

Nutritional Information

July 2025



- Adults need around 2000 kcal a day
- Nutritional values are for informational purposes only and are not a substitute for medical advice

Starters	Energy (kcal)
Caprese Salad	453
Mozzarella Sticks	535
Slow-Roasted Tomatoes	67
Marinated Olives	122
Dough Balls – With Garlic Butter	450
Garlic Bread Mozzarella	355
Calamari	570
BBQ Chicken Wings	655
Bruschetta	409

Sides	Energy (kcal)
Halloumi Bites	651
Polenta Chips	549
Rainbow Slaw	180
House Salad	150

Al Forno	Energy (kcal)
Prawn Peperonata	519
‘Nduja & Mozzarella	865
Pollo Pesto	1076
Melanzane	400
Cannelloni	757
Lasagne	597

Salads	Energy (kcal)
Grand Chicken Milanese	779
Nicoise	332
Chicken Caesar	581
Beetroot & Goat’s Cheese	361
Warm Chicken, Bacon & Avocado	491

Pizzas	Energy (kcal)
Double Pepperoni & Hot Honey	964
Goat's Cheese & Caramelised Onion	800
Tropean Hot	1353
Mezze	1097
Giardiniera	823
Garlic Mushroom	1061
Pollo Italiano	1126
American	1033
Margherita	870
Prosciutto	918
Hawaiian	897
Pollo Cajun	1289
Quattro Formaggi	931
Cotte e Funghi	895

Extra Toppings	Energy (kcal)
Red Onion	10
Black Olives	35
Sweet red peppers	20
Mixed Mushrooms	10
Artichokes	52
Chicken	53
Diced Mozzarella	190
Pepperoni	101
Ham	30
Roasted Red & Yellow Peppers	15

Dips	Energy (kcal)
Italian Tomato Dip	20
BBQ Dip	44
Basil & Pine Kernel Pesto Dip	142
Hot Honey	92

Desserts	Energy (kcal)
Tiramisu	515
Baked Vanilla Cheesecake	461
Double Belgian Chocolate Brownie	636
Raspberry Sorbet (1 scoop)	61
Vanilla Gelato (1 scoop)	114
Salted Caramel Gelato (1 scoop)	133
Stracciatella (1 scoop)	127
Bicoff® Billionaire Sundae	659
Berries & Dreams Sundae	517
Double Belgian Chocolate Brownie Dolce	247
Chocolate Fudge Cake	509
Affogato	115
Honeycomb & Caramel Cream Slice	621
Fruit coulis	25
Chocolate sauce	29

Hot Drinks	Energy (kcal)
Espresso	1
Dbl Espresso	2
Americano	1
Latte	116
Latte-Oat milk	146
Flat White	97
Flat White-Oat milk	122
Cappuccino	84
Cappuccino-Oat milk	105
Macchiato	14
Macchiato-Oat milk	17
Mocha	204
Mocha-Oat milk	231
Hot Chocolate	198
Hot Chocolate-Oat milk	229
Fresh mint leaf tea	2
English breakfast tea	1
Green tea	1
Earl Grey	1
Peppermint	2

Soft Drinks	Energy (kcal)
Coca cola	139
Coke zero	1
Diet coke	1
Fanta	63
Sprite	3
Sicilian Still Lemonade	38
Passion Fruit Still Lemonade	45
Cranberry Juice	50
Sparkling Raspberry Lemonade	56
Sparkling Elderflower Presse	58
San Pellegrino Limonata	73
San Pellegrino Aranciata Rosa	69
San Pellegrino Sparkling Water	0
Acqua Panna Still Water	0
Schweppes Soda Water	0
Schweppes Lemonade	27
Fever-tree Light tonic - Rhubarb & Raspberry	38
Peroni 0%	76

Kids Menu	Energy (kcal)
Doughballs	194
Margherita Pizza	370
American Pizza	436
Pollo Pizza	393
Ham & Mushrooms Pizza	385
Napoletana pasta	276
Bianca pasta	340
Creamy pesto pasta	482
Brownie	251
Sundae - choc sauce	149
Sundae - fruit sauce	131
Raspberry Sorbet	62
Cawston Press - Sunshine Orange	38
Cawston Press - Apple & Pear	54