



HAMILTON FIT

EATING GUIDE FOR PIZZA EXPRESS





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FOOD MENU (STARTERS)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	CARBS (G)	PROTEIN (G)
OLIVES MARINATE	-	137	13.6	1.1	0.7
ROASTED TOMATOES		67	3.5	6	1.3
DOUGH BALLS		396	21.6	40.4	8.1
DOUGH BALLS - NO BUTTER		230	1.3	46.4	9.2
VEGAN DOUGH BALLS - PESTORISSA		336	12	48.6	3.6
DOUGH BALLS DOPPIO		828	43.3	88.3	18.6
GARLIC BREAD WITH MOZZARELLA		356	10	49.4	14.9
BRUSCHETTA ORIGINALE 'PIZZA EXPRESS'		362	11.1	50.8	11.1
BUFFALO MOZZARELLA & TOMATO SALAD		336	28.2	3.7	15.5
CALAMARI		504	32.1	36.3	17.6
LEMON & ITALIAN HERBS CHICKEN WINGS		556	37.5	2.2	52.4
GARLIC KING PRAWNS		421	24.4	33.5	18.2
ROSEMARY & GARLIC FLATBREAD HUMMUS		498	24	60.4	13.1
PEA, BROAD BEANS & MINT ARANCINI		323	18.9	32.2	8.6
GLUTEN FREE DOUGH BALLS WITH GARLIC BU		370	18.7	47.4	1.2

FOOD MENU (BASES, ROMANA & CALABRESE)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	CARBS (G)	PROTEIN (G)
STANDARD DOUGH - COOKED	-	578	3.4	118	22.1
WHOLEMEAL DOUGH - COOKED		542	5.2	107.1	22.1
ADULT GLUTEN FREE - COOKED		529	2.7	121.2	6.5
PICCOLO GLUTEN FREE -COOKED		168	1	37.1	2.2



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FOOD MENU (ROMAN PIZZAS AND CALABRESE)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	CARBS (G)	PROTEIN (G)
AMERICAN HOT	-	1010	41.5	102	54.1
BARBACOA		1118	38.4	127.7	71.8
PADANA		1108	33.2	129.1	62.8
PADANA - VEGAN		911	25.3	152.8	24.5
ROASTED VEG & RICOTTA		1152	43	149	52
FUNGHI DI BOSCO		1096	40.7	125.2	61.2
POLLO AD ASTRA		1145	32.5	142.1	66.6
DIABOLO		1167	39	139.1	59.1
POLLO FORZA		1253	44.6	129.4	79.3
CALABRASE		1275	66.1	108.7	54.1
VEGAN GIARDINIERA		970	34	144.1	27.6

FOOD MENU (CLASSIC)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	CARBS (G)	PROTEIN (G)
AMERICAN	-	1019	39.8	121.8	40.5
MARGHERITA		834	24.9	111.5	37.6
MARGHERITA- VEGAN		711	18.6	118.7	21.4
LA REINE		898	28.7	108.6	47.1
FLORENTINA		942	31.4	107.8	51.7
SLOPPY GIUSEPPE		897	26.1	115.4	45
VENEZIANA		938	29.7	120.4	41.9
VENEZIANA - VEGAN		815	23.4	132.4	23.4
VEGAN GIARDINIERA		843	27.5	130.5	24.7



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FOOD MENU (LEGGERA)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	CARBS (G)	PROTEIN (G)
WHOLEMEAL LEGGERA POLLO AD ASTRA	-	599	13.9	75	46.4
WHOLEMEAL LEGGERA PADANA		587	17.4	91.4	20.4
WHOLEMEAL LEGGERA PADANA - VEGAN		560	16.3	93	19.3
WHOLEMEAL LEGGERA AMERICAN HOT		548	18.8	67.2	30.3
WHOLEMEAL LEGGERA VEGAN GIARDINIERA		556	21	79.6	16.1
WHOLEMEAL LEGGERA BARBACOA		547	18.6	55.1	43.5
WHOLEMEAL LEGGERA LA REINE		498	15.8	61.3	31.5
WHOLEMEAL LEGGERA POLLO FORZA		578	18.6	60.8	46.8
WHOLEMEAL LEGGERA DIAVOLO		556	22.6	59.9	32.5
WHOLEMEAL LEGGERA MARGHERITA		440	13.2	61.8	22.4
WHOLEMEAL LEGGERA MARGHERITA - VEGAN		452	16.2	67.4	13.9
WHOLEMEAL LEGGERA VENEZIANA		517	16	70.2	27.5
WHOLEMEAL LEGGERA VENEZIANA - VEGAN		544	22	76.4	14.7
WHOLEMEAL LEGGERA AMERICAN		557	23.6	56.1	34.1
WHOLEMEAL LEGGERA VEGAN ROASTED VE		495	15	78.7	20
WHOLEMEAL LEGGERA FUNGHI DI BOSCO		496	17	63.3	29
WHOLEMEAL LEGGERA ROASTED VEG & RIC		493	10.3	73.7	20.3
WHOLEMEAL LEGGERA SLOPPY GIUSEPPE		490	14.1	65.6	29.9
FOOD MENU (SALADS NO DRESSINGS)					
LEGGERA SUPERFOOD SALAD	-	446	25.4	32.9	16.8
POLLO SALAD NO DRESSING		502	26.3	22.1	42.1
NICOISE SALAD NO DRESSING		366	21	5.1	39.1
GRAND CHICKEN CAESAR SALAD NO DRESSING		477	24.5	17.2	47.1



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FOOD MENU (SALADS WITH DRESSINGS NO DOUGH STICKS)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	CARBS (G)	PROTEIN (G)
LEggerA SUPERFOOD	-	334	15.2	27.9	13.5
POLLO SALAD WITH DRESSING		693	46.3	24.6	42.8
NICOISE SALAD WITH DRESSING		558	40.7	7.3	39.5
GRAND CHICKEN CAESAR SALAD WITH DRESS		636	39.9	20.3	48.3
FOOD MENU (SALADS WITH DRESSINGS AND DOUGH STICKS)					
POLLO SALAD WITH DRESSING AND DOUGH STI	-	954	48.9	72.9	52.8
NICOISE SALAD WITH DRESSING AND DOUGH		820	43.5	55.5	50
GRAND CHICKEN CAESAR SALAD DRESSING A		894	42.4	68.4	58.4
MILANESE RUCOLA		892	60.2	50.2	39
MILANESE CAESAR		737	49	41	37
FOOD MENU (SALAD SIDES)					
DOUGH STICKS	-	263	2.6	48.3	10.2
CLASSIC HOUSE DRESSING		191	19.9	2.3	0.5
LIGHT HOUSE DRESSING		135	13.6	2.3	0.4
CAESAR DRESSING		157	15.4	3	1.2
HONEY MUSTARD DRESSING		196	17.7	7.8	0.6
FOOD MENU (AL FORNO)					
LASAGNA CLASSICA	-	712	42.1	43	36.9
POLLO PESTO		1082	57.5	90.3	48.6
CANNELLONI		705	43	49.2	33.1
BOLOGNESE		674	28	83	28
PEPERONATA		542	16	91	12



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FOOD MENU (SIDES)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	CARBS (G)	PROTEIN (G)
TRIO OF DIPS	-	297	28.5	6.7	3.4
COLESLAW 'PIZZA EXPRESS'		330	33.38	4.6	1.9
MIXED SALAD WITHOUT DRESSING		74	5.4	3.6	1.9
MIXED SALAD WITH HOUSE DRESSING		202	18.8	5.1	2.2
BROCCOLINI		126	9.2	7.3	5.2
HALLOUMI BITES		378	23.8	26.9	14.7
POLENTA CHIPS		454	26.6	42.8	6.7

FOOD MENU (DESSERTS)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	CARBS (G)	PROTEIN (G)
CHOCOLATE FUDGE CAKE (CAKE ONLY)	-	312	13.4	42.4	4.8
VANILLA CHEESECAKE REDUCE FAT & SUGAR		377	25.7	29.6	6.6
TIRAMISU		412	15	62.7	5
PASSION FRUIT & ORANGE MERINGUE		374	10.9	64.6	3.4
CHOCOLATE & AMARETTO PARFAIT		275	18.8	23.7	1.5
CHOCOLATE BROWNIE AND ICE CREAM		519	27	62.9	7.9
COPPA GELATO - VANILLA + CHOC STRAW		247	10.3	32.7	5.6
COPPA GELATO - CHOCOLATE + CHOC STRAW		246	10.3	32.6	5.6
COPPA GELATO - STRAWBERRY + CHOC STRAW		211	5	40.1	1.5
COPPA GELATO - SALTED CARAMEL + CHOC S		287	14.8	33.9	4.6
LEGGARA SORBET - RASPBERRY SORBET		122	0.5	28.4	0.7
LEGGARA SORBET - COCONUT SORBET		201	6	36	0.6
AFFOGATO - NO COFFEE		337	15.4	44	5.9
HONEYCOMBE CREAM SLICE		578	37.4	54.8	5
SIDE OF CREAM		139	15	0.5	0.4



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FOOD MENU (DESSERTS)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	CARBS (G)	PROTEIN (G)
SIDE OF VANILLA GELATO	-	114	4.5	15.4	2.7
SIDE OF MASCARPONE		118	12.3	0.8	1.2
FRUIT COULIS		25	0.1	5.7	0.1

FOOD MENU (DOLCETTI)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	CARBS (G)	PROTEIN (G)
SALTED CARAMEL PROFITEROLES	-	257	257	24	3.4
CHOCOLATE BROWNIE		206	206	24.5	2.6
CAFFE REALE		208	208	32.7	1.9
CARROT CAKE		336	336	45.9	1.5
LOTUS BISCOFF CHEESECAKE		319	319	25.4	2.7