

## Streets of New York

<b>Menu group</b>	<b>Items</b>
ARCHIVED	11
Appetizers (Full Portion)	31
BBQ Chicken Pizza (One Slice)	12
BYO Pizza - Alfredo Sauce Base	12
BYO Pizza - BBQ Sauce Base	12
BYO Pizza - Pesto Sauce Base	12
BYO Pizza - Traditional Base	15
BYO Pizza Topping - 10" (Whole)	42
BYO Pizza Topping - 14" (Whole)	42
BYO Pizza Topping - 16" (Whole)	42
BYO Pizza Topping - 18" (Whole)	42
Big Island Pizza (One Slice)	12
Broaster Chicken	10
Buffalo Pizza (One Slice)	12
Chicken Cacciatore Pizza (One S	12
Cilantro Lime Shrimp Pizza (One	12
Create Your Own Calzone - Base	2
Create Your Own Calzone - Toppi	23
Create Your Own Pasta - Meat	4
Create Your Own Pasta - Plain P	3
Create Your Own Pasta - Sauces	5
Create Your Own Pasta - Vegetab	16
D-back's Menu	19
D-backs Pizza (One Slice)	12
Desserts	7
Dipping Sauces (2 fl Oz)	3
Divine Swine Pizza (One Slice)	12
Domestic Beer (16 fl Oz)	3
G"no It's Good Pizza (One Slice)	12
Garlic Chicken Pizza (One Slice)	12
Garlic Shrimp Pizza (One Slice)	12
Happy Hour	17
Kid's Menu	6
Lunch Create Your Own Pasta - M	4
Lunch Create Your Own Pasta - P	3
Lunch Create Your Own Pasta - S	5
Lunch Create Your Own Pasta - V	16
Lunch Pasta Specialties	16
Lunch Salad Dressings (1.5 fl O	7
Lunch Salads	12
Lunch Soups	4
Margherita Pizza (One Slice)	12
Mediterranean Pizza (One Slice)	12
NY Combo Pizza (One Slice)	12
Neapolitan Pizza (One Slice)	12
New York Cheese Steak Pizza (On	12
Old Standby Pizza (One Slice)	12
Pasta Specialties	27
Pizza Formaggio (One Slice)	12
Pizza Primavera (One Slice)	12
Salad Dressings (3 fl Oz)	7
Salads	12
Sandwiches	38

Sausage N" Peppers Pizza (One S	12
School Catering	44
Sides	4
Soft Drinks - 16 fl oz	9
Soft Drinks - 32 fl oz	9
Soups	4
South of The Border Pizza (One	12
Specialty Beer (12 fl Oz)	2
Toddler Menu	3
White Pizza (One Slice)	12
Wine	9

<b>Appetizers (Full Portion)</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Artichoke Spinach Dip	1600	830	94	21	5	4.0	5	95	2780	540	153	13	19	32
Beer Battered Combination with Ranch And Marinara	1260	810	92	16		0.5	0	50	2890	80	89	3	20	25
Beer Cheese Sauce (No Passion Bread)	680	480	54	31	0	1.5	5	150	1120	130	14		3	34
Boneless Chicken Wings (12) - No Sauce	690	210	24	4.0		12	8	160	2730	115	51	1	4	65
Boneless Chicken Wings (12): Add BBQ Sauce	180								660		45		45	
Boneless Chicken Wings (12): Add Honey BBQ Sauce	210								620	10	55		54	
Boneless Chicken Wings (12): Add Honey Gold Wing Sauce	110	25	3.0	0.5	1.0				680	10	19		18	0
Boneless Chicken Wings (12): Add Honey Hot Sauce	80								1810	15	40		22	0
Boneless Chicken Wings (12): Add Hot Sauce	170	150	17	3.0	4.5				1470	0	5			
Boneless Chicken Wings (12): Add Medium Sauce	180	160	18	3.5	5.0				1300	0	3			
Boneless Chicken Wings (12): Add Parmesan & Garlic Sauce	440	390	45	10	11	0	1.5	15	600	50	3			6
Bruschetta	780	200	23	3.0	3.5	4.5	1.5		3230	410	121	2	5	20
Cheesy Passion Bread with Tomato Sauce	1350	600	68	31		15	8	130	1630	730	129	21	2	59
Chicken Tenders (No Ranch Or Bbq Sauce)	830	490	56	8				100	2170	95	43	3		42
Chicken Tenders: Add BBQ Sauce	120								440		30		30	
Chicken Tenders: Add Ranch	200	190	22	3.0				20	500		2			
Garlic Cheese Bread	630	240	27	11	3.5	2.5	4.5	35	1150	125	71	3	8	24
Gluten-free Bruschetta	540	110	13	1.5	1.5	0	1.5		3350	550	103	5	14	5
Italian Meatballs	730	470	53	22	0.5	1.5	4.0	130	2210	180	23	4	9	43
Italian Sausage	1020	700	79	31	0.5	1.5	4.0	250	3230	180	13	3	7	65
Mozzarella Pesto Crostini - Wheat	760	340	38	14	0.5	1.5	4.5	55	1340	650	73	8	9	31
Mozzarella Pesto Crostini - White	780	340	38	13	0	2.5	4.5	55	1360	580	80	6	12	27
New York Chicken Wings (12) - No Sauce	810	490	55	15	1.5	11	20	210	1440	610	5	2		69
New York Chicken Wings (12): Add BBQ Sauce	120								440		30		30	
New York Chicken Wings (12): Add Honey BBQ Sauce	140								410	5	36		36	

New York Chicken Wings (12): Add Honey Gold Wing Sauce	110	25	3.0	0.5	1.0				680	10	19	18	0
New York Chicken Wings (12): Add Honey Hot Sauce	50								1210	10	27	15	0
New York Chicken Wings (12): Add Hot Sauce	110	100	12	2.0	3.0				980	0	3		
New York Chicken Wings (12): Add Medium Sauce	120	110	12	2.0	3.5				870	0	2		
New York Chicken Wings (12): Add Parmesan & Garlic Sauce	390	350	40	9	10	0	1.0	15	550	45	3		5
Streets Fries	580	400	46	6		7	9		620	340	40	4	4

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<b>BBQ Chicken Pizza (One Slice)</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
BBQ Chicken Pizza Reg 10"	180	70	8	4.0	0	0	0.5	30	320	115	18	2	7	11
BBQ Chicken Pizza Reg 14"	330	100	12	5	0	0.5	1.0	40	550	260	40	5	11	17
BBQ Chicken Pizza Reg 16"	440	140	16	7	0.5	1.0	1.5	50	730	330	53	7	15	23
BBQ Chicken Pizza Reg 18"	330	110	12	6	0.5	0.5	1.0	35	560	240	40	5	12	17
BBQ Chicken Pizza Thick 10"	330	90	11	4.0	0.5	1.0	1.5	30	510	270	46	7	7	16
BBQ Chicken Pizza Thick 14"	370	110	13	5	0.5	1.0	1.5	40	610	300	48	7	11	19
BBQ Chicken Pizza Thick 16"	470	150	17	8	1.0	1.0	1.5	50	770	360	58	7	15	24
BBQ Chicken Pizza Thick 18"	370	120	13	6	0.5	1.0	1.5	35	610	280	48	6	12	18
BBQ Chicken Pizza Thin 10"	180	70	8	4.0	0	0	0.5	30	270	55	16		7	10
BBQ Chicken Pizza Thin 14"	260	100	11	5	0	0.5	0.5	40	390	95	25		10	14
BBQ Chicken Pizza Thin 16"	360	140	16	7	0.5	1.0	1.0	50	540	125	36		14	19
BBQ Chicken Pizza Thin 18"	290	110	12	5	0.5	1.0	0.5	35	420	85	30		11	14

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<b>BYO Pizza - Alfredo Sauce Base</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
BYO Pizza - Alfredo Sauce Reg 10"	130	60	7	3.5	0	0	1.5	15	240	65	12	2		7
BYO Pizza - Alfredo Sauce Reg 14"	270	100	12	6	0.5	1.0	3.0	25	460	170	30	5	1	14
BYO Pizza - Alfredo Sauce Reg 16"	360	140	16	8	1.0	1.0	4.0	30	620	220	39	6	1	18
BYO Pizza - Alfredo Sauce Reg 18"	290	120	14	7	1.0	1.0	3.0	25	500	170	30	5	1	14
BYO Pizza - Alfredo Sauce Thick 10"	280	80	9	4.0	0.5	1.0	2.0	15	430	220	40	7	1	12
BYO Pizza - Alfredo Sauce Thick 14"	320	110	13	6	1.0	1.0	3.0	25	520	220	39	6	1	15
BYO Pizza - Alfredo Sauce Thick 16"	390	150	17	8	1.5	1.0	4.0	30	660	250	44	7	1	19
BYO Pizza - Alfredo Sauce Thick 18"	330	130	15	7	1.0	1.0	3.5	25	560	210	37	6	1	16
BYO Pizza - Alfredo Sauce Thin 10"	130	60	7	3.5	0	0.5	1.5	15	190	5	10			6
BYO Pizza - Alfredo Sauce Thin 14"	210	100	11	6	0.5	1.0	2.5	25	310	10	16			10
BYO Pizza - Alfredo Sauce Thin 16"	290	140	16	8	1.0	1.0	3.0	30	430	15	22			14
BYO Pizza - Alfredo Sauce Thin 18"	250	120	14	7	1.0	1.0	2.5	25	360	15	20			12

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<b>BYO Pizza - BBQ Sauce Base</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
BYO Pizza - BBQ Sauce Reg 10"	140	50	6	3.0	0	0	1.5	10	270	65	15	2	4	7
BYO Pizza - BBQ Sauce Reg 14"	280	90	10	5.0	0.5	0.5	2.5	20	510	170	36	5	7	13
BYO Pizza - BBQ Sauce Reg 16"	370	120	14	7	1.0	1.0	3.5	25	680	210	47	6	10	17
BYO Pizza - BBQ Sauce Reg 18"	300	100	11	5	1.0	0.5	3.0	25	560	160	37	5	9	14
BYO Pizza - BBQ Sauce Thick 10"	280	70	8	3.0	0.5	1.0	2.0	10	460	220	43	6	5	12
BYO Pizza - BBQ Sauce Thick 14"	320	100	11	5	1.0	1.0	3.0	20	570	210	44	6	7	15
BYO Pizza - BBQ Sauce Thick 16"	400	130	15	7	1.0	1.0	3.5	25	720	240	52	7	10	18
BYO Pizza - BBQ Sauce Thick 18"	340	110	12	6	1.0	1.0	3.0	25	620	200	44	6	9	15
BYO Pizza - BBQ Sauce Thin 10"	130	50	6	3.0	0	0	1.0	10	220	0	13		4	6
BYO Pizza - BBQ Sauce Thin 14"	210	80	10	4.5	0.5	1.0	2.0	20	350	0	21		6	10
BYO Pizza - BBQ Sauce Thin 16"	290	120	13	6	1.0	1.0	2.5	25	490	5	30		9	13
BYO Pizza - BBQ Sauce Thin 18"	250	100	11	5	1.0	1.0	2.0	25	420	5	27		8	11

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<b>BYO Pizza - Pesto Sauce Base</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
BYO Pizza - Pesto Sauce Reg 10"	150	80	9	3.5	0.5	0	1.5	15	280	80	12	2		7
BYO Pizza - Pesto Sauce Reg 14"	300	130	14	6	1.0	0.5	2.5	25	530	190	31	5		14
BYO Pizza - Pesto Sauce Reg 16"	400	180	20	8	1.0	1.0	3.5	30	720	250	39	7	1	19
BYO Pizza - Pesto Sauce Reg 18"	330	150	17	7	1.0	0.5	3.0	25	590	200	30	5	1	16
BYO Pizza - Pesto Sauce Thick 10"	300	100	11	4.0	1.0	1.0	2.0	15	480	240	40	7		13
BYO Pizza - Pesto Sauce Thick 14"	350	140	16	6	1.0	1.0	3.0	25	590	240	39	6	1	16
BYO Pizza - Pesto Sauce Thick 16"	430	190	21	8	1.5	1.0	3.5	30	760	280	44	7	1	20
BYO Pizza - Pesto Sauce Thick 18"	370	160	18	7	1.0	1.0	3.0	25	640	240	38	6	1	17
BYO Pizza - Pesto Sauce Thin 10"	150	80	9	3.5	0.5	0	1.0	15	230	20	10			7
BYO Pizza - Pesto Sauce Thin 14"	230	120	14	6	1.0	1.0	2.0	25	370	30	16			11
BYO Pizza - Pesto Sauce Thin 16"	330	170	20	8	1.0	1.0	2.5	30	520	45	22			15
BYO Pizza - Pesto Sauce Thin 18"	290	150	17	6	1.0	1.0	2.0	25	450	40	20			13

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<b>BYO Pizza - Traditional Base</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
BYO Pizza - Gluten-free 10"	130	45	5.0	2.5	0	0	1.0	10	250	25	17		2	5
BYO Pizza - Gluten-free 14"	220	90	11	5	0	0	2.0	20	370	45	22		3	9
BYO Pizza - Gluten-free Cauliflower 10"	140	60	7	3.0	0	0.5	3.0	15	230	25	13			6
BYO Pizza - Traditional Reg 10"	120	50	6	3.0	0	0	1.5	10	260	65	12	2		7
BYO Pizza - Traditional Reg 14"	260	90	10	5.0	0.5	0.5	2.5	20	500	170	31	5	2	14
BYO Pizza - Traditional Reg 16"	340	120	14	7	1.0	1.0	3.5	25	670	210	40	7	2	18
BYO Pizza - Traditional Reg 18"	270	100	11	5	1.0	0.5	3.0	25	550	160	31	5	2	14
BYO Pizza - Traditional Thick 10"	270	70	8	3.0	0.5	1.0	2.0	10	460	220	40	7	1	12
BYO Pizza - Traditional Thick 14"	310	100	11	5	1.0	1.0	3.0	20	560	210	39	6	2	15
BYO Pizza - Traditional Thick 16"	370	130	15	7	1.0	1.0	3.5	25	710	240	45	7	3	19
BYO Pizza - Traditional Thick 18"	320	110	12	6	1.0	1.0	3.0	25	600	210	38	6	2	16
BYO Pizza - Traditional Thin 10"	120	50	6	3.0	0	0	1.0	10	210	0	10			6
BYO Pizza - Traditional Thin 14"	190	80	10	4.5	0.5	1.0	2.0	20	340	5	16		1	10
BYO Pizza - Traditional Thin 16"	270	120	13	6	1.0	1.0	2.5	25	480	10	23		2	14
BYO Pizza - Traditional Thin 18"	230	100	11	5	1.0	1.0	2.0	25	410	10	21		2	12

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**BYO Pizza Topping - 10"  
(Whole Pizza)**

	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Alfredo Sauce	40	30	3.5	2.0		0	0.5	5	85	15	1			1
Anchovies	35	15	1.5	0		0	0.5	15	590	85				5
Artichoke	15								180		3	2		1
BBQ Sauce	45								170		12		12	
Bacon	270	200	23	8				55	1030		1			15
Basil	0	0	0			0			0	40	0			0
Bell Peppers	15	0	0						0	110	3		1	1
Black Forest Ham	50	15	1.5	0.5				25	710		2		1	8
Black Olives	70	50	6	1.0		0.5	4.5		490	0	4	2		0
Breaded Chicken	280	70	8	2.0	0	1.0	2.0	105	230	350	9			40
Buffalo Ranch	150	140	16	2.5	1.5			10	660	0	2			
Canadian Bacon	60	10	1.0	0.5				25	680		2		1	10
Cheddar	110	80	9	5				30	170		1			7
Chicken	90	20	2.0	0.5		0	0.5	50	40	150				18
Eggplant	15	0	0						0	130	3	2	1	1
Feta	60	35	4.0	2.5				5	350					5
Garlic	20	0	0						0	55	5			1
Gorgonzola	100	70	8	5				25	290					7
Green Olives	80	80	9	1.0		0.5	6		880	25	2	2		1
Jalapenos	15	0	0.5	0		0			950	110	3	1	1	1
Kalamata Olives	80	70	8	1.0			4.0		670					
Meatballs	160	110	13	4.5				30	450		4			9
Mozzarella Cheese	90	50	6	4.0	0	0	1.5	20	180		1			7
Mushrooms	15	0	0			0			0	190	2		1	2
Olive Oil	130	130	14	2.0		1.5	10		0	0				
Onions	25	0	0						0	85	5		2	1
Pastrami	80	30	3.5	1.5				15	550		2			10
Pepperoni	160	130	15	6				35	590					7
Pesto Sauce	90	80	9	1.5	0			5	220	50	2			2
Pineapple	30									70	7		7	0
Pizza Sauce	15								160	0	3		2	1
Provolone	100	70	8	5				25	115					7
Ricotta	100	70	8	5.0	0	0	2.0	35	50	85	2			5
Roast Beef	70	20	2.0	0.5				25	590		1			10
Salami	240	180	20	8				50	970					10
Sausage	140	110	12	4.5				40	440					9
Spinach	15	0	0			0			45	320	2	1		2
Sundried Tomatoes	150	15	1.5	0		0.5	0		1190	1940	32	7	21	8
Swiss	110	70	8	5		0	2.0	25	55	20	2			8
Tomato	10	0	0						0	140	2		2	1
Turkey	50	0	0.5					25	550		1			10
Zucchini	10	0	0			0			0	150	2		1	1

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**BYO Pizza Topping - 14"  
(Whole Pizza)**

	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Alfredo Sauce	120	90	11	6	0	1.0	2.0	20	250	40	3		2	3
Anchovies	80	35	4.0	1.0		1.0	1.5	35	1470	220				12
Artichoke	35								410		6	4		2
BBQ Sauce	140								520		35		35	
Bacon	540	400	45	16				110	2060		1		1	29
Basil	5	0	0			0			0	85	1			1
Bell Peppers	30	0	0	0		0			0	250	7	2	3	1
Black Forest Ham	120	35	4.0	1.5				55	1600		5		3	18
Black Olives	150	120	14	2.0		1.0	10		1110	10	8	4		1
Breaded Chicken	280	70	8	2.0	0	1.0	2.0	105	230	350	9			40
Buffalo Ranch	300	290	33	5.0	3.0			20	1320	0	4			
Canadian Bacon	140	20	2.5	1.0				55	1530		5		2	23
Cheddar	220	160	18	10				60	340		2			14
Chicken	210	40	4.5	1.5		1.0	1.5	110	95	330				40
Eggplant	30	0	0			0			0	290	7	4	3	1
Feta	120	70	8	5				10	710					10
Garlic	60	0	0			0			5	170	14			3
Gorgonzola	200	140	16	10				50	590					14
Green Olives	190	170	20	2.5		1.5	14		1990	55	5	4		1
Jalapenos	35	10	1.0	0		0.5	0		2130	250	6	3	3	1
Kalamata Olives	240	210	24	3.0			12		2000					
Meatballs	360	250	28	10				70	1000		8	1	1	20
Mozzarella Cheese	380	240	28	17	1.0	1.0	8	80	800		4			31
Mushrooms	30	0	0	0		0			10	380	4	1	2	4
Olive Oil	250	250	28	4.0		3.0	21		0	0				
Onions	50	0	0	0					5	190	12	2	5	1
Pastrami	160	60	7	2.5				25	1110		4	1	1	20
Pepperoni	320	270	30	12				70	1180					14
Pesto Sauce	280	230	26	5.0	0.5			20	650	150	5	1	1	7
Pineapple	60									160	17	1	16	1
Pizza Sauce	45								470	10	8	1	6	2
Provolone	200	140	16	10				50	230					14
Ricotta	150	100	12	7	0.5	0	3.5	55	75	130	3		1	7
Roast Beef	150	40	4.5	1.5				55	1340		3		2	23
Salami	550	400	46	18				115	2190					23
Sausage	330	240	27	10				90	1000					21
Spinach	30	0	0	0		0			100	710	5	3		4
Sundried Tomatoes	330	35	4.0	0.5		1.5	0.5		2670	4370	71	16	48	18
Swiss	220	140	16	10		0.5	4.0	50	110	45	3			15
Tomato	30	0	0			0			10	380	6	2	4	1
Turkey	100	10	1.0					50	1090		2			20
Zucchini	20	0	0	0		0			10	330	4	1	3	2

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**BYO Pizza Topping - 16"  
(Whole Pizza)**

	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Alfredo Sauce	160	130	14	8	0	1.0	2.5	25	340	50	4		2	3
Anchovies	100	40	4.5	1.0		1.0	2.0	40	1760	260				14
Artichoke	45								550		8	5	1	3
BBQ Sauce	190								690		47		47	
Bacon	810	600	68	25				165	3080		2		2	44
Basil	15	0	0			0			0	170	2			2
Bell Peppers	40	0	0	0		0			5	330	9	3	4	2
Black Forest Ham	160	45	5	2.0				70	2130		6		4	24
Black Olives	200	160	18	2.5		1.5	13		1480	15	11	5		1
Breaded Chicken	280	70	8	2.0	0	1.0	2.0	105	230	350	9			40
Buffalo Ranch	460	430	49	7	5.0			30	1990	0	5			
Canadian Bacon	180	25	3.0	1.5				75	2040		6		3	30
Cheddar	280	200	23	13				75	430		3			18
Chicken	280	50	6	1.5		1.5	2.0	145	125	440				53
Eggplant	40	0	0	0		0			0	390	10	6	4	2
Feta	150	90	10	6				15	890					13
Garlic	80	0	0	0		0			10	230	19	1		4
Gorgonzola	250	180	20	13				65	730					18
Green Olives	250	230	26	3.5		2.0	19		2650	70	7	6		2
Jalapenos	45	15	1.5	0		1.0	0		2840	330	8	4	4	2
Kalamata Olives	160	140	16	2.0			8		1340					
Meatballs	480	330	38	14				90	1340		11	2	2	27
Mozzarella Cheese	510	330	37	23	1.5	1.0	10	105	1070		5		1	41
Mushrooms	35	0	0.5	0		0			10	470	5	2	3	5
Olive Oil	500	500	57	8		6	41		0	0				
Onions	70	0	0	0					5	250	16	3	7	2
Pastrami	240	90	10	4.0				40	1660		6	2	2	30
Pepperoni	430	350	40	15				90	1570					18
Pesto Sauce	380	310	35	7	0.5			25	870	210	6	2	2	10
Pineapple	80									210	22	1	21	1
Pizza Sauce	60	0	0						630	15	11	2	8	3
Provolone	250	180	20	13				65	290					18
Ricotta	170	120	14	9	0.5	0	4.0	65	90	150	3		2	8
Roast Beef	200	50	6	2.0				70	1780		4		2	30
Salami	730	540	61	24				150	2920					30
Sausage	430	320	36	13				120	1330					28
Spinach	40	5	0.5	0		0			135	950	6	4		5
Sundried Tomatoes	440	45	5	0.5		2.0	1.0		3560	5830	95	21	64	24
Swiss	270	170	20	13		0.5	5	65	135	55	4			19
Tomato	45	0	0	0		0	0		10	570	9	3	6	2
Turkey	150	15	1.5					75	1640		3			30
Zucchini	30	0	0.5	0		0			15	440	5	2	4	2

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**BYO Pizza Topping - 18"  
(Whole Pizza)**

	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Alfredo Sauce	160	130	14	8	0	1.0	2.5	25	340	50	4		2	3
Anchovies	100	40	4.5	1.0		1.0	2.0	40	1760	260				14
Artichoke	45								550		8	5	1	3
BBQ Sauce	190								690		47		47	
Bacon	810	600	68	25				165	3080		2		2	44
Basil	15	0	0			0			0	170	2			2
Bell Peppers	40	0	0	0		0			5	330	9	3	4	2
Black Forest Ham	160	45	5	2.0				70	2130		6		4	24
Black Olives	200	160	18	2.5		1.5	13		1480	15	11	5		1
Breaded Chicken	280	70	8	2.0	0	1.0	2.0	105	230	350	9			40
Buffalo Ranch	610	580	65	10	6			40	2650	0	7			
Canadian Bacon	180	25	3.0	1.5				75	2040		6		3	30
Cheddar	330	240	27	15				90	520		3			21
Chicken	280	50	6	1.5		1.5	2.0	145	125	440				53
Eggplant	40	0	0	0		0			0	390	10	6	4	2
Feta	180	110	12	8				15	1060					15
Garlic	80	0	0	0		0			10	230	19	1		4
Gorgonzola	300	210	24	15				75	880					21
Green Olives	250	230	26	3.5		2.0	19		2650	70	7	6		2
Jalapenos	45	15	1.5	0		1.0	0		2840	330	8	4	4	2
Kalamata Olives	240	210	24	3.0			12		2000					
Meatballs	480	330	38	14				90	1340		11	2	2	27
Mozzarella Cheese	510	330	37	23	1.5	1.0	10	105	1070		5		1	41
Mushrooms	35	0	0.5	0		0			10	470	5	2	3	5
Olive Oil	750	750	85	12		9	62		0	0				
Onions	70	0	0	0					5	250	16	3	7	2
Pastrami	240	90	10	4.0				40	1660		6	2	2	30
Pepperoni	430	350	40	15				90	1570					18
Pesto Sauce	380	310	35	7	0.5			25	870	210	6	2	2	10
Pineapple	80									210	22	1	21	1
Pizza Sauce	60	0	0						630	15	11	2	8	3
Provolone	300	210	24	15				75	350					21
Ricotta	190	140	16	10	1.0	0	4.5	75	100	170	4		2	10
Roast Beef	200	50	6	2.0				70	1780		4		2	30
Salami	730	540	61	24				150	2920					30
Sausage	570	420	48	12				120	2000		12			27
Spinach	40	5	0.5	0		0			135	950	6	4		5
Sundried Tomatoes	440	45	5	0.5		2.0	1.0		3560	5830	95	21	64	24
Swiss	320	210	24	15		1.0	6	80	160	65	5		1	23
Tomato	45	0	0	0		0	0		10	570	9	3	6	2
Turkey	150	15	1.5					75	1640		3			30
Zucchini	30	0	0.5	0		0			15	440	5	2	4	2

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<b>Big Island Pizza (One Slice)</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Big Island Reg 10"	130	50	6	3.0	0	0	1.5	15	320	70	13	2	2	8
Big Island Reg 14"	280	90	10	5.0	0.5	0.5	2.5	25	650	180	33	5	3	16
Big Island Reg 16"	370	120	14	7	1.0	1.0	3.5	35	880	240	43	7	5	21
Big Island Reg 18"	290	100	12	6	1.0	1.0	3.0	30	700	180	33	5	4	17
Big Island Thick 10"	280	70	8	3.5	0.5	1.0	2.0	15	510	230	41	7	2	13
Big Island Thick 14"	330	100	11	5	1.0	1.0	3.0	25	710	230	41	7	4	17
Big Island Thick 16"	400	130	15	7	1.0	1.0	3.5	35	920	260	48	8	5	22
Big Island Thick 18"	340	110	12	6	1.0	1.0	3.0	30	760	220	41	6	4	18
Big Island Thin 10"	130	50	6	3.0	0	0	1.0	15	270	10	11		1	7
Big Island Thin 14"	210	90	10	5.0	0.5	1.0	2.0	25	490	20	19		3	13
Big Island Thin 16"	300	120	13	6	1.0	1.0	2.5	35	690	30	26		4	17
Big Island Thin 18"	250	100	11	5	1.0	1.0	2.0	30	570	25	23		3	14

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<b>Broaster Chicken</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Beer Battered Cod Filet (1 Filet)	380	260	30	3.0				30	540		16			14
Broaster Chicken Breast (1 Breast)	690	470	54	7				140	1290		6	1		43
Broaster Chicken Leg (1 Leg)	310	220	25	4.0				85	560		2			17
Broaster Chicken Thigh (1 Thigh)	520	380	43	7				130	660		5			24
Broaster Chicken Wing (1 Wing)	310	250	28	4.0				75	580		3			14
Broaster Potato Wedges (1 Wedge)	140	100	11	1.0					200		10	1	1	1
Cole Slaw - 4 oz	190	150	17	2.5	0			10	220	160	10	2	7	2
Fries - 4 oz	340	230	26	3.5		4.0	5		420	200	23	2		3
Macaroni Salad - 4 oz	250	130	14	2.5			0	15	360	75	25	2	3	4
Pasta Salad - 4 oz	210	80	9	2.0	0	0	1.0	5	410	270	26	3	5	6

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<b>Buffalo Pizza (One Slice)</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Buffalo Pizza Reg 10"	220	110	13	5	0.5	0	1.5	35	480	110	12	2		14
Buffalo Pizza Reg 14"	400	180	20	8	1.0	1.0	3.0	55	820	240	32	5		24
Buffalo Pizza Reg 16"	530	240	28	12	1.0	1.0	4.0	75	1090	300	40	6	1	32
Buffalo Pizza Reg 18"	420	210	23	10	1.0	1.0	3.0	60	910	220	31	5		24
Buffalo Pizza Thick 10"	350	120	14	5	0.5	1.0	2.0	35	660	260	40	7		19
Buffalo Pizza Thick 14"	440	180	21	8	1.0	1.0	3.0	55	880	280	40	6	1	26
Buffalo Pizza Thick 16"	550	250	28	12	1.0	1.5	4.0	75	1120	330	45	7	1	33
Buffalo Pizza Thick 18"	460	210	24	10	1.0	1.0	3.0	60	960	260	38	6	1	26
Buffalo Pizza Thin 10"	210	110	13	5	0.5	0	1.5	35	460	100	10	2		14
Buffalo Pizza Thin 14"	320	170	20	8	1.0	0.5	2.5	55	720	150	16	2		21
Buffalo Pizza Thin 16"	440	240	27	11	1.0	1.0	3.5	75	970	210	23	3		29
Buffalo Pizza Thin 18"	370	200	23	9	1.0	0.5	3.0	60	840	160	20	3		22

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**Chicken Cacciatore Pizza  
(One Slice)**

	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Chicken Cacciatore Reg 10"	170	60	7	3.0	0	0.5	2.0	25	310	160	15	2	2	13
Chicken Cacciatore Reg 14"	340	110	12	5	1.0	1.0	3.5	45	600	350	36	6	3	23
Chicken Cacciatore Reg 16"	450	150	17	7	1.0	1.5	4.5	60	810	460	47	8	5	31
Chicken Cacciatore Reg 18"	350	120	13	6	1.0	1.0	3.5	45	640	330	35	6	3	23
Chicken Cacciatore Thick 10"	320	80	10	3.5	1.0	1.0	2.5	25	510	310	43	7	2	18
Chicken Cacciatore Thick 14"	390	120	14	6	1.0	1.0	3.5	45	660	390	44	7	3	25
Chicken Cacciatore Thick 16"	480	160	18	7	1.5	1.5	4.5	60	850	490	52	9	5	32
Chicken Cacciatore Thick 18"	390	130	14	6	1.0	1.0	3.5	45	690	370	43	7	4	24
Chicken Cacciatore Thin 10"	170	60	7	3.0	0	0.5	1.5	25	270	100	13		2	12
Chicken Cacciatore Thin 14"	280	110	12	5	1.0	1.0	3.0	45	440	190	21	1	3	20
Chicken Cacciatore Thin 16"	380	140	16	7	1.0	1.5	4.0	60	610	260	30	2	4	27
Chicken Cacciatore Thin 18"	300	120	13	6	1.0	1.0	3.0	45	500	170	25	1	3	20

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<b>Cilantro Lime Shrimp Pizza (One Slice)</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Cilantro Lime Shrimp Reg 10"	140	60	7	3.0	0.5	0.5	1.5	30	250	160	13	2		9
Cilantro Lime Shrimp Reg 14"	270	90	10	4.5	1.0	1.0	2.5	45	460	310	32	5	2	15
Cilantro Lime Shrimp Reg 16"	380	130	15	7	1.0	1.5	3.5	60	640	420	42	7	2	21
Cilantro Lime Shrimp Reg 18"	300	120	13	6	1.0	1.0	3.0	50	530	310	32	5	2	17
Cilantro Lime Shrimp Thick 10"	290	80	9	3.5	1.0	1.0	2.0	30	450	320	41	7	1	14
Cilantro Lime Shrimp Thick 14"	320	100	12	5.0	1.0	1.0	2.5	45	520	360	40	7	2	17
Cilantro Lime Shrimp Thick 16"	410	140	16	7	1.5	1.5	3.5	60	680	450	47	8	2	22
Cilantro Lime Shrimp Thick 18"	350	120	14	6	1.0	1.0	3.0	50	590	350	39	7	2	19
Cilantro Lime Shrimp Thin 10"	140	60	7	3.0	0.5	0.5	1.0	30	210	100	11			8
Cilantro Lime Shrimp Thin 14"	210	90	10	4.5	1.0	1.0	2.0	45	300	150	17		1	12
Cilantro Lime Shrimp Thin 16"	300	130	15	7	1.0	1.5	2.5	60	450	210	25		2	17
Cilantro Lime Shrimp Thin 18"	260	120	13	6	1.0	1.5	2.5	50	390	150	21		1	15

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**Create Your Own Calzone -  
Base**

	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Extra Large Cheese Calzone	930	350	40	20	2.5	3.0	10	140	1510	790	106	17	9	44
Spaghetti Calzone	1200	380	43	20	2.5	4.5	11	140	1600	790	154	22	12	57

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**Create Your Own Calzone -  
Toppings (2 Oz)**

	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Anchovy (3)	25	10	1.0	0		0	0	10	440	65				3
Artichoke	15								180		3	2		1
Black Olives	70	50	6	1.0		0.5	4.5		490	0	4	2		0
Canadian Bacon	60	10	1.0	0.5				25	680		2		1	10
Eggplant	15	0	0						0	130	3	2	1	1
Fresh Garlic (1/2 Oz)	20	0	0						0	55	5			1
Green Bell Pepper	10	0	0						0	100	3		1	0
Green Olives	80	80	9	1.0		0.5	6		880	25	2	2		1
Ham	50	15	1.5	0.5				25	710		2		1	8
Jalapenos	15	0	0.5	0		0			950	110	3	1	1	1
Meatballs	160	110	13	4.5				30	450		4			9
Mushrooms	15	0	0			0			0	190	2		1	2
Onions	25	0	0						0	85	5		2	1
Pepperoncini (2-3)	5								500		2			
Pepperoni (9 Slices)	100	80	9	3.5				20	350					4
Pineapple	30									70	7		7	0
Roast Beef	70	20	2.0	0.5				25	590		1			10
Salami	240	180	20	8				50	970					10
Sausage	190	140	16	4.0				40	670		4			9
Sliced Tomato	10	0	0						0	135	2		1	0
Spinach	15	0	0			0			45	320	2	1		2
Sundried Tomatoes	150	15	1.5	0		0.5	0		1190	1940	32	7	21	8
Zucchini	10	0	0			0			0	150	2		1	1

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<b>Create Your Own Pasta - Meat</b>		<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Breaded Chicken Breast		280	70	8	2.0	0	1.0	2.0	105	230	350	9			40
Garlic Chicken Breast		260	80	9	2.0	0	1.0	1.5	105	630	360	4			39
Meatballs		480	330	38	14				90	1340		11	2	2	27
Sausage		770	560	63	23				210	2360					49

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**Create Your Own Pasta -  
Plain Pasta**

	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Penne	480	20	2.5				0		110	0	96	5	7	16
Spaghetti	480	40	4.5			2.5	1.0		170	0	86	9	5	23
Wheat Angel Hair	460	30	3.5				0		110	0	91	11	5	14

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## Create Your Own Pasta - Sauces

	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Alfredo Sauce	260	200	23	14	0	1.5	4.0	45	550	80	7		4	6
Bolognese Sauce	380	220	25	8		1.5	10	65	1650		22	3	13	19
Marinara Alfredo Cream Sauce	200	100	11	5	0	2.5	2.0	15	880	270	19	4	12	6
Marinara Sauce	110	35	4.0	1.0		2.0	1.0		710	250	16	4	10	4
Pesto Sauce	370	300	34	6	0.5			25	850	200	6	2	2	10

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**Create Your Own Pasta -  
Vegetables (3 Oz)**

	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Artichoke	25								270		4	3		1
Basil	20	0	0.5			0	0		0	250	2	1		3
Bell Pepper Mix	20	0	0						0	160	5	1	2	1
Black Olives	100	80	9	1.0		1.0	7		740	5	5	3		1
Green Olives	120	120	13	1.5		1.0	10		1320	35	3	3		1
Jalapenos	25	5	1.0	0		0			1420	160	4	2	2	1
Kalamata Olives	240	210	24	3.0			12		2000					
Mushrooms	20	0	0			0			5	280	3	1	2	3
Onions	35	0	0						0	125	8	1	4	1
Pineapple	40									105	11		10	1
Roasted Garlic	130	0	0	0		0			15	340	28	2		5
Roasted Red Pepper	20								200		3		3	1
Roma Tomato	15	0	0			0			0	200	3	1	2	1
Spinach	20	0	0	0		0			65	470	3	2		2
Sundried Tomatoes	220	20	2.5	0		1.0	0		1780	2910	47	10	32	12
Zucchini	15	0	0	0		0			5	220	3		2	1

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<b>D-back's Menu</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
10 Baked Wings - No Sauce	660	400	46	12	1.0	9	16	175	680	430	2			57
5 Baked Wings - No Sauce	330	200	23	6	0.5	4.5	8	90	340	210	1			28
8" BBQ Chicken Pizza	820	190	22	7		0	0	65	1450	290	118	4	36	35
8" Cheese Pizza	680	180	21	8	0.5	0	3.5	35	1320	5	89	4	8	29
8" New York Combo	1030	430	49	19	1.0	1.0	6	105	2330	160	97	6	9	49
8" Pepperoni Pizza	750	250	28	10	0.5	0	3.5	50	1590	5	89	4	8	32
Antipasto Salad with Italian Dressing	390	310	35	5	0	0	1.0		940	550	19	7	10	4
Blue Raspberry Iced Tea - 16 oz	190								85		48			48
Blue Raspberry Iced Tea - 24 oz	280								130		72			72
Chicken Caesar Salad	360	200	22	8		0.5	0.5	90	1350	580	18	4	5	28
Greek Salad with Greek Dressing	520	360	41	8		0.5	4.0	5	1880	1110	27	9	13	14
Meatballs (3 Each)	690	430	48	18	0	2.5	3.0	110	1830	150	29	5	5	38
Mountain Dew Iced Tea - 16 oz	120								40		32			32
Mountain Dew Iced Tea - 24 oz	180								60		48			48
New York Cheesecake (1 Slice)	890	530	60	35	2.5			300	630		73	2	60	16
Orange Creamsicle Iced Tea - 16 oz	120								30		34			34
Orange Creamsicle Iced Tea - 24 oz	180								45		51			51
Red Cherry Iced Tea - 16 oz	120								40		32			32
Red Cherry Iced Tea - 24 oz	180								60		48			48

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<b>D-backs Pizza (One Slice)</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
D- Backs Reg 10"	150	70	7	3.5	0	0	1.5	15	330	70	13	2	1	8
D- Backs Reg 14"	310	120	14	6	0.5	1.0	3.0	30	640	180	33	5	2	15
D- Backs Reg 16"	400	160	18	8	1.0	1.0	4.0	35	860	230	43	7	3	20
D- Backs Reg 18"	330	140	15	6	1.0	1.0	3.5	30	710	180	33	5	3	16
D- Backs Thick 10"	290	90	10	3.5	0.5	1.0	2.0	15	520	230	41	7	2	13
D- Backs Thick 14"	350	130	15	6	1.0	1.0	3.0	30	700	220	41	7	2	17
D- Backs Thick 16"	440	170	19	8	1.0	1.0	4.0	35	900	260	48	8	3	21
D- Backs Thick 18"	370	140	16	7	1.0	1.0	3.5	30	770	220	40	7	3	18
D- Backs Thin 10"	140	70	8	3.0	0	0.5	1.5	15	280	10	11		1	7
D- Backs Thin 14"	240	120	13	6	0.5	1.0	2.5	30	490	15	18		2	12
D- Backs Thin 16"	330	160	18	7	1.0	1.0	3.0	35	670	25	26		3	16
D- Backs Thin 18"	280	130	15	6	1.0	1.0	2.5	30	570	20	23		2	14

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<b>Desserts</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Bourbon Pecan Pie Slice	500	240	27	12	0.5			110	240		58	2	35	5
Chocolate Chocolate Cake	750	380	43	22				90	550		80	4	52	10
New York Cheesecake	890	530	60	35	2.5			300	630		73	2	60	16
New York Cheesecake: Add Cherry Topping	60								5		13		11	
New York Cheesecake: Add Strawberry Topping	70								10		15		13	
Passion Cookie	800	390	44	25		1.5	3.0	115	630	125	90	2	63	10
Salted Caramel Crunch Cake	630	340	38	19				115	460		66		45	5

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## Dipping Sauces (2 fl Oz)

	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Blue Cheese Dressing	300	280	32	6				30	400		2			2
Marinara Sauce	35	10	1.5	0		0.5	0		240	80	5	1	3	1
Ranch Dressing	350	330	37	6	0			10	290		3		3	1

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<b>Divine Swine Pizza (One Slice)</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Divine Swine Reg 10"	160	70	8	4.0	0	0	1.5	25	470	60	13	2	1	10
Divine Swine Reg 14"	330	130	15	7	0	0.5	2.5	40	900	160	32	5	2	19
Divine Swine Reg 16"	450	190	21	10	0	1.0	3.5	60	1230	210	41	7	3	26
Divine Swine Reg 18"	340	140	16	7	0	0.5	3.0	45	940	160	32	5	3	20
Divine Swine Thick 10"	300	90	10	4.0	0	1.0	2.0	25	660	220	41	7	2	15
Divine Swine Thick 14"	370	140	16	7	0	1.0	2.5	40	950	210	40	7	3	21
Divine Swine Thick 16"	470	190	21	10	0	1.0	3.5	60	1270	240	46	7	3	27
Divine Swine Thick 18"	380	140	16	8	0	1.0	3.0	45	990	200	39	6	3	21
Divine Swine Thin 10"	150	70	8	4.0	0	0	1.5	25	460	50	11	2	1	9
Divine Swine Thin 14"	260	130	14	7	0	0	2.0	40	800	80	17	3	2	16
Divine Swine Thin 16"	360	180	20	10	0	0.5	3.0	60	1120	110	24	4	3	22
Divine Swine Thin 18"	290	130	15	7	0	0.5	2.5	45	870	100	21	3	3	18

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<b>Domestic Beer (16 fl Oz)</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Budweiser	200								15	160	14			2
Michelob Ultra	130								15	80	3			1
Miller Lite	130								5		4			

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<b>G'no It's Good Pizza (One Slice)</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
G'no It's Good Reg 10"	140	60	7	3.5	0	0	1.5	15	430	80	13	2	1	8
G'no It's Good Reg 14"	310	120	13	6	0	1.0	3.5	30	930	190	33	6	3	16
G'no It's Good Reg 16"	400	160	18	8	0	1.0	4.5	40	1270	250	42	7	3	21
G'no It's Good Reg 18"	310	120	14	7	0	1.0	3.5	30	960	180	32	6	3	16
G'no It's Good Thick 10"	280	70	8	3.5	0	1.0	2.0	15	610	230	41	7	2	13
G'no It's Good Thick 14"	350	120	14	6	0	1.0	3.5	30	980	230	41	7	3	17
G'no It's Good Thick 16"	430	160	18	8	0	1.0	4.5	40	1300	280	47	8	4	22
G'no It's Good Thick 18"	350	120	14	7	0	1.0	3.5	30	1010	230	40	7	3	18
G'no It's Good Thin 10"	130	60	7	3.5	0	0	1.5	15	410	65	11	2	1	7
G'no It's Good Thin 14"	230	110	13	6	0	0.5	3.0	30	830	105	18	3	2	13
G'no It's Good Thin 16"	320	150	17	8	0	1.0	4.0	40	1150	150	25	4	3	17
G'no It's Good Thin 18"	260	120	13	6	0	0.5	3.5	30	890	125	22	4	3	14

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<b>Garlic Chicken Pizza (One Slice)</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Garlic Chicken Reg 10"	180	70	8	4.0	0	0.5	2.0	25	410	280	16	3	3	12
Garlic Chicken Reg 14"	350	120	14	6	0.5	1.0	3.0	40	790	620	39	7	6	22
Garlic Chicken Reg 16"	470	160	19	9	1.0	1.5	4.5	55	1050	820	50	8	7	28
Garlic Chicken Reg 18"	360	130	15	7	1.0	1.0	3.5	40	790	570	37	6	5	22
Garlic Chicken Thick 10"	320	90	11	4.0	0.5	1.0	2.5	25	600	440	43	7	3	17
Garlic Chicken Thick 14"	400	130	15	7	1.0	1.5	3.5	40	850	670	47	8	6	23
Garlic Chicken Thick 16"	500	170	20	9	1.5	1.5	4.5	55	1090	850	55	9	7	29
Garlic Chicken Thick 18"	400	140	16	7	1.0	1.5	3.5	40	840	610	45	7	5	23
Garlic Chicken Thin 10"	170	70	8	4.0	0	0.5	1.5	25	360	220	14		2	11
Garlic Chicken Thin 14"	290	120	13	6	0.5	1.0	2.5	40	640	460	24	2	5	19
Garlic Chicken Thin 16"	390	160	18	8	1.0	1.5	3.5	55	860	610	33	2	7	25
Garlic Chicken Thin 18"	320	130	15	7	1.0	1.5	3.0	40	650	410	27	2	5	19

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<b>Garlic Shrimp Pizza (One Slice)</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Garlic Shrimp Reg 10"	170	70	8	3.5	0.5	0.5	1.5	40	320	190	14	2	2	11
Garlic Shrimp Reg 14"	330	120	13	6	1.0	1.0	3.0	65	620	430	36	6	4	20
Garlic Shrimp Reg 16"	440	160	18	8	1.5	1.5	4.0	85	830	560	46	8	5	26
Garlic Shrimp Reg 18"	340	130	15	7	1.0	1.0	3.5	60	640	400	34	6	3	20
Garlic Shrimp Thick 10"	310	90	10	4.0	1.0	1.0	2.0	40	520	350	42	7	2	16
Garlic Shrimp Thick 14"	380	130	14	6	1.0	1.5	3.0	65	690	480	44	7	4	22
Garlic Shrimp Thick 16"	470	170	19	9	1.5	1.5	4.0	85	870	590	51	8	5	27
Garlic Shrimp Thick 18"	380	140	16	7	1.0	1.5	3.5	60	700	440	42	7	3	22
Garlic Shrimp Thin 10"	160	70	8	3.5	0.5	0.5	1.5	40	270	135	12		1	10
Garlic Shrimp Thin 14"	270	110	13	6	1.0	1.0	2.5	65	470	270	21		3	17
Garlic Shrimp Thin 16"	360	150	18	8	1.5	1.5	3.0	85	640	360	29	1	4	22
Garlic Shrimp Thin 18"	300	130	15	7	1.0	1.5	2.5	60	500	240	24		3	18

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Happy Hour	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Artichoke Spinach Dip	1940	1050	119	37	7	5.0	12	170	3500	540	156	13	20	59
Boneless Wings (12) - No Sauce	690	210	24	4.0		12	8	160	2730	115	51	1	4	65
Boneless Wings (12): Add BBQ Sauce	180								660		45		45	
Boneless Wings (12): Add Honey BBQ Sauce	210								620	10	55		54	
Boneless Wings (12): Add Honey Hot Sauce	80								1810	15	40		22	0
Boneless Wings (12): Add Hot Sauce	170	150	17	3.0	4.5				1470	0	5			
Boneless Wings (12): Add Medium Sauce	180	160	18	3.5	5.0				1300	0	3			
Boneless Wings (6) - No Sauce	350	110	12	2.0		6	4.0	80	1370	80	26		2	33
Boneless Wings (6): Add BBQ Sauce	90								330		23		23	
Boneless Wings (6): Add Honey BBQ Sauce	110								310	0	27		27	
Boneless Wings (6): Add Honey Hot Sauce	40								910	5	20		11	
Boneless Wings (6): Add Hot Sauce	80	80	9	1.5	2.5				730	0	2			
Boneless Wings (6): Add Medium Sauce	90	80	9	1.5	2.5				650	0	1			
Bruschetta	780	200	23	3.0	3.5	4.5	1.5		3230	410	121	2	5	20
Chopped Antipasto Salad with Italian Dressing	200	150	17	2.5	0	0	0.5		470	310	10	4	5	2
Garlic Cheese Bread	630	240	27	11	3.5	2.5	4.5	35	1150	125	71	3	8	24
Italian Sausage And Meatball Combination	880	580	66	27	0.5	1.5	4.5	190	2760	200	19	4	8	55

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<b>Kid's Menu</b>		<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Cheese Pizza		280	100	11	5	1.0	1.0	3.0	25	560	180	33	5	2	15
Chicken Strips with Fries		730	470	54	7		4.5	6	40	1370	230	44	4		20
Mac And Cheese with Fries		990	530	60	19	1.0	4.5	6	75	1500	330	90	5	8	23
Ravioli And Tomato Sauce with Garlic Cheese Bread		490	150	17	7	1.5	2.0	2.5	40	1510	110	62	4	13	21
Spaghetti And Tomato Sauce		320	25	2.5			1.5	0.5		680	15	58	7	10	15
Spaghetti And Tomato Sauce: Add Meatball		160	110	13	4.5				30	450		4			9

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**Lunch Create Your Own  
Pasta - Meat**

	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Breaded Chicken Breast	140	35	4.0	1.0	0	0.5	1.0	55	115	170	4			20
Garlic Chicken Breast	130	40	4.5	1.0		0	1.0	50	320	180	2			19
Meatballs	320	220	25	9				60	890		7	1	1	18
Sausage	390	280	32	11				105	1180					24

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**Lunch Create Your Own  
Pasta - Plain Pasta**

	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Penne	270	10	1.5				0		60	0	53	3	4	9
Spaghetti	270	25	2.5			1.5	0.5		90	0	48	5	3	13
Wheat Angel Hair	250	15	2.0				0		60	0	51	6	3	8

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**Lunch Create Your Own  
Pasta - Sauces**

	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Alfredo Sauce	130	100	11	7	0	1.0	2.0	20	270	40	4		2	3
Bolognese Sauce	190	110	13	4.0		1.0	5.0	30	830		11	2	6	10
Marinara Alfredo Cream Sauce	100	50	6	3.0		1.5	1.0	10	450	135	9	2	6	3
Marinara Sauce	60	20	2.0	0		1.0	0		350	125	8	2	5	2
Pesto Sauce	180	150	17	3.0	0			15	420	100	3			5

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Lunch Create Your Own Pasta - Vegetables (2 Oz)		Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Artichoke	15									180		3	2		1
Basil	15	0	0				0			0	170	2			2
Bell Pepper Mix	15	0	0							0	110	3		1	1
Black Olives	70	50	6	1.0			0.5	4.5		490	0	4	2		0
Green Olives	80	80	9	1.0			0.5	6		880	25	2	2		1
Jalapenos	15	0	0.5	0			0			950	110	3	1	1	1
Kalamata Olives	160	140	16	2.0				8		1340					
Mushrooms	15	0	0				0			0	190	2		1	2
Onions	25	0	0							0	85	5		2	1
Pineapple	30										70	7		7	0
Roasted Garlic	80	0	0	0			0			10	230	19	1		4
Roasted Red Pepper	15									135		2		2	0
Roma Tomato	10	0	0							0	135	2		1	0
Spinach	15	0	0				0			45	320	2	1		2
Sundried Tomatoes	150	15	1.5	0			0.5	0		1190	1940	32	7	21	8
Zucchini	10	0	0				0			0	150	2		1	1

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<b>Lunch Pasta Specialties</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Authentic Italian Meat Sauce "bolognese" with Penne	770	240	28	9	1.5	2.0	7	50	1460	85	100	6	14	31
Authentic Italian Meat Sauce "bolognese" with Spaghetti	770	250	29	9	1.5	3.5	8	50	1490	85	95	8	13	34
Authentic Italian Meat Sauce "bolognese" with Wheat Angel Hair	760	250	28	9	1.5	2.0	7	50	1460	85	97	10	13	29
Meat Lovers Pasta - Penne	520	170	19	5	1.5	1.0	0.5	35	990	160	65	5	10	21
Meat Lovers Pasta - Spaghetti	520	180	20	5	1.5	2.5	1.0	35	1020	160	60	7	9	24
Meat Lovers Pasta - Whole Wheat Angel Hair	510	170	20	5	1.5	1.0	0.5	35	990	160	63	9	9	19
Napolitana with Penne	700	320	36	13		1.5	5	90	1330	210	71	5	11	23
Napolitana with Spaghetti	700	330	38	13		3.0	6	90	1360	210	66	8	10	27
Napolitana with Wheat Angel Hair	690	330	37	13		1.5	5	90	1330	210	68	9	10	22
Sausage N' Peppers Pasta - Penne	660	230	26	8	1.5	1.5	0.5	55	1200	450	80	7	14	27
Sausage N' Peppers Pasta - Spaghetti	660	240	28	8	1.5	2.5	1.5	55	1230	450	75	10	13	31
Sausage N' Peppers Pasta - Whole Wheat Angel Hair	650	240	27	8	1.5	1.5	0.5	55	1200	450	77	11	13	25
Shrimp Fettuccini Pasta	400	190	22	9	1.5	2.0	3.5	90	770	480	36	3	4	17
Toscana Pasta - Penne	600	200	22	7	0	1.0	2.0	70	870	370	63	5	7	33
Toscana Pasta - Spaghetti	600	210	23	7	0	2.5	3.0	70	900	370	58	7	6	37
Toscana Pasta - Whole Wheat Angel Hair	580	200	23	7	0	1.0	2.0	70	870	370	61	9	6	32

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Lunch Salad Dressings (1.5 fl Oz)	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
"streets Special Italian"	150	140	16	2.5	0				190	5	1			0
Balsamic Vinaigrette	170	150	17	3.0					330		3		3	
Blue Cheese Dressing	230	210	24	4.5				25	300		1			1
Caesar Dressing	90	70	8	1.5				25	540		6		1	1
Greek Dressing	140	120	14	2.5					390		3		1	1
Pear Vinaigrette Dressing	230	200	23	1.5	0	6	14		70	20	8		8	
Ranch Dressing	150	150	17	2.5				15	370		1			

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Lunch Salads	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Add Breaded Chicken Breast	140	35	4.0	1.0	0	0.5	1.0	55	115	170	4			20
Add Cranberry Chicken Salad	140	80	9	1.5		1.0	1.5	35	90	120	4		4	10
Add Garlic Chicken Breast	130	40	4.5	1.0		0	1.0	50	320	180	2			19
Add Hard Boiled Eggs (2)	160	90	11	3.5		1.5	4.0	425	125	125	1		1	13
Add Sliced Turkey	80	5	1.0					40	820		2			15
Chopped Antipasto with Italian Dressing	200	150	17	2.5	0	0	0.5		470	310	10	4	5	2
Chopped Cobb (No Dressing)	320	200	22	10	0	0	1.0	150	890	330	11	3	6	21
Chopped Gorgonzola Pear with Pear Dressing	430	290	32	4.5	0	6	14	15	360	160	32	5	27	6
Chopped Greek with Greek Dressing	270	180	21	4.5		0	2.0	4	960	670	15	5	7	7
Classic Caesar With Caesar Dressing	140	80	10	3.5		0		25	560	420	11	3	4	8
Garden (No Dressing)	50	10	1.0	0		0	0.5		290	300	9	3	5	2
Spinach with Balsamic Vinaigrette	380	270	31	7		0		10	1030	450	14	3	10	11

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<b>Lunch Soups</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Baked Minestrone - Bowl	560	160	18	6	2.0	1.5	2.5	20	2590	95	78	8	14	20
Baked Minestrone - Cup	440	140	16	6	1.5	1.5	2.5	20	1580	80	57	5	9	16
Italian Wedding - Bowl	510	180	20	8	1.5	1.0	2.0	50	2040	60	60	3	5	21
Italian Wedding - Cup	410	150	17	7	1.5	1.0	2.0	35	1310	60	48	2	5	16

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<b>Margherita Pizza (One Slice)</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Margherita Pizza Reg 10"	110	50	6	1.5	0	0.5	2.5	3	1040	190	14	3	2	4
Margherita Pizza Reg 14"	240	80	10	2.5	0.5	1.0	4.0	5	1320	310	32	6	2	9
Margherita Pizza Reg 16"	310	120	13	3.5	1.0	1.5	6	10	1520	370	41	7	3	11
Margherita Pizza Reg 18"	260	100	12	3.5	0.5	1.0	5	10	1080	270	31	5	2	9
Margherita Pizza Thick 10"	260	70	8	1.5	0.5	1.0	3.0	3	1230	350	42	7	2	9
Margherita Pizza Thick 14"	290	100	11	2.5	0.5	1.0	4.5	5	1380	350	41	7	2	10
Margherita Pizza Thick 16"	350	130	14	3.5	1.0	1.5	6	10	1560	400	46	8	3	12
Margherita Pizza Thick 18"	300	110	13	3.5	1.0	1.5	5	10	1130	310	38	7	2	11
Margherita Pizza Thin 10"	110	50	6	1.5	0	0.5	2.5	3	990	130	12		2	3
Margherita Pizza Thin 14"	170	80	9	2.5	0.5	1.0	3.5	5	1170	150	18		2	5
Margherita Pizza Thin 16"	240	110	13	3.5	1.0	1.5	5	10	1330	170	24		2	7
Margherita Pizza Thin 18"	210	100	12	3.0	0.5	1.5	4.5	10	940	115	21		1	7

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<b>Mediterranean Pizza (One Slice)</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Mediterranean Pizza Reg 10"	160	60	7	3.5	0	0	2.0	15	490	300	17	3	4	9
Mediterranean Pizza Reg 14"	320	110	13	6	0.5	1.0	3.5	20	890	500	38	7	6	16
Mediterranean Pizza Reg 16"	430	150	18	8	1.0	1.0	4.5	30	1240	730	51	9	8	22
Mediterranean Pizza Reg 18"	330	120	14	6	1.0	1.0	3.5	25	930	500	38	7	6	17
Mediterranean Pizza Thick 10"	310	90	10	4.0	0.5	1.0	2.5	15	690	450	45	8	4	14
Mediterranean Pizza Thick 14"	370	120	14	6	1.0	1.0	3.5	20	950	550	46	8	6	18
Mediterranean Pizza Thick 16"	460	160	19	8	1.0	1.0	4.5	30	1280	750	55	10	8	23
Mediterranean Pizza Thick 18"	380	130	15	6	1.0	1.0	3.5	25	980	550	45	8	6	19
Mediterranean Pizza Thin 10"	160	70	7	3.5	0	0.5	1.5	15	450	240	15	1	4	8
Mediterranean Pizza Thin 14"	260	110	12	6	0.5	1.0	3.0	20	730	340	23	2	5	13
Mediterranean Pizza Thin 16"	360	150	17	8	1.0	1.0	3.5	30	1040	520	33	3	8	18
Mediterranean Pizza Thin 18"	290	120	14	6	1.0	1.0	3.0	25	790	350	27	2	6	15

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<b>NY Combo Pizza (One Slice)</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
NY Combo Reg 10"	180	90	10	4.5	0	0	1.5	20	440	95	14	2	1	9
NY Combo Reg 14"	370	170	19	8	0.5	1.0	3.0	40	880	230	35	6	3	19
NY Combo Reg 16"	500	230	26	10	1.0	1.0	4.5	55	1190	300	45	8	4	25
NY Combo Reg 18"	380	170	19	8	1.0	1.0	3.5	40	900	220	34	6	3	19
NY Combo Thick 10"	320	110	13	4.5	0.5	1.0	2.0	20	640	250	42	7	2	15
NY Combo Thick 14"	420	180	20	8	1.0	1.0	3.5	40	940	270	43	7	3	20
NY Combo Thick 16"	530	240	27	10	1.0	1.0	4.5	55	1230	330	50	9	4	26
NY Combo Thick 18"	420	180	20	8	1.0	1.0	3.5	40	950	260	42	7	3	20
NY Combo Thin 10"	170	90	10	4.0	0	0.5	1.5	20	390	35	12		1	9
NY Combo Thin 14"	310	160	18	7	0.5	1.0	2.5	40	720	65	20	1	2	15
NY Combo Thin 16"	420	220	25	10	1.0	1.0	3.5	55	1000	95	28	2	3	21
NY Combo Thin 18"	330	170	19	8	1.0	1.0	3.0	40	760	65	24	1	2	16

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<b>Neapolitan Pizza (One Slice)</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Neapolitan Pizza Reg 10"	110	50	5	2.5		0	1.5	10	160	85	12	2		5
Neapolitan Pizza Reg 14"	230	80	9	3.5		1.0	2.5	15	340	200	31	5	2	10
Neapolitan Pizza Reg 16"	310	110	12	5.0		1.0	4.0	20	440	260	39	7	2	13
Neapolitan Pizza Reg 18"	250	90	10	4.0		1.0	3.0	15	360	210	30	5	2	10
Neapolitan Pizza Thick 10"	250	60	7	2.5		1.0	2.0	10	340	240	39	7	1	10
Neapolitan Pizza Thick 14"	270	80	9	3.5		1.0	3.0	15	390	240	39	7	2	11
Neapolitan Pizza Thick 16"	330	110	12	5.0		1.0	4.0	20	470	290	44	8	2	14
Neapolitan Pizza Thick 18"	280	90	11	4.0		1.0	3.5	15	410	250	38	6	2	11
Neapolitan Pizza Thin 10"	100	45	5	2.5		0	1.5	10	140	75	9	2		4
Neapolitan Pizza Thin 14"	160	70	8	3.5		0.5	2.5	15	240	115	15	3	1	7
Neapolitan Pizza Thin 16"	220	100	11	4.5		1.0	3.5	20	320	160	22	4	2	9
Neapolitan Pizza Thin 18"	190	90	10	4.0		0.5	3.0	15	290	150	19	3	2	8

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<b>New York Cheese Steak Pizza (One Slice)</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
New York Cheese Steak Reg 10"	190	90	10	5	0	0	1.5	30	480	105	14	2	1	12
New York Cheese Steak Reg 14"	340	130	14	7	0.5	1.0	2.0	40	770	250	34	5	2	20
New York Cheese Steak Reg 16"	450	180	20	10	1.0	1.0	3.0	55	1020	320	45	7	3	27
New York Cheese Steak Reg 18"	330	130	15	7	1.0	1.0	2.5	40	720	240	33	5	2	19
New York Cheese Steak Thick 10"	340	110	12	5	0.5	1.0	2.0	30	680	260	42	7	2	18
New York Cheese Steak Thick 14"	390	140	16	7	1.0	1.0	2.5	40	840	290	43	7	2	22
New York Cheese Steak Thick 16"	480	180	21	10	1.0	1.0	3.5	55	1060	350	49	8	3	28
New York Cheese Steak Thick 18"	370	140	15	7	1.0	1.0	2.5	40	780	280	41	7	2	20
New York Cheese Steak Thin 10"	180	90	10	5.0	0	0.5	1.0	30	440	45	12			12
New York Cheese Steak Thin 14"	270	120	14	7	0.5	1.0	1.5	40	620	85	20		2	17
New York Cheese Steak Thin 16"	380	170	19	10	1.0	1.0	2.5	55	820	115	27		2	23
New York Cheese Steak Thin 18"	290	130	14	7	1.0	1.0	1.5	40	580	80	23		2	16

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<b>Old Standby Pizza (One Slice)</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Old Standby Reg 10"	160	80	9	4.0	0	0	1.5	20	380	85	13	2	1	9
Old Standby Reg 14"	330	140	16	7	0.5	1.0	2.5	35	730	210	33	5	2	17
Old Standby Reg 16"	440	190	21	9	1.0	1.0	3.5	45	990	270	43	7	3	22
Old Standby Reg 18"	340	150	16	7	1.0	1.0	3.0	35	760	200	33	5	3	17
Old Standby Thick 10"	310	100	11	4.0	0.5	1.0	2.0	20	580	240	41	7	2	14
Old Standby Thick 14"	380	150	17	7	1.0	1.0	3.0	35	790	250	41	7	2	18
Old Standby Thick 16"	470	200	22	9	1.0	1.0	3.5	45	1030	300	48	8	3	23
Old Standby Thick 18"	380	150	17	7	1.0	1.0	3.0	35	810	240	40	7	3	19
Old Standby Thin 10"	160	80	9	4.0	0	0	1.0	20	330	25	11		1	8
Old Standby Thin 14"	270	140	15	6	0.5	1.0	2.0	35	580	45	18		2	14
Old Standby Thin 16"	370	180	21	9	1.0	1.0	2.5	45	790	65	26		3	18
Old Standby Thin 18"	300	140	16	7	1.0	1.0	2.0	35	620	45	23		2	15

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<b>Pasta Specialties</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Authentic Italian Meat Sauce "bolognese" with Penne	1170	370	41	13	1.5	3.0	12	80	2340	85	154	9	23	47
Authentic Italian Meat Sauce "bolognese" with Spaghetti	1170	390	44	13	1.5	5	13	80	2390	85	144	14	21	54
Authentic Italian Meat Sauce "bolognese" with Wheat Angel Hair	1150	380	42	13	1.5	3.0	12	80	2340	85	149	16	21	45
Cheese Ravioli	530	180	20	9	2.0	2.5	3.0	60	980	125	63	2	5	25
Cheese Ravioli with Alfredo Sauce	790	370	42	22	2.0	4.0	7	100	1510	200	70	3	8	30
Cheese Ravioli with Marinara Alfredo Cream Sauce	730	280	32	14	2.0	5.0	5	75	1860	400	82	6	16	30
Cheese Ravioli with Marinara Sauce	640	210	24	10	2.0	4.5	4.0	60	1680	370	79	6	15	28
Cheese Ravioli with Meat Sauce "bolognese"	820	350	39	15	2.0	3.5	10	110	2210	125	80	5	14	39
Chicken Parmigiana with Penne	1310	300	34	11	2.0	6	7	140	2230	840	168	13	29	78
Chicken Parmigiana with Spaghetti	1310	320	36	11	2.0	8	8	140	2280	840	159	18	27	85
Chicken Parmigiana with Wheat Angel Hair	1280	310	35	11	2.0	6	7	140	2230	840	163	20	27	76
Lorrie's Lasagna	1130	540	61	31	2.0	5.0	17	200	2620	330	72	6	18	71
Meat Lovers Pasta - Penne	930	280	32	9	1.5	2.0	1.0	65	1890	330	122	9	20	39
Meat Lovers Pasta - Spaghetti	930	300	34	9	1.5	4.5	2.0	65	1950	330	113	14	17	46
Meat Lovers Pasta - Whole Wheat Angel Hair	910	290	33	9	1.5	2.0	1.0	65	1890	330	117	16	17	37
Napolitana with Penne	1340	640	73	25		3.5	10	185	2640	390	131	10	21	45
Napolitana with Spaghetti	1340	660	75	25		6	12	185	2700	390	121	14	19	51
Napolitana with Wheat Angel Hair	1320	650	74	25		3.5	10	185	2640	390	126	16	19	42
Roasted Vegetable Lasagna	650	300	34	17	0	5.0	8	80	1750	660	53	8	13	32
Sausage N' Peppers Pasta - Penne	1460	600	68	21	3.5	3.0	1.5	160	2970	880	149	14	27	64
Sausage N' Peppers Pasta - Spaghetti	1460	620	71	21	3.5	5	2.5	160	3030	880	140	18	25	70
Sausage N' Peppers Pasta - Whole Wheat Angel Hair	1440	610	69	21	3.5	3.0	1.5	160	2970	880	145	20	25	61
Shrimp Fettuccini Pasta	800	380	43	18	3.0	3.5	7	175	1550	960	71	6	8	33
Special Baked Ziti	1390	510	58	24	2.5	4.0	9	180	2420	590	158	10	25	59
Toscana Pasta - Penne	1150	390	44	15	0.5	2.0	4.5	145	1820	750	117	10	13	65

Toscana Pasta - Spaghetti	1150	410	46	15	0.5	4.5	5	145	1880	750	108	15	11	72
Toscana Pasta - Whole Wheat Angel Hair	1120	400	45	15	0.5	2.0	4.5	145	1820	750	113	17	11	63

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<b>Pizza Formaggio (One Slice)</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Pizza Formaggio Reg 10"	190	100	11	6	0	0	1.5	30	310	70	13	2	1	11
Pizza Formaggio Reg 14"	430	210	24	13	0.5	1.0	3.5	65	680	180	32	5	2	24
Pizza Formaggio Reg 16"	570	280	32	17	1.0	1.0	5.0	85	920	240	42	7	3	32
Pizza Formaggio Reg 18"	400	190	22	12	0.5	1.0	3.5	60	670	180	32	5	2	22
Pizza Formaggio Thick 10"	330	120	13	6	0.5	1.0	2.0	30	510	230	40	7	1	16
Pizza Formaggio Thick 14"	480	220	25	13	1.0	1.0	4.0	65	740	230	40	6	2	26
Pizza Formaggio Thick 16"	600	290	33	18	1.0	1.0	5.0	85	960	260	47	7	3	33
Pizza Formaggio Thick 18"	440	200	23	12	1.0	1.0	3.5	60	720	220	39	6	2	24
Pizza Formaggio Thin 10"	180	100	11	6	0	0	1.5	30	260	10	11			10
Pizza Formaggio Thin 14"	360	210	23	13	0.5	1.0	3.0	65	530	25	18		1	21
Pizza Formaggio Thin 16"	500	280	31	17	1.0	1.0	4.0	85	720	30	25		2	28
Pizza Formaggio Thin 18"	360	190	22	12	0.5	1.0	2.5	60	530	25	21		2	20

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<b>Pizza Primavera (One Slice)</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Pizza Primavera Reg 10"	160	80	9	4.0	0	0	2.0	20	350	130	14	3	2	9
Pizza Primavera Reg 14"	310	120	14	6	0.5	1.0	2.5	30	590	300	35	6	3	16
Pizza Primavera Reg 16"	460	190	22	11	1.0	1.0	4.5	50	900	410	46	8	5	24
Pizza Primavera Reg 18"	350	150	17	8	1.0	1.0	3.5	40	700	290	35	6	4	19
Pizza Primavera Thick 10"	310	100	11	4.5	0.5	1.0	2.5	20	540	280	42	7	2	14
Pizza Primavera Thick 14"	360	130	15	7	1.0	1.0	2.5	30	660	350	43	7	3	17
Pizza Primavera Thick 16"	490	200	23	11	1.0	1.0	4.5	50	940	430	51	9	5	25
Pizza Primavera Thick 18"	390	160	18	8	1.0	1.0	3.5	40	760	330	42	7	4	20
Pizza Primavera Thin 10"	160	80	9	4.0	0	0.5	1.5	20	300	70	12		2	8
Pizza Primavera Thin 14"	250	120	13	6	0.5	1.0	2.0	30	440	140	20	1	3	13
Pizza Primavera Thin 16"	380	190	21	10	1.0	1.0	3.5	50	710	200	29	2	4	20
Pizza Primavera Thin 18"	310	150	17	8	1.0	1.0	3.0	40	560	135	24	1	3	16

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Salad Dressings (3 fl Oz)	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
"streets Special Italian"	300	290	33	5	0				380	15	1			0
Balsamic Vinaigrette	360	320	36	6					690		6		6	
Blue Cheese Dressing	450	420	48	9				45	600		3			3
Caesar Dressing	180	130	15	3.0				45	1080		12		3	3
Greek Dressing	270	240	27	4.5					780		6		3	3
Pear Vinaigrette Dressing	470	400	46	3.5	0	13	29		140	35	17		16	0
Ranch Dressing	300	290	33	4.5				30	750		3			

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Salads	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Add Breaded Chicken Breast	280	70	8	2.0	0	1.0	2.0	105	230	350	9			40
Add Cranberry Chicken Salad	290	160	18	2.5		1.5	3.5	65	180	240	9	1	7	21
Add Garlic Chicken Breast	260	80	9	2.0	0	1.0	1.5	105	630	360	4			39
Add Hard Boiled Eggs (2)	160	90	11	3.5		1.5	4.0	425	125	125	1		1	13
Add Sliced Turkey	150	15	1.5					75	1640		3			30
Chopped Antipasto with Italian Dressing	390	310	35	5	0	0	1.0		940	550	19	7	10	4
Chopped Cobb (No Dressing)	630	390	44	19	0	1.0	2.0	300	1770	570	18	5	9	41
Chopped Gorgonzola Pear with Pear Dressing	920	610	69	12	0	13	29	40	870	320	65	10	54	16
Chopped Greek with Greek Dressing	520	360	41	8		0.5	4.0	5	1880	1110	27	9	13	14
Classic Caesar with Caesar Dressing	230	130	15	4.5		0		40	930	720	21	6	8	10
Garden (No Dressing)	90	20	2.0	0		0	1.0		560	540	18	6	9	3
Spinach with Balsamic Vinaigrette	750	550	62	13	0	0		20	2050	880	27	6	19	21

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Sandwiches	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Add Cheddar Cheese	110	80	9	5				30	170		1			7
Add Chips	150	80	9	1.5					150		16			2
Add Coleslaw	190	150	17	2.5	0			10	220	160	10	2	7	2
Add French Fries	390	270	30	4.0		4.5	6		410	230	27	3		3
Add Mozzarella Cheese	90	50	6	4.0	0	0	1.5	20	180		1			7
Add Pasta Salad	210	80	9	2.0	0	0	1.0	5	410	270	26	3	5	6
Add Provolone Cheese	100	70	8	5				25	115					7
Add Swiss Cheese	110	70	8	5		0	2.0	25	55	20	2			8
Chicken Parmigiana - Wheat	760	180	20	8	1.0	3.5	5	125	1420	660	80	7	11	63
Chicken Parmigiana - White	780	180	20	8	0.5	4.5	5.0	125	1440	590	87	6	14	59
Cranberry Chicken Salad Sandwich - Wheat	790	280	32	5	0	3.5	6	100	900	780	80	8	18	46
Cranberry Chicken Salad Sandwich - White	810	280	32	5.0		4.5	6	100	920	710	87	6	21	42
Farmer's Market Caprese - Wheat	900	470	53	20	1.5	2.5	9	70	1290	390	69	6	10	33
Farmer's Market Caprese - White	920	470	53	20	1.5	3.0	9	70	1310	320	76	5	12	29
Little Italy Italian Beef with Au Jus - White	800	280	31	7	5	2.0	1.0	75	2740	420	82	4	12	44
Little Italy Italian Beef with Au Jus- Wheat	780	280	31	8	6	1.0	1.5	75	2720	490	76	6	9	48
New York Hot Pastrami - Wheat	780	220	25	12	0	1.5	3.0	80	4140	200	72	9	10	62
New York Hot Pastrami - White	790	230	25	11		2.0	3.0	80	4170	125	78	8	12	58
Old World Meatball - Wheat	1140	560	63	24	0.5	2.5	3.5	140	3090	360	88	9	14	59
Old World Meatball - White	1160	560	63	24	0	3.5	3.0	140	3110	290	95	8	16	55
Oven Roasted Sliced Turkey - Wheat	710	250	28	4.5	0	1.0	1.0	95	2420	400	68	6	7	45
Oven Roasted Sliced Turkey - White	720	250	28	4.0		2.0	1.0	95	2440	330	75	4	9	41
Piled High Roast Beef - Wheat	770	290	32	7	0	1.0	1.0	80	2620	470	74	7	11	46
Piled High Roast Beef - White	790	290	32	6	0	2.0	1.0	80	2640	390	80	5	13	42
Still "the #1" - Wheat	800	340	39	15	0	1.0	1.0	95	2290	470	74	7	11	40
Still "the #1" - White	810	340	39	15	0	2.0	1.0	95	2320	390	81	5	13	36
Such A Ham. . .and Cheese - Wheat	890	430	48	17	0	1.0	1.0	125	2460	400	69	6	9	47
Such A Ham. . .and Cheese - White	910	430	48	17		2.0	1.0	125	2480	330	76	4	12	43
The Best of Everything - Wheat	1000	490	55	22	0	1.5	4.0	125	2960	500	75	7	11	47
The Best of Everything - White	1020	490	55	21	0	2.5	4.0	125	2980	430	82	6	13	43



The Big Tuna - Wheat	810	330	37	6	0	1.0	1.0	60	1590	420	74	7	14	46
The Big Tuna - White	830	330	37	5		2.0	1.0	60	1610	350	80	5	16	42
The Italian Stallion - Wheat	1700	990	111	41	1.0	2.5	3.5	335	4880	480	78	8	14	98
The Italian Stallion - White	1720	990	111	40	1.0	3.5	3.0	335	4910	410	85	6	17	94
Ultimate New York Cheese Steak - Wheat	800	250	28	14	1.0	1.5	1.5	115	3090	460	76	7	12	58
Ultimate New York Cheese Steak - White	810	250	29	13	0.5	2.5	1.5	115	3110	390	83	5	14	54
Vegetarian's Delight - Wheat	940	440	49	25	0.5	2.0	7	105	1620	710	79	8	12	49
Vegetarian's Delight - White	960	440	49	24	0	3.0	7	105	1640	640	85	7	15	45

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<b>Sausage N' Peppers Pizza (One Slice)</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Sausage N' Peppers Reg 10"	150	60	7	4.0	0	0	2.0	20	310	100	14	2	2	9
Sausage N' Peppers Reg 14"	310	110	13	7	0	1.0	3.0	35	610	240	36	6	3	17
Sausage N' Peppers Reg 16"	410	150	17	9	0.5	1.0	4.0	50	800	310	46	7	4	22
Sausage N' Peppers Reg 18"	320	110	13	7	0	1.0	3.0	35	650	230	35	6	4	17
Sausage N' Peppers Thick 10"	290	70	8	4.0	0	1.0	2.5	20	500	260	42	7	2	14
Sausage N' Peppers Thick 14"	350	120	13	7	0	1.0	3.5	35	660	290	44	7	3	19
Sausage N' Peppers Thick 16"	430	150	17	9	0.5	1.0	4.0	50	830	340	51	8	4	23
Sausage N' Peppers Thick 18"	350	120	13	7	0	1.0	3.5	35	700	270	42	7	4	19
Sausage N' Peppers Thin 10"	140	60	7	4.0	0	0	1.5	20	300	90	12	2	2	8
Sausage N' Peppers Thin 14"	240	110	12	6	0	0.5	3.0	35	510	160	20	3	3	14
Sausage N' Peppers Thin 16"	320	140	16	9	0.5	0.5	3.5	50	680	210	28	4	4	19
Sausage N' Peppers Thin 18"	260	110	12	7	0	0.5	3.0	35	580	170	24	4	3	15

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School Catering	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
10" Gluten Free Cheese Pizza	860	310	35	17	2.5	1.0	7	70	1620	180	104	4	14	32
10" Gluten Free Cheese Pizza - Half	430	160	18	8	1.5	0	3.5	35	810	90	52	2	7	16
7" Cheese And Pepperoni Pizza	630	220	25	10	0.5	0	3.5	50	1410	5	70	4	7	28
7" Cheese And Sausage Pizza	760	310	35	12	0.5	0	3.5	75	1840	5	74	4	7	34
7" Cheese Pizza	570	170	19	8	0.5	0	3.5	35	1170	5	70	4	7	25
Antipasto Salad	200	150	17	2.5	0	0	0.5		470	310	10	4	5	2
Boneless Wings with Ranch Dressing	530	290	33	5.0		6	4.0	100	1520	10	26		2	32
Broccoli Florets (3 Each)	10	0	0			0			10	105	2			1
Caesar Salad	250	160	18	7		0		50	1070	420	15	4	5	13
Carrot Sticks (3 Sticks)	0								10	40	1			0
Celery Sticks (3 Sticks)	0								10	30	0			0
Cheese Pizza (14") - 1 Slice	260	90	10	5.0	0.5	0.5	2.5	20	500	170	31	5	2	14
Cheese Pizza (14") - 2 Slices	520	180	20	10	1.5	1.5	5	40	1000	330	63	10	3	27
Cheese Pizza (16") - 1 Slice	340	120	14	7	1.0	1.0	3.5	25	670	210	40	7	2	18
Cheese Pizza (16") - 2 Slices	690	240	27	13	2.0	2.0	7	55	1340	430	81	13	5	36
Chicken Casear Salad	350	190	22	8		0.5	0.5	90	1310	560	17	4	5	28
Chicken Parmigiana with Penne	510	80	9	2.5	0	1.5	1.0	50	580	250	75	5	10	31
Chicken Penne with Alfredo	570	160	18	8	0	1.0	2.5	65	670	180	68	3	6	31
Chicken Tenders with BBQ Sauce	730	380	43	6				75	2030		56	2	24	32
Cucumbers (3 Slices)	0								0	30	0			0
Garden Salad with Chicken And Ranch Dressing	320	220	25	3.5		0	0.5	60	740	370	9	2	4	17
Garden Salad with Ranch Dressing	220	190	21	3.0		0		20	490	230	8	2	3	1
Gluten Free Penne with Marinara	380	50	5	1.5		1.0	0	5	490	115	74	3	5	10
Greek Salad with Greek Dressing	270	180	21	4.5		0	2.0	4	960	670	15	5	7	7
Half Turkey Sub Sandwich On a White Roll	460	220	25	3.5		1.0	0	60	1300	150	37	2	4	21
Mac And Cheese	530	170	19	10	0		0	45	700	60	69	3	7	19
Meat Lasagna	420	230	26	15	0	1.5	8	100	950	75	15	2	5	32
Mini Calzone - Cheese And Sauce Only	510	180	21	12	1.0	1.5	6	55	1150	260	53	8	5	30
Mini Pepperoni Calzone	560	230	26	14	1.0	1.5	6	65	1340	260	53	8	5	32
Mini Spaghetti Calzone	730	200	23	12	1.0	2.5	7	55	1380	260	94	13	9	41
Oranges	30	0	0							120	8	2	6	1
Penne Marinara with Meatball	560	160	18	6		1.0	0	35	930	115	75	5	10	24
Penne with Alfredo	470	130	14	8	0	1.0	2.0	25	420	40	67	3	6	15
Penne with Margarina	950	620	70	13	18		0	5	830	0	64	3	5	13
Penne with Marinara	400	50	5	1.5		1.0	0	5	490	115	71	5	9	15

Penne with Meat Sauce	450	90	10	3.5		0	2.5	20	610	0	70	4	8	18
Pepperoni Pizza (14") - 1 Slice	300	120	14	6	0.5	0.5	2.5	30	660	170	31	5	2	15
Pepperoni Pizza (14") - 2 Slices	610	250	28	13	1.5	1.5	5	60	1310	330	63	10	3	31
Pepperoni Pizza (16") - 1 Slice	400	160	19	8	1.0	1.0	3.5	40	870	210	40	7	2	20
Pepperoni Pizza (16") - 2 Slices	800	330	37	17	2.0	2.0	7	75	1740	430	81	13	5	40
Ranch Dressing (2 Oz)	190	180	21	3.0				20	470		2			
Red Grapes	80	0	0	0		0			0	220	21	1	18	1
Small Penne with Marinara	270	40	4.5	1.5		0.5	0	5	360	75	47	3	6	10
Strawberries	35	0	0			0			0	170	9	2	6	1

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<b>Sides</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Onion Rings	970	660	75	11					1460		73		12	8
Passion Bread (12 Pieces)	1040	340	39	8		18	10	10	1230	870	154	26	3	34
Pasta Salad	310	120	13	2.5	0	0	1.5	10	610	410	40	4	7	9
Streets Seasoned Fries	390	270	31	4.0		4.5	6		490	230	27	3		3

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Soft Drinks - 16 fl oz		Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Brewed Iced Tea										45					
Diet Pepsi	0									50	70				
Dr. Pepper	200									80		53		51	
Mist Twist										50	95				
Mountain Dew	220									70	10	58		58	
Mug Root Beer	200									30	20	52		52	
Pepsi	200									40		56		56	
Raspberry Brisk Iced Tea	100									110		26		24	
Tropicana Lemonade	200									210		54		54	

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Soft Drinks - 32 fl oz		Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Brewed Iced Tea										95					
Diet Pepsi	0									100	140				
Dr. Pepper	400									160		106		102	
Mist Twist										95	190				
Mountain Dew	440									140	20	116		116	
Mug Root Beer	400									60	40	104		104	
Pepsi	400									80		112		112	
Raspberry Brisk Iced Tea	200									220		52		48	
Tropicana Lemonade	400									420		108		108	

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<b>Soups</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Baked Minestrone - Bowl	560	160	18	6	2.0	1.5	2.5	20	2590	95	78	8	14	20
Baked Minestrone - Cup	440	140	16	6	1.5	1.5	2.5	20	1580	80	57	5	9	16
Italian Wedding Soup - Bowl	510	180	20	8	1.5	1.0	2.0	50	2040	60	60	3	5	21
Italian Wedding Soup - Cup	410	150	17	7	1.5	1.0	2.0	35	1310	60	48	2	5	16

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<b>South of The Border Pizza (One Slice)</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
South of The Border Reg 10"	260	170	20	6	3.0	0.5	2.5	20	530	105	14	2	1	9
South of The Border Reg 14"	490	280	32	10	5.0	1.0	5	35	950	240	33	5	2	18
South of The Border Reg 16"	650	380	43	14	6	1.5	7	50	1280	320	43	7	3	24
South of The Border Reg 18"	560	350	39	12	6	1.5	6	40	1100	250	33	5	3	20
South of The Border Thick 10"	410	190	22	6	3.5	1.0	3.0	20	730	260	41	7	2	15
South of The Border Thick 14"	530	290	33	10	5	1.5	5	35	1010	290	41	7	2	20
South of The Border Thick 16"	680	390	44	14	7	1.5	7	50	1320	340	48	8	3	25
South of The Border Thick 18"	600	360	40	12	6	1.5	6	40	1150	290	41	7	3	21
South of The Border Thin 10"	260	170	20	6	3.0	0.5	2.5	20	480	45	12		1	9
South of The Border Thin 14"	420	280	32	10	5.0	1.0	4.5	35	790	80	18		2	15
South of The Border Thin 16"	570	380	43	13	6	1.5	6	50	1090	110	26		2	20
South of The Border Thin 18"	520	350	39	12	6	1.5	5	40	960	100	23		2	17

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## Specialty Beer (12 fl Oz)

	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Angry Orchard Cider	200								10		29		23	
Corona	130										12			1

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## Toddler Menu

	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Toddler Mac And Cheese	400	140	16	8	0	0	1.0	40	620	55	47	2	5	17
Toddler Penne with Margarine	680	440	50	11	12	0	1.0	10	710	20	43	2	3	13
Toddler Ravioli	170	70	8	4.0	0	1.0	1.5	25	570	115	15	1	4	11

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<b>White Pizza (One Slice)</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
White Pizza Reg 10"	140	60	7	2.5	0	0.5	3.0	10	160	115	15	2		6
White Pizza Reg 14"	280	120	13	5	0.5	1.0	5.0	25	370	210	32	5		12
White Pizza Reg 16"	390	170	19	7	1.0	1.5	7	30	500	270	41	6	1	17
White Pizza Reg 18"	350	180	21	7	1.0	2.0	10	25	400	200	31	5		13
White Pizza Thick 10"	280	80	9	3.0	0	1.0	3.5	10	340	270	42	7		11
White Pizza Thick 14"	320	120	14	5	0.5	1.0	5	25	420	250	40	6	1	14
White Pizza Thick 16"	410	170	19	7	1.0	1.5	7	30	540	290	46	7	1	18
White Pizza Thick 18"	390	190	21	7	1.0	2.0	10	25	450	240	38	6	1	15
White Pizza Thin 10"	130	60	7	2.5	0	0.5	3.0	10	140	105	12	2		5
White Pizza Thin 14"	210	110	12	5	0.5	1.0	4.5	25	270	125	17	2		9
White Pizza Thin 16"	300	160	18	7	1.0	1.0	7	30	390	170	23	3		13
White Pizza Thin 18"	300	180	20	7	1.0	1.5	9	25	330	135	20	3		11

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Wine	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Cabernet - Bottle	610										19			1
Cabernet - Glass	120										4			0
Chardonnay - Bottle	620								35	530	16		7	1
Chardonnay - Glass	120								5	105	3		1	0
House Select Red	120								5	190	4			0
House Select White	120								5	105	4		1	0
Pinot Grigio - Bottle	620										15			1
Pinot Grigio - Glass	120										3			0
Red Blend - Bottle	640								15	470	20		2	1

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