

Bertucci's Menu Nutritionals - April 2015

Dinner Rolls	Menu Item	Serving Size	Calories	Fat (g)	Fat-S (g)	Pro (g)	Carb (g)	Fiber (g)	Sod (mg)
	Dinner Roll	1 roll	140	1.5	0	4	28	1	40
Starters	Menu Item	Serving Size	Calories	Fat (g)	Fat-S (g)	Pro (g)	Carb (g)	Fiber (g)	Sod (mg)
	Brick Oven Spinach and Artichoke Dip	1 Serving	660	33	17	24	72	6	740
	Garlic Knots with Sauce	1 Serving	860	49	16	14	90	4	820
	Garlic Knots without Sauce	1 Serving	830	48	16	13	86	3	630
	Classic Bruschetta	1 Serving	330	32	3.5	3	10	3	850
	Mozzarella Fritta	1 Serving	630	33	14	27	54	5	1930
	Bertucci's Sampler	1 Serving	1040	63	26	64	57	7	2860
	Roasted Tuscan Vegetables	1 Serving	320	28	3	6	16	6	840
	Antipasto	1 Serving	860	46	17	36	79	7	1320
	Tuscan Chicken Wings	1 Serving	530	38	9	37	10	1	230
	BBQ Chicken Wings	1 Serving	650	32	9	36	51	-	1170
	Buffalo Chicken Wings	1 Serving	800	67	16	38	10	1	1840
Menuccis	Menu Item	Serving Size	Calories	Fat (g)	Fat-S (g)	Pro (g)	Carb (g)	Fiber (g)	Sod (mg)
	Margherita	Whole	630	28	10	22	73	4	860
	Cheese	Whole	590	24	8	20	73	3	910
	Sporkie	Whole	760	38	15	29	75	3	1180
	Pesto Chicken	Whole	810	42	12	32	75	3	1340
	Roasted Eggplant	Whole	610	26	8	21	74	4	910
Starter Salads	Menu Item	Serving Size	Calories	Fat (g)	Fat-S (g)	Pro (g)	Carb (g)	Fiber (g)	Sod (mg)
	Add Grilled Chicken	1 Serving	170	7	0.5	25	1	0	350
	Add Grilled Shrimp	1 Serving	120	4.5	0	19	1	0	230
	Add Grilled Salmon*	1 Serving	250	15	3	27	0	0	400
	Add Crab Cake	1 Serving	380	28	4	15	15	1	750
	Insalata (without dressing)	1 Serving	150	6	2.5	7	21	5	320
	Chopped	1 Serving	310	26	6	4	7	2	860
	Spinach, Goat Cheese and Candied Walnuts	1 Serving	680	51	12	9	24	6	960
	Caesar	1 Serving	570	40	10	18	33	5	500
Entrée Salads	Menu Item	Serving Size	Calories	Fat (g)	Fat-S (g)	Pro (g)	Carb (g)	Fiber (g)	Sod (mg)
	Grilled Chicken Chopped	1 Serving	610	52	13	8	12	3	1710
	Spinach, Goat Cheese, Candied Walnuts with Shrimp	1 Serving	590	36	9	16	59	14	680
	Grilled Chicken Caesar	1 Serving	810	55	12	43	34	5	920
	Grilled Chicken Cobb Salad	1 Serving	790	59	12	39	17	7	1810
	Farmhouse	1 Serving	490	37	15	20	25	7	630
Classics	Menu Item	Serving Size	Calories	Fat (g)	Fat-S (g)	Pro (g)	Carb (g)	Fiber (g)	Sod (mg)
	Chicken Parma	1 Serving	1330	49	20	95	126	7	3020
	Roasted Eggplant Pomodoro	1 Serving	1050	50	15	40	113	15	2540

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	Sautéed Chicken Piccata	1 Serving	1310	65	26	76	106	6	2640
	Lasagna Rustica	1 Serving	1410	73	34	71	122	7	3290
Specialties	Menu Item	Serving Size	Calories	Fat (g)	Fat-S (g)	Pro (g)	Carb (g)	Fiber (g)	Sod (mg)
	Grilled Chicken Marsala	1 Serving	1000	72	14	61	20	3	720
	Cod Puttanesca	1 Serving	1440	80	1.5	46	135	14	790
	Shrimp Scampi	1 Serving	1250	70	15	53	102	5	1590
	Maryland Style Crab Cakes	1 Serving	1200	91	11	35	56	5	1650
	Grilled Salmon*	1 Serving	680	42	5	49	25	4	640
Pasta	Menu Item	Serving Size	Calories	Fat (g)	Fat-S (g)	Pro (g)	Carb (g)	Fiber (g)	Sod (mg)
	Fettuccine Alfredo	1 Serving	1000	44	25	39	110	7	2710
	Rigatoni Abruzzi	1 Serving	900	38	10	31	111	8	1350
	Rigatoni, Broccoli and Chicken	1 Serving	870	25	13	50	112	10	1050
	Four Cheese Ravioli	1 Serving	950	29	16	54	118	7	2110
	Spaghetti with Meatballs	1 Serving	1880	84	35	86	198	11	3740
	Spaghetti with Pomodoro Sauce	1 Serving	1470	47	18	69	196	13	2830
	Jambalaya Fettuccine	1 Serving	1020	42	7	61	95	8	1780
	Baked Tortellini and Chicken Gratinati	1 Serving	1210	67	34	75	77	5	4120
	Shrimp Rossini	1 Serving	1070	32	10	61	131	6	1520
	Chicken Scampi	1 Serving	1360	72	15	75	100	5	1890
	Chicken Domani	1 Serving	1260	62	24	73	107	7	2500
Brick Oven Pizza	Menu Item	Serving Size	Calories	Fat (g)	Fat-S (g)	Pro (g)	Carb (g)	Fiber (g)	Sod (mg)
	Margherita	Small - Whole	980	43	16	35	115	6	1040
		Large - Whole	2230	88	33	78	282	13	2050
		Small - Slice	250	11	4	9	29	1	260
		Large - Slice	280	11	4	10	35	2	260
	Balsamic BBQ Shrimp and Blue Cheese	Small - Whole	1080	42	15	54	120	6	1440
		Large - Whole	2560	96	36	128	288	128	3280
		Small - Slice	180	7	2.5	9	20	1	240
		Large - Slice	320	12	4.5	16	36	16	410
	Sporkie	Small - Whole	1240	64	24	45	121	6	1900
		Large - Whole	2730	127	50	100	297	13	3830
		Small - Slice	310	16	6	11	30	1	470
		Large - Slice	340	16	6	13	37	2	480
	Verde	Small - Whole	1220	68	24	42	111	4	1090
		Large - Whole	2710	138	49	92	276	11	2120
		Small - Slice	310	17	6	11	28	1	270
		Large - Slice	340	17	6	11	34	1	270
	Bertucci	Small - Whole	1160	57	20	42	119	6	2230

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		Large - Whole	2610	119	42	93	291	13	4490
		Small - Slice	290	14	5	10	30	1	560
		Large - Slice	330	15	5	12	36	2	560
	Silano	Small - Whole	1200	51	18	55	132	11	2690
		Large - Whole	2810	117	42	128	319	24	5810
		Small - Slice	300	13	4.5	14	33	3	670
		Large - Slice	350	15	5	16	40	3	730
	Ultimate Bertucci	Small - Whole	1300	64	21	60	123	7	3140
		Large - Whole	3020	142	49	137	300	15	6700
		Small - Slice	330	16	5	15	31	2	780
		Large - Slice	380	18	6	17	37	2	840
	Veggie	Large - Whole	2460	102	28	82	308	21	3940
		Large - Slice	310	13	3.5	10	39	3	490
	Pucillo	Small - Whole	1210	58	18	42	131	8	2080
		Large - Whole	2840	131	44	103	316	19	4590
		Small - Slice	300	15	4.5	11	33	2	520
		Large - Slice	360	16	5	13	40	2	570
	Spicy Salami	Whole	1500	112	36	66	120	6	2760
		Whole	3440	184	80	152	288	16	5920
		Slice	250	14	6	11	20	1	460
		Slice	430	23	10	19	36	2	740
	BBQ Chicken	Small Slice	170	4.5	1.5	8	25	1	340
		Large Slice	310	8	3	14	45	1	570
Craft Your Own Pizza	Menu Item	Serving Size	Calories	Fat (g)	Fat-S (g)	Pro (g)	Carb (g)	Fiber (g)	Sod (mg)
	Craft Your Own	Small - Whole	880	34	10	28	115	6	1360
		Large - Whole	2200	82	27	74	288	13	3140
		Small - Slice	220	8	2.5	7	29	1	340
		Large - Slice	270	10	3.5	9	36	2	390
Lunch Entrees	Menu Item	Serving Size	Calories	Fat (g)	Fat-S (g)	Pro (g)	Carb (g)	Fiber (g)	Sod (mg)
	Four Cheese Ravioli	1 Serving	650	19	10	37	82	5	1430
	Spaghetti with Meatballs	1 Serving	980	23	7	38	154	6	1480
	Fettuccine Alfredo	1 Serving	870	43	25	34	88	5	2550
	Rigatoni Abruzzi	1 Serving	700	35	8	22	75	5	990
	Rigatoni, Broccoli & Chicken	1 Serving	750	32	18	41	73	4	980
	Chicken Parma Casserole	1 Serving	930	29	11	63	104	5	1730
	Sautéed Chicken Piccata	1 Serving	720	28	7	49	70	4	1770
Calzones	Menu Item	Serving Size	Calories	Fat (g)	Fat-S (g)	Pro (g)	Carb (g)	Fiber (g)	Sod (mg)
	Silano	1 Serving	790	31	13	45	82	5	2070
	Meatball	1 Serving	970	48	21	46	92	7	2050

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	Tuscan Vegetable	1 Serving	850	44	14	29	85	7	1440
	Craft Your Own	1 Serving	680	28	13	27	80	4	1040
Focaccia Sandwiches	Menu Item	Serving Size	Calories	Fat (g)	Fat-S (g)	Pro (g)	Carb (g)	Fiber (g)	Sod (mg)
	Grilled Rosemary Chicken	1 Serving	760	35	4.5	37	72	4	580
	Chicken Milanese	1 Serving	670	20	4	32	89	4	930
	Grilled Portobello	1 Serving	700	40	8	14	70	4	290
	Meatball	1 Serving	910	39	17	44	97	7	2300
	Grilled Sausage and Pepper	1 Serving	870	45	13	31	85	5	1560
	Delicato	1 Serving	1080	62	21	43	84	5	2530
Sides	Menu Item	Serving Size	Calories	Fat (g)	Fat-S (g)	Pro (g)	Carb (g)	Fiber (g)	Sod (mg)
	Roasted Meatballs w/House Made Pomodoro	1 Serving	340	22	9	21	17	3	1280
	Roasted Green Beans	1 Serving	80	7	0	1	3	1	5
	Roasted Rosemary Potatoes	1 Serving	570	32	0	8	64	6	45
	Side Insalata (without dressing)	1 Serving	80	3	1.5	4	12	3	180
	Side Caesar	1 Serving	260	19	4	7	16	2	170
Soups	Menu Item	Serving Size	Calories	Fat (g)	Fat-S (g)	Pro (g)	Carb (g)	Fiber (g)	Sod (mg)
	Tuscan Minestrone Soup (cup)	1 Serving	100	2.5	1.5	6	14	2	640
	Tuscan Minestrone Soup (bowl)	1 Serving	220	6	3	12	28	3	1330
	Sausage Soup (cup)	1 Serving	120	6	2.5	4	10	1	610
	Sausage Soup (bowl)	1 Serving	230	12	4.5	9	20	1	1220
	Soup and Insalata(with dressing)	1 Serving	410	20	6	16	41	6	1690
	Soup and Caesar (with dressing)	1 Serving	450	28	8	15	32	3	1420
Dessert	Menu Item	Serving Size	Calories	Fat (g)	Fat-S (g)	Pro (g)	Carb (g)	Fiber (g)	Sod (mg)
	Warm Chocolate Chip Cookie with Gelato	1 Serving	760	36	17	9	105	3	410
	Five Layer Chocolate Cake	1 Serving	700	46	20	7	72	4	260
	Cheesecake	1 Serving	510	29	16	10	52	1	420
Kid's Menu	Menu Item	Serving Size	Calories	Fat (g)	Fat-S (g)	Pro (g)	Carb (g)	Fiber (g)	Sod (mg)
	Kid's 4 Cheese Ravioli w/ Butter	1 Serving	340	18	11	14	30	1	340
	Kid's 4 Cheese Ravioli w/ Pasta Sauce	1 Serving	290	8	4	16	38	3	710
	Kid's 4 Cheese Ravioli w/ Butter add chicken	1 Serving	490	23	12	31	39	1	540
	Kid's 4 Cheese Ravioli w/ Pasta Sauce add chicken	1 Serving	440	13	4.5	33	47	3	910
	Kid's Grilled Chicken & Rigatoni w/ Pasta Sauce	1 Serving	520	8	3	38	71	5	610
	Kid's Grilled Chicken & Rigatoni w/ Butter	1 Serving	470	7	3	36	63	3	230
	Spaghetti with Meatballs, KIDS PORTION	1 Serving	530	13	4.5	23	82	5	900
	Kids Focaccia	1 Serving	600	23	11	26	74	3	890
	Kid's Macaroni & Cheese	1 Serving	500	14	8	11	78	3	710
	Kid's Rigatoni w/ Butter	1 Serving	400	13	7	11	62	3	60
	Kid's Rigatoni w/ Pasta Sauce	1 Serving	350	2.5	0	13	71	5	430

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	Kid's Chicken and Rigatoni w/ Butter	1 Serving	550	18	8	27	71	3	260
	Kid's Chicken and Rigatoni w/ Pasta Sauce	1 Serving	500	10	1	32	82	5	670
	Kid's Cheese Pizza	1 Serving	680	24	12	29	87	4	980
	Kid's Pepperoni Pizza	1 Serving	740	30	14	31	88	4	1170
	Kid's Grilled Chicken with Broccoli	1 Serving	190	7	4	28	5	3	180
	Kid's Crispy Chicken with Broccoli	1 Serving	320	21	3.5	21	15	3	300
	Kid's Milk	1 Serving	100	2.5	1.5	8	12	0	105
Catering	Menu Item	Serving Size	Calories	Fat (g)	Fat-S (g)	Pro (g)	Carb (g)	Fiber (g)	Sod (mg)
	Chicken Parma	1 Serving	22	44	17	85	109	8	1850
	Sauteed Chicken Piccata	1 Serving	1070	42	14	68	105	3	1700
	Chicken Domani	1 Serving	1260	62	24	73	107	7	2500
	Grilled Chicken Marsala	1 Serving	1000	72	14	61	20	3	720
	Spaghetti Pomodoro-Dinner	1 Serving	475	5	1.5	17.5	89	4.5	575
	Spaghetti Bolognese-Dinner	1 Serving	660	22	9.5	25	89	3.5	950
	Spaghetti w/ Meatballs w/ Pomodoro Sauce	1 Serving	735	23.5	9	34.5	98	6.5	1415
	Spaghetti w/ Meatballs w/ Bolognese Sauce	1 Serving	940	42	17.5	43	99	5.5	1870
	Shrimp Rossini	1 Serving	535	16	5	30.5	65.5	3	760
	Fettuccine Alfredo	1 Serving	545	22.5	13	16	70	3	865
	Fettuccine Alfredo w/Asparagus	1 Serving	555	22.5	13	17	72	4	875
	Fettucine Alfredo w/ Chicken & Asparagus	1 Serving	600	22	12.5	29	71	4.5	790
	Fettucine Alfredo w/ Shrimp & Asparagus	1 Serving	605	20.5	11.5	33.5	71	4	830
	Rigatoni Abruzzi	1 Serving	450	19	5	15.5	55.5	4	675
	Baked Tortellini & Chicken Gratinati	1 Serving	605	33.5	17	37.5	38.5	2.5	2060
	Rigatoni Broccoli & Chicken w/ Wine Sauce	1 Serving	435	12.5	6.5	25	56	5	525
	Rlgatoni Broccoli & Chicken w/ Cream Sauce	1 Serving	480	17	9	25	58	5	610
	Rigatoni Broccoli & Shrimp w/ Wine Sauce	1 Serving	445	11.5	5	30	56.5	5	565
	Rigatoni Broccoli & Shrimp w/ Cream Sauce	1 Serving	485	15.5	8	29.5	58.5	5	645
	Lasagna Rustica	1 Serving	655	32.5	14.5	32	59.5	3.5	1480
	Insalata	1 Serving							
	<i>with grilled chicken</i>		80	6.5	1.5	16	5.5	2.5	210
	Caesar	1 Serving							
	<i>with grilled chicken</i>		140	6	2.5	15.5	5.5	2	290
	Grilled Chicken Chopped	1 Serving	335	25	5	18	9.5	6	1170
	Farmhouse	1 Serving	245	18.5	7.5	10	12.5	7	630
	Grilled Shrimp, Spinach and Feta	1 Serving	270	20	3.5	15	10.5	6	1100
	Meatballs with Pomodoro	8 Servings	165	11	4.5	10.5	8	2	619.5
	Tuscan Chicken Wings	8 Servings	265	19	4.5	18.5	5	0.5	115
	Vegetable Antipasto	8 Servings	305	27	6.5	8.5	10.5	4.5	715
	Roasted Tuscan Vegetables	8 Servings	135	12	2.5	2	6	2.5	250

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	Catering five layer cake	8 Serving	700	46	20	7	72	4	260
	Catering Cheesecake	8 Serving	940	68	39	0	67	1	660
	Catering Tiramisu	8 Serving	260	13	10	3	29	1	55
Dressings & Sauces	Menu Item	Serving Size	Calories	Fat (g)	Fat-S (g)	Pro (g)	Carb (g)	Fiber (g)	Sod (mg)
	Balsamic Nectar	1 fl oz	60	0	0	0	14	0	10
	Balsamic Marinade	1 fl oz	60	6	1	0	1	0	250
	Cheese Sauce	1 fl oz	90	2	1	0	15	0	610
	Flavored Oil	1 fl oz	170	19	3	1	1	0	55
	Lemon Pepper Cream Sauce	1 fl oz	40	3	2	1	2	0	180
	Marsala Sauce	1 fl oz	15	0	0	1	1	0	65
	Piccata Sauce	1 fl oz	15	1.5	0	0	1	0	70
	Roasted Tomato Sauce	1 fl oz	25	2	0	0	2	0	80
	Tomato Sauce w/ Oil	1 fl oz	40	3.5	0	0	2	0	180
	White Wine Sauce	1 fl oz	5	0	0	0	0	0	85
	Pomodoro Sauce	1 fl oz	15	0	0	0	2	0	95
	Balsamic Vinaigrette	1 fl oz	120	13	2	0	2	0	230
	Blue Cheese Dressing	1 fl oz	140	14	3	1	1	0	230
	Caesar Dressing	1 fl oz	120	12	2	1	1	0	388
	Lite-Burgundy Dressing	1 fl oz	20	0	0	0	2	0	280
	Italian Dressing	1 fl oz	110	12	2	0	1	0	200
	Lemon Dressing	1 fl oz	160	18	13	0	1	0	135
	Lemon-Thyme Vinaigrette	1 fl oz	160	18	13	0	1	0	135