



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.

Calories	Total Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbohydrates	Total Fiber	Sugar	Protein
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Egg	Fish	Milk	Peanut	Sesame Seed	Shellfish	Soy	Tree Nuts	Wheat
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MAIN MENU

Starters (280 - 1020 Cals)

Calamari	950	33	5	2.5	615	3290	105	5	8	50
Crispy Shrimp Napoli	780	61	21	0	90	900	23	1	4	33
Crispy 'Mozz' Ravioli	1020	62	16	21	85	1900	87	3	9	30
Spinach & Artichoke Dip	950	46	20	42	95	2900	100	2	6	38
Margherita Flatbread	560	41	15	2.5	60	1390	26	3	4	24
Chicken Spinach & Bacon Flatbread	750	55	20	11	115	1910	25	2	3	38
Pepperoni Flatbread	480	33	12	2	50	1110	24	1	4	20
Meatballs & Ricotta	600	40	18	0	125	1990	25	2	6	34

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

Soups & Side Salads (180 - 470 Cals)

Lobster Bisque	470	37	23	1	140	1430	18	0	4	7
Italian Wedding Soup	180	10	3.5	0	20	880	7	1	3	8
Insalata Della Casa	240	19	5	15	25	640	10	2	4	8
Chopped Salad	230	20	4	0	15	640	10	3	6	5
Caesar Salad	320	31	4	20	35	390	8	2	1	6
Tomato Caprese	280	21	10	0	35	590	11	1	7	10

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

Garden Salads (480 - 900 Cals)

Mediterranean Vegetable Salad	490	26	6	0	10	990	41	6	21	12
Grilled Chicken Chopped Salad	480	33	5	9	95	880	10	4	4	37
Grilled Salmon Salad	900	73	9	0.5	80	1700	28	6	9	33
Romano Crusted Chicken Salad	770	46	13	31	230	2590	45	4	12	46

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



Calories	Total Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbohydrates	Total Fiber	Sugar	Protein
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Egg	Fish	Milk	Peanut	Sesame Seed	Shellfish	Soy	Tree Nuts	Wheat
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Pizza (910 - 1170 Cals)

Margherita Pizza	1020	51	21	0.5	90	2430	95	7	5	44
Pepperoni Pizza	910	39	19	0.5	85	2960	98	5	7	42
Sicilian Pizza	1170	61	26	0.5	135	3430	100	6	7	55

		X							X
		X							X
X		X							X

Pasta (640 - 1370 Cals)

Pasta Bravo	1370	69	26	1	165	4160	123	7	13	64
Spaghetti Bolognese	810	33	14	1	95	3180	89	4	10	39
Lasagna	1210	77	42	0	255	3140	65	2	9	67
Spaghetti Pomodoro	700	28	11	0	40	2900	91	5	12	21
Pasta Woozie	1150	69	30	0	220	2690	87	1	3	51
Spaghetti & Meatballs	1040	45	17	1	105	4510	110	8	21	49
Sausage Tortelloni	1270	65	26	0	210	2540	105	4	16	60
Chicken Fra Diavolo	910	44	20	0	140	3370	88	5	8	37
Shrimp Fra Diavolo	810	42	19	0	135	2860	86	5	8	20
Fettucine Alfredo	960	47	29	0	195	2240	112	0	4	26
Shrimp Alfredo	840	44	24	0	200	2100	83	0	3	24
Shrimp Scampi	870	30	11	1	150	3500	104	4	8	29
Lobster and Shrimp Fettuccine	960	49	15	33	270	3140	82	1	3	54

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

Parms (650 - 1270 Cals)

Eggplant Parmesan	690	51	14	0	60	1100	37	8	13	25
Veal Parmesan	1270	67	30	4	200	4280	108	7	11	61
Chicken Parmesan	1450	61	30	3.5	225	5420	144	6	18	82

X		X			*					X
X		X								X
X		X				*				X

Land & Sea (480 - 1620 Cals)

Chicken Caprese	820	41	8	0	90	2480	32	2	7	46
Chicken Marsala	880	49	15	19	220	2620	34	6	6	70
Chicken Scalloppini	1620	108	40	3.5	220	4550	99	5	6	63
Grilled Salmon Fresca	580	35	8	0	80	2470	32	6	13	33
Filet Mignon	480	29	15	1	130	1530	22	3	2	33
Pork Chop Double	1390	85	25	0	365	3400	33	7	10	129
Pork Chop Single	900	60	18	0	200	2410	32	6	9	67
New York Strip	800	44	19	1.5	255	1620	21	3	2	76

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

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Desserts (230 - 990 Cals)

Vanilla Gelato	230	13	11	0	10	70	25	0	22	5
Warm Chocolate Cake	900	61	35	1.5	295	330	82	3	67	11
Creme Brulee	810	58	40	2	500	65	48	0	48	10
Caramel Mascarpone Cheesecake	990	68	40	0	350	400	74	0	57	11
Tiramisu	350	20	13	0	150	80	41	0	29	4

LUNCH MENU

Lunch Combos (180 - 930 Cals)

Insalata Della Casa	240	19	5	15	25	640	10	2	4	8
Caesar Salad	320	31	4	20	35	390	8	2	1	6
Italian Wedding Soup	180	10	3.5	0	20	880	7	1	3	8
Lobster Bisque	470	37	23	1	140	1430	18	0	4	7
Margherita Flatbread	560	41	15	2.5	60	1390	26	3	4	24
Chicken Spinach & Bacon Flatbread	750	55	20	11	115	1910	25	2	3	38
Pepperoni Flatbread	480	33	12	2	50	1110	24	1	4	20
Eggplant Parmesan Mezza	930	53	23	3.5	85	2920	92	7	10	25
Chicken Fra Diavolo Mezza	490	26	10	0	70	1680	44	3	4	18
Pasta Woozie Mezza	640	35	15	0	120	1420	55	0	2	28
Lasagna Mezza	600	39	21	0	125	1570	32	1	4	33
Shrimp Scampi Mezza	430	18	7	1	55	1740	51	2	4	11

Mezza Lunch (570 - 1140 Cals)

Lasagna Mezza	600	39	21	0	125	1570	32	1	4	33
Chicken Marsala Mezza	570	32	12	9	130	1660	30	5	5	37
Chicken Parmesan Mezza	1140	53	24	3.5	145	4170	117	6	14	49

Egg	Fish	Milk	Peanut	Sesame Seed	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

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KID'S MENU

Kid's (290 - 1100 Cals)

Insalata Bambino	290	26	5	15	20	600	12	2	4	6
Mac & Cheese	950	51	30	1	150	3620	96	4	9	32
Chicken Fingers	1050	49	8	0.5	90	4080	117	7	28	64
Chicken Parmesan	1060	65	22	3	130	2250	73	3	11	49
Cheese Pizza	750	26	12	0	60	1870	91	1	5	34
Pepperoni Pizza	1100	48	33	0	135	2740	98	1	11	68
Lasagna	620	40	22	0	130	1670	34	2	6	34
Rigatoni w/Alfredo	790	27	16	0	90	2720	112	4	6	20
Rigatoni w/Bolognese	850	25	11	0	85	3360	115	4	9	38
Rigatoni w/Butter	750	28	16	1	70	2290	108	4	6	19
Rigatoni w/Marinara	600	7	2.5	0	10	2630	116	6	12	20
Spaghetti w/Bolognese	680	24	11	0	85	2770	81	3	7	32
Spaghetti w/Alfredo	630	26	16	0	90	2140	79	3	4	14
Spaghetti w/Butter	590	27	16	1	70	1700	75	3	4	13
Spaghetti w/Marinara	440	7	2.5	0	10	2040	83	5	10	14
Campanelle w/Alfredo	620	26	16	0	90	2130	79	4	4	13
Campanelle w/Bolognese	670	25	11	0	85	2770	81	4	6	31
Campanelle w/Marinara	430	7	2.5	0	10	2040	82	5	10	13
Campanelle w/Butter	580	28	16	1	70	1700	74	4	4	13
French Fries	570	39	7	0.5	0	1890	57	4	12	42
Ice Cream Sundae	330	21	15	0	45	70	29	0	25	5

HAPPY HOUR

Bar Burger	960	52	21	2	145	1650	95	4	18	47
Calamari	530	41	8	3	60	810	13	1	4	26
Margherita Flatbread	560	41	15	2.5	60	1390	26	3	4	24
Chicken Spinach & Bacon Flatbread	750	55	20	11	115	1910	25	2	3	38
Crispy Mozz Ravioli Happy Hour	910	59	14	21	75	1680	71	3	8	25
Crispy Shrimp Napoli	780	61	21	0	90	900	23	1	4	33

Egg	Fish	Milk	Peanut	Sesame Seed	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
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		X						X
		X						X
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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

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



	Calories	Total Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbohydrates	Total Fiber	Sugar	Protein	Egg	Fish	Milk	Peanut	Sesame Seed	Shellfish	Soy	Tree Nuts	Wheat
BRUNCH																			
Buongiorno Piadina	1360	98	43	0.5	675	2860	78	5	8	41	X		X						X
Garden Veggie Scrambler	840	61	28	0	585	2080	47	4	5	30	X		X						X
Tuscan Sausage Scrambler	900	65	31	0	625	2360	46	4	3	38	X		X						X
Berries and Cream French Toast	1270	68	22	0	340	1410	138	6	75	30	X		X						X
Kid Scrambled Eggs	490	35	16	0.5	515	870	20	2	16	24	X		X			X			
Kid French Toast	500	26	6	0	175	480	58	4	18	12	X		X			X			X

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