

This nutritional information is good for any Portland Pizzicato Location.

The nutrition facts for our pizza correspond to a single slice from one of our small, medium, or large whole pies.

The nutrition facts for our salads correspond to our 'small' and include the dressing.

| Menu Item                    | Total Calories (cal) | Fat (g) | Sodium (mg) | Carb (g) | Fiber (g) |
|------------------------------|----------------------|---------|-------------|----------|-----------|
| <b>Salads (per sm salad)</b> |                      |         |             |          |           |
| Arugula Pear                 | 350                  | 31      | 90          | 13       | 3         |
| Caesar                       | 260                  | 21      | 460         | 12       | 3         |
| Chinese Chop                 | 310                  | 22      | 500         | 21       | 6         |
| Insalata Mista               | 290                  | 28      | 100         | 8        | 3         |
| Spinaci                      | 300                  | 28      | 250         | 9        | 3         |
| Verde                        | 220                  | 20      | 55          | 9        | 2         |
| Greek                        | 440                  | 39      | 730         | 18       | 3         |
| <b>Appetizers (per item)</b> |                      |         |             |          |           |
| Caprese                      | 410                  | 23      | 780         | 41       | 4         |
| Hummus Platter               | 950                  | 59      | 1890        | 89       | 17        |
| Roasted Garlic               | 540                  | 22      | 840         | 61       | 3         |
| Sampler Platter              | 1140                 | 69      | 1560        | 103      | 14        |
| <b>Pizzas (per slice)</b>    |                      |         |             |          |           |
| <i>Traditional</i>           |                      |         |             |          |           |
| Traditional Cheese           | 217                  | 8       | 579         | 25       | 1         |
| Pepperoni                    | 250                  | 12      | 714         | 25       | 1         |
| Sausage Combo                | 266                  | 13      | 738         | 26       | 2         |
| Canadian Bacon & Pine        | 224                  | 8       | 681         | 28       | 1         |
| Salsiccia Roma               | 241                  | 10      | 607         | 27       | 2         |
| Molto Carne                  | 285                  | 14      | 915         | 27       | 2         |
| <i>Vegetarian</i>            |                      |         |             |          |           |
| Very Veggie                  | 227                  | 9       | 646         | 29       | 3         |
| Genovese                     | 306                  | 16      | 663         | 30       | 2         |
| Pomodoro (no cheese)         | 197                  | 6       | 502         | 33       | 4         |
| Margherita                   | 212                  | 9       | 512         | 26       | 1         |
| Puttanesca                   | 280                  | 13      | 753         | 30       | 3         |
| Wild Mushroom                | 288                  | 12      | 643         | 33       | 2         |
| Quattro Formaggi             | 317                  | 15      | 624         | 30       | 1         |
| <i>Meat/Chicken/Shrimp</i>   |                      |         |             |          |           |
| Pepperoni Supreme            | 269                  | 13      | 798         | 26       | 2         |
| Di Pollo                     | 323                  | 13      | 685         | 30       | 1         |
| Squisita                     | 318                  | 18      | 722         | 26       | 3         |
| Bianca                       | 319                  | 16      | 648         | 29       | 2         |
| Al Greco                     | 328                  | 18      | 762         | 28       | 2         |
| BBQ Chicken                  | 266                  | 10      | 683         | 28       | 2         |
| Thai Chicken                 | 253                  | 10      | 660         | 28       | 2         |
| Thai Shrimp                  | 352                  | 15      | 874         | 38       | 2         |
| Gamberetto                   | 391                  | 18      | 921         | 38       | 3         |
| Quattro Formaggi S&M         | 346                  | 18      | 692         | 30       | 2         |