

Bellacino's®

Pizza & Grinders

NUTRITIONAL INFORMATION

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
GRINDERS...															
A1 Bomber Steak (serving size: Half Grinder):	661.6	175.1	19.4	8.8	0.7	90.7	2734.3	80.0	4.4	12.4	40.8	960.4	18.9	312.4	3.7
Bayou Grinder (servings size: Half Grinder):	742.7	239.3	26.6	7.6	0.7	108.5	2564.2	71.7	3.8	3.6	50.3	1065.8	2.9	326.9	2.6
BLT Grinder (serving size: Half Grinder):	1024.1	530.2	58.9	20.7	0.7	116.9	2350.9	67.2	3.8	4.1	45.8	907.8	6.3	307.5	1.2
Brazen Buffalo Chicken (servings size: Half Grinder):	730.2	206.1	24.2	11.4	0.7	123.2	2285.4	74.5	4.5	6.6	50.0	1008.3	8.1	345.7	2.5
Chicago Grinder (serving size: Half Grinder):	813.0	344.7	38.3	17.4	0.9	103.3	2703.3	72.1	3.4	5.6	42.9	1246.7	1.9	393.3	3.5
Chicken Bacon Ranch Grinder (serving size: Half Grinder):	864.1	309.9	35.8	16.4	0.7	153.4	2510.9	71.6	4.1	5.4	58.3	1159.8	6.3	440.9	2.5
Chicken Grinder (serving size: Half Grinder):	748.9	227.6	26.6	7.7	0.7	110.3	2193.5	72.3	4.2	4.8	51.4	1008.7	18.3	332.9	2.5
Chicken Parmesan Grinder (serving size: Half Grinder):	693.7	153.0	18.3	8.6	0.7	119.9	2470.9	75.2	4.0	7.6	53.3	913.4	2.6	371.4	2.8
Club Grinder (serving size: Half Grinder):	833.0	321.9	36.1	10.7	0.7	117.2	2828.1	70.8	3.8	6.4	49.4	906.0	6.0	298.4	2.1
Ham and Cheese Grinder (serving size: Half Grinder):	731.6	271.4	30.7	10.4	0.7	98.1	2568.4	69.4	3.8	6.3	39.0	907.8	6.3	307.5	2.0
Ham and Turkey Grinder (serving size: Half Grinder):	739.9	261.8	29.4	9.7	0.7	109.8	2582.4	70.7	3.8	6.6	43.0	907.8	6.3	307.5	2.1
Ham, Cheese and Salami Grinder (serving size: Half Grinder):	789.1	338.2	37.9	13.2	0.7	104.4	2545.9	69.2	3.8	5.6	38.9	907.8	6.3	307.5	2.1
Italian Grinder (serving size: Half Grinder):	873.5	396.0	44.3	15.3	0.7	117.1	2757.3	72.5	4.6	6.9	42.6	1049.9	19.2	326.4	2.6
Meatball Grinder (serving size: Half Grinder):	882.3	365.5	40.6	16.2	1.7	117.4	2497.5	82.0	4.9	9.5	44.6	1384.5	17.6	515.0	3.7
Pizza Grinder (serving size: Half Grinder):	888.8	387.9	43.1	18.3	1.0	105.5	2527.1	78.6	4.9	9.5	43.9	1710.3	13.8	560.5	2.5
Pork BBQ Grinder (serving size: Half Grinder):	709.0	216.3	24.0	11.1	0.7	101.3	1897.4	84.9	2.9	22.7	38.1	415.3	0.5	296.2	1.8
Reuben Grinder (serving size: Half Grinder):	700.0	201.7	22.4	9.4	0.7	109.2	2406.5	73.2	3.0	6.7	46.1	415.3	7.3	299.7	4.2
Roast Beef Grinder (serving size: Half Grinder):	736.3	242.5	26.9	9.2	0.7	112.8	1799.5	69.2	3.8	4.1	49.1	907.8	6.3	307.5	4.1
Seafood Grinder (serving size: Half Grinder):	927.0	429.8	48.1	12.4	0.7	75.0	1983.6	88.8	4.0	7.4	29.1	908.0	7.2	310.6	1.2
Steak Grinder (serving size: Half Grinder):	736.6	274.1	30.4	10.3	0.7	95.7	2509.3	74.0	4.4	7.4	40.8	960.4	18.9	312.4	3.7
Stromboli Grinder (serving size: Half Grinder):	915.9	432.4	48.0	18.6	0.7	108.3	2812.1	79.0	5.9	10.2	39.6	1359.8	16.6	400.5	3.5
Taco Grinder (serving size: Half Grinder):	842.7	321.3	35.7	16.3	1.3	87.9	2456.3	80.0	7.9	7.9	46.6	1692.6	14.1	575.2	5.0
Triple Decker** (serving size: Half Grinder):	761.6	251.7	28.0	9.4	0.7	126.7	2493.7	72.5	3.8	6.6	51.1	907.8	6.3	307.5	3.3
Tuna Grinder (serving size: Half Grinder):	772.1	304.6	33.8	10.6	0.7	111.4	1662.4	68.6	4.0	4.7	44.1	908.0	7.2	310.6	1.2
Turkey Grinder (serving size: Half Grinder):	695.7	233.4	25.9	8.2	0.7	102.7	2123.8	71.2	3.8	6.1	41.0	907.8	6.3	307.5	1.9
Turkey Reuben Grinder (serving size: Half Grinder):	981.4	196.2	21.8	7.7	1.0	105.4	3228.7	138.2	5.4	10.8	52.5	473.3	7.4	331.5	2.6
Tuscan Chicken (serving size: Half Grinder):	825.3	301.6	34.8	16.3	0.9	125.5	2382.7	70.8	3.4	3.5	52.6	1296.7	1.9	423.3	2.4
Veggie Grinder (serving size: Half Grinder):	709.1	298.8	33.2	13.2	0.7	72.3	1336.6	72.3	5.0	6.4	29.2	1317.1	31.5	520.0	1.5
Zesty Deli Grinder (serving size: Half Grinder):	875.2	359.0	39.9	16.5	0.7	137.0	3205.1	76.8	4.5	8.8	49.0	1321.9	15.2	326.3	3.3

Nutritional information calculations have been performed by a registered dietitian based on data provided to us by our system of manufacturers, distributors and vendors. These calculations are based on standard product formulations. Variations in nutritional information can occur based on seasonal product changes, the use of an alternate supplier, product assembly variations and changes or updates to standard recipes and ingredients. For the most up-to-date information, please contact Bellacino's, Inc. at toll free: (877) 379-0700.