



Luke Randall Fitness

NUTRITION SURVIVAL GUIDE TO
**JAMIE'S
ITALIAN**

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

SET MENU

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Italian Nachos	486	17	39	2	3	31	3
Truffle Tagliatelle	383	8	44	1	0	20	1
Fritto Misto	368	10	10	2	3	35	1
Tuscan Pate	320	10	14	0	3	24	1
Tomato Bruschetta	188	8	15	1	4	11	1
Carbonara (L)	855	25	88	3	3	47	2
Italian Steak & Fries	785	47	31	3	4	52	1
Smoked Salmon Tagliatelle	785	25	92	5	5	37	2
Gnocchi Genovese	698	23	75	3	11	34	3
Buttermilk-Fried Chicken Burger	678	29	58	1	9	37	2
Tagliatelle Bolognese (L)	629	25	93	5	6	18	3
Carbonara (S)	467	13	44	1	1	28	1
Tagliatelle Bolognese (S)	314	13	46	2	3	9	2
Kale Caesar Salad	268	10	12	2	5	20	1
Torta Di Nada	612	6	59	2	41	37	0
Rich Chocolate Brownie	550	8	64	5	51	29	0
Clementine Sorbet	359	1	49	0	49	0	3
Affogato	142	3	16	0	14	8	0

NIBBLES

Italian Nachos	486	17	39	2	3	31	3
Crispy Polenta Chips	452	7	41	2	1	29	3
Bread Board	282	7	36	2	3	12	1
Garlic Flatbread	256	8	35	1	2	10	1
Oozy Cheese Croquettes	175	5	13	0	1	11	1
Big Green Olives on Ice	163	1	5	1	0	16	1

STARTERS

Vegetable Antipasti Plate	543	9	23	3	4	46	2
Buttermilk Squid	483	15	9	1	4	44	1
Creamy Burrata	471	21	5	2	1	41	2
Spicy 'Nduja Meatballs	397	12	28	1	6	28	2
Tuscan Pate	320	10	14	0	3	24	1
Meat Plank	320	15	24	2	2	18	2
Margherita Arancini	272	8	42	2	3	9	1
Tomato Bruschetta	188	8	15	1	4	11	1
Smoked Salmon Bruschetta	177	8	12	1	0	11	1

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PASTA

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Carbonara (L)	855	25	88	3	3	47	2
Spaghetti & Meatballs (L)	821	29	102	4	6	39	2
Prawn Linguine (L)	708	34	93	5	6	24	2
Veggie Tagliatelle Bolognese (L)	651	21	106	6	7	18	3
Tagliatelle Bolognese (L)	629	25	93	5	6	18	3
Gnocchi Pomodoro (L)	620	17	77	4	14	26	3
Jamie's Octopus Ravioli	603	32	34	3	6	36	2
Spinach & Ricotta Ravioli	574	23	41	4	8	35	1
Wild Mushroom Ravioli	543	24	21	1	2	43	4
Jamie's Epic Lasagne	533	25	30	4	10	33	2
Carbonara (S)	467	13	44	1	1	28	1
Spaghetti & Meatballs (S)	406	14	51	2	3	19	1
Prawn Linguine (S)	353	17	46	3	3	12	1
Veggie Tagliatelle Bolognese (S)	322	10	54	3	4	8	1
Tagliatelle Bolognese (S)	314	13	46	2	3	9	2
Gnocchi Pomodoro (S)	310	9	38	2	7	13	2

MAINS

Jamie's Italian Burger	1037	43	57	1	11	71	2
Flash Steak	785	47	31	1	4	52	3
Truffled Chicken Under A Brick	699	73	4	0	2	44	2
Grilled Chicken Under A Brick	599	70	2	1	1	35	1
British Trout	561	45	8	2	6	39	2
Veggie Quinoa & Kale Burger	558	21	53	3	20	27	2
Sirlon Steak	522	53	1	1	0	34	0
Super Food Salad (L)	481	15	40	7	9	29	0
Kale Super Food Salad (L)	434	9	23	6	10	34	1
Super Food Salad (S)	240	8	20	4	5	14	0
Kale Super Food Salad (S)	216	4	12	3	5	17	1

HAND CRAFTED PIZZA

Spicy 'Ndjula Meatball	959	48	109	7	7	41	3
Posh Pepperoni	871	42	96	7	6	36	5
Four Cheese	854	38	98	6	4	35	3
Julietta	839	37	100	8	10	33	3

SIDES

Sweet Potato Fries	497	3	42	6	18	34	2
Crispy Polenta Chips	452	7	41	2	1	29	3
Skinny Fries	341	4	29	0	3	22	1
Kale & Hazelnut Salad	220	5	3	1	2	21	1
Roasted Broccoli	126	7	6	6	3	8	1
Rocket & Parmesan	70	2	2	2	1	6	1

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DESSERTS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Torta Di Nada	612	6	59	2	41	37	0
Molten Chocolate Praline Pudding	601	8	47	2	29	43	0
Rich Chocolate Brownie	550	8	64	5	51	29	0
Epic Tiramisu	524	5	50	1	40	35	0
Baked Lemon & Ricotta Cheesecake	343	6	37	1	27	21	0
Affogato	142	3	16	0	14	8	0