



## Nutritional Information

All items are handcrafted. Nutritional content may vary because of changes in growing seasons, different suppliers, slight variations in our recipes, or the different places that we buy our ingredients. All nutritional information was gathered using manufacturer labels and USDA nutritional information.

*Updated as of November 2012*

Category	Portion	Calories	Fat (g)	Carbs (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)
<b>Dressing</b>								
Balsamic Vinaigrette	2 tbsp	60	5	4	0	0	190	0
Blue Cheese	2 tbsp	160	3.5	1	0	0	270	0
Chianti Italian	2 tbsp	180	20	2	0	0	320	0
Creamy Caesar	2 tbsp	150	16	2	1	0	300	0
Dijon Honey Mustard	2 tbsp	130	11	7	0	15	180	0
Fat Free Caesar	2 tbsp	20	0	3	0	0	590	0
Fat free Italian	2 tbsp	10	0	3	0	0	490	0
Golden Italian	2 tbsp	140	14	2	0	0	290	0
Greek	2 tbsp	140	15	0	0	0	240	0
Poppy Seed	2 tbsp	130	10	8	0	15	260	0
Raspberry Vinaigrette	2 tbsp	50	3.5	5	0	0	300	0
<b>Sauces</b>								
BBQ Sauce	2 tbsp	45	0.5	9	0	0	410	0
Buffallo Sauce	1 tsp	0	0	0	0	0	190	0
Cranberry	1/4 cup	100	0	26	0	0	35	1
Dijon Mustard	1 tsp	5	0	26	0	0	35	1
Honey Mustard	1 tsp	10	0	1	0	0	30	0
Marinara Sauce	1 oz	9	0	1	0	0	79	0
Mayonnaise	1 tbsp	100	11	0	0	10	75	0
Peanut Sauce	1 tbsp	45	2.5	4	1	0	240	0
Pesto	1 tbsp	67.5	7	1	2	5	75	1

Category	Portion	Calories	Fat (g)	Carbs (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)
<b>Bread</b>								
Baquette	1/2 roll	190	2	37	7	0	390	2
Braided Roll	1/2 roll	160	1	33	6	0	190	less than 1
Foccacia	1 piece	372	5	70	9	0	255	3
Spinach Wrap	1 piece	368	10	52	9	0	320	2
Sundried Tomato Wrap	1 piece	368	10	52	10	0	315	2
Wheat Wrap	1 piece	260	10	50	10	0	345	4
Whole Wheat Foccacia	1 piece	378	6	72	14	0	280	12
Whole Wheat Roll	1 piece	157	3	30	6	0	117	5
White Roll	1 piece	167	3	29	4	0	106	1
<b>Salad</b> Salads don't include dressing. See dressing section								
Garden - Small	1 each	37	1	7	2	0	54	3
Garden - Large	1 each	66	1	12	4	0	105	5
Caesar - Small	1 each	109	4	13	7	6	265	2
Caesar - Large	1 each	217	7	27	13	12	529	13
Caprese - Small	1 each	113	7	7	8	22	157	3
Caprese - Large	1 each	223	14	13	15	44	313	5
Greek - Small	1 each	105	7	7	6	25	346	3
Greek - Large	1 each	206	13	13	12	50	690	5
Campos - Small	1 each	193	11	16	11	30	111	3
Campos - Large	1 each	385	21	32	21	60	221	6
Antipasto	1 each	420	23	40	21	4	816	13
Chef Salad	1 each	352	25	12	21	57	1250	5
Chicken Pesto - Small	1 each	355	17	229	30	89	477	7
Chicken Pesto - Large	1 each	710	34	458	60	178	954	14
<b>Sandwiches</b> Sandwiches do not include bread. See bread section.								
Aresa with Chicken	1 each	607	41	4	52	191	818	1
Arrabiata	1 each	526	15	5	51	222	751	1
Basilcata	1 each	429	34	10	20	70	861	2
Basilcata with Chicken	1 each	552	37	6	46	180	866	2
Basilcata with Chicken & Proscuitto	1 each	657	43	8	57	218	1631	2

Category	Portion	Calories	Fat (g)	Carbs (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)
Basilcata with Prosciutto	1 each	431	33	8	24	82	1542	2
Chicken Parmesan	1 each	811	47	31	62	226	992	2
Eggplant Parmesan	1 each	577	31	62	14	5	837	8
Grilled Chicken	1 each	506	23	9	59	226	587	3
Grilled Steak	1 each	462	26	9	42	108	498	3
Meatball	1 each	594	43	16	34	140	2123	2
Milano	1 each	460	23	10	52	217	347	2
Pavarotti	1 each	540	34	40	35	94	1817	17
Peasant Chicken	1 each	329	21	20	19	82	568	4
Pesto Chicken	1 each	467	23	5	58	226	465	1
Prato	1 each	484	35	39	18	31	641	18
Prao with Chicken	1 each	717	45	39	52	169	780	18
Rucce with Ham	1 each	396	21	13	30	117	1845	0
Rucce with Turkey	1 each	366	16	9	32	107	1645	0
Sam Buco	1 each	288	13	14	26	80	1647	2
Sausage, Peppers & Onions	1 each	989	3	13	45	140	2436	2
Terra Luna	1 each	284	11	12	30	56	660	2
Torino	1 each	523	28	26	46	164	1179	4
Tuscany	1 each	198	5	16	21	54	1212	1
Vegetariano	1 each	275	17	35	7	7	295	14
Viga Chicken Club	1 each	601	37	9	53	206	1299	2
<b>Wraps</b>								
Bari	1 each	787	26	76	51	138	1139	8
BBQ Chicken	1 each	701	16	83	45	138	1420	6
BBQ Steak	1 each	774	24	83	45	88	1401	6
Bello	1 each	686	27	75	22	21	1584	7
Bello with Chicken	1 each	919	37	75	56	159	1723	7
Bello with Steak	1 each	992	45	75	56	109	1704	7
Buffalo Chicken	1 each	869	25	85	42	122	1371	6
Caesar	1 each	485	19	56	14	6	1202	7
Caesar with Chicken	1 each	718	29	56	48	143	1342	7
Campos with Chicken	1 each	553	16	79	19	30	983	9
Capalle	1 each	837	37	73	52	108	1293	7
Greek	1 each	446	17	53	11	0	1189	9

Category	Portion	Calories	Fat (g)	Carbs (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)
Greek with Chicken	1 each	679	27	53	44	138	1329	9
Montalcino	1 each	762	27	49	67	202	1210	6
Naples	1 each	627	21	74	29	82	1250	10
Olmo	1 each	822	47	99	33	42	1724	29
Sorrento	1 each	507	11	54	39	56	1293	7
Steak Bellino	1 each	829	30	74	53	108	1286	6
Treviso	1 each	876	34	72	54	159	1677	7
Turkey Club	1 each	871	47	55	49	108	3077	8
Verona	1 each	764	29	73	52	157	1311	7
<b>Pizza Slices</b>								
BBQ Chicken	1 each	489	12	76	21	28	1001	3
Blanco	1 each	617	30	63	24	84	658	3
Buffalo Chicken	1 each	468	13	65	21	28	542	3
Cheese	1 each	382	9	60	15	5	430	2
Chicken Florentine	1 each	388	8	60	18	29	403	3
Chicken Parmesan	1 each	458	13	63	21	28	477	2
Chicken Pesto	1 each	472	16	61	21	29	627	2
Ferrara	1 each	476	17	61	19	20	815	2
Formaggio	1 each	558	24	62	24	38	627	2
Hawaiian	1 each	463	12	69	20	22	803	2
Marherita	1 each	475	16	61	21	49	485	3
Meatlovers	1 each	524	14	62	25	45	852	2
Mushroom	1 each	392	9	62	16	5	431	3
Pepperoni	1 each	476	17	61	19	20	815	2
Sausage	1 each	459	9	61	19	17	606	2
Trentino	1 each	431	11	65	21	28	455	3
Vegetable	1 each	397	9	66	16	5	433	3
Venetia	1 each	466	9	62	19	17	608	2
Verdura	1 each	393	9	62	16	5	435	3
Vigaro	1 each	525	14	62	23	36	686	2
<b>Calzones</b>								
Buffalo Chicken	1 each	554	18	69	27	49	620	3
Chicken & Broccoli	1 each	473	13	62	26	49	479	3

Category	Portion	Calories	Fat (g)	Carbs (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)
Chicken Florentine	1 each	418	9	61	23	47	383	3
Chicken Parmesan	1 each	548	19	67	27	49	563	2
Chicken Pesto	1 each	547	21	61	26	50	736	2
Ham & Cheese	1 each	595	24	65	31	39	1387	2
Meatlovers	1 each	638	18	63	30	67	1146	2
Sausage & Carmelized onions	1 each	463	11	68	18	12	563	3
Spinach & Pepperoni	1 each	514	19	64	21	22	972	4
Steak & Cheese	1 each	494	16	66	25	33	469	2
Vegetable	1 each	428	11	67	15	3	507	4
<b>Entrees</b>								
Meat Lasagna	1 each	575	28	44	31	77	802	3
Pasta with Eggplant - large	1 each	923	36	125	26	80	1336	10
Pasta with Italian Sausage - large	1 each	954	7	93	40	178	1728	2
Pasta with Italian Sausage - small	1 each	526	4	56	22	101	868	1
Pasta with Marinara Sauce - large	1 each	494	7	91	18	108	668	2
Pasta with Marinara Sauce - small	1 each	296	4	55	11	66	338	1
Pasta with Meatballs - large	1 each	794	7	97	36	188	1688	2
Pasta with Meatballs - small	1 each	446	4	58	20	106	848	1
Roasted Vegetable	1 each	509	20	56	27	65	246	9
Three Cheese Lasagna	1 each	483	19	48	25	70	639	3
<b>Sautee Dishes - individual</b>								
Baked Ziti - large	1 each	477	13	69	21	106	590	1
Baked Ziti - small	1 each	325	9	47	14	73	402	1
Chicken Florentine - large	1 each	974	34	93	72	222	1284	4
Chicken Florentine - small	1 each	503	17	50	37	115	644	2
Chicken Marsala - large	1 each	537	16	54	31	146	1117	1
Chicken Marsala - small	1 each	350	11	35	20	95	729	1
Chicken Picata - large	1 each	525	15	51	32	160	773	0
Chicken Picata - small	1 each	343	10	33	21	105	504	0
Chicken Pomodoro - large	1 each	483	13	60	28	125	1060	3
Chicken Pomodoro - small	1 each	315	8	39	18	82	691	2
Chicken Spicolli - large	1 each	960	39	74	76	249	1354	4
Chicken Spicolli - small	1 each	496	20	40	39	128	679	2

Category	Portion	Calories	Fat (g)	Carbs (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)
Chicken, Zit & Broccoli - small	1 each	723	55	34	21	217	605	1
Chicken, Ziti & Broccoli - large	1 each	1108	84	52	32	332	928	1
Pasta Primavera - large	1 each	853	60	60	18	211	699	4
Pasta Primavera - small	1 each	556	39	39	12	137	456	2
Penne Alla Viga - large	1 each	959	67	56	30	256	1694	1
Penne Alla Viga - small	1 each	625	44	37	20	167	1105	1
Penne Badia - large	1 each	921	60	61	33	249	1559	3
Penne Badia - small	1 each	601	39	40	21	162	1017	2
Pesto Linguine - large	1 each	1030	64	84	25	111	2369	2
Pesto Linguine - small	1 each	634	39	52	15	68	1458	1
Pollo Balsamico - large	1 each	514	14	63	35	127	1528	4
Pollo Balsamico - small	1 each	335	9	41	23	83	886	2
Pollo Brozi - large	1 each	826	53	57	30	242	791	2
Pollo Brozi - small	1 each	539	34	37	20	158	516	1
Pollo Toscano - large	1 each	460	12	53	26	126	507	2
Pollo Toscano - small	1 each	300	8	35	17	82	331	1
Stuffed Chicken - large	1 each	978	35	90	74	258	1452	6
Stuffed Chicken - small	1 each	505	18	48	37	133	728	3
Stuffed shells - large	1 each	646	30	60	37	204	1363	4
Stuffed shells - small	1 each	368	18	33	21	102	897	3