

Nutrition Menu

Per Serving / Per 100g

These figures are approximate as all of our ingredients are measured by hand. Product seasonality and availability may also cause variation in these figures. The data is a mixture of theoretical calculations and laboratory testing.

Adults need around 2.000kcal per day.

Zizzi Nutrition Guide

NIBBLES																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Pasta Crisps	907	216	8.9	1.0	28	5.8	4.8	1.9	1210	288	12	1.3	37	7.7	6.4	2.6
Cheeky Olives	665	162	15	2.0	3.8	0.5	1.0	3.0	674	164	15	2.0	3.8	0.5	1.0	3.0
Little Soul Breads	2653	631	19	3.0	95	5.6	18	5.0	1137	270	8.3	1.3	41	2.4	7.6	2.1
Add aioli, garlic dip & smoky tomato dip	1524	370	37	6.8	7.7	4.4	1.7	1.4	1452	352	35	6.5	7.4	4.2	1.6	1.3
STARTERS																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Calamari Large	3883	927	46	8.5	87	1.2	41	4.2	1158	277	14	2.5	26	0.4	12	1.2
Additional Soul Breads	1532	365	14	3.2	49	0.5	9.8	2.9	1180	281	11	2.5	38	0.4	7.6	2.3
Wild Mushroom Brindisi	2339	559	27	8.6	55	4.8	18	2.8	898	215	10	3.3	21	1.8	7.0	1.1
Garlic Bread with just Cheese	2858	680	21	10	89	1.1	31	2.8	1098	261	8.1	3.9	34	0.4	12	1.1
Vegan Meatless Meatballs	1312	313	16	5.7	24	5.9	17	3.0	575	137	6.8	2.5	11	2.6	7.5	1.3
Caprese Salad	1717	416	39	12	6.9	4.8	8.4	0.35	765	185	17	5.3	3.1	2.1	3.8	0.15
Mozzarella Arancini	1316	312	5.5	3.1	58	27	7.4	0.86	842	200	3.5	2.0	37	17	4.7	0.55
Pork & Garlic Meatballs	2645	636	49	19	16	6.5	32	3.0	839	202	16	6.2	5.2	2.1	10	0.96
Fondutta Formaggi	3568	851	35	20	94	3.1	37	6.7	930	222	9.2	5.1	24	0.8	9.7	1.7
King Prawn Spiedini	1030	247	17	4.0	2.9	1.8	21	1.8	529	127	8.7	2.1	1.5	0.9	11	0.90
Cheesy Chilli Garlic Bread	3135	747	28	12	90	1.5	31	2.9	1120	267	10	4.2	32	0.5	11	1.1
Bruschetta	2665	639	39	5.3	57	6.9	12	1.7	796	191	12	1.6	17	2.1	3.6	0.51
Calamari Small	2189	524	29	4.6	45	1.1	21	2.3	1181	282	15	2.5	24	0.6	11	1.2
Additional Bufala Mozzarella	519	125	11	7.8	0.6	0.6	6.0	0.32	1037	250	22	16	1.2	1.2	12	0.63
Garlic Bread with Mozzarella & Caramelised Onions	3116	741	22	10	102	12	31	3.1	1073	255	7.6	3.5	35	4.3	11	1.1
Garlic Bread	2448	582	16	3.7	89	0.9	18	2.2	1106	263	7.3	1.7	40	0.4	8.0	1.0
Chicken Spiedini	2198	526	29	3.9	33	31	33	1.1	842	201	11	1.5	13	12	12	0.42

Zizzi Nutrition Guide

SHARERS																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Grazing Board	7917	1892	93	31	192	36	66	14.3	890	213	10	3.5	22	4.1	7.4	1.6
Fonduta Board	7879	1879	74	28	241	39	57	8.5	958	228	9.0	3.4	29	4.7	6.9	1.0
Favourites Board	8345	1990	82	16	249	36	59	7.1	935	223	9.2	1.8	28	4.1	6.6	0.80
Add Chicken Skewers	1252	300	17	3.1	4.0	3.2	32	0.73	655	157	9.0	1.6	2.1	1.7	17	0.38
Add Harissa King Prawn Skewers	556	132	3.5	0.8	2.1	1.7	23	1.6	294	70	1.9	0.4	1.1	0.9	12	0.83
OUR RUSTICA PIZZA																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Pure Pepperoni	5121	1225	64	33	92	3.9	67	11.2	1119	268	14	7.2	20	0.8	15	2.4
Black Truffle Salami & Mushroom	5519	1320	72	39	97	4.5	69	6.4	1063	254	14	7.5	19	0.9	13	1.2
Italian Garden	3857	921	40	17	110	10	25	5.3	735	175	7.6	3.2	21	1.9	4.8	1.0
Margherita	3532	841	29	18	92	3.4	49	3.9	924	220	7.7	4.8	24	0.9	13	1.0
Primavera	5314	1272	65	27	105	8.5	60	7.0	837	200	10	4.3	17	1.3	9.4	1.1
Duo Verde	5732	1371	70	40	113	18	67	5.5	869	208	11	6.0	17	2.8	10	0.83
Vegan Margherita	3519	839	35	28	108	2.8	20	5.3	762	182	7.5	6.2	23	0.6	4.2	1.2
Sticky Pig	6512	1560	90	39	108	13	77	6.4	1100	263	15	6.6	18	2.3	13	1.1
Pepperoni Campagna	4283	1022	43	24	93	3.6	63	7.3	889	212	8.9	4.9	19	0.8	13	1.5
Piccante	6971	1673	105	54	101	10	76	10.5	1109	266	17	8.5	16	1.6	12	1.7
Meat Sofia	5450	1300	56	28	101	8.8	94	7.5	906	216	9.4	4.6	17	1.5	16	1.2
Pinoli	3964	944	35	20	108	17	47	4.5	913	217	8.0	4.7	25	3.9	11	1.0
Chicken And Fiery Roquito	5020	1197	48	23	102	11	86	5.4	866	207	8.3	3.9	18	1.8	15	0.92
+ Crispy Prosciutto	306	73	4.1	1.0	0.1	0.1	9.1	1.7	979	234	13	3.1	0.3	0.3	29	5.5
Additional Chicken	458	108	2.1	0.5	0.7	0.7	22	0.27	550	130	2.5	0.6	0.8	0.8	26	0.32
Take Away Only: Chicken & Mushroom Pizza	4454	1061	40	22	93	4.3	80	4.5	834	199	7.4	4.0	17	0.8	15	0.84

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CLASSIC PIZZAS																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Classic Pepperoni Campagna	3661	872	33	18	92	3.4	49	6.3	906	216	8.2	4.3	23	0.8	12	1.6
Classic Pinoli	3378	803	25	14	105	16	37	3.8	884	210	6.5	3.8	28	4.1	9.6	1.0
Classic Margherita Pizza	3018	717	21	12	92	3.2	39	3.4	880	209	6.0	3.6	27	0.9	11	0.98
Classic Vegan Margherita Pizza	2755	654	19	14	99	2.8	19	3.8	759	180	5.2	4.0	27	0.8	5.2	1.0
Add Chicken	458	108	2.1	0.5	0.7	0.7	22	0.27	550	130	2.5	0.6	0.8	0.8	26	0.32
NON-GLUTEN PIZZAS																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Non-Gluten Piccante Pizza	7269	1746	114	54	108	14	64	9.9	1121	269	18	8.4	17	2.1	10	1.5
Non-Gluten Pepperoni Campagna Pizza	4582	1095	51	25	100	7.2	52	6.6	914	218	10	4.9	20	1.4	10	1.3
Non-Gluten Pinoli Pizza	3747	894	34	15	115	20	26	3.4	905	216	8.3	3.7	28	4.9	6.2	0.81
Non-Gluten Vegan Margherita Pizza	3053	728	27	15	107	6.3	7.5	3.2	798	190	7.2	4.0	28	1.7	2.0	0.83
Non-Gluten Meat Sofia Pizza	5748	1374	65	29	108	12	83	6.8	925	221	10	4.6	17	2.0	13	1.1
Non-Gluten Sticky Pig	6810	1633	99	40	115	17	65	5.7	1113	267	16	6.5	19	2.8	11	0.93
Non-Gluten Chicken And Fiery Roquito Pizza	5318	1270	57	23	109	14	74	4.7	888	212	9.4	3.9	18	2.4	12	0.79
Non-Gluten Pure Pepperoni Pizza	5420	1299	73	34	100	7.4	55	10.5	1135	272	15	7.0	21	1.6	12	2.2
Non-Gluten Primavera Pizza	5613	1345	74	28	113	12	48	6.4	857	205	11	4.3	17	1.8	7.4	0.97
Non-Gluten Italian Garden Pizza	4156	994	49	17	117	14	14	4.7	763	183	8.9	3.2	22	2.5	2.5	0.85
Non-Gluten Black Truffle & Mushroom Pizza	5817	1394	81	40	104	8.1	57	5.8	1079	259	15	7.3	19	1.5	11	1.1
Take away Only: Non-Gluten Chicken & Mushroom Pizza	4754	1135	48	22	101	7.8	68	3.8	857	205	8.7	4.0	18	1.4	12	0.69
Non-Gluten Duo Verde Pizza	6030	1445	79	40	121	22	56	4.9	887	213	12	5.9	18	3.2	8.2	0.72
Non-Gluten Margherita Pizza	3317	791	29	13	99	6.7	27	2.7	914	218	8.1	3.6	27	1.9	7.5	0.76

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CALZONE																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Calzone Piccante	4444	1059	42	19	103	10	64	5.1	810	193	7.7	3.4	19	1.9	12	0.93
Calzone Pollo Spinaci	4385	1045	42	21	100	7.7	64	5.9	861	205	8.2	4.1	20	1.5	13	1.2
PASTA																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Six Layer Lasagne	3465	829	41	20	81	19	32	5.0	648	155	7.7	3.8	15	3.5	6.0	0.94
Vegan Rainbow Lasagne	3106	745	39	9.3	78	18	13	6.7	531	127	6.7	1.6	13	3.1	2.2	1.1
ALL OUT - bolognese. mozzarella & bechamel upgrade o	1250	301	22	12	10	5.7	14	1.6	754	182	14	7.1	6.1	3.5	8.6	0.95
Casareccia Pesto Rosso	4890	1174	83	33	69	8.3	40	9.8	1047	251	18	7.0	15	1.8	8.7	2.1
Ravioli Di Capra	2269	540	21	9.5	68	2.6	20	1.7	618	147	5.7	2.6	18	0.7	5.5	0.46
Spaghetti Bolognese	2732	652	34	5.1	72	14	17	9.6	598	143	7.4	1.1	16	3.2	3.8	2.1
Casareccia Pollo Piccante	4470	1073	74	29	66	7.0	38	9.0	881	211	15	5.7	13	1.4	7.5	1.8
King Prawn Linguine	2723	416	2.6	0.5	67	3.2	25	4.1	337	79	0.5	0.1	13	0.6	6.0	0.78
Spaghetti Chorizo Carbonara	4364	1046	70	22	71	6.6	36	11.7	868	208	14	4.3	14	1.3	7.1	2.3
Casareccia Della Casa	3872	926	47	13	72	8.5	41	10.9	740	177	9.0	2.6	14	1.6	7.9	2.1
Casareccia Pork & Garlic Meatballs	5037	1206	78	20	91	19	38	11.8	734	176	11	2.9	13	2.8	5.5	1.7
Spaghetti Pomodoro	2230	530	16	7.4	73	13	22	3.0	421	100	3.0	1.4	14	2.4	4.1	0.56
FRESH PASTA																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Hot-Smoked Salmon Carbonara	3773	901	43	13	73	2.8	56	4.1	835	199	9.4	2.9	16	0.6	12	0.91
Truffle & Pancetta Carbonara	5249	1260	86	30	78	7.7	43	6.3	1100	264	18	6.4	16	1.6	9.0	1.3
Signature Beef & Chianti Ragù	3177	756	25	9.3	83	8.4	41	3.7	751	179	5.8	2.2	20	2.0	9.7	0.88
Campanelle Lentil Ragù	3007	715	20	2.7	100	8.4	26	3.5	680	162	4.4	0.6	23	1.9	5.8	0.80

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NON-GLUTEN PASTA																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Non-Gluten Vegan Lentil Ragù	3048	725	20	3.2	110	9.0	19	2.5	619	147	4.1	0.7	22	1.8	3.9	0.52
Non-Gluten Signature Beef & Chianti Ragù	3150	749	22	8.5	97	7.8	30	2.9	666	158	4.7	1.8	20	1.7	6.4	0.61
Non-Gluten Pesto Rosso	5210	1250	79	33	93	8.4	39	3.3	1094	263	17	7.0	20	1.8	8.1	0.70
Non-Gluten Pomodoro Pasta	2828	672	22	9.8	100	18	16	3.6	531	126	4.1	1.9	19	3.5	3.0	0.67
Non-Gluten Chorizo Carbonara	4383	1049	57	21	98	6.0	34	5.3	872	209	11	4.2	19	1.2	6.9	1.1
Non-Gluten King Prawn Pasta	2714	645	16	2.3	94	5.7	29	3.4	516	123	3.1	0.4	18	1.1	5.4	0.65
Non-Gluten Bolognese	2751	655	20	4.5	99	14	16	3.1	602	143	4.4	1.0	22	3.0	3.6	0.68
Non-Gluten Pollo Piccante Pasta	4450	1066	61	28	90	7.1	36	1.8	878	211	12	5.6	18	1.4	7.2	0.35
Non-Gluten Hot-Smoked Salmon Carbonara	3745	895	40	13	86	2.2	45	3.3	746	178	8.0	2.5	17	0.4	9.1	0.65
Non-Gluten Truffle & Pancetta Carbonara	5221	1253	83	30	92	7.1	32	5.4	990	238	16	5.6	17	1.4	6.1	1.0
WILDFARMED PASTA																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Wildfarm Pollo Piccante Pasta	4408	1056	61	28	81	6.5	43	3.5	964	231	13	6.1	18	1.4	9.3	0.77
Wildfarm Pomodoro Pasta	2230	530	16	7.4	73	13	22	3.0	421	100	3.0	1.4	14	2.4	4.1	0.56
Wildfarm Chorizo Carbonara	4405	1055	58	22	88	5.4	40	6.3	971	232	13	4.8	19	1.2	8.9	1.4
Wildfarm Signature Beef & Chianti Ragù	3108	739	22	8.1	87	7.2	37	3.9	735	175	5.1	1.9	21	1.7	8.7	0.92
Wildfarm King Prawn Pasta	2723	416	2.6	0.5	67	3.2	25	4.1	337	79	0.5	0.1	13	0.6	6.0	0.78
Wildfarm Bolognese Pasta	2710	645	20	4.1	90	13	23	4.1	665	158	4.9	1.0	22	3.3	5.6	1.0
Wildfarm Pesto rosso	4828	1157	69	32	84	7.8	45	4.3	1158	278	17	7.6	20	1.9	11	1.0
Wildfarm Truffle & Pancetta Carbonara	5243	1259	85	30	83	6.5	38	6.4	1096	263	18	6.3	17	1.4	8.0	1.3
Wildfarm Hot-Smoked Salmon Carbonara	3704	885	40	12	77	1.6	52	4.3	820	196	8.7	2.7	17	0.3	11	0.94

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CRESTE DI GALLO PASTA																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Creste Di Gallo Pollo Piccante pasta	4477	1073	64	29	76	7.7	47	3.4	979	235	14	6.4	17	1.7	10	0.74
Creste Di Gallo Lentil Ragù	3076	731	23	3.9	96	9.6	30	3.4	696	165	5.1	0.9	22	2.2	6.7	0.77
Cresta Di Gallo Chorizo Carbonara	4474	1071	61	23	84	6.6	45	6.1	986	236	14	5.0	19	1.5	9.8	1.4
Creste di Gallo King Prawn Pasta	2723	416	2.6	0.5	67	3.2	25	4.1	337	79	0.5	0.1	13	0.6	6.0	0.78
Creste Di Gallo Pesto rosso	4897	1174	72	33	79	9.0	49	4.2	1175	282	17	7.9	19	2.2	12	1.0
Creste Di Gallo Bolognese	2779	661	23	5.3	85	15	27	4.0	682	162	5.6	1.3	21	3.6	6.6	0.97
Creste Di Gallo Pomodoro pasta	2230	530	16	7.4	73	13	22	3.0	421	100	3.0	1.4	14	2.4	4.1	0.56
MEAT, FISH & RISOTTO																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Chicken Calabrese	3672	878	48	16	51	13	57	3.6	753	180	9.9	3.3	10	2.6	12	0.74
Pan-Fried Seabass	5470	1309	78	15	108	9.5	47	3.2	984	236	14	2.7	19	1.7	8.5	0.58
Chicken Milanese	5614	1341	74	7.9	128	16	45	4.6	917	219	12	1.3	21	2.7	7.3	0.75
Herb Rolled Pork Belly	6658	1605	127	42	74	36	38	2.3	1347	325	26	8.5	15	7.3	7.7	0.47
Hot-Smoked Salmon & Pesto Risotto	3292	785	35	11	84	4.6	32	3.6	579	138	6.1	1.9	15	0.8	5.6	0.63
Wild Mushroom Risotto	3179	758	35	12	86	5.8	20	3.5	640	153	7.0	2.4	17	1.2	4.1	0.69
Add Chicken Skewers	1252	300	17	3.1	4.0	3.2	32	0.73	655	157	9.0	1.6	2.1	1.7	17	0.38
Add Harissa King Prawn Skewers	556	132	3.5	0.8	2.1	1.7	23	1.6	294	70	1.9	0.4	1.1	0.9	12	0.83

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SALADS																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Hot-Smoked Salmon Salad	1651	399	35	4.5	5.8	4.4	15	1.6	664	161	14	1.8	2.3	1.8	6.0	0.62
Super Zucca Salad	1367	328	19	12	21	9.0	15	1.5	388	93	5.4	3.4	6.0	2.6	4.3	0.42
Chicken & Prosciutto Salad	2003	482	36	7.4	6.4	5.1	31	1.9	649	156	12	2.4	2.1	1.6	10	0.63
Additional Chicken Skewers	1252	300	17	3.1	4.0	3.2	32	0.73	655	157	9.0	1.6	2.1	1.7	17	0.38
Additional King Prawn Skewer	556	132	3.5	0.8	2.1	1.7	23	1.6	294	70	1.9	0.4	1.1	0.9	12	0.83
SIDES																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Loaded Bolognese Chips	4298	1029	64	14	89	6.0	29	2.3	1193	286	18	4.0	25	1.7	8.0	0.63
Fried Purple Gnocci	717	169	0.4	0.2	39	6.2	1.8	1.5	798	189	0.4	0.2	43	6.9	2.0	1.7
Chips	3053	729	43	3.6	83	1.2	9.0	1.5	1510	361	21	1.8	41	0.6	4.5	0.72
Rainbow Heritage Carrots	320	77	3.8	0.9	8.1	7.4	1.2	0.16	256	62	3.0	0.8	6.5	6.0	1.0	0.13
Garlic Bread with Mozzarella & Caramelised Onions	3116	741	22	10	102	12	31	3.1	1073	255	7.6	3.5	35	4.3	11	1.1
Sweet Potato Fries	1772	426	22	2.5	45	27	5.1	1.8	753	181	9.5	1.1	19	11	2.2	0.78
Mixed Leaf Salad	768	186	17	3.2	2.6	2.1	4.3	0.79	730	177	17	3.0	2.4	2.0	4.1	0.75
Garlic Bread with just Cheese	2858	680	21	10	89	1.1	31	2.8	1098	261	8.1	3.9	34	0.4	12	1.1
DESSERTS																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Twisted Affogato - Limoncello	1084	258	7.5	4.6	31	27	3.1	0.27	1008	240	7.0	4.3	29	25	2.9	0.25
Twisted Affogato - Coffee Liqueur	940	224	5.8	5.4	32	27	2.6	0.09	874	208	5.4	5.0	30	25	2.4	0.08
Dark Cherry & Amaretto Cheesecake	2651	636	41	18	60	49	5.0	0.59	1256	301	19	8.6	28	23	2.4	0.28
Take Away Only: Dark Cherry & Amaretto Cheesecake	3204	771	57	28	57	47	5.2	0.64	1426	343	25	12	25	21	2.3	0.28
Zillionaire's Fudge Cake	2798	667	28	6.9	97	70	4.6	0.78	1706	407	17	4.2	59	43	2.8	0.48

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DESSERTS																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Take Away Only: Lemon Swirl Cheesecake	3435	826	58	26	68	56	6.6	0.48	1599	384	27	12	32	26	3.1	0.23
Lemon Swirl Cheesecake	2927	701	43	16	72	59	6.7	0.53	1456	349	21	8.1	36	29	3.3	0.26
Golden Caramel Calzone	3829	919	58	17	89	42	10	1.3	1566	376	24	6.9	36	17	4.2	0.55
Honeycomb Cheesecake	2908	695	35	15	92	68	2.8	2.6	1350	323	16	7.0	43	32	1.3	1.2
Take Away Only: Honeycomb Cheesecake	3392	814	51	25	85	66	3.4	2.5	1481	355	22	11	37	29	1.5	1.1
Triple Chocolate & Marshmallow Sundae	3230	773	41	28	91	76	8.7	0.80	1288	308	16	11	36	30	3.5	0.32
Berry & Cherry Sundae	1817	435	27	17	43	39	5.4	0.33	930	223	14	8.7	22	20	2.8	0.17
Salted Caramel Chocolate Brownie	3072	733	33	16	99	87	8.4	1.8	1479	353	16	7.9	48	42	4.0	0.87
Tiramisu	1505	361	23	15	34	23	5.2	0.22	976	234	15	9.8	22	15	3.4	0.14
Chocolate Melt	2218	532	35	20	45	42	8.7	0.17	1386	333	22	12	28	26	5.4	0.10
Take Away Only: Salted Caramel Chocolate Brownie	3626	868	50	26	96	85	8.5	1.9	1637	392	22	12	43	39	3.9	0.84
Take Away Only: Chocolate Melt	2771	667	52	29	42	40	8.8	0.21	1595	384	30	17	24	23	5.1	0.12
GELATOS																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Chocolate Gelato	280	67	3.2	3.0	7.7	6.6	1.6	0.04	761	182	8.8	8.1	21	18	4.4	0.10
Strawberry Sorbet	158	37	0	0	9.2	6.6	0.1	0	430	101	0	0	25	18	0.2	0
Vegan Salted Caramel Gelato	324	77	3.2	2.7	12	7.1	0.5	0.21	882	210	8.8	7.3	31	19	1.3	0.57
Vanilla Gelato	255	61	2.7	2.7	8.1	6.6	1.0	0.03	694	166	7.4	7.3	22	18	2.7	0.09
Blackcurrant & Mascarpone Gelato	242	58	2.0	1.3	8.5	7.2	1.3	0.04	664	158	5.6	3.5	23	20	3.6	0.10
Sicilian Lemon & Ricotta Gelato	301	72	3.6	2.3	8.7	7.8	1.3	0.13	818	195	9.7	6.2	24	21	3.4	0.34

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Menu Item Name	EXTRAS															
	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Plum Baby Tomato	45	11	0.2	0.1	1.7	1.7	0.4	0.01	84	20	0.3	0.1	3.1	3.1	0.7	0.02
Pomodoro Sauce	307	74	4.1	0.7	7.4	7.4	1.4	1.4	273	65	3.6	0.6	6.6	6.6	1.2	1.2
Garlic Dip	907	221	24	5.7	1.4	0.1	0.6	0.57	2591	630	67	16	3.9	0.3	1.6	1.6
Wild Garlic Aioli	494	120	12	0.8	2.8	1.1	0.4	0.35	1411	342	34	2.2	8.1	3.0	1.2	1.0
Butternut	225	54	2.0	0.3	7.3	3.8	0.9	0.57	225	54	2.0	0.3	7.3	3.8	0.9	0.57
Hot-Smoked Salmon	481	116	7.3	1.1	0.1	0.1	12	0.89	962	231	15	2.2	0.2	0.1	25	1.8
Balsamic Onion	280	66	1.1	0.2	14	12	0.3	0.02	932	221	3.7	0.5	45	39	1.1	0.05
Mozzarella	1030	248	18	12	0.8	0.4	21	1.1	1287	310	22	15	1.0	0.5	26	1.4
Artichoke	500	121	10	1.1	2.8	2.1	3.0	0.68	973	235	20	2.2	5.4	4.1	5.9	1.3
Rocket	19	5	0.1	0	0.2	0	0.4	0.02	97	23	0.4	0.1	1.2	0.1	2.2	0.10
Avocado	624	151	15	3.1	1.5	0.4	1.5	0.01	813	198	20	4.1	1.9	0.5	1.9	0.01
Spinach	10	2	0	0	0.2	0.1	0.2	0	65	15	0.2	0.1	1.4	0.4	1.3	0
Roquito Chilli Pearl	74	17	0	0	4.0	3.3	0.3	0.10	391	92	0	0	21	17	1.5	0.50
Nduja	598	145	15	5.5	0.6	0.2	3.0	0.50	2393	580	58	22	2.5	0.9	12	2.0
Basil	10	2	0.1	0	0.3	0	0.2	0	169	40	0.8	0	5.1	0	3.1	0.02
Prosciutto	306	73	4.1	1.0	0.1	0.1	9.1	1.7	979	234	13	3.1	0.3	0.3	29	5.5
Pepperoni	533	129	12	4.8	0.3	0.2	5.9	2.4	1982	479	43	18	1.0	0.6	22	9.0
Torn Chicken Breast	458	108	2.1	0.5	0.7	0.7	22	0.27	550	130	2.5	0.6	0.8	0.8	26	0.32
Caesar Dressing	572	139	14	1.2	1.7	1.3	0.5	0.63	1634	397	41	3.3	4.9	3.7	1.3	1.8
Whipping Cream	1571	382	40	25	2.7	2.7	2.0	0.10	1571	382	40	25	2.7	2.7	2.0	0.10
Goat Cheese	734	177	16	11	0.5	0	8.6	0.65	1362	329	29	21	1.0	0	16	1.2
Roquito Peppers Sliced	46	11	0.1	0	2.3	2.0	0.1	0.01	420	99	0.6	0.1	21	18	1.1	0.12
Scamorza	575	139	11	7.6	0.2	0	9.2	0.48	1437	346	28	19	0.6	0	23	1.2
Pinenuts	90	22	2.0	0.2	0.4	0.1	0.4	0.01	3007	728	68	5.0	13	4.0	14	0.50
Mascarpone	403	98	10	6.9	0.9	0.9	1.0	0.11	1716	416	43	29	3.8	3.6	4.2	0.49
Honeycomb	504	119	0.6	0.3	28	20	0.3	0.60	1680	396	2.0	1.0	93	67	1.0	2.0
Roquito Hot Honey	452	106	0	0	27	27	0	0.01	1292	304	0	0	76	76	0	0.03
Red Chillies	8	2	0	0	0.3	0.3	0.1	0	113	27	0.3	0	4.2	4.2	1.8	0.03

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Menu Item Name	EXTRAS															
	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Rosemary	4	1	0	0	0.1	0	0	0	416	99	4.4	0	14	0	1.4	0.04
Pea Shoots	2	0	0	0	0	0	0	0	60	14	0.1	0.1	1.4	1.4	1.2	0.02
Riserva Cheese	158	38	2.9	2.1	0	0	3.0	0.18	1583	381	29	21	0	0	30	1.8
Mushrooms	21	5	0.2	0	0.1	0.1	0.6	0	65	16	0.5	0.1	0.4	0.2	1.8	0.01
Calamari	693	166	9.1	2.1	11	0	10	0.31	1056	253	14	3.2	17	0	15	0.48
Smoked Garlic Oil	510	124	14	1.3	0.2	0	0.1	0.11	3399	827	91	8.8	1.2	0.1	0.6	0.71
Baby Romanesco Cauliflower	96	23	0.2	0	3.1	1.5	1.5	0.03	191	46	0.3	0	6.1	3.0	3.0	0.06
Fire Roasted Peppers	74	18	0.2	0.1	3.0	0.1	0.4	0.25	147	35	0.4	0.1	6.0	0.2	0.7	0.50
Prawns	167	39	0.4	0.1	0	0	9.1	0.29	433	102	0.9	0.2	0	0	24	0.76
Vegan Mozzarisella	766	185	16	14	8.5	0	0.7	1.5	766	185	16	14	8.5	0	0.7	1.5
Sunblush Baby Tomato	48	11	0.4	0	1.6	1.1	0.2	0.17	418	100	3.5	0.3	14	9.5	2.1	1.5
Spring Onion	12	3	0.1	0	0.3	0.3	0.2	0	116	28	0.5	0.1	3.0	2.8	2.0	0.02
Bufala Mozzarella	518	125	11	7.8	0.6	0.6	6.0	0.32	1037	250	22	16	1.2	1.2	12	0.63
Roasted Garlic	81	19	0.6	0.1	2.2	0.2	1.2	0	806	192	5.5	0.7	22	2.4	12	0
Cotto Ham	193	46	1.5	0.5	0	0	8.0	0.92	464	110	3.6	1.3	0.1	0.1	19	2.2
Green Pesto	718	175	18	2.2	1.2	0.5	1.2	1.3	1436	349	36	4.3	2.4	1.0	2.4	2.6
Courgette	28	7	0.1	0	0.6	0.6	0.6	0.75	92	22	0.4	0.1	2.0	1.9	2.0	2.5
Pizza Olives	439	107	11	1.3	0.5	0.3	0.5	1.3	1318	321	33	3.9	1.6	0.9	1.4	4.0
Olives	439	107	11	1.3	0.5	0.3	0.5	1.3	1318	321	33	3.9	1.6	0.9	1.4	4.0
Tomato Ketchup	181	43	0	0	10	8.7	0.4	1.0	517	122	0.1	0	29	25	1.1	2.9
Spianata	491	118	9.7	3.7	0.2	0.2	7.7	1.9	1473	355	29	11	0.5	0.5	23	5.8
Olive Oil	309	75	8.4	0.8	0	0	0	0	3696	899	100	10	0	0	0	0
Pizza Sauce	53	12	0.1	0	1.9	1.9	0.7	0.40	93	22	0.2	0	3.4	3.4	1.2	0.70
Pulled Harissa Chicken Breast	625	148	4.2	0.8	1.2	0.9	26	0.49	601	143	4.0	0.8	1.1	0.8	25	0.47
Sage	17	4	0.2	0.1	0.5	0	0.1	0	502	119	4.6	2.6	16	0	3.9	0.01
Meatless Meatballs	509	121	4.7	0.3	9.4	0.3	9.5	1.1	1020	243	9.4	0.6	19	0.6	19	2.2
Smoky Tomato Dip	124	29	1.2	0.3	3.5	3.3	0.7	0.44	353	84	3.3	0.9	10	9.3	1.9	1.3

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BAMBINI																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Kids Vanilla Gelato	255	61	2.7	2.7	8.1	6.6	1.0	0.03	694	166	7.4	7.3	22	18	2.7	0.09
Kids Spaghetti Super Green Pesto	1529	367	26	2.7	29	1.4	5.1	4.8	1020	245	17	1.8	19	0.9	3.4	3.2
Kids Wildfarm Super Green Pesto	1518	364	19	2.2	38	0.8	7.8	2.1	1215	291	15	1.8	30	0.6	6.2	1.6
Kids Super Green Pesto Pasta Twists	1549	372	26	2.7	30	1.0	5.5	4.8	1033	248	17	1.8	20	0.7	3.6	3.2
Kids Non-Gluten Pomodoro Pasta	1128	267	5.4	1.0	49	8.0	4.8	1.6	531	126	2.5	0.5	23	3.8	2.2	0.75
Kids Oat Milk	404	96	4.4	0.4	14	6.2	0.6	0.20	202	48	2.2	0.2	6.8	3.1	0.3	0.10
Kids Pepperoni Topping	266	64	5.8	2.4	0.1	0.1	3.0	1.2	1982	479	43	18	1.0	0.6	22	9.0
Kids Ham Topping	97	23	0.8	0.3	0	0	4.0	0.46	464	110	3.6	1.3	0.1	0.1	19	2.2
Kids Non-Gluten Bolognese Pasta	1312	311	8.1	3.0	47	5.3	11	0.93	525	124	3.2	1.2	19	2.1	4.3	0.37
Kids Fruit Pot	97	23	0.1	0	4.6	4.6	0.6	0.01	128	30	0.1	0	6.0	6.0	0.8	0.02
Kids Vegan Salted Caramel Gelato	324	77	3.2	2.7	12	7.1	0.5	0.21	882	210	8.8	7.3	31	19	1.3	0.57
Kids Non-Gluten Pizza Base Only	2224	528	11	1.1	96	4.4	5.9	1.3	1011	240	5.1	0.5	44	2.0	2.7	0.58
Kids Non-Gluten Vegan Lentil Ragù	1415	336	9.5	1.6	52	5.5	7.9	1.1	536	127	3.6	0.6	20	2.1	3.0	0.41
Kids Sweet Potato Fries	824	198	11	1.1	21	12	2.2	0.70	822	198	11	1.1	21	12	2.2	0.70
Carrot, Cucumber & Pasta Crisps	403	96	3.4	0.4	13	6.9	2.2	0.78	280	67	2.3	0.3	9.1	4.8	1.5	0.54
Kids Pomodoro Pasta Twists	1138	270	12	1.2	37	8.0	5.6	4.8	536	127	5.6	0.6	17	3.8	2.6	2.3
Kids Spaghetti Pomodoro	1119	266	12	1.3	35	8.3	5.3	4.8	526	125	5.7	0.6	17	3.9	2.5	2.3
Kids Honeycomb	84	20	0.1	0.1	4.7	3.4	0.1	0.10	1680	396	2.0	1.0	93	67	1.0	2.0
Mini Cones Only	50	12	0.1	0	2.6	0.3	0.2	0.02	1672	394	1.9	0.3	85	8.4	8.1	0.70
Kids Chocolate Gelato	280	67	3.2	3.0	7.7	6.6	1.6	0.04	761	182	8.8	8.1	21	18	4.4	0.10
Kids Vegan Pizza Margherita	1484	352	9.4	7.2	55	1.4	9.8	1.9	798	189	5.1	3.9	30	0.8	5.3	1.0
Kids Mushroom Topping	9	2	0.1	0	0.1	0	0.2	0	65	15	0.5	0.1	0.4	0.2	1.8	0.01
Kids Wildfarm Vegan Lentil Ragù	1394	331	9.2	1.3	47	5.2	11	1.6	583	139	3.9	0.6	20	2.2	4.7	0.66
Kids Chips	1524	364	21	1.8	41	0.6	4.5	0.24	1524	364	21	1.8	41	0.6	4.5	0.24
Apple & Blackcurrant Squash	0	0	0	0	0	0	0	0.01	0	0	0	0	0	0	0	0.03
Orange Squash	1	0	0	0	0.1	0.1	0	0	2	0	0	0	0.1	0.1	0	0
Tiny Tummies Little Soul Bread	490	116	2.3	0.5	19	0.2	4.2	1.5	984	233	4.6	1.0	39	0.4	8.4	3.0
Kids Non-Gluten Vegan Margherita	2634	627	19	8.1	101	5.4	6.6	2.2	883	210	6.5	2.7	34	1.8	2.2	0.74
Kids Oat Chocacino	333	79	2.4	0.8	13	9.5	1.1	0.10	456	108	3.3	1.1	17	13	1.5	0.14
Kids Pizza Margherita	1616	384	10	6.2	52	1.6	20	1.7	918	218	5.9	3.5	29	0.9	11	0.96
Kids Bolognese Pasta Twists	1321	314	15	3.3	35	5.2	12	4.2	529	126	5.8	1.3	14	2.1	4.7	1.7
Kids Olives Topping	220	54	5.5	0.7	0.3	0.2	0.2	0.67	1318	321	33	3.9	1.6	0.9	1.4	4.0
Kids Milk	406	96	3.4	2.2	9.4	9.4	7.0	0.20	203	48	1.7	1.1	4.7	4.7	3.5	0.10
Kids Chocacino	333	79	2.1	1.3	11	10	3.0	0.10	456	108	2.9	1.8	15	14	4.2	0.14

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BAMBINI																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Kids Roasted Peppers Topping	44	11	0.1	0	1.8	0.1	0.2	0.15	147	35	0.4	0.1	6.0	0.2	0.7	0.50
Kids Non-Gluten Margherita Pizza	2765	658	20	7.1	98	5.6	17	2.0	959	228	7.0	2.5	34	1.9	5.7	0.69
Carrot, Cucumber & Soul Bread	743	177	5.2	1.1	26	6.4	5.2	1.9	401	96	2.8	0.6	14	3.5	2.8	1.0
Kids Non-Gluten Super Green Pesto Pasta	1539	369	19	2.5	43	1.1	4.6	1.6	1026	246	13	1.6	28	0.7	3.1	1.0
Kids Wildfarm Bolognese	1291	306	7.8	2.8	43	5.0	14	1.4	574	136	3.5	1.2	19	2.2	6.2	0.63
Kids Spaghetti Bolognese	1302	310	15	3.3	34	5.5	11	4.2	521	124	5.9	1.3	14	2.2	4.5	1.7
Tiny Non-Gluten Pomodoro Pasta	564	134	2.7	0.5	24	4.0	2.4	0.80	531	126	2.5	0.5	23	3.8	2.2	0.75
Kids Wildfarm Pomodoro	1107	262	5.1	0.8	44	7.7	8.0	2.1	591	140	2.7	0.4	24	4.1	4.2	1.1
Tiny Spaghetti Pomodoro	559	133	6.0	0.6	18	4.2	2.6	2.4	526	125	5.7	0.6	17	3.9	2.5	2.3
Kids Sugar Cones & Honeycomb (No Gelato)	134	32	0.2	0.1	7.2	3.6	0.3	0.12	1677	395	2.0	0.7	90	45	3.7	1.5
Kids Mozzarella Topping	515	124	8.9	6.0	0.4	0.2	10	0.54	1287	310	22	15	1.0	0.5	26	1.4
Kids Spaghetti Vegan Lentil Ragu	1406	335	16	1.8	38	5.8	8.4	4.3	532	127	6.1	0.7	15	2.2	3.2	1.6
Tiny Wildfarm Pomodoro	474	112	2.5	0.4	18	3.8	3.3	0.97	549	130	2.8	0.4	21	4.4	3.8	1.1
Kids Vegan Lentil Ragu Pasta Twist	1426	340	16	1.8	40	5.4	8.9	4.3	540	129	6.1	0.7	15	2.1	3.4	1.6
Kids Strawberry Sorbet	158	37	0	0	9.2	6.6	0.1	0	430	101	0	0	25	18	0.2	0
Rainbow Heritage Carrots & Spinach	320	77	3.8	0.9	8.1	7.4	1.2	0.16	256	62	3.0	0.8	6.5	6.0	1.0	0.13
WINES																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Montepulciano 250ml	788	190	0	0	0.5	0.5	0.3	0.04	315	76	0	0	0.2	0.2	0.1	0.02
Merlot 125ml	394	95	0	0	0.3	0.3	0.1	0.02	315	76	0	0	0.2	0.2	0.1	0.02
Merlot Bottle	2363	570	0	0	1.5	1.5	0.8	0.13	315	76	0	0	0.2	0.2	0.1	0.02
Bio Primitivo Bottle	2363	570	0	0	1.5	1.5	0.8	0.13	315	76	0	0	0.2	0.2	0.1	0.02
Nero D'Avola Bottle	2363	570	0	0	1.5	1.5	0.8	0.13	315	76	0	0	0.2	0.2	0.1	0.02
Merlot 175ml	551	133	0	0	0.4	0.4	0.2	0.03	315	76	0	0	0.2	0.2	0.1	0.02
Montepulciano Bottle	2363	570	0	0	1.5	1.5	0.8	0.13	315	76	0	0	0.2	0.2	0.1	0.02
Malbec 125ml	394	95	0	0	0.3	0.3	0.1	0.02	315	76	0	0	0.2	0.2	0.1	0.02
Pinot Noir 250ml	788	190	0	0	0.5	0.5	0.3	0.04	315	76	0	0	0.2	0.2	0.1	0.02
Montepulciano 175ml	551	133	0	0	0.4	0.4	0.2	0.03	315	76	0	0	0.2	0.2	0.1	0.02

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WINES																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Nero D'Avola 175ml	551	133	0	0	0.4	0.4	0.2	0.03	315	76	0	0	0.2	0.2	0.1	0.02
Bio Primitivo 250ml	788	190	0	0	0.5	0.5	0.3	0.04	315	76	0	0	0.2	0.2	0.1	0.02
Pinot Noir Bottle	2363	570	0	0	1.5	1.5	0.8	0.13	315	76	0	0	0.2	0.2	0.1	0.02
Merlot 250ml	788	190	0	0	0.5	0.5	0.3	0.04	315	76	0	0	0.2	0.2	0.1	0.02
Bio Primitivo 125ml	394	95	0	0	0.3	0.3	0.1	0.02	315	76	0	0	0.2	0.2	0.1	0.02
Nero D'Avola 125ml	394	95	0	0	0.3	0.3	0.1	0.02	315	76	0	0	0.2	0.2	0.1	0.02
Nero D'Avola 250ml	788	190	0	0	0.5	0.5	0.3	0.04	315	76	0	0	0.2	0.2	0.1	0.02
Malbec 250ml	788	190	0	0	0.5	0.5	0.3	0.04	315	76	0	0	0.2	0.2	0.1	0.02
Montepulciano 125ml	394	95	0	0	0.3	0.3	0.1	0.02	315	76	0	0	0.2	0.2	0.1	0.02
Pinot Noir 175ml	551	133	0	0	0.4	0.4	0.2	0.03	315	76	0	0	0.2	0.2	0.1	0.02
Malbec 175ml	394	95	0	0	0.3	0.3	0.1	0.02	315	76	0	0	0.2	0.2	0.1	0.02
Bio Primitivo 175ml	551	133	0	0	0.4	0.4	0.2	0.03	315	76	0	0	0.2	0.2	0.1	0.02
Pinot Noir 125ml	394	95	0	0	0.3	0.3	0.1	0.02	315	76	0	0	0.2	0.2	0.1	0.02
Malbec Bottle	2363	570	0	0	1.5	1.5	0.8	0.13	315	76	0	0	0.2	0.2	0.1	0.02
Pinot Grigio Blush 175ml	576	138	0	0	4.4	4.4	0.2	0.02	329	79	0	0	2.5	2.5	0.1	0.01
Zinfandel Rose 175ml	576	138	0	0	4.4	4.4	0.2	0.02	329	79	0	0	2.5	2.5	0.1	0.01
Zinfandel Rose 250ml	823	198	0	0	6.3	6.3	0.3	0.03	329	79	0	0	2.5	2.5	0.1	0.01
Pinot Grigio Blush 125ml	411	99	0	0	3.1	3.1	0.1	0.01	329	79	0	0	2.5	2.5	0.1	0.01
Pinot Grigio Blush 250ml	823	198	0	0	6.3	6.3	0.3	0.03	329	79	0	0	2.5	2.5	0.1	0.01
Pinot Grigio Blush Bottle	2468	593	0	0	19	19	0.8	0.08	329	79	0	0	2.5	2.5	0.1	0.01
Zinfandel Rose Bottle	2468	593	0	0	19	19	0.8	0.08	329	79	0	0	2.5	2.5	0.1	0.01
Zinfandel Rose 125ml	411	99	0	0	3.1	3.1	0.1	0.01	329	79	0	0	2.5	2.5	0.1	0.01
Bio Chardonnay 175ml	541	131	0	0	1.1	1.1	0.2	0.02	309	75	0	0	0.6	0.6	0.1	0.01
Trebbiano Bottle	2348	563	0	0	23	23	0.8	0.21	313	75	0	0	3.0	3.0	0.1	0.03
Sauvignon Blanc. Veneto 175ml	548	131	0	0	5.3	5.3	0.2	0.05	313	75	0	0	3.0	3.0	0.1	0.03
Bio Chardonnay Bottle	2318	563	0	0	4.5	4.5	0.8	0.08	309	75	0	0	0.6	0.6	0.1	0.01
Pinot Grigio Bottle	2318	563	0	0	4.5	4.5	0.8	0.08	309	75	0	0	0.6	0.6	0.1	0.01
Trebbiano 250ml	783	188	0	0	7.5	7.5	0.3	0.07	313	75	0	0	3.0	3.0	0.1	0.03
Sauvignon Blanc. Veneto Bottle	2348	563	0	0	23	23	0.8	0.21	313	75	0	0	3.0	3.0	0.1	0.03
Trebbiano 125ml	391	94	0	0	3.8	3.8	0.1	0.03	313	75	0	0	3.0	3.0	0.1	0.03
Sauvignon Blanc. Veneto 125ml	391	94	0	0	3.8	3.8	0.1	0.03	313	75	0	0	3.0	3.0	0.1	0.03
Sauvignon Blanc. St Clair Bottle	2348	563	0	0	23	23	0.8	0.21	313	75	0	0	3.0	3.0	0.1	0.03
Bio Chardonnay 250ml	773	188	0	0	1.5	1.5	0.3	0.03	309	75	0	0	0.6	0.6	0.1	0.01
Frascati Bottle	2348	563	0	0	23	23	0.8	0.21	313	75	0	0	3.0	3.0	0.1	0.03
Pinot Grigio 175ml	541	131	0	0	1.1	1.1	0.2	0.02	309	75	0	0	0.6	0.6	0.1	0.01
Trebbiano 175ml	548	131	0	0	5.3	5.3	0.2	0.05	313	75	0	0	3.0	3.0	0.1	0.03

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WINES																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Pinot Grigio 125ml	386	94	0	0	0.8	0.8	0.1	0.01	309	75	0	0	0.6	0.6	0.1	0.01
Sauvignon Blanc. Veneto 250ml	783	188	0	0	7.5	7.5	0.3	0.07	313	75	0	0	3.0	3.0	0.1	0.03
Bio Chardonnay 125ml	386	94	0	0	0.8	0.8	0.1	0.01	309	75	0	0	0.6	0.6	0.1	0.01
Frascati 250ml	783	188	0	0	7.5	7.5	0.3	0.07	313	75	0	0	3.0	3.0	0.1	0.03
Sauvignon Blanc. St Clair 175ml	548	131	0	0	5.3	5.3	0.2	0.05	313	75	0	0	3.0	3.0	0.1	0.03
Pinot Grigio 250ml	773	188	0	0	1.5	1.5	0.3	0.03	309	75	0	0	0.6	0.6	0.1	0.01
Frascati 125ml	391	94	0	0	3.8	3.8	0.1	0.03	313	75	0	0	3.0	3.0	0.1	0.03
Sauvignon Blanc. St Clair 250ml	783	188	0	0	7.5	7.5	0.3	0.07	313	75	0	0	3.0	3.0	0.1	0.03
Frascati 175ml	548	131	0	0	5.3	5.3	0.2	0.05	313	75	0	0	3.0	3.0	0.1	0.03
Sauvignon Blanc. St Clair 125ml	391	94	0	0	3.8	3.8	0.1	0.03	313	75	0	0	3.0	3.0	0.1	0.03
Organic Craft Chardonnay 125ml	386	94	0	0	0.8	0.8	0.1	0.01	309	75	0	0	0.6	0.6	0.1	0.01
Organic Craft Chardonnay 175ml	548	131	0	0	5.3	5.3	0.2	0.05	313	75	0	0	3.0	3.0	0.1	0.03
Organic Craft Chardonnay 250ml	783	188	0	0	7.5	7.5	0.3	0.07	313	75	0	0	3.0	3.0	0.1	0.03
Organic Craft Chardonnay Bottle	2348	563	0	0	23	23	0.8	0.21	313	75	0	0	3.0	3.0	0.1	0.03
Cotes De Provence Rose 125ml	386	94	0	0	0.8	0.8	0.1	0.01	309	75	0	0	0.6	0.6	0.1	0.01
Cotes De Provence Rose 175ml	548	131	0	0	5.3	5.3	0.2	0.05	313	75	0	0	3.0	3.0	0.1	0.03
Cotes De Provence Rose 250ml	783	188	0	0	7.5	7.5	0.3	0.07	313	75	0	0	3.0	3.0	0.1	0.03
Cotes De Provence Rose Bottle	2348	563	0	0	23	23	0.8	0.21	313	75	0	0	3.0	3.0	0.1	0.03
FIZZ & BUBBLES																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Sparkling Pinot Grigio Bottle	2633	630	0	0	38	38	2.3	0.09	351	84	0	0	5.1	5.1	0.3	0.01
Prosecco 125ml	439	105	0	0	6.4	6.4	0.4	0.02	351	84	0	0	5.1	5.1	0.3	0.01
Pink Prosecco 125ml	439	105	0	0	6.4	6.4	0.4	0.02	351	84	0	0	5.1	5.1	0.3	0.01
Prosecco Bottle	2633	630	0	0	38	38	2.3	0.09	351	84	0	0	5.1	5.1	0.3	0.01
Pink Prosecco Bottle	2633	630	0	0	38	38	2.3	0.09	351	84	0	0	5.1	5.1	0.3	0.01
Sparkling Pinot Grigio 125ml	439	105	0	0	6.4	6.4	0.4	0.02	351	84	0	0	5.1	5.1	0.3	0.01

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BEER & CIDERS																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Peroni 660ml	818	198	0	0	15	15	2.0	0.10	124	30	0	0	2.2	2.2	0.3	0.02
Peroni Zero	310	73	0	0	17	9.9	0.7	0	94	22	0	0	5.3	3.0	0.2	0
Peroni Gluten Free	409	99	0	0	7.3	7.3	1.0	0.05	124	30	0	0	2.2	2.2	0.3	0.02
Cornish Orchards Gold Cider	1425	340	0	0	37	37	0	0.03	285	68	0	0	7.3	7.3	0	0.01
Peroni 330ml	409	99	0	0	7.3	7.3	1.0	0.05	124	30	0	0	2.2	2.2	0.3	0.02
Hophead	620	150	0	0	11	11	1.5	0.08	124	30	0	0	2.2	2.2	0.3	0.02
Meantime Anytime Ipa	409	99	0	0	7.3	7.3	1.0	0.05	124	30	0	0	2.2	2.2	0.3	0.02
Peroni Gran Riserva	875	210	0	0	11	11	1.5	0.10	175	42	0	0	2.2	2.2	0.3	0.02
Cornish Orchards Blush Cider	1425	340	0	0	37	37	0	0.03	285	68	0	0	7.3	7.3	0	0.01
SPIRITS & TONICS																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Zizzi G&T	244	59	0.1	0	0.5	0	0.1	0	840	203	0.5	0	1.6	0	0.3	0.01
Vodka & Tonic	234	57	0	0	0.2	0.2	0.1	0	776	187	0.1	0	0.6	0.6	0.2	0
Seedlip with Garden Tonic	177	42	0	0	9.9	9.7	0.1	0.14	70	17	0	0	3.9	3.9	0	0.06
Belu Classic Tonic	244	58	0	0	14	14	0	0.01	122	29	0	0	7.2	7.2	0	0.01
Garden Tonic	150	36	0	0	8.8	8.8	0	0.01	75	18	0	0	4.4	4.4	0	0.01
Seedlip with London Essence Roasted Pineapple Soda	181	42	0	0	10	9.9	0.1	0.13	72	17	0	0	4.0	3.9	0	0.05
Belu Light Tonic	150	36	0	0	8.8	8.8	0	0.01	75	18	0	0	4.4	4.4	0	0.01
Seedlip with Light Tonic	177	42	0	0	9.9	9.7	0.1	0.14	70	17	0	0	3.9	3.9	0	0.06
London Essence Roast Pineapple Soda	154	36	0	0	9.0	9.0	0	0	77	18	0	0	4.5	4.5	0	0
Seedlip with Classic Tonic	271	64	0	0	16	15	0.1	0.14	107	26	0	0	6.2	6.1	0	0.06

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COCKTAILS & SPRITZ																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Pineapple Zombie	617	147	0	0	17	17	0.1	0	549	131	0	0	15	15	0.1	0
Passion Fruitini	734	175	0.3	0.1	20	19	2.1	0.04	387	92	0.2	0	11	10	1.1	0.02
Strawberry Daiquiri	508	122	0	0	11	11	0.3	0	410	98	0	0	8.5	8.5	0.2	0
Raspberry Mojito	570	136	0	0	15	14	0.1	0	508	122	0	0	13	12	0.1	0
Pineapple Spritz	334	80	0	0	5.6	5.4	0.1	0	262	63	0	0	4.4	4.3	0.1	0
Limoncello Spritz	924	221	0	0	16	16	0.3	0.02	596	142	0	0	10	10	0.2	0.01
Aperol Spritz	750	180	0	0	5.0	4.7	0.3	0.01	492	119	0	0	3.3	3.1	0.2	0.01
Negroni Sbagliato	498	119	0	0	11	10	0.2	0.01	645	154	0	0	14	13	0.2	0.01
White Peach Spritz	538	129	0	0	12	12	0.2	0.02	431	103	0	0	9.6	9.6	0.2	0.01
MOCKTAILS																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Raspberry & Mint Cooler	249	59	0	0	15	14	0.1	0	163	39	0	0	9.5	9.0	0.1	0
Citrus & Pineapple Cooler	295	69	0	0	17	17	0.1	0	194	46	0	0	11	11	0.1	0
Passion Fruit Sparkler	413	97	0.3	0.1	20	19	2.1	0.04	179	42	0.1	0	8.8	8.5	0.9	0.02
Strawberry Sparkler	186	44	0	0	11	11	0.3	0	114	27	0	0	6.5	6.4	0.2	0

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SOFT DRINKS																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Coke Zero Bottle	4	1	0	0	0.2	0.2	0.1	0	1	0	0	0	0.1	0.1	0	0
Sicilian Still Lemonade	343	83	1.7	0.3	16	16	0.3	0	104	25	0.5	0.1	4.9	4.8	0.1	0
Flawsome Apple & Sour Cherry	276	65	0	0	15	15	1.3	0.06	111	26	0	0	6.0	6.0	0.5	0.03
Flawsome Rhubarb & Apple	255	60	0	0	14	14	1.3	0.06	102	24	0	0	5.5	5.5	0.5	0.03
Diet Coke Bottle	4	1	0	0	0.2	0.2	0.1	0	1	0	0	0	0.1	0.1	0	0
San Pellegrino Lemon	267	63	0	0	16	16	0	0	81	19	0	0	4.7	4.7	0	0
Coke Bottle	617	145	0	0	36	35	0	0	187	44	0	0	11	11	0	0
Belu IL Sparkling Water	4	1	0	0	0.2	0.2	0.1	0	0	0	0	0	0	0	0	0
Belu 500ml Still Water	4	1	0	0	0.2	0.2	0.1	0	1	0	0	0	0	0	0	0
Sprite Zero	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Fresh Orange Juice	591	139	0.3	0.3	32	30	1.7	0.13	179	42	0.1	0.1	9.6	9.0	0.5	0.04
San Pellegrino Blood Orange	281	66	0	0	16	16	0.3	0	85	20	0	0	4.9	4.9	0.1	0
Apple Juice	630	149	0.3	0	35	34	0.7	0.02	191	45	0.1	0	11	10	0.2	0.01
Belu 500ml Sparkling Water	4	1	0	0	0.2	0.2	0.1	0	1	0	0	0	0	0	0	0
Appletiser	514	121	0	0	30	29	0	0	187	44	0	0	11	11	0	0
Belu IL Still Water	4	1	0	0	0.2	0.2	0.1	0	0	0	0	0	0	0	0	0
SPIRITS																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Aperol 25ML	230	56	0	0	0	0	0	0	919	222	0	0	0	0	0	0
Dead Mans Fingers Spiced Rum 25ml	230	56	0	0	0	0	0	0	919	222	0	0	0	0	0	0
MORGAN SPICED RUM 50ML	460	111	0	0	0	0	0	0	919	222	0	0	0	0	0	0
Jamesons Irish Whiskey 50ml	460	111	0	0	0	0	0	0	919	222	0	0	0	0	0	0
White Rum - Calados 50ML	460	111	0	0	0	0	0	0	919	222	0	0	0	0	0	0
Morgan spiced rum 25ml	230	56	0	0	0	0	0	0	919	222	0	0	0	0	0	0
Sipsmith London Dry Gin 25ml	230	56	0	0	0	0	0	0	919	222	0	0	0	0	0	0
Aluna Coffee 50ml	550	131	0	0	16	16	0	0.01	1099	262	0	0	33	33	0	0.03
Sipsmith London Dry Gin 50ml	460	111	0	0	0	0	0	0	919	222	0	0	0	0	0	0
Frangelico 50ML	460	111	0	0	0	0	0	0	919	222	0	0	0	0	0	0
Amaretto 25ML	328	79	0	0	6.1	6.1	0	0	1313	314	0	0	24	24	0	0.01

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Menu Item Name	SPIRITS															
	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Archers 25ML	230	56	0	0	0	0	0	0	919	222	0	0	0	0	0	0
Jack Daniels 50ML	460	111	0	0	0	0	0	0	919	222	0	0	0	0	0	0
Aluna Peach 25ml	275	66	0	0	8.2	8.2	0	0.01	1099	262	0	0	33	33	0	0.03
Baileys 25ML	337	81	3.3	0	6.3	6.3	0.8	0	1346	323	13	0	25	25	3.0	0
Vodka - Red Griffin 25ML	230	56	0	0	0	0	0	0	919	222	0	0	0	0	0	0
Amaretto 50ML	657	157	0	0	12	12	0	0.01	1313	314	0	0	24	24	0	0.01
Dead Mans Fingers Spiced Rum 50ml	460	111	0	0	0	0	0	0	919	222	0	0	0	0	0	0
Baileys 50ML	673	162	6.5	0	13	13	1.5	0	1346	323	13	0	25	25	3.0	0
Archers 50ML	460	111	0	0	0	0	0	0	919	222	0	0	0	0	0	0
Vodka - Red Griffin 50ML	460	111	0	0	0	0	0	0	919	222	0	0	0	0	0	0
Aluna Coffee 25ml	275	66	0	0	8.2	8.2	0	0.01	1099	262	0	0	33	33	0	0.03
Aperol 50ML	460	111	0	0	0	0	0	0	919	222	0	0	0	0	0	0
Gin Half Crown 50ML	460	111	0	0	0	0	0	0	919	222	0	0	0	0	0	0
Grey Goose Vodka 50ml	580	140	0	0	0	0	0	0	1160	280	0	0	0	0	0	0
Jack Daniels 25ML	230	56	0	0	0	0	0	0	919	222	0	0	0	0	0	0
Aluna Peach 50ml	550	131	0	0	16	16	0	0.01	1099	262	0	0	33	33	0	0.03
Limoncello 25ML	328	79	0	0	6.1	6.1	0	0	1313	314	0	0	24	24	0	0.01
White Rum - Calados 25ML	230	56	0	0	0	0	0	0	919	222	0	0	0	0	0	0
Gin Half Crown 25ML	230	56	0	0	0	0	0	0	919	222	0	0	0	0	0	0
Frangelico 25ML	230	56	0	0	0	0	0	0	919	222	0	0	0	0	0	0
Jamesons Irish Whiskey 25ml	230	56	0	0	0	0	0	0	919	222	0	0	0	0	0	0
Limoncello 50ML	657	157	0	0	12	12	0	0.01	1313	314	0	0	24	24	0	0.01
Grey Goose Vodka 25ml	290	70	0	0	0	0	0	0	1160	280	0	0	0	0	0	0

Zizzi Nutrition Guide

COFFEE																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Oat Decaf Americano	198	47	1.3	0.2	8.5	5.1	0.2	0.16	291	69	2.0	0.2	12	7.5	0.3	0.23
Oat Cappuccino	299	71	2.3	0.3	12	7.0	0.4	0.20	269	64	2.1	0.3	11	6.3	0.4	0.18
Black Americano	85	20	0.1	0.1	4.7	3.4	0.1	0.10	705	166	0.8	0.4	39	28	0.5	0.83
Oat Americano	198	47	1.3	0.2	8.5	5.1	0.2	0.16	291	69	2.0	0.2	12	7.5	0.3	0.23
Decaf Black Americano	85	20	0.1	0.1	4.7	3.4	0.1	0.10	705	166	0.8	0.4	39	28	0.5	0.83
Oat Macchiato	113	27	0.4	0.1	5.6	3.8	0.1	0.11	434	103	1.6	0.3	22	15	0.4	0.44
Decaf Macchiato	113	27	0.3	0.2	5.3	4.0	0.6	0.11	435	103	1.3	0.8	21	16	2.1	0.44
Oat Decaf Flat White	537	128	5.0	0.5	20	10	0.7	0.32	228	54	2.1	0.2	8.4	4.4	0.3	0.14
Oat Decaf Macchiato	113	27	0.4	0.1	5.6	3.8	0.1	0.11	434	103	1.6	0.3	22	15	0.4	0.44
Decaf Mocha	486	116	3.0	2.0	16	15	5.5	0.27	298	71	1.8	1.2	10	8.9	3.4	0.16
Decaf Latte	539	127	3.9	2.5	15	14	7.9	0.32	229	54	1.7	1.1	6.4	5.9	3.4	0.14
Mocha	486	116	3.0	2.0	16	15	5.5	0.27	298	71	1.8	1.2	10	8.9	3.4	0.16
Flat White	540	128	3.9	2.5	15	14	7.9	0.32	222	53	1.6	1.0	6.3	5.7	3.3	0.13
Decaf Flat White	540	128	3.9	2.5	15	14	7.9	0.32	222	53	1.6	1.0	6.3	5.7	3.3	0.13
Oat Decaf Latte	537	128	5.0	0.5	20	10	0.7	0.32	228	54	2.1	0.2	8.4	4.4	0.3	0.14
Decaf Cappuccino	300	71	1.9	1.2	9.9	8.6	3.6	0.20	270	64	1.7	1.1	8.9	7.7	3.2	0.18
Sub Oatly Milk	253	60	2.8	0.3	8.5	3.9	0.4	0.13	202	48	2.2	0.2	6.8	3.1	0.3	0.10
Decaf Americano	198	47	1.1	0.7	7.3	6.0	2.0	0.16	292	69	1.6	1.0	11	8.8	3.0	0.23
Sugar Stick	102	24	0	0	6.0	6.0	0	0	1698	400	0	0	100	100	0	0.01
Oat Latte	537	127	5.0	0.5	20	10	0.7	0.32	228	54	2.1	0.2	8.4	4.4	0.3	0.14
Single Espresso	85	20	0.1	0.1	4.7	3.4	0.1	0.10	705	166	0.8	0.4	39	28	0.5	0.83
Americano	198	47	1.1	0.7	7.3	6.0	2.0	0.16	292	69	1.6	1.0	11	8.8	3.0	0.23
Hot Chocolate	994	235	6.3	4.0	33	30	9.9	0.41	387	92	2.4	1.5	13	12	3.9	0.16
Oat Decaf Cappuccino	299	71	2.3	0.3	12	7.0	0.4	0.20	269	64	2.1	0.3	11	6.3	0.4	0.18
Decaf Double Espresso	85	20	0.1	0.1	4.7	3.4	0.1	0.10	448	106	0.5	0.3	25	18	0.4	0.53
Oat Hot Chocolate	992	235	7.4	2.0	38	27	2.7	0.41	386	92	2.9	0.8	15	10	1.1	0.16
Cappuccino	300	71	1.9	1.2	9.9	8.6	3.6	0.20	270	64	1.7	1.1	8.9	7.7	3.2	0.18
Oat Flat White	538	128	5.0	0.5	20	10	0.8	0.32	221	53	2.1	0.2	8.2	4.3	0.3	0.13
Decaf Single Espresso	85	20	0.1	0.1	4.7	3.4	0.1	0.10	705	166	0.8	0.4	39	28	0.5	0.83
Oat Decaf Mocha	489	116	3.9	0.7	19	12	1.0	0.27	300	71	2.4	0.4	12	7.3	0.6	0.16
Oat Mocha	489	116	3.9	0.7	19	12	1.0	0.27	300	71	2.4	0.4	12	7.3	0.6	0.16
Macchiato	377	89	2.6	1.6	11	10	5.1	0.24	242	57	1.6	1.1	7.3	6.5	3.3	0.16
Double Espresso	85	20	0.1	0.1	4.7	3.4	0.1	0.10	448	106	0.5	0.3	25	18	0.4	0.53
Latte	539	127	3.9	2.5	15	14	7.9	0.32	229	54	1.7	1.1	6.4	5.9	3.4	0.14

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TEA																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
English Breakfast Tea	198	47	1.1	0.7	7.3	6.0	2.0	0.16	314	74	1.7	1.1	12	9.5	3.2	0.25
Earl Grey Tea	198	47	1.1	0.7	7.3	6.0	2.0	0.16	314	74	1.7	1.1	12	9.5	3.2	0.25
Peppermint Tea	198	47	1.1	0.7	7.3	6.0	2.0	0.16	319	75	1.7	1.1	12	9.7	3.2	0.25
Green Tea	198	47	1.1	0.7	7.3	6.0	2.0	0.16	314	74	1.7	1.1	12	9.5	3.2	0.25
Fresh Mint Tea	88	21	0.1	0.1	4.8	3.4	0.1	0.10	1252	295	1.6	0.7	68	48	1.8	1.4
Chamomile Tea	198	47	1.1	0.7	7.3	6.0	2.0	0.16	323	76	1.7	1.1	12	9.8	3.3	0.25
SPECIALS																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Meatless 'Meatballs' Calzone	4418	1054	46	18	121	8.3	32	7.4	780	186	8.1	3.2	21	1.5	5.7	1.3
Golden Caramel Calzone	3970	951	54	22	100	37	14	1.7	1396	334	19	7.7	35	13	5.0	0.58
Non-Gluten Big Zuu's Zillionaire	5558	1331	70	30	123	22	45	5.4	943	226	12	5.0	21	3.8	7.6	0.91
Baked Crab & Ricotta Cannelloni	5035	1205	67	38	98	20	49	5.8	937	224	13	7.1	18	3.8	9.1	1.1
Big Zuu's Zillionaire Rustica	5260	1258	61	29	116	19	56	6.0	923	221	11	5.1	20	3.3	9.8	1.1
Nduja Bruschetta	2472	596	48	24	23	1.8	18	2.4	1553	374	30	15	15	1.1	11	1.5
Non-Gluten Parmigiana Pizza	4734	1132	55	29	106	11	47	4.7	793	190	9.2	4.8	18	1.8	7.8	0.78
Non-Gluten Sausage Ragù	4707	1127	62	26	89	5.1	50	3.9	1031	247	14	5.6	20	1.1	11	0.85
Non-Gluten Vegan Aubergine & Pesto Pizza	3722	889	40	16	113	10	12	4.9	674	161	7.2	3.0	21	1.8	2.1	0.89
Creste Di Gallo Sausage Ragù	4734	1134	65	26	76	5.7	61	4.7	1165	279	16	6.5	19	1.4	15	1.2
Vegan Aubergine & Pesto	3423	815	31	16	106	6.6	23	5.5	643	153	5.8	2.9	20	1.2	4.3	1.0
Parmigiana	4436	1058	46	28	98	7.4	58	5.3	768	183	8.0	4.9	17	1.3	10	0.92
Sticky Toffee cheesecake	2411	576	30	12	70	46	6.4	1.1	1536	367	19	7.7	45	29	4.1	0.67
Caramelised Banana & Salted Caramel Waffle	3078	734	31	18	103	67	8.7	1.2	1264	301	13	7.2	42	28	3.6	0.48
Passion Fruit Cheesecake	1568	375	16	8.9	49	37	6.8	0.38	727	174	7.4	4.1	23	17	3.2	0.18
Limoncello tart	1416	336	10	4.4	53	39	5.1	0.09	898	213	6.5	2.8	34	25	3.2	0.06

Zizzi Nutrition Guide

TAKEAWAY DRINKS																
Menu Item Name	Per Serving								Per 100g							
	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt	Energy kJ	Energy kcal	Fat	Saturates	Carbohydrate	Sugar	Protein	Salt
Served - Raspberry Hard Seltzer	601	145	0	0	0	0	0	0	235	57	0	0	0	0	0	0
Served - Peach Hard Seltzer	601	145	0	0	0	0	0	0	235	57	0	0	0	0	0	0