

Mozzarella Cheese	0.5 oz	45	25	3	1.5		10	90					3	4		8				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
Parmesan Reggiano*	0.5 oz	50	30	3.5	2		5	210		3			3			8				X						X*
Sweet & Spicy Peppers	0.5 oz	20								5		4														
Pickled Red Onion	0.5 oz	5						0	20	1			0	0	2	0										
Quinoa	3.5 oz	130	45	5	0			220	130	16	2		3	4	4	2	8									
Red Cabbage	0.5 oz	0						0	35	1			0	6	8	0	0									
Roasted Broccoli	2 oz	40	20	2.5	0			90	170	4	1		2	10	50	2	2									
Roasted Carrots	1.5 oz	30	10	1.5	0			120	130	4	1	2	0	230	2	2	0									
Roasted Corn Salad	2.5 oz	90	50	6	0.5			440	140	11	1		2	10	6	0	2									
Romaine	0.5 oz	0						0	25	1			0	30	2	0	0									
Spiced Pecans*	0.5 oz	80	45	5	0			25		8		8	0			0	0							X		X*
Spinach	0.5 oz	0	0	0				10	80	1			0	45	4	2	2									
Strawberries	0.5 oz	0						0	20	1			0	0	10	0	0									
Sweet & Spicy Pickles	0.5 oz	15						40		3		3														

* 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 MenuTrinfo® 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.

NUTRITIONAL INFORMATION (MENU ITEMS)

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	POTASSIUM (MG)	CARBOHYDRATE	FIBER (G)	SUGARS (G)	PROTEIN (G)	% DAILY VALUE				ALLERGEN INFORMATION									
														VITAMIN A	VITAMIN C	CALCIUM	IRON	EGGS	FISH	MILK	PEANUTS	SHELLFISH	SOY	TREE NUTS	WHEAT	GLUTEN	
PIADAS																											
Crispy Chicken BLT Piada	1 order	960	550	62	11		85	2230	600	76	4	10	32	180	20	15	25	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
Spicy Ranch Piada (Chef's Favorite) - no protein	1 order	540	250	29	7		20	1330	410	61	4	9	12	170	15	20	20	X		X					X	X	
PASTAS																											
Carbonara (Small) - no protein	1 each	550	300	33	15		60	1170	85	47	3	4	17	60	8	20	10			X			X		X	X	

Carbonara (Regular) - no protein	1 each	1070	580	65	28		120	2230	85	92	5	8	32	90	10	35	25			X			X		X	X	X
Basil Pesto (Small) - no protein	1 each	530	290	33	10		35	980	60	47	3	3	13	25	10	15	15			X			X		X	X	X
Basil Pesto (Regular) - no protein	1 each	1150	670	75	24		85	2170	120	94	5	7	28	60	20	35	25			X			X		X	X	X
Diavolo (Small) - no protein	1 each	360	140	16	4		10	780	15	49	3	6	9	15	10	6	10			X					X	X	X
Diavolo (Regular) - no protein	1 each	710	280	31	7		15	1510	15	97	6	11	17	25	20	10	25			X					X	X	X
Stuffed Basil Pasta (Small) - no protein	1 each	580	370	42	15		100	1270	250	35	3	6	16	25	8	25	10	X		X			X		X	X	X
Stuffed Basil Pasta (Regular) - no protein	1 each	1150	730	83	30		195	2460	490	69	6	12	31	45	15	50	20	X		X			X		X	X	X
Stuffed Carbonara Pasta (Small) - no protein	1 each	640	410	46	21		130	1560	280	36	3	7	21	60	6	30	10	X		X			X		X	X	X
Stuffed Carbonara Pasta (Regular) - no protein	1 each	1140	700	79	35		235	2680	490	69	5	13	36	80	8	50	15	X		X			X		X	X	X
Stuffed Diavolo Pasta (Small) - no protein	1 each	460	250	29	10		80	1160	210	38	4	8	13	15	10	20	10	X		X					X	X	X
Stuffed Diavolo Pasta (Regular) - no protein	1 each	850	460	52	19		150	2040	430	73	7	15	24	30	15	30	15	X		X					X	X	X

GREENS & GRAINS (Includes Dressing)

Balsamic Salad w/ Dressing (Small) - no protein	1 each	240	140	15	2			340	340	25	3	19	3	130	35	6	8			X				X			
Balsamic Salad w/ Dressing (Regular) - no protein	1 each	440	270	31	4.5		2	670	560	39	5	32	6	240	50	10	15			X				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	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	X
Deluxe Caesar Salad (Small) - no protein	1 each	250	180	21	5		25	570	180	12	2	3	7	190	25	10	4	X	X	X			X		X	X	X
Deluxe Caesar Salad (Regular) - no protein	1 each	480	350	39	9		50	1000	540	23	5	7	12	590	70	20	15	X	X	X			X		X	X	X
Farmer's Market Salad w/ Lemon Basil (No Protein) - Small*	1 each	380	280	32	4			630	410	24	6	9	5	15	25	2	4			X				X			X*
Farmer's Market Salad w/ Lemon Basil (No Protein) - Regular*	1 each	640	500	56	7		2	860	700	34	10	14	7	20	45	4	6			X				X			X*
Mediterranean Power Bowl	1 each	880	480	55	6			2190	1400	89	19	8	18	170	80	15	35							X			

PROTEIN CHOICES

Add Calamari with Hot Peppers	1 portion	410	260	30	4		45	1220	25	11		1	26	0	0	4	6			X			X		X	X	X
Add Chicken Tender	3.5 oz	170	45	5	1.5		80	115	240	0			29	2		2	6										
Add Crispy Chicken Fritte	3 oz	280	140	15	2		45	710	190	18		2	19	4	2	2	8			X					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	X
Add Fresh Salmon	4.1 oz	290	140	16	3		95	360					32	10	4	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	X		X			X		X	X	X
Add Steak*	3.5 oz	100	35	4	1		40	300					16	0	0	2	6										X*

LIFESTYLE MENU

Berry Balsamic Salad	1 order	270	190	21	3			390	1050	20	8	8	6	260	80	15	20								X		
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*

STREET SIDES

Pepperoni Piada Sticks	1 order	840	520	59	15		105	1980	380	57	2	7	23	20	2	35	20	X		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	15	2	2	2			X	X		X	X	X	X	X
Lobster Bisque Bowl	10 oz	420	340	39	22		145	1240		20		1	7	25	2	2	4			X	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	X		X			X		X	X	X
Calamari Fritto Misto	2 portions	740	460	52	7		80	2360	50	22		6	45	15	6	10	15			X		X			X	X	X
Side Salad - no dressing	1 each	25	5	0.5				50	130	4	1	2	1	130	15	2	2										
Sweet Corn Salad	5.5 oz	200	110	13	1.5			980	310	23	3	2	3	25	15	0	4										
Blackberry Hibiscus Lemonade	18 fl oz	130						20	40	34		20	0	0	20	2	0										

DESSERTS