



APPETIZERS

Item	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
STUFFED JUMBO MUSHROOMS Stuffed with herbs, provolone, mozzarella, Italian sausage and baked. Served with baked cheese bread.	Serving size									
	1	1450	830g	92g	37g	0g	160mg	2900mg	100g	67g
FARRELL'S FIRE STIX Jalapeño cream cheese, red pepper flakes and Fire Sauce. <i>*Dipping sauces not included in nutrition value</i>	Serving size									
	1	1590	730	81g	35g	0g	140mg	3860mg	163g	61g
SIGNATURE CRAB & ARTICHOKE DIP Served with apple wood-fired cheese bread.	Serving size									
	1	1500	650	72g	28g	0g	110mg	3020mg	160g	67g
FARRELL'S SIGNATURE MEATBALLS Marinara sauce, parmesan, mozzarella and provolone. Baked in the wood fire oven. Served with baked cheese bread.	Serving size									
	1	1800	1080	120g	44g	0g	265mg	3530mg	97g	82g
ORIGINAL ARTICHOKE DIP 5 cheese blend with artichokes and green onions. Served with apple wood-fired cheese bread.	Serving size									
	1	1800	970	108g	34g	0g	110mg	3890mg	167g	61g
CHEESY GARLIC FOCACCIA Served with a side of marinara sauce for dipping. <i>*Dipping sauces not included in nutrition value</i>	Serving size									
	1	770	280	31g	8g	0g	20mg	1840mg	103g	24g
NAKED CHICKEN BITES Boneless chicken breast pieces, breaded and baked, served with your favorite sauce. <i>*Dipping sauces not included in nutrition value</i>	Serving size									
	1	360	120	13g	2g	0g	65mg	1400mg	32g	29g
HOT 'N' TANGY CHICKEN BITES Boneless chicken breast pieces, tossed and baked in our Hot 'n' Tangy sauce. <i>*Dipping sauces not included in nutrition value</i>	Serving size									
	1	630	330	37g	6g	0g	85mg	2340mg	45g	28g
HOT CHICKEN WINGS Medium-hot fire wings. Choice of ranch or bleu cheese dressing. <i>*Dipping sauces not included in nutrition value</i>	Serving size									
	1	680	230	26g	6g	0g	260mg	1180mg	6g	101g

ITALIAN FOCACCIA BITES Toasted focaccia, cream cheese, pepperoni, sweet hot peppers, salami, parmesan & romano cheese, drizzled with balsamic reduction. <i>*Dipping sauces not included in nutrition value</i>	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	1180	520	58g	26g	0g	120mg	2490mg	141g	41g
BEEF NACHOS Tortilla chips, three cheeses and bean sauce, tomatoes, black olives, green onions, jalapeños and ground beef. <i>*Dipping sauces not included in nutrition value</i>	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	1490	710	79g	29g	0g	135mg	4220mg	119g	61g
CHICKEN NACHOS Tortilla chips, three cheeses and bean sauce, tomatoes, black olives, green onions, jalapeños and chicken. <i>*Dipping sauces not included in nutrition value</i>	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	1500	760	84g	26g	0g	170mg	4240mg	116g	71g
SIGNATURE BREAD STIX Served with marinara sauce and ranch dressing. <i>*Dipping sauces not included in nutrition value</i>	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	1170	360	40g	18g	0g	75mg	2510mg	157g	51g
SALADS <i>*Bread not included into nutrition values</i>										
CHOP CHOP House mix dressing, fresh greens, roasted chicken breast, salami, kalamata olives, tomatoes, green onions, provolone and mozzarella cheese	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Full	1130	750	83g	16g	0g	155mg	3020mg	54g	47g
	Half	650	440	49g	9g	0g	90mg	1680mg	27g	27g
OVEN ROASTED CHICKEN CAESAR Fresh romaine, oven-roasted chicken breast, Caesar dressing, fresh parmesan and seasoned croutons.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Full	840	610	68g	12g	0g	140mg	1920mg	29g	38g
	Half	520	390	43g	7g	0g	90mg	1160mg	16g	23g
CHICKEN & BACON SPINACH SALAD Oven-roasted chicken breast with mushrooms, red onions, feta cheese and sunflower seeds. Served with hot bacon dressing.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Full	940	660	73g	16g	0g	125mg	2650mg	24g	48g
	Half	590	410	46g	10g	0g	75mg	1650mg	15g	29g
RASPBERRY & CANDIED PECAN SPRING SALAD Spring greens, oven-roasted chicken breast, craisins, candied pecans, bleu cheese crumbles, red apple wedges and raspberry vinaigrette	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Full	1390	790	88g	19g	0g	90mg	2710mg	114g	38g
	Half	790	450	50g	11g	0g	55mg	1620mg	62g	22g

SOUTHWEST CHICKEN SALAD Fresh greens, red onions, tomatoes, black beans, corn, pepperoncini, hot oven-roasted chicken breast, salsa and tortilla chips. Served with salsa-ranch dressing.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Full	670	440	49g	7g	0g	50mg	2000mg	39g	26g
	Half	350	230	25g	3.5g	0g	25mg	1000mg	23g	14g
SESAME CHICKEN SALAD Fresh romaine, roasted chicken breast, cashews, sweet cherry peppers, green onions and pineapple. Served with sesame-soy vinaigrette	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Full	840	370	41g	7g	0g	50mg	1960mg	66g	37g
	Half	470	190	21g	3.5g	0g	30mg	1270mg	35g	22g
PHIL'S CREATION Fresh greens, oven-roasted chicken breast, pineapple, caramelized onions, crushed cashews and hot bacon bits, sweet honey mustard dressing and cheddar cheese.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Full	1310	900	100g	27g	0g	185mg	2310mg	58g	57g
	Half	740	500	56g	14g	0g	85mg	1070mg	36g	28g
MAMA'S SIGNATURE SALAD Fresh greens, roasted chicken breast, pine nuts, sundried tomatoes, artichoke hearts, black olives, croutons, provolone, mozzarella and parmesan cheeses, fresh roma tomatoes and Mama's blend of Caesar and balsamic dressings.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Family Size	1440	930	103g	19g	0g	180mg	3760mg	67g	70g
	Full	1030	700	78g	16g	0g	135mg	2720mg	44g	50g
	Half	620	420	47g	9g	0g	85mg	1740mg	28g	30g
FRESH DINNER SALAD Fresh greens, Povolone and mozzarella cheese, black olives, sliced red onions, seasoned croutons and fresh roma tomatoes. <i>*Dressing not included in Nutrition value</i>	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Side	130	50	6g	2g	0g	10mg	340mg	15g	7g
	Family Bowl	470	230	26g	7g	0g	40mg	1240	41g	23g
CLASSIC CAESER Fresh greens, Ceaser dessing, fresh garedet parmesan cheese and seasoned croutons	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Side	420	340	38g	6g	0g	60mg	640mg	14g	7g
	Family Bowl	1090	800	89g	16g	0g	120mg	2000mg	55g	31g
BREAD STICK Fresh bread served with half and full salads	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	130	35	4g	1.5g	0g	5mg	270mg	20g	5g

ENTREES

**Garlic bread not included into nutrition values*

SPAGHETTI & MEATBALLS Spaghetti noodles tossed in marinara sauce & basil with hand-made meatballs.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	820	600	67g	28g	0g	165mg	1960mg	95g	45g
SAUSAGE & CHEESE LASAGNA Italian sausage, marinara and a blend of mozzarella, provolone and ricotta cheeses sprinkled with parmesan.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	1180	740	82g	34g	0g	200mg	2560mg	49g	57g
SAUSAGE & PEPPERS SKILLET Spicy link sausage, Italian sausage, onions, mushrooms, green & sweet hot peppers sautéed together with olive oil and marinara.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	1090	770	86g	22g	0g	110mg	2100mg	58g	38g
ROASTED CHICKEN & SAUSAGE SKILLET Oven-roasted chicken, Italian sausage, broccoli, mushrooms, garlic and spinach sautéed together with olive oil and pesto marinara.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	540	390	43g	11g	0g	100mg	1850mg	24g	40g
SPICY SAUSAGE MAC & CHEESE Elbow macaroni with spicy sausage, cheddar, mozzarella and parmesan, topped with crispy panko crumbs.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	1030	500	56g	26g	0g	150mg	3080mg	76g	52g
CRAB & ARTICHOKE MAC & CHEESE Elbow macaroni with cheddar, mozzarella and parmesan. Topped with our Signature Crab & Artichoke blend and crispy panko crumbs.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	840	380	42g	22g	0g	110mg	2320mg	74g	45g
CHICKEN FETTUCCINI CON BROCCOLI Homemade alfredo sauce, minced garlic, broccoli, oven-roasted chicken breast and parmesan cheese.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	920	400	44g	24g	0g	165mg	1810mg	89g	45g
CHICKEN CARBONARA LASAGNA Roasted chicken and a blend of ricotta, mozzarella and parmesan cheeses layered with ham, red onions, spinach, garlic and fresh basil.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	850	420	47g	23g	0g	180mg	1830mg	46g	58g
SAUSAGE GORGONZOLA FETTUCCINI Creamy tomato gorgonzola sauce with onions, garlic and Italian sausage, tossed with fettuccini.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	1380	770	86g	38g	0g	185mg	2180mg	104g	48g

GARLIC BREAD Fresh garlic bread served with our entrees	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	100	35	4g	1g	0g	5mg	230mg	13g	3g

FIRE ROASTED SIDES

CHEESY MAC & CHEESE Classic Mac & Cheese	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	560	250	28g	15g	0g	75mg	1540mg	49g	28g
SPICY SAUSAGE MAC & CHEESE Smaller portion of our Spicy Sausage Mac & Cheese.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	660	360	40g	19g	0g	115mg	2080mg	40g	34g
CRAB & ARTICHOKE MAC & CHEESE Smaller portion of our Crab Mac & Cheese.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	630	300	33g	18g	0g	90mg	1780mg	52g	34g
GARLIC SAUTÉED MUSHROOMS Button mushrooms sautéed with olive oil & garlic	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	770	760	84g	14g	0g	0mg	550mg	11g	7g

SANDWICHES & SOUP *Side choices not included into nutrition values

SIGNATURE TOMATO GORGONZOLA Roasted tomatoes, gorgonzola cheese, fresh cream and sweet basil. Served with bread stix. Cup or Bowl	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Cup	270	160	18g	11g	0g	55mg	370mg	25g	7g
	Bowl	470	280	31g	19g	0g	95mg	640mg	43g	12g
GRILLED CHICKEN, BACON & SWISS Made on our Italian herb focaccia bread with sliced red onion and honey mustard. <i>*Dipping sauces not included in nutrition value</i>	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	930	370	41g	13g	0g	130	2360mg	82g	57g
3 SAUCE ITALIAN MEATBALL SANDWICH Alfredo, pesto and marinara sauces with melted mozzarella and provolone served on French roll.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	1180	700	78g	29g	0g	170mg	2520mg	83g	57g

ITALIAN TRIO GRINDER Pepperoni, salami and Canadian bacon with mozzarella, provolone, caramelized onions, roma tomatoes, greens and balsamic aioli on a French roll.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	1040	580	64g	20g	0g	110mg	2840mg	75g	39g
FARRELLI'S COUNTRY CLUB Oven-roasted chicken breast, bacon and ham with smoked gouda cheese, roma tomatoes, greens and garlic aioli on Italian herb focaccia bread.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	1270	790	88g	23g	0g	150mg	3450mg	78g	64g
CRAB & CHEDDAR MELT Artichoke hearts, diced onion, fresh parsley, minced garlic, parmesan cheese and mayonnaise topped with melted cheddar on our Italian herb focaccia bread.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	770	300	33g	17g	0g	85mg	2090mg	82g	43g
OVEN-ROASTED CHICKEN & AVOCADO Smoked gouda, balsamic aioli, greens and sliced roma tomatoes on Italian focaccia bread.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	880	440	49g	10g	0g	80mg	2560mg	86g	46g

CALZONES

CHEESY CHICKEN BREAST CALZONE Oven-roasted chicken breast, ricotta, mozzarella, provolone and cheddar cheeses with bacon, green onion and garlic mixed in our ranch sauce with fresh basil.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	1220	620	69g	20g	0g	136mg	2910mg	99g	61g
MEATEATER'S CALZONE Pepperoni, Italian sausage, meatballs, ricotta, mozzarella and provolone cheeses and marinara sauce.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	1390	710	79g	34g	0g	200mg	3410mg	101g	63g
DELUXE CLASSIC COMBO CALZONE Italian sausage, Canadian bacon, pepperoni, black olives, green peppers, sliced mushrooms, white onions, ricotta, mozzarella and provolone cheeses with marinara sauce.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	1100	490	54g	22g	0g	130mg	2970mg	102g	50g
NW BRAT IN A HOODIE CALZONE Not your typical calzone! 10" bratwurst with jalapeño cream cheese, wrapped in dough and baked. Caramelized onions, dijon aioli sauce and scallions	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	1400	880	98g	28g	0g	145mg	2910mg	97g	39g

FIT CLUB FAVORITES

BALSAMIC CHICKEN SKILLET Steamed broccoli tossed with garlic, mushrooms, olive oil and lemon, oven baked and topped with our oven roasted chicken breast and finished with a dusting of parmesan cheese and a drizzle of balsamic reduction.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	300	110	12g	2.5g	0g	55mg	1350mg	25g	31g
MEDITERRANEAN CHICKEN FLATBREAD Wood fire flatbread brushed with an olive oil base, topped with oven roasted chicken breast, red onion, roasted red peppers, minced garlic and feta cheese. Finished with fresh cucumber, tomato and pepperoncinis.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	570	230	25g	7g	0g	55mg	1750mg	74g	31g
FIESTA FLATBREAD Wood fire flatbread topped with salsa, oven roasted chicken breast, black olives, red onions, jalapeños, corn, black beans and cheddar cheese. Finished with fresh tomatoes and cilantro.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	570	210	23g	6g	0g	65mg	2200mg	66g	32g

CUCUMBER STACK Cucumber slices topped with artichoke, avocado, oven-roasted chicken, tomatoes and cilantro, drizzled with balsamic reduction	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	1	280	140	15g	3g	0g	55mg	980mg	19g	27g
CHICKEN & ARTICHOKE House chopped romaine topped with oven roasted chicken breast, artichoke hearts, black olives, tomatoes, pine nuts and sun dried tomatoes. Served with homemade tomato citrus vinaigrette.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Half	280	130	14g	1g	0g	30mg	1430mg	27g	20g
	Full	520	230	26g	2g	0g	50mg	2590mg	52g	32g
ATHENA SALAD House chopped romaine topped with oven roasted chicken breast, Kalamata and black olives, tomatoes, green onions and pepperoncinis. Served with homemade tomato citrus vinaigrette.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Half	290	170	19g	4.5g	0g	55mg	1200mg	11g	20g
	Full	540	340	38g	9g	0g	90mg	2190mg	21g	33g

RED SAUCE CLASSIC PIZZA'S *All pizza data is per slice

THE AMERICANA Marinara base layered with old world pepperoni, Italian sausage, creamy ricotta cheese, minced garlic and basil.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Personal Slice	228	103	11g	5g	0g	26mg	568mg	22g	11g
	12" Slice	235	99	11g	5g	0g	26mg	575mg	24g	11g
	16" Slice	284	113	13g	5g	0g	29mg	678mg	31g	13g
MEATEATER'S Italian sausage, Canadian bacon, salami and pepperoni, mozzarella and provolone cheese.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Personal Slice	243	110	12	6g	0g	34mg	690mg	20g	13g
	12" Slice	258	114	13g	6g	0g	35mg	766mg	23g	13g
	16" Slice	311	129	14g	6g	0g	38mg	886mg	30g	15g
MARGHERITA Marinara, fresh mozzarella and sea salt. Finished with fresh roma tomatoes, basil and balsamic reduction glaze.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Personal Slice	178	60	7g	3g	0g	13mg	445mg	21g	9g
	12" Slice	179	51	6g	3g	0g	13mg	438mg	24g	9g
	16" Slice	224	57	6g	3g	0g	14mg	529mg	33g	11g
PEP, PEP, CREAM CHEESE, BASIL Classic pepperoni, thick-sliced old world pepperoni, cream cheese sauce and fresh basil.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Personal Slice	263	128	14g	7g	0g	36mg	695mg	22g	11g
	12" Slice	266	128	14g	7g	0g	36mg	711mg	24g	11g
	16" Slice	314	138	15g	7g	0g	39mg	827mg	31g	13g

THE PERFECT PEPPERONI Double pepperoni with double mozzarella and provolone cheeses.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Personal Slice	285	140	15g	8g	0g	41mg	798mg	21g	13g
	12" Slice	291	138	15g	8g	0g	42mg	805mg	23g	13g
	16" Slice	345	153	17g	8g	0g	46mg	940mg	28g	15g
THE ITALIA Marinara, thick sliced old world pepperoni, salami, Italian sausage, fresh mozzarella, parsley and sweet hot peppers.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Personal Slice	238	145	16g	5g	0	26mg	648mg	22g	11g
	12" Slice	244	141	16g	5g	0	26mg	655mg	24g	11g
	16" Slice	288	153	17g	5g	0	28mg	757mg	31g	12g
DELUXE CLASSIC Italian sausage, Canadian bacon and pepperoni with black olives, sliced mushrooms, green peppers, white onions, mozzarella and provolone cheese.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Personal Slice	243	105	12g	5g	0g	30mg	708mg	22g	12g
	12" Slice	249	105	12g	5g	0g	30mg	715mg	24g	12g
	16" Slice	293	115	13g	5g	0g	32mg	813mg	31g	14g
FRESH VEGGIE & CHEESE Marinara, sweet hot peppers, minced garlic, spinach, sliced mushrooms, with mozzarella and provolone cheese. finished with fresh roma tomatoes and pesto.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Personal Slice	190	70	8g	3g	0g	11mg	413mg	27g	9g
	12" Slice	195	68	8g	3g	0g	11mg	429mg	28g	9g
	16" Slice	240	79	9g	3g	0g	13mg	533mg	36g	11g
"FAWAIIAN" PINEAPPLE AND CANADIAN BACON Loaded with Canadian bacon, pineapple, mozzarella and provolone cheese.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Personal Slice	175	48	5g	3g	0g	19mg	493mg	22mg	11g
	12" Slice	189	51	6g	3g	0g	19mg	570mg	25mg	11g
	16" Slice	234	7	3g	7g	0g	21mg	673mg	32mg	13g

FARRELLI'S PIZZA CREATIONS

*All pizza data is per slice

ANNIE'S SPICY SAUSAGE FIVE STAR Jalapeño cream cheese base, spicy Italian sausage, spinach, sweet hot peppers, mozzarella, provolone, pepperoncini and cashews.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Personal Slice	273	175	19g	5g	0	21mg	635mg	24g	10g
	12" Slice	279	175	19g	5g	0	21mg	644mg	26g	10g
	16" Slice	329	190	21g	6g	0	24mg	750mg	34g	12g
JACK & JOHN PIZZA Herbed olive oil base, Italian sausage, green and black olives, artichoke hearts, green onions, sliced mushrooms and a blend of mozzarella and provolone cheese.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Personal Slice	260	140	16g	5g	0g	573mg	21mg	21g	10g
	12" Slice	266	138	15g	5g	0g	23mg	580mg	23g	10g
	16" Slice	312	147	16g	5g	0g	24mg	680mg	30g	12g
BBQ ROASTED CHICKEN	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein

Sweet honey mustard base, oven-roasted chicken, caramelized onions, minced garlic, roma tomatoes, green onions and a blend of mozzarella, provolone and cheddar cheese finished with our tangy BBQ sauce.	Personal Slice	213	80	9g	3g	0g	20mg	483mg	24g	10g
	12" Slice	219	79	9g	3g	0g	20mg	490mg	25g	10g
	16" Slice	284	103	12g	4g	0g	23mg	632mg	34g	13g
THE GREAT GREEK PIZZA Herbed olive oil base, fresh spinach, kalamata and black olives, salami, roasted garlic, feta cheese and a blend of mozzarella and provolone cheese. Finished with pepperoncini and fresh roma tomatoes.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Personal Slice	255	125	14g	4g	0g	19mg	615mg	24g	10g
	12" Slice	261	125	14g	4g	0g	19mg	623mg	25g	10g
	16" Slice	295	126	14g	4g	0g	19mg	699mg	32g	11g
OUR "JAMES' FAVORITE" Alfredo base with oven-roasted chicken, crispy bacon, Italian sausage, minced garlic and a blend of mozzarella, provolone and cheddar cheeses.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Personal Slice	225	103	11g	5g	0g	31mg	593mg	21g	12g
	12" Slice	235	95	11g	5g	0g	33mg	610mg	23g	13g
	16" Slice	298	116	13g	6g	0g	40mg	761mg	30g	16g
CHICKEN CORDON BLEU Bleu cheese sauce base, oven-roasted chicken, mozzarella and parmesan cheese, Canadian bacon and melted swiss cheese.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Personal Slice	218	98	11g	3g	0g	24mg	583mg	20g	12g
	12" Slice	224	95	11g	3g	0g	24mg	591mg	21g	12g
	16" Slice	268	102	11g	4g	0g	27mg	692mg	29g	14g
THE CASCADIAN GRINDER Pesto base, mozzarella and provolone cheese blend, classic sliced pepperoni, Canadian bacon and salami. Finished with fresh greens and balsamic glaze reduction.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Personal Slice	223	115	13g	5g	0g	30mg	668mg	21g	12g
	12" Slice	229	113	13g	5g	0g	29mg	676mg	23g	12g
	16" Slice	271	118	13g	5g	0g	31mg	760mg	30g	14g
CAPRESE WITH OVEN-ROASTED CHICKEN BREAST Pesto base, fresh mozzarella, minced garlic, oven-roasted chicken breast, parmesan and romano cheeses. Finished with fresh sliced roma tomatoes, fresh basil and balsamic reduction.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Personal Slice	195	90	10g	4g	0g	20mg	508mg	21g	12g
	12" Slice	196	81	9g	3g	0g	20mg	501mg	24g	12g
	16" Slice	238	87	10g	4g	0g	22mg	590mg	31g	14g
CHICKEN BACON RANCH House buttermilk ranch dressing base, minced garlic, oven-roasted chicken breast, bacon, sliced red onions, mozzarella, provolone and cheddar cheese. Finished with fresh diced roma tomatoes and fresh basil.	Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
	Personal Slice	230	103	12g	4g	0g	29mg	528mg	21g	12g
	12" Slice	250	119	13g	4g	0g	24mg	568mg	23g	12g
	16" Slice	307	138	15g	5g	0g	28mg	698mg	30g	15g

ELLIOTT'S PIZZA

The only pizza featuring our signature wheat crust! Topped with pesto sauce base, pine nuts, oven-roasted chicken, sweet hot peppers, pepperoncini, red onions, spinach and goat cheese. Finished with fresh basil.

Serving size	Calories	Cals from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
Personal Slice	165	80	9g	3g	0g	14mg	463mg	20g	10g
12" Slice	163	76	9g	2g	0g	13mg	451mg	20g	9g
16" Slice	210	100	11g	3g	0g	16mg	568mg	27g	11g