

Healthy Combos

Create over 100 combinations under 500 calories

1/2 Salad

- Raspberry Spinach** - Spinach with granny smith apples, almonds, mandarin oranges and our FF Raspberry Vinaigrette *169 Cal., 9g Fat, 22g Carb., 3g Protein*
- Asian Chicken** - Romaine lettuce, chicken, black olives, cucumbers and low-fat Asian ginger-sesame dressing *181 Cal., 1g Fat, 19g Carb., 14g Protein*
- Summer** - Mixed greens, cucumbers, tomatoes, green peppers and cheddar cheese with our FF Balsamic Vinaigrette *189 Cal., 9g Fat, 21g Carb., 7g Protein*

1/2 Sandwich

- Turkey** - Oven roasted FF turkey breast, fresh tomatoes, shredded lettuce and reduced calorie mayonnaise served on a wheat sub roll *198 Cal., 6g Fat, 26g Carb., 11.6g Protein*
- Veggie Lover** - Fresh green peppers, tomatoes, mushrooms, red onions and FF balsamic vinaigrette served on a wheat sub roll *169 Cal., 0g Fat, 29g Carb., 2g Protein*
- Chicken Parmesan** - Roasted chicken breast, marinara sauce and a dusting of imported Parmesan cheese and part skim mozzarella served on a wheat sub roll *235 Cal., 8g Fat, 24g Carb., 23g Protein*

1/2 Pasta

- Classic Spaghetti** - Spaghetti noodles and our homemade marinara sauce *293 Cal., 15g Fat, 49g Carb., 8g Protein*
- Scampi Diavolo** - Our spicy diavolo sauce with shrimp and fresh basil *303 Cal., 15g Fat, 45g Carb., 12g Protein*
- Lemon Burst w/Chicken Breast** - Spaghetti noodles with chicken breast, green peppers, onions, red peppers, with lemon oil sauce *323 Cal., 16g Fat, 45g Carb., 22g Protein*

1/2 Pizza

- Mushroom Spinach** - Our homemade pizza sauce with sliced mushrooms, spinach and oregano dusted with low fat skim mozzarella cheese *239 Cal., 11g Fat, 24g Carb., 13g Protein*
- Fresh Tomato Basil and Garlic** - Our homemade pizza sauce, tomatoes, fresh basil and garlic dusted with low fat skim mozzarella cheese *239 Cal., 9g Fat, 27g Carb., 11g Protein*
- Veggie** - Our homemade pizza sauce with fresh green peppers, red onions, mushrooms and oregano dusted with low fat skim mozzarella cheese *323 Cal., 16g Fat, 25g Carb., 22g Protein*

Cup of Soup

- Broccoli and Cheddar**
262 Cal., 16g Fat, 18g Carb., 11g Protein
- Roasted Tomato Basil**
225 Cal., 15g Fat, 19g Carb., 2.5g Protein



Combo Menu

- Single Item** **\$4.50**
- 2 Item Combo** **\$8.00**
- 3 Item Combo** **\$12.00**

Combos do not include garlic bread or sides

Extras

- Chips \$1 Garlic bread \$1 Chocolate chip cookie \$1
- Cottage cheese \$1.50 Fruit salad \$1.50

Name _____ Here/ To go

1/2 Sandwich

Oven toasted

Choose a bread

- White sub roll Wheat sub roll Gluten-free baguette +\$1.00

Italian Sub

Shaved black forest ham, salami, pepperoni, provolone, tomatoes, marinated onions, shredded lettuce and mayo

Smoked Turkey

Smoked turkey breast, bacon, goat cheese, shredded lettuce and mayo

Club Paradiso

Smoked turkey breast, black forest ham, pepperoni, bacon, mozzarella and cheddar cheese, topped with shredded lettuce and mayo

Philly Steak

Tender Italian beef, mushrooms, green peppers, red onions, mozzarella and provolone

Mario's Meatball

A generous portion of meatballs with our homemade marinara sauce, fresh basil, shredded mozzarella and imported Parmesan

Chicken Carbonara

Creamy alfredo sauce, grilled chicken breast, bacon, mozzarella and shredded lettuce

Italian BLT

Bacon, tomatoes, fresh basil, provolone, Parmesan, topped with shredded lettuce and mayo

Bianco Chicken

Grilled chicken breast, olive oil, garlic, artichokes, black olives, tomatoes and provolone

Cup of Soup

- Tomato Basil Broccoli Cheddar Loaded Baked Potato

1/2 Salad

Choose a lettuce

- Romaine Spinach Mix of both

Premium toppings

(Add \$1.50 each)

- Turkey breast Spicy chicken
 Grilled chicken Pepperoni
 Bacon Hard-boiled egg
 Ham Goat cheese

Choose up to 4 toppings

- Grape tomatoes Feta Fresh green apple
 Red onions Broccoli Pineapple
 Mushrooms Roasted red peppers Mandarin oranges
 Green peppers Black olives Mozzarella
 Cucumbers Artichokes Croutons
 Sun dried cranberries Parmesan Almonds
 Cheddar Banana peppers

Choose a dressing

- Ranch Creamy Caesar
 French Honey mustard
 Asian ginger sesame (low-fat) Balsamic vinaigrette FF
 Raspberry vinaigrette FF Oil and red wine vinegar FF

FF = Fat Free

1/2 Pasta

Choose a noodle

- Fettuccini Cavatappi Spaghetti Cheese Tortellini + \$.50

Choose a sauce

- Marinara Creamy pesto
 Alfredo Diavolo (spicy marinara)
 Pesto Three cheese
 Creamy marinara Extra virgin olive oil
 Cajun alfredo Cajun pesto
 Lemon Butter Butter

Premium toppings

(add \$1.50 each)

- Meatballs Shrimp
 Grilled chicken Bacon
 Italian sausage Pepperoni
 Spicy chicken Hard boiled egg

Choose up to 4 toppings

- Fresh garlic Green apple Fresh spinach
 Fresh basil Red onions Pineapple
 Artichokes Banana peppers Mushrooms
 Green peppers Tomatoes Roasted red peppers
 Broccoli Black olives

1/2 Pizza

Choose a crust

- Classic Gluten free +\$.50

Choose a sauce

- Tomato Olive oil & garlic Ranch
 Barbecue Pesto Alfredo

Premium toppings

(add \$1.50 each)

- Meatballs Salami
 Grilled chicken Shrimp
 Ham Bacon
 Italian sausage Pepperoni
 Spicy chicken Goat cheese

Choose up to 4 toppings

- Fresh garlic Green apple Green peppers
 Fresh basil Broccoli Roasted red peppers
 Fresh spinach Pineapple Tomatoes
 Banana peppers Mushrooms Oregano
 Black olives Red onions
 Artichokes Marinated onions

Choose a cheese

- Mozzarella Mozzarella & feta
 Mozzarella & cheddar Mozzarella & Parmesan