

Food Menu Report: Dia Pida

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Piada											
Charcuterie Piada	1 piada	920	42	16	0	125	2780	88	9	12	43
Crispy Chicken Piada	1 piada	1110	62	17	0	85	2100	106	4	9	42
Steak Diavolo Piada	1 piada	810	34	12	0	75	1300	90	4	11	48
Salad											
Balsamic Grilled Chicken Salad	1 salad	770	51	7	0	105	1510	52	4	31	36
Vinaigrette Salad	1 salad	660	56	13	0	30	1190	27	4	11	15
Tuscan Chicken Salad	1 salad	950	73	20	0	75	1740	42	3	4	31
Side											
Cannoli Chips and Dip	15 chips, 4 oz dip	690	37	23	0	40	270	89	4	51	24
Orzo Salad	6 oz	710	52	5	0	0	50	57	5	19	10
Quinoa Salad	8 oz	440	25	3.5	0	0	105	50	7	16	7
Pasta											
Crispy Chicken Diavolo Pasta	1 entrée	870	28	6	0	40	1850	113	8	11	39
Grilled Chicken Carbonara Pasta	1 entrée	1670	118	63	0	425	2400	84	6	10	63
Pesto Chicken Pasta	1 entrée	1490	93	55	0	400	2350	95	8	16	63
Piada Stick											
Cheese Piada Stick	1 piada stick	620	40	14	0	55	1700	41	2	3	25
Pepperoni Piada Stick	1 piada stick	690	46	16	0	65	1940	41	2	3	27
Gourmet Flatbread											
Roman Gourmet Flatbread	1 flatbread	800	61	24	0	170	2080	42	1	2	47
Tuscan Gourmet Flatbread	1 flatbread	580	45	18	0	110	1060	43	2	3	31
Venetian Gourmet Flatbread	1 flatbread	870	75	34	0	145	1990	42	2	3	34
Soup											
Italian Style Wedding Soup with Meatballs	8 oz	130	7	2.5	0	25	730	10	1	1	6
Maine Lobster Bisque	8 oz	340	28	17	0	110	580	15	0	6	6
Organic Tomato Bisque	8 oz	110	6	4.5	0	15	400	12	1	8	3
Create Your Own											
Create Your Own Flatbread	1 flatbread	470	23	10	0	65	640	39	1	1	22
Create Your Own Pasta	8 oz	360	2	0	0	0	0	70	4	1	13
Create Your Own Piada	1 piada	690	50	14	0	40	1480	41	2	3	20

Create Your Own Salad, Romaine	5 oz	25	0	0	0	0	10	5	3	2	2
Create Your Own Salad, Spinach	5 oz	35	0.5	0	0	0	110	5	3	1	4
Create Your Own Salad, Spring Mix	4 oz	15	0	0	0	0	40	2	1	0	2
Grill											
Italian Sausage	4 oz	380	32	8	0	80	1330	8	--	0	18
Crispy Chicken	4 oz	250	13	2	0	30	640	18	0	0	15
Grilled Chicken	4 oz	140	3	0.5	0	85	130	0	0	0	26
Meatballs	2 each	320	25	9	0	60	890	7	1	1	18
Salmon	4 oz	210	12	1.5	2.5	65	160	1	0	0	23
Steak	4 oz	160	7	3	--	35	60	0	0	0	24
Vegetarian	4 oz	100	6	1.5	0	0	340	7	1	6	4
Sauce											
Red Sauce	10 oz	130	7	0	--	0	1500	17	3	9	3
Parmesan Alfredo Sauce	10 oz	880	86	54	0	320	1840	9	0	7	16
Basil Alfredo Sauce	10 oz	860	84	52	0	305	1810	9	0	7	16
Roasted Red Pepper Alfredo Sauce	10 oz	820	79	50	0	295	1750	9	0	7	14
Diavolo Sauce	10 oz	180	9	1	0	0	980	20	2	7	5
Dressing											
Lemon Basil Dressing	2 oz	360	41	6	0	0	0	0	0	0	0
Balsamic Dressing	2 oz	160	13	2.5	0	0	750	8	0	8	0
Tuscan Dressing	2 oz	270	27	6	0	20	450	2	0	0	4
Skinny Vinaigrette Dressing	2 oz	390	44	6	0	0	360	1	0	0	0
Oil and Vinegar Dressing	2 oz	240	27	3.5	0	0	0	0	0	0	0
Creamy Parmesan Dressing	2 oz	340	34	5	0	35	340	6	0	4	2
Toppings											
Arugula	1 oz	5	0	0	0	0	10	1	0	1	1
Avocado	1 oz	45	4	0.5	0	0	0	2	2	0	1
Basil	1 oz	5	0	0	0	0	0	1	0	0	1
Black Olives	1 oz	45	4.5	0	0	0	220	2	--	0	0
Canadian Bacon	1 oz	60	2.5	1	0	25	510	1	0	1	9
Cucumbers	1 oz	5	0	0	0	0	0	1	0	0	0
Feta	1 oz	70	4	3	0	15	340	2	0	1	6
Finocchiona	1 oz	100	7	2.5	0	25	420	0	0	0	7
Fresh Mozzarella	1 oz	30	5	3	0	20	45	0	0	0	5

Fried Onions	1 oz	180	15	7	0	--	160	11	1	1	2
Green Onions	1 oz	10	0	0	0	0	0	2	1	1	0
Green Peppers	1 oz	5	0	0	0	0	0	1	0	1	0
Guanciale	1 oz	200	21	8	0	30	240	0	0	0	3
Hamburger	1 oz	60	4.5	2	--	20	20	0	0	0	5
Hot Sopressata	1 oz	90	6	2	0	25	450	1	0	0	7
Lardo	1 oz	470	51	25	0	60	1100	0	0	0	1
Mixed Greens	1 oz	5	0	0	0	0	25	1	1	0	0
Mushrooms	1 oz	5	0	0	0	0	0	1	0	1	1
Pancetta	1 oz	170	17	6	--	25	340	0	--	--	4
Pepperoni	1 oz	130	12	4.5	0	25	480	0	0	0	5
Pineapple	1 oz	15	0	0	0	0	0	4	0	3	0
Prosciutto	1 oz	70	3	1	0	10	580	0	0	0	9
Red Onions	1 oz	10	0	0	0	0	0	3	0	1	0
Romaine	1 oz	5	0	0	0	0	0	1	1	0	0
Sausage	1 oz	90	8	2	0	20	330	2	--	0	4
Spiced Pecans	1 oz	160	14	--	--	--	100	12	--	8	0
Spinach	1 oz	5	0	0	0	0	20	1	1	0	1
Sundried Tomatoes	1 oz	80	0	0	0	0	180	16	4	8	4
Sweet & Spicy Peppers	1 oz	35	0	--	0	0	70	9	0	3	0
Tomatoes	1 oz	5	0	0	0	0	0	1	0	1	0
Kids Options											
Chicken Fingers	3 each	650	39	7	0	60	1380	39	0	0	33
Spaghetti and Meatballs	1 entrée	350	14	4	0	30	450	40	3	1	19
Kids Create Your Own											
Angel Hair	4 oz	180	1	0	0	0	0	35	2	1	7
Crispy Chicken	4 oz	250	13	2	0	30	640	18	0	0	15
Grilled Chicken	4 oz	140	3	0.5	0	85	130	0	0	0	26
Steak	4 oz	160	7	3	--	35	60	0	0	0	24
Basil Alfredo Sauce	2 oz	170	17	10	0	60	360	2	0	1	3
Diavolo Sauce	2 oz	35	2	0	0	0	200	4	0	1	1
Parmesan Alfredo Sauce	2 oz	180	17	11	0	65	370	2	0	1	3
Roasted Red Pepper Alfredo Sauce	2 oz	160	16	10	0	60	350	2	0	1	3