



Al Dente

PASTA BAR

Pasta Bowls

with Meatballs, Sausage or Grilled Chicken **\$8.49** 630-845 cal

with Sauce only **\$6.49** 550-640 cal

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional information is available on request.

Pick Your Pasta

Bowties	500 cal
Mini Penne	500 cal

Pick Your Sauce

Marinara	50 cal
Alfredo	140 cal

Extras

Meatball (2)	\$1.99	155 cal
Sausage (2)	\$1.99	205 cal
Grilled Chicken (4 oz.)	\$1.99	80 cal
Mozzarella	\$.99	165 cal
Broccoli	\$.99	15 cal

Sides

Meatballs Only (4)	\$3.29	310 cal
Sausage Only (4)	\$3.29	410 cal
Garlic Breadsticks (2)	\$2.99	260 cal
Marinara	\$1.49	50 cal