



A 2,000 calorie daily diet is used as the basis for general nutrition advice, however, individual needs may vary.

Nutritional Guide

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
TASTES											
Bistro Calamari w/Marinara	850	460	52g	5g	2g	125mg	2390mg	78g	6g	5g	35g
Boom Dip	2170	1260	154g	45g	6g	115mg	4520mg	137g	16g	8g	56g
Cheese Chomps	1114	810	91g	51g	0g	304mg	1823mg	122g	<1g	<1g	71g
Garlic Parmesan	1219	898	101g	55g	0g	310mg	2079mg	123g	<1g	<1g	73g
Lots O' Broccoli	500	420	47g	21g	0g	< 5mg	1740mg	16g	0g	0g	10g
Huge Guaca-Tony	1813	906	112g	38g	11g	12mg	4692mg	143g	22g	7g	47g
Italian Fried Zucchini w/Ranch	1470	1030	118g	15g	0g	15mg	2130mg	92g	12g	11g	15g
Italian Wedding Soup	760	310	36g	16g	0.5g	95mg	3360mg	71g	4g	6g	33g
Kick Butt Garlic Bread	800	330	45g	8g	11g	0mg	1690mg	77g	0g	0g	12g
Kick Butt Garlic Cheese Bread	1430	800	95g	40g	11g	110mg	2260mg	79g	0g	0g	54g
Add Marinara Sauce 3oz	60	45	5g	1g	0g	< 5mg	370mg	4g	1g	2g	2g
Spinach	590	300	33g	6g	0g	<5mg	1200mg	77g	23g	2g	19g
Mom's Mac N' Cheese	1670	950	106g	53g	1.5g	360mg	3070mg	128g	5g	13g	55g
Mom's Mac N' Cheese Traditional	1470	790	88g	47g	1.5g	330mg	2450mg	125g	5g	12g	47g
Add Bacon 1oz	150	110	13g	6g	0g	20mg	760mg	0g	0g	0g	8g
Two Huge Meatballs	720	510	55g	27g	1g	110mg	1530mg	12g	3g	4g	40g
Two Huge Sausages	1500	1190	132g	43g	0g	240mg	2970mg	16g	5g	3g	66g
Six Pack Shrimp w/Bread	850	500	68g	13g	17g	200mg	2840mg	27g	0g	1g	24g
WINGS											
Big Bub's Dry Rub	1210	970	107g	19g	0g	390mg	4810mg	0g	0g	0g	71g
Italian Gold	1470	950	106g	18g	0g	385mg	3520mg	60g	0g	52g	72g
Marvelous Medium	1230	970	108g	19g	0g	385mg	5330mg	5g	2g	1g	71g
Pretty Hot	1240	960	107g	18g	0g	385mg	6130mg	9g	3g	2g	72g
Sweet N' Spicy	1220	950	106g	18g	0g	385mg	2450mg	17g	0g	14g	70g
Yahoo BBQ	1430	950	106g	18g	0g	385mg	3560mg	60g	0g	56g	70g
Plain Wings	1190	950	106g	18g	0g	385mg	2000mg	0g	0g	0g	70g
Big Bub's Dry Rub Boneless	1280	810	89g	11g	0g	130mg	5580mg	67g	4g	18g	51g
Italian Gold Boneless	1540	800	87g	10g	0g	125mg	4290mg	127g	4g	70g	51g
Marvelous Medium Boneless	1300	820	89g	11g	0g	125mg	6110mg	71g	6g	19g	50g
Pretty Hot Boneless	1310	810	88g	10g	0g	125mg	6910mg	76g	7g	20g	51g
Sweet N' Spicy Boneless	1290	800	87g	10g	0g	125mg	3230mg	83g	4g	31g	49g
Yahoo BBQ Boneless	1500	800	87g	10g	0g	125mg	4330mg	127g	4g	56g	85g
Plain Wings Boneless	1260	800	87g	10g	0g	125mg	2770mg	67g	4g	74g	49g
Blue Cheese 2oz	360	340	38g	5g	0g	30mg	480mg	2g	0g	2g	2g
Ranch 2oz	320	300	34g	5g	0g	10mg	300mg	4g	0g	2g	2g
Homemade Chips	380	250	28g	3.5g	0g	< 5mg	1190mg	31g	2g	2g	3g



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MIDDAY RUSH (Pasta Totals Include Garlic Bread)											
Alfredo the Dark	1200	600	68g	34g	3g	245mg	2820mg	119g	5g	12g	30g
Big Rig Pasta	1310	620	72g	36g	3.5g	245mg	2200mg	132g	7g	8g	29g
Bollo w/Marinara	920	240	30g	5g	3.5g	80mg	2070mg	140g	8g	9g	24g
Bollo w/Meat Sauce	1150	350	42g	9g	4g	95mg	2470mg	158g	15g	23g	32g
Heckuva Slice (Cheese)	710	380	39g	24g	1.5g	35mg	1070mg	51g	3g	3g	40g
Julius Casear w/Chicken	1290	900	100g	22g	1.5g	200mg	3480mg	34g	6g	8g	63g
Mini Pan Pizza (Cheese)	1090	600	66g	29g	0g	45mg	1490mg	89g	5g	7g	42g
Oregano's Favorite Salad	680	460	54g	6g	5g	30mg	1090mg	44g	8g	28g	12g
The Pablo Salad	860	600	67g	20g	0g	80mg	1460mg	33g	6g	8g	28g
Side Casear w/Dressing	330	250	28g	6g	1g	25mg	680mg	12g	2g	1g	7g
Side House Salad w/o Dressing	70	20	2.5g	0g	0.5g	0mg	100mg	10g	2g	2g	2g
The Antipasto Thing	1020	710	82g	30g	0g	155mg	3350mg	44g	7g	11g	46g
SALADS (Totals Include Dressing)											
Julius Caesar, Big	910	710	80g	18g	1.5g	80mg	1910mg	27g	6g	3g	20g
Julius Caesar, Real Big	1310	1000	113g	27g	3g	120mg	2820mg	42g	8g	5g	32g
Oregano's Favorite	1010	680	79g	8g	7g	40mg	1610mg	68g	12g	43g	17g
The Pablo Salad w/Chicken	1560	1050	118g	37g	0g	155mg	2750mg	60g	10g	13g	53g
The Pablo Salad w/Pinto Beans (No Chicken)	1600	1000	114g	35g	0g	75mg	2360mg	93g	17g	13g	40g
Simple House, Big (No Dressing)	210	60	8g	1.5g	1.5g	0mg	570mg	27g	7g	6g	7g
Simple House, Real Big (No Dressing)	280	80	11g	2g	2.5g	0mg	800mg	38g	10g	8g	9g
The Antipasto Thing	1480	980	115g	45g	0g	205mg	5160mg	56g	11g	17g	69g
The Big Beefstro Salad	1290	840	92g	17g	0g	130mg	2110mg	51g	11g	30g	64g
Vino Bambino	1630	960	106g	22g	0g	210mg	3790mg	89g	16g	29g	78g
ADD Chicken	330	160	17g	3g	0g	100mg	1330mg	5g	0g	4g	36g
DRESSINGS (2oz)											
Balsamic Vinaigrette	230	220	25g	4g	0g	0mg	190mg	2g	0g	1g	0g
Blue Cheese	340	320	36g	4.5g	0g	30mg	450mg	2g	0g	2g	2g
Caesar	360	340	38g	6g	0g	30mg	660mg	2g	0g	0g	2g
Chipotle Ranch	290	270	31g	4.5g	0g	10mg	310mg	4g	0g	2g	2g
Fat-Free Sweet Serrano Pepper	70	0	0g	0g	0g	0mg	210mg	17g	0g	16g	0g
Honey Vinaigrette	340	280	32g	0g	4.5g	0mg	75mg	13g	0g	13g	0g
House Italian	180	160	18g	2.5g	0g	0mg	780mg	5g	0g	3g	0g
Ranch	320	300	34g	5g	0g	10mg	300mg	4g	0g	2g	2g



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SANDWICHES (Totals Include Sandwich Only)											
The Big Beef Sandwich	1750	1190	130g	45g	0g	190mg	4460mg	59g	5g	5g	70g
The Big Meatball Sandwich	1330	710	82g	37g	1.5g	200mg	3520mg	64g	5g	6g	65g
Chick Parm Sandwich	2110	1160	143g	44g	7g	225mg	5860mg	106g	5g	11g	93g
Our Chicago Italian Sausage	1180	595	68g	25g	0g	162mg	1279mg	80g	4g	4g	47g
The Original Italian Stuffed	1270	690	78g	27g	0g	200mg	4930mg	62g	5g	10g	64g
The Turkey Stuffed	870	350	40g	10g	0g	110mg	3330mg	66g	4g	7g	58g
Veggie Stuffed Sandwich	800	400	45g	13g	0g	52mg	2299mg	63g	5g	8g	30g
SANDWICH EXTRAS											
Homemade Chips	380	250	28g	3.5g	0g	< 5mg	1190mg	31g	2g	2g	3g
Giardiniera	180	150	21g	0g	0g	0mg	1150mg	6g	0g	3g	0g
Italian-Fried Potatoes w/ketchup	870	560	64g	6g	0g	0mg	2050mg	72g	6g	13g	6g
O'Slaw	180	130	15g	3g	0g	20mg	460mg	10g	2g	8g	< 1g
Sweet Po's Fries	840	550	62g	6g	0g	0mg	560mg	71g	8g	27g	3g
Sweet Po's Aioli Dipping Sauce (2oz)	270	260	29g	5g	0g	30mg	260mg	2g	0g	< 1g	2g
PASTA (Totals Do Not Include Garlic Bread)											
Alfredo the Dark w/Border Bread	1660	820	93g	45g	5g	315mg	3810mg	164g	6g	16g	42g
Big Rig Pasta	1330	660	75g	44g	0g	315mg	2110mg	134g	9g	11g	32g
The Coop De Ville Jumbo Chick Parm	2140	1120	134g	40g	0g	230mg	4870mg	155g	11g	17g	101g
El Diablo Chicken	1610	900	98g	41g	1g	335mg	3910mg	123g	7g	21g	77g
El Diablo Shrimp	1300	720	79g	37g	1g	415mg	3370mg	117g	7g	17g	55g
Hakuna Piccata	1950	1050	123g	47g	0g	215mg	4780mg	140g	6g	25g	66g
Italian Flag Lasagna	1190	750	79g	41g	0g	200mg	1710mg	49g	9g	13g	73g
Lady is a Scampi	1340	560	73g	16g	15g	300mg	3630mg	122g	8g	9g	46g
Lady is a Scampi (Chicken)	1640	740	93g	20g	15g	215mg	4170mg	127g	7g	12g	68g
Ragin' Cajun Chicken Pasta	1862	1019	115g	49g	<1g	230mg	6232mg	152g	8g	18g	55g
Shrimply Caprese	1377	769	87g	38g	0g	276mg	3234mg	84g	5g	2g	62g
Shrimply Caprese with Chicken	1627	924	103g	17g	0g	177mg	3542mg	89g	5g	6g	78g
Stuffed Rig a Tony	1030	390	45g	20g	0g	80mg	1760mg	117g	9g	11g	21g
The Original Bollo w/Marinara	700	160	18g	3g	0g	80mg	1510mg	114g	8g	9g	20g
The Original Bollo w/Meat Sauce	880	240	27g	6g	0g	95mg	1900mg	132g	15g	23g	28g
Zany Ziti (w/Bread Bowl)	2060	820	93g	43g	2g	60mg	3000mg	217g	17g	22g	83g
Border Bread (served w/Alfredo the Dark)	230	35	5g	1g	1g	0mg	460mg	36g	0g	0g	6g
Hunk of Garlic Bread	270	110	15g	3g	3.5g	0mg	560mg	26g	0g	0g	4g
Add Chicken	330	160	17g	3g	0g	100mg	1330mg	5g	0g	4g	36g
Add Two Meatballs	480	320	36g	16g	1g	90mg	1140mg	8g	2g	2g	24g
Add Two Sausages	1260	1000	113g	32g	0g	220mg	2580mg	12g	4g	< 1g	50g



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PAN PIZZA (Per Slice)											
Pan 12" Cheese (8 slices)	570	320	35g	16g	0g	25mg	730mg	44g	2g	3g	23g
THIN CRUST PIZZA (Per slice)											
Thin Crust 14" Cheese (12 Slices)	170	90	10g	6g	0g	10mg	220mg	10g	< 1g	< 1g	10g
Thin Crust 18" Cheese (21 Slices)	130	70	7g	4.5g	0g	5mg	200mg	10g	< 1g	0g	7g
SPECIALTY THIN CRUST PIZZA (Per Slice)											
14" (12 Slices)											
18" (21 Slices)											
Aunt Margherita Pizza 14"	130	60	6g	3.5g	0g	10mg	250mg	11g	< 1g	< 1g	7g
Aunt Margherita Pizza 18"	110	50	5g	2.5g	0g	10mg	230mg	11g	< 1g	< 1g	5g
Bistro Classic 14"	150	70	9g	4g	1g	< 5mg	360mg	12g	< 1g	< 1g	5g
Bistro Classic 18"	140	60	8g	3.5g	1g	< 5mg	330mg	11g	< 1g	< 1g	5g
Clark Street Meat Pizza 14"	210	130	13g	7g	0g	30mg	510mg	11g	< 1g	< 1g	13g
Clark Street Meat Pizza 18"	190	110	12g	6g	0g	25mg	470mg	10g	< 1g	< 1g	11g
Lawrence's Original 14"	140	70	7g	4g	0g	5mg	230mg	12g	1g	< 1g	8g
Lawrence's Original 18"	130	60	6g	3.5g	0g	5mg	210mg	11g	< 1g	< 1g	7g
Número One-O 14"	210	120	13g	6g	0g	25mg	460mg	11g	< 1g	< 1g	12g
Número One-O 18"	180	110	11g	5g	0g	20mg	410mg	11g	< 1g	< 1g	10g
Oregano's Own Pesto Pizza 14"	150	90	9g	4.5g	0g	5mg	220mg	11g	< 1g	< 1g	8g
Oregano's Own Pesto Pizza 18"	140	80	8g	4g	0g	5mg	210mg	10g	< 1g	< 1g	7g
The Yahoo Barbecue Chicken Pizza 14"	190	80	9g	5g	0g	25mg	500mg	16g	< 1g	5g	11g
The Yahoo Barbecue Chicken Pizza 18"	160	70	7g	4.5g	0g	20mg	440mg	15g	< 1g	5g	9g
PIZZA TOPPINGS (Totals listed per slice)											
Artichoke 10" Gluten Friendly (Total pizza)	20	0	0g	0g	0g	0mg	230mg	142g	4g	2g	< 1g
Artichoke 12" Pan	5	0	0g	0g	0g	0mg	60mg	35g	< 1g	0g	0g
Artichoke 14" Thin	0	0	0g	0g	0g	0mg	40mg	24g	< 1g	0g	0g
Artichoke 18" Thin	0	0	0g	0g	0g	0mg	35mg	20g	< 1g	0g	0g
Artichoke Heckuva Slice	20	0	0g	0g	0g	0mg	230mg	142g	4g	2g	< 1g
Artichoke Kid Slice	10	0	0g	0g	0g	0mg	115mg	71g	2g	< 1g	0g
Artichoke Mini Pan	20	0	0g	0g	0g	0mg	230mg	142g	4g	2g	< 1g
Bacon 10" Gluten Friendly (Total pizza)	240	180	21g	9g	0g	30mg	1210mg	0g	0g	0g	12g
Bacon 12" Pan	60	45	5g	2.5g	0g	10mg	300mg	0g	0g	0g	3g
Bacon 14" Thin	40	30	3.5g	5g	0g	5mg	200mg	0g	0g	0g	2g
Bacon 18" Thin	35	25	3g	1.5g	0g	< 5mg	170mg	0g	0g	0g	2g
Bacon Heckuva Slice	240	180	21g	9g	0g	30mg	1210mg	0g	0g	0g	12g
Bacon Kid Slice	120	90	11g	4.5g	0g	15mg	600mg	0g	0g	0g	6g
Bacon Mini Pan	240	180	21g	9g	0g	30mg	1210mg	0g	0g	0g	12g



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PIZZA TOPPINGS (Totals listed per slice)											
Black Olives 10" GF (Total pizza)	60	45	6g	0g	0g	0mg	340mg	3g	3g	0g	0g
Black Olives 12" Pan	15	10	1.5g	0g	0g	0mg	85mg	< 1g	< 1g	0g	0g
Black Olives 14" Thin	10	5	1g	0g	0g	0mg	55mg	0g	0g	0g	0g
Black Olives 18" Thin	10	5	1g	0g	0g	0mg	50mg	0g	0g	0g	0g
Black Olives Heckuva Slice	60	45	6g	0g	0g	0mg	340mg	3g	3g	0g	0g
Black Olives Kid Slice	30	20	3g	0g	0g	0mg	170mg	1g	1g	0g	0g
Black Olives Mini Pan	60	45	6g	0g	0g	0mg	340mg	3g	3g	0g	0g
Canadian Bacon 10" Gluten Friendly (Total pizza)	40	5	0.5g	0g	0g	20mg	530mg	1g	0g	< 1g	7g
Canadian Bacon 12" Pan	10	0	0g	0g	0g	5mg	160mg	0g	0g	0g	2g
Canadian Bacon 14"	10	0	0g	0g	0g	<5mg	110mg	0g	0g	0g	1g
Canadian Bacon 18" Thin	5	0	0g	0g	0g	<5mg	95mg	0g	0g	0g	1g
Canadian Bacon Heckuva Slice	40	5	0.5g	0g	0g	20mg	530mg	1g	0g	< 1g	7g
Canadian Bacon Kid Slice	20	0	0g	0g	0g	10mg	260mg	< 1g	0g	0g	3g
Canadian Bacon Mini Pan	40	5	0.5g	0g	0g	20mg	530mg	1g	0g	< 1g	7g
Caramelized Onions 10" Gluten Friendly (Total pizza)	120	80	9g	4g	0g	0mg	95mg	8g	2g	4g	< 1g
Caramelized Onions 12" Pan	30	20	2.5g	1g	0g	0mg	25mg	2g	0g	< 1g	0g
Caramelized Onions 14" Thin	20	15	1.5g	0.5g	0g	0mg	15mg	1g	0g	< 1g	0g
Caramelized Onions 18" Thin	15	10	1.5g	0.5g	0g	0mg	15mg	1g	0g	< 1g	0g
Caramelized Onions Heckuva Slice	120	80	9g	4g	0g	0mg	95mg	8g	2g	4g	< 1g
Caramelized Onions Kid Slice	60	40	4.5g	2g	0g	0mg	45mg	4g	< 1g	2g	0g
Caramelized Onions Mini Pan	120	80	9g	4g	0g	0mg	95mg	8g	2g	4g	< 1g
Chicken 10" Gluten Friendly (Total pizza)	100	20	2g	0.5g	0g	50mg	500mg	1g	0g	< 1g	18g
Chicken 12" Pan	25	5	0.5g	0g	0g	10mg	125mg	0g	0g	0g	4g
Chicken 14" Thin	15	0	0g	0g	0g	10mg	85mg	0g	0g	0g	3g
Chicken 18" Thin	15	0	0g	0g	0g	5mg	70mg	0g	0g	0g	3g
Chicken Heckuva Slice	100	20	2g	0.5g	0g	50mg	500mg	1g	0g	< 1g	18g
Chicken Kid Slice	50	10	1g	0g	0g	25mg	250mg	< 1g	0g	0g	9g
Chicken Mini Pan	100	20	2g	0.5g	0g	50mg	500mg	1g	0g	< 1g	18g
Fresh Basil 10" Gluten Friendly (Total pizza)	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g
Fresh Basil 12" Pan	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g
Fresh Basil 14" Thin	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g
Fresh Basil 18" Thin	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g
Fresh Basil Heckuva Slice	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g
Fresh Basil Kid Slice	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g
Fresh Basil Mini Pan	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g



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TOPPINGS (Cont...)											
Fresh Basil 10" Gluten Friendly (Total pizza)	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g
Fresh Basil 12" Pan	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g
Fresh Basil 14" Thin	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g
Fresh Basil 18" Thin	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g
Fresh Basil Heckuva Slice	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g
Fresh Basil Kid Slice	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g
Fresh Basil Mini Pan	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g
Fresh Mozzarella 10" Gluten Friendly (Total pizza)	110	80	8g	4.5g	0g	30mg	130mg	2g	0g	0g	8g
Fresh Mozzarella 12" Pan	25	20	2g	1g	0g	10mg	30mg	0g	0g	0g	2g
Fresh Mozzarella 14" Thin	20	15	1.5g	1g	0g	5mg	20mg	0g	0g	0g	1g
Fresh Mozzarella 18" Thin	15	10	1g	0g	0g	<5mg	20mg	0g	0g	0g	1g
Fresh Mozzarella Heckuva Slice	110	80	8g	4.5g	0g	30mg	130mg	0g	0g	0g	8g
Fresh Mozzarella Kid Slice	50	40	4g	2.5g	0g	15mg	65mg	<1g	0g	0g	4g
Fresh Mozzarella Mini Pan	110	80	8g	4.5g	0g	30mg	130mg	0g	0g	0g	8g
Green Olives 10" Gluten Friendly (Total pizza)	70	60	7g	0g	0g	0mg	820mg	3g	0g	0g	0g
Green Olives 12" Pan	10	5	1g	0g	0g	0mg	105mg	0g	0g	0g	0g
Green Olives 14" Thin	10	10	1g	0g	0g	0mg	135mg	0g	0g	0g	0g
Green Olives 18" Thin	10	10	1g	0g	0g	0mg	115mg	2g	0g	0g	0g
Green Olives Heckuva Slice	70	60	7g	0g	0g	0mg	820mg	3g	0g	0g	0g
Green Olives Kid Slice	35	30	3.5g	0g	0g	0mg	410mg	1g	0g	0g	0g
Green Olives Mini Pan	70	60	7g	0g	0g	0mg	820mg	3g	0g	0g	0g
Green Peppers 10" Gluten Friendly (Total pizza)	10	0	0g	0g	**	0mg	0mg	2g	< 1g	1g	0g
Green Peppers 12" Pan	0	0	0g	0g	**	0mg	0mg	< 1g	0g	0g	0g
Green Peppers 14" Thin	0	0	0g	0g	**	0mg	0mg	0g	< 1g	< 1g	0g
Green Peppers 18" Thin	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g
Green Peppers Heckuva Slice	10	0	0g	0g	**	0mg	0mg	2g	< 1g	1g	0g
Green Peppers Kid Slice	0	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	0g
Green Peppers Mini Pan	10	0	0g	0g	**	0mg	0mg	2g	< 1g	1g	0g
Jalapeño 10" Gluten Friendly (Total pizza)	20	15	1.5g	0g	0g	0mg	0mg	2g	< 1g	< 1g	0g
Jalapeño 12" Pan	5	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Jalapeño 14" Thin	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Jalapeño 18" Thin	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Jalapeño Heckuva Slice	20	15	1.5g	0g	0g	0mg	0mg	2g	< 1g	< 1g	0g
Jalapeño Kid Slice	10	5	1g	0g	0g	0mg	0mg	< 1g	0g	0g	0g
Jalapeño Mini Pan	20	15	1.5g	0g	0g	0mg	0mg	2g	< 1g	< 1g	0g



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Nutritional Guide

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
TOPPINGS (Cont...)											
Meatballs 10" Gluten Friendly (Total pizza)	240	160	18g	8g	0.5g	45mg	570mg	4g	1g	1g	12g
Meatballs 12" Pan	60	40	4.5g	2g	0g	10mg	140mg	1g	0g	0g	3g
Meatballs 14" Thin	40	25	3g	1.5g	0g	10mg	95mg	<1g	0g	0g	2g
Meatballs 18" Thin	35	25	2.5g	1g	0g	5mg	80mg	<1g	0g	0g	2g
Meatballs Heckuva Slice	240	160	18g	8g	0.5g	45mg	570mg	4g	1g	1g	12g
Meatballs Kid Slice	120	80	9g	4g	0g	25mg	290mg	2g	<1g	<1g	6g
Meatballs Mini Pan	240	160	18g	8g	0.5g	45mg	570mg	4g	1g	1g	12g
Mushrooms 10" Gluten Friendly (Total pizza)	15	0	0g	0g	**	0mg	0mg	2g	< 1g	1g	2g
Mushrooms 12" Pan	0	0	0g	0g	**	0mg	0mg	< 1g	0g	0g	0g
Mushrooms 14" Thin	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g
Mushrooms 18" Thin	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g
Mushrooms Heckuva Slice	15	0	0g	0g	**	0mg	0mg	2g	< 1g	1g	2g
Mushrooms Kid Slice	5	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	< 1g
Mushrooms Mini Pan	15	0	0g	0g	**	0mg	0mg	2g	< 1g	1g	2g
Onions 10" Gluten Friendly (Total pizza)	20	0	0g	0g	**	0mg	0mg	5g	< 1g	2g	< 1g
Onions 12" Pan	0	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	0g
Onions 14" Thin	0	0	0g	0g	**	0mg	0mg	<1g	0g	0g	0g
Onions 18" Thin	15	0	0g	0g	**	0mg	0mg	<1g	0g	0g	0g
Onions Heckuva Slice	20	0	0g	0g	**	0mg	0mg	5g	< 1g	2g	< 1g
Onions Kid Slice	10	0	0g	0g	**	0mg	0mg	2g	0g	< 1g	0g
Onions Mini Pan	20	0	0g	0g	**	0mg	0mg	5g	< 1g	2g	< 1g
Pepperoncinis 10" Gluten Friendly (Total pizza)	20	0	0g	0g	0g	0mg	740mg	2g	0g	0g	0g
Pepperoncinis 12" Pan	0	0	0g	0g	0g	0mg	180mg	0g	0g	0g	0g
Pepperoncinis 14" Thin	0	0	0g	0g	0g	0mg	125mg	0g	0g	0g	0g
Pepperoncinis 18" Thin	0	0	0g	0g	0g	30mg	105mg	0g	0g	0g	0g
Pepperoncinis Heckuva Slice	20	0	0g	0g	0g	0mg	740mg	2g	0g	0g	0g
Pepperoncinis Kid Slice	10	0	0g	0g	0g	0mg	370mg	<1g	0g	0g	0g
Pepperoncinis Mini Pan	20	0	0g	0g	0g	0mg	740mg	2g	0g	0g	0g
Pepperoni 10" Gluten Friendly (Total pizza)	110	90	9g	4g	0g	30mg	450mg	0g	0g	0g	7g
Pepperoni 12" Pan	45	30	3.5g	1.5g	0g	10mg	170mg	0g	0g	0g	2g
Pepperoni 14" Thin	30	20	2.5g	1g	0g	5mg	115mg	0g	0g	0g	2g
Pepperoni 18" Thin	25	20	2g	1g	0g	5mg	95mg	0g	0g	0g	1g
Pepperoni Heckuva Slice	110	90	9g	4g	0g	30mg	450mg	0g	0g	0g	7g
Pepperoni Kid Slice	60	45	4.5g	2g	0g	15mg	230mg	0g	0g	0g	3g
Pepperoni Mini Pan	110	90	9g	4g	0g	30mg	450mg	0g	0g	0g	7g



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Nutritional Guide

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
TOPPINGS (Cont...)											
Pineapple 10" Gluten Friendly (Total pizza)	40	0	0g	0g	0g	0mg	0mg	11g	< 1g	10g	< 1g
Pineapple 12" Pan	10	0	0g	0g	0g	0mg	0mg	3g	0g	3g	0g
Pineapple 14" Thin	5	0	0g	0g	0g	0mg	0mg	2g	0g	2g	0g
Pineapple 18" Thin	5	0	0g	0g	0g	0mg	0mg	2g	0g	1g	0g
Pineapple Heckuva Slice	40	0	0g	0g	0g	0mg	0mg	11g	< 1g	10g	< 1g
Pineapple Kid Slice	20	0	0g	0g	0g	0mg	0mg	6g	0g	5g	0g
Pineapple Mini Pan	40	0	0g	0g	0g	0mg	0mg	11g	< 1g	10g	< 1g
Red Onions 10" Gluten Friendly (Total pizza)	20	0	0g	0g	**	0mg	0mg	5g	<1g	2g	<1g
Red Onions 12" Pan	0	0	0g	0g	**	0mg	0mg	1g	0g	<1g	0g
Red Onions 14" Thin	10	0	0g	0g	**	0mg	0mg	2g	0g	1g	0g
Red Onions 18" Thin	15	0	0g	0g	**	0mg	0mg	3g	<1g	2g	0g
Red Onions Heckuva Slice	0	0	0g	0g	**	0mg	0mg	1g	0g	<1g	0g
Red Onions Kid Slice	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	11g
Red Onions Mini Pan	0	0	0g	0g	**	0mg	0mg	1g	0g	<1g	0g
Roasted Garlic 10" Gluten Friendly (Total pizza)	25	10	1g	0g	**	0mg	0mg	3g	0g	0g	< 1g
Roasted Garlic 12" Pan	5	0	0g	0g	**	0mg	0mg	< 1g	0g	0g	0g
Roasted Garlic 14" Thin	0	0	0g	0g	**	0mg	0mg	<1g	0g	0g	0g
Roasted Garlic 18" Thin	20	5	0g	0g	**	0mg	0mg	<1g	0g	0g	0g
Roasted Garlic Heckuva Slice	25	10	1g	0g	**	0mg	0mg	3g	0g	0g	< 1g
Roasted Garlic Kid Slice	10	0	0g	0g	**	0mg	0mg	2g	0g	0g	0g
Roasted Garlic Mini Pan	25	10	1g	0g	**	0mg	0mg	3g	0g	0g	< 1g
Roasted Red Peppers 10" Gluten Friendly (Total pizza)	15	0	0g	0g	0g	0mg	150mg	2g	<1g	<1g	0g
Roasted Red Peppers 12" Pan	0	0	0g	0g	0g	0mg	40mg	< 1g	0g	0g	0g
Roasted Red Peppers 14" Thin	0	0	0g	0g	0g	0mg	25mg	0g	0g	0g	0g
Roasted Red Peppers 18" Thin	0	0	0g	0g	0g	0mg	20mg	0g	0g	0g	0g
Roasted Red Peppers Heckuva Slice	15	0	0g	0g	0g	0mg	150mg	2g	0g	2g	0g
Roasted Red Peppers Kid Slice	5	0	0g	0g	0g	0mg	75mg	1g	0g	<1g	0g
Roasted Red Peppers Mini Pan	15	0	0g	0g	0g	0mg	150mg	2g	0g	2g	0g
Salami 10" Gluten Friendly (Total pizza)	110	90	9g	4g	0g	25mg	490mg	1g	0g	1g	6g
Salami 12" Pan	35	25	3g	1g	0g	10mg	150mg	0g	0g	0g	2g
Salami 14" Thin	25	20	2g	1g	0g	5mg	100mg	0g	0g	0g	1g
Salami 18" Thin	20	15	1.5g	0.5g	0g	<5mg	85mg	0g	0g	0g	1g
Salami Heckuva Slice	110	90	9g	4g	0g	25mg	490mg	1g	0g	1g	6g
Salami Kid Slice	60	40	4.5g	2g	0g	10mg	240mg	< 1g	0g	< 1g	3g
Salami Mini Pan	110	90	9g	4g	0g	25mg	490mg	1g	0g	1g	6g



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Nutritional Guide

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
TOPPINGS (Cont...)											
Sausage 10" Gluten Friendly (Total pizza)	290	220	24g	9g	0g	80mg	880mg	0g	0g	0g	18g
Sausage 12" Pan	70	50	6g	2g	0g	20mg	220mg	0g	0g	0g	5g
Sausage 14" Thin	50	35	4g	1.5g	0g	15mg	150mg	0g	0g	0g	3g
Sausage 18" Thin	40	30	3.5g	1g	0g	10mg	125mg	0g	0g	0g	3g
Sausage Heckuva Slice	330	230	26g	9g	0g	90mg	990mg	0g	0g	0g	20g
Sausage Kid Slice	160	120	13g	4.5g	0g	45mg	490mg	0g	0g	0g	10g
Sausage Mini Pan	330	230	26g	9g	0g	90mg	990mg	0g	0g	0g	20g
Sliced Tomatoes 10" Gluten Friendly (Total pizza)	20	0	0g	0g	**	0mg	5mg	5g	1g	3g	1g
Sliced Tomatoes 12" Pan	5	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	0g
Sliced Tomatoes 14" Thin	0	0	0g	0g	**	0mg	0mg	<1g	0g	<1g	0g
Sliced Tomatoes 18" Thin	0	0	0g	0g	**	0mg	0mg	<1g	0g	0g	0g
Sliced Tomatoes Heckuva Slice	20	0	0g	0g	**	0mg	5mg	5g	1g	3g	1g
Sliced Tomatoes Kid Slice	10	0	0g	0g	**	0mg	0mg	2g	< 1g	2g	< 1g
Sliced Tomatoes Mini Pan	20	0	0g	0g	**	0mg	5mg	5g	1g	3g	1g
Spiced Feta Cheese 10" Gluten Friendly (Total pizza)	130	90	11g	7g	0g	35mg	520mg	2g	2g	0g	9g
Spiced Feta Cheese 12" Pan	25	15	2g	1g	0g	5mg	95mg	0g	0g	0g	2g
Spiced Feta Cheese 14" Thin	15	10	1.5g	1g	0g	20mg	65mg	0g	0g	0g	1g
Spiced Feta Cheese 18" Thin	15	10	1.5g	1g	0g	<5mg	60mg	0g	0g	0g	1g
Spiced Feta Cheese Heckuva Slice	130	90	11g	7g	0g	<5mg	520mg	2g	2g	0g	9g
Spiced Feta Cheese Kid Slice	70	50	6g	3.5g	0g	20mg	270mg	< 1g	< 1g	0g	5g
Spiced Feta Cheese Mini Pan	130	90	11g	7g	0g	<5mg	520mg	2g	2g	0g	9g
Spinach 10" Gluten Friendly (Total pizza)	5	0	0g	0g	**	0mg	20mg	1g	< 1g	0g	< 1g
Spinach 12" Pan	0	0	0g	0g	**	0mg	10mg	0g	0g	0g	0g
Spinach 14" Thin	0	0	0g	0g	**	0mg	5mg	0g	0g	0g	0g
Spinach 18" Thin	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g
Spinach Heckuva Slice	5	0	0g	0g	**	0mg	20mg	1g	< 1g	0g	< 1g
Spinach Kid Slice	0	0	0g	0g	**	0mg	10mg	< 1g	0g	0g	0g
Spinach Mini Pan	5	0	0g	0g	**	0mg	20mg	1g	< 1g	0g	< 1g
Sun Dried Tomato 10" Gluten Friendly (Total pizza)	110	0	0g	0g	0g	0mg	115mg	19g	3g	13g	6g
Sun Dried Tomato 12" Pan	30	0	0g	0g	0g	0mg	30mg	5g	< 1g	3g	2g
Sun Dried Tomato 14" Thin	20	0	0g	0g	0g	0mg	20mg	3g	<1g	2g	1g
Sun Dried Tomato 18" Thin	15	0	0g	0g	0g	0mg	15mg	3g	0g	2g	<1g
Sun Dried Tomato Heckuva Slice	110	0	0g	0g	0g	0mg	115mg	19g	3g	13g	6g
Sun Dried Tomato Kid Slice	60	0	0g	0g	0g	0mg	55mg	10g	2g	6g	3g
Sun Dried Tomato Mini Pan	110	0	0g	0g	0g	0mg	115mg	19g	3g	13g	6g



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Nutritional Guide

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
GLUTEN FRIENDLY											
The Antipasto Thing (No Cheese-tons)	1180	740	88g	34g	0g	145mg	4790mg	32g	11g	17g	54g
The Big Beefstro (No Crispy Onions)	880	500	54g	14g	0g	130mg	2110mg	34g	8g	22g	62g
Julius Caesar, Big (No Croutons)	770	660	73g	17g	0g	80mg	1630mg	14g	6g	3g	18g
Julius Caesar, Real Big (No Croutons)	1090	910	101g	25g	0g	120mg	2360mg	19g	8g	5g	28g
Oregano's Favorite	1010	680	79g	8g	7g	40mg	1610mg	68g	12g	43g	17g
The Pablo Salad w/Chicken	1560	1050	118g	37g	0g	155mg	2750mg	60g	10g	13g	53g
The Pablo Salad w/Pinto Beans	1600	1000	114g	35g	0g	75mg	2360mg	93g	17g	13g	40g
Simple House, Big (No Croutons, w/o Dressing)	70	10	1g	0g	0g	0mg	290mg	14g	7g	6g	4g
Simple House, Real Big (No Croutons, w/o Dressing)	100	10	1.5g	0g	0g	0mg	430mg	19g	10g	8g	6g
Vino Bambino (No Pasta)	1380	840	93g	20g	0g	200mg	3550mg	60g	14g	27g	72g
Alfredo the Dark (Gluten Friendly Penne)	1310	710	78g	42g	1.5g	245mg	2340mg	128g	4g	11g	29g
Big Rig Pasta (Gluten Friendly Penne)	1270	660	74g	44g	0g	240mg	1310mg	130g	6g	6g	23g
The Original Bollo w/Marinara (Gluten Friendly Penne)	670	170	18g	3g	0g	10mg	1000mg	120g	6g	6g	14g
Pizza - Gluten Friendly Crust 10" Cheese	680	390	40g	26g	0g	35mg	520mg	45g	2g	6g	39g
DESSERTS											
Grandma's Classic Cheesecake	1190	660	74g	41g	2.5g	320mg	910mg	108g	4g	73g	18g
The Original Pizza Cookie: Chocolate Chip	1590	700	79g	38g	0g	160mg	950mg	212g	5g	149g	21g
The Original Pizza Cookie: Peanut Butter Chocolate Chip	1660	730	82g	40g	0g	160mg	950mg	217g	5g	156g	21g
The Original Pizza Cookie: White Chocolate Macadamia Nut	1670	790	83g	38g	0g	160mg	970mg	203g	<1g	145g	24g
KID'S (Pasta Totals Include Garlic Bread)											
Cheese Pizza Slice	360	190	19g	12g	0.5g	20mg	540mg	26g	1g	1g	20g
Chicken in a Basket	420	220	25g	2.5g	0g	60mg	640mg	27g	1g	8g	23g
Mac N' Cheese	720	340	39g	18g	2.5g	130mg	1240mg	71g	2g	5g	21g
Pasta Angel Hair	400	80	10g	1.5g	2g	35mg	660mg	66g	2g	2g	11g
Pasta Cheese Ravioli	420	150	18g	4.5g	2g	30mg	500mg	55g	1g	2g	12g
Pasta Corkscrew	400	80	10g	1.5g	2g	35mg	660mg	66g	2g	2g	11g
Pasta Penne	400	80	10g	1.5g	2g	0mg	280mg	66g	2g	2g	11g
Butter Sauce for pasta	200	200	22g	10g	0g	0mg	220mg	0g	0g	0g	0g
Marinara Sauce for pasta	40	30	3.5g	0.5g	0g	0mg	250mg	3g	< 1g	1g	1g
Meat Sauce for pasta	110	60	7g	2g	0g	5mg	380mg	9g	3g	6g	4g
KID'S EXTRAS											
Chicken	160	80	9g	1.5g	0g	50mg	670mg	3g	0g	2g	18g
Meatball	240	160	18g	8g	0.5g	45mg	570mg	4g	1g	1g	12g
Broccoli	50	0	0.5g	0g	**	0mg	45mg	9g	4g	2g	4g
Fruit Orange	60	0	0g	0g	**	0mg	0mg	16g	3g	13g	< 1g
KID'S DRINKS											
Apple Juice	50	0	0g	0g	0g	0mg	5mg	13g	0g	12g	0g
Chocolate Milk	280	110	12g	8g	0g	45mg	190mg	29g	0g	26g	12g
Milk	220	110	12g	8g	0g	45mg	170mg	17g	0g	17g	12g



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COCKTAILS											
Anita Margarita	290	0	0g	0g	0g	0mg	0mg	24g	< 1g	22g	0g
Dirty Monkey	360	0	0g	0g	0g	0mg	0mg	29g	0g	27g	0g
Gibbilli Bellini	390	0	0g	0g	0g	0mg	10mg	39g	5g	32g	0g
Mango Margarita	200	0	0g	0g	0g	0mg	0mg	20g	1g	17g	0g
Old Fashioned Sangria	200	0	0g	0g	0g	0mg	0mg	15g	0g	11g	0g
Pain Reliever	310	0	0g	0g	0g	0mg	15mg	42g	0g	31g	0g
Prickly Pear Margarita	300	0	0g	0g	0g	0mg	0mg	27g	< 1g	24g	0g
Sangria Blanco	200	0	0g	0g	0g	0mg	0mg	19g	1g	11g	0g
The Bistro Mule	200	0	0g	0g	0g	0mg	0mg	20g	1g	17g	0g
The Long Island Express	310	0	0g	0g	0g	0mg	5mg	20g	9g	10g	< 1g
WINE (Per Glass) Selection may vary by location											
7 Deadly Zins Zinfandel	160	0	0g	**	**	**	**	5g	**	**	0 g
Beringer White Zinfandel	140	0	0g	**	**	**	**	6g	**	**	0 g
Ecco Domani Pinot Grigio	150	0	0g	**	**	**	**	4g	**	**	0 g
Canyon Road Cabernet	140	0	0g	**	**	**	**	5g	**	**	0 g
Canyon Road Chardonnay	150	0	0g	**	**	**	**	6g	**	**	0 g
Sycamore Lane Merlot	150	0	0g	**	**	**	5mg	4g	0g	1g	0 g
Charles & Charles Cab/Syrah Blend	150	0	0g	0g	**	0mg	5mg	5g	0g	1g	0 g
Snapdragon Riesling	140	0	0g	**	**	**	**	7g	**	**	0 g
Kim Crawford Sauvignon Blanc	140	0	0g	**	**	**	**	4g	**	**	0 g
La Marca Prosecco Split	180	0	0g	0g	0g	0mg	10mg	6g	0g	2g	0 g
McManis Pinot Noir	140	0	0g	**	**	**	**	4g	**	**	0 g
Mirasou Moscato	120	0	0g	**	**	**	7g	4g	**	**	0 g
Penfolds Cab/Shiraz Blend	150	0	0g	**	**	**	**	5g	**	**	0 g
Placido Chianti	150	0	0g	**	**	**	**	5g	**	**	0 g
Prisoner Red Blend	150	0	0g	**	**	**	**	5g	**	**	0 g
Riunite Lambrusco Split	160	0	0g	**	**	**	**	5g	**	**	0 g
Snapdragon Riesling	140	0	0g	**	**	**	**	7g	**	**	0 g
Sterling Vineyards Cabernet	140	0	0g	**	**	**	**	5g	**	**	0 g
Seaglass Rosé	150	0	0g	**	**	**	**	5g	**	**	0 g
Whiplash Zinfandel	160	0	0g	**	**	**	**	5g	**	**	0 g