

A decorative border surrounds the central white area, featuring various autumn-themed elements such as green and orange leaves, pumpkins, and small black dots on a light beige background.

# Nutritional Information

# PREZZO

The below nutritional information for our menu is provided as a guide. All our dishes are handmade, therefore these are approximate values only.

	Per 100g									Typical values per serving (g)										
	KJ	Kcal	Fat	of which Saturates	Carbohydrate	of which Sugars	Fibre	Protein	Salt	KJ per serving	Kcal per serving	% of an Adults Reference Intake (RI of an average adult (8400KJ/2000kcal)	Fat	of which Saturates	Carbohydrate	of which Sugars	Fibre	Protein	Salt	
<b>WHILE YOU DECIDE</b>																				
Marinated Olives	705	172	16.4	3.0	1.0	0.1	8.9	1.5	1.92	419	102	5%	9.8	1.8	0.6	0.1	5.3	0.9	1.14	
<b>STARTERS</b>																				
Giant Meatballs	689	165	10.3	4.6	7.4	0.1	1.7	9.9	1.20	1890	453	23%	28.3	12.6	20.3	0.3	4.7	27.2	3.29	
Tomato Bruschetta	729	174	6.9	3.6	21.8	1.4	2.0	5.1	1.01	1737	415	21%	16.4	8.6	52.0	3.3	4.8	12.2	2.41	
Calamari	1895	458	39.6	3.2	11.4	0.1	2.9	12.5	0.90	2906	702	35%	60.7	4.9	17.5	0.2	4.4	19.2	1.38	
Stuffed Baked Mushrooms	779	188	15.7	3.6	4.5	0.1	2.5	6.0	1.31	1636	395	20%	33.0	7.6	9.5	0.2	5.3	12.6	2.75	
King Prawns	629	150	5.1	1.6	19.0	0.3	3.2	5.4	2.16	1702	406	20%	13.8	4.3	51.4	0.8	8.7	14.6	5.85	
Garlic Bread	1267	300	4.2	1.8	54.4	2.4	3.6	9.3	1.61	1145	271	14%	3.8	1.6	49.1	2.2	3.3	8.4	1.45	
Garlic Bread with Mozzarella	1298	309	9.8	5.6	43.4	1.2	1.8	10.8	1.68	1623	386	19%	12.3	7.0	54.3	1.5	2.3	13.5	2.10	
Garlic Bread with Balsamic Onions & Mozzarella	1554	373	24.1	14	28.6	9.1	2.2	11.5	1.27	2165	520	26%	34	20	40	13	3	16	2	
Italian Hummus	1337	321	18.8	2.3	27.8	0.7	3.7	8.2	1.41	2777	667	33%	39.0	4.8	57.7	1.5	7.7	17.0	2.93	
Breaded Mozzarella	1065	256	15.8	5.4	14.5	0.1	2.5	12.6	1.19	2332	561	28%	34.6	11.8	31.8	0.2	5.5	27.6	2.61	
Caprese Salad	598	144	12.1	7.2	3.1	0.1	1.3	5.1	0.43	1003	241	12%	20.3	12.1	5.2	0.2	2.2	8.6	0.72	
Spicy Pizza Bites	1050	250	10	4.6	33.7	3	3.2	8	1.1	1495	356	18%	14.2	6.5	48.0	4.3	4.6	11.4	1.57	
Pizza Bites	1050	250	10	4.6	33.7	3	3.2	8	1.1	1495	356	18%	14.2	6.5	48.0	4.3	4.6	11.4	1.57	
<b>SHARERS</b>																				
Pizza Bites to Share	1150	273	8.2	3.6	43.2	3.4	2.7	8	1	3623	860	43%	26	11	136	11	9	25	3	
Spicy Pizza Bites to Share	1150	273	8.2	3.6	43.2	3.4	2.7	8	1	3623	860	43%	26	11	136	11	9	25	3	
Antipasti Board of Cured Italian Meats	1209	290	18.8	8.0	15.9	0.1	2.7	13.0	1.26	4082	979	49%	63.5	27.0	53.7	0.3	9.1	43.9	4.25	
Large Garlic Pizza Bread	1250	297	9.4	4.8	44.1	10.2	3.5	7.3	1.39	3754	892	45%	28.2	14.4	132.4	30.6	10.5	21.9	4.17	
Flatbreads to share	868	206	5.0	2.2	29.7	2.5	2.3	9.4	1.43	3579	849	42%	20.6	9.1	122.5	10.3	9.5	38.8	5.90	

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<b>PIZZA</b>																			
Tre Gusti - Regular	970	230	4.9	2.4	30.5	0.7	2.9	14.5	1.65	3919	929	46%	19.8	9.7	123.2	2.8	11.7	58.6	6.67
Tre Gusti - Large	1111	265	12.6	5.8	25.9	1.2	1.7	12.9	1.94	5614	1339	67%	63.7	29.3	130.9	6.1	8.6	65.2	9.80
Vesuvio - Regular	1038	246	6.2	3.9	31.3	2.3	3.9	14.4	1.99	3681	872	44%	22.0	13.8	111.0	8.2	13.8	51.1	7.06
Vesuvio - Large	944	225	9.5	4.6	16.2	3.3	1.8	19.6	1.90	4412	1052	53%	44.4	21.5	75.7	15.4	8.4	91.6	8.88
Garlic Mushroom - Regular	755	180	6.8	1.4	26.6	7.2	3.4	4.8	0.54	2497	595	30%	22.5	4.6	88.0	23.8	11.2	15.9	1.79
Garlic Mushroom - Large	691	165	5.1	0.9	25.6	2.7	2.7	5.4	0.58	3037	725	36%	22.4	4.0	112.5	11.9	11.9	23.7	2.55
Margherita - Regular	964	229	4.9	2.9	34.9	2.8	3.1	9.7	1.29	2969	705	35%	15.1	8.9	107.5	8.6	9.5	29.9	3.97
Margherita - Large	1073	254	4.9	3.2	41.7	3.2	1.6	11.6	1.46	3537	837	42%	16.2	10.5	137.5	10.5	5.3	38.2	4.81
Goat's Cheese & Red pepper - Regular	1006	240	8.9	4.6	28.9	2.8	2.5	9.7	1.21	3813	910	45%	33.7	17.4	109.5	10.6	9.5	36.8	4.59
Goat's Cheese & Red pepper - Large	991	236	5.3	3.1	27.6	3.2	2.2	11.6	1.10	4423	1053	53%	23.7	13.8	123.2	14.3	9.8	51.8	4.91
Tropicana - Regular	858	203	4.4	2.5	28.8	3.4	2.7	10.8	1.39	3309	783	39%	17.0	9.6	111.1	13.1	10.4	41.7	5.36
Tropicana - Large	799	190	5.3	3.1	26.6	3.6	1.6	9.7	1.09	4280	1018	51%	28.4	16.6	142.5	19.3	8.6	52.0	5.84
Fiorentina - Regular	922	219	5.3	2.8	31.1	0.9	2.8	10.3	1.32	2941	699	35%	16.9	8.9	99.2	2.9	8.9	32.9	4.21
Fiorentina - Large	907	216	7.2	3.5	28.5	1.1	2.3	10.4	1.19	4266	1016	51%	33.9	16.5	134.0	5.2	10.8	48.9	5.60
Chicken & Roasted Peppers - Regular	945	224	4.7	2.7	37.2	5.2	2.4	9.4	1.11	3893	923	46%	19.4	11.1	153.3	21.4	9.9	38.7	4.57
Chicken & Roasted Peppers - Large	779	185	4.3	2.6	25.4	6.1	0.8	11.5	0.89	4677	1111	56%	25.8	15.6	152.5	36.6	4.8	69.0	5.34
Posh Pepperoni - Premium	1174	280	13.0	7.4	24.9	2.8	2.2	14.8	1.06	5209	1242	62%	57.7	32.8	110.5	12.4	9.8	65.7	4.70
Margherita Royale - Premium	881	210	8.2	4.2	23.8	1.6	2.3	9.1	1.05	4108	979	49%	38.2	19.6	111.0	7.5	10.7	42.4	4.90
<b>Calzone</b>																			
Tre Carni Calzone	764	182	6.2	2.9	20.6	0.9	2.9	9.5	1.18	3904	930	47%	31.7	14.8	105.3	4.6	14.8	48.5	6.03
Spicy Carne Calzone	688	163	4.6	2.3	20.2	2.5	2.2	9.2	0.90	3791	898	45%	25.3	12.7	111.3	13.8	12.1	50.7	4.96
<b>Light Pizza</b>																			
Chicken Primavera	680	162	4.8	2.4	18.7	1.6	2.4	9.7	0.86	2201	524	26%	15.5	7.8	60.5	5.2	7.8	31.4	2.78
Goat's Cheese & Aubergine	648	155	7.0	4.0	16.0	0.1	1.0	6.6	0.79	2318	554	28%	25.0	14.3	57.2	0.4	3.6	23.6	2.83

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<b>PASTA</b>																			
Spaghetti Bolognese	447	106	3.2	1.6	10.5	2.9	2.2	7.8	0.89	2485	589	29%	17.8	8.9	58.4	16.1	12.2	43.4	4.95
Spaghetti with King Prawns	415	99	2.6	0.6	12.3	0.1	2.7	5.2	0.61	2364	564	28%	14.8	3.4	70.1	0.6	15.4	29.6	3.47
Spaghetti Carbonara	642	153	5.2	2.2	20.5	0.1	0.7	6.3	0.76	2780	662	33%	22.5	9.5	88.8	0.4	3.0	27.3	3.29
Penne Alla Rusticana	624	148	3.9	1.6	17.2	0.1	1.7	10.2	0.95	3187	756	38%	19.9	8.2	87.8	0.5	8.7	52.1	4.85
Penne Gorgonzola	749	179	7.7	4.6	16.2	0.1	1.7	10.3	0.91	2649	633	32%	27.2	16.3	57.3	0.4	6.0	36.4	3.22
Penne Arrabbiata	522	124	1.3	0.8	22.1	1.2	3.5	4.1	0.68	2107	501	25%	5.2	3.2	89.2	4.8	14.1	16.6	2.74
Pesto & Pea Penne	672	160	4.2	1.3	26	0.4	2.7	5.8	0.56	2858	681	34%	17.9	5.5	110.6	1.7	11.5	24.7	2.38
Oak Smoked Salmon Penne	727	174	7.7	2.4	18.1	0.1	1.7	7.1	0.63	3511	840	42%	37.2	11.6	87.4	0.5	8.2	34.3	3.04
Aubergine Penne	473	112	2.3	0.3	19.8	0.0	2.4	4.3	0.52	2341	554	28%	11.4	1.5	98.0	0.0	11.9	21.3	2.57
<b>Al Forno</b>																			
Goat's Cheese Penne Al Forno	514	122	3.5	2.0	17.0	0.1	2.4	4.5	0.69	4327	1033	52%	22.8	13.0	110.6	0.7	15.6	29.3	4.49
Chicken Spaghetti Carbonara Al Forno	733	175	8.3	4.8	14.9	0.1	0.8	10.6	0.84	4327	1033	52%	49.0	28.3	88.0	0.6	4.7	62.6	4.96
Spaghetti Meatballs Al Forno	582	139	5.4	2.7	10.8	1.2	1.7	12.6	0.58	3779	903	45%	35.1	17.5	70.1	7.8	11.0	81.8	3.77
Traditional Lasagne	625	149	7.0	3.9	13.2	0.1	1.7	7.5	0.99	2883	687	34%	32.3	18.0	60.9	0.5	7.8	34.6	4.57
<b>Filled Pasta</b>																			
Lobster & Crab Ravioli	629	150	5.3	3.3	16.1	0.1	2.0	8.4	0.97	2137	510	25%	18.0	11.2	54.7	0.3	6.8	28.5	3.29
<b>Light Pasta</b>																			
Spicy Prawn & Basil Pesto Penne	524	125	4.8	1.4	14.3	0.4	2.7	4.8	0.52	2120	506	25%	19.4	5.7	57.9	1.6	10.9	19.4	2.10
Pancetta, Pea & Mushroom Penne	453	108	3.1	1.4	14.6	1.1	2.6	4.1	0.67	2063	492	25%	14.1	6.4	66.5	5.0	11.8	18.7	3.05
<b>Risotto</b>																			
King Prawn & Salmon Risotto	407	97	3.0	0.9	10.6	0.1	2.8	5.5	0.61	1977	471	24%	14.6	4.4	51.5	0.5	13.6	26.7	2.96
Mushroom Risotto	577	138	5.6	2.7	18.2	0.1	1.2	3.0	0.42	3033	725	36%	29.4	14.2	95.7	0.5	6.3	15.8	2.21
Chicken & Asparagus Risotto	643	153	5.6	2.7	17.2	0.1	1.8	7.6	0.38	3309	787	39%	28.8	13.9	88.5	0.5	9.3	39.1	1.96

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<b>SALADS - served with garlic bread</b>																			
Chicken, Bacon & Avocado Salad (without Garlic bread)	629	151	7.9	1.6	9.6	0.8	2.5	9.0	0.64	2134	512	26%	26.8	5.4	32.6	2.7	8.5	30.5	2.17
Puy Lentil, Roasted Beetroot & Butternut Squash Salad (without Garlic bread)	404	97	3.5	0.7	7.7	0.1	6.9	5.2	0.43	1336	321	16%	11.6	2.3	25.5	0.3	22.8	17.2	1.42
Caesar Salad with Chicken (without Garlic bread)	778	187	12.4	2.7	8.2	0.1	1.8	9.7	0.71	3068	737	37%	48.9	10.6	32.3	0.4	7.1	38.3	2.80
<b>Meat and Fish</b>																			
Calabrese Burger - served with fries	1268	304	18.1	4.0	22.9	0.1	3.2	11.8	0.52	5766	1382	69%	80	24	88	1	13	78	4
Chargrilled Chicken Breast with Mushrooms	494	118	5.8	3.6	1.9	0.3	1.8	13.7	0.27	1609	384	19%	18.9	11.7	6.2	1.0	5.9	44.6	0.88
Roasted Salmon Fillet	681	164	12.0	3.9	1.9	0.1	2.2	11.0	0.23	2004	483	24%	35.3	11.5	5.6	0.3	6.5	32.4	0.68
Sea Bass	705	170	10.9	4.0	4.0	0.1	3.3	12.2	0.52	2099	506	25%	32.4	11.9	11.9	0.3	9.8	36.3	1.55
<b>Sides</b>																			
House Fries	1554	373	23.2	2.4	35.0	0.1	4.5	3.8	0.10	2424	582	29%	36.2	3.7	54.6	0.2	7.0	5.9	0.16
Truffle oil infused Fries	1650	397	26.0	2.8	33.5	0.1	5.9	4.2	0.11	2789	671	34%	43.9	4.7	56.6	0.2	10.0	7.1	0.19
Rocket Salad (with Italian cheese)	636	154	13.1	3.8	1.7	0.1	2.6	6.0	0.19	384	93	5%	7.9	2.3	1.0	0.1	1.6	3.6	0.11
Tenderstem Broccoli & Cauliflower	404	97	8.3	5.2	2.2	0.1	2.8	2.2	0.42	368	88	4%	7.6	4.7	2.0	0.1	2.5	2.0	0.38
Mix Salad	243	59	4.9	0.8	1.5	0.1	2.2	1.1	0.46	425	103	5%	8.6	1.4	2.6	0.2	3.9	1.9	0.81

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<b>DESSERTS</b>																			
Salted Caramel Chocolate Tart	1498	357	15.5	10.3	50.0	29.3	1.5	3.7	0.30	2512	599	30%	26.0	17.3	83.8	49.1	2.5	6.2	0.50
Honeycomb Smash Cheesecake	8972	2144	92.9	55.4	304.1	255.4	12.4	15.8	0.70	2095	500	25%	24.9	13.1	61.7	35.8	1.3	7.0	0.27
Panna Cottas (served with fruit compote)	911	218	12.0	8.5	24.6	1.1	1.2	2.3	0.11	1567	375	19%	20.6	14.6	42.3	1.9	2.1	4.0	0.19
Chocolate Brownie Dome	1538	368	20.1	12.4	40.1	33.8	3.7	4.9	0.53	1953	467	23%	25.5	15.7	50.9	42.9	4.7	6.2	0.67
Sticky Toffee Pudding	1284	305	9.5	5.3	50.9	33.5	2.4	2.8	0.87	2658	631	32%	19.7	11.0	105.4	69.3	5.0	5.8	1.80
Tiramisu	1052	250	8.6	6.9	38.8	30.2	2.0	3.4	0.14	1361	323	16%	11.1	8.9	50.2	39.1	2.6	4.4	0.18
Affogato	3156	756	46.1	20.8	76.0	57.5	3.4	7.5	0.67	1337	320	16%	18.5	10.2	33.3	26.9	0.9	4.3	0.34
Raspberry Sorbet	551	130	0.3	0.2	31.5	27.9	0.0	0.4	0.01	55	13	1%	0.0	0.0	3.2	2.8	0.0	0.0	0.00
<b>Selection of ice cream</b>																			
Ice cream - Vanilla	812	194	11.0	7.9	19.9	19.9	0.1	3.9	0.28	715	171	9%	9.7	7.0	17.5	17.5	0.1	3.4	0.25
Ice cream - Strawberry	813	194	9.3	6.6	24.2	23.5	0.3	3.4	0.25	715	171	9%	8.2	5.8	21.3	20.7	0.3	3.0	0.22
Ice cream - Chocolate	924	221	11.5	8.1	23.7	23.1	0.2	4.8	0.27	813	194	10%	10.1	7.1	20.9	20.3	0.2	4.2	0.24
<b>Mini Desserts</b>																			
Mini Vanilla Cheesecake with Raspberries	2495	598	19.1	9.0	99.3	53.8	16.8	11.1	0.31	1012	242	12%	9.9	4.9	34.7	20.4	2.2	3.7	0.1
Mini Vanilla Cheesecake with Caramel sauce	2843	681	21.3	10.5	115.5	78.2	8.7	9.8	1.59	852	203	10%	9.9	5.0	25.6	13.0	0.8	3.3	0.15
Mini Panna Cottas with fruits of forest compote	868	208	11.2	8.2	24.5	22.3	1.2	2.8	0.09	525	126	6%	6.8	5.0	14.8	13.5	0.7	1.7	0.05
Cannoli	2323	557	35.1	12.9	55.1	37.6	3.3	3.6	0.39	1177	282	14%	17.8	6.5	27.9	19.1	1.7	1.8	0.20
Mini Honeycomb Smash Cheesecake	6743	1611	60	36	254	208	5	11	1	918	219	11%	11	5	28	16	0	3	0.13