

NUTRITIONAL INFORMATION



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An effort has been made to provide complete nutritional information regarding our menu items. Nutritional analysis has been determined using our standard recipes. However, the information provided here may vary slightly from what is served due to several factors, including; availability of ingredients in different regions of the county, substitutions from vendors, and the handmade nature of the items we serve.

Some items may not be available at all locations.

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Appetizers	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Sicilian Garlic Cheese Bread	455g	1220	702	78g/31g	0g	80mg	2870mg	97g	4g	12g	47g
Sicilian Garlic Cheese Bread w Bacon	497g	1450	855	95g/37g	0g	130mg	3900mg	97g	4g	12g	63g
Sicilian Garlic Cheese Bread w/ Pepperoni	497g	1410	864	96g/37g	0g	120mg	3680mg	97g	4g	12g	55g
Sicilian Garlic Cheese Bread w/ Bacon & Pepperoni	497g	1430	855	95g/37g	0g	125mg	3790mg	97g	4g	12g	59g
Shrimp Spinach & Artichoke Dip	346g	690	430	49g/21g	1g	125mg	1200mg	43g	4g	2g	20g
Olive Tapenade	210g	780	570	65g/5g	0g	0mg	1640mg	46g	2g	1g	7g
Shrimp Scampi Appetizer	243g	860	600	67g/34g	0g	230mg	1380mg	37g	2g	1g	25g
Toasted Beef Ravioli	406g	760	144	16g/6g	0g	85mg	2110mg	118g	7g	7g	38g
Toasted Cheese Ravioli	398g	800	216	24g/13g	0g	85mg	3080mg	116g	6g	11g	31g
Garlic Fries	485g	1150	530	59g/10g	7g	10mg	3490mg	134g	10g	10g	17g
Parmesan Onion Rings	506g	1720	940	104g/42g	0g	90mg	2830mh	177g	0g	4g	24g
Calamari	281g	790	400	45g/5g	0g	275mg	1520mg	68g	2g	2g	26g
Fried Pickles	312g	700	520	58g/15g	0g	15mg	1960mg	45g	6g	6g	4g
Fried Green Tomatoes	312g	820	500	55g/8g	0g	15mg	1630mg	69g	3g	12g	10g
Pepperoni Flatbread	234g	700	210	23g/4.5g	0g	0mg	1270mg	108g	5g	9g	19g
Margarita Flat Bread	243g	730	220	24g/5g	0g	0mg	1310mg	112g	5g	10g	19g

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House Salad	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
House Salad Mix	113g	20	0g	0g/0g	0g	0mg	15mg	3g	1g	2g	1g
House Salad w/ Creamy Pesto	170g	280	210	24g/3g	0g	10mg	360mg	12g	1g	3g	4g
House Salad w/ Balsamic	156g	260	180	21g/1.5g	0g	0mg	290mg	14g	1g	3g	3g
House Salad w FF Honey Mustard	128g	120	27	3g/0g	0g	0mg	280mg	21g	1g	9g	3g
House Salad w/ 1000 Island	142g	240	162	18g/2g	0g	5mg	520mg	17g	2g	6g	3g
House Salad w/ Blue Cheese	142g	280	216	24g/3.5g	0g	15mg	430mg	13g	2g	3g	4g
House Salad w/ Caesar	163g	300	252	28g/3g	0g	20mg	330mg	10g	2g	3g	3g

Salads	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Caesar Upgrade	189g	390	315	35g/7g	0g	40mg	750mg	8g	3g	2g	11g
Chicken Caesar Salad	604g	1120	810	90g/17g	0g	160mg	1820mg	30g	6g	5g	54g
Caesar Salad no chicken	412g	820	639	71g/14g	0g	70mg	1520mg	25g	6g	5g	22g
Chicken Caesar Salad (lunch portion)	398g	710	486	54g/11g	0g	125mg	1080mg	16g	3g	3g	43g
Caesar Salad no chicken (lunch portion)	206g	400	324	36g/7g	0g	40mg	780mg	10g	3g	3g	12g
BLT Salad	440g	990	756	84g/21g	0g	115mg	2470mg	24g	9g	5g	36g
BLT Salad w/ Chicken	631g	1300	918	102g/24g	0g	200mg	2770mg	29g	9g	5g	68g

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Salads	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
BLT Salad (lunch portion)	249g	500	378	42g/10g	0g	60mg	1240mg	13g	5g	3g	18g
BLT Salad w/ Chicken (lunch portion)	440g	810	540	60g/13g	0g	145mg	1540mg	18g	5g	3g	50g
Shrimp Salad	524g	880	693	77g/12g	0g	235mg	800mg	23g	6g	4g	30g
Shrimp Salad (lunch portion)	308g	510	387	43g/6g	0g	120mg	450mg	16g	5g	2g	16g

Soups	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Cream of Broccoli	255g	210	108	12g/7g	0g	35mg	860mg	20g	2g	8g	7g
Chicken Mulligatawny	255g	220	153	17g/8g	0g	50mg	920mg	19g	1g	6g	6g
Clam Chowder	255g	320	225	25g/14g	0.5g	155mg	1310mg	10g	1g	1g	17g
Minestrone	255g	100	27	3g/0g	0g	0mg	710mg	16g	3g	3g	4g

Bread & Garlic Margarine Spread	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Bread Only	170g	490	30	3g/1g	0g	0mg	1110mg	96g	4g	4g	20g
Garlic Spread Only	28g	190	170	19g/6g	0g	0	190mg	0g	0g	0g	0g

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Classic Entrees	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Marinara Sauce	425g	570	60	7g/1g	0g	0mg	510mg	106g	7g	10g	19g
Rich Meat Sauce	425g	650	99	11g/3g	0g	35mg	1060mg	108g	7g	10g	29g
White Clam Sauce	425g	790	260	29g/17g	1g	135mg	880mg	107g	5g	4g	26g
Mushroom Sauce	510g	670	144	16g/1.5g	0g	0mg	870mg	110g	7g	13g	20g
Mizithra Cheese & Brown Butter	383g	1190	540	69g/44g	1.5g	210mg	2210mg	99g	4g	5g	38g
Pot Pourri	461g	880	324	36g/19g	1g	115mg	1500mg	108g	6g	8g	31g
Italian Sausage with Meat Sauce	539g	980	342	38g/14g	0g	105mg	1790mg	109g	9g	10g	44g
Sicilian Meatballs	618g	1040	324	36g/11g	2g	145mg	2010mg	115g	7g	11g	60g

Manager Favorite Entrees	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Marinara/Meat	425g	600	72	8g/2g	0g	15mg	920mg	108g	7g	10g	24g
Marinara/Mushroom	468g	610	90	10g/1g	0g	0mg	820mg	109g	7g	12g	20g
Marinara/Clam	425g	690	162	18g/9g	0g	70mg	830mg	107g	6g	8g	22g
Marinara/Mizithra Cheese & Brown Butter	404g	870	333	37g/22g	1g	105mg	1490mg	103g	5g	8g	29g
Mushroom/Clam	425g	740	207	23g/10g	0g	70mg	880mg	109g	6g	8g	23g
Mushroom/Meat	468g	660	117	13g/2.5g	0g	15mg	970mg	109g	7g	11g	25g
Mushroom/ Mizithra Cheese and Brown Butter	446g	930	378	42g/23g	1g	105mg	1590mg	105g	6g	9g	29g
Clam/Meat	425g	730	189	21g/11g	0.5g	90mg	970mg	107mg	6g	7g	27g
Clam/Mizithra Cheese and Brown Butter	403g	1000	450	50g/31g	1g	175mg	1540mg	103g	4g	5g	32g
Meat/Mizithra Cheese and Brown Butter	403g	920	360	40g/23g	1g	120mg	1630mg	103g	6g	7g	34g

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Factory Favorite Entrees	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Chicken Parmigiana	518g	750	261	29g/8g	0g	105mg	1290g	70g	5g	9g	51g
Breast of Chicken Fettuccine	533g	1260	747	83g/46g	2g	250mg	1260mg	96g	6g	6g	37g
Baked Lasagna	500g	820	400	45g/22g	0g	130mg	2250mg	61g	6g	13g	45g
Chicken Marsala	483g	1000	504	56g/27g	1g	195mg	1890mg	68g	3g	7g	54g
Spinach and Cheese Ravioli	314g	470	144	16g/9g	0g	75mg	980mg	63g	6g	9g	20g
Fettuccine Alfredo	378g	1090	640	72g/44g	2g	220mg	640mg	91g	4g	5g	23g
Spinach Tortellini with Alfredo Sauce	343g	940	504	56g/32g	1.5g	200mg	1110mg	86g	5g	5g	25g
Adult Mac & Cheese	426g	720	171	19g/11g	0g	55mg	980mg	108g	4g	9g	28g

Factory Platter Entrees	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Stuffed Pasta Platter	456g	1310	675	75g/43g	1.5g	270mg	2400mg	118g	10g	15g	43g
Taste of Italy Platter	694g	1540	837	93g/52g	2g	280mg	2730mg	118g	9g	16g	60g
Meat Lovers Platter	732g	1460	621	69g/24g	2.5g	250mg	3020mg	116g	9g	10g	84g

Signature Selection Entrees	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Angel Hair Pomodoro	470g	570	72	8g/2g	0g	5mg	1150mg	98g	6g	14g	20g
Garlic Shrimp Fettuccine	524g	1000	405	45g/27g	1g	340mg	980mg	97g	4g	5g	51g
Chicken Picatta	444g	1150	684	76g/39g	1.5g	250mg	1600mg	63g	2g	6g	53g
Crab Ravioli	312g	810	405	45g/24g	1g	190mg	900mg	73g	5g	3g	31g
Spaghetti Vesuvius	488g	860	261	29g/9g	0g	65mg	1440mg	112g	7g	13g	34g
Tenderloin with Mizithra & Broccoli	398g	1260	783	87g/44g	1g	260mg	1910mg	59g	4g	3g	57g

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Hearty Meal Classics	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Hearty Marinara	709g	930	72	8g/1g	0g	0mg	1290mg	179g	11g	18g	32g
Hearty Meat Sauce	709g	1080	162	18g/5g	1g	55mg	1770mg	179g	12g	16g	48g
Hearty Mushroom	851g	1110	234	26g/2.5g	0g	0mg	1450mg	184g	11g	21g	34g
Hearty Clam Sauce	709g	1320	430	48g/28g	1.5g	220mg	1470mg	179g	8g	7g	43g
Hearty Mizithra & Brown Butter	638g	1990	1062	118g/74g	2.5g	350mg	3530mg	164g	7g	8g	63g
Hearty Italian Sausage w/Meat Sauce	823g	1410	414	46g/16g	1g	125mg	2500mg	181g	13g	16g	63g
Hearty Sicilian Meatballs	1048g	1770	567	63g/22g	2.5g	260mg	3340mg	192mg	14g	19g	98g
Hearty Pot Pourri	745g	1450	522	58g/33g	1.5g	190mg	2460mg	179g	10g	14g	51g

Hearty Meal Manager Favorite Entrees	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Hearty Manager Favorite Marinara/Clam	709g	1150	270	30g/16g	0.5g	120mg	1380mg	179g	9g	13g	37g
Hearty MF Mushroom/Mizithra and Brown Butter	736g	1500	594	66g/35g	1g	160mg	2490mg	174g	9g	15g	48g
Hearty MF Clam/Meat	709g	1220	315	35g/18g	1g	145mg	1620mg	179g	10g	11g	46g
Hearty MF Clam/Mizithra & Brown Butter	665g	1620	711	79g/49g	2g	280mg	2500mg	172g	7g	8g	53g
Hearty MF Marinara/Meat	709g	1010	117	13g/3g	0g	30mg	1530	179g	11g	17g	40g
Hearty MF Marinara/Mushroom	779g	1020	153	17g/2g	0g	0mg	1370mg	181g	11g	20g	33g
Hearty MF Meat/Mizithra & Brown Butter	665g	1480	558	62g/36g	1.5g	190mg	2650mg	172g	9g	12g	55g
Hearty MF Mushroom/Clam	779g	1240	351	39g/16g	1g	120mg	1460mg	181g	10g	14g	39g
Hearty MF Mushroom/Meat	779g	1100	198	22g/4g	0g	30mg	1610mg	182g	12g	19g	41g
Hearty MF Marinara / Mizithra & Brown Butter	665g	1410	513	57g/34g	1g	160mg	2410mg	172g	9g	13g	47g

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Sides	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Side of Marinara Sauce	170g	90	27	3g/0g	0g	0mg	770mg	12g	3g	8g	3g
Side of Clam Sauce	170g	320	240	27g/16g	1g	135mg	870mg	12g	0g	1g	9g
Side of Alfredo Sauce	170g	640	612	68g/43g	2g	215mg	480mg	6g	0g	0g	5g
Side of Vesuvius Sauce	232g	270	171	19g/6g	0g	45mg	930mg	12g	2g	7g	13g
Side of Marsala Sauce	85g	70	32	3.5g/2g	0g	10mg	310mg	6g	0g	3g	1g
Side of Meat Sauce	170g	170	81	9g/3g	0g	35mg	1050mg	12g	3g	6g	12g
Side of Mushroom Sauce	255g	200	126	14g/1g	0g	0mg	860mg	15g	3g	9g	4g
Side of Cheese Sauce	85g	120	81	9g/5g	0g	25mg	480mg	6g	0g	3g	6g
Side of Creamy Pesto Dressing	43g	190	189	21g/3g	0g	10mg	210mg	1g	0g	1g	1g
Side of Caesar Dressing	57g	330	324	36g/4g	0g	25mg	310mg	1g	0g	0g	1g
Side of Blue Cheese Dressing	43g	190	180	20g/3.5g	0g	15mg	280mg	1g	0g	1g	1g
Side of 1000 Island Dressing	43g	150	135	15g/2g	0g	5mg	360mg	5g	0g	4g	0g
Balsamic Vinaigrette Dressing	28g	170	162	18g/1.5g	0g	0mg	135mg	3g	0g	1g	0g
Fat Free Honey Mustard Dressing	28g	40	0	0g/0g	0g	0mg	115mg	9g	0g	8g	0g
Side of Tenderloin 4 oz.	117g	290	189	21g/8g	0g	75mg	350mg	1g	0g	0g	22g
Side of Tenderloin 6 oz.	178g	430	279	31g/13g	0g	115mg	570mg	1g	0g	0g	33g
Side of Sicilian Meatballs (2ea)	193g	480	279	31g/11g	2g	145mg	1230mg	7g	1g	0g	40g
Broccoli-small	206g	240	162	18g/12g	0g	55mg	710mg	10g	5g	1g	12g
Broccoli-large	411g	480	333	37g/23g	1g	110mg	1410mg	20g	10g	1g	23g
Chicken Parmigiana Breast	263g	430	234	26g/8g	0g	105mg	780mg	9g	1g	2g	41g

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Sides	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Seasoned Chicken Breast	191g	310	162	18g/3g	0g	85mg	300mg	5g	0g	0g	32g
Adult Side of Marinated Diced Chicken (5 oz.)	142g	230	135	15g/2g	0g	60mg	1150mg	1g	0g	0g	22g
Side of Sausage	128g	340	243	27g/11g	0g	70mg	790mg	3g	2g	1g	15g
Sautéed Mushrooms	85g	110	99	11g/1g	0g	0mg	95mg	3g	0g	2g	1g
Applesauce	85g	40	0	0g/0g	0g	10mg	10mg	10g	1g	9g	0g
Kids Side of Marinated Diced Chicken (2.5 oz.)	71g	115	68	8g/1g	0g	30mg	575mg	.5g	0g	0g	11g
Kids Side Meatball	97g	240	140	15.5g/5.5g	1g	73mg	615mg	3.5g	.5g	0g	20g
Kids Side Broccoli w/Cheese Sauce	85g	60	27	3g/2g	0g	10mg	180mg	5g	2g	1g	4g

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Lunch For Less Classic Entrees	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Marinara Sauce	312g	390	36	4g/0g	0g	0mg	650mg	74g	5g	9g	13g
Rich Meat Sauce	312g	460	81	9g/2.5g	0g	30mg	880mg	74g	5g	7g	21g
White Clam Sauce	312g	580	210	24g/14g	.5g	110mg	730mg	74g	3g	3g	19g
Mushroom Sauce	397g	500	126	14g/1.5g	0g	0mg	740mg	76g	5g	10g	14g
Mizithra Cheese & Browned Butter	269g	870	477	53g/33g	1g	160mg	1760mg	66g	3g	4g	28g
Pot Pourri	333g	660	270	30g/17g	.5g	100mg	1340mg	74g	4g	6g	24g
Italian Sausage with Meat Sauce	425g	790	324	36g/13g	0g	95mg	1610mg	75g	7g	7g	36g
Sicilian Meatballs	505g	870	315	35g/11g	2g	145mg	1880mg	81g	6g	9g	54g

Lunch for Less Manager Favorites	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Marinara/Meat	312g	420	54	6g/1.5g	0g	15mg	770mg	74g	5g	8g	17g
Marinara/Mushroom	368g	460	99	11g/1g	0g	0mg	710mg	76g	5g	10g	14g
Marinara/Clam	312g	490	135	15g/8g	0g	60mg	690mg	74g	4g	6g	16g
Marinara/Mizithra Cheese & Brown Butter	312g	560	198	22g/13g	0g	60mg	1090mg	70g	4g	6g	20g
Mushroom/Clam	368g	570	198	22g/8g	0g	60mg	750mg	75g	4g	7g	17g
Mushroom/Meat	368g	500	117	13g/2g	0g	15mg	830mg	76g	5g	9g	18g
Mushroom/Mizithra Cheese & Browned Butter	368g	630	261	29g/13g	0g	60mg	1160mg	72g	4g	7g	21g
Clam/Meat	312g	530	153	17g/9g	.5g	75mg	810mg	74g	4g	5g	20g
Clam/Mizithra Cheese & Browned Butter	319g	670	288	32g/20g	.5g	120mg	1140mg	70g	3g	3g	23g
Meat/Mizithra Cheese & Browned Butter	312g	600	216	24g/14g	.5g	75mg	1210mg	70g	4g	5g	24g

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Sandwiches with Chips	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Chicken Smoked Mozzarella Panini	397g	1420	846	94g/31g	.5g	165mg	2040mg	96g	8g	3g	53g
Caprese Panini	346g	980	594	68g/23g	0g	75mg	1850mg	71g	5g	4g	32g
Reuben Panini	382g	930	387	43g/17g	0g	115mg	2870mg	99g	10g	6g	40g
The Conductor-Italian Sandwich	476g	1270	765	85g/23g	0g	135mg	3850mg	83g	6g	4g	45g
Half Chicken Panini w/chips and Minestrone Soup	500g	930	477	53g/16g	0g	80mg	1850mg	85g	9g	5g	33g
Half Chicken Panini w/chips and Salad w/Creamy Pesto	369g	1110	666	74g/19g	0g	90mg	1500mg	82g	8g	4g	34g
Half Caprese Panini w/chips and Minestrone Soup	474g	710	360	40g/12g	0g	40mg	1750mg	72g	8g	5g	22g
Half Caprese Panini w/chips and Salad w/Creamy Pesto	343g	890	549	61g/15g	0g	45mg	1400mg	70g	6g	4g	23g
Half Reuben w/chips and Minestrone Soup	489g	710	279	31g/10g	0g	55mg	2180mg	87g	10g	6g	26g
Half Reuben w/chips and Salad w/Creamy Pesto Dressing	354g	860	432	48g/12g	0g	65mg	1830mg	84g	8g	6g	26g
Half Conductor-Italian Sandwich w/chips and Minestrone Soup	493g	735	414	46g/12g	0g	68mg	2635mg	58g	6g	5g	27g
Half Conductor-Italian Sandwich w/chips and Salad w/Creamy Pesto Dressing	398g	915	603	67g/15g	0g	78mg	2285mg	54g	4g	5g	27g
Meatball Sandwich	328g	870	420	46g/14g	1g	95mg	1690mg	77g	4g	6g	42g
Sausage Sandwich	331g	930	490	55g/17g	0g	85mg	1690mg	74g	5g	6g	33g
Chicken Parmigiana Sandwich	374g	880	400	45g/10g	0g	100mg	1140mg	75g	4g	4g	48g

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Kids and Seniors Entrees	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Grilled Cheese Sandwich	165g	600	315	35g/19g	0g	60mg	980mg	57g	3g	4g	16g
Marinara	227g	310	23	2.5g/0g	0g	0mg	390mg	59g	4g	6g	10g
Rich Meat Sauce	227g	350	54	6g/1.5g	0g	15mg	530mg	59g	4g	5g	15g
White Clam Sauce	227g	420	130	14g/8g	0g	65mg	440mg	59g	3g	2g	14g
Mushroom Sauce	284g	380	90	10g/1g	0g	0mg	450mg	61g	4g	7g	11g
Mizithra & Brown Butter	206g	620	315	35g/22g	1g	105mg	1100mg	55g	2g	3g	20g
Senior Pot Pourri	255g	530	216	24g/14g	.5g	75mg	890mg	60g	3g	5g	18g
Senior Italian Sausage Meat Sauce	340g	680	297	33g/12g	0g	85mg	1260mg	61g	5g	5g	30g
Senior Marinara with Sicilian Meatballs	420g	790	306	34g/11g	2g	145mg	1620mg	66g	4g	6g	51g
Fettuccine Alfredo	236g	610	333	37g/23g	1g	115mg	400mg	56g	3g	3g	15g
Spinach and Cheese Ravioli	187g	310	108	12g/7g	0g	50mg	670mg	37g	4g	5g	14g
Spinach Tortellini with Alfredo Sauce	194g	530	279	31g/18g	.5g	110mg	730mg	48g	3g	3g	16g
Kid's Macaroni and Cheese	227g	390	90	10g/6g	0g	25mg	490mg	59g	2g	5g	15g
Kid's Meaty Mac and Cheese	283g	450	117	13g/7g	0g	40mg	840mg	63g	3g	7g	19g
Senior Chicken Caesar Salad	483g	860	594	66g/13g	0g	135mg	1350mg	22g	4g	4g	47g
Senior Caesar Salad (no chicken)	291g	560	432	48g/10g	0g	50mg	1050mg	17g	4g	4g	16g

NUTRITIONAL INFORMATION

Senior Manager Favorite Entrees	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Marinara/Meat	227g	330	36	4g/1g	0g	10mg	460mg	59g	4g	5g	13g
Marinara/Clam	227g	370	81	9g/4.5g	0g	35mg	420mg	59g	3g	4g	12g
Marinara/Mushroom	255g	340	54	6g/.5g	0g	0mg	420mg	60g	4g	6g	11g
Marinara/Mizithra Cheese & Brown Butter	220g	480	180	20g/12g	0g	55mg	860mg	57g	3g	4g	16g
Mushroom/Clam	255g	410	117	13g/5g	0g	35mg	450mg	60g	3g	5g	13g
Mushroom/Meat	255g	360	72	8g/1.5g	0g	10mg	490mg	60g	4g	6g	13g
Mushroom/Mizithra Cheese & Brown Butter	248g	510	207	23g/12g	0g	55mg	890mg	58g	3g	5g	17g
Clam/Meat	227g	390	99	11g/5g	0g	45mg	490mg	59g	3g	4g	15g
Clam/Mizithra Cheese & Brown Butter	220g	540	234	26g/16g	.5g	90mg	880mg	57g	2g	3g	18g
Meat/Mizithra Cheese & Brown Butter	220g	500	189	21g/12g	0g	65mg	930mg	57g	3g	4g	19g

NUTRITIONAL INFORMATION

Pasta Only	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Fettuccine/Penne/ Angel Hair	226g	410	14	1.5g/0g	0g	0mg	5mg	84g	4g	5g	15g
Spaghetti	256g	470	18	2g/0g	0g	0mg	10mg	95g	4g	3g	17g
Heartland's Gluten Free	226g	400	18	2g/0g	0g	0mg	0mg	91g	2g	0g	6g

Lunch For Less Pasta Only	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Spaghetti	170g	320	14	1.5g/0g	0g	0mg	5mg	64g	3g	2g	11g
Gluten Free - Heartland's	170g	300	14	1.5/0g	0g	0mg	0mg	68g	2g	0g	5g

Senior Pasta Only	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Spaghetti / Fettuccine / Penne	142g	260	9	1g/0g	0g	0mg	0mg	53g	2g	2g	9g
Heartland's Gluten Free	142g	250	14	1.5g/0g	0g	0mg	0mg	57g	1g	0g	4g

NUTRITIONAL INFORMATION

Desserts	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Spumoni Ice Cream	85g	170	81	9g/5g	0g	35mg	50mg	21g	0g	14g	3g
Vanilla Ice Cream	85g	170	81	9g/6g	0g	35mg	80mg	21g	0g	14g	3g
Mud Pie	169g	490	180	20g/12g	0g	25mg	220mg	70g	1g	52g	6g
Chocolate Mousse Cake	244g	880	400	44g/27g	.5g	85mg	390mg	120g	4g	92g	9g
Cheesecake	222g	780	432	48g/30g	0g	230mg	570mg	77g	1g	62g	11g
Derby Pie	162g	740	405	45g/11g	0g	45mg	370mg	76g	1g	40g	9g

Beverages	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Hot Tea	222g	0	0	0g/0g	0g	0mg	0mg	0g	0g	0g	0g
Ice Tea	360g	0	0	0g/0g	0g	0mg	11g	1g	0g	0g	0g
Coffee	222g	0	0	0g/0g	0g	0mg	0mg	0g	0g	0g	0g
Skim Milk	340g	120	5	.5g/0g	0g	5mg	180mg	16g	0g	16g	12g
2% Milk	336g	170	60	7g/4g	0g	25mg	140mg	16g	0g	16g	11g
Strawberry Lemonade	414g	210	0	0g/0g	0g	0mg	15mg	59g	0g	56g	0g
Lemonade	397g	180	0	0g/0g	0g	0mg	20mg	49g	0g	47g	0g
Raspberry Iced Tea-Fuze	397g	120	0	0g/0g	0g	0mg	0mg	30g	0g	12g	0g
Sprite	463g	190	0	0g/0g	0g	0mg	40mg	47g	0g	42g	0g
Diet Coke	419g	0	0	0g/0g	0g	0mg	5mg	0g	0g	0g	0g
Coke	436g	170	0	0g/0g	0g	0mg	15mg	47g	0g	47g	0g
Cherry Coke	438g	180	0	0g/0g	0g	0mg	5mg	49g	0g	49g	0g
Root Beer	439g	190	0	0g/0g	0g	0mg	40mg	53g	0g	53g	0g

NUTRITIONAL INFORMATION

Beverages	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Dr. Pepper	397g	160	0	0g/0g	0g	0mg	55mg	44g	0g	44g	0g
Fruit Punch-Fanta	439g	200	0	0g/0g	0g	0mg	15mg	56g	0g	56g	0g
Orange-Fanta	440g	210	0	0g/0g	0g	0g	15mg	56g	0g	56g	0g
Italian Cream Sodas	219g	150	36	4g/2.5g	0g	15mg	50mg	25g	0	24g	1g
Masterpiece Shake	284g	870	369	41g/21g	0g	75mg	540mg	119g	2g	90g	12g
Cotton Candy Limeade - Adult	200g	220	0	0g/0g	0g	0mg	10mg	35g	0g	33g	0g
Red Bull	238g	110	0	0g/0g	0g	0g	105mg	28g	0g	27g	<1g
Chocolate Shake-Adults	252g	640	252	29g/18g	0g	85mg	160mg	86g	0g	76g	9g
Vanilla Shake-Adults	216g	540	252	29g/18g	0g	85mg	105mg	60g	0g	60g	7g
Strawberry Shake-Adults	203g	430	153	17g/10g	0g	50mg	50mg	70g	0g	61g	3g
Orange Cream Shake-Adults	250g	610	261	29g/18g	0g	85mg	110mg	79g	0g	77g	7g

Kids Beverages	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Kids Skim Milk	247g	90	0	0g/0g	0g	5mg	130mg	12g	0g	12g	8g
Kids 2% Milk	244g	120	45	5g/3g	0g	20mg	100mg	11g	0g	11g	8g
Kids Apple Juice	216g	80	0	0g/0g	0g	0mg	10mg	20g	0g	20g	0g
Kids Sprite	216g	90	0	0g/0g	0g	0mg	20mg	22g	0g	19g	0g
Kids Root Beer	216g	100	0	0g/0g	0g	0mg	20mg	26g	0g	26g	0g
Kids Cherry Coke	216g	90	0	0g/0g	0g	0mg	0mg	25g	0g	25g	0g
Kids Coke	216g	80	0	0g/0g	0g	0mg	10mg	24g	0g	24g	0g
Kids Dr. Pepper	216g	80	0	0g/0g	0g	0mg	30mg	22g	0g	22g	0g

NUTRITIONAL INFORMATION

Kids Beverages	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Kids Lemonade	216g	90	0	0g/0g	0g	0mg	10mg	25g	0g	23g	0g
Kids Italian Cream Sodas	248g	150	36	4g/2.5g	0g	15mg	60mg	25g	0g	24g	1g
Kids Masterpiece Shake	221g	710	333	37g/18g	0g	65mg	490mg	91g	2g	65g	10g
Kids Cotton Candy Limeade	198g	150	0	0g/0g	0g	0mg	15mg	38g	0g	35g	0g
Kids Chocolate Shake	194g	500	225	25g/16g	0g	75mg	125mg	62g	0g	55g	7g
Kids Vanilla Shake	145g	370	225	25g/16g	0g	75mg	85mg	30g	0g	30g	6g
Kids Strawberry Shake	164g	360	153	17g/10g	0g	50mg	45mg	51g	0g	47g	3g
Kids Orange Cream Shake	199g	490	207	23g/14g	0g	70mg	85mg	65g	0g	63g	5g

Daily Specials	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Garlic Shrimp Capellini	257g	960	468	52g/31g	0g	210mg	930mg	87g	3g	5g	30g
Garlic Mizithra	480g	1360	765	85g/45g	1.5g	215mg	2380mg	102g	4g	7g	44g
Roasted Spaghetti Squash	473g	520	351	39g/11g	0g	35mg	1780mg	28g	6g	13g	19g
Manicotti	511g	940	477	53g/33g	0g	280mg	2210mg	62g	5g	15g	43g
Baked Chicken	476g	1190	729	81g/29g	1g	190mg	2890	66g	6g	7g	52g
Spaghetti Carbonara	343g	950	387	43g/21g	0g	120mg	1680mg	108g	5g	5g	34g
Pesto Chicken Penne	364g	1190	693	77g/39g	1.5g	220mg	1290mg	89g	3g	5g	34g
Italian Meatloaf	526g	1180	612	68g/32g	2g	230mg	1590mg	83g	6g	8g	56g
Lasagna Vegetariano	570g	830	441	49g/25g	0g	125mg	1910mg	66g	8g	14g	37g

NUTRITIONAL INFORMATION

Gluten Friendly	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
House Salad with Creamy Pesto-no croutons	128g	210	190	21g/3g	0g	10mg	220mg	5g	1g	3g	2g
House Salad with Balsamic Vinaigrette-no croutons	113g	190	160	18g/1.5g	0g	0mg	150mg	7g	1g	3g	1g
Marinara Sauce	397g	490	45	5g/0g	0g	0mg	770mg	103g	5g	8g	9g
Meat Sauce	397g	580	100	11g/3g	0g	35mg	1050mg	103g	5g	6g	18g
Clam Sauce	397g	750	280	31g/18g	1g	145mg	870mg	103g	3g	1g	15g
Mushroom Sauce	482g	600	140	16g/1g	0g	0mg	860mg	106g	5g	9g	10g
Mizithra Cheese & Brown Butter	354g	1120	620	69g/43g	1.5g	210mg	2200mg	95g	2g	2g	28g
Marinara/Mizithra Cheese & Brown Butter	375g	800	330	37g/22g	1g	105mg	1480mg	99g	3g	5g	18g
Marinara/Mushroom	439g	550	90	10g/0.5g	0g	0mg	820mg	105g	5g	9g	9g
Marinara/Clam	397g	620	160	18g/9g	0g	70mg	820mg	103g	4g	4g	12g
Marinara/Meat	397g	540	70	8g/1.5g	0g	15mg	910mg	103g	5g	7g	13g
Mushroom/Clam	439g	670	210	23g/10g	0g	70mg	870mg	105g	4g	5g	13g
Mushroom/Meat	439g	590	120	13g/2g	0g	15mg	960mg	105g	5g	8g	14g
Mushroom/Mizithra Cheese & Brown Butter	418g	860	380	43g/22g	1g	105mg	1580mg	101g	3g	6g	19g
Clam/Mizithra Cheese & Brown Butter	375g	930	450	50g/30g	1g	175mg	1540mg	99g	2g	1g	22g
Clam/Meat	397g	660	190	21g/10g	0.5g	90mg	960mg	103g	4g	3g	17g
Meat/Mizithra Cheese & Brown Butter	375g	850	360	40g/23g	1g	120mg	1630mg	99g	4g	4g	23g
Alfredo Sauce	377g	980	540	61g/37g	1.5g	185mg	550mg	97g	2g	0g	13g

NUTRITIONAL INFORMATION

Gluten Friendly	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Seasoned Chicken Breast	191g	310	160	18g/3g	0g	85mg	300mg	5g	0g	0g	32g
Side of Italian Sausage	128g	340	250	27g/11g	0g	70mg	790mg	3g	2g	1g	15g
Side of Marinated Diced Chicken (5 oz.)	142g	230	135	15g/2g	0g	60mg	1150mg	1g	0g	0g	22g
Vanilla Ice Cream	85g	170	80	9g/6g	0g	35mg	80mg	21g	0g	14g	3g
Spumoni Ice Cream	85g	170	80	9g/6g	0g	40mg	90mg	21g	0g	14g	3g
Kid's Marinara	227g	300	25	3g/0g	0g	0mg	380mg	63g	3g	4g	5g
Kid's Meat Sauce	227g	340	50	6g/1.5g	0g	15mg	530mg	63g	3g	3g	10g
Kid's Clam Sauce	227g	420	140	16g/9g	0g	70mg	440mg	63g	1g	0g	8g
Kid's Mushroom Sauce	284g	370	90	10g/1g	0g	0mg	450mg	65g	3g	5g	6g
Kid's Mizithra Cheese & Brown Butter	206g	610	310	35g/22g	1g	105mg	1100mg	59g	1g	1g	15g
Kid's Mac & Cheese	156g	380	90	10g/5g	0g	25mg	480mg	63g	1g	3g	9g
Kid's Meaty Mac & Cheese	213g	440	110	13g/6g	0g	40mg	840mg	67g	2g	5g	13g

NUTRITIONAL INFORMATION

Banquet Menu	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Sicilian Garlic Cheese Bread	455g	1220	702	78g/31g	0g	80mg	2870mg	97g	4g	12g	47g
Shrimp Spinach & Artichoke Dip	346g	690	430	49g/21g	1g	125mg	1200mg	43g	4g	2g	20g
Olive Tapenade	210g	780	570	65g/5g	0g	0mg	1640mg	46g	2g	1g	7g
Fried Pickles	312g	700	520	58g/15g	0g	15mg	1960mg	45g	6g	6g	4g
Fried Green Tomatoes	312g	820	500	55g/8g	0g	15mg	1630mg	69g	3g	12g	10g
Marinara Sauce	425g	570	60	7g/1g	0g	0mg	510mg	106g	7g	10g	19g
Rich Meat Sauce	425g	650	99	11g/3g	0g	35mg	1060mg	108g	7g	10g	29g
White Clam Sauce	425g	790	260	29g/17g	1g	135mg	880mg	107g	5g	4g	26g
Mushroom Sauce	510g	670	144	16g/1.5g	0g	0mg	870mg	110g	7g	13g	20g
Mizithra Cheese & Brown Butter	383g	1190	540	69g/44g	1.5g	210mg	2210mg	99g	4g	5g	38g
Marinara/Meat	425g	600	72	8g/2g	0g	15mg	920mg	108g	7g	10g	24g
Marinara/Mushroom	468g	610	90	10g/1g	0g	0mg	820mg	109g	7g	12g	20g
Marinara/Clam	425g	690	162	18g/9g	0g	70mg	830mg	107g	6g	8g	22g
Marinara/Mizithra Cheese & Brown Butter	404g	870	333	37g/22g	1g	105mg	1490mg	103g	5g	8g	29g
Mushroom/Clam	425g	740	207	23g/10g	0g	70mg	880mg	109g	6g	8g	23g
Mushroom/Meat	468g	660	117	13g/2.5g	0g	15mg	970mg	109g	7g	11g	25g
Mushroom/ Mizithra Cheese and Brown Butter	446g	930	378	42g/23g	1g	105mg	1590mg	105g	6g	9g	29g
Clam/Meat	425g	730	189	21g/11g	0.5g	90mg	970mg	107mg	6g	7g	27g

NUTRITIONAL INFORMATION

Banquet Menu	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Clam/Mizithra Cheese and Brown Butter	403g	1000	450	50g/31g	1g	175mg	1540mg	103g	4g	5g	32g
Meat/Mizithra Cheese and Brown Butter	403g	920	360	40g/23g	1g	120mg	1630mg	103g	6g	7g	34g
Italian Sausage with Meat Sauce	539g	980	342	38g/14g	0g	105mg	1790mg	109g	9g	10g	44g
Sicilian Meatballs	618g	1040	324	36g/11g	2g	145mg	2010mg	115g	7g	11g	60g
Stuffed Pasta Platter	456g	1310	675	75g/43g	1.5g	270mg	2400mg	118g	10g	15g	43g
Taste of Italy Platter	694g	1540	837	93g/52g	2g	280mg	2730mg	118g	9g	16g	60g
Meat Lovers Platter	732g	1460	621	69g/24g	2.5g	250mg	3020mg	116g	9g	10g	84g
Baked Lasagna	500g	820	400	45g/22g	0g	130mg	2250mg	61g	6g	13g	45g
Fettuccine Alfredo	378g	1090	640	72g/44g	2g	220mg	640mg	91g	4g	5g	23g
Chicken Marsala	483g	1000	504	56g/27g	1g	195mg	1890mg	68g	3g	7g	54g
Spumoni Ice Cream	85g	170	81	9g/5g	0g	35mg	50mg	21g	0g	14g	3g
Vanilla Ice Cream	85g	170	81	9g/6g	0g	35mg	80mg	21g	0g	14g	3g
Mud Pie	169g	490	180	20g/12g	0g	25mg	220mg	70g	1g	52g	6g
Chocolate Mousse Cake	244g	880	400	44g/27g	.5g	85mg	390mg	120g	4g	92g	9g
Cheesecake	222g	780	432	48g/30g	0g	230mg	570mg	77g	1g	62g	11g

NUTRITIONAL INFORMATION

OTHER (Phoenix Only)	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Cheese Manicotti w/Marinara Sauce	346g	490	189	21g/11g	0g	120mg	1310mg	53g	3g	11g	22g
Cheese Manicotti w/Meat Sauce	346g	550	225	25g/13g	0g	145mg	1500mg	53g	4g	10g	28g
Cheese Manicotti w/Mushroom Sauce	403g	560	252	28g/12g	0g	120mg	1370mg	55g	3g	12g	23g
Cheese Manicotti w/Clam Sauce	346g	660	342	38g/23g	.5g	215mg	1380mg	53g	2g	6g	26g
Cheese Manicotti w/Mizithra Cheese & Brown Butter	301g	810	486	54g/34g	1g	235mg	2070mg	47g	2g	7g	33g
Cheese Manicotti w/Alfredo Sauce	346g	860	576	64g/39g	1.5g	265mg	1110mg	49g	2g	6g	24g
Platter-Manicotti & Spaghetti (w/Marinara Sauce)	496g	690	153	17g/8g	0g	80mg	1320mg	106g	6g	14g	27g
Platter-Manicotti & Spaghetti (w/Meat Sauce)	496g	750	189	21g/10g	0g	105mg	1510mg	106g	7g	13g	34g
Platter-Manicotti & Spaghetti (w/Mushroom Sauce)	552g	760	216	24g/9g	0g	80mg	1380mg	108g	6g	15g	28g
Platter-Manicotti & Spaghetti (w/Clam Sauce)	496g	860	306	34g/20g	.5g	175mg	1390mg	106g	5g	9g	32g
Platter-Manicotti & Spaghetti (w/Mizithra Cheese & Brown Butter)	453g	1020	459	51g/31g	1g	195mg	2120mg	100g	5g	10g	39g
Platter-Manicotti & Spaghetti w/Alfredo Sauce)	496g	1060	540	60g/36g	1.5g	225mg	1120mg	102g	5g	9g	29g
Dippin Dots Chocolate Chip Cookie Dough	85g	230	99	11g/6g	0g	20mg	115mg	32g	0g	24g	4g
Dippin Dots Rainbow	75g	100	0	0g	0g	0mg	0mg	26g	0g	15g	0g

OTHER (Honolulu Only)	Serving Size	Calories	Calories from Fat	Total Fat / Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Big Kahuna Platter	1069g	2290	1230	138g/71g	2.5g	445mg	3680mg	165g	11g	22g	102g
Sicilian Garlic Cheese Bread w Spam	497g	1350	800	89g/35g	0g	110mg	3450mg	98g	4g	12g	53g