NUTRITIONAL INFORMATION (CREATE YOUR OWN)

														% DAILY VALUE				ALLERGEN INFORMATION								
	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)	VITAMIN A	VITAMIN C	CALCIUM	IRON	EGGS	FISH	MILK	PEANUTS	SHELLFISH	SOY	TREE NUTS	WHEAT	GLUTEN
PIADA DOUGH																										
Piada Dough (Regular) 14"	1 each	290	70	8	3			640	240	50	2	3	7			15	15								X	X
PASTA - .5 oz pasta for Piada, 4 oz for small bowl & 8 oz for regular bowl																										
Pasta - Piada	.5 oz	30	10	1	0			25	0	5			1	0	0	0	2			X					X	X
Pasta - small bowl	4 oz	240	70	8	1.5		2	190	0	40	2	2	6	4	2	0	10			X					X	X
Pasta - regular bowl	8 oz	490	140	15	3		5	370	0	79	4	4	13	8	4	0	20			X					X	X
SALAD - 2.5 oz for small salad & 6 oz for regular salad																										
Mixed Greens - regular	6 oz	40						30		8	4	4	2													
Mixed Greens - small	2.5 oz	15						15		3	2	2	1													
Romaine - regular	6 oz	30	0	0	0			15	320	6	4	2	2	230	50	4	8									
Romaine - small	2.5 oz	15	0	0				5	135	3	2	1	1	90	20	2	2									
PROTEIN CHOICES																										
Add Calamari with Hot Peppers	1 portion	410	260	30	4		45	1090	25	10		1	26	0	0	6	6			X		X			X	X
Add Chicken Tender	3.5 oz	150	30	3.5	1		75	210	240	1			28	2	0	2	6									
Add Crispy Chicken Fritte	3 oz	240	120	13	2		40	600	160	15		2	16	2	2	2	6			X					X	X
Add Crispy Chicken - LVR	3 oz	260	160	18	2.5		30	440		13			13				2								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 Hot Crispy Chicken - LVR	3.5 oz	330	220	25	3		25	820	55	15				20	2	0	4								X	X
Add Fresh Salmon	4.1 oz	290	140	16	3		95	360					32	6	6	2	2		X							
Add Italian Sausage	3.5 oz	270	200	23	7		70	760					15				6									
Add Meatball (includes pomodoro)	5.8 oz	170	120	13	6		35	410	135	3			8	0	2	6	6	X		X			X		X	X
Add Steak*	3.5 oz	120	45	5	1.5		45	520		1			17			4	8									X*
SAUCES and DRESSINGS - 1.5 oz for Piada, 2 oz small salad, 4 oz for small pasta and regular salad, 6 oz for regular pasta and catering																										
Balsamic Dressing (Piada)*	1.5 oz	130	100	11	1.5			170		7		7														X*
Balsamic Dressing (small pasta and regular salad)*	4 oz	340	270	30	4			450		19		19														X*
Balsamic Dressing (catering and pasta)*	6 oz	510	400	45	6			680		28		28														X*
Balsamic Dressing (small salad)*	2 oz	170	130	15	2			230		9		9														X*
Creamy Parmesan (Piada)*	1.5 oz	170	150	17	2.5		15	380	35	4		2	1	0	0	4	0	X		X						X*
Creamy Parmesan (small pasta and regular salad)*	4 oz	440	400	45	7		45	1010	90	10		7	3	0	2	10	0	X		X						X*
Creamy Parmesan (catering and regular pasta)*	6 oz	660	600	67	10		65	1520	135	14		10	4	2	2	15	2	X		X						X*
Creamy Parmesan (small salad)*	2 oz	220	200	22	3.5		20	510	45	5		3	1	0	0	6	0	X		X						X*
Caesar Dressing (Piada)	1.5 oz	200	170	20	3.5		20	350	15	4		2	2	0	4	6		X	X	X						
Caesar Dressing (small pasta and regular salad)	4 oz	530	460	53	10		55	950	35	11		5	6	0	15	20	0	X	X	X						
Caesar Dressing (catering and regular pasta)	6 oz	800	700	79	14		85	1420	55	16		7	8	0	20	25	0	X	X	X						

Caesar Dressing (small salad)	2 oz	270	230	26	5		30	470	20	5		2	3	0	6	8	0	X	X	X						
Diavolo (Piada)	1.5 oz	35	25	3	0.5			150		2		1	0	2	4	2	0			X						
Diavolo (small pasta and regular salad)	4 oz	90	70	7	2		5	400		6		3	1	8	10	4	2			X						
Diavolo (catering and regular pasta)	6 oz	140	100	11	3		5	600		8	1	4	1	10	15	6	2			X						
Diavolo (small salad)	2 oz	45	35	3.5	1		2	200		3		1	0	4	4	2	0			X						
Pesto (Piada)*	1.5 oz	190	170	19	2		3	310	80	3			2	6	15	6	4			X						X*
Pesto (small pasta and regular salad)*	4 oz	510	450	51	6		5	830	210	7	1		5	15	40	15	10			X						X*
Pesto (catering and regular pasta)*	6 oz	760	670	76	9		10	1250	310	11	2		7	25	60	25	15			X						X*
Pesto (small salad)*	2 oz	250	220	25	3		4	420	105	4			2	8	20	8	6			X						X*
Harissa (Piada)	1.5 oz	130	110	12				220		4		2	1	6	15	2	6									
Harissa (small pasta and regular salad)	4 oz	340	290	33	0			600		11	2	5	2	20	40	6	15									
Harissa (catering and regular pasta)	6 oz	520	430	49	0			900		16	2	7	3	25	60	8	20									
Harissa (small salad)	2 oz	170	140	16				300		5		2	1	10	20	2	8									
Lemon Basil (Piada)	1.5 oz	160	130	15	1.5			75	15	6		4		0	6	0										
Lemon Basil (small pasta and regular salad)	4 oz	410	360	41	3.5			200	45	16		12	0	0	15	0	0									
Lemon Basil (catering and regular pasta)	6 oz	620	540	61	5			300	65	24		18	0	0	25	0	0									
Lemon Basil (small salad)	2 oz	210	180	20	2			100	20	8		6	0	0	8	0										
Olive Oil (Piada)	1.5 oz	360	360	40	6																					
Olive Oil (small pasta and regular salad)	4 oz	950	950	107	16																					
Olive Oil (catering and regular pasta)	6 oz	1430	1430	161	24																					
Olive Oil (small salad)	2 oz	480	480	54	8																					
Alfredo (Piada)*	1.5 oz	80	60	7	4		15	220		1			2	2		6				X			X		X	X
Alfredo (small pasta and regular salad)*	4 oz	210	170	19	10		45	590		3		1	6	6		15				X			X		X	X
Alfredo (catering and regular pasta)*	6 oz	320	260	29	15		65	880		5		2	9	10		25				X			X		X	X
Alfredo (small salad)*	2 oz	110	90	10	5		20	290		2			3	4		8				X			X		X	X
Basil Aioli (Piada)*	1.5 oz	280	270	30	4		25	170	15	3		3	0	2	2	2	0	X		X						X*
Basil Aioli (small pasta and regular salad)*	4 oz	740	710	80	11		70	450	35	8		7	1	6	8	2	2	X		X						X*
Basil Aioli (catering and regular pasta)*	6 oz	1110	1060	120	16		105	670	55	12		10	1	10	10	4	2	X		X						X*
Basil Aioli (small salad)*	2 oz	370	350	40	5		35	220	20	4		3	0	4	4	2	0	X		X						X*
Pomodoro (Piada)	1.5 oz	15	0	0				170	0	3		2	0	2	4	0	2									
Pomodoro (small pasta and regular salad)	4 oz	45	0	0.5	0			460	0	8		5	1	4	10	2	4									
Pomodoro (catering and regular pasta)	6 oz	60	5	1	0			690	0	12	1	8	2	6	15	4	8									
Pomodoro (small salad)	2 oz	20	0	0				230	0	4		3	1	2	4	2	2									
Red Wine Vinegar (Piada)	1.5 oz	10						0	15	0					0	0	2									
Red Wine Vinegar (small pasta and regular salad)	4 oz	20						10	45	0					0	0	2									
Red Wine Vinegar (catering and regular pasta)	6 oz	30						15	65	0			0		2	2	4									
Red Wine Vinegar (small salad)	2 oz	10						0	20	0					0	0	2									
Cider Vin (Piada)*	1.5 oz	100	80	9				340		6		4														X*
Cider Vin (small pasta and regular salad)*	4 oz	260	200	23				910		15		11														X*
Cider Vin (catering and regular pasta)*	6 oz	400	300	34				1360		23		17														X*
Cider Vin (small salad)*	2 oz	130	100	11				450		8		6														X*
Spicy Ranch (Piada)	1.5 oz	160	130	15	2.5		15	420	50	6		4	1	2	2	4	0	X		X						X
Spicy Ranch (small pasta and regular salad)	4 oz	420	360	40	6		40	1130	130	15		10	3	6	2	10	2	X		X						X
Spicy Ranch (catering and regular pasta)	6 oz	630	540	61	10		60	1690	200	23		15	5	10	4	15	2	X		X						X
Spicy Ranch (small salad)	2 oz	210	180	20	3		20	560	65	8		5	2	4	2	6	0	X		X						X

Yogurt Harissa Dressing (Piada)	1.5 oz	80	60	7	0.5		3	250	25	3		2	2	4	8	4	2			X						
Yogurt Harissa Dressing (small pasta and regular salad)	4 oz	220	160	18	1.5		5	670	60	8		5	6	10	20	8	8			X						
Yogurt Harissa Dressing (catering and regular pasta)	6 oz	330	240	28	2.5		10	1010	90	11	1	7	9	15	30	15	10			X						
Yogurt Harissa Dresssing (small salad)	2 oz	110	80	9	1		4	340	30	4		2	3	6	10	4	4			X						
TOPPINGS																										
Artichokes	0.5 oz	5	0	0				70	0	1				0		0										
Arugula	0.25 oz	0							25					4	2	2	0									
Avocado	1/4 each	80	70	7	1			0	240	4	3		1	2	8	0	2									
Black Olives	0.5 oz	25	20	2.5				110																		
Bruschetta Tomatoes	0.5 oz	10	0	0				45		1			0	2	4	0	0									
Cucumber	0.5 oz	0						0	20	1			0	0	0	0										
Feta Cheese	0.5 oz	30	20	2	1		3	180					3	2		2				X						
Fresh Mozzarella	0.5 oz	35	25	3	1.5		5	30					2	2		6				X						
Glazed Chickpeas	2 oz	90	35	4	0			310	85	12	2		3	0	4	2	4									
Green Onions	0.5 oz	0	0	0				0	25	1			0	10	4	0	0									
Mixed Greens	0.5 oz	0						0		1			0													
Mozzarella Cheese	0.5 oz	45	25	3	1.5		10	90					3	2		10				X						
Mushrooms	0.5 oz	0						0	45	0			0		0	0	0									
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			10				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	2	4	2	8									
Red Cabbage	0.5 oz	0						0	35	1			0	4	15	0	0									
Roasted Broccoli	2 oz	40	20	2.5	0			90	170	4	1		2	6	80	2	2									
Roasted Carrots	1.5 oz	30	10	1.5	0			120	130	4	1	2	0	140	4	2	0									
Roasted Corn Salad	2.5 oz	90	45	5	0.5			170	140	10	1		2	6	10	0	2									
Romaine	0.5 oz	0						0	25	1			0	20	4	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	25	6	2	2									
Strawberries	0.5 oz	0						0	20	1			0	0	15	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)

														% DAILY VALUE				ALLERGEN INFORMATION								
	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)	PROTIEN (G)	VITAMIN A	VITAMIN C	CALCIUM	IRON	EGGS	FISH	MILK	PEANUTS	SHELLFISH	SOY	TREE NUTS	WHEAT	GLUTEN
PIADAS																										
Crispy Chicken BLT Piada	1 order	970	550	62	11		85	2220	570	76	5	10	32	80	30	20	25	X		X					X	X
Crispy Chicken BLT Piada - LVR	1 order	990	600	67	12		70	2030	380	74	4	8	29	80	25	20	20	X		X					X	X
Avocado Piada (No Protein)	1 order	760	450	51	12		35	1370	630	64	7	5	17	15	20	30	20	X		X					X	X
Chef's Favorite- no protein	1 order	570	280	32	8		20	1400	390	62	4	10	12	80	20	30	20	X		X					X	X
PASTAS																										
Carbonara (Small) - no protein	1 each	550	300	34	15		60	1110	80	46	2	4	17	40	10	25	10			X			X		X	X
Carbonara (Regular) - no protein	1 each	960	490	56	23		95	1770	85	89	5	7	29	50	15	35	20			X			X		X	X
Basil Pesto (Small) - no protein	1 each	520	280	32	8		25	830	70	46	3	3	13	15	15	20	15			X			X		X	X
Basil Pesto (Regular) - no protein	1 each	1010	550	63	15		45	1550	140	91	5	6	24	30	35	35	30			X			X		X	X
Diavolo (Small) - no protein	1 each	370	150	17	4		10	710	10	48	3	6	9	15	15	8	10			X					X	X
Diavolo (Regular) - no protein	1 each	670	250	29	7		15	1140	15	92	6	10	16	25	25	10	25			X					X	X
GREENS & GRAINS (Includes Dressing)																										
Deluxe Caesar Salad (Small) - no protein	1 each	280	210	23	5		30	630	150	10	2	4	7	90	30	15	4	X	X	X					X	X
Deluxe Caesar Salad (Regular) - no protein	1 each	520	390	45	10		55	1130	430	21	5	8	13	270	90	25	10	X	X	X					X	X
Farmer's Market Salad w/ Lemon Basil (No Protein) - Small*	1 order	330	220	25	3			540	410	25	6	10	4	10	35	4	4			X				X		X*
Farmer's Market Salad w/ Lemon Basil (No Protein) - Regular*	1 order	540	390	44	6		2	690	690	36	10	14	7	15	60	6	6			X				X		X*
Mediterranean Power Bowl	1 order	700	330	37	3		4	2140	930	80	11	8	18	100	110	15	35			X						
PROTEIN CHOICES																										
Add Calamari with Hot Peppers	1 portion	410	260	30	4		45	1090	25	10		1	26	0	0	6	6			X		X			X	X
Add Chicken Tender	3.5 oz	150	30	3.5	1		75	210	240	1			28	2	0	2	6									

Add Crispy Chicken Fritte	3 oz	240	120	13	2		40	600	160	15		2	16	2	2	2	8			X					X	X
Add Crispy Chicken - LVR	3 oz	260	160	18	2.5		30	440		13			13				2								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 Hot Crispy Chicken - LVR	3.5 oz	330	220	25	3		25	820	55	15				20	2	0	4								X	X
Add Fresh Salmon	4.1 oz	290	140	16	3		95	360					32	6	6	2	2		X							
Add Italian Sausage	3.5 oz	270	200	23	7		70	760					15				6									
Add Meatball	5.8 oz	170	120	13	6		35	410	135	3			8	0	2	6	6	X		X			X		X	X
Add Steak*	3.5 oz	120	45	5	1.5		45	520		1			17	0	2	0	15									X*
STREET SIDES																										
Pepperoni Piada Sticks	1 order	710	490	56	15		105	1540	135	33	1	7	20	10	2	30	10	X		X					X	X
Cheese Piada Sticks	1 order	660	430	48	13		90	1240	55	33	1	7	21	10	2	50	10	X		X					X	X
Piada Garlic Dough	1 order	350	170	19	6		20	940	15	34	1	4	10	4	2	20	10			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
Calamari Fritto Misto	2 portions	840	530	60	8		90	2400	55	25		5	52	2	6	15	15			X		X			X	X
Side Salad - no dressing	1 each	15	0	0				45	105	4	1	2	1	60	20	2	2									
Side Salad - no dressing (LVR)	1 each	15	0	0				45	105	4	1	2	1	60	20	2	2									
Sweet Corn Salad	5.5 oz	180	90	10	1			950	310	23	3	2	3	15	20	2	4									
Blackberry Hibiscus Lemonade	18 fl oz	130						20	40	34		20	0	0	20	2	0									
DESSERTS																										