

Food Item	Serving Size (Oz)	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (% DV)
Limited Time Offers																
Orange Cream Cheesecake	5.2	490	240	27	15	0	65	310	57	1	39	5	20	6	8	4
Parmesan Crusted Tortellini Bake	19.2	1000	410	46	23	0.5	225	2660	85	5	9	58	45	0	80	30
4-Meat Tortellini Bake	18.1	1070	520	58	29	1	225	3040	80	7	11	57	70	70	30	40
Three Cheese Tortellini Alfredo	18.2	860	340	37	20	0	215	2500	75	5	9	53	40	2	45	25
inSALADas																
Harvest Apple & Walnut (with dressing)	14.0	730	440	49	9	0	55	1420	43	6	14	20	130	60	6	15
Market Strawberry & Feta (with dressing)	15.6	730	400	44	5	0	100	1450	16	6	37	28	200	80	10	20
Italian Deli Trio (with dressing)	13.2	720	510	57	11	0	40	1980	36	4	5	18	210	20	8	15
Chicken Bacon Caesar (with dressing)	13.1	670	450	50	12	0	85	2040	19	3	6	32	130	45	4	15
Classic Roman (with dressing)	17.2	710	410	46	5	0	75	2480	32	5	14	27	210	15	8	15
House Side Salad (no dressing)	3.0	40	20	2	1	0	5	5	3	2	1	2	100	4	8	4
Caesar Side Salad (no dressing)	2.6	70	25	2.5	1	0	5	160	9	1	1	4	100	4	2	6
Dressings																
White Balsamic Vinaigrette	1.7	180	160	18	3	0	0	270	6	0	0	0	0	2	0	0
Red Wine Balsamic Vinaigrette	1.7	170	140	15	2.5	0	0	420	6	0	5	0	0	0	0	0
House Italian	1.5	160	130	14	2	0	0	760	7	0	7	0	0	0	0	2
Fat Free Italian	1.5	25	0	0	0	0	0	390	6	0	3	0	2	2	0	0
Honey French	1.5	220	160	18	3	0	0	310	14	0	13	0	0	0	0	0
Lite Ranch	1.5	120	110	12	2	0	5	350	2	0	1	1	0	0	0	0
Ranch	1.5	220	210	24	4	0	10	420	2	0	2	1	0	0	0	0
Signature Caesar	1.6	200	180	20	4	0	0	590	3	0	2	2	0	0	0	0
Poppyseed	1.7	210	150	17	2.5	0	15	350	0	0	15	0	0	0	0	0
CROUTONS (Side Salad Portion)	0.2	30	10	1	0	0	0	85	5	0	0	1	0	0	0	0
Primo Submarinos																
The Primo Italiano	15.3	880	450	50	15	1	85	3650	68	3	13	43	15	20	25	20
Turkey Mozzarella Fresco	13.3	870	470	52	12	1	75	2490	59	4	7	40	20	20	30	20
Meatball da Vinci	14.2	990	520	58	24	1.5	130	2800	64	4	7	49	25	25	50	35
Turkey Club Classico	14.6	800	410	45	13	1	85	2540	59	3	10	40	59	3	10	40
Signature Pasta																
3-Cheese Tortellini Alfredo	18.2	860	340	37	20	0	215	2500	75	5	9	53	40	2	45	25
Ultimate Spaghetti	21.4	900	320	36	12	0	90	2280	102	8	16	37	25	30	15	40
Ultimate Fettuccine	22.3	930	340	38	18	0	145	2430	95	5	12	45	20	20	30	25
Chicken Carbonara	20.2	860	290	32	16	0	135	2120	92	4	11	43	20	20	30	25
Baked Pastas																
Baked Spaghetti	13.4	570	180	20	12	0.5	55	980	69	5	11	26	25	15	45	25
Baked Ziti	15.3	670	240	26	15	0.5	75	1630	72	7	13	34	40	30	50	30
Twice-Baked Lasagna	15.6	710	270	31	17	0	85	1980	72	7	13	37	40	30	60	30
Chicken Parmigano	19.6	870	310	35	16	0.5	110	2000	91	7	13	45	30	20	50	30
Penne Romano	17.1	860	370	42	19	0.5	110	2220	76	7	14	42	50	35	45	35
Chicken Broccoli Penne	20.6	830	330	37	18	0	150	2080	75	6	10	46	30	60	50	25
Penne with Creamy Basil Chicken	18.4	850	370	41	19	0.5	150	2030	72	4	9	45	25	2	50	25
Samplers																
Classic Sampler	21.8	880	220	24	12	0	60	2070	123	9	17	36	35	30	35	40
Spicy Sampler	24.3	1040	320	36	14	0	105	2410	125	9	17	48	45	25	35	45
Ultimate Sampler	29.3	1140	250	28	13	0	70	2660	168	13	24	46	50	45	35	60
Breadsticks																
Garlic Breadsticks (1 each)	1.4	140	70	8	1.5	0	0	320	16	0	1	3	2	0	4	6
Breadsticks, Dry (1 each)	1.1	80	10	1	0	0	0	150	16	0	1	3	0	0	4	6
Kids Meals Pick Your Noodle																
Spaghetti, Fettuccine, or Penne	4.0	200	25	2.5	0	0	0	0	36	2	2	6	0	0	0	8
Ravioli	2.8	180	60	7	4	0	40	270	18	1	1	9	15	0	20	4
Kids Meals Pick Your Sauce																
Marinara	2.8	30	0	0	0	0	0	300	7	1	4	1	6	8	2	4
Meat	3.5	70	25	2.5	1	0	5	590	8	2	5	4	15	15	2	8
Alfredo	2.7	110	70	8	4.5	0	25	500	6	0	2	2	4	0	8	0
Kids Meals Pizza																
Cheese Slice	4.7	360	130	15	8	0	35	660	40	2	4	15	8	6	25	15

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Pepperoni Slice	4.7	370	140	16	8	0	30	760	40	2	4	15	8	6	20	15
Senior Meals																
Baked Lasagna	7.8	400	180	19	11	0	55	1000	35	3	6	21	20	15	40	15
Baked Spaghetti	7.7	330	90	10	6	0	30	490	43	3	6	14	10	8	25	15
Baked Spaghetti with meatballs	9.7	500	200	22	11	0	65	950	48	4	6	23	15	10	30	20
Fettuccine Alfredo	11.6	520	160	18	10	0	50	1080	67	3	7	16	10	0	20	15
Fettuccine Alfredo with Chicken	13.5	570	180	20	10	0	80	1310	68	3	8	2	10	20	0	15
Spaghetti with Marinara Sauce	11.4	340	15	2	0	0	0	610	68	5	10	12	15	15	6	20
Spaghetti with Meat Sauce	13.1	430	60	7	2	0	15	1170	71	7	13	18	25	30	4	30
Spaghetti with Meat Balls	13.4	510	120	14	5	0	35	1080	72	6	11	20	15	20	10	30
Build Your Own Pick Your Noodle																
Spaghetti, Fettuccine, or Penne	10.0	510	60	7	0	0	0	0	91	4	4	16	0	0	0	20
with Meat Sauce	9.0	190	60	7	3	0	15	1490	21	5	13	11	35	40	4	20
with Alfredo	7.7	320	200	23	14	0	70	1480	17	0	6	8	15	0	25	0
with Creamy Basil	8.4	440	320	36	16	0	65	1650	18	0	6	7	20	2	25	2
Top It Options																
Italian Meatballs	3.0	250	160	18	8	0	55	700	6	1	1	13	4	4	8	10
Roasted Chicken	3.7	110	25	3	0	0	60	450	1	0	0	20	2	0	0	6
Broccoli	2.7	60	40	5	1	0	0	210	3	2	1	2	6	60	2	2
Italian Sausage	2.0	200	150	16	5	0	40	680	3	0	1	10	0	0	2	4
Bacon	0.3	45	35	4	2	0	15	200	0	0	0	3	0	0	0	0
Pizza by the Slice																
Pepperoni Single Slice (Combo)	4.7	370	140	16	8	0	30	760	40	2	4	15	8	6	20	15
Cheese Single Slice (Combo)	4.7	360	130	15	8	0	35	660	40	2	4	15	8	6	25	15
Pepperoni Double Slice	9.4	740	280	32	16	0	60	1520	80	4	8	30	16	12	40	30
Cheese Double Slice	9.4	720	260	30	16	0	70	1320	80	4	8	30	16	12	50	30
\$5 Lunch / CYO Sampler Components																
Spaghetti with Marinara Sauce	6.4	210	10	1	0	0	0	280	42	3	6	7	10	10	0	10
Spaghetti with Meat Sauce	7.3	250	30	4	1	0	5	540	44	4	6	10	10	15	2	15
Penne with Marinara Sauce	6.4	210	10	1	0	0	0	280	42	3	6	7	10	10	0	10
Penne with Meat Sauce	7.3	250	30	4	1	0	5	540	44	4	6	10	10	15	2	15
Fettuccine with Alfredo Sauce	6.5	290	70	8	5	0	20	460	42	2	4	8	4	0	8	8
Ravioli with Meat Sauce	6.1	240	90	10	5	0	45	810	26	3	5	13	25	15	20	10
Ravioli with Marinara Sauce	5.2	200	70	7	4	0	40	550	24	2	5	10	25	15	20	6
Lasagna with Meat Sauce	7.0	210	80	8	4	0	20	990	23	3	7	12	20	20	15	10
Pepperoni Single Slice	4.7	370	140	16	8	0	30	760	40	2	4	15	8	6	20	15
Cheese Single Slice	4.7	360	130	15	8	0	35	660	40	2	4	15	8	6	25	15
House Side Salad (no dressing)	3.0	40	20	2	1	0	5	5	3	2	1	2	100	4	8	4
Caesar Side Salad (no dressing)	2.6	70	25	2.5	1	0	5	160	9	1	1	4	100	4	2	6
Italian Lemon Ice																
Medium Original	14 fl oz	190	0	0	0	0	0	15	46	0	46	0	0	0	0	0
Large Original	20 fl oz	250	0	0	0	0	0	20	65	0	65	0	0	0	0	0
Medium Strawberry	14 fl oz	190	0	0	0	0	0	50	51	0	51	0	0	15	0	0
Large Strawberry	20 fl oz	270	0	0	0	0	0	55	70	0	70	0	0	15	0	0
Medium Blue Raspberry	14 fl oz	210	0	0	0	0	0	15	56	0	55	0	0	0	0	0
Large Blue Raspberry	20 fl oz	310	0	0	0	0	0	20	80	0	80	0	0	0	0	0
Drinks																
Apple Juice	6 fl oz	80	0	0	0	0	0	15	21	2	19	0	0	100	10	0
Chocolate Milk	7 fl oz	180	20	2.5	1.5	0	10	210	29	0	26	10	8	4	35	0
1% White Milk	7 fl oz	110	20	2	1.5	0	10	140	14	0	13	9	8	4	35	0
Treats																
Italian Donuts with Hershey's Chocolate	6.7	650	270	30	15	0	0	440	84	1	42	6	0	0	0	10
Triple Chocolate Cheesecake	5.4	520	260	29	14	0	60	340	60	3	40	6	15	0	6	10
NY Style Cheesecake with Strawberry	6.3	630	410	45	26	1	160	630	49	1	32	8	30	15	8	4
Chocolate Chunk Cookie	3.0	320	140	15	8	0	15	210	45	2	26	3	10	0	2	10