

	SERVING SIZE (G)		CALORIES		CALORIES FROM FAT		FAT (G)		SATURATED FAT (G)		TRANS FAT (G)		CHOLESTEROL (MG)		SODIUM (MG)		CARBOHYDRATES (G)		FIBER (G)		SUGARS (G)		PROTEIN (G)		VITAMIN A (%DV)		VITAMIN C (%DV)		CALCIUM (%DV)		IRON (%DV)	
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APPETIZERS

<b>Vegetable Minestrone - Cup</b>	179	290	130	15	5	0	20	450	25	7	3	15	4	25	30	15
<b>Vegetable Minestrone - Bowl</b>	359	590	270	30	10	0	40	900	51	14	6	30	8	60	60	30
<b>Roma Tomato Basil - Cup</b>	170	160	120	13	7	0	35	300	10	2	5	2	6	30	8	10
<b>Roma Tomato Basil - Bowl</b>	340	320	240	27	13	0	75	600	21	5	11	4	10	60	15	20
<b>Oven Roasted Baby Carrots</b>	182	150	80	9	1.5	0	5	170	16	5	9	3	20	15	8	10
<b>Marinated Cauliflower</b>	227	350	220	25	3.5	0	0	1290	25	11	4	9	4	140	10	20
<b>Heirloom Tomatoes</b>	276	530	300	33	11	0	40	240	42	3	8	16	0	60	30	15
<b>Roasted Baby Beets</b>	152	290	180	20	2	0	0	310	26	7	16	5	0	20	6	15
<b>Roasted Apple</b>	196	420	290	32	12	0	75	830	19	3	13	17	2	10	6	4

SALADS *(Includes Dressing)*

<b>Marinated Lacinato Kale</b>	194	580	450	50	11	0	40	760	15	3	1	22	15	200	70	15
<b>Enormous Garlic Crouton Caesar</b>	363	760	520	57	10	0	40	450	48	6	5	17	15	30	30	25
<b>Jeannie's Chef Salad</b>	383	540	380	42	11	0	30	490	28	9	10	18	10	45	45	20
<b>Simple Salad</b>	124	160	130	15	2	0	5	85	7	1	4	3	2	20	8	6

ADD ONS

<b>House Meatballs</b>	128	410	270	30	10	1	110	530	14	3	6	21	0	40	15	25
<b>Bristol Bay Sockeye Salmon</b>	113	200	90	10	1.5	0	65	110	0	0	0	28	0	0	2	4
<b>Oven Roasted Chicken</b>	142	210	90	10	2.5	0	115	125	0	0	0	28	0	0	4	8
<b>Seared Skirt Steak</b>	113	260	170	19	4.5	0.5	75	105	1	0	0	24	0	2	4	10
<b>Wild Pacific Shrimp</b>	142	200	100	12	1	0	170	770	5	0	0	19	2	6	10	4

TOASTIES

<b>Prosciutto &amp; Fontina</b>	343	1050	610	68	22	0	105	1430	78	4	7	32	6	30	30	30
<b>Prosciutto &amp; Fontina combo</b>	582	1310	820	91	30	0	145	1780	92	7	15	36	10	70	40	45
<b>Eggplant Parmesan</b>	426	1240	680	76	23	0	70	1380	110	9	14	34	8	60	60	50
<b>Eggplant Parmesan combo</b>	666	1510	890	98	31	0	110	1730	125	12	22	38	10	100	70	60
<b>Beecher's Flagship Cheddar</b>	323	1050	630	70	25	0	90	660	78	4	7	28	8	30	45	30
<b>Beecher's Flagship Cheddar combo</b>	563	1310	840	93	32	0	130	1010	93	7	14	32	10	70	60	45

PIES

<b>Mozzarella di Bufala</b>	425	1010	450	50	17	0	55	1000	105	8	13	33	0	50	45	60
<b>House Pepperoni</b>	445	1200	600	66	22	0	85	1480	108	8	15	47	6	50	70	60
<b>Fennel Sausage</b>	590	1280	580	64	20	0	110	1900	117	10	14	62	4	240	100	60
<b>Iowa Prosciutto</b>	395	1030	440	48	10	0	55	1510	113	7	23	38	2	15	35	40
<b>Roasted Oyster Mushrooms</b>	463	1070	540	60	16	0	45	910	108	7	7	31	0	15	35	45
<b>Broccoli Rabe</b>	554	1140	570	63	11	0	30	1980	118	12	20	37	2	180	60	60

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PASTAS

<b>Baked Cauliflower Mac n Cheese</b>	515	910	490	54	31	0	200	910	66	5	16	41	10	190	90	25
<b>Baked Conchiglie Meatballs</b>	570	1350	820	91	28	1	225	2450	86	11	23	54	8	200	90	80
<b>Spicy Shrimp Puttanesca</b>	501	950	540	60	9	0	230	1700	70	5	4	35	2	50	25	30
<b>Sausage &amp; Broccoli Rabe</b>	426	810	460	51	13	0	120	970	52	2	3	35	2	140	60	25
<b>Margherita</b>	352	780	450	50	11	0	75	1170	66	6	13	19	2	90	35	45

KIDS' MENU *(Includes Side of Fruit)*

<b>Buttered Noodles</b>	264	460	153	17	6	0	68	71	66	4	13	13	2	59	6	12
<b>Cheese Tortelloni</b>	369	360	100	11	4	0	53	1010	65	8	18	14	0	81	21	19
<b>Chicken Tenders - BBQ</b>	346	510	208	23	4.5	0	48	930	61	4	29	16	0	89	5	13
<b>Chicken Tenders - Ketchup</b>	346	480	209	23	4.5	0	48	1069	55	4	24	16	0	97	6	14
<b>Chicken Tenders - Ranch</b>	346	540	299	33	6	0	54	848	47	4	18	16	0	89	7	13
<b>Grilled Cheese &amp; Soup - Tomato Basil</b>	424	670	309	34	19	0	94	926	71	10	25	24	8	90	45	25
<b>Macaroni &amp; Cheese</b>	415	840	484	54	29	0.5	166	1252	79	11	17	22	10	60	53	33
<b>Penne Alfredo with Chicken</b>	509	950	464	52	26	0	188	1099	86	3	15	36	10	60	52	17
<b>Roasted Chicken Breast</b>	368	350	112	12	2.5	0	115	277	30	4	15	31	2	89	8	15
<b>Seared Wild Salmon</b>	350	420	167	19	2.5	0	77	284	31	5	16	37	0	102	7	11

DESSERTS

<b>Chocolate Budino</b>	140	540	355	39	22	0	223	76	40	3	27	8	0	1	11	35
<b>Lemon Curd Cheesecake</b>	247	950	575	64	35	0	544	494	80	2	67	17	0	11	15	13
<b>Bombolini Doughnuts</b>	251	1190	627	70	33	0	354	138	118	4	45	25	0	0	17	35
<b>Homemade 3 Cheese Cannoli</b>	90	250	105	12	6	0	39	56	32	1	22	6	0	0	4	4
<b>Affogato</b>	167	280	100	12	7	0	50	75	37	1	31	6	0	0	4	10
<b>Gelato &amp; Sorbet</b>	170	310	122	14	9	0	60	75	38	0	38	6	0	0	0	0
<b>Waffle Bowl</b>	21	80	0	0.5	0	0	0	35	18	0	5	1	0	0	2	4
<b>Waffle Cone</b>	29	110	0	0.5	0	0	0	55	25	1	8	2	0	0	2	6