

Nutritional information - Pizza Express 1

	ENERGY (kcal)	ENERGY (kJ)	FAT (g)	SATURATES (g)	CARBOHY- DRATES (g)	SUGARS (g)	FIBRE (g)	PROTEIN (g)	SALT (g)
STARTERS									
Olives Marinate	137	562	13.6	1.6	1.1	0.1	3.4	0.7	2.8
Roasted Tomatoes	67	277	3.5	0.4	6.0	5.6	2.8	1.3	0.5
Dough Balls 'Pizza Express'	396	1650	21.6	12.9	40.4	3.1	3.0	8.1	1.6
Dough Balls Doppio	828	3464	43.3	14.0	88.3	8.5	5.3	18.6	3.6
Dough Balls - no butter	230	972	1.3	0.2	46.4	3.1	2.6	9.2	1.3
Garlic Bread with Mozzarella	356	1494	10.0	4.4	49.4	3.7	4.0	14.9	1.6
Bruschetta Originale 'Pizza Express'	362	1519	11.1	2.1	50.8	7.1	6.7	11.1	2.0
Buffalo Mozzarella & Tomato Salad	336	1393	28.2	15.2	3.7	3.7	2.7	15.5	0.8
Calamari	504	2104	32.1	3.2	36.3	2.9	0.8	17.6	2.8
Classic Italian Antipasto	795	3315	48.0	17.7	58.5	6.9	4.1	30.1	5.9
Gluten Free Dough Balls with Garlic Butter	370	1548	18.7	9.6	47.4	2.1	3.6	1.2	1.7
Pigs in blanket	434	1809	27.2	9.7	23.3	17.3	1.4	24.6	1.9
Prawns & Roquito Insalata	478	2001	20.9	6.9	56.4	2.6	4.3	18.0	2.2
Pestorissa & Mozzarella Flatbread	162	669	12.0	2.0	4.0	2.0	2.0	11.0	2.0
Lemon & Herbs Chicken Wings PizzaExpress	556	2314	37.5	8.2	2.2	2.0	0.0	52.4	3.0
BASES									
Standard dough	434	1838	3.6	0.5	83.4	0.2	2.6	18.2	1.0
Wholemeal dough	424	1794	4.6	0.6	80.6	1.6	7.4	18.8	1.0
Adult Gluten Free	431	1824	2.5	0.2	95.2	1.6	2.3	5.7	2.1
Piccolo Gluten Free	199	842	1.2	0.1	43.9	0.7	1.1	2.6	1.0
ROMANA PIZZAS AND CALABRESE									
American Hot	1010	4237	41.5	18.0	102.0	12.6	6.1	54.1	6.5
Padana	1108	4649	33.2	16.0	129.1	33.9	19.9	62.8	4.7
Pollo ad Astra	1145	4820	32.5	13.0	142.1	21.5	8.9	66.6	5.0
Diavlo	1167	4894	39.0	20.1	139.1	15.0	10.2	59.1	7.1
Pollo Forza	1253	5263	44.6	15.9	129.4	20.6	8.4	79.3	5.0
Calabrese	1275	5327	66.1	30.2	108.7	18.2	13.9	54.1	6.5
Vegan Giardiniera	970	4077	34.0	13.3	144.1	14.5	11.8	27.6	6.5
La Festiva	1173	4934	42.0	16.0	132.0	21.0	12.0	76.0	7.0
Porchetta	1408	5882	69.9	28.0	119.7	13.3	4.1	76.3	6.6
Mushroom & Truffle	1223	5122	60.4	23.4	127.9	14.2	9.4	46.6	4.7
CLASSIC PIZZAS									
American	1019	4275	39.8	16.3	121.8	11.4	5.7	40.5	4.8
Margherita	834	3512	24.9	10.1	111.5	13.1	7.2	37.6	4.3
La Reine	898	3767	28.7	11.3	108.6	9.8	7.5	47.1	4.6
Fiorentina	942	3961	31.4	12.8	107.8	8.4	10.6	51.7	4.2
Sloppy Giuseppe	897	3777	26.1	12.2	115.4	13.5	10.5	45.0	4.8
Veneziana	938	3936	29.7	10.7	120.4	18.3	9.5	41.9	4.4
Vegan Giardiniera	843	3545	27.5	9.2	130.5	13.7	11.9	24.7	5.7
Mushroom & Pine nut	870	3647	33.7	9.9	122.3	8.8	8.8	23.5	3.9
LEGGERA PIZZAS									
Wholemeal Leggera Pollo ad Astra	599	2515	13.9	5.4	75.0	12.4	6.7	46.4	3.0
Wholemeal Leggera Padana	587	2463	17.4	5.7	91.4	26.5	8.7	20.4	2.6
Wholemeal Leggera American Hot	548	2291	18.8	6.6	67.2	5.6	7.0	30.3	3.7
Wholemeal Leggera Vegan Giardiniera	556	2324	21.0	5.7	79.6	9.1	9.1	16.1	3.2
Leggera Pollo ad Astra traditional dough	594	2505	14.5	4.1	71.2	18.9	8.5	40.4	3.2
Leggera Padana traditional dough	589	2476	17.0	6.0	87.0	36.0	8.0	20.0	3.0
Leggera American Hot traditional dough	517	2174	18.0	7.0	59.0	9.0	7.0	29.0	4.0
Superfood salad addition	171	711	9.2	1.1	15.2	2.7	3.5	6.3	0.5
SALADS									
Leggera Superfood Salad	446	1863	25.4	3.4	32.9	16.8	9.3	16.8	1.7
Pollo Salad no dressing	502	2096	26.3	10.5	22.1	11.6	3.9	42.1	2.2
Nicoise Salad no dressing	366	1528	21.0	3.6	5.1	3.3	1.8	39.1	2.0
Grand Chicken Caesar Salad no dressing	477	1998	24.5	6.4	17.2	1.6	1.6	47.1	1.9

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Nutritional information - Pizza Express 2

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SALADS									
Leggera Superfood Salad with Anchovies	497	2068	27.1	3.8	33.1	16.9	9.4	24.4	2.3
Leggera Superfood Salad with Chicken	593	2482	26.4	3.7	33.3	17.1	9.7	50.5	2.4
Pollo Salad with dressing	693	2879	46.3	13.1	24.6	5.1	4.0	42.8	3.3
Nicoise Salad with dressing	558	2312	40.7	6.1	7.3	4.5	2.0	39.5	3.1
Grand Chicken Caesar Salad with dressing	636	2643	39.9	8.0	20.3	4.4	2.5	48.3	2.9
Pollo Salad with dressing and dough sticks	954	3986	48.9	13.7	72.9	8.8	6.4	52.8	4.8
Nicoise Salad with dressing and dough sticks	820	3420	43.5	6.5	55.5	8.5	4.5	50.0	4.6
Grand Chicken Caesar Salad/dressing/dough sticks	894	3753	42.4	8.2	68.4	8.2	4.6	58.4	4.4
Dough sticks	263	1110	2.6	0.3	48.3	3.8	2.3	10.2	1.5
Classic house dressing	191	784	19.9	2.7	2.3	1.2	0.2	0.5	1.1
Light house dressing	135	554	13.6	1.9	2.3	2.1	0.3	0.4	1.0
Caesar dressing	157	647	15.4	1.6	3.0	2.7	0.8	1.2	1.0
Honey mustard dressing	196	810	17.7	1.2	7.8	7.6	1.4	0.6	1.0
AL FORNO									
Lasagna Classica	712	2973	42.1	23.3	43.0	11.0	7.0	36.9	3.9
Pollo Pesto (GF)	1082	4507	57.5	23.3	90.3	6.5	3.4	48.6	7.5
Cannelloni	798	3326	41.1	19.1	68.0	16.1	9.8	33.7	3.5
Bolognese	674	2834	27.1	9.9	82.6	5.7	4.8	27.7	1.6
Peperonata	542	2269	15.9	1.9	90.9	15.3	7.1	11.8	1.7
SIDES									
Coleslaw 'Pizza Express'	330	1362	33.3	2.4	4.6	0.0	2.5	1.9	0.8
Mixed Salad without dressing	74	306	5.4	0.8	3.6	2.5	1.4	1.9	0.1
Mixed Salad with House dressing	202	829	18.8	2.5	5.1	4.2	2.5	2.2	0.8
Polenta Chips	454	1889	26.6	2.7	42.8	5.0	7.7	6.7	2.7
DESSERTS									
Chocolate Fudge Cake (cake only)	312	1308	13.4	4.2	42.4	30.5	0.9	4.8	1.0
Vanilla cheesecake Reduce Fat & Sugar (cake only)	377	1563	25.7	13.7	29.6	19.7	0.6	6.6	0.0
Tiramisu	412	1729	15.0	11.8	62.7	37.5	3.0	5.0	0.3
Chocolate Brownie and ice cream	519	2159	27.0	14.0	62.9	54.1	3.4	7.9	0.2
Coppa Gelato – Vanilla + choc straw	247	1033	10.3	6.9	32.7	32.5	0.5	5.6	0.2
Coppa Gelato – Chocolate + choc straw	246	1032	10.3	7.3	32.6	27.9	2.5	5.6	0.2
Coppa Gelato – Strawberry + choc straw	211	895	5.0	3.6	40.1	34.2	0.9	1.5	0.1
Coppa Gelato – Salted Caramel + choc straw	287	1201	14.8	9.3	33.9	31.5	0.4	4.6	0.8
Coppa Gelato – Raspberry Sorbet	122	514	0.5	0.4	28.4	28.4	1.3	0.7	0.0
Coppa Gelato - Cocconut Sorbet	201	838	6.0	5.4	36.0	28.8	0.0	0.6	0.0
Sticky Toffee Bundt Cake - no ice cream	494	2065	26.1	13.6	61.0	36.3	1.2	4.2	0.8
Side of cream	139	572	15.0	9.4	0.5	0.5	0.0	0.4	0.0
Side of vanilla gelato	114	474	4.5	3.1	15.4	15.4	0.1	2.7	0.1
Side of mascarpone	118	489	12.3	8.7	0.8	0.8	0.0	1.2	0.0
Fruit Coulis	25	104	0.1	0.0	5.7	5.7	0.4	0.1	0.0
Snowball Dough Balls - no dips	246	1038	1.6	0.3	49.9	3.9	2.9	9.2	1.4
Snowball Dough Balls Doppio - no dips	465	1965	3.0	0.5	93.8	6.8	3.9	17.5	2.6
Espresso Martini Affogato - no martini	598	2510	38.8	20.6	57.6	36.3	1.0	5.3	1.0
Golden Gingerbread Cheesecake	452	1896	29.5	15.3	42.2	23.6	1.6	4.8	0.5
Vanilla Icing	140	584	6.4	3.1	20.1	16.6	0.1	0.2	0.0
Chocolate Sauce	88	373	0.2	0.1	21.0	18.9	0.5	0.4	0.0
Fruit Coulis	37	156	0.1	0.0	8.6	8.5	0.5	0.1	0.0
DOLCETTI									
Salted Caramel Profiteroles	257	1070	16.2	10.2	24.0	19.2	0.0	3.4	0.1
Chocolate Brownie	206	857	11.3	5.5	24.5	20.1	1.8	2.6	0.0
Caffe reale	208	866	12.6	8.7	23.7	32.7	1.4	1.9	0.1
Lemon Posset Crunch	195	807	15.7	8.4	11.9	7.7	0.2	1.0	0.2
Lotus Biscoff Cheesecake	319	1341	22.8	9.6	25.4	14.6	0.6	2.7	0.3
Vegan Carrot Cake	336	1409	16.2	4.1	45.9	31.5	0.0	1.5	0.5

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