



Nutritional Information

Food Item	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)
Limited Time Offers (at select locations)											
Baked Fettuccine Alfredo	550	220	24	12	0	65	1360	63	2	6	22
Chicken Gnocchi Soup - Bowl	390	200	22	11	0	110	1820	30	0	4	13
Chicken Gnocchi Soup - Cup	260	130	14	7	0	70	1210	20	0	3	9
Chocolate Peanut Butter Swirl Cheesecake	550	290	32	14	0	70	380	58	2	38	8
Salads											
Harvest Apple & Walnut (with dressing)	820	420	47	8	0	25	1470	63	6	43	28
Market Strawberry & Feta (with dressing)	680	350	39	4.5	0	35	1310	41	6	31	27
Italian Deli Trio (with dressing)	720	490	54	10	0	45	1910	37	4	14	21
Chicken Bacon Caesar (with dressing)	750	480	54	11	0	35	2190	32	3	6	34
House Side Salad (no dressing)	45	20	2.5	1	0	10	65	3	1	1	3
Caesar Side Salad (no dressing)	60	25	2.5	1	0	5	140	7	1	1	4
Dressings											
White Balsamic Vinaigrette	170	140	16	2.5	0	0	250	6	0	5	0
Red Wine Balsamic Vinaigrette	150	130	14	2	0	0	390	5	0	5	0
House Italian	160	130	14	2	0	0	760	8	0	8	0
Fat Free Italian	15	0	0	0	0	0	350	4	0	3	0
Honey French	190	140	15	2.5	0	0	300	13	0	12	0
Ranch	210	200	22	3.5	0	10	330	2	0	1	0
Signature Caesar	180	170	19	3	0	5	540	2	0	1	1
Poppyseed	180	130	14	2	0	10	310	12	0	12	0
Croutons (Side Salad Portion)	30	10	1	0	0	0	85	5	0	0	1
Primo Submarinos											
The Primo Italiano	840	400	45	15	0	105	3340	60	4	8	51
Turkey Mozzarella Fresco	740	350	39	10	0	60	2250	57	4	6	39
Meatball da Vinci	920	510	56	20	2	100	2740	65	5	8	36
Turkey Club Classico	710	310	35	11	0	90	2230	55	3	7	44
Ultimate Pastas											
Ultimate Spaghetti	920	320	36	13	0	90	2330	105	9	17	37
Ultimate Fettuccine	930	300	34	13	0	65	2160	101	5	14	48
Ultimate Veggie Rotini (at select locations)	840	360	40	12	0	40	2030	104	15	15	26
Signature Pasta											
Three-Cheese Tortellini Alfredo	840	310	34	16	0	145	2360	76	5	11	54
Chicken Carbonara	890	270	30	12	0	65	2050	100	5	13	47
Baked Pastas											
Baked Spaghetti	470	130	14	7	0	45	1090	67	6	8	19
Baked Spaghetti with Meatballs	690	290	32	14	1	85	1730	72	6	9	28
Baked Ziti	570	170	19	9	0	55	1350	71	7	11	28
Baked Lasagna	610	220	25	13	0	95	1830	66	8	12	33
Chicken Parmigiano	690	190	21	9	0	90	2180	91	6	10	37
Penne Romano	750	330	37	15	0	95	2100	72	7	9	32
Penne with Creamy Basil Chicken	870	410	46	16	0	70	2230	70	3	9	43
Chicken Broccoli Penne	800	310	35	14	0	75	2310	74	5	11	45
Spicy Sausage Penne (at select locations)	740	340	37	15	0	90	2000	72	6	9	31
Spicy Penne with Chicken (at select locations)	670	220	25	10	0	60	1830	71	5	9	40
Samplers											
Classic Sampler	850	300	33	16	0	100	2380	102	9	14	35
Oven-Baked Classic Sampler (at select locations)	850	300	33	16	0	100	2380	102	9	14	35
Ultimate Sampler	890	230	25	10	0	65	2620	137	12	19	30
Spicy Sampler (at select locations)	1110	380	42	15	0	70	2770	129	9	20	47
Breadsticks											
Garlic Breadsticks (1 each)	130	70	8	1.5	0	0	320	16	0	1	3
Breadsticks, Dry (1 each)	80	10	1	0	0	0	160	16	0	1	3
Kids Meals Pick Your Noodle											
Spaghetti, Fettuccine, or Penne	160	10	1.5	0	0	0	90	35	2	0	3
Ravioli	180	60	7	4	0	40	270	18	1	1	9
Kids Meals Pick Your Sauce											
Marinara	35	0	0	0	0	0	310	7	2	4	1
Meat	70	25	3	1	0	5	510	8	2	4	3
Alfredo	90	50	6	2.5	0	10	470	6	0	3	3
Kids Meals Pizza											
Cheese Slice	280	100	12	5	0	25	680	31	2	3	14
Pepperoni Slice	290	120	13	5	0	25	780	31	2	3	13
Senior Meals											
Baked Lasagna	320	120	13	7	0	50	990	35	4	7	17
Baked Spaghetti	270	70	7	3.5	0	20	570	42	3	4	10
Baked Spaghetti with meatballs	430	170	19	8	0.5	50	990	46	4	4	16
Fettuccine Alfredo	430	130	14	6	0	30	1170	64	2	7	11
Fettuccine Alfredo with Chicken	490	140	16	6	0	30	1360	66	2	7	20
Spaghetti with Marinara Sauce	320	20	3	0	0	0	750	67	6	8	7
Spaghetti with Meat Sauce	390	70	8	3	0	15	1150	69	7	8	12
Spaghetti with Meat Balls	470	130	14	5	1	30	1180	70	6	8	13
Build Your Own Pick Your Noodle											
Spaghetti, Fettuccine, or Penne	470	20	2	0	0	0	0	91	4	4	16

Food Item	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)
Ravioli	320	120	13	7	0	60	480	34	2	2	17
Tortellini	400	100	11	6	0	85	550	58	3	1	19
Whole Grain Rotini	360	25	2.5	0	0	0	30	80	13	4	13
Classic Pastas											
Spaghetti with Meat Sauce	570	100	11	4	0	20	1620	101	9	12	17
Spaghetti with Marinara	470	30	3.5	0.5	0	5	1090	100	8	12	11
Spaghetti with Meatballs	700	190	21	8	1	45	1730	104	9	12	19
Fettuccine Alfredo	650	190	21	9	0	45	1700	95	4	9	18
Chicken Fettuccine Alfredo	770	220	25	9	0	45	2070	98	4	10	36
Build Your Own Pick Your Sauce											
with Marinara	100	5	0	0	0	0	890	21	5	11	3
with Meat Sauce	200	70	8	3	0	15	1420	22	6	11	10
with Alfredo	280	170	18	9	0	40	1500	17	0	9	11
with Spicy Tomato Pepper Sauce	190	90	9	4	0	15	1230	20	3	10	6
with Creamy Basil	380	280	31	10	0	30	1610	17	0	8	9
Pizza by the Slice											
Pepperoni Single Slice (Make it a Meal)	290	120	13	5	0	25	780	31	2	3	13
Cheese Single Slice (Make it a Meal)	280	100	12	5	0	25	680	31	2	3	14
Pepperoni Double Slice	590	240	26	10	0	55	1550	63	4	5	26
Cheese Double Slice	560	210	23	10	0	55	1370	62	4	5	27
\$5 Lunch (at select locations)											
Spaghetti with Meat Sauce	240	40	5	2	0	5	600	43	4	4	7
Spaghetti with Marinara Sauce	200	15	2	0	0	0	400	42	3	4	4
Penne with Marinara Sauce	200	15	2	0	0	0	400	42	3	7	4
Penne with Spicy Tomato Pepper Sauce	240	45	5	2	0	10	570	42	3	4	6
Fettuccine with Alfredo Sauce	250	70	7	3	0	15	610	41	2	3	7
Ravioli with Meat Sauce	250	90	10	5	0	45	780	26	3	5	13
Ravioli with Marinara Sauce	210	70	7	4	0	40	580	26	2	5	11
Lasagna with Meat Sauce	250	60	7	4	0	25	820	35	4	7	11
Pepperoni Single Slice	290	120	13	5	0	25	780	31	2	3	13
Cheese Single Slice	280	100	12	5	0	25	680	31	2	3	14
House Side Salad (no dressing)	45	20	2.5	1	0	10	65	3	1	1	3
Caesar Side Salad (no dressing)	60	25	2.5	1	0	5	140	7	1	1	4
Italian Lemon Ice											
Giving Grape - Large	340	0	0	0	0	0	20	89	0	89	0
Medium Original	190	0	0	0	0	0	15	46	0	46	0
Large Original	250	0	0	0	0	0	20	65	0	65	0
Medium Strawberry	190	0	0	0	0	0	50	51	0	51	0
Large Strawberry	270	0	0	0	0	0	55	70	0	70	0
Medium Blue Raspberry	210	0	0	0	0	0	15	56	0	55	0
Large Blue Raspberry	310	0	0	0	0	0	20	80	0	80	0
Drinks											
Apple Juice	80	0	0	0	0	0	15	21	2	19	0
Chocolate Milk	180	20	2.5	1.5	0	10	210	29	0	26	10
1% White Milk	110	20	2	1.5	0	10	140	14	0	13	9
Soft Drink, Kid's	0 - 160	0	0	0	0	0	40 - 70	0 - 44	0	0 - 44	0
Soft Drink, Small	0 - 270	0	0	0	0	0	65 - 115	0 - 73	0	0 - 73	0
Soft Drink, Medium	0 - 400	0	0	0	0	0	100 - 170	0 - 109	0	0 - 109	0
Soft Drink, Large	0 - 590	0	0	0	0	0	150 - 250	0 - 160	0	0 - 160	0
Treats											
Brownie	240	90	11	3	0	20	140	34	2	23	2
Brownie Gelato Sundae	700	290	32	18	0	115	310	97	6	76	11
Triple Chocolate Cheesecake	530	260	29	14	0	65	330	61	1	40	7
NY Style Cheesecake with Strawberry	550	270	30	16	0	65	370	63	0	48	5
Chocolate Chunk Cookie	380	160	18	10	0	20	250	53	2	31	4
Family Meals (Serves 4)											
Spaghetti w/ Marinara, per serving	230	15	1.5	0	0	0	550	50	4	6	5
Spaghetti w/ Meat Sauce, per serving	390	90	10	3.5	0	15	1590	63	8	12	14
Fettuccine Alfredo, per serving	310	90	10	4	0	20	800	48	2	4	8
Baked Lasagna, per serving	310	110	12	6	0	45	920	33	4	6	16
Chicken Parmigiano, per serving	350	90	10	4.5	0	45	1090	45	3	5	19
Baked Ziti, per serving	270	90	10	4.5	0	25	740	34	3	4	12
House Side Salad (no dressing), per serving	40	15	2	1	0	5	55	3	2	1	3
Caesar Side Salad (no dressing), per serving	70	25	2.5	1	0	5	160	9	1	1	4
Top-It - Parmesan Roasted Broccoli, per serving	40	20	2.5	0.5	0	0	180	3	1	1	1
Top-It - Italian Meatballs, per serving	110	80	9	3.5	0	20	320	2	0	0	4
Top-It - Roasted Chicken, per serving	60	15	1.5	0	0	0	190	1	0	1	9
Top-It - Italian Sausage, per serving	100	80	9	3	0	20	310	1	0	0	4
Gallon Iced Tea, per serving	0 - 390	0	0	0	0	0	130 - 135	0 - 99	0	0 - 99	0
Gallon Lemonade, per serving	15	0	0	0	0	0	115	5	0	0	0
4 Chocolate Chunk Cookies, per serving	380	160	18	10	0	20	250	53	2	31	4
6 Extra Breadsticks, per breadstick	130	50	6	1	0	0	220	16	1	1	3

Nutritional information provided about our menu items is based on Fazoli's standardized recipes, representative values provided by suppliers, analysis using industry standard software, and/or testing conducted in accredited laboratories, and are expressed in values based on FDA rounding and other applicable regulations. A number of factors may affect the actual nutritional values for each product, such as variations in serving sizes, preparation techniques, ingredient substitutions, order customization, product testing, new recipe testing, sources of supply, and seasonal or regional differences. Due to these factors, Fazoli's cannot guarantee the complete accuracy of the nutritional information provided in this document.