



ROMANO'S
Macaroni
GRILL®

NUTRITION FACTS

ANTIPASTI	Calories (kcal)	Calories from fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Mac & Cheese Bites, Truffle Dip/ Happy Hour	920	630	70	25	1.00	310	1,190	44	2	5	30
Baked Prosciutto & Mozzarella	610	330	36	19	0.00	100	1,430	35	1	3	38
Spicy Ricotta Meatballs/ Happy Hour	700	470	76	25	1.00	190	1,680	20	3	5	37
Crispy Brussel Sprouts	370	220	25	4	0.00	0	800	37	8	20	7
Crispy Brussel Sprouts w/Crispy Prosciutto	410	240	28	5	0.00	15	1,080	37	8	20	11
Bruschetta/ Happy Hour	670	390	43	9	0.00	25	1,830	55	4	7	17
Goat Cheese Peppadew Peppers	350	100	11	6	0.00	25	660	56	3	40	6
Loaded Fries/ Happy Hour	860	590	66	22	0.50	70	1,610	52	5	4	15
Calamari Fritti	760	490	55	9	0.00	435	700	33	4	7	33
Crispy Fresh Mozzarella	820	700	79	16	0.00	145	210	17	1	1	13
Fried Artichokes/ Happy Hour	470	400	45	7	0.00	5	480	17	1	2	2
Stuffed Mushrooms	510	340	38	13	0.00	60	590	20	3	5	21
Spinach + Artichoke Dip	1,100	540	61	29	1.50	130	1,980	109	7	8	30
Spinach + Artichoke Dip w/Shrimp	1,150	560	62	29	1.50	200	2,290	109	7	8	39
<i>Soups</i>											
Tomato Basil	110	100	42	5	0.50	0	670	9	2	5	2
Minestrone	160	25	3	0	0.00	10	1,040	28	5	5	6
Italian Herb Soup	70	20	2	1	0.00	5	125	8	2	1	4
Lobster Bisque	320	250	36	16	1.00	85	1,580	14	1	4	5
Tuscan Spinach Soup	340	290	32	18	1.00	95	640	7	1	4	8

SALAD	Calories (kcal)	Calories from fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Parmesan Crusted Chicken	1,080	430	48	9	0.00	250	910	100	7	16	64
Caprese	510	390	44	18	0.50	100	510	15	2	7	16
Entrée Rosa's Signature Caesar	470	370	41	10	0.00	65	920	14	4	3	13
Entrée Rosa's Signature Caesar w/Chicken	630	370	41	11	0.00	90	1,090	15	5	3	51
Entrée Rosa's Signature Caesar w/Shrimp	540	380	42	11	0.00	180	1,710	15	4	3	26
Chicken Florentine	880	550	61	9	0.00	95	2,010	55	9	7	31
Italian Chopped Salad	620	380	42	17	0.05	110	2,490	29	6	11	32
Crunchy Lombardi	380	170	19	4	0.00	10	830	48	7	35	10
Side Italian Chopped Salad	380	250	28	11	0.50	70	1,600	15	3	6	19
Side Crunchy Lombardi	200	80	9	2	0.00	5	410	25	1	18	5
Entrée Bibb & Bleu	520	380	42	12	0.00	55	1,070	17	4	5	23
Entrée Bibb & Bleu w/Chicken	680	390	43	12	0.00	85	1,380	18	5	5	61
Entrée Bibb & Bleu w/Shrimp	590	390	43	12	0.00	170	1,850	18	4	5	36
Side Bibb & Bleu	270	200	22	6	0.00	30	560	9	2	3	12
Side Rosa's Signature Caesar Salad	240	180	20	5	0.00	30	460	7	2	2	7
Side Florentine Salad	300	200	22	3	0.00	0	780	22	4	3	5
Side Caprese Salad/Happy Hour	230	160	18	8	0.00	50	670	9	1	5	8
Side Fresh Greens Salad	190	140	16	2	0.00	0	190	11	2	5	2
3 COURSE LUNCH											
Ravioli alla Vodka	660	330	37	20	0.50	165	1,440	50	4	9	24
Fettuccine Gorgonzola	1,050	530	58	35	1.50	185	1,680	90	6	5	40
Penne Arrabbiata	950	510	122	34	2.50	105	1,450	94	8	7	28
Sausage & Peppers Rigatoni	1,090	590	132	25	1.50	105	2,120	96	9	9	42

ARTISAN PIZZA	Calories (kcal)	Calories from fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Farmhouse	1,330	510	56	23	0.00	105	2,460	146	6	8	60
Margherita	1,140	370	41	16	0.00	65	2,310	146	6	10	47
Cheese	1,170	370	41	21	0.50	100	2,040	146	6	10	56
Pepperoni	1,280	490	76	26	1.00	115	2,860	143	1	9	54
Piedmont	1,360	520	57	27	0.50	145	2,040	146	6	10	65
Prosciutto & Arugula	1,310	480	53	27	0.00	155	3,010	140	1	10	58
Add Buffalo Mozzarella	210	150	17	11	0.00	75	140	4	0	1	11
Add Smoked Buffalo Mozzarella	210	150	17	11	0.00	75	140	4	0	1	11
CHICKEN	Calories (kcal)	Calories from fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Chicken Marsala	790	290	32	10	0.50	110	1,010	61	4	6	54
Chicken Marsala - Lunch Portion Half	670	230	26	7	0.00	30	810	74	5	4	31
Pollo Caprese	560	200	22	4	0.00	70	1,080	40	5	6	50
Chicken Scaloppine	1,240	670	76	39	2.50	205	1,680	83	10	2	61
Chicken Scaloppine - Lunch Portion Half	1,050	670	76	39	2.50	175	1,350	59	6	2	35
Chicken Parmesan	1,610	820	92	17	0.50	260	1,890	120	10	13	79
Chicken Parmesan - Lunch Portion Half	960	410	96	20	1.00	120	1,600	97	8	7	51
San Marino Grilled Chicken	890	300	34	11	0.50	165	2,050	86	8	9	61

SEAFOOD	Calories (kcal)	Calories from fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Grilled Salmon	1,020	450	50	10	0	125	1,080	82	6	10	59
Shrimp Portofino	1,200	690	78	38	2.00	320	1,820	93	7	2	36
Shrimp Portofino - Lunch Portion Half	770	410	47	25	1.50	215	1,280	64	5	2	24
Shrimp Scampi	1,180	780	88	53	3.50	465	2,560	56	4	1	35
Lobster Ravioli	920	650	74	46	3.00	340	1,390	36	3	3	31
Pasta di Mare	1,030	390	43	11	0.00	225	2,450	101	7	5	55
Grilled Salmon Picatta	1,380	890	101	44	2.00	270	1,070	60	4	3	57
Gioppino - Seafood Stew w/ Peasant Bread	1,090	510	100	13	1.00	220	2,550	71	5	9	64
CARNE	Calories (kcal)	Calories from fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Chianti Steak	1,460	780	87	43	2.00	350	2,740	82	5	8	89
Grilled Pork Chop w/ Wild Mushroom Risotto	1,440	800	89	35	1.50	285	2,530	57	4	13	89
Grilled Lamb Chops	790	560	63	17	1.00	150	2,030	19	3	5	38
Grilled Steak & Potatoes - Rosemary Butter	930	540	61	22	1.50	225	1,930	34	5	4	63
Grilled Steak & Potatoes - Oreganata Sauce	890	470	52	11	0.50	175	2,450	43	5	9	64

PASTA	Calories (kcal)	Calories from fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Butternut Asiago Tortellaci	980	580	66	39	1.00	290	2,380	63	6	6	33
Butternut Asiago Tortellaci - lunch portion	700	410	45	22	1.00	155	1,770	45	4	3	28
Pomodoro Pansotti	460	280	98	18	2	90	1,240	44	6	9	16
Mushroom Ravioli	930	590	66	30	1.50	195	970	53	5	13	17
Carmela's Chicken	1,090	540	61	25	1.50	175	1,380	98	7	9	33
Mama's Trio w/ Fettuccine Alfredo	2,110	1,150	129	56	2.50	420	3,940	140	9	19	103
Penne Rustica	1,060	470	52	21	0.50	315	3,020	82	3	5	66
Penne Rustica - lunch portion	670	240	26	11	0.00	130	1,860	68	4	2	41
Ratatouille	580	410	124	25	2.00	60	1,950	50	10	15	13
Truffle Mac & Cheese	1,060	780	89	56	1.5	290	2,970	24	1	6	45
Truffle Mac & Cheese add Prosciutto	1,130	820	93	58	1.5	320	3,470	25	1	6	53
Eggplant Parmesan	1,340	800	90	16	0.50	220	1,520	103	10	15	34
Mom's Ricotta Meatballs & Spaghetti w/ Pomodorina	1,270	670	141	35	2.00	235	2,550	105	10	9	58
Mom's Ricotta Meatballs & Spaghetti w/ Pomodorina - lunch portion	850	430	92	23	1.50	150	1,740	74	7	6	39
Mom's Ricotta Meatballs & Spaghetti w/ Bolognese	1,460	750	105	36	1.00	290	3,320	111	10	10	73
Mom's Ricotta Meatballs & Spaghetti w/ Bolognese - lunch portion	950	480	75	23	1.00	175	2,130	77	7	7	46
Lasagna Bolognese	1,110	610	67	31	1.00	215	2,740	69	6	16	60
Fettuccine Alfredo	1,140	500	56	33	1.50	145	1,840	114	6	5	44
Fettuccine Alfredo - lunch portion	590	260	29	16	0.50	65	890	64	4	1	19
Fettuccine Alfredo w/ Chicken	1,370	640	72	36	1.50	210	2,470	117	6	6	66
Fettuccine Alfredo w/ Chicken - lunch portion	770	390	44	19	1.00	95	1,460	66	4	1	31

PASTA	Calories (kcal)	Calories from fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Fettuccine Alfredo w/ Shrimp	1,310	630	71	35	1.50	235	2,480	115	6	5	53
Fettuccine Alfredo w/ Shrimp - lunch portion	740	390	43	19	1.00	120	1,400	64	4	1	25
Pasta Milano	1,040	350	39	13	0.00	100	1,850	123	13	13	49
Pasta Milano - lunch portion	600	210	24	9	0.00	50	990	69	5	4	28
Sausage Rigatoni - lunch portion	720	380	42	18	0.50	100	970	61	4	2	25
CREATE YOUR OWN PASTA	Calories (kcal)	Calories from fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
<i>Bronze-Cut Pasta</i>											
Spaghetti	400	35	4	0	0.00	0	260	79	5	0	12
Capellini	400	35	4	0	0.00	0	260	79	5	0	12
Penne	400	35	4	0	0.00	0	260	79	5	0	12
Fettuccine	510	40	5	1	0.00	0	340	102	6	0	15
Rigatoni	400	35	4	0	0.00	0	260	79	5	0	12
Gluten-free Tagliatelle	520	60	6	2	0.00	205	180	99	4	4	16
<i>Sauces</i>											
Imported Pomodorina	310	210	23	3	0.00	0	860	15	4	9	4
Arrabbiata	470	340	39	5	0.00	0	840	21	4	9	5
Bolognese	430	290	32	6	0.00	65	1,160	15	3	6	20
Alfredo	640	520	58	35	1.00	115	1,230	12	0	1	19
Pesto	400	350	69	14	0.00	35	1,440	5	1	1	13
Vodka	430	330	37	15	0.00	60	850	12	2	6	6
Garlic Olive Oil	510	490	54	8	0.00	0	260	5	0	0	1
Roasted Garlic Cream Sauce	490	350	39	17	0.50	65	1,160	17	1	3	19

CREATE YOUR OWN PASTA	Calories (kcal)	Calories from fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
	<i>Top It Off - 1oz Portions</i>										
Roasted Peppers	10	0	0	0	0.00	0	90	2	0	2	0
Fresh Spinach	8	0	0	0	0.00	0	23	1	1	0	1
Roasted Tomatoes	15	10	1	0	0.00	0	80	1	0	1	0
Sun-Dried Tomatoes	40	20	2	0	0.00	0	50	4	2	2	1
Roasted Garlic	40	10	0	0	0.00	0	40	8	0	0	2
Roasted Mushrooms	5	0	0	0	0.00	0	0	2	1	1	2
Fresh Mushrooms	5	0	0	0	0.00	0	0	1	1	1	1
Seasonal Vegetables - Broccolini	12	0	0	0	0.00	0	8	2	1	1	1
<i>Add Proteins</i>											
Shrimp	170	130	15	1	0.00	85	640	1	0	0	9
Italian Sausage	430	350	39	10	0.00	75	740	2	1	0	17
Fresh Mozzarella	210	150	17	11	0.00	75	140	4	0	1	11
Roasted Chicken	110	15	2	1	0.00	60	640	3	0	1	23
Ricotta Meatballs	420	290	32	14	0.00	135	900	9	1	1	24
Smoked Mozzarella	210	150	17	11	0.00	75	140	4	0	1	11
DOLCE	Calories (kcal)	Calories from fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
	Tiramisu	600	350	39	24	1.50	170	65	54	1	40
New York Style Cheesecake	690	370	41	25	1.50	20	420	70	4	12	10
Lemon Passion	740	400	45	25	1.50	40	430	77	3	7	8
Gelato, Vanilla	310	110	13	10	0.00	20	105	42	0	27	6
Decadent Chocolate Cake	1,090	790	88	48	1.50	225	500	79	5	48	9
Sticky Toffee Pudding Cake	830	340	38	20	0.00	105	620	68	4	74	12

KIDS	Calories (kcal)	Calories from fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Caesar Salad	130	100	11	2	0.00	10	230	7	1	1	3
Fresh Green Salad	50	30	4	1	0.00	5	95	4	1	2	1
Chicken Tenders w/ Broccolini	860	400	45	8	0.00	170	380	67	5	5	46
Chicken Tenders w/ Fries	1,250	650	73	13	0.00	170	1,750	108	7	20	46
Chicken Tenders w/ Salad	870	430	49	8	0.00	175	450	65	4	5	44
Pepperoni Pizza	630	220	25	12	0.00	15	1,050	72	3	4	30
Fettuccine Alfredo	470	220	24	14	0.50	120	770	42	1	4	20
Grilled Chicken w/ Pasta Pomodorina Sauce	320	45	5	1	0.00	55	610	39	4	5	31
Cheese Ravioli	420	180	21	8	0.50	70	1,160	36	4	8	19
Spaghetti w/ Pomodorina Sauce	290	80	8	1	0.00	45	470	43	3	5	9
Spaghetti w/ Meat Sauce	360	130	14	4	0.00	70	790	45	3	5	16
Spaghetti & Meatball w/ Pomodorina Sauce	660	330	37	15	0.00	185	1,140	48	4	4	33
Macaroni & Cheese	540	280	31	18	1.00	145	1,190	44	1	8	21
Double Macaroni & Cheese	1,070	550	61	36	2.00	290	2,380	87	3	15	43
Gelato, Vanilla	100	35	4	4	0.00	5	30	15	1	11	2
SIDES	Calories (kcal)	Calories from fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Crispy Brussel Sprouts - 4oz portion	190	110	13	2	0.00	0	570	18	4	10	4
Crispy Brussel Sprouts add Crispy Prosciutto - 4oz portion	210	120	14	3	0.00	5	690	19	4	10	6
Grilled Asparagus - 3 oz portion	150	130	14	3	0.00	0	260	3	2	2	2
Broccolini - 3oz portion	100	60	7	1	0.00	0	540	7	1	2	3

BRUNCH	Calories (kcal)	Calories from fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Chicken Parmesan Eggs Benedict	924	524	58	12	0	532	2,169	43	3	3	56
Milanese Steak & Eggs	1,397	788	89	25	1	779	1,801	61	4	5	90
Nutella French Toast	1,589	848	95	50	1	357	1,287	156	13	73	29
Breakfast Americano	915	698	79	33	1	716	1,756	15	1	3	36
Farmhouse Skillet	919	633	70	25	0	672	2,646	18	1	4	50
Brisket Skillet	658	394	44	16	0	703	2,247	20	1	4	46
Bruschetta Skillet	518	327	36	14	0	582	1,755	15	1	3	31
Side of Toast	57	27	3	0	0	0	70	6	0	0	1
Side of Bacon	359	287	32	11	0	79	788	2	0	1	15
HAPPY HOUR	Calories (kcal)	Calories from fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Whipped Feta - Happy Hour	670	380	42	20	0	105	1,420	52	3	6	22
Mediterranean Olives - Happy Hour	440	220	24	3.5	0	0	1,460	49	5	1	9
Piatto Pepperoni - Happy Hour	540	330	37	14	0.5	50	1,050	33	0	0	22
Piatto Mushroom & Goat Cheese - Happy Hour	390	210	24	6	0	15	640	36	1	2	12
Piatto Prosciutto & Greens - Happy Hour	470	270	30	9	0	50	1,030	35	1	2	19
Piatto Margherita - Happy Hour	470	280	31	11	0	30	930	34	1	1	18

BEVERAGES	Calories (kcal)	Calories from fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
	Blood Orange Cosmo	200	0	0	0	0	0	0	14	0	12
Limoncello Valoroso Martini	200	0	0	0	0	0	0	24	0	17	0
Perfect Martini	290	35	3.5	0	0	0	470	4	1	2	1
Limoncello Mojito	350	0	0	0	0	0	20	57	1	54	0
Italian Mule	230	0	0	0	0	0	5	21	0	19	0
Basil Margarita	240	0	0	0	0	0	240	25	0	16	0
Cucumber Margarita	240	0	0	0	0	0	240	26	1	17	1
Strawberry Margarita	260	0	0	0	0	0	240	31	1	25	1
Margarita Prima	440	0	0	0	0	0	1000	52	0	47	0
Ultimate Bellini	430	0	0	0	0	0	0	72	0	71	0
Tiramisu Espresso Martini	260	10	1	0.5	0	5	20	32	0	32	2
Sorrento Lemonade	390	0	0	0	0	0	0	35	0	33	0
<i>Beer</i>											
Regular Draft 14oz	200	0	0	0	0	0	0	14	0	13	3
Light Draft 14 oz	120	0	0	0	0	0	10	5	0	0	0
Imports & Specialty Bottle	220	0	0	0	0	0	10	31	0	0	0
Regular Bottle	150	0	0	0	0	0	10	11	0	1	0
Light Bottle	100	0	0	0	0	0	10	5	0	0	0
Non-Alcoholic Bottle	70	0	0	0	0	0	10	15	0	0	0
<i>Wines</i>											
Sparkling Glass	150	0	0	0	0	0	10	9	0	9	1
Red, White, Rose Glass 5oz	120	0	0	0	0	0	5	4	0	1	0
Red, White, Rose Glass 8oz	200	0	0	0	0	0	10	6	0	1	0
Red, White, Rose Bottle	630	0	0	0	0	0	30	19	0	5	1

NON-ALCOHOLIC BEVERAGES	Calories (kcal)	Calories from fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Frizzante - Basil	25	0	0	0	0	0	35	6	0	0	0
Frizzante - Cucumber	30	0	0	0	0	0	35	7	0	0	0
Frizzante - Strawberry Basil	70	0	0	0	0	0	40	17	1	9	0
Frizzante - Strawberry Cucumber	70	0	0	0	0	0	40	18	1	9	1
Ginger Cream Soda	150	15	2	1	0	5	20	36	1	31	1
Cranberry Orange Spritz	140	0	0	0	0	0	30	36	1	31	0
Limonata Nojito	170	0	0	0	0	0	25	47	2	41	0
Italian Soda Cream - all flavors	210	50	6	4	0	30	55	35	0	3	2
Italian Soda - all flavors	130	0	0	0	0	0	35	31	0	31	0
Unsweetened Tea - 20oz Glass	5	0	0	0	0	0	15	2	0	0	0
Sweet Tea - 20oz Glass	170	0	0	0	0	0	10	44	0	42	0
Flavored Tea - all flavors	100	0	0	0	0	0	10	24	0	22	0
Flavored Lemonade - all flavors	310	0	0	0	0	0	85	85	0	64	0
Espresso	0	0	0	0	0	0	0	0	0	0	0
Decaf Espresso	0	0	0	0	0	0	0	0	0	0	0
Coffee Regular	0	0	0	0	0	0	0	0	0	0	0
Coffee Decaf	0	0	0	0	0	0	0	0	0	0	0
Cappuccino	90	30	3.5	2	0	20	70	11	0	8	5
Café Mocha	220	130	15	9	0	35	75	20	1	14	6
Café Latte	90	30	3.5	2	0	20	70	11	0	8	5
Café Romano	220	80	9	3	0	20	10	24	0	16	2
Macchiato	45	10	1.5	0.5	0	15	55	7	0	4	2
Biscotti Toddy	220	80	9	3.5	0	20	10	21	0	1	2
Hot Tea	0	0	0	0	0	0	0	0	0	0	0
Apple Juice	150	0	0	0	0	0	30	36	0	34	0
Cranberry Juice	170	0	0	0	0	0	45	41	0	41	0

NON-ALCOHOLIC BEVERAGES	Calories (kcal)	Calories from fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Coke	180	0	0	0	0	0	55	49	0	49	0
Coke, Diet	0	0	0	0	0	0	50	0	0	0	0
Coke Zero	0	0	0	0	0	0	40	0	0	0	0
Sprite	200	0	0	0	0	0	45	50	0	45	0
Dr. Pepper	170	0	0	0	0	0	60	47	0	47	0
Rootbeer	220	0	0	0	0	0	25	61	0	61	0
Pepsi	200	0	0	0	0	0	45	55	0	55	0
Diet Pepsi	0	0	0	0	0	0	75	0	0	0	0
Mountain Dew	220	0	0	0	0	0	70	59	0	59	0
Mug - Rootbeer	190	0	0	0	0	0	60	52	0	52	0
Raspberry Ice Tea	140	0	0	0	0	0	125	36	0	36	0
Mist Twist	200	0	0		0	0	45	54	0	54	0