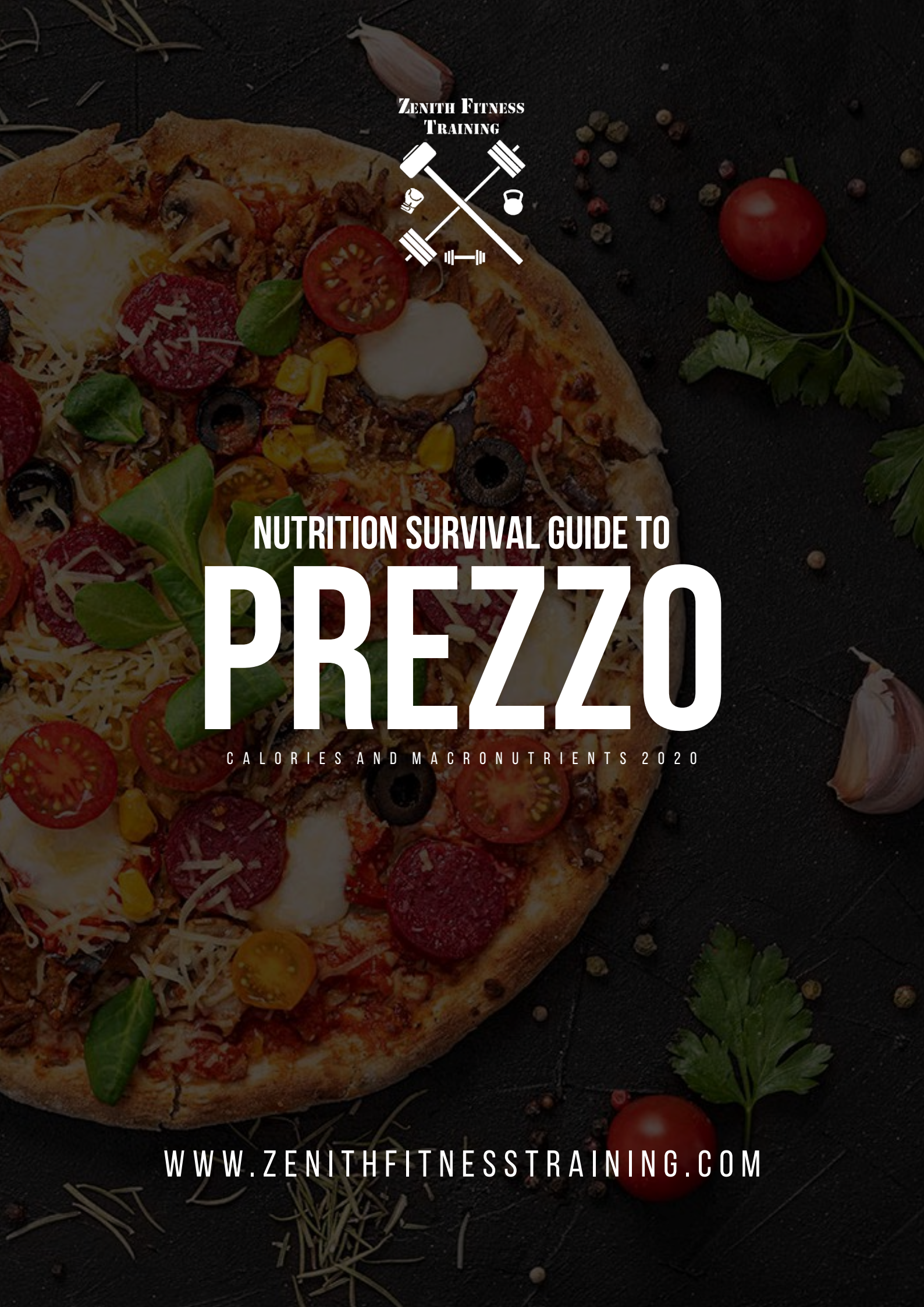

Zenith Fitness Training

NUTRITION SURVIVAL GUIDE TO

PREZZO

CALORIES AND MACRONUTRIENTS 2020

WWW.ZENITHFITNESSTRAINING.COM

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

WHILE YOU DECIDE

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Marinated Olives	102	0.9	0.6	5.3	0.1	9.8	1.14

STARTERS

Giant Meatballls	453	27.2	20.3	4.7	0.3	28.3	3.29
Tomato Bruschetta	415	12.2	52	4.8	3.3	16.4	2.41
Calamari	702	19.2	17.5	4.4	0.2	60.7	1.38
Stuffed Baked Mushrooms	395	12.6	9.5	5.3	0.2	33	2.75
King Prawns	406	14.6	51.4	8.7	0.8	13.8	5.85
Garlic Bread	271	8.4	49.1	3.3	2.2	3.8	1.45
Garlic Bread With Mozzarella	386	13.5	54.3	2.3	1.5	12.3	2.1
Garlic Bread With Balsamic Onions & Mozzarellla	520	16	40	3	13	34	2
Italian Hummus	667	17	57.7	7.7	1.5	39	2.93
Breaded Mozzarella	561	27.6	31.8	5.5	0.2	34.6	2.61
Caprese Salad	241	8.6	5.2	2.2	0.2	20.3	0.72
Spicy Pizza Bites	356	11.4	48	4.6	4.3	14.2	1.57
Pizza Bites	356	11.4	48	4.6	4.3	14.2	1.57

SHARERS

Pizza Bites To Share	860	25	136	9	11	26	3
Spicy Pizza Bites To Share	860	25	136	9	11	26	3
Antipasti Board of Cured Italian Meats	979	43.9	53.7	9.1	0.3	63.5	4.25
Large Garlic Pizza Bread	892	21.9	132.4	10.5	30.6	28.2	4.17
Flatbreads to Share	849	38.8	122.5	9.5	10.3	20.6	5.9

PIZZA

Tre Gusti - Regular	929	58.6	123.2	11.7	2.8	19.8	6.67
Tre Gusti - Large	1339	65.2	130.9	8.6	6.1	63.7	9.8
Vesuvio - Regular	872	51.1	111	13.8	8.2	22	7.06
Vesuvio - Large	1052	91.6	75.7	8.4	15.4	44.4	8.88
Garlic Mushroom - Reglar	595	15.9	88	11.2	23.8	22.5	1.79
Garlic Mushroom - Large	725	23.7	112.5	11.9	11.9	22.4	2.55
Margherita - Regular	705	29.9	107.5	9.5	8.6	15.1	3.97
Margherita - Large	837	38.2	137.5	5.3	10.5	16.2	4.81
Goat's Cheese & Red Pepper - Regular	910	36.8	109.5	9.5	10.6	33.7	4.59
Goat's Cheese & Red Pepper - Large	1053	51.8	123.2	9.8	14.3	23.7	4.91
Tropicana - Regular	783	41.7	111.1	10.4	13.1	17	5.36
Tropicana - large	1018	52	142.5	8.6	19.3	28.4	5.84
Fiorentina - Regular	699	32.9	99.2	8.9	2.9	16.9	4.21
Fiorentina - Large	1016	48.9	134	10.8	5.2	33.9	5.6
Chicken & Roasted Peppers - Regular	923	38.7	153.3	9.9	21.4	19.4	4.57
Posh Pepperoni - Premium	1242	65.7	110.5	9.8	12.4	57.5	4.7
Margherita Royale - Premium	979	42.4	110	10.7	7.5	38.2	4.9

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)
CALZONE							
Tre Carni Calzone	930	48.5	105.3	14.8	4.6	31.7	6.03
Spicy Carne Calzone	898	50.7	111.3	12.1	13.8	25.3	4.96
LIGHT PIZZA							
Chicken Primavera	524	31.4	60.5	7.8	5.2	15.5	2.78
Goat's Cheese & Aubergine	554	23.6	57.2	3.6	0.4	25	2.83
PASTA							
Spaghetti Bolognese	589	43.4	58.4	12.2	16.1	17.8	4.95
Spaghettie with King Prawns	564	29.6	70.1	15.4	0.6	14.8	3.47
Spaghettie Carbonara	662	27.3	88.8	3	0.4	22.5	3.29
Penne Alla Rusticana	756	52.1	87.8	8.7	0.5	19.9	4.85
Penne Gorgonzola	633	36.4	57.3	6	0.4	27.2	3.22
Penne Arrabbiata	501	16.6	89.2	14.1	4.8	5.2	2.74
Pesto & Pea Penne	681	24.7	110.6	11.5	1.7	17.9	2.38
Oak Smoked Salmon Penne	840	34.3	87.4	8.2	0.5	37.2	3.04
Aubergine Penne	554	21.3	98	11.9	0	11.4	2.57
AI FORNO							
Goat's Cheese Penne Al Forno	1033	29.3	110.6	15.6	0.7	22.8	4.49
Chicken Spaghetti Carbonara Al Forno	1033	62.6	88	4.7	0.6	49	4.96
Spaghetti Meatballs Al Forno	903	81.8	70.1	11	7.8	35.1	3.77
Traditional Lasagne	687	34.6	60.9	7.8	0.5	32.3	4.57
FILLED PASTA							
Lobster & Crab Ravioli	510	28.5	54.7	6.8	0.3	18	3.29
LIGHT PASTA							
Spicy Prawn & Basil Pesto Penne	506	19.4	57.9	10.9	1.6	19.4	2.1
Pancetta, Pea & Mushroom Penne	492	18.7	66.5	11.8	5	14.1	3.05
RISOTTO							
King Prawn & Salmon Risotto	471	26.7	51.5	13.6	0.5	14.6	2.96
Mushroom Risotto	725	15.8	95.7	6.3	0.5	29.4	2.21
Chicken & Asparagus Risotto	787	39.1	88.5	9.3	0.5	28.8	1.96
SALAD - SERVED WITH GARLIC BREAD							
Chicken, Bacon & Avocado Salad (Without Garlic Bread)	512	30.5	32.6	8.5	2.7	26.8	2.17
Puy Lentil, Roasted Beetroot & Butternut Squash Salad (Without Garlic Brea	321	17.2	25.5	22.8	0.3	11.6	1.42
Caeser Salad With Chicken (Without Garlic Bread)	737	38.3	32.3	7.1	0.4	48.9	2.8

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

MEAT & FISH

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Calabrese Burger - Served With Fries	1382	78	88	13	1	80	4
Chargrilled Chicken Breast With Mushrooms	384	44.6	6.2	5.9	1	18.9	0.88
Roasted Salmon Filllet	483	32.4	5.6	6.5	0.3	35.3	0.68
Sea Bass	506	36.3	11.9	9.8	0.3	32.4	1.55

SIDES

House Fries	582	5.9	54.6	7	0.2	36.2	0.16
Truffle Oil Infused Fries	671	7.1	56.6	10	0.2	43.9	0.19
Rocket Salad (With Italian Cheese)	93	3.6	1	1.6	0.1	7.9	0.11
Tenderstem Broccoli & Cauliflower	88	2	2	2.5	0.1	7.6	0.38
Mix Salad	103	1.9	2.6	3.9	0.2	8.6	0.81

DESSERTS

Salted Caramel chocolate Tart	599	6.2	83.8	2.5	49.1	26	0.5
Honeycomb Smash Cheesecake	500	7	61.7	1.3	35.8	24.9	0.27
Panna Cottas (Served With Fruit Compote)	375	4	42.3	2.1	1.9	20.6	0.19
Chocolate Brownie Dome	467	6.2	50.9	4.7	42.9	25.5	0.67
Sticky Toffee Pudding	631	5.8	105.4	5	69.3	19.7	1.8
Tiramisu	323	4.4	50.2	2.6	39.1	11.1	0.18
Affogato	320	4.3	33.3	0.9	26.9	18.5	0.34
Raspberry Sorbet	13	0	3.2	0	2.8	0	0

SELECTION OF ICE CREAM

Ice Cream - Vanilla	171	3.4	17.5	0.1	17.5	9.7	0.25
Ice Cream - Strawberry	171	3	21.3	0.3	20.7	8.2	0.22
Ice Cream - Chocolate	194	4.2	20.9	0.2	20.3	10.1	0.24

MINI DESSERTS

Mini Vanilla Cheesecake With Raspberries	242	3.7	34.7	2.2	20.4	9.9	0.1
Mini Vanilla Cheesecake With Caramel Sauce	203	3.3	25.6	0.8	13	9.9	0.15
Mini Panna Cottas With Fruits of Forest Compote	126	1.7	14.8	0.7	13.5	6.8	0.05
Cannoli	282	1.8	27.9	1.7	19.1	17.8	0.2
Mini Honeycomb Smash Cheesecake	219	3	28	0	16	11	0.13