



Nutritional Facts

ANTIPASTIS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Calabrian Shrimp Formaggi (1 serving)	267	152	17	4	0	179	767	2	0	1	25	353	3	145	3
Cucumber and Spreads (1 serving)	13	1	0	0	0	0	2	2	1	1	1	73	3	14	0
Cucumber and Spreads (1 serving) with Lemon Ricotta Spread	228	154	17	9	0	53	318	6	1	1	13	499	6	238	1
Cucumber and Spreads (1 serving) with Roasted Red Pepper and C	179	114	13	7	0	47	323	6	1	3	10	884	13	150	0
Cucumber and Spreads (1 serving) with White Bean Hummus	209	127	14	2	0	0	376	15	7	2	5	74	7	47	2
Cucumber and Spreads, Trio Dip (1 serving)	13	1	0	0	0	0	2	2	1	1	1	73	3	14	0
Cucumber and Spreads, Trio Dip (1 serving) with Lemon Ricotta Sp	93	59	7	3	0	20	120	4	1	1	5	233	4	98	0
Cucumber and Spreads, Trio Dip (1 serving) with Roasted Red Pep	75	43	5	3	0	18	122	4	1	2	4	377	7	65	0
Cucumber and Spreads, Trio Dip (1 serving) with White Bean Humr	86	49	5	1	0	0	142	7	3	2	2	73	5	26	1
Eggplant Parmigiana (1 serving)	283	160	18	8	0	41	869	13	3	7	16	857	5	389	0
Flat Bread (1 serving)	170	29	3	0	0	0	584	30	1	1	5	6	0	27	1
Flat Bread (1 serving) with Lemon Ricotta Spread	251	86	10	4	0	20	703	31	2	1	10	166	1	111	1
Flat Bread (1 serving) with Roasted Red Pepper and Goat Cheese :	233	71	8	3	0	18	705	31	2	2	9	310	4	78	1
Flat Bread (1 serving) with White Bean Hummus	244	76	8	1	0	0	725	34	4	2	7	7	1	39	2
Rosemary Flatbread (1 serving)	682	117	13	2	0	0	2337	119	6	5	22	25	0	106	5
Rosemary Flatbread (1 serving) with Lemon Ricotta Spread	897	269	30	11	0	53	2653	122	6	5	34	452	3	331	5
Rosemary Flatbread (1 serving) with Roasted Red Pepper and Goa	849	229	25	9	0	47	2659	123	6	6	31	836	10	243	5
Rosemary Flatbread (1 serving) with White Bean Hummus	879	242	27	4	0	0	2712	131	12	6	26	27	4	139	6
Rosemary Flatbread, Trio Dip (1 serving)	682	117	13	2	0	0	2337	119	6	5	22	25	0	106	5
Rosemary Flatbread, Trio Dip (1 serving) with Lemon Ricotta Sprea	763	174	19	5	0	20	2456	120	6	5	26	185	1	190	5
Rosemary Flatbread, Trio Dip (1 serving) with Roasted Red Pepper	745	159	18	4	0	18	2458	120	6	6	25	329	4	157	5
Rosemary Flatbread, Trio Dip (1 serving) with White Bean Hummus	756	164	18	2	0	0	2478	123	8	5	23	26	2	119	5
Stuffed Meatball Casserole (1 serving)	561	374	42	16	0	200	1458	11	1	2	33	620	3	218	3

GREEN INSALATAS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	
8 Color Salad, Full (1 salad)	296	150	17	6	0	30	824	22	6	5	11	8717	49	247	3	
8 Color Salad, Full (1 salad) with Blood Orange Vinaigrette	676	512	57	12	0	30	1095	26	6	8	12	8720	60	248	3	
8 Color Salad, Full (1 salad) with Blue Cheese Buttermilk Dressing	424	253	28	10	0	49	1126	24	6	14	8897	50	300	3		
8 Color Salad, Full (1 salad) with Caesar Dressing	691	534	59	13	0	37	1228	23	6	5	13	8829	51	303	3	
8 Color Salad, Full (1 salad) with Chianti Vinaigrette	578	407	45	10	0	30	1130	27	6	8	12	8720	49	251	3	
8 Color Salad, Full (1 salad) with Chicken	436	164	18	7	0	104	988	22	6	5	41	8745	50	261	4	
8 Color Salad, Full (1 salad) with Cucumber Buttermilk Dressing	409	245	27	0	0	45	1091	24	6	7	13	8896	51	262	3	
8 Color Salad, Full (1 salad) with Flatbread	466	179	20	7	0	30	1409	52	7	6	17	8723	49	273	4	
8 Color Salad, Full (1 salad) with Light Portion Blood Orange Vinaig	547	389	43	10	0	30	1003	25	6	7	12	8719	56	248	3	
8 Color Salad, Full (1 salad) with Light Portion Blue Cheese Buttern	380	218	24	9	0	42	1023	23	6	6	13	8836	50	282	3	
8 Color Salad, Full (1 salad) with Light Portion Caesar Dressing	556	403	45	11	0	34	1091	23	6	5	13	8791	50	284	3	
8 Color Salad, Full (1 salad) with Light Portion Chianti Vinaigrette	482	319	35	9	0	30	1026	25	6	7	12	8719	49	250	3	
8 Color Salad, Full (1 salad) with Light Portion Cucumber Buttermilk	370	212	24	9	0	40	1000	24	6	6	12	8835	50	257	3	
8 Color Salad, Full (1 salad) with Light Portion Red Wine Vinaigrette	493	335	37	9	0	30	930	24	6	7	12	8718	49	250	3	
8 Color Salad, Full (1 salad) with Red Wine Vinaigrette	594	430	48	11	0	30	985	25	6	4	7	12	8719	50	251	3
8 Color Salad, Half (1 salad)	139	68	8	3	0	14	418	11	3	3	5	4362	24	120	1	
8 Color Salad, Half (1 salad) with Blood Orange Vinaigrette	329	249	28	6	0	14	554	13	3	4	6	4364	30	121	2	
8 Color Salad, Half (1 salad) with Blue Cheese Buttermilk Dressing	203	120	13	5	0	24	569	12	3	3	7	4452	25	147	2	
8 Color Salad, Half (1 salad) with Caesar Dressing	336	260	29	6	0	18	620	11	3	3	6	4419	26	148	2	
8 Color Salad, Half (1 salad) with Chianti Vinaigrette	280	196	22	5	0	14	571	13	3	4	6	4364	25	122	2	
8 Color Salad, Half (1 salad) with Chicken	209	75	8	3	0	51	500	11	3	3	20	4376	25	127	2	
8 Color Salad, Half (1 salad) with Cucumber Buttermilk Dressing	196	115	13	5	0	22	551	12	3	3	6	4452	25	127	2	
8 Color Salad, Half (1 salad) with Light Portion Blood Orange Vinaig	265	188	21	5	0	14	508	12	3	4	6	4363	28	121	2	
8 Color Salad, Half (1 salad) with Light Portion Blue Cheese Buttern	181	102	11	4	0	21	518	12	3	3	6	4422	25	138	2	
8 Color Salad, Half (1 salad) with Light Portion Caesar Dressing	269	195	22	5	0	17	551	11	3	3	6	4400	25	139	2	
8 Color Salad, Half (1 salad) with Light Portion Chianti Vinaigrette	232	153	17	4	0	14	519	12	3	3	6	4363	25	121	2	
8 Color Salad, Half (1 salad) with Light Portion Cucumber Buttermilk	176	99	11	4	0	19	506	12	3	3	6	4421	25	125	2	
8 Color Salad, Half (1 salad) with Light Portion Red Wine Vinaigrette	238	160	18	4	0	14	471	12	3	3	6	4363	25	122	2	
8 Color Salad, Half (1 salad) with Red Wine Vinaigrette	288	208	23	5	0	14	499	13	3	4	6	4364	25	122	2	
Arugula Salad, Grande (1 salad)	390	273	30	13	0	44	935	6	2	3	23	2680	11	732	1	
Arugula Salad, Grande (1 salad) with Blood Orange Vinaigrette	770	636	71	19	0	44	1206	10	2	6	23	2683	23	734	2	
Arugula Salad, Grande (1 salad) with Blue Cheese Buttermilk Dress	518	377	42	17	0	63	1236	8	2	4	25	2860	13	786	2	
Arugula Salad, Grande (1 salad) with Caesar Dressing	785	657	73	20	0	51	1339	8	2	3	25	2792	14	788	2	
Arugula Salad, Grande (1 salad) with Chianti Vinaigrette	672	530	59	17	0	44	1241	11	2	5	23	2663	12	747	2	
Arugula Salad, Grande (1 salad) with Cucumber Buttermilk Dressing	503	368	41	17	0	59	1201	9	2	4	24	2859	14	747	1	
Arugula Salad, Grande (1 salad) with Light Portion Blood Orange Vi	641	512	57	17	0	44	1114	9	2	5	23	2682	19	733	1	
Arugula Salad, Grande (1 salad) with Light Portion Blue Cheese Bu	474	341	38	16	0	56	1134	8	2	4	24	2799	13	767	2	
Arugula Salad, Grande (1 salad) with Light Portion Caesar Dressing	650	527	59	18	0	48	1202	7	2	3	24	2754	13	769	2	
Arugula Salad, Grande (1 salad) with Light Portion Chianti Vinaigret	576	443	49	16	0	44	1137	9	2	5	23	2682	12	735	1	
Arugula Salad, Grande (1 salad) with Light Portion Cucumber Butte	464	336	37	16	0	54	1111	8	2	4	23	2798	13	742	1	
Arugula Salad, Grande (1 salad) with Light Portion Red Wine Vinaig	587	458	51	16	0	44	1041	9	2	4	23	2681	12	735	1	
Arugula Salad, Grande (1 salad) with Red Wine Vinaigrette	688	553	61	18	0	44	1096	10	2	5	23	2682	12	737	2	
Arugula Salad, Piccola (1 salad)	195	137	15	7	0	22	468	3	1	1	11	1340	6	366	1	
Arugula Salad, Piccola (1 salad) with Blood Orange Vinaigrette	385	318	35	10	0	22	603	5	1	3	12	1342	11	367	1	
Arugula Salad, Piccola (1 salad) with Blue Cheese Buttermilk Dress	259	188	21	9	0	31	618	4	1	2	13	1430	7	393	1	
Arugula Salad, Piccola (1 salad) with Caesar Dressing	392	329	37	10	0	25	669	4	1	2	12	1396	7	394	1	
Arugula Salad, Piccola (1 salad) with Chianti Vinaigrette	336	265	29	9	0	22	620	5	1	3	12	1341	6	368	1	
Arugula Salad, Piccola (1 salad) with Cucumber Buttermilk Dressing	251	184	20	9	0	30	601	4	1	2	12	1429	7	374	1	
Arugula Salad, Piccola (1 salad) with Light Portion Blood Orange Vi	320	256	28	9	0	22	557	4	1	2	11	1341	9	367	1	
Arugula Salad, Piccola (1 salad) with Light Portion Blue Cheese Bu	237	171	19	8	0	28	567	4	1	2	12	1399	6	384	1	
Arugula Salad, Piccola (1 salad) with Light Portion Caesar Dressing	325	263	29	9	0	24	601	4	1	2	12	1377	7	385	1	
Arugula Salad, Piccola (1 salad) with Light Portion Chianti Vinaigret	288	221	25	8	0	22	568	5	1	2	11	1341	6	367	1	
Arugula Salad, Piccola (1 salad) with Light Portion Cucumber Butte	232	168	19	8	0	27	555	4	1	2	12	1399	6	371	1	
Arugula Salad, Piccola (1 salad) with Light Portion Red Wine Vinaig	293	229	25	8	0	22	521	4	1	2	11	1341	6	368	1	
Arugula Salad, Piccola (1 salad) with Red Wine Vinaigrette	344	277	31	9	0	22	548	5	1	3	11	1341	6	368	1	
Chopped BLT Salad, Full (1 salad)	539	380	42	17	0	76	1480	18	5	3	17	12006	53	222	3	
Chopped BLT Salad, Full (1 salad) with Blood Orange Vinaigrette	919	742	82	22	0	76	1751	22	5	7	17	12009	64	224	3	
Chopped BLT Salad, Full (1 salad) with Blue Cheese Buttermilk Dre	667	483	54	21	0	95	1781	21	6	5	19	12185	55	276	3	



Nutritional Facts

GREEN INSALATAS (CONT.)

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Chopped BLT Salad, Full (1 salad) with Caesar Dressing	933	764	85	24	0	83	1883	20	6	4	19	12118	55	279	3
Chopped BLT Salad, Full (1 salad) with Chianti Vinaigrette	821	637	71	21	0	76	1786	23	6	6	17	12008	54	227	3
Chopped BLT Salad, Full (1 salad) with Chicken	679	394	44	17	0	150	1644	18	5	3	46	12033	54	237	4
Chopped BLT Salad, Full (1 salad) with Cucurmer Buttermilk Dress	652	475	53	20	0	91	1746	21	5	5	18	12184	55	237	3
Chopped BLT Salad, Full (1 salad) with Flatbread	709	409	45	17	0	76	2065	48	7	5	22	12012	53	249	5
Chopped BLT Salad, Full (1 salad) with Light Portion Blood Orange	790	619	69	20	0	76	1659	21	5	5	17	12008	60	223	3
Chopped BLT Salad, Full (1 salad) with Light Portion Blue Cheese E	623	448	50	19	0	89	1679	20	5	4	18	12124	54	258	3
Chopped BLT Salad, Full (1 salad) with Light Portion Caesar Dressi	799	633	70	21	0	81	1746	19	5	4	18	12080	55	259	3
Chopped BLT Salad, Full (1 salad) with Light Portion Chianti Vinaig	725	549	61	19	0	76	1682	21	6	5	17	12007	53	225	3
Chopped BLT Salad, Full (1 salad) with Light Portion Cucurmer But	613	442	49	19	0	86	1656	20	5	4	18	12123	54	232	3
Chopped BLT Salad, Full (1 salad) with Light Portion Red Wine Vin	736	565	63	20	0	76	1586	21	6	5	17	12007	54	225	3
Chopped BLT Salad, Full (1 salad) with Red Wine Vinaigrette	837	660	73	21	0	76	1641	22	6	6	17	12008	54	227	3
Chopped BLT Salad, Half (1 salad)	189	118	13	5	0	26	506	9	3	2	7	6004	27	107	2
Chopped BLT Salad, Half (1 salad) with Blood Orange Vinaigrette	379	299	33	8	0	26	642	11	3	3	7	6006	32	108	2
Chopped BLT Salad, Half (1 salad) with Blue Cheese Buttermilk Dri	253	170	19	7	0	35	657	10	3	2	8	6094	27	134	2
Chopped BLT Salad, Half (1 salad) with Caesar Dressing	386	310	34	9	0	29	708	10	3	2	8	6060	28	136	2
Chopped BLT Salad, Half (1 salad) with Chianti Vinaigrette	330	247	27	7	0	26	659	11	3	3	7	6005	27	110	2
Chopped BLT Salad, Half (1 salad) with Chicken	259	125	14	6	0	63	588	9	3	2	21	6018	27	115	2
Chopped BLT Salad, Half (1 salad) with Cucurmer Buttermilk Dress	246	166	18	7	0	33	639	10	3	2	7	6093	28	115	2
Chopped BLT Salad, Half (1 salad) with Light Portion Blood Orange	315	238	26	7	0	26	596	10	3	3	7	6005	30	108	2
Chopped BLT Salad, Half (1 salad) with Light Portion Blue Cheese I	231	152	17	7	0	32	606	10	3	2	8	6063	27	125	2
Chopped BLT Salad, Half (1 salad) with Light Portion Caesar Dress	319	245	27	8	0	28	639	10	3	2	7	6041	27	126	2
Chopped BLT Salad, Half (1 salad) with Light Portion Chianti Vinaig	282	203	23	7	0	26	607	11	3	3	7	6005	27	109	2
Chopped BLT Salad, Half (1 salad) with Light Portion Cucurmer Bu	226	149	17	7	0	31	594	10	3	2	7	6063	27	112	2
Chopped BLT Salad, Half (1 salad) with Light Portion Red Wine Vin	288	211	23	7	0	26	559	10	3	3	7	6005	27	109	2
Chopped BLT Salad, Half (1 salad) with Red Wine Vinaigrette	338	258	29	8	0	26	586	11	3	3	7	6005	27	110	2
Greek Salad, Full (1 salad)	350	243	27	6	0	20	1899	15	7	5	11	8838	43	193	5
Greek Salad, Full (1 salad) with Blood Orange Vinaigrette	730	605	67	12	0	20	2169	19	8	8	11	8841	54	195	5
Greek Salad, Full (1 salad) with Blue Cheese Buttermilk Dressing	479	346	38	10	0	39	2200	17	8	6	13	9018	45	246	5
Greek Salad, Full (1 salad) with Caesar Dressing	745	627	70	13	0	27	2302	16	8	5	13	8951	46	249	5
Greek Salad, Full (1 salad) with Chianti Vinaigrette	633	500	56	10	0	20	2204	19	8	7	11	8841	44	197	5
Greek Salad, Full (1 salad) with Chicken	491	257	29	7	0	94	2063	15	7	5	40	8866	45	207	6
Greek Salad, Full (1 salad) with Cucurmer Buttermilk Dressing	463	338	38	10	0	35	2165	17	8	6	12	9017	45	208	5
Greek Salad, Full (1 salad) with Flatbread	521	272	30	7	0	20	2483	44	9	6	16	8844	43	219	6
Greek Salad, Full (1 salad) with Light Portion Blood Orange Vinaigr	601	482	54	10	0	20	2077	17	7	7	11	8840	50	194	5
Greek Salad, Full (1 salad) with Light Portion Blue Cheese Buttermi	435	311	35	9	0	32	2097	16	8	6	12	8957	44	228	5
Greek Salad, Full (1 salad) with Light Portion Caesar Dressing	611	496	55	11	0	24	2165	16	8	5	12	8912	45	230	5
Greek Salad, Full (1 salad) with Light Portion Chianti Vinaigrette	537	413	46	9	0	20	2100	18	8	7	11	8840	44	196	5
Greek Salad, Full (1 salad) with Light Portion Cucurmer Buttermilk	425	306	34	9	0	30	2074	16	8	6	12	8956	44	203	5
Greek Salad, Full (1 salad) with Light Portion Red Wine Vinaigrette	547	428	48	11	0	20	2004	17	8	6	11	8840	44	196	5
Greek Salad, Full (1 salad) with Red Wine Vinaigrette	649	523	58	9	0	20	2059	18	8	7	11	8840	44	198	5
Greek Salad, Half (1 salad)	162	115	13	2	0	5	929	7	4	3	4	4354	22	77	2
Greek Salad, Half (1 salad) with Blood Orange Vinaigrette	352	296	33	5	0	5	1065	9	4	4	4	4355	27	77	2
Greek Salad, Half (1 salad) with Blue Cheese Buttermilk Dressing	227	167	19	4	0	14	1080	9	4	3	5	4444	22	103	2
Greek Salad, Half (1 salad) with Caesar Dressing	360	307	34	6	0	8	1131	8	4	3	5	4410	23	105	2
Greek Salad, Half (1 salad) with Chianti Vinaigrette	304	243	27	4	0	5	1082	10	4	4	4	4355	22	79	2
Greek Salad, Half (1 salad) with Chicken	233	122	14	3	0	42	1011	8	4	3	19	4367	22	84	3
Greek Salad, Half (1 salad) with Cucurmer Buttermilk Dressing	219	163	18	4	0	13	1062	9	4	3	5	4443	23	84	2
Greek Salad, Half (1 salad) with Light Portion Blood Orange Vinaigr	288	235	26	4	0	5	1019	9	4	4	4	4355	25	77	2
Greek Salad, Half (1 salad) with Light Portion Blue Cheese Butterm	205	149	17	4	0	11	1029	8	4	3	5	4413	22	94	2
Greek Salad, Half (1 salad) with Light Portion Caesar Dressing	293	242	27	5	0	7	1062	8	4	3	5	4391	22	95	2
Greek Salad, Half (1 salad) with Light Portion Chianti Vinaigrette	256	200	22	4	0	5	1030	9	4	3	4	4355	22	78	2
Greek Salad, Half (1 salad) with Light Portion Cucurmer Buttermilk	200	146	16	4	0	10	1017	8	4	3	4	4413	22	81	2
Greek Salad, Half (1 salad) with Light Portion Red Wine Vinaigrette	261	207	23	4	0	5	982	9	4	3	4	4354	22	78	2
Greek Salad, Half (1 salad) with Red Wine Vinaigrette	312	255	28	5	0	5	1010	9	4	4	4	4355	22	79	2
Sonoma Salad, Full (1 salad)	584	272	30	10	0	60	274	66	9	54	16	7608	19	132	3
Sonoma Salad, Full (1 salad) with Blood Orange Vinaigrette	964	635	71	15	0	60	544	70	9	57	16	7611	30	134	4
Sonoma Salad, Full (1 salad) with Blue Cheese Buttermilk Dressing	712	376	42	14	0	79	575	69	9	55	18	7788	21	186	4
Sonoma Salad, Full (1 salad) with Caesar Dressing	979	656	73	16	0	67	677	68	9	55	17	7720	22	189	4
Sonoma Salad, Full (1 salad) with Chianti Vinaigrette	866	529	59	14	0	60	579	71	9	57	16	7611	20	137	3
Sonoma Salad, Full (1 salad) with Chicken	724	287	32	10	0	134	438	66	9	54	45	7636	21	147	4
Sonoma Salad, Full (1 salad) with Cucurmer Buttermilk Dressing	697	367	41	13	0	75	540	69	9	56	17	7787	21	147	3
Sonoma Salad, Full (1 salad) with Flatbread	754	301	33	10	0	60	858	96	10	56	21	7614	19	159	5
Sonoma Salad, Full (1 salad) with Light Portion Blood Orange Vinaig	835	511	57	13	0	60	452	69	9	56	16	7610	27	134	3
Sonoma Salad, Full (1 salad) with Light Portion Blue Cheese Butter	668	340	38	12	0	72	472	68	9	55	17	7727	20	168	3
Sonoma Salad, Full (1 salad) with Light Portion Caesar Dressing	844	526	58	14	0	64	540	67	9	55	17	7682	21	170	3
Sonoma Salad, Full (1 salad) with Light Portion Chianti Vinaigrette	770	442	49	12	0	60	475	69	9	56	16	7610	20	135	3
Sonoma Salad, Full (1 salad) with Light Portion Cucurmer Buttermi	658	335	35	12	0	70	449	68	9	55	16	7726	21	142	3
Sonoma Salad, Full (1 salad) with Light Portion Red Wine Vinaigret	781	457	51	13	0	60	380	69	9	56	16	7609	20	136	3
Sonoma Salad, Full (1 salad) with Red Wine Vinaigrette	882	552	61	14	0	60	434	70	9	57	16	7610	20	137	3
Sonoma Salad, Half (1 salad)	206	93	10	3	0	15	80	25	4	19	5	3653	10	51	1
Sonoma Salad, Half (1 salad) with Blood Orange Vinaigrette	396	275	31	6	0	15	215	27	4	21	5	3654	15	52	1
Sonoma Salad, Half (1 salad) with Blue Cheese Buttermilk Dressing	271	145	16	5	0	24	230	26	4	20	6	3743	10	78	1
Sonoma Salad, Half (1 salad) with Caesar Dressing	404	285	32	6	0	18	282	25	4	20	6	3709	11	79	1
Sonoma Salad, Half (1 salad) with Chianti Vinaigrette	348	222	25	5	0	15	233	27	4	21	5	3654	10	53	1
Sonoma Salad, Half (1 salad) with Chicken	277	100	11	3	0	52	162	25	4	19	20	3667	10	58	2
Sonoma Salad, Half (1 salad) with Cucurmer Buttermilk Dressing	263	141	16	5	0	23	213	26	4	20	5	3742	11	59	1
Sonoma Salad, Half (1 salad) with Light Portion Blood Orange Vinaig	332	213	24	5	0	15	169	26	4	21	5	3654	13	52	1
Sonoma Salad, Half (1 salad) with Light Portion Blue Cheese Butter	249	127	14	4	0	21	179	25	4	20	6	3712	10	69	1
Sonoma Salad, Half (1 salad) with Light Portion Caesar Dressing	337	220	24	5	0	17	213	25	4	20	5	3690	10	70	1
Sonoma Salad, Half (1 salad) with Light Portion Chianti Vinaigrette	300	178	20	4	0	15	181	26	4	20	5	3654	10	52	1
Sonoma Salad, Half (1 salad) with Light Portion Cucurmer Buttermi	244	125	14	4	0	20	168	26	4	20	5	3712	10	56	1
Sonoma Salad, Half (1 salad) with Light Portion Red Wine Vinaigret	305	186	21	4	0	15	133	26	4	20	5	3654	10	53	1
Sonoma Salad, Half (1 salad) with Red Wine Vinaigrette	356	233	26	5	0	15	160	26	4	21	5	3654	10	53	1
Spin Caesar Salad, Full (1 salad)	125	38	4	1	0	4	362	17	5	2	6	11606	48	118	3
Spin Caesar Salad, Full (1 salad) with Caesar Dressing	520	422	47	8	0	10	766	18	5	3	7	11718	50	174	3
Spin Caesar Salad, Full (1 salad) with Chicken	266	52	6	2	0	78	526	17	5	2	35	11633	49	132	4
Spin Caesar Salad, Full (1 salad) with Flatbread	296	67	7	2	0	4	947	46	6	4	11	11612	48	144	4
Spin Caesar Salad, Full (1 salad) with Light Portion Caesar Dressin	386	292	32	6	0	8	629	17	5	3	7	11680	49	155	3
Spin Caesar Salad, Half (1 salad)	60	17	2	1	0	1	169	8	2	1	2	5789	24	51	1
Spin Caesar Salad, Half (1 salad) with Caesar Dressing	257	209	23	4	0	4	370	9	2	1	3	5845	25	79	1
Spin Caesar Salad, Half (1 salad) with Chicken	130	24	3	1	0	38	251	8	2	1	17	5803	25	58	



Nutritional Facts

GREEN INSALATAS (CONT.)

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Spinach Salad, Full (1 salad) with Blue Cheese Buttermilk Dressing	598	459	51	15	0	72	1174	20	4	11	15	1521	12	120	2
Spinach Salad, Full (1 salad) with Caesar Dressing	865	740	82	18	0	60	1277	19	4	11	14	1453	13	123	2
Spinach Salad, Full (1 salad) with Chianti Vinaigrette	753	613	68	15	0	53	1179	22	4	13	13	1343	12	71	2
Spinach Salad, Full (1 salad) with Chicken	611	370	41	12	0	127	1037	18	4	10	42	1368	12	81	2
Spinach Salad, Full (1 salad) with Cucumber Buttermilk Dressing	583	451	50	15	0	68	1139	20	4	12	13	1519	13	82	2
Spinach Salad, Full (1 salad) with Flatbread	641	385	43	12	0	53	1458	47	5	12	18	1347	11	93	3
Spinach Salad, Full (1 salad) with Light Portion Blood Orange Vinaigrette	721	595	66	15	0	53	1052	20	4	12	13	1343	18	68	2
Spinach Salad, Full (1 salad) with Light Portion Blue Cheese Butter	555	424	47	14	0	65	1072	19	4	11	14	1459	12	102	2
Spinach Salad, Full (1 salad) with Light Portion Caesar Dressing	731	609	68	16	0	57	1139	18	4	10	13	1415	12	104	2
Spinach Salad, Full (1 salad) with Light Portion Chianti Vinaigrette	657	526	58	14	0	53	1075	21	4	12	13	1343	11	70	2
Spinach Salad, Full (1 salad) with Light Portion Cucumber Buttermilk	545	419	47	14	0	63	1049	19	4	11	13	1459	12	77	2
Spinach Salad, Full (1 salad) with Light Portion Red Wine Vinaigrette	667	541	60	14	0	53	979	20	4	12	12	1342	11	70	2
Spinach Salad, Full (1 salad) with Red Wine Vinaigrette	768	636	71	16	0	53	1034	21	4	13	12	1343	12	71	2
Spinach Salad, Half (1 salad)	174	126	14	3	0	13	308	9	2	5	4	598	6	28	1
Spinach Salad, Half (1 salad) with Blood Orange Vinaigrette	364	307	34	6	0	13	443	11	2	7	4	600	11	29	1
Spinach Salad, Half (1 salad) with Blue Cheese Buttermilk Dressing	239	177	20	5	0	23	458	10	2	6	5	688	6	55	1
Spinach Salad, Half (1 salad) with Caesar Dressing	372	318	35	7	0	17	509	9	2	5	5	654	7	56	1
Spinach Salad, Half (1 salad) with Chianti Vinaigrette	316	254	28	5	0	13	460	11	2	6	4	599	6	31	1
Spinach Salad, Half (1 salad) with Chicken	245	133	15	4	0	50	390	9	2	5	19	612	6	35	1
Spinach Salad, Half (1 salad) with Cucumber Buttermilk Dressing	231	173	19	5	0	21	441	10	2	6	5	687	7	36	1
Spinach Salad, Half (1 salad) with Light Portion Blood Orange Vinaigrette	300	245	27	5	0	13	397	10	2	6	4	599	9	29	1
Spinach Salad, Half (1 salad) with Light Portion Blue Cheese Butter	217	160	18	5	0	19	407	9	2	5	5	657	6	46	1
Spinach Salad, Half (1 salad) with Light Portion Caesar Dressing	305	252	28	6	0	15	441	9	2	5	5	635	6	47	1
Spinach Salad, Half (1 salad) with Light Portion Chianti Vinaigrette	268	210	23	5	0	13	408	10	2	6	4	599	6	30	1
Spinach Salad, Half (1 salad) with Light Portion Cucumber Buttermilk	212	157	17	5	0	18	395	10	2	6	4	657	6	33	1
Spinach Salad, Half (1 salad) with Light Portion Red Wine Vinaigrette	273	218	24	5	0	13	361	10	2	6	4	599	6	30	1
Spinach Salad, Half (1 salad) with Red Wine Vinaigrette	323	266	30	6	0	13	388	11	2	6	4	599	6	31	1

HOMEMADE ZUPPAS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Roasted Tomato and Basil Soup, Bowl (1 bowl)	225	123	14	9	0	48	612	19	1	13	3	1631	12	77	1
Roasted Tomato and Basil Soup, Cup (1 bowl)	150	82	9	6	0	32	408	13	1	9	2	1087	8	51	0
White Bean Minestrone Soup, Bowl (1 bowl)	301	120	13	4	0	16	1097	34	9	7	11	2777	11	138	3
White Bean Minestrone Soup, Bowl (1 bowl) with Meatballs	621	348	39	15	1	89	2017	40	9	7	29	3044	13	245	5
White Bean Minestrone Soup, Cup (1 bowl)	194	79	9	3	0	11	730	21	6	5	7	1851	8	92	2
White Bean Minestrone Soup, Cup (1 bowl) with Meatballs	394	222	25	10	0	57	1305	25	6	5	18	2018	9	159	3

PIZZA ROSSAS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Formaggi Semplice Pizza, Large (1 slice)	68	36	4	2	0	13	236	2	0	1	5	267	1	133	0
Formaggi Semplice Pizza, Large (1 slice) with Gluten Free Crust	214	83	9	3	0	13	320	25	0	1	7	267	1	144	0
Formaggi Semplice Pizza, Large (1 slice) with Regular Crust	175	48	5	2	0	13	606	22	1	2	9	267	1	151	1
Formaggi Semplice Pizza, Large (1 slice) with Wheat Crust	180	49	5	2	0	13	481	23	1	4	9	267	1	144	1
Formaggi Semplice Pizza, Large (6 slices)	410	216	24	14	0	80	1419	14	0	8	30	1600	5	800	0
Formaggi Semplice Pizza, Large (6 slices) with Gluten Free Crust	1283	496	55	19	0	80	1917	148	0	8	39	1600	5	862	1
Formaggi Semplice Pizza, Large (6 slices) with Regular Crust	1048	290	32	15	0	80	3636	132	6	13	52	1600	5	903	5
Formaggi Semplice Pizza, Large (6 slices) with Wheat Crust	1078	294	33	15	0	80	2886	139	6	25	52	1600	5	866	6
Formaggi Semplice Pizza, Mini (1 slice)	27	14	2	1	0	5	107	1	0	1	2	125	0	50	0
Formaggi Semplice Pizza, Mini (1 slice) with Gluten Free Crust	116	42	5	1	0	5	158	15	0	1	3	125	0	56	0
Formaggi Semplice Pizza, Mini (1 slice) with Regular Crust	102	22	2	1	0	5	367	15	1	1	4	125	0	62	1
Formaggi Semplice Pizza, Mini (1 slice) with Wheat Crust	105	23	3	1	0	5	279	16	1	3	5	125	0	58	1
Formaggi Semplice Pizza, Mini (4 slices)	109	54	6	4	0	20	427	5	0	3	8	500	2	200	0
Formaggi Semplice Pizza, Mini (4 slices) with Gluten Free Crust	466	169	19	5	0	20	631	60	0	3	12	500	2	225	0
Formaggi Semplice Pizza, Mini (4 slices) with Regular Crust	408	89	10	4	0	20	1466	60	3	5	18	500	2	248	2
Formaggi Semplice Pizza, Mini (4 slices) with Wheat Crust	422	90	10	4	0	20	1115	64	3	11	18	500	2	231	3
Funghi Pizza, Large (1 slice)	49	24	3	1	0	7	193	3	0	2	3	200	1	69	0
Funghi Pizza, Large (1 slice) with Gluten Free Crust	195	71	8	2	0	7	277	25	0	2	5	200	1	79	0
Funghi Pizza, Large (1 slice) with Regular Crust	156	37	4	1	0	7	563	22	1	2	7	200	1	86	1
Funghi Pizza, Large (1 slice) with Wheat Crust	160	37	4	1	0	7	438	24	1	4	7	200	1	80	1
Funghi Pizza, Large (6 slices)	295	146	16	8	0	40	1161	16	1	10	18	1200	5	414	0
Funghi Pizza, Large (6 slices) with Gluten Free Crust	1167	427	47	12	0	40	1659	150	1	10	28	1200	5	476	2
Funghi Pizza, Large (6 slices) with Regular Crust	933	220	24	9	0	40	3378	135	7	15	40	1200	5	517	5
Funghi Pizza, Large (6 slices) with Wheat Crust	962	224	25	9	0	40	2628	142	7	27	41	1200	5	480	6
Funghi Pizza, Mini (1 slice)	36	19	2	1	0	5	124	2	0	1	2	125	0	51	0
Funghi Pizza, Mini (1 slice) with Gluten Free Crust	125	47	5	1	0	5	175	15	0	1	3	125	0	58	0
Funghi Pizza, Mini (1 slice) with Regular Crust	110	27	3	1	0	5	384	16	1	2	5	125	0	64	1
Funghi Pizza, Mini (1 slice) with Wheat Crust	114	28	3	1	0	5	296	16	1	3	5	125	0	59	1
Funghi Pizza, Mini (4 slices)	143	74	8	4	0	20	498	7	1	4	9	500	2	206	0
Funghi Pizza, Mini (4 slices) with Gluten Free Crust	500	189	21	6	0	20	702	62	1	4	13	500	2	231	1
Funghi Pizza, Mini (4 slices) with Regular Crust	442	109	12	4	0	20	1537	62	3	6	19	500	2	254	2
Funghi Pizza, Mini (4 slices) with Wheat Crust	456	110	12	4	0	20	1186	66	3	12	19	500	2	237	3
Margherita Pizza, Large (1 slice)	78	44	5	3	0	14	267	3	0	2	5	332	2	126	0
Margherita Pizza, Large (1 slice) with Gluten Free Crust	223	91	10	3	0	14	350	25	0	2	7	332	2	137	0
Margherita Pizza, Large (1 slice) with Regular Crust	184	57	6	3	0	14	637	22	1	2	9	332	2	144	1
Margherita Pizza, Large (1 slice) with Wheat Crust	189	57	6	3	0	14	512	24	1	4	9	332	2	137	1
Margherita Pizza, Large (6 slices)	465	265	29	15	0	83	1604	16	1	10	30	1990	13	758	1
Margherita Pizza, Large (6 slices) with Gluten Free Crust	1338	546	61	20	0	83	2102	150	1	10	39	1990	13	821	2
Margherita Pizza, Large (6 slices) with Regular Crust	1103	340	38	16	0	83	3821	134	7	15	51	1990	13	862	5
Margherita Pizza, Large (6 slices) with Wheat Crust	1133	343	38	16	0	83	3071	141	7	27	52	1990	13	825	6
Margherita Pizza, Mini (1 slice)	48	29	3	2	0	9	147	1	0	1	3	187	1	76	0
Margherita Pizza, Mini (1 slice) with Gluten Free Crust	138	58	6	2	0	9	198	15	0	1	4	187	1	82	0
Margherita Pizza, Mini (1 slice) with Regular Crust	123	38	4	2	0	9	407	15	1	1	6	187	1	88	1
Margherita Pizza, Mini (1 slice) with Wheat Crust	127	38	4	2	0	9	319	16	1	3	6	187	1	83	1
Margherita Pizza, Mini (4 slices)	193	115	13	7	0	35	589	6	0	4	12	747	4	303	0
Margherita Pizza, Mini (4 slices) with Gluten Free Crust	550	230	26	9	0	35	793	61	0	4	16	747	4	328	1
Margherita Pizza, Mini (4 slices) with Regular Crust	492	150	17	7	0	35	1628	61	3	6	22	747	4	351	2
Margherita Pizza, Mini (4 slices) with Wheat Crust	506	152	17	7	0	35	1277	65	3	12	22	747	4	334	3



Nutritional Facts

PIZZA ROSSAS (CONT.)

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Oliva E Carciofo Pizza, Large (1 slice)	62	36	4	1	0	7	320	3	0	2	3	215	1	71	0
Oliva E Carciofo Pizza, Large (1 slice) with Gluten Free Crust	207	83	9	2	0	7	403	25	0	2	4	215	1	81	0
Oliva E Carciofo Pizza, Large (1 slice) with Regular Crust	168	49	5	2	0	7	690	23	1	2	6	215	1	88	1
Oliva E Carciofo Pizza, Large (1 slice) with Wheat Crust	173	49	5	2	0	7	565	24	1	4	7	215	1	82	1
Oliva E Carciofo Pizza, Large (6 slices)	370	218	24	9	0	40	1920	18	2	10	17	1288	8	425	1
Oliva E Carciofo Pizza, Large (6 slices) with Gluten Free Crust	1242	499	55	13	0	40	2419	152	2	10	27	1288	8	488	2
Oliva E Carciofo Pizza, Large (6 slices) with Regular Crust	1008	293	33	10	0	40	4137	136	8	15	39	1288	8	529	6
Oliva E Carciofo Pizza, Large (6 slices) with Wheat Crust	1037	296	33	10	0	40	3388	143	8	27	39	1288	8	491	7
Oliva E Carciofo Pizza, Mini (1 slice)	45	27	3	1	0	5	215	2	0	1	2	136	1	53	0
Oliva E Carciofo Pizza, Mini (1 slice) with Gluten Free Crust	134	56	6	2	0	5	266	16	0	1	3	136	1	59	0
Oliva E Carciofo Pizza, Mini (1 slice) with Regular Crust	119	36	4	1	0	5	475	16	1	2	5	136	1	65	1
Oliva E Carciofo Pizza, Mini (1 slice) with Wheat Crust	123	36	4	1	0	5	387	17	1	3	5	136	1	61	1
Oliva E Carciofo Pizza, Mini (4 slices)	178	109	12	4	0	20	861	8	1	4	8	544	3	212	1
Oliva E Carciofo Pizza, Mini (4 slices) with Gluten Free Crust	535	224	25	6	0	20	1065	62	1	4	12	544	3	238	1
Oliva E Carciofo Pizza, Mini (4 slices) with Regular Crust	477	144	16	5	0	20	1901	63	4	6	18	544	3	260	3
Oliva E Carciofo Pizza, Mini (4 slices) with Wheat Crust	491	146	16	5	0	20	1549	66	4	12	19	544	3	243	3
Pepperoni Pizza, Large (1 slice)	91	62	7	3	0	20	350	2	0	1	5	200	1	67	0
Pepperoni Pizza, Large (1 slice) with Gluten Free Crust	236	109	12	4	0	20	433	24	0	1	6	200	1	77	0
Pepperoni Pizza, Large (1 slice) with Regular Crust	197	74	8	4	0	20	720	22	1	2	8	200	1	84	1
Pepperoni Pizza, Large (1 slice) with Wheat Crust	202	75	8	4	0	20	595	23	1	4	8	200	1	78	1
Pepperoni Pizza, Large (6 slices)	545	371	41	21	0	119	2101	12	0	8	27	1200	5	400	1
Pepperoni Pizza, Large (6 slices) with Gluten Free Crust	1418	652	72	25	0	119	2600	146	0	8	37	1200	5	462	2
Pepperoni Pizza, Large (6 slices) with Regular Crust	1183	445	49	21	0	119	4319	130	6	13	49	1200	5	503	5
Pepperoni Pizza, Large (6 slices) with Wheat Crust	1213	449	50	21	0	119	3569	137	6	25	49	1200	5	466	7
Pepperoni Pizza, Mini (1 slice)	53	35	4	2	0	12	199	1	0	1	3	125	0	50	0
Pepperoni Pizza, Mini (1 slice) with Gluten Free Crust	143	64	7	2	0	12	250	15	0	1	4	125	0	56	0
Pepperoni Pizza, Mini (1 slice) with Regular Crust	128	44	5	2	0	12	458	15	1	1	5	125	0	62	1
Pepperoni Pizza, Mini (1 slice) with Wheat Crust	132	45	5	2	0	12	371	16	1	3	5	125	0	58	1
Pepperoni Pizza, Mini (4 slices)	214	142	16	8	0	46	795	5	0	3	12	500	2	200	0
Pepperoni Pizza, Mini (4 slices) with Gluten Free Crust	571	256	28	10	0	46	998	60	0	3	15	500	2	225	1
Pepperoni Pizza, Mini (4 slices) with Regular Crust	513	176	20	8	0	46	1834	60	3	5	22	500	2	248	2
Pepperoni Pizza, Mini (4 slices) with Wheat Crust	527	178	20	8	0	46	1482	64	3	11	22	500	2	231	3
Salsiccia Pizza, Large (1 slice)	69	37	4	2	0	10	214	3	0	2	5	200	1	80	0
Salsiccia Pizza, Large (1 slice) with Gluten Free Crust	215	83	9	3	0	10	297	26	0	2	6	200	1	91	0
Salsiccia Pizza, Large (1 slice) with Regular Crust	176	49	5	2	0	10	583	23	1	2	8	200	1	97	1
Salsiccia Pizza, Large (1 slice) with Wheat Crust	181	50	6	2	0	10	459	24	1	4	8	200	1	91	1
Salsiccia Pizza, Large (6 slices)	416	220	24	11	0	59	1284	20	3	9	28	1200	8	481	2
Salsiccia Pizza, Large (6 slices) with Gluten Free Crust	1289	501	56	16	0	59	1782	154	3	9	37	1200	8	544	3
Salsiccia Pizza, Large (6 slices) with Regular Crust	1054	294	33	12	0	59	3501	138	9	14	49	1200	8	585	6
Salsiccia Pizza, Large (6 slices) with Wheat Crust	1084	298	33	12	0	59	2751	145	9	26	50	1200	8	547	8
Salsiccia Pizza, Mini (1 slice)	55	30	3	1	0	8	148	2	0	1	4	125	1	62	0
Salsiccia Pizza, Mini (1 slice) with Gluten Free Crust	144	59	7	2	0	8	199	16	0	1	5	125	1	68	0
Salsiccia Pizza, Mini (1 slice) with Regular Crust	129	39	4	2	0	8	408	16	1	1	6	125	1	74	1
Salsiccia Pizza, Mini (1 slice) with Wheat Crust	133	39	4	2	0	8	320	17	1	3	6	125	1	70	1
Salsiccia Pizza, Mini (4 slices)	218	120	13	6	0	31	592	9	2	4	15	500	4	248	1
Salsiccia Pizza, Mini (4 slices) with Gluten Free Crust	575	235	26	8	0	31	796	64	2	4	18	500	4	274	2
Salsiccia Pizza, Mini (4 slices) with Regular Crust	517	155	17	6	0	31	1631	65	4	6	25	500	4	297	3
Salsiccia Pizza, Mini (4 slices) with Wheat Crust	531	157	17	6	0	31	1280	68	4	12	25	500	4	279	4
Soppressata and Calabrian Pepper Pizza, Large (1 slice)	80	50	6	2	0	17	333	2	0	1	6	167	1	67	0
Soppressata and Calabrian Pepper Pizza, Large (1 slice) with Glute	226	97	11	3	0	17	416	24	0	1	7	167	1	77	0
Soppressata and Calabrian Pepper Pizza, Large (1 slice) with Regu	187	62	7	2	0	17	703	22	1	2	9	167	1	84	1
Soppressata and Calabrian Pepper Pizza, Large (1 slice) with Whea	192	63	7	2	0	17	578	23	1	4	9	167	1	78	1
Soppressata and Calabrian Pepper Pizza, Large (6 slices)	482	299	33	14	0	103	2000	11	1	7	34	1000	4	400	1
Soppressata and Calabrian Pepper Pizza, Large (6 slices) with Glut	1355	580	64	18	0	103	2499	145	1	7	43	1000	4	462	2
Soppressata and Calabrian Pepper Pizza, Large (6 slices) with Regu	1120	373	41	15	0	103	4218	129	6	12	56	1000	4	503	6
Soppressata and Calabrian Pepper Pizza, Large (6 slices) with Wha	1150	377	42	15	0	103	3468	136	6	24	56	1000	4	466	7
Soppressata and Calabrian Pepper Pizza, Mini (1 slice)	48	30	3	1	0	10	188	1	0	1	3	100	0	50	0
Soppressata and Calabrian Pepper Pizza, Mini (1 slice) with Gluten	138	58	6	2	0	10	239	15	0	1	4	100	0	56	0
Soppressata and Calabrian Pepper Pizza, Mini (1 slice) with Regule	123	38	4	2	0	10	448	15	1	1	6	100	0	62	1
Soppressata and Calabrian Pepper Pizza, Mini (1 slice) with Wheat	127	39	4	2	0	10	360	16	1	3	6	100	0	58	1
Soppressata and Calabrian Pepper Pizza, Mini (4 slices)	194	119	13	6	0	41	753	4	0	3	14	400	1	200	0
Soppressata and Calabrian Pepper Pizza, Mini (4 slices) with Glute	550	234	26	8	0	41	957	59	0	3	18	400	1	225	1
Soppressata and Calabrian Pepper Pizza, Mini (4 slices) with Regu	493	154	17	6	0	41	1793	60	3	5	24	400	1	248	3
Soppressata and Calabrian Pepper Pizza, Mini (4 slices) with Whea	506	156	17	6	0	41	1441	63	3	10	24	400	1	231	3
Tre Carni Pizza, Large (1 slice)	178	120	13	6	0	37	559	4	0	1	10	267	1	103	1
Tre Carni Pizza, Large (1 slice) with Gluten Free Crust	323	167	19	7	0	37	642	27	0	1	11	267	1	114	1
Tre Carni Pizza, Large (1 slice) with Regular Crust	284	133	15	6	0	37	929	24	1	2	13	267	1	121	2
Tre Carni Pizza, Large (1 slice) with Wheat Crust	289	133	15	6	0	37	804	25	1	4	14	267	1	114	2
Tre Carni Pizza, Large (6 slices)	1068	721	80	36	1	222	3355	26	2	8	59	1600	8	620	5
Tre Carni Pizza, Large (6 slices) with Gluten Free Crust	1940	1002	111	40	1	222	3854	160	2	8	68	1600	8	682	6
Tre Carni Pizza, Large (6 slices) with Regular Crust	1706	795	88	37	1	222	5572	144	8	13	81	1600	8	723	10
Tre Carni Pizza, Large (6 slices) with Wheat Crust	1735	799	89	37	1	222	4823	151	8	25	81	1600	8	686	11
Tre Carni Pizza, Mini (1 slice)	101	67	7	3	0	20	306	3	0	1	6	158	1	71	0
Tre Carni Pizza, Mini (1 slice) with Gluten Free Crust	190	95	11	4	0	20	356	16	0	1	7	158	1	77	1
Tre Carni Pizza, Mini (1 slice) with Regular Crust	176	75	8	3	0	20	565	16	1	1	8	158	1	83	1
Tre Carni Pizza, Mini (1 slice) with Wheat Crust	179	76	8	3	0	20	477	17	1	3	8	158	1	79	1
Tre Carni Pizza, Mini (4 slices)	404	267	30	13	0	82	1222	10	1	3	23	633	3	283	2
Tre Carni Pizza, Mini (4 slices) with Gluten Free Crust	761	382	42	15	0	82	1426	65	1	3	27	633	3	309	2
Tre Carni Pizza, Mini (4 slices) with Regular Crust	703	302	34	14	0	82	2261	66	4	5	34	633	3	332	4
Tre Carni Pizza, Mini (4 slices) with Wheat Crust	717	303	34	14	0	82	1910	69	4	11	34	633	3	314	5

PIZZA CLASSICAS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
BBQ di Pollo and Pineapple Pizza, Large (1 slice)	140	75	8	4	0	29	317	6	0	3	9	324	3	169	0
BBQ di Pollo and Pineapple Pizza, Large (1 slice) with Gluten Free	285	122	14	5	0	29	400	28	0	3	11	324	3	179	0
BBQ di Pollo and Pineapple Pizza, Large (1 slice) with Regular Cru	246	87	10	4	0	29	686	25	1	4	13	324	3	186	1
BBQ di Pollo and Pineapple Pizza, Large (1 slice) with Wheat Crust	251	88	10	4	0	29	561	26	1	6	13	324	3	180	1
BBQ di Pollo and Pineapple Pizza, Large (6 slices)	838	451	50	25	0	171	1901	33	1	17	55	1943	18	1014	1
BBQ di Pollo and Pineapple Pizza, Large (6 slices) with Gluten Free	1710	731	81	30	0	171	2399	167	1	17	65	1943	18	1076	2
BBQ di Pollo and Pineapple Pizza, Large (6 slices) with Regular Cr	1476	525	58	26	0	171	4118	151	7	22	77	1943	18	1117	6
BBQ di Pollo and Pineapple Pizza, Large (6 slices) with Wheat Cr	1506	528	59	26	0	171	3368	159	6	34	78	1943	18	1080	7



Nutritional Facts

PIZZA CLASSICAS (CONT.)

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
BBQ di Pollo and Pineapple Pizza, Mini (4 slices)	482	279	31	16	0	101	918	15	0	7	32	976	8	607	1
BBQ di Pollo and Pineapple Pizza, Mini (4 slices) with Gluten Free Crust	839	394	44	18	0	101	1122	69	0	7	35	976	8	632	1
BBQ di Pollo and Pineapple Pizza, Mini (4 slices) with Regular Crust	781	314	35	16	0	101	1958	70	3	10	42	976	8	655	3
BBQ di Pollo and Pineapple Pizza, Mini (4 slices) with Wheat Crust	795	316	35	16	0	101	1606	73	3	15	42	976	8	638	3
Goat Cheese and Arugula Pizza, Large (1 slice)	44	26	3	1	0	8	140	2	0	1	2	341	2	52	0
Goat Cheese and Arugula Pizza, Large (1 slice) with Gluten Free Crust	189	72	8	2	0	8	223	24	0	1	4	341	2	62	0
Goat Cheese and Arugula Pizza, Large (1 slice) with Regular Crust	150	38	4	2	0	8	509	22	1	2	6	341	2	69	1
Goat Cheese and Arugula Pizza, Large (1 slice) with Wheat Crust	155	38	4	2	0	8	384	23	1	4	6	341	2	63	1
Goat Cheese and Arugula Pizza, Large (6 slices)	262	153	17	9	0	49	838	11	1	9	15	2045	10	309	1
Goat Cheese and Arugula Pizza, Large (6 slices) with Gluten Free Crust	1134	434	48	14	0	49	1337	145	1	9	24	2045	10	372	2
Goat Cheese and Arugula Pizza, Large (6 slices) with Regular Crust	900	227	25	10	0	49	3055	129	6	14	36	2045	10	413	5
Goat Cheese and Arugula Pizza, Large (6 slices) with Wheat Crust	930	231	26	10	0	49	2306	137	6	26	37	2045	10	376	6
Goat Cheese and Arugula Pizza, Mini (1 slice)	31	19	2	1	0	6	87	1	0	1	2	231	1	39	0
Goat Cheese and Arugula Pizza, Mini (1 slice) with Gluten Free Crust	120	48	5	2	0	6	138	15	0	1	3	231	1	45	0
Goat Cheese and Arugula Pizza, Mini (1 slice) with Regular Crust	106	28	3	1	0	6	347	15	1	1	4	231	1	51	1
Goat Cheese and Arugula Pizza, Mini (1 slice) with Wheat Crust	109	28	3	1	0	6	259	16	1	3	4	231	1	46	1
Goat Cheese and Arugula Pizza, Mini (4 slices)	125	77	9	4	0	24	347	4	0	3	7	922	4	155	0
Goat Cheese and Arugula Pizza, Mini (4 slices) with Gluten Free Crust	482	191	21	6	0	24	551	59	0	3	11	922	4	180	1
Goat Cheese and Arugula Pizza, Mini (4 slices) with Regular Crust	424	111	12	5	0	24	1386	60	3	6	17	922	4	203	2
Goat Cheese and Arugula Pizza, Mini (4 slices) with Wheat Crust	438	113	13	5	0	24	1035	63	3	11	18	922	4	186	3
Primavera Pizza, Large (1 slice)	54	30	3	1	0	8	218	3	0	2	3	997	6	45	0
Primavera Pizza, Large (1 slice) with Gluten Free Crust	199	77	9	2	0	8	301	25	0	2	4	997	6	55	0
Primavera Pizza, Large (1 slice) with Regular Crust	160	43	5	2	0	8	587	23	1	3	6	997	6	62	1
Primavera Pizza, Large (1 slice) with Wheat Crust	165	43	5	2	0	8	462	24	1	5	6	997	6	56	1
Primavera Pizza, Large (6 slices)	322	183	20	9	0	45	1306	18	2	12	15	5980	35	270	2
Primavera Pizza, Large (6 slices) with Gluten Free Crust	1195	463	51	13	0	45	1804	152	2	12	25	5980	35	333	3
Primavera Pizza, Large (6 slices) with Regular Crust	961	257	29	10	0	45	3523	136	8	17	37	5980	35	374	6
Primavera Pizza, Large (6 slices) with Wheat Crust	990	261	29	10	0	45	2773	144	8	29	38	5980	35	336	8
Primavera Pizza, Mini (1 slice)	36	21	2	1	0	6	132	2	0	1	2	721	4	33	0
Primavera Pizza, Mini (1 slice) with Gluten Free Crust	126	50	6	2	0	6	183	16	0	1	3	721	4	39	0
Primavera Pizza, Mini (1 slice) with Regular Crust	111	30	3	1	0	6	392	16	1	2	4	721	4	45	1
Primavera Pizza, Mini (1 slice) with Wheat Crust	115	30	3	1	0	6	304	16	1	3	4	721	4	41	1
Primavera Pizza, Mini (4 slices)	145	86	10	4	0	23	529	7	1	5	7	2883	17	132	1
Primavera Pizza, Mini (4 slices) with Gluten Free Crust	502	200	22	6	0	23	733	62	1	5	11	2883	17	158	1
Primavera Pizza, Mini (4 slices) with Regular Crust	445	120	13	5	0	23	1569	63	4	7	17	2883	17	181	3
Primavera Pizza, Mini (4 slices) with Wheat Crust	458	122	14	5	0	23	1217	66	4	13	18	2883	17	163	4

PIZZA BIANCAS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Cinque Formaggi Pizza, Large (1 slice)	98	68	8	4	0	19	177	1	0	0	6	180	0	180	0
Cinque Formaggi Pizza, Large (1 slice) with Gluten Free Crust	244	114	13	4	0	19	260	23	0	0	8	180	0	190	0
Cinque Formaggi Pizza, Large (1 slice) with Regular Crust	205	80	9	4	0	19	546	20	1	1	10	180	0	197	1
Cinque Formaggi Pizza, Large (1 slice) with Wheat Crust	210	81	9	4	0	19	421	22	1	3	10	180	0	191	1
Cinque Formaggi Pizza, Large (6 slices)	591	406	45	22	0	115	1061	4	0	0	37	1077	0	1078	0
Cinque Formaggi Pizza, Large (6 slices) with Gluten Free Crust	1463	686	76	27	0	115	1559	138	0	0	46	1077	0	1140	1
Cinque Formaggi Pizza, Large (6 slices) with Regular Crust	1229	480	53	23	0	115	3278	123	6	5	58	1077	0	1181	5
Cinque Formaggi Pizza, Large (6 slices) with Wheat Crust	1258	484	54	23	0	115	2528	130	6	17	59	1077	0	1144	6
Cinque Formaggi Pizza, Mini (1 slice)	54	39	4	2	0	10	84	0	0	0	3	91	0	91	0
Cinque Formaggi Pizza, Mini (1 slice) with Gluten Free Crust	143	68	8	2	0	10	135	14	0	0	4	91	0	97	0
Cinque Formaggi Pizza, Mini (1 slice) with Regular Crust	129	48	5	2	0	10	343	14	1	1	6	91	0	103	1
Cinque Formaggi Pizza, Mini (1 slice) with Wheat Crust	132	48	5	2	0	10	256	15	1	2	6	91	0	99	1
Cinque Formaggi Pizza, Mini (4 slices)	215	156	17	8	0	41	335	1	0	0	12	364	0	364	0
Cinque Formaggi Pizza, Mini (4 slices) with Gluten Free Crust	572	270	30	10	0	41	539	56	0	0	16	364	0	389	0
Cinque Formaggi Pizza, Mini (4 slices) with Regular Crust	515	190	21	9	0	41	1374	57	3	2	22	364	0	412	2
Cinque Formaggi Pizza, Mini (4 slices) with Wheat Crust	528	192	21	8	0	41	1023	60	3	8	23	364	0	395	3
Melanzane Pizza, Large (1 slice)	81	55	6	3	0	13	127	2	1	1	4	122	1	96	0
Melanzane Pizza, Large (1 slice) with Gluten Free Crust	227	102	11	3	0	13	210	24	1	1	6	122	1	107	0
Melanzane Pizza, Large (1 slice) with Regular Crust	188	68	8	3	0	13	497	22	2	2	8	122	1	114	1
Melanzane Pizza, Large (1 slice) with Wheat Crust	192	68	8	3	0	13	372	23	2	4	8	122	1	107	1
Melanzane Pizza, Large (6 slices)	487	332	37	15	0	78	762	12	5	4	24	735	5	578	0
Melanzane Pizza, Large (6 slices) with Gluten Free Crust	1360	612	68	20	0	78	1261	146	5	4	33	735	5	641	1
Melanzane Pizza, Large (6 slices) with Regular Crust	1125	406	45	16	0	78	2980	131	11	9	46	735	5	682	5
Melanzane Pizza, Large (6 slices) with Wheat Crust	1155	410	46	16	0	78	2230	138	10	21	46	735	5	645	6
Melanzane Pizza, Mini (1 slice)	65	45	5	2	0	11	99	2	1	1	3	98	1	79	0
Melanzane Pizza, Mini (1 slice) with Gluten Free Crust	154	73	8	3	0	11	150	15	1	1	4	98	1	85	0
Melanzane Pizza, Mini (1 slice) with Regular Crust	140	53	6	2	0	11	359	15	1	1	6	98	1	91	1
Melanzane Pizza, Mini (1 slice) with Wheat Crust	143	54	6	2	0	11	271	16	1	3	6	98	1	86	1
Melanzane Pizza, Mini (4 slices)	260	178	20	8	0	43	396	6	2	2	13	392	2	314	0
Melanzane Pizza, Mini (4 slices) with Gluten Free Crust	617	293	33	10	0	43	600	61	2	2	17	392	2	340	1
Melanzane Pizza, Mini (4 slices) with Regular Crust	559	213	24	9	0	43	1436	62	5	4	23	392	2	363	2
Melanzane Pizza, Mini (4 slices) with Wheat Crust	573	215	24	9	0	43	1084	65	5	10	23	392	2	345	3
Patate Pizza, Large (1 slice)	100	69	8	3	0	17	288	3	0	0	5	210	4	97	0
Patate Pizza, Large (1 slice) with Gluten Free Crust	245	115	13	4	0	17	371	25	0	0	6	210	4	107	0
Patate Pizza, Large (1 slice) with Regular Crust	206	81	9	3	0	17	657	22	1	1	8	210	4	114	1
Patate Pizza, Large (1 slice) with Wheat Crust	211	81	9	3	0	17	532	24	1	3	8	210	4	108	1
Patate Pizza, Large (6 slices)	599	411	46	19	0	102	1726	17	1	2	28	1261	26	580	1
Patate Pizza, Large (6 slices) with Gluten Free Crust	1472	691	77	24	0	102	2225	151	1	2	37	1261	26	642	2
Patate Pizza, Large (6 slices) with Regular Crust	1237	485	54	20	0	102	3943	135	7	7	49	1261	26	683	5
Patate Pizza, Large (6 slices) with Wheat Crust	1267	489	54	20	0	102	3194	142	7	19	50	1261	26	646	7
Patate Pizza, Mini (1 slice)	58	38	4	2	0	9	154	2	0	0	3	143	3	76	0
Patate Pizza, Mini (1 slice) with Gluten Free Crust	147	67	7	2	0	9	205	15	0	0	4	143	3	82	0
Patate Pizza, Mini (1 slice) with Regular Crust	133	47	5	2	0	9	414	15	1	1	5	143	3	88	1
Patate Pizza, Mini (1 slice) with Wheat Crust	136	48	5	2	0	9	326	16	1	2	6	143	3	84	1
Patate Pizza, Mini (4 slices)	231	154	17	7	0	35	617	6	1	1	12	572	12	303	0
Patate Pizza, Mini (4 slices) with Gluten Free Crust	588	268	30	9	0	35	821	61	1	1	15	572	12	329	1
Patate Pizza, Mini (4 slices) with Regular Crust	531	188	21	8	0	35	1656	62	3	3	22	572	12	352	2
Patate Pizza, Mini (4 slices) with Wheat Crust	544	190	21	8	0	35	1305	65	3	9	22	572	12	334	3
Pesto E Pollo Pizza, Large (1 slice)	86	58	6	2	0	16	134	1	0	0	6	301	1	100	0
Pesto E Pollo Pizza, Large (1 slice) with Gluten Free Crust	231	105	12	3	0	16	217	23	0	0	7	301	1	111	0
Pesto E Pollo Pizza, Large (1 slice) with Regular Crust	192	71	8	3	0	16	504	20	1	1	9	301	1	118	1



Nutritional Facts

PIZZA BIANCAS (CONT.)

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Pesto E Pollo Pizza, Large (1 slice) with Wheat Crust	197	71	8	3	0	16	379	21	1	3	9	301	1	111	1
Pesto E Pollo Pizza, Large (6 slices)	515	350	39	14	0	98	806	4	1	0	34	1808	5	603	1
Pesto E Pollo Pizza, Large (6 slices) with Gluten Free Crust	1388	630	70	19	0	98	1305	138	1	0	44	1808	5	665	2
Pesto E Pollo Pizza, Large (6 slices) with Regular Crust	1154	424	47	15	0	98	3023	122	7	5	56	1808	5	706	6
Pesto E Pollo Pizza, Large (6 slices) with Wheat Crust	1183	427	47	15	0	98	2274	129	6	17	57	1808	5	669	7
Pesto E Pollo Pizza, Mini (1 slice)	69	47	5	2	0	13	105	0	0	0	5	232	1	82	0
Pesto E Pollo Pizza, Mini (1 slice) with Gluten Free Crust	158	75	8	2	0	13	155	14	0	0	5	232	1	88	0
Pesto E Pollo Pizza, Mini (1 slice) with Regular Crust	143	55	6	2	0	13	364	14	1	1	7	232	1	94	1
Pesto E Pollo Pizza, Mini (1 slice) with Wheat Crust	147	56	6	2	0	13	276	15	1	2	7	232	1	89	1
Pesto E Pollo Pizza, Mini (4 slices)	274	187	21	8	0	53	418	2	0	0	18	929	2	326	0
Pesto E Pollo Pizza, Mini (4 slices) with Gluten Free Crust	631	302	34	10	0	53	622	57	0	0	22	929	2	352	1
Pesto E Pollo Pizza, Mini (4 slices) with Regular Crust	574	222	25	8	0	53	1457	57	3	2	28	929	2	375	3
Pesto E Pollo Pizza, Mini (4 slices) with Wheat Crust	587	224	25	8	0	53	1106	61	3	8	29	929	2	357	3
Pollo Arrosto E Chevre Pizza, Large (1 slice)	83	52	6	3	0	18	129	1	0	0	6	119	0	97	0
Pollo Arrosto E Chevre Pizza, Large (1 slice) with Gluten Free Crust	228	99	11	3	0	18	212	23	0	0	8	119	0	107	0
Pollo Arrosto E Chevre Pizza, Large (1 slice) with Regular Crust	189	64	7	3	0	18	498	21	1	1	10	119	0	114	1
Pollo Arrosto E Chevre Pizza, Large (1 slice) with Wheat Crust	194	65	7	3	0	18	373	22	1	3	10	119	0	108	1
Pollo Arrosto E Chevre Pizza, Large (6 slices)	496	311	35	15	0	110	772	6	1	2	37	713	3	579	1
Pollo Arrosto E Chevre Pizza, Large (6 slices) with Gluten Free Crust	1368	592	66	20	0	110	1270	140	1	2	46	713	3	642	2
Pollo Arrosto E Chevre Pizza, Large (6 slices) with Regular Crust	1134	386	43	16	0	110	2989	124	6	7	58	713	3	683	5
Pollo Arrosto E Chevre Pizza, Large (6 slices) with Wheat Crust	1163	389	43	16	0	110	2239	132	6	19	59	713	3	645	6
Pollo Arrosto E Chevre Pizza, Mini (1 slice)	61	38	4	2	0	13	93	1	0	0	5	77	0	77	0
Pollo Arrosto E Chevre Pizza, Mini (1 slice) with Gluten Free Crust	151	67	7	2	0	13	144	14	0	0	5	77	0	84	0
Pollo Arrosto E Chevre Pizza, Mini (1 slice) with Regular Crust	136	47	5	2	0	13	353	15	1	1	7	77	0	90	1
Pollo Arrosto E Chevre Pizza, Mini (1 slice) with Wheat Crust	140	47	5	2	0	13	265	15	1	2	7	77	0	85	1
Pollo Arrosto E Chevre Pizza, Mini (4 slices)	245	153	17	7	0	52	374	3	0	1	18	308	1	310	0
Pollo Arrosto E Chevre Pizza, Mini (4 slices) with Gluten Free Crust	602	267	30	9	0	52	578	58	0	1	22	308	1	335	1
Pollo Arrosto E Chevre Pizza, Mini (4 slices) with Regular Crust	544	187	21	8	0	52	1413	59	3	3	28	308	1	358	2
Pollo Arrosto E Chevre Pizza, Mini (4 slices) with Wheat Crust	558	189	21	8	0	52	1062	62	3	9	28	308	1	341	3
Prosciutto E Spinaci Pizza, Large (1 slice)	106	70	8	4	0	23	417	1	0	0	7	757	2	100	0
Prosciutto E Spinaci Pizza, Large (1 slice) with Gluten Free Crust	251	117	13	5	0	23	500	24	0	0	9	757	2	111	1
Prosciutto E Spinaci Pizza, Large (1 slice) with Regular Crust	212	83	9	4	0	23	787	21	1	1	11	757	2	117	1
Prosciutto E Spinaci Pizza, Large (1 slice) with Wheat Crust	217	83	9	4	0	23	662	22	1	3	11	757	2	111	1
Prosciutto E Spinaci Pizza, Large (6 slices)	636	423	47	23	0	138	2504	9	1	3	43	4539	13	601	2
Prosciutto E Spinaci Pizza, Large (6 slices) with Gluten Free Crust	1508	703	78	28	0	138	3002	143	1	3	52	4539	13	664	3
Prosciutto E Spinaci Pizza, Large (6 slices) with Regular Crust	1274	497	55	24	0	138	4721	127	7	8	64	4539	13	705	7
Prosciutto E Spinaci Pizza, Large (6 slices) with Wheat Crust	1303	500	56	24	0	138	3971	134	7	20	65	4539	13	668	8
Prosciutto E Spinaci Pizza, Mini (1 slice)	94	63	7	4	0	21	397	1	0	0	6	574	2	81	0
Prosciutto E Spinaci Pizza, Mini (1 slice) with Gluten Free Crust	183	91	10	4	0	21	448	15	0	0	7	574	2	88	0
Prosciutto E Spinaci Pizza, Mini (1 slice) with Regular Crust	168	71	8	4	0	21	657	15	1	1	9	574	2	94	1
Prosciutto E Spinaci Pizza, Mini (1 slice) with Wheat Crust	172	72	8	4	0	21	569	16	1	2	9	574	2	89	1
Prosciutto E Spinaci Pizza, Mini (4 slices)	375	251	28	14	0	85	1587	4	1	1	26	2295	7	326	1
Prosciutto E Spinaci Pizza, Mini (4 slices) with Gluten Free Crust	731	365	41	16	0	85	1791	59	1	1	30	2295	7	351	2
Prosciutto E Spinaci Pizza, Mini (4 slices) with Regular Crust	674	285	32	14	0	85	2626	60	3	4	36	2295	7	374	4
Prosciutto E Spinaci Pizza, Mini (4 slices) with Wheat Crust	687	287	32	14	0	85	2275	63	3	9	36	2295	7	357	4
Salsiccia Con Mela Pizza, Large (1 slice)	113	61	7	3	0	13	115	8	2	5	5	117	2	105	0
Salsiccia Con Mela Pizza, Large (1 slice) with Gluten Free Crust	259	108	12	3	0	13	198	30	2	5	7	117	2	115	1
Salsiccia Con Mela Pizza, Large (1 slice) with Regular Crust	220	73	8	3	0	13	485	27	2	6	9	117	2	122	1
Salsiccia Con Mela Pizza, Large (1 slice) with Wheat Crust	225	74	8	3	0	13	360	29	2	8	9	117	2	116	1
Salsiccia Con Mela Pizza, Large (6 slices)	680	366	41	16	0	78	692	46	9	30	30	700	14	630	2
Salsiccia Con Mela Pizza, Large (6 slices) with Gluten Free Crust	1552	647	72	21	0	78	1191	180	9	30	40	700	14	692	3
Salsiccia Con Mela Pizza, Large (6 slices) with Regular Crust	1318	441	49	17	0	78	2909	165	15	35	52	700	14	733	7
Salsiccia Con Mela Pizza, Large (6 slices) with Wheat Crust	1347	444	49	17	0	78	2160	172	15	47	52	700	14	696	8
Salsiccia Con Mela Pizza, Mini (1 slice)	89	49	5	2	0	11	90	6	1	4	4	94	2	85	0
Salsiccia Con Mela Pizza, Mini (1 slice) with Gluten Free Crust	178	78	9	3	0	11	141	19	1	4	5	94	2	91	0
Salsiccia Con Mela Pizza, Mini (1 slice) with Regular Crust	164	58	6	2	0	11	350	20	2	4	7	94	2	97	1
Salsiccia Con Mela Pizza, Mini (1 slice) with Wheat Crust	167	58	6	2	0	11	262	20	2	6	7	94	2	93	1
Salsiccia Con Mela Pizza, Mini (4 slices)	357	195	22	9	0	43	361	23	5	15	16	375	7	340	1
Salsiccia Con Mela Pizza, Mini (4 slices) with Gluten Free Crust	714	310	34	11	0	43	565	78	5	15	20	375	7	365	1
Salsiccia Con Mela Pizza, Mini (4 slices) with Regular Crust	656	230	26	9	0	43	1400	79	7	17	26	375	7	388	3
Salsiccia Con Mela Pizza, Mini (4 slices) with Wheat Crust	670	232	26	9	0	43	1049	82	7	23	27	375	7	371	4
Spinaci E Aglio Pizza, Large (1 slice)	73	46	5	2	0	10	92	2	0	0	4	756	4	108	0
Spinaci E Aglio Pizza, Large (1 slice) with Gluten Free Crust	219	93	10	3	0	10	175	25	0	0	5	756	4	118	0
Spinaci E Aglio Pizza, Large (1 slice) with Regular Crust	180	59	7	2	0	10	462	22	1	1	7	756	4	125	1
Spinaci E Aglio Pizza, Large (1 slice) with Wheat Crust	185	59	7	2	0	10	337	23	1	3	8	756	4	119	1
Spinaci E Aglio Pizza, Large (6 slices)	439	279	31	13	0	63	552	14	2	0	23	4539	21	646	2
Spinaci E Aglio Pizza, Large (6 slices) with Gluten Free Crust	1312	559	62	18	0	63	1051	148	2	0	33	4539	21	709	3
Spinaci E Aglio Pizza, Large (6 slices) with Regular Crust	1078	353	39	14	0	63	2770	132	8	6	45	4539	21	750	6
Spinaci E Aglio Pizza, Large (6 slices) with Wheat Crust	1107	356	40	14	0	63	2020	139	7	17	46	4539	21	713	8
Spinaci E Aglio Pizza, Mini (1 slice)	59	37	4	2	0	9	73	2	0	0	3	574	3	88	0
Spinaci E Aglio Pizza, Mini (1 slice) with Gluten Free Crust	148	66	7	2	0	9	124	16	0	0	4	574	3	95	0
Spinaci E Aglio Pizza, Mini (1 slice) with Regular Crust	134	46	5	2	0	9	333	16	1	1	6	574	3	100	1
Spinaci E Aglio Pizza, Mini (1 slice) with Wheat Crust	137	46	5	2	0	9	245	17	1	2	6	574	3	96	1
Spinaci E Aglio Pizza, Mini (4 slices)	236	147	16	7	0	35	291	8	1	0	13	2294	12	353	1
Spinaci E Aglio Pizza, Mini (4 slices) with Gluten Free Crust	593	262	29	9	0	35	495	63	1	0	17	2294	12	379	1
Spinaci E Aglio Pizza, Mini (4 slices) with Regular Crust	535	182	20	8	0	35	1330	63	4	3	23	2294	12	402	3
Spinaci E Aglio Pizza, Mini (4 slices) with Wheat Crust	549	184	20	8	0	35	979	67	3	8	23	2294	12	385	4



Nutritional Facts

SPIN DELI SANDWICHES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Lean Roast Beef Sandwich (1 sandwich)	620	267	30	9	0	128	1878	53	0	12	35	2788	5	241	6
SPIN Sub (1 sandwich)	851	475	53	17	0	166	2740	55	1	11	38	2757	5	257	5
Stone Oven Roasted Chicken Sandwich (1 sandwich)	650	263	29	8	0	145	1393	52	1	10	41	2832	7	257	5

GRILLED PANINIS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Perfetto Grilled 3 Cheese Panini (1 sandwich)	514	289	32	15	0	68	1123	31	2	0	24	720	0	553	2
Spicy Italian Beef Panini (1 sandwich)	702	346	38	16	0	132	3145	38	2	3	52	1331	0	642	5
Stone Oven Roasted Turkey and Asiago Panini (1 sandwich)	711	401	45	12	0	72	2223	45	4	6	32	1080	16	247	3

SIDE ITEMS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Baked Lays (1 package)	190	99	11	3	0	0	240	22	1	0	2	0	6	0	0
Kettle Chips (1 serving)	300	162	18	2	0	0	180	32	2	0	4	0	12	0	1

DESSERTS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Almond Gelato (150 cubic centimeters)	240	136	15	8	0	44	57	21	1	19	5	378	0	126	0
Almond Gelato (200 cubic centimeters)	319	182	20	10	0	59	76	29	2	25	7	504	0	168	1
Apple Pie Gelato (150 cubic centimeters)	235	113	13	8	0	38	101	26	0	18	4	378	0	101	0
Apple Pie Gelato (200 cubic centimeters)	313	151	17	10	0	50	135	35	0	24	5	504	0	135	1
Banana Fudge Praline Gelato (150 cubic centimeters)	223	102	11	6	0	38	63	26	0	24	4	378	2	101	0
Banana Fudge Praline Gelato (200 cubic centimeters)	298	136	15	8	0	50	84	35	0	32	5	504	2	135	0
Banana Gelato (150 cubic centimeters)	197	91	10	6	0	38	57	23	0	20	4	378	2	126	0
Banana Gelato (200 cubic centimeters)	262	121	13	8	0	50	76	30	0	27	5	504	2	168	0
Banana Malt Gelato (150 cubic centimeters)	217	91	10	6	0	38	88	26	1	23	5	378	2	126	0
Banana Malt Gelato (200 cubic centimeters)	289	121	13	8	0	50	118	35	2	30	7	504	2	168	0
Banana Walnut Gelato (150 cubic centimeters)	236	125	14	6	0	38	57	23	1	19	5	378	2	126	0
Banana Walnut Gelato (200 cubic centimeters)	314	166	18	8	0	50	76	30	2	25	7	504	2	168	1
Bananas Foster Gelato (150 cubic centimeters)	202	91	10	6	0	38	69	24	1	19	4	378	2	126	0
Bananas Foster Gelato (200 cubic centimeters)	269	121	13	8	0	50	92	32	2	25	5	504	2	168	0
Black Cherry Gelato (150 cubic centimeters)	190	79	9	6	0	38	50	24	0	19	4	252	3	101	0
Black Cherry Gelato (200 cubic centimeters)	254	106	12	8	0	50	67	32	0	25	5	336	4	135	0
Blueberry Buttercookie Gelato (150 cubic centimeters)	202	91	10	6	0	32	63	24	1	20	4	252	3	101	0
Blueberry Buttercookie Gelato (200 cubic centimeters)	269	121	13	8	0	42	84	32	2	27	5	336	4	135	0
Bourbon Caramel Gingersnap Gelato (150 cubic centimeters)	218	102	11	8	0	38	95	25	0	19	4	378	0	126	0
Bourbon Caramel Gingersnap Gelato (200 cubic centimeters)	291	136	15	10	0	50	126	34	0	25	5	504	0	168	1
Brown Sugar Pecan Gelato (150 cubic centimeters)	305	159	18	10	0	50	95	33	0	30	4	504	0	126	0
Brown Sugar Pecan Gelato (200 cubic centimeters)	407	212	24	13	0	67	126	44	0	40	5	673	0	168	0
Cafe Mocha Gelato (150 cubic centimeters)	240	113	13	8	0	38	63	26	3	19	5	378	0	126	1
Cafe Mocha Gelato (200 cubic centimeters)	319	151	17	10	0	50	84	35	3	25	7	504	0	168	2
Cappuccino Gelato (150 cubic centimeters)	203	102	11	8	0	44	63	21	0	20	4	378	0	126	0
Cappuccino Gelato (200 cubic centimeters)	271	136	15	10	0	59	84	29	0	27	5	504	0	168	0
Cappuccino Hazelnut Gelato (150 cubic centimeters)	247	136	15	8	0	44	57	23	1	19	5	378	0	126	0
Cappuccino Hazelnut Gelato (200 cubic centimeters)	330	182	20	10	0	59	76	30	2	25	7	504	0	168	1
Chocolate Almond Fudge Gelato (150 cubic centimeters)	235	113	13	8	0	38	69	25	1	20	5	378	0	126	1
Chocolate Almond Fudge Gelato (200 cubic centimeters)	313	151	17	10	0	50	92	34	2	27	7	504	0	168	1
Chocolate Malt Gelato (150 cubic centimeters)	223	102	11	8	0	44	76	25	1	21	5	378	0	126	0
Chocolate Malt Gelato (200 cubic centimeters)	298	136	15	10	0	59	101	34	2	29	7	504	0	168	1
Coconut Gelato (150 cubic centimeters)	237	136	15	11	0	38	63	21	0	19	4	378	0	126	0
Coconut Gelato (200 cubic centimeters)	316	182	20	15	0	50	84	29	0	25	5	504	0	168	1
Dark Chocolate Chunk Marshmallow Gelato (150 cubic centimeters)	250	113	13	9	0	38	63	29	4	21	5	378	0	126	2
Dark Chocolate Chunk Marshmallow Gelato (200 cubic centimeters)	333	151	17	12	0	50	84	39	5	29	7	504	0	168	2
Dutch Fudge Cookies and Cream Gelato (150 cubic centimeters)	230	113	13	8	0	44	88	25	0	24	4	378	0	126	0
Dutch Fudge Cookies and Cream Gelato (200 cubic centimeters)	306	151	17	10	0	59	118	34	0	32	5	504	0	168	0
Lemon Blueberry Gelato (150 cubic centimeters)	187	91	10	6	0	38	57	20	0	19	4	378	6	101	0
Lemon Blueberry Gelato (200 cubic centimeters)	249	121	13	8	0	50	76	27	0	25	5	504	8	135	0
Lemon Custard Gelato (150 cubic centimeters)	145	79	9	5	0	145	38	13	0	11	4	378	3	76	0
Lemon Custard Gelato (200 cubic centimeters)	193	106	12	7	0	193	50	17	0	15	5	504	4	101	1
Malt Gelato with Crushed Malt Balls (150 cubic centimeters)	228	102	11	8	0	44	88	26	0	23	5	378	0	126	0
Malt Gelato with Crushed Malt Balls (200 cubic centimeters)	304	136	15	10	0	59	118	35	0	30	7	504	0	168	0
Mango Gelato (150 cubic centimeters)	180	79	9	6	0	38	50	21	0	16	4	252	26	101	0
Mango Gelato (200 cubic centimeters)	240	106	12	8	0	50	67	29	0	22	5	336	35	135	0
Mixed Berry Gelato (150 cubic centimeters)	185	79	9	6	0	38	50	23	1	20	4	378	15	101	0
Mixed Berry Gelato (200 cubic centimeters)	247	106	12	8	0	50	67	30	2	27	5	504	20	135	0



Nutritional Facts

DESSERTS (CONT.)

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Oatmeal Raisin Cookie Dough Gelato (150 cubic centimeters)	313	136	15	10	0	69	57	39	1	30	5	504	0	126	1
Oatmeal Raisin Cookie Dough Gelato (200 cubic centimeters)	417	182	20	13	0	92	76	52	2	40	7	673	0	168	1
Peach Gelato (150 cubic centimeters)	170	79	9	6	0	32	50	20	0	19	3	378	2	101	0
Peach Gelato (200 cubic centimeters)	227	106	12	8	0	42	67	27	0	25	3	504	2	135	0
Peanut Butter Banana Gelato (150 cubic centimeters)	252	136	15	8	0	38	50	24	1	20	5	378	2	101	0
Peanut Butter Banana Gelato (200 cubic centimeters)	336	182	20	10	0	50	67	32	2	27	7	504	2	135	0
Peanut Butter Cup Gelato (150 cubic centimeters)	269	148	16	9	0	38	69	24	1	21	6	378	0	126	0
Peanut Butter Cup Gelato (200 cubic centimeters)	358	197	22	12	0	50	92	32	2	29	8	504	0	168	0
Pineapple Gelato (150 cubic centimeters)	192	91	10	6	0	38	57	21	0	20	4	378	2	126	0
Pineapple Gelato (200 cubic centimeters)	256	121	13	8	0	50	76	29	0	27	5	504	2	168	0
Pumpkin Cheesecake Gelato (150 cubic centimeters)	203	102	11	8	0	44	76	21	0	18	4	2522	3	126	0
Pumpkin Cheesecake Gelato (200 cubic centimeters)	271	136	15	10	0	59	101	29	0	24	5	3363	4	168	1
Raspberry Cream Gelato (150 cubic centimeters)	178	57	6	4	0	25	32	28	1	25	3	252	6	76	0
Raspberry Cream Gelato (200 cubic centimeters)	237	76	8	5	0	34	42	37	2	34	3	336	8	101	0
Roasted Pistachio Gelato (150 cubic centimeters)	247	136	15	8	0	44	63	23	1	20	5	378	0	126	0
Roasted Pistachio Gelato (200 cubic centimeters)	330	182	20	10	0	59	84	30	2	27	7	504	0	168	1
Stracciatella Gelato (150 cubic centimeters)	219	113	13	8	0	44	63	23	0	21	4	378	0	126	0
Stracciatella Gelato (200 cubic centimeters)	293	151	17	10	0	59	84	30	0	29	5	504	0	168	0
Strawberry Chip Gelato (150 cubic centimeters)	170	79	9	6	0	32	44	20	1	18	3	252	23	101	0
Strawberry Chip Gelato (200 cubic centimeters)	227	106	12	8	0	42	59	27	2	24	3	336	30	135	0
Strawberry Gelato (150 cubic centimeters)	174	68	8	5	0	32	44	24	1	23	3	252	26	101	0
Strawberry Gelato (200 cubic centimeters)	232	91	10	7	0	42	59	32	2	30	3	336	35	135	0
Swiss Chocolate Couverture Gelato (150 cubic centimeters)	240	113	13	9	0	38	57	26	3	20	5	378	0	126	1
Swiss Chocolate Couverture Gelato (200 cubic centimeters)	319	151	17	12	0	50	76	35	3	27	7	504	0	168	2
Tahitian Vanilla Gelato (150 cubic centimeters)	203	102	11	8	0	44	63	21	0	20	4	378	0	126	0
Tahitian Vanilla Gelato (200 cubic centimeters)	271	136	15	10	0	59	84	29	0	27	5	504	0	168	0
Tangerine Cream Gelato (150 cubic centimeters)	173	51	6	4	0	25	32	28	0	28	3	252	11	76	0
Tangerine Cream Gelato (200 cubic centimeters)	230	68	8	5	0	34	42	37	0	37	3	336	15	101	0
Tiramisu Gelato (150 cubic centimeters)	207	91	10	8	0	44	63	25	0	21	4	378	0	126	0
Tiramisu Gelato (200 cubic centimeters)	276	121	13	10	0	59	84	34	0	29	5	504	0	168	0
Triple Dark Chocolate Gelato (150 cubic centimeters)	250	113	13	8	0	38	69	29	4	20	5	378	0	126	2
Triple Dark Chocolate Gelato (200 cubic centimeters)	333	151	17	10	0	50	92	39	5	27	7	504	0	168	2
White Chocolate Raspberry Gelato (150 cubic centimeters)	224	113	13	9	0	38	57	24	1	23	4	378	2	126	0
White Chocolate Raspberry Gelato (200 cubic centimeters)	299	151	17	12	0	50	76	32	2	30	5	504	2	168	1
White Chocolate Strawberry Swirl Cheesecake Gelato (150 cubic centimeters)	240	113	13	9	0	44	76	28	0	23	4	378	2	126	0
White Chocolate Strawberry Swirl Cheesecake Gelato (200 cubic centimeters)	319	151	17	12	0	59	101	37	0	30	5	504	2	168	0

BEVERAGES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Apple Flavored Juice Beverage (1 can)	90	0	0	0	0	0	15	23	0	21	0	0	18	0	0
Apple Juice (1 serving)	180	0	0	0	0	0	38	47	0	39	0	0	90	0	0
Blackberry Flavored Juice Beverage (1 can)	84	0	0	0	0	0	18	22	0	20	0	0	0	0	0
Blackberry Sage Tea, Bottle (1 bottle)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Clementine Flavored Juice Beverage (1 can)	90	0	0	0	0	0	15	21	0	19	0	0	18	0	0
Coffee (1 serving)	0	0	0	0	0	0	5	0	0	0	0	0	0	5	0
Coke (1 serving)	149	0	0	0	0	0	9	41	0	41	0	0	0	0	0
Dasani Bottled Water (1 bottle)	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
Decaf Coffee (1 serving)	0	0	0	0	0	0	5	0	0	0	0	0	0	5	0
Diet Coke (1 serving)	0	0	0	0	0	0	15	0	0	0	0	0	0	0	0
Ginger Peach Decaf Tea (1 bottle)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Grapefruit Flavored Juice Beverage (1 can)	84	0	0	0	0	0	14	22	0	20	0	0	0	0	0
Iced Tea (1 serving)	0	0	0	0	0	0	8	0	0	0	0	0	0	8	0
Mango Ceylon Tea (1 bottle)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Minute Maid Lemonade (1 serving)	147	0	0	0	0	0	65	39	0	39	0	0	0	0	0
Pibb Xtra (1 serving)	146	0	0	0	0	0	21	39	0	39	0	0	0	0	0
Pomegranate Flavored Juice Beverage (1 can)	90	0	0	0	0	0	10	22	0	18	0	0	18	0	0
Pomegranate Green Tea, Bottle (1 bottle)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sprite (1 serving)	146	0	0	0	0	0	33	39	0	39	0	0	0	0	0

ALCOHOLIC BEVERAGES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Blue Moon Beer (1 bottle)	164	0	0	0	0	0	8	13	0	0	2	0	0	0	0
Blush Wine (1 serving)	95	0	0	0	0	0	5	8	0	5	0	0	0	0	0
Bud Light (1 bottle)	110	0	0	0	0	0	9	7	0	0	1	0	0	0	0
Budweiser (1 bottle)	145	0	0	0	0	0	9	11	0	0	1	0	0	0	0
Coors Light (1 bottle)	104	0	0	0	0	0	11	5	0	0	1	0	0	0	0
Corona (1 bottle)	148	0	0	0	0	0	0	14	0	0	0	0	0	0	0
Land Shark (1 bottle)	150	0	0	0	0	0	9	13	0	0	1	0	0	0	0
Michelob Ultra (1 bottle)	95	0	0	0	0	0	9	3	0	0	1	0	0	0	0
Miller Lite (1 bottle)	96	0	0	0	0	0	5	3	0	0	0	0	0	0	0
Red Wine (5 fluid ounces)	105	0	0	0	0	0	7	5	0	1	0	0	0	0	0
White Wine (1 serving)	105	0	0	0	0	0	7	5	0	1	0	0	0	0	0