

pizza. pasta & co.

PIZZA BY THE SLICE

v Cheese	\$4.10		275 cal
Pepperoni	\$4.30		450 cal

SPECIALTY SLICES

v Portobello Gorgonzola	\$4.50		411 cal
v Grilled Vegetable	\$4.50		405 cal
Buffalo Chicken	\$4.50		536 cal

ALA CARTE

v Garlic Knots	\$3.00		180 cal
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3 Garlic Knots served with 2oz marinara sauce

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.

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PIZZA BY THE SLICE

 Cheese	\$4.10		275 cal
Pepperoni	\$4.30		450 cal

SPECIALTY SLICES

Philly Steak	\$4.50		475 cal
 Macaroni & Cheese	\$4.50		520 cal
 Black Bean Tostada	\$4.50		329 cal

ALA CARTE

 Garlic Knots	\$3.00		180 cal
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3 Garlic Knots served with 2oz marinara sauce

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.

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PIZZA BY THE SLICE

 Cheese	\$4.10		275 cal
Pepperoni	\$4.30		450 cal

SPECIALTY SLICES

Honolulu	\$4.50		630 cal
 Vegetable Lovers	\$4.50		590 cal
 Spinach Ricotta	\$4.50		380 cal

ALA CARTE

 Garlic Knots	\$3.00		180 cal
<i>3 Garlic Knots served with 2oz marinara sauce</i>			

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BUILD YOUR OWN PASTA BOWL

Traditional Pasta Bowl

\$10.70

Comes with sauce, pasta, vegetables, & protein, served with bread

Vegetarian Pasta Bowl

\$9.40

Comes with sauce, pasta, & vegetables, served with bread

Stuffed Pasta Bowl

\$13.00

Comes with sauce, stuffed pasta, vegetables, & protein, served with bread

Vegetarian Stuffed Pasta Bowl

\$11.90

Comes with sauce, stuffed pasta, & vegetables, served with bread

SAUCES

 Marinara	50 cal
Alfredo	250 cal
Pesto	380 cal
Blush Sauce	400 cal

VEGETABLES

 Mushroom	90 cal
 Spinach	32 cal
 Roasted Red Peppers	37 cal
 Roasted Eggplant	33 cal
 Garlic	4 cal
 Broccoli	30 cal

PROTEIN

Meatballs	250 cal
Chicken	300 cal
Italian Sausage	220 cal

PASTA

 Rigatoni	220 cal
 Gluten Free Fusilli	300 cal
 Whole Wheat Penne	175 cal

STUFFED PASTA

 Cheese Tortellini	290 cal
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