

Food Calorie Chart

Menu Item	Total Cal	Protein (g)	Fat (g)	Sodium (mg)	Carb (g)	Fiber (g)
Salads (per sm salad)	350	5	31	31	13	3
Arugula Pear	260	6	21	21	12	3
Caesar	310	6	22	22	21	6
Chinese Chop	290	4	28	28	8	3
Insalata Mista	300	3	28	28	8	3
Spinaci	220	1	20	20	8	2
Verde	440	4	39	39	18	3
Greck						
Pizzas (per slice)						
Traditional Cheese	217	11	8	8	25	1
Pepperoni	250	10	12	12	25	1
Sausage Combo	266	12	13	13	26	1
Canadian Bacon & Pine	224	10	8	8	28	1
Salsiccia Roma	241	11	10	10	27	2
Molto Carne	285	13	14	14	27	2
Vegetarian						
Very Veggie	227	8	9	9	29	3
Genovese	306	11	16	16	30	2
Pomodoro	197	3	6	6	33	4
Margherita	212	7	9	9	26	1
Puttanesca	280	11	13	13	30	3
Wild Mushroom	288	12	12	12	33	2
Quattro Formaggi	317	15	15	15	30	1
Meat/Chicken/Shrimp						
Pepperoni Supreme	269	12	13	13	26	2
Di Pollo	323	22	13	13	30	1
Squisita	318	13	18	18	26	2
Bianca	319	14	16	16	29	2
Al Greco	328	16	18	18	28	2
BBQ Chicken	266	16	10	10	28	2
Thai Chicken	253	13	10	10	38	2