ZENITH FITNESS TRAINING

NUTRITION SURVIVAL GUIDE TO

PIZZA EXPRESS

CALORIES AND MACRONUTRIENTS

2021

WWW.ZENITHFITNESSTRAINING.COM

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

STARTERS

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Olives Marinate	137	0.7	1.1	3.4	0.1	13.6	2.8
Roasted Tomatoes	67	1.3	6	2.8	5.6	3.5	0.5
Dough Balls	396	8.1	40.4	3	3.1	21.6	1.6
Dough Balls - No Butter	230	9.2	46.4	2.6	3.1	1.3	1.3
Gluten Free Dough Balls With Garlic Butter	370	1.2	47.4	3.6	2.1	18.7	1.7
Vegan Dough Balls - pestorissa	336	9.7	48.6	3.6	4.8	12	1.9
Dough Balls Doppio	828	18.6	88.3	5.3	8.5	43.3	3.6
Garlic Bread (Butter)	280	9.4	49	2.5	3.6	5.7	1.5
Vegan Garlic Bread (Garlic Oil)	345	9.8	51.5	2.6	3.8	11.6	1.5
Garlic Bread With Mozzarella	356	14.9	49.4	4	3.7	10	1.6
Garlic Bread With Vegan Mozzarella Alternative	330	9.4	51.5	3.4	5.2	10.3	1.8
Bruschetta Originale	362	11.1	50.8	6.7	7.1	11.1	2
Buffalo Mozzarella & Tomato Salad	336	15.5	3.7	2.7	3.7	28.2	0.8
Lemon & Herbs Chicken Wings Pizzaexpress	556	52.4	2.2	0	2	37.5	3
Calamari	504	17.6	36.3	0.8	2.9	32.1	2.8

BASES

Standard Dough - Cooked	578	22.1	118	6.5	9.5	3.4	3.2
Wholemeal Dough - Cooked	542	22.1	107.1	11.2	8.3	5.2	2.7
Adult Gluten Free - Cooked	529	6.5	121.2	3.9	2.1	2.7	3
Piccolo Gluten Free - Cooked	168	2.2	37.1	0.9	0.6	1	0.8

ROMANA PIZZAS, CALABRESE AND CALZONE

American Hot	1010	54.1	102	6.1	12.6	41.5	6.5
Padana	1108	62.8	129.1	19.9	33.9	33.2	4.7
Padana - Vegan	911	24.5	152.8	14	33.7	25.3	4.9
Pollo Ad Astra	1145	66.6	142.1	8.9	21.5	32.5	5
Diavlo	1167	59.1	139.1	10.2	15	39	7.1
Pollo Forza	1253	79.3	129.4	8.4	20.6	44.6	5
Calabrese	1275	54.1	108.7	13.9	18.2	66.1	6.5
Barbacoa	1118	71.8	127.7	12.1	26.9	38.4	5.6
Vegan Giardiniera	970	27.6	144.1	11.8	14.5	34	6.5
Calzone 'nduja	1196	52.3	105.6	11	17.3	65.3	7.3

CLASSIC PIZZAS

American	978	52.8	111.1	8.2	13	37.7	5.7
Margherita	834	37.6	111.5	7.2	13.1	24.9	4.3
Margherita - Vegan	711	21.4	118.7	9.2	11	18.6	4.3
La Reine	898	47.1	108.6	7.5	9.8	28.7	4.6
Fiorentina	942	51.7	107.8	10.6	8.4	31.4	4.2
Sloppy Giuseppe	897	45	115.4	10.5	13.5	26.1	4.8
Veneziana	938	41.9	120.4	9.5	18.3	29.7	4.4
Veneziana - Vegan	815	23.4	132.4	10.8	21.2	23.4	5.2
Vegan Giardiniera	843	24.7	130.5	11.9	13.7	27.5	5.7

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LEGGERA PIZZAS

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Wholemeal Leggera Pollo Ad Astra	599	46.4	75	6.7	12.4	13.9	3
Wholemeal Leggera Padana	587	20.4	91.4	8.7	26.5	17.4	2.6
Wholemeal Leggera Padana - Vegan	560	19.3	93	12.3	30.7	16.3	3
Wholemeal Leggera American Hot	548	30.3	67.2	7	5.6	18.8	3.7
Wholemeal Leggera Vegan Giardiniera	556	16.1	79.6	9.1	9.1	21	3.2
Wholemeal Leggera Barbacoa	547	43.5	55.1	8	14.8	18.6	3.5
Wholemeal Leggera La Reine	498	31.5	61.3	7.8	3	15.8	3.4
Wholemeal Leggera Pollo Forza	578	46.8	60.8	10.3	5.9	18.6	2.9
Wholemeal Leggera Diavolo	556	32.5	59.9	8.8	5.4	22.6	3.9
Wholemeal Leggera Margherita	440	22.4	61.8	8.2	6.6	13.2	2.2
Wholemeal Leggera Margherita - Vegan	452	13.9	67.4	9.9	10.8	16.2	2.3
Wholemeal Leggera Veneziana	517	27.5	70.2	9.2	16.6	16	3.1
Wholemeal Leggera Veneziana - Vegan	544	14.7	76.4	10	20.4	22	3.1
Wholemeal Leggera American	557	34.1	56.1	8.2	7.1	23.6	3.2
Wholemeal Leggera Sloppy Giuseppe	490	29.9	65.6	9.2	8	14.1	3.1
Superfood Salad Addition	171	6.3	15.2	3.5	2.7	9.2	0.5

SALADS NO DRESSINGS WITH DOUGH STICKS

Pollo Salad No Dressing	502	42.1	22.1	3.9	11.6	26.3	2.2
Nicoise Salad No Dressing	366	39.1	5.1	1.8	3.3	21	2
Grand Chicken Caesar Salad No Dressing	477	47.1	17.2	1.6	1.6	24.5	1.9

SALADS WITH DRESSINGS NO DOUGH STICKS

Leggera Superfood	424	14.1	29.3	17	15.5	24.3	1.5
Pollo Salad With Dressing	693	42.8	24.6	4	5.1	46.3	3.3
Nicoise Salad With Dressing	558	39.5	7.3	2	4.5	40.7	3.1
Grand Chicken Caesar Salad With Dressing	636	48.3	20.3	2.5	4.4	39.9	2.9

SALADS WITH DRESSINGS AND DOUGH STICKS

Pollo Salad With Dressing And Dough Sticks	954	52.8	72.9	6.4	8.8	48.9	4.8
Nicoise Salad With Dressing And Dough Sticks	820	50	55.5	4.5	8.5	43.5	4.6
Grand Chicken Caesar Salad With Dressing And Dough Sticks	894	58.4	68.4	4.6	8.2	42.4	4.4

SALAD SIDES

Dough Sticks	263	10.2	48.3	2.3	3.8	2.6	1.5
Classic House Dressing	191	0.5	2.3	0.2	1.2	19.9	1.1
Light House Dressing	135	0.4	2.3	0.3	2.1	13.6	1
Caesar Dressing	157	1.2	3	0.8	2.7	15.4	1

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AL FORNO

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Lasagna Classica	712	36.9	43	7	11	42.1	3.9
Pollo Pesto (Gf)	1082	48.6	90.3	3.4	6.5	57.5	7.5
Cannelloni	705	33.1	49.2	5.7	10.4	43	3.6
Bolognese	674	28	83	5	6	28	2
Leggera Peperonata	542	12	91	8	16	16	2

SIDES

Coleslaw 'Pizza Express'	330	1.9	4.6	2.5	0	33.3	0.8
Mixed Salad without dressing	74	1.9	3.6	1.4	2.5	5.4	0.1
Mixed Salad with House dressing	202	2.2	5.1	2.5	4.2	18.8	0.8
Polenta Chips	454	6.7	42.8	7.7	5	26.6	2.7

DESSERTS

Chocolate Fondant With Vanilla Ice Cream	657	10	72	3.6	56.6	37.4	1.3
Chocolate Fudge Cake (Cake Only)	312	4.8	42.4	0.9	30.5	13.4	1
Vanilla cheesecake	384	5.6	32.5	0.5	19.5	25.7	0.6
Tiramisu	412	5	62.7	3	37.5	15	0.3
Chocolate Brownie And Ice Cream	519	7.9	62.9	3.4	54.1	27	0.2
Coppa Gelato – Vanilla + Choc Straw	247	5.6	32.7	0.5	32.5	10.3	0.2
Coppa Gelato – Chocolate + Choc Straw	246	5.6	32.6	2.5	27.9	10.3	0.2
Coppa Gelato – Strawberry + Choc Straw	211	1.5	40.1	0.9	34.2	5	0.1
Coppa Gelato – Salted Caramel + Choc Straw	287	4.6	33.9	0.4	31.5	14.8	0.8
Leggera Sorbet – Raspberry Sorbet	122	0.7	28.4	1.3	28.4	0.5	0
Leggera Sorbet - Cocconut Sorbet	201	0.6	36	0	28.8	6	0
Affogato - No Coffee	337	5.9	44	0.1	41.9	15.4	0.6
Honeycombe Cream Slice	578	5	54.8	1.2	37.2	37.4	0.6
Side Of Cream	139	0.4	0.5	0	0.5	15	0
Side Of Vanilla Gelato	114	2.7	15.4	0.1	15.4	4.5	0.1
Side Of Mascarpone	118	1.2	0.8	0	0.8	12.3	0
Fruit Coulis	25	0.1	5.7	0.4	5.7	0.1	0

DOLCETTI

Vegan Carrot Cake	336	1.5	45.9	0	31.5	16.2	0.5
Salted Caramel Profiteroles	257	3.4	24	0	19.2	16.2	0.1
Chocolate Brownie	206	2.6	24.5	1.8	20.1	11.3	0
Caffe reale	208	1.9	23.7	1.4	32.7	12.6	0.1
Lotus Biscoff Cheesecake	319	2.7	25.4	0.6	14.6	22.8	0.3

PICCOLO

Piccolo Dough Balls - No Dips No Salad	60	2.2	12.1	0.5	0.5	0.3	0.3
Piccolo Dough Balls With Houmous - With Salad	193	6.9	24.1	2.5	1.7	7.6	0.5
Piccolo Dough Balls With Houmous- No Salad	130	3.7	13.8	1.5	0.7	6.5	0.3

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Piccolo Dough Balls With Garlic Butter - With Salad	233	6.1	27.9	2.6	0.8	11.2	0.9
Piccolo Dough Balls With Garlic Butter - No Salad	54	1	5.2	0.2	0.3	3.3	0.2
Piccolo Dough Balls With Balsamic And Olive Oil - With Salad	153	5.3	27.3	2.1	2.7	2.9	0.8
Piccolo Salad Starter	16	1	1.7	0.8	1.7	0.6	0
Bolognese	353	14.1	53	3.8	4.6	10.2	0.8
Napoletana	284	6.7	53.6	3.2	4	5.4	0.9
Bianca	355	7.2	56.2	2.2	3.3	11.6	0.7
Pizza Margherita	435	22	60	3.8	7.2	12.7	2.1
Pizza La Reine	437	20.2	63.8	5.3	7.4	12.3	2.6
Pizza American	482	21.2	61.1	4.6	6.8	17.9	2.5
Pizza Pollo	458	28.4	61.4	4.8	7.2	12	2.2
Pollo Salad With Db	283	27	23.6	3.4	0.5	9.4	1.3
Pollo Salad With Polenta Chips	265	23.2	12.4	3.2	0	17	1.2
Sundae With Chocolate Sauce	149	2.9	23.7	0.3	21.8	4.6	0.1
Sundae With Fruit Sauce	131	2.8	19.6	0.3	18.4	4.5	0.1
Chocolate Brownie	206	2.6	24.5	1.8	20.1	11.3	0.0 3
Pip Organic Fruity Ice Lolly	18	0	4.2	0	4	0	0
Pip Organic Rainbow Ice Lolly	20	0	4.5	0	4.2	0	0
Cawston Apple And Summer Berries	50	0.6	11.6	0	11	0.2	0
Cawston Apple And Pear Juice	54	0.2	12.8	0	12.8	0	0

NEW DISHES

Starters							
Garlic King Prawns	289	16.3	29.5	3.2	1.7	12.5	2.3
Chipotle Chicken Wings	541	52.6	6.6	0	5.2	33.6	3
Hot Jalapenos Dough Balls	597	12.9	76.1	3.7	10.2	27.7	2.9
Dough Balls Al Forno	404	24.4	37	1.9	3.3	18	2
Loaded Pesto Dough Balls	548	16.7	73.6	4	7.5	21.6	2.7
Romana & Calzone Pizzas							
Romana Hot Honey	1286	69	134	11	45	51	7
Romana Pulled Lamb	1180	58	132	19	20	51	6
Calzone Mezza	626	20.1	102.1	10.9	16.8	17.6	3.2
Leggera Pizzas							
WM Leggera Hot Honey	509	31	65.7	7.7	15.3	16.3	3.3
WM Leggera Pulled Lamb	575	36.3	57.3	8.3	7.3	24.7	3
AL FORNO							
Pea & Asparagus Risotto	484	10.4	59	5.5	3.9	24	2.1
SIDES							
Rucola	140	5.7	3	1.1	2.7	11.7	0.3
Vegan Trio Of Dips	270	2.8	7.1	2.1	4.1	25.3	0.6
Green Beans	140	3.5	11.4	4.9	0.4	10	0.3
DESSERTS							
White Chocolate & Rapsberry Cheesecake	440	3.8	36.3	1	18.5	31.1	0.6