

## Bella Italia May Nutritions 2019

Nutrition information is provided as per dish served, this information is provided as a guide and is subject to natural variation

<b>While you Wait</b>	<b>Energy</b>	<b>Energy</b>	<b>Fat</b>	<b>Saturates</b>	<b>Carb</b>	<b>Sugars</b>	<b>Protein</b>	<b>Fibre</b>	<b>Sodium</b>	<b>Salt</b>
	<b>(kcal)</b>	<b>(KJ)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>
Sicilian Olives	195.6	807.6	18.4	2.4	4.6	0.6	1.2	4.0	1.4	3.6
Dough Bites with Garlic and Rosemary Dip	473.1	1977.9	26.7	6.6	48.3	3.8	9.2	1.4	0.6	1.5
Dough Bites with Basil Pesto Dip	519.7	2166.7	31.8	5.1	45.7	3.4	11.1	2.7	0.7	1.7
Pane Bella	801.4	3355.8	34.1	5.4	100.8	7.8	19.5	6.1	1.3	3.2
Flatbread with Garlic Butter	723.1	3044.7	24.7	8.7	103.8	4.1	19.8	3.5	0.9	2.2
Flatbread with Spicy 'Nduja Sausage & Mozzarella	808.2	3391.5	32.0	14.6	93.8	4.7	32.5	7.1	1.3	3.3
Flatbread with Mozzarella & Garlic Butter	907.2	3800.2	38.1	16.9	102.8	4.0	35.8	4.5	1.2	3.0
Flatbread with Caramelised Onion & Mozzarella	976.0	4099.2	33.3	15.4	136.0	51.2	30.1	5.4	1.3	3.3
Flatbread with Pomodoro and Pesto	731.5	3072.3	29.8	4.8	92.1	13.0	20.2	6.9	1.2	3.0
Gluten Free Flatbread with Garlic Butter	677.4	2716.3	111.0	18.8	83.0	8.8	6.1	7.8	1.0	2.4
Gluten Free Flatbread with Spicy 'Nduja Sausage & Mozzarella	656.6	2757.0	88.3	12.0	80.3	8.6	22.6	7.4	1.2	2.9
Gluten Free Flatbread with Mozzarella & Garlic Butter	867.3	3541.7	124.9	24.1	93.4	9.8	23.0	8.8	1.4	3.5
Gluten Free & Vegan Flatbread with Caramelised Onion	915.0	3849.5	131.6	-	147.6	27.2	9.7	13.2	1.1	2.8
Gluten Free Flatbread with Pomodoro and Pesto	611.2	2560.6	84.2	5.2	81.9	12.2	8.4	7.2	1.0	2.6
<b>Starters</b>	<b>Energy</b>	<b>Energy</b>	<b>Fat</b>	<b>Saturates</b>	<b>Carb</b>	<b>Sugars</b>	<b>Protein</b>	<b>Fibre</b>	<b>Sodium</b>	<b>Salt</b>
	<b>(kcal)</b>	<b>(KJ)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>
Seasonal Soup	409.8	1382.6	5.4	0.4	50.3	5.9	15.3	3.3	1.5	3.8
Gluten Free -Seasonal Soup	294.4	1243.3	21.3	0.9	43.4	6.9	11.4	4.0	1.2	3.0
Arancini	477.1	1995.5	24.4	5.1	51.6	5.3	11.2	3.7	0.6	1.6
Polpette	510.9	2128.0	28.7	10.7	28.9	5.5	32.1	3.9	1.2	3.1
Vegan Polpette	454.3	1902.8	19.8	2.1	52.5	8.9	10.9	11.8	1.2	2.9
Gluten Free Vegan Polpette	315.7	1309.8	18.9	2.0	20.7	7.7	8.6	14.5	1.1	2.8
Fritto Misto	518.9	2166.9	33.1	2.9	34.6	1.1	20.6	0.9	0.9	2.2
Gamberi	302.8	1265.0	18.8	9.0	10.3	1.2	22.4	1.7	1.0	2.6
Gluten Free Gamberi	332.4	1353.9	37.5	10.4	20.6	2.4	21.2	-	1.1	2.7
Chicken wings in Sweet & Sour	468.9	1959	25	7.6	13.2	14.6	47.7	0.5	0.3	0.6
Chicken wings in Piri Piri	434.2	1813.0	24.3	7.3	4.4	0.1	48.4	1.8	0.5	1.2
Chicken Wings in Barbecue	372.3	1555.5	19.0	4.8	11.4	12.6	38.1	1.2	0.4	1.1
Funghi Arrosto	439.5	1837.6	25.2	7.9	29.3	2.6	20.8	6.7	0.5	1.1
Gluten Free Funghi Arrosto	331.5	1379.5	36.2	7.6	19.1	3.3	9.4	3.5	0.4	1.1
Antipasti board	806.5	3357.6	57.2	26.2	27.0	3.4	44.9	2.0	2.7	6.8
Calamari	282.5	1176.0	20.5	1.8	16.1	0.8	8.3	0.5	1.0	2.4
Insalata Caprese	339.0	1404.0	30.2	17.6	2.1	4.0	15.0	4.4	0.2	0.5
Bruschetta	674.5	2199.0	35.4	3.6	47.3	4.8	8.5	-	0.8	1.9
Gluten Free Bruschetta	342.7	1420.9	40.5	3.1	20.4	4.9	2.2	-	0.3	0.7
Mozzarella Carrozza	849.3	3543.2	51.0	21.3	71.9	28.8	24.1	3.2	1.6	3.9
<b>Lighter Dishes</b>	<b>Energy</b>	<b>Energy</b>	<b>Fat</b>	<b>Saturates</b>	<b>Carb</b>	<b>Sugars</b>	<b>Protein</b>	<b>Fibre</b>	<b>Sodium</b>	<b>Salt</b>
	<b>(kcal)</b>	<b>(KJ)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>
Gamberoni Spirali	259.2	1080.0	13.7	-	10.8	9.1	23.0	-	2.1	5.3
Lenticchie Spirali	299.2	1256.7	10.6	2.6	44.6	17.3	19.1	-	3.1	7.7
Bolognese Spirali	282.8	1177.8	15.4	14.3	16.5	14.9	19.3	-	1.4	3.6
Milli Colori Pizza	524.6	2205.7	22.2	6.5	65.7	-	15.6	10.5	2.2	5.6
Pollo Saporì Pizza	532.7	2242.6	18.7	9.0	62.5	-	28.8	8.4	2.3	5.7
Pollo Lenticchie	335.4	1410.4	5.6	1.25	21.07	12.47	44.72	10.75	2.1	5.1
<b>Salads</b>	<b>Energy</b>	<b>Energy</b>	<b>Fat</b>	<b>Saturates</b>	<b>Carb</b>	<b>Sugars</b>	<b>Protein</b>	<b>Fibre</b>	<b>Sodium</b>	<b>Salt</b>
	<b>(kcal)</b>	<b>(KJ)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>
Insalata Giardiniera	265.2	1102.6	19.4	2.9	14.3	11.0	6.0	5.4	0.3	0.7
Pollo add	167.6	706.8	3.0	0.7	0.6	0.2	35.2	0.3	0.4	1.1
Salmon add	342	1425	3.8	3.6	0	0	38.4	0	0.2	0.5
Goat's Cheese add	120	498.4	9.7	6.7	0.4	0.4	7.9	0	0.2	0.5
Insalata di Verona	875.4	3650.8	45.2	5.3	94.4	7.7	16.8	10.6	0.9	2.3
Insalata Parma Bufala	654.6	2706.1	47.5	16.7	20.0	2.3	30.0	12.9	1.4	3.4
Insalata Caesar	432.0	1788.5	35.4	4.4	16.8	5.4	9.5	3.7	0.6	1.4
Insalata Caesar with Pollo & Pancetta	561.1	2337.3	35.9	6.6	10.6	5.3	47.1	3.7	1.1	2.8
<b>Pasta</b>	<b>Energy</b>	<b>Energy</b>	<b>Fat</b>	<b>Saturates</b>	<b>Carb</b>	<b>Sugars</b>	<b>Protein</b>	<b>Fibre</b>	<b>Sodium</b>	<b>Salt</b>
	<b>(kcal)</b>	<b>(KJ)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>
Pomodoro Rustici	573.7	2419.3	16.3	4.2	84.9	7.6	19.2	-	1.3	3.3
Gluten Free Pomodoro Penne	422.7	1775.4	16.2	3.2	59.6	3.9	8.4	-	0.8	1.9
Bolognese Spaghetti	688.5	2890.5	27.3	10.1	76.2	7.4	31.3	6.3	1.2	3.1
Gluten Free Bolognese Penne	756.4	3185.7	31.7	14.4	89.6	11.7	25.5	-	1.0	2.5
Vegan Bolognese Spaghetti	667.5	2799.6	9.4	1.1	114.2	13.0	27.3	-	2.7	6.8
Gluten Free and Vegan Bolognese Penne	944.5	3940.8	29.1	4.6	138.1	14.7	27.7	-	3.3	8.4
Gamberoni Arrabiata	691.9	2899.1	18.9	5.7	91.5	12.6	33.2	10.3	1.4	3.4
Gluten Free Gamberoni Arrabiata	526.4	2205.5	14.4	4.4	69.6	9.6	25.2	7.8	1.0	2.6
Calabrese	774.4	3240.8	31.5	11.5	83.7	4.3	34.4	8.1	1.1	2.6
Gluten Free Calabrese	1388.3	5785.0	89.4	-	88.5	10.6	55.1	-	2.9	7.2
Pollo Pesto	1036.8	4337.3	56.2	8.9	86.7	6.0	41.5	9.1	0.7	1.8
Gluten Free Pollo Pesto	1204.6	5018.4	76.7	12.3	87.2	7.3	40.0	5.0	0.9	2.2
Vegan Pollo Pesto	1318.0	5522.5	58.2	6.6	152.2	15.0	41.4	13.8	1.1	2.8
Vegan and Gluten Free Pollo Pesto	1089.1	4540.3	64.2	7.3	98.8	9.3	25.3	10.0	1.1	2.9
Marco Polo	1005.8	4236.7	29.5	5.0	140.0	40.6	41.1	8.1	0.9	2.3
Gluten Free Marco Polo	1070.3	4490.3	44.9	5.7	127.2	41.8	37.2	-	1.3	3.3
Vegan Marco Polo	1002.2	4210.6	23.6	3.5	149.1	47.8	39.2	16.1	1.3	3.2
Vegan and Gluten Free Marco Polo	1093.0	4586.7	42.4	4.8	139.5	57.2	32.6	-	2.0	5.0
Cacio E Pepe	1192.7	4985.2	61.4	25.4	96.8	5.2	63.1	2.9	2.1	5.2
Gluten Free Cacio E Pepe	1475.7	6192.2	90.0	33.7	95.2	3.2	69.8	2.4	2.1	5.2
Carbonara	792.4	3321.1	32.9	14.9	92.2	3.0	29.0	5.2	1.3	3.3
Gluten Free Carbonara	1035.0	4306.6	64.2	24.0	84.5	4.5	29.0	3.5	2.6	6.5
Funghi Crema	653.7	2744.6	22.3	9.4	88.5	3.2	21.9	5.3	0.2	0.6
Gluten Free Funghi Crema	895.7	3740.3	52.3	24.3	84.6	5.4	20.2	3.4	0.9	2.4
Marinara	652.8	2739.6	19.5	4.5	84.8	5.1	30.8	6.2	1.4	3.5
Gluten Free Marinara Penne	965.4	4046.6	46.6	10.7	86.3	5.6	48.5	2.2	2.5	6.3
Polpette Americano	760.3	3183.8	26.9	7.4	90.3	8.4	34.3	8.4	1.2	2.9
Vegan Polpette Americano	797.3	3343.9	25.6	2.7	110.7	13.7	22.6	16.7	1.5	3.7
Vegan and Gluten Free Polpette Penne	727.2	3055.3	26.3	2.6	101.0	12.1	13.1	18.2	1.2	3.1

Tagliatelle Capra	905.6	3797.9	28.3	9.9	123.6	17.0	35.1	6.2	1.1	2.8	
Gluten Free Tagliatelle Capra	908.3	3795.2	45.8	13.3	96.0	15.0	25.7	5.8	1.5	3.6	
<b>Al Forno</b>	<b>Energy</b>	<b>Energy</b>	<b>Fat</b>	<b>Saturates</b>	<b>Carb</b>	<b>Sugars</b>	<b>Protein</b>	<b>Fibre</b>	<b>Sodium</b>	<b>Salt</b>	
	<b>(kcal)</b>	<b>(KJ)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	
Traditional Lasagne	835.6	3506.8	39.9	18.0	69.0	16.5	46.8	7.6	2.3	5.8	
Pollo Alla Crema	1043.1	4359.1	50.5	25.0	97.7	7.7	45.6	6.6	1.3	3.1	
Carne Festa	1029.0	4299.8	44.6	15.0	91.4	7.9	60.4	8.9	1.8	4.6	
<b>Risotto</b>	<b>Energy</b>	<b>Energy</b>	<b>Fat</b>	<b>Saturates</b>	<b>Carb</b>	<b>Sugars</b>	<b>Protein</b>	<b>Fibre</b>	<b>Sodium</b>	<b>Salt</b>	
	<b>(kcal)</b>	<b>(KJ)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	
Risotto Pescatore	569.6	2383.6	20.6	6.4	74.7	2.0	19.4	2.8	1.7	4.3	
Risotto Verdura	559.9	2341.4	23.9	3.4	69.9	3.1	12.2	7.1	1.0	2.6	
Risotto Pollo Funghi	619.6	2596.8	23.7	6.9	50.6	3.3	47.3	7.1	1.3	3.3	
<b>Meat &amp; Fish</b>	<b>Energy</b>	<b>Energy</b>	<b>Fat</b>	<b>Saturates</b>	<b>Carb</b>	<b>Sugars</b>	<b>Protein</b>	<b>Fibre</b>	<b>Sodium</b>	<b>Salt</b>	
	<b>(kcal)</b>	<b>(KJ)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	
Pollo Funghi	681.1	2861.7	25.5	2.7	96.5	8.5	13.7	5.2	1.9	4.7	
Pollo Milanese	848.2	3569.3	88.9	9.2	47.1	10.6	32.4	7.1	0.9	2.3	
Salmone Al Forno	906.2	3783.7	49.7	6.6	62.0	5.1	49.2	7.2	1.4	3.4	
Salmone Al Forno Gluten Free	946.4	3895.6	49.4	12.9	44.6	8.1	49.5	-	1.3	3.3	
Sea bream	731.6	3049.1	39.0	8.7	59.4	6.4	30.4	10.7	1.2	2.9	
Sirloin Steak	337.0	1418.6	8.7	3.6	1.0	0.4	64.5	0.5	0.2	0.4	
	<i>Fries add</i>	1116.0	4646.9	68.2	5.2	108.8	1.2	9.6	13.6	0.6	1.5
	<i>Salad add</i>	188.4	787.3	9.7	1.3	16.9	10.6	5.3	6.8	0.6	1.6
	<i>Peppercorn Sauce add</i>	83.4	345.0	5.9	3.5	3.8	1.4	1.1	0.8	0.3	0.8
	<i>Creamy Mushroom Sauce add</i>	226.4	948.5	20.8	8.8	4.5	1.4	5.2	-	0.4	1.0
	<i>Garlic Butter add</i>	65.0	272.5	7.1	4.6	0.2	0.0	0.1	0.0	58.5	0.1
Grilled Chicken	167.6	706.8	3.0	0.7	0.6	0.2	35.2	0.3	0.4	1.1	
	<i>Fries add</i>	1116.0	4646.9	68.2	5.2	108.8	1.2	9.6	13.6	0.6	1.5
	<i>Salad add</i>	188.4	787.3	9.7	1.3	16.9	10.6	5.3	6.8	0.6	1.6
Gluten Free Grilled Chicken	548.2	2286.6	32.8	3.5	8.9	7.3	54.6	5.2	1.1	2.7	
	<i>Salad add</i>	188.4	787.3	9.7	1.3	16.9	10.6	5.3	6.8	0.6	1.6
Half Chicken Sweet & Sour	3019.4	6782.2	98.2	-	85.4	29.5	98.1	-	2.6	6.5	
Half Chicken Piri Piri	1633.5	6819.7	103.7	-	75.2	18.3	98.3	-	2.9	7.3	
Half Chicken Barbecue	1578.7	6590.1	89.6	-	93.4	35	98.2	-	2.7	6.8	
Rack of Ribs Sweet & Sour	3028.2	6912.4	102.4	-	86.2	29.7	68.3	-	2.4	6.0	
Rack of Ribs Piri Piri	1531.6	6373.0	106.4	-	69.5	12.2	69.9	-	1.3	3.3	
Rack of Ribs Barbecue	1608.9	6735.6	95.9	-	116.5	65.6	67.3	-	2.2	5.6	
Ribs & Chicken Sweet & Sour	2932.5	6546.7	97.2	-	84.8	29.3	86.1	-	2.6	6.5	
Ribs & Chicken Piri Piri	1351.7	5632.6	86.2	-	55.4	9.3	85.7	-	1.8	4.5	
Ribs & Chicken Barbecue	1391.3	5820.3	80.2	-	81.9	39.4	83.3	-	2.3	5.7	
<b>Burgers</b>	<b>Energy</b>	<b>Energy</b>	<b>Fat</b>	<b>Saturates</b>	<b>Carb</b>	<b>Sugars</b>	<b>Protein</b>	<b>Fibre</b>	<b>Sodium</b>	<b>Salt</b>	
	<b>(kcal)</b>	<b>(KJ)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	
Black Angus Burger	664.2	2778.4	33.5	9.4	45.1	9.1	38.0	15.7	1.2	3.1	
	<i>Fries add</i>	1116.0	4646.9	68.2	5.2	108.8	1.2	9.6	13.6	0.6	1.5
	<i>Salad add</i>	188.4	787.3	9.7	1.3	16.9	10.6	5.3	6.8	0.6	1.6
Vegan burger	471.9	1972.9	20.8	14.5	44.3	6.8	22.6	8.0	1.0	2.6	
	<i>Salad add</i>	188.4	787.3	9.7	1.3	16.9	10.6	5.3	6.8	0.6	1.6
Pollo Burger	659.2	2764.8	26.2	8.3	68.2	7.0	34.9	5.1	1.2	2.9	
	<i>Fries add</i>	1116.0	4646.9	68.2	5.2	108.8	1.2	9.6	13.6	0.6	1.5
	<i>Salad add</i>	188.4	787.3	9.7	1.3	16.9	10.6	5.3	6.8	0.6	1.6
Cannellini Bean Burger	592.8	2483.5	22.8	3.2	73.0	9.4	16.5	15.0	1.2	3.0	
	<i>Fries add</i>	1116.0	4646.9	68.2	5.2	108.8	1.2	9.6	13.6	0.6	1.5
	<i>Salad add</i>	188.4	787.3	9.7	1.3	16.9	10.6	5.3	6.8	0.6	1.6
Gluten Free Burger Americano	664.2	2778.4	33.5	9.4	45.1	9.1	38.0	15.7	1.2	3.1	
	<i>Salad add</i>	188.4	787.3	9.7	1.3	16.9	10.6	5.3	6.8	0.6	1.6
Vegan burger	471.9	1972.9	20.8	14.5	44.3	6.8	22.6	8.0	1.0	2.6	
	<i>Salad add</i>	188.4	787.3	9.7	1.3	16.9	10.6	5.3	6.8	0.6	1.6
<b>Pizza</b>	<b>Energy</b>	<b>Energy</b>	<b>Fat</b>	<b>Saturates</b>	<b>Carb</b>	<b>Sugars</b>	<b>Protein</b>	<b>Fibre</b>	<b>Sodium</b>	<b>Salt</b>	
	<b>(kcal)</b>	<b>(KJ)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	
Margherita	763.6	3214.8	22.1	10.9	98.2	7.6	40.0	5.8	1.2	3.0	
Margherita Roma	763.6	3214.8	22.1	10.9	98.2	7.6	40.0	5.8	1.2	3.0	
Margherita Ripiena Crust	1187.2	4970.5	54.5	29.3	106.3	8.4	64.2	7.1	2.4	6.1	
Margherita Gluten Free Base	910.9	3815.0	114.3	17.2	97.1	-	30.3	-	2.9	7.3	
Vegan Cheese Pizza	931.1	3907.2	117.7	25.9	117.3	-	8.2	-	3.2	8.1	
Queen Margherita	1085.4	4532.0	56.3	20.2	104.5	10.1	35.6	8.5	1.6	4.0	
Queen Margherita Roma	1085.4	4532.0	56.3	20.2	104.5	10.1	35.6	8.5	1.6	4.0	
Queen Margherita Ripiena Crust	1513.7	6314.1	86.0	40.3	109.0	6.5	69.5	12.4	3.0	7.4	
Queen Margherita Gluten Free Base	988.7	4138.8	49.6	17.1	109.6	6.0	21.8	8.6	1.5	3.8	
Campagna	868.7	3646.2	38.9	18.2	83.8	14.5	41.9	8.8	1.6	4.0	
Campagna Roma	868.7	3646.2	38.9	18.2	83.8	14.5	41.9	8.8	1.6	4.0	
Campagna Ripiena Crust	1461.2	6125.8	71.4	37.9	132.1	15.7	73.1	1.4	2.8	7.0	
Campagna Gluten Free Base	1028.6	4328.2	21.9	8.1	133.9	17.3	66.2	14.8	2.0	5.1	
Parma Bufala Pizza	1038.6	4345.1	46.7	21.8	101.3	16.7	50.2	5.4	2.3	5.8	
Parma Pizza Roma	1109.9	4646.2	54.4	25.7	90.4	19.4	61.2	7.2	2.7	6.7	
Parma Pizza Ripiena Crust	1388.3	5804.6	75.5	38.9	94.3	22.1	80.0	7.0	3.8	9.4	
Parma Bufala Pizza Gluten Free Base	1333.8	5571.0	155.4	29.6	111.6	12.5	48.1	10.3	2.2	5.1	
Diavola Forte	1254.6	5235.7	68.5	29.3	106.6	9.8	49.2	6.6	2.4	5.9	
Diavola Forte Roma	1254.6	5235.7	68.5	29.3	106.6	9.8	49.2	6.6	2.4	5.9	
Diavola Forte Ripiena Crust	1871.1	7806.0	118.3	56.5	110.0	13.5	85.5	13.5	3.3	8.3	
Diavola Forte Gluten Free Base	1523.2	6354.4	169.5	-	110.2	-	56.1	-	4.0	10.1	
Pollo Barbecue	979.0	4116.4	28.7	12.5	114.5	22.7	62.0	6.4	2.6	6.4	
Pollo Barbecue Roma	979.0	4116.4	28.7	12.5	114.5	22.7	62.0	6.4	2.6	6.4	
Pollo Barbecue Ripiena Crust	1595.9	6673.7	76.4	38.3	130.6	31.8	92.6	6.1	3.6	9.1	
Pollo Barbecue Gluten Free Base	1167.0	4896.5	112.7	18.5	123.7	18.6	51.9	7.6	3.6	8.9	
Vegan Barbecue	929.8	3916.4	23.2	14.6	137.9	36.6	35.5	13.4	2.2	5.6	
Vegan Barbecue Roma	929.8	3916.4	23.2	14.6	137.9	36.6	35.5	13.4	2.2	5.6	
Vegan Barbecue Gluten Free Base	987.0	4143.2	95.1	12.0	134.1	32.3	33.6	11.9	3.3	8.3	
Pepperoni Piccante	963.2	4028.3	45.3	19.0	92.7	8.6	42.4	7.0	1.9	4.7	
Pepperoni Piccante Roma	963.2	4028.3	45.3	19.0	92.7	8.6	42.4	7.0	1.9	4.7	
Pepperoni Piccante Ripiena Crust	1408.0	5884.3	74.3	36.8	105.4	9.2	76.2	6.3	3.3	8.4	
Pepperoni Piccante Gluten Free Base	1064.9	4448.2	121.9	-	83.3	-	43.0	-	3.4	8.5	

Pollo Vesuvio	924.2	3889.4	105.6	18.4	29.3	10.6	56.1	7.0	1.9	4.8
Pollo Vesuvio Roma	924.2	3889.4	105.6	18.4	29.3	10.6	56.1	7.0	1.9	4.8
Pollo Vesuvio Ripiena Crust	1310.8	5504.2	58.0	29.1	108.5	11.6	83.5	11.6	3.0	7.4
Pollo Vesuvio Gluten Free Base	1144.4	4792.3	128.6	-	103.1	-	54.2	-	3.4	8.4
Carne Mista	1005.7	4217.8	42.8	17.7	93.3	9.0	58.5	6.6	2.6	6.6
Carne Mista Roma	1005.7	4217.8	42.8	17.7	93.3	9.0	58.5	6.6	2.6	6.6
Carne Mista Ripiena Crust	1541.4	6440.8	88.2	41.4	98.6	15.6	85.6	5.2	4.8	12.0
Carne Mista Gluten Free Base	1171.4	4893.5	135.5	-	94.9	-	45.0	-	4.4	11.1
Cotto	801.4	3362.3	25.6	11.5	88.3	5.1	51.2	5.8	1.8	4.5
Cotto Roma	801.4	3362.3	25.6	11.5	88.3	5.1	51.2	5.8	1.8	4.5
Cotto Ripiena Crust	1233.2	5175.5	56.2	29.9	99.1	7.2	79.5	7.2	3.2	7.9
Cotto Gluten Free Base	873.3	3652.2	106.3	15.0	83.5	-	30.0	10.8	3.0	7.6
Gamberoni	895.4	3752.5	36.2	18.4	97.2	17.5	42.7	4.5	2.0	4.9
Gamberoni Ripiena	1288.7	5402.0	64.7	34.5	104.8	25.2	67.9	8.4	3.1	7.7
Gamberoni Roma	910.5	3814.3	39.4	21.6	86.3	19.0	47.6	9.5	2.1	5.3
Gamberoni Gluten Free Base	1064.8	4461.9	121.4	-	94.0	-	36.9	-	2.9	7.2
Funghi Luganica	1403.6	5866.1	77.9	30.3	94.6	13.1	76.5	8.7	2.6	6.5
Funghi Luganica Ripiena	1787.9	7458.8	104.1	46.7	113.5	16.3	95.1	7.2	4.1	10.3
Funghi Luganica Roma	1434.8	5992.7	77.1	33.6	110.2	12.7	71.0	6.6	2.7	6.8
Funghi Luganica Gluten Free Base	1453.6	6064.6	158.6	37.3	84.8	-	57.9	-	4.8	12.2
<b>Pizza CYO</b>	<b>Energy</b>	<b>Energy</b>	<b>Fat</b>	<b>Saturates</b>	<b>Carb</b>	<b>Sugars</b>	<b>Protein</b>	<b>Fibre</b>	<b>Sodium</b>	<b>Salt</b>
	<b>(kcal)</b>	<b>(KJ)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>
Create Your Own Pizza	831.7	3486.1	28.4	12.6	103.5	-	38.8	-	1.7	4.3
Create Your Own Roma	844.2	3533.7	33.8	12.9	97.3	-	36.3	-	2.4	6.0
Create Your Own Ripiena	1328.1	5502.6	74.8	35.6	103.0	-	67.5	8.4	3.3	8.3
Create Your Own Gluten Free	726.3	3043.8	94.5	12.0	84.1	-	21.0	10.0	2.4	6.0
Create Your Own Gluten Free & Vegan	934.6	3922.0	118.2	26.0	117.8	-	8.2	-	3.2	8.1
<i>Roast Pepper</i>	55	228.3	3.02	0.3	6.2	5.9	0.9	2.1	0.0	0.1
<i>Red Onion</i>	41.6	172.2	2.2	0.2	5	3.6	1	1.2	0.0	0.0
<i>Green Chilli</i>	4.4	18.1	0.1	-	0.2	0.2	0.6	-	0.0	0.0
<i>Black Olives</i>	30.4	125.7	2.8	0.5	1.0	0.0	0.2	0.5	0.2	0.6
<i>Rocket</i>	0.6	2.7	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0
<i>Spinach</i>	5.9	24.5	0.2	0.0	0.4	0.4	0.7	0.5	0.0	0.1
<i>Spring Onion</i>	12.2	51.9	0.3	0.1	1.6	1.5	1.1	1.1	0.0	0.0
<i>Garlic Mushrooms</i>	47.6	196.7	4.5	0.4	0.5	0.2	1.3	1.0	0.1	0.0
<i>Pepperoni</i>	126.9	526.4	10.8	4.4	1.9	0.1	7.5	0.0	0.4	1.0
<i>Salami</i>	63.9	265.1	4.9	3.4	0.2	0.0	4.7	0.0	0.4	0.9
<i>Cotto Ham</i>	112.4	465.7	8.8	2.9	0.0	0.0	8.2	0.0	0.6	1.4
<i>Pancetta</i>	68.3	282.8	5.9	2.4	0.3	0.3	3.6	0.0	0.4	1.0
<i>Chicken</i>	357.7	1498.3	16.9	1.8	0.3	0.3	51.1	0.9	0.9	2.3
<i>Tuna</i>	66.0	281.3	0.4	0.1	0.0	0.0	15.7	0.0	0.2	0.5
<i>Luganica Sausage</i>	101.4	419.8	8.3	3.1	0.0	0.0	6.4	0.6	0.4	0.9
<i>Spicy 'Nduja Sausage</i>	145.9	603.2	13.2	4.2	0.5	0.5	6.2	0.0	0.3	0.9
<i>Buffalo Mozzarella</i>	106.3	439.7	9.4	5.4	0.2	0.0	5.2	0.0	0.3	0.8
<i>Goat's Cheese</i>	155.3	644.7	12.1	8.6	0.5	0.5	11.1	0.0	0.3	0.8
<b>Calzone</b>	<b>Energy</b>	<b>Energy</b>	<b>Fat</b>	<b>Saturates</b>	<b>Carb</b>	<b>Sugars</b>	<b>Protein</b>	<b>Fibre</b>	<b>Sodium</b>	<b>Salt</b>
	<b>(kcal)</b>	<b>(KJ)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>
Carne	1101.6	4617.5	54.3	24.0	87.0	16.1	64.4	4.0	2.5	6.2
Diavola	1161.5	4868.2	56.1	21.0	106.1	19.7	54.0	9.1	2.5	6.3
Verdure Pesto	1311.6	5469.2	78.9	23.0	103.9	17.9	42.6	7.7	1.8	4.5
<b>Sides</b>	<b>Energy</b>	<b>Energy</b>	<b>Fat</b>	<b>Saturates</b>	<b>Carb</b>	<b>Sugars</b>	<b>Protein</b>	<b>Fibre</b>	<b>Sodium</b>	<b>Salt</b>
	<b>(kcal)</b>	<b>(KJ)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>
Coleslaw	108.6	450.2	8.1	0.8	6.5	2.9	1.5	2.0	0.5	1.1
Roasted Mediterranean Vegetables	64.8	270.5	1.5	0.1	8.8	7.7	2.5	2.7	0.3	0.7
Green Beans	41.6	173.3	3.0	1.3	1.2	1.2	1.5	2.2	0.1	0.2
Mixed Salad	97.7	405.3	6.5	0.9	8.1	6.7	1.9	2.9	0.2	0.4
Fries	457.9	1902.1	33.4	-	34.5	1.9	3.5	-	0.7	1.6
Sweet Potato Fries	335.0	1399.0	19.2	1.4	36.4	15.1	2.7	3.1	0.2	0.6
Onion Rings	666.9	2788.5	37.1	2.9	72.9	23.0	8.4	4.5	1.0	2.5
Crushed New Potatoes with Spring Onions	248.9	1042.1	13.7	2.2	29.9	2.7	3.4	2.7	0.1	0.1
<b>Desserts</b>	<b>Energy</b>	<b>Energy</b>	<b>Fat</b>	<b>Saturates</b>	<b>Carb</b>	<b>Sugars</b>	<b>Protein</b>	<b>Fibre</b>	<b>Sodium</b>	<b>Salt</b>
	<b>(kcal)</b>	<b>(KJ)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>
Chocolate Brownie	396.5	1651.4	28.1	16.6	32.1	25.5	3.4	1.7	0.1	0.2
Tiramisu	462.7	1933.3	26.5	20.2	50.7	30.1	5.3	0.4	0.1	0.2
Strawberry Cheesecake	675.4	2822.4	35.0	17.8	80.5	46.1	8.1	2.5	0.1	0.3
Coconut Panna Cotta	378.5	1577.8	24.9	22.0	33.7	31.9	3.4	3.2	0.0	0.1
Cookie Dough Al Forno	867.0	3632.7	42.9	16.9	110.1	64.1	8.9	2.9	0.3	0.8
Vegan Cookie Dough Al Forno	864.2	3621.6	42.9	20.4	111.2	73.0	6.4	2.7	0.3	0.8
Mini Doughnuts with Dark Chocolate Sauce	516.5	2163.0	23.1	11.6	70.2	26.1	7.1	2.5	0.5	1.3
Dolcetti Sharing Desserts	956.5	3992.4	57.2	38.4	98.5	66.8	10.1	3.9	0.1	0.4
Eton Mess Sundae	499.1	2081.5	34.3	21.0	42.3	33.8	5.3	1.2	0.1	0.2
Banoffee Sundae	1192.3	4983.1	66.1	22.2	134.2	102.4	12.6	4.9	0.1	0.4
Rocky Road Sundae	1022.6	4250.4	73.0	35.6	78.7	64.7	10.8	3.1	0.1	0.2
<b>Ice Cream</b>	<b>Energy</b>	<b>Energy</b>	<b>Fat</b>	<b>Saturates</b>	<b>Carb</b>	<b>Sugars</b>	<b>Protein</b>	<b>Fibre</b>	<b>Sodium</b>	<b>Salt</b>
	<b>(kcal)</b>	<b>(KJ)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>
Honeycomb	334.9	1405.5	15.8	7.9	43.6	36.9	4.7	0.4	0.1	0.2
Limoncello	208.8	880.2	5.8	3.8	39.2	38.9	0.1	0.4	0.0	0.1
Amarena Cherry	347.4	1452.9	19.4	9.6	37.7	34.6	5.5	0.4	0.1	0.2
Bubblegum	291.5	1220.9	15.2	7.5	33.9	29.0	4.8	0.4	0.1	0.2
Chocolate Chip	304.6	1271.8	17.3	8.8	31.0	26.1	5.2	1.8	0.0	0.1
Hazelnut	291.2	1218.0	17.6	8.1	28.6	16.5	4.3	0.7	0.1	0.2
Mint Chocolate Chip	331.8	1390.4	17.4	8.8	38.7	33.2	5.2	0.4	0.1	0.2
Raspberry	117.5	500.0	0	0.1	29.1	22.9	0.3	0.3	0.0	0.1
Vanilla	258.1	1079.2	13.4	6.7	30.1	13.0	4.3	0.3	0.1	0.2
Strawberry	205.0	866.9	5.0	3.3	39.5	36.0	0.5	0.4	0.0	0.1
<i>Gelato Topping Amaretti Biscuits</i>	45.1	190.4	1.0	0.0	8.2	7.9	0.7	0.3	0.0	0.0
<i>Gelato Topping Banana</i>	79.2	335.8	0.3	0.1	19.3	17.4	1.0	1.2	0.0	0.0
<i>Gelato Topping Chocolate Tagliatelle</i>	40.2	167.9	2.4	1.5	4.2	4.0	0.4	0.5	0.0	0.0
<i>Gelato Topping Crushed Ice Cream Cone</i>	38.7	164.7	0.5	0.2	7.6	2.2	0.7	0.4	0.0	0.0
<i>Gelato Topping Sprinkles</i>	40.8	170.0	0.1	0.1	9.6	9.1	0.0	0.0	0.0	0.0

<i>Gelato Topping Marshmallows</i>	33.3	141.6	0.1	0.0	7.9	6.9	0.3	0.0	0.0	0.0
<i>Gelato Topping Popping Candy</i>	59.3	249.4	2.6	1.5	8.6	8.4	0.5	0.1	0.0	0.0
<i>Gelato Topping Whipped Cream</i>	92.5	380.8	9.7	6.1	0.8	0.8	0.5	0.0	0.0	0.0





BI18 O MUSHROOM SAUCE	101.0	418.7	8.7	3.6	2.7	1.3	3.0	1.0	237.3	0.6
BI18 O POLPETTE AMERICANO PTN	278.6	1161.7	19.4	12.9	14.7	8.3	9.9	-	955.4	2.4
BI18 O POLPETTE PASTA VEGAN PTN	236.4	991.3	9.9	2.3	29.5	7.4	7.7	-	932.2	2.3
BI18 O POMODORO PTN	119.4	498.6	7.6	2.9	7.4	4.9	4.3	-	1064.9	2.7
BI18 O SICILIAN POLLO ROSSO PTN	1078.9	4501.1	90.7	14.4	18.0	13.4	46.7	5.1	1164.1	2.9
BI18 O SUB AIOLI- MAYO	96.4	394.3	8.9	0.9	2.8	1.0	0.5	-	334.1	0.8
BI18 O SUB CHEST/MUSHROOMS	92.1	380.0	9.4	0.7	0.3	0.2	1.5	1.2	4.2	0.0
BI18 O SUB COLESLAW	38.5	159.9	2.2	0.2	3.6	1.9	0.8	-	65.6	0.2
BI18 O SUB CONDIMENT PASTA	29.2	121.6	1.9	1.3	0.4	0.0	2.4	0.3	450.4	1.1
BI18 O SUB CONDIMENT PIZZA	108.5	446.5	12.0	1.8	0.1	-	0.1	0.1	1213.5	3.0
BI18 O SUB CONDIMENT SALADS	16.7	68.8	1.7	0.3	0.4	0.2	0.0	0.0	0.4	0.0
BI18 O SUB COOK DRY PASTA	919.2	3894.8	6.7	1.4	179.0	4.6	32.4	6.2	5.0	0.0
BI18 O SUB COOK LASAGNE SHEETS	447.7	1876.0	21.3	2.2	50.3	1.3	12.9	-	287.4	0.7
BI18 O SUB DOUGH SWIRLS	1667.7	7058.5	46.2	22.2	284.8	34.2	46.0	12.7	2694.0	6.7
BI18 O SUB FRIES	457.9	1902.1	33.4	-	34.5	1.9	3.5	-	657.0	1.6
BI18 O SUB GARLIC CROUTONS	3226.3	9230.6	98.6	7.5	298.5	6.5	51.5	11.8	4866.2	12.2
BI18 O SUB GARLIC OIL	201.0	826.8	21.7	1.6	1.0	0.1	0.3	0.1	147.8	0.4
BI18 O SUB GF BASE	419.9	1774.8	69.7	2.2	79.9	8.3	5.8	7.5	680.0	1.7
BI18 O SUB GF PASTA	1919.1	8070.3	61.3	6.6	308.0	2.8	30.4	6.8	20.0	0.1
BI18 O SUB GRAMIGNA PASTA	23621.4	99995.1	310.6	33.6	4347.6	212.8	790.5	182.4	30.4	0.1
BI18 O SUB GREEN BEANS	32.1	135.2	1.4	0.9	3.1	1.2	1.8	0.3	72.7	0.2
BI18 O SUB LEEKS	271.1	1122.7	23.7	1.9	9.5	7.2	5.2	9.6	398.3	1.0
BI18 O SUB LUGANICA COOKED	287.7	1190.8	23.5	8.8	0.1	0.1	18.2	1.8	1055.4	2.6
BI18 O SUB MASH	188.5	787.9	7.4	5.2	24.3	3.6	3.6	-	500.1	1.3
BI18 O SUB MUSH TRIFOLATI	46.2	191.0	4.4	0.4	0.5	0.1	1.2	1.0	76.1	0.2
BI18 O SUB PANCETTA	68.3	282.8	5.9	2.4	0.3	0.3	3.6	0.0	380.0	1.0
BI18 O SUB PIZZA BASE	526.4	2218.9	6.8	1.0	98.6	1.8	18.0	5.9	664.0	1.7
BI18 O SUB PIZZA RIPIENA BASE	1021.8	4233.7	50.0	25.8	98.7	1.9	52.3	5.9	1604.0	4.0
BI18 O SUB PRAWN SLICING	79.0	333.0	0.6	0.1	0.0	0.0	18.3	0.0	780.0	2.0
BI18 O SUB PULLED CHICKEN	155.3	650.9	6.6	1.8	0.0	0.0	23.9	0.0	70.2	0.2
BI18 O SUB PUTTANESCA SAUCE (10)	87.6	364.9	6.8	-	4.3	2.6	1.6	-	988.9	2.5
BI18 O SUB RIGATONI	23743.0	100481.6	310.6	39.7	4365.9	30.4	790.5	152.0	121.6	0.3
BI18 O SUB ROAST COURGETTE	44.9	184.7	4.2	0.3	0.9	0.8	0.9	0.6	24.0	0.1
BI18 O SUB ROAST NEW POTATOES	221.2	930.2	9.3	0.8	32.7	2.6	3.5	2.7	153.1	0.4
BI18 O SUB ROAST RED ONIONS	86.0	356.4	4.5	0.3	10.4	7.4	1.6	2.5	35.5	0.1
BI18 O SUB ROAST RED PEPPERS	56.6	235.2	3.1	0.3	6.4	6.1	1.0	2.1	28.0	0.1
BI18 O SUB ROMA BASE	526.4	2218.9	6.8	1.0	98.6	1.8	18.0	5.9	664.0	1.7
BI18 O SUB RUSTICI	8534.0	36104.3	138.2	10.6	1518.0	30.0	279.0	-	0.0	0.0
BI18 O SUB SEASONING	0.1	0.4	0.0	0.0	0.0	0.0	0.0	0.0	239.8	0.6
BI18 O SUB SEASONING FRYER	243.5	1001.2	27.1	1.9	0.0	0.0	0.0	0.0	479.5	1.2
BI18 O VITA MILLE COLORI	847.7	3525.7	53.0	6.5	76.5	-	16.3	10.4	2247.3	5.6
CALZONE	831.9	3480.8	35.7	15.5	78.2	4.4	49.2	-	1549.1	3.9