

# PASTA

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# POMODORO®

> NUTRITIONAL INFORMATION

✦ <b>BRUNCH</b>	<b>CAL</b>	<b>PRO</b>	<b>CARB</b>	<b>T.FAT</b>	<b>S.FAT</b>	<b>FIB</b>	<b>SOD</b>
<b>*ONLY AT SELECT LOCATIONS</b>							
Americana with Bacon	645	29g	54g	35g	11g	4g	888mg
Americana with Sausage	813	34g	55g	51g	16g	4g	1147mg
Add French Toast	261	6g	24g	16g	7g	2g	356mg
Bistecca e Uova	837	54g	54g	45g	15g	4g	852mg
Breakfast Panini	2014	51g	127g	147g	61g	10g	3275mg
Breakfast Potato	476	7g	62g	23g	14g	6g	725mg
Carbonara Pizza	871	33g	64g	54g	27g	1g	736mg
English Muffin	134	4g	26g	1g	trace	2g	264mg
Firenze	1206	30g	84g	84g	45g	6g	1405mg
French Toast	1014	29g	84g	61g	24g	8g	900mg
Homemade Scone	424	8g	59g	17g	10g	2g	603mg
Italian Joe's Special	1394	38g	75g	104g	49g	8g	2030mg
Vegetariana Omelette	997	36g	81g	58g	31g	9g	1313mg
Savory Bread Pudding	1111	41g	33g	90g	39g	2g	1894mg
Side Bacon	380	8g	0g	28g	10g	0g	540mg
Side Egg (any style)	74	6g	trace	5g	2g	0g	70mg
Side Fennel Sausage	327	13g	1g	30g	11g	0g	690mg
Side Mini Morning Bun (3)	345	6g	48g	15g	9g	4g	285mg
Side Patate della Nonna	215	3g	29g	10g	2g	3g	49mg
Sourdough Toast	240	10g	48g	2g	0g	2g	560mg
Uova Pomodoro	649	26g	57g	35g	15g	4g	915mg
Uova Zucchini	896	41g	60g	54g	26g	5g	1007mg

✦ <b>APPETIZERS</b>	<b>CAL</b>	<b>PRO</b>	<b>CARB</b>	<b>T.FAT</b>	<b>S.FAT</b>	<b>FIB</b>	<b>SOD</b>
Bruschetta (Regular)	426	6g	36g	29g	4g	3g	483mg
Bruschetta (Large)	695	9g	54g	50g	7g	5g	668mg
Caprese (Regular)	517	22g	14g	43g	15g	3g	706mg
Caprese (Large)	808	37g	24g	66g	24g	5g	069mg
Cozze (Mussels)	658	42g	35g	33g	10g	1g	1270mg
Creamy Organic Polenta							
Pomodoro Sauce	378	18g	33g	21g	10g	2g	1169mg
Ragu di Funghi	251	9g	22g	14g	5g	2g	634mg
Salsiccia Sauce	460	13g	29g	30g	13g	3g	1388mg
Gamberi	557	31g	31g	30g	15g	1g	1327mg
Pane all'Aglio	432	9g	57g	17g	12g	2g	866mg
Polenta Farcita	579	21g	32g	40g	24g	4g	1921mg
Rustico (Traditional)	746	28g	61g	43g	18g	4g	1900mg
Rustico (Turkey)	612	31g	51g	31g	11g	4g	1993mg
Vongole (Clams)	598	41g	31g	29g	9g	1g	543mg

✦ <b>PIZZA</b>	<b>CAL</b>	<b>PRO</b>	<b>CARB</b>	<b>T.FAT</b>	<b>S.FAT</b>	<b>FIB</b>	<b>SOD</b>
<b>*ONLY AT SELECT LOCATIONS</b>							
Calabrese	1077	59g	109g	45g	19g	3g	1938mg
Funghi e Salsiccia	1157	59g	93g	60g	24g	3g	2622mg
Margherita	841	39g	92g	35g	16g	4g	1469mg
Ortolana	1029	42g	96g	53g	21g	4g	1438mg
Pollo e Pesto	1064	43g	106g	55g	19g	3g	1161mg
BAT	1211	42g	100g	71g	33g	2g	1519mg
Clam & Italian Sausage	1253	58g	107g	60g	21g	2g	1244mg
Grilled Chicken & Potato	1053	65g	114g	37g	17g	2g	1169mg
Shrimp Scampi	967	42g	98g	40g	14g	1g	834mg
Ricco	1584	70g	118g	91g	33g	3g	3246mg

✦ <b>LIGHTER FARE</b>	<b>CAL</b>	<b>PRO</b>	<b>CARB</b>	<b>T.FAT</b>	<b>S.FAT</b>	<b>FIB</b>	<b>SOD</b>
Healthy Chicken	620	38g	93g	13g	1g	14g	1523mg
Healthy Fish	560	29g	92g	10g	1g	14g	1242mg
Salads							
Chicken Caesar	892	53g	27g	66g	9g	6g	1539mg
Garlic Parmesan Chopped	669	54g	44g	32g	8g	12g	819mg
Grilled Chicken & Vegetable	433	36g	19g	25g	4g	5g	2227mg
Grilled Slamon	613	32g	16g	48g	9g	5g	392mg
Steak	810	46g	16g	65g	21g	4g	1110mg

<b>SOUPS &amp; SALADS</b>	<b>CAL</b>	<b>PRO</b>	<b>CARB</b>	<b>T.FAT</b>	<b>S.FAT</b>	<b>FIB</b>	<b>SOD</b>
Minestrone Soup (Bowl)	365	15g	42g	16g	3g	14g	184mg
Minestrone Soup (Cup)	206	8g	24g	9g	1g	8g	107mg
Tortellini Soup (Bowl)	576	31g	27g	53g	18g	2g	2217mg
Tortellini Soup (Cup)	281	15g	13g	26g	9g	1g	1100mg
Caesar Salad (Small)	309	7g	16g	25g	5g	4g	351mg
Caesar Salad (Entrée)	679	13g	24g	60g	11g	6g	680mg
Insalata di Farro (Small)	449	14g	73g	15g	3g	6g	360mg
Insalata di Farro (Entrée)	893	28g	145g	29g	5g	12g	599mg
Mista - Balsamic (Small)	223	6g	8g	21g	7g	2g	441mg
Mista - Balsamic (Entrée)	443	11g	15g	41g	14g	4g	881mg
Mista - Garlic Parm. (Small)	190	7g	8g	16g	6g	2g	483mg
Mista - Garlic Parm. (Entrée)	378	13g	17g	32g	12g	5g	1061mg

<b>HOUSE SPECIALTIES</b>	<b>CAL</b>	<b>PRO</b>	<b>CARB</b>	<b>T.FAT</b>	<b>S.FAT</b>	<b>FIB</b>	<b>SOD</b>
Bistecca	1028	76g	42g	60g	23g	4g	1805mg
Conchiglie Gamberi (Small)	653	27g	49g	38g	22g	2g	797mg
Conchiglie Gamberi (Regular)	1202	48g	94g	68g	41g	4g	1293mg
Frutti di Mare	1002	68g	108g	30g	3g	6g	1562mg
Gemelli	1155	40g	103g	69g	35g	5g	955mg
Marsala	718	71g	15g	36g	11g	4g	841mg
Penne Portobello	1171	42g	99g	67g	31g	5g	1212mg
Pollo Griglia	698	69g	9g	44g	12g	2g	1720mg
Pollo Parmigiana (Small)	756	52g	41g	44g	11g	2g	1247mg
Pollo Parmigiana (Regular)	1513	105g	83g	88g	23g	5g	2494mg
Salmone Cannellini	925	65g	44g	55g	10g	17g	676mg

<b>CLASSICS</b>	<b>CAL</b>	<b>PRO</b>	<b>CARB</b>	<b>T.FAT</b>	<b>S.FAT</b>	<b>FIB</b>	<b>SOD</b>
Bolognese	708	27g	93g	22g	10g	4g	1001mg
Calabrese al Verde	996	35g	205g	27g	5g	12g	997mg
Capellini							
Pomodoro	698	20g	105g	24g	3g	8g	1451mg
Pesto	667	19g	88g	28g	6g	4g	354mg
Fettuccine Alfredo	1198	28g	83g	82g	56g	4g	626mg
Lasagna	1005	47g	73g	55g	26g	4g	1765mg
Ravioli di Magro							
Pt. Reyes Blue Ch. (Small)	602	18g	32g	46g	28g	3g	664mg
Pt. Reyes Blue Ch. (Regular)	1236	33g	54g	102g	62g	4g	1448mg
Pomodoro (Small)	325	13g	34g	16g	4g	3g	867mg
Pomodoro (Regular)	580	23g	59g	30g	8g	5g	1461mg
Ravioli di Zucca (Small)	447	12g	32g	30g	20g	4g	522mg
Ravioli di Zucca (Regular)	741	21g	57g	48g	31g	8g	880mg
Siciliane	800	28g	151g	32g	9g	9g	1452mg
Spaghetti Polpette							
Traditional	1214	47g	126g	60g	23g	7g	1967mg
Turkey	1015	53g	110g	41g	14g	7g	2107mg
Verdure							
Olive Oil and Garlic	353	9g	23g	28g	4g	9g	334mg
Pomodoro Sauce	393	11g	30g	28g	4g	9g	1061mg

<b>SIDES</b>	<b>CAL</b>	<b>PRO</b>	<b>CARB</b>	<b>T.FAT</b>	<b>S.FAT</b>	<b>FIB</b>	<b>SOD</b>
Asparagi	58	2g	4g	5g	1g	2g	119mg
Broccoli	150	3g	6g	14g	2g	3g	143mg
Cavolini	463	12g	34g	34g	21g	14g	478mg
Farro	300	12g	64g	2g	1g	4g	20mg
Patate	623	10g	63g	38g	17g	6g	819mg
Spinach	226	9g	11g	19g	3g	7g	320mg

<b>ADD-ON'S</b>	<b>CAL</b>	<b>PRO</b>	<b>CARB</b>	<b>T.FAT</b>	<b>S.FAT</b>	<b>FIB</b>	<b>SOD</b>
Chicken	109	21g	1g	3g	0g	0g	437mg
Farro	300	12g	64g	2g	1g	4g	20mg
Shrimp	83	16g	1g	1g	trace	0g	115mg
Tuscan Cannellini Beans	62	4g	11g	trace	trace	4g	3mg
Whole Grain Fusilli	200	7g	41g	2g	0g	6g	0mg

<b>+ KIDS MENU</b>	<b>CAL</b>	<b>PRO</b>	<b>CARB</b>	<b>T.FAT</b>	<b>S.FAT</b>	<b>FIB</b>	<b>SOD</b>
Kids Add Broccoli	68	2g	3g	6g	4g	2g	62mg
Kids Add Grilled Chicken	125	21g	0g	5g	0g	0g	436mg
Kids Add Meatballs							
(Traditional)	196	0g	9g	13g	5g	0g	246mg
(Turkey)	129	12g	4g	7g	2g	0g	293mg
Kids Butter and Cheese	223	2g	0g	23g	16g	0g	262mg
Kids Carrots	94	1g	13g	5g	1g	4g	279mg
Kids Cream Sauce	552	6g	3g	57g	38g	0g	413mg
Kids Easy Cheesy	574	13g	45g	38g	25g	2g	584mg
Kids Grilled Cheese	554	25g	48g	29g	14g	2g	902mg
Kids Meat Sauce	162	6g	3g	12g	7g	0g	500mg
Kids Parmigiana	675	45g	37g	38g	11g	1g	1248mg
Kids Pesto	119	2g	1g	12g	3g	2g	177mg
Kids Penne	203	7g	43g	1g	0g	2g	0mg
Kids Pizza (cheese)	578	23g	66g	25g	10g	2g	1062mg
Kids Pizza (Sausage)	807	31g	70g	44g	17g	3g	1496mg
Kids Ravioli	180	10g	24g	6g	3g	2g	278mg
Kids Spaghetti	203	7g	43g	1g	0g	2g	0mg
Kids Sundae	188	2g	43g	3g	1g	1g	48mg
Kids Tomato Sauce	135	2g	6g	11g	7g	0g	813mg
Kids Tomato & Cream Sauce	242	4g	5g	23g	16g	0g	463mg
Kids Whole Grain Fusilli	192	7g	39g	1g	0g	6g	0mg
Kids Apple Juice	123	1g	31g	0g	0g	0g	2mg
Kids Organic Milk 2%	146	11g	15g	6g	3g	0g	158mg
Kids Organic Milk	169	9g	12g	9g	6g	0g	141mg
Kids Chocolate Milk	211	9g	28g	9g	4g	2g	119mg
Kids Coke	87	0g	24g	0g	0g	0g	5mg
Kids Diet Coke	1	0g	trace	0g	0g	0g	9mg
Kids Rootbeer	97	0g	26g	0g	0g	0g	4mg
Kids Sprite	85	0g	23g	0g	0g	0g	19mg

<b>+ BEVERAGES</b>	<b>CAL</b>	<b>PRO</b>	<b>CARB</b>	<b>T.FAT</b>	<b>S.FAT</b>	<b>FIB</b>	<b>SOD</b>
Apple Juice	210	2g	53g	0g	0g	0g	3mg
Barq's Rootbeer	167	0g	45g	0g	0g	0g	6mg
Cappuccino	98	5g	8g	5g	3g	0g	81mg
Coffee	5	trace	1g	0g	0g	0g	5mg
Coke	149	0g	41g	0g	0g	0g	9mg
Coke Zero	1	0g	.1g	0g	0g	0g	28mg
Diet Coke	1	0g	trace	0g	0g	0g	15mg
Espresso	4	trace	1g	trace	trace	0g	6mg
Espresso Macchiato	24	trace	4g	1g	trace	0g	36mg
Fresh Lemonade	150	0g	41g	0g	0g	0g	9mg
Fresh Brewed							
Iced Tea	0	0g	0g	0g	0g	0g	38mg
Mango Passion Iced Tea	1	0g	0g	0g	0g	0g	0mg
Hot Chocolate	345	9g	47g	15g	7g	2g	124mg
Hot Herbal Tea	2	0g	trace	0g	0g	0g	2mg
Hot Tea	2	0g	1g	0g	0g	0g	7mg
Latte	154	8g	12g	8g	5g	0g	126mg
Latte (Vanilla)	216	7g	29g	7g	4g	0g	114mg
Mocha	196	8g	27g	8g	4g	2g	106mg
Orange Juice	167	3g	39g	1g	trace	1g	4mg
San Pellegrino (Small)	0	0g	0g	0g	0g	0g	21mg
San Pellegrino (Large)	0	0g	0g	0g	0g	0g	32mg
San Pellegrino							
Acqua Panna	0	0g	0g	0g	0g	0g	0mg
Aranciata	130	0g	31g	0g	0g	0g	0mg
Limonata	141	0g	32g	0g	0g	0g	2.6mg
Sprite	146	0g	39g	0g	0g	0g	33mg
Torani Syrup							
(addition to beverage)							
(Cherry)	53	0g	13g	0g	0g	0g	95mg
(Mango)	60	0g	15g	0g	0g	0g	97mg
(Peach)	53	0g	14g	0g	0g	0g	95mg
(Raspberry)	68	0g	17g	0g	0g	0g	93mg
(Strawberry)	53	0g	13g	0g	0g	0g	99mg
(Vanilla)	60	0g	14g	0g	0g	0g	95mg

✦ <b>LUNCH EXPRESS</b>	<b>CAL</b>	<b>PRO</b>	<b>CARB</b>	<b>T.FAT</b>	<b>S.FAT</b>	<b>FIB</b>	<b>SOD</b>
Minestrone Soup (Cup)	206	8g	24g	9g	1g	8g	107mg
Caesar Salad (Small)	309	7g	16g	25g	5g	4g	351mg
Mista - Balsamic (Small)	223	6g	8g	21g	7g	2g	441mg
Mista - Garlic Parm. (Small)	190	7g	8g	16g	6g	2g	483mg
<b>PASTA</b>							
Bolognese	533	20g	0g	17g	8g	3g	708mg
Capellini							
Pomodoro	580	15g	81g	24g	3g	7g	1090mg
Pesto	542	15g	66g	26g	6g	3g	354mg
Healthy Chicken	482	32g	71g	9g	1g	11g	1291mg
Healthy Fish	435	23g	68g	9g	1g	11g	875mg
Limone	1059	22g	90g	69g	45g	4g	523mg
Penne Salsiccia	924	29g	104g	45g	13g	8g	1592mg
Ravioli di Magro							
Pt. Reyes Blue Cheese	1147	28g	42g	99g	60g	4g	1312mg
Pomodoro	490	18g	47g	27g	6g	4g	1322mg
Spaghetti Polpette							
(Traditional)	857	33g	94g	40g	14g	5g	1478mg
(Turkey)	724	37g	83g	28g	8g	5g	1571mg
Verdure							
Olive oil & Garlic	335	9g	23g	28g	4g	9g	334mg
Pomodoro Sauce	393	11g	30g	28g	4g	9g	1061mg
<b>PANINI</b>							
Bistecca	868	42g	65g	50g	15g	3g	1241mg
Mozzarella	861	36g	75g	48g	18g	6g	1359mg
Pollo	1053	66g	73g	56g	17g	3g	2280mg
Polpette							
(Traditional)	1252	50g	92g	74g	34g	3g	2501mg
(Turkey)	1052	55g	76g	56g	25g	3g	2641mg
<b>PIZZA</b>							
Calabrese	539	30g	54g	22g	10g	2g	970mg
Fungi e Salsiccia	579	24g	54g	30g	12g	2g	761mg
Ortolana	515	20g	55g	24g	9g	2g	434mg
Margherita	450	20g	53g	17g	8g	2g	490mg
Pollo e Pesto	532	22g	53g	28g	10g	1g	579mg
Ricco	893	45g	60g	51g	19g	2g	2119mg
<b>ADD-ONS</b>							
Chicken	109	21g	1g	3g	0g	0g	437mg
Shrimp	83	16g	1g	1g	trace	0g	115mg

✦ <b>DESSERTS</b>	<b>CAL</b>	<b>PRO</b>	<b>CARB</b>	<b>T.FAT</b>	<b>S.FAT</b>	<b>FIB</b>	<b>SOD</b>
Budino di Pane	578	9g	51g	38g	21g	1g	205mg
a la mode	643	10g	61g	40g	22g	1g	224mg
Crostata Invertita	196	2g	28g	8g	5g	tr.	46mg
a la mode	261	3g	38g	10g	6g	tr.	65mg
Gelato							
Chocloate (Single)	116	3g	11g	7g	4g	0g	30mg
Chocloate (Double)	232	6g	22g	14g	8g	0g	60mg
Vanilla (Single)	65	1g	10g	2g	1g	0g	19mg
Vanilla (Double)	130	2g	20g	4g	2g	0g	38mg
Dolce Cioccolato	1154	13g	81g	90g	53g	5g	110mg
a la mode	1219	14g	91g	92g	54g	5g	129mg
Panna Cotta	547	3g	37g	44g	28g	2g	66mg
Sorbetto (Mixed Berry)	60	0g	16g	0g	0g	1g	3mg
Single	60	0g	16g	0g	0g	1g	3mg
Double	120	0g	32g	0g	0g	2g	6mg
Tiramisu	756	15g	74g	44g	5g	2g	131mg
<b>GUILT FREE</b>							
Affogato	70	1g	11g	2g	1g	0g	27mg
Tiramisu (mini)	252	5g	25g	15g	2g	1g	44mg