



## 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)
<b>BUFFALO WINGS</b>											
<b>10 Pieces - Medium base</b>	1020	658	73	21	1	356	818	0	0	0	84
<b>20 Pieces - Medium base</b>	2180	1404	156	44	2	760	1681	0	0	0	180
<b>Flavors - sauce only</b>											
BBQ - 10 Pieces	60	0	0	0	0	0	200	17	0	16	0
BBQ - 20 Pieces	130	1	0	0	0	0	400	34	0	31	0
Chalmette - 10 Pieces	90	91	10	2	0	0	623	1	0	0	0
Chalmette - 20 Pieces	190	182	20	4	0	1	1246	1	0	0	1
Garlic Parmesan - 10 Pieces	190	182	20	4	0	1	225	1	0	0	1
Garlic Parmesan - 20 Pieces	380	364	40	8	0	2	450	2	0	0	1
Spicy - 10 Pieces	0	0	0	0	0	0	1021	0	0	0	0
Spicy - 20 Pieces	0	0	0	0	0	0	2041	0	0	0	0
Spicy BBQ - 10 Pieces	30	0	0	0	0	0	610	8	0	8	0
Spicy BBQ - 20 Pieces	60	0	0	0	0	0	1220	17	0	16	0
Sweet Heat - 10 Pieces	60	0	0	0	0	0	119	16	0	14	0
Sweet Heat - 20 Pieces	120	0	0	0	0	0	238	31	0	29	1
Teriyaki - 10 Pieces	60	0	0	0	0	0	377	14	0	12	0
Teriyaki - 20 Pieces	110	0	0	0	0	0	754	27	0	24	1

## DESSERTS

<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
<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

## 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>	1710	771	86	25	3	122	3553	169	10	19	69
<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>	1180	469	52	19	2	65	2669	139	9	19	44
<b>Pasta Rustico</b>	1190	482	54	17	1	93	2291	135	8	17	43

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<b>Pasta Salad with Chicken Spaghetti &amp; Meatballs</b>	1150	526	58	11	1	111	910	102	6	11	53
	1430	643	71	10	3	72	2831	155	11	19	44

## SALAD

<b>Caesar Salad</b>	510	385	43	9	0	18	1335	24	4	4	10
Side Caesar	222	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>	450	292	32	19	1	87	1682	19	6	8	25
<b>Walnut Cranberry Salad</b>	800	586	65	11	0	19	911	46	9	29	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

## SOUP

<b>Tomato Basil Soup</b>	240	152	17	5	0	16	1044	19	3	8	
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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
<b>The Krewe Cheesesticks</b>	1340	637	71	35	2	178	3499	113	5	12	63
<b>The Original Cheesesticks</b>	1280	578	64	35	3	152	2579	113	5	12	64
<b>Tre Meatball</b>	400	258	29	2	1	61	1546	18	3	9	18

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## CORE MENU

### WRAPS

	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>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

## 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>	410	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
<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

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# DRINKS

	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>COCKTAILS</b>											
<b>3 Angry Pigs</b>	290	0	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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 Sodium (mg)  
 Total Carbohydrates (g)  
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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	370	146	16	8	1	50	890	35	2	3	20
	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	58	109	48	2735	6	9	147	24	2
	Wheat	1080	447	59	105	50	3028	13	11	147	23	2

### 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	210	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	48	112	55	2428	6	11	133	24	2
	Wheat	1120	507	49	107	56	2721	13	13	133	23	2

### 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	54	105	48	2680	4	7	133	21	2
	Wheat	1060	452	55	100	50	2973	11	9	133	21	2

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 Protein (g)

## TRADITIONAL

### 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	48	114	45	2979	6	14	120	19	1
	Wheat	1030	418	49	109	46	3272	13	15	120	18	1

### 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	170	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	51	106	43	3086	5	8	110	17	1
	Wheat	1010	406	52	102	45	3379	12	9	110	16	1

### 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	250	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	54	106	56	2454	4	8	140	28	2
	Wheat	1120	516	55	102	57	2747	11	9	140	27	2

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 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	290	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	370	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	74	150	40	1575	5	51	183	20	2
	Wheat	1240	375	75	146	42	1868	12	52	183	20	2

### 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	73	109	37	1746	5	9	174	18	2
	Wheat	1050	344	74	105	38	2039	12	10	174	18	2

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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	1040	322	71	107	36	1631	5	7	170	18	2
	Wheat	1030	337	72	103	37	1924	12	9	170	17	2

### 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	40	114	34	1713	6	12	81	18	2
	Wheat	900	321	41	110	36	2006	13	13	81	18	2

### 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	44	114	46	2269	6	11	101	15	2
	Wheat	1030	427	45	110	47	2562	13	13	101	14	2

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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	230	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	240	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	35	127	34	2907	5	29	84	13	1
	Wheat	940	324	36	123	36	3200	12	31	84	13	1

### The Popeye

8"	White	230	91	10	4	0	16	254	26	1	1	9
	Wheat	220	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	310	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	37	111	44	1515	7	10	68	18	2
	Wheat	960	412	38	107	46	1808	14	11	68	17	2

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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	3	24	1	85	1	1	0	0	0
8" Wheat	110	12	3	23	1	158	3	1	0	0	0
12" White	100	7	3	20	1	73	1	0	0	0	0
12" Wheat	100	10	3	19	1	135	2	1	0	0	0
12" Gluten Free	50	4	0	12	0	56	0	1	0	0	0
14" White	150	10	4	31	1	109	1	1	0	0	0
14" Wheat	150	15	4	29	2	203	3	1	0	0	0
18" White	160	11	4	32	1	113	1	1	0	0	0
18" Wheat	150	16	5	30	2	211	3	1	0	0	0
Calzone White	470	32	13	95	4	339	3	2	0	1	0
Calzone Wheat	450	47	14	91	5	632	10	3	0	0	0
<b>SAUCE</b>											
<b>Alfredo</b>											
8"	25	14	1	2	2	86	0	1	5	1	0
12"	20	9	1	1	1	58	0	0	3	1	0
14"	25	14	1	2	2	86	0	1	5	1	0
18"	25	14	1	2	2	86	0	1	5	1	0
Calzone	100	55	5	7	6	345	0	3	19	4	0
<b>BBQ</b>											
8"	50	0	0	13	0	150	0	12	0	0	0
12"	30	0	0	8	0	100	0	8	0	0	0
14"	50	0	0	13	0	150	0	12	0	0	0
18"	50	0	0	13	0	150	0	12	0	0	0
Calzone	195	1	0	51	0	599	1	47	0	0	0
<b>Marinara</b>											
8"	10	0	0	2	0	155	0	1	0	0	0
12"	5	0	0	1	0	116	0	1	0	0	0
14"	10	0	0	2	0	155	0	1	0	0	0
18"	10	0	0	2	0	155	0	1	0	0	0
Calzone	35	1	1	8	0	620	1	6	0	0	0
<b>Olive Oil</b>											
8"	30	32	0	0	4	0	0	0	0	1	0
12"	30	32	0	0	4	0	0	0	0	1	0
14"	45	48	0	0	5	0	0	0	0	1	0
18"	40	43	0	0	5	0	0	0	0	1	0
Calzone	120	128	0	0	14	0	0	0	0	3	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	47	0	0	0	2
12"	30	21	2	1	0	7	47	0	0	0	2
14"	40	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	16	2	1	0	5	43	0	0	0	2
12"	15	16	2	1	0	5	43	0	0	0	2
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	90	64	7	4	0	20	170	1	0	0	6

### Parmesan

8"	10	5	1	0	0	2	30	0	0	0	1
12"	10	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"	10	3	0	0	0	2	139	0	0	0	1
12"	10	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

### Canadian Bacon

	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"	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

### Chicken

8"	25	5	1	0	0	12	10	0	0	0	4
12"	25	5	1	0	0	12	10	0	0	0	4
14"	35	7	1	0	0	18	16	0	0	0	7
18"	30	6	1	0	0	16	14	0	0	0	6
Calzone	90	18	2	1	0	48	42	0	0	0	18

### Ground Beef

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

### Italian Meatballs

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"	30	19	2	0	0	5	64	1	0	0	1
Calzone	80	56	6	0	0	15	192	2	0	0	4

### Italian Sausage

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

### Pepperoni

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"	20	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"	5	0	0	0	0	0	1	1	0	0	0
12"	5	0	0	0	0	0	1	1	0	0	0
14"	5	1	0	0	0	0	2	1	1	0	0
18"	5	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"	20	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"	5	0	0	0	0	0	0	0	0	0	0
12"	5	0	0	0	0	0	0	1	0	0	0
14"	5	0	0	0	0	0	1	1	0	0	0
18"	5	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"	5	0	0	0	0	0	0	0	0	0	0
12"	5	0	0	0	0	0	0	0	0	0	0
14"	5	0	0	0	0	0	1	0	0	0	0
18"	5	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	80	68	8	0	0	435	4	0	0	0	0
<b>Mushrooms</b>											
8"	5	0	0	0	0	1	0	0	0	0	0
12"	5	0	0	0	0	1	0	0	0	0	0
14"	5	1	0	0	0	1	1	0	0	1	1
18"	5	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"	5	0	0	0	0	0	1	0	0	0	0
12"	5	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"	10	0	0	0	0	0	2	0	0	0	0
Calzone	20	1	0	0	0	0	5	0	0	1	1

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# 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"	5	0	0	0	0	0	1	1	0	1	0
12"	5	0	0	0	0	0	1	1	0	1	0
14"	5	0	0	0	0	0	1	1	0	1	0
18"	5	0	0	0	0	0	1	1	0	1	0
Calzone	20	2	0	0	0	0	2	3	1	2	1

### Tomatoes

8"	5	0	0	0	0	0	1	1	0	0	0
12"	5	0	0	0	0	0	1	1	0	0	0
14"	5	0	0	0	0	0	1	1	0	1	0
18"	5	0	0	0	0	0	1	1	0	0	0
Calzone	10	1	0	0	0	0	3	2	1	1	0

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.