





**NUTRITIONAL GUIDELINES 2009**

The numbers listed below are in accordance with the FDA's guidelines for reporting nutrition information.

<b>Pizzas</b>	<b>Cals (kcal)</b>	<b>Tot - Fat</b>	<b>Fat - S</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carb (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>
<b>Full Plank serves 3-4</b>									
Cheese	1520	66	37	215	3430	145	8	5	86
Margherita	1450	61	35	180	3200	143	8	4	79
Pepperoni	1790	91	44	250	4840	147	8	8	92
SDT and Goat Cheese	1680	71	36	180	4590	181	18	26	89
Oven Roasted Vegetable	1910	106	41	185	3700	155	12	12	84
Italian Sausage	1560	69	32	190	3980	150	9	8	82
<b>Half Plank serves 1-2</b>									
Cheese	760	33	18	110	1710	72	4	2	43
Margherita	720	30	17	90	1600	71	4	2	40
Pepperoni	900	46	22	125	2420	73	4	4	46
SDT and Goat Cheese	840	35	18	90	2290	90	9	13	45
Oven Roasted Vegetable	950	53	20	95	1850	78	6	6	42
Italian Sausage	780	35	16	95	1990	75	5	4	41
<b>Go for 2</b>									
Cheese	380	17	9	55	855	36	2	1	22
Margherita	360	15	9	45	800	36	2	1	20
SDT and Goat Cheese	420	18	9	45	1145	45	5	7	23
Pepperoni	450	23	11	63	1210	37	2	2	23
Oven Roasted Vegetable	475	27	10	48	925	39	3	3	21
Italian Sausage	390	18	8	48	995	38	3	2	21
<b>Tossed Pasta*</b>									
<b>Full- Size - serves two</b>									
Spaghetti with Marinara	820	27	8	30	1740	115	7	10	24
Spaghetti with Meat	984	37	10	49	1968	128	8	10	36
Fettuccine Roma	1604	97	49	269	3038	128	12	10	54
Rigatoni Country Style	1384	93	37	194	2138	92	7	6	44
Corkscrew Chicken Marsala	1274	62	30	194	2358	119	10	21	45
Bowtie with Spinach and Mushroom	1164	70	20	69	1208	109	13	9	26
Angel Hair with Spicy Garlic Shrimp	1064	42	7	194	1968	122	11	4	46
Tortellini with Shrimp	934	41	23	319	1838	88	7	5	50
<b>Half -Size -serves one</b>									
Spaghetti with Marinara	680	26	9	35	1590	88	5	9	21
Spaghetti with Meat Sauce	754	32	10	54	1718	88	5	9	29
Fettuccine Roma	944	53	27	159	1798	84	7	6	33
Rigatoni Country Style	924	62	25	139	1458	76	4	4	32
Corkscrew Chicken Marsala	904	41	18	129	1218	85	8	12	39
Bowtie with Spinach and Mushroom	754	51	19	74	958	59	8	6	17
Angel Hair with Spicy Garlic Shrimp	824	36	10	154	1428	82	7	3	35
Tortellini with Shrimp	704	35	17	219	1348	61	6	3	36
<small>Note: *Go Roma bread are not included</small>									
<b>Italian Specialties*</b>									
Chicken Limone	824	61	17	137	2302	20	10	2	47
Chicken Parmesan	854	41	16	109	2058	67	5	9	51
Tilapia	694	49	12	114	908	12	6	1	50
Lasagna with Meat Sauce	960	65	35	233	2302	37	2	8	56
Lasagna with Marinara	924	62	34	224	2238	38	2	8	53
Ravioli with Meat Sauce	687	32	16	140	1658	62	4	8	36
Ravioli with Marinara	651	29	15	131	1594	63	3	8	33
<small>Note: *Go Roma bread are not included</small>									
<b>Kids Meal</b>									
Kids Pizza	370	15	9	50	810	36	2	1	20
Kids Chicken Nuggets	710	45	11	55	890	45	5	2	33
kids Bowtie Noodles w/ marinara	290	7	2	5	460	45	3	3	9
kids Bowtie Noodles w/ butter	300	11	4	15	180	42	2	1	8
Kids Grilled Cheese w/ potato sticks	760	42	14	40	1150	75	5	5	20
Kids Ravioli	260	11	6	50	550	28	1	3	13
Kids Mac and Cheese	370	15	7	30	390	45	2	4	14
<small>*does not include drink or cookie</small>									
<b>Desserts</b>									
Warm Chocolate Pudding Cake*	650	39	23	230	125	71	5	53	11
Apple Crostada*	581	29	12	50	390	73	3	44	6
Vanilla Ice Cream 3oz	181	9	6	38	68	20	1	18	3
<small>Note: *Ice cream included</small>									
<b>Sides</b>									
Bread Stick	136	5	1	1	282	18	0	1	3
Kids Cookie	150	10	5	10	120	24	1	15	2
Add Meat Sauce	110	8	3	18	622	6	0	4	6
Add a Meatball	254	18	9	87	544	6	1	1	16
Chips	150	9	1	0	120	15	1	0	2
Crispy Potato Sticks 4 oz.	480	33	8	0	614	41	4	1	5