

# marinara

## All combos include a breadstick

BYO Pasta Bowl with Protein

\$10.29

BYO Vegetarian Pasta Bowl

\$10.09

## 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	\$3.49	3 oz.
Grilled Balsamic Chicken Breast	155 cal	\$3.49	3 oz.
Meatballs	135 cal	\$3.49	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.*

## Finishing Touches

Parmesan Cheese		
40 cal		2 Tbsp
Crushed Red Pepper Flakes		
10 cal		1 tsp
Cracked Black Pepper		
10 cal		1 tsp

## Extras

Garlic Breadstick		
135 cal		\$1.45
Veggies		
10-25 cal		\$1.45



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.