



## PELLEGRINO'S DELI CAFÉ NUTRITIONALS

Salads	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Buffalo Chicken Salad w/ Blue Cheese	1 ea	790	33	19	3430	33	28	6
Chicken Cobb Salad w/ Balsamic	1 ea	610	34	14	1360	30	32	4
Chicken Caesar Salad	1 ea	410	35	5	780	7	18	3
Caesar Salad	1 ea	320	33	5	620	6	3	3
Chicken Greek Salad w/RWH Vinaigrett	1 ea	410	16	6	1140	30	17	6
Greek Salad w/RWH Vinaigrette	1 ea	250	14	6	930	15	2	3
Mandarin Chicken Salad	1 ea	540	25	3	1260	50	31	5
Side House Salad w/RWH Vinaigrette	1 ea	240	6	1.5	410	30	2	5

Power Bowls	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Pellegrino's Quinoa Bowl	1 ea	620	43	15	1660	22	32	3
Pesto Chicken Quinoa Bowl	1 ea	710	48	20	1990	25	35	3

Vegetarian	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Veggie	7"	410	22	11	1160	41	15	6
	14"	820	44	22	2370	85	29	10

Steak Subs	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Philly Cheesesteak	7"	740	46	19	810	33	33	3
	14"	1520	96	41	1740	66	69	6
Roc Cheesesteak	7"	770	45	19	940	35	29	4
	14"	1490	85	36	1590	69	54	7
Steak in the Grass	7"	620	36	17	650	28	33	3
	14"	1240	72	34	1300	55	66	6

Hot Subs	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Buffalo Chicken	7"	580	15	9	2040	30	30	2
	14"	1160	30	19	4080	60	60	5
Chicken in the Grass	7"	470	17	7	950	28	38	3
	14"	980	37	17	2030	55	79	6
Chicken Parmesan	7"	530	20	10	1330	31	44	2
	14"	1070	40	20	2660	62	88	5
Chicken Pesto	7"	550	26	9	1110	28	39	2
	14"	1160	56	20	2350	59	81	5
Chicken Philly	7"	580	27	10	1110	33	38	3
	14"	1300	68	25	2560	67	80	6
Cuban	7"	640	32	12	1880	38	38	3
	14"	1340	68	27	3800	77	80	5
Meatball	7"	690	40	6	1410	37	31	2
	14"	1420	83	14	2940	74	66	5

COLD SUBS	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Beefeater	7"	620	30	11	840	41	33	5
	14"	1240	61	21	1680	82	66	9
Chicken Salad	7"	450	18	4.5	1640	44	31	7
	14"	1000	35	9	3330	89	61	12
Classic Italian	7"	520	24	8	2080	35	27	3
	14"	1250	62	20	4640	85	60	9
Ham It Up	7"	540	22	6	2400	42	32	5
	14"	1090	43	13	4810	84	64	9
Tuna	7"	540	26	5	1860	43	35	4
	14"	1410	66	15	4270	105	75	10
Turkey	7"	520	18	5	2410	41	36	5
	14"	1040	36	10	4810	82	72	9
Turkey Avocado	7"	390	4	2	1940	34	33	6
	14"	790	8	4	387	67	66	13

Wraps	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Greek Chicken Wrap	1 ea	604	26	8	1230	59	34	6
Chicken Caesar	1 ea	616	33	6	1003	51	28	5
Chicken Pesto Wrap	1 ea	789	44	10	1229	67	39	13
Grilled Buffalo Chicken	1 ea	924	39	17	2854	61	31	6

<b>Sides</b>	<b>Serving Size</b>	<b>Cal</b>	<b>Fat(g)</b>	<b>Sat Fat(g)</b>	<b>Sod(mg)</b>	<b>Carbs(g)</b>	<b>Prot(g)</b>	<b>Fiber(g)</b>
French Fries	6oz	633	35	6	341	27	8	0
Macaroni Salad	8oz	234	16	2	602	22	3	0
Pasta Salad	8oz	255	12	3	266	29	8	1
Whole Dill Pickle	1 ea	43	0	0	3035	9	1	3
Chocolate Chip Cookie	1 ea	370	19	10	250	48	4	2
Oatmeal Raisin Cookie	1 ea	330	15	7	20	46	4	2

Due to nutritional variances in locally supplied ingredients, the handcrafted nature of our menu items, changes in recipes, ingredients and kitchen procedures, variations in these values may occur. Therefore, the nutritional values provided in this guide should be considered approximations. In addition, guests who have special food sensitivities or dietary needs should not rely solely on this information as the basis for deciding whether to consume a particular menu item. Nutritional information valid

**Pellegrino's Nutritionals 6/2018**