

PAISANO'S NUTRITION GUIDE

5.7.18

CREATE YOUR OWN PIZZAS, CALZONES & STROMBOLIS

Ingredients listed for: Large (16". Serving Size = 1/8th Pizza) Medium (12". Serving Size = 1/8th Pizza) Small (10". Serving Size = 1/6th Pizza) Calzones/Strombolis (12". Serving Size = 1/2 Calzone/Stromboli)	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugars (g)	Protein (g)
Anchovies, Large	1/8th pizza	16	7.5	0.75	0.18	0	6	293	0	0	0	2.2
Anchovies, Medium	1/8th pizza	8.7	3.7	0.43	0.12	0	3.7	158	0	0	0	1.2
Anchovies, Small	1/6th pizza	5	3.3	0.33	0.08	0	3.3	140	0	0	0	1.1
Artichoke, Large	1/8th pizza	4.3	0	0	0	0	0	31	0.7	0	0	0.3
Artichoke, Medium	1/8th pizza	2.5	0	0	0	0	0	16	0.3	0	0	0.1
Artichoke, Small	1/6th pizza	2.5	0	0	0	0	0	15	0.3	0	0	0.2
Bacon, Large	1/8th pizza	66	40	5	1.75	0	13	238	0.3	0	0	4
Bacon, Medium	1/8th pizza	35	23	2.6	0.87	0	7.5	126	0.1	0	0	2.5
Bacon, Small	1/6th pizza	33	21	2.5	0.83	0	6.6	12	0.2	0	0	2.3
Banana Pepper, Large	1/8th pizza	3.7	0	0	0	0	0	110	0.8	0	0	0
Banana Pepper, Medium	1/8th pizza	1.8	0	0	0	0	0	60	0.4	0	0	0
Banana Pepper, Small	1/6th pizza	1.6	0	0	0	0	0	55	0.3	0	0	0
Black Olive, Stromboli	1/2 order	20	17.5	2	0.25	0	0	130	1	0.5	0	0
Black Olives, Large	1/8th pizza	13	12.5	1.3	0.18	0	0	91	0.8	0.4	0	0.1
Black Olives, Medium	1/8th pizza	7.5	6.25	0.75	0.12	0	0	4.8	0.4	0.3	0	0
Black Olives, Small	1/6th pizza	6.6	6	0.66	0.08	0	0	43	0.3	0.2	0	0
Cheddar Cheese, Stromboli	1/2 order	70	55	6	3.5	0	17.5	115	0.5	0	0	4
Cheddar Cheese, Large	1/8th pizza	50	37.5	4	2.3	0.1	12.5	81	0.4	0	0	2.8
Cheddar Cheese, Medium	1/8th pizza	26	20	2.2	1.2	0	6.8	43	0.3	0	0	1.5
Cheddar Cheese, Small	1/6th pizza	23	18	2	1.1	0	6	38	0.2	0	0	1.3
Cheese Extra, Large	1/8th pizza	62.5	41	8	2.75	0.1	13	150	0.8	0	0	4.8
Cheese Extra, Medium	1/8th pizza	33	22.5	2.5	1.5	0	7	82.5	0.4	0	0	2.6
Cheese Extra, Small	1/6th pizza	30	20	2	1.2	0	6.6	73	0.3	0	0	2.3
Cheese, Calzone	1/2 order	185	120	13	8	0	38	435	2	0	1	14
Cheese, Fresh Mozzarella, Calzone	1/2 order	115	85	9.5	5	0	20	95	0	0	0	2
Cheese, Fresh Mozzarella, Large	1/8th pizza	77.5	57.5	6.5	3	0	13	65	0	0	0	4
Cheese, Fresh Mozzarella, Medium	1/8th pizza	43	32.5	3.6	2	0	8	36	0	0	0	2.3
Cheese, Fresh Mozzarella, Small	1/6th pizza	38	28	3	1.5	0	6.5	31	0	0	0	2
Cheese, Large	1/8th pizza	126	81	9	5.5	0.1	25	300	1.5	0	1	9.6
Cheese, Medium	1/8th pizza	68	40	4.8	3	0.1	14	163	0.9	0	0	5
Cheese, Small	1/6th pizza	61	40	4	2.5	0	12.5	145	0.7	0	0	5
Cheese, Stromboli	1/2 order	185	120	13	8	0	37.5	435	2	0	1	14
Chicken, Large	1/8th pizza	43	9	1	0.25	0	21	141	0.3	0	0	8
Chicken, Medium	1/8th pizza	22	4	0.43	0.12	0	11	71	0.1	0	0	4
Chicken, Small	1/6th pizza	15	2.5	0.33	0.08	0	9	46	0.2	0	0	2.6

Feta Cheese, Large	1/8th pizza	32.5	23	3	2	0	11	113	0.5	0	1	2
Feta Cheese, Medium	1/8th pizza	17	12	1.5	1	0	5.6	61	0.3	0	0	1
Feta Cheese, Small	1/6th pizza	15	11	1.2	1	0	5	53	0.2	0	0	1
Feta Cheese, Stromboli	1/2 order	17	12	1.5	1	0	7	65	0.5	0	1	1
Fresh Basil, Large	1/8th pizza	0	0	0	0	0	0	0	0	0	0	0
Fresh Basil, Medium	1/8th pizza	0	0	0	0	0	0	0	0	0	0	0
Fresh Basil, Small	1/6th pizza	0	0	0	0	0	0	0	0	0	0	0
Fresh Garlic, Large	1/8th pizza	7.5	0	0	0	0	0	0.6	1.7	0.1	0	0.4
Fresh Garlic, Medium	1/8th pizza	3.7	0	0	0	0	0	0	0.8	0	0	0.1
Fresh Garlic, Small	1/6th pizza	3	0	0	0	0	0	0	0.8	0	0	0.2
Garlic Sauce, Large	1/8th pizza	23	17	2	0.37	0	0	13	1	0.1	0	0.3
Garlic Sauce, Medium	1/8th pizza	11	8	1	0.18	0	0	7	0.5	0.1	0	0.1
Garlic Sauce, Small	1/6th pizza	10	8	0.83	0.16	0	0	6	0.5	0	0	0.2
Gorgonzola Cheese, Large	1/8th pizza	37.5	27.5	3	2.25	0	9	143	0.4	0.4	0	2.3
Gorgonzola Cheese, Medium	1/8th pizza	25	6	2	1.5	0	6	96	0.3	0.3	0	1.5
Gorgonzola Cheese, Small	1/6th pizza	25	6	2	1.5	0	6	96	0.3	0.3	0	1.5
Green Olives, Large	1/8th pizza	12.5	12.5	1.3	0.18	0	0	256	0.3	0.1	0	0.1
Green Olives, Medium	1/8th pizza	6.2	6.2	0.75	0.12	0	0	137	0.1	0.1	0	0.1
Green Olives, Small	1/6th pizza	6	6	0.66	0.08	0	0	121	0.2	0	0	0
Green Olives, Stromboli	1/2 order	16	16	2	0.25	0	0	365	0.5	0	0	0
Green Pepper, Large	1/8th pizza	2.5	0	0	0	0	0	0	0.6	2.5	3	0.1
Green Pepper, Medium	1/8th pizza	1.2	0	0	0	0	0	0	0.3	0.1	0	0
Green Pepper, Small	1/6th pizza	0.8	0	0	0	0	0	0	0.3	0.8	1	0
Green Pepper, Stromboli	1/2 order	2.5	0	0	0	0	0	0	1	0.5	1	0
Gyro Meat, Large	1/8th pizza	96	72	8	3	0.4	31	228	1	0.5	0	5
Gyro Meat, Medium	1/8th pizza	63	47	5	2.2	0.3	21	152	0.8	0.4	0	3.5
Gyro Meat, Small	1/6th pizza	43	31	3.5	1.5	0.2	14	101	0.5	0.2	0	2.5
Gyro Meat, Stromboli	1/2 order	130	145	10.5	4.5	0.5	14	305	1.5	0.5	0	7
Ham, Calzone	1/2 order	50	22.5	2.5	0.5	0	25	375	0	0	0	6
Ham, Large	1/8th pizza	21	10	1	0.25	0	10	163	0	0	0	2.6
Ham, Medium	1/8th pizza	11	5	0.56	0.12	0	5.6	87.5	0	0	0	1.3
Ham, Small	1/6th pizza	10	5	0.5	0.08	0	5	81	0	0	0	1.3
Jalapeno, Large	1/8th pizza	1.8	0	0	0	0	0	61	0.4	0	0	0
Jalapeno, Medium	1/8th pizza	0.62	0	0	0	0	0	33	0.1	0	0	0
Jalapeno, Small	1/6th pizza	0.83	0	0	0	0	0	23	0.2	0	0	0
Marinara Sauce, Calzone	1/2 order	25	2.5	0.5	0	0	0	230	4	1	3	1
Meatballs, Large	1/8th pizza	35	17.5	2	0.75	0	14	21	1.1	0.1	0	3
Meatballs, Medium	1/8th pizza	18	10	1.1	0.37	0	8	13	0.6	0	0	1.6
Meatballs, Small	1/6th pizza	16	8	0.83	0.5	0	606	10	0.5	0	0	1.5
Mushroom, Calzone	1/2 order	5	0	0	0	0	0	0	1	0	1	0.5
Mushroom, Large	1/8th pizza	3.7	0.62	0	0	0	0	0.62	0.5	0.1	4	0.5
Mushroom, Medium	1/8th pizza	1.8	0	0	0	0	0	0	0.3	.16	0	0.3
Mushroom, Small	1/6th pizza	1.6	0	0	0	0	0	0	0.3	0	0	0.2
Onion, Large	1/8th pizza	5	0	0	0	0	0	0	1	0.3	1	0.2
Onion, Medium	1/8th pizza	2.5	0	0	0	0	0	0	0.6	0.2	0	0.2
Onion, Small	1/6th pizza	2.5	0	0	0	0	0	0	0.5	0.2	0	0
Onion, Stromboli	1/2 order	5	0	0	0	0	0	0	1	0	1	0

Pepperoni, Calzone	1/2 order	125	105	11	4.5	0.5	25	395	0.5	0	0	5
Pepperoni, Large	1/8th pizza	65	53	6	2.25	0.2	12	206	0.1	0	0	2.5
Pepperoni, Medium	1/8th pizza	35	28	3	1.25	0.1	7	111	0.1	0	0	1.3
Pepperoni, Small	1/6th pizza	31	26	3	1	0.1	6	100	0	0	0	1
Pepperoni, Stromboli	1/2 order	90	75	8	3	0.3	16	285	0	0	0	3.5
Pineapple, Large	1/8th pizza	11	0	0	0	0	0	0	2.8	0.3	3	0.1
Pineapple, Medium	1/8th pizza	5	0	0	0	0	0	0	1.5	0.1	2	0
Pineapple, Small	1/6th pizza	5	0	0	0	0	0	0	1.2	0.2	1	0
Pizza Crust, Gluten Sensitive (12")	1/8th pizza	136	62	7	1	0	3	185	18	2	1	3
Pizza Crust, Large	1/8th pizza	210	47	5	0.75	0	3	225	34	1.3	1	4
Pizza Crust, Medium	1/8th pizza	122	25	3	0.43	0	2	135	21	0.8	0	3
Pizza Crust, Small	1/6th pizza	111	25	3	0.41	0	1.6	120	18	0.7	0	2.5
Pizza Sauce, Large	1/8th pizza	12.5	2	0.2	0	0	0	117	2	0.6	2	0.4
Pizza Sauce, Medium	1/8th pizza	6.2	1.5	0.12	0	0	0	62	1	0.4	1	0.3
Pizza Sauce, Small	1/6th pizza	6	0.83	0.08	0	0	0	55	1	0.3	1	0.2
Provolone Cheese, Large	1/8th pizza	68	46	5	3.5	0	13	171	0.4	0	0	5
Provolone Cheese, Medium	1/8th pizza	37.5	25	3	2	0	7.5	93	0.3	0	0	3
Provolone Cheese, Small	1/6th pizza	33	23	2.5	1.6	0	6.5	83	0.2	0	0	2.5
Red Onion, Large	1/8th pizza	4	0	0	0	0	0	0	1	0.1	1	0.1
Red Onion, Medium	1/8th pizza	3	0	0	0	0	0	0	0.8	0.1	0	0.1
Red Onion, Small	1/6th pizza	2.5	0	0	0	0	0	0	0.7	0.2	0	0
Ricotta Cheese, Large	1/8th pizza	33	22	2.5	1.5	0	10	16	0.6	0	0	2.3
Ricotta Cheese, Medium	1/8th pizza	18	12.5	1.3	1	0	5.6	8.75	0.4	0	0	0.1
Ricotta Cheese, Small	1/6th pizza	16	11.6	1	0.75	0	5	8.3	0.3	0	0	1
Sausage, Large	1/8th pizza	61	43	4	1.6	0	10	131	0.8	0	0	3.3
Sausage, Medium	1/8th pizza	33	23	2.6	1	0	5.6	72	0.4	0	0	2
Sausage, Small	1/6th pizza	28	20	2.2	0.75	0	5	61	0.3	0	0	1.5
Sausage, Stromboli	1/2 order	55	40	4.5	1.5	0	10	115	0.5	0	1	3
Spinach, Calzone	1/2 order	5	0	0	0	0	0	15	0.5	0.5	0	0.5
Spinach, Large	1/8th pizza	3	0.62	0	0	0	0	10	0.5	0.3	0	0.4
Spinach, Medium	1/8th pizza	0.12	0	0	0	0	0	5	0.3	0.1	0	0.3
Spinach, Small	1/6th pizza	1.6	0	0	0	0	0	5	0.2	0.2	0	0.2
Steak, Large	1/8th pizza	10	6	0.62	0.25	0	2.5	7.5	0	0	0	1
Steak, Medium	1/8th pizza	6	3.75	0.43	0.18	0	1.25	6	0	0	0	0.6
Steak, Small	1/6th pizza	8.3	5	0.58	0.25	0	1.6	9	0	0	0	1
Tomato, Large	1/8th pizza	3	0.62	0	0	0	0	0.62	0.8	0.3	1	0.1
Tomato, Medium	1/8th pizza	2	0	0	0	0	0	0	0.4	0.1	0	0.1
Tomato, Small	1/6th pizza	1.6	0	0	0	0	0	0	0.3	0.2	0	0
Tomato, Stromboli	1/2 order	2.5	0	0	0	0	0	0	1	0	1	0
Tzatziki Sauce, Stromboli	1/2 order	45	40	4.5	3	0	0	120	1	0	0	1

Gluten Sensitive Pizzas = Medium 12". Serving Size = 1/8th pizza												
Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugars (g)	Protein (g)	
GLUTEN SENSITIVE SPECIALTY PIZZAS												
Cheezy Garlic Bacon	1/8th pizza	266	149	17	6	0.1	33	487	20	2	2	12
Chicken Garlic Spinach	1/8th pizza	239	116	13	4	0.1	28	430	20	2.5	2	52
Garden Veggie	1/8th pizza	220	109	12	4	0.1	17	430	22	2.5	3	9

Large (16". Serving Size = 1/8th Pizza) Medium (12". Serving Size = 1/8th Pizza) Small (10". Serving Size = 1/6th Pizza) Calzones/Strombolis (12". Serving Size = 1/2 Calzone/Stromboli)												
Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugars (g)	Protein (g)	
SPECIALTY PIZZAS												
Bacon Cheese Burger, Large	1/8th pizza	503	230	26	11	0	63	984	41	2	3	26
Bacon Cheese Burger, Medium	1/8th pizza	280	124	14	6	0.2	38	544	25	1.2	2	14
Bacon Cheese Burger, Small	1/6th pizza	255	113	13	5	0.2	33	490	22	1	1	13
BBQ Chicken, Large	1/8th pizza	400	175	20	9	0.3	59	899	43	2.5	5	24
BBQ Chicken, Medium	1/8th pizza	251	94	10.5	4.5	0.3	40	493	25	1.3	3	14
BBQ Chicken, Small	1/6th pizza	222	85	9	4	0.5	24	420	22	1	2	11
Buffalo Chicken, Large	1/8th pizza	466	204	23	9	0.2	45	1149	42	2.5	2	22
Buffalo Chicken, Medium	1/8th pizza	286	124	15	6	0.3	40	7734	26	1.4	1	14
Buffalo Chicken, Small	1/6th pizza	268	122	10	4	0.1	21	742	24	1.2	1	13
Garlic Spinach, Large	1/8th pizza	406	171	19	8	0.3	40	665	50	2	3	12
Garlic Spinach, Medium	1/8th pizza	232	95	10	4	0.1	22	375	24	1.2	2	10
Garlic Spinach, Small	1/6th pizza	212	88	7	3	0	14	335	22	1	1	9
Greek, Large	1/8th pizza	499	239	27	11	0.5	70	1076	40	3	4	22
Greek, Medium	1/8th pizza	291	138	15	7	0.3	40	624	25	2	2	15
Greek, Small	1/6th pizza	248	115	12	5	0.2	33	522	22	1.3	2	10
Hawaiian, Large	1/8th pizza	436	178	20	9	0.2	50	943	40	0.3	5	22
Hawaiian, Medium	1/8th pizza	261	105	12	6	0.3	30	558	25	1	3	13
Hawaiian, Small	1/6th pizza	225	90	10	4	0.1	26	477	22	1	2	11
Margherita, Large	1/8th pizza	178	123	14	6	0	23	408	40	1.3	2	8
Margherita, Medium	1/8th pizza	95	65	7	3	0	12	216	26	0.6	1	4
Margherita, Small	1/6th pizza	90	52	6	2.5	0	10	180	25	0.5	1	3.5
Meat Lovers, Large	1/8th pizza	510	246	27.5	11	0.3	66	1023	41	2	3	24
Meat Lovers, Medium	1/8th pizza	292	136	15	6	0.2	39	578	24	1	1	14
Meat Lovers, Small	1/6th pizza	266	125	14	5.3	0.2	36	575	21	1	1	13
Paulie's, Large	1/8th pizza	471	221	24	11	0.3	53	985	39	2	2	21
Paulie's, Medium	1/8th pizza	280	129	14.5	6	0.3	32	581	24	1	1	13
Paulie's, Small	1/6th pizza	242	112	12.5	5	0.2	27	495	21	1	1	11
Supreme, Large	1/8th pizza	528	244	27	10	0.3	72	1435	43	3	4	27
Supreme, Medium	1/8th pizza	294	131	14	5	0.2	38	783	25	1.6	2	14

Supreme, Small	1/6th pizza	258	115	13	4.8	0.2	32	685	22	1.5	2	12
Vegetarian, Large	1/8th pizza	178	98	10.8	5.7	0.1	25	628	10	2.3	5	11
Vegetarian, Medium	1/8th pizza	96	54	6	3	0.1	14	340	5.1	1.3	2	6
Vegetarian, Small	1/6th pizza	87	47	5	3	0	12	301	4	1	2	5
White, Large	1/8th pizza	392	169	19	8	0.1	39	555	38	1.5	1	17
White, Medium	1/8th pizza	225	94	10.5	4	0.1	21	316	22	0.9	1	9.5
White, Small	1/6th pizza	205	88	9.8	4	0	19	283	20	0.6	1	8.5

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugars (g)	Protein (g)
SALADS												
Buffalo Chicken, no dressing/bread	1/2 container	400	215	24	8.5	0	52.5	1250	28	5	3	27
Caesar Chicken, no dressing/bread	1/2 container	275	90	10	5.5	0	110	875	6	2	2	39
Caesar, no dressing/bread	1/2 container	100	60	6.5	4	0	22.5	310	5	2	2	6.5
Chef, no dressing/bread	1/2 container	360	210	23	10	0	179	1375	9.5	3	4	29
Fresh Mozzarella, no dressing/bread	1/2 container	405	310	35	14	0	55	385	4	1	3	18
Small Garden, no dressing	1 container	20	0	0	0	0	0	15	4	1	2	1
Garden, no dressing/bread	1 container	80	10	1	0	0	0	75	16	3.5	7	5
Greek Chicken, no dressing/bread	1/2 container	295	95	10.5	4.5	0	108	1055	11	3.5	4	38
Greek Gyro, no dressing/sauce/bread	1/2 container	375	205	28	12	1	103	1100	13	4.5	4	19
Greek, no dressing/bread	1/2 container	120	60	7	3	0	20	490	10	3.5	4	5.5
Grilled Chicken, no dressing/bread	1/2 container	215	35	4	1	0	87.5	575	9	3.5	4	35
Tuna, no dressing/bread	1/2 container	370	260	29	6	0	47.5	830	11	3.5	4	19
Dressing, Balsamic Ind. Cup	1/2 container	120	90	10	1.5	0	0	150	7	0	6	0
Dressing, Blue Cheese Ind. Cup	1/2 container	125	125	14	2.25	0	12.5	260	0.5	0	1	0.5
Dressing, Ranch Ind. Cup	1/2 container	110	105	11.5	1.75	0	10	140	1	0	1	0.5
Dressing, Honey Mustard Ind. Cup	1/2 container	135	110	12	1.75	0	0	150	6	0	5	0
Dressing, House Ind. Cup	1/2 container	145	135	15	3	2	12.5	250	2	0	1	0.5
Salad Add-On, Artichokes	1/2 order	5	0	0	0	0	0	35	1	0	0	0.5
Salad Add-On, Chicken	1/2 order	175	35	3.5	1	0	87.5	565	1	0	0	33
Salad Add-On, Gyro Meat	1/2 order	255	190	21.5	9	1	85	610	3	1.5	0	14

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugars (g)	Protein (g)
STARTERS & SIDES												
Cheese Fries	1/2 order	740	445	49.5	15	0.5	72.5	1090	50	4.5	2	24
Chicken Tenders	1/2 order	475	295	33	5.5	0	35	1070	24	1	5	20

French Fries	1/2 order	485	205	23	3.5	0	0	325	65	6	1	5.5
Fried Mushrooms	1/2 order	315	215	24.5	3.5	0	10	605	23	1.5	5	4
Garlic Knots, 12 pc	1/3 order	284	87	10	1.5	0	3.3	426	41	2	4	6.5
Jalapeno Poppers	1/2 order	375	245	27.5	6.5	0	25	1085	28	1.5	7	6.5
Meatball Appetizer	1/2 order	360	190	21	10	0	108	655	11	1	3	29
Mozzarella Sticks	1/2 order	305	165	18	6	0	30	1030	24	3.5	2	13
Onion Rings	1/2 order	385	250	28	4	0	0	620	32	2	4	4
Chips - various - see individual bags for serving size and nutrition information												

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugars (g)	Protein (g)
CALZONES & STROMBOLIS												
Stromboli	1/2 order	695	310	35	14	0.5	70	1410	65	3.5	5	29
Stromboli, Greek	1/2 order	765	365	41	18	0.8	90	1650	69	4.5	6	32
Stromboli, Pepperoni	1/2 order	670	300	34	13.5	0.5	67.5	1420	62	3	4	27
Calzone, Ham & Cheese	1/2 order	670	270	30	13.5	0	92.5	1460	64	3	4	39
Calzone, Pepperoni	1/2 order	745	350	39.5	17	0.5	92.5	1480	64	3	4	33
Calzone, Spinach	1/2 order	440	130	14.5	5	0	30	645	62	3	4	14

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugars (g)	Protein (g)
SUBS, SANDWICHES, WRAPS & BURGERS												
Chicken Parmesan	1/2 order	410	110	12.5	5	0	82.5	1165	38	5.5	4	37
Chicken Philly & Cheese	1/2 order	605	360	39.5	9	0	60	758	40	6	4	24
Grilled Chicken	1/2 order	520	255	28.5	4	0	82.5	920	38	5.5	4	31
Ham & Cheese	1/2 order	545	320	35.5	7.5	0	72.5	1335	37	5.5	4	23
Meatball Parmesan	1/2 order	415	155	17.5	7	0	75	825	42	6	4	25
Steak & Cheese	1/2 order	575	330	36.5	8.5	0	75	2405	41	6	5	26
The Hot Shot	1/2 order	535	305	34	7	0	65	1270	38	5.5	5	22
The Italian	1/2 order	580	255	28.5	9	0	57.5	1855	60	8.5	9	24
Tuna	1/2 order	625	420	46.5	5.5	0	50	995	39	6	4	17
Turkey & Cheese	1/2 order	520	290	32	7	0	55	1210	40	6	5	22
Triple Decker Club	1/2 order	600	80	42	11	0	92.5	1600	26	1.5	3	30
Wrap, Chicken Caesar	1/2 order	370	130	14.5	6	0	60	1090	33	2.5	3	26
Wrap, Mediterranean Veggie	1/2 order	370	140	15.5	6	0	12.5	905	49	8	8	11
Wrap, Tuna Salad	1/2 order	690	475	53	7	0	57.5	1200	36	3	3	19
Double Cheeseburger	1/2 order	560	370	41	10	0.8	105	970	26	2	10	23

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugars (g)	Protein (g)
WINGS												
Bone-In, 8 pc. No Sauce	4 pcs	595	410	46	11	0	240	725	3.5	1	1	41
Boneless, 8 pc No Sauce	4 pcs	275	155	18	3	0	35	620	14	0	0	16
Wing Sauce, BBQ	1 oz	50	0	0	0	0	0	330	12	0	11	0
Wing Sauce, Buffalo Hot	1 oz	25	15	1.75	0.25	0	0	1055	1.5	0.5	1	0
Wing Sauce, Buffalo Mild	1 oz	80	65	7	1.25	0	0	700	3	0	3	0

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugars (g)	Protein (g)
ITALIAN ENTREES												
Baked Spaghetti	1/2 order	495	205	23	6	0	17.5	1170	52	4.5	8	17
Baked Spaghetti with Meat Sauce	1/2 order	535	230	26	7	0	27.5	1200	51	4	7	20
Baked Ziti	1/2 order	395	115	13	7	0	37.5	640	49	3.5	5	20
Chicken Parmesan	1/2 order	650	235	26	7	0	105	1525	49	4	6	48
Fettuccini Alfredo	1/2 order	395	165	18.5	6	0.3	25	645	44	2.5	4	12
Garlic Spaghetti	1/2 order	395	150	16.5	2.5	0	2.5	775	47	3.5	5	9.5
Garlic Spaghetti with Meat Sauce	1/2 order	420	165	16.5	3	0	7.5	795	47	3.5	5	12
Jumbo Ravioli	1/2 order	510	170	16.5	10.5	0	95	900	60	3	5	27
Meat Lasagna	1/2 order	235	120	13.5	7.5	0	42.5	590	14	1.5	4	15
Pasta Add-ons, Chicken	1/2 order	130	25	3	0.75	0	65	425	1	0	0	24
Pasta Add-ons, Meatballs	1/2 order	110	55	6	2.25	0	45	67.5	3.5	0	0	9.5
Pasta Add-ons, Sausage	1/2 order	135	90.5	10.5	3.5	0	22.5	290	1.5	0	1	7.5
Garlic Bread	1/2 order	90	35	3.5	0.75	0	0	130	13	2	2	2

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugars (g)	Protein (g)
KIDS MEALS												
Chicken Tenders & Fries	1 order	1060	710	79	12	0	70	1870	67	4	14	23
Cheese Ravioli	1 order	510	170	18	10	0	95	1130	62	3	4	26
Spaghetti	1 order	390	150	17	2.5	0	0	780	47	4	5	9

NUTRITION INFORMATION ON DRINKS MAY BE FOUND ON PACKAGE LABELS

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugars (g)	Protein (g)
DESSERTS												
Brownie	1/2 order	235	95	10.5	2.5	0	37.5	190	40	0.5	29	2.5
Cannoli	1 order	200	70	8	1	0	15	20	30	0	17	4
Cheesecake	1/2 order	230	145	16	8.5	0	45	160	21	0.5	13	3.5
Strawberry Topping	1 oz	70	0	0	0	0	0	5	19	0	8	0
Tiramisu	1/2 order	135	70	7.5	5.5	0	30	15	14	0	20	2
Zeppoles with Raspberry Sauce	1/2 order	265	65	7	1	0	2.5	205	46	1	17	4

