

# WILDWOOD

PIZZA PASTA GRILL

| OLIVES AND BREAD                        |      | Calorie value |  |
|---|------|---------------|--|
| Olives                                  | 82   |               |  |
| Small Pesto Pomodoro flat bread         | 384  |               |  |
| Pesto Pomodoro flat bread               | 705  |               |  |
| Small Garlic Bread                      | 445  |               |  |
| Garlic Bread                            | 888  |               |  |
| Small mozzarella garlic with onion      | 609  |               |  |
| Mozzarella Garlic Bread w/onion         | 1171 |               |  |
| Small mozzarella garlic without onion   | 534  |               |  |
| Mozzarella Garlic Bread w/o onion       | 1021 |               |  |
| Small vegan mozzarella with onion       | 704  |               |  |
| Vegan mozzarella garlic bread w/onion   | 1130 |               |  |
| Small vegan mozzarella without onion    | 629  |               |  |
| Vegan mozzarella garlic bread w/o onion | 1052 |               |  |
| Focaccia                                | 456  |               |  |

  

| STARTERS            |     | Calorie value |  |
|---------------------|-----|---------------|--|
| Mushroom arancini   | 631 |               |  |
| Calamari            | 524 |               |  |
| Soup                | 340 |               |  |
| Tiger prawns        | 453 |               |  |
| Mushroom bruschetta | 410 |               |  |
| Pate                | 498 |               |  |
| Prawn Cocktail      | 443 |               |  |
| Salmon              | 427 |               |  |
| Roasted beetroot    | 882 |               |  |

  

| CLASSIC PIZZA                  |      | Calorie value |  |
|--------------------------------|------|---------------|--|
| Margherita                     | 851  |               |  |
| Margherita (large)             | 1022 |               |  |
| Carne                          | 994  |               |  |
| Carne (Large)                  | 1187 |               |  |
| Prosciutto Cotto               | 921  |               |  |
| Prosciutto Cotto (Large)       | 1132 |               |  |
| Double Pepperoni               | 852  |               |  |
| Double Pepperoni (large)       | 1050 |               |  |
| Courgette goats cheese         | 964  |               |  |
| Courgette goats cheese (large) | 1209 |               |  |
| Fiorentina                     | 982  |               |  |
| Fiorentina (large)             | 1390 |               |  |
| Carbonara                      | 998  |               |  |
| Carbonara (large)              | 1302 |               |  |

  

| ARTISAN PIZZA |      | Calorie value |  |
|---------------|------|---------------|--|
| Veg Primavera | 1091 |               |  |
| Calabrese     | 1211 |               |  |
| Philly steak  | 1298 |               |  |

  

| CALZONE                          |      | Calorie value |  |
|----------------------------------|------|---------------|--|
| Spinach and Ricotta              | 1032 |               |  |
| Calzone with chicken and chorizo | 1104 |               |  |

  

| PASTA                            |     | Calorie value | Vegan | Gluten free   |
|----------------------------------|-----|---------------|-------|---------------|
| Pomodoro                         | 497 |               |       | Same calories |
| Alla norma                       | 725 |               | 812   |               |
| Arrabbiata                       | 623 |               |       |               |
| Bolognese                        | 850 |               |       |               |
| Lasagne                          | 826 |               |       |               |
| Vegan Lasagne                    | 572 |               |       |               |
| Peri Peri Penne                  | 996 |               |       |               |
| Baked Chicken and mushroom penne | 924 |               |       |               |
| Baked goats cheese and mushroom  | 876 |               |       |               |
| Carbonara                        | 801 |               |       | Same calories |
| Seafood linguine                 | 554 |               |       |               |
| Mushroom raviolacci              | 720 |               |       |               |
| add chicken                      | 160 |               |       |               |
| add chorizo                      | 307 |               |       |               |

| LIGHT OPTIONS                     |      | Calorie value |             |
|-----------------------------------|------|---------------|-------------|
| Light bolognaise                  | 512  |               |             |
| Light margherita                  | 449  |               |             |
| Light courgette and goats         | 495  |               |             |
| Light alla norma                  | 572  |               |             |
| Light Arrabiatta                  | 525  |               |             |
| Light Pepperoni                   | 471  |               |             |
| Light peri peri penne             | 857  |               |             |
| Light Carne                       | 574  |               |             |
| Light Pomodoro                    | 474  |               |             |
| Light Carbonara                   | 624  |               |             |
| Dressing add                      | 73   |               |             |
| SALADS                            |      | Calorie value |             |
| Cobb salad                        | 1009 |               |             |
| Caesar salad                      | 587  |               |             |
| Caesar salad w/ chicken           | 928  |               |             |
| Chicken                           | 254  |               |             |
| Salmon                            | 352  |               |             |
| Goats cheese                      | 364  |               |             |
| GRILLS                            |      | Calorie value |             |
| Cheese burger                     | 1647 |               |             |
| Chicken burger                    | 1273 |               |             |
| Mushroom melt burger              | 991  |               |             |
| Vegan Mushroom melt burger        | 753  |               |             |
| Philly sandwich                   | 1996 |               |             |
| Ribs                              | 1116 |               |             |
| 10 oz Steak                       | 1109 |               |             |
| Seabass                           | 1062 |               |             |
| Backed aubergine                  | 552  |               |             |
| Minute Steak                      | 744  |               |             |
| Chicken Romana                    | 1123 |               |             |
| Cod                               | 984  |               |             |
| Turkey                            | 1026 |               |             |
| RISOTTO                           |      | Calorie value |             |
| Chicken and chorizo               | 1062 |               |             |
| Prawn with courgette              | 759  |               |             |
| Butternut squash                  | 892  |               |             |
| add chicken                       | 160  |               |             |
| SIDES                             |      | Calorie value |             |
| Mixed salad                       | 109  |               |             |
| Fries                             | 348  |               |             |
| Sweet potato fries                | 390  |               |             |
| Green beans                       | 161  |               |             |
| Roasted potatoes                  | 478  |               |             |
| Pigs in blankets                  | 441  |               |             |
| Cabbage                           | 161  |               |             |
| Beans and broccoli                | 246  |               |             |
| Root veg                          | 246  |               |             |
| DESSERTS                          |      | Calorie value |             |
| Tiramisu                          | 341  |               |             |
| Ice-cream vanilla                 | 101  |               |             |
| Ice-cream Chocolate               | 134  |               |             |
| Ice-cream Strawberry              | 123  |               |             |
| Ice-cream Mint                    | 142  |               |             |
| Cheesecake (cookies and cream)    | 442  |               |             |
| Sorbet                            | 58   |               |             |
| Brownie *new recipe               | 618  |               |             |
| Banoffee cake                     | 940  |               |             |
| Sticky toffee pudding *new recipe | 517  |               |             |
| Affogato                          | 255  |               |             |
| Panacotta                         | 557  |               |             |
| Torte del la nonna                | 313  |               |             |
| Fondant chocolate                 | 547  |               |             |
| KIDS' MENU                        |      | Calorie value | Gluten Free |
| Kids calzone mushroom             | 565  |               |             |
| Kids calzone pepperoni            | 593  |               |             |
| Kids Calzone plain                | 504  |               |             |
| Kids Calzone chicken              | 610  |               |             |
| Kids pizza chicken                | 512  | 820           |             |
| Kids pizza mushroom               | 436  | 744           |             |
| Kids pepperoni pizza              | 754  |               |             |
| Kids sausage and chips            | 715  |               |             |
| Kids spaghetti tomato             | 224  |               |             |
| Kids penne tomato                 | 286  |               |             |
| Kids marg pizza                   | 432  |               |             |
| Kids mini burger                  | 798  |               |             |
| Kids bolognaise                   | 560  |               |             |
| Kids chicken and chips            | 933  |               |             |
| Kids lolly                        | 42   |               |             |
| Kids Brownie                      | 395  |               |             |

| DRINKS                 |     | Calorie value |
|------------------------|-----|---------------|
| Tropical fruit cooler  | 194 |               |
| Vigin mojito           | 110 |               |
| Apple and Sparkle      | 66  |               |
| Passion fruit crush    | 158 |               |
| Coke                   | 139 |               |
| Diet coke              | 2   |               |
| Coke zero              | 2   |               |
| Appletiser             | 155 |               |
| Sprite                 | 123 |               |
|                        |     | Kids          |
| Orange juice           | 108 | 81            |
| Apple juice            | 132 | 99            |
| Orange squash          | 85  |               |
| Blackcurent squash     | 49  |               |
| Milk - chocolate       | 109 |               |
| Milk - strawberry      | 103 |               |
| Milk - banana          | 107 |               |
| Strawberry lemonade    | 116 | 59            |
| Passion fruit lemonade | 126 | 66            |
| Elderflower sparkle    | 96  |               |
| Mineral water          | 0   |               |
| Americano              | 15  |               |
| Espresso single        | 15  |               |
| Espresso double        | 30  |               |
| Cappuccino             | 95  |               |
| Latte                  | 177 |               |
| Hot chocolate          | 267 |               |
| English tea            | 2   |               |
| Early grey             | 2   |               |
| NON ALCOHOLIC BEER     |     | Calorie value |
| Heineken 0%            | 69  |               |