



## CORE MENU

Total Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g)

### BUFFALO WINGS

<b>10 Pieces - Medium base</b>	1020	658	73	21	1	356	818	0	0	0	84
<b>20 Pieces - Medium base</b>	2040	1316	146	41	2	712	1636	0	0	0	169
<b>Flavors - sauce only</b>											
BBQ - 10 Pieces	1540	1096	122	28	1	371	1808	20	0	19	85
BBQ - 20 Pieces	3080	2192	244	56	2	743	3615	40	0	37	169
Chalmette - 10 Pieces	1570	1187	132	30	1	372	2231	4	0	3	85
Chalmette - 20 Pieces	3140	2373	264	60	2	744	4461	7	0	6	169
Garlic Parmesan - 10 Pieces	1670	1278	142	32	1	372	1833	4	0	3	85
Garlic Parmesan - 20 Pieces	3330	2555	284	64	2	745	3666	8	0	6	170
Spicy - 10 Pieces	1480	1096	122	28	1	371	2628	3	0	3	84
Spicy - 20 Pieces	2950	2191	243	56	2	743	5257	6	0	6	169
Spicy BBQ - 10 Pieces	1510	1096	122	28	1	371	2218	11	0	11	84
Spicy BBQ - 20 Pieces	3020	2191	243	56	2	743	4436	23	0	22	169
Sweet Heat - 10 Pieces	1480	1096	122	28	1	371	1727	19	0	17	85
Sweet Heat - 20 Pieces	2950	2191	243	56	2	743	3454	37	0	35	169
Teriyaki - 10 Pieces	1530	1096	122	28	1	371	1985	17	0	15	85
Teriyaki - 20 Pieces	3070	2191	243	56	2	743	3970	33	0	30	169

### DESSERTS

#### 8" Colossal Cookie

Chocolate Sauce	1810	963	107	56	0	323	1138	209	0	103	22
Caramel Sauce	1820	962	107	56	0	323	1155	211	0	104	22

#### Chocolate Chip Brownie

Chocolate Sauce	740	365	41	16	0	177	322	90	3	67	9
Caramel Sauce	750	364	40	16	0	177	339	92	3	68	9

#### Cinnabites

	890	206	23	12	0	104	461	153	9	47	17
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#### Old Fashioned Root Beer Float

	380	165	18	12	0	104	101	51	0	50	4
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### PASTA

<b>Bacon Mac &amp; Cheese</b>	1800	872	97	44	2	243	3211	148	6	15	85
<b>Chicken Alfredo</b>	1290	415	46	18	1	170	1604	142	6	12	75
<b>Chicken Parmesan</b>	1450	524	58	20	2	198	2869	138	9	21	92
<b>Classic Cheese Lasagna</b>	1140	537	60	26	2	108	3411	104	8	26	52
Beef Lasagna	1250	588	65	28	2	143	4185	108	9	28	62
Italian Sausage Lasagna	1320	669	74	31	2	149	3987	107	8	28	60
Veggie Lasagna	1160	537	60	26	2	108	3413	107	8	28	52
<b>Eggplant Parmesan</b>	1260	465	52	18	2	62	2615	156	10	19	46
<b>Pasta Rustico</b>	1190	482	54	17	1	93	2291	135	8	17	43

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<b>Pasta Salad with Chicken</b>	1150	526	58	11	1	111	910	102	6	11	53
<b>Spaghetti &amp; Meatballs</b>	1080	391	43	6	2	43	2229	137	10	18	34

## SALAD

<b>Caesar Salad</b>	510	385	43	9	0	18	1335	24	4	4	10
Side Caesar	220	182	20	4	0	6	574	8	1	2	3
<b>Garden Salad</b>	260	106	12	6	0	22	422	29	7	9	13
Side Garden	70	29	3	1	0	6	124	8	2	2	3
<b>Greek Salad</b>	220	122	14	4	0	19	717	17	5	7	8
<b>Pasta Salad Side</b>	230	118	13	2	0	5	234	23	2	6	5
<b>Walnut Cranberry Salad</b>	560	367	41	7	0	19	798	39	9	23	16
<b>Salad Dressings</b>											
Balsamic Vinaigrette	560	507	56	9	0	0	261	16	0	14	0
Blue Cheese	610	615	68	13	0	0	645	4	0	0	4
Caesar	380	359	40	7	0	4	965	5	1	2	2
Honey Mustard	590	528	59	9	0	0	440	18	0	15	0
Light Italian	230	204	23	3	0	0	652	9	0	6	0
Ranch	560	540	60	9	0	19	975	4	0	4	0
Raspberry Cane	400	299	33	5	0	0	897	27	0	27	0

## SANDWICHES

<b>Italian Club - Original Chips</b>	830	416	46	16	1	93	2658	68	8	10	35
<b>Italian Club - Cajun Chips</b>	830	416	46	16	1	93	2778	68	8	10	35
<b>Meatball - Original Chips</b>	790	414	46	10	1	70	1649	67	8	7	26
<b>Meatball - Cajun Chips</b>	790	414	46	10	1	70	1769	67	8	7	26
<b>Muffuletta - Original Chips</b>	810	447	50	16	1	81	2377	60	7	3	30
<b>Muffuletta - Cajun Chips</b>	810	447	50	16	1	81	2497	60	7	3	30
<b>Philly Cheesesteak - Original</b>	750	366	41	10	1	91	1276	61	7	5	34
<b>Philly Cheesesteak - Cajun</b>	750	366	41	10	1	91	1396	61	7	5	34
Original Chips	230	108	12	2	0	0	75	26	2	0	3
Cajun Chips	230	108	12	2	0	0	165	26	2	0	3

## SOUP

<b>Tomato Basil Soup</b>	240	152	17	5	0	16	1044	19	3	8	5
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## STARTERS

<b>Bruschetta</b>	670	271	30	10	0	32	1269	74	4	6	25
<b>Eggplant Stacker</b>	530	234	26	10	1	37	2038	60	3	10	22
<b>Garlic Parmesan Bites</b>	990	494	55	11	4	11	1611	107	5	10	20
<b>Spinach &amp; Artichoke Dip</b>	830	321	36	18	1	79	1860	92	2	2	38
<b>The Chalmette Cheesesticks</b>	1330	599	67	38	3	175	3241	114	5	12	67

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<b>The Krewe Cheesesticks</b>	1520	771	86	44	3	221	3620	112	5	10	75
<b>The Original Cheesesticks</b>	1270	577	64	35	3	152	2372	110	5	10	64
<b>Tre Meatball</b>	400	258	29	2	1	61	1546	18	3	9	18

## WRAPS

<b>Buffalo Chicken - Original Chips</b>	930	390	43	17	1	146	3420	72	4	4	60
<b>Buffalo Chicken - Cajun Chips</b>	930	390	43	17	1	146	3540	72	4	4	60
<b>Chicken Alfredo - Original Chips</b>	1030	444	49	20	1	165	1616	77	3	5	65
<b>Chicken Alfredo - Cajun Chips</b>	1030	444	49	20	1	165	1736	77	3	5	65
<b>Chicken Caesar - Original Chips</b>	1140	578	64	20	1	148	1765	76	4	5	61
<b>Chicken Caesar - Cajun Chips</b>	1140	578	64	20	1	148	1885	76	4	5	61
<b>Chicken Florentine - Original</b>	970	407	45	19	1	168	1155	73	4	2	65
<b>Chicken Florentine - Cajun</b>	970	407	45	19	1	168	1275	73	4	2	65
Original Chips	230	108	12	2	0	0	75	26	2	0	3
Cajun Chips	230	108	12	2	0	0	165	26	2	0	3

## KIDS MENU

### MENU

	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>8" Cheese Pizza</b>	200	64	7	4	0	18	337	26	1	2	9
<b>Butter Noodles</b>	610	229	25	15	1	61	6	79	5	1	15
<b>Chicken Alfredo</b>	470	123	14	7	0	74	734	55	2	6	31
<b>Chicken Tenders &amp; Chips</b>	420	216	24	5	0	0	575	35	4	1	16
<b>Macaroni &amp; Cheese</b>	550	233	26	15	1	75	715	53	2	5	25
<b>Spaghetti &amp; a Meatball</b>	370	110	12	1	0	18	957	53	4	9	13

### DRINKS

<b>Blue Arctic Blast</b>	140	0	0	0	0	0	30	25	0	23	0
<b>Green Apple-rific</b>	100	0	0	0	0	0	33	27	0	26	0
<b>Pink Pom Pom</b>	120	0	0	0	0	0	35	34	0	33	0
<b>Red Rotolo Razzle</b>	110	0	0	0	0	0	34	29	0	27	0

### DESSERTS

<b>Kid's Ice Cream</b>	280	165	18	12	0	104	69	25	0	23	4
<b>8" Colossal Cookie</b>											
Chocolate Sauce	1810	963	107	56	0	323	1138	209	0	103	22
Caramel Sauce	1820	962	107	56	0	323	1155	211	0	104	22

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<b>Chocolate Chip Brownie</b>											
Chocolate Sauce	740	365	41	16	0	177	322	90	3	67	9
Caramel Sauce	750	364	40	16	0	177	339	92	3	68	9
<b>Cinnabites</b>	890	206	23	12	0	104	461	153	9	47	17
<b>Old Fashioned Root Beer Float</b>	380	165	18	12	0	104	101	51	0	50	4

## DRINKS

### COCKTAILS

	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>3 Angry Pigs</b>	290	45	0	0	0	0	614	5	0	1	2
<b>Bloody Mary</b>	170	0	0	0	0	0	1011	8	0	4	1
<b>Fresh Basil Collins</b>	200	0	0	0	0	0	12	26	0	18	0
<b>Italian Sunset</b>	200	0	0	0	0	0	6	19	0	16	0
<b>Italian Surfer</b>	260	0	0	0	0	0	2	12	0	10	0
<b>Lynchburg Lemonade</b>	200	0	0	0	0	0	16	15	0	13	0
<b>Margarita</b>											
Classic	200	0	0	0	0	0	12	18	0	16	0
Blood Orange	280	0	0	0	0	0	10	38	0	32	0
Pomegranate	370	0	0	0	0	0	20	64	0	60	0
<b>Marga Rosa</b>	310	0	0	0	0	0	25	39	0	38	0
<b>Mimosa</b>											
Classic	100	0	0	0	0	0	6	9	0	6	0
Blood Orange	150	0	0	0	0	0	11	21	0	17	0
Pomegranate	150	0	0	0	0	0	11	21	0	19	0
<b>Pink Breeze</b>	290	0	0	0	0	0	13	38	0	30	1
<b>Pom Pom Martini</b>	390	0	0	0	0	0	22	72	0	64	0
<b>Satsuma Sunset</b>	180	0	0	0	0	0	11	20	0	19	0

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## GELATO

	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Amarena Black Cherry Swirl</b>	250	30	4	2	0	11	88	48	0	45	6
<b>Banana Crème Pie</b>	240	38	5	2	0	14	104	45	1	41	6
<b>Birthday Cake</b>	240	30	4	2	0	12	91	45	0	45	6
<b>Cheesecake</b>	270	26	8	2	0	15	199	44	0	38	8
<b>Chocolate</b>	240	40	5	3	0	12	87	44	2	41	7
<b>Chocolate Peanut Butter</b>	250	58	7	3	0	12	108	43	1	41	8
<b>Coconut</b>	250	52	6	3	0	11	95	44	1	44	6
<b>Coffee Mocha Swirl</b>	260	57	7	3	0	11	89	45	0	44	6
<b>Cookies 'n Milk</b>	270	46	5	3	1	11	143	50	1	46	6
<b>Dark Cherry Chocolate Chunk</b>	140	70	7	6	0	5	40	17	1	15	3
<b>French Vanilla Bean</b>	230	31	4	2	0	12	92	44	1	43	6
<b>Lemon Sorbet</b>	160	1	0	0	0	0	5	44	3	39	0
<b>Limoncello Sorbetto</b>	70	0	0	0	0	0	0	20	1	17	0
<b>Mango Sorbet</b>	170	1	0	0	0	0	5	44	3	41	0
<b>Mint Chocolate Chip</b>	260	53	6	4	0	11	86	46	1	46	6
<b>Mocha Crunch</b>	150	70	8	6	0	5	45	19	0	15	3
<b>Pistachio</b>	280	85	10	3	0	11	88	40	1	39	9
<b>Raspberry Sorbet</b>	180	2	0	0	0	0	77	46	4	41	0
<b>Stracc Chocolate Chip</b>	270	68	8	6	0	11	86	45	1	45	6
<b>Strawberry Sorbet</b>	160	1	0	0	0	0	5	43	3	40	0
<b>Texas Pecan Sea Salt Caramel</b>	290	88	10	4	0	14	368	43	1	41	7

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 Total Fat (g)  
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 Cholesterol (mg)  
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 Sugars (g)  
 Protein (g)

## TRADITIONAL

### Bacon Cheeseburger

8"	White	260	96	11	5	0	33	642	28	2	3	13
	Wheat	250	100	11	5	0	33	715	27	3	3	13
12"	White	240	94	10	5	0	32	591	24	1	2	13
	Wheat	240	98	11	5	0	32	654	23	3	2	13
	Gluten Free	220	94	10	5	0	32	603	21	1	4	11
14"	White	290	98	11	5	0	32	628	34	2	2	14
	Wheat	360	151	17	8	1	50	985	34	4	4	20
18"	White	390	163	18	9	1	55	921	36	2	3	21
	Wheat	390	168	19	9	1	55	1019	35	4	4	22
Calzone	White	1100	432	48	24	2	147	2735	109	6	9	58
	Wheat	1080	447	50	23	2	147	3028	105	13	11	59

### Deluxe Combination

8"	White	240	91	10	4	0	25	552	27	1	3	10
	Wheat	240	95	11	4	0	25	625	26	3	3	10
12"	White	220	86	10	4	0	24	471	24	1	2	9
	Wheat	220	90	10	4	0	24	533	23	3	3	10
	Gluten Free	200	85	9	4	0	24	483	21	1	4	7
14"	White	340	135	15	7	0	38	709	35	2	3	14
	Wheat	330	140	16	7	0	38	803	34	4	4	15
18"	White	370	152	17	8	1	43	738	37	2	4	16
	Wheat	360	157	17	8	1	43	835	36	4	4	17
Calzone	White	1140	492	55	24	2	133	2428	112	6	11	48
	Wheat	1120	507	56	23	2	133	2721	107	13	13	49

### Italian Club

8"	White	260	97	11	5	0	31	670	27	1	2	13
	Wheat	250	101	11	5	0	31	743	26	3	3	13
12"	White	230	91	10	5	0	29	599	23	1	2	12
	Wheat	230	94	10	4	0	29	661	22	2	2	12
	Gluten Free	210	90	10	4	0	29	611	20	1	3	10
14"	White	360	145	16	7	0	45	912	34	1	3	18
	Wheat	350	150	17	7	0	45	1007	33	4	3	18
18"	White	390	170	19	9	1	52	980	35	1	3	20
	Wheat	390	175	19	9	1	52	1078	34	4	3	21
Calzone	White	1080	436	48	21	2	133	2680	105	4	7	54
	Wheat	1060	452	50	21	2	133	2973	100	11	9	55

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### Meat Feast

8"	White	250	93	10	4	0	29	620	27	1	3	11
	Wheat	240	97	11	4	0	29	694	26	3	3	12
12"	White	220	88	10	4	0	27	522	23	1	2	11
	Wheat	220	91	10	4	0	27	585	22	3	2	11
	Gluten Free	200	87	10	4	0	27	534	20	1	4	8
14"	White	340	137	15	7	0	42	777	34	2	3	16
	Wheat	330	142	16	7	0	42	871	33	4	3	16
18"	White	370	153	17	8	1	47	794	36	2	3	17
	Wheat	360	159	18	8	1	47	892	34	4	3	18
Calzone	White	1050	403	45	19	1	120	2979	114	6	14	48
	Wheat	1030	418	46	18	1	120	3272	109	13	15	49

### Muffuletta

8"	White	240	86	10	4	0	25	771	27	1	2	12
	Wheat	240	90	10	4	0	25	845	26	3	3	12
12"	White	210	74	8	3	0	21	664	23	1	2	10
	Wheat	210	78	9	3	0	21	727	22	3	2	10
	Gluten Free	190	73	8	3	0	21	676	20	1	3	8
14"	White	320	116	13	5	0	33	988	34	2	3	16
	Wheat	310	121	13	5	0	33	1082	33	4	3	16
18"	White	360	140	16	6	0	39	1141	36	2	3	18
	Wheat	350	145	16	6	0	39	1239	34	4	3	18
Calzone	White	1030	391	43	17	1	110	3086	106	5	8	51
	Wheat	1010	406	45	16	1	110	3379	102	12	9	52

### The Krewe

8"	White	280	118	13	7	0	34	593	26	1	2	13
	Wheat	270	121	13	6	0	34	666	25	3	2	13
12"	White	260	111	12	6	0	33	584	23	1	2	13
	Wheat	250	114	13	6	0	33	647	22	3	2	13
	Gluten Free	230	110	12	6	0	33	596	20	1	3	10
14"	White	400	178	20	10	1	54	917	35	1	3	20
	Wheat	390	183	20	10	1	54	1011	33	4	3	20
18"	White	430	194	22	11	1	59	951	36	2	3	22
	Wheat	420	199	22	11	1	59	1048	34	4	3	22
Calzone	White	1140	501	56	28	2	140	2454	106	4	8	54
	Wheat	1130	516	57	27	2	140	2747	102	11	9	55

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 Dietary Fiber (g)  
 Sugars (g)  
 Protein (g)

## TRADITIONAL

### Vin Monster

8"	White	270	111	12	5	0	29	638	28	1	3	11
	Wheat	260	115	13	5	0	29	711	27	3	3	11
12"	White	230	97	11	5	0	25	530	24	1	2	10
	Wheat	230	100	11	4	0	25	593	23	3	2	10
	Gluten Free	210	96	11	4	0	25	542	21	1	4	7
14"	White	360	154	17	7	0	38	822	35	2	3	15
	Wheat	350	159	18	7	0	38	916	34	4	3	15
18"	White	400	179	20	8	1	44	910	37	2	3	17
	Wheat	390	184	20	8	1	44	1007	36	4	4	17
Calzone	White	1180	529	59	23	1	130	2984	114	6	11	47
	Wheat	1160	545	61	22	1	130	3277	110	13	13	48

## NON-TRADITIONAL

### Bayou BBQ Chicken

8"	White	300	78	9	5	0	33	259	41	1	17	14
	Wheat	290	81	9	4	0	33	332	40	3	17	14
12"	White	250	72	8	4	0	32	236	32	1	12	13
	Wheat	250	76	8	4	0	32	299	31	2	12	13
	Gluten Free	230	72	8	4	0	32	248	29	1	13	11
14"	White	380	111	12	7	0	48	360	48	1	17	19
	Wheat	380	116	13	6	0	48	454	47	3	18	20
18"	White	400	125	14	8	1	51	402	50	1	17	20
	Wheat	400	130	14	7	1	51	500	48	4	18	21
Calzone	White	1260	360	40	20	2	183	1575	150	5	51	74
	Wheat	1240	375	42	20	2	183	1868	146	12	52	75

### Chicken Alfredo

8"	White	230	70	8	4	0	31	302	26	1	1	13
	Wheat	220	74	8	4	0	31	375	25	3	2	13
12"	White	210	65	7	4	0	29	279	22	1	1	12
	Wheat	200	68	8	4	0	29	342	22	2	1	13
	Gluten Free	200	65	7	4	0	29	305	23	1	3	10
14"	White	310	99	11	6	0	45	423	34	1	2	19
	Wheat	310	104	12	6	0	45	518	32	3	2	19
18"	White	340	116	13	7	1	48	469	35	1	2	20
	Wheat	330	121	13	7	1	48	566	34	4	2	20
Calzone	White	1070	329	37	18	2	174	1746	109	5	9	73
	Wheat	1050	344	38	18	2	174	2039	105	12	10	74

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# PIZZAS & CALZONES

Total Calories (cal)  
 Calories from Fat (fat cal)  
 Total Fat (g)  
 Saturated Fat (g)  
 Trans Fat (g)  
 Cholesterol (mg)  
 Sodium (mg)  
 Total Carbohydrates (g)  
 Dietary Fiber (g)  
 Sugars (g)  
 Protein (g)

## NON-TRADITIONAL

### Chicken Florentine

8"	White	220	68	8	4	0	30	273	25	1	1	13
	Wheat	220	72	8	4	0	30	346	24	3	1	13
12"	White	200	63	7	4	0	29	250	22	1	1	12
	Wheat	200	66	7	4	0	29	313	21	2	1	12
	Gluten Free	180	62	7	4	0	29	262	19	1	2	10
14"	White	300	96	11	6	0	44	381	33	1	1	18
	Wheat	300	101	11	6	0	44	475	31	4	2	18
18"	White	330	112	12	7	1	47	421	34	1	1	19
	Wheat	320	117	13	7	1	47	518	33	4	2	19
Calzone	White	1050	322	36	18	2	170	1631	107	5	7	71
	Wheat	1030	337	37	17	2	170	1924	103	12	9	72

### Garden Alfredo

8"	White	220	73	8	5	0	21	339	28	1	2	10
	Wheat	220	77	9	4	0	21	412	27	3	2	10
12"	White	190	63	7	4	0	18	288	24	1	2	9
	Wheat	190	67	7	4	0	18	350	23	3	2	9
	Gluten Free	170	62	7	4	0	18	300	21	1	3	6
14"	White	290	97	11	6	0	28	435	35	2	3	13
	Wheat	290	102	11	6	0	28	529	34	4	3	13
18"	White	320	114	13	7	1	33	482	37	2	3	15
	Wheat	320	119	13	7	1	33	580	36	4	3	15
Calzone	White	920	306	34	18	2	81	1713	114	6	12	40
	Wheat	900	321	36	18	2	81	2006	110	13	13	41

### Meatball

8"	White	230	79	9	4	0	20	428	27	1	2	9
	Wheat	220	83	9	3	0	20	501	26	3	3	10
12"	White	200	72	8	3	0	19	360	23	1	2	9
	Wheat	200	76	8	3	0	19	423	22	3	2	9
	Gluten Free	180	71	8	3	0	19	373	20	1	3	6
14"	White	300	110	12	5	0	29	546	35	2	3	13
	Wheat	300	115	13	5	0	29	640	33	4	3	13
18"	White	330	125	14	6	1	33	582	36	2	3	15
	Wheat	320	130	14	6	1	33	680	35	4	3	15
Calzone	White	1050	412	46	15	2	101	2269	114	6	11	44
	Wheat	1030	427	47	14	2	101	2562	110	13	13	45

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# PIZZAS & CALZONES

Total Calories (cal)  
 Calories from Fat (fat cal)  
 Total Fat (g)  
 Saturated Fat (g)  
 Trans Fat (g)  
 Cholesterol (mg)  
 Sodium (mg)  
 Total Carbohydrates (g)  
 Dietary Fiber (g)  
 Sugars (g)  
 Protein (g)

## NON-TRADITIONAL

### The Angry Pig

8"	White	300	113	13	6	0	34	847	34	1	9	12
	Wheat	290	117	13	6	0	34	920	33	3	10	13
12"	White	270	110	12	6	0	34	729	27	1	7	12
	Wheat	260	113	13	6	0	34	791	27	2	7	12
	Gluten Free	250	109	12	6	0	34	741	25	1	8	10
14"	White	410	169	19	9	1	52	1116	41	1	10	19
	Wheat	400	174	19	9	1	52	1210	40	4	10	19
18"	White	440	184	20	10	1	57	1147	43	1	10	20
	Wheat	430	189	21	10	1	57	1244	41	4	10	21
Calzone	White	960	309	34	13	1	84	2907	127	5	29	35
	Wheat	940	324	36	13	1	84	3200	123	12	31	36

### The Popeye

8"	White	230	91	10	4	0	16	254	26	1	1	9
	Wheat	230	95	11	4	0	16	328	25	3	2	9
12"	White	210	86	10	4	0	15	232	23	1	1	8
	Wheat	200	89	10	4	0	15	294	22	3	1	8
	Gluten Free	180	85	9	4	0	15	244	20	1	3	6
14"	White	320	131	15	6	0	23	350	34	2	2	12
	Wheat	310	136	15	6	0	23	445	33	4	2	12
18"	White	340	143	16	7	1	28	396	36	2	2	14
	Wheat	330	148	16	7	1	28	494	34	4	3	14
Calzone	White	980	396	44	18	2	68	1515	111	7	10	37
	Wheat	960	412	46	17	2	68	1808	107	14	11	38

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## CRAFT YOUR OWN

	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>CRUST</b>											
8" White	120	8	1	0	0	0	85	24	1	1	3
8" Wheat	110	12	1	0	0	0	158	23	3	1	3
12" White	100	7	1	0	0	0	73	20	1	0	3
12" Wheat	100	10	1	0	0	0	135	19	2	1	3
12" Gluten Free	50	4	0	0	0	0	56	12	0	1	0
14" White	150	10	1	0	0	0	109	31	1	1	4
14" Wheat	150	15	2	0	0	0	203	29	3	1	4
18" White	160	11	1	0	0	0	113	32	1	1	4
18" Wheat	150	16	2	0	0	0	211	30	3	1	5
Calzone White	470	32	4	1	0	0	339	95	3	2	13
Calzone Wheat	450	47	5	0	0	0	632	91	10	3	14
<b>SAUCE</b>											
<b>Alfredo</b>											
8"	25	14	2	1	0	5	86	2	0	1	1
12"	15	9	1	1	0	3	58	1	0	0	1
14"	25	14	2	1	0	5	86	2	0	1	1
18"	25	14	2	1	0	5	86	2	0	1	1
Calzone	100	55	6	4	0	19	345	7	0	3	5
<b>BBQ</b>											
8"	50	0	0	0	0	0	150	13	0	12	0
12"	30	0	0	0	0	0	100	8	0	8	0
14"	50	0	0	0	0	0	150	13	0	12	0
18"	50	0	0	0	0	0	150	13	0	12	0
Calzone	190	1	0	0	0	0	599	51	1	47	0
<b>Marinara</b>											
8"	10	0	0	0	0	0	155	2	0	1	0
12"	5	0	0	0	0	0	116	1	0	1	0
14"	10	0	0	0	0	0	155	2	0	1	0
18"	10	0	0	0	0	0	155	2	0	1	0
Calzone	35	1	0	0	0	0	620	8	1	6	1
<b>Olive Oil</b>											
8"	30	32	4	1	0	0	0	0	0	0	0
12"	30	32	4	1	4	0	0	0	0	0	0
14"	45	48	5	1	0	0	0	0	0	0	0
18"	40	43	5	1	0	0	0	0	0	0	0
Calzone	120	128	14	3	0	0	0	0	0	0	0

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# CRAFT YOUR OWN

## TOPPINGS - CHEESES

### Cheddar

	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
8"	30	21	2	1	0	7	46	0	0	0	2
12"	30	21	2	1	0	7	46	0	0	0	2
14"	45	32	4	2	0	11	69	0	0	0	2
18"	40	28	3	2	0	9	62	0	0	0	2
Calzone	110	85	9	5	0	28	185	1	0	0	6

### Feta

8"	30	22	2	2	0	7	123	0	0	0	2
12"	30	22	2	2	0	7	123	0	0	0	2
14"	45	33	4	2	0	11	185	0	0	0	3
18"	60	43	5	3	0	14	246	1	0	0	4
Calzone	120	87	10	6	0	29	492	1	0	0	7

### Mozzarella

8"	15	10	1	1	0	3	27	0	0	0	1
12"	15	10	1	1	0	3	27	0	0	0	1
14"	45	31	3	2	0	10	84	0	0	0	3
18"	40	28	3	2	0	9	74	0	0	0	3
Calzone	60	40	4	3	0	13	106	1	0	0	4

### Parmesan

8"	5	5	1	0	0	2	30	0	0	0	1
12"	5	5	1	0	0	2	30	0	0	0	1
14"	10	7	1	1	0	3	45	0	0	0	1
18"	10	6	1	0	0	2	40	0	0	0	1
Calzone	30	19	2	1	0	7	120	0	0	0	3

## TOPPINGS - MEATS

### Anchovies

8"	5	3	0	0	0	2	139	0	0	0	1
12"	5	3	0	0	0	2	139	0	0	0	1
14"	10	5	1	0	0	3	209	0	0	0	1
18"	10	4	0	0	0	3	186	0	0	0	1
Calzone	25	13	1	0	0	9	557	0	0	0	4

### Bacon

8"	20	13	1	0	0	4	82	0	0	0	1
12"	50	33	4	1	0	10	205	0	0	0	3
14"	70	47	5	2	0	14	287	0	0	0	5
18"	60	40	4	1	0	12	246	0	0	0	4
Calzone	80	53	6	2	0	16	327	0	0	0	5

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# CRAFT YOUR OWN

## TOPPINGS - MEATS

	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Canadian Bacon</b>											
8"	10	2	0	0	0	4	69	0	0	0	2
12"	15	3	0	0	0	7	104	0	0	0	3
14"	20	4	0	0	0	9	138	0	0	0	4
18"	20	4	0	0	0	8	127	0	0	0	3
Calzone	40	9	1	0	0	18	277	0	0	0	7
<b>Chicken</b>											
8"	25	8	1	0	0	11	54	0	0	0	4
12"	25	8	1	0	0	11	54	0	0	0	4
14"	40	12	1	0	0	17	81	0	0	0	6
18"	35	11	1	0	0	15	72	0	0	0	6
Calzone	110	33	4	1	0	45	217	1	0	1	17
<b>Ground Beef</b>											
8"	45	25	3	1	0	15	15	0	0	0	4
12"	35	20	2	1	0	12	12	0	0	0	3
14"	60	34	4	1	0	19	16	0	0	0	5
18"	50	31	3	1	0	18	18	0	0	0	5
Calzone	170	102	11	4	1	60	59	0	0	0	17
<b>Italian Meatballs</b>											
8"	20	14	2	0	0	4	48	0	0	0	1
12"	20	14	2	0	0	4	48	0	0	0	1
14"	30	21	2	0	0	5	72	1	0	0	1
18"	25	19	2	0	0	5	64	1	0	0	1
Calzone	80	56	6	0	0	15	192	2	0	0	4
<b>Italian Sausage</b>											
8"	60	41	5	2	0	13	180	1	0	1	3
12"	45	33	4	1	0	10	144	1	0	0	2
14"	70	50	6	2	0	16	216	1	0	1	3
18"	70	50	6	2	0	16	216	1	0	1	3
Calzone	220	166	18	6	0	52	719	3	1	2	11
<b>Pepperoni</b>											
8"	25	22	2	1	0	6	100	0	0	0	1
12"	25	22	2	1	0	6	100	0	0	0	1
14"	40	32	4	1	0	8	147	0	0	0	1
18"	45	36	4	1	0	9	167	0	0	0	2
Calzone	100	86	10	3	0	23	402	0	0	0	4

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# CRAFT YOUR OWN

Total Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g)

## TOPPINGS - MEATS

### Philly Cheesesteak

8"	25	16	2	0	0	8	74	0	0	0	2
12"	25	16	2	0	0	8	74	0	0	0	2
14"	40	23	3	0	0	12	111	0	0	0	3
18"	30	19	2	0	0	10	89	0	0	0	3
Calzone	210	125	14	1	0	64	590	1	0	1	19

### Salami

8"	15	13	1	1	0	5	78	0	0	0	1
12"	30	22	2	1	0	8	133	0	0	0	2
14"	40	29	3	1	0	11	179	0	0	0	2
18"	40	29	3	1	0	11	181	0	0	0	2
Calzone	70	50	6	2	0	19	311	0	0	0	4

## TOPPINGS - VEGGIES

### Banana Peppers

8"	0	0	0	0	0	0	1	1	0	0	0
12"	0	0	0	0	0	0	1	1	0	0	0
14"	0	1	0	0	0	0	2	1	1	0	0
18"	0	1	0	0	0	0	2	1	1	0	0
Calzone	10	2	0	0	0	0	6	2	1	1	1

### Fresh Spinach

8"	10	2	0	0	0	0	40	2	1	0	0
12"	10	2	0	0	0	0	40	2	1	0	0
14"	15	3	0	0	0	0	60	3	2	0	0
18"	15	3	0	0	0	0	67	3	2	0	0
Calzone	40	7	1	0	0	0	160	7	4	1	1

### Green Peppers

8"	0	0	0	0	0	0	0	0	0	0	0
12"	0	0	0	0	0	0	0	1	0	0	0
14"	0	0	0	0	0	0	1	1	0	0	0
18"	0	0	0	0	0	0	1	1	0	0	0
Calzone	10	1	0	0	0	0	1	2	1	1	0

### Italian Olive Salad

8"	20	17	2	0	0	0	196	1	0	0	0
12"	20	17	2	0	0	0	196	1	0	0	0
14"	30	26	3	0	0	0	294	1	0	0	0
18"	40	35	4	1	0	0	392	1	0	0	0
Calzone	80	69	8	1	0	0	784	2	1	0	0

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# CRAFT YOUR OWN

## TOPPINGS - VEGGIES

	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Jalapeños</b>											
8"	0	0	0	0	0	0	0	0	0	0	0
12"	0	0	0	0	0	0	0	0	0	0	0
14"	0	0	0	0	0	0	1	0	0	0	0
18"	0	0	0	0	0	0	1	0	0	0	0
Calzone	10	1	0	0	0	1	2	1	1	0	0
<b>Kalamata Olives</b>											
8"	20	17	2	0	0	109	1	0	0	0	0
12"	20	17	2	0	0	109	1	0	0	0	0
14"	35	30	3	0	0	190	2	0	0	0	0
18"	45	34	4	0	0	217	2	0	0	0	0
Calzone	90	68	8	0	0	435	4	0	0	0	0
<b>Mushrooms</b>											
8"	0	0	0	0	0	1	0	0	0	0	0
12"	0	0	0	0	0	1	0	0	0	0	0
14"	0	1	0	0	0	1	1	0	0	1	1
18"	0	1	0	0	0	1	1	0	0	1	1
Calzone	10	1	0	0	0	2	1	0	1	1	1
<b>Pineapple</b>											
8"	10	0	0	0	0	0	2	0	2	0	0
12"	10	0	0	0	0	0	2	0	2	0	0
14"	15	0	0	0	0	0	3	0	3	0	0
18"	10	0	0	0	0	0	3	0	3	0	0
Calzone	35	0	0	0	0	1	9	0	8	0	0
<b>Red Onions</b>											
8"	0	0	0	0	0	0	1	0	0	0	0
12"	0	0	0	0	0	0	1	0	1	0	0
14"	5	0	0	0	0	1	2	0	1	0	0
18"	10	0	0	0	0	1	2	0	1	0	0
Calzone	10	0	0	0	0	1	3	0	1	0	0
<b>Roasted Garlic</b>											
8"	5	0	0	0	0	0	1	0	0	0	0
12"	5	0	0	0	0	0	1	0	0	0	0
14"	10	0	0	0	0	0	2	0	0	0	0
18"	5	0	0	0	0	0	2	0	0	0	0
Calzone	20	1	0	0	0	0	5	0	0	1	1

Guests with food allergies, please see our website, [rotolos.com](http://rotolos.com), for a complete list. 2,000 calories a day is used for general nutrition advice for adults, 1,200-1,400 calories a day is used for children ages 4-8 years, and 1,400-2,000 calories a day is used for children ages 9-13 years, but calorie needs vary.

# CRAFT YOUR OWN

## TOPPINGS - VEGGIES

### Roasted Red Peppers

	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
8"	0	0	0	0	0	0	1	1	0	1	0
12"	0	0	0	0	0	0	1	1	0	1	0
14"	5	0	0	0	0	0	1	1	0	1	0
18"	5	1	0	0	0	0	1	1	0	1	0
Calzone	20	2	0	0	0	0	2	3	1	2	1

### Tomatoes

8"	0	0	0	0	0	0	1	1	0	0	0
12"	0	0	0	0	0	0	1	1	0	0	0
14"	0	0	0	0	0	0	1	1	0	1	0
18"	0	0	0	0	0	0	1	1	0	0	0
Calzone	10	1	0	0	0	0	3	2	1	1	0

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