



NUTRITIONAL & ALLERGEN INFORMATION GUIDE

Categories	Made Without Gluten	Calories	Fat (g)	Trans Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Contains Dairy	Contains Peanuts	Contains Tree Nuts	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soy	Contains Eggs	Vegan	Vegetarian	Halal Certified Meats
Cold Heros																						
Italian Stallion		710	40	0	12	65	1760	75	13	17	33	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
Bruscino		680	35	0	10	60	2220	77	14	18	34	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
Phillipo		720	42	0	13	70	1620	73	12	16	32	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
Americano		640	35	0	8	90	1610	61	6	14	33	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
The Bello		450	23	0	9	40	880	72	10	22	26	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
Hot Heros																						
Smashball Parmesan		670	28	0	11	140	2270	65	2	10	40	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
Sausage & Peppers		570	18	0	5	100	2370	61	5	12	41	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
The New Yorker		450	15	0	6	65	1730	66	8	17	38	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
Pizza Sub		510	25	0	10	45	1760	52	2	10	21	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
Salads																						
Antipasto	<input checked="" type="checkbox"/>	450	30	0	9	65	1390	53	17	24	33	<input checked="" type="checkbox"/>										
Rolls																						
GF Roll	<input checked="" type="checkbox"/>	260	7	0	0	0	500	40	4	4	6								<input checked="" type="checkbox"/>			
Hoagie Roll		220	2.5	0	0.5	0	530	44	2	3	8	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			

If you have any food allergies or dietary restrictions, please speak with a member of our team. We are happy to assist and ensure your dining experience is safe and enjoyable.

Please note: Due to shared preparation and cooking areas in our kitchens and the risk of cross-contact, we cannot guarantee that any item is free of any allergen.

Nutritional information does not include additional condiments or ingredients.

Made without gluten means the menu item is made with ingredients that do not contain gluten.

IMPORTANT: Foods prepared without gluten containing ingredients may not be 'gluten-free' since recipes are prepared in open kitchens where cross-contact is possible.