



	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit. A % DV	Vit. C % DV	Calcium % DV	Iron % DV
<b>SOUPS</b>																
Chicken Noodle Soup	376	210	60	7	1	0	45	110	21	3	3	17	30	100	6	10
Tomato	350	320	260	29	16	0	90	1170	12	2	7	5	35	25	20	8
White Bean, Potato & Arugala	354	300	110	13	4	0	20	610	32	7	1	13	2	30	25	15
<b>SALADS (NO DRESSING)</b>																
Caesar	183	160	80	9	4	0	20	1170	11	3	2	11	50	60	30	10
Chicken Caesar	254	250	100	11	4.5	0	60	1440	11	3	2	27	50	70	30	15
Chicken, Pine Nuts, Tomato	232	260	150	17	7	0	65	1450	7	3	3	25	50	35	20	15
Cucumber Tomato Feta	289	160	90	10	4.5	0	25	1330	13	3	6	7	40	40	20	10
Mixed Green Salad	155	50	10	1.5	0	0	0	820	8	3	3	3	45	40	6	10
Mozzarella, Tomato, Basil	303	430	270	30	17	0	100	1750	11	3	6	31	70	45	70	15
Spinach, Pancetta, Goat Cheese	119	100	60	7	3.5	0	15	1020	4	2	1	8	50	45	10	15
Sweet Corn, Red Onion, Asparagus	277	160	60	7	4	0	20	440	17	4	8	11	50	150	30	10
Turkey, Salami, Prosciutto	254	330	160	19	7	0	105	2660	7	2	3	27	30	40	25	15
<b>SALAD DRESSINGS</b>																
Balsamic	35	200	160	18	1.5	0	0	170	9	0	9	0	0	0	2	2
Caesar	35	150	140	15	2	0	15	370	1	0	0	2	0	2	6	2
Gorgonzola	35	200	190	21	2.5	0	5	110	2	0	2	1	2	4	2	0
Pancetta	35	190	170	19	1.5	0	5	90	6	0	5	1	0	0	0	0
Red Wine	35	210	200	23	1.5	0	0	80	3	0	3	0	0	0	0	0
<b>PIZZAS (2 SLICES)</b>																
Chicken & Broccoli	114	230	80	9	5	0	35	720	20	1	1	16	8	15	30	10
Chicken Caesar & Parmesan	137	320	160	18	7	0	45	790	20	1	1	19	15	15	40	10
Crimini Mushrooms, Sausage, Pepperoni	107	250	110	12	6	0	35	740	20	1	1	14	8	8	30	10
Mozzarella, Fontina & Basil	83	200	70	8	4.5	0	25	560	19	1	1	12	6	4	30	8
Pepperoni	89	230	100	11	6	0	35	690	19	1	1	13	6	4	30	8
Pepperoni & Crimini Mushrooms	103	240	100	12	6	0	35	720	20	1	1	14	6	4	30	8
Portobello & Artichoke	111	210	80	9	4.5	0	25	610	21	2	1	13	6	6	30	10
Prosciutto & Melon	116	290	140	15	6	0	35	810	22	1	3	13	8	15	30	8
Rosemary Potato, Spinach, Feta	113	290	150	17	6	0	30	660	24	1	1	13	15	15	35	10
Sausage & Caramelized Onion	111	260	110	13	6	0	30	740	21	1	2	15	6	4	30	10
Wild Mushroom & Truffled Arugula	102	270	140	15	6	0	25	630	21	1	1	14	6	4	35	8
<b>PANINI</b>																
Grilled Cheese	218	680	290	33	19	0	100	1480	62	2	2	34	20	0	60	25
Meatballs & Red Sauce	360	890	450	51	24	0	280	1750	71	3	4	38	35	8	30	35
Salami, Turkey, Prosciutto	317	620	200	22	7	0	110	2440	64	3	3	39	15	25	15	30
Turkey, Pesto Aioli & Fontina	363	760	330	37	9	0	125	2370	65	3	3	42	15	20	15	30
<b>PASTA</b>																
Beef Lasagna	489	1040	570	65	33	0	255	1800	45	3	6	67	40	20	120	30
Chicken, Broccoli & Cheese	496	810	350	39	23	0	160	1930	58	5	5	55	45	60	90	25
Mac 'N Cheese	428	840	380	42	26	0	140	1620	70	2	5	43	40	6	90	25
• Side Portion Serving	213	420	190	21	13	0	70	810	35	1	2	21	20	0	45	10
Meatballs & Red Sauce	513	1070	610	69	34	0	385	1570	64	3	6	49	50	20	60	35
• Side Portion Serving	269	530	280	32	16	0	155	690	39	2	3	21	25	8	25	20
• Red Sauce Only Side Portion Serving	213	290	190	21	12	0	65	440	36	2	3	12	20	6	20	10
<b>SIDES</b>																
Parmesan Garlic Chips	28	140	80	9	2.5	0	0	210	15	1	1	2	0	15	2	4
French Roll	46	120	0	0	0	0	0	310	26	0	0	4	0	0	0	8

A registered dietician compiled nutrition facts using data from food manufacturers and the USDA National Nutrient Database for Standard Reference.