

COMPLETE PRODUCTS ALLERGENS GUIDE

- MAIN ALLERGENS: INGREDIENTS
- ESPRESSO & DRINKS CHARTS
- FOOD CHARTS

CAFFÈTERRA



ALLERGENS: MILK

INGREDIENTS

«HOT CHOCOLATE POWDER»

«SAUCES»:

White Chocolate

Vanilla

Dark White Chocolate

Amaretto

Caramel

Hazelnut

Pistachio

«CONDENSED MILK»

«WHIPPED CREAM»

«BROWN LIQUID SUGAR»

«FREDDO CAPPUCCINOS»

«WHITE YOGURT POWDER»

«GREEK YOGURT»

«DRIED TOMATOES»

«RICOTTA CHEESE»

«BRIE CHEESE»

«EDAMER CHEESE»

«MOZZARELLA»

«PHILADELPHIA CHEESE»

«GRANA CHEESE»

«GARLIC SAUCE»

«GREEN SAUCE»

«ICE-CREAM»

«SESAME BAGUETTE»

«WHOLE GRAIN BAGUETTE»

«CLASSIC WRAP»

«WHITE BREAD»



Sensitive Ingredients

Here are some milk-containing ingredients to look out for:

- Casein
- Caseinates
- Curd
- Diacetyl
- Ghee
- Lactalbumin
- Lactoferrin

- Lactose
- Lactulose
- Recaldent
- Rennet casein
- Tagatose
- Whey

ALLERGENS: PEANUTS

INGREDIENTS

«VANILLA SAUCE»
«TRAMEZZINO BREAD»



Sensitive Ingredients

Foods and ingredients that may contain peanuts

- Artificial nuts
- Baked goods
- Candy
- Chili
- Egg rolls
- Glazes and marinades
- Mandelonas (peanuts soaked in almond flavoring)
- Marzipan
- Nougat
- Pancakes
- Specialty pizzas

ALLERGENS: TREE NUTS

INGREDIENTS

«SAUCES»:

White Chocolate

Vanilla

Dark White Chocolate

Caramel

«HOT CHOCOLATE POWDER»

«FIOR DI LATTE ICE CREAM POWDER»

«WHITE YOGURT POWDER»

«TRAMEZZINO BREAD »

«SESAME BAGUETTE»

«DRIED TOMATOES»

«ALMOND MILK»

«CASHEW CHEESE»

Tree nuts include, but are not limited to: almonds, Brazil nuts, cashews, chestnuts, filberts/hazelnuts, macadamia nuts, pecans, pistachios, pine nuts, shea nuts and walnuts.



Sensitive Ingredients

Foods and ingredients potential dangerous for people suffering of Tree Nuts allergens:

- Gianduja (chocolate with hazelnut paste as an ingredient)
- Litchi

- Marzipan
- Pesto

ALLERGENS: EGGS

INGREDIENTS

«SAUCES»:

White Chocolate

Vanilla

Dark White Chocolate

Caramel

«GINSENG POD»

«HOT CHOCOLATE POWDER»

«FIOR DI LATTE ICE CREAM POWDER»

«WHITE YOGURT POWDER»

«DRIED TOMATOES»

«BOILED EGG»

«GARLIC SAUCE»

«MAYO»

«COCKTAIL SAUCE»

«SESAME BAGUETTE»

«WHOLE GRAIN BAGUETTE»

«WHITE BREAD»



Sensitive Ingredients

Foods and ingredients that may contain egg:

- Albumin (also spelled albumen)
- Egg (dried, powdered, solids, white, yolk)
- Eggnog
- Lysozyme
- Mayonnaise
- Meringue (meringue powder)
- Ovalbumin
- Surimi

ALLERGENS: SOY

INGREDIENTS

«SAUCES»:
White Chocolate
Caramel
Dark White Chocolate
«GINSENG POD»
«SOY MILK»
«ALMOND MILK»
«HOT CHOCOLATE POWDER»
«FIOR DI LATTE ICE CREAM POWDER»
«WHITE YOGURT POWDER»
«BLACK BEANS»
«MOPUR»
«HOUMOUS »
«HOUMOUS RED PEPPER & JALAPENO»
«SMOKED TOFU»
«CASHEW CHEESE»
«COOKING CREAM»
«VEGAN COOKING CREAM»
«PINSÀ DOUGH»
«SESAME BAGUETTE»
«WHOLE GRAIN BAGUETTE»
«CLASSIC WRAP»
«WHOLE GRAIN WRAP»
«TRAMEZZINO BREAD»
«WHITE BREAD»
«BREAD CROSTINI»



Sensitive Ingredients

Foods and ingredients that may contain soy:

- Edamame
- Miso
- Natto
- Shoyu
- Soya
- Tamari
- Tempeh
- Textured vegetable protein (TVP)

Beyond the obvious soy milk and soy products like tofu, soy can also be found in unexpected foods, including canned meats and fish, cereal, crackers, energy bars, and infant formula.

ALLERGENS: WHEAT

INGREDIENTS

«CARAMELIZED ONION»
«MOPUR»
«PINSA DOUGH»
«CLASSIC BAGUETTE»
«SESAME BAGUETTE»
«WHOLE GRAIN BAGUETTE»
«CLASSIC WRAP»
«SPINACH WRAP»
«HOUMOUS»
«HOUMOUS RED PEPPER & JALAPENO»
«BREAD CROSTINI»
«WHOLE GRAIN WRAP»
«TRAMEZZINO BREAD»
«WHITE BREAD»



Sensitive Ingredients

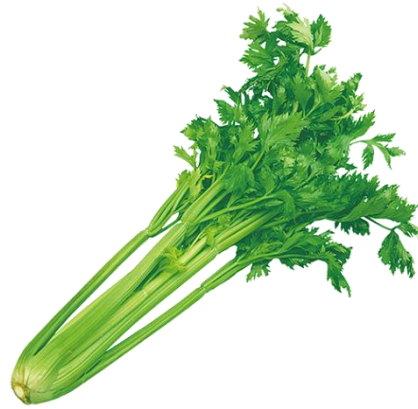
These foods and ingredients contain wheat:

- | | |
|---|--|
| <ul style="list-style-type: none">• Bulgur• Couscous• Cracker meal• Durum• Einkorn• Emmer• Farina | <ul style="list-style-type: none">• Kamut• Matzoh• Seitan• Semolina• Spelt• Triticale |
|---|--|

ALLERGENS: CELERY

INGREDIENTS

«CELERY»
«BLACK BEANS»
«MOPUR»
«COCKTAIL SAUCE»
«SMOKED TOFU»
«HOUMOUS»
«RED PEPPER»
«BOLOGNESE SAUCE»
«TOMATO SAUCE»



Sensitive Ingredients

These foods and ingredients contain celery:

- Salads
- Prepared Vegetables
- Soups

- Soups
- Sauces
- Tomato-based Drinks

ALLERGENS: MUSTARD

INGREDIENTS

«GARLIC SAUCE»
«GREEN SAUCE»
«COCTAIL SAUCE»
«HOUMOUS»
«HOUMOUS RED PEPPER & JALAPENO»
«RED PEPPER»
«MUSTARD CORNS»



Sensitive Ingredients

These foods and ingredients contain mustard:

- Condiments
 - Salad Dressings
 - Sauces
 - Curries, Chutneys
 - Pickles
- Vegetables with vinegar
 - Dehydrated soups
 - Processed Meat
 - Potato salad
 - Spices, flavoring or seasoning

ALLERGENS: SESAME

INGREDIENTS

«BLACK BEANS»
«MOPUR»
«HOUMOUS»
«HOUMOUS RED PEPPER & JALAPENO»
«SMOKED TOFU»
«RED PEPPER»
«TRAMEZZINO BREAD»
«SESAME BAGUETTE»
«WHOLE GRAIN BAGUETTE»
«BREAD CROSTINI »
«WHITE BREAD»



Sensitive Ingredients

These foods and ingredients contain sesame:

- Bread
- Dips and spreads
- Combination food
- Sesame oil
- Tahina
- Tempeh
- Vegetarian burgers
- Snack bars

ALLERGENS: SULFUR DIOXIDES

INGREDIENTS

«GINSENG POD»
«DARK CHOCOLATE SAUCE»
«HOT CHOCOLATE POWDER»
«FIOR DI LATTE ICE CREAM POWDER»
«WHITE YOGURT POWDER»
«LEMON JUICE»
«HOUMOUS RED PEPPER & JALAPENO»
«ARTICHOKES IN OIL»
«MUSHROOMS IN OIL»
«GREEN SAUCE»
«MUSTARD CORNS»
«BALSAMIC GLAZE VINEGAR»

SO₂

Sensitive Ingredients

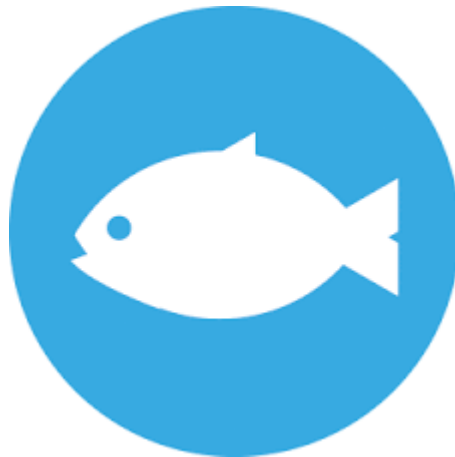
These foods and ingredients contain sulfur dioxides:

- Wine
- Beer
- Cookie, crackers, pizza base
- Fruit juices
- Canned fruits and vegetables
- Pickles, olives and salad dressings
- French fries
- Noodle, rice

ALLERGENS: FISH

INGREDIENTS

«SMOKED SALMON»
«COCKTAIL SAUCE»
«ANCHOVIES IN OIL»
«TUNA CHUNKS IN OIL»



Sensitive Ingredients

These foods and ingredients contain fish:

- | | |
|--|--|
| <ul style="list-style-type: none">• Caesar salad dressing• Worcestershire sauce• Ceviche• Caviar• Gelatin• Cioppino | <ul style="list-style-type: none">• Thai fish sauce• Fish stews• Fumet• Surimi• Omega-3 supplements• Caponata |
|--|--|

ESPRESSO & DRINKS CHARTS

CAFFÈTERRA



CHARTS: TRADITIONALS

MENU	 MILK	 PEA NUTS	 TREE NUTS	 EGGS	 SOY	 WHEAT	 CELERY	 MUST ARD	 SESAME	 SULFUR DIOXID.	 FISH
Ristretto											
Espresso											
Americano											
Filter Coffee											
Caffè Freddo											
Macchiato	X										
Caffè Freddo	X										
Cappuccino	X										
Bambinocino	X										

**** For all the drinks containing MILK and not sauces, the allergens may vary depending on the kind of milk you desire to have instead, for example if you use SOY milk, you will have SOY instead of MILK as allergen.**

CHARTS: LATTES

MENU	 MILK	 PEA NUTS	 TREE NUTS	 EGGS	 SOY	 WHEAT	 CELERY	 MUSTARD	 SESAME	 SO ₂ SULFUR DIOXID.	 FISH
Classic Latte	X										
Aroma Latte Dark Chocolate	X		X	X	X					X	
Aroma Latte White Chocolate	X	X	X	X	X						
Aroma Latte Pistachio	X			X							
Aroma Latte Vanilla	X	X	X	X							
Aroma Latte Amaretto	X										
Aroma Latte Hazelnut	X										
Aroma Latte Caramel	X	X	X	X	X						
Aroma Latte Plus Dark Chocolate	X		X	X	X					X	
Aroma Latte Plus White Chocolate	X	X	X	X	X						
Aroma Latte Plus Pistachio	X			X							
Aroma Latte Plus Vanilla	X	X	X	X							
Aroma Latte Plus Amaretto	X										
Aroma Latte Plus Hazelnut	X										
Aroma Latte Plus Caramel	X	X	X	X	X						

** For all the drinks containing MILK and not sauces, the allergens may vary depending on the kind of milk you desire to have instead, for example if you use SOY milk, you will have SOY instead of MILK as allergen.

CHARTS: AROMAS

MENU	 MILK	 PEA NUTS	 TREE NUTS	 EGGS	 SOY	 WHEAT	 CELERY	 MUSTARD	 SESAME	 SO ₂ SULFUR DIOXID.	 FISH
Aroma Dark Chocolate	X		X	X	X					X	
Aroma White Chocolate	X	X	X	X	X						
Aroma Pistachio	X			X							
Aroma Vanilla	X	X	X	X							
Aroma Amaretto	X										
Aroma Hazelnut	X										
Aroma Caramel	X	X	X	X	X						
Aroma Speciale Dark Chocolate	X		X	X	X					X	
Aroma Speciale White Chocolate	X	X	X	X	X						
Aroma Speciale Pistachio	X			X							
Aroma Speciale Vanilla	X	X	X	X							
Aroma Speciale Amaretto	X										
Aroma Speciale Hazelnut	X										
Aroma Speciale Caramel	X	X	X	X	X						
Aroma Speciale Plus ***	X										

***For Aroma Speciale Plus, add up the allergens of the 2 desired sauces, keep in mind that every sauce contains MILK.

CHARTS: INTERNATIONALS, HOT DRINKS, TEAS & INFUSIONS

MENU	 MILK	 PEA NUTS	 TREE NUTS	 EGGS	 SOY	 WHEAT	 CELERY	 MUST ARD	 SESAME	 SULFUR DIOXID.	 FISH
Flat White	X										
Matcha Latte	X										
Hot Chocolate	X		X	X	X					X	
Torino	X		X	X	X					X	
Earl Grey Imperial											
English Breakfast											
Green Tea											
Rooibos Natural											
Aromatic Infusion - Giro del Mondo											
Energetic Infusion - Aria											

**** For all the drinks containing MILK and not sauces, the allergens may vary depending on the kind of milk you desire to have instead, for example if you use SOY milk, you will have SOY instead of MILK as allergen.**

CHARTS: SMOOTHIES & EXTRACTS

MENU	 MILK	 PEA NUTS	 TREE NUTS	 EGGS	 SOY	 WHEAT	 CELERY	 MUST ARD	 SESAME	 SO ₂ SULFUR DIOXID.	 FISH
Smoothies: Mango, Pineapple, Coconut, Lime, Mint	X										
Smoothies: Strawberry, Banana	X										
Smoothies: Raspberry, Blackberry, Strawberry	X										
Smoothies: Raspberry, Blueberry, Banana, Flaxseeds	X										
Extract: Carrot, Apple, Celery Orange							X				
Extract: Carrot, Lemon juice, Celery							X			X	
Extract: Cucumber, Lemon juice, Carrot										X	
Extract: Fennel, Apple											

**** For all the drinks containing MILK and not sauces, the allergens may vary depending on the kind of milk you desire to have instead, for example if you use SOY milk, you will have SOY instead of MILK as allergen.**

FOOD CHARTS & NUTRITION VALUES

CAFFÈTERRA



CHARTS: PINSA & PANINI

MENU	 MILK	 PEA NUTS	 TREE NUTS	 EGGS	 SOY	 WHEAT	 CELERY	 MUSTARD	 SESAME	 SO ₂ SULFUR DIOXID.	 FISH
White Pinsa Turkey & Cherry Tomatoes	X				X	X					
White Pinsa Raw Ham & Brie Cheese	X				X	X		X			X
Vegan White Pinsa Smoked Tofu & Aubergine			X		X	X			X		
Vegan White Pinsa Cashew Mozzarella & Mopur			X		X	X			X	X	
Pinsa Margherita	X				X	X					
Vegan Pinsa Margherita			X		X	X					
Vegetarian Filled Pinsa			X		X	X				X	
Classic Panini Raw Ham & Olive's Pate						X		X	X	X	
Classic Panini Avocado & Bresaola	X			X		X					
Classic Panini Pepperoni & Chicken						X				X	
Classic Panini Vegetarian Mozzarella	X			X		X		X			
Classic Panini Vegetarian Edamer Cheese	X			X		X		X		X	
Classic Panini Tuna & Mozzarella	X			X		X					
Multiseed Panini Raw Ham & Olive's Pate						X		X	X	X	
Multiseed Panini Avocado & Bresaola	X			X		X					
Multiseed Panini Pepperoni & Chicken						X				X	
Multiseed Panini Vegetarian Mozzarella	X			X		X		X			
Multiseed Panini Vegetarian Edamer Cheese	X			X		X		X		X	
Multiseed Panini Tuna & Mozzarella	X			X		X					

CHARTS: WRAPS, TRAMEZZINI & TOASTS

MENU	 MILK	 PEA NUTS	 TREE NUTS	 EGGS	 SOY	 WHEAT	 CELERY	 MUSTARD	 SESAME	 SO ₂ SULFUR DIOXID.	 FISH
Classic Wrap Italian Salami	X					X		X		X	
Classic Wrap Grilled Chicken & Edamer	X			X		X					
Classic Vegan Wrap Avocado & Tofu			X		X	X	X	X	X	X	
Classic Wrap Smoked Salmon & Philadelphia Cheese	X		X	X		X					X
Spinach Wrap Italian Salami	X					X		X		X	
Spinach Wrap Grilled Chicken & Edamer	X			X		X					
Spinach Vegan Wrap Avocado & Tofu			X		X	X	X	X	X	X	
Spinach Wrap Smoked Salmon & Philadelphia Cheese	X		X	X		X					X
Tramezzini Tuna & Eggs		X		X	X	X			X		X
Tramezzini Smoked Salmon & Avocado	X	X			X	X			X		X
Tramezzini Bresaola	X	X	X		X	X			X		
Tramezzini Grilled Chicken & Mushrooms		X		X	X	X			X	X	
Tramezzini Dried Tomatoes & Tofu		X	X		X	X			X	X	
Tramezzini Grilled Veggies & Mopur		X	X		X	X		X	X	X	
Toast Ham & Cheese	X		X	X	X	X			X		
Toast Turkey & Cheese	X		X					X		X	
Toast Avocado & Egg	X		X	X	X	X			X		
Toast Grilled Tofu & Tomatoes			X		X	X			X	X	

CHARTS: PASTA & SALADS

MENU	 MILK	 PEA NUTS	 TREE NUTS	 EGGS	 SOY	 WHEAT	 CELERY	 MUSTARD	 SESAME	 SO ₂ SULFUR DIOXID.	 FISH
Spaghetti Tomatoes & Basil				X	X	X					
Tagliatelle Cream & Mushrooms	X			X	X	X					
Fusilli Basil & Pesto	X	X	X	X	X	X				X	
Maccheroni Bolognese				X	X	X					
Vegan Salad Tricolore			X		X	X			X		
Salad Cesar	X				X	X			X		
Salad Potatoes, Eggs & Anchovies				X							
Vegan Salad										X	
Salad Black Beans					X	X		X	X		
Salad Tuna	X										X

CHARTS: GRAB & GO & PASTRIES

(SWEETS, SAVORY & MORE)

MENU	 MILK	 PEA NUTS	 TREE NUTS	 EGGS	 SOY	 WHEAT	 CELERY	 MUSTARD	 SESAME	 SO ₂ SULFUR DIOXID.	 FISH
Ice Cream Strawberry & Chocolate	X		X	X	X					X	
Ice Cream with Espresso	X		X	X	X					X	
64% Dark Chocolate Minibar											
74% Dark Chocolate Minibar											
Gianduja Hazelnut Milk Chocolate Minibar	X	X	X								
Giandujotti	X	X	X		X						
Retrochic Candy Original Tins Collection											
Offelle di Parona	X	X	X	X	X	X					
Chocolate Twist	X		X	X	X	X					
Spelt & Quinoa Vegan Croissant	X		X	X	X	X			X		
Pain Aux Raisins	X		X	X	X	X					
Butter Croissant	X		X	X	X	X					
Maple & Pecan Plait	X		X	X	X	X					

NUTRITION VALUES: WHITE PINSA

WHITE PINSA TURKEY & CHERRY TOMATOES (250g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2261.2	541.0	16.5	7.8	1.1	66.9	2.8	30.4
% DAILY VALUE	26.92%	27.05%	23.59%	38.80%	18.02%	25.72%	3.06%	60.81%

WHITE PINSA RAW HAM & BRIE CHEESE (220g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2118.4	507.6	15.0	8.4	3.5	63.2	0.7	28.6
% DAILY VALUE	25.22%	25.38%	21.36%	41.97%	58.43%	24.29%	0.75%	57.11%

WHITE PINSA SMOKED TOFU & AUBERGINES (240g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	1859.8	444.4	7.7	1.6	1.8	68.9	4.5	22.1
% DAILY VALUE	22.14%	22.22%	10.96%	8.18%	29.25%	26.52%	4.96%	44.16%

WHITE PINSA CASHEW MOZZARELLA & MOPUR (280g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2124.2	506.8	8.8	4.8	2.1	80.7	1.2	24.4
% DAILY VALUE	25.29%	25.34%	12.52%	23.93%	35.15%	31.05%	1.33%	48.76%

NUTRITION VALUES: PINSA

PINSA MARGHERITA (200g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	1971.0	471.6	12.2	9.6	1.6	66.2	2.9	23.7
% DAILY VALUE	23.46%	23.58%	17.37%	47.85%	26.84%	25.45%	3.22%	47.34%

VEGAN PINSA MARGHERITA (200g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	1820.2	435.2	7.9	4.7	1.4	75.5	2.5	14.3
% DAILY VALUE	21.67%	21.76%	11.31%	23.65%	23.54%	29.05%	2.79%	28.54%

VEGETARIAN FILLED PINSA (300g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2237.7	535.6	14.3	9.8	1.6	73.2	4.6	25.6
% DAILY VALUE	26.64%	26.78%	20.42%	49.10%	27.48%	28.16%	5.16%	51.28%

VEGAN FILLED PINSA (300g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2086.9	499.2	10.1	5.0	1.5	82.6	4.3	16.2
% DAILY VALUE	24.84%	24.96%	14.36%	24.90%	24.18%	31.76%	4.72%	32.48%

NUTRITION VALUES: CLASSIC PANINI

CLASSIC PANINI RAW HAM & OLIVE'S PATE (270g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	1915.8	458.3	10.1	2.1	4.6	63.1	4.2	23.3
% DAILY VALUE	22.81%	22.92%	14.44%	10.28%	76.36%	24.28%	4.64%	47%

CLASSIC PANINI AVOCADO & BRESAOLA (220g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2085.7	499.4	16.4	4.5	4.5	60.1	2.7	27.5
% DAILY VALUE	24.83%	24.97%	23.42%	22.70%	74.62%	23.12%	3.03%	55.04%

CLASSIC PANINI PEPPERONI & CHICKEN (300g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2061.3	493.6	11.3	1.4	5.0	68.8	10.7	25.4
% DAILY VALUE	24.54%	24.68%	16.17%	6.84%	83.74%	26.46%	11.86%	50.75%

CLASSIC PANINI VEGETARIAN MOZZARELLA (280g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2427.1	580.9	24.6	16.3	2.1	61.9	4.2	27.7
% DAILY VALUE	28.89%	29.05%	35.13%	81.50%	34.71%	23.80%	4.69%	55.39%

NUTRITION VALUES: CLASSIC PANINI

CLASSIC PANINI VEGETARIAN EDAMER (330g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2210.7	528.5	16.5	8.9	2.7	66.1	6.2	25.1
% DAILY VALUE	26.32%	26.42%	23.62%	44.65%	45.17%	25.44%	6.85%	50.24%

CLASSIC PANINI TUNA & MOZZARELLA (310g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2568.5	615.2	23.3	14.5	3.6	60.6	3.5	39.2
% DAILY VALUE	30.58%	30.76%	33.32%	72.64%	59.35%	23.29%	3.91%	78.42%

NUTRITION VALUES: MULTISEED PANINI

MULTISEED PANINI RAW HAM & OLIVE'S PATE (290g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2129.6	509.3	13.2	2.5	4.6	65.9	4.3	25.3
% DAILY VALUE	25.35%	25.47%	18.91%	12.28%	77.40%	25.35%	4.81%	51%

MULTISEED PANINI AVOCADO & BRESAOLA (240g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2299.5	550.4	19.5	4.9	4.5	62.9	2.9	29.5
% DAILY VALUE	27.37%	27.52%	27.89%	24.70%	75.66%	24.19%	3.19%	58.99%

MULTISEED PANINI PEPPERONI & CHICKEN (320g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2275.0	544.6	14.4	1.8	5.1	71.6	10.8	27.4
% DAILY VALUE	27.08%	27.23%	20.64%	8.84%	84.78%	27.53%	12.03%	54.70%

MULTISEED PANINI VEGETARIAN MOZZARELLA (300g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2640.8	631.9	27.7	16.7	2.1	64.7	4.4	29.7
% DAILY VALUE	31.44%	31.60%	39.60%	83.50%	35.75%	24.87%	4.86%	59.34%

NUTRITION VALUES: MULTISEED PANINI

MULTISEED PANINI VEGETARIAN EDAMER (350g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2424.4	579.5	19.7	9.3	2.8	68.9	6.3	27.1
% DAILY VALUE	28.86%	28.97%	28.08%	46.65%	46.22%	26.51%	7.02%	54.19%

MULTISEED PANINI TUNA & MOZZARELLA (330g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2782.3	666.2	26.5	14.9	3.6	63.3	3.7	41.2
% DAILY VALUE	33.12%	33.31%	37.79%	74.64%	60.39%	24.36%	4.08%	82.37%

NUTRITION VALUES: CLASSIC WRAPS

CLASSIC WRAP ITALIAN SALAMI (300g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2869.6	688.2	35.5	12.6	2.6	62.6	6.3	26.8
% DAILY VALUE	34.16%	34.41%	50.71%	63.24%	42.80%	24.08%	6.96%	53.62%

CLASSIC WRAP GRILLED CHICKEN & EDAMER CHEESE (290g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2970.6	710.4	30.6	11.3	1.2	64.9	6.4	42.5
% DAILY VALUE	35.36%	35.52%	43.65%	56.74%	20.77%	24.98%	7.16%	84.99%

CLASSIC WRAP VEGAN AVOCADO & TOFU (300g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2330.4	557.7	24.3	3.9	0.2	65.3	3.6	18.8
% DAILY VALUE	27.74%	27.89%	34.69%	19.30%	3.94%	25.10%	3.99%	37.62%

CLASSIC WRAP SMOKED SALMON & PHILADELPHIA (270g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2748.5	657.1	25.0	6.9	6.2	75.2	14.6	31.9
% DAILY VALUE	32.72%	32.86%	35.77%	34.33%	102.96%	28.93%	16.19%	63.73%

NUTRITION VALUES: SPINACH WRAPS

SPINACH WRAP ITALIAN SALAMI (280g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2627.2	630.4	32.9	12.3	2.6	55.5	7.3	25.9
% DAILY VALUE	31.28%	31.52%	46.97%	61.74%	42.80%	21.35%	8.16%	51.78%

SPINACH WRAP GRILLED CHICKEN & EDAMER CHEESE (270g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2728.2	652.6	27.9	11.0	1.2	57.8	7.5	41.6
% DAILY VALUE	32.48%	32.63%	39.91%	55.24%	20.77%	22.24%	8.36%	83.15%

SPINACH WRAP VEGAN AVOCADO & TOFU (280g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2088.0	499.9	21.7	3.6	0.2	58.1	4.7	17.9
% DAILY VALUE	24.86%	25.00%	30.95%	17.80%	3.94%	22.36%	5.19%	35.78%

SPINACH WRAP SMOKED SALMON & PHILADELPHIA (250g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2506.1	599.3	22.4	6.6	6.2	68.1	15.7	30.9
% DAILY VALUE	29.83%	29.97%	32.03%	32.83%	102.96%	26.19%	17.39%	61.89%

NUTRITION VALUES: TRAMEZZINI

TRAMEZZINI TUNA & EGGS (200g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	1731.2	414.0	14.6	3.3	1.4	40.4	4.3	29.5
% DAILY VALUE	20.61%	20.70%	20.80%	16.56%	23.22%	15.55%	4.77%	58.90%

TRAMEZZINI SMOKED SALMON & AVOCADO (180g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	1643.5	393.5	17.8	6.8	2.3	43.6	5.4	17.3
% DAILY VALUE	19.57%	19.68%	25.45%	34.19%	38.50%	16.77%	5.96%	34.60%

TRAMEZZINI BRESAOLA (150g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	1363.0	326.4	10.5	5.6	3.2	39.8	5.6	18.4
% DAILY VALUE	16.23%	16.32%	15.03%	28.08%	52.65%	15.31%	6.25%	36.70%

TRAMEZZINI GRILLED CHICKEN & MUSHROOMS (200g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	1342.1	321.0	8.0	1.5	2.1	40.3	4.8	21.4
% DAILY VALUE	15.98%	16.05%	11.44%	7.52%	35.20%	15.50%	5.30%	42.79%

NUTRITION VALUES: TRAMEZZINI

TRAMEZZINI DRIED TOMATOES & TOFU (180g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	1656.1	395.2	11.4	2.4	4.8	53.2	15.8	17.6
% DAILY VALUE	19.72%	19.76%	16.30%	12.03%	80.08%	20.47%	17.53%	35.19%

TRAMEZZINI GRILLED VEGGIES & MOPUR (210g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	1352.6	322.3	7.8	1.6	2.5	45.5	7.2	16.4
% DAILY VALUE	16.10%	16.12%	11.15%	8.10%	41.79%	17.51%	7.99%	32.73%

NUTRITION VALUES: TOASTS

TOAST HAM & CHEESE (200g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2255.4	538.4	23.9	12.2	4.2	42.6	5.1	37.1
% DAILY VALUE	26.85%	26.92%	34.16%	61.05%	70.55%	16.40%	5.66%	74.26%

TOAST TURKEY & CHEESE (190g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	1850.1	442.1	18.3	8.1	3.0	43.3	5.7	24.8
% DAILY VALUE	22.03%	22.11%	26.17%	40.71%	50.48%	16.64%	6.31%	49.52%

TOAST AUBERGINE, AVOCADO & EGG (250g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	1799.9	430.4	18.4	3.0	2.6	50.3	7.2	15.9
% DAILY VALUE	21.43%	21.52%	26.24%	14.92%	42.66%	19.35%	7.98%	31.83%

TOAST GRILLED TOFU & TOMATOES (200g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	1406.5	335.1	7.4	1.1	2.8	47.1	5.9	18.8
% DAILY VALUE	16.74%	16.76%	10.51%	5.63%	46.74%	18.11%	6.57%	37.69%

NUTRITION VALUES: CHILDREN PASTA

CHILDREN SPAGHETTI TOMATOES & BASIL (270g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	1739.2	411.4	3.9	0.6	3.2	75.8	6.9	15.7
% DAILY VALUE	20.71%	20.57%	5.62%	3.00%	52.67%	29.17%	7.64%	31.41%

CHILDREN TAGLIATELLE CREAM & MUSHROOMS (240g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	1975.2	469.6	13.0	7.9	1.0	70.2	1.8	16.5
% DAILY VALUE	23.51%	23.48%	18.61%	39.25%	16.03%	27.01%	1.94%	33.04%

CHILDREN FUSILLI BASIL & PESTO (200g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2704.3	642.6	34.4	4.6	1.0	66.0	1.7	15.2
% DAILY VALUE	32.19%	32.13%	49.17%	23.20%	16.50%	25.39%	1.91%	30.48%

CHILDREN MACCHERONI BOLOGNESE (210g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	1726.2	408.8	8.5	2.9	1.1	61.7	1.8	19.2
% DAILY VALUE	20.55%	20.44%	12.20%	14.70%	18.67%	23.75%	1.99%	38.36%

NUTRITION VALUES: REGULAR PASTA

REGULAR SPAGHETTI TOMATOES & BASIL (350g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2205.6	521.8	5.3	0.8	4.2	95.6	9.4	19.8
% DAILY VALUE	26.26%	26.09%	7.51%	4.00%	70.00%	36.79%	10.39%	39.65%

REGULAR TAGLIATELLE CREAM & MUSHROOMS (310g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2515.2	598.2	17.3	10.5	1.2	88.1	2.4	21.0
% DAILY VALUE	29.94%	29.91%	24.72%	52.28%	20.05%	33.87%	2.64%	41.93%

REGULAR FUSILLI BASIL & PESTO (250g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	3442.8	818.3	45.6	6.1	1.2	80.9	2.1	18.7
% DAILY VALUE	40.99%	40.91%	65.14%	30.25%	20.17%	31.12%	2.34%	37.30%

REGULAR MACCHERONI BOLOGNESE (270g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	2192.7	519.5	12.0	4.2	1.4	75.4	2.5	24.8
% DAILY VALUE	26.10%	25.98%	17.17%	20.85%	23.67%	29.00%	2.81%	49.58%

NUTRITION VALUES: **SALADS**

SALAD CAESAR (180g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	696.7	166.0	5.8	3.0	0.6	8.5	0.7	19.7
% DAILY VALUE	8.29%	8.30%	8.29%	14.92%	9.17%	3.26%	0.80%	39.32%

SALAD POTATOES, EGGS & ANCHOVIES (280g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	1169.8	279.9	9.7	2.2	2.5	34.6	2.1	14.8
% DAILY VALUE	13.93%	13.99%	13.82%	11.00%	42.07%	13.32%	2.33%	29.52%

SALAD BLACK BEANS (200g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	345.4	82.5	3.5	0.5	0.7	13.1	2.4	2.6
% DAILY VALUE	4.11%	4.12%	5.03%	2.61%	11.02%	5.02%	2.67%	5.20%

SALAD TUNA (250g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	1417.2	339.3	17.1	12.0	1.1	12.2	3.4	34.8
% DAILY VALUE	16.87%	16.97%	24.44%	59.81%	18.23%	4.69%	3.82%	69.64%

NUTRITION VALUES: VEGAN SALADS

VEGAN SALAD TRICOLORE (160g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	306.9	73.4	3.0	0.5	0.0	4.7	1.3	6.3
% DAILY VALUE	3.65%	3.67%	4.32%	2.50%	0.11%	1.82%	1.50%	12.50%

VEGAN SALAD (230g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	330.5	79.1	3.5	0.5	0.0	8.8	4.8	3.3
% DAILY VALUE	3.93%	3.96%	5.01%	2.55%	0.29%	3.39%	5.36%	6.59%

NUTRITION VALUES: ICE CREAM

ICE CREAM STRAWBERRY & CHOCOLATE (160g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	1383.28	330.12	17.27	9.92	0.18	38.06	34.09	5.78
% DAILY VALUE	16.47%	16.51%	24.67%	49.60%	3.04%	14.64%	37.88%	11.55%

ICE CREAM WITH ESPRESSO (190g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	1569.37	375.08	21.55	12.40	0.21	38.45	36.25	6.85
% DAILY VALUE	18.68%	18.75%	30.78%	62.00%	3.47%	14.79%	40.28%	13.71%

NUTRITION VALUES: GRAB & GO (SWEETS)

64% DARK CHOCOLATE MINIBAR (25g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	590.25	142.25	10.5	6.5	0.0025	9.75	9	1.4
% DAILY VALUE	7.03%	7.11%	15.00%	32.50%	0.04%	3.75%	10.00%	2.80%

74% DARK CHOCOLATE MINIBAR (25g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	590.5	142.5	11	7	0.005	7.5	6.75	1.875
% DAILY VALUE	7.03%	7.13%	15.71%	35.00%	0.08%	2.88%	7.50%	3.75%

GIANDUJA HAZELNUT MILK CHOCOLATE MINIBAR (25g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	635.25	153	11.25	5.75	0.03	10.75	10	1.65
% DAILY VALUE	7.56%	7.65%	16.07%	28.75%	0.54%	4.13%	11.11%	3.30%

GIANDUJOTTI (10g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	234.00	56.00	3.60	1.00	0.00	4.90	4.40	0.70
% DAILY VALUE	2.79%	2.80%	5.14%	5.00%	0.00%	1.88%	4.89%	1.40%

NUTRITION VALUES: GRAB & GO (SWEETS)

RETROCHIC CANDIES ORIGINAL THE COLLECTION (0.5g NET)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / PORTION	8.00	2.00	0.00	0.00	0.00	0.50	0.50	0.00
% DAILY VALUE	0.10%	0.10%	0.00%	0.00%	0.00%	0.19%	0.56%	0.00%

OFFELLE DI PARONA (VALUES PER 100G)								
NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / 100g	2065	492	21.56	13.98	0.41	66.33	22.10	7.58
% DAILY VALUE	24.58%	24.60%	30.80%	69.90%	6.83%	25.51%	24.56%	15.16%

NUTRITION VALUES: PASTRIES

CHOCOLATE TWIST (80g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / 100g	1192.0	285	13.5	8.3	0.69	35.2	14.5	4.8
% DAILY VALUE	14.19%	14.25%	19.29%	41.50%	11.50%	13.54%	16.11%	9.60%

SPELT & QUINOA VEGAN CROISSANT (80g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / 100g	1364.0	326	15.2	7.7	1.2	37.7	6.5	8
% DAILY VALUE	16.24%	16.30%	21.71%	38.50%	20.00%	14.50%	7.22%	16.00%

PAIN AUX RAISINS (80g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / 100g	1335.0	319	14.2	7.3	0.903	40.9	18.9	5.9
% DAILY VALUE	15.89%	15.95%	20.29%	36.50%	15.05%	15.73%	21.00%	11.80%

MAPLE & PECAN PLAIT (80g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / 100g	1619.0	337	20.8	12.9	0.993	30	6.7	6.3
% DAILY VALUE	19.27%	16.85%	29.71%	64.50%	16.55%	11.54%	7.44%	12.60%

BUTTER CROISSANT (80g NET)

NUTRITION VALUES	KJ	KCAL	TOT FATS	SATURATED FATS	SALT	TOT CARBS	TOT SUGAR	PROTEIN
AMOUNT / 100g	1410.0	387	22	13	0.93	39.8	13.4	5.1
% DAILY VALUE	16.79%	19.35%	31.43%	65.00%	15.50%	15.31%	14.89%	10.20%



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