

<b>Menu Item</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Sat Fat</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Fiber</b>
<i><b>Appetizers</b></i>						
Artichoke Spinach Dip (Includes Bread)	1100	93g	21g	2120mg	40g	3g
Baked Formaggio (Includes Bread)	940	66g	38g	2030mg	47g	2g
Bruschetta	650	45g	12g	5110mg	57g	5g
Classic Calamari	900	51g	6g	730mg	57g	4g
Fried Mozzarella	950	71g	19g	2300mg	53g	1g
Italian Nachos	1580	93g	30g	3470mg	119g	4g
Italian Stuffed Mushrooms	530	43g	20g	1140mg	14g	2g
Margherita Pizza	800	55g	10g	8810mg	48g	7g
Pepperoni Bread	900	58g	27g	2730mg	43g	3g
Toasted Ravioli	970	59g	14g	1780mg	87g	5g
Loaf Bread	250	1.5g	1g	610mg	52g	2g
<i><b>Soups and Salads</b></i>						
Caprese Salad	600	43g	8g	1530mg	39g	3g
Chicken Caesar Salad	820	24g	2.5g	2190mg	41g	10g
House Caesar Salad	260	10g	2g	500mg	12g	3g
House Italian Chicken Salad	300	6g	2g	1350mg	23g	8g
House Salad-No Dressing	100	2g	1g	380mg	15g	3g
Italian Shrimp Salad	1050	76g	21g	2600mg	33g	6g
Minestrone Soup-Bowl	240	7g	1g	1370mg	37g	3g
Minestrone Soup-Cup	140	4g	0g	690mg	23g	2g
Pasta Fasule Soup Bowl	160	8g	2g	1670mg	14g	3g
Pasta Fasule Soup Cup	90	4.5g	1.5g	860mg	7g	1g
Salmon Caesar Salad	1270	49g	5g	2960mg	40g	7g
Salmon House Salad	1060	48g	9g	3320mg	65g	7g
Strawberry Field Salad (Includes Bread)	1200	79g	22g	2580mg	95g	11g
Tomato Florentine Soup-Bowl	1010	94g	58g	1870mg	37g	3g
Tomato Florentine Soup-Cup	500	47g	29g	940mg	18g	1g

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<b><i>House Specialties</i></b>						
Chicken & Cheese Tortellini Alfredo	710	31g	11g	1960mg	55g	6g
Chicken Marsala	1410	84g	50g	2590mg	57g	11g
Chicken Milanese	1410	84g	34g	2410mg	65g	12g
Chicken Parmigiana	1370	77g	12g	4510mg	80g	14g
Chicken Piccata	1370	75g	29g	14150mg	84g	22g
Grilled Chicken Amalfi	1060	71g	42g	1710mg	66g	10g
Grilled Salmon	790	65g	30g	7740mg	10g	2g
Grilled Sirloin (Includes Seasonal Vegetables)	650	34g	16g	10700mg	6g	2g
Ribeye Tuscano (Includes Seasonal Vegetables)	620	19g	8g	6320mg	4g	1g
Seafood Alfredo	890	51g	24g	1480mg	51g	4g
Shrimp Limone	1110	59g	36g	1300mg	97g	10g
Tilapia With Tomato Dill Sauce	660	25g	11g	8630mg	49g	4g
Grilled Talipia (Includes Seasonal Vegetables)	850	57g	21g	400mg	48g	2g
<b><i>Classic Pastas</i></b>						
Artichoke Spinach Pasta	1290	72g	22g	3370mg	96g	7g
Cheese Ravioli in a Nest of Pasta	860	23g	13g	1050mg	125g	6g
Chicken Alfredo	940	61g	17g	2260mg	50g	6g
Chicken Pomodoro	700	39g	4.5g	1300mg	40g	3g
Crispy Shrimp Scampi	1260	75g	36g	1500mg	102g	5g
Eggplant Parmigiana	1050	67g	9g	3840mg	85g	7g
Five Cheese Fettuccine Alfredo	870	55g	25g	2170mg	52g	2g
Greek Pasta	1250	77g	7g	1370mg	87g	9g
Lemon Chicken Primavera	1060	69g	3g	5290mg	63g	7g
Mama's Sampler	1230	78g	31g	1440mg	69g	6g
Pepperoni Chicken	1180	74g	15g	3650mg	67g	6g
Shrimp with Angel Hair Marinara	950	39g	5g	1460mg	95g	6g
Spaghetti with Meat Sauce	430	17g	6g	1250mg	43g	4g
Spaghetti Feast	1400	102g	45g	2180mg	46g	4g
Spaghetti With Grilled Chicken	480	13g		2530mg	49g	8g
Spaghetti With Meatballs	1580	109g	44g	1000mg	60g	8g
Spicy Chicken Alfredo	1470	51g	13g	3580mg	182g	13g
Thai Chicken Pasta	1320	81g	8g	1360mg	103g	12g
Vodka Chicken	1230	55g	23g	3350mg	101g	10g

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<b><i>Calzones and Sandwiches</i></b>						
Chicken Parmigiana Sandwich (Includes Fries)	1070	36g	7g	3380mg	128g	11g
Classic Calzone	1160	79g	32g	3810mg	50g	4g
Grilled Italian Chicken Sandwich (Includes Fries)	1090	51g	27g	2880mg	108g	11g
Italian Sub Sandwich (Includes Fries)	1160	63g	21g	3720mg	104g	6g
Meatball Sandwich (Includes Fries)	1830	117g	48g	980mg	105g	10g
Pepperoni Chicken Calzone	890	59g	15g	1800mg	50g	5g
<b><i>Baked Pastas</i></b>						
Chicken Cannelloni	970	46g	11g	1990mg	68g	3g
Baked Ziti	1290	66g	23g	2230mg	95g	6g
Chicken Alfredo Lasagna	810	41g	20g	1850mg	56g	6g
Grilled Vegetable Lasagna	620	31g	15g	2390mg	51g	7g
Classic Lasagna	1140	67g	21g	2220mg	66g	5g
Manicotti	760	31g	4g	1220mg	53g	3g
Twin Favorites	1070	42g	14g	4340mg	96g	12g
<b><i>Pizzas</i></b>						
Artichoke Chicken	840	49g	18g	2060mg	40g	3g
Barbeque Chicken	950	53g	12g	2540mg	64g	6g
California	1010	71g	17g	1840mg	42g	2g
Chicken Club	670	49g	16g	1700mg	8g	3g
Margherita	800	55g	10g	8810mg	48g	7g
Thai Chicken	800	30g	7g	2370mg	84g	6g
Zio's Veggie	520	41g	9g	950mg	14g	3g
Zio's Combo	560	46g	13g	1320mg	12g	2g
Pepperoni	520	33g	7g	1200mg	38g	3g

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<b><i>Pronto Luches</i></b>						
Artichoke Spinach Pasta	930	60g	18g	2560mg	56g	4g
Chicken Alfredo	590	42g	10g	1240mg	27g	3g
Chicken Cannelloni	740	39g	9g	1460mg	43g	2g
Chicken Marsala	770	31g	18g	1060mg	59g	6g
Chicken Parmigiana	840	51g	10g	2570mg	44g	7g
Classic Calzone	720	51g	19g	2500mg	28g	2g
Fettuccini Alfredo	300	17g	6g	680mg	24g	< 1g
Grilled Talipia	930	59g	18g	400mg	52g	4g
Lasagna	640	38g	12g	1430mg	37g	3g
Lemon Chicken Primavera	870	60g	1.5g	8300mg	39g	5g
Manicotti	740	37g	7g	1740mg	48g	3g
Pepperoni Chicken Calzone	700	36g	4g	2750mg	46g	3g
Spaghetti and Meat Sauce	220	9g	3g	620mg	23g	2g
Spaghetti With Meatballs	830	56g	23g	660mg	33g	4g
Veggie Primavera	500	34g	1.5g	1510mg	36g	4g
<b><i>Kids Menu</i></b>						
Chicken Strips (Includes Fries)	830	54g	8g	1770mg	65g	3g
Fettuccini Alfredo	300	17g	6g	680mg	24g	< 1g
Grilled Cheese Sandwich (Includes Fries)	580	23g	4.5g	1660mg	80g	4g
Grilled Chicken Platter (Includes Applesauce and Broccoli)	290	10g	3g	1110mg	19g	5g
Lasagna	570	34g	10g	1120mg	33g	3g
Macaroni and Cheese	530	21g	10g	1170mg	56g	3g
Ravioli	280	8g	4.5g	370mg	40g	2g
Spaghetti & Meatballs	680	48g	19g	30mg	26g	3g
<b><i>Desserts</i></b>						
Sizzling Hot Apple Pie	870	104g	23g	640mg	87g	0g
Birthday Sundae	490	21g	12g	150mg	68g	1g
Cheesecake (No Sauce)	980	62g	38g	680mg	93g	< 1g
Chocolate Strada Cake	1400	66g	42g	860mg	188g	7g
Traditional Tiramisu	930	39g	27g	300mg	136g	1g
The Oreo Mountian	870	28g	15g	480mg	152g	5g
Italian Wedding Cake	900	59g	34g	360mg	104g	15g

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<i>Family Style Dinner</i>						
Chicken Alfredo	1470	101g	26g	3830mg	69g	2g
Spaghetti With Meatballs	2440	169g	67g	1940mg	91g	13g

The nutritional information provided here was compiled from nutritional information and ingredient listings provided by our food suppliers and distributors and by an analysis generated using an FDA-compliant software analysis program. Values have been rounded in accordance with FDA guidelines. Variations to the nutritional values posted herein may occur due to changes in recipes, ingredients and kitchen procedures caused by regional and seasonal product availability and ingredient substitution and portion size. Therefore, the nutritional values provided herein should be considered approximations and be used for directional purposes only. Guests with special food sensitivities, food allergies or dietary needs should not rely on this information. The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult consuming 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption. Any recent changes due to limited-time offers, test products, test recipes, and/or recent revisions in recipes due to changes in supplier, portion, and or operations, may not be included in the nutritional data.