



NUTRITIONAL FACTS

Nutrition Facts	Serving Size (g)	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat	Trans Fat (g)	Cholesterol (mg)	% Daily Value **	Sodium (mg)	% Daily Value **	Carbohydrates (g)	% Daily Value **	Dietary Fiber	% Daily Value **	Sugars (g)	Protein (g)	% Daily Value			
																		Vitamin A	Vitamin C	Calcium	Iron
Pasta																					
Balsamic Sausage *(AG)	492g	1 Serving	1026	556	62	20.6	<1	99	33	1650	69	85	28	6	22	10	36	44	135	0	29
Broccoli Rabe & Sausage *(AG)	483g	1 Serving	931	452	50	14.9	<1	73	24	1728	72	81	27	8	34	4	44	92	68	0	45
Chicken Broccoli Alfredo	493g	1 Serving	936	425	47	18.1	<1	145	48	1031	43	85	28	6	22	9	52	32	134	0	25
Chicken Florentine *(AG)	731g	1 Serving	810	236	26	6	<1	76	25	1503	63	93	31	10	40	17	49	227	97	0	54
Chick Pea & Vegetable (VG)(VN)(H)*(AG)	482g	1 Serving	845	319	35	4	<1	N/A	N/A	648	27	107	36	18	73	6	30	93	80	0	58
Eggplant Parmesan (VG)	494g	1 Serving	505	276	31	12.4	N/A	62	21	1999	83	36	12	4	17	10	24	49	69	0	13
Gnocchi Al Pesto (VG)	417g	1 Serving	906	489	54	13.7	N/A	180	60	2590	108	78	26	6	22	7	25	39	5	0	21
Linguini & Clams	484g	1 Serving	828	351	39	12.6	<1	103	34	1523	63	81	27	4	16	5	41	18	8	0	41
Mediterranean Vegetable (VG)(VN) *(AG)	577g	1 Serving	571	171	19	2	<1	N/A	N/A	622	26	87	29	8	33	9	16	121	107	0	30
Rustic Meat Lasagna	470g	1 Serving	739	369	41	19.6	<1	118	39	1814	76	53	18	4	15	9	42	44	60	0	23
Shrimp Puttanesca (H)*(AG)	658g	1 Serving	794	273	30	3	<1	249	83	2092	87	94	31	7	29	11	42	35	124	0	47
Spinach & Portabello Ravioli with Alfredo Sauce (VG)	351g	1 Serving	529	234	26	15.0	N/A	98	33	1319	55	45	15	5	18	4	26	109	18	0	14
Spinach & Portabello Ravioli with Red Sauce (VG)	354g	1 Serving	455	164	18	9.9	N/A	72	24	1387	58	45	15	5	21	4	23	112	35	0	16
Pizza																					
Cheese	114g	1 Slice	244	78	9	4	<1	25	8	692	29	29	10	0	0	2	12	8	6	0	12
Pepperoni	128g	1 Slice	310	129	14	6.6	<1	42	14	945	39	30	10	0	0	2	15	8	7	0	13
Vegetable	150g	1 Slice	274	99	11	4	<1	25	8	841	35	32	11	<1	2	2	13	9	19	0	12

All Pizzas can be made to Avoid Gluten.

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																		Vitamin A	Vitamin C	Calcium	Iron
Calzones																					
Broccoli & Cheese	204g	1 Calzone	448	84	9	4	<1	19	6	940	39	72	24	1	4	2	20	3	26	0	27
Chicken Pesto Chicken	213g	1 Calzone	320	127	14	5	<1	110	37	452	19	4	1	0	0	<1	42	16	19	0	8
Meatball	349g	1 Calzone	917	412	46	18	2	203	68	1693	71	71	24	1	4	5	52	13	13	0	45
Sausage & Pepper	365g	1 Calzone	738	320	36	13	<1	74	25	2117	88	66	22	2	7	6	37	23	74	0	31
Sandwiches																					
Caprese Sandwich (VG)	309g	1 Sandwich	721	330	37	14.4	N/A	81	27	1122	47	68	23	3	13	4	29	62	29	0	24
Classic Italian Sandwich	307g	1 Sandwich	567	190	21	9.1	N/A	81	27	2013	84	61	20	3	11	2	37	14	12	0	26
Roasted Turkey and Sundried Tomato Sandwich	291g	1 Sandwich	683	298	33	8.7	N/A	54	18	2034	85	68	23	4	17	7	33	11	15	0	30
All Sandwiches can be made to Avoid Gluten.																					
Salads(Without Dressing)																					
Antipasto Salad (AG)	454g	16oz	698	416	46	25.3	N/A	173	58	1930	80	22	7	4	17	6	48	209	121	0	17
Caesar Salad, Entrée (VG)(AG)	159g	5.7 oz	95	46	5	3	N/A	12	4	300	12	5	2	3	12	2	8	167	57	0	8
Caesar Salad, Side (VG)(AG)	94g	3.3 oz	50	23	3	2	N/A	6	2	151	6	3	1	2	7	1	4	100	34	0	5
Spinach Salad, Entrée (VG)	227g	8oz	426	221	25	7.4	N/A	25	8	655	27	37	12	6	25	24	14	272	66	0	25
Spinach Salad, Side (VG)	128g	4.5oz	216	111	12	4	N/A	13	4	339	14	19	6	3	14	12	7	163	40	0	15
Garden Salad, Entrée (VG)(VN)(H)(AG)	215g	7.5 oz	36	0	0	0	N/A	0	0	42	2	7	2	3	10	3	3	214	54	0	8
Garden Salad, Side (VG)(VN)(H)(AG)	130g	4.6oz	22	0	0	0	N/A	0	0	25	1	5	2	2	6	2	2	128	33	0	5
Salad Toppings																					
Seasoned Chicken Breast (AG)	142g	4oz	156	16	2	0	<1	82	27	329	14	0	0	0	0	0	33	0	3	0	6
Italian Tuna Salad (AG)	156g	5.5oz	119	81	9	1	N/A	0	0	622	26	8	3	1	5	5	2	33	81	0	4
Chicken Pesto Salad	170g	6oz	235	81	9	2	<1	87	29	446	19	1	0	0	0	<1	35	14	27	0	7

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																		Vitamin A	Vitamin C	Calcium	Iron
Dressings																					
Dressing, Balsamic Vinaigrette (VG)(H)(AG)	43g	1 Packet	140	110	13	2	0	0	0	340	14	7	2	0	0	7	0	0	0	0	0
Dressing, Buttermilk Ranch (VG)(VN)(H)(AG)	43g	1 Packet	200	200	22	3.5	0	15	5	330	14	1	0	0	0	1	0	0	0	2	0
Dressing, Caesar (VG)	43g	1 Packet	230	210	23	4	0	10	3	280	12	5	2	0	0	3	1	0	2	4	0
Dressing, Chipotle Ranch (VG)(AG)	30g	1 Packet	120	110	12	2	0	5	2	210	9	3	1	0	0	2	0	0	0	0	0
Dressing, Honey Mustard (VG)(AG)	43g	1 Packet	160	130	14	2	0	5	2	400	17	9	3	0	0	7	1	0	2	0	2
Dressing, Italian (VG)(VN)(H)(AG)	43g	1 Packet	120	100	12	2	0	0	0	680	28	4	1	0	0	4	0	0	0	0	0
Dressing, Peppercorn Parmesan (VG)(AG)	43g	1 Packet	190	170	20	3.5	0	10	3	480	20	3	1	0	0	2	1	0	0	6	0
Olive Oil (VG)(VN)(H)(AG)	14g	1 Packet	120	0	14	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Balsamic Vinegar (VG)(H)(AG)	14g	1 Packet	0	0	0	0	0	0	0	N/A	N/A	2	<1	N/A	N/A	2	N/A	N/A	N/A	N/A	2
Sides																					
Breadstick (VG)	53g	1.87oz	120	0	0	0	0	0	0	410	17	24	8	1	4	0	3	0	2	0	8
Cape Cod Chips (VG)(VN)(H)(AG)	28.4g	1oz	140	90	8	0.5	0	0	0	150	6	17	6	1	4	0	2	0	20	0	2
Apple (VG)(VN)(H)(AG)	138g	1 Apple	72	0	0	0	N/A	0	0	0	0	19	6	3	13	14	0	0	11	0	0
Banana (VG)(VN)(H)(AG)	113g	4oz	101	0	0	0	N/A	0	0	0	0	26	9	3	12	N/A	1	0	16	0	0
Orange (VG)(VN)(H)(AG)	113g	4oz	55	0	0	0	N/A	0	0	0	0	14	5	2	10	N/A	1	6	111	0	0
Fruit Salad (VG)(VN)(H)(AG)	171g	6 oz	72	0	0	0	N/A	0	0	21	1	18	6	2	6	16	1	48	76	0	2
Pizza, Cheese	114g	1 Slice	244	78	9	4	<1	25	8	692	29	29	10	0	0	2	12	8	6	0	12
Pizza, Pepperoni	128g	1 Slice	310	129	14	6.6	<1	42	14	945	39	30	10	0	0	2	15	8	7	0	13
Pizza, Vegetable	150g	1 Slice	274	99	11	4	<1	25	8	841	35	32	11	<1	2	2	13	9	19	0	12

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																		Vitamin A	Vitamin C	Calcium	Iron
Soups																					
Baked Potato Broccoli Cheddar (VG)	213g	7.5floz	204	126	14	8.9	N/A	39	13	868	36	13	4	1	4	2	7	13	20	0	3
Beef Barley	204g	7.2floz	109	36	4	1	<1	13	4	518	22	12	4	3	10	2	7	45	7	0	6
Beef Chili (AG)	307g	10.8floz	315	152	17	5.9	<1	53	18	933	39	21	7	5	18	8	19	18	38	0	16
Beef Minestrone	214g	7.5floz	104	36	4	1	<1	20	7	527	22	7	2	2	8	3	9	58	13	0	7
Beef Mushroom (AG)	220g	7.7floz	93	36	4	1	<1	13	4	518	22	8	3	1	6	2	6	45	11	0	6
Broccoli Cheddar (VG)	248g	8.7floz	242	177	20	12.3	N/A	59	20	803	33	11	4	2	7	2	7	48	76	0	3
Butternut Bisque (VG)	153g	5.4floz	170	124	14	8.6	<1	46	15	472	20	11	4	<1	4	2	2	66	7	0	3
Chicken and Roasted Corn	247g	8.7floz	215	142	16	9.1	<1	56	19	893	37	12	4	1	4	2	7	12	5	0	2
Chicken and Sausage Gumbo	308g	10.8floz	218	138	15	7.9	<1	51	17	846	35	11	4	2	8	2	10	21	53	0	5
Chicken Noodle	237g	8.3floz	72	23	3	0	<1	15	5	589	25	6	2	1	4	2	6	52	5	0	0
Chicken and Rice	238g	8.4floz	73	23	3	0	<1	15	5	591	25	6	2	1	4	1	6	52	5	0	2
Corn Chowder (VG)	260g	9.1floz	205	130	14	8.9	N/A	42	14	771	32	17	6	2	6	2	3	12	9	0	2
Country French Onion (VG)	286g	10floz	248	178	20	11.9	N/A	59	20	1061	44	15	5	2	6	4	6	15	12	0	0
Cream of Mushroom (VG)	250g	8.8floz	174	127	14	8.8	N/A	42	14	785	33	9	3	<1	3	2	4	9	4	0	2
Cream of Potato with Bacon	249g	8.7floz	288	187	21	12.4	<1	65	22	1122	47	16	5	1	5	3	10	14	11	0	3
Creamy Tomato Parmesan (VG)	227g	8floz	256	185	21	10.1	N/A	48	16	753	31	13	4	<1	4	7	9	30	32	0	4
Cuban Black Bean (VG)(VN)(H)(AG)	251g	8.8floz	193	20	2	0	<1	N/A	N/A	1085	45	33	11	13	53	1	11	43	22	0	20
French Onion (AG)	254g	9floz	155	85	9	5.5	N/A	23	8	1390	58	17	6	3	11	8	3	7	21	0	3
Italian Lentil (VG)(VN)(AG)	253g	8.9floz	179	20	2	0	<1	N/A	N/A	670	28	28	9	13	52	3	11	57	7	0	18
Italian Wedding	257g	9floz	98	46	5	1	<1	24	8	590	25	5	2	1	4	2	8	61	5	0	3
Italian Sausage, Potato & Kale (AG)	227g	8floz	136	75	8	3	<1	16	5	787	33	10	3	1	5	2	6	73	26	0	5
Manhattan Clam Chowder	270g	9.5floz	106	6	1	0	N/A	29	10	631	26	11	4	2	7	3	14	11	22	0	15
New England Clam Chowder	258g	9floz	243	138	15	9.5	N/A	78	26	482	20	11	4	<1	4	<1	15	12	7	0	13
Roasted Cauliflower (VG)	290g	10.2floz	205	170	19	10.9	<1	53	18	688	29	7	2	2	10	3	3	13	64	0	3
Sausage and White Bean (AG)	274g	9.6floz	248	134	15	5.9	<1	32	11	1069	45	16	5	4	18	2	16	66	5	0	9

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																		Vitamin A	Vitamin C	Calcium	Iron
Spinach Feta and Roasted Red Pepper (VG)	252g	8.8floz	210	156	17	11.1	N/A	54	18	1011	42	9	3	1	4	2	4	54	11	0	0
Split Pea with Ham (AG)	280g	9.8floz	244	21	2	1	<1	13	4	1170	49	39	13	16	62	6	18	60	5	0	16
Sweet Potato and Kale	230g	8floz	119	19	2	0	<1	N/A	N/A	687	29	22	7	4	15	2	4	149	24	0	6
Tomato and Wild Mushroom (VG)(VN)(AG)	257g	9floz	66	17	2	0	<1	N/A	N/A	832	35	8	3	1	6	4	3	7	11	0	4
Tomato Spinach (VG)(VN)(H)(AG)	224g	7.9floz	63	8	1	0	<1	N/A	N/A	892	37	10	3	2	7	6	3	31	20	0	4
Vegetable Chili (VG)(VN)(H)(AG)	265g	9.3floz	156	16	2	0	<1	N/A	N/A	1038	43	28	9	7	30	6	8	75	51	0	13
Vegetable Minestrone (VG)(VN)(H)	261g	9.2floz	60	8	1	0	<1	<5	1	858	36	10	3	3	10	4	3	62	14	0	3
Dessert																					
Dessert Trio (VG)	113g	1 Pack	414	230	26	17.2	<1	104	35	217	9	41	14	2	9	32	6	18	7	0	7
Plain Cannoli (VG)	93g	1 Cannoli	272	149	17	6.5	N/A	37	12	65	3	23	8	<1	3	11	8	5	0	0	6
Tiramisu (VG)	62g	1 Square	267	48	5	3	N/A	<5	1	0	0	55	18	1	5	52	1	0	0	0	3
Beverages																					
Aqua Health																					
Cucumber (VG)(VN)(H)(AG)	236mL	8 fl oz	0	N/A	0	N/A	N/A	N/A	N/A	N/A	N/A	0	0	N/A	N/A	0	0	N/A	N/A	N/A	N/A
Lime Mint (VG)(VN)(H)(AG)	236mL	8 fl oz	0	N/A	0	N/A	N/A	N/A	N/A	N/A	N/A	0	0	N/A	N/A	0	0	N/A	N/A	N/A	N/A
Peach (VG)(VN)(H)(AG)	236mL	8 fl oz	0	N/A	0	N/A	N/A	N/A	N/A	N/A	N/A	0	0	N/A	N/A	0	0	N/A	N/A	N/A	N/A
Pepsi																					
Diet Pepsi* (VG)(VN)(H)(AG)	591 mL	20 fl oz	0	N/A	0	N/A	N/A	N/A	N/A	55	N/A	0	N/A	N/A	N/A	0	0	N/A	N/A	N/A	N/A
Dr. Pepper (VG)(VN)(H)(AG)	355mL	12 fl oz	140	N/A	0	N/A	N/A	N/A	N/A	45	2	39	13	N/A	N/A	38	0	N/A	N/A	N/A	N/A
Ginger Ale (VG)(VN)(H)(AG)	355mL	12 fl oz	120	0	0	N/A	N/A	N/A	N/A	60	3	33	11	N/A	N/A	32	0	N/A	N/A	N/A	N/A
Lemon Brisk* (VG)(VN)(H)(AG)	591 mL	20 fl oz	150	N/A	0	N/A	N/A	N/A	N/A	35	N/A	44	N/A	N/A	N/A	44	0	N/A	N/A	N/A	N/A
Mug Rootbeer (VG)(VN)(H)(AG)	591 mL	20 fl oz	260	N/A	0	N/A	N/A	N/A	N/A	105	4	71	24	N/A	N/A	71	0	N/A	N/A	N/A	N/A
Pepsi* (VG)(VN)(H)(AG)	591 mL	20 fl oz	220	N/A	0	N/A	N/A	N/A	N/A	45	N/A	61	N/A	N/A	N/A	61	0	N/A	N/A	N/A	N/A
Sierra Mist* (VG)(VN)(H)(AG)	591 mL	20 fl oz	220	N/A	0	N/A	N/A	N/A	N/A	45	N/A	59	N/A	N/A	N/A	59	0	N/A	N/A	N/A	N/A
Tropicana Pink Lemonade* (VG)(VN)(H)(AG)	591 mL	20 fl oz	220	N/A	0	N/A	N/A	N/A	N/A	230	N/A	59	N/A	N/A	N/A	59	0	N/A	N/A	N/A	N/A

*Nutritional Information for Beverages was measured with 25% ice.

*(AG)-Can be made to avoid gluten. Ask for gluten free pasta when ordering.

Nutritional Disclaimer: Red Sauce has made a reasonable effort to provide the above nutritional and ingredient information. The information is based upon representative values of standard recipes and product formulations, and is derived from a variety of resources, such as information provided by suppliers, included in published resources, and derived from analyses following governmental guidelines using formulation and nutrition labeling software. Information values may reflect federal rounding and other applicable regulations. Red Sauce cannot guarantee the nutritional information provided on this site is fully accurate as it relates to prepared menu items. Menu items are made to order by hand. This may cause slight variations in ingredient serving sizes which may affect nutrition values for the product. Variations may also occur due to: seasonal conditions; use of an alternate supplier; ingredient substitutions and differences in product assembly or size. Special items may not be included and not all items listed may be available at all times. Updated 9/29/2016