

(* 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 MenuTriffo® 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.

PIADAS (NO PROTEIN)	Serving	Calories	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Potas. (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Avocado Piada	1 portion	870	520	59	12	0	30	1590	960	67	10	6	16
BLT Piada	1 portion	640	350	40	8	0	25	1540	440	53	4	6	12
Caesar Piada (IHC)	1 portion	510	210	24	7	0	25	1140	420	55	4	6	15
Carbonara Piada (IHC)	1 portion	710	240	28	10	0	30	1490	320	89	5	8	23
Chef's Favorite Piada	1 portion	490	200	23	6	0	10	1440	520	57	4	9	11
Parm Piada (IHC)	1 portion	760	290	32	8	0	20	1310	390	94	5	8	18
Veggie Piada	1 portion	860	450	51	9	0	10	1800	480	79	8	8	17

SALADS (NO PROTEIN)	Serving	Calories	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Potas. (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Avocado Chop (Small)	1 portion	390	270	31	5	0	10	650	830	25	10	7	9
Avocado Chop (Regular)	1 portion	610	410	46	7	0	15	1230	1220	43	14	15	14
Classic Caesar Salad (Regular)	1 portion	390	280	32	7	0	30	540	510	14	5	3	9
Classic Caesar Salad (Small)	1 portion	180	130	15	3.5	0	15	280	170	6	2	1	5
Farmer's Market Salad (Regular)	1 portion	650	500	57	7	0	2	880	720	35	11	15	7
Farmer's Market Salad (Small)	1 portion	380	280	32	4	0	0	650	430	25	6	10	5
Lemon Kale Caesar (Regular)	1 portion	420	290	32	7	0	40	770	570	21	6	5	12
Lemon Kale Caesar Salad (Small)	1 portion	240	170	19	4.5	0	30	500	300	12	3	3	8
Power Bowl	1 portion	760	430	49	5	0	0	2440	780	69	11	9	14

PASTAS (NO PROTEIN)	Serving	Calories	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Potas. (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Basil Pesto (Regular)	1 portion	1010	540	61	19	0	60	2140	125	89	5	9	32
Basil Pesto (Small)	1 portion	480	240	28	8	0	25	940	65	44	3	4	15
Burrata Marinara (Regular)	1 portion	1010	480	55	175	0	55	2480	640	101	9	1	29
Burrata Marinara (Small)	1 portion	580	300	34	13	0	50	1330	320	52	5	0	18
Carbonara (Regular)	1 portion	940	460	52	21	0	85	2150	95	90	5	10	35
Carbonara (Small)	1 portion	510	260	29	12	0	50	1210	85	45	3	5	20
Diavolo (Regular)	1 portion	630	180	20	5	0	15	1930	570	98	6	15	8
Diavolo (Small)	1 portion	330	100	11	3	0	10	1000	290	49	3	8	10
Marinara (Regular)	1 portion	620	150	17	4	0	5	1490	390	97	7	17	19
Marinara (Small)	1 portion	320	90	10	2.5	0	5	760	190	48	3	9	11

LIFESTYLE MENU	Serving	Calories	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Potas. (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Keto BLT Salad	1 portion	250	180	20	6	0	45	860	250	7	2	3	11
Protein Bowl	1 portion	450	220	25	5	0	125	670	740	9	3	4	47

STREET SIDES	Serving	Calories	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Potas. (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Calamari Fritto Misto	1 portion	490	290	33	2.5	0	265	2300	400	23	0	6	26
Garlic Dough	1 portion	280	140	16	6	0	20	570	160	24	1	2	9
Lobster Bisque	1 portion	160	110	12	8	0	55	740	150	8	0	2	3
Meatball Side (Includes Marinara)	3 meatballs	520	340	38	16	0	95	1530	580	13	1	6	31
Piada Sticks, Cheese	1 portion	580	350	40	14	0	80	1490	280	31	1	4	21
Piada Sticks, Pepperoni	1 portion	590	370	42	14	0	85	1580	260	30	1	4	18
Piada Sticks, Spinach Artichoke	1 portion	580	350	40	14	0	80	1490	280	31	1	4	21
Side Salad (No Dressing)	1 portion	25	5	0.5	0	0	0	50	130	4	1	2	1
Sweet Corn Salad	1 portion	180	80	10	1	0	0	980	320	24	3	5	3

BASES	Serving	Calories	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Potas. (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Mixed Greens (Regular)	1 portion	40	0	0	0	0	0	30	0	8	4	4	2
Mixed Greens (Small)	1 portion	15	0	0	0	0	0	15	0	3	2	2	1
Pasta (Piada)	1 portion	30	10	1	0	0	0	25	0	5	0	0	1
Piada Dough	1 portion	290	70	8	3	0	0	640	240	50	2	3	7
Rigatoni Pasta (Regular)	1 portion	490	130	15	3.5	0	0	560	230	78	6	2	13
Rigatoni Pasta (Small)	1 portion	250	70	8	1.5	0	0	280	115	39	3	1	7
Romaine (Regular)	1 portion	30	0	0	0	0	0	15	320	6	4	2	2
Romaine (Small)	1 portion	15	0	0	0	0	0	5	135	3	2	1	1
Spaghetti Pasta (Small)	1 portion	240	60	7	1	0	0	230	0	39	2	2	7
Spaghetti Pasta (Regular)	1 portion	490	130	15	3	0	0	460	0	79	4	4	13

PROTEINS	Serving	Calories	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Potas. (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Add Calamari with Hot Peppers	1 portion	270	160	19	1.5	0	150	1190	180	11	0	1	14
Add Crispy Chicken Fritte	1 portion	280	140	15	2	0	45	710	190	18	0	2	19
Add Fresh Salmon	1 portion	260	160	18	4	0	60	320	410	0	0	0	23
Add Grilled Chicken	1 portion	200	90	11	3	0	95	105	230	0	0	0	25
Add Hot Crispy Chicken	1 portion	340	210	24	2	0	40	860	190	16	0	2	16
Add Italian Sausage	1 portion	400	310	35	12	0	60	1140	160	2	0	2	17
Add Meatballs (Includes Marinara)	3 meatballs	470	320	36	15	0	90	1240	500	9	0	2	28
Add Steak **	1 portion	100	35	4	1	0	40	300	0	0	0	0	16
Add Zucchini and Mushrooms	1 portion	15	15	1.5	0	0	0	30	0	0	0	0	0

TOPPINGS	Serving	Calories	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Potas. (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Arugula	1 portion	0	0	0	0	0	0	0	25	0	0	0	0
Avocado	1 portion	160	130	15	2	0	0	5	490	9	7	1	2
Bruschetta Tomatoes	1 portion	10	0	0	0	0	0	45	0	1	1	0	0
Cabbage Blend	1 portion	0	0	0	0	0	0	0	0	1	1	0	0
Cucumber	1 portion	0	0	0	0	0	0	0	0	1	0	0	0
Cucumber Salad	1 portion	10	5	1	0	0	0	35	0	1	0	0	0
Feta Cheese	1 portion	30	20	2	2	0	3	180	0	0	0	0	3
Green Onions	1 portion	0	0	0	0	0	0	0	1	1	0	0	0
Harissa Grain Blend	1 portion	120	35	4	0	0	0	280	85	18	2	0	2
Hummus	1 portion	150	100	11	2	0	0	290	0	10	3	3	5
Mixed Greens	1 portion	0	0	0	0	0	0	0	0	1	0	0	0
Mozzarella Cheese	1 portion	40	25	3	2	0	10	100	0	0	0	0	3
Pancetta (Bacon)	1 portion	60	35	4	2	0	2	0	0	0	0	0	4
Parmesan Crisps	1 portion	45	15	2	1	0	4	130	0	5	0	0	2

NUTRITIONAL INFORMATION

TOPPINGS CONT.	Serving	Calories	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Potas. (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Parmesan Reggiano*	1 portion	60	35	4	2	0	10	130	0	0	0	0	5
Pickled Red Onion	1 portion	5	0	0	0	0	0	0	0	1	1	0	0
Roasted Broccoli	1 portion	40	20	3	0	0	0	90	170	4	1	1	2
Roasted Sweet Potatoes	1 portion	80	15	2	0	0	0	180	330	14	2	4	1
Romaine	1 portion	0	0	0	0	0	0	0	0	1	0	0	0
Spiced Pecans*	1 portion	80	45	5	0	0	0	45	0	8	7	7	0
Spinach	1 portion	0	0	0	0	0	0	10	80	1	0	0	0
Strawberries	1 portion	0	0	0	0	0	0	0	0	1	1	0	0
Sweet & Spicy Peppers	1 portion	20	0	0	0	0	0	0	0	5	0	4	0
Sweet Corn Salad	1 portion	80	40	5	0	0	0	440	150	11	1	2	2

SAUCES & DRESSINGS (2 oz)	Serving	Calories	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Potas. (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Creamy Parmesan Dressing	1 portion	170	130	15	2.5	0	10	660	65	5	0	2	2
Alfredo Sauce	1 portion	90	70	7	4	0	15	330	0	2	0	1	4
Basil Aioli	1 portion	360	320	36	5	0	20	290	0	4	0	0	1
Caesar Dressing	1 portion	210	170	19	4	0	15	280	0	4	0	0	2
Creamy Basil	1 portion	170	130	15	3	0	10	630	70	5	0	2	2
Diavolo Dressing	1 portion	25	5	1	0	0	2	330	135	4	0	2	0
Harissa Dressing	1 portion	90	80	9	1	0	0	220	85	2	0	0	1
Lemon Basil Dressing	1 portion	330	300	34	3	0	0	270	0	7	0	6	0
Marinara	1 portion	25	0	0	0	0	0	220	85	4	0	3	1
Olive Oil and Vinegar	1 portion	340	340	38	6	0	0	0	0	0	0	0	0
Pesto Dressing	1 portion	170	150	17	3	0	10	420	90	2	0	0	4
Spicy Ranch	1 portion	170	120	13	2.5	0	10	710	85	8	0	4	2
Yogurt Harissa Dressing	1 portion	70	60	6	1	0	0	290	75	2	0	0	1

KIDS MENU	Serving	Calories	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Potas. (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Kid's Buttered Pasta with Cheese	1 portion	270	80	9	2.5	0	5	300	0	40	2	2	9
Add Alfredo Sauce	1 portion	160	120	14	7	0	30	600		3	1	2	7
Add Diavolo Sauce	1 portion	45	10	1.5			5	650	270	8		5	1
Add Marinara Sauce	1 portion	50	0	0	0	0		450	170	8	1	6	2
Add Pesto Sauce	1 portion	340	300	33	5		15	840	180	3	1		7
Kid's Chicken Tender	1 portion	450	200	23	3		70	1310	290	34		9	28
Kid's Meatball	1 portion	700	390	44	17		95	1770	590	43	3	7	36

KIDS DRINKS	Serving	Calories	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Potas. (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Kid's Apple Juice	1 box	90	0	0	0	0	0	5	0	21	0	18	0
Kid's Chocolate Milk	1 box	150	20	2.5	1.5	0	10	200	0	23	0	21	8
Kid's Milk	1 box	110	20	2.5	1.5	0	10	130	0	13	0	12	8

DESSERTS	Serving	Calories	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Potas. (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Chocolate Chunk Cookie	1 cookie	390	170	19	12	0	45	400	0	50	2	29	5
Cannoli Chips and Cream	1 portion	550	220	25	15	0	55	220	0	76	0	47	16
Gluten-Free Brownie	1 brownie	350	160	18	9	0	70	140	280	42	3	31	4
Salted Caramel Cookie	1 cookie	350	140	16	11	0	50	560	0	49	0	30	3

BEVERAGES	Serving	Calories	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Potas. (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Blackberry Hibiscus Lemonade	250	250	0	0	0	0	0	15	150	65	0	58	0
Diet Mountain Dew (Large)	0	0	0	0	0	0	0	0	150	170	0	0	0
Diet Mountain Dew (Regular)	0	0	0	0	0	0	0	0	100	110	0	0	0
Diet Pepsi (Large)	0	0	0	0	0	0	0	0	95	130	0	0	0
Diet Pepsi (Regular)	0	0	0	0	0	0	0	60	85	0	0	0	0
Dr. Pepper (Large)	370	370	0	0	0	0	0	150	0	99	0	96	0
Dr. Pepper (Regular)	250	250	0	0	0	0	0	100	0	66	0	64	0
Mountain Dew (Large)	410	410	0	0	0	0	0	130	20	109	0	109	0
Mountain Dew (Regular)	270	270	0	0	0	0	0	85	10	72	0	72	0
Peach Tea (Large)	300	300	0	0	0	0	0	20	30	77	0	74	0
Peach Tea (Regular)	200	200	0	0	0	0	0	10	20	51	0	49	0
Pepsi (Large)	380	380	0	0	0	0	0	75	0	105	0	105	0
Pepsi (Regular)	250	250	0	0	0	0	0	50	0	70	0	70	0
San Pellegrino	0	0	0	0	0	0	0	10	0	0	0	0	0
Starry (Large)	380	380	0	0	0	0	0	75	170	101	0	101	0
Starry (Regular)	250	250	0	0	0	0	0	50	110	67	0	67	0
Sweet Tea (Large)	250	250	0	0	0	0	0	0	150	65	0	63	0
Sweet Tea (Regular)	170	170	0	0	0	0	0	0	100	44	0	42	0
Tropicana Lemonade (Large)	380	380	0	0	0	0	0	390	0	101	0	101	0
Tropicana Lemonade (Regular)	250	250	0	0	0	0	0	260	0	67	0	67	0
Unsweetened Tea (Large)	10	10	0	0	0	0	0	0	190	3	0	0	0
Unsweetened Tea (Regular)	5	5	0	0	0	0	0	0	125	2	0	0	0

LIMITED TIME OFFERS	Serving	Calories	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Potas. (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Meatball Marinara Piada Pocket	1 portion	510	280	31	15	0	135	1220	470	28	1	2	27
Add Creamy Parmesan	1 portion	230	190	21	3.5	0	15	570	50	5	0	1	2
Add Marinara	1 portion	25	0	0	0	0	0	230	270	5	0	4	1
Add Spicy Ranch	1 portion	220	170	19	3.5	0	15	630	70	8	0	3	2
Spicy Sausage Piada Pocket	1 portion	420	220	25	12	0	110	1590	250	26	1	2	20
Summer Fresca	1 portion	280	0	0	0	0	0	25	60	72	0	69	0
Summer Fresca Italian Cream	1 portion	400	60	7	7	0	0	25	70	87	0	76	0
Add Italian Cream	1 portion	120	60	7	7	0	0	0	10	14	0	7	0

ALLERGEN INFORMATION

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PIADAS (NO PROTEIN)	Eggs	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat
Avocado Piada	X		X						X
BLT Piada	X		X						X
Caesar Piada (IHC)	X	X	X				X		X
Carbonara Piada (IHC)	X		X				X		X
Chef's Favorite Piada	X		X				X		X
Chicken Parm Piada (IHC)	X		X				X		X
Parm Piada (IHC)	X		X						X
Veggie Piada	X		X		X				X

SALADS (NO PROTEIN)	Eggs	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat
Avocado Chop Salad	X		X					X*	
Classic Caesar Salad	X	X	X				X		X
Farmer's Market Salad			X					X*	
Lemon Kale Caesar Salad	X	X	X				X		X
Power Bowl					X				

PASTAS (NO PROTEIN)	Eggs	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat
Basil Pesto Pasta			X				X		X
Burrata Marinara			X				X		X
Carbonara Pasta			X				X		X
Diavolo Pasta			X				X		X
Marinara Pasta			X				X		X

LIFESTYLE MENU	Eggs	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat
Keto BLT Salad	X		X						
Protein Bowl			X						

STREET SIDES	Eggs	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat
Calamari Side			X			X			X
Garlic Dough			X						X
Lobster Bisque		X	X			X			
Meatball Side	X		X				X		X
Piada Stick, Cheese	X		X						X
Piada Stick, Pepperoni	X		X						X
Piada Stick, Spinach Artichoke	X		X						X
Side Salad (No Dressing)									
Sweet Corn Salad									

ALLERGEN INFORMATION

DESSERTS	Eggs	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat
Cannoli Chips	X		X				X		X
Chocolate Chunk Cookie	X		X				X	X*	X
GF Brownie	X		X				X		
Salted Caramel Cookie	X		X				X	X*	X

BEVERAGES	Eggs	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat
Acqua Panna									
Blackberry Hibiscus Lemonade									
Diet Mountain Dew - Large									
Diet Mountain Dew - Regular									
Diet Pepsi - Large									
Diet Pepsi - Regular									
Dr. Pepper - Large									
Dr. Pepper - Regular									
Mountain Dew - Large									
Mountain Dew - Regular									
Passion Fruit Fresca									
Peach Basil Fresca					?				
Peach Tea - Large									
Peach Tea - Regular									
Pepsi - Large									
Pepsi - Regular									
San Pellegrino									
Sierra Mist - Large									
Sierra Mist - Regular									
Sweet Tea - Large									
Sweet Tea - Regular									
Tropicana Lemonade - Large									
Tropicana Lemonade - Regular									
Unsweetened Tea - Large									
Unsweetened Tea - Regular									

BASES	Eggs	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat
Mixed Greens									
Penne Pasta							X		X
Piada Dough									X
Rigatoni Pasta							X		X
Romaine									
Spaghetti Pasta							X		X

ALLERGEN INFORMATION

PROTEINS	Eggs	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat
Hot Chicken			X						X
Calamari with Hot Peppers			X			X			X
Crispy Chicken Fritte			X						X
Fresh Salmon		X							
Grilled Chicken									
Italian Sausage									
Meatball	X		X				X		X
Roasted Zucchini And Mushrooms									
Steak									

TOPPINGS	Eggs	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat
Almonds								X*	
Arugula									
Avocado									
Bruschetta Tomatoes									
Cabbage Blend									
Cucumber									
Cucumber Salad									
Feta			X						
Green Onions									
Hummus					X				
Mixed Greens									
Mozzarella			X						
Pancetta, Crumbled									
Parmesan			X						
Parmesan Crisps			X						X
Pickled Red Onion									
Roasted Broccoli									
Roasted Sweet Potatoes									
Romaine									
Spiced Pecans								X*	
Spinach									
Strawberries									
Sweet And Spicy Peppers									
Sweet Corn Salad									

SAUCES & DRESSINGS	Eggs	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat
Alfredo			X						X
Basil Aioli	X		X						
Caesar Dressing	X	X	X				X		X*
Creamy Basil Parmesan	X		X						X*
Creamy Parmesan	X		X						X*
Diavolo			X						
Harissa									
Lemon Basil Vinaigrette									

ALLERGEN INFORMATION

SAUCES & DRESSINGS	Eggs	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat
Marinara									
Olive Oil And Vinegar									
Pesto			X						
Spicy Ranch	X		X						X
Yogurt Harissa Dressing									

KIDS MEALS	Eggs	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat
Kid's Buttered Pasta with Cheese			X				X		X
Kid's Buttered Pasta: Add Alfredo			X				X		X
Kid's Buttered Pasta: Add Diavolo			X				X		X
Kid's Buttered Pasta: Add Marinara							X		X
Kid's Buttered Pasta: Add Pesto			X				X		X
Kid's Chicken Fingers			X						X
Kid's Piada Meatball	X		X				X		X

KIDS DRINKS	Eggs	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat
Apple Juice									
Chocolate Milk			X						
Milk			X						

LIMITED TIME OFFER	Eggs	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat
Spicy Sausage Piada Pocket	X		X						X
Meatball Marinara Piada Pocket	X		X				X		X
Add Creamy Parmesan	X		X						X
Add Marinara									
Add Spicy Ranch	X		X						X
Add Marinara									
Add Spicy Ranch	X		X						X
Summer Fresca									
Summer Fresca Italian Cream									
Add Italian Cream									

Glossary:

IHC = Italian Handheld Classics