

9to5strength - ASK Italian Nutrition Tables

ASK Italian - Breads & Nibbles

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Garlic Speciale - with balsamic onions	29	89	7	35	12	838	4
Garlic Speciale - with purple pesto	27	100	18	27	11	801	3.4
Garlic Bread with Mozzarella	30	83	6	31	13	784	3.4
Cheese Fonduta	28	96	4	33	12	771	3.5
Garlic Bread	14	82	6	17	4	588	2.4
Rosemary & Sea Salt Bread	14	81	6	11	2	499	2.1
Spicy Nuts & Nibbles	8	17	3	16	3	253	0.5
Italian Olives	1	5	1	19	3	204	3.8

ASK Italian - Starters & Sharers

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Antipasti - Classico	52	103	27	74	29	1310	6.1
Antipasti - Fritto	44	92	5	61	9	1105	2.6
Meatballs Piccante	35	76	11	31	9	718	2.9
Dough Balls - Fontal & Chilli	26	91	6	25	10	711	3.2
Chicken Lecca lecca	32	36	5	44	8	675	1.9
Dough Balls - Plain	16	91	6	12	2	550	2.1
Mushrooms Al Forno	10	29	2	43	9	540	1.1
Calamari (1 Serving)	23	20	1	24	2	476	2.1
Butterfly King Prawns	17	27	3	21	6	416	1.9
Spinach & Ricotta Arancini	14	41	4	20	7	387	2.2
Tuscan bread salad	9	46	10	18	7	375	2
Bruschetta	9	34	4	17	3	321	1.9
Insalata Burrata Caprese	15	3	3	26	13	303	0.6
Melanzane al Forno	12	10	5	24	7	301	1.2

ASK Italian - Fresh Pasta

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Purple Pesto Genovese	23	70	7	63	13	926	4.7
Tagliatelle Carbonara	43	69	5	52	22	882	6
Aragosta e Gamberoni	38	75	9	21	8	652	4.4
Beef Brisket Ragù	36	74	10	20	11	630	2.8

ASK Italian - Pasta Classic

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Linguine Carbonara	38	117	13	58	29	1060	3
Penne Arrabiata with chicken	46	117	9	24	4	869	2.9
Vegan Lentil Ragù	25	129	12	26	3	849	3.5

Penne Arrabiata without chicken	24	116	9	22	4	759	2.5
Spinach and Ricotta Girisole	27	49	9	53	28	743	3.3
Linguine con Frutti di Mare	37	89	8	22	2	703	7.6
Fettuccine Bolognese	28	87	11	21	5	692	3.1
Spaghetti al Pomodoro	21	98	13	24	8	672	2.6

ASK Italian - Al Forno

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Penne al Pollo della Casa	45	79	10	38	10	842	1.6
Rigatoni di Manzo Piccante	35	76	11	31	9	718	2.9
Lasagne	29	52	13	43	18	717	2.1
Sausage Cannelloni	26	63	9	33	15	658	3.9
Melanzane al Forno	23	20	11	45	14	578	2.1

ASK Italian - Risotto

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Risotto con Pollo e Funghi	18	114	7	24	12	818	5.6
Risotto Pea, Asparagus & Ham	28	76	6	30	13	694	5.1
Risotto Pea & Asparagus (Veggie)	23	76	6	27	12	646	3.8

ASK Italian - Meat & Fish

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Pork Belly Porchetta	58	35	16	87	32	1143	2.5
Pollo Milanese with Chips	56	120	10	37	7	1051	4
Sea Bass al Forno	46	35	5	29	13	584	4.3
Pollo Milanese	50	56	11	7	3	480	2.3

ASK Italian - Prima Pizza

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Prima Salsiccia	43	100	10	55	21	1116	5.9
Prima Slow Cooked Lamb	49	91	13	52	17	1043	4.6
Prima Pizza Salami Misti	54	103	12	44	20	1011	6.1
Prima Pizza Pollo Piccante con Pancetta	62	107	14	29	13	914	4.6
Prima Caprina	39	103	18	31	14	863	4.1
Prima Coppa Ham & Egg	49	114	12	23	9	838	4.6
Prima Beef & Gorgonzola	49	89	15	28	25	833	1

ASK Italian - Prima Light (Pizza only)

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Light Coppa Ham & Egg	26	54	8	13	5	435	2.2
Light Pollo Piccante con Pancetta	62	107	14	29	13	435	4.6
Light Caprina	16	54	9	12	6	382	1.8

ASK Italian - Classic Pizza & Calzone

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Calzone con Carne Piccante	48	100	13	39	17	970	6.2
Calzone Pollo	48	98	11	32	14	899	5.8
Stromboli	42	94	9	36	16	881	5.2
Margherita	41	94	9	28	14	802	4.1
Verdure	34	88	8	32	13	793	4.6
Pollo E Funghi	42	96	9	22	10	764	3.8

ASK Italian - Salad

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Chicken Caesar Salad	42	50	6	50	9	815	2.7
Insalata di Pollo e Pancetta	47	11	8	62	8	743	1.3
Roast Salmon and 3 Grains Salad	27	30	5	29	3	548	2.1
Mozzarella and 3 Grains Salad	27	36	10	31	14	531	1

ASK Italian - Vegan

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Vegan Verdure	22	89	11	67	9	1042	1
Vegan Con Melanzane	20	92	10	44	5	843	2.5
Vegan Spaghetti al Pomodoro	22	116	9	24	3	765	2.5
Vegan Margherita - Prima	17	95	10	8	1	535	3.4
Vegan Lentil Grain Salad	10	42	9	13	1	321	0.4
Vegan Rainbow Salad	5	10	8	22	2	243	0.3

ASK Italian - Sides

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Garlic & Cheese Chips	11	94	2	52	6	892	1.8
Chips with Mayo	9	94	2	50	4	863	2
Zucchini Fritti	5	28	0	16	1	281	0
Broccoli & Chilli	6	9	2	10	2	147	0.6
Rainbow Salad	2	6	3	4	0	66	0.7
Rocket Salad	4	1	1	4	2	57	0.3
Mixed Salad	1	3	3	1	0	18	0

ASK Italian - Desserts

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Chocolate Etna	8	67	42	54	32	767	0.2
Honeycomb Cheesecake with gelato	8	57	39	52	31	719	0.8
Gondolas - Chocolate & Nut	11	59	40	29	10	609	0.4
Gondolas - Salted Caramel	8	69	49	25	14	536	1
Pistachio & Olive Oil Cake	7	37	25	31	11	452	0.4
Blood Orange & Chocolate Tort	5	78	49	12	5	451	0.9
Tiramisu	5	43	25	24	21	419	0.2
Lemon Tart	7	42	34	23	9	408	0.1
Baked Chocolate Gnocchi	5	61	37	14	5	396	0.7
White Chocolate Swirl	4	25	23	26	9	342	0.6
Ice Cream Profiteroles	5	29	21	20	3	325	0
Panna cotta	5	17	14	13	8	190	0.1

ASK Italian - Gelato

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Hazelnut gelato 2 scoops	6	27	13	17	7	283	0.2
Pistachio gelato - 2 Scoops	6	30	28	14	6	273	0.3
Strawberry gelato 2 scoops	1	52	45	6	4	266	0
Salted Caramel gelato - 2 scoops	4	37	28	10	7	252	0.6
Vanilla gelato 2 scoops	6	33	33	10	7	242	0.2
Chocolate gelato 2 Scoops	5	27	25	11	7	225	0.2
Mango sorbetti 2 scoops	0	43	43	0	0	179	0.1
Raspberry sorbetti 2 scoops	1	40	40	0	0	166	0.1
Prosecco sorbetti 2 scoops	0	12	6	0	0	52	0.1