

Viga Italian Eatery

Menu Item	Serv	SPts	Org		Cal	Tfat	Sfat	Fib	Pro	Carb	Sug
			Pts +	Pts							
Antipasto Salad	1 ea	n/a	11	10	420	23	n/a	13	21	40	n/a
Aresa Sandwich w/ Chicken	1 ea	n/a	16	15	607	41	n/a	1	52	4	n/a
Arrabiata Sandwich	1 ea	n/a	9	12	526	15	n/a	1	51	5	n/a
Baked Ziti, large	1 ea	n/a	13	10	477	13	n/a	1	21	69	n/a
Baked Ziti, small	1 ea	n/a	9	7	325	9	n/a	1	14	47	n/a
Balsamic Vinaigrette	2 tbsp	n/a	2	2	60	5	n/a	0	0	4	n/a
Baquette	1/2 roll	n/a	5	4	190	2	n/a	2	7	37	n/a
Bari Wrap	1 ea	n/a	19	17	787	26	n/a	8	51	76	n/a
Basilcata Sandwich	1 ea	n/a	11	11	429	34	n/a	2	20	10	n/a
Basilcata Sandwich w/ Chicken	1 ea	n/a	14	14	552	37	n/a	2	46	6	n/a
Basilcata Sandwich w/ Chicken & Proscuitto	1 ea	n/a	17	16	657	43	n/a	2	57	8	n/a
Basilcata Sandwich w/ Proscuitto	1 ea	n/a	11	11	431	33	n/a	2	24	8	n/a
BBQ Chicken Pizza	1 slice	n/a	13	10	489	12	n/a	3	21	76	n/a
BBQ Chicken Wrap	1 ea	n/a	17	15	701	16	n/a	6	45	83	n/a
BBQ Sauce	2 tbsp	n/a	1	1	45	0.5	n/a	0	0	9	n/a
BBQ Steak Wrap	1 ea	n/a	19	17	774	24	n/a	6	45	83	n/a
Bello Wrap	1 ea	n/a	17	15	686	27	n/a	7	22	75	n/a
Bello Wrap w/ Chicken	1 ea	n/a	22	21	919	37	n/a	7	56	75	n/a
Bello Wrap w/ Steak	1 ea	n/a	24	23	992	45	n/a	7	56	75	n/a
Blanco Pizza	1 slice	n/a	17	14	617	30	n/a	3	24	63	n/a
Blue Cheese Dressing	2 tbsp	n/a	1	3	160	3.5	n/a	0	0	1	n/a
Braided Roll	1/2 roll	n/a	4	3	160	1	n/a	0	6	33	n/a
Buffalo Sauce	1 tsp	n/a	0	0	0	0	n/a	0	0	0	n/a
Buffalo Chicken Calzone	1 ea	n/a	14	12	554	18	n/a	3	27	69	n/a
Buffalo Chicken Pizza	1 slice	n/a	12	10	468	13	n/a	3	21	65	n/a
Buffalo Chicken Wrap	1 ea	n/a	19	19	869	25	n/a	6	42	85	n/a
Caesar Salad, Large	1 ea	n/a	5	4	217	7	n/a	13	13	27	n/a
Caesar Salad, Small	1 ea	n/a	3	2	109	4	n/a	2	7	13	n/a
Caesar Wrap	1 ea	n/a	12	10	485	19	n/a	7	14	56	n/a
Caesar Wrap w/ Chicken	1 ea	n/a	17	16	718	29	n/a	7	48	56	n/a
Campos Salad, Large	1 ea	n/a	10	9	385	21	n/a	6	21	32	n/a
Campos Salad, Small	1 ea	n/a	5	4	193	11	n/a	3	11	16	n/a
Campos Wrap w/ Chicken	1 ea	n/a	14	12	553	16	n/a	9	19	79	n/a
Capalle Wrap	1 ea	n/a	22	19	837	37	n/a	7	52	73	n/a
Caprese Salad, Large	1 ea	n/a	6	5	223	14	n/a	5	15	13	n/a
Caprese Salad, Small	1 ea	n/a	3	2	113	7	n/a	3	8	7	n/a
Cheese Pizza	1 slice	n/a	10	8	382	9	n/a	2	15	60	n/a
Chef Salad	1 ea	n/a	9	8	352	25	n/a	5	21	12	n/a
Chianti Italian Dressing	2 tbsp	n/a	5	5	180	20	n/a	0	0	2	n/a
Chicken Florentine, large	1 ea	n/a	25	22	974	34	n/a	4	72	93	n/a
Chicken Florentine, small	1 ea	n/a	13	11	503	17	n/a	2	37	50	n/a
Chicken Marsala, large	1 ea	n/a	13	12	537	16	n/a	1	31	54	n/a
Chicken Marsala, small	1 ea	n/a	8	8	350	11	n/a	1	20	35	n/a
Chicken Pesto Salad, Large	1 ea	n/a	63	16	710	34	n/a	14	60	458	n/a
Chicken Pesto Salad, Small	1 ea	n/a	31	8	355	17	n/a	7	30	229	n/a
Chicken Picata, large	1 ea	n/a	12	12	525	15	n/a	0	32	51	n/a
Chicken Picata, small	1 ea	n/a	8	8	343	10	n/a	0	21	33	n/a
Chicken Pomodoro, large	1 ea	n/a	12	10	483	13	n/a	3	28	60	n/a
Chicken Pomodoro, small	1 ea	n/a	8	7	315	8	n/a	2	18	39	n/a
Chicken Spincolli, large	1 ea	n/a	25	22	960	39	n/a	4	76	74	n/a
Chicken Spincolli, small	1 ea	n/a	13	11	496	20	n/a	2	39	40	n/a
Chicken & Broccoli Calzone	1 ea	n/a	12	10	473	13	n/a	3	26	62	n/a
Chicken Florentine Calzone	1 ea	n/a	11	9	418	9	n/a	3	23	61	n/a
Chicken Florentine Pizza	1 slice	n/a	10	8	388	8	n/a	3	18	60	n/a
Chicken Parmesan Calzone	1 ea	n/a	14	12	548	19	n/a	2	27	67	n/a
Chicken Parmesan Pizza	1 slice	n/a	12	10	458	13	n/a	2	21	63	n/a
Chicken Parmesan Sandwich	1 ea	n/a	21	20	811	47	n/a	2	62	31	n/a

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Chicken Pesto Calzone	1 ea	n/a	14	12	547	21	n/a	2	26	61	n/a
Chicken Pesto Pizza	1 slice	n/a	12	10	472	16	n/a	2	21	61	n/a
Chicken, Zit & Broccoli, small	1 ea	n/a	20	19	723	55	n/a	1	21	34	n/a
Chicken, Ziti & Broccoli, large	1 ea	n/a	30	29	1108	84	n/a	1	32	52	n/a
Cranberry Sauce	1/4 cup	n/a	3	2	100	0	n/a	1	0	26	n/a
Creamy Caesar Dressing	2 tbsp	n/a	4	4	150	16	n/a	0	1	2	n/a
Dijon Honey Mustard Dressing	2 tbsp	n/a	4	4	130	11	n/a	0	0	7	n/a
Dijon Mustard Sauce	1 tsp	n/a	3	0	5	0	n/a	1	0	26	n/a
Eggplant Parmesan Sandwich	1 ea	n/a	15	13	577	31	n/a	8	14	62	n/a
Fat Free Caesar Dressing	2 tbsp	n/a	0	0	20	0	n/a	0	0	3	n/a
Fat free Italian Dressing	2 tbsp	n/a	0	0	10	0	n/a	0	0	3	n/a
Ferrara Pizza	1 slice	n/a	13	11	476	17	n/a	2	19	61	n/a
Focaccia	1 pc	n/a	9	7	372	5	n/a	3	9	70	n/a
Formaggio Pizza	1 slice	n/a	15	13	558	24	n/a	2	24	62	n/a
Garden Salad, Large	1 ea	n/a	2	1	66	1	n/a	5	4	12	n/a
Garden Salad, Small	1 ea	n/a	1	0	37	1	n/a	3	2	7	n/a
Golden Italian Dressing	2 tbsp	n/a	4	4	140	14	n/a	0	0	2	n/a
Greek Dressing	2 tbsp	n/a	4	4	140	15	n/a	0	0	0	n/a
Greek Salad, Large	1 ea	n/a	5	4	206	13	n/a	5	12	13	n/a
Greek Salad, Small	1 ea	n/a	3	2	105	7	n/a	3	6	7	n/a
Greek Wrap	1 ea	n/a	10	10	446	17	n/a	9	11	53	n/a
Greek Wrap w/ Chicken	1 ea	n/a	16	15	679	27	n/a	9	44	53	n/a
Grilled Chicken Sandwich	1 ea	n/a	12	11	506	23	n/a	3	59	9	n/a
Grilled Steak Sandwich	1 ea	n/a	11	11	462	26	n/a	3	42	9	n/a
Ham & Cheese Calzone	1 ea	n/a	16	14	595	24	n/a	2	31	65	n/a
Hawaiian Pizza	1 slice	n/a	12	10	463	12	n/a	2	20	69	n/a
Honey Mustard Sauce	1 tsp	n/a	0	0	10	0	n/a	0	0	1	n/a
Marherita Pizza	1 slice	n/a	12	10	475	16	n/a	3	21	61	n/a
Marinara Sauce	1 oz	n/a	0	0	9	0	n/a	0	0	1	n/a
Mayonnaise	1 tbsp	n/a	3	3	100	11	n/a	0	0	0	n/a
Meat Lasagna	1 ea	n/a	15	13	575	28	n/a	3	31	44	n/a
Meatball Sandwich	1 ea	n/a	16	15	594	43	n/a	2	34	16	n/a
Meatlovers Calzone	1 ea	n/a	14	14	638	18	n/a	2	30	63	n/a
Meatlovers Pizza	1 slice	n/a	12	11	524	14	n/a	2	25	62	n/a
Milano Sandwich	1 ea	n/a	12	11	460	23	n/a	2	52	10	n/a
Montalcino Wrap	1 ea	n/a	18	17	762	27	n/a	6	67	49	n/a
Mushroom Pizza	1 slice	n/a	10	8	392	9	n/a	3	16	62	n/a
Naples Wrap	1 ea	n/a	15	13	627	21	n/a	10	29	74	n/a
Olmo Wrap	1 ea	n/a	24	20	822	47	n/a	29	33	99	n/a
Pasta Primavera, large	1 ea	n/a	23	21	853	60	n/a	4	18	60	n/a
Pasta Primavera, small	1 ea	n/a	15	14	556	39	n/a	2	12	39	n/a
Pasta w/ Eggplant, large	1 ea	n/a	24	21	923	36	n/a	10	26	125	n/a
Pasta w/ Italian Sausage, large	1 ea	n/a	15	19	954	7	n/a	2	40	93	n/a
Pasta w/ Italian Sausage, small	1 ea	n/a	9	11	526	4	n/a	1	22	56	n/a
Pasta w/ Marinara Sauce, large	1 ea	n/a	13	10	494	7	n/a	2	18	91	n/a
Pasta w/ Marinara Sauce, small	1 ea	n/a	8	6	296	4	n/a	1	11	55	n/a
Pasta w/ Meatballs, large	1 ea	n/a	15	16	794	7	n/a	2	36	97	n/a
Pasta w/ Meatballs, small	1 ea	n/a	9	9	446	4	n/a	1	20	58	n/a
Pavarotti Sandwich	1 ea	n/a	15	13	540	34	n/a	17	35	40	n/a
Peanut Sauce	1 tbsp	n/a	1	1	45	2.5	n/a	0	1	4	n/a
Peasant Chicken Sandwich	1 ea	n/a	9	8	329	21	n/a	4	19	20	n/a
Penne Alla Viga, large	1 ea	n/a	26	25	959	67	n/a	1	30	56	n/a
Penne Alla Viga, small	1 ea	n/a	17	16	625	44	n/a	1	20	37	n/a
Penne Badia, large	1 ea	n/a	25	23	921	60	n/a	3	33	61	n/a
Penne Badia, small	1 ea	n/a	16	15	601	39	n/a	2	21	40	n/a
Pepperoni Pizza	1 slice	n/a	13	11	476	17	n/a	2	19	61	n/a
Pesto Linguine, large	1 ea	n/a	28	26	1030	64	n/a	2	25	84	n/a
Pesto Linguine, small	1 ea	n/a	17	16	634	39	n/a	1	15	52	n/a
Pesto Chicken Sandwich	1 ea	n/a	12	11	467	23	n/a	1	58	5	n/a

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Pesto Sauce	1 tbsp	n/a	2	2	67.5	7	n/a	1	2	1	n/a
Pollo Balsamico, large	1 ea	n/a	13	11	514	14	n/a	4	35	63	n/a
Pollo Balsamico, small	1 ea	n/a	9	7	335	9	n/a	2	23	41	n/a
Pollo Brozi, large	1 ea	n/a	22	21	826	53	n/a	2	30	57	n/a
Pollo Brozi, small	1 ea	n/a	14	13	539	34	n/a	1	20	37	n/a
Pollo Toscano, large	1 ea	n/a	11	10	460	12	n/a	2	26	53	n/a
Pollo Toscano, small	1 ea	n/a	7	6	300	8	n/a	1	17	35	n/a
Poppy Seed Dressing	2 tbsp	n/a	3	3	130	10	n/a	0	0	8	n/a
Prao Sandwich w/ Chicken	1 ea	n/a	19	17	717	45	n/a	18	52	39	n/a
Prato Sandwich	1 ea	n/a	13	12	484	35	n/a	18	18	39	n/a
Raspberry Vinaigrette	2 tbsp	n/a	1	1	50	3.5	n/a	0	0	5	n/a
Roasted Vegetable	1 ea	n/a	13	11	509	20	n/a	9	27	56	n/a
Rucce Sandwich w/ Ham	1 ea	n/a	10	10	396	21	n/a	0	30	13	n/a
Rucce Sandwich w/ Turkey	1 ea	n/a	8	9	366	16	n/a	0	32	9	n/a
Sam Buco Sandwich	1 ea	n/a	7	6	288	13	n/a	2	26	14	n/a
Sausage & Carmelized onions Calzone	1 ea	n/a	12	10	463	11	n/a	3	18	68	n/a
Sausage Pizza	1 slice	n/a	11	10	459	9	n/a	2	19	61	n/a
Sausage, Peppers & Onions Sandwich	1 ea	n/a	6	20	989	3	n/a	2	45	13	n/a
Sorrento Wrap	1 ea	n/a	12	10	507	11	n/a	7	39	54	n/a
Spinach & Pepperoni Calzone	1 ea	n/a	13	11	514	19	n/a	4	21	64	n/a
Spinach Wrap	1 pc	n/a	9	8	368	10	n/a	2	9	52	n/a
Steak & Cheese Calzone	1 ea	n/a	13	11	494	16	n/a	2	25	66	n/a
Steak Bellino Wrap	1 ea	n/a	20	18	829	30	n/a	6	53	74	n/a
Stuffed Chicken, large	1 ea	n/a	25	22	978	35	n/a	6	74	90	n/a
Stuffed Chicken, small	1 ea	n/a	13	11	505	18	n/a	3	37	48	n/a
Stuffed shells, large	1 ea	n/a	17	15	646	30	n/a	4	37	60	n/a
Stuffed shells, small	1 ea	n/a	10	8	368	18	n/a	3	21	33	n/a
Sundried Tomato Wrap	1 pc	n/a	9	8	368	10	n/a	2	10	52	n/a
Terra Luna Sandwich	1 ea	n/a	7	6	284	11	n/a	2	30	12	n/a
Three Cheese Lasagna	1 ea	n/a	12	11	483	19	n/a	3	25	48	n/a
Torino Sandwich	1 ea	n/a	14	12	523	28	n/a	4	46	26	n/a
Trentino Pizza	1 slice	n/a	12	9	431	11	n/a	3	21	65	n/a
Treviso Wrap	1 ea	n/a	21	20	876	34	n/a	7	54	72	n/a
Turkey Club Wrap	1 ea	n/a	22	21	871	47	n/a	8	49	55	n/a
Tuscany Sandwich	1 ea	n/a	5	4	198	5	n/a	1	21	16	n/a
Vegetable Calzone	1 ea	n/a	11	9	428	11	n/a	4	15	67	n/a
Vegetable Pizza	1 slice	n/a	11	8	397	9	n/a	3	16	66	n/a
Vegetariano Sandwich	1 ea	n/a	8	6	275	17	n/a	14	7	35	n/a
Venetia Pizza	1 slice	n/a	11	10	466	9	n/a	2	19	62	n/a
Verdura Pizza	1 slice	n/a	10	8	393	9	n/a	3	16	62	n/a
Verona Wrap	1 ea	n/a	20	17	764	29	n/a	7	52	73	n/a
Viga Chicken Club Sandwich	1 ea	n/a	15	15	601	37	n/a	2	53	9	n/a
Vigaro Pizza	1 slice	n/a	12	11	525	14	n/a	2	23	62	n/a
Wheat Wrap	1 pc	n/a	9	5	260	10	n/a	4	10	50	n/a
White Roll	1 pc	n/a	4	3	167	3	n/a	1	4	29	n/a
Whole Wheat Foccacia	1 pc	n/a	10	7	378	6	n/a	12	14	72	n/a
Whole Wheat Roll	1 pc	n/a	4	3	157	3	n/a	5	6	30	n/a