

ASK
ITALIAN

**NUTRITIONAL
INFORMATION**

RECIPE / DISH	MENU SELECTIONS	Per 100g**								Per Serving**							
		KJ	Kcal	Fat (g)	Saturates (g)	Carbs (g)	sugars (g)	Protein (g)	Salt (g)	KJ	Kcal	Fat (g)	Saturates (g)	Carbs (g)	sugars (g)	Protein (g)	Salt (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	7.0	1.1	2089	499	11	1.5	81	5.5	14	2.1
Mixed Chilli Nuts	Breads / Nibbles	2026	484	29	3.6	29	5.5	21	1.0	1216	291	18	2.2	17	3.3	12	0.6
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	905	216	12	2.5	19	1.4	7.4	0.9	5007	1196	66	14	107	7.9	41	5.0
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 Meat & Cheese One	Starters & Shares	1075	258	15	5.8	20	5.3	10	1.2	5457	1310	74	29	103	27	52	6.1
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	869	207	10	0.8	9	0.5	9.8	0.9	1997	476	24	1.8	20	1.2	23	2.1
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 Burrata Caprese	Starters & Shares	1997	476	24	1.8	20	1.2	23	2.1	1275	303	26	13	3.0	2.8	15	0.6
Pea & Pecorino 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	4.9	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 Brisket Ragù	Fresh Pasta	688	163	5.2	2.8	19	2.7	9.2	0.7	2653	630	20	11	74	10	36	2.8
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	4.9	2.5	5.8	0.6	2547	609	49	14	20	11	23	2.1
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

RECIPE / DISH	MENU SELECTIONS	Per 100g**								Per Serving**							
		KJ	Kcal	Fat (g)	Saturates (g)	Carbs (g)	sugars (g)	Protein (g)	Salt (g)	KJ	Kcal	Fat (g)	Saturates (g)	Carbs (g)	sugars (g)	Protein (g)	Salt (g)
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
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
Sea Bass al Forno	Meat & Fish	445	106	5.4	2.4	6.3	1.0	8.3	0.8	2444	584	29	13	35	5.4	46	4.3
Pollo Milanese	Meat & Fish	390	93	1.4	0.6	11	2.1	9.7	0.4	2018	480	7.1	2.9	56	11	50	2.3
Alto Burrata	New	805	191	5.6	2.8	27	2.6	8.5	0.9	5407	1280	38	18	183	17	57	6.0
Alto Spicy n Sweet N'Duja	New	975	232	9.7	4.2	30	5.3	6.9	1.1	6623	1573	66	29	202	36	47	7.7
Alto Ham & Scamorza Cheese	New	834	198	7.1	3.5	25	2.5	8.9	1.1	6080	1441	51	25	185	18	65	8.1
Prima Pizza Salami Misti	Pizza & Calzone	856	203	8.9	4.0	21	2.3	11	1.2	4255	1011	44	20	103	12	54	6.1
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 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 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	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	8.0	47	1.3
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
Roast Salmon and 3 Grains Salad	Salad	602	141	9.0	1.7	6.2	1.8	8.8	0.8	2673	624	40	7.5	28	3.5	39	3.6
Mozzerella and 3 Grains Salad	Salad	490	118	7.0	3.5	7.1	1.4	6.8	0.3	2083	501	30	15	30	5.8	29	1.4
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
Zucchini & Rocket Salad	Sides	827	200	19	3.7	2.9	2.6	5.0	0.5	658	159	15	3.0	2.3	2.0	4.0	0.4
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	917	219	10	5.8	28	20	3.2	0.4	2240	536	25	14	69	49	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
Melting Eton Mess Tower	Desserts	802	192	12	7.2	21	17	2.8	0.1	1973	472	29	18	53	43	6.9	0.2
Blood Orange & Chocolate Tart	Desserts	1234	294	8.0	3.4	51	32	3.3	0.6	1892	451	12	5.3	78	49	5.1	0.9
Baked Chocolate Gnocchi	Desserts	1137	271	14	7.8	32	17	3.1	0.1	1983	473	25	14	55	30	5.4	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

RECIPE / DISH	MENU SELECTIONS	Per 100g**								Per Serving**							
		KJ	Kcal	Fat (g)	Saturates (g)	Carbs (g)	sugars (g)	Protein (g)	Salt (g)	KJ	Kcal	Fat (g)	Saturates (g)	Carbs (g)	sugars (g)	Protein (g)	Salt (g)
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	5.0	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
Hazelnut 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
Vanilla 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
Strawberry 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
Lemon 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	Gelato	553	130	0.3	0.2	32	32	0.4	0.0	708	166	0.4	0.3	40	40	0.5	0.1
Mango sorbetti 2 scoops	Gelato	596	140	0.3	0.2	34	34	0.2	0.0	763	179	0.4	0.3	43	43	0.3	0.1
Margherita - CYO (Base & No toppings)	Kids	938	222	8.6	4.9	25	2.4	12	1.1	1784	423	16	9.2	48	4.6	22	2.1
Tomatoes	Kids	73	17	0.3	0.1	3.1	3.1	0.7	0.0	18	4.0	0.1	0.0	0.8	0.8	0.2	0.0
Broccoli	Kids	138	33	0.9	0.2	1.8	1.5	4.4	0.0	55	13	0.4	0.1	0.7	0.6	1.8	0.0
Vegetable Sticks with Bread Soldiers & dip	Kids	568	135	4.3	0.6	20	3.1	3.6	0.7	737	175	5.6	0.7	25	4.0	4.7	1.0
Top your own pizza: Toppings																	
Black olives	Kids	782	190	21	2.3	0.8	0.1	1.0	3.6	55	13	1.4	0.2	0.1	0.0	0.1	0.3
Chicken	Kids	531	126	2.6	0.0	0.7	0.0	26	0.5	185	44	0.9	0.0	0.2	0.0	8.9	0.2
Pepperoni	Kids	1930	466	40	17	1.4	0.9	25	4.2	386	93	8.0	3.3	0.3	0.2	0.0	0.8
Mushrooms	Kids	123	29	1.3	0.2	2.9	1.1	1.5	0.1	61	14	0.8	0.1	1.5	0.5	0.8	0.0
Ham	Kids	579	139	6.1	2.1	2.1	0.3	19	1.6	144	34	1.5	0.5	0.5	0.1	4.7	0.4
Extra Cheese	Kids	1180	280	21	13	0.8	0.8	23	1.4	669	158	12	7.4	0.5	0.5	13	0.8
Roasted pepper	Kids	129	38	0.4	0.1	6.1	0.2	0.7	0.5	32	7.7	0.1	0.0	1.5	0.1	0.2	0.1
Pasta: Choose your favourite																	
Pasta																	
Penne	Kids	1470	346	1.5	0.3	70	3.4	13	0.0	1338	315	1.4	0.3	64	3.1	12	0.0
Cartwheel	Kids	1503	359	1.3	0.3	71	3.2	14	0.0	1202	287	1.0	0.2	57	2.6	11	0.0
Spaghetti	Kids	1470	346	1.5	0.3	70	3.4	13	0.0	1470	346	1.5	0.3	70	3.4	13	0.0
Sauces																	
Tomato sauce	Kids	463	109	9.4	0.9	5.1	1.6	1.2	1.1	460	109	9.3	0.9	5.0	1.6	1.2	1.1
Cheese sauce	Kids	1012	241	22	13	3.3	0.0	6.6	0.7	911	217	20	12	3.0	0.0	5.9	0.6
Bolognese sauce	Kids	410	98	5.8	3.7	5.1	3.4	5.7	0.3	575	137	8.2	5.2	7.1	4.8	8.0	0.4
Perfect pesto	Kids	2117	505	53	11	6.3	3.0	5.7	3.1	932	222	23	4.7	2.8	1.3	2.5	1.4
Dip & Dunk tortellini																	
Cheese & vegetable	Kids	664	158	10.8	2.2	11	1.6	4.3	1.1	1178	281	19	3.8	20	2.8	7.6	1.9
Cartwheel pasta	Kids	901	215	7.4	1.9	30	2.2	6.7	0.7	1924	459	16	4.1	63	4.7	14	1.5
Side salad	Kids	266	64	5.8	0.9	2.2	2.2	0.9	0.0	183	44	4.0	0.6	1.5	1.5	0.6	0.0

RECIPE / DISH	MENU SELECTIONS	Per 100g**								Per Serving**							
		KJ	Kcal	Fat (g)	Saturates (g)	Carbs (g)	sugars (g)	Protein (g)	Salt (g)	KJ	Kcal	Fat (g)	Saturates (g)	Carbs (g)	sugars (g)	Protein (g)	Salt (g)
Tiny Tums																	
Pasta with butter	Kids	1805	430	19	11	56	2.8	10	0.0	1029	245	11	6.4	32	1.6	5.9	0.0
Pasta with tomato sauce	Kids	825	195	3.5	0.1	34	1.5	6.5	0.6	850	201	3.6	0.1	36	1.5	6.6	0.6
Bread sticks & tomato dip	Kids	956	227	7.0	0.9	33	2.9	5.9	1.0	667	159	4.9	0.7	23	2.0	4.1	0.7
Chocolate pizza	Kids	1169	280	11	3.3	39	15	5.1	0.5	1018	244	9.4	2.8	34	13	4.4	0.5
Sundaes: Make you own																	
Vanilla - Ice cream only	Kids	792	189	11	6.7	20	10	3.9	0.1	491	117	6.5	4.2	12	6.3	2.4	0.1
Chocolate - Ice cream only	Kids	736	176	8.5	5.4	21	19	4.0	0.2	456	109	5.3	3.3	13	12	2.5	0.1
Strawberry Ice cream only	Kids	692	164	3.0	2.1	34	34	0.5	0.0	429	102	1.9	1.3	21	21	0.3	0.0
Sauces																	
Choconut Sauce	Kids	2383	570	39	7.8	49	47	4.7	0.2	238	57	3.9	0.8	4.9	4.7	0.5	0.0
Strawberry Sauce	Kids	915	219	0.0	0.0	54	54	0.1	0.0	92	22	0.0	0.0	5.4	5.4	0.0	0.0
Toppings																	
Marshmallows & Sprinkles	Kids	1496	354	0.9	0.1	83	49	2.3	0.0	105	25	0.1	0.0	5.8	3.4	0.2	0.0
Plain meringues	Kids	1870	400	23	0.0	43	43	5.0	0.2	187	40	2.3	0.0	4.3	4.3	0.5	0.0
Chocolate & honeycombe pieces	Kids	1803	431	26	15	62	45	3.5	0.3	271	65	3.8	2.2	9.3	6.8	0.5	0.1
Strawberries	Kids	126	30	0.5	0.0	5.8	5.8	0.6	0.0	34	8.1	0.1	0.0	1.6	1.6	0.2	0.0
Scoopy biscuits	Kids	1817	434	10	5.2	78	45	5.3	0.6	218	52	1.2	0.6	9.4	5.4	0.6	0.1
Chilly billy pure fruit squeezer - Orange & apple	Kids	163	39	0.1	0.1	9.8	9.8	0.2	0.0	187	45	0.1	0.1	11	11	0.2	0.0
Chilly billy pure fruit squeezer - Apple & raspberry	Kids	157	38	0.1	0.1	9.3	9.3	0.3	1.0	181	43	0.1	0.1	11	11	0.3	1.1
Kids Fruit	Kids	147	35	0.4	0.1	7.3	7.2	0.8	0.0	60	14	0.2	0.0	3.0	2.9	0.3	0.0