



Luke Randall Fitness

NUTRITION SURVIVAL GUIDE TO

PIZZA EXPRESS

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

STARTERS

| | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|-----------------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Classic Italian Antipasto for 1 | 787 | 31 | 53 | 8.2 | 6 | 50 | 6.5 |
| Dough Balls Doppio | 770 | 19 | 88 | 6.5 | 4 | 37 | 3.4 |
| Calamari | 636 | 12 | 47 | 4.6 | 4 | 45 | 2.8 |
| Bruschetta Originale | 412 | 11 | 46 | 3.7 | 4 | 20 | 1.9 |
| Gluten Free Dough Balls | 382 | 2 | 44 | 2.6 | 5 | 22 | 1.3 |
| Dough Balls | 361 | 9 | 42 | 2.9 | 2 | 16 | 1.6 |
| 'Nduja Arancini | 359 | 8 | 28 | 1.2 | 2 | 24 | 1.9 |
| Caesar Salad | 349 | 16 | 14 | 2.7 | 3 | 25 | 1.7 |
| Buffalo Mozzarella & Tomato Salad | 331 | 10 | 5 | 1 | 4 | 30 | 1 |
| Garlic Bread w. Mozzarella | 326 | 16 | 42 | 2.8 | 2 | 10 | 1.6 |
| Olives Marinade | 122 | 1 | 7 | 2.9 | 1 | 11 | 2.8 |
| Roasted Tomatoes | 67 | 1 | 6 | 2.8 | 6 | 4 | 0.5 |

AL FORNO

| | | | | | | | |
|---------------------|------|----|----|-----|----|----|-----|
| Pollo Pesto | 1195 | 51 | 88 | 3.3 | 11 | 70 | 3 |
| Broad Bean Rigatoni | 879 | 24 | 82 | 6.4 | 4 | 50 | 4.1 |
| Cannelloni | 760 | 36 | 31 | 2.8 | 23 | 55 | 4.8 |
| Lasagna Classica | 752 | 33 | 42 | 3.4 | 10 | 49 | 3.9 |
| Bolognese Rigatoni | 683 | 30 | 81 | 3.9 | 13 | 39 | 3.2 |

MAIN COURSE SALAD

| | | | | | | | |
|-------------------------------------|------|----|-----|------|----|----|-----|
| Grand Chicken Caesar & dough sticks | 1160 | 67 | 112 | 10.3 | 9 | 48 | 5.3 |
| Pollo Salad & dough sticks | 1014 | 49 | 73 | 7.4 | 10 | 57 | 4.2 |
| Nicoise Salad & dough sticks | 897 | 54 | 50 | 6.5 | 8 | 52 | 4.5 |
| Leggera Superfood Salad | 472 | 15 | 38 | 10.1 | 12 | 28 | 1.8 |

LEGGERA PIZZAS

| | | | | | | | |
|------------------------|-----|----|----|-----|----|----|-----|
| Pollo ad Astra Leggera | 486 | 37 | 55 | 6.3 | 16 | 14 | 2.4 |
| Padana Leggera | 465 | 16 | 68 | 7.5 | 27 | 14 | 2.1 |
| American Hot Leggera | 440 | 24 | 49 | 5.9 | 9 | 17 | 3 |
| Superfood Mix Upgrade | 170 | 6 | 15 | 3.5 | 3 | 9 | 0.5 |

PIZZAS

| | | | | | | | |
|---------------------------|------|----|-----|-----|----|----|-----|
| Calabrese | 1346 | 78 | 103 | 8.1 | 20 | 69 | 7.4 |
| Campana Romana | 1240 | 62 | 97 | 6.9 | 15 | 65 | 7.1 |
| Pollo Forza Romana | 1168 | 71 | 104 | 8.3 | 19 | 50 | 5 |
| Soho 65 Romana | 1019 | 45 | 93 | 7.1 | 11 | 50 | 4.5 |
| Diavolo Romana | 943 | 49 | 97 | 7.2 | 13 | 38 | 5.3 |
| American Hot (HGP) Romana | 928 | 47 | 92 | 6.7 | 11 | 40 | 5.1 |

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

WRAPS

| | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Total Fat (g) | Saturated Fat (g) | Sodium (g) |
|------------------------------------|-----------------|-------------|-------------------------|-------------------|---------------|-------------------|------------|
| Mediterranean Tuna Flat Bread | 539 | 27 | 51 | 5.6 | 7 | 24 | 1.6 |
| Falafel, Avo & Chipotle Flat Bread | 521 | 16 | 66 | 7.8 | 12 | 20 | 0.9 |
| Pollo ad Astra Romana | 925 | 60 | 101 | 8.6 | 19 | 30 | 4.5 |
| Margherita Bufala Romana | 911 | 36 | 96 | 8.7 | 14 | 42 | 4 |
| Fiorentina Classic | 888 | 49 | 93 | 7.9 | 11 | 34 | 4.3 |
| Padana Romana | 872 | 37 | 114 | 8.2 | 28 | 28 | 4 |
| American Classic | 844 | 41 | 91 | 6.4 | 11 | 34 | 4.9 |
| Veneziana Classic | 843 | 41 | 97 | 7.5 | 15 | 31 | 4.1 |
| Sloppy Giuseppe Classic | 842 | 45 | 97 | 7.1 | 15 | 31 | 4.7 |
| Vegan Giardiniera Classic | 825 | 21 | 100 | 13 | 12 | 36 | 5.5 |
| La Reine Classic | 770 | 39 | 92 | 6.9 | 11 | 26 | 4.6 |
| Margherita Classic | 729 | 36 | 91 | 6.4 | 11 | 23 | 3.9 |

PIZZA BASES

| | | | | | | | |
|--------------------------|-----|----|-----|-----|---|---|-----|
| Main Base | 448 | 18 | 84 | 5.6 | 3 | 3 | 2.4 |
| Gluten Free Main Base | 445 | 5 | 102 | 2.5 | 2 | 2 | 1.2 |
| Piccolo Base | 224 | 9 | 42 | 2.8 | 2 | 2 | 2.2 |
| Gluten Free Piccolo Base | 206 | 2 | 47 | 1.2 | 1 | 1 | 1 |

SIDES

| | | | | | | | |
|------------------|-----|---|----|-----|---|----|-----|
| Polenta Chips | 558 | 8 | 65 | 3.7 | 6 | 29 | 3 |
| Coleslaw | 213 | 2 | 8 | 0 | 6 | 20 | 0.7 |
| Mixed Leaf Salad | 176 | 2 | 5 | 2 | 4 | 17 | 0.9 |

DESSERTS

| | | | | | | | |
|-----------------------------------|-----|---|----|-----|----|----|-----|
| Honeycomb Cream Slice & Ice Cream | 687 | 8 | 68 | 1.4 | 40 | 42 | 1.2 |
| Chocolate Fondant | 668 | 8 | 56 | 4 | 55 | 45 | 0.3 |
| Sticky Toffee Bundt Cake | 638 | 6 | 77 | 1 | 60 | 34 | 1.1 |
| Honeycombe Cream Slice | 575 | 5 | 53 | 1.3 | 24 | 38 | 1.1 |
| Tiramisu | 554 | 7 | 53 | 0.4 | 30 | 32 | 0.2 |
| Vanilla Cheesecake & Ice Cream | 549 | 9 | 58 | 2.7 | 47 | 32 | 0.6 |
| Chocolate Brownie Dessert | 547 | 8 | 66 | 3.2 | 58 | 27 | 0.2 |
| Chocolate Fudge Cake & Ice Cream | 491 | 8 | 66 | 2.3 | 51 | 21 | 1.4 |
| Vanilla Cheesecake | 436 | 6 | 43 | 2.7 | 32 | 27 | 0.5 |
| Chocolate Fudge Cake | 311 | 5 | 41 | 1.6 | 27 | 14 | 1.1 |
| Coppa Gelato Salted Caramel | 288 | 5 | 34 | 0.5 | 28 | 14 | 0.9 |
| Coppa Gelato Vanilla | 260 | 6 | 33 | 1 | 33 | 11 | 0.3 |
| Coppa Gelato Chocolate | 253 | 6 | 35 | 2.2 | 29 | 11 | 0.2 |
| Coppa Gelato Strawberry | 221 | 1 | 43 | 0.8 | 42 | 5 | 0 |
| Coconut Delight | 201 | 1 | 36 | 0 | 29 | 6 | 0.1 |
| Raspberry Sorbet | 100 | 1 | 23 | 1.1 | 23 | 0 | 0 |

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

DOLCETTI (NOT INC. COFFEE)

| | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|-----------------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Lotus Biscoff Cheesecake Dolcetti | 322 | 3 | 26 | 0.6 | 15 | 23 | 0.3 |
| Salted Caramel Profiteroles | 257 | 3 | 24 | 0 | 19 | 16 | 0.2 |
| Chocolate Brownie | 235 | 3 | 26 | 0.1 | 22 | 13 | 0.1 |
| Lemon Posset Crunch | 194 | 0 | 13 | 0.2 | 8 | 16 | 0.2 |
| Caffè Reale | 191 | 2 | 19 | 1.3 | 19 | 12 | 0.1 |

SANDWICHES

| | | | | | | | |
|-----------------------------------|-----|----|----|------|----|----|-----|
| Veggie New Yorker On Rye | 580 | 23 | 51 | 10.3 | 11 | 29 | 2.2 |
| Ham & Cheese | 531 | 34 | 40 | 4.8 | 3 | 25 | 2.9 |
| Classic Super Club | 528 | 30 | 42 | 5.6 | 5 | 25 | 2.2 |
| Mature Cheddar & Pickle | 520 | 20 | 53 | 5.9 | 14 | 24 | 1.8 |
| Chicken Avocado | 484 | 25 | 42 | 8.4 | 4 | 22 | 1.5 |
| Curried Chickpeas & Mango Chutney | 476 | 17 | 78 | 10.1 | 27 | 8 | 1.5 |
| Tuna & Cucumber | 447 | 20 | 43 | 5.1 | 3 | 21 | 1.5 |
| Scottish Smoked Salmon | 421 | 23 | 39 | 4.6 | 3 | 18 | 2.9 |
| Chicken & Cucumber | 389 | 26 | 39 | 4.8 | | 13 | 1.7 |
| Crayfish & Avocado | 383 | 18 | 41 | 6.8 | 4 | 15 | 1.4 |
| Cracking Egg Salad | 375 | 18 | 49 | 5.8 | 5 | 11 | 1.5 |
| Free-Range Egg Mayo | 367 | 18 | 47 | 5.2 | 3 | 11 | 1.5 |

BAGUETTES

| | | | | | | | |
|-------------------------------------|-----|----|----|-----|----|----|-----|
| Posh Cheddar & Pickle | 621 | 21 | 70 | 5.1 | 16 | 27 | 2.7 |
| Chicken Salad Baguette | 600 | 23 | 54 | 3.8 | 4 | 32 | 2.5 |
| Wiltshire-Cured Ham & Greve | 588 | 32 | 53 | 4.3 | 4 | 26 | 3.5 |
| Chicken Caesar & Bacon | 585 | 30 | 55 | 4.3 | 3 | 27 | 2.5 |
| Free-Range Egg Mayo & Avocado | 571 | 19 | 61 | 7.5 | 3 | 26 | 2.4 |
| Beef & Chimichurri | 545 | 25 | 57 | 4.8 | 4 | 25 | 2.3 |
| Tuna Mayo & Cucumber | 540 | 24 | 57 | 4.1 | 3 | 23 | 2.5 |
| Italian Prosciutto | 531 | 22 | 56 | 5 | 4 | 23 | 3.4 |
| Smashed Beets, Pistachios & Feta | 531 | 15 | 60 | 6.1 | 5 | 25 | 2.4 |
| Avo, Olives & Toms | 529 | 12 | 56 | 9.8 | 4 | 27 | 2.1 |
| Italian Veggie Baguette | 518 | 19 | 64 | 8.8 | 7 | 19 | 2.5 |
| Posh Prosciutto | 518 | 29 | 57 | 5 | 6 | 19 | 3.6 |
| Free-Range Egg Mayo & Smoked Salmon | 503 | 25 | 60 | 3.9 | 3 | 18 | 3.2 |
| Free-Range Egg Mayo & Bacon | 476 | 23 | 60 | 3.9 | 3 | 15 | 2.7 |
| Jambon Beurre | 470 | 23 | 52 | 3.4 | 3 | 18 | 3.4 |
| Artichoke, Olives & Tapenade | 454 | 12 | 58 | 8.1 | 5 | 19 | 1.6 |
| Smoked Salmon, Soft Cheese & Dill | 453 | 27 | 53 | 5 | 3 | 14 | 3.3 |
| Free-Range Egg Mayo & Tomatoes | 447 | 18 | 61 | 4.5 | 4 | 13 | 2.7 |
| Brie, Tomato & Basil | 431 | 16 | 54 | 4.6 | 4 | 16 | 2.2 |
| Chipotle Mozzarella Hot Baguette | 422 | 18 | 59 | 5.8 | 8 | 11 | 2.2 |
| Stone Baked Losange Soup Baguette | 262 | 7 | 40 | 2.3 | 2 | 8 | 1 |
| Mini Baguette | 155 | 5 | 31 | 1.7 | 1 | 1 | 1 |

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

| | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|--|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Avocado & Herb Salad Wrap | 510 | 13 | 40 | 7 | 5 | 32 | 1.2 |
| Avocado & Falafel Flat Bread | 502 | 13 | 57 | 8.3 | 9 | 24 | 1 |
| Chicken Pesto & Rocket Flat Bread | 485 | 27 | 45 | 2.3 | 6 | 21 | 1.2 |
| Mexican Avocado Flat Bread | 485 | 15 | 61 | 8 | 8 | 18 | 1 |
| Hoisin Duck Salad Wrap | 447 | 23 | 49 | 3.8 | 12 | 17 | 4.6 |
| Avocado & Chipotle Chickpea Salad Wrap | 444 | 11 | 49 | 8.8 | 5 | 20 | 1.8 |
| Vegan Chilli Flat Bread | 436 | 12 | 53 | 7.7 | 9 | 17 | 0.7 |
| Artichoke & Olive Tapenade Flat Bread | 421 | 12 | 51 | 6.9 | 6 | 19 | 0.9 |
| Humous & Crunchy Veg Salad Wrap | 392 | 11 | 46 | 3.6 | 7 | 16 | 1.4 |
| Chakalaka Wrap | 340 | 10 | 45 | 2.9 | 7 | 12 | 1.4 |

HOT

| | | | | | | | |
|--|-----|----|----|------|----|----|-----|
| Swedish Meatball Hot Wrap | 663 | 32 | 45 | 4.4 | 8 | 38 | 2.4 |
| Falafel & Halloumi Hot Wrap | 624 | 23 | 59 | 5.6 | 3 | 32 | 3.6 |
| Ham, Cheese & Mustard Toastie | 597 | 39 | 48 | 4.6 | 3 | 27 | 3.5 |
| Macaroni Cheese Prosciutto | 586 | 31 | 50 | 0.9 | 7 | 29 | 3.1 |
| Avocado, Cheddar & Chipotle Toasted Tortilla | 578 | 21 | 48 | 6.7 | 6 | 32 | 1.6 |
| Avo & Chipotle Chickpeas Hot Wrap | 567 | 15 | 50 | 11.4 | 9 | 31 | 1.9 |
| Chicken, Basil & Red Pepper Toastie | 563 | 41 | 47 | 5.7 | 6 | 22 | 2.9 |
| Brie, Avocado & Tomato Toastie | 562 | 22 | 42 | 9 | 4 | 32 | 2.4 |
| Pret's Vegan Mac & Greens | 558 | 20 | 62 | 5.3 | 8 | 24 | 2.3 |
| Halloumi, Red Pepper & Basil Toastie | 556 | 29 | 48 | 6.3 | 8 | 26 | 3.5 |
| Tuna Melt Toastie | 552 | 38 | 44 | 5.5 | 3 | 24 | 2.6 |
| Macaroni Cheese Kale & Cauli | 549 | 27 | 50 | 1 | 1 | 26 | 2.1 |
| Salt Beef & Pickles Toasted Baguette | 545 | 30 | 58 | 4.5 | 7 | 21 | 3 |
| Spicy Chicken Toasted Baguette | 508 | 32 | 58 | 5.3 | 7 | 15 | 2.5 |
| Chipotle Chicken Toasted Tortilla | 496 | 34 | 47 | 3.1 | 6 | 18 | 2.2 |
| Spicy Chicken Hot Wrap | 496 | 32 | 48 | 4.3 | 10 | 18 | 2.5 |
| Falafel, Halloumi & Pickles Brioche | 482 | 16 | 57 | 4.1 | 15 | 23 | 2.8 |
| Artichoke & Mozzarella Toasted Baguette | 463 | 18 | 56 | 9.3 | 3 | 18 | 2.1 |
| Prosciutto & Mozzarella Toasted Baguette | 454 | 25 | 54 | 5.4 | 3 | 14 | 3.7 |
| Avocado & Beans Toasted Tortilla | 441 | 10 | 46 | 8.5 | 6 | 22 | 1.4 |
| Chipotle Mozzarella Hot Baguette | 422 | 18 | 59 | 5.8 | 8 | 11 | 2.2 |
| Vegan Ragu & Red Pepper Hot Wrap | 420 | 15 | 62 | 10.5 | 13 | 11 | 2.7 |
| Mexican Egg & Beans Toasted Tortilla | 403 | 17 | 45 | 7 | 4 | 16 | 2 |
| Pulled Chicken, Avo & Green Salsa Toasted Tortilla | 401 | 22 | 38 | 4.8 | 3 | 17 | 1.8 |

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

SOUP

| | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|--|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Lightly Spiced Carrot & Coriander Soup | 243 | 7 | 17 | 7 | 13 | 15 | 3 |
| Red Thai Chicken & Veg Soup | 243 | 14 | 13 | 7.6 | 4 | 13 | 2.3 |
| Smoky Chorizo Chicken Soup | 223 | 15 | 18 | 12.2 | 13 | 7 | 2.2 |
| Veggie Chilli Soup | 216 | 9 | 31 | 13.2 | 10 | 3 | 2.3 |
| Souper Tomato | 199 | 5 | 16 | 3.3 | 14 | 12 | 1.1 |
| Vegetable Tagine Soup | 188 | 7 | 23 | 5.9 | 9 | 6 | 1.8 |
| "No Cream" Cream of Chicken Soup | 147 | 10 | 8 | 3.3 | 6 | 7 | 3.1 |
| Chicken, Broccoli & Brown Rice Soup | 137 | 7 | 17 | 4 | 2 | 4 | 1.9 |
| Veggie Miso | 44 | 4 | 5 | 1.2 | 2 | 1 | 2.3 |