

**food for thought...**



*Coltarchio*  
pizzeria

# Col'Cacchio pizzeria is elegantly Italian.

The dining experience is one of choice, health, fun, passion and good quality.

## Our meals are high in "Good Fat" and low in "Bad Fat"!

Healthy active adults consuming diets high in vegetables and fruit, legumes and wholegrain cereals may sustain a fat intake of up 35-40% of total energy intake, provided that energy balance is maintained, without the risk of weight gain. The majority of the fat should come from plant oils, which are excellent sources of unsaturated fatty acids. Our meals contain a great variety of vegetables and unsaturated fats

### THE GOOD

Poly-unsaturated and Mono-unsaturated fatty acids help lower blood cholesterol. Food sources rich in Poly-unsaturated fatty acids are for example: salmon, mackerel, flax seed oil and walnuts. Examples of food sources that are high in Mono-unsaturated fatty acids are: olive oil, peanut oil canola oil and avocados.

### THE BAD

Ideally, saturated fat should be limited to less than 10% of total energy intake in order to prevent Cardiovascular disease. Most of the fat in the diet should come from foods that are sources of Poly-unsaturated and Mono-unsaturated fatty acids

### TOTAL ENERGY

Total energy intake should be balanced between energy intake and expenditure, to achieve and maintain a healthy body weight.

#### Energy Conversions

Carbohydrates 1g = 17 kJ  
Protein 1g = 17 kJ  
Fat 1g = 37 kJ

By ordering less cheese on your pizza - you significantly decrease the kJ content (check legaleze).

## DAILY ENERGY, MACRONUTRIENT & SODIUM INTAKE\*

Item	Sedentary** Females	Active** Females	Sedentary** Males	Active** Males
Energy (kJ)*	7367	9240	9421	11760
<b>MACRONUTRIENTS</b>				
Carbohydrates (g) 50 - 60% of total energy (55)	238	299	305	380
Protein (g) 12 - 15% of total energy (15)	65	82	83	104
Fat (g) Up to 30% of total energy (30)	60	75	76	95
Saturated fatty acids (g) <10% of energy	20	25	25	32
Monounsaturated ~10% of energy (by difference ~12)	24	30	31	38
Polyunsaturated 6 - < 10 8% of energy	16	20	20	25
Cholesterol (mg)	<300	<300	<300	<300
Sodium mg per day	>3 000	>3 000	>3 000	>3 000

**SEDENTARY** equates to less than 30 minutes a day of moderate physical activity in addition to daily activities.

**MOD. ACTIVE** equates to at least 30 minutes up to 60 minutes a day of moderate physical activity in addition to daily activities.

**ACTIVE** equates to 60 or more minutes a day of moderate physical activity in addition to daily activities.



\* Table applies to adults only.

\*\* Energy levels are based on the Estimated Energy Requirements (EER) and activity levels from the Institute of Medicine Dietary Reference Intakes Macro nutrients Report, 2002.

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# bambini

## nutritional analysis

**HO** HEALTHIER Option

**V** VEGETARIAN Menu Item

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	Item	Energy (kJ)	Carbohydrate (g)	Protein (g)	Total Fat (g)	Saturated FA (g)	Mono-unsaturated FA (g)	Poly-unsaturated FA (g)	Cholesterol (mg)	Sodium (mg)
	<b>BAMBINI PIZZA</b>									
	Esotica	2463	67,1	29,85	20,9	10,46	7,7	1,29	78	1666
<b>V</b>	Margherita	2012,5	56,05	20,05	18,35	9,64	6,52	1,03	54,5	951
	Regina	2451	58,95	30	23,75	11,35	8,99	1,67	83	1615
	Tropicale	2905,5	65,45	29,85	33,25	14,93	13,64	2,79	80	1430

	Item	Energy (kJ)	Carbohydrate (g)	Protein (g)	Total Fat (g)	Saturated FA (g)	Mono-unsaturated FA (g)	Poly-unsaturated FA (g)	Cholesterol (mg)	Sodium (mg)
	<b>BAMBINI PASTA</b>									
<b>V</b>	Spaghetti	883,75	40,6	7,19	1,06	0,15	0,12	0,41	0	1,25
<b>V</b>	Linguini	883,75	40,6	7,19	1,06	0,15	0,12	0,41	0	1,25
<b>V</b>	Gluten Free	1649	79,90	8,90	1,20	0	0	1,22	0	trace
<b>V</b>	Penne	1124,32	79,90	8,90	1,20	0,11	1,11	0	0	1
<b>HO</b>	Bolognaise Sauce	525,5	6,05	8,15	6,05	1,8	3,29	0,37	22,5	365
	Funghi Bianco	920,50	6,65	3,60	19,05	11,24	5,85	0,58	51	417
	Lasagne	1101	30,05	3,10	15,60	9,95	5,73	3,13	37	412,50
<b>HO</b> <b>V</b>	Pomodoro Sauce	390	8,8	1,3	5	0,67	3,58	0,48	0	662,5

The bambini pastas are served with a choice of penne, linguini or spaghetti.

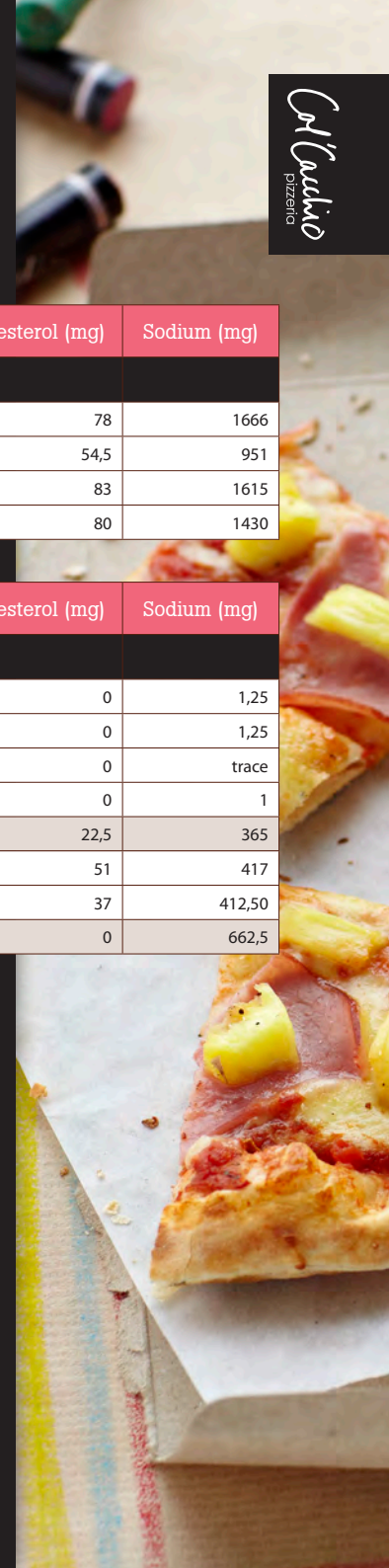
*The values represent the sauce and pasta separately.*

*The healthier kids pizza options are determined as follows:*

**Items with a Total Fat content of less than 40% of Total Energy.**

**A Saturated Fat content of less than 10%.**

**A Carbohydrate content of at least 45% of total energy.**



# salad

## nutritional analysis

**H** HEALTHIER Option

**V** VEGETARIAN Menu Item

The healthier salad options are determined as follows: **Items with less than 11% saturated fat.**

	Item	Energy (kJ)	Carbohydrate (g)	Protein (g)	Total Fat (g)	Saturated FA (g)	Mono-unsaturated FA (g)	Poly-unsaturated FA (g)	Cholesterol (mg)	Sodium (mg)
<b>H</b>	Avellino	2330	21	31,8	32,3	6,54	20	4,91	47	765
<b>H</b> <b>V</b>	Barbitiola	1975	28,1	8,8	31,2	5,65	17,07	8,07	0	106
	Barbitiola+Feta	2923	29	21,2	50,7	17,74	21,72	8,59	49	830
	Brioso	1665	20,4	16,9	25,9	13,88	6,15	3,28	53	993
	Brioso+Chicken	2339	22,4	39,5	32,6	15,22	10,1	4,27	100	1180
	Caesar	3248	5,7	26,8	72,9	16,44	26,14	26,13	262	1061
	Caesar+Bacon	3899	4,2	27,3	90,4	19,26	36,86	29,36	281	1274
	Caesar+Chicken	3922	7,6	49,4	79,6	17,78	30,09	27,12	309	1247
<b>H</b> <b>V</b>	Caprese	1901	22,3	26,1	25,7	0,69	3,3	0,79	0	904
	Caprese+Avo	3024	28,9	28	49,2	5,51	18,93	3,83	0	913
	Casa Mia	1387	11,7	5,8	24,5	4,97	15,76	3,49	0	45
	Casa Mia+Chicken	2061	13,6	28,4	31,2	6,31	19,7	4,48	47	231
	Casa Mia Side Salad	693	5,8	2,9	12,3	2,48	7,88	1,74	0	22
	Fabrizio	3236	8,7	62	50,5	18,21	23,71	5,74	100	1368
	Gorgonzola	3575	12,1	32	71,8	27,82	34,64	7,29	96	1322
	Greek	1304	6,6	14,1	24,2	12,72	7,86	1,07	49	1092
	Greek Side Salad	635	2,5	7	12,1	6,36	3,93	0,53	25	545
	Green Salad	1175	5,80	4	23,70	4,86	15,64	3,12	0	282
	Green Salad+Anchovy	1473	5,80	14,10	27,10	5,63	16,96	4,02	0	1566
	Green Salad+Parmesan	1645	31,20	4	23,70	9,62	17,83	3,29	20	748
	Isabella	3632	7,4	35,3	74,7	28,34	34,94	7,43	104	1766
<b>H</b> <b>V</b>	Manderin	1698	43,70	10,90	15,60	2,99	8,66	3,10	0	297
<b>H</b>	Manderin+Chicken	2372	45,60	33,40	22,30	4,34	12,61	4,09	47	483
<b>H</b>	Manderin+ProsciuttoCrudo	1884	44	17,70	17,40	3,56	9,48	3,27	16	797
	Nuovo Salmone	4474	21,5	34,5	90,7	24,32	50,18	9,92	84	1590
	Pera	2653	27	6,8	51,7	9,33	32,26	8,58	5	218
	Pera+Gorgonzola	3523	28,4	15,8	70,2	21,83	37,05	9,24	50	543
	Pera+Parmesan	3405	28,5	24,7	63,7	16,96	35,75	8,85	36	963
	Roasted Vegetable	1416	23,10	11,80	18,60	5,23	9,77	2,63	20	1653
<b>H</b> <b>V</b>	San Siro	2207	26,8	12,2	35,3	6,25	18,4	9,89	0	54
<b>H</b>	San Siro+Chicken	2882	28,7	34,8	42	7,59	22,35	10,88	47	241
<b>H</b>	Smoked Chicken	2146	14,7	34,9	30,2	6,32	18,86	4,43	62	90
	Torello	2928	50	22,9	41,3	9,81	22,57	6,13	28	1515
	Volatili	2140	10,9	26,9	36,1	6,98	23,3	4,99	47	534

# antipasti

## nutritional analysis

**HO** HEALTHIER Option

**V** VEGETARIAN Menu Item

	Item	Energy (kJ)	Carbohydrate (g)	Protein (g)	Total Fat (g)	Saturated FA (g)	Mono-unsaturated FA (g)	Poly-unsaturated FA (g)	Cholesterol (mg)	Sodium (mg)
	Carpaccio	1997	10,50	31,20	34,70	8,36	22,05	2,49	88	480
	Carne Antipasti+Mini Bread	4681	86,10	34,20	69,10	9,52	39,06	5,20	32	2124
<b>V</b>	Veg Antipasti+Mini Bread	5042	89,90	25,30	80	9,14	49,06	6,10	0	1688
	Prawn Cocktail	2649	6,90	19,60	58,50	8,97	17,15	30,93	178	556



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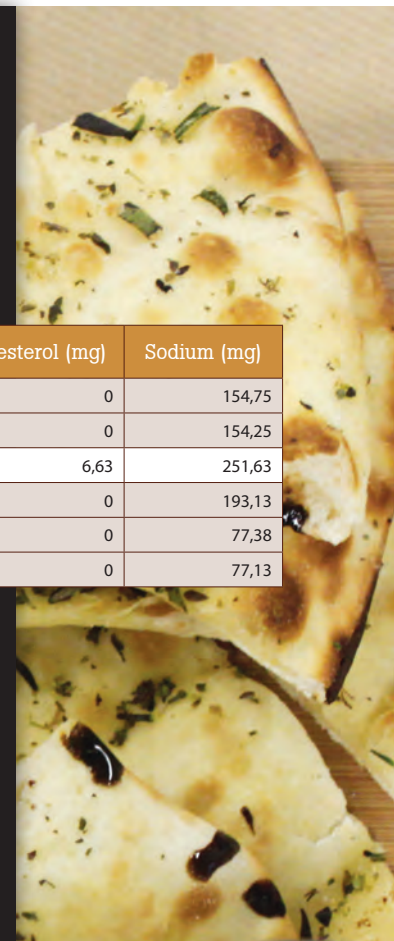
# mini breads

## nutritional analysis (PER SLICE)

**HO** HEALTHIER Option

**V** VEGETARIAN Menu Item

	Item	Energy (kJ)	Carbohydrate (g)	Protein (g)	Total Fat (g)	Saturated FA (g)	Mono-unsaturated FA (g)	Poly-unsaturated FA (g)	Cholesterol (mg)	Sodium (mg)
<b>HO</b> <b>V</b>	Standard Garlic	450,13	16,33	1,97	3,5	0,48	2,45	0,36	0	154,75
<b>HO</b> <b>V</b>	Standard Herb	429,25	15,5	1,77	3,48	0,47	2,44	0,04	0	154,25
	Mini Feta+Onion	537,75	15,85	3,45	5,46	2,005	2,61	0,37	6,63	251,63
<b>HO</b> <b>V</b>	Mini Tomato+Onion	443,38	16,05	1,87	3,46	0,47	2,42	0,36	0	193,13
<b>HO</b> <b>V</b>	Mini Garlic	225,07	8,17	0,98	1,75	0,24	1,22	0,18	0	77,38
<b>HO</b> <b>V</b>	Mini Herb	214,63	7,75	0,88	1,74	0,24	1,22	0,18	0	77,13



The healthier pizza options are determined as follows:

Items with a Total Fat content of less than 40% of Total Energy.

A Saturated Fat content of less than 10%.

A Carbohydrate content of at least 45% of total energy.

# carne & pesce pizza

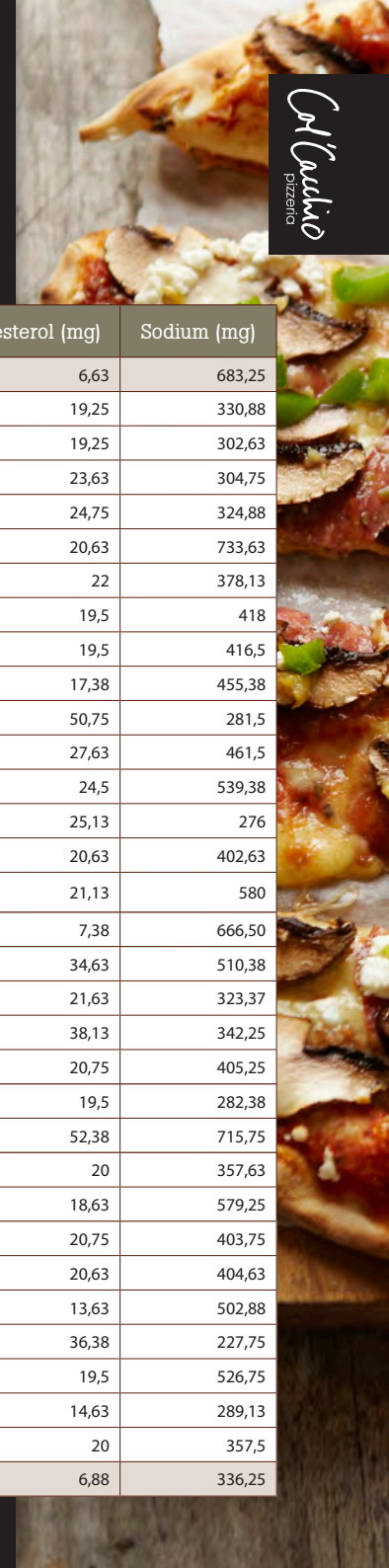
## nutritional analysis (PER SLICE)

**HO** HEALTHIER Option

**V** VEGETARIAN Menu Item

	Item	Energy (kJ)	Carbohydrate (g)	Protein (g)	Total Fat (g)	Saturated FA (g)	Mono-unsaturated FA (g)	Poly-unsaturated FA (g)	Cholesterol (mg)	Sodium (mg)
<b>HO</b>	Benvoluto	438,75	15,29	4,91	2,19	0,85	0,96	0,19	6,63	683,25
	Bolognese	658,63	16,62	7,17	6,12	2,87	2,45	0,35	19,25	330,88
	Bulba	612	14,53	10,13	4,77	2,46	1,66	0,34	19,25	302,63
	Campagnola	741,25	18,33	9,13	6,88	3,26	2,63	0,45	23,63	304,75
	Carne	734,25	15,52	8,28	8,3	3,7	3,4	0,62	24,75	324,88
	Caprissiosa	772,88	16,04	8,28	8,79	3,66	3,87	0,71	20,63	733,63
	Da Terra	888,5	13,9	8,07	13,49	4,8	6,75	0,89	22	378,13
	Diavolo	617,38	15,08	7,88	5,59	2,67	2,17	0,37	19,5	418
	Esotica	615,75	16,78	7,47	5,23	2,62	1,925	0,32	19,5	416,5
	Foresta	610,75	11,65	6,37	7,8	3,74	2,83	0,5	17,38	455,38
	Inferno	671,38	14,25	8,99	7,18	2,82	2,34	1,58	50,75	281,5
	Italo Swiss	714,63	14,42	9,59	7,98	4,26	2,62	0,39	27,63	461,5
	Juventino	711,75	14,84	10,54	7,2	3,82	2,48	0,40	24,5	539,38
	La Zizou	758,63	15,2	7,54	9,84	3,34	5,27	0,81	25,13	276
	Maestro	681,75	15,08	7,39	7,64	3,49	3,13	0,56	20,63	402,63
	Mediterranean	813	17,99	7,67	9,32	3,87	4,01	0,75	21,13	580
	Millamoo	480,75	14,81	3,71	4,10	1,54	2	0,30	7,38	666,50
	Morituri	1036,63	15,1	12,58	14,7	6,45	6,14	1,18	34,63	510,38
	Nacho Libre	776,25	15,13	8,08	9,73	4,14	4,36	0,77	21,63	323,37
	Paradiso	687,13	15,17	8,4	7,37	3,37	2,89	0,6	38,13	342,25
	Parma	600,88	14,43	7,33	5,93	2,84	2,25	0,42	20,75	405,25
	Pollino Di Verdure	615,63	14,48	8,12	5,89	2,64	2,38	0,51	19,5	282,38
	Prawn Starr	683,63	15,71	7,71	7,30	3,57	2,59	0,44	52,38	715,75
	Porchetta	755,12	14,15	7,44	10,04	4,08	4,58	0,92	20	357,63
	Prostituto	803,38	14,2	7,45	11,15	4,80	4,6	0,93	18,63	579,25
	Regina	612,75	14,74	7,5	5,94	2,84	2,25	0,42	20,75	403,75
	Sedriano	784,88	14,92	7,82	10,19	3,94	4,51	1,22	20,63	404,63
	Siciliana	594,13	14,3	6,54	6,08	2,65	2,56	0,47	13,63	502,88
	Smokey Babe	829,38	15,08	10,6	10,3	4,5	4,17	0,78	36,38	227,75
	Stagionata	641,38	15,05	7,88	6,25	2,75	2,67	0,42	19,5	526,75
	The Moghul	743	16,7	10,25	7,29	1,79	1,73	0,33	14,63	289,13
	Tropicale	726,38	16,37	7,47	8,32	3,73	3,41	0,7	20	357,5
<b>HO</b>	Wildini	543,88	14,57	3,94	5,63	1,55	3,16	0,65	6,88	336,25

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# vegetariana pizza

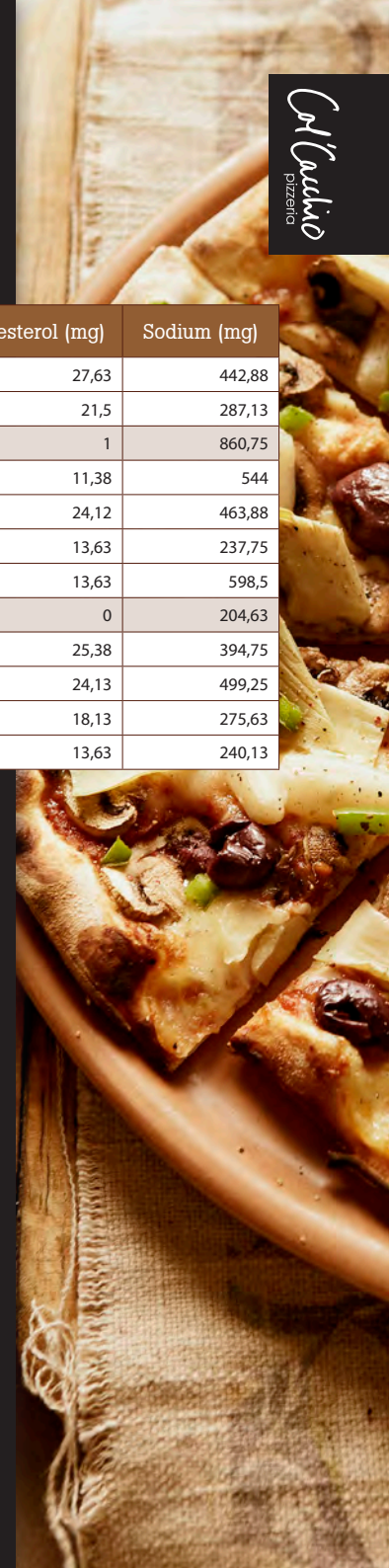
## nutritional analysis (PER SLICE)

**HO** HEALTHIER Option

**V** VEGETARIAN Menu Item

	Item	Energy (kJ)	Carbohydrate (g)	Protein (g)	Total Fat (g)	Saturated FA (g)	Mono-unsaturated FA (g)	Poly-unsaturated FA (g)	Cholesterol (mg)	Sodium (mg)
	<b>V</b> Autunno	853,13	18,74	8,89	9,61	5,31	2,88	0,44	27,63	442,88
	<b>V</b> Brie	622,38	14,5	6,72	6,77	3,78	2,26	0,33	21,5	287,13
<b>HO</b>	<b>V</b> Carciofi	526,75	15,93	2,70	4,96	0,86	3,36	0,46	1	860,75
	<b>V</b> Green Genie	811,88	17,89	6,08	9,89	3,29	4,16	1,94	11,38	544
	<b>V</b> Griglia	785,13	16,37	8,17	9,34	5,09	3,03	0,45	24,12	463,88
	<b>V</b> Margherita	503,13	14,02	5,02	4,59	2,41	1,63	0,26	13,63	237,75
	<b>V</b> Ortigiano	636,63	16,29	6,4	5,8	2,59	2,38	0,44	13,63	598,5
<b>HO</b>	<b>V</b> Principessa	574,75	15	5,17	5,83	0,37	1,88	0,31	0	204,63
	<b>V</b> Quattro Formaggi	752,63	14,44	7,59	9,23	5,44	2,9	0,39	25,38	394,75
	<b>V</b> Romagnola	767,38	15,48	8,22	9,3	5,07	2,99	0,43	24,13	499,25
	<b>V</b> Rustica	662,5	16,39	6,45	6,78	3,72	2,24	0,45	18,13	275,63
	<b>V</b> Strega	547,25	15,32	5,62	4,64	2,42	1,63	0,28	13,63	240,13

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# pasta

## nutritional analysis

**HO** HEALTHIER Option

**V** VEGETARIAN Menu Item

The values below represent the sauce and pasta separately.  
Except for Lasagne which includes pasta.

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	Item	Energy (kJ)	Carbohydrate (g)	Protein (g)	Total Fat (g)	Saturated FA (g)	Mono-unsaturated FA (g)	Poly-unsaturated FA (g)	Cholesterol (mg)	Sodium (mg)
	<b>BASIC PASTA</b>									
<b>V</b>	Spaghetti	1414	64,1	11,5	1,7	0,24	0,19	0,65	0	2
<b>V</b>	Linguini	1807	86,4	15	1,8	0,24	0	1,56	0	trace
<b>V</b>	Gluten Free	1649	79,9	8,9	1,2	0	0	1,22	0	trace
<b>V</b>	Penne	1649	79,9	8,9	1,2	0	0,11	1,11	0	1

	Item	Energy (kJ)	Carbohydrate (g)	Protein (g)	Total Fat (g)	Saturated FA (g)	Mono-unsaturated FA (g)	Poly-unsaturated FA (g)	Cholesterol (mg)	Sodium (mg)
	<b>SAUCES</b>									
<b>HO</b>	Amatriciana	1304	13	11	22,8	6,83	12,44	2,42	26	1306
<b>HO</b>	Bolognaise	1051	12,1	16,3	12,1	3,6	6,57	0,74	45	730
	Bacon & Pea	4547	22,30	35,90	91,80	40,29	39,93	6,59	176	1653
<b>V</b>	Cielo	3157	15,70	15,50	68,50	24,35	33,36	7,13	89	1661
<b>HO</b>	Crema Di Gamberi	2208	13	33,8	30,6	5,25	21,48	3,54	293	1529
<b>V</b>	Cuanollo	1628	5,3	6,5	37,9	5,72	21,79	8,58	5	147
<b>HO</b>	<b>V</b> Fresca	2111	29,5	13,1	33,6	7,21	21,09	3,45	20	1137
<b>V</b>	Fresca+Basil Pesto	2395	18,1	15,9	46,6	9,56	24,91	9,7	26	717
<b>V</b>	Funghi Bianco	1841	13,3	7,2	38,1	22,47	11,69	1,16	102	834
<b>V</b>	Gorgonzola	2061	12,6	11,9	43,1	29,01	4,66	0,65	131	586
<b>HO</b>	Meatballs+Pomodoro	1963	19,6	33	25,9	7,83	14,03	1,51	99	1363
	Osso Bucco	1240	12,7	8,6	21,9	11,31	8,12	0,85	69	618
<b>HO</b>	<b>V</b> Pomodoro	780	17,6	2,6	10	1,34	7,16	0,95	0	1325
<b>HO</b>	Puttanesca	812	16,8	5,2	10,1	1,43	6,92	1,07	0	1443
	Lasagne	2202	60,1	6,2	31	20	11,46	6,26	74	825
<b>HO</b>	Rosso	2452	30,70	4,80	41,30	9,35	26,10	3,65	32	2084
<b>V</b>	The Pollo	2264	25	4,90	33,90	6,05	22,77	3,35	51	191

The healthier pasta options are determined as follows:

Items with a Total Fat content of less than 40% of Total Energy.

A Saturated Fat content of less than 10%.

A Carbohydrate content of at least 45% of total energy.

\* ITALIAN PARMESAN CONTAINS ANIMAL BY-PRODUCT

# pasta

## nutritional analysis

**HO** HEALTHIER Option

**V** VEGETARIAN Menu Item

The values below represent the sauce and pasta separately.

	Item	Energy (kJ)	Carbohydrate (g)	Protein (g)	Total Fat (g)	Saturated FA (g)	Mono-unsaturated FA (g)	Poly-unsaturated FA (g)	Cholesterol (mg)	Sodium (mg)
	<b>FILLED PASTA +SAUCES</b>									
<b>V</b>	Butternut Capelletti +Sage Butter	3715	113,1	21,8	35,7	19,3	9,5	1,67	196	386
<b>HO</b>	Gnocchi +Bolognaise	2729	86,5	24,8	17,6	4,48	10	1,44	72	1486
<b>V</b>	Gnocchi +Gorgonzola	3739	87	20,4	48,6	29,89	8,08	1,35	158	1342
<b>HO</b> <b>V</b>	Gnocchi +Pomodoro	2257	83,1	10,1	14,8	2,12	10,17	1,57	23	1990
<b>HO</b>	Lamb Cappelletti +Osso Bucco	4673	99,2	53,2	52,4	19,77	23,38	5,34	227	1644
<b>V</b>	Spinach Panzerotti +Gorgonzola	4711	107,8	39,4	56,9	36,17	8,88	1,74	247	1207

The healthier pasta options are determined as follows:

Items with a Total Fat content of less than 40% of Total Energy.

A Saturated Fat content of less than 10%.

A Carbohydrate content of at least 45% of total energy.



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