

Nutrition and Allergen Information

Soups and Salads									
Menu item	Size	calories	sat fat (g)	trans fat (g)	sodium (mg)	total carb (g)	fiber (g)	protein (g)	allergens*
Caesar Salad	Side	350	6	0	740	15	2	6	WESMF
	Regular	720	11	0	1490	34	5	13	
Chicken Balsamico Salad	Regular	730	8	0	1350	72	6	28	WSM
Chicken Caesar Salad	Kids	420	7	0	1090	16	1	22	WESMF
	Regular	930	13	0	2150	39	5	38	
Chopped Chicken and Pasta Salad	Regular	1010	13	0	2060	87	6	49	WSM
Papa's Salad	Side	280	5	0	610	12	1	3	M
	Regular	560	9	0	1110	28	3	7	
	Family	1130	19	0	2220	55	7	14	
Tuscan Chicken Salad-Crispy	Regular	730	11	0	1870	52	6	29	WESMT
Tuscan Chicken Salad-Grilled	Regular	590	8	0	1820	34	5	42	WSMT
Sicilian Steak Salad	Regular	1010	18	0	1820	64	7	44	WEM
Steak Caesar Salad	Regular	1030	20	0	1630	34	5	40	WESMF
Chicken Florentine Soup	Bowl	190	0	0	500	30	2	15	WSM
Italian Wedding Soup	Bowl	150	1	0	970	15	2	11	WEM
Minestrone Soup	Bowl	140	0	0	1310	22	7	7	W
Pasta Fagioli Soup	Bowl	150	1	0	680	22	5	8	WES
Tomato Bisque	Bowl	410	12	0	1410	29	3	6	WSM

Appetizers									
Menu item	Size	calories	sat fat (g)	trans fat (g)	sodium (mg)	total carb (g)	fiber (g)	protein (g)	allergens*
Baked Goat Cheese		1100	37	3.5	1930	61	4	35	WSM
Bruschetta	Regular	830	19	3.5	1670	62	4	16	WSM
	Family	1750	39	7	3510	126	9	33	
Calamari Fritti	Regular	610	10	0	1110	31	2	53	WEMF
	Family	1200	20	0	2180	59	3	104	
Crab Stuffed Mushrooms		890	32	6	1850	25	1	28	WSM
Garlic Cheese Toast		1060	25	2.5	2160	104	5	52	WSM
Mussels Arrabiatta		950	10	0.5	1990	37	1	72	WSMF
Papa's Trio		1380	36	5	2750	69	5	53	WESMF
Pepperoni Bread		1880	59	0	6320	50	2	96	WESM
Scampi App		540	18	5	1180	15	1	11	WSMF
Spinach Artichoke Dip		1640	52	6	3280	121	18	62	WSM

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Pastas, Pizzas and Calzones									
Menu item	Size	calories	sat fat (g)	trans fat (g)	sodium (mg)	total carb (g)	fiber (g)	protein (g)	allergens*
Baked Cheese Ravioli	Lunch	910	27	0	1700	85	6	39	WESM
	Dinner	1360	40	0.5	2390	125	9	61	
Lasagna Marinara	Lunch	290	5	0	810	30	2	14	WEM
	Dinner	560	10	0	1350	58	3	28	
Lasagna Meat Sauce	Lunch	330	6	0	910	30	2	19	WESM
	Dinner	610	12	0	1480	58	3	34	
Spaghetti Marinara	Lunch	320	0	0	730	60	4	12	W
	Dinner	450	0	0	1010	85	6	16	
Spaghetti Meat Sauce	Lunch	360	1.5	0	83	60	4	16	WS
	Dinner	500	2	0	1140	85	6	22	
Spaghetti and Meatballs	Lunch	790	12	1.5	1840	71	6	52	WEM
	Dinner	920	12	1.5	2100	96	8	57	
Pizza Barbeque		630	15	0	1740	45	2	48	WESM
Pizza Bianca		660	19	0	1290	38	2	43	WESM
Pizza Four Seasons		680	19	0	2030	46	6	46	WESM
Pizza Margherita		450	9	0	790	55	8	21	WESMTP
Pizza Pesto Chicken		1000	28	0	2660	42	3	69	WESM
Pizza Sausage and Pepper		530	13	0	1430	45	4	40	WESM
Broccoli Chicken Calzone		620	11	0	1760	48	5	55	WESM
Florentine Calzone		620	11	0	1610	49	5	52	WESM
Portobella Calzone		850	21	0	1770	50	5	42	WESM
Sausage and Pepper Calzone		760	22	0	2180	43	3	50	WESM
Three Meat Calzone		1380	44	0	4610	45	2	78	WESM

Sandwiches (nutrition information does not include steak fries)									
Menu item	Size	calories	sat fat (g)	trans fat (g)	sodium (mg)	total carb (g)	fiber (g)	protein (g)	
Chicken Italiana		870	13	0	2920	85	3	61	WESM
Grilled Chicken Panini		780	7	0	2330	87	6	61	WEM
Italian Beef		530	4	2	1840	55	5	47	WM
Italian Club Sandwich		1460	32	2.5	4270	106	5	58	WSM
Portobella Panini		950	15	0	2000	93	7	36	WM
Steak Fries Portion		390	3	0	280	50	5	6	NONE*

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Entrées and Specialties									
Menu item	Size	calories	sat fat (g)	trans fat (g)	sodium (mg)	total carb (g)	fiber (g)	protein (g)	allergens*
Baci & Prosciutto	Lunch	1040	34	1	2090	50	6	36	WESM
	Dinner	1270	42	1.5	2260	66	8	44	
Baked Penne	Lunch	730	14	0	1470	84	5	41	WSM
	Dinner	930	15	0	1810	117	7	50	
Butternut Squash Ravioli	Lunch	760	8	0	1780	78	11	22	WESMF
	Dinner	900	8	0	1870	106	16	27	
Chicken Arrabiata	Lunch	680	0	0	1900	69	3	78	WSM
	Dinner	700	0	0	2030	70	3	79	
Chicken Marsala	Lunch	750	5	0	1450	90	2	31	WSMF
	Dinner	1350	9	0	2310	166	4	52	
Chicken Parmesean	Lunch	1000	14	0	2800	105	8	67	WESM
	Dinner	1410	24	0	3970	129	9	98	
Chicken Picatta	Lunch	1040	19	3.5	1600	74	12	28	WSM
	Dinner	1420	33	7	2290	85	12	37	
Chicken Scallopini	Lunch	1110	26	4	1280	86	2	32	WSM
	Dinner	1790	50	8	2210	100	2	44	
Chicken Vesuvio		930	22	4.5	1110	46	7	14	SM
Country Penne	Lunch	1330	33	6	2700	94	6	44	WSM
	Dinner	1430	33	6	2890	115	7	47	
Eggplant Parmesean	Lunch	800	10	0	1430	94	8	30	WESM
	Dinner	930	11	0	1700	106	10	33	
Fettuccine Alfredo	Lunch	650	13	0	370	91	4	22	WESM
	Dinner	940	18	0.5	370	135	6	32	
Fettuccine with Prosciutto & Asparagus	Lunch	1010	30	1	1000	85	5	32	WSM
	Dinner	1410	40	1.5	1230	120	7	40	
Fusilli and Shrimp	Lunch	1040	21	4.5	1200	81	6	24	WSMF
	Dinner	1210	21	4.5	1320	113	7	33	
Gnocci Bolognese	Lunch	620	11	0	2010	33	3	37	WESM
	Dinner	960	17	0	2850	49	4	53	
Grilled Chicken Fettuccine	Lunch	1020	23	0.5	830	97	5	46	WESM
	Dinner	1470	31	1	1210	143	8	60	
Grilled Pork Chops		1740	36	0	4030	55	8	131	WSM
Grilled Rib Eye		1440	25	0	3730	91	9	103	WSM
Italian Combo	Meat	1260	23	0	3330	114	7	91	WESM
	Marinara	1220	22	0	3230	114	7	87	
Linguini and Clams	Lunch	950	19	0.5	520	84	4	27	WSMF
	Dinner	1280	25	1	570	122	5	39	

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Menu item	Size	calories	sat fat (g)	trans fat (g)	sodium (mg)	total carb (g)	fiber (g)	protein (g)	allergens*
Linguini Pescatore		1460	23	4.5	2300	127	6	57	WSMF
Pasta Con Pollo	Lunch	1120	61	1	860	99	5	46	WESM
	Dinner	1610	44	1.5	1150	128	6	57	
Penne alla Amatriciana	Lunch	1080	9	0	2040	108	9	48	W
	Dinner	1420	11	0	2580	132	10	72	
Penne alla Vodka	Lunch	710	10	0	610	89	4	17	WSM
	Dinner	1060	12	0	840	132	7	25	
Penne Carbonara	Lunch	890	18	0	700	97	5	30	WSM
	Dinner	1320	25	0.5	990	144	7	41	
Penne del Bosco	Lunch	1200	24	0.5	1920	106	6	48	WSM
	Dinner	1520	31	1	2530	129	7	73	
Penne Valencia	Lunch	1150	26	3.5	1630	90	4	52	WSM
	Dinner	1300	28	3.5	1880	114	6	57	
Penne with Chicken and Broccoli	Lunch	1180	34	1	1190	105	9	59	WSM
	Dinner	1620	46	1.5	1660	156	14	76	
Petite Rib Eyes		1100	15	0.5	2290	83	16	56	SMF
Rigatoni al Forno		1330	25	0	1720	154	10	59	WM
Rigatoni alla Vodka	Lunch	920	12	0	1000	91	5	23	WSMF
	Dinner	1150	12	0	1260	135	7	33	
Rigatoni and Braised Beef	Lunch	1140	25	0	1360	91	5	47	WSM
	Dinner	1830	43	0	1920	116	6	72	
Rigatoni Fra Diavlo	Lunch	940	17	0	820	94	6	23	WSMF
	Dinner	950	17	0	1120	95	6	25	
Rotini and Crabmeat	Lunch	1000	19	4.5	1320	91	5	37	WSMF
	Dinner	1120	19	4.5	1590	112	6	42	
Salmon Festiva		1630	31	6	1250	133	25	51	WESMF
Salmone Alla Griglia		1660	29	4.5	660	89	4	64	WSMF
Salmone Limone		1480	31	4	1190	25	2	92	N/A
Sauteed Tilapia		1610	20	3.5	980	146	6	87	WSMF
Scampi and Scallops		1220	21	4.5	1740	71	2	55	SMF
Short Ribs & Mac & Cheese		980	34	0.5	960	52	3	37	WSM

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Menu item	Size	calories	sat fat (g)	trans fat (g)	sodium (mg)	total carb (g)	fiber (g)	protein (g)	allergens*
Shrimp & Angel Hair	Lunch	780	4.5	0	1090	86	3	21	WF
	Dinner	1170	9	0	1440	109	4	29	
Shrimp Farfalle	Lunch	1000	19	4.5	1280	95	5	28	WESMF
	Dinner	1280	22	4.5	1830	120	6	34	
Shrimp Fettuccine Alfredo	Lunch	1090	23	0.5	640	106	9	34	WSMF
	Dinner	1400	31	1	970	139	12	48	
Shrimp Fettuccine Marinara	Lunch	660	5	0	1030	90	5	24	WMF
	Dinner	980	10	0	1730	114	7	35	
Shrimp Penne Alfredo	Lunch	880	17	0	740	97	5	32	WSMF
	Dinner	1220	24	0.5	1150	123	6	43	
Shrimp Primavera	Lunch	680	3.5	0	730	98	9	25	WMF
	Dinner	820	3.5	0	1040	123	11	33	
Shrimp Ravioli	Lunch	1040	31	5	2300	40	7	23	WESMF
	Dinner	1170	32	5	2770	53	8	31	
Spaghetti Calabrese	Dinner	1170	11	0	1790	116	8	48	W
Spaghetti Chicken Primavera	Lunch	620	2.5	0	1090	75	8	36	W
	Dinner	890	4.5	0	1200	102	10	42	
Spaghetti Diavolo	Lunch	980	22	0	1400	73	12	33	WM
	Dinner	1240	25	0	2100	102	17	52	
Spaghetti Romana	Lunch	570	2.5	0	940	83	19	23	WF
	Dinner	890	5	0	1400	120	27	33	
Tenderloin Madeira		1320	25	0	1360	57	5	57	SM
Tri Color Tortellini	Lunch	1170	30	0.5	1850	93	5	55	WESM
	Dinner	1830	55	1.5	2610	142	7	77	
Veal Marsala		1170	23	0	1280	76	2	42	WSMF
Veal Parmesean		1080	29	0	1430	61	6	50	WEM
Veal Picatta		1360	43	6	1200	34	5	34	WSM
Veal Tortelacci		1020	15	0	1100	97	4	27	WESMF
Vegetable Primavera	Lunch	560	3	0	1090	74	9	17	WM
	Dinner	890	6	0	1500	102	11	23	
Wild Mushroom Fettuccine	Lunch	1190	35	1.5	840	94	5	26	WESM
	Dinner	1600	47	1.5	1180	119	6	36	

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Spiedini and Sizzlelini Specialities									
Menu item	Size	calories	sat fat (g)	trans fat (g)	sodium (mg)	total carb (g)	fiber (g)	protein (g)	allergens*
Chicken Spiedini & Mac & Cheese		870	20	0.5	1810	56	4	59	WSM
Chicken Spiedini & Penne Vodka		760	7	0	1510	63	5	52	WSM
Steak Spiedini & Mac & Cheese		850	24	0.5	1390	51	3	40	WSM
Steak Spiedini & Penne Vodka		740	12	0	1090	58	4	32	WSM
Chicken Sizzlelini	Single	1220	9	0	1660	89	7	56	WSM
	Double	2020	16	0	2670	137	11	85	
Combo Sizzlelini	Single	1250	12	0	1730	90	7	50	WSM
	Double	2170	21	0	3230	140	11	92	
Sausage Sizzlelini	Single	1280	14	0	1810	91	7	44	W
	Double	2100	24	0	2900	140	11	66	
Shrimp Sizzlelini		1060	9	0	1160	88	7	24	WF
Steak Sizzlelini		1720	29	0	970	87	7	74	W
Steak and Mushroom Sizzlelini		1400	19	0	910	92	8	47	W

Sides									
Menu item	Size	calories	sat fat (g)	trans fat (g)	sodium (mg)	total carb (g)	fiber (g)	protein (g)	allergens*
Chianti Mushrooms		130	1.5	0	200	7	1	2	SM
Italian Vegetables	Acc	190	2.5	0	290	11	4	2	SM
	Side	390	5	0	580	21	7	4	SM
Meatballs		740	18	2.5	2080	20	3	62	EM
Sausage and Peppers		720	18	0	2060	11	1	33	NONE*
Tuscan Potatoes	Acc	670	20	0	870	42	4	21	SM
	Side	1340	39	0.5	1750	83	8	41	SM

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Noodle Gang Meals									
Menu item	Size	calories	sat fat (g)	trans fat (g)	sodium (mg)	total carb (g)	fiber (g)	protein (g)	allergens*
Kid Cheese Ravioli	KID	560	10	0	1260	75	6	24	WESM
Kid Chicken Tenders (with steak fries)	KID	1210	12	0	860	96	8	29	WESM
Kid Macaroni and Cheese	KID	1180	43	1.5	1480	97	4	39	WSM
Kid Penne	KID	430	0	0	370	87	4	16	W
Kid Pizza	KID	420	11	0	1150	38	2	31	WSM
Kid Spaghetti Butter and Cheese	KID	480	7	0	460	35	2	9	WSM
Kid Spaghetti and Meatball	KID	570	6	1	1200	69	5	33	WESM
Noodle Gang Sundae	KID	420	11	0	160	50	1	7	WESM

Desserts									
Menu item	Size	calories	sat fat (g)	trans fat (g)	sodium (mg)	total carb (g)	fiber (g)	protein (g)	allergens*
Cannolis		390	12	0	110	42	0	8	WESMT
Carmel Pecan Cheesecake		1210	36	2	750	104	4	18	WESMPT
Italian Chocolate Cake		880	22	0	230	122	3	13	WEM
Lemon Tango		700	21	0	260	91	0	9	WESMPT
Raspberry Cheesecake		870	33	2	650	77	3	15	WESMPT
Spumoni		830	26	0	400	97	1	12	MTP
Tiramisu		630	19	0	105	81	1	6	WESMPT
Warm Apple Crumble		890	15	0	200	152	7	10	WESMPT

Specialty Drinks									
Menu item	Size	calories	sat fat (g)	trans fat (g)	sodium (mg)	total carb (g)	fiber (g)	protein (g)	allergens*
Classic Peach Bellini		250	0	0	10	39	2	1	N/A
Cosmopolitan		290	0	0	0	10	0	0	N/A
Godiva Chocolate Martini		280	0	0	0	4	0	3	N/A
Green Apple Bellini		330	0	0	10	53	3	1	N/A
Lemon Drop Martini		260	0	0	0	10	0	0	N/A
Papa's Martini		250	1	0	150	1	0	1	N/A
Raspberry Bellini		310	0	0	10	45	2	0	N/A
Tiramisu Martini		610	7	0	35	44	0	1	N/A

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