

Dish Name	Per Serving							Per 100g						
	Fat (g) per serving	Saturated Fat (g) per serving	Carbohydrate (g) per serving	Sugars (g) per serving	Fibre (g) per serving	Protein (g) per serving	Salt (g) per serving	Fat (g) per 100g	Saturated Fat (g) per 100g	Carbohydrate (g) per 100g	Sugars (g) per 100g	Fibre (g) per 100g	Protein (g) per 100g	Salt (g) per 100g
Bakery														
Garlic Bread with Mozzarella	19	10	58	2.9	2.2	20	1.3	11	5.7	33	1.6	1.3	11	0.76
Pizza Twist	9.6	5.6	63	3.5	2.4	17	1.1	5.5	3.2	37	2	1.4	10	0.66
Tomato Bruschetta	17	4.5	61	5.4	3.1	10	1.2	7.8	2	28	2.4	1.4	4.6	0.53
Garlic Bread with Balsamic Onions & Mozzarella Large	38	20	150	19	5.3	44	2.9	8.5	4.6	33	4.1	1.2	9.7	0.64
Garlic Bread with Balsamic Onions & Mozzarella	20	11	64	8.8	2.4	22	1.5	9.6	5.3	30	4.1	1.1	10	0.7
Garlic Bread	9.2	3.7	58	2.9	2.2	9.2	0.71	6.8	2.7	44	2.1	1.7	6.9	0.53
Gluten Free Garlic Bread with Mozzarella	20	10	51	1.4	1.5	14	2.5	13	6.8	34	0.9	1	9.5	1.6
Gluten Free Tomato Bruschetta	19	4.8	66	4	2.5	5.4	2.3	9	2.3	31	1.9	1.2	2.5	1.1
Gluten Free Garlic Bread with Balsamic Onions & Mozzarella Large	42	21	125	15	3.7	30	5.4	11	5.5	33	3.9	1	8	1.4
Gluten Free Garlic Bread with Balsamic Onions & Mozzarella	22	11	57	7.3	1.7	17	2.6	12	6.1	30	3.9	0.9	8.8	1.4
Gluten Free Garlic Bread	11	4	51	1.4	1.5	3.5	1.8	9.9	3.6	47	1.2	1.4	3.2	1.7
Starters and Sharers														
Burrata Salad	47	20	5.9	4.9	1	11	1.7	21	9	2.6	2.2	0.5	4.9	0.78
Tomato Artichoke & Black Olive Salad	34	4.1	22	3.4	2.9	4.6	2.7	17	2.1	11	1.8	1.5	2.3	1.4
Prezzo's Meatballs	20	6.7	30	5.7	4	35	4.3	6.5	2.2	9.8	1.9	1.3	12	1.4
Oak - Smoked Salmon Cucumber & Dill Salad	20	4	23	3.1	1.2	22	3.3	12	2.3	13	1.8	0.7	12	1.9
Prezzo's Antipasto Sharing	56	22	67	11	4.6	46	6.9	14	5.5	17	2.7	1.2	12	1.7
Prezzo's Antipasto	38	14	35	7.2	2.9	29	4.6	15	5.6	14	2.9	1.2	12	1.8
Wild Mushroom Arancini	29	5.2	34	1.8	1.5	6	1.4	18	3.2	21	1.1	0.9	3.7	0.84
Calamari	51	6	19	2.6	1	21	3.4	21	2.5	7.9	1.1	0.5	8.8	1.4
Crispy Fried Mozzarella with Pomodoro	35	11	45	5.4	3.1	24	2.6	17	5.1	22	2.6	1.5	12	1.3
Crispy Fried Mozzarella with Calabrese Ketchup	36	11	52	13	3.4	25	3.1	18	5.3	26	6.5	1.7	12	1.5

Olives	6.2	1.1	0.5	0	1.1	0.5	3	7.3	1.3	0.5	0	1.3	0.6	3.5
Gluten Free Prezzo's Antipasto	39	14	32	6.5	2.5	27	5.2	16	6	13	2.7	1.1	11	2.2
Gluten Free Prezzo's Antipasto Sharing	58	22	59	9.3	3.9	40	8	16	5.9	16	2.5	1.1	11	2.2
Pasta														
Creste di Gallo with Chicken	44	19	71	5	4.1	50	3.4	9.1	4	15	1	0.8	10	0.7
Creste di Gallo	43	19	71	5	4.1	24	3.2	12	5	19	1.3	1.1	6.4	0.86
Pea & Goats Cheese Ravioli	37	20	57	7.2	3.6	26	1.6	9.9	5.5	15	1.9	1	7.1	0.44
Spinach & Ricotta Cannelloni	42	25	42	8.8	1.3	38	4.2	11	6.3	11	2.2	0.5	9.7	1.1
Spaghetti Devon Crab	15	2.4	88	6.7	5	31	0.75	3.3	0.5	20	1.5	1.1	7	0.17
Crab & Lobster Ravioli	39	18	56	10	1.9	23	3.3	9.9	4.5	14	2.6	0.5	5.7	0.84
Rigatoni Oak Smoked Salmon	28	8	89	8.3	5.8	35	3.8	6	1.7	19	1.8	1.2	7.4	0.81
Spaghetti King Prawn	15	2.2	93	12	7.2	31	1.9	3	0.4	18	2.3	1.4	5.9	0.36
Rigatoni Alfredo Veggie	57	28	97	14	14	55	2.2	9.9	4.9	17	2.5	2.3	9.6	0.39
Rigatoni Alfredo	54	28	95	14	5.7	54	1.6	9.7	5.1	17	2.6	1	9.8	0.28
Rigatoni Rusticana	34	14	95	13	6.1	57	4.8	6	2.5	17	2.3	1.1	10	0.86
Lasagne	32	15	45	13	3.2	37	4.1	6.7	3.3	9.5	2.8	0.7	7.8	0.88
Spaghetti Carbonara with Chicken Al Forno	75	42	89	10	3.3	82	5	12	6.9	15	1.7	0.5	14	0.84
Spaghetti Carbonara Al Forno	74	41	88	10	3.2	59	4.6	14	7.9	17	1.9	0.6	11	0.89
Spaghetti Carbonara with Chicken	62	33	89	10	3.3	67	4.2	11	6.1	16	1.9	0.6	12	0.77
Spaghetti Carbonara	61	33	88	10	3.2	44	3.8	13	7.1	19	2.2	0.7	9.5	0.82
Spaghetti Bolognese	21	8	93	12	5.1	34	2.7	4.4	1.7	19	2.6	1.1	7	0.57
Rigatoni Arrabbiata with Burrata Mozzarella & Chicken Al Forno	43	20	93	11	6.1	60	2.9	7.4	3.5	16	1.9	1	10	0.49
Rigatoni Arrabbiata with Chicken Al Forno	29	11	92	9.8	6.1	56	2.4	5.5	2.1	18	1.9	1.2	11	0.46
Rigatoni Arrabbiata with Burrata Al Forno	42	20	92	11	6	37	2.5	8.3	4	18	2.1	1.2	7.4	0.5
Rigatoni Arrabbiata Al Forno	27	11	91	9.5	6	32	2	6.2	2.4	21	2.2	1.4	7.3	0.45
Rigatoni Arrabbiata with Burrata Mozzarella & Chicken	30	12	93	11	6.1	46	2	5.8	2.2	18	2.1	1.2	8.7	0.39
Rigatoni Arrabbiata with Chicken	16	2.4	92	9.8	6.1	41	1.5	3.4	0.5	20	2.1	1.3	8.8	0.33
Rigatoni Arrabbiata with Burrata	29	11	92	11	6	22	1.6	6.6	2.5	21	2.4	1.3	5.1	0.37
Rigatoni Arrabbiata	15	2.1	91	9.5	6	18	1.1	3.8	0.5	24	2.5	1.6	4.6	0.3
Gluten Free Fusilli Devon Crab	15	2.8	122	4.7	5.2	25	0.77	3.1	0.6	25	0.9	1	4.9	0.16
Gluten Free Fusilli Oak Smoked Salmon	34	10	206	9.9	9.2	44	3.8	4.5	1.4	27	1.3	1.2	5.9	0.51
Gluten Free Fusilli King Prawn	16	2.6	127	9.7	7.4	24	1.9	2.8	0.5	22	1.7	1.3	4.2	0.33
Gluten Free Fusilli Alfredo	56	30	129	12	5.9	49	1.6	9.3	4.9	21	2	1	8.1	0.26

Gluten Free Fusilli Rusticana	34	15	128	11	6.3	51	4.8	5.6	2.4	21	1.8	1	8.4	0.78
Gluten Free Fusilli Carbonara with Chicken Al Forno	75	42	124	8.3	3.5	75	5.1	11	6.1	20	1.3	0.6	11	0.75
Gluten Free Fusilli Carbonara Al Forno	74	42	123	7.9	3.4	52	4.7	13	6.9	23	1.5	0.6	8.3	0.78
Gluten Free Fusilli Carbonara with Chicken	63	33	124	8.3	3.5	61	4.2	11	5.7	21	1.4	0.6	10	0.71
Gluten Free Fusilli Carbonara	61	33	123	7.9	3.4	37	3.8	12	6.5	24	1.6	0.7	7.3	0.75
Gluten Free Fusilli Bolognese	21	8.4	128	10	5.3	27	2.7	4	1.6	24	2	1	5.1	0.52
Gluten Free Fusilli Arrabbiata Al Forno with Burrata & Chicken	43	21	127	9	6.3	55	2.9	6.9	3.3	20	1.4	1	8.7	0.46
Gluten Free Fusilli Arrabbiata Al Forno with Chicken	29	11	126	7.8	6.3	50	2.4	5.1	2	22	1.4	1.1	8.8	0.42
Gluten Free Fusilli Arrabbiata Al Forno with Burrata	42	20	126	8.7	6.2	32	2.5	7.7	3.7	23	1.6	1.1	5.7	0.46
Gluten Free Fusilli Arrabbiata Al Forno	28	11	125	7.5	6.2	27	2	5.7	2.3	25	1.5	1.3	5.5	0.41
Gluten Free Fusilli Arrabbiata with Burrata & Chicken	31	12	127	9	6.3	40	2	5.4	2.1	22	1.6	1.1	7	0.36
Gluten Free Fusilli Arrabbiata with Chicken	16	2.8	126	7.8	6.3	35	1.6	3.2	0.5	25	1.5	1.2	6.9	0.31
Gluten Free Fusilli Arrabbiata with Burrata	30	12	126	8.7	6.2	17	1.7	6	2.4	26	1.8	1.3	3.4	0.34
Gluten Free Fusilli Arrabbiata	15	2.5	125	7.5	6.2	12	1.2	3.5	0.6	29	1.7	1.4	2.8	0.27
Vegan Spaghetti Bolognese	10	1.4	98	13	9.5	27	2.2	2.1	0.3	20	2.6	2	5.7	0.46
Rigatoni Arrabbiata with Vegan Chicken	20	2.7	94	10	14	42	2.2	4.1	0.6	19	2	2.8	8.6	0.45
Gluten Free Vegan Fusilli Bolognese	10	1.7	133	11	9.7	20	2.2	2	0.3	25	2	1.8	3.9	0.43

Pizza														
Tuna Pesto Pizzetta	31	11	69	7.8	3.8	34	2.5	8.4	2.9	19	2.1	1	9	0.67
Tuna Pesto Large Pizza	74	28	146	9.6	5.9	86	6.3	11	4	21	1.4	0.9	12	0.9
Tuna Pesto Pizza	52	20	143	8.5	5.6	67	4.7	9.2	3.5	25	1.5	1	12	0.84
Mushroom, Burrata and Truffle Pinsa	57	30	142	9	6.4	50	3.3	10	5.3	25	1.6	1.1	8.9	0.58
Mortadella Mushroom & Mascarpone Pizzetta	37	19	144	12	7.3	38	2.9	6.8	3.5	26	2.3	1.4	6.9	0.53
Mortadella Mushroom & Mascarpone Large Pizza	83	50	146	14	8.9	65	5.4	11	6.6	19	1.8	1.2	8.6	0.71
Mortadella Mushroom & Mascarpone Pizza	61	37	143	11	7.7	53	4.1	9.8	6	23	1.8	1.2	8.6	0.67
Goats Cheese & Roasted Pepper Pizzetta	24	12	77	17	5	26	2.1	6.8	3.3	22	4.7	1.4	7.3	0.59
Goats Cheese & Roasted Pepper Large Pizza	53	31	168	36	9.4	62	5	8.2	4.8	26	5.6	1.5	9.7	0.78
Goats Cheese & Roasted Pepper Pizza	37	22	159	27	8.4	50	3.9	6.9	4	29	4.9	1.5	9.2	0.71
Tre Vегgie Calzone	36	16	151	18	10	29	2.9	5.8	2.5	24	2.8	1.6	4.6	0.47
Tre Carni Pinsa	54	24	118	9	6.3	85	5.5	9.3	4.1	21	1.6	1.1	15	0.95
Calabrese Calzone	53	22	155	22	8.6	50	4.9	8.6	3.5	25	3.5	1.4	8.1	0.79
Courgette & Black Olive Pizzetta	38	8.3	70	10	5.1	18	2.2	11	2.4	20	2.9	1.5	5.3	0.64
Courgette & Black Olive Large Pizza	85	21	149	16	9.8	44	5.5	14	3.5	24	2.6	1.6	7.1	0.91

Courgette & Black Olive Pizza	62	15	145	13	8.3	36	4.2	12	2.9	29	2.6	1.6	7.1	0.82
Chicken & Roast Pepper Pinsa	35	19	129	21	6.5	69	3.5	6.2	3.4	23	3.7	1.2	12	0.62
Marinara Pizzetta	11	1.3	70	10	4.8	12	1.2	3.8	0.5	25	3.7	1.7	4.2	0.44
Marinara Large Pizza	13	1.5	149	17	9	23	2.6	3	0.4	35	3.9	2.1	5.6	0.62
Marinara Pizza	10	1.2	145	13	7.7	22	2.2	2.7	0.3	39	3.5	2	6	0.58
Veggie Tre Carne Calzone	37	16	153	17	16	51	5.2	5.4	2.4	22	2.5	2.4	7.4	0.76
Tre Carne Calzone	62	26	153	19	9.3	70	7.7	8.5	3.6	21	2.6	1.3	9.6	1
Tre Gusti Pizzetta	33	14	70	9.2	4.1	43	3.7	8.5	3.5	18	2.4	1.1	11	0.98
Tre Gusti Large Pizza	80	37	147	14	6.9	116	10.2	11	5.1	20	1.9	0.9	16	1.4
Tre Gusti Pizza	56	26	144	11	6.3	86	7.4	9.6	4.5	24	1.9	1.1	15	1.3
Gorgonzola & Prosciutto Pizzetta	34	17	73	13	3.8	33	2.9	9.4	4.7	20	3.5	1	8.9	0.8
Gorgonzola & Prosciutto Large Pizza	82	46	156	24	6	81	7.2	12	7	23	3.6	0.9	12	1.1
Gorgonzola & Prosciutto Pizza	59	33	150	19	5.7	65	5.6	11	6	27	3.4	1	12	1
Dolce e Picante Pizzetta	28	11	74	14	4.4	23	2.5	8	3.1	21	4	1.3	6.7	0.71
Dolce e Picante Large Pizza	65	30	159	26	7	57	5.8	11	5.1	27	4.5	1.2	9.7	1
Dolce e Picante Pizza	46	21	152	20	6.3	46	4.5	9.5	4.3	31	4	1.3	9.4	0.93
Pepperoni Pizzetta	24	10	68	8	4	27	2.4	7.4	3.2	21	2.5	1.3	8.4	0.76
Margherita Large Pizza	40	25	143	11	6.7	62	4.1	7.5	4.7	27	2.1	1.3	12	0.77
Margherita Pizzetta	19	9.2	68	8.2	4	25	1.7	6.1	2.9	22	2.6	1.3	7.9	0.56
Pepperoni Pizza	38	20	141	8.9	6.2	53	4.6	8.2	4.2	31	1.9	1.3	12	1
Margherita Pizza	28	17	141	9.4	6.2	49	3.2	6.2	3.8	31	2.1	1.4	11	0.71
Gluten Free Tuna Pesto Pizzetta	33	11	57	6	2.9	27	3.6	9.7	3.2	17	1.8	0.8	8.1	1.1
Gluten Free Tuna Pesto Pizza	56	21	118	5.1	4	54	7.3	11	4.1	23	1	0.8	11	1.4
Gluten Free Mortadella Mushroom & Mascarpone Pizzetta	37	19	58	7.5	3.9	21	3.3	10	5.3	16	2.1	1.1	5.7	0.91
Gluten Free Mortadella Mushroom & Mascarpone Pizza	64	37	118	8	6.1	40	6.7	12	6.8	21	1.4	1.1	7.3	1.2
Gluten Free Goats Cheese & Roasted Pepper Pizzetta	26	12	65	15	4.1	19	3.2	8.1	3.7	20	4.6	1.3	6.1	1
Gluten Free Goats Cheese & Roasted Pepper Pizza	42	23	133	23	6.4	38	6.5	9	4.9	29	4.9	1.4	8.1	1.4
Gluten Free Courgette & Black Olive Pizzetta	40	8.6	59	8.3	4.2	12	3.3	13	2.8	19	2.7	1.4	3.8	1.1
Gluten Free Courgette & Black Olive Pizza	66	16	120	9.8	6.7	23	6.7	15	3.5	27	2.2	1.5	5.2	1.5
Gluten Free Marinara Pizzetta	12	1.6	58	8.4	3.9	5.3	2.3	5	0.6	24	3.5	1.6	2.2	0.95
Gluten Free Marinara Pizza	14	1.8	120	9.8	6.1	9.4	4.7	4.4	0.6	39	3.2	2	3	1.5
Gluten Free Tre Gusti Pizzetta	34	14	58	7.4	3.2	37	4.8	9.8	4	17	2.1	0.9	11	1.4
Gluten Free Tre Gusti Pizza	60	27	119	8	4.7	74	9.9	11	5.2	23	1.5	0.9	14	1.9
Gluten Free Gorgonzola & Prosciutto Pizzetta	36	17	61	11	2.9	26	4	11	5.2	19	3.4	0.9	7.9	1.2

Gluten Free Gorgonzola & Prosciutto Pizza	62	34	125	15	4.1	51	8.1	13	6.9	26	3.1	0.8	11	1.7
Gluten Free Dolce e Picante Pizzetta	29	11	63	12	3.5	17	3.6	9.3	3.5	20	3.9	1.1	5.4	1.1
Gluten Free Dolce e Picante Pizza	50	21	127	16	4.7	33	7.1	12	5.1	30	3.8	1.1	7.7	1.7
Gluten Free Margherita Pizzetta	40	25	65	6.5	3.1	29	4.4	11	6.9	18	1.8	0.9	8	1.2
Gluten Free Pepperoni Pizzetta	25	11	57	6.2	3.1	20	3.5	8.9	3.7	20	2.2	1.1	7.1	1.2
Gluten Free Pepperoni Pizza	41	20	116	5.5	4.6	40	7.2	10	5.1	29	1.4	1.2	10	1.8
Gluten Free Margherita Pizza	31	18	116	6	4.6	36	5.7	8.2	4.6	30	1.6	1.2	9.3	1.5
Gluten Free Vegan Tre Gusti Pizzetta	25	12	67	6.3	7.9	11	4	8	3.9	21	2	2.5	3.6	1.3
Gluten Free Vegan Pepperoni Pizzetta	25	13	68	6.2	11	7.4	5.1	7.8	3.9	21	1.9	3.4	2.3	1.5
Gluten Free Vegan Pepperoni Pizza	38	23	137	5.4	17	12	9.2	8.4	5.2	30	1.2	3.7	2.8	2
Vegan Tre Gusti Pizzetta	24	12	79	8.1	8.8	18	2.9	6.8	3.4	22	2.3	2.5	5.1	0.83
Vegan Tre Gusti Large Pizza	34	17	159	10	20	40	5.8	6.1	3	29	1.9	3.5	7.2	1
Vegan Tre Gusti Pizza	28	13	153	9	16	35	4.5	5.8	2.7	32	1.9	3.2	7.3	0.95
Vegan Pepperoni Pizzetta	24	13	80	7.9	12	14	4	6.6	3.5	22	2.2	3.3	3.8	1.1
Vegan Pepperoni Pizza	34	23	162	8.8	19	26	6.7	6.6	4.4	31	1.7	3.6	4.9	1.3
Gluten Free Vegan Margherita Pizza	17	10	124	5.4	4.6	8.3	5.1	5.3	3.3	40	1.7	1.5	2.7	1.6
Vegan Margherita Large Pizza	30	25	166	10	6.7	22	4.3	6.3	5.3	35	2.1	1.4	4.6	0.91
Vegan Margherita Pizza	24	20	159	8.8	6.2	21	3.5	5.6	4.7	38	2.1	1.5	5.1	0.84
Vegan Pepperoni Large Pizza	45	30	171	10	23	27	8.6	7.4	5	28	1.6	3.9	4.5	1.4
Gluten Free Vegan Margherita Pizzetta	18	11	65	6.2	3.1	4.7	3	6.9	4	25	2.3	1.2	1.8	1.1
Vegan Margherita Pizzetta	17	10	65	7.8	3.9	10	1.9	5.9	3.6	23	2.7	1.4	3.6	0.67
Grills														
Seabass with Gnocchi in a Saffron Sauce	25	9.2	37	3.1	5.9	27	1.6	7.4	2.7	11	0.9	1.7	8	0.48
Tuscan Sausages	53	13	21	13	8.4	51	5.5	11	2.7	4.4	2.6	1.7	11	1.1
Saltimbocca Chicken Sage	27	14	48	13	12	65	2.2	3.1	1.6	5.4	1.5	1.4	7.4	0.25
Vegetarian Calabrese Burger with Truffle Fries	69	18	116	23	15	37	5.7	13	3.4	22	4.3	2.8	6.9	1.1
Vegetarian Calabrese Burger	61	16	115	23	15	35	5.6	12	3.1	22	4.4	2.8	6.7	1.1
Truffled Gorgonzola Chicken Burger	51	10	93	17	7.6	69	4.1	8.6	1.8	16	2.8	1.3	12	0.7
Truffled Gorgonzola Beef Burger	81	11	100	17	8	39	5.6	13	1.8	17	2.8	1.3	6.5	0.94
Burger Italiano - Chicken with Truffle Fries	62	17	95	19	7.6	79	5.8	9.7	2.6	15	2.9	1.2	12	0.91
Burger Italiano- Beef with Truffle Fries	92	17	102	19	8	50	7.3	14	2.7	16	2.9	1.2	7.7	1.1
Burger Italiano - Chicken	53	14	95	19	7.5	77	5.7	8.6	2.3	15	3	1.2	12	0.91
Burger Italiano - Beef	83	15	102	19	8	47	7.2	13	2.3	16	3	1.3	7.5	1.1

Salads														
Orzo Salad with Prawns	27	12	45	9.8	3.6	25	1.2	6.6	2.8	11	2.4	0.9	6.1	0.29
Orzo Salad with Chicken	19	8	44	9.4	3.2	40	0.61	4.5	1.9	10	2.2	0.8	9.4	0.14
Orzo Salad	18	7.7	44	9.4	3.2	14	0.45	5.7	2.4	14	3	1	4.4	0.14
Chicken Bacon & Avocado Salad	32	6.3	51	12	5.6	39	2.1	6.4	1.3	10	2.5	1.1	7.8	0.42
Caesar Salad with Prawns	48	11	33	4	5.2	20	2.4	13	2.9	8.9	1.1	1.4	5.4	0.64
Caesar Salad	39	7	32	3.5	4.8	9.1	1.6	14	2.5	12	1.3	1.7	3.3	0.59
Caesar Salad with Chicken	41	7.6	32	3.5	4.8	61	2	8.3	1.5	6.5	0.7	1	12	0.39
Sides														
Mixed Salad	10	1.4	7.7	7.3	2	1.8	0.3	5.5	0.7	4	3.8	1.1	0.9	0.15
Potato Al Forno	12	4.1	68	4.2	8	7.7	0.14	3.7	1.3	21	1.3	2.5	2.4	0.04
Fries	19	1.8	50	0.9	4.3	4.5	1.3	9.7	0.9	25	0.5	2.2	2.3	0.66
Truffle Fries	28	4.3	50	0.9	4.3	6.8	1.4	13	2	24	0.5	2	3.2	0.66
Extras														
Tuna Extra	5.6	1.9	0	0	0	22	0.74	6	2	0	0	0	24	0.8
Gorgonzola extra	12	8.6	0	0	0	8.6	0.68	27	19	0	0	0	19	1.5
Anchovies extra	1.8	8.6	0	0	0	6.5	3.5	7.3	0.2	0.7	0.7	0	26	14
Mortadella Dop extra	8.3	2.7	0	0	0	5	0.67	26	8.5	0.5	0.5	0	16	2.1
Proper Parmesan extra	2.1	1.4	0	0	0	2.2	0.11	30	20	0	0	0	32	1.6
Prawn extra	0.5	0	0.5	0.5	0.5	11	0.62	0.5	0.1	0.5	0.5	0.5	13	0.75
Vegan Pepperoni extra	5	1.6	1.9	0	5.6	1.9	1.4	11	3.5	4.3	0	12	4.2	3.2
Vegan Chicken extra	2.4	0.3	1.7	0.5	3.8	12	0.5	4.8	0.6	3.3	0.5	7.5	23	1
Spicy Pepperoni extra	12	4.4	0	0	0	7	1.3	38	14	0.5	0.5	0	22	4
Prosciutto extra	4.2	1	0	0	0	9.3	1.8	13	3.1	0.5	0	0	29	5.5
Pancetta extra	21	8.4	2.3	2.1	0	13	2.8	36	14	4	3.7	0	22	4.8
Nduja extra	20	8.8	0.5	0	0	5.6	0.84	50	22	1.1	0	0	14	2.1
Pepperoni extra	15	5.9	1	0	0	9.2	1.6	38	15	2.4	0	0	23	4.1
Chicken extra	1.2	0.3	1.1	0.5	0	23	0.39	1.5	0.4	1.4	0.5	0	29	0.49
Burrata extra	14	9.2	1.2	1.2	0	4.8	0.48	24	15	2	2	0	8	0.8
Vegan Mozzarella extra	21	19	18	0	0	0	1.9	24	22	21	0	0	0	2.2
Sundried Tomato extra	4.9	0.5	4.5	4.4	1.4	1	0.54	14	1.5	12	12	4	2.7	1.5

Spinach extra	0	0	0	0	0.5	0.5	0.04	0.8	0.1	1.6	1.5	2.1	2.8	0.35
Salmon extra	7.1	1.2	0	0	0	17	2.1	8.5	1.5	0	0	0	21	2.5
Rocket extra	0	0	0.5	0	0.5	0.5	0.01	0.7	0	2.1	1	1.6	2.6	0.07
Red Onion extra	0	0	2.1	1.5	0.5	0.5	0	0	0	7.4	5.2	0.9	1	0.02
Chilli extra	0	0	0.5	0.5	0	0	0	0.5	0	4.2	4.2	1.5	1.8	0.03
Mushrooms extra	5.1	3	0.5	0	1.2	2	0	6.2	3.6	0.5	0.5	1.5	2.4	0.01
Mozzarella extra	19	13	0	0	0	22	1.3	22	15	0	0	0	26	1.5
Roast Peppers extra	0	0	2.1	2	1.1	0.5	0	0	0	4.3	4.2	2.2	0.8	0
Mascarpone extra	26	18	2.2	2.2	0	4.3	0.05	36	25	3	3	0	5.8	0.07
Cucumber extra	0	0	0.5	0.5	0	0.5	0	0.6	0.2	1.3	1.2	0.7	1	0
Croutons extra	1.2	0	5.4	0.5	0.5	0	0.1	15	1	67	4.7	3.3	1.1	1.3
Cream extra	11	6.8	2.2	2.2	0	1.5	0.06	19	12	3.9	3.9	0	2.6	0.1
Cherry Tomato's extra	0	0	1.5	1.5	0.5	0.5	0	0.5	0.1	3.6	3.6	1.3	1.1	0
Caramelised Onions extra	0	0	6.3	6.3	0	0	0.03	0	0	21	21	0.6	0.8	0.1
Olives extra	1.8	0.3	0	0	0.5	0	0.88	7.3	1.3	0.5	0	1.3	0.6	3.5
Basil extra	0	0	0	0	0	0	0	0.8	0	5.1	0.5	1.6	3.1	0.02
Hard Cheese extra	1.7	1.2	0	0	0	1.9	0.08	28	20	0.6	0	0	31	1.4

Desserts

Raspberry Sorbet	0.5	0.2	45	40	0	0.8	0	0	0.1	28	25	0	0.5	0
Vanilla Gelato	11	8	36	23	0	5.9	0.24	7.1	5	22	14	0	3.7	0.15
Sticky Toffee Pudding	44	21	92	67	2.3	7.3	1.6	16	7.9	34	25	0.8	2.7	0.6
Chocolate Gelato	11	7	38	24	0	7.7	0.19	7.1	4.4	24	15	0	4.8	0.12
Chocolate & Cherry Sundae	25	16	67	44	0.5	13	0.32	8.3	5.4	22	14	0	4.2	0.11
Strawberry Sundae	25	18	78	58	0.5	10	0.4	7.4	5.2	23	17	0	3	0.12
Affogato	6.9	4.6	19	12	0	4.3	0.12	7.6	5.1	21	13	0	4.7	0.14
Mango Sorbet	0.5	0.2	44	37	0	0.6	0.13	0.5	0.1	27	23	0	0.5	0.08
Sicilian Orange Cheesecake	30	16	44	34	0.7	10	0.5	13	7.2	19	15	0.5	4.4	0.22
Dark Chocolate Gianduja	12	7.3	21	18	1.7	3	0.2	21	12	36	30	3	5.1	0.34
Affogato	9.4	7.3	22	17	0	4.2	0.08	10	8.1	24	19	0	4.6	0.09
Lotus Biscoff Cheesecake with Banana	31	12	74	47	2	4.2	0.58	15	5.8	36	23	1	2	0.28
Lemon Meringue Pie	22	13	68	58	1.2	6.6	0.32	13	8	41	36	0.7	4	0.19
Tiramisu	23	14	62	51	0.9	4.5	0.14	14	8.3	36	30	0.5	2.6	0.08
Best Ever Chocolate Cake	46	23	34	33	3.8	11	0.07	30	15	22	21	2.5	7.4	0.05

Vegetable Sticks with Caesar - Kids	15	1.8	1.9	1.7	1.5	0.9	0.51	16	2	2.2	2	1.7	1.1	0.58
Crispy Fried Mozzarella - Kids	15	5.1	23	3.4	1.9	12	1.4	11	3.8	17	2.5	1.4	9.1	1
Garlic Bread with Mozzarella Kids	9.3	5	29	1.4	1.1	10	0.67	11	5.7	33	1.6	1.3	11	0.76
Garlic Bread - Kids	4.6	1.8	29	1.4	1.1	4.6	0.35	6.8	2.7	44	2.1	1.7	6.9	0.53
Gluten Free Garlic Bread Kids	11	4	51	1.4	1.5	3.5	1.8	9.9	3.6	47	1.2	1.4	3.2	1.7
Rigatoni Meatballs Kids	9	3.5	50	5.1	3.6	30	2.3	3.2	1.2	18	1.8	1.3	10	0.81
Spaghetti Meatballs Kids	9	3.5	50	5.1	3.6	30	2.3	3.2	1.2	18	1.8	1.3	10	0.81
Rigatoni with Butter Kids	12	6.8	41	1.9	1.6	7.6	0	9.3	5.3	32	1.4	1.2	5.9	0
Spaghetti Carbonara Kids	40	23	44	5	1.6	24	1.6	16	9.4	18	2	0.7	9.8	0.67
Rigatoni Carbonara Kids	40	23	45	5	1.6	23	1.6	16	9.4	18	2	0.7	9.6	0.67
Spaghetti Bolognese Kids	8.9	3.4	46	5.4	2.3	15	1.1	4.1	1.5	21	2.5	1.1	7	0.51
Rigatoni Bolognese Kids	8.9	3.4	46	5.4	2.3	15	1.1	4.1	1.5	21	2.5	1.1	6.8	0.51
Spaghetti Pomodoro Kids	2.2	0.3	45	4.7	2.9	9.1	0.68	1.2	0.2	24	2.6	1.6	5	0.37
Rigatoni Pomodoro Kids	2.2	0.3	45	4.7	2.9	8.5	0.68	1.2	0.2	25	2.6	1.6	4.7	0.37
Beef Burger Kids	29	3.1	75	13	4.9	20	3.2	8.4	0.9	21	3.8	1.4	5.6	0.92
Chicken Burger Kids	15	2.8	72	13	4.7	34	2.5	4.2	0.8	21	3.8	1.3	9.9	0.71
Veggie Burger Kids	19	3.9	82	15	8.3	16	2.4	6.4	1.3	27	5	2.7	5.2	0.78
Pepperoni Pizza Kids	22	11	65	4.8	3.3	28	2.7	8.4	4.2	25	1.8	1.2	11	1
Cheese & Tomato Pizza Kids	11	6.7	65	4.7	3.2	22	1.5	4.7	2.8	27	2	1.4	9.1	0.62
Gluten Free Fusilli with Butter Kids	12	7	58	0.8	1.7	4.8	0.01	8	4.6	38	0.6	1.1	3.2	0
Gluten Free Fusilli Carbonara Kids	40	23	61	4	1.7	21	1.6	15	8.6	23	1.5	0.6	7.7	0.61
Gluten Free Fusilli Bolognese Kids	9.1	3.5	63	4.4	2.5	12	1.1	3.8	1.5	26	1.8	1	4.9	0.47
Gluten Free Vegan Bolognese Kids	4.6	0.8	65	4.6	4.3	9.3	0.93	1.7	0.3	32	1.4	1.6	3.7	0.25
Gluten Free Fusilli Pomodoro Kids	2.4	0.5	62	3.7	3	5.7	0.69	1.2	0.2	30	1.8	1.4	2.8	0.33
Gluten Free Pepperoni Pizza Kids	28	13	54	3	2.4	24	4.2	11	5.3	22	1.2	1	10	1.7
Gluten Free Cheese & Tomato Pizza Kids	13	6.9	53	3	2.3	15	2.5	6.3	3.5	26	1.5	1.2	7.5	1.3
Gluten Free Vegan Pepperoni Pizza Kids	18	12	76	3.1	7.9	6.8	4.3	7.1	4.5	29	1.2	3	2.6	1.6
Gluten Free Vegan Cheese & Tomato Pizza Kids	14	10	62	3	2.3	4.1	2.9	6.7	5	31	1.5	1.2	2	1.4

Vegan Spaghetti Bolognese Kids	4.4	0.6	48	5.6	4.1	13	0.92	2	0.3	22	2.6	1.9	5.8	0.42
Vegan Rigatoni Bolognese Kids	4.4	0.6	48	5.6	4.1	12	0.92	2	0.3	22	2.6	1.9	5.5	0.42
Vegan Pepperoni Pizza Kids	17	11	76	4.7	8.7	12	3.2	6	4.1	27	1.7	3.1	4.4	1.1
Vegan Cheese & Tomato Pizza Kids	12	9.9	74	4.7	3.2	11	1.8	5.1	4.2	31	2	1.4	4.5	0.75
Ice Lolly Rainbow	0	0	4.5	4.2	0	0	0	0	0	11	11	0	0	0
Ice Lolly Berry	0	0	3.9	3.7	0	0	0	0	0	9.7	9.3	0	0	0
Nutella Dippers Dessert	9.6	3.2	60	28	1.2	6.9	0.35	9	3	56	26	1.2	6.4	0.33
Mango Sorbet Kids	0	0	23	19	0	0.5	0.07	0.5	0.1	27	23	0	0.5	0.08
Vanilla Gelato	5.9	4.2	19	12	0	3.1	0.12	7.1	5	22	14	0	3.7	0.15
Chocolate Gelato	5.9	3.7	20	12	0	4	0.1	7.1	4.4	24	15	0	4.8	0.12
Raspberry Sorbet	0	0	23	21	0	0.5	0	0	0.1	28	25	0	0.5	0
Raspberry Sorbet	0	0	23	21	0	0.5	0	0	0.1	28	25	0	0.5	0
Kids Sundae Cafe Curl	0.5	0.2	1.5	0.9		0	0	14	12	74	44	0	6.3	0.21
Kids Sundae - Strawberries	0	0	2	2	0.5	0	0	0	0	7.8	7.8	1.2	0.7	0
Kids Sundae - Cherries	0	0	3.3	3.3	0.5	0	0	0	0	13	13	1.5	0	0
Kids Sundae - Squirty Cream	1.1	0.8	0.5	0.5	0	0	0	28	20	8.1	8.1	0	2.4	0.08
Kid's Sundae - Strawberry Syrup	0	0	12	12	0	0	0	0	0	81	81	0	0	0.03
Kids Sundae - Sprinkles	0	0.1	12	11	0	0	0	1.3	1.2	97	91	0	0	0
Kids Sundae - Caramel Sauce	0.5	0.1	12	11	0	0	0.3	1.7	0.6	59	57	0	0.5	1.5
Kids Sundae - Chocolate Sauce	0.5	0.2	12	9	0	0.5	0	1.8	1.1	58	45	0	1.7	0



Nutritional Information

Drink Name	Fat (g) per serving	Saturated Fat (g) per serving	Carbohydrate (g) per serving	Sugars (g) per serving	Fibre (g) per serving	Protein (g) per serving	Salt (g) per serving	Fat (g) per 100g	Saturated Fat (g) per 100g	Carbohydrate (g) per 100g	Sugars (g) per 100g	Fibre (g) per 100g	Protein (g) per 100g	Salt (g) per 100g
Soft Drinks														
Orange Juice 200ml	1	0.2	20	20	0	1.2	0.02	0.5	0.1	10	10	0	0.6	0
Cranberry Juice 200ml	0	0	12	9.4	0	0	0	0	0	5.8	4.7	0	0	0
Apple Juice 200ml	1	0.2	20	20	0	1	0.02	0.5	0.1	9.8	9.8	0	0.5	0
Pepsi 330ml	0	0	15	15	0	0	0.03	0	0	4.6	4.6	0	0	0
Diet Pepsi 330ml	0	0	0	0	0	0	0.17	0	0	0	0	0	0	0.05
Pepsi Max 330ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0
7up Free 330ml	0	0	0	0	0	0	0.13	0	0	0	0	0	0	0.04
TRIP Peach and Ginger	0	0	5.3	4.5	0	0	0	0		2.1	1.8	0	0	0
London Essence Lemonade 200ml	0	0	8.8	8.8	0	0	0.04	0	0	4.4	4.4	0	0	0.02
London Essence Soda Water 200ml	0	0	0	0	0	0	0.1	0	0	0	0	0	0	0.05
London Essence Tonic Water 200ml	0	0	8.6	8.6	0	0	0	0	0	4.3	4.3	0	0	0
Appletiser	0	0	30	29	0	0	0	0	0	11	11	0	0	0
TRIP Elderflower Mint	0	0	4.8	3.8	0	0	0	0	0	1.9	1.5	0	0	0
Hand Crafted Softs														
Citrus Cooler	0	0	21	20	1.1	0.5	0.1	0	0	6.7	6.5	0.5	0	0.03
Lemon Ice Tea	0	0	26	26	0.8	0.5	0.07	0	0	9.7	9.6	0.5	0	0.03
Morello Cherry and Cranberry Cooler	0	0	13	12	0	0	0.08	0	0	4.7	4.5	0	0	0.03
Apple and Elderflower Cooler	0	0	31	30	0.5	0	0	0	0	10	9.7	0	0	0
Mango Ice Tea	0	0	34	34	0	0	0.08	0	0	13	13	0	0	0.03
Peach Ice Tea	0	0	34	33	0.8	0.5	0.07	0	0	9.7	9.6	0.5	0	0.03

Blood Orange Lemonade	0	0	23	23	0.5	0	0.04	0	0	8.5	8.4	0	0	0.02
Wild Strawberry Lemonade	0	0	24	24	0.5	0	0.02	0	0	8.9	8.8	0	0	0
Sicilian Cloudy Lemonade	0	0	17	16	1.1	0.5	0.02	0	0	6.1	6	0.5	0	0
Cocktails														
Lemon and Elderflower Spritz Non Alc	0.5	0	15	15	0.9	0	0.23	0	0	8.5	8.5	0.5	0	0.14
Kids Drinks														
Glass of Milk - Kids	1.7	1	5	5	0	3.4	0.15	3.4	2	10	10	0	6.8	0.3
Bambinoccino	2	1.2	9.4	9.3	0.6	3.6	0.14	0.6	0.4	3	3	0	1.1	0.05
Apple & Blackcurrant Squash	0	0	0.8	0	0	0	0	0	0	2	0.5	0	0	0.02
Orange Squash	0	0	0.8	0	0	0	0	0	0	2	0.5	0	0	0.02
Fruit Shoot - Orange	0	0	1.2	1.2	0	0	0.03	0	0	3	3	0	0	0.08
Fruit Shoot - Apple And Blackcurrant	0	0	0.8	0.8	0	0	0.03	0	0	2	2	0	0	0.08
Kids Peach Ice Tea	0	0	16	16	0	0	0.03	0	0	36	36	0	0	0.06
Kids Lemon Ice Tea	0	0	10	10	0	0	0.03	0	0	23	23	0	0	0.06
Kids Wild Strawberry Lemonade	0	0	9.6	9.6	0	0	0	0	0	22	22	0	0	0.01
Kids Sicilian Cloudy Lemonade	0	0	6.3	6.3	0	0	0	0	0	14	14	0	0	0
Hot Drinks														
Americano	0.6	0.3	1.7	0	0	2.4	0	0.5	0.2	1	0	0	1.5	0
Decaf Americano	0.6	0.3	1.7	0	0	2.4	0	0.5	0.2	1	0	0	1.5	0
Decaf Americano with Milk	1.6	0.8	4.5	2.8	0	4.3	0.09	0.7	0.4	2	1.3	0	2	0.04
Decaf Americano with Oat Milk	1.8	0.4	5.6	1.8	0	2.6	0.06	0.8	0.2	2.5	0.8	0	1.2	0.03
Americano with Milk	1.6	0.8	4.5	2.8	0	4.3	0.09	0.7	0.4	2	1.3	0	2	0.04
Americano with Oat Milk	1.8	0.4	5.6	1.8	0	2.6	0.06	0.8	0.2	2.5	0.8	0	1.2	0.03
Caffe Latte	4.8	2.7	14	12	0	11	0.37	1.8	1	5.4	4.7	0	4.1	0.14
Decaf Caffe Latte	4.8	2.7	14	12	0	11	0.37	1.8	1	5.4	4.7	0	4.1	0.14

Decaf Caffè Latte With Oat Milk	6	0.8	18	7.6	0	3.1	0.24	2.3	0.3	7.1	2.9	0	1.2	0.09
Caffè Latte with Oat Milk	6	0.8	18	7.6	0	3.1	0.24	2.3	0.3	7.1	2.9	0	1.2	0.09
Cappuccino	4	2.3	12	10	0	9.2	0.3	1.9	1.1	5.5	4.7	0	4.3	0.14
Decaf Cappuccino	4	2.3	12	10	0	9.2	0.3	1.9	1.1	5.5	4.7	0	4.3	0.14
Decaf Cappuccino With Oat Milk	5	0.7	15	6.2	0	3	0.2	2.3	0.3	7.1	2.9	0	1.4	0.09
Cappuccino with Oat Milk	5	0.7	15	6.2	0	3	0.2	2.3	0.3	7.1	2.9	0	1.4	0.09
Double Espresso	0.6	0.3	1.7	0	0	2.4	0	0.8	0.4	2.3	0	0	3.2	0
Decaf Double Espresso	0.6	0.3	1.7	0	0	2.4	0	0.8	0.4	2.3	0	0	3.2	0