

NUTRITIONAL INFORMATION

September 2021



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.

All of our NEW dishes can be found at the end of this document

Simply click on the required menu section

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Starters

	PER SERVING									PER 100 G								
	Energy kcal	Energy 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
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
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
Vegan Dough Balls - smoky harissa	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 (butter)	280	1181	5.7	2.6	49.0	3.6	2.5	9.4	1.5	288	1217	5.8	2.6	50.6	3.7	2.6	9.6	1.5
Vegan Garlic Bread (garlic oil)	345	1449	11.6	1.6	51.5	3.8	2.6	9.8	1.5	338	1420	11.4	1.5	50.5	3.7	2.6	9.6	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
Garlic Bread with Vegan Mozzarella																		
Alternative	330	1389	10.3	4.1	51.5	5.2	3.4	9.4	1.8	268	1129	8.4	3.3	41.9	4.2	2.8	7.7	1.5
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
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
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
Garlic King Prawns	289	1211	12.5	6.1	29.5	1.7	3.2	16.3	2.3	134	563	5.8	2.8	13.7	0.8	1.5	7.6	1.1

Pizzas – Romana, Calabrese, Calzone & Classics

	PER SERVING									PER 100 G								
	Energy kcal	Energy 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
Bases																		
Standard dough - cooked	578	2446	3.4	0.5	118.0	9.5	6.5	22.1	3.2	309	1308	1.8	0.3	63.1	5.1	3.5	11.8	1.7
Wholemeal dough - cooked	542	2290	5.2	0.6	107.1	8.3	11.2	22.1	2.7	301	1272	2.9	0.4	59.5	4.6	6.2	12.3	1.5
Adult Gluten Free - cooked	529	2237	2.7	0.3	121.2	2.1	3.9	6.5	3.0	309	1308	1.6	0.2	70.9	1.2	2.3	3.8	1.7
Piccolo Gluten Free - cooked	168	711	1.0	0.1	37.1	0.6	0.9	2.2	0.8	221	935	1.3	0.1	48.8	0.8	1.2	2.9	1.1

	PER SERVING									PER 100 G								
	Energy kcal	Energy 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 Calabrese and Calzone																		
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
Padana - Vegan	911	3822	25.3	13.2	152.8	33.7	14.0	24.5	4.9	227	953	6.3	3.3	38.1	8.4	3.5	6.1	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
Calzone 'Nduja	1196	5002	65.3	24.2	105.6	17.3	11.0	52.3	7.3	249	1042	13.6	5.0	22.0	3.6	2.3	10.9	1.5
Calzone Verdure	932	3914	33.2	3.5	141.1	22.6	19.4	27.2	4.9	202	849	7.2	0.8	30.6	4.9	4.2	5.89	1.1

	PER SERVING									PER 100 G								
	Energy kcal	Energy 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
Classic Pizzas																		
American	978	4110	37.7	14.6	111.1	13.0	8.2	52.8	5.7	285	1198	11.0	4.3	32.4	3.8	2.4	15.4	1.7
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
Margherita - Vegan	711	2987	18.6	8.3	118.7	11.0	9.2	21.4	4.3	240	1009	6.3	2.8	40.1	3.7	3.1	7.2	1.4
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
Veneziana - Vegan	815	3419	23.4	9.1	132.4	21.2	10.8	23.4	5.2	219	919	6.3	2.4	35.6	5.7	2.9	6.3	1.4
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

Leggera Pizzas under 600 Calories

	PER SERVING									PER 100 G									
	Energy kcal	Energy 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	
Leggera Pizzas																			
Pollo ad Astra	502	2106	15.7	3.7	56.7	10.0	7.7	39.7	3.0	164	622	4.4	1.0	16.5	2.7	2.1	11.6	0.8	
Padana	504	2115	16.7	6.0	76.0	27.7	8.3	18.0	3.0	166	698	5.3	1.7	25.0	9.0	2.6	5.8	0.7	
Vegan Padana	508	2135	14.3	5.0	86.0	29.3	9.0	15.0	3.0	160	675	4.4	1.5	27.0	9.2	2.7	4.6	0.7	
American Hot	439	1839	16.3	6.0	52.0	4.3	6.0	24.7	4.0	175	735	6.4	2.2	20.7	1.4	2.2	9.8	1.2	
Vegan Giardiniera	432	1836	18.7	6.0	56.7	6.7	8.7	13.7	3.0	151	642	6.3	1.9	19.7	2.1	2.9	4.7	1.0	
La Reine	432	1812	16.0	4.3	49.7	3.0	8.3	25.0	3.0	157	660	5.6	1.4	18.0	0.9	2.8	9.0	1.0	
Pollo Forza	542	2273	19.0	4.3	55.3	6.7	8.0	42.7	3.0	161	675	5.5	1.2	16.3	1.8	2.2	12.5	0.7	
Diavolo	472	1975	20.0	6.0	52.7	5.3	7.7	25.3	4.0	165	690	6.9	2.0	18.2	1.7	2.5	8.7	1.1	
Margherita	385	1617	12.3	3.3	55.0	5.0	7.7	19.0	2.0	142	597	4.4	1.1	20.1	1.7	2.7	6.8	0.7	
Vegan Margherita	339	1422	10.3	5.0	55.3	4.7	7.3	12.0	3.0	162	680	4.6	2.1	26.2	1.9	3.3	5.7	1.0	
Veneziana	443	1860	14.7	4.3	62.7	15.7	8.7	21.7	3.0	160	672	5.1	1.5	22.4	5.5	3.0	7.6	0.9	
Vegan Veneziana	482	2015	19.3	6.0	66.3	16.7	9.3	13.7	3.0	173	726	6.8	1.8	23.7	5.8	3.2	4.9	1.0	
American	441	1848	17.3	6.3	50.3	4.3	7.3	26.0	3.0	181	758	6.9	2.4	20.5	1.6	2.7	10.5	1.1	
Sloppy Giuseppe	454	1900	18.3	5.7	54.7	5.7	8.3	23.0	3.0	153	642	6.0	1.7	18.3	1.8	2.6	7.7	0.9	

Salads

No Dressings with Dough Sticks

Nicoise Salad no dressing
Chicken Caesar

PER SERVING									PER 100 G								
Energy kcal	Energy 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
621	2605	20.1	3.9	52.5	8.4	6.7	54.8	3.9	111	466	3.6	0.7	9.4	1.5	1.2	9.8	0.7
806	3370	31.8	8.9	72.1	6.4	6.0	57.2	3.2	200	836	7.9	2.2	17.9	1.6	1.5	14.2	0.8

With Dressings No Dough Sticks

Nicoise Salad
Chicken Caesar

PER SERVING									PER 100 G								
Energy kcal	Energy 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
502	26	31.4	4.6	7.7	6.7	4.6	45.2	3.1	97.5	4.9	6.1	0.9	1.5	1.3	0.9	8.8	0.6
710	2960	44.6	10.1	28.4	5.8	4.7	48.6	2.9	197	822	12.4	2.8	7.9	1.6	1.3	13.5	0.8

With Dressings With Dough Sticks

Nicoise Salad
Grand Chicken Caesar

PER SERVING									PER 100 G								
Energy kcal	Energy 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
755	3159	33.8	4.8	54.4	10.3	6.6	55.0	4.2	125	523	5.6	0.8	9.0	1.7	1.1	9.1	0.7
962	4014	47.2	10.2	74.8	9.3	7.1	58.3	4.5	216	902	10.6	2.3	16.8	2.1	1.6	13.1	1.0

Salad sides

Dough Sticks
New House dressing
Caesar dressing
Honey mustard dressing

PER SERVING									PER 100 G								
Energy kcal	Energy 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
255	1076	2.5	0.4	49.6	2.5	2.5	9.5	1.4	283	1195	2.8	0.4	55.1	2.8	2.8	10.5	1.6
134	550	13.5	0.9	2.2	1.8	0.2	0.1	0.6	296	1222	30.0	2.1	4.9	3.9	0.5	0.2	1.4
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
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

Al Forno & Sides

	PER SERVING									PER 100 G									
	Energy kcal	Energy 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	
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	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	705	2943	43.0	21.2	49.2	10.4	5.7	33.1	3.6	149	622	9.1	4.5	10.4	2.2	1.2	7.0	0.8	
Bolognese	674	2834	28.0	10.0	83.0	6.0	5.0	28.0	2.0	166	698	6.7	2.5	20.3	1.4	1.2	6.8	0.4	

	PER SERVING									PER 100 G									
	Energy kcal	Energy 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	
Sides																			
Mixed Salad	121	508	9.9	0.6	5.4	4.8	2.6	1.7	0.4	56	235	4.6	0.3	2.5	2.2	1.2	0.8	0.2	
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	
Haloumi Bites	351	1463	23.2	8.7	20.7	1.8	1.1	15.4	0.0	290	1209	19.2	7.2	17.1	1.5	0.9	12.7	0.0	
Rucola	140	579	11.7	3.4	3.0	2.7	1.1	5.7	0.3	241	997	20.2	5.9	5.2	4.7	1.9	9.9	0.6	

Dips & Extra Toppings

	PER SERVING									PER 100 G									
	Energy kcal	Energy 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	
Dips																			
Hot Jalapenos Salsa	102	419	10.1	0.7	2.4	1.9	0.3	0.2	0.2	339	1396	33.5	2.3	8.1	6.3	0.9	0.8	0.5	
Italian Tomato	63	260	6.0	0.8	2.1	1.9	0.3	0.4	0.2	210	865	19.9	2.8	7.0	6.4	0.9	1.3	0.6	
Basil & Pine Kernel Pesto	142	586	14.6	1.7	1.6	0.0	0.5	1.0	0.9	473	1951	48.5	5.7	5.2	0.1	1.5	3.3	3.0	
Houmous	106	437	9.3	0.9	2.6	0.2	1.5	2.2	0.3	352	1456	30.9	3.0	8.6	0.7	5.0	7.3	1.1	
Sweet & Smoky BBQ	44	185	0.1	0.0	10.1	8.7	0.2	0.3	0.5	145	615	0.2	0.0	33.5	29.0	0.6	0.9	1.8	

	PER SERVING									PER 100 G									
	Energy kcal	Energy 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	
Extra Toppings																			
Black Olives	35	144	3.6	0.6	0.0	0.0	0.8	0.1	0.7	129	530	13.2	2.2	0.0	0.0	3.0	0.5	2.5	
Red Onion	10	42	0.0	0.0	2.2	1.7	0.4	0.3	0.0	35	150	0.1	0.0	8.0	6.2	1.3	1.0	0.0	
Red Chillies	21	85	1.1	0.4	1.5	0.5	0.5	1.1	0.2	101	421	5.6	2.1	7.5	2.3	2.4	5.3	1.0	
Anchovies - Brown	34	143	1.8	0.3	0.1	0.0	0.0	4.3	2.3	206	863	11.0	1.9	0.8	0.0	0.0	26.0	14.0	
Anchovies - White	23	94	1.1	0.3	0.0	0.0	0.0	3.1	0.1	135	569	6.6	1.8	0.0	0.0	0.0	19.0	0.5	
Tuna	64	268	2.6	0.3	0.0	0.0	0.0	10.2	0.4	159	669	6.4	0.8	0.0	0.0	0.0	25.4	1.0	
Mushrooms	10	39	0.2	0.0	2.2	1.0	0.9	0.9	0.0	22	92	0.5	0.1	5.3	2.3	2.2	2.2	0.0	
Artichokes	52	215	0.4	0.0	4.8	3.6	0.0	5.3	1.2	54	223	0.4	0.0	5.0	3.8	0.0	5.5	1.3	
Jalapeño Peppers	4	17	0.0	0.0	0.8	0.0	0.2	0.0	0.6	20	84	0.1	0.0	3.8	0.0	1.2	0.2	3.1	
Diced Mozzarella Classic	190	788	13.6	8.6	0.7	0.7	0.0	15.7	0.7	291	1211	20.9	13.3	1.0	1.0	0.0	24.2	1.0	
Diced Mozzarella																			
Romana	248	1030	17.8	11.3	0.9	0.9	0.0	20.6	0.9	291	1211	20.9	13.3	1.0	1.0	0.0	24.2	1.0	
Chicken	53	223	0.9	0.2	0.0	0.3	0.0	10.9	0.2	132	557	2.2	0.5	0.0	0.7	0.0	27.3	0.4	
Pepperoni	101	417	9.0	3.8	0.2	0.1	0.0	4.6	0.8	479	1981	43.0	18.0	1.0	0.6	0.0	22.0	3.6	
Ham	30	123	0.6	0.2	1.1	0.3	0.2	5.0	0.9	97	407	1.9	0.6	3.7	1.1	0.7	16.5	3.0	
Buffalo Mozzarella	157	649	13.8	9.8	0.8	7.6	0.0	7.4	0.6	250	1037	22.0	15.6	1.2	12.1	0.0	11.9	0.9	
Quorn	54	226	1.2	0.4	0.6	0.1	3.4	8.5	0.3	108	451	2.5	0.8	1.2	0.1	6.7	17.0	0.6	
Jack & Bry Pepperoni	17	70	1.1	0.1	1.2	0.1	0.2	0.4	0.5	82	346	5.3	0.5	6.2	0.6	0.9	2.2	2.7	

Desserts

	PER SERVING									PER 100 G									
	Energy kcal	Energy 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	
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	
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	
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	
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	
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	
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	
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	
Sorbet - Coconut 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	

	PER SERVING									PER 100 G								
	Energy kcal	Energy 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
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
Side of 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
Side of Chocolate Sauce	29	123	0.1	0.0	6.9	6.1	0.2	0.1	0.0	288	1223	0.6	0.3	69.1	60.5	1.8	1.1	0.1

	PER SERVING									PER 100 G									
	Energy kcal	Energy 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	
Dolcetti																			
Salted Caramel										428	1783	27.0	17.0	40.0	32.0	0.0	5.6	0.2	
Profiteroles	257	1070	16.2	10.2	24.0	19.2	0.0	3.4	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	
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	

Piccolo

	PER SERVING									PER 100 G									
	Energy kcal	Energy 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	
Piccolo																			
Piccolo dough balls no dips no salad	115	486	0.7	0.1	23.2	1.6	1.3	4.6	0.7	244	1033	1.4	0.2	49.4	3.3	2.8	9.8	1.4	
Piccolo dough balls with houmous & salad	193	1089	7.6	1.2	40.4	1.7	4.0	3.5	0.6	171	716	6.7	0.8	26.6	1.1	2.6	2.3	0.4	
Piccolo dough balls with houmous no salad	130	543	6.5	0.7	13.8	0.7	1.5	3.7	0.3	203	848	10.2	1.0	21.6	1.0	2.4	5.8	0.5	
Piccolo dough balls with garlic butter & salad	233	972	11.2	5.7	27.9	0.8	2.6	6.1	0.9	151	631	7.3	3.7	18.1	0.5	1.7	4.0	0.6	
Piccolo dough balls with garlic butter no salad	54	223	3.3	1.9	5.2	0.3	0.2	1.0	0.2	99	413	6.0	3.6	9.5	0.5	0.4	1.8	0.3	
Piccolo dough balls with balsamic, olive oil & salad	153	644	2.9	0.5	27.3	2.7	2.1	5.3	0.8	115	484	2.2	0.4	20.5	2.0	1.6	4.0	0.6	
Piccolo Salad 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 Pasta	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 Pasta	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 Pasta	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	435	1831	12.7	6.1	60.0	7.2	3.8	22.0	2.1	277	1166	8.1	3.9	38.2	4.6	2.4	14.0	1.3	
Pizza La Reine	437	1839	12.3	4.6	63.8	7.4	5.3	20.2	2.6	237	999	6.7	2.5	34.7	4.0	2.9	11.0	1.4	
Pizza American	482	2022	17.9	7.1	61.1	6.8	4.6	21.2	2.5	290	1218	10.8	4.3	36.8	4.1	2.8	12.8	1.5	
Pizza Pollo	458	1929	12.0	4.8	61.4	7.2	4.8	28.4	2.2	266	1121	7.0	2.8	35.7	4.2	2.8	16.5	1.3	
Pizza Quorn™	372	1568	7.6	4.4	63.0	6.7	6.2	15.8	2.4	204	861	4.2	2.4	34.6	3.7	3.4	8.7	1.3	
Pollo Milanese	321	1343	16.4	6.3	22.6	1.2	9.5	21.0	1.4	162	678	8.3	3.2	11.4	0.6	4.8	10.6	0.7	
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	

New Menu

	PER SERVING									PER 100 G								
	Energy kcal	Energy 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
Starters																		
Loaded Pesto Dough Balls	548	2301	21.6	3.2	73.6	7.5	4.0	16.7	2.7	263	1106	10.4	1.5	35.4	3.6	1.9	8.0	1.3
Hot Jalapenos Dough Balls	597	2505	27.7	3.1	76.1	10.2	3.7	12.9	2.9	287	1204	13.3	1.5	36.6	4.9	1.8	6.2	1.4
Dough Balls Al Forno	404	1693	18.0	10.1	37.0	3.3	1.9	24.4	2.0	323	1354	14.4	8.1	29.6	2.6	1.5	19.5	1.6
Pollo Milanese	355	1479	18.9	6.6	23.6	0.8	2.5	23.7	1.8	211	880	11.2	3.9	14.0	0.5	1.5	14.1	1.1

	PER SERVING									PER 100 G								
	Energy kcal	Energy 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 & Calzone Pizzas																		
Frank's Red Hot Pollo	1018	4277	32.0	13.0	121.0	17.0	8.0	68.0	8.0	216	908	6.6	2.7	25.6	3.6	1.6	14.3	1.6
Vegan American Hot	801	3368	26.0	14.0	127.0	13.0	11.0	23.0	7.0	225	946	7.1	3.8	35.4	3.6	3.0	6.4	1.8
Vegan ad Astra	925	3890	26.0	12.0	145.0	21.0	13.0	35.0	6.0	217	913	6.0	2.7	34.0	4.7	2.9	8.2	1.4
Quattro Formaggi Piccante	1048	4397	41.0	23.0	121.0	13.0	8.0	54.0	6.0	296	1242	11.5	6.2	34.1	3.6	2.2	15.1	1.6
Vegan Diavolo	985	4125	34.0	14.0	141.0	16.0	15.0	37.0	7.0	197	825	6.7	2.8	28.1	3.2	2.9	7.4	1.4
Vegan Forza	1043	4378	43.0	16.0	138.0	21.0	12.0	35.0	6.0	237	995	9.6	3.5	31.2	4.7	2.6	7.9	1.2
BBQ Burnt Ends	1157	4865	35.0	15.0	154.0	43.0	11.0	63.0	8.0	261	1098	7.9	3.3	34.6	9.6	2.4	14.0	1.7

	PER SERVING									PER 100 G								
	Energy kcal	Energy 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
Classic Pizzas																		
American Jack Vegan	703	2960	20.2	9.0	113.6	19.6	8.3	21.0	4.6	219	922	6.3	2.8	35.4	6.1	2.6	6.6	1.4
American Jack Vegeterian	812	3414	23.9	9.7	117.0	12.6	11.9	38.2	4.7	238	1001	7.0	2.8	34.3	3.7	3.5	11.2	1.4
Sloppy Vegan	863	3637	24.9	9.4	134.2	15.1	13.5	33.1	4.9	211	889	6.1	2.3	32.8	3.7	3.3	8.1	1.2

	PER SERVING									PER 100 G									
	Energy kcal	Energy 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	
Leggera Pizzas																			
WM Leggera Vegan American Jack	428	1789	16.0	6.0	63.0	9.0	8.0	13.0	3.0	172	720	6.4	2.0	25.1	3.5	3.1	5.0	1.0	
WM Leggera Tre Formaggi Piccante	492	2060	19.0	9.0	61.0	13.0	7.0	24.0	3.0	213	892	8.1	3.9	26.1	5.5	2.6	10.2	1.2	
WM Leggera Vegan American Hot	430	1803	16.0	6.0	64.0	9.0	9.0	13.0	3.0	166	695	6.1	2.0	24.4	3.3	3.1	4.9	1.1	
WM Leggera Vegan Diavolo	460	1921	17.0	6.0	68.0	13.0	12.0	18.0	4.0	151	630	5.3	1.7	22.0	4.0	3.9	5.7	1.0	
WM Leggera Vegan ad Astra	503	2112	16.0	6.0	77.0	15.0	12.0	21.0	4.0	152	639	4.7	1.5	23.1	4.3	3.6	6.1	0.9	
WM Leggera Frank's Red Hot Pollo	446	1880	11.0	3.0	57.0	8.0	7.0	36.0	4.0	134	567	3.1	0.9	17.2	2.3	2.0	10.6	1.1	
WM Leggera Vegan Forza	507	2122	20.0	6.0	69.0	11.0	12.0	21.0	3.0	168	704	6.4	1.9	22.7	3.6	3.7	6.7	0.8	

	PER SERVING									PER 100 G									
	Energy kcal	Energy 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	
Salad																			
Caprese & Prosciutto	537	2209	47.5	17.0	6.1	0.0	4.8	23.1	4.2	167	688	14.8	5.3	1.9	0.0	1.5	7.2	1.3	
Vegan Nourish Bowl	470	1964	26.8	3.7	53.6	1.1	13.1	10.3	2.6	128	535	7.3	1.0	14.6	0.3	3.6	2.8	0.7	
Pollo Grain	361	1512	18.5	3.9	16.9	0.0	4.2	34.1	1.6	111	465	5.7	1.2	5.2	0.0	1.3	10.5	0.5	
Dough Sticks	255	1076	2.5	0.4	49.6	2.5	2.5	9.5	1.4	283	1195	2.8	0.4	55.1	2.8	2.8	10.5	1.6	

	PER SERVING									PER 100 G								
	Energy kcal	Energy 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
Al Forno																		
Melanzane	400	1661	24.3	8.2	25.0	10.0	8.6	24.1	1.3	112	465	6.8	2.3	7.0	2.8	2.4	6.8	0.4
Vegan Melanzane	342	1417	25.4	9.0	27.0	12.2	8.1	5.4	1.6	101	419	7.5	2.7	8.0	3.6	2.4	1.6	0.5

	PER SERVING									PER 100 G								
	Energy kcal	Energy kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g	Energy kcal	Energy kJ	Fat g	Saturates g	Carbos g	Sugars g	Fibre g	Protein g	Salt g
Dips																		
Garlic & Herb Dipping Sauce	108	450	10.2	0.7	3.6	2.5	0.2	0.4	0.5	360	1500	34.0	2.3	12.0	8.2	0.5	1.4	1.7

	PER SERVING									PER 100 G								
	Energy kcal	Energy 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
Desserts																		
Amaretto Dolce Vita PE	562	2349	31.4	15.7	57.9	45.1	1.0	7.3	1.0	336	1406	18.8	9.4	34.7	27	0.6	4.4	0.6
La Dolce Vita ROI	688	2878	15.0	4.3	130.9	118.0	0.9	5.9	1.1	317	1326	6.9	2	60.3	54.4	0.4	2.7	0.5
Chocolate Brownie with gelato	527	2202	26.8	13.2	62.5	55.7	2.8	6.9	0.2	294	1230	15.0	7.4	34.9	31.1	1.6	3.9	0.1
Red Berry Vanilla Cheesecake	552	2314	3.2	18.1	56.2	41.4	1.0	5.6	0.6	345	1446	2.0	11.3	35.1	25.9	0.6	3.5	0.4
Triple Salted Caramel Cheesecake	757	3163	18.3	28.0	71.6	52.7	1.3	8.2	1.7	352	1471	8.5	13.0	33.3	24.5	0.6	3.8	0.8
Strawberry and Chocolate Dipping Sauce ROI	111	468	0.6	0.1	25.6	23.0	3.7	0.8	0.0	100	421	0.5	0.1	23.1	20.7	3.3	0.7	0.0
Dolcetti																		
Chocolate Brownie	202	845	11.2	4.9	22.4	19.4	1.5	2.2	0.1	416	1741	23.0	10.2	46.2	40.0	3.1	4.6	0.1
Orange & Carrot Cake	247	1033	12.2	2.0	32.7	21.3	11.3	0.8	0.2	385	1614	19.1	3.2	51.1	33.3	17.6	1.3	0.4
Piccolo																		
Chocolate Brownie -	202	845	11.2	4.9	22.4	19.4	1.5	2.2	0.1	416	1741	23.0	10.2	46.2	40.0	3.1	4.6	0.1