

	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
Bam Bam Shrimp	244	720	48	7	0	175	1440	54	2	5	22	6	15	6	24
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
Mozza 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
Parmesan Sweet Potato Fries with Garlic Aioli	381	870	67	11	1.5	35	880	55	9	12	17	194	73	36	17
Garlic Aioli - 1oz	28	160	17	2.5	0.5	15	302	2	0	1	0	0	0	0	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 Spicy Meat Sauce	427	540	8	2	0	30	920	91	5	7	26	47	32	4	32
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
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
Fettuccini Alfredo	397	1060	43	27	0.5	175	780	129	0	3	37	0	0	17	58
Seafood Linguine	710	1020	38	4	0	180	2090	109	5	9	62	11	4	1	83
Linguine with Clams	454	800	38	5	0	20	1920	88	0	1	27	0	7	9 12	120
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
Lunch Menu															
Crispy Chicken Club	405	1090	68	13	0	165	2240	70	1	19	46	28	8	8	30
With Fries	603	1360	77	15	0	165	3000	112	1	20	51	28	30	10	42
NY Steak Sandwich	253	500	25	15	1	150	1630	24	2	3	44	18	4	2	43
With Fries	509	1140	69	25	1	150	2610	77	7	3	53	18	30	6	18
Beef Dip	391	810	46	16	0	130	2010	57	0	7	36	18	0	24	35
With Fries	590	1080	56	19	0.5	130	2770	99	0	7	41	18	23	26	47
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
Chicken Tenders and Fries	369	650	25	3.5	0	70	1520	31	6	2	37	0	20	3	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	1520	75	6	1	20	0	25	3	18
Tortellini with Marinara Sauce	255	490	11	3.5	0	50	820	83	4	7	17	45	27	12	144
Tortellini with Alfredo Sauce	255	670	29	16	0	100	780	80	2	5	20	35	7	20	44
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
Marinated Chicken	88	170	8	1	0	65	180	1	0	0	23	0	1	1	6
Gluten Free Pasta - 7oz	200	320	1	0	0	0	20	73	7	1	12	0	0	2	22
Whole Grain Pasta - 9oz	255	380	2	0	0	0	200	76	10	3	14	0	0	2	33
Side of Fries - 9oz	255	640	23	10	0	0	980	53	6	1	9	0	28	2	11
Meatballs with Marinara	234	350	19	7	0.5	140	1100	14	1	5	31	36	25	9	17
Veggies	225	200	16	2	0	0	320	12	2	4	4	0	260	5	6
Desserts															
Spumoni Ice Cream	125	130	6	3.5	0.2	20	50	18	0	14	1	6	0	4	2
Cheese Cake	202	590	35	21	1	180	460	60	1	44	12	0	34	175	1
Strawberry Topping - 1oz	28	70	0	0	0	0	10	17	0	16	0	0	0	0	0
Chocolate Cake	187	860	51	18	0.3	55	640	82	5	70	8	30	0	4	35
Chocolate Syrup - 1oz	28	80	0	0	0	0	20	21	0	9	0	0	0	0	6
Tiramisu	106	310	19	6	0.3	75	190	29	0	22	4	4	0	6	2
Whipped Cream	8	20	1.5	1	0	50	2	2	0	0.5	0	6	0	1	0