

# SPIN! Food Facts

	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carbs (g)	Fiber (g)	Protein (g)	Sodium (mg)								
<b>FLATBREADS</b>																
Rosemary Flatbread Platters (1 slice/4 servings per platter)																
Rosemary Flatbread	111	3	0	0	23	2	3.5	585								
White Bean Hummus - Bowl	194	14	2	0	12	6	4	678								
Roasted Red Pepper & Goat Cheese - Bowl	171	12	7	0	4	1	10	644								
Roasted Artichoke, Sicilian Olive & Ricotta - Bowl	202	15	7	0	6	1	10	678								
Trio Sampler	213	15	6	0	7	3	9	677								
Rosemary Flatbread and Side of Spread																
White Bean Hummus - 1.3oz serving	175	8	1	0	27	4	4.5	707								
Roasted Red Pepper & Goat Cheese - 1.3oz serving	166	7	2	0	25	2	13	662								
Roasted Artichoke, Sicilian Olive & Ricotta - 1.3oz	176	8	2	0	25	2	6.5	706								
<b>INSALATE</b>																
	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG
	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Total Carbs (g)		Fiber (g)		Protein (g)		Sodium (mg)	
8-COLOR SALAD	139	296	8	17	3	6	0	0	11	22	3	6	5	11	418	824
light dressing	176	370	11	24	4	9	0	0	12	24	3	6	6	12	506	1000
with Buttermilk Dressing	196	409	13	27	5	10	0	0	12	24	3	6	6	13	551	1091
8-COLOR SALAD	139	296	8	17	3	6	0	0	11	22	3	6	5	11	418	824
light dressing	238	493	18	37	4	9	0	0	12	24	3	6	6	12	471	930
with Red Wine Vinaigrette	288	594	23	48	5	11	0	0	13	25	3	6	6	12	499	985
ARUGULA SALAD	195	390	15	30	7	13	0	0	3	6	1	2	11	23	468	935
CHOPPED BLT SALAD	189	539	13	42	5	17	0	0	9	18	3	5	7	17	506	1480
light dressing	231	623	17	50	7	19	0	0	10	20	3	5	8	18	606	1679
with Blue Cheese Buttermilk Vinaigrette	253	667	19	54	7	21	0	0	10	21	3	6	8	19	657	1781
GREEK SALAD	162	350	13	27	2	6	0	0	7	15	4	7	4	11	929	1899
light dressing	261	547	23	48	4	9	0	0	9	17	4	8	4	11	982	2004
with Red Wine Vinaigrette	312	649	28	58	5	11	0	0	9	18	4	8	4	11	1010	2059
SONOMA SALAD	206	584	10	30	3	10	0	0	25	66	4	9	5	16	80	274
light dressing	332	835	24	57	5	13	0	0	26	69	4	9	5	16	169	452
with Blood Orange Vinaigrette	396	964	31	71	6	15	0	0	27	70	4	9	5	16	215	544
SPIN! CAESAR SALAD	60	125	2	4	1	1	0	0	8	17	2	5	2	6	169	363
light dressing	190	385	16	32	3	6	0	0	9	17	2	5	3	7	298	621
with Caesar Dressing	257	519	23	47	4	8	0	0	9	18	2	5	4	8	365	755
SPINACH SALAD	173	468	14	39	3	11	0	0	9	17	2	4	4	12	307	873
light dressing	267	654	23	58	5	14	0	0	10	21	2	4	4	13	408	1075

with Chianti Vinaigrette	315	750	28	68	5	15	0	0	11	22	2	4	4	13	460	1178
<b>HOMEMADE ZUPPAS</b>	<b>CUP</b>	<b>BOWL</b>	<b>CUP</b>	<b>BOWL</b>	<b>CUP</b>	<b>BOWL</b>	<b>CUP</b>	<b>BOWL</b>	<b>CUP</b>	<b>BOWL</b>	<b>CUP</b>	<b>BOWL</b>	<b>CUP</b>	<b>BOWL</b>	<b>CUP</b>	<b>BOWL</b>
	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Total Carbs (g)		Fiber (g)		Protein (g)		Sodium (mg)	
Roasted Tomato and Basil Soup	150	225	9	14	6	9	0	0	13	19	1	1	2	3	408	612
White Bean Minestrone Soup	194	301	9	13	3	4	0	0	21	34	6	9	7	11	730	1097
White Bean Minestrone Soup with Meatballs	394	621	25	39	10	15	0	1	25	40	6	9	18	29	1305	2017
<b>PIZZA ROSSAS</b>	<b>MIA</b>	<b>REG</b>	<b>MIA</b>	<b>REG</b>	<b>MIA</b>	<b>REG</b>	<b>MIA</b>	<b>REG</b>	<b>MIA</b>	<b>REG</b>	<b>MIA</b>	<b>REG</b>	<b>MIA</b>	<b>REG</b>	<b>MIA</b>	<b>REG</b>
	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Total Carbs (g)		Fiber (g)		Protein (g)		Sodium (mg)	
Regluar crust cut into 6 slices, Mini Mia into 4 slices	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice
Formaggi Semplice Pizza	102	175	2	5	1	2	0	0	15	22	1	1	4	9	367	606
Whole Wheat Crust	105	180	3	5	1	2	0	0	16	23	1	1	5	9	279	481
Gluten Free Crust	116	214	5	9	1	3	0	0	15	25	0	0	3	7	158	320
Margherita	123	184	4	6	2	3	0	0	15	22	1	1	6	9	407	637
Whole Wheat Crust	127	189	4	6	2	3	0	0	16	24	1	1	6	9	319	512
Gluten Free Crust	138	223	6	10	2	3	0	0	15	25	0	0	4	7	198	350
Funghi	110	156	4	5	1	2	0	0	16	22	1	1	5	7	384	563
Whole Wheat Crust	114	160	4	5	1	2	0	0	16	24	1	1	5	7	296	438
Gluten Free Crust	125	195	8	4	1	1	0	0	15	25	0	0	3	5	175	277
Oliva E Carcioffo	119	168	4	5	1	2	0	0	16	23	1	1	5	6	475	690
Whole Wheat Crust	123	173	4	5	1	2	0	0	17	24	1	1	5	7	387	565
Gluten Free Crust	134	207	6	9	2	2	0	0	16	25	0	0	3	4	266	403
Pepperoni	128	197	5	8	2	4	0	0	15	22	1	1	5	8	458	720
Whole Wheat Crust	132	202	5	8	2	4	0	0	16	23	1	1	5	8	371	595
Gluten Free Crust	143	236	7	12	2	4	0	0	15	24	0	0	4	6	250	433
Greco	118	173	4	6	1	2	0	0	15	22	1	2	5	8	459	666
Whole Wheat Crust	121	177	4	6	1	2	0	0	16	23	1	2	5	8	371	541
Gluten Free Crust	110	117	4	5	1	2	0	0	14	14	1	1	4	4	260	283
Salsiccia	129	176	4	5	2	2	0	0	16	23	1	1	6	8	408	583
Whole Wheat Crust	133	181	4	6	2	2	0	0	17	24	1	1	6	8	320	459
Gluten Free Crust	144	215	7	9	2	3	0	0	16	26	0	0	5	6	199	297
Sopressata & Calabrian Peppers	123	187	4	7	2	2	0	0	15	22	1	1	6	9	448	703
Whole Wheat Crust	127	192	4	7	2	2	0	0	16	23	1	1	6	9	360	578
Gluten Free Crust	138	226	6	11	2	3	0	0	15	24	0	0	4	7	239	416
BBQ Pollo e Pineapple	195	246	9	10	4	4	0	0	18	25	1	1	10	13	489	686
Whole Wheat Crust	199	251	9	10	4	4	0	0	18	26	1	1	10	13	402	561
Gluten Free Crust	210	285	11	14	4	5	0	0	17	28	0	0	9	11	281	400
Tre Carni	176	284	8	15	3	6	0	0	16	24	1	1	8	13	565	929
Whole Wheat Crust	179	289	8	15	3	6	0	0	17	25	1	1	8	14	477	804
Gluten Free Crust	190	323	11	19	4	7	0	0	16	27	0	0	7	11	356	642
<b>PIZZA CLASSICAS</b>	<b>MIA</b>	<b>REG</b>	<b>MIA</b>	<b>REG</b>	<b>MIA</b>	<b>REG</b>	<b>MIA</b>	<b>REG</b>	<b>MIA</b>	<b>REG</b>	<b>MIA</b>	<b>REG</b>	<b>MIA</b>	<b>REG</b>	<b>MIA</b>	<b>REG</b>
	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Total Carbs (g)		Fiber (g)		Protein (g)		Sodium (mg)	
Regluar crust cut into 6 slices, Mini Mia into 4 slices	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice
Goat Cheese & Arugula	109	155	3	4	1	2	0	0	16	23	1	1	4	6	259	384
Regular Crust	106	150	3	4	1	2	0	0	15	22	1	1	4	6	347	509
Gluten Free Crust	120	189	5	8	2	2	0	0	15	24	0	0	3	4	138	223
Pomodoro	103	159	3	5	1	2	0	0	16	23	1	1	4	6	251	384
Regular Crust	100	154	3	5	1	2	0	0	15	21	1	1	4	6	339	509
Gluten Free Crust	114	193	5	8	1	2	0	0	15	24	0	0	2	4	130	222



	Calories (kcal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Total Carbs (g)		Fiber (g)		Protein (g)		Sodium (mg)	
Almond Gelato	240	319	15	20	8	10	0	0	21	29	1	2	5	7	57	76
Apple Pie	235	313	13	17	8	10	0	0	26	35	0	0	4	5	101	135
Banana Fudge Praline	223	298	11	15	6	8	0	0	26	35	0	0	4	5	63	84
Banana	197	262	10	13	6	8	0	0	23	30	0	0	4	5	57	76
Banana Malt	217	289	10	13	6	8	0	0	26	35	1	2	5	7	88	118
Banana Walnut	236	314	14	18	6	8	0	0	23	30	1	2	5	7	57	76
Bananas Foster	202	202	10	13	6	8	0	0	24	32	1	2	4	5	69	92
Black Cherry	190	254	9	12	6	8	0	0	24	32	0	0	4	5	50	67
Blueberry Buttercookie	202	269	10	13	6	8	0	0	24	32	1	2	4	5	63	84
Bourbon Caramel Gingersnap	218	291	11	15	8	10	0	0	25	34	0	0	4	5	95	126
Brown Sugar Pecan	305	407	18	24	10	13	0	0	33	44	0	0	4	5	95	126
Cafe Mocha	240	319	13	17	8	10	0	0	26	35	3	3	5	7	63	84
Cappuccino	203	271	11	15	8	10	0	0	21	29	0	0	4	5	63	84
Cappuccino Hazelnut	247	330	15	20	8	10	0	0	23	30	1	2	5	7	57	76
Chocolate Almond Fudge	235	313	13	17	8	10	0	0	25	34	1	2	5	7	69	92
Chocolate Malt	223	298	11	15	8	10	0	0	25	34	1	2	5	7	76	101
Coconut	237	316	15	20	11	15	0	0	21	29	0	0	4	5	63	84
Dark Chocolate Chunk Marshmallow	250	333	13	17	9	12	0	0	29	39	4	5	5	7	63	84
Dutch Fudge Cookies and Cream	230	306	13	17	8	10	0	0	25	34	0	0	4	5	88	118
Lemon Blueberry	187	249	10	13	6	8	0	0	20	27	0	0	4	5	57	76
Lemon Custard	145	193	9	12	5	7	0	0	13	17	0	0	4	5	38	50
Malt with Crushed Malt Balls	228	304	11	15	8	10	0	0	26	35	0	0	5	7	88	118
Mango	180	240	9	12	6	8	0	0	21	29	0	0	4	5	50	67
Mixed Berry	185	247	9	12	6	8	0	0	23	30	1	2	4	5	50	67
Oatmeal Raisin Cookie Dough	313	417	15	20	10	13	0	0	39	52	1	2	5	7	57	76
Peach	170	227	9	12	6	8	0	0	20	27	0	0	3	3	50	67
Peanut Butter Banana	252	336	15	20	8	10	0	0	24	32	1	2	5	7	50	67
Peanut Butter Cup	269	358	16	22	9	12	0	0	24	32	1	2	6	8	69	92
Pineapple	192	256	10	13	6	8	0	0	21	29	0	0	4	5	57	76
Pumpkin Cheesecake	203	271	11	15	8	10	0	0	21	29	0	0	4	55	76	101
Raspberry Cream	178	237	6	8	4	5	0	0	28	37	1	2	3	3	32	42
Roasted Pistachio	247	330	15	20	8	10	0	0	23	30	1	2	5	7	63	84
Stracciatella	219	293	13	17	8	10	0	0	23	30	0	0	4	5	63	84
Strawberry Chip	170	227	9	12	6	8	0	0	20	27	1	2	3	3	44	59
Strawberry	174	232	8	10	5	7	0	0	24	32	1	2	3	3	44	59
Swiss Chocolate Couverture	240	319	13	17	9	12	0	0	26	35	3	3	5	7	57	76
Tahitian Vanilla	203	271	11	15	8	10	0	0	21	29	0	0	4	5	63	84
Tangerine Cream	173	230	6	8	4	5	0	0	28	37	0	0	3	3	32	42
Tiramisu	207	276	10	13	8	10	0	0	25	34	0	0	4	5	63	84
Triple Dark Chocolate	250	333	13	17	8	10	0	0	29	39	4	5	5	7	69	92
White Chocolate Raspberry Gelato	224	299	13	17	8	12	0	0	24	32	1	2	4	5	57	76
White Chocolate Strawberry Swirl Cheesecake	240	319	13	17	9	12			28	37	0	0	4	5	76	101