

Strada — June 2025 Nutritional Information

Item	Portion	Size (g)	kcal	kJ	Carbs (g)	Protein (g)	Sugars (g)	Fat (g)	Fibre (g)	Sat Fat (g)	Salt (g)
Bread & Nibbles											
Large Green Olives	1 Serving	110	204	840	2.9	1.3	20.8	0.6	4.1	1.7	3.1
Parmesan Croquettes Small	1 Serving	78	234	978	18.9	11.3	12.6	0.9	0.3	4.9	0.2
Italian Breads	1 Serving	369	1085	4553	140.5	10.4	44.5	8.9	5.9	6.1	4.0
Aglione Flatbread	1 Serving	244	653	2742	92.5	1.2	21.9	3.5	3.9	2.8	3.7
Mozzarella Flatbread	1 Serving	272	686	2883	90.4	11.4	21.9	3.7	3.6	6.9	3.2
Genovese Flat Bread	1 Serving	160	251	1050	26.7	0.9	13.1	3.3	2.1	1.6	3.0
Antipasti											
Antipasti for one	1 Serving	454	1056	4427	128.0	27.0	8.8	47.0	7.4	16.3	6.1
Antipasti for two	1 Serving	645	1648	6887	147.0	56.0	13.0	91.0	9.0	35.0	12.2
Vegetable Antipasti for one	1 Serving	541	1090	4567	139.0	21.0	12.0	48.0	9.6	19.1	5.7
Vegetable Antipasti for 2	1 Serving	891	1829	7646	195.0	42.0	22.0	94.0	16.3	38.0	8.5
Seared King Prawns	1 Serving	278	526	2196	40.0	21.0	31.3	3.9	2.8	4.7	2.9
Parmesan croquettes	1 Serving	380	2063	3633	38.8	8.2	1.5	160.5	0.9	142.1	0.8
Caprese Salad	1 Serving	375	486	2016	9.3	19.3	41.3	8.0	3.1	25.5	2.5
Crispy Squid	1 Serving	190	507	2110	21.1	23.5	36.9	2.2	0.5	3.1	1.2
Arancini diavola, garlic mayo	1 Serving	152	652	2701	26.0	1.0	10.0	56.4	7.9	0.2	1.7
Tomato Bruschetta, Garlic & Basil	1 Serving	64	316	1321	14.4	3.2	1.1	27.5	1.0	22.8	0.3
Pasta & Risotto											
Pappardelle Bolognese	1 Serving	446	790	3312	88.0	27.0	7.7	35.9	1.8	15.6	3.1
Penne Pomodoro	1 Serving	443	800	3345	82.0	19.0	9.6	42.1	6.7	7.7	2.7
Chicken & Mushroom Strozzapreti	1 Serving	620	1266	5235	88.5	61.6	72.6	8.7	5.4	31.9	1.6
Bucatini Carbonara	1 Serving	293	985	4105	62.6	38.5	64.7	4.4	4.4	23.9	4.0
Risotto Primavera	1 Serving	449	786	3267	54.0	14.0	5.1	55.0	6.6	17.5	2.8
Spicy Pork & Nduja Ragu	1 Serving	1	4	259	1080.0	21.0	10.0	1.4	14.9	0.5	1.7
Spinach and ricotta ravioli, tomato and basil	1 Serving	253	465	1949	43.0	7.0	20.0	23.1	6.3	1.6	1.7
Seafood Linguine	1 Serving	599	1003	4200	88.0	46.0	9.5	49.4	6.3	16.3	1.6

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Pizza											
Margherita Pizza	1 Serving	405	873	3665	94.2	28.0	33.9	6.0	4.1	14.8	4.4
Cotto Ham & Funghi	1 Serving	463	838	3520	95.5	24.5	36.1	6.1	7.1	11.1	4.6
Parma Pizza	1 Serving	432	767	3221	95.1	10.9	29.3	7.1	4.8	14.8	5.5
Pizza Salsiccia e Friarielli	1 Serving	433	817	3427	88.0	36.0	4.8	34.2	5.9	14.2	5.4
Campagnola Pizza Vegan	1 Serving	450	828	3463	107.0	3.2	6.4	41.9	6.2	16.2	6.4
Mains & Grills											
Burger	1 Serving	479	799	3337	61.4	42.2	41.0	4.3	30.7	12.9	5.3
Chicken Milanese Potatoes & Rocket	1 Serving	789	1144	4786	64.0	86.0	11.0	58.5	3.8	12.1	2.6
Chicken Breast Fungi	1 Serving	502	626	2561	23.6	48.1	36.5	6.3	4.4	15.1	0.5
Sirloin	1 Serving	423	896	3741	39.3	69.4	50.6	1.9	4.4	15.4	1.3
Italian Flat Iron Steak	1 Serving	432	752	3147	38.6	61.5	38.3	2.9	4.5	9.1	1.1
Seabream	1 Serving	168	170	712	19.4	2.6	2.9	9.8	2.7	9.8	0.1
Peppercorn Sauce	1 Serving	60	154	637	3.1	1.4	14.4	1.7	0.7	8.4	0.8
Truffle Cream	1 Serving	12	31	127	0.2	0.2	3.3	0.0	0.0	0.7	0.1
add on Piri Piri	1 Serving	30	20	83	1.7	0.0	1.5	1.3	0.4	0.1	0.2
Salads											
Caesar Salad	1 Serving	317	537	2227	14.8	18.4	45.0	3.6	3.4	8.6	5.9
Caesar Salad Chicken	1 Serving	512	778	3193	16.1	61.3	50.8	5.7	4.1	9.6	6.2
Caesar Salad Goats	1 Serving	377	588	2442	15.4	30.4	58.8	4.2	3.4	18.2	6.8
Caesar Salad Salmon	1 Serving	487	905	3754	14.8	52.7	70.5	3.6	3.4	13.3	6.1
Super Greens & Grains Salad	1 Serving	285	451	1876	31.0	11.0	8.4	30.1	6.0	3.4	2.9
Super Greens & Grains Salad with Goats Cheese	1 Serving	345	626	2601	32.0	23.0	9.0	43.9	6.0	13.1	3.7
Super Greens & Grains Salad with Salmon	1 Serving	455	816	3397	31.0	45.0	8.4	55.6	6.0	8.2	3.0
Super Greens & Grains Salad with Chicken	1 Serving	470	723	3024	31.0	66.0	8.4	35.8	6.0	5.1	3.1
Sides											
House Salad	1 Serving	86	58	239	1.8	0.8	1.7	4.9	0.8	0.7	1.0
Skin on fries	1 Serving	148	305	1274	35.0	3.2	16.2	0.7	2.4	1.6	0.7

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Truffle Fries	1 Serving	168	408	1696	35.0	6.5	28.9	0.7	2.4	4.6	0.9
Rosemary Patatoes	1 Serving	179	288	1196	21.6	3.2	21.1	1.7	3.6	2.3	0.1
Broccoli & Chilli Garlic	1 Serving	83	160	659	2.8	2.8	15.3	1.3	2.4	3.5	0.5
Green Beans	1 Serving	184	281	1158	5.4	3.6	27.2	3.6	5.2	11.0	0.0
Isle of wight Tomato Salad	1 Serving	195	74	311	6.9	1.4	4.7	5.7	2.3	0.7	0.0
	1 Serving										
Desserts											
Chocolate Fondant	1 Serving	180	582	2423	51.6	7.7	38.1	39.8	0.7	32.4	0.2
Tiramisu	1 Serving	105	314	1313	41.3	3.3	15.0	29.4	2.2	8.7	38.2
Budino, caramel set custard	1 Serving	130	207	864	19.2	2.8	15.6	13.2	0.1	7.4	0.3
Vanilla Cheesecake	1 Serving	213	261	1091	44.5	6.3	27.4	35.1	2.9	16.9	0.7
Chocolate & espresso truffles	1 Serving	51	414	1729	12.9	1.6	9.5	17.3	1.4	10.5	0.0
Sticky Toffee Pudding	1 Serving	200	341	1447	72.4	5.4	30.5	54.1		17.3	2.8
Vanilla Ice Cream	1 Serving	80	98	412	10.4	2.4	5.1	10.4		3.0	0.1
Chocolate Ice Cream	1 Serving	80	106	442	11.1	2.6	5.7	11.0		4.2	0.1
Salted Caramel Ice Cream	1 Serving	80	126	526	13.0	2.3	7.2	12.8		3.1	0.1
Strawberry Ice Cream	1 Serving	80	97	404	12.8		5.0	12.8	2.3	3.0	0.1
Lemon Sorbet	1 Serving	50	61	257	14.8	0.1	0.2	12.1		0.2	
Mango Sorbet	1 Serving	50	38	159	9.2	0.1	0.1	8.5		0.0	0.0
Raspberry Sorbet	1 Serving	50	34	146	8.4	0.2	0.0	7.9		0.0	0.0
Add Ons											
Add Anchovies	1 Serving	40	82	345	0.0	11.6	4.0	0.0	0.0	0.8	5.9
Add Buffalo Mozzarella	1 Serving	67	180	745	0.4	9.3	15.7	0.4	0.1	12.8	0.2
Add Cotto Ham	1 Serving	30	35	145	0.0		3.9	0.0	0.0	1.4	1.8
Add Egg	1 Serving	57	76	316	0.7	7.1	5.1	0.1	0.0	1.4	0.2
Add Mushrooms	1 Serving	30	2	9	0.1	0.3	0.1	0.1	0.2	0.0	0.0
Add Nduja	1 Serving	50	50	211	0.9	11.5	24.5	0.9	0.0	8.8	1.9
Add Olives	1 Serving	40	54	221	0.0	0.2	5.6	0.0	1.2	0.9	1.0
Add Prosciutto	1 Serving	33	39	161	0.0		4.3	0.0	0.0	1.5	2.0

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Add Smoked Peppers	1 Serving	30	8	34	1.5	0.5	0.1	1.2	0.1	0.0	0.1