



# Sopraffina Nutritional Information\*

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\*Nutritional information provided is based on representative values provided by suppliers and analysis using industry standard software.

Nutritional information is calculated based on Sopraffina Marketcaffè's standardized recipes. Since most menu items are homemade and each order may be customized, variations in serving sizes, preparation techniques, ingredient substitutions, product testing and sources of supply, as well as regional and seasonal differences may affect the nutrition values for each product. Sopraffina Marketcaffè cannot guarantee that the nutritional information provided is 100% accurate as it relates to the prepared menu items in each Sopraffina location.

# FRITTATAS

	Portion	Calories	Grams of Fat	Calories from Fat	Grams of Protein	Grams Carb.	Grams of Dietary Fiber	Cholesterol in MG	Sodium in MG
All American	1 svg	273	21	186	19	2	0	648	247
Frittata Florentine	1 svg	313	22	199	19	7	1	317	644
Frittata with Fresh Herbs & 3-Cheeses	1 svg	369	28	255	21	7	0	330	659
Frittata with Roasted Vegetables & Goat Cheese	1 svg	303	22	201	16	11	2	306	783

# PASTRIES

	Portion in Oz.	Calories	Grams of Fat	Calories from Fat	Grams of Protein	Grams Carb.	Grams of Dietary Fiber	Cholesterol in MG	Sodium in MG
<b><u>MUFFINS</u></b>									
Banana Nut	6	300	13.5	120	3	36	3	60	120
Blueberry	6	240	9	75	3	39	0	60	120
Morning Sunshine (Glorious Morning)	6	330	18	150	3	36	3	45	180
Raisin Bran	6	210	6	45	3	42	3	15	225
<b><u>SCONES</u></b>									
Chocolate Chip	4	440	24	200	8	52	4	100	200
Cinnamon Chip	4	440	24	200	8	52	0	100	240
Low Fat Bluberry	4	280	12	100	8	40	4	60	260
Plain Scone	4	440	224	200	8	48	4	60	260

# BAGELS\*

	Portion	Calories	Grams of Fat	% Kcal from Fat	Grams of Protein	Grams of Carbs	Grams of Diet. Fiber	Cholesterol	Sodium	Sugar in Grams
Blueberry	1	380	1		10	83	3	0	440 mg	15
Cheddar & Herb	1	410	5		14	77	3	15 mg	540 mg	6
Cinnamon-Raisin	1	400	1		10	89	3	0	370 mg	17
Egg	1	390	2		11	83	4	0	500 mg	7
Everything	1	370	2.5		11	76	3	0	1130 mg	7
Jalapeno Cheddar	1	330	4.5		14	58	2	10	610 mg	4
Onion	1	380	1		11	84	4	0	450 mg	15
Plain	1	390	1.5		11	85	3	0	510 mg	6
Poppyseed	1	380	2.5		11	75	3	0	440 mg	5
Sesame	1	370	3.5		11	74	3	0	450 mg	5
Whole Wheat	1	340	1		13	70	4	0	340 mg	4
*Nutritional information provided by The Great American Bagel										

# ANTIPASTI

	Portion in Oz.	Calories	Grams of Fat	Calories from Fat	Grams of Protein	Grams Carb.	Grams of Dietary Fiber	Cholesterol in MG	Sodium in MG
Asian Slaw	5	384	9	82	8	16	3	23	204
Asparagus & Capicola	5	84	5	42	7	4	2	15	232
3 Tomato Caprese Salad	5	144	11	102	6	6	1	21	302
Calamari Salad	5	218	10	142	24	6	1	343	773
Cannelini Bean & Arugula	5	284	36	284	13	30	12	19	14
Traditional Chicken Salad	5	236	13	106	21	11	1	88	627
Chicken Penne Pasta	5	216	7	62	15	23	1	69	1013
Cucumber and Feta	5	129	11	96	3	7	2	11	360
Curried Chicken Pasta Salad	5	327	13	77	12	43	2	19	144
Fresh Fruit	10	110	1	0	2	27	4	0	20
Insalata Mexicana	5	280	19	172	5	23	2	0	180
Low Carb. Nicoise	5	199	12	111	17	4	2	27	574
Mediterranean Veg. Salad	5	159	13	118	3	9	2	12	714
Quinoa Salad	5	161	6	51	5	25	3	0	398
Salmon & Broccoli Pasta Salad	5	205	7	49	11	27	3	40	912
Traditional Tuna Salad	5	200	10	93	19	7	1	62	593
Vegetable Pasta Salad	5	155	13	118	6	19	1	26	852
Zesty Tomato Pasta	5	299	18	164	10	23	2	23	434
Chilled Chicken w/ 2 oz. Honey Mustard Dressing	6.5	308	22	194	11	2	1	106	425
Chilled Beef Tenderloin w/ 2 oz. Horseradish Mayonnaise	5	323	26	112	18	3	1	67	197
Chilled Salmon w/2 oz. Yogurt Dill Sauce	4	238	12	236	25	8	4	68	542

# PIZZA

	Portion	Calories	Grams of Fat	Calories from Fat	Grams of Protein	Grams of Carbs	Grams of Diet. Fiber	Cholesterol in MG	Sodium in MG
<b>3-Cheese Pizza</b>	1/2 pizza	529	27	239	19	47	4	38	1108
<b>Margherita</b>	1/2 pizza	520	27	164	31	41	8	42	999
<b>Pepperoni</b>	1/2 pizza	704	43	339	41	40	7	78	2108
<b>Supremo</b>	1/2 pizza	708	42	320	42	42	8	83	1882
<b>Tomato Mushroom Spinach</b>	1/2 pizza	535	27	143	33	42	9	43	1142
<b>Tuscan Sausage</b>	1/2 pizza	749	49	398	41	39	7	88	1655
<b><u>PIZZA SPECIALS</u></b>									
<b>Smoked Chicken</b>	1/2 pizza	529	26	234	24	46	3	80	1408
<b>BBQ Chicken</b>	1/2 pizza	490	22	197	24	49	2	65	926
<b>Chicken Chipotle &amp; Pancetta</b>	1/2 pizza	789	56	504	22	49	3	69	1098
<b>Chicken &amp; Artichokes</b>	1/2 pizza	533	25	222	26	47	3	70	1083
<b>Chicken &amp; Broccoli</b>	1/2 pizza	532	20	180	31	52	6	69	1713
<b><u>STUFFED PEPPERS</u></b>									
<b>Pepperoni</b>	1/2 pepper	436	34	261	24	9	1	78	1535
<b>Tomato Mushroom Spinach</b>	1/2 pepper	201	12	64	13	12	3	38	564
<b>Sausage</b>	1/2 pepper	421	33	192	23	8	1	88	1082

# SALADS

	Portion	Calories	Grams of Fat	Calories from Fat	Grams of Protein	Grams of Carbs	Grams of Fiber	Cholesterol in MG	Sodium in MG
Caesar with dressing	1	702	60	525	17	26	6	25	1013
Caesar with dressing & chicken	1	796	61	541	38	26	6	75	1068
Caesar - no dressing	1	226	10	84	12	24	5	13	632
Farmstand with dressing	1	773	71	606	23	21	7	30	419
Farmstand with dressing & chicken	1	866	72	614	43	21	7	79	474
Farmstand - no dressing	1	424	35	291	23	13	6	30	122
Hilltop with dressing	1	613	53	446	17	28	8	25	510
Hilltop with dressing & chicken	1	707	54	463	37	28	8	75	565
Hilltop - no dressing	1	350	26	210	17	22	7	25	416
Italian Chef with dressing	1	510	41	286	22	18	7	47	956
Italian Chef - no dressing	1	247	14	121	17	16	7	38	577
Mixed Green with dressing	1	448	40	348	16	10	4	22	743
Mixed Green w/dressing & chicken	1	541	41	362	35	10	4	72	798
Mixed Green - no dressing	1	105	5	40	10	8	4	11	288
Samantha with chicken & dressing	1	485	11	97	35	66	9	62	968
Samantha - no dressing	1	328	10	87	34	27	7	62	609

# SALAD DRESSINGS

standard portion size is 2 oz

	Portion	Calories	Grams of Fat	Calories from Fat	Grams of Protein	Grams of Carbs	Grams of Diet. Fiber	Cholesterol in MG	Sodium in MG
Balsamic Vinaigrette	2 oz	264	28	240	4	6	0	0	94
Buttermilk Ranch - Reduced Fat	2 oz	160	14	120	0	6	0	20	660
Caesar	2 oz	282	30	268	4	2	0	8	220
Chef's Dressing	2 oz	270	26	232	6	2	0	8	270
Fat Free Creamy Italian	2 oz	36	0	0	0	6	0	0	792
Fat Free Honey Mustard	2 oz	108	0	0	2	26	0	0	356
Fat Free Lemon Herb	2 oz	34	0	0	0	6	0	0	256
Garlic Thyme Vinaigrette	2 oz	302	32	288	0	2	0	0	272
Low Fat Caesar	2 oz	86	6	58	2	4	0	6	798
Roasted Garlic and Herb Vinaigrette	2 oz	206	22	198	2	0	0	0	320
Sherry Raisin Vinaigrette	2 oz	350	36	334	0	8	0	0	298
Athenian Dressing	2 oz	288	32	288	0	2	0	4	412
Creamy Gorgonzola Italian	2 oz	288	30	270	2	2	0	6	524
Fat Free Raspberry Vinaigrette	2 oz	62	0	0	0	18	0	0	150

# SANDWICHES

	Portion	Calories	Grams of Fat	Calories from Fat	Grams of Protein	Grams of Carbs	Grams of Diet. Fiber	Cholesterol in MG	Sodium in MG
<b>#1 Assisi</b>	1	925	55	481	38	78	7	40	1626
<i>artichokes, roasted red peppers, tomatoes, red onions, smoked mozzarella</i>	1/2	463	28	245	19	38	3	2	818
<i>lettuce &amp; chipotle mayonnaise on multigrain flatbread</i>									
<b>#2 Caprese</b>	1	1018	43	366	50	116	16	76	1238
<i>fresh mozzarella, tomatoes, pesto &amp; parmesan cheese on</i>	1/2	509	22	186	25	58	8	38	619
<i>Italian flatbread</i>									
<b>#3 Parma</b>	1	970	49	436	57	76	7	119	2454
<i>ham, Swiss cheese, lettuce tomato, whole grain mustard dressing</i>	1/2	485	25	219	28	38	3	60	1227
<i>on pretzel flatbread</i>									
<b>#4 Cortina</b>	1	1128	66	588	64	76	6	116	1681
<i>smoked turkey, provolone cheese, lettuce, tomato, pesto mayonnaise on</i>	1/2	564	33	294	32	38	3	58	841
<i>sun-dried tomato flatbread</i>									
<b>#5 Milano</b>	1	1197	72	638	70	71	6	146	1654
<i>roast beef, provolone cheese, lettuce, giardiniera, horseradish mayonnaise</i>	1/2	599	36	319	35	36	3	73	827
<i>on rustic Italian flatbread</i>									
<b>#6 Torino</b>	1	1031	7	422	61	98	9	150	2100
<i>sliced chicken breast, roasted red peppers, roasted zucchini, fresh mozzarella</i>	1/2	516	4	211	31	49	4	74	1049
<i>lettuce, tomato and sun-dried tomato pesto on focaccia</i>									
<b>#7 Portofino</b>	1	818	45	224	41	73	7	97	1494
<i>homemade tuna salad, dill-havarti cheese, lettuce, tomato on</i>	1/2	409	23	211	21	37	4	49	747
<i>multigrain flatbread</i>									
<b>#8 Roma</b>	1	629	27	155	36	78	7	41	1073
<i>homemade chicken salad, lettuce, tomato on rustic Italian flatbread</i>	1/2	315	14	77	18	39	4	21	537
<b>#9 Firenze</b>	1	663	13	118	47	90	9	37	2185
<i>roasted turkey breast, cranberry walnut chutney, balsamic onions, lettuce</i>	1/2	332	7	59	24	45	5	19	1093
<i>tomato, mustard-sage mayonnaise on rustic Italian flatbread</i>									
<b>#10 Chiana</b>	1	1336	54	485	72	138	11	133	2285
<i>beef tenderloin, roasted red peppers and onions, fontina cheese, lettuce</i>	1/2	668	27	242	36	69	5	67	1142
<i>horseradish mayonnaise</i>									

# SANDWICH SPECIALS

	Portion	Calories	Grams of Fat	% Kcal from Fat	Grams of Protein	Grams of Carbs	Grams of Diet. Fiber	Cholesterol in MG	Sodium in MG
<b>Chicken &amp; Pancetta</b>	1	941	48	419	55	79	8	86	2196
	1/2	471	24	210	28	40	4	43	1098
<b>Chicken &amp; Smoked Gouda</b>	1	1116	68	599	59	73	6	130	1667
	1/2	558	34	299	30	37	3	65	834
<b>The Grinder</b>	1	868	47	425	38	72	6	48	2055
	1/2	436	24	213	19	36	3	24	1028
<b>Meatball Sandwich</b>	1	650	33	295	29	60	5	86	1216
	1/2	325	16.5	147.5	14.5	30	2.5	43	606.5
<b>Roast Beef &amp; Blue Cheese</b>	1	1241	77	688	69	71	6	150	1834
	1/2	621	39	343	35	36	3	75	917
<b>Smoked Turkey &amp; Mozzarella</b>	1	790	28	251	60	74	6	112	1166
	1/2	395	14	126	30	37	3	56	583
<b>Vegetarian Eggplant Special</b>	1	1073	61	546	38	97	12	44	1832
	1/2	536.5	30.5	273	19	48.5	6	22	916

# SOUPS

	Portion	Calories	Grams of Fat	Calories from Fat	Grams of Protein	Grams of Carbs	Grams of Diet. Fiber	Cholesterol in MG	Sodium in MG
Chicken Noodle	12 oz	156	6	51	19	7	2	76	501
Lemon Chicken Rice	12 oz	296	14	3	23	19	3	88	235
Vegetarian Garbanzo Parmesan	12 oz	352	16	142	14	73	41	44	1373
Vegetarian Lentil	12 oz	233	4	34	14	39	8	0	236
Vegetarian Minestrone	12 oz	128	4	33	5	22	6	0	1592
Vegetarian Portobello Mushroom	12 oz	326	27	244	5	19	3	84	763
Vegetarian Roasted Butternut Squash	12 oz	223	15	139	2	20	3	45	549
Vegetarian Tomato Mushroom Bisque	12 oz.	155	6	58	5	24	5	14	1395
Corn Chowder	12 oz.	362	25	223	6	33	4	81	278
Chilled Tomato Gazpacho	9 oz.	170	12	109	3	15	3	0	607

# PASTAS

	Portion	Calories	Grams of Fat	% Kcal from Fat	Grams of Protein	Grams of Carbs	Grams of Diet. Fiber	Cholesterol in MG	Sodium in MG
<b>Penne, Chicken, Mushrooms, Broccoli</b>	1 svg	622	14	0.198	51	72	6	93	571
<b>with Roasted Garlic White Wine Cream Sauce</b>		1242	70	0.509	67	84	6	286	2526
<b>Shell, Chicken, Pine Nuts, Roasted Peppers</b>	1 svg	581	13	0.21	43	70	5	70	544
<b>with Porcini Sauce</b>		987	46	0.418	47	96	8	167	1736
<b>Gemelli &amp; Chicken</b>	1 svg	538	10	0.178	42	67	3	70	534
<b>with Tomato Balsamic Sauce</b>		803	35	0.396	48	72	4	147	1469
<b>Fusilli, Chicken, Asparagus</b>	1 svg	587	14	0.218	44	70	5	70	544
<b>with Pesto Cream Sauce</b>		1269	77	0.547	63	81	5	268	2310
<b>Pappardelli, Asparagus, Mushrooms, Potato</b>	1 svg	533	10	0.164	25	86	6	20	496
<b>with Roasted Red Pepper Cream Sauce</b>		1076	59	0.494	40	97	7	191	1576
<b>Cavatappi</b>	1 svg	445	9	0.192	22	67	3	20	488
<b>with Arrabiatta Sauce (no mushrooms)</b>		483	13	0.24	22	69	4	20	1174
<b>Penne, Chicken, Mushrooms, Roasted Peppers</b>	1 svg	564	11	0.174	43	72	5	70	561
<b>with Tomato-Basil Cream Sauce</b>		828	35	0.386	49	77	5	147	1487
<b>Meat Lasagna</b>	1	846	32	291	46	90	4	129	1060
<b>Stuffed Shells</b>	1	761	34	303	29	43	3	196	1152

# PASTA SAUCES

	Portion	Calories	Grams of Fat	% Kcal from Fat	Grams of Protein	Grams of Carbs	Grams of Diet. Fiber	Cholesterol in MG	Sodium in MG
Arrabbiata	5 oz.	32	3	0.772	trace	2	trace	0	568
Mushroom & Arrabbiata	5 oz.	32	3	0.672	1	2	trace	0	492
Pesto Cream	5 oz.	461	43	0.828	12	8	1	135	1175
Porcini Mushroom Cream	5 oz.	133	8	0.562	2	12	1	23	388
Roasted Garlic Cream	5 oz.	461	42	0.82	12	9	trace	143	1455
Roasted Red Pepper Cream	5 oz.	466	43	0.815	12	10	1	146	926
Tomato Balsamic	5 oz.	82	2	0.203	2	16	1	0	499
Tomato Basil Cream	5 oz.	220	20	0.825	5	4	trace	64	883
Meat Sauce	5 oz.	251	20	0.764	10	3	trace	52	412

# HOT SIDES

	Portion in Oz.	Calories	Grams of Fat	Calories from Fat	Grams of Protein	Grams Carb.	Grams of Dietary Fiber	Cholesterol in MG	Sodium in MG
Au gratin Potatoes	2	85	5	41	4	8	1	15	125
Bacon (3 slices)	1.5	230	18	160	16	1	0	47	982
Caponata	2	81	6	58	1	7	1	0	151
Herbed Chicken Breast	4.5	308	22	194	26	2	1	106	425
Italian Meatballs	3	205	14	130	14	8	0	66	487
Italian Roasted Potatoes	2	83	3	29	1	12	1	0	363
Mediterranean Rice	2	74	19	19	1	12	1	0	158
Oven Roasted Potatoes (Hunter)	2	78	4	34	1	10	1	0	175
Saffron Rice Pilaf	2	80	2	19	2	13	1	0	154
Turkey Sausage (2 links)	2	134	10	94	9	1	0	93	338

# HOT SANDWICHES

	PORTION	Calories	Grams of Fat	Calories from Fat	Grams of Protein	Grams Carb.	Grams of Dietary Fiber	Cholesterol in MG	Sodium in MG
Hot Sandwich - Italian Beef	1	596	23	207	25	73	4	29	1112
Hot Sandwich - Italian Meatball	1	710	31	275	36	79	5	80	1744
Hot Sandwich - Italian Sausage	1	1138	72	651	50	74	4	159	2501

# ENTREES

	Portion	Calories	Grams of Fat	Calories from Fat	Grams of Protein	Grams of Carbs	Grams of Diet. Fiber	Cholesterol in MG	Sodium in MG
Chicken Caponata	1	609	45	403	37	20	3	141	949
Chicken Parmesan	1	770	47	424	62	6	1	228	1370
Chicken Raphael	1	453	31	277	37	7	3	151	1030
Chipotle Chicken	1	691	54	484	38	10	2	182	946
Chicken & Vegetables with White Wine Sauce	1	719	36	321	40	29	8	141	1596
Hunter Style Beef with Oven Roasted Potatoes	1	466	27	247	22	16	3	71	606
Italian Sausage & Peppers	1	678	61	546	26	14	3	129	1521
Porcini Chicken	1	767	58	519	39	21	5	183	940
Sopraffina Chicken	1	850	36	323	46	70	10	138	1841
Meat Lasagna	1	846	32	291	46	90	4	129	1060
Stuffed Shells	1	761	34	303	29	43	3	196	1152

# DESSERTS

	Portion in Oz.	Calories	Grams of Fat	Calories from Fat	Grams of Protein	Grams Carb.	Grams of Dietary Fiber	Cholesterol in MG	Sodium in MG
<b><u>BARS:</u></b>									
Blondie	4	507	24	214	8	5	5	0	360
Double Chocolate Brownie	3.25	450	26	230	5	51	3	0	25
Double Chocolate Brownie with walnuts	3.25	460	28	240	5	49	3	0	25
Fruit Crumble Bar	nutritional information not available at this time								
Lemon Bar	nutritional information not available at this time								
Peanut Butter Crispy Rice Bar	4.5	590	27	236	27	71	3	0	163
Pecan Bar	nutritional information not available at this time								
Crispy Rice Bar	4.5	501	15	133	3	89	0	0	472
Seven Layer Bar	4	534	27	239	8	61	3	13	250
Snickerdoodle Brownie	4	534	29	267	5	59	3	0	25
<b><u>COOKIES*:</u></b>									
Peanut Butter	3	390	9	180	12	45	3	30	375
Chocolate Chip	3	390	24	210	3	48	3	60	225
Sugar	3	390	18	240	3	48	0	45	300
Oatmeal Raisin	nutritional information not available at this time								
Toffee Chip	nutritional information not available at this time								
White Chocolate Macadamia Nut	nutritional information not available at this time								
Rocky Road	nutritional information not available at this time								
<b>*Nutritional Information provided by Poppies Dough</b>									