

VILLA ITALIAN KITCHEN NUTRITIONAL (AUG 2015)



Menu Item	Calories (kcal)	Calories from Fat (kcal)	Calories from SatFat (kcal)	Carbohydrates (g)	Cholesterol (mg)	Dietary Fiber (mg)	Fat (g)	Protein (g)	Saturated Fat (g)	Sodium (mg)	Total Sugars (g)	Trans Fatty Acid (g)
SALADS												
AVOCADO SALAD - FULL	170	130	20	10	0	5	14	3	2	11630	4	0
AVOCADO SALAD - SIDE	80	60	10	5	0	3	7	1	1	5810	2	0
GARDEN SALAD	540	50	10	117	0	43	6	30	1	310	66	0
GARDEN SALAD - FULL	40	5	0	8	0	3	0	2	0	20	5	0
GARDEN SALAD - SIDE	20	0	0	5	0	1	0	1	0	10	3	0
GREEK SALAD - FULL	240	170	45	16	20	4	18	6	5	940	9	0
GREEK SALAD - SIDE	120	80	25	8	10	2	9	3	2.5	470	4	0
TOMATO ONION CUCUMBER SALAD - FULL	250	170	25	23	0	5	18	3	3	870	13	0
TOMATO ONION CUCUMBER SALAD - SIDE	120	80	10	12	0	2	9	2	1.5	440	6	0
TORTELLINI SALAD - FULL	1290	590	150	137	115	7	66	38	16	2050	8	0
TORTELLINI SALAD - SIDE	640	290	70	69	55	3	33	19	8	1030	4	0
CAESAR PASTA SALAD - FULL	780	220	50	113	30	8	25	25	5	1750	12	0
CAESAR PASTA SALAD - SIDE	390	110	25	57	15	4	12	12	2.5	870	6	0
CAESAR SALAD - FULL	210	120	30	15	15	4	13	5	3.5	660	4	0
CAESAR SALAD - SIDE	100	60	15	7	10	2	7	3	1.5	330	2	0
FRESH MOZZARELLA & TOMATO SALAD - FULL	570	330	170	17	80	4	36	39	19	1190	8	0
FRESH MOZZARELLA & TOMATO SALAD - SIDE	280	160	90	9	40	2	18	20	9	600	4	0
FRESH MOZZARELLA AND TOMATO SALAD	560	330	170	17	80	4	36	39	19	1190	8	0
FRUIT SALAD - FULL	150	5	0	38	0	4	1	3	0	45	32	0
FRUIT SALAD - SIDE	80	5	0	19	0	2	0	2	0	20	16	0
DRESSING - SIDE BALSAMIC	60	45	5	4	--	0	4.5	--	0	180	4	--
DRESSING - SIDE CAESAR	80	60	15	2	10	--	7	1	1.5	310	1	--
DRESSING - SIDE ITALIAN	110	100	15	3	--	0	11	--	1.5	250	2	--
DRESSING - SIDE RANCH	90	90	15	1	10	--	10	1	1.5	260	1	--
NEAPOLITAN PIZZA												
NEO SLICE - PLAIN	440	130	70	52	55	2	15	21	8	1040	4	0
NEO SLICE - DELUXE	520	190	90	55	70	3	21	25	10	1320	6	0
NEO SLICE - SAUSAGE & PEPPERONI	570	230	100	54	85	2	26	28	11	1470	5	0
NEO SLICE - THREE CHEESE	530	220	100	51	65	2	25	23	11	1050	3	0
NEAPOLITAN PIZZA (BASE)	440	130	70	52	55	2	15	21	8	1040	4	0
NEAPOLITAN PIZZA - BACON & TOMATO	510	190	90	53	65	2	22	26	10	1370	5	0
NEAPOLITAN PIZZA - CHEESE	440	130	70	52	55	2	15	21	8	1040	4	0
NEAPOLITAN PIZZA - DELUXE	520	190	90	55	70	3	21	25	10	1320	6	0
NEAPOLITAN PIZZA - MUSHROOM	480	170	70	55	55	3	18	22	8	1300	5	0
NEAPOLITAN PIZZA - PEPPERONI	510	200	90	52	70	2	22	25	10	1290	4	0
NEAPOLITAN PIZZA - SAUSAGE	560	220	100	54	85	2	25	27	11	1420	5	0
NEAPOLITAN PIZZA - SAUSAGE & PEPPERONI	570	230	100	54	85	2	26	28	11	1470	5	0
NEAPOLITAN PIZZA - WHITE & TOMATO	540	230	90	53	60	2	26	23	10	1180	4	0
PAN PIZZA												
PAN PIZZA - SAUSAGE & PEPPERONI	740	320	110	72	85	3	35	31	13	2090	6	0
PAN PIZZA SLICE - PLAIN	620	230	80	70	60	2	25	25	9	1700	5	0
PAN PIZZA SLICE - SAUSAGE & PEPPERONI	740	320	110	72	85	3	35	31	13	2090	6	0
SICILIAN PIZZA												
SICILIAN - CHEESE	420	130	60	51	50	2	14	19	7	990	4	0
SICILIAN - CHICKEN TOMATO SPINACH	490	170	70	54	65	3	19	27	7	1320	5	0
SICILIAN - DELUXE	500	190	80	54	60	2	21	23	9	1280	5	0
SICILIAN - GARDEN DELIGHT	530	230	80	53	50	3	25	20	9	1140	4	0
SICILIAN - PEPPERONI	500	190	80	51	65	2	21	23	9	1240	4	0
SICILIAN - PINEAPPLE & HAM	450	130	60	56	50	2	15	21	7	1130	8	0
SICILIAN - SAUSAGE & PEPPERONI	580	250	100	53	85	2	28	27	11	1490	5	0
SICILIAN - SPINACH & MUSHROOM	460	160	60	53	50	3	18	20	7	1160	4	0
SICILIAN - ALL MEAT	520	200	90	52	70	2	23	27	10	1520	5	0
SICILIAN - BACON & TOMATO	510	210	90	52	65	2	23	26	10	1420	4	0
STUFFED PIZZA												
STUFFED PIZZA - BAKED ZITI	920	330	140	105	95	4	37	39	15	1590	6	0
STUFFED PIZZA - MEAT	910	350	130	78	140	3	39	45	14	2420	5	0
STUFFED PIZZA - PHILLY CHEESE STEAK	580	150	80	78	65	4	17	26	9	1370	5	0
STUFFED PIZZA - SPINACH & BROCCOLI	800	350	110	82	65	7	39	30	12	1790	4	0
STUFFED PIZZA - SPINACH & MUSHROOM	730	290	100	79	65	6	33	29	11	1710	4	0
STUFFED SLICE - BAKED ZITI	920	330	140	105	95	4	37	39	15	1590	6	0
STUFFED SLICE - SPINACH & MUSHROOM	730	290	100	79	65	6	33	29	11	1710	4	0
STROMBOLI												
STROMBOLI - CHICKEN BROCCOLI RANCH	730	290	100	74	90	3	33	35	11	1630	3	0
STROMBOLI - CHICKEN CLUB	740	290	120	73	105	2	32	40	13	1930	3	0
STROMBOLI - FARM HOUSE	760	340	110	76	60	5	39	26	12	1470	4	0
STROMBOLI - GREEK	630	220	80	74	55	4	25	24	9	1320	4	0
STROMBOLI - JALAPENO RANCH CHICKEN	820	380	110	79	85	3	42	30	13	1740	5	0
STROMBOLI - PEPPERONI	880	430	160	71	125	2	48	38	18	2080	3	0
STROMBOLI - SAUSAGE	800	350	130	73	105	3	39	35	15	1780	4	0
STROMBOLI - SPINACH	680	260	90	73	65	4	30	28	11	1390	3	0
STROMBOLI - TOMATO CHICKEN SPINACH	680	240	90	73	85	3	27	33	10	1510	3	0

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ENTREE/SIDE												
BAKED ZITI - ENTREE	860	360	150	90	80	4	40	36	17	1020	10	0
BAKED ZITI - SIDE	430	180	80	45	40	2	20	18	9	510	5	0
STUFFED CHEESY BREAD - INDIVIDUAL	260	110	50	24	30	1	13	11	6	590	1	0
BONELESS CHICKEN WINGS - SIDE	390	240	45	60	0	0	0	1	0	45	60	0
CALZONE - BROCCOLI & MUSHROOM	1310	740	270	88	155	6	83	52	29	2580	5	0
CALZONE - CHEESE	980	500	180	80	110	2	56	36	20	1630	3	0
CALZONE - PEPPERONI	1240	720	250	80	170	2	80	49	28	2500	3	0
CALZONE - SAUSAGE & PEPPERS	1120	600	180	87	120	5	67	39	20	2320	9	0
CALZONE - SPINACH	910	460	120	81	55	5	51	27	13	1650	3	0
CHICKEN MARSALA - ENTREE	800	230	40	108	30	9	25	31	4.5	1390	6	0
CHICKEN MARSALA - SIDE	400	110	20	54	15	5	13	16	2.5	700	3	0
CHICKEN PARMIGIANA - ENTREE	870	290	60	106	55	6	32	38	7	1200	5	0
CHICKEN PARMIGIANA - SIDE	630	270	60	61	55	4	30	30	7	1090	3	0
CHICKEN PASTA PRIMAVERA	3560	1220	250	412	310	39	137	194	28	7580	41	1.5
CHICKEN PRIMAVERA	470	330	70	21	40	2	36	17	8	1150	5	0
CHICKEN ROMA	590	360	70	32	65	5	40	26	8	1830	7	0
CHICKEN SCAMPI - ENTREE	810	260	80	107	50	9	29	31	9	1780	2	0
CHICKEN SCAMPI - SIDE	410	130	40	54	25	5	14	16	4.5	890	1	0
CHICKEN STRIPS - SIDE	130	25	5	3	75	--	2.5	25	0.5	770	--	--
CHICKEN WINGS - SIDE	300	190	50	5	135	--	22	23	6	920	0	0
FETTUCINI ALFREDO - ENTREE	930	470	140	87	145	4	52	27	15	1370	6	1
FETTUCINI ALFREDO - SIDE	400	180	50	42	70	2	20	13	6	530	3	0
FLATBREAD PESTO CAPRESE	550	250	70	58	45	4	28	17	7	1690	8	0
FLATBREAD SPINACH ARTICHOKE	540	230	70	56	45	4	25	18	8	1670	3	0
GARLIC CHICKEN & BROCCOLI	390	240	60	21	45	5	27	18	7	1320	0	0
GARLIC ROLL	280	110	20	34	10	1	12	7	2.5	450	1	0
GARLIC ROLLS (BASE)	190	20	5	35	10	1	2	7	0.5	400	1	0
LASAGNA	580	190	80	71	95	4	21	27	9	420	3	0
LASAGNA - SINGLE PORTION	670	260	100	75	100	4	29	28	11	790	6	0
MAC & CHEESE - ENTREE	1150	680	240	86	85	4	75	33	27	1700	8	1
MAC & CHEESE - SIDE	580	340	120	43	45	2	38	17	13	850	4	0.5
MEAT BALLS - SIGNATURE SIDE (3)	570	190	0	15	105	3	21	23	0	1530	4	0
MEAT BALLS SIDE (2)	390	130	0	12	70	2	15	16	0	1110	4	0
MOZZARELLA STICKS (APP)	480	210	90	44	50	4	23	26	10	1490	3	0
PEPPERS & ONIONS (PHILLY STUFFED)	200	10	5	46	0	12	1	7	0	2350	20	0
ROASTED POTATOES - SIDE	210	100	20	25	0	3	12	3	2	1240	2	0
ROASTED VEGETABLE BLEND - SIDE	40	15	5	6	0	2	1.5	2	0	250	4	0
SAUTEED VEGETABLES - SIDE	80	50	10	6	0	2	6	2	1	270	3	0
SPAGHETTI AND MEATBALLS	860	170	10	101	70	7	19	32	1	1270	7	0
SPAGHETTI AND MEATBALLS - SIDE	610	140	5	55	70	4	16	24	0	1060	4	0
SPAGHETTI MARINARA - ENTREE	500	50	10	93	0	5	6	18	1	430	6	0
SPAGHETTI MARINARA - SIDE	250	25	5	47	0	3	3	9	0	220	3	0
BEVERAGES												
MONIN ICED TEA	70	0	0	16	0	0	0	0	0	0	16	0
MONIN SODA	240	0	0	65	0	0	0	0	0	60	65	0
BEV FRUIT PUNCH 20 OZ	250	0	0	60	0	0	0	1	0	45	60	0
BEV FRUIT PUNCH 30 OZ	420	0	0	100	0	0	0	2	0	75	100	0
BEV ICED TEA W/ LEMON 20 OZ	100	0	0	29	0	0	0	0	0	20	29	0
BEV ICED TEA W/ LEMON 30 OZ	170	0	0	48	0	0	0	0	0	35	48	0
BEV ORANGE TWISTER 20 OZ	110	0	0	24	0	0	0	0	0	40	21	0
BEV ORANGE TWISTER 30 OZ	180	0	0	40	0	0	0	0	0	65	35	0
BEV SODA DIET DR PEPPER 20 OZ	0	0	0	0	--	0	0	0	0	55	0	0
BEV SODA DIET DR PEPPER 30 OZ	0	0	0	0	--	0	0	0	0	90	0	0
BEV SODA DIET PEPSI 20 OZ	0	0	0	0	0	0	0	0	0	40	0	0
BEV SODA DIET PEPSI 30 OZ	0	0	0	0	0	0	0	0	0	65	0	0
BEV SODA DR PEPPER 20 OZ	150	0	0	41	--	0	0	0	0	55	41	0
BEV SODA DR PEPPER 30 OZ	250	0	0	68	--	0	0	0	0	90	68	0
BEV SODA MOUNTAIN DEW 20 OZ	170	0	0	47	0	0	0	0	0	60	47	0
BEV SODA MOUNTAIN DEW 30 OZ	280	0	0	78	0	0	0	0	0	100	78	0
BEV SODA PEPSI 20 OZ	150	0	0	42	0	0	0	0	0	30	42	0
BEV SODA PEPSI 30 OZ	250	0	0	70	0	0	0	0	0	50	70	0
BEV SODA ROOT BEER 20 OZ	150	0	0	43	0	0	0	0	0	60	43	0
BEV SODA ROOT BEER 30 OZ	250	0	0	72	0	0	0	0	0	100	72	0
BEV SODA SIERRA MIST 20 OZ	150	0	0	39	0	0	0	0	0	40	39	0
BEV SODA SIERRA MIST 30 OZ	250	0	0	65	0	0	0	0	0	65	65	0

*** menu offers may vary by location***