

Avanti's Italian Restaurant - Gluten Free

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		
PASTAS																											
Gluten Free Fusilli (Pasta Only)	6 oz	233	1	0	0	42	51	1	0	5	0%	0%	2%	1%													
SAUCES																											
Marinara Sauce	7 oz	94	1	1	3	223	16	5	9	5	27%	14%	6%	6%				•								•	
Pesto Sauce	2 tbl	173	18	2	3	193	1	1	0	1	17%	0%	5%	1%				•		•		•				•	
Cheese Sauce	7 oz	308	23	11	26	1661	19	0	6	9	12%	1%	34%	0%				•								•	
PIZZAS																											
Small Cheese Pizza	1 Slice	104	6	3	17	326	13	1	2	7	6%	3%	16%	1%	•			•								•	
Small Avanti's Special	1 Slice	173	11	5	31	630	14	1	2	11	6%	6%	17%	2%	•			•	•							•	
Small Hawaiian Pizza	1 Slice	114	6	3	20	394	14	1	3	8	6%	4%	17%	1%	•			•								•	
Small BBQ Chicken Pizza	1 Slice	138	6	3	22	355	19	1	7	9	3%	2%	16%	1%	•			•								•	
Small Extra Cheese Pizza	1 Slice	122	8	4	23	394	13	1	2	11	7%	3%	24%	1%	•			•								•	
Small Sausage Pizza	1 Slice	167	11	4	28	582	14	1	2	11	6%	3%	17%	2%	•			•								•	
Small Pepperoni Pizza	1 Slice	134	8	4	23	441	13	1	2	8	6%	3%	17%	1%	•			•								•	
Small Ham Pizza	1 Slice	114	6	3	22	437	13	1	2	9	6%	3%	16%	1%	•			•								•	
Small Hamburger Pizza	1 Slice	154	10	4	30	341	13	1	2	10	6%	3%	17%	3%	•			•								•	
Small Chicken Pizza	1 Slice	128	7	3	26	364	14	1	2	11	6%	3%	17%	2%	•			•								•	
Small Bacon Pizza	1 Slice	154	10	4	27	528	13	1	2	10	6%	3%	16%	1%	•			•								•	
Small Mushroom Pizza	1 Slice	105	6	3	17	326	13	1	2	8	6%	3%	16%	1%	•			•	•							•	
Small Onion Pizza	1 Slice	106	6	3	17	326	14	1	2	7	6%	3%	17%	1%	•			•								•	
Small Green Pepper Pizza	1 Slice	105	6	3	17	326	13	1	2	7	6%	9%	16%	1%	•			•								•	
Small Green Olive Pizza	1 Slice	118	7	3	17	506	13	1	2	7	6%	3%	16%	1%	•			•								•	
Small Black Olive Pizza	1 Slice	118	7	3	17	392	13	1	2	7	6%	3%	16%	1%	•			•								•	
Small Pineapple Pizza	1 Slice	110	6	3	17	327	15	1	3	7	6%	4%	17%	1%	•			•								•	
Small Pepperoncini Pizza	1 Slice	107	6	3	17	449	14	1	2	7	6%	3%	16%	1%	•			•								•	
Small Tomato Pizza	1 Slice	105	6	3	17	326	13	1	2	7	6%	3%	16%	1%	•			•								•	
Small Pepperoni & Sausage Pizza	1 Slice	175	12	5	30	612	14	1	2	11	6%	3%	17%	2%	•			•								•	
Small Sausage & Mushroom Pizza	1 Slice	147	9	4	24	497	14	1	2	10	6%	3%	17%	2%	•			•	•							•	
Small Pepperoni & Mushroom Pizza	1 Slice	135	8	4	12	441	13	1	2	9	6%	3%	17%	1%	•			•	•							•	
Small Mushroom, Onion, and Green Pepper	1 Slice	106	6	3	17	326	13	1	2	7	6%	6%	17%	1%	•			•	•							•	
Small Pepperoni, Sausage, and Mushrooms	1 Slice	166	11	5	28	574	14	1	2	10	6%	3%	17%	2%	•			•	•							•	
BREAD																											
Gluten Free Bread	1 loaf	480	14	0	0	920	80	12	8	12	0%	0%	0%	0%	•												•

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COLD SANDWICHES																										
1/2 Gondola	1 ea	463	23	8	62	1747	40	4	5	22	22%	6%	18%	8%	•			•							•	
1/2 Ham and American Cheese	1 ea	420	17	6	67	1905	41	4	5	25	22%	6%	18%	8%	•			•							•	
1/2 Ham Sandwich	1 ea	332	10	2	47	1482	40	4	5	20	16%	6%	3%	8%	•			•							•	
Turkey	1 ea	801	31	9	113	2324	88	9	11	43	37%	11%	26%	16%	•			•							•	
1/2 Turkey	1 ea	400	15	4	57	1162	44	5	5	21	19%	6%	13%	8%	•			•							•	
Cheese Sandwich	1 ea	503	28	12	59	1716	40	4	4	21	34%	6%	47%	5%	•			•							•	
1/2 Gondola Deluxe	1 ea	618	35	13	104	2521	43	5	8	35	25%	6%	30%	10%	•			•							•	
1/2 Veggie Gondola	1 ea	384	17	6	29	975	47	6	8	17	27%	48%	31%	6%	•			•							•	
1/2 Turkey Gondola Supreme	1 ea	422	15	4	57	1164	49	6	8	22	21%	48%	14%	9%	•			•							•	
1/2 Veggie Gondola w/ Turkey	1 ea	516	25	10	83	1767	50	6	8	37	24%	48%	29%	9%	•			•							•	
1/2 Turkey, Ham & Cheese	1 ea	487	20	7	93	2181	43	4	5	35	22%	6%	18%	10%	•			•							•	
1/2 Ham and Mozzarella Cheese	1 ea	426	16	5	82	1860	43	4	5	34	19%	6%	15%	10%	•			•							•	
HOT SANDWICHES																										
Grilled Ham and American	1 ea	446	20	8	67	1910	40	4	5	25	25%	6%	25%	7%	•			•							•	
Grilled Ham and Mozzarella	1 ea	367	16	5	56	1479	41	4	6	27	21%	6%	27%	7%	•			•							•	
Grilled American	1 ea	503	28	12	59	1716	40	4	4	21	34%	6%	47%	5%	•			•							•	
Grilled Mozzarella	1 ea	345	19	8	36	854	41	4	5	25	26%	6%	51%	5%	•			•							•	
Grilled Ham	1 ea	332	10	2	47	1482	40	4	5	20	16%	6%	3%	8%	•			•							•	
Italian Beef Plain	1 ea	547	18	5	129	619	41	5	5	52	8%	2%	6%	33%	•		•								•	
Italian Beef w/ Mozzarella Plain	1 ea	574	21	6	138	721	42	5	5	57	11%	2%	18%	33%	•		•	•							•	
w/ Marinara Sauce ADD	2 oz	27	0	0	1	64	4	1	2	1	8%	4%	2%	2%				•							•	
Au Jus	3 oz	6	0	0	0	276	1	0	0	0	0%	0%	1%	0%				•							•	
Chicken Sandwich w/ Lettuce&Tomato	1 ea	332	11	2	70	633	29	3	5	30	12%	4%	3%	8%	•			•							•	
Chicken Sandwich w/ Mozz,Lettuce&Tomato	1 ea	386	17	6	88	837	30	3	6	40	17%	4%	27%	8%	•			•							•	
Pizza Bread	1 ea	390	21	8	37	1333	45	7	9	28	25%	5%	54%	8%	•			•							•	
Pizza Bread w/ Pepperoni	1 ea	503	31	12	60	1772	45	7	9	32	25%	5%	55%	9%	•			•							•	
Screamin' Salami	1 ea	577	37	14	78	1801	40	4	5	28	5%	0%	27%	9%	•			•							•	
DESSERTS																										
Chocolate Chip Cookie	1 ea	210	10	6	30	120	30	1	16	2	4%	0%	2%	8%	•			•							•	

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