



PETE GAWTRY
FITNESS

NUTRITION SURVIVAL GUIDE TO

PIZZA EXPRESS

CALORIES AND MACRONUTRIENTS

PG-FITNESS.CO.UK

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

STARTERS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Classic Italian Antipasto for 1	787	31	53	8.2	6	50	6.5
Dough Balls Doppio	770	19	88	6.5	4	37	3.4
Calamari	636	12	47	4.6	4	45	2.8
Bruschetta Originale	412	11	46	3.7	4	20	1.9
Gluten Free Dough Balls	382	2	44	2.6	5	22	1.3
Dough Balls	361	9	42	2.9	2	16	1.6
'Nduja Arancini	359	8	28	1.2	2	24	1.9
Caesar Salad	349	16	14	2.7	3	25	1.7
Buffalo Mozzarella & Tomato Salad	331	10	5	1	4	30	1
Garlic Bread w. Mozzarella	326	16	42	2.8	2	10	1.6
Olives Marinade	122	1	7	2.9	1	11	2.8
Roasted Tomatoes	67	1	6	2.8	6	4	0.5

AL FORNO

Pollo Pesto	1195	51	88	3.3	11	70	3
Broad Bean Rigatoni	879	24	82	6.4	4	50	4.1
Cannelloni	760	36	31	2.8	23	55	4.8
Lasagna Classica	752	33	42	3.4	10	49	3.9
Bolognese Rigatoni	683	30	81	3.9	13	39	3.2

MAIN COURSE SALAD

Grand Chicken Caesar & dough sticks	1160	67	112	10.3	9	48	5.3
Pollo Salad & dough sticks	1014	49	73	7.4	10	57	4.2
Nicoise Salad & dough sticks	897	54	50	6.5	8	52	4.5
Leggera Superfood Salad	472	15	38	10.1	12	28	1.8

LEGGERA PIZZAS

Pollo ad Astra Leggera	486	37	55	6.3	16	14	2.4
Padana Leggera	465	16	68	7.5	27	14	2.1
American Hot Leggera	440	24	49	5.9	9	17	3
Superfood Mix Upgrade	170	6	15	3.5	3	9	0.5

PIZZAS

Calabrese	1346	78	103	8.1	20	69	7.4
Campana Romana	1240	62	97	6.9	15	65	7.1
Pollo Forza Romana	1168	71	104	8.3	19	50	5
Soho 65 Romana	1019	45	93	7.1	11	50	4.5
Diavolo Romana	943	49	97	7.2	13	38	5.3
American Hot (HGP) Romana	928	47	92	6.7	11	40	5.1

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WRAPS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Saturated Fat (g)
Mediterranean Tuna Flat Bread	539	27	51	5.6	7	24	1.6
Falafel, Avo & Chipotle Flat Bread	521	16	66	7.8	12	20	0.9
Pollo ad Astra Romana	925	60	101	8.6	19	30	4.5
Margherita Bufala Romana	911	36	96	8.7	14	42	4
Fiorentina Classic	888	49	93	7.9	11	34	4.3
Padana Romana	872	37	114	8.2	28	28	4
American Classic	844	41	91	6.4	11	34	4.9
Veneziana Classic	843	41	97	7.5	15	31	4.1
Sloppy Giuseppe Classic	842	45	97	7.1	15	31	4.7
Vegan Giardiniera Classic	825	21	100	13	12	36	5.5
La Reine Classic	770	39	92	6.9	11	26	4.6
Margherita Classic	729	36	91	6.4	11	23	3.9

PIZZA BASES

Main Base	448	18	84	5.6	3	3	2.4
Gluten Free Main Base	445	5	102	2.5	2	2	1.2
Piccolo Base	224	9	42	2.8	2	2	2.2
Gluten Free Piccolo Base	206	2	47	1.2	1	1	1

SIDES

Polenta Chips	558	8	65	3.7	6	29	3
Coleslaw	213	2	8	0	6	20	0.7
Mixed Leaf Salad	176	2	5	2	4	17	0.9

DESSERTS

Honeycomb Cream Slice & Ice Cream	687	8	68	1.4	40	42	1.2
Chocolate Fondant	668	8	56	4	55	45	0.3
Sticky Toffee Bundt Cake	638	6	77	1	60	34	1.1
Honeycombe Cream Slice	575	5	53	1.3	24	38	1.1
Tiramisu	554	7	53	0.4	30	32	0.2
Vanilla Cheesecake & Ice Cream	549	9	58	2.7	47	32	0.6
Chocolate Brownie Dessert	547	8	66	3.2	58	27	0.2
Chocolate Fudge Cake & Ice Cream	491	8	66	2.3	51	21	1.4
Vanilla Cheesecake	436	6	43	2.7	32	27	0.5
Chocolate Fudge Cake	311	5	41	1.6	27	14	1.1
Coppa Gelato Salted Caramel	288	5	34	0.5	28	14	0.9
Coppa Gelato Vanilla	260	6	33	1	33	11	0.3
Coppa Gelato Chocolate	253	6	35	2.2	29	11	0.2
Coppa Gelato Strawberry	221	1	43	0.8	42	5	0
Coconut Delight	201	1	36	0	29	6	0.1
Raspberry Sorbet	100	1	23	1.1	23	0	0

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DOLCETTI (NOT INC. COFFEE)

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Lotus Biscoff Cheesecake Dolcetti	322	3	26	0.6	15	23	0.3
Salted Caramel Profiteroles	257	3	24	0	19	16	0.2
Chocolate Brownie	235	3	26	0.1	22	13	0.1
Lemon Posset Crunch	194	0	13	0.2	8	16	0.2
Caffè Reale	191	2	19	1.3	19	12	0.1

SANDWICHES

Veggie New Yorker On Rye	580	23	51	10.3	11	29	2.2
Ham & Cheese	531	34	40	4.8	3	25	2.9
Classic Super Club	528	30	42	5.6	5	25	2.2
Mature Cheddar & Pickle	520	20	53	5.9	14	24	1.8
Chicken Avocado	484	25	42	8.4	4	22	1.5
Curried Chickpeas & Mango Chutney	476	17	78	10.1	27	8	1.5
Tuna & Cucumber	447	20	43	5.1	3	21	1.5
Scottish Smoked Salmon	421	23	39	4.6	3	18	2.9
Chicken & Cucumber	389	26	39	4.8		13	1.7
Crayfish & Avocado	383	18	41	6.8	4	15	1.4
Cracking Egg Salad	375	18	49	5.8	5	11	1.5
Free-Range Egg Mayo	367	18	47	5.2	3	11	1.5

BAGUETTES

Posh Cheddar & Pickle	621	21	70	5.1	16	27	2.7
Chicken Salad Baguette	600	23	54	3.8	4	32	2.5
Wiltshire-Cured Ham & Greve	588	32	53	4.3	4	26	3.5
Chicken Caesar & Bacon	585	30	55	4.3	3	27	2.5
Free-Range Egg Mayo & Avocado	571	19	61	7.5	3	26	2.4
Beef & Chimichurri	545	25	57	4.8	4	25	2.3
Tuna Mayo & Cucumber	540	24	57	4.1	3	23	2.5
Italian Prosciutto	531	22	56	5	4	23	3.4
Smashed Beets, Pistachios & Feta	531	15	60	6.1	5	25	2.4
Avo, Olives & Toms	529	12	56	9.8	4	27	2.1
Italian Veggie Baguette	518	19	64	8.8	7	19	2.5
Posh Prosciutto	518	29	57	5	6	19	3.6
Free-Range Egg Mayo & Smoked Salmon	503	25	60	3.9	3	18	3.2
Free-Range Egg Mayo & Bacon	476	23	60	3.9	3	15	2.7
Jambon Beurre	470	23	52	3.4	3	18	3.4
Artichoke, Olives & Tapenade	454	12	58	8.1	5	19	1.6
Smoked Salmon, Soft Cheese & Dill	453	27	53	5	3	14	3.3
Free-Range Egg Mayo & Tomatoes	447	18	61	4.5	4	13	2.7
Brie, Tomato & Basil	431	16	54	4.6	4	16	2.2
Chipotle Mozzarella Hot Baguette	422	18	59	5.8	8	11	2.2
Stone Baked Losange Soup Baguette	262	7	40	2.3	2	8	1
Mini Baguette	155	5	31	1.7	1	1	1

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Avocado & Herb Salad Wrap	510	13	40	7	5	32	1.2
Avocado & Falafel Flat Bread	502	13	57	8.3	9	24	1
Chicken Pesto & Rocket Flat Bread	485	27	45	2.3	6	21	1.2
Mexican Avocado Flat Bread	485	15	61	8	8	18	1
Hoisin Duck Salad Wrap	447	23	49	3.8	12	17	4.6
Avocado & Chipotle Chickpea Salad Wrap	444	11	49	8.8	5	20	1.8
Vegan Chilli Flat Bread	436	12	53	7.7	9	17	0.7
Artichoke & Olive Tapenade Flat Bread	421	12	51	6.9	6	19	0.9
Humous & Crunchy Veg Salad Wrap	392	11	46	3.6	7	16	1.4
Chakalaka Wrap	340	10	45	2.9	7	12	1.4

HOT

Swedish Meatball Hot Wrap	663	32	45	4.4	8	38	2.4
Falafel & Halloumi Hot Wrap	624	23	59	5.6	3	32	3.6
Ham, Cheese & Mustard Toastie	597	39	48	4.6	3	27	3.5
Macaroni Cheese Prosciutto	586	31	50	0.9	7	29	3.1
Avocado, Cheddar & Chipotle Toasted Tortilla	578	21	48	6.7	6	32	1.6
Avo & Chipotle Chickpeas Hot Wrap	567	15	50	11.4	9	31	1.9
Chicken, Basil & Red Pepper Toastie	563	41	47	5.7	6	22	2.9
Brie, Avocado & Tomato Toastie	562	22	42	9	4	32	2.4
Pret's Vegan Mac & Greens	558	20	62	5.3	8	24	2.3
Halloumi, Red Pepper & Basil Toastie	556	29	48	6.3	8	26	3.5
Tuna Melt Toastie	552	38	44	5.5	3	24	2.6
Macaroni Cheese Kale & Cauli	549	27	50	1	1	26	2.1
Salt Beef & Pickles Toasted Baguette	545	30	58	4.5	7	21	3
Spicy Chicken Toasted Baguette	508	32	58	5.3	7	15	2.5
Chipotle Chicken Toasted Tortilla	496	34	47	3.1	6	18	2.2
Spicy Chicken Hot Wrap	496	32	48	4.3	10	18	2.5
Falafel, Halloumi & Pickles Brioche	482	16	57	4.1	15	23	2.8
Artichoke & Mozzarella Toasted Baguette	463	18	56	9.3	3	18	2.1
Prosciutto & Mozzarella Toasted Baguette	454	25	54	5.4	3	14	3.7
Avocado & Beans Toasted Tortilla	441	10	46	8.5	6	22	1.4
Chipotle Mozzarella Hot Baguette	422	18	59	5.8	8	11	2.2
Vegan Ragu & Red Pepper Hot Wrap	420	15	62	10.5	13	11	2.7
Mexican Egg & Beans Toasted Tortilla	403	17	45	7	4	16	2
Pulled Chicken, Avo & Green Salsa Toasted Tortilla	401	22	38	4.8	3	17	1.8

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SOUP

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Lightly Spiced Carrot & Coriander Soup	243	7	17	7	13	15	3
Red Thai Chicken & Veg Soup	243	14	13	7.6	4	13	2.3
Smoky Chorizo Chicken Soup	223	15	18	12.2	13	7	2.2
Veggie Chilli Soup	216	9	31	13.2	10	3	2.3
Souper Tomato	199	5	16	3.3	14	12	1.1
Vegetable Tagine Soup	188	7	23	5.9	9	6	1.8
"No Cream" Cream of Chicken Soup	147	10	8	3.3	6	7	3.1
Chicken, Broccoli & Brown Rice Soup	137	7	17	4	2	4	1.9
Veggie Miso	44	4	5	1.2	2	1	2.3