

* 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)	PROTEIN (G)	% DAILY VALUE				ALLERGEN INFORMATION									
														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	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	1570	85	88	4	5	21	40	20	10	25			X			X		X	X	X
Basil Pesto (Small) - no protein	1 each	550	260	30	9		30	830	55	55	2	2	13	15	10	10	35			X			X		X	X	X
Basil Pesto (Regular) - no protein	1 each	1030	520	58	16		55	1480	110	99	4	4	21	25	25	15	50			X			X		X	X	X
Diavolo (Small) - no protein	1 each	340	130	15	3.5		10	640	15	47	3	5	9	20	20	8	10			X					X	X	
Diavolo (Regular) - no protein	1 each	660	250	28	7		15	1210	15	92	6	10	16	35	35	10	25			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 oz	170	90	10	1			330	280	21	2	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
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	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