

	Energy (KJ)	Protein (g)	Fat, Total (g)	Fat, Saturated (g)	Carbohydrate total (g)	Carbohydrate, sugars (g)	Sodium (mg)
STARTERS & SIDES							
Garlic Bread (3 slices)	2240kJ	14.0g	25.4g	15.7g	62.7g	2.9g	859mg
Cheesy Garlic Bread (3 slices)	2810kJ	25.7g	35.3g	21.7g	62.8g	3.0g	1100mg
Pizza Bianca (10 Inch)	3870kJ	43.9g	35.0g	12.9g	106g	5.5g	1160mg
Pizza Bianca (8 Inch)	2290kJ	26.9g	23.6g	9.0g	55.2g	2.9g	712mg
Four Cheese Pizza (10 Inch)	5570kJ	56.5g	52.6g	20.8g	153g	8.8g	1950mg
Minestrone Soup (Large)	1020kJ	7.5g	11.0g	1.3g	25.3g	6.2g	1650mg
Minestrone Soup (Small)	510kJ	3.8g	5.5g	0.7g	12.6g	3.1g	823mg
Broccolini	440kJ	2.9g	9.0g	1.0g	2.2g	1.4g	874mg
Bowl of Chips	3820kJ	12.1g	45.3g	23.0g	111g	2.6g	1050mg
Potato Wedges w/ Sour Cream & Sweet Chilli	4620kJ	12.0g	59.5g	16.8g	127g	21.2g	2200mg
Italian Loaded Fries	3960kJ	36.5g	53.5g	26.3g	77.4g	5.6g	2250mg
SALADS							
Garden Salad	376kJ	1.2g	7.1g	0.6g	4.7g	3.0g	269mg
Chicken Caesar Salad	4570kJ	57.6g	86.9g	15.9g	21.7g	4.0g	1660mg
Chicken Quinoa Salad	3740kJ	46.8g	69.3g	12.5g	21.3g	4.4g	921mg
Greek Salad	1950kJ	8.0g	42.2g	11.3g	13.0g	6.7g	1720mg
RISOTTO							
Risotto Pollo	5700kJ	43.5g	66.8g	25.7g	143g	9.5g	2490mg

	Energy (KJ)	Protein (g)	Fat, Total (g)	Fat, Saturated (g)	Carbohydrate total (g)	Carbohydrate, sugars (g)	Sodium (mg)
TRADITIONAL PASTA							
Spaghetti Bolognese (Entree)	3300kJ	39.6g	15.3g	4.1g	117g	6.4g	1120mg
Spaghetti Bolognese (Main)	4430kJ	52.5g	19.4g	5.2g	160g	8.2g	1400mg
Ravioli Fantasia (Entree)	3840kJ	32.4g	46.6g	19.3g	85.2g	10.2g	2280mg
Ravioli Fantasia (Main)	4900kJ	42.9g	55.5g	23.1g	116g	12.3g	2800mg
Fettuccine Carbonara (Entree)	4400kJ	35.3g	47.4g	21.5g	112g	7.6g	1280mg
Fettuccine Carbonara (Main)	5960kJ	49.3g	59.5g	27.7g	162g	9.8g	1690mg
Spirali Calabrese (Entree)	4250kJ	41.0g	34.1g	13.3g	113g	6.7g	2060mg
Spirali Calabrese (Main)	5810kJ	56.6g	41.7g	17.0g	164g	9.4g	2820mg
Penne Monte Carlo (Entree)	3870kJ	30.3g	43.0g	19.9g	95.4g	7.6g	1230mg
Penne Monte Carlo (Main)	5180kJ	42.7g	49.5g	23.1g	144g	9.4g	1510mg
Ravioli Milanese (Entree)	3430kJ	39.3g	34.9g	15.8g	81.7g	8.7g	1850mg
Ravioli Milanese (Main)	4710kJ	54.2g	47.0g	21.0g	114g	11.9g	2530mg
Penne Peppino (Entree)	3580kJ	36.5g	33.1g	11.8g	96.5g	9.2g	1870mg
Penne Peppino (Main)	4880kJ	49.8g	38.5g	13.7g	146g	12.1g	2380mg
Fettuccine Puttanesca (Entree)	3250kJ	26.4g	21.2g	2.7g	113g	6.4g	2030mg
Fettuccine Puttanesca (Main)	4620kJ	37.9g	28.7g	3.7g	164g	9.0g	2770mg
Ravioli Fiorentina (Entree)	3230kJ	31.4g	31.2g	12.6g	84.2g	11.2g	2550mg
Ravioli Fiorentina (Main)	4310kJ	42.0g	40.2g	16.2g	116g	14.0g	3170mg
Gnocchi Rosetta (Entree)	3400kJ	35.8g	27.9g	13.7g	98.8g	9.0g	1890mg
Gnocchi Rosetta (Main)	4620kJ	47.9g	35.7g	17.7g	140g	11.8g	2490mg
Tortellini Alla Panna (Entree)	2840kJ	24.8g	38.0g	17.6g	54.4g	6.6g	1340mg
Tortellini Alla Panna (Main)	4000kJ	39.2g	45.3g	20.7g	90.6g	8.3g	1790mg
Spaghetti & Meatballs (Entree)	3400kJ	39.0g	13.9g	4.0g	125g	8.3g	1640mg
Spaghetti & Meatballs (Main)	4650kJ	53.1g	18.8g	5.3g	171g	11.5g	2260mg
LASAGNE							
Lasagne Bolognese (Entree)	3020kJ	45.7g	36.5g	12.8g	48.9g	10.6g	2290mg
Lasagne Bolognese (Main)	3820kJ	58.0g	46.3g	16.4g	61.4g	13.3g	2880mg
Chicken Lasagne	3830kJ	42.3g	50.0g	18.6g	66.4g	12.4g	2680mg
Eggplant Lasagne	3900kJ	30.6g	52.2g	11.5g	81.7g	19.9g	2660mg

	Energy (KJ)	Protein (g)	Fat, Total (g)	Fat, Saturated (g)	Carbohydrate total (g)	Carbohydrate, sugars (g)	Sodium (mg)
CONTEMPORARY PASTA							
Fettuccine Mona Lisa (Entree)	5040kJ	34.8g	63.9g	14.1g	118g	12.0g	1850mg
Fettuccine Mona Lisa (Main)	6730kJ	48.0g	78.5g	18.6g	170g	16.6g	2520mg
Gnocchi Ragu (Entree)	3030kJ	39.2g	16.1g	5.4g	99.6g	11.0g	2560mg
Gnocchi Ragu (Main)	4050kJ	49.4g	19.1g	5.9g	141g	14.8g	3360mg
Tortellini Zucca (Entree)	3060kJ	27.0g	39.6g	16.7g	61.0g	10.2g	1460mg
Tortellini Zucca (Main)	3440kJ	29.4g	47.3g	20.0g	63.6g	11.5g	1650mg
Prawn & Zucchini Spaghetti (Entree)	3060kJ	32.5g	33.8g	15.5g	69.0g	9.0g	945mg
Prawn & Zucchini Spaghetti (Main)	4080kJ	40.6g	46.3g	21.0g	92.0g	10.8g	1220mg
Linguine Turismo (Entree)	4590kJ	43.4g	48.6g	12.2g	116g	10.5g	1810mg
Linguine Turismo (Main)	6550kJ	63.7g	67.0g	17.3g	169g	15.5g	2670mg
Linguine Marinara (Entree)	3780kJ	52.4g	25.5g	4.1g	110g	5.8g	1580mg
Linguine Marinara (Main)	5140kJ	71.9g	30.2g	5.0g	159g	7.5g	2030mg
VEGETARIAN PASTA							
Ravioli Di Ricotta Tre-Colori (Entree)	2430kJ	16.2g	32.8g	18.0g	49.3g	8.5g	1280mg
Ravioli Di Ricotta Tre-Colori (Main)	3550kJ	27.2g	41.3g	22.8g	83.5g	11.1g	1770mg
Spinach & Ricotta Cannelloni (Entree)	1770kJ	18.2g	23.7g	12.5g	30.9g	5.4g	1310mg
Spinach & Ricotta Cannelloni (Main)	2520kJ	27.0g	32.8g	17.9g	45.7g	7.7g	1880mg
Linguini Verdure (Entree)	3120kJ	26.8g	17.8g	2.4g	113g	8.8g	1490mg
Linguini Verdure (Main)	4210kJ	38.0g	19.7g	2.6g	160g	9.7g	1370mg
Penne Primavera (Entree)	2840kJ	19.2g	32.9g	9.5g	70.6g	10.6g	1220mg
Penne Primavera (Main)	3940kJ	28.2g	41.9g	13.1g	105g	14.5g	1670mg
MAINS							
Chicken Parmigiana	5440kJ	71.1g	63.0g	32.9g	107g	11.1g	2780mg
Pollo Delizia	5240kJ	61.3g	91.0g	31.0g	42.6g	12.4g	2590mg
Roast Duck	4870kJ	33.6g	97.6g	32.5g	36.5g	9.3g	1780mg
Hamburger Italiano	6240kJ	57.7g	90.6g	33.2g	109g	10.1g	3000mg
Beef Boscaiola	9570kJ	135g	103g	37.3g	191g	18.2g	3300mg
Salt and Pepper Squid	4790kJ	49.0g	62.4g	15.3g	93.8g	5.7g	1670mg
Barramundi	4540kJ	65.2g	59.5g	30.2g	69.6g	5.9g	1710mg
Fish & Chips	5080kJ	28.9g	78.4g	18.6g	96.9g	11.1g	1030mg

	Energy (KJ)	Protein (g)	Fat, Total (g)	Fat, Saturated (g)	Carbohydrate total (g)	Carbohydrate, sugars (g)	Sodium (mg)
PIZZA							
Margherita (12 Inch)	5340kJ	59.3g	41.2g	14.2g	160g	15.0g	2000mg
Margherita (10 inch)	3710kJ	40.9g	28.1g	9.6g	112g	11.1g	1830mg
Contadina (Supreme) (12 Inch)	6280kJ	77.9g	47.6g	20.7g	165g	16.5g	4650mg
Contadina (Supreme) (10 Inch)	4380kJ	53.9g	32.8g	14.4g	116g	11.8g	3250mg
Rimini (12 Inch)	5200kJ	66.3g	29.2g	13.2g	171g	27.1g	2670mg
Rimini (10 Inch)	3580kJ	45.4g	20.0g	8.9g	118g	17.9g	1890mg
Al Salame (12 Inch)	6590kJ	77.5g	49.6g	27.1g	160g	12.7g	3490mg
Al Salame (10 Inch)	4510kJ	52.5g	33.3g	17.9g	113g	9.3g	2410mg
Meat Lovers (12 Inch)	7030kJ	91.5g	52.2g	26.3g	186g	34.4g	4360mg
Meat Lovers (10 Inch)	4980kJ	64.3g	36.6g	18.4g	132g	25.6g	3150mg
BBQ Chicken and Bacon (12 Inch)	6680kJ	95.6g	50.7g	21.4g	182g	35.3g	3770mg
BBQ Chicken and Bacon (10 Inch)	4510kJ	62.4g	32.7g	13.7g	128g	25.9g	2550mg
Verdura (12 Inch)	6530kJ	65.8g	68.0g	19.1g	164g	15.8g	2980mg
Verdura (10 Inch)	4380kJ	44.9g	43.2g	12.5g	115g	10.8g	2130mg
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 and Mash	1730kJ	23.8g	22.9g	10.5g	26.3g	2.2g	631mg
Kids Lasagne	1900kJ	29.5g	22.6g	7.9g	30.9g	6.9g	1510mg
Kids Penne Cheese	2370kJ	23.6g	17.9g	10.4g	73.1g	3.0g	382mg
Kids Pizza Ham & Cheese	3300kJ	45.3g	19.5g	8.9g	104g	8.0g	1860mg
Kids Pizza Ham & Pineapple	3540kJ	45.1g	19.4g	8.8g	117g	17.1g	1770mg
Kids Salad With Balsamic	245kJ	0.6g	4.9g	0.3g	2.6g	2.6g	83mg
Kids Salad With Caesar	409kJ	1.1g	9.5g	0.8g	1.8g	1.7g	84mg
Kids Spaghetti Bolognese	1900kJ	21.7g	7.0g	1.9g	72.0g	3.0g	486mg
Kids Zoodle Bolognese	489kJ	8.9g	6.1g	1.6g	4.9g	4.6g	484mg

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.