



Luke Randall Fitness

NUTRITION SURVIVAL GUIDE TO

ASK

CALORIES AND MACRONUTRIENTS

[WWW.FACEBOOK.COM/LUKERANDALLFIT-
NESS](http://WWW.FACEBOOK.COM/LUKERANDALLFITNESS)

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

BREADS & NIBBLES

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Garlic Speciale - with balsamic onions	838	29	89	-	7	35	4
Garlic Speciale - with purple pesto	801	27	100	-	18	27	3.4
Garlic Bread with Mozzarella	784	30	83	-	6	31	3.4
Cheese Fonduta	771	28	96	-	4	33	3.5
Garlic Bread	588	14	82	-	6	17	2.4
Rosemary & Sea Salt Bread	499	14	81	-	6	11	2.1
Spicy Nuts & Nibbles	253	8	17	-	3	16	0.5
Italian Olives	204	1	5	-	1	19	3.8

STARTERS & SHARERS

Antipasti - Classico	1310	52	103	-	27	74	6.1
Antipasti - Fritto	1105	44	92	-	5	61	2.6
Meatballs Piccante	718	35	76	-	11	31	2.9
Dough Balls - Fontal & Chilli	711	26	91	-	6	25	3.2
Chicken Lecca lecca	675	32	36	-	5	44	1.9
Dough Balls - Plain	550	16	91	-	6	12	2.1
Mushrooms Al Forno	540	10	29	-	2	43	1.1
Calamari (1 Serving)	476	23	20	-	1	24	2.1
Butterfly King Prawns	416	17	27	-	3	21	1.9
Spinach & Ricotta Arancini	387	14	41	-	4	20	2.2
Tuscan bread salad	375	9	46	-	10	18	2
Bruschetta	321	9	34	-	4	17	1.9
Insalata Burrata Caprese	303	15	3	-	3	26	0.6
Melanzane al Forno	301	12	10	-	5	24	1.2

FRESH PASTA

Purple Pesto Genovese	926	23	70	-	7	63	4.7
Tagliatelle Carbonara	882	43	69	-	5	52	6
Aragosta e Gamberoni	652	38	75	-	9	21	4.4
Beef Brisket Ragù	630	36	74	-	10	20	2.8

PASTA CLASSIC

Linguine Carbonara	1060	38	117	-	13	58	3
Penne Arrabiata with chicken	869	46	117	-	9	24	2.9
Vegan Lentil Ragù	849	25	129	-	12	26	3.5
Penne Arrabiata without chicken	759	24	116	-	9	22	2.5
Spinach and Ricotta Girsolo	743	27	49	-	9	53	3.3
Linguine con Frutti di Mare	703	37	89	-	8	22	7.6
Fettuccine Bolognese	692	28	87	-	11	21	3.1
Spaghetti al Pomodoro	672	21	98	-	13	24	2.6

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AL FORNO

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Penne al Pollo della Casa	842	45	79	-	10	38	1.6
Rigatoni di Manzo Piccante	718	35	76	-	11	31	2.9
Lasagne	717	29	52	-	13	43	2.1
Sausage Cannelloni	658	26	63	-	9	33	3.9
Melanzane al Forno	578	23	20	-	11	45	2.1

RISOTTO

Risotto con Pollo e Funghi	818	18	114	-	7	24	5.6
Risotto Pea, Asparagus & Ham	694	28	76	-	6	30	5.1
Risotto Pea & Asparagus (Veggie)	646	23	76	-	6	27	3.8

MEAT & FISH

Pork Belly Porchetta	1143	58	35	-	16	87	2.5
Pollo Milanese with Chips	1051	56	120	-	10	37	4
Sea Bass al Forno	584	46	35	-	5	29	4.3
Pollo Milanese	480	50	56	-	11	7	2.3

PRIMA PIZZA

Prima Salsiccia	1116	43	100	-	10	55	5.9
Prima Slow Cooked Lamb	1043	49	91	-	13	52	4.6
Prima Pizza Salami Misti	1011	54	103	-	12	44	6.1
Prima Pizza Pollo Piccante con Pancetta	914	62	107	-	14	29	4.6
Prima Caprina	863	39	103	-	18	31	4.1
Prima Coppa Ham & Egg	838	49	114	-	12	23	4.6
Prima Beef & Gorgonzola	833	49	89	-	15	28	1

PRIMA LIGHT

Light Coppa Ham & Egg	435	26	54	-	8	13	2.2
Light Pollo Piccante con Pancetta	435	62	107	-	14	29	4.6
Light Caprina	382	16	54	-	9	12	1.8

CLASSIC PIZZA & CALZONE

Calzone con Carne Piccante	970	48	100	-	13	39	6.2
Calzone Pollo	899	48	98	-	11	32	5.8
Stromboli	881	42	94	-	9	36	5.2
Margherita	802	41	94	-	9	28	4.1
Verdure	793	34	88	-	8	32	4.6
Pollo E Funghi	764	42	96	-	9	22	3.8

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SALAD

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chicken Caesar Salad	815	42	50	-	6	50	2.7
Insalata di Pollo e Pancetta	743	47	11	-	8	62	1.3
Roast Salmon and 3 Grains Salad	548	27	30	-	5	29	2.1
Mozzarella and 3 Grains Salad	531	27	36	-	10	31	1

VEGAN

Vegan Verdure	1042	22	89	-	11	67	1
Vegan Con Melanzane	843	20	92	-	10	44	2.5
Vegan Spaghetti al Pomodoro	765	22	116	-	9	24	2.5
Vegan Margherita - Prima	535	17	95	-	10	8	3.4
Vegan Lentil Grain Salad	321	10	42	-	9	13	0.4
Vegan Rainbow Salad	243	5	10	-	8	22	0.3

SIDES

Garlic & Cheese Chips	892	11	94	-	2	52	1.8
Chips with Mayo	863	9	94	-	2	50	2
Zucchini Fritti	281	5	28	-	0	16	0
Broccoli & Chilli	147	6	9	-	2	10	0.6
Rainbow Salad	66	2	6	-	3	4	0.7
Rocket Salad	57	4	1	-	1	4	0.3
Mixed Salad	18	1	3	-	3	1	0

DESSERTS

Chocolate Etna	767	8	67	-	42	54	0.2
Honeycomb Cheesecake with gelato	719	8	57	-	39	52	0.8
Gondolas - Chocolate & Nut	609	11	59	-	40	29	0.4
Gondolas - Salted Caramel	536	8	69	-	49	25	1
Pistachio & Olive Oil Cake	452	7	37	-	25	31	0.4
Blood Orange & Chocolate Tort	451	5	78	-	49	12	0.9
Tiramisu	419	5	43	-	25	24	0.2
Lemon Tart	408	7	42	-	34	23	0.1
Baked Chocolate Gnocchi	396	5	61	-	37	14	0.7
White Chocolate Swirl	342	4	25	-	23	26	0.6
Ice Cream Profiteroles	325	5	29	-	21	20	0
Panna cotta	190	5	17	-	14	13	0.1

GELATO

Hazelnut gelato 2 scoops	283	6	27	-	13	17	0.2
Pistachio gelato - 2 Scoops	273	6	30	-	28	14	0.3
Strawberry gelato 2 scoops	266	1	52	-	45	6	0
Salted Caramel gelato - 2 scoops	252	4	37	-	28	10	0.6
Vanilla gelato 2 scoops	242	6	33	-	33	10	0.2
Chocolate gelato 2 Scoops	225	5	27	-	25	11	0.2
Mango sorbetti 2 scoops	179	0	43	-	43	0	0.1
Raspberry sorbetti 2 scoops	166	1	40	-	40	0	0.1
Prosecco sorbetti 2 scoops	52	0	12	-	6	0	0.1