

marinara

All combos include a breadstick

BYO Pasta Bowl with Protein	\$10.59
BYO Vegetarian Pasta Bowl	\$10.39

Pick Your Pasta

225-
260 cal

 

Top with Some Vegetables

Broccoli Florets	10 cal	 	1 oz.
Roasted Mushrooms	10 cal		1 oz.
Roasted Eggplant	40 cal	 	1 oz.
Roasted Red & Green Peppers	25 cal	 	1 oz.
Spinach & Caramelized Onions	25 cal	 	1 oz.
Roasted Red Onions	10cal	 	1 oz.

Add a Protein

Italian Sausage	220 cal	\$3.59	3 oz.
Grilled Chicken Breast	155 cal	\$3.59	3 oz.
Meatballs	135 cal	\$3.59	2 ea.

Make it Saucy!

Crushed Marinara Sauce 90 cal 6 fl. oz.

Crushed tomatoes blended with onions, garlic, basil and crushed red pepper.

Alfredo Sauce 295 cal 6 fl. oz.

Creamy alfredo sauce with smoked bacon, onion, and parmesan cheese.



For nutrition information and current hours of operation, scan the QR code to visit our website.

Finishing Touches

Parmesan Cheese 40 cal  2 Tbsp

Crushed Red Pepper Flakes 10 cal  1 tsp



Extras

Garlic Breadstick 135 cal  \$1.49

Veggies 10-25 cal  \$1.49

Soda 22oz \$2.99

 Mindful  Vegan  Vegetarian  Plant Based

2000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutritional information available upon request.