

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
Alfredo Sauce	3 fl oz	93.0	9.3	5.1	1.7	0.0	0.8	30.0	391.0
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
Oven Roasted Wings (w/o Ranch)	6 pieces	402.0	28.0	6.3	2.5	0.0	38.0	201.0	1031.0

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

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
1000 Island	2 Tbsp	140.0	14.0	2.0	5.0	0.0	0.0	10.0	240.0
Bleu Cheese	2 Tbsp	130.0	14.0	2.5	1.0	0.0	0.0	15.0	280.0
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
Fat Free Vinaigrette	2 Tbsp	15.0	0.0	0.0	3.0	0.0	0.0	0.0	350.0

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
Meatball Sub	8" Sub	849.0	41.0	18.0	81.0	5.5	40.0	74.0	2189.0
Chicken Bacon Ranch	8" Sub	1119.0	62.0	19.0	75.0	3.9	65.0	170.0	2851.0
Chicken Parmesan	8" Sub	1131.0	47.0	14.0	113.0	6.6	63.0	101.0	2674.0
Ham & American Cheese	8" Sub	748.0	34.0	20.0	72.0	3.0	42.0	105.0	2614.0

Ham & Mozzarella Cheese	8" Sub	604.0	25.0	12.0	70.0	3.7	41.0	78.0	2050.0
Hoagie Sub	8" Sub	776.0	35.0	17.0	74.0	3.9	39.0	123.0	2110.0

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

Potato Chips

See bag for nutrional 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, Cheese	Individual	598.0	15.0	5.9	89.0	6.7	25.0	63.0	1124.0
Spaghetti	Individual	267.0	5.3	0.7	46.0	4.0	7.4	0.0	561.0

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
Marinara sauce	3 fl oz	73.0	3.4	0.5	9.0	1.9	1.4	0.0	421.0
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
Side Salad	1 salad	85.0	4.7	3.0	5.7	2.0	4.7	15.0	110.0

DESSERTS/EXTRAS	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
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
Oatmeal Raisin Cookie	1 cookie	490.0	17.0	3.5	78.0	3.0	8.0	35.0	520.0
Monicookie	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)
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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
Walt Special	8" Thin	652.0	24.0	12.0	79.0	2.2	32.0	60.0	1054.0
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	615.0	20.0	11.0	78.0	2.3	33.0	60.0	1197.0
Monicali	8" Thin	855.0	40.0	23.0	75.0	3.4	48.0	107.0	1489.0
Chicken, Bacon, Ranch	8" Thin	964.0	54.0	18.0	67.0	0.8	51.0	138.0	1881.0

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
Walt Special	8" Pan	853.0	25.0	12.0	120.0	3.1	37.0	60.0	1339.0
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	814.0	22.0	11.0	118.0	3.2	39.0	60.0	1482.0
Monicali	8" Pan	1066.0	42.0	23.0	118.0	4.7	54.0	107.0	2036.0
Chicken, Bacon, Ranch	8" Pan	1148.0	56.0	18.0	104.0	1.2	57.0	138.0	1981.0

BEVERAGES	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
2% Milk	8 oz	107.0	2.3	1.7	13.0	0.0	8.7	13.0	127.0
2% Chocolate Milk	8 oz	200.0	5.0	3.0	31.0	1.0	8.0	20.0	135.0
Apple Juice	8 oz	120.0	0.0	0.0	29.0	0.0	0.0	0.0	25.0

Iced Tea	12 oz	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.0
Sweet Tea	12 oz	58.0	0.0	0.0	14.0	0.0	0.0	0.0	6.0
Coffee	8 oz	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.8
Dr Pepper	12 oz	165.0	0.0	0.0	41.0	0.0	0.0	0.0	53.0
Pepsi Cola	12 oz	150.0	0.0	0.0	41.0	0.0	0.0	0.0	38.0
Diet Pepsi Cola	12 oz	0.0	0.0	0.0	0.0	0.0	0.0	0.0	45.0
Sierra Mist	12 oz	150.0	0.0	0.0	39.0	0.0	0.0	0.0	38.0
Mountain Dew	12 oz	165.0	0.0	0.0	47.0	0.0	0.0	0.0	75.0
Tropicana Lemonade	12 oz	150.0	0.0	0.0	41.0	0.0	0.0	0.0	90.0
Mug Root Beer	12 oz	150.0	0.0	0.0	44.0	0.0	0.0	0.0	68.0