

## **Nutrition Information Rocca'S Evening Italian 2026**

Dish	Total Cal	Cal per100g
<b>ANTIPASTI</b>		
WARM RUSTIC FOCACCIA & TRIO OF DIPS-oven baked focaccia, garlic aioli, tomato pesto, herb olive oil	<b>718</b>	<b>271</b>
GARLIC CIABATTA - herb butter & Maldon Sea Salt	<b>220</b>	<b>415</b>
GARLIC CIABATTA - herb butter & Maldon Sea Salt with Cheese	<b>257</b>	<b>446</b>
MARINATED OLIVES- selection of Italian olives, citrus, rosemary, chilli	<b>207</b>	<b>185</b>
BURATTA BRUSCHETTA -creamy burrata, marinated mini red tomatoes, basil oil	<b>464</b>	<b>235</b>
CALAMARI - crispy sea salt fried squid, creamy horseradish Dip, lemon	<b>135</b>	<b>75</b>
PROSCIUTTO HAM- cantaloupe melon, Arugula, fig chutney	<b>215</b>	<b>127</b>
GRILLED HALLOUMI – Green Tomato jam, crispy seeds, Arugula	<b>438</b>	<b>271</b>
CHESTNUT MUSHROOM & TRUFFLE SOUP -served with warm ciabatta	<b>81</b>	<b>22</b>
<b>PIZZA</b>		
MARGHERITA-mozzarella cheese and tomato	<b>673</b>	<b>177</b>
ROCCA'S MEAT FEAST-baked ham, grilled chicken, pepperoni		
BARBEQUE CHICKEN-grilled chicken, red onion, smoky bbq Sauce	<b>1001</b>	<b>202</b>
CAPRA-goats cheese, red onion marmalade, spinach	<b>957</b>	<b>202</b>
MEDITERRANEA-grilled pepper, red onions, artichoke, olives, oregano	<b>954</b>	<b>198</b>
<b>INSALATA</b>		
CAESAR-romaine leaves, soft egg, parmesan, ciabatta croutes	<b>1074</b>	<b>390</b>
PANZANELLA-Tuscan chopped salad, plum tomatoes, red onion, black olives, ciabatta	<b>430</b>	<b>182</b>
SARDINIA-fregola, charred cherry tomatoes, picked red onion, artichoke, grilled peppers	<b>540</b>	<b>180</b>
<b>PASTA</b>		
RIGATONI ROSA-chicken, sweet red pepper, peas, chilli	<b>1063</b>	<b>265</b>
POTATO GNOCCHI SORRENTINA – rich cherry tomato sauce, smoked mozzarella, basil	<b>1037</b>	<b>239</b>
PENNE BOLOGNAISE- Slow cooked beef ragù with tomato, herbs, Grana Padano	<b>599</b>	<b>201</b>
SPAGHETTI POMODORO-tomato and basil, extra virgin olive oil	<b>1299</b>	<b>354</b>
PRAWN LINGUINE – King prawns, pinot grigio, lemon, flat leaf parsley	<b>717</b>	<b>152</b>
<b>SECONDI</b>		
ITALIAN HERB CRUSTED SALMON – grilled Mediterranean vegetables, artichokes & olives, pine nut pesto dressing	<b>639</b>	<b>146</b>
LASAGNA AL FORNO - layered pasta, slow cooked beef ragu, rich tomato basil sauce.	<b>919</b>	<b>156</b>
LIMONE CHICKEN ROMANO -lightly breaded chicken, zesty lemon sauce, Grana Padano, parsley	<b>467</b>	<b>130</b>

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AUBERGINE PARMIGIANA- layers of slice aubergine, pomodoro sauce, mozzarella, basil	<b>406</b>	<b>91</b>
<b>CONTORNO</b>		
Skin on fries	<b>372</b>	<b>167</b>
Tender stem broccoli, garlic butter, chilli	<b>123</b>	<b>116</b>
Arugula & Radicchio Salad, Italian house dressing	<b>110</b>	<b>215</b>
Fried Zucchini, Grana Padano, flat Parsley	<b>293</b>	<b>88</b>
<b>DOLCE</b>		
TIRAMISU-mascarpone, espresso, ladyfingers, biscotti	<b>667</b>	<b>344</b>
ORANGE POLENTA CAKE- berry composta, vanilla mascarpone cream	<b>395</b>	<b>264</b>
SORBETTI-three flavours of iced fruit sorbet	<b>266</b>	<b>118</b>
AFFOGATO-vanilla ice cream, espresso, amaretti	<b>144</b>	<b>107</b>