

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
Spicy Nuts & Nibbles	Breads / Nibbles	2113	505	32	5.0	34	6.5	16	1.0	1057	253	16	2.5	17	3.3	8.2	0.5
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
Garlic Speciale - with balsamic onions	Breads / Nibbles	1165	279	12	4.1	29	2.4	10	1.3	3501	838	35	12	89	7.2	29	4.0
Garlic Speciale - with purple pesto	Breads / Nibbles	1087	260	8.6	3.5	33	5.8	8.8	1.1	3345	801	27	11	100	18	27	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 - Fritto	Starters & Shares	949	226	13	1.8	19	1.0	9.0	0.5	4644	1105	61	8.9	92	4.7	44	2.6
Antipasti - Classico	Starters & Shares	1075	258	15	5.8	20	5.3	10	1.2	5457	1310	74	29	103	27	52	6.1
Tuscan bread salad	Starters & Shares	518	123	5.9	2.4	15	3.1	3.0	0.6	1575	375	18	7.2	46	9.5	9.3	2.0
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	8.7	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 Piccante	Starters & Shares	686	163	6.9	2.1	17	2.5	7.9	0.7	3025	718	31	9.1	76	11	35	2.9
Dough Balls - Fontal & Chilli	Starters & Shares	1125	270	9.4	3.7	35	2.3	9.7	1.2	2971	711	25	9.8	91	6.1	26	3.2
Dough Balls - Plain	Starters & Shares	1079	257	5.4	0.7	43	2.7	7.4	1.0	2304	550	12	1.6	91	5.9	16	2.1
Chicken Lecca lecca	Starters & Shares	998	239	16	2.8	13	1.6	11	0.7	2825	675	44	7.8	36	4.5	32	1.9
Spinach & Ricotta Arancini	Starters & Shares	931	223	11	3.8	24	2.0	8.1	1.3	1617	387	20	6.5	41	3.5	14	2.2
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
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	843	200	12	5.0	16	1.1	9.7	1.4	3717	882	52	22	69	4.7	43	6.0
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
Purple Pesto Genovese	Fresh Pasta	1151	274	19	3.7	21	2.0	6.9	1.4	3897	926	63	13	70	6.9	23	4.7
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
Penne Arrabiata with chicken	Pasta - Classic	786	185	5.2	0.7	25	1.9	9.9	0.6	3681	869	24	3.5	117	9.1	46	2.9
Penne Arrabiata without chicken	Pasta - Classic	844	199	5.8	0.9	31	2.4	6.3	0.6	3219	759	22	3.5	116	9.1	24	2.5
Spinach and Ricotta Girssole	Pasta - Classic	1008	241	17	9.0	16	3.0	8.7	1.1	3111	743	53	28	49	9.4	27	3.3
Linguine Carbonara	Pasta - Classic	1093	260	13	7.0	29	3.2	9.2	0.7	4460	1060	58	29	117	13	38	3.0
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
Vegan Lentil Ragù	Pasta - Classic	730	173	5.3	0.7	26	2.4	5.0	0.7	3587	849	26	3.3	129	12	25	3.5
Rigatoni di Manzo Piccante	Al Forno	686	163	6.9	2.1	17	2.5	7.9	0.7	3025	718	31	9.1	76	11	35	2.9
Penne al Pollo della Casa	Al Forno	666	158	7.2	3.8	15	1.8	8.4	0.3	3539	842	38	10	79	9.5	45	1.6

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)
Lasagne	Al Forno	644	154	9.3	3.8	11	2.8	6.2	0.5	2991	717	43	18	52	13	29	2.1
Melanzane al Forno	Al Forno	546	130	10	3.1	4.5	2.4	5.1	0.5	2418	578	45	14	20	11	23	2.1
Sausage Cannelloni	Al Forno	561	135	6.8	3.0	13	1.8	5.2	0.8	2743	658	33	15	63	8.9	26	3.9
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 Pea, Asparagus & Ham	Risotto	522	125	5.4	2.3	14	1.1	5.1	0.9	2900	694	30	13	76	5.8	28	5.1
Risotto Pea & Asparagus (Veggie)	Risotto	504	121	5.1	2.3	14	1.1	4.2	0.7	2710	646	27	12	76	5.8	23	3.8
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	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
Pollo Milanese with Chips	Meat & Fish	672	161	5.6	1.0	18	1.6	8.6	0.6	4394	1051	37	6.6	120	10	56	4.0
Prima Slow Cooked Lamb	Pizza - Prima	877	209	11	3.3	18	2.5	9.7	0.8	4379	1043	52	17	91	13	49	4.6
Prima Coppa Ham & Egg	Pizza - Prima	937	223	6.1	2.2	30	3.1	13	1.2	3520	838	23	8.5	114	12	49	4.6
Prima Pizza Salami Misti	Pizza - Prima	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 - Prima	903	215	6.8	2.5	28	3.4	15	1.1	3815	914	29	13	107	14	62	4.6
Prima Salsiccia	Pizza - Prima	961	230	11	4.2	21	3.1	9.7	1.2	4664	1116	55	21	100	9.9	43	5.9
Prima Caprina	Pizza - Prima	953	228	10	4.3	21	2.2	8.8	1.0	4074	863	31	14	103	18	39	4.1
Prima Beef & Gorgonzola	Pizza - Prima	791	188	6.4	5.6	20	3.3	11	0.9	3498	833	28	25	89	15	49	1.0
Light Coppa Ham & Egg (Pizza only)	Prima - Light	903	215	6.2	2.5	28	4.0	13	1.1	1827	435	13	5.1	54	8.1	26	2.2
Light Caprina (Pizza only)	Prima - Light	957	230	9.9	4.8	24	2.3	10	0.9	1607	382	12	5.5	54	8.9	16	1.8
Light Pollo Piccante con Pancetta (Pizza only)	Prima - Light	903	215	6.8	2.5	28	3.4	15	1.1	3815	435	29	13	107	14	62	4.6
Margherita	Classic Pizza	914	218	7.5	3.9	26	2.4	11	1.1	3368	802	28	14	94	8.8	41	4.1
Stromboli	Classic Pizza	993	237	9.6	4.3	25	2.4	11	1.4	3688	881	36	16	94	8.8	42	5.2
Pollo E Funghi	Classic Pizza	758	181	5.2	2.3	23	2.1	10	0.9	3208	764	22	10	96	9.1	42	3.8
Verdure	Classic Pizza	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	Calzone	703	168	6.0	2.5	18	2.0	8.9	1.1	3767	899	32	14	98	11	48	5.8
Calzone con Carne Piccante	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	510	121	6.5	0.6	6.8	1.1	8.6	0.4	2305	548	29	2.8	30	4.9	27	2.1
Mozzarella and 3 Grains Salad	Salad	544	130	7.6	3.3	8.9	2.5	6.7	0.2	2221	531	31.0	14	36	10	27	1.0
Vegan Rainbow Salad	Vegan	502	120	11	0.8	4.7	3.8	2.2	0.1	1018	243	22	1.6	9.5	7.6	4.5	0.3
Vegan Margherita - Prima	Vegan	698	167	2.3	0.3	30	3.1	5.3	1.1	2243	535	7.5	0.9	95	10	17	3.4
Vegan Con Melanzane	Vegan	886	212	11	1.3	23	2.6	4.9	0.6	3531	843	44	5.1	92	10	20	2.5
Vegan Verdure	Vegan	1173	280	18	2.3	24	2.9	5.8	0.3	4357	1042	67	8.5	89	11	22	1.0
Vegan Lentil Grain Salad	Vegan	398	95	3.7	0.4	13	2.5	3.0	0.1	1346	321	13	1.3	42	8.5	10	0.4
Vegan Spaghetti al Pomodoro	Vegan	851	201	6.2	0.7	31	2.4	5.8	0.7	3243	765	24	2.8	116	9.0	22	2.5
Zucchini Fritti	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	69	16.4	1.0	0.1	2.2	2.2	0.9	0.0	77	18	0.5	0.1	2.5	2.5	1.0	0.0
Rainbow Salad	Sides	173	42	1.5	1.1	3.9	2.1	1.1	0.4	272	66	4.2	0.4	6.1	3.3	2.0	0.7

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)
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
Broccoli & Chilli	Sides	761	180	12	2.8	11	2.0	6.8	0.7	621	147	9.6	2.3	9.3	1.7	5.6	0.6
Garlic & Cheese Chips	Sides	1097	262	15	1.6	28	0.7	3.3	0.5	3731	892	52	5.6	94	2.3	11	1.8
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	983	250	12	4.0	24	16	4.4	0.1	2179	609	29	9.8	59	40	11	0.4
Panna cotta	Desserts	707.5	169	11	7.1	15	13	4.0	0.1	796	190	13	8.0	17	14	4.5	0.1
White Chocolate Swirl	Desserts	1365	314	24	7.9	23	21	3.9	0.6	1487	342	26	8.6	25	23	4.3	0.6
Blood Orange & Chocolate Tort	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	1164	277	9.7	3.6	49	26	3.4	5.0	1664	396	14	5.2	61	37	4.8	0.7
Ice Cream Profiteroles	Desserts	1084	260	16	2.5	23	17	4.3	0.0	1355	325	20	3.2	29	21	5.3	0.0
Lemon Tart	Desserts	1137	272	16	6.0	29	23	4.6	0.0	1706	408	23	9.0	42	34	6.9	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	5.0	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
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
Prosecco sorbetti 2 scoops	Gelato	472	113	0.1	0.1	27	13	0.1	0.2	217	52	0.1	0.0	12	6.0	0.0	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
KIDS																	
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	40	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 red pepper	Kids	129	38	0.4	0.1	6.1	0.2	0.7	0.5	32	77	0.1	0.0	1.5	0.1	0.2	0.1

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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 & Tip 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
SIDES																	
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
Tiny Tums																	
Pasta with butter	Kids	1805	430	19	11.2	56	2.8	10	0.0	1029	245	10.0	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
DESSERTS																	
Chocolate pizza	Kids	893	212	6.2	3.0	33	14	4.4	0.5	822	195	5.7	2.7	31	13	4.0	0.4
Sundae: 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
SAUCES																	
Chocolate	Kids	1029	260	16	7.5	21	18	4.1	0.1	103	25	1.6	0.8	2.1	1.8	0.4	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 & honeycomb 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
Langue de Chat 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
Orange & apple lolly	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
Apple & raspberry lolly	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 Frutti	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

* These figures are approximate, as all our ingredients are measured by hand and are based on cooked weights.