

# NUTRITIONAL INFORMATION

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## NUTRITIONAL INFORMATION

Appetizers	Serving Size	Calories	Total Fat/Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Sicilian Garlic Cheese Bread	455g	1220	78g/31g	0g	80mg	2870mg	97g	4g	12g	47g
Sicilian Garlic Cheese Bread w Bacon	497g	1450	95g/37g	0g	130mg	3900mg	97g	4g	12g	63g
Sicilian Garlic Cheese Bread w/ Pepperoni	497g	1410	96g/37g	0g	120mg	3680mg	97g	4g	12g	55g
Sicilian Garlic Cheese Bread w/ Bacon & Pepperoni	497g	1430	95g/37g	0g	125mg	3790mg	97g	4g	12g	59g
Shrimp Spinach & Artichoke Dip	266g	590	40g/16g	.5g	90mg	1120mg	39g	3g	2g	19g
Olive Tapenade	210g	780	65g/5g	0g	0mg	1640mg	46g	2g	1g	7g
Gorgonzola Dip	344g	1130	90g/39g	1g	215mg	2000mg	36g	5g	2g	38g
Shrimp Scampi Appetizer	243g	860	67g/34g	0g	230mg	1380mg	37g	2g	1g	25g

## NUTRITIONAL INFORMATION

Salads	Serving Size	Calories	Total Fat/Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
House Salad Mix	85g	15	0g/0g	0g	0mg	15mg	4g	1g	2g	1g
House Salad-Creamy Pesto	142g	280	24g/3g	0g	10mg	360mg	13g	1g	3g	4g
House Salad-Balsamic	128g	260	21g/1.5g	0g	0mg	300mg	15g	1g	2g	3g
House Salad-FF Honey Mustard	128g	120	3g/0g	0g	0mg	280mg	21g	1g	9g	3g
House Salad-1000 Island	142g	240	18g/2g	0g	5mg	520mg	17g	2g	6g	3g
House Salad-Blue Cheese	142g	280	24g/3.5g	0g	15mg	430mg	13g	2g	3g	4g
House Salad-Caesar	163g	300	28g/3g	0g	20mg	330mg	10g	2g	3g	3g
Caesar Upgrade	189g	390	35g/7g	0g	40mg	750mg	8g	3g	2g	11g
Chicken Caesar Salad	604g	1120	90g/17g	0g	160mg	1820mg	30g	6g	5g	54g
Caesar Salad no chicken	412g	820	71g/14g	0g	70mg	1520mg	25g	6g	5g	22g
Chicken Caesar Salad (lunch portion)	398g	710	54g/11g	0g	125mg	1080mg	16g	3g	3g	43g
Caesar Salad no chicken (lunch portion)	206g	400	36g/7g	0g	40mg	780mg	10g	3g	3g	12g
BLT Salad	440g	990	84g/21g	0g	115mg	2470mg	24g	9g	5g	36g
BLT Salad w/ Chicken	631g	1300	102g/24g	0g	200mg	2770mg	29g	9g	5g	68g
BLT Salad (lunch portion)	249g	500	42g/10g	0g	60mg	1240mg	13g	5g	3g	18g
BLT Salad w/ Chicken (lunch portion)	440g	810	60g/13g	0g	145mg	1540mg	18g	5g	3g	50g

## NUTRITIONAL INFORMATION

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

## NUTRITIONAL INFORMATION

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

## NUTRITIONAL INFORMATION

Classic Entrees	Serving Size	Calories	Total Fat/Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Spaghetti with Sicilian Meatballs	618g	1040	36g/11g	2g	145mg	2010mg	115g	7g	11g	60g
Spaghetti with Mizithra Cheese and Brown Butter	383g	1190	69g/44g	1.5g	210mg	2210mg	99g	4g	5g	38g
Spaghetti with Sautéed Mushroom Sauce	510g	670	16g/1.5g	0g	0mg	870mg	110g	7g	13g	20g
Spaghetti with Marinara Sauce	425g	560	5g/.5g	0g	0mg	780mg	108g	7g	11g	19g
Spaghetti with Meat Sauce	425g	650	11g/3g	0g	35mg	1060mg	108g	7g	10g	29g
Spaghetti with Clam Sauce	425g	810	31g/18g	1g	145mg	880mg	107g	5g	4g	26g
Italian Sausage with Meat Sauce	539g	980	38g/14g	0g	105mg	1790mg	109g	9g	10g	44g
Pot Pourri	461g	880	36g/19g	1g	115mg	1500mg	108g	6g	8g	31g

Pastas Only	Serving Size	Calories	Total Fat/Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Fettuccine/Penne/Angel Hair	226g	410	1.5g/0g	0g	0mg	5mg	84g	4g	5g	15g
Spaghetti	256g	470	2g/0g	0g	0mg	10mg	95g	4g	3g	17g
Whole Wheat	226g	390	1.5g/0g	0g	0mg	10mg	85g	14g	4g	17g
Heartland's Gluten Free	226g	400	2g/0g	0g	0mg	0mg	91g	2g	0g	6g

## NUTRITIONAL INFORMATION

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

## NUTRITIONAL INFORMATION

Lunch for Less Classic Entrees	Serving Size	Calories	Total Fat/Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Spaghetti w/Rich Meat Sauce	312g	460	9g/2.5g	0g	30mg	880mg	74g	5g	7g	21g
Spaghetti w/Mushroom Sauce	397g	500	14g/1.5g	0g	0mg	740mg	76g	5g	10g	14g
Spaghetti w/White Clam Sauce	312g	600	26g/15g	.5g	120mg	730mg	74g	3g	3g	19g
Spaghetti w/Italian Sausage and Meat Sauce	425g	790	36g/13g	0g	95mg	1610mg	75g	7g	7g	36g
Spaghetti w/Mizithra Cheese & Browned Butter	269g	870	53g/33g	1g	160mg	1760mg	66g	3g	4g	28g
Spaghetti w/Marinara Sauce	312g	390	4g/0g	0g	0mg	650mg	74g	5g	9g	13g
Spaghetti w/Sicilian Meatballs	505g	870	35g/11g	2g	145mg	1880mg	81g	6g	9g	54g
Pot Pourri	333g	660	30g/17g	.5g	100mg	1340mg	74g	4g	6g	24g

Lunch for Less Pastas Only	Serving Size	Calories	Total Fat/Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Angel Hair	170g	310	1g/0g	0g	0mg	0mg	63g	3g	4g	12g
Spaghetti	170g	320	1.5g/0g	0g	0mg	5mg	64g	3g	2g	11g
Whole Wheat	170g	300	1g/0g	0g	0mg	5mg	64g	11g	3g	12g
Heartland's Gluten Free	170g	300	1.5/0g	0g	0mg	0mg	68g	2g	0g	5g



## NUTRITIONAL INFORMATION

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

## NUTRITIONAL INFORMATION

Hearty Meal Entrees	Serving Size	Calories	Total Fat/Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Hearty Marinara	709g	930	8g/1g	0g	0mg	1290mg	179g	11g	18g	32g
Hearty Meat Sauce	709g	1080	18g/5g	1g	55mg	1770mg	179g	12g	16g	48g
Hearty Sautéed Mushroom	851g	1110	26g/2.5g	0g	0mg	1450mg	184g	11g	21g	34g
Hearty Clam Sauce	709g	1360	52g/30g	1.5g	240mg	1470mg	179g	8g	7g	43g
Hearty Mizithra and Brown Butter	638g	1990	118g/74g	2.5g	350mg	3530mg	164g	7g	8g	63g
Hearty Italian Sausage w/Meat Sauce	823g	1410	46g/16g	1g	125mg	2500mg	181g	13g	16g	63g
Hearty Sicilian Meatballs	1048g	1770	63g/22g	2.5g	260mg	3340mg	192mg	14g	19g	98g
Hearty Pot Pourri	745g	1450	58g/33g	1.5g	190mg	2460mg	179g	10g	14g	51g

## NUTRITIONAL INFORMATION

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

## NUTRITIONAL INFORMATION

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

### NUTRITIONAL INFORMATION

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

## NUTRITIONAL INFORMATION

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

## NUTRITIONAL INFORMATION

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

Senior Pastas Only	Serving Size	Calories	Total Fat/Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Spaghetti/Fettuccine /Penne	142g	260	1g/0g	0g	0mg	0mg	53g	2g	2g	9g
Heartland's Gluten Free	142g	250	1.5g/0g	0g	0mg	0mg	57g	1g	0g	4g
Whole Wheat	142g	250	1g/0g	0g	0mg	5mg	53g	9g	3g	10g

## NUTRITIONAL INFORMATION

Sandwiches w/Chips	Serving Size	Calories	Total Fat/Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Chicken Smoked Mozzarella Panini	397g	1420	94g/31g	.5g	165mg	2040mg	96g	8g	3g	53g
Caprese Panini	346g	980	68g/23g	0g	75mg	1850mg	71g	5g	4g	32g
Reuben Panini	382g	930	43g/17g	0g	115mg	2870mg	99g	10g	6g	40g
The Conductor-Italian Sandwich	476g	1270	85g/23g	0g	135mg	3850mg	83g	6g	4g	45g
Half Chicken Panini w/chips and Minestrone Soup	500g	930	53g/16g	0g	80mg	1850mg	85g	9g	5g	33g
Half Chicken Panini w/chips and Salad w/Creamy Pesto	369g	1110	74g/19g	0g	90mg	1500mg	82g	8g	4g	34g
Half Caprese Panini w/chips and Minestrone Soup	474g	710	40g/12g	0g	40mg	1750mg	72g	8g	5g	22g
Half Caprese Panini w/chips and Salad w/Creamy Pesto	343g	890	61g/15g	0g	45mg	1400mg	70g	6g	4g	23g
Half Reuben w/chips and Minestrone Soup	489g	710	31g/10g	0g	55mg	2180mg	87g	10g	6g	26g
Half Reuben w/chips and Salad w/Creamy Pesto Dressing	354g	860	48g/12g	0g	65mg	1830mg	84g	8g	6g	26g



## NUTRITIONAL INFORMATION

Sides	Serving Size	Calories	Total Fat/Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Side of Marinara Sauce	170g	90	3g/0g	0g	0mg	770mg	12g	3g	8g	3g
Side of Clam Sauce	170g	340	29g/18g	1g	145mg	870mg	12g	0g	1g	9g
Side of Alfredo Sauce	170g	640	68g/43g	2g	215mg	480mg	6g	0g	0g	5g
Side of Vesuvius Sauce	232g	270	19g/6g	0g	45mg	930mg	12g	2g	7g	13g
Side of Marsala Sauce	85g	70	3.5g/2g	0g	10mg	310mg	6g	0g	3g	1g
Side of Meat Sauce	170g	170	9g/3g	0g	35mg	1050mg	12g	3g	6g	12g
Side of Sautéed Mushroom Sauce	255g	200	14g/1g	0g	0mg	860mg	15g	3g	9g	4g
Side of Cheese Sauce	85g	120	9g/5g	0g	25mg	480mg	6g	0g	3g	6g
Side of Creamy Pesto Dressing	43g	190	21g/3g	0g	10mg	210mg	1g	0g	1g	1g
Side of Caesar Dressing	57g	330	36g/4g	0g	25mg	310mg	1g	0g	0g	1g
Side of Blue Cheese Dressing	43g	190	20g/3.5g	0g	15mg	280mg	1g	0g	1g	1g
Side of 1000 Island Dressing	43g	150	15g/2g	0g	5mg	360mg	5g	0g	4g	0g
Balsamic Vinaigrette Dressing	28g	170	18g/1.5g	0g	0mg	135mg	3g	0g	1g	0g
Fat Free Honey Mustard Dressing	28g	40	0g/0g	0g	0mg	115mg	9g	0g	8g	0g

## NUTRITIONAL INFORMATION

Sides	Serving Size	Calories	Total Fat/Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Side of Tenderloin 4 oz.	117g	290	21g/8g	0g	75mg	350mg	1g	0g	0g	22g
Side of Tenderloin 6 oz.	178g	430	31g/13g	0g	115mg	570mg	1g	0g	0g	33g
Side of Sicilian Meatballs (2ea)	193g	480	31g/11g	2g	145mg	1230mg	7g	1g	0g	40g
Broccoli-small	206g	240	18g/12g	0g	55mg	710mg	10g	5g	1g	12g
Broccoli-large	411g	480	37g/23g	1g	110mg	1410mg	20g	10g	1g	23g
Chicken Parmigiana Breast	263g	430	26g/8g	0g	105mg	780mg	9g	1g	2g	41g
Seasoned Chicken Breast	191g	310	18g/3g	0g	85mg	300mg	5g	0g	0g	32g
<b>Adult</b> Marinated Diced Chicken (5 oz.)	142g	230	15g/2g	0g	60mg	1140mg	1g	0g	0g	22g
Side of Sausage	128g	340	27g/11g	0g	70mg	790mg	3g	2g	1g	15g
Sautéed Mushrooms	85g	110	11g/1g	0g	0mg	95mg	3g	0g	2g	1g
Applesauce	85g	40	0g/0g	0g	10mg	10mg	10g	1g	9g	0g
<b>Kids</b> Side Diced Chicken (2.5 oz.)	71g	110	8g/1g	0g	30mg	570mg	1g	0g	0g	11g
<b>Kids</b> Side Meatball	97g	240	15.5g/5.5g	1g	73mg	615mg	3.5g	.5g	0g	20g
<b>Kids</b> Side Broccoli w/Cheese	85g	60	3g/2g	0g	10mg	180mg	5g	2g	1g	4g

## NUTRITIONAL INFORMATION

Desserts	Serving Size	Calories	Total Fat/Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Spumoni Ice Cream	85g	170	9g/5g	0g	35mg	50mg	21g	0g	14g	3g
Vanilla Ice Cream	85g	170	9g/6g	0g	35mg	80mg	21g	0g	14g	3g
Mud Pie	169g	490	20g/12g	0g	25mg	220mg	70g	1g	52g	6g
Chocolate Truffle Mousse Cake	250g	850	41g/25g	.5g	80mg	70mg	118g	5g	89g	11g
Chocolate Truffle Mousse Cake w/Vanilla Ice Cream	335g	1020	50g/31g	.5g	115mg	150mg	139g	5g	103g	14g
Cheesecake	222g	780	48g/30g	0g	230mg	570mg	77g	1g	62g	11g
Kid's Juice Bar	68g	60	0g/0g	0g	0mg	10mg	15g	0g	14g	0g
Kid's Juice Shape-up	72g	60	0g/0g	0g	0mg	10mg	15g	0g	14g	0g

## NUTRITIONAL INFORMATION

Beverages	Serving Size	Calories	Total Fat/Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Hot Tea	222g	0	0g/0g	0g	0mg	0mg	0g	0g	0g	0g
Coffee	222g	0	0g/0g	0g	0mg	0mg	0g	0g	0g	0g
Skim Milk	371g	130	.5g/0g	0g	5mg	190mg	18g	0g	18g	13g
2% Milk	366g	180	7g/4.5g	0g	30mg	150mg	17g	0g	17g	12g
Lemonade	344g	140	0g/0g	0g	0mg	15mg	39g	0g	37g	0g
Strawberry Lemonade	344g	200	0g/0g	0g	0mg	10mg	55g	0g	52g	0g
Raspberry Iced Tea	344g	100	0g/0g	0g	0mg	0mg	23g	0g	10g	0g
Sprite	344g	140	0g/0g	0g	0mg	30mg	34g	0g	30g	0g
Diet Coke	344g	0	0g/0g	0g	0mg	5mg	0g	0g	0g	0g
Coke	344g	130	0g/0g	0g	0mg	10mg	37g	0g	37g	0g
Cherry Coke	344g	140	0g/0g	0g	0mg	5mg	39g	0g	39g	0g
Root Beer	344g	150	0g/0g	0g	0mg	35mg	41g	0g	41g	0g
Dr. Pepper	344g	130	0g/0g	0g	0mg	45mg	34g	0g	34g	0g
Italian Cream Sodas	219g	150	4g/2.5g	0g	15mg	50mg	25g	0	24g	1g
Masterpiece Shake	284g	870	41g/21g	0g	75mg	540mg	119g	2g	90g	12g
Cotton Candy Limeade - Adult	200g	220	0g/0g	0g	0mg	10mg	35g	0g	33g	0g

## NUTRITIONAL INFORMATION

Beverages	Serving Size	Calories	Total Fat/Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Chocolate Shake-Adults	252g	640	29g/18g	0g	85mg	160mg	86g	0g	76g	9g
Vanilla Shake-Adults	216g	540	29g/18g	0g	85mg	105mg	60g	0g	60g	7g
Strawberry Shake-Adults	203g	430	17g/10g	0g	50mg	50mg	70g	0g	61g	3g
Orange Cream Shake-Adults	250g	610	29g/18g	0g	85mg	110mg	79g	0g	77g	7g

Kids Beverages	Serving Size	Calories	Total Fat/Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Kids Skim Milk	247g	90	0g/0g	0g	5mg	130mg	12g	0g	12g	8g
Kids 2% Milk	244g	120	5g/3g	0g	20mg	100mg	11g	0g	11g	8g
Kids Apple Juice	216g	80	0g/0g	0g	0mg	10mg	20g	0g	20g	0g
Kids Sprite	216g	90	0g/0g	0g	0mg	20mg	22g	0g	19g	0g
Kids Root Beer	216g	100	0g/0g	0g	0mg	20mg	26g	0g	26g	0g
Kids Cherry Coke	216g	90	0g/0g	0g	0mg	0mg	25g	0g	25g	0g
Kids Coke	216g	80	0g/0g	0g	0mg	10mg	24g	0g	24g	0g
Kids Dr. Pepper	216g	80	0g/0g	0g	0mg	30mg	22g	0g	22g	0g
Kids Lemonade	216g	90	0g/0g	0g	0mg	10mg	25g	0g	23g	0g
Kids Italian Cream Sodas	248g	150	4g/2.5g	0g	15mg	60mg	25g	0g	24g	1g

## NUTRITIONAL INFORMATION

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

## NUTRITIONAL INFORMATION

OTHER (These items are only available at certain locations)	Serving Size	Calories	Total Fat/Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Parmesan Onion Rings	506g	1720	104g/42g	0g	90mg	2830mh	177g	0g	4g	24g
Toasted Beef Ravioli	406g	760	16g/6g	0g	85mg	2110mg	118g	7g	7g	38g
Toasted Cheese Ravioli	398g	800	24g/13g	0g	85mg	3080mg	116g	6g	11g	31g
Calamari	281g	790	45g/5g	0g	275mg	1520mg	68g	2g	2g	26g
Garlic Fries	485g	1150	59g/10g	7g	10mg	3490mg	134g	10g	10g	17g
Fried Zucchini	364g	830	59g/8g	0g	25mg	1650mg	64g	3g	6g	12g
Red Bull	238g	110	0g/0g	0g	0g	105mg	28g	0g	27g	<1g
Fruit Punch	344g	120	0g/0g	0g	0mg	10mg	33g	0g	33g	0g
Sweet Tea	300g	140	0g/0g	0g	0mg	10mg	37g	0g	37g	0g
Chicken Caesar – half order	284g	570	45g/9g	0g	75mg	980mg	16g	3g	2g	27g
Shrimp Salad – half order	308g	510	43g/6g	0g	120mg	450mg	16g	5g	2g	16g
Shrimp Salad – large	524g	880	77g/12g	0g	235mg	800mg	23g	6g	4g	30g
BLT Salad – half order	256g	530	45g/11g	0g	60mg	1240mg	14g	6g	3g	19g
Lasagna Vegetariano	570g	830	49g/25g	0g	125mg	1910mg	66g	8g	14g	37g

## NUTRITIONAL INFORMATION

OTHER (These items are only available at certain locations)	Serving Size	Calories	Total Fat/Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Meatball Sliders	337g	1060	67g/18g	2g	190mg	1790mg	63g	4g	25g	53g
Meatball Sandwich (Dariotis Stores)	328g	870	46g/14g	1g	95mg	1690mg	77g	4g	6g	42g
Sausage Sandwich (Dariotis Stores)	331g	930	55g/17g	0g	85mg	1690mg	74g	5g	6g	33g
Spaghetti Squash- Small	285g	270	18g/4.5g	0g	15mg	530mg	22g	4g	6g	9g
Spaghetti Squash- Large	570g	530	36g/9g	0g	30mg	1060mg	44g	7g	12g	19g
Italian Flat Bread	500g	880	52g/21g	1g	155mg	1950mg	52g	5g	7g	51g
Margarita Flat Bread	224g	620	41g/15g	0g	65mg	1130mg	40g	2g	3g	26g
Fried Pickles	312g	700	58g/15g	0g	15mg	1960mg	45g	6g	6g	4g
Fried Green Tomatoes	312g	820	55g/8g	0g	15mg	1630mg	69g	3g	12g	10g
Derby Pie	162g	740	45g/11g	0g	45mg	370mg	76g	1g	40g	9g
Reuben Panini	382g	930	43g/17g	0g	115mg	2870mg	99g	10g	6g	40g



## NUTRITIONAL INFORMATION

OTHER (Phoenix Only)	Serving Size	Calories	Total Fat/Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Chicken Marsala	412g	1090	60g/27g	1g	190mg	1730mg	78g	3g	7g	53g
Cheese Manicotti w/Marinara Sauce	346g	490	21g/11g	0g	120mg	1310mg	53g	3g	11g	22g
Cheese Manicotti w/Meat Sauce	346g	550	25g/13g	0g	145mg	1500mg	53g	4g	10g	28g
Cheese Manicotti w/Mushroom Sauce	403g	560	28g/12g	0g	120mg	1370mg	55g	3g	12g	23g
Cheese Manicotti w/Clam Sauce	346g	660	38g/23g	.5g	215mg	1380mg	53g	2g	6g	26g
Cheese Manicotti w/Mizithra Cheese & Brown Butter	301g	810	54g/34g	1g	235mg	2070mg	47g	2g	7g	33g
Cheese Manicotti w/Alfredo Sauce	346g	860	64g/39g	1.5g	265mg	1110mg	49g	2g	6g	24g
Platter #1 (Baked Lasagna and Chicken Marsala)	912g	1910	104g/49g	1.5g	320mg	3990mg	139g	10g	20g	98g
Platter #4 (Manicotti and spaghetti w/Marinara Sauce)	496g	690	17g/8g	0g	80mg	1320mg	106g	6g	14g	27g
Platter #4 (Manicotti and spaghetti w/Meat Sauce)	496g	750	21g/10g	0g	105mg	1510mg	106g	7g	13g	34g
Platter #4 (Manicotti and spaghetti w/Mushroom Sauce)	552g	760	24g/9g	0g	80mg	1380mg	108g	6g	15g	28g
Platter #4 (Manicotti and spaghetti w/Clam Sauce)	496g	860	34g/20g	.5g	175mg	1390mg	106g	5g	9g	32g
Platter #4 (Manicotti and spaghetti w/Mizithra Cheese & Brown Butter)	453g	1020	51g/31g	1g	195mg	2120mg	100g	5g	10g	39g
Platter #4 (Manicotti and spaghetti w/Alfredo Sauce)	496g	1060	60g/36g	1.5g	225mg	1120mg	102g	5g	9g	29g

## NUTRITIONAL INFORMATION

OTHER (Phoenix Only)	Serving Size	Calories	Total Fat/Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Dippin Dots Candy Bar Crunch	85g	240	12g/7g	0g	25mg	70mg	28g	0g	26g	4g
Dippin Dots Chocolate Chip Cookie Dough	85g	230	11g/6g	0g	20mg	115mg	32g	0g	24g	4g
Dippin Dots Rainbow	75g	100	0g	0g	0mg	0mg	26g	0g	15g	0g

OTHER (Honolulu Only)	Serving Size	Calories	Total Fat/Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Platter #4 (Fettuccine Alfredo, Half Lasagna and Chicken Marsala)	662g	1230	72g/35g	1g	245mg	1740mg	88g	5g	11g	60g
Platter #4 (Spinach & Cheese Ravioli, Half Lasagna and Chicken Marsala)	737g	1080	51g/21g	0g	205mg	2660mg	93g	8g	17g	64g
Platter #4 (Spinach Tortellini, Half Lasagna and Chicken Marsala)	633g	1180	66g/30g	1g	245mg	2500mg	84g	6g	11g	62g