



## Nutrition Facts

DV : Recommended Daily Value  
 g: gram mg: milligram

Menu	Portion	Calories	Fat (g)	% DV Fat	Saturated Fat (g)	Trans Fat (g)	% DV Saturated & Trans Fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fiber (g)	% DV Fiber	Sugars (g)	Protein (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
<b>Antipasti</b>																				
Cheese sticks with Neapolitan sauce (8)	193g	480	27	42	10	0.3	52	40	1760	73	36	12	3	12	5	24	15	0	50	20
Cheese sticks with ranch sauce (8)	193g	680	49	75	13	0.5	68	60	1890	79	35	12	2	8	3	24	15	0	50	15
Campagnola shrimp	256g	240	9	14	1.5	0.1	8	120	1450	60	23	8	2	8	7	19	6	60	4	15
Bruschetta	244g	530	26	40	8	0.4	42	25	1210	50	54	18	4	16	5	21	90	4	35	30
Italian chicken wings (8)	224g	450	32	49	10	0.2	51	160	2220	93	12	4	0	0	3	32	10	0	10	8
Italian chicken wings (12)	288g	600	41	63	12	0.3	62	235	2960	123	12	4	0	0	4	47	10	0	15	10
Cheese and tomato bruschetta rolls (4)	294g	630	33	51	8	0.5	43	20	1560	65	66	22	4	16	7	18	60	2	20	30
Cheese and tomato bruschetta rolls (8)	530g	1240	66	102	16	1	85	35	2650	110	127	42	8	32	12	36	120	4	40	60
Fried calamari	140g	300	23	35	2	0.2	11	215	930	39	10	3	1	4	0	13	0	2	2	6
Garlic bread "au gratin"	128g	340	13	20	7	0.3	37	25	870	36	38	13	2	8	1	17	2	0	30	15
Pizza bread	257g	620	9	14	2	0.1	11	0	1120	47	113	38	5	20	7	21	0	0	4	50
Sunshine dip	374g	830	24	37	9	0.5	48	45	1800	75	121	40	5	20	7	33	30	0	30	50
Sausages & meatballs duetto	276g	680	47	72	16	0.4	82	110	2140	89	26	9	4	16	17	35	4	2	8	20
Bite-sized sausages starter	141g	290	21	32	6	0.1	31	70	1260	53	4	1	1	4	2	20	2	0	4	6
Tomatoes and bocconcini*	229g	490	46	71	13	0.3	67	35	660	28	8	3	2	8	3	13	25	25	20	4
Mixed platter	604g	1300	63	97	19	0.5	98	165	4730	197	119	40	6	24	11	64	60	2	50	60
Poutine	422g	850	52	80	17	0.5	88	50	1650	69	75	25	6	24	2	30	15	0	50	10
Italian poutine	365g	920	58	89	18	0.5	85	70	1250	52	70	23	7	28	2	37	25	15	50	15
Fries (small)	182g	540	29	45	2.5	0.1	13	0	75	3	63	21	6	24	0	7	0	0	2	10
Fries (large)	322g	960	51	78	4.5	0.1	23	0	130	5	112	37	10	40	0	12	0	0	4	15
Spicy Ffes (small)	182g	520	29	45	2.5	0.1	13	0	1280	53	59	20	6	24	0	7	0	0	2	15
Spicy fries (large)	322g	920	50	77	4.5	0.1	23	0	2260	94	104	35	11	44	0	12	0	0	4	25
Crispy chicken strip appetizer (3)	117g	250	12	18	1	0	5	40	730	30	12	4	1	4	0	24	0	0	2	6
Crispy chicken strip appetizer with chipotle sauce (3)	173g	470	34	52	3	0.3	16	65	1160	48	16	5	2	8	1	24	4	2	2	8
Crispy chicken strip appetizer with Dijon sauce (3)	173g	390	21	32	2	0.1	11	80	1240	52	27	9	1	4	12	25	2	6	2	10

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Crispy chicken strip plate with fries, chipotle and Dijon sauces (4)	450g	1230	76	117	6	0.4	32	120	1980	83	98	33	8	32	13	40	6	6	6	20
Crispy chicken strip plate with Ceasar salad, chipotle and Dijon sauces (4)	352g	820	58	89	6	0.4	32	135	2180	91	41	14	3	12	15	36	40	30	8	20
Crispy chicken strip plate with house salad, chipotle and Dijon sauces (4)	352g	840	62	95	6	0.5	33	120	1950	81	38	13	3	12	15	34	20	25	6	15
<b>Soup</b>																				
Cream of broccoli	168ml	110	4	6	3.5	0.1	18	5	460	19	15	5	0	0	4	3	2	6	6	6
Cream of mushrooms	168ml	100	4	6	3.5	0.1	18	5	440	18	13	4	1	4	4	3	0	0	6	2
Cream of potato and leek	168ml	120	4	6	3.5	0.1	18	5	430	18	18	6	1	4	5	3	0	2	6	2
Florentine soup	168ml	60	0.5	1	0.3	0	2	5	400	17	11	4	1	4	4	2	10	15	2	4
Garden vegetable soup	168ml	35	0	0	0	0	0	0	440	18	7	2	1	4	1	1	6	4	2	2
Minestrone soup	168ml	50	0.3	1	0	0	0	0	380	16	11	4	1	4	3	2	10	6	2	4
Italian style wedding soup	168ml	90	2.5	4	1	0	5	5	510	21	11	4	1	4	1	3	4	2	2	6
Pasta fagioli soup	168ml	110	2	3	0.3	0	2	0	530	22	19	6	4	16	3	6	4	10	4	10
Chicken noodles soup	168ml	50	0.5	1	0.2	0	1	5	440	18	9	3	1	4	1	3	6	2	2	2
Tomato and red pepper soup	168ml	70	1.5	2	0.5	0	3	5	510	21	12	4	1	4	7	3	10	25	6	2
<b>Sides</b>																				
Fries	182g	540	29	45	2.5	0.1	13	0	75	3	63	21	6	24	0	7	0	0	2	10
Spicy fries	182g	520	29	45	2.5	0.1	13	0	1280	53	59	20	6	24	0	7	0	0	2	15
Three-herb potatoes	154g	330	15	23	1.5	0.1	8	0	80	3	43	14	0	0	0	5	0	0	0	6
Linguine with neapolitan sauce	230g	260	2.5	4	0.3	0	2	0	690	29	50	17	3	12	4	9	0	0	2	20
Linguine with campagnola sauce	230g	260	2.5	4	0.3	0	2	0	890	37	51	17	4	16	4	9	2	0	2	20
Pennine with neapolitan sauce	129g	150	1.5	0.2	0	1	0	0	370	15	29	10	2	8	2	5	0	0	2	10
House vegetables	150g	80	3	5	0.4	0	2	0	45	2	8	3	3	12	4	3	15	180	2	6
Garlic bread	86g	220	5	8	1.5	0	8	0	520	22	38	13	2	8	1	7	0	0	6	15
<b>Insalata</b>																				
House (small)	190g	330	34	52	4	0.3	22	0	85	4	8	3	3	3	12	2	30	40	4	8
House (meal)	440g	670	67	103	8	0.5	43	0	170	7	17	6	6	24	8	4	60	90	8	15
Caesar (small)	122g	190	16	25	2.5	0.1	13	20	390	16	9	3	2	8	2	4	50	35	4	6
Caesar (meal)	239g	370	32	49	4.5	0.3	24	40	750	31	15	5	4	16	4	7	100	70	10	15
Chicken Caesar	323g	450	34	52	5	0.3	27	105	900	38	15	5	4	16	4	33	100	70	10	15
Salmon salad	493g	770	69	106	8	0.5	43	50	1430	60	17	6	5	20	6	27	45	60	8	20
Chicken and pasta	581g	870	48	74	7	0.5	38	95	1540	64	76	25	6	24	8	43	35	45	15	40
Seafood	644g	900	68	105	8	0.3	42	175	1760	73	47	16	6	24	13	29	70	80	15	40
Seafood*	644g	910	71	109	9	0.3	47	150	1640	68	46	15	7	28	14	26	90	80	20	40

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Crispy chicken finger salad and Dijon sauce	659g	910	55	85	10	0.4	52	120	2230	93	67	22	8	32	23	43	60	100	15	35
Crispy chicken finger salad and chipotle sauce	659g	980	67	103	11	0.5	57	105	2150	90	56	19	8	32	12	43	70	100	15	35
<b>Pasta</b>																				
Fettucine Alfredo	475g	670	27	42	8	0	40	40	1460	61	98	33	6	24	7	25	15	30	25	30
Fettucine carbonara	520g	960	53	82	16	0.4	82	70	2210	92	101	34	6	24	8	35	8	35	30	35
Fettucine carbonara (half-portion)	264g	450	23	35	7	0.2	36	35	1120	47	51	17	3	12	4	18	4	30	15	20
Spaghetti with meat sauce	610g	820	18	28	4	0	20	40	2140	89	122	41	9	36	6	38	15	50	8	50
Spaghetti with meat sauce (half-portion)	310g	410	9	14	2	0	10	20	1070	45	61	20	5	20	3	19	8	40	4	25
Spaghetti with meatballs	681g	1040	35	54	12	0.2	61	80	2620	109	127	42	11	44	7	50	15	50	10	60
Linguine al salmone	672g	950	44	68	12	0.1	61	90	2860	119	103	34	7	28	8	51	10	15	30	35
Linguine al salmone (half-portion)	392g	530	23	35	7	0.1	36	65	1760	73	52	17	3	12	4	37	6	8	15	20
Campagnola pennine with bite-sized sausages	692g	950	38	58	9	0	45	70	2900	121	112	137	9	36	14	39	15	120	10	50
Campagnola pennine with bite-sized sausages (half-portion)	353g	470	18	28	4.5	0	23	35	1460	61	57	19	5	20	7	20	6	70	6	30
Campagnola pennine with chicken	686g	820	26	40	4	0	20	65	2170	90	112	37	9	36	14	46	15	120	10	50
Campagnola pennine with chicken (half-portion)	350g	410	12	18	2	0	10	35	1090	45	57	19	5	20	7	23	6	70	6	30
Pennine arrabbiata	482g	540	5	8	0.5	0	3	0	2070	86	105	35	7	28	11	18	6	25	8	45
Pennine arrabbiata (half-portion)	252g	280	2.5	4	0.4	0	2	0	1050	44	54	18	4	16	7	10	2	25	4	25
Chicken & broccoli pennine	674g	800	29	45	7	0	35	90	1690	70	104	35	9	36	7	51	20	130	25	40
Manicotti parmigiana	496g	780	46	71	23	0.5	118	155	2720	113	64	21	8	32	12	39	8	25	70	25
Tortellini with rosée sauce	586g	1180	34	52	14	0	70	110	2460	102	182	61	8	32	11	47	2	25	35	15
Lasagna classica	629g	950	45	69	19	0.5	98	115	3070	128	79	26	6	24	7	57	35	60	70	40
Lasagna classica (half-portion)	334g	520	25	38	11	0.4	57	65	1650	69	40	13	3	12	4	32	20	40	45	20
Seafood linguine	689g	860	25	38	3.5	0.1	18	125	2810	117	120	40	8	32	12	39	10	35	10	60
Seafood linguine (half-portion)	363g	450	14	22	2	0	10	60	1520	63	61	20	4	16	6	20	6	30	6	35
Lasagna di Mikes*	1076g	1740	94	145	45	2	235	265	5080	212	125	42	11	44	18	99	45	45	140	60
Linguine al diavolo*	606g	760	21	32	3	0	15	180	2396	96	105	35	8	32	10	38	15	40	10	70
Seafood linguine*	667g	950	29	45	4	0	20	175	2450	102	109	36	7	28	8	59	10	6	10	70
Linguine di mare*	689g	1010	52	80	13	0.1	66	115	2660	111	115	38	7	28	12	39	60	40	45	45
Linguine di mare (half-portion)*	363g	530	28	43	7	0	35	60	1440	60	59	20	4	16	6	20	30	35	25	25

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<b>Pasta combinations*</b>																				
Pasta (spaghetti, pennine, fettucine, linguine)	28g	45	0.3	1	0	0	0	0	55	2	9	3	1	4	0	2	0	0	0	2
Neapolitan sauce	28g	15	0.4	1	0	0	0	0	135	6	2	1	0	0	1	0.3	0	0	0	2
Meat sauce	28g	30	2	3	0.4	0	2	5	170	7	1	1	0	0	1	2	2	4	0	2
Rosée sauce	28g	25	2	3	0.5	0	3	5	140	6	2	1	0	0	1	1	0	0	2	2
Alfredo sauce	28g	35	3.5	5	1	0	5	5	210	9	2	1	0	1	1	1	0	0	4	0
Arrabbiata sauce	28g	15	0.4	1	0	0	0	0	240	10	2	1	0	0	1	0.3	0	0	0	2
Bite-sized meatballs (5)	71g	210	16	25	8	0.2	41	35	490	20	5	2	2	8	0	12	0	0	4	10
Chicken breast strips	68g	100	4	6	1	0	5	50	180	8	0	0	0	0	0	16	2	0	2	6
House vegetables	150g	80	3	5	0.4	0	2	0	45	2	8	3	3	12	4	3	15	180	2	6
Campagnola shrimp (5)	80g	70	1.5	2	0.5	0	3	120	580	24	0	0	0	0	0	15	0	0	0	0
Bite-sized sausages (5)	75g	180	11	17	4.5	0	23	55	740	31	0	0	0	0	0	16	0	0	2	2
<b>Gondolas (no side)</b>																				
Four-cheese	263g	640	30	46	16	1	85	70	1560	65	60	20	2	8	5	33	20	0	60	25
Asparagus & capicollo	297g	560	17	26	8	0.3	42	40	1270	53	63	21	4	16	6	25	15	45	30	30
Chicken, bacon and cheddar	324g	780	39	60	17	0.5	88	115	1910	80	60	20	3	12	5	46	15	4	40	30
Philly steak and pepper sauce	396g	700	28	43	11	0.5	57	85	2100	88	66	22	3	12	6	46	4	10	35	45
Vegetable and goat cheese	449g	600	21	32	8	0.4	42	45	1600	67	76	25	7	28	11	24	60	230	10	35
Shrimp	314g	610	24	37	10	0.4	52	185	1740	73	62	21	3	12	6	38	15	8	35	45
<b>Sunshine® Pizzas</b>																				
BBQ chicken	517g	1170	38	58	17	0.5	88	120	2690	112	143	48	6	24	30	62	15	6	50	60
Field of dreams	593g	1000	31	48	13	0.5	68	45	2880	120	139	46	10	40	15	41	20	110	50	80
<b>Classic Pizzas</b>																				
6 in. calabrese (thin crust)	221g	460	23	35	9	0.2	46	85	1520	63	31	10	2	8	3	32	2	15	20	25
6 in. calabrese (reg. crust)	283g	610	24	37	10	0.2	51	85	1780	74	59	20	3	12	5	37	2	15	20	35
9 in. calabrese (thin crust)	467g	950	47	72	19	0.4	97	170	3170	132	63	21	3	12	7	64	6	35	40	50
9 in. calabrese (reg. crust)	592g	1240	50	77	19	0.4	97	170	3680	153	119	40	5	20	10	75	6	35	40	80
12 in. calabrese (thin crust)	764g	1560	71	109	29	0.5	148	250	4980	208	123	41	6	24	12	102	10	60	60	90
12 in. calabrese (reg. crust)	889g	1850	73	112	29	0.5	148	250	5500	229	179	60	8	32	15	112	10	60	60	110
6 in. chicken Alfredo (thin crust)	153g	320	13	20	6	0.2	31	45	820	34	30	10	1	4	3	21	4	2	20	20
6 in. chicken Alfredo (reg. crust)	215g	460	14	22	6	0.3	32	45	1080	45	59	20	2	8	4	26	4	2	25	30
9 in. chicken Alfredo (thin crust)	297g	580	24	37	10	0.3	52	70	1510	63	62	21	2	8	6	34	6	6	35	40

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9 in. chicken Alfredo (reg crust)	422g	870	26	40	10	0.4	52	70	2030	85	118	39	5	20	9	45	6	6	35	60
12 in. chicken Alfredo (thin crust)	526g	1060	39	60	16	0.5	83	125	2620	109	120	40	5	20	10	64	10	10	60	70
12 in. chicken Alfredo (reg crust)	651g	1350	42	65	17	0.5	88	125	3140	131	177	59	7	28	13	74	10	10	60	90
6 in. all-dressed (thin crust)	201g	410	21	32	10	0.5	53	55	1140	48	33	11	2	8	4	24	4	20	35	25
6 in. all-dressed (reg. crust)	263g	560	22	34	11	0.5	57	55	1400	58	61	20	3	12	5	29	4	20	35	35
9 in. all-dressed (thin crust)	455g	930	50	77	24	1	125	135	2700	113	68	23	5	20	8	53	8	50	70	60
9 in. all-dressed (reg crust)	580g	1220	52	80	24	1	125	135	3220	134	125	42	7	28	12	63	8	50	70	90
12 in. all-dressed (thin crust)	760g	1560	78	120	37	2	195	210	4400	183	131	44	9	36	14	87	15	70	100	100
12 in. all-dressed (reg crust)	885g	1850	80	123	37	2	195	210	4910	205	188	63	11	44	18	97	15	70	110	130
6 in. pepperoni (thin crust)	173g	400	21	32	10	0.5	53	55	1140	48	31	10	2	8	3	23	4	4	35	25
6 in. pepperoni (reg. crust)	235g	550	22	34	11	0.5	57	55	1400	58	59	20	3	12	5	29	4	4	35	35
9 in. pepperoni (thin crust)	399g	910	50	77	24	1	125	135	2700	113	65	22	4	16	7	52	8	10	70	60
9 in. pepperoni (reg. crust)	524g	1200	52	80	24	1	125	135	3210	134	121	40	6	24	10	62	8	10	70	80
12 in. pepperoni (thin crust)	662g	1540	78	120	37	2	195	210	4390	183	125	42	7	28	12	85	10	15	100	100
12 in. pepperoni (reg. crust)	787g	1830	80	123	37	2	195	210	4910	205	182	61	9	36	15	95	10	15	100	120
6 in. vegetarian (thin crust)	215g	360	16	25	8	0.3	42	35	1070	45	34	11	2	8	4	20	6	25	35	20
6 in. vegetarian (reg crust)	277g	500	17	26	8	0.4	42	35	1320	55	62	21	3	12	6	25	6	25	35	35
9 in. vegetarian (thin crust)	469g	740	34	52	16	0.5	83	65	2250	94	70	23	4	16	10	40	10	60	70	50
9 in vegetarian (reg crust)	594g	1030	36	55	17	0.5	88	65	2770	115	127	42	7	28	13	51	10	60	70	80
12 in vegetarian (thin crust)	788g	1260	52	80	25	2	135	100	3800	158	135	45	8	32	16	66	20	90	100	90
12 in vegetarian (reg crust)	913g	1550	54	83	25	1	130	100	4320	180	191	64	10	40	20	76	20	90	100	110
6 in. seafood (thin crust)	224g	430	19	29	9	0.4	47	75	1310	55	39	13	1	4	5	28	4	2	40	15
6 in. seafood (reg crust)	286g	570	20	31	9	0.4	47	75	1570	65	68	23	3	12	7	33	4	2	40	30
9 in. seafood (thin crust)	503g	920	45	69	21	1	110	165	2910	121	82	27	3	12	12	58	10	4	80	35
9 in. seafood (reg crust)	628g	1210	48	74	21	1	110	165	3430	143	139	46	5	20	15	68	10	4	90	60
12 in. seafood (thin crust)	824g	1560	71	109	31	1	160	245	4630	193	154	51	6	24	20	92	15	8	130	60
12 in. seafood (reg crust)	949g	1850	74	114	32	1	165	245	5140	214	211	70	8	32	23	103	15	8	130	90
6 in. international (thin crust)	239g	500	27	42	13	0.5	68	75	1490	62	34	11	2	8	4	30	4	25	35	25
6 in. international (reg crust)	302g	650	29	45	13	0.5	68	75	1750	73	63	21	3	12	6	35	4	25	35	40
9 in. international (thin crust)	571g	1190	69	106	31	1	160	185	3760	157	73	24	5	20	10	70	10	70	70	70
9 in. international (reg. crust)	696g	1480	72	111	32	1	165	185	4270	178	129	43	8	32	13	81	10	70	70	90
12 in. international (thin crust)	925g	1930	105	162	47	2	245	285	5940	248	137	46	10	40	17	112	15	90	110	110
12 in. international (reg. crust)	1050g	2220	107	165	47	2	245	285	6460	269	194	65	12	48	20	122	15	90	110	140

Menu	Portion	Calories	Fat (g)	% DV Fat	Saturated Fat (g)	Trans Fat (g)	% DV Saturated & Trans Fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fiber (g)	% DV Fiber	Sugars (g)	Protein (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
9 in. polpette (thin crust)	486g	830	44	68	17	0.5	88	60	2460	102	77	26	6	24	11	37	6	50	40	70
9 in. polpette (reg crust)	611g	1120	46	71	17	0.5	88	60	2980	124	133	44	9	36	15	47	6	50	40	90
12 in. polpette (thin crust)	790g	1390	67	103	25	1	130	95	3940	164	143	48	11	44	19	61	8	80	60	110
12 in. polpette (reg crust)	915g	1680	69	106	26	1	135	95	4460	186	200	37	13	52	22	71	8	80	60	130
9 in. margherita (thin crust)	374g	760	43	66	16	0.5	83	50	1430	60	63	21	5	20	7	32	25	30	60	35
9 in. margherita (reg crust)	499g	1050	46	71	16	0.5	83	50	1950	81	120	40	7	28	10	42	25	30	60	60
12 in. margherita (thin crust)	659g	1370	75	115	26	1	135	75	2480	103	124	41	8	32	12	53	40	50	90	60
12 in. margherita (reg crust)	784g	1660	77	118	26	1	135	75	3000	125	180	60	10	40	15	64	40	50	90	90
6 in. Neapolitan (thin crust)	159g	360	18	28	10	0.4	52	40	960	40	30	10	1	4	3	22	4	4	40	20
6 in. Neapolitan (reg crust)	221g	510	19	29	10	0.4	52	40	1210	50	58	19	2	8	4	27	4	4	40	30
9 in. Neapolitan (thin crust)	343g	750	37	57	20	1	105	80	2030	85	61	20	2	8	6	45	10	10	80	45
9 in. Neapolitan (reg crust)	468g	1040	40	62	20	1	105	80	2550	106	117	39	5	20	9	55	10	10	80	70
12 in. Neapolitan (thin crust)	578g	1300	59	91	31	1.5	163	130	3360	140	118	39	5	20	10	75	15	15	130	80
12 in. Neapolitan (reg crust)	703g	1590	62	95	32	1.5	168	130	3880	162	175	58	7	28	14	86	15	15	130	100
6 in. Hawaiian (thin crust)	217g	380	16	25	8	0.3	42	45	1190	50	36	12	2	8	8	23	4	40	35	20
6 in. Hawaiian (reg crust)	279g	520	17	26	8	0.4	42	45	1450	60	64	21	3	12	9	28	4	40	35	35
9 in. Hawaiian (thin crust)	447g	770	33	51	16	0.5	83	85	2510	105	72	24	3	12	15	47	8	70	70	50
9 in. Hawaiian (reg crust)	572g	1060	36	55	17	0.5	88	85	3020	126	128	43	6	24	18	57	8	70	70	70
12 in. Hawaiian (thin crust)	712g	1290	50	77	25	1	130	130	3950	165	134	45	6	24	23	75	10	100	100	80
12 in. Hawaiian (reg crust)	837g	1580	53	82	25	1	130	130	4470	186	191	64	8	32	26	85	10	100	100	100
6 in. carbonara (thin crust)	154g	390	21	32	11	0.4	57	50	1010	42	29	10	1	4	2	23	6	6	35	15
6 in. carbonara (reg crust)	216g	540	22	34	11	0.4	57	50	1270	53	58	19	2	8	4	28	6	6	35	25
9 in. carbonara (thin crust)	335g	870	49	75	24	0.5	123	115	2310	96	60	20	3	12	5	51	15	10	70	30
9 in. carbonara (reg crust)	460g	1160	52	80	24	1	125	115	2830	118	116	39	5	20	8	62	15	10	70	50
12 in. carbonara (thin crust)	558g	1410	71	109	35	1	180	165	3580	149	118	39	5	20	9	80	20	20	110	50
12 in. carbonara (reg crust)	683g	1700	74	114	35	1	180	165	4100	171	174	58	8	32	12	90	20	20	110	80
6 in. three-cheese (thin crust)	147g	350	17	26	10	0.4	52	40	780	33	30	10	1	4	3	19	10	4	40	20
6 in. three-cheese (reg crust)	209g	500	19	29	10	0.4	52	40	1040	43	58	19	2	8	4	25	10	4	40	30
9 in. three-cheese (thin crust)	321g	750	38	58	20	1	105	80	1670	70	61	20	2	8	6	39	20	15	80	45
9 in. three-cheese (reg crust)	446g	1040	41	63	21	1	110	80	2190	91	118	39	5	20	10	50	20	15	80	70
12 in. three-cheese (thin crust)	516g	1210	54	83	28	1.5	148	110	2590	108	119	40	5	20	11	60	30	15	110	80
12 in. three-cheese (reg crust)	641g	1500	57	88	29	1.5	153	110	3110	130	176	59	7	28	14	71	30	15	110	100
6 in. carnivore (thin crust)	225g	510	27	42	13	0.5	68	90	1700	71	31	10	2	8	3	35	6	4	35	20

Menu	Portion	Calories	Fat (g)	% DV Fat	Saturated Fat (g)	Trans Fat (g)	% DV Saturated & Trans Fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fiber (g)	% DV Fiber	Sugars (g)	Protein (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
6 in. carnivore (reg crust)	287g	660	28	43	13	0.5	68	90	1960	82	60	20	3	12	5	41	6	4	35	35
9 in. carnivore (thin crust)	475g	1050	55	85	26	1	135	185	3550	148	64	21	4	16	6	73	15	10	70	45
9 in. carnivore (reg crust)	600g	1340	57	88	26	1	135	185	4070	170	121	40	6	24	10	83	15	10	70	70
12 in. carnivore (thin crust)	852g	1960	101	155	46	1.5	238	340	6520	272	126	42	7	28	11	132	20	15	110	80
12 in. carnivore (reg crust)	977g	2250	104	160	47	2	245	340	7040	293	182	61	9	36	15	142	20	15	110	110
<b>Hot italian subs (no side)</b>																				
7 in. Superstar®	358g	540	22	34	8	0.4	42	80	1590	66	49	16	5	20	6	37	20	30	30	45
10 in. Superstar®	525g	770	31	48	11	0.5	57	110	2260	94	70	23	7	28	9	53	30	50	45	60
7 in. Co-star®	296g	540	24	9	9	0.4	47	80	1470	61	46	15	4	16	5	35	20	10	30	40
10 in. Co-star®	452g	820	36	55	13	0.5	68	130	2280	95	66	22	5	20	7	56	30	20	40	60
7 in. Hot Luke®	300g	660	37	57	16	1	85	100	1470	61	47	16	5	20	6	34	15	10	45	35
10 in. Hot Luke®	436g	940	53	82	23	1	120	145	2150	90	68	23	6	24	8	48	25	20	60	50
7 in. Primavera di Mikes	365g	540	24	37	7	0.3	37	25	2230	93	62	21	9	36	14	20	20	110	40	40
10 in. Primavera di Mikes	526g	800	35	54	11	0.4	57	35	3290	137	89	30	12	48	20	29	30	150	60	60
7 in. chicken	288g	470	17	26	5	0.1	26	75	840	35	43	14	3	12	5	37	25	10	30	30
10 in. chicken	406g	660	23	35	7	0.2	36	100	1160	48	61	20	4	16	6	50	30	20	45	45
7 in. Encore	278g	440	13	20	4.5	0.2	24	60	1130	47	44	15	3	12	5	36	20	10	30	40
10 in. Encore	406g	640	20	31	6	0.3	32	85	1630	68	62	21	4	16	6	52	30	20	40	60
7 in. Parrain® "au gratin"	295g	590	29	45	12	0.3	62	65	1610	67	48	16	5	20	5	34	25	10	35	40
10 in. Parrain® "au gratin"	418g	830	40	62	17	0.4	87	95	2260	94	68	23	7	28	6	48	35	20	45	50
7 in. Delirio di Mikes	355g	490	17	26	4.5	0.2	24	80	1160	48	50	17	5	20	7	44	50	70	35	35
10 in. Delirio di Mikes	519g	720	24	37	6	0.3	32	120	2200	92	73	24	7	28	10	64	70	110	45	50
7 in. Pompei di Mikes	386	710	39	60	8	0.2	41	50	1750	73	62	21	5	20	6	35	20	15	30	45
10 in. Pompei di Mikes	546	990	55	85	11	0.3	57	70	2460	102	87	29	6	24	8	48	30	20	40	60
<b>Focaccias, paninis and hamburgers (no side)</b>																				
Chicken and bacon	340g	680	33	51	11	0.4	57	120	1250	52	51	17	3	12	5	53	15	15	35	35
Chicken and marinated vegetables	314	600	25	38	7	0.4	37	95	1500	63	55	18	5	20	6	45	30	40	35	35
Soprano di Mikes	357g	810	47	72	13	0.5	68	115	1060	44	53	18	3	12	5	43	15	15	35	35
The classic hamburger	354g	630	27	42	11	1	60	95	740	31	53	18	5	20	4	41	8	15	15	25
The classic hamburger with cheese	390g	740	35	54	16	1.5	88	120	1320	55	56	19	5	20	7	48	15	15	25	25
The classic hamburger with bacon	372g	720	35	54	14	1	75	110	1020	43	53	18	5	20	4	46	8	15	15	30
The classic hamburger with cheese and bacon	408g	830	43	66	19	1.5	102	135	1600	67	56	19	5	20	7	54	15	15	25	30
The Siciliano hamburger	472g	840	41	63	17	1	90	130	1700	71	61	20	6	24	8	54	25	20	35	35

Menu	Portion	Calories	Fat (g)	% DV Fat	Saturated Fat (g)	Trans Fat (g)	% DV Saturated & Trans Fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fiber (g)	% DV Fiber	Sugars (g)	Protein (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
<b>Specialità Trattoria</b> (includes house vegetables but not side)																				
Campagnola veal	527g	530	28	43	4.5	0.2	24	75	1440	60	35	12	6	24	13	37	30	300	15	35
Parmigiana veal	387g	460	21	32	8	0.4	42	100	1010	42	21	7	3	12	7	45	20	180	35	25
Campagnola tilapia fillet	434g	300	9	14	1.5	0	8	65	1040	43	21	7	4	16	10	32	25	240	6	15
Parmigiana chicken	420g	390	15	23	7	0.3	37	155	970	40	13	4	3	12	6	65	20	180	30	15
Campagnola chicken	520g	480	25	38	4	0	20	130	1390	58	25	8	5	20	12	57	25	240	10	25
Campagnola chicken (half port.)	430g	390	23	35	3.5	0	18	65	1150	48	24	8	5	20	11	31	25	240	8	20
Roasted salmon	371g	380	15	23	3.5	0.1	18	80	1420	59	9	3	3	12	4	48	20	180	4	10
Osso bucco (1 portion)*	411g	590	19	29	9	0	45	255	1420	59	53	18	3	12	7	48	15	180	10	20
Osso bucco (2 portions)*	616g	1040	31	48	17	0	85	510	2630	110	94	31	3	12	9	93	15	180	15	30
Tilapia fillet*	397g	640	51	78	27	1	140	205	1330	55	11	4	3	12	4	32	60	200	6	10
Scaloppine di vitello al limone*	423g	620	40	62	19	1.5	102	160	510	21	26	9	3	12	6	36	40	220	10	25
<b>Duetto</b>																				
Spaghetti with meat sauce and Caesar salad	469g	730	29	45	6	0.2	31	45	1780	74	89	30	7	28	5	27	60	60	15	40
All-dressed pizza (thin) and Caesar salad	365g	710	39	60	13	0.5	68	75	1850	77	60	20	5	20	6	31	50	60	40	40
All-dressed pizza (reg.) and Caesar salad	427g	860	41	63	14	0.5	73	75	2100	88	89	30	6	24	7	37	50	60	45	50
All-dressed pizza and spaghetti with meat sauce	611g	1080	34	52	13	0.5	68	75	2730	114	141	47	8	32	9	52	15	50	40	70
Seafood pizza (thin) and fettuccine alfredo	504g	870	35	54	14	0.4	72	95	2300	96	107	36	5	20	9	44	10	15	60	40
Seafood pizza (reg) and fettuccine alfredo	566g	1020	36	55	14	0.4	72	95	2560	107	136	45	6	24	10	49	10	15	60	50
Vegetarian pizza and pennine with rosée sauce	552g	910	28	43	11	0.4	57	45	2300	96	131	44	7	28	10	39	10	50	45	60
Cheese and tomato bruschetta rolls and fettuccine carbonara	575g	1110	60	92	16	0.5	83	55	2740	114	117	39	7	28	11	36	70	20	35	50
International pizza (thin) and pennine with meat sauce	512g	930	37	57	15	0.5	78	90	2560	107	100	33	6	24	7	48	10	35	40	50
International pizza (reg) and pennine with meat sauce	574g	1070	38	58	15	0.5	78	90	2820	118	128	43	8	32	9	53	10	35	40	60
Margherita pizza and pennine with Neapolitan sauce napolitaine	475g	820	30	46	9	0.3	47	25	1620	68	110	37	7	28	9	30	8	15	30	50
Goat cheese and vegetable pizza and linguine alfredo with mushrooms	575g	1050	52	80	12	0.5	63	55	3020	126	121	40	10	40	13	32	50	80	20	50
Carbonara pizza and fettuccine carbonara	535g	1250	68	105	27	0.5	138	140	3350	140	109	36	5	20	9	62	6	6	50	45
Cheese and tomato bruschetta rolls and fettuccine bruschetta	491g	1120	64	98	11	1	60	20	1920	80	112	37	7	28	9	27	90	4	25	50
Philly steak sub and pennine with meat sauce	543g	830	32	49	9	0.5	48	90	2040	85	84	28	7	28	7	50	45	60	35	50
<b>Beverages</b>																				
Vegetable cocktail (small)	224ml	45	0	0	0	0	0	0	550	23	10	3	0	0	9	2	4	90	2	4
Vegetable cocktail (large)	336ml	70	0	0	0	0	0	0	820	34	15	5	0	0	14	3	6	140	2	6
Tomato juice (small)	224ml	45	0	0	0	0	0	0	520	22	9	3	1	4	6	1	6	20	2	10

Menu	Portion	Calories	Fat (g)	% DV Fat	Saturated Fat (g)	Trans Fat (g)	% DV Saturated & Trans Fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fiber (g)	% DV Fiber	Sugars (g)	Protein (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
Tomato juice (large)	336ml	60	0	0	0	0	0	0	780	33	13	4	2	8	9	2	8	30	4	15
2 % milk (small)	227ml	110	4.5	7	2.5	0.2	14	20	95	4	11	4	0	0	11	7	10	0	25	0
2 % milk (large)	340ml	170	7	11	4	0.3	22	25	140	6	16	5	0	0	17	11	20	2	35	0
Orange juice (small)	227ml	110	0	0	0	0	0	0	20	1	26	9	0	0	23	0	0	90	2	2
Orange juice (large)	340ml	160	0	0	0	0	0	0	25	1	39	13	0	0	34	0	0	140	2	2
Apple juice (small)	227ml	90	0	0	0	0	0	0	15	1	24	8	0	0	22	0	0	90	0	2
Apple juice (large)	340ml	140	0	0	0	0	0	0	20	1	35	12	0	0	33	0	0	140	0	2
Soda (Pepsi)	453ml	200	0	0	0	0	0	0	10	1	51	18	0	0	54	0	0	0	0	0
Soda (diet Pepsi)	453ml	1	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	0
<b>Desserts</b>																				
The Alps	324g	830	41	63	16	0.5	83	85	300	13	123	41	4	16	98	9	35	0	10	50
Apple crisp	338g	860	33	51	19	0.2	96	15	370	15	134	45	6	24	79	9	4	4	8	15
Espresso chocolate cake	211g	620	42	65	31	0.3	157	0	260	11	85	28	5	20	76	8	20	6	8	10
Dulce de leche cheesecake	174g	630	32	49	19	0.5	98	20	280	12	79	26	1	4	54	8	15	2	10	10
Apple indulgence	147g	500	19	29	12	0.1	61	35	140	6	76	25	1	4	61	4	2	4	2	10
Double chocolate indulgence	125g	510	31	48	19	0.2	96	45	90	4	54	18	2	8	41	5	15	2	6	15
Praline indulgence	186g	600	43	66	28	0.5	143	5	310	13	69	23	2	8	61	7	15	0	8	25
Piccolo Vesuvio	322g	730	33	51	18	0.4	92	55	250	10	116	39	2	8	90	6	25	15	10	50
Pizzelato with caramel sauce	148g	400	12	18	6	0.2	31	30	200	8	69	23	0	0	53	4	8	0	10	0
Pizzelato with chocolate sauce	136g	250	9	14	4	0.2	21	30	125	5	58	19	1	4	47	4	8	0	8	80
Pizzelato with strawberry syrup	148g	310	12	18	6	0.2	31	30	115	5	49	16	1	4	42	3	8	15	10	0
Pizzelato with berry syrup	148g	310	12	18	6	0.2	31	30	115	5	48	16	1	4	41	3	8	10	8	0
Pizzelato with brown sugar sauce	148g	390	13	20	7	0.2	36	35	135	6	65	22	0	0	58	3	8	0	15	0
Sugar pie	158g	530	22	34	10	0.5	53	110	200	8	81	27	1	4	54	5	25	0	8	20
Sugar pie with ice cream	233g	620	27	42	13	1	70	125	240	10	93	31	1	4	64	6	30	0	10	20
Tiramisu	190g	450	21	32	14	0.2	71	145	140	6	60	20	0	0	48	5	15	8	8	35
Profiterole trio	322g	580	15	23	10	0.5	53	35	190	8	130	43	2	8	97	4	4	6	10	80
Brownie eruption	453g	1090	54	83	26	1	135	100	460	19	167	56	4	16	132	10	40	0	20	35
<b>Desserts - lunch menu</b>																				
Boston slab	61g	200	12	18	3	0.2	16	30	110	5	21	7	1	4	14	2	4	0	2	4
Apples and maple cake	65g	190	8	12	2	0.1	11	30	135	6	27	9	1	4	16	2	6	2	2	6
Chocolate slab	50g	210	15	23	4	0.2	21	35	180	8	19	6	1	4	13	2	8	2	2	8
Vanilla and fruit slab	65g	200	12	18	3	0.1	16	30	140	6	24	8	0	0	14	1	2	6	2	6

**Menu**

<b>Portion</b>
<b>Calories</b>
<b>Fat (g)</b>
<b>% DV Fat</b>
<b>Saturated Fat (g)</b>
<b>Trans Fat (g)</b>
<b>% DV Saturated &amp; Trans Fat</b>
<b>Cholesterol (mg)</b>
<b>Sodium (mg)</b>
<b>% DV Sodium</b>
<b>Carbohydrates (g)</b>
<b>% DV Carbohydrates</b>
<b>Fiber (g)</b>
<b>% DV Fiber</b>
<b>Sugars (g)</b>
<b>Protein (g)</b>
<b>% DV Vitamin A</b>
<b>% DV Vitamin C</b>
<b>% DV Calcium</b>
<b>% DV Iron</b>

**Notes:**

Nutrition facts are based on laboratory analysis, supplier information and databases.

Percent daily values (%DV) are based on a 2 000 cal diet. Your daily values may be higher or lower depending on your calorie needs.

\*Offered in Trattoria di Mikes restaurants.