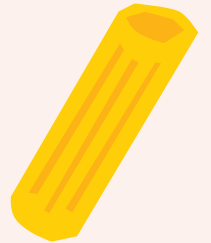
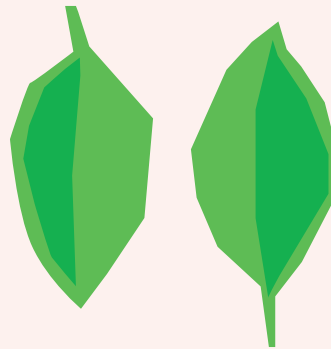
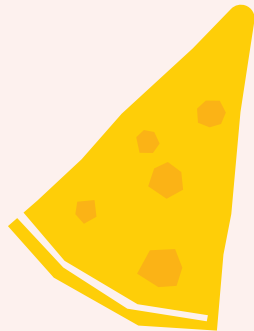


# VAPIANO NUTRITIONALS

SEPTEMBER 2022



VAPIANO

### ANTIPASTI PER PORTION

### PER 100G

ITEM	WEIGHT	Energy	Calories	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	salt	Energy	Calories	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	salt
Insalata Mista Della Casa with no dressing	250g	408.3	105.0	3.7	2.1	9.2	6.2	3.5	6.4	0.1	163.3	42.0	1.5	0.8	3.7	2.5	1.4	2.6	0.1
Insalata Cesare large	220g	1046.1	180.0	10.0	6.2	3.2	3.2	1.7	10.5	0.4	475.5	81.8	4.5	2.8	1.5	1.5	0.8	4.8	0.2
Bruschetta Mozzarella	200g	1673.9	430.0	26.2	12.0	27.6	2.2	0.6	9.2	0.5	837.0	215.0	13.1	6.0	13.8	1.1	0.3	4.6	0.2
Bruschetta Gamberetti	200g	1437.8	345.0	18.5	2.1	27.2	1.7	0.9	12.6	1.5	718.9	172.5	9.3	1.0	13.6	0.9	0.5	6.3	0.8
Insalata Mista Piccola	150g	161.4	40.0	0.4	0.0	6.0	3.6	2.8	2.2	0.0	107.6	26.7	0.3	0.0	4.0	2.4	1.9	1.4	0.0
Insalata Reef and Beef	380g	1640.7	400.0	23.8	4.6	5.9	3.1	4.1	46.6	1.8	431.8	105.3	6.3	1.2	1.6	0.8	1.1	12.3	0.5
Antipasti Caprese	300g	1685.8	405.0	34.2	20.8	7.8	5.8	2.4	18.2	1.9	561.9	135.0	11.4	6.9	2.6	1.9	0.8	6.1	0.6
Bruschetta	130g	912.4	220.0	9.8	1.4	27.1	1.7	0.6	0.6	0.0	701.9	169.2	7.5	1.1	20.8	1.3	0.4	0.4	0.0
Bastone	600g	2886.0	687.0	6.0	0.9	129.0	3.6	6.0	22.2	3.5	962.0	229.0	2.0	0.3	43.0	1.2	2.0	7.4	1.2
Harrissa dip 1 portions (50G)	50g	346.1	67.7	5.1	0.4	3.5	1.1	2.4	7.7	0.5	692.1	135.4	10.3	0.8	6.9	2.2	4.8	15.4	1.1
Garlic and herb dip 1 portions (50G)	50g	335.9	64.3	4.6	0.3	3.5	1.2	2.4	8.1	0.4	671.8	128.5	9.2	0.7	7.0	2.4	4.7	16.3	0.7
Truffle dip 1 portions (50G)	50g	398.8	106.9	5.8	0.7	3.1	1.2	2.2	7.9	0.9	797.6	213.8	11.7	1.4	6.3	2.3	4.4	15.9	1.9

### PIZZA PER PORTION

### PER 100G

ITEM	WEIGHT	Energy	Calories	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	salt	Energy	Calories	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	salt
Margherita	490g	5483.1	1302.6	31.1	16.0	184.7	14.2	9.0	62.2	7.2	1119.0	265.8	6.3	3.3	37.7	2.9	1.8	12.7	1.5
Verdure	640g	5671.6	1347.6	31.4	16.1	187.9	16.4	10.0	63.8	7.2	886.2	210.6	4.9	2.5	29.4	2.6	1.6	10.0	1.1
Pizza Diavolo	620g	6363.4	1514.5	47.3	22.7	194.1	21.6	10.6	69.4	8.8	1026.3	244.3	7.6	3.7	31.3	3.5	1.7	11.2	1.4
Prosciutto e Funghi	540g	5832.6	1353.0	34.8	17.1	184.5	14.0	9.2	74.7	8.5	1080.1	250.6	6.4	3.2	34.2	2.6	1.7	13.8	1.6
Pizza Salame	470g	5464.0	1466.1	46.8	22.6	184.3	13.8	8.8	68.1	8.5	1162.6	311.9	10.0	4.8	39.2	2.9	1.9	14.5	1.8
Pizza BBQ Chicken	570g	6255.0	1454.5	8.0	2.9	10.6	8.3	0.7	18.5	1.6	1097.4	255.2	1.4	0.5	1.9	1.5	0.1	3.2	0.3
Pizza Calzone	540g	4445.5	1189.6	33.7	13.5	133.8	6.9	6.7	51.6	7.1	823.2	220.3	6.2	2.5	24.8	1.3	1.2	9.6	1.3
Pizza Funghi	520g	5516.0	1310.8	31.4	16.1	184.3	13.8	9.7	63.4	7.2	1060.8	252.1	6.0	3.1	35.4	2.6	1.9	12.2	1.4
Pizza Bread Garlic	320g	3469.2	975.0	21.1	1.9	130.1	4.3	6.4	22.6	3.5	1084.1	304.7	6.6	0.6	40.6	1.3	2.0	7.1	1.1
Lasagne	430g	2800.7	710.0	33.8	18.9	55.4	12.4	0.0	34.5	5.1	651.3	165.1	7.9	4.4	12.9	2.9	0.0	8.0	1.2

PASTA RECIPES PER PORTION

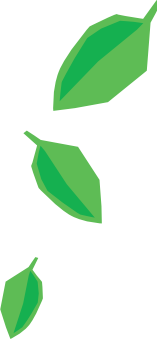
PER 100G

ITEM	WEIGHT	Energy	Calories	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	salt	Energy	Calories	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	salt
Arrabiatia	370g	2220.8	510.0	12.3	1.1	78.9	9.7	9.3	17.1	3.7	597.0	137.0	3.3	0.3	21.2	2.6	2.5	4.6	1.0
Pomodora e mottzerella	420g	2869.6	685.0	24.9	7.2	85.7	13.1	6.3	25.7	3.8	680.0	162.0	5.9	1.7	20.3	3.1	1.5	6.1	0.9
Bolognese	450g	3131.5	745.0	25.1	4.5	98.6	8.5	7.2	28.2	4.5	699.0	166.0	5.6	1.0	22.0	1.9	1.6	6.3	1.0
Carbonara	370g	3905.3	935.0	54.1	21.6	74.6	6.3	20.9	26.5	3.7	1047.0	251.0	14.5	5.8	20.0	1.7	5.6	7.1	1.0
Chicken alfredo	450g	3825.9	1035.0	50.6	13.1	76.2	6.3	7.6	35.4	2.2	854.0	204.0	11.3	2.9	17.0	1.4	1.7	7.9	0.5
Pasta gambaretti	490g	3041.6	765.0	24.9	2.2	105.1	12.2	8.3	26.4	5.9	622.0	157.0	5.1	0.5	21.5	2.5	1.7	5.4	1.2
Pesto basilico	220g	1960.1	470.0	18.2	2.6	53.9	1.3	15.5	14.7	2.8	895.0	214.0	8.3	1.2	24.6	0.6	7.1	6.7	1.3
Gamberetti spinache	510g	4767.6	1140.0	65.9	26.1	101.7	6.6	7.7	31.2	3.6	933.0	223.0	12.9	5.1	19.9	1.3	1.5	6.1	0.7
Aglione oli	230g	2263.8	540.0	16.2	1.4	80.2	3.2	3.9	15.7	2.5	980.0	233.0	7.0	0.6	34.7	1.4	1.7	6.8	1.1
Cognac	600g	4809.7	1150.0	59.0	18.5	104.9	4.2	9.5	44.7	6.6	807.0	193.0	9.9	3.1	17.6	0.7	1.6	7.5	1.1
Crema de funghi	420g	4094.9	1100.0	51.7	24.6	101.7	7.5	5.8	24.6	1.4	982.0	235.0	12.4	5.9	24.4	1.8	1.4	5.9	0.3
Filletto de monzo	430g	2881.8	685.0	21.7	2.2	91.1	6.5	5.6	28.6	4.8	664.0	158.0	5.0	0.5	21.0	1.5	1.3	6.6	1.1
Salmon carbononara	410g	4435.0	1060.0	66.5	24.5	72.6	6.5	19.6	34.3	3.3	1087.0	261.0	16.3	6.0	17.8	1.6	4.8	8.4	0.8
Vegan crema de funghi	420g	3316.7	915.0	47.7	10.8	74.2	5.5	4.9	16.5	16.1	795.4	219.4	11.4	2.6	17.8	1.3	1.2	3.9	3.9
Vegan risotto	390g	3279.5	750.0	55.2	11.8	66.8	3.9	2.3	9.0	3.1	843.0	192.8	14.2	3.0	17.2	1.0	0.6	2.3	0.8
Risotto	390g	3812.9	965.0	68.4	22.3	67.8	4.9	2.0	9.0	3.1	980.2	248.1	17.6	5.7	17.4	1.3	0.5	2.3	0.8

AUTUMN/WINTER SPECIALS PER PORTION

PER 100G

ITEM	WEIGHT	Energy	Calories	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	salt	Energy	Calories	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	salt
Cacio E Pepe	240g	2,760.30	657.600	30.900	12.280	68.040	1.620	3.060	27.960	0.936	1150.1	274.0	12.9	5.1	28.4	0.7	1.3	11.7	0.4
Bolognese Pizza	580g	5,098.20	1,212.20	46.400	23.200	139.200	13.920	9.280	55.680	7.540	879.0	209.0	8.0	4.0	24.0	2.4	1.6	9.6	1.3
Pumkin Soup Large	380g	1,736.60	418.000	29.260	4.940	31.920	20.140	4.180	4.180	4.180	457.0	110.0	7.7	1.3	8.4	5.3	1.1	1.1	1.1
Pumkin Soup Small	200g	914.000	220.000	15.400	2.600	16.800	10.600	2.200	2.200	2.200	457.0	110.0	7.7	1.3	8.4	5.3	1.1	1.1	1.1
Dalla Terra	511g	3,725.19	889.140	36.792	14.819	107.310	14.308	9.709	26.061	3.577	730.4	174.3	7.2	2.9	21.0	2.8	1.9	5.1	0.7
Bruschetta Funghi	138g	1,254.42	299.460	11.316	1.104	40.020	4.140	3.036	7.590	0.828	964.9	230.4	8.7	0.8	30.8	3.2	2.3	5.8	0.6
Pistachio Truf e Dolci	81g	1028.0	246.5	14.9	4.8	27.1	21.1	2.2	3.0	0.0	1285.1	308.1	18.6	6.0	33.9	26.3	2.8	3.7	0.0



### KIDS MENU PER PORTION

### PER 100G

ITEM	WEIGHT	Energy	Calories	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	salt	Energy	Calories	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	salt
Margherita	390g	3384.6	805.0	14.1	6.3	132.3	5.7	6.2	30.6	3.8	865.6	205.9	3.6	1.6	33.8	1.5	1.6	7.8	1.0
Pizza salame	410g	4043.8	965.0	29.4	12.7	131.7	5.4	6.0	36.3	5.0	998.5	238.3	7.3	3.1	32.5	1.3	1.5	9.0	1.2
Pizza proscutio e funghi	450g	3734.1	890.0	18.4	6.8	132.2	5.8	6.4	31.0	4.0	829.8	197.8	4.1	1.5	29.4	1.3	1.4	6.9	0.9
Pasta butter and cheese	100g	1001.5	280.0	8.7	5.3	34.1	0.9	1.5	6.6	1.5	981.9	274.5	8.5	5.2	33.5	0.9	1.5	6.4	1.4
Pasta bolognese	150g	3616.3	465.0	69.8	7.6	43.8	7.2	1.5	17.1	3.8	2379.2	305.9	45.9	5.0	28.8	4.8	1.0	11.2	2.5
Pasta pomodora	160g	1087.4	300.0	6.2	2.3	38.1	3.3	1.5	12.7	2.4	671.2	185.2	3.8	1.4	23.5	2.0	1.0	7.9	1.5

### DOLCI PER DISH

### PER 100G

ITEM	WEIGHT	Energy	Calories	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	salt	Energy	Calories	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	salt
Bacio	70g	1006.6	175.0	18.1	8.5	15.4	12.0	0.5	3.9	0.2	1438.1	250.0	25.9	12.2	22.0	17.1	0.8	5.5	0.3
Chocolate bianca	90g	1291.8	350.0	22.2	14.0	22.3	18.2	0.3	4.1	0.1	1519.8	411.8	26.2	16.5	26.2	21.4	0.4	4.8	0.2
Tiramisu	60g	741.0	175.0	14.7	9.3	7.3	4.8	0.2	8.2	0.0	1235.0	291.7	24.6	15.5	12.1	8.0	0.3	13.6	0.0
Nutella cheesecake	140g	2272.5	440.0	39.7	23.6	36.2	23.8	1.0	9.4	0.3	1589.1	307.7	27.8	16.5	25.3	16.6	0.7	6.6	0.2
Cream di fragola	70g	620.7	150.0	11.8	7.7	7.6	7.1	0.0	2.4	0.0	912.8	220.6	17.4	11.3	11.2	10.4	0.0	3.5	0.0



## EXTRAS PER PORTION

## PER 100G

ITEM	WEIGHT	Energy	Calories	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	salt	Energy	Calories	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	salt	
<b>Insalata</b>																				
Courgette	20g	19.1	6.0	0.1	0.0	0.4	0.4	0.2	0.4	0.0	95.5	30.0	0.5	0.1	2.1	2.0	1.0	2.1	0.0	
Peppers	20g	19.1	6.0	0.1	0.0	0.4	0.4	0.2	0.4	0.0	95.5	30.0	0.5	0.1	2.1	2.0	1.0	2.1	0.0	
Aubergine	20g	19.3	6.0	0.1	0.0	0.5	0.5	0.5	0.2	0.0	96.6	30.0	0.5	0.1	2.5	2.3	2.3	1.0	0.0	
Salad mix	90g	105.6	25.0	0.3	0.0	3.0	0.8	2.3	1.4	0.0	117.3	27.8	0.4	0.0	3.3	0.9	2.6	1.6	0.0	
Cherry tomato	30g	22.5	8.1	0.1	0.0	1.2	0.8	0.4	9.0	0.0	75.0	27.0	0.2	0.0	3.9	2.6	1.2	30.0	0.0	
Spring onions	10g	11.6	2.8	0.1	0.0	0.3	0.3	0.2	0.3	0.0	116.0	28.0	0.5	0.1	3.0	2.8	1.5	2.8	0.0	
Italian Hard cheese	10g	163.5	40.0	3.0	2.0	0.0	0.0	0.0	3.0	0.1	1635.0	400.0	30.0	20.0	0.0	0.0	0.0	30.0	1.4	
Ciabatta	40g	533.5	125.0	0.7	0.1	25.5	0.3	2.0	7.9	2.1	1333.8	312.5	1.6	0.3	63.8	0.8	5.0	19.8	5.3	
Rocket	30g	5.9	1.4	0.0	0.0	0.1	0.1	0.1	0.2	0.0	19.5	4.7	0.1	0.0	0.2	0.2	0.3	0.6	0.0	
Bruschetta mix	70g	188.1	47.4	4.1	0.6	1.5	1.4	0.5	0.4	0.0	268.7	67.7	5.9	0.9	2.2	1.9	0.7	0.6	0.0	
<b>Pizza</b>																				
Mozzarella grated	70g	854.0	217.0	15.4	10.5	1.3	0.6	0.0	15.4	0.7	1220.0	310.0	22.0	15.0	1.9	0.8	0.0	22.0	1.0	
Grilled vegetables	120g	100.0	24.0	2.4	0.6	9.6	9.6	5.4	9.6	0.0	83.3	20.0	2.0	0.5	8.0	8.0	4.5	8.0	0.0	
Red onions strips	30g	40.2	9.6	0.1	0.0	2.3	1.5	0.3	0.2	0.0	134.0	32.0	0.2	0.0	7.5	5.0	0.9	0.8	0.0	
Mushrooms	40g	42.3	10.0	0.3	0.1	0.3	0.1	0.7	1.2	0.0	105.6	25.0	0.8	0.2	0.7	0.3	1.8	2.9	0.0	
Spicy italian sausage	40g	452.5	109.0	9.6	3.8	0.4	0.3	0.0	7.0	1.1	1256.9	302.8	26.7	10.7	1.0	0.9	0.0	19.6	3.1	
Bell pepper mix	70g	107.1	25.0	0.3	0.1	4.5	4.3	1.1	0.7	0.0	153.0	35.7	0.4	0.1	6.4	6.1	1.6	1.0	0.0	
Jalapino	10g	3.3	1.6	0.0	0.0	0.0	0.0	0.1	0.0	0.3	33.0	16.0	0.3	0.2	0.4	0.0	0.8	0.4	3.0	
prosciutto	60g	342.6	81.0	3.6	1.1	0.3	0.3	0.0	12.0	1.3	571.0	135.0	6.0	1.8	0.5	0.5	0.0	20.0	2.1	
Smoked cheese	20g	202.4	48.6	3.5	2.1	0.4	0.1	0.0	3.8	0.1	1012.0	243.0	17.6	10.7	2.0	0.5	0.0	19.2	0.7	
Grilled chicken	70g	343.0	98.0	4.3	0.8	0.0	0.0	0.0	15.0	0.1	490.0	140.0	6.1	1.2	0.0	0.0	0.0	21.4	0.1	
<b>Pasta</b>																				
Pasta wheat	180g	1387.8	325.0	0.9	0.2	68.0	1.6	3.1	13.0	0.9	771.0	180.6	0.5	0.1	37.8	0.9	1.7	7.2	0.5	
Pasta spelt	180g	1270.8	300.0	1.4	0.3	53.9	0.4	8.3	13.9	1.1	706.0	167.0	0.8	0.2	30.0	0.2	4.6	7.7	0.6	
Onion cubes, white	20g	51.9	1.2	0.1	0.0	2.4	1.7	0.4	0.4	0.0	346.0	8.2	0.4	0.0	15.8	11.2	2.8	2.4	0.0	
Garlic slices	3g	14.0	3.3	0.0	0.0	0.5	0.0	0.1	0.2	0.0	466.0	110.0	0.6	0.1	16.3	1.6	4.1	7.9	0.0	
Tomato sauce	70g	228.2	54.6	1.4	0.4	7.4	5.5	0.0	1.8	1.7	326.0	78.0	2.0	0.6	10.6	7.8	0.0	2.6	2.4	
Carrots	20g	26.3	6.0	0.0	0.0	1.2	1.1	0.3	0.4	0.0	175.0	40.0	0.3	0.1	7.9	7.4	1.9	2.4	0.0	
Pancetta	35g	388.5	93.0	7.7	3.2	0.4	0.2	0.0	5.6	1.2	1110.0	265.7	22.0	9.0	1.0	0.5	0.0	16.0	3.5	
Cream	55g	854.2	207.0	20.9	13.8	1.7	1.7	0.0	1.1	0.1	1553.0	376.4	38.0	25.0	3.0	3.0	0.0	2.0	0.1	
Egg yolk/cream mix	55g	1155.0	94.6	25.9	15.1	1.7	1.7	0.0	8.0	0.1	2100.0	172.0	47.0	27.5	3.0	3.0	0.0	14.6	0.1	
Pine Nuts	7g	200.1	48.0	4.8	0.3	0.3	0.3	0.1	1.0	0.0	2859.0	685.7	69.0	4.6	4.0	3.9	1.9	14.0	0.0	
Cherry tomatoes 1/4	30g	22.5	5.4	0.1	0.0	1.2	0.8	0.4	0.3	0.0	75.0	18.0	0.2	0.0	3.9	2.6	1.2	0.9	0.0	
Baby spinach	40g	49.6	12.0	0.3	0.0	0.6	0.6	1.1	1.1	0.0	124.0	30.0	0.8	0.1	1.5	1.5	2.7	2.8	0.0	
Spring onion	10g	23.2	5.6	0.1	0.0	0.6	0.6	0.3	0.6	0.0	232.0	56.0	1.0	0.2	6.0	5.6	3.0	5.6	0.0	
Peas	20g	57.8	13.8	0.1	0.0	1.8	0.6	0.0	1.0	0.0	289.0	69.0	0.3	0.1	9.0	3.1	0.0	5.2	0.0	
Pak Choi	50g	29.0	7.0	0.1	0.0	0.7	0.5	0.6	0.5	0.0	58.0	14.0	0.2	0.0	1.4	1.0	1.2	1.0	0.0	