



# SPAGHETTI WAREHOUSE RESTAURANT

## NUTRITIONAL INFORMATION

### APPETIZERS AS SERVED.

Serving size      Calories      Fat (g)      Sat. Fat (g)      Sodium (mg)      Carbs (g)      Protein (g)

#### Sicilian Sampler:

Toasted Ravioli	3 each	480	23	7	750	51	17
Mozzarella Fritta	3 each	390	21	9	891	34	16
Fried Zucchini	5 each	270	15	3	304	26	6
Calamari	1 serving	350	23	5	756	20	16
Bruschetta	4 each	280	18	3	546	24	4
Stuffed Mushrooms	3 each	150	10	4	329	7	11
Ranch Dressing	1 serving	200	21	3	361	2	1
Marinara Sauce	1 serving	20	1	0	150	3	0

Stuffed Mushrooms	1 serving	310	19	8	657	14	21
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Golden Crusted Shrimp Scampi	1 serving	780	59	29	1537	22	35
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Spinach Artichoke Dip with Garlic Toast	1 serving	810	56	30	1509	56	21
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Mozzarella Fritta w/ Tomato Sauce & Ranch dressing	1 serving	930	60	19	2145	66	31
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Calamari with Marinara Sauce and Garlic Aioli	1 serving	1050	81	16	2496	45	35
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Toasted Ravioli with Tomato Sauce	1 serving	980	46	14	1676	106	35
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Bruschetta	1 serving	550	37	7	1093	48	9
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Fried Zucchini with Ranch Dressing	1 serving	540	31	7	643	52	13
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Garlic Cheese Bread	1 serving	1330	90	36	3276	81	53
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**SOUP AND SALAD AS SERVED.**

	Serving size	Calories	Fat (g)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Classic Caesar Salad with Croutons, Dressing and Romano Cheese	1 serving	460	38	8	1072	17	10
Classic Caesar Salad with Croutons, Dressing and Romano Cheese with Grilled Chicken	1 serving	610	40	8	1522	17	44
Classic Caesar Salad with Croutons, Dressing and Romano Cheese with Grilled Shrimp	1 serving	460	38	8	1200	17	10
Chopped Salad "Warehouse Style" with dressing	1 serving	800	59	19	3113	19	47
Tuscan Tender Salad without dressing	1 serving	1070	63	17	1930	71	56
Bottomless Soup & Salad:							
House Salad without dressing or Caesar Salad with dressing	1 serving	50	2	0	80	8	1
Choice of:	1 serving	220	18	3	490	9	4
Minestrone Soup or Wedding Soup	1 bowl	50	1	0	826	8	2
	1 bowl	240	10	4	758	19	17
Bowl of Minestrone Soup	1 bowl	50	1	0	826	8	2
Bowl of Wedding Soup	1 bowl	240	10	4	758	19	17
Bowl of Beer Chili	1 bowl	200	12	5	794	11	13
Dressing Blue Cheese	1 side	210	21	4	424	3	0
Dressing French	1 side	160	15	2	232	7	0
Dressing Honey Mustard	1 side	240	24	4	184	7	0
Dressing Italian	1 side	140	14	2	650	4	0
Dressing Ranch	1 side	210	21	4	240	6	0

**ALL ENTREES SERVED WITH:**

	Serving size	Calories	Fat (g)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Fresh Baked Sourdough Bread	1 loaf	150	1	0	320	30	6
With Garlic Butter and Choice of :	1 serving	90	10	5	137	0	0
Garden Salad w/o Dressing OR	1 serving	50	2	0	80	8	1
Minestrone Soup or	1 bowl	50	1	0	826	8	2
Wedding Soup	1 bowl	240	10	4	758	19	17

**ORIGINAL RECIPE SPAGHETTI AS SERVED.  
WITHOUT SOUP, SALAD OR BREAD**

	Serving size	Calories	Fat (g)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Spaghetti & Meatballs	1 serving	770	27	10	1322	91	40
Spaghetti with Meat Sauce	1 serving	500	8	2	557	83	22
Spaghetti with Italian Sausage	1 serving	670	18	6	1340	82	44
Spaghetti with Beer Chili	1 serving	450	8	3	370	75	19
Spaghetti with Beer Chili with Cheese & Onions	1 serving	690	25	16	743	82	33
Spaghetti with Marinara Sauce	1 serving	400	4	1	302	76	14
Spaghetti with Garlic Butter Sauce	1 serving	890	59	36	586	72	17
Spaghetti with Tomato Sauce	1 serving	400	3	1	305	78	15
Spaghetti and Mushrooms	1 serving	490	7	1	737	86	20
Spaghetti and Mushrooms in Garlic Butter Sauce	1 serving	970	63	37	1017	80	23
Chicken Tetrazzini	1 serving	690	19	9	1344	85	41
Seafood Meditteraneo	1 serving	680	26	14	694	84	24

**ORIGINAL RECIPE SPAGHETTI AS SERVED.  
WITHOUT SOUP, SALAD OR BREAD**

	Serving size	Calories	Fat (g)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Create Your Favorite Spaghetti							
Spaghetti	1 serving	360	2	0	2	70	13
Meatballs w tomato sauce	1 serving	250	16	6	728	10	17
Meat Sauce	1 serving	50	2	1	185	4	3
Marinara	1 serving	20	1	0	150	3	0
Tomato	1 serving	20	0	0	151	4	1
Garlic Butter & Mushroom	1 serving	310	30	18	508	5	5
Italian Sausage & Tomato Sauce	1 serving	250	19	6	801	5	15
Beer Chili	1 serving	50	3	1	184	2	3
Seafood Mediteraneo	1 serving	160	12	7	346	7	5
Tetrazini	1 serving	170	9	4	671	8	14

**LASAGNE AS SERVED.  
WITHOUT SOUP, SALAD OR BREAD**

	Serving size	Calories	Fat (g)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Incredible 15 - Layer Lasagne	1 serving	740	36	18	1404	56	46
Vegetable Garden Lasagna	1 serving	1360	41	19	1115	176	62

**PASTA FAVORITES AS SERVED.  
WITHOUT SOUP, SALAD OR BREAD**

	Serving size	Calories	Fat (g)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Chicken Alfredo	1 serving	760	25	8	1186	76	55
Substitute Red Pepper Sauce	1 serving	730	25	8	1246	77	46
Shrimp Alfredo	1 serving	700	25	8	1705	78	39
Substitute Red Pepper Sauce	1 serving	670	26	8	1765	78	30
Fettuccini Alfredo	1 serving	600	24	8	556	76	20
Substitute Red Pepper Sauce	1 serving	570	24	8	616	76	11
Wild Mushroom & Chicken Pasta	1 serving	600	10	2	1732	77	49
Meat Ravioli with Tomato Sauce	1 serving	550	17	6	1038	80	24
Cheese Ravioli with Tomato Sauce	1 serving	500	17	8	828	67	24
Combo Ravioli with Tomato Sauce	1 serving	530	17	7	948	74	24

**PASTA FAVORITES AS SERVED.  
WITHOUT SOUP, SALAD OR BREAD**

	Serving size	Calories	Fat (g)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Baked Penne	1 serving	780	37	20	776	81	31
Four Cheese Manicotti	1 serving	810	41	22	1780	70	43
Sausage Penne Pomodoro	1 serving	980	51	17	1995	83	43
Sausage, Peppers and Onions	1 serving	1110	64	23	2432	89	44
Chicken Florentine	1 serving	990	47	26	1195	91	49
Roasted Garlic Shrimp Sautee	1 serving	1060	60	37	1789	91	39
Roasted Garlic Shrimp Fried	1 serving	1200	56	27	2101	120	51

**FAMILY-STYLE MEALS AS SERVED- SERVES 4  
WITHOUT SOUP, SALAD AND BREAD**

	Serving size	Calories	Fat (g)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Spaghetti & Meatballs	per serving	730	5	2	200	1	4
Family Lasagna	per serving	720	3	2	87	2	1
Family Sausage with Peppers	per serving	0	0	0	0	0	0
Family Chicken, Peppers, Onions	per serving	340	0	0	0	0	0
Family Baked Penne	per serving	590	0	0	0	0	0

**FEAST AS SERVED  
WITHOUT SOUP, SALAD OR BREAD**

	Serving size	Calories	Fat (g)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Spaghetti Feast	1 serving	1270	62	19	2190	122	56
Lasagna Feast	1 serving	1650	96	36	3589	109	89
Fettuccini Feast	1 serving	1430	80	25	2677	120	58
Ultimate Italian Feast For Two	per serving	1500	76	29	2759	120	86

**COMBINATIONS AS SERVED.  
WITHOUT SOUP, SALAD OR BREAD**

	Serving size	Calories	Fat (g)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Turin Trio: 15 - Layer Lasagne Chicken Parmigiana & Fettuccini Alfredo	1 serving	2000	85	37	2718	186	120
Lasagne & Chicken Parmigiana	1 serving	1490	63	28	2413	130	98
Lasagne and Fettuccini Alfredo	1 serving	1130	56	22	1530	112	59
Lasagne and Angel Hair Pasta w/ Grilled Chicken	1 serving	1770	97	55	2315	128	97
Chicken Parmigiana and Manicotti	1 serving	1470	68	32	2572	124	92
Lasagne and Manicotti	1 serving	1320	67	33	2784	105	76

**WAREHOUSE SPECIALITES AS SERVED.  
WITHOUT SOUP, SALAD OR BREAD**

	Serving size	Calories	Fat (g)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Golden Crusted Tilapia & Garlic Shrimp	1 serving	150	59	28	2072	64	65
Warehouse Scampi	1 serving	1030	71	33	1281	56	39
Chicken Parmigiana	1 serving	750	27	10	1010	73	53
Veal Parmigiana	1 serving	940	45	16	1217	87	45
Eggplant Parmigiana	1 serving	1370	74	21	1273	130	44
Trolley Stop Sirloin & Spaghetti	1 serving	900	27	11	1785	85	77

**LUNCH AS SERVED.****WITHOUT SOUP, SALAD OR BREAD**

	Serving size	Calories	Fat (g)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Spaghetti with Marinara Sauce	1 serving	400	4	1	302	76	14
Spaghetti with Tomato Sauce	1 serving	400	3	1	305	78	15
Spaghetti & Meat Sauce	1 serving	500	8	2	557	83	22
Spaghetti & Meatballs	1 serving	770	27	10	1322	91	40
Spaghetti Feast	1 serving	1270	62	19	2190	122	56
15 Layer Lasagne	1 serving	740	36	18	1404	56	46
Vegetable Garden Lasagne	1 serving	1360	41	19	1115	176	62
Four Cheese Manicotti with Alfredo and Tomato Sauce	1 serving	590	31	16	1380	49	30
Baked Penne	1 serving	780	37	20	776	81	31
Ravioli: choice of							
Meat Ravioli with Tomato Sauce or	1 serving	550	17	6	1038	80	24
Cheese Ravioli with Tomato Sauce	1 serving	500	17	8	828	67	24
Grilled Chicken Breast Sandwich with French Fries	1 serving	1100	33	7	3150	154	49
Meatball Sandwich with French Fries	1 serving	1360	63	21	3626	146	12
Tilapia Sandwich with French Fries	1 serving	1320	61	11	3292	140	47
Chicken Parmigiana	1 serving	750	27	10	1010	73	53
Seafood Mediterraneo	1 serving	680	26	14	694	84	24
Fettuccini Alfredo	1 serving	603	24	8	556	76	20
with Red Pepper Sauce	1 serving	570	24	8	616	76	11
Chicken Alfredo	1 serving	760	25	8	1186	76	55
with Red Pepper Sauce	1 serving	730	25	8	1246	77	46

**LUNCH AS SERVED.****WITHOUT SOUP, SALAD OR BREAD**

	Serving size	Calories	Fat (g)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Shrimp Alfredo	1 serving	700	25	8	1705	78	39
with Red Pepper Sauce	1 serving	670	26	8	1765	78	30
Classic Caesar Salad with Croutons, Dressing and Romano Cheese	1 serving	460	38	8	1072	17	10
Classic Caesar Salad with Croutons, Dressing and Romano Cheese with Grilled Chicken	1 serving	610	40	8	1522	17	44
Classic Caesar Salad with Croutons, Dressing and Romano Cheese with Grilled Shrimp	1 serving	460	38	8	1200	17	10
Tuscan Tender Salad	1 serving	1070	63	17	1930	71	56
Chopped Salad "Warehouse Style" with dressing	1 serving	800	59	19	3113	19	47
Bottomless Soup & Salad: Garden Salad without dressing or Caesar Salad with dressing	1 serving 1 serving	50 220	2 18	0 3	80 490	8 9	1 4
Choice of: Minestrone Soup or Wedding Soup	1 bowl 1 bowl	50 240	1 10	0 4	826 758	8 19	2 17
Bowl of Minestrone Soup	1 bowl	50	1	0	826	8	2
Bowl of Wedding Soup	1 bowl	240	10	4	758	19	17
Bowl of Beer Chili	1 bowl	200	12	5	794	11	13
Dressing Blue Cheese	1 side	210	21	4	424	3	0
Dressing French	1 side	160	15	2	232	7	0
Dressing Honey Mustard	1 side	240	24	4	184	7	0
Dressing Italian	1 side	140	14	2	650	4	0

**LUNCH AS SERVED.****WITHOUT SOUP, SALAD OR BREAD**

	Serving size	Calories	Fat (g)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Dressing Ranch	1 side	210	21	4	240	6	0

**DESSERTS**

	Serving size	Calories	Fat (g)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Warehouse Tiramisu	1 serving	810	41	28	200	102	7
Spumoni Ice Cream Sundae	1 serving	590	31	20	227	70	10
Brownie Sundae Supreme	1 serving	860	36	12	524	128	11
Lemon Cream Cake	1 serving	600	32	15	320	73	6
12 - Layer Chocolate Cake	1 serving	1330	86	51	654	132	49
New York Style Cheesecake	1 serving	660	46	26	430	50	11

**KID'S MENU MEALS WITHOUT SOUP, SALD,  
APPLESAUCE, BREAD, DESSERT**

	Serving size	Calories	Fat (g)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
All Kids Meals include choice of:							
Minestrone Soup	1 serving	50	1	0	826	8	2
Wedding Soup	1 serving	240	10	4	758	19	17
Fresh Garden Salad or Applesauce	1 serving	50	2	0	80	8	1
Applesauce	1 serving	90	0	0	10	22	0
Sourdough Bread	1 loaf	150	1	0	320	30	6
Vanilla Ice Cream or	1 serving	130	7	5	60	15	2
Chocolate Ice Cream	1 serving	140	7	5	75	17	2
Spaghetti With Choice of Sauce:							
Spaghetti with Rich Meat Sauce	1 serving	310	5	2	371	52	14
Spaghetti with Tomato Sauce	1 serving	270	2	0	304	52	10
Spaghetti with Marinara Sauce	1 serving	220	3	0	301	41	8
Spaghetti and Meatball	1 serving	380	10	3	593	55	18
Spaghetti and 2 Meatballs	1 serving	500	18	7	881	58	26

**KID'S MENU MEALS WITHOUT SOUP, SALD,  
APPLESAUCE, BREAD, DESSERT**

	Serving size	Calories	Fat (g)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Cheese Pizza	1 serving	300	15	8	539	27	16
Add Ons:							
Pepperoni	1 serving	560	52	24	1880	0	20
Sausage	1 serving	70	6	2	203	0	4
Extra Cheese	1 serving	90	7	4	120	1	6
Mushrooms	1 serving	30	2	1	40	1	0
Mozzarella Cheese Sticks with Tomato Sauce	1 serving	460	22	9	1201	44	20
Meat Ravioli with Tomato Sauce	1 serving	260	7	3	707	39	11
Meat Ravioli with Marinara Sauce	1 serving	260	8	3	704	37	10
Cheese Ravioli with Tomato Sauce	1 serving	240	7	3	625	34	11
Cheese Ravioli with Marinara Sauce	1 serving	240	8	3	622	32	10
Combo Ravioli with Tomato Sauce	1 serving	250	7	3	666	37	11
Combo Ravioli with Marinara Sauce	1 serving	250	8	3	663	35	10
Chicken Strips with Fries & Ketchup	1 serving	640	32	6	1592	72	17
Macaroni and Cheese	1 serving	610	35	16	1009	45	26
Corn Dog with Fries & Ketchup	1 serving	570	25	6	1894	77	9

The nutritional information provided is a compilation of data provided by Analytical Food Laboratories, Grand Prairie, TX (an independent testing facility contracted by Spaghetti Warehouse Restaurants, Inc.), combined with the nutrient data from SWRI suppliers, the United States Department of Agriculture and nutrient database analysis of SWRI recipes using Genesis SQL program from ESHA Research, Salem, Oregon. The rounding up of figures is based upon guidelines of the Food and Drug Administration.

Spaghetti Warehouse Restaurants attempts to provide nutritional information regarding its products that is as completed as possible. Some menu items may not be available in all restaurants; test products, test recipes, limited time offers, or regional items may not be included. Further, from time to time, we may have to obtain product from different or substitute suppliers which may alter the information contained herein. While menu item ingredients are based upon standard product recipes and portions, variations may and do occur based upon ordinary differences inherent in the preparation of menu items, local suppliers, region of the country and season of the year. Additional, no products are certified vegetarian. 09/09