

# BIAGGI'S

RISTORANTE ITALIANO

## NUTRITIONAL INFORMATION

Valid April 19, 2018 - October 4, 2018

This nutritional information is provided by Biaggi's Ristorante Italiano and is based on values computed by an independent lab based on our standard company recipes. Due to the nature of our freshly-prepared menu items and scratch kitchens, nutritional values may vary slightly from the reported amounts.

Unless otherwise noted, nutritional information provided includes all sauces, condiments and included accompaniments. If you have questions about this information, please contact Biaggi's Corporate Office by calling (309) 664.2148 or via email at info@biaggis.com.

2,000 calories a day is used for general nutrition advice, though calorie needs may vary.

Menu Item	Total Calories (g)	Calories from Fat (fat cal)	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>APPETIZERS</b>											
Lump Crab Cakes	530	320	35	7	0	25	2,590	38	5	7	18
Calamari Fritti	620	170	19	2	0	595	1,190	61	5	4	46
Spinach & Artichoke Dip	1,760	729	81	32	1	140	6,460	205	2	4	42
Bacon Wrapped Dates	490	130	15	5	0	35	700	80	7	66	12
Fried Ravioli	910	740	82	32	2	180	1,700	32	2	3	16
Bruschetta Classico	1,380	550	61	22	0	35	5,010	162	4	6	49
Stuffed Mushrooms	490	290	33	10	0	45	1,730	22	4	5	20
Burrata Caprese	700	432	48	14	0	40	1,040	52	2	3	17
<b>SOUPS</b>											
French Onion Soup - Bowl	1,170	486	54	17	0	95	3,790	111	3	14	34
Lobster Corn Chowder - Bowl	420	230	26	9	0	90	2,230	23	2	4	12
Lobster Corn Chowder - Cup	280	153	17	6	0	60	1,487	15	1	3	8
Sherry Tomato Soup - Bowl	280	150	17	9	0	55	4,450	16	2	3	3
Sherry Tomato Soup - Cup	187	100	11	6	0	37	2,967	11	1	2	2
Vegetable Minestrone Soup - Bowl	230	15	2	0	0	0	960	21	5	3	4
Vegetable Minestrone Soup - Cup	80	10	1	0	0	0	640	14	3	2	3
<b>SALADS</b>											
Biaggi's House - Small	420	370	41	5	0	0	340	12	2	7	2
Biaggi's House - Large	840	740	82	9	0	0	680	24	4	14	4
Biaggi's House - ½	210	185	21	3	0	0	170	6	1	4	1
Caesar - Small	370	260	30	7	0	25	1,110	9	2	4	9
Caesar - Large	740	520	60	14	0	50	2,220	18	4	8	18
Caesar - ½	185	130	15	4	0	13	555	5	1	2	5
Wedge	620	530	59	14	0	75	1,100	10	3	7	13
Wedge - ½	310	265	30	7	0	38	550	5	2	4	7
Honey Roasted Beet & Arugula	720	540	60	6	0	20	1,510	41	12	23	12
Honey Roasted Beet & Arugula - ½	360	270	30	3	0	10	755	21	6	12	6
Spinach - Small	820	690	77	13	1	130	1,920	18	3	12	14
Spinach - Large	1,640	1,380	154	26	1	260	3,840	36	6	24	28
Spinach - ½	410	345	39	7	0	65	960	9	2	6	7
Mediterranean	610	510	56	5	0	30	1,810	13	3	4	13
Mediterranean - ½	305	255	28	3	0	15	905	7	2	2	7
Chopped Chicken	1,200	820	92	22	0	245	1,100	27	10	10	71
Seared Salmon	740	510	56	5	0	135	1,460	20	7	6	42
Parmesan-Crusted Chicken Milano	1,370	990	111	25	3	310	2,960	45	7	6	51
Smoked Chicken	1,290	846	94	25	0	120	4,110	80	9	62	34
Grilled Shrimp & Farro	1,190	540	61	9	0	85	1,850	137	16	12	34
<b>PIZZA</b>											
Pepperoni	1,610	729	81	34	2	170	4,120	163	1	8	54
Pepperoni - ½	805	365	41	17	1	85	2,060	82	1	4	27
Sausage & Mushroom	2,070	1,062	118	55	1	265	6,210	178	3	9	73
Sausage & Mushroom - ½	1,035	531	59	28	0	133	3,105	89	2	5	37
Italian Sausage	1,600	675	75	31	0	160	4,260	167	1	9	60
Italian Sausage - ½	800	338	38	16	0	80	2,130	84	1	5	30
Margherita	1,880	837	93	48	0	140	2,960	184	1	8	76
Margherita - ½	940	419	47	24	0	70	1,480	92	1	4	38
Chicken Piccante	1,670	657	73	29	0	205	4,630	166	2	9	71
Chicken Piccante - ½	835	329	37	15	0	103	2,315	83	1	5	36
Supreme	1,670	693	77	32	0	180	4,890	176	4	12	65
Supreme - ½	835	347	39	16	0	90	2,445	88	2	6	33

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<b>PASTA</b>											
Braised Short Rib Ravioli	1,110	567	63	13	0	180	2,660	61	4	6	44
Braised Short Rib Ravioli - ½	555	284	32	7	0	90	1,330	31	2	3	22
Lasagna Bolognese	840	350	39	20	0	140	2,020	68	7	6	35
Lasagna Bolognese - ½	420	175	20	10	0	70	1,010	34	4	3	18
Ravioli Quattro Formaggi	850	530	59	29	1	165	1,750	48	3	10	37
Ravioli Quattro Formaggi - ½	425	265	30	15	1	83	875	24	2	5	19
Spaghetti & Meatballs	810	333	37	13	0	95	3,450	74	4	17	48
Spaghetti & Meatballs - ½	440	167	19	7	0	48	1,725	37	2	9	24
Rigatoni Bolognese	1,080	594	66	23	0	160	3,910	57	3	13	57
Rigatoni Bolognese - ½	540	297	33	12	0	80	1,955	29	2	7	29
Butternut Squash Ravioli	1,080	621	69	24	0	130	2,670	65	2	9	22
Butternut Squash Ravioli - ½	540	311	35	12	0	65	1,335	33	1	5	11
Spaghetti Marinara	510	180	20	3	0	5	1,530	70	4	16	13
Spaghetti Marinara - ½	255	90	10	2	0	3	765	35	2	8	7
Fettuccini with Lobster	1,130	630	70	41	2	350	2,440	80	5	3	39
Fettuccini with Lobster - ½	565	315	35	21	1	175	1,220	40	3	2	20
Farfalle Alfredo	980	594	66	27	1	180	2,180	43	2	12	51
Farfalle Alfredo - ½	490	297	33	14	0	90	1,090	22	1	6	26
Rigatoni alla Toscana	940	558	62	14	0	80	2,830	63	4	17	35
Rigatoni alla Toscana - ½	470	279	31	7	0	40	1,415	32	2	9	18
Baked Ziti al Forno	1,570	963	107	67	2	465	3,320	41	1	8	70
Baked Ziti al Forno - ½	785	482	54	34	1	233	1,660	21	1	4	35
Capellini Di Mare Lunch	1,010	333	37	5	0	305	3,950	112	3	14	54
Capellini Di Mare - ½	505	167	19	2	0	153	1,975	56	2	7	27
Capellini Di Mare Dinner	1,070	342	38	5	0	340	4,400	114	3	14	64
Shrimp and Crab Cannelloni Lunch	940	603	67	28	1	355	2,910	38	1	5	47
Shrimp and Crab Cannelloni Dinner	1,100	702	78	35	1	415	3,370	46	1	6	56
Shrimp and Crab Cannelloni - ½	700	459	51	21	1	235	1,920	27	1	3	32
Shrimp and Crab Cannelloni - ½ & ½	640	450	50	21	1	205	1,850	23	1	4	25
Spaghetti Carbonara	1,190	639	71	29	0	650	4,900	85	1	1	57
Spaghetti Carbonara - ½	595	320	36	15	0	325	2,450	43	1	1	29
<b>ENTREES</b>											
Lasagna & Chicken Parmesan	1,360	477	53	25	0	305	3,160	130	3	10	70
Chicken Parmesan - Lunch	880	387	43	16	0	190	2,140	81	2	12	37
Chicken Parmesan - Dinner	1,500	657	73	27	0	355	3,350	135	3	16	69
Chicken Marsala - Lunch	1,130	630	70	17	1	220	1,430	46	5	5	66
Chicken Marsala - Dinner	1,650	927	103	25	1	340	2,340	66	8	7	99
Eggplant Parmesan - Lunch	690	261	29	13	0	160	1,840	77	5	15	26
Eggplant Parmesan - Dinner	1,110	405	45	21	0	295	2,740	126	9	21	46
Grilled Chicken Pietro - Lunch	1,130	720	80	13	1	215	3,760	46	6	23	59
Grilled Chicken Pietro - Dinner	1,550	918	102	19	1	340	5,290	70	7	30	87
<b>SEAFOOD, STEAKS &amp; CHOPS</b>											
Filet Mignon	1,050	660	74	19	0	335	1,410	23	5	6	70
Steak Pommes Frites	1,480	680	76	27	2	295	4,540	84	8	6	104
Pork Chops with Gorgonzola Butter	1,300	730	81	26	0	235	5,470	58	6	18	62
Salmon & Shrimp Risotto Lunch	790	460	51	17	0	160	2,280	32	5	2	45
Salmon & Shrimp Risotto Dinner	990	630	70	23	0	215	3,060	34	5	3	49
Sea Scallop Risotto - Lunch	900	540	60	15	0	90	2,470	53	4	11	29
Sea Scallop Risotto - Dinner	940	550	61	15	0	115	2,570	55	4	11	38
Garlic Shrimp Oreganata - Lunch	910	423	47	12	0	130	2,120	70	2	6	20
Garlic Shrimp Oreganata - Dinner	1,070	693	77	17	0	115	2,500	32	3	11	37
Peroni Beer-Battered Walleye	1,020	495	55	8	0	235	2,450	50	2	6	52
Crab Stuffed Haddock	840	459	51	14	0	230	2,840	31	3	3	62
<b>SANDWICHES</b>											
Roasted Turkey & Avocado	860	360	40	10	0	95	2,720	79	4	8	50
Roasted Turkey & Avocado - ½	430	180	20	5	0	48	1,360	40	2	4	25
Chicken & Goat Cheese Panini	1,420	468	52	10	0	160	2,560	168	1	23	69
Chicken & Goat Cheese Panini - ½	710	234	26	5	0	80	1,280	84	1	12	35
Prime Rib & Three Cheese	2,000	1,188	132	45	0	245	3,280	122	1	15	77
Prime Rib & Three Cheese - ½	1,000	594	66	23	0	123	1,640	61	1	8	39
Bacon & Cheddar Burger	1,740	963	107	37	6	330	5,510	100	1	19	90
Crab Cake Sliders (2)	910	486	54	16	0	70	3,120	70	2	12	30
Crab Cake Slider - ½ (1)	455	243	27	8	0	35	1,560	35	1	6	15

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<b>SIDES</b>											
Cucumber & Onion Salad	25	0	0	0	0	0	90	6	0	6	0
French Fries	350	171	19	2	0	0	820	41	0	0	0
Sweet Potato Fries	570	198	22	2	0	0	520	92	0	22	3
Housemade Potato Chips	200	130	15	2	0	0	160	17	1	1	2
<b>LIGHTER SIDE</b>											
Butternut Squash Ravioli with Smoked Chicken	590	234	26	11	0	110	2,990	49	3	9	31
Roasted Vegetable Risotto	590	369	41	6	0	10	3,820	17	5	7	9
Roasted Veg. Risotto with Chicken	880	450	50	8	0	185	4,640	17	5	7	61
Roasted Veg. Risotto with Salmon	850	459	51	8	0	90	3,950	21	7	7	45
Roasted Veg. Risotto with Shrimp	700	441	49	7	0	80	4,860	18	5	7	17
Walleye Al Forno	500	162	18	2	0	185	1,400	18	4	6	45
Dijon Salmon	530	144	16	2	0	80	1,680	48	3	4	45
Petite Filet Mignon	430	198	22	6	1	130	1,930	14	4	6	46
Grilled Pork Chop	450	234	26	7	0	80	3,840	24	5	13	30
<b>DESSERTS</b>											
Crème Brulee	710	530	59	32	2	535	75	40	0	36	8
Bomboloni	1,300	639	71	43	2	370	780	153	0	122	16
White Chocolate Bread Pudding	1,510	990	110	64	2	495	250	115	3	81	19
Chocolate Cake	1,290	531	59	25	0	120	1,320	178	0	124	22
Tirami Su	800	400	44	28	0	225	160	95	3	70	8
New York Style Cheesecake	1,440	864	96	54	3	380	740	134	1	103	18
Lemon Tower Cake	1,090	620	69	25	4	115	480	120	1	77	7
Blood Orange Sorbet	270	0	0	0	0	0	0	66	0	63	0
Gelato - Chocolate	450	150	18	14	0	0	105	63	0	54	9
Gelato - Vanilla Bean	540	210	24	21	0	150	135	63	0	63	9
Gelato - Amarena Cherry	510	210	24	21	0	60	135	66	0	57	9
Gelato - Cappucino	540	180	21	18	0	150	135	75	0	60	9
Gelato - Spumoni	495	225	25	16	0	110	158	61	0	41	7
<b>GLUTEN-FREE</b>											
GF - Italian Sausage Pizza	1,050	657	73	31	0	160	2,740	56	1	5	42
GF - Pepperoni Pizza	1,060	702	78	34	1	170	2,590	51	1	4	36
GF - Margherita Pizza	1,320	810	90	49	0	140	1,440	72	1	4	58
GF - Chicken Piccante Pizza	930	490	54	21	0	120	2,990	55	8	9	44
GF - Sausage & Mushroom Pizza	1,520	1,044	116	55	0	265	4,690	66	3	6	55
GF - Supreme Pizza	1,120	666	74	33	0	180	3,370	64	3	9	48
GF - Pasta di Mare - Lunch	940	360	40	5	0	385	4,210	98	9	12	50
GF - Pasta di Mare - Dinner	1,000	370	41	5	0	420	4,660	100	9	12	60
GF - Pasta Marinara	660	198	22	4	0	105	1,840	106	4	15	17
GF - Pasta Alfredo	1,230	612	68	28	1	280	2,490	98	2	11	56
GF - Pasta & Meatballs	970	351	39	13	0	195	3,760	110	4	16	51
GF - Grilled Pork Chops	1,000	560	62	17	0	195	5,060	49	5	17	58
GF - Chicken Marsala - Lunch	1,130	630	70	17	1	220	1,430	46	5	5	66
GF - Chicken Marsala - Dinner	1,650	927	103	25	1	340	2,340	66	8	7	99
GF - Baked Walleye	1,000	612	68	9	0	235	2,180	13	2	6	48
GF - Chicken Parmesan w/ GF Pasta - Lunch	1,130	675	75	23	3	265	2,890	56	3	13	54
GF - Chicken Parmesan w/ GF Pasta - Dinner	1,260	702	78	24	3	350	2,930	56	3	13	80
GF - Grilled Chicken Pietro	1,550	918	102	19	1	340	5,290	70	7	30	87
GF - Bread	280	90	10	2	0	0	150	43	0	6	3
<b>KIDS</b>											
Kids Pizza - Cheese	600	198	22	10	0	45	1,430	81	1	4	19
Kids Pizza - Pepperoni	670	252	28	12	0	60	1,620	81	1	4	21
Kids Spaghetti & Meatballs	440	198	22	8	0	60	1,760	33	1	6	28
Kids Spaghetti - Marinara Sauce	160	18	2	0	0	0	470	30	1	5	5
Kids Chicken Fingers w/ Fries	1,090	430	48	8	0	65	3,240	128	11	11	38
Kids Spaghetti with Butter & Parmesan	340	81	9	12	0	0	300	22	0	0	6
Kids Cheese Ravioli - Alfredo Sauce	430	261	29	17	1	105	740	25	0	6	19
Kids Cheese Ravioli - Meat Sauce	440	225	25	12	0	110	950	25	1	5	28
Kids Cheese Ravioli - Marinara Sauce	310	153	17	9	0	70	830	26	1	6	15
Kids Mac & Cheese	500	270	30	16	0	70	2,130	37	0	6	20
Kids Penne Pasta - Alfredo Sauce	310	135	15	8	0	35	380	34	0	6	9
Kids Penne Pasta - Marinara Sauce	200	32	4	0	0	0	470	36	1	6	6
Kids Penne Pasta - Meat Sauce	320	99	11	4	0	45	590	34	1	5	19
Kids Ice Cream Sundae	390	180	20	13	0	70	105	48	2	40	5

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<b>PRONTO PACK (PP)</b>											
<b>PRONTO PACK - PASTA CHOICES</b>											
PP - Farfalle Alfredo	2,940	1,782	198	81	2	540	6,540	129	6	36	153
PP - Rigatoni Bolognese	3,240	1,782	198	69	0	480	11,730	171	9	39	171
PP - Spaghetti & Meatballs	2,430	999	111	39	0	285	10,350	222	12	51	144
PP - Ziti al Forno	4,710	2,889	321	201	6	1,395	9,960	123	3	24	210
PP - Spaghetti Marinara	1,530	540	60	9	0	15	4,590	210	12	48	39
PP - Rigatoni alla Toscana	2,820	1,674	186	42	0	240	8,490	189	12	51	105
PP - Ravioli Quattro Formaggi	2,550	1,590	177	87	3	495	5,250	144	9	30	111
PP - Lasagna	2,520	1,050	117	60	0	420	6,060	204	21	18	105
PP - Butternut Squash Ravioli	3,240	1,863	207	72	0	390	8,010	195	6	27	66
<b>PRONTO PACK - SALAD CHOICES</b>											
PP - House Salad	840	740	82	9	0	0	680	24	4	14	4
PP - Caesar Salad	740	520	60	14	0	50	2,220	18	4	8	18
<b>BREAD / OIL / CHEESE</b>											
PP - Focaccia	631	202	23	3	1	2	933	90	4	3	15
PP - Baguette	340	30	3	0	0	0	840	66	4	0	10
PP - Biaggi's Oil for Tables	500	500	54	5	0	0	90	0	0	0	0
PP - Grated Cheese	80	60	8	4	0	20	360	0	0	0	4
<b>TABLE SERVICE: BREAD BASKET</b>											
Focaccia (3 pieces)	316	101	11	1	0	1	467	45	2	1	7
Baguette (3 slices)	170	15	2	0	0	0	420	33	2	0	5
Biaggi's Oil for Tables (2 Tbl)	250	250	27	3	0	0	45	0	0	0	0
Grated Cheese (1 Tbl)	20	15	2	1	0	5	90	0	0	0	1