

# TAVOLINO

CREATE YOUR OWN \$10.49

## STEP 1

### SELECT SAUCE (1)

- Tomato Bacon Ragu 170 CAL
- Tomato Sauce 20 CAL
- Cauliflower Alfredo 150 CAL

## STEP 4

### SELECT TOPPING (UP TO 2)

- Fried Caper 0 CAL
- Pesto 60 CAL
- Extra Virgin Olive Oil 250 CAL
- Shredded Parmesan 30 CAL

## STEP 2

### SELECT PASTA (1)

- Rigatoni 160 CAL
- Spaghetti 230 CAL
- Ravioli 240 CAL

## STEP 5

### SELECT PROTEIN/ VEGETABLE ACCOMPANIMENT (1)

- Grilled Rosemary Chicken Cutlet 130 CAL
- Anise Herbed Pulled Pork 220 CAL
- Garlic Broccoli 40 CAL

## STEP 3

### SELECT VEGETABLE (1)

- Kale 15 CAL
- Peas 35 CAL
- Roasted Grape Tomato 100 CAL

Signature Selections

## Spaghetti Pomodoro WITH Rosemary

**Chicken** 710 CAL \$10.49

Spaghetti and roasted grape tomatoes topped with olive oil, parmesan and rosemary chicken cutlet

**Ravioli in Spicy Tomato Cream Sauce** 610 CAL \$9.59

Cheese ravioli, cauliflower cream & tomato sauces, peas, crushed red pepper, garlic broccoli & parmesan

**Rigatoni WITH Braised Pork** 690 CAL \$10.49

Rigatoni, tomato bacon ragu and kale topped with porchetta spiced braised pork, crispy capers and parmesan

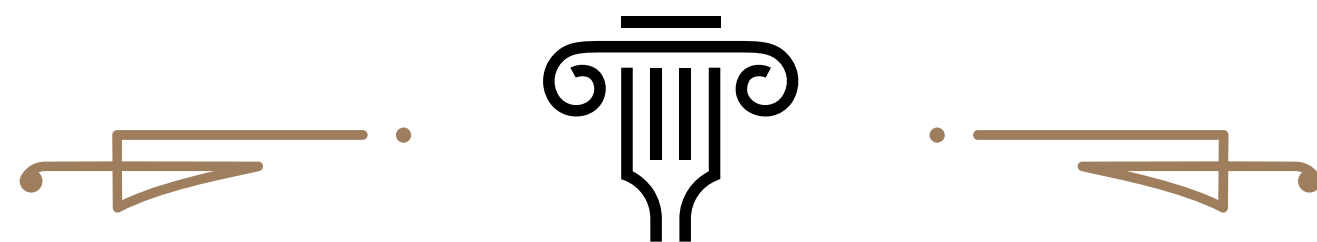
Extra Garlic Bread \$1.29

Extra Protein \$4.99

SERVED WITH ROASTED GARLIC BREAD 60 CAL

FRESH ITALIAN FARE

2000 calories a day is used for general nutrition advice, but calorie needs vary.  
Additional nutrition information available upon request.



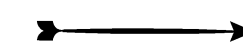
# TAVOLINO



## MEAL EXCHANGE

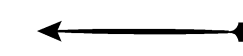
### SPAGHETTI POMODORO WITH ROSEMARY CHICKEN

Spaghetti and roasted grape tomatoes topped with olive oil, parmesan and rosemary chicken 710 CAL



### RAVIOLI IN SPICY TOMATO CREAM SAUCE

Cheese ravioli, cauliflower cream and tomato sauces, peas crushed red pepper, garlic broccoli and parmesan 610 CAL



Extra Protein \$3.99

Extra Garlic Bread \$1.29

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SERVED *WITH* ROASTED GARLIC BREAD 60 CAL

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**MEAL EXCHANGE FOR FLEX 15 AND UNLIMITED PLANS ONLY**

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