

MONICAL'S PIZZA®

STARTERS	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Breadsticks (plain)	1 stick	136.5	1.0	0.2	28.0	0.1	3.9	0.0	3.3
Nacho Cheese	3 fl oz	105.0	6.8	1.5 /		0.0	1.5	0.0	630.0
Cheddar Cheese	3 fl oz	120.0	7.5	3.0	7.5	0.0	4.5	15.0	795.0
Marinara Sauce	3 fl oz	73.0	3.4	0.5	9.0	1.9	1.4	0.0	421.0
Mozzarella Sticks (w/o marinara)	5 pieces	450.0	23.0	10.0	40.0	0.0	20.0	50.0	1350.0
Cheddar Nuggets (w/o marinara)	1 order	420.0	24.0	13.0	32.0	0.0	21.0	0.0	1155.0

SALADS	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Individual Salad	1 salad	85.0	4.7	3.0	5.7	2.0	4.7	15.0	110.0
Family Salad	1 salad	353.0	19.0	12.0	25.0	9.2	20.0	60.0	451.0

DRESSINGS	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Monical's® Sweet & Tart	2 Tbsp	120.0	10.0	1.5	9.0	0.0	0.0	5.0	250.0
1000 Island	2 Tbsp	140.0	14.0	2.0	5.0	0.0	0.0	10.0	240.0
Creamy Italian	2 Tbsp	100.0	9.0	1.5	5.0	0.0	0.0	0.0	270.0
Ranch	2 Tbsp	150.0	15.0	2.5	2.0	0.0	1.0	15.0	220.0
Fat Free Ranch	2 Tbsp	50.0	0.0	0.0	11.0	1.0	0.0	0.0	350.0
Fat Free Vinaigrette	2 Tbsp	15.0	0.0	0.0	3.0	0.0	0.0	0.0	350.0
Fat Free Raspberry Vinaigrette	2 Tbsp	30.0	0.0	0.0	7.0	0.0	0.0	0.0	290.0
Parmesan Peppercorn	2 Tbsp	160.0	17.0	3.0	2.0	0.0	1.0	8.0	211.0

SANDWICHES	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Hot Sicilian	8" Sub	992.0	49.0	22.0	70.0	3.6	52.0	138.0	2903.0
Italian Beef	8" Sub	657.0	22.0	7.6	72.0	3.1	44.0	89.0	2047.0
Turkey Sub	8" Sub	696.0	22.0	11.0	77.0	5.2	48.0	74.0	2390.0
Ham & Mozzarella Cheese	8" Sub	604.0	25.0	12.0	70.0	3.7	41.0	78.0	2050.0
Italian Sub	8" Sub	834.0	41.0	20.0	74.0	3.9	37.0	121.0	2450.0
Super Sub	8" Sub	776.0	35.0	17.0	74.0	3.9	39.0	123.0	2110.0

Sandwich sides

Pepperoncinis	3 fl oz	74.0	4.1	0.7	7.5	1.7	1.8	0.0	420.0
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Marinara Sauce	2 fl oz	39.2	0.9	0.1	6.7	1.3	1.1	0.0	315.0
Potato Chips	See bag for nutritional information as results may vary by location.								

PASTA	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Lasagna	Individual	623.0	30.0	17.0	54.0	4.5	30.0	121.0	1257.0
Tortellini, Cheese	Individual	598.0	15.0	5.9	89.0	6.7	25.0	63.0	1124.0
Ravioli, Meat	Individual	449.0	15.0	4.8	60.0	4.8	17.0	76.0	1054.0
Spaghetti	Individual	267.0	5.3	0.7	46.0	4.0	7.4	0.0	561.0

Pasta sides

Meatballs (side)	3	230.0	20.0	8.0	1.0	0.0	23.0	50.0	630.0
Supreme	Premium Blend	145.0	12.0	7.0	0.0	0.0	11.0	31.0	275.0
Garlic Breadstick	2	273.0	2.0	0.3	56.0	0.1	7.8	0.0	6.6

MONICAL'S PIZZA THIN PIZZA	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Cheese	8" Thin	530.0	18.0	10.0	67.0	1.5	27.0	40.0	773.0
Sausage	8" Thin	605.0	24.0	12.0	67.0	1.5	32.0	60.0	1048.0
Pepperoni	8" Thin	618.0	26.0	14.0	67.0	1.5	30.0	62.0	1067.0
Delight	8" Thin	691.0	30.0	15.0	70.0	2.2	35.0	78.0	1285.0
Veggie	8" Thin	633.0	24.0	15.0	71.0	2.5	33.0	63.0	904.0
Italian Special	8" Thin	709.0	31.0	15.0	72.0	2.2	34.0	65.0	1776.0
Deluxe	8" Thin	746.0	35.0	16.0	72.0	2.5	35.0	78.0	1647.0
Hawaiian	8" Thin	618.0	20.0	11.0	78.0	2.2	33.0	60.0	1197.0

MONICAL'S PIZZA PAN PIZZA	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Cheese	8" Pan	685.0	19.0	10.0	106.0	2.2	32.0	40.0	1057.0
Sausage	8" Pan	799.0	25.0	12.0	106.0	2.2	37.0	60.0	1332.0
Pepperoni	8" Pan	811.0	28.0	14.0	106.0	2.2	35.0	62.0	1351.0
Delight	8" Pan	885.0	32.0	15.0	109.0	2.9	41.0	78.0	2570.0
Veggie	8" Pan	827.0	26.0	15.0	109.0	3.2	39.0	63.0	1188.0
Italian Special	8" Pan	903.0	33.0	15.0	111.0	2.9	39.0	65.0	2061.0
Deluxe	8" Pan	940.0	37.0	16.0	111.0	3.1	41.0	78.0	1931.0

Hawaiian	8" Pan	819.0	22.0	11.0	119.0	3.1	39.0	60.0	1482.0
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BEVERAGES	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Coca-Cola	12 oz	149.0	0.0	0.0	41.0	0.0	0.0	0.0	9.0
Diet Coca-Cola	12 oz	0.0	0.0	0.0	0.0	0.0	0.0	0.0	15.0
Sprite	12 oz	146.0	0.0	0.0	39.0	0.0	0.0	0.0	33.0
Mellow Yellow	12 oz	159.0	0.0	0.0	44.0	0.0	0.0	0.0	12.0
Minute Maid Lemonade	12 oz	146.0	0.0	0.0	39.0	0.0	0.0	0.0	62.0
Pibb Xtra	12 oz	146.0	0.0	0.0	39.0	0.0	0.0	0.0	21.0
Barqs Root Beer	12 oz	167.0	0.0	0.0	45.0	0.0	0.0	0.0	36.0
Iced Tea	12 oz	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.0

ALCOHOL BEVERAGES	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Bud Light	12 oz	110.0	0.0	0.0	6.6	0.0	0.9	0.0	9.0
Budweiser	12 oz	145.0	0.0	0.0	11.0	0.0	1.0	0.0	68.0
Corona	12 oz	148.0	0.0	0.0	14.0	0.0	0.0	0.0	0.0
Miller Light	12 oz	96.0	0.0	0.0	3.2	0.0	0.0	0.0	5.0
Miller Genuine Draft	12 oz	143.0	0.0	0.0	13.0	0.0	1.0	0.0	7.0
Sam Adams (Seasonal)	12 oz	163.0	0.0	0.0	13.0	0.0	0.0	0.0	0.0
Cabernet Sauvigon Wine	Glass	148.0	0.0	0.0	4.6	0.0	0.1	0.0	0.0
Chardonnay Wine	Glass	132.0	0.0	0.0	7.2	0.0	0.0	0.0	6.0
Merlot Wine	Glass	148.0	0.0	0.0	4.4	0.0	0.0	0.0	7.2
Whire Zinfandel Wine	Glass	114.0	0.0	0.0	10.0	0.0	0.0	0.0	6.0