

At Fazoli's®, we want to make sure you get the things you need and avoid the things you don't.

### Award-Winning Kid's Menu

Kids are special at Fazoli's. That's why we take extra care in planning meals that fit into a kid's active lifestyle. Our Spaghetti and Fettuccine Kid's Meals contain less fat than the average kid's cheeseburger and fries meal. No wonder then, that we were recognized by Restaurant Hospitality®, a full-service restaurant magazine, with Best Kids Menu in America award for the past three years.

### Trans Fat

Most fast food menus are packed full of trans fat. Fazoli's carefully chooses all of our ingredients to ensure that the majority of our menu items contain substantially reduced trans fat. In fact, our menu has over 50 choices with 0 grams trans fat.

### Fried Foods

You won't find many fried foods on the Fazoli's menu. Our motto is baked or boiled, not fried.

Visit [www.fazolis.com](http://www.fazolis.com) for location information and to join Fazoli's eFamily.



**fast. fresh. italian.**

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# Nutrition Guide



Food Item	Serving Size (Oz.)	Calories	Calories From Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Chol. (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
<b>Pasta Bowls</b>																
Spaghetti with Marinara - Small	13.3	450	25	2.5	0	0	0	770	88	7	10	15	25	30	4	25
Spaghetti with Marinara - Regular	20	670	35	4	0	0	0	1160	132	10	14	23	35	45	4	35
Spaghetti with Meat Sauce - Small	14	510	70	8	2	0	15	1150	87	7	11	21	20	25	6	30
Spaghetti with Meat Sauce - Regular	21	770	110	12	3.5	0	20	1730	130	10	17	32	30	40	8	45
Spaghetti with Alfredo - Small	13	520	110	12	4	0	15	1060	83	4	8	16	8	2	10	20
Spaghetti with Alfredo - Regular	19.6	780	160	18	6	0	25	1600	125	5	11	24	10	2	20	30
Penne with Marinara - Small	13.3	450	25	2.5	0	0	0	770	88	7	10	15	25	30	4	25
Penne with Marinara - Regular	20	670	35	4	0	0	0	1160	132	10	14	23	35	45	4	35
Penne with Meat Sauce - Small	14	510	70	8	2	0	15	1150	87	7	11	21	20	25	6	30
Penne with Meat Sauce - Regular	21	770	110	12	3.5	0	20	1730	130	10	17	32	30	40	8	45
Penne with Alfredo - Small	13	520	110	12	4	0	15	1060	83	4	8	16	8	2	10	20
Penne with Alfredo - Regular	19.6	780	160	18	6	0	25	1600	125	5	11	24	10	2	20	30
Fettuccine with Alfredo - Small	13	520	110	12	4	0	15	1060	83	4	8	16	8	2	10	20
Fettuccine with Alfredo - Regular	19.6	780	160	18	6	0	20	1600	125	5	11	24	10	2	20	30
Fettuccine with Marinara - Small	13.3	450	25	2.5	0	0	0	770	88	7	10	15	25	30	4	25
Fettuccine with Marinara - Regular	20	670	35	4	0	0	0	1160	132	10	14	23	35	45	4	35
Fettuccine with Meat Sauce - Small	14	510	70	8	2	0	15	1150	87	7	11	21	20	25	6	30
Fettuccine with Meat Sauce - Regular	21	770	110	12	3.5	0	20	1730	130	10	17	32	30	40	8	45
Ziti with Meat Sauce - Small	13.5	480	140	16	6	0.5	45	1470	63	6	12	23	40	35	30	20
Ziti with Meat Sauce - Regular	20	700	210	23	9	1	65	2240	91	9	18	35	60	50	40	30
Ravioli with Marinara Sauce	12.2	490	140	15	8	0	80	1210	69	7	12	22	40	30	30	20
Ravioli with Meat Sauce	12.8	570	190	21	10	0	95	1590	70	7	12	28	35	30	30	25
<b>Choose a Topping</b>																
Peppery Chicken	2.5	80	20	2.5	.5	0	35	370	1	0	0	13	0	0	0	2
Meatballs	3	250	160	18	8	0	55	700	6	1	1	13	4	4	8	10
Garlic Shrimp	2.5	160	110	12	2.5	0	45	440	3	1	0	10	2	2	6	10
Italian Sausage	2.5	240	190	21	7	0	45	770	3	1	0	10	0	2	6	6
Broccoli	3	25	0	0	0	0	0	10	5	3	1	3	15	60	2	2
Broccoli and Tomatoes	4	30	0	0	0	0	0	10	6	3	2	3	20	60	4	4
<b>Sampler Platters</b>																
Ultimate Sampler	27.8	990	280	31	12	.5	70	2900	132	11	20	44	60	50	40	45
Classic Sampler	22.3	810	230	25	10	0	55	2220	108	8	15	35	40	30	30	40
<b>Oven-Baked Pastas</b>																
Rigatoni Romano	23	1110	510	56	21	1	140	3360	100	11	16	54	50	40	50	40
Chicken Parmesan	22.3	1030	350	39	12	1	115	2700	115	9	14	55	50	35	45	35
Meat Lasagna	15	520	240	26	12	0	70	1840	42	5	8	29	35	25	30	30
Baked Spaghetti	16.3	680	200	22	9	0.5	65	1480	90	7	10	32	40	30	40	25
Baked Spaghetti with Meatballs	20.6	940	360	40	17	1	120	2370	100	9	12	46	50	40	50	35
Chicken Broccoli Penne Bake	22.1	810	290	33	14	1	145	2630	75	6	9	58	45	60	60	25
<b>Pizza</b>																
Cheese Slice	4	270	100	11	4	0.5	25	700	31	2	2	13	8	2	15	10
Pepperoni Slice	4.3	310	130	14	5	0.5	30	850	31	2	2	14	8	2	15	10
<b>Submarinos®</b>																
Italian Beef	11.3	660	220	24	9	0	90	2320	68	3	7	46	30	15	20	40
Original	14.8	880	470	53	16	0	85	3080	68	4	7	36	40	50	30	30
Club	14	670	260	29	9	0	65	2910	65	3	6	37	20	15	20	30
Ham n' Swiss	12.3	620	220	25	7	0	50	2480	65	3	7	34	20	15	30	25
<b>Panini</b>																
Chicken Parmesan	10	650	210	24	6	0	65	1770	75	4	4	36	10	8	25	30
Grilled Chicken	11.5	480	120	14	3.5	0	80	1470	55	3	5	40	30	20	20	30
Smoked Turkey	11	550	210	24	9	0	85	2150	55	3	5	35	35	20	40	25
Four Cheese & Tomato	9.6	510	190	22	12	0.5	60	960	53	3	4	28	35	30	60	25

Food Item	Serving Size (Oz.)	Calories	Calories From Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Chol. (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
<b>Extras</b>																
Garlic Breadstick (1 each)	1.7	150	60	7	1.5	0	0	290	20	1	1	3	0	2	4	4
Breadstick, Dry (1 each)	1.4	100	15	2	0	0	0	160	20	0	1	3	0	2	4	4
<b>Salads</b>																
Chicken & Fruit w/Grilled Chicken	12.5	220	15	2	0	0	65	780	26	4	20	27	120	60	8	15
Chicken & Fruit w/Crispy Chicken	13.2	450	160	18	3	0	55	1080	49	5	20	24	120	60	10	15
Chicken & Pasta Caesar w/Grilled Chicken	13.2	390	130	14	4	0	75	1370	35	4	7	34	140	50	10	20
Chicken & Pasta Caesar w/Crispy Chicken	13.9	620	270	30	7	0	65	1660	57	5	8	32	140	50	15	20
Club w/Grilled Chicken	12.8	320	150	16	6	0	105	1380	11	3	5	40	120	50	15	15
Club w/Crispy Chicken	13.4	550	290	32	9	0	95	1680	33	4	5	37	120	50	15	15
Garden Side Salad	5	25	5	0	0	0	0	30	4	3	2	2	90	35	4	4
Caesar Side Salad	4.2	40	20	2	1	0	5	70	4	2	1	4	130	45	8	6
Pasta Side Salad	4.5	250	100	11	2.5	0	5	590	32	1	6	6	0	0	0	10
<b>Salad Dressings &amp; Croutons</b>																
Italian	1.5	160	130	14	2	0	0	760	7	0	7	0	0	0	0	2
Fat Free Italian	1.5	25	0	0	0	0	0	390	6	0	3	0	2	2	0	0
Caesar	1.5	230	220	25	4	0	45	350	1	0	0	1	0	0	0	0
Fat Free Honey Mustard	1.5	60	0	0	0	0	0	350	15	1	14	0	0	0	0	0
Honey French	1.5	220	160	18	3	0	0	310	14	0	13	0	0	0	0	0
Ranch	1.5	220	210	24	4	0	10	420	2	0	2	1	0	0	0	0
Lite Ranch	1.5	120	110	12	2	0	5	350	2	0	1	1	0	0	0	0
Croutons (pack)	.5	70	25	3	0	0	0	100	8	0	0	2	0	0	0	20
<b>Kids Meals</b>																
Spaghetti with Marinara Sauce	7.7	270	15	1.5	0	0	0	390	53	4	5	9	10	15	2	15
Spaghetti with Meat Sauce	8	300	40	4.5	1	0	5	570	52	4	6	12	10	15	2	15
Spaghetti with Meatballs	8.7	350	70	7	2.5	0	20	620	55	4	5	14	10	15	4	15
Fettuccine Alfredo	7	290	45	5	1.5	0	5	420	50	2	4	9	15	15	10	8
Meat Lasagna	7.5	260	120	13	6	0	35	920	21	2	4	14	20	15	15	15
Ravioli with Marinara Sauce	6.8	290	70	7	3.5	0	30	580	43	3	5	13	15	10	10	10
Ravioli with Meat Sauce	7.8	320	80	9	4	0	35	840	44	4	7	16	15	15	10	15
Ziti with Meat Sauce	5.5	180	60	6	2.5	0	15	680	23	3	5	9	15	15	10	8
Cheese Pizza	4	270	100	11	4	0.5	25	700	31	2	2	13	8	2	15	10
Pepperoni Pizza	4.3	310	130	14	5	0.5	30	850	31	2	2	14	8	2	15	10
Side of Mandarin Oranges	2.5	25	0	0	0	0	0	0	7	1	6	1	20	40	0	2
<b>Drinks</b>																
Original Lemon Ice - Regular	14	170	0	0	0	0	0	15	46	0	46	0	0	0	0	0
Original Lemon Ice - Large	20	250	0	0	0	0	0	20	65	0	65	0	0	0	0	0
Lemon Ice - Strawberry	20.9	320	0	0	0	0	0	60	81	0	81	0	0	0	0	0
Lemon Ice - Pomegranate	20.9	360	0	0	0	0	0	20	90	0	90	0	0	0	0	0
Lemon Ice - Triple Berry	20.9	3														