

9to5strength - Zizzi Nutrition Tables

Zizzi - Starters & Sharers

PRODUCT	SUGARS	FAT	SAT. FAT	CALORIES	SALT
ANTIPASTO GRANDE BOARD	45	72	33	1705	8.3
CICCHETTI SHARING BOARD	11	78	18	1580	7.1
ANTIPASTO GRANDE BOARD (VEGETARIAN)	21	46	20	1329	6.2
FRITTO MISTO (LARGE)	9	40	5	980	4.6
MUSHROOM BRINDISI	6	33	13	831	3.6
FONDUTA FORMAGGI	7	26	15	787	4
BRUSCHETTA	6	32	6	783	3.2
TOSCANA SOUP	15	19	5	726	3.8
GARLIC BREAD WITH MOZZARELLA	16	17	7	707	2.7
CALAMARI (LARGE)	1	49	11	627	2.2
FRITTO MISTO (SMALL)	5	26	3	554	2.4
GARLIC BREAD	7	9	2	553	2.2
BUTTERFLIED KING PRAWNS	5	15	4	530	3.1
LITTLE SOUL BREAD (WITHOUT DIPS)	3	5	1	522	2.9
ARANCINI	6	16	6	459	3.2
WILD BOAR MEATBALLS	6	30	11	420	2.5
BUFALA CAPRESE	4	33	17	380	0.4
CALAMARI (SMALL)	1	24	6	313	1.1
PRAWN & ZUCCHINI BITES	2	23	4	270	0.8
ZIZZI SPICY NUTS	3	15	2	241	6
GARLIC BUTTER DIP	0	17	6	156	0
NOCELLARA GIGANTI OLIVES	1	15	2	153	2.9
ZIZZI MIXED OLIVES	0	15	2	144	3.3
LEMON & ROSEMARY DIP	2	7	1	123	0.3
WHITE BEAN & BASIL PESTO DIP	0	6	1	83	0.7
RED PEPPER TAPENADE DIP	2	5	0	60	0.3

Zizzi - Calzone

PRODUCT	SUGARS	FAT	SAT. FAT	CALORIES	SALT
CALZONE POLLO SPINACI	9	53	24	1263	4.8
CALZONE CARNE PICCANTE	10	43	17	1117	6.1

Zizzi - Meat & Fish

PRODUCT	SUGARS	FAT	SAT. FAT	CALORIES	SALT
LAMB SHOULDER (NO SIDES)	2	25	11	390	2.1
SEABASS FILLET (NO SIDES)	0	21	4	351	0.7
FRIED HERBY POTATOES (SIDE)	7	13	3	338	0.2
POLLO PROSCIUTTO (NO SIDES)	1	12	4	300	1.4
SPIEDINI POLLO WITH SAUCE (NO SIDES)	7	14	5	294	2
SPIEDINI PESCATORE WITH SAUCE (NO SIDES)	4	18	5	293	1.9
GREEN GODDESS SALAD (SIDE)	2	7	1	123	0.3
ISLE OF WIGHT SUMMER TOMATO SALAD (SIDE)	2	2	0	32	0.9
GREEN BEANS (SIDE)	0	0	0	8	0

Zizzi - Pasta

PRODUCT	SUGARS	FAT	SAT. FAT	CALORIES	SALT
STROZZAPRETI PESTO ROSSO	8	66	23	1181	4.1
PULLED BEEF & VENSION STROZZAPRETI	7	49	20	956	2.8
CASARECCIA POLLO PICCANTE	6	46	23	865	2
PORCINI GIGANTI TORTELLONI	5	39	16	756	0.8
SPAGHETTI CARBONARA	3	38	18	720	3.2
SPAGHETTI POMODORO	8	21	8	551	1.8
SPAGHETTI BOLOGNESE	8	15	5	508	2.2
KING PRAWN LINGUINE	6	15	5	498	3.8
RAVIOLI DI CAPRA	7	23	7	494	2.3

Zizzi - Skinny Pizza

PRODUCT	SUGARS	FAT	SAT. FAT	CALORIES	SALT
SKINNY PRIMAVERA	8	16	5	502	3.2
SKINNY POLLO ROQUITO	11	13	5	488	2.6
SKINNY KING PRAWN DIAVOLA	8	13	6	487	2.6

Zizzi - Non-Gluten

PRODUCT	SUGARS	FAT	SAT. FAT	CALORIES	SALT
FIERY ITALIAN HOT	9	48	22	1129	6
PESTO ROSSO PASTA	6	66	23	1111	5.6
PEPPERONI CAMPAGNA CLASSIC	8	40	15	1060	5.6
CAPIA CLASSIC	8	61	20	990	4.9
POLLO PICCANTE PASTA	4	53	28	889	2
PULLED BEEF & VENSION PASTA	5	48	19	887	4.3
MARGHERITA CLASSIC	7	24	13	885	4.5
CARBONARA PASTA	1	37	17	719	3.4
VEGAN LENTIL RAGU PASTA	6	28	4	713	4.9
PINOLI CLASSIC	7	30	14	712	4.3
BOLOGNESE PASTA	11	23	5	641	3.9
VEGAN MARGHERITA	4	30	16	613	4.1
KING PRAWN PASTA	8	15	5	576	3.6
POMODORO PASTA	1	22	8	535	1.8
SUPER ZUCCA SALAD	12	28	13	500	2.4
FONDUTA FORMAGGI	4	31	15	473	1.9
KING PRAWNS	3	25	5	430	1.8
TOSCANA SOUP	12	13	2	274	2.8
SOUL BREADS	0	1	0	125	0.8

Zizzi - Vegan

PRODUCT	SUGARS	FAT	SAT. FAT	CALORIES	SALT
PEPPERONATA RUSTICA	17	56	47	1266	4.7
ZUCCA RUSTICA	12	54	47	1229	4.4
MARGHERITA RUSTICA	6	52	31	1093	5.4
PEPPERONATA CLASSIC	14	30	24	921	3.7
ZUCCA CLASSIC	10	29	24	906	3.5
MARGHERITA CLASSIC	6	28	16	818	3.9
GARLIC BREAD	4	23	3	743	2.2
BRUSCHETTA	6	25	4	698	2.3
NON-GLUTEN MARGHERITA	4	30	16	613	4.1
LENTIL RAGU	7	18	3	610	2.5

Zizzi - Classic Pizza

PRODUCT	SUGARS	FAT	SAT. FAT	CALORIES	SALT
CAPIA CLASSIC	10	59	19	1213	4.6
ITALIAN HOT CLASSIC	9	38	18	923	4.2
PEPPERONI CAMPAGNA CLASSIC	10	29	12	870	4.1
MARGHERITA CLASSIC	12	28	13	853	3.6
PINOLI CLASSIC	9	27	13	783	3.7

Zizzi - Rustica Pizza

PRODUCT	SUGARS	FAT	SAT. FAT	CALORIES	SALT
PULLED PORK ROMA RUSTICA	25	84	37	1543	4.6
CAPIA RUSTICA	12	83	32	1494	5
POLLO ROSSO RUSTICA	13	63	24	1405	5.9
PICCANTE RUSTICA	17	58	25	1328	6.5
SOFIA RUSTICA	8	51	23	1320	7.1
PROSCIUTTO FRESCA RUSTICA	24	59	35	1318	4.1
PRIMAVERA RUSTICA	11	61	24	1144	5.6
ITALIAN HOT RUSTICA	9	54	26	1138	5
PEPPERONI CAMPAGNA RUSTICA	12	39	17	1039	5.5
PINOLI RUSTICA	12	36	18	1005	4.2
MARGHERITA RUSTICA	10	29	15	883	3.5

Zizzi - Sides

PRODUCT	SUGARS	FAT	SAT. FAT	CALORIES	SALT
HERBY POTATOES	7	13	3	338	0.2
LENTIL RAGU	6	28	4	321	2.3
BUFALA MOZZARELLA, TOMATO & BASIL SALAD	3	22	10	248	0.6
ROCKET & RISERVA SALAD	0	11	3	133	0.3
MIXED LEAF, TOMATO & SPRING ONION SALAD	2	6	1	64	0.1
TENDERSTEM BROCCOLI	0	2	0	36	0.2
GREEN BEANS	0	0	0	15	0
ITALIAN NAKED SLAW	1	0	0	14	0

Zizzi - Salads

PRODUCT	SUGARS	FAT	SAT. FAT	CALORIES	SALT
SUPER ZUCCA SALAD (WITH CHICKEN)	15	25	9	693	2.8
SUPER ZUCCA SALAD	14	21	8	572	1.9
GREEN GODDESS SALAD (SALMON)	3	32	5	547	1.3
CHICKEN & PROSCIUTTO SALAD	3	23	4	397	2.4
GREEN GODDESS SALAD (BROCCOLI)	3	13	2	264	0.9

Zizzi - Oven-Baked Pasta

PRODUCT	SUGARS	FAT	SAT. FAT	CALORIES	SALT
WILD BOAR MEATBALLS AL FORNO	19	49	13	982	6.8
LASAGNE	12	61	30	947	4.9
PENNE DELLA CASA	3	35	16	769	3.9

Zizzi - Risotto

PRODUCT	SUGARS	FAT	SAT. FAT	CALORIES	SALT
RISOTTO POLLO FUNGHI	1	20	6	537	2.4
RISOTTO PESCE	1	21	6	520	3.9
RISOTTO FUNGHI	1	20	9	439	2

Zizzi - Non-Dairy

PRODUCT	SUGARS	FAT	SAT. FAT	CALORIES	SALT
NON-DAIRY PEPPERONATA RUSTICA	17	56	47	1266	4.7
NON-DAIRY ZUCCA RUSTICA	12	54	47	1229	4.4
NON-DAIRY MARGHERITA RUSTICA	6	52	31	1093	5.4
NON-DAIRY PEPPERONATA CLASSIC	14	30	24	921	3.7
NON-DAIRY ZUCCA CLASSIC	10	29	24	906	3.5
NON-DAIRY MARGHERITA CLASSIC	6	28	16	818	3.9
NON-DAIRY GARLIC BREAD	4	23	3	743	2.2
NON-DAIRY BRUSCHETTA	6	25	4	698	2.3
NON-DAIRY NON-GLUTEN MARGHERITA	4	30	16	613	4.1
NON-DAIRY LENTIL RAGU	7	18	3	610	2.5

Zizzi - Gelato (One Scoop)

PRODUCT	SUGARS	FAT	SAT. FAT	CALORIES	SALT
CHOCOLATE & BLACK SEA SALT GELATO	14	4	3	112	0.3
COCONUT & CHOCOLATE RIPPLE GELATO	12	6	5	112	0.1
VANILLA GELATO	9	3	2	76	0
CHOCOLATE GELATO	7	3	1	58	0
HONEY, SEA SALT & MASCARPONE GELATO	8	8	1	54	0.1
STRAWBERRY SORBET	11	0	0	50	0
LEMON SORBET	11	0	0	49	0

Zizzi - Desserts

PRODUCT	SUGARS	FAT	SAT. FAT	CALORIES	SALT
SALTED CARAMEL CHOCOLATE BROWNIE	69	45	27	843	0.3
CHOCOLATE & SALTED CARAMEL SUNDAE	78	42	26	800	1.6
TIRAMISU	36	20	14	640	0.3
BAKED LEMON & RASPBERRY CHEESECAKE	30	48	28	616	0.7
CHOCOLATE MELT	44	40	19	613	0.2
CHOCOLATE & BANANA CALZONE	44	23	13	610	1.1
STICKY CHOCOLATE TORTE	32	31	18	539	0.2
ESPRESSO AFFOGATO	25	29	15	512	0.2
ZINGY CITRUS TORTE	39	27	16	485	0.3
LEMON MERINGUE SUNDAE	56	22	14	463	0.2
SUMMER BERRY SUNDAE	50	29	12	410	0.2