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|------------------------------|----------|-----|----|-----|-----|--|----|-----|-----|----|---|---|---|----|----|----|---|--|--|--|----|----|----|--|----|----|----|----|
| 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 | 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 | | | | | | | | | | | | | | |
| 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 | | | 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 |
|---------------|--------|-----|-----|----|---|--|----|------|-----|----|---|----|----|----|----|---|----|---|--|---|--|--|---|--|---|---|

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 | X |
|--------------------------|---------|-----|-----|----|---|--|----|-----|--|----|--|----|----|---|---|---|----|---|---|--|---|--|---|---|---|