

# NUTRITIONAL INFORMATION

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Typical values per serving.  
(These figures are approximate, as all of our ingredients are  
measured by hand & some results are based on raw cooked weights.)

## • 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	1.9	0.5	2.9
ZIZZI MIXED OLIVES	144	602	15	2.0	0.2	3.3
ZIZZI SPICY NUTS	241	1013	15	1.8	2.8	6.0
LITTLE SOUL BREAD (WITHOUT DIPS)	522	2215	5.9	1.4	3.2	2.9
GARLIC BUTTER DIP	222	912	17	5.5	0.1	1.0
CREAMY BUTTERNUT SQUASH DIP	19	81	1.0	0.3	0.8	0.2
WHITE BEAN & BASIL PESTO DIP	83	348	6.0	0.8	0.2	0.7
SMOKED CAPIA PEPPER DIP	118	495	12	1.3	0.6	0.5
ARANCINI	359	1501	12	4.0	4.8	1.4
TOSCANA SOUP	726	3059	19	5.0	15	3.8
PULLED BEEF ARANCINI	798	3358	33	11	4.1	4.4
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
BUTTERFLIED KING PRAWNS	530	2229	15	4.1	4.7	3.1
MUSHROOM BRINSISI	831	3507	33	13	5.8	3.6
CALAMARI (SMALL)	313	1310	24	5.6	0.6	1.1
CALAMARI (BIG)	627	2621	49	11	1.2	2.2
FRITTO MISTO (SMALL)	474	1986	26	3.0	3.6	2.3
FRITTO MISTO (BIG)	948	3971	52	6.0	7.0	5.0
ZIZZI ANTIPASTI (SMALL)	592	2464	25	11	4.7	3.8
ZIZZI ANTIPASTI (BIG)	1039	4317	49	22	8.5	6.7
SICILIAN ANTIPASTI (SMALL)	632	2641	32	11	4.1	5.1
SICILIAN ANTIPASTI (BIG)	904	3767	42	19	7.3	3.9
CICCHETTI SHARING BOARD	1302	5498	63	15	29	5.1

## • 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	547	2312	24	7.7	9.4	1.6
SPIEDINI PESCATORE	476	2000	31	12	7.7	1.4
POLLO PROSCIUTTO	576	2410	20	5.6	5.6	1.9
DUCK ARROSTO	1067	4484	71	21	7.9	4.4
ITALIAN BEEF SHORT RIB	911	3823	42	20	7.3	14

## • 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
PULLED BEEF & VENSION STROZZAPRETI	956	3995	49	20	7.1	2.8
STROZZAPRETI PESTO ROSSO	1181	4935	66	23	8.3	4.1
SPAGHETTI BOLOGNESE	508	2124	15	4.9	8.4	2.2
PORCINI GIGANTI TORTELLONI	756	3193	39	16	4.6	0.8
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	584	2440	28	11	10	2.7

## • 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	1250	5261	52	24	9.8	4.7
CALZONE CARNE PICCANTE	969	4095	32	15	33	4.6

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## • 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
WINTER ZUCCA CLASSIC	1170	4936	47	20	22	4.3
ITALIAN HOT CLASSIC	923	3858	38	18	9.4	4.2
POLPETTE CLASSIC	1224	5155	57	25	10	6.7

## • 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	488	2053	13	6.3	5.6	3.5
SKINNY POLLO ROQUITO	531	2229	16	7.2	6.3	2.7
SKINNY PRIMAVERA	521	2181	18	4.8	14	2.5

## • 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	2405	21	8.4	14	1.9
CHICKEN & PROSCIUTTO SALAD	397	1660	23	3.9	2.8	2.4
GREEN GODDESS SALAD (BROCCOLI)	256	1064	16	1.9	6.0	0.7
GREEN GODDESS SALAD (SALMON)	596	2491	35	5.4	3.2	1.4

\*Unfortunately we do not hold the nutritional data for the Super Zucca Salad with chicken.

## • 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
FORESTA RUSTICA	1279	5387	59.9	30.1	10.6	6.5
PULLED PORK ROMA RUSTICA	1543	6486	84	37	25	4.6
PRIMAVERA RUSTICA	1339	5641	68	25	13	5.4
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
WINTER ZUCCA RUSTICA	1494	6298	69	28	10	4.7
ITALIAN HOT RUSTICA	1138	4757	54	26	9.1	5.0
POLLO ROSSO RUSTICA	1405	5916	63	24	13	5.9
POLPETTE RUSTICA	1514	6373	73	35	10	10.1

## • 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				
TENDERSTEM BROCCOLI	36	152	2.0	0.3	0.1	0.18
MIXED LEAF, TOMATO & SPRING ONION SALAD	64	268	5.5	0.8	1.8	0.08
ROCKET & GRANA PADANO SALAD	133	558	11	3.3	0.1	0.26
ITALIAN NAKED SLAW	22	93	0.2	0.1	3.0	0.09
TUSCAN POTATOES	225	941	6.5	2.1	2.9	0.24
GREEN BEANS	15	61	0.1	0	0.3	0.03
BUFALA MOZZARELLA, TOMATO & BASIL SALAD	248	1008	22	9.6	3.2	0.60
BUTTERED MASH	279	1168	18	12	3.7	1.3

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## • NON-GLUTEN 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				
NON-GLUTEN MARGHERITA CLASSIC	885	3698	24	13	7.0	4.5
NON-GLUTEN PEPPERONI CAMPAGNA CLASSIC	1060	4429	40	15	8.4	5.6
NON-GLUTEN WINTER ZUCCA CLASSIC	1050	4401	49	21	20	4.6
NON-GLUTEN FIERY ITALIAN HOT	1129	4719	48	22	9.1	6.0
NON-GLUTEN POLPETTE CLASSIC	1050	4401	49	21	20	4.6
NON-GLUTEN VEGAN MARGHERITA	613	2560	30	16	3.9	4.1

## • 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
LAMB MEATBALLS	1165	4881	45	12	7.0	3.8

## • NON-GLUTEN 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				
NON-GLUTEN POMODORO	535	2235	22	7.6	0.8	1.8
NON-GLUTEN CARBONARA	719	3004	37	17	1.1	3.4
NON-GLUTEN PULLED BEEF & VENSION	887	3707	48	19	4.9	4.3
NON-GLUTEN PESTO ROSSO	1111	4647	66	23	6.0	5.6
NON-GLUTEN BOLOGNESE	641	2680	23	5.3	11	3.9
NON-GLUTEN POLLO PICCANTE	889	3715	53	28	4.4	2.0
NON-GLUTEN VEGAN LENTIL RAGU	713	2990	28	4.1	5.8	4.9

\*Unfortunately we do not hold the nutritional data for the non-gluten king prawn.

## • 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

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## • 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	818	3488	28	16	6.4	3.9
VEGAN NON-GLUTEN MARGHERITA	613	2560	30	16	3.9	4.1
VEGAN BRUSCHETTA	698	2957	25	3.7	6.4	2.3
VEGAN GARLIC BREAD	743	3150	23	2.5	4.1	2.2
VEGAN LENTIL RAGU	610	2558	18	2.6	7.1	2.5
VEGAN DESSERT CALZONE	477	2014	24	6.9	34	0.54

## • 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	818	3488	28	16	6.4	3.9
NON-DAIRY NON-GLUTEN MARGHERITA	613	2560	30	16	3.9	4.1
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 LENTIL RAGU	610	2558	18	2.6	7.1	2.5
NON-DAIRY DESSERT CALZONE	477	2014	24	6.9	34	0.54

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## • 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	333	1393	13	8.2	44	0.15
BANANA & SALTED CARAMEL SUNDAE	644	2700	38	20	47	0.40
SALTED CARAMEL CHOCOLATE BROWNIE	843	3530	45	27	69	0.38
CHOCOLATE & BLOOD ORANGE CHEESE CAKE	663	2772	49	32	34	0.38
CHOCOLATE & BANANA CALZONE	610	2549	23	13	44	1.1
BAKED LEMON & RASPBERRY CHEESECAKE	616	2579	48	28	30	0.73
VANILLA PANNACOTTA	619	2563	51	32	36	0.11
TIRAMISU	640	2675	20	14	36	0.30
CHOCOLATE MELT	613	2562	40	19	44	0.21
ESPRESSO AFFOGATO	512	2140	29	15	25	0.20
CHOCOLATE, PRALINE & SEA SALT TORTE	607	2538	46	21	44	0.60

## • 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
CHOCOLATE GELATO (1 SCOOP)	58	242	2.8	1.4	7.0	0
HONEY, SEA SALT & MASCARPONE GELATO (1 SCOOP)	54	226	7.6	1.4	7.6	0.10
COCONUT & CHOCOLATE RIPPLE GELATO (1 SCOOP)	112	469	5.5	4.7	12	0.02
LEMON SORBET (1 SCOOP)	49	206	0.20	0	11	0
STRAWBERRY SORBET (1 SCOOP)	50	209	0.10	0.10	11	0
SEASONAL SCOOP - HAZELNUT & HONEY GELATO (1 SCOOP)	89	372	5.5	7.8	7.7	0.10
SEASONAL SCOOP - PISTACHIO GELATO (1 SCOOP)	71	297	3.1	1.0	7.1	0
SEASONAL SCOOP - MINT CHOC CHIP GELATO (1 SCOOP)	58	242	2.6	1.4	6.7	0
SEASONAL SCOOP - POMEGRANATE SORBET (1 SCOOP)	71	297	0.10	0.10	16	0.40
SEASONAL SCOOP - WHITE CHOCOLATE & CARAMEL SWIRL GELATO (1 SCOOP)	60	253	3.7	2.0	5.4	0.10

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# • 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				
BEAN & BASIL PESTO DIP WITH CARROT & CUCUMBER STICKS	79	327	4.8	0.6	3.0	0.55
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	0.57
CARROT, CUCUMBER & NON-DAIRY GARLIC BREAD	199	847	8.6	1.1	3.5	0.57
MINI PASTA POMODORO	221	928	3.9	0.5	5.8	1.1
MINI PASTA FORMAGGI	265	1109	8.8	3.7	1.7	0.58
MINI PASTA BOLOGNESE	260	1089	8.0	2.0	3.9	0.69
MINI PASTA SUPER GREEN PESTO	433	1827	27	4.2	2.0	2.8
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	0.41
MINI NON-GLUTEN PASTA BOLOGNESE	285	1191	7.4	2.4	4.7	0.79
MINI PIZZA MARGHERITA (TOPPINGS NOT INCLUDED)	422	1763	12	6.2	5.6	1.8
VEGAN MINI PIZZA MARGHERITA (TOPPINGS NOT INCLUDED)	413	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	87	412	0.2	0.1	19	0
GARLIC BREAD (TINY TUMMY)	76	321	0.9	0.2	0.5	0.29
MINI PASTA POMODORO (TINY TUMMY)	97	405	10	6.2	0.4	0.50

\*Unfortunately we do not hold the nutritional data for the olives.

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