	3.3	35	4	11	1.2
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
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 Vegan Lentil Ragu	601	143	7	0.6	16	1.7	4	0.59	1320	315	15	1.4	35	3.8	8.8	1.3
Kids Spaghetti Vegan Lentil Ragu	568	136	6.1	0.6	17	2	3.6	0.47	1380	329	15	1.4	40	4.9	8.8	1.1
Kids Vegan Lentil Ragu Pasta Twist	569	136	6.1	0.6	17	2	3.7	0.47	1381	330	15	1.4	40	4.8	8.9	1.1
Kids Chocolate Gelato	784	187	8.8	5.7	22	18	4.4	0.13	288	69	3.2	2.1	7.9	6.7	1.6	0.05
Kids Vegan Pizza Margherita	799	190	5	3.8	30	0.8	5.3	1	1505	357	9.5	7.2	56	1.4	10	1.9
Kids Mushroom Topping	65	16	0	0	0	0	1.8	0	9	2	0	0	0	0	0	0
Kids Chicken Topping	561	133	2.2	0.5	0.7	0.7	27	0.4	168	40	0.7	0.1	0	0	8.2	0.12
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
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	612	146	7.3	1.7	15	1.7	5.7	0.61	1224	293	15	3.4	30	3.4	11	1.2
Tiny Tummies Little Soul Bread	987	234	4.6	1	39	0	8.3	2.9	503	119	2.4	0.5	20	0	4.3	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	3.1	30	1	10	0.93	1557	370	9.3	5.4	52	1.8	18	1.6
Kids Bolognese Pasta Twists	645	154	7.1	1.7	17	2	5.7	0.62	1290	308	14	3.3	35	4	11	1.2
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	525	125	6	0.6	15	3.5	2.9	0.82	558	133	6.4	0.7	16	3.7	3.1	0.87
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
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 Spinach Topping	78	19	0.6	0	0	0	2.6	0.07	8	2	0	0	0	0	0	0

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 Non-Gluten Bolognese Pasta	618	147	3.5	1.5	23	2	5.1	0.54	1236	294	7.1	3	46	4	10	1.1
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 Ragu	546	130	3.1	0.4	21	2	3.1	0.4	1327	315	7.6	1	52	4.9	7.6	0.98
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 Penne Pomodoro	525	125	6	0.6	15	3.5	2.9	0.82	1116	266	13	1.3	33	7.4	6.1	1.7
Kids Vanilla Gelato	700	167	7.4	4.9	22	19	3	0.12	257	61	2.7	1.8	8.1	6.9	1.1	0.04
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 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 Cheese Sauce	870	209	14	5.6	16	0	6.7	0.85	1444	346	23	9.3	26	0	11	1.4
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 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
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
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
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
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
Organic Craft Primitivo 175ml	315	76	0	0	0	0	0	0.02	551	133	0	0	0	0	0	0.03
Organic Craft Primitivo 250ml	315	76	0	0	0	0	0	0.02	788	190	0	0	0	0	0	0.04

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 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
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
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 Bottle	329	79	0	0	2.5	2.5	0	0	2468	593	0	0	19	19	0.8	0.08
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 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
Zinfandel Blush 125ml	329	79	0	0	2.5	2.5	0	0	411	99	0	0	3.1	3.1	0	0
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
Pinot Grigio 175ml	309	75	0	0	0.6	0.6	0	0	541	131	0	0	1.1	1.1	0	0.02
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
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
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 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
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

FIZZ																
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
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
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

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
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
Morello Cherry Sour	842	199	0	0	37	37	0	0	1317	312	0	0	58	57	0	0.02
Limoncello Spritz	341	82	0	0	6.8	6.3	0.6	0	765	183	0	0	15	14	1.2	0.03
Pineapple Spritz	212	51	0	0	4.3	4.2	0	0	504	120	0	0	10	10	0	0
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
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
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
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
Aperol Spritz	493	119	0	0	3.3	3.2	0	0	751	181	0	0	5.1	4.9	0	0

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: 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
Roasted Pineapple Soda	77	18	0	0	4.5	4.5	0	0	154	36	0	0	9	9	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
Sicilian Still Lemonade	104	25	0	0	4.9	4.8	0	0	260	63	1.3	0.3	12	12	0	0
Coke Zero	1	0	0	0	0	0	0	0	4	1	0	0	0	0	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: 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
Take Away Only: Sprite Zero	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
Apple Juice	174	41	0	0	9.9	9.9	0	0	435	103	0	0	25	25	0	0

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
Belu Still Water Large	1	0	0	0	0	0	0	0	4	1	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
Orange Juice	179	42	0	0	9.6	9	0	0.04	448	105	0	0.3	24	23	1.3	0.1
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
Raspberry & Mint Cooler	140	33	0	0	8.2	7.7	0	0	249	59	0	0	15	14	0	0
San Pellegrino Blood Orange	85	20	0	0	4.9	4.9	0	0	281	66	0	0	16	16	0	0
White Peach & Raspberry Refresher	164	39	0	0	9	8.6	0	0	294	69	0	0	16	15	0.5	0
Hip Pop Kombucha Apple & Elderflower	60	14	0	0	2.8	2.8	0	0.07	198	46	0	0.3	9.2	9.2	1.7	0.25
Hip Pop Strawberry & Pineapple	67	16	0	0	2.8	2.8	0.9	0.07	221	53	0	0.3	9.2	9.2	3	0.25
Morello Cherry Refresher	387	91	0	0	22	22	0	0	857	202	0	0	50	49	0	0
Passion Fruit Sparkler	156	37	0	0	8.5	8.1	0	0	317	74	0	0	17	16	0.7	0.01
Trip Mindful Blend Blood Orange & Rosemary	39	9	0	0	2.3	1.7	0	0	98	23	0	0	5.8	4.3	0	0
Pineapple & Citrus Refresher	167	39	0	0	9.6	9.5	0	0	296	70	0	0	17	17	0	0
Strawberry Sparkler	99	23	0	0	5.6	5.6	0	0	186	44	0	0	11	11	0	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
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
Respirited Vodka 50ml	919	222	0	0	0	0	0	0	460	111	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
Kahlua 50ml	1099	262	0	0	33	33	0	0.03	550	131	0	0	16	16	0	0.01
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
Aperol 25ML	919	222	0	0	0	0	0	0	230	56	0	0	0	0	0	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
Dead Mans Fingers Spiced Rum 25ml	919	222	0	0	0	0	0	0	230	56	0	0	0	0	0	0
Respirited Vodka 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
Kahlua 25ml	1099	262	0	0	33	33	0	0.03	275	66	0	0	8.2	8.2	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
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
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

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 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
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
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 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 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
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
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
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

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

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
Grey Goose Vodka & Tonic	196	47	0	0	4.1	4.1	0	0	450	107	0	0	9.4	9.4	0	0
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
Campari Elderflower Tonic	316	75	0	0	10	9.7	0.9	0.02	414	99	0	0	14	13	1.1	0.03
Lemon Meringue Sundae	967	231	10	6.2	32	28	3.3	0.24	1520	363	16	9.7	50	45	5.2	0.37
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
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
White Chocolate & Raspberry Tiramisu	1211	290	18	11	30	25	2.5	0.08	2282	547	33	20	56	47	4.7	0.16
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
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
Sparkling Pinot Grigio Bottle	351	84	0	0	5.1	5.1	0	0	2633	630	0	0	38	38	2.3	0.09
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
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
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
Pinot Noir 125ml	315	76	0	0	0	0	0	0.02	394	95	0	0	0	0	0	0.02
Pinot Noir 250ml	315	76	0	0	0	0	0	0.02	788	190	0	0	0	0	0	0.04
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	0	411	99	0	0	3.1	3.1	0	0
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
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
Rustica Harissa Lamb	925	221	11	5.9	18	2	12	1.3	5393	1289	65	34	105	12	68	7.3
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
Goodrays Raspberry & Guava	48	11	0	0	2.8	2.1	0	0	120	28	0	0	7	5.3	0	0
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 Passion Fruit & Pomelo	54	13	0	0	3.2	2.3	0	0	135	33	0	0	8	5.8	0	0
Strawberry Aperol Spritz	412	99	0	0	4.6	4.6	0	0	819	197	0	0	9.2	9.1	0	0
Garlic & Nduja Bombe	1345	322	16	5.5	34	2.6	8.9	1.2	3837	917	47	16	96	7.5	25	3.3
Wild Garlic & Pesto Bombe	1207	289	16	5.9	24	0.6	11	0.96	2655	636	36	13	53	1.3	24	2.1

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
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
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
Out of restaurant only: White Chocolate & Raspberry Tiramisu	1190	285	16	10	31	26	2.5	0.08	2118	507	29	18	56	46	4.5	0.15
Frascati 175ml	313	75	0	0	3	3	0	0.03	548	131	0	0	5.3	5.3	0	0.05
Frascati 125ml	313	75	0	0	3	3	0	0.03	391	94	0	0	3.8	3.8	0	0.03
Frascati 250ml	313	75	0	0	3	3	0	0.03	783	188	0	0	7.5	7.5	0	0.07
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

CHRISTMAS 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
Blood Orange Aperol Fizz	787	188	0	0	23	23	0	0.02	1223	292	0	0	36	36	0	0.02
+ Red Wine Jus	252	61	3.7	1	5.1	1.3	1.5	1.1	126	31	1.9	0.5	2.5	0.7	0.8	0.55
Giant Festive Profiterole	1231	294	14	7.9	39	32	3.5	0.41	1891	451	21	12	60	49	5.4	0.62
Lobster Mafaldine with King Prawn Spiedini	581	138	5.2	2.5	14	1.3	8	0.73	2923	695	26	13	73	6.4	40	3.7
Beef Short Rib Wellington	906	216	9.5	3.1	20	0.7	13	0.55	7567	1803	79	26	167	5.6	106	4.6
Non-Gluten Lobster pasta with King Prawn Spiedini	567	135	4.8	2.2	16	1	6.5	0.72	3282	781	28	13	93	6.1	37	4.2
Non-Gluten Venison Pepperoni & Hot Honey Pizza	973	233	11	5.9	22	3.9	9.5	1.2	5046	1207	59	31	115	20	49	6
Italian Xmas Vegan Gnocchi	678	161	4.4	0.9	26	6.3	2.6	1.4	3264	775	21	4.5	126	30	12	6.6
Venison Pepperoni & Hot Honey Rustica	951	227	9.9	6	22	3.3	12	1.3	4791	1143	50	30	109	17	61	6.7
Zizzi-Style Pigs in Blankets	1090	260	11	3.5	26	20	14	1.4	1510	360	15	4.9	35	27	20	2
Take Away Only: Double Zizzi Style Pigs in Blankets	1061	254	13	4.1	18	11	16	1.7	2567	614	31	9.8	44	27	39	4
Blood Orange Bauble sparkler	249	59	0	0	14	13	0	0.02	449	106	0	0	25	24	0.6	0.04
Take Away Only: Double Cromer Crab Arancini	848	203	11	2.8	21	1.9	5.1	1.3	2037	488	25	6.8	51	4.7	12	3.1
Cromer Crab Arancini	920	221	14	2.7	20	2.1	4.6	1.3	1266	304	19	3.8	27	2.9	6.4	1.7
Pig in blanket Bombe	1206	288	13	4.7	29	2.2	12	1	4287	1024	47	17	103	7.7	44	3.6

JANUARY 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
Calzone La Bomba	1139	273	16	6.4	19	1.5	12	1.6	6260	1501	91	35	104	8.1	64	8.6
Black Forest Fondant	1440	344	16	7.6	44	36	4	0.32	3052	728	35	16	93	77	8.6	0.68
Bold Bean Butter Bean Bake	579	138	4.1	0.5	19	0.8	4.9	0.9	5184	1235	37	4.7	166	7.3	44	8.1
Goat's Cheese & Hot Honey Bombe	1135	271	11	5.4	32	2.5	9.4	1	3385	807	34	16	96	7.5	28	3
Three Indulgent Treats (Valentine's Dessert Sharer)	1272	304	16	8	36	23	3.6	0.33	5153	1233	65	33	145	94	15	1.3
A Taste of Italy (Valentine's Starter Sharer)	799	191	8.9	2.8	19	2.9	7.5	1.2	4598	1098	51	16	112	17	43	7.1
Pink Bomboloni x9	2015	483	28	11	50	27	7	0.73	4534	1087	63	25	113	61	16	1.6
Pink Bomboloni x3	2015	483	28	11	50	27	7	0.73	1511	362	21	8.3	38	20	5.3	0.55

Zizzi Nutrition Guide

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SPRING 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
Peachello Spritz	447	107	0	0	6.7	6.5	0	0	629	151	0	0	9.4	9.1	0.5	0
Lemon Cookie Sundae	1294	309	15	7.4	39	28	3.7	0.22	3133	748	36	18	96	67	9	0.54
Out of Restaurant Only: Lemon Cookie x3	1876	448	22	8.7	57	31	4.6	0.2	5347	1277	63	25	163	88	13	0.57
Harissa Lamb Arrabbiata	937	224	13	5.5	17	1.3	9.2	0.83	4011	960	56	24	72	5.6	39	3.6
Non-Gluten Harissa Lamb Arrabbiata	868	208	11	4.8	18	1.1	7.3	0.8	4369	1046	58	24	92	5.3	37	4
Sarti Spritz	133	32	0	0	2	2	0	0	290	69	0	0	4.4	4.4	0.7	0.01
Cromer Crab Arancini	560	134	6.1	2.1	14	3	4.8	0.96	1278	306	14	4.7	32	6.9	11	2.2