

S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE [g]	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT [g]	TRANS FAT [g]	CARBOHYDRATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
1	ANTIPASTI (Small Plates)														
2	Mozzarella frita e arancini		100 G	225.89	7.04	15.06	1.73	-	14.68	0.42	0.06	2.72	192.40	621.84	1.91
3	Fungi e Zucchini Saltati		100 G	190.87	8.46	12.89	1.32	-	10.80	1.21	0.81	3.20	219.09	908.05	1.74
4	Gambari saltati		100 G	185.33	7.49	9.43	1.85	0.04	16.74	1.23		1.54	44.05	440.10	1.08
5	Classic Mozzarella caprese		100 G	195.59	10.07	14.74	0.64	-	5.66	0.25	-	1.42	327.84	1255.24	1.78
6	Bruschetta														
7	With Pomodoro classico		100 G	278.60	7.72	17.23	3.46	0.03	25.15	3.74		3.44	92.23	1010.80	2.55
8	With Classic chickpea		100 G	278.60	7.72	17.23	3.46	0.03	25.15	3.74		3.44	92.23	1010.80	2.55
9	With Soy Plant Protein		100 G	278.60	7.72	17.23	3.46	0.03	25.15	3.74		3.44	92.23	1010.80	2.55
10	With Smoked salmon		100 G	228.27	8.80	13.15	1.91	0.03	19.88	1.85		2.57	45.11	666.67	0.94
11	With Pesto chicken		100 G	228.27	8.80	13.15	1.91	0.03	19.88	1.85		2.57	45.11	666.67	0.94
12	With Pulled Lamb ragout		100 G	228.27	8.80	13.15	1.91	0.03	19.88	1.85		2.57	45.11	666.67	0.94
13	Burrata														
14	With Roast pumpkin & Stone Fruit		100 G	138.38	7.60	7.35	4.40	0.00	12.39	10.55		1.08	97.00	465.34	0.30
15	With Parma ham		100 G	187.70	14.80	28.90	5.90	0.00	20.56	12.25		5.06	108.00	826.58	3.70
16	Frito misto di Calamari		100 G	137.63	3.93	9.72	1.36	0.01	9.20	3.68		0.74	22.39	420.10	0.72
17	Crochette														
18	Crochette Di Pollo		100 G	237.58	9.83	14.35	2.00	0.01	17.55	0.55	0.00	1.35	55.16	673.17	1.09
19	Crochette Di Soia		100 G	369.80	15.49	19.80	3.84	0.02	32.83	4.54		4.70	160.24	632.15	6.20
20	Pollo Tonnato		100 G	156.98	10.46	12.08	2.39	0.03	1.64	0.37		0.48	27.71	551.69	0.93
21	Piata di avocado		100 G	245.12	4.25	18.26	4.49	0.20	19.14	1.77		4.14	40.03	603.74	1.26
22	Hummus Bowl														
23	With Mixed grain, Crispy Soya Protein		100 G	212.77	10.88	3.18	3.35	0.02	13.21	1.65		2.96	156.76	327.19	3.30

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24	With Pesto chicken, Soft Boiled Egg, Gouda Cheese		100 G	160.17	12.08	10.61	3.89	0.04	4.67	0.60		1.70	135.16	583.31	1.02
25	Piatto di formaggi														
26	Plain		100 G	172.43	9.83	10.97	5.67	0.01	9.03	3.60		0.50	230.55	345.98	0.85
27	With cold cut		100 G	170.19	11.06	10.41	5.29	0.01	7.94	3.19		0.40	197.61	461.87	0.77
28	French Fries			487.56	7.41	17.52	4.29	0.33	75.03	1.11		6.60	27.48	1675.16	1.45
29	INSALATA(Salad)														
30	Insalata Cesare		100 G	218.43	7.58	15.88	1.41	0.02	11.23	1.70	0.26	0.91	106.87	1149.15	2.27
31	Insalata di formaggio di capra e pere		100 G	184.77	5.53	13.29	1.41	-	12.34	1.36	0.71	2.62	155.55	2137.44	1.74
32	Insalata di quattro fagioli con cereali		100 G	156.96	9.33	5.61	2.08	0.00	18.45	2.35		4.65	145.06	618.34	2.67
33	Insalata di tonno, fagioli e patate		100 G	124.58	8.82	6.40	0.96	0.00	5.70	0.83		2.03	85.29	646.29	1.67
34	Insalata siciliana di gamberi, arance e cipolle		100 G	97.61	3.36	6.86	0.95	0.00	5.73	2.66		1.42	40.69	460.59	0.53
35	Insalata di pollo e funghi		100 G	222.67	13.09	16.53	1.29	-	6.26	1.61	0.64	1.23	138.58	241.93	1.69
36	Healthy Proteins Add On														
37	Grill Marinated Soy sticks		100 G	598.94	27.17	45.35	6.00	0.03	21.67	5.13		7.03	280.17	1372.80	11.42
38	Mixed grain		100 G	113.44	3.92	2.61	0.27	-	18.33	0.10	-	3.38	63.72	903.14	2.16
39	Pesto & Pepper Crusted Chicken		100 G	238.13	20.67	16.08	3.88	0.13	1.39	0.52		0.42	43.67	265.55	0.85
40	Salmon Slices		100 G	117.12	18.28	4.32	0.93	2.01	0.00	0.00	0.00	0.00	11.00	672.00	0.85
41	Crisp Bacon bits		100 G	393.16	13.66	37.14	12.60	1.40	0.00	3.40	0.00	0.00	6.00	751.00	0.38
42	Parma ham		100 G	357.50	40.17	20.10	8.92	0.00	0.00	0.00	0.00	0.00	0.00	2678.75	0.00
43	Smoked Duck		100 G	337.00	19.00	28.35	0.00	0.00	1.47	0.00	0.00	0.00	11.00	59.00	2.70
44	ZUPPA (Soup)														
45	Classic Minestrone		100 ml	36.55	3.26	0.41	0.10	0.00	4.70	1.72		0.89	8.04	334.54	0.42
46	Silky broccoli & spinach		100 ml	171.35	6.37	10.47	2.31	0.16	12.83	0.25	0.08	1.46	437.11	478.20	24.97

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47	Signature Zuppa di mare	 	100 ml	71.42	5.72	4.28	0.67	0.00	2.02	0.64		0.38	21.55	422.08	0.52
48	PIZZA BREAD SANDWICH														
49	Grilled veg sandwich	 	100 G	160.51	4.94	5.34	1.13	0.03	22.80	2.52		2.80		482.96	
50	Caprese sandwich	 	100 G	204.00	5.98	10.40	2.37	0.03	21.16	2.17		1.47		453.60	
51	Parma ham sandwich	 	100 G	207.00	4.01	2.45	1.05	0.01	21.02	2.11		1.41		638.00	
52	Chicken sandwiches	  	100 G	261.24	10.00	3.75	3.00	0.04	21.02	2.15		1.32		530.00	
53	Pane all' Aglio (Garlic Bread)														
54	Classic Baguette garlic bread / with cheese	 	100 G	455.80	12.77	35.36	18.05	-	21.45	0.89	0.54	0.73	334.21	261.99	1.65
55	Rosemary Bread, pesto olive oil rock salt pizza bread	  	100 G	261.05	6.80	7.14	0.89	-	42.45	0.24	0.22	0.34	25.50	1089.13	1.69
56	Chilli, garlic, Parsley Olive Oil Pizza bread	 	100 G	258.28	8.09	9.67	2.20	0.00	35.71	1.43		1.53	177.09	489.94	0.34
57	chili, cheese,Mushrooms , sundried tomato Garlic Bread	 	100 G	239.95	8.83	8.81	0.58	0.03	31.26	0.43	0.15	1.26	134.27	492.14	1.54
58	Jalapeno, olives , pesto, Mozarella	 	100 G	259.18	9.01	9.55	0.61	0.03	34.26	0.41	0.17	0.61	135.52	487.81	1.52
59	Pesto Chicken Garlic Bread	 	100 G	220.36	8.50	6.76	1.71	0.02	32.89	2.90		2.04	156.89	460.04	0.78
60	Pane all' Aglio Ripieno (Filled Garlic Bread)														
61	Spinach, corn, roast pumpkin	 	100 G	281.90	9.52	11.16	3.08	0.04	37.48	2.42		1.86	203.09	511.43	0.58
62	Caramelized Onion, Ricotta, jalapeno	  	100 G	282.81	9.86	11.81	0.56	0.03	34.14	0.40	0.16	0.43	149.39	485.45	1.70
63	Harissa chicken, Roasted Bell Peppers	 	100 G	252.43	10.44	9.06	0.62	0.03	32.10	0.54	0.16	1.22	113.87	528.52	1.63
64	Hand stretched sourdough pizza														
65	Margherita	 	100 G	244.89	9.79	9.01	0.38	-	27.49	0.36	0.36	0.56	196.11	708.36	1.55
66	Vegetariana	 	100 G	197.46	7.47	7.80	0.46	-	21.72	0.33	0.26	0.99	154.37	538.51	1.30
67	Rustica	 	100 G	196.78	7.71	7.54	0.33	0.01	21.90	0.36	0.26	0.94	164.25	631.18	1.27
68	Burrata	 	100 G	255.29	10.49	11.89	2.27	-	24.51	0.52	0.24	1.19	196.45	760.42	1.59
69	Pesto e Noci	  	100 G	270.08	9.67	12.22	3.56	0.04	31.87	2.93		2.35	170.99	534.23	0.66

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70	Funghi e cipolla		100 G	242.29	10.68	10.98	0.42	0.01	25.08	0.13	0.11	0.86	242.19	913.38	1.73
71	Salmone e cipolla		100 G	234.50	10.76	10.04	0.45	-	23.25	0.24	0.23	0.78	177.12	901.10	1.35
72	Tonno e gamberi		100 G	210.29	10.35	8.31	0.42	-	21.61	0.33	0.22	0.87	209.87	697.55	1.98
73	Toscano		100 G	216.33	10.81	9.15	0.50	-	20.42	0.32	0.25	0.81	151.28	646.86	1.51
74	BBQ Chicken		100 G	216.65	10.61	8.08	0.39	-	22.55	0.71	0.27	0.79	154.39	668.13	1.54
75	Harissa chicken		100 G	206.92	10.45	7.70	0.38	-	21.30	0.43	0.25	1.16	186.50	517.93	3.95
76	Pepperoni		100 G	253.56	10.77	10.40	0.37	0.03	25.78	0.41	0.37	0.52	183.46	778.79	1.45
77	Parma ham		100 G	238.40	10.39	9.90	0.99	-	24.39	0.93	0.56	0.65	176.40	600.10	1.47
78	Bresaola e burrata		100 G	241.44	11.05	9.74	3.75	0.03	28.49	1.30		1.24	173.65	582.73	0.27
79	Gouda e Prosciutto Affumicato		100 G	261.61	12.76	9.57	4.04	0.11	30.98	3.50		1.96	244.95	710.52	0.58
80	Capricciosa		100 G	294.09	14.32	12.42	4.83	0.08	31.48	3.50		2.05	224.73	782.60	0.97
81	Pasta														
82	Spaghetti Aglio Olio		100 G	334.10	9.26	12.88	1.63	-	44.59	0.57	0.06	3.81	66.96	791.07	0.78
83	Add On:														
84	Classic/Vegs		100 G	201.30	4.77	11.35	6.37	0.03	19.96	1.62		1.48	80.23	334.14	0.73
85	Prawns		100 G	199.59	5.61	11.98	6.48	0.03	17.18	0.85		0.40	80.38	360.19	0.58
86	Penne all'Arrabiata		100 G	211.18	5.82	6.37	0.93	-	27.50	1.60	0.24	2.34	47.68	567.42	0.63
87	Add On:														
88	Classic/Vegs		100 G	201.30	4.77	11.35	6.37	0.03	19.96	1.62		1.48	80.23	334.14	0.73
89	Prawns		100 G	199.59	5.61	11.98	6.48	0.03	17.18	0.85		0.40	80.38	360.19	0.58
90	Penne Alfredo		100 G	201.30	4.77	11.35	6.37	0.03	19.96	1.62		1.48	80.23	334.14	0.73
91	Penne con pollo funghi e broccole		100 G	185.33	5.83	10.84	4.86	0.01	16.57	0.13		1.19	16.26	213.23	0.52
92	Risotto ai funghi al tartufo		100 G	205.36	3.81	12.52	4.64	0.03	18.95	0.10	0.06	3.02	90.25	948.94	2.21

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93	Risotto di Pollo, Spinaci e Piselli		100 G	186.64	7.32	11.54	3.27	0.09	13.15	0.08	0.04	1.98	68.82	659.86	1.88
94	Penne Linguine al pesto Genovese		100 G	346.49	9.60	19.19	4.01	0.03	34.01	1.76		2.53	127.64	134.57	1.34
95	Fusilli ai Funghi e Spinaci		100 G	217.51	6.38	7.41	1.80	0.13	28.49	1.31	0.14	2.62	52.27	563.96	0.73
96	Linguine al Pesto Genovese		100 G	346.49	9.60	19.19	4.01	0.03	34.01	1.76		2.53	127.64	134.57	1.34
97	Linguine Pescatore		100 G	133.46	5.66	5.81	0.87	0.00	14.46	1.20		1.50	21.12	71.55	0.66
98	Spaghetti carbonara		100 G	269.50	11.06	12.38	1.58	0.22	27.90	0.05	0.04	1.50	54.42	458.22	0.97
99	Spaghetti alla Bolognese		100 G	249.49	11.72	7.01	2.91	0.02	34.07	1.83	0.06	2.11	48.59	706.82	1.04
100	Spaghetti Linguine Pescatore		100 G	133.46	5.66	5.81	0.87	0.00	14.46	1.20		1.50	21.12	71.55	0.66
101	Rigatoni Boscaiola		100 G	232.82	7.60	15.44	9.16	0.12	15.70	1.98		0.97	98.22	186.23	0.60
102	Rigatoni/Linguine e salmone		100 G	201.76	6.39	11.62	5.79	0.03	18.17	1.63		1.22	31.63	309.10	0.74
103	Artisan & Signature Pasta														
104	Ravioli di spinaci e ricotta		100 G	202.56	5.64	12.42	3.21	0.01	13.00	0.20	0.18	1.38	123.13	780.48	1.23
105	Ravioli di zucca e carote		100 G	258.57	9.46	14.01	3.83	-	23.51	2.11	1.52	2.07	187.20	1156.81	1.92
106	Fettucine ai funghi salsa burro		100 G	265.71	7.00	15.19	7.90	0.03	25.82	0.74		1.66	45.12	302.82	0.78
107	Ravioli di pollo		100 G	238.03	9.16	14.53	2.14	0.12	15.17	0.25	0.17	1.52	135.87	665.66	1.57
108	Fettucine con pollo, funghi e broccole		100 G	185.33	5.83	10.84	4.86	0.01	16.57	0.13		1.19	16.26	213.23	0.52
109	Risotti & Lasagne (Delicious one pot Italian dinner)														
110	Risotto ai funghi al tartufo		100 G	205.36	3.81	12.52	4.64	0.03	18.95	0.10	0.06	3.02	90.25	948.94	2.21
111	Risotto di pollo, spinaci e piselli		100 G	186.64	7.32	11.54	3.27	0.09	13.15	0.08	0.04	1.98	68.82	659.86	1.88
112	Classic Risotta milanese		100 G	201.30	4.77	11.35	6.37	0.03	19.96	1.62		1.48	80.23	334.14	0.73
113	Add On:														
114	Pan Fried Seasonal vegetables & buttered greens		100 G	201.30	4.77	11.35	6.37	0.03	19.96	1.62		1.48	80.23	334.14	0.73
115	Grilled tiger prawns		100 G	199.59	5.61	11.98	6.48	0.03	17.18	0.85		0.40	80.38	360.19	0.58

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116	Sliced Tenderloin pepper steak		100 G	234.84	7.93	15.00	7.85	0.03	16.69	0.84		0.38	78.38	335.39	0.81
117	Confit duck leg		100 G	241.36	5.60	16.44	8.08	0.03	17.68	1.67		0.54	77.54	333.62	0.86
118	Lamb Stew with root veggies		100 G	201.51	6.18	12.20	6.72	0.04	16.69	0.84		0.38	75.27	333.23	0.65
119	Lasagna Vegetariana—Vegetable lasagne		100 G	170.69	6.73	8.55	2.91	-	15.35	0.85	0.11	1.74	176.42	694.62	1.05
120	Lasagna di Pollo—Chicken lasagne		100 G	198.36	12.72	9.92	2.49	-	13.39	0.72	0.11	0.83	162.41	313.87	1.20
121	Toscana Grills														
122	Aragosta ala griglia		100 G	137.25	18.34	4.33	1.12	-	6.01	0.14	0.00	1.49	57.09	523.26	1.62
123	Gamberi ala griglia		100 G	176.97	13.86	8.95	3.44	0.02	8.88	0.39	0.00	2.09	92.41	1236.75	1.71
124	Salmone grigliato		100 G	248.71	13.23	16.44	5.00	0.03	11.61	0.24	0.00	2.72	100.87	1184.43	2.13
125	Pesce alla griglia		100 G	200.11	13.25	10.78	2.85	0.03	12.12	0.38	0.00	2.47	92.55	1033.69	1.64
126	Scaloppine di Pollo con funghi e misti		100 G	243.08	16.15	13.23	1.13	-	14.75	0.50	0.33	1.23	141.32	281.05	1.44
127	Filetto di manzo		100 G	166.69	12.05	10.03	2.53	-	8.06	1.07	0.25	1.93	61.99	1214.15	2.24
128	Costolette di agnello		100 G	184.26	14.51	11.38	3.41	0.01	5.95	0.95	0.20	1.24	31.17	566.72	1.07
129	Pollo al arrosta		100 G	217.47	13.44	15.13	5.74	0.07	5.95	0.76		1.11	31.99	549.47	0.98
130	Pollo Al Limone Grigliato Grilled chicken		100 G	243.08	16.15	13.23	1.13	-	14.75	0.50	0.33	1.23	141.32	281.05	1.44
131	Bistecca al Pepe Tenderloin pepper steak		100 G	155.95	9.64	10.51	4.66	0.00	4.21	0.72	-	0.90	-	230.31	-
132	Signature Dishes														
133	Chicken di toscano		100 G	183.02	10.82	11.55	1.98	-	9.02	0.70	0.29	1.88	88.50	432.02	1.50
134	Scaloppine di pollo parmigiana		100 G	154.86	10.16	9.19	2.67	0.02	8.03	0.62	0.31	1.98	69.88	760.92	1.93
135	Scaloppine di pollo con funghi		100 G	243.08	16.15	13.23	1.13	-	14.75	0.50	0.33	1.23	141.32	281.05	1.44
136	Confit d'anatra		100 G	332.49	11.31	29.11	4.77	-	7.59	0.95	0.59	1.56	51.45	1386.93	0.90
137	Tagliata di manzo		100 G	179.43	11.63	11.98	3.23	-	7.78	1.16	0.59	1.45	44.05	762.59	1.01
138	Costelette di maiale		100 G	198.23	11.52	10.97	3.13	-	13.86	5.75	1.55	1.57	31.16	1009.69	1.29

S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE [g]	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYDRATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
139	Classic surf & turf		100 G	136.65	13.01	5.98	1.84	0.00	7.27	0.56	0.18	1.39	58.77	620.15	1.45
140	Dolci (Dessert)														
141	Our Signature Chocolate Kahlua Mousse		100 G	359.13	4.35	20.92	10.70	0.06	36.17	15.29	9.10	-	22.02	18.39	0.99
142	Classic Tiramisu		100 G	308.75	4.31	18.03	12.20	0.05	31.75	25.13	22.05	0.00	4.79	258.08	0.17
143	Couverture Chocolate hazelnut Brownie		100 G	456.21	6.10	26.54	12.37	0.03	48.95	25.28	25.22	0.03	25.77	1.16	1.38
144	Classic Vanilla Crème Brule		100 G	246.62	4.19	13.16	1.51	0.30	28.61	22.54	22.29	0.11	46.20	14.32	0.56
145	Baked vanill bean lemon Cheese Cake		100 G	511.75	8.12	27.42	15.75	0.35	57.77	10.47	0.00	0.00	42.07	257.70	2.65
146	American apple & raisin Pie		100 G	248.19	2.09	9.40	6.52	0.03	39.30	18.71	16.30	1.12	21.08	95.15	1.39
147	Wild berry panacotta		100 G	194.19	2.21	7.52	2.40	0.16	29.52	19.08	17.29	0.17	7.26	2.02	0.30
148	Popcorn cake		100 G	417.00	3.98	19.48	6.52	1.10	60.38	44.26	0.00	2.49	66.52	407.60	2.75
149	Strawberry cake slice		100 G	253.60	2.89	16.37	9.46	0.00	26.67	13.05	0.00	2.25	73.00	132.33	0.40
150	Crepe Suzette A'la Toscano		100G	411.00	4.45	18.90	8.71	0.00	55.84	42.89	0.00	1.32	86.52	420.94	0.97
151	Affogato al café		100 G	297.82	6.11	16.17	5.65	0.10	32.35	20.15	20.15	0.00	31.61	0.99	0.96
152	Toscana Signature wafer cup Ice Cream		100 G	94.13	1.59	5.00	3.08	0.00	10.70	9.62	0.00	0.32	58.03	36.30	0.04

	Cereals containing Gluten
	Nuts items
	Dairy Items
	Soya Items
	Eggs products
	Fish & Seafoods
	Crustaceans
	Sulphite