

MEAL ITEM	CHO	PROTEIN	FAT	ENERGY	SODIUM	FIBER	GLUTEN	WHEAT	COWS MILK	SOYA	EGG	NUTS	SULPHATES	SHELLFISH
<b>ANTIPASTI</b>														
Garlic & Extra Virgin Olive oil	116.31	16.41	14.32	2748.38	944.43	5.17	X	X						
Caramelized Onion & Feta Focaccia	115.39	15.95	14.29	2730.20	943.68	5.62	X	X						
Three Cheese Focaccia	117.95	57.05	65.68	5285.22	2314.70	5.85	X	X	X					
ARRANCINI BALLS	48.32	14.20	98.04	4792.49	1194.71	1.36	X	X	X	X			X	
Chicken Livers	43.03	26.40	73.89	3947.04	5188.48	2.16	X	X	X		X			
Italian Nachos	49.07	20.50	23.28	2066.59	1087.11	1.76	X	X	X		X			
ROTOLLO	48.64	21.29	80.65	4217.47	975.90	5.42	X	X	X		X	X		
Pork & Beef Meatballs	31.18	59.72	55.42	3521.59	3381.56	2.83	X	X	X	X	X			
Falklands Calamari	9.61	25.02	35.32	1631.03	1676.30	1.89	X	X	X		X			X
Snails & Gorgonzola	27.50	36.96	56.53	3202.79	1482.72	5.76	X	X	X				X	X
Carpaccio Di Manzo	10.08	26.88	43.71	2267.11	715.21	0.63	X	X	X	X	X		X	
Caprese Salad NEW	26.14	18.54	20.66	1489.75	1022.40	2.98	X	X	X			X		
Melanzane PTN	19.10	23.07	30.60	1820.15	2409.81	3.69	X	X	X		X			
PARMA HAM WRAPPED BUFFALO MOZ	27.81	42.30	85.63	4316.88	2370.17	2.81	X	X	X				X	
Antipasto Platter	100.67	95.24	134.27	7943.37	5378.30	9.48	X	X	X				X	
<b>SALADS</b>														
Grilled Chicken Salad	63.25	38.19	53.35	3688.86	1958.93	9.65	X	X	X				X	
Pear & Gorgonzola Salad	33.95	14.66	51.54	2631.86	643.76	8.12			X			X	X	
Crispy Artichoke Salad	53.23	15.02	20.09	1862.61	954.39	9.88	X	X	X		X		X	
<b>PASTAS</b>														
Napoli - Half portion	26.84	4.53	10.37	922.93	1250.57	0.89	X	X	X					
Napoli	54.72	19.06	33.35	2508.11	6001.75	1.82	X	X	X					
Bolognese- Half Portion	23.33	18.79	32.32	1879.96	849.19	1.79	X	X	X	X			X	
Bolognese	46.69	50.83	83.16	4626.89	5052.94	4.89	X	X	X	X			X	
Zingara- Half Portion	26.86	23.22	35.82	2113.07	1325.04	3.91	X	X	X					
Zingara	55.96	41.23	107.87	5536.90	2765.85	8.41	X	X	X					
Alfredo - Half Portion	25.34	17.45	42.05	2276.29	615.29	1.58	X	X	X					
Alfredo	51.91	35.36	71.04	4071.68	4736.21	3.22	X	X	X					
Penne Oriental - Half Portion	29.07	20.26	29.46	1926.27	691.24	1.59	X	X	X					
Penne Oriental	70.96	53.03	88.74	5361.45	1976.10	5.47	X	X	X					
Pork & Beef Meatballs - Half Portion	37.29	39.41	44.72	2915.7	2740.04	2.53	X	X	X					
Pork & Beef Meatballs	77.32	80.03	98.85	6247.98	5390.02	5.22	X	X	X					
Lupa - Half Portion	25.54	23.35	51.41	2772.55	518.64	2.28	X	X	X			X	X	
Lupa	51.63	46.29	76.89	4553.04	4549.56	3.95	X	X	X			X	X	
<b>Parmesan Wheel Fettuccine Carbonara</b>	48.89	95.00	158.57	8383.05	1951.69	2.88	X	X	X		X			
GNOCCHI GORGONZOLA	53.91	17.32	70.19	3769.69	1007.58	3.13	X	X	X		X			
GNOCCHI WITH PINE NUTS	53.76	11.19	48.52	2848.67	630.41	5.40	X	X	X		X	X		
Gnocchi Del Sol	65.49	38.15	94.53	5254.37	2076.58	4.16	X	X	X		X		X	X
Vegan Artichoke Risotto	67.68	12.63	27.74	2341.07	1511.83	10.66	X	X	X		X	X	X	
Gardienera	50.81	38.61	46.04	3181.02	4162.77	7.27	X	X	X		X			
CALAMARI PASTA	53.79	15.91	29.19	2184.27	1669.71	3.57	X	X	X	--	--			X



