

# NUTRITIONAL INFORMATION

Adults need around 2000 kcal a day. Nutritional information is calculated using standard recipes and ingredient specifications. Our dishes are freshly prepared by hand in our kitchens, so values may vary slightly due to natural differences in ingredients, preparation and portioning. Values may therefore differ slightly.

Menu Item	Label values per 100g									Label values per serving								
	Energy Kj (kJ) per 100g	Energy Kcal (kcal) per 100g	Fat (g) per 100g	Saturated Fat (g) per 100g	Carbohydrate (g) per 100g	Sugars (g) per 100g	Fibre (g) per 100g	Protein (g) per 100g	Salt (g) per 100g	Energy Kj (kJ) per serving	Energy Kcal (kcal) per serving	Fat (g) per serving	Saturated Fat (g) per serving	Carbohydrate (g) per serving	Sugars (g) per serving	Fibre (g) per serving	Protein (g) per serving	Salt (g) per serving
<b>Spuntino and Antipasto</b>																		
Pasta Croccante	1330	316	9.8	2	45	1.3	2.7	10	0.58	692	164	5.1	1	24	0.7	1.4	5.4	0.3
Antipasto Plank for 2	982	235	14	4.5	18	0.7	1.4	9.5	2.3	3898	934	54	18	71	2.9	5.6	38	9.2
Bruschetta - Stracciatella + Olive Tapenade	1396	336	26	8.5	18	0.9	2.7	6.5	2	1605	387	30	9.7	21	1	3.1	7.5	2.3
Bruschetta - Stracciatella + Calabrian N'Duja	1500	361	27	9.5	20	2.6	2.3	7.9	1.8	1739	419	32	11	23	3	2.7	9.1	2.1
Bruschetta - Stracciatella + Pesto	1265	304	21	8.8	20	0.9	2.4	8.2	1.7	1303	313	21	9	21	0.9	2.4	8.4	1.8
Bruschetta - Stracciatella + Prosciutto	1089	261	14	8.2	21	2.3	1.5	11	2.3	1133	271	15	8.5	22	2.4	1.6	11	2.4
Burrata	1248	302	27	12	6.6	1.6	0.7	8.3	1.3	2259	546	48	22	12	2.9	1.2	15	2.3
Garlicky Prawns	668	161	12	6.7	7.7	0.8	0.7	5.8	1.5	1623	390	28	16	19	2	1.7	14	3.7
Focaccia and Oil	1367	327	18	2.9	34	1.9	1.7	5.7	1.5	2761	661	37	5.8	68	3.9	3.4	11	3
Focaccia and Stracciatella	1343	322	20	4.6	29	1.8	1.5	6	2.1	3265	783	49	11	70	4.3	3.7	14	5.2
Garlic Bread	1241	296	13	7.8	32	0.6	1.4	11	1.6	2520	601	27	16	66	1.3	2.9	22	3.2
Garlic Bread with Nduja Hot Honey	1365	326	17	8.1	31	2.1	1.3	11	1.6	3043	728	39	18	69	4.7	3	24	3.5
Giardiniera	424	103	9.5	1.4	3.1	0	0.5	0.9	1.7	449	109	10	1.5	3.3	0	0.6	0.9	1.8
Mushroom Fritti	749	181	15	1.1	9	1.2	1.8	2.4	1.1	1745	421	34	2.7	21	2.8	4.2	5.5	2.5
Nduja Arancini	1074	257	15	5.7	21	1.1	0.9	9.4	1.4	1998	478	27	11	40	2.1	1.7	17	2.5
Olives on Ice	1242	301	27	4.2	9.7	0.7	2.8	2.4	2.6	1677	406	37	5.6	13	1	3.8	3.2	3.4
Ravioli Fritti	1026	245	12	4.9	23	3.2	0.9	9.9	1.4	1693	405	21	8.1	38	5.2	1.5	16	2.3
San Danielle Salad	890	215	17	4.3	3.4	2.7	0.7	11	1.7	1523	367	30	7.4	5.8	4.7	1.1	19	2.9
San Danielle Salad Large	829	200	15	3.8	4.7	4	0.7	11	1.8	2081	501	38	9.5	12	10	1.6	28	4.6
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<b>Pizza</b>																		
Funghi Pizza	856	204	7.7	3.6	24	0.9	1.6	9	1.3	4666	1111	42	19	131	4.7	8.9	49	6.8
Pepperoni Pizza	1008	241	10	4.7	25	1.3	1.6	11	1.4	5435	1296	56	25	134	6.9	8.6	60	7.7
Sweet Calabrian Pizza	988	236	11	4.1	22	2.7	1.3	10	1.4	6243	1491	72	26	141	17	8.2	66	8.7
Mortadella Pizza	1088	259	10	4.6	29	2	1.3	12	1.5	5112	1218	49	22	137	9.3	6.1	55	7.1
Margherita Pizza	970	231	8	3.6	29	1.3	1.6	10	1.3	4432	1054	37	16	131	6.1	7.1	47	6.1
Marinara Pizza	855	202	3.3	0.7	35	1.7	1.8	6.8	1.3	3164	749	12	2.7	131	6.2	6.5	25	4.8
Crust Dipper - 'Nduja Hot Honey Mayo	2343	569	60	5.8	6	4.5	0	1.7	1.2	703	171	18	1.7	1.8	1.3	0	0.5	0.37
Crust Dipper - Super Green Aioli	2156	524	56	4.2	3.4	1.6	0	0.8	1	647	157	17	1.3	1	0.5	0	0	0.31
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<b>Pasta</b>																		
Seafood Spaghetti Nero	529	126	4.5	0.6	14	1.4	1	6.3	0.28	3319	790	29	4.1	91	8.5	6.5	39	1.8
Prawn Linguine	559	133	4.4	0.8	14	1.7	1.2	8.8	0.8	2907	691	23	4	73	8.7	6.1	46	4.1

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Pappardelle Bolognese	757	181	8.7	2.8	17	1.7	0.6	8.3	0.29	3057	730	35	11	68	6.7	2.5	33	1.2
Bucatini Carbonara	1177	282	17	6.7	21	0.6	0.7	10	0.42	3590	861	53	20	63	1.9	2.2	32	1.3
Rigatoni Arrabbiata	1144	275	20	11	18	2.9	0.8	5.8	0.24	4656	1119	80	44	74	12	3.1	24	0.97
Spaghetti Pomodoro	711	170	8.3	2.8	18	2.3	1.2	5.2	0.28	2859	683	33	11	72	9.4	5	21	1.1
Gnocchi Walnut Pesto	892	214	15	3.9	12	0.8	0.7	6.6	0.56	2805	674	48	12	39	2.4	2.3	21	1.8
Pomodoro Non Gluten	680	163	8.6	2.9	17	2.4	1.2	4	0.31	2340	560	29	10	58	8.2	4.1	14	1.1
Arrabbiata Non Gluten	1186	285	22	12	17	3	0.6	4.7	0.27	4138	996	76	43	60	10	2.2	17	0.94
Prawn Linguine Non Gluten	517	123	4.1	0.6	13	1.6	1.1	8.3	0.89	2387	568	19	3	58	7.5	5.2	38	4.1
Bolognese Non Gluten	733	175	9.1	2.9	16	1.6	0.5	7.6	0.32	2538	607	31	10	54	5.5	1.6	26	1.1
Carbonara Non Gluten	1244	299	20	7.9	20	0.5	0.5	10	0.51	3072	737	49	19	49	0.8	1.3	25	1.3
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Secondi																		
Chicken Al Mattone + Salsa Verde	638	153	10	1.9	2	1.5	0.8	13	0.85	2228	535	36	6.7	6.9	5.3	2.8	46	3
Chicken Al Mattone + Nduja	723	174	12	2.5	1.9	1.5	0.7	13	0.91	2525	607	43	8.8	6.7	5.2	2.5	47	3.2
Chicken Al Mattone + Garlic Butter	700	168	12	4.2	1.9	1.5	0.8	13	0.88	2443	587	42	15	6.8	5.3	2.6	45	3.1
Pork Milanese	931	223	13	4.2	14	1.2	0.8	12	0.58	4867	1166	70	22	72	6.1	3.9	61	3
Sicilian Style Trout	623	149	8	1.8	6.4	1.7	1	12	1.1	2540	608	33	7.2	26	7	3.9	50	4.5
Steak Tagliata	940	226	17	5.1	1.3	0.8	0.5	16	0.87	2820	679	52	15	4	2.4	1	48	2.6
Lasagne	769	184	10	4.3	9.8	2.4	0.7	13	0.51	3659	876	49	20	47	11	3.4	61	2.4
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Contorni																		
Seasonal Greens	540	131	12	1.8	2.1	1.4	1.2	2.8	1.5	767	186	17	2.6	2.9	2	1.8	4	2.2
Parmesan Fries	895	214	12	1.6	22	0.5	2.8	3.1	1.5	1995	478	27	3.6	48	1	6.3	6.9	3.3
Market Salad	304	73	5.5	1	3.8	2.3	2.1	1.2	1.5	454	109	8.2	1.5	5.6	3.4	3.1	1.8	2.3
Polenta Chips	441	105	3.7	1	15	0	0	2.9	0.83	1152	274	9.6	2.6	39	0	0	7.5	2.2
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Dolci																		
Affogato	513	122	3.9	2.5	17	11	0	4.4	0.06	718	171	5.5	3.5	24	15	0	6.2	0.09
Amalfi Lemon Cheesecake	1296	311	20	12	29	24	0.5	4	0.43	3253	780	50	31	72	61	1.1	10	1.1
Chocolate Mousse	1690	406	29	17	32	30	2.4	4.4	0.1	2874	691	49	29	54	50	4.1	7.4	0.17
Chocolate Soft Serve	771	184	9	5.6	20	13	0.5	5.5	0.07	925	221	11	6.7	24	15	0.5	6.6	0.08
Tiramisu	906	218	15	9.3	16	11	0	5	0.13	1450	348	24	15	25	18	0	8	0.21
Vanilla Soft Serve	587	139	4.6	2.9	20	13	0	4.9	0.07	704	167	5.5	3.5	24	15	0	5.9	0.08
Add Chocolate Sauce	1393	333	17	11	38	36	5.7	4.2	0.15	209	50	2.6	1.6	5.7	5.3	0.9	0.6	0.02
Add Raspberry Sauce	511	120	0	0	28	28	1.6	0.9	0	77	18	0	0	4.3	4.2	0	0	0
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Kids																		
Kids Vanilla Ice Cream	429	102	2.4	1.5	16	12	1.2	3	0.04	429	102	2.4	1.5	16	12	1.2	3	0.04
Kids Cookies and Milk	1114	266	13	7.7	32	17	2	4.4	0.25	1292	309	15	9	37	20	2.3	5.1	0.29

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Kids Prawn Pasta	506	120	2.5	0.5	19	2.5	1.4	4.7	0.36	1715	407	8.5	1.6	64	8.5	4.7	16	1.2
Kids Chicken Lollipops	632	151	7.8	1.9	8.1	2.4	1.4	11	0.44	1967	470	24	6	25	7.5	4.4	36	1.4
Kids Tomato Rigatoni	627	149	4.3	1.6	21	2.7	1.3	5.5	0.2	1812	431	12	4.5	62	7.8	3.7	16	0.57
Kids Margherita Pizza	761	181	4.3	2	27	1.9	1.6	7.7	1.1	1881	446	11	4.9	67	4.7	4	19	2.8
Crunchy Veggie Dippers	223	53	2.5	0.6	5.4	3.4	2.1	1.2	0.23	390	94	4.4	1	9.4	6	3.8	2.2	0.4

