

Avanti's Italian Restaurant - Apps n Sides

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
Garlic Bread	1 ea	574	24	5	20	454	75	0	10	4	13%	4%	11%	1%	•			•						•	•
Garlic Bread w/ Mozzarella	1 ea	682	36	13	56	862	78	0	11	23	23%	4%	59%	1%	•			•						•	•
Wisconsin Cheese Soup (Bowl)	1 ea	275	15	8	38	1325	24	1	11	12	8%	5%	38%	5%				•						•	•
Cream of Broccoli Soup (Bowl)	1 ea	266	20	10	58	1123	13	2	5	12	29%	35%	29%	5%				•						•	•
Chicken Noodle Soup (Bowl)	1 ea	150	3	1	52	1158	22	1	1	7	29%	5%	2%	9%	•			•						•	•
Chili (Bowl)	1 ea	445	22	8	75	1350	33	9	9	25	17%	50%	8%	42%										•	•
Chili w/ Cheddar & Onions (Bowl)	1 ea	544	31	13	105	1444	32	9	11	32	23%	54%	29%	42%				•	•					•	•
Meatballs (4) w/ Meat Sauce	1 ea	492	34	13	151	531	14	3	6	29	18%	11%	10%	21%	•		•							•	•
French Fries Small w/ Ketchup	100g	231	5	1	0	1026	40	1	13	1	0%	0%	1%	2%										•	
French Fries Large w/ Ketchup	200g	463	9	1	0	2052	80	2	27	2	0%	0%	2%	4%										•	
Fried Mozzarella Sticks (4) w/ Marinara	1 ea	401	19	8	41	3096	43	4	12	18	20%	9%	43%	3%	•			•						•	•
Fried Mozzarella Sticks (6) w/ Marinara	1 ea	581	28	12	61	4596	61	5	16	26	20%	9%	63%	3%	•			•						•	•
Fried Buffalo Tenders (4)	1 ea	474	27	4	65	1372	19	0	0	37	2%	1%	0%	0%									•	•	•
Fried Buffalo Tenders (6)	1 ea	658	35	5	97	2010	29	0	0	55	2%	1%	0%	0%									•	•	•
Fried Mushrooms w/ Ranch Dressing	1 ea	677	53	9	32	1788	52	3	13	10	1%	0%	4%	11%	•		•	•	•					•	•
Fried Cheddar Cheese Balls 6oz	1 ea	441	25	16	63	2016	38	0	0	19	25%	0%	50%	0%				•						•	•
Fried Cheddar Cheese Balls 12oz	1 ea	882	50	31	126	4032	76	0	0	38	50%	0%	101%	0%				•						•	•
Chicken Tenders (4)	1 ea	367	15	2	65	1274	19	0	0	37	0%	0%	0%	0%									•	•	•
Chicken Tenders (6)	1 ea	551	23	3	97	1912	29	0	0	55	0%	0%	0%	0%									•	•	•
Fried Ravioli (8) w/ Marinara Sauce	1 ea	312	7	3	25	924	48	4	5	16	18%	9%	9%	15%	•			•						•	•
Fried Ravioli (10) w/ Marinara Sauce	1 ea	380	9	3	31	1132	59	4	6	20	20%	10%	11%	19%	•			•						•	•
Italian Bread-Loaf	1 ea	826	10	1	31	175	161	0	21	2	1%	8%	1%	1%	•									•	•
Whole Wheat Bread - Loaf	1 ea	743	9	2	1	373	143	13	21	27	2%	11%	11%	34%				•						•	•

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Bread Chips	1 oz	103	1	0	4	22	20	0	3	0	0%	1%	0%	0%	•									•	•	
Cheese Spread	1 oz	90	7	4	22	180	2	0	2	4	6%	0%	11%	0%				•							•	
Ruffles	1 bag	240	15	2	0	210	23	2	1	3	0%	15%	0%	4%												
Lay's BBQ Chips	1 bag	230	14	2	0	230	24	2	3	3	0%	10%	0%	4%				•								
Lay's Sour Cream & Onion Chips	1 bag	240	15	2	0	240	23	2	1	3	0%	15%	2%	4%				•								
Baked Lay's	1 bag	130	2	0	0	150	26	2	2	2	0%	4%	0%	2%										•		
Nacho Cheese Doritos	1 bag	240	14	2	0	360	28	2	1	3	2%	0%	2%	2%				•							•	
Harvest Cheddar Sun Chips	1 bag	210	2	1.5	0	320	27	4	3	4	0%	0%	2%	4%				•								
Meat Sauce Side	3 oz	82	4	2	13	102	7	2	3	4	11%	5%	2%	4%				•	•						•	•
Meat Sauce Pint	16 oz	439	20	8	67	545	37	11	18	24	58%	28%	12%	24%			•	•							•	•
Meat Sauce Quart	32 oz	877	40	16	134	1090	75	22	35	47	115%	56%	24%	47%			•	•							•	•
Marinara Sauce Side	3 oz	40	1	0	1	96	7	2	4	2	12%	6%	3%	3%				•							•	
Marinara Sauce Pint	16 oz	214	3	2	6	510	36	10	20	10	62%	31%	14%	14%				•							•	
Marinara Sauce Quart	32 oz	429	6	4	12	1020	71	21	39	21	124%	63%	28%	29%				•							•	
Alfredo Sauce Side	3 oz	220	22	12	67	462	4	0	1	3	11%	0%	12%	1%				•	•						•	•
Alfredo Sauce Pint	16 oz	1172	117	66	359	2465	23	0	4	18	56%	1%	63%	3%				•	•						•	•
Alfredo Sauce Quart	32 oz	2344	234	133	718	4929	46	0	7	36	113%	2%	126%	7%				•	•						•	•
Pesto Alfredo Sauce - Side	3 oz	272	27	13	68	520	5	0	1	4	16%	0%	13%	1%				•	•		•				•	•
Pesto Alfredo Sauce - Pint	16 oz	1449	146	70	364	2773	24	1	4	20	83%	1%	71%	5%				•	•		•				•	•
Pesto Alfredo Sauce - Quart	32 oz	2898	292	140	729	5546	48	2	7	40	166%	2%	143%	11%				•	•		•				•	•
Cheese Sauce - Side	3 oz	119	9	4	10	643	7	0	2	4	5%	0%	13%	0%				•							•	
Cheese Sauce - Pint	16 oz	636	48	23	54	3428	39	0	12	19	25%	1%	71%	0%				•							•	
Cheese Sauce - Quart	32 oz	1272	96	47	107	6857	79	0	24	38	51%	2%	141%	1%				•							•	
Pepperoncini Peppers	4 ea	13	0	0	0	609	3	1	0	0	0%	0%	0%	0%												
Giardiniera Peppers	2 oz	123	11	1	0	838	2	0	0	0	0%	0%	0%	0%											•	

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