



LUNCH • DINNER • DESSERT • KIDS
MENU NUTRITIONAL INFORMATION

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)
Famous Fresh-Baked Rolls	1 roll	150	15	1.5	0	0	290	29	1	1	4
STARTERS	Serving Size	Calories	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	Protein (g)
Bertucci's Sampler	1 Serving	1240	650	23	1.5	225	4340	82	12	24	71
Meatballs (5)	1 Serving	630	400	16	0	185	1710	15	0	9	40
Meatballs (8)	1 Serving	980	610	25	0	290	2570	21	1	13	62
Oven-Baked Chicken Tuscan Wings	8 pieces	570	280	9	0	210	1330	28	2	3	46
Oven-Baked Chicken Tuscan Wings	12 pieces	860	420	14	0	315	2020	42	3	4	69
Mozzarella Fritta	1 Serving	760	460	15	1	65	2060	54	6	10	25
Shrimp Scampi Crostini	1 Serving	450	380	16	0	280	750	16	5	2	35
Pesto Bacon Flatbread	1 Serving	790	620	42	0	15	1680	68	0	6	23
Bruschetta Flatbread	1 Serving	810	680	44	0	17	600	76	3	8	29
Sausage & Peppers	3 Sausages	1375	1160	31	0	245	2810	20	2	8	51
Garlic Knots with Pomodoro	1 Serving	860	438	16	1	50	770	89	3	3	14
SALADS	Serving Size	Calories	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	Protein (g)
Entrée Salads											
Farmhouse Salad	1 Serving	410	280	13	0	60	1100	45	8	30	26
Caesar Salad	1 Serving	550	380	10	0	30	1280	28	5	5	14
Insalata	1 Serving	420	320	35	0	5	180	10	3	5	4
Italian Chopped	1 Serving	860	710	19	0	80	2730	22	4	13	21
Salad Add-Ons											
Grilled Chicken	1 Serving	170	100	2	0	95	500	1	0	0	35
Grilled Salmon	1 Serving	420	380	7	0	130	600	0	0	0	44
Grilled Shrimp (8 pieces)	1 Serving	200	146	2	0	110	780	0	0	0	17
SOUP	Serving Size	Calories	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	Protein (g)
Lentil	1 Serving	130	70	0	0	0	420	12	4	2	3
Italian Wedding	1 Serving	110	100	2	0	10	1190	12	1	1	6
Lasagna	1 Serving	210	120	3.5	0	35	830	15	2	4	11
Creamy Tomato	1 Serving	180	123	9	0	50	1270	7	0	5	6
Clam Chowder	1 Serving	240	180	9	0	60	540	17	0	3	8
Sides											
Oven-Roasted Broccoli	1 Serving	90	60	1	0	0	310	6	2	1	2
Meatballs	3 Pcs.	470	240	8	1	75	2420	52	6	4	6
Tuscan Vegetables	1 Serving	550	290	3.5	0	0	720	52	6	4	4
Sausage & Peppers	2 Sausages	917	780	20	0	160	1940	14	1	6	35

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BRICK OVEN PIZZA		(Large = 8										
Slices Small = 6 Slices)		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)
Bertucci		Small - Per Slice	190	80	3.5	0	20	450	20	1	2	7
		Large - Per Slice	330	140	6	0	30	790	35	2	3	12
Ultimate Bertucci		Small - Per Slice	230	100	3.5	0	30	540	20	1	2	11
		Large - Per Slice	390	170	6	0	50	930	36	2	3	19
Roasted Vegetable		Small - Per Slice	220	109	3	0	9	520	23	1	3	7
		Large - Per Slice	360	158	4	0	12	823	41	2	5	10
Sporkie		Small - Per Slice	220	90	3.5	0	20	550	24	1	7	10
		Large - Per Slice	400	170	7	0	40	1000	43	2	10	18
Roasted Chicken & Broccoli		Small - Per Slice	190	70	2.5	0	25	480	21	1	2	10
		Large - Per Slice	330	120	5	0	40	850	37	2	3	17
Classic Margherita		Small - Per Slice	180	70	3	0	10	320	20	1	2	7
		Large - Per Slice	300	110	4.5	0	15	530	36	2	3	12
Pucillo		Small - Per Slice	200	90	3	0	15	440	21	1	3	7
		Large - Per Slice	340	140	6	0	30	770	37	2	4	13
Meatball Ricotta		Small - Per Slice	160	90	3.5	0	20	550	24	1	7	10
		Large - Per Slice	360	170	7	0	40	1000	43	2	10	18
Nolio		Small - Per Slice	210	100	5	0	30	530	21	1	3	7
		Large - Per Slice	360	170	9	0	50	910	37	2	4	12
Verde		Small - Per Slice	190	90	3	0	15	350	20	1	2	8
		Large - Per Slice	330	140	5	0	25	680	35	2	3	13
CRAFT YOUR OWN PIZZA		(Large = 8 SLICES Small = 6 SLICES)										
Cheese (base pizza)		Small - Per Slice	160	60	2.5	0	10	360	20	1	2	6
		Large - Per Slice	280	100	4	0	20	620	35	2	3	10
PIZZA TOPPINGS			Cal per Slice	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	Protein (g)
Veggies - Small Pizza												
Chopped Cherry Peppers			0	0	0	0	0	15	0	0	0	0
Broccoli			35	25	0	0	0	130	2	1	0	1
Sliced Mushrooms			0	0	0	0	0	0	0	0	0	0
Bell Peppers			0	0	0	0	0	0	1	0	0	0
Onions			5	0	0	0	0	0	1	0	1	0
Diced Plum Tomatoes			20	15	0	0	0	105	1	0	0	0
Spinach			15	2	0	0	0	25	1	0	1	0
Basil Pesto			20	2	1	0	2	2	1	0	0	1
Brick Oven Roasted - Small Pizza												
Roasted Garlic			15	5	0	0	0	40	2	0	0	0
Roasted Black Olives			30	30	0	0	0	115	1	0	0	0
Roasted Zucchini			25	20	0	0	0	45	1	0	0	0
Roasted Bell Peppers			15	10	0	0	0	55	1	0	0	0
Caramelized Onions			10	5	0	0	0	20	1	0	1	0
Roasted Artichokes			20	15	0	0	0	65	1	0	0	0
Roasted Eggplant			90	80	1	0	0	120	4	1	1	0

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Meats & Cheese - Small Pizza											
Sweet Italian Sausage		30	20	1	0	5	65	0	0	0	1
Meatballs		30	15	0.5	0	10	90	1	0	0	3
Fresh Mozzarella		20	15	1	0	5	60	0	0	0	1
Pepperoni		15	15	0.5	0	5	65	0	0	0	1
Bacon		45	26	3	1	0	210	0	0	0	0
Chicken		35	15	0	0	10	65	0	0	0	4
Prosciutto		20	15	0	0	5	50	0	0	0	2
Ricotta		50	20	1	0	10	180	5	0	5	3
Gorgonzola		10	15	0.5	0	10	90	1	0	0	3
Veggies - Large Pizza											
Broccoli		50	35	0	0	0	190	4	2	1	1
Sliced Mushrooms		0	0	0	0	0	0	0	0	0	0
Bell Peppers		5	0	0	0	0	0	1	0	1	0
Onions		5	0	0	0	0	0	2	0	1	0
Spinach		5	0	0	0	0	15	1	0	0	1
Chopped Cherry Peppers		0	0	0	0	0	25	1	0	0	0
Basil Pesto		5	0	0	0	0	0	1	0	0	0
Brick Oven Roasted - Large Pizza											
Roasted Garlic		20	5	0	0	0	60	3	0	0	1
Roasted Artichokes		30	25	0	0	0	95	1	1	0	0
Roasted Black Olives		50	45	0	0	0	170	1	1	0	1
Roasted Eggplant		140	120	1.5	0	0	180	6	2	2	1
Roasted Bell Peppers		20	15	0	0	0	85	2	0	1	0
Roasted Zucchini		35	30	0	0	0	70	1	0	0	0
Caramelized Onions		20	10	0	0	0	30	2	0	1	0
Meats & Cheese - Large Pizza											
Chicken		50	20	0	0	20	100	0	0	0	6
Pepperoni		25	20	1	0	5	95	0	0	0	1
Bacon		60	64	2	0	20	310	0	0	0	0
Prosciutto		30	20	0.5	0	10	240	0	0	0	2
Sweet Italian Sausage		45	35	1.5	0	10	100	0	0	0	2
Meatballs		50	25	1	0	10	135	1	0	0	4
Gorgonzola		56	4	3	1	15	141	0	0	0	24
Ricotta		150	50	3.5	0	25	550	15	0	15	10
Fresh Mozzarella		5	0	0	0	0	230	0	0	0	1

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CAULIFLOWER-BASED PIZZA CRUST											
Cauliflower-based Pizza Crust	Small only	less 8 cal	130	1	0	0	290	29	2	3	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)
Craft Your Own Calzone	1 Serving	720+	230	12	0.5	65	2090	93	5	23	33
<i>*Craft Your Own Calzone calories based on added toppings - refer to "PIZZA TOPPINGS" for individual calories</i>											
ENTRÉE 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)
Chicken Parmesan	1 Serving	1385	630	20	1	195	3170	105	10	14	78
Chicken Piccata	1 Serving	1270	820	33	2	265	2350	80	5	4	64
Grilled Salmon with spinach & rosemary roasted potatoes	1 Serving	860	710	5	0	130	340	60	12	8	60
Grilled Salmon with spinach & pasta with house-made pomodoro sauce	1 Serving	960	820	6	0	150	650	103	8	13	72
PASTA											
	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 & Meatballs	1 Serving	1360	380	12	0.5	100	4300	181	19	30	68
Spaghetti Pomodoro	1 Serving	790	90	2	0	0	1620	145	12	12	29
Spaghetti & Meat Sauce	1 Serving	960	210	8	0	55	1800	144	11	8	38
Rigatoni, Broccoli and Chicken	1 Serving	1450	740	27	1.5	195	2640	116	10	8	62
Lasagna Rustica	1 Serving	1220	500	27	1	240	3380	111	8	38	68
Four Cheese Ravioli with Pomodoro	1 Serving	870	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
Shrimp Rossini	1 Serving	720	180	8	0	255	1920	83	7	9	51
Fettuccine Alfredo	1 Serving	1000	490	33	2	220	2300	98	6	9	28
Fettuccine Alfredo with Grilled 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 Abruzzi	1 Serving	1100	540	14	0	75	2750	105	12	16	37

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LUNCH											
LUNCH MENU	Serving Size	Calories	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	Protein (g)
Unlimited Soup & Insalata or Caesar Salad	1 Serving										
Paninis (Prepared on grilled flatbread)											
Meatball	1 Serving	770	290	12	0.5	85	1860	66	4	8	35
Grilled Chicken Marengo	1 Serving	1240	560	9	0	100	1800	80	5	10	40
Sandwiches (all served on freshly-baked foccacia bread)											
Chicken Milanese	1 Serving	630	260	4	0	45	1160	65	3	5	26
Chicken Parma	1 Serving	760	340	9	0	70	1650	71	5	8	33
Delicato Italian	1 Serving	900	450	22	0	120	2250	91	8	11	54
Menucci's											
Margherita	1 Serving (8 pieces)	660	40	1.5	0	5	180	13	1	1	4
Sporkie	1 Serving (8 pieces)	840	50	2.5	0	15	330	15	1	3	6
Cheese	1 Serving (8 pieces)	600	35	1.5	0	5	210	12	1	1	4
Pepperoni	1 Serving (8 pieces)	660	270	12	0	60	1500	78	6	6	24
Roasted Vegetable	1 Serving (8 pieces)	820	408	10	0	30	1760	83	4	10	22
Roasted Chicken & Broccoli	1 Serving (8 pieces)	690	240	27	12	75	1380	79	3	5	33
Classics											
Spaghetti & Meatballs	1 Serving	660	200	6	0	50	2370	86	10	17	33
Spaghetti & Meat Sauce	1 Serving	660	140	5	0	40	1160	67	6	5	21
Rigatoni Abruzzi	1 Serving	730	360	9	0	40	1820	71	8	11	22
Four Cheese Ravioli	1 Serving	600	240	13	1	125	1740	63	6	11	27
Four Cheese Ravioli with Meat Sauce	1 Serving	720	330	17	1	165	1870	62	5	8	35
Tuscan Vegetables with Grilled Chicken	1 Serving	740	520	7	0	75	1790	26	9	9	31
Chicken Parmesan	1 Serving	760	490	13	1	120	2250	91	8	11	54
Chicken Piccata	1 Serving	1060	590	20	1	175	1700	68	4	3	45
SWEET ENDINGS	Serving Size	Calories	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	Protein (g)
Traditional Cannoli	1 Serving	640	170	70	0	30	710	63	2	49	16
Double Dark Chocolate Cake	1 Serving	760	390	22	0	90	560	81	4	53	10
Limoncello Mascarpone Cake	1 Serving	430	110	7	0	200	95	72	1	41	7
COFFEE SPECIALTIES	Serving Size	Calories	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (mg)	Protein (g)
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

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KIDS MENU

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	420	100	5	0	60	1890	87	6	9	18
Cheese Ravioli (Butter)	1 Serving	500	170	11	0	90	1390	80	4	4	16
Pasta (Pomodoro Sauce)	1 Serving	320	40	0.5	0	0	730	60	5	6	12
Pasta (Butter)	1 Serving	370	110	7	0	30	220	52	3	1	10
Chicken w/ Broccoli	1 Serving	260	150	3	0	65	260	3	1	0	24
Crispy Chicken Bites w/ Seasonal Fruit	1 Serving	up to 380	180	4	0	50	900	26	1	14	19
Crispy Chicken Bites w/Rigatoni & Sauce	1 Serving	520	210	4	0	75	1070	46	3	6	27
Crispy Chicken Bites w/Rigatoni & Butter	1 Serving	570	290	11	1	105	570	38	1	1	25
Crispy Bites w/ Broccoli	1 Serving	360	180	3.5	0	50	1000	26	1	13	20
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)
Hoodsie Ice Cream Cup	1 Serving	100	45	3.5	0	20	35	12	0	9	2
Chocolate Chip Cookie Sundae	1 Serving	510	220	12	0	50	330	73	2	48	6
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
Barq's® 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