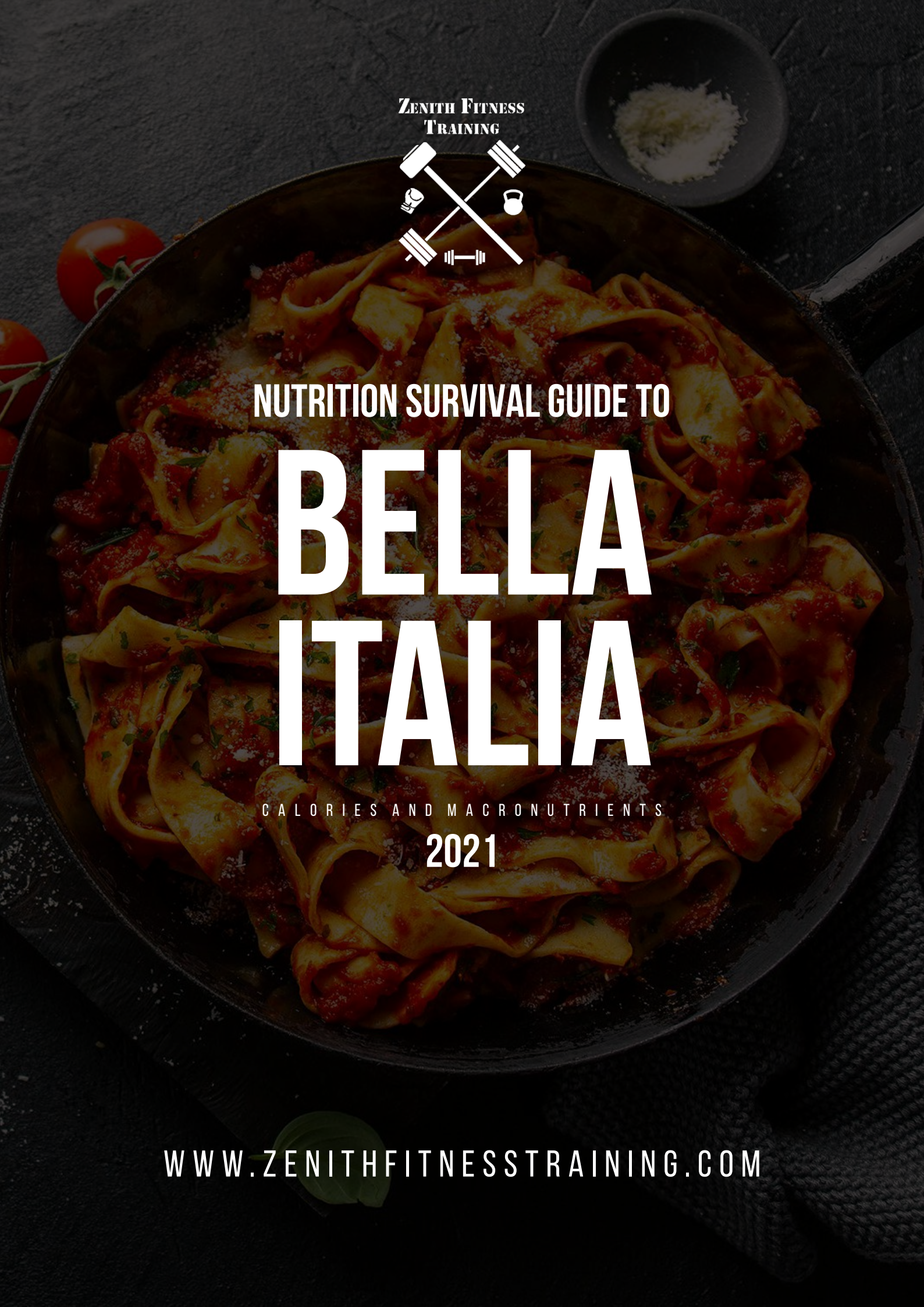

ZENITH FITNESS TRAINING

NUTRITION SURVIVAL GUIDE TO

BELLA ITALIA

CALORIES AND MACRONUTRIENTS

2021

WWW.ZENITHFITNESSTRAINING.COM

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

WHILE YOU WAIT

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Sodium(g)
Sicilian Olives	195.6	1.2	4.6	4	0.6	18.4	3.6
Dough Bites with Garlic and Rosemary Dip	473.1	9.2	48.3	1.4	3.8	26.7	1.5
Dough Bites with Basil Pesto Dip	519.7	11.1	45.7	2.7	3.4	31.8	1.7
Pane Bella	801.4	19.5	100.8	6.1	7.8	34.1	3.2
Flatbread with Garlic Butter	723.1	19.8	103.8	3.5	4.1	24.7	2.2
Flatbread with Spicy 'Nduja Sausage & Mozzarella	808.2	32.5	93.8	7.1	4.7	32	3.3
Flatbread with Mozzarella & Garlic Butter	907.2	35.8	102.8	4.5	4	38.1	3
Flatbread with Caramelised Onion & Mozzarella	976	30.1	136	5.4	51.2	33.3	3.3
Flatbread with Pomodoro and Pesto	731.5	20.2	92.1	6.9	13	29.8	3
Gluten Free Flatbread with Garlic Butter	677.4	6.1	83	7.8	8.8	111	2.4
Gluten Free Flatbread with Spicy 'Nduja Sausage & Mozzarella	656.6	22.6	80.3	7.4	8.6	88.3	2.9
Gluten Free Flatbread with Mozzarella & Garlic Butter	867.3	23	93.4	8.8	9.8	124.9	3.5
Gluten Free & Vegan Flatbread with Caramelised Onion	915	9.7	147.6	13.2	27.2	131.6	2.8
Gluten Free Flatbread with Pomodoro and Pesto	611.2	8.4	81.9	7.2	12.2	84.2	2.6

STARTERS

Seasonal Soup	409.8	15.3	50.3	3.3	5.9	5.4	3.8
Gluten Free -Seasonal Soup	294.4	11.4	43.4	4	6.9	21.3	3
Arancini	477.1	11.2	51.6	3.7	5.3	24.4	1.6
Polpette	510.9	32.1	28.9	3.9	5.5	28.7	3.1
Vegan Polpette	454.3	10.9	52.5	11.8	8.9	19.8	2.9
Gluten Free Vegan Polpette	315.7	8.6	20.7	14.5	7.7	18.9	2.8
Fritto Misto	518.9	20.6	34.6	0.9	1.1	33.1	2.2
Gamberi	302.8	22.4	10.3	1.7	1.2	18.8	2.6
Gluten Free Gamberi	332.4	21.2	20.6	-	2.4	37.5	2.7
Chicken wings in Sweet & Sour	468.9	47.7	13.2	0.5	14.6	25	0.6
Chicken wings in Piri Piri	434.2	48.4	4.4	1.8	0.1	24.3	1.2
Chicken Wings in Barbecue	372.3	38.1	11.4	1.2	12.6	19	1.1
Funghi Arrosto	439.5	20.8	29.3	6.7	2.6	25.2	1.1
Gluten Free Funghi Arrosto	331.5	9.4	19.1	3.5	3.3	36.2	1.1
Antipasti board	806.5	44.9	27	2	3.4	57.2	6.8
Calamari	282.5	8.3	16.1	0.5	0.8	20.5	2.4
Insalata Caprese	339	15	2.1	4.4	4	30.2	0.5
Bruschetta	674.5	8.5	47.3	-	4.8	35.4	1.9
Gluten Free Bruschetta	342.7	2.2	20.4	-	4.9	40.5	0.7
Mozzarella Carrozza	849.3	24.1	71.9	3.2	28.8	51	3.9

LIGHTER DISHES

Gamberoni Spirali	259.2	23	10.8	-	9.1	13.7	5.3
Lenticchie Spirali	299.2	19.1	44.6	-	17.3	10.6	7.7
Bolognese Spirali	282.8	19.3	16.5	-	14.9	15.4	3.6

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Milli Colori Pizza	524.6	15.6	65.7	10.5	-	22.2	5.6
Pollo Sapori Pizza	532.7	28.8	62.5	8.4	-	18.7	5.7
Pollo Lenticchie	335.4	44.72	21.07	10.75	12.47	5.6	5.1

SALADS

Insalata Giardiniera	265.2	6	14.3	5.4	11	19.4	0.7
- With Pollo	432.8	41.2	14.9	5.7	11.2	22.4	1.8
- With Salmon	607.2	44.4	14.3	5.4	11	23.2	1.2
- With Goat's Cheese	385.2	13.9	14.7	5.4	11.4	29.1	1.2
Insalata di Verona	875.4	16.8	94.4	10.6	7.7	45.2	2.3
Insalata Parma Bufala	654.6	30	20	12.9	2.3	47.5	3.4
Insalata Caesar	432	9.5	16.8	3.7	5.4	35.4	1.4
Insalata Caesar with Pollo & Pancetta	561.1	47.1	10.6	3.7	5.3	35.9	2.8

PASTA

Pomodoro Rustici	573.7	19.2	84.9	-	7.6	16.3	3.3
Gluten Free Pomodoro Penne	422.7	8.4	59.6	-	3.9	16.2	1.9
Bolognese Spaghetti	688.5	31.3	76.2	6.3	7.4	27.3	3.1
Gluten Free Bolognese Penne	756.4	25.5	89.6	-	11.7	31.7	2.5
Vegan Bolognese Spaghetti	667.5	27.3	114.2	-	13	9.4	6.8
Gluten Free and Vegan Bolognese Penne	944.5	27.7	138.1	-	14.7	29.1	8.4
Gamberoni Arrabiata	691.9	33.2	91.5	10.3	12.6	18.9	3.4
Gluten Free Gamberoni Arrabiata	526.4	25.2	69.6	7.8	9.6	14.4	2.6
Calabrese	774.4	34.4	83.7	8.1	4.3	31.5	2.6
Gluten Free Calabrese	1388.3	55.1	88.5	-	10.6	89.4	7.2
Pollo Pesto	1036.8	41.5	86.7	9.1	6	56.2	1.8
Gluten Free Pollo Pesto	1204.6	40	87.2	5	7.3	76.7	2.2
Vegan Pollo Pesto	1318	41.4	152.2	13.8	15	58.2	2.8
Vegan and Gluten Free Pollo Pesto	1089.1	25.3	98.8	10	9.3	64.2	2.9
Marco Polo	1005.8	41.1	140	8.1	40.6	29.5	2.3
Gluten Free Marco Polo	1070.3	37.2	127.2	-	41.8	44.9	3.3
Vegan Marco Polo	1002.2	39.2	149.1	16.1	47.8	23.6	3.2
Vegan and Gluten Free Marco Polo	1093	32.6	139.5	-	57.2	42.4	5
Cacio E Pepe	1192.7	63.1	96.8	2.9	5.2	61.4	5.2
Gluten Free Cacio E Pepe	1475.7	69.8	95.2	2.4	3.2	90	5.2
Carbonara	792.4	29	92.2	5.2	3	32.9	3.3
Gluten Free Carbonara	1035	29	84.5	3.5	4.5	64.2	6.5
Funghi Crema	653.7	21.9	88.5	5.3	3.2	22.3	0.6
Gluten Free Funghi Crema	895.7	20.2	84.6	3.4	5.4	52.3	2.4
Marinara	652.8	30.8	84.8	6.2	5.1	19.5	3.5
Gluten Free Marinara Penne	965.4	48.5	86.3	2.2	5.6	46.6	6.3
Polpette Americano	760.3	34.3	90.3	8.4	8.4	26.9	2.9
Vegan Polpette Americano	797.3	22.6	110.7	16.7	13.7	25.6	3.7
Vegan and Gluten Free Polpette Penne	727.2	13.1	101	18.2	12.1	26.3	3.1
Tagliatelle Capra	905.6	35.1	123.6	6.2	17	28.3	2.8
Gluten Free Tagliatelle Capra	908.3	25.7	96	5.8	15	45.8	3.6

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

AL FORNO

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Traditional Lasagne	835.6	46.8	69	7.6	16.5	39.9	5.8
Pollo Alla Crema	1043.1	45.6	97.7	6.6	7.7	50.5	3.1
Carne Festa	1029	60.4	91.4	8.9	7.9	44.6	4.6

RISOTTO

Risotto Pescatore	569.6	19.4	74.7	2.8	2	20.6	4.3
Risotto Verdura	559.9	12.2	69.9	7.1	3.1	23.9	2.6
Risotto Pollo Funghi	619.6	47.3	50.6	7.1	3.3	23.7	3.3

MEAT & FISH

Pollo Funghi	681.1	13.7	96.5	5.2	8.5	25.5	4.7
Pollo Milanese	848.2	32.4	47.1	7.1	10.6	88.9	2.3
Salmone Al Forno	906.2	49.2	62	7.2	5.1	49.7	3.4
Salmone Al Forno Gluten Free	946.4	49.5	44.6	-	8.1	49.4	3.3
Sea bream	731.6	30.4	59.4	10.7	6.4	39	2.9
Sirloin Steak	337	64.5	1	0.5	0.4	8.7	0.4
- With Fries	1453	74.1	109.8	14.1	1.6	76.9	1.9
- With Salad	525.4	69.8	17.9	7.3	11	18.4	2
- With Peppercorn Sauce	420.4	65.6	4.8	1.3	1.8	14.6	1.2
- With Creamy Mushroom Sauce	563.4	69.7	5.5	0.5	1.8	29.5	1.4
- With Garlic Butter	402	64.6	1.2	0.5	0.4	15.8	0.5
Grilled Chicken	167.6	35.2	0.6	0.3	0.2	3	1.1
- With Fries	1283.6	44.8	109.4	13.9	10.8	71.2	2.6
- With Salad	356	40.5	17.5	7.1	7.5	12.7	2.7
Gluten Free Grilled Chicken	548.2	54.6	8.9	5.2	7.3	32.8	2.7
- With Salad	736.6	59.9	25.8	12	17.9	42.5	4.3
Half Chicken Sweet & Sour	**3019.4**	98.1	85.4	-	29.5	98.2	6.5
Half Chicken Piri Piri	1633.5	98.3	75.2	-	18.3	103.7	7.3
Half Chicken Barbecue	1578.7	98.2	93.4	-	35	89.6	6.8
Rack of Ribs Sweet & Sour	**3028.2**	68.3	86.2	-	29.7	102.4	6
Rack of Ribs Piri Piri	1531.6	69.9	69.5	-	12.2	106.4	3.3
Rack of Ribs Barbecue	1608.9	67.3	116.5	-	65.6	95.9	5.6
Ribs & Chicken Sweet & Sour	**2932.5**	86.1	84.8	-	29.3	97.2	6.5
Ribs & Chicken Piri Piri	1351.7	85.7	55.4	-	9.3	86.2	4.5
Ribs & Chicken Barbecue	1391.3	83.3	81.9	-	39.4	80.2	5.7

BURGERS

Black Angus Burger	664.2	38	45.1	15.7	9.1	33.5	3.1
- With Fries	1780.2	47.6	153.9	29.3	10.3	107.7	4.6
- With Salad	852.6	43.3	62	22.5	19.7	43.2	4.7
Vegan burger	471.9	22.6	44.3	8	6.8	20.8	2.6
- With Salad	660.3	27.9	61.2	14.8	17.4	30.5	4.2
Pollo Burger	659.2	34.9	68.2	5.1	7	26.2	2.9
- With Fries	1775.2	44.5	177	18.7	8.2	94.4	4.4
- With Salad	847.6	40.2	85.1	11.9	17.6	35.9	4.5
Cannellini Bean Burger	592.8	16.5	73	15	9.4	22.8	3

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- With Fries	1708.8	26.1	181.8	28.6	10.6	91	4.5
- With Salad	781.2	21.8	89.9	21.8	20	32.5	4.6
Gluten Free Burger Americano	664.2	38	45.1	15.7	9.1	33.5	3.1
- With Salad add	852.6	43.3	62	22.5	19.7	43.2	4.7

PIZZA

Margherita	763.6	40	98.2	5.8	7.6	22.1	3
Margherita Roma	763.6	40	98.2	5.8	7.6	22.1	3
Margherita Ripiena Crust	1187.2	64.2	106.3	7.1	8.4	54.5	6.1
Margherita Gluten Free Base	910.9	30.3	97.1	-	-	114.3	7.3
Vegan Cheese Pizza	931.1	8.2	117.3	-	-	117.7	8.1
Queen Margherita	1085.4	35.6	104.5	8.5	10.1	56.3	4
Queen Margherita Roma	1085.4	35.6	104.5	8.5	10.1	56.3	4
Queen Margherita Ripiena Crust	1513.7	69.5	109	12.4	6.5	86	7.4
Queen Margherita Gluten Free Base	988.7	21.8	109.6	8.6	6	49.6	3.8
Campagna	868.7	41.9	83.8	8.8	14.5	38.9	4
Campagna Roma	868.7	41.9	83.8	8.8	14.5	38.9	4
Campagna Ripiena Crust	1461.2	73.1	132.1	1.4	15.7	71.4	7
Campagna Gluten Free Base	1028.6	66.2	133.9	14.8	17.3	21.9	5.1
Parma Bufala Pizza	1038.6	50.2	101.3	5.4	16.7	46.7	5.8
Parma Pizza Roma	1109.9	61.2	90.4	7.2	19.4	54.4	6.7
Parma Pizza Ripiena Crust	1388.3	80	94.3	7	22.1	75.5	9.4
Parma Bufala Pizza Gluten Free Base	1333.8	48.1	111.6	10.3	12.5	155.4	5.1
Diavola Forte	1254.6	49.2	106.6	6.6	9.8	68.5	5.9
Diavola Forte Roma	1254.6	49.2	106.6	6.6	9.8	68.5	5.9
Diavola Forte Ripiena Crust	1871.1	85.5	110	13.5	13.5	118.3	8.3
Diavola Forte Gluten Free Base	1523.2	56.1	110.2	-	-	169.5	10.1
Pollo Barbecue	979	62	114.5	6.4	22.7	28.7	6.4
Pollo Barbecue Roma	979	62	114.5	6.4	22.7	28.7	6.4
Pollo Barbecue Ripiena Crust	1595.9	92.6	130.6	6.1	31.8	76.4	9.1
Pollo Barbecue Gluten Free Base	1167	51.9	123.7	7.6	18.6	112.7	8.9
Vegan Barbecue	929.8	35.5	137.9	13.4	36.6	23.2	5.6
Vegan Barbecue Roma	929.8	35.5	137.9	13.4	36.6	23.2	5.6
Vegan Barbecue Gluten Free Base	987	33.6	134.1	11.9	32.3	95.1	8.3
Pepperoni Piccante	963.2	42.4	92.7	7	8.6	45.3	4.7
Pepperoni Piccante Roma	963.2	42.4	92.7	7	8.6	45.3	4.7
Pepperoni Piccante Ripiena Crust	1408	76.2	105.4	6.3	9.2	74.3	8.4
Pepperoni Piccante Gluten Free Base	1064.9	43	83.3	-	-	121.9	8.5
Pollo Vesuvio	924.2	56.1	29.3	7	10.6	105.6	4.8
Pollo Vesuvio Roma	924.2	56.1	29.3	7	10.6	105.6	4.8
Pollo Vesuvio Ripiena Crust	1310.8	83.5	108.5	11.6	11.6	58	7.4
Pollo Vesuvio Gluten Free Base	1144.4	54.2	103.1	-	-	128.6	8.4
Carne Mista	1005.7	58.5	93.3	6.6	9	42.8	6.6
Carne Mista Roma	1005.7	58.5	93.3	6.6	9	42.8	6.6
Carne Mista Ripiena Crust	1541.4	85.6	98.6	5.2	15.6	88.2	12
Carne Mista Gluten Free Base	1171.4	45	94.9	-	-	135.5	11.1
Cotto	801.4	51.2	88.3	5.8	5.1	25.6	4.5
Cotto Roma	801.4	51.2	88.3	5.8	5.1	25.6	4.5
Cotto Ripiena Crust	1233.2	79.5	99.1	7.2	7.2	56.2	7.9
Cotto Gluten Free Base	873.3	30	83.5	10.8	-	106.3	7.6

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Gamberoni	895.4	42.7	97.2	4.5	17.5	36.2	4.9
Gamberoni Ripiena	1288.7	67.9	104.8	8.4	25.2	64.7	7.7
Gamberoni Roma	910.5	47.6	86.3	9.5	19	39.4	5.3
Gamberoni Gluten Free Base	1064.8	36.9	94	-	-	121.4	7.2
Funghi Luganica	1403.6	76.5	94.6	8.7	13.1	77.9	6.5
Funghi Luganica Ripiena	1787.9	95.1	113.5	7.2	16.3	104.1	10.3
Funghi Luganica Roma	1434.8	71	110.2	6.6	12.7	77.1	6.8
Funghi Luganica Gluten Free Base	1453.6	57.9	84.8	-	-	158.6	12.2

PIZZA CYO

Create Your Own Pizza	831.7	38.8	103.5	0	0	28.4	4.3
- With Roast Pepper	886.7	39.7	109.7	2.1	5.9	31.42	4.4
- With Red Onion	873.3	39.8	108.5	1.2	3.6	30.6	4.3
- With Green Chilli	836.1	39.4	103.7	0	0.2	28.5	4.3
- With Black Olives	862.1	39	104.5	0.5	0	31.2	4.9
- With Rocket	832.3	38.8	103.6	0	0.1	28.4	4.3
- With Spinach	837.6	39.5	103.9	0.5	0.4	28.6	4.4
- With Spring Onion	843.9	39.9	105.1	1.1	1.5	28.7	4.3
- With Garlic Mushrooms	879.3	40.1	104	1	0.2	32.9	4.3
- With Pepperoni	958.6	46.3	105.4	0	0.1	39.2	5.3
- With Salami	895.6	43.5	103.7	0	0	33.3	5.2
- With Cotto Ham	944.1	47	103.5	0	0	37.2	5.7
- With Pancetta	900	42.4	103.8	0	0.3	34.3	5.3
- With Chicken	1189.4	89.9	103.8	0.9	0.3	45.3	6.6
- With Tuna	897.7	54.5	103.5	0	0	28.8	4.8
- With Luganica Sausage	933.1	45.2	103.5	0.6	0	36.7	5.2
- With Spicy 'Nduja Sausage	977.6	45	104	0	0.5	41.6	5.2
- With Buffalo Mozzarella	938	44	103.7	0	0	37.8	5.1
- With Goat's Cheese	987	49.9	104	0	0.5	40.5	5.1
Create Your Own Roma	844.2	36.3	97.3	-	-	33.8	6
- With Roast Pepper	899.2	37.2	103.5	2.1	5.9	36.82	6.1
- With Red Onion	885.8	37.3	102.3	1.2	3.6	36	6
- With Green Chilli	848.6	36.9	97.5	0	0.2	33.9	6
- With Black Olives	874.6	36.5	98.3	0.5	0	36.6	6.6
- With Rocket	844.8	36.3	97.4	0	0.1	33.8	6
- With Spinach	850.1	37	97.7	0.5	0.4	34	6.1
- With Spring Onion	856.4	37.4	98.9	1.1	1.5	34.1	6
- With Garlic Mushrooms	891.8	37.6	97.8	1	0.2	38.3	6
- With Pepperoni	971.1	43.8	99.2	0	0.1	44.6	7
- With Salami	908.1	41	97.5	0	0	38.7	6.9
- With Cotto Ham	956.6	44.5	97.3	0	0	42.6	7.4
- With Pancetta	912.5	39.9	97.6	0	0.3	39.7	7
- With Chicken	1201.9	87.4	97.6	0.9	0.3	50.7	8.3
- With Tuna	910.2	52	97.3	0	0	34.2	6.5
- With Luganica Sausage	945.6	42.7	97.3	0.6	0	42.1	6.9
- With Spicy 'Nduja Sausage	990.1	42.5	97.8	0	0.5	47	6.9
- With Buffalo Mozzarella	950.5	41.5	97.5	0	0	43.2	6.8
- With Goat's Cheese	999.5	47.4	97.8	0	0.5	45.9	6.8
Create Your Own Ripiena	1328.1	67.5	103	8.4	-	74.8	8.3
- With Roast Pepper	1383.1	68.4	109.2	10.5	5.9	77.82	8.4

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- With Red Onion	1369.7	68.5	108	9.6	3.6	77	8.3
- With Green Chilli	1332.5	68.1	103.2	8.4	0.2	74.9	8.3
- With Black Olives	1358.5	67.7	104	8.9	0	77.6	8.9
- With Rocket	1328.7	67.5	103.1	8.4	0.1	74.8	8.3
- With Spinach	1334	68.2	103.4	8.9	0.4	75	8.4
- With Spring Onion	1340.3	68.6	104.6	9.5	1.5	75.1	8.3
- With Garlic Mushrooms	1375.7	68.8	103.5	9.4	0.2	79.3	8.3
- With Pepperoni	1455	75	104.9	8.4	0.1	85.6	9.3
- With Salami	1392	72.2	103.2	8.4	0	79.7	9.2
- With Cotto Ham	1440.5	75.7	103	8.4	0	83.6	9.7
- With Pancetta	1396.4	71.1	103.3	8.4	0.3	80.7	9.3
- With Chicken	1685.8	118.6	103.3	9.3	0.3	91.7	10.6
- With Tuna	1394.1	83.2	103	8.4	0	75.2	8.8
- With Luganica Sausage	1429.5	73.9	103	9	0	83.1	9.2
- With Spicy 'Nduja Sausage	1474	73.7	103.5	8.4	0.5	88	9.2
- With Buffalo Mozzarella	1434.4	72.7	103.2	8.4	0	84.2	9.1
- With Goat's Cheese	1483.4	78.6	103.5	8.4	0.5	86.9	9.1
Create Your Own Gluten Free	726.3	21	84.1	10	-	94.5	6
- With Roast Pepper	781.3	21.9	90.3	12.1	5.9	97.52	6.1
- With Red Onion	767.9	22	89.1	11.2	3.6	96.7	6
- With Green Chilli	730.7	21.6	84.3	10	0.2	94.6	6
- With Black Olives	756.7	21.2	85.1	10.5	0	97.3	6.6
- With Rocket	726.9	21	84.2	10	0.1	94.5	6
- With Spinach	732.2	21.7	84.5	10.5	0.4	94.7	6.1
- With Spring Onion	738.5	22.1	85.7	11.1	1.5	94.8	6
- With Garlic Mushrooms	773.9	22.3	84.6	11	0.2	99	6
- With Pepperoni	853.2	28.5	86	10	0.1	105.3	7
- With Salami	790.2	25.7	84.3	10	0	99.4	6.9
- With Cotto Ham	838.7	29.2	84.1	10	0	103.3	7.4
- With Pancetta	794.6	24.6	84.4	10	0.3	100.4	7
- With Chicken	1084	72.1	84.4	10.9	0.3	111.4	8.3
- With Tuna	792.3	36.7	84.1	10	0	94.9	6.5
- With Luganica Sausage	827.7	27.4	84.1	10.6	0	102.8	6.9
- With Spicy 'Nduja Sausage	872.2	27.2	84.6	10	0.5	107.7	6.9
- With Buffalo Mozzarella	832.6	26.2	84.3	10	0	103.9	6.8
- With Goat's Cheese	881.6	32.1	84.6	10	0.5	106.6	6.8
Create Your Own Gluten Free & Vegan	934.6	8.2	117.8	-	-	118.2	8.1
- With Roast Pepper	989.6	9.1	124	2.1	5.9	121.2	8.2
- With Red Onion	976.2	9.2	122.8	1.2	3.6	120.4	8.1
- With Green Chilli	939	8.8	118	0	0.2	118.3	8.1
- With Black Olives	965	8.4	118.8	0.5	0	121	8.7
- With Rocket	935.2	8.2	117.9	0	0.1	118.2	8.1
- With Spinach	940.5	8.9	118.2	0.5	0.4	118.4	8.2
- With Spring Onion	946.8	9.3	119.4	1.1	1.5	118.5	8.1
- With Garlic Mushrooms	982.2	9.5	118.3	1	0.2	122.7	8.1
- With Pepperoni	1061.5	15.7	119.7	0	0.1	129	9.1
- With Salami	998.5	12.9	118	0	0	123.1	9
- With Cotto Ham	1047	16.4	117.8	0	0	127	9.5
- With Pancetta	1002.9	11.8	118.1	0	0.3	124.1	9.1
- With Chicken	1292.3	59.3	118.1	0.9	0.3	135.1	10.4

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- With Tuna	1000.6	23.9	117.8	0	0	118.6	8.6
- With Luganica Sausage	1036	14.6	117.8	0.6	0	126.5	9
- With Spicy 'Nduja Sausage	1080.5	14.4	118.3	0	0.5	131.4	9
- With Buffalo Mozzarella	1040.9	13.4	118	0	0	127.6	8.9
- With Goat's Cheese	1089.9	19.3	118.3	0	0.5	130.3	8.9

CALZONE

Carne	1101.6	64.4	87	4	16.1	54.3	6.2
Diavola	1161.5	54	106.1	9.1	19.7	56.1	6.3
Verdure Pesto	1311.6	42.6	103.9	7.7	17.9	78.9	4.5

SIDES

Coleslaw	108.6	1.5	6.5	2	2.9	8.1	1.1
Roasted Mediterranean Vegetables	64.8	2.5	8.8	2.7	7.7	1.5	0.7
Green Beans	41.6	1.5	1.2	2.2	1.2	3	0.2
Mixed Salad	97.7	1.9	8.1	2.9	6.7	6.5	0.4
Fries	457.9	3.5	34.5	-	1.9	33.4	1.6
Sweet Potato Fries	335	2.7	36.4	3.1	15.1	19.2	0.6
Onion Rings	666.9	8.4	72.9	4.5	23	37.1	2.5
Crushed New Potatoes with Spring Onions	248.9	3.4	29.9	2.7	2.7	13.7	0.1

DESSERTS

Chocolate Brownie	396.5	3.4	32.1	1.7	25.5	28.1	0.2
Tiramisu	462.7	5.3	50.7	0.4	30.1	26.5	0.2
Strawberry Cheesecake	675.4	8.1	80.5	2.5	46.1	35	0.3
Coconut Panna Cotta	378.5	3.4	33.7	3.2	31.9	24.9	0.1
Cookie Dough Al Forno	867	8.9	110.1	2.9	64.1	42.9	0.8
Vegan Cookie Dough Al Forno	864.2	6.4	111.2	2.7	73	42.9	0.8
Mini Doughnuts with Dark Chocolate Sauce	516.5	7.1	70.2	2.5	26.1	23.1	1.3
Dolcetti Sharing Desserts	956.5	10.1	98.5	3.9	66.8	57.2	0.4
Eton Mess Sundae	499.1	5.3	42.3	1.2	33.8	34.3	0.2
Banoffee Sundae	1192.3	12.6	134.2	4.9	102.4	66.1	0.4
Rocky Road Sundae	1022.6	10.8	78.7	3.1	64.7	73	0.2

ICE CREAM

Honeycomb	334.9	4.7	43.6	0.4	36.9	15.8	0.2
- With Gelato Topping Amaretti Biscuits	380	5.4	51.8	0.7	44.8	16.8	0.2
- With Gelato Topping Banana	414.1	5.7	62.9	1.6	54.3	16.1	0.2
- With Gelato Topping Chocolate Tagliatelle	375.1	5.1	47.8	0.9	40.9	18.2	0.2
- With Gelato Topping Crushed Ice Cream Cone	373.6	5.4	51.2	0.8	39.1	16.3	0.2
- With Gelato Topping Sprinkles	375.7	4.7	53.2	0.4	46	15.9	0.2
- With Gelato Topping Marshmallows	368.2	5	51.5	0.4	43.8	15.9	0.2
- With Gelato Topping Popping Candy	394.2	5.2	52.2	0.5	45.3	18.4	0.2
- With Gelato Topping Whipped Cream	427.4	5.2	44.4	0.4	37.7	25.5	0.2
Limoncello	208.8	0.1	39.2	0.4	38.9	5.8	0.1
- With Gelato Topping Amaretti Biscuits	253.9	0.8	47.4	0.7	46.8	6.8	0.1
- With Gelato Topping Banana	288	1.1	58.5	1.6	56.3	6.1	0.1

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- With Gelato Topping Chocolate Tagliatelle	249	0.5	43.4	0.9	42.9	8.2	0.1
- With Gelato Topping Crushed Ice Cream Cone	247.5	0.8	46.8	0.8	41.1	6.3	0.1
- With Gelato Topping Sprinkles	249.6	0.1	48.8	0.4	48	5.9	0.1
- With Gelato Topping Marshmallows	242.1	0.4	47.1	0.4	45.8	5.9	0.1
- With Gelato Topping Popping Candy	268.1	0.6	47.8	0.5	47.3	8.4	0.1
- With Gelato Topping Whipped Cream	301.3	0.6	40	0.4	39.7	15.5	0.1
Amarena Cherry	347.4	5.5	37.7	0.4	34.6	19.4	0.2
- With Gelato Topping Amaretti Biscuits	392.5	6.2	45.9	0.7	42.5	20.4	0.2
- With Gelato Topping Banana	426.6	6.5	57	1.6	52	19.7	0.2
- With Gelato Topping Chocolate Tagliatelle	387.6	5.9	41.9	0.9	38.6	21.8	0.2
- With Gelato Topping Crushed Ice Cream Cone	386.1	6.2	45.3	0.8	36.8	19.9	0.2
- With Gelato Topping Sprinkles	388.2	5.5	47.3	0.4	43.7	19.5	0.2
- With Gelato Topping Marshmallows	380.7	5.8	45.6	0.4	41.5	19.5	0.2
- With Gelato Topping Popping Candy	406.7	6	46.3	0.5	43	22	0.2
- With Gelato Topping Whipped Cream	439.9	6	38.5	0.4	35.4	29.1	0.2
Bubblegum	291.5	4.8	33.9	0.4	29	15.2	0.2
- With Gelato Topping Amaretti Biscuits	336.6	5.5	42.1	0.7	36.9	16.2	0.2
- With Gelato Topping Banana	370.7	5.8	53.2	1.6	46.4	15.5	0.2
- With Gelato Topping Chocolate Tagliatelle	331.7	5.2	38.1	0.9	33	17.6	0.2
- With Gelato Topping Crushed Ice Cream Cone	330.2	5.5	41.5	0.8	31.2	15.7	0.2
- With Gelato Topping Sprinkles	332.3	4.8	43.5	0.4	38.1	15.3	0.2
- With Gelato Topping Marshmallows	324.8	5.1	41.8	0.4	35.9	15.3	0.2
- With Gelato Topping Popping Candy	350.8	5.3	42.5	0.5	37.4	17.8	0.2
- With Gelato Topping Whipped Cream	384	5.3	34.7	0.4	29.8	24.9	0.2
Chocolate Chip	304.6	5.2	31	1.8	26.1	17.3	0.1
- With Gelato Topping Amaretti Biscuits	349.7	5.9	39.2	2.1	34	18.3	0.1
- With Gelato Topping Banana	383.8	6.2	50.3	3	43.5	17.6	0.1
- With Gelato Topping Chocolate Tagliatelle	344.8	5.6	35.2	2.3	30.1	19.7	0.1
- With Gelato Topping Crushed Ice Cream Cone	343.3	5.9	38.6	2.2	28.3	17.8	0.1
- With Gelato Topping Sprinkles	345.4	5.2	40.6	1.8	35.2	17.4	0.1
- With Gelato Topping Marshmallows	337.9	5.5	38.9	1.8	33	17.4	0.1
- With Gelato Topping Popping Candy	363.9	5.7	39.6	1.9	34.5	19.9	0.1
- With Gelato Topping Whipped Cream	397.1	5.7	31.8	1.8	26.9	27	0.1
Hazelnut	291.2	4.3	28.6	0.7	16.5	17.6	0.2
- With Gelato Topping Amaretti Biscuits	336.3	5	36.8	1	24.4	18.6	0.2
- With Gelato Topping Banana	370.4	5.3	47.9	1.9	33.9	17.9	0.2
- With Gelato Topping Chocolate Tagliatelle	331.4	4.7	32.8	1.2	20.5	20	0.2
- With Gelato Topping Crushed Ice Cream Cone	329.9	5	36.2	1.1	18.7	18.1	0.2
- With Gelato Topping Sprinkles	332	4.3	38.2	0.7	25.6	17.7	0.2
- With Gelato Topping Marshmallows	324.5	4.6	36.5	0.7	23.4	17.7	0.2
- With Gelato Topping Popping Candy	350.5	4.8	37.2	0.8	24.9	20.2	0.2
- With Gelato Topping Whipped Cream	383.7	4.8	29.4	0.7	17.3	27.3	0.2
Mint Chocolate Chip	331.8	5.2	38.7	0.4	33.2	17.4	0.2
- With Gelato Topping Amaretti Biscuits	376.9	5.9	46.9	0.7	41.1	18.4	0.2
- With Gelato Topping Banana	411	6.2	58	1.6	50.6	17.7	0.2
- With Gelato Topping Chocolate Tagliatelle	372	5.6	42.9	0.9	37.2	19.8	0.2
- With Gelato Topping Crushed Ice Cream Cone	370.5	5.9	46.3	0.8	35.4	17.9	0.2
- With Gelato Topping Sprinkles	372.6	5.2	48.3	0.4	42.3	17.5	0.2
- With Gelato Topping Marshmallows	365.1	5.5	46.6	0.4	40.1	17.5	0.2
- With Gelato Topping Popping Candy	391.1	5.7	47.3	0.5	41.6	20	0.2

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- With Gelato Topping Whipped Cream	424.3	5.7	39.5	0.4	34	27.1	0.2
Raspberry	117.5	0.3	29.1	0.3	22.9	0	0.1
- With Gelato Topping Amaretti Biscuits	162.6	1	37.3	0.6	30.8	1	0.1
- With Gelato Topping Banana	196.7	1.3	48.4	1.5	40.3	0.3	0.1
- With Gelato Topping Chocolate Tagliatelle	157.7	0.7	33.3	0.8	26.9	2.4	0.1
- With Gelato Topping Crushed Ice Cream Cone	156.2	1	36.7	0.7	25.1	0.5	0.1
- With Gelato Topping Sprinkles	158.3	0.3	38.7	0.3	32	0.1	0.1
- With Gelato Topping Marshmallows	150.8	0.6	37	0.3	29.8	0.1	0.1
- With Gelato Topping Popping Candy	176.8	0.8	37.7	0.4	31.3	2.6	0.1
- With Gelato Topping Whipped Cream	210	0.8	29.9	0.3	23.7	9.7	0.1
Vanilla	258.1	4.3	30.1	0.3	13	13.4	0.2
- With Gelato Topping Amaretti Biscuits	303.2	5	38.3	0.6	20.9	14.4	0.2
- With Gelato Topping Banana	337.3	5.3	49.4	1.5	30.4	13.7	0.2
- With Gelato Topping Chocolate Tagliatelle	298.3	4.7	34.3	0.8	17	15.8	0.2
- With Gelato Topping Crushed Ice Cream Cone	296.8	5	37.7	0.7	15.2	13.9	0.2
- With Gelato Topping Sprinkles	298.9	4.3	39.7	0.3	22.1	13.5	0.2
- With Gelato Topping Marshmallows	291.4	4.6	38	0.3	19.9	13.5	0.2
- With Gelato Topping Popping Candy	317.4	4.8	38.7	0.4	21.4	16	0.2
- With Gelato Topping Whipped Cream	350.6	4.8	30.9	0.3	13.8	23.1	0.2
Strawberry	205	0.5	39.5	0.4	36	5	0.1
- With Gelato Topping Amaretti Biscuits	250.1	1.2	47.7	0.7	43.9	6	0.1
- With Gelato Topping Banana	284.2	1.5	58.8	1.6	53.4	5.3	0.1
- With Gelato Topping Chocolate Tagliatelle	245.2	0.9	43.7	0.9	40	7.4	0.1
- With Gelato Topping Crushed Ice Cream Cone	243.7	1.2	47.1	0.8	38.2	5.5	0.1
- With Gelato Topping Sprinkles	245.8	0.5	49.1	0.4	45.1	5.1	0.1
- With Gelato Topping Marshmallows	238.3	0.8	47.4	0.4	42.9	5.1	0.1
- With Gelato Topping Popping Candy	264.3	1	48.1	0.5	44.4	7.6	0.1
- With Gelato Topping Whipped Cream	297.5	1	40.3	0.4	36.8	14.7	0.1