



Nutritional Information

Appetizers

	Serving Size	Serving Unit	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Hot Cheesy Garlic Bread		2	451	4	11	0	37	967	29	1	3	10
Nonna Tucci's Meatballs		2	361	27	11	0	122	1097	10	1	2	19
Sicilian Stuffed Artichoke		2	566	40	22	0	2	1329	42	2	2	11
Artichoke and Spinach Dip con Crostini		4	449	29	11	0	37	720	20	2	2	11

Salads

	Serving Size	Serving Unit	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Special Salad: Regular		1	231	18	4	0	10	533	7	2	1	6
Grande		1	540	43	10	0	24	1244	17	6	3	15
Fat Free: Regular		1	87	0	15	0	10	572	9	2	1	6
Ceasar Salad: Regular		1	255	19	5	0	29	345	10	2	1	6
Grande		1	466	36	9	0	58	635	16	3	2	12
with Grilled Chicken		1	580	42	10	0	113	1054	17	3	2	35

Soups

	Serving Size	Serving Unit	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Minestrone	8 oz	1	98	5	2	0	17	179	10	2	3	5
Creamy Tomato Basil	8 oz	1	217	15	5	0	26	1273	14	3	7.5	7
Italian Wedding	8 oz	1	295	23	10	0	91	1045	9	1	1	13



Nutritional Information

Sandwiches

	Serving Size	Serving Unit	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Proteins (g)
Roast Beef		1	557	20	8	0	91	2169	54	2	2	30
Chicken Parmigiano		1	660	19	9	0	121	2211	66	3	7	45
Great American Bacon & Cheddar Burger		1	1341	98	41	0	266	1883	45	2	8	50
Chicken Portobella		1	660	28	17	0	120	2560	47	4	6	51
Nonna Tucci Meatball Sub		1	1495	60	36	0	281	3679	79	5	9	48
Philly Cheesesteak Sub		1	1182	29	24	0	147	3234	63	4	7	46
Plain Chicken Sandwich		1	383	11	1	0	83	1015	44	3	5	40

Children's Menu

	Serving Size	Serving Unit	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Proteins (g)
Child Fettuccine	1	1	638	34	22	0	90	701	63	3	2	19
Child Spaghetti	1	1	322	3	1	0	10	405	62	5	7	13
Child Ravioli	1	1	271	6	2	0	55	706	38	4	6	6
Mac & Cheese	1	1	712	38	26	0	102	987	66	3	7	24
Spaghetti with Meatballs	1	1	666	30	12	0	131	1296	69	5	8	31

Entrees

	Serving Size	Serving Unit	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Proteins (g)
Eggplant Parmigiano		1	267	4	7	0	37	1268	30	9	16	14
Chicken Flamingo		1	570	29	13	0	132	1854	18	2.5	3	49
Chicken Marsala		1	224	16	5	0	160	1014	14	1	3	3
Chicken Parmigiano		1	432	20	8	0	121	1731	14	1	5	45
Sicilian Grilled Pesce		1	550	42	17	0	117	585	7	0	1	35
Grilled Chicken Breast		1	200	10	0	0	110	803	0	0	0	44
Nonna Tucci's Meatball		1	1216	83	39	0	403	3739	32	3	8	65
Salmon		1	295	10	5	0	145	735	1	0	0	50



Nutritional Information

Sides

	Serving Size	Serving Unit	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Proteins (g)
Broccoli	6 oz	1	48	0.5	0	0	0	46	9	5	3	5
White Pasta	1	1	649	32	22	0	110	1299	62	3	1	21
Pomodoro Pasta	1	1	304	2	0	0	0	810	64	4	9	11
Bolognese Pasta	1	1	345	4	1	0	13	535	65	5	9	14

Pizza - Lunch & Children's Portions

	Serving Size	Serving Unit	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Proteins (g)
10" Cheese	Half	2	209	5	4	0	19	342	24	1	2	9
10" Sausage	Half	2	325	14	7	0	52	734	25	1	2	9
10" Pepperoni	Half	2	271	11	6	0	35	606	24	1	2	9
10" Black Olives	Half	2	242	8	4	0	19	617	26	1	2	9
10" Green Peppers	Half	2	204	4	4	0	19	343	26	1	2	9
10" Hamburger	Half	2	352	17	9	0	61	376	24	1	2	17
10" Mushroom	Half	2	203	4	4	0	19	343	25	1	2	9

Pizza - 12" Portions

	Serving Size	Serving Unit	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Proteins (g)
12" Four Cheese	Half	2	535	26	18	0	87	901	36	1	2	24
12" Super Veggie	Half	2	399	9	8	0	38	642	46	3	8	18
12" Deluxe	Half	2	985	73	26	0	148	1898	44	3	7	24
12" Meat Lovers	Half	2	1112	79	35	0	194	2051	37	1	5	38
12" Cheese	Half	2	357	10	8	0	38	625	35	1	4	15
12" Pepperoni	Half	2	535	22	16	0	83	1332	36	1	4	18
12" Sausage	Half	2	509	23	11	0	82	1146	36	1	3	12
12" Onion	Half	2	392	8	10	0	50	775	38	1	5	19
12" Mushroom	Half	2	390	8	10	0	50	776	37	1	5	19
12" Hamburger	Half	2	646	31	19	0	123	832	36	1	4	33
12" Green Peppers	Half	2	393	8	10	0	50	775	39	2	5	19
12" Black Olives	Half	2	468	15	10	0	50	1723	39	1	4	18
12" Green Peppers & Onions	Half	2	366	7	8	0	38	627	42	3	7	16
12" Artichoke, Tomato & Basil	Half	2	359	7	8	0	39	770	39	2	5	17



Nutritional Information

Pizza - 16" Portions

	Serving Size	Serving Unit	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Proteins (g)
16" Cheese	Quarter	4	157	7	8	0	38	605	32	1	4	15
16" Super Veggie	Quarter	4	190	7	8	0	38	770	39	2	7	17
16" Deluxe	Quarter	4	736	57	27	0	146	1877	41	3	8	29
16" Meat Lovers	Quarter	4	780	63	29	0	168	1731	34	1	4	33
16" Four Cheese	Quarter	4	352	25	18	0	87	876	33	1	2	24
16" Pepperoni	Quarter	4	293	19	13	0	67	1099	32	1	4	15
16" Sausage	Quarter	4	302	18	12	0	75	1052	33	1	4	15
16" Onion	Quarter	4	168	7	8	0	38	605	35	1	5	16
16" Mushroom	Quarter	4	165	7	8	0	38	606	34	1	4	16
16" Hamburger	Quarter	4	333	22	14	0	86	643	32	1	4	25
16" Green Peppers	Quarter	4	169	7	8	0	38	605	35	2	5	18
16" Black Olives	Quarter	4	244	14	8	0	38	1553	35	1	4	15
16" Green Peppers & Onion	Quarter	4	186	7	8	0	38	607	39	3	7	16
16" Artichoke, Tomato & Basil	Quarter	4	176	7	8	0	38	745	36	2	5	16

Lunch Portions

	Serving Size	Serving Unit	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Proteins (g)
Chicken Parmigiano		1	190	7	4	0	74	930	5	1	3	28
Chicken Flamingo		1	385	21	8	0	82	1318	15	2	2	32
Chicken Marsala		1	216	11	4	0	69	736	10	1	2	25
Sicilian Grilled Pesce		1	269	17	3	0	77	360	7	0	0	23
Grilled Chicken Breast		1	151	7.5	0	0	83	602	0	0	0	33

Desserts

	Serving Size	Serving Unit	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Proteins (g)
Pasta House Co. Cheesecake		1	599	34	20	1	123	600	59	0	41	15



Nutritional Information

Pastas

	Serving Size	Serving Unit	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Proteins (g)
Spaghetti Bolognese		Small	517	5	15	0	16	668	99	7	12	20
with Meatballs		Small	865	32	12	0	138	1568	107	8	12	39
Spaghetti Bolognese		Large	762	8	2	0	22	935	147	11	17	29
with Meatballs		Large	1453	61	23	0	265	2723	162	12	18	66
Spaghetti Pomodoro		Small	429	3	0	0	0	1018	91	7	13	15
		Large	663	4	0	0	0	1426	140	10	19	24
Mostaccoli		Small	467	5	1.5	0	16	669	89	7	12	18
		Large	762	8	2	0	22	935	147	11	17	29
Cannelloni		2pcs	440	19	9	0	112	1096	41	4	9	25
		3pcs	648	28	13	0.5	166	1576	60	5	12	38
Ravioli		One Size	671	27	13	0	110	2497	77	7	13	12
Rigatoni Roma		One Size	829	36	19	0	41	2640	106	8	14	25
Penne Primavera		One Size	832	43	16	0	65	2939	99	9	15	20
Linguine with Chicken												
Livers		One Size	1582	75	49	0	1003	2230	130	6	4	82
Pollo e Portobello		One Size	1262	68	23	0	151	3150	122	9	3	49
Tortellini		One Size	788	47	34	0	154	1752	39	3	3	34
Fettuccine Alfredo		One Size	1324	68	46	0	152	2574	124	5	3	43
with Shrimp		One Size	1468	71	46	0	442	2759	125	5	3	71
with Chicken		One Size	1422	73	46	0	287	2956	124	5	3	65
Chicken Fettuccine		One Size	1143	59	35	0	230	2567	104	6	4	55
Lasagna		One Size	880	24	17	0	111	2041	103	10	23	45
Red & White Combo		One Size	1448	65	35	0	249	2688	155	9	11	56
Penne Romano		One Size	913	42	11	0	127	2755	100	5	8	51
Pasta con Broccoli		One Size	1174	58	39	0	137	2589	113	8	6	42
Linguine with Red Clam												
Sauce		One Size	790	26	14	0	94	2976	113	7	12	33
Linguine with White Clam												
Sauce		One Size	1133	67	26	0	141	2948	105	5	4	34
Rigatoni Carbonara		One Size	1501	84	51	0	352	2781	125	5	3	50
Tutto Mare		One Size	1223	54	25	0	257	3296	122	6	7	63