Food Item	Serving Size (Oz.)	Calories	Calories From Fat	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 (%)
Oven-Baked Pasta and Specialty Pasta																
Cheesy Baked Ziti	15.0	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
Stuffed Pizza Stick Pepperoni	4.2	280	80	9	4	0	20	560	35	2	3	14	6	8	20	10
Stuffed Pizza Stick Cheese	4.2	240	70	8	4	0	15	480	35	2	3	14	6	8	20	10
Flatbread Piadas																
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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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)*	16.0	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)*	5.0	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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