

## Villa Italian Kitchen's Nutrition Information - US

	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Trans Fatty Acid (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
<b>Pizza- Slices</b>												
Neapolitan Pizza - Bacon & Tomato	One Slice	505	194	22	-	10	65	1,346	53	2	4	26
Neapolitan Pizza - Buffalo	One Slice	769	411	46	0	13	104	2,840	52	2	4	36
Neapolitan Pizza - Cheese	One Slice	433	132	15	-	8	55	1,011	52	2	4	21
Neapolitan Pizza - Deluxe	One Slice	528	200	22	-	10	72	1,336	55	3	5	25
Neapolitan Pizza - Mushroom	One Slice	476	166	18	-	8	55	1,272	54	3	5	22
Neapolitan Pizza - Pepperoni	One Slice	509	195	22	-	10	72	1,260	52	2	4	25
Neapolitan Pizza - Sausage	One Slice	553	221	25	-	11	83	1,395	53	2	5	27
Neapolitan Pizza - Sausage & Pepperoni	One Slice	551	222	25	-	11	82	1,392	53	2	5	27
Neapolitan Pizza - Spinach & Mushroom	One Slice	479	169	19	-	8	55	1,202	54	3	4	22
Neapolitan Pizza - White & Tomato	One Slice	543	233	26	0	10	60	1,187	53	2	3	23
Neapolitan Pizza - Honey Garlic	One Slice	520	138	15	-	8	82	1,226	65	1	16	29
Neapolitan Pizza - Three Cheese	One Slice	490	262	29	0	8	66	1,810	33	1	2	23
Pan Pizza - All Meat	One Slice	713	284	32	-	13	94	1,809	71	3	6	34
Pan Pizza - Bacon & Tomato	One Slice	693	291	32	-	13	80	1,818	70	3	5	33
Pan Pizza - Garden Delight	One Slice	658	247	28	-	10	60	1,531	74	4	6	27
Pan Pizza - Pineapple & Ham	One Slice	610	189	21	-	9	68	1,399	74	3	9	28
Pan Pizza - Sausage & Pepperoni	One Slice	689	274	30	-	12	87	1,621	71	3	6	30
Pan Pizza - Veggie Deluxe	One Slice	627	223	25	-	9	60	1,465	73	4	6	26
Pan Pizza - Deluxe	One Slice	666	252	28	-	11	77	1,566	72	3	6	29
Stuffed Pizza - Baked Ziti	One Slice	843	297	33	0	14	85	1,585	97	3	6	35
Stuffed Pizza - Meat	One Slice	899	378	42	0	17	148	2,376	78	3	6	47
Stuffed Pizza - Philly Cheese Steak	One Slice	688	213	24	-	11	97	1,573	79	4	5	36
Stuffed Pizza - Spinach & Broccoli	One Slice	800	346	39	0	12	63	1,831	81	6	5	30
Stuffed Pizza - Spinach & Mushroom	One Slice	733	293	33	0	11	63	1,706	79	6	4	29

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<b>Wings</b>												
BBQ Chicken Wing	One Wing	39	17	2	0	1	18	123	2	-	2	3
BBQ Chicken Wings	Three Wings	116	52	6	0	2	53	369	7	0	6	9
Buffalo Chicken Wing	One Wing	31	17	2	0	1	17	241	0	0	0	3
Buffalo Chicken Wings	Three Wings	93	52	6	0	2	52	724	1	0	0	9
Honey Garlic Chicken Wing	One Wing	42	17	2	0	1	17	127	3	-	2	3
Honey Garlic Chicken Wings	Three Wings	126	52	6	0	2	52	382	10	0	7	9
Plain Chicken Wing	One Wing	39	23	3	0	1	23	115	0	-	-	4
Plain Chicken Wings	Three Wings	117	68	8	0	2	68	344	1	-	-	12
<b>Calzones</b>												
Calzone - Broccoli & Mushroom	One Calzone	1,255	680	76	0	29	153	2,636	88	6	6	52
Calzone - Cheese	One Calzone	923	439	49	0	19	108	1,632	80	2	3	36
Calzone - Pepperoni	One Calzone	1,186	658	73	0	27	169	2,503	80	2	3	49
Calzone - Sausage & Peppers	One Calzone	1,064	544	61	0	19	119	2,332	87	5	9	39
Calzone - Spinach	One Calzone	848	399	45	0	12	56	1,655	81	5	3	27
<b>Stromboli</b>												
Stromboli - Chicken Broccoli Ranch	One Stromboli	734	290	32	0	11	91	1,653	74	3	3	34
Stromboli - Chicken Parm Roll	One Stromboli	878	323	36	0	13	116	2,254	88	3	5	47
Stromboli - Farmhouse	One Stromboli	736	325	36	0	12	60	1,419	75	4	4	25
Stromboli - Greek	One Stromboli	666	258	29	0	9	56	1,530	75	4	4	24
Stromboli - Pepperoni	One Stromboli	879	432	48	0	18	126	2,078	71	2	3	38
Stromboli - Sausage	One Stromboli	796	346	39	0	15	107	1,783	73	3	4	35
Stromboli - Spinach	One Stromboli	681	264	30	0	11	66	1,387	73	4	3	28
Stromboli - Sriracha Chicken	One Stromboli	650	172	19	-	9	91	1,854	79	3	6	35
Stromboli - Jalapeno Ranch Chicken	One Stromboli	825	376	42	0	13	86	1,743	79	3	4	30
Stromboli - Tabasco Chicken	One Stromboli	702	261	29	0	12	93	1,627	76	3	5	33

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<b>Salad Entrees</b>												
Avocado Salad	12 oz.	291	222	25	-	4	1	454	18	9	6	4
Caesar Pasta Salad	16 oz.	527	122	14	-	3	35	1,583	88	6	9	18
Caesar Salad	6 oz.	250	102	11	-	2	32	1,005	33	2	4	7
Fresh Mozzarella & Tomato Salad	10 oz.	304	193	21	-	13	91	325	11	2	5	17
Fruit Salad	16 oz.	153	7	1	-	0	-	44	38	4	32	3
Garden Salad	6 oz.	29	3	0	-	0	-	14	6	2	4	2
Greek Salad	12 oz.	247	174	19	-	5	22	982	14	4	8	6
Panzanella Salad	12 oz.	627	379	42	-	15	87	803	39	3	6	21
Sriracha Caesar Salad	7 oz.	393	227	25	-	2	25	1,205	37	2	3	11
Tomato Onion Cucumber Salad	16 oz.	262	181	20	-	3	-	955	19	4	11	3
Tortellini Salad	16 oz.	1,286	587	66	-	16	115	2,053	137	7	8	38
<b>Sides</b>												
Avocado Salad	6 oz.	146	111	12	-	2	0	227	9	5	3	2
Caesar Pasta Salad	8 oz.	264	61	7	-	1	18	791	44	3	4	9
Caesar Salad	4 oz.	88	47	5	-	1	12	352	9	2	2	3
Fresh Mozzarella & Tomato Salad	5 oz.	152	96	11	-	6	45	162	5	1	2	9
Fruit Salad	8 oz.	76	4	0	-	0	-	22	19	2	16	2
Garden Salad	3 oz.	15	1	0	-	0	-	7	3	1	2	1
Greek Salad	6 oz.	124	87	10	-	3	11	491	7	2	4	3
Panzanella Salad	6 oz.	313	190	21	-	7	44	401	19	1	3	11
Sriracha Caesar Salad	4 oz.	393	227	25	-	2	25	1,205	37	2	3	11
Tomato Onion Cucumber Salad	8 oz.	131	91	10	-	2	-	478	9	2	6	2
Tortellini Salad	8 oz.	1,286	587	66	-	16	115	2,053	137	7	8	38
Sriracha Mac & Cheese	7 oz.	354	220	24	0	8	48	875	19	1	4	15
Mac & Cheese	7 oz.	363	244	27	0	10	32	719	20	1	3	10
Pasta Primavera	8 oz.	247	91	10	0	2	1	290	33	3	3	8
Roasted Potatoes	6 oz.	212	106	12	0	2	-	1,241	24	3	2	3

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Roasted Vegetable Blend	5 oz.	42	16	2	-	0	-	245	6	2	4	2
Sauteed Vegetables	6 oz.	83	55	6	-	1	-	267	6	2	3	2
Spaghetti	7 oz.	261	23	3	-	0	-	362	52	2	5	7
Baked Ziti	8 oz.	327	137	15	-	6	31	500	34	1	4	14
Meatballs Side	Two Meatballs	346	216	24	1	8	74	1,319	11	1	3	21
Meatballs Signature Side	One Meatball	171	107	12	0	4	37	633	5	0	1	10
Garlic Roll	One Roll	259	89	10	-	2	11	438	34	1	1	7
Fettuccini Alfredo	6 oz.	314	114	13	0	4	7	413	41	2	3	9
Chicken Pasta Primavera with Spaghetti	8 oz.	254	89	10	0	2	22	610	29	3	3	14
Mozzarella Sticks	7 oz.	478	210	23	-	10	51	1,488	44	4	3	26
Chicken Strips	4 oz.	133	24	3	-	1	73	774	3	-	-	25
<b>Dressings</b>												
Balsamic	2 oz.	120	90	10	-	1	-	380	8	-	8	-
Caesar	2 oz.	120	90	10	-	2	30	720	8	-	2	2
Italian	2 oz.	240	234	26	-	4	-	640	-	-	2	-
Ranch	2 oz.	200	198	22	-	3	20	540	2	-	2	2
Sriracha Caesar	2 oz.	109	78	9	-	2	26	719	8	-	3	2
<b>Entrees</b>												
Chicken Pasta Primavera with Full Spaghetti	16 oz.	507	177	20	0	4	44	1,220	58	5	6	27
Fettucini Alfredo	14 oz.	764	346	38	1	11	23	1,143	85	3	8	20
Garlic Chicken & Broccoli	8 oz.	363	202	23	0	6	59	1,488	20	3	0	21
Lasagna Single Portion	15 oz.	797	322	36	0	13	125	1,074	80	4	9	39
Lasagna Casserole	13 oz.	725	488	54	1	19	64	1,438	39	2	5	20
Mac & Cheese	14 oz.	725	488	54	1	19	64	1,438	39	2	5	20
Pasta Primavera	16 oz.	494	182	21	0	4	1	581	66	6	7	15
Large Chicken Parm Sandwich	One Sandwich	903	299	33	-	11	111	2,673	102	4	9	52

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Large Meatball Parm Sandwich	One Sandwich	1,030	457	51	1	20	156	3,006	89	3	8	55
Large Sausage and Peppers Sandwich	One Sandwich	787	364	40	-	12	80	2,337	85	4	9	29
Spaghetti	14 oz.	523	47	5	-	0	-	724	105	5	9	15
Spaghetti and Meatballs	18 oz.	839	248	28	1	9	74	1,774	112	5	10	35
Sriracha Mac & Cheese	14 oz.	708	440	49	1	17	95	1,749	39	1	7	31
Flatbread Pesto Caprese	One Flatbread	557	260	29	-	8	44	1,737	56	4	7	17
Flatbread Spinach Artichoke	One Flatbread	542	229	25	0	8	46	1,518	56	6	3	18
<b>Breakfast</b>												
Bacon	Three Strips	133	95	11	-	3	26	533	0	-	-	9
Eggs	Two Eggs	182	121	13	1	4	338	177	2	-	2	12
Egg Sandwich	One Sandwich	316	79	9	-	2	314	494	39	1	10	21
Egg Sandwich with Cheese	One Sandwich	396	142	16	-	6	334	794	40	1	11	25
Egg Sandwich with Cheese and Bacon	One Sandwich	529	237	26	-	9	360	1,327	40	1	11	33
Egg Sandwich with Cheese and Sausage	One Sandwich	516	246	27	-	10	359	1,099	40	1	11	29
French Toast	One Slice	251	65	7	-	2	97	584	38	1	-	9
Pancakes	Two Pancakes	160	24	3	1	1	7	313	31	1	9	4
Pancakes	Three Pancakes	240	36	4	1	1	10	470	47	2	13	6
Potatoes Side	6 oz.	317	155	17	0	4	-	1,477	40	5	1	4
Sausage Link	Two Links	160	132	15	-	5	30	300	1	-	1	6
Sausage Patty	One Patty	120	104	12	-	4	25	305	1	-	-	5
Toast	Two Slices	76	9	1	-	0	0	154	14	1	1	2
Bacon Pizza	Whole Pizza	571	247	27	-	13	183	1,303	50	1	5	33
Fruit Salad	8 oz.	76	4	0	-	0	-	22	19	2	16	2
Ham Pizza	Whole Pizza	510	176	20	-	10	174	1,057	51	1	6	30
Sausage Pizza	Whole Pizza	606	260	29	-	13	193	1,282	52	2	6	32
Breakfast Sausage Stromboli	One Stromboli	809	335	37	0	15	251	1,585	76	2	8	39
Breakfast Veggie Stromboli	One Stromboli	744	282	31	0	13	230	1,367	78	3	8	35

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<b>Cookies</b>												
Chocolate Chip	1 Cookie	330	150	16	-	10	40	330	42	1	27	4
White Chocolate Macademia Nut	1 Cookie	340	180	20	-	11	40	330	39	1	26	4
Oatmeal Raisin	1 Cookie	300	120	13	-	7	45	350	42	2	25	5
Snickerdoodle	1 Cookie	290	100	11	-	7	55	330	43	1	22	5
Peanut Butter	1 Cookie	340	170	19	-	10	40	340	37	1	21	7
Rocky Road	1 Cookie	320	150	16	-	11	40	340	42	1	27	4
<b>Beverages</b>												
Monin Flavor - Blackberry	1 oz.	75	-	-	-	-	-	-	19	-	18	-
Monin Flavor - Cherry	1 oz.	75	-	-	-	-	-	-	19	-	18	-
Monin Flavor - Granny Smith	1 oz.	68	-	-	-	-	-	-	17	-	17	-
Monin Flavor - Mango	1 oz.	75	-	-	-	-	-	-	19	-	18	-
Monin Flavor - Passion Fruit	1 oz.	75	-	-	-	-	-	-	19	-	18	-
Monin Flavor - Pomegranate	1 oz.	68	-	-	-	-	-	-	16	-	16	-
Monin Flavor - Strawberry	1 oz.	68	-	-	-	-	-	-	17	-	17	-
Monin Flavor - Watermelon	1 oz.	75	-	-	-	-	-	-	18	-	18	-
Monin Iced Tea	13 oz.	72	-	-	-	-	-	-	16	-	16	-
Monin Soda	14 oz.	240	-	-	-	-	-	60	65	-	65	-
Kid's Fruit Punch	12 oz.	149	-	-	-	-	-	26	35	-	35	1
20 oz. Fruit Punch	20 oz.	255	-	-	-	-	-	45	60	-	60	2
30 oz. Fruit Punch	30 oz.	425	-	-	-	-	-	75	100	-	100	3
Kid's Iced Tea w/ Lemon	12 oz.	59	-	-	-	-	-	13	17	-	17	-
20 oz. Iced Tea w/ Lemon	20 oz.	101	-	-	-	-	-	22	29	-	29	-
30 oz. Iced Tea w/ Lemon	30 oz.	169	-	-	-	-	-	36	48	-	48	-
Kid's Orange Twister	12 oz.	61	-	-	-	-	-	22	14	-	12	-
20 oz. Orange Twister	20 oz.	105	-	-	-	-	-	38	24	-	21	-
30 oz. Orange Twister	30 oz.	175	-	-	-	-	-	63	40	-	35	-
Kid's Diet Dr. Pepper	12 oz.	-	-	-	-	-	-	31	-	-	-	-

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20 oz. Diet Dr. Pepper	20 oz.	-	-	-	-	-	-	53	-	-	-	-
30 oz. Diet Dr. Pepper	30 oz.	-	-	-	-	-	-	88	-	-	-	-
Kid's Diet Pepsi	12 oz.	-	-	-	-	-	-	22	-	-	-	-
20 oz. Diet Pepsi	20 oz.	-	-	-	-	-	-	38	-	-	-	-
30 oz. Diet Pepsi	30 oz.	-	-	-	-	-	-	63	-	-	-	-
Kid's Dr. Pepper	12 oz.	88	-	-	-	-	-	31	24	-	24	-
20 oz. Dr. Pepper	20 oz.	150	-	-	-	-	-	53	41	-	41	-
30 oz. Dr. Pepper	30 oz.	250	-	-	-	-	-	88	68	-	68	-
Kid's Mountain Dew	12 oz.	96	-	-	-	-	-	35	27	-	27	-
20 oz. Mountain Dew	20 oz.	165	-	-	-	-	-	60	47	-	47	-
30 oz. Mountain Dew	30 oz.	275	-	-	-	-	-	100	78	-	78	-
Kid's Pepsi	12 oz.	88	-	-	-	-	-	18	25	-	25	-
20 oz. Pepsi	20 oz.	150	-	-	-	-	-	30	42	-	42	-
30 oz. Pepsi	30 oz.	250	-	-	-	-	-	50	70	-	70	-
Kid's Rootbeer	12 oz.	88	-	-	-	-	-	35	25	-	25	-
20 oz. Root Beer	20 oz.	150	-	-	-	-	-	60	44	-	44	-
30 oz. Root Beer	30 oz.	250	-	-	-	-	-	100	73	-	73	-
Kid's Sierra Mist	12 oz.	88	-	-	-	-	-	22	23	-	23	-
20 oz. Sierra Mist	20 oz.	150	-	-	-	-	-	38	39	-	39	-
30 oz. Sierra Mist	20 oz.	250	-	-	-	-	-	63	65	-	65	-

Villa Holding, LLC attempts to provide nutrition and allergen information that is as complete as possible. Seasonal, regional, and limited-time items are not included. The information is based on standard product offerings. Variations may occur depending on local supplier, region of the country, season of the year, and customer requests. Nutritional values based on USDA Standard Reference values, information from our suppliers, and the Genesis R&D Nutrition Analysis Program from ESHA Research in Salem, Oregon. Revised August, 2013.

Please note that these nutrition values are estimated based on our standard serving portions. As food servings may have a slight variance each time you visit, please expect these values to be with in 10% +/- of your actual meal.