



\$8¹⁹

Pasta Base

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|-------------------|---------|
| Penne pasta | 300 cal |
| Whole wheat pasta | 270 cal |

Protein

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|-----------------|---------|
| Grilled chicken | 250 cal |
| Meatballs | 260 cal |
| Italian sausage | 180 cal |
| Shrimp | 38 cal |

Toppings

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|--------------------|---------|
| Mixed peppers | 15 cal |
| Caramelized onions | 9 cal |
| Fresh Spinach | 4 cal |
| Roasted Tomato | 5 cal |
| Sautéed Zucchini | 7 cal |
| Sautéed Mushrooms | 10 cal |
| Parmesan cheese | 22 cal |
| Mozzarella cheese | 100 cal |

Sauces

| | |
|----------------|---------|
| Marinara sauce | 30 cal |
| Alfredo sauce | 120 cal |
| Diablo sauce | 75 cal |