



# Salvatore's Old Fashioned Pizzeria

## Nutritional information chart

The nutritional information on this chart is derived from published resources and from information provided from ingredient suppliers. The information is based on standard recipes and serving sizes, and is rounded to meet current US FDA NLEA guidelines. Variations in recipe, serving sizes, ingredient sources, as well as regional and seasonal differences may affect the nutrition values given. This information was researched for Salvatore's Old Fashioned Pizzeria in September, 2012 by an independent resource and updated internally in March, 2020.

Category	Description	Size	Amount	Weight (grams)	Calories	Calories from Fat	Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Carbohydrates (grams)	Fiber (grams)	Total Sugars (grams)	Protein (grams)
Apps	Fries 1 lb	Na	1 Order	448	1420	940	105	15	0	0	2080	107	5	0	11
Apps	Pizza Fries	Na	1 Order	853	1720	1130	127	26	0	50	3520	119	7	4	25
Apps	Loaded Fries	Na	1 Order	713	1780	1160	128	26	0	90	3245	117	8	3	36
Apps	Onion Rings 1/2 lb	Na	1 Order	227	750	390	43	13	0	20	1040	82	3	5	10
Apps	Garlic Bread	Na	1 Loaf	264	880	510	58	20	0	90	1090	60	8	9	35
Apps	Hot Soup - Cheese & Broccoli	Na	10 oz	280	220	120	14	6	1.5	30	390	18	2	2	7
Apps	Hot Soup - Tomato Basil	Na	10 oz	280	130	26	3	0	0	0	650	16	4	11	2
Apps	Chili (no cheese)	Na	1 Order	284	260	80	11	4.5	0	45	1060	25	6	6	15
Apps	Chili (with cheese)	Na	1 Order	340	350	140	18	9	0	70	1210	25	6	6	21
Apps	Fried Mushrooms 1/2 lb	Na	1 Order	227	500	340	38	5	0	5	360	36	3	5	6
Apps	Mozzerella Sticks 5 pc	Na	5 piece	135	450	230	26	10	0	40	1260	35	2	4	19
Apps	Pizza Fingers	Na	4 piece	220	870	530	51	15	0	60	640	76	4	4	28
Apps	Sausage Slings (mild)	Na	1 Order	344	1060	880	96	21	0	140	3640	16	0	4	40
Apps	Potato Skins	Na	4 piece	227	510	260	29	10	2.5	50	820	48	5	2	19
Apps	Pizza Skins	Na	4 piece	221	290	150	18	8	0	40	1020	23	4	3	12
Apps	Fried Calamari	Na	1 Order	452	1310	670	72	10	0	160	1860	112	2	4	56
Apps	Buffalo Calamari	Na	1 Order	568	1410	750	82	14	0	160	3500	112	2	4	56
Apps	Sicilian Calamari	Na	1 Order	690	2040	1340	144	22	0	180	6300	130	5	9	63
Chicken	Breaded Chicken Sandwich	Na	1 Order	504	1310	720	80	12	0	50	2140	115	4	2	30
Chicken	Grilled Chicken Sandwich	Na	1 Order	505	1070	510	57	9	0	65	2300	100	4	1	37
Chicken	Chicken Cordon Blue Sandwich	Na	1 Order	582	1210	590	66	14	0	115	2860	101	4	1	53

Chicken	Chicken Fingers 2 pc (mild)	Na	1 Order	410	980	580	65	11	0	40	2700	70	3	0	26
Chicken	Chicken Fingers 5 pc (mild)	Na	1 Order	660	1360	730	82	15	0	100	4780	96	3	0	58
Chicken - Wing	Cotton Candy Wing	Na	1 Wing (2 pc)	134	440	320	35	7	0	85	120	13	0	13	20
Chicken - Wing	Garlic Parmesan Wing	Na	1 Wing (2 pc)	134	560	480	52	11	0	85	400	1	0	0	20
Chicken - Wing	Mild Buffalo Wing	Na	1 Wing (2 pc)	135	420	330	37	8	0	85	410	0	0	0	20
Chicken - Wing	Hot Buffalo Wing	Na	1 Wing (2 pc)	134	420	330	36	8	0	85	610	1	0	0	20
Chicken - Wing	Sweet Country Style Wing	Na	1 Wing (2 pc)	142	460	320	35	7	0	85	160	17	0	6	20
Chicken - Wing	BBQ Wing	Na	1 Wing (2 pc)	142	460	320	35	7	0	85	450	17	0	7	20
Chicken - Wing	Cotton Candy Boneless Wing	Na	4 Wings	149	460	240	26	4	0	60	810	36	0	21	24
Chicken - Wing	Garlic Parmesan Boneless Wing	Na	4 Wings	149	650	500	54	10	0	60	1280	16	0	0	24
Chicken - Wing	Mild Buffalo Boneless Wing	Na	4 Wings	151	420	260	29	6	0	60	1290	15	0	0	24
Chicken - Wing	Hot Buffalo Boneless Wing	Na	4 Wings	149	420	260	29	6	0	60	1630	16	0	0	24
Chicken - Wing	Sweet Country Style Boneless Wing	Na	4 Wings	161	490	240	26	4	0	60	890	43	0	9	24
Chicken - Wing	BBQ Boneless Wing	Na	4 Wings	163	490	240	26	4	0	60	1360	43	0	12	24
Chicken - Wing	Cotton Candy Breaded Wing	Na	1 Wing (2 pc)	147	560	400	44	14	0	110	130	18	0	13	21
Chicken - Wing	Garlic Parmesan Breaded Wing	Na	1 Wing (2 pc)	147	670	560	61	17	0	110	410	6	0	0	21
Chicken - Wing	Mild Buffalo Breaded Wing	Na	1 Wing (2 pc)	147	530	420	46	15	0	110	420	5	0	0	21
Chicken - Wing	Hot Buffalo Breaded Wing	Na	1 Wing (2 pc)	147	530	420	46	15	0	110	620	6	0	0	21
Chicken - Wing	Sweet Country Style Breaded Wing	Na	1 Wing (2 pc)	154	570	400	44	14	0	110	170	22	0	6	21
Chicken - Wing	BBQ Breaded Wing	Na	1 Wing (2 pc)	155	570	400	44	14	0	110	460	22	0	7	21
Dessert	Cookie	Na	1 Cookie	85	370	160	18	6	3.5	20	300	52	2	21	4
Dessert	Cheese Cannoli	Na	1 Cannoli	70	230	100	11	3.5	1.5	20	25	27	0	15	5
Dessert	Cheese Cake	Na	1 Slice	188	560	310	35	20	0	210	520	48	1	32	13
Dessert	Carrot Cake	Na	1 Slice	154	540	310	34	11	0	110	440	49	2	37	6
Dessert	Chocolate Peanut Butter Pie	Na	1 Slice	142	640	450	50	17	0	45	360	43	3	28	9
Dinner - Main	Baked Pasta w/ Mozzarella	Na	1 Order	692	920	130	14	5	0	30	830	163	9	18	34

Dinner - Main	Pasta and Meatballs	Na	1 Order	749	1150	300	32	10	0	65	1570	170	10	19	46
Dinner - Main	Stuffed Shells	Na	1 Order	745	1070	500	55	31	0	190	3420	96	9	39	52
Dinner - Main	Eggplant Parmesan	Na	1 Order	720	1390	740	81	15	0	30	1280	137	18	21	28
Dinner - Main	Chicken Parmesan	Na	1 Order	689	1290	590	64	13	0	130	2080	121	8	17	56
Dinner - Main	Grilled Chicken Parmesan	Na	1 Order	691	820	163	18	7	0	160	2400	91	8	15	70
Dinner - Main	Haddock Parmesan	Na	1 Order	641	1610	850	92	17	0	135	2230	135	8	15	58
Dinner - Main	Add Melted Mozzarella	Na	-	+28	+45	+30	+4	+2	0	+15	+75	0	0	0	+3
Dinner - Main	Substitute Alfredo	Na	-	+1.5	+180	+190	+22	+8	0	+60	+420	-9	-3	-9	+3
Dinner - Main	Substitute Pesto	Na	-	+1.5	+630	+640	+70	+14	0	0	+1200	0	-3	-12	+6
Dinner - Side	Pasta w/ Marinara	Na	1 Order	320	420	40	4	0.5	0	0	370	82	5	9	15
Dinner - Side	Pasta w/ Alfredo	Na	1 Order	321	510	140	15	4.5	0	35	580	77	3	5	16
Dinner - Side	Pasta w/ Pesto	Na	1 Order	321	740	360	39	7	0	0	970	82	3	3	18
Dinner - Side	Meatball Dish	Na	1 Order	206	380	250	27	10	0	65	1230	15	3	7	21
Dinner - Side	Eggplant Dish	Na	1 Order	220	480	335	36	6	0	0	580	32	8	9	6
Dinner - Side	Italian Sausage Dish	Na	1 Order	264	540	380	41	10	0	110	1840	20	2	9	33
Dinner - Side	Meatball Mania Marinara	2pc	1 Order	206	380	250	27	10	0	65	1230	15	3	7	21
Dinner - Side	Meatball Mania Tomato	4pc	1 Order	471	800	510	55	19	0	125	2650	34	6	18	43
Dinner - Side	Meatball Mania Alfredo	2pc	1 Order	207	470	350	38	13	0	95	1440	10	1	3	22
Dinner - Side	Meatball Mania Alfredo	4pc	1 Order	473	1040	760	84	29	0	210	3210	22	2	6	47
Dinner - Side	Meatball Mania Pesto	2pc	1 Order	207	700	570	62	16	0	65	1830	15	1	1	24
Dinner - Side	Meatball Mania Pesto	4pc	1 Order	473	1640	1360	148	37	0	125	4250	34	2	2	51
Dinner - Side	Meatball Mania Blue Cheese	2pc	1 Order	204	760	620	68	19	0	110	1690	13	1	7	22
Dinner - Side	Meatball Mania Blue Cheese	4pc	1 Order	465	1800	1480	160	43	0	250	3890	30	2	18	47
Dinner - Side	Meatball Mania Sweet Country	2pc	1 Order	228	580	240	26	10	0	65	1260	70	1	22	19
Dinner - Side	Meatball Mania Sweet Country	4pc	1 Order	529	1320	480	52	19	0	125	2730	182	2	58	39
Dressing	Blue Cheese Cup	Na	2.0 oz cup	58	280	250	28	6	0	30	500	4	0	4	2

Dressing	Golden Italian Dressing	Na	2.0 oz cup	60	260	260	28	4	0	0	1220	4	0	2	0
Dressing	Blue Cheese Dressing	Na	1.5 oz cup	43	260	240	27	5	0	20	290	2	0	1	2
Dressing	Buttermilk Ranch Dressing	Na	1.5 oz cup	43	190	180	20	3	0	15	270	2	0	1	1
Dressing	Creamy Caesar Dressing	Na	1.5 oz packet	43	160	140	16	3	0	20	450	3	0	2	2
Dressing	Country French Dressing	Na	1.5 oz packet	43	190	135	15	2.5	0	0	300	13	0	12	0
Dressing	Honey Mustard Dressing	Na	2.0 oz cup	60	280	240	26	4	0	20	440	8	0	8	0
Dressing	Greek Dressing	Na	2.0 oz cup	58	320	320	34	5	0	0	460	0	0	0	0
Dressing	Thousand Islands Dressing	Na	1.5 oz packet	43	190	160	18	3	0	20	350	6	0	6	0
Dressing	Lite Italian Dressing	Na	1.5 oz packet	43	60	45	5	0.5	0	0	310	3	0	3	0
Dressing	Balsamic Vinaigrette Dressing	Na	1.5 oz packet	43	170	150	17	2.5	0	0	330	3	0	3	0
Dressing	Fat Free Raspberry Dressing	Na	1.5 oz packet	43	45	0	0	0	0	0	110	12	0	10	0
Dressing	Cocktail Sauce Cup	Na	2.0 oz cup	57	45	0	0	0	0	0	720	11	0	8	1
Dressing	Tartar Sauce Cup	Na	2.0 oz cup	57	290	270	31	5	0	25	320	5	0	4	0
Fish	Big Bertha's Fish Sub	Na	1 Order	482	1490	770	84	14	0	135	2410	127	2	7	49
Fish	Haddock Fish Fry	Na	1 Order	673	2020	1130	125	19	0	120	3300	164	7	13	51
Fish	Haddock Parmesan	Na	1 Order	641	1610	850	92	17	0	135	2230	135	8	15	58
Fish	Shrimp Dinner	Na	1 Order	561	1570	890	97	13	0	200	3140	139	5	11	34
Fish	Salvie Shrimp Dinner (mild)	Na	1 Order	762	2140	1370	152	26	0	240	4890	149	6	11	38
Fish	Fried Calamari	Na	1 Order	452	1310	670	72	10	0	160	1860	112	2	4	56
Fish	Buffalo Calamari	Na	1 Order	568	1410	750	82	14	0	160	3500	112	2	4	56
Fish	Sicilian Calamari	Na	1 Order	690	2040	1340	144	22	0	180	6300	130	5	9	63
Pizza	Keto - Cauliflower Crust Pizza	Na	1 Pizza	484	870	276	32	12	0	145	2600	15	6	7	16
Pizza	Supreme	Medium	1 Slice	144	300	135	14	5.5	0	40	770	27	8	2	14
Pizza	Supreme	Large	1 Slice	157	320	140	16	6	0	40	820	29	9	2	16
Pizza	Supreme	NY 19"	1 Slice	317	680	325	35	14	0	95	1760	55	17	3	34
Pizza	Supreme	Sheet	1 Slice	137	280	125	13	5	0	35	720	27	8	1	14

Pizza	The Salvatore	Medium	1 Slice	118	280	125	14	5	0	40	700	25	8	1	14
Pizza	The Salvatore	Large	1 Slice	125	300	130	14	6	0	40	740	27	8	1	16
Pizza	The Salvatore	NY 19"	1 Slice	264	650	305	33	13	0	95	1630	51	16	2	33
Pizza	The Salvatore	Sheet	1 Slice	111	270	115	12	5	0	35	660	25	8	1	13
Pizza	Linda Da' Veggie	Medium	1 Slice	119	200	55	6	2	0	15	500	27	8	2	9
Pizza	Linda Da' Veggie	Large	1 Slice	131	220	65	7	3	0	15	550	29	9	2	11
Pizza	Linda Da' Veggie	NY 19"	1 Slice	262	460	155	17	7	0	40	1170	55	17	3	22
Pizza	Linda Da' Veggie	Sheet	1 Slice	116	200	60	6	2	0	15	490	27	8	1	9
Pizza	Chicken Charlie (mild)	Medium	1 Slice	121	270	110	13	4	0	20	730	28	8	1	10
Pizza	Chicken Charlie (mild)	Large	1 Slice	110	240	90	11	3	0	20	680	26	8	Less than 1	10
Pizza	Chicken Charlie (mild)	NY 19"	1 Slice	254	540	220	24	8	0	50	1500	55	15	2	24
Pizza	Chicken Charlie (mild)	Sheet	1 Slice	110	240	90	11	3	0	20	680	26	8	Less than 1	10
Pizza	The Breath Mint	Medium	1 Slice	148	230	70	7	2	0	15	340	30	9	2	10
Pizza	The Breath Mint	Large	1 Slice	173	240	70	7	3	0	15	380	31	9	3	11
Pizza	The Breath Mint	NY 19"	1 Slice	361	530	195	21	8	0	40	800	63	18	6	24
Pizza	The Breath Mint	Sheet	1 Slice	167	210	70	8	2	0	15	340	29	8	2	10
Pizza	Meathead	Medium	1 Slice	123	350	170	19	7	0	50	930	25	8	1	18
Pizza	Meathead	Large	1 Slice	130	370	180	20	7	0	55	960	27	8	1	20
Pizza	Meathead	NY 19"	1 Slice	285	820	430	47	18	0	135	2280	51	15	2	45
Pizza	Meathead	Sheet	1 Slice	117	330	155	17	6	0	45	880	25	8	1	17
Pizza	Steak Boomba	Medium	1 Slice	134	200	50	5	2	0	20	460	28	8	1	11
Pizza	Steak Boomba	Large	1 Slice	120	180	40	5	2	0	15	420	26	8	1	9
Pizza	Steak Boomba	NY 19"	1 Slice	257	390	100	11	5	0	35	890	52	16	2	21
Pizza	Steak Boomba	Sheet	1 Slice	120	180	10	5	2	0	15	420	26	8	1	9
Pizza	Alfredo - Not My Brother	Medium	1 Slice	130	240	75	8	4	0	35	610	28	9	1	14
Pizza	Alfredo - Not My Brother	Large	1 Slice	140	270	85	9	4	0	35	660	30	10	1	15

Pizza	Alfredo - Not My Brother	NY 19"	1 Slice	282	520	180	20	9	0	80	1340	57	18	3	30
Pizza	Alfredo - Not My Brother	Sheet	1 Slice	116	220	65	7	3	0	25	540	27	9	1	12
Pizza	Soccer Sam's Low Fat	Medium	1 Slice	92	150	15	1	0	0	0	200	27	8	2	5
Pizza	Soccer Sam's Low Fat	Large	1 Slice	99	160	15	1	0	0	0	210	29	9	2	6
Pizza	Soccer Sam's Low Fat	NY 19"	1 Slice	191	300	30	3	0	0	0	460	55	16	5	10
Pizza	Soccer Sam's Low Fat	Sheet	1 Slice	89	150	15	1	0	0	0	190	27	8	2	5
Pizza	Uncle Rico's BBQ Chicken	Medium	1 Slice	127	220	45	5	2	0	20	600	32	8	4	11
Pizza	Uncle Rico's BBQ Chicken	Large	1 Slice	120	220	45	5	2	0	20	600	32	8	4	11
Pizza	Uncle Rico's BBQ Chicken	NY 19"	1 Slice	267	480	110	12	6	0	50	1360	70	16	10	23
Pizza	Uncle Rico's BBQ Chicken	Sheet	1 Slice	120	220	45	5	2	0	20	600	32	8	4	11
Pizza	Mama Toni's Garbage Plate	Medium	1 Slice	152	390	180	20	5	0	20	590	40	9	3	13
Pizza	Mama Toni's Garbage Plate	Large	1 Slice	146	380	180	20	5	0	20	570	39	9	3	12
Pizza	Mama Toni's Garbage Plate	NY 19"	1 Slice	303	760	370	42	11	0	50	1180	73	17	4	25
Pizza	Mama Toni's Garbage Plate	Sheet	1 Slice	146	380	180	20	5	0	20	570	39	9	3	12
Pizza	The Taco Pizza	Medium	1 Slice	153	240	80	9	4	0	25	500	28	9	2	11
Pizza	The Taco Pizza	Large	1 Slice	138	220	70	8	4	0	20	470	26	8	1	10
Pizza	The Taco Pizza	NY 19"	1 Slice	309	470	160	18	9	0	50	980	53	17	3	23
Pizza	The Taco Pizza	Sheet	1 Slice	132	210	65	7	3	0	20	450	26	8	1	10
Pizza	Breakfast Pizza Meat	Medium	1 Slice	120	300	130	14	5	0	90	650	27	8	Less than 1	16
Pizza	Breakfast Pizza Meat	Large	1 Slice	113	290	130	14	4	0	90	620	25	8	0	15
Pizza	Breakfast Pizza Meat	NY 19"	1 Slice	244	600	280	30	10	0	185	1290	50	15	Less than 1	33
Pizza	Breakfast Pizza Meat	Sheet	1 Slice	113	290	130	14	4	0	90	620	25	8	0	15
Pizza	Breakfast Pizza Veggie	Medium	1 Slice	120	200	50	5	2	0	70	320	27	8	Less than 1	10
Pizza	Breakfast Pizza Veggie	Large	1 Slice	113	180	40	5	2	0	65	300	26	8	Less than 1	9
Pizza	Breakfast Pizza Veggie	NY 19"	1 Slice	244	390	100	11	5	0	140	640	51	16	2	20
Pizza	Breakfast Pizza Veggie	Sheet	1 Slice	113	180	40	5	2	0	65	300	26	8	Less than 1	9

Salad	Macaroni Salad	Na	1 Order	224	610	420	46	7	0	30	900	43	3	13	8
Salad	Side Salad	Na	1 Order	254	60	5	0.5	0	0	0	50	13	5	6	3
Salad	Tossed Salad	Na	1 Order	453	100	10	1	0	0	0	85	22	9	11	5
Salad	Tuna Topped Salad	Na	1 Order	530	330	190	20	3	0	30	450	22	9	11	16
Salad	Caesar Salad	Na	1 Order	520	290	130	15	6	0	50	750	23	9	11	20
Salad	Antipasto Salad	Na	1 Order	590	350	180	21	9	0	60	1210	25	9	11	21.5
Salad	It's Greek to Me	Na	1 Order	540	280	151	13	4	0	25	1840	30	11	11	14
Salad	Grilled Chicken Salad	Na	1 Order	594	275	70	8	3	0	80	960	23	10	11	32
Salad	Buffalo Chicken Salad (mild)	Na	1 Order	667	425	160	19	6	0	55	1840	39	9	11	30
Salad	Cajun Chicken Salad	Na	1 Order	594	285	80	9	4	0	80	980	23	10	11	33
Salad	Calamari Salad	Na	1 Order	677	750	340	37	5	0	160	1190	82	11	13	27
Salad	Buffalo Calamari Salad (mild)	Na	1 Order	735	800	380	42	7	0	160	2010	82	11	13	27
Salad	Sicilian Calamari Salad	Na	1 Order	805	1120	680	73	11	0	170	3460	91	13	16	31
Salad	Add Breaded Chicken	Na	-	+112	+370	+240	+26	+4	0	+50	+640	+16	+1	+1	+17
Salad	Add Grilled Chicken	Na	-	+113	+130	+25	+3	+1	0	+65	+800	+1	+1	0	+24
Salad	Add Sliced Steak	Na	-	+84	+100	+40	+4	+1.5	0	+35	+190	+1	0	0	+14