

BELLACINO'S PIZZA & GRINDERS NUTRITIONAL INFORMATION (updated 6/12/08)...

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
pasta items...															
Lasagna (1 portion)	770	178.7	19.8	8.5	0.0	123	1211	96	7	14	45	1514	4	387	8
Ravioli (adult portion)	415	197.8	22.0	13.1	0.0	58	1198	25	6	14	13	829	9	190	4
Spaghetti with Meat Sauce (adult portion)	507	121.2	13.5	2.1	0.0	89	927	75	5	15	20	1106	6	87	5
light grinders...															
Chicken Lite Grinder (half size grinder)	616	62.7	7.0	1.8	0.0	81	2672	77	4	8	58	780	20	603	2
Ham and Cheese Lite Grinder (half size grinder)	581	76.5	8.5	3.1	0.0	62	3231	79	4	11	47	677	8	569	2
Roast Beef Lite Grinder (half size grinder)	607	62.8	7.0	1.8	0.0	76	2283	74	4	7	57	677	8	569	4
Turkey Lite Grinder (half size grinder)	566	53.7	6.0	0.8	0.0	65	2608	76	4	9	49	677	8	569	2
Veggie Lite Grinder (half size grinder)	474	37.8	4.2	0.8	0.0	5	1640	78	5	10	31	782	34	579	1
kid's items...															
Kids Grilled Cheese (kid's size grinder)	366	152.8	17.0	8.4	0.0	50	781	33	2	1	19	570	2	389	0
Peanut Butter and Jelly (kid's size grinder)	311	84.3	9.4	1.7	0.0	0	430	48	2	15	10	29	0	16	1
Kid's Turkey Grinder (kid's size grinder)	300	65.8	7.3	2.6	0.0	45	1026	36	2	3	21	493	4	148	1
Kid's Ham and Cheese Grinder (kid's size grinder)	308	77.2	8.6	3.7	0.0	43	1338	37	2	4	20	493	4	148	1
8" Kid's cheese pizza (serving size: 1/2 pizza)	278	72.2	8.0	3.4	0.0	20	707	38	2	3	13	581	5	187	1
Kids Ravioli (kid's size portion)	249	116.5	12.9	7.6	0.0	34	750	16	4	9	8	553	6	113	3
Kids Spaghetti (kid's size portion)	253	60.6	6.7	1.1	0.0	45	463	37	2	7	10	553	3	44	3
salads...															
Chef Salad (Yield: 1 salad)	518	277.0	30.8	14.5	0.0	135	1863	21	5	10	41	5918	51	428	2
Chicken Salad (Yield: 1 salad)	473	196.0	21.8	11.2	0.0	137	1431	21	5	9	48	6021	64	462	3
Greek Salad (Yield: 1 salad)	399	245.6	27.3	12.8	0.0	76	1488	18	4	11	15	5669	50	441	2
Side Salad (Yield: 1 salad)	154	84.0	9.3	5.1	0.0	30	197	9	2	4	9	2959	26	217	1
Taco Salad (Yield: 1 salad)	871	477.9	53.1	19.1	1.2	111	1974	57	11	8	40	6618	33	560	4
Veggie Salad (Yield: 1 salad)	363	208.9	23.2	10.2	0.0	61	573	18	5	9	19	5971	64	432	1

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favorites...															
Garlic Cheese Bread (half size grinder)	797	379.7	42.2	13.8	5.0	59	1640	68	3	2	31	769	0	542	1
side of pizza sauce (3 oz)	48	2.6	0.3	0.0	0.0	0	281	10	2	7	2	941	14	18	1
side of ranch (3 oz)	487	448.4	49.8	22.2	0.0	62	406	8	2	8	0	300	0	12	0
side of pasta meat sauce (3 oz)	63	18.5	2.1	0.6	0.0	5	342	7	1	5	4	415	2	25	1
Butter Parmesan Sticks (Yield: 12 pieces; 1 order)	1614	847.5	94.2	18.4	12.8	11	2556	155	6	4	33	3370	0	187	2
{Butter Parmesan Sticks per stick/ piece}	134	71	8	2	1	1	213	13	1	0	3	281	0	16	0
french fries (8 oz)	347	84.0	9.3	1.3	0.0	0	987	59	3	0	5	0	6	53	1
Nacho Supreme (1 order)	1356	741.0	82.3	30.5	1.9	175	3031	91	13	5	61	2305	10	1085	5
deserts...															
Cinnamon Sticks (18 small sticks; 1 order)	1809	817.4	90.8	16.1	12.8	0	2400	214	8	60	29	3154	0	81	2
{Cinnamon Sticks per stick/ piece}	100	45	5	1	1	0	133	12	0	3	2	175	0	4	0
Brownie, Fudge, Kitchen Sink (1 brownie)	390	162.0	18.0	7.0	0.0	70	220	56	2	45	5	100	0	40	3
Brownies, Wild Fudge, Iced (1 brownie)	370	153.0	17.0	3.5	0.0	70	220	54	3	41	5	100	0	20	2
Brownies, Wild Fudge, Plain (1 brownie)	370	144.0	16.0	4.0	0.0	90	250	54	3	41	6	100	0	20	3
Cookies, Chocolate Chip (1 cookie)	270	126.0	14.0	8.0	0.0	10	190	33	1	21	2	300	0	0	1
Cookies, Oatmeal Raisin (1 cookie)	260	135.0	15.0	7.0	0.0	5	220	31	2	18	2	400	0	20	1
Cookies, Peanut Butter (1 cookie)	260	126.0	14.0	6.0	0.0	15	250	31	0	21	4	300	0	20	1
Cookies, Wh Choc Macadamia (1 cookie)	270	135.0	15.0	8.0	0.0	10	200	32	0	20	2	300	0	20	1