

Nutritional Information

June 2024



- Adults need around 2000 kcal a day
- Nutritional values are for informational purposes only and are not a substitute for medical advice

STARTERS	KCAL
Slow-Roasted Tomatoes	67
Marinated Olives	159
Dough Balls	414
Garlic bread mozzarella	588
Calamari	497
Herb & Lemon Chicken Wings + BBQ	595
Bruchetta	482
Halloumi Bites	373
Polenta Chips	613
Rainbow Slaw	163
Ceasar salad starter	380
House salad	177
Tomato & Chili Dip	13
Pesto Dip	142
Chipotle salsa Dip	49
BBQ Dip	39
Mushroom Arancini	346

SALADS	KCAL
Warm Bacon Avocado Salad	491
Niçoise Salad	332
Chicken Caesar Salad	585
Beetroot & Goat's Cheese Salad	361
Mediterranean Crunch Bowl	400

AL FORNO	KCAL
Pollo Pesto	1082
Cannelloni	760
Lasagne	712
Grand Pollo Milanese	841
Melanzane	390
Carbonara	1072

PIZZA	KCAL
Hot Honey	1179
Pollo Italiano	1126
Prosciutto	976
Quattro Formaggi	931
American	1033
Cotto e Funghi	895
Hawaiian	897
Verdure	990
Manzo	1082
Pollo Cajun	1289
Giardiniera	854
Tropean Hot	1330
Margherita	870
Garlic Mushroom	1061
Mezze	949

EXTRA TOPPINGS	KCAL
Red Onion	10
Black Olives	35
Roasted Red & Yellow Peppers	15
Sweet red peppers	20
Mixed Mushrooms	10
Artichokes	52
Chicken	53
Diced Mozzarella	190
Pepperoni	101
Ham	30

DESSERTS	KCAL
Tiramisu	444
Baked Vanilla Cheesecake	601
Biscoff® Billionaire	659
Berries Dreams	518
Honeycomb Cream Slice	509
Chocolate Brownie	571
Chocolate Fudge Cake (cake only)	277
Raspberry Sorbet (2 scoops)	121
Vanilla Gelato (2 scoops)	227
Chocolate Gelato (2 scoops)	226
Salted Caramel Gelato (2 scoops)	260
Vanilla Gelato (1 scoop)	113
Chocolate Gelato (1 scoop)	113
Salted Caramel Gelato (1 scoop)	130
Raspberry sorbet (1 scoop)	61
Fruit coulis	25
Chocolate sauce	29
Mascarpone	118
Chocolate brownie dolce	204
Affogato	114

KIDS MENU	KCAL
Doughballs	194
Margherita	410
American	482
Pollo	458
Ham & Mushrooms	425
Napoletana Pasta	284
Bianca Pasta	355
Creamy Pesto Pasta	441
Brownie	206
Sundae - choc sauce	151
Sundae - fruit sauce	133
Raspberry Sorbet	61
Apple & Pear Cawston Kids	54
Sunshine Orange Cawston Kids	38

SOFT DRINKS	KCAL
Coca cola	139
Coke zero	1
Diet coke	1
Fanta	63
Sprite	3
Sicilian Still Lemonade	65
Passion Fruit Lemonade	53
Cranberry Juice	50
Sparkling Raspberry Lemonade	40
Sparkling Elderflower Presse	50
San Pellegrino Limonata	71
San Pellegrino Aranciata Rosa	73
San Pellegrino Sparkling Water	0
Acqua Panna Still Water	0
Schwepps Soda Water	0
Schwepps Lemonade	36
Fever-tree Light tonic - Meditteranean	38
Fever-tree Light tonic - Rhubarb	38
Peroni Libera	73
Fever-tree Light tonic - Raspberry	38

HOT DRINKS (Milk)	KCAL
Americano	1
Cappucino	37
Latte	96
Flat White	49
Espresso single	1
Espresso double	2
Machiato	12
Hot chocolate	186
Mocha	194
Fresh mint leaf tea	2
English breakfast tea	5
Green tea	3
Earl Grey	3
Peppermint	5

HOT DRINKS (Oat drink)	KCAL
Cappuccino	50
Latte	132
Flat White	46
Machiato	17
Hot chocolate	226
Mocha	230