

Tuscan Kitchen Italian Cuisine

Tuscan Kitchen Italian Cuisine									Updated	Fall 2020
Daily Specials	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Spaghetti w/ Marinara	6oz	279.5	5.5	49	3	8.5		✓		Wheat, Milk
Spaghetti w/ Meat Sauce	6oz	393	13	49	3	20				Wheat, Milk
Chicken Parmesan	4-6 oz	478	36.5	40.5	0	22.5				Wheat, Milk, Egg, Soy
Italian Meatballs and Spaghetti	4-6oz	516	18.1	55	7	29.6				Wheat, Milk, Soy
BYO Pasta Bowl										
Pasta	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Spaghetti Noodles	4oz	179	1.1	35	2	6.6	✓	✓		Wheat
Penne Noodles	4oz	400	1	84	4	14	✓	✓		Wheat
Fettuccine Noodles	4oz	400	2	82	4	14	✓	✓		Wheat
Proteins	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Italian Meatballs	3 Meatballs	200	12	8	2	14				Wheat, Milk, Soy
Breaded Chicken	2oz	120	4.5	8	1	12				Wheat
Grilled Chicken (fire braised)	3oz	126	6	0	0	18			✓	
Sauces	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Alfredo Sauce	4oz	243	19	13	0	5.5		✓	✓	Milk, Soy
Marinara Meat Sauce (2oz meat)	4oz	218	12	14	1	13.5				
Marinara Sauce	4oz	110	4.5	14	1	2				
Vegetables	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Sauteed Veggies(mushrooms, grilled peppers)	2 oz	16	0	2	2	2	✓	✓	✓	
Broccoli	2oz	16	0	2	2	2	✓	✓	✓	
Sides	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Breadsticks (1)	1 Stick	180	2	33	1	6		✓		Wheat,Soy,Milk
Breadsticks (2)	2 Sticks	360	4	66	2	12		✓		Wheat,Soy,Milk
Pepperoni Breadsticks (1)	1 Stick	214	5.5	33	1	8				Wheat,Soy,Milk Pork
Pepperoni Breadsticks (2)	2 Sticks	427	11	66	2	16				Wheat,Soy,Milk Pork
Whole 16" Pizza	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Calzone	1 Calzone	4828	284	284	284	284				Wheat, Barley, Milk, Soy, Egg, Pork, Sesame
Whole Carnivore Pizza	1 Pizza	5611	287	392	27	195.5				Wheat, Barley, Milk, Soy, Egg, Pork, Sesame
Whole Cheese Pizza	1 Pizza	3543	132	382	21	87		✓		Wheat, Barley, Milk, Soy, Egg, Sesame
Whole Pepperoni Pizza	1 Pizza	3803	156	382	21	99				Wheat, Barley, Milk, Soy, Egg, Pork, Sesame
Whole Vegetarian Pizza	1 Pizza	3608	132	396	22	90		✓		Wheat, Barley, Milk, Soy, Egg, Sesame
Pizza-By-The-Slice (1/6 of Pizza Size)	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Calzone (Double Crusted 4th)	1 Calzone	1227	71	98	7	49				Wheat, Barley, Milk, Soy, Egg, Pork, Sesame
Carnivore Pizza Slice	1 Large Slice	935	48	65	5	33				Wheat, Barley, Milk, Soy, Egg, Pork, Sesame
Vegetarian Pizza Slice	1 Large Slice	601	22	66	4	15		✓		Wheat, Barley, Soy, Milk
Pepperoni Pizza Slice	1 Large Slice	634	26	64	4	17				Wheat, Barley, Milk, Soy, Egg, Pork, Sesame
Cheese Pizza Slice	1 Large Slice	591	22	64	4	15				Wheat, Barley, Milk, Soy, Egg, Sesame
Build Your Own Pizza (cut into 6ths)										
16" Pizza Crust	16" Crust	2004	36	348	12	72		✓		Wheat, Barley, Soy, Milk, Egg, Sesame
Sauce										
Pizza Sauce	6oz	33	0	6	3	1		✓	✓	
Ranch	1oz.	137	14.6	1.9	0.2	0.3		✓	✓	Milk,Soy,Egg
Cheese										
Pizza Blend	2 cups	1440	96	16	0	12		✓	✓	Milk
Shredded Parmesan	2oz	200	14	0	0	18		✓	✓	Milk

Meats										
Pepperoni	14 slices	260	24	0	0	12			✓	Pork
Italian Sausage	4oz	396	28	10	6	30			✓	Pork
Crumbled Beef	4oz	560	48	0	0	32			✓	
Chopped Bacon	1 slice	73	7	0	0	2.5			✓	Pork
Veggies										
Mushrooms	3oz	20	0	3	1	3	✓	✓	✓	
Olives	2oz	100	10	4	0	0	✓	✓	✓	
Bell Peppers	3oz	15	0	4	0	0	✓	✓	✓	
Red Onion	3oz	30	0	7	0	0	✓	✓	✓	
Pineapple	2oz	32	0	9	0	0	✓	✓	✓	
Yes = ✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big eight										
food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork, and Sesame										