



## **MENU NUTRITIONALS**

ISSUE DATE: NOVEMBER 2018

# DINE-IN MENU

NUTRITIONAL INFORMATION												
	Serving Size	Calories	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	Protein (g)	
<b>GREAT BEGINNINGS</b>												
Bertucci's Sampler	1 Serving	1240	650	23	1.5	225	4340	82	12	24	71	
Fontina Arancine	1 Serving	850	490	19	0	125	2100	82	4	6	29	
Polpette (Meatballs) (5)	1 Serving	810	400	13	1	125	4170	56	12	29	52	
Polpette (Meatballs) (8)	1 Serving	1230	610	21	1.5	200	6180	83	17	42	81	
Mozzarella Fritta	1 Serving	760	460	15	1	65	2060	54	6	10	25	
Classic Bruschetta	1 Serving	540	210	2.5	0	0	1540	73	4	18	11	
Classic Bruschetta with burrata	1 Serving	810	210	2.5	0	0	1540	73	4	18	11	
Grilled Chicken Tuscan Wings (12)	1 Serving	860	420	14	0	315	2020	42	3	4	69	
Grilled Chicken Tuscan Wings (8)	1 Serving	570	280	9	0	210	1330	28	2	3	46	
Pan Sautéed Mussels with Red Wine Sauce	1 Serving	1140	480	10	0	250	2490	49	3	26	112	
Pan Sautéed Mussels with White Wine Sauce	1 Serving	1200	570	19	0.5	290	1930	39	0	19	110	
Antipasto	1 Serving	1230	740	22	0	115	4230	80	9	12	45	
Brick Oven Spinach and Artichoke Dip	1 Serving	940	470	18	0.5	80	2370	88	6	13	31	
<b>INSALATA, ZUPPA &amp; SIDES</b>												
<b>Classic Soups</b>												
Lentil (Bowl)	1 Serving	250	140	2	0	0	840	24	7	5	7	
Lentil (Cup)	1 Serving	130	70	1	0	0	420	12	4	2	3	
Tuscan Minestrone (Bowl)	1 Serving	250	40	2	0	10	1310	41	6	5	11	
Tuscan Minestrone (Cup)	1 Serving	130	20	1	0	5	650	21	3	3	5	
Sausage (Bowl)	1 Serving	360	130	6	0	55	1570	41	1	2	15	
Sausage (Cup)	1 Serving	180	70	3	0	25	790	20	1	1	7	
<b>Chef's Specialty Soups</b>												
Chicken Noodle (Bowl)	1 Serving	130	25	1	0	40	1010	16	2	3	11	
Chicken Noodle (Cup)	1 Serving	70	15	0	0	20	510	8	1	2	6	
Clam Chowder (Bowl)	1 Serving	460	270	17	1	115	1030	31	2	6	15	
Clam Chowder (Cup)	1 Serving	230	140	8	0	60	510	16	1	3	7	
<b>Starter Salads</b>												
Insalata, Small	1 Serving	45	20	0.5	0	0	100	5	2	3	2	
Caesar Salad, Small	1 Serving	310	230	5	0	15	790	16	4	3	6	
Arugula Salad, Small	1 Serving	330	290	3.5	0	430	9	4	4	3		
Farmhouse Salad, Small	1 Serving	460	140	6	0	30	550	23	4	15	13	
<b>Entrée Salads</b>												
Baby Arugula Salad, Large	1 Serving	430	360	4.5	0	0	720	16	6	6	4	
Caesar Salad, Large	1 Serving	540	380	10	0	30	1280	28	5	5	14	
Farmhouse Salad, Large	1 Serving	540	280	13	0	60	1100	45	8	30	26	
Fresh Salads: Insalata, Large	1 Serving	80	35	1.5	0	5	180	10	3	5	4	
Shrimp & Spinach Gorgonzola Salad, Small	1 Serving	590	470	7	0	100	1240	11	3	5	20	
Shrimp & Spinach Gorgonzola Salad, Large	1 Serving	720	540	10	0	140	1720	19	5	10	28	
Shrimp Mediterraneo Salad with Grilled Shrimp, Small	1 Serving	592	610	54	9	0	120	730	10	1	5	
Shrimp Mediterraneo Salad with Grilled Shrimp, Large	1 Serving	850	730	63	13	0	165	830	12	2	6	
<b>Additions From the Grill</b>												
Grilled Chicken for Salad	1 Serving	190	100	2	0	95	500	1	0	0	35	
Grilled Salmon for Salad	1 Serving	550	280	7	0	130	600	0	0	0	44	
Grilled Shrimp Skewers (2) for Salad (8 shrimp)	1 Serving	210	140	1.5	0	110	780	0	0	0	17	
Grilled Shrimp Skewers for Salad (6 shrimp)	1 Serving	180	130	14	1.5	0	75	540	0	0	0	
<b>Sides</b>												
Fire-Roasted Tuscan Vegetables	1 Serving	550	450	6	0	5	1420	25	8	9	5	
Fire-Roasted Tuscan Vegetables and Grilled Chicken	1 Serving	740	520	7	0	75	1790	26	9	9	31	
Polpette (Meatballs) (3)	1 Serving	470	240	8	0.5	75	2420	32	7	17	31	
Broccoli	1 Serving	90	60	1	0	0	310	6	2	1	2	
Rosemary Roasted Potatoes	1 Serving	520	290	3.5	0	0	720	52	6	4	6	
Sautéed Spinach	1 Serving	270	250	3	0	290	3	1	0	0	1	
<b>BRICK OVEN PIZZA</b>												
Bertucci	Small - Whole	190	80	3.5	0	20	450	20	1	2	7	
Bertucci	Large - Whole	330	140	6	0	30	790	35	2	3	12	
Ultimate Bertucci	Small - Whole	230	100	3.5	0	30	540	20	1	2	11	
Ultimate Bertucci	Large - Whole	390	170	6	0	50	930	36	2	3	19	
Veggie Pizza	Small - Whole	170	70	2	0	5	400	22	2	3	5	
Veggie Pizza	Large - Whole	310	120	4	0	15	740	39	3	5	10	
Sporkie	Small - Whole	220	90	3.5	0	20	550	24	1	7	10	
Sporkie	Large - Whole	400	170	7	0	40	1000	43	2	10	18	
Nolio	Small - Whole	210	100	5	0	30	530	21	1	3	7	
Nolio	Large - Whole	360	170	9	0	50	910	37	2	4	12	
Silano	Small - Whole	190	70	2.5	0	25	480	21	1	2	10	
Silano	Large - Whole	330	120	5	0	40	850	37	2	3	17	
Margherita	Small - Whole	180	70	3	0	10	320	20	1	2	7	
Margherita	Large - Whole	300	110	4.5	0	15	530	36	2	3	12	
Pizza Verde	Small - Whole	190	90	3	0	15	350	20	1	2	8	
Pizza Verde	Large - Whole	330	140	5	0	25	680	35	2	3	13	

NUTRITIONAL INFORMATION											
	Serving Size	Calories	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	Protein (g)
<b>BRICK OVEN PIZZA</b>											
	Serving Size	Calories Per Slice	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	Protein (g)
Pucillo	Small - Whole	200	90	3	0	15	440	21	1	3	7
Pucillo	Large - Whole	340	140	6	0	30	770	37	2	4	13
Spicy Salami	Small - Whole	210	100	4	0	20	400	20	1	2	9
Spicy Salami	Large - Whole	360	160	7	0	35	710	36	2	4	15
Marengo	Small - Whole	190	70	2	0	20	430	21	1	2	9
Marengo	Large - Whole	340	120	4	0	35	760	37	2	4	16
Bruschetta	Small - Whole	180	70	3	0	10	370	20	1	2	7
Bruschetta	Large - Whole	290	110	4	0	15	610	36	2	3	11
<b>CRAFT YOUR OWN PIZZA</b>											
	Serving Size	Calories Per Slice	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	Protein (g)
Cheese	Small - Whole	160	60	2.5	0	10	360	20	1	2	6
Cheese	Large - Whole	280	100	4	0	20	620	35	2	3	10
Cheese 1 Topping Option	Small - Whole	150	50	1.5	0	5	300	19	1	2	5
Cheese 1 Topping Option	Large - Whole	260	90	3.5	0	15	580	35	2	3	9
<b>PIZZA TOPPINGS</b>											
<b>VEGGIES - SMALL PIZZA</b>											
		Cal per Slice (Sm.)	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	Protein (g)
Pizza Topping, Small: Sliced Hot Cherry Peppers		0	0	0	0	0	15	0	0	0	0
Pizza Topping, Small: Broccoli		35	25	0	0	0	130	2	1	0	1
Pizza Topping, Small: Mushrooms		0	0	0	0	0	0	0	0	0	0
Pizza Topping, Small: Bell Peppers		0	0	0	0	0	0	1	0	0	0
Pizza Topping, Small: Onions		5	0	0	0	0	0	1	0	1	0
Pizza Topping, Small: Diced Tomatoes		20	15	0	0	0	105	1	0	0	0
Pizza Topping, Small: Sliced Tomatoes		5	0	0	0	0	10	0	0	0	0
Pizza Topping, Small: Sun-dried Tomato Pesto		50	35	2.5	0	15	140	1	0	0	3
Pizza Topping, Small: Spinach		15	2	0	0	0	25	1	0	1	0
Pizza Topping, Small: Arugula		5	5	0	0	0	0	0	0	0	0
Pizza Topping, Small: Anchovies		5	0	0	0	0	150	0	0	0	1
<b>BRICK OVEN ROASTED - SMALL PIZZA</b>											
		Cal per Slice (Sm.)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)
Pizza Topping, Small: Roasted Garlic		15	5	0	0	0	40	2	0	0	0
Pizza Topping, Small: Roasted Black Olives		30	30	0	0	0	115	1	0	0	0
Pizza Topping, Small: Roasted Zucchini		25	20	0	0	0	45	1	0	0	0
Pizza Topping, Small: Roasted Peppers		15	10	0	0	0	55	1	0	0	0
Pizza Topping, Small: Caramelized Onions		10	5	0	0	0	20	1	0	1	0
Pizza Topping, Small: Chopped Garlic		0	0	0	0	0	0	0	0	0	0
Pizza Topping, Small: Roasted Artichokes		20	15	0	0	0	65	1	0	0	0
Pizza Topping, Small: Roasted Eggplant		90	80	1	0	0	120	4	1	1	0
Pizza Topping, Small: Roasted Button Mushrooms		44	15	0	0	0	20	0	0	0	0
<b>MEATS &amp; CHEESE - SMALL PIZZA</b>											
		Cal per Slice (Sm.)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)
Pizza Topping, Small: Salami		30	20	1	0	5	15	0	0	0	1
Pizza Topping, Small: Rosemary Ham		10	5	0	0	5	60	0	0	0	1
Pizza Topping, Small: Sausage		30	20	1	0	5	65	0	0	0	1
Pizza Topping, Small: Meatballs		30	15	0.5	0	10	90	1	0	0	3
Pizza Topping, Small: Mozzarella		20	15	1	0	5	60	0	0	0	1
Pizza Topping, Small: Pepperoni		15	15	0.5	0	5	65	0	0	0	1
Pizza Topping, Small: Chicken		35	15	0	0	10	65	0	0	0	4
Pizza Topping, Small: Prosciutto		20	15	0	0	5	160	0	0	0	2
Pizza Topping, Small: Provolone		35	25	1.5	0	5	55	0	0	0	2
Pizza Topping, Small: Ricotta		50	20	1	0	10	180	5	0	5	3
Pizza Topping, Small: Goat Cheese		5	5	0	0	0	5	0	0	0	0
Pizza Topping, Small: Gorgonzola Cheese		10	15	0.5	0	10	90	1	0	0	3
Pizza Topping, Small: Asiago		20	15	1	0	5	45	0	0	0	1
Pizza Topping, Small: Basil Pesto		20	2	1	0	2	2	1	0	0	1
<b>VEGGIES - LARGE PIZZA</b>											
		Cal per Slice (Lg.)	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	Protein (g)
Pizza Topping, Large: Broccoli		50	35	0	0	0	190	4	2	1	1
Pizza Topping, Large: Mushrooms		0	0	0	0	0	0	0	0	0	0
Pizza Topping, Large: Bell Peppers		5	0	0	0	0	0	1	0	1	0
Pizza Topping, Large: Onions		5	0	0	0	0	0	2	0	1	0
Pizza Topping, Large: Spinach		5	0	0	0	0	15	1	0	0	1
Pizza Topping, Large: Sun-dried Tomato Pesto		23	2	1	0	0	38	2	0	1	2
Pizza Topping, Large: Anchovies		10	10	0	0	0	5	0	0	0	0
Pizza Topping, Large: Arugula		25	20	1.5	0	5	65	0	0	0	2
Pizza Topping, Large: Chopped Garlic		5	0	0	0	0	0	1	0	0	0
Pizza Topping, Large: Diced Tomatoes		25	25	0	0	0	150	1	0	1	0
Pizza Topping, Large: Sliced Hot Cherry Peppers		0	0	0	0	0	25	1	0	0	0
Pizza Topping, Large: Sliced Tomatoes		5	0	0	0	0	0	1	0	1	0
<b>BRICK OVEN ROASTED - LARGE PIZZA</b>											
		Cal per Slice (Lg.)	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	Protein (g)
Pizza Topping, Large: Roasted Garlic		20	5	0	0	0	60	3	0	0	1
Pizza Topping, Large: Roasted Artichokes		30	25	0	0	0	95	1	1	0	0

NUTRITIONAL INFORMATION											
BRICK OVEN ROASTED - LARGE PIZZA											
	Calories	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	Protein (g)	
	Cal per Slice (Lg)	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	Protein (g)	
Pizza Topping, Large: Roasted Black Olives	50	45	0	0	0	170	1	1	0	1	
Pizza Topping, Large: Roasted Eggplant	140	120	1.5	0	0	180	6	2	2	1	
Pizza Topping, Large: Roasted Peppers	20	15	0	0	0	85	2	0	1	0	
Pizza Topping, Large: Roasted Zucchini	35	30	0	0	0	70	1	0	0	0	
Pizza Topping, Large: Caramelized Onions	20	10	0	0	0	30	2	0	1	0	
Pizza Topping, Large: Roasted Button Mushroom	65	20	0	0	0	30	1	0	0	0	
MEATS & CHEESE - LARGE PIZZA											
	Cal per Slice (Lg)	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	Protein (g)	
Pizza Topping, Large: Chicken	50	20	0	0	20	100	0	0	0	6	
Pizza Topping, Large: Pepperoni	25	20	1	0	5	95	0	0	0	1	
Pizza Topping, Large: Prosciutto	30	20	0.5	0	10	240	0	0	0	2	
BERTUCCI'S - Pizza Topping, Large: Rosemary Ham	15	5	0	0	5	90	0	0	0	2	
BERTUCCI'S - Pizza Topping, Large: Salami	45	35	1.5	0	10	20	0	0	0	2	
Pizza Topping, Large: Sausage	45	35	1.5	0	10	100	0	0	0	2	
Pizza Topping, Large: Meatballs	50	25	1	0	10	135	1	0	0	4	
Pizza Topping, Large: Asiago	30	2	1	0	2	2	1	0	0	1	
Pizza Topping, Large: Basil Pesto	5	0	0	0	0	0	1	0	0	0	
Pizza Topping, Large: Goat Cheese	10	5	0	0	5	10	0	0	0	1	
Pizza Topping, Large: Gorgonzola Cheese	56	4	3	1	15	141	0	0	0	24	
Pizza Topping, Large: Ricotta	150	50	3.5	0	25	550	15	0	15	10	
Pizza Topping, Large: Provolone	50	35	2.5	0	10	85	0	0	0	3	
Pizza Topping, Large: Mozzarella	5	0	0	0	0	230	0	0	0	1	
CALZONES	Serving Size	Calories	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	Protein (g)
Polpette (Meatball)	1 Serving	990	390	17	1	115	2760	101	6	25	50
Craft Your Own, Base Only	1 Serving	720	230	12	0.5	65	2090	93	5	23	33
Craft Your Own, High End of Range	1 Serving	1300	620	21	0.5	175	3150	102	8	26	68
Craft Your Own, Low End of Range	1 Serving	730	230	12	0.5	65	2240	93	5	23	34
Silano	1 Serving	990	360	16	0.5	145	2830	96	6	24	60
Tuscan Vegetable	1 Serving	1070	530	16	0	50	2860	105	9	27	34
SUBSTITUTE MULTIGRAIN DOUGH											
Multigrain Crust Only	1 Serving	320	45	0.5	0	0	480	61	6	2	10
Multigrain Crust Only, Small Pizza	Small - Whole	90	10	0	0	0	130	16	2	1	3
Multigrain Crust Only, Large Pizza	Large - Whole	160	20	0	0	0	240	30	3	1	5
ENTREE SPECIALITA	Serving Size	Calories	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	Protein (g)
Bistecca	1 Serving	1020	680	12	0.5	125	1450	38	5	3	48
Bistecca with Marsala Sauce	1 Serving	1120	700	12	0.5	125	2040	48	7	7	53
Roasted Eggplant Pomodoro with Broccoli	1 Serving	770	590	8	0	5	2110	44	13	19	9
Roasted Eggplant Pomodoro with Spaghetti	1 Serving	1190	690	16	0.5	50	3030	104	16	25	29
Seafood											
Shrimp Rossini	1 Serving	720	180	8	0	255	1920	83	7	9	51
Lobster Ravioli	1 Serving	650	270	17	1	140	2040	65	5	11	29
Salmon	1 Serving	1160	830	12	0	130	1380	37	5	3	49
Shrimp Scampi	1 Serving	1140	610	19	0.5	280	2520	78	6	4	51
Chicken Scampi	1 Serving	1250	640	20	0.5	200	2560	78	6	4	70
Cod Limone	1 Serving	1000	520	18	1	130	1680	75	5	3	42
Chicken											
Grilled Chicken Marengo	1 Serving	760	410	6	0	140	1110	27	3	6	57
Chicken Anna Maria	1 Serving	1430	810	29	1.5	255	3040	88	8	9	66
Grilled Chicken Anna Maria	1 Serving	1110	570	24	1	265	2800	61	7	9	68
Chicken Parma	1 Serving	1360	630	20	1	195	3170	105	10	14	78
Grilled Chicken Parma	1 Serving	890	290	9	0	175	2340	74	8	11	73
Grilled Chicken Marsala	1 Serving	1000	520	8	0	145	2150	51	8	8	61
Chicken Piccata, Dinner	1 Serving	1410	820	33	1.5	265	2350	80	5	4	64
Grilled Chicken Piccata	1 Serving	1020	520	26	1	270	1950	51	4	3	66
PASTA CLASSICS	Serving Size	Calories	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	Protein (g)
Spaghetti & Polpette with Pomodoro	1 Serving	1360	380	12	0.5	100	4300	181	19	30	68
Spaghetti & Polpette with Meat Sauce	1 Serving	1530	490	17	0.5	155	4480	180	18	26	77
Spaghetti with Meat Sauce	1 Serving	960	210	8	0	55	1800	144	11	8	38
Spaghetti with Pomodoro	1 Serving	790	90	2	0	0	1620	145	12	12	29
Chicken Domani	1 Serving	1620	760	34	1.5	215	1870	135	8	6	70
Grilled Chicken Domani	1 Serving	1230	480	29	1	180	1400	120	7	6	58
Rigatoni Abruzzi	1 Serving	1100	540	14	0	75	2750	105	12	16	37
Lasagna Rustica	1 Serving	1220	500	27	1	240	3380	111	8	38	68
Four Cheese Ravioli with Pomodoro	1 Serving	970	350	19	1.5	185	2500	89	8	15	40
Four Cheese Ravioli with Meat Sauce	1 Serving	1030	470	25	1.5	235	2670	87	7	11	49
Risotto Formaggi (Aged Italian Cheeses)	1 Serving	1110	47	26	0.5	105	2180	169	0	2	18
Rigatoni Del Rosario	1 Serving	850	390	10	0	25	1400	94	8	9	19
Baked Chicken Gratinati	1 Serving	1530	580	32	1.5	310	3590	144	9	16	85
Fettuccine Alfredo	1 Serving	1000	490	33	2	220	2300	98	6	9	28

NUTRITIONAL INFORMATION											
	Serving Size	Calories	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	Protein (g)
<b>PASTA CLASSICS</b>											
Fettuccine Alfredo with Chicken	1 Serving	1190	560	35	2	290	2670	99	6	9	54
Fettuccine Alfredo with Shrimp	1 Serving	1170	510	33	2	440	2810	98	6	9	60
Rigatoni, Broccoli and Chicken with Cream Sauce	1 Serving	1450	740	27	1.5	195	2640	116	10	8	62
Rigatoni, Broccoli and Chicken with Wine Sauce	1 Serving	1330	640	21	1	160	2190	110	9	4	59
Rigatoni, Broccoli and Grilled Chicken with Cream Sauce	1 Serving	1060	460	22	1	160	2180	100	9	8	50
Rigatoni, Broccoli and Grilled Chicken with Wine Sauce	1 Serving	940	360	16	0.5	125	1730	95	9	4	47
Rigatoni, Broccoli and Shrimp with Cream Sauce	1 Serving	1060	430	22	1	315	2420	100	9	8	57
Rigatoni, Broccoli and Shrimp with Wine Sauce	1 Serving	920	320	14	0.5	275	1870	94	9	3	54
Sub Whole Wheat Linguini [DINNER]	1 Serving	-70 cal	3.5	0	0	80	700	98	0	0	18
<b>LUNCH</b>											
<b>Pidas (Italian Wraps)</b>											
Fire-Roasted Tuscan Vegetable Pida on Low-Carb Wrap	1 Serving	760	550	8	0	20	1420	52	18	7	20
Chicken Caesar on Spinach and Kale Wrap	1 Serving	840	420	15	0	115	2180	57	6	4	48
Italian Wrap, Pidas: Chicken Caesar on Low-Carb Wrap	1 Serving	770	430	15	0	115	1850	44	16	4	58
<b>Favorites (Preferito)</b>											
Tuscan Vegetable on Spinach and Kale Wrap	1 Serving	830	540	8	0	20	1750	65	8	8	11
Hot Delicato	1 Serving	940	450	22	0.5	125	2210	79	4	9	46
<b>Pasta Favorites- Lunch Size Portions of Bertucci Classics</b>											
Chicken Parma	1 Serving	760	490	13	0.5	120	2250	91	8	11	54
Fettuccine Alfredo with Chicken	1 Serving	990	490	30	1.5	250	2090	74	5	7	47
Fettuccine Alfredo with Shrimp	1 Serving	890	430	29	1.5	290	1980	74	5	6	37
Fettuccine Alfredo	1 Serving	800	420	29	1.5	180	1720	74	5	6	21
Grilled Chicken Parma	1 Serving	620	170	5	0	85	1540	69	6	9	43
Grilled Chicken Piccata	1 Serving	650	290	14	0.5	155	1310	48	3	2	37
Four Cheese Ravioli with Meat Sauce	1 Serving	720	330	17	1	165	1870	62	5	8	35
Spaghetti & Meatballs with Pomodoro	1 Serving	660	60	1	0	1020	68	6	8	8	14
Spaghetti with Polpette with Pomodoro	1 Serving	660	200	6	0	50	2370	86	10	17	33
Spaghetti with Polpette with Meat Sauce	1 Serving	790	290	10	0	90	2500	85	9	14	40
Spaghetti with Meat Sauce	1 Serving	660	140	5	0	40	1160	67	6	5	21
Rigatoni, Broccoli and Shrimp with Wine Sauce	1 Serving	590	220	13	0.5	165	1100	59	4	2	30
Rigatoni, Broccoli and Shrimp with Cream Sauce	1 Serving	710	320	20	1	200	1560	64	5	6	33
Rigatoni, Broccoli and Grilled Chicken with Wine Sauce	1 Serving	700	280	15	0.5	125	1220	59	4	2	40
Rigatoni, Broccoli and Grilled Chicken with Cream Sauce	1 Serving	820	380	21	1	160	1670	65	5	6	43
Rigatoni, Broccoli and Chicken with Wine Sauce	1 Serving	800	390	17	0.5	105	1270	67	5	2	33
Rigatoni, Broccoli and Chicken with Cream Sauce	1 Serving	920	480	23	1	145	1720	72	5	6	36
Rigatoni Del Rosario	1 Serving	520	210	6	0	15	850	62	5	5	12
Rigatoni Abruzzi	1 Serving	730	360	9	0	40	1820	71	8	11	22
Four Cheese Ravioli Pomodoro	1 Serving	600	240	13	1	125	1740	63	6	11	27
Sub Whole Wheat Linguini [LUNCH]	1 Serving	-100 cal	1.5	0	0	40	350	49	0	0	9
Chicken Piccata	1 Serving	1060	590	20	1	175	1700	68	4	3	45
<b>SANDWICHES &amp; MENUCCIS</b>											
<b>Sandwiches</b>											
Caesar Fresh Salads, Side (comes w/Lunch or add-on at dinnertime)	1 Serving	310	230	5	0	15	790	16	4	3	6
Eggplant Parmesan on asiago bread	1 Serving	850	420	10	0	30	1830	89	8	13	22
Grilled Marengo Chicken on caramelized onion bread	1 Serving	1040	560	9	0	100	1800	80	5	10	40
Sauteed Chicken Milanese on forcaccia bread	1 Serving	630	260	4	0	45	1160	65	3	5	26
Polpette (Meatballs) on caramelized onion bread	1 Serving	766	290	12	0.5	85	1860	66	4	8	35
Chicken Parmesan on forcaccia bread	1 Serving	760	340	9	0	70	1650	71	5	8	33
<b>Menuccis</b>											
Bertucci	1 Serving	110	45	2	0	10	250	13	1	1	4
Cheese	1 Serving	600	35	1.5	0	5	210	12	1	1	4
Eggplant	1 Serving	780	70	2	0	5	250	14	1	2	4
Margherita	1 Serving	660	40	1.5	0	5	180	13	1	1	4
Multigrain Crust Only	1 Serving	320	45	0.5	0	0	480	61	6	2	10
Nolio	1 Serving	110	50	2.5	0	15	280	13	1	1	4
Pesto Chicken	1 Serving	720	45	1.5	0	10	250	13	1	1	6
Sporkie	1 Serving	840	50	2.5	0	15	330	15	1	3	6
<b>SWEET ENDINGS</b>											
Traditional Cannoli	1 Serving	450	170	7	0	30	710	63	2	49	16
Five Layer Chocolate Cake	1 Serving	760	390	22	0	90	560	81	4	53	10
Cannoli Chips & Cream	1 Serving	500	160	10	0	50	1100	69	2	61	22
Profiteroles	1 Serving	610	43	29	0	100	65	48	0	34	3
Profiteroles & Tiramisu	1 Serving	860	54	39	0	165	100	38	1	54	7
Limoncello Mascarpone Cake	1 Serving	430	110	7	0	200	95	72	1	41	7
BERTUCCI'S - Desserts: Flourless Chocolate Cake	1 Serving	550	410	27	0	140	110	38	3	32	0
Chocolate Chip Cookie Sundae	1 Serving	780	360	18	0.5	110	560	106	4	71	9
Tiramisu	1 Serving	240	130	9	0	110	60	26	0	17	3
<b>NUTRITIONAL INFORMATION</b>											
<b>COFFEE SPECIALTIES</b>											
Cappuccino	1 Serving	160	25	1.5	0	10	70	7	0	6	4
Mochachino	1 Serving	210	70	2.5	0	25	135	28	1	20	7
Coffee, 8 fl oz	1 Serving	0	0	0	0	0	0	0	0	0	0
Espresso, Double	1 Serving	120	0	0	0	0	15	2	0	0	0
Espresso, Single	1 Serving	60	0	0	0	0	10	1	0	0	0
Hot Chocolate	1 Serving	210	15	1.5	0	0	180	16	1	13	0

# KIDS MENU

NUTRITIONAL INFORMATION											
	Serving Size	Calories	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	Protein (g)
Cheese	1 Serving	620	210	12	0.5	70	1550	76	4	7	28
Pepperoni	1 Serving	680	250	14	1	80	1780	77	4	7	30
Macaroni & Cheese	1 Serving	460	280	14	0	60	1410	62	3	1	17
Macaroni & Cheese, Whole Wheat	1 Serving	400	270	14	0	85	1320	36	1	1	12
Chicken & Salad	1 Serving	290	160	3.5	0	75	330	3	2	1	27
Cheese Ravioli (Pomodoro Sauce)	1 Serving	640	100	4.5	0	60	1890	87	6	9	18
Cheese Ravioli (Butter)	1 Serving	560	170	11	0	90	1390	79	4	4	16
Cheese Ravioli w/ Chicken (Pomodoro Sauce)	1 Serving	420	270	8	0	110	2310	95	6	9	36
Cheese Ravioli w/ Chicken (Butter)	1 Serving	500	350	14	0.5	140	1810	87	4	4	35
Cheese Tortellini (Pomodoro Sauce)	1 Serving	640	263	16	0	130	1470	62	0	2	30
Cheese Tortellini (Butter)	1 Serving	560	170	9	0	100	1650	65	0	4	31
Pasta (Pomodoro Sauce)	1 Serving	320	170	7	0	30	220	52	3	1	10
Pasta (Butter)	1 Serving	370	110	7	0	30	220	52	3	1	10
Chicken Rigatoni (Pomodoro Sauce)	1 Serving	520	210	4	0	50	1070	50	4	6	27
Chicken Rigatoni (Butter)	1 Serving	570	290	11	0.5	85	570	43	2	1	25
Chicken w/ Broccoli	1 Serving	260	150	3	0	65	260	3	1	0	24
Crispy Chicken Bites w/ Seasonal Fruit (Strawberries)	1 Serving	360	180	3.5	0	50	900	26	1	14	19
Crispy Chicken Bites w/ Seasonal Fruit (Apple Slices)	1 Serving	380	180	3.5	0	50	900	31	2	17	19
Crispy Bites w/ Broccoli	1 Serving	260	180	3.5	0	50	1000	26	1	13	20
Pasta, Whole Wheat (Pomodoro Sauce)	1 Serving	260	35	0.5	0	25	650	38	3	6	8
Pasta, Whole Wheat (Butter)	1 Serving	580	110	7	0	55	150	30	1	1	6
Pasta with Chicken, Whole Wheat (Pomodoro Sauce)	1 Serving	500	210	4	0	75	1070	46	3	6	27
Pasta with Chicken, Whole Wheat (Butter)	1 Serving	540	290	11	0.5	105	570	38	1	1	25
KIDS DESSERTS											
	Serving Size	Calories	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	Protein (g)
Chocolate Chip Cookie Sundae	1 Serving	510	220	12	0	50	330	73	2	48	6
Desserts: Hoodsie	1 Serving	100	45	3.5	0	20	35	12	0	9	2
KIDS BEVERAGES											
	Serving Size	Calories	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	Protein (g)
Kids Chocolate Shake	1 Serving	490	200	14	0	60	120	63	1	58	7
Kids Strawberry Shake	1 Serving	480	200	14	0	60	100	59	0	59	6
Coco-Cola® Soft Drinks	1 Serving	0-100	0	0	0	0	0	30	26	0	26
Raspberry Nestea®	1 Serving	110	0	0	0	0	0	0	23	0	23
Fresca®	1 Serving	0	0	0	0	0	0	25	0	0	0
Barg® Root Beer	1 Serving	110	0	0	0	0	0	45	30	0	30
Minute Maid® Light Lemonade	1 Serving	5	0	0	0	0	0	0	1	0	0
Milk	1 Serving	100	20	2.5	1.5	0	10	105	12	0	12

# WINE, BEER & SPIRITS

NUTRITIONAL INFORMATION											
	Serving Size	Calories	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	Protein (g)
SANGRIA											
	Serving Size	Calories	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	Protein (g)
Moscato	Glass	200	0	0	0	0	0	40	0	0	1
	Half Pitcher	440	0	0	0	0	0	13	0	0	0
	Pitcher	780	0	0	0	0	0	9	0	0	0
Red	Glass	150	0	0	0	0	0	22	1	19	0
	Half Pitcher	240	0	0	0	0	15	68	1	59	1
	Pitcher	440	5	0	0	0	30	134	1	117	1
VINO BIANCO											
	Serving Size	Calories	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	Protein (g)
Sparkling	Split	121	0	0	0	0	0	0	0	0	0
	Bottle	482	0	0	0	0	0	0	0	0	0
Pinot Grigio	Glass	135	0	0	0	0	0	10	4	0	2
	Little More	180	0	0	0	0	0	10	5	0	2
	Bottle	571	0	0	0	0	0	30	16	0	6

NUTRITIONAL INFORMATION											
	Serving Size	Calories	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	Protein (g)
<b>Pinot Grigio</b>											
Ecco Domani	Glass	126	0	0	0	0	0	20	0	0	0
	Little More	168	0	0	0	0	0	25	5	0	0
	Bottle	533	0	0	0	0	0	75	15	0	2
San Angelo	Glass	147	0	0	0	0	0	0	1	0	0
	Little More	196	0	0	0	0	0	0	1	0	0
	Bottle	619	0	0	0	0	0	0	4	0	0
<b>Sauvignon Blanc</b>											
Brancott Estate	Glass	156	0	0	0	0	0	10	2	0	1
	Little More	208	0	0	0	0	0	15	3	0	1
	Bottle	660	0	0	0	0	0	50	8	0	0
<b>Chardonnay</b>											
Columbia Crest Two Vines	Glass	180	0	0	0	0	0	0	4	0	1
	Little More	240	0	0	0	0	0	0	6	0	2
	Bottle	761	0	0	0	0	0	0	17	0	4
Rodney Strong	Glass	144	0	0	0	0	0	0	0	0	0
	Little More	191	0	0	0	0	0	0	0	0	0
	Bottle	605	0	0	0	0	0	0	0	0	0
Kendall-Jackson Vintner's Reserve	Glass	156	0	0	0	0	0	0	4	0	0
	Little More	208	0	0	0	0	0	0	5	0	0
	Bottle	660	0	0	0	0	0	0	6	0	0
<b>Sweeter Whites</b>											
Bella Sera Moscato	Glass	162	0	0	0	0	0	20	7	0	0
	Little More	216	0	0	0	0	0	25	10	0	0
	Bottle	632	0	0	0	0	0	0	0	0	6
Sutter Home White Zinfandel	Glass	176	0	0	0	0	0	0	0	0	8
	Little More	232	0	0	0	0	0	0	0	0	27
	Bottle	558	0	0	0	0	0	0	0	0	4
Chateau Ste. Michelle Riesling	Glass	170	0	0	0	0	0	0	6	0	4
	Little More	227	0	0	0	0	0	0	8	0	5
	Bottle	719	0	0	0	0	0	0	25	0	17
<b>VINO ROSSO</b>											
<b>Pinot Noir</b>											
Francis Coppola "Votre Sante"	Glass	135	0	0	0	0	0	0	4	1	1
	Little More	180	0	0	0	0	0	0	5	1	1
	Bottle	571	0	0	0	0	0	0	16	3	3
La Crema Monterey	Glass	144	0	0	0	0	0	0	3	0	0
	Little More	192	0	0	0	0	0	0	4	0	0
	Bottle	609	0	0	0	0	0	0	5	0	0
Meiomi	Glass	150	0	0	0	0	0	0	0	0	1
	Little More	200	0	0	0	0	0	0	0	0	2
	Bottle	634	0	0	0	0	0	0	0	0	6
<b>Italian Reds</b>											
Ruffino Chianti	Glass	180	0	0	0	0	0	0	0	0	4
	Little More	240	0	0	0	0	0	0	0	0	5
	Bottle	761	0	0	0	0	0	0	0	0	15
Santa Cristina Antinori Chianti Superiore	Glass	150	0	0	0	0	0	0	0	0	4
	Little More	200	0	0	0	0	0	0	0	0	5
	Bottle	634	0	0	0	0	0	0	0	0	15
<b>Merlot</b>											
14 Hands	Glass	191	0	0	0	0	0	0	5	0	1
	Little More	254	0	0	0	0	0	5	8	0	2
	Bottle	804	0	0	0	0	0	15	22	0	5
<b>Cabernet Sauvignon</b>											
Kenwood Yulupa	Glass	146	0	0	0	0	0	0	0	0	0
	Little More	194	0	0	0	0	0	0	0	0	0
	Bottle	614	0	0	0	0	0	0	0	0	0
J. Lohr Seven Oaks	Glass	138	0	0	0	0	0	0	5	0	0
	Little More	184	0	0	0	0	0	0	6	0	0
	Bottle	584	0	0	0	0	0	0	19	0	0
Rodney Strong	Glass	140	0	0	0	0	0	0	0	0	0
	Little More	187	0	0	0	0	0	0	0	0	0
	Bottle	591	0	0	0	0	0	0	0	0	0
Decoy By Duckhorn	Glass	144	0	0	0	0	0	0	4	0	0
	Little More	192	0	0	0	0	0	0	5	0	0
	Bottle	607	0	0	0	0	0	0	17	0	0
<b>Specialty Reds</b>											
Barrmore Rosé	Glass	132	0	0	0	0	0	0	3	0	0
	Little More	176	0	0	0	0	0	0	4	0	0
	Bottle	558	0	0	0	0	0	0	6	0	0
Francis Coppola Claret	Glass	148	0	0	0	0	0	15	0	0	1
	Little More	197	0	0	0	0	0	20	0	0	1
	Bottle	624	0	0	0	0	0	65	0	0	3
Alamos Malbec	Glass	156	0	0	0	0	0	20	0	0	1
	Little More	208	0	0	0	0	0	25	0	0	1
	Bottle	660	0	0	0	0	0	75	0	0	3

<b>NUTRITIONAL INFORMATION</b>											
	<b>Serving Size</b>	<b>Calories</b>	<b>Calories from Fat</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carb (g)</b>	<b>Fiber (g)</b>	<b>Sugar (mg)</b>	<b>Protein (g)</b>
Campo Viejo Garnacha	Glass	146	0	0	0	0	0	0	2	0	0
	Little More	194	0	0	0	0	0	0	2	0	0
	Bottle	614	0	0	0	0	0	0	8	0	0
Joel Gott Zinfandel	Glass	164	0	0	0	0	0	0	7	0	0
	Little More	218	0	0	0	0	0	0	10	0	1
	Bottle	690	0	0	0	0	0	0	30	0	2
Layer Cake Malbec	Glass	174	0	0	0	0	0	0	4	0	0
	Little More	232	0	0	0	0	0	0	5	0	0
	Bottle	736	0	0	0	0	0	0	16	0	0
<b>HOUSE WINE</b>											
<b>White</b>											
Pinot Grigio											
	Glass	146	0	0	0	0	0	0	1	0	1
	Little More	196	0	0	0	0	0	5	1	0	1
	1/2 Carafe	390	0	0	0	0	0	10	2	0	2
	Carafe	781	0	0	0	0	0	20	4	0	4
	<b>Red</b>										
Sangiovese											
	Glass	155	0	0	0	0	0	0	1	0	1
	Little More	207	0	0	0	0	0	5	1	0	1
<b>BIRRA (BEER)</b>											
<b>On Tap</b>											
Beverage, Beer, On Tap, Blue Moon	16 oz	220	0	0	0	0	20	19	0	14	3
Beverage, Beer, On Tap, Bud Light	16 oz	140	0	0	0	0	15	6	0	0	1
Beverage, Beer, On Tap, Harpoon IPA	16 oz	230	0	0	0	0	0	20	0	0	0
Beverage, Beer, On Tap, Peroni	16 oz	200	0	0	0	0	5	15	0	0	2
Beverage, Beer, On Tap, Sam Adams Lager	16 oz	230	0	0	0	0	25	24	1	1	3
Beverage, Beer, On Tap, Stone IPA	16 oz	280	0	0	0	0	25	22	0	0	3
<b>Premium</b>											
Beverage, Beer, Premium, Peroni	16 oz	150	0	0	0	0	5	11	0	0	1
Beverage, Beer, Premium, Sam Adams Seasonal	16 oz	170	0	0	0	0	20	16	1	0	0
Beverage, Beer, Premium, St Pauli NA	16 oz	90	0	0	0	0	0	21	0	0	0
Beverage, Beer, Premium, Stella Artois	16 oz	150	0	0	0	0	0	12	0	0	0
<b>Domestic</b>											
Beverage, Beer, Domestic, Bud Light	12 oz	110	0	0	0	0	0	0	0	8	0
Beverage, Beer, Domestic, Budweiser	12 oz	145	0	0	0	0	0	0	0	11	0
Beverage, Beer, Domestic, Coors Light	12 oz	102	0	0	0	0	0	10	5	0	1
Beverage, Beer, Domestic, Michelob Ultra	12 oz	95	0	0	0	0	0	9	3	0	0
Beverage, Beer, Domestic, Miller Lite	12 oz	110	0	0	0	0	0	5	7	0	0
<b>NOT AS SPIRITED</b>											
<b>Fresh-Made</b>											
Beverage, Fresh Basil Berry Sparkler	1 Serving	100	0	0	0	0	0	72	0	69	0
Beverage, Blackberry Mint Sparkler	1 Serving	70	0	0	0	0	0	0	0	0	0
Beverage, Fresh Lemonade - Prickly Pear	1 Serving	110	0	0	0	0	0	69	0	50	0
Beverage, Fresh Lemonade - Original	1 Serving	80	0	0	0	0	0	60	0	50	0
<b>Bottled Water</b>											
Beverage, San Pellegrino Sparkling Mineral	Half Liter & Liter	0	0	0	0	0	0	0	0	0	0
Beverage, Acqua Panna Natural Spring	Half Liter & Liter	0	0	0	0	0	0	0	0	0	0
Beverage, smartwater	20 oz.	0	0	0	0	0	0	0	0	0	0
<b>Fountain</b>											
Beverage, Fresca	8 oz	0	0	0	0	0	25	0	0	0	0
Beverage, Milk 2%	8 oz	120	45	3	0	20	115	12	0	12	8
Beverage, Minute Maid Light Lemonade	8 oz	15	0	0	0	0	15	4	0	2	0
Beverage, FUZE® Raspberry Tea, 8 oz.	8 oz	58	0	0	0	0	0	23	0	23	0
Beverage, Sparkling Water,	Bottle	0	0	0	0	0	30	0	0	0	0
Beverage, Sparkling Water	Split	0	0	0	0	0	15	0	0	0	0
Beverage, Sprite	20 oz.	260	0	0	0	0	60	67	0	59	0
Beverage, Sprite	8 oz	110	0	0	0	0	25	27	0	24	0
Beverage, Vitamin Water, Acai-Blueberry-Pomegranate	20 oz	120	0	0	0	0	0	33	0	32	0
Beverage, Vitamin Water, XXXZERO	20 oz	0	0	0	0	0	0	10	0	3	0
<b>HANDCRAFTED COCKTAILS</b>											
Limoncello Drop Martini	1 Serving	160	0	0	0	0	0	17	0	16	0
Classico Margarita	1 Serving	190	0	0	0	0	0	24	1	21	0
Margarita Capri	1 Serving	220	0	0	0	0	0	31	1	26	0
Strawberry Lemonade	1 Serving	290	0	0	0	0	0	72	0	69	0
Tiramisu Martini	1 Serving	330	50	3.5	0	15	60	35	0	34	2
Watermelon Lemonade	1 Serving	290	0	0	0	0	0	76	0	73	0



# GLUTEN SENSITIVE MENU

NUTRITIONAL INFORMATION												
MADE WITH GLUTEN-FREE INGREDIENTS												
	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	
<b>GREAT BEGINNINGS</b>												
Antipasto	1 Serving	1370	820	24	0	135	4130	97	13	10	42	
Brick Oven Spinach & Artichoke Dip	1 Serving	940	490	20	0.5	95	2040	87	9	11	25	
Cauliflower-Base Flatbread Basket	1 Serving	481	150	17	3	0	40	350	54	5	1	
Pan Sautéed Mussels App, Red	1 Serving	1600	640	14	0	270	2810	114	8	27	119	
Pan Sautéed Mussels App, White	1 Serving	1650	740	23	0.5	310	2250	104	5	19	116	
***Served with cauliflower based flatbread												
<b>Entrée Specialita</b>												
Bistecca	1 Serving	1020	680	12	0.5	125	1450	38	5	3	48	
Bistecca with Marsala Sauce	1 Serving	1120	700	12	0.5	125	2040	48	7	7	53	
Rissoto Formaggi (Aged Italian Cheeses)	1 Serving	1110	47	26	0.5	105	2180	169	0	2	18	
Roasted Eggplant Pomodoro with Broccoli	1 Serving	770	590	8	0	5	2110	44	13	19	9	
Salmon	1 Serving	1160	830	12	0	130	1380	37	5	3	49	
Grilled Chicken Marengo	1 Serving	760	410	6	0	140	1110	27	3	6	57	
Grilled Chicken Marsala	1 Serving	1000	520	8	0	145	2150	51	8	8	61	
<b>Pizza</b>												
Cheese Pizza with Cauliflower-Based Crust	1 Serving	100	45	2	0	10	180	10	1	1	3	
<b>Sides</b>												
Fire-Roasted Tuscan Vegetables	1 Serving	550	450	6	0	5	1420	25	8	9	5	
Broccoli	1 Serving	90	60	1	0	0	310	6	2	1	2	
Rosemary Roasted Potatoes	1 Serving	520	290	3.5	0	0	720	52	6	4	6	
Sautéed Spinach	1 Serving	270	250	3	0	0	290	3	1	0	1	
<b>LUNCH &amp; ENTRÉE SALADS</b>												
Grilled Chicken Caesar Salad	1 Serving	730	280	8	0	25	980	9	4	3	9	
Farmhouse Salad	1 Serving	540	280	13	0	60	1100	45	8	30	26	
Shrimp & Spinach Gorgonzola Salad	1 Serving	720	540	10	0	140	1720	19	5	10	28	
Baby Arugula Salad & Grilled Chicken	1 Serving	620	360	4.5	0	0	720	16	6	6	4	
Insalata	1 Serving	80	35	1.5	0	5	180	10	3	5	4	
<b>NUTRITIONAL INFORMATION</b>												
Fresh Salads Additions From the Grill												
Grilled Chicken for Fresh Salads	1 Serving	190	100	2	0	95	500	1	0	0	35	
Grilled Salmon for Fresh Salads	1 Serving	550	380	7	0	130	600	0	0	0	44	
Grilled Shrimp Skewers (2) for Fresh Salads (8 shrimp)	1 Serving	210	140	1.5	0	110	780	0	0	0	17	
Grilled Shrimp Skewers for Fresh Salads (6 shrimp)	1 Serving	180	130	14	1.5	0	75	540	0	0	0	
<b>Zuppa</b>												
Classic Soup												
Sausage (Bowl)	1 Serving	360	130	6	0	55	1570	41	1	2	15	
Sausage (Cup)	1 Serving	180	70	3	0	25	790	20	1	1	7	
Lentil (Bowl)	1 Serving	250	140	2	0	0	840	24	7	5	7	
Lentil (Cup)	1 Serving	130	70	1	0	0	420	12	4	2	3	
Chef's Speciality Soup												
Clam Chowder (Bowl)	1 Serving	460	270	17	1	115	1030	31	2	6	15	
Clam Chowder (Cup)	1 Serving	230	140	8	0	60	510	16	1	3	7	
<b>Adult Beverages</b>												
Beverages, Beer, Premium, Angry Orchard Hard Cider	12 oz	190	0	0	0	0	15	0	1	20	0	
<b>Sweet Endings</b>												
Flourless Chocolate Cake	1 Serving	550	410	27	0	140	110	38	3	32	0	