

FALL LTO MENU 2018



| NUTRITIONAL INFORMATION | | | | | | | | | | | | |
|---|----------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|----------|-----------|------------|-------------|
| | Serving Size | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carb (g) | Fiber (g) | Sugar (mg) | Protein (g) |
| Brick Oven Pizza | | | | | | | | | | | | |
| | Serving Size | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carb (g) | Fiber (g) | Sugar (mg) | Protein (g) |
| Portobello- Flatbread | Per slice (6 slices) | 120 | 328 | 37 | 17 | 0 | 80 | 1270 | 75 | 3 | 7 | 20 |
| Portobello- Small Pizza | Per slice (6 slices) | 225 | 691 | 77 | 40 | 0 | 205 | 2060 | 119 | 5 | 11 | 34 |
| Portobello- Large Pizza | Per slice (8 slices) | 361 | 1338 | 149 | 80 | 0 | 410 | 4380 | 288 | 11 | 22 | 73 |
| Great Beginnings | | | | | | | | | | | | |
| | Serving Size | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carb (g) | Fiber (g) | Sugar (mg) | Protein (g) |
| Goat Cheese with Flatbread Points | 1 Serving | 790 | 361 | 40 | 23 | 0 | 100 | 1580 | 72 | 2 | 3 | 33 |
| Goat Cheese w/o Flatbread Points | 1 Serving | 410 | 296 | 33 | 21 | 0 | 100 | 930 | 4 | 0 | 0 | 24 |
| GS - Goat Cheese with GS Flatbread Points | 1 Serving | 850 | 133 | 50 | 24 | 0 | 140 | 1280 | 58 | 0 | 1 | 31 |
| Entrées Specialita | | | | | | | | | | | | |
| | Serving Size | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carb (g) | Fiber (g) | Sugar (mg) | Protein (g) |
| Steak Tips Fettuccine | 1 Serving | 1070 | 444 | 100 | 24 | 0 | 295 | 2780 | 97 | 1 | 8 | 70 |
| Portobello Risotto | 1 Serving | 1300 | 567 | 122 | 30 | 0.5 | 215 | 2370 | 187 | 1 | 6 | 21 |
| Butternut Squash Risotto | 1 Serving | 1230 | 396 | 47 | 26 | 0.5 | 105 | 2190 | 201 | 6 | 8 | 20 |
| Seasonal Sides | | | | | | | | | | | | |
| | Serving Size | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carb (g) | Fiber (g) | Sugar (mg) | Protein (g) |
| Sauteed Spinach & Artichokes | 1 Serving | 290 | 246 | 27 | 2.5 | 0 | 0 | 590 | 7 | 4 | 1 | 4 |
| Fire-Roasted Vegetables "Tucci" | 1 Serving | 80 | 61 | 7 | 0.5 | 0 | 0 | 130 | 5 | 1 | 3 | 1 |
| Roasted Butternut Squash | 1 Serving | 230 | 105 | 12 | 7 | 0 | 30 | 15 | 33 | 6 | 6 | 3 |
| Sweet Endings | | | | | | | | | | | | |
| | Serving Size | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carb (g) | Fiber (g) | Sugar (mg) | Protein (g) |
| Mini Cappuccino Cannoli | 1 Serving | 150 | 66 | 7 | 4.5 | 0 | 20 | 80 | 18 | 0 | 8 | 5 |
| Dessert Trio | 1 Serving | 670 | 376 | 42 | 29 | 0 | 125 | 135 | 41 | 0 | 39 | 9 |