



NUTRITIONAL & ALLERGEN INFORMATION GUIDE

TAVOLINO	Made Without Gluten*	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Contains Milk	Contains Peanuts	Contains Tree Nuts	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soy	Contains Eggs	Contains Fish	Contains Shellfish	Vegan	Vegetarian	Halal Certified Meats
Pasta Base																								
Penne		200	1	0	0	0	0	42	2	0	7				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>						<input checked="" type="checkbox"/>		
Cheese Tortellini		270	7	2	0	35	430	43	2	0	9	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>	
Gluten Free Penne	<input checked="" type="checkbox"/>	190	1	0	0	0	0	44	2	0	4											<input checked="" type="checkbox"/>		
Sauce																								
Gluten Free Alfredo	<input checked="" type="checkbox"/>	130	10	6	0	25	280	4	0	2	6	<input checked="" type="checkbox"/>												<input checked="" type="checkbox"/>
Marinara	<input checked="" type="checkbox"/>	50	3.5	0	0	0	60	4	<1	2	<1											<input checked="" type="checkbox"/>		
Pesto	<input checked="" type="checkbox"/>	120	13	1.5	0	0	110	<1	0	0	1	<input checked="" type="checkbox"/>											<input checked="" type="checkbox"/>	
Rose Sauce	<input checked="" type="checkbox"/>	60	5	2.5	0	10	90	2	0	1	2	<input checked="" type="checkbox"/>											<input checked="" type="checkbox"/>	
Protein																								
Halal Beef Meatballs		110	8	3	0	30	260	3	0	0	7				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>
Italian Roasted Chicken Breast	<input checked="" type="checkbox"/>	170	4	1	0	105	80	0	0	0	32											<input checked="" type="checkbox"/>		
Plant-based Chicken		110	2	0	0	0	270	2	0	<1	20				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>		
Sides & Drinks																								
Caesar Salad		170	15	3.5	0	15	330	5	1	<1	4	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>								
Italian Garden Salad	<input checked="" type="checkbox"/>	100	8	1.5	0	0	180	8	2	5	2	<input checked="" type="checkbox"/>											<input checked="" type="checkbox"/>	
Cheesy Garlic Bread		120	4.5	1	0	0	115	16	2	0	3	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>							<input checked="" type="checkbox"/>	
Lemon Ice	<input checked="" type="checkbox"/>	70	0	0	0	0	15	17	0	13	0											<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.