

	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	VEGETARIAN	VEGAN	
PIADAS																													
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	
Mediterranean 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	X	
PASTAS																													
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		
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		
GREENS & GRAINS (Includes Dressing)																													
Avocado Chop (Small) - No Protein	1 each	590	440	49	7	0	20	860	950	32	12	9	14							X									X
Avocado Chop (Regular) - No Protein	1 each	930	690	78	10	0	30	1330	1470	51	18	17	23							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		
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	330	240	28	6		35	690	190	14	2	4	7	190	25	10	6		X	X	X		X		X	X	X		
Deluxe 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	X		
Farmer's Market Salad (Small) - No Protein	1 each	380	280	32	4			630	410	24	6	9	5	15	25	2	4			X			X		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	X		
Power Bowl - No Protein	1 each	670	310	35	4			1790	1010	80	13	6	15	150	50	15	35						X						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			
Add Chicken Tender	3.5 oz	170	45	5	15		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			
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			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			
Add Steak**	3.5 oz	100	35	4	1		40	300					16	0	0	2	6									X*			
Add Zucchini and Mushrooms	1 portion	15	15	15			30	35	0				0																X
LIFESTYLE MENU																													
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		
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		
Lobster Bisque Bowl	10 oz	420	340	39	22		145	1240		20		1	7	25	2	2	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		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			
Side Salad - No Dressing	1 each	25	5	0.5			50	130	4	1	2	1		130	15	2	2												X
Sweet Corn Salad	5.5 oz	200	110	13	15			980	310	23	3	2	3	25	15	0	4											X	
Rock Melon Aqua Fresca	16 fl oz	290	0	0			15	20	75		74	43		0	2	0	0										X		
Blackberry Hibiscus Lemonade	18 fl oz	130					20	40	34		20	0		0	20	2	0										X		
DESSERTS																													
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	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		
ITALIAN SODAS/ DRINKS																								
Raspberry Italian Soda - Regular	1 each	170						30	42	42													X	
Raspberry Italian Soda - Large	1 each	280						50	70	70													X	
Orange Italian Soda - Regular	1 each	150						30	36	36													X	
Orange Italian Soda - Large	1 each	250						50	60	60													X	
Peach Iced Tea - Regular	1 each	150						10	38	36													X	
Peach Iced Tea - Large	1 each	250						15	63	60													X	
Lemon Iced Tea - Regular	1 each	150						10	38	36													X	
Lemon Iced Tea - Large	1 each	250						15	63	60													X	
KIDS ITEMS																								
Kid's Chicken Tender	1 order	450	200	23	3	70	1310	290	34	9	28	10	4	4	10		X					X	X	
Kid's Meatball	1 order	730	410	46	20	110	1770	410	44	2	7	32	25	10	20	25	X					X	X	
Kid's Buttered Pasta with Cheese	1 order	270	80	9	25	5	350	0	41	2	2	8	2	2	4	10		X			X	X	X	
Add Alfredo Sauce	4 oz	210	170	19	10	45	590		3	1	6		10		15			X			X	X	X	
Add Diavolo Sauce	4 oz	90	70	7	2	5	410		7	3	1			6	2	2		X						X
Add Pesto Sauce	4 oz	440	380	43	6	10	820	180	7		6		35	20	15	10		X						X
Add Pomodoro Sauce	4 oz	50	0	0.5	0		460		8	6	2		25	10	2	6								
Kid's Apple Juice	1 box	90					5		21	18				70	8									X
Kid's Chocolate Milk	1 box	150	20	2.5	15	10	200		23	21	8	15		20	2			X						X
Kid's Milk	1 box	110	20	2.5	15	10	130		13	12	8	15		25				X						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 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.

PIADA
ITALIAN STREET FOOD

Nutrition updated on 05/04/2021