

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
Alfredo Sauce	3 fl oz	93.0	9.3	5.1	1.7	0.0	0.8	30.0	391.0
Garlic Butter Sauce	1.5 oz	230.0	25.0	4.5	0.0	0.0	0.0	0.0	380.0
Garlic Cheese Bread (w/o Marinara)	2 pieces	954.0	63.0	20.0	70.0	4.3	28.0	32.0	3808.0
Hot Wings (w/o Ranch)	6 pieces	511.0	35.0	8.0	3.2	0.0	48.0	256.0	1310.0
Pepperollies (w/o marinara)	6 pieces	1142.0	31.0	17.0	168.0	0.4	47.0	73.0	787.0
Cheese Fries	1 order	1087.0	55.0	9.8	122.0	11.0	30.0	65.0	2311.0

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
Lite Ranch	2 Tbsp	50.0	0.0	0.0	11.0	1.0	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
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
Buffalo Chicken	8" Sub	1007.0	52.0	15.0	80.0	5.2	53.0	129.0	4318.0
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
8" Pan crust Cheese Pizza	8" pan	724.0	19.0	10.0	103.0	2.2	32.0	40.0	1057.0
Toasted Cheese Sandwich	4" Sub	531.0	34.0	19.0	38.0	1.5	22.0	59.0	1354.0
Spaghetti w/Marinara	Child portion	133.0	2.7	0.3	23.0	2.0	3.7	0.0	280.0

DESSERTS/EXTRAS	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Chocolate Chunk Cookie	1 cookie	550.0	27.0	10.0	75.0	3.0	7.0	25.0	580.0
Cinnamon Sugar Cookie	1 cookie	550.0	23.0	7.0	79.0	2.0	6.0	30.0	620.0
Oatmeal Raisin Cookie	1 cookie	490.0	17.0	3.5	78.0	3.0	8.0	35.0	520.0

Cookie Monster	1 each	1295.0	56.0	23.0	184.0	2.7	10.0	108.0	692.0
Ice cream	10 oz	429.0	19.8	11.6	56.1	0.0	6.6	82.5	132.0

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
Cheese Free	8" Thin	323.0	0.2	0.0	70.0	2.5	10.0	0.0	432.0
Hawaiian	8" Thin	611.0	20.0	11.0	77.0	2.1	33.0	60.0	1197.0
Margherita	8" Thin	853.0	51.0	17.0	66.0	1.0	33.0	54.0	776.0
Buffalo Chicken	8" Thin	1116.0	63.0	23.0	73.0	2.4	65.0	168.0	3613.0
Chicken Alfredo	8" Thin	904.0	44.0	26.0	69.0	1.0	59.0	145.0	1707.0
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
Cheese Free	8" Pan	526.0	2.1	0.3	111.0	3.7	16.0	0.0	848.0
Hawaiian	8" Pan	809.0	21.0	11.0	117.0	2.8	38.0	60.0	1481.0
Margherita	8" Pan	1037.0	53.0	17.0	103.0	1.3	38.0	54.0	876.0
Buffalo Chicken	8" Pan	1300.0	64.0	23.0	110.0	2.7	70.0	168.0	3713.0

Chicken Alfredo	8" Pan	1088.0	46.0	26.0	105.0	1.4	64.0	145.0	1807.0
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	12 oz	160.5	3.5	2.6	19.5	0.0	13.1	19.5	190.5
Apple Juice	12 oz	180.0	0.0	0.0	43.5	0.0	0.0	0.0	37.5
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
Sweet Tea	12 oz	58.0	0.0	0.0	14.0	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

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 Sauvignon 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