

MONICAL'S PIZZA®

STARTERS	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Breadsticks (plain)	1 stick	152.2	2.8	0.5	27.4	1.0	3.7	0.0	10.0
Nacho Cheese	3 fl oz	148.5	12.0	6.0	2.7	0.0	5.4	27.0	837.0
Cheddar Cheese	3 fl oz	105.0	7.5	3.0	6.0	0.0	3.0	7.5	555.0
Tomato Sauce	3 fl oz	74.0	4.1	0.7	7.5	1.7	1.8	0.0	420.0
Hot Wings (w/o Ranch)	3	210.0	13.0	3.5	2.0	1.0	19.0	55.0	590.0
Plain Mild Cheddar Cheese Fries	1 lb of fries	1129.0	52.8	16.8	147.0	16.2	16.8	15.0	2676.0
w/ toppings		1319.5	66.0	19.8	148.6	17.2	26.8	49.0	3400.6
Plain Nacho Cheese Fries	1 lb of fries	1216.0	61.8	22.9	140.4	16.2	21.6	54.0	3240.0
w/ toppings		1406.5	75.0	25.9	142.0	17.2	31.6	88.0	3964.0
Pepperollies (w/o marinara)	3	1355.0	30.0	15.0	109.0	4.8	38.0	72.6	1227.0

Sauces & Dips (served w. Chicken Tenders)	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
BBQ	3 oz.	63.8	1.5	0.2	10.9	1.0	1.5	0.0	693.2
Honey Mustard	3 oz.	398.7	12.8		3.4		0.0		530.7
Ranch	3 oz.	151.4	14.1	11.3	4.0	0.0	2.8	4.3	40.8
Red Hot Buffalo	3 oz.	34.0	0.9	0.0	5.2	0.3	1.2	0.0	551.1

Updated 03/08

A Health & Nutrition representative compiled this nutrition information from the following data: Nutrition analysis from Monical's Pizza® Restaurant approved food manufacturers and an independent laboratory. The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to the season of the year, use of an alternate supplier, minor differences in product assembly per restaurant and other factors. Except for limited time offerings or test market items, menu products as of this posting are included on this site. Product data is based on current formulations as of date of posting.

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SALADS	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Individual Garden Salad	1 salad	90.6	4.8	2.9	7.0	2.3	4.7	13.5	106.7
Chef Salad	1 salad	425.1	19.9	10.6	16.9	6.3	45.4	123.3	1102.7
Southwest Chicken Salad	1 salad	705.2	47.0	18.3	30.5	5.2	42.4	141.8	1063.4
Pecan Grilled Chicken Salad	1 salad	620.0	14.0	4.0	46.0	13.0	66.0	80.0	2290.0

DRESSINGS	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Monical's® Sweet & Tart	2 Tbsp	130.0	10.0	1.5	9.0	0.0	0.0	5.0	250.0
1000 Island	2 Tbsp	130.0	12.0	1.5	5.0	0.0	0.0	10.0	240.0
Creamy Italian	2 Tbsp	110.0	9.0	1.5	6.0	0.0	0.0	0.0	290.0
Creamy Italian Lite	2 Tbsp	50.0	0.0	0.0	9.0	0.0	0.0	0.0	420.0
Ranch	2 Tbsp	140.0	15.0	2.5	0.0	0.0	0.0	10.0	260.0
Fat Free Vinaigrette	2 Tbsp	20.0	0.0	0.0	5.0	0.0	0.0	0.0	390.0

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SANDWICHES (W/O CHIPS)	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
8" Bread	Individual	380.0	6.0	1.5	68.0	3.0	13.0	0.3	133.8

Sandwich Ingredients:

Hot Sicilian	Reg. Sub	918.6	45.1	16.9	57.7	2.4	70.0	178.8	4597.2
Italian Beef	Reg. Sub	579.6	21.1	7.9	57.7	2.4	42.0	88.8	1553.2
BBQ Chicken	Reg. Sub	1000.0	37.0	14.0	107.0	2.0	60.0	115.0	3530.0
Turkey Sub	Reg. Sub	541.6	12.1	5.9	60.7	2.4	45.0	75.8	3271.2

Sides of:

Pepperoncinis	3	17.6	0.0	0.0	7.1	3.5	0.0	0.0	810.5
Marinara Sauce	2 oz.	39.2	0.9	0.1	6.7	1.3	1.1	0.0	315.0

Potato Chips

See bag for nutritional information as results may vary by location.

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PASTA	Serving Size	Total Kcal	Total Fat (g)	Sat. Fat (g)	Carb (g)	Fiber (g)	Protein (g)	Chol (mg)	Sodium (mg)
Lasagna	Individual	700.0	36.0	18.0	63.0	5.0	31.0	120.0	1420.0
Tortellini	Individual	400.0	12.0	4.0	58.0	4.0	16.0	45.0	1234.0
Baked Ravioli	Individual	1430.0	95.0	43.0	88.0	8.0	59.0	280.0	2690.0
Spaghetti	Individual	450.0	7.0	1.0	80.0	2.0	15.0	0.0	1279.0
Meatballs	3	230.0	18.0	7.0	5.0	0.0	13.0	45.0	570.0
Supreme (premium blend)	Individual	134.0	9.0	6.0	1.0	0.0	11.0	30.0	240.0
Garlic Stick	2	408.0	1.0	0.4	83.0	3.0	13.0	0.0	331.0

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