



# Nutrition Facts

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| Food Item                             | Serving Size (Oz.) | Calories | Calories From Fat | Total Fat (g) | Sat. Fat (g) | Trans. Fat (g) | Chol. (mg) | Sodium (mg) | Total Carb. (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (%) | Vitamin C (%) | Calcium (%) | Iron (%) |
|---------------------------------------|--------------------|----------|-------------------|---------------|--------------|----------------|------------|-------------|-----------------|-------------------|------------|-------------|---------------|---------------|-------------|----------|
| <b>Oven-Baked Pasta</b>               |                    |          |                   |               |              |                |            |             |                 |                   |            |             |               |               |             |          |
| Baked Spaghetti                       | 15.5               | 640      | 190               | 22            | 12           | 0.5            | 75         | 1340        | 80              | 7                 | 13         | 29          | 40            | 30            | 50          | 25       |
| Baked Spaghetti with Meatballs        | 18.5               | 890      | 350               | 39            | 20           | 1              | 130        | 2040        | 86              | 7                 | 13         | 41          | 45            | 35            | 60          | 35       |
| Penne with Creamy Basil Chicken       | 18.7               | 970      | 460               | 51            | 25           | 1              | 170        | 2340        | 73              | 4                 | 9          | 52          | 30            | 8             | 80          | 20       |
| Rigatoni Romano                       | 17.3               | 880      | 390               | 44            | 20           | 1              | 125        | 2460        | 76              | 7                 | 12         | 44          | 40            | 25            | 60          | 30       |
| Tortellini Robusto                    | 17.6               | 1020     | 450               | 50            | 28           | 0.5            | 210        | 2580        | 80              | 5                 | 10         | 59          | 35            | 10            | 90          | 35       |
| Chicken Parmigano                     | 21.6               | 1000     | 350               | 39            | 15           | 1              | 125        | 2550        | 108             | 8                 | 15         | 51          | 50            | 35            | 60          | 35       |
| Twice Baked Lasagna                   | 18.4               | 700      | 350               | 39            | 20           | 0.5            | 115        | 2420        | 47              | 6                 | 11         | 41          | 50            | 35            | 70          | 30       |
| Chicken Broccoli Penne Bake           | 21.3               | 920      | 380               | 42            | 24           | 0.5            | 170        | 2310        | 77              | 6                 | 11         | 52          | 25            | 60            | 80          | 20       |
| <b>Specialty Pasta</b>                |                    |          |                   |               |              |                |            |             |                 |                   |            |             |               |               |             |          |
| Chicken Carbonara                     | 17.8               | 800      | 250               | 27            | 13           | 0              | 110        | 1790        | 88              | 4                 | 9          | 42          | 8             | 15            | 25          | 20       |
| Chicken Piccata                       | 17.6               | 870      | 390               | 43            | 18           | 0              | 60         | 1530        | 86              | 5                 | 7          | 36          | 30            | 50            | 10          | 20       |
| Tortellini & Sun-Dried Tomato Rustico | 13.9               | 850      | 420               | 46            | 15           | 0              | 85         | 1380        | 81              | 6                 | 9          | 30          | 25            | 50            | 45          | 30       |
| <b>Classic Pasta</b>                  |                    |          |                   |               |              |                |            |             |                 |                   |            |             |               |               |             |          |
| Spaghetti with Marinara - Small       | 13.5               | 440      | 20                | 2             | 0            | 0              | 0          | 650         | 86              | 6                 | 12         | 15          | 25            | 30            | 0           | 25       |
| Spaghetti with Marinara - Regular     | 20.5               | 660      | 30                | 3             | 0            | 0              | 0          | 980         | 129             | 9                 | 18         | 22          | 40            | 40            | 0           | 40       |
| Spaghetti with Meat Sauce - Small     | 14.3               | 520      | 70                | 8             | 2.5          | 0              | 15         | 1100        | 87              | 7                 | 12         | 21          | 20            | 25            | 2           | 30       |
| Spaghetti with Meat Sauce - Regular   | 21.4               | 780      | 110               | 12            | 3.5          | 0              | 20         | 1650        | 131             | 11                | 18         | 31          | 35            | 35            | 4           | 45       |
| Spaghetti with Alfredo - Small        | 13.3               | 610      | 170               | 19            | 10           | 0              | 50         | 1040        | 84              | 4                 | 8          | 21          | 8             | 0             | 20          | 20       |
| Spaghetti with Alfredo - Regular      | 19.9               | 900      | 240               | 27            | 15           | 0              | 75         | 1500        | 126             | 5                 | 12         | 29          | 15            | 0             | 30          | 25       |
| Penne with Marinara - Small           | 13.5               | 440      | 20                | 2             | 0            | 0              | 0          | 650         | 86              | 6                 | 12         | 15          | 25            | 30            | 0           | 25       |
| Penne with Marinara - Regular         | 20.5               | 660      | 30                | 3             | 0            | 0              | 0          | 980         | 129             | 9                 | 18         | 22          | 40            | 40            | 0           | 40       |
| Penne with Meat Sauce - Small         | 14.3               | 520      | 70                | 8             | 2.5          | 0              | 15         | 1100        | 87              | 7                 | 12         | 21          | 20            | 25            | 2           | 30       |
| Penne with Meat Sauce - Regular       | 21.4               | 780      | 110               | 12            | 3.5          | 0              | 20         | 1650        | 131             | 11                | 18         | 31          | 35            | 35            | 4           | 45       |
| Penne with Alfredo - Small            | 13.3               | 610      | 170               | 19            | 10           | 0              | 50         | 1040        | 84              | 4                 | 8          | 21          | 8             | 0             | 20          | 20       |
| Penne with Alfredo - Regular          | 19.9               | 900      | 240               | 27            | 15           | 0              | 75         | 1500        | 126             | 5                 | 12         | 29          | 15            | 0             | 30          | 25       |
| Fettuccine with Alfredo - Small       | 13.3               | 610      | 170               | 19            | 10           | 0              | 50         | 1040        | 84              | 4                 | 8          | 21          | 8             | 0             | 20          | 20       |
| Fettuccine with Alfredo - Regular     | 19.9               | 900      | 240               | 27            | 15           | 0              | 75         | 1500        | 126             | 5                 | 12         | 29          | 15            | 0             | 30          | 25       |
| Fettuccine with Marinara - Small      | 13.5               | 440      | 20                | 2             | 0            | 0              | 0          | 650         | 86              | 6                 | 12         | 15          | 25            | 30            | 0           | 25       |
| Fettuccine with Marinara - Regular    | 20.5               | 660      | 30                | 3             | 0            | 0              | 0          | 980         | 129             | 9                 | 18         | 22          | 40            | 40            | 0           | 40       |
| Fettuccine with Meat Sauce - Small    | 14.3               | 520      | 70                | 8             | 2.5          | 0              | 15         | 1100        | 87              | 7                 | 12         | 21          | 20            | 25            | 2           | 30       |
| Fettuccine with Meat Sauce - Regular  | 21.4               | 780      | 110               | 12            | 3.5          | 0              | 20         | 1650        | 131             | 11                | 18         | 31          | 35            | 35            | 4           | 45       |
| Ravioli with Marinara Sauce           | 12.3               | 490      | 130               | 15            | 8            | 0              | 80         | 1080        | 69              | 7                 | 13         | 21          | 40            | 30            | 25          | 20       |
| Ravioli with Meat Sauce               | 13.1               | 570      | 190               | 21            | 10           | 0              | 95         | 1530        | 70              | 8                 | 12         | 27          | 35            | 25            | 30          | 25       |
| Ultimate Sampler Platter              | 29.9               | 1130     | 300               | 34            | 16           | 0              | 85         | 2740        | 153             | 12                | 22         | 49          | 50            | 45            | 35          | 50       |
| Classic Sampler Platter               | 22.8               | 880      | 270               | 30            | 14           | 0              | 80         | 2200        | 110             | 9                 | 16         | 39          | 40            | 30            | 35          | 40       |
| <b>Pasta Toppings</b>                 |                    |          |                   |               |              |                |            |             |                 |                   |            |             |               |               |             |          |
| Sliced Grilled Chicken                | 3.0                | 110      | 30                | 3.5           | 1            | 0              | 45         | 510         | 2               | 0                 | 1          | 17          | 0             | 0             | 0           | 2        |
| Meatballs                             | 3.0                | 250      | 160               | 18            | 8            | 0              | 55         | 700         | 6               | 1                 | 1          | 13          | 4             | 4             | 8           | 10       |
| Sliced Italian Sausage                | 2.0                | 200      | 150               | 16            | 5            | 0              | 40         | 680         | 3               | 0                 | 1          | 10          | 0             | 0             | 2           | 4        |
| Broccoli                              | 3.0                | 25       | 0                 | 0             | 0            | 0              | 0          | 10          | 5               | 3                 | 1          | 3           | 15            | 60            | 2           | 2        |
| Broccoli and Fire-Roasted Tomatoes    | 4.0                | 35       | 0                 | 0             | 0            | 0              | 0          | 85          | 5               | 2                 | 3          | 1           | 2             | 60            | 2           | 0        |
| <b>Pizza</b>                          |                    |          |                   |               |              |                |            |             |                 |                   |            |             |               |               |             |          |
| Cheese Slice                          | 4.0                | 270      | 100               | 11            | 5            | 0.5            | 25         | 690         | 32              | 2                 | 2          | 12          | 8             | 2             | 20          | 10       |
| Pepperoni Slice                       | 4.3                | 310      | 130               | 14            | 6            | 0.5            | 35         | 840         | 32              | 2                 | 2          | 14          | 8             | 2             | 20          | 10       |
| <b>Submarinos®</b>                    |                    |          |                   |               |              |                |            |             |                 |                   |            |             |               |               |             |          |
| Roasted Red Pepper Chicken            | 11.8               | 780      | 330               | 36            | 11           | 0              | 105        | 2150        | 59              | 4                 | 6          | 46          | 15            | 30            | 30          | 25       |
| Italian Four Cheese & Tomato          | 11.6               | 710      | 330               | 37            | 19           | 1              | 95         | 1610        | 59              | 4                 | 5          | 38          | 35            | 30            | 80          | 20       |
| Fazoli's® Original                    | 12.8               | 880      | 450               | 50            | 14           | 0              | 90         | 2890        | 68              | 3                 | 7          | 34          | 15            | 15            | 20          | 40       |
| Smoked Turkey Basil                   | 12.8               | 750      | 340               | 37            | 10           | 0              | 80         | 2550        | 68              | 3                 | 5          | 36          | 20            | 15            | 30          | 60       |
| Club Italiano                         | 13.0               | 780      | 320               | 36            | 10           | 0              | 90         | 2800        | 68              | 3                 | 8          | 39          | 15            | 15            | 20          | 60       |
| Ham and Swiss Supremo                 | 12.1               | 690      | 280               | 31            | 8            | 0              | 75         | 2390        | 68              | 3                 | 9          | 33          | 20            | 15            | 30          | 45       |



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|---|--------------------|----------|-------------------|---------------|--------------|----------------|------------|-------------|-----------------|-------------------|------------|-------------|---------------|---------------|-------------|----------|
| <b>Breadsticks</b>                          |                    |          |                   |               |              |                |            |             |                 |                   |            |             |               |               |             |          |
| Garlic Breadstick (1 each)                  | 1.7                | 150      | 60                | 7             | 1.5          | 0              | 0          | 290         | 20              | 1                 | 1          | 3           | 0             | 2             | 4           | 4        |
| Breadstick, Dry (1 each)                    | 1.4                | 100      | 15                | 2             | 0            | 0              | 0          | 160         | 20              | 0                 | 1          | 3           | 0             | 2             | 4           | 4        |
| <b>Salads</b>                               |                    |          |                   |               |              |                |            |             |                 |                   |            |             |               |               |             |          |
| Grilled Chicken Artichoke                   | 12.3               | 240      | 40                | 4.5           | 2.5          | 0              | 70         | 910         | 11              | 4                 | 4          | 32          | 140           | 140           | 15          | 15       |
| Crispy Chicken BLT                          | 12.5               | 480      | 230               | 26            | 7            | 0              | 75         | 1430        | 31              | 4                 | 4          | 32          | 110           | 40            | 20          | 15       |
| Cranberry & Walnut Chicken                  | 11.7               | 390      | 130               | 14            | 3.5          | 0              | 75         | 950         | 27              | 4                 | 19         | 32          | 100           | 35            | 10          | 15       |
| Chicken & Pasta Caesar                      | 13.3               | 470      | 130               | 15            | 5            | 0              | 80         | 1620        | 38              | 3                 | 8          | 37          | 200           | 45            | 15          | 15       |
| Side Italian Salad                          | 4.2                | 80       | 40                | 4.5           | 2            | 0              | 10         | 370         | 4               | 1                 | 2          | 5           | 50            | 20            | 6           | 2        |
| Side Garden Salad                           | 5.3                | 30       | 0                 | 0             | 0            | 0              | 0          | 20          | 6               | 2                 | 4          | 2           | 60            | 35            | 4           | 4        |
| Side Caesar Salad                           | 4.2                | 40       | 20                | 2             | 1            | 0              | 5          | 70          | 4               | 2                 | 1          | 4           | 130           | 45            | 8           | 6        |
| Side Pasta Salad                            | 6                  | 300      | 110               | 12            | 3.5          | 0              | 10         | 970         | 38              | 1                 | 7          | 8           | 2             | 0             | 4           | 2        |
| <b>Salad Dressings</b>                      |                    |          |                   |               |              |                |            |             |                 |                   |            |             |               |               |             |          |
| House Italian                               | 1.5                | 160      | 130               | 14            | 2            | 0              | 0          | 760         | 7               | 0                 | 7          | 0           | 0             | 0             | 0           | 2        |
| Fat Free Italian                            | 1.5                | 25       | 0                 | 0             | 0            | 0              | 0          | 390         | 6               | 0                 | 3          | 0           | 2             | 2             | 0           | 0        |
| Caesar                                      | 1.5                | 230      | 220               | 25            | 4            | 0              | 45         | 350         | 1               | 0                 | 0          | 1           | 0             | 0             | 0           | 0        |
| Red Wine Vinaigrette                        | 1.5                | 110      | 90                | 10            | 1.5          | 0              | 0          | 410         | 3               | 0                 | 2          | 0           | 0             | 0             | 0           | 0        |
| Honey French                                | 1.5                | 220      | 160               | 18            | 3            | 0              | 0          | 310         | 14              | 0                 | 13         | 0           | 0             | 0             | 0           | 0        |
| Creamy Parmesan Peppercorn Ranch            | 1.5                | 230      | 220               | 24            | 4            | 0              | 10         | 380         | 2               | 0                 | 2          | 1           | 0             | 0             | 2           | 0        |
| Lite Ranch                                  | 1.5                | 120      | 110               | 12            | 2            | 0              | 5          | 350         | 2               | 0                 | 1          | 1           | 0             | 0             | 0           | 0        |
| Ranch                                       | 1.5                | 220      | 210               | 24            | 4            | 0              | 10         | 420         | 2               | 0                 | 2          | 1           | 0             | 0             | 0           | 0        |
| Lemon Basil                                 | 1.5                | 110      | 100               | 11            | 1.5          | 0              | 0          | 380         | 5               | 0                 | 3          | 0           | 0             | 0             | 0           | 0        |
| Croutons (Pack)                             | 0.5                | 70       | 25                | 3             | 0            | 0              | 0          | 100         | 8               | 0                 | 0          | 2           | 0             | 0             | 0           | 20       |
| <b>Kids Meals</b>                           |                    |          |                   |               |              |                |            |             |                 |                   |            |             |               |               |             |          |
| Spaghetti with Marinara Sauce               | 7.7                | 220      | 10                | 1             | 0            | 0              | 0          | 330         | 43              | 3                 | 6          | 7           | 15            | 15            | 0           | 15       |
| Spaghetti with Meat Sauce                   | 7.2                | 260      | 35                | 4             | 1            | 0              | 5          | 560         | 44              | 4                 | 6          | 10          | 10            | 10            | 2           | 15       |
| Spaghetti with Meatballs                    | 7.8                | 300      | 60                | 7             | 2.5          | 0              | 20         | 570         | 45              | 3                 | 6          | 12          | 15            | 15            | 2           | 15       |
| Fettuccine Alfredo                          | 6.5                | 290      | 70                | 8             | 4.5          | 0              | 20         | 470         | 42              | 2                 | 4          | 8           | 4             | 0             | 8           | 8        |
| Meat Lasagna                                | 7.6                | 260      | 120               | 13            | 6            | 0              | 35         | 910         | 21              | 3                 | 4          | 14          | 20            | 15            | 15          | 15       |
| Ravioli with Marinara Sauce                 | 6.2                | 250      | 70                | 7             | 4            | 0              | 40         | 540         | 35              | 3                 | 6          | 10          | 20            | 15            | 15          | 10       |
| Ravioli with Meat Sauce                     | 6.6                | 290      | 90                | 10            | 5            | 0              | 45         | 770         | 35              | 4                 | 6          | 14          | 20            | 15            | 15          | 15       |
| Cheese Pizza                                | 4.0                | 270      | 100               | 11            | 5            | 0.5            | 25         | 690         | 32              | 2                 | 2          | 12          | 8             | 2             | 20          | 10       |
| Pepperoni Pizza                             | 4.3                | 310      | 130               | 14            | 6            | 0.5            | 35         | 840         | 32              | 2                 | 2          | 14          | 8             | 2             | 20          | 10       |
| <b>Drinks</b>                               |                    |          |                   |               |              |                |            |             |                 |                   |            |             |               |               |             |          |
| Italian Lemon Ice - Regular                 | 14.0               | 170      | 0                 | 0             | 0            | 0              | 0          | 15          | 46              | 0                 | 46         | 0           | 0             | 0             | 0           | 0        |
| Italian Lemon Ice - Large                   | 20.0               | 250      | 0                 | 0             | 0            | 0              | 0          | 20          | 65              | 0                 | 65         | 0           | 0             | 0             | 0           | 0        |
| Italian Lemon Ice with Strawberry           | 20.0               | 270      | 0                 | 0             | 0            | 0              | 0          | 55          | 70              | 0                 | 70         | 0           | 0             | 15            | 0           | 0        |
| <b>Desserts</b>                             |                    |          |                   |               |              |                |            |             |                 |                   |            |             |               |               |             |          |
| NY Style Cheesecake with Strawberry Topping | 6.3                | 630      | 410               | 45            | 26           | 1              | 160        | 630         | 49              | 1                 | 32         | 8           | 30            | 15            | 8           | 4        |
| Chocolate Layer Cake                        | 6.8                | 700      | 350               | 38            | 17           | 0.5            | 60         | 550         | 87              | 4                 | 63         | 7           | 10            | 0             | 6           | 40       |
| Choco-Lato Mousse                           | 5.7                | 610      | 450               | 50            | 30           | 0              | 155        | 220         | 39              | 2                 | 28         | 4           | 35            | 0             | 8           | 2        |
| Turtle Cheesecake                           | 5.7                | 590      | 330               | 37            | 17           | 0              | 95         | 330         | 56              | 2                 | 34         | 7           | 20            | 0             | 4           | 8        |
| Chocolate Chip Cannolis                     | 1.4                | 190      | 100               | 11            | 6            | 0              | 20         | 55          | 20              | 0                 | 3          | 4           | 0             | 0             | 4           | 0        |
| Chocolate Chunk Cookie                      | 4.0                | 510      | 230               | 26            | 15           | 0              | 75         | 350         | 68              | 3                 | 39         | 5           | 15            | 0             | 2           | 15       |

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