

# NUTRITIONAL INFORMATION (CREATE YOUR OWN)

UPDATED 10/7/16

	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	
<b>PIADA DOUGH</b>																											
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	
<b>PASTA - .5 oz pasta for Piada, 5 oz for small bowl &amp; 7 oz for regular bowl</b>																											
Pasta - Piada	.5 oz	30	10	1	0			25	0	5			1	0	0	0	2	X		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	X	
Pasta - regular bowl	7 oz	430	120	13	3		4	340	0	69	3	3	11	6	4	0	15	X		X					X	X	
<b>SALAD - 2.5 oz for small salad &amp; 4 oz for regular salad</b>																											
Mixed Greens - regular	4 oz	25						20		5	3	3	1														
Mixed Greens - small	2.5 oz	15						15		3	2	2	1														
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										
<b>PROTEIN CHOICES</b>																											
Add Calamari with Hot Peppers	3.5 oz	220	140	16	2		25	610	20	6			14	0	0	4	4			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	
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 (includes 1 oz pomodoro)	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										
<b>SALUCES and DRESSINGS - 1.5 oz for Piada and small salad, 3 oz for pasta and regular salad, 6 oz for catering</b>																											
Balsamic (Piada and small salad)	1.5 oz	230	210	24	1.5			200	20	5		4	0	0	0	0	0									X	X
Balsamic (pasta and regular salad)	3 oz	470	420	48	3.5			400	35	10		9	0	0	2	2	2									X	X
Balsamic (catering)	6 oz	940	850	96	7			800	75	20		18	0	2	4	2	2									X	X
Creamy Parmesan (Piada and small salad)	1.5 oz	170	150	17	3		20	340	30	4		2	1	0	0	4	0	X		X					X	X	
Creamy Parmesan (pasta and regular salad)	3 oz	340	300	34	6		35	670	60	9		5	2	2	0	6	0	X		X					X	X	
Creamy Parmesan (catering)	6 oz	680	590	67	11		70	1350	125	18		9	3	2	2	10	2	X		X					X	X	
Diavolo (Piada and small salad)	1.5 oz	35	25	3	0.5			150	2	1		0	2	4	2	0	0			X					X	X	
Diavolo (pasta and regular salad)	3 oz	70	50	6	1.5		3	300		4		2	1	6	6	2	2			X					X	X	
Diavolo (catering)	6 oz	140	100	11	3		5	600		8	1	4	1	10	15	6	2			X					X	X	
Fresh Basil Pesto (Piada and small salad)	1.5 oz	190	180	20	2		2	280	40	2		2	2	15	15	6	4			X					X	X	
Fresh Basil Pesto (pasta and regular salad)	3 oz	370	360	40	4		4	560	80	5		3	30	30	10	8				X					X	X	
Fresh Basil Pesto (catering)	6 oz	750	710	80	8		10	1130	160	9	1	6	60	60	25	15				X					X	X	
Lemon Basil (Piada and small salad)	1.5 oz	230	210	24	2			230	15	5		4	0	0	10	0											
Lemon Basil (pasta and regular salad)	3 oz	450	430	48	4			450	35	10		8	0	0	20	0											
Lemon Basil (catering)	6 oz	900	850	97	8			910	70	20		17	0	2	40	0	0										
Parmesan Alfredo (Piada and small salad)	1.5 oz	35	20	2.5	1.5		10	180		2			0	0	0	0				X						X	
Parmesan Alfredo (pasta and regular salad)	3 oz	70	40	5	3		15	370		3		1	2	2						X						X	
Parmesan Alfredo (catering)	6 oz	140	80	10	6		35	730		7		1	2	2						X						X	
Pomodoro (Piada and small salad)	1.5 oz	25	10	1	0			160	0	3		2	1	6	10	0	2										
Pomodoro (pasta and regular salad)	3 oz	50	20	2	0			330	5	7		4	1	15	25	2	2										
Pomodoro (catering)	6 oz	100	35	4				650	15	13	1	9	3	25	45	4	6										
Red Pepper Pesto (Piada and small salad)	1.5 oz	50	35	4	0.5			160	80	3		2	1	25	80	2	2			X						X	
Red Pepper Pesto (pasta and regular salad)	3 oz	100	70	8	1			310	160	5	2	3	2	45	160	4	2			X						X	
Red Pepper Pesto (catering)	6 oz	200	140	16	2			620	31	11	3	6	3	90	310	6	4			X						X	
Red Wine Dressing (Piada and small salad)	1.5 oz	200	190	21	2			420	10	2		2	0	0	0	0											
Red Wine Dressing (pasta and regular salad)	3 oz	400	380	43	4			840	20	5		4	0	0	0	0	2										
Red Wine Dressing (catering)	6 oz	790	760	86	8			1670	40	10		9	0	0	0	0	2										
Apple Cider Vin (Piada and small salad)	1.5 oz	120	100	11	1			220	45	5		4	0	2	10	2	2								X	X	
Apple Cider Vin (pasta and regular salad)	3 oz	250	200	23	1.5			440	85	11		8	0	2	20	2	4								X	X	
Apple Cider Vin (catering)	6 oz	500	400	46	3.5			880	170	22	1	17	1	4	40	6	6								X	X	
Spicy Tuscan (Piada and small salad)	1.5 oz	130	100	12	2.5		15	370	55	6		3	1	8	2	2	2	X		X					X	X	
Spicy Tuscan (pasta and regular salad)	3 oz	260	210	23	5		30	740	110	12		6	2	15	2	6	2	X		X					X	X	
Spicy Tuscan (catering)	6 oz	520	410	47	10		55	1490	220	24		11	3	35	4	10	6	X		X					X	X	
<b>TOPPINGS - 0.5 oz servings</b>																											
Artichokes	0.5	5	0	0				70	0	1			0		0												
Black Olives	0.5	25	20	2.5				110																			
Bruschetta Tomatoes	0.5	0						40	0	1			2	4	0	0											
Cucumber	0.5	0						0	20	1			0	0	0	0											
Feta Cheese	0.5	30	20	2	1		3	180				3	2	2						X							
Mixed Greens	0.5	0						0		1			0														
Mozzarella Cheese	0.5	45	25	3	1.5		10	90				3	2	10						X							
Pancetta (Bacon)	0.5	70	50	6	2		15	240					4														
Parmesan Reggiano	0.5	50	30	3.5	2		5	210		3			3		10					X						X	
Sweet & Spicy Peppers	0.5	20								5		4															
Red Onion	0.5	5						0	20	1			0	0	2	0											
Romaine	0.5	0						0	25	1			0	20	4	0	0										
Rstd Zucchini & Mushrooms	0.5	15	15	1.5	0			30	35	0			0	0	4												

