Piada

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Create your own Piada						
Dough						
Piada Dough (regular)	290	3	640	50	2	7
Piada Sauce (1.5 oz)						
Diavolo	35	0.5	150	2	0	0
Harissa	130	0	320	3	0	1
Lemon Basil	230	2	190	5	0	0
Pomodoro	20	0	170	3	0	1
Yogurt Harissa	80	1.5	260	3	0	2
Pasta						
Pasta (small)	240	1.5	190	40	2	6
Pasta (regular)	480	2.5	490	80	4	13
Pasta Sauce – 4 oz (small pasta and regular salad)						
Diavolo	90	2	400	6	0	1
Harissa	340	0	600	11	2	2
Lemon Basil	600	6	520	14	0	0
Pomodoro	50	0	460	8	0	2
Yogurt Harissa	220	3.5	710	9	2	1
Protein						
Chicken Tender	170	1.5	115	0	0	29
Crispy Chicken Fritte	280	2	700	17	0	19
Fresh salmon	290	3	360	0	0	32
Steak	100	1	300	0	0	16

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Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Salads (No Protein)						
Mixed greens (regular)	40	0	30	8	4	2
Romaine (regular)	30	0	15	6	4	2
Farmers Market Salad + lemon basil (small)	380	4	630	24	6	5
Balsamic Salad w/ Dressing (small)	240	4	340	25	3	3
Toppings						
Low Calorie Toppings*	0-10	0	0-100	0-5	0-3	2
**Artichoke, Arugula, tomatoes, cucumber, onions, greens, peppers, cabbage, spinach, mushrooms, peppers*						
Avocado (1/4)	80	1	0	4	3	1
Roasted Broccoli	40	0	90	4	1	2
Spiced Pecans	80	0	25	8	0	0
Street Sides						
Side Salad (no dressing)	25	0.5	0	4	1	1

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