

Nutritional Information

October 2024



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

| Starters & Sides | Energy (kcal) |
|----------------------------------|----------------------|
| Marinated Olives | 159 |
| Dough Balls - With Garlic Butter | 414 |
| Garlic bread mozzarella | 588 |
| Calamari | 497 |
| Bruchetta | 482 |
| Mozzarella Sticks | 578 |
| Slow roasted tomatoes | 67 |
| BBQ Chicken Wings | 595 |
| Ceasar salad starter | 380 |
| Halloumi Bites | 351 |
| Polenta Chips | 613 |
| Rainbow Slaw | 163 |
| House salad | 177 |

| Salads | Energy (kcal) |
|---------------------------|----------------------|
| Warm Bacon Avocado Salad | 491 |
| Nicoise Salad | 332 |
| Beatroot & Goats Cheese | 361 |
| Mediterranean Crunch Bowl | 400 |
| Chicken Caesar Salad | 585 |

| Al Forno | Energy (kcal) |
|--------------------------|----------------------|
| Melanzane | 400 |
| Cannelloni | 757 |
| Lasagne | 712 |
| Chicken Parmigiana (New) | 1000 |
| Chorizo Carbonara (New) | 998 |
| Pollo Pesto (New) | 1075 |

| Pizza | Energy (kcal) |
|------------------------------------|----------------------|
| Prosciutto | 976 |
| Quattro Fromaggi | 931 |
| American | 1033 |
| Cotto e Funghi | 895 |
| Hawaiian | 897 |
| Verdure | 990 |
| Manzo | 1082 |
| Pollo Cajun | 1289 |
| Giardiniera - Vegan | 854 |
| Mezze | 949 |
| Garlic Mushroom | 1061 |
| Pollo Italiano | 1126 |
| Tropean Hot (New recipe) | 1388 |
| Margherita | 870 |
| Double pepperoni & hot honey (New) | 1288 |

| Extra Toppings & Dips | Energy (kcal) |
|----------------------------------|----------------------|
| Red Onion | 10 |
| Black Olives | 35 |
| Sweet red peppers | 20 |
| Mixed Mushrooms | 10 |
| Artichokes | 52 |
| Chicken | 53 |
| Diced Mozzarella | 190 |
| Pepperoni | 101 |
| Ham | 30 |
| Roasted Red & Yellow Peppers | 15 |
| Italian Tomato Dip | 63 |
| BBQ Dip | 39 |
| Basil & Pine Kernel Pesto Dip | 142 |

| Desserts | Energy (kcal) |
|----------------------------------|----------------------|
| Tiramisu | 444 |
| Baked Vanilla Cheesecake | 601 |
| Chocolate Brownie | 571 |
| Raspberry Sorbet (2 scoops) | 122 |
| Vanilla Gelato (2 scoops) | 237 |
| Chocolate Gelato (2 scoops) | 226 |
| Salted Caramel Gelato (2 scoops) | 260 |
| Stracciatella (2 scoops) | 295 |
| Vanilla Gelato (1 scoop) | 113 |
| Chocolate Gelato (1 scoop) | 113 |
| Salted Caramel Gelato (1 scoop) | 130 |
| Raspberry sorbet (1 scoop) | 61 |
| Stracciatella (1 scoop) | 141 |
| Bicoff® Billionaire | 659 |
| Berries & Dreams | 518 |
| Chocolate brownie dolce | 204 |
| Chocolate Fudge Cake (cake only) | 277 |
| Affogato | 114 |
| Honeycomb cream slice | 508 |
| Fruit coulis | 25 |
| Chocolate sauce | 29 |
| Mascarpone | 118 |

| Kids Menu | Energy (kcal) |
|---------------------------------|----------------------|
| Doughballs | 231 |
| Margherita Pizza | 410 |
| American Pizza | 482 |
| Pollo Pizza | 458 |
| Ham & Mushrooms Pizza | 425 |
| Napoletana pasta (new recipe) | 284 |
| Biancal pasta (new recipe) | 340 |
| Creamy pesto pasta (new recipe) | 482 |
| Brownie | 206 |
| Sundae - choc sauce | 151 |
| Sundae - fruit sauce | 133 |
| Raspberry Sorbet | 61 |
| Cawston Press - Sunshine Orange | 38 |
| Cawston Press - Apple & Pear | 54 |

| Soft Drinks | Energy (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 & Raspberry | 38 |
| Peroni 0% | 76 |

| Hot Drinks | Energy (kcal) |
|----------------------------|---------------|
| Espresso | 1 |
| Dbl Espresso | 2 |
| Americano | 1 |
| Latte - Dairy Milk | 116 |
| Latte - Oat milk | 146 |
| Flat White - Dairy Milk | 97 |
| Flat White - Oat milk | 122 |
| Cappuccino - Dairy Milk | 84 |
| Cappuccino - Oat milk | 105 |
| Macchiato - Dairy Milk | 14 |
| Macchiato - Oat milk | 17 |
| Mocha - Dairy Milk | 204 |
| Mocha - Oat milk | 231 |
| Hot Chocolate - Dairy Milk | 198 |
| Hot Chocolate - Oat milk | 229 |
| English breakfast tea | 1 |
| Green tea | 1 |
| Earl Grey | 1 |
| Peppermint | 2 |