

ANTIPASTI	Cal. (kcal)	Fat Cal. (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
Choose 2 for \$9.50											
Mac & Cheese Bites, Truffle Dip	920	630	70	25	1.00	310	1,190	44	2	5	30
Baked Prosciutto & Mozzarella	610	330	36	19	0.00	100	1,430	35	1	3	38
Spicy Ricotta Meatballs	490	310	35	14	1.00	150	1,350	12	1	3	28
Bruschetta	620	310	34	7	0.00	20	1,810	62	5	7	17
Goat Cheese Peppadew Peppers	350	100	11	6	0.00	25	660	56	3	40	6
Loaded Fries	1,020	660	74	22	0.00	55	2,030	68	7	5	20
Antipasti											
Calamari Fritti	760	490	55	9	0.00	435	700	33	4	7	33
Portobello Fries	700	390	44	7	0.00	125	1,010	66	5	14	14
Crispy Fresh Mozzarella	820	700	79	16	0.00	145	210	17	1	1	13
Soups											
Pomodorina Soup	170	110	12	3	0.00	0	950	12	2	5	2
Clam Chowder	360	280	31	19	0.00	120	1,110	14	0	0	7
Minestrone	160	25	3	0	0.00	10	1,040	28	5	5	6
Roasted Mushroom	180	90	10	5	0.00	25	1,160	19	1	6	6
INSALATE											
Parmesan Crusted Chicken	1,080	430	48	9	0.00	250	910	100	7	16	64
Caprese	660	470	52	22	0.00	120	840	14	2	11	32
Entrée Caesar	480	370	41	10	0.00	65	930	15	4	3	14
Entrée Caesar w/Chicken	650	370	41	11	0.00	95	1,110	16	6	3	55
Entrée Caesar w/Shrimp	550	380	42	11	0.00	190	1,750	16	4	3	27
Chicken Florentine	880	550	61	9	0.00	95	2,010	55	9	7	31
Entrée Bibb & Bleu	520	380	42	12	0.00	55	1,070	17	4	5	23
Entrée Bibb & Bleu w/Chicken	700	390	43	12	0.00	85	1,500	19	5	5	65
Entrée Bibb & Bleu w/Shrimp	590	390	43	12	0.00	170	1,850	18	4	5	36
Steak & Greens Salad	950	630	71	21	1.00	160	2,410	32	6	10	49
Side Bibb & Bleu	270	200	22	6	0.00	30	560	9	2	3	12
Side Caesar Salad	240	180	21	5	0.00	30	470	8	3	2	7
Side Florentine Salad	300	200	22	3	0.00	0	780	22	4	3	5
Side Fresh Greens Salad	190	140	16	2	0.00	0	190	11	2	5	2

3 COURSE LUNCH	Cal. (kcal)	Fat Cal. (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
Ravioli alla Vodka	660	330	37	20	0.50	165	1,440	50	4	9	24
Fettuccine Gorgonzola	1,080	610	68	41	1.50	300	1,850	72	3	8	44
Penne Arrabbiata	720	370	42	24	1.00	180	580	61	3	1	26
Sausage & Peppers Rigatoni	1,120	620	69	18	0.00	190	2,160	80	8	12	45

CHICKEN	Cal. (kcal)	Fat Cal. (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Marsala	790	290	32	10	0.50	110	1,010	61	4	6	54
Pollo Caprese	720	310	34	11	0.00	110	1,250	40	5	6	60
Chicken Under a Brick	1,590	1,300	145	31	0.00	260	2,040	20	2	4	51
Chicken Scaloppine	1,110	660	74	37	2.00	255	1,630	51	3	2	60

CARNE	Cal. (kcal)	Fat Cal. (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
Cremini Pork Shank	1,800	1,110	124	43	0.50	455	3,700	43	9	13	138
Rosemary Ribeye	1,430	1,080	120	43	1.00	330	1,770	18	3	5	68
Fig Marsala Pork Chop	1,000	590	66	15	0.00	185	2,080	35	3	20	62
Grilled Lamb Chops	790	560	63	17	1.00	150	2,030	19	3	5	38
Veal Valdostana	1,260	890	100	22	0.00	255	2,040	25	3	7	63

CLASSICS	Cal. (kcal)	Fat Cal. (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Parmesan	1,610	820	92	17	0.50	260	1,890	120	10	13	79
Eggplant Parmesan	1,340	800	90	16	0.50	220	1,520	103	10	15	34
Mom's Ricotta Meatballs & Spaghetti w/ Pomodoro	970	460	51	17	1.50	255	2,260	79	6	10	48
Mom's Ricotta Meatballs & Spaghetti w/ Bolognese	1,130	550	62	22	1.50	305	2,910	83	6	11	62
Italian Sausage & Potatoes	980	740	83	18	0.00	110	1,910	31	5	8	30
Lasagna Bolognese	1,110	610	67	31	1.00	215	2,740	69	6	16	60
Fettuccine Alfredo	1,040	530	59	36	1.50	265	1,630	86	3	7	41
Fettuccine Alfredo w/ Chicken	1,280	670	75	38	1.50	330	2,270	89	3	8	64
Fettuccine Alfredo w/ Shrimp	1,190	660	74	37	1.50	310	2,090	86	3	7	46
Classic Italian Bake	1,480	990	110	38	1.50	350	4,890	38	7	17	78

ARTISAN PIZZA	Cal. (kcal)	Fat Cal. (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
Farmhouse	1,360	530	59	25	0.00	105	2,550	146	6	8	62
Margherita	1,270	460	51	23	0.50	100	2,490	147	6	10	56
Cheese	1,170	370	41	21	0.50	100	2,040	146	6	10	56
Pepperoni	1,360	520	57	27	0.50	145	2,040	146	6	10	65

PASTA	Cal. (kcal)	Fat Cal. (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
Butternut Asiago Tortellaci	980	580	66	39	1.00	290	2,380	63	6	6	33
Mushroom Ravioli	930	590	66	30	1.50	195	970	53	5	13	17
Lobster Ravioli	600	310	35	21	1.00	205	1,490	36	2	1	33
Bronze-Cut Imported Italian Pasta											
Shrimp Portofino	1,110	680	77	36	2.00	395	1,640	71	5	2	37
Shrimp Scampi	1,180	780	88	53	3.50	465	2,560	56	4	1	35
Carmela's Chicken	1,030	540	60	25	1.50	245	1,090	82	5	15	35
Mama's Trio w/ Cannelloni	2,040	1,130	127	53	1.50	390	4,160	123	9	20	107
Mama's Trio w/ Fettuccine Alfredo	2,110	1,150	129	56	2.50	420	3,940	140	9	19	103
Penne Rustica	950	400	45	16	0.00	305	2,570	79	3	5	60
Pasta di Mare	980	410	45	11	0.00	305	2,360	80	5	6	56
Create Your Own Pasta											

PESCE	Cal. (kcal)	Fat Cal. (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
Grilled Salmon	1,030	590	66	24	1.00	220	960	53	4	4	58
Parmesan-Crusted Sole	1,330	830	94	41	2.50	315	1,210	94	6	4	32

DOLCE	Cal. (kcal)	Fat Cal. (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
Tiramisu	600	350	39	24	1.50	170	65	54	1	40	7
New York Style Cheesecake	690	370	41	25	1.50	20	420	70	4	12	10
Lemon Passion	740	400	45	25	1.50	40	430	77	3	7	8
Sorbet (seasonal)											
Gelato, Vanilla	310	110	13	10	0.00	20	105	42	0	27	6
Gelato (seasonal)											
Homemade Chocolate Cake	940	520	58	29	0.50	170	570	101	6	68	10

KIDS	Cal. (kcal)	Fat Cal. (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
Caesar Salad	130	100	11	2	0.00	10	230	7	1	1	3
Fresh Green Salad	50	30	4	1	0.00	5	95	4	1	2	1
Chicken Tenders w/ Broccolini	860	400	45	8	0.00	170	380	67	5	5	46
Chicken Tenders w/ Fries	1,250	650	73	13	0.00	170	1,750	108	7	20	46
Chicken Tenders w/ Salad	870	430	49	8	0.00	175	450	65	4	5	44
Pepperoni Pizza	630	220	25	12	0.00	15	1,050	72	3	4	30
Fettuccine Alfredo	470	220	24	14	0.50	120	770	42	1	4	20
Grilled Chicken	320	45	5	1	0.00	55	610	39	4	5	31
Ravioli	350	160	18	7	0.00	70	910	33	3	6	14
Spaghetti w/ Pomodoro Sauce	290	80	8	1	0.00	45	470	43	3	5	9
Spaghetti w/ Meat Sauce	360	130	14	4	0.00	70	790	45	3	5	16

Spaghetti & Meatballs w/ Pomodoro Sauce	460	190	21	7	0.50	115	940	45	3	5	21
Macaroni & Cheese	540	280	31	18	1.00	145	1,190	44	1	8	21
Double Macaroni & Cheese	1,070	550	61	36	2.00	290	2,380	87	3	15	43
Gelato, Vanilla	100	35	4	4	0.00	5	30	15	1	11	2

KITCHEN COUNTER LUNCH	Cal. (kcal)	Fat Cal. (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
Spaghetti Verdi	640	320	36	9	0.00	110	590	62	4	1	20
Sausage Rigatoni	980	580	66	28	1.00	245	1,000	65	4	4	35
Baked Ravioli	550	270	30	13	0.00	85	1,370	42	4	9	24
Spaghetti Bolognese	570	190	21	6	0.00	115	1,200	71	5	8	26
Add Grilled Chicken	240	140	16	2	0.00	60	640	3	0	1	23
Add Italian Sausage	430	350	39	10	0.00	75	740	2	1	0	17
Add Shrimp	150	130	14	1	0.00	45	460	0	0	0	5
Chicken Milanese Panzanella	760	230	26	5	0.00	155	1,330	75	6	5	57
Mediterranean Orzo Salad	690	480	54	9	0.00	45	660	42	6	7	13
Pronto Caesar Salad	510	380	42	11	0.00	65	980	19	4	3	14
Pronto Caesar Salad w/ Salmon Croutons	1,240	850	95	21	1.00	210	1,360	51	6	4	48
Pronto Caesar Salad w/ Chicken Tenders	1,300	770	86	18	0.50	235	1,470	78	8	5	57
Chicken Parmesan Sandwich	1,270	560	63	17	0.00	170	1,580	110	7	5	65
Prosciutto Grilled Cheese Sandwich	650	300	34	17	0.00	50	1,590	49	2	2	36
Italian Pulled Pork Sandwich	720	330	37	14	0.00	80	810	62	6	10	32
Caprese Sandwich	630	330	36	10	0.00	0	1,260	54	4	7	20
Pepperoni Calzonetto	1,380	540	60	26	0.00	105	1,670	142	5	6	64
Chicken Caesar Calzonetto	1,360	500	56	17	0.50	95	3,150	150	7	10	65
Margherita Calzonetto	1,090	330	37	12	0.00	20	2,240	147	7	11	42
Braised Beef Calzonetto	1,110	310	34	14	0.00	70	1,870	145	6	8	54
Chocolate Chip Cookies	300	110	13	7	0.00	30	350	45	2	28	4
Pronto Tiramisu	300	180	20	12	0.50	85	35	27	0	20	4
Rosemary Peasant Bread	480	60	6	0	0.00	0	1,090	89	4	2	16
Side Caesar Salad	240	180	21	5	0.00	30	470	8	3	2	7
Side Fresh Greens Salad	190	140	16	2	0.00	0	190	11	2	5	2
Truffle Fries w/ Signature Ketchup	610	290	32	8	0.00	5	1,680	74	6	12	10

KITCHEN COUNTER DINNER	Cal. (kcal)	Fat Cal. (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
Winter Roasted Vegetable Penne	980	620	73	41	0.00	285	1,140	72	6	4	20
Capellini Pomodoro	570	240	26	4	0.00	0	1,160	69	8	9	12
Brisket Folded Ravioli	950	360	41	15	0.00	180	2,160	93	6	11	51
Buffalo Chicken Spaghetti	1,350	810	94	63	1.00	455	3,070	88	4	3	46
Brisket Rigatoni	940	510	59	34	0.00	285	1,670	70	3	7	36
Chicken & Pork Belly Carbonara	1,260	730	82	33	0.00	640	1,900	65	3	3	64
Chicken Pesto Farfalle	1,170	730	84	41	0.00	320	1,720	72	6	7	39

Diavola Scaloppine	560	220	25	6	0.00	90	970	28	3	3	53
Chicken Milanese Panzanella-Dinner	850	290	33	6	0.00	155	2,100	83	7	6	58
Pork Napoletana	1,020	580	67	37	0.00	285	1,220	65	3	6	42
Prosciutto and Chicken Penne	1,080	500	57	25	0.00	230	2,420	77	6	11	50

FAMILY PACK*	Cal. (kcal)	Fat Cal. (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
Caesar Salad	310	250	28	7	0.00	40	590	8	2	2	7
Spaghetti w/ Pomodoro Sauce	400	130	14	2	0.00	55	820	56	5	9	12
Spaghetti w/ Meat Sauce	480	180	20	5	0.00	90	1,150	57	5	8	22
Ricotta Meatballs	290	190	21	8	0.50	90	920	8	1	3	17
Chicken Parmesan	940	450	50	12	0.00	125	1,270	79	7	9	44
Eggplant Parmesan	800	440	49	11	0.00	105	1,210	70	7	10	21
Penne Rustica	660	270	30	13	0.00	190	1,700	58	2	3	40

* 1 Family Pack = 4 servings. Nutritionals are for 1 serving.

PARMIGIANA PLATES	Cal. (kcal)	Fat Cal. (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
Buffalo Chicken Parmesan	2,170	1,360	153	63	3.00	485	4,640	110	7	7	90
Chicken Parmesan	1,610	820	92	17	0.50	260	1,890	120	10	13	79
Blackened Chicken Parmesan	1,310	680	76	16	0.50	170	1,200	53	7	2	105