Milano calories

pizza in style

Milano has been pioneering delicious handmade pizza since 1995.

Eating out and eating well can all be part of the same experience. Inside you'll find our calorie crib sheet to help you pick the kind of dishes that go well with your diet.

Because each pizza is handmade to order by our experienced pizzaiolos you're able to personalise your pizza and reduce the calories you consume according to your requirements. If you fancy a little more, little less or none of a certain ingredient depending on your dietary needs just ask – we'll be happy to help.

The independent consumer advice magazine, Which?, tested the nutritional content of pizzas from the leading UK restaurant chains. It found our pizzas to be the lowest in fat and calories AND the best for taste.

For further information please visit our website www.milano.ie

Have you tried Leggera, Our lighter pizza range?

If you don't already know, a couple of years ago, we introduced a new range of pizzas called Leggera, pronounced *Lay-jer-ah*, which means 'light' in Italian. The Leggera pizzas are all lighter in calories (at least 30% lighter than the average of our pizzas). Our pizzaiolos wanted to give you even more flavour in our light pizzas. So the new Leggera is a ring of our thinner, crispier Romana dough, topped with the ingredients you love, but still for under 500 calories each. The hole in the middle is now filled with a delicious rocket, herb & shaved ricotta salata salad, dressed with balsamic syrup, which means you can genuinely enjoy your meal, whilst watching your weight.

Don't just take our word for how lovely Leggera is. This is what our customers have told us:

''I am so thrilled you have expanded the Leggera range, especially as it now includes my favourite' Joan, Cork

'Delicious, you would never know it was a thinner base and the rocket adds lots of flavour.' Terri, Dublin

Tips On Healthy Eating

Milano has plenty on its menu to offer those wishing to eat out healthily. And as all the pizza bases in Milano are thin crust, Milano pizzas generally provide fewer calories than deep pan or stuffed crust pizzas.

You can also tailor your favourite salad:

- Swap the salad dressing for our Light House Dressing (saving 35 calories) or ask for a drizzle of balsamic vinegar/squeeze of lemon juice to save even more calories
- If it comes with dough sticks ask for them to be left out (saving 248 calories)

Many Milano starters, pastas, salads and pizzas have plenty of vegetables, including peppers, onions, tomatoes, aubergine, spinach and rocket. For good health, everyone should eat five fruit and veg each day – simply adding a Milano side salad to your meal counts as one portion. The more colours included on your plate, the more nutrients that meal is likely to contain.

Classic Pizzas

	Calories (kcal)	Women GDA%	Calories (kcal)	Men GDA%
American	802	40	802	32
American Hot	821	40	821	32
Fiorentina	809	40	809	32
Four Seasons	669	40	669	27
Giardineria	941	47	941	38
La Reine	719	36	719	29
Margherita	674	34	674	27
Quattro Formaggi	732	37	732	29
Sloppy Giuseppe	768	38	768	31
Veneziana	724	36	724	29

Leggera

	Calories (kcal)	Women GDA%	Calories (kcal)	Men GDA%
Pomodoro Pesto	500	25	500	20
Gustosa	500	25	500	20
Padana	500	25	500	20
Pollo ad Astra	500	25	500	20
Amercian	500	25	500	20
Amercian Hot with Hot Green Peppers	500	25	500	20

Why not ask your pizzaiolo to make your pizza with less mozzarella cheese or without ingredients that are naturally higher in fats and calories, such as pepperoni, pancetta and sausage?

Romana Pizzas

	Calories (kcal)	Women GDA%	Calories (kcal)	Men GDA%
Alba	985	49	985	39
American Hot	904	44	904	36
Calabrese	1148	57	1148	46
Diavolo	874	44	874	35
Etna	1075	54	1075	43
Funghi di Bosco	736	37	736	29
Il Padrino	966	48	966	39
Padana	883	44	883	35
Pomodoro Pesto	862	43	862	34
Rustichella	1050	53	1050	42
Meatball Bolognese	1081	54	1081	43
Da Morire	977	49	977	39
Soho	826	41	826	33

The inspiration for our Romana pizza comes from the pizzas traditionally served in Rome, being bigger, thinner and crispier.

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Starters

	Calories (kcal)	Women GDA%	Calories (kcal)	Men GDA%
Marcona Almonds	293	15	293	12
Olives Nocellara Del Belice	135	7	135	5
Olives Marinate	116	6	116	5
Rustica Tomatoes	80	4	80	3

Starters for Sharing

	Calories (kcal)	Women GDA%	Calories (kcal)	Men GDA%
Classic Italian Antipasto	1113	56	1113	45
Grilled Vegetable Antipasto	1041	52	1041	42

Starters & Sides

	Calories (kcal)	Women GDA%	Calories (kcal)	Men GDA%
Baked Dough Balls (including garlic butter)	342	17	342	14
Baked Dough Balls (without garlic butter)	222	11	222	9
Garlic Bread	238	12	238	10
Garlic Bread with Mozzarella	304	15	301	12
Bruschetta "Milano"	457	23	457	18
Bruschetta con Funghi	534	27	534	21
Bruschetta Italia	282	14	282	11
Bruschetta Roquito	352	18	352	14
Rocket & Grana Padano Salad	175	9	175	7
Mixed Side Salad (with house dressing)	139	7	139	6
Mixed Side Salad (with light dressing)	105	5	105	4
Mixed Side Salad (without any dressing)	23	1	23	1
Caesar Salad (with Caesar dressing)	314	16	314	13
Caesar Salad (with light dressing)	252	13	252	10
Caesar Salad (without any dressing)	169	8	169	7
Traditional Mozzarella & Tomato Salad	486	24	486	19
Polpette Meatballs	443	22	443	18
Rosemary PizzaBread	605	30	605	24

Main Salads

	Calories (kcal)	Women GDA%	Calories (kcal)	Men GDA%
Warm Vegetable & Goats Cheese Salad	866	43	866	35
Warm Vegetable & Goats Cheese Salad (with chicken)	909	45	909	36
Warm Vegetable & Goats Cheese Salad (without dressing)	642	32	642	26
Warm Vegetable & Goats Cheese Salad (without dressing & dough sticks)	394	20	394	16
Warm Vegetable & Goats Cheese Salad (without dough sticks)	618	31	618	25
Pollo Pancetta Salad	778	39	778	31
Pollo Pancetta Salad (with goats cheese)	916	46	916	37
Pollo Pancetta Salad (without dressing)	551	28	551	22
Pollo Pancetta Salad (without dough sticks)	530	27	530	21
Pollo Pancetta Salad (without dressing & dough sticks)	303	15	303	12
Grand Chicken Caesar (with Caesar dressing)	735	37	735	29
Grand Chicken Caesar (without dressing)	594	30	594	24
Salad Nicoise	692	35	692	28
Bosco (with honey & mustard dressing)	792	40	792	32
Bosco (without dressing)	689	34	689	28

Don't forget you can reduce calories by taking out dressings and dough sticks.

Pastas

	Calories (kcal)	Women GDA%	Calories (kcal)	Men GDA%
Lasagne Classica	700	35	700	28
Pollo Pesto	986	49	986	39
Cannelloni	686	34	686	27
Melanzane Parmagiana	625	31	625	25
Piccante	896	45	896	36

Piccolo Menu

	Calories (kcal)	Children GDA%
Mini Dough Balls with Side Salad	198	11
Margherita	333	19
American	395	22
Pollo	355	20
La Reine Pizza	359	20
Mushroom	331	18
Simple Pasta	346	19
Napoletana	335	19
Bolognese	354	20
Doughballs with Nutella	241	13
Mini Chocolate Fudge Cake with strawberry	251	14
Mini Chocolate Fudge Cake with chocolate buttons	278	15
Strawberry Sundae with Gelato	126	7
Strawberry Sundae with frozen yoghurt	87	5
Toffee Fudge Sundae	189	11
Toffee Fudge Sundae with frozen yoghurt	149	8
Chocolate Sundae	152	8
Chocolate Sundae with frozen yoghurt	113	6
Bambino Buttons	264	15

Recommended GDA for children aged between 5-10 years old is around 1800 calories.

These figures are a guideline approximation – all of our pizzas are handmade by our pizzaiolos, there is always room for a little variation.

Allergies. For those worried about or suffering from food allergies we have simple symbols next to each dish on our main menu, to help you make the right choices. For further information please speak to a member of the team or visit our website.

Desserts

	Calories (kcal)	Women GDA%	Calories (kcal)	Men GDA%
Chocolate Fudge Cake	344	17	344	14
Chocolate Fudge Cake with cream	501	25	501	20
Chocolate Fudge Cake with mascarpone	468	23	468	19
Chocolate Fudge Cake with ice cream	457	23	457	18
Banoffee Pie	371	19	371	15
Banoffee Pie with cream	527	26	527	21
Banoffee Pie with mascarpone	494	25	494	20
Banoffee Pie with ice cream	484	24	484	19
Doughballs with Nutella (per whole sharing portion)	960	48	960	38
Cheesecake	380	19	380	15
Cheesecake with cream	537	27	537	21
Cheesecake with mascarpone	503	25	503	20
Cheesecake with ice cream	493	25	493	20
Tiramisu	539	27	539	22
Sotto Zero Leggera	170	9	170	7

Dolcetti

	Calories (kcal)	Women GDA%	Calories (kcal)	Men GDA%
Mini Chocolate Fudge Cake with strawberry	251	13	251	10
Mini Chocolate Fudge Cake with chocolate buttons	278	14	278	11
Caffe Reale	218	11	218	9
Lemon Meringue Torta	163	8	163	7
Tartufo al Cioccolato	70	4	70	3
Semi Freddo Reale	184	9	184	7
Doughballs with Nutella dolcetti	241	12	241	10

Gelato

	Calories (kcal)	Women GDA%	Calories (kcal)	Men GDA%
Vanilla Gelato (one scoop)	113	6	113	5
Lemon Gelato (one scoop)	103	5	103	4
Chocolate Gelato (one scoop)	116	6	116	5
Strawberry Gelato (one scoop)	98	5	98	4
Coffee Coppa Gelato (one scoop)	112	6	112	4
Wafer straw (for Gelato)	14	1	14	1
Toffee Fudge Glory	685	34	685	27
Chocolate Glory	691	35	691	28
Banoffee Glory	763	38	763	31