

## 9to5strength - Bella Italia Nutrition Tables

**Dishes in RED are clearly incorrect and I have spoken to Bella Italia to get the correct values**

### Bella Italia - Bread & Olives

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Pizza Bread with Caramelised Onion & Mozzarella	976	30	136	51	33	15	5.4	3.3
GF & Vegan Pizza Bread with Caramelised Onion	915	10	148	27	32	-	13.2	2.8
Pizza Bread with Mozzarella & Garlic Butter	907	36	103	4	38	17	4.5	3.0
GF Pizza Bread with Mozzarella & Garlic Butter	867	23	93	10	45	24	8.8	3.5
Pane Bella	801	20	101	8	34	5	6.1	3.2
Pizza Bread with Garlic Butter	723	20	104	4	25	9	3.5	2.2
GF Pizza Bread with Garlic Butter	677	6	83	9	36	19	7.8	2.4
Garlic Dough Swirls	566	16	86	11	17	10	2.1	2.2
Pesto Dough Swirls	547	18	86	13	14	6	4.4	2.2
Mixed Olives	233	2	6	1	22	4	3.4	1.4

### Bella Italia - Starters

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Formaggi Fonduta	1199	42	123	13	58	19	8.2	4.3
Mozzarella Carrozza	849	24	72	29	51	21	3.2	3.9
Bruschetta	675	9	47	5	35	4	-	1.9
Burrata	608	36	8	4	47	24	3.5	2.3
Polpette	511	32	29	6	29	11	3.9	3.1
Tempura King Prawns	495	14	11	2	43	5	-	2.6
Chicken wings in Dolce Piccante Sweet Chili	469	48	25	8	13	15	0.5	0.6
Vegan Polpette	454	11	53	9	20	2	11.8	2.9
Funghi Arrosto	440	21	29	3	25	8	6.7	1.1
Chicken wings in Fiery Diavola Sauce	434	48	24	7	4	0	1.8	1.2
GF Mussels Italiano	434	33	32	5	35	8	2.9	3.0
Zuppa del Giorno	410	15	50	6	5	0	3.3	3.8
Chicken Wings in Balsamic BBQ	372	38	11	13	19	5	1.2	1.1
Bolognese Arancini	365	11	42	7	16	2	3.7	1.8
GF Bruschetta	343	2	20	5	41	3	-	0.7
GF - Gamberi	332	21	21	2	38	10	-	2.7
GF Funghi Arrosto	332	9	19	3	36	8	3.5	1.1
GF Vegan Polpette	316	9	21	8	19	2	14.5	2.8
Gamberi	303	22	10	1	19	9	1.7	2.6
GF - Zuppa del Giorno	294	11	43	7	21	1	4.0	3.0
Calamari	283	8	16	1	21	2	0.5	2.4
Mussels Italiano	237	15	9	4	24	3	1.3	2.1

### Bella Italia - Pasta

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
GF Sicilian Pollo Rosso	1548	49	119	12	96	14	6.5	2.4
GF Calabrese Penne	1388	55	89	11	89	-	-	7.2
GF Marco Polo Penne	1106	37	143	43	42	6	5.1	2.7
GF Carbonara Penne	1035	29	85	5	64	24	3.5	6.5
GF Marinara Penne	965	49	86	6	47	11	2.2	6.3
GF Lenticchie Penne	945	28	138	15	29	5	-	8.4
Sicilian Pollo Rosso	912	45	41	6	65	11	7.3	3.1
GF Funghi Cream Penne	896	20	85	5	52	24	3.4	2.4
Vegan Polpette Pasta	797	23	111	14	26	3	16.7	3.7
Carbonara Tagliatelle	792	29	92	3	33	15	5.2	3.3
Calabrese Rigatoni	774	34	84	4	32	12	8.1	2.6
Polpette Americano Spaghetti	760	34	90	8	27	7	8.4	2.9
GF Bolognese Penne	756	26	90	12	32	14	-	2.5
Marco Polog Graminga	750	44	118	53	10	2	6.1	2.4
GF Vegan Polpette Penne	727	13	101	12	26	3	18.2	3.1
Gamberoni Spaghetti	692	33	92	13	19	6	10.3	3.4
Bolognese Spaghetti	689	31	27	10	49	7	6.3	3.1
Lenticchie Spaghetti	668	27	114	13	9	1	-	6.8
Funghi Crema Rigatoni	654	22	89	3	22	9	5.3	0.6
Marinara Spaghetti	653	31	20	5	52	5	6.2	3.5
Pomodoro Rustici	574	19	85	8	16	4	-	3.3
GF Gamberoni Penne	526	25	70	10	14	4	7.8	2.6
Ravioli Puttanesca	451	20	56	6	15	4	4.5	2.6
GF Pomodoro Penne	423	8	60	4	16	3	-	1.9

### Bella Italia - Risotto & Al Forno

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Pollo Alla Crema	1043	46	98	8	51	25	6.6	3.1
Carne Festa	1029	60	91	8	45	15	8.9	4.6
Lasagne	836	47	69	17	40	18	7.6	5.8
Risotto Funghi	620	47	24	7	42	3	7.1	3.3
Risotto Pescatore	570	19	21	6	48	2	2.8	4.3
Risotto Capesante	523	15	76	3	17	5	2.3	4.4

**Bella Italia - Pizza**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Diavola Forte Ripiena Crust	1871	86	110	14	118	57	13.5	8.3
Pollo Barbecue Ripiena Crust	1596	93	131	32	76	38	6.1	9.1
Carne Mista Ripiena Crust	1541	86	88	41	99	16	5.2	12.0
Diavola Forte Gluten Free Base	1523	56	110	-	170	-	-	10.1
Queen Margherita Ripiena Crust	1514	70	109	7	86	40	12.4	7.4
Campagne Ripiena Crust	1461	73	132	16	71	38	1.4	7.0
Pepperoni Piccante Ripiena Crust	1408	76	105	9	74	37	6.3	8.4
Pollo Piccante Ripiena Crust	1311	84	109	12	58	29	11.6	7.4
Tonno Ripiena	1297	86	58	29	106	26	7.9	9.1
Frutti di Mare Ripiena Crust	1283	79	66	35	91	20	7.1	8.9
Diavola Forte	1255	49	107	10	69	29	6.6	5.9
Diavola Forte Roma	1255	49	107	10	69	29	6.6	5.9
Cotto Ripiena Crust	1233	80	99	7	56	30	7.2	7.9
Margherita Ripiena Crust	1187	64	106	8	55	29	7.1	6.1
Carne Mista Gluten Free Base	1171	45	95	-	136	-	-	11.1
Pollo Piccante Gluten Free Crust	1144	54	103	-	129	-	-	8.4
Queen Margherita	1085	36	105	10	56	20	8.5	4.0
Queen Margherita Roma	1085	36	105	10	56	20	8.5	4.0
Pepperoni Piccante Gluten Free Crust	1065	43	83	-	122	-	-	8.5
Campagna Gluten Free Base	1029	66	134	17	22	8	14.8	5.1
Carne Mista	1006	59	43	18	93	9	6.6	6.6
Carne Mista Roma	1006	59	43	18	93	9	6.6	6.6
Queen Margherita Gluten Free base	989	22	110	6	50	17	8.6	3.8
Pollo Barbecue	979	62	115	23	29	13	6.4	6.4
Pollo Barbecue Roma	979	62	115	23	29	13	6.4	6.4
Pepperoni Piccante	963	42	93	9	45	19	7.0	4.7
Pepperoni Piccante Roma	963	42	93	9	45	19	7.0	4.7
Vegan Cheese Pizza	931	8	117	-	118	26	-	8.1
Pollo Piccante	924	56	29	11	106	18	7.0	4.8
Pollo Piccante Roma	924	56	29	11	106	18	7.0	4.8
Tonno	918	58	26	10	110	23	8.9	5.5
Tonno Roma	918	58	26	10	110	23	8.9	5.5
Margherita Gluten Free base	911	30	97	-	114	17	-	7.3
Tonno Gluten Free Base	907	40	116	8	29	9	10.7	5.9
Frutti di Mare Gluten Free Base	889	37	107	5	33	15	6.3	4.2
Frutti di Mare	877	44	95	7	34	16	7.8	4.0
Frutti di Mare Roma	877	44	95	7	34	16	7.8	4.0
Cotto Gluten Free base	873	30	84	-	106	15	10.8	7.6
Campagna	869	42	84	15	39	18	8.8	4.0
Campagna Roma	869	42	84	15	39	18	8.8	4.0
Cotto	801	51	88	5	26	12	5.8	4.5
Cotto Roma	801	51	88	5	26	12	5.8	4.5
Margherita	764	40	98	8	22	11	5.8	3.0
Margherita Roma	764	40	98	8	22	11	5.8	3.0

**Bella Italia - Pizza Create Your Own**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Create Your Own Ripiena	1328	68	103	-	75	36	8.4	8.3
Create Your Own Gluten Free & Vegan	935	8	118	-	118	26	-	8.1
Create Your Own Roma	844	36	97	-	34	13	-	6.0
Create Your Own Pizza	832	39	104	-	28	13	-	4.3
Create Your Own Gluten Free	726	21	84	-	95	12	10.0	6.0
Chicken	358	51	0	0	17	2	0.9	2.3
Goat's Cheese	155	11	1	1	12	9	0.0	0.8
Spicy 'Nduja Sausage	146	6	1	1	13	4	0.0	0.9
Pepperoni	127	8	2	0	11	4	0.0	1.0
Cotto Ham	112	8	0	0	9	3	0.0	1.4
Buffalo Mozzarella	106	5	0	0	9	5	0.0	0.8
Luganica Sausage	101	6	0	0	8	3	0.6	0.9
Pancetta	68	4	0	0	6	2	0.0	1.0
Tuna	66	16	0	0	0	0	0.0	0.5
Salami	64	5	0	0	5	3	0.0	0.9
Roast Pepper	55	1	6	6	3	0	2.1	0.1
Garlic Mushrooms	48	1	1	0	5	0	1.0	0.0
Red Onion	42	1	5	4	2	0	1.2	0.0
Black Olives	30	0	1	0	3	1	0.5	0.6
Spring Onion	12	1	2	2	0	0	1.1	0.0
Spinach	6	1	0	0	0	0	0.5	0.1
Green Chilli	4	1	0	0	0	-	-	0.0
Rocket	1	0	0	0	0	0	0.0	0.0

**Bella Italia - Calzone**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Diavola	1162	54	56	21	106	20	9.1	6.3
Sicilian Rosso	1154	35	115	13	60	17	9.2	3.5
Carne	1102	64	54	24	87	16	4.0	6.2

**Bella Italia - Italian Classics**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Salmon Italiano Gluten Free	946	50	45	8	49	13	-	3.3
Salmon Italiano	906	49	50	7	62	5	7.2	3.4
Pollo Milanese	848	47	32	9	89	11	7.1	2.3
Lamb Rosmarino	824	96	35	15	30	3	5.4	3.9
Pollo Funghi	681	14	26	3	97	9	5.2	4.7

### Bella Italia - Italian Classics

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Pizza Insalata	601	19	77	7	22	3	7.9	2.8
Salmone Lenticchie	556	45	21	8	30	5	9.7	3.6
Pizza Vita Pollo Sapori	533	29	63	-	19	9	8.4	5.7
Pizza Vita Milli Calori	525	16	66	-	22	7	10.5	5.6
Lasagne Bolognese	424	21	25	22	24	8	9.2	2.0
Lasagne Veggie	402	17	46	24	13	3	15.7	3.7
Pollo Lenticchie	335	45	21	12	6	1	10.8	5.1
Spiralised Veg Lenticchie	299	19	45	17	11	3	-	7.7
Spiralised Veg Bolognese	283	19	17	15	15	14	-	3.6
Frittata Pollo	282	31	7	2	13	4	4.4	1.7
Spiralised Veg Gamberoni	259	23	11	9	14	-	-	5.3

### Bella Italia - Grills

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Ribs Italiano Balsamic BBQ	1609	67	117	66	96	-	-	5.6
Ribs Italiano Dolce Piccante	1537	66	99	48	96	-	-	3.2
Ribs Italiano Diavola	1532	70	70	12	106	-	-	3.3
Ribs & Chicken Dolce Piccante	1412	87	75	31	84	-	-	4.6
Ribs & Chicken Balsamic BBQ	1391	83	82	39	80	-	-	5.7
Ribs & Chicken Diavola	1352	86	55	9	86	9	-	4.5
Gluten Free Ribb Italiano Dolce Piccante	1218	75	62	56	74	25	-	1.9
Gluten Free Ribb Italiano Diavola	1176	79	24	12	84	28	-	1.9
Gluten Free Ribb & Chicken Dolce Piccante	1152	96	53	48	61	16	-	3.8
Add Fries	1116	10	109	1	68	5	13.6	1.5
Gluten Free Ribb & Chicken Diavola	1066	99	16	9	67	18	-	3.7
Burger Americano	664	38	45	9	34	9	15.7	3.1
Gluten Free Burger Americano	664	38	45	9	34	9	15.7	3.1
Pollo Perfetto Burger	659	35	68	7	26	8	5.1	2.9
<b>Verde Burger</b>	593	17	23	3	73	9	15.0	3.0
Gluten Free Grilled Chicken	548	55	9	7	33	4	5.2	2.7
Sirloin Steak	337	65	9	4	1	0	0.5	0.4
Add Salad	188	5	17	11	10	1	6.8	1.6
Grilled Chicken	168	35	3	1	1	0	0.3	1.1

### Bella Italia - Insalata

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
<b>Gluten Free Insalata Caesar with Pollo</b>	894	59	25	6	77	9	3.4	4.3
<b>Gluten Free Insalata Caesar</b>	816	11	43	11	92	8	5.0	2.6
Insalata Fagoli Tonno	635	45	20	6	38	14	19.7	3.2
<b>Insalata Caesar with Pollo &amp; Pancetta</b>	561	47	36	7	11	5	3.7	2.8
<b>Insalata Ceasar</b>	432	10	35	4	17	5	3.7	1.4
<b>Insalata Verde</b>	405	9	34	5	12	1	9.0	1.5
<b>Salmon add</b>	342	38	0	0	4	4	0.0	0.5
<b>Pollo add</b>	168	35	3	1	1	0	0.3	1.1

### Bella Italia - Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
<b>Onion Rings</b>	667	8	37	3	73	23	4.5	2.5
Fries	458	4	35	2	33	-	-	1.6
Sweet Potato Fries	335	3	36	15	19	1	3.1	0.6
<b>Mash</b>	164	4	4	2	26	2	3.2	0.7
Coleslaw	109	2	8	1	7	3	2.0	1.1
Mixed Salad	98	2	8	7	7	1	2.9	0.4
Roasted Vegetables	65	3	2	0	9	8	2.7	0.7
Green Beans	42	2	3	1	1	1	2.2	0.2

### Bella Italia - Desserts

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
<b>Cookie Dough Al Forno</b>	867	9	43	17	110	64	2.9	0.8
<b>Vanilla Cheesecake</b>	679	7	38	22	78	53	0.9	0.2
Ciocolata Mousse	550	6	41	25	38	22	2.2	0.3
<b>Chocolate Orange Brownie</b>	547	7	29	15	64	59	3.9	0.1
<b>Sicilian Lemon "Cheesecake"</b>	499	2	30	13	56	35	0.4	0.6
<b>Tiramisu</b>	463	5	27	20	51	30	0.4	0.2
Strawberry Pannacotta	285	4	17	11	29	24	1.1	0.1

### Bella Italia - Framenti

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
<b>Ultimo Framenti</b>	792	13	35	10	103	44	3.8	1.0
<b>Framenti</b>	576	11	30	7	64	17	3.9	0.9

### Bella Italia - Ice Cream

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Amarena Cherry	347	6	19	10	38	35	0.4	0.2
<b>Honeycomb</b>	335	5	16	8	44	37	0.4	0.2
<b>Mint Chocolate Chip</b>	332	5	17	9	39	33	0.4	0.2
Chocolate Chip	305	5	17	9	31	26	1.8	0.1
Bubblegum	292	5	15	8	34	29	0.4	0.2
Hazlenut	291	4	18	8	29	17	0.7	0.2
Vanilla	258	4	13	7	30	13	0.3	0.2
<b>Limoncello</b>	209	0	6	4	39	39	0.4	0.1
<b>Strawberry</b>	205	1	5	3	40	36	0.4	0.1
Tiramisu	145	2	18	13	7	3	0.2	0.1
<b>Raspberry</b>	118	0	0	0	29	23	0.3	0.1
Gelato Topping Whipped Cream	93	1	1	1	10	6	0.0	0.0
Gelato Topping Bannana	79	1	19	17	0	0	1.2	0.0
Gelato Topping Popping Candy	59	1	9	8	3	2	0.1	0.0
Gelato Topping Amaretti Biscuits	45	1	8	8	1	0	0.3	0.0
Gelato Topping Sprinkles	41	0	10	9	0	0	0.0	0.0
Gelato Topping Chocolate Tagliatelle	40	0	4	4	2	2	0.5	0.0
Gelato Topping Crushed Ice Cream Cone	39	1	8	2	1	0	0.4	0.0
Gelato Topping Marshmallows	33	0	8	7	0	0	0.0	0.0