

Dish 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
-----------	---------------------	-------------------------------	------------------------------	------------------------	-----------------------	-------------------------	----------------------

Starters and Sharers

Salmon and Dill Salad	20	4	24	3.2	1.9	22	4.3
Olives	13	1.7	3.2	0.5	2.8	0.9	2.6
Garlic Bread	11	3.6	35	0.7	22	8.7	1.6
Garlic Bread With Mozzarella	21	10	35	0.7	23	20	2.3
Garlic Bread With Balsamic Onions & Mozzarella	21	10	41	6.7	23	20	2.3
Large Garlic Bread	22	7.2	83	1.5	44	17	3.2
Large Garlic Bread with Mozzarella	41	20	83	1.5	45	40	4.5
Large Garlic Bread With Balsamic Onions & Mozzarella	42	20	95	14	46	40	4.6
Italian Hummus	32	3.4	45	3.3	28	14	2.2
Mushroom & Gorgonzola Bruschetta	27	14	37	0.8	23	17	4.1
Aubergine & Goat's Cheese Bruschetta	12	5.5	44	7.3	24	14	3.1
Aubergine & Goat's Cheese Bruschetta with Nduja	22	9.9	44	7.3	24	17	3.5
Prezzo's Antipasto Board	37	14	18	3.8	13	32	5
Prezzo's Large Antipasto Board	53	20	32	5.8	25	49	7.4
Crispy Fried Mozzarella with Tomato Sauce	36	56	45	6.4	3.1	24	2.7
Crispy Fried Mozzarella with Calabrese Ketchup	35	56	54	15	2.1	24	2.3
Pumpkin & Mozzarella Arancini	67	15	11	1.9	0.9	8.5	1.9

Spaghetti Carbonara Al Forno	92	39	82	9.6	3.8	57	7.4
Spaghetti Carbonara Al Forno + Chicken	94	39	92	10	4.1	82	7.8
Rigatoni Alla Rusticana	50	19	94	16	6.1	58	8
Chicken Alfredo Rigatoni	57	23	94	13	4.9	70	3.8
Veggie Chicken Alfredo Rigatoni	60	23	96	13	13	65	4
Beef Ravioli	31	19	21	3.3	1	15	1.8
Delica Pumpkin Ravioli	43	17	53	6.1	1	27	3.6
Crab & Lobster Ravioli	39	14	56	9.2	1	25	4
Spaghetti with Devon Crab & Chilli	23	4.5	79	6.4	4.3	33	2.9
Spaghetti with King Prawn	33	5.7	90	16	6.9	34	4.9
Salmon, Tomato & Basil Rigatoni	35	12	89	9.6	6.3	38	4.6
Lasagne	25	13	50	15	3	53	4
Spinach & Ricotta Canelloni	46	27	42	8.9	2	41	4.3
Porcini Mushroom & Celeriac Risotto with Chicken	44	22	56	6	1.6	66	6.1
Gluten-free Arrabbiata Al Forno	27	14	131	11	4.4	25	3.9
Gluten-free Arrabbiata Al Forno + Burrata	41	23	132	12	4.4	30	4.4
Gluten-free Arrabbiata Al Forno + Burrata + Chicken	42	23	133	13	4.4	53	4.8
Gluten-free Arrabbiata Al Forno + Chicken	28	14	132	12	4.4	48	4.3
Gluten-free Arrabbiata + Burrata Mozzarella	28	14	133	13	3.9	16	3.6
Gluten-free Arrabbiata Burrata Mozzarella + Chicken	29	14	134	13	3.9	39	4
Gluten-free Arrabbiata + Chicken	14	4.6	132	12	3.9	34	3.5
Gluten-free Carbonara Al Forno	90	40	127	7.7	1.7	47	6.4
Gluten-free Carbonara Al Forno + Chicken	91	40	128	8.1	1.7	70	6.8
Gluten-free Fusilli Arrabbiata	28	6.5	131	11	3.9	11	3.1
Gluten-free Fusilli Bolognese	31	12	132	10	2.7	25	3.9
Gluten-free Fusilli Carbonara	74	30	127	7.7	1.1	32	5.6
Gluten-free Fusilli Carbonara + Chicken	60	29	123	3.3	1.1	53	5.9

Gluten-free Fusilli Chicken Alfredo	62	25	134	12	2.6	60	2.9
Gluten-free Fusilli with King Prawns	31	6.7	135	14	4.8	23	4
Gluten-free Fusilli alla Rusticana	51	20	133	14	3.9	47	7.1
Gluten-free Fusilli Salmon, Tomato & Basil	35	13	128	7.6	4	27	3.7
Gluten-free Fusilli with Devon Crab & Chilli	21	5.6	127	4.7	2.4	23	2
Gluten-free Vegan Bolognese	6.1	2.3	127	8.4	7.3	18	1.7

Pizza

Classic Margherita	32	18	86	4.5	47	46	4.7
Classic Roasted Aubergine & Burrata Pizza	44	18	93	8.8	50	46	6.1
Classic Pepperoni	45	19	86	4.6	47	49	6.1
Classic Tre Gusti	76	33	88	5.3	47	80	9.5
Classic Ham, Mushroom & Mascarpone	65	39	90	6.7	48	49	6.4
Classic Gorgonzola & Prosciutto	62	33	96	14	46	61	8.2
Classic Goat Cheese & Roasted Peppers	35	20	105	21	48	48	5
Classic Dolce E Piccante	50	22	97	15	46	42	5.8
Classic Chicken & Roasted Peppers	28	15	107	25	48	62	4.9
Tre Vегgie Calzone	43	19	96	13	49	26	5.4
Tre Carni Vегgie Calzone	45	18	63	14	56	48	7
Tre Carni Calzone	85	35	97	15	49	64	10.1
Large Margherita	44	26	89	6.2	48	59	5.6
Large Pepperoni	58	25	88	6.1	48	59	7.3
Large Posh Pepperoni	63	29	100	15	51	74	9.7
Large Tre Gusti	107	47	91	7.2	48	108	12.7
Large Ham, Mushroom & Mascarpone	88	53	93	9.1	50	62	7.6
Large Roasted Aubergine & Burrata Pizza	58	24	98	12	52	58	7.2

Large Gorgonzola & Prosciutto	88	48	102	20	47	82	10.5
Large Goat Cheese & Roasted Peppers	46	27	110	25	50	60	6
Large Dolce E Piccante	59	25	99	16	46	45	6.5
Large Chicken & Roasted Peppers	35	19	123	39	49	80	5.8
Gluten-free Classic Goat Cheese & Roasted Peppers	24	13	132	23	7.3	31	5.4
Gluten-free Classic Tre Gusti	74	33	116	7.7	5.8	71	10.5
Gluten-free Classic Margherita	30	18	114	6.9	5.8	37	5.6
Gluten-free Classic Pepperoni	44	19	114	7	5.8	40	7.1
Gluten-free Vegan Pepperoni	38	24	137	7.1	18	14	9.2
Gluten-free Vegan Classic Margherita	27	20	132	6.6	5.3	9.5	6
Gluten-free Classic Roasted Aubergine & Burrata Pizza	43	17	121	11	8.9	37	7
Gluten-free Classic Ham, Mushroom & Mascarpone	64	38	118	9	7.3	40	7.4
Gluten-free Classic Gorgonzola & Prosciutto	60	32	124	16	5.2	52	9.2
Gluten-free Classic Dolce E Piccante	48	21	125	17	4.9	33	6.7
Gluten-free Classic Chicken & Roasted Peppers	26	14	135	27	6.9	54	5.9
Vegan Classic Margherita	28	21	104	4.2	46	18	5.1
Vegan Classic Pepperoni	39	24	109	4.7	59	22	8.3
Vegan Classic Tre Gusti	32	14	99	4.7	55	32	6.1
Vegan Classic Chicken & Roasted Peppers	31	21	126	25	51	31	5.7
Vegan Large Margherita	36	27	112	5.6	47	19	5.9
Vegan Large Pepperoni	50	32	118	6.3	64	24	10.2
Vegan Large Tre Gusti	39	18	105	6.2	60	37	7.3
Vegan Large Chicken & Roasted Peppers	39	27	148	39	54	38	6.8

Grills

The Prezzo Burger - Chicken	54	15	96	23	6	120	4.5
-----------------------------	----	----	----	----	---	-----	-----

The Prezzo Burger - Chicken + Truffle Fries	63	18	96	23	6.1	122	5.6
House Burger Beef	95	34	106	23	7.1	59	5.7
House Burger Beef + Truffle Fries	104	36	107	23	7.2	61	6.8
Tuscan Sausages	61	19	26	8	8.3	46	6.2
Truffle Gorgonzola Burger - Chicken	92	15	93	20	6.3	110	4.5
Truffle Gorgonzola Burger - Beef	133	34	104	20	7.4	50	5.7
Sea Bass With Roasted Vegetables	27	4.1	13	10	5.8	35	3
Pork & Fennel Ragù	54	21	92	8.2	5.8	59	4.8
Chicken, Prosciutto & Sage Saltimbocca	33	16	37	3.7	4.6	103	4.3

Salads

Orzo, Tomato and Ricotta Salad	21	8.1	44	9	3.2	14	1.4
Orzo, Tomato and Ricotta Salad + Prawns	22	8.1	46	10	3.2	24	2.5
Orzo, Tomato and Ricotta Salad + Chicken	26	9.6	44	9.4	3.2	61	1.6
Chicken, Bacon & Avocado Salad	32	5.3	32	12	17	60	3.4
Caesar Salad	34	4.1	16	4.2	13	8.9	1.8
Caesar Salad + Prawns	34	4.2	18	5.2	13	20	2.9
Caesar Salad + Chicken	42	7.1	17	5	13	103	2.3
Gluten-free Caesar Salad	42	7.2	55	5.3	3.1	8.2	3
Gluten-free Caesar Salad + Prawns	42	7.3	57	6.3	3.1	19	4.1

Focaccia Sandwiches

Mozarella, Tomato & Basil Focaccia with Salad	43	14	54	12	4.8	25	4.2
Mozarella, Tomato & Basil Focaccia with Fries	46	14	97	5.5	7.3	28	5.2
Chicken & Pesto Focaccia with Salad	61	8.1	50	9.4	4.2	61	5.1
Chicken & Pesto Focaccia with Fries	64	8.3	93	3.1	6.8	64	6.1

Hummus & Roasted Vegetables Focaccia with Salad	40	5	61	14	9.7	13	4
Hummus & Roasted Vegetables Focaccia with Fries	43	5.2	103	7.6	12	16	6
Sides							
House Fries	13	1.4	50	0.9	4.3	4.4	2.3
Truffle Fries	23	4.4	50	0.9	4.3	7.5	2.4
Slow Roasted Potatoes Al Forno with Garlic & Rosemary	11	3.5	68	4.2	7.8	7.7	0.25
Mixed Salad	9.9	1.2	7.2	7.2	1.7	1.2	0.29
Sweetheart Cabbage	20	7.8	4.3	1.2	0.8	3.9	3.8
Sweetheart Cabbage with Pancetta	31	12	4.5	1.3	0.8	6.9	4.9
Extras							
Calabrese Ketchup Dip	0	0	12	11		0.8	0.12
Calabrese Mayonnaise Dip	17	1.3	6.4	5.9	0	0.6	0.31
Garlic Mayonnaise Dip	67	5.3	4.2	1.8	0.7	0.6	1.7
Truffle Mayonnaise Dip	181	16	2.8	2.4	0	2.3	2.2
Mayonnaise Dip	47	3.7	0.8	0.8	0	0.7	0.72
Pestonnaise Dip	20	3.1	1	0.9	1.6	2.2	0.3
Pestonnaise Dip	32	3	0.8	0.7	0.6	1.1	0.48
Garlic Butter	22	8.8	1	0		0.5	0.76
Extra Cream	7.5	0.7	2.4	2.4	0	1.1	0.07
Hard Cheese	2.8	2	0	0	0	3.1	0.14
Mozzarella	19	13			0.9	22	1.3
Burrata Cheese	15	9.5	1.2	1.2	0	5	0.5
Violife Vegan Mozzarella	21	19	18	0	0.5		1.9
Roquito Peppers	0	0	7.2	5.3	2.3	0.6	0.19

Nocellara Olives	3	0.4	0.8	0	0.7	0	0.6
Red Onion Classic	0	0	2.4	1.7	0.5	0.5	0
Red Chilli	0	0	0.5	0.5	0	0	0
Chilli Oil	6.4	1	0	0	0	0	0
Roasted Peppers	0	0	3.7	3.6	1.1	0.7	0
Mushrooms	2.6	1.6	0.5	0	0.5	0.5	0.98
Rocket	0.5	0	2.2	1.3	1	1.6	0
Spinach	0	0	0.5	0.5	0.6	0.7	0
Pepperoni	18	4.4	0.5	0.5	0	8	1.6
Nduja Classic	14	5.9	0.5	0	0	3.7	0.57
Vegan 'Pepperoni'	4.4	1.4	1.7	0	5	1.7	1.3
THIS™ isn't chicken	2.4	0.3	1.7	0.5	3.8	12	0.5
Spicy Pepperoni	15	5.4	0	0	0	8.8	1.6
Prosciutto	4.4	1.1	0	0	0	9.8	1.9
Pancetta	36	14	0.5	0.5	0	9.5	3.4
Chicken	1.2	0.3	1.1	0.5	0	23	0.39

Desserts

Tiramisu	11	6.9	31	26	0.7	2.3	0.07
Orange Cheesecake	30	16	47	36	1.1	9.9	0.49
Prezzo Chocolate Cake	35	16	32	30	3.3	9.6	0.05
Sicilian Lemon Meringue Pie	22	13	68	59	1.1	6.8	0.32
Honeycomb Smash Cheesecake	32	17	57	40	1.3	5.8	0.72
Chocolate & Cherry Sundae	22	16	59	48	3.1	6	8.7
Lotus Biscoff Cheesecake with Banana	32	13	68	43	1.9	4.1	0.63
Sticky Toffee Pudding with Vanilla Gelato	48	24	96	73	2.8	6.8	1.7

Sticky Toffee Pudding with Cream	49	20	82	63	2.5	5.6	1.7
Strawberries Sundae	29	22	52	43	1.5	7.6	0.21
Gianduiotto	13	7.5	21	18	1.8	2.8	0.21
Decaf Affogato	6.9	5.4	16	13	0.5	2.3	0.06
Affogato	6.9	5.4	16	13	0.5	2.3	0.06
Vanilla Italian Gelato	6.9	5.4	16	13	0.5	2.3	0.06
Chocolate Italian Gelato	4.6	3.3	18	14	0.9	1.8	2.9
Strawberry Italian Sorbetto	0.5	0	19	13	2.3	0.5	0
Passion Fruit Italian Gelato	0.5	0	17	14	2.9	0.5	0

Kids

Kids Vegetable Sticks With Hummus	9.8	1	9.7	6.3	3.7	3.3	0.31
Kids Crispy Fried Mozzarella	16	28	24	4.7	2.2	13	1.5
Kids Mini Garlic Bread	9.1	3.3	12	0.5	11	4.4	0.93
Kids Mini Garlic Bread With Mozzarella	16	7.6	12	0.5	11	12	1.4
Gluten-free Kids Garlic Bread	10	3.4	51	1.4	1.5	3.5	2
Gluten-free Kids Garlic Bread with Mozzarella	17	7.8	51	1.4	1.8	11	2.4
Kids Pizza Cheese & Tomato	13	7.1	37	2.3	23	20	2.2
Kids Pizza Pepperoni	27	10	38	2.6	23	26	3.4
Vegan Kids Pizza Pepperoni	19	12	48	2.6	29	11	3.9
Vegan Kids Pizza Cheese & Tomato	14	10	46	2.1	23	9.1	2.5
Gluten-free Vegan Kids Pizza Pepperoni	18	11	64	3.3	8	5.9	4.3
Gluten-free Vegan Kids Pizza Cheese & Tomato	13	10	62	2.7	2.4	3.9	2.9
Gluten-free Kids Pizza Pepperoni	26	10	53	3.3	2.8	21	3.8
Gluten-free Kids Pizza Cheese & Tomato	12	6.9	53	2.7	2.6	15	2.6
Kids Spaghetti Pomodoro (Tomato)	4.1	0.5	41	5.9	2.8	8.6	1.8

Kids Rigatoni Pomodoro (Tomato)	3.2	0.4	45	6	2.9	8.5	1.8
Kids Spaghetti Carbonara	44	19	41	4.8	1.7	22	3.9
Kids Rigatoni Carbonara	44	19	44	4.9	1.8	22	3.9
Kids Beef Raviolini	8.3	3.6	21	4.5	1.1	13	1.3
Kids Spaghetti Bolognese	10	3.4	42	5.3	2.2	15	2.1
Kids Rigatoni Bolognese	9	3.3	45	5.4	2.3	15	2.1
Vegan Kid Spaghetti Bolognese	3.7	0.5	40	4	3.6	12	1.5
Vegan Kids Rigatoni Bolognese	2.7	0.5	43	4.1	3.7	12	1.5
Kids Rigatoni Butter	12	6.5	41	1.9	1.5	7.5	0.99
Gluten-free Kids Fusilli Carbonara	45	21	124	4.7	1.1	19	3
Gluten-free Kids Vegan Bolognese	4.1	1.8	122	3.8	2.9	8.9	0.59
Gluten-free Kids Fusilli Pomodoro (Tomato)	9.5	2.5	124	5.8	2.1	5.4	0.85
Gluten-free Kids Fusilli Butter	13	7.8	120	1.7	0.8	4.3	0.05
Gluten-free Kids Fusilli Bolognese	10	4.7	125	5.2	1.6	11	1.2
Kids Chicken Burger	13	2.7	67	14	4.2	55	2.1
Kids Prezzo Beef Burger	34	12	73	14	4.8	25	2.7
Kids Fresh Banana	0.5	0.2	26	23	1.2	1.3	0
Kids Chocolate Dippers	11	3.4	46	26	11	6.1	0.71
Kids Ice Cream Sandwich	22	14	47	39	1.5	4.5	0.21
Kids Strawberry Italian Sorbetto	0.5	0	19	13	2.3	0.5	0
Kids Vanilla Italian Gelato	6.9	5.4	16	13	0.5	2.3	0.06
Kids Passion Fruit Italian Gelato	0.5	0	17	14	2.9	0.5	0
Kids Chocolate Italian Gelato	4.6	3.3	18	14	0.9	1.8	2.9
Kids Rainbow Organic Fruit Lolly	0	0	4.5	4.2	0	0	0
Kids Berry Organic Fruit Lolly	0	0	3.9	3.7	0	0	0

Calamari	57	6.1	22	2.1	0.6	20	2.4
Gluten-free Garlic Bread With Mozzarella	20	9.9	51	1.4	1.9	15	2.6
Gluten-free Large Garlic Bread With Mozzarella	40	20	111	3.9	4.4	31	5.5
Gluten-free Large Garlic Bread	20	6.9	111	3.9	3.6	8.7	4.2
Gluten-free Large Garlic Bread With Balsamic Onions & Mozzarella	40	20	123	16	4.8	31	5.5
Gluten-free Tomato Bruschetta	23	5.3	67	5.5	3.4	5.2	3.1
Gluten-free Mushroom Bruschetta	26	14	52	1.5	2.3	12	4.5
Gluten-free Aubergine & Goat's Cheese Bruschetta	11	5.3	59	8	2.9	8.6	3.4
Gluten-free Aubergine & Goat's Cheese Bruschetta with Nduja	21	9.7	59	8	2.9	11	3.8
Gluten-free Prezzo's Antipasto Board	45	17	57	4.9	3.4	31	6.2
Gluten-free Large Prezzo's Antipasto Board	59	23	60	6.7	4.2	44	8

Pasta

Rigatoni Arrabbiata	9.6	1.2	92	13	6.2	18	3.9
Rigatoni Arrabbiata + Chicken	14	3.5	94	14	6.2	44	4.5
Rigatoni Arrabbiata Burrata Chicken	29	13	95	15	6.2	49	5
Rigatoni Arrabbiata + Burrata Mozzarella	27	13	94	15	6.2	26	4.5
Rigatoni Arrabbiata Al Forno Burrata Chicken	42	22	94	15	6.7	63	5.7
Rigatoni Arrabbiata Al Forno	26	13	92	13	6.7	35	4.8
Rigatoni Arrabbiata Al Forno Chicken	28	13	93	14	6.7	59	5.2
Rigatoni Arrabbiata Al Forno Burrata	40	22	93	14	6.7	40	5.3
Vegan Rigatoni Arrabbiata + Chicken	12	1.5	94	14	10	30	4.4
Spaghetti Bolognese	33	11	87	12	4.8	36	4.8
Vegan Spaghetti Bolognese	8.4	1.3	83	10	9	29	2.6
Spaghetti Carbonara	76	29	82	9.5	3.2	43	7
Spaghetti Carbonara + Chicken	78	29	83	9.9	3.3	66	7