

Nutritional Information



Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Protein (g)
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8" Pizzas

California BBQ Chicken	794	320	36	18	105	2038	87	1	36
Four Cheese Bianco	1006	655	73	28	99	1717	70	1	27
Margherita	599	224	25	12	47	1437	73	2	27
Golden Gate Sausage & Artichoke	766	347	39	17	81	1900	76	3	35
Roasted Garlic & Chicken	746	293	33	14	84	1769	76	2	41
Vegetable Ranch	848	428	48	18	62	2014	80	4	32
Pepperoni	648	266	30	13	52	1699	73	1	28
Bay Bridge Broccoli	911	547	61	20	66	1624	72	2	28
Classic Cheese	501	155	17	7	26	1228	72	1	20
Mushroom	639	245	27	12	49	1532	76	2	29
Rustica	793	373	41	18	86	2096	74	2	36
Sausalito Sausage	733	330	37	17	79	1732	73	2	33

14" Pizzas *serving size: 2 slice*

California BBQ Chicken	623	181	20	12	76	1386	71	3	29
4 Cheese Bianco	781	402	45	19	74	1346	64	3	23
Margherita	498	114	13	7	33	1078	65	3	22
Golden Gate Sausage & Artichoke	577	170	19	9	48	1352	67	4	25
Roasted Garlic & Chicken	569	133	15	7	55	1209	68	4	31
Vegetable Ranch	662	260	29	11	39	1436	68	4	23
Pepperoni	522	136	15	7	33	1267	65	3	22
Bay Bridge Broccoli	679	299	33	11	41	1218	66	4	22
Classic Cheese	466	92	10	6	25	1035	64	3	19
Mushroom	517	121	13	7	30	1136	68	4	22
Rustica	575	175	19	9	47	1388	66	3	24
Sausalito Sausage	617	208	23	11	60	1346	66	3	27

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Sandwiches

Avocado Chicken	752	149	17	6	152	1497	79	5	68
California Mozzarella Tomato Focaccia	891	447	50	21	102	972	79	5	34
Fisherman's Wharf Tuna Salad	989	313	35	7	140	2578	97	5	73
Chicken Caesar Wrap	579	216	24	5	46	1182	67	2	25
Turkey Focaccia Club	722	295	29	9	71	2203	84	4	31
Coastline BBQ Chicken Panini	673	102	11	6	59	2855	109	3	30
Lafayette French Dip	687	323	33	12	96	1292	59	3	36
49er Grinder	1028	613	68	20	110	2822	70	4	36
Ham & Smoked Ghouda Panini	832	327	36	15	129	2585	81	4	42
California Chicken Salad Croissant	597	323	36	14	106	1107	44	2	24
Alcatraz Roast Beef	795	318	35	14	112	1250	82	4	35

Soups

Gold Rush Onion	244	109	12	6	21	1662	25	2	9
Pier 39 Clam Chowder	294	115	13	8	63	1078	27	0	15

Salads *dressing not included (info. Is for entrée salad)*

Garden House	445	143	16	6	24	825	61	7	18
North Beach Caesar	447	118	13	7	19	795	68	7	17
Nob Hill Pizza Salad	297	89	10	4	17	570	43	5	13
Broccoli & Pine Nut	278	127	14	7	37	479	25	8	17
Chopped Chicken & Pecan	731	359	40	15	183	1125	29	7	64
Zinfandel Chicken & Feta	711	173	19	7	158	997	79	7	60
North Beach Chicken Caesar	634	154	17	8	115	879	68	7	52
Asian Chicken Salad	575	191	21	4	120	249	40	8	58

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Dressings/Extras

Creamy Balsamic Vinaigrette 2oz.	424	390	43	7	4	242	13	0	1
Zinfandel Blush Vinaigrette 2oz.	323	288	32	5	0	147	12	0	0
Italian 2oz.	312	290	32	5	0	525	7	0	0
Hoisin Ginger 2oz.	144	70	8	1	1	706	18	1	2
Pecan Vinaigrette 2oz.	400	373	41	6	0	193	12	1	1
Caesar 2oz.	293	264	29	5	20	723	2	0	2
Ranch 2oz.	356	344	38	7	5	501	1	0	0
Roasted Shallot Pizza Crust	192	49	5	1	3	373	32	0	5
Cinnamon Wedges	208	58	6	1	0	358	35	0	4
Croutons	255	68	8	1	0	607	42	1	7

Specialties *sides not included*

Columbus Avenue Calzone	818	393	44	15	65	2246	82	3	30
Chicken & Artichoke Calzone	745	275	31	10	65	1826	88	5	37
Vegetable Calzone	650	251	28	10	32	1676	83	4	24
Washington Square Baked Ziti	895	363	40	17	110	1997	91	3	42
Chestnut Street Baked Ziti	807	190	21	9	94	1250	105	5	48
Brick Oven Chicken Quesadilla	530	200	22	9	54	1694	58	2	26

Desserts & Sides

Chocolate Chip Cookie	403	175	19	7	30	201	51	1	4
Brownie	457	218	24	9	121	464	60	3	6
Cinnamon Crisp	360	65	7	1	7	447	72	0	4
Cannoli	304	159	18	8	30	84	35	4	16
Potato Chips	70	37	4	1	0	47	8	1	1
Pasta Salad	181	16	2	1	3	225	33	0	7

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Dinner in the District										
Kung Pao Chicken	1174	397	44	6	195	1422	105	7	87	
Kung Pao Shrimp	930	343	38	4	209	1480	98	7	47	
Sweet & Sour Chicken	1289	576	64	6	195	782	98	4	77	
Sweet & Sour Shrimp	1074	521	58	4	209	841	98	4	37	
Pad Thai	998	374	42	7	482	614	125	6	33	
Cioppino (excludes sourdough bread)	806	73	8	1	158	1941	113	7	62	
Penne Sorrento w/Chicken (excludes sourdough bread)	1399	452	50	10	223	1459	131	4	102	
Penne Sorrento w/Shrimp (excludes sourdough bread)	1158	394	44	8	202	1480	131	4	57	
Shrimp Quesadilla	831	292	32	18	75	1467	80	7	33	
Spinach Artichoke Dip	891	308	34	7	51	2173	116	8	29	
Steamed Chicken Potstickers (sm)	152	61	7	0	0	0	15	0	7	
Frappes										
Strawberry Frappe	517	122	14	12	19	153	33	0	9	
Peaches n' Cream Frappe	512	122	14	12	19	153	33	0	9	
Mocha Frappe	537	149	17	14	24	213	33	0	11	
Caramel Sauce (16 oz.)	697	131	15	12	24	299	33	0	9	