

GLUTEN-FRIENDLY MENU NUTRITIONAL INFORMATION

Salad	Serving Size	Calories	Total Fat/Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
House Salad with Creamy Pesto-no croutons	128g	210	21g/3g	0g	10mg	220mg	5g	1g	3g	2g
House Salad with Balsamic Vinaigrette-no croutons	113g	190	18g/1.5g	0g	0mg	150mg	7g	1g	3g	1g

Classics Entrees	Serving Size	Calories	Total Fat/Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Marinara Sauce	397g	490	5g/0g	0g	0mg	770mg	103g	5g	8g	9g
Meat Sauce	397g	580	11g/3g	0g	35mg	1050mg	103g	5g	6g	18g
Clam Sauce	397g	750	31g/18g	1g	145mg	870mg	103g	3g	1g	15g
Mushroom Sauce	482g	600	16g/1g	0g	0mg	860mg	106g	5g	9g	10g
Mizithra Cheese & Brown Butter	354g	1120	69g/43g	1.5g	210mg	2200mg	95g	2g	2g	28g

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Manager Favorite Entrees	Serving Size	Calories	Total Fat/Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Marinara/Mizithra Cheese & Brown Butter	375g	800	37g/22g	1g	105mg	1480mg	99g	3g	5g	18g
Marinara/Mushroom	439g	550	10g/0.5g	0g	0mg	820mg	105g	5g	9g	9g
Marinara/Clam	397g	620	18g/9g	0g	70mg	820mg	103g	4g	4g	12g
Marinara/Meat	397g	540	8g/1.5g	0g	15mg	910mg	103g	5g	7g	13g
Mushroom/Clam	439g	670	23g/10g	0g	70mg	870mg	105g	4g	5g	13g
Mushroom/Meat	439g	590	13g/2g	0g	15mg	960mg	105g	5g	8g	14g
Mushroom/Mizithra Cheese & Brown Butter	418g	860	43g/22g	1g	105mg	1580mg	101g	3g	6g	19g
Clam/Mizithra Cheese & Brown Butter	375g	930	50g/30g	1g	175mg	1540mg	99g	2g	1g	22g
Clam/Meat	397g	660	21g/10g	0.5g	90mg	960mg	103g	4g	3g	17g
Meat/Mizithra Cheese & Brown Butter	375g	850	40g/23g	1g	120mg	1630mg	99g	4g	4g	23g

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Other Entrees	Serving Size	Calories	Total Fat/Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Alfredo Sauce	377g	980	61g/37g	1.5g	185mg	550mg	97g	2g	0g	13g
Baked Chicken	469g	960	60g/20g	0g	215mg	2500mg	65g	3g	4g	42g

Sides	Serving Size	Calories	Total Fat/Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Seasoned Chicken Breast	191g	310	18g/3g	0g	85mg	300mg	5g	0g	0g	32g
Side of Sausage	128g	340	27g/11g	0g	70mg	790mg	3g	2g	1g	15g
Marinated Diced Chicken	85g	140	9g/1g	0g	35mg	690mg	1g	0g	0g	13g

Drinks/Dessert	Serving Size	Calories	Total Fat/Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Italian Cream Sodas	213g	140	3.5g/2g	0g	10mg	50mg	25g	0g	24g	1g
Vanilla Ice Cream	85g	170	9g/6g	0g	35mg	80mg	21g	0g	14g	3g
Spumoni Ice Cream	85g	180	9g/6g	0g	40mg	90mg	21g	0g	17g	3g

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Kid's Entrees	Serving Size	Calories	Total Fat/Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Kid's Marinara	227g	300	3g/0g	0g	0mg	380mg	63g	3g	4g	5g
Kid's Meat Sauce	227g	340	6g/1.5g	0g	15mg	530mg	63g	3g	3g	10g
Kid's Clam Sauce	227g	420	16g/9g	0g	70mg	440mg	63g	1g	0g	8g
Kid's Mushroom Sauce	284g	370	10g/1g	0g	0mg	450mg	65g	3g	5g	6g
Kid's Mizithra Cheese & Brown Butter	206g	610	35g/22g	1g	105mg	1100mg	59g	1g	1g	15g
Kid's Mac & Cheese	227g	380	10g/5g	0g	25mg	480mg	63g	1g	3g	9g