

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																	
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																							
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 Corn Salad	2 oz	70	35	4	0			230	115	8			1	6	8	0	2																						
Romaine	0.5 oz	0						0	25	1			0	20	4	0	0																						
Roasted Zucchini & 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*	X*		X*	X	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	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)

	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)	% DAILY VALUE				ALLERGEN INFORMATION							
														VITAMIN A	VITAMIN C	CALCIUM	IRON	EGGS	FISH	MILK	PEANUTS	SHELLFISH	SOY	TREE NUTS	WHEAT

SPRING + SUMMER 17 MENU

Crispy Chicken BLT Tasca	1 order	840	450	51	8		85	1600	280	66	2	12	32	10	10	8	20	X		X			X		X	X
Italian Club Tasca	1 order	790	510	58	17		105	2260	380	43	1	12	27	15	30	10	15	X		X					X	X
Turkey Pesto Tasca	1 order	660	380	43	8		60	1340	40	44	1	10	25	10	10	15	20	X		X					X	X
Blackberry Hibiscus Lemonade*	18 fl oz	130						20	40	34		20	0	0	20	2				X*	X*			X*		

FALL 2017 MENU

Blood Orange Pomegranate Iced Tea	20 fl oz	180						0	115	46		44		2	0	0	0									
Balsamic Salad - Small*	1 order	340	240	27	2.5			360	360	22	3	16	3	80	50	8	8	X*		X	X*		X*	X	X*	X*
Balsamic Salad - Regular*	1 order	640	480	55	5		2	710	600	34	5	26	6	150	80	15	15	X*		X	X*		X*	X	X*	X*
Fall Avocado Piada*	1 order	970	580	65	16		70	1720	480	68	7	11	30	170	25	35	25	X		X	X*		X*	X	X	X
Harvest Grain and Apple Salad - Small*	1 order	340	240	27	5		4	850	70	16	3	7	12	30	8	8	10	X*		X	X*		X	X	X	X
Harvest Grain and Apple Salad - Regular*	1 order	660	460	52	10		10	1640	130	30	5	14	23	50	15	15	25	X*		X	X*		X	X	X	X
Mediterranean Bowl	1 order	590	280	32	4.5		4	1180	930	64	10	7	16	170	130	15	25			X						
Porchetta Sandwich	1 order	1250	880	99	28		115	990	420	66	4	7	22	4	10	2	20	X		X					X	X
Super Greens Salad	1 order	490	370	41	5		5	800	280	24	7	8	10	60	45	20	10			X				X		
Fresh Avocado	4 oz	180	150	17	2.5			10	550	10	8		2	4	20	2	4									
Harvest Grain Side*	5.5 oz	260	110	13	2			600	160	31	3	14	5	70	10	6	4	X*		X	X*		X*	X	X	X
Harvest Grain Topping*	2.25 oz	110	45	5	0.5			240	65	13	1	6	2	30	4	2	2	X*		X	X*		X*	X	X	X
Porchetta: Grill Item	3.5 oz	500	440	50	18		115	990	420	66	4	7	22	0	0	0										
Quinoa and Beet Side	5.5 oz	250	170	19	2			890	260	19	3	6	3	15	60	2	8									
Quinoa and Beet Topping	2.25 oz	100	70	8	1			360	110	8	1	2	1	8	25	2	4									
Roasted Broccoli Side	5 oz	90	50	6	0			230	430	9	4	2	4	15	200	6	6									
Roasted Broccoli Topping	2 oz	40	20	2.5	0			90	170	4	1		2	6	80	2	2									
Roasted Cauliflower Side	5 oz	80	50	6	0			220	410	7	3	3	3		110	2	4									
Roasted Cauliflower Topping	2 oz	35	20	2.5	0			90	160	3	1	1	1		45	2	2									
Roasted Sweet Potato Side	5 oz	170	50	6	0			230	640	28	4	9	3	520	45	6	6									
Roasted Sweet Potato Topping	2 oz	70	20	2.5	0			90	260	11	2	4	1	210	20	2	2									

PIADAS

Chef's Favorite - no protein	1 each	630	340	38	8		25	1210	90	62	3	11	11	40	15	15	20	X		X			X		X	X
Diavolo Piada - no protein	1 each	620	330	38	8		20	1240	90	61	3	10	11	40	15	15	20	X		X			X		X	X
Spicy Tuscan Piada - no protein	1 each	590	280	32	8		25	1150	115	63	3	12	13	50	10	20	20	X		X			X		X	X
Summer Avocado Piada - no protein	1 each	790	460	53	12		35	1250	390	66	7	8	18	15	20	20	20	X		X					X	X

PASTAS

Carbonara (Small) - no protein*	1 each	460	210	24	11		45	870	85	45	2	3	11	35	15	8	15	X*		X			X		X	X
Carbonara (Regular) - no protein*	1 each	890	420	47	20	0	90	1580	85	88	4	5	21	40	20	10	25	X*		X			X		X	X
Basil Pesto (Small) - no protein*	1 each	550	270	31	8		30	810	30	55	2	2	12	20	15	10	35	X*		X			X		X	X
Basil Pesto (Regular) - no protein*	1 each	1020	530	60	16		55	1460	60	98	4	4	20	35	25	15	50	X*		X			X		X	X
Diavolo (Small) - no protein*	1 each	340	130	15	3.5		10	650	15	47	3	5	9	20	20	8	10	X*		X					X	X
Diavolo (Regular) - no protein*	1 each	660	250	28	7		15	1220	15	92	6	10	16	35	35	10	25	X*		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	340	240	27	2.5			330	250	24	3	20	2	35	35	6	6	X*		X	X*		X*	X	X*	X*
Balsamic (Regular) - no protein*	1 each	640	460	52	4.5			620	580	44	6	37	4	90	70	10	15	X*		X	X*		X*	X	X*	X*
Cider Vin (Small) - no protein	1 each	160	110	12	1.5			350	120	10	10	7	2	50	25	4	4			X			X			
Cider Vin (Regular) - no protein	1 each	320	220	25	3		2	700	240	20	2	13	4	100	50	8	8			X			X			X
Spicy Tuscan (Small) - no protein	1 each	220	160	18	5	0	20	580	65	11	1	5	4	10	6	4	2	X		X			X		X	X
Spicy Tuscan (Regular) - no protein	1 each	400	290	33	9	0	45	1120	135	20	2	9	8	20	10	6	4	X		X			X		X	X
Side Salad - no dressing	1 each	30	10	1.5				105	105	4	1	2	1	60	20	2	2									
Harvest Grain and Apple* - no protein	1 each	540	340	38	6		4	1610	190	42	6	21	12	45	20	10	10	X*		X	X*		X	X	X	X
Farmer's Market* - no protein	1 each	630	480	54	6			570	830	41	12	16	7	8	120	8	8	X*		X	X*		X*	X	X*	X*

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	3.5 oz	290	130	15	2		45	610	180	19		2	19	2	2	2	8			X			X		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	160	30	3.5	1		80	250	230	2		1	28	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	1250	0	24	1	4	8	15	10	10	10	X		X			X		X	X
Add Steak*	3.5 oz	170	100	11	2.5		45	850	15	1			18	0	2	0	15									X*

TASCAS

The Farm Club	1 each	770	450	50	8		55	1250	440	61	5	12	24	10	20	6	20	X		X			X		X	X
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SEASONAL SIDES

Orzo Crunch*	5 oz	340	160	18	1.5			340	105	40	3	11	7	10	45	4	10	X*		X*	X*		X*	X	X	X
Roasted Corn Salad	5.5 oz	190	100	11	1			620	320	23	3	2	3	15	20	2	4									
Harvest Grain*	5.5 oz	250	110	13	2			1090	130	29	3	13	5	45	8	6	6	X*		X	X*		X*	X	X	X
Squash and Pepita Salad*	5.5 oz	310	230	27	3.5			880	310	15	5	4	7	240	30	6	15	X*		X*	X*		X*	X*	X*	X*

STREET SIDES

Pepperoni Piada Sticks	1 order	720	490	56	15		105	1490	135	35	1	7	20	10	4	30	10	X		X			X		X	X
Cheese Piada Sticks	1 order	670	430	49	14		95	1180	50	34	1	7	21	10	4	50	10	X		X			X		X	X
Piada Garlic Dough	1 order	350	170	19	6		20	950	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
Lobster Bisque Bowl	10 oz	420	340	39	22		145	1240		20		1	7	25	2	2	4		X	X			X	X		X
Calamari Fritto Misto	1 order	490	300	33	4.5		50	1470	45	18		5	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
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