



Nutritional values

DV: recommended daily value
g: gram mg: milligram

	Serving	Calories	Lipides (g)	% DV Lipids	Saturated fat (g)	Trans fat (g)	% DV saturated + trans fats	Cholesterol (mg)	Sodium (mg)	%DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fibers (g)	%DV Fibers	Sugars (g)	Proteins (g)	%DV Vitamin A	%DV Vitamin C	%DV Calcium	%DV Iron	
Kid menu																					
Brakfast																					
The Young Traditionalist with bacon	284g	540	27	42	6	0,2	31	200	720	30	54	18	6	24	8	19	20	50	6	20	
The Young Traditionalist with ham	302g	480	20	31	3,5	0,1	18	200	800	33	56	19	6	24	8	20	20	50	6	20	
The Young Traditionalist with sausages	297g	560	29	45	6	0,2	31	205	710	30	58	19	6	24	9	18	20	50	6	20	
Little Monkey (choco-banana pancake)	250g	470	15	23	5	0,2	26	55	105	4	81	27	6	24	42	9	2	20	8	2	
Choco-fruit mini (pancake)	240g	390	2	3	0,5	0,1	3	55	115	5	88	29	3	12	57	8	0	45	8	60	
Choco-fruit mini (waffle)	203g	460	12	18	1	0,1	6	10	560	23	83	28	3	12	48	6	0	45	4	70	
Choco-fruit mini (french toast)	193g	310	2	3	0,4	0	2	20	230	10	69	23	3	12	44	6	0	45	6	60	
Breakfast pizza	504g	940	37	57	11	0,4	57	405	1380	58	116	39	8	32	22	38	30	60	35	45	
Main course (without side)																					
Chicken Animals (no dip)	85g	270	19	29	2,5	0,1	13	35	450	19	13	4	0	0	0	11	0	0	0	8	
Little Fisherman (salmon)	156g	150	2,5	4	0,5	0	3	55	820	34	2	1	1	4	0	31	4	15	2	4	
Mini Sub (1 sub)	110g	220	12	18	3,5	0,2	19	30	460	19	19	6	1	4	3	11	4	10	10	10	
Mini Subs (2 subs)	219g	440	23	35	7	0,4	37	60	910	38	37	12	3	12	6	22	8	30	20	20	
Chicken-Brocco Pennine	398g	560	20	31	9	0,3	47	75	880	37	66	22	5	20	6	28	15	60	20	20	
Bambino pizza - Cheese	193g	430	13	20	7	0,3	37	30	900	38	59	20	3	12	4	21	8	6	30	25	
Bambino pizza - Pepperoni	221g	520	19	29	9	0,4	47	55	1180	49	60	20	3	12	4	26	8	6	30	30	
Bambino pizza - All-dressed	246g	520	20	31	9	0,4	47	55	1180	49	62	21	3	12	5	26	10	15	30	30	
Spaghetini bolognese	286g	420	12	18	3,5	0,1	18	25	670	28	60	20	4	16	5	18	2	0	4	25	
Sides																					
Brocoli	84g	30	0,3	1	0,1	0	1	0	35	1	6	2	3	12	1	2	15	90	4	4	
Waffle chips	140g	800	51	78	4,5	0,1	23	0	680	28	78	26	6	24	1	7	0	0	2	15	
Fries	182g	520	25	38	2	0,1	11	0	55	2	65	22	6	24	0	7	0	0	2	10	
Ceasar salad	122g	200	16	25	2	0,1	11	20	330	14	9	3	2	8	2	4	80	8	6	10	
House salad - no dressing	128g	60	1,5	2	0,2	0	1	0	150	6	10	3	2	8	3	2	30	50	6	8	
Drinks & desserts																					
Fruit salad bowl	236g	180	3	5	2,5	0	13	0	20	1	38	13	2	8	32	1	15	90	2	4	

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Brownies skewers	96g	250	15	23	9	0,3	47	15	70	3	38	13	2	8	26	3	2	15	2	20
Strawberry Mikaritas	139ml	80	0	0	0	0	0	0	3	1	19	6	1	4	17	0,5	0	50	2	2
Raspberry Mikaritas	139ml	80	0	0	0	0	0	0	3	1	19	6	2	8	17	0,5	0	50	2	2
Shirley Temple	213ml	90	0	0	0	0	0	0	20	1	23	8	0	0	21	0,1	0	0	0	2
Choco-banana smoothie	480ml	260	3	5	1,5	0	8	10	190	8	55	18	4	16	37	8	10	25	20	10
Sundae - caramel coulis	101g	190	5	8	3	0,1	16	20	75	3	36	12	0	0	29	1	4	0	4	0
Sundae - chocolate coulis	101g	170	5	8	3	0,1	16	20	50	2	32	11	1	4	28	1	4	0	4	40
Sundae - strawberry coulis	101g	150	5	8	3	0,1	16	20	35	1	26	9	0	0	24	1	4	15	4	0

Notes:

nutrient values are derived from laboratory analysis, supplier data and a database
 the percentage of recommended daily value (%DV) is based on the average energy needs of an adult (2000 cal/day)