

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
Garlic Butter Sauce	1.5 oz	230.0	25.0	4.5	0.0	0.0	0.0	0.0	380.0
Hot Wings (w/o Ranch)	6 pieces	511.0	35.0	8.0	3.2	0.0	48.0	256.0	1310.0

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
Chef Salad	1 salad	340.0	18.0	11.0	18.0	6.6	27.0	67.0	932.0
Grilled Chicken Salad	1 salad	254.0	13.0	7.1	13.0	4.7	22.0	56.0	606.0

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
Bleu Cheese	2 Tbsp	130.0	14.0	2.5	1.0	0.0	0.0	15.0	280.0
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
Light Ranch	2 Tbsp	50.0	0.0	0.0	11.0	1.0	0.0	0.0	350.0
Poppyseed	2 Tbsp	100.0	7.0	1.0	9.0	0.0	0.0	0.0	100.0

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
BBQ Chicken	8" Sub	833.0	23.0	11.0	105.0	3.9	52.0	105.0	2456.0
Turkey Sub	8" Sub	696.0	22.0	11.0	77.0	5.2	48.0	74.0	2390.0
Meatball Sub	8" Sub	849.0	41.0	18.0	81.0	5.5	40.0	74.0	2189.0
Chicken Bacon Ranch	8" Sub	1119.0	62.0	19.0	75.0	3.9	65.0	170.0	2851.0
Chicken Mozzarella	8" Sub	717.0	23.0	11.0	76.0	5.3	53.0	105.0	2103.0
Ham & American Cheese	8" Sub	748.0	34.0	20.0	72.0	3.0	42.0	105.0	2614.0

Sandwich sides

Pepperoncinis	3 fl oz	74.0	4.1	0.7	7.5	1.7	1.8	0.0	420.0
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 nutrional 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

KIDS MENU	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
8" Thin Crust Cheese Pizza	8" thin	530.0	18.0	10.0	67.0	1.5	27.0	40.0	773.0
Spaghetti w/Marinara	Child portion	133.0	2.7	0.3	23.0	2.0	3.7	0.0	280.0
Tortellini, cheese	Child portion	299.0	7.5	2.6	44.5	3.4	12.5	31.5	562.0
Ravioli, Meat	Child portion	224.5	7.5	2.4	30.0	2.4	8.5	38.0	527.0

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
BBQ Chicken	8" Thin	782.0	26.0	15.0	93.0	0.8	44.0	99.0	1596.0
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	611.0	20.0	11.0	77.0	2.1	33.0	60.0	1197.0
Buffalo Chicken	8" Thin	1116.0	63.0	23.0	73.0	2.4	65.0	168.0	3613.0
Mighty Meat	8" Thin	913.0	47.0	21.0	67.0	1.5	56.0	153.0	2255.0

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
BBQ Chicken	8" Pan	965.0	28.0	15.0	130.0	1.2	49.0	99.0	1696.0
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	809.0	21.0	11.0	117.0	2.8	38.0	60.0	1481.0
Buffalo Chicken	8" Pan	1300.0	64.0	23.0	110.0	2.7	70.0	168.0	3713.0
Mighty Meat	8" Pan	1106.0	49.0	21.0	106.0	2.2	61.0	153.0	2539.0

BEVERAGES	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
2% Milk	8 oz	107.0	2.3	1.7	13.0	0.0	8.7	13.0	127.0
Apple Juice	8 oz	120.0	0.0	0.0	29.0	0.0	0.0	0.0	25.0
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
Coffee	8 oz	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.8