



PELEGRINOS MENU NUTRITIONAL INFORMATION

Salads	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Kale Bistro Salad w/Dressing	1 ea	550	50	10	360	18	6	5
Kale Bistro Salad with Chicken w/Dressing	1 ea	670	56	11	620	19	23	5
Buffalo Chicken Salad w/ Blue Cheese	1 ea	790	33	19	3430	33	28	6
Chicken Cobb Salad w/ Balsamic	1 ea	610	34	14	1360	30	32	4
Chicken Caesar Salad	1 ea	410	35	5	780	7	18	3
Caesar Salad	1 ea	320	33	5	620	6	3	3
Tuna Chef Salad	1 ea	530	29	8	1390	24	35	2
Chicken Salad Chef	1 ea	780	67	12	880	14	37	3
Chicken Greek Salad w/RWH Vinaigrette	1 ea	410	16	6	1140	30	17	6
Greek Salad w/RWH Vinaigrette	1 ea	250	14	6	930	15	2	3
Pellegrino's Garden Salad w/ RWH Vin	1 ea	380	17	7	620	28	15	5
Side House Salad w/RWH Vinaigrette	1 ea	240	6	1.5	410	30	2	5

Burgers	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Burger	1 ea	660	35	16	500	47	34	3
Cheeseburger	1 ea	720	39	18	750	48	37	3
Shroom Burger	1 ea	770	45	18	700	49	35	4
Bacon Cheeseburger	1 ea	890	57	24	970	49	40	3
Bacon Avocado Deluxe Burger	1 ea	970	56	23	1750	33	59	9

Power Bowls	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Pellegrino's Quinoa Bowl	1 ea	620	43	15	1660	22	32	3
Pesto Chicken Quinoa Bowl	1 ea	710	48	20	1990	25	35	3

Vegetarian	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Grilled Veggie Wrap	1 ea	630	33	12	1130	63	22	6
Mediterranean Veggie	3 1/2"	210	10	5	590	22	8	4
	7"	410	22	11	1160	41	15	6
	14"	820	44	22	2370	85	29	10

Steak Subs	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Philly Cheesesteak	3 1/2"	370	23	10	400	16	16	1
	7"	740	46	19	810	33	33	3
	14"	1520	96	41	1740	66	69	6
Roc Cheesesteak	3 1/2"	430	25	12	660	19	17	2
	7"	770	45	19	940	35	29	4
	14"	1490	85	36	1590	69	54	7
Steak in the Grass	3 1/2"	310	18	8	320	14	16	1
	7"	620	36	17	650	28	33	3
	14"	1240	72	34	1300	55	66	6
Buffalo Cheesesteak	3 1/2"	480	28	14	1600	23	19	3
	7"	950	55	28	3200	45	38	6
	14"	1790	102	51	6140	87	69	12

Hot Subs	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Buffalo Chicken	3 1/2"	300	8	4.5	1040	17	16	2
	7"	580	15	9	2040	30	30	2
	14"	1160	30	19	4080	60	60	5
Chicken in the Grass	3 1/2"	230	8	3.5	480	14	19	1
	7"	470	17	7	950	28	38	3
	14"	980	37	17	2030	55	79	6
Chicken Parmesan	3 1/2"	220	6	2.5	540	15	18	1
	7"	530	20	10	1330	31	44	2
	14"	1070	40	20	2660	62	88	5
Chicken Pesto	3 1/2"	280	13	4.5	560	14	19	1
	7"	550	26	9	1110	28	39	2
	14"	1160	56	20	2350	59	81	5
Chicken Philly	3 1/2"	290	13	5	560	16	19	1
	7"	580	27	10	1110	33	38	3
	14"	1300	68	25	2560	67	80	6
Cuban	3 1/2"	350	18	6	990	21	19	1
	7"	640	32	12	1880	38	38	3
	14"	1340	68	27	3800	77	80	5
Meatball	3 1/2"	340	20	2.5	730	17	16	1
	7"	690	40	6	1410	37	31	2
	14"	1420	83	14	2940	74	66	5

COLD SUBS	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Beefeater	3 1/2"	310	15	5	420	20	17	2
	7"	620	30	11	840	41	33	5
	14"	1240	61	21	1680	82	66	9
Chicken Salad	3 1/2"	230	9	2.5	880	22	17	4
	7"	450	18	4.5	1640	44	31	7
	14"	1000	35	9	3330	89	61	12
Classic Italian	3 1/2"	310	16	5	1160	21	15	2
	7"	520	24	8	2080	35	27	3
	14"	1250	62	20	4640	85	60	9
Ham It Up	3 1/2"	270	11	3	1200	21	16	2
	7"	540	22	6	2400	42	32	5
	14"	1090	43	13	4810	84	64	9
Tuna	3 1/2"	320	17	3.5	1050	26	19	3
	7"	540	26	5	1860	43	35	4
	14"	1410	66	15	4270	105	75	10
Turkey	3 1/2"	260	9	2.5	1200	20	18	2
	7"	520	18	5	2410	41	36	5
	14"	1040	36	10	4810	82	72	9
Turkey Avocado	3 1/2"	200	2	1	970	17	17	3
	7"	390	4	2	1940	34	33	6
	14"	790	8	4	387	67	66	13
Pizza	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Pellegrino's House Classic	1 ea	1720	66	44	4390	152	85	6
Garlic Chicken Pesto	1 ea	1780	72	40	3890	153	90	8
Italian Market	1 ea	1820	76	39	4400	153	89	6
Buffalo Chicken	1 ea	1730	45	42	5770	142	74	5
Cheese Pizza	1 ea	1200	28	22	2740	145	51	6
Cheese Pizza w/Pepperoni	1 ea	1320	40	26	3260	146	57	6
Wraps	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Greek Chicken Wrap	1 ea	604	26	8	1230	59	34	6
Chicken Caesar	1 ea	616	33	6	1003	51	28	5
Chicken Pesto Wrap	1 ea	789	44	10	1229	67	39	13
Grilled Veggie Wrap	1 ea	630	33	12	1130	63	22	6
Grilled Buffalo Chicken	1 ea	924	39	17	2854	61	31	6
Chicken Fajita Wrap	1 ea	698	30	10	1759	70	40	8
Sides	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
French Fries	6oz	633	35	6	341	27	8	0
Macaroni Salad	8oz	234	16	2	602	22	3	0
Pasta Salad	8oz	255	12	3	266	29	8	1
Whole Dill Pickle	1 ea	43	0	0	3035	9	1	3
Chocolate Chip Cookie	1 ea	370	19	10	250	48	4	2
Oatmeal Raisin Cookie	1 ea	330	15	7	20	46	4	2
White Chocolate Macadamia Cookie	1 ea	390	21	11	240	47	4	1

Due to nutritional variances in locally supplied ingredients, the handcrafted nature of our menu items, changes in recipes, ingredients and kitchen procedures, variations in these values may occur. Therefore, the nutritional values provided in this guide should be considered approximations. In addition, guests who have special food sensitivities or dietary needs should not rely solely on this information as the basis for deciding whether to consume a particular menu item. Nutritional information valid for US only.