



Nutritional Information

JANUARY 2020 VI

At PizzaExpress your lifestyle choices and dietary requirements are just as important to us as they are to you. We understand that part of this includes awareness of your nutritional intake.

Our nutritional menu below details information on our dishes. As our dishes are handmade, in our busy kitchens we can't guarantee our data is as stated.

Dish	PER SERVING									PER 100 G								
	kcal	kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g	kcal	kJ	Fat g	Saturates g	Carbs g	Sugars g	Fibre g	Protein g	Salt g
PIZZA SLICES																		
Margherita	306	1277	11.8	5.4	34.1	2.9	1.3	16.2	1	232	969	9.0	4.1	25.9	2.2	1.0	12.3	0.7
American	337	1406	13.9	6.2	36.3	4.4	0.5	16.0	1.9	232	965	9.5	4.3	24.9	3.0	0.4	11.0	1.3
Pollo ad Astra	346	1443	12.6	4.9	38.2	5.5	0.7	19.3	1.7	212	883	7.7	3.0	23.4	3.4	0.5	11.8	1.1
American Hot	333	1391	13.8	6.2	35.5	3.4	0.4	15.8	1.9	237	989	9.8	4.4	25.3	2.4	0.3	11.3	1.3
Padana	280	1170	8.2	2.8	42.1	8.7	1.0	8.7	1.4	203	845	6.0	2.1	30.4	6.3	0.7	6.3	1.0
La Reine	315	1314	11.7	5.1	35.3	3.4	0.5	16.1	1.9	212	884	7.9	3.4	23.8	2.3	0.4	10.9	1.3
WRAPS & DOUGH BALLS selected stores only																		
Cajun-spiced Chicken	546	2280	20.1	7.9	55.6	11.3	1.7	35.1	2.7	185	773	6.8	2.7	18.9	3.8	0.6	11.9	0.9
American Hot	536	2236	25.7	11.2	49.4	6.4	1.0	25.6	3.1	223	932	10.7	4.7	20.6	2.7	0.4	10.6	1.3
Goat's Cheese & Caramelised Onion	587	245	24.4	12.7	66.2	19.8	2.3	24.3	2.6	194	807	8.1	4.2	21.8	6.5	0.7	8.0	0.9
Dough Balls																		
14" PIZZA selected stores only																		
Margherita	1671	6981	33.2	15.1	267.3	12.3	0.7	69.9	9.3	230	962	4.6	2.1	36.8	1.7	0.1	9.6	1.3
American	1818	7598	46.4	20.8	267.5	12.4	1.9	77.2	10.6	286	1197	7.3	3.3	42.1	1.9	0.3	12.2	1.7
Pollo ad Astra	1809	7563	36.2	15.1	27.7	20.0	3.4	89.4	9.9	201	840	4.0	1.7	30.8	2.2	0.4	9.9	1.1
American Hot	1812	7581	45.4	20.4	268.1	12.3	1.0	76.4	10.6	221	923	5.5	2.5	32.7	1.5	0.1	9.3	1.3
Padana	1758	7348	34.1	16.4	289.0	30.0	2.6	66.6	9.4	204	855	4.0	1.9	33.7	3.5	0.3	7.8	1.1
La Reine	1748	7307	37.9	15.9	267.8	12.3	1.5	78.1	11.0	208	868	4.5	1.9	31.8	1.5	0.2	9.3	1.3