

# PASTA, APPETIZERS, SALADS, AND SIGNATURE FAVORITES

Item	Serving Size	Calories	Total Fat (gms)	Calories From Fat	Saturated Fat (gms)t	Trans Fat (gms)	Cholesterol (mgs)	Sodium (gms)	Carbohydrates (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)
<b>Pasta and Pasta Sides</b>												
Homestyle Spaghetti	Each	998	38	353	8	0	3	3088	137	7	10	25
Baked Spaghetti	Each	1271	56	535	20	0	22	3112	137	7	10	46
Lasagna	Each	1270	57	564	21	0	41	3159	141	7	12	44
Chicken Broccoli Alfredo	Each	1184	44	406	11	0	66	4034	144	7	11	50
Garlic or Buttered Bread	Each	410	32	291	6	0	0	0	28	0	0	5
Meatballs (2)	1 order	441	34	314	12	0	80	1280	11	2	2	24
<b>Appetizers</b>												
Jumbo Breadsticks	1 Stick	163	4	42	1	0	0	264	26	1	2	5
Cheese Breadsticks	1 Stick	214	8	74	4	0	4	414	26	1	2	9
Cinnamon Breadsticks	1 Stick	189	4	41	2	0	0	183	33	1	10	5
Pepperoni Roll	1 Roll	387	14	129	5	0	14	594	53	2	3	13
Onion Rings	1 Order	612	34	301	11	0	0	584	72	4	0	8
French Fries	1 Order	331	10	83	2	0	0	3355	50	5	0	5
Garlic Bread	1 Order	410	32	291	6	0	0	0	28	0	0	5
Mozzarella Cheese Sticks	1 Order	694	34	301	15	0	84	2188	59	4	7	41
<b>Salads</b>												
Grilled Chicken Salad	1 Salad	648	34	331	16	0	141	1977	24	34	8	60
Deluxe Ham & Cheese Salad	1 Salad	331	14	150	9	0	46	487	25	36	9	27
Antipasto Salad	1 Salad	476	33	317	12	0	50	1883	13	4	5	27
Large Garden Salad	1 Salad	107	0	14	0	0	4	32	27	36	10	4
Small Garden Salad	1 Salad	73	0	13	0	0	4	17	19	34	5	2
<b>Sandwiches</b>												
Half Italian Meatball Sub	Each	572	33	312	16	0	69	1474	53	3	5	34
Whole Italian Meatball Sub	Each	838	43	413	22	0	78	2070	98	4	8	53
Half Philly Steak Sub	Each	452	22	193	10	0	67	895	49	2	3	36
Whole Philly Steak Sub	Each	901	44	385	20	0	134	1774	96	4	6	71
Half Chicken Philly Sub	Each	372	11	105	5	0	67	1435	50	2	3	40
Whole Chicken Philly Sub	Each	671	20	193	10	0	103	2382	98	4	6	68
Half Hot Ham & Cheese Sub	Each	346	14	143	6	0	46	1028	50	2	4	25
Whole Hot Ham & Cheese Sub	Each	536	19	191	8	0	64	1713	93	3	2	41
Half Sicilian Sub	Each	710	51	461	17	0	92	2044	47	2	2	38
Whole Sicilian Sub	Each	1417	101	914	33	0	177	4041	93	4	5	76
Hot Ham & Cheese Sandwich	Each	816	35	168	10	0	56	1635	89	4	7	35
Italian Sub	Each	1002	52	313	16	0	102	2481	81	4	6	46
Beef Steak Sandwich	Each	881	41	207	9	0	64	1476	101	5	12	29
<b>Pubwiches</b>												
Little Ham Pubwich	Each	771	23	213	12	0	59	1171	76	5	9	42
Big Ham Pubwich	Each	1190	33	325	18	0	95	1906	118	7	13	66
Little Chicken Ranch Pubwich	Each	890	34	319	16	0	77	1467	72	4	7	46
Big Chicken Ranch Pubwich	Each	1469	54	514	26	0	79	847	72	4	6	54
Little Sirloin Philly Steak Pubwich	Each	856	36	334	20	0	79	847	72	4	6	54
Big Sirloin Philly Steak Pubwich	Each	1337	55	505	30	0	143	1506	115	6	10	85
<b>Pizza Breads</b>												
Cheese Pizza Bread	Each	448	12	122	8	0	12	565	59	1	4	24
Deluxe	Each	584	22	216	11	0	34	1246	64	2	5	30
<b>Calzones</b>												
Calzone	Each	849	34	318	8	0	15	1400	110	5	9	25
<b>Toppings for Calzone and Pizza Bread</b>												
Pepperoni	8 pcs.	60	5	49	2	0	12	190	0	0	0	2
Sausage	1oz	99	9	79	3	0	20	329	1	0	0	4
Old World Pepperoni	15 pcs.	99	9	83	3	0	23	422	0	0	0	5
Mushrooms	1oz	7	0	0	0	0	0	5	1	0	0	1
Sweet Onions	1oz	11	0	0	0	0	0	1	3	0	1	0
Black Olives	1oz	62	5	53	0	0	0	532	2	0	0	0
Green Olives	1oz	53	4	44	0	0	0	443	2	0	0	0
Pineapple	1oz	16	0	0	0	0	0	5	0	4	0	0
Green Peppers	1oz	6	0	0	0	0	0	0	1	0	1	0
Jalapeno Peppers	1oz	0	0	0	0	0	0	466	1	0	1	0
Banana Peppers	1oz	5	0	0	0	0	0	280	1	1	0	0
Sliced Tomatoes	1oz	5	0	0	0	0	0	1	1	0	1	0
Ham	1oz	25	1	8	0	0	15	220	0	0	0	5
Italian Sausage	1oz	70	5	45	2	0	19	253	0	0	0	5
Bacon	1oz	123	9	81	3	0	32	492	1	0	1	10
Chicken	1oz	34	1	25	0	0	15	233	0	0	0	6
Extra Cheese	2oz	182	12	61	8	0	12	16	0	0	0	14
<b>Flatbreads</b>												
Pepperoni & Cheese	Each	858	47	455	22	0	49	899	60	3	4	40
Chicken Ranch	Each	1308	83	768	28	0	125	2070	67	4	7	65
<b>Toppings for Flatbread</b>												
Pepperoni	1.25oz	175	16	142	6	0	35	553	0	0	0	7
Sausage	2oz	198	18	158	6	0	40	659	2	1	1	8
Mushrooms	1.5oz	10	0	0	0	0	0	8	2	1	0	2
Sweet Onions	2.5oz	28	0	1	0	0	0	3	7	1	3	1
Black Olives	1.5oz	71	6	51	6	0	0	312	3	0	0	0
Green Olives	1.5oz	80	7	66	0	0	0	664	3	0	0	0
Pineapple	2.5oz	41	0	0	0	0	0	0	11	1	10	1
Green Peppers	1.5oz	9	0	0	0	0	0	0	2	1	1	0
Jalapeno Peppers	1.5oz	0	0	0	0	0	0	700	1	0	1	0
Banana Peppers	2oz	10	0	0	0	0	0	560	2	2	0	0
Sliced Tomatoes	2.5oz	12	0	0	0	0	0	10	2	0	1	0
Ham	1.5oz	38	1	11	0	0	23	330	0	0	0	7
Italian Sausage	2oz	140	10	91	4	0	38	506	1	0	0	11
Bacon	2oz	246	18	162	6	0	64	985	1	0	1	20
Chicken	1oz	34	1	8	0	0	15	233	0	0	0	6
Extra Cheese	3.5oz	319	21	213	14	0	21	28	0	0	0	25
<b>Dessert</b>												
Family Chocolate Brownie - 6 slices	Each	200	8	67	2	0	13	73	28	1	20	3
Family Chocolate Chip Cookie - 6 slices	Each	206	1	92	4	0	15	311	26	1	14	2
Family Salted Caramel Cookie - 6 slices	Each	208	1	82	4	0	16	361	30	0	19	2
<b>Fountain Drinks</b>												
Pepsi-20oz	20oz	270	0	0	0	0	0	35	67	0	66	0
Pepsi - 32oz	32oz	400	0	0	0	0	0	80	109	0	109	0
Diet Pepsi-20oz	20oz	0	0	0	0	0	0	35	0	0	0	0
Diet Pepsi-32oz	32oz	0	0	0	0	0	0	58	0	0	0	0
Dr. Pepper- 20oz	20oz	250	0	0	0	0	0	100	66	0	64	0
Dr. Pepper- 32oz	32oz	400	0	0	0	0	0	160	106	0	102	0
Diet Dr. Pepper-20oz	20oz	0	0	0	0	0	0	58	0	0	0	0
Diet Dr. Pepper-32oz	32oz	0	0	0	0	0	0	93	0	0	0	0
Sierra Mist- 20oz	20oz	187	0	0	0	0	0	47	49	0	49	0
Sierra Mist - 32oz	32oz	233	0	0	0	0	0	58	62	0	62	0
Lemonade-20oz	20oz	274	0	0	0	0	0	37	72	0	70	0
Lemonade- 32oz	32oz	439	0	0	0	0	0	60	116	0	112	0
Mountain Dew- 20oz	20oz	283	0	0	0	0	0	75	77	0	77	0
Mountain Dew- 32oz	32oz	453	0	0	0	0	0	173	122	0	123	0
Diet Mountain Dew - 20oz	20oz	8	0	0	0	0	0	50	0	0	0	0
Diet Mountain Dew - 32oz	32oz	16	0	0	0	0	0	133	0	0	0	0
Mug Rootbeer-20oz	20oz	267	0	0	0	0	0	108	72	0	72	0
Mug Rootbeer-32oz	32oz	416	0	0	0	0	0	120	115	0	115	0
Gatorade Red-20oz	20oz	133	0	0	0	0	0	267	35	0	35	0
Gatorade Red- 32oz	32oz	240	0	0	0	0	0	427	61	0	56	0



# PIZZA & WINGS

Item	Serving Size	Calories	Tota Fat (gms)	Calories From Fat	Saturated Fat (gms)t	Trans Fat (gms)	Cholesterol (mgs)	Sodium (gms)	Carbohydrates (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)
<b>Pizzas</b>												
9" Luncheon Cheese Pizza-4 slices	1/4 slice	158	6	55	3	0	4	147	17	0	1	8
11" Medium Cheese Pizza-8 slices	1/8 slice	74	2	22	1	0	2	78	9	0	1	4
14" Large Cheese Pizza-8 slices	1/8 slice	190	5	68	5	0	5	296	33	1	3	12
16" X-Large Pizza-12 slices	1/12 slice	166	4	45	3	0	4	197	22	1	2	8
<b>Specialty Pizzas</b>												
Deluxe 9" - 4 slices	1/4 slice	171	8	70	2	0	12	522	20	1	2	6
Deluxe 11" - 8 slices	1/8 slice	172	8	77	4	0	11	415	16	1	2	8
Deluxe 14" - 8 slices	1/8 slice	300	14	128	6	0	20	713	30	2	3	13
Deluxe 16" - 12 slices	1/12 slice	264	12	115	5	0	17	664	26	2	3	12
Pepperoni Delight 9" -4 slices	1/4 slice	185	8	77	5	0	10	235	17	1	1	10
Pepperoni Delight 11" - 8 slices	1/8 slice	131	5	49	3	0	7	182	14	1	1	7
Pepperoni Delight 14" - 8 slices	1/8 slice	204	5	54	4	0	8	257	28	1	4	10
Pepperoni Delight 16" - 12 slices	1/12 slice	196	11	104	6	0	14	442	33	1	3	14
Chicken Ranch 9" - 4 slices	1/4 slice	247	5	118	5	0	22	407	18	1	2	12
Chicken Ranch 11" - 8 slices	1/8 slice	171	5	60	3	0	15	308	15	1	2	10
Chicken Ranch 14" - 8 slices	1/8 slice	286	10	94	5	0	26	565	28	2	4	17
Chicken Ranch 16" - 12 slices	1/12 slice	249	9	81	4	0	22	488	24	1	3	15
Meat 9" - 4 slices	1/4 slice	300	17	155	8	0	37	706	15	0	4	10
Meat 11" - 8 slices	1/8 slice	207	11	100	5	0	27	323	14	1	1	12
Meat 14" - 8 slices	1/8 slice	365	19	174	8	0	47	882	27	2	3	20
Meat 16" - 12 slices	1/12 slice	312	16	148	7	0	40	746	23	1	2	11
Hawaiian 9" - 4 slices	1/4 slice	170	6	55	4	0	8	195	19	1	4	10
Hawaiian 11" - 8 slices	1/8 slice	120	4	34	2	0	6	158	15	1	4	7
Hawaiian 14" - 8 slices	1/8 slice	205	5	52	4	0	8	279	28	1	4	11
Hawaiian 16" - 12 slices	1/12 slice	312	16	148	7	0	40	746	23	1	2	18
Veggie 9" - 4 slices	1/4 slice	195	8	78	5	0	5	456	20	1	2	9
Veggie 11" - 8 slices	1/8 slice	150	5	52	2	0	3	374	18	1	3	7
Veggie 14" - 8 slices	1/8 slice	238	8	80	3	0	4	410	30	2	3	10
Veggie 16" - 12 slices	1/12 slice	217	7	78	3	0	4	618	26	2	3	9
<b>Pizza Toppings for 9" Pizza - per slice</b>												
Pepperoni		26	3	21	1	0	5	82	0	0	0	1
Sausage		37	3	30	1	0	8	124	1	0	0	2
Old World Pepperoni		33	3	28	1	0	8	141	0	0	0	1
Mushrooms		2	0	0	0	0	0	1	0	0	0	0
Sweet Onions		4	0	0	0	0	0	0	1	0	0	0
Black Olives		16	1	13	0	0	0	133	1	0	0	0
Green Olives		13	1	11	0	0	0	111	1	0	0	0
Pineapple		8	0	0	0	0	0	0	3	0	2	0
Green Peppers		2	0	0	0	0	0	0	0	0	0	0
Jalapeno Peppers		0	0	0	0	0	0	117	0	0	0	0
Banana Peppers		10	0	0	0	0	0	70	0	0	0	0
Sliced Tomatoes		2	0	0	0	0	0	2	0	0	0	0
Ham		6	0	2	0	0	4	55	0	0	0	1
Italian Sausage		18	1	11	0	0	5	63	0	0	0	6
Bacon		46	3	1	1	0	12	185	0	0	0	4
Chicken		9	0	0	0	0	4	58	0	0	0	1
Extra Cheese		68	5	46	3	0	5	6	0	0	0	6
<b>Pizza Toppings for 11" Pizza - per slice</b>												
Pepperoni		22	2	18	1	0	4	69	0	0	0	1
Old World Pepperoni		20	2	17	1	0	5	84	0	0	0	1
Sausage		25	2	20	1	0	5	82	0	0	0	1
Mushrooms		1	0	0	0	0	0	1	0	0	0	0
Sweet Onions		3	0	0	0	0	0	0	1	0	0	0
Black Olives		9	1	6	1	0	0	39	0	0	0	0
Green Olives		10	1	8	0	0	0	83	0	0	0	0
Pineapple		5	0	0	0	0	0	0	1	0	1	0
Green Peppers		1	0	0	0	0	0	0	0	0	0	0
Jalapeno Peppers		0	0	0	0	0	0	88	0	0	0	0
Banana Peppers		1	0	0	0	0	0	70	0	0	0	0
Sliced Tomatoes		1	0	0	0	0	0	1	0	0	0	0
Ham		4	0	1	0	0	3	41	0	0	0	1
Italian Sausage		40	3	27	0	0	3	3	0	0	0	3
Bacon		31	2	20	1	0	8	123	0	0	0	2
Chicken		9	0	1	0	0	2	29	0	0	0	1
Extra Cheese		40	3	27	0	0	3	3	0	0	0	3
<b>Pizza Toppings for 14" Pizza - per slice</b>												
Pepperoni		35	3	28	1	0	7	111	0	0	0	1
Old World Pepperoni		37	3	31	1	0	8	158	0	0	0	1
Sausage		50	4	40	1	0	10	165	0	0	0	2
Mushrooms		3	0	0	0	0	0	2	0	0	0	0
Sweet Onions		6	0	0	0	0	0	1	1	0	1	0
Black Olives		15	1	11	1	0	0	65	0	0	0	0
Green Olives		17	1	14	0	0	0	138	0	0	0	0
Pineapple		16	0	0	0	0	0	0	2	0	2	0
Green Peppers		3	0	0	0	0	0	0	1	0	0	0
Jalapeno Peppers		0	0	0	0	0	0	175	0	0	0	0
Banana Peppers		1	0	0	0	0	0	35	0	0	0	0
Sliced Tomatoes		2	0	0	0	0	0	2	1	0	0	0
Ham		6	0	2	0	0	4	55	0	0	0	1
Italian Sausage		35	0	0	0	0	0	0	2	0	2	0
Bacon		54	4	35	1	0	14	215	1	0	0	4
Chicken		17	4	0	0	0	8	117	0	0	0	0
Extra Cheese		57	4	38	3	0	4	5	0	0	0	4
<b>Pizza Toppings for 16" Pizza - per slice</b>												
Pepperoni		29	3	24	1	0	6	92	0	0	0	1
Old World Pepperoni		33	3	28	1	0	8	141	0	0	0	2
Sausage		41	4	33	1	0	8	137	0	0	0	0
Mushrooms		2	0	0	0	0	0	2	0	0	0	0
Sweet Onions		6	0	0	0	0	0	1	1	0	1	0
Black Olives		16	1	11	1	0	0	69	1	0	0	0
Green Olives		18	2	5	0	0	0	148	1	0	0	0
Pineapple		8	0	0	0	0	0	0	3	0	2	0
Green Peppers		3	0	0	0	0	0	0	1	0	0	0
Jalapeno Peppers		0	0	0	0	0	0	156	0	0	0	0
Banana Peppers		2	0	0	0	0	0	93	0	0	0	0
Sliced Tomatoes		3	0	0	0	0	0	2	1	0	0	0
Ham		6	0	2	0	0	4	55	0	0	0	1
Italian Sausage		29	2	19	1	0	8	105	0	0	0	2
Bacon		41	3	27	1	0	11	164	0	0	0	0
Chicken		17	0	0	0	0	5	78	0	0	0	0
Extra Cheese		53	4	35	2	0	4	5	0	0	0	4
<b>Wings</b>												
Breaded Wings (10)	10 wings	760	41	355	13	0	329	5928	41	0	0	56
Naked Wings (10)	10 wings	1093	79	729	21	0	273	1822	12	0	0	85
Buffalo Wings (10 unbreaded)	10 wings	1093	79	729	21	0	273	4807	12	0	0	85
BBQ Wings (10 unbreaded)	10 wings	1297	79	729	21	0	273	2667	65	0	47	85
Boneless Wings (10)	10oz	574	24	203	5	0	152	1890	37	0	0	61
<b>Sauces Available</b>												
Sweet & Tangy Gold	4oz	70	1	0	0	0	0	380	15	1	13	1
BBQ	4oz	272	0	0	0	0	0	1127	70	0	62	0
Buffalo	4oz	136	0	0	0	0	0	255	3	0	3	0
Blue Cheese	4oz	404	4	32	2	0	10	180	0	0	0	2
Ranch	4oz	521	17	149	3	0	6	255	1	0	1	0
Honey Mustard	4oz	491	42	378	6	0	57	680	26	0	23	0
Sriracha	4oz	158	0	0	0	0	0	47	39	0	32	0