

## Nutrition Information (Average Quantity per Main serving)

	Energy (KJ)	Protein (g)	Fat, Total (g)	Fat, Saturated (g)	Carbohydrate total (g)	Carbohydrate, Sugars (g)	Sodium (mg)
<b>STARTERS &amp; SIDES</b>							
Garlic Bread (3 slices)	2070kJ	10.7g	23.6g	15.3g	57.6g	1.8g	822mg
Cheesy Garlic Bread (3 slices)	2630kJ	22.4g	33.5g	21.6g	57.8g	2.0g	1070mg
Pizza Bianca (8 Inch)	2360kJ	26.9g	23.9g	9.8g	55.0g	2.9g	698mg
Pizza Bianca (10 inch)	3980kJ	43.7g	35.4g	13.9g	105g	5.5g	1150mg
Minestrone Soup (Small)	308kJ	3.5g	0.3g	less than 0.1g	12.5g	3.5g	1070mg
Minestrone Soup (Large)	615kJ	6.9g	0.7g	0.1g	24.9g	7.0g	2130mg
Bowl of Chips (Small)	2240kJ	6.9g	25.0g	4.4g	68.0g	13.2g	525mg
Bowl Of Chips (Large)	4480kJ	13.7g	50.1g	8.8g	136g	26.4g	1050mg
Potato Wedges with sour cream & sweet chilli	3690kJ	9.7g	50.7g	14.8g	94.3g	6.8g	1460mg
Mashed Potato	1460kJ	8.1g	16.6g	11.0g	39.0g	3.5g	735mg
Roast Vegetables	2100kJ	6.2g	30.1g	5.2g	25.7g	11.7g	966mg
Sweet Potato Fries & peri peri Aioli	3120kJ	5.0g	46.4g	4.8g	84.0g	33.1g	1450mg
<b>SALADS</b>							
Garden Salad	557kJ	0.9g	11.7g	1.4g	2.4g	1.8g	266mg
Greek Salad	1730kJ	7.7g	33.0g	9.7g	9.4g	5.7g	1790mg
Chicken Caesar	4680kJ	61.9g	87.1g	17.2g	21.5g	4.5g	2230mg
Warm Chicken Salad	3600kJ	54.5g	56.6g	10.4g	24.7g	14.3g	943mg
<b>RISOTTO</b>							
Risotto Pollo	5770kJ	46.1g	63.1g	28.7g	143g	8.3g	2800mg
Risotto Como	5310kJ	27.2g	53.8g	23.4g	150g	14.7g	2490mg

## Nutrition Information (Average Quantity per Main serving)

	Energy (KJ)	Protein (g)	Fat, Total (g)	Fat, Saturated (g)	Carbohydrate total (g)	Carbohydrate, Sugars (g)	Sodium (mg)
<b>TRADITIONAL FAVOURITES</b>							
Spaghetti Bolognese (Entree)	3440kJ	40.7g	17.5g	4.6g	116g	6.1g	1220mg
Spaghetti Bolognese (Main)	4610kJ	53.9g	22.1g	5.8g	159g	7.8g	1530mg
Ravioli Fantasia (Entree)	4450kJ	32.8g	60.0g	21.3g	85.3g	9.6g	2100mg
Ravioli Fantasia (Main)	5520kJ	43.4g	68.9g	25.3g	117g	11.6g	2640mg
Lasagne Bolognese (Entree)	3030kJ	45.6g	36.4g	13.1g	49.3g	10.8g	2280mg
Lasagne Bolognese (Main)	3830kJ	57.8g	46.2g	16.8g	62.0g	13.6g	2880mg
Fettuccine Carbonara (Entree)	4530kJ	35.5g	35.5g	22.5g	112g	7.4g	1520mg
Fettuccine Carbonara (Main)	6090kJ	49.7g	60.0g	28.9g	161g	9.7g	2010mg
Spirali Calabrese (Entree)	4390kJ	40.3g	41.9g	12.5g	113g	7.2g	2160mg
Spirali Calabrese (Main)	5930kJ	55.7g	52.0g	15.8g	163g	10.1g	2960mg
Penne Monte Carlo (Entree)	4320kJ	30.2g	52.5g	22.4g	95.3g	7.6g	980mg
Penne Monte Carlo (Main)	5740kJ	42.4g	62.1g	26.1g	144g	9.3g	1180mg
Ravioli Milanese (Entree)	3540kJ	40.3g	36.8g	17.2g	82.3g	8.5g	1840mg
Ravioli Milanese (Main)	4860kJ	55.6g	49.6g	22.9g	115g	11.5g	2520mg
Penne Peppino (Entree)	3890kJ	36.6g	36.7g	13.1g	97.2g	9.9g	1710mg
Penne Peppino (Main)	5210kJ	49.9g	42.4g	15.1g	147g	13.0g	2190mg
Fettuccine Puttanesca (Entree)	3530kJ	25.1g	28.0g	3.6g	109g	6.7g	1680mg
Fettuccine Puttanesca (Main)	5000kJ	36.2g	37.7g	4.9g	158g	9.4g	2300mg
Ravioli Fiorentina (Entree)	3240kJ	32.2g	30.2g	13.0g	85.4g	11.5g	2630mg
Ravioli Fiorentina (Main)	4330kJ	43.1g	39.0g	16.8g	117g	14.3g	3260mg
Gnocchi Rosetta (Entree)	3580kJ	37.8g	30.0g	15.1g	101g	9.0g	1630mg
Gnocchi Rosetta (Main)	4850kJ	50.5g	38.3g	19.4g	143g	11.7g	2110mg
Tortellini Alla Panna (Entree)	3070kJ	25.5g	40.2g	20.9g	55.4g	6.8g	1390mg
Tortellini Alla Panna (Main)	4250kJ	40.4g	47.7g	24.7g	92.3g	8.5g	1830mg
Spaghetti and Meatballs (Entree)	3610kJ	43.4g	16.1g	5.2g	124g	8.3g	1500mg
Spaghetti and Meatballs (Main)	4930kJ	59.0g	21.7g	7.0g	171g	11.5g	2060mg

## Nutrition Information (Average Quantity per Main serving)



	Energy (KJ)	Protein (g)	Fat, Total (g)	Fat, Saturated (g)	Carbohydrate total (g)	Carbohydrate, Sugars (g)	Sodium (mg)
<b>CONTEMPORARY PASTA</b>							
Fettuccine Mona Lisa (Entree)	4580kJ	35.4g	44.9g	14.8g	119g	10.7g	2590mg
Fettuccine Mona Lisa (Main)	6140kJ	48.7g	54.9g	19.7g	172g	15.0g	3410mg
Gnocchi Ragu (Entree)	3280kJ	43.3g	16.9g	6.2g	102g	11.7g	2200mg
Gnocchi Ragu (Main)	4360kJ	54.3g	19.9g	6.8g	145g	15.7g	2860mg
Spirali Casanova (Entree)	4230kJ	44.5g	32.6g	12.4g	120g	12.7g	2060mg
Spirali Casanova (Main)	6140kJ	62.1g	48.3g	18.3g	176g	18.5g	2940mg
Tortellini Zucca (Entree)	3270kJ	27.5g	43.7g	18.4g	61.5g	10.0g	1320mg
Tortellini Zucca (Main)	3690kJ	29.9g	52.1g	22.0g	64.2g	11.3g	1480mg
Linguine Turismo (Entree)	4230kJ	43.1g	35.3g	12.8g	114g	7.5g	1920mg
Linguine Turismo (Main)	5930kJ	63.2g	46.3g	18.1g	167g	11.1g	2840mg
Linguine Marinara (Entree)	3790kJ	43.8g	22.7g	3.7g	112g	8.9g	1700mg
Linguine Marinara (Main)	5120kJ	61.9g	26.2g	4.3g	161g	11.6g	2210mg
Fettuccine Genovese (Entree)	4040kJ	44.0g	34.0g	7.5g	104g	2.7g	1680mg
Fettuccine Genovese (Main)	4670kJ	53.1g	44.8g	9.5g	104g	3.0g	2030mg
<b>VEGETARIAN PASTA</b>							
Ravioli Tre Colori (Entree)	2510kJ	16.8g	34.2g	19.5g	51.0g	8.8g	1220mg
Ravioli Tre Colori (Main)	3650kJ	28.4g	42.7g	24.5g	86.4g	11.5g	1710mg
Spinach & Ricotta Cannelloni (Entree)	1930kJ	19.5g	24.4g	12.9g	37.3g	5.5g	1240mg
Spinach & Ricotta Cannelloni (Main)	2760kJ	29.0g	33.5g	18.4g	55.1g	7.7g	1780mg
Linguine Verdure (Entree)	3610kJ	27.6g	22.8g	3.7g	114g	10.4g	1530mg
Linguine Verdure (Main)	4840kJ	39.3g	26.5g	4.3g	163g	13.2g	2170mg
Penne Primavera (Entree)	3130kJ	19.3g	35.3g	10.5g	70.8g	10.8g	1150mg
Penne Primavera (Main)	4260kJ	28.3g	44.6g	14.4g	105g	14.8g	1590mg
Ravioli Avocado (Entree)	3060kJ	16.4g	49.0g	17.6g	45.9g	5.0g	652mg
Ravioli Avocado (Main)	4270kJ	27.9g	60.5g	21.8g	79.5g	6.5g	954mg

## Nutrition Information (Average Quantity per Main serving)



	Energy (KJ)	Protein (g)	Fat, Total (g)	Fat, Saturated (g)	Carbohydrate total (g)	Carbohydrate, Sugars (g)	Sodium (mg)
<b>MAINS</b>							
Chicken Parmigiana	5980kJ	72.7g	69.0g	28.5g	118g	22.7g	2690mg
Pollo Delizia	5610kJ	66.7g	88.5g	33.9g	47.5g	11.1g	3940mg
Chicken Burger	5460kJ	56.6g	80.6g	16.2g	85.8g	17.8g	2940mg
Hamburger Italiano	6630kJ	58.0g	89.6g	26.2g	128g	22.3g	3090mg
Beef Boscaiola	10500kJ	135g	118g	32.7g	202g	28.8g	3240mg
Pork Belly	3490kJ	55.5g	46.5g	18.8g	36.3g	5.8g	1600mg
Salt & Pepper Squid	5320kJ	49.5g	69.9g	9.0g	104g	16.4g	1640mg
Barramundi	5040kJ	65.8g	66.1g	24.4g	80.0g	16.5g	1750mg
Fish & Chips	5610kJ	29.4g	85.9g	12.3g	107g	21.9g	1010mg
<b>PIZZA</b>							
Margherita (12 inch)	7640kJ	58.0g	102g	19.5g	158g	13.3g	1700mg
Margherita (10 inch)	5520kJ	39.8g	76.9g	13.7g	110g	9.4g	1200mg
Contadina (Supreme) (12 inch)	8550kJ	75.1g	120g	26.3g	162g	14.3g	4270mg
Contadina (Supreme) (10 inch)	6150kJ	51.8g	88.9g	18.5g	113g	10.0g	2960mg
Rimini (12 inch)	7270kJ	64.5g	86.6g	20.6g	170g	25.3g	2550mg
Rimini (10 inch)	5230kJ	44.0g	66.0g	14.4g	117g	16.4g	1760mg
Al Salame (12 inch)	8550kJ	74.1g	122g	29.2g	159g	10.2g	3450mg
Al Salame (10 inch)	6070kJ	50.1g	88.8g	19.8g	110g	7.2g	2340mg
Spicy Chicken (12 inch)	8780kJ	93.7g	118g	22.3g	160g	13.2g	2790mg
Spicy Chicken (10 inch)	6260kJ	63.5g	86.9g	15.5g	111g	9.1g	1920mg
Meat Lovers (12 inch)	8130kJ	93.7g	91.8g	29.6g	177g	24.5g	4380mg
Meat Lovers (10 inch)	5930kJ	66.1g	69.5g	21.0g	126g	18.7g	3120mg
Three Little Pigs (12 inch)	7950kJ	93.9g	86.9g	27.0g	174g	26.7g	3790mg
Three Little Pigs (10 inch)	5840kJ	67.1g	67.1g	20.3g	123g	20.0g	2690mg
BBQ Chicken and Bacon (12 inch)	8020kJ	96.7g	92.2g	24.4g	169g	22.4g	4040mg
BBQ Chicken and Bacon (10 inch)	5660kJ	63.0g	66.3g	16.2g	122g	18.9g	2670mg
Roast Vegetable (12 inch)	7930kJ	56.1g	81.2g	22.7g	193g	31.9g	3190mg
Roast Vegetable (10 inch)	5280kJ	38.5g	52.4g	14.7g	132g	20.8g	2390mg
Three Pigs Calzone with Napoli	5580kJ	70.2g	57.6g	20.0g	123g	20.5g	3220mg
Calzone Pollo with Bolognese	4980kJ	70.8g	47.6g	18.4g	106g	9.3g	2930mg
Calzone Pollo with Napoli	4700kJ	63.6g	42.0g	16.6g	108g	11.1g	3050mg

## Nutrition Information (Average Quantity per Main serving)



	Energy (KJ)	Protein (g)	Fat, Total (g)	Fat, Saturated (g)	Carbohydrate total (g)	Carbohydrate, Sugars (g)	Sodium (mg)
<b>KIDS</b>							
Kids Chicken & Chips	3200kJ	21.6g	38.2g	7.2g	81.2g	13.9g	967mg
Kids Fish, Salad & Chips	3510kJ	17.7g	44.9g	7.6g	87.0g	17.0g	699mg
Kids Lasagne	2810kJ	41.8g	32.3g	11.3g	48.0g	9.8g	2130mg
Kids Meatballs	2800kJ	19.9g	61.0g	9.1g	8.5g	3.1g	813mg
Kids Penne Cheese	2680kJ	26.6g	18.6g	11.3g	87.2g	3.3g	373mg
Kids Cheese Pizza	4370kJ	37.1g	53.0g	11.5g	101g	6.3g	1070mg
Kids Ham & Pineapple Pizza	4770kJ	43.9g	53.9g	13.5g	116g	16.0g	1700mg
Kids Spaghetti Bolognese	2870kJ	30.9g	8.8g	2.2g	113g	3.4g	533mg

**Nutritional Information Disclaimer\***

All nutritional information provided has been estimated based on standard Fasta Pasta recipes and serving sizes. It is intended solely for the general information of readers to assist them to make informed meal choices. It is not to be used for any medical or treatment purpose. While every effort is made to produce our products to the standard Fasta Pasta recipes, as most of our food products are prepared by our Chefs at our restaurants, variations may occur in the actual nutritional values for each menu item due to the serving sizes, preparation techniques, product assembly and sources of supply. In addition, some variation to the nutrient content of the products should be expected when an order is customised.

\*The information was correct as at December 5th 2016. Based on South Australian recipes.

**Gluten Free Disclaimer#**

Gluten free dishes have 'no added' gluten. Please keep in mind these items are prepared in a kitchen that handles many other products containing gluten. Whilst care is taken in preparation we cannot guarantee that cross contamination with foods containing gluten will not occur. Variations may occur due to changes in supply & preparation techniques.