



*Luke Randall Fitness*

NUTRITION SURVIVAL GUIDE TO

# STRADA

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

## BREAD & OLIVES

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Italian Breads	581	14	75	3	3	24	2.1
Strada Garlic Bread	516	13	70	0.6	1	21	3
Marinated Olives*	166	2	3	4.7	0	15	2
Large Green Olives	162	1	1	1.6	1	15	4.1

## FLATBREADS

Mozzarella Flatbread	509	23	68	0.2	2	17	3.3
Genovese Flatbread	489	13	62	2.2	3	21	3.2
Napoli Flatbread	462	17	72	2.1	3	11	3.4

## STARTERS

Dough Balls	707	27	80	0.2	2	30	3.5
Seared King Prawns	677	26	20	1.1	2	55	2.4
1/2 Vegetarian Antipasti for two	644	20	22	1.8	4	52	2.2
Antipasti (For one)	502	18	10	1.6	3	42	2.9
1/2 Antipasti (For two)	501	22	26	2.8	4	33	3.2
Vegetarian Antipasti for one	396	9	14	3.6	4	34	2
Arancini	363	12	43	1.6	3	15	1.1
Potato & Leek Soup*	360	6	31	3.3	4	24	2
Fritto Misto	349	16	10	0.8	1	28	2.4
Mushroom Soup	335	7	27	2.1	7	22	2.7
Tomato & Basil Soup	279	6	33	3.3	14	11	2.9
Tomato Bruschetta	206	7	28	2.1	3	7	0.7

## PASTA & RISOTTO

Seafood Risotto	1376	44	144	3.1	5	72	2.6
Tagliatelle Carbonara	1227	41	95	4.7	4	72	1.9
Risotto Luganica	1064	29	58	1.8	1	73	4.3
Chicken & Mushroom Strozzapreti	981	38	81	7.2	6	56	2
Penne Pomodoro	906	31	136	7.8	12	25	2.3
Tagliatelle Bolognese	899	34	95	5.8	7	41	2.8
Goats Cheese Risotto	838	22	62	3.2	5	57	2.2

## PIZZA

Rustica Pizza	1103	41	93	4.3	6	60	6
Vesuvio Pizza	1079	51	92	1.2	7	57	5.1
Caprino Pizza	1037	42	95	3.3	11	54	5.1
Doppia Margherita	966	46	108	0.8	4	40	4.9
Fiorentina Pizza	847	46	97	4.4	6	32	4.7

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Parma Ham	775	33	89	1.5	5	32	4.2
Cotto Ham & Funghi Pizza	761	39	91	3.7	5	27	4.5
Margherita Pizza	743	42	89	1	5	25	3.7

## CALZONE

Calzone Pollo Pesto	713	50	71	1.5	6	24	3.9
Calzone di Carni Piccante	669	33	70	0.9	5	29	3.3

## MEAT & FISH

Pollo Funghii	1117	63	45	14.9	5	77	3
Classic Strada Burger	970	34	52	3.8	8	63	3.8
8oz Sirloin Steak	829	60	23	2.1	3	56	2.5
Saltimbocca	634	48	38	5.4	3	37	1.6
Sea Bass	589	72	28	4	2	23	1.6
Salmon Market Salad	494	26	11	1.6	3	38	1.4

## SALAD

Superfood Salad - Chicken	632	41	22	7.1	6	43	1.7
Chicken Caesar Salad*	582	46	23	3.6	3	34	2.8
Superfood Salad - Goats Cheese	570	22	18	4.7	8	47	2.7
Superfood Salad	393	9	17	4.3	8	33	1.8

## SIDES

Skin On Fries	641	2	20	1.7	2	63	1.8
Garlic Kale	222	7	14	5.5	4	18	0.8
Rosemary Potatoes	202	3	25	3.3	2	10	1
House Salad	104	3	5	2.5	2	8	1.4
Mixed Leaf & Parmesan Salad	103	2	3	0.2	2	8	0.6

## DESSERTS

Golden Polenta Cake	604	7	39	0.5	8	48	0.3
Tiramisu	540	13	46	0.5	0	34	0.5
Chocolate Fondant	464	6	42	1.1	0	31	0.1
Lemon Ricotta Cheesecake	455	7	36	0	10	33	0.7
Panna Cotta	390	5	39	0	34	24	0.5
Torronecino	240	2	23	0.4	22	15	0
Chocolate Ice Cream	125	2	12	0.6	12	6	0.1
Vanilla Ice Cream	111	2	10	0.1	10	7	0.1
Strawberry Ice Cream	98	2	12	0.1	9	5	0.1
Lemon Sorbet	62	0	15	0.2	13	0	0
Mango Sorbet	52	0	13	0.4	12	0	0