

07.01.26

NUTRITION GUIDE 2026 UK V4



Zizzi

**NUTRITION GUIDE
2026 UK
V4**

NUTRITION MENU PER 100G/PER SERVING

These figures are approximate as all our ingredients are measured by hand and are based on cooked weights.

Product seasonality and availability may also cause variation in these figures.

The data is a mixture of theoretical calculations and laboratory testing.

The data provided is for all core menu dishes and does not include substitutions or extra ingredients.

Adults need around 2,000kcal a day.

APERITIVO	Per 100g Nutrition								Per Portion Nutrition							
Menu Item Name	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Pasta Crisps	938	222	2.1	0.2	47	4.9	2.8	2.1	704	166	1.5	0.2	35	3.7	2.1	1.5
Complimentary Candy floss	1700	400	0	0	100	100	0	0	170	40	0	0	10	10	0	0
Complimentary Hot Chocolate	469	112	3.9	2.4	14	14	4	0.11	117	28	1	0.6	3.6	3.5	1	0.03
Dough Crusts	1127	268	8.6	1.2	39	0.9	7.3	1.5	3504	832	27	3.7	123	2.9	23	4.5
Olive Bowl	625	152	15	2.1	0.7	0	1	3.5	617	150	15	2.1	0.7	0	1	3.5
Complimentary Pasta crisp	1467	346	1	0.2	79	3.9	3.7	3.3	161	38	0	0	8.7	0	0	0.36

STARTERS	Per 100g Nutrition								Per Portion Nutrition							
	Menu Item Name	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein
Add Freshly Baked Bread	1055	250	4.5	0.9	43	0.5	8	1.5	1107	262	4.7	1	46	0.5	8.4	1.5
Calamari Large	1143	273	14	3.3	19	0	17	0.47	3829	915	48	11	63	0	58	1.6
Garlic Bread	1129	268	7.4	1.6	42	0.5	7.7	1	2550	605	17	3.6	94	1.2	17	2.3
Garlic Bread with Mozzarella & Caramelised Onions	1065	253	6.9	2.8	37	4.5	9.4	1	3034	720	20	8	106	13	27	3
Bruschetta Classica	693	165	7.4	1.1	20	2	3.8	0.62	1968	470	21	3.1	57	5.5	11	1.8
Calamari Small	1143	273	14	3.3	19	0	17	0.47	2115	505	27	6.1	35	0	32	0.9
Aubergine Fritti	447	107	4.4	0.3	14	3.3	1.3	0.63	1054	252	10	0.7	34	7.7	3	1.5
La Bomba Meatballs	861	207	14	5.6	7.2	2.3	12	1.5	2791	670	46	18	23	7.3	39	4.9
Fonduta Formaggi	1030	246	11	6.1	26	0.5	9.3	1.5	3673	877	41	22	92	1.9	33	5.3
Garlic Bread with Mozzarella	1089	258	7.4	3.1	37	0.6	10	1	2776	659	19	7.9	94	1.5	27	2.7
Mushroom Brindisi	735	174	4.4	1.7	27	1.5	6.5	1.2	2785	660	17	6.5	101	5.8	24	4.5
Take Away Only: Double Mozzarella Arancini	895	214	12	6.6	18	1.7	8.6	1.4	2752	659	37	20	54	5.4	26	4.4
Take Away Only: Chilli Chicken Wings 6	760	182	11	2.9	5.5	3.7	15	1.8	2821	675	41	11	21	14	56	6.5
Take Away Only: Chilli Chicken Wings 12	762	182	11	3	4.8	2.9	15	1.8	5529	1323	82	22	35	21	111	13.1
Pollo Fritti	886	212	12	1.4	16	1.7	10	0.57	2532	606	34	4	45	4.9	29	1.6
Garlic & Mozzarella Bombe	1152	274	9.5	3.6	36	2.8	10	1.1	3112	740	26	9.6	98	7.6	27	2.9
Chorizo & Mozzarella Bombe	1186	282	12	4.4	32	2.7	12	1.4	3679	876	36	14	99	8.4	37	4.2
Chicken Spiedini	804	194	14	1.9	4.1	1.8	12	0.53	1812	436	32	4.2	9.2	4	28	1.2
Take Away Only: Pollo Fritti x 8	898	214	11	1.2	18	1.4	12	0.54	4363	1042	53	6	86	6.9	56	2.6
Cheesy Chilli Garlic Bread	1124	267	9.7	3.5	35	0.7	9.8	1	3097	737	27	9.6	95	2	27	2.8
Burrata Caprese	525	127	11	5.4	3.1	2.7	3.2	0.3	1580	382	34	16	9.2	8.2	9.7	0.91
King Prawn Spiedini	300	71	2.2	0.4	2.6	1.8	10	0.79	628	149	4.6	0.8	5.5	3.8	21	1.7
Mozzarella Arancini	838	201	11	5.9	17	2.2	7.9	1.4	1435	343	19	10	29	3.7	14	2.3

SHARERS	Per 100g Nutrition								Per Portion Nutrition							
	Menu Item Name	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein
Add Chicken Skewer	641	154	9.1	1.6	3.3	1.3	14	0.36	1220	293	17	3.1	6.2	2.5	28	0.69
Add Harissa King Prawn Skewer	293	70	2	0.4	1.2	1	12	0.81	511	121	3.4	0.7	2.1	1.7	20	1.4
Fonduta Board	1005	240	11	4.9	27	1.7	8.3	1.3	8086	1929	87	39	214	14	67	10.3
Grande Antipasto	970	232	12	5.4	19	2.8	11	1.3	5852	1399	74	33	112	17	68	7.9
Favourites Board	972	232	11	2.7	25	1.3	8.2	0.84	8945	2134	98	24	232	12	76	7.8

SIGNATURE DISHES	Per 100g Nutrition								Per Portion Nutrition							
	Menu Item Name	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein
Add Harissa King Prawn Skewer	293	70	2	0.4	1.2	1	12	0.81	511	121	3.4	0.7	2.1	1.7	20	1.4
Mediterranean Seabass	487	117	6.2	0.9	6.7	1.6	8	0.55	2595	621	33	4.7	35	8.3	43	2.9
Pollo Calabrese	665	159	7.4	2.2	14	2.4	9.1	0.4	4444	1060	49	14	95	16	61	2.7
Pollo Milanese	705	168	7.5	0.9	19	1.3	6.7	0.32	4478	1066	48	5.9	119	8.6	43	2
Hot Honey Glazed Duck	825	197	9.5	2.3	18	6.1	10	0.46	5011	1195	58	14	108	37	63	2.8
Butter Bean Stufato	640	152	4.8	0.6	21	1.1	5.1	0.9	4323	1029	32	4.2	140	7.6	34	6.1
Add Chicken Skewer	641	154	9.1	1.6	3.3	1.3	14	0.36	1220	293	17	3.1	6.2	2.5	28	0.69
Funghi Risotto	758	180	4.9	2.5	28	1	5.2	0.59	4049	960	26	13	151	5.5	28	3.1
Salmon & Pesto Risotto	855	204	8.4	1.8	26	0.7	6	0.48	5247	1250	52	11	157	4.6	37	2.9

SALADS	Per 100g Nutrition								Per Portion Nutrition							
	Menu Item Name	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein
Add Chicken Skewer	641	154	9.1	1.6	3.3	1.3	14	0.36	1220	293	17	3.1	6.2	2.5	28	0.69
Add Harissa King Prawn Skewer	293	70	2	0.4	1.2	1	12	0.81	511	121	3.4	0.7	2.1	1.7	20	1.4
Add Creamy Burrata	984	238	21	13	2.2	1.5	10	0.7	984	238	21	13	2.2	1.5	10	0.7
Pollo Prosciutto Salad	655	158	14	1.9	2	1.6	6.2	0.44	2098	507	44	5.9	6.3	5.1	20	1.4
Zucca Salad	313	75	5.4	0.6	4.6	3.1	1.2	0.18	1059	255	18	2	16	11	4.2	0.61
Add Goat's Cheese	1362	329	29	21	1	0	16	1.2	734	177	16	11	0.5	0	8.6	0.65

THE RUSTICA	Per 100g Nutrition								Per Portion Nutrition							
Menu Item Name	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Roast Pollo & Pesto	489	116	3.1	0.5	15	1.5	6	0.52	3254	772	21	3.5	101	9.9	40	3.5
Pinoli	914	217	7.8	4.4	26	3.9	10	1.1	3912	931	33	19	111	17	43	4.6
Margherita	946	225	7.5	4.6	27	1.1	12	0.98	3783	899	30	18	108	4.3	46	3.9
Vegan Margherita	775	185	7.5	6.1	24	0.6	4.2	1.2	3603	858	35	28	112	3	19	5.4
Pepperoni Campagna	855	204	7.9	4.5	21	0.9	12	1.1	4037	961	37	21	97	4.4	57	5.3
Sticky Pig	1194	286	17	7.3	19	2.2	14	1.2	7357	1762	103	45	116	13	89	7.2
Carne Sofia	915	218	8.6	4.6	20	1.9	14	1.1	4595	1095	43	23	102	9.5	71	5.7
Piccante	1092	262	16	8.1	17	1.9	11	1.4	6534	1567	96	49	105	11	67	8.5
Truffle Salami	1017	243	12	6.1	21	0.9	13	1.3	4878	1165	56	29	100	4.5	64	6
Primavera	833	199	10	4.3	18	1.8	8.8	1.2	5257	1256	64	27	110	11	55	7.6
Chicken & Fiery Roquito	899	214	8.5	4	21	2	13	1.1	4584	1092	43	20	107	10	66	5.7
Take Away Only: Rustica Meat Feast	933	222	8.9	4.7	20	1.1	15	1.1	4508	1074	43	23	98	5.2	71	5.4
Aubergine Parmigiana	699	166	5.5	2.8	24	2.6	3.9	1.1	3853	916	30	16	134	14	21	6.3
Pepperoni Premio	1037	247	11	6.1	23	1	13	1.3	4403	1051	48	26	97	4.4	55	5.5
Venison Pepperoni	967	231	9.9	5.9	23	3.4	12	1.4	4816	1148	49	30	113	17	61	6.8
Take Away only: Double Cheese Rustica Margherita	1000	239	11	7.1	19	1.1	15	1.1	5049	1206	57	36	98	5.4	73	5.5

Menu Item Name	Per 100g Nutrition								Per Portion Nutrition							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Non-Gluten Venison Pepperoni	980	234	11	5.9	23	3.9	9.6	1.2	5028	1202	58	30	116	20	49	6.1
Non-Gluten Truffle Salami	1029	246	13	6.1	21	1.6	11	1.1	5089	1218	64	30	103	7.9	52	5.3
Non-Gluten Carne Sofia	929	222	10	4.6	20	2.5	12	0.96	4806	1148	52	24	105	13	60	5
Non-Gluten Chicken & Fiery Roquito	913	218	9.8	4	21	2.6	10	0.94	4796	1146	52	21	109	14	55	5
Non-Gluten Margherita Pizza	943	225	9.6	4.7	25	1.9	8.6	0.8	3771	900	38	19	99	7.5	34	3.2
Non-Gluten Pepperoni Campagna	872	208	9.4	4.5	21	1.6	9.4	0.94	4248	1015	46	22	100	7.7	46	4.6
Non-Gluten Piccante	1100	264	17	8.1	18	2.4	9.1	1.3	6746	1620	104	49	107	15	56	7.8
Non-Gluten Pinoli	931	222	9.4	4.4	26	4.5	7.3	0.86	4123	984	42	20	114	20	32	3.8
Non-Gluten Primavera	847	203	11	4.3	18	2.2	6.8	1.1	5468	1310	72	28	113	14	44	6.9
Non-Gluten Pepperoni Premio	1050	251	13	6	23	1.8	9.9	1.1	4614	1104	57	27	100	7.8	44	4.7
Non-Gluten Vegan Margherita Pizza	795	190	9	6.1	24	1.3	1.7	0.97	3814	912	43	29	115	6.3	8.1	4.7
Non-Gluten Sticky Pig	1199	288	18	7.2	19	2.7	12	1	7568	1816	112	46	119	17	78	6.5
Take Away Only: Non-Gluten Meat Feast	947	226	10	4.7	20	1.7	12	0.94	4720	1128	52	24	101	8.5	60	4.7
Non-Gluten Aubergine Parmigiana	718	171	6.8	2.9	24	3.1	1.8	0.99	4064	970	39	16	137	18	10	5.6
Non-Gluten Roast Pollo & Pesto	637	152	5	0.7	21	2	4.7	0.51	3289	783	26	3.8	107	10	24	2.6
Take Away only: Double Cheese Non-Gluten Margherita	1012	242	13	7	19	1.7	12	0.91	5260	1259	65	37	101	8.7	62	4.7

CALZONE	Per 100g Nutrition								Per Portion Nutrition							
Menu Item Name	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Calzone Pollo Spinaci	880	210	8.5	4.3	22	1.4	11	0.95	4202	1001	40	20	103	6.5	54	4.5
Calzone Carne Piccante	817	195	7.2	3.5	21	1.8	11	0.98	4167	992	37	18	106	9.3	56	5

CLASSICO PIZZA	Per 100g Nutrition								Per Portion Nutrition							
Menu Item Name	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Roast Pollo & Pesto	600	142	3.5	0.6	20	1.4	7.1	0.69	2959	701	17	3.1	98	6.7	35	3.4
Add Mozzarella	1241	299	23	15	1	1	23	1.3	869	209	16	10	0.7	0.7	16	0.89
Margherita	889	211	6.1	3.6	28	1.1	11	0.99	3063	727	21	12	96	3.8	36	3.4
Pepperoni Campagna	863	205	6.7	3.7	25	1	11	1.1	3390	806	27	14	97	3.9	43	4.3
Pinoli	887	211	6.2	3.4	29	4.1	9	1	3351	796	23	13	110	15	34	3.9
Classic Vegan Margherita Pizza	778	185	5.2	4	28	0.8	5.1	1.1	2837	673	19	14	104	3	19	3.9

SIDE	Per 100g Nutrition								Per Portion Nutrition							
	Menu Item Name	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein
Loaded Bolognese Chips	1159	277	17	3.6	25	1.5	7.3	0.83	3965	949	57	12	87	5	25	2.8
Fresca Greens	310	75	5.3	0.6	2.7	0.9	2.2	0.08	437	106	7.5	0.8	3.9	1.2	3.1	0.12
Courgette Fritti	805	193	9.2	1.3	22	0.9	3.2	1	1612	386	18	2.6	44	1.8	6.4	2.1
Take Away Only : Large Chips	1517	362	21	1.8	41	0.6	4.5	0.49	6101	1457	85	7.2	165	2.4	18	2
Take Away Only: Pulled Pork La Bomba Chips	1212	290	20	4.2	22	2.3	7.5	1.2	5454	1308	88	19	100	10	34	5.2
Chips	1510	361	21	1.8	41	0.6	4.5	0.73	3053	729	43	3.6	83	1.2	9	1.5
Caesar Insalata	209	50	3.7	0.6	1.6	1.5	1.9	0.22	278	67	4.9	0.8	2.2	2	2.6	0.29
Sweet Potato Fries	1001	239	9.3	1.4	35	11	1.6	0.5	2004	478	19	2.8	70	22	3.2	1
Take Away only: Mac & Cheese bites x10	1019	243	10	6	25	3.4	12	1	3536	844	35	21	88	12	42	3.5
Take Away only: Mac & Cheese bites x5	956	228	9.5	5.5	24	3.6	11	0.97	1826	436	18	11	46	6.9	22	1.8
Take Away only: Double Courgetti Fritti	805	193	9.2	1.3	22	0.9	3.2	1	3225	772	37	5.2	88	3.6	13	4.2

SUPERIORE	Per 100g Nutrition								Per Portion Nutrition							
Menu Item Name	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Add Chicken Skewer	641	154	9.1	1.6	3.3	1.3	14	0.36	1220	293	17	3.1	6.2	2.5	28	0.69
Truffle Carbonara	1145	274	17	8.5	18	0.7	12	1.6	4737	1135	71	35	74	2.8	49	6.6
Chianti Beef Ragù	679	161	4.7	1	22	3.2	7.1	0.68	2683	636	19	4	87	13	28	2.7
Chilli King Prawn	532	126	4	0.6	15	2.2	6.9	0.69	2952	701	22	3.4	85	12	38	3.8
Meatballs Alla Vodka	903	216	10	4.3	19	1.7	10	1.1	4658	1112	54	22	99	8.7	53	5.7
Seafood Vongole	771	185	11	5.8	13	1	8.3	0.66	4820	1155	68	36	81	6.4	52	4.1
Pesto Verde Burrata	977	234	14	6.1	20	1.1	6.3	0.93	4171	999	60	26	84	4.8	27	4

CLASSICO PASTA	Per 100g Nutrition								Per Portion Nutrition							
Menu Item Name	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Vegan Pomodoro	465	111	3.6	1.7	15	2	3.8	0.3	2462	586	19	9	80	11	20	1.8
Vegan Lentil Ragù	601	143	4.8	0.6	19	1.8	4.4	0.76	2927	697	24	2.9	93	8.8	22	3.7
Chorizo Carbonara	1142	274	17	8.2	19	0.8	11	1.4	4387	1051	64	32	74	3	44	5.6
Pollo Piccante	1136	273	17	7.4	20	1.8	8.1	0.73	4420	1061	67	29	79	6.9	32	2.8
Bolognese Classico	666	158	4.4	1.8	22	3.1	7.2	0.63	2544	604	17	6.7	82	12	27	2.4
Pomodoro	465	111	3.6	1.7	15	2	3.8	0.3	2462	586	19	9	80	11	20	1.8

AL FORNO	Per 100g Nutrition								Per Portion Nutrition							
Menu Item Name	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Lentil Ragù	723	172	6	0.9	23	2.3	5.5	0.53	2979	709	25	3.7	94	9.3	23	2.2
Ravioli Di Capra	763	182	8.8	3.1	18	2.1	7.4	0.9	2561	611	30	10	60	7	25	3
Rainbow Lasagne	572	137	7.1	1.7	15	2.8	2.3	1.1	3210	769	40	9.5	83	16	13	6.4
Pollo Della Casa	807	192	8.4	3.5	20	1.6	9.1	1	3422	815	36	15	83	6.6	39	4.4
Lasagne Grandezza	626	150	6.9	2.9	15	3.6	6.2	0.9	3601	862	40	17	86	21	36	5.2
Lasagne Grandezza Upgrade	645	155	8.2	3.9	13	3.5	6.9	0.85	4778	1145	61	29	94	26	51	6.3

NON-GLUTEN PASTA	Per 100g Nutrition								Per Portion Nutrition							
Menu Item Name	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Non-Gluten Truffle Cacio E Pepe	986	237	14	7.2	18	0.5	8.8	1.4	4820	1156	70	35	87	2.6	43	7.1
Non-Gluten Chianti Beef Ragù	588	140	3.8	0.8	21	2.7	4.6	0.67	2766	656	18	3.6	100	13	21	3.1
Non-Gluten Chorizo Carbonara	974	233	14	6.8	19	0.6	8.1	1.3	4470	1072	63	31	86	2.8	37	6
Non-Gluten Chilli King Prawn	482	115	3.4	0.5	16	1.9	5	0.67	3035	722	22	3	98	12	32	4.2
Non-Gluten Pollo Piccante	970	233	14	6.2	20	1.5	5.4	0.7	4503	1081	67	29	91	6.8	25	3.3
Non-Gluten Bolognese Classico	575	137	3.6	1.4	21	2.6	4.6	0.62	2627	625	16	6.3	95	12	21	2.8
Non-Gluten Meatballs Alla Vodka	802	192	9	3.7	19	1.4	7.9	1	4741	1132	53	22	112	8.5	46	6.1
Non-Gluten Seafood Vongole	700	168	9.7	5.1	13	0.9	6.5	0.65	4903	1176	68	36	94	6.2	46	4.6
Non-Gluten Pomodoro	465	111	3.6	1.7	15	2	3.8	0.3	2462	586	19	9	80	11	20	1.8
Non-Gluten Pesto Verde Burrata	848	203	12	5.1	19	0.9	4.1	0.88	4255	1019	60	26	97	4.7	20	4.4
Non-Gluten Lentil Ragù	629	150	4.9	0.7	22	1.9	3.3	0.54	3063	729	24	3.3	107	9.2	16	2.6
Non-Gluten Vegan Pomodoro	465	111	3.6	1.7	15	2	3.8	0.3	2462	586	19	9	80	11	20	1.8

DESSERTS	Per 100g Nutrition								Per Portion Nutrition							
	Menu Item Name	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein
Fudge Cake	1711	409	17	4.4	59	43	2.7	0.47	2824	674	29	7.2	97	71	4.5	0.77
Take Away Only: Mini Biscoff Doughnuts x9	1768	423	25	9.3	43	14	6.6	0.79	3978	952	56	21	97	32	15	1.8
Raspberry Collins Cheesecake	1159	278	16	8	32	22	0.7	0.09	2084	499	30	14	57	39	1.2	0.17
Candy Floss Dolce	776	184	5.2	3.3	32	31	1.9	0.07	1154	274	7.7	4.8	48	46	2.8	0.1
Ciocolato Mousse	1872	453	42	22	15	12	3.5	0.75	2527	611	56	30	20	17	4.7	1
Limoncello Basque	1057	253	14	8.3	28	24	4.4	0.3	2117	507	28	17	55	49	8.8	0.6
Nemesis	1418	340	22	13	30	28	4.6	0.11	2486	596	39	23	53	49	8.1	0.19
Honeycomb Cheesecake	1432	342	18	9.5	42	30	3.6	0.77	2503	598	31	17	74	52	6.3	1.4
Take Away Only: Honeycomb Cheesecake	1524	365	21	11	40	29	4.5	0.7	1951	467	27	13	51	37	5.7	0.9
Take Away Only: Nemesis	1604	385	26	16	32	31	5	0.1	2205	529	36	21	44	42	6.9	0.14
Take Away Only: Limoncello Basque	1138	273	15	9.1	29	26	4.7	0.34	1860	446	25	15	47	42	7.6	0.56
Take Away Only : Tiramisu	976	234	15	9.8	22	15	3.4	0.14	1505	361	23	15	34	23	5.2	0.22
Take Away Only: Fudge Cake	1711	409	19	4.6	56	41	2.9	0.32	2549	609	28	6.9	83	61	4.3	0.47
Chocolate Caramello Sundae	1193	285	16	10	31	25	3.7	0.33	2481	593	33	21	65	53	7.6	0.7
Tiramisu	984	236	15	9.9	22	15	3.4	0.14	1528	366	23	15	34	23	5.3	0.22
Take Away Only: Raspberry Collins Cheesecake	1359	325	18	8.6	41	32	0.8	0.1	2283	546	30	14	68	53	1.3	0.17
Take Away Only: Pistachio Doughnuts x3	1792	429	23	8.7	47	21	7.4	0.6	1344	322	17	6.5	35	16	5.6	0.45
Take Away Only: Pistachio Doughnuts x9	1792	429	23	8.7	47	21	7.4	0.6	4032	965	52	20	106	47	17	1.3

GELATOS	Per 100g Nutrition								Per Portion Nutrition							
Menu Item Name	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Take Away Only: Mixed Doughnuts x9	1779	426	24	9	45	17	7	0.7	4002	958	54	20	101	39	16	1.6
Take Away Only: Mini Biscoff Doughnuts x3	1768	423	25	9.3	43	14	6.6	0.79	1326	317	19	7	32	11	5	0.59
Sicilian Lemon & Ricotta Gelato	819	196	9.7	6.2	24	21	3.4	0.34	301	72	3.6	2.3	8.7	7.8	1.3	0.13
Vegan Salted Caramel Gelato	882	210	8.8	7.3	31	19	1.3	0.57	324	77	3.2	2.7	12	7.1	0	0.21
Chocolate Gelato	784	187	8.8	5.7	22	18	4.4	0.13	288	69	3.2	2.1	7.9	6.7	1.6	0.05
Strawberry Sorbet	430	101	0	0	25	18	0	0	158	37	0	0	9.2	6.6	0	0
Vanilla Gelato	700	167	7.4	4.9	22	19	3	0.12	257	61	2.7	1.8	8.1	6.9	1.1	0.04
Vegan Coconut & Lime Gelato	757	181	9.7	8.6	23	18	0.6	0.03	291	69	3.7	3.3	8.6	7	0	0
Dragon Fruit Sorbet	415	98	0	0	24	22	0	0.03	177	42	0	0	10	9.4	0	0
Wild Strawberry and Panna cotta Gelato	811	194	9.6	6.1	23	21	3.5	0.13	308	74	3.6	2.3	8.8	8	1.3	0.05

EXTRAS	Per 100g Nutrition								Per Portion Nutrition							
	Menu Item Name	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein
Roquito Chilli Pearl	532	126	0.7	0.2	28	17	1.6	0.71	80	19	0	0	4.1	2.6	0	0.11
Roquito Hot Honey	1292	304	0	0	76	76	0	0.03	452	106	0	0	27	27	0	0
Garlic Aioli	1690	410	41	3.3	8.6	4.1	1.6	1.4	592	144	14	1.2	3	1.4	0.6	0.5
Mafaldine	1247	294	2.6	0.8	56	1.1	11	0.06	1559	368	3.3	1	70	1.4	13	0.08
Casareccia	1247	294	2.6	0.8	56	1.1	11	0.06	1559	368	3.3	1	70	1.4	13	0.08
Bucatini	1247	294	2.6	0.8	56	1.1	11	0.06	1559	368	3.3	1	70	1.4	13	0.08
Chitarra	1247	294	2.6	0.8	56	1.1	11	0.06	1559	368	3.3	1	70	1.4	13	0.08
Datterini Tomato	99	24	0	0	3.4	3.4	1.2	0.1	41	10	0	0	1.4	1.4	0	0.04
Candy floss	1700	400	0	0	100	100	0	0	170	40	0	0	10	10	0	0
Aubergine Wedges	468	112	4.6	0.3	15	2.8	1.2	0.63	468	112	4.6	0.3	15	2.8	1.2	0.63
Ketchup	517	122	0	0	29	25	1.1	2.8	181	43	0	0	10	8.7	0	1
Red Onion	173	41	0	0	7.9	5.6	1.2	0	87	21	0	0	4	2.8	0.6	0
Harissa	1999	485	46	6.1	10	2	3.3	4.5	200	49	4.6	0.6	1	0	0	0.45
Roasted Peppers	90	21	0	0	3.8	3.7	0.7	1.3	45	11	0	0	1.9	1.9	0	0.63
Chilli Flakes	1453	351	17	2.9	21	7.2	12	0.1	10	2	0	0	0	0	0	0
Salted Caramel Sauce	832	198	6.3	3.2	35	30	0	0.9	83	20	0.6	0.3	3.4	3	0	0.09
Dark Chocolate	2284	549	37	22	46	43	5.1	0	23	5	0	0.2	0	0	0	0
Guanciale	1064	256	20	7.1	1.1	0.6	19	6.4	213	51	3.9	1.4	0	0	3.7	1.3
Meatballs	1142	274	18	8	8.7	0.9	19	1.7	688	165	11	4.8	5.2	0.5	11	1.1
Truffle Paste	1009	245	24	3.2	1	1	4.4	1.6	101	25	2.4	0.3	0	0	0	0.16
Candied Green Jalapenos	414	98	0.8	0	21	17	0.8	3.3	92	22	0	0	4.6	3.9	0	0.74
Customer use only: Salt	0	0	0	0	0	0	0	97.5	0	0	0	0	0	0	0	0.98
Customer use only: Black Pepper	1159	277	3.3	1.4	39	0.6	10	0.05	12	3	0	0	0	0	0	0
Parsley	185	45	1.3	0	2.7	2.3	3	0.08	1	0	0	0	0	0	0	0
Amarena Cherries	1168	275	0	0	67	61	0	0.03	102	24	0	0	5.9	5.3	0	0
Fiery La Bomba	489	118	9.8	0.8	5.7	2.6	1	1.2	171	41	3.4	0.3	2	0.9	0	0.41

EXTRAS	Per 100g Nutrition								Per Portion Nutrition							
	Menu Item Name	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein
Diced Chorizo	1416	341	26	10	2.7	2.1	24	3.3	283	68	5.2	2	0.5	0	4.8	0.66
Pulled Pork	1314	317	26	8.7	5.2	0	15	2.1	1314	317	26	8.7	5.2	0	15	2.1
Orange Squash 50ml	2	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Blackcurrant & Apple Squash 50ml	0	0	0	0	0	0	0	0.03	0	0	0	0	0	0	0	0.01
Lime Cordial 50ml	41	10	0	0	2.4	2.4	0	0	21	5	0	0	1.2	1.2	0	0
Customer use only: Extra Virgin Olive Oil	3696	899	100	10	0	0	0	0	296	72	8	0.8	0	0	0	0
Burrata	984	238	21	13	2.2	1.5	10	0.7	984	238	21	13	2.2	1.5	10	0.7
Fior di Latte	887	213	15	10	2.5	0.7	16	1	887	213	15	10	2.5	0.7	16	1
Bolognese	415	100	5.8	2.7	4.3	3.4	6.7	0.83	274	66	3.8	1.8	2.8	2.2	4.4	0.55
Customer use only: Chilli Oil	3404	828	92	14	0	0	0	0	272	66	7.4	1.1	0	0	0	0
Customer use only: Balsamic Vinegar	986	232	0	0	57	47	1	0.1	79	19	0	0	4.6	3.8	0	0
Garlic Butter	2667	648	69	16	4.4	0.7	1.2	1.5	933	227	24	5.6	1.5	0	0	0.53
Rocket	91	22	0	0	0	0	3.6	0.07	18	4	0	0	0	0	0.7	0.01
Rosemary	416	99	4.4	0	14	0	1.4	0.04	4	1	0	0	0	0	0	0
Isle of Wight Tomato	109	26	0.5	0	3.6	3.6	1.1	0	59	14	0	0	2	2	0.6	0
Pizza Sauce	93	22	0	0	3.4	3.4	1.2	0.7	53	12	0	0	1.9	1.9	0.7	0.4
Sunblush Baby Tomato	434	104	4.6	0.4	12	6.9	2	2	42	10	0	0	1.1	0.7	0	0.19
Spinata	1473	355	29	11	0	0	23	5.8	491	118	9.7	3.7	0	0	7.7	1.9
Spinach	78	19	0.6	0	0	0	2.6	0.07	12	3	0	0	0	0	0	0
Pomodoro Sauce	273	65	3.6	0.6	6.6	6.6	1.2	1.2	307	73	4.1	0.7	7.4	7.4	1.4	1.3
Smoked Garlic Oil	3399	827	91	8.8	1.2	0	0.6	0.71	510	124	14	1.3	0	0	0	0.11
Harissa King Prawn Skewers	293	70	2	0.4	1.2	1	12	0.81	511	121	3.4	0.7	2.1	1.7	20	1.4
Riserva Crisp	1573	378	28	20	0.6	0	31	1.4	315	76	5.6	4	0	0	6.2	0.28
Red Chillies	113	27	0	0	4.2	4.2	1.8	0.03	8	2	0	0	0	0	0	0
Riserva Cheese	1448	348	23	17	0	0	34	2.6	72	17	1.2	0.8	0	0	1.7	0.13
Artichoke	973	235	20	2.2	5.4	4.1	5.9	1.3	500	121	10	1.1	2.8	2.1	3	0.68

EXTRAS	Per 100g Nutrition								Per Portion Nutrition							
	Menu Item Name	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein
Caesar Dressing	1622	394	41	3	5	3.6	1.2	1.8	568	138	14	1.1	1.8	1.3	0	0.64
Avocado	813	198	20	4.1	1.9	0	1.9	0.02	624	152	15	3.1	1.5	0	1.5	0
Basil	169	40	0.8	0	5.1	0	3.1	0.02	10	2	0	0	0	0	0	0
Whipping Cream	1571	382	40	25	2.7	2.7	2	0.1	1571	382	40	25	2.7	2.7	2	0.1
Goat Cheese	1362	329	29	21	1	0	16	1.2	734	177	16	11	0.5	0	8.6	0.65
Genovese Pesto	1749	422	36	5.3	20	1.3	3.5	2.4	437	106	8.9	1.3	5	0	0.9	0.6
Honeycomb	1680	396	2	1	93	67	1	2	504	119	0.6	0.3	28	20	0	0.6
Olives	1318	321	33	3.9	1.6	0.9	1.4	4	439	107	11	1.3	0.5	0	0	1.3
Mascarpone	1716	416	43	29	3.8	3.6	4.2	0.49	403	98	10	6.9	0.9	0.8	1	0.11
Olive Oil	3696	899	100	10	0	0	0	0	309	75	8.4	0.8	0	0	0	0
Vegan Mozzarisella	766	185	16	14	8.5	0	0.7	1.5	766	185	16	14	8.5	0	0.7	1.5
Mushrooms	65	16	0	0	0	0	1.8	0	21	5	0	0	0	0	0.6	0
Mozzarella	1241	299	23	15	1	1	23	1.3	869	209	16	10	0.7	0.7	16	0.89
Fire Roasted Peppers	90	21	0	0	3.8	3.7	0.7	1.3	45	11	0	0	1.9	1.9	0	0.63
Spicy Roquito Chillies	452	107	0	0	24	22	1.4	1.5	43	10	0	0	2.3	2.1	0	0.14
Cotto Ham	464	110	3.6	1.3	0	0	19	2.2	193	46	1.5	0.5	0	0	8	0.92
Pepperoni	1982	479	43	18	1	0.6	22	3.6	318	77	6.9	2.9	0	0	3.5	0.58
Nduja	2287	555	55	20	1	0.9	12	2.4	572	139	14	4.9	0	0	2.9	0.6
Balsamic Onion	860	204	3.4	0.2	41	38	1.2	0.97	261	62	1	0	12	11	0	0.3
Pinenuts	3007	728	68	5	13	4	14	0.5	90	22	2	0.1	0	0	0	0.01
Pizza Olives	1318	321	33	3.9	1.6	0.9	1.4	4	439	107	11	1.3	0.5	0	0	1.3
Prosciutto	1114	267	17	6.8	0	0	28	4.5	223	53	3.4	1.4	0	0	5.6	0.9
Tomato Ketchup	517	122	0	0	29	25	1.1	2.8	181	43	0	0	10	8.7	0	1
Torn Chicken Breast	561	133	2.2	0.5	0.7	0.7	27	0.4	269	64	1.1	0.2	0	0	13	0.19
Pulled Harissa Chicken Breast	608	145	3.6	0.7	1	0.7	27	0.53	330	78	2	0.4	0.5	0	14	0.29
Sage	502	119	4.6	2.6	16	0	3.9	0	17	4	0	0	0.5	0	0	0
Calabrese Dip	334	80	3.3	0.3	9.8	6	1.8	0.65	117	28	1.2	0.1	3.4	2.1	0.6	0.23

Menu Item Name	Per 100g Nutrition								Per Portion Nutrition							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Kids Non-Gluten Cheese Pasta	877	210	9.1	5.3	26	0.6	5.9	0.77	1457	348	15	8.9	42	0.9	9.7	1.3
Kids Casareccia Cheese Pasta	1114	265	11	6.5	30	0.8	10	0.76	1571	374	16	9.2	43	1.2	14	1.1
Apple & Blackcurrant Squash	0	0	0	0	0	0	0	0.03	0	0	0	0	0	0	0	0.01
Orange Squash	2	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Kids Milk	193	46	1.5	0.9	4.6	4.6	3.5	0.11	386	92	3	1.8	9.2	9.2	7	0.22
Kids Fruit Pot	278	66	0	0	15	15	0	0	116	28	0	0	6.4	6.4	0	0
Kids Chocacino	469	112	3.9	2.4	14	14	4	0.11	281	67	2.3	1.4	8.6	8.3	2.4	0.07
Kids Non-Gluten Pizza Base Only	1011	240	5.1	0.5	44	2	2.7	0.58	2224	528	11	1.1	96	4.4	5.9	1.3
Kids Non-Gluten Vegan Lentil Ragù	529	126	3	0.4	21	2	3.1	0.4	1332	317	7.5	1	52	5.2	7.7	1
Kids Spaghetti Lentil Ragù	638	151	3.6	0.6	23	2.4	5.4	0.36	1446	343	8.2	1.3	52	5.4	12	0.81
Kids Casareccia Lentil Ragù	638	151	3.6	0.6	23	2.4	5.4	0.36	1446	343	8.2	1.3	52	5.4	12	0.81
Kids Mozzarella Topping	1241	299	23	15	1	1	23	1.3	434	105	7.9	5.2	0	0	8.1	0.45
Carrot, Cucumber & Dough Crust	418	99	2	0.4	17	3.1	3	0.62	925	219	4.4	0.9	37	6.9	6.7	1.4
Kids Non-Gluten Pomodoro Pasta	531	126	2.5	0.5	23	3.8	2.2	0.75	1128	267	5.4	1	49	8	4.8	1.6
Kids Non-Gluten Vegan Margherita	883	210	6.5	2.7	34	1.8	2.2	0.74	2634	627	19	8.1	101	5.4	6.6	2.2
Kids Non-Gluten Margherita Pizza	948	225	6.8	2.2	34	2	5.1	0.67	2685	639	19	6.3	97	5.7	14	1.9
Tiny Spaghetti Pomodoro	612	145	3.3	0.7	24	4.7	4.5	0.8	528	125	2.8	0.6	21	4	3.9	0.69
Tiny Tummies Dough Crust	1055	250	4.5	0.9	43	0.5	8	1.5	728	172	3.1	0.6	30	0	5.5	1
Kids Non-Gluten Bolognese Pasta	618	147	3.5	1.5	23	2	5.1	0.54	1236	294	7.1	3	46	4	10	1.1
Tiny Casareccia Pomodoro	612	145	3.3	0.7	24	4.7	4.5	0.8	528	125	2.8	0.6	21	4	3.9	0.69
Tiny Non-Gluten Vegan Pomodoro Pasta	531	126	2.5	0.5	23	3.8	2.2	0.75	564	134	2.7	0.5	24	4	2.4	0.8
Kids Chips	1524	364	21	1.8	41	0.6	4.5	0.24	1524	364	21	1.8	41	0.6	4.5	0.24
Kids Sugar Cones & Salted Caramel Sauce (No Gelato)	986	235	9.5	4.8	36	25	1.1	0.74	217	52	2.1	1.1	7.9	5.5	0	0.16
Kids Sweet Potato Fries	1000	239	9.3	1.4	35	11	1.6	0.5	1002	239	9.3	1.4	35	11	1.6	0.5
Kids Roasted Peppers Topping	90	21	0	0	3.8	3.7	0.7	1.3	27	6	0	0	1.1	1.1	0	0.38
Kids Olives Topping	1318	321	33	3.9	1.6	0.9	1.4	4	220	54	5.5	0.7	0	0	0	0.67

EXTRAS	Per 100g Nutrition								Per Portion Nutrition							
	Menu Item Name	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein
Kids Pepperoni Topping	1982	479	43	18	1	0.6	22	3.6	170	41	3.7	1.5	0	0	1.9	0.31
Kids Mushroom Topping	65	16	0	0	0	0	1.8	0	9	2	0	0	0	0	0	0
Kids Ham Topping	464	110	3.6	1.3	0	0	19	2.2	97	23	0.8	0.3	0	0	4	0.46
Kids Spaghetti Pomodoro	663	157	3.2	0.7	26	4.4	5	0.74	1242	294	6	1.3	50	8.3	9.3	1.4
Kids Casareccia Pomodoro	663	157	3.2	0.7	26	4.4	5	0.74	1242	294	6	1.3	50	8.3	9.3	1.4
Kids Spaghetti Bolognese	772	183	4.4	1.9	27	2.4	8.4	0.5	1350	321	7.8	3.3	46	4.2	15	0.88
Kids Casareccia Bolognese	772	183	4.4	1.9	27	2.4	8.4	0.5	1350	321	7.8	3.3	46	4.2	15	0.88
Kids Pizza Margherita	920	218	5.9	3.4	30	1.1	10	0.96	1641	389	11	6.1	54	1.9	19	1.7
Kids Vegan Pizza Margherita	811	192	5.1	3.8	31	0.8	5.2	1	1527	362	9.6	7.2	58	1.5	9.7	1.9
Kids Vanilla Gelato	700	167	7.4	4.9	22	19	3	0.12	257	61	2.7	1.8	8.1	6.9	1.1	0.04
Kids Chocolate Gelato	784	187	8.8	5.7	22	18	4.4	0.13	288	69	3.2	2.1	7.9	6.7	1.6	0.05
Carrot, Cucumber & Pasta Crisps	211	50	0.8	0.1	9	4.2	0.9	0.43	343	82	1.3	0.2	15	6.9	1.5	0.7
Mini Cones Only	1672	394	1.9	0.3	85	8.4	8.1	0.7	50	12	0	0	2.6	0	0	0.02
Kids Oat Chocacino	456	108	3.3	1.1	17	13	1.5	0.14	333	79	2.4	0.8	13	9.5	1.1	0.1
Kids Oat Milk	202	48	2.2	0.2	6.8	3.1	0	0.1	404	96	4.4	0.4	14	6.2	0.6	0.2
Kids Flawsome Sweet Apple	150	35	0	0	8.8	8.5	0	0	300	70	0	0	18	17	0	0
Kids Green Beans	136	33	0	0	3.7	1	2	0.03	64	15	0	0	1.7	0	0.9	0.01
Kids Flawsome Apple & Blackcurrant Carton	151	36	0	0	8.9	8.6	0	0	302	72	0	0	18	17	0	0
Chilly Billy Ice Lolly	170	40	0	0	9.3	9.3	0	0	187	44	0	0.1	10	10	0	0
Kids Spinach Topping	78	19	0.6	0	0	0	2.6	0.07	8	2	0	0	0	0	0	0
Kids Chicken Topping	561	133	2.2	0.5	0.7	0.7	27	0.4	168	40	0.7	0.1	0	0	8.2	0.12
Kids Sun Blush Baby Tomato Topping	434	104	4.6	0.4	12	6.9	2	2	42	10	0	0	1.1	0.7	0	0.19
Kids Spaghetti Cheese Sauce	1114	265	11	6.5	30	0.8	10	0.76	1571	374	16	9.2	43	1.2	14	1.1
Kids Candy Floss Sundae	903	214	5.6	3.7	38	34	2.5	0.1	890	211	5.5	3.6	38	34	2.5	0.1
Kids Vegan Pomodoro	499	118	2.4	0.4	20	3.7	3.5	1	1060	251	5.2	0.8	42	7.8	7.4	2.1
Kids Vegan Lentil Ragù	502	119	2.9	0.3	18	2	4.1	0.62	1264	301	7.3	0.8	45	5	10	1.6
Tiny Vegan Pomodoro	499	118	2.4	0.4	20	3.7	3.5	1	530	126	2.6	0.4	21	3.9	3.7	1.1

MOCKTAILS & SOFT DRINKS	Per 100g Nutrition								Per Portion Nutrition								
	Menu Item Name	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Peroni Zero	94	22	0	0	5.3	3	0	0	0	310	73	0	0	17	9.9	0.7	0
Belu Still Water Large	1	0	0	0	0	0	0	0	0	4	1	0	0	0	0	0	0
Take Away Only: Belu Water Still Small	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Belu Sparkling Water Small	1	0	0	0	0	0	0	0	0	4	1	0	0	0	0	0	0
Belu Sparkling Water Large	1	0	0	0	0	0	0	0	0	4	1	0	0	0	0	0	0
Take Away Only: Belu Sparkling Water Small	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Take away Only: Coke	187	44	0	0	11	11	0	0	0	617	145	0	0	36	35	0	0
Diet Coke Small	1	0	0	0	0	0	0	0	0	4	1	0	0	0	0	0	0
Take Away Only: Diet Coke	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Coke Zero Small	1	0	0	0	0	0	0	0	0	4	1	0	0	0	0	0	0
Sprite Zero Small	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Take Away Only: Coke Zero	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sicilian Still Lemonade	104	25	0	0	4.9	4.8	0	0	0	260	63	1.3	0.3	12	12	0	0
Take Away Only: Sprite Zero	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Apple Juice	174	41	0	0	9.9	9.9	0	0	0	435	103	0	0	25	25	0	0
Appletiser	187	44	0	0	11	11	0	0	0	514	121	0	0	30	29	0	0
Orange Juice	179	42	0	0	9.6	9	0	0	0.04	448	105	0	0.3	24	23	1.3	0.1
Belu Water Still Small	1	0	0	0	0	0	0	0	0	4	1	0	0	0	0	0	0
Pink Grapefruit Soda	78	18	0	0	4.6	4.6	0	0	0	156	36	0	0	9.2	9.2	0	0
Ginger Ale	71	17	0	0	4.2	4.2	0	0	0	142	34	0	0	8.4	8.4	0	0
Coke Large	187	44	0	0	11	10	0	0	0	1234	290	0	0	73	69	0	0
Diet Coke Large	1	0	0	0	0	0	0	0	0	4	1	0	0	0	0	0	0
Coke Zero Large	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sprite Zero Large	1	0	0	0	0	0	0	0	0	4	1	0	0	0	0	0	0

MOCKTAILS & SOFT DRINKS	Per 100g Nutrition								Per Portion Nutrition								
	Menu Item Name	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Raspberry & Rose Flavoured Soda Drink	75	18	0	0	4.4	4.4	0	0	0	150	36	0	0	8.8	8.8	0	0
Coke Small	187	44	0	0	11	10	0	0	0	617	145	0	0	36	35	0	0
Original Tonic	71	17	0	0	4.2	4.2	0	0	0	142	34	0	0	8.4	8.4	0	0
Roasted Pineapple Soda	77	18	0	0	4.5	4.5	0	0	0	154	36	0	0	9	9	0	0
Blood Orange & Elderflower Tonic	71	17	0	0	4.2	4.2	0	0	0	142	34	0	0	8.4	8.4	0	0
San Pellegrino Lemon	81	19	0	0	4.7	4.7	0	0	0	267	63	0	0	16	16	0	0
Hip Pop Kombucha Blueberry & Ginger	69	16	0	0	2.6	2.6	1	0.07	0.07	228	53	0.7	0.3	8.6	8.6	3.3	0.25
Raspberry & Mint Cooler	140	33	0	0	8.2	7.7	0	0	0	249	59	0	0	15	14	0	0
San Pellegrino Blood Orange	85	20	0	0	4.9	4.9	0	0	0	281	66	0	0	16	16	0	0
Hip Pop Strawberry & Pineapple	67	16	0	0	2.8	2.8	0.9	0.07	0.07	221	53	0	0.3	9.2	9.2	3	0.25
Passion Fruit Sparkler	156	37	0	0	8.5	8.1	0	0	0	317	74	0	0	17	16	0.7	0.01
Pineapple and Citrus?Refresher	459	108	0	0	27	27	0	0	0	818	192	0	0	48	47	0	0
Raspberry & Rose Lemonade	259	61	0	0	14	13	0.7	0.02	0.02	525	125	0	0.1	28	25	1.5	0.03
Wild Strawberry Sparkler	405	95	0	0	24	24	0	0	0	765	180	0	0	45	45	0	0.02
Trip CBD Blend Raspberry & Orange Blossom	48	11	0	0	2.8	2.2	0	0	0	120	28	0	0	7	5.5	0	0
Trip Mindful Blend Blood Orange & Rosemary	39	9	0	0	2.3	1.7	0	0	0	98	23	0	0	5.8	4.3	0	0
Morello Cherry Refresher	387	91	0	0	22	22	0	0	0	859	203	0	0	50	49	0	0.01

Menu Item Name	Per 100g Nutrition								Per Portion Nutrition							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Black Americano	705	166	0.8	0.4	39	28	0.5	0.83	85	20	0	0	4.7	3.4	0	0.1
Decaf Black Americano	705	166	0.8	0.4	39	28	0.5	0.83	85	20	0	0	4.7	3.4	0	0.1
Oat Americano	291	69	2	0.2	12	7.5	0	0.23	198	47	1.3	0.2	8.5	5.1	0	0.16
Oat Cappuccino	269	64	2.1	0.3	11	6.3	0	0.18	299	71	2.3	0.3	12	7	0	0.2
Oat Decaf Americano	291	69	2	0.2	12	7.5	0	0.23	198	47	1.3	0.2	8.5	5.1	0	0.16
Oat Hot Chocolate	386	92	2.9	0.8	15	10	1.1	0.16	992	235	7.4	2	38	27	2.7	0.42
Hot Chocolate	548	131	5.5	3.3	16	15	3.9	0.15	1340	320	13	8.1	38	36	9.5	0.36
Oat Decaf Latte	228	54	2.1	0.2	8.4	4.4	0	0.14	537	127	5	0.5	20	10	0.7	0.32
Oat Decaf Macchiato	434	103	1.6	0.3	22	15	0	0.44	113	27	0	0	5.6	3.8	0	0.11
Oat Decaf Cappuccino	269	64	2.1	0.3	11	6.3	0	0.18	299	71	2.3	0.3	12	7	0	0.2
Oat Decaf Flat White	228	54	2.1	0.2	8.4	4.4	0	0.14	537	127	5	0.5	20	10	0.7	0.32
Decaf Mocha	298	71	1.8	1.2	10	8.9	3.4	0.16	486	116	3	2	16	15	5.5	0.27
Sub Oat Milk	202	48	2.2	0.2	6.8	3.1	0	0.1	253	60	2.8	0.3	8.5	3.9	0	0.13
Decaf Flat White	213	51	1.4	0.9	6.2	5.6	3.3	0.14	517	123	3.5	2.1	15	14	7.9	0.35
Decaf Macchiato	429	101	1.2	0.7	20	15	2.1	0.44	112	26	0	0.2	5.3	4	0.6	0.12
Decaf Latte	219	52	1.5	0.9	6.3	5.8	3.3	0.15	517	123	3.5	2.1	15	14	7.9	0.35
Decaf Cappuccino	261	62	1.5	0.9	8.9	7.6	3.2	0.19	290	69	1.7	1	9.8	8.5	3.6	0.21
Decaf Double Espresso	448	106	0.5	0.3	25	18	0	0.53	85	20	0	0	4.7	3.4	0	0.1
Decaf Americano	283	67	1.4	0.8	11	8.7	3	0.24	193	46	0.9	0.6	7.2	5.9	2	0.16
Mocha	298	71	1.8	1.2	10	8.9	3.4	0.16	486	116	3	2	16	15	5.5	0.27
Decaf Single Espresso	705	166	0.8	0.4	39	28	0.5	0.83	85	20	0	0	4.7	3.4	0	0.1
Flat White	213	51	1.4	0.9	6.2	5.6	3.3	0.14	517	123	3.5	2.1	15	14	7.9	0.35
Macchiato	232	55	1.4	0.9	7.2	6.4	3.3	0.17	362	86	2.3	1.3	11	10	5.1	0.26
Latte	219	52	1.5	0.9	6.3	5.8	3.3	0.15	517	123	3.5	2.1	15	14	7.9	0.35
Cappuccino	261	62	1.5	0.9	8.9	7.6	3.2	0.19	290	69	1.7	1	9.8	8.5	3.6	0.21

Menu Item Name	Per 100g Nutrition								Per Portion Nutrition							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Double Espresso	448	106	0.5	0.3	25	18	0	0.53	85	20	0	0	4.7	3.4	0	0.1
Americano	283	67	1.4	0.8	11	8.7	3	0.24	193	46	0.9	0.6	7.2	5.9	2	0.16
Single Espresso	705	166	0.8	0.4	39	28	0.5	0.83	85	20	0	0	4.7	3.4	0	0.1
Sugar Stick	1698	400	0	0	100	100	0	0	102	24	0	0	6	6	0	0
Oat Latte	228	54	2.1	0.2	8.4	4.4	0	0.14	537	127	5	0.5	20	10	0.7	0.32
Oat Macchiato	434	103	1.6	0.3	22	15	0	0.44	113	27	0	0	5.6	3.8	0	0.11
Oat Mocha	300	71	2.4	0.4	12	7.3	0.6	0.16	489	116	3.9	0.7	19	12	1	0.27
Oat Decaf Mocha	300	71	2.4	0.4	12	7.3	0.6	0.16	489	116	3.9	0.7	19	12	1	0.27
Oat Flat White	221	53	2.1	0.2	8.2	4.3	0	0.13	538	128	5	0.5	20	10	0.8	0.32

Menu Item Name	Per 100g Nutrition								Per Portion Nutrition							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Earl Grey	305	72	1.5	0.9	11	9.4	3.2	0.26	192	46	0.9	0.6	7.2	5.9	2	0.16
Fresh Mint Tea	1252	295	1.6	0.7	68	48	1.8	1.4	88	21	0	0	4.8	3.4	0	0.1
Pure Green	305	72	1.5	0.9	11	9.4	3.2	0.26	192	46	0.9	0.6	7.2	5.9	2	0.16
English Breakfast	305	72	1.5	0.9	11	9.4	3.2	0.26	192	46	0.9	0.6	7.2	5.9	2	0.16
Peppermint	310	74	1.5	0.9	12	9.6	3.2	0.26	192	46	0.9	0.6	7.2	5.9	2	0.16

CHRISTMAS SPECIALS	Per 100g Nutrition								Per Portion Nutrition							
	Menu Item Name	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein
Panettone Bread & Butter Pudding	1066	255	13	6.8	29	21	5.7	0.05	2540	608	30	16	69	51	14	0.13
Christmas Bombolini	1580	377	18	6.9	49	27	4.7	0.7	2922	697	34	13	90	50	8.6	1.3
Spiced Berry Sparkler	380	89	0	0	22	21	0	0	677	160	0	0	39	38	0	0.01
The Christmas Catch	779	185	6.6	2.7	23	3	7.6	1.3	3987	947	34	14	119	15	39	6.6
Porcini & Prosciutto Roast Chicken	691	165	7.9	2.8	13	2	11	0.57	4980	1188	57	20	92	15	78	4.1
Non-Gluten Crust-Mas Pizza	975	233	11	4.7	24	4	8.5	0.85	6436	1538	72	31	161	26	56	5.6
Non-Gluten Roasties Pizza	919	219	9.1	4.2	27	4.4	7	0.65	5340	1273	53	25	155	26	41	3.8
Non-Gluten Vegan Roasties Pizza	826	197	7.5	3.1	29	3.5	2.3	0.77	4422	1053	40	16	156	19	12	4.1
Crust-Mas Rustica	977	233	9.7	4.6	26	3.5	10	0.96	6448	1536	64	30	170	23	68	6.4
Roasties Rustica	921	219	7.7	4.1	28	3.9	9.1	0.78	5352	1272	45	24	164	23	53	4.5
Vegan Roasties Rustica	828	196	5.9	2.9	31	2.9	4.5	0.91	4433	1052	32	16	165	15	24	4.8
Pigs-in-Blankets	1115	266	13	5	22	19	15	1.7	1566	374	18	7	31	27	21	2.4
The Festive Bombe	1094	260	9.6	3.6	32	2.7	11	1.1	3648	868	32	12	106	8.9	37	3.7
Black Truffle Arancini	807	193	11	6.3	14	1	8.3	1.2	1259	301	18	9.8	22	1.5	13	1.8
Take Away Only: Panettone Bread & Butter Pudding	1114	267	13	7	30	21	6.1	0.04	2239	536	27	14	61	42	12	0.08
Crust-Mas Rustica	977	233	9.7	4.6	26	3.5	10	0.96	6448	1536	64	30	170	23	68	6.4
Non-Gluten Crust-Mas Pizza	975	233	11	4.7	24	4	8.5	0.85	6436	1538	72	31	161	26	56	5.6
Roasties Rustica	921	219	7.7	4.1	28	3.9	9.1	0.78	5352	1272	45	24	164	23	53	4.5
Non-Gluten Roasties Pizza	919	219	9.1	4.2	27	4.4	7	0.65	5340	1273	53	25	155	26	41	3.8

CHRISTMAS SPECIALS	Per 100g Nutrition								Per Portion Nutrition							
	Menu Item Name	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein
Vegan Roasties Rustica	828	196	5.9	2.9	31	2.9	4.5	0.91	4433	1052	32	16	165	15	24	4.8
Non-Gluten Vegan Roasties Pizza	826	197	7.5	3.1	29	3.5	2.3	0.77	4422	1053	40	16	156	19	12	4.1
The Christmas Catch	779	185	6.6	2.7	23	3	7.6	1.3	3987	947	34	14	119	15	39	6.6
Pigs-in-Blankets	1115	266	13	5	22	19	15	1.7	1566	374	18	7	31	27	21	2.4
Panettone Bread & Butter Pudding	1066	255	13	6.8	29	21	5.7	0.05	2540	608	30	16	69	51	14	0.13
Take Away Only: Panettone Bread & Butter Pudding	1114	267	13	7	30	21	6.1	0.04	2239	536	27	14	61	42	12	0.08
Christmas Bombolini	1580	377	18	6.9	49	27	4.7	0.7	2922	697	34	13	90	50	8.6	1.3
Elf Cioccolata	1256	300	6.1	3.8	30	29	3.4	0.24	565	135	2.7	1.7	14	13	1.5	0.11