



# NUTRITION & ALLERGEN GUIDE

REVISED JULY 2018

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## Allergens

X Allergen is present in the food ingredient

Pizza	Milk	Wheat	Gluten	Peanuts	Tree Nuts	Egg	Soy	Fish	Shellfish
Neapolitan Red Sauce Cheese Pizza	X	X	X						
Sicilian Red Sauce Cheese Pizza	X	X	X						
Neapolitan White Sauce Cheese Pizza	X	X	X						
Original Gluten Free Red Sauce Cheese Pizza	X								
Artisan Cauliflower Gluten Free Red Sauce Cheese Pizza	X					X			
Shrimp Scampi Pizza	X	X	X						X
Cheese Calzone w/ Pasta Sauce	X	X	X						
Crust	Milk	Wheat	Gluten	Peanuts	Tree Nuts	Egg	Soy	Fish	Shellfish
Neapolitan Crust		X	X						
Sicilian Crust		X	X						
Original Gluten Free Crust									
Artisan Cauliflower Gluten Free Crust	X					X			
Calzone Crust		X	X						
Sauce	Milk	Wheat	Gluten	Peanuts	Tree Nuts	Egg	Soy	Fish	Shellfish
Pizza Sauce (Red)									
Pizza Sauce (White)	X								
Calzone Sauce	X								
Pasta Sauce									
Toppings	Milk	Wheat	Gluten	Peanuts	Tree Nuts	Egg	Soy	Fish	Shellfish
Anchovies								X	
Artichoke Hearts									
Bacon									
Basil									
Black Olives									
Canadian Bacon									
Chicken							X		
Extra Shredded Mozzarella	X								
Feta Cheese	X								
Fresh Mozzarella Cheese	X								
Garlic									
Gorgonzola Cheese	X								
Green Chiles									
Green Olives									
Green Peppers									
Jalapenos									
Kalamata Olives									
Meatball	X	X	X			X	X		
Mushrooms									
Pepperoncini									
Pepperoni									
Pineapple									
Red Onion									
Roma Tomatoes									
Salami									
Sausage									
Spinach									
Yellow Onion									

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Pasta	Milk	Wheat	Gluten	Peanuts	Tree Nuts	Egg	Soy	Fish	Shellfish
Spaghetti Marinara w/Garlic Bread	X	X	X						
Baked Ziti w/ Garlic Bread	X	X	X						
Chicken Parmesan w/ Garlic Bread	X	X	X				X		
Pesto Pasta w/ Garlic Bread	X	X	X						
Cheese Ravioli w/ Garlic Bread	X	X	X			X	X		
Lasagna Rollatini w/ Garlic Bread	X	X	X			X	X		
Fettuccine Alfredo w/ Garlic Bread	X	X	X			X	X		
Grilled Chicken Alfredo w/ Garlic Bread	X	X	X			X	X		
Breaded Chicken Alfredo w/ Garlic Bread	X	X	X			X	X		
Mac & Cheese, Small (No Garlic Bread)	X	X	X				X		
Mac & Cheese, Large (No Garlic Bread)	X	X	X				X		
Kids' Pasta w/ Pasta Sauce (No Garlic Bread)		X	X						
Kids' Pasta w/ Butter (No Garlic Bread)	X	X	X						

  

Pasta Proteins	Milk	Wheat	Gluten	Peanuts	Tree Nuts	Egg	Soy	Fish	Shellfish
Meatballs	X	X	X			X	X		
Sausage									
Half & Half (One Meatball & Half Link)	X	X	X			X	X		
Grilled Chicken							X		
Breaded Chicken	X	X	X				X		

  

Noodles	Milk	Wheat	Gluten	Peanuts	Tree Nuts	Egg	Soy	Fish	Shellfish
Spaghetti Noodles		X	X						
Penne Noodles		X	X						
Fettuccine Noodles		X	X			X			
Gluten Free Penne Noodles									

  

Sauces	Milk	Wheat	Gluten	Peanuts	Tree Nuts	Egg	Soy	Fish	Shellfish
Pasta Sauce									
Alfredo Sauce	X								
Pesto	X								
Butter	X								

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	Milk	Wheat	Gluten	Peanuts	Tree Nuts	Egg	Soy	Fish	Shellfish
<b>Sandwiches</b>									
Meatball Hero	X	X	X			X	X		
Italian Sausage Hero	X	X	X						
Chicken Parmesan Hero	X	X	X				X		
Italian Sub	X	X	X						
<b>Salads</b>									
Italian Salad (All Sizes)	X								
Farmers Salad (All Sizes)	X								
Caesar Salad (All Sizes)	X	X	X						
Bacon & Bleu (All Sizes)	X								
Mediterranean Salad (All Sizes)	X								
Grilled Chicken Salad	X						X		
Insalata Caprese	X								
<b>Dressings</b>									
Italian Dressing									
Ranch Dressing	X					X	X		
Blue Cheese Dressing	X					X	X		
Lite Balsamic Dressing							X		
Caesar Dressing	X					X	X	X	
<b>Add On Chicken</b>									
Grilled Chicken							X		
Breaded Chicken	X	X	X				X		
<b>Appetizers</b>									
Chicken Wings*									
Garlic Bread w/ Pasta Sauce	X	X	X						
Individual Garlic Bread w/ Pasta Sauce	X	X	X						
Garlic Bread w/ Cheese & Pasta Sauce	X	X	X						
Individual Garlic Bread w/ Cheese & Pasta Sauces	X	X	X						
Cheese Sticks*	X	X	X				X		

\*Does Not Include Dressings or Sauces

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<b>Dressings &amp; Sauces</b>	<b>Milk</b>	<b>Wheat</b>	<b>Gluten</b>	<b>Peanuts</b>	<b>Tree Nuts</b>	<b>Egg</b>	<b>Soy</b>	<b>Fish</b>	<b>Shellfish</b>
Ranch Dressing	X					X	X		
Blue Cheese Dressing	X					X	X		
Pasta Sauce									
Anthony's Spicy Wing Sauce									
Anthony's BBQ Wing Sauce									
Parmesan Garlic Wing Sauce	X						X		
Sweet Chili Wing Sauce									
<b>Desserts</b>	<b>Milk</b>	<b>Wheat</b>	<b>Gluten</b>	<b>Peanuts</b>	<b>Tree Nuts</b>	<b>Egg</b>	<b>Soy</b>	<b>Fish</b>	<b>Shellfish</b>
NY Style Cheesecake	X	X	X	▲		X	X		
Cannoli	X	X	X	▲		X	X		
Chocolate Cannoli	X	X	X	▲		X	X		
Tiramisu	X	X	X	▲		X			
Cookies & Cream Cake	X	X	X	▲		X	X		
Limoncello Cake	X	X	X	▲		X	X		
Chocolate Chip Brownie	X	X	X	▲		X	X		
Chocolate Chip Cookie	X	X	X	▲		X	X		
<b>Kids' Eats Entrees</b>	<b>Milk</b>	<b>Wheat</b>	<b>Gluten</b>	<b>Peanuts</b>	<b>Tree Nuts</b>	<b>Egg</b>	<b>Soy</b>	<b>Fish</b>	<b>Shellfish</b>
Neapolitan Red Sauce Cheese Pizza	X	X	X						
Mac & Cheese (No Garlic Bread)	X	X	X				X		
Cheese Ravioli (No Garlic Bread)	X	X	X			X	X		
Spaghetti w/ Pasta Sauce (No Garlic Bread)		X	X						
Spaghetti w/ Butter (No Garlic Bread)	X	X	X						
<b>Sides</b>	<b>Milk</b>	<b>Wheat</b>	<b>Gluten</b>	<b>Peanuts</b>	<b>Tree Nuts</b>	<b>Egg</b>	<b>Soy</b>	<b>Fish</b>	<b>Shellfish</b>
Apple Sauce									
Organic Bunny Grahams		X	X						

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**18" Dine In Neapolitan**  
**1 Slice = 1 Serving 8 Slices Per Pie**

**Pizzas & Toppings**

	<i>Serving Size</i>	<i>Calories</i>	<i>Calories from Fat</i>	<i>Total Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Total Carbohydrates (g)</i>	<i>Dietary Fibers (g)</i>	<i>Sugar (g)</i>	<i>Protein (g)</i>
18" Red Sauce Cheese	1 Slice	430	150	17	10	0.5	55	960	47	2	4	22
18" White Sauce Cheese	1 Slice	450	170	19	11	0.5	65	890	44	1	3	23
18" Shrimp Scampi	1 Slice	480	180	20	11	0.5	110	1000	45	1	3	23
Pepperoni	1 Serving	110	80	9	3.5	0	20	390	0	0	0	4
Sausage	1 Serving	80	50	6	1.5	NA	30	150	0	0	0	6
Canadian Bacon	1 Serving	25	10	1	0	0	10	200	1	0	1	3
Meatball	1 Serving	60	30	3	1	NA	25	35	2	0	0	5
Chicken	1 Serving	40	10	1	0	0	20	105	0	0	0	8
Salami	1 Serving	45	35	4	1.5	0	10	180	0	0	0	3
Anchovies	1 Serving	10	0	0	0	0	5	190	0	0	0	2
Bacon	1 Serving	130	100	11	4	0	25	370	1	0	0	8
Artichoke Hearts	1 Serving	5	0	0	0	0	0	70	1	0	0	0
Mushrooms	1 Serving	5	0	0	0	0	0	0	1	0	0	0
Tomatoes	1 Serving	5	0	0	0	0	0	0	1	0	1	0
Pineapple	1 Serving	10	0	0	0	0	0	0	3	0	3	0
Basil	1 Serving	0	0	0	0	0	0	0	0	0	0	0
Green Olives	1 Serving	20	10	1	0	0	0	620	2	0	0	0
Black Olives	1 Serving	25	25	2.5	0	0	0	250	0	0	0	0
Kalamata Olives	1 Serving	45	45	6	4	0	0	660	2	0	0	0
Yellow Onions	1 Serving	10	0	0	0	0	0	0	3	0	1	0
Red Onions	1 Serving	10	0	0	0	0	0	0	3	0	1	0
Green Peppers	1 Serving	5	0	0	0	0	0	0	1	0	1	0
Jalapenos	1 Serving	0	0	0	0	0	0	60	0	0	0	0
Green Chilies	1 Serving	10	0	0	0	0	0	115	2	0	0	0
Garlic	1 Serving	0	0	0	0	0	0	5	0	0	0	0
Spinach	1 Serving	0	0	0	0	0	0	0	0	0	0	0
Pepperoncini	1 Serving	5	0	0	0	0	0	170	1	0	0	0
Feta	1 Serving	40	25	2.5	1.5	0	5	240	0	0	0	3
Fresh Mozzarella	1 Serving	70	45	5	3.5	0	15	65	1	0	0	5
Gorgonzola	1 Serving	80	50	6	4.5	0	15	260	1	0	0	5
Extra Shredded Mozzarella	1 Serving	90	60	7	4	0	25	240	1	0	0	6

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**18" Pizza To Go Neapolitan**  
**1 Slice = 1 Serving 8 Slices Per Pie**

**Pizzas & Toppings**

	<i>Serving Size</i>	<i>Calories</i>	<i>Calories from Fat</i>	<i>Total Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Total Carbohydrates (g)</i>	<i>Dietary Fibers (g)</i>	<i>Sugar (g)</i>	<i>Protein (g)</i>
18" Red Sauce Cheese	1 Slice	320	100	11	6	0	40	700	38	2	3	16
18" White Sauce Cheese	1 Slice	340	120	13	8	0	45	650	36	1	2	17
18" Shrimp Scampi	1 Slice	370	120	14	8	0	90	750	37	1	3	17
Pepperoni	1 Serving	90	70	8	3	0	15	310	0	0	0	3
Sausage	1 Serving	60	40	4.5	1.5	0	25	125	0	0	0	5
Canadian Bacon	1 Serving	20	10	1	0	0	5	150	1	0	1	2
Meatball	1 Serving	45	25	2.5	1	0	20	25	1	0	0	4
Chicken	1 Serving	20	5	0	0	0	10	55	0	0	0	4
Salami	1 Serving	35	25	3	1	0	10	140	0	0	0	2
Anchovies	1 Serving	10	5	0	0	0	5	170	0	0	0	1
Bacon	1 Serving	90	70	8	3	0	15	260	1	0	0	6
Artichoke Hearts	1 Serving	5	0	0	0	0	0	50	1	0	0	0
Mushrooms	1 Serving	0	0	0	0	0	0	0	0	0	0	0
Tomatoes	1 Serving	5	0	0	0	0	0	0	1	0	1	0
Pineapple	1 Serving	10	0	0	0	0	0	0	2	0	2	0
Basil	1 Serving	0	0	0	0	0	0	0	0	0	0	0
Green Olives	1 Serving	5	0	0	0	0	0	85	1	0	0	0
Black Olives	1 Serving	20	20	2	0	0	0	190	0	0	0	0
Kalamata Olives	1 Serving	35	35	4.5	3	0	0	500	1	0	0	0
Yellow Onions	1 Serving	10	0	0	0	0	0	0	2	0	1	0
Red Onions	1 Serving	10	0	0	0	0	0	0	2	0	1	0
Green Peppers	1 Serving	5	0	0	0	0	0	0	1	0	1	0
Jalapenos	1 Serving	0	0	0	0	0	0	45	0	0	0	0
Green Chilies	1 Serving	5	0	0	0	0	0	85	1	0	0	0
Garlic	1 Serving	0	0	0	0	0	0	5	0	0	0	0
Spinach	1 Serving	0	0	0	0	0	0	0	0	0	0	0
Pepperoncini	1 Serving	0	0	0	0	0	0	125	0	0	0	0
Feta	1 Serving	20	10	1	0.5	0	0	105	0	0	0	1
Fresh Mozzarella	1 Serving	25	15	2	1.5	0	5	25	0	0	0	2
Gorgonzola	1 Serving	40	30	3	2.5	0	10	130	0	0	0	2
Extra Shredded Mozzarella	1 Serving	70	45	5	3	0	20	180	1	0	0	4

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**12" Dine In Pizzas Neapolitan**  
**1 Slice = 1 Serving 8 Slices Per Pie**

**Pizzas & Toppings**

	<i>Serving Size</i>	<i>Calories</i>	<i>Calories from Fat</i>	<i>Total Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Total Carbohydrates (g)</i>	<i>Dietary Fibers (g)</i>	<i>Sugar (g)</i>	<i>Protein (g)</i>
12" Red Sauce Cheese	1 Slice	190	60	6	3.5	0	20	420	23	1	2	9
12" White Sauce Cheese	1 Slice	200	70	8	4.5	0	25	370	21	1	2	10
12" Shrimp Scampi	1 Slice	220	70	8	4.5	0	55	450	22	1	2	10
Pepperoni	1 Serving	45	35	4	1.5	0	10	170	0	0	0	2
Sausage	1 Serving	35	25	2.5	0.5	0	10	65	0	0	0	2
Canadian Bacon	1 Serving	15	5	0.5	0	0	5	120	0	0	0	2
Meatball	1 Serving	25	10	1.5	0	0	10	15	1	0	0	2
Chicken	1 Serving	10	0	0	0	0	5	25	0	0	0	2
Salami	1 Serving	30	20	2.5	1	0	5	110	0	0	0	2
Anchovies	1 Serving	5	5	0	0	0	5	125	0	0	0	1
Bacon	1 Serving	70	50	6	2	0	15	190	1	0	0	4
Artichoke Hearts	1 Serving	0	0	0	0	0	0	35	0	0	0	0
Mushrooms	1 Serving	0	0	0	0	0	0	0	0	0	0	0
Tomatoes	1 Serving	5	0	0	0	0	0	0	1	0	0	0
Pineapple	1 Serving	5	0	0	0	0	0	0	2	0	1	0
Basil	1 Serving	0	0	0	0	0	0	0	0	0	0	0
Green Olives	1 Serving	10	5	0	0	0	0	310	1	0	0	0
Black Olives	1 Serving	15	10	1.5	0	0	0	125	0	0	0	0
Kalamata Olives	1 Serving	25	25	3	2	0	0	330	1	0	0	0
Yellow Onions	1 Serving	5	0	0	0	0	0	0	1	0	1	0
Red Onions	1 Serving	5	0	0	0	0	0	0	1	0	1	0
Green Peppers	1 Serving	5	0	0	0	0	0	0	1	0	0	0
Jalapenos	1 Serving	0	0	0	0	0	0	30	0	0	0	0
Green Chilies	1 Serving	5	0	0	0	0	0	55	1	0	0	0
Garlic	1 Serving	5	0	0	0	0	0	10	1	0	0	0
Spinach	1 Serving	0	0	0	0	0	0	0	0	0	0	0
Pepperoncini	1 Serving	0	0	0	0	0	0	85	0	0	0	0
Feta	1 Serving	15	10	1	0.5	0	0	90	0	0	0	1
Fresh Mozzarella	1 Serving	20	10	1.5	1	0	5	15	0	0	0	1
Gorgonzola	1 Serving	30	25	2.5	2	0	5	105	0	0	0	2
Extra Shredded Mozzarella	1 Serving	10	10	1	0.5	0	5	30	0	0	0	1

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**12" To Go Pizzas Neapolitan**  
**1 Slice = 1 Serving 8 Slices Per Pie**

**Pizzas & Toppings**

	<i>Serving Size</i>	<i>Calories</i>	<i>Calories from Fat</i>	<i>Total Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Total Carbohydrates (g)</i>	<i>Dietary Fibers (g)</i>	<i>Sugar (g)</i>	<i>Protein (g)</i>
12" Red Sauce Cheese	1 Slice	130	40	4.5	2.5	0	15	300	15	1	2	6
12" White Sauce Cheese	1 Slice	140	50	6	3.5	0	20	270	13	0	1	7
12" Shrimp Scampi	1 Slice	160	60	6	3.5	0	50	340	14	0	1	7
Pepperoni	1 Serving	35	25	3	1	0	5	120	0	0	0	1
Sausage	1 Serving	25	15	2	0	0	10	45	0	0	0	2
Canadian Bacon	1 Serving	10	5	0	0	0	5	85	0	0	0	1
Meatball	1 Serving	15	10	1	0	0	5	10	1	0	0	2
Chicken	1 Serving	10	0	0	0	0	5	25	0	0	0	2
Salami	1 Serving	20	15	1.5	0.5	0	5	75	0	0	0	1
Anchovies	1 Serving	5	0	0	0	0	0	95	0	0	0	1
Bacon	1 Serving	40	30	3.5	1	0	10	115	0	0	0	2
Artichoke Hearts	1 Serving	0	0	0	0	0	0	25	0	0	0	0
Mushrooms	1 Serving	0	0	0	0	0	0	0	0	0	0	0
Tomatoes	1 Serving	0	0	0	0	0	0	0	0	0	0	0
Pineapple	1 Serving	5	0	0	0	0	0	0	1	0	1	0
Basil	1 Serving	0	0	0	0	0	0	0	0	0	0	0
Green Olives	1 Serving	5	5	0	0	0	0	240	1	0	0	0
Black Olives	1 Serving	10	10	1	0	0	0	95	0	0	0	0
Kalamata Olives	1 Serving	20	20	2	1.5	0	0	250	1	0	0	0
Yellow Onions	1 Serving	5	0	0	0	0	0	0	1	0	0	0
Red Onions	1 Serving	5	0	0	0	0	0	0	1	0	0	0
Green Peppers	1 Serving	0	0	0	0	0	0	0	0	0	0	0
Jalapenos	1 Serving	0	0	0	0	0	0	25	0	0	0	0
Green Chilies	1 Serving	5	0	0	0	0	0	45	1	0	0	0
Garlic	1 Serving	5	0	0	0	0	0	10	1	0	0	0
Spinach	1 Serving	0	0	0	0	0	0	0	0	0	0	0
Pepperoncini	1 Serving	0	0	0	0	0	0	65	0	0	0	0
Feta	1 Serving	15	10	1	0.5	0	0	75	0	0	0	1
Fresh Mozzarella	1 Serving	20	10	1.5	1	0	5	15	0	0	0	1
Gorgonzola	1 Serving	25	20	2	1.5	0	5	85	0	0	0	2
Extra Shredded Mozzarella	1 Serving	35	25	2.5	1.5	0	10	90	0	0	0	2

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**Sicilian Pizza**  
**1 Slice = 1 Serving 6 or 12 Slices Per Pie**

**Pizzas & Toppings**

	<i>Serving Size</i>	<i>Calories</i>	<i>Calories from Fat</i>	<i>Total Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Total Carbohydrates (g)</i>	<i>Dietary Fibers (g)</i>	<i>Sugar (g)</i>	<i>Protein (g)</i>
Sicilian Red Sauce Cheese	1 Slice	890	180	20	11	0.5	65	1400	139	4	5	40
Pepperoni	1 Serving	80	60	7	2.5	0	15	310	0	0	0	3
Sausage	1 Serving	80	50	6	1.5	NA	30	150	0	0	0	6
Canadian Bacon	1 Serving	25	10	1	0	0	10	200	1	0	1	3
Meatball	1 Serving	60	30	3	1	NA	25	35	2	0	0	5
Chicken	1 Serving	25	5	0.5	0	0	15	70	0	0	0	5
Salami	1 Serving	45	35	4	1.5	0	10	180	0	0	0	3
Anchovies	1 Serving	10	5	0.5	0	0	5	210	0	0	0	2
Bacon	1 Serving	120	90	10	3.5	0	25	340	1	0	0	7
Artichoke Hearts	1 Serving	5	0	0	0	0	0	70	1	0	0	0
Mushrooms	1 Serving	5	0	0	0	0	0	0	1	0	0	0
Tomatoes	1 Serving	10	0	0	0	0	0	0	3	0	1	0
Pineapple	1 Serving	10	0	0	0	0	0	0	3	0	3	0
Basil	1 Serving	0	0	0	0	0	0	0	0	0	0	0
Green Olives	1 Serving	20	10	1	0	0	0	620	2	0	0	0
Black Olives	1 Serving	25	25	2.5	0	0	0	250	0	0	0	0
Kalamata Olives	1 Serving	45	45	6	4	0	0	660	2	0	0	0
Yellow Onions	1 Serving	10	0	0	0	0	0	0	3	0	1	0
Red Onions	1 Serving	10	0	0	0	0	0	0	3	0	1	0
Green Peppers	1 Serving	5	0	0	0	0	0	0	1	0	1	0
Jalapenos	1 Serving	0	0	0	0	0	0	60	0	0	0	0
Green Chilies	1 Serving	10	0	0	0	0	0	115	2	0	0	0
Garlic	1 Serving	0	0	0	0	0	0	0	0	0	0	0
Spinach	1 Serving	0	0	0	0	0	0	0	0	0	0	0
Pepperoncini	1 Serving	5	0	0	0	0	0	170	1	0	0	0
Feta	1 Serving	20	10	1.5	1	0	0	120	0	0	0	2
Fresh Mozzarella	1 Serving	35	25	2.5	2	0	10	35	1	0	0	3
Gorgonzola	1 Serving	45	35	3.5	3	0	10	160	0	0	0	3
Extra Shredded Mozzarella	1 Serving	90	60	7	4	0	25	240	1	0	0	6

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**Neapolitan House Pie Slice**  
1 Slice = 1 Serving

**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)
Red Sauce Cheese	1 Slice	430	150	17	10	0.5	55	960	47	2	4	22
White Sauce Cheese	1 Slice	450	170	19	11	0.5	65	890	44	1	3	23
Shrimp Scampi	1 Slice	480	180	20	11	0.5	110	1000	45	1	3	23
Sicilian Cheese	1 Slice	890	180	20	11	0.5	65	1400	139	4	5	40
Pepperoni	1 Serving	110	80	9	3.5	0	20	390	0	0	0	4
Sausage	1 Serving	80	50	6	1.5	NA	30	150	0	0	0	6
Canadian Bacon	1 Serving	25	10	1	0	0	10	200	1	0	1	3
Meatball	1 Serving	60	30	3	1	NA	25	35	2	0	0	5
Chicken	1 Serving	40	10	1	0	0	20	105	0	0	0	8
Salami	1 Serving	45	35	4	1.5	0	10	180	0	0	0	3
Anchovies	1 Serving	10	0	0	0	0	5	190	0	0	0	2
Bacon	1 Serving	130	100	11	4	0	25	370	1	0	0	8
Artichoke Hearts	1 Serving	5	0	0	0	0	0	70	1	0	0	0
Mushrooms	1 Serving	5	0	0	0	0	0	0	1	0	0	0
Tomatoes	1 Serving	5	0	0	0	0	0	0	1	0	1	0
Pineapple	1 Serving	10	0	0	0	0	0	0	3	0	3	0
Basil	1 Serving	0	0	0	0	0	0	0	0	0	0	0
Green Olives	1 Serving	20	10	1	0	0	0	620	2	0	0	0
Black Olives	1 Serving	25	25	2.5	0	0	0	250	0	0	0	0
Kalamata Olives	1 Serving	45	45	6	4	0	0	660	2	0	0	0
Yellow Onions	1 Serving	10	0	0	0	0	0	0	3	0	1	0
Red Onions	1 Serving	10	0	0	0	0	0	0	3	0	1	0
Green Peppers	1 Serving	5	0	0	0	0	0	0	1	0	1	0
Jalapenos	1 Serving	0	0	0	0	0	0	60	0	0	0	0
Green Chilies	1 Serving	10	0	0	0	0	0	115	2	0	0	0
Garlic	1 Serving	0	0	0	0	0	0	5	0	0	0	0
Spinach	1 Serving	0	0	0	0	0	0	0	0	0	0	0
Pepperoncini	1 Serving	5	0	0	0	0	0	170	1	0	0	0
Feta	1 Serving	40	25	2.5	1.5	0	5	240	0	0	0	3
Fresh Mozzarella	1 Serving	70	45	5	3.5	0	15	65	1	0	0	5
Gorgonzola	1 Serving	80	50	6	4.5	0	15	260	1	0	0	5
Extra Shredded Mozzarella	1 Serving	90	60	7	4	0	25	240	1	0	0	6

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**Calzones**  
1 Calzone = 1 Serving

**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)
Cheese Calzone	1 Calzone	1350	520	58	36	1	210	2520	135	4	12	65
Pepperoni	1 Serving	210	170	19	7	0	45	770	0	0	0	9
Sausage	1 Serving	150	100	11	3	NA	55	310	0	0	0	11
Canadian Bacon	1 Serving	70	25	3	1	0	20	540	2	0	2	8
Meatball	1 Serving	110	60	6	2	NA	45	70	4	0	1	10
Chicken	1 Serving	80	15	2	0.5	0	40	210	1	0	0	15
Salami	1 Serving	130	90	10	3.5	0	30	490	1	0	0	7
Anchovies	1 Serving	40	20	2	0	0	15	750	2	0	0	6
Bacon	1 Serving	260	200	22	8	0	50	740	2	0	0	16
Artichoke Hearts	1 Serving	10	0	0	0	0	0	200	2	1	0	1
Mushrooms	1 Serving	10	0	0	0	0	0	0	2	0	1	1
Tomatoes	1 Serving	15	0	0	0	0	0	0	3	1	2	1
Pineapple	1 Serving	35	0	0	0	0	0	0	10	0	8	0
Basil	1 Serving	0	0	0	0	0	0	0	0	0	0	0
Green Olives	1 Serving	50	25	2.5	0	0	0	1860	5	0	0	0
Black Olives	1 Serving	80	70	8	0	0	0	740	0	0	0	0
Kalamata Olives	1 Serving	140	140	17	11	0	0	1980	6	0	0	0
Yellow Onions	1 Serving	35	0	0	0	0	0	0	8	1	4	1
Red Onions	1 Serving	35	0	0	0	0	0	0	8	1	4	1
Green Peppers	1 Serving	15	0	0	0	0	0	0	4	1	2	1
Jalapenos	1 Serving	5	0	0	0	0	0	180	1	0	0	0
Green Chilies	1 Serving	30	0	0	0	0	0	340	6	0	0	0
Garlic	1 Serving	5	0	0	0	0	0	15	1	0	0	0
Spinach	1 Serving	0	0	0	0	0	0	0	0	0	0	0
Pepperoncini	1 Serving	5	0	0	0	0	0	410	1	0	0	0
Feta	1 Serving	80	50	5	3.5	0	5	470	0	0	0	7
Fresh Mozzarella	1 Serving	70	45	5	3.5	0	15	65	1	0	0	5
Gorgonzola	1 Serving	150	110	12	9	0	30	520	2	0	0	9
Extra Shredded Mozzarella	1 Serving	260	180	20	13	0.5	75	720	2	0	1	17

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**Gluten Free Pizzas**  
1 Pizza = 1 Serving

**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)
Original Gluten Free Red Sauce Cheese	1 Pizza	960	430	48	19	1	90	1470	101	5	14	25
Artisan Cauliflower Gluten Free Red Sauce Cheese	1 Pizza	770	360	41	18	1	130	1420	73	6	7	28
Pepperoni	1 Serving	200	160	18	7	0	40	730	0	0	0	8
Sausage	1 Serving	130	90	10	2.5	0	50	270	0	0	0	10
Canadian Bacon	1 Serving	60	25	2.5	1	0	20	470	2	0	2	7
Meatball	1 Serving	80	40	4.5	1.5	0	35	50	3	0	0	7
Chicken	1 Serving	70	15	2	0	0	35	190	0	0	0	13
Salami	1 Serving	110	80	9	3	0	25	430	1	0	0	6
Anchovies	1 Serving	35	15	1.5	0	0	15	670	1	0	0	5
Bacon	1 Serving	200	150	17	6	0	40	560	2	0	0	12
Artichoke Hearts	1 Serving	10	0	0	0	0	0	170	2	1	0	1
Mushrooms	1 Serving	10	0	0	0	0	0	0	2	0	1	1
Tomatoes	1 Serving	15	0	0	0	0	0	0	4	1	2	1
Pineapple	1 Serving	25	0	0	0	0	0	0	7		6	0
Basil	1 Serving	0	0	0	0	0	0	0	0	0	0	0
Green Olives	1 Serving	50	25	2.5	0	0	0	1860	5	0	0	0
Black Olives	1 Serving	80	70	8	0	0	0	740	0	0	0	0
Kalamata Olives	1 Serving	90	90	11	8	0	0	1320	4	0	0	0
Yellow Onions	1 Serving	30	0	0	0	0	0	0	7	1	3	1
Red Onions	1 Serving	30	0	0	0	0	0	0	7	1	3	1
Green Peppers	1 Serving	15	0	0	0	0	0	0	3	1	2	1
Jalapenos	1 Serving	5	0	0	0	0	0	150	1	0	0	0
Green Chilies	1 Serving	20	0	0	0	0	0	260	4	0	0	0
Garlic	1 Serving	5	0	0	0	0	0	15	1	0	0	0
Spinach	1 Serving	0	0	0	0	0	0	0	0	0	0	0
Pepperoncini	1 Serving	5	0	0	0	0	0	410	1		0	0
Feta	1 Serving	80	50	5	3.5	0	5	470	0	0	0	7
Fresh Mozzarella	1 Serving	70	45	5	3.5	0	15	65	1	0	0	5
Gorgonzola	1 Serving	150	110	12	9	0	30	520	2	0	0	9
Extra Shredded Mozzarella	1 Serving	170	120	14	8	0	50	480	1	0	1	12

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## Pastas

	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)
<b>Pasta</b>												
Spaghetti w/Garlic Bread	1 Entrée	750	180	21	8	0	30	1330	122	9	20	20
Baked Ziti w/ Garlic Bread	1 Entrée	770	260	30	16	0	75	1330	100	7	15	25
Chicken Parmesan w/ Garlic Bread	1 Entrée	1000	300	35	14	0	110	1960	125	8	16	47
Pesto Pasta w/ Garlic Bread	1 Entrée	740	290	33	11	0	40	840	94	6	1	19
Ravioli w/ Garlic Bread	1 Entrée	900	350	39	20	0	150	1930	105	6	14	33
Lasagna Rollatini w/ Garlic Bread	1 Entrée	850	370	42	22	0	115	2100	89	7	14	34
Fettuccine Alfredo w/ Garlic Bread	1 Entrée	760	300	34	13	0	120	930	95	4	3	19
Grilled Chicken Alfredo w/ Garlic Bread	1 Entrée	930	340	39	14	0	205	1350	96	4	3	49
Bread Chicken Alfredo w/ Garlic Bread	1 Entrée	1010	390	44	15	0	180	1540	111	5	3	42
Mac & Cheese (Small)	1 Entrée	470	240	27	12	1	60	570	39	3	3	18
Mac & Cheese (Large)	1 Entrée	670	340	38	17	1.5	80	810	58	5	5	25
Kid's Pasta w/ Butter	1 Entrée	400	160	19	12	0	45	135	51	2	1	9
Kid's Pasta w/ Marinara	1 Entrée	280	25	2.5	0	0	0	180	56	3	5	9
<b>Pasta Sides</b>												
Meatballs (2 Per Order)	1 Side	280	170	19	6	0	110	370	4	0	0	23
Sausage (1 Link)	1 Side	280	170	19	6	0	110	370	4	0	0	23
Grilled Chicken	4 oz.	170	40	4.5	1	0	80	430	1	0	0	30
Breaded Chicken	4 oz.	250	90	10	2	0	60	610	16	1	0	23
Garlic Bread	1 Side	250	100	12	8	0	30	460	32	2	0	5
Garlic Bread w/ Cheese	1 Side	300	130	15	10	0	40	580	33	2	0	8
<b>Pasta Components</b>												
Spaghetti or Penne Noodles	8 oz.	330	15	1.5	0	0	0	0	68	3	2	12
Spaghetti or Penne Noodles	7 oz.	290	15	1.5	0	0	0	0	60	3	1	10
Spaghetti or Penne Noodles	6 oz.	250	10	1	0	0	0	0	51	2	1	9
Spaghetti or Penne Noodles	5 oz.	210	10	1	0	0	0	0	43	2	1	7
Spaghetti or Penne Noodles	4 oz.	170	5	1	0	0	0	0	34	2	1	6
Spaghetti or Penne Noodles	2 oz.	80	5	0	0	0	0	0	17	1	0	3
Fettuccine Noodles	8 oz.	480	30	4	0	0	100	30	90	4	0	18
Gluten Free Penne Noodles	4 oz.	170	5	1	0	0	0	0	37	1	0	3
Gluten Free Penne Noodles	5 oz.	210	10	1	0	0	0	0	46	1	0	4
Gluten Free Penne Noodles	6 oz.	250	10	1	0	0	0	0	55	1	0	5
Gluten Free Penne Noodles	7 oz.	290	15	1.5	0	0	0	0	64	1	0	6
Gluten Free Penne Noodles	8 oz.	330	15	1.5	0	0	0	0	73	2	0	7
Pasta Sauce	8 oz.	180	70	8	0	0	0	960	24	4	20	4
Pasta Sauce	4 oz.	90	35	4	0	0	0	480	12	2	10	2
Alfredo Sauce	2 oz.	140	115	13	4	<1	18	340	4	0	2	3
Alfredo Sauce	3 oz.	210	170	19	6	<1	26	510	5	0	3	5
Mozzarella Cheese	1 oz.	90	60	7	4	0	25	240	1	0	0	6

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## Sandwiches & 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)
<b>Heroes</b>												
Meatball	1 Hero	860	310	34	14	0	165	1860	86	6	11	47
Italian Sausage	1 Hero	850	360	40	14	0	155	2220	76	5	10	43
Chicken Parmesan	1 Hero	770	210	24	9	0	90	1910	93	6	9	44
Italian	1 Hero	1010	530	60	20	0	100	2240	74	5	4	40
<b>Hero Components</b>												
Bread	1 Baguette	310	10	1	0	0	0	730	64	3	0	9
Pasta Sauce	4 oz.	90	35	4	0	0	0	480	12	2	10	2
Mozzarella	2 oz.	180	120	14	8	0	50	480	2	0	0	24
<b>Salads</b>												
Italian Salad (Small)*	1 Salad	90	50	6	2.5	0	15	210	4	2	2	5
Italian Salad (Large)*	1 Salad	170	100	12	5	0	30	410	8	3	4	10
Farmers Salad (Small)*	1 Salad	140	70	8	4	0	20	260	10	4	5	9
Farmers Salad (Large)*	1 Salad	120	45	5	1.5	0	5	310	16	2	1	7
Caesar Salad (Small)*	1 Salad	170	80	9	8	0	30	710	9	2	1	9
Caesar Salad (Large)*	1 Salad	320	170	18	16	0	60	1420	17	3	2	17
Bacon & Bleu Salad (Small)*	1 Salad	210	140	15	7	0	35	570	6	2	2	13
Bacon & Bleu Salad (Large)*	1 Salad	350	230	25	12	0	60	960	11	4	3	23
Mediterranean Salad (Small)*	1 Salad	70	30	3.5	2	0	0	330	7	3	3	3
Mediterranean Salad (Large)*	1 Salad	120	60	7	4	0	5	650	13	4	6	6
Grilled Chicken Salad*	1 Salad	310	120	13	7	0	100	800	11	4	4	39
Insalata Caprese	1 Salad	650	540	61	20	0	60	270	8	1	2	21
*Choice of Dressing Not Included												
<b>Dressings</b>												
Ranch Dressing	2 oz.	250	240	27	4	0	30	440	6	0	1	1
Italian Dressing	2 oz.	250	240	27	3.5	0	0	230	1	0	0	0
Blue Cheese Dressing	2 oz.	360	340	38	7	0	30	440	2	0	2	2
Lite Balsamic Dressing	2 oz.	140	110	12	2	0	0	520	6	0	4	0
Caesar Dressing	2 oz.	340	340	38	6	0	30	760	2	0	0	2
Pure Olive Oil	2 oz.	480	480	56	8	0	0	0	0	0	0	0
Ranch Dressing	4 oz.	500	480	54	8	0	60	880	12	0	2	2
Italian Dressing	4 oz.	500	480	54	7	0	0	460	2	0	0	0
Blue Cheese Dressing	4 oz.	720	680	76	14	0	60	880	4	0	4	4
Lite Balsamic Dressing	4 oz.	280	220	24	4	0	0	1040	12	0	8	0
Caesar Dressing	4 oz.	680	680	76	12	0	60	1520	4	0	0	4
Pure Olive Oil	4 oz.	960	960	112	16	0	0	0	0	0	0	0

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## Sides, Appetizers, Desserts & Kid Eats

	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)
<b>Sides &amp; Appetizers</b>												
Chicken Wings*	6 Piece	430	230	31	8	0	200	880	0	0	0	36
Chicken Wings*	12 Piece	850	550	62	16	0	400	1760	0	0	0	72
Cheese Sticks**	5 Piece	500	230	25	10	0	50	1590	46	1	10	21
Cheese Sticks**	10 Piece	1000	450	51	20	0	100	3180	92	2	20	42
Individual Garlic Bread	1 Order	250	100	12	8	0	30	460	32	2	0	5
Individual Garlic Bread w/ Cheese	1 Order	300	130	15	10	0	40	580	33	2	0	8
Garlic Bread Appetizer**	1 Appetizer	1090	430	51	30	0	115	2260	141	8	9	21
Garlic Bread w/ Cheese Appetizer**	1 Appetizer	1270	560	65	39	0	165	2780	143	8	11	32
Anthony's Spicy Wing Sauce	1.5 oz.	8	0	0	0	0	0	1590	2	0	0	0
BBQ Wing Sauce	1.5 oz.	70	0	0	0	0	0	380	17		15	0
Parmesan Garlic Wing Sauce	1.5 oz.	240	210	24	4.5	0	0	615	6	0	1.5	1.5
Sweet Chili Wing Sauce	1.5 oz.	110	0	0	0	0	0	690	26	0	21	0
Anthony's Spicy Wing Sauce	3 oz.	15	0	0	0	0	0	3180	3	0	0	0
BBQ Wing Sauce	3 oz.	140	0	0	0	0	0	750	33	0	30	0
Parmesan Garlic Wing Sauce	3 oz.	480	420	48	9	0	0	1230	12	0	3	3
Sweet Chili Wing Sauce	3 oz.	210	0	0	0	0	0	1380	51	0	42	0
Ranch Dressing	2 oz.	250	240	27	4	0	30	440	6	0	1	1
Blue Cheese Dressing	2 oz.	360	340	38	7	0	30	440	2	0	2	2
Pasta Sauce	2 oz.	45	18	2	0	0	0	240	6	1	5	1
Pasta Sauce	4 oz.	90	35	4	0	0	0	480	12	2	10	2

\*Choice of Sauces & Dressings Not Included \*\*Pasta Sauce Included

## Desserts

NY Cheesecake	1 Slice	360	170	19	11	0	60	230	40	1	22	8
Mini Cannoli (3 Plain)	3 Pieces	360	180	20	8	0	45	90	36	0	18	9
Mini Cannoli (3 Chocolate)	3 Pieces	450	200	23	8	0	45	90	45	3	24	12
Mini Cannoli (2 Chocolate & 1 Plain)	3 Pieces	420	200	23	8	0	45	90	42	2	22	11
Mini Cannoli (2 Plain & 1 Chocolate)	3 Pieces	390	190	22	8	0	45	90	39	1	20	10
Tiramisu	1 Slice	260	130	14	9	0	110	60	26	0	17	3
Cookies & Cream Cake	1 Slice	390	180	20	12	0	175	125	45	1	30	10
Limoncello Cake	1 Slice	320	80	9	5	0	150	70	54	1	31	5
Chocolate Chip Brownie	1 Brownie	430	180	20	6	0	25	230	58	2	32	5
Chocolate Chip Cookie	1 Cookie	460	220	24	11	0	50	190	60	2	39	5

## Kid Entrees

Neapolitan Red Sauce Cheese Pizza	1 Slice	430	150	17	10	0.5	55	960	47	2	4	22
Mac & Cheese (Small)	1 Entrée	470	240	27	12	1	60	570	39	3	3	18
Cheese Ravioli (Small)	1 Entrée	320	125	14	6	0	60	740	37	2	7	14
Kids' Pasta w/ Butter	1 Entrée	400	160	19	12	0	45	135	51	2	1	9
Kids' Pasta w/ Pasta Sauce	1 Entrée	280	25	2.5	0	0	0	180	56	3	5	9

## Kid Sides

Apple Sauce	1 Package	45	0	0	0	0	0	0	12	1	8	0
Organic Bunny Grahams	1 Package	160	50	6	0.5	0	0	105	24	3	9	3

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