



Nutritional Information

All items are handcrafted. Nutritional content may vary because of changes in growing seasons, different suppliers, slight variations in our recipes, or the different places that we buy our ingredients. All nutritional information was gathered using manufacturer labels and USDA nutritional information.

Updated as of March 2012

Category	Portion	Calories	Fat (g)	Carbs (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)
Dressing								
Balsamic Vinaigrette	2 tbsp	60	5	4	0	0	190	0
Blue Cheese	2 tbsp	160	3.5	1	0	0	270	0
Chianti Italian	2 tbsp	180	20	2	0	0	320	0
Creamy Caesar	2 tbsp	150	16	2	1	0	300	0
Dijon Honey Mustard	2 tbsp	130	11	7	0	15	180	0
Fat Free Caesar	2 tbsp	20	0	3	0	0	590	0
Fat free Italian	2 tbsp	10	0	3	0	0	490	0
Golden Italian	2 tbsp	140	14	2	0	0	290	0
Greek	2 tbsp	140	15	0	0	0	240	0
Poppy Seed	2 tbsp	130	10	8	0	15	260	0
Raspberry Vinaigrette	2 tbsp	50	3.5	5	0	0	300	0
Sauces								
BBQ Sauce	2 tbsp	45	0.5	9	0	0	410	0
Buffallo Sauce	1 tsp	0	0	0	0	0	190	0
Cranberry	1/4 cup	100	0	26	0	0	35	1
Dijon Mustard	1 tsp	5	0	26	0	0	35	1
Honey Mustard	1 tsp	10	0	1	0	0	30	0
Mayonnaise	1 tbsp	100	11	0	0	10	75	0
Peanut Sauce	1 tbsp	45	2.5	4	1	0	240	0
Pesto	1 tbsp	67.5	7	1	2	5	75	1
Bread								
Baquette	1/2 roll	190	2	37	7	0	390	2

Category	Portion	Calories	Fat (g)	Carbs (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)
Braided Roll	1/2 roll	160	1	33	6	0	190	less than 1
Foccacia	1 piece	248	7	39	8	0	480	2
Spinach Wrap	1 piece	368	10	52	9	0	320	2
Sundried Tomato Wrap	1 piece	368	10	52	10	0	315	2
Wheat Wrap	1 piece	260	10	50	10	0	345	4
Whole Wheat Foccacia	1 piece	286	4	54	10	0	769	6
Whole Wheat Roll	1 piece	119	2	23	5	0	320	2
White Roll	1 piece	103	3	16	4	0	200	1
Salad	Salads don't include dressing - see dressing section							
Garden - Small	1 each	37	1	7	2	0	54	3
Garden - Large	1 each	66	1	12	4	0	105	5
Caesar - Small	1 each	109	4	13	7	6	265	2
Caesar - Large	1 each	217	7	27	13	12	529	13
Caprese - Small	1 each	113	7	7	8	22	157	3
Caprese - Large	1 each	223	14	13	15	44	313	5
Greek - Small	1 each	105	7	7	6	25	346	3
Greek - Large	1 each	206	13	13	12	50	690	5
Campos - Small	1 each	193	11	16	11	30	111	3
Campos - Large	1 each	385	21	32	21	60	221	6
Antipasto	1 each	420	23	40	21	4	816	13
Chef Salad	1 each	352	25	12	21	57	1250	5
Chicken Pesto - Small	1 each	284	17	3	13	89	466	3
Chicken Pesto - Large	1 each	565	33	7	27	178	931	5
Sandwiches	All sandwiches for nutritional information purposes are made on our homemade white foccacia							
Basilcata	1 each	630	50	22	47	70	1012	3
Basilcata with Chicken	1 each	753	52	19	73	180	1016	2
Basilcata with Proscuitto	1 each	632	48	20	51	82	1692	2
Chicken Parmesan	1 each	954	60	43	81	192	1108	3
Eggplant Parmesan	1 each	779	47	74	40	5	988	9
Grilled Chicken	1 each	691	38	18	85	226	656	3
Grilled Steak	1 each	647	41	18	69	108	568	3
Meatball	1 each	935	24	30	71	180	2753	2

Category	Portion	Calories	Fat (g)	Carbs (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)
Milano	1 each	662	38	23	78	217	497	2
Pavarotti	1 each	741	49	53	62	94	1967	18
Peasant Chicken	1 each	531	36	32	46	82	718	5
Sam Buco	1 each	555	35	24	55	84	1991	2
Sausage, Peppers & Onions	1 each	1190	19	26	72	140	2586	3
Steak Pizaiilla	1 each	642	43	18	68	108	834	2
Terra Luna	1 each	485	26	24	56	56	810	3
Torino	1 each	725	43	38	73	164	1329	5
Tuscany	1 each	423	22	27	53	50	1885	2
Vegetariano	1 each	477	32	48	34	7	445	14
Viga Chicken Club	1 each	993	72	20	83	228	1753	3
Wraps								
Bari	1 each	787	26	76	51	138	1139	8
BBQ Chicken	1 each	701	16	83	45	138	1420	6
BBQ Steak	1 each	774	24	83	45	88	1401	6
Bello	1 each	686	27	75	22	21	1584	7
Bello with Chicken	1 each	919	37	75	56	159	1723	7
Bello with Steak	1 each	992	45	75	56	109	1704	7
Buffalo Chicken	1 each	869	25	85	42	122	1371	6
Caesar	1 each	485	19	56	14	6	1202	7
Caesar with Chicken	1 each	718	29	56	48	143	1342	7
Campos with Chicken	1 each	553	16	79	19	30	983	9
Capalle	1 each	837	37	73	52	108	1293	7
Greek	1 each	446	17	53	11	0	1189	9
Greek with Chicken	1 each	679	27	53	44	138	1329	9
Naples	1 each	627	21	74	29	82	1250	10
Olmo	1 each	822	47	99	33	42	1724	29
Palmero	1 each	976	40	100	64	189	1179	28
Poggio	1 each	784	28	87	53	91	2627	23
Sesto	1 each	552	20	56	45	138	1168	9
Sorrento	1 each	507	11	54	39	56	1293	7
Steak Bellino	1 each	829	30	74	53	108	1286	6
Treviso	1 each	876	34	72	54	159	1677	7
Turkey Club	1 each	871	47	55	49	108	3077	8

Category	Portion	Calories	Fat (g)	Carbs (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)
Verona	1 each	764	29	73	52	157	1311	7
Pizza Slices								
BBQ Chicken	1 each	385	13	51	84	28	1189	2
Blanco	1 each	513	31	37	88	84	846	2
Buffalo Chicken	1 each	358	14	40	84	25	725	2
Cheese	1 each	279	10	35	78	5	617	1
Chicken Florentine	1 each	285	9	35	82	29	590	2
Chicken Parmesan	1 each	348	14	38	83	25	661	2
Chicken Pesto	1 each	369	17	35	85	29	815	2
Ferrara	1 each	373	19	36	82	20	1003	1
Formaggio	1 each	454	25	37	87	38	814	1
Fried Eggplant	1 each	466	12	79	86	5	639	19
Hawaiian	1 each	360	13	44	83	22	991	2
Marherita	1 each	372	17	36	84	49	672	2
Meatlovers	1 each	421	16	36	88	45	1040	1
Mushroom	1 each	288	10	37	79	5	619	2
Pepperoni	1 each	373	19	36	82	20	1003	1
Sausage	1 each	356	10	35	82	17	794	1
Trentino	1 each	328	12	40	84	28	642	3
Vegetable	1 each	294	10	41	79	5	620	3
Venetia	1 each	363	10	37	83	17	795	2
Verdura	1 each	290	10	37	79	5	623	2
Vigaro	1 each	421	15	37	86	36	826	1
Calzones								
Buffalo Chicken	1 each	436	19	44	89	42	803	2
Chicken & Broccoli	1 each	369	15	36	89	49	666	2
Chicken Florentine	1 each	313	10	36	88	47	575	2
Chicken Parmesan	1 each	429	19	42	89	42	747	2
Chicken Pesto	1 each	441	22	36	91	50	927	2
Ham & Cheese	1 each	489	25	40	95	39	1578	2
Meatlovers	1 each	533	19	38	95	67	1337	2
Sausage & Carmelized onions	1 each	357	13	42	82	12	755	3
Spinach & Pepperoni	1 each	408	21	39	86	22	1163	3

Category	Portion	Calories	Fat (g)	Carbs (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)
Steak & Cheese	1 each	389	17	36	90	33	660	2
Vegetable	1 each	323	13	41	80	3	699	3
Entrees								
Meat Lasagna	1 each	575	28	44	31	77	802	3
Pasta with Eggplant - large	1 each	923	36	125	26	80	1336	10
Pasta with Italian Sausage - large	1 each	954	7	93	40	178	1728	2
Pasta with Italian Sausage - small	1 each	526	4	56	22	101	868	1
Pasta with Marinara Sauce - large	1 each	494	7	91	18	108	668	2
Pasta with Marinara Sauce - small	1 each	296	4	55	11	66	338	1
Pasta with Meatballs - large	1 each	794	7	97	36	188	1688	2
Pasta with Meatballs - small	1 each	446	4	58	20	106	848	1
Roasted Vegetable	1 each	509	20	56	27	65	246	9
Three Cheese Lasagna	1 each	483	19	48	25	70	639	3
Sautee Dishes - individual								
Baked Ziti - large	1 each	477	13	69	21	106	590	1
Baked Ziti - small	1 each	325	9	47	14	73	402	1
Chicken Florentine - large	1 each	974	34	93	72	222	1284	4
Chicken Florentine - small	1 each	503	17	50	37	115	644	2
Chicken Marsala - large	1 each	537	16	54	31	146	1117	1
Chicken Marsala - small	1 each	350	11	35	20	95	729	1
Chicken Picata - large	1 each	525	15	51	32	160	773	0
Chicken Picata - small	1 each	343	10	33	21	105	504	0
Chicken Pomodoro - large	1 each	483	13	60	28	125	1060	3
Chicken Pomodoro - small	1 each	315	8	39	18	82	691	2
Chicken Spicolli - large	1 each	960	39	74	76	249	1354	4
Chicken Spicolli - small	1 each	496	20	40	39	128	679	2
Chicken, Zit & Broccoli - small	1 each	723	55	34	21	217	605	1
Chicken, Ziti & Broccoli - large	1 each	1108	84	52	32	332	928	1
Pasta Primavera - large	1 each	853	60	60	18	211	699	4
Pasta Primavera - small	1 each	556	39	39	12	137	456	2
Penne Alla Viga - large	1 each	959	67	56	30	256	1694	1
Penne Alla Viga - small	1 each	625	44	37	20	167	1105	1
Penne Badia - large	1 each	921	60	61	33	249	1559	3

Category	Portion	Calories	Fat (g)	Carbs (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Fiber (g)
Penne Badia - small	1 each	601	39	40	21	162	1017	2
Pesto Linguine - large	1 each	1030	64	84	25	111	2369	2
Pesto Linguine - small	1 each	634	39	52	15	68	1458	1
Pollo Balsamico - large	1 each	514	14	63	35	127	1528	4
Pollo Balsamico - small	1 each	335	9	41	23	83	886	2
Pollo Brozi - large	1 each	826	53	57	30	242	791	2
Pollo Brozi - small	1 each	539	34	37	20	158	516	1
Pollo Toscano - large	1 each	460	12	53	26	126	507	2
Pollo Toscano - small	1 each	300	8	35	17	82	331	1
Stuffed Chicken - large	1 each	978	35	90	74	258	1452	6
Stuffed Chicken - small	1 each	505	18	48	37	133	728	3
Stuffed shells - large	1 each	646	30	60	37	204	1363	4
Stuffed shells - small	1 each	368	18	33	21	102	897	3