

## 9to5strength - Strada Nutrition Tables

### Strada - Bread & Olives

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Italian Breads	14	75	3	24	3	581	3	2.1
Strada Garlic Bread	13	70	1	21	2	516	0.6	3.0
Marinated Olives*	2	3	0	15	3	166	4.7	2.0
Large Green Olives	1	1	1	15	3	162	1.6	4.1

### Strada - Flatbreads

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Mozzarella Flatbread	23	68	2	17	4	509	0.2	3.3
Genovese Flatbread	13	62	3	21	3	489	2.2	3.2
Napoli Flatbread	17	72	3	11	1	462	2.1	3.4

### Strada - Starters

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Dough Balls	27	80	2	30	5	707	0.2	3.5
Seared King Prawns	26	20	2	55	15	677	1.1	2.4
1/2 Vegetarian Antipasti for two	20	22	4	52	16	644	1.8	2.2
Antipasti (For one)	18	10	3	42	17	502	1.6	2.9
1/2 Antipasti (For two)	22	26	4	33	11	501	2.8	3.2
Vegetarian Antipasti for one	9	14	4	34	14	396	3.6	2.0
Arancini	12	43	3	15	5	363	1.6	1.1
Potato & Leek Soup*	6	31	4	24	10	360	3.3	2.0
Fritto Misto	16	10	1	28	2	349	0.8	2.4
Mushroom Soup	7	27	7	22	5	335	2.1	2.7
Tomato & Basil Soup	6	33	14	11	1	279	3.3	2.9
Tomato Bruschetta	7	28	3	7	1	206	2.1	0.7

### Strada - Pasta & Risotto

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Seafood Risotto	44	144	5	72	14	1376	3.1	2.6
Tagliatelle Carbonara	41	95	4	72	20	1227	4.7	1.9
Risotto Luganica	29	58	1	73	15	1064	1.8	4.3
Chicken & Mushroom Strozzapreti	38	81	6	56	17	981	7.2	2.0
Penne Pomodoro	31	136	12	25	7	906	7.8	2.3
Tagliatelle Bolognese	34	95	7	41	17	899	5.8	2.8
Goats Cheese Risotto	22	62	5	57	23	838	3.2	2.2

### Strada - Pizza

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Rustica Pizza	41	93	6	60	19	1103	4.3	6.0
Vesuvio Pizza	51	92	7	57	12	1079	1.2	5.1
Caprino Pizza	42	95	11	54	25	1037	3.3	5.1
Doppia Margherita	46	108	4	40	18	966	0.8	4.9
Fiorentina Pizza	46	97	6	32	10	847	4.4	4.7
Parma Ham	33	89	5	32	12	775	1.5	4.2
Cotto Ham & Funghi Pizza	39	91	5	27	5	761	3.7	4.5
Margherita Pizza	42	89	5	25	7	743	1	3.7

### Strada - Calzone

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Calzone Pollo Pesto	50	71	6	24	5	713	1.5	3.9
Calzone di Carni Piccante	33	70	5	29	8	669	0.9	3.3

### Strada - Meat & Fish

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Pollo Funghii	63	45	5	77	17	1117	14.9	3.0
Classic Strada Burger	34	52	8	63	7	970	3.8	3.8
8oz Sirloin Steak	60	23	3	56	11	829	2.1	2.5
Saltimbocca	48	38	3	37	15	634	5.4	1.6
Sea Bass	72	28	2	23	3	589	4	1.6
Salmon Market Salad	26	11	3	38	5	494	1.6	1.4

### Strada - Salad

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Superfood Salad - Chicken	41	22	6	43	5	632	7.1	1.7
Chicken Caesar Salad*	46	23	3	34	7	582	3.6	2.8
Superfood Salad - Goats Cheese	22	18	8	47	13	570	4.7	2.7
Superfood Salad	9	17	8	33	3	393	4.3	1.8

### Strada - Sides

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Skin On Fries	2	20	2	63	7	641	1.7	1.8
Garlic Kale	7	14	4	18	6	222	5.5	0.8
Rosemary Potatoes	3	25	2	10	1	202	3.3	1.0
House Salad	3	5	2	8	1	104	2.5	1.4
Mixed Leaf & Parmesan Salad	2	3	2	8	1	103	0.2	0.6

### Strada - Desserts

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
Golden Polenta Cake	7	39	8	48	18	604	0.5	0.3
Tiramisu	13	46	0	34	0	540	0.5	0.5
Chocolate Fondant	6	42	0	31	0	464	1.1	0.1
Lemon Ricotta Cheesecake	7	36	10	33	18	455	0	0.7
Panna Cotta	5	39	34	24	15	390	0	0.5
Torroncino	2	23	22	15	10	240	0.4	0.0
Chocolate Ice Cream	2	12	12	6	4	125	0.6	0.1
Vanilla Ice Cream	2	10	10	7	4	111	0.1	0.1
Strawberry Ice Cream	2	12	9	5	3	98	0.1	0.1
Lemon Sorbet	0	15	13	0	0	62	0.2	0.0
Mango Sorbet	0	13	12	0	0	52	0.4	0.0

\*Correction made due to likely typo in raw information