

Avanti's Italian Restaurant - Pasta

Item	Nutritional Information														Allergens											
	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Eggs	Fish	MSG	Milk	Mushrooms	Peanut	Trans Fat	Tree Nut	Shellfish	Soy	Wheat & Gluten	
Small Spaghetti (Pasta Only)	10 oz	477	2	0	0	1132	95	5	7	16	0%	0%	2%	23%												
Large Spaghetti (Pasta Only)	14 oz	668	3	0	0	1585	134	6	10	22	0%	0%	3%	33%												
Child Spaghetti (Pasta Only)	5.5 oz	262	1	0	0	623	52	2	4	9	0%	0%	1%	13%												
Side Spaghetti (Pasta Only)	5.5 oz	262	1	0	0	623	52	2	4	9	0%	0%	1%	13%												
Small Mostaccioli (Pasta Only)	10 oz	483	2	0	0	3334	97	5	7	16	0%	0%	2%	24%												
Large Mostaccioli (Pasta Only)	14 oz	677	3	0	0	4668	135	6	10	23	0%	0%	3%	33%												
Child Mostaccioli (Pasta Only)	5.5 oz	266	1	0	0	1834	53	3	4	9	0%	0%	1%	13%												
Side Mostaccioli (Pasta Only)	5.5 oz	266	1	0	0	1834	53	3	4	9	0%	0%	1%	13%												
Small Tortellini (Pasta Only)	4.75 oz	283	6	2	31	566	46	1	2	12	5%	2%	7%	18%	•			•							•	•
Large Tortellini (Pasta Only)	7 oz	431	8	4	47	861	69	2	4	19	7%	4%	11%	28%	•			•							•	•
Child Tortellini (Pasta Only)	3.5 oz	215	4	2	23	431	35	1	2	9	4%	2%	6%	14%	•			•							•	•
Side Tortellini (Pasta Only)	3.5 oz	215	4	2	23	431	35	1	2	9	4%	2%	6%	14%	•			•							•	•
Small Cheese Ravioli (Pasta Only)	5 oz	265	9	5	82	306	35	2	3	13	8%	2%	20%	10%	•			•							•	•
Large Cheese Ravioli (Pasta Only)	7.5 oz	398	14	7	122	459	52	3	5	20	12%	3%	31%	15%	•			•							•	•
Child Cheese Ravioli (Pasta Only)	3.75 oz	199	7	3	61	229	26	2	2	10	6%	2%	15%	8%	•			•							•	•
Side Cheese Ravioli (Pasta Only)	3.75 oz	199	7	3	61	229	26	2	2	10	6%	2%	15%	8%	•			•							•	•
Fettuccini Alfredo	1 ea	859	46	25	135	3858	93	4	7	21	21%	0%	26%	22%			•	•							•	•
Chicken Parmigiana (Small)	1 ea	658	12	4	81	1537	93	8	14	48	27%	12%	20%	29%				•							•	•
Chicken Parmigiana (Large)	1 ea	1095	22	8	161	2549	143	11	22	87	38%	17%	35%	46%				•							•	•
Tender Dinner	1 ea	833	15	2	51	2279	123	8	14	47	23%	12%	7%	29%	•			•							•	•
Cod Loin Dinner (Small)	1 ea	720	42	13	91	2155	54	6	5	32	78%	37%	23%	46%		•	•	•				•			•	•
Cod Loin Dinner (Large)	1 ea	915	54	15	137	2488	55	7	5	52	86%	47%	29%	63%												
Lasagna (Pasta Only)	1 ea	515	27	14	137	736	35	4	8	43	27%	10%	95%	12%	•			•							•	•
Vegetable Lasagna (Pasta Only)	1 ea	478	25	16	92	772	38	2	6	23	61%	43%	61%	10%	•			•							•	•

This nutritional information is based on standard recipes and product formulas. Some variations may occur due to season, supplier, and minor differences in product assembly.

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Alfredo Sauce	6 oz	439	44	25	135	924	9	0	1	7	21%	0%	24%	1%			•	•							•	•
Marinara Sauce	7 oz	94	1	1	3	223	16	5	9	5	27%	14%	6%	6%				•							•	
Meat Sauce	7 oz	192	9	4	29	238	16	5	8	10	25%	12%	5%	10%			•	•							•	•
Pesto Alfredo Sauce	6 oz	543	55	26	137	1040	9	0	1	8	31%	0%	27%	2%			•	•		•					•	•
Pesto Sauce	2 tbl	173	18	2	3	193	1	1	0	1	17%	0%	5%	1%				•		•					•	
Cheese Sauce	7 oz	278	21	10	23	1500	17	0	5	8	11%	0%	31%	0%				•							•	
Chicken Breast	1 ea	168	6	2	70	338	2	0	1	26	1%	1%	1%	5%												
Breaded Chicken Breast	1 ea	200	8	1	35	600	15	0	0	17	0%	0%	0%	6%				•							•	•
Chicken Tenders	2 pcs	184	8	1	32	637	10	0	0	18	0%	0%	0%	0%	•			•								•
Cod Loin	1 ea	91	1	0	46	233	0	0	0	19	0%	2%	2%	2%		•										
Meatballs	2 ea	191	15	6	67	197	2	0	1	12	2%	2%	4%	8%	•		•									•

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