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	320	80	9	3			410		52	2	6	8			4	15								X	X
Piada Dough (Kids) 9"	1 each	200	50	6	2			260		33		4	4			2	10								X	X
PASTA - .5 oz pasta for Piada, 5 oz for small bowl & 7 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	5 oz	300	90	10	2		3	240	0	50	2	2	8	4	2	0	10			X					X	X
Pasta - regular bowl	10 oz	610	170	19	4		5	460	5	99	5	5	16	10	4	0	25			X					X	X
SALAD - 2.5 oz for small salad & 4 oz for regular salad																										
Mixed Greens - regular	4 oz	25						20		5	3	3	1	150	35	2	4									
Mixed Greens - small	2.5 oz	15						15		3	2	2	1	90	20	2	2									
Romaine - regular	4 oz	20	0	0				10	220	4	2	2	1	150	35	2	4									
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	3.5 oz	220	140	16	2		25	650	20	6			14	0	0	4	4			X		X			X	X
Add Chicken Thighs	3.5 oz	230	120	13	3.5		90	690	220	2			24	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 Fresh Salmon	4.1 oz	290	140	16	3		95	360					32	6	6	2	2		X							
Add Balsamic Grilled Chicken	3.5 oz	170	30	3.5	1		80	260	230	3		2	29	0		2	6									
Add Italian Sausage	3.5 oz	270	200	23	7		70	760					15				6									
Add Meatball (includes 1 oz pomodoro)	7.5 oz	200	60	7	4.5	0.5	30	1260	0	24	1	4	8	10	6	10	10	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*
Balsamic Aioli (Piada)	1.5 oz	280	270	31	4		25	160	5	4		3	0	2	0	0		X								
Balsamic Aioli (small pasta and regular salad)	4 oz	760	720	82	11		75	440	15	11		9	0	6	2	0	0	X								
Balsamic Aioli (catering and regular pasta)	6 oz	1140	1090	123	17		110	660	25	16		14	0	10	2	0	0	X								
Balsamic Aioli (small salad)	2 oz	380	360	41	6		35	220	10	5		5	0	4	0	0		X								
Balsamic Vinegar (Piada)	1.5 oz	35						10	50	7		6	0			2	2									
Balsamic Vinegar (small pasta and regular salad)	4 oz	100						25	125	19		17	1			4	4									

Balsamic Vinegar (catering and regular pasta)	6 oz	150						40	190	29		25	1			4	6									
Balsamic Vinegar (small salad)	2 oz	50						15	65	10		8	0			2	2									
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*
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	180	170	19	2			110	0	4		3		0	2	0										
Lemon Basil (small pasta and regular salad)	4 oz	490	450	51	5			290	15	12		8	0	0	6	0	0									
Lemon Basil (catering and regular pasta)	6 oz	730	680	77	7			440	20	18		12	0	0	8	0	0									
Lemon Basil (small salad)	2 oz	240	230	26	2.5			150	5	6		4		0	2	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	50	6	3.5		15	200	0	1			0	0		2				X			X			X*
Alfredo (small pasta and regular salad)*	4 oz	200	140	16	10		45	530	0	4			1	2		4				X			X			X*
Alfredo (catering and regular pasta)*	6 oz	300	220	25	14		70	790	0	6			2	2		6				X			X			X*
Alfredo (small salad)*	2 oz	100	70	8	5		25	260	0	2			1	0		2				X			X			X*
Basil Aioli (Piada)	1.5 oz	280	270	30	4		25	170	15	3		3	0	2	4	0	0	X		X						
Basil Aioli (small pasta and regular salad)	4 oz	750	720	81	11		70	450	40	8		7	1	6	8	2	2	X		X						
Basil Aioli (catering and regular pasta)	6 oz	1120	1080	122	16		105	660	40	12		10	1	8	15	4	2	X		X						
Basil Aioli (small salad)	2 oz	370	360	41	5		35	220	20	4		3	0	2	4	2	0	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 Dressing (Piada)	1.5 oz	200	190	21	2			420	10	2		2		0	0	0	0									
Red Wine Dressing (small pasta and regular salad)	4 oz	540	520	59	5			1150	20	4		4	0	0	0	0	2									
Red Wine Dressing (catering and regular pasta)	6 oz	810	780	88	8			1730	35	6		6	0	0	0	0	2									
Red Wine Dressing (small salad)	2 oz	270	260	29	2.5			580	10	2		2		0	0	0	0									
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 Tuscan (Piada)	1.5 oz	160	130	15	2.5		15	420	50	6		4	1	2	2	4	0	X		X						X
Spicy Tuscan (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 Tuscan (catering and regular pasta)	6 oz	630	540	61	10		60	1690	200	23		15	5	10	4	15	2	X		X						X
Spicy Tuscan (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	0						40	0	1				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									
Granny Smith Apples	0.5 oz	5						0	15	2		1		0	2	0										
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 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														
Red Onion	0.5 oz	5						0	20	1			0	0	2	0										
Roasted Broccoli	2 oz	40	20	2.5	0			90	170	4	1		2	6	80	2	2									
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									
Roasted Zuccini & Mushrooms	0.5 oz	15	15	1.5	0			30	35	0			0	0	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									
Sun Dried Tomatoes	0.5 oz	40						55		7			2	4			15									
Sweet & Spicy Pickles	0.5 oz	15						40		3		3														
Ciabatta Croutons*	0.5 oz	130	60	7	1			310		17			3	2	2	0	6			X					X	X
White Beans*	0.5 oz	50	20	2	0			170	5	6	1	1	2	2	2	2	2									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.

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
SPRING + SUMMER 18 MENU																										
Crispy Chicken BLT Piada	1 order	890	460	51	9		75	1860	220	78	5	13	31	8	10	10	25	X		X					X	X
Crispy Chicken BLT Piada - LVR	1 order	920	500	57	10		60	1680	30	76	4	11	28	6	10	8	20	X		X					X	X
Italian Trio Piada	1 order	970	600	68	16		100	2310	510	62	4	13	31	120	80	20	20	X		X					X	X
Summer Avocado Piada (No Protein)	1 order	750	420	48	10		35	910	420	69	7	9	16	15	20	15	20	X		X					X	X
Summer Power Bowl (No Protein)	1 order	530	250	29	2		4	1310	650	57	8	6	15	25	70	10	25			X						
Farmer's Market Salad w/ Lemon Basil (No Protein)*	1 order	620	450	51	7		3	500	710	40	11	18	8	10	100	6	6			X				X		X*
Pomodoro Pasta (No Protein) - Regular	1 order	710	160	18	2		4	990	150	120	7	15	22	15	35	10	35			X					X	X
Pomodoro Pasta (No Protein) - Small	1 order	410	120	13	2		4	720	150	64	4	9	12	10	25	8	20			X					X	X
Blackberry Hibiscus Lemonade	18 fl oz	130						20	40	34		20	0	0	20	2	0									
PIADAS																										
Chef's Favorite - no protein	1 each	630	340	38	8		25	1240	90	61	3	11	12	40	15	15	20	X		X					X	X
Diavolo Piada - no protein	1 each	610	330	38	8		20	1270	90	60	3	10	11	40	15	15	20	X		X					X	X
Spicy Tuscan Piada - no protein	1 each	610	310	35	8		25	1180	105	63	3	13	13	40	10	20	20	X		X					X	X
PASTAS																										
Carbonara (Small) - no protein	1 each	570	270	30	13		60	1000	85	55	3	3	13	35	10	10	15			X			X		X	X
Carbonara (Regular) - no protein	1 each	1010	450	51	21	0	90	1650	90	107	5	6	24	40	20	10	30			X			X		X	X
Basil Pesto (Small) - no protein	1 each	620	280	32	9		30	870	55	65	3	3	14	15	15	10	40			X			X		X	X
Basil Pesto (Regular) - no protein	1 each	1210	550	62	17		60	1670	110	130	5	5	27	30	25	15	80			X			X		X	X
Diavolo (Small) - no protein	1 each	420	160	18	4.5		10	740	15	57	3	6	10	20	15	8	15			X					X	X
Diavolo (Regular) - no protein	1 each	780	280	32	7		15	1200	15	110	6	10	19	30	25	10	30			X					X	X

Meatball Pomodoro	1 each	770	220	25	6	0.5	30	1680	25	114	6	12	25	30	40	20	35	X		X			X		X	X
SALADS (Includes Dressing)																										
Balsamic (Small) - no protein*	1 each	230	130	15	2			330	340	24	3	19	3	80	50	8	8			X				X		X*
Balsamic (Regular) - no protein*	1 each	430	260	30	4.5		2	650	560	38	5	31	6	150	80	15	15			X				X		X*
Cider Vin (Small) - no protein	1 each	130	80	10	0.5			470	80	10		7	2	50	15	2	2			X			X			X
Cider Vin (Regular) - no protein	1 each	270	170	19	1.5		2	940	160	20	2	14	4	100	30	6	4			X			X			X
Spicy Tuscan (Small) - no protein	1 each	250	190	22	5	0	25	630	60	11	1	5	4	4	6	4	2	X		X			X		X	X
Spicy Tuscan (Regular) - no protein	1 each	460	350	40	9	0	45	1220	120	19	3	10	8	10	10	8	4	X		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									
PROTEIN CHOICES																										
Add Calamari with Hot Peppers	3.5 oz	220	140	16	2		25	610	20	6			14	0	0	4	4			X		X			X	X
Add Chicken Thighs	3.5 oz	230	120	13	3.5		90	690	220	2			24	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												X	X
Add Fresh Salmon	4.1 oz	290	140	16	3		95	360					32	6	6	2	2		X							
Add Balsamic Grilled Chicken	3.5 oz	170	30	3.5	1		80	260	230	3		2	29	0		2	6									
Add Italian Sausage	3.5 oz	270	200	23	7		70	760					15				6									
Add Meatball	7.5 oz	200	60	7	4.5	0.5	30	1260	0	24	1	4	8	15	10	10	10	X		X			X		X	X
Add Steak*	3.5 oz	120	45	5	1.5		45	520		1			17	0	2	0	15									X*
TASCAS																										
The Farm Club	1 each	760	440	49	8		55	1310	440	59	5	11	24	15	20	8	20	X		X					X	X
SEASONAL SIDES																										
Orzo Crunch	5 oz	320	140	16	1.5			290	100	40	3	10	7	10	45	4	10							X	X	X
Roasted Corn Salad	5.5 oz	190	100	11	1			370	310	23	3	2	3	15	20	0	4									
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
Tomato Basil Soup Cup	6 oz	230	190	22	12		70	500		13			1	20	10		2			X			X		X	X
Tomato Basil Soup Bowl	10 oz	380	320	36	21		115	830		22	1	1	2	35	15		4			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
Calamari Fritto Misto	1 order	480	290	32	4.5		50	1560	40	17		4	30	10	15	8	8			X		X			X	X
DESSERTS																										
Cannoli Chips (serves 2)	1 order	690	310	35	8		80	150		82		41	17	2	4	4	15	X		X			X		X	X