

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)
STARTERS & SIDES							
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	26.8g	23.9g	9.6g	55.3g	3.0g	727mg
Pizza Bianca (10 inch)	3980kJ	43.7g	35.4g	13.6g	106g	5.5g	1190mg
Minestrone Soup (Small)	548kJ	3.7g	5.5g	0.7g	12.6g	3.0g	779mg
Minestrone Soup (Large)	1100kJ	7.4g	11.0g	1.4g	25.1g	5.9g	1560mg
Bowl of Chips (Small)	1910kJ	6.1g	22.7g	11.5g	55.3g	1.3g	525mg
Bowl of Chips (Large)	3820kJ	12.1g	45.3g	23.0g	111g	2.6g	1050mg
Potato Wedges with sour cream & sweet chilli	4140kJ	10.7g	61.9g	16.0g	96.6g	7.6g	1540mg
Mashed Potato	1360kJ	8.3g	14.1g	9.3g	38.8g	3.7g	681mg
Local Roast Vegetables	2100kJ	6.2g	30.1g	5.2g	25.7g	11.7g	966mg
Sweet Potato Fries & peri peri aioli	3490kJ	5.0g	44.8g	2.2g	112g	40.2g	702mg
SALADS							
Garden Salad	748kJ	1.1g	18.1g	1.5g	2.7g	1.9g	426mg
Greek Salad	2510kJ	8.3g	48.0g	12.2g	10.7g	6.5g	1790mg
Chicken Caesar Salad	4630kJ	60.7g	86.0g	16.6g	22.3g	4.6g	2330mg
Warm Chicken Salad	3950kJ	54.5g	69.4g	10.6g	24.1g	13.7g	1260mg
RISOTTO							
Risotto Pollo	5290kJ	45.3g	51.4g	21.0g	143g	9.4g	2630mg
Risotto Como	4980kJ	27.1g	45.7g	17.8g	149g	15.5g	2380mg

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TRADITIONAL PASTA							
Spaghetti Bolognese (Entree)	3380kJ	39.4g	16.4g	4.3g	116g	6.2g	1240mg
Spaghetti Bolognese (Main)	4530kJ	52.2g	20.8g	5.4g	159g	7.9g	1550mg
Ravioli Fantasia (Entree)	3690kJ	33.6g	40.3g	12.5g	84.0g	11.2g	1910mg
Ravioli Fantasia (Main)	4660kJ	44.3g	47.1g	15.0g	115g	13.5g	2420mg
Lasagne Bolognese (Entree)	2930kJ	45.7g	34.2g	11.6g	49.0g	10.9g	2250mg
Lasagne Bolognese (Main)	3710kJ	58.0g	43.5g	14.9g	61.5g	13.7g	2830mg
Fettuccine Carbonara (Entree)	3940kJ	37.1g	32.8g	12.6g	111g	8.8g	1200mg
Fettuccine Carbonara (Main)	5310kJ	51.7g	40.1g	16.0g	160g	11.5g	1590mg
Spirali Calabrese (Entree)	4370kJ	40.1g	42.2g	12.5g	112g	6.5g	2230mg
Spirali Calabrese (Main)	5900kJ	55.4g	52.4g	15.7g	162g	9.1g	3050mg
Penne Monte Carlo (Entree)	3590kJ	31.9g	33.9g	10.8g	93.6g	9.2g	536mg
Penne Monte Carlo (Main)	4880kJ	44.4g	40.1g	12.5g	142g	11.2g	650mg
Ravioli Milanese (Entree)	3200kJ	39.8g	28.9g	12.2g	81.1g	9.4g	1720mg
Ravioli Milanese (Main)	4420kJ	54.8g	39.3g	16.4g	113g	12.7g	2380mg
Penne Peppino (Entree)	3660kJ	36.8g	31.8g	9.8g	96.0g	9.6g	1660mg
Penne Peppino (Main)	4950kJ	50.1g	36.7g	11.3g	145g	12.5g	2140mg
Fettuccine Puttanesca (Entree)	3450kJ	26.0g	26.4g	3.4g	110g	6.1g	2010mg
Fettuccine Puttanesca (Main)	4890kJ	37.3g	35.6g	4.6g	159g	8.6g	2750mg
Ravioli Fiorentina (Entree)	2950kJ	32.2g	23.9g	8.5g	83.5g	11.7g	2590mg
Ravioli Fiorentina (Main)	3950kJ	43.0g	30.9g	11.0g	115g	14.6g	3200mg
Gnocchi Rosetta (Entree)	3250kJ	37.6g	22.0g	10.0g	100g	9.6g	1490mg
Gnocchi Rosetta (Main)	4430kJ	50.4g	28.1g	12.9g	142g	12.6g	1920mg
Tortellini Alla Panna (Entree)	2460kJ	26.4g	25.2g	11.2g	53.5g	8.3g	1100mg
Tortellini Alla Panna (Main)	3550kJ	41.2g	30.5g	13.6g	89.8g	10.3g	1530mg
Spaghetti & Meatballs (Entree)	3580kJ	42.8g	16.7g	5.1g	123g	7.7g	1600mg
Spaghetti & Meatballs (Main)	4890kJ	58.2g	22.5g	6.9g	169g	10.6g	2200mg

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)
CONTEMPORARY PASTA							
Fettuccine Mona Lisa (Entree)	4310kJ	35.8g	38.7g	10.6g	118g	10.7g	2500mg
Fettuccine Mona Lisa (Main)	5740kJ	49.3g	45.7g	13.4g	170g	15.0g	3280mg
Gnocchi Ragu (Entree)	3250kJ	42.1g	17.2g	5.7g	102g	11.1g	2320mg
Gnocchi Ragu (Main)	4330kJ	53.1g	20.4g	6.3g	145g	14.9g	3010mg
Spirali Casanova (Entree)	3970kJ	44.9g	26.7g	8.2g	119g	12.8g	1980mg
Spirali Casanova (Main)	5750kJ	62.8g	39.4g	12.0g	174g	18.5g	2820mg
Linguine Amatriciana (Entree)	3490kJ	35.7g	21.4g	4.5g	110g	6.5g	1180mg
Linguine Amatriciana (Main)	4770kJ	50.3g	25.6g	5.5g	159g	9.0g	1630mg
Tortellini Zucca (Entree)	2690kJ	28.4g	29.3g	9.3g	59.7g	11.5g	1040mg
Tortellini Zucca (Main)	2990kJ	31.1g	34.8g	11.0g	62.1g	13.0g	1130mg
Linguine Turismo (Entrée)	4080kJ	44.3g	30.1g	8.8g	116g	9.7g	2200mg
Linguine Turismo (Main)	5900kJ	66.8g	43.0g	15.9g	170g	15.6g	2780mg
Linguine Marinara (Entrée)	3940kJ	53.0g	24.4g	4.0g	109g	5.4g	1540mg
Linguine Marinara (Main)	5310kJ	72.8g	28.5g	4.7g	158g	7.1g	1980mg
VEGETARIAN PASTA							
Ravioli Tre-Colori (Entree)	1890kJ	17.9g	19.6g	9.8g	47.6g	9.9g	921mg
Ravioli Tre-Colori (Main)	2920kJ	29.5g	26.1g	13.4g	81.3g	12.9g	1370mg
Spinach & Ricotta Cannelloni (Entree)	1610kJ	18.6g	19.7g	9.7g	30.5g	5.9g	1170mg
Spinach & Ricotta Cannelloni (Main)	2310kJ	27.7g	27.3g	14.1g	45.1g	8.2g	1690mg
Linguine Verdure (Entree)	3580kJ	27.4g	23.0g	3.6g	113g	9.8g	1590mg
Linguine Verdure (Main)	4820kJ	39.0g	26.7g	4.2g	162g	12.3g	2250mg
Penne Primavera (Entree)	2870kJ	19.8g	28.9g	6.3g	69.9g	11.1g	1040mg
Penne Primavera (Main)	3870kJ	29.1g	35.0g	8.2g	104g	15.3g	1430mg
Spirali Mediterranean with fetta (Entrée)	4330kJ	27.8g	40.8g	9.3g	116g	7.5g	1970mg
Spirali Mediterranean with fetta (Main)	5940kJ	39.9g	52.8g	12.5g	167g	9.9g	2550mg

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PIZZA							
Margherita (Large)	5510kJ	59.7g	41.9g	15.2g	160g	15.9g	2060mg
Margherita (10 inch)	3820	41.1g	28.5g	10.2g	113g	11.4g	1480mg
Contadina (Supreme) (12 inch)	6340kJ	76.9g	57.2g	21.8g	165g	17.0g	4650mg
Contadina (Supreme) (10 inch)	4410kJ	53.1g	39.5g	15.0g	115g	12.1g	3260mg
Rimini (12 inch)	5240kJ	66.2g	29.1g	16.6g	172g	27.8g	2880mg
Rimini (10 inch)	3610kJ	45.3g	19.9g	11.1g	119g	18.3g	2030mg
Al Salame (12 inch)	6420kJ	75.8g	61.5g	24.9g	161g	12.7g	3810mg
Al Salame (10 inch)	4390kJ	51.4g	41.1g	16.4g	112g	9.3g	2620mg
Spicy Chicken (12 inch)	6730kJ	95.5g	59.7g	18.2g	163g	15.6g	3150mg
Spicy Chicken (10 inch)	4620kJ	64.8g	40.3g	12.2g	113g	11.1g	2200mg
Meat Lovers (12 inch)	6910kJ	94.8g	57.5g	27.1g	178g	25.9g	4610mg
Meat Lovers (10 inch)	4910kJ	66.8g	40.8g	19.0g	127g	19.9g	3310mg
Three Little Pigs (12 inch)	6740kJ	95.3g	52.4g	24.5g	176g	28.1g	4000mg
Three Little Pigs (10 inch)	4830kJ	68.2g	38.3g	18.3g	125g	21.2g	2860mg
BBQ Chicken & Bacon (12 inch)	6500kJ	98.2g	48.8g	21.4g	171g	24.3g	4400mg
BBQ Chicken & Bacon (10 inch)	4440kJ	64.1g	31.6g	13.8g	123g	20.3g	2940mg
Roast Vegetable (12 inch)	7910kJ	54.8g	81.0g	21.8g	194g	32.1g	3330mg
Roast Vegetable (10 inch)	5270kJ	37.6g	52.2g	14.1g	133g	20.9g	2490mg
Calzone Three Pigs with Napoli	4970kJ	70.9g	40.7g	18.8g	124g	20.8g	3360mg
Calzone Pollo with Bolognese	4940kJ	69.5g	47.0g	17.7g	107g	9.4g	3020mg
Calzone Pollo with Napoli	4680kJ	62.7g	42.3g	16.0g	108g	10.6g	3180mg
MAINS							
Chicken Parmigiana	5820kJ	71.9g	73.5g	35.6g	106g	10.4g	2900mg
Pollo Delizia	5050kJ	66.7g	79.1g	24.1g	40.2g	11.7g	3690mg
Hamburger Italiano	6060kJ	55.9g	88.9g	34.4g	97.9g	14.9g	2940mg
Beef Boscaiola	9800kJ	136g	108g	32.7g	188g	18.1g	3190mg
Pork Belly	3400kJ	55.7g	44.3g	17.4g	36.0g	6.0g	1560mg
Salt & Pepper Squid	5150kJ	49.0g	73.2g	16.1g	91.9g	4.6g	1820mg
Barramundi	4900kJ	65.2g	70.2g	31.6g	67.6g	4.7g	1920mg
Fish & Chips	5450kJ	28.9g	89.2g	19.5g	94.9g	10.1g	1190mg

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	Energy (KJ)	Protein (g)	Fat, Total (g)	Fat, Saturated (g)	Carbohydrate total (g)	Carbohydrate, sugars (g)	Sodium (mg)
KIDS							
Kids Chicken & Chips	2650kJ	13.4g	36.3g	13.4g	61.9g	1.7g	746mg
Kids Fish & Chips	2900kJ	16.4g	36.7g	14.0g	73.2g	4.3g	566mg
Kids Grilled Chicken & Mash	1720kJ	25.9g	19.9g	8.7g	26.0g	2.7g	883mg
Kids Lasagne	1900kJ	29.4g	22.1g	7.5g	30.8g	6.9g	1540mg
Kids Penne Cheese	2130kJ	24.2g	12.0g	7.1g	72.7g	3.7g	238mg
Kids Ham & Cheese Pizza	3330kJ	45.2g	19.4g	11.5g	104g	8.5g	2030mg
Kids Ham & Pineapple Pizza	3560kJ	45.0g	19.4g	11.0g	118g	17.4g	1910mg
Kids Salad with balsamic dressing	584kJ	0.6g	14.5g	1.0g	1.6g	1.6g	224mg
Kids Salad with caesar dressing	410kJ	1.1g	9.5g	0.8g	1.8g	1.7g	85mg
Kids Spaghetti Bolognese	1930kJ	21.6g	7.5g	1.9g	71.8g	2.9g	538mg
Kids Zoodle Bolognese	521kJ	8.8g	6.6g	1.7g	4.7g	4.5g	536mg

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.

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.