

Nutrition_Pasta_Salads-Oct 09

Name of Product	Number Pieces/ Slices Per Portion	Energy per 100g (kcal)	Energy per Food Portion (kcal)	Protein (g/100g)	Protein per Food Portion(g)	Carbohydrate (g/100g)	Carbohydrate per Food Portion (g)	Fat (g/100g)	Fat per Food Portion (g)	Saturated Fat per (g/100g)	Saturated Fat per Food Portion (g)	Salt (g/100g)	Salt per Food Portion (g)	Sugar (g/100g)	Sugar per Food Portion (g)
Salads															
Grated Hard Cheese	N/A	404	N/A	33.0	N/A	<1.0	N/A	30.0	N/A	16.0	N/A	1.78	N/A	<1.0	N/A
Classic Caesar Salad	N/A	189	366	7.2	14.0	13.0	25.2	11.9	23.1	4.8	9.3	1.25	2.42	3.13	6.07
Chicken Caesar Salad	N/A	153	527	14.1	48.5	7.4	25.4	7.4	25.3	2.9	10.1	1.14	3.92	1.81	6.22
Chicken Caesar Salad with Bacon	N/A	157	588	14.4	53.9	6.8	25.5	7.9	29.7	3.2	11.9	1.26	4.72	1.70	6.37
Prawn Caesar Salad	N/A	133	458	9.6	32.9	7.6	26.1	7.0	24.1	2.8	9.5	1.79	6.17	1.98	6.82
Goats Cheese Salad	N/A	154	525	7.5	25.6	4.4	15.0	11.8	40.3	4.9	16.6	0.79	2.68	3.16	10.75
Happy Hour Salads															
Small Classic Caesar Salad	N/A	189	183	7.2	7.0	13.0	12.6	11.9	11.5	4.8	4.7	1.25	1.21	3.13	3.04
Small Chicken Caesar Salad	N/A	153	263	14.1	24.2	7.4	12.7	7.4	12.7	2.9	5.0	1.14	1.96	1.81	3.11
House Salad	N/A	75	158	3.7	7.9	6.6	13.9	3.7	7.7	1.9	4.1	0.61	1.27	2.24	4.71
House Chicken Salad	N/A	117	402	9.7	33.4	6.2	21.4	6.0	20.8	2.8	9.6	0.76	2.62	1.41	4.85
Pastas															
Traditional Lasagne	N/A	135	581	7.3	31.4	10.2	43.9	7.2	31.0	3.5	15.1	0.70	3.01	3.00	12.90
Spinach & Ricotta Cannelloni	N/A	140	565	6.2	25.1	13.1	53.1	6.8	27.5	3.2	13.0	0.98	3.95	4.10	16.60
Salmon Pasta Bake	N/A	173	692	7.9	31.6	11.3	45.2	10.7	42.8	5.4	21.6	0.60	2.40	2.50	10.00
Tomato & Mozzarella Mezzaluna	N/A	97	340	3.1	10.9	14.7	51.5	2.9	10.2	0.4	1.4	0.60	2.10	4.30	15.05
Tagliatelle Alla Carbonara	N/A	137	548	5.6	22.4	10.4	41.6	8.1	32.4	3.4	13.6	0.80	3.20	1.60	6.40
Alfredo Pasta	N/A	130	520	4.1	16.4	23.3	93.2	2.2	8.8	0.9	3.6	0.58	2.30	1.30	5.20
Arrabiata Pasta	N/A	98	441	2.9	13.1	15.0	67.5	2.9	13.1	0.4	1.8	0.60	2.70	3.90	17.55
Chick & Mush Pst Bake	N/A	110	440	8.1	32.4	12.3	49.2	3.3	13.2	1.9	7.6	0.81	3.24	3.40	13.60
Tori's Tom Pst Bake	N/A	109	436	3.3	13.2	16.4	65.6	3.3	13.2	0.9	3.6	0.70	2.80	2.90	11.60
Garlic Bread	1	318	95	6.8	2.0	38.1	11.4	15.4	4.6	4.6	1.4	0.90	0.27	2.20	0.66
Happy Hour Pasta															
4 Cheese & Vegetable	N/A	105	315	4.0	12.0	12.6	37.8	4.3	12.9	2.1	6.3	0.60	1.80	1.20	3.60
Tomato and Pepperoni	N/A	104	312	3.6	10.8	16.3	48.9	2.7	8.1	0.6	1.8	0.80	2.40	2.70	8.10
Delivery Only Pastas															
Chicken Alfredo Pasta	N/A	140	560	8.1	32.4	19.1	76.4	3.4	13.6	1.4	5.6	0.63	2.52	0.60	2.40
Bolognese Pasta	N/A	125	500	7.2	28.8	11.9	47.6	5.4	21.6	2.7	10.8	0.80	3.20	2.10	8.40
4 Cheese Pasta	N/A	155	620	6.1	24.4	13.5	54.0	8.5	34.0	4.3	17.2	0.80	3.20	1.70	6.80