



Pomodoro (catering and regular pasta)	8 oz	100	10	1	0	920	16	2	13	3	50	25	4	10											X		
Pomodoro (small salad)	2 oz	25	0	0		230	0	4	3	1	15	6	2	2											X		
Spicy Ranch (Piada)	1.5 oz	160	130	15	2.5	15	420	50	6	4	4	0	4	0	X	X								X	X		
Spicy Ranch (small pasta and regular salad)	4 oz	420	360	40	6	40	1130	130	15	10	10	2	8	2	X	X								X	X		
Spicy Ranch (catering and regular pasta)	6 oz	630	540	61	10	60	1690	200	23	15	15	2	10	2	X	X								X	X		
Spicy Ranch (small salad)	2 oz	210	180	20	3	20	560	65	8	5	6	0	4	0	X	X								X	X		
Yogurt Harissa Dresssing (small salad)	2 oz	110	90	10	2	350	20	5	1	2	8	6	8	4					X						X		
<b>TOPPING</b>																											
Artichokes	0.5 oz	5	0	0		70	0	1			0		0													X	
Arugula	0.25 oz	0				25					6	2	0	0												X	
Avocado	1/2 each	160	130	15	2	5	490	9	7	2	4	10	0	4												X	
Black Olives	0.5 oz	30	20	2.5		105		1																		X	
Blue Cheese Crumbles	.5 oz	50	35	4	2.5	15	180			3			4			X										X	
Bruschetta Tomatoes	0.5 oz	10	0	0		45		1		0	2	2	0	0												X	
Cucumber	0.5 oz	0				0	20	1		0	0	0	0														
Cucumber Salad	1 oz	10	0	0	0	30	40	1		0	0	0	2	0					X							X	
Feta Cheese	0.5 oz	30	20	2	1	3	180			3	2		2			X										X	
Grain Blend	1 oz	35	5	1	0	90	25	7		1				2												X	
Green Onions	0.5 oz	0	0	0		0	25	1		0	20	2	0	0												X	
Harissa Grain Blend	3 oz	120	35	4	0	280	85	18	2	2	0	2	0	6												X	
Hummus	2.5 oz	200	90	10	1	300	400	23	5	1	8		4	15												X	
Mixed Greens	0.5 oz	0				0		1		0																X	
Mozzarella Cheese	0.5 oz	45	25	3	1.5	10	90			3	4		8			X										X	
Pancetta (Bacon)	0.5 oz	70	50	6	2	15	240			4																	
Parmesan Crisps	0.5 oz	45	20	2	1	3	140	20	5	2			4	2		X							X	X	X		
Parmesan Reggiano*	0.5 oz	50	30	3.5	2	5	210		3	3			8			X							X	X			
Pickled Red Onion	0.5 oz	5				0	20	1		0	0	2	0													X	
Red Cabbage	0.5 oz	0				0	35	1		0	6	8	0	0												X	
Roasted Broccoli	2 oz	40	20	2.5	0	90	170	4	1	2	10	50	2	2												X	
Roasted Sweet Potatoes	2.5 oz	70	15	1.5	0	180	330	14	2	4	440	15	2	2												X	
Romaine	0.5 oz	0				0	25	1		0	30	2	0	0												X	
Spiced Pecans*	0.5 oz	80	45	5	0	25		8	8	0			0	0					X				X*			X	
Spinach	0.5 oz	0	0	0		10	80	1		0	45	4	2	2												X	
Strawberries	0.5 oz	0				0	20	1		0	0	10	0	0												X	
Sweet & Spicy Peppers	0.5 oz	20					5		4																	X	

\* Denotes an allergen that may be present due to cross-contact in manufacturing facility. Guests are advised to consider this information as it relates to their individual dietary needs and requirements. This allergen information has been provided by MenuTringo® to help give our guests the tools to make an informed food decision. All ingredient statements were found on manufacturer-generated spec sheets. It is possible that formulations may change or an ingredient or vendor substitution might be made which may not be immediately reflected in this chart. Please inform your server before ordering if you or someone in your party has a food allergy, sensitivity or other dietary concern.

	SERVING SIZE	CALORIES	CALORIES FROM F	TOTAL FAT (G)	SATURATED FAT ((	TRANS FAT (G)	CHOLESTEROL (MC	SODIUM (MG)	POTASSIUM (MG)	CARBOHYDRATE	FIBER (G)	SUGARS (G)	PROTIEN (G)	VITAMIN A	VITAMIN C	CALCIUM	IRON	EGGS	FISH	MILK	PEANUTS	SHELLFISH	SOY	TREE NUTS	WHEAT	GLUTEN	VEGETARIAN	VEGAN	
<b>PIADAS</b>																													
	BLT Piada - No Protein	1 order	680	410	47	9	35	1520	410	58	4	8	13	170	20	15	20	X		X						X	X		
	Avocado Piada - No Protein	1 order	880	550	62	12	35	1500	920	72	10	7	17	30	20	20	20	X		X						X	X		
	Chef's Favorite Piada - No Protein	1 order	540	250	29	7	20	1330	410	61	4	9	12	170	15	20	20	X		X					X	X	X		
	Veggie Piada - No Protein	1 order	900	460	52	9	20	1780	860	97	10	8	19	25	10	20	40	X		X				X	X	X	X		
<b>PASTAS</b>																													
	Basil Pesto (Small) - No Protein	1 each	520	280	32	9	30	990	55	46	3	3	13	20	15	15	15			X			X		X	X	X		
	Basil Pesto (Regular) - No Protein	1 each	1130	640	72	23	85	2210	105	92	5	7	28	40	30	35	25			X			X		X	X	X		
	Carbonara (Small) - No Protein	1 each	550	290	33	14	60	1170	85	46	3	4	17	60	8	20	10			X			X		X	X			
	Carbonara (Regular) - No Protein	1 each	1070	570	65	28	115	2230	90	91	5	8	32	80	10	35	25			X			X		X	X			
	Diavolo (Small) - No Protein	1 each	360	140	16	3.5	5	780	15	49	3	6	9	10	10	6	10			X					X	X	X		
	Diavolo (Regular) - No Protein	1 each	710	280	31	7	15	1510	15	96	6	11	17	15	20	10	25			X					X	X	X		
	Hot Chicken Mac & Cheese	1 each	1150	660	74	22	140	3390	660	76	3	13	46	50	4	45	20	X		X					X	X			
	Roasted Tomato Pomodoro (Small) - No Protein	1 each	330	80	10	2	4	900	15	51	4	10	11	35	15	8	15			X			X		X	X	X		
	Roasted Tomato Pomodoro (Regular) - No Protein	1 each	640	160	18	3	4	1730	25	101	7	20	19	70	35	10	35			X			X		X	X	X		
<b>GREENS &amp; GRAINS (Includes Dressing)</b>																													
	Bacon & Blue Chop (Small) - No Protein	1 each	250	130	15	3	15	500	230	25	4	14	5	170	20	6	6			X									
	Bacon & Blue Chop (Regular) - No Protein	1 each	480	260	29	6	30	900	470	44	7	27	10	380	40	10	10			X									
	Classic Caesar Salad (Small) - No Protein	1 each	280	210	24	5	25	530	170	12	2	3	5	190	20	10	4	X	X	X			X			X	X		
	Classic Caesar Salad (Regular) - No Protein	1 each	530	410	46	9	50	910	520	24	5	7	9	580	60	20	10	X	X	X			X			X	X		
	Lemon Kale Caesar Salad (Small) - No Protein	1 each	330	240	28	6	35	690	190	14	2	4	7	190	25	10	6	X	X	X			X			X	X		
	Lemon Kale Caesar Salad (Regular) - No Protein	1 each	630	470	53	11	65	1250	540	28	5	9	14	590	70	20	15	X	X	X			X			X	X		
	Farmer's Market Salad (Small) - No Protein	1 each	380	280	32	4	630	410	24	6	9	5	15	25	2	4	4			X				X		X*			
	Farmer's Market Salad (Regular) - No Protein	1 each	640	500	56	7	2	860	700	34	10	14	7	20	45	4	6			X				X		X*	X		
	Power Bowl - No Protein	1 each	670	310	35	4	1790	1010	80	13	6	15	15	150	50	15	35			X			X					X	
<b>PROTEIN CHOICES</b>																													
	Add Calamari with Hot Peppers	1 portion	410	260	30	4	45	1220	25	11	1	26	0	0	4	6	6			X		X			X	X			
	Add Chicken Tender	3.5 oz	170	45	5	1.5	80	115	240	0		29	2	2	2	6	6												
	Add Crispy Chicken Fritte	3 oz	280	140	15	2	45	710	190	18		2	19	4	2	2	8			X					X	X			
	Add Hot Crispy Chicken	3.5 oz	310	190	21	2.5	40	980	210	16	1	3	16	20	4	4	8			X					x	X			
	Add Fresh Salmon	4.1 oz	290	140	16	3	95	360				32	10	4	2	2	2		X										
	Add Italian Sausage	3.5 oz	270	200	23	7	70	760				15					6												
	Add Meatball (Includes Pomodoro)	3 meatballs	500	350	39	18	105	1240	410	9	2	25	10	4	15	15	15	X		X			X		X	X			
	Add Steak**	3.5 oz	100	35	4	1	40	300				16	0	0	2	6	6									X*			
	Add Zucchini and Mushrooms	1 portion	15	15	1.5		30	35	0			0																X	
<b>LIFESTYLE MENU</b>																													
	Keto BLT Salad	1 order	330	240	27	8	50	900	230	7	2	4	14	250	25	10	6	X		X						X*			
	Protein Bowl	1 order	490	250	28	6	125	690	730	9	3	4	48	30	80	15	15			X						X*			
<b>STREET SIDES</b>																													
	Pepperoni Piada Sticks	1 order	840	520	59	15	105	1980	380	57	2	7	23	20	2	35	20	X		X						X	X		
	Cheese Piada Sticks	1 order	790	460	52	15	90	1680	290	57	2	7	24	20	2	50	15	X		X						X	X	X	
	Piada Garlic Dough	1 order	290	140	16	6	20	730	125	25	1	2	10	6	0	20	8			X						X	X	X	
	Lobster Bisque Cup	6 oz	250	210	23	13	85	740		12	4	4	15	2	2	2	2		X	X			X	X		X	X		
	Lobster Bisque Bowl	10 oz	420	340	39	22	145	1240		20	1	7	25	2	2	4	4		X	X			X	X		X	X		
	Meatball Side (Includes Pomodoro and Cheese)	3 meatballs	550	360	41	19	110	1580	410	14	5	27	20	10	20	20	20	X		X			X		X	X			
	Calamari Fritto Misto	2 portions	740	460	52	7	80	2360	50	22	6	45	15	6	10	15	15			X			X		X	X			
	Side Salad - No Dressing	1 each	25	5	0.5		50	130	4	1	2	1	130	15	2	2	2											X	
	Sweet Corn Salad	5.5 oz	200	110	13	1.5	980	310	23	3	2	3	25	15	0	4	4											X	
	Rock Melon Agua Fresca	16 fl oz	290	0	0		15	20	75	74	43		0	2	0	0	0										X		
	Blackberry Hibiscus Lemonade	18 fl oz	130				20	40	34	20	0		0	20	2	0	0										X		
<b>DESSERTS</b>																													
	Chocolate Chunk Cookie	1 cookie	390	170	19	12	45	400		50	2	29	5	15		4	15	X		X			X		X	X	X		
	Gluten-Free Brownie	1 brownie	360	170	19	10	70	150		43	3	31	4	10		4	15	X		X			X			X	X		
	Salted Caramel Cookie	1 cookie	350	140	16	11	50	560		49	30	3	10			4	4	X		X			X	X	X	X	X		
<b>ITALIAN SODAS/DRINKS</b>																													

