

Lunch, Dinner & Snack... All in One!

How can you eat Italian and not have leftovers?
Caloric count based on an 8 oz. serving size.

	Protein	Carbs	Fat	Fiber	Calories
<i>Appetizers</i>					
Bruschetta Al Pomodoro	22	100	19	7	629
Caprese	47	82	35	15	943
Portabella Mushrooms	21	21	9	0	276
<i>Dishes you love</i>					
Cappelini Alla Livornese	19	123	35	15	797
Mixed Vegetables Italiana	28	82	9	8	536
Penne Alla Arrabbiata	28	70	21	8	497
Sicilian Sauce	15	115	21	15	738
<i>Salads</i>					
Asian	51	65	24	1.5	722
Insalata Di Genoveva	51	12	36	2	515
Mandarin	47	30	5	4	366
Mango	60	42	36	3	432
Mediterranean	47	72	40	10	600
<i>Sandwiches</i>					
Spicy Chicken	69	62	38	12	850
<i>Fresh Chicken</i>					
Alla Parmigiana	82	148	14	18	1127
Noes Feature	71	82	14	9	767
<i>Southern Pasta</i>					
Patron's Creation	14	80	14	8	396
<i>Pasta Parade</i>					
Pescatora Sauce	73	77	14	4	877
<i>Pizza</i> (Serves 2 - 3 people)					
Veggie	96	326	51	33	1311
<i>Seafood</i>					
Baked Salmon	59	68	0	4	666
Baked Walleye	66	68	0	4	632
Grilled Salmon	61	88	20	4	932
Shrimp Diabla	41	107	14	8	867