



FITNESS

NUTRITION SURVIVAL GUIDE TO

ASK

CALORIES AND MACRONUTRIENTS

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

BREADS & NIBBLES

	Calories (kcal)	Protein (g)	Total Carbohydrate (g)	Fiber (g)	Sugar (g)	Total Fat (g)	Salt (g)
Garlic Speciale - with balsamic onions	838	29	89	-	7	38	4
Garlic Speciale - with purple pesto	891	27	100	-	18	37	3.4
Garlic Bread with Mozzarella	784	30	83	-	6	31	3.4
Chesse Fonduta	771	28	86	-	4	33	3.5
Garlic Bread	588	14	82	-	6	17	2.4
Rosemary & Sea Salt Bread	493	14	61	-	6	11	2.1
Spicy Nuts & Nibbles	353	8	17	-	3	18	0.6
Italian Olives	294	1	5	-	1	18	3.8

STARTERS & SHARERS

Antipasti - Classic	1218	52	103	-	27	74	6.1
Antipasti - Fritto	1188	44	92	-	6	61	2.8
Meatballs Piccante	718	35	76	-	11	31	2.9
Dough Balls - Fontina & Chili	711	26	91	-	6	26	3.2
Chicken Lecca lecca	675	32	38	-	5	44	1.9
Dough Balls - Pesto	660	16	91	-	6	12	2.1
Mushrooms Al Forno	540	10	29	-	2	43	1.1
Catanzari (1 Serving)	476	23	20	-	1	24	2.1
Butterfly King Prawns	495	17	27	-	3	21	1.9
Spinach & Ricotta Arcenci	387	14	41	-	4	26	2.3
Tuscan bread salad	375	9	48	-	10	18	2
Bianchetta	321	9	24	-	4	17	1.9
Involtini Bionda Caprese	303	15	3	-	3	28	0.8
Melanzane al Forno	301	12	10	-	5	24	1.2

FRESH PASTA

Purple Pesto Genovese	926	23	70	-	7	63	4.7
Tagliatelle Carbonara	882	43	68	-	6	62	6
Asiago e Gamberoni	652	38	75	-	9	21	4.4
Beef Biscotti Ragù	600	36	74	-	10	29	2.8

PASTA CLASSIC

Linguine Carbonara	1068	38	117	-	13	58	3
Penne Amabile with chicken	869	46	117	-	9	24	2.9
Vegan Lentil Ragù	849	26	129	-	12	28	3.6
Penne Amabile without chicken	759	24	116	-	9	22	2.5
Spinach and Ricotta Gnocchi	743	27	49	-	9	63	3.3
Linguine con Frutti di Mare	703	37	89	-	8	22	7.6
Fettuccine Bolognese	699	26	67	-	11	21	3.1
Spaghetti al Pomodoro	673	21	68	-	13	24	2.6

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AL FORNO

	Calories (kcal)	Protein (g)	Total Carbohydrate (g)	Sodium (mg)	Sugar (g)	Total Fat (g)	Salt (g)
Panna al Pollo della Casa	842	43	79	-	10	38	1.8
Rigatoni di Manzo Piccante	718	36	76	-	11	31	2.9
Lasagne	717	29	52	-	13	43	2.1
Sausage Cannelloni	698	26	63	-	9	33	3.9
Melanzane al Forno	578	23	20	-	11	45	2.1

RISOTTO

Risotto con Pollo e Funghi	838	18	114	-	7	24	5.8
Risotto Pesa, Asparagus & Ham	694	28	76	-	6	30	5.1
Risotto Pesa & Asparagus (Frogg)	648	23	76	-	6	27	3.8

MEAT & FISH

Pork Belly Porchetta	1143	58	35	-	16	87	2.5
Pollo Milanese with Chips	1081	66	120	-	16	37	4
Sea Bass al Forno	584	46	35	-	5	28	4.3
Pollo Milanese	489	60	66	-	11	7	2.9

PRIMA PIZZA

Prima Saliscoda	1116	43	300	-	10	55	5.9
Prima Slow Cooked Lamb	1043	49	61	-	13	63	4.6
Prima Pizza Salami Moll	1011	54	303	-	12	44	6.1
Prima Pizza Pollo Piccante con Pascata	914	62	107	-	14	28	4.6
Prima Caprina	893	39	303	-	16	31	4.1
Prima Coppa Ham & Egg	839	49	114	-	13	33	4.6
Prima Beef & Congonola	833	49	69	-	15	25	1

PRIMA LIGHT

Light Coppa Ham & Egg	439	26	64	-	8	13	2.2
Light Pollo Piccante con Pancetta	435	62	107	-	14	28	4.6
Light Caprina	382	16	64	-	9	12	1.8

CLASSIC PIZZA & CALZONE

Calzone con Carne Piccante	979	46	100	-	13	38	6.2
Calzone Pollo	899	46	66	-	11	32	5.8
Stromboli	881	42	64	-	9	36	5.2
Margherita	882	41	64	-	9	25	4.1
Verdure	793	34	66	-	8	32	4.8
Pollo E Funghi	784	42	66	-	9	22	3.8

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SALAD

	Calories (kcal)	Protein (g)	Total Carbohydrate (g)	Sodium (mg)	Sugar (g)	Total Fat (g)	Sat. Fat (g)
Chicken Caesar Salad	815	42	60	-	6	60	2.7
Insalata di Pollo e Pancetta	743	47	11	-	8	62	1.3
Roast Salmon and 3 Grains Salad	548	27	30	-	5	28	2.1
Mozzarella and 3 Grains Salad	531	27	38	-	10	31	1

VEGAN

Vegan Yards	1042	22	89	-	11	67	1
Vegan Corn Molencanu	843	20	92	-	10	44	2.9
Vegan Spaghetti di Pomodoro	785	22	110	-	9	24	2.6
Vegan Margherita - Prima	535	17	66	-	10	8	3.4
Vegan Lentil Grain Salad	321	10	42	-	9	13	0.4
Vegan Rainbow Salad	343	5	10	-	8	22	0.3

SIDES

Garlic & Cheese Chips	892	11	94	-	2	52	1.8
Chips with Mayo	883	9	94	-	2	60	2
Zucchini Frits	381	5	28	-	0	18	0
Broccoli & Chili	147	6	9	-	2	18	0.6
Rainbow Salad	66	2	6	-	3	4	0.7
Rocked Salad	57	4	1	-	1	4	0.3
Mixed Salad	18	1	3	-	3	1	0

DESSERTS

Chocolate Ersa	767	8	67	-	42	54	0.2
Honeycomb Chocolate with gelato	719	8	67	-	38	62	0.8
Gondolas - Chocolate & Nut	639	11	58	-	40	28	0.4
Gondolas - Salted Caramel	638	8	68	-	48	26	1
Pistachio & Olive Oil Cake	452	7	37	-	25	31	0.4
Blood Orange & Chocolate Tort	451	6	78	-	48	12	0.9
Tiramisu	419	5	43	-	25	24	0.2
Lemon Tort	408	7	42	-	34	23	0.1
Baked Chocolate Gnocchi	395	5	61	-	37	14	0.7
White Chocolate Swirl	342	4	26	-	23	26	0.6
Ice Cream Profiteroles	323	5	29	-	21	28	0
Panna cotta	193	5	17	-	14	13	0.1

GELATO

Pistachio gelato - 2 scoops	283	6	27	-	13	17	0.2
Pistachio gelato - 3 Scoops	373	6	30	-	28	14	0.3
Strawberry gelato 2 scoops	288	1	92	-	45	6	0
Salted Caramel gelato - 2 scoops	252	4	37	-	28	18	0.6
Vanilla gelato 2 scoops	242	6	33	-	33	18	0.2
Chocolate gelato 2 Scoops	225	5	27	-	25	11	0.2
Mango sorbetti 2 scoops	179	0	43	-	43	0	0.1
Raspberry sorbetti 2 scoops	165	1	40	-	40	0	0.1
Pineapple sorbetti 2 scoops	52	0	12	-	6	0	0.1