

NUTRITIONAL INFORMATION

At PizzaExpress we believe that eating out and eating well can be part of the same experience with plenty on the menu for those wishing to eat out healthily. Below is the nutritional breakdown of each of our dishes to help you choose the kind of dishes that go well with your diet. Many of our starters, pastas, salads and pizzas have plenty of vegetables. For good health everyone should eat five fruit and vegetable portions each day and as a simple guide, the more colours included on your plate, the more nutrients that meal is likely to contain.

You asked us for these healthier choices, so we have continued to expand our Leggera® range, to now include starters, mains and dolcietti to finish your meal lightly.

And because our pizzas are handmade to order, if you want to tailor your dish to suit your needs, you can. If you fancy a little more, a little less or none of an ingredient you're able to personalise your pizza and reduce the calories in accordance with your needs, just ask.

	Kcal	KJ	Protein (g)	Fat (g)	(of which saturates)	Carbs (g)	(of which sugars)	Fibre (g)	Salt (g)	Kcal	KJ	Protein (g)	Fat (g)	(of which saturates)	Carbs (g)	(of which sugars)	Fibre (g)	Salt (g)
INTROS																		
Olives Marinate	136	561	0	13.6	1.6	3.4	0.1	3.4	2.8	170	701	0	17.1	2	4.3	0.1	4.2	3.63

INTROS

Olives Marinade	136	561	0	13.6	1.6	3.4	0.1	3.4	2.8	170	701	0	17.1	2	4.3	0.1	4.2	3.63
Olives Nocellara de Belice	138	579	1	14.6	1.9	3.6	0.5	3.1	0.8	145	609	1	15.3	2	3.8	0.5	3.3	0.9
Roasted Tomatoes	97	406	2.8	6	0	8.6	2.4	4.6	0.9	162	677	4.7	10	0	14.3	4	7.7	1.4

STARTERS

Dough Balls	347	1455	8.3	16.8	10.1	42	1.3	2.6	1.6	289	1213	7	14	8.4	35	1.1	2.2	1.4
Garlic Bread	239	1010	8.2	4.9	2.5	41.8	1.2	2.6	1.4	228	962	7.8	4.7	2.4	39.8	1.2	2.5	1.3
Garlic Bread with Mozzarella	304	128.4	14.6	9.3	5.2	42	1.5	2.6	1.7	232	980	11.2	7.1	4	32.1	1.1	2	1.3
Bruschetta Originale	393	1654	9.8	19.5	2.5	46	4	3.5	2.3	180	759	4.5	9	1.1	21.2	1.8	1.6	1.1
Bruschetta Con Funghi	367	1552	10.9	13.4	7.1	51.9	5.6	3.7	1.7	135	573	4.0	4.9	2.6	19.2	2.1	1.3	0.6
Mozzarella and Tomato Salad	458	1898	22.7	38.9	17.1	4.5	4.9	1	0.9	191	791	9.5	16.2	7.1	1.9	2	0.4	0.4
Leggera Panzanella	217	909	5.8	15.8	4.6	14.5	4.7	2.3	0.6	103	433	2.8	7.5	2.2	6.9	2.3	1.1	0.3
Risotto Fresco	378	1599	16.3	23.2	6.5	26.1	1.2	0.9	1.9	172	727	7.4	10.5	3.0	11.9	0.5	0.4	0.9

SHARING STARTERS

Dough Balls Doppio	751	3153	19.5	38.1	10.9	85.3	2.6	5.5	3.4	289	1213	7.5	14.6	4.2	32.8	1	2.1	1.3
Classic Italian Antipasto	1123	4714	56.1	59.3	27.3	96.2	9.6	10.6	7.8	223	935	11.1	11.8	5.4	19.1	1.9	2.1	1.5

SIDES

Polenta Chips	442	1848	6.7	23.3	2	50.2	2.5	2.2	2.4	241	1010	3.7	12.8	1.1	27.4	1.4	1.2	1.3
Mixed Salad	185	769	3.1	14.3	2.3	11.8	11.3	3.3	0.7	45	189	0.8	3.5	0.6	2.9	2.8	0.8	0.2
Caesar Salad	313	1295	10.5	25.5	6.3	10.4	4.1	1.2	3.2	243	1004	8.1	19.7	4.9	8.1	3.2	0.9	2.5
Coleslaw	213	894	1.6	19.9	1.4	7.9	5.7	0	0.7	170	715	1.2	15.9	1.1	6.3	4.6	0	0.6
Rucola	140	581	4.9	13.3	4	0.5	0.4	0.3	0.2	281	1162	9.7	26.5	8.0	1	0.8	0.7	0.5

MAIN COURSE SALAD

Leggera Superfood Salad	294	1005	15	19.7	5.5	15.5	7.7	5.1	0.3	80	274	4.1	5.4	1.5	4.2	2.1	1.4	0.1
Leggera Salmon Salad	444	1882	25.4	31	6.6	17.4	5.6	4	2.4	109	461	6.2	7.6	1.6	4.3	1.4	1	0.6
Leggera Superfood Salad with Chicken	338	1190	25	20.1	5.7	15.6	7.7	5.1	0.6	83	292	6.1	4.9	1.4	3.8	1.9	1.2	0.2
Grand Chicken Caesar	630	2643	42.5	25.9	7.2	57.7	4.4	4.9	5.3	180	753	12.1	7.4	2	16.5	1.3	1.4	1.5
Bosco	651	2716	23.6	38.7	12	53.4	6.6	7.6	2.4	180	750	6.5	10.7	3.3	14.7	1.8	2.1	0.7
Warm Vegetable and Goat's Cheese Salad	690	2878	17.3	43.4	8.3	57.1	7.6	7.4	5	170	711	4.3	10.7	2	14.1	1.9	1.8	1.2
Pollo Pancetta Salad	425	1788	29	8.6	2.1	57.1	9.2	4.7	3.4	91	384	6.2	1.8	0.4	12.2	2.0	1	0.7
Nicoise Salad	532	2234	38.1	22.9	3.9	44.8	5.7	4.2	4.5	127	535	9.1	5.5	0.9	10.7	1.4	1	1.1

PASTAS

Lasagna Classica	623	2621	38.4	32.7	16.0	44.5	3.8	0.4	4.4	146	614	9	7.7	3.7	10.4	0.9	0.1	1.0
Pollo Pesto	922	3880	45.4	46.9	15.1	79.7	6.7	4.6	4.6	161	680	7.9	8.2	2.6	140	1.2	0.8	0.8
Lasagna Verde	744	3110	20.4	52.3	16.4	45.2	13.8	0.7	3	159	665	4.4	11.2	3.5	9.7	2.9	0.2	0.6
Melanzane Parmigiana	727	3028	21	56	9.3	33.8	9	3.4	2.8	170	709	4.9	13.1	2.2	7.9	2.1	0.8	0.6
Risotto Fresco Main	767	3249	32.8	48.3	13.3	50.3	2	0.8	3.7	178	754	7.5	11.2	3.1	11.7	0.5	0.2	0.9

ROMANA PIZZA

Toscana Romana	1168	4897	62.5	62.4	27.5	93.2	12.1	6.3	7	223	933	11.9	11.9	5.2	17.8	2.3	1.2	1.3
Padana Romana	830	3512	34	26.9	13.2	116.7	30.2	6.8	4.2	181	765	7.4	5.9	2.9	25.4	6.6	1.5	0.9
American Hot (HGP) Romana	863	3642	43.3	37.5	16.6	91.9	9.8	6.2	5.1	207	876	10.4	9	4.0	22.1	2.4	1.5	1.2
Emilia Romana	1024	4318	36.4	60.8	19.7	85.9	3.4	1.4	3.7	228	960	8.1	13.5	4.4	19.1	0.8	0.3	0.8
Veneziana Romana	796	3366	38.5	30.0	12.1	97.8	14.5	7.1	4.9	188	794	9.1	7.1	2.9	23	3.4	1.7	1.2
Etna Romana	1039	4364	56.9	47.0	21.5	101.1	17.9	7.1	6.2	207	868	11.3	9.3	4.3	20.1	3.6	1.4	1.2
Caprina Rosso Romana	901	3797	40.4	39.2	18.7	101.4	15.8	8	5.2	172	726	7.7	7.5	3.6	19.4	3	1.5	1
Pomodoro Pesto Romana	1151	4826	626	60.1	34.1	92.9	12.7	5.9	4.9	212	889	11.5	11.1	6.3	17.1	2.3	1.1	0.9
Rustichella Romana	1022	4300	50.1	46.5	18.3	104.6	19.6	9.1	6.4	200	843	9.8	9.1	3.6	20.5	3.8	1.8	1.3
Il Padrino Romana	1122	4710	51.7	59.5	15.7	99	14.7	7.6	6.9	211	885	9.7	11.1	2.9	18.6	2.8	1.4	1.3
Da Morire Romana	940	3965	41.3	44.0	8.5	95.9	10.8	11	5.8	175	740	7.7	8.2	1.6	17.9	2	2.1	1.1
Pollo ad Astra Romana	800	3382	55.1	22.3	11.5	98.7	16.2	6.7	4.6	163	689	11.2	4.5	2.3	20.1	3.3	1.4	0.9
Diavolo Romana	978	4120	52.8	43	19.6	96.4	11.2	7.5	6.3	205	862	11	9	4.1	20.2	2.3	1.6	1.3
Pollo Forza Romana	877	3713	33.8	31.2	12.4	97.9	15.1	7.9	4.8	180	764	11.1	6.4	2.6	20.1	3.1	1.6	1

CALZONE AND CALABRESE

Calzone Salami e Salsiccia	984	4147	44.9	50.6	17.2	90.4	14.4	7.5	7.7	190	801	8.7	9.8	3.3	17.5	2.8	1.4	1.5
Calzone Verdure	1281	5375	35.8	80.8	21	107	13.9	7.9	7.5	227	953	6.4	14.3	3.7	19	2.5	1.4	1.3
Calabrese	1188	4988	63.2	59.9	277	102.1	19.1	7.6	7.3	207	870	11.0	10.5	4.8	17.8	3.3	1.3	1.3

CLASSIC PIZZA

Margherita	683	2893	33.3	22.5	10.2	90.7	9.7	5.9	3.9	193	819	9.4	6.4	2.9	25.7	2.7	1.7	1.1
American	804	3391	38.7	33.3	14	91.1	9.6	6.2	4.9	214	902	10.3	8.9	3.7	24.2	2.6	1.6	1.3
American Hot (HGP)	807	3406	38.7	33.3	14	91.7	9.6	6.2	4.9	204	860	9.8	8.4	3.4	23.2	2.4	1.6	1.2
Sloppy Giuseppe	952	4013	52.8	39.1	18.4	97.9	12.8	8.1	6.2	203	858	11.3	8.4	3.9	20.9	2.7	1.7	1.3
La Reine	740	3132	38.7	26.0	10.5	91.6	9.6	6.8	5	179	756	9.4	6.3	2.5	22.1	2.3	1.7	1.2
Fiorentina	830	3506	44.1	32.9	12.6	93.1	9.6	6.6	4.5	170	718	9.0	6.7	2.6	19.1	2	1.4	0.9
Pianta	779	3288	22.1	34.9	4.1	97.8	11.2	9.7	4.7	159	672	4.5	7	0.8	20	2.3	2	1
Four Seasons	679	2867	30.1	22.8	6.9	91.5	9.3	6.9	6.5	181	765	8.0	6.1	1.9	24.4	2.5	1.9	1.7
Giardiniera	900	3803	35	43.6	11.8	95.5	10.7	10	5.6	173	731	6.7	8.4	2.3	18.4	2.1	1.9	1.1

LEGGERA PIZZA

Leggera Pollo ad Astra	418	1762	35.4	8.7	3.1	51.8	14.2	4.2	2.6	114	479	9.6	2.4	0.8	14.1	3.9	1.1	0.7
Leggera Sloppy Giuseppe	450	1891	28.6	16.9	3.1	48	8.6	3.6	3.5	141	595	9.0	5.3	1.0	5.3	1	1.1	1.1
Leggera Padana	415	1755	13.3	10.1	4.9	69.4	28.2	4.4	2.1	129	547	4.1	3.1	1.5	21.6	8.8	1.4	0.7
Leggera Pomodoro Pesto	401	1693	17.9	17.2	4.4	46.2	9.6	4	2.4	127	537	5.7	5.5	1.4	14.7	3	1.3	0.8
Leggera American Hot	396	1663	21.7	15.6	6.3	44.5	7.8	3.6	2.7	147	616	8.1	5.8	2.3	16.5	2.9	1.3	1

BASES

Main Base	410	1740	16.3	2.4	0.4	83.4	2.4	5.2	2.7	205	870	8.2	1.2	0.2	41.7	1.2	2.6	1.3
Piccolo Base	205	870	8.2	1.2	0.2	41.7	1.2	2.6	1.3	205	870	8.2	1.2	0.2	41.7	1.2	2.6	1.3
GF Main Base	625	2624	2.7	14.6	3.9	118.9	18.7	2.1	2.9	305	1280	1.3	7.1	1.9	58	9.1	1	1.4
GF Piccolo Base	275	1152	1.2	6.4	1.7	52.2	8.2	0.9	1.3	305	1280	1.3	7.1	1.9	58	9.1	1	1.4

DESSERTS

Piccolo Base	205	870	8.2	1.2	0.2	41.7	1.2	2.6	1.3	205	870	8.2	1.2	0.2	41.7	1.2	2.6	1.3
GF Main Base	625	2624	2.7	14.6	3.9	118.9	18.7	2.1	2.9	305	1280	1.3	7.1	1.9	58	9.1	1	1.4
GF Piccolo Base	275	1152	1.2	6.4	1.7	52.2	8.2	0.9	1.3	305	1280	1.3	7.1	1.9	58	9.1	1	1.4
DESSERTS																		
Chocolate Fudge Cake + Ice Cream	424	1781	7.6	18.5	8.1	56.2	42.1	1.9	1.1	263	1106	4.7	11.5	5	34.9	26.2	1.2	0.7
Banoffee Pie + Ice Cream	524	2178	3	39	22.1	40.4	26.1	3.7	0	369	1534	2.1	27.4	15.6	28.4	18.4	2.6	0
Cheesecake + Ice Cream	465	1987	7.9	28.8	18.8	43.7	36.1	0.8	0.2	283	1212	4.8	17.6	11.5	26.6	22	0.5	0
Tiramisu	554	2313	70.0	32.0	28.1	53.0	30.3	0.4	0	278	1162	3.5	16.1	14.1	26.6	15.2	0.2	0
Toffee Fudge Glory	631	2648	11.0	20.0	13.8	102.1	98.9	1.2	0.7	214	898	3.7	6.8	4.7	34.6	33.5	0.4	0.2
Chocolate Glory	687	2893	12.6	23.7	15.5	105.7	89.6	3.3	0.9	222	933	4.2	7.6	5.0	34.1	28.9	1.1	0.3
Raspberry Sorbet Main	172	726	1.3	3.8	3.7	33.1	32.8	2.1	0	132	559	1	2.9	2.8	25.4	25.2	1.6	0.0
Coppa Gelato Vanilla	245	1032	5.8	9.1	6.2	35.2	32.9	0.6	0.3	196	826	4.7	7.3	4.9	28.1	26.3	0.5	0.3
Coppa Gelato Chocolate	253	1061	5.6	10.5	7.3	34.6	29.2	2.2	0.2	202	849	4.5	8.4	5.8	27.6	23.2	1.8	0.1
Coppa Gelato Strawberry	215	912	0.9	3.4	2.5	44.8	42.1	0.4	0	172	730	0.7	2.7	2	35.8	33.7	0.3	0