

NUTRITION GUIDE May 2021

The information in this guide is effective as of May 2021, and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis at The Table Nutrition Inc. and information provided by our suppliers.



	Serving Size (g)	Calories (kCal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Bread															
Sourdough Bread (per slice)	40	90	0	0	0	0	170	18	1	2	3	0	2	0	6
Whipped Garlic Butter	15	100	11	7	0	30	75	0	0	0	0	9	0	0	0
Plain Butter	15	110	12	8	0	30	85	0	0	0	0	10	0	0	0
Starter Soups															
Minestrone Soup	258	60	0	0	0	0	670	15	3	5	3	21	26	5	10
Clam Chowder	189	230	13	8	0	45	570	13	2	4	9	4	11	4	11
Baked French Onion Soup	304	250	14	9	0	30	1480	15	1	2	17	1	6	46	5
Starter Salads															
Crisp Green Salad	84	15	0	0	0	0	20	3	1	1	1	41	25	2	4
Low Fat Balsamic	28	70	5	0.5	0	0	5	6	0	6	0	0	0	0	0
Ranch	28	130	13	1.5	0	10	115	1	0	1	1	0	0	1	0
1000 Island	28	140	14	1	0	10	180	2	0	2	0	0	2	0	0
Blue Cheese	28	130	14	1.5	0	15	170	1	0	0	1	1	0	2	0
House Italian	28	90	10	1.5	0	5	230	1	0	1	0	0	0	0	1
Caesar Salad	127	320	26	7	0	45	660	13	1	1	11	51	30	42	11
Spinach Salad	99	170	10	1.5	0	10	140	17	3	12	4	40	20	6	11
Appetizers															
Bam Bam Shrimp	244	720	48	7	0	175	1440	54	2	5	22	6	15	6	24
Steamed Mussels	549	1070	49	6	0	250	1730	36	1	1	110	0	120	18	293
Calamari Fritti	290	524	36	7	0	195	1130	31	1	3	19	0	10	13	18
Chicken Wings	397	830	52	14	0	375	3180	12	4	0	75	0	15	7	20
Honey Garlic Sauce	85	170	0	0	0	0	280	40	0	37	0	0	0	0	2
House BBQ Sauce	85	150	0	0	0	0	740	36	0	31	0	0	0	2	6
Hot Sauce	85	0	0	0	0	0	3400	0	0	0	0	0	0	0	0
Garlic Cheese Toast	254	1000	73	40	1.5	140	2000	54	3	1	24	41	13	64	21
Chicken Dippers	178	532	40	8.5	0	155	770	32	2	1	26	1	2	2	13
Plum Sauce	28	70	0	0	0	0	320	14	0	13	0	1	2	0	1
Honey Mustard	28	120	10	1	0	10	150	8	0	7	1	0	2	1	1
Sweet Chili Sauce	28	70	0	0	0	0	320	14	0	7	1	0	2	0	1
Sweet Potato Fries	256	668	48	3	0	0	1380	53	6	1	6	0	30	3	15
Chipotle Mayo	43	270	30	4.5	0	30	260	3	0	0	0	0	0	0	0
Moza Triangles	148	477	29	11	1	50	910	32	3	3	21	0	0	32	21
Tomato Sauce	47	20	0.5	0	0	0	230	4	1	2	1	0	10	1	0
Ranch Dressing	42	190	19	2	0	20	170	1	0	1	1	0	0	2	0
Entree Salads															
Entrée Caesar Salad	331	650	52	12	0	90	1330	29	5	3	24	178	90	87	28
With Grilled Chicken	413	790	58	14	0	150	1440	29	5	3	47	176	90	88	33
With Sauteed Prawns	501	710	54	12	0	170	1100	41	5	31	20	89	120	29	20
Spinach Salad	229	420	27	3.5	0	25	400	39	6	28	9	93	50	14	25
With Grilled Chicken	310	570	33	5	0	90	510	40	6	32	32	94	50	15	31
With Sauteed Prawns	292	460	28	4	0	160	730	39	6	28	19	93	50	17	27
Spaghetti Classics															
Spaghetti with Meatballs	593	830	26	10	1	150	1910	100	10	10	51	2	50	25	45
Spaghetti with Mizithra	375	980	50	33	2.5	150	2990	81	5	4	34	33	0	24	29
Spaghetti with Meat Sauce	520	610	11	3	0	45	1240	97	10	10	33	0	50	7	38
Spaghetti with Marinara	443	480	4.5	0	0	0	1110	94	9	9	18	0	45	4	23
Spaghetti with Mushroom Alfredo	549	920	47	30	1	110	1170	90	5	7	27	6	2	19	26
Spaghetti with IMPOSSIBLE Meatballs	613	830	29	9	0	0	2030	100	12	9	46	2	52	16	59
Spaghetti Carbonara	474	820	38	18	0	220	1570	82	5	1	37	0	3	24	28
Pot-Pourri Spaghetti	422	650	21	11	1	55	1680	89	5	7	26	11	26	12	30
Signature Pastas															
Pesto Linguine	474	960	53	30	0.5	100	1280	88	6	5	29	12	4	28	26
With Grilled Chicken	562	1170	65	31	0.5	165	1390	88	6	5	52	12	4	27	32
Penne with Chicken	530	920	54	32	1.5	200	870	74	6	4	35	50	70	16	30
Lasagna	655	1170	45	24	0.5	225	2150	115	11	10	79	8	60	90	65

Chicken Alfredo and Bacon Ravioli	504	1260	83	39	0.5	20	1530	67	2	6	54	11	4	25	39	
Seafood Fettuccine Alfredo	502	1040	34	20	0.5	295	1190	129	7	3	53	8	0	16	63	
Manicotti	520	690	36	20	0	140	2290	51	7	8	43	0	60	75	28	
Tortellini Pomodoro	475	1020	53	28	1	175	1380	116	5	10	25	35	60	24	62	
Seafood Linguine Marinara	629	790	29	16	0.5	225	1740	97	9	10	38	22	50	13	35	
Linguine Alle Vongole	454	800	38	5	0	20	1920	88	0	1	27	0	7	12	120	
Penne Sausage Ragu & Ricotta	419	580	19	8	0	50	910	74	4	9	25	20	0	18	33	
Grilled Items																
Chicken Parmigiana	319	711	36	14	0.3	164	1000	40	4	6	55	7	25	38	14	
With Spaghetti Marinara	615	1031	39	14	0.3	164	1740	103	10	12	67	7	60	41	30	
With Fries	546	1281	75	23	0.3	164	1870	88	9	7	65	7	50	41	28	
Roasted Garlic Grilled Chicken	527	1180	62	18	0	185	1030	83	6	2	70	19	20	22	39	
Baby Back Ribs	510	1500	101	37	0	400	1330	57	4	43	84	7	10	27	59	
With Spaghetti Marinara	805	1820	104	46	0	400	2080	119	10	49	96	8	40	30	75	
With Fries	737	2070	140	46	0	400	2200	104	9	43	92	7	35	29	73	
New York Steak	329	360	14	4	0	130	1370	5	1	2	54	7	10	3	34	
With Spaghetti Marinara	624	680	17	4.5	0	130	2110	67	7	8	66	7	40	6	50	
With Fries	556	930	53	13	0.5	130	2230	52	6	3	62	7	35	6	48	
With Sauteed Prawns	392	400	14	4.5	0	265	1700	5	1	2	63	7	10	6	36	
Hunter's Chicken	366	731	44	19	1	184	570	43	2	8	42	15	20	7	16	
With Spaghetti Marinara	662	1050	47	19	1	184	1320	105	8	14	53	15	50	10	32	
Chicken Neptune	343	651	34	12	0.3	254	750	41	3	6	48	10	20	9	19	
With Spaghetti Marinara	702	971	37	13	0.3	254	1470	104	9	12	60	10	50	12	34	
Lunch Menu																
Beef Dip	440	1150	67	20	0	160	1970	72	2	1	46	0	2	20	43	
With Fries	639	1410	77	22	0	160	2730	114	7	2	51	0	25	22	55	
Crispy Chicken Club	425	1194	71	15	0	120	2670	89	4	14	37	28	13	5	34	
With Fries	623	1464	80	17	0	120	3430	130	9	14	42	28	36	8	46	
Lunch Lasagna	378	690	29	16	0	130	1360	59	6	6	49	6	35	63	34	
Lunch Manicotti	320	460	24	14	0	95	1410	31	4	4	29	0	30	52	19	
Kids Menu																
Cheese Pizza	127	260	7	4	0	15	590	34	2	3	13	0	8	18	17	
Pepperoni Pizza	135	280	8	4.5	0	15	700	34	2	3	15	0	8	18	17	
Spaghetti Marinara	295	320	3	0	0	0	740	62	6	6	12	0	30	3	16	
Spaghetti Meat Sauce	358	420	8	2	0	30	870	65	7	7	23	0	35	4	24	
Spaghetti with Meatballs	389	530	15	5	0.5	95	1170	67	7	7	32	2	30	10	31	
Lasagna	378	690	29	16	0	130	1360	59	6	6	49	6	35	63	34	
Chicken Tenders and Fries	287	734	47	11	0	60	1140	58	6	1	20	0	25	3	18	
Side Dishes																
Broccoli and Mizithra	184	230	18	11	1	50	1120	8	4	1	12	52	220	15	11	
Sautee Mushrooms	261	190	14	9	0	35	440	9	0	6	4	12	6	2	6	
Desserts																
Spumoni Ice Cream	125	130	6	3.5	0.2	20	50	18	0	14	1	6	0	4	2	