



# ALLERGEN & DIETARY REQUIREMENTS MENU

+ NUTRITIONAL INFORMATION

# ALLERGEN TABLES

---

Our dish descriptions don't always mention every single ingredient, so just ask if you're unsure. Please inform one of our team of your specific allergy or dietary requirement when ordering, even if you have eaten the dish previously.

Our suppliers and kitchens handle numerous ingredients and allergens. Whilst we have strict controls in place to reduce the risk of contamination, unfortunately it is not possible for us to guarantee that our dishes will be 100% allergen or contamination free.

Please note that allergens contained within our condiments & extra toppings are not included in this information. The cheese offered at your table contains milk and egg and will alter the suitability of your dish.

All of our pestos contain pine kernels. However we do not list dishes containing pine kernels in our allergen data.

Our fried items are cooked in the fryer with other gluten containing ingredients.

# STARTERS

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
ZIZZI MIXED OLIVES															Yes	Yes	None
NOCELLARA OLIVES															Yes	Yes	None
ZIZZI SPICY NUTS										Yes: Almond, Cashew					Yes	Yes	None
LITTLE SOUL BREADS (WITHOUT DIPS)		Yes: Wheat					Yes							Yes	No	Yes	None
GARLIC BUTTER DIP							Yes								No	Yes	None
RED PEPPER TAPENADE															Yes	Yes	None
WHITE BEAN & BASIL PESTO DIP															Yes	Yes	None
LEMON & ROSEMARY AIOLI				Yes					Yes					Yes	No	Yes	None
GREEN PESTO AIOLI DIP				Yes					Yes					Yes	No	Yes	
GARLIC BREAD		Yes: Wheat					Yes								No	Yes	None
GARLIC BREAD WITH MOZZARELLA		Yes: Wheat		Yes			Yes								No	Yes	None
'NDUJA GARLIC BREAD		Yes: Wheat		Yes			Yes								No	No	
ARANCINI	Yes	Yes: Wheat		Yes			Yes								No	Yes	None
MUSHROOM BRINDISI		Yes: Wheat, Barley		Yes			Yes								No	Yes	None
MUSHROOM BRINDISI WITH PROSCIUTTO		Yes: Wheat, Barley		Yes			Yes								No	No	None
BUFALA CAPRESE							Yes							Yes	No	Yes	None
BRUSCHETTA		Yes: Wheat		Yes			Yes								No	Yes	None
BRUSCHETTA WITH BUFALA MOZZARELLA		Yes: Wheat		Yes			Yes								No	Yes	None
WILD BOAR POLPETTE	Yes			Yes			Yes								No	No	None
FONDUTA FORMAGGI		Yes: Wheat					Yes								No	No	None
GARLIC KING PRAWNS		Yes: Wheat	Yes				Yes							Yes	No	No	Wheat comes from 'little soul' breads.
TOSCANA SOUP	Yes	Yes: Wheat					Yes								No	Yes	Wheat & milk comes from dipping bread.
COURGETTE FRITTI		Yes: Wheat		Yes			Yes								No	Yes	None

## SHARERS

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
CALAMARI		Yes: Wheat		Yes				Yes	Yes					Yes	No	No	None
FRITTO MISTO		Yes: Wheat	Yes	Yes	Yes		Yes	Yes	Yes					Yes	No	No	None
CICCHETTI BOARD	Yes	Yes: Wheat	Yes	Yes			Yes		Yes					Yes	No	No	None
ANTIPASTO GRANDE BOARD		Yes: Wheat		Yes			Yes							Yes	No	No	None
ANTIPASTO GRANDE BOARD (VEGETARIAN)		Yes: Wheat					Yes					Yes	Yes	Yes	No	Yes	None

## CLASSIC PIZZA

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
MARGHERITA		Yes: Wheat					Yes								No	Yes	None
POLLO ROSMARINO		Yes: Wheat		Yes			Yes								No	No	None
ITALIAN HOT		Yes: Wheat		Yes			Yes								No	No	None
PEPPERONI CAMPAGNA		Yes: Wheat					Yes								No	No	None
PINOLI		Yes: Wheat		Yes			Yes								No	Yes	None

## SKINNY PIZZA

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
SKINNY KING PRAWN DIAVOLA		Yes: Spelt, Wheat	Yes	Yes			Yes		Yes					Yes	No	No	None
SKINNY POLLO ROQUITO		Yes: Spelt, Wheat		Yes			Yes		Yes					Yes	No	No	None
SKINNY PRIMAVERA		Yes: Spelt, Wheat		Yes			Yes		Yes					Yes	No	Yes	None

## RUSTICA PIZZA

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
WAGYU POLPETTE		Wheat		Yes			Yes								No	No	None
POLLO ROSSO		Yes: Wheat		Yes			Yes						Yes	Yes	No	No	None
PULLED PORK ROMA		Yes: Wheat		Yes			Yes						Yes		No	No	None
PICCANTE		Yes: Wheat					Yes						Yes		No	No	None
PRIMAVERA		Yes: Wheat, Spelt					Yes							Yes	No	Yes	None
SOFIA		Yes: Wheat					Yes						Yes		No	No	None

## CALZONE

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
CALZONE CARNE PICCANTE		Yes: Wheat		Yes			Yes						Yes		No	No	None
CALZONE POLLO SPINACI		Yes: Wheat		Yes			Yes						Yes		No	No	None

# RISOTTO

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
RISOTTO FUNGHI				Yes			Yes								No	Yes	None
RISOTTO POLLO FUNGHI				Yes			Yes								No	No	None
RISOTTO PESCE	Yes		Yes		Yes		Yes	Yes						Yes	No	No	None

# MEAT + FISH

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
POLLO PROSCIUTTO		Yes: Wheat					Yes							Yes	No	No	None
CHIANTI LAMB SHANK				Yes			Yes								No	No	None
SEABASS PEPERONATA	Yes	Yes: Wheat			Yes		Yes								No	No	None
SPIEDINI PESCATORE			Yes	Yes	Yes		Yes		Yes					Yes	No	No	None
SPIEDINI POLLO				Yes			Yes		Yes				Yes	Yes	No	No	None



# SALADS

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
CHICKEN & PROSCIUTTO SALAD		Yes: Wheat		Yes			Yes		Yes					Yes	No	No	None
ARCOBALENO 'RAINBOW' SALAD	Yes												Yes	Yes	Yes	Yes	None
ARCOBALENO 'RAINBOW' SALAD WITH GOAT'S CHEESE	Yes						Yes						Yes	Yes	No	Yes	None
ARCOBALENO 'RAINBOW' SALAD WITH CHICKEN	Yes												Yes	Yes	No	No	None
SUPER ZUCCA SALAD		Yes: Wheat					Yes							Yes	No	Yes	Wheat from 'little soul' breads only.
SUPER ZUCCA SALAD WITH CHICKEN		Yes: Wheat					Yes							Yes	No	No	Wheat from 'little soul' breads only.

# PASTA

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
CASARECCIA POLLO PICCANTE		Yes: Wheat					Yes						Yes		No	No	None
KING PRAWN LINGUINE	Yes	Yes: Wheat	Yes		Yes		Yes	Yes						Yes	No	No	None
RAVIOLI DI CAPRA	Yes	Yes: Wheat		Yes			Yes								No	Yes	None
SPAGHETTI CARBONARA	Yes	Yes: Wheat		Yes			Yes								No	No	None
SPAGHETTI POMODORO	Yes	Yes: Wheat					Yes								No	Yes	None
SPAGHETTI BOLOGNESE	Yes	Yes: Wheat					Yes								No	No	None
STROZZAPRETI PESTO ROSSO		Yes: Wheat					Yes						Yes		No	No	None
BEEF BRISKET & VENSION TAGLIATELLE		Yes: Wheat		Yes			Yes							Yes	No	No	None
VEGAN PEPPER & OLIVE RAGU	Yes	Yes: Wheat													Yes	Yes	None

# OVEN BAKED PASTA

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
LASAGNE		Yes: Wheat		Yes	Yes		Yes						Yes	Yes	No	No	Worcestershire sauce within the lasagne contains anchovies.
WILD BOAR MEATBALLS AL FORNO	Yes	Yes: Wheat		Yes			Yes								No	No	None
PASTA DELLA CASA	Yes	Yes: Wheat		Yes			Yes							Yes	No	No	None
CRAB CANNELLONI	Yes	Yes: Wheat	Yes	Yes	Yes		Yes						Yes		No	No	None

# SIDES

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
GREEN BEANS															Yes	Yes	None
BROCCOLI & CAVOLO NERO							Yes								No	Yes	This dish is cooked in the boiler with other gluten containing ingredients.
COURGETTE FRITTI		Yes: Wheat		Yes			Yes								No	Yes	None
CREAMY RISERVA MASH				Yes			Yes								No	Yes	None
BABY GEM SALAD				Yes			Yes		Yes					Yes	No	Yes	None
SWEET POTATO WEDGES															Yes	Yes	This dish is cooked in the fryer with other gluten containing ingredients.
FRIED HERBY POTATOES															Yes	Yes	This dish is cooked in the fryer with other gluten containing ingredients.
ROCKET & RISERVA CHEESE SALAD				Yes			Yes								No	No	None



# NON-GLUTEN STARTERS & SALADS

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
NON-GLUTEN GARLIC BREAD							Yes								No	Yes	None
NON-GLUTEN GARLIC BREAD WITH MOZZARELLA				Yes			Yes								No	Yes	None
NON-GLUTEN FONDUTA FORMAGGI							Yes								No	No	None
NON-GLUTEN KING PRAWNS			Yes				Yes							Yes	No	No	None
NON-GLUTEN MINI 'LITTLE SOUL' BREADS															Yes	Yes	None
NON-GLUTEN TOSCANA SOUP	Yes														Yes	Yes	The crispy sage in this dish is cooked in the fryer with other gluten containing ingredients.
NON-GLUTEN SUPER ZUCCA SALAD							Yes							Yes	No	Yes	None
NON-GLUTEN SUPER ZUCCA SALAD WITH CHICKEN							Yes							Yes	No	No	None

# NON-GLUTEN PASTA

Ask for any of the below with our non-gluten containing fusilli pasta

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
NON-GLUTEN KING PRAWN	Yes		Yes		Yes		Yes	Yes						Yes	No	No	None
NON-GLUTEN SPAGHETTI POMODORO	Yes						Yes								No	Yes	None
NON-GLUTEN BEEF BRISKET & VENISON				Yes			Yes							Yes	No	No	None
NON-GLUTEN BOLOGNESE	Yes						Yes								No	No	None
NON-GLUTEN CARBONARA	Yes			Yes			Yes								No	No	None
NON-GLUTEN POLLO PICCANTE							Yes						Yes		No	No	None
NON-GLUTEN PESTO ROSSO							Yes						Yes		No	No	None
NON-GLUTEN VEGAN PEPPER & OLIVE RAGU	Yes														Yes	Yes	None

# NON-GLUTEN PIZZA

Ask for any of the below with our non-gluten containing pizza base

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
NON-GLUTEN CLASSIC MARGHERITA PIZZA							Yes								No	Yes	None
NON-GLUTEN CLASSIC POLLO ROSMARINO				Yes			Yes								No	No	None
NON-GLUTEN CLASSIC ITALIAN HOT PIZZA				Yes			Yes								No	No	None
NON-GLUTEN CLASSIC PINOLI PIZZA				Yes			Yes								No	Yes	None
NON-GLUTEN CLASSIC PEPPERONI CAMPAGNA PIZZA							Yes								No	No	None

# VEGAN

Please refer to the Vegan menu at the front of this booklet

MENU ITEM	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
VEGAN MOZZARELLA ALTERNATIVE ONLY, NO BASE															Yes	Yes	None
VEGAN GARLIC BREAD		Yes: Wheat													Yes	Yes	None
VEGAN GARLIC BREAD WITH MOZZARELLA ALTERNATIVE		Yes: Wheat													Yes	Yes	None
VEGAN 'BEETBALLS' POLPETTE	Yes														Yes	Yes	None
VEGAN BRUSCHETTA		Yes: Wheat													Yes	Yes	None
VEGAN MARGHERITA		Yes: Wheat													Yes	Yes	None
VEGAN ZUCCA		Yes: Wheat													Yes	Yes	None
VEGAN PEPPERONATA		Yes: Wheat													Yes	Yes	None
VEGAN PEPPER & OLIVE RAGU	Yes	Yes: Wheat													Yes	Yes	None
NON-GLUTEN VEGAN PEPPERONATA PIZZA															Yes	Yes	None
NON-GLUTEN VEGAN ZUCCA PIZZA															Yes	Yes	None
VEGAN SPAGHETTI POMODORO	Yes	Yes: Wheat													Yes	Yes	None
NON-GLUTEN VEGAN POMODORO	Yes														Yes	Yes	None
NON-GLUTEN VEGAN MARGHERITA															Yes	Yes	None
VEGAN DESSERT CALZONE		Yes: Wheat													Yes	Yes	None
ARCOBALENO 'RAINBOW' SALAD	Yes												Yes	Yes	Yes	Yes	None

# NON-DAIRY

Please refer to the Non-Dairy menu at the front of this booklet

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
NON-DAIRY GARLIC BREAD		Yes: Wheat													Yes	Yes	None
NON-DAIRY GARLIC BREAD WITH MOZZARELLA ALTERNATIVE		Yes: Wheat													Yes	Yes	None
VEGAN 'BEETBALLS' POLPETTE	Yes														Yes	Yes	None
NON-DAIRY BRUSCHETTA		Yes: Wheat													Yes	Yes	None
NON-DAIRY MARGHERITA		Yes: Wheat													Yes	Yes	None
NON-DAIRY RUSTICA MARGHERITA		Yes: Wheat													Yes	Yes	None
NON-DAIRY ZUCCA		Yes: Wheat													Yes	Yes	None
NON-DAIRY PEPPERONATA		Yes: Wheat													Yes	Yes	None
NON-DAIRY PEPPER & OLIVE RAGU	Yes	Yes: Wheat													Yes	Yes	None
NON-DAIRY SPAGHETTI POMODORO	Yes	Yes: Wheat													Yes	Yes	None
NON-GLUTEN NON-DAIRY POMODORO	Yes														Yes	Yes	None
NON-GLUTEN NON-DAIRY MARGHERITA															Yes	Yes	None
NON-DAIRY CHIANTI LAMB SHANK															No	No	None
NON-DAIRY SEABASS PEPERONATA	Yes	Yes: Wheat			Yes										No	No	None
NON-DAIRY DESSERT CALZONE		Yes: Wheat													Yes	Yes	None

# EXTRAS - PIZZA TOPPINGS & EXTRA MENU ITEMS

MENU ITEM	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
SMOKY CHILLI DOUGH		Yes: Wheat													Yes	Yes	None
MUSHROOMS															Yes	Yes	None
FIOR DI LATTE MOZZARELLA							Yes								No	Yes	None
FIRE-ROASTED PEPPERS															Yes	Yes	None
SUPER GREEN PESTO															Yes	Yes	None
ANCHOVIES					Yes										No	No	None
BALSAMIC TOMATOS														Yes	Yes	Yes	None
SPICY ROASTED CHICKEN													Yes		No	No	None
RED CHILLIES															Yes	Yes	None
COTTO HAM															No	No	None
CRISPY PORK CRACKLING															No	No	None
'NDUJA SAUSAGE															No	No	None
PEPPERONI															No	No	None
PINE NUTS															Yes	Yes	None
ROASTED GARLIC CLOVES															Yes	Yes	None
CARAMLEISED BALSAMIC ONIONS															Yes	Yes	None
BLACK OLIVES															Yes	Yes	None
CRISPY PROSCIUTTO															No	No	None
ROASTED RED ONIONS															Yes	Yes	None
TORN ROAST CHICKEN															No	No	None
SMOKED CHILLI JELLY															Yes	Yes	None
FLORENTINES							Yes			Yes: Almond, Hazelnut			Yes		No	Yes	None
HONEYCOMB															Yes	Yes	None
RISERVA CHEESE CRISP							Yes								No	Yes	None

## OTHER MENU ITEMS

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
TOMATO & MOZZARELLA SALAD							Yes								No	Yes	None
TOSCANA SOUP WITH SOUL BREADS	Yes	Yes: Wheat					Yes								No	Yes	None
PARTY SHARER STARTER		Yes: Wheat		Yes			Yes	Yes							No	No	None
BREAD & OLIVES (SET MENU)		Yes: Wheat					Yes								No	Yes	None

## DESSERTS

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
S'MORES CALZONE		Yes: Wheat					Yes			Yes			Yes		No	No	Beef gelatin in marshmallow
STICKY CHOCOLATE & PRALINE TORTE										Yes: Almond, Cashew, Hazelnut, Walnut			Yes		Yes	Yes	None
SALTED CARAMEL CHOCOLATE BROWNIE		Yes: Wheat		Yes			Yes						Yes	Yes	No	Yes	None
LEMON CURD CHEESECAKE		Yes: Wheat		Yes			Yes						Yes		No	Yes	None
PLUM & AMARETTI CRUMBLE		Yes: Wheat, barley, Oats					Yes								No	Yes	
RUBY CHOCOLATE CHEESECAKE		Yes: Wheat					Yes						Yes		No	Yes	This is suitable for non-gluten with the removal of the snap
CHOCOLATE MELT				Yes			Yes						Yes		No	Yes	None
TIRAMISU		Yes: Wheat		Yes			Yes								No	Yes	None
ESPRESSO AFFOGATO		Yes: Wheat		Yes			Yes								No	Yes	Amaretti biscuits contain apricot kernels.



# SUNDAES, GELATO & GELATO TOPPERS

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
LEMON MERINGUE SUNDAE		Yes: Wheat		Yes			Yes						Yes	Yes	No	Yes	Wheat from pink raspberry snap only.
CHOCOLATE & BUTTERSCOTCH SUNDAE							Yes						Yes		No	Yes	None
VANILLA GELATO							Yes								No	Yes	None
CHOCOLATE GELATO							Yes						Yes		No	Yes	None
BUTTERSCOTCH & TOFFEE GELATO							Yes						Yes			Yes	None
HONEY, SEA SALT & MASCARPONE GELATO							Yes								No	Yes	None
LEMON SORBET															Yes	Yes	None
STRAWBERRY SORBET															Yes	Yes	None
MELTED CHOCOLATE GELATO TOPPER							Yes							Yes	No	Yes	None
LEMON CURD GELATO TOPPER				Yes			Yes							Yes	No	Yes	None
AMARETTI BISCUIT GELATO TOPPER		Yes: Wheat		Yes			Yes								No	Yes	Amaretti biscuits contain apricot kernels.
STRAWBERRY & RASPBERRY COULIS GELATO TOPPER															Yes	Yes	None
POPPING CANDY GELATO TOPPER							Yes								No	Yes	None
NUTELLA							Yes			Yes: Hazelnut			Yes		No	Yes	None

# SPECIALS

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
PUMPKIN MAC 'N' CHEESE BAUBLES		Yes: Wheat					Yes		Yes						No	Yes	None
ZIZZI'S PORK BELLY ARROSTO		Yes: Wheat		Yes			Yes								No	No	None
PULLED BEEF & TRUFFLE RUSTICA	Yes	Yes: Wheat		Yes			Yes						Yes	Yes	No	No	None
VEGAN MELANZANA TAGLIATELLE		Yes: Wheat													Yes	Yes	None
MELANZANA TAGLIATELLE WITH MOZZARELLA		Yes: Wheat					Yes								No	Yes	None
BROWNETTONE		Yes: Wheat		Yes			Yes						Yes		No	Yes	None

# BAMBINI

## KIDS MENU

# BAMBINI KIDS MENU

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
OLIVES															Yes	Yes	None
CARROT, CUCUMBER & GARLIC BREAD		Yes: Wheat					Yes								No	Yes	None
VEGAN STARTER - CARROT, CUCUMBER & NON DAIRY GARLIC BREAD		Yes: Wheat													Yes	Yes	None
NON-DAIRY STARTER - CARROT, CUCUMBER & NON DAIRY GARLIC BREAD		Yes: Wheat													Yes	Yes	None
NON-GLUTEN STARTER - CARROT, CUCUMBER & NON-GLUTEN SOUL BREADS															Yes	Yes	None
BEAN & BASIL PESTO DIP WITH CARROT & CUCUMBER STICKS															Yes	Yes	None
MINI PASTA POMODORO	Yes	Yes: Wheat													Yes	Yes	These dishes can be ordered with our non-gluten containing fusilli pasta.
MINI PASTA FORMAGGI		Yes: Wheat		Yes			Yes						Yes		No	Yes	
MINI PASTA BOLOGNESE	Yes	Yes: Wheat													No	No	
MINI PASTA SUPER GREEN PESTO		Yes: Wheat													Yes	Yes	None
DECORATE YOUR MARGHERITA (BASE & TOPPINGS)		Yes: Wheat					Yes								No	No	These dishes can be ordered with our non-gluten containing pizza base.
MINI PIZZA MARGHERITA		Yes: Wheat					Yes								No	Yes	
VEGAN MINI PIZZA MARGHERITA		Yes: Wheat													Yes	Yes	
NON DAIRY MINI PIZZA MARGHERITA		Yes: Wheat													Yes	Yes	
PRAWN POPCORN (WITH POTATOES & LEMON & ROSEMARY DIP)		Yes: Wheat	Yes	Yes			Yes		Yes					Yes	No	No	None

# BAMBINI KIDS MENU (CONTINUED)

	DOES IT CONTAIN?														IS IT SUITABLE FOR?		COMMENTS?
MENU ITEM	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide/ Sulphites	Vegans	Vegetarians	-
PIZZA TOPPING - HAM															No	No	None
PIZZA TOPPING - MUSHROOMS															Yes	Yes	None
PIZZA TOPPING - ROASTED PEPPERS															Yes	Yes	None
PIZZA TOPPING - PEPPERONI															No	No	None
GREEN BEANS															Yes	Yes	None
BROCCOLI							Yes								Yes	Yes	This dish is cooked in the boiler with other gluten containing ingredients.
SWEET POTATO WEDGES															Yes	Yes	
COURGETTE FRITTI		Yes: Wheat		Yes			Yes								No	Yes	
GELATO CONES & POPPING CANDY (SEE GELATO FLAVOURS FOR ADDITIONAL ALLERGENS)		Yes: Wheat		Yes			Yes						Yes		No	Yes	None
FRUIT POT															Yes	Yes	None
CHOCOLATE GELATO							Yes						Yes		No	Yes	None
COCONUT & CHOCOLATE RIPPLE															Yes	Yes	None
VANILLA GELATO							Yes								No	Yes	None
LEMON SORBET															Yes	Yes	None
STRAWBERRY SORBET															Yes	Yes	None
GARLIC BREAD (TINY TUMMY)		Yes: Wheat					Yes								No	Yes	None
MINI PASTA POMODORO (TINY TUMMY)	Yes	Yes: Wheat													Yes	Yes	This dish can be ordered with our non-gluten containing fusilli pasta.

# ARE YOUR CHEESE PRODUCTS PASTEURISED?

Please find the information below.

MASCARPONE	YES
RISERVA	YES
SCAMORZA	YES
PIZZA MOZZARELLA	YES
GOAT'S CHEESE	YES
FIOR DI LATTE MOZZARELLA	YES
BUFALA MOZZARELLA	YES
GOAT'S CHEESE WITHIN THE RAVIOLI DI CAPRA DISH	YES



# NUTRITIONAL INFORMATION

Typical values per serving.  
(These figures are approximate, as all of our  
ingredients are measured by hand.)

## • STARTERS + SHARERS •

Per serving if not stated otherwise in the menu dish name						
MENU ITEM	Energy		Total Fat (g)	Saturated Fat (g)	Total Sugars (g)	Salt (g)
	Kcal	KJ				
NOCELLARA GIGANTI OLIVES	153	641	15	2.0	0.5	2.9
ZIZZI MIXED OLIVES	144	602	15	2.0	0.2	3.3
ZIZZI SPICY NUTS	202	845	13	2.0	2.6	0.4
LITTLE SOUL BREAD (WITHOUT DIPS)	522	2215	5.4	1.4	3.2	2.9
GARLIC BUTTER DIP	156	642	17	5.5	0.2	0.4
LEMON & ROSEMARY DIP	123	402	6.8	0.8	2.1	0.3
GREEN PESTO AIOLI	109	429	10	1.1	0.4	0.2
WHITE BEAN & BASIL PESTO DIP	83	348	6.0	0.8	0.2	0.7
RED PEPPER TAPENADE DIP	60	251	5.4	0.4	1.9	0.3
ARANCINI	459	1933	16	5.9	6.1	3.2
TOSCANA SOUP	363	1531	17	4.6	9.0	2.5
PRAWN & ZUCCHINI BITES	270	1131	23	3.9	1.5	0.8
WILD BOAR MEATBALLS	420	1756	30	11	6.2	2.5
FONDUTA FORMAGGI	787	3326	26	15	7.3	4.0
BRUSCHETTA	783	3307	32	6.4	6.4	3.2
GARLIC BREAD	553	2310	8.5	2.1	6.7	2.2
GARLIC BREAD WITH MOZZARELLA	707	2954	17	6.5	16	2.7
'NDUJA GARLIC BREAD	769	3226	34	9.1	9.2	3.0
COURGETTE FRITTI	545	2277	7.4	7.5	3.8	2.6
MUSHROOM BRINDISI	831	3507	33	13	5.8	3.6
GARLIC KING PRAWNS	743	1985	19	3.7	4.7	2.8
BUFALA CAPRESE	380	1535	33	17	3.8	0.4
CALAMARI (SMALL)	313	1310	24	5.6	0.6	1.1
CALAMARI (LARGE)	627	2621	49	11	1.2	2.2
FRITTO MISTO (SMALL)	554	2284	26	2.8	4.7	2.4
FRITTO MISTO (LARGE)	980	4114	40	4.7	9.3	4.6
ANTIPASTO GRANDE BOARD	1705	7127	72	33	45	8.3
ANTIPASTO GRANDE BOARD (VEGETARIAN)	1329	5553	46	20	21	6.2
CICCHETTI SHARING BOARD	1580	6659	78	18	11	7.1

## • MEAT + FISH •

Per serving if not stated otherwise in the menu dish name						
MENU ITEM	Energy		Total Fat (g)	Saturated Fat (g)	Total Sugars (g)	Salt (g)
	Kcal	KJ				
SPIEDINI POLLO WITH SAUCE (WITH SIDES)	316	1165	11	1.7	7.4	2.9
SPIEDINI PESCATORE WITH SAUCE (WITH SIDES)	560	2319	46	11	2.8	2.3
POLLO PROSCIUTTO (WITH SIDES)	537	2257	20	5.5	4.1	1.5
SEABASS PEPERONATA (WITH SIDES)	331	1382	4.8	3.3	5.1	1.1
CHIANTI LAMB SHANK (WITH SIDES)	832	3472	51	20	8.1	1.6

## • CHILLI DOUGH •

Chilli dough swap for; Garlic bread, Garlic bread with Mozzarella or 'Little soul' breads, please add the following values to your dish;

Energy		Total Fat (g)	Saturated Fat (g)	Total Sugars (g)	Salt (g)
Kcal	KJ				
40	145	4.0	0.8	4.4	0.6

Typical values per serving.  
(These figures are approximate, as all of our ingredients are measured by hand).

## • CLASSIC PIZZA •

Per serving if not stated otherwise in the menu dish name						
MENU ITEM	Energy		Total Fat (g)	Saturated Fat (g)	Total Sugars (g)	Salt (g)
	Kcal	KJ				
MARGHERITA CLASSIC	853	3567	28	13	12	3.6
PEPPERONI CAMPAGNA CLASSIC	870	3637	29	12	10	4.1
POLLO ROSMARINO	959	4023	41	17	14	3.8
ITALIAN HOT CLASSIC	923	3858	38	18	9.4	4.2
PINOLI CLASSIC	783	3311	27	13	8.6	3.7

## • CALZONE •

Per serving if not stated otherwise in the menu dish name						
MENU ITEM	Energy		Total Fat (g)	Saturated Fat (g)	Total Sugars (g)	Salt (g)
	Kcal	KJ				
CALZONE POLLO SPINACI	1263	5318	53	24	8.5	4.8
CALZONE CARNE PICCANTE	1066	4478	43	5.8	15	3.7

## • CHILLI DOUGH •

Chilli dough swap to any Rustica, Classic or Calzone, please add the following values to your chosen dish;					
Energy		Total Fat (g)	Saturated Fat (g)	Total Sugars (g)	Salt (g)
Kcal	KJ				
40	145	4.0	0.8	4.4	0.6

## • RUSTICA PIZZA •

Per serving if not stated otherwise in the menu dish name						
MENU ITEM	Energy		Total Fat (g)	Saturated Fat (g)	Total Sugars (g)	Salt (g)
	Kcal	KJ				
PICCANTE RUSTICA	1328	5551	58	25	17	6.5
RUSTICA WAGYU POLPETTE	1229	5149	58	25	14	6.2
PULLED PORK ROMA RUSTICA	1543	6486	84	37	25	4.6
PRIMAVERA RUSTICA	1144	4818	61	24	11	5.6
SOFIA RUSTICA	1320	5575	51	23	7.7	7.1
MARGHERITA RUSTICA	883	3690	29	15	10	3.5
PEPPERONI CAMPAGNA RUSTICA	1039	4344	39	17	12	5.5
CAPIA RUSTICA	1494	6277	83	32	12	5.0
ITALIAN HOT RUSTICA	1138	4757	54	26	9.1	5.0
POLLO ROSSO RUSTICA	1405	5916	63	24	13	5.9
PINOLI RUSTICA	1005	4249	35.8	18	12	4.2

## • SKINNY PIZZA •

Per serving if not stated otherwise in the menu dish name						
MENU ITEM	Energy		Total Fat (g)	Saturated Fat (g)	Total Sugars (g)	Salt (g)
	Kcal	KJ				
SKINNY KING PRAWN DIAVOLA	527	2211	16	6.5	9.0	2.7
SKINNY POLLO ROQUITO	528	2215	16	6.3	13	2.7
SKINNY PRIMAVERA	467	1960	17	4.2	8.9	2.6

Addition of chilli dough to any Skinny pizza, please add the following values to your dish;					
Energy		Total Fat (g)	Saturated Fat (g)	Total Sugars (g)	Salt (g)
Kcal	KJ				
3	0	0.9	0.3	2.0	0.2

Typical values per serving. (These figures are approximate, as all of our ingredients are measured by hand).

## • NON-GLUTEN •

Per serving if not stated otherwise in the menu dish name						
MENU ITEM	Energy		Total Fat (g)	Saturated Fat (g)	Total Sugars (g)	Salt (g)
	Kcal	KJ				
NON-GLUTEN MARGHERITA CLASSIC	885	3698	24	13	7.0	4.5
NON-GLUTEN KING PRAWNS	430	1807	25	5.3	3.4	1.8
NON-GLUTEN TOSCANA SOUP	274	1155	13	1.5	12	2.8
NON-GLUTEN SOUL BREADS	125	523	1.3	0.2	0.3	0.8
NON-GLUTEN FONDUTA FORMAGGI	473	1977	31	15	4.4	1.9
NON-GLUTEN SUPER ZUCCA SALAD	500	2086	28	13	12	2.4
NON-GLUTEN PINOLI CLASSIC	712	2981	30	14	6.9	4.3
NON-GLUTEN PEPPERONI CAMPAGNA CLASSIC	1060	4429	40	15	8.4	5.6
NON-GLUTEN COPPA FUNGHI CLASSIC	1076	4503	46	17	6.4	3.7
NON-GLUTEN FIERY ITALIAN HOT	1129	4719	48	22	9.1	6.0
NON-GLUTEN VEGAN MARGHERITA	613	2560	30	16	3.9	4.1
NON-GLUTEN POMODORO PASTA	535	2235	22	7.6	0.8	1.8
NON-GLUTEN CARBONARA PASTA	719	3004	37	17	1.1	3.4
NON-GLUTEN PEPPER & OLIVE RAGÙ	667	2806	24	2.8	12	2.6
NON-GLUTEN PESTO ROSSO PASTA	1111	4647	66	23	6.0	5.6
NON-GLUTEN BOLOGNESE PASTA	641	2680	23	5.3	11	3.9
NON-GLUTEN POLLO PICCANTE PASTA	889	3715	53	28	4.4	2.0
NON-GLUTEN BEEF BRISKET & VENISON	838	3513	34	12	6.6	1.3
NON-GLUTEN KING PRAWN PASTA	576	2424	15	5.3	7.9	3.6

## • PASTA •

Per serving if not stated otherwise in the menu dish name						
MENU ITEM	Energy		Total Fat (g)	Saturated Fat (g)	Total Sugars (g)	Salt (g)
	Kcal	KJ				
SPAGHETTI POMODORO	551	2303	21	7.7	8.3	1.8
SPAGHETTI CARBONARA	720	3008	38	18	3.4	3.2
CRAB CANNELLONI	856	3568	57	31	8.2	3.8
STROZZAPRETI PESTO ROSSO	1181	4935	66	23	8.3	4.1
SPAGHETTI BOLOGNESE	508	2124	15	4.9	8.4	2.2
BEEF BRISKET & VENISON TAGLIATELLE	900	3783	25	11	8.4	1.37
KING PRAWN LINGUINE	498	2083	15	5.4	5.6	3.8
CASARECCIA POLLO PICCANTE	865	3616	46	23	5.9	2.0
RAVIOLI DI CAPRA	494	2063	23	7.3	7.0	2.3

## • OVEN BAKED PASTA •

Per serving if not stated otherwise in the menu dish name						
MENU ITEM	Energy		Total Fat (g)	Saturated Fat (g)	Total Sugars (g)	Salt (g)
	Kcal	KJ				
PENNE DELLA CASA	769	3214	35	16	3.3	3.9
LASAGNE	947	3958	61	30	12	4.9
WILD BOAR MEATBALLS AL FORNO	982	4114	49	13	19	6.8

## • RISOTTO •

Per serving if not stated otherwise in the menu dish name						
MENU ITEM	Energy		Total Fat (g)	Saturated Fat (g)	Total Sugars (g)	Salt (g)
	Kcal	KJ				
RISOTTO PESCE	520	2184	21	5.9	1.0	3.9
RISOTTO POLLO FUNGHI	537	2257	20	6.4	1.3	2.4
RISOTTO FUNGHI	439	1847	20	9.3	0.9	2.0

Typical values per serving.

(These figures are approximate, as all of our ingredients are measured by hand).

## • VEGAN •

Per serving if not stated otherwise in the menu dish name						
MENU ITEM	Energy		Total Fat (g)	Saturated Fat (g)	Total Sugars (g)	Salt (g)
	Kcal	KJ				
VEGAN MARGHERITA CLASSIC	818	3488	28	16	6.4	3.9
VEGAN MARGHERITA RUSTICA	1093	4598	52	31	6.4	5.4
VEGAN NON-GLUTEN MARGHERITA	613	2560	30	16	3.9	4.1
VEGAN ZUCCA CLASSIC	906	3826	29	24	9.8	3.5
VEGAN ZUCCA RUSTICA	1229	5177	54	47	12	4.4
VEGAN PEPPERONATA CLASSIC	921	3888	30	24	14	3.7
VEGAN PEPPERONATA RUSTICA	1266	5334	56	47	17	4.7
VEGAN BRUSCHETTA	698	2957	25	3.7	6.4	2.3
VEGAN GARLIC BREAD	743	3150	23	2.5	4.1	2.2
VEGAN PEPPER & OLIVE RAGÙ	667	2806	24	2.8	12	2.6
VEGAN 'BEETBALLS' POLPETTE	235	985	14	5.7	1.7	6.0

## • SIDES •

Per serving if not stated otherwise in the menu dish name						
MENU ITEM	Energy		Total Fat (g)	Saturated Fat (g)	Total Sugars (g)	Salt (g)
	Kcal	KJ				
SWEET POTATO WEDGES	358	1508	20.8	4.0	20	0.8
ROCKET & RISERVA SALAD	133	558	11	3.3	0.1	0.3
BABY GEM SALAD	40	166	2.6	0.9	1.4	0.1
GREEN BEANS	15	61	0.1	0.0	0.3	0.0
COURGETTE FRITTI	545	2277	7.4	7.5	3.8	2.6
FRIED HERBY POTATOES	222	931	8.0	1.7	2.7	0.1
CREAMY RISERVA MASH	558	558	14	3.1	0.0	1.13
BROCCOLI & CAVOLO NERO	94	389	7.4	1.9	3.1	0.19

## • NON-DAIRY •

Per serving if not stated otherwise in the menu dish name						
MENU ITEM	Energy		Total Fat (g)	Saturated Fat (g)	Total Sugars (g)	Salt (g)
	Kcal	KJ				
NON-DAIRY MARGHERITA CLASSIC	818	3488	28	16	6.4	3.9
NON-DAIRY MARGHERITA RUSTICA	1093	4598	52	31	6.4	5.4
NON-DAIRY NON-GLUTEN MARGHERITA	613	2560	30	16	3.9	4.1
NON-DAIRY ZUCCA CLASSIC	906	3826	29	24	9.8	3.5
NON-DAIRY ZUCCA RUSTICA	1229	5177	54	47	12	4.4
NON-DAIRY PEPPERONATA CLASSIC	921	3888	30	24	14	3.7
NON-DAIRY PEPPERONATA RUSTICA	1266	5334	56	47	17	4.7
NON-DAIRY BRUSCHETTA	698	2957	25	3.7	6.4	2.3
NON-DAIRY GARLIC BREAD	743	3150	23	2.5	4.1	2.2
NON-DAIRY PEPPER & OLIVE RAGÙ	667	2806	24	2.8	12	2.6
VEGAN 'BEETBALLS' POLPETTE	235	985	14	5.7	1.7	6.0

Typical values per serving. (These figures are approximate, as all of our ingredients are measured by hand).

## • DESSERTS •

Per serving if not stated otherwise in the menu dish name						
MENU ITEM	Energy		Total Fat (g)	Saturated Fat (g)	Total Sugars (g)	Salt (g)
	Kcal	KJ				
LEMON MERINGUE SUNDAE	463	1950	22	14	56	0.2
LEMON CURD CHEESECAKE	616	2579	48	28	30	0.7
SALTED CARAMEL CHOCOLATE BROWNIE	843	3530	45	27	69	0.3
STICKY CHOCOLATE TORTE	539	2256	31	18	32	0.2
S'MORES CALZONE	703	2958	23	2.4	67	1.0
RUBY CHOCOLATE CHEESECAKE	628	2617	43	24	40	0.3
PLUM & AMARETTI CRUMBLE	455	1931	0.4	0.0	102	0.6
TIRAMISU	640	2675	20	14	36	0.3
CHOCOLATE MELT	613	2562	40	19	44	0.2
ESPRESSO AFFOGATO	512	2140	29	15	25	0.2
CHOCOLATE & BUTTERSCOTCH SUNDAE	694	2901	40	18	71	0.3

## • GELATO •

Per serving if not stated otherwise in the menu dish name						
MENU ITEM	Energy		Total Fat (g)	Saturated Fat (g)	Total Sugars (g)	Salt (g)
	Kcal	KJ				
VANILLA GELATO (1 SCOOP)	76	318	3.1	1.8	9.1	0.0
CHOCOLATE GELATO (1 SCOOP)	58	242	2.8	1.4	7.0	0.0
HONEY, SEA SALT & MASCARPONE GELATO (1 SCOOP)	54	226	7.6	1.4	7.6	0.1
TOFFEE & BUTTERSCOTCH GELATO (1 SCOOP)	127	532	6.5	4.1	15	0.2
COCONUT & CHOCOLATE RIPPLE GELATO (1 SCOOP)	112	469	5.5	4.7	12	0.1
LEMON SORBET (1 SCOOP)	49	206	0.2	0.0	11	0.0
STRAWBERRY SORBET (1 SCOOP)	50	209	0.1	0.1	11	0.0

Typical values per serving. (These figures are approximate, as all of our ingredients are measured by hand).



## • SALADS •

Per serving if not stated otherwise in the menu dish name						
MENU ITEM	Energy		Total Fat (g)	Saturated Fat (g)	Total Sugars (g)	Salt (g)
	Kcal	KJ				
SUPER ZUCCA SALAD	572	2505	21	8.4	14	1.9
SUPER ZUCCA SALAD (WITH CHICKEN)	693	3013	25	9.1	15	2.8
CHICKEN & PROSCIUTTO SALAD	333	1389	17	5.1	5.1	1.9
ARCOBALENO 'RAINBOW' SALAD	225	944	6.9	0.9	2.2	1

Typical values per serving. (These figures are approximate, as all of our ingredients are measured by hand).

## • BAMBINI KIDS MENU •

Per serving if not stated otherwise in the menu dish name						
MENU ITEM	Energy		Total Fat (g)	Saturated Fat (g)	Total Sugars (g)	Salt (g)
	Kcal	KJ				
KIDS OLIVES	88	368	9.0	1.2	0.1	2.1
BEAN & BASIL PESTO DIP WITH CARROT & CUCUMBER STICKS	79	327	4.8	0.6	3.0	0.6
CARROT, CUCUMBER & GARLIC BREAD	159	674	1.9	0.4	3.4	0.6
CARROT, CUCUMBER & VEGAN GARLIC BREAD	199	847	8.6	1.1	3.5	0.6
CARROT, CUCUMBER & NON-DAIRY GARLIC BREAD	199	847	8.6	1.1	3.5	0.6
PRAWN POPCORN	166	690	12	3	0.2	0.5
MINI PASTA POMODORO	402	1681	25	3.9	1.2	2.0
MINI PASTA FORMAGGI	441	1838	20	9.2	5.7	2.6
MINI PASTA BOLOGNESE	365	1524	12	3.7	4.8	2.3
MINI PASTA SUPER GREEN PESTO	402	1681	25	3.9	1.2	2.0
MINI NON-GLUTEN PASTA POMODORO	191	802	2.1	0.4	5.0	1.0
MINI NON-GLUTEN PASTA FORMAGGI	238	995	7.6	3.7	0.7	0.4
MINI NON-GLUTEN PASTA BOLOGNESE	285	1191	7.4	2.4	4.7	0.8
MINI PIZZA MARGHERITA (TOPPINGS NOT INCLUDED)	422	1763	12	6.2	5.6	1.8
VEGAN MINI PIZZA MARGHERITA (TOPPINGS NOT INCLUDED)	414	1752	9.9	7.3	3.5	2.0
MINI NON-GLUTEN PIZZA MARGHERITA (TOPPINGS NOT INCLUDED)	360	1503	10	5.4	3.7	2.0
FRUIT POT	70	302	0.1	0.0	15	0.0
GARLIC BREAD (TINY TUMMY)	76	321	0.9	0.2	0.5	0.3
MINI PASTA POMODORO (TINY TUMMY)	97	405	10	6.2	0.4	0.5

