



CATERING MENU NUTRITIONALS

ISSUE DATE: FEBRUARY 2019

CATERING 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)
SALADS												
Insalata Salad, Whole recipe	20 Servings	320	140	0	20	720	40	12	20	16	16	16
Insalata Salad, 10 Servings	10 Servings	32	14	0	2	72	4	2	2	2	2	2
Arugula Salad, Whole Recipe	20 Servings	1720	1460	17	0	0	2880	62	25	23	16	16
Arugula Salad, 10 Servings	10 Servings	172	146	2	0	0	288	6	3	2	2	2
Caesar Salad, Whole Recipe	20 Servings	2140	1520	42	1.5	120	5120	112	22	19	55	55
Caesar Salad, 10 Servings	10 Servings	214	152	4	0	12	512	11	2	2	6	6
Spinach & Gorgonzola Salad, Whole Recipe	20 Servings	1970	985	35	1	175	4390	135	28	89	59	59
Spinach & Gorgonzola Salad, 10 Servings	10 Servings	197	99	4	0	18	439	14	3	9	6	6
Farmhouse Salad, Whole Recipe	20 Servings	1960	980	60	1	80	2520	99	27	52	82	82
Farmhouse Salad, 10 Servings	10 Servings	196	98	6	0	8	252	10	3	5	8	8
Mediterraneo Salad, Whole Recipe	20 Servings	2190	1095	46	0	110	2600	44	7	23	47	47
Mediterraneo Salad, 10 Servings	10 Servings	219	109	5	0	11	260	4	1	3	5	5
Additions From the Grill												
Grilled Salmon for Salads, Whole Recipe	20 Servings	2530	1680	30	0	585	35	0	0	0	198	198
Grilled Salmon for Salads, 10 Servings	10 Servings	253	168	3	0	59	4	0	0	0	20	20
Grilled Shrimp Skewers (8) for Salads, Whole Recipe	20 Servings	1530	1137	12	0	685	890	6	0	1	93	93
Grilled Shrimp Skewers (8) for Salads, 10 Servings	10 Servings	153	114	1	0	69	90	1	0	0	9	9
Marengo Chicken for Salads, Whole Recipe	20 Servings	2700	1570	15	0	650	3800	10	0	0	250	250
Marengo Chicken for Salads, 10 Servings	10 Servings	270	157	1.5	0	65	380	1	0	0	25	25
SANDWICHES												
Boxed Lunch, Low End of Range	10-20 Servings	1190	510	16	0.5	95	1590	143	7	55	34	34
Boxed Lunch, High End of Range	10-20 Servings	1780	910	29	1	210	2640	169	8	61	53	53
SIDES												
Roasted Tuscan Vegetables with Breadcrumbs, Whole Recipe	20 Servings	2200	1780	24	0.5	10	5620	101	34	36	22	22
BERTUCCI'S - Catering Menu: Roasted Tuscan Vegetables with Breadcrumbs, 10 Servings	10 Servings	220	178	2	0	1	562	10	3	4	2	2
Antipasto, Whole Recipe	20 Servings	4870	2920	89	1.5	465	16920	320	34	50	179	179
Antipasto, 10 Servings	10 Servings	487	292	9	0	47	1692	32	3	5	18	18
Classic Bruschetta, Whole Recipe	20 Servings	2680	1340	15	0	5	5930	311	20	33	47	47
Classic Bruschetta, 10 Servings	10 Servings	268	134	2	0	1	593	31	2	3	5	5
Grilled Tuscan Chicken Wings, Whole Recipe	20 Servings	2100	1050	38	0	0	910	38	4	7	147	147
Grilled Tuscan Chicken Wings, 10 servings	10 Servings	210	105	4	0	0	91	4	0	1	15	15
Broccoli, Whole Recipe	20 Servings	360	240	0	0	1240	24	8	4	8	8	8
Broccoli, 10 Servings	10 Servings	36	24	0	0	124	3	2	1	2	2	2
Roasted Potatoes, Whole Recipe	20 Servings	2080	1160	0	0	2880	208	24	16	24	24	24
SIGNATURE PASTAS												
Chicken Scampi, Whole Recipe	20 Servings	5330	2590	82	3	815	10550	368	27	19	298	298
Chicken Scampi, 10 Servings	10 Servings	533	259	8	0	82	1055	37	3	2	30	30
Shrimp Scampi, Whole Recipe	20 Servings	4560	2440	8	1120	10080	312	24	16	204	320	320
Shrimp Scampi, 10 Servings	10 Servings	456	244	1	112	101	31	3	2	20	32	32
Fettuccine Alfredo, Whole Recipe	20 Servings	3290	1518	100	0	690	627	328	0	28	84	84
Fettuccine Alfredo, 10 Servings	10 Servings	329	152	10	0	70	63	33	0	3	8	8
Lasagna Rustica, Whole Recipe	20 Servings	4870	2010	110	5	960	13500	444	31	150	273	273
Lasagna Rustica, 10 Servings	10 Servings	487	201	11	1	96	1350	44	3	15	27	27
Polpetta in Pomodoro, Whole Recipe	20 Servings	2540	1567	65	0	740	6830	56	2	34	163	163
Polpetta in Pomodoro, 10 Servings	10 Servings	254	157	7	0	74	683	6	0	3	16	16
Rigatoni Abruzzi, Whole Recipe	20 Servings	4410	2170	57	0	305	11010	421	48	64	148	148
Rigatoni Abruzzi, 10 Servings	10 Servings	441	217	6	0	31	1101	42	5	6	15	15
Rigatoni Bolognese, Whole Recipe	20 Servings	2760	780	29	0	225	6300	369	31	29	114	114
Rigatoni Bolognese, 10 Servings	10 Servings	276	78	3	0	23	630	37	3	3	11	11
Rigatoni Del Rosario, Whole Recipe	20 Servings	3370	1550	41	0	105	5590	370	31	33	73	73
Rigatoni Del Rosario, 10 Servings	10 Servings	337	155	4	0	11	559	37	3	3	7	7
Rigatoni Pomodoro, Whole Recipe	20 Servings	2100	320	7	0	10	5580	374	35	45	76	76
Rigatoni Pomodoro, 10 Servings	10 Servings	210	32	1	0	1	558	37	4	5	8	8
Rigatoni, Broccoli and Chicken with Cream Sauce, Whole Recipe	20 Servings	5890	3020	114	5	800	10960	465	39	33	248	248
Rigatoni, Broccoli and Chicken with Cream Sauce, 10 Servings	10 Servings	589	302	11	1	80	1096	47	4	3	25	25
Rigatoni, Broccoli and Chicken with Wine Sauce, Whole Recipe	20 Servings	5340	2580	84	3.5	635	8760	441	38	15	236	236
Rigatoni, Broccoli and Chicken with Wine Sauce, 10 Servings	10 Servings	534	258	8	0	64	876	44	4	2	24	24
Shrimp Rossini, Whole Recipe	20 Servings	3070	720	33	1.5	1030	7810	367	30	39	213	213
Shrimp Rossini, 10 servings	10 Servings	307	72	3	0	103	781	367	3	4	21	21
Tortellini with Pomodoro, Whole Recipe	20 Servings	2540	786	37	0	395	8170	298	1	38	134	134
Tortellini with Pomodoro, 10 Servings	10 Servings	254	79	4	0	40	817	30	0	4	13	13
Tortellini with Alfredo, Whole Recipe	20 Servings	3860	2068	136	0	845	10030	281	0	36	149	149
Tortellini with Alfredo, 10 Servings	10 Servings	386	206	14	0	84	101	28	0	4	15	15
ENTREES												
Chicken Anna Maria, Whole Recipe	10 Servings	3740	1948	72	3	740	10160	201	13	44	255	255
Chicken Anna Maria, 10 Servings	20 Servings	374	195	7	0	74	1016	20	1	4	26	26
Chicken Doman, Whole Recipe	20 Servings	6470	3050	136	6	865	7130	541	31	25	280	280
Chicken Doman, 10 Servings	10 Servings	647	305	14	1	87	713	54	3	3	28	28
Chicken Marsala, Whole Recipe	20 Servings	5700	2710	40	0	1400	12300	110	0	30	590	590
Chicken Marsala, 10 Servings	10 Servings	570	271	4	0	140	1230	11	0	3	59	59
Chicken Parma, Whole Recipe	20 Servings	3830	1772	81	2.5	770	10340	199	2	59	330	330
Chicken Parma, 10 Servings	10 Servings	383	177	8	0	77	1034	20	0	6	33	33
Chicken Piccata, Whole Recipe	10 Servings	2730	1322	53	0	655	5340	131	1	12	222	222
Chicken Piccata, 10 Servings	10 Servings	273	132	5	0	66	534	13	0	1	22	22
Eggplant Pomodoro, Whole Recipe	20 Servings	2570	1719	55	3	190	7450	136	26	75	99	99
Eggplant Pomodoro, 10 Servings	10 Servings	257	172	6	0	19	745	14	3	8	10	10

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)
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)
Cannoli Chips and Cream, Whole Recipe		20 Servings	2010	620	40	1.5	190	4410	276	6	243	88
Cannoli, Mini Cappuccino 1 Serving		1 Serving	150	66	4.5	0	20	80	18	0	8	5
Chocolate Chunk Cookies, 1 each		1 Serving	600	270	13	0	40	520	82	3	49	6
Five Layer Chocolate Cake, Whole Recipe		20 Servings	7000	4118	205	0	1175	2600	724	0	474	70
Five Layer Chocolate Cake, 10 Servings		10 Servings	700	412	21	0	118	260	72	0	48	7
Tiramisu, Whole Recipe		20 Servings	3850	1783	152	0	945	810	425	0	274	48
Tiramisu, 10 Servings		10 Servings	385	178	15	0	95	81	43	0	27	5
Sugar Cookies, 1 each		1 Serving	610	300	20	0	90	450	71	1	34	6
BRICK OVEN PIZZA		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		Large - Whole	330	140	6	0	30	790	35	2	3	12
Ultimate Bertucci		Large - Whole	390	170	6	0	50	930	36	2	3	19
Veggie Pizza		Large - Whole	310	120	4	0	15	740	39	3	5	10
Sporkie		Large - Whole	400	170	7	0	40	1000	43	2	10	18
Nolio		Large - Whole	360	170	9	0	50	910	37	2	4	12
Silano		Large - Whole	330	120	5	0	40	850	37	2	3	17
Margherita		Large - Whole	300	110	4.5	0	15	530	36	2	3	12
Verde		Large - Whole	330	140	5	0	25	680	35	2	3	13
Pucillo		Large - Whole	340	140	6	0	30	770	37	2	4	13
Spicy Salami		Large - Whole	360	160	7	0	35	710	36	2	4	15
Marengo		Large - Whole	340	120	4	0	35	760	37	2	4	16
Bruschetta		Large - Whole	290	110	4	0	15	610	36	2	3	11
CRAFT YOUR OWN PIZZA		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		Large - Whole	280	100	4	0	20	620	35	2	3	10
Cheese 1 Topping Option		Large - Whole	260	90	3.5	0	15	580	35	2	3	9
SUBSTITUTE MULTIGRAIN DOUGH		Serving Size										
Multigrain Crust Only		1 Serving	320	45	0.5	0	0	480	61	6	2	10
Multigrain Crust Only, Large Pizza		Large - Whole	160	20	0	0	0	240	30	3	1	5