



NUTRITIONAL INFORMATION

JANUARY 2019

At Milano your lifestyle choices and dietary requirements are just as important to us as they are to you. We understand that part of this includes awareness of your nutritional intake.

Our nutritional menu below details information on our dishes. As our dishes are handmade, in our busy kitchens we can't guarantee our data is as stated.

	PER SERVING									PER 100 G								
	kcal	kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g	kcal	kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
Starters																		
Olives Marinate	137	562	13.6	1.6	1.1	0.1	3.4	0.7	2.8	171	702	17.0	2.0	1.4	0.1	4.2	0.9	3.5
Roasted Tomatoes	67	277	3.5	0.4	6.0	5.6	2.8	1.3	0.5	111	461	5.9	0.6	10.0	9.4	4.6	2.1	0.8
Dough Balls	396	1650	21.6	12.9	40.4	3.1	3.0	8.1	1.6	356	1486	19.5	11.6	36.4	2.8	2.7	7.3	1.5
Dough Balls - no butter	230	972	1.3	0.2	46.4	3.1	2.6	9.2	1.3	244	1033	1.4	0.2	49.4	3.3	2.8	9.8	1.4
Vegan Dough Balls -pestorissa-	336	1418	12.0	1.5	48.6	4.8	3.6	9.7	1.9	294	1243	10.5	1.3	42.6	4.2	3.1	8.5	1.7
Dough Balls Doppio	828	3464	43.3	14.0	88.3	8.5	5.3	18.6	3.6	342	1431	17.9	5.8	36.5	3.5	2.2	7.7	1.5
Garlic Bread with Mozzarella	356	1494	10.0	4.4	49.4	3.7	4.0	14.9	1.6	282	1185	7.9	3.5	39.2	2.9	3.2	11.8	1.3
Bruschetta Originale	362	1519	11.1	2.1	50.8	7.1	6.7	11.1	2.0	172	723	5.3	1.0	24.2	3.4	3.2	5.3	1.0
Buffalo Mozzarella & Tomato Salad	336	1393	28.2	15.2	3.7	3.7	2.7	15.5	0.8	163	676	13.7	7.4	1.8	1.8	1.3	7.5	0.4
Calamari	504	2104	32.1	3.2	36.3	2.9	0.8	17.6	2.8	300	1252	19.1	1.9	21.6	1.7	0.5	10.5	1.7
Classic Italian Antipasto	795	3315	48.0	17.7	58.5	6.9	4.1	30.1	5.9	288	1201	17.4	6.4	21.2	2.5	1.5	10.9	2.1
Gluten Free Dough Balls with Garlic Butter	370	1548	18.7	9.6	47.4	2.1	3.6	1.2	1.7	336	1407	17.0	8.7	43.1	1.9	3.3	1.1	1.5
Arrabiata Prawns	296	1250	11.6	1.5	33.4	12.5	3.3	13.7	2.6	110	466	4.3	0.6	12.4	4.7	1.2	5.1	1.0
Lemon & Herbs Chicken Wings Milano	437	1821	24.7	5.9	3.0	0.8	0.0	50.2	4.7	207	863	11.7	2.8	1.4	0.4	0.0	23.8	2.2

	PER SERVING									PER 100 G								
	kcal	kJ	Fat g	Saturates g	Carbohydrate g	Sugars g	Fibre g	Protein g	Salt g	kcal	kJ	Fat g	Saturates g	Carbohydrate g	Sugars g	Fibre g	Protein g	Salt g
Bases																		
Standard dough	434	1838	3.6	0.5	83.4	0.2	2.6	18.2	1.0	217	919	1.8	0.3	41.7	0.1	1.3	9.1	0.5
Wholemeal dough	424	1794	4.6	0.6	80.6	1.6	7.4	18.8	1.0	212	897	2.3	0.3	40.3	0.8	3.7	9.4	0.5
Adult Gluten Free	431	1824	2.5	0.2	95.2	1.6	2.3	5.7	2.1	221	935	1.3	0.1	48.8	0.8	1.2	2.9	1.1
Piccolo Gluten Free	199	842	1.2	0.1	43.9	0.7	1.1	2.6	1.0	221	935	1.3	0.1	48.8	0.8	1.2	2.9	1.1

	PER SERVING									PER 100 G								
	kcal	kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g	Energy kcal	Energy kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
Romana Pizzas and Calabrese																		
Margherita Bufala	1051	4392	48.1	23.0	104.2	14.5	12.5	43.6	4.4	260	1087	11.9	5.7	25.8	3.6	3.1	10.8	1.1
American Hot	1010	4237	41.5	18.0	102.0	12.6	6.1	54.1	6.5	297	1246	12.2	5.3	30.0	3.7	1.8	15.9	1.9
Padana	1108	4649	33.2	16.0	129.1	33.9	19.9	62.8	4.7	284	1192	8.5	4.1	33.1	8.7	5.1	16.1	1.2
Pollo ad Astra	1145	4820	32.5	13.0	142.1	21.5	8.9	66.6	5.0	282	1187	8.0	3.2	35.0	5.3	2.2	16.4	1.2
Diavolo	1167	4894	39.0	20.1	139.1	15.0	10.2	59.1	7.1	296	1242	9.9	5.1	35.3	3.8	2.6	15.0	1.8
Pollo Forza	1253	5263	44.6	15.9	129.4	20.6	8.4	79.3	5.0	267	1122	9.5	3.4	27.6	4.4	1.8	16.9	1.1
Calabrese	1275	5327	66.1	30.2	108.7	18.2	13.9	54.1	6.5	266	1112	13.8	6.3	22.7	3.8	2.9	11.3	1.4
Vegan Giardiniera	970	4077	34.0	13.3	144.1	14.5	11.8	27.6	6.5	214	900	7.5	2.9	31.8	3.2	2.6	6.1	1.4
Ragu	1181	4959	49.4	19.2	135.6	21.1	12.8	54.7	5.5	246	1033	10.3	4.0	28.3	4.4	2.7	11.4	1.2
Vegan Puttanesca	844	3545	22.7	12.7	140.1	14.6	13.1	26.2	7.0	200	840	5.4	3.0	33.2	3.5	3.1	6.2	1.7
Carbonara	1420	5927	72.8	31.2	122.3	25.6	7.5	71.9	7.5	310	1294	15.9	6.8	26.7	5.6	1.6	15.7	1.6

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Classic Pizzas																		
American	1019	4275	39.8	16.3	121.8	11.4	5.7	40.5	4.8	287	1204	11.2	4.6	34.3	3.2	1.6	11.4	1.4
Margherita	834	3512	24.9	10.1	111.5	13.1	7.2	37.6	4.3	255	1074	7.6	3.1	34.1	4.0	2.2	11.5	1.3
La Reine	898	3767	28.7	11.3	108.6	9.8	7.5	47.1	4.6	238	999	7.6	3.0	28.8	2.6	2.0	12.5	1.2
Fiorentina	942	3961	31.4	12.8	107.8	8.4	10.6	51.7	4.2	213	896	7.1	2.9	24.4	1.9	2.4	11.7	1.0
Sloppy Giuseppe	897	3777	26.1	12.2	115.4	13.5	10.5	45.0	4.8	213	897	6.2	2.9	27.4	3.2	2.5	10.7	1.1
Veneziana	938	3936	29.7	10.7	120.4	18.3	9.5	41.9	4.4	246	1033	7.8	2.8	31.6	4.8	2.5	11.0	1.2
Vegan Giardiniera	843	3545	27.5	9.2	130.5	13.7	11.9	24.7	5.7	184	774	6.0	2.0	28.5	3.0	2.6	5.4	1.3

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	kcal	kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g	kcal	kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
Leggera Pizzas																		
Wholemeal Leggera Pollo ad Astra	599	2515	13.9	5.4	75.0	12.4	6.7	46.4	3.0	164	689	3.8	1.5	20.5	3.4	1.8	12.7	0.8
Wholemeal Leggera Padana	587	2463	17.4	5.7	91.4	26.5	8.7	20.4	2.6	184	772	5.4	1.8	28.7	8.3	2.7	6.4	0.8
Wholemeal Leggera American Hot	548	2291	18.8	6.6	67.2	5.6	7.0	30.3	3.7	197	824	6.8	2.4	24.2	2.0	2.5	10.9	1.3
Wholemeal Leggera Vegan Giardiniera	556	2324	21.0	5.7	79.6	9.1	9.1	16.1	3.2	171	715	6.5	1.8	24.5	2.8	2.8	4.9	1.0
Superfood salad addition	171	711	9.2	1.1	15.2	2.7	3.5	6.3	0.5	227	948	12.2	1.5	20.2	3.6	4.7	8.4	0.7

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	kcal	kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g	kcal	kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
Salads																		
Leggera Superfood Salad	446	1863	25.4	3.4	32.9	16.8	9.3	16.8	1.7	130	543	7.4	1.0	9.6	4.9	2.7	4.9	0.5
Pollo Salad no dressing	502	2096	26.3	10.5	22.1	11.6	3.9	42.1	2.2	143	597	7.5	3.0	6.3	3.3	1.1	12.0	0.6
Nicoise Salad no dressing	366	1528	21.0	3.6	5.1	3.3	1.8	39.1	2.0	101	422	5.8	1.0	1.4	0.9	0.5	10.8	0.6
Grand Chicken Caesar Salad no dressing	477	1998	24.5	6.4	17.2	1.6	1.6	47.1	1.9	150	628	7.7	2.0	5.4	0.5	0.5	14.8	0.6
Leggera Superfood Salad with Anchovies	497	2068	27.1	3.8	33.1	16.9	9.4	24.4	2.3	132	550	7.2	1.0	8.8	4.5	2.5	6.5	0.6
Leggera Superfood Salad with Chicken	593	2482	26.4	3.7	33.3	17.1	9.7	50.5	2.4	128	536	5.7	0.8	7.2	3.7	2.1	10.9	0.5
Pollo Salad with dressing	693	2879	46.3	13.1	24.6	5.1	4.0	42.8	3.3	175	727	11.7	3.3	6.2	1.3	1.0	10.8	0.8
Nicoise Salad with dressing	558	2312	40.7	6.1	7.3	4.5	2.0	39.5	3.1	137	568	10.0	1.5	1.8	1.1	0.5	9.7	0.8
Grand Chicken Caesar Salad with dressing	636	2643	39.9	8.0	20.3	4.4	2.5	48.3	2.9	175	728	11.0	2.2	5.6	1.2	0.7	13.3	0.8
Pollo Salad with dressing and dough sticks	954	3986	48.9	13.7	72.9	8.8	6.4	52.8	4.8	195	815	10.0	2.8	14.9	1.8	1.3	10.8	1.0
Nicoise Salad with dressing and dough sticks	820	3420	43.5	6.5	55.5	8.5	4.5	50.0	4.6	164	684	8.7	1.3	11.1	1.7	0.9	10.0	0.9
Grand Chicken Caesar Salad with dressing and dough sticks	894	3753	42.4	8.2	68.4	8.2	4.6	58.4	4.4	196	823	9.3	1.8	15.0	1.8	1.0	12.8	1.0
Milanese - Rucola	787	3297	51.6	15.3	39.4	4.2	2.3	40.0	2.4	216	905	14.2	4.2	10.8	1.2	0.6	11.0	0.7
Milanese - Caesar	768	3210	50.6	15.0	38.1	3.5	1.9	39.8	2.5	214	896	14.1	4.2	10.6	1.0	0.5	11.1	0.7
Salad sides																		
Dough sticks	263	1110	2.6	0.3	48.3	3.8	2.3	10.2	1.5	282	1193	2.8	0.3	51.9	4.1	2.5	11.0	1.6
Classic house dressing	191	784	19.9	2.7	2.3	1.2	0.2	0.5	1.1	423	1741	44.2	6.1	5.0	2.7	0.5	1.0	2.4
Light house dressing	135	554	13.6	1.9	2.3	2.1	0.3	0.4	1.0	298	1230	30.3	4.2	5.2	4.6	0.6	0.9	2.2
Caesar dressing	157	647	15.4	1.6	3.0	2.7	0.8	1.2	1.0	348	1437	34.2	3.5	6.6	6.1	1.7	2.7	2.3
Honey mustard dressing	196	810	17.7	1.2	7.8	7.6	1.4	0.6	1.0	435	1798	39.3	2.7	17.4	16.9	3.0	1.4	2.2

	PER SERVING										PER 100 G								
	kcal	KJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g		kcal	kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
Al Forno																			
Lasagna Classica	712	2973	42.1	23.3	43.0	11.0	7.0	36.9	3.9		162	677	9.6	5.3	9.8	2.5	1.6	8.4	0.9
Pollo Pesto (GF)	1082	4507	57.5	23.3	90.3	6.5	3.4	48.6	7.5		190	792	10.1	4.1	15.9	1.1	0.6	8.6	1.3
Cannelloni	798	3326	41.1	19.1	68.0	16.1	9.8	33.7	3.5		163	680	8.4	3.9	13.9	3.3	2.0	6.9	0.7
Bolognese	674	2834	27.1	9.9	82.6	5.7	4.8	27.7	1.6		166	698	6.7	2.5	20.3	1.4	1.2	6.8	0.4
Peperonata	542	2269	15.9	1.9	90.9	15.3	7.1	11.8	1.7		117	490	3.4	0.4	19.6	3.3	1.5	2.5	0.4
Sides																			
Coleslaw 'Pizza Express'	330	1362	33.3	2.4	4.6	0.0	2.5	1.9	0.8		264	1089	26.6	1.9	3.7	0.0	2.0	1.5	0.7
Mixed Salad without dressing	74	306	5.4	0.8	3.6	2.5	1.4	1.9	0.1		53	220	3.9	0.6	2.6	1.8	1.0	1.4	0.1
Mixed Salad with House dressing	202	829	18.8	2.5	5.1	4.2	2.5	2.2	0.8		119	490	11.1	1.5	3.0	2.5	1.5	1.3	0.5
Polenta Chips	454	1889	26.6	2.7	42.8	5.0	7.7	6.7	2.7		218	908	12.8	1.3	20.6	2.4	3.7	3.2	1.3

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Desserts																		
Chocolate Fudge Cake (cake only)	312	1308	13.4	4.2	42.4	30.5	0.9	4.8	1.0	302	1269	13.0	4.1	41.2	29.6	0.9	4.7	1.0
Vanilla cheesecake -Reduce Fat & Sugar (cake only)	377	1563	25.7	13.7	29.6	19.7	0.6	6.6	0.0	349	1447	23.8	12.7	27.4	18.2	0.6	6.1	0.0
Tiramisu	412	1729	15.0	11.8	62.7	37.5	3.0	5.0	0.3	245	1029	8.9	7.0	37.3	22.3	1.8	3.0	0.2
Chocolate Brownie and ice cream	519	2159	27.0	14.0	62.9	54.1	3.4	7.9	0.2	307	1277	16.0	8.3	37.2	32.0	2.0	4.7	0.1
Coppa Gelato – Vanilla + choc straw	247	1033	10.3	6.9	32.7	32.5	0.5	5.6	0.2	199	833	8.3	5.6	26.4	26.2	0.4	4.5	0.2
Coppa Gelato – Chocolate + choc straw	246	1032	10.3	7.3	32.6	27.9	2.5	5.6	0.2	198	832	8.3	5.9	26.3	22.5	2.0	4.5	0.2
Coppa Gelato – Strawberry + choc straw	211	895	5.0	3.6	40.1	34.2	0.9	1.5	0.1	170	721	4.0	2.9	32.3	27.6	0.7	1.2	0.1
Coppa Gelato – Salted Caramel + choc straw	287	1201	14.8	9.3	33.9	31.5	0.4	4.6	0.8	231	968	11.9	7.5	27.3	25.4	0.3	3.7	0.6
Leggera Sorbet – Raspberry Sorbet	122	514	0.5	0.4	28.4	28.4	1.3	0.7	0.0	101	428	0.4	0.3	23.7	23.7	1.1	0.6	0.0
Leggera Sorbet - Cocconut Sorbet	201	838	6.0	5.4	36.0	28.8	0.0	0.6	0.0	167	698	5.0	4.5	30.0	24.0	0.0	0.5	0.0
Sticky Toffee Bundt Cake - no ice cream	494	2065	26.1	13.6	61.0	36.3	1.2	4.2	0.8	377	1576	19.9	10.4	46.6	27.7	0.9	3.2	0.6
Affogato - no coffee	337	1407	15.4	9.9	44.0	41.9	0.1	5.9	0.6	239	998	10.9	7.0	31.2	29.7	0.1	4.2	0.4
Raspberry Honeycombe Cream Slice	466	1915	29.9	14.8	42.1	25.1	1.9	4.9	0.5	360	1484	23.2	11.4	32.6	19.4	1.5	3.8	0.4
Lemon Tart –with sorbet	407	1705	20.9	12.8	51.1	37.7	2.2	3.4	0.0	293	1226	15.0	9.2	36.8	24.2	1.6	2.4	0.0
Side of cream	139	572	15.0	9.4	0.5	0.5	0.0	0.4	0.0	496	2041	53.7	33.4	1.7	1.7	0.0	1.6	0.1
Side of vanilla gelato	114	474	4.5	3.1	15.4	15.4	0.1	2.7	0.1	189	790	7.5	5.1	25.7	25.7	0.2	4.5	0.2
Side of mascarpone	118	489	12.3	8.7	0.8	0.8	0.0	1.2	0.0	392	1628	41.0	29.0	2.5	2.5	0.0	4.0	0.1
Fruit Coulis	25	104	0.1	0.0	5.7	5.7	0.4	0.1	0.0	123	518	0.4	0.0	28.7	28.4	1.8	0.4	0.0

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Dolcetti																			
Salted Caramel Profiteroles	257	1070	16.2	10.2	24.0	19.2	0.0	3.4	0.1		428	1783	27.0	17.0	40.0	32.0	0.0	5.6	0.2
Chocolate Brownie	206	857	11.3	5.5	24.5	20.1	1.8	2.6	0.0		349	1451	19.2	9.3	41.5	34.1	3.1	4.4	0.1
Caffe reale	208	866	12.6	8.7	23.7	32.7	1.4	1.9	0.1		281	1170	17.0	11.8	32.0	44.2	1.9	2.6	0.1
Lemon Posset Crunch	195	807	15.7	8.4	11.9	7.7	0.2	1.0	0.2		442	1832	35.6	19.2	27.0	17.4	0.5	2.2	0.4
Lotus Biscoff Cheesecake	319	1341	22.8	9.6	25.4	14.6	0.6	2.7	0.3		469	1971	33.6	14.2	37.4	21.4	0.8	3.9	0.4
Vegan Carrot Cake	336	1409	16.2	4.1	45.9	31.5	0.0	1.5	0.5		373	1565	18.0	4.5	51.0	35.0	0.0	1.6	0.5

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Piccolo																		
Baked dough balls with butter	189	793	8.3	4.9	23.2	1.9	1.2	4.9	0.8	350	1467	15.3	9.1	42.9	3.5	2.3	9.0	1.6
Baked dough balls with balsamic and olive oil	160	674	4.5	0.6	24.4	3.1	1.4	4.9	0.7	296	1247	8.3	1.2	45.1	5.7	2.5	9.0	1.4
Salad to go with starter	16	67	0.6	0.0	1.7	1.7	0.8	1.0	0.0	16	67	0.6	0.0	1.7	1.7	0.8	1.0	0.0
Bolognese	353	1486	10.2	3.7	53.0	4.6	3.8	14.1	0.8	150	632	4.3	1.6	22.6	2.0	1.6	6.0	0.4
Napoletana	284	1194	5.4	2.9	53.6	4.0	3.2	6.7	0.9	139	585	2.6	1.4	26.3	2.0	1.6	3.3	0.4
Bianca	355	1488	11.6	6.3	56.2	3.3	2.2	7.2	0.7	174	729	5.7	3.1	27.6	1.6	1.1	3.5	0.3
Pizza Margherita	448	1883	11.0	6.6	63.4	6.9	4.7	21.2	2.3	285	1199	7.0	4.2	40.4	4.4	3.0	13.5	1.5
Pizza La Reine	509	2139	13.7	7.0	63.8	7.4	7.4	28.7	3.1	275	1156	7.4	3.8	34.5	4.0	4.0	15.5	1.7
Pizza American	510	2141	18.2	8.5	55.4	6.1	7.8	27.2	3.0	300	1259	10.7	5.0	32.6	3.6	4.6	16.0	1.8
Pizza Pollo	456	1922	10.8	6.2	59.2	7.1	2.6	29.1	2.3	265	1117	6.3	3.6	34.4	4.1	1.5	16.9	1.4
Pollo Salad with DB	283	1179	9.4	2.9	23.6	0.5	3.4	27.0	1.3	108	450	3.6	1.1	9.0	0.2	1.3	10.3	0.5
Pollo Salad with Polenta Chips	265	1107	17.0	3.5	12.4	0.0	3.2	23.2	1.2	107	448	6.9	1.4	5.0	0.0	1.3	9.4	0.5

	PER SERVING									PER 100 G								
	kcal	kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g	kcal	kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
Piccolo																		
Sundae with chocolate sauce	149	625	4.6	3.1	23.7	21.8	0.3	2.9	0.1	207	873	6.4	4.3	33.1	30.5	0.4	4.1	0.1
Sundae with fruit sauce	131	552	4.5	3.1	19.6	18.4	0.3	2.8	0.1	183	772	6.3	4.3	27.4	25.7	0.4	3.9	0.1
Chocolate Brownie	206	857	11.3	5.5	24.5	20.1	1.8	2.6	0.0	349	1451	19.2	9.3	41.5	34.1	3.1	4.4	0.1
Pip Organic Fruity Ice Lolly	18	75	0.0	0.0	4.2	4.0	0.0	0.0	0.0	43	186	0.1	0.0	10.4	9.9	0.0	0.1	0.0
Pip Organic Rainbow Ice Lolly	20	81	0.0	0.0	4.5	4.2	0.0	0.0	0.0	48	202	0.0	0.0	11.2	10.6	0.0	0.0	0.0
Piccolo milk	82	346	2.0	1.2	9.6	9.6	0.0	7.0	0.2	41	173	1.0	0.6	4.8	4.8	0.0	3.5	0.1
Cawston apple and summer berries	50	214	0.2	0.0	11.6	11.0	0.0	0.6	0.0	25	107	0.1	0.0	5.8	5.5	0.0	0.3	0.0
Cawston apple and pear juice	54	234	0.0	0.0	12.8	12.8	0.0	0.2	0.0	27	117	0.0	0.0	6.4	6.4	0.0	0.1	0.0