

At Fazoli's®, we want to make sure you get the things you need and avoid the things you don't.

### Award-Winning Kid's Menu

Kids are special at Fazoli's. That's why we take extra care in planning meals that fit into a kid's active lifestyle. Our Spaghetti and Fettuccine Kid's Meals contain less fat than the average kid's cheeseburger and fries meal. No wonder then, that we were recognized by Restaurant Hospitality®, a full-service restaurant magazine, with Best Kids Menu in America award for the past three years.

### Trans Fat

Most fast food menus are packed full of trans fat. Fazoli's carefully chooses all of our ingredients to ensure that the majority of our menu items contain substantially reduced trans fat. In fact, our menu has over 50 choices with 0 grams trans fat.

### Fried Foods

You won't find many fried foods on the Fazoli's menu. Our motto is baked or boiled, not fried.

Visit [www.fazolis.com](http://www.fazolis.com) for location information and to join Fazoli's eFamily.



**fast.fresh.italian.**

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# Nutrition Guide



Food Item	Calories	Calories From Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Chol. (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Pasta Bowls</b>											
Spaghetti with Marinara - Small	450	25	2.5	0	0	0	770	88	7	10	15
Spaghetti with Marinara- Regular	670	35	4	0	0	0	1160	132	10	14	23
Spaghetti with Meat Sauce - Small	500	60	7	1.5	0	10	1020	87	7	9	20
Spaghetti with Meat Sauce - Regular	750	90	10	2.5	0	15	1530	131	10	14	29
Spaghetti with Alfredo - Small	520	110	12	4	0	15	1060	83	4	8	16
Spaghetti with Alfredo - Regular	780	160	18	6	0	25	1600	125	5	11	24
Penne with Marinara - Small	450	25	2.5	0	0	0	770	88	7	10	15
Penne with Marinara- Regular	670	35	4	0	0	0	1160	132	10	14	23
Penne with Meat Sauce - Small	500	60	7	1.5	0	10	1020	87	7	9	20
Penne with Meat Sauce - Regular	750	90	10	2.5	0	15	1530	131	10	14	29
Penne with Alfredo - Small	520	110	12	4	0	15	1060	83	4	8	16
Penne with Alfredo - Regular	780	160	18	6	0	25	1600	125	5	11	24
Fettuccine with Alfredo - Small	520	110	12	4	0	15	1060	83	4	8	16
Fettuccine with Alfredo - Regular	780	160	18	6	0	25	1600	125	5	11	24
Fettuccine with Marinara - Small	450	25	2.5	0	0	0	770	88	7	10	15
Fettuccine with Marinara- Regular	670	35	4	0	0	0	1160	132	10	14	23
Fettuccine with Meat Sauce - Small	500	60	7	1.5	0	10	1020	87	7	9	20
Fettuccine with Meat Sauce - Regular	750	90	10	2.5	0	15	1530	131	10	14	29
Ziti with Meat Sauce - Small	480	140	15	6	0.5	40	1430	65	6	9	23
Ziti with Meat Sauce - Regular	700	200	22	9	1	60	2190	95	10	14	34
Ravioli with Marinara Sauce	500	140	15	8	0	80	1210	71	7	10	22
Ravioli with Meat Sauce	550	180	20	10	0	90	1460	71	7	10	26
<b>Choose a Topping</b>											
Peppery Chicken	70	5	1	0	0	35	330	1	0	0	14
Meatballs	250	160	18	8	0	55	700	6	1	1	13
Garlic Shrimp	160	110	12	2.5	0	45	440	3	1	0	10
Italian Sausage	240	190	21	7	0	45	770	3	1	0	10
Broccoli	25	0	0	0	0	0	10	5	3	1	3
Broccoli and Tomatoes	30	0	0	0	0	0	10	6	3	2	3
<b>Sampler Platters</b>											
Ultimate Sampler	980	260	29	12	0	70	2780	134	11	17	43
Classic Sampler	810	220	25	10	0	55	2130	110	8	13	34
<b>Oven-Baked Pastas</b>											
Rigatoni Romano	1090	490	54	20	1	135	3180	101	11	13	51
Chicken Parmesan	960	290	33	11	0.5	115	2350	117	9	12	56
Meat Lasagna	510	230	25	12	0	70	1710	43	5	7	27
Baked Spaghetti	680	200	22	9	0.5	65	1480	90	7	10	32
Baked Spaghetti with Meatballs	940	360	40	17	1	120	2370	100	9	12	46
<b>Pizza</b>											
Cheese Slice	270	100	11	4	0.5	25	700	31	2	2	13
Pepperoni Slice	310	130	14	5	0.5	30	850	31	2	2	14
<b>Submarinos®</b>											
Original	940	520	58	17	0	95	3040	68	4	6	35
Club	730	310	34	10	0	75	2870	65	3	6	37
Ham n' Swiss	680	270	30	9	0	60	2440	65	3	6	34
Italian Beef	660	220	24	9	0	90	2320	68	3	7	46
<b>Panini</b>											
Grilled Chicken	540	170	18	4.5	0	80	1360	56	3	4	35
Smoked Turkey	620	260	29	11	0	95	2110	54	3	5	35
Four Cheese & Tomato	510	190	22	12	0.5	60	960	53	3	4	28

Food Item	Calories	Calories From Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Chol. (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Extras</b>											
Garlic Breadstick (1 each)	150	60	7	1.5	0	0	290	20	1	1	3
Breadstick, Dry (1 each)	100	15	2	0	0	0	160	20	0	1	3
<b>Salads</b>											
Chicken & Fruit	220	15	1.5	0	0	55	700	28	4	20	23
Chicken BLT Ranch	270	90	10	3.5	0	80	1060	13	4	5	31
Chicken & Pasta Caesar	440	130	15	3.5	0	65	1320	41	4	8	35
Parmesan Chicken	360	140	15	4.5	0	65	850	31	4	5	31
Garden Side Salad	25	5	0	0	0	0	30	4	3	2	2
Caesar Side Salad	40	20	2	1	0	5	70	4	2	1	4
Pasta Side Salad	320	110	12	2.5	0	5	620	41	1	7	11
<b>Salad Dressings &amp; Croutons</b>											
Italian	160	130	14	2	0	0	760	7	0	7	0
Fat Free Italian	25	0	0	0	0	0	390	6	0	3	0
Caesar	230	220	25	4	0	45	350	1	0	0	1
Fat Free Honey Mustard	60	0	0	0	0	0	350	15	1	14	0
Honey French	220	160	18	3	0	0	310	14	0	13	0
Ranch	220	210	24	4	0	10	420	2	0	2	1
Lite Ranch	120	110	12	2	0	5	350	2	0	1	1
Croutons (pack)	70	25	3	0	0	0	100	8	0	0	2
<b>Kids Meals</b>											
Spaghetti with Marinara Sauce	270	15	1.5	0	0	0	390	53	4	5	9
Spaghetti with Meat Sauce	300	30	3.5	1	0	5	520	53	4	5	11
Spaghetti with Meatballs	350	70	7	2.5	0	20	620	55	4	5	14
Fettuccine Alfredo	290	45	5	1.5	0	5	420	50	2	4	9
Meat Lasagna	260	120	13	6	0	35	880	21	2	4	14
Ravioli with Marinara Sauce	290	70	7	3.5	0	30	580	43	3	5	13
Ravioli with Meat Sauce	300	70	8	4	0	30	660	42	3	5	15
Ziti with Meat Sauce	190	60	6	2.5	0	15	710	25	3	4	9
Cheese Pizza	270	100	11	4	0.5	25	700	31	2	2	13
Pepperoni Pizza	310	130	14	5	0.5	30	850	31	2	2	14
<b>Drinks</b>											
Original Lemon Ice - Regular	180	0	0	0	0	0	15	45	0	45	0
Original Lemon Ice - Large	280	0	0	0	0	0	20	73	0	73	0
Lemon Ice - Strawberry	320	0	0	0	0	0	60	81	0	81	0
Lemon Ice - Pomegranate	360	0	0	0	0	0	20	90	0	90	0
Lemon Ice - Triple Berry	360	0	0	0	0	0	20	91	0	91	0
Lemon Ice - Peach	360	0	0	0	0	0	20	90	0	90	0
<b>Desserts</b>											
Original Cheesecake	290	198	22	14	0	95	220	17	0	17	6
Turtle Cheesecake	450	260	28	16	0	75	340	43	2	31	6
Chocolate Chunk Cookie	510	230	26	15	0	75	350	68	3	39	5

Don't see what you need? For the most current nutritional and ingredient information please visit [www.fazolis.com](http://www.fazolis.com).