

MONICAL'S PIZZA®

STARTERS	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Breadsticks (plain)	1 stick	136.5	1.0	0.2	28.0	0.1	3.9	0.0	3.3
Nacho Cheese	3 fl oz	105.0	6.8	1.5 /		0.0	1.5	0.0	630.0
Cheddar Cheese	3 fl oz	120.0	7.5	3.0	7.5	0.0	4.5	15.0	795.0
Marinara Sauce	3 fl oz	73.0	3.4	0.5	9.0	1.9	1.4	0.0	421.0
Garlic Butter Sauce	1.5 oz	230.0	25.0	4.5	0.0	0.0	0.0	0.0	380.0
Garlic Bread (w/o marinara)	2 pieces	770.0	48.0	44.0	70.0	4.3	14.0	0.0	3425.0
Garlic Cheese Bread (w/o Marinara)	2 pieces	954.0	63.0	20.0	70.0	4.3	28.0	32.0	3808.0
Hot Wings (w/o Ranch)	6 pieces	511.0	35.0	8.0	3.2	0.0	48.0	256.0	1310.0
Mozzarella Sticks (w/o marinara)	5 pieces	450.0	23.0	10.0	40.0	0.0	20.0	50.0	1350.0
Chicken Dippin Strips (w/o sauce)	1 order	678.0	32.0	4.9	51.0	3.0	45.0	90.0	1675.0

SALADS	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Individual Salad	1 salad	85.0	4.7	3.0	5.7	2.0	4.7	15.0	110.0
Family Salad	1 salad	353.0	19.0	12.0	25.0	9.2	20.0	60.0	451.0
Chef Salad	1 salad	340.0	18.0	11.0	18.0	6.6	27.0	67.0	932.0
Grilled Chicken Salad	1 salad	254.0	13.0	7.1	13.0	4.7	22.0	56.0	606.0

DRESSINGS	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Monical's® Sweet & Tart	2 Tbsp	120.0	10.0	1.5	9.0	0.0	0.0	5.0	250.0
Monical's® Sweet & Tart Light	2 Tbsp	60.0	4.5	0.5	6.0	2.0	0.0	5.0	240.0
1000 Island	2 Tbsp	140.0	14.0	2.0	5.0	0.0	0.0	10.0	240.0
Creamy Italian	2 Tbsp	100.0	9.0	1.5	5.0	0.0	0.0	0.0	270.0
Ranch	2 Tbsp	150.0	15.0	2.5	2.0	0.0	1.0	15.0	220.0
Lite Ranch	2 Tbsp	50.0	0.0	0.0	11.0	1.0	0.0	0.0	350.0
Fat Free Raspberry Vinaigrette	2 Tbsp	30.0	0.0	0.0	7.0	0.0	0.0	0.0	290.0
Russian	2 Tbsp	120.0	10.0	1.5	9.0	0.0	0.0	0.0	190.0

SANDWICHES	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Hot Sicilian	8" Sub	992.0	49.0	22.0	70.0	3.6	52.0	138.0	2903.0
Italian Beef	8" Sub	657.0	22.0	7.6	72.0	3.1	44.0	89.0	2047.0
BBQ Chicken	8" Sub	833.0	23.0	11.0	105.0	3.9	52.0	105.0	2456.0

Turkey Sub	8" Sub	696.0	22.0	11.0	77.0	5.2	48.0	74.0	2390.0
Meatball Sub	8" Sub	849.0	41.0	18.0	81.0	5.5	40.0	74.0	2189.0
Chicken Bacon Ranch Club	8" Sub	1119.0	62.0	19.0	75.0	3.9	65.0	170.0	2851.0
Ham Mozzarella & Colby/Cheddar Cheese	8" Sub	781.0	30.0	11.0	75.0	4.5	54.0	109.0	3160.0
Russian Sub	8" Sub	675.0	26.0	9.1	77.0	3.6	34.0	62.0	2023.0
Paxton Italian Sub	8" Sub	882.0	46.0	18.0	75.0	3.6	42.0	114.0	2834.0

Sandwich sides

Pepperoncinis	3 fl oz	74.0	4.1	0.7	7.5	1.7	1.8	0.0	420.0
Marinara Sauce	2 fl oz	39.2	0.9	0.1	6.7	1.3	1.1	0.0	315.0
Apple Slices	2 oz	33.0	0.1	0.0	7.8	1.4	0.1	0.0	0.4
Potato Chips	See bag for nutritional information as results may vary by location.								

PASTA	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Lasagna	Individual	623.0	30.0	17.0	54.0	4.5	30.0	121.0	1257.0
Tortellini, Meat	Individual	450.0	12.0	4.4	66.0	5.4	18.0	44.0	958.0
Baked Ravioli	Individual	670.0	38.0	20.0	53.0	4.0	33.0	170.0	1347.0
Ravioli, 5 Cheese	Individual	611.0	31.0	16.0	59.0	4.1	25.0	131.0	1378.0
Spaghetti	Individual	267.0	5.3	0.7	46.0	4.0	7.4	0.0	561.0
Chicken Fettuccini Alfredo	Individual	753.0	20.0	10.0	95.0	5.3	48.0	117.0	1440.0

Pasta sides

Meatballs (side)	3	230.0	20.0	8.0	1.0	0.0	23.0	50.0	630.0
Supreme	Premium Blend	145.0	12.0	7.0	0.0	0.0	11.0	31.0	275.0
Garlic Breadstick	2	273.0	2.0	0.3	56.0	0.1	7.8	0.0	6.6

KIDS MENU	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
8" Thin Crust Cheese Pizza	8" thin	530.0	18.0	10.0	67.0	1.5	27.0	40.0	773.0
Mac & Cheese	Child portion	340.0	11.0	3.0	48.0	2.0	12.0	25.0	830.0
Spaghetti w/Marinara	Child portion	133.0	2.7	0.3	23.0	2.0	3.7	0.0	280.0
Kids Chicken Dippin Strips (w/o sauce)	1 order	339.0	16.0	2.4	25.0	1.5	22.0	45.0	837.0

DESSERTS/EXTRAS	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Apple Slices	2 oz	33.0	0.1	0.0	7.8	1.4	0.1	0.0	0.4
Chocolate Chunk Cookie	1 cookie	550.0	27.0	10.0	75.0	3.0	7.0	25.0	580.0
Snickerdoodle Cookie	1 cookie	550.0	23.0	7.0	79.0	2.0	6.0	30.0	620.0
Big Cookie Sundae	1 each	1295.0	56.0	23.0	184.0	2.7	10.0	108.0	692.0

MONICAL'S PIZZA THIN PIZZA	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Cheese	8" Thin	530.0	18.0	10.0	67.0	1.5	27.0	40.0	773.0
Sausage	8" Thin	605.0	24.0	12.0	67.0	1.5	32.0	60.0	1048.0
Pepperoni	8" Thin	618.0	26.0	14.0	67.0	1.5	30.0	62.0	1067.0
BBQ Chicken	8" Thin	782.0	26.0	15.0	93.0	0.8	44.0	99.0	1596.0
Delight	8" Thin	691.0	30.0	15.0	70.0	2.2	35.0	78.0	1285.0
Veggie	8" Thin	633.0	24.0	15.0	71.0	2.5	33.0	63.0	904.0
Italian Special	8" Thin	709.0	31.0	15.0	72.0	2.2	34.0	65.0	1776.0
Deluxe	8" Thin	746.0	35.0	16.0	72.0	2.5	35.0	78.0	1647.0
Cheese Free	8" Thin	323.0	0.2	0.0	70.0	2.5	10.0	0.0	432.0
Hawaiian	8" Thin	611.0	20.0	11.0	77.0	2.1	33.0	60.0	1197.0
Rams Special	8" Thin	816.0	39.0	18.0	70.0	2.2	46.0	112.0	1820.0
Chicken, Bacon, Ranch	8" Thin	964.0	54.0	18.0	67.0	0.8	51.0	138.0	1881.0
Mighty Meat	8" Thin	913.0	47.0	21.0	67.0	1.5	56.0	153.0	2255.0

MONICAL'S PIZZA PAN PIZZA	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Cheese	8" Pan	685.0	19.0	10.0	106.0	2.2	32.0	40.0	1057.0
Sausage	8" Pan	799.0	25.0	12.0	106.0	2.2	37.0	60.0	1332.0
Pepperoni	8" Pan	811.0	28.0	14.0	106.0	2.2	35.0	62.0	1351.0
BBQ Chicken	8" Pan	965.0	28.0	15.0	130.0	1.2	49.0	99.0	1696.0
Delight	8" Pan	885.0	32.0	15.0	109.0	2.9	41.0	78.0	2570.0
Veggie	8" Pan	827.0	26.0	15.0	109.0	3.2	39.0	63.0	1188.0
Italian Special	8" Pan	903.0	33.0	15.0	111.0	2.9	39.0	65.0	2061.0
Deluxe	8" Pan	940.0	37.0	16.0	111.0	3.1	41.0	78.0	1931.0
Cheese Free	8" Pan	526.0	2.1	0.3	111.0	3.7	16.0	0.0	848.0
Hawaiian	8" Pan	809.0	21.0	11.0	117.0	2.8	38.0	60.0	1481.0

Rams Special	8" Pan	1017.0	41.0	19.0	110.0	3.2	52.0	112.0	2105.0
Chicken, Bacon, Ranch	8" Pan	1148.0	56.0	18.0	104.0	1.2	57.0	138.0	1981.0
Mighty Meat	8" Pan	1106.0	49.0	21.0	106.0	2.2	61.0	153.0	2539.0