

Tomassito's

<i>Items</i>	<i>Serving Size</i>	<i>Calories (kcal)</i>	<i>Fat (g)</i>	<i>Sat. Fat(g)</i>	<i>Carbs (g)</i>	<i>Protein (g)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>
Pizza								
Cheese	1 slice	337	8	3	53	15	467	2
Sausage	1 slice	432	17	7	53	17	632	2
Pepperoni	1 slice	372	11	5	53	17	613	2
Deluxe	1 slice	454	19	8	55	18	697	3
Garlic	1 slice	417	17	6	53	15	536	2
Vegetable	1 slice	370	11	5	54	15	469	3
Calzones								
Cheese	1 each	662	21	8	95	26	1054	5
Mushroom	1 each	669	21	8	96	27	1055	5
Pepperoni	1 each	751	29	11	95	30	1417	5
Sausage	1 each	714	29	8	94	22	1336	5
Pasta								
Plain Pasta	8 oz	149	1	0	28	6	7	0
Pasta w/ Sauce	8oz+ 4oz	234	4	0	41	8	557	0
Pasta w/ Meat sauce	8oz+ 4oz	322	10	4	41	13	576	0
Pasta w/ Alfredo Sauce	8oz+ 4oz	439	27	9	33	12	727	1
Cheese Ravioli Plain	6 each	300	8.5	5.5	42	13	468	1
Cheese Ravioli w/ Sauce	6 ea+4oz	385	11.5	5.5	55	15	1018	1
Cheese Ravioli w/ Meat Sauce	6 ea+4oz	473	18.5	9.5	55	20	1037	1
Cheese Ravioli w/ Alfredo Sauce	6 ea+4oz	590	34.5	14.5	47	19	1188	2
Tortellini Plain	8oz	327	11	5	69	18	1273	8
Tortellini w/ Sauce	8oz+ 4oz	412	14	5	82	21	1823	8
Tortellini w/ Meat Sauce	8oz+ 4oz	500	21	9	82	25	1842	8
Tortellini w/ Alfredo Sauce	8oz+ 4oz	617	37	14	74	24	1993	9
Other Entrees								
Chicken Parmesan	1 each	421	22	5	34	21	602	2
Tortellini Russo	10 oz	653	32	12	66	21	1768	8
Baked Ziti	8 oz	359	13	7	42	18	663	1
Eggplant Parmesan	1 each	283	17	6	24	10	771	1
Subs								
Chicken Parm Sub	½ Sub	593	17	4	64	46	1159	3
Meatball Sub	½ Sub	458	22	9	45	18	1290	2
Eggplant Parm sub	½ Sub	518	19	6	69	17	1293	4
Sides								
Bread Sick	1 each	117	1	0	22	4	261	1
Cheese Bread Stick	1 each	220	7	4	26	12	300	1
Meatballs	1 each	163	13	5	4	10	350	0