



ASK  
ITALIAN

**ALLERGEN GUIDE  
SPRING/SUMMER**



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# IMPORTANT ALLERGEN INFORMATION TO HELP YOU MAKE YOUR DECISION

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We want all of our customers to feel relaxed eating at ASK Italian so we take very seriously our responsibility towards looking after our guests with food allergies, dietary requirements and coeliac disease. We proactively ask customers about allergies and have allocated allergen managers to ensure a safe process, from order through to serving. We also provide allergen filtering through Pronto order, our digital table ordering system.

This guide has been developed to help you make a safe and informed choice about our food but if you have any concerns, please talk to a member of staff, click on contact us on our website, or email [info@askitalian.co.uk](mailto:info@askitalian.co.uk)

**Please take some time to read the important information at the front of the guide and please tell us about your allergy before ordering.**

## Delivery

For Click & Collect and Delivery Orders, we can't currently cater for allergies or specific dietary requirements. Please come and visit one of our restaurants to order in person or dine in with us.

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**This allergen guide covers the 14 allergens specified by the EU Food Information Regulations\*. It lists what allergenic ingredients are contained in each of our dishes and also shows which are suitable for vegan and vegetarian diets.**

**We do not currently carry across 'may contain' warnings from our suppliers. In addition, our busy kitchens handle numerous ingredients and allergens. Whilst we have controls in place to reduce the risk of cross-contact, it is not possible for us to guarantee that our dishes will be allergen free.**

Unfortunately, allergen segregation is not possible in our fryers and boilers. This is detailed in the allergen guide, so, please just check the comments on each dish before ordering. Please note our non-gluten pasta is always cooked separately to order.

**Please remember to check this guide every time as our dish descriptions don't always mention every single ingredient and recipes do change from time to time.**

Allergens contained within our condiments & extra toppings are not included in this information. So, the cheese offered at your table for example contains milk and will alter the suitability of your dish. All of the cheeses we add to our dishes are pasteurised.

Our vegan dishes are made with care to a vegan recipe. However, due to cross contact at our suppliers and in our busy kitchens, these dishes are not necessarily suitable for those with allergies.

We recognise that some people want to avoid many other food ingredients and we now provide the full ingredient declarations for a select number of our dishes. Please scan the QR code at the back of this guide to take you to the **Ingredient Information List**. **If you are unable to find a dish suitable for your dietary requirements here, we advise you not to order.** However, as you know more about your allergy than we do, we will leave it up to you if you want to proceed. Please bear in mind though that due to the seriousness of allergies and food intolerances, our restaurant teams will not be able to help select dishes and they do not hold full ingredient information on any other menu items. Alternatively, if you let our head office know your dietary requirements in advance of your visit they will try to help you with your dish choices. Click on contact us on our website or email [info@askitalian.co.uk](mailto:info@askitalian.co.uk)

We are committed to continually reviewing and improving our processes around allergies and dietary requirements and we are working on a solution that will enhance our ability to provide even more detailed ingredient and allergen information in the near future.

\* in accordance with the EU Food Information Regulations only cashew nuts, almonds, hazelnuts, walnuts, brazil nuts, pistachio nuts, macadamia nuts and pecan nuts are covered under the "nuts" column on our allergen guide therefore ingredients such as pine nuts (pine kernels) or chestnuts are not covered.



## CLASSIC PASTA

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Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Spaghetti Bolognese	Yes	Yes: Wheat			Yes								Yes				Boiled in boilers with ingredients containing the following allergens; Wheat, Egg, Milk.
Vegan Spaghetti Lentil Ragù		Yes: Wheat													Yes	Yes	Boiled in boilers with ingredients containing the following allergens; Wheat, Egg, Milk.
Non Gluten Fusilli Pasta															Yes	Yes	
Linguine Carbonara		Yes: Wheat					Yes										Boiled in boilers with ingredients containing the following allergens; Wheat, Egg, Milk.
Fettucine Bolognese	Yes	Yes: Wheat			Yes								Yes				Boiled in boilers with ingredients containing the following allergens; Wheat, Egg, Milk.
Linguine Con Frutti Di Mare		Yes: Wheat	Yes		Yes			Yes					Yes				Boiled in boilers with ingredients containing the following allergens; Wheat, Egg, Milk.
Truffle Ravioli		Yes: Wheat		Yes			Yes								Yes		Boiled in boilers with ingredients containing the following allergens; Wheat, Egg, Milk.
Spaghetti Al Pomodoro		Yes: Wheat					Yes								Yes		Boiled in boilers with ingredients containing the following allergens; Wheat, Egg, Milk.

## PASTA FRESCA

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Purple Pesto Genovese		Yes: Wheat		Yes			Yes								Yes		Boiled in boilers with ingredients containing the following allergens; Wheat, Egg, Milk.
Add Chicken To Purple Pesto Genovese																	
Asparagus And Pancetta Carbonara		Yes: Wheat		Yes			Yes										Boiled in boilers with ingredients containing the following allergens; Wheat, Egg, Milk.
Beef Brisket Pappardelle		Yes: Barley, Wheat		Yes			Yes						Yes				Boiled in boilers with ingredients containing the following allergens; Wheat, Egg, Milk.

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King Prawn & Crayfish		Yes: Wheat	Yes	Yes	Yes		Yes						Yes				Boiled in boilers with ingredients containing the following allergens; Wheat, Egg, Milk.
Luganica & Nduja Frilly Tagliatelle		Yes: Wheat		Yes			Yes										Boiled in boilers with ingredients containing the following allergens; Wheat, Egg, Milk.

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## AL FORNO

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Lasagne Grande	Yes	Yes: Wheat		Yes	Yes		Yes					Yes	Yes				
Pollo Della Casa	Yes	Yes: Barley, Wheat					Yes										Boiled in boilers with ingredients containing the following allergens; Wheat, Egg, Milk.
Manzo Piccante	Yes	Yes: Wheat			Yes		Yes						Yes				Boiled in boilers with ingredients containing the following allergens; Wheat, Egg, Milk.
Lasagne	Yes	Yes: Wheat		Yes	Yes		Yes					Yes	Yes				

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## SALADS

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Insalata Pollo E Pancetta									Yes								
Insalta Di Capra		Yes: Wheat					Yes		Yes						Yes		

## CLASSIC PIZZA

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Non Gluten Pizza Base															Yes	Yes	
Pollo E Pancetta		Yes: Wheat					Yes										
Margherita		Yes: Wheat					Yes								Yes		
Stromboli		Yes: Wheat					Yes										
Verdure		Yes: Wheat					Yes								Yes		

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## PRIMA PIZZA

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
No'duja Vegana		Yes: Wheat											Yes		Yes	Yes	
Prima Margherita		Yes: Wheat					Yes								Yes		
From Calabria With Love		Yes: Wheat					Yes										
Pollo E Roquito Pepe		Yes: Wheat					Yes						Yes				
Caprina		Yes: Wheat					Yes								Yes		
Prima Stromboli		Yes: Wheat					Yes										
Salami Misti		Yes: Wheat					Yes						Yes				
Non Gluten Pizza Base															Yes	Yes	
Prima Pollo E Pancetta		Yes: Wheat					Yes										
Prima Vedure		Yes: Wheat					Yes								Yes		

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## CALZONE

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Truffle & Mushroom Calzone		Yes: Wheat					Yes								Yes		
Add Chicken To Truffle & Mushroom Calzone																	
Calzone Carne Piccante	Yes	Yes: Wheat			Yes		Yes						Yes				
Calzone Pollo		Yes: Wheat					Yes										
Goats Cheese & Aubergine Calzone		Yes: Wheat					Yes								Yes		

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## EXTRA TOPPINGS

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Pancetta																	
Sauteed Mushrooms															Yes	Yes	
Marinated King Prawns			Yes														
Coppa Ham																	
Olives															Yes	Yes	
Seasoned Chicken																	
Pepperoni																	
+ Balsamic onion confiture															Yes	Yes	
Red Dutch Chillies															Yes	Yes	
Roasted Peppers															Yes	Yes	
Smoked Prosciutto																	

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## SPECIALITY MAINS

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Pollo Milanese With Chips		Yes: Wheat					Yes										Fried in a fryer with ingredients containing the following allergens; Wheat, Barley, Sulphites, Milk, Mollusc.
Risotto Con Pollo E Funghi	Yes						Yes						Yes				
Sea Bass Al Forno	Yes				Yes		Yes						Yes				
Pollo Milanese & Potatoes		Yes: Wheat					Yes										
Pollo Prosciutto							Yes		Yes				Yes				

## SIDES

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Rosemary Roast Potatoes															Yes	Yes	
Baby Gem Side Salad									Yes						Yes	Yes	
Garlic And Cheese Chips with Garlic Mayo		Yes: Wheat		Yes			Yes		Yes						Yes		Fried in a fryer with ingredients containing the following allergens; Wheat, Barley, Sulphites, Milk, Mollusc.
Zucchini Fritti with Garlic Mayo		Yes: Wheat		Yes					Yes						Yes		Fried in a fryer with ingredients containing the following allergens; Wheat, Barley, Sulphites, Milk, Mollusc.
Chips with Garlic Mayo		Yes: Wheat		Yes					Yes						Yes		Fried in a fryer with ingredients containing the following allergens; Wheat, Barley, Sulphites, Milk, Mollusc.
Tenderstem Broccoli															Yes	Yes	
Lemon Chips		Yes: Wheat		Yes					Yes						Yes		Fried in a fryer with ingredients containing the following allergens; Wheat, Barley, Sulphites, Milk, Mollusc.

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## DIPS

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Garlic mayo				Yes					Yes						Yes		
Olive Tapanade															Yes	Yes	
Spicy Tomato Dip															Yes	Yes	
Smoked Chilli Jelly															Yes	Yes	
Ketchup									Yes						Yes	Yes	
N'Duja Ketchup									Yes								
Tomato Ketchup									Yes						Yes	Yes	



## CONDIMENTS

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Chilli Oil															Yes	Yes	
Extra virgin olive oil															Yes	Yes	
Aged hard cheese							Yes								Yes		
Balsamic Vinegar													Yes		Yes	Yes	

## DESSERTS

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Affogato		Yes: Wheat		Yes			Yes					Yes			Yes		
Blood Orange And Chocolate Tart												Yes			Yes	Yes	
Tiramisu (with Baileys)		Yes: Wheat		Yes			Yes						Yes		Yes		
Mini Mascarpone & Cherries							Yes								Yes		
Mini Panna Cotta							Yes								Yes		
Brownie Al Forno		Yes: Wheat		Yes			Yes					Yes			Yes		
Biscoff Cheesecake		Yes: Wheat					Yes					Yes			Yes		
Congratulations plaque															Yes		
Salted Caramel Gelato Sundae		Yes: Wheat		Yes			Yes					Yes			Yes		
Happy Birthday Plaque															Yes		
Baked Chocolate Gnocchi		Yes: Wheat					Yes					Yes	Yes	Yes: Hazelnuts	Yes		
Mini chocolate brownie				Yes											Yes		
Cherry & Clotted Cream Gelato - one scoop		Yes: Wheat					Yes					Yes			Yes		
Salted Caramel Gelato - one scoop							Yes					Yes			Yes		
Chocolate Etna				Yes			Yes					Yes			Yes		
Mango Sorbet															Yes	Yes	
Grande Momenti		Yes: Wheat		Yes			Yes					Yes	Yes		Yes		
Mini Raspberry Sorbet															Yes	Yes	

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Chocolate Gelato - one scoop							Yes								Yes		
Sicilian Lemon Tart		Yes: Wheat		Yes			Yes								Yes		
Mini Italian Biscuits		Yes: Wheat		Yes			Yes					Yes			Yes		
Mini Tiramisu		Yes: Wheat		Yes			Yes						Yes		Yes		
Vanilla Gelato - one scoop							Yes								Yes		

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## VEGAN

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Vegan - bruschetta		Yes: Wheat											Yes		Yes	Yes	
Vegan - garlic bread		Yes: Wheat													Yes	Yes	
Vegan Italian Olives															Yes	Yes	
Vegan - 3 Lecca Lecca		Yes: Wheat										Yes			Yes	Yes	
Vegan - noduja dough bites		Yes: Wheat													Yes	Yes	
Vegan - rosemary & olive oil bread		Yes: Wheat													Yes	Yes	
Vegan - 5 Lecca Lecca		Yes: Wheat										Yes			Yes	Yes	
Vegan - garlic bread with mozzarisella		Yes: Wheat													Yes	Yes	
Vegan - spaghetti pomodoro		Yes: Wheat													Yes	Yes	Boiled in boilers with ingredients containing the following allergens; Wheat, Egg, Milk.
Vegan - spaghetti lentil ragu		Yes: Wheat													Yes	Yes	Boiled in boilers with ingredients containing the following allergens; Wheat, Egg, Milk.
Vegan - noduja vegana		Yes: Wheat											Yes		Yes	Yes	
Vegan - classic margherita		Yes: Wheat													Yes	Yes	
Vegan - prima margherita		Yes: Wheat													Yes	Yes	
Vegan - Insalta Di Capra		Yes: Wheat							Yes						Yes	Yes	
Vegan - tenderstem broccoli															Yes	Yes	
Vegan - roasted baby potatoes															Yes	Yes	

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Vegan - mango sorbet															Yes	Yes	
Vegan - blood orange & chocolate tart												Yes			Yes	Yes	
Vegan - raspberry sorbet															Yes	Yes	

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# SOFT DRINKS

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Lime & lemonade															Yes		
Orange Juice															Yes		
Soda Water															Yes		Vegan? Ask for no lemon.
Coke															Yes		Vegan? Ask for no lemon.
Lime & Soda															Yes	Yes	
Raspberry Craft Lemonade															Yes		
Schweppes lemonade															Yes		Vegan? Ask for no lemon.
Appletiser															Yes	Yes	
Tonic Water															Yes		Vegan? Ask for no lemon.
Craft Lemonade															Yes		
Apple Juice															Yes	Yes	
Sprite Zero															Yes		Vegan? Ask for no lemon.
Coke Zero															Yes		Vegan? Ask for no lemon.
Dash Sparkling Water - Peach															Yes	Yes	
Diet Coke															Yes		Vegan? Ask for no lemon.
San Pellegrino Limonata															Yes		
Sparkling water 750ml															Yes		Vegan? Ask for no lemon.
Slime line tonic															Yes		Vegan? Ask for no lemon.
San Pellegrino Aranciata Rosso															Yes		
Still water 750ml															Yes		Vegan? Ask for no lemon.
Ginger Beer															Yes		
Orange juice & soda															Yes		
Still Water 330ml															Yes		Vegan? Ask for no lemon.
Sparkling water 330ml															Yes		Vegan? Ask for no lemon.

# HOT DRINKS

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Cappuccino with oat milk - large		Yes: Oats													Yes	Yes	
Americano with oat milk - large		Yes: Oats													Yes	Yes	
Latte with oat milk - regular		Yes: Oats													Yes	Yes	
Mocha - Large							Yes								Yes		
Espresso - Regular															Yes	Yes	
Iced Latte							Yes								Yes		
Mocha - Regular							Yes								Yes		
Single macchiato with oat milk		Yes: Oats													Yes	Yes	
Cappuccino with oat milk - regular		Yes: Oats													Yes	Yes	
Hot Chocolate							Yes								Yes		
Mocha with oat milk - regular		Yes: Oats													Yes	Yes	
Cappuccino - Regular							Yes								Yes		
Espresso - Large															Yes	Yes	
Flat white with oat milk - regular		Yes: Oats													Yes	Yes	
Traditional Tea with milk							Yes								Yes		
Macchiato - Large							Yes								Yes		
Earl Grey Tea with milk							Yes								Yes		
Latte - Large							Yes								Yes		
Americano with oat - regular		Yes: Oats													Yes	Yes	
Americano - Regular							Yes								Yes		
Earl Grey Tea															Yes	Yes	
Fresh Mint Tea															Yes	Yes	
Latte with oat milk - large		Yes: Oats													Yes	Yes	
Americano - Large							Yes								Yes		
Traditional English with oat milk		Yes: Oats													Yes	Yes	
Mocha with oat - large		Yes: Oats													Yes	Yes	



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Latte - Regular							Yes								Yes		
Green Tea															Yes	Yes	
Cappuccino - Large							Yes								Yes		
Peppermint Tea															Yes	Yes	
Sugar stick															Yes	Yes	
Flat White							Yes								Yes		
Earl grey with oat milk		Yes: Oats													Yes	Yes	
oat milk		Yes: Oats													Yes	Yes	
Macchiato - Regular							Yes								Yes		
Double macchiato with oat milk		Yes: Oats													Yes	Yes	

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## SPIRITS & LIQUEURS

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
English Craft Vodka															Yes	Yes	
Soda Water															Yes		Vegan? Ask for no lemon.
Ron Caldos Caribbean Rum															Yes	Yes	
Brandy															Yes	Yes	
London Dry Craft Gin															Yes		
Schwepps Lemonade															Yes		Vegan? Ask for no lemon.
Lemonade Schwepps															Yes		Vegan? Ask for no lemon.
Tonic Water															Yes		Vegan? Ask for no lemon.
Local Gin															Yes	Yes	
Jack Daniels															Yes	Yes	
Baileys							Yes								Yes		
Malfy Arancia															Yes	Yes	
Limoncello															Yes	Yes	
Slim Line Tonic															Yes		Vegan? Ask for no lemon.
Amaretto															Yes	Yes	
Pink Strawberry Gin															Yes	Yes	

## RED WINE

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Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Primitivo													Yes				
Chianti Classico													Yes		Yes	Yes	
Nero D'Avola Shiraz													Yes		Yes	Yes	
Sangiovese													Yes		Yes	Yes	
Merlot IGT													Yes		Yes	Yes	

## WHITE WINE

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Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Pinot Grigio													Yes		Yes	Yes	
Sauvignon Blanc - New Zealand													Yes		Yes	Yes	
Trebbiano													Yes		Yes	Yes	
Bianco Salento													Yes		Yes	Yes	
Sauvignon Blanc - Italy													Yes		Yes	Yes	

## ROSÉ WINE

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Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Pinot Grigio Blush													Yes				

## SPARKLING WINE

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Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Prosecco													Yes		Yes	Yes	
Rose Prosecco													Yes		Yes	Yes	

## BEERS & CIDERS

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Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Peroni Libera 0%		Yes: Barley													Yes	Yes	
Peroni Gluten Free		Yes: Barley													Yes	Yes	
Peroni		Yes: Barley													Yes	Yes	
Dark Star Revelation Pale Ale		Yes: Barley													Yes	Yes	
Meantime Prime Ale		Yes: Barley													Yes	Yes	
Cornish Orchards Blush Cider													Yes		Yes	Yes	
Peroni Gran Riserva		Yes: Barley													Yes	Yes	
Cornish Orchard Dry Cider													Yes		Yes	Yes	

# BEERS & CIDERS

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Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Cornish Orchards Raspberry & Elderflower													Yes		Yes	Yes	



## COCKTAILS

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Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Pink Smash													Yes		Yes	Yes	
Aperol & Gin Sour															Yes		
Strawberry Mojito															Yes	Yes	
Strawberry Daquiri															Yes	Yes	
Flat White Martini							Yes								Yes		
Italian Twinkle													Yes		Yes		Vegan? Ask for no lemon.
Basiltini															Yes		
Aperol Spritz													Yes		Yes	Yes	
Espresso Martini															Yes	Yes	
Passion fruit martini															Yes	Yes	
Pink Spritz													Yes		Yes		
Lemon Drop Spritz													Yes		Yes		
Elderflower G&T															Yes	Yes	

## SOFT & SPECIAL

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Elderflower & Apple															Yes	Yes	
Ginger & Lime Fizz															Yes		
Strawberry Soft Spritz															Yes		
Lime & Mint Twist															Yes		
Pink Grapefruit Soda															Yes	Yes	

# KIDS

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Vegetable Sticks With Bread Soldiers And Dip		Yes: Wheat													Yes	Yes	
Chicken Goujons With Potatoes		Yes: Barley, Wheat					Yes										
Chicken Goujons With Chips		Yes: Barley, Wheat					Yes										Fried in a fryer with ingredients containing the following allergens; Wheat, Barley, Sulphites, Milk, Mollusc.
Dip and Dunk ? Little Loop Pasta		Yes: Wheat					Yes								Yes		Boiled in boilers with ingredients containing the following allergens; Wheat, Egg, Milk.
Little Loop Pasta		Yes: Wheat													Yes	Yes	Boiled in boilers with ingredients containing the following allergens; Wheat, Egg, Milk.
Spaghetti		Yes: Wheat													Yes	Yes	Boiled in boilers with ingredients containing the following allergens; Wheat, Egg, Milk.
& Tasty Tomato Sauce															Yes	Yes	
& Bolognese Sauce							Yes										
& Cheese Sauce							Yes								Yes		
& Cheese Sauce With Pancetta							Yes										
Pizza - Cheese & Tomato face only		Yes: Wheat					Yes								Yes		
& Roasted Peppers															Yes	Yes	
& Mushrooms															Yes	Yes	
& Olives															Yes	Yes	
& Spinach															Yes	Yes	
& Pancetta																	
& Pepperoni																	
& Chicken Breast																	
& Ham																	

These figures are approximate as all our ingredients are measured by hand and are based on cooked weights. Product seasonality and availability may also cause variation in these figures. The data is a mixture of theoretical calculations and laboratory testing. The data provided are for all core menu dishes and does not include substitutions or extra ingredients. Nutritional figures are updated in line with minor ingredient specification changes and therefore may vary slightly to the published figures on our main menus

Adults need around 2,000 kcal per day.

## KIDS SIDES

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Peas															Yes	Yes	
Broccoli															Yes	Yes	
Side Salad															Yes	Yes	
Tomatoes															Yes	Yes	

## KIDS DESSERTS

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Chilly Billy Pure Fruit Orange And Apple															Yes	Yes	
Tip and Top Chocolate Ice Cream							Yes								Yes		
Tip and Top Vanilla Ice Cream							Yes								Yes		
Chilly Billy Pure Fruit Apple And Raspberry															Yes	Yes	
& Grapes															Yes	Yes	
& Strawberries															Yes	Yes	
Frutti															Yes	Yes	
Banana Chocolate Brownie							Yes					Yes			Yes		
& Mini Marshmallows																	
& White Chocolate Curls							Yes					Yes			Yes		
& Glitter Meringues				Yes											Yes		

## KIDS DESSERTS

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Tip & Top Raspberry Sorbet & Salted Caramel Sauce							Yes								Yes	Yes	
& Mixed Berry Sauce															Yes	Yes	
& Chocolate Sauce							Yes					Yes			Yes		



## KIDS DRINKS

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Apple Juice - Small															Yes	Yes	
Orange Juice - Regular															Yes		
Joosed Fruity Water Black-currant And Apple															Yes	Yes	
Babyccino							Yes								Yes		
Milk							Yes								Yes		
Apple Juice - Regular															Yes	Yes	
Orange Squash													Yes		Yes	Yes	
Blackcurrant & Apple Squash													Yes		Yes	Yes	
Orange Juice - Small															Yes		
Craft Lemonade															Yes		
Craft Lemonade Raspberry															Yes		

## KIDS TINY TUMS

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Bread Sticks And Tomato Dip		Yes: Wheat													Yes	Yes	
Mini Main Pasta with Butter		Yes: Wheat					Yes								Yes		Boiled in boilers with ingredients containing the following allergens; Wheat, Egg, Milk.
Mini Main Pasta with Tomato Sauce		Yes: Wheat													Yes	Yes	Boiled in boilers with ingredients containing the following allergens; Wheat, Egg, Milk.

# VEGAN KIDS

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Vegan - tiny tums breadsticks		Yes: Wheat													Yes	Yes	
Vegan - tiny tums pasta		Yes: Wheat													Yes	Yes	Boiled in boilers with ingredients containing the following allergens; Wheat, Egg, Milk.
Vegan - kids vegetable sticks & bread soldiers with dip		Yes: Wheat													Yes	Yes	
Vegan - kids peas															Yes	Yes	
Vegan - kids plum tomatoes															Yes	Yes	
Kids - vegan side salad															Yes	Yes	
Vegan - kids broccoli															Yes	Yes	
Vegan - this isn't chicken goujons		Yes: Wheat										Yes			Yes	Yes	
Vegan - kids make your own spaghetti		Yes: Wheat													Yes	Yes	Boiled in boilers with ingredients containing the following allergens; Wheat, Egg, Milk.
Vegan - kids make your own little loops		Yes: Wheat													Yes	Yes	Boiled in boilers with ingredients containing the following allergens; Wheat, Egg, Milk.
Vegan - kids tasty tomato															Yes	Yes	
Vegan - kids make your own pizza		Yes: Wheat													Yes	Yes	
Vegan - kids & roasted peppers															Yes	Yes	
Vegan - kids & spinach															Yes	Yes	
Vegan - kids & mushrooms															Yes	Yes	
Vegan - kids & olives															Yes	Yes	
Vegan - kids & balsamic red onions													Yes		Yes	Yes	
Vegan - chilly billy apple & raspberry															Yes	Yes	
Vegan - orange and apple chilly billy															Yes	Yes	
Vegan - kids frutti															Yes	Yes	
Vegan - kids regular apple juice															Yes	Yes	
Vegan - kids joused fruity water															Yes	Yes	
Vegan - kids small apple juice															Yes	Yes	

# VEGAN KIDS

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Vegan - Tip & Top Raspberry Sorbet															Yes	Yes	
Vegan - Mixed Berry Sauce															Yes	Yes	

# NON-GLUTEN

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Non Gluten - Italian Olives															Yes	Yes	
Non Gluten - Burrata Caprese							Yes								Yes		
Non gluten - frutti di mare			Yes		Yes			Yes					Yes				
Non Gluten Vegan - Al Pomodoro															Yes	Yes	
Non Gluten - Al Pomodoro							Yes								Yes		
Non Gluten - Carbonara							Yes										
Non gluten - lentil ragu															Yes	Yes	
Non Gluten - Bolognese	Yes				Yes								Yes				
Non gluten - no' duja vegana													Yes		Yes	Yes	
Non gluten - margherita							Yes								Yes		
Non gluten - salami misti							Yes						Yes				
Non gluten - pizza pollo e pancetta							Yes										
Non Gluten - pollo e roquito pepe							Yes						Yes				
Non gluten - vegan margherita															Yes	Yes	
Non gluten - from calabria with love							Yes										
Non gluten - caprina							Yes								Yes		
Non gluten - verdure							Yes								Yes		
Non gluten - stromboli							Yes										
Non Gluten - Insalata Pollo E Pancetta									Yes								
Non Gluten - Pollo Prosciutto							Yes		Yes				Yes				
Non gluten - seabass al forno	Yes				Yes		Yes						Yes				
Non gluten - risotto con pollo e funghi	Yes						Yes						Yes				



## NON-GLUTEN SIDES

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Non Gluten - Rosemary Roast Potatoes															Yes	Yes	
Non Gluten - tenderstem broccoli															Yes	Yes	
Non Gluten - Baby Gem Side Salad									Yes						Yes	Yes	

## NON-GLUTEN DESSERTS

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Non gluten - blood orange & chocolate tart												Yes			Yes	Yes	
Non Gluten - Mini Panna Cotta							Yes								Yes		
Non Gluten - Mini Mascarpone & Cherries							Yes								Yes		
Non gluten - salted caramel gelato							Yes					Yes			Yes		
Non Gluten - mini brownie				Yes											Yes		
Non gluten - mango sorbet															Yes	Yes	
Non gluten - chocolate etna				Yes			Yes					Yes			Yes		
Non gluten - chocolate gelato							Yes								Yes		
Non gluten - raspberry sorbet															Yes	Yes	
Non gluten - vanilla gelato							Yes								Yes		

# NON-GLUTEN KIDS MAINS

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Non-Gluten Kids Vegetable Sticks and Dip															Yes	Yes	
Non Gluten - Kids NG fusilli															Yes	Yes	
Non Gluten - kids cheese sauce							Yes								Yes		
Non Gluten - cheese sauce & pancetta							Yes										
Non Gluten - Kids Bolognese Sauce							Yes										
Non Gluten - Kids Tasty Tomato Sauce															Yes	Yes	
Non Gluten - Dip & dunk pasta							Yes								Yes		
Non Gluten - Kids Pizza Face							Yes								Yes		
Non Gluten - kids pepperoni																	
Non Gluten '+ kids ham																	
Non Gluten '+Kids Roasted Chicken Breast																	
Non gluten '+ kids olives															Yes	Yes	
Non Gluten - kids mixed mushrooms															Yes	Yes	
Non Gluten - kids roasted peppers															Yes	Yes	
Non gluten - kids spinach															Yes	Yes	
Non Gluten '+ kids balsamic red onions													Yes		Yes	Yes	

## NON-GLUTEN KIDS SIDES

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Non Gluten - kids peas															Yes	Yes	
Non Gluten - kids tender-stem broccoli															Yes	Yes	
Non Gluten - kids side salad															Yes	Yes	
Non Gluten - kids plum tomatoes															Yes	Yes	

## NON-GLUTEN KIDS DESSERTS

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Non Gluten - Tip & Top Vanilla Gelato							Yes								Yes		
Non Gluten - Tip & Top Chocolate Gelato							Yes								Yes		
Non gluten - kids vanilla meringue drops				Yes											Yes		
Non Gluten - Kids Grapes															Yes	Yes	
Non Gluten - kids strawberries															Yes	Yes	
Non gluten - Kids Marshmallows																	
Non Gluten - Kids White Chocolate Curls							Yes					Yes			Yes		
Non Gluten Kids - Banana Brownie							Yes					Yes			Yes		
Non Gluten - kids frutti															Yes	Yes	
Non Gluten - Apple & Raspberry Ice Lolly															Yes	Yes	
Non Gluten - kids Orange & Apple Ice Lolly															Yes	Yes	

# NON-GLUTEN KIDS DESSERTS

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Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
Non Gluten - Tip & Top Raspberry Sorbet															Yes	Yes	
Non Gluten - Tip & Top Chocolate Gelato							Yes								Yes		
Non Gluten - Salted Caramel Sauce							Yes								Yes		
Non Gluten - Chocolate Sauce							Yes					Yes			Yes		
Non Gluten - Mixed Berry Sauce															Yes	Yes	

# TAKEAWAY & SPECIALS

This allergen guide covers the 14 allergens specified by the EU Food Information Regulations. It lists what allergenic ingredients are contained in each of our dishes and also shows which are suitable for vegan and vegetarian diets. We do not currently carry across 'may contain' warnings from our suppliers. In addition, our busy kitchens handle numerous ingredients and allergens. Whilst we have controls in place to reduce the risk of cross-contact, unfortunately it is not possible for us to guarantee that our dishes will be allergen free.

Menu Item Name	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree Nuts	Vegetarian	Vegan	Comments
N'duja Garlic Bread		Yes: Wheat															
No'duja Garlic Bread		Yes: Wheat													Yes	Yes	
Pesto Garlic bread		Yes: Wheat													Yes	Yes	
& Mozzarisella															Yes	Yes	
& Mozzarella							Yes								Yes		
Pesto Gnocchi Bites		Yes: Wheat					Yes						Yes				Fried in a fryer with ingredients containing the following allergens; Wheat, Barley, Sulphites, Milk, Mollusc.
Beetroot & Goats Cheese Gnocchi Bites		Yes: Wheat					Yes						Yes		Yes		Fried in a fryer with ingredients containing the following allergens; Wheat, Barley, Sulphites, Milk, Mollusc.
Double Chips		Yes: Wheat		Yes					Yes						Yes		Fried in a fryer with ingredients containing the following allergens; Wheat, Barley, Sulphites, Milk, Mollusc.
Goats Cheese & Aubergine Calzone		Yes: Wheat					Yes								Yes		
Calzone Pollo		Yes: Wheat					Yes										
Brownie Bites				Yes											Yes		
& Salted Caramel Sauce							Yes								Yes		
& Chocolate Sauce							Yes					Yes			Yes		

# ASK ITALIAN NON GLUTEN

## NIBBLES

**ITALIAN OLIVES** **Vegan** 218 kcal  
Marinated green Nocellara olives from Sicily.

## STARTERS

**BURRATA CAPRESE (V)** 386 kcal  
Creamier and more indulgent than mozzarella, served with tomatoes, rocket and basil.

## SIDES

**BABY GEM SIDE SALAD** **Vegan** 52 kcal

**ROSEMARY ROAST BABY POTATOES** **Vegan** 159 kcal  
Baby potatoes, oven roasted with garlic and rosemary.

**TENDERSTEM BROCCOLI** **Vegan** 71 kcal

## EXTRA TOPPINGS & DIPS

Seasoned Chicken 85 kcal | Pepperoni 123 kcal  
Pancetta 66 kcal

Marinated King Prawns 67 kcal

Roasted Peppers **Vegan** 9 kcal | Olives **Vegan** 26 kcal

Sautéed Mushrooms **Vegan** 18 kcal

'Nduja Ketchup Dip 96 kcal

Spicy Tomato Dip **Vegan** 6 kcal

Smoked Chilli Jelly Dip **Vegan** 62 kcal

Olive Tapenade Dip **Vegan** 109 kcal

## PASTA

WHEN PLACING YOUR ORDER PLEASE SPECIFY YOU WOULD LIKE THE NON GLUTEN FUSILLI PASTA.

**AL POMODORO (V)** 724 kcal  
Plum tomatoes, garlic and basil in a rich tomato sauce topped with fresh mozzarella. **Make this Vegan** without fresh mozzarella 585 kcal.

**BOLOGNESE** 747 kcal  
Our hearty beef and red wine ragu.

**CARBONARA** 768 kcal  
Crispy pancetta in a rich creamy mascarpone and cheese sauce.

**LENTIL RAGU** **Vegan** 747 kcal  
A hearty ragu of green lentils and mixed vegetables in a sundried tomato sauce.

**FRUTTI DI MARE** 695 kcal  
Mussels, prawns, clams and squid in a rich tomato and white wine sauce.

## SPECIALITY MAINS

**SEA BASS AL FORNO** 544 kcal  
Sea bass fillet baked with baby potatoes, tomatoes, mushrooms, spinach and a white wine sauce.

**POLLO PROSCIUTTO** 443 kcal  
Oven baked prosciutto-wrapped chicken breast in a creamy mushroom and marsala wine sauce. Served on a bed of tender kale and sautéed mushrooms. Fancy a little extra? Check out our sides.

**RISOTTO CON POLLO E FUNGHI** 707 kcal  
A creamy risotto with chicken breast and sautéed mushrooms in a white wine sauce.

## SALADS

**INSALATA DI POLLO E PANCETTA** 586 kcal  
Sweet baby gem lettuce mixed with green beans and radish, topped with pan-fried chicken breast, crispy pancetta and roasted sweet potato, tossed in a sweet mustard dressing.

## PIZZA

WHEN PLACING YOUR ORDER PLEASE SPECIFY YOU WOULD LIKE THE NON GLUTEN PIZZA BASE.

**MARGHERITA (V)** 1040 kcal  
Tomato base with mozzarella and oregano. Make this **Vegan** with MozzaRisella 903 kcal.

**STROMBOLI** 1116 kcal  
Pepperoni and mozzarella on a tomato base. We'll add chillies if you like it hot 2 kcal.

**VERDURE (V)** 1276 kcal  
Artichokes, mushrooms, roasted peppers, mozzarella and olives, dressed with rocket on a tomato base.

**FROM CALABRIA, WITH LOVE** 1341 kcal  
Fiery Calabrian N'duja sausage, pepperoni, mozzarella and ricotta cheese on a tomato base, topped with breadcrumb crumbs and finished with a drizzle of honey.

**CAPRINA (V)** 1214 kcal  
Goat's cheese, rocket, plum tomatoes, olive tapenade and mozzarella on a tomato base.

**NO'DUJA VEGANA** **Vegan** 1096 kcal  
Spicy No'duja, vegan MozzaRisella, sautéed mushrooms, balsamic red onions, red pepper pearls and grated courgette on a tomato base.

**SALAMI MISTI** 1226 kcal  
Salami, pepperoni, smoked prosciutto, roasted peppers, balsamic red onions and mozzarella on a tomato base.

**POLLO E PANCETTA** 1028 kcal  
Chicken, pancetta, sautéed mushrooms and mozzarella on a tomato base.

**POLLO E ROQUITO PEPE** 1256 kcal  
Garlic chicken breast, Roquito pepper pearls, balsamic red onions on a tomato and mozzarella base. Topped with fresh mozzarella, crispy smoked prosciutto and rocket.

### HAVE AN ALLERGY?

Please check our allergen menu and let us know, even if you have had the dish before.

## DESSERTS

**BLOOD ORANGE & CHOCOLATE TART** **Vegan** 404 kcal  
Zesty dark chocolate tart on a seeded base, served with tangy raspberry sorbet.

**CHOCOLATE ETNA (V)** 894 kcal  
Hot toffee sauce is poured over the dark chocolate dome at your table, revealing a hidden scoop of vanilla gelato on top of a heavenly hot chocolate fondant.

**MINI MOMENTI**  
A trio of mini desserts. Choose your perfect combination of three.  
Salted caramel panna cotta (V) 118 kcal  
Mini chocolate brownie (V) 164 kcal  
Raspberry sorbet scoop **Vegan** 52 kcal  
Amarena cherries & mascarpone (V) 304 kcal

## GELATI & SORBETTI

THREE SCOOPS OF OUR SPECIALITY GELATI OR REFRESHING SORBETTI. ANY FLAVOUR

Vanilla (V) 83 kcal | Chocolate (V) 91 kcal  
Salted Caramel (V) 91 kcal  
Raspberry Sorbet **Vegan** 52 kcal  
Mango Sorbet **Vegan** 56 kcal



### CAN'T FINISH?

We'll box up anything that you want to take with you to enjoy later.

Adults need around 2,000 kcal per day.

Our dish descriptions don't always mention every single ingredient. If you have a food allergy, intolerance, or coeliac disease – please take a look at our allergen menu and let a team member know before placing an order, even if you have had the dish before. Whilst we have controls in place to reduce the risk of cross-contact, it is not possible for us to guarantee that our dishes will be allergen free. Please refer the allergen menu for more information. Keep an eye out for any stray olive stones, seafood shells or little fishbones. (V) - suitable for vegetarians. **Make this vegan** – ask for the 'Vegan' option when placing your order. Our vegan dishes are made with care to a vegan recipe. However, due to cross contact at our suppliers and in our busy kitchens, these dishes are not necessarily suitable for those with allergies. For more information visit our allergen menu. Unfortunately, allergen segregation is not possible in our fryers and boilers. This is detailed in the allergen guide, so, please just check the comments on each dish before ordering. Please note our non-gluten pasta is always cooked separately to order.



# ASK ITALIAN

## NON GLUTEN KIDS MENU

### 3 COURSES AND A BABYCCINO

#### TO START

**VEGETABLE STICKS AND DIP** **Vegan** 26 kcal  
Carrots and cucumber with a tasty tomato dip.

#### MAINS

##### PIZZA

Our non-gluten pizza face is made with olive eyes and a roasted red pepper smile 824 kcal.

If you would prefer your pizza without a face just let a member of staff know.

##### CHOOSE 2 TOPPINGS FOR YOUR PIZZA FACE

Pepperoni 92 kcal	Roasted Peppers <b>Vegan</b> 9 kcal
Chicken Breast 46 kcal	Mushrooms <b>Vegan</b> 6 kcal
Ham 18 kcal	Spinach <b>Vegan</b> 4 kcal
Olives <b>Vegan</b> 13 kcal	<b>Extra toppings: 50p</b>



##### PASTA

**PICK A SAUCE TO GO WITH YOUR  
NON-GLUTEN FUSILLI PASTA** 388 kcal :

Brilliant Bolognese 168 kcal 🍅  
Tasty Tomato **Vegan** 84 kcal 🌿🍅  
Creamy Cheese (V) 134 kcal  
Add pancetta to make a carbonara! 76 kcal

**DIP & DUNK PASTA (V)** 523 kcal  
Dip your non-gluten fusilli pasta into tomato sauce then dunk into grated cheese. 🍅

#### DESSERT

##### TIP & TOP ICE CREAM

##### Choose a scoop of Gelato or Sorbet

Vanilla (V) 83 kcal | Chocolate (V) 91 kcal  
Raspberry Sorbet **Vegan** 52 kcal

##### Choose 1 sauce

Salted Caramel 9 kcal | Chocolate 10 kcal  
Berry 7 kcal

##### Choose 2 toppings

Meringue (V) 13 kcal  
Marshmallows 17 kcal  
White Chocolate Curls (V) 27 kcal  
Strawberries **Vegan** 5 kcal  
Grapes **Vegan** 4 kcal

##### FRUITY ICE LOLLY **Vegan**

Chilly Billy Pure Fruit ice squeezers.

Choose from:

Orange & Apple 45 kcal  
Raspberry & Apple 44 kcal

##### BANANA CHOCOLATE BROWNIE (V) 124 kcal

Made with real banana and served with strawberries and chocolate sauce.

**FRUTTI** **Vegan** 32 kcal  
Strawberries and grapes. 🍓



##### FINISH WITH YOUR FREE BABYCCINO! 33 kcal

**Vegan?** Swap for squash. 0 kcal

Adults need around 2,000 kcal per day. Kcal for our non-gluten dishes can be found in our nutritional guide. Full nutritional information is available – ask a team member or visit our website.

Our dish descriptions don't always mention every single ingredient. If you have a food allergy, intolerance, or coeliac disease – please take a look at our allergen menu and let a team member know before placing an order, even if you have had the dish before. Whilst we have controls in place to reduce the risk of cross-contact, it is not possible for us to guarantee that our dishes will be allergen free. Please refer the allergen menu for more information. Keep an eye out for any stray olive stones, seafood shells or little fishbones. (V) – suitable for vegetarians. Make this vegan – ask for the 'Vegan' option when placing your order. Our vegan dishes are made with care to a vegan recipe. However, due to cross contact at our suppliers and in our busy kitchens, these dishes are not necessarily suitable for those with allergies. For more information visit our allergen menu.

Unfortunately, allergen segregation is not possible in our fryers and boilers. This is detailed in the allergen guide, so, please just check the comments on each dish before ordering. Please note our non-gluten pasta is always cooked separately to order.



#### 5-A-DAY

All dishes with this logo  
🍏 contain one portion of  
the recommended five  
daily servings of fruit and  
vegetables.

Based on an adult serving containing  
at least 80g of fruit or vegetables.

#### DRINKS

##### ORANGE JUICE | APPLE JUICE

Small cup 84 kcal | 90 kcal  
Regular glass 139 kcal | 149 kcal

##### CRAFT LEMONADE

Lemon 94 kcal  
Raspberry 119 kcal

##### JOOSSED! FRUITY WATER

69 kcal Apple and blackcurrant  
flavour 🍏

**MILK** 96 kcal

#### SIDES

##### PEAS ARE FREE

**JUST ASK!** **Vegan** 24 kcal

##### PLUM TOMATOES

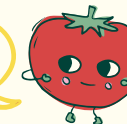
**Vegan** 4 kcal

##### BROCCOLI **Vegan** 10 kcal

**SIDE SALAD** **Vegan** 12 kcal 🍏



Buon appetito!  
That means  
'Enjoy Your Meal!'



## FULL INGREDIENTS LIST MENU

Our main allergen guide covers the 14 allergens specified by the EU Food Information Regulations. However, we understand that people may want to avoid other food ingredients, therefore this menu shows the full ingredient declarations of a select number of our dishes. Please use this guide to inform your choice however we are unable to provide full information about our suppliers' allergen risks, including cross contact. In addition, our kitchens handle numerous ingredients and allergens and it is not possible for us to guarantee that our dishes will be allergen free.

**Please check this information every time you visit our restaurant as we may have changed the recipe or the ingredients of one or more of our dishes.**

**If you are unable to find a dish suitable for your dietary requirements here, we advise you not to order.** However, as you know more about your allergy than we do, we will leave it up to you if you want to proceed. Please bear in mind though that due to the seriousness of allergies and food intolerances, our restaurant teams will not be able to help select dishes and they do not hold full ingredient information on any other menu items. Alternatively, if you let our head office know your dietary requirements in advance of your visit they will try to help you with your dish choices. Click on contact us on our website or email [info@askitalian.co.uk](mailto:info@askitalian.co.uk)







# ASK ITALIAN NUTRITIONAL GUIDE SPRING/SUMMER

These figures are approximate as all our ingredients are measured by hand and are based on cooked weights. Product seasonality and availability may also cause variation in these figures.



Menu Section	Dish Description	Per 100g								Per Portion							
		Energy kJ	Energy kcal	Fat	Satu-rates	Carbohy-drate	Sugar	Pro-tein	Salt	Energy kJ	Energy kcal	Fat	Satu-rates	Carbohy-drate	Sugar	Protein	Salt
Bread & Nibbles	Italian Olives	716	174	16	2.1	3.8	0.5	1	3	896	218	21	2.6	4.7	0.6	1.3	3.7
Bread & Nibbles	Garlic Bread With Mozzarella	1356	323	13	5.7	37	2.1	14	1.2	3467	826	33	14	95	5.4	35	3.1
Bread & Nibbles	Garlic Bread	1381	328	9.2	2.1	51	2.7	9.1	1.2	2566	609	17	4	94	5.1	17	2.2
Bread & Nibbles	N'duja & Cheese Dough Bites	1433	342	17	7.4	33	2.8	13	1.4	4281	1023	51	22	99	8.4	40	4.1
Bread & Nibbles	'& Balsamic Onions	860	204	3.4	0.2	41	38	1.2	0.97	344	82	1.4	0.1	16	15	0.5	0.39
Bread & Nibbles	Rosemary & Olive Oil Bread	1329	315	6.2	0.7	54	3	9.8	1.3	2158	511	10	1.2	87	4.9	16	2.1
Starters	Mushrooms Al Forno	723	174	12	2.9	11	1.2	4.8	0.96	1716	413	29	6.9	25	3	11	2.3
Starters	Large Calamari	1143	273	14	3.3	19	0.1	17	0.47	2795	669	36	8.1	43	0.2	39	1.2
Starters	Small Calamari	1143	273	14	3.3	19	0.1	17	0.47	1468	351	19	4.2	23	0.1	21	0.6
Starters	Cheese Fondue	1030	246	13	6.4	23	2.4	9.8	1.1	2544	608	31	16	56	5.8	24	2.8
Starters	Bruschetta	717	171	7.2	1.4	21	2.2	4.4	1.2	1555	371	16	3	46	4.8	9.6	2.5
Starters	5 Chicken Lecca Lecca	985	236	13	2.6	14	1.3	15	1.4	2956	707	39	7.8	42	4	46	4
Starters	Trio Of Arancini	845	202	11	5.2	19	1.9	7.1	1	1952	467	24	12	44	4.4	16	2.3
Starters	3 Chicken Lecca Lecca	976	234	14	2.5	13	1.6	14	1.4	1953	468	27	5	26	3.1	28	2.9
Starters	Burrata Caprese	802	194	16	9.1	1.9	1.4	9.2	0.31	1599	386	33	18	3.8	2.8	18	0.62
Starters	Butterfly King Prawns	942	227	17	3.5	6.7	0.7	12	1.7	1909	460	34	7	14	1.5	24	3.5
Starters	Antipasti Classico	1163	279	16	6.1	21	4.5	11	1.4	6042	1448	84	32	108	23	60	7.4
Classic Pasta	Linguine Con Fruitti Di Mare	367	87	2.6	0.4	8.5	1.9	6.9	0.76	2009	477	14	2.3	47	11	38	4.2
Classic Pasta	Spaghetti Al Pomodoro	624	148	5.3	1.9	19	2.5	5.8	0.44	3253	773	28	10	98	13	30	2.3
Classic Pasta	Fettucine Bolognese	699	166	5.9	1.5	21	2.3	6.3	0.42	3492	830	29	7.4	107	12	32	2.1
Classic Pasta	Truffle Ravioli	1050	252	17	9.7	17	1.4	7.6	0.98	2370	570	38	22	37	3.1	17	2.2
Classic Pasta	Non Gluten Fusilli Pasta	821	194	1.3	0.3	42	0.6	3.4	0.25	1642	388	2.6	0.6	83	1.2	6.8	0.5
Classic Pasta	Linguine Carbonara	630	150	7.7	3.6	14	1.1	6.2	0.74	2633	629	32	15	57	4.6	26	3.1
Classic Pasta	Vegan Spaghetti Lentil Ragù	612	145	4.5	0.7	20	2.4	4.8	0.49	3267	776	24	3.7	108	13	25	2.6
Classic Pasta	Spaghetti Bolognese	695	165	6.1	1.5	21	2.4	6.3	0.44	3339	794	29	7.4	100	12	30	2.1
Pasta Fresca	King Prawn & Crayfish	635	151	3.8	0.8	21	2.2	7	0.55	2821	669	17	3.5	94	9.7	31	2.4
Pasta Fresca	Beef Brisket Pappardelle	863	205	7.3	2.8	25	2.5	9.3	0.57	3560	848	30	11	104	10	38	2.3
Pasta Fresca	Asparagus And Pancetta Carbonara	783	186	7.8	3.4	21	1.6	7.4	0.81	3478	828	35	15	94	7.2	33	3.6
Pasta Fresca	Luganica & Nduja Frilly Tagliatelle	1065	255	14	5.8	21	1.3	10	0.93	4618	1105	62	25	90	5.8	43	4
Pasta Fresca	Purple Pesto Genovese	1183	283	16	3.2	27	1.6	6.1	1.2	3904	935	54	11	90	5.2	20	3.9
Pasta Fresca	Add Chicken To Purple Pesto Genovese	550	130	2.5	0.6	0.8	0.8	26	0.32	193	46	0.9	0.2	0.3	0.3	9.1	0.11
Al Forno	Pollo Della Casa	650	155	5.7	3.3	17	1.2	7.9	0.28	3759	894	33	19	99	6.7	46	1.7
Al Forno	Lasagne Grande	682	164	9.9	4.1	11	3.2	7.9	0.91	4314	1034	62	26	67	20	50	5.8
Al Forno	Manzo Piccante	701	167	6.1	2	20	2.5	7.4	0.53	3551	844	31	10	102	13	37	2.7
Al Forno	Lasagne	624	149	7.9	3.2	14	3.4	5.7	0.67	3150	753	40	16	69	17	29	3.4
Salads	Insalata Di Capra	579	139	7.8	3.3	11	2.2	5.2	0.49	2812	674	38	16	53	11	25	2.4
Salads	Insalata Pollo E Pancetta	525	125	5	1	7.9	4.8	13	1.8	2457	586	23	4.9	37	23	58	8.6

These figures are approximate as all our ingredients are measured by hand and are based on cooked weights. Product seasonality and availability may also cause variation in these figures. The data is a mixture of theoretical calculations and laboratory testing. The data provided are for all core menu dishes and does not include substitutions or extra ingredients. Nutritional figures are updated in line with minor ingredient specification changes and therefore may vary slightly to the published figures on our main menus

Adults need around 2,000 kcal per day.

Menu Section	Dish Description	Per 100g								Per Portion							
		Energy kJ	Energy kcal	Fat	Satu-rates	Carbohy-drate	Sugar	Pro-tein	Salt	Energy kJ	Energy kcal	Fat	Satu-rates	Carbohy-drate	Sugar	Protein	Salt
Classic Pizza	Verdure	1020	244	12	3.7	23	2.2	9.7	1	4494	1074	53	16	101	9.9	43	4.5
Classic Pizza	Pollo E Pancetta	864	205	6	3.2	25	2	12	0.99	3358	798	23	12	96	7.7	47	3.9
Classic Pizza	Non Gluten Pizza Base	1232	292	5.4	0.7	56	0.9	3.1	1.5	2957	700	13	1.7	135	2.2	7.4	3.6
Classic Pizza	Margherita	1049	249	8.1	5	30	2.3	14	1.1	3405	810	26	16	96	7.4	44	3.7
Classic Pizza	Stromboli	1133	270	11	5.5	29	2.3	13	2	3720	886	35	18	96	7.5	44	6.7
Prima Pizza	Caprina	1034	247	11	5.5	24	2.1	11	1.1	4122	984	45	22	98	8.4	43	4.3
Prima Pizza	Prima Stromboli	1190	284	13	7	25	2	15	2.3	4553	1087	51	27	97	7.8	57	8.9
Prima Pizza	Salami Misti	977	233	9.5	4.6	24	2.2	12	1.6	4181	996	41	20	101	9.2	53	7
Prima Pizza	Prima Pollo E Pancetta	827	196	5.6	2.9	22	1.8	14	0.94	3644	865	25	13	97	8.1	61	4.2
Prima Pizza	Prima Verdure	1018	244	12	3.7	23	2.2	9.7	1	4526	1082	54	16	101	9.9	43	4.6
Prima Pizza	Non Gluten Pizza Base	1232	292	5.4	0.7	56	0.9	3.1	1.5	2957	700	13	1.7	135	2.2	7.4	3.6
Prima Pizza	No'duja Vegana	756	180	6.5	2.6	25	3.5	4.7	0.95	3639	866	31	13	119	17	23	4.6
Prima Pizza	Prima Margherita	999	238	8.8	5.5	25	2.2	14	1.1	3882	925	34	21	98	8.6	53	4.3
Prima Pizza	From Calabria With Love	1103	263	12	6.2	27	4.3	12	1.4	4655	1111	50	26	113	18	49	5.8
Prima Pizza	Pollo E Roquito Pepe	894	213	7.4	4.3	22	2.8	14	0.97	4312	1026	36	21	104	13	69	4.7
Calzone	Calzone Pollo	854	203	6.9	3.4	23	2	11	1.1	3667	872	30	14	98	8.7	49	4.6
Calzone	Calzone Carne Piccante	825	197	7.7	3.7	21	2.4	9.9	1.3	3992	951	37	18	102	12	48	6.1
Calzone	Truffle & Mushroom Calzone	938	224	11	6	21	1.8	9.8	1.2	4614	1102	54	30	102	8.7	48	6.1
Calzone	Goats Cheese & Aubergine Calzone	890	212	9.2	5.4	21	2.6	9.8	1	4334	1034	45	26	104	12	48	5
Calzone	Add Chicken To Truffle & Mushroom Calzone	550	130	2.5	0.6	0.8	0.8	26	0.32	193	46	0.9	0.2	0.3	0.3	9.1	0.11
Extra Toppings	Seasoned Chicken	550	130	2.5	0.6	0.9	0.8	26	0.6	358	85	1.6	0.4	0.6	0.5	17	0.39
Extra Toppings	Olives	844	205	21	2.3	0.5	0	1	3.5	108	26	2.6	0.3	0.1	0	0.1	0.45
Extra Toppings	Coppa Ham	1339	322	24	9.1	0.5	0.5	26	4	402	97	7.2	2.7	0.2	0.2	7.8	1.2
Extra Toppings	Pepperoni	1982	479	43	18	1	0.6	22	9	510	123	11	4.6	0.3	0.2	5.7	2.3
Extra Toppings	'+ Balsamic onion confiture	860	204	3.4	0.2	41	38	1.2	0.97	344	82	1.4	0.1	16	15	0.5	0.39
Extra Toppings	Red Dutch Chillies	113	27	0.3	0	4.2	4.2	1.8	0.03	7	2	0	0	0.3	0.3	0.1	0
Extra Toppings	Roasted Peppers	147	35	0.4	0.1	6	0.2	0.7	0.5	37	9	0.1	0	1.5	0.1	0.2	0.13
Extra Toppings	Smoked Prosciutto	1301	313	24	8.5	0.3	0.3	24	5	407	98	7.5	2.7	0.1	0.1	7.5	1.6
Extra Toppings	Marinated King Prawns	383	90	1.9	0.4	0.2	0	18	1.2	284	67	1.4	0.3	0.1	0	13	0.89
Extra Toppings	Pancetta	1040	251	20	8	0.4	0.4	17	3.1	274	66	5.3	2.1	0.1	0.1	4.5	0.82
Extra Toppings	Sauteed Mushrooms	145	35	2.6	0.3	0.6	0.2	1.8	0.09	74	18	1.3	0.2	0.3	0.1	0.9	0.05
Speciality Mains	Pollo Milanese With Chips	934	223	12	2.1	19	0.8	8	0.93	4882	1168	65	11	100	4.3	42	4.9
Speciality Mains	Pollo Milanese & Potatoes	708	169	9.8	1.9	12	1	7.7	0.74	3680	880	51	9.8	64	5.3	40	3.9
Speciality Mains	Pollo Prosciutto	533	127	5.6	2.2	1.4	0.5	18	0.88	1856	443	20	7.8	4.7	1.6	61	3.1
Speciality Mains	Risotto Con Pollo E Funghi	507	120	3.5	2.1	16	0.5	5.4	0.56	2980	707	21	12	93	2.9	32	3.3
Speciality Mains	Sea Bass Al Forno	472	113	5.7	1.3	6.2	0.7	8.4	0.49	2279	544	27	6.2	30	3.2	40	2.4

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		Energy kJ	Energy kcal	Fat	Satu-rates	Carbohy-drate	Sugar	Pro-tein	Salt	Energy kJ	Energy kcal	Fat	Satu-rates	Carbohy-drate	Sugar	Protein	Salt
Sides	Rosemary Roast Potatoes	364	86	2.2	0.3	15	1.1	1.8	0.17	675	159	4.1	0.5	27	2	3.3	0.31
Sides	Chips with Garlic Mayo	1002	239	12	1.2	29	1	2.8	0.95	2330	557	28	2.7	66	2.3	6.4	2.2
Sides	Zucchini Fritti with Garlic Mayo	1147	276	19	3.2	22	2.3	2.7	1.7	1434	345	24	4	28	2.9	3.4	2.1
Sides	Lemon Chips	1000	239	12	1.2	29	1	2.8	0.94	2329	556	28	2.7	66	2.3	6.4	2.2
Sides	Tenderstem Broccoli	386	93	7	1.7	2.1	1.4	4.2	0.55	295	71	5.3	1.3	1.6	1.1	3.2	0.42
Sides	Baby Gem Side Salad	185	45	2.8	0.3	3.8	3.6	0.8	3	217	52	3.3	0.3	4.4	4.2	0.9	3.5
Sides	Garlic And Cheese Chips with Garlic Mayo	1029	246	13	2.2	27	0.9	4.4	0.97	2568	614	33	5.4	67	2.3	11	2.4
Dips	Olive Tapanade	1783	434	46	5.8	1.4	0.8	1.1	3.5	446	109	12	1.5	0.4	0.2	0.3	0.88
Dips	Spicy Tomato Dip	109	26	0.4	0	3.7	3.3	1.4	0.91	27	6	0.1	0	0.9	0.8	0.3	0.23
Dips	Garlic mayo	1690	410	41	3.3	8.6	4.1	1.6	3.5	422	102	10	0.8	2.2	1	0.4	0.88
Dips	N'Duja Ketchup	1589	384	33	13	14	11	7.3	2.4	397	96	8.3	3.1	3.4	2.8	1.8	0.59
Dips	Ketchup	517	122	0.1	0	29	25	1.1	2.9	129	31	0	0	7.2	6.2	0.3	0.71
Dips	Smoked Chilli Jelly	1059	249	0	0	62	62	0.3	0	265	62	0	0	15	15	0.1	0
Condiments	Extra virgin olive oil	3404	828	92	14	0	0	0	0	102	25	2.8	0.4	0	0	0	0
Condiments	Aged hard cheese	1600	385	29	20	0	0	31	1.5	112	27	2	1.4	0	0	2.2	0.11
Condiments	Balsamic Vinegar	1027	242	0	0	60	60	0	0.1	13	3	0	0	0.8	0.8	0	0
Condiments	Chilli Oil	3404	828	92	14	0	0	0	0	238	58	6.4	1	0	0	0	0
Desserts	Happy Birthday Plaque	2328	560	43	27	39	37	5.2	0.01	70	17	1.3	0.8	1.2	1.1	0.2	0
Desserts	Baked Chocolate Gnocchi	1078	256	8.6	3.3	41	23	3.4	0.1	1734	412	14	5.3	66	38	5.5	0.16
Desserts	Mini chocolate brownie	1153	274	9.4	3.9	44	35	1.6	0.54	689	164	5.6	2.3	27	21	0.9	0.32
Desserts	Cherry & Clotted Cream Gelato - one scoop	1013	242	13	8.2	28	26	3.5	0.07	506	121	6.6	4.1	14	13	1.8	0.04
Desserts	Salted Caramel Gelato - one scoop	727	174	8.3	7.7	22	18	2.6	0.14	379	91	4.3	4	11	9.4	1.4	0.07
Desserts	Chocolate Etna	1393	335	23	14	26	24	4.3	0.13	3720	894	63	38	69	63	12	0.34
Desserts	Grande Momenti	1049	251	13	7.6	31	23	2.3	0.27	5217	1247	64	38	153	113	11	1.3
Desserts	Mango Sorbet	472	111	0.1	0	27	18	0.2	0.01	236	56	0.1	0	14	9	0.1	0
Desserts	Brownie Al Forno	1268	303	13	6.8	42	35	2.8	0.42	2164	516	23	12	71	59	4.8	0.71
Desserts	Congratulations plaque	2328	560	43	27	39	37	5.2	0.01	70	17	1.3	0.8	1.2	1.1	0.2	0
Desserts	Biscoff Cheesecake	1802	432	27	11	42	26	4	0.62	2588	621	39	16	61	37	5.8	0.89
Desserts	Mini Panna Cotta	815	196	14	8.5	16	13	2.2	0.19	489	118	8.2	5.1	9.6	8.1	1.3	0.12
Desserts	Mini Marscarpone & Cherries	1490	358	25	17	30	27	2.7	0.3	1266	304	22	15	25	23	2.3	0.25
Desserts	Salted Caramel Gelato Sundae	918	219	10	7.9	29	22	2.8	0.22	2397	573	26	21	76	59	7.3	0.58
Desserts	Blood Orange And Chocolate Tart	1060	254	13	8.1	31	26	2	0.07	1688	404	21	13	49	41	3.1	0.11
Desserts	Affogato	987	236	11	7.6	30	19	3.5	0.18	1372	328	15	11	42	26	4.8	0.25
Desserts	Tiramisu (with Baileys)	987	237	14	8.9	22	15	3.3	0.13	1689	405	24	15	38	26	5.7	0.22
Desserts	Mini Raspberry Sorbet	443	105	0.1	0.1	25	18	0.2	0	222	52	0.1	0.1	13	9	0.1	0
Desserts	Chocolate Gelato - one scoop	761	182	8.8	8.1	21	18	4.4	0.1	381	91	4.4	4.1	11	9	2.2	0.05
Desserts	Mini Italian Biscuits	2116	506	25	10	62	26	6.5	0.5	677	162	8	3.2	20	8.2	2.1	0.16

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Desserts	Sicilian Lemon Tart	1601	385	25	13	35	21	4.9	0.02	2256	542	35	18	49	30	6.9	0.03
Desserts	Vanilla Gelato - one scoop	694	166	7.4	7.3	22	18	2.7	0.09	347	83	3.7	3.7	11	9	1.4	0.04
Desserts	Mini Tiramisu	976	234	15	9.8	22	15	3.4	0.14	497	119	7.5	5	11	7.5	1.7	0.07
Vegan Starters	Vegan Italian Olives	716	174	16	2.1	3.8	0.5	1	3	896	218	21	2.6	4.7	0.6	1.3	3.7
Vegan Starters	Vegan - garlic bread	1381	328	9.2	2.1	51	2.7	9.1	1.2	2566	609	17	4	94	5.1	17	2.2
Vegan Starters	Vegan - 3 Lecca Lecca	909	217	8.2	0.5	21	11	13	0.9	1409	336	13	0.7	32	17	20	1.4
Vegan Starters	Vegan - garlic bread with mozzarisella	1216	290	11	5.3	39	2	6.9	1.3	3087	735	28	13	100	5.1	17	3.2
Vegan Starters	Vegan - rosemary & olive oil bread	1329	315	6.2	0.7	54	3	9.8	1.3	2158	511	10	1.2	87	4.9	16	2.1
Vegan Starters	Vegan - 5 Lecca Lecca	957	229	9.4	0.6	19	7.7	15	0.97	2154	515	21	1.2	43	17	34	2.2
Vegan Starters	Vegan - noduja dough bites	1120	267	12	4.4	33	2.6	6.2	1.3	3716	886	38	15	110	8.7	21	4.4
Vegan Starters	Vegan - bruschetta	706	168	6.9	1.1	22	2.3	4	1.1	1502	358	15	2.4	46	4.8	8.5	2.3
Vegan Pasta	Vegan - spaghetti pomodoro	565	134	3.6	0.5	21	2.7	4.2	0.46	2633	624	17	2.3	96	13	20	2.1
Vegan Pasta	Vegan - spaghetti lentil ragu	612	145	4.5	0.7	20	2.4	4.8	0.49	3267	776	24	3.7	108	13	25	2.6
Vegan Pizzas	Vegan - prima margherita	812	193	6.4	5.1	28	2.1	4.8	1.2	3123	742	25	20	108	7.9	18	4.5
Vegan Pizzas	Vegan - classic margherita	881	209	5.9	4.6	32	2.2	5.5	1.2	2835	673	19	15	104	6.9	18	3.8
Vegan Pizzas	Vegan - noduja vegana	756	180	6.5	2.6	25	3.5	4.7	0.95	3639	866	31	13	119	17	23	4.6
Vegan Salads	Vegan - Insalta Di Capra	473	113	5.1	1.2	12	2.4	3.3	0.44	2101	503	23	5.4	54	11	15	2
Vegan Sides	Vegan - roasted baby potatoes	364	86	2.2	0.3	15	1.1	1.8	0.17	675	159	4.1	0.5	27	2	3.3	0.31
Vegan Sides	Vegan - tenderstem broccoli	386	93	7	1.7	2.1	1.4	4.2	0.55	295	71	5.3	1.3	1.6	1.1	3.2	0.42
Vegan Desserts	Vegan - mango sorbet	472	111	0.1	0	27	18	0.2	0.01	236	56	0.1	0	14	9	0.1	0
Vegan Desserts	Vegan - blood orange & chocolate tart	1060	254	13	8.1	31	26	2	0.07	1688	404	21	13	49	41	3.1	0.11
Vegan Desserts	Vegan - raspberry sorbet	443	105	0.1	0.1	25	18	0.2	0	222	52	0.1	0.1	13	9	0.1	0
Soft Drinks	Slime line tonic	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Soft Drinks	San Pellegrino Aranciata Rosso	85	20	0	0	4.9	4.9	0.1	0	281	66	0	0	16	16	0.3	0
Soft Drinks	Sparkling water 750ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Soft Drinks	Ginger Beer	141	33	0.1	0	8	8	0.1	0.25	354	83	0.3	0	20	20	0.3	0.63
Soft Drinks	Sprite Zero	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Soft Drinks	Coke Zero	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Soft Drinks	Dash Sparkling Water - Peach	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.01
Soft Drinks	Diet Coke	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Soft Drinks	San Pellegrino Limonata	81	19	0	0	4.7	4.7	0	0	267	63	0	0	16	16	0	0
Soft Drinks	Tonic Water	83	20	0	0	4.9	4.9	0	0	166	40	0	0	9.8	9.8	0	0
Soft Drinks	Appletiser	187	44	0	0	11	11	0	0	514	121	0	0	30	29	0	0
Soft Drinks	Apple Juice	191	45	0.1	0	11	10	0.2	0.01	630	149	0.3	0	35	34	0.7	0.02
Soft Drinks	Craft Lemonade	145	34	0	0	8.4	7.8	0.1	0	398	94	0	0	23	21	0.2	0
Soft Drinks	Lime & lemonade	65	16	0	0	3.8	3.8	0	0	163	39	0	0	9.6	9.6	0	0
Soft Drinks	Orange Juice	179	42	0.1	0.1	9.6	9	0.5	0.04	591	139	0.3	0.3	32	30	1.7	0.13

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Soft Drinks	Soda Water	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Soft Drinks	Coke	187	44	0	0	11	11	0	0	617	145	0	0	36	35	0	0
Soft Drinks	Lime & Soda	8	2	0	0	0.5	0.5	0	0	21	5	0	0	1.2	1.2	0	0
Soft Drinks	Raspberry Craft Lemonade	183	43	0	0	11	10	0.1	0	504	119	0	0	29	28	0.2	0
Soft Drinks	Schweppes lemonade	71	17	0	0	4.2	4.2	0	0	142	34	0	0	8.4	8.4	0	0
Soft Drinks	Orange juice & soda	77	18	0	0	4.1	3.9	0.2	0.02	269	63	0.2	0.2	14	14	0.8	0.06
Soft Drinks	Still Water 330ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Soft Drinks	Still water 750ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Soft Drinks	Sparkling water 330ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Hot Drinks	oat milk	202	48	2.2	0.2	6.8	3.1	0.3	0.1	459	109	5	0.5	15	7	0.7	0.23
Hot Drinks	Iced Latte	194	46	1.6	1.1	4.7	4.7	3.3	0.1	401	96	3.2	2.2	9.8	9.8	6.8	0.2
Hot Drinks	Single macchiato with oat milk	89	21	0.9	0.1	3	1.5	0.2	0.04	11	3	0.1	0	0.4	0.2	0	0.01
Hot Drinks	Cappuccino with oat milk - large	197	47	2.1	0.2	6.7	3.2	0.3	0.1	476	113	5.1	0.5	16	7.7	0.8	0.23
Hot Drinks	Latte with oat milk - regular	193	46	2.1	0.2	6.5	3	0.3	0.1	292	69	3.2	0.3	9.8	4.5	0.5	0.14
Hot Drinks	Mocha - Large	241	57	1.8	1.2	6.6	6.4	3.4	0.1	460	109	3.5	2.2	13	12	6.5	0.19
Hot Drinks	Espresso - Regular	9	2	0	0	0.3	0.3	0.2	0	1	0	0	0	0	0	0	0
Hot Drinks	Americano - Large	164	39	1.4	0.9	3.8	3.8	2.8	0.08	115	27	1	0.6	2.7	2.7	2	0.06
Hot Drinks	Latte - Large	192	45	1.6	1	4.4	4.4	3.3	0.09	462	109	3.9	2.5	11	11	8	0.23
Hot Drinks	Americano - Regular	181	43	1.5	1	4.2	4.2	3.1	0.09	114	27	1	0.6	2.7	2.7	2	0.06
Hot Drinks	Americano with oat - regular	181	43	2	0.2	6.1	2.8	0.3	0.09	114	27	1.2	0.1	3.8	1.8	0.2	0.06
Hot Drinks	Earl Grey Tea	2	0	0	0	0	0	0.1	0	0	0	0	0	0	0	0	0
Hot Drinks	Fresh Mint Tea	181	43	0.7	0	5.3	0	3.8	0.04	4	1	0	0	0.1	0	0.1	0
Hot Drinks	Latte with oat milk - large	191	45	2.1	0.2	6.4	2.9	0.3	0.09	460	109	5	0.5	15	7.1	0.7	0.23
Hot Drinks	Latte - Regular	194	46	1.6	1.1	4.5	4.5	3.4	0.1	293	69	2.5	1.6	6.8	6.8	5.1	0.14
Hot Drinks	Green Tea	0	0	0	0	0	0	0.1	0	0	0	0	0	0	0	0	0
Hot Drinks	Traditional Tea with milk	196	46	1.6	1.1	4.5	4.5	3.4	0.1	114	27	1	0.6	2.6	2.6	2	0.06
Hot Drinks	Earl Grey Tea with milk	196	46	1.6	1.1	4.5	4.5	3.4	0.1	114	27	1	0.6	2.6	2.6	2	0.06
Hot Drinks	Macchiato - Large	60	14	0.5	0.3	1.5	1.5	1.1	0.03	11	3	0.1	0.1	0.3	0.3	0.2	0.01
Hot Drinks	Mocha with oat milk - regular	257	61	2.4	0.4	9.1	5.5	0.6	0.11	405	96	3.8	0.7	14	8.6	1	0.17
Hot Drinks	Espresso - Large	9	2	0	0	0.3	0.3	0.2	0	1	0	0	0	0	0	0	0
Hot Drinks	Hot Chocolate	359	85	2.4	1.6	11	11	3.9	0.12	916	217	6.2	4	29	27	10	0.32
Hot Drinks	Cappuccino - Regular	203	48	1.7	1.1	4.9	4.9	3.4	0.1	309	73	2.5	1.6	7.4	7.4	5.1	0.15
Hot Drinks	Flat white with oat milk - regular	183	44	2	0.2	6.2	2.8	0.3	0.09	264	63	2.9	0.3	8.9	4.1	0.4	0.13
Hot Drinks	Cappuccino with oat milk - regular	202	48	2.1	0.2	6.9	3.3	0.3	0.1	308	73	3.3	0.3	10	5.1	0.5	0.15
Hot Drinks	Macchiato - Regular	90	21	0.7	0.5	2.1	2.1	1.6	0.04	11	3	0.1	0.1	0.3	0.3	0.2	0.01
Hot Drinks	Cappuccino - Large	198	47	1.6	1.1	4.7	4.7	3.3	0.1	478	113	3.9	2.6	11	11	8.1	0.23
Hot Drinks	Mocha - Regular	257	61	1.9	1.2	7.2	6.9	3.5	0.11	407	96	3	2	11	11	5.6	0.17

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Hot Drinks	Peppermint Tea	3	1	0	0	0.2	0	0	0	0	0	0	0	0	0	0	0
Hot Drinks	Mocha with oat - large	240	57	2.3	0.4	8.5	4.9	0.6	0.1	458	109	4.3	0.7	16	9.4	1	0.19
Hot Drinks	Traditional English with oat milk	195	46	2.1	0.2	6.6	3	0.3	0.1	113	27	1.2	0.1	3.8	1.7	0.2	0.06
Hot Drinks	Double macchiato with oat milk	60	14	0.6	0.1	2	1	0.2	0.03	11	3	0.1	0	0.4	0.2	0	0.01
Hot Drinks	Earl grey with oat milk	195	46	2.1	0.2	6.6	3	0.3	0.1	113	27	1.2	0.1	3.8	1.7	0.2	0.06
Hot Drinks	Flat White	184	44	1.5	1	4.3	4.3	3.2	0.09	265	63	2.2	1.4	6.2	6.2	4.6	0.13
Hot Drinks	Sugar stick	1698	400	0	0	100	100	0	0.01	51	12	0	0	3	3	0	0
Soft & Special	Lime & Mint Twist	123	29	0	0	7.1	7	0.1	0	234	55	0.1	0	14	13	0.2	0
Soft & Special	Pink Grapefruit Soda	86	20	0	0	4.8	4.8	0	0	173	40	0.1	0	9.7	9.6	0.1	0
Soft & Special	Elderflower & Apple	167	39	0	0	9.7	9.4	0	0	462	108	0.1	0	27	26	0.1	0
Soft & Special	Ginger & Lime Fizz	155	36	0.1	0	8.8	8.8	0.1	0.2	486	114	0.3	0	28	28	0.4	0.63
Soft & Special	Strawberry Soft Spritz	158	37	0	0	9.2	9.1	0	0	397	94	0.1	0	23	23	0	0.01
Kids Starters	Vegetable Sticks With Bread Soldiers And Dip	675	160	4.5	0.6	24	3.9	4.6	0.71	1099	261	7.4	0.9	40	6.3	7.5	1.2
Kids Main	Chicken Goujons With Chips	839	200	8.2	2	20	1.3	11	0.5	2125	506	21	5.1	50	3.2	27	1.3
Kids Main	& Bolognese Sauce	500	120	8.2	2.4	5	3.3	6.2	0.15	697	168	11	3.4	7	4.6	8.6	0.2
Kids Main	& Cheese Sauce With Pancetta	799	193	16	7	4	2	7.4	1.2	856	206	17	7.5	4.3	2.2	7.9	1.3
Kids Main	& Ham	464	110	3.6	1.3	0.1	0.1	19	2.2	77	18	0.6	0.2	0	0	3.2	0.37
Kids Main	& Tasty Tomato Sauce	353	85	6.5	0.8	5	4.8	1.2	0.91	351	84	6.4	0.8	5	4.8	1.2	0.91
Kids Main	Chicken Goujons With Potatoes	648	154	5.9	1.7	15	1.4	9.5	0.32	1841	438	17	4.7	43	3.9	27	0.91
Kids Main	& Roasted Peppers	147	35	0.4	0.1	6	0.2	0.7	0.5	37	9	0.1	0	1.5	0.1	0.2	0.13
Kids Main	& Cheese Sauce	624	150	12	6.7	4.8	2.4	6.4	0.93	556	134	10	6	4.3	2.1	5.7	0.83
Kids Main	& Pancetta	1657	402	39	8.8	0.3	0.3	13	2.4	313	76	7.3	1.7	0.1	0.1	2.5	0.45
Kids Main	& Spinach	141	34	0.7	0.1	2.9	0.5	3	0.25	18	4	0.1	0	0.4	0.1	0.4	0.03
Kids Main	Dip and Dunk ? Little Loop Pasta	682	162	4.7	1.6	24	2.4	5.6	0.4	1769	420	12	4.1	61	6.2	15	1
Kids Main	Pizza - Cheese & Tomato face only	966	229	5.8	3.4	32	2.5	11	0.96	1620	384	9.7	5.7	54	4.2	18	1.6
Kids Main	& Mushrooms	145	35	2.6	0.3	0.6	0.2	1.8	0.09	25	6	0.4	0.1	0.1	0	0.3	0.02
Kids Main	& Olives	844	205	21	2.3	0.5	0	1	3.5	54	13	1.3	0.2	0	0	0.1	0.22
Kids Main	& Pepperoni	1982	479	43	18	1	0.6	22	9	383	92	8.3	3.5	0.2	0.1	4.3	1.7
Kids Main	Little Loop Pasta	826	195	1.5	0.3	37	0.9	7.4	0.01	1248	295	2.2	0.4	56	1.4	11	0.01
Kids Main	& Chicken Breast	550	130	2.5	0.6	0.9	0.8	26	0.6	193	46	0.9	0.2	0.3	0.3	9.1	0.21
Kids Main	Spaghetti	826	195	1.4	0.3	37	0.9	7.4	0.01	1288	304	2.2	0.4	58	1.4	11	0.02
Kids Sides	Broccoli	160	38	0.9	0.2	1.8	1.5	4.4	0.02	41	10	0.2	0.1	0.5	0.4	1.1	0.01
Kids Sides	Peas	321	76	0.9	0.2	8.8	2.5	5.7	0.01	103	24	0.3	0.1	2.8	0.8	1.8	0
Kids Sides	Side Salad	79	19	0.4	0.1	2.8	2.7	0.8	2.8	49	12	0.2	0.1	1.7	1.7	0.5	1.7
Kids Sides	Tomatoes	84	20	0.3	0.1	3.1	3.1	0.7	0.02	18	4	0.1	0	0.7	0.7	0.2	0
Kids Desserts	& Mini Marshmallows	1430	337	0.5	0.1	79	69	4	0.03	72	17	0	0	4	3.5	0.2	0
Kids Desserts	& Glitter Meringues	1590	374	0	0	89	89	4.8	0	56	13	0	0	3.1	3.1	0.2	0

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Kids Desserts	& White Chocolate Curls	2283	546	31	19	63	63	3.8	0.13	114	27	1.6	1	3.2	3.2	0.2	0.01
Kids Desserts	Banana Chocolate Brownie	824	197	9.2	3.9	24	17	2.9	0.33	519	124	5.8	2.5	15	11	1.8	0.2
Kids Desserts	Frutti	148	35	0.1	0	7.3	7.3	0.8	0.01	137	32	0.1	0	6.7	6.7	0.7	0.01
Kids Desserts	& Grapes	278	66	0.1	0	15	15	0.4	0.01	17	4	0	0	1	1	0	0
Kids Desserts	& Strawberries	128	30	0.1	0	6	6	0.8	0.01	20	5	0	0	1	1	0.1	0
Kids Desserts	Chilly Billy Pure Fruit Apple And Raspberry	170	40	0.1	0.1	9.3	9.3	0.3	0.01	187	44	0.1	0.1	10	10	0.3	0.01
Kids Desserts	Chilly Billy Pure Fruit Orange And Apple	175	41	0.1	0.1	9.8	9.8	0.2	0.01	192	45	0.1	0.1	11	11	0.2	0.01
Kids Desserts	Tip and Top Chocolate Ice Cream	761	182	8.8	8.1	21	18	4.4	0.1	381	91	4.4	4.1	11	9	2.2	0.05
Kids Desserts	Tip and Top Vanilla Ice Cream	694	166	7.4	7.3	22	18	2.7	0.09	347	83	3.7	3.7	11	9	1.4	0.04
Kids Drinks	Apple Juice - Small	191	45	0.1	0	11	10	0.2	0.01	382	90	0.2	0	21	20	0.4	0.01
Kids Drinks	Orange Juice - Regular	179	42	0.1	0.1	9.6	9	0.5	0.04	591	139	0.3	0.3	32	30	1.7	0.13
Kids Drinks	Joosed Fruity Water Blackcurrant And Apple	117	28	0.1	0	6.3	6.3	0.2	0	292	69	0.3	0	16	16	0.5	0
Kids Drinks	Babyccino	226	54	1.8	1.2	5.7	5.6	3.6	0.1	138	33	1.1	0.7	3.5	3.4	2.2	0.06
Kids Drinks	Orange Squash	2	0	0	0	0.1	0.1	0	0	1	0	0	0	0.1	0.1	0	0
Kids Drinks	Milk	203	48	1.7	1.1	4.7	4.7	3.5	0.1	406	96	3.4	2.2	9.4	9.4	7	0.2
Kids Drinks	Apple Juice - Regular	191	45	0.1	0	11	10	0.2	0.01	630	149	0.3	0	35	34	0.7	0.02
Kids Drinks	Orange Juice - Small	179	42	0.1	0.1	9.6	9	0.5	0.04	358	84	0.2	0.2	19	18	1	0.08
Kids Drinks	Blackcurrant & Apple Squash	869	204	0	0	54	54	0.1	0.04	435	102	0	0	27	27	0.1	0.02
Kids Drinks	Craft Lemonade	145	34	0	0	8.4	7.8	0.1	0	398	94	0	0	23	21	0.2	0
Kids Drinks	Craft Lemonade Raspberry	183	43	0	0	11	10	0.1	0	504	119	0	0	29	28	0.2	0
Kids Tiny Tums	Mini Main ? Pasta with Tomato Sauce	647	153	3.6	0.6	25	3.1	4.8	0.48	823	195	4.6	0.7	31	4	6.2	0.61
Kids Tiny Tums	Mini Main ? Pasta with Butter	1128	269	12	7.6	32	0.9	6.4	0.02	987	236	11	6.7	28	0.8	5.6	0.02
Kids Tiny Tums	Bread Sticks And Tomato Dip	1073	255	7.6	1	38	3.1	7.4	1.2	609	145	4.3	0.5	22	1.8	4.2	0.65
Vegan kids menu	Vegan - kids small apple juice	191	45	0.1	0	11	10	0.2	0.01	382	90	0.2	0	21	20	0.4	0.01
Vegan kids menu	Vegan - kids broccoli	160	38	0.9	0.2	1.8	1.5	4.4	0.02	41	10	0.2	0.1	0.5	0.4	1.1	0.01
Vegan kids menu	Vegan - kids joosed fruity water	117	28	0.1	0	6.3	6.3	0.2	0	292	69	0.3	0	16	16	0.5	0
Vegan kids menu	Vegan - kids & balsamic red onions	293	69	3.2	0.4	9.8	7.6	1.2	0.01	55	13	0.6	0.1	1.8	1.4	0.2	0
Vegan kids menu	Vegan - kids tasty tomato	353	85	6.5	0.8	5	4.8	1.2	0.91	351	84	6.4	0.8	5	4.8	1.2	0.91
Vegan kids menu	Vegan - kids peas	321	76	0.9	0.2	8.8	2.5	5.7	0.01	103	24	0.3	0.1	2.8	0.8	1.8	0
Vegan kids menu	Vegan - tiny tums pasta	647	153	3.6	0.6	25	3.1	4.8	0.48	823	195	4.6	0.7	31	4	6.2	0.61
Vegan kids menu	Vegan - kids & roasted peppers	147	35	0.4	0.1	6	0.2	0.7	0.5	37	9	0.1	0	1.5	0.1	0.2	0.13
Vegan kids menu	Vegan - kids & spinach	141	34	0.7	0.1	2.9	0.5	3	0.25	18	4	0.1	0	0.4	0.1	0.4	0.03
Vegan kids menu	Vegan - kids make your own little loops	826	195	1.5	0.3	37	0.9	7.4	0.01	1248	295	2.2	0.4	56	1.4	11	0.01
Vegan kids menu	Vegan - kids vegetable sticks & bread soldiers with dip	675	160	4.5	0.6	24	3.9	4.6	0.71	1099	261	7.4	0.9	40	6.3	7.5	1.2
Vegan kids menu	Vegan - kids make your own spaghetti	826	195	1.4	0.3	37	0.9	7.4	0.01	1288	304	2.2	0.4	58	1.4	11	0.02
Vegan kids menu	Vegan - thisisn't chicken goujons	666	159	6.4	0.5	14	1.1	9.9	0.5	1592	380	15	1.1	33	2.6	24	1.2

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Vegan kids menu	Vegan - kids frutti	148	35	0.1	0	7.3	7.3	0.8	0.01	137	32	0.1	0	6.7	6.7	0.7	0.01
Vegan kids menu	Vegan - kids make your own pizza	854	202	4.2	3	34	2.4	5.7	0.98	1413	335	7	5	57	4	9.4	1.6
Vegan kids menu	Vegan - kids regular apple juice	191	45	0.1	0	11	10	0.2	0.01	630	149	0.3	0	35	34	0.7	0.02
Vegan kids menu	Kids - vegan side salad	79	19	0.4	0.1	2.8	2.7	0.8	2.8	49	12	0.2	0.1	1.7	1.7	0.5	1.7
Vegan kids menu	Vegan - kids & mushrooms	145	35	2.6	0.3	0.6	0.2	1.8	0.09	25	6	0.4	0.1	0.1	0	0.3	0.02
Vegan kids menu	Vegan - chilly billy apple & raspberry	170	40	0.1	0.1	9.3	9.3	0.3	0.01	187	44	0.1	0.1	10	10	0.3	0.01
Vegan kids menu	Vegan - kids plum tomatoes	84	20	0.3	0.1	3.1	3.1	0.7	0.02	18	4	0.1	0	0.7	0.7	0.2	0
Vegan kids menu	Vegan - orange and apple chilly billy	175	41	0.1	0.1	9.8	9.8	0.2	0.01	192	45	0.1	0.1	11	11	0.2	0.01
Vegan kids menu	Vegan - kids & olives	844	205	21	2.3	0.5	0	1	3.5	54	13	1.3	0.2	0	0	0.1	0.22
Vegan kids menu	Vegan - tiny tums breadsticks	1073	255	7.6	1	38	3.1	7.4	1.2	609	145	4.3	0.5	22	1.8	4.2	0.65
Non-Gluten Starters	Non Gluten - Italian Olives	716	174	16	2.1	3.8	0.5	1	3	896	218	21	2.6	4.7	0.6	1.3	3.7
Non-Gluten Starters	Non Gluten - Burrata Caprese	802	194	16	9.1	1.9	1.4	9.2	0.31	1599	386	33	18	3.8	2.8	18	0.62
Non-Gluten Pasta	Non Gluten - Al Pomodoro	618	147	5.8	2.1	19	2.5	4.1	0.56	3039	724	28	10	95	12	20	2.8
Non-Gluten Pasta	Non Gluten - Carbonara	781	186	8.1	3.7	22	1.4	5.6	0.81	3222	768	34	15	92	5.6	23	3.4
Non-Gluten Pasta	Non gluten - lentil ragu	607	144	5	0.8	21	2.3	3.1	0.61	3137	747	26	4	107	12	16	3.2
Non-Gluten Pasta	Non gluten - frutti di mare	482	114	2.7	0.5	16	1.9	6.2	0.74	2932	695	16	2.8	97	12	38	4.5
Non-Gluten Pasta	Non Gluten Vegan - Al Pomodoro	558	132	3.9	0.6	22	2.4	2.3	0.49	2462	585	17	2.5	95	11	10	2.1
Non-Gluten Pasta	Non Gluten - Bolognese	693	165	6.6	1.7	21	2.4	4.5	0.57	3131	747	30	7.6	97	11	20	2.6
Non-Gluten Pizza	Non gluten - pizza pollo e pancetta	923	220	7.2	2.9	30	1.1	8.2	1.2	4319	1028	34	14	138	4.9	38	5.6
Non-Gluten Pizza	Non gluten - salami misti	1014	242	10	4.1	28	1.3	8.7	1.7	5142	1226	51	21	143	6.4	44	8.7
Non-Gluten Pizza	Non gluten - margherita	1082	258	9.1	4.3	34	1.2	8.7	1.3	4366	1040	37	17	138	4.7	35	5.4
Non-Gluten Pizza	Non Gluten - pollo e roquito pepe	939	224	8.2	3.9	26	1.9	11	1.2	5273	1256	46	22	146	11	60	6.5
Non-Gluten Pizza	Non gluten - stromboli	1150	274	11	4.7	34	1.2	8.5	2.1	4681	1116	45	19	138	4.7	35	8.4
Non-Gluten Pizza	Non gluten - verdure	1046	250	12	3.2	28	1.4	6.2	1.2	5337	1276	61	16	143	7.1	32	6.1
Non-Gluten Pizza	Non gluten - caprina	1064	254	12	4.8	29	1.2	7.1	1.3	5083	1214	56	23	139	5.6	34	6
Non-Gluten Pizza	Non gluten - from calabria with love	1121	268	12	5.5	31	3.1	7.9	1.5	5616	1341	60	27	155	15	40	7.6
Non-Gluten Pizza	Non gluten - vegan margherita	948	226	7.3	4	36	1	2.2	1.4	3796	903	29	16	146	4.2	8.9	5.5
Non-Gluten Pizza	Non gluten - no'duja vegana	821	196	7.4	2.5	29	2.5	2.5	1.1	4600	1096	42	14	160	14	14	6.3
Non-Gluten Salads	Non Gluten - Insalata Pollo E Pancetta	525	125	5	1	7.9	4.8	13	1.8	2457	586	23	4.9	37	23	58	8.6
Non-Gluten Specialty Mains	Non gluten - seabass al forno	472	113	5.7	1.3	6.2	0.7	8.4	0.49	2279	544	27	6.2	30	3.2	40	2.4
Non-Gluten Specialty Mains	Non Gluten - Pollo Prosciutto	533	127	5.6	2.2	1.4	0.5	18	0.88	1856	443	20	7.8	4.7	1.6	61	3.1
Non-Gluten Specialty Mains	Non gluten - risotto con pollo e funghi	507	120	3.5	2.1	16	0.5	5.4	0.56	2980	707	21	12	93	2.9	32	3.3
Non-Gluten Sides	Non Gluten - Rosemary Roast Potatoes	364	86	2.2	0.3	15	1.1	1.8	0.17	675	159	4.1	0.5	27	2	3.3	0.31
Non-Gluten Sides	Non Gluten - tenderstem broccoli	386	93	7	1.7	2.1	1.4	4.2	0.55	295	71	5.3	1.3	1.6	1.1	3.2	0.42
Non-Gluten Sides	Non Gluten - Baby Gem Side Salad	185	45	2.8	0.3	3.8	3.6	0.8	3	217	52	3.3	0.3	4.4	4.2	0.9	3.5

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Non-Gluten Desserts	Non Gluten - mini brownie	1153	274	9.4	3.9	44	35	1.6	0.54	689	164	5.6	2.3	27	21	0.9	0.32
Non-Gluten Desserts	Non gluten - salted caramel gelato	727	174	8.3	7.7	22	18	2.6	0.14	379	91	4.3	4	11	9.4	1.4	0.07
Non-Gluten Desserts	Non gluten - chocolate etna	1393	335	23	14	26	24	4.3	0.13	3720	894	63	38	69	63	12	0.34
Non-Gluten Desserts	Non gluten - mango sorbet	472	111	0.1	0	27	18	0.2	0.01	236	56	0.1	0	14	9	0.1	0
Non-Gluten Desserts	Non Gluten - Mini Panna Cotta	815	196	14	8.5	16	13	2.2	0.19	489	118	8.2	5.1	9.6	8.1	1.3	0.12
Non-Gluten Desserts	Non Gluten - Mini Mascarpone & Cherries	1490	358	25	17	30	27	2.7	0.3	1266	304	22	15	25	23	2.3	0.25
Non-Gluten Desserts	Non gluten - blood orange & chocolate tart	1060	254	13	8.1	31	26	2	0.07	1688	404	21	13	49	41	3.1	0.11
Non-Gluten Desserts	Non gluten - raspberry sorbet	443	105	0.1	0.1	25	18	0.2	0	222	52	0.1	0.1	13	9	0.1	0
Non-Gluten Desserts	Non gluten - chocolate gelato	761	182	8.8	8.1	21	18	4.4	0.1	381	91	4.4	4.1	11	9	2.2	0.05
Non-Gluten Desserts	Non gluten - vanilla gelato	694	166	7.4	7.3	22	18	2.7	0.09	347	83	3.7	3.7	11	9	1.4	0.04
Non gluten kids starters	Non-Gluten Kids Vegetable Sticks and Dip	115	27	0.2	0	4.8	4.5	0.8	0.25	107	26	0.2	0	4.4	4.2	0.8	0.24
Non-gluten Kids Mains	Non Gluten '+ kids balsamic red onions	293	69	3.2	0.4	9.8	7.6	1.2	0.01	55	13	0.6	0.1	1.8	1.4	0.2	0
Non-gluten Kids Mains	Non Gluten - Kids Tasty Tomato Sauce	353	85	6.5	0.8	5	4.8	1.2	0.91	351	84	6.4	0.8	5	4.8	1.2	0.91
Non-gluten Kids Mains	Non Gluten - kids roasted peppers	147	35	0.4	0.1	6	0.2	0.7	0.5	37	9	0.1	0	1.5	0.1	0.2	0.13
Non-gluten Kids Mains	Non Gluten - kids cheese sauce	624	150	12	6.7	4.8	2.4	6.4	0.93	556	134	10	6	4.3	2.1	5.7	0.83
Non-gluten Kids Mains	Non gluten - kids spinach	141	34	0.7	0.1	2.9	0.5	3	0.25	18	4	0.1	0	0.4	0.1	0.4	0.03
Non-gluten Kids Mains	Non Gluten - Kids Pizza Face	1085	258	6.6	2.2	43	1.2	5.4	1.3	3470	824	21	7.2	137	3.8	17	4.3
Non-gluten Kids Mains	Non Gluten - kids mixed mushrooms	145	35	2.6	0.3	0.6	0.2	1.8	0.09	25	6	0.4	0.1	0.1	0	0.3	0.02
Non-gluten Kids Mains	Non Gluten - Kids NG fusilli	821	194	1.3	0.3	42	0.6	3.4	0.25	1642	388	2.6	0.6	83	1.2	6.8	0.5
Non-gluten Kids Mains	Non gluten '+ kids olives	844	205	21	2.3	0.5	0	1	3.5	54	13	1.3	0.2	0	0	0.1	0.22
Non-gluten Kids Mains	Non Gluten - kids pepperoni	1982	479	43	18	1	0.6	22	9	383	92	8.3	3.5	0.2	0.1	4.3	1.7
Non-gluten Kids Mains	Non Gluten '+Kids Roasted Chicken Breast	550	130	2.5	0.6	0.9	0.8	26	0.6	193	46	0.9	0.2	0.3	0.3	9.1	0.21
Non-gluten Kids Mains	Non Gluten '+ kids ham	464	110	3.6	1.3	0.1	0.1	19	2.2	77	18	0.6	0.2	0	0	3.2	0.37
Non-gluten Kids Mains	Non Gluten - Dip & dunk pasta	711	169	4.4	1.4	28	1.9	3.3	0.49	2200	523	14	4.4	88	6	10	1.5
Non-gluten Kids Mains	Non Gluten - Kids Bolognese Sauce	500	120	8.2	2.4	5	3.3	6.2	0.15	697	168	11	3.4	7	4.6	8.6	0.2
Non-gluten Kids Mains	Non Gluten - cheese sauce & pancetta	799	193	16	7	4	2	7.4	1.2	856	206	17	7.5	4.3	2.2	7.9	1.3
Non Gluten - Kids Sides	Non Gluten - kids tenderstem broccoli	160	38	0.9	0.2	1.8	1.5	4.4	0.02	41	10	0.2	0.1	0.5	0.4	1.1	0.01
Non Gluten - Kids Sides	Non Gluten - kids peas	321	76	0.9	0.2	8.8	2.5	5.7	0.01	103	24	0.3	0.1	2.8	0.8	1.8	0
Non Gluten - Kids Sides	Non Gluten - kids side salad	79	19	0.4	0.1	2.8	2.7	0.8	2.8	49	12	0.2	0.1	1.7	1.7	0.5	1.7
Non Gluten - Kids Sides	Non Gluten - kids plum tomatoes	84	20	0.3	0.1	3.1	3.1	0.7	0.02	18	4	0.1	0	0.7	0.7	0.2	0

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Adults need around 2,000 kcal per day.

Menu Section	Dish Description	Per 100g								Per Portion							
		Energy kJ	Energy kcal	Fat	Satu-rates	Carbohy-drate	Sugar	Pro-tein	Salt	Energy kJ	Energy kcal	Fat	Satu-rates	Carbohy-drate	Sugar	Protein	Salt
Non-Gluten Kids Desserts	Non Gluten Kids - Banana Brownie	824	197	9.2	3.9	24	17	2.9	0.33	519	124	5.8	2.5	15	11	1.8	0.2
Non-Gluten Kids Desserts	Non Gluten - kids frutti	148	35	0.1	0	7.3	7.3	0.8	0.01	137	32	0.1	0	6.7	6.7	0.7	0.01
Non-Gluten Kids Desserts	Non Gluten - Kids Grapes	278	66	0.1	0	15	15	0.4	0.01	17	4	0	0	1	1	0	0
Non-Gluten Kids Desserts	Non Gluten - kids strawberries	128	30	0.1	0	6	6	0.8	0.01	20	5	0	0	1	1	0.1	0
Non-Gluten Kids Desserts	Non Gluten - Apple & Raspberry Ice Lolly	170	40	0.1	0.1	9.3	9.3	0.3	0.01	187	44	0.1	0.1	10	10	0.3	0.01
Non-Gluten Kids Desserts	Non Gluten - kids Orange & Apple Ice Lolly	175	41	0.1	0.1	9.8	9.8	0.2	0.01	192	45	0.1	0.1	11	11	0.2	0.01
Non-Gluten Kids Desserts	Non Gluten - Tip & Top Chocolate Gelato	761	182	8.8	8.1	21	18	4.4	0.1	381	91	4.4	4.1	11	9	2.2	0.05
Non-Gluten Kids Desserts	Non Gluten - Tip & Top Vanilla Gelato	694	166	7.4	7.3	22	18	2.7	0.09	347	83	3.7	3.7	11	9	1.4	0.04
Non-Gluten Kids Desserts	Non gluten - Kids Marshmallows	1430	337	0.5	0.1	79	69	4	0.03	72	17	0	0	4	3.5	0.2	0
Non-Gluten Kids Desserts	Non gluten - kids vanilla meringue drops	1590	374	0	0	89	89	4.8	0	56	13	0	0	3.1	3.1	0.2	0
Non-Gluten Kids Desserts	Non Gluten - Kids White Chocolate Curls	2283	546	31	19	63	63	3.8	0.13	114	27	1.6	1	3.2	3.2	0.2	0.01

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Kids Desserts	Tip & Top Raspberry Sorbet	443	105	0.1	0.1	25	18	0.2	0	222	52	0.1	0.1	13	9.0	0.1	0
Kids Desserts	& Chocolate Sauce	793	190	12	6.3	15	15	4.2	0.10	40	10	0.6	0.3	0.8	0.7	0.2	0.01
Kids Desserts	& Salted Caramel Sauce	781	186	6.8	3.9	31	26	0.3	0.71	39	9	0.3	0.2	1.5	1.3	0	0.04
Kids Desserts	& Mixed Berry Sauce	610	144	0	0	32	20	0.4	0.02	31	7	0	0	1.6	1.0	0	0
Vegan kids menu	Vegan - Tip & Top Raspberry Sorbet	443	105	0.1	0.1	25	18	0.2	0	222	52	0.1	0.1	13	9.0	0.1	0
Vegan kids menu	Vegan - Mixed Berry Sauce	610	144	0	0	32	20	0.4	0.02	31	7	0	0	1.6	1.0	0	0
Non-Gluten Kids Desserts	Non Gluten - Tip & Top Raspberry Sorbet	443	105	0.1	0.1	25	18	0.2	0	222	52	0.1	0.1	13	9.0	0.1	0
Non-Gluten Kids Desserts	Non Gluten - Chocolate Sauce	793	190	12	6.3	15	15	4.2	0.10	40	10	0.6	0.3	0.8	0.7	0.2	0.01
Non-Gluten Kids Desserts	Non Gluten - Salted Caramel Sauce	781	186	6.8	3.9	31	26	0.3	0.71	39	9	0.3	0.2	1.5	1.3	0	0.04
Non-Gluten Kids Desserts	Non Gluten - Mixed Berry Sauce	610	144	0	0	32	20	0.4	0.02	31	7	0	0	1.6	1.0	0	0
Takeaway & Specials	Takeaway Only - Calzone Pollo	854	203	6.9	3.4	23	2.0	11	1.1	3667	872	30	14	98	8.7	49	4.6
Takeaway & Specials	Takeaway Only - Goats Cheese & Aubergine Calzone	890	212	9.2	5.4	21	2.6	9.8	1.0	4334	1034	45	26	104	12	48	5.0
Takeaway & Specials	Takeaway Only - & Chocolate Sauce	793	190	12	6.3	15	15	4.2	0.10	198	48	3.1	1.6	3.8	3.7	1.1	0.03
Takeaway & Specials	Takeaway Only - & Salted Caramel Sauce	781	186	6.8	3.9	31	26	0.3	0.71	195	47	1.7	1.0	7.7	6.4	0.1	0.18
Takeaway & Specials	Takeaway Only - Brownie Bites	1524	363	13	5.4	58	45	1.9	0.75	1959	467	17	6.9	74	58	2.4	0.96
Takeaway & Specials	Takeaway Only - & Mozzarisella	766	185	16	14	8.5	0	0.7	1.5	521	126	11	9.5	5.8	0	0.5	1.0
Takeaway & Specials	Takeaway only - Pesto Garlic bread	1426	339	12	2.5	47	2.6	8.5	1.7	3005	715	26	5.3	99	5.4	18	3.7
Takeaway & Specials	Take away only - Double Chips	987	236	12	1.1	29	0.9	2.8	0.71	4492	1072	53	5.1	132	4.1	13	3.2
Takeaway & Specials	Beetroot & Goats Cheese Gnocchi Bites	1370	329	21	7.2	27	1.4	7.1	0.32	1740	417	27	9.2	34	1.7	9.0	0.41
Takeaway & Specials	Pesto Gnocchi Bites	1491	358	25	6.8	27	2.3	7.3	0.32	1893	455	31	8.6	34	2.9	9.2	0.41
Takeaway & Specials	Takeaway Only - N'duja Garlic Bread	1501	358	15	4.5	45	2.5	9.5	1.3	3164	754	32	9.5	95	5.3	20	2.7
Takeaway & Specials	Takeaway Only - No'duja Garlic Bread	1370	326	11	2.4	46	3.0	8.5	1.3	2968	706	25	5.2	99	6.5	18	2.8
Takeaway & Specials	Takaway only - & Mozzarella	1287	310	22	15	1.0	0.5	26	1.4	901	217	16	11	0.7	0.4	18	0.95

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