

# NUTRITIONAL INFORMATION (CREATE YOUR OWN)

	SERVING SIZE												% DAILY VALUE				ALLERGEN INFORMATION										
		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)	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	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										X*
<b>SAUCES and DRESSINGS - 1.5 oz for Piada and small salad, 3 oz for pasta and regular salad, 6 oz for catering</b>																											
Balsamic Dressing (Piada and small salad)*	1.5 oz	230	210	24	1.5		200	20	5		4	0	0	0	0	0											X*
Balsamic Dressing (pasta and regular salad)*	3 oz	470	420	48	3.5		400	35	10		9	0	0	2	2	2											X*
Balsamic Dressing (catering)*	6 oz	940	850	96	7		800	75	20		18	0	2	4	2	2											X*
Balsamic Aioli (Piada and small salad)	1.5 oz	290	280	32	4		25	160	5	4		3	0	2	0	0		X									
Balsamic Aioli (pasta and regular salad)	3 oz	580	560	63	8		55	330	15	8		7	0	6	0	0	0	X									
Balsamic Aioli (catering)	6 oz	1160	1110	126	17		110	650	30	16		13	0	10	2	0	0	X									
Balsamic Vinegar (Piada and small salad)	1.5 oz	35					10	50	7		6	0			2	2											
Balsamic Vinegar (pasta and regular salad)	3 oz	70					20	95	14		13	0			2	4											
Balsamic Vinegar (catering)	6 oz	150					40	190	29		25	1			4	6											
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				X							
Diavolo (pasta and regular salad)	3 oz	70	50	6	1.5		3	300		4		2	1	6	6	2	2			X							
Diavolo (catering)	6 oz	140	100	11	3		5	600		8	1	4	1	10	15	6	2			X							
Fresh Basil Pesto (Piada and small salad)*	1.5 oz	190	180	20	2		2	280	40	2		2	15	15	6	4				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*
Fresh Basil Pesto (catering)*	6 oz	750	710	80	8		10	1130	160	9	1		6	60	60	25	15			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											
Olive Oil (Piada and small salad)	1.5 oz	360	370	42	6																						
Olive Oil (pasta and regular salad)	3 oz	710	740	83	12																						
Olive Oil (catering)	6 oz	1430	1470	167	24																						
Parmesan Alfredo (Piada and small salad)*	1.5 oz	80	50	6	3.5		15	200	0	1		0	0		2					X				X			X*
Parmesan Alfredo (pasta and regular salad)*	3 oz	150	110	12	7		35	400	0	3		1	2		4					X				X			X*
Parmesan Alfredo (catering)*	6 oz	300	220	25	17		70	790	0	6		2	2		6					X				X			X*
Pesto Aioli (Piada and small salad)	1.5 oz	280	270	31	4		25	160	10	3		3	0	4	4	0	0	X		X							
Pesto Aioli (pasta and regular salad)	3 oz	560	540	61	8		50	330	20	6		5	0	6	6	2	2	X		X							
Pesto Aioli (catering)	6 oz	1120	1080	122	16		105	660	40	12		10	1	15	15	4	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											
Red Wine Vinegar (Piada and small salad)	1.5 oz	10					0	15	0					0	0	2											
Red Wine Vinegar (pasta and regular salad)	3 oz	15					5	35	0					0	0	2											
Red Wine Vinegar (catering)	6 oz	30					15	65	0				0		2	2	4										
Cider Vin (Piada and small salad)	1.5 oz	120	100	11	1		220	45	5		4	0	2	10	2	2							X				X
Cider Vin (pasta and regular salad)	3 oz	250	200	23	1.5		440	85	11		8	0	2	20	2	4							X				X
Cider Vin (catering)	6 oz	500	40																								



**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
Tomato Basil Soup Bowl	10 oz	380	320	36	21		115	830		22	1	1	2	35	15		4			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
Chocolate Cannoli Gelato	1 order	410	90	10	1.5	0	20	160	95	74		52	10	8	2	25	20	X		X			X		X	X
Sea Salt and Caramel Crunch Gelato	1 order	340	50	6	3.5	0	15	290	95	67		57	9	8	2	30	0			X			X	X	X	X
Chocolate Sauce and Chocolate Chunk Gelato*	1 order	340	70	8	5	0	10	130	190	61	2	50	8	8	2	25	15			X			X	X*		X*
Vanilla Bean Gelato	1 order	210	10	1.5	1	0	10	125	95	43		35	6	8	2	25	0			X			X			

**COFFEE**

Americano	1 order	0	0	0	0		15	70				0		0	0	0	0									
Cappuccino	1 order	90	30	3.5	2	0	15	90	300	8		8.6	6	6	0	20	0			X						
Espresso	1 order	0	0	0	0		10	65				0		0	0	0	0									
Latte	1 order	140	50	6	3.5	0	25	140	460	14		14	9	10	2	35	0			X						

**BOTTLED DRINKS**

Raspberry Italian Soda - 12 oz	1 each	170					30		42		42															
Raspberry Italian Soda - 20 oz	1 each	280					50		70		70															
Orange Italian Soda - 12 oz	1 each	150					30		36		36															
Orange Italian Soda - 20 oz	1 each	250					50		60		60															
Peach Iced Tea - 12 oz	1 each	150					10		38		36															
Peach Iced Tea - 20 oz	1 each	250					15		63		60															
Lemon Iced Tea - 12 oz	1 each	150					10		38		36															
Lemon Iced Tea - 20 oz	1 each	250					15		63		60															

**KIDS ITEMS**

Kid's Chicken Tender	1 order	430	200	23	3		70	920	270	29		3	28	2	2	4	10			X			X		X	X
Kid's Apple Juice	1 box	90					5		21		18		10	100	10											
Kid's Chocolate Milk	1 box	150	20	2.5	1.5		10	200		23		21	8	10		25	2			X						
Kid's Milk	1 box	110	20	2.5	1.5		10	130		13		12	8	10		30				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.