

PIZZAEXPRESS

Calories



PizzaExpress has been pioneering delicious handmade pizza since 1965.

Eating out and eating well can all be part of the same experience. Inside our nutritional leaflet you will find the calorie information you will need to help you choose the kind of dishes that go well with your diet.

Because each pizza is handmade to order by our experienced pizzaiolos you're able to personalise your pizza and reduce the calories you consume according to your requirements. If you fancy a little more, little less or none of a certain ingredient depending on your dietary needs, just ask – we'll be happy to help.

For further information please visit our website www.pizzaexpress.com

HAVE YOU TRIED LEGGERA, OUR LIGHTER RANGE?

You asked for healthier choices, so we've continued to expand our Leggera® range. It now includes our delicious, fresh Superfood salad and a new, refreshing Dolcetti to finish your meal, lightly.

Don't just take our word for how lovely Leggera is. This is what our customers have told us:

"With pepperoni and still so light, I can't believe it." Sarah, Newcastle-upon-Tyne

"It means I can eat pizza even when I am watching my weight." Paul, Richmond



GLUTEN-FREE CHOICES

We now have more gluten-free options. Try our roasted butternut squash and gorgonzola risotto starter, our chocolate brownie or our award-winning Belgian beer. Most importantly, we can now make our pizza fresh for you on a gluten-free classic base. Just ask.

TIPS ON HEALTHY EATING

PizzaExpress has plenty on its menu to offer those wishing to eat out healthily. And as all the pizza bases in PizzaExpress are thin crust, PizzaExpress pizzas generally provide fewer calories than deep pan or stuffed crust pizzas.



- You can also tailor your favourite salad
- Swap the salad dressing for our light house dressing (saving 35 calories) or ask for a drizzle of balsamic vinegar/squeeze of lemon juice to save even more calories
- If it comes with dough sticks ask for them to be left out (saving 248 calories)

Many PizzaExpress starters, pastas, salads and pizzas have plenty of vegetables, including peppers, onions, tomatoes, aubergine, spinach and rocket. For good health, everyone should eat five fruit and vegetable portions each day – simply adding a PizzaExpress side salad to your meal counts as one portion. The more colours included on your plate, the more nutrients that meal is likely to contain.



CLASSIC PIZZAS

	Calories (kcal)	Women GDA%	Calories (kcal)	Men GDA%
American	802	40	802	32
American Hot	821	40	821	32
Bianca Formaggi	723	36	723	29
Fiorentina	809	40	809	32
Four Seasons	669	33	669	27
Giardiniera	951	48	951	38
La Reine	719	36	719	29
Margherita	674	34	674	27
Pollo ad Astra	759	38	759	30
Sloppy Giuseppe	768	38	768	31
Veneziana	724	36	724	29
Capricciosa	923	46	923	37

Why not ask your pizzaiolo to make your pizza with less mozzarella cheese or without ingredients that are naturally higher in fats and calories, such as pepperoni, pancetta and sausage.

LEGGERA

	Calories (kcal)	Women GDA%	Calories (kcal)	Men GDA%
Pomodoro Pesto Leggera	500	25	500	20
Padana Leggera	500	25	500	20
Pollo ad Astra Leggera	500	25	500	20
American Hot Leggera	500	25	500	20
Gorgonzola and Pancetta Leggera	500	25	500	20

CALZONE

	Calories (kcal)	Women GDA%	Calories (kcal)	Men GDA%
Calzone Salami e Salsiccia	984	49	984	39
Calzone Prosciutto Pesto	1137	57	1137	45

ROMANA PIZZAS

	Calories (kcal)	Women GDA%	Calories (kcal)	Men GDA%
American Hot	904	44	904	36
Diavolo	874	44	874	35
Etna	1075	54	1075	43
Il Padrino	966	48	966	39
Padana	883	44	883	35
Pomodoro Pesto	862	43	862	34
Rustichella	1050	53	1050	42
Polpette Bolognese	1081	54	1081	43
Da Morire	975	49	975	39
Pollo ad Astra	813	41	813	33
Francesco Mazzei Calabrese	1148	57	1148	46

PASTAS

	Calories (kcal)	Women GDA%	Calories (kcal)	Men GDA%
Lasagna Classica	700	35	700	28
Pollo Pesto	1050	53	1050	42
Cannelloni	686	34	686	27
Melanzane Parmigiana	625	31	625	25
Polpette Piccante	907	45	907	36



Inspired by the Neapolitan delicacy, our calzone has a steaming hot filling and a **folded crisp dough**, which is baked with olive oil and grana padano. Served with a salad of seasonal mixed leaves, red peppers and santos tomatoes, and drizzled with our house dressing.

INTROS	Calories (kcal)	Women GDA%	Calories (kcal)	Men GDA%
Marcona Almonds	293	15	293	12
Olives Nocellara Del Belice	135	7	135	5
Olives Marinare	116	6	116	5
Roasted Tomatoes	80	4	80	3

STARTERS FOR SHARING	Calories (kcal)	Women GDA%	Calories (kcal)	Men GDA%
Classic Italian Antipasto (for two)	1142	57	1142	46
Chargrilled Vegetable Antipasto (for two)	1024	51	1024	41

STARTERS & SIDES	Calories (kcal)	Women GDA%	Calories (kcal)	Men GDA%
Baked Dough Balls (including garlic butter)	342	17	342	14
Baked Dough Balls (without garlic butter)	222	11	222	9
Garlic Bread	238	12	238	10
Garlic Bread with Mozzarella	304	15	304	12
Bruschetta Originale "PizzaExpress"	457	23	457	18
Bruschetta con Funghi	460	23	460	18
Polenta Chips	457	23	457	18
Mixed Side Salad (with house dressing)	139	7	139	6
Mixed Side Salad (with light dressing)	105	5	105	4
Mixed Side Salad (without any dressing)	23	1	23	1
Caesar Salad (with Caesar dressing)	314	16	314	13
Caesar Salad (with light dressing)	252	13	252	10
Caesar Salad (without any dressing)	169	8	169	7
Mozzarella & Tomato Salad	486	24	486	19
Polpette al Forno	442	22	442	18
Coleslaw "PizzaExpress"	201	10	201	8
Risotto d'Oro	374	19	374	15
Risotto d'Oro (main course portion)	721	36	721	29

SALADS	Calories (kcal)	Women GDA%	Calories (kcal)	Men GDA%
Warm Vegetable & Goat's Cheese Salad	866	43	866	35
Warm Vegetable & Goat's Cheese Salad (with chicken)	909	45	909	36
Warm Vegetable & Goat's Cheese Salad (without dressing)	642	32	642	26
Warm Vegetable & Goat's Cheese Salad (without dressing & dough sticks)	394	20	394	16
Warm Vegetable & Goat's Cheese Salad (without dough sticks)	618	31	618	25
Pollo Pancetta Salad	778	39	778	31
Pollo Pancetta Salad (with goat's cheese)	916	46	916	37
Pollo Pancetta Salad (without dressing)	551	28	551	22
Pollo Pancetta Salad (without dough sticks)	530	27	530	21
Pollo Pancetta Salad (without dressing & dough sticks)	303	15	303	12
Grand Chicken Caesar (with Caesar dressing)	735	37	735	29
Grand Chicken Caesar (without dressing)	594	30	594	24
Niçoise	692	35	692	28
Bosco (with honey & mustard dressing)	792	40	792	32
Bosco (without dressing)	689	34	689	28
Leggera Superfood Salad	294	15	294	12
Leggera Superfood Salad (with chicken)	338	17	338	14

Don't forget you can reduce calories by taking out dressings and dough sticks.

PICCOLO MENU	Calories (kcal)	Children GDA%
Mini Dough Balls with Side Salad (including garlic butter)	179	10
Mini Dough Balls with Side Salad (including olive oil & balsamic)	169	9
Margherita Pizza	333	19
American Pizza	395	22
Pollo Pizza	355	20
La Reine Pizza	359	20
Napoletana Pasta	335	19
Bianca Pasta	386	21
Bolognese Pasta	320	18
Burro Pasta	311	17
Mini Chocolate Fudge Cake with strawberry	251	14
Toffee Sundae	189	11
Chocolate Sundae	194	11
Oddono's Raspberry Sorbet Sundae	80	4
Gluten-Free Brownie	215	12

Recommended GDA for children aged between 5 and 10 years old is around 1800 calories.

For Piccolo Sundaes the calories stated refer to the specific ingredients listed.

These figures are a guideline approximation – all our pizzas are handmade by our pizzaiolos, there is always room for a little variation.

Allergies. For those worried about or suffering from food allergies we have simple symbols next to each dish on our main menu, to help you make the right choices. For further information please speak to a member of the team or visit our website.

DESSERTS	Calories (kcal)	Women GDA%	Calories (kcal)	Men GDA%
Chocolate Fudge Cake	344	17	344	14
Chocolate Fudge Cake with cream	501	25	501	20
Chocolate Fudge Cake with mascarpone	468	23	468	19
Chocolate Fudge Cake with ice cream	457	23	457	18
Banoffee Pie	371	19	371	15
Banoffee Pie with cream	527	26	527	21
Banoffee Pie with mascarpone	494	25	494	20
Banoffee Pie with ice cream	484	24	484	19
Cheesecake	380	19	380	15
Cheesecake with cream	537	27	537	21
Cheesecake with mascarpone	503	25	503	20
Cheesecake with ice cream	493	25	493	20
Tiramisu	539	27	539	22
Oddono's Raspberry Sorbet	170	9	170	7
Lemon Torta	505	25	505	20

DOLCETTI	Calories (kcal)	Women GDA%	Calories (kcal)	Men GDA%
Mini Chocolate Fudge Cake	251	13	251	10
Caffè Reale	218	11	218	9
Lemon Meringue Torta	163	8	163	7
Double Chocolate Espresso Torta	365	18	365	15
Semi Freddo Reale	184	9	184	7
Gluten-Free Brownie	215	11	215	9
Mini Oddono's Raspberry Sorbet	85	5	85	4

GELATO	Calories (kcal)	Women GDA%	Calories (kcal)	Men GDA%
Vanilla Gelato (one scoop)	113	6	113	5
Chocolate Gelato (one scoop)	116	6	116	5
Strawberry Gelato (one scoop)	98	5	98	4
Wafer Straw (for Gelato)	14	1	14	1
Toffee Fudge Glory	685	34	685	27
Chocolate Glory	691	35	691	28