

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 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

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 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
Mullins French	2 Tbsp	101.0	11.0	1.4	0.4	0.4	0.2	0.0	75.0
Honey Mustard	2 Tbsp	95.0	6.0	1.0	8.0	0.0	0.0	5.0	330.0

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
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
Turkey BLT	8" Sub	812.0	32.0	10.0	77.0	4.9	55.0	112.0	3109.0
Buffalo Chicken	8" Sub	1007.0	52.0	15.0	80.0	5.2	53.0	129.0	4318.0

Chicken Bacon Ranch	8" Sub	1119.0	62.0	19.0	75.0	3.9	65.0	170.0	2851.0
Ham & American Cheese	8" Sub	748.0	34.0	20.0	72.0	3.0	42.0	105.0	2614.0
Italian Sub	8" Sub	834.0	41.0	20.0	74.0	3.9	37.0	121.0	2450.0
Super 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, Meat	Individual	450.0	12.0	4.4	66.0	5.4	18.0	44.0	958.0
Ravioli, 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
Fettuccini Alfredo	Individual	620.0	18.0	10.0	90.0	4.0	24.0	50.0	680.0

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
Side Salad	1 salad	85.0	4.7	3.0	5.7	2.0	4.7	15.0	110.0

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
Hawaiian	8" Thin	618.0	20.0	11.0	78.0	2.2	33.0	60.0	1197.0
"Alices" 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
Buffalo Chicken	8" Thin	1116.0	63.0	23.0	73.0	2.4	65.0	168.0	3613.0
Meat Eaters	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
Hawaiian	8" Pan	819.0	22.0	11.0	119.0	3.1	39.0	60.0	1482.0
"Alices" 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
Buffalo Chicken	8" Pan	1300.0	64.0	23.0	110.0	2.7	70.0	168.0	3713.0
Meat Eaters	8" Pan	1106.0	49.0	21.0	106.0	2.2	61.0	153.0	2539.0

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
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