

	NUTRITION INFORMATION											ALLERGENS							
	Serving Size	Total Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	EGG	FISH	MILK	SOY	WHEAT	PEANUT	SESAME	TREE NUT
Chicken Bacon Ranch Sub	1 each	770	37	15	0.5	20	740	7	3	3	7	X		X		X			
Steak Hoagie w/ Marinara Sauce**	1 each	630	27	12	1.5	80	1860	61	4	7	35			X	X	X			
Steak Hoagie w/ Mushroom Gravy**	1 each	630	27	12	1.5	80	1900	60	3	5	36			X	X	X			
Pepperoni Calzone	1 each	1120	51	20	1	155	3330	108	6	17	52			X		X			
SALADS																			
Italian Side Salad w/ House Italian Dressing	1 serv	330	31	7	0.5	20	740	7	3	3	7			X					
Caprese Side Salad w/ Balsamic Vinaigrette	1 serv	220	18	3.5	0	10	700	11	3	8	5			X					
Italian Chef Entrée Salad w/ House Italian Dressing	1 serv	500	42	11	0.5	60	1390	12	4	6	19			X					
Chicken Caprese Entrée Salad w/ Balsamic Vinaigrette	1 serv	400	25	7	0	75	1440	17	4	10	27			X					
Chicken Bacon Ranch Entrée Salad w/ Ranch Dressing	1 serv	630	48	14	1	120	1800	13	2	6	38	X		X					
Chicken Harvest Entrée Salad w/ Apple Vinaigrette**♦♦	1 serv	570	36	9	0	80	1180	37	4	26	28			X	X				X
Chicken Harvest Entrée Salad w/ Apple Vinaigrette♦	1 serv	550	32	8	0	80	1190	39	5	30	27			X					X
Italian Garden Party Salad w/ House Italian Dressing	10 serv	250	25	4.5	0	5	550	4	1	2	2			X					
Italian Chef Party Salad w/ House Italian Dressing	10 serv	300	29	6	0	15	710	4	1	2	5			X					
Chicken Bacon Ranch Party Salad w/ Ranch Dressing	10 serv	320	29	6	0	35	730	5	1	3	10	X		X					
Chicken Caprese Party Salad w/ Balsamic Vinaigrette	10 serv	200	15	3	0	20	720	8	1	6	7			X					
Chicken Harvest Party Salad w/ Apple Vinaigrette**♦♦	10 serv	260	18	4	0	25	370	17	1	13	8			X	X				X
Chicken Harvest Party Salad w/ Apple Vinaigrette**♦♦	10 serv	250	17	4	0	25	380	17	1	15	8			X					X
APPETIZERS																			
Family Recipe Meatballs	1 serv	150	9	4	0	45	590	8	1	3	10	X		X		X			
Fresh Stuffed Jalapenos**	2 each	260	23	7	0	30	600	4	1	2	9	X		X					
Italian Garlic Breadsticks	2 each	280	8	1.5	0	0	880	43	3	10	7			X		X			
Asiago Cheese Bread	1/4 bread	210	6	3	0	15	490	28	2	3	10			X		X			
Garlic Asiago Cheese Bread	1/4 bread	210	6	3	0	15	490	28	2	3	10			X		X			
WINGS (does not include dipping sauce)																			
Traditional Chicken Wings, Plain	5 pieces	380	19	3.5	0	65	1420	24	0	0	28								
Traditional Chicken Wings, Mild Sauce	5 pieces	400	20	4	0	65	2380	25	0	1	28								
Traditional Chicken Wings, Hot Sauce	5 pieces	390	20	4	0	65	2370	25	0	1	28								
Traditional Chicken Wings, BBQ Sauce**	5 pieces	410	19	4	0	65	1700	33	0	8	28								
Traditional Chicken Wings, Sweet Thai Chili**	5 pieces	440	19	4	0	65	1600	39	0	13	28				X	X			
Traditional Chicken Wings, Sweet Thai Chili♦	5 pieces	440	19	4	0	65	1600	39	0	13	28				X	X			
Traditional Chicken Wings, Hot Chicken Dry Rub	5 pieces	390	19	4	0	65	1610	25	0	0	28								
Traditional Chicken Wings, Italian Parmesan Dry Rub	5 pieces	410	21	5	0	75	1520	24	0	0	31			X					
Traditional Chicken Wings, Roasted Garlic Dry Rub	5 pieces	390	19	4	0	65	1610	26	0	1	28				X				
Traditional Chicken Wings, Wood Fired Chipotle Dry Rub	5 pieces	380	19	4	0	65	1690	25	0	1	28								
Boneless Chicken Wings, Plain	6 pieces	330	17	3.5	0	55	1240	21	0	1	24	X		X	X	X			
Boneless Chicken Wings, Mild Sauce	6 pieces	370	19	3.5	0	55	3170	24	0	3	25	X		X	X	X			
Boneless Chicken Wings, Hot Sauce	6 pieces	370	19	3.5	0	55	3160	24	0	3	25	X		X	X	X			
Boneless Chicken Wings, BBQ Sauce**	6 pieces	400	17	3.5	0	55	1820	39	1	18	25	X		X	X	X			
Boneless Chicken Wings, Sweet Thai Chili**	6 pieces	470	18	3.5	0	55	1610	53	0	28	25	X		X	X	X			
Boneless Chicken Wings, Sweet Thai Chili♦	6 pieces	420	16	3	0	55	1970	44	0	21	25	X		X	X	X			
Blue Cheese Dipping Sauce	1 serv	200	21	4	0	25	430	2	0	1	1	X		X					
Ranch Dipping Sauce	1 serv	240	25	4	0	10	420	2	0	1	1	X		X					
DESSERTS																			
Cinnamon Bread	1/4 bread	260	8	2.5	0	0	270	41	1	13	6			X	X	X			
Party Twist	1/4 bread	210	3.5	1.5	0	0	230	39	0	14	6			X	X	X			
Triple Chocolate Chunk Cookie	1 each	320	23	8	0	30	320	22	2	27	4	X		X	X	X			
Fudge Brownie	1 each	360	21	12	0	80	200	39	1	34	4	X		X	X	X			
BEVERAGES** (without ice)																			
Diet Mountain Dew	22 fl oz	10	0	*	*	*	100	1	*	1	0								
Diet Pepsi	22 fl oz	0	0	*	*	*	105	0	*	0	0								
Dr Pepper	22 fl oz	260	0	*	*	*	80	72	*	70	0								
Lipton Brewed Tea, Sweetened	22 fl oz	190	0	*	*	*	170	50	*	50	0								
Lipton Brewed Tea, Unsweetened	22 fl oz	0	0	*	*	*	220	0	*	0	0								
Mist Twist	22 fl oz	280	0	*	*	*	60	74	*	74	0								
Mountain Dew	22 fl oz	300	0	*	*	*	95	80	*	80	0								
Mug Root Beer	22 fl oz	260	0	*	*	*	80	72	*	72	0								
Pepsi	22 fl oz	280	0	*	*	*	60	76	*	76	0								
Tropicana Fruit Punch	22 fl oz	310	0	*	*	*	65	83	*	82	0								
Tropicana Pink Lemonade	22 fl oz	280	0	*	*	*	285	74	*	73	0								
Diet Mountain Dew	12 fl oz	0	0	*	*	*	55	1	*	0	0								
Diet Pepsi	12 fl oz	0	0	*	*	*	55	0	*	0	0								
Dr Pepper	12 fl oz	140	0	*	*	*	45	39	*	38	0								
Lipton Brewed Tea, Sweetened	12 fl oz	100	0	*	*	*	95	27	*	27	0								
Lipton Brewed Tea, Unsweetened	12 fl oz	0	0	*	*	*	120	0	*	0	0								
Mist Twist	12 fl oz	150	0	*	*	*	35	41	*	41	0								
Mountain Dew	12 fl oz	160	0	*	*	*	50	44	*	44	0								
Mug Root Beer	12 fl oz	140	0	*	*	*	45	39	*	39	0								
Pepsi	12 fl oz	150	0	*	*	*	30	41	*	41	0								
Tropicana Fruit Punch	12 fl oz	170	0	*	*	*	35	45	*	45	0								
Tropicana Pink Lemonade	12 fl oz	150	0	*	*	*	155	40	*	40	0								

•14" pizza has 17 rectangular slices, 12" and 10" pizzas have 14 rectangular slices, 7" and Hand Tossed have 8 slices.

*Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, or dietary fiber

**Menu item not available in all locations

♦ Boiling Springs, Summerville, Raleigh, Charlotte, Madison, Birmingham, Huntsville, Nashville, Murfreesboro, Newport News, Virginia Beach, Jacksonville, and Savannah restaurants only

♦♦ For all locations except Boiling Springs, Summerville, Raleigh, Charlotte, Madison, Birmingham, Huntsville, Nashville, Murfreesboro, Newport News, Virginia Beach, and Savannah

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Prepared and Reviewed December 2021