

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)	2230kj	13.9g	25.0g	15.7g	62.6g	2.8g	883mg
Cheesy Garlic Bread (3 slices)	2800kj	25.3g	34.7g	23.0g	62.6g	2.9g	1130mg
Pizza Bianca (10 inch)	3890kj	43.4g	34.6g	15.0g	106g	5.5g	1180mg
Pizza Bianca (8 inch)	2300kj	26.6g	23.3g	10.5g	55.2g	2.9g	723mg
Four Cheese Pizza (10 inch)	6740kj	69.3g	77.2g	33.2g	154g	9.3g	2590mg
Four Cheese Pizza (8 inch)	5580kj	56.3g	52.4g	21.7g	153g	8.8g	1960mg
Trio of Dips	3970kj	27.6g	38.9g	5.1g	117g	6.3g	1530mg
Olive Pizza Bread (10 inch)	4630kj	29.3g	55.8g	10.8g	117g	9.1g	2350mg
Bowl of Chips (Large)	3820kj	12.1g	45.3g	23.0g	111g	2.6g	1050mg
Bowl of Chips (Small)	1910kj	6.1g	22.7g	11.5g	55.3g	1.3g	525mg
Wedges with sour cream & sweet chilli	4620kj	12.0g	59.5g	16.8g	127g	21.2g	2200mg
Italian Loaded Fries	3970kj	36.1g	53.1g	28.1g	77.4g	5.6g	2260mg
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
SALADS							
Garden Salad	388kj	1.5g	7.1g	0.7g	5.2g	2.9g	269mg
Chicken Caesar Salad	4240kj	57.6g	77.3g	14.1g	22.1g	4.6g	1450mg
Honey Mustard Chicken Salad	2680kj	39.7g	44.0g	10.9g	19.8g	18.2g	1830mg
Greek Salad	1950kj	8.0g	42.2g	11.3g	13.0g	6.7g	1720mg

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PIZZA							
Margherita (12 inch)	5370kJ	58.2g	40.6g	16.9g	160g	15.3g	2010mg
Margherita (10 inch)	3730kJ	40.1g	27.6g	11.4g	113g	11.3g	1840mg
Contadina (Supreme) (12 inch)	6300kJ	77.3g	47.0g	23.4g	165g	16.5g	4670mg
Contadina (Supreme) (10 inch)	4400kJ	53.5g	32.5g	16.2g	116g	11.8g	3270mg
Gourmet Chicken (12 inch)	8470kJ	101g	94.4g	25.8g	184g	37.5g	3610mg
Gourmet Chicken (10 inch)	5670kJ	69.5g	60.5g	17.1g	127g	25.2g	2470mg
Rimini (12 inch)	5220kJ	65.7g	28.6g	15.9g	171g	27.1g	2690mg
Rimini (10 inch)	3590kJ	44.9g	19.6g	10.7g	118g	17.9g	1900mg
Al Salame (12 inch)	6610kJ	76.9g	49.0g	29.8g	160g	12.7g	3510mg
Al Salame (10 inch)	4520kJ	52.1g	33.0g	19.7g	113g	9.3g	2420mg
Meat Lovers (12 inch)	7050kJ	90.9g	51.6g	29.0g	186g	34.4g	4390mg
Meat Lovers (10 inch)	4990kJ	63.8g	36.3g	20.2g	132g	25.6g	3160mg
BBQ Chicken & Bacon (12 inch)	6700kJ	94.9g	50.2g	24.1g	182g	35.3g	3800mg
BBQ Chicken & Bacon (10 inch)	4520kJ	62.0g	32.3g	15.5g	128g	25.9g	2570mg
Verdura (12 inch)	6560kJ	65.0g	67.4g	21.8g	165g	15.8g	3000mg
Verdura (10 inch)	4390kJ	44.4g	42.8g	14.3g	115g	10.9g	2140mg

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TRADITIONAL PASTA							
Spaghetti Bolognese (Main)	4430kJ	52.5g	19.4g	5.2g	160g	8.2g	1400mg
Spaghetti Bolognese (Entree)	3300kJ	39.6g	15.3g	4.1g	117g	6.4g	1120mg
Ravioli Fantasia (Main)	4900kJ	42.9g	55.5g	23.1g	116g	12.3g	2800mg
Ravioli Fantasia (Entree)	3840kJ	32.4g	46.6g	19.3g	85.0g	10.2g	2280mg
Fettuccine Carbonara (Main)	5960kJ	49.3g	59.5g	27.7g	161g	9.8g	1690mg
Fettuccine Carbonara (Entree)	4400kJ	35.3g	47.4g	21.5g	112g	7.5g	1280mg
Lasagne Bolognese (Main)	3830kJ	57.8g	46.2g	17.2g	61.4g	13.3g	2890mg
Lasagne Bolognese (Entree)	3020kJ	45.5g	36.4g	13.4g	48.8g	10.6g	2290mg
Spirali Calabrese (Main)	5820kJ	56.4g	41.5g	18.0g	164g	9.4g	2830mg
Spirali Calabrese (Entrée)	4260kJ	40.8g	33.9g	14.2g	113g	6.7g	2070mg
Penne Monte Carlo (Main)	5180kJ	42.7g	49.5g	23.1g	143g	9.3g	1510mg
Penne Monte Carlo (Entrée)	3860kJ	30.3g	43.0g	19.9g	95.1g	7.6g	1230mg
Ravioli Milanese (Main)	4720kJ	53.9g	46.8g	22.2g	114g	11.9g	2540mg
Ravioli Milanese (Entrée)	3440kJ	39.1g	34.8g	16.7g	81.6g	8.7g	1850mg
Penne Peppino (Main)	4880kJ	49.5g	38.3g	14.8g	146g	12.1g	2380mg
Penne Peppino (Entrée)	3580kJ	36.3g	33.0g	12.7g	96.4g	9.2g	1870mg
Fettuccine Puttanesca (Main)	4620kJ	37.9g	28.7g	3.7g	164g	9.0g	2770mg
Fettuccine Puttanesca (Entrée)	3250kJ	26.4g	21.2g	2.7g	113g	6.4g	2030mg
Ravioli Fiorentina (Main)	4310kJ	42.0g	40.2g	16.2g	116g	14.0g	3170mg
Ravioli Fiorentina (Entrée)	3230kJ	31.4g	31.3g	12.6g	84.1g	11.2g	2550mg
Gnocchi Rosetta (Main)	4620kJ	47.6g	35.5g	18.9g	138g	11.7g	2500mg
Gnocchi Rosetta (Entrée)	3400kJ	35.6g	27.7g	14.7g	97.4g	9.0g	1900mg
Spaghetti and Meatballs (Main)	4650kJ	53.1g	18.8g	5.3g	171g	11.5g	2260mg
Spaghetti and Meatballs (Entrée)	3400kJ	39.0g	13.9g	4.0g	125g	8.3g	1640mg
Tortellini Alla Panna (Main)	4000kJ	39.2g	45.3g	20.7g	90.3g	8.2g	1790mg
Tortellini Alla Panna (Entrée)	2840kJ	24.8g	38.0g	17.6g	54.1g	6.6g	1340mg

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CONTEMPORARY PASTA							
Fettuccine Mona Lisa (Main)	6630kJ	49.3g	70.9g	18.0g	173g	21.9g	2370mg
Fettuccine Mona Lisa (Entrée)	4960kJ	35.9g	57.7g	13.6g	120g	16.4g	1720mg
Gnocchi Ragu (Main)	4050kJ	49.4g	19.1g	5.9g	139g	14.8g	3360mg
Gnocchi Ragu (Entrée)	3030kJ	39.2g	16.1g	5.4g	98.3g	11.0g	2560mg
Tortellini Zucca (Main)	3440kJ	29.4g	47.3g	20.0g	63.3g	11.5g	1650mg
Tortellini Zucca (Entrée)	3050kJ	27.0g	39.6g	16.8g	60.7g	10.2g	1460mg
Fettuccine Tutto Mare (Main)	4610kJ	41.5g	51.2g	12.6g	112g	5.6g	1860mg
Fettuccine Tutto Mare (Entrée)	4130kJ	37.4g	41.5g	10.0g	109g	4.6g	1420mg
Linguine Turismo (Main)	6470kJ	64.8g	60.7g	16.8g	171g	19.9g	2550mg
Linguine Turismo (Entrée)	4530kJ	44.2g	44.4g	11.9g	117g	13.4g	1720mg
Linguine Marinara (Main)	5140kJ	71.9g	30.2g	5.0g	159g	7.5g	2030mg
Linguine Marinara (Entrée)	3780kJ	52.4g	25.5g	4.1g	110g	5.8g	1580mg
VEGETARIAN PASTA							
Ravioli Tre-Colori (Main)	3550kJ	27.2g	41.3g	22.8g	83.2g	11.1g	1770mg
Ravioli Tre-Colori (Entrée)	2430kJ	16.2g	32.8g	18.0g	49.1g	8.5g	1280mg
Spinach & Ricotta Cannelloni (Main)	2520kJ	27.0g	32.8g	17.9g	45.6g	7.7g	1880mg
Spinach & Ricotta Cannelloni (Entrée)	1760kJ	18.2g	23.7g	12.5g	30.9g	5.4g	1310mg
Linguine Verdure (Main)	4210kJ	38.0g	19.7g	2.6g	160g	9.7g	1370mg
Linguine Verdure (Entrée)	3120kJ	26.8g	17.8g	2.4g	113g	8.8g	1490mg
Penne Primavera (Main)	3940kJ	28.2g	42.0g	13.1g	104g	14.5g	1670mg
Penne Primavera (Entrée)	2840kJ	19.2g	32.9g	9.5g	70.6g	10.6g	1220mg
Penne Con Ceci (Main)	6360kJ	37.3g	79.2g	9.5g	154g	13.9g	720mg
Penne Con Ceci (Entrée)	4460kJ	25.5g	58.1g	6.9g	103g	11.0g	557mg
RISOTTO							
Risotto Pollo	5640kJ	44.2g	62.5g	25.4g	145g	12.4g	2420mg
Salmon Risotto	5220kJ	55.1g	69.2g	29.4g	96.9g	6.8g	2320mg

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MAINS							
Chicken Parmigiana	5450kJ	71.4g	63.0g	32.9g	108g	11.0g	2780mg
Pollo Delizia	5190kJ	62.3g	86.8g	30.7g	44.5g	15.2g	2510mg
Salmon	3700kJ	47.2g	60.0g	22.8g	33.9g	6.7g	1710mg
Hamburger Italiano	6140kJ	57.6g	87.8g	32.7g	109g	10.3g	2940mg
Beef Boscaiola	9590kJ	135g	103g	38.3g	192g	18.1g	3310mg
Salt & Pepper Squid	4480kJ	33.0g	57.1g	13.7g	100g	7.9g	2080mg
Barramundi	4540kJ	65.3g	59.0g	30.2g	69.9g	5.6g	1740mg
Fish & Chips	4970kJ	29.2g	75.0g	18.0g	97.5g	11.2g	955mg

KIDS							
Kids Chicken and 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	1730kJ	23.7g	22.7g	10.5g	26.2g	2.2g	639mg
Kids Lasagne	1910kJ	29.4g	22.6g	8.3g	30.9g	6.9g	1510mg
Kids Penne Cheese	2370kJ	23.4g	17.7g	11.3g	73.1g	3.0g	389mg
Kids Pizza Ham and Cheese	3320kJ	44.9g	19.1g	10.7g	104g	8.0g	1880mg
Kids Pizza Ham and Pineapple	3550kJ	44.6g	19.1g	10.6g	117g	17.1g	1780mg
Kids Salad (Balsamic)	245kJ	0.6g	4.9g	0.3g	2.6g	2.6g	83mg
Kids Salad (Caesar)	354kJ	1.1g	7.9g	0.5g	1.8g	1.8g	50mg
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.

*The information was correct as at January 21 2020.

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.