



NUTRITIONAL INFORMATION

England, Wales & Scotland

At PizzaExpress 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 and some ingredients – extra toppings. As our dishes are handmade in our busy kitchens, we can't guarantee our data is as stated.

Our nutritional values are for informational purposes only and are not a substitute for medical advice.

You can find our NEW dishes at the end of each menu section.

Adults need around 2000 kcal a day

Simply click on the required menu section

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- [Breakfast \(selected restaurants only\)](#)

| | Energy | | SERVING | | | | | | | Energy | | PER 100 grams | | | | | | |
|---|--------|------|---------|-------------|-----------------|----------|---------|-----------|--------|--------|------|---------------|-------------|-----------------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g |
| | | | | | | | | | | | | | | | | | | |
| Starters | | | | | | | | | | | | | | | | | | |
| Olives Marinade | 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 with Garlic Butter | 450 | 1880 | 23.7 | 13.9 | 50.4 | 3.4 | 2.6 | 9.9 | 1.9 | 398 | 1663 | 21.0 | 12.3 | 44.6 | 3.1 | 2.3 | 8.7 | 1.7 |
| Dough Balls Gluten Free - with Garlic Butter | 504 | 1990 | 28.6 | 14.4 | 53.6 | 3.0 | 2.5 | 2.5 | 2.1 | 385 | 1519 | 21.8 | 11.0 | 40.9 | 2.3 | 1.9 | 1.9 | 1.6 |
| Double Dough Balls Doppio | 1659 | 6912 | 75.9 | 24.0 | 206.1 | 16.7 | 12.7 | 40.7 | 8.6 | 367 | 1529 | 16.8 | 5.3 | 45.6 | 3.7 | 2.8 | 9.0 | 1.9 |
| Double Dough Balls Doppio Gluten-Free | 1876 | 7819 | 95.4 | 24.1 | 219.0 | 15.2 | 12.1 | 11.0 | 9.4 | 358 | 1492 | 18.2 | 4.6 | 41.8 | 2.9 | 2.3 | 2.1 | 1.8 |
| Vegan Dough Balls - Garlic & Parsley Spread | 423 | 1780 | 21.0 | 3.5 | 50.2 | 3.4 | 2.6 | 9.7 | 1.7 | 374 | 1575 | 18.6 | 3.1 | 44.4 | 3.0 | 2.3 | 8.6 | 1.5 |
| Vegan Dough Balls Gluten Free - Garlic & Parsley Spread | 477 | 1890 | 25.8 | 4.1 | 53.4 | 3.0 | 2.5 | 2.4 | 1.9 | 364 | 1442 | 19.7 | 3.1 | 40.7 | 2.3 | 1.9 | 1.8 | 1.5 |
| Loaded Pesto Dough Balls | 467 | 1948 | 23.1 | 3.6 | 53.4 | 5.2 | 3.3 | 12.4 | 2.5 | 315 | 1316 | 15.6 | 2.4 | 36.1 | 3.5 | 2.2 | 8.4 | 1.7 |
| Loaded Pesto Dough Balls Gluten Free | 522 | 2173 | 28.1 | 3.7 | 56.6 | 4.8 | 3.2 | 5.1 | 2.8 | 314 | 1309 | 16.9 | 2.2 | 34.1 | 2.9 | 1.9 | 3.1 | 1.7 |
| Doughballs Doppio Pistorissa | 871 | 2983 | 13.3 | 6.6 | 125.7 | 8.3 | 6.4 | 24.1 | 3.7 | 340 | 1164 | 5.2 | 2.6 | 49.1 | 3.2 | 2.5 | 9.4 | 1.4 |
| Doughballs Doppio Gluten Free Pistorissa | 996 | 3129 | 25.9 | 8.7 | 125.5 | 6.8 | 5.8 | 5.3 | 4.0 | 341 | 1070 | 8.9 | 3.0 | 42.9 | 2.3 | 2.0 | 1.8 | 1.4 |
| Dough Balls Doppio Vegan | 833 | 3291 | 13.8 | 2.3 | 140.2 | 9.2 | 7.1 | 26.8 | 4.1 | 291 | 1150 | 4.8 | 0.8 | 49.0 | 3.2 | 2.5 | 9.4 | 1.4 |
| Dough Balls Doppio Vegan Gluten Free | 940 | 3405 | 27.3 | 3.9 | 138.1 | 7.5 | 6.4 | 5.8 | 4.3 | 292 | 1057 | 8.5 | 1.2 | 42.9 | 2.3 | 2.0 | 1.8 | 1.3 |
| Hot Honey Dough Balls | 429 | 1613 | 2.1 | 0.4 | 78.3 | 10.5 | 3.6 | 13.8 | 2.0 | 290 | 1090 | 1.4 | 0.3 | 52.9 | 7.1 | 2.5 | 9.3 | 1.4 |
| Hot Honey Dough Balls Gluten Free | 483 | 1655 | 8.5 | 1.1 | 77.6 | 10.3 | 3.3 | 2.9 | 2.1 | 291 | 997 | 5.1 | 0.7 | 46.8 | 6.2 | 2.0 | 1.8 | 1.3 |
| 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 |
| Dough Balls Al Forno Gluten Free | 474 | 1980 | 25.1 | 12.8 | 44.8 | 2.8 | 2.3 | 18.3 | 2.2 | 324 | 1356 | 17.2 | 8.8 | 30.7 | 1.9 | 1.6 | 12.5 | 1.5 |
| Garlic Bread (butter) | 354 | 1496 | 5.3 | 1.7 | 65.3 | 3.7 | 3.1 | 12.8 | 1.9 | 295 | 1246 | 4.4 | 1.4 | 54.4 | 3.1 | 2.6 | 10.7 | 1.6 |
| Garlic Bread Vegan (garlic oil) | 295 | 1246 | 4.7 | 0.6 | 54.2 | 3.1 | 2.6 | 10.3 | 1.5 | 301 | 1271 | 4.8 | 0.6 | 55.3 | 3.2 | 2.7 | 10.5 | 1.5 |
| Garlic Bread with Mozzarella | 379 | 1597 | 10.5 | 4.5 | 55.1 | 4.5 | 3.4 | 17.8 | 1.8 | 303 | 1277 | 8.4 | 3.6 | 44.1 | 3.6 | 2.7 | 14.2 | 1.4 |
| Garlic Bread with Mozzarella Sharer | 808 | 3399 | 27.9 | 11.6 | 100.1 | 7.6 | 4.6 | 41.4 | 3.4 | 318 | 1338 | 11.0 | 4.6 | 39.4 | 3.0 | 1.8 | 16.3 | 1.3 |
| Garlic Bread with Vegan Mozzarella Alternative | 343 | 1443 | 8.9 | 3.9 | 57.1 | 7.8 | 3.1 | 10.0 | 1.9 | 268 | 1130 | 7.0 | 3.1 | 44.7 | 6.1 | 2.4 | 7.8 | 1.5 |
| Garlic Bread with Vegan Mozzarella Alternative Sharer | 717 | 3018 | 20.3 | 8.7 | 115.8 | 8.1 | 6.9 | 21.1 | 3.8 | 282 | 1188 | 8.0 | 3.4 | 45.6 | 3.2 | 2.7 | 8.3 | 1.5 |
| Bruschetta Originale | 429 | 1789 | 20.0 | 2.5 | 52.4 | 6.4 | 4.0 | 10.6 | 2.3 | 206 | 860 | 9.6 | 1.2 | 25.2 | 3.1 | 1.9 | 5.1 | 1.1 |
| Buffalo Mozzarella & Tomato Salad | 314 | 1307 | 28.6 | 11.7 | 5.3 | 4.1 | 1.7 | 9.2 | 1.1 | 167 | 695 | 15.2 | 6.2 | 2.8 | 2.2 | 0.9 | 4.9 | 0.6 |
| Lemon & Herbs Chicken Wings | 600 | 2209 | 31.6 | 8.8 | 2.3 | 0.9 | 1.8 | 59.7 | 2.4 | 212 | 782 | 11.2 | 3.1 | 0.8 | 0.3 | 0.7 | 21.2 | 0.8 |
| Calamari with Caesar Dressing | 647 | 2696 | 40.3 | 4.2 | 58.6 | 3.8 | 5.0 | 14.6 | 3.5 | 323 | 1348 | 20.2 | 2.1 | 29.3 | 1.9 | 2.5 | 7.3 | 1.8 |
| Chilli Prawns - With Dough Balls | 435 | 1832 | 13.8 | 6.5 | 58.0 | 3.0 | 4.6 | 22.1 | 3.2 | 166 | 699 | 5.3 | 2.5 | 22.1 | 1.1 | 1.7 | 8.4 | 1.2 |
| Chilli Prawns - With Gluten Free Dough Balls | 440 | 1881 | 29.2 | 8.7 | 58.1 | 2.9 | 5.3 | 1.1 | 3.2 | 167 | 715 | 11.1 | 3.3 | 22.1 | 1.1 | 2.0 | 0.4 | 1.2 |
| Pollo Milanese | 387 | 1537 | 18.3 | 3.5 | 22.0 | 1.9 | 1.9 | 28.3 | 1.9 | 201 | 800 | 9.5 | 1.8 | 11.5 | 1.0 | 1.0 | 14.7 | 1.0 |

NEW STARTERS

| | Energy | | SERVING | | | | | | | | Energy | | PER 100 grams | | | | | | | |
|----------------------------------|--------|------|---------|-------------|-----------------|----------|---------|-----------|--------|------|--------|-------|---------------|-----------------|----------|---------|-----------|--------|--|--|
| | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g | | |
| Starters | | | | | | | | | | | | | | | | | | | | |
| Mushrooms Arancini | 346 | 1446 | 17.6 | 3.9 | 40.3 | 2.2 | 1.6 | 7.2 | 1.2 | 235 | 983 | 12.0 | 2.7 | 27.4 | 1.5 | 1.1 | 4.9 | 0.8 | | |
| Dynamite Dough Balls | 483 | 2013 | 25.0 | 2.7 | 55.2 | 7.3 | 3.0 | 10.2 | 2.1 | 326 | 1360 | 16.9 | 1.8 | 37.3 | 4.9 | 2.0 | 6.9 | 1.4 | | |
| Dynamite Dough Balls Gluten Free | 537 | 2240 | 29.9 | 2.8 | 58.4 | 6.8 | 2.8 | 2.8 | 2.3 | 323 | 1349 | 18.0 | 1.7 | 35.2 | 4.1 | 1.7 | 1.7 | 1.4 | | |

| | Energy | | SERVING | | | | | | | Energy | | PER 100 grams | | | | | | |
|--|--------|------|---------|-------------|-----------------|----------|---------|-----------|--------|--------|------|---------------|-------------|-----------------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g |
| Romana, Calabrese and Calzone Pizzas | | | | | | | | | | | | | | | | | | |
| Margherita | 867 | 3639 | 29.6 | 12.2 | 112.5 | 10.1 | 8.8 | 41.8 | 4.0 | 284 | 1193 | 9.7 | 4.0 | 36.9 | 3.3 | 2.9 | 13.7 | 1.3 |
| Margherita Gluten Free (selected restaurants only) | 818 | 3430 | 28.9 | 12.0 | 115.7 | 2.7 | 6.2 | 26.2 | 3.8 | 278 | 1167 | 9.8 | 4.1 | 39.4 | 0.9 | 2.1 | 8.9 | 1.3 |
| Margherita Vegan | 758 | 3182 | 23.7 | 12.5 | 119.3 | 10.7 | 9.2 | 21.3 | 4.4 | 256 | 1075 | 8.0 | 4.2 | 40.3 | 3.6 | 3.1 | 7.2 | 1.5 |
| Margherita Vegan Gluten Free (selected restaurants only) | 709 | 2973 | 23.0 | 12.3 | 122.5 | 3.3 | 6.6 | 5.7 | 4.2 | 249 | 1043 | 8.1 | 4.3 | 43.0 | 1.1 | 2.3 | 2.0 | 1.5 |
| American | 1087 | 4553 | 43.4 | 17.9 | 120.1 | 13.9 | 6.6 | 56.9 | 5.3 | 313 | 1312 | 12.5 | 5.2 | 34.6 | 4.0 | 1.9 | 16.4 | 1.5 |
| American Gluten Free (selected restaurants only) | 1038 | 4344 | 42.7 | 17.7 | 123.3 | 6.5 | 4.0 | 41.3 | 5.1 | 309 | 1293 | 12.7 | 5.3 | 36.7 | 1.9 | 1.2 | 12.3 | 1.5 |
| American Hot - Hot Green or Jalapeno Peppers | 1019 | 4274 | 41.4 | 15.7 | 113.8 | 12.2 | 6.8 | 51.1 | 6.1 | 283 | 1187 | 11.5 | 4.4 | 31.6 | 3.4 | 1.9 | 14.2 | 1.7 |
| American Hot - Hot Green or Jalapeno Peppers Gluten Free (selected restaurants only) | 970 | 4065 | 40.7 | 15.5 | 117.0 | 4.8 | 4.2 | 35.5 | 5.9 | 278 | 1165 | 11.7 | 4.4 | 33.5 | 1.4 | 1.2 | 10.2 | 1.7 |
| Padana | 989 | 4152 | 31.7 | 13.9 | 140.2 | 32.9 | 9.7 | 40.1 | 4.4 | 234 | 983 | 7.5 | 3.3 | 33.2 | 7.8 | 2.3 | 9.5 | 1.0 |
| Padana Gluten Free (selected restaurants only) | 940 | 3943 | 31.0 | 13.7 | 143.4 | 25.5 | 7.1 | 24.5 | 4.2 | 229 | 959 | 7.5 | 3.3 | 34.9 | 6.2 | 1.7 | 6.0 | 1.0 |
| Padana - Vegan | 887 | 3726 | 24.8 | 12.3 | 148.3 | 28.1 | 14.7 | 24.7 | 4.9 | 211 | 887 | 5.9 | 2.9 | 35.3 | 6.7 | 3.5 | 5.9 | 1.2 |
| Padana - Vegan Gluten Free (selected restaurants only) | 838 | 3517 | 24.1 | 12.1 | 151.5 | 20.7 | 12.1 | 9.1 | 4.7 | 205 | 860 | 5.9 | 2.9 | 37.0 | 5.1 | 3.0 | 2.2 | 1.2 |
| La Reine | 928 | 3900 | 29.9 | 12.3 | 114.5 | 10.5 | 10.5 | 55.5 | 5.8 | 239 | 1005 | 7.7 | 3.2 | 29.5 | 2.7 | 2.7 | 14.3 | 1.5 |
| La Reine Gluten Free (selected restaurants only) | 879 | 3691 | 29.2 | 12.1 | 117.7 | 3.1 | 7.9 | 39.9 | 5.6 | 233 | 979 | 7.7 | 3.2 | 31.2 | 0.8 | 2.1 | 10.6 | 1.5 |
| Fiorentina | 1042 | 4370 | 40.4 | 14.7 | 125.8 | 13.8 | 11.9 | 49.6 | 5.0 | 227 | 952 | 8.8 | 3.2 | 27.4 | 3.0 | 2.6 | 10.8 | 1.1 |
| Fiorentina Gluten Free (selected restaurants only) | 993 | 4161 | 39.7 | 14.5 | 129.0 | 6.4 | 9.3 | 34.0 | 4.8 | 222 | 929 | 8.9 | 3.2 | 28.8 | 1.4 | 2.1 | 7.6 | 1.1 |
| Pollo ad Astra | 1006 | 4231 | 29.7 | 12.0 | 123.2 | 16.4 | 14.2 | 68.7 | 5.8 | 227 | 955 | 6.7 | 2.7 | 27.8 | 3.7 | 3.2 | 15.5 | 1.3 |
| Pollo ad Astra Gluten Free (selected restaurants only) | 957 | 4022 | 29.0 | 11.8 | 126.4 | 9.0 | 11.6 | 53.1 | 5.6 | 222 | 931 | 6.7 | 2.7 | 29.2 | 2.1 | 2.7 | 12.3 | 1.3 |
| Spicy Giuseppe | 1187 | 4967 | 54.9 | 21.6 | 120.1 | 16.4 | 10.3 | 58.2 | 8.4 | 253 | 1059 | 11.7 | 4.6 | 25.6 | 3.5 | 2.2 | 12.4 | 1.8 |
| Spicy Giuseppe Gluten Free (selected restaurants only) | 1138 | 4758 | 54.2 | 21.4 | 123.3 | 9.0 | 7.7 | 42.6 | 8.2 | 248 | 1039 | 11.8 | 4.7 | 26.9 | 2.0 | 1.7 | 9.3 | 1.8 |

| | Energy | | SERVING | | | | | | | Energy | | PER 100 grams | | | | | | |
|---|--------|------|---------|-------------|-----------------|----------|---------|-----------|--------|--------|------|---------------|-------------|-----------------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g |
| Romana, Calabrese and Calzone Pizzas | | | | | | | | | | | | | | | | | | |
| Sloppy Giuseppe | 1025 | 4315 | 35.7 | 16.1 | 124.1 | 15.0 | 8.5 | 56.4 | 7.1 | 218 | 918 | 7.6 | 3.4 | 26.4 | 3.2 | 1.8 | 12.0 | 1.5 |
| Sloppy Giuseppe Gluten Free (selected restaurants only) | 976 | 4106 | 35.0 | 15.9 | 127.3 | 7.6 | 5.9 | 40.8 | 6.9 | 213 | 895 | 7.6 | 3.5 | 27.7 | 1.7 | 1.3 | 8.9 | 1.5 |
| Garlic Prawn | 1033 | 4332 | 38.6 | 12.9 | 126.7 | 11.7 | 8.2 | 48.2 | 5.2 | 238 | 998 | 8.9 | 3.0 | 29.2 | 2.7 | 1.9 | 11.1 | 1.2 |
| Garlic Prawn Gluten Free (selected restaurants only) | 984 | 4123 | 37.9 | 12.7 | 129.9 | 4.3 | 5.6 | 32.6 | 5.0 | 233 | 975 | 9.0 | 3.0 | 30.7 | 1.0 | 1.3 | 7.7 | 1.2 |
| Funghi di Bosco | 1047 | 4385 | 43.5 | 17.1 | 120.7 | 11.0 | 13.5 | 49.8 | 4.6 | 248 | 1039 | 10.3 | 4.1 | 28.6 | 2.6 | 3.2 | 11.8 | 1.1 |
| Funghi di Bosco Gluten Free (selected restaurants only) | 998 | 4176 | 42.8 | 16.9 | 123.9 | 3.6 | 10.9 | 34.2 | 4.4 | 243 | 1016 | 10.4 | 4.1 | 30.1 | 0.9 | 2.7 | 8.3 | 1.1 |
| Funghi di Bosco Vegan | 888 | 3727 | 34.8 | 15.2 | 124.7 | 11.7 | 12.9 | 25.8 | 4.7 | 227 | 953 | 8.9 | 3.9 | 31.9 | 3.0 | 3.3 | 6.6 | 1.2 |
| Funghi di Bosco Vegan Gluten Free (selected restaurants only) | 839 | 3518 | 34.1 | 15.0 | 127.9 | 4.3 | 10.3 | 10.2 | 4.5 | 221 | 926 | 9.0 | 4.0 | 33.7 | 1.1 | 2.7 | 2.7 | 1.2 |
| Calabrese | 1272 | 5320 | 63.3 | 26.5 | 119.7 | 7.4 | 14.9 | 63.3 | 6.6 | 239 | 1000 | 11.9 | 5.0 | 22.5 | 1.4 | 2.8 | 11.9 | 1.2 |
| Vegan Giardiniera | 1017 | 4255 | 44.5 | 14.3 | 136.0 | 13.1 | 13.1 | 24.2 | 6.1 | 210 | 879 | 9.2 | 3.0 | 28.1 | 2.7 | 2.7 | 5.0 | 1.3 |
| Vegan Giardiniera Gluten Free (selected restaurants only) | 968 | 4046 | 43.8 | 14.1 | 139.2 | 5.7 | 10.5 | 8.6 | 5.9 | 205 | 855 | 9.3 | 3.0 | 29.4 | 1.2 | 2.2 | 1.8 | 1.3 |
| Calzone 'Nduja | 1021 | 4267 | 49.6 | 20.0 | 100.8 | 14.9 | 8.3 | 46.7 | 6.8 | 247 | 1033 | 12.0 | 4.8 | 24.4 | 3.6 | 2.0 | 11.3 | 1.7 |
| Calzone 'Nduja Dine Out | 1103 | 4610 | 56.2 | 23.6 | 104.0 | 17.2 | 10.5 | 51.6 | 6.9 | 257 | 1072 | 13.1 | 5.5 | 24.2 | 4.0 | 2.4 | 12.0 | 1.6 |
| BBQ Burnt Ends | 1157 | 4865 | 35.0 | 14.7 | 153.3 | 42.5 | 10.6 | 62.0 | 7.5 | 261 | 1098 | 7.9 | 3.3 | 34.6 | 9.6 | 2.4 | 14 | 1.7 |
| BBQ Burnt Ends Gluten Free (selected restaurants only) | 1108 | 4656 | 34.3 | 14.5 | 156.5 | 35.1 | 8.0 | 46.4 | 7.3 | 256 | 1078 | 7.9 | 3.3 | 36.2 | 8.1 | 1.9 | 10.7 | 1.7 |
| Chicken Italiano | 1258 | 5269 | 58.1 | 21.1 | 116.8 | 14.4 | 10.4 | 72.1 | 5.0 | 253 | 1060 | 11.7 | 4.25 | 23.5 | 2.9 | 2.1 | 14.5 | 1.0 |
| Chicken & Bacon (Delivery Exclusive) | 1050 | 4412 | 39.8 | 14.3 | 108.3 | 12.3 | 7.2 | 68.5 | 4.8 | 248 | 1043 | 9.4 | 3.39 | 25.6 | 2.9 | 1.7 | 16.2 | 1.1 |
| Vegan Mezze | 949 | 3981 | 35.7 | 3.8 | 137.4 | 19.7 | 14.7 | 26.6 | 4.6 | 207 | 869 | 7.8 | 0.8 | 30.0 | 4.3 | 3.2 | 5.8 | 1.0 |
| Vegan Mezze Gluten Free (selected restaurants only) | 900 | 3772 | 35.0 | 3.6 | 140.6 | 12.3 | 12.1 | 11.0 | 4.4 | 201 | 844 | 7.8 | 0.8 | 31.5 | 2.8 | 2.7 | 2.5 | 1.0 |
| Smoky BBQ Chicken | 1045 | 4393 | 25.3 | 12.5 | 149.5 | 35.0 | 10.6 | 59.3 | 5.6 | 227 | 955 | 5.5 | 2.7 | 32.5 | 7.6 | 2.3 | 12.9 | 1.2 |
| Smoky BBQ Chicken Gluten Free (selected restaurants only) | 996 | 4184 | 24.6 | 12.3 | 152.7 | 27.6 | 8.0 | 43.7 | 5.4 | 222 | 932 | 5.5 | 2.7 | 34.0 | 6.1 | 1.8 | 9.7 | 1.2 |

| | Energy | | SERVING | | | | | | | Energy | | PER 100 grams | | | | | | |
|---|--------|------|---------|-------------|-----------------|----------|---------|-----------|--------|--------|------|---------------|-------------|-----------------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g |
| | | | | | | | | | | | | | | | | | | |
| Classic & Large Classic Pizzas | | | | | | | | | | | | | | | | | | |
| American | 912 | 3839 | 32.7 | 13.2 | 114.8 | 12.2 | 4.5 | 42.1 | 4.7 | 262 | 1103 | 9.4 | 3.8 | 33.0 | 3.5 | 1.3 | 12.1 | 1.4 |
| American Gluten Free | 863 | 3630 | 32.0 | 13.0 | 118.0 | 4.8 | 1.9 | 26.5 | 4.5 | 256 | 1077 | 9.5 | 3.9 | 35.0 | 1.4 | 0.6 | 7.9 | 1.3 |
| American Large Classic | 1494 | 6286 | 52.6 | 21.9 | 186.2 | 17.9 | 8.4 | 73.6 | 7.4 | 284 | 1195 | 10.0 | 4.2 | 35.4 | 3.4 | 1.6 | 14.0 | 1.4 |
| American Hot –Hot Green Peppers or Jalapenos Peppers | 940 | 3943 | 34.6 | 13.5 | 116.8 | 13.5 | 4.0 | 41.9 | 5.8 | 258 | 1083 | 9.5 | 3.7 | 32.1 | 3.7 | 1.1 | 11.5 | 1.6 |
| American Hot – Hot Green Pepper or Jalapeno Peppers Gluten Free | 891 | 3734 | 33.9 | 13.3 | 120.0 | 6.1 | 1.4 | 26.3 | 5.6 | 252 | 1058 | 9.6 | 3.8 | 34.0 | 1.7 | 0.4 | 7.4 | 1.6 |
| American Hot – Hot Green or Jalapeno Peppers Large Classic | 1604 | 6735 | 54.8 | 23.2 | 208.0 | 19.7 | 10.7 | 74.5 | 8.9 | 269 | 1130 | 9.2 | 3.9 | 34.9 | 3.3 | 1.8 | 12.5 | 1.5 |
| Margherita | 807 | 3396 | 24.6 | 9.6 | 106.6 | 10.2 | 4.5 | 41.9 | 3.8 | 252 | 1061 | 7.7 | 3.0 | 33.3 | 3.2 | 1.4 | 13.1 | 1.2 |
| Margherita Gluten Free | 749 | 3148 | 25.7 | 11.5 | 110.3 | 5.7 | 5.1 | 21.6 | 3.5 | 236 | 993 | 8.1 | 3.6 | 34.8 | 1.8 | 1.6 | 6.8 | 1.1 |
| Margherita Large Classic | 1399 | 5887 | 37.4 | 14.9 | 202.8 | 18.2 | 10.4 | 67.6 | 6.8 | 269 | 1132 | 7.2 | 2.9 | 39.0 | 3.5 | 2.0 | 13.0 | 1.3 |
| Margherita Vegan | 675 | 2835 | 18.0 | 8.0 | 111.0 | 10.3 | 6.8 | 20.4 | 3.9 | 229 | 963 | 6.1 | 2.7 | 37.7 | 3.5 | 2.3 | 6.9 | 1.3 |
| Margherita Vegan Gluten Free | 626 | 2626 | 17.3 | 7.8 | 114.2 | 2.9 | 4.2 | 4.8 | 3.7 | 221 | 927 | 6.1 | 2.8 | 40.3 | 1.0 | 1.5 | 1.7 | 1.3 |
| Margherita Vegan Large Classic | 1238 | 5216 | 30.2 | 15.5 | 210.1 | 18.7 | 14.0 | 38.3 | 7.3 | 238 | 1003 | 5.8 | 3.0 | 40.4 | 3.6 | 2.7 | 7.4 | 1.4 |
| Funghi di Bosco | 929 | 3894 | 34.8 | 13.1 | 114.9 | 10.6 | 8.2 | 42.9 | 4.5 | 227 | 952 | 8.5 | 3.2 | 28.1 | 2.6 | 2.0 | 10.5 | 1.1 |
| Funghi di Bosco Gluten Free | 880 | 3685 | 34.1 | 12.9 | 118.1 | 3.2 | 5.6 | 27.3 | 4.3 | 221 | 926 | 8.6 | 3.2 | 29.7 | 0.8 | 1.4 | 6.9 | 1.1 |
| Funghi di Bosco Large Classic | 1553 | 6518 | 48.9 | 19.0 | 209.9 | 16.7 | 10.9 | 72.8 | 7.1 | 241 | 1012 | 7.6 | 3.0 | 32.6 | 2.6 | 1.7 | 11.3 | 1.1 |
| Funghi di Bosco Vegan | 775 | 3246 | 26.6 | 10.0 | 114.6 | 10.6 | 10.2 | 23.9 | 3.9 | 198 | 830 | 6.8 | 2.6 | 29.3 | 2.7 | 2.6 | 6.1 | 1.0 |
| Funghi di Bosco Vegan Gluten Free | 726 | 3037 | 25.9 | 9.8 | 117.8 | 3.2 | 7.6 | 8.3 | 3.7 | 191 | 799 | 6.8 | 2.6 | 31.0 | 0.8 | 2.0 | 2.2 | 1.0 |
| Funghi di Bosco Vegan Large Classic | 1358 | 5704 | 37.8 | 16.4 | 217.6 | 15.5 | 12.4 | 42.2 | 7.3 | 219 | 920 | 6.1 | 2.7 | 35.1 | 2.5 | 2.0 | 6.8 | 1.2 |
| Garlic Prawn | 916 | 3854 | 28.6 | 9.6 | 122.8 | 12.6 | 6.9 | 45.1 | 5.1 | 211 | 888 | 6.6 | 2.2 | 28.3 | 2.9 | 1.6 | 10.4 | 1.2 |
| Garlic Prawn Gluten Free | 867 | 3645 | 27.9 | 9.4 | 126.0 | 5.2 | 4.3 | 29.5 | 4.9 | 205 | 862 | 6.6 | 2.2 | 29.8 | 1.2 | 1.0 | 7.0 | 1.2 |
| Garlic Prawn Large Classic | 1515 | 6367 | 43.7 | 17.1 | 211.3 | 18.8 | 7.4 | 72.0 | 7.6 | 225 | 946 | 6.5 | 2.5 | 31.4 | 2.8 | 1.1 | 10.7 | 1.1 |
| La Reine | 935 | 3939 | 26.4 | 10.0 | 133.2 | 12.2 | 5.9 | 44.0 | 5.8 | 223 | 940 | 6.3 | 2.4 | 31.8 | 2.9 | 1.4 | 10.5 | 1.4 |
| La Reine Gluten Free | 886 | 3730 | 25.7 | 9.8 | 136.4 | 4.8 | 3.3 | 28.4 | 5.6 | 217 | 914 | 6.3 | 2.4 | 33.4 | 1.2 | 0.8 | 7.0 | 1.4 |
| La Reina Large Classic | 1482 | 6240 | 43.2 | 18.1 | 205.2 | 18.6 | 15.0 | 75.6 | 8.4 | 247 | 1040 | 7.2 | 3.0 | 34.2 | 3.1 | 2.5 | 12.6 | 1.4 |
| Sloppy Giuseppe | 925 | 3893 | 26.9 | 12.6 | 118.9 | 13.9 | 10.9 | 46.4 | 4.9 | 213 | 897 | 6.2 | 2.9 | 27.4 | 3.2 | 2.5 | 10.7 | 1.1 |
| Sloppy Giuseppe Gluten Free | 876 | 3684 | 26.2 | 12.4 | 122.1 | 6.5 | 8.3 | 30.8 | 4.7 | 207 | 871 | 6.2 | 2.9 | 28.9 | 1.5 | 2.0 | 7.3 | 1.1 |
| Sloppy Giuseppe Large Classic | 1674 | 7030 | 53.4 | 24.6 | 215.1 | 19.0 | 9.8 | 87.2 | 10.0 | 238 | 1000 | 7.6 | 3.5 | 30.6 | 2.7 | 1.4 | 12.4 | 1.4 |

| | Energy | | SERVING | | | | | | | Energy | | PER 100 grams | | | | | | |
|--|--------|------|---------|-------------|-----------------|----------|---------|-----------|--------|--------|------|---------------|-------------|-----------------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g |
| | | | | | | | | | | | | | | | | | | |
| Classic & Large Classic Pizzas | | | | | | | | | | | | | | | | | | |
| Spicy Giuseppe | 1028 | 4311 | 43.4 | 15.9 | 116.3 | 15.4 | 11.7 | 49.0 | 7.5 | 220 | 923 | 9.3 | 3.4 | 24.9 | 3.3 | 2.5 | 10.5 | 1.6 |
| Spicy Giuseppe Gluten Free | 979 | 4102 | 42.7 | 15.7 | 119.5 | 8.0 | 9.1 | 33.4 | 7.3 | 215 | 900 | 9 | 3 | 26 | 2 | 2 | 7 | 2 |
| Spicy Giuseppe Large Classic | 1755 | 7354 | 64.4 | 25.8 | 214.8 | 19.3 | 10.0 | 83.1 | 9.7 | 245 | 1027 | 9 | 4 | 30 | 3 | 1 | 12 | 1 |
| Fiorentina | 980 | 4123 | 33.5 | 12.5 | 121.3 | 8.7 | 4.4 | 50.9 | 4.9 | 202 | 850 | 6.9 | 2.6 | 25.0 | 1.8 | 0.9 | 10.5 | 1.0 |
| Fiorentina Gluten Free | 931 | 3914 | 32.8 | 12.3 | 124.5 | 1.3 | 1.8 | 35.3 | 4.7 | 196 | 826 | 6.9 | 2.6 | 26.3 | 0.3 | 0.4 | 7.5 | 1.0 |
| Fiorentina Large Classic | 1578 | 6626 | 49.2 | 19.3 | 214.3 | 17.5 | 12.1 | 74.8 | 7.5 | 234 | 983 | 7.3 | 2.9 | 31.8 | 2.6 | 1.8 | 11.1 | 1.1 |
| Vegan Giardiniera | 840 | 3523 | 29.0 | 9.1 | 117.6 | 15.2 | 5.5 | 24.0 | 5.1 | 182 | 764 | 6.3 | 2.0 | 25.5 | 3.3 | 1.2 | 5.2 | 1.1 |
| Vegan Giardiniera Gluten Free | 791 | 3314 | 28.3 | 8.9 | 120.8 | 7.8 | 2.9 | 8.4 | 4.9 | 176 | 736 | 6.3 | 2.0 | 26.8 | 1.7 | 0.7 | 1.9 | 1.1 |
| Vegan Giardiniera Large Classic | 1425 | 5986 | 42.7 | 16.5 | 222.9 | 18.6 | 11.0 | 41.7 | 8.9 | 207 | 870 | 6.2 | 2.4 | 32.4 | 2.7 | 1.6 | 6.1 | 1.3 |
| Padana | 900 | 3788 | 26.6 | 11.6 | 131.5 | 25.4 | 11.7 | 39.6 | 4.1 | 223 | 939 | 6.6 | 2.9 | 32.6 | 6.3 | 2.9 | 9.8 | 1.0 |
| Padana Gluten Free | 851 | 3579 | 25.9 | 11.4 | 134.7 | 18.0 | 9.1 | 24.0 | 3.9 | 217 | 912 | 6.6 | 2.9 | 34.3 | 4.6 | 2.3 | 6.1 | 1.0 |
| Padana Large Classic | 1472 | 6211 | 36.2 | 15.7 | 225.5 | 35.6 | 13.3 | 68.1 | 7.2 | 244 | 1030 | 6.0 | 2.6 | 37.4 | 5.9 | 2.2 | 11.3 | 1.2 |
| Padana Vegan | 847 | 3568 | 19.4 | 8.4 | 146.4 | 29.5 | 6.6 | 24.9 | 4.5 | 192 | 809 | 4.4 | 1.9 | 33.2 | 6.7 | 1.5 | 5.7 | 1.0 |
| Padana Vegan Gluten Free | 798 | 3359 | 18.7 | 8.2 | 149.6 | 22.1 | 4.0 | 9.3 | 4.3 | 186 | 781 | 4.3 | 1.9 | 34.8 | 5.2 | 0.9 | 2.2 | 1.0 |
| Padana – Vegan Large Classic | 1338 | 5642 | 30.3 | 15.1 | 232.2 | 37.2 | 12.6 | 40.4 | 7.3 | 212 | 894 | 4.8 | 2.4 | 36.8 | 5.9 | 2.0 | 6.4 | 1.2 |
| Pollo ad Astra | 952 | 4015 | 25.9 | 11.0 | 122.0 | 16.6 | 4.2 | 60.1 | 5.5 | 206 | 869 | 5.6 | 2.4 | 26.4 | 3.6 | 0.9 | 13.0 | 1.2 |
| Pollo ad Atra Gluten Free | 903 | 3806 | 25.2 | 10.8 | 125.2 | 9.2 | 1.6 | 44.5 | 5.3 | 200 | 844 | 5.6 | 2.4 | 27.8 | 2.0 | 0.3 | 9.9 | 1.2 |
| Pollo ad Astra Large Classic | 1574 | 6640 | 41.2 | 17.2 | 215.8 | 25.2 | 10.0 | 90.3 | 8.5 | 237 | 1000 | 6.2 | 2.6 | 32.5 | 3.8 | 1.5 | 13.6 | 1.3 |
| BBQ Burnt Ends | 976 | 4116 | 26.3 | 12.0 | 133.4 | 32.1 | 8.3 | 55.9 | 5.4 | 234 | 987 | 6.3 | 2.9 | 32.0 | 7.7 | 2.0 | 13.4 | 1.3 |
| BBQ Burnt Ends Gluten | 927 | 3907 | 25.6 | 11.8 | 136.6 | 24.7 | 5.7 | 40.3 | 5.2 | 228 | 962 | 6.3 | 2.9 | 33.7 | 6.1 | 1.4 | 9.9 | 1.3 |
| BBQ Burnt Ends Gluten Large Classic | 1668 | 7023 | 48.6 | 19.8 | 242.1 | 48.6 | 14.8 | 73.2 | 9.5 | 237 | 998 | 6.9 | 2.8 | 34.4 | 6.9 | 2.1 | 10.4 | 1.4 |
| Pollo Italiano (Delivery Exclusive) | 1126 | 4721 | 47.3 | 15.9 | 115.9 | 11.8 | 7.6 | 62.9 | 4.7 | 238 | 998 | 10.0 | 3.4 | 24.5 | 2.5 | 1.6 | 13.3 | 1.0 |
| Pollo Italiano Gluten Free (Delivery Exclusive) | 1077 | 4512 | 46.6 | 15.7 | 119.1 | 4.4 | 5.0 | 47.3 | 4.5 | 233 | 977 | 10.1 | 3.4 | 25.8 | 1.0 | 1.1 | 10.2 | 1.0 |
| Pollo Italiano (Delivery Exclusive) Large Classic | 1795 | 7549 | 67.8 | 26.0 | 187.7 | 18.5 | 11.0 | 114.4 | 8.2 | 262 | 1102 | 9.9 | 3.8 | 27.4 | 2.7 | 1.6 | 16.7 | 1.2 |
| Vegan Mezze | 912 | 3813 | 36.3 | 3.9 | 128.8 | 18.1 | 16.3 | 25.1 | 4.7 | 196 | 820 | 7.8 | 0.8 | 27.7 | 3.9 | 3.5 | 5.4 | 1.0 |
| Vegan Mezze Gluten-Free | 863 | 3604 | 35.6 | 3.7 | 132.0 | 10.7 | 13.7 | 9.5 | 4.5 | 190 | 794 | 7.8 | 0.8 | 29.1 | 2.4 | 3.0 | 2.1 | 1.0 |
| Smoky BBQ Chicken | 906 | 3827 | 19.8 | 9.7 | 135.1 | 30.3 | 7.6 | 50.9 | 5.1 | 215 | 909 | 4.7 | 2.3 | 32.1 | 7.2 | 1.8 | 12.1 | 1.2 |
| Smoky BBQ Chicken Gluten-Free | 857 | 3618 | 19.1 | 9.5 | 138.3 | 22.9 | 5.0 | 35.3 | 4.9 | 209 | 882 | 4.7 | 2.3 | 33.7 | 5.6 | 1.2 | 8.6 | 1.2 |
| Smoky BBQ Chicken Large Classic | 1567 | 6613 | 34.1 | 15.7 | 232.2 | 47.0 | 10.9 | 88.5 | 8.2 | 230 | 971 | 5.0 | 2.3 | 34.1 | 6.9 | 1.6 | 13.0 | 1.2 |
| Chicken & Bacon (Delivery Exclusive) | 983 | 4131 | 35.7 | 12.0 | 108.6 | 12.0 | 7.5 | 60.5 | 4.6 | 237 | 996 | 8.6 | 2.89 | 26.2 | 2.9 | 1.8 | 14.6 | 1.1 |
| Chicken & Bacon GF (Delivery Exclusive) | 934 | 3922 | 35.0 | 11.8 | 111.8 | 4.6 | 4.9 | 44.9 | 4.4 | 231 | 972 | 8.7 | 2.9 | 27.7 | 1.1 | 1.2 | 11.1 | 1.1 |
| Chicken & Bacon Large Classic (Delivery Exclusive) | 1669 | 7030 | 52.5 | 19.9 | 209.2 | 16.8 | 8.7 | 94.8 | 7.9 | 248 | 1045 | 7.8 | 2.96 | 31.1 | 2.5 | 1.3 | 14.1 | 1.2 |

| | Energy | | SERVING | | | | | | | Energy | | PER 100 grams | | | | | | |
|-----------------------|--------|------|---------|-------------|-----------------|----------|---------|-----------|--------|--------|-----|---------------|-------------|-----------------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g |
| Leggera Pizzas | | | | | | | | | | | | | | | | | | |
| Pomodoro | 573 | 2415 | 8.5 | 2.5 | 95.4 | 10.8 | 7.1 | 23.3 | 3.2 | 177 | 745 | 2.6 | 0.8 | 29.4 | 3.3 | 2.2 | 7.2 | 1.0 |
| Pollo ad Astra | 667 | 2007 | 10.6 | 2.7 | 107.1 | 17.3 | 7.5 | 39.3 | 4.0 | 193 | 580 | 3.1 | 0.8 | 31.0 | 5.0 | 2.2 | 11.4 | 1.2 |
| Padana | 554 | 2337 | 10.2 | 4.4 | 97.0 | 16.7 | 7.3 | 22.1 | 2.9 | 208 | 877 | 3.8 | 1.7 | 36.4 | 6.3 | 2.7 | 8.3 | 1.1 |
| American Hot | 672 | 2832 | 16.7 | 5.9 | 100.2 | 9.7 | 7.9 | 34.1 | 4.5 | 230 | 971 | 5.7 | 2.0 | 34.4 | 3.3 | 2.7 | 11.7 | 1.5 |
| Vegan Giardianiera | 585 | 2468 | 11.8 | 4.2 | 104.2 | 11.3 | 9.4 | 20.3 | 3.9 | 167 | 706 | 3.4 | 1.2 | 29.8 | 3.2 | 2.7 | 5.8 | 1.1 |

| NEW PIZZAS | Energy | | SERVING | | | | | | | Energy | | PER 100 grams | | | | | | |
|--|--------|------|---------|-------------|-----------------|----------|---------|-----------|--------|--------|------|---------------|-------------|-----------------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g |
| Romana, Large Classic, Calabrese & Calzone Pizzas | | | | | | | | | | | | | | | | | | |
| Soho 65 | 1226 | 5122 | 61.0 | 24.0 | 114.6 | 6.1 | 7.0 | 57.3 | 5.1 | 263 | 1099 | 13.1 | 5.2 | 24.6 | 1.3 | 1.5 | 12.3 | 1.1 |
| American Hottest | 1277 | 5338 | 66.2 | 25.7 | 117.9 | 12.0 | 12.8 | 58.9 | 6.7 | 299 | 1250 | 15.5 | 6.0 | 27.6 | 2.8 | 3.0 | 13.8 | 1.6 |
| American Hottest Gluten Free (selected restaurants only) | 1228 | 5129 | 65.5 | 25.5 | 121.1 | 4.6 | 10.2 | 43.3 | 6.5 | 295 | 1233 | 15.7 | 6.1 | 29.1 | 1.1 | 2.5 | 10.4 | 1.6 |
| Chicken Italiano Calzone | 925 | 3885 | 37.4 | 12.5 | 100.6 | 12.5 | 3.5 | 48.4 | 4.4 | 237 | 996 | 9.6 | 3.2 | 25.8 | 3.2 | 0.9 | 12.4 | 1.1 |
| Chicken Italiano Calzone Dine Out | 839 | 3519 | 36.2 | 13.1 | 88.5 | 12.2 | 4.6 | 44.5 | 4.0 | 247 | 1035 | 10.7 | 3.8 | 26.0 | 3.6 | 1.3 | 13.1 | 1.2 |
| Double American cheese | 1271 | 5319 | 60.9 | 26.8 | 121.0 | 12.6 | 11.4 | 65.4 | 7.3 | 313 | 1310 | 15.0 | 6.6 | 29.8 | 3.1 | 2.8 | 16.1 | 1.8 |
| Double American cheese Gluten Free (selected restaurants only) | 1222 | 5110 | 60.2 | 26.6 | 124.2 | 5.2 | 8.8 | 49.8 | 7.1 | 309 | 1068 | 12.6 | 5.6 | 26.0 | 1.1 | 1.8 | 10.4 | 1.5 |
| Classic & Large Classics Pizzas | | | | | | | | | | | | | | | | | | |
| American Hottest | 1163 | 4870 | 56.2 | 22.0 | 118.9 | 12.4 | 10.2 | 50.7 | 6.6 | 273 | 1143 | 13.2 | 5.2 | 27.9 | 2.9 | 2.4 | 11.9 | 1.5 |
| American Hottest Gluten-Free | 1114 | 4661 | 55.5 | 21.8 | 122.1 | 5.0 | 7.6 | 35.1 | 6.4 | 268 | 1123 | 13.4 | 5.2 | 29.4 | 1.2 | 1.8 | 8.5 | 1.5 |
| American Hottest Large Classic | 1864 | 7824 | 74.3 | 30.7 | 201.6 | 17.9 | 15.9 | 89.5 | 9.8 | 281 | 1180 | 11.2 | 4.6 | 30.4 | 2.7 | 2.4 | 13.5 | 1.5 |
| Double American cheese | 1101 | 4606 | 47.9 | 20.9 | 108.1 | 12.2 | 5.1 | 61.3 | 6.5 | 280 | 1172 | 12.2 | 5.3 | 27.5 | 3.1 | 1.3 | 15.6 | 1.7 |
| Double American cheese Gluten-Free | 1052 | 4397 | 47.2 | 20.7 | 111.3 | 4.8 | 2.5 | 45.7 | 6.3 | 253 | 1060 | 11.4 | 5.0 | 26.8 | 1.2 | 0.6 | 11.0 | 1.5 |
| Double American cheese Large Classic | 1712 | 7192 | 59.4 | 25.6 | 213.4 | 20.8 | 8.9 | 85.0 | 9.8 | 288 | 1210 | 10.0 | 4.3 | 35.9 | 3.5 | 1.5 | 14.3 | 1.7 |

| | Energy | | SERVING | | | | | | | Energy | | PER 100 grams | | | | | | |
|-------------------|--------|------|---------|-------------|-----------------|----------|---------|-----------|--------|--------|------|---------------|-------------|-----------------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g |
| Al Forno | | | | | | | | | | | | | | | | | | |
| Lasagna Classica | 597 | 2500 | 30.0 | 13.1 | 52.0 | 8.9 | 3.8 | 31.6 | 3.6 | 141 | 591 | 7.1 | 3.1 | 12.3 | 2.1 | 0.9 | 7.5 | 0.9 |
| Pollo Pesto | 1091 | 4562 | 60.1 | 21.4 | 93.5 | 6.1 | 5.0 | 47.0 | 2.8 | 196 | 820 | 10.8 | 3.8 | 16.8 | 1.1 | 0.9 | 8.4 | 0.5 |
| Cannelloni | 757 | 3156 | 40.6 | 20.0 | 61.3 | 7.4 | 5.9 | 39.3 | 3.7 | 153 | 638 | 8.2 | 4.1 | 12.4 | 1.5 | 1.2 | 7.9 | 0.8 |
| Pepperonata Pasta | 474 | 1994 | 10.4 | 1.4 | 86.6 | 9.0 | 5.9 | 11.3 | 0.5 | 105 | 442 | 2.3 | 0.3 | 19.2 | 2.0 | 1.3 | 2.5 | 0.1 |
| Sides | | | | | | | | | | | | | | | | | | |
| Polenta Chips | 516 | 2147 | 35.2 | 3.4 | 44.2 | 9.9 | 3.9 | 6.1 | 3.0 | 240 | 999 | 16.4 | 1.6 | 20.6 | 4.6 | 1.8 | 2.8 | 1.4 |
| Halloumi Bites | 351 | 1463 | 23.2 | 8.7 | 20.7 | 1.8 | 1.1 | 15.4 | 3.4 | 290 | 1209 | 19.2 | 7.2 | 17.1 | 1.5 | 0.9 | 12.7 | 2.9 |
| Rocket Salad | 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 |
| Mixed Leaf Salad | 166 | 691 | 14.8 | 1.5 | 4.5 | 4.1 | 2.2 | 3.0 | 0.5 | 77 | 321 | 6.9 | 0.7 | 2.1 | 1.9 | 1.0 | 1.4 | 0.2 |
| Rainbow Slaw | 163 | 2003 | 14.3 | 1.0 | 8.3 | 2.1 | 3.5 | 1.5 | 0.8 | 101 | 1244 | 8.9 | 0.6 | 5.1 | 1.3 | 2.2 | 1.0 | 0.5 |

| NEW AL FORNO & SIDES | Energy | | SERVING | | | | | | | Energy | | PER 100 grams | | | | | | |
|---------------------------------|--------|------|---------|-------------|-----------------|----------|---------|-----------|--------|--------|------|---------------|-------------|-----------------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g |
| Al Forno | | | | | | | | | | | | | | | | | | |
| Carbonara | 1072 | 4467 | 68.8 | 31.1 | 79.6 | 3.3 | 2.1 | 33.4 | 3.0 | 257 | 1071 | 16.5 | 7.5 | 19.1 | 0.8 | 0.5 | 8.0 | 0.7 |
| Prawn Peperonata | 422 | 1773 | 4.2 | 1.1 | 81.0 | 5.3 | 8.4 | 19.5 | 3.2 | 80.1 | 337 | 0.8 | 0.2 | 15.4 | 1 | 1.6 | 3.7 | 0.6 |
| Sides | | | | | | | | | | | | | | | | | | |
| Potato Salad | 231 | 596 | 1.4 | 0.2 | 30.3 | 7.1 | 3.1 | 3.0 | 1.0 | 118 | 304 | 0.7 | 0.1 | 15.5 | 3.6 | 1.6 | 1.5 | 0.5 |

| | Energy | | SERVING | | | | | | | Energy | | PER 100 grams | | | | | | |
|--|--------|------|---------|-------------|-----------------|----------|---------|-----------|--------|--------|------|---------------|-------------|-----------------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g |
| Salads With Dressings no Dough Sticks | | | | | | | | | | | | | | | | | | |
| Chicken Caesar | 711 | 2969 | 45.0 | 8.9 | 27.2 | 6.3 | 3.3 | 49.5 | 4.8 | 191 | 798 | 12.1 | 2.4 | 7.3 | 1.7 | 0.9 | 13.3 | 1.3 |
| Niçoise | 566 | 2356 | 35.9 | 4.9 | 19.0 | 6.0 | 5.4 | 41.3 | 4.9 | 104 | 433 | 6.6 | 0.9 | 3.5 | 1.1 | 1.0 | 7.6 | 0.9 |
| 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 |

| NEW SALADS | Energy | | SERVING | | | | | | | Energy | | PER 100 grams | | | | | | |
|-------------------------------------|--------|------|---------|-------------|-----------------|----------|---------|-----------|--------|--------|-----|---------------|-------------|-----------------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g |
| Salad | | | | | | | | | | | | | | | | | | |
| Vegan Buddha Bowl | 491 | 2062 | 26.7 | 2.5 | 47.7 | 19.5 | 11.2 | 14.4 | 2.5 | 136 | 571 | 7.4 | 0.7 | 13.2 | 5.4 | 3.1 | 4.0 | 0.7 |
| Goats Cheese & Beetroot Buddha Bowl | 594 | 2487 | 36.4 | 9.9 | 46.3 | 20.2 | 9.9 | 19.0 | 3.2 | 150 | 628 | 9.2 | 2.5 | 11.7 | 5.1 | 2.5 | 4.8 | 0.8 |
| Crispy Chicken Buddha Bowl | 887 | 3709 | 44.3 | 10.1 | 76.9 | 21.3 | 12.3 | 42.6 | 3.9 | 158 | 661 | 7.9 | 1.8 | 13.7 | 3.8 | 2.2 | 7.6 | 0.7 |

| | Energy | | SERVING | | | | | | | Energy | | PER 100 grams | | | | | | |
|-------------------------------|--------|-----|---------|-------------|-----------------|----------|---------|-----------|--------|--------|------|---------------|-------------|-----------------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g |
| Dips | | | | | | | | | | | | | | | | | | |
| House dressing | 89 | 367 | 9.0 | 0.6 | 1.5 | 1.2 | 0.2 | 0.1 | 0.4 | 296 | 1222 | 30.0 | 2.1 | 4.9 | 3.9 | 0.5 | 0.2 | 1.4 |
| Caesar dressing | 106 | 437 | 10.2 | 1.1 | 6.3 | 2.0 | 0.1 | 0.8 | 0.7 | 352 | 1454 | 34.0 | 3.7 | 21.0 | 6.5 | 0.4 | 2.7 | 2.2 |
| Honey mustard dressing | 197 | 813 | 17.6 | 1.3 | 8.1 | 7.7 | 0.5 | 0.6 | 1.0 | 436 | 1805 | 39.0 | 2.8 | 18.0 | 17.0 | 1.0 | 1.4 | 2.2 |
| Italian Tomato Dip | 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 |
| Garlic Butter | 205 | 844 | 22.3 | 13.6 | 0.7 | 0.2 | 0.1 | 0.4 | 0.5 | 683 | 2813 | 74.4 | 45.4 | 2.2 | 0.7 | 0.4 | 1.3 | 1.8 |
| Vegan Garlic & Parsley Spread | 178 | 744 | 19.6 | 3.3 | 0.5 | 0.2 | 0.1 | 0.2 | 0.4 | 593 | 2480 | 65.2 | 10.9 | 1.5 | 0.6 | 0.4 | 0.7 | 1.2 |
| Chilli & Basil | 51 | 207 | 3.8 | 0.5 | 3.4 | 2.4 | 0.5 | 0.7 | 0.2 | 168 | 690 | 12.7 | 1.8 | 11.2 | 7.9 | 1.7 | 2.2 | 0.7 |
| Smoky Tomato Harissa | 163 | 670 | 16.0 | 2.0 | 3.3 | 2.5 | 1.4 | 0.7 | 0.9 | 541 | 2231 | 53.3 | 6.7 | 10.9 | 8.4 | 4.6 | 2.2 | 3.0 |
| Garlic & Herbs dip | 112 | 462 | 1.1 | 0.8 | 3.3 | 2.3 | 0.2 | 0.4 | 0.5 | 373 | 1540 | 3.6 | 2.6 | 11.0 | 7.6 | 0.5 | 1.3 | 1.7 |
| 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 |
| 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 |
| Goats Cheese | 109 | 456 | 9.5 | 6.3 | 0.4 | 0.2 | 0.4 | 5.6 | 0.4 | 311 | 1302 | 27.0 | 18.0 | 1.0 | 0.5 | 1.0 | 16.0 | 1.2 |
| 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 |
| Hot Green Peppers | 4 | 15 | 0.1 | 0.1 | 0.6 | 0.1 | 0.2 | 0.2 | 0.6 | 18 | 75 | 0.5 | 0.5 | 3.0 | 0.5 | 0.9 | 1.0 | 3.0 |
| Nduja | 118 | 484 | 11.6 | 4.4 | 0.5 | 0.2 | 0.0 | 2.4 | 0.4 | 586 | 2417 | 58.0 | 22.0 | 2.5 | 0.9 | 0.0 | 12.0 | 2.0 |
| 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 |
| Caramelised Red Onion | 78 | 332 | 0.0 | 0.0 | 18.8 | 16.4 | 0.7 | 0.6 | 0.1 | 195 | 828 | 0.0 | 0.0 | 47.0 | 41.0 | 1.8 | 1.6 | 0.3 |
| Tomato | 8 | 33 | 0.2 | 0.0 | 1.1 | 1.1 | 0.4 | 0.3 | 0.0 | 26 | 109 | 0.5 | 0.1 | 3.6 | 3.6 | 1.3 | 1.1 | 0.0 |
| Roasted Mixed Peppers | 15 | 60 | 0.2 | 0.0 | 2.4 | 1.7 | 0.7 | 0.4 | 0.0 | 48 | 200 | 0.5 | 0.0 | 8.1 | 5.8 | 2.4 | 1.3 | 0.2 |

| | Energy | | SERVING | | | | | | | Energy | | PER 100 grams | | | | | | |
|--|--------|------|---------|-------------|-----------------|----------|---------|-----------|--------|--------|------|---------------|-------------|-----------------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g |
| Extra Toppings | | | | | | | | | | | | | | | | | | |
| Spinach | 15 | 63 | 0.3 | 0.0 | 1.2 | 0.2 | 0.8 | 1.4 | 0.1 | 35 | 148 | 0.7 | 0.1 | 2.9 | 0.5 | 1.9 | 3.4 | 0.3 |
| Slow-cooked beef brisket with chipotle | 75 | 312 | 3.6 | 1.4 | 1.6 | 0.9 | 0.3 | 8.8 | 0.7 | 93 | 390 | 4.5 | 1.7 | 2.0 | 1.1 | 0.4 | 11.0 | 0.8 |
| Hot & Sweet Chilli Peppers | 20 | 81 | 0.1 | 0.0 | 4.3 | 3.6 | 0.4 | 0.2 | 0.0 | 96 | 403 | 0.6 | 0.1 | 21.3 | 17.9 | 2.1 | 1.1 | 0.1 |
| Spiced Beef with Green Pepper & Red Onion | 55 | 227 | 1.9 | 0.6 | 2.5 | 1.7 | 0.7 | 6.4 | 0.2 | 95 | 397 | 3.4 | 1.0 | 4.4 | 3.0 | 1.2 | 11.3 | 0.4 |
| Sweet & Red Peppers | 22 | 90 | 0.1 | 0.0 | 4.8 | 4.7 | 0.4 | 0.2 | 0.4 | 71 | 299 | 0.3 | 0.1 | 15.9 | 15.8 | 1.2 | 0.5 | 1.2 |
| Mozzarella | 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 |
| Mozzarella Large Classic | 350 | 1454 | 25.1 | 16.0 | 1.2 | 1.2 | 0.0 | 29.0 | 1.2 | 291 | 1211 | 20.9 | 13.3 | 1.0 | 1.0 | 0.0 | 24.2 | 1.0 |
| Egg | 90 | 374 | 7.1 | 1.5 | 0.0 | 0.0 | 0.0 | 6.6 | 0.0 | 200 | 831 | 15.7 | 3.4 | 0.1 | 0.0 | 0.0 | 14.7 | 0.0 |
| Vegan Mozzarella Alternative Classic | 104 | 431 | 9.0 | 7.7 | 3.6 | 0.2 | 1.3 | 0.4 | 0.6 | 208 | 861 | 18.0 | 15.4 | 7.2 | 0.3 | 2.6 | 0.8 | 1.3 |
| Vegan Mozzarella Alternative Romana | 156 | 646 | 13.5 | 11.6 | 5.4 | 0.3 | 2.0 | 0.6 | 0.9 | 208 | 861 | 18.0 | 15.4 | 7.2 | 0.3 | 2.6 | 0.8 | 1.3 |
| Vegan Mozzarella Alternative Create your Own | 52 | 216 | 4.5 | 3.9 | 1.8 | 0.1 | 0.7 | 0.2 | 0.3 | 208 | 861 | 18.0 | 15.4 | 7.2 | 0.3 | 2.6 | 0.8 | 1.3 |
| Vegan Mozzarella Alternative Large Classic | 208 | 861 | 18.0 | 15.4 | 7.2 | 0.3 | 2.6 | 0.8 | 1.3 | 208 | 861 | 18.0 | 15.4 | 7.2 | 0.3 | 2.6 | 0.8 | 1.3 |
| Rocket | 9 | 35 | 0.2 | 0.0 | 0.6 | 0.6 | 0.5 | 0.8 | 0.0 | 28 | 116 | 0.7 | 0.0 | 2.1 | 2.1 | 1.6 | 2.6 | 0.0 |
| King Prawns | 53 | 223 | 0.5 | 0.3 | 0.0 | 0.0 | 0.0 | 9.9 | 1.3 | 62 | 262 | 0.6 | 0.3 | 0.0 | 0.0 | 0.0 | 11.6 | 1.5 |
| Pancetta Sliced | 155 | 641 | 12.8 | 5.1 | 0.2 | 0.2 | 0.0 | 9.6 | 1.4 | 386 | 1601 | 32.0 | 12.8 | 0.5 | 0.5 | 0.0 | 24.0 | 3.5 |
| Spiced Pineapple Salsa | 66 | 278 | 0.1 | 0.0 | 16.1 | 14.4 | 0.5 | 0.2 | 0.3 | 163 | 694 | 0.3 | 0.0 | 40.1 | 36.1 | 1.3 | 0.5 | 0.8 |

| | Energy | | SERVING | | | | | | | Energy | | PER 100 grams | | | | | | |
|---|--------|------|---------|-------------|-----------------|----------|---------|-----------|--------|--------|------|---------------|-------------|-----------------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g |
| Desserts | | | | | | | | | | | | | | | | | | |
| Gluten Free Chocolate Brownie | 539 | 2257 | 26.9 | 13.0 | 65.3 | 56.3 | 3.2 | 7.2 | 0.2 | 352 | 1475 | 17.6 | 8.5 | 42.7 | 36.8 | 2.1 | 4.7 | 0.2 |
| Gluten Free Chocolate Brownie Dine Out | 426 | 1782 | 22.4 | 10.0 | 49.9 | 40.8 | 2.9 | 4.6 | 0.1 | 457 | 1916 | 24.1 | 10.7 | 53.7 | 43.9 | 3.1 | 4.9 | 0.1 |
| Honeycombed Cream Slice (cake and chocolate sauce only) | 509 | 2123 | 27.2 | 13.0 | 59.4 | 42.4 | 1.2 | 6.0 | 0.9 | 391 | 1633 | 20.9 | 10.0 | 45.7 | 32.6 | 0.9 | 4.6 | 0.7 |
| Chocolate Fondant | 578 | 2418 | 33.9 | 15.8 | 57.8 | 48.2 | 4.2 | 8.9 | 0.2 | 344 | 1439 | 20.2 | 9.4 | 34.4 | 28.7 | 2.5 | 5.3 | 0.1 |
| Chocolate Fudge Cake (cake only) | 277 | 1167 | 8.3 | 3.9 | 46.0 | 30.1 | 1.4 | 5.3 | 0.9 | 318 | 1341 | 9.5 | 4.5 | 52.9 | 34.6 | 1.6 | 6.1 | 1.1 |
| Tiramisu | 507 | 2114 | 21.7 | 16.7 | 70.9 | 51.2 | 1.2 | 6.1 | 0.2 | 257 | 1073 | 11.0 | 8.5 | 36.0 | 26.0 | 0.6 | 3.1 | 0.1 |
| Coppa Gelato – Vanilla + choc straw | 254 | 1060 | 10.6 | 7.1 | 33.1 | 33.0 | 1.1 | 5.8 | 0.2 | 203 | 848 | 8.5 | 5.7 | 26.5 | 26.4 | 0.9 | 4.6 | 0.2 |
| Coppa Gelato – Salted Caramel + choc straw | 288 | 1200 | 14.6 | 9.4 | 34.3 | 31.3 | 0.6 | 4.5 | 0.6 | 230 | 960 | 11.7 | 7.5 | 27.4 | 25.0 | 0.5 | 3.6 | 0.5 |
| Stracciatella Gelato 2 scoops | 282 | 1089 | 16.2 | 10.1 | 28.5 | 28.1 | 0.6 | 5.0 | 0.2 | 227 | 878 | 13.0 | 8.1 | 23.0 | 22.6 | 0.5 | 4.0 | 0.1 |
| 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 |
| Lime and Basil Sorbet | 143 | 598 | 0.4 | 0.4 | 34.8 | 30.8 | 0.0 | 0.1 | 0.0 | 119 | 498 | 0.3 | 0.3 | 29 | 25.7 | 0 | 0.1 | 0 |
| Sicilian Lemon & White Chocolate Roulade | 373 | 1684 | 14.6 | 9.1 | 63.2 | 56.8 | 2.3 | 3.8 | 0.2 | 345 | 1559 | 13.5 | 8.4 | 58.5 | 52.6 | 2.1 | 3.5 | 0.1 |
| Baked Vanilla Cheesecake | 545 | 2283 | 36.0 | 20.3 | 46.8 | 32.7 | 1.3 | 5.6 | 0.8 | 392 | 1642 | 25.9 | 14.6 | 33.7 | 23.5 | 0.9 | 4.0 | 0.6 |
| 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 |

| | Energy | | SERVING | | | | | | | Energy | | PER 100 grams | | | | | | | |
|--|--------|------|---------|-------------|-----------------|----------|---------|-----------|--------|--------|------|---------------|-------------|-----------------|----------|---------|-----------|--------|--|
| | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g | |
| Dolcetti | | | | | | | | | | | | | | | | | | | |
| Gluten Free Brownie excluding coffee | 204 | 854 | 11.3 | 5.0 | 22.6 | 19.6 | 1.5 | 2.3 | 0.1 | 416 | 1741 | 23.0 | 10.2 | 46.2 | 40.0 | 3.1 | 4.6 | 0.1 | |
| Caffe reale excluding coffee | 254 | 1062 | 13.3 | 9.0 | 28.9 | 22.2 | 4.4 | 2.4 | 1.5 | 343 | 1434 | 18.0 | 12.2 | 39.0 | 30.0 | 5.9 | 3.2 | 2.0 | |
| Biscoff Cheesecake excluding coffee option | 306 | 1277 | 22.8 | 9.6 | 25.4 | 14.6 | 0.6 | 2.7 | 0.3 | 449 | 1877 | 29.5 | 11.3 | 41.8 | 23.8 | 0.8 | 4.4 | 0.6 | |
| Stem Ginger Cake excluding coffee | 266 | 1111 | 22.8 | 9.6 | 25.4 | 14.6 | 0.6 | 2.7 | 0.3 | 402 | 1682 | 16.3 | 2.3 | 62.6 | 44.6 | 1.5 | 1.3 | 0.2 | |
| Stem Ginger Cake Dine out | 531 | 2221 | 22.8 | 9.6 | 25.4 | 14.6 | 0.6 | 2.7 | 0.3 | 402 | 1682 | 16.3 | 2.3 | 62.6 | 44.6 | 1.5 | 1.3 | 0.2 | |
| Lime and Basil Sorbet | 72 | 299 | 22.8 | 9.6 | 25.4 | 14.6 | 0.6 | 2.7 | 0.3 | 119 | 498 | 0.3 | 0.3 | 29.0 | 25.7 | 0.0 | 0.1 | 0.0 | |

| NEW DESSERTS | Energy | | SERVING | | | | | | | Energy | | PER 100 grams | | | | | | | |
|--------------------------------|--------|------|---------|-------------|-----------------|----------|---------|-----------|--------|--------|------|---------------|-------------|-----------------|----------|---------|-----------|--------|--|
| | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g | |
| Desserts | | | | | | | | | | | | | | | | | | | |
| Biscoff Billionaire | 659 | 2750 | 39.4 | 16.5 | 66.8 | 58.3 | 0.7 | 9.0 | 0.7 | 279 | 1165 | 16.7 | 7.0 | 28.3 | 24.7 | 0.3 | 3.8 | 0.3 | |
| Summer Berry & White Chocolate | 518 | 2165 | 24.5 | 16.5 | 62.5 | 62.5 | 1.8 | 10.0 | 0.3 | 207 | 866 | 9.8 | 6.6 | 25.0 | 25.0 | 0.7 | 4.0 | 0.1 | |

| | Energy | | SERVING | | | | | | | | Energy | | PER 100 grams | | | | | | | |
|---|--------|------|---------|-------------|-----------------|----------|---------|-----------|--------|------|--------|-------|---------------|-----------------|----------|---------|-----------|--------|--|--|
| | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g | | |
| Piccolo Starters | | | | | | | | | | | | | | | | | | | | |
| Piccolo dough balls with houmous - with salad | 211 | 883 | 7.4 | 0.6 | 28.9 | 2.5 | 2.8 | 7.2 | 0.9 | 134 | 562 | 4.7 | 0.4 | 18.4 | 1.6 | 1.8 | 4.6 | 0.6 | | |
| Piccolo dough balls Gluten Free with houmous - with salad | 248 | 1049 | 10.6 | 1.0 | 35.2 | 3.2 | 3.1 | 3.6 | 1.2 | 145 | 613 | 6.2 | 0.6 | 20.6 | 1.9 | 1.8 | 2.1 | 0.7 | | |
| Piccolo dough balls with garlic butter - with salad | 194 | 807 | 8.7 | 4.7 | 24.4 | 2.8 | 2.6 | 5.4 | 0.9 | 136 | 568 | 6.1 | 3.3 | 17.2 | 2.0 | 1.8 | 3.8 | 0.6 | | |
| Piccolo dough balls Gluten Free with garlic butter - with salad | 248 | 1036 | 11.9 | 5.0 | 33.8 | 3.1 | 2.3 | 2.3 | 1.1 | 154 | 643 | 7.4 | 3.1 | 21.0 | 1.9 | 1.4 | 1.4 | 0.7 | | |
| Piccolo Pasta | | | | | | | | | | | | | | | | | | | | |
| Bolognese Pasta | 318 | 1341 | 4.5 | 2.1 | 57.0 | 0.3 | 5.3 | 14.8 | 1.1 | 113 | 477 | 1.6 | 0.8 | 20.3 | 0.1 | 1.9 | 5.3 | 0.4 | | |
| Creamy Pesto | 441 | 1839 | 24.4 | 7.7 | 49.5 | 2.6 | 1.7 | 6.4 | 1.3 | 204 | 851 | 11.3 | 3.6 | 22.9 | 1.2 | 0.8 | 3.0 | 0.6 | | |
| Napoletana Pasta | 297 | 1253 | 5.4 | 2.7 | 57.1 | 7.0 | 2.7 | 6.1 | 0.7 | 143 | 605 | 2.6 | 1.3 | 27.6 | 3.4 | 1.3 | 3.0 | 0.4 | | |

| | Energy | | SERVING | | | | | | | Energy | | PER 100 grams | | | | | | |
|--|--------|------|---------|-------------|-----------------|----------|---------|-----------|--------|--------|------|---------------|-------------|-----------------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g |
| | | | | | | | | | | | | | | | | | | |
| Piccolo Pizza & Salads | | | | | | | | | | | | | | | | | | |
| Margherita | 410 | 1724 | 12.3 | 5.4 | 54.9 | 5.1 | 3.4 | 21.4 | 2.1 | 256 | 1077 | 7.7 | 3.4 | 34.3 | 3.2 | 2.1 | 13.4 | 1.3 |
| Margherita Gluten Free | 372 | 1567 | 11.8 | 5.4 | 55.1 | 2.4 | 2.4 | 12.7 | 1.7 | 243 | 1024 | 7.7 | 3.5 | 36.0 | 1.6 | 1.6 | 8.3 | 1.1 |
| Margherita Vegan Mozz Alternative | 349 | 1466 | 8.7 | 4.1 | 58.5 | 5.9 | 4.0 | 10.8 | 2.1 | 219 | 922 | 5.5 | 2.6 | 36.8 | 3.7 | 2.5 | 6.8 | 1.3 |
| Margherita Vegan Mozz Alternative Gluten Free | 258 | 1081 | 7.9 | 3.9 | 43.3 | 3.3 | 1.6 | 3.0 | 1.4 | 170 | 711 | 5.2 | 2.6 | 28.5 | 2.2 | 1.0 | 2.0 | 0.9 |
| Margherita Light Mozzarella | 370 | 1556 | 7.8 | 2.6 | 55.9 | 5.4 | 3.0 | 20.3 | 2.1 | 224 | 943 | 4.7 | 1.6 | 33.9 | 3.3 | 1.8 | 12.3 | 1.3 |
| Margherita Light Mozzarella Gluten Free | 279 | 1171 | 7.0 | 2.4 | 40.7 | 2.8 | 0.6 | 12.5 | 1.4 | 177 | 741 | 4.4 | 1.5 | 25.8 | 1.8 | 0.4 | 7.9 | 0.9 |
| American | 452 | 1901 | 14.5 | 6.0 | 57.4 | 6.4 | 0.8 | 22.8 | 2.4 | 277 | 1166 | 8.9 | 3.7 | 35.2 | 3.9 | 0.5 | 14.0 | 1.5 |
| American Gluten Free | 361 | 1516 | 13.7 | 5.8 | 42.2 | 3.8 | -1.6 | 15.0 | 1.7 | 231 | 972 | 8.8 | 3.7 | 27.0 | 2.4 | -1.0 | 9.6 | 1.1 |
| American Light Mozzarella | 453 | 1904 | 15.6 | 5.3 | 56.2 | 5.5 | 2.9 | 23.4 | 2.5 | 238 | 1002 | 8.2 | 2.8 | 29.6 | 2.9 | 1.5 | 12.3 | 1.3 |
| American Light Mozzarella Gluten Free | 362 | 1519 | 14.8 | 5.1 | 41.0 | 2.9 | 0.5 | 15.6 | 1.8 | 198 | 830 | 8.1 | 2.8 | 22.4 | 1.6 | 0.2 | 8.5 | 1.0 |
| Ham & Mushrooms | 425 | 1783 | 12.8 | 4.6 | 60.0 | 6.4 | 5.7 | 19.9 | 2.6 | 232 | 974 | 7.0 | 2.5 | 32.8 | 3.5 | 3.1 | 10.9 | 1.4 |
| Ham & Mushrooms Gluten Free | 334 | 1398 | 12.0 | 4.4 | 44.8 | 3.8 | 3.3 | 12.1 | 1.9 | 190 | 794 | 6.8 | 2.5 | 25.5 | 2.2 | 1.9 | 6.9 | 1.1 |
| Ham & Mushrooms Vegan Mozz Alternative | 344 | 1447 | 9.2 | 4.2 | 54.0 | 4.8 | 3.5 | 13.0 | 2.5 | 195 | 822 | 5.2 | 2.4 | 30.7 | 2.7 | 2.0 | 7.4 | 1.4 |
| Ham & Mushrooms Vegan Mozz Alternative Gluten Free | 253 | 1062 | 8.4 | 4.0 | 38.8 | 2.2 | 1.1 | 5.2 | 1.8 | 150 | 628 | 4.9 | 2.4 | 23.0 | 1.3 | 0.7 | 3.1 | 1.1 |
| Ham & Mushrooms Light Mozzarella | 392 | 1649 | 9.5 | 3.0 | 55.5 | 5.0 | 2.3 | 22.1 | 2.5 | 202 | 850 | 4.9 | 1.5 | 28.6 | 2.6 | 1.2 | 11.4 | 1.3 |
| Ham & Mushrooms Light Mozzarella Gluten Free | 301 | 1264 | 8.7 | 2.8 | 40.3 | 2.4 | -0.1 | 14.3 | 1.8 | 161 | 676 | 4.7 | 1.5 | 21.5 | 1.3 | 0.0 | 7.7 | 1.0 |
| Pollo | 415 | 1747 | 10.6 | 4.2 | 57.9 | 6.1 | 3.3 | 23.5 | 2.1 | 238 | 1004 | 6.1 | 2.4 | 33.3 | 3.5 | 1.9 | 13.5 | 1.2 |
| Pollo Gluten Free | 324 | 1362 | 9.8 | 4.0 | 42.7 | 3.5 | 0.9 | 15.7 | 1.4 | 194 | 816 | 5.9 | 2.4 | 25.6 | 2.1 | 0.5 | 9.4 | 0.8 |
| Pollo Light Mozzarella | 396 | 1666 | 8.9 | 2.6 | 53.3 | 4.9 | 2.3 | 26.5 | 2.1 | 209 | 881 | 4.7 | 1.4 | 28.2 | 2.6 | 1.2 | 14.0 | 1.1 |
| Pollo Light Mozzarella Gluten Free | 305 | 1281 | 8.1 | 2.4 | 38.1 | 2.3 | -0.1 | 18.7 | 1.4 | 168 | 704 | 4.4 | 1.3 | 20.9 | 1.3 | -0.1 | 10.3 | 0.8 |
| Pollo Vegan Mozz Alternative | 370 | 1561 | 8.9 | 4.2 | 59.3 | 4.5 | 2.9 | 14.4 | 2.2 | 215 | 907 | 5.2 | 2.4 | 34.5 | 2.6 | 1.7 | 8.4 | 1.3 |
| Pollo Vegan Mozz Alternative Gluten Free | 279 | 1176 | 8.1 | 4.0 | 44.1 | 1.9 | 0.5 | 6.6 | 1.5 | 169 | 713 | 4.9 | 2.4 | 26.8 | 1.1 | 0.3 | 4.0 | 0.9 |
| Pollo Milanese Salad | 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 |
| American Vegan Mozz Alternative | 437 | 1836 | 15.5 | 6.4 | 61.1 | 5.9 | 3.7 | 15.1 | 2.6 | 251 | 1055 | 8.9 | 3.7 | 35.1 | 3.4 | 2.1 | 8.7 | 1.5 |
| American Vegan Mozz Alternative Gluten Free | 346 | 1451 | 14.7 | 6.2 | 45.9 | 3.3 | 1.3 | 7.3 | 1.9 | 207 | 869 | 8.8 | 3.7 | 27.5 | 2.0 | 0.8 | 4.4 | 1.1 |

| | Energy | | SERVING | | | | | | | Energy | | PER 100 grams | | | | | | |
|----------------------------------|--------|-----|---------|-------------|-----------------|----------|---------|-----------|--------|--------|------|---------------|-------------|-----------------|----------|---------|-----------|--------|
| | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g | kcal | kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g |
| Piccolo Extras Toppings | | | | | | | | | | | | | | | | | | |
| Mushrooms | 5 | 20 | 0.1 | 0.0 | 1.1 | 0.5 | 0.5 | 0.5 | 0.0 | 22 | 92 | 0.5 | 0.1 | 5.3 | 2.3 | 2.2 | 2.2 | 0.0 |
| Tomatoes | 8 | 33 | 0.2 | 0.0 | 1.1 | 1.1 | 0.4 | 0.3 | 0.0 | 26 | 109 | 0.5 | 0.1 | 3.6 | 3.6 | 1.3 | 1.1 | 0.0 |
| Black Olives | 18 | 72 | 1.8 | 0.3 | 0.0 | 0.0 | 0.4 | 0.1 | 0.3 | 129 | 530 | 13.2 | 2.2 | 0.0 | 0.0 | 3.0 | 0.5 | 2.5 |
| Piccolo Desserts | | | | | | | | | | | | | | | | | | |
| Sundae with chocolate sauce | 159 | 673 | 4.7 | 3.3 | 26.5 | 21.5 | 0.4 | 2.7 | 0.1 | 209 | 885 | 6.1 | 4.4 | 34.9 | 28.3 | 0.5 | 3.6 | 0.1 |
| Sundae with fruit sauce | 132 | 558 | 4.6 | 3.3 | 19.6 | 15.9 | 0.1 | 2.8 | 0.1 | 174 | 734 | 6.1 | 4.3 | 25.8 | 20.9 | 0.1 | 3.7 | 0.1 |
| Chocolate Brownie | 204 | 854 | 11.3 | 5.0 | 22.6 | 19.6 | 1.5 | 2.3 | 0.1 | 416 | 1741 | 23.0 | 10.2 | 46.2 | 40.0 | 3.1 | 4.6 | 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 |
| Extra Strawberries | 5 | 20 | 0.0 | 0.0 | 1.0 | 1.0 | 0.2 | 0.1 | 0.0 | 29 | 122 | 0.0 | 0.0 | 6.1 | 6.1 | 1.0 | 0.6 | 0.0 |
| Bambinoccino | 12 | 48 | 0.4 | 0.2 | 1.3 | 1.3 | 0.0 | 0.7 | 0.0 | 55 | 231 | 1.8 | 1.2 | 6.5 | 6.4 | 0.0 | 3.5 | 0.1 |
| Bambinoccino Oat drink | 30 | 54 | 0.7 | 0.1 | 1.7 | 0.8 | 0.0 | 0.1 | 0.0 | 140 | 254 | 3.1 | 0.4 | 7.9 | 3.8 | 0.0 | 0.3 | 0.1 |
| Piccolo Drinks | | | | | | | | | | | | | | | | | | |
| Piccolo milk | 92 | 390 | 3.4 | 2.2 | 9.4 | 9.4 | 0.0 | 7.0 | 0.2 | 46 | 195 | 1.7 | 1.1 | 4.7 | 4.7 | 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 |
| Sunshine Oranje | 38 | 162 | 0.0 | 0.0 | 8.8 | 8.8 | 0.0 | 0.2 | 0.0 | 19 | 81 | 0.0 | 0.0 | 4.4 | 4.4 | 0.0 | 0.1 | 0.0 |

Breakfast (selected restaurants only)

| | PER SERVING | | | | | | | | | PER 100 G | | | | | | | | |
|-------------------------------------|-------------|-----------|-------|-------------|-----------------|----------|---------|-----------|--------|-------------|-----------|-------|-------------|-----------------|----------|---------|-----------|--------|
| | Energy kcal | Energy kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g |
| Cooked Breakfast | | | | | | | | | | | | | | | | | | |
| The Full Works – poached eggs | 1196 | 4997 | 65.0 | 30.0 | 84.0 | 14.0 | 11.0 | 63.0 | 7.1 | 184 | 768 | 10.0 | 4.6 | 13.0 | 2.1 | 1.7 | 9.7 | 1.1 |
| The Full Works – fried eggs | 1213 | 5063 | 67.0 | 30.0 | 84.0 | 14.0 | 11.0 | 62.0 | 7.2 | 189 | 789 | 10.0 | 4.6 | 13.0 | 2.2 | 1.7 | 9.7 | 1.1 |
| The Full Works – scrambled eggs | 1299 | 5420 | 77.0 | 38.0 | 84.0 | 14.0 | 11.0 | 63.0 | 7.4 | 198 | 824 | 12.0 | 5.7 | 13.0 | 2.1 | 1.7 | 9.5 | 1.1 |
| The Full Veggie – poached eggs | 1104 | 4611 | 58.0 | 22.0 | 89.0 | 15.0 | 16.0 | 48.0 | 3.8 | 164 | 687 | 8.7 | 3.2 | 13.0 | 2.2 | 2.4 | 7.1 | 0.6 |
| The Full Veggie – fried eggs | 1120 | 4677 | 60.0 | 22.0 | 89.0 | 15.0 | 16.0 | 47.0 | 3.9 | 169 | 707 | 9.1 | 3.3 | 13.0 | 2.3 | 2.5 | 7.1 | 0.6 |
| The Full Veggie – scrambled eggs | 1207 | 5033 | 70.0 | 29.0 | 90.0 | 15.0 | 16.0 | 47.0 | 4.1 | 178 | 742 | 10.0 | 4.3 | 13.0 | 2.2 | 2.4 | 7.0 | 0.6 |
| The Light Works – poached eggs | 995 | 4152 | 61.0 | 29.0 | 57.0 | 3.5 | 4.3 | 53.0 | 6.4 | 275 | 1148 | 17.0 | 8.0 | 16.0 | 1.0 | 1.2 | 15.0 | 1.8 |
| The Light Works – fried eggs | 1011 | 4218 | 63.0 | 29.0 | 57.0 | 3.5 | 4.3 | 53.0 | 6.5 | 287 | 1198 | 18.0 | 8.2 | 16.0 | 1.0 | 1.2 | 15.0 | 1.8 |
| The Light Works – scrambled eggs | 1098 | 4575 | 72.0 | 37.0 | 57.0 | 3.8 | 4.3 | 53.0 | 6.7 | 298 | 1242 | 20.0 | 10.0 | 16.0 | 1.0 | 1.2 | 14.0 | 1.8 |
| The Light Veggie – poached eggs | 903 | 3766 | 54.0 | 21.0 | 62.0 | 4.7 | 9.8 | 38.0 | 3.1 | 236 | 986 | 14.0 | 5.5 | 16.0 | 1.2 | 2.6 | 10.0 | 0.8 |
| The Light Veggie – fried eggs | 919 | 3832 | 56.0 | 21.0 | 62.0 | 4.7 | 9.8 | 37.0 | 3.2 | 247 | 1029 | 15.0 | 5.6 | 17.0 | 1.3 | 2.6 | 10.0 | 0.9 |
| The Light Veggie – scrambled eggs | 1006 | 4188 | 65.0 | 29.0 | 62.0 | 4.9 | 9.8 | 38.0 | 3.3 | 259 | 1077 | 17.0 | 7.4 | 16.0 | 1.3 | 2.5 | 9.7 | 0.9 |
| Shakshuka Baked Eggs | 485 | 2041 | 13.0 | 2.9 | 65.0 | 18.0 | 4.7 | 24.0 | 3.1 | 145 | 612 | 3.9 | 0.9 | 20.0 | 5.4 | 1.4 | 7.3 | 0.9 |
| Optional items/extras: | | | | | | | | | | | | | | | | | | |
| <i>2 Fried Eggs</i> | 164 | 682 | 13.0 | 3.0 | 0.0 | 0.0 | 0.0 | 12.0 | 0.4 | 181 | 753 | 14.0 | 3.3 | 0.0 | 0.0 | 0.0 | 14.0 | 0.4 |
| <i>2 Poached Eggs</i> | 149 | 618 | 11.0 | 3.0 | 0.0 | 0.0 | 0.0 | 13.0 | 0.3 | 149 | 618 | 11.0 | 3.0 | 0.0 | 0.0 | 0.0 | 13.0 | 0.3 |
| <i>2 Scrambled Eggs</i> | 251 | 1038 | 22.0 | 11.0 | 0.0 | 0.0 | 0.0 | 13.0 | 0.6 | 235 | 972 | 21.0 | 10.0 | 0.0 | 0.0 | 0.0 | 12.0 | 0.5 |
| <i>Sour Dough Toast with Butter</i> | 294 | 1228 | 18.0 | 11.0 | 28.0 | 1.6 | 1.5 | 4.8 | 3.0 | 405 | 1689 | 25.0 | 15.0 | 38.0 | 2.3 | 2.1 | 6.5 | 4.1 |
| <i>GF Toast with Butter</i> | 328 | 1363 | 21.0 | 11.0 | 31.0 | 2.0 | 6.4 | 1.7 | 1.0 | 364 | 1515 | 23.0 | 12.0 | 34.0 | 2.2 | 7.1 | 1.8 | 1.1 |
| <i>Extra Spinach</i> | 10 | 41 | 0.0 | 0.0 | 0.8 | 0.0 | 0.5 | 1.0 | 0.1 | 35 | 148 | 0.7 | 0.0 | 2.9 | 0.0 | 1.9 | 3.4 | 0.3 |
| <i>Extra Pancetta (2 slices)</i> | 62 | 256 | 5.1 | 2.0 | 0.0 | 0.0 | 0.0 | 3.8 | 0.6 | 772 | 3201 | 64.0 | 26.0 | 1.0 | 1.0 | 0.0 | 48.0 | 7.0 |
| <i>Extra Goats Cheese</i> | 109 | 456 | 9.5 | 6.3 | 0.5 | 0.0 | 0.0 | 5.6 | 0.4 | 311 | 1302 | 27.0 | 18.0 | 1.0 | 0.5 | 0.0 | 16.0 | 1.2 |

| | PER SERVING | | | | | | | | | | PER 100 G | | | | | | | | |
|--|-------------|-----------|-------|-------------|------------------|----------|---------|-----------|--------|-------------|-----------|-------|-------------|------------------|----------|---------|-----------|--------|--|
| | Energy kcal | Energy kJ | Fat g | Saturates g | Carbohydrate s g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbohydrate s g | Sugars g | Fibre g | Protein g | Salt g | |
| Pancake & Pastries | | | | | | | | | | | | | | | | | | | |
| Pancetta & Maple Syrup Pancakes | 531 | 2223 | 27.0 | 14.0 | 60.0 | 27.0 | 1.7 | 11.0 | 1.5 | 318 | 1331 | 16.0 | 8.3 | 36.0 | 16.0 | 1.0 | 6.5 | 0.9 | |
| Blueberries & Mascarpone Pancakes | 389 | 1637 | 12.0 | 6.3 | 63.0 | 30.0 | 2.5 | 6.7 | 0.4 | 185 | 780 | 5.5 | 3.0 | 30.0 | 14.0 | 1.2 | 3.2 | 0.2 | |
| All-butter Croissant with Butter | 384 | 1596 | 28.0 | 19.0 | 27.0 | 3.8 | 1.3 | 5.5 | 0.8 | 541 | 2247 | 39.0 | 27.0 | 38.0 | 5.3 | 1.9 | 7.8 | 1.2 | |
| Pain au Chocolat | 304 | 1269 | 16.0 | 8.3 | 33.0 | 9.7 | 2.3 | 6.3 | 0.5 | 476 | 1991 | 25.0 | 13.0 | 52.0 | 15.0 | 3.6 | 9.9 | 0.8 | |
| Pain aux Raisins | 337 | 1411 | 17.0 | 7.7 | 40.0 | 16.0 | 1.2 | 4.5 | 0.8 | 413 | 1729 | 21.0 | 9.4 | 49.0 | 20.0 | 1.4 | 5.5 | 0.9 | |
| Breakfast Dough Balls with Butter | 403 | 1691 | 18.0 | 11.0 | 50.0 | 3.4 | 2.5 | 9.6 | 1.8 | 392 | 1641 | 17.0 | 10.0 | 48.0 | 3.3 | 2.4 | 9.3 | 1.7 | |
| Breakfast Dough Balls GF Version with Butter | 430 | 1800 | 23.0 | 11.0 | 53.0 | 2.9 | 2.4 | 2.3 | 1.9 | 1487 | 356 | 19.0 | 9.3 | 44.0 | 2.4 | 2.0 | 1.9 | 1.6 | |
| Fresh Fruit & Yoghurt Bowl | 132 | 554 | 5.2 | 1.9 | 15.0 | 14.0 | 3.4 | 3.7 | 0.0 | 68 | 284 | 2.6 | 1.0 | 7.8 | 7.2 | 1.7 | 1.9 | 0.0 | |
| <i>Preserves:</i> | | | | | | | | | | | | | | | | | | | |
| <i>Strawberry Jam</i> | 67 | 287 | 0.0 | 0.0 | 17.0 | 15.0 | 0.5 | 0.0 | 0.0 | 241 | 1024 | 0.0 | 0.0 | 59.0 | 55.0 | 1.6 | 0.0 | 0.1 | |
| <i>Raspberry Jam</i> | 67 | 284 | 0.0 | 0.0 | 16.0 | 15.0 | 0.5 | 0.0 | 0.0 | 239 | 1013 | 0.0 | 0.0 | 58.0 | 55.0 | 1.6 | 0.6 | 0.1 | |
| <i>Marmalade</i> | 67 | 286 | 0.0 | 0.0 | 17.0 | 16.0 | 0.1 | 0.0 | 0.0 | 240 | 1020 | 0.0 | 0.0 | 59.0 | 56.0 | 0.5 | 0.0 | 0.1 | |
| <i>Honey</i> | 91 | 389 | 0.0 | 0.0 | 23.0 | 21.0 | 0.0 | 0.0 | 0.0 | 327 | 1388 | 0.0 | 0.0 | 81.0 | 75.0 | 0.0 | 0.0 | 0.1 | |
| Pizzas | | | | | | | | | | | | | | | | | | | |
| Classic Italian Bacon & Egg Pizza | 1016 | 4276 | 32.0 | 15.0 | 125.0 | 17.0 | 7.5 | 53.0 | 5.7 | 261 | 1096 | 8.2 | 3.7 | 32.0 | 4.3 | 1.9 | 14.0 | 1.5 | |
| Classic Italian Bacon & Egg Pizza GF Version | 956 | 4022 | 31.0 | 14.0 | 129.0 | 9.4 | 4.8 | 37.0 | 5.5 | 256 | 1075 | 8.4 | 3.8 | 34.0 | 2.5 | 1.3 | 9.9 | 1.5 | |
| Romana Italian Bacon & Egg Pizza | 1080 | 4537 | 41.0 | 19.0 | 115.0 | 15.0 | 6.7 | 59.0 | 6.1 | 273 | 1144 | 10.0 | 4.9 | 29.0 | 3.8 | 1.7 | 15.0 | 1.5 | |

| | PER SERVING | | | | | | | | | PER 100 G | | | | | | | | |
|-------------------------------------|-------------|-----------|-------|-------------|-----------------|----------|---------|-----------|--------|-------------|-----------|-------|-------------|-----------------|----------|---------|-----------|--------|
| | Energy kcal | Energy kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g |
| Small Plates | | | | | | | | | | | | | | | | | | |
| Eggs on Bruschetta – poached eggs | 450 | 1888 | 17.0 | 6.0 | 50.0 | 2.6 | 2.6 | 23.0 | 1.8 | 230 | 965 | 8.8 | 3.1 | 25.0 | 1.3 | 1.3 | 12.0 | 0.9 |
| Eggs on Bruschetta – fried eggs | 466 | 1954 | 19.0 | 6.0 | 50.0 | 2.6 | 2.6 | 22.0 | 1.9 | 250 | 1050 | 10.0 | 3.2 | 27.0 | 1.4 | 1.4 | 12.0 | 1.0 |
| Eggs on Bruschetta – scrambled eggs | 552 | 2310 | 29.0 | 14.0 | 50.0 | 2.8 | 2.6 | 22.0 | 2.1 | 273 | 1142 | 14.0 | 6.8 | 25.0 | 1.4 | 1.3 | 11.0 | 1.0 |
| Smashed Avocado & Poached Eggs | 592 | 2474 | 31.0 | 9.3 | 51.0 | 2.9 | 5.0 | 24.0 | 1.9 | 215 | 898 | 11.0 | 3.4 | 18.0 | 1.1 | 1.8 | 8.7 | 0.7 |
| Eggs Benedict | 690 | 2879 | 40.0 | 14.0 | 51.0 | 3.2 | 2.6 | 29.0 | 3.0 | 279 | 1163 | 16.0 | 5.5 | 21.0 | 1.3 | 1.1 | 12.0 | 1.2 |
| Eggs Royale | 680 | 2840 | 38.0 | 11.0 | 51.0 | 3.1 | 2.6 | 32.0 | 3.4 | 245 | 1023 | 14.0 | 4.1 | 18.0 | 1.1 | 0.9 | 11.0 | 1.2 |
| Eggs Florentine | 607 | 2537 | 33.0 | 11.0 | 52.0 | 3.1 | 3.1 | 24.0 | 2.2 | 230 | 962 | 12.0 | 4.0 | 20.0 | 1.2 | 1.2 | 9.1 | 0.8 |
| <i>Swaps / Extras:</i> | | | | | | | | | | | | | | | | | | |
| <i>Sour Dough Toast with Butter</i> | 294 | 1228 | 18.0 | 11.0 | 28.0 | 1.6 | 1.5 | 4.8 | 3.0 | 405 | 1689 | 25.0 | 15.0 | 38.0 | 2.3 | 2.1 | 6.5 | 4.1 |
| <i>GF Toast with Butter</i> | 328 | 1363 | 21.0 | 11.0 | 31.0 | 2.0 | 6.4 | 1.7 | 1.0 | 364 | 1515 | 23.0 | 12.0 | 34.0 | 2.2 | 7.1 | 1.8 | 1.1 |
| <i>Smoked Salmon</i> | 83 | 345 | 5.5 | 0.8 | 0.0 | 0.0 | 0.0 | 8.4 | 1.3 | 197 | 821 | 13.0 | 2.0 | 0.0 | 0.0 | 0.0 | 20.0 | 3.0 |
| <i>Crispy Pancetta (3 slices)</i> | 93 | 384 | 7.7 | 3.1 | 0.0 | 0.0 | 0.0 | 5.8 | 0.8 | 772 | 3201 | 64.0 | 26.0 | 1.0 | 1.0 | 0.0 | 48.0 | 7.0 |
| <i>2 Pork Sausages</i> | 284 | 1179 | 22.0 | 12.0 | 7.3 | 0.9 | 1.8 | 13.0 | 1.5 | 329 | 1367 | 26.0 | 14.0 | 8.4 | 1.1 | 2.1 | 15.0 | 1.7 |
| <i>2 Vegetarian Sausages</i> | 200 | 834 | 10.0 | 3.8 | 11.0 | 1.7 | 4.9 | 14.0 | 0.9 | 217 | 907 | 11.0 | 4.1 | 12.0 | 1.8 | 5.3 | 15.0 | 0.9 |
| <i>Smashed Avocado</i> | 142 | 587 | 14.0 | 3.3 | 1.3 | 0.5 | 2.4 | 1.4 | 0.1 | 178 | 733 | 18.0 | 4.1 | 1.7 | 0.5 | 3.0 | 1.8 | 0.2 |
| <i>2 Fried Eggs</i> | 164 | 682 | 13.0 | 3.0 | 0.0 | 0.0 | 0.0 | 12.0 | 0.4 | 181 | 753 | 14.0 | 3.3 | 0.0 | 0.0 | 0.0 | 14.0 | 0.4 |
| <i>2 Poached Eggs</i> | 149 | 618 | 11.0 | 3.0 | 0.0 | 0.0 | 0.0 | 13.0 | 0.3 | 149 | 618 | 11.0 | 3.0 | 0.0 | 0.0 | 0.0 | 13.0 | 0.3 |
| <i>2 Scrambled Eggs</i> | 251 | 1038 | 22.0 | 11.0 | 0.0 | 0.0 | 0.0 | 13.0 | 0.6 | 235 | 972 | 21.0 | 10.0 | 0.0 | 0.0 | 0.0 | 12.0 | 0.5 |
| <i>Goats Cheese</i> | 109 | 456 | 9.5 | 6.3 | 0.5 | 0.0 | 0.0 | 5.6 | 0.4 | 311 | 1302 | 27.0 | 18.0 | 1.0 | 0.5 | 0.0 | 16.0 | 1.2 |
| <i>Baked Vine Tomato</i> | 32 | 132 | 1.6 | 0.2 | 2.6 | 2.6 | 0.9 | 0.5 | 0.0 | 46 | 191 | 2.3 | 0.3 | 3.7 | 3.7 | 1.3 | 0.6 | 0.0 |
| <i>Spinach</i> | 10 | 41 | 0.0 | 0.0 | 0.8 | 0.0 | 0.5 | 1.0 | 0.1 | 35 | 148 | 0.7 | 0.0 | 2.9 | 0.0 | 1.9 | 3.4 | 0.3 |
| <i>Baked beans</i> | 125 | 525 | 0.7 | 0.3 | 21.0 | 7.1 | 4.9 | 6.4 | 0.7 | 89 | 375 | 0.5 | 0.2 | 15.0 | 5.1 | 3.5 | 4.6 | 0.5 |
| <i>Whole Button Mushrooms</i> | 44 | 181 | 2.3 | 0.3 | 3.7 | 0.6 | 0.8 | 2.8 | 0.0 | 54 | 226 | 2.9 | 0.4 | 4.6 | 0.7 | 1.0 | 3.5 | 0.0 |

| | PER SERVING | | | | | | | | | PER 100 G | | | | | | | | |
|--------------------------------------|-------------|-----------|-------|-------------|-----------------|----------|---------|-----------|--------|-------------|-----------|-------|-------------|-----------------|----------|---------|-----------|--------|
| | Energy kcal | Energy kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g | Energy kcal | Energy kJ | Fat g | Saturates g | Carbohydrates g | Sugars g | Fibre g | Protein g | Salt g |
| Smoothies & Juices | | | | | | | | | | | | | | | | | | |
| Go Tropical | 198 | 836 | 4.2 | 2.7 | 37.0 | 36.0 | 2.8 | 1.7 | 0.0 | 58 | 246 | 1.2 | 0.8 | 11.0 | 11.0 | 0.8 | 0.5 | 0.0 |
| Berry Berry Nice | 146 | 615 | 1.6 | 0.0 | 28.0 | 28.0 | 6.9 | 1.5 | 0.0 | 43 | 181 | 0.5 | 0.0 | 8.3 | 8.3 | 2.0 | 0.5 | 0.0 |
| Feel Good | 171 | 722 | 1.4 | 0.1 | 36.0 | 33.0 | 3.1 | 1.7 | 0.0 | 50 | 212 | 0.5 | 0.0 | 11.0 | 9.7 | 0.9 | 0.5 | 0.0 |
| Green Machine | 151 | 637 | 1.7 | 0.1 | 30.0 | 30.0 | 2.1 | 2.6 | 0.1 | 44 | 187 | 0.5 | 0.0 | 8.9 | 8.8 | 0.6 | 0.8 | 0.0 |
| Mango Tango | 169 | 717 | 1.3 | 0.0 | 37.0 | 37.0 | 2.1 | 1.5 | 0.0 | 50 | 211 | 0.5 | 0.0 | 11.0 | 11.0 | 0.6 | 0.5 | 0.0 |
| Orange juice | 74 | 316 | 0.0 | 0.0 | 18.0 | 18.0 | 0.0 | 1.0 | 0.1 | 37 | 158 | 0.0 | 0.0 | 8.8 | 8.8 | 0.0 | 0.5 | 0.0 |
| Apple Juice | 110 | 455 | 0.0 | 0.0 | 26.0 | 26.0 | 0.0 | 0.5 | 0.0 | 43 | 182 | 0.0 | 0.0 | 10.0 | 10.0 | 0.0 | 0.1 | 0.0 |
| Condiments | | | | | | | | | | | | | | | | | | |
| Tomato ketchup | 31 | 131 | 0.0 | 0.0 | 7.0 | 6.8 | 0.0 | 0.5 | 0.5 | 102 | 435 | 0.1 | 0.0 | 23.2 | 22.8 | 0.0 | 1.2 | 1.8 |
| Brown sauce | 37 | 155 | 0.0 | 0.0 | 8.5 | 6.9 | 0.0 | 0.5 | 0.4 | 122 | 517 | 0.1 | 0.0 | 28.3 | 23.1 | 0.0 | 0.9 | 1.3 |
| Piccolo | | | | | | | | | | | | | | | | | | |
| Eggs and Soldiers | 428 | 1799 | 15.0 | 3.4 | 50.0 | 2.5 | 2.5 | 22.0 | 1.8 | 237 | 997 | 8.4 | 1.9 | 27.0 | 1.4 | 1.4 | 12.0 | 1.0 |
| Pancetta & Maple Syrup Pancakes | 342 | 1435 | 15.0 | 7.5 | 43.0 | 21.0 | 1.1 | 7.2 | 1.0 | 303 | 1270 | 14.0 | 6.6 | 38.0 | 19.0 | 1.0 | 6.4 | 0.9 |
| Blueberry & Mascarpone Pancakes | 290 | 1221 | 11.0 | 6.1 | 43.0 | 21.0 | 1.7 | 4.8 | 0.3 | 194 | 814 | 7.1 | 4.1 | 29.0 | 14.0 | 1.1 | 3.2 | 0.2 |
| <i>Optional:</i> | | | | | | | | | | | | | | | | | | |
| <i>Crispy pancetta</i> | 62 | 256 | 5.1 | 2.0 | 0.0 | 0.0 | 0.0 | 3.8 | 0.6 | 772 | 3201 | 64.0 | 26.0 | 1.0 | 1.0 | 0.0 | 48.0 | 7.0 |
| Fresh Fruit & Yoghurt Bowl | 52 | 217 | 1.4 | 0.8 | 7.2 | 7.0 | 1.5 | 1.3 | 0.0 | 54 | 228 | 1.5 | 0.8 | 7.6 | 7.4 | 1.6 | 1.3 | 0.0 |
| Italian Bacon & Egg Pizza | 522 | 2194 | 18.0 | 7.6 | 59.0 | 10.0 | 4.2 | 28.0 | 3.1 | 217 | 914 | 7.5 | 3.2 | 25.0 | 4.2 | 1.8 | 12.0 | 1.3 |
| Italian Bacon & Egg Pizza GF Version | 490 | 2060 | 17.0 | 7.5 | 61.0 | 7.9 | 2.0 | 21.0 | 2.9 | 210 | 883 | 7.5 | 3.2 | 26.0 | 3.4 | 0.9 | 9.1 | 1.3 |