

## 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)	2490kJ	15.1g	25.3g	6.1g	73.5g	4.7g	896mg
Cheesy Garlic Bread (3 slices)	3060kJ	26.8g	35.2g	12.0g	73.6g	4.7g	1180mg
Pizza Bianca (10 inch)	3910kJ	44.7g	35.0g	12.9g	105g	5.5g	1210mg
Pizza Bianca (8 inch)	2310kJ	27.4g	23.6g	9.0g	55.0g	2.9g	743mg
Four Cheese Pizza (10 inch)	6880kJ	71.9g	80.1g	33.5g	154g	8.4g	2490mg
Four Cheese Pizza (8 inch)	4650kJ	48.1g	52.7g	21.8g	107g	5.8g	1640mg
Trio of Dips	4240kJ	27.7g	45.8g	5.7g	117g	7.8g	1320mg
Olive Pizza Bread (10 inch)	5380kJ	30.1g	76.8g	12.9g	114g	8.5g	1920mg
Bowl of Chips (Large)	4480kJ	13.7g	50.1g	12.7g	136g	2.6g	1060mg
Bowl of Chips (Small)	2240kJ	6.9g	25.0g	6.4g	68.0g	1.3g	530mg
Wedges with sour cream & sweet chilli	3650kJ	9.9g	36.7g	14.4g	100.0g	15.0g	1240mg
Minestrone Soup (Large)	982kJ	6.9g	11.1g	1.4g	22.8g	7.1g	1740mg
Minestrone Soup (Small)	491kJ	3.5g	5.6g	0.7g	11.4g	3.5g	868mg
Loaded Bacon Fries	5190kJ	33.4g	88.9g	33.9g	83.4g	5.1g	2440mg
Criss Cross Fries	4180kJ	7.1g	74.9g	8.4g	80.9g	3.2g	1580mg
Mac & Cheese Bites	3340kJ	35.1g	46.1g	27.7g	56.6g	7.4g	2420mg
<b>SALADS</b>							
Garden Salad	394kJ	1.6g	7.4g	0.7g	5.6g	3.0g	285mg
Chicken Caesar Salad	4740kJ	60.7g	89.9g	16.2g	20.8g	4.7g	2140mg
Honey Mustard Chicken Salad	2590kJ	39.1g	42.0g	9.5g	17.7g	16.7g	1220mg
Greek Salad	1990kJ	10.2g	42.3g	10.9g	12.1g	6.1g	1580mg

## 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>PIZZA</b>							
Margherita (12 inch)	5380kJ	58.9g	41.1g	14.2g	160g	15.2g	2500mg
Margherita (10 inch)	3730kJ	40.6g	28.0g	9.6g	113g	11.2g	1910mg
Contadina (Supreme) (12 inch)	6460kJ	77.4g	52.4g	21.1g	164g	14.1g	4700mg
Contadina (Supreme) (10 inch)	4510kJ	53.6g	36.0g	14.6g	115g	10.2g	3290mg
Rimini (12 inch)	5230kJ	66.0g	29.2g	13.2g	172g	23.8g	2800mg
Rimini (10 inch)	3600kJ	45.2g	20.0g	8.9g	119g	15.9g	1970mg
Al Salame (12 inch)	5590kJ	67.6g	47.6g	27.2g	115g	10.4g	3350mg
Al Salame (10 inch)	4520kJ	52.5g	33.1g	18.0g	113g	9.3g	2490mg
Meat Lovers (12 inch)	6990kJ	90.3g	54.4g	26.9g	179g	29.0g	4420mg
Meat Lovers (10 inch)	4940kJ	63.6g	38.0g	18.8g	126g	21.5g	3200mg
BBQ Chicken & Bacon (12 inch)	6870kJ	93.0g	59.8g	22.2g	175g	29.8g	3790mg
BBQ Chicken & Bacon (10 inch)	4630kJ	60.8g	38.7g	14.3g	123g	21.8g	2550mg
Verdura (12 inch)	6610kJ	64.8g	70.0g	19.3g	164g	13.5g	3380mg
Verdura (10 inch)	4430kJ	44.2g	44.6g	12.7g	114g	9.4g	2400mg

## 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 PASTA</b>							
Spaghetti Bolognese (Main)	4540kJ	58.2g	19.0g	5.1g	161g	9.1g	2050mg
Spaghetti Bolognese (Entree)	3390kJ	44.3g	15.0g	4.0g	118g	7.2g	1640mg
Ravioli Fantasia (Main)	5120kJ	40.8g	61.6g	23.9g	118g	12.3g	2160mg
Ravioli Fantasia (Entree)	4000kJ	30.2g	51.7g	20.0g	85.6g	9.7g	1680mg
Fettuccine Carbonara (Main)	6090kJ	47.7g	63.5g	28.6g	162g	9.4g	1610mg
Fettuccine Carbonara (Entree)	4500kJ	34.1g	50.7g	22.2g	113g	7.1g	1220mg
Lasagne Bolognese (Main)	3830kJ	65.9g	43.1g	16.2g	59.6g	13.6g	3080mg
Lasagne Bolognese (Entree)	3020kJ	52.0g	34.0g	12.6g	47.5g	10.9g	2440mg
Spirali Calabrese (Main)	6020kJ	57.9g	44.7g	17.7g	166g	10.2g	3580mg
Spirali Calabrese (Entrée)	4340kJ	41.2g	35.5g	13.3g	115g	7.3g	2530mg
Penne Monte Carlo (Main)	5230kJ	41.6g	51.1g	22.7g	144g	9.1g	1260mg
Penne Monte Carlo (Entrée)	3890kJ	29.5g	44.0g	19.6g	95.2g	7.4g	1050mg
Ravioli Milanese (Main)	4650kJ	57.9g	42.2g	20.3g	116g	12.2g	2720mg
Ravioli Milanese (Entrée)	3400kJ	42.0g	31.5g	15.3g	83.4g	9.0g	1990mg
Penne Peppino (Main)	4950kJ	49.4g	39.9g	13.3g	147g	12.6g	2920mg
Penne Peppino (Entrée)	3640kJ	36.2g	34.4g	11.5g	96.9g	9.6g	2270mg
Fettuccine Puttanesca (Main)	4830kJ	37.9g	33.7g	3.8g	164g	9.8g	3120mg
Fettuccine Puttanesca (Entrée)	3400kJ	26.4g	24.9g	2.8g	114g	7.0g	2270mg
Ravioli Fiorentina (Main)	4350kJ	40.3g	41.0g	16.0g	118g	14.2g	3230mg
Ravioli Fiorentina (Entrée)	3280kJ	30.0g	32.6g	12.5g	85.6g	11.5g	2660mg
Gnocchi Rosetta (Main)	4490kJ	50.5g	34.8g	17.3g	129g	13.0g	4260mg
Gnocchi Rosetta (Entrée)	3240kJ	36.3g	26.1g	13.2g	90.8g	9.4g	3050mg
Spaghetti and Meatballs (Main)	4680kJ	54.8g	18.4g	4.7g	172g	12.3g	2990mg
Spaghetti and Meatballs (Entrée)	3420kJ	40.3g	13.5g	3.5g	125g	8.9g	2180mg
Tortellini Alla Panna (Main)	3900kJ	41.6g	47.9g	20.8g	77.0g	8.9g	1960mg
Tortellini Alla Panna (Entrée)	2800kJ	26.1g	39.7g	17.5g	46.8g	6.9g	1460mg

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<b>CONTEMPORARY PASTA</b>							
Fettuccine Mona Lisa (Main)	6780kJ	47.6g	75.0g	19.1g	175g	22.9g	2810mg
Fettuccine Mona Lisa (Entrée)	5080kJ	34.4g	61.2g	14.5g	122g	17.1g	2000mg
Gnocchi Ragu (Main)	4060kJ	55.3g	20.9g	5.6g	130g	15.5g	5260mg
Gnocchi Ragu (Entrée)	3060kJ	44.5g	17.7g	5.1g	91.5g	11.4g	3880mg
Tortellini Zucca (Main)	4630kJ	44.0g	62.5g	22.7g	84.6g	13.2g	2040mg
Tortellini Zucca (Entrée)	3300kJ	27.7g	49.8g	18.2g	51.9g	9.9g	1460mg
Fettuccine Tutto Mare (Main)	4870kJ	41.0g	57.4g	13.9g	113g	6.6g	2000mg
Fettuccine Tutto Mare (Entrée)	4340kJ	37.1g	46.5g	10.9g	111g	5.3g	1530mg
Linguine Turismo (Main)	6570kJ	63.4g	63.6g	17.2g	172g	20.5g	2980mg
Linguine Turismo (Entrée)	4610kJ	43.2g	46.8g	12.2g	118g	13.8g	2010mg
Linguine Marinara (Main)	5080kJ	73.0g	28.5g	4.3g	158g	7.7g	2220mg
Linguine Marinara (Entrée)	3740kJ	53.3g	24.3g	3.7g	110g	6.0g	1740mg
<b>VEGETARIAN PASTA</b>							
Ravioli Tre-Colori (Main)	4170kJ	32.4g	42.3g	22.9g	111g	12.4g	2100mg
Ravioli Tre-Colori (Entrée)	2780kJ	19.0g	33.6g	18.3g	64.4g	9.1g	1480mg
Spinach & Ricotta Cannelloni (Main)	2490kJ	26.8g	32.6g	17.7g	44.2g	7.6g	2090mg
Spinach & Ricotta Cannelloni (Entrée)	1760kJ	18.1g	23.9g	12.6g	30.1g	5.4g	1470mg
Linguine Verdure (Main)	4410kJ	38.0g	24.1g	2.9g	162g	10.2g	2490mg
Linguine Verdure (Entrée)	3200kJ	26.4g	20.2g	2.5g	112g	8.0g	2070mg
Penne Primavera (Main)	4040kJ	27.9g	44.5g	12.9g	104g	14.9g	1960mg
Penne Primavera (Entrée)	2930kJ	19.0g	35.2g	9.4g	70.2g	10.9g	1410mg
Penne Con Ceci (Main)	6310kJ	37.6g	77.6g	9.3g	153g	13.9g	793mg
Penne Con Ceci (Entrée)	4430kJ	25.8g	57.0g	6.7g	102g	11.0g	616mg
<b>RISOTTO</b>							
Risotto Pollo	5480kJ	47.5g	60.9g	24.7g	135g	12.3g	2340mg
Salmon Risotto	5910kJ	57.4g	89.4g	33.7g	90.3g	6.4g	2190mg

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<b>MAINS</b>							
Chicken Parmigiana	5450kJ	68.8g	69.7g	17.2g	98.6g	9.1g	2770mg
Pollo Delizia	4820kJ	57.8g	79.1g	28.0g	43.2g	16.8g	2720mg
Salmon	4380kJ	48.3g	78.7g	26.9g	31.4g	7.8g	1580mg
Beef Boscaiola	6930kJ	76.9g	99.5g	32.2g	106g	9.6g	3180mg
Fish & Chips	5200kJ	28.4g	77.5g	17.4g	106g	8.0g	1360mg
Meateater Beef Schnitzel	6720kJ	91.5g	88.5g	32.8g	99.2g	7.3g	4000mg
Fantasia Beef Schnitzel	6680kJ	66.7g	97.0g	33.5g	107g	10.6g	3040mg
Tropicana Chicken Schnitzel	4850kJ	48.6g	65.3g	21.0g	91.9g	12.5g	2640mg
<b>BURGERS</b>							
Chicken Caesar Burger	6130kJ	66.1g	81.2g	22.6g	114g	4.5g	2770mg
Hamburger Classico	6940kJ	64.0g	106g	35.4g	110g	18.6g	3520mg
Double Cheeseburger	6980kJ	81.7g	93.9g	39.1g	121g	28.3g	3760mg
Veggie Burger	5650kJ	34.7g	69.6g	15.7g	137g	15.9g	2330mg
<b>KIDS</b>							
Kids Chicken and Chips	3440kJ	21.7g	44.4g	11.1g	81.3g	2.0g	976mg
Kids Fish & Chips	3510kJ	20.1g	41.5g	12.3g	93.4g	7.2g	948mg
Kids Grilled Chicken & Mash	1550kJ	23.9g	18.8g	9.4g	23.6g	3.2g	966mg
Kids Lasagne	1940kJ	34.1g	21.5g	7.8g	30.3g	7.3g	1810mg
Kids Penne Cheese	2380kJ	23.7g	17.7g	10.2g	73.4g	3.1g	453mg
Kids Pizza Ham & Cheese	3430kJ	46.3g	19.6g	8.9g	108g	8.2g	1970mg
Kids Pizza Ham & Pineapple	3560kJ	44.9g	19.4g	8.8g	118g	15.1g	1850mg
Kids Salad (Balsamic)	230kJ	0.6g	5.0g	0.4g	2.4g	2.2g	85mg
Kids Salad (Caesar)	433kJ	1.1g	10.2g	0.9g	1.5g	1.4g	71mg
Kids Spaghetti Bolognese	1920kJ	23.3g	6.7g	1.7g	72.3g	3.3g	684mg

Energy (KJ)	Protein (g)	Fat, Total (g)	Fat, Saturated (g)	Carbohydrate total (g)	Carbohydrate, sugars (g)	Sodium (mg)
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### 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 purposes. 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 May 23, 2022.

### 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.