



NUTRITIONAL AND ALLERGEN INFORMATION

All these products are analyzed at FSSAI approved, NABL accredited, and ISO 17025 certified laboratories based on actual testing. An average active adult requires 2,000 kcal energy per day; however, calorie needs may vary

All our Pizzas and Pastas contains Gluten & Milk. Any of the product served in our restaurant may contains traces of Gluten and Milk since all products are prepared in the same kitchen.

Substitutions of ingredients may alter nutritional values. Although this data is based on standard portion product guidelines, variations can be expected due to seasonal influences, minor differences in product assembly per restaurant and other factors. certain locations may at times offer test products, limited-time offerings or other regional menu choices not listed here.

Data mentioned in based on current formulations as on date of posting. If you have any questions about Pizza Express and nutrition or are particularly sensitive or specific ingredients or food, then please contact us.

ALLERGEN LEGEND

Contains :  Cereals containing gluten

 Crustaceans  Milk and Milk products  Egg  Fish

 Nuts including Peanuts  Soyabean/Soy  Sulphites

ND - Not Detected



Name of the Dish	Allergen Info	Avg Portion Weight (g)	Energy (Kcal) (in entire Portion)	Energy (Kcal)	Carbohydrates(g)	Proteins(g) Per 100g Serve	Total Fat(g)	Total Sugar(g)	Sodium(mg)
8" PIZZA									
BBQ chicken pizza		248.0	575.1	231.9	35.7	12.8	4.2	3.6	569.7
Grilled vegetable delight		262.0	585.2	223.4	35.4	10.0	4.6	4.6	448.5
Marinara Pizza		293.0	641.6	219.0	36.5	8.4	4.4	3.8	364.5
Mushroom artichokes pizza		291.0	639.3	219.7	32.8	10.3	5.3	3.9	410.3
Pepporoni pizza		265.0	689.0	260.0	37.5	11.4	7.2	2.7	471.9
Smoked chicken pizza		298.0	625.4	209.9	30.6	9.9	5.3	4.4	416.4
Spiced chicken & Corn pizza		308.0	688.9	223.7	36.8	10.1	4.0	2.9	396.5
Sweet corn & Onion pizza		279.0	643.0	230.5	39.3	9.3	4.0	6.4	374.6
BAKED PASTA									
Lasagna Verde		562.0	657.8	117.0	14.9	4.5	4.4	4.4	245.1
Melanzane Parmigiana		363.0	467.3	128.7	2.2	3.1	5.5	1.7	56.0
Pollo Lasagna		468.0	619.1	132.3	12.4	9.4	5.0	3.0	191.9
Pollo pesto Baked		608.0	841.5	138.4	9.1	8.8	7.4	3.3	230.4
Polpette Piccante		530.0	885.6	167.1	19.4	9.9	5.5	3.9	273.8
Rissoto Pollo Pesto		469.0	970.2	206.9	19.8	7.6	10.8	3.2	289.8

ALLERGEN LEGEND

Contains : Cereals containing gluten Crustaceans Milk and Milk products Egg Fish Nuts including Peanuts Soyabean/Soy Sulphites



Name of the Dish	Allergen Info	Avg Portion Weight (g)	Energy (Kcal) (in entire Portion)	Energy (Kcal)	Carbohydrates(g)	Proteins(g) Per 100g Serve	Total Fat(g)	Total Sugar(g)	Sodium(mg)
CALABRESE									
Chicken Calabrese (Pollo)		506.0	1021.2	215.5	23.6	11.2	7.0	5.4	574.2
Veg Calabrese (Verdure)		474.0	1079.3	213.3	24.4	8.9	10.5	3.4	494.3
CALZONE									
Bolognaise(Hunter)Chicken Meat Ball		254.0	509.1	200.4	19.3	11.5	8.6	2.6	391.4
Verdure		244.0	499.6	210.8	22.9	7.6	9.2	2.5	251.0
BBQ Cottage Cheese		244.0	731.8	299.9	37.8	10.0	12.1	2.7	271.3
COFFEE									
Americano		96.0	20.4	21.2	4.5	1.0	0.0	0.0	0.0
Cappuccino		175.0	93.7	53.5	4.7	2.5	2.7	4.4	41.7
Espresso		19.0	14.1	74.3	15.9	2.6	0.0	0.0	0.0
Hot Chocolate		304.0	208.3	68.5	7.9	2.8	2.8	7.2	54.3
Latte		261.0	140.2	53.7	4.5	2.6	2.8	4.0	37.0
Mocha		281.0	161.2	57.4	5.8	2.5	2.7	5.0	43.7

ALLERGEN LEGEND

Contains : Cereals containing gluten Crustaceans Milk and Milk products Egg Fish Nuts including Peanuts Soybean/Soy Sulphites



Name of the Dish	Allergen Info	Avg Portion Weight (g)	Energy (Kcal) (in entire Portion)	Energy (Kcal)	Carbohydrates(g)	Proteins(g) Per 100g Serve	Total Fat(g)	Total Sugar(g)	Sodium(mg)
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HOME DRINKS

Berry Slushy	-	300	92.4	30.8	7.4	0.3	ND	7.2	1.1
Floral Smash	-	304.0	67.3	22.2	5.2	0.3	ND	4.9	6.1
London Fizz	-	275.0	82.1	29.9	7.3	0.2	ND	7.2	7.2
Not a Cosmo	-	298.0	92.4	31.0	7.4	0.3	ND	7.1	7.8
Devils Mary	-	254.0	75.7	29.8	7.2	0.2	ND	7.0	97.4
Mrs. Granny Smith	-	304.0	130.4	42.9	10.4	0.3	ND	10.3	2.7
Sparkled Iced Lemon Tea	-	300.0	103.8	34.6	8.4	0.2	ND	8.2	10.2
Sparkled Iced Peach Tea	-	314.0	96.5	30.7	8.4	0.3	ND	8.2	10.2

DESSERTS

Banoffie Pie		158.0	548.4	347.1	28.3	2.5	24.9	16.4	121.8
Chocolate Cheese Cake		154.0	619.2	402.1	40.0	5.9	24.3	21.2	160.4
Chocolate Fudge Cake		105.0	335.1	319.1	61.1	4.8	6.2	14.2	356.4
Dough Ball Nutella		250.0	860.7	344.3	53.7	8.8	10.5	14.8	341.0
Salted Caramel Cheese Cake		155.0	1536.2	542.8	19.5	4.3	28.3	11.2	130.5
Raspberry Cheese Cake		198.0	667.4	397.3	29.8	4.7	22.1	14.2	169.7
Tiramisu		185.0	517.8	279.9	18.3	4.8	20.8	16.4	21.8
Baked Vanila Cheese cake		143.0	563.6	394.1	35.0	6.8	25.2	17.9	250.4

ALLERGEN LEGEND

Contains : Cereals containing gluten Crustaceans Milk and Milk products Egg Fish Nuts including Peanuts Soyabean/Soy Sulphites



Name of the Dish	Allergen Info	Avg Portion Weight (g)	Energy (Kcal) (in entire Portion)	Energy (Kcal)	Carbohydrates(g)	Proteins(g) Per 100g Serve	Total Fat(g)	Total Sugar(g)	Sodium(mg)
STARTER									
Spicy Arancini		220.0	601.6	273.4	33.5	7.4	12.2	2.6	614.2
Frichos		95.0	345.1	363.2	42.9	5.8	18.7	2.7	776.1
Loaded Veg Frichos		135.0	249.3	184.7	21.9	5.3	8.4	2.6	418.8
Loaded chicken Frichos		290.0	546.0	188.3	20.7	7.4	8.8	2.6	619.0
Butter Garlic Prawns		160.0	415.5	259.7	18.8	11.0	15.6	2.7	556.0
Chicken Meatball/Polpette		245.0	492.1	200.9	20.7	14.0	6.9	ND	400.7
Butter Garlic Mushroom		225.0	507.9	225.7	13.4	4.3	17.2	2.7	357.8
V Crispers		120.0	311.2	259.3	34.1	2.0	12.8	2.6	351.7
Creamy Spinach & Corn		150.0	396.9	264.6	20.1	10.9	15.6	2.7	378.4
Prawn Skewers		180.0	199.1	110.6	7.4	8.9	5.0	2.6	423.6
Crispy Wings		225.0	702.2	312.1	15.3	14.6	21.4	2.7	831.7
Hot BBQ chicken wings		240.0	562.1	234.2	20.4	22.3	14.6	4.7	1096.7
Crispy BBQ Wings		210.0	662.7	315.6	28.3	8.9	18.5	2.7	1046.9
Crispy Hot Wings		200.0	782.4	391.2	8.3	10.0	35.4	2.6	1021.0
(New) Tandoori Chicken Bruschetta		329.0	870.3	264.5	29.6	12.6	10.6	2.6	569.0
WMG – Dough Balls Pizza express – 4 pcs with Butter		50.0	0.0	0.0	#REF!	#REF!	#REF!	#REF!	#REF!
Bruchetta Originale		196.0	379.8	193.8	26.6	5.4	7.3	3.6	225.7

ALLERGEN LEGEND

Contains : Cereals containing gluten Crustaceans Milk and Milk products Egg Fish Nuts including Peanuts Soyabean/Soy Sulphites



Name of the Dish	Allergen Info	Avg Portion Weight (g)	Energy (Kcal) (in entire Portion)	Energy (Kcal)	Carbohydrates(g)	Proteins(g) Per 100g Serve	Total Fat(g)	Total Sugar(g)	Sodium(mg)
STARTER									
Bruchetta Picante/ Spicy Bruschetta		140.0	367.2	262.3	40.5	12.2	5.7	3.5	390.1
Dough Balls AL Forn		200.0	537.6	268.8	29.2	14.9	10.3	2.7	200.9
Emilgrana & mushroom bake - 4 dough balls		120.0	256.0	213.4	16.8	5.1	14.0	2.4	104.2
Emilgrana & mushroom bake 6 dough balls		140.0	278.1	198.6	31.0	8.9	4.3	4.2	419.1
Garlic Bread with butter-3 pcs		89.0	299.1	336.0	51.7	10.5	9.7	3.8	406.4
Spiedini di Pollo/Chicken Skewers		196.0	204.7	104.4	4.4	9.3	5.5	3.6	222.6
(New) Cottage Cheese Skewers		222.0	455.1	205.0	3.6	8.4	17.4	2.8	115.9
(New) Chicken Meatball Shakshuka		348.0	688.0	197.7	16.8	15.2	7.7	2.6	571.2
Garlic Bread with Mozzarella		113.0	337.3	298.5	43.4	10.7	9.1	3.3	421.4
Hot Jalepeno Dough Balls		200.0	643.6	321.8	36.9	7.9	15.8	2.6	291.6
Loaded pesto dough balls		190.0	558.8	294.1	39.4	13.3	9.2	ND	357.2
Dynamite Dough Balls		180.0	524.3	291.3	47.7	4.9	9.0	ND	414.5
Hottest Dough Balls		185.0	526.3	284.5	44.6	9.58	7.5	ND	480.7
Marinated Olives	-	100.0	217.4	217.4	4.7	2.0	21.2	2.7	688.9
Slow Roasted Tomatoes	-	100.0	104.6	104.6	5.0	2.0	8.5	2.7	129.6
Spiedini di Pollo/Chicken Skewers		196.0	204.7	104.4	4.4	9.3	5.5	3.6	222.6
Stuffed arancini		125.0	404.3	323.4	35.6	7.1	17.0	2.7	150.9
Dough balls "Pizza Express" (8pcs)		458.0	309.4	309.4	9.5	1.8	2.5	0.7	93.1

ALLERGEN LEGEND

Contains : Cereals containing gluten Crustaceans Milk and Milk products Egg Fish Nuts including Peanuts Soyabean/Soy Sulphites



Name of the Dish	Allergen Info	Avg Portion Weight (g)	Energy (Kcal) (in entire Portion)	Energy (Kcal)	Carbohydrates(g)	Proteins(g) Per 100g Serve	Total Fat(g)	Total Sugar(g)	Sodium(mg)
SIGNATURE PIZZAS									
11" Classic American Hottest		471.0	1395.2	296.2	16.7	13.5	19.5	2.8	512.4
14" Classic American Hottest		662.0	1961.0	296.2	16.7	13.5	19.5	2.8	512.4
14" Romana American Hottest		471.0	1395.2	296.2	16.7	13.5	19.5	2.8	512.4
14" Classic Tandoori Chicken (Apollo)		658.0	1328.0	201.8	28.4	10.8	4.8	4.1	421.1
14" Romana Tandoori Chicken (Apollo)		451.0	910.3	201.8	28.4	10.8	4.8	4.1	421.1
11" Classic Tandoori Chicken (Apollo)		438.0	884.0	201.8	28.4	10.8	4.8	4.1	421.1
11" Classic Chicken & Pineapple Chutney Pizza		400.0	965.4	241.3	31.3	13.5	6.9	2.7	165.6
14" Classic Chicken & Pineapple Chutney Pizza		660.0	1592.8	241.3	31.3	13.5	6.9	2.7	165.6
14" Romana Chicken & Pineapple Chutney Pizza		481.0	1160.8	241.3	31.3	13.5	6.9	2.7	165.6
11" Clasic Chicken & Sweet Corn		410.0	406.3	203.2	12.9	6.6	2.3	1.2	137.5
14" Classic chicken & sweet corn		459.0	454.9	203.2	12.9	6.6	2.3	1.2	137.5
14" Romana chicken & sweet corn		639.0	633.3	203.2	12.9	6.6	2.3	1.2	137.5
11" Classic Cipolla Piccante / Fiery Onion		377.0	842.8	223.5	31.5	8.2	7.2	3.1	282.5

ALLERGEN LEGEND

Contains : Cereals containing gluten Crustaceans Milk and Milk products Egg Fish Nuts including Peanuts Soyabean/Soy Sulphites



Name of the Dish	Allergen Info	Avg Portion Weight (g)	Energy (Kcal) (in entire Portion)	Energy (Kcal)	Carbohydrates(g)	Proteins(g) Per 100g Serve	Total Fat(g)	Total Sugar(g)	Sodium(mg)
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SIGNATURE PIZZAS

11" Classic Fiocchi Di Latte Paneer Coriander Pesto		420.0	1051.4	269.6	27.3	10.1	11.2	2.4	220.5
14" Classic Fiocchi Di Latte Paneer Coriander Pesto		634.0	1587.1	269.6	27.3	10.1	11.2	2.4	220.5
14" Romana Fiocchi Di Latte Paneer Coriander Pesto		461.0	1154.0	269.6	27.3	10.1	11.2	2.4	220.5
11" Classic Funghi Di Bosco/ Rosemary Mushroom		419.0	936.1	223.4	20.1	14.5	9.4	4.3	367.9
14" Classic Fungi Di Bosco/ Rosemary Mushroom		665.0	1485.7	223.4	20.1	14.5	9.4	4.3	367.9
14" Romana Fungi Di Bosco / Rosemary Mushroom		458.0	1023.3	223.4	20.1	14.5	9.4	4.3	367.9
11" Classic Margherita		309.0	719.1	232.7	32.7	10.6	6.7	5.0	570.9
14" Classic Margherita		544.0	1266.1	232.7	32.7	10.6	6.7	5.0	570.9
14" Romana Margherita		322.0	554.1	232.7	15.5	11.2	7.3	3.3	283.4
14" Romana Pomodoro Pesto		397.0	1012.9	255.1	29.8	7.3	11.8	3.6	402.3
11" Classic Pomodoro Pesto		341.0	870.0	255.1	29.8	7.3	11.8	3.6	402.3
14" Classic Pomodoro Pesto		578.0	1474.7	255.1	29.8	7.3	11.8	3.6	402.3
11" Classic Sweet Corn & Green Olive/Black Olive		361.0	769.3	213.1	32.5	10.5	4.6	2.8	216.2
14" Classic Sweet corn & Green Olive/Black Olive		550.0	1172.0	213.1	32.5	10.5	4.6	2.8	216.2

ALLERGEN LEGEND

Contains : Cereals containing gluten Crustaceans Milk and Milk products Egg Fish Nuts including Peanuts Soybean/Soy Sulphites



Name of the Dish	Allergen Info	Avg Portion Weight (g)	Energy (Kcal) (in entire Portion)	Energy (Kcal)	Carbohydrates(g)	Proteins(g) Per 100g Serve	Total Fat(g)	Total Sugar(g)	Sodium(mg)
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SIGNATURE PIZZAS

14" Romana Sweet corn & Green Olive/Black Olive		375.0	799.1	213.1	32.5	10.5	4.6	2.8	216.2
14" Romana Cipolla Piccante /Fiery Onion		397.0	887.5	223.5	31.5	8.2	7.2	3.1	282.5
14" Classic Cipolla Piccante / Fiery Onion		605.0	1514.5	223.5	31.5	8.2	7.2	3.1	282.5

KIDS DESSERT

Banana Nutella Pizza		167	312.4	187.1	23.5	6.6	7.4	19.7	184.1
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KIDS PASTA

Penne Forestier		185.0	449.2	242.8	27.0	5.8	12.4	2.9	172.2
Piccolo Spaghetti Pollo Pesto		195.0	499.9	256.4	22.3	6.2	15.8	4.3	273.8
Spaghetti & Meat Ball		207.0	505.6	244.2	29.1	10.9	9.4	2.6	256.3

KIDS PIZZA

Piccolo Classic Margherita		176.0	358.7	218.7	30.9	8.3	5.2	4.8	403.0
Piccolo Classic Mushroom		176.0	347.8	197.6	15.0	22.1	5.5	2.7	284.3
Pollo Verde		189.0	514.5	272.2	24.9	10.0	14.7	3.3	302.1
Kids Verdura		164.0	416.6	254.1	36.5	10.8	7.2	2.9	256.9
Piccolo Classic American		151.0	415.8	275.3	31.7	12.4	11.0	3.3	420.7





ALLERGEN LEGEND

Contains : Cereals containing gluten Crustaceans Milk and Milk products Egg Fish Nuts including Peanuts Soyabean/Soy Sulphites











Name of the Dish	Allergen Info	Avg Portion Weight (g)	Energy (Kcal) (in entire Portion)	Energy (Kcal)	Carbohydrates(g)	Proteins(g) Per 100g Serve	Total Fat(g)	Total Sugar(g)	Sodium(mg)
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KIDS STARTER

Baked Smileys – 6pcs		123.0	328.1	266.7	33.9	5.8	12.0	3.3	305.2
Baked Mac n cheese	 	165.0	334.0	202.4	22.8	8.4	8.6	3.3	110.6
Classic Dough Balls with Cheese Dip	 	60.0	139.0	231.6	42.6	10.5	2.1	4.3	348.3


LEGGERA

Giardinera	  	253.0	472.5	186.8	7.4	2.5	3.8	1.4	100.1
Il Padrino	  	283.0	505.5	178.6	6.2	3.1	2.9	2.5	88.7
Padana	 	250.0	486.1	194.4	10.5	2.2	3.0	3.3	66.7

LTO DESSERTS

Lime Cheese Cake	 	153.0	1162.8	410.9	32.2	4.2	13.7	12.4	83.1
Mango Cheese Cake	 	175.0	1155.1	408.2	48.5	3.7	12.0	9.5	63.7
Salted Caramel Cheese Cake	 	155.0	1536.2	542.8	19.5	4.3	28.3	11.2	130.5

ALLERGEN LEGEND

Contains :  Cereals containing gluten  Crustaceans  Milk and Milk products  Egg  Fish  Nuts including Peanuts  Soyabean/Soy  Sulphites



Name of the Dish	Allergen Info	Avg Portion Weight (g)	Energy (Kcal) (in entire Portion)	Energy (Kcal)	Carbohydrates(g)	Proteins(g) Per 100g Serve	Total Fat(g)	Total Sugar(g)	Sodium(mg)
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MILKSHAKES & FRAPPE

Berry Frappe		267.0	223.1	83.6	3.5	3.1	6.4	2.7	24.4
Chocolate Frappe		245.0	194.9	79.6	18.7	0.3	ND	18.2	40.0
Tiramisu Frappe		248.0	264.4	106.6	17.1	1.6	3.5	16.8	35.6
Chocolate Fudge Milkshake		342.0	482.8	170.6	7.8	1.0	1.6	3.4	23.7
Cold Coffee		356.0	482.8	170.6	4.9	1.1	2.7	2.4	16.6

SIGNATURE PIZZAS

11" Classic American		371.0	867.0	233.7	30.1	11.1	7.7	3.3	494.8
14" Classic American		618.0	1444.1	233.7	30.1	11.1	7.7	3.3	494.8
14" Romana American		399.0	3459.1	233.7	30.1	11.1	7.7	3.3	494.8
11" Classic Arrabiata		395.0	772.9	195.7	26.1	11.0	5.3	3.2	508.4
14" Classic Arrabiata		641.0	1265.9	320.5	26.3	11.1	5.3	3.2	513.1
14" Romana Arrabiata		450.0	880.5	222.9	26.1	11.0	5.3	3.2	508.4
11" Classic Margherita Bufala		354.0	824.0	232.8	28.1	7.7	9.9	3.4	361.0
14" Classic Margherita Bufala		522.0	1215.0	232.8	28.1	7.7	9.9	3.4	361.0
14" Romana Margherita Bufala		362.0	842.6	232.8	28.1	7.7	9.9	3.4	361.0
11" Classic Pollo Chicken Corriander Pesto		460.0	1054.9	229.3	27.3	11.7	8.2	3.3	468.5

ALLERGEN LEGEND

Contains : Cereals containing gluten Crustaceans Milk and Milk products Egg Fish Nuts including Peanuts Soyabean/Soy Sulphites



Name of the Dish	Allergen Info	Avg Portion Weight (g)	Energy (Kcal) (in entire Portion)	Energy (Kcal)	Carbohydrates(g)	Proteins(g) Per 100g Serve	Total Fat(g)	Total Sugar(g)	Sodium(mg)
14" Classic Pollo Corriander Pesto		692.0	1586.9	229.3	27.3	11.7	8.2	3.3	468.5
14" Romana Pollo Coriander Pesto		491.0	1126.0	229.3	27.3	11.7	8.2	3.3	468.5
11" Classic Formaggi 65		346.0	770.3	222.6	30.2	10.7	6.6	3.7	495.2
14" Classic Formaggi 65		575.0	1280.2	222.6	30.2	10.7	6.6	3.7	495.2
14" Romana Formaggi 65		376.0	837.1	222.6	30.2	10.7	6.6	3.7	495.2
11" Classic Giardiniera		439.0	881.2	200.7	19.3	13.5	7.7	3.0	312.8
14" Classic Giardiniera		672.0	1348.9	200.7	19.3	13.5	7.7	3.0	312.8
14" Romana Giardiniera		482.0	967.5	200.7	19.3	13.5	7.7	3.0	312.8
11" Classic Il Padrino		453.0	970.5	214.2	24.4	10.0	8.5	4.0	471.9
14" Classic Il Padrino		702.0	1504.0	214.2	24.4	10.0	8.5	4.0	471.9
14" Romana Il Padrino		488.0	1045.5	214.2	24.4	10.0	8.5	4.0	471.9
11" Classic Melanzane Piccante		510.0	1104.9	216.7	16.6	6.8	13.7	4.0	378.8
14" Classic Melanzane Piccante		736.0	1594.6	216.7	16.6	6.8	13.7	4.0	378.8
14" Romana Melanzane Piccante		528.0	1143.9	216.7	16.6	6.8	13.7	4.0	378.8
11" Classic Padana		380.0	809.0	212.9	11.0	29.3	5.8	3.9	332.6
14" Classic Padana		606.0	1290.1	212.9	11.0	29.3	5.8	3.9	332.6
14" Romana Padana		388.0	826.0	212.9	11.0	29.3	5.8	3.9	332.6

ALLERGEN LEGEND

Contains : Cereals containing gluten Crustaceans Milk and Milk products Egg Fish Nuts including Peanuts Soybean/Soy Sulphites



Name of the Dish	Allergen Info	Avg Portion Weight (g)	Energy (Kcal) (in entire Portion)	Energy (Kcal)	Carbohydrates(g)	Proteins(g) Per 100g Serve	Total Fat(g)	Total Sugar(g)	Sodium(mg)
11" Classic Pollo Forza		479.0	1031.8	215.4	22.0	13.3	8.3	4.9	400.2
14" Classic Pollo Forza		714.0	1538.0	215.4	22.0	13.3	8.3	4.9	400.2
14" Romana Pollo Forza		507.0	1092.1	215.4	22.0	13.3	8.3	4.9	400.2
11" Classic Polpette Bolognese		549.0	1200.8	218.7	27.0	4.4	10.4	4.2	496.6
14" Classic Polpette Bolognese		801.0	1752.0	218.7	27.0	4.4	10.4	4.2	496.6
14" Romana Polpette Bolognese		565.0	1235.8	218.7	27.0	4.4	10.4	4.2	496.6
11" Classic Soho 65		407.0	991.7	243.7	30.1	8.4	10.0	3.9	419.3
14" Classic Soho 65		606.0	1476.6	243.7	30.1	8.4	10.0	3.9	419.3
14" Romana Soho 65		429.0	1045.3	243.7	30.1	8.4	10.0	3.9	419.3
SALAD									
Grand Chicken Ceasar		276.0	619.0	224.3	30.0	11.5	6.5	3.3	417.5
Grilled Chicken Salad		330.0	1007.1	305.2	51.4	11.3	6.1	ND	258.3
Mozerella & Tomato Salad		162.0	372.3	229.8	11.7	11.9	15.0	2.8	100.1
Protein Bomb - Large		428.0	773.0	180.6	4.0	4.3	5.7	1.5	70.3
Warm Veg & Goat Cheese Salad		359.0	743.4	207.1	15.4	5.9	13.5	4.2	180.0
Watermelon & Goat Cheese Salad		431.0	135.1	31.3	3.9	2.1	0.8	2.8	59.2

ALLERGEN LEGEND

Contains : Cereals containing gluten Crustaceans Milk and Milk products Egg Fish Nuts including Peanuts Soyabean/Soy Sulphites



Name of the Dish	Allergen Info	Avg Portion Weight (g)	Energy (Kcal) (in entire Portion)	Energy (Kcal)	Carbohydrates(g)	Proteins(g) Per 100g Serve	Total Fat(g)	Total Sugar(g)	Sodium(mg)
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SHARING PLATTERS

Chicken Platter		200.0	221.0	254.0	7.7	8.5	6.9	1.3	414.4
Vegeterian Platter		365.0	236.1	271.4	7.6	1.8	4.1	0.7	40.8
Doppio dough ball (16pcs) with 3 dips - Garlic butter, Pesto rosso & Basil Pesto (20g dips each)		223.0	739.0	331.4	38.5	10.6	15.0	3.0	466.9

TEA

Tea Chamomile	-	186.0	5.8	3.1	0.6	0.1	0.1	ND	2.0
Tea - Green Tea	-	186.0	4.6	2.5	0.4	0.2	0.1	ND	1.3

PASTA, RISOTO & LASAGNE

Lasagna Verde/Vegetable Lasagna baked		562.0	657.8	117.0	14.9	4.5	4.4	4.4	245.1
Pollo Lasagna/Chicken Lasagna Baked		468.0	619.1	132.3	12.4	9.4	5.0	3.0	191.9
Pollo pesto Baked/Baked Chicken Pesto & Penne		608.0	841.5	138.4	9.1	8.8	7.4	3.3	230.4
Mushroom Risotto		383.0	593.0	154.8	16.0	5.3	7.7	2.5	366.8
Penne Corn Pepperonata/ Penne in cream sauce		435.0	794.4	182.6	10.0	2.5	3.8	1.2	86.5

ALLERGEN LEGEND

Contains : Cereals containing gluten Crustaceans Milk and Milk products Egg Fish Nuts including Peanuts Soyabean/Soy Sulphites



Name of the Dish	Allergen Info	Avg Portion Weight (g)	Energy (Kcal) (in entire Portion)	Energy (Kcal)	Carbohydrates(g)	Proteins(g) Per 100g Serve	Total Fat(g)	Total Sugar(g)	Sodium(mg)
SHARING PLATTERS									
Pollo Arrabiata/Penne Chicken Arrabiatta		518.0	691.8	133.6	21.0	7.7	2.1	3.3	300.1
Risotto Pollo Funghi/Chicken & Mushroom Risotto		471.0	820.5	174.2	18.3	6.9	8.2	2.7	269.5
Spaghetti Aglio e Olio		300.0	693.0	231.0	25.9	5.9	11.5	2.6	279.9
Spaghetti Alla Genovese/Spaghetti with Basil Pesto		585.0	1547.8	264.6	38.7	3.6	10.6	4.7	170.4

ALLERGEN LEGEND

Contains : Cereals containing gluten Crustaceans Milk and Milk products Egg Fish Nuts including Peanuts Soyabean/Soy Sulphites