

NUTRITION DATA



AS OF MARCH 30, 2012

ITEMS

ANTIPASTI

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A - IU (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Buffalo Mozzarella Fritti	760	460	52	26	0	195	640	20	2	4	45	140	20	130	10
Roasted Prosciutto	430	290	33	14	0	90	610	5	2	2	24	130	20	60	6
Mussels Fra Diavolo	800	450	51	7	0	70	1720	35	3	14	33	60	170	15	70
Arancini	680	280	31	14	0.5	160	2140	79	3	6	21	50	30	25	20
Mediterranean Mezza	1740	890	100	22	0.5	60	4780	164	23	30	55	40	50	70	100
Calamari Fritti	350	35	4	1	0	530	410	35	3	5	41	110	50	10	20
Spinach & Artichoke Dip	1160	630	71	36	1.5	200	2090	92	7	4	42	130	30	80	40
Coal-Fired Buffalo Wings	970	660	73	17	0	230	2940	9	3	5	69	140	20	15	25
Meatballs Pomodoro	490	230	26	9	1	150	1810	31	3	8	32	70	25	25	30
Coal-Fired Garlic Knots	1070	510	57	12	0.5	25	1340	112	5	7	28	25	25	30	40

INSALATE

House Salad - Small	130	80	8	1	0	0	2600	13	4	5	2	140	60	8	15
Greek Salad - Small	240	150	17	6	0	20	3120	14	4	5	8	140	60	20	10
Greek Salad - Large	350	210	24	7	0	20	4850	26	8	10	11	400	100	30	25
Cucumber Salad	380	300	34	8	0	20	1160	13	2	5	8	20	25	20	6
Caesar Salad - Small	480	440	50	9	0	35	400	4	2	1	6	130	6	20	6
Caesar Salad - Large	750	650	74	17	1	70	990	11	5	3	15	390	15	50	15
Harlem Beet Salad	420	200	23	8	0	35	920	40	8	29	14	310	30	30	20
Insalata Di Mare	400	260	29	4	0	225	750	16	4	4	20	45	70	20	15
Mediterranean Salad - Small	330	200	22	8	0	40	3460	19	6	8	12	140	70	30	20
Mediterranean Salad - Large	540	310	35	14	0	75	4800	30	11	12	23	400	110	60	30
Caprese Salad	900	660	74	24	0	120	640	21	2	16	32	50	35	100	6
Tuscan Chicken Salad	980	590	67	22	1.5	175	3010	38	8	7	61	440	120	80	30

ZUPPE

Minestrone Soup - Cup	90	15	1.5	0	0	0	570	15	3	3	4	40	25	6	10
Minestrone Soup - Bowl	160	25	3	0	0	0	1000	26	6	6	8	70	40	10	20
Tortellini Brodo Soup Cup	220	70	8	2	0	55	1230	14	1	4	23	35	15	8	10
Tortellini Brodo Soup Bowl	450	150	16	4.5	0	110	2420	28	2	7	46	60	20	15	20
Tomato Basil Soup - Cup	310	250	28	15	1	80	1010	10	1	4	5	35	25	15	4
Tomato Basil Soup - Bowl	580	470	53	29	1.5	155	1970	20	1	8	9	70	50	30	6
New England Clam Chowder - Cup	330	250	28	17	0.5	110	500	13	1	1	9	30	8	10	6
New England Clam Chowder - Bowl	670	500	56	34	1.5	220	1000	25	2	2	18	60	15	20	15

FLATBREAD BRUSCHETTAS

Pomodoro Bruschetta	260	130	14	3	0	10	240	27	1	2	8	6	6	8	10
Roasted Garlic Bruschetta	980	440	49	7	0	0	870	114	5	4	22	2	20	8	40
Roasted Garlic Bruschetta w Cheese	1250	630	70	19	0	75	1410	115	5	4	40	15	20	60	40
Prosciutto & Fig Flatbread	960	180	20	8	0	90	1730	150	4	52	43	6	0	30	40
Greco Flatbread	1100	530	60	11	0	15	1400	116	7	9	27	60	50	15	45

COAL-FIRED CALZONES

New York Calzone	1210	410	46	22	0	175	2220	122	5	13	69	30	20	110	40
Stromboli Calzone	1250	520	58	23	0	135	2840	126	10	15	55	60	140	70	50

PIZZA NAPOLETANA

Mona Lisa Neapolitan - 1 slice	140	40	4.5	1.5	0	5	210	19	1	2	5	4	2	6	6
Spinach & Artichoke Neapolitan - 1 slice	160	60	6	3.5	0	20	280	19	1	1	6	8	2	8	6
Paisano Neapolitan - 1 slice	200	90	10	3	0	15	320	19	1	1	7	8	30	6	8
Prosciutto & Arugula Neapolitan - 1 slice	190	80	9	4	0	25	340	18	1	1	10	6	2	15	6
Andrea's Specialty Neapolitan - 1 slice	180	70	7	2	0	20	330	19	1	1	9	15	10	4	8
Clam Casino Neapolitan - 1 slice	210	90	10	3.5	0	25	380	18	1	1	11	4	0	10	8
Escargot Neapolitan - 1 slice	180	80	9	3.5	0	25	240	18	1	1	8	4	0	15	6

SPECIALTY PIZZAS

Margherita Pizza 12" - per slice	160	80	10	3	0	15	170	14	1	1	6	4	2	8	4
Margherita Pizza 16" - per slice	300	140	16	5	0	25	330	27	1	1	11	6	4	15	10
Margherita Pizza 28" - per slice	750	320	36	15	0	80	930	72	3	3	33	20	8	50	25
Greek Pizza 12" - per slice	180	100	11	3.5	0	15	270	15	1	1	7	15	8	10	6
Greek Pizza 16" - per slice	340	170	19	7	0	30	520	30	2	2	13	30	15	20	15
Greek Pizza 28" - per slice	850	380	43	18	0	90	1380	77	5	6	38	70	35	60	30
Prosciutto Pizza 12" - per slice	170	90	10	3	0	15	240	14	1	1	7	6	6	8	6
Prosciutto Pizza 16" - per slice	320	150	17	6	0	30	470	28	2	2	13	10	10	15	10
Prosciutto Pizza 28" - per slice	800	340	38	15	0	95	1270	75	4	6	38	30	25	50	25
Caprese Pizza 12" - per slice	140	50	5	3	0	20	240	15	1	2	7	10	6	10	4
Caprese Pizza 16" - per slice	300	110	12	6	0	40	500	30	2	4	15	20	15	30	10
Caprese Pizza 28" - per slice	790	290	32	17	0	105	1540	82	6	11	41	50	35	70	25
Chicken Rustica Pizza 12" - per slice	200	100	11	3.5	0	20	300	15	1	1	9	15	8	10	6
Chicken Rustica Pizza 16" - per slice	370	180	20	7	0	45	590	29	2	2	18	30	15	20	15
Chicken Rustica Pizza 28" - per slice	910	400	44	18	0	125	1550	77	5	6	49	70	35	60	30
Pesto Chicken Pizza 12" - per slice	180	70	8	3.5	0	30	370	14	1	1	12	10	2	10	6
Pesto Chicken Pizza 16" - per slice	370	160	18	7	0	60	760	28	1	1	23	25	6	25	15
Pesto Chicken Pizza 28" - per slice	920	380	42	19	0	160	1890	73	4	3	61	50	10	70	35
Manhattan Pizza 12" - per slice	140	50	6	2.5	0	15	270	16	1	2	7	8	25	10	6
Manhattan Pizza 16" - per slice	280	100	11	5	0	30	540	31	2	4	13	15	50	20	10
Manhattan Pizza 28" - per slice	800	300	34	16	0	95	1670	84	6	11	38	45	120	60	25
Mulberry Pizza 12" - per slice	200	90	10	4.5	0	35	560	15	1	2	10	6	4	10	8
Mulberry Pizza 16" - per slice	390	180	21	9	0	70	1090	30	2	3	20	10	6	20	15
Mulberry Pizza 28" - per slice	1030	470	53	23	0.5	180	2870	82	5	9	53	35	20	60	35
New York Village Pizza 12" - per slice	200	100	11	4.5	0	35	590	16	1	2	10	6	10	10	8
New York Village Pizza 16" - per slice	400	190	21	9	0	70	1150	31	2	3	20	15	25	20	15
New York Village Pizza 28" - per slice	1060	500	55	24	0.5	180	3020	85	7	10	54	40	60	60	40
Italian Works Pizza 12" - per slice	150	60	7	3	0	20	330	15	1	1	7	6	10	10	6
Italian Works Pizza 16" - per slice	310	130	14	6	0	40	670	29	2	3	14	10	20	20	10
Italian Works Pizza 28" - per slice	830	340	38	17	0	110	1870	80	5	9	40	35	50	60	25
Heart Healthy Pizza 12" - per slice	170	90	10	3	0	15	200	16	1	2	6	15	10	10	6
Heart Healthy Pizza 16" - per slice	320	150	16	5	0	25	390	32	3	3	13	25	20	20	10
Heart Healthy Pizza 28" - per slice	800	330	36	15	0	80	1060	83	7	8	37	70	45	60	30
Vegetarian Pizza 12" - per slice	130	40	4.5	2	0	15	270	17	2	3	6	15	20	10	6
Vegetarian Pizza 16" - per slice	270	80	9	4.5	0	25	530	34	3	5	13	30	35	20	15
Vegetarian Pizza 28" - per slice	770	260	29	14	0	80	1660	90	8	14	37	80	90	60	35
Prosciutto & Egg Pizza 12" - per slice	140	50	6	2.5	0	60	320	14	1	1	8	6	2	10	6
Prosciutto & Egg Pizza 16" - per slice	270	90	10	5	0	80	620	28	2	3	15	10	4	20	10
Prosciutto & Egg Pizza 28" - per slice	750	270	30	15	0	170	1850	78	4	8	40	30	10	60	25
Buffalo Chicken Pizza 12" - per slice	140	45	5	2.5	0	20	360	15	1	2	8	6	2	8	6
Buffalo Chicken Pizza 16" - per slice	280	90	10	4.5	0	40	710	30	2	3	16	10	6	20	10
Buffalo Chicken Pizza 28" - per slice	790	270	30	14	0	110	2000	82	5	10	46	30	15	60	25
Brooklyn Special Pizza 12" per slice	180	80	9	4	0	30	320	16	1	2	9	10	35	15	6
Brooklyn Special Pizza 16" per slice	360	160	18	8	0	55	640	32	2	4	18	25	70	30	10
Brooklyn Special Pizza 28" per slice	920	400	44	20	0	130	1890	85	6	11	45	60	160	70	30

PIADINA FLATBREAD SANDWICH

Little Italy Pizzotto	1080	400	44	16	0	110	4940	117	8	9	54	70	20	40	45
Chicken Portobello Pizzotto	1250	510	57	18	0	160	2310	110	6	6	72	70	20	60	50
Caprese & Arugula Pizzotto	1410	640	72	29	0	160	1290	119	8	13	64</				