

Food Item	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Chol. (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
	(Oz.)														

Oven-Baked Pasta and Specialty Pasta																
Cheesy Baked Ziti	15	670	240	27	15	1	90	1630	71	7	12	34	35	25	60	25
Baked Spaghetti	15.5	640	190	22	12	0.5	75	1340	80	7	13	29	40	30	50	25
Baked Spaghetti with Meatballs	18.5	890	350	39	20	1	130	2040	86	7	13	41	45	35	60	35
Penne with Creamy Basil Chicken	19.3	980	460	51	25	1	185	2400	72	4	9	51	35	10	80	25
Penne Romano	17.3	880	390	44	20	1	125	2460	76	7	12	44	40	25	60	30
Chicken Parmigano	21.3	920	290	32	14	1	120	2420	106	8	15	51	45	35	60	35
Four Cheese Lasagna	17.4	1000	440	49	27	0.5	210	2560	79	5	9	59	35	10	90	35
Twice-Baked Lasagna	18.4	700	350	39	20	0.5	115	2420	47	6	11	41	50	35	70	30
Chicken Broccoli Penne	22.3	930	380	42	24	0.5	185	2410	77	6	11	54	30	60	80	25
Chicken Carbonara	18.3	820	250	28	13	0	25	1900	88	4	9	45	10	15	25	25
Pick Your Pasta																
Spaghetti, Fettuccine, Penne or Bowtie																
with Marinara	18.2	560	25	2.5	0	0	0	970	111	9	17	19	40	40	0	35
with Meat Sauce	19.4	680	100	12	3.5	0	20	1640	113	10	17	28	35	35	4	40
with Alfredo	17.8	800	240	26	15	0	75	1480	108	5	11	26	15	0	30	25
Whole Wheat Penne																
with Marinara	18.2	560	25	2.5	0	0	0	970	111	16	17	19	40	40	0	35
with Meat Sauce	19.4	680	100	12	3.5	0	20	1640	113	17	17	28	35	35	4	40
with Alfredo	17.8	800	240	26	15	0	75	1480	108	12	11	26	15	0	30	25
Ravioli																
with Marinara	13.8	450	130	15	8	0	80	1500	56	6	15	22	60	40	35	20
with Meat Sauce	15.2	570	210	24	12	1	100	2190	58	7	15	32	60	40	40	25
with Alfredo	14.1	710	360	40	24	0	155	2450	55	2	9	30	40	0	70	8
Samplers																
Ultimate Sampler	28.6	1150	270	29	13	1	70	2810	166	12	21	50	35	45	30	50
Italian Sampler	25.0	980	260	29	12	0	115	2100	122	9	17	51	35	45	35	40
Roasted Chicken Platter	16.2	600	220	24	5	0	95	1370	49	5	8	42	30	70	15	25
Classic Sampler	21.6	890	230	25	11	.5	65	2270	122	9	16	39	25	35	30	35
Pasta Toppings																
Roasted Chicken	3.6	110	25	3	0	0	60	570	1	0	0	20	2	0	0	6
Meatballs	3.0	250	160	18	8	0	55	700	6	1	1	13	4	4	8	10
Sliced Italian Sausage	2.0	200	150	16	5	0	40	680	3	0	1	10	0	0	2	4
Broccoli	3.0	25	0	0	0	0	0	10	5	3	1	3	15	60	2	2
Broccoli and Fire-Roasted Tomatoes	4.0	35	0	0	0	0	0	85	5	2	3	1	2	60	2	0
Fazoli's® Pizza																
Cheese Slice	4.0	290	100	12	6	0	35	730	32	2	2	14	8	2	25	10
Pepperoni Slice	4.2	300	110	13	6	0	30	810	32	2	2	14	6	2	20	10
Flatbread Pidas																
Fazoli's® Original	12.0	770	400	45	14	0	90	2430	57	3	9	31	20	15	35	25
Club Italiano	12.2	690	290	33	10	0	90	2480	58	3	10	35	20	15	35	35
Smoked Turkey Basil	12.0	650	310	35	10	0	80	2140	54	3	5	32	20	15	35	50
Chicken Pesto	15.4	920	540	60	14	0.5	115	1920	56	5	7	38	80	20	45	30
Italian BLT	11.3	810	440	48	15	0	90	1440	53	4	6	28	70	20	45	20
Vegetable Fresco	13.0	590	260	29	12	0	60	1670	60	5	10	22	80	40	50	25
Oven-Baked Submarinos®																
Fazoli's® Original	12.8	880	440	49	14	0	90	2880	70	3	8	34	15	25	25	25
Club Italiano	13.0	800	340	38	11	0	90	2900	71	3	9	39	15	15	25	40
Smoked Turkey Basil	12.8	750	340	37	10	0	80	2550	68	3	5	36	20	15	30	60
Chicken Pesto	13.8	880	470	52	13	0.5	85	2160	69	5	6	36	50	20	35	30
Italian BLT	10.8	810	370	42	14	0	80	1780	65	4	5	31	40	15	35	28
Vegetable Fresco	12.4	660	280	31	12	0	60	1950	72	5	8	25	50	35	40	25
Ultimate Meatball Smasher	13.7	1070	580	65	22	0.5	125	2970	76	4	7	40	25	15	30	35

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	(Oz.)														

Kids Meals																
Spaghetti with Marinara Sauce	7.7	220	10	1	0	0	0	330	43	3	6	7	15	15	0	15
Spaghetti with Meat Sauce	7.2	260	35	4	1	0	5	560	44	4	6	10	10	10	2	15
Spaghetti with Meatballs	7.8	300	60	7	2.5	0	20	570	45	3	6	12	15	15	2	15
Fettuccine Alfredo	6.5	290	70	8	4.5	0	20	470	42	2	4	8	4	0	8	8
Cheese Pizza	4.0	290	100	12	6	0	35	730	32	2	2	14	8	2	25	10
Pepperoni Pizza	4.2	300	110	13	6	0	30	810	32	2	2	14	6	2	20	10
Breadsticks & Extras																
Garlic Breadstick (1 each)	1.7	150	60	7	1.5	0	0	290	20	1	1	3	0	2	4	4
Breadstick, Dry (1 each)	1.4	100	15	2	0	0	0	160	20	0	1	3	0	2	4	4
Toasted Ravioli (Six)	6.7	340	70	8	4	0	45	1220	54	4	6	14	25	30	15	15
Toasted Ravioli (Twelve)	13.5	690	150	16	8	0	90	2450	108	8	12	28	50	60	30	25
Fresh Chopped Salads (with Dressing)																
Pasta Ranch Italia																
(Tossed with Ranch)	18.8	780	450	50	14	0	120	2270	44	4	13	39	150	30	35	15
Fazoli's® Italian House																
(Tossed with Red Wine Vinaigrette)	15.7	600	400	45	16	0	105	2880	16	5	9	27	150	70	35	30
Cherry Almond Chicken																
(Tossed with Cherry Vinaigrette)	12.7	490	230	26	6	0	85	1160	38	5	31	28	150	35	25	15
Country Caesar																
(Tossed with Creamy Caesar)	16	780	460	51	12	0	100	1830	48	5	7	37	150	35	35	20
Citrus Apple & Roasted Chicken																
(Tossed with Italian Citrus)	14.0	510	270	30	9	0	95	1700	30	6	20	31	140	30	35	15
Side Chopped Salad																
(Dressing excluded)	5	60	30	3.5	2	0	10	130	5	2	3	4	100	30	10	4
Salad Dressings																
House Italian	1.5	160	130	14	2	0	0	760	7	0	7	0	0	0	0	2
Fat Free Italian	1.5	25	0	0	0	0	0	390	6	0	3	0	2	2	0	0
Creamy Caesar	1.5	230	220	25	4	0	45	350	1	0	0	1	0	0	0	0
Red Wine Vinaigrette	1.5	110	90	10	1.5	0	0	410	3	0	2	0	0	0	0	0
Honey French	1.5	220	160	18	3	0	0	310	14	0	13	0	0	0	0	0
Cherry Vinaigrette	1.5	100	72	8	1	0	0	180	6	0	6	0	0	0	0	0
Lite Ranch	1.5	120	110	12	2	0	5	350	2	0	1	1	0	0	0	0
Ranch	1.5	220	210	24	4	0	10	420	2	0	2	1	0	0	0	0
Italian Citrus	1.5	110	81	9	1.5	0	0	590	7	0	6	0	0	3.6	0	0
Croutons (Pack)	0.5	70	25	3	0	0	0	100	8	0	0	2	0	0	0	20
Pasta (400 calories or less)																
Chicken Mushroom Alfredo Bake	9.5	400	150	17	9	0	75	1070	37	2	4	23	15	10	25	10
Three Cheese Baked Ravioli	6.5	340	170	19	11	0	80	940	26	2	4	17	25	6	40	6
Chicken Penne & Peppers	10.1	340	110	12	5	0	55	920	37	5	6	21	15	25	15	15
Flatbread Pizza (500 calories or less)																
Chicken Broccoli Florentine	9.4	500	170	19	9	0	75	1440	53	3	5	27	20	10	40	20
Tuscan Chicken	10.6	480	150	17	7	0	65	1570	55	4	7	26	25	70	35	25
Drinks																
Italian Lemon Ice - Regular	14.0	170	0	0	0	0	0	15	46	0	46	0	0	0	0	0
Italian Lemon Ice - Large	20.0	250	0	0	0	0	0	20	65	0	65	0	0	0	0	0
Italian Lemon Ice with Strawberry	20.0	270	0	0	0	0	0	55	70	0	70	0	0	15	0	0
Sweet Treats																
NY Style Cheesecake with Strawberry Topping	6.3	630	410	45	26	1	160	630	49	1	32	8	30	15	8	4
Turtle Cheesecake	5.7	590	330	37	17	0	95	330	56	2	34	7	20	0	4	8
Chocolate Layer Cake	6.8	700	350	38	17	0.5	60	550	87	4	63	7	10	0	6	40
Chocolate Chunk Cookie	4.0	510	230	26	15	0	75	350	68	3	39	5	15	0	2	15

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