

Nutrition_Pasta_Salads-June 2010

Name of Product	Average Weight of Food Portion (g)	Energy per Food Portion (kcal)	Protein per Food Portion(g)	Carbohydrate per Food Portion (g)	Fat per Food Portion (g)	Saturated Fat per Food Portion (g)	Salt per Food Portion (g)	Sugar per Food Portion (g)
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Pastas

Grated Parmesan Reggiano (added at table according to guest's taste. Average serving 5g.)	5	20	1.7	0.0	1.4	1.0	0.08	0.00
Garlic Bread	30	95	2.0	11.4	4.6	1.4	0.27	0.66
Lasagne Al Forno	541	706	37.7	42.4	38.1	16.3	3.38	6.62
Chick & Mush Pasta Bake	496	723	47.5	69.7	27.8	14.7	3.42	14.97
Salmon Pasta Bake	496	832	37.2	52.4	49.1	25.4	3.27	9.57
Mezzuluna Pasta	416	512	24.3	50.4	22.4	9.8	2.89	14.81
Tagliatelle Alla Carbonara	400	548	22.4	41.6	32.4	13.6	3.20	6.40
ALFREDO POLLO	522	594	29.0	97.0	9.8	3.8	2.72	7.68
Arrabiata With Chicken	500	500	25.1	68.5	13.9	2.0	3.12	17.60
Arrabiata With Prawns	525	489	24.1	68.2	13.5	2.3	3.83	17.93

Salads

Grated Parmesan Reggiano (added at table according to guest's taste. Average serving 5g.)	5	20	1.7	0.0	1.4	1.0	0.08	0.00
Garlic Bread	30	95	2.0	11.4	4.6	1.4	0.27	0.66
Honey & Mustard Chick Salad	395	543	40.5	39.7	26.6	7.8	4.17	14.00
Goats Cheese & Chargrilled Pepper Salad	226	456	12.0	16.3	37.8	14.4	1.95	12.06

Happy Hour Salads

House Salad	190	88	2.2	13.6	2.8	0.9	0.69	4.71
House Chicken Salad	325	333	27.7	21.1	15.9	6.4	2.04	4.85
Garlic Bread	30	95	2.0	11.4	4.6	1.4	0.27	0.66

Happy Hour Pasta

4 Cheese & Vegetable	300	315	12.0	37.8	12.9	6.3	1.80	3.60
Tomato and Pepperoni	300	312	10.8	48.9	8.1	1.8	2.40	8.10

Delivery Only Pastas

Chicken Alfredo Pasta	400	560	32.4	76.4	13.6	5.6	2.52	2.40
Bolognese Pasta	400	412	27.6	55.6	8.8	4.0	2.40	8.80
4 Cheese Pasta	400	352	12.4	47.6	12.4	6.4	2.00	6.00