



HOW TO SURVIVE A TRIP TO

ZIZZI

FOOD MENU CALORIES AND MACRO NUTRIENTS

2021

0-300 Calories
300-500 Calories
+500 Calories

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Zizzi Mixed Olives	144	-	-	-	0.2	15	3.3
Nocellara Giganti Olives	153	-	-	-	0.5	15	2.9
Little Soul Bread (Without Dips)	522	-	-	-	3.2	5.4	2.9
Garlic Dip	244	-	-	-	0.1	26	0.3
Red Pepper Tapenade Dip	60	-	-	-	1.9	5.4	0.3
Garlic Bread	553	-	-	-	6.7	8.5	2.2
Garlic Bread With Mozzarella	707	-	-	-	16	17	2.7
Nduja Garlic Bread	774	-	-	-	9.2	32	3.2
Bruschetta	379	-	-	-	4.9	20	1.1
Toscana Soup	397	-	-	-	12	13	3.2
Mushroom Brindis	396	-	-	-	3.8	19	1.7
Wild Boar Meatballs	420	-	-	-	6.2	30	2.5
Garlic King Prawns	245	-	-	-	1.1	6.3	2.1
Calamari (Starter)	313	-	-	-	0.6	24	1.1
Fonduta Formaggi	787	-	-	-	7.3	26	4
Arancini	459	-	-	-	6.1	16	3.2
Bufala Caprese	380	-	-	-	3.8	33	0.4
Cicchetti Sharing Board	2403	-	-	-	18	167	12
Antipasto Grande Board	1378	-	-	-	36	69	5.8

MEAT & FISH

Pan-seared Salmon With Sauce	585	-	-	-	6.4	33	2
Pollo Prosciutto (With Sides)	537	-	-	-	4.1	20	1.5
Pork Belly Calabrese	1906	-	-	-	16	172	4.8
Sea Bass With Sauce	534	-	-	-	6	44	3
Sea Bass Without Sauce	432	-	-	-	4.3	24	1.7
Calamari (Main)	627	-	-	-	1.2	49	2.2
Spiedini Pescatore With Sauce (With Sides)	560	-	-	-	2.8	46	2.3
Spiedini Polo With Sauce (With Sides)	316	-	-	-	7.4	11	2.9
Spiedini Manzo With Sauce (With Sides)	946	-	-	-	6.8	47	4.1

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CLASSIC PIZZA

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Margherita Classic	853	-	-	-	12	28	3.6
Gamberone & Chorizo Classic	1200	-	-	-	8.9	18	6.4
Pepperoni Campagna Classic	870	-	-	-	10	29	4.1
Pinoli Classic	783	-	-	-	8.6	27	3.7
Jackfruit Italian Hot Classic	910	-	-	-	28	26	5.2

SKINNY PIZZA

Skinny Margherita (Pizza Only)	431	-	-	-	5.6	10	1.5
Skinny Gamberone & Chorizo (Pizza Only)	416	-	-	-	5.5	12	2.4
Skinny Pepperoni Campagna (Pizza Only)	541	-	-	-	5.8	17	2.2
Skinny Pinoli (Pizza Only)	492	-	-	-	12	14	1.9
Skinny Jackfruit Italian Hot (Pizza Only)	445	-	-	-	12	13	2.5
Skinny Salad	25	-	-	-	2.8	0.6	0
Piccante Rustica	1328	-	-	-	17	58	6.5
Pollo Rosso Rustica	1433	-	-	-	18	72	6
Wagyu Polpette Rustica	1229	-	-	-	14	58	6.2
Smoky Chorizo Rustica	1167	-	-	-	18	45	6.4
Primavera Rustica	1222	-	-	-	17	53	6.6
Sofia Rustica	1320	-	-	-	7.7	51	7.1
Margherita Rustica	883	-	-	-	10	29	3.5
Gamberone & Chorizo Rustica	1564	-	-	-	16	79	8.3
Pepperoni Campagna Rustica	1039	-	-	-	12	39	5.5
Pinoli Rustica	1005	-	-	-	12	36	4.2
Jackfruit Italian Hot Rustica	932	-	-	-	28	33	6.8

CALZONE

CALZONE POLLO SPINACI	1263	-	-	-	8.5	53	4.8
CALZONE CARNE PICCANTE	1066	-	-	-	15	43	3.7

NON-GLUTEN

Non-gluten Garlic Bread	508	-	-	-	1.7	7.9	0.2
Non-gluten Soul Bread	125	-	-	-	0.3	1.3	0.8

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Non-gluten Fonduta Formaggi	526	-	-	-	4.9	24	1.7
Non-gluten King Prawns	430	-	-	-	3.4	25	1.8
Non-gluten Toscana Soup	469	-	-	-	12	16	2.7
Non-gluten Margherita Classic	885	-	-	-	7	24	4.5
Non-gluten Pepperoni Campagna Classic	1060	-	-	-	8.4	40	5.6
Non-gluten Pinoli Classic	712	-	-	-	6.9	30	4.3
Non-gluten Gamberone & Chorizo Classic	1173	-	-	-	7.2	49	6.8
Non-gluten Jackfruit Italian Hot	1129	-	-	-	9.1	48	6
Non-gluten Vegan Margherita	712	-	-	-	1.7	27	1.7
Non-gluten Vegan Zucca Classic	883	-	-	-	14	32	1.8
Non-gluten Pomodoro Pasta	535	-	-	-	0.8	22	1.8
Non-gluten Chorizo Carbonara Pasta	911	-	-	-	6.1	47	2.5
Non-gluten Beef Brisket & Venison	828	-	-	-	7.5	34	1.4
Non-gluten Pesto Rosso Pasta	1111	-	-	-	6	66	5.6
Non-gluten Bolognese Pasta	641	-	-	-	11	23	3.9
Non-gluten King Prawn Pasta	576	-	-	-	7.9	15	3.6
Non-gluten Pollo Piccante Pasta	889	-	-	-	4.4	53	2
Non-gluten Lentil Linguine Ragu	654	-	-	-	7.3	23	2.2
Non-gluten Super Zucca Salad	500	-	-	-	12	28	2.4
Non-gluten Sea Bass	432	-	-	-	4.3	24	1.7

PASTA

Spaghetti Pomodoro	551	-	-	-	8.3	21	1.8
King Prawn Linguine	498	-	-	-	5.6	15	3.8
Casareccia Pollo Piccante	865	-	-	-	5.9	46	2
Beef Brisket & Venison Tagliatelle	900	-	-	-	8.4	25	1.37
Spaghetti Chorizo Carbonara	818	-	-	-	5.7	45	2.6
Strozzapreti Pesto Rosso	1181	-	-	-	8.3	66	4.1
Spaghetti Bolognese	508	-	-	-	8.4	15	2.2
Crab Cannelloni	856	-	-	-	8.2	57	3.8
Wild Boar Meatballs Al Forno	982	-	-	-	19	49	6.8

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Pasta Della Casa	1412	-	-	-	10	81	3.2
Lasagne	947	-	-	-	12	61	4.9
Ravioilli Di Capra	494	-	-	-	7	23	2.3

RISOTTO

RISOTTO PESCE	520	-	-	-	1	21	3.9
RISOTTO POLLO FUNGHI	537	-	-	-	1.3	20	2.4
RISSOTO FUNGHI	439	-	-	-	0.9	20	2

VEGAN

Vegan Garlic Bread	743	-	-	-	4.1	23	2.2
Vegan Bruschetta	698	-	-	-	6.4	25	2.3
Vegan 'beetballs' Polpette	235	-	-	-	1.7	14	6
Vegan Margherita Classic	818	-	-	-	6.4	28	3.9
Vegan Margherita Rustica	1093	-	-	-	6.4	52	5.4
Vegan Zucca Classic	906	-	-	-	9.8	29	3.5
Vegan Zucca Rustica	1229	-	-	-	12	54	4.4
Vegan Lentil Linguine Ragu	677	-	-	-	9	30	6.8
Vegan Spaghetti Pomodoro	553	-	-	-	2.7	26	4.3

NON-DAIRY

Non-dairy Bruschetta	698	-	-	-	6.4	25	2.3
Non-dairy Garlic Bread	743	-	-	-	4.1	23	2.2
Vegan 'beetballs' Polpette	235	-	-	-	1.7	14	6
Non-dairy Margherita Classic	818	-	-	-	6.4	28	3.9
Non-dairy Margherita Rustica	1093	-	-	-	6.4	52	5.4
Non-dairy Non-gluten Margherita	613	-	-	-	3.9	30	4.1
Non-dairy Zucca Classic	906	-	-	-	9.8	29	3.5
Non-dairy Zucca Rustica	1229	-	-	-	12	54	4.4
Non-dairy Lentil Linguine Ragu	677	-	-	-	9	30	6.8

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SIDES

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chips With Sea Salt & Rosemary	581	-	-	-	1	30	1.9
Chips With Sea Salt & Rosemary	581	-	-	-	1	30	1.9
Chips With Truffle & Riserva Cheese	670	-	-	-	1	39	1.9
Courgette Fritti	545	-	-	-	3.8	7.4	2.6
Fried Herby Potatoes	222	-	-	-	2.7	8	0.1
Baby Gem Salad	40	-	-	-	1.4	2.6	0.1
Garlic Kale & Broccoli	228	-	-	-	3	21	0.5
Green Beans	15	-	-	-	0.3	0.1	0

SALADS

Super Zucca Salad	572	-	-	-	14	21	1.9
Super Zucca Salad (With Chicken)	693	-	-	-	15	25	2.8
Chicken & Prosciutto Salad	333	-	-	-	5.1	17	1.9

DESSERTS

Passion Fruit Cheesecake	438	-	-	-	25	20	0.4
Salted Caramel Chocolate Brownie	843	-	-	-	69	45	0.3
Golden Millionaire's Slice	561	-	-	-	53	29	0.6
Honeycomb Cheesecake	652	-	-	-	47	38	1
Tiramisu	640	-	-	-	36	20	0.3
Chocolate & Banana Calzone	621	-	-	-	55	29	0.7
Ruby Plum & Amaretti Crumble	328	-	-	-	68	5	0
Chocolate Melt	621	-	-	-	16	40	0
Vegan Banana & Raspberry Calzone	435	-	-	-	41	17	0.5
Salted Caramel Sundae	804	-	-	-	72	41	0.8
Lemon Meringue Sundae	463	-	-	-	56	22	0.2

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GELATO

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Vanilla Gelato (1 Scoop)	76	-	-	-	9.1	3.1	0
Chocolate Gelato (1 Scoop)	58	-	-	-	7	2.8	0
Honey, Sea Salt & Mascarpone Gelato (1 Scoop)	54	-	-	-	7.6	7.6	0.1
Salted Caramel Gelato (1 Scoop)	116	-	-	-	13	4.5	0.3
Coconut & Chocolate Ripple Gelato (1 Scoop)	112	-	-	-	12	5.5	0.1
Lemon Sorbet (1 Scoop)	49	-	-	-	11	0.2	0
Strawberry Sorbet (1 Scoop)	50	-	-	-	11	0.1	0

BAMBINI KIDS MENU

Carrot, Cucumber & A Soul Bread	151	-	-	-	6.2	1.2	7
Carrot, Cucumber & A Non-gluten Soul Bread	284	-	-	-	4.9	4.3	0.2
Fish Goujons	454	-	-	-	5.5	23	1.3
Mini Pasta Pomodoro	402	-	-	-	1.2	25	2
Mini Pasta Bolognese	365	-	-	-	4.8	12	2.3
Mini Pasta Formaggi	441	-	-	-	5.7	20	2.6
Mini Pasta Pesto	375	-	-	-	1.1	24	3
Mini Non-gluten Pasta Pomodoro	191	-	-	-	5	2.1	1
Mini Non-gluten Pasta Bolognese	285	-	-	-	4.7	7.4	0.8
Mini Non-gluten Pasta Formaggi	238	-	-	-	0.7	7.6	4
Mini Pizza Margherita (Toppings Not Included)	422	-	-	-	5.6	12	1.8
Vegan Mini Pizza Margherita (Toppings Not Included)	414	-	-	-	3.5	9.9	2
Mini Non-gluten Pizza Margherita (Toppings Not Included)	360	-	-	-	3.7	10	2
Kids Chips	290	-	-	-	0.5	15	0.4

