

DESSERTS



COOKIES	(260-270 CALS/COOKIE)	.79 or 3/1.99
BROWNIES	(370-390 CALS/BROWNIE)	1.59
CINNAMON STICKS	(100 CALS/ 8 SLICES)	2.39
	(100 CALS/ 18 SLICES)	5.39
	(100 CALS/ 32 SLICES)	6.79

lightly baked dough, basted with butter, sprinkled with cinnamon & sugar mix & drizzled with icing

BEVERAGES



REGULAR BEVERAGE	(CAL: 0-290)	2.69
LARGE BEVERAGE	(CAL: 0-430)	2.99
20 oz. BOTTLED BEVERAGE	(CAL: 0-280)	2.99
COFFEE	(CAL: 0)	1.29
BOTTLED WATER	(CAL: 0)	2.39
KIDS BEVERAGE	(CAL: 0-160)	1.29
GALLON OF UNSWEETENED TEA	(CAL: 0)	6.59
GALLON OF SWEET TEA	(CAL: 770)	6.59

JUST FOR KIDS

(This pricing is for kids 10 & under ONLY)

PIZZA	(CAL: 550-710)	6.99
<small>8" pizza (cheese only) & kid-size drink. Additional toppings are available for an extra charge.</small>		
GRILLED CHEESE	(CAL: 500-660)	3.99
<small>1/4 grinder with cheddar & mozzarella cheese. Served with kid-sized fries & kid-sized drink.</small>		
HAM & CHEESE GRINDER	(CAL: 420-580)	5.69
<small>1/4 grinder with ham & cheese. Served with kid-sized fries & kid-sized drink.</small>		
TURKEY GRINDER	(CAL: 500-660)	5.69
<small>1/4 grinder with turkey & cheese. Served with kid-sized fries & kid-sized drink.</small>		
PIZZA GRINDER	(CAL: 610-770)	5.69
<small>1/4 grinder with pepperoni, pizza sauce & cheese. Served with kid-sized fries & kid-sized drink.</small>		
KID'S SPAGHETTI	(CAL: 340-500)	6.79
<small>spaghetti noodles topped with our own unique meat sauce. Served with garlic toast & a kid-sized drink.</small>		
KID'S RAVIOLI	(CAL: 660-820)	7.29
<small>cheese stuffed raviolis topped with our own unique meat sauce. Served with garlic toast & a kid-sized drink.</small>		
BELLACINO'S BITES	(CAL: 370-530)	5.89
<small>baked chicken nuggets. Served with kid-sized fries & kid-sized drink.</small>		

PASTA

ALL PASTA ITEMS ARE SERVED WITH GARLIC TOAST ON THE SIDE. MEALS ALSO INCLUDE A SMALL SIDE SALAD.

SPAGHETTI MEAL	(CAL: 1040-1330)	12.69
<small>spaghetti noodles topped with our own unique meat sauce.</small>		
SPAGHETTI	(CAL: 850)	10.59
RAVIOLI MEAL	(CAL: 1120-1410)	13.69
<small>cheese stuffed raviolis topped with our own unique meat sauce</small>		
RAVIOLI	(CAL: 940)	11.59
FETTUCCINI ALFREDO MEAL	(CAL: 1280-1570)	12.69
<small>fettuccini noodles tossed with a white creamy Alfredo sauce</small>		
FETTUCCINI ALFREDO	(CAL: 1100)	10.96
	ADD CHICKEN (adds 170 cals)	2.79

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

www.bellacinos.com

WE CATER



Whether it's for your office or family...
for 10 or 500 people...
Bellacino's Catering can turn any Party into an Event to Remember!

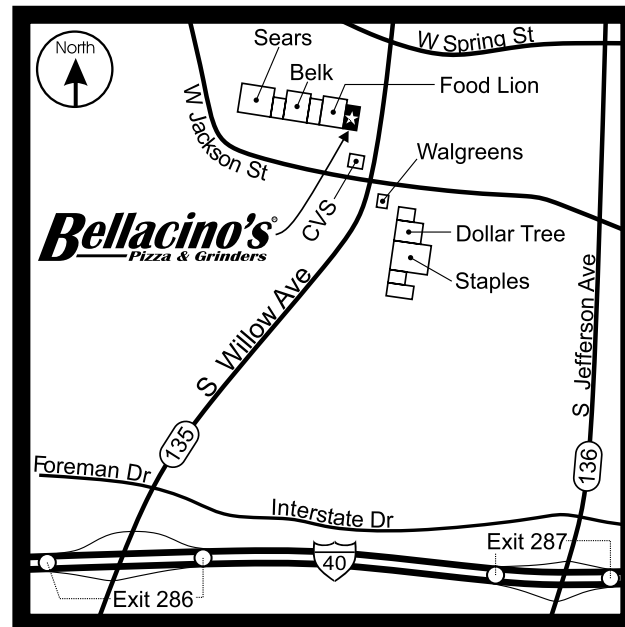
PARTY BOXES • SALADS • PIZZAS • PASTA

HISTORY...

The term "Grinder" can be traced back to the East Coast, where during World War II, Italian immigrants set up sandwich shops close to the shipyards. Their freshly baked Italian rolls were filled with generous amounts of meats & cheeses and were then baked and garnished with lettuce & tomato. These super-sized sandwiches were a favorite of the hard-working men who ground off rivets on the metal warships. The friendly shop owners referred to these men as grinders, and the ever-popular sandwiches also came to be known as Grinders.

We at Bellacino's pledge our guarantee to provide generous portions, superior quality, and fast & friendly service. Short on time does not have to mean short on variety or flavor, but just the right blend of convenience and satisfaction. We will never compromise our quality for gimmick or profit.

Joe Mancino
Founder



HOURS:

Sunday - Thursday 10:30 am - 8 pm
Friday - Saturday 10:30 am - 9 pm

Thank you for choosing Bellacino's



No Personal Checks Accepted

For franchise information, please contact
us at 877-379-0700 or visit our website www.bellacinos.com

Thank you for choosing Bellacino's

Bellacino's

Pizza & Grinders



WELCOME

DINE IN • CARRY OUT
ORDER ONLINE

www.bellacinos.com

377 W. Jackson St.
Suite 1F

Cookeville, TN 38501

Ph: 931-528-7600

FAVORITES

BAKED FRIES	(CAL: 320)	2.59
LOADED FRIES	(CAL: 1150)	8.49
french fries, crispy bacon pieces, mozzarella & cheddar cheese topped with sour cream		
NACHO SUPREME	(CAL: 1580)	8.79
tortilla chips, taco meat, onions, black olives, cheese, topped with lettuce & tomatoes (salsa & sour cream served on the side)		
GARLIC CHEESE BREAD	(140 CAL/PIECE; 8 PIECES)	4.59
Bellacino's grinder bread covered with cheese & garlic spread - Served w/ a side of dipping sauce		
CHEESY BREADSTICKS	(80 CAL/PIECE; 8 PIECES)	5.09
fresh baked pizza dough covered with garlic spread, cheese & grated parmesan cheese - Served w/ a side of dipping sauce		
	(120 CAL/PIECE; 12 PIECES)	7.29
	(110 CAL/PIECE; 24 PIECES)	11.79
PARMESAN STICKS	(70 CAL/PIECE; 8 PIECES)	4.99
fresh baked pizza dough covered with a buttery spread & grated parmesan cheese - Served w/ a side of dipping sauce		
	(100 CAL/PIECE; 12 PIECES)	6.19
	(90 CAL/PIECE; 24 PIECES)	7.29
BONELESS WINGS	(CAL: 320)	5.99
BBQ - HOT & SPICY (adds 40-140/100-350/150-530)		
	(CAL: 640)	11.09
	(CAL: 1070)	16.99
BONE-IN WINGS	(CAL: 830)	7.39
BBQ - HOT & SPICY (adds 40-140/80-280/130-470)		
	(CAL: 1630)	12.19
	(CAL: 2720)	18.29
CHIPS	(CAL: 140-320)	1.09
SIDE OF DIPPING SAUCE	(CAL: 40-450)	.79
your choice of: pizza sauce cal. 40, ranch cal. 450 or garlic butter cal. 400		

SALADS

* SALAD CALORIE COUNTS DO NOT INCLUDE DRESSING CHOICE *

DRESSINGS... (calories are listed for 1 dressing packet . calories 20-210)
 RANCH • THOUSAND ISLAND • BLEU CHEESE • HONEY MUSTARD • ITALIAN • GREEK • FAT FREE RANCH
 FAT FREE ITALIAN *EXTRA DRESSING .99 - 20-210 cal.

CHEF SALAD	(CAL: 640)	10.96
lettuce, tomatoes, turkey, ham, salami, onions, green peppers, mushrooms & cheddar cheese		
GRILLED CHICKEN SALAD	(CAL: 600)	10.96
lettuce, tomatoes, marinated broiled chicken breast strips, onions, green peppers, mushrooms & cheddar cheese		
STEAK SALAD	(CAL: 600)	12.19
lettuce, tomatoes, thinly sliced ribeye steak, onions, mushrooms & cheddar cheese		
GREEK SALAD	(CAL: 400)	9.79
lettuce, tomatoes, onions, green peppers, black olives, pepperoncini peppers, feta cheese crumbles & Bellacino's recommends our Greek Dressing		
TACO SALAD	(CAL: 1120)	9.79
lettuce, tomatoes, tortilla chips, taco meat, onions, black olives & cheddar cheese (salsa & sour cream served on the side)		
VEGGIE SALAD	(CAL: 500)	8.59
lettuce, tomatoes, onions, green peppers, mushrooms, black olives & cheddar cheese		
SIDE SALAD	(CAL: 210)	3.69
lettuce, tomatoes, onions, green peppers, mushrooms & cheddar cheese		

BELLACINO'S LIGHT

A LIGHTER VERSION OF OUR DELICIOUS GRINDERS!



	QUARTER 4.5"	HALF 9"	WHOLE 18"	
VEGGIE LIGHT	(CAL: 230/450/910)	5.49	8.45	15.89
green peppers, onions, mushrooms, tomatoes, fat free cheese & fat free mayo				
CHICKEN LIGHT	(CAL: 300/610/1210)	6.09	9.39	17.19
marinated broiled chicken breast strips, onions, green peppers, lettuce, tomatoes, fat free cheese & fat free mayo				
HAM & CHEESE LIGHT	(CAL: 260/520/1030)	5.79	9.09	16.19
ham, lettuce, tomatoes, fat free cheese & fat free mayo				
TURKEY LIGHT	(CAL: 260/530/1050)	5.79	9.09	16.19
turkey, lettuce, tomatoes, fat free cheese & fat free mayo				
ROAST BEEF LIGHT	(CAL: 260/530/1050)	5.79	9.09	16.19
roast beef, lettuce, tomatoes, fat free cheese & fat free mayo				

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
 Additional nutrition information available upon request.

GRINDERS

OUR BREAD IS MADE FROM SCRATCH & BAKED OVEN FRESH DAILY!

(sizes are approximate)



	QUARTER 4.5"	HALF 9"	WHOLE 18"			
ITALIAN GRINDER - HOUSE SPECIALTY	(CAL: 450/910/1810)	5.89	9.19	16.99		
ham, sausage, salami, mushrooms, onions, green peppers, cheese, lettuce, tomatoes & mayo						
PIZZA	(CAL: 450/900/1800)	5.29	8.39	15.99		
pepperoni, pizza sauce & cheese						
BELLACINO'S CLUB	(CAL: 390/790/1570)	5.89	9.19	16.99		
turkey, ham, bacon, cheese, lettuce, tomatoes & mayo						
STEAK	(CAL: 380/760/1510)	5.89	9.19	16.99		
thinly sliced ribeye steak covered with mushrooms, onions, green peppers, cheese, lettuce, tomatoes & mayo						
CHICAGO STEAK	(CAL: 420/840/1680)	5.89	9.19	16.99		
thinly sliced ribeye steak covered with mushrooms, onions, cheese, & Bellacino's own garlic spread						
CHICKEN	(CAL: 380/760/1510)	5.89	9.19	16.99		
marinated broiled chicken breast strips topped with onions, green peppers, cheese, lettuce, tomatoes & mayo						
CHICKEN BACON RANCH	(CAL: 420/830/1660)	5.89	9.19	16.99		
marinated broiled chicken breast strips, bacon, ranch, cheese, lettuce & tomatoes						
BELLACINO'S BAYOU™	(CAL: 370/740/1480)	5.89	9.19	16.99		
marinated broiled chicken breast strips, Bellacino's own Cajun seasoning, onions, mayo & cheese						
BRAZEN BUFFALO CHICKEN	(CAL: 350/710/1420)	5.89	9.19	16.99		
marinated broiled chicken breast strips, hot sauce, ranch, onions, cheese, lettuce & tomatoes						
TRIPLE DECKER	(CAL: 340/670/1340)	5.89	9.19	16.99		
roast beef, ham, turkey, cheese, lettuce, tomatoes & mayo						
HAM & CHEESE	(CAL: 350/700/1400)	5.59	8.89	15.99		
ham, cheese, lettuce, tomatoes & mayo						
REUBEN	(CAL: 390/720/1580)	5.89	9.19	15.99		
tender corned beef piled high, sauerkraut, cheese & Thousand Island dressing						
HAM & TURKEY	(CAL: 360/720/1430)	5.59	8.89	15.99		
ham, turkey, cheese, lettuce, tomatoes & mayo						
HAM, CHEESE & SALAMI	(CAL: 390/790/1570)	5.59	8.89	15.99		
ham, cheese, salami, lettuce, tomatoes & mayo						
TURKEY GRINDER	(CAL: 340/670/1350)	5.59	8.89	15.99		
turkey, cheese, lettuce, tomatoes & mayo						
ROAST BEEF	(CAL: 340/670/1350)	5.59	8.89	15.99		
roast beef, cheese, lettuce, tomatoes & mayo						
VEGGIE	(CAL: 370/750/1500)	5.29	8.25	15.69		
green peppers, onions, mushrooms, cheddar & white cheese, lettuce, tomatoes & mayo						
B.L.T.	(CAL: 450/890/1780)	5.59	8.89	15.99		
bacon, lettuce, tomatoes, cheese & mayo						
STROMBOLI GRINDER	(CAL: 450/910/1820)	5.59	8.89	15.99		
italian sausage, pasta sauce, onions, green peppers, cheese & hot pepper rings						
TUNA	(CAL: 430/860/1730)	5.59	8.89	15.99		
tuna (mixed with mayo), onions, cheese, lettuce, tomatoes & mayo						
MEATBALL	(CAL: 430/860/1720)	5.59	8.89	15.99		
sliced meatballs, pasta sauce, onions, green peppers & cheese						
TACO	(CAL: 450/910/1820)	5.89	9.19	16.99		
taco meat, salsa, onions, black olives, cheddar & white cheese, lettuce & tomatoes						
HAWAIIAN	(CAL: 380/770/1540)	5.89	9.19	16.99		
ham, sweet bbq sauce, onions, pineapple, lettuce & tomatoes						
EXTRA CHEESE	cal: 40	cal: 80	cal: 160	.69	1.19	1.49
EXTRA MEAT ITEM	cal: 30-80	cal: 60-150	cal: 120-310	.69	1.49	2.39
EXTRA STEAK OR CHICKEN	cal: 60-80	cal: 130-150	cal: 290-310	1.29	2.19	2.99

MAKE ANY GRINDER A MEAL!

Add a Regular Coca-Cola®	3.69	w/ chips	4.99	w/ fries
Add a Large Coca-Cola®	4.69		5.29	

PRICE IS ADDED TO COST OF GRINDER

PIZZA ^{NEW} 100% Cheese

TOPPINGS...

8" round (adds 0-160 cal) · 12" round (adds 10-510 cal) · 16" round (adds 10-790 cal)

STEAK	BACON	GREEN PEPPERS	JALAPENOS
CHICKEN	MEATBALLS	MUSHROOMS	PINEAPPLE
PEPPERONI	GROUND BEEF	BLACK OLIVES	FRESH TOMATOES
SAUSAGE	SALAMI	GREEN OLIVES	EXTRA CHEESE
HAM	ONIONS	BANANA PEPPER RINGS	

*Steak & chicken are charged as double items

	8 INCH	12 INCH	16 INCH	CALORIES
PLAIN CHEESE	5.89	11.67	17.59	8" - 140 cal/slice, 4 slices 12" - 120 cal/slice, 12 slices 16" - 170 cal/slice, 16 slices
1 TOPPING	6.99	13.39	19.89	8" - 140-180 cal/slice, 4 slices 12" - 120-160 cal/slice, 12 slices 16" - 170-220 cal/slice, 16 slices
2 TOPPINGS	8.19	15.29	22.19	8" - 140-220 cal/slice, 4 slices 12" - 120-200 cal/slice, 12 slices 16" - 170-270 cal/slice, 16 slices
3 TOPPINGS	9.39	16.99	24.59	8" - 140-260 cal/slice, 4 slices 12" - 120-200 cal/slice, 12 slices 16" - 170-320 cal/slice, 16 slices
4 TOPPINGS	10.59	18.79	26.99	8" - 140-300 cal/slice, 4 slices 12" - 120-280 cal/slice, 12 slices 16" - 170-370 cal/slice, 16 slices
5 TOPPINGS	11.79	19.79	29.39	8" - 140-340 cal/slice, 4 slices 12" - 120-320 cal/slice, 12 slices 16" - 170-370 cal/slice, 16 slices
EXTRA HALF TOPPING	.59	.99	1.29	8" - adds 0-20 cal/slice, 4 slices 12" - adds 0-20 cal/slice, 12 slices 16" - adds 0-25 cal/slice, 16 slices
EXTRA FULL TOPPING	1.10	1.79	2.39	8" - adds 0-40 cal/slice, 4 slices 12" - adds 0-40 cal/slice, 12 slices 16" - adds 10-50 cal/slice, 16 slices

SPECIALTY PIZZA

	8 INCH	12 INCH	16 INCH	CALORIES
BELLACINO'S PRIDE				8" - 190 cal/slice, 4 slices 12" - 180 cal/slice, 12 slices 16" - 240 cal/slice, 16 slices
pepperoni, ham, sausage, mushrooms, onions, green peppers, black olives & cheese				
CHICKEN ALFREDO	9.39	19.42	28.39	8" - 190 cal/slice, 4 slices 12" - 180 cal/slice, 12 slices 16" - 240 cal/slice, 16 slices
white creamy Alfredo sauce, marinated broiled chicken breast strips, onions & cheese				
BELLACINO'S SUPER	8.79	18.12	23.89	8" - 160 cal/slice, 4 slices 12" - 140 cal/slice, 12 slices 16" - 190 cal/slice, 16 slices
pepperoni, mushrooms, green peppers, onions & cheese				
VEGGIE	8.79	18.12	23.89	8" - 150 cal/slice, 4 slices 12" - 130 cal/slice, 12 slices 16" - 180 cal/slice, 16 slices
mushrooms, onions, green peppers, black olives & cheese				
TACO	9.39	19.42	28.39	8" - 190 cal/slice, 4 slices 12" - 160 cal/slice, 12 slices 16" - 230 cal/slice, 16 slices
taco meat, salsa, onions, cheddar & white cheese, black olives, lettuce & tomatoes				
BELLACINO'S MEAT EATER	9.39	19.42	28.39	8" - 220 cal/slice, 4 slices 12" - 190 cal/slice, 12 slices 16" - 260 cal/slice, 16 slices
pepperoni, sausage, ham, ground beef, bacon & cheese				
BARBEQUE CHICKEN	9.39	19.42	28.39	8" - 160 cal/slice, 4 slices 12" - 150 cal/slice, 12 slices 16" - 200 cal/slice, 16 slices
sweet bbq sauce, marinated broiled chicken breast strips, onions & cheese				
CHICAGO STEAK	9.39	19.42	28.39	8" - 190 cal/slice, 4 slices 12" - 160 cal/slice, 12 slices 16" - 220 cal/slice, 16 slices
thinly sliced ribeye steak, onions, mushrooms, cheese & Bellacino's own garlic spread				

CALZONES

Freshly baked pizza dough folded over, stuffed with cheese & your favorite toppings. The outside is brushed with a buttery spread & sprinkled with grated parmesan cheese. Served with a side of pizza sauce.

CALZONE	(CAL: 960)	5.99
EXTRA ITEM	(ADDS 0-180 CALS)	.99
max of 4 toppings		