Ricotta Basil Baked Penne  $10.99 | 720 cals
penne noodles, pomodoro tomato sauce, basil, mozzarella cheese, & ricotta cheese

Carbonara Baked Rigatoni  $10.99 | 780 cals
rigatoni noodles, lemon cream sauce, bacon & peas

Italian Chicken Salad  $10.99 | 510 cals
greens, apples, fennel, rosemary chicken, sunflower seeds, parmesan cheese & lemon garlic dressing

Sides
Garlic Bread  $1.80 | 130 cals

Adults and youth (ages 13 and older) need an average of 2,000 calories a day and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.
Create Your Own Pasta

$11.49 | 400-1010 cals

Pick Your Pasta
penne [390 cals] or rigatoni [210 cals]

Pick Your Sauce
pomodoro tomato [60 cals] or lemon cream [220 cals]

Pick Your Protein
rosemary chicken breast [110 cals], braised beef ragu [230 cals]
or italian sausage [190 cals]

Pick 2 Vegetables
mushrooms [10 cals], kale [10 cals], roasted tomatoes [35 cals],
roasted eggplant [20 cals], or roasted red peppers [20 cals]

Pick 2 Garnishes
crispy chickpeas [50 cals], parmesan cheese [20 cals],
herb oil [40 cals] or parsley [0 cals]