

ITEMS	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
RUSSO'S															
Andrea's Specialty Neapolitan - per slice	160	60	7	2	0	15	280	16	1	1	7	15	10	4	6
Baked Ziti	700	210	23	12	0	65	1400	87	6	12	32	50	60	60	20
Bocconcini Salad	870	680	76	20	0	80	1440	24	6	8	25	280	50	70	20
Buffalo Chicken Pizza 12" - per slice	130	45	5	2.5	0	15	350	15	1	2	7	4	4	8	4
Buffalo Chicken Pizza 16" - per slice	270	90	10	4.5	0	35	700	31	2	3	15	8	8	15	10
Buffalo Chicken Pizza 28" - per slice	770	260	29	14	0	100	1960	84	5	10	42	25	30	50	25
Caesar Salad - Large	620	550	62	15	0	65	910	6	3	2	20	250	10	40	10
Caesar Salad - Small	390	360	41	8	0	35	360	3	2	1	8	130	6	15	6
Calamari Fritti	480	180	20	2.5	0	530	380	33	2	4	40	60	50	10	20
Cannelloni	840	290	32	14	0	195	2950	83	5	14	49	150	70	60	30
Caprese Pizza 12" - per slice	140	50	5	3	0	20	250	15	1	2	7	8	8	10	6
Caprese Pizza 16" - per slice	280	100	11	6	0	35	510	31	2	4	14	15	15	25	10
Caprese Pizza 28" - per slice	800	290	33	17	0	105	1600	85	5	12	41	50	50	70	25
Caprese Sandwich	1360	620	69	30	0	170	1850	114	6	7	65	60	25	140	40
Chicken Alfredo Pizza 12" - per slice	180	90	10	5	0	35	310	15	1	1	8	15	4	10	6
Chicken Alfredo Pizza 16" - per slice	360	170	19	11	0	70	630	30	3	2	16	30	10	20	10
Chicken Alfredo Pizza 28" - per 10 svgs	1080	580	64	37	1	235	1800	80	7	7	45	80	25	70	30
Chicken Marsala	1100	480	54	9	0	85	2110	87	6	4	47	2	6	6	25
Chicken Parmesan	1000	440	50	14	0	155	2220	89	6	15	49	60	70	45	30
Chicken Parmesan Sandwich (French Bread)	1000	290	32	14	0	135	2350	118	6	9	54	25	20	60	35
Chicken Parmesan Sandwich (Pizza dough)	1040	290	32	14	0	135	1970	130	6	9	55	25	20	60	45
Chicken Pesto Pasta	1540	1010	114	30	0	140	2750	81	8	4	58	40	35	60	30
Chicken Pesto Pasta Salad	750	400	45	13	0	90	2200	49	6	6	44	150	100	45	20
Chicken Picatta	830	210	23	4.5	0	85	2050	89	6	7	47	2	50	8	25
Chicken Portobello Sandwich	1170	490	55	18	0	130	2200	110	6	5	61	70	20	50	45
Chicken Puttanesca	940	370	41	7	0	65	2720	92	7	12	40	45	70	15	30
Chicken Rustica Pizza 12" - per slice	190	100	11	3.5	0	20	280	15	1	1	8	15	8	10	6
Chicken Rustica Pizza 16" - per slice	350	170	19	7	0	40	550	29	2	2	17	25	15	20	10
Chicken Rustica Pizza 28" - per slice	880	380	43	18	0	115	1440	77	5	6	46	70	35	60	30
Chicken Saltimbocca	1090	460	52	12	0	110	2410	82	6	3	55	110	30	30	30
Compari Neapolitan - 1 slice	140	45	5	1.5	0	10	300	17	1	2	6	10	10	6	6
Cucumber and Feta Salad	380	290	32	8	0	20	1040	13	3	5	9	20	25	20	6
Eggplant Parmesan	1140	660	76	15	0	125	1190	89	11	20	30	60	80	40	25
Eggplant Parmesan Sandwich - French Bread	1230	490	56	16	0	150	1780	133	11	15	47	30	30	50	35
Eggplant Parmesan Sandwich - Dough	1270	490	56	16	0	150	1400	145	12	16	48	30	30	50	50
Eggplant Rotolini	1280	870	98	38	0	245	1640	62	6	13	44	50	30	110	20
Fettuccini Alfredo	1160	750	83	39	0	175	1110	75	4	5	28	40	4	60	20
Focaccia Bread	190	40	4.5	1	0	5	300	31	2	1	7	2	0	4	10
Gabriella's Lasagna	880	440	49	23	0.5	180	1680	52	4	13	55	140	25	80	20
Garlic Bread	780	400	45	10	0	30	1410	68	3	6	25	15	25	25	20
Garlic Bread with Cheese	980	550	61	19	0	85	1820	70	3	6	39	25	25	60	20
Gnocchi Alla Piemontese	1110	580	65	24	0	165	3100	89	6	12	47	60	80	80	30
Gnocchi Bolognese	760	340	38	7	0	75	1610	86	7	9	21	50	160	15	30
Greek Calzone	1270	590	66	24	0	120	1800	114	6	8	52	70	35	80	40
Greek Pizza 12" - per slice	190	100	11	3.5	0	15	260	15	1	1	7	15	8	10	6
Greek Pizza 16" - per slice	350	170	19	6	0	30	500	29	2	2	13	25	15	20	10
Greek Pizza 28" - per slice	860	390	43	17	0	90	1340	77	5	6	38	70	35	60	30
Greek Salad - Large	330	190	21	6	0	20	4390	23	7	8	11	270	100	25	20
Greek Salad - Small	230	130	15	5	0	20	2810	14	4	5	9	140	60	20	10
Heart Healthy Pizza 12" - per slice	180	90	10	3	0	15	240	16	2	2	6	15	10	10	6
Heart Healthy Pizza 16" - per slice	330	150	16	5	0	25	460	33	3	4	13	25	20	20	10
Heart Healthy Pizza 28" - per slice	810	330	36	15	0	80	1230	85	8	9	37	70	45	60	30
House Salad - Large	240	140	16	1.5	0	0	3840	21	6	8	4	270	100	10	20
House Salad - Small	140	80	9	1	0	0	2410	12	4	5	2	140	60	8	10
Insalata Caprese	930	660	74	24	0	120	880	31	2	22	32	50	35	100	8
Italian Deli Sandwich w/French Bread	1150	460	52	18	0	145	6390	109	8	10	59	70	20	35	35
Italian Deli Sandwich w/Pizza Dough	1190	470	52	19	0	145	6010	121	8	11	61	70	20	35	50
Italian Works Pizza 12" - per slice	160	70	8	3.5	0	20	370	15	1	2	7	8	10	8	6
Italian Works Pizza 16" - per slice	320	140	15	7	0	40	740	30	1	3	15	20	25	15	10
Italian Works Pizza 28" - per slice	870	360	40	18	0	115	2050	83	4	10	41	50	60	60	30
Margherita Pizza 12" - per slice	160	80	10	3	0	15	170	14	1	1	6	4	2	8	4
Margherita Pizza 16" - per slice	300	140	16	5	0	25	330	27	1	1	11	6	4	15	10
Margherita Pizza 28" - per slice	750	320	36	15	0	80	930	72	3	3	33	20	8	50	25
Meatball Parmesan Sandwich (French Bread)	1040	320	36	14	0.5	170	2370	117	6	8	57	40	25	45	45
Meatball Parmesan Sandwich (Pizza Dough)	1080	320	36	14	0.5	170	1990	128	6	9	58	40	25	45	60
Mediterranean Salad - Large	530	310	35	14	0	75	4550	26	9	11	21	280	110	50	25
Mediterranean Salad - Small	330	200	22	7	0	40	3290	19	6	8	12	140	70	30	15
Minestrone Soup - Bowl	140	20	2.5	0	0	0	850	23	5	5	6	60	35	8	15
Minestrone Soup - Cup	80	10	1.5	0	0	0	490	13	3	4	35	20	4	10	
Mona Lisa Neapolitan - per slice	150	60	7	2.5	0	15	270	17	1	2	7	6	4	10	6
Mozzarella Cheese Sticks	1150	500	55	27	0	560	1980	93	5	8	64	35	0	120	45
Mozzarella Fritti	1650	980	112	33	0	560	2120	98	6	10	65	90	15	120	45
Mulberry Special Pizza 12" - per slice	190	90	10	4	0	35	540	15	1	2	10	4	4	10	8
Mulberry Special Pizza 16" - per slice	380	170	19	8	0	65	1050	30	2	3	20	10	10	20	15
Mulberry Special Pizza 28" - per slice	1010	450	50	22	0.5	170	2790	84	4	10	53	30	30	60	35
New England Clam Chowder - Bowl	720	510	57	34	1.5	265	920	29	2	9	25	60	15	30	30
New England Clam Chowder - Cup	360	260	28	17	0.5	135	460	14	1	5	13	30	6	15	15
New York Calzone	1260	510	57	29	0	170	2020	116	5	13	66	50	15	150	40
New York Village Pizza 12" - per slice	200	90	10	4	0	35	590	16	1	2	10	8	10	10	8
New York Village Pizza 16" - per slice	400	190	21	8	0	65	1150	32	2	4	20	15	25	20	15
New York Village Pizza 28" - per slice	1060	480	54	22	0.5	170	3030	87	4	11	53	50	60	60	40
Paisano Neapolitan - per slice	180	90	10	3	0	15	350	16	1	1	7	8	15	4	6
Pasta di Mare	940	350	40	6	0	275	1290	90	6	8	44	35	50	15	50
Pasta Flava	1140	660	74	29	0	145	1680	77	5	5	35	25	4	45	20
Pasta Pomodoro	740	240	27	4	0	0	1140	103	8	13					