

# NUTRITIONAL INFORMATION

Typical values per serving.  
(These figures are approximate, as all of our  
ingredients are measured by hand.)

• **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				
ZIZI MIXED OLIVES	144	602	15	2.0	0.2	3.3
NOCELLARA GIGANTI OLIVES	153	641	15	2.0	0.5	2.9
LITTLE SOUL BREAD (WITHOUT DIPS)	522	2215	5.4	1.4	3.2	2.9
GARLIC DIP	244	1003	26	8.1	0.1	0.3
RED PEPPER TAPENADE DIP	60	251	5.4	0.4	1.9	0.3
GARLIC BREAD	553	2310	8.5	2.1	6.7	2.2
GARLIC BREAD WITH MOZZARELLA	707	2954	17	6.5	16	2.7
'NDUJA GARLIC BREAD	774	3248	32	6.9	9.2	3.2
BRUSCHETTA	379	1587	20	3.2	4.9	1.1
TOSCANA SOUP	397	1668	13	1.4	12	3.2
MUSHROOM BRINDISI	396	1659	19	5.5	3.8	1.7
WILD BOAR MEATBALLS	420	1756	30	11	6.2	2.5
GARLIC KING PRAWNS	245	1034	6.3	1.1	1.1	2.1
CALAMARI (STARTER)	313	1310	24	5.6	0.6	1.1
FONDUTA FORMAGGI	787	3326	26	15	7.3	4.0
ARANCINI	459	1933	16	5.9	6.1	3.2
BUFALA CAPRESE	380	1535	33	17	3.8	0.4
CICCHETTI SHARING BOARD	2403	10002	167	21	18	12
ANTIPASTO GRANDE BOARD	1378	5771	69	27	36	5.8

• **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				
PAN-SEARED SALMON WITH SAUCE	585	2434	33	4.0	6.4	2.0
POLLO PROSCIUTTO (WITH SIDES)	537	2257	20	5.5	4.1	1.5
PORK BELLY CALABRESE	1906	7887	172	47	16	4.8
SEA BASS WITH SAUCE	534	2226	44	14	6.0	3.0
SEA BASS WITHOUT SAUCE	432	1796	24	2.9	4.3	1.7
CALAMARI (MAIN)	627	2621	49	11	1.2	2.2
SPIEDINI PESCATORE WITH SAUCE (WITH SIDES)	560	2319	46	11	2.8	2.3
SPIEDINI POLLO WITH SAUCE (WITH SIDES)	316	1165	11	1.7	7.4	2.9
SPIEDINI MANZO WITH SAUCE (WITH SIDES)	946	3963	47	7.2	6.8	4.1

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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
GAMBERONE & CHORIZO CLASSIC	1200	45.5	18	19	8.9	6.4
PEPPERONI CAMPAGNA CLASSIC	870	3637	29	12	10	4.1
PINOLI CLASSIC	783	3311	27	13	8.6	3.7
JACKFRUIT ITALIAN HOT CLASSIC	910	3833	26	15	28	5.2

• 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 MARGHERITA (PIZZA ONLY)	431	1817	10	5.4	5.6	1.5
SKINNY GAMBERONE & CHORIZO (PIZZA ONLY)	416	1753	12	5.3	5.5	2.4
SKINNY PEPPERONI CAMPAGNA (PIZZA ONLY)	541	2274	17	8.2	5.8	2.2
SKINNY PINOLI (PIZZA ONLY)	492	2068	14	7.0	12	1.9
SKINNY JACKFRUIT ITALIAN HOT (PIZZA ONLY)	445	1874	13	7.7	12	2.5
SKINNY SALAD	25	103	0.6	0.1	2.8	0.0

• 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
POLLO ROSSO RUSTICA	1433	6000	72	19	18	6.0
WAGYU POLPETTE RUSTICA	1229	5149	58	25	14	6.2
SMOKY CHORIZO RUSTICA	1167	4902	45	12	18	6.4
PRIMAVERA RUSTICA	1222	5127	53	22	17	6.6
SOFIA RUSTICA	1320	5575	51	23	7.7	7.1
MARGHERITA RUSTICA	883	3690	29	15	10	3.5
GAMBERONE & CHORIZO RUSTICA	1564	6544	79	32	16	8.3
PEPPERONI CAMPAGNA RUSTICA	1039	4344	39	17	12	5.5
PINOLI RUSTICA	1005	4249	36	18	12	4.2
JACKFRUIT ITALIAN HOT RUSTICA	932	3920	33	18	28	6.8

• 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	1263	5318	53	24	8.5	4.8
CALZONE CARNE PICCANTE	1066	4478	43	5.8	15	3.7

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• **NON-GLUTEN** •

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 GARLIC BREAD	508	2147	7.9	1.8	1.7	0.2
NON-GLUTEN SOUL BREADS	125	523	1.3	0.2	0.3	0.8
NON-GLUTEN FONDUTA FORMAGGI	526	2205	24	14	4.9	1.7
NON-GLUTEN KING PRAWNS	430	1807	25	5.3	3.4	1.8
NON-GLUTEN TOSCANA SOUP	469	1973	16	2.1	12	2.7
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 PINOLI CLASSIC	712	2981	30	14	6.9	4.3
NON-GLUTEN GAMBERONE & CHORIZO CLASSIC	1173	4915	49	15.7	7.2	6.8
NON-GLUTEN JACKFRUIT ITALIAN HOT	1129	4719	48	22	9.1	6.0
NON-GLUTEN VEGAN MARGHERITA	712	2990	27	15	1.7	1.7
NON-GLUTEN VEGAN ZUCCA CLASSIC	883	3714	32	23	14	1.8
NON-GLUTEN POMODORO PASTA	535	2235	22	7.6	0.8	1.8
NON-GLUTEN CHORIZO CARBONARA PASTA	911	3813	47	14	6.1	2.5
NON-GLUTEN BEEF BRISKET & VENISON	828	3474	34	9.0	7.5	1.4
NON-GLUTEN PESTO ROSSO PASTA	1111	4647	66	23	6.0	5.6
NON-GLUTEN BOLOGNESE PASTA	641	2680	23	5.3	11	3.9
NON-GLUTEN KING PRAWN PASTA	576	2424	15	5.3	7.9	3.6
NON-GLUTEN POLLO PICCANTE PASTA	889	3715	53	28	4.4	2.0
NON-GLUTEN LENTIL LINGUINE RAGÙ	654	2749	23	3	7.3	2.2
NON-GLUTEN SUPER ZUCCA SALAD	500	2086	28	13	12	2.4
NON-GLUTEN SEA BASS	432	1796	24	2.9	4.3	1.7

• **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
KING PRAWN LINGUINE	498	2083	15	5.4	5.6	3.8
CASARECCIA POLLO PICCANTE	865	3616	46	23	5.9	2.0
BEEF BRISKET & VENISON TAGLIATELLE	900	3783	25	11	8.4	1.37
SPAGHETTI CHORIZO CARBONARA	818	3423	45	14	5.7	2.6
STROZZAPRETI PESTO ROSSO	1181	4935	66	23	8.3	4.1
SPAGHETTI BOLOGNESE	508	2124	15	4.9	8.4	2.2
CRAB CANNELLONI	856	3568	57	31	8.2	3.8
WILD BOAR MEATBALLS AL FORNO	982	4114	49	13	19	6.8
PASTA DELLA CASA	1412	5901	81	25	10	3.2
LASAGNE	947	3958	61	30	12	4.9
RAVIOLI DI CAPRA	494	2063	23	7.3	7.0	2.3

• **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 GARLIC BREAD	743	3150	23	2.5	4.1	2.2
VEGAN BRUSCHETTA	698	2957	25	3.7	6.4	2.3
VEGAN 'BEETBALLS' POLPETTE	235	985	14	5.7	1.7	6.0
VEGAN MARGHERITA CLASSIC	818	3488	28	16	6.4	3.9
VEGAN MARGHERITA RUSTICA	1093	4598	52	31	6.4	5.4
VEGAN ZUCCA CLASSIC	906	3826	29	24	9.8	3.5
VEGAN ZUCCA RUSTICA	1229	5177	54	47	12	4.4
VEGAN LENTIL LINGUINE RAGÙ	677	2841	30	3.2	9.0	6.8
VEGAN SPAGHETTI POMODORO	553	2319	26	2.7	2.7	4.3

• 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 BRUSCHETTA	698	2957	25	3.7	6.4	2.3
NON-DAIRY GARLIC BREAD	743	3150	23	2.5	4.1	2.2
VEGAN 'BEETBALLS' POLPETTE	235	985	14	5.7	1.7	6.0
NON-DAIRY MARGHERITA CLASSIC	818	3488	28	16	6.4	3.9
NON-DAIRY MARGHERITA RUSTICA	1093	4598	52	31	6.4	5.4
NON-DAIRY NON-GLUTEN MARGHERITA	613	2560	30	16	3.9	4.1
NON-DAIRY ZUCCA CLASSIC	906	3826	29	24	9.8	3.5
NON-DAIRY ZUCCA RUSTICA	1229	5177	54	47	12	4.4
NON-DAIRY LENTIL LINGUINE RAGÙ	677	2841	30	3.2	9.0	6.8

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• 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				
SWEET POTATO FRIES	516	2158	29	7.0	25	1.8
CHIPS WITH SEA SALT & ROSEMARY	581	2433	30	3.4	1.0	1.9
CHIPS WITH TRUFFLE & RISERVA CHEESE	670	2798	39	4.1	1.0	1.9
COURGETTE FRITTI	545	2277	7.4	7.5	3.8	2.6
FRIED HERBY POTATOES	222	931	8.0	1.7	2.7	0.1
BABY GEM SALAD	40	166	2.6	0.9	1.4	0.1
GARLIC KALE & BROCCOLI	228	942	21	5.2	3.0	0.5
GREEN BEANS	15	61	0.1	0.0	0.3	0.0

• 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	2505	21	8.4	14	1.9
SUPER ZUCCA SALAD (WITH CHICKEN)	693	3013	25	9.1	15	2.8
CHICKEN & PROSCIUTTO SALAD	333	1389	17	5.1	5.1	1.9

• 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				
PASSION FRUIT CHEESECAKE	438	1835	20	11	25	0.4
SALTED CARAMEL CHOCOLATE BROWNIE	843	3530	45	27	69	0.3
GOLDEN MILLIONAIRE'S SLICE	561	2347	29	16	53	0.6
HONEYCOMB CHEESECAKE	652	2722	38	20	47	1.0
TIRAMISU	640	2675	20	14	36	0.3
CHOCOLATE & BANANA CALZONE	621	2601	29	1.7	55	0.7
RUBY PLUM & AMARETTI CRUMBLE	328	1388	5	3	68	0.0
CHOCOLATE MELT	621	2588	40	3.1	16	0.0
VEGAN BANANA & RASPBERRY CALZONE	435	1827	17	4.9	41	0.5
SALTED CARAMEL SUNDAE	804	3366	41	26	72	0.8
LEMON MERINGUE SUNDAE	463	1950	22	14	56	0.2

• 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	0.0
CHOCOLATE GELATO (1 SCOOP)	58	242	2.8	1.4	7.0	0.0
HONEY, SEA SALT & MASCARPONE GELATO (1 SCOOP)	54	226	7.6	1.4	7.6	0.1
SALTED CARAMEL GELATO (1 SCOOP)	116	488	4.5	3.2	13	0.3
COCONUT & CHOCOLATE RIPPLE GELATO (1 SCOOP)	112	469	5.5	4.7	12	0.1
LEMON SORBET (1 SCOOP)	49	206	0.2	0.0	11	0.0
STRAWBERRY SORBET (1 SCOOP)	50	209	0.1	0.1	11	0.0

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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				
CARROT, CUCUMBER & A SOUL BREAD	151	638	1.2	0.2	6.2	0.7
CARROT, CUCUMBER & A NON-GLUTEN SOUL BREAD	284	1201	4.3	1.0	4.9	0.2
FISH GOUJONS	454	1902	23	1.7	5.5	1.3
MINI PASTA POMODORO	402	1681	25	3.9	1.2	2.0
MINI PASTA BOLOGNESE	365	1524	12	3.7	4.8	2.3
MINI PASTA FORMAGGI	441	1838	20	9.2	5.7	2.6
MINI PASTA PESTO	375	1564	24	2.4	1.1	3.0
MINI NON-GLUTEN PASTA POMODORO	191	802	2.1	0.4	5.0	1.0
MINI NON-GLUTEN PASTA BOLOGNESE	285	1191	7.4	2.4	4.7	0.8
MINI NON-GLUTEN PASTA FORMAGGI	238	995	7.6	3.7	0.7	0.4
MINI PIZZA MARGHERITA (TOPPING NOT INCLUDED)	422	1763	12	6.2	5.6	1.8
VEGAN MINI PIZZA MARGHERITA (TOPPING NOT INCLUDED)	414	1752	9.9	7.3	3.5	2.0
MINI NON-GLUTEN PIZZA MARGHERITA (TOPPING NOT INCLUDED)	360	1503	10	5.4	3.7	2.0
KIDS CHIPS	290	1213	15	1.7	0.5	0.4
FRUIT POT	106	450	0.4	0.1	22	0.0
STARTER (TINY TUMMY)	76	321	0.9	0.2	0.5	0.3
MINI PASTA POMODORO (TINY TUMMY)	97	405	10	6.2	0.4	0.5

Typical values per serving. (These figures are approximate, as all of our ingredients are measured by hand).

Full nutritional information is available for core menu dishes.  
Please visit our website to find out more. All of our dishes are made to order,  
so unfortunately calorie counts can only be approximate.