



The following nutrition information is calculated utilizing a combination of internal nutritional analysis and independent laboratory analysis. An effort is made to provide complete and current nutrition information, however, the handcrafted nature of our menu items and changes in recipe, ingredients and kitchen procedures may cause variations from these values to occur. Therefore, the values shown here should be considered approximations. A 2,000 calorie daily diet is used for general nutrition advice but calorie needs vary.

	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
<b>Starters (480 - 1030 Cals)</b>										
Calamari	700	35	6	0	485	1750	54	3	5	36
Crispy Shrimp Napoli	870	49	20	0	165	3040	85	4	7	20
Crispy Mozzarella Ravioli	1040	64	18	0	90	2010	84	3	7	28
Artichoke & Spinach Formaggio	1020	52	20	0	100	2910	101	8	6	36
Margherita Flatbread	560	42	13	0	50	1160	25	2	5	21
Chicken Bacon Spinach Flatbread	660	48	18	0	95	1870	25	1	4	32
Pepperoni Flatbread	480	21	14	0	60	1360	24	2	4	19
Meatballs & Ricotta	570	38	16	0	125	1910	25	2	6	34
<b>Soup &amp; Side Salads (170 - 420 Cals)</b>										
Insalata Della Casa	300	24	7	0	45	600	8	2	3	11
Chopped Salad	240	20	3.5	0	10	910	11	3	3	5
Caesar Salad	420	38	5	0	25	430	14	2	2	6
Tomato Caprese	210	18	6	0	25	550	5	1	3	8
Lobster Bisque, Bowl	390	32	21	0	150	1130	13	0	1	6
Italian Wedding Soup, Bowl	170	6	3	0	15	1240	12	1	2	9
<b>Garden Salads (440 - 890 Cals)</b>										
Mediterranean Vegetable Salad	440	25	3.5	0	5	920	36	6	18	10
Grilled Chicken Chopped Salad	890	68	9	0.5	100	1270	33	8	14	37
Grilled Salmon Salad	800	63	8	0	100	1070	19	5	8	40
Romano Crusted Chicken Salad	820	50	14	0	245	2170	42	4	11	46
<b>Pizza (680 - 940 Cals)</b>										
Cheese Pizza	680	21	10	0	45	2110	91	5	4	31
Margherita Pizza	890	40	15	0	65	1950	95	6	7	39
Pepperoni Pizza	870	16	19	0	90	2950	96	5	7	39
Sicilian Pizza	940	29	19	0	115	2690	96	6	7	48

Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nuts	Wheat
X	X	X			X			X
		X			X			X
X		X			*	X		X
		X						X
		X				X		X
		X				X		X
		X				X		X
X		X						X
X		X			*	X		X
		X					X	X
	X	X			*			*
X		X			*	X		X
		X						X
		X						X
		X						X
X		X						X

Items denoted with an asterisk (\*) contain ingredient(s) that are fried in fryers which are also used to cook shellfish and/or wheat



	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
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**Pasta (610 - 1790 Cals)**

Pasta Bravo	1200	49	22	0.5	160	2620	125	0	12	61
Spaghetti Bolognese	820	33	14	0	95	1960	89	5	11	40
Lasagna	1790	85	49	0	315	3080	161	10	17	83
Spaghetti Pomodoro	610	20	8	0	35	1220	87	6	12	22
Pasta Woozie	1000	50	27	0	225	2800	88	4	3	51
Spaghetti & Meatballs	1020	45	17	0	115	2920	107	9	21	50
Chicken Fra Diavolo	880	41	18	0	140	2100	88	1	8	37
Shrimp Fra Diavolo	780	37	17	0	135	1450	87	5	8	20
Fettuccine Alfredo	780	36	22	0	155	1690	95	4	3	22
Shrimp Alfredo	810	40	23	0	200	1960	82	0	3	24
Shrimp Scampi	770	28	10	0	90	1920	103	4	7	22
Lobster & Shrimp Fettuccine	900	43	16	0	265	2440	81	2	3	41

**Parms (1190 - 1450 Cals)**

Eggplant Parmesan	1190	70	31	0	120	2390	106	10	20	37
Veal Parmesan	1290	67	33	0	180	2890	108	6	12	62
Chicken Parmesan	1450	61	31	0	235	4140	140	7	18	83

**Land & Sea (480 - 1560 Cals)**

Chicken Caprese	880	27	8	0	200	2740	44	10	18	91
Chicken Marsala	710	30	12	0	210	2520	34	5	7	69
Chicken Scaloppine	1400	79	38	0	230	3550	99	1	8	69
Grilled Salmon Fresca	630	38	7	0	110	1720	27	5	11	43
Filet Mignon	480	29	15	0.5	130	2520	22	4	2	33
Pork Chops	1260	72	24	0	365	2810	29	7	7	128
New York Strip	1140	76	31	0	325	3650	23	4	2	88

Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nuts	Wheat
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X		X				X		X
		X				X		X
X		X				X		X
		X						X
X		X						X
X		X				X		X
		X			X	X		X
		X			X	X		X
X		X						X
X		X			X			X
		X			X	X		X
X		X			X	X		X

X		X			*	X		X
X		X				X		X
X		X			*	X		X

		X						X	X
		X						X	X
		X						X	X
	X	X						X	
		X							
		X			X			X	X
		X							



Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
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**Desserts (190 - 1510 Cals)**

Affogato al Caffè	120	6	4.5	0	5	40	15	0	13	3
Banana Rum Bread Pudding	850	44	30	0	230	410	95	3	56	11
Butterscotch Pecan Bread Pudding	1510	85	51	0	385	970	153	4	89	18
Chocolate Chip Bread Pudding	870	54	38	0	325	380	85	3	52	12
Caramel Marscapone Cheesecake	890	59	34	0	325	390	73	0	55	9
Tiramisu	360	20	13	0	145	80	42	1	29	4
Vanilla Bean Crème Brulee	620	40	30	0	420	60	44	0	36	4
Vanilla Gelato	190	9	7	0	10	60	25	4	22	4
Warm Chocolate Cake	940	60	38	0	455	140	86	2	71	14

**Lunch Combo #1 (480 - 940 Cals)**

Margherita Flatbread	560	42	13	0	50	1160	25	2	5	21
Chicken Bacon Spinach Flatbread	690	51	18	0	90	1820	25	2	4	31
Pepperoni Flatbread	480	21	14	0	60	1360	24	2	4	19
Eggplant Parmesan, Mezza	940	51	23	0	90	1680	93	7	12	26
Chicken Fra Diavolo, Mezza	450	21	9	0	70	970	45	3	4	19

**Lunch Combo #2 (420 - 930 Cals)**

Pasta Woozie, Mezza	580	27	14	0	120	1480	55	3	2	28
Lasagna, Mezza	930	45	25	0	160	1710	84	6	11	42
Shrimp Scampi, Mezza	420	18	6	0	45	1090	51	2	4	11

**Kids (260 - 1260 Cals)**

Insalata Bambino Salad	410	35	6	0	20	500	17	2	3	5
French Fries	260	8	1	0	0	1500	49	2	12	2
Mac & Cheese	990	56	36	0	170	2100	90	4	8	35
Lasagna	930	45	25	0	160	1710	84	6	11	42
Chicken Parmesan	1260	61	29	0	210	3990	112	5	11	59
Chicken Fingers	860	32	4.5	0	90	3450	109	6	19	36
Cheese Pizza	810	27	18	0	75	2150	95	5	9	46
Pepperoni Pizza	1030	27	28	0	130	2890	95	5	9	54

Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nuts	Wheat
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		X						
X		X				X		X
X		X				X	X	X
X		X				X		X
X		X	X				X	X
X		X						X
X		X						
X		X						
X		X				X		X

		X				X		X
		X				X		X
		X				X		X
X		X				X		X
		X			X	X		X

X		X						X
X		X				X		X
		X			X	X		X

X		X				X		X
X		X						X
		X						X
X		X				X		X
X		X		*		X		X
				*				X
		X						X
		X						X



	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Rigatoni w/Alfredo	800	27	16	0	90	1030	114	4	6	20
Rigatoni w/Bolognese	720	17	8	0	50	1040	113	4	7	27
Rigatoni w/Butter	660	16	9	0	35	590	110	4	6	19
Rigatoni w/Marinara	610	7	2.5	0	10	930	118	6	12	20
Spaghetti w/Alfredo	630	26	16	0	90	960	80	3	4	14
Spaghetti w/Bolognese	550	16	8	0	50	970	78	3	5	21
Spaghetti w/Butter	430	8	4.5	0	20	530	76	3	4	13
Spaghetti w/Marinara	450	7	2.5	0	10	870	84	5	10	14
Campanelle w/Alfredo	620	26	16	0	90	960	79	4	4	14
Campanelle w/Bolognese	680	25	10	0	85	1600	82	4	6	32
Campanelle w/Butter	590	27	16	0	70	520	75	4	4	13
Campanelle w/Marinara	440	7	2.5	0	10	870	83	5	10	13
<b>Happy Hour (510 - 910 Cals)</b>										
Calamari	510	22	3.5	0	305	1580	50	2	4	24
Crispy Shrimp Napoli	540	37	14	0	95	1510	40	2	5	10
Margherita Flatbread	560	42	13	0	50	1160	25	2	5	21
Chicken Bacon Spinach Flatbread	690	51	18	0	90	1820	25	2	4	31
Crispy Mozzarella Ravioli	770	44	14	0	75	1730	69	3	6	23
Bar Burger	910	54	20	0	140	1630	68	2	7	40
<b>Brunch (600 - 1350 Cals)</b>										
Buongiorno Piadina	1350	99	45	0	670	2610	76	5	6	39
Tuscan Sausage Scrambler	930	63	31	0	625	2320	56	5	5	39
Garden Veggie Scrambler	820	55	28	0	585	2040	56	5	6	30
Berries & Cream French Toast	1190	58	24	0	1130	1030	144	5	63	34
Scrambled Eggs, Kid's	770	48	21	0	960	1040	56	6	21	28
French Toast, Kid's	600	22	8	0	555	490	86	3	38	16

Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nuts	Wheat
		X						X
		X						X
		X						X
		X						X
		X						X
		X						X
		X						X
		X						X
		X						X
		X						X
		X						X
		X						X
X		X			X			X
		X			X			X
		X				X		X
		X				X		X
X		X				X		X
X		X			*	X		X
X		X		X	*			X
X		X			*			X
X		X				X		X
X		X			*			
X		X				X		X