


NUTRITION FACTS

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
PIZZA (Serving Size = 1 Slice)															
3 Cheese	172g	410	13	7	0.4	35	1380	50	2	3	23	8	0	10	20
Pepperoni	178g	440	16	8	0.4	40	1190	51	3	3	24	6	0	4	20
Hawaiian	219g	430	13	6	0.3	45	1290	55	3	7	25	6	6	4	20
Deluxe	198g	440	16	8	0.4	40	1190	52	3	3	24	6	6	20	4
Vegetarian	196g	390	11	6	0.3	30	900	55	4	4	22	10	25	10	35
Meat Lovers	215g	590	28	12	0.4	75	1740	51	3	3	35	6	2	6	25
Mediterranean	213g	490	20	11	0.4	35	1190	55	5	3	23	10	6	15	40
Roasted Vegetable Pesto	235g	600	33	7	0.4	30	1080	57	5	3	22	20	60	10	35
Southwest BBQ Chicken	257g	490	17	6	0.3	35	1110	62	6	6	26	40	80	15	40
Italian Sausage & Meatball	262g	530	23	13	0.5	50	1260	56	4	4	27	6	4	8	35
Garlic Wedge (1 wedge)	55g	180	6	0.2	0	0	410	25	2	1	5	2	2	4	15
Giddy Garlic Breadstix (1 stix)	10g	50	3.5	0.2	0	0	520	2	0	0	1	0	0	2	2
CALZONE															
Pepperoni	239g	600	20	10	0.5	55	1510	74	4	4	33	8	0	2	35
Deluxe	255g	610	20	10	0.5	55	1510	75	4	5	33	8	10	2	35
Vegetarian	261g	560	14	8	0.4	40	1230	79	7	5	31	15	20	10	50
MINI FOCACCIA															
Vegetarian	91g	240	12	4.5	0.4	25	1420	22	3	1	13	10	10	10	20
Pepperoni	89g	270	14	6	0.4	25	1530	21	3	1	14	10	8	10	20
STROMBOLI															
Pepperoni	328g	910	47	17	1	85	2200	80	6	6	44	15	2	8	50
Meatball	359g	920	46	18	1	85	1980	81	6	6	44	15	4	10	50
Roasted Vegetable	390g	1010	58	13	1	60	2000	84	7	5	38	30	90	15	50
Veal	546g	1000	30	13	0.5	245	1780	81	5	6	81	15	4	10	60
ENTREES															
Lasagna	360g	500	21	11	1	70	1200	51	4	10	29	8	10	30	10
Italian Chicken Wings	3 ea	460	33	10	0	75	830	15	0	0	17	0	0	0	25
Baked French Fries	175g	320	14	2	0.4	0	980	43	2	1	5	0	25	0	10
Veal Cutlet	522g	700	32	8	0.2	400	700	3	0	1	97	2	0	8	30
DIPS															
Creamy Garlic	44 ml	230	25	4	0.3	20	230	2	0	1	0.5	0	0	0	0
Blue Cheese	44 ml	90	9	1.5	0.1	10	190	2	0	1	0.4	0	0	0	0
SALADS (Serving Size = Side Salad)															
Caesar	145g	260	18	4	0	55	2500	12	2	2	11	20	35	8	10
Chicken Caesar	181g	310	20	4	0	70	2750	13	2	2	18	20	35	10	15
Garden (no dressing)	175g	30	0.4	0.1	0	0	20	6	2	4	2	35	50	4	8
Greek (no dressing)	175g	80	4.5	3	0.1	5	250	7	2	4	4	20	45	6	10
Pasta	200g	270	6	0.5	0	10	180	48	3	3	8	20	15	4	20
SALADS (Serving Size = Meal Size)															
Caesar	280g	520	36	8	0.1	105	5000	24	4	3	22	40	70	15	25
Chicken Caesar	344g	590	38	8	0.1	130	5370	25	4	3	33	45	70	20	25
Garden (no dressing)	275g	50	0.6	0.2	0	0	30	9	4	7	4	55	110	30	40
Greek (no dressing)	275g	130	7	5	0.2	8	400	11	4	7	7	30	70	50	60
Pasta	300g	410	9	1	0	15	280	72	5	5	12	25	25	6	25
SALAD DRESSINGS															
Hellmann's Light Italian	30 ml	60	4.5	0.5	0	0	350	5	0	2	0.3	0	0	0	0
Renee's Greek Feta	30 ml	90	10	1	0.1	5	70	0	0	0	0.4	0	0	0	0
Renee's Balsamic Vinaigrette	30 ml	50	5	0.4	0.1	0	80	2	0	1	0.1	0	0	0	0
Renee's Caesar Light Dressing	30ml	100	10	1	0	30	200	0	0	0	0.4	0	4	0	0
Renee's Buttermilk Ranch	30ml	80	11	1	0.2	10	240	2	0	1	1	2	0	2	0
PASTA (no sauce)															
Spaghetti, Rotini, Penne Rigate, Fettuccine	250g	350	1	0.2	0	0	1	74	4	2	13	0	0	2	25
Whole Wheat	250g	360	2	0.4	0	0	2	73	8	4	14	0	0	2	35
Tortelli	250g	580	11	4	0	40	580	98	4	6	23	4	0	15	30
PASTA SAUCES															
Pesto	3 oz	200	22	3	0.2	0	210	1	0	0	1	4	6	4	4
Marinara	6 oz	50	2	0.2	0.1	0	580	8	1	4	1	0	0	2	4
Meat	6 oz	150	9	2.5	0.5	25	430	11	2	5	8	0	10	6	10
Alfredo	6 oz	260	21	12	0.5	60	760	11	0	3	6	6	5	15	0
PASTA TOPPINGS (VEGETABLES)															
Green Peppers	2 oz	10	0.1	0	0	0	1	2	0	1	0.2	2	40	0	0
Red Peppers	32 g	40	3.5	0.2	0	0	1	2	0	0	0.2	15	90	0	0
Hot Peppers	2 oz	10	0.1	0	0	0	2	3	0	1	1	30	110	0	2
Sundried Tomatoes	2 oz	35	0.4	0.1	0	0	280	8	2	0	2	2	8	2	8
Portobello Mushrooms	2 oz	5	0.1	0	0	0	2	1	1	1	1	0	0	0	2
Zucchini	28 g	4	0	0	0	0	1	1	0	0	0.3	0	4	0	0
Eggplant	2 oz	40	3.5	0.2	0	0	1	2	1	1	0.3	0	0	0	0
Black Olives	2 oz	20	2	2	0	0	60	1	1	0	0.1	0	0	0	4
PASTA TOPPINGS (PROTEINS)															
Shrimp	4 ea	30	0.5	0.1	0	45	40	0	0	0	6	2	0	2	4
Chicken	8 ea	90	3.5	0.2	0	30	500	1	0	0	14	0	2	2	4
Sausage	6 ea	80	7	3	0.1	15	200	0	0	0	3	0	0	0	2
Meatballs	3 ea	250	21	10	0.5	45	580	1	1	0	13	0	0	6	10

*Nutritional Information generated with Genesis SQL

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