

Recipe / Dish	Menu selections	Per 100g**								Per Serving**							
		Energy	KJ	Kcal	Fat (g)	Saturates (g)	Carbs (g)	sugars (g)	Protein (g)	Salt (g)	Energy	KJ	Kcal	Fat (g)	Saturates (g)	Carbs (g)	sugars (g)
Italian Olives	Breads / Nibbles	673	163	15	2.0	3.8	0.5	1.0	3.0	841	204	19	2.5	4.8	0.6	1.3	3.8
Rosemary & Sea Salt Bread	Breads / Nibbles	1049	251	5.7	0.8	41	2.8	7	1.1	2089	499	11	1.5	81	5.5	14	2.1
Garlic Bread Speciale	Breads / Nibbles	1134	270	11	6.4	33	2.4	11	1.1	3069	729	29	17	89	6.5	30	3.2
Garlic Bread	Breads / Nibbles	1144	274	7.8	1.9	38	2.6	6.6	1.1	2455	588	17	4.1	82	5.6	14	2.4
Garlic Bread with Mozzarella	Breads / Nibbles	1153	276	11	4.6	29	2.2	11	1.2	3281	784	31	13	83	6.2	30	3.4
Cheese Fonduta	Breads / Nibbles	1121	264	11	4.2	33	1.2	9.7	1.2	3269	771	33	12	96	3.5	28	3.5
Antipasti - The Warm One	Starters & Shares	934	223	13	3.3	17	1.5	8.8	0.8	5946	1422	83	21	109	10	56	5.4
Antipasti - The Cheese One	Starters & Shares	1143	274	17	7.9	22	4.7	9.9	0.8	5787	1388	85	40	111	24	50	4.0
Antipasti - The Meat One	Starters & Shares	1123	268	16	3.4	22	1.0	10	1.7	4776	1140	70	15	92	4.3	43	4.7
Antipasti - The Mixed One	Starters & Shares	1181	284	16	7.2	21	4.5	9.5	1.0	6268	1508	98	38	111	24	43	5.6
Mussel Marinara	Starters & Shares	448	106	6.4	0.6	7.9	1.6	3.9	0.6	1564	371	22	2.1	28	5.7	14	2.1
Bruschetta	Starters & Shares	692	165	8.5	1.6	18	2.0	4.5	1.0	1343	321	17	3.2	34	3.9	8.7	1.9
Calamari (1 Serving)	Starters & Shares	842	201	14	1.5	11	0.9	7.3	1.0	1507	360	25	2.8	19	1.6	13	1.9
Mushrooms Al Forno	Starters & Shares	1391	330	27	5.3	18	1.3	6.3	0.6	2274	540	43	8.6	29	2.1	10	1.1
Meatballs	Starters & Shares	815	195	9.7	3.5	16	2.1	12	1.4	1223	292	15	5.3	24	3.1	17	2.1
Insalata Caprese	Starters & Shares	776	187	15	7.0	1.6	1.6	11	0.5	1622	391	32	15	3.4	3.3	22	0.9
Croquettes	Starters & Shares	888	213	14	2.9	14	1.4	6.8	0.9	1760	423	28	5.7	29	2.9	14	1.8
Butterfly King Prawns	Starters & Shares	923	221	11	3.4	14	1.7	9.3	1.0	1737	416	21	6.3	27	3.2	17	1.9
Melanzane al Forno	Starters & Shares	631	151	12	3.6	5	2.5	5.8	0.6	1259	301	24	7.3	10	4.9	12	1.2
Tagliatelle Carbonara	Fresh Pasta	497	232	15	8.1	15	0.9	9.8	0.9	4535	1079	69	38	70	4.2	45	4.3
Aragosta e Gamberoni	Fresh Pasta	628	149	4.9	1.8	17	2.0	8.5	1.0	2756	652	21	8.1	75	9.0	38	4.4
Beef Tortellini	Fresh Pasta	513	123	5.5	2.8	13	2.0	6.4	0.9	1619	387	18	8.9	39	6.3	20	2.9
Funghi Misti	Fresh Pasta	596	142	7.2	4.1	18	3.4	4.7	0.4	2588	618	33	18	76	15	20	1.7
Rigatoni con Zucchine e Pesto - without chicken	Pasta - Classic	1132	268	16	3.4	27	2.8	7.1	1.0	3376	895	52	12	91	9.2	24	3.3
Fettuccine Bolognese	Pasta - Classic	804	190	5.9	1.3	25	3.1	8.6	0.9	2929	692	21	4.8	87	11	28	3.1
Spaghetti al Pomodoro	Pasta - Classic	583	139	5.0	1.6	20	2.7	4.3	0.5	2819	672	24	7.8	98	13	21	2.6
Linguine Carbonara	Pasta - Classic	1209	287	16	9.0	28	3.0	9.5	0.7	4354	1035	58	32	103	11	34	2.6
Linguine con Frutti di Mare	Pasta - Classic	584	137	4.3	0.5	18	1.6	7.2	1.5	2977	703	22	2.4	89	8.3	37	7.6
Ravioli Marittimi	Pasta - Classic	721	173	7.9	3.0	18	5.6	7.5	0.8	2546	611	28	11	63	20	26	2.7
Rigatoni di Manzo Piccante	Al Forno	720	171	8.1	3.0	15	2.3	9.2	0.8	3979	945	45	17	85	13	51	4.4
Penne al Pollo della Casa	Al Forno	634	151	7.3	3.7	14	1.8	7.7	0.4	3525	837	41	21	76	9.9	43	2.5
Lasagne	Al Forno	692	166	10	4.0	11	2.8	6.4	0.4	3096	742	47	18	51	12	29	1.9
Melanzane al Forno - Without Side Salad	Al Forno	631	151	12	3.6	5	2.5	5.8	0.6	2547	609	49	14	20	11	23	2.1
Risotto Pescatore	Risotto	560	133	3.3	1.1	19	1.3	5.9	0.9	3408	812	20	6.6	118	7.7	36	6.7
Risotto con Pollo e Funghi	Risotto	579	138	4.0	2.0	19	1.2	5.7	1.1	3420	818	24	12	114	7.3	18	5.6
Risotto Rosso	Risotto	580	139	5.0	2.5	20	1.7	0.5	1.0	3333	797	29	14	116	9.9	34	5.9
Pork Belly Porchetta	Meat & Fish	813	196	15	5.5	5.8	2.8	10	0.4	4673	1143	87	32	35	16	58	2.5
Pollo Prosciutto	Meat & Fish	474	112	4.5	1.9	7.0	1.0	12	0.8	2370	562	22	9.5	35	5.2	58	3.9
Sea Bass al Forno	Meat & Fish	431	103	5.3	2.4	5.7	0.8	8.4	0.8	2335	560	29	13	31	4.4	46	4.3
Prima Pizza Salami Misti	Pizza & Calzone	856	203	8.9	4	21	2.3	11	1.2	4255	1011	44	20	103	11.5	54	6.1
Prima Prosciutto e Bufala	Pizza & Calzone	1029	246	10	5.5	26	2.6	13	0.5	3940	941	40	21	100	9.9	50	2.1
Prima Pizza Pollo Piccante con Pancetta	Pizza & Calzone	681	161	5.4	2.3	18	1.8	12	0.8	3709	878	30	12	99	9.8	63	4.5
Prima Salsiccia	Pizza & Calzone	990	235	13	5.7	22	2.1	9.3	1.3	4584	1088	61	27	100	9.9	43	5.9
Prima Caprina	Pizza & Calzone	890	213	10	4.3	21	2.2	8.8	1.0	4074	973	46	20	97	10	40	4.5
Prima Siciliana	Pizza & Calzone	829	199	9.7	4.5	20	2.2	7.3	0.7	4033	966	47	22	97	11	35	3.4
Prima Beef & Gorgonzola	Pizza & Calzone	816	193	7.2	3.3	21	2.6	12	0.9	4003	948	35	16	102	13	58	4.3
Margherita con Bufala	Pizza & Calzone	957	230	9.9	4.8	24	2.3	10	0.9	3743	900	39	19	94	8.9	40	3.6
Margherita	Pizza & Calzone	914	218	7.5	3.9	26	2.4	11	1.1	3368	802	28	14	94	8.8	41	4.1
Stromboli	Pizza & Calzone	993	237	9.6	4.3	25	2.4	11	1.4	3688	881	36	16	94	8.8	42	5.2
Verdure	Pizza & Calzone	733	175	7.2	2.8	19	1.9	7.5	1.0	3316	793	32	13	88	8.4	34	4.6
Calzone Pollo	Pizza & Calzone	703	168	6.0	2.5	18	2.0	8.9	1.1	3767	899	32	14	98	11	48	5.8
Calzone Quattro Salami	Pizza & Calzone	776	185	8.3	3.9	18	2.2	10	1.3	4399	1047	47	22	101	12	58	7.6
Calzone Formaggio de Capra	Pizza & Calzone	744	177	8.3	4.0	18	2.2	8.1	0.9	4329	1028	48	23	106	13	47	5.3
Calzone con Carne Piccante	Pizza & Calzone	736	176	7.1	3.0	18	2.3	8.6	1.1	4061	970	39	17	100	13	48	6.2
Insalata di Pollo e Pancetta	Salad	689	165	14	1.7	2.3	1.8	10	0.4	3106	743	62	7.5	11	8	47	1.3
Insalata Caprina	Salad	672	160	10	3.0	12	2.0	4.8	0.6	3025	719	47	13	54	8.9	22	2.5
Chicken Caesar Salad	Salad	957	226	14	2.4	14	1.5	14	0.9	3446	815	50	8.6	50	5.9	42	2.7
Chef Salad	Salad	441	107	8.1	3.4	4.1	1.6	4.6	0.2	2169	527	40	17	20	7.6	23	0.9
Zucchine Fritte	Sides	784	187	11	0.4	18	0.0	3.1	0.0	1176	281	16	0.6	28	0.0	4.7	0.0
Chips with Mayo	Sides	1093	261	15	1.3	28	0.7	2.7	0.6	3613	863	50	4.3	94	2.3	9.1	2.0
Mixed Salad	Sides	483	115	11	0.8	2.7	2.7	0.8	0.2	797	190	19	1.3	4.5	4.5	1.3	0.3
Rocket Salad	Sides	282	68	4.5	2.9	1.7	1.7	5.1	0.4	234	57	3.8	2.4	1.4	1.4	4.3	0.3
Chocolate Amore	Desserts	1407	337	22	13	30	14	4.7	0.0	2561	614	40	24	54	26	8.6	0.1
Chocolate Mousse	Desserts	1686	403	28	17	32	14	4.5	0.1	1956	468	33	20	38	17	5.2	0.2
Chocolate Etna	Desserts	1525	366	24	14	36	23	4.1	0.1	3199	767	54	32	67	42	7.9	0.2
Gondolas - Salted Caramel	Desserts	905	216	8.8	5.6	31	25	3.1	0.4	2248	537	22	14	77	62	7.8	1.0
Gondolas - Chocolate & Nut	Desserts	1053	252	15	8.5	24	18	4.1	0.2	2624	628	39	21	60	45	10	0.4
Gondolas - Frutti	Desserts	564	133	0.8	0.4	31	30	0.5	0.0	1434	339	1.9	1.0	79	75	1.2	0.1
Ice Cream Profiteroles	Desserts	1169	279	13	10	35	26	4.1	0.3	1267	302	15	11	38	28	4.4	0.3
Warm Pear Tart	Desserts	949	227	14	7.6	28	17	3.0	0.0	1730	415	25	14	51	31	5.4	0.1
Pistachio & Olive Oil Cake	Desserts	1329	318	22	7.9	26	17	4.8	0.3	1891	452	31	11	37	25	6.8	0.4
Tiramisu	Desserts	1077	258	15	13	27	15	3.0	0.1	1748	419	24	21	43	25	4.9	0.2
Honeycomb Cheesecake with gelato	Desserts	1464	350	25	15	27	19	4.0	0.4	3003	719	52	31	57	39	8.3	0.8
Chocolate gelato 2 Scoops	Gelato	736	176	8.5	5.4	21	20	4.0	0.1	924	225	11	6.9	27	25	5.1	0.2
Pistachio gelato - 2 Scoops	Gelato	896	213	11	5	23	20	5.0	0.1	1147	273	14	6.4	30	28	6.4	0.3
Salted Caramel gelato - 2 scoops	Gelato	828	197	7.6	5.4	29	22	3.4	0.5	1060	252	9.7	6.9	37	28	4.4	0.6
Nocciola gelato 2 scoops	Gelato	922	221	13	5.4	21	10	4.4	0.1	1080	283	17	6.9	27	13	5.7	0.2
Espresso gelato 2 scoops	Gelato	781	186	6.7	4.7	27	27	3.9	0.0	1000	238	8.6	6.0	35	35	5.0	0.2
Vaniglia gelato 2 scoops	Gelato	790	189	7.5	5.1	26	26	4.5	0.0	1011	242	9.6	6.5	33	33	5.8	0.2
Fragola gelato 2 scoops	Gelato	683	162	3.2	2.3	29	29	1.0	0.0	1124	266	6.0	3.8	52	45	1.2	0.0
Limone sorbetti 2 scoops	Gelato	525	124	0.3	0.3	30	27	0.1	0.1	609	144	0.3	0.3	35	31	0.1	0.1
Raspberry sorbetti 2 scoops	G																