



NUTRITION SURVIVAL GUIDE TO

ZIZZI

CALORIES AND MACRONUTRIENTS

2021

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

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Zizzi Mixed Olives	144.00	-	-	-	0.20	15.00	3.30
Nocellara Giganti Olives	153.00	-	-	-	0.50	15.00	2.90
Little Soul Bread (Without Dips)	522.00	-	-	-	3.20	5.40	2.90
Garlic Dip	244.00	-	-	-	0.10	26.00	0.30
Red Pepper Tapenade Dip	60.00	-	-	-	1.90	5.40	0.30
Garlic Bread	553.00	-	-	-	6.70	8.50	2.20
Garlic Bread With Mozzarella	707.00	-	-	-	16.00	17.00	2.70
Nduja Garlic Bread	774.00	-	-	-	9.20	32.00	3.20
Bruschetta	379.00	-	-	-	4.90	20.00	1.10
Toscana Soup	397.00	-	-	-	12.00	13.00	3.20
Mushroom Brindis	396.00	-	-	-	3.80	19.00	1.70
Wild Boar Meatballs	420.00	-	-	-	6.20	30.00	2.50
Garlic King Prawns	245.00	-	-	-	1.10	6.30	2.10
Calamari (Starter)	313.00	-	-	-	0.60	24.00	1.10
Fonduta Formaggi	787.00	-	-	-	7.30	26.00	4.00
Arancini	459.00	-	-	-	6.10	16.00	3.20
Bufala Caprese	380.00	-	-	-	3.80	33.00	0.40
Cicchetti Sharing Board	2403.00	-	-	-	18.00	167.00	12.00
Antipasto Grande Board	1378.00	-	-	-	36.00	69.00	5.80

MEAT & FISH

Pan-seared Salmon With Sauce	585.00	-	-	-	6.40	33.00	2.00
Pollo Prosciutto (With Sides)	537.00	-	-	-	4.10	20.00	1.50
Pork Belly Calabrese	1906.00	-	-	-	16.00	172.00	4.80
Sea Bass With Sauce	534.00	-	-	-	6.00	44.00	3.00
Sea Bass Without Sauce	432.00	-	-	-	4.30	24.00	1.70
Calamari (Main)	627.00	-	-	-	1.20	49.00	2.20
Spiedini Pescatore With Sauce (With Sides)	560.00	-	-	-	2.80	46.00	2.30
Spiedini Pollo With Sauce (With Sides)	316.00	-	-	-	7.40	11.00	2.90
Spiedini Manzo With Sauce (With Sides)	946.00	-	-	-	6.80	47.00	4.10

CLASSIC PIZZA

Margherita Classic	853.00	-	-	-	12.00	28.00	3.60
Gamberone & Chorizo Classic	1200.00	-	-	-	8.90	18.00	6.40
Pepperoni Campagna Classic	870.00	-	-	-	10.00	29.00	4.10
Pinoli Classic	783.00	-	-	-	8.60	27.00	3.70
Jackfruit Italian Hot Classic	910.00	-	-	-	28.00	26.00	5.20

SKINNY PIZZA

Skinny Margherita (Pizza Only)	431.00	-	-	-	5.60	10.00	1.50
Skinny Gamberone & Chorizo (Pizza Only)	416.00	-	-	-	5.50	12.00	2.40
Skinny Pepperoni Campagna (Pizza Only)	541.00	-	-	-	5.80	17.00	2.20
Skinny Pinoli (Pizza Only)	492.00	-	-	-	12.00	14.00	1.90
Skinny Jackfruit Italian Hot (Pizza Only)	445.00	-	-	-	12.00	13.00	2.50
Skinny Salad	25.00	-	-	-	2.80	0.60	0.00

1-200 CAL

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Piccante Rustica	1328.00	-	-	-	17.00	58.00	6.50
Pollo Rosso Rustica	1433.00	-	-	-	18.00	72.00	6.00
Wagyu Polpette Rustica	1229.00	-	-	-	14.00	58.00	6.20
Smoky Chorizo Rustica	1167.00	-	-	-	18.00	45.00	6.40
Primavera Rustica	1222.00	-	-	-	17.00	53.00	6.60
Sofia Rustica	1320.00	-	-	-	7.70	51.00	7.10
Margherita Rustica	883.00	-	-	-	10.00	29.00	3.50
Gamberone & Chorizo Rustica	1564.00	-	-	-	16.00	79.00	8.30
Pepperoni Campagna Rustica	1039.00	-	-	-	12.00	39.00	5.50
Pinoli Rustica	1005.00	-	-	-	12.00	36.00	4.20
Jackfruit Italian Hot Rustica	932.00	-	-	-	28.00	33.00	6.80

CALZONE

CALZONE POLLO SPINACI	1263.00	-	-	-	8.50	53.00	4.80
CALZONE CARNE PICCANTE	1066.00	-	-	-	15.00	43.00	3.70

NON-GLUTEN

Non-gluten Garlic Bread	508.00	-	-	-	1.70	7.90	0.20
Non-gluten Soul Breads	125.00	-	-	-	0.30	1.30	0.80
Non-gluten Fonduta Formaggi	526.00	-	-	-	4.90	24.00	1.70
Non-gluten King Prawns	430.00	-	-	-	3.40	25.00	1.80
Non-gluten Toscana Soup	469.00	-	-	-	12.00	16.00	2.70
Non-gluten Margherita Classic	885.00	-	-	-	7.00	24.00	4.50
Non-gluten Pepperoni Campagna Classic	1060.00	-	-	-	8.40	40.00	5.60
Non-gluten Pinoli Classic	712.00	-	-	-	6.90	30.00	4.30
Non-gluten Gamberone & Chorizo Classic	1173.00	-	-	-	7.20	49.00	6.80
Non-gluten Jackfruit Italian Hot	1129.00	-	-	-	9.10	48.00	6.00
Non-gluten Vegan Margherita	712.00	-	-	-	1.70	27.00	1.70
Non-gluten Vegan Zucca Classic	883.00	-	-	-	14.00	32.00	1.80
Non-gluten Pomodoro Pasta	535.00	-	-	-	0.80	22.00	1.80
Non-gluten Chorizo Carbonara Pasta	911.00	-	-	-	6.10	47.00	2.50
Non-gluten Beef Brisket & Venison	828.00	-	-	-	7.50	34.00	1.40
Non-gluten Pesto Rosso Pasta	1111.00	-	-	-	6.00	66.00	5.60
Non-gluten Bolognese Pasta	641.00	-	-	-	11.00	23.00	3.90
Non-gluten King Prawn Pasta	576.00	-	-	-	7.90	15.00	3.60
Non-gluten Pollo Piccante Pasta	889.00	-	-	-	4.40	53.00	2.00
Non-gluten Lentil Linguine Ragù	654.00	-	-	-	7.30	23.00	2.20
Non-gluten Super Zucca Salad	500.00	-	-	-	12.00	28.00	2.40
Non-gluten Sea Bass	432.00	-	-	-	4.30	24.00	1.70

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PASTA

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Spaghetti Pomodoro	551.00	-	-	-	8.30	21.00	1.80
King Prawn Linguine	498.00	-	-	-	5.60	15.00	3.80
Casareccia Pollo Piccante	865.00	-	-	-	5.90	46.00	2.00
Beef Brisket & Venison Tagliatelle	900.00	-	-	-	8.40	25.00	1.37
Spaghetti Chorizo Carbonara	818.00	-	-	-	5.70	45.00	2.60
Strozzapreti Pesto Rosso	1181.00	-	-	-	8.30	66.00	4.10
Spaghetti Bolognese	508.00	-	-	-	8.40	15.00	2.20
Crab Cannelloni	856.00	-	-	-	8.20	57.00	3.80
Wild Boar Meatballs Al Forno	982.00	-	-	-	19.00	49.00	6.80
Pasta Della Casa	1412.00	-	-	-	10.00	81.00	3.20
Lasagne	947.00	-	-	-	12.00	61.00	4.90
Ravioli Di Capra	494.00	-	-	-	7.00	23.00	2.30

RISOTTO

RISOTTO PESCE	520.00	-	-	-	1.00	21.00	3.90
RISOTTO POLLO FUNGHI	537.00	-	-	-	1.30	20.00	2.40
RISOTTO FUNGHI	439.00	-	-	-	0.90	20.00	2.00

VEGAN

Vegan Garlic Bread	743.00	-	-	-	4.10	23.00	2.20
Vegan Bruschetta	698.00	-	-	-	6.40	25.00	2.30
Vegan 'beetballs' Polpetta	235.00	-	-	-	1.70	14.00	6.00
Vegan Margherita Classic	818.00	-	-	-	6.40	28.00	3.90
Vegan Margherita Rustica	1093.00	-	-	-	6.40	52.00	5.40
Vegan Zucca Classic	906.00	-	-	-	9.80	29.00	3.50
Vegan Zucca Rustica	1229.00	-	-	-	12.00	54.00	4.40
Vegan Lentil Linguine Ragù	677.00	-	-	-	9.00	30.00	6.80
Vegan Spaghetti Pomodoro	553.00	-	-	-	2.70	26.00	4.30

NON-DAIRY

Non-dairy Bruschetta	698.00	-	-	-	6.40	25.00	2.30
Non-dairy Garlic Bread	743.00	-	-	-	4.10	23.00	2.20
Vegan 'beetballs' Polpetta	235.00	-	-	-	1.70	14.00	6.00
Non-dairy Margherita Classic	818.00	-	-	-	6.40	28.00	3.90
Non-dairy Margherita Rustica	1093.00	-	-	-	6.40	52.00	5.40
Non-dairy Non-gluten Margherita	613.00	-	-	-	3.90	30.00	4.10
Non-dairy Zucca Classic	906.00	-	-	-	9.80	29.00	3.50
Non-dairy Zucca Rustica	1229.00	-	-	-	12.00	54.00	4.40
Non-dairy Lentil Linguine Ragù	677.00	-	-	-	9.00	30.00	6.80

SIDES

Sweet Potato Fries	516.00	-	-	-	25.00	29.00	1.80
Chips With Sea Salt & Rosemary	581.00	-	-	-	1.00	30.00	1.90
Chips With Truffle & Riserva Cheese	670.00	-	-	-	1.00	39.00	1.90
Courgette Fritti	545.00	-	-	-	3.80	7.40	2.60

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Fried Herby Potatoes	222.00	-	-	-	2.70	8.00	0.10
Baby Gem Salad	40.00	-	-	-	1.40	2.60	0.10
Garlic Kale & Broccoli	228.00	-	-	-	3.00	21.00	0.50
Green Beans	15.00	-	-	-	0.30	0.10	0.00

SALADS

Super Zucca Salad	572.00	-	-	-	14.00	21.00	1.90
Super Zucca Salad (With Chicken)	693.00	-	-	-	15.00	25.00	2.80
Chicken & Prosciutto Salad	333.00	-	-	-	5.10	17.00	1.90

DESSERTS

Passion Fruit Cheesecake	438.00	-	-	-	25.00	20.00	0.40
Salted Caramel Chocolate Brownie	843.00	-	-	-	69.00	45.00	0.30
Golden Millionaire's Slice	561.00	-	-	-	53.00	29.00	0.60
Honeycomb Cheesecake	652.00	-	-	-	47.00	38.00	1.00
Tiramisu	640.00	-	-	-	36.00	20.00	0.30
Chocolate & Banana Calzone	621.00	-	-	-	55.00	29.00	0.70
Ruby Plum & Amaretti Crumble	328.00	-	-	-	68.00	5.00	0.00
Chocolate Melt	621.00	-	-	-	16.00	40.00	0.00
Vegan Banana & Raspberry Calzone	435.00	-	-	-	41.00	17.00	0.50
Salted Caramel Sundae	804.00	-	-	-	72.00	41.00	0.80
Lemon Meringue Sundae	463.00	-	-	-	56.00	22.00	0.20

GELATO

Vanilla Gelato (1 Scoop)	76.00	-	-	-	9.10	3.10	0.00
Chocolate Gelato (1 Scoop)	58.00	-	-	-	7.00	2.80	0.00
Honey, Sea Salt & Mascarpone Gelato(1 Scoop)	54.00	-	-	-	7.60	7.60	0.10
Salted Caramel Gelato (1 Scoop)	116.00	-	-	-	13.00	4.50	0.30
Coconut & Chocolate Ripple Gelato (1 Scoop)	112.00	-	-	-	12.00	5.50	0.10
Lemon Sorbet (1 Scoop)	49.00	-	-	-	11.00	0.20	0.00
Strawberry Sorbet (1 Scoop)	50.00	-	-	-	11.00	0.10	0.00

BAMBINI KIDS MENU

Carrot, Cucumber & A Soul Bread	151.00	-	-	-	6.20	1.20	7.00
Carrot, Cucumber & A Non-gluten Soul Bread	284.00	-	-	-	4.90	4.30	0.20
Fish Goujons	454.00	-	-	-	5.50	23.00	1.30
Mini Pasta Pomodoro	402.00	-	-	-	1.20	25.00	2.00
Mini Pasta Bolognese	365.00	-	-	-	4.80	12.00	2.30
Mini Pasta Formaggi	441.00	-	-	-	5.70	20.00	2.60
Mini Pasta Pesto	375.00	-	-	-	1.10	24.00	3.00
Mini Non-gluten Pasta Pomodoro	191.00	-	-	-	5.00	2.10	1.00
Mini Non-gluten Pasta Bolognese	285.00	-	-	-	4.70	7.40	0.80
Mini Non-gluten Pasta Formaggi	238.00	-	-	-	0.70	7.60	4.00
Mini Pizza Margherita (Toppings Not Included)	422.00	-	-	-	5.60	12.00	1.80
Vegan Mini Pizza Margherita (Toppings Not Included)	414.00	-	-	-	3.50	9.90	2.00
Mini Non-gluten Pizza Margherita (Toppings Not Included)	360.00	-	-	-	3.70	10.00	2.00
Kids Chips	290.00	-	-	-	0.50	15.00	0.40