

As of 4/6/2018 Cold Sandwiches, all with Onions, Pickles, Tomatoes, Green Peppers, Olives	Servings Per	Serving Size	Serving Unit	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(%DV)	Iron (%DV)	
Capicola Italian (Large)	1	1.1	lb	634	181	20	9	0	66	2490	75	5	12	34	30	112	39	30	
Capicola Italian (Small)	1	10.6	oz	388	117	13	6	0	42	1506	45	3	7	22	18	72	26	19	
Chicken Salad Italian (Large)	1	1.2	lb	769	351	39	10	0	77	2571	75	5	11	38	30	114	27	32	
Chicken Salad Italian (Small)	1	11.2	oz	437	198	22	6	0	43	1492	45	3	7	22	18	73	18	20	
Cold Cut Italian (Large)	1	1.2	lb	780	265	29	13	0	109	3584	76	5	11	46	30	112	39	31	
Cold Cut Italian (Small)	1	11.6	oz	478	171	19	8	0	67	2131	45	3	7	29	18	72	26	20	
Double Ham Italian (Large)	1	1.2	lb	695	279	31	14	0	103	3241	78	5	13	44	37	112	45	32	
Double Ham Italian (Small)	1	12.5	oz	443	187	21	10	0	73	2128	47	3	8	30	23	72	29	21	
Egg Salad Italian (Large)	1	1.1	lb	850	430	48	12	0	390	2440	72	13	12	33	40	120	35	30	
Egg Salad Italian (Small)	1	10.6	oz	470	230	26	8	0	200	1420	44	6	6	19	25	70	20	20	
Eggplant Italian (Large)	1	1.3	lb	778	292	32	9	0	27	2446	105	8	14	25	32	114	27	34	
Eggplant Italian (Small)	1	12.2	oz	471	183	20	6	0	18	1484	63	5	8	16	19	73	18	21	
Genoa and Provolone Italian (Large)	1	1.1	lb	712	257	29	12	0	73	2609	76	5	11	34	30	112	39	32	
Genoa and Provolone Italian (Small)	1	10.4	oz	434	162	18	8	0	46	1577	45	3	7	22	18	72	26	20	
Ham & Cheese Only (Large)	1	10.5	oz	638	268	30	14	0	103	2535	67	2	5	43	14	11	43	26	
Ham & Cheese Only (Small)	1	7.1	oz	409	180	20	9	0	73	1719	40	1	4	29	10	7	28	17	
Ham Salad Italian (Large)	1	1.1	lb	763	361	40	11	0	76	2895	76	5	12	34	30	117	26	31	
Ham Salad Italian (Small)	1	10.6	oz	433	202	22	7	0	43	1653	45	3	7	20	18	74	17	19	
Ham with Swiss Italian (Large)	1	1.2	lb	632	163	18	9	0	88	2474	80	5	13	42	31	112	47	32	
Ham with Swiss Italian (Small)	1	11.1	oz	376	103	11	6	0	50	1387	47	3	8	25	19	72	31	20	
Lobster Roll	1	8.0	oz	470	230	26	3	0	105	760	26	3	2	25	6	10	10	10	
Pepperoni Italian (Large)	1	17.5	oz	810	408	45	19	0	96	3071	74	5	11	35	32	113	28	37	
Pepperoni Italian (Small)	1	10.9	oz	527	284	32	13	0	67	1993	44	3	7	24	19	72	19	24	
Regular Italian (with Ham Large)	1	1.0	lb	538	153	17	7	0	52	2355	76	5	12	29	30	112	27	30	
Regular Italian (with Ham Small)	1	10.4	oz	334	102	11	5	0	37	1498	46	3	7	20	18	72	18	19	
Roast Beef Italian (Large)	1	1.2	lb	630	185	21	9	0	77	2303	76	5	13	46	30	112	27	44	
Roast Beef Italian (Small)	1	11.2	oz	368	115	13	6	0	43	1357	45	3	8	26	18	72	18	26	
Tuna Salad Italian (Large)	1	1.2	lb	757	338	38	10	0	79	2274	75	5	11	37	30	114	29	31	
Tuna Salad Italian (Small)	1	11.2	oz	431	191	21	6	0	44	1343	45	3	7	21	18	73	19	19	
Turkey Italian (Large)	1	1.2	lb	610	157	17	7	0	88	2505	76	5	13	44	30	112	27	36	
Turkey Italian (Small)	1	11.2	oz	358	101	11	5	0	48	1459	45	3	8	25	18	72	18	22	
Veggie Italian (Large)	1	1.0	lb	596	252	28	13	0	54	2327	74	5	11	28	37	112	45	28	
Veggie Italian (Small)	1	10.0	oz	368	167	19	9	0	36	1441	44	3	7	18	23	72	29	18	
Wraps	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(%DV)	Iron (%DV)	
Buffalo Chicken Bacon Ranch	1	17.8	oz	1045	570	63	14	0	75	3207	79	4	9	37	27	41	24	26	

Buffalo Chicken Ranch	1	1.1	lb	932	476	53	10	0	60	3109	79	4	9	31	30	41	24	26
Chicken Bacon Ranch	1	1.0	lb	1032	570	63	14	0	75	2305	76	4	9	36	18	37	24	26
Chicken Salad	1	14.2	oz	613	289	32	7	0	51	1321	59	5	6	25	22	43	11	29
Eggplant	1	15.7	oz	721	327	36	7	0	5	1200	87	6	9	14	21	43	22	26
Grilled Chicken Caesar	1	13.6	oz	960	517	57	14	0	128	2268	53	3	4	52	34	23	39	30
Grilled Chicken Club	1	16.3	oz	812	363	40	9	0	120	1616	56	4	4	51	19	41	12	32
Grilled Chicken	1	15.2	oz	588	172	19	4	0	100	1146	56	4	4	45	19	41	12	32
Steak and cheese	1	1.0	lb	837	503	56	19	0	109	1562	57	3	6	37	29	41	48	34
Tuna Salad	1	14.2	oz	602	275	31	7	0	52	1024	59	5	6	24	22	43	12	28
Turkey	1	16.5	oz	694	436	48	16	0	117	2227	57	3	8	47	27	37	46	28
Turkey Bacon	1	15.9	oz	810	343	38	12	0	101	2009	57	3	8	41	27	37	46	28
Veggie	1	1.0	lb	590	325	36	13	0	41	2017	61	5	9	19	33	49	35	26
Hot Sandwiches	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(%DV)	Iron (%DV)
Angus Steak and Cheese with Mushrooms, Onions and Green Peppers (Large)	1	18.8	oz	1001	436	48	21	0	140	1741	78	8	10	57	18	149	52	48
Angus Steak and Cheese, with Mushrooms, Onions, and Green Peppers (Small)	1	11.5	oz	657	294	33	14	0	97	1145	48	5	6	38	11	77	37	30
Angus Steak and cheese no vegetables (Large)	1	13.8	oz	980	446	50	22	0	157	1711	65	5	5	59	8	19	50	44
Angus Steak and cheese no vegetables (Small)	1	9.5	oz	679	322	36	16	0	114	1172	41	3	3	42	6	12	37	30
Chicken Parmigiana Sandwich (Large)	1	16.7	oz	1042	376	42	15	0	118	2802	98	8	12	61	16	19	56	31
Chicken Parmigiana Sandwich (Small)	1	11.2	oz	702	262	29	11	0	83	1891	63	5	8	42	11	12	41	20
Eggplant Parmigiana Sandwich (Large)	1	16.4	oz	957	364	40	14	0	42	2351	109	10	14	34	18	21	53	29
Eggplant Parmigiana Sandwich (Small)	1	11.0	oz	647	255	28	10	0	32	1598	71	7	9	24	12	14	39	19
Meatball Parmigiana Sandwich (Large)	1	1.1	lb	1018	420	47	21	1	269	3020	84	7	13	58	23	20	68	39
Meatball Parmigiana Sandwich (Small)	1	11.3	oz	683	290	32	15	1	184	2011	54	5	8	40	15	12	49	25
Poorboy Sandwich, Large	1	14.2	oz	733	289	32	13	0	88	4107	67	6	9	43	22	53	47	25
Reuben Sandwich	1	1.1	lb	956	397	44	18	0	174	3772	70	6	11	63	11	29	49	31
Sausage Parmigiana Sandwich (Large)	1	18.3	oz	1344	740	82	32	0	204	4035	76	7	12	64	15	19	67	31
Sausage Parmigiana Sandwich (Small)	1	12.2	oz	903	505	56	22	0	140	2714	48	5	8	43	10	12	48	20
B.L.T. Sandwich (Large)	1	12.7	oz	645	280	31	9	0	32	1637	63	7	8	24	21	65	10	22
B.L.T. Sandwich (Small)	1	8.2	oz	484	227	25	7	0	24	1231	43	4	5	17	12	39	7	15
Buffalo Chicken Tender Sandwich (Large)	1	19.4	oz	913	309	34	5	0	81	2988	97	9	10	48	29	67	14	33
Buffalo Chicken Tender Sandwich (Small)	1	12.3	oz	632	238	26	4	0	56	2344	62	5	6	31	20	38	9	21
Chicken Tender Sandwich (Large)	1	18.4	oz	903	309	34	5	0	81	2087	95	9	10	48	21	67	14	33
Chicken Tender Sandwich (Small)	1	11.3	oz	622	238	26	4	0	56	1444	60	5	6	31	12	38	9	21
Grilled Pepper Chicken Sandwich (Large)	1	15.8	oz	694	163	18	3	0	100	1474	76	8	10	54	10	149	12	38
Grilled Pepper Chicken Sandwich (Small)	1	9.0	oz	418	95	11	2	0	60	897	46	5	6	32	5	77	7	23
Hot Pastrami Sandwich	1	12.2	oz	765	400	44	19	0	142	2354	39	47	4	44	6	5	31	34
Meatball Sandwich (Large)	1	15.2	oz	829	300	33	12	1	232	2661	82	7	13	45	15	20	30	39
Meatball Sandwich (Small)	1	9.8	oz	535	197	22	8	1	154	1711	52	5	8	29	10	12	19	25

Grilled Sausage Sandwich (Large)w/ peppers & onion	1	16.9	oz	1145	609	68	21	0	162	3255	77	8	11	50	10	146	25	31	
Grilled Sausage Sandwich (Small) w/ peppers & onions	1	10.4	oz	740	400	44	14	0	108	2125	47	5	7	33	5	75	16	20	
Focaccia	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(%DV)	Iron (%DV)	
Eggplant Focaccia Sandwich	1	18.9	oz	1036	509	57	13	0	35	1676	99	8	10	28	85	108	37	40	
Grilled Chicken Focaccia Sandwich	1	18.5	oz	983	420	47	12	0	130	1769	74	5	7	63	58	59	39	44	
Italian Coldcut Focaccia Sandwich	1	18.2	oz	932	418	46	15	0	109	2921	76	5	8	47	83	107	37	38	
Steak Focaccia Sandwich	1	18.5	oz	1035	530	59	19	0	116	1593	73	5	7	49	58	59	42	50	
Turkey Focaccia Sandwich	1	18.4	oz	817	307	34	9	0	91	1777	76	5	10	47	83	107	37	43	
Veggie Focaccia Sandwich	1	1.1	lb	812	403	45	16	0	57	1611	76	6	9	33	111	118	57	38	
Panini	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(%DV)	Iron (%DV)	
BBQ Chicken Panini	1	10.5	oz	643	204	23	11	0	76	2118	71	1	23	37	8	20	23	8	
Chicken Pesto Panini	1	12.5	oz	715	310	34	15	0	90	1817	52	2	4	45	25	39	55	11	
Cold Cut Panini	1	11.8	oz	951	440	49	17	0	125	2907	68	3	4	48	19	14	45	29	
Cuban Panini	1	10.7	oz	567	220	24	14	0	88	1874	51	45	5	36	12	16	59	7	
Roast Beef Panini	1	10.9	oz	701	304	34	14	0	95	1490	50	2	6	46	11	18	49	21	
Tukey & ham Panini	1	11.2	oz	698	222	25	12	0	106	1563	70	47	5	48	12	0	55	31	
Veggie Panini	1	13.2	oz	749	304	34	16	0	70	1072	74	5	6	38	47	32	77	33	
Pizza	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(%DV)	Iron (%DV)	
All Meat Pizza (Carne) - 14 inch	8	5.0	oz	342	141	16	7	0	45	839	32	1	2	19	5	4	18	13	
All Meat Pizza (Carne) - 16 inch	8	6.9	oz	462	190	21	10	0	61	1126	43	2	2	26	6	6	26	18	
All Meat Pizza (Carne)- 9 inch	2	9.9	oz	660	295	33	15	0	101	1700	54	2	3	39	9	7	36	24	
Barbecue Chicken Pizza - 14 inch	8	5.2	oz	331	87	10	5	0	40	956	41	1	10	18	6	7	18	11	
Barbecue Chicken Pizza - 16 inch	8	7.0	oz	454	124	14	7	0	55	1292	55	2	14	24	8	9	26	15	
Barbecue Chicken Pizza - 9 inch	2	9.6	oz	608	167	19	10	0	79	1820	71	2	20	34	12	12	35	19	
Buffalo Chicken Pizza - 14 inch	8	4.8	oz	318	113	13	5	0	42	1141	32	1	1	17	8	4	18	11	
Buffalo Chicken Pizza - 16 inch	8	6.7	oz	461	183	20	8	0	59	1693	44	2	2	23	13	6	26	15	
Buffalo Chicken Pizza - 9 inch	2	8.8	oz	581	220	24	10	0	83	2190	53	2	2	33	16	7	36	19	
Cheese Pizza - 14 inch	8	3.5	oz	235	68	8	4	0	17	453	31	1	1	11	4	4	17	10	
Cheese Pizza - 16 inch	8	4.9	oz	325	97	11	6	0	24	630	43	2	2	16	6	6	25	14	

Cheese Pizza - 9 inch	2	6.1	oz	395	117	13	7	0	28	769	52	2	2	20	8	7	30	17	
Cheese Pizza - Extra Cheese 9 inch	2	7.1	oz	489	177	20	12	0	47	948	53	2	2	26	11	7	49	17	
Cheese Pizza - Extra Cheese 14 inch	8	4.0	oz	283	98	11	7	0	26	542	32	1	1	15	6	4	27	10	
Cheese Pizza - Extra Cheese 16 inch	8	5.7	oz	396	141	16	10	0	38	764	43	2	2	21	9	6	39	14	
Cheese Pizza Gluten Free -10 inch	8	5.1	oz	350	146	16	7	0	28	703	37	0	5	17	8	0	33	1	
Chicken Alfredo Pizza - 14 inch	8	5.6	oz	317	101	11	6	0	38	791	33	2	2	18	20	54	20	14	
Chicken Alfredo Pizza - 16 inch	8	7.6	oz	433	141	16	8	0	51	1069	45	2	3	24	28	72	29	18	
Chicken Alfredo Pizza - 9 inch	2	10.2	oz	578	198	22	11	0	75	1477	55	3	3	35	37	90	40	23	
Greek Pizza - 14 inch	8	4.5	oz	211	55	6	3	0	16	541	33	2	2	9	16	15	11	13	
Greek Pizza - 16 inch	8	6.2	oz	291	80	9	4	0	22	771	45	3	3	12	20	19	15	18	
Greek Pizza - 9 inch	2	8.5	oz	388	120	13	7	0	38	1069	56	3	5	17	32	29	25	23	
Grilled Chicken & Spinachi Pizza - 14 inch	8	5.2	oz	337	131	15	6	0	37	592	32	2	1	18	14	14	18	14	
Grilled Chicken & Spinachi Pizza - 16 inch	8	6.9	oz	462	185	21	8	0	49	808	44	2	2	23	18	18	25	18	
Grilled Chicken & Spinachi Pizza - 9 inch	2	9.5	oz	621	259	29	11	0	73	1093	54	3	2	34	23	25	35	24	
House Special (Giovanni's Original)- 14 inch	8	5.0	oz	295	107	12	6	0	28	728	34	2	2	15	7	28	18	13	
House Special (Giovanni's Original)- 16 inch	8	7.1	oz	408	151	17	8	0	38	1018	46	3	3	20	10	41	26	18	
House Special (Giovanni's Original)- 9 inch	2	9.2	oz	539	211	23	11	0	56	1367	57	3	4	28	14	55	37	22	
Pepperoni Pizza - 14 inch	8	4.0	oz	290	114	13	6	0	28	652	31	1	1	14	5	4	18	12	
Pepperoni Pizza - 16 inch	8	5.5	oz	397	157	17	9	0	39	891	43	2	2	19	7	6	25	16	
Pepperoni Pizza - 9 inch	2	7.0	oz	510	213	24	12	0	53	1188	52	2	2	25	8	7	31	20	
Veggie Pizza - 14 inch	8	4.3	oz	249	73	8	4	0	17	485	33	2	2	11	6	19	18	12	
Veggie Pizza - 16 inch	8	6.3	oz	349	108	12	6	0	24	708	45	3	2	16	9	28	26	17	
Veggie Pizza - 9 inch	2	8.8	oz	455	146	16	9	0	33	891	57	3	4	21	14	51	36	21	
White Pizza - 14 inch	8	4.8	oz	306	120	13	5	0	13	572	36	2	2	10	10	27	15	13	
White Pizza - 16 inch	8	7.3	oz	429	174	19	6	0	18	814	50	3	3	13	18	51	21	19	
White Pizza - 9 inch	2	9.4	oz	585	252	28	10	0	31	1098	63	4	4	19	21	55	34	23	
Rustic Bruschetta Pizza	2	10.2	oz	536	134	15	2	0	0	1609	84	4	5	16	30	29	5	12	
Rustic Cheese Pizza	2	9.6	oz	560	136	15	9	0	38	1703	77	3	1	32	11	0	41	6	
Rustic Margharita Pizza	2	11.1	oz	618	177	20	9	0	38	1806	79	4	2	27	18	25	37	9	
Rustic Pepperoni Pizza	2	10.5	oz	675	232	26	14	0	62	2122	77	3	1	37	11	0	41	9	
Rustic Spinach & Artichoke Pizza	2	12.6	oz	713	247	27	14	0	51	2237	80	4	2	32	18	16	49	11	
Rustic Sriracha Chicken Pizza	2	12.6	oz	676	178	20	12	0	79	3107	78	3	2	40	28	32	35	10	
Calzones	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(%DV)	Iron (%DV)	
All Meat Calzone	2	11.3	oz	662	292	32	14	0	93	1848	58	3	6	33	15	18	35	26	
Angus Steak And 4 Cheese Calzone	2	12.4	oz	702	326	36	15	0	80	1187	59	4	6	32	16	51	36	30	
Eggplant Parmigiana Calzone	2	13.0	oz	693	282	31	11	0	34	1592	79	6	9	22	21	70	36	24	
Grilled Chicken Spinach Calzone	2	11.2	oz	637	263	29	11	0	71	1328	58	4	5	33	35	29	34	26	
Italian Cold Cut Calzone	2	10.4	oz	587	229	25	12	0	70	1921	57	3	5	30	14	18	33	20	
Pepperoni, Sausage, Mushroom Calzone	2	11.5	oz	654	306	34	14	0	69	1650	59	4	6	28	15	20	35	25	
Sausage, Onion, Green Pepper Calzone	2	11.2	oz	594	251	28	12	0	52	1403	61	4	7	25	19	71	36	21	
Spaghetti & Meat Sauce Calzone	2	12.6	oz	672	233	26	12	0	88	1484	78	4	8	28	17	18	38	26	

Veggie Calzone	2	12.1	oz	529	197	22	9	0	31	1256	64	5	7	21	20	73	36	26	
Baked Pasta Dinners	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(%DV)	Iron (%DV)	
Chicken Parmigiana Dinner	2	15.8	oz	755	236	26	11	0	96	1564	80	5	8	46	14	0	37	17	
Eggplant Parmigiana Dinner	2	14.8	oz	688	253	28	10	0	31	1269	84	6	10	23	15	1	35	15	
Baked Macaroni & Cheese	2	11.5	oz	673	303	34	20	0	87	1164	56	2	4	32	16	0	69	8	
Baked Pasta with Meat Sauce	2	13.9	oz	627	229	25	12	1	107	1367	67	5	10	30	17	0	41	17	
Baked Pasta with Meatballs	2	13.1	oz	610	220	24	12	1	107	1248	65	4	8	30	15	0	40	16	
Baked Pasta with Plain Sauce	2	10.8	oz	473	140	16	8	0	31	805	61	4	7	20	13	0	35	10	
Baked Pasta with Sausages	2	13.5	oz	720	328	36	15	0	85	1600	63	4	8	32	13	0	39	13	
Whole Wheat Baked Pasta with Meat Sauce	2	13.9	oz	591	218	24	12	1	107	1367	57	11	7	30	17	0	41	34	
Whole Wheat Baked Pasta with Meatballs	2	13.1	oz	573	209	23	12	1	107	1248	55	10	6	30	15	0	40	33	
Whole Wheat Baked Pasta with Plain Sauce	2	10.8	oz	437	129	14	8	0	31	805	51	10	5	20	13	0	35	27	
Whole Wheat Baked Pasta with Sausages	2	12.2	oz	560	223	25	12	0	58	1203	52	10	5	26	13	0	37	29	
Pasta Dinners	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(%DV)	Iron (%DV)	
Alfredo with Pasta	2	9.0	oz	389	116	13	6	0	20	469	55	2	4	13	6	0	11	8	
Alfredo with Whole Wheat Pasta	2	9.0	oz	352	105	12	6	0	20	469	46	9	2	13	6	0	11	25	
Chicken Alfredo	2	11.5	oz	530	170	19	7	0	70	770	56	2	4	32	6	0	11	15	
Grilled Chicken Marinara Dinner	2	15.9	oz	531	143	16	3	0	51	841	67	5	10	30	33	95	13	21	
Grilled Chicken with Garlic Sauce Dinner	2	12.6	oz	867	531	59	10	1	54	986	57	3	4	29	29	78	7	18	
Grilled Eggplant Marinara Dinner	2	13.9	oz	459	110	12	2	0	3	916	75	6	11	12	29	35	8	17	
Grilled Veggie Marinara Dinner	2	14.9	oz	405	88	10	2	0	1	553	68	7	10	12	46	161	15	17	
Lasagna with Meat Sauce	2	12.3	oz	543	244	27	12	1	126	1676	46	5	14	26	22	0	37	17	
Lasagna with Meatballs	2	11.4	oz	532	237	26	12	1	128	1544	45	4	13	26	20	0	37	16	
Lasagna with Sausage	2	12.2	oz	649	348	39	16	0	106	1935	43	4	13	28	18	0	37	14	
Lasagna with Plain Sauce	2	9.4	oz	402	160	18	9	0	52	1141	41	4	12	17	18	0	32	11	
Meat Stuffed Lasagna with Meat Sauce	2	12.6	oz	603	286	32	13	1	142	1896	47	5	14	29	21	0	33	19	
Meat Stuffed Lasagna with Meatballs	2	11.5	oz	579	274	30	12	1	141	1739	45	4	12	28	18	0	32	18	
Meat Stuffed Lasagna with Sausage	2	12.2	oz	695	385	43	16	0	120	2130	43	4	12	30	16	0	31	16	
Meat Stuffed Lasagna with Plain Sauce	2	9.3	oz	434	191	21	9	0	63	1302	40	4	11	18	16	0	26	12	
Pasta with Meat Sauce	2	12.4	oz	486	140	16	5	1	79	1097	66	5	10	20	11	0	12	17	
Pasta with Meatballs	2	11.6	oz	468	131	15	5	1	79	979	64	4	8	20	10	0	12	16	
Pasta with Plain Sauce	2	9.3	oz	331	51	6	1	0	3	536	60	4	7	10	7	0	6	10	
Pasta with Sausage	2	12.0	oz	578	238	26	8	0	57	1330	61	4	8	22	7	0	11	13	
Pasta with Tomato Basil Sauce	2	9.3	oz	328	56	6	1	0	1	337	58	4	6	10	7	0	10	10	
Ravioli with Meat Sauce	2	9.7	oz	431	165	18	7	1	116	1252	41	4	9	18	14	0	16	11	

Ravioli with Meatballs	2	8.9	oz	414	156	17	7	1	115	1134	39	4	8	18	12	0	15	11	
Ravioli with Plain sauce	2	6.6	oz	277	76	8	3	0	40	691	35	4	7	8	10	0	10	5	
Ravioli with Sausage	2	9.3	oz	524	264	29	10	0	94	1486	36	4	8	20	10	0	14	8	
Whole Wheat Chicken Alfredo	2	11.5	oz	527	200	22	7	0	70	802	46	9	2	32	6	0	11	32	
Whole Wheat Pasta with Meat Sauce	2	12.4	oz	449	129	14	5	1	79	1097	56	11	7	20	11	0	12	34	
Whole Wheat Pasta with Meatballs	2	11.6	oz	431	120	13	5	1	79	979	54	10	6	20	10	0	12	33	
Whole Wheat Pasta with Plain Sauce	2	9.3	oz	295	40	4	1	0	3	536	50	10	5	10	7	0	6	27	
Whole Wheat Pasta with Sausage	2	12.0	oz	542	227	25	8	0	57	1330	51	10	6	22	7	0	11	30	
Pasta Buckets	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(%DV)	Iron (%DV)	
Fettucini with Alfredo sauce and grilled chicken	4	14.4	oz	660	220	24	8	0	90	970	70	3	5	40	8	0	15	15	
Fettucini with Alfredo sauce	4	11.3	oz	487	146	16	7	0	26	594	69	3	5	17	8	0	14	10	
Pasta Combo with 4 Meat Balls & 4 Sausages Meat Sauce	4	19.5	oz	916	398	44	15	1	182	2404	86	7	14	40	16	0	23	26	
Pasta Combo with 4 Meat Balls & 4 Sausages Pasta Sauce	4	1.1	lb	822	344	38	12	1	134	2072	83	6	13	34	14	0	19	22	
Pasta with 4 Meat Balls Meat Sauce	4	16.8	oz	669	210	23	8	1	128	1609	85	6	13	29	16	0	18	23	
Pasta with 4 Meat Balls Pasta Sauce	4	15.0	oz	576	156	17	5	1	80	1278	81	6	12	23	14	0	14	19	
Pasta with 4 Sausages Meat Sauce	4	17.0	oz	774	315	35	11	0	106	1922	81	6	12	31	13	0	17	20	
Pasta with 4 Sausages Pasta Sauce	4	15.2	oz	680	261	29	9	0	58	1590	78	6	11	25	10	0	14	16	
Pasta with Meat Sauce	4	14.2	oz	527	128	14	4	0	52	1127	80	6	12	19	13	0	13	17	
Pasta with plain sauce	4	12.5	oz	433	74	8	2	0	4	796	76	5	10	13	10	0	9	13	
Ravioli Combo with 4 Meat Balls & 4 Sausages Meat Sauce	4	18.9	oz	1016	460	51	19	1	258	2754	78	8	15	44	22	0	31	22	
Ravioli Combo with 4 Meat Balls & 4 Sausages Pasta Sauce	4	17.1	oz	922	405	45	16	1	211	2422	75	7	14	38	19	0	28	18	
Ravioli with 4 Meat Balls Meat Sauce	4	16.2	oz	769	272	30	12	1	204	1960	76	7	14	32	22	0	26	19	
Ravioli with 4 Meat Balls Pasta Sauce	4	14.4	oz	676	218	24	10	1	157	1628	73	7	13	26	19	0	23	15	
Ravioli with 4 Sausages Meat Sauce	4	16.4	oz	873	377	42	15	0	182	2271	73	7	14	34	18	0	26	16	
Ravioli with 4 Sausages Pasta Sauce	4	14.6	oz	780	323	36	13	0	135	1941	70	7	12	28	16	0	22	12	
Ravioli with Meat Sauce	4	13.6	oz	627	189	21	8	0	129	1477	72	7	13	22	18	0	21	13	
Ravioli with Pasta Sauce	4	11.9	oz	533	136	15	6	0	81	1146	68	7	12	16	16	0	18	9	
Pazzo & Stuffers	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(%DV)	Iron (%DV)	
Cheese Pazzo Bread	2	6.7	oz	492	212	24	8	0	21	1000	54	3	4	14	8	7	23	18	
Little Stuffers Four Cheese (per stuffer)	1 ea	2.9	oz	206	87	10	4	0	15	430	22	1	2	7	4	3	13	7	
Little Stuffers Meat (per stuffer)	1 ea	2.9	oz	192	71	8	3	0	15	514	22	1	2	7	3	3	9	8	

Little Stuffers Veggie (per stuffer)	1 ea	2.9	oz	192	71	8	3	0	15	514	22	1	2	7	3	3	9	8	
Cinnamon Pazzo Dolce	2	5.5	oz	512	141	16	3	0	0	581	85	3	27	8	4	7	3	20	
Sides & Extras	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(%DV)	Iron (%DV)	
Chicken Tenders	3	2	oz	142	64	7	1	0	25	354	9	1	1	11	0	0	1	3	
French Fries LG 10 oz.	1	10	oz	574	213	24	0	0	0	675	88	7	2	7	0	14	0	7	
French Fries SM 6 oz.	1	6	oz	344	128	14	0	0	0	405	53	4	1	4	0	8	0	4	
French Fries XLG 16 oz.	1	16	oz	918	340	38	0	0	0	1080	140	11	3	11	0	22	0	11	
Garlic Bread Loaf	12	1.8	oz	172	73	8	2	0	1	319	21	1	9	4	0	4	3	7	
Garlic Bread Stick	1	4.9	oz	428	140	16	3	0	5	907	56	4	4	14	0	17	12	17	
Hot Wings (per piece)	12	1.9	oz	132	84	9	2	0	30	484	2	0	0	10	0	0	0	3	
Mozzarella Sticks 1/2 Dozen	1	9.4	oz	611	306	34	13	0	61	1613	49	2	11	25	7	0	51	2	
Scoop Pasta Sauce	1	2.2	oz	47	24	3	1	0	1	316	5	1	3	1	5	0	2	2	
Scoop Tomato Basil Sauce	1	2.2	oz	45	27	3	1	0	0	183	4	1	2	1	5	0	5	1	
Single Meatball	1	2	oz	130	77	9	3	0	76	403	3	0	1	10	2	0	5	6	
Single Sausage	1	2.7	oz	247	187	21	7	0	54	794	2	0	1	12	0	0	5	3	
Salads	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(%DV)	Iron (%DV)	
Aloha Chicken Salad	1	13.0	oz	460	87	10	4	0	50	1355	68	3	10	24	28	17	6	17	
Antipasto Salad	1	1.0	lb	361	232	26	10	0	62	1333	14	6	2	19	31	100	29	19	
Caesar Salad	1	9.7	oz	348	201	22	9	0	45	877	16	4	3	20	100	71	52	18	
Caesar Salad with Grilled Chicken	1	13.7	oz	512	233	26	10	0	126	1455	18	4	3	50	103	71	54	25	
Chef Salad	1	16.3	oz	301	144	16	6	0	262	865	13	5	3	26	35	68	29	18	
Chicken Salad Plate	1	17.0	oz	501	315	35	10	0	79	1079	13	5	2	30	30	70	35	14	
Cole Slaw	1	6.0	oz	236	157	17	2	0	8	262	16	3	10	2	0	0	7	3	
Dinner Salad	1	6.5	oz	34	7	1	0	0	0	70	6	3	1	2	14	53	3	6	
Edamame Well Salad	1	6.0	oz	317	195	22	2	0	0	734	25	5	10	12	7	58	13	42	
Fruit Salad	1	13.3	oz	181	1	0	0	0	0	43	48	4	44	0	29	135	1	1	
Garden Salad	1	11.9	oz	60	14	2	0	0	0	139	11	5	2	3	24	69	7	11	
Greek Pasta Well Salad	1	5.8	oz	516	257	29	7	0	21	738	56	3	7	10	8	22	17	14	
Greek Salad	1	15.7	oz	220	123	14	9	0	50	945	15	6	4	12	30	102	36	16	
Grilled Chicken Salad	1	18.8	oz	459	200	22	9	0	324	1141	12	5	2	50	41	68	42	21	
Italian Chop Salad	1	16.6	oz	465	259	29	10	0	300	1066	10	4	2	39	72	52	40	21	
Italian Pasta Well Salad	1	7.2	oz	464	220	24	4	0	5	527	55	3	6	8	18	14	8	12	
Macaroni salad	1	9.1	oz	582	370	41	6	0	34	1096	48	2	10	9	7	26	0	10	
Mediterranean Salad	1	15.6	oz	295	195	22	3	0	0	731	22	7	7	8	27	61	10	25	
Oriental Noodle Well Salad	1	6.0	oz	532	72	8	1	0	0	957	110	1	9	0	27	0	3	13	

Potato Salad	1	9.1	oz	377	170	19	3	0	17	1233	50	3	12	3	0	26	0	3	
Spinach & Gemelli Well Salad	1	6.0	oz	370	198	22	3	0	0	694	36	2	2	8	69	2	7	12	
Tortellini Pesto Salad	1	6.9	oz	444	279	31	8	0	52	1182	32	3	3	11	23	28	19	7	
Tuna Salad Plate	1	17.0	oz	490	301	33	10	0	81	782	13	5	2	28	30	70	37	13	
Tuscan White Bean Salad	1	1.0	lb	412	272	30	5	0	0	898	31	11	9	9	23	32	11	24	
White Bean Well Salad	1	6.0	oz	277	154	17	3	0	0	656	25	9	8	7	0	2	5	12	
Fresco Salads	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(%DV)	Iron (%DV)	
Avocado BLT Salad	1	12.7	oz	514	380	42	8	0	16	900	31	8	9	10	65	66	9	16	
Barbequed Chicken Salad	1	1.1	lb	576	295	33	7	0	97	2085	33	8	10	41	140	39	11	19	
Berry Caprese Salad	1	12.4	oz	425	196	22	6	0	30	351	47	7	35	15	188	82	33	17	
Harvest Chicken Salad	1	16.0	oz	597	276	31	4	0	81	834	48	7	32	36	134	27	9	16	
Tex Mex Salad	1	1.5	lb	870	476	53	12	0	119	2525	56	14	11	47	43	51	33	23	
Zesty Salmon Salad	1	1.1	lb	560	344	38	7	0	67	446	30	9	19	27	72	129	8	13	
Luncheon Portions	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(%DV)	Iron (%DV)	
Luncheon All Meat Calzone	1	14.1	oz	759	354	39	16	0	107	2269	62	4	9	37	20	22	37	29	
Luncheon Angus Steak And Cheese Calzone	1	13.7	oz	675	293	33	14	0	70	1350	64	5	9	29	21	54	36	30	
Luncheon Baked Macaroni & Cheese lunch spec	1	11.5	oz	673	303	34	20	0	87	1164	56	2	4	32	16	0	69	8	
Luncheon Baked Ziti	1	14.6	oz	597	210	23	12	0	43	1399	69	6	12	25	22	0	49	13	
Luncheon Baked Ziti with Chicken	1	1.0	lb	739	274	30	13	0	69	1753	78	6	13	36	22	0	50	16	
Luncheon Baked Ziti with Chicken Whole Breast	1	1.2	lb	867	300	33	14	0	108	2079	87	7	12	51	22	0	51	19	
Luncheon Baked Ziti with Eggplant	1	1.2	lb	829	332	37	14	0	43	1838	94	8	15	28	23	2	49	17	
Luncheon Baked Ziti with Meat Sauce	1	1.0	lb	727	287	32	15	1	119	1802	72	6	13	34	24	0	53	18	
Luncheon Baked Ziti with Meatballs	1	1.0	lb	727	287	32	15	1	119	1802	72	6	13	34	24	0	53	18	
Luncheon Baked Ziti with Sausage	1	1.1	lb	844	398	44	19	0	97	2193	71	6	13	36	22	0	53	16	
Luncheon Cheese Pizza Slices	1	6.3	oz	418	132	15	9	0	33	814	52	2	2	21	9	7	35	17	
Luncheon Chicken Alfredo lunch spec	1	11.5	oz	530	170	18	7	0	70	770	56	2	4	32	6	0	10	15	
Luncheon Eggplant Parmigiana Calzone	1	15.3	oz	731	300	33	12	0	33	1809	84	7	12	22	28	90	36	26	
Luncheon Grilled Chicken Spinach Calzone	1	12.7	oz	645	252	28	11	0	72	1533	61	4	7	34	38	29	36	27	
Luncheon Grilled Chicken with Garlic Sauce	1	12.6	oz	867	531	59	10	1	54	986	57	3	4	29	29	78	7	18	
Luncheon Italian Cold Cut Calzone	1	11.4	oz	629	268	30	12	0	63	1992	61	4	7	29	17	14	35	21	
Luncheon Lasagna with Meatballs	1	13.5	oz	641	277	31	14	1	144	1756	56	5	15	31	23	1	46	19	
Luncheon Meat Lasagna with Meatballs	1	13.6	oz	703	326	36	15	1	162	2016	56	5	14	34	21	1	39	22	
Luncheon Pepperoni Pizza Slices	1	7.2	oz	533	228	25	13	0	58	1233	52	2	2	26	9	7	35	20	
Luncheon Pepperoni, Sausage and Mushroom Calzone	1	14.1	oz	723	354	39	15	0	70	1920	64	5	9	29	20	25	37	27	
Luncheon Sausage, Onion and Green Pepper Calzone	1	15.5	oz	681	319	35	13	0	53	1797	69	6	11	30	28	92	38	24	

Breakfast	Servings Per	Serving Size	Serving Unit	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium(%DV)	Iron (%DV)	
3 Blueberry Pancakes	1	12.3	oz	445	116	13	3	0	0	1167	77	4	18	8	2	18	3	22	
3 Blueberry Pancakes with bacon	1	12.8	oz	532	187	21	6	0	11	1464	77	4	18	12	2	18	3	22	
3 Blueberry Pancakes with home fries	1	1.1	lb	691	198	22	6	0	0	2265	115	8	18	8	4	39	3	31	
3 Blueberry Pancakes with Sausage	1	14.3	oz	678	317	35	11	0	46	1541	78	4	18	15	2	18	3	24	
3 Egg Omelet Garden with Homefries and Toast	1	1.2	lb	771	313	35	9	0	633	1740	82	9	8	28	31	103	14	37	
3 Egg Omelet Ham & Cheese with Homefries and Toast	1	1.0	lb	853	404	45	14	0	673	2464	74	7	4	38	26	30	25	32	
3 Egg Omelet Western with Homefries and toast	1	1.1	lb	799	329	37	10	0	654	2173	78	8	6	34	26	86	14	34	
3 Pancakes	1	9.3	oz	397	113	13	3	0	0	1162	65	2	9	7	0	0	2	21	
3 Pancakes with Bacon	1	9.8	oz	484	184	20	6	0	11	1459	65	2	9	12	0	0	2	21	
3 Pancakes with home fries	1	15.3	oz	643	195	22	6	0	0	2260	103	6	9	7	3	20	3	30	
3 Pancakes with Sausage	1	11.3	oz	630	314	35	11	0	46	1536	66	2	9	14	0	0	2	23	
Big Breakfast w/ Bacon F	1	14.6	oz	816	379	42	12	0	644	2029	73	7	4	31	21	30	13	31	
Big Breakfast w/ Sausage F, Homefries and Toast	1	1.0	lb	962	509	57	17	0	678	2107	74	7	4	33	21	30	13	33	
Breakfast Biscuit F (Bacon)	1	5.5	oz	472	263	29	13	0	227	1210	38	1	4	17	9	0	10	14	
Breakfast Biscuit F (ham)	1	6.0	oz	439	222	25	11	0	232	1241	39	1	5	19	9	0	10	15	
Breakfast Biscuit F (sausage)	1	7.2	oz	647	416	46	19	0	265	1386	39	1	4	22	9	0	10	16	
Breakfast Burrito	1	11.7	oz	767	398	44	19	0	259	1387	58	3	4	32	44	74	55	24	
Breakfast Burrito Bacon J&S	1	14.8	oz	753	377	42	15	0	467	1642	64	5	8	34	67	193	36	30	
Breakfast Burrito Ham J&S	1	15.1	oz	662	290	32	12	0	465	1474	65	5	9	32	67	193	36	31	
Breakfast Burrito Sausage J&S	1	1.0	lb	870	484	54	19	0	498	1620	65	5	8	35	67	193	36	32	
Breakfast Burrito Veggie J&S	1	14.2	oz	637	284	32	11	0	452	1245	64	5	8	28	67	193	36	30	
Breakfast Pizza, Cheese, 14"	8	3.8	oz	280	99	11	6	0	116	551	30	1	1	13	7	4	21	12	
Breakfast Pizza, Cheese, 16"	8	6.2	oz	432	167	19	9	0	274	810	42	2	1	22	14	6	31	18	
Breakfast Pizza, Cheese, 9"	2	8.2	oz	574	239	27	13	0	372	1071	51	2	2	30	20	7	45	22	
Breakfast Pizza, Ham & Bacon, 14"	8	4.6	oz	309	116	13	6	0	185	611	31	1	1	16	8	4	16	13	
Breakfast Pizza, Ham & Bacon, 16"	8	6.5	oz	425	159	18	8	0	274	863	42	2	2	23	12	6	21	19	
Breakfast Pizza, Ham & Bacon, 9"	2	8.8	oz	594	244	27	12	0	377	1255	51	2	2	34	17	7	34	23	
Breakfast Pizza, Veggie, 14"	8	5.9	oz	291	98	11	5	0	177	533	33	2	2	14	21	16	17	16	
Breakfast Pizza, Veggie, 16"	8	8.4	oz	397	134	15	6	0	261	732	45	3	3	20	30	23	23	23	
Breakfast Pizza, Veggie, 9"	2	11.2	oz	541	201	22	10	0	357	996	55	3	4	28	42	30	37	28	
Breakfast Sandwich F (Bacon) on English Muffin	1	5.2	oz	393	242	27	10	0	240	864	25	1	1	19	11	0	22	12	
Breakfast Sandwich F (Bacon)on white bread	1	5.6	oz	442	240	27	10	0	240	1048	32	2	3	22	11	10	19	14	
Breakfast Sandwich F (ham) on English Muffin	1	6.4	oz	356	185	21	7	0	254	1024	27	1	2	23	11	0	22	14	
Breakfast Sandwich F (ham) on white bread	1	6.8	oz	405	183	20	7	0	254	1209	34	2	4	26	11	10	19	16	
Breakfast Sandwich F (sausage) on English Muffin	1	6.7	oz	539	372	41	15	0	274	941	26	1	1	22	11	0	22	14	
Breakfast Sandwich F (sausage) on white bread	1	7.1	oz	588	371	41	15	0	274	1126	33	2	3	25	11	10	19	16	
Breakfast Sandwich F (steak) on English Muffin	1	6.7	oz	437	261	29	10	0	263	735	26	1	1	24	11	0	23	19	
Breakfast Sandwich F (steak) on white bread	1	7.1	oz	486	259	29	10	0	263	920	32	2	3	27	11	10	20	21	
Breakfast Sandwich F, The Really Big Steak	1	9.1	oz	543	271	30	10	0	465	802	40	1	2	31	15	0	12	29	
Breakfast Sandwich F, The Really Big Vermont	1	10.4	oz	780	427	47	18	0	498	1080	57	1	19	33	19	0	25	24	

Breakfast Wrap (Bacon)	1	8.5	oz	633	332	37	13	0	451	1267	50	2	2	29	18	0	27	23
Breakfast Wrap (Ham)	1	9.8	oz	596	276	31	10	0	465	1428	52	2	3	32	18	0	27	25
Breakfast Wrap (Sausage)	1	10.1	oz	779	463	51	18	0	485	1344	51	2	2	31	18	0	27	25
Breakfast Wrap (Steak)	1	10.1	oz	677	351	39	13	0	473	1139	51	2	2	33	18	0	28	30
Breakfast Wrap (Veggie)	1	10.4	oz	561	264	29	10	0	440	997	53	3	3	25	62	26	30	29
French Toast	1	6.9	oz	444	151	17	4	0	215	728	52	4	6	19	7	16	14	21
French Toast with Bacon	1	7.4	oz	532	221	25	7	0	226	1025	52	4	6	23	7	16	14	21
French Toast with home fries	1	12.9	oz	690	232	26	6	0	215	1826	90	8	6	19	10	36	15	29
French Toast with Sausage	1	8.9	oz	677	351	39	12	0	260	1102	53	4	6	26	7	16	14	23
Side 2 eggs	1	3.7	oz	189	132	15	4	0	422	143	1	0	1	12	13	0	5	8
Side Bacon	1	0.4	oz	87	70	8	3	0	11	297	0	0	0	4	0	0	0	0
Side Biscuit	1	3.0	oz	304	133	15	7	0	0	806	37	1	4	6	0	0	2	10
Side English Muffin	1	2.2	oz	161	51	6	1	0	0	217	25	1	1	4	0	0	8	8
Side Home Fries	1	6.0	oz	246	81	9	3	0	0	1098	38	4	0	0	2	20	0	9
Side Sausage	1	2.0	oz	233	200	22	8	0	46	375	1	0	0	7	0	0	0	2
Side Toast	1	2.7	oz	221	51	6	1	0	0	428	33	3	3	8	0	10	5	10
Single Pancake	1	3.1	oz	119	23	3	1	0	0	381	22	1	3	2	0	0	1	7
Steak and Egg Sandwich	1	9.8	oz	598	290	32	14	0	328	1049	48	1	3	31	12	15	26	19
Traditional Breakfast w/ Bacon	1	6.8	oz	497	253	28	8	0	433	868	34	3	3	24	13	10	10	18
Traditional Breakfast w/ Sausage	1	8.4	oz	643	383	43	13	0	467	946	36	3	3	27	13	10	10	20
Western Omelet Sandwich	1	10.8	oz	549	243	27	11	0	305	1389	54	2	6	27	17	78	26	13
Wicked Big Breakfast w/ Bacon	1	1.2	lb	953	353	39	11	0	433	2718	116	8	10	29	15	30	12	41
Wicked Big Breakfast w/ Sausage	1	1.3	lb	1098	483	54	16	0	467	2795	117	8	10	32	15	30	12	43
Granola	1	3.0	oz	387	125	14	2	0	0	294	59	5	23	6	0	0	0	9
Muffin Apple Streusel	1	6.0	oz	420	90	10	2	0	120	480	75	1	40	8	2	0	2	4
Muffin Banana Nut	1	6.0	oz	440	117	13	3	0	125	420	76	1	43	9	2	2	2	4
Muffin Chocolate Chip	1	6.0	oz	470	126	14	5	0	120	420	88	2	48	8	2	0	2	6
Muffin Cranberry Orangel	1	6.0	oz	410	81	9	2	0	120	410	75	3	43	8	2	8	2	4
Muffin, Blueberry	1	6.0	oz	420	90	10	2	0	120	460	75	1	41	8	2	0	2	4
Toast	1	3.0	oz	327	171	19	3	0	0	454	31	2	2	7	1	10	5	10
Yogurt Cup, Blueberry	1	8.9	oz	321	54	6	1	0	8	180	59	3	38	8	17	9	16	3
Yogurt Cup, Mixed berry	1	9.4	oz	343	54	6	1	0	8	180	65	3	44	8	17	22	16	4
Yogurt Cup, Strawberry	1	9.4	oz	357	53	6	1	0	8	178	69	2	48	8	16	32	16	4