

Recipe 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
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## Breakfast

Full Italiano	49	18	38	16	10	35	5	11	3.9	8.2	3.4	2.2	7.6	1.1
Full Italiano Grande	80	28	40	17	10	61	7.8	13	4.5	6.5	2.7	1.7	9.9	1.3
Full Vegetariano	44	13	36	15	11	22	3.2	9.9	3	8.1	3.3	2.5	5	0.71
Kids Full Italiano	29	8.6	13	3.3	1.1	22	1.9	13	3.8	5.6	1.5	0.5	9.6	0.85
Kids Pizzulata - Bacon & Egg	21	5.2	39	7.3	1.4	22	2.5	11	2.7	20	3.8	0.7	12	1.3
Kids Pizzulata - Dolce	10	3.3	83	45	2.7	8.3	0.34	4.8	1.6	39	21	1.3	3.9	0.16
Pizzulata - Sweet	14	6	134	70	5.2	16	0.75	3.5	1.5	33	17	1.3	4	0.19
Pizzulata with Egg & Bacon	24	8.9	67	7.5	3.1	32	3.5	8.6	3.2	24	2.7	1.1	11	1.3
Pizzulata with Bacon & Sausage	34	13	69	8.4	3.1	36	4.1	11	4.2	23	2.8	1	12	1.3
Pizzulata with Egg	14	4.6	67	7.5	3.1	18	1.7	6.1	2	29	3.2	1.3	7.9	0.73
Pizzulata with Egg & Avocado	26	7.5	68	7.7	5.2	20	1.7	8.7	2.5	23	2.6	1.7	6.5	0.57
Pizzulata with Egg & Sausage	29	9.8	69	8.4	3.1	28	2.5	9.6	3.3	23	2.8	1	9.3	0.83
Ricotta and Berries with Granola	20	9.3	62	46	4.2	11	0.67	7.3	3.5	23	17	1.6	4.1	0.25

## Breakfast Add On

ADD on Avocado	6.1	1.5	0.6	0	1.1	0.6	0	1.7	4.2	1.7	0.5	3.1	1.8	0.02
ADD on Bacon	7.1	3	0	0	0	9.9	1.3	2.1	8.8	0	0	0	2.9	3.8
ADD on Cannellini Bean Ragù	2.3	0.2	6.8	2.7	6.7	4.2	0.92	2.3	0.2	6.8	2.7	6.7	4.2	0.92
ADD on Egg	9.2	1.9	0	0	0	5.9	0.18	1.8	3.6	0	0	0	1.1	0.35
ADD on Focaccia	5.2	0.8	1.6	0.5	0.7	2.8	0.88	1.3	1.9	4.1	0.8	1.8	7	2.2
ADD on Mushrooms	4.9	2.9	0.5	0	1.2	1.9	0	6.2	3.6	0.5	0.5	1.5	2.4	0.01
ADD on Sausage	1.4	4.9	2.2	1	0	9.5	0.72	2.0	7.2	3.2	1.4	0	1.4	1.1
ADD on Tomato	2.3	0.4	2.2	2.2	0.7	0.5	0.51	3.1	0.5	3	3	1	0.7	0.7