

NUTRITIONAL INFORMATION - FOOD

ALLERGY INFO / FACTS AND FIGURES		Average Quantity Per Serving									Average Quantity Per 100 g							Contains these allergens											
Category	Product Name	Serving Size	Energy		Protein (g)	Fat		Carbohydrates		Sodium (mg)	Energy		Protein (g)	Fat		Carbohydrates		Sodium (mg)	Gluten Cereals	Crustacea	Egg	Milk Products	Fish	Peanuts	Soy	Sesame	Tree Nuts	Sulphites	Lupin
			Kilojoules (kJ)	Calories (Cal)		Total (g)	Saturated (g)	Carbs (g)	Sugars (g)		Kilojoules (kJ)	Calories (Cal)		Total (g)	Saturated (g)	Carbs (g)	Sugars (g)												
SAVOURY PRODUCTS																													
Filone	Cibo Filone Loaf	80 g	936 kJ	223 Cal	7.0 g	1.4 g	0.2 g	43.2 g	<0.1 g	385 mg	1170 kJ	278 Cal	8.7 g	1.8 g	0.3 g	54.0 g	<0.1 g	481 mg	YES	NO	NO	NO	NO	MCT	YES	MCT	MCT	NO	NO
Focaccia	Focaccia Calabrese	195 g	1720 kJ	330 Cal	18.5 g	18.2 g	8.0 g	37.0 g	1.4 g	1060 mg	882 kJ	210 Cal	9.5 g	9.3 g	4.1 g	19.0 g	0.7 g	543 mg	YES	NO	NO	YES	NO	MCT	YES	MCT	MCT	YES	NO
	Focaccia Pollo	215 g	2370 kJ	564 Cal	28.5 g	32.9 g	9.5 g	37.0 g	1.4 g	735 mg	1100 kJ	261 Cal	13.2 g	15.3 g	4.4 g	17.2 g	0.7 g	342 mg	YES	NO	YES	YES	NO	MCT	YES	YES	YES	YES	NO
	Focaccia al Vegetarian	246 g	1900 kJ	452 Cal	12.6 g	26.7 g	6.9 g	38.9 g	3.4 g	1190 mg	773 kJ	184 Cal	5.1 g	10.9 g	2.8 g	15.8 g	1.4 g	482 mg	YES	NO	NO	YES	NO	MCT	YES	MCT	MCT	YES	NO
	Focaccia Calabrese*	200 g	2000 kJ	476 Cal	14.9 g	20.9 g	7.4 g	54.9 g	2.8 g	1620 mg	998 kJ	238 Cal	7.5 g	10.5 g	3.7 g	27.4 g	1.4 g	813 mg	MCT	NO	NO	YES	NO	MCT	YES	YES	MCT	YES	NO
	Focaccia Pollo*	226 g	2240 kJ	533 Cal	19.5 g	23.3 g	6.1 g	60.2 g	7.4 g	1570 mg	993 kJ	236 Cal	8.6 g	10.3 g	2.7 g	26.6 g	3.3 g	696 mg	MCT	NO	YES	YES	NO	MCT	YES	YES	YES	YES	NO
	Focaccia al Vegetarian*	237 g	2120 kJ	505 Cal	8.9 g	26.6 g	6.2 g	56.2 g	4.5 g	1660 mg	893 kJ	213 Cal	3.7 g	11.2 g	2.6 g	23.7 g	1.9 g	702 mg	MCT	NO	NO	YES	NO	MCT	YES	YES	MCT	NO	NO
Muffin	Muffin Di Zucca e Feta	160 g	1840 kJ	440 Cal	14.9 g	25.0 g	6.6 g	37.2 g	5.6 g	1280 mg	1150 kJ	275 Cal	9.3 g	15.6 g	4.1 g	23.2 g	3.5 g	797 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO	NO
Insalata Focaccia	Insalata Italiano	240 g	924 kJ	220 Cal	1.9 g	19.2 g	1.7 g	7.9 g	7.5 g	690 mg	385 kJ	92 Cal	0.8 g	8.0 g	0.7 g	3.3 g	3.1 g	288 mg	MCT	NO	NO	MCT	NO	MCT	NO	MCT	MCT	YES	NO
	Insalata Pollo	240 g	1920 kJ	458 Cal	23.5 g	32.8 g	6.3 g	15.3 g	1.9 g	931 mg	798 kJ	190 Cal	9.8 g	13.7 g	2.6 g	6.4 g	0.8 g	388 mg	YES	NO	YES	YES	YES	MCT	YES	MCT	MCT	YES	NO
	Insalata di Mais, Ceci e Peperoncini	300 g	1140 kJ	271 Cal	12.1 g	17.4 g	3.9 g	14.0 g	6.6 g	1050 mg	380 kJ	90 Cal	4.0 g	5.8 g	1.3 g	4.7 g	2.2 g	350 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO	NO
	Strozzapreti in Insalata con Pollo	279 g	3910 kJ	931 Cal	27.1 g	49.1 g	7.2 g	95.6 g	2.9 g	842 mg	1400 kJ	333 Cal	9.7 g	17.6 g	2.6 g	34.3 g	1.0 g	302 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	YES	NO	NO
	Insalata Nizzarda con Tonno	270 g	1260 kJ	300 Cal	15.6 g	22.9 g	3.1 g	6.9 g	4.0 g	735 mg	466 kJ	111 Cal	5.8 g	8.5 g	1.2 g	2.6 g	1.5 g	272 mg	YES	NO	YES	YES	YES	MCT	YES	MCT	MCT	NO	NO
Piadina	Piadina Boscaiola	260 g	2130 kJ	509 Cal	30.0 g	15.6 g	8.0 g	59.3 g	0.9 g	1530 mg	820 kJ	195 Cal	11.5 g	6.0 g	3.1 g	22.8 g	0.3 g	589 mg	YES	NO	MCT	YES	NO	MCT	YES	MCT	MCT	YES	NO
	Piadina Capocollo	235 g	2450 kJ	585 Cal	26.5 g	27.6 g	8.5 g	56.8 g	0.8 g	1300 mg	1040 kJ	248 Cal	11.3 g	11.7 g	3.6 g	24.2 g	0.3 g	552 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	YES	NO
	Panino Zucca	205 g	1560 kJ	372.8 Cal	12.8 g	9.3 g	3.6 g	56.9 g	12.8 g	902 mg	761 kJ	181.8 Cal	6.2 g	4.6 g	1.7 g	27.8 g	6.2 g	440 mg	YES	NO	MCT	YES	NO	MCT	YES	MCT	MCT	NO	NO
	Panino Aia	205 g	2210 kJ	528 Cal	28.9 g	25.2 g	3.8 g	45.6 g	1.5 g	1050 mg	1080 kJ	258 Cal	14.1 g	12.3 g	1.9 g	22.2 g	0.7 g	514 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	YES	NO	NO
	Panino Arrosto	200 g	2110 kJ	504.3 Cal	21.5 g	26.3 g	5.4 g	44.9 g	2.6 g	1240 mg	1050 kJ	250.9 Cal	10.8 g	13.2 g	2.7 g	22.4 g	1.3 g	620 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	YES	NO
	Panino Prosciutto e Melanzane	185 g	2140 kJ	511.4 Cal	13.0 g	30.1 g	4.7 g	45.4 g	2.7 g	1510 mg	1150 kJ	274.8 Cal	7.0 g	16.3 g	2.6 g	24.5 g	1.5 g	816 mg	YES	NO	YES	MCT	NO	MCT	YES	MCT	MCT	NO	NO
	Panino Calabrese	200 g	2100 kJ	501 Cal	17.6 g	29.6 g	8.0 g	46.6 g	2.9 g	1140 mg	1050 kJ	251 Cal	8.8 g	14.8 g	4.0 g	23.3 g	1.4 g	573 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	YES	NO
	Panini Capocollo	170 g	1770 kJ	423 Cal	15.0 g	20.7 g	5.4 g	43.2 g	1.7 g	1020 mg	1040 kJ	248 Cal	8.8 g	12.2 g	3.2 g	25.4 g	1.0 g	603 mg	YES	MCT	YES	YES	MCT	MCT	YES	MCT	MCT	YES	NO
Pizza	Pizza Al Cotto e Formaggio	350 g	1943 kJ	929 Cal	42.9 g	42.0 g	19.0 g	91.6 g	3.2 g	2020 mg	1110 kJ	265 Cal	12.3 g	12.0 g	5.4 g	26.2 g	0.9 g	578 mg	YES	NO	MCT	YES	NO	MCT	NO	MCT	YES	YES	NO
	Pizza Calabrese	350 g	1768 kJ	846 Cal	40.0 g	33.4 g	14.8 g	92.0 g	4.1 g	2140 mg	1010 kJ	241 Cal	11.4 g	9.5 g	4.2 g	26.3 g	1.2 g	613 mg	YES	NO	MCT	YES	NO	MCT	YES	MCT	MCT	YES	NO
	Pizza Al Zucca e Feta	380 g	2052 kJ	982 Cal	41.1 g	38.0 g	17.8 g	112 g	22.6 g	2270 mg	1080 kJ	258 Cal	10.8 g	10.0 g	4.7 g	29.6 g	5.9 g	598 mg	YES	NO	MCT	YES	NO	MCT	NO	MCT	YES	YES	NO
Tigelle	Tigelle al Prosciutto	61 g	602 kJ	143 Cal	5.9 g	4.7 g	1.2 g	18.8 g	0.8 g	391 mg	987 kJ	235 Cal	9.7 g	7.7 g	1.9 g	30.8 g	1.3 g	641 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO	NO
Torta	Torta di Spinaci	157 g	1762 kJ	422 Cal	10.4 g	30.0 g	11.4 g	25.6 g	2.3 g	514 mg	1130 kJ	270 Cal	6.6 g	19.2 g	7.3 g	16.4 g	1.5 g	328 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO	NO
	Crostatina di Verdure	153 g	1040 kJ	248 Cal	5.2 g	15.4 g	5.8 g	21.0 g	5.4 g	929 mg	680 kJ	162 Cal	3.4 g	10.1 g	3.8 g	13.8 g	3.5 g	607 mg	YES	NO	MCT	YES	NO	MCT	YES	MCT	MCT	NO	NO
	Torta Ripiena Di Zucca e Ricotta	221 g	2820 kJ	674 Cal	17.7 g	45.1 g	18.6 g	47.5 g	17.3 g	1190 mg	1280 kJ	306 Cal	8.0 g	20.4 g	8.4 g	21.5 g	7.8 g	539 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	YES	MCT	NO
Tostino	Tostino al Cotto	283 g	3209 kJ	763 Cal	38.9 g	12.6 g	6.5 g	87.9 g	1.2 g	1123 mg	1146 kJ	273 Cal	15.0 g	4.9 g	2.6 g	39.5 g	0.6 g	496 mg	YES	MCT	MCT	YES	MCT	MCT	YES	MCT	MCT	MCT	NO
Tramezzini	Tramezzini al Tonno	219 g	1840 kJ	438 Cal	27.1 g	17.0 g	2.6 g	42.6 g	7.6 g	1630 mg	840 kJ	200 Cal	12.4 g	7.7 g	1.2 g	19.5 g	3.4 g	743 mg	YES	NO	YES	YES	YES	MCT	YES	MCT	MCT	NO	NO
	Tramezzini di Uova	190 g	1560 kJ	371 Cal	18.0 g	14.3 g	3.0 g	40.4 g	6.7 g	1010 mg	824 kJ	196 Cal	9.5 g	7.5 g	1.6 g	21.2 g	3.5 g	533 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO	NO

Items marked with a * are made from gluten free ingredients MCT = MAY CONTAIN TRACES

As our products are made by hand, slight nutritional variances may occur as the above values are based on our standard recipes and ingredient formulations from our suppliers. Also due to seasonal changes, slight alterations to recipes and changes to suppliers we may update this information from time to time. Updated 13/06/19

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ALLERGY INFO / FACTS AND FIGURES		Average Quantity Per Serving									Average Quantity Per 100 g									Contains these allergens											
Category	Product Name	Serving Size	Energy			Fat		Carbohydrates		Sodium (mg)	Energy			Fat		Carbohydrates		Sodium (mg)	Gluten Cereals	Crustacea	Egg	Milk Products	Fish	Peanuts	Soy	Sesame	Tree Nuts	Sulphites	Lupin		
			Kilojoules (kJ)	Calories (Cal)	Protein (g)	Total (g)	Saturated (g)	Carbs (g)	Sugars (g)		Kilojoules (kJ)	Calories (Cal)	Protein (g)	Total (g)	Saturated (g)	Carbs (g)	Sugars (g)													Sodium (mg)	
SAVOURY PRODUCTS																															
Baguette	Baguette con Boccconcini Pomodoro Pesto e Basilico	290 g	1750 kJ	417 Cal	17.6 g	12.5 g	5.6 g	56.3 g	3.5 g	1070 mg	649 kJ	155 Cal	6.5 g	4.6 g	2.1 g	20.8 g	1.3 g	396 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	YES	NO	NO		
Breakfast Bap	Panino di Colazione	175 g	1270 kJ	302 Cal	13.5 g	11.9 g	5.7 g	11.2 g	6.0 g	961 mg	727 kJ	173 Cal	7.7 g	6.8 g	3.3 g	6.4 g	3.4 g	549 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	YES	NO		
Pastries	Plain Croissant	100 g	1670 kJ	397 Cal	7.8 g	22.1 g	14.1 g	41.1 g	5.1 g	273 mg	1670 kJ	397 Cal	7.8 g	22.1 g	14.1 g	41.1 g	5.1 g	273 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO	NO		
	Croissant al Cotto	145 g	1880 kJ	448 Cal	19.9 g	24.7 g	15.2 g	35.6 g	5.1 g	909 mg	1300 kJ	309 Cal	13.7 g	17.0 g	10.5 g	24.6 g	3.5 g	627 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	YES	NO		
	Croissant al Caprese	165 g	1900 kJ	452 Cal	13.2 g	27.0 g	17.4 g	38.0 g	5.7 g	604 mg	1150 kJ	273 Cal	8.0 g	16.4 g	10.6 g	23.0 g	3.4 g	366 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO	NO		
	Croissant Uova e Pancetta	210 g	2540 kJ	607 Cal	21.5 g	36.4 g	20.1 g	47.5 g	10.2 g	1500 mg	1210 kJ	289 Cal	10.2 g	17.3 g	9.6 g	22.6 g	4.8 g	714 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	YES	NO	NO		
	Croissant Al Cotto e Mozzarella	195 g	2460 kJ	587 Cal	22.4 g	35.2 g	20.3 g	44.4 g	7.1 g	1080 mg	1260 kJ	301 Cal	11.5 g	18.0 g	10.4 g	22.7 g	3.7 g	555 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	YES	NO	NO		
	Croissant Salmone	170 g	2310 kJ	552 Cal	17.9 g	33.6 g	20.2 g	43.5 g	6.8 g	788 mg	1360 kJ	325 Cal	10.5 g	19.8 g	11.9 g	25.6 g	4.0 g	463 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	YES	NO	NO		
	Mini Croissant al Cotto e Formaggio	85 g	937 kJ	223 Cal	9.8 g	9.6 g	6.0 g	24.9 g	13.2 g	300 mg	1100 kJ	262 Cal	11.6 g	11.3 g	7.0 g	29.3 g	15.6 g	353 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO	NO		
	Rotolo al Cotto	180 g	2000 kJ	478 Cal	22.3 g	22.2 g	12.1 g	47.3 g	7.5 g	1020 mg	1110 kJ	266 Cal	12.4 g	12.3 g	6.7 g	26.3 g	4.2 g	568 mg	YES	MCT	YES	YES	MCT	MCT	YES	MCT	MCT	MCT	NO	NO	
	Rotolo di Zucca e Spinachi	145 g	1300 kJ	310 Cal	9.7 g	15.3 g	6.3 g	33.9 g	7.0 g	546 mg	900 kJ	214 Cal	6.7 g	10.5 g	4.3 g	23.4 g	4.8 g	377 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO	NO		
Brioche	Brioche Con Frittata di Funghi	210 g	2000 kJ	478 Cal	22.0 g	27.7 g	10.1 g	38.1 g	6.5 g	738 mg	937 kJ	223 Cal	10.3 g	12.9 g	4.7 g	17.8 g	3.0 g	345 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	YES	YES	NO		
	Brioche Uova e Pancetta	190 g	2010 kJ	480 Cal	25.1 g	24.1 g	11.6 g	40.5 g	8.8 g	968 mg	1030 kJ	246 Cal	12.9 g	12.4 g	5.9 g	20.8 g	4.5 g	496 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	YES	NO		
Soup	Minestrone	1000 g	1760 kJ	1261 Cal	32.9 g	39.0 g	5.6 g	171 g	49.3 g	24400 mg	528 kJ	126 Cal	3.3 g	3.9 g	0.6 g	17.1 g	4.9 g	2440 mg	YES	NO	MCT	NO	NO	MCT	YES	MCT	MCT	NO	NO		
	Zuppa Di Cavolfiore e Tartufo	1000 g	545 kJ	521 Cal	12.6 g	29.5 g	4.3 g	43.9 g	9.3 g	3870 mg	218 kJ	52 Cal	1.3 g	3.0 g	0.4 g	4.4 g	0.9 g	387 mg	YES	MCT	MCT	MCT	MCT	MCT	MCT	MCT	YES	NO	NO		
	Zuppa di zucca	1000 g	727 kJ	642 Cal	13.6 g	33.6 g	5.1 g	63.1 g	20.2 g	3090 mg	296 kJ	64.2 Cal	1.4 g	3.4 g	0.5 g	6.3 g	2.0 g	309 mg	YES	MCT	MCT	MCT	MCT	MCT	MCT	MCT	YES	NO	NO		
Salad	Insalata Cesare	215 g	1260 kJ	301 Cal	22.6 g	24.0 g	5.4 g	17.0 g	2.9 g	756 mg	585 kJ	140 Cal	10.5 g	11.2 g	2.5 g	7.9 g	1.4 g	351 mg	YES	NO	YES	YES	YES	MCT	YES	MCT	MCT	YES	NO		

NUTRITIONAL INFORMATION - FOOD

ALLERGY INFO / FACTS AND FIGURES		Average Quantity Per Serving									Average Quantity Per 100 g								Contains these allergens											
Category	Product Name	Serving Size	Energy		Protein (g)	Fat		Carbohydrates		Sodium (mg)	Energy		Protein (g)	Fat		Carbohydrates		Sodium (mg)	Gluten Cereals	Crustacea	Egg	Milk Products	Fish	Peanuts	Soy	Sesame	Tree Nuts	Sulphites	Lupin	
			Kilojoules (kJ)	Calories (Cal)		Total (g)	Saturated (g)	Carbs (g)	Sugars (g)		Kilojoules (kJ)	Calories (Cal)		Total (g)	Saturated (g)	Carbs (g)	Sugars (g)													Sodium (mg)
SWEET PRODUCTS																														
Tortino Sweet	Tortino Cioccolato	130 g	2170 kJ	516 Cal	6.9 g	26.7 g	5.4 g	61.2 g	48.1 g	75 mg	1670 kJ	397 Cal	5.3 g	20.6 g	4.1 g	47.0 g	37.0 g	58 mg	YES	NO	YES	YES	NO	MCT	NO	MCT	MCT	NO	NO	
	Tortino Rosso Velutto	90 g	1320 kJ	314 Cal	4.6 g	14.1 g	8.5 g	41.9 g	29.5 g	494 mg	1470 kJ	350 Cal	5.1 g	15.7 g	9.4 g	46.6 g	32.8 g	548 mg	YES	NO	YES	YES	NO	MCT	NO	MCT	MCT	NO	NO	
	Vaniglia Cup Cake	60 g	855 kJ	203 Cal	2.4 g	8.5 g	4.8 g	29.0 g	20.3 g	156 mg	1420 kJ	338 Cal	4.1 g	14.2 g	8.0 g	48.3 g	33.8 g	261 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	MCT	NO	NO
	Tortino all' Arancia*	80 g	1390 kJ	331 Cal	4.8 g	20.4 g	11.6 g	32.4 g	26.8 g	101 mg	1740 kJ	414 Cal	6.0 g	25.5 g	14.5 g	40.6 g	33.5 g	127 mg	MCT	NO	YES	YES	NO	MCT	NO	MCT	MCT	NO	NO	
	Tortino di Formaggio e Lampone*	125 g	1610 kJ	383 Cal	9.6 g	25.6 g	15.8 g	27.6 g	26.4 g	279 mg	1280 kJ	304 Cal	7.7 g	20.4 g	12.7 g	22.1 g	21.1 g	223 mg	MCT	NO	YES	YES	MCT	MCT	MCT	MCT	MCT	MCT	NO	NO
	Muffin con Mele e Lamponi	85 g	2220 kJ	530 Cal	7.4 g	28.5 g	6.2 g	59.4 g	34.9 g	478 mg	2490 kJ	595 Cal	8.3 g	32 g	7.0 g	66.8 g	39.2 g	537 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO	NO	
	Muffin con Crumble ai Mirtilli	105 g	2430 kJ	580 Cal	8.2 g	30.6 g	7.0 g	67.0 g	37.1 g	479 mg	2250 kJ	537 Cal	7.6 g	28.3 g	6.5 g	62.1 g	34.4 g	443 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	YES	MCT	NO	NO
Muffin con Lamponi e Cioccolato Bianco	105 g	2070 kJ	493 Cal	6.0 g	27.4 g	9.4 g	55.1 g	37.2 g	373 mg	1970 kJ	469 Cal	5.7 g	26.1 g	8.9 g	52.5 g	35.4 g	356 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO	NO		
Tortes, Tortas & Crostata	Torta Cioccolato	110 g	1840 kJ	439 Cal	5.1 g	30.6 g	20.7 g	36.9 g	26.0 g	39 mg	1680 kJ	401 Cal	4.6 g	27.9 g	18.8 g	33.5 g	23.7 g	35 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	MCT	NO	
	Torta Italiano Mandorle	90 g	1530 kJ	365 Cal	6.1 g	22.4 g	9.7 g	34.5 g	20.1 g	25 mg	1660 kJ	396 Cal	6.7 g	24.3 g	10.5 g	37.5 g	21.8 g	27 mg	YES	NO	YES	YES	NO	MCT	MCT	MCT	YES	YES	NO	
	Torta di Carrote e Noce	183 g	3560 kJ	847 Cal	9.0 g	56.1 g	14.5 g	76.3 g	61.1 g	612 mg	1940 kJ	461 Cal	4.9 g	30.6 g	7.9 g	41.7 g	33.4 g	334 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	YES	NO	NO	
	Torta Tiramisu	165 g	2250 kJ	535 Cal	5.8 g	34.5 g	21.6 g	50.4 g	37.6 g	176 mg	1360 kJ	323 Cal	3.5 g	20.9 g	13.1 g	30.5 g	22.8 g	107 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	YES	NO	NO	
	Torta al Limone	184 g	2530 kJ	604.6 Cal	9.9 g	34.6 g	20.4 g	64.0 g	55.9 g	215 mg	1380 kJ	246.1 Cal	5.4 g	18.8 g	11.1 g	34.8 g	30.4 g	117 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	YES	NO	
	Torta al Formaggio alle Albicocche	135 g	2480 kJ	592 Cal	9.2 g	34.6 g	19.7 g	58.1 g	48.7 g	431 mg	1840 kJ	344 Cal	6.8 g	25.6 g	14.6 g	43.0 g	36.1 g	319 mg	YES	MCT	YES	YES	MCT	MCT	YES	MCT	YES	YES	NO	
	Torta al Formaggio	135 g	1490 kJ	356 Cal	9.2 g	22.8 g	14.0 g	28.6 g	27.1 g	252 mg	1100 kJ	264 Cal	6.8 g	16.9 g	10.4 g	21.2 g	20.1 g	187 mg	YES	MCT	YES	YES	MCT	MCT	YES	MCT	YES	MCT	NO	
	Crostatina al Limone	95 g	1490 kJ	356 Cal	3.8 g	22.4 g	14.0 g	35.0 g	21.9 g	40 mg	1570 kJ	375 Cal	4.0 g	23.6 g	14.7 g	36.8 g	23.1 g	42 mg	YES	NO	YES	YES	NO	MCT	MCT	NO	MCT	MCT	NO	
Croissant alle Mandorle	124 g	1810 kJ	431 Cal	11.3 g	23.3 g	10.2 g	45.3 g	27.0 g	200 mg	1500 kJ	357 Cal	9.3 g	19.2 g	8.4 g	37.5 g	22.4 g	165 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	YES	NO	NO		
Protein Balls	Cioccolato e nocciola bacio	35 g	689 kJ	167 Cal	6.0 g	9.9 g	5.5 g	13.6 g	9.3 g	24 mg	1968 kJ	477 Cal	17.2 g	28.3 g	15.8 g	38.8 g	26.4 g	68 mg	YES	NO	MCT	YES	NO	MCT	MCT	MCT	YES	YES	NO	
	Cioccolato bianco e pistacchio bacio	35 g	822 kJ	195 Cal	5.6 g	14.6 g	9.4 g	10.2 g	6.8 g	35 mg	2348 kJ	557 Cal	16.1 g	41.6 g	26.8 g	29.2 g	19.5 g	99 mg	YES	NO	MCT	YES	NO	MCT	YES	MCT	YES	YES	NO	
Frutta	Frutta Fresca	100 g	156 kJ	37 Cal	0.6 g	0.2 g	0.1 g	7.0 g	7.0 g	16 mg	156 kJ	37 Cal	0.6 g	0.2 g	0.1 g	7.0 g	7.0 g	16 mg	MCT	NO	NO	NO	NO	MCT	NO	MCT	MCT	NO	NO	
Cake	Napolitano Cake	85 g	1310 kJ	313 Cal	4.4 g	14 g	11.0 g	34.0 g	27.8 g	135 mg	1540 kJ	368 Cal	5.2 g	16.4 g	13.0 g	40.0 g	32.7 g	159 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	MCT	NO	
Gluten Free Friands	Friand Albicocca*	50 g	1030 kJ	245 Cal	4.2 g	18.5 g	7.7 g	15.3 g	14.8 g	19 mg	2060 kJ	488 Cal	8.5 g	37.1 g	15.4 g	30.6 g	29.5 g	39 mg	MCT	NO	YES	YES	NO	MCT	NO	MCT	YES	NO	NO	
	Friand Mirtilli*	50 g	1030 kJ	245 Cal	4.2 g	18.5 g	7.7 g	15.2 g	14.7 g	19 mg	2060 kJ	488 Cal	8.4 g	37.1 g	15.4 g	30.4 g	29.4 g	38 mg	MCT	NO	YES	YES	NO	MCT	NO	MCT	YES	NO	NO	
Crostatina	Crostatina al Limone	95 g	1490 kJ	356 Cal	3.8 g	22.4 g	14.0 g	35.0 g	21.9 g	40 mg	1570 kJ	375 Cal	4.0 g	23.6 g	14.7 g	36.8 g	23.1 g	42 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	YES	NO	

NUTRITIONAL INFORMATION - FOOD

ALLERGY INFO / FACTS AND FIGURES		Average Quantity Per Serving									Average Quantity Per 100 g							Contains these allergens											
Category	Product Name	Serving Size	Energy		Protein (g)	Fat		Carbohydrates		Sodium (mg)	Energy		Protein (g)	Fat		Carbohydrates		Sodium (mg)	Gluten Cereals	Crustacea	Egg	Milk Products	Fish	Peanuts	Soy	Sesame	Tree Nuts	Sulphites	Lupin
			Kilojoules (kJ)	Calories (Cal)		Total (g)	Saturated (g)	Carbs (g)	Sugars (g)		Kilojoules (kJ)	Calories (Cal)		Total (g)	Saturated (g)	Carbs (g)	Sugars (g)												
SWEET PRODUCTS																													
Pastries	Pain au chocolat	96 g	1510 kJ	360 Cal	7.2 g	20.3 g	12.5 g	38.4 g	11.9 g	225 mg	1570 kJ	374 Cal	7.5 g	21.2 g	13.0 g	40.0 g	12.4 g	234 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO	NO
	Sfogliatelle	187 g	2360 kJ	628 Cal	16.3 g	22.3 g	9.5 g	88.1 g	22.5 g	409 mg	1410 kJ	336 Cal	8.7 g	11.9 g	5.1 g	47.1 g	12.0 g	219 mg	YES	MCT	YES	YES	MCT	MCT	YES	MCT	MCT	MCT	NO
Zeppole	Zeppole Plain	95 g	1370 kJ	327 Cal	7.0 g	18.8 g	10.2 g	34.5 g	10.4 g	138 mg	1440 kJ	344 Cal	7.3 g	19.8 g	10.7 g	35.3 g	10.9 g	145 mg	YES	NO	YES	YES	NO	MCT	NO	MCT	MCT	MCT	NO
	Zeppole Rosso Velluto	165 g	2880 kJ	688 Cal	10.1 g	39.8 g	23.5 g	64.8 g	39.9 g	332 mg	1740 kJ	415 Cal	6.1 g	24.4 g	14.2 g	39.3 g	24.2 g	201 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	MCT	NO
	Zeppole Bambini	165 g	2900 kJ	693.1 Cal	10.4 g	40.4 g	22.3 g	72.2 g	47.6 g	204 mg	1760 kJ	420.6 Cal	6.3 g	24.4 g	13.5 g	43.8 g	28.8 g	124 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	YES	MCT	NO
	Zeppole Lampone	170 g	2350 kJ	561 Cal	10.3 g	29.1 g	17.7 g	64.2 g	34.8 g	188 mg	1380 kJ	329 Cal	6.0 g	17.1 g	10.4 g	37.8 g	20.5 g	110 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	MCT	NO
	Zeppole Torta Di Formaggio	175 g	2620 kJ	626 Cal	11.0 g	41.5 g	26.6 g	52.7 g	25.0 g	365 mg	1500 kJ	358 Cal	6.3 g	23.7 g	15.2 g	30.1 g	14.3 g	208 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	MCT	NO
	Zeppole Mirtilli	190 g	2540 kJ	607 Cal	9.8 g	34.3 g	21.8 g	65.4 g	38.4 g	186 mg	1340 kJ	320 Cal	5.2 g	18.1 g	11.5 g	34.4 g	20.2 g	98 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	MCT	NO
Cannoli	Cannoli Siciliani	80 g	985 kJ	235 Cal	2.6 g	10.2 g	6.4 g	31.8 g	23.4 g	17 mg	1230 kJ	293 Cal	3.3 g	12.8 g	8.0 g	39.8 g	29.2 g	21 mg	YES	NO	YES	YES	MCT	MCT	YES	MCT	YES	MCT	NO
	Cannoli Tradizionali	75 g	913 kJ	218 Cal	2.3 g	8.6 g	5.7 g	30.5 g	19.0 g	27 mg	1160 kJ	277 Cal	2.9 g	10.9 g	7.2 g	38.6 g	24.0 g	34 mg	YES	NO	YES	YES	MCT	MCT	YES	MCT	MCT	MCT	NO
	Cannoli Al Limone	80 g	1090 kJ	260 Cal	2.3 g	12.6 g	8.9 g	32.9 g	22.6 g	82 mg	1360 kJ	325 Cal	2.8 g	15.7 g	11.1 g	41.1 g	28.3 g	102 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	MCT	NO
	Cannoli Oreo	85 g	1100 kJ	263 Cal	4.5 g	10.6 g	7.6 g	35.6 g	25.5 g	122 mg	1290 kJ	308 Cal	5.3 g	12.4 g	9.0 g	41.8 g	30.0 g	143 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	MCT	NO
	Cannoli Kinder	105 g	1500 kJ	358 Cal	3.1 g	16.1 g	13.2 g	47.5 g	36.4 g	36 mg	1430 kJ	341 Cal	3.0 g	15.4 g	12.6 g	45.2 g	34.7 g	37 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	MCT	NO
Bomboloni	Bomboloni Nutella	85 g	1670 kJ	397 Cal	7.0 g	19.8 g	8.4 g	47.6 g	28.9 g	41 mg	1960 kJ	466 Cal	8.3 g	23.3 g	9.9 g	56.0 g	34.0 g	48 mg	YES	MCT	YES	YES	MCT	MCT	YES	MCT	YES	MCT	NO
	Bomboloni Vaniglia	95 g	1240 kJ	295 Cal	6.6 g	13.8 g	7.7 g	35.0 g	14.9 g	50 mg	1300 kJ	310 Cal	6.9 g	14.6 g	8.1 g	36.8 g	15.7 g	53 mg	YES	MCT	YES	YES	MCT	MCT	YES	MCT	MCT	MCT	NO
Pane	Pane Di Banana	150 g	2040 kJ	488 Cal	7.2 g	21.2 g	13.2 g	65.2 g	39.1 g	295 mg	1360 kJ	325 Cal	4.8 g	14.1 g	8.8 g	43.5 g	26.1 g	197 mg	YES	NO	YES	YES	NO	MCT	NO	MCT	MCT	NO	NO
	Pane Di Banana e Nutella	160 g	2460 kJ	587.9 Cal	9.1 g	28.5 g	15.5 g	71.9 g	42.8 g	331 mg	1540 kJ	368 Cal	5.7 g	17.8 g	9.7 g	44.9 g	26.7 g	207 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO	NO
	Pane di Frutta	58 g	664 kJ	158 Cal	4.8 g	1.0 g	0.1 g	31.0 g	11.0 g	108 mg	1140 kJ	271 Cal	8.4 g	1.7 g	0.2 g	53.5 g	19.0 g	187 mg	YES	MCT	YES	YES	MCT	MCT	YES	MCT	MCT	MCT	NO
Biscotti	Biscotti di Mandorle e Vangilia	26 g	520 kJ	123 Cal	2.1 g	3.6 g	1.7 g	20.4 g	12.6 g	136 mg	2000 kJ	476 Cal	8.2 g	13.7 g	6.7 g	78.4 g	48.5 g	524 mg	YES	NO	YES	YES	NO	MCT	NO	MCT	YES	NO	NO
	Biscotti di Pistachio e Mirtilli	28 g	556 kJ	132 Cal	2.7 g	4.2 g	1.1 g	20.3 g	12.4 g	130 mg	1990 kJ	466 Cal	9.8 g	15.0 g	3.8 g	72.6 g	44.1 g	462 mg	YES	NO	YES	YES	NO	MCT	NO	MCT	YES	NO	NO
	Biscotti di Mandorle	36 g	674 kJ	161 Cal	3.8 g	9.3 g	0.6 g	14.9 g	14.9 g	12 mg	1870 kJ	447 Cal	10.7 g	25.8 g	1.7 g	41.3 g	41.3 g	32 mg	MCT	MCT	YES	MCT	MCT	MCT	MCT	MCT	YES	YES	NO
	Biscotti al Zenzero	45 g	859 kJ	205 Cal	2.9 g	7.8 g	5.0 g	30.0 g	15.3 g	116 mg	1900 kJ	454 Cal	6.5 g	17.4 g	11.2 g	66.6 g	33.9 g	258 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	MCT	NO
	Biscotti Smartie	50 g	1049 kJ	251 Cal	3.1 g	12.9 g	9.2 g	30.0 g	14.9 g	65 mg	2098 kJ	501 Cal	6.1 g	25.8 g	18.3 g	60 g	29.7 g	130 mg	YES	NO	MCT	YES	NO	MCT	YES	MCT	MCT	MCT	NO
	Biscotti al Cioccolato e Caramello Salato	50 g	1009 kJ	241 Cal	3.3 g	11.8 g	7.6 g	29.6 g	16.1 g	550 mg	2018 kJ	482 Cal	6.6 g	23.6 g	15.2 g	59.1 g	32.2 g	1100 mg	YES	NO	MCT	YES	NO	MCT	YES	MCT	MCT	MCT	NO
	Biscotti al Limone	50 g	1059 kJ	253 Cal	3.1 g	12.3 g	8.5 g	32.3 g	11.1 g	48 mg	2117 kJ	506 Cal	6.1 g	24.5 g	16.9 g	64.6 g	22.1 g	95 mg	YES	NO	MCT	YES	NO	MCT	MCT	MCT	MCT	MCT	NO
Viennese	Viennese	29 g	568 kJ	136 Cal	1.6 g	8.4 g	4.7 g	13.4 g	5.5 g	92 mg	1960 kJ	468 Cal	5.5 g	28.8 g	16.3 g	46.3 g	18.9 g	318 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	NO	NO