

SOMETHING SCRUMPTIOUS FOR EVERYONE

Nutritional Information
3rd January 2017 Version 1



MENU ITEM	PER SERVING									PER 100 G								
	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)
STARTERS																		
Olives Marinate	122	504	1.1	10.7	1.4	6.6	1.2	2.9	2.8	153	630	1.4	13.4	1.7	8.3	1.5	3.6	3.5
Roasted Tomatoes	67	277	1.3	3.5	0.4	6.0	5.6	2.8	0.5	111	461	2.1	5.9	0.6	10.0	9.4	4.6	0.8
Dough Balls	361	1509	9.1	16.4	9.1	42.4	1.8	2.9	1.6	301	1257	7.6	13.7	7.6	35.3	1.5	2.4	1.3
Dough Balls Doppio	770	3228	19.2	36.7	12.0	87.9	4.2	6.5	3.4	296	1242	7.4	14.1	4.6	33.8	1.6	2.5	1.3
Dough Balls Doppio Formaggi	882	3689	27.3	45.2	14.2	88.8	8.0	5.7	3.8	342	1430	10.6	17.5	5.5	34.4	3.1	2.2	1.5
Gluten Free Dough Balls	382	1599	2.0	21.6	11.1	44.4	5.0	2.6	1.3	403	1684	2.1	22.7	11.7	46.7	5.3	2.7	1.4
Garlic Bread w. Mozzarella	326	1370	15.7	9.7	5.2	42.2	1.9	2.8	1.6	249	1045	12.0	7.4	4.0	32.2	1.5	2.1	1.3
Bruschetta Originale	412	1733	10.5	19.5	2.4	46.2	4.4	3.7	1.9	189	795	4.8	9.1	1.1	21.2	1.7	1.6	0.9
Brushetta Con Funghi	386	1628	12.2	13.8	7.0	52.1	6.0	3.9	1.6	143	601	4.5	5.1	2.6	19.2	2.2	1.4	0.6
Buffalo Mozzarella and Tomato Salad	331	1376	9.5	30.3	12.5	5.3	4.0	1.0	1.0	164	681	4.7	15.0	6.2	2.6	2.0	0.5	0.5
Calamari new size	636	2657	12.1	44.7	17.6	46.8	3.6	4.6	2.7	279	1161	5.3	19.6	7.7	20.4	1.6	2	1.2
Classic Italian Antipasto for 1	785	3285	31.5	49.9	21.8	52.5	6.1	7.5	5.9	253	1053	10.1	16.0	7.0	17.1	2	2.5	1.9
Classic Italian Antipasto for 2	1582	6628	62.4	99.9	41.5	106.8	12.9	14.8	11.6	270	1133	11.1	16.8	7.5	18.6	2.3	2.4	2.0
Risotto Fresco	443	1864	18.9	25.0	6.4	35.4	3.1	0.9	2.1	145	611	6.2	8.2	2.1	11.6	1.0	0.3	0.7

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AL FORNO																		
Cannelloni	760	3172	36.1	55	26.8	31	23.3	2.8	4.8	152	634	7.2	11	5.4	6.2	4.7	0.6	1
Lasagna Classica	752	3149	33.4	49.3	32.4	42.3	10.2	3.4	3.9	172	721	7.6	11.3	7.4	9.7	2.3	0.8	0.9
Pollo Pesto	1195	5000	50.9	70.1	28.0	88.2	11.0	3.2	3.0	203	850	8.6	11.9	4.8	15.0	1.9	0.5	0.5
Melanzane Parmigiana (In House)	607	2534	21.9	45.2	15.7	26.3	15.6	7.5	2.6	140	585	5.1	10.4	3.6	6.1	3.6	1.7	0.6
Risotto Fresco	867	3658	36.0	48.8	11.6	70.8	6.1	1.8	4.3	142	599	5.9	8.0	1.9	11.6	1.0	0.3	0.7

MAIN COURSE SALAD																		
Leggera Superfood Salad	461	1922	15.7	27	3.4	44.5	15	7.9	1.6	135	562	4.6	7.9	1	13	4.4	2.3	0.4
Salmon Portion for Leggera Superfood Salad	225	936	22.2	15.1	2.7	0.1	0.1	0.1	1.3	225	936	22.2	15.1	2.7	0.1	0.1	0.1	1.3
Chicken Portion for Leggera Superfood Salad	172	725	27.7	5.4	0.8	3.2	1.5	0.0	0.6	172	725	27.7	5.5	0.8	3.2	1.5	0.0	0.6
Nicoise Salad	604	2533	40.9	27.2	4.9	47.2	6.2	4.4	4.2	137	575	9.3	6.2	1.1	10.7	1.4	1.0	0.9
Bosco 2016	737	3093	44.1	37.5	8.1	54.2	10.1	10.1	4.1	145	610	8.7	7.4	1.6	10.7	2.0	2.0	0.8
Chicken Portion for Bosco Salad	172	725	27.7	5.4	0.8	3.2	1.5	0.0	0.6	172	725	27.7	5.4	0.8	3.2	1.5	0.0	0.6
Pollo Salad	737	3087	37.7	36.5	10.7	63.1	7.1	5.2	4.0	186	778	9.5	9.2	2.7	15.9	1.8	1.3	1.0

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LEGGERA PIZZAS																		
Pollo ad Astra Leggera	486	2044	35.4	14.1	3.8	54.5	16.4	5.0	2.3	128	537	9.3	3.7	1.0	14.3	4.3	1.3	0.6
Padana Leggera	488	2050	15.6	14.2	6.0	72.8	29.8	5.0	2.1	137	578	4.4	4.0	1.7	20.5	8.4	1.4	0.6
American Hot Leggera	440	1842	24.2	17.3	6.9	49.3	8.7	3.9	3.0	147	616	8.1	5.8	2.3	16.5	2.9	1.3	1.0
Superfood Mix Upgrade	170	711	6.3	9.2	1.1	15.2	2.7	3.5	0.5	227	948	8.4	12.2	1.5	20.2	3.6	4.7	0.7
PIZZAS																		
Calabrese	1346	5647	77.6	68.8	32.6	103.3	19.8	8.1	7.4	2010	881	12.1	10.7	5.1	16.1	3.1	1.3	1.2
Margherita Bufala Romana 65	935	3927	37.5	40.7	22.4	101.9	12.3	7.3	4.6	205	859	8.2	8.9	4.9	22.3	2.7	1.6	1.0
American Hottest Romana 65	1261	5293	44.0	75.2	36.0	99.3	16.6	7.5	6.4	235	986	8.2	14.0	6.7	18.5	3.1	1.4	1.2
Padana Romana	888	3612	34.5	26.2	12.9	117.2	31.4	7.8	3.9	193	813	8.0	6.2	3.1	25.6	6.9	1.7	0.9
Pollo ad Astra Romana	925	3886	59.0	30.3	12.9	100.7	17.9	6.9	4.5	186	783	11.9	6.1	2.6	20.3	3.6	1.4	0.9
Diavolo Romana	943	3962	49.0	37.9	17.3	96.5	13.0	7.2	5.3	197	825	10.2	7.9	3.6	20.1	2.7	1.5	1.1
Pollo Forza Romana	1168	4917	71.0	50.0	17.2	104.3	19.4	8.3	5.0	210	886	12.8	9.0	3.1	18.8	3.5	1.5	0.9

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PIZZAS (CONTINUED)																		
Calzone Classico	1001	4215	49.5	43.7	16.7	101.3	14.3	8.5	5.8	186	783	9.2	8.1	3.1	18.8	2.7	1.6	1.1
American	844	3548	41.1	33.6	14.7	91.2	10.6	6.4	4.9	224	941	10.9	8.9	3.9	24.2	2.8	1.7	1.3
Margherita	729	3066	35.7	23.3	10.2	91.1	10.6	6.4	3.9	206	869	10.1	6.6	2.9	25.8	3.0	1.8	1.1
La Reine	777	3270	39.7	26.3	10.3	92.0	10.4	7.2	4.6	190	801	9.7	6.5	2.5	22.5	2.6	1.8	1.1
Fiorentina	910	3820	48.9	35.8	13.4	93.6	10.6	8.1	4.5	179	752	9.6	7.1	2.6	18.4	2.1	1.6	0.9
Pianta	860	3637	24.9	38.1	3.7	100.5	13.2	12.7	5.3	163	688	4.7	7.2	0.7	19.0	2.5	2.4	1.0
Veneziana	836	3515	40.7	30.1	12.7	96.7	15.3	7.2	4.2	197	829	9.6	7.1	3.0	22.8	3.6	1.7	1.0
Sloppy Giuseppe	842	3540	43.5	39.3	9.6	97.2	13.6	6.8	4.7	203	858	11.3	8.4	3.9	20.9	2.7	1.7	1.3
Soho 65	1063	4473	47.6	54.4	24.1	93.3	11.5	7.2	4.8	221	930	9.9	11.3	5.0	19.4	2.4	1.5	1.0

BASES																		
Main Base	448	1892	17.8	3.2	0.2	83.8	3.2	5.6	2.4	224	946	8.9	1.6	0.1	41.9	1.6	2.8	1.2
Piccolo Base	224	946	8.9	1.6	0.1	41.9	1.6	2.8	1.2	224	946	8.9	1.6	0.1	41.9	1.6	2.8	1.2
Gluten Free Main Base	431	1823	5.07	2.5	0.2	95.1	1.5	2.3	2.1	221	935	2.9	1.3	0.1	48.8	0.8	1.2	1.1
Gluten Free Piccolo Base	199	842	2.6	1.2	0.1	43.9	0.7	1.1	1	221	935	2.9	1.3	0.1	48.8	0.8	1.2	1.1

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SIDES																		
Mixed Leaf Salad	134	550	1.1	12.7	1.8	3.6	2.8	0.7	0.7	97	399	0.8	9.2	1.3	2.6	2.0	0.5	0.5
Superboost	227	945	7.6	14.0	2.0	15.5	3.9	4.2	0.7	162	675	5.4	10.0	1.4	11.1	2.8	3.0	0.5
Coleslaw "Pizza Express"	330	1361	1.9	33.3	2.4	4.6	0.0	2.5	0.8	264	1089	1.5	26.6	1.9	3.7	0.0	2.0	0.6
Polenta Chips new size	558	2333	8.4	28.4	1.6	65.2	6.3	3.7	3	241	1010	3.7	12.2	0.7	28	2.7	1.6	1.3

DESSERTS																		
Chocolate Fudge Cake	378	1588	5.3	16.8	6.4	50.7	35.6	2.0	1.3	320	1346	4.5	14.2	5.4	43.0	30.2	1.7	1.1
Chocolate Fudge Cake + Ice Cream	491	2062	8.0	21.2	9.4	66.2	51.1	2.3	1.4	276	1159	4.5	11.9	5.3	37.2	28.7	1.3	0.8
Honeycombe Cream Slice	575	2398	5.2	37.9	18.9	53	24	1.1	1.1	422	1763	3.8	27.9	13.9	39	17.7	0.8	0.8
Honeycombe Cream Slice + Ice Cream	687	2872	7.9	42.4	22	68.4	39.5	1.4	1.2	351	1465	4	21.7	11.2	34.9	20.1	0.7	0.6
Vanilla Cheesecake	369	1538	5.9	21.3	10.9	39.0	31.5	2.7	0.4	340	1418	4.8	21.9	11.1	30.5	21.1	0.9	0.3
Vanilla Cheesecake + Ice Cream	549	2293	8.9	31.8	16.2	58.2	46.8	2.7	0.6	273	1139	4.4	15.8	8.1	28.9	23.3	1.4	0.3
Tiramisu	242	1015	3.0	8.6	6.8	37.2	22	1.7	0.2	242	1015	3.0	8.6	6.8	37.2	22	1.7	0.2
Leggera Tartufo Limoncello	202	852	2.2	5.3	4.2	34.9	32.8	1.1	0	176	741	1.9	4.6	3.7	30.4	28.6	0.9	0
Chocolate Glory	687	2893	12.6	23.7	15.5	105.7	89.6	3.3	0.3	222	933	4.2	7.6	5.0	34.1	28.9	1.1	0.3
Coppa Gelato Vanilla	260	1054	5.6	10.6	7.8	33.1	33.1	1.0	0.3	208	844	4.5	8.5	6.2	26.5	26.5	0.8	0.2
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	221	934	0.8	4.9	4.1	42.8	42.3	0.8	0.0	177	748	0.6	3.9	3.3	34.2	33.8	0.6	0.0

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Coppa Gelato Salted Caramel	288	1204	4.8	14.4	9.9	34.3	28.1	0.5	0.9	230	964	3.8	11.5	7.9	27.	22.5	0.4	0.7
Chocolate Brownie Desert	552	2313	7.8	28.4	14.4	65.6	58.1	0.3	0.2	319	1337	4.5	16.4	8.3	37.9	33.6	0.2	0.1

DOLCETTI (VALUES BELOW ARE WITHOUT COFFEE)																		
Salted Caramel Profiteroles	242	1012	3.5	15.6	10.8	21.6	18.0	0	0.1	403	1686	5.9	26	18.0	36	30	0	0.2
Chocolate Brownie	235	983	2.8	13.0	6.2	26.2	22.2	0.1	0.1	392	1638	4.6	21.6	10.3	43.6	37	0.1	0.1
Raspberry Sorbet Dolcetti	86	363	0.6	1.9	1.8	16.5	16.4	1.1	0	132	559	1	2.9	2.8	25.4	25.2	1.6	0.0
Caffè Reale	191	796	2	11.7	7.7	19.4	19.4	1.3	0.1	293	1224	3.1	18	11.9	29.9	29.8	1.9	0.2
Lemon Posset Crunch	194	806	0	15.7	8.4	13.2	7.7	0.2	0.2	442	1832	0	35.6	19.2	30	17.4	0.5	0.4
PICCOLO NUTRITIONAL DATA																		
PICCOLO STARTERS																		
Dough Balls, Side Salad, Garlic Butter	196	820	5.4	8.4	4.6	24.0	3.5	2.4	0.8	124	519	3.4	5.3	2.9	15.1	2.2	1.5	0.5
Dough Balls, Side Salad, Olive Oil and Balsamic	187	790	5.4	6	0.8	27.2	3.5	2.2	0.6	118	500	3.4	3.8	0.5	17.2	2.2	1.4	0.4
Gluten Free Dough Balls, Side Salad, Garlic Butter	238	993	2.1	11.6	5.6	30.8	7.0	2.8	0.7	136	568	1.2	6.6	3.2	17.6	4.0	1.6	0.4
Gluten Free Dough Balls, Side Salad, Olive Oil and Balsamic	225	946	2.1	8.4	1.2	34.1	7.0	2.8	0.5	128	540	1.2	4.8	0.7	19.5	4.0	1.6	0.3
Mixed Salad	18	73	0.9	0.2	0.0	3.2	2.9	1.0	0.0	16	67	0.8	0.2	0.0	2.9	2.7	0.9	0.0

PICCOLO PIZZAS																		
American	395	1659	20.0	12.7	6.3	48.5	4.9	3.4	2.3	208	873	10.5	6.7	3.3	25.5	2.9	1.8	1.2
American (Light Mozz.)	357	1503	19.2	9.3	4.2	48.3	5.5	3.4	2.3	188	791	10.1	4.9	2.2	25.4	2.9	1.8	1.2

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La Reine	341	1441	18.8	10.0	4.6	45.9	4.9	3.4	2.5	168	710	9.3	4.9	2.2	25.4	2.4	1.7	1.2
La Reine (Light Mozz.)	326	1375	20.6	7.7	3.3	46.0	5	3.4	2.5	178	750	10.4	5.1	2.3	24	2.6	1.6	1.2
Pollo	362	1522	22.0	9.1	4.2	46.2	5.5	3.2	1.9	191	801	11.6	4.8	2.2	24.3	2.9	1.7	1.0
Pollo (Light Mozz.)	312	1318	22.4	5.6	2.9	45.5	5	3	2.1	156	659	11.2	2.8	1.5	22.8	2.5	1.5	1.0
Margherita	328	1378	16.7	8.0	4.1	45.6	5.3	3.2	1.9	193	810	9.8	4.7	2.4	26.8	3.1	1.9	1.1
Margherita (Light Mozz.)	309	1302	18.2	5.8	2.7	45.7	5.4	3.2	1.8	172	723	10.1	3.2	1.5	25.4	3.0	1.8	1.0
Mushroom	330	1389	16.9	8.2	4.2	45.6	5.3	3.4	1.9	174	731	8.9	4.3	2.2	24.0	2.8	1.8	1.0
Mushroom (Light Mozz)	312	1313	18.4	5.8	2.8	45.6	5.4	3.4	2.0	156	657	9.2	2.9	1.4	22.8	2.7	1.7	1.0
PICCOLO PASTA																		
Pasta Bolognese	387	1636	19.7	11.7	10.3	49.6	5.2	2.6	0.5	149	629	7.6	4.5	4	19.1	2.0	1	0.2
Pasta Bianca	389	1642	10.1	15.7	8.7	51.3	4.1	1.8	0.4	177	746	4.6	7.1	4	23.3	1.9	0.8	0.2
Pasta Napoletana	316	1335	9.3	7.1	3.6	53.3	8.6	2.3	0.7	145	613	4.2	3.3	1.7	24.5	4	1.1	0.3
Pasta Burro	311	1307	7.2	12.1	6.8	43.3	1.4	2.5	0.4	270	1137	6.3	10.5	5.9	37.7	1.2	2.2	0.4
PICCOLO DESSERTS																		
Vanilla Gelato with Cone	120	502	2.8	4.6	3.1	16.7	15.6	0.3	0.2	194	810	4.6	7.5	5.0	27	25.2	0.6	0.3
Vanilla Gelato with Chocolate Sauce	146	614	2.9	4.6	3.1	23.2	20.2	0.6	0.2	209	880	4.1	6.6	4.5	33.3	28.9	0.9	0.1
Vanilla Gelato with Chocolate Sauce and Cone	154	644	3	4.8	3.2	24.7	20.4	0.7	0.2	213	895	4.2	6.6	4.4	34.3	28.4	0.9	0.2
Vanilla Gelato with Fruit Coulis	125	524	2.7	4.5	3.1	18.4	18.4	0.5	0.2	178	749	3.9	6.5	4.4	26.3	26.3	0.7	0.2
Vanilla Gelato with Fruit Coulis, Cone and Fresh Strawberry	134	563	3.0	4.7	3.1	20.3	19.2	0.6	0.2	164	686	3.6	5.7	3.8	24.8	23.4	0.8	0.2
Vanilla Gelato with Fresh Strawberry	120	502	2.8	4.6	3.1	16.7	15.6	0.3	0.2	194	810	4.6	7.5	5.0	27.0	25.2	0.6	0.1
Raspberry Sorbet	61	257	0.4	0.2	0.2	14.2	14.2	0.7	0	101	428	0.6	0.4	0.3	23.7	23.7	1.1	0

MENU ITEM	PER SERVING									PER 100 G								
	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)
Raspberry Sorbet with Cone	72.5	307.3	0.6	0.3	0.2	16.8	15.4	0.7	0	115.1	487.8	1.0	0.5	0.3	26.7	24.5	1.1	0
Raspberry Sorbet with Fruit Coulis and Cone	79	331	0.5	0.4	0.2	18.4	17.3	0.9	0	110	463	0.7	0.5	0.3	25.8	24.2	1.2	0
Piccolo Ice Pop	17	74	0.0	0	0	4.2	4.0	0	0	43	186	0.1	0.1	0	10.4	9.9	0.0	0
Piccolo Brownie	215	901	2.5	11.9	5.7	24	20.4	0.1	0	392	1638	4.6	21.6	10.3	43.6	37	0.1	0.1

SOMETHING SCRUMPTIOUS FOR EVERYONE

Winter Specials
Nutritional Information
3rd January 2017 Version 1



MENU ITEM	PER SERVING										PER 100 G									
	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)	
STARTERS																				
Pennette Formaggi starter	506	2110	20.2	34.8	19.2	27.2	2	0.9	1.9		267	1111	10.60	18.3	10.1	14.3	1.1	0.5	1	
PIZZAS																				
Pennette Formaggi Main	1230	5135	47.7	70.3	38.7	98.3	4.7	3.4	3.8		257	1070	9.9	14.7	8.1	20.5	1	0.7	0.8	
Barbacoa	974	4081	51.9	37.2	14.4	106.1	21.8	8.8	5.4		189	790	9.9	7.2	2.8	20.5	4.2	1.7	1	
Etna	1221	5121	57.9	64.8	30.5	98.5	16.4	8	7.4		244	1022	11.6	12.9	6.1	19.7	3.3	1.6	1.5	
DESSERT																				
Chocolate Fondant	668	2798	8.4	45.2	27.3	56.2	54.9	4	0.21		361	1513	4.5	24.4	14.8	30.4	29.7	2.2	0.12	

ENJOY
YOUR MEAL