

9to5strength - Zizzi Nutrition Tables

Zizzi - Starters & Sharers

PRODUCT	CALORIES	SUGARS	FAT	SAT. FAT	SALT
ANTIPASTO GRANDE BOARD	1705	45	72	33	8.3
CICCHETTI SHARING BOARD	1580	11	78	18	7.1
ANTIPASTO GRANDE BOARD (VEGETARIAN)	1329	21	46	20	6.2
FRITTO MISTO (LARGE)	980	9	40	5	4.6
MUSHROOM BRINDISI	831	6	33	13	3.6
FONDUTA FORMAGGI	787	7	26	15	4
BRUSCHETTA	783	6	32	6	3.2
TOSCANA SOUP	726	15	19	5	3.8
GARLIC BREAD WITH MOZZARELLA	707	16	17	7	2.7
CALAMARI (LARGE)	627	1	49	11	2.2
FRITTO MISTO (SMALL)	554	5	26	3	2.4
GARLIC BREAD	553	7	9	2	2.2
BUTTERFLIED KING PRAWNS	530	5	15	4	3.1
LITTLE SOUL BREAD (WITHOUT DIPS)	522	3	5	1	2.9
ARANCINI	459	6	16	6	3.2
WILD BOAR MEATBALLS	420	6	30	11	2.5
BUFALA CAPRESE	380	4	33	17	0.4
CALAMARI (SMALL)	313	1	24	6	1.1
PRAWN & ZUCCHINI BITES	270	2	23	4	0.8
ZIZZI SPICY NUTS	241	3	15	2	6
GARLIC BUTTER DIP	156	0	17	6	0
NOCELLARA GIGANTI OLIVES	153	1	15	2	2.9
ZIZZI MIXED OLIVES	144	0	15	2	3.3
LEMON & ROSEMARY DIP	123	2	7	1	0.3
WHITE BEAN & BASIL PESTO DIP	83	0	6	1	0.7
RED PEPPER TAPENADE DIP	60	2	5	0	0.3

Zizzi - Calzone

PRODUCT	CALORIES	SUGARS	FAT	SAT. FAT	SALT
CALZONE POLLO SPINACI	1263	9	53	24	4.8
CALZONE CARNE PICCANTE	1117	10	43	17	6.1

Zizzi - Meat & Fish

PRODUCT	CALORIES	SUGARS	FAT	SAT. FAT	SALT
LAMB SHOULDER (NO SIDES)	390	2	25	11	2.1
SEABASS FILLET (NO SIDES)	351	0	21	4	0.7
FRIED HERBY POTATOES (SIDE)	338	7	13	3	0.2
POLLO PROSCIUTTO (NO SIDES)	300	1	12	4	1.4
SPIEDINI POLLO WITH SAUCE (NO SIDES)	294	7	14	5	2
SPIEDINI PESCATORE WITH SAUCE (NO SIDES)	293	4	18	5	1.9
GREEN GODDESS SALAD (SIDE)	123	2	7	1	0.3
ISLE OF WIGHT SUMMER TOMATO SALAD (SIDE)	32	2	2	0	0.9
GREEN BEANS (SIDE)	8	0	0	0	0

Zizzi - Pasta

PRODUCT	CALORIES	SUGARS	FAT	SAT. FAT	SALT
STROZZAPRETI PESTO ROSSO	1181	8	66	23	4.1
PULLED BEEF & VENSION STROZZAPRETI	956	7	49	20	2.8
CASARECCIA POLLO PICCANTE	865	6	46	23	2
PORCINI GIGANTI TORTELLONI	756	5	39	16	0.8
SPAGHETTI CARBONARA	720	3	38	18	3.2
SPAGHETTI POMODORO	551	8	21	8	1.8
SPAGHETTI BOLOGNESE	508	8	15	5	2.2
KING PRAWN LINGUINE	498	6	15	5	3.8
RAVIOLI DI CAPRA	494	7	23	7	2.3

Zizzi - Skinny Pizza

PRODUCT	CALORIES	SUGARS	FAT	SAT. FAT	SALT
SKINNY PRIMAVERA	502	8	16	5	3.2
SKINNY POLLO ROQUITO	488	11	13	5	2.6
SKINNY KING PRAWN DIAVOLA	487	8	13	6	2.6

Zizzi - Non-Gluten

PRODUCT	CALORIES	SUGARS	FAT	SAT. FAT	SALT
FIERY ITALIAN HOT	1129	9	48	22	6
PESTO ROSSO PASTA	1111	6	66	23	5.6
PEPPERONI CAMPAGNA CLASSIC	1060	8	40	15	5.6
CAPIA CLASSIC	990	8	61	20	4.9
POLLO PICCANTE PASTA	889	4	53	28	2
PULLED BEEF & VENSION PASTA	887	5	48	19	4.3
MARGHERITA CLASSIC	885	7	24	13	4.5
CARBONARA PASTA	719	1	37	17	3.4
VEGAN LENTIL RAGU PASTA	713	6	28	4	4.9
PINOLI CLASSIC	712	7	30	14	4.3
BOLOGNESE PASTA	641	11	23	5	3.9
VEGAN MARGHERITA	613	4	30	16	4.1
KING PRAWN PASTA	576	8	15	5	3.6
POMODORO PASTA	535	1	22	8	1.8
SUPER ZUCCA SALAD	500	12	28	13	2.4
FONDUTA FORMAGGI	473	4	31	15	1.9
KING PRAWNS	430	3	25	5	1.8
TOSCANA SOUP	274	12	13	2	2.8
SOUL BREADS	125	0	1	0	0.8

Zizzi - Vegan

PRODUCT	CALORIES	SUGARS	FAT	SAT. FAT	SALT
PEPPERONATA RUSTICA	1266	17	56	47	4.7
ZUCCA RUSTICA	1229	12	54	47	4.4
MARGHERITA RUSTICA	1093	6	52	31	5.4
PEPPERONATA CLASSIC	921	14	30	24	3.7
ZUCCA CLASSIC	906	10	29	24	3.5
MARGHERITA CLASSIC	818	6	28	16	3.9
GARLIC BREAD	743	4	23	3	2.2
BRUSCHETTA	698	6	25	4	2.3
NON-GLUTEN MARGHERITA	613	4	30	16	4.1
LENTIL RAGU	610	7	18	3	2.5

Zizzi - Classic Pizza

PRODUCT	CALORIES	SUGARS	FAT	SAT. FAT	SALT
CAPIA CLASSIC	1213	10	59	19	4.6
ITALIAN HOT CLASSIC	923	9	38	18	4.2
PEPPERONI CAMPAGNA CLASSIC	870	10	29	12	4.1
MARGHERITA CLASSIC	853	12	28	13	3.6
PINOLI CLASSIC	783	9	27	13	3.7

Zizzi - Rustica Pizza

PRODUCT	CALORIES	SUGARS	FAT	SAT. FAT	SALT
PULLED PORK ROMA RUSTICA	1543	25	84	37	4.6
CAPIA RUSTICA	1494	12	83	32	5
POLLO ROSSO RUSTICA	1405	13	63	24	5.9
PICCANTE RUSTICA	1328	17	58	25	6.5
SOFIA RUSTICA	1320	8	51	23	7.1
PROSCIUTTO FRESCA RUSTICA	1318	24	59	35	4.1
PRIMAVERA RUSTICA	1144	11	61	24	5.6
ITALIAN HOT RUSTICA	1138	9	54	26	5
PEPPERONI CAMPAGNA RUSTICA	1039	12	39	17	5.5
PINOLI RUSTICA	1005	12	36	18	4.2
MARGHERITA RUSTICA	883	10	29	15	3.5

Zizzi - Sides

PRODUCT	CALORIES	SUGARS	FAT	SAT. FAT	SALT
HERBY POTATOES	338	7	13	3	0.2
LENTIL RAGU	321	6	28	4	2.3
BUFALA MOZZARELLA, TOMATO & BASIL SALAD	248	3	22	10	0.6
ROCKET & RISERVA SALAD	133	0	11	3	0.3
MIXED LEAF, TOMATO & SPRING ONION SALAD	64	2	6	1	0.1
TENDERSTEM BROCCOLI	36	0	2	0	0.2
GREEN BEANS	15	0	0	0	0
ITALIAN NAKED SLAW	14	1	0	0	0

Zizzi - Salads

PRODUCT	CALORIES	SUGARS	FAT	SAT. FAT	SALT
SUPER ZUCCA SALAD (WITH CHICKEN)	693	15	25	9	2.8
SUPER ZUCCA SALAD	572	14	21	8	1.9
GREEN GODDESS SALAD (SALMON)	547	3	32	5	1.3
CHICKEN & PROSCIUTTO SALAD	397	3	23	4	2.4
GREEN GODDESS SALAD (BROCCOLI)	264	3	13	2	0.9

Zizzi - Oven-Baked Pasta

PRODUCT	CALORIES	SUGARS	FAT	SAT. FAT	SALT
WILD BOAR MEATBALLS AL FORNO	982	19	49	13	6.8
LASAGNE	947	12	61	30	4.9
PENNE DELLA CASA	769	3	35	16	3.9

Zizzi - Risotto

PRODUCT	CALORIES	SUGARS	FAT	SAT. FAT	SALT
RISOTTO POLLO FUNGHI	537	1	20	6	2.4
RISOTTO PESCE	520	1	21	6	3.9
RISOTTO FUNGHI	439	1	20	9	2

Zizzi - Non-Dairy

PRODUCT	CALORIES	SUGARS	FAT	SAT. FAT	SALT
NON-DAIRY PEPPERONATA RUSTICA	1266	17	56	47	4.7
NON-DAIRY ZUCCA RUSTICA	1229	12	54	47	4.4
NON-DAIRY MARGHERITA RUSTICA	1093	6	52	31	5.4
NON-DAIRY PEPPERONATA CLASSIC	921	14	30	24	3.7
NON-DAIRY ZUCCA CLASSIC	906	10	29	24	3.5
NON-DAIRY MARGHERITA CLASSIC	818	6	28	16	3.9
NON-DAIRY GARLIC BREAD	743	4	23	3	2.2
NON-DAIRY BRUSCHETTA	698	6	25	4	2.3
NON-DAIRY NON-GLUTEN MARGHERITA	613	4	30	16	4.1
NON-DAIRY LENTIL RAGU	610	7	18	3	2.5

Zizzi - Gelato (One Scoop)

PRODUCT	CALORIES	SUGARS	FAT	SAT. FAT	SALT
CHOCOLATE & BLACK SEA SALT GELATO	112	14	4	3	0.3
COCONUT & CHOCOLATE RIPPLE GELATO	112	12	6	5	0.1
VANILLA GELATO	76	9	3	2	0
CHOCOLATE GELATO	58	7	3	1	0
HONEY, SEA SALT & MASCARPONE GELATO	54	8	8	1	0.1
STRAWBERRY SORBET	50	11	0	0	0
LEMON SORBET	49	11	0	0	0

Zizzi - Desserts

PRODUCT	CALORIES	SUGARS	FAT	SAT. FAT	SALT
SALTED CARAMEL CHOCOLATE BROWNIE	843	69	45	27	0.3
CHOCOLATE & SALTED CARAMEL SUNDAE	800	78	42	26	1.6
TIRAMISU	640	36	20	14	0.3
BAKED LEMON & RASPBERRY CHEESECAKE	616	30	48	28	0.7
CHOCOLATE MELT	613	44	40	19	0.2
CHOCOLATE & BANANA CALZONE	610	44	23	13	1.1
STICKY CHOCOLATE TORTE	539	32	31	18	0.2
ESPRESSO AFFOGATO	512	25	29	15	0.2
ZINGY CITRUS TORTE	485	39	27	16	0.3
LEMON MERINGUE SUNDAE	463	56	22	14	0.2
SUMMER BERRY SUNDAE	410	50	29	12	0.2