



NUTRITION & ALLERGEN GUIDE

THIS PAMPHLET IS MERELY A GUIDE AND IS NOT GUARANTEED TO BE ACCURATE. Anthony's Pizza & Pasta International, Inc. and its franchisees have used a good faith effort to be accurate and to provide this guide to assist people in making informed choices. Persons who suffer from any allergy or food reaction should consult with their physician regarding any issues relating to their diet and food consumption.

SPECIAL NOTE - WHEAT AND GLUTEN ALLERGIES. At Anthony's Pizza & Pasta®, we make our dough from scratch in each store every day. Therefore, a strong likelihood exists that wheat or gluten allergens may be on surfaces or in the air. Please consult your healthcare provider to see if this is a concern with your individual health situation.

**This guide will be updated periodically and should be discarded and considered out of date on:
December 31, 2014**



Allergens

X Allergen is present in the food ingredient



Pizza	Milk	Wheat	Peanuts	Tree Nuts	Egg	Soy	Fish	Shellfish
Neapolitan Cheese	X	X						
Sicilian Cheese	X	X						
White Pizza	X	X						
Gluten Free Pizza	X							
Shrimp Scampi Pizza	X	X				X		X

Toppings	Milk	Wheat	Peanuts	Tree Nuts	Egg	Soy	Fish	Shellfish
Crust		X						
Pizza Sauce								
Cheese	X							
Pepperoni								
Sausage								
Canadian Bacon								
Meatball	X	X			X	X		
Chicken						X		
Salami								
Anchovies							X	
Bacon								
Extra Cheese	X							
Feta Cheese	X							
Artichoke Hearts								
Mushrooms								
Tomatoes								
Pineapple								
Basil								
Green Olives								
Black Olives								
Kalamata Olives								
Onions								
Red Onions								
Green Peppers								
Jalapenos								
Green Chilis								
Garlic								
Spinach								

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Pasta	Milk	Wheat	Peanuts	Tree Nuts	Egg	Soy	Fish	Shellfish
Spaghetti		X						
Baked Ziti	X	X						
Ravioli	X	X			X	X		
Pesto Pasta	X	X						
Stuffed Shells	X	X			X	X		
Chicken Parmesan	X	X			X	X		
Eggplant Parmesan	X	X				X		
Fettuccinni Alfredo	X	X			X	X		
Veal Parmesan	X	X				X		
Cheese Lasagna	X	X			X	X		
Manicotti	X	X			X	X		
Mac & Cheese	X	X				X		
Kids Pasta w/ Butter	X	X						
Kids Pasta w/ Marinara		X						
Alfredo Sauce	X	X				X		
Marinara Sauce								

Pasta Sides	Milk	Wheat	Peanuts	Tree Nuts	Egg	Soy	Fish	Shellfish
Chicken Parmesan	X	X			X	X		
Grilled Chicken						X		
Meatballs	X	X			X	X		
Sausage								
Half & Half	X	X			X	X		
Garlic Bread	X	X				X		
Garlic Bread w/ Cheese	X	X				X		

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Heroes & Calzones	Milk	Wheat	Peanuts	Tree Nuts	Egg	Soy	Fish	Shellfish
Meatball	X	X			X	X		
Italian Sausage	X	X				X		
Veal Parmesan	X	X				X		
Eggplant Parmesan	X	X				X		
Chicken Parmesan	X	X			X	X		
Cold Italian Sub	X	X				X		
Cheese Calzone	X	X						



Salads	Milk	Wheat	Peanuts	Tree Nuts	Egg	Soy	Fish	Shellfish
Italian Salad*	X							
Farmer Salad*	X							
Greek Salad*	X							
Caesar*	X	X						
Chicken Caesar*	X	X				X		
Caprese Salad	X							
Italian Dressing								
Ranch Dressing	X				X	X		
Blue Cheese Dressing	X				X	X		
Low-Fat Italian						X		
Caesar Dressing	X					X	X	

*dressing not included

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▲ Product may contain or be prepared in a factory that uses Peanuts



Appetizers	Milk	Wheat	Peanuts	Tree Nuts	Egg	Soy	Fish	Shellfish
Buffalo Wings*						X		
Wings w/ Spicy Sauce*	X					X		
Wings w/ Chipotle Sauce*	X					X		
Cheese Sticks*	X	X			X	X		
Garlic Bread	X	X				X		
Garlic Bread w/Cheese	X	X				X		
Meatball Sliders	X	X			X	X		
*dressings not included								
DRESSINGS								
Ranch Dressing (served with some appetizers)	X				X	X		
Blue Cheese Dressing (served with some appetizers)	X				X	X		



Desserts	Milk	Wheat	Peanuts	Tree Nuts	Egg	Soy	Fish	Shellfish
NY Cheesecake	X	X	▲		X	X		
Cheesecake w/ chocolate	X	X	▲		X	X		
Cheesecake w/ strawberry	X	X	▲		X	X		
Cannoli	X	X	▲		X	X		
Chocolate Cannoli	X	X	▲		X	X		
Tiramisu	X	X	▲		X			
Brownies		X	▲	X	X	X		
Limoncello Cake	X	X	▲		X	X		

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18" Dine In Neapolitan & Pizza by the Slice

Pizzas & Toppings

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
18" Cheese	1 Slice	430	150	16	10	0.5	55	960	51	2	4	20
18" White Cheese	1 Slice	480	190	21	12	0.5	75	870	48	2	3	22
Extra Cheese	1 oz.	90	60	7	4	0	25	240	1	0	0	6
Pepperoni	10 slices	90	70	8	3	NA	20	340	0	0	0	4
Sausage	1 oz.	80	50	6	1.5	NA	30	150	0	0	0	6
Canadian Bacon	3 slices	50	20	2	0.5	0	20	400	1	0	1	7
Meatball	1 oz.	60	30	3	1	NA	25	35	2	0	0	5
Chicken	.5 oz.	20	2	0.5	0	0	10	55	0	0	0	3
Salami	3 slices	50	40	4.5	1.5	0	10	250	0	0	0	3
Anchovies	2.25 slices	10	0	0	0	0	5	190	0	0	0	2
Bacon	.81 oz.	120	100	11	4.5	0	15	610	0	0	0	6
Artichoke Hearts	.5 oz.	10	0	0	0	0	0	10	2	1	0	0
Mushrooms	.5 oz.	5	0	0	0	0	0	0	0	0	0	0
Tomatoes	1 oz.	5	0	0	0	0	0	0	1	0	1	0
Pineapple	1 oz.	20	0	0	0	0	0	0	5	0	4	0
Basil	2 leaves	0	0	0	0	0	0	0	0	0	0	0
Green Olives	1 oz.	40	40	4.5	0.5	0	0	440	1	1	0	0
Black Olives	1 oz.	45	30	3.5	0	0	0	170	2	0	0	0
Kalamata Olives	1 oz.	80	70	8	0	0	0	450	2	0	0	0
Onions	1 oz.	10	0	0	0	0	0	0	3	0	1	0
Red Onion	1 oz.	10	0	0	0	0	0	0	3	0	1	0
Green Peppers	1 oz.	5	0	0	0	0	0	0	1	0	1	0
Jalapenos	.5 oz.	5	0	0	0	0	0	200	1	0	0	0
Green Chilis	1 oz.	10	0	0	0	0	0	20	2	1	1	0
Garlic	.19 Tbsp.	0	0	0	0	0	0	0	0	0	0	0
Spinach	2.5 leaves	0	0	0	0	0	0	0	0	0	0	0
Feta Crumbles	1 oz.	60	50	6	2.5	0	5	350	0	0	0	5

Pizza Components*

Crust	1 slice	220	10	1	0	0	0	300	45	2	1	6
Pizza Sauce	1.5 oz.	15	0	0	0	0	0	125	4	1	2	1
White Sauce	1.5 oz.	60	40	5	3	0	20	30	1	0	1	3
Cheese	2.25 oz.	200	140	15	9	0.5	55	540	2	0	1	13

*Nutrients given for 1 slice of pizza (8 slices in a whole)

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18" Pizza To Go



Pizzas & Toppings

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
18" Cheese	1 Slice	320	100	11	6	0	40	710	41	2	3	14
18" White Cheese	1 Slice	360	140	15	9	0	55	630	39	1	2	16
Extra Cheese	.75 oz.	70	45	5	3	0	20	180	1	0	0	4
Pepperoni	8.13 slices	80	60	7	2.5	NA	15	270	0	0	0	3
Sausage	.81 oz.	60	40	4.5	1.5	NA	25	125	0	0	0	5
Canadian Bacon	2.25 slices	35	15	1.5	0.5	0	15	300	1	0	0	5
Meatball	.81 oz.	45	25	2.5	1	NA	20	25	1	0	0	4
Chicken	.5 oz.	20	5	0.5	0	0	10	55	0	0	0	3
Salami	2.25 slices	40	30	3	1	0	10	190	0	0	0	2
Anchovies	2 slices	10	0	0	0	0	0	170	0	0	0	1
Bacon	.69 oz.	100	80	9	4	0	15	520	0	0	0	5
Artichoke Hearts	.38 oz.	5	0	0	0	0	0	5	1	1	0	0
Mushrooms	.38 oz.	5	0	0	0	0	0	0	0	0	0	0
Tomatoes	.75 oz.	5	0	0	0	0	0	0	1	0	1	0
Pineapple	.75 oz.	15	0	0	0	0	0	0	3	0	3	0
Basil	1.5 leaves	0	0	0	0	0	0	0	0	0	0	0
Green Olives	.75 oz.	30	30	3.5	0	0	0	330	1	1	0	0
Black Olives	.75 oz.	35	25	2.5	0	0	0	125	1	0	0	0
Kalamata Olives	.75 oz.	60	50	6	0	0	0	340	1	0	0	0
Onions	.75 oz.	10	0	0	0	0	0	0	2	0	1	0
Red Onion	.75 oz.	10	0	0	0	0	0	0	2	0	1	0
Green Peppers	.75 oz.	5	0	0	0	0	0	0	1	0	1	0
Jalapenos	.38 oz.	5	0	0	0	0	0	150	1	0	0	0
Green Chilis	.75 oz.	10	0	0	0	0	0	15	2	1	1	0
Garlic	.13 Tbsp.	0	0	0	0	0	0	0	0	0	0	0
Spinach	2 leaves	0	0	0	0	0	0	0	0	0	0	0
Feta Crumbles	.75 oz.	45	40	4.5	2	0	5	260	0	0	0	4
Pizza Components*												
Crust	1 slice	180	10	1	0	0	0	240	37	1	0	5
Pizza Sauce	1.25 oz.	15	0	0	0	0	0	105	3	1	2	1
White Sauce	1.25 oz.	50	40	4	3	0	15	30	1	0	1	2
Cheese	1.5 oz.	130	90	10	6	0	40	360	1	0	1	9

*Nutrients given for 1 slice of pizza (8 slices in a whole)

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12" Dine In Pizzas

Pizzas & Toppings

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
12" Cheese	1 Slice	190	50	6	3.5	0	20	420	25	1	2	8
12" White Cheese	1 Slice	220	80	9	5	0	35	360	24	1	1	10
Extra Cheese	.13 oz.	10	10	1	0.5	0	5	30	0	0	0	1
Pepperoni	4.38 slices	40	30	3.5	1.5	NA	10	150	0	0	0	2
Sausage	.44 oz.	35	25	2.5	0.5	NA	10	65	0	0	0	2
Canadian Bacon	1.75 slices	30	10	1	0	0	10	230	0	0	0	4
Meatball	.44 oz.	25	10	1.5	0	NA	10	15	1	0	0	2
Chicken	.25 oz.	10	5	0	0	0	5	25	0	0	0	1
Salami	1.75 slices	30	20	2.5	1	0	5	150	0	0	0	2
Anchovies	1.5 slices	5	0	0	0	0	5	125	0	0	0	1
Bacon	.5 oz.	80	60	7	3	0	10	380	0	0	0	4
Artichoke Hearts	.25 oz.	5	0	0	0	0	0	0	1	1	0	0
Mushrooms	.25 oz.	0	0	0	0	0	0	0	0	0	0	0
Tomatoes	.5 oz.	5	0	0	0	0	0	0	1	0	0	0
Pineapple	.5 oz.	10	0	0	0	0	0	0	2	0	2	0
Basil	1 leaf	0	0	0	0	0	0	0	0	0	0	0
Green Olives	.5 oz.	20	20	2	0	0	0	220	1	0	0	0
Black Olives	.5 oz.	20	15	2	0	0	0	85	1	0	0	0
Kalamata Olives	.5 oz.	40	35	4	0	0	0	230	1	0	0	0
Onions	.5 oz.	5	0	0	0	0	0	0	1	0	1	0
Red Onions	.5 oz.	5	0	0	0	0	0	0	1	0	1	0
Green Peppers	.5 oz.	5	0	0	0	0	0	0	1	0	0	0
Jalapenos	.25 oz.	0	0	0	0	0	0	100	0	0	0	0
Green Chilis	.5 oz.	5	0	0	0	0	0	10	1	0	1	0
Garlic	.25 tsp.	0	0	0	0	0	0	0	0	0	0	0
Spinach	1.25 leaves	0	0	0	0	0	0	0	0	0	0	0
Feta Crumbles	.5 oz.	30	25	3	1.5	0	5	180	0	0	0	3
Pizza Components*												
Crust	1 slice	110	5	0.5	0	0	0	150	22	1	0	3
Pizza Sauce	1 oz.	10	0	0	0	0	0	80	2	0	1	0
White Sauce	1 oz.	40	25	3	1.5	0	15	20	1	0	1	3
Cheese	.81 oz.	70	50	5	3.5	0	20	190	1	0	0	5

*Nutrients given for 1 slice of pizza (8 slices in a whole)

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12" To Go Pizzas

Pizzas & Toppings

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12" Cheese	1 Slice	150	40	4.5	2.5	0	15	340	21	1	2	7
12" White Cheese	1 Slice	180	60	7	4	0	25	290	20	1	1	8
Extra Cheese	.38 oz.	35	25	2.5	1.5	0	10	90	0	0	0	2
Pepperoni	3.13 slices	30	25	2.5	1	NA	5	105	0	0	0	1
Sausage	.31 oz.	25	15	2	0	NA	10	45	0	0	0	2
Canadian Bacon	1.25 slices	20	5	1	0	0	10	170	0	0	0	3
Meatball	.31 oz.	15	10	1	0	NA	5	10	1	0	0	2
Chicken	.25 oz.	10	5	0	0	0	5	25	0	0	0	1
Salami	1.25 slices	20	15	2	.5	0	5	105	0	0	0	1
Anchovies	1.13 slices	5	0	0	0	0	0	95	0	0	0	1
Bacon	.31 oz.	45	35	4	2	0	5	230	0	0	0	2
Artichoke Hearts	.19 oz.	5	0	0	0	0	0	0	1	0	0	0
Mushrooms	.19 oz.	0	0	0	0	0	0	0	0	0	0	0
Tomatoes	.38 oz.	0	0	0	0	0	0	0	0	0	0	0
Pineapple	.38 oz.	5	0	0	0	0	0	0	2	0	2	0
Basil	.75 leaf	0	0	0	0	0	0	0	0	0	0	0
Green Olives	.38 oz.	15	15	1.5	0	0	0	170	0	0	0	0
Black Olives	.38 oz.	15	10	1.5	0	0	0	65	1	0	0	0
Kalamata Olives	.38 oz.	30	25	3	0	0	0	170	1	0	0	0
Onions	.38 oz.	5	0	0	0	0	0	0	1	0	1	0
Red Onions	.38 oz.	5	0	0	0	0	0	0	1	0	1	0
Green Peppers	.38 oz.	0	0	0	0	0	0	0	0	0	0	0
Jalapenos	.19 oz.	0	0	0	0	0	0	75	0	0	0	0
Green Chilis	.38 oz.	5	0	0	0	0	0	10	1	0	0	0
Garlic	.19 tsp.	0	0	0	0	0	0	0	0	0	0	0
Spinach	1 leaf	0	0	0	0	0	0	0	0	0	0	0
Feta Crumbles	.375 oz.	25	20	2.5	1	0	0	130	0	0	0	2
Pizza Components*												
Crust	1 slice	90	5	0	0	0	0	125	19	1	0	3
Pizza Sauce	.75 oz.	10	0	0	0	0	0	60	2	0	1	0
White Sauce	.75 oz.	40	15	2.5	1.5	0	10	15	1	0	1	1
Cheese	.63 oz.	50	40	4.5	2.5	0	15	150	0	0	0	4

*Nutrients given for 1 slice of pizza (8 slices in a whole)

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Sicilian Pizza & Pizza by the Slice

Pizzas & Toppings

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Sicilian Cheese	1 Slice	820	180	20	11	0.5	65	1500	126	5	5	31
Extra Cheese	1 oz.	90	60	7	4	0	25	240	1	0	0	6
Pepperoni	8 slices	80	60	7	2.5	NA	15	270	0	0	0	3
Sausage	1 oz.	80	50	6	1.5	NA	30	150	0	0	0	6
Canadian Bacon	3 slices	50	20	2	0.5	0	20	400	1	0	1	7
Meatball	1 oz.	60	30	3	1	NA	25	35	2	0	0	5
Chicken	.67 oz.	25	10	1	0	0	10	70	0	0	0	4
Salami	3 slices	50	40	4.5	1.5	0	10	250	0	0	0	3
Anchovies	2.5 slices	10	5	0.5	0	0	5	210	0	0	0	2
Bacon	.92 oz.	140	110	12	5	0	15	700	0	0	0	7
Artichoke Hearts	.5 oz.	10	0	0	0	0	0	10	2	1	0	0
Mushrooms	.5 oz.	5	0	0	0	0	0	0	0	0	0	0
Tomatoes	1 oz.	5	0	0	0	0	0	0	1	0	1	0
Pineapple	1 oz.	20	0	0	0	0	0	0	5	0	4	0
Basil	1.67 leaves	0	0	0	0	0	0	0	0	0	0	0
Green Olives	1 oz.	40	40	4.5	0.5	0	0	440	1	1	0	0
Black Olives	1 oz.	45	30	3.5	0	0	0	170	2	0	0	0
Kalamata Olives	1 oz.	80	70	8	0	0	0	450	2	0	0	0
Onions	1 oz.	10	0	0	0	0	0	0	3	0	1	0
Red Onions	1 oz.	10	0	0	0	0	0	0	3	0	1	0
Green Peppers	1 oz.	5	0	0	0	0	0	0	1	0	1	0
Jalapenos	.5 oz.	5	0	0	0	0	0	200	1	0	0	0
Green Chilis	1 oz.	10	0	0	0	0	0	20	2	1	1	0
Garlic	.17 Tbsp.	0	0	0	0	0	0	0	0	0	0	0
Spinach	2 leaves	0	0	0	0	0	0	0	0	0	0	0
Feta Crumbles	1 oz.	60	50	6	2.5	0	5	350	0	0	0	5
Pizza Components*												
Crust	1 slice	590	25	3	0	0	0	790	121	4	2	16
Pizza Sauce	1.33 oz.	15	0	0	0	0	0	110	3	1	2	1
Cheese	2.5 oz.	220	150	17	11	0.5	65	610	2	0	1	15

*Nutrients given for 1 slice of pizza (6 or 12 in a whole)

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Calzones

Calzone Toppings

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Jumbo Cheese Calzone	1 Calzone	1510	550	62	34	1	225	2620	170	8	12	64
Extra Cheese	3 oz.	260	180	20	12	0.5	75	720	2	0	1	17
Pepperoni	20 slices	190	150	16	6	NA	40	680	0	0	0	8
Sausage	2 oz.	150	100	11	3	NA	55	310	0	0	0	11
Canadian Bacon	8 slices	130	45	5	2	0	50	1070	2	0	2	18
Meatball	2 oz.	110	60	6	2	NA	45	70	4	0	1	10
Chicken	2 oz.	70	25	2.5	0.5	0	30	210	1	0	0	11
Salami	8 slices	140	100	11	4	0	30	680	1	0	0	8
Anchovies	9 slices	40	20	2	0	0	15	750	2	0	0	6
Bacon	2 oz.	300	240	26	11	0	40	1510	0	0	0	15
Artichoke Hearts	1.5 oz.	10	0	0	0	0	0	25	5	4	0	1
Mushrooms	1.5 oz.	10	0	0	0	0	0	0	2	0	1	1
Tomatoes	3 oz.	15	0	0	0	0	0	0	3	1	2	1
Pineapple	3 oz.	60	0	0	0	0	0	5	14	0	12	0
Basil	6 leaves	0	0	0	0	0	0	0	0	0	0	0
Green Olives	3 oz.	120	120	13	1.5	0	0	1320	3	3	0	1
Black Olives	3 oz.	130	100	11	0	0	0	500	5	0	0	0
Kalamata Olives	3 oz.	230	200	23	0	0	0	1360	6	0	0	0
Onions	3 oz.	35	0	0	0	0	0	0	9	1	4	1
Red Onions	3 oz.	35	0	0	0	0	0	0	9	1	4	1
Green Peppers	3 oz.	15	0	0	0	0	0	0	4	1	2	1
Jalapenos	1.5 oz.	15	0	0	0	0	0	600	4	0	1	0
Green Chilis	3 oz.	30	0	0	0	0	0	60	6	3	3	0
Garlic	1 tsp.	0	0	0	0	0	0	0	0	0	0	0
Spinach	8 leaves	0	0	0	0	0	0	0	0	0	0	0
Feta Crumbles	3 oz.	180	160	18	8	0	15	1050	0	0	0	15
Calzone Components												
Crust	crust for 1 calzone	740	35	4	0.5	0	0	990	152	5	2	20
Calzone Sauce	6 oz.	280	210	23	13	0	100	140	6	0	3	13
Cheese	5 oz.	430	310	34	21	1	125	1200	3	0	2	29
Side Marinara	4 oz	50	10	1	0	0	0	280	9	2	4	2

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Gluten Free Pizzas

Pizzas & Toppings

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Gluten-free Cheese Pizza	1 Pizza	810	370	41	17	1	90	1360	83	1	11	27
Basil	5 leaves	0	0	0	0	0	0	0	0	0	0	0
Black Olives	3 oz	130	100	11	0	0	0	500	5	0	0	0
Green Peppers	2.5 oz	15	0	0	0	0	0	0	3	1	2	1
Extra Cheese	1.5 oz	130	90	10	6	0	40	360	1	0	1	9
Mushrooms	1.25 oz	10	0	0	0	0	0	0	2	0	1	1
Pepperoni	19 slices	180	140	15	6	NA	35	640	0	0	0	7
Tomatoes	5 oz	25	5	0	0	0	0	5	6	2	4	1
Pizza Components*												
Pizza Sauce	3 oz	35	0	0	0	0	0	250	7	1	4	1
Cheese	3.5 oz	300	210	24	15	1	90	840	2	0	2	20
10" Crust	1 crust	480	150	10	1.5	0	0	270	73	0	5	5

*Nutrients given for whole pizza

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Pasta

Pasta*

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Spaghetti	1 Entrée	460	35	4	0.5	0	0	560	89	9	10	18
Baked Ziti	1 Entrée	520	160	17	9	0	60	640	67	5	8	22
Ravioli	1 Entrée	670	160	18	8	0	140	1100	97	9	11	31
Pesto Pasta	1 Entrée	510	150	17	2.5	0	5	320	71	5	2	17
Stuffed Shells	1 Entrée	670	230	25	15	0	85	1680	77	8	18	37
Chicken Parmesan	1 Entrée	800	170	19	7	0	75	1540	110	10	10	44
Eggplant Parmesan	1 Entrée	850	290	32	9	0	60	860	114	14	17	28
Veal Parmesan	1 Entrée	750	160	18	8	0	90	1480	105	10	11	41
Fettuccinni Alfredo	1 Entrée	510	200	22	7	0	95	500	63	3	4	14
Four Cheese Lasagna	1 Entrée	570	190	22	11	0	120	1330	62	7	10	31
Manicotti	1 Entrée	560	190	21	13	0	70	1480	64	7	16	31
Macaroni & Cheese	1 Entrée	710	280	31	16	0	80	680	75	5	4	29
Kid's Pasta with Whipped Butter	1 Entrée	490	200	24	13	0	45	135	60	3	1	10
Kid's Pasta with Marinara	1 Entrée	360	60	6	1	0	0	115	64	4	3	11
Kid's Macaroni & Cheese	1 Entrée	410	140	16	8	0	40	340	49	3	2	16

Pasta Sides

Meatballs	1 Side	280	120	13	4.5	NA	90	410	17	3	4	20
Sausage	1 Side	360	210	24	6	NA	110	890	10	2	4	25
Half Meatballs/Half Sausage	1 Side	320	170	19	5	NA	100	650	13	3	4	23
Garlic Bread (No Marinara)	1 Piece	270	110	13	8	0	30	410	34	2	1	6

Pasta Components

Spaghetti Noodles	8 oz	360	20	2	0	0	0	0	70	4	1	13
Marinara Sauce	8 oz	110	15	2	0	0	0	560	19	5	9	5
Mozzarella	1 oz	90	60	7	4	0	25	240	1	0	0	6
Fettuccine Noodles	8 oz	310	40	4.5	1	0	65	10	57	3	1	10
Alfredo Sauce	3 oz	200	160	18	6	0	25	490	5	1	3	4
Whipped Butter	3 T	150	150	18	12	0	45	135	0	0	0	0

*Garlic Bread is not included in the values

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Heroes

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Heroes												
Meatball	1 Hero	830	290	32	14	NA	165	1530	83	6	7	49
Italian Sausage	1 Hero	850	350	39	15	NA	160	1970	74	6	7	47
Veal Parmesan	1 Hero	740	210	24	12	0	115	2040	89	7	8	42
Eggplant Parmesan	1 Hero	840	340	38	13	0	85	1420	98	11	14	29
Chicken Parmesan	1 Hero	750	200	23	10	0	70	1640	93	7	6	44
Cold Italian	1 Hero	1040	600	67	20	0	95	2200	68	4	4	43
Hero Components												
Bread	1 baguette	320	15	2	0	0	0	600	64	4	2	11
Marinara Sauce	4 oz.	50	10	1	0	0	0	280	10	2	4	2
Mozzarella*	2 oz.	170	120	14	8	0	50	480	1	0	1	12

*Fresh Mozzarella for Cold Italian not included



Salads

Salads

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Italian Salad, Small*	1 Salad	90	60	6	2.5	0	15	240	4	2	2	5
Italian Salad, Large*	1 Salad	170	110	12	5	0	35	450	8	3	4	9
Farmer Salad, Small*	1 Salad	80	40	4.5	2	0	15	160	5	2	3	4
Farmer Salad, Large*	1 Salad	150	80	9	4.5	0	25	320	10	4	5	8
Caesar Salad, Small *	1 Salad	270	140	16	9	0	45	1030	18	1	1	12
Caesar Salad, Large*	1 Salad	280	140	16	9	0	45	1030	18	2	1	13
Caprese Salad	1 Salad	670	590	67	22	0	40	45	4	1	2	21
Greek Salad, Small*	1 Salad	110	80	8	2.5	0	5	560	8	3	4	4
Greek Salad, Large*	1 Salad	220	150	17	4.5	0	5	1120	15	4	6	8
Spinach Salad, Small*	1 Salad	110	70	8	2.5	0	5	610	9	3	2	4
Spinach Salad, Large*	1 Salad	220	150	16	4.5	0	5	1230	17	6	3	8

*Dressing not included

Dressings

Italian Dressing	2oz	320	320	36	5	0	0	0	0	0	0	0
Natural Lite Balsamic	2oz	140	100	12	2	0	0	520	6	0	6	0
Natural Blue Cheese	2oz	360	340	38	7	0	30	420	2	0	2	2
Natural Ranch	2oz	260	240	26	4	0	20	460	6	0	2	2
Natural Caesar	2oz	300	300	32	5	0	0	540	2	0	2	2

Add-On

Grilled Chicken	2 oz. (small)	70	25	3	0.5	0	30	210	1	0	0	11
Grilled Chicken	4 oz. (large)	140	50	5	1	0	60	420	1	0	0	22
Breaded Chicken	2.25 oz. (small)	120	40	4	1	0	25	370	10	0	0	10
Breaded Chicken	4.5 oz. (large)	240	80	8	2	0	50	740	20	1	0	21

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Sides, Appetizers & Desserts

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
Sides & Appetizers												
Buffalo Wings*	1 Appetizer	1020	650	72	21	0	480	6120	18	0	0	84
Spicy Buffalo Wings*	1 Appetizer	1080	650	72	21	0	480	9070	29	0	6	84
Chipotle Wings*	1 Appetizer	1080	650	72	21	0	480	9070	29	0	6	84
Cheese Sticks with Marinara*	1 Appetizer	950	410	46	20	0	100	2980	90	2	14	42
Cheese Sticks with Marinara*	1/2 Appetizer	480	210	23	10	0	50	1490	45	1	7	21
Meatball Sliders	1 Appetizer	1400	250	28	8	NA	145	2430	216	15	6	67
Garlic Bread	1/4 Appetizer	290	110	13	8	0	30	480	36	3	2	6
Garlic Bread with Cheese	1/4 Appetizer	330	140	17	10	0	45	600	37	3	2	9
Sm Side Marinara	2 oz.	25	5	0.5	0	0	0	140	5	1	2	1
Lg. Side Marinara	4 oz.	50	10	1	0	0	0	280	10	2	4	2

*Dressing not included



Desserts

NY Cheesecake	1 Slice	360	170	19	11	0	60	230	40	0	22	8
Cheesecake w/Choc. Syrup	1 Slice	430	170	19	11	0	60	250	57	2	37	9
Cheesecake w/Strawberry Syrup	1 Slice	430	170	19	11	0	60	240	59	0	30	8
Cannoli	1 Shell	320	140	16	6	0	30	75	37	1	27	9
Chocolate Cannoli	1 Shell	410	200	22	8	0	30	85	44	0	33	9
Tiramisu	1 Piece	330	170	19	12	0	155	85	36	0	23	4
Brownies	1 Piece	440	190	21	3.5	0	25	280	58	2	40	5
Caramel Pecan Cake	1 Piece	400	190	22	10	0	160	85	46	2	34	10
Limoncello Cake	1 Piece	380	130	14	6	0	120	260	59	1	41	6

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