

Pat & Oscar's Nutritional Information

Gourmet Salads	Serving Size	Serves	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
BBQ Chicken Ranch Salad	1/2 small	1	320	160	17	2	0	50	590	23	7	11	17
Santa Fe Chipotle Salad	1/2 small	1	290	170	18	2	0	10	530	25	7	7	5
Antipasto Salad	1/2 small	1	540	420	47	12	0	45	1380	17	4	7	13
Antipasto Salad w/ Fat Free Dressing	1/2 Small	1	290	170	19	9	0	45	1140	17	4	7	12
Spinach Salad	1/2 Small	1	420	350	38	6	0	110	840	8	5	4	9
Spinach Salad w/ Fat Free Dressing	1/2 Small	1	170	90	10	3	0	110	630	9	5	5	9
Cobb Salad	1/2 Small	1	490	380	42	11	0	140	1560	12	3	5	19
Cobb Salad w/ Fat Free Dressing	1/2 Small	1	260	130	14	7	0	140	1360	13	4	6	19
Chicken Caesar Salad	1/2 Small	1	410	270	29	7	0	70	950	17	3	5	18
Lemon Chicken Salad	1/2 Small	1	430	330	36	7	0	55	860	12	3	5	15
Lemon Chicken Salad w/ Fat Free Dressing	1/2 Small	1	190	70	8	4	0	55	650	13	3	6	15
Mandarin Chicken Salad	1/2 Small	1	280	110	12	3	0	35	890	25	4	13	16

Signature Salads	Serving Size	Serves	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Greek Salad	1/2 Small	1	340	290	32	7	0	15	660	9	3	5	3
Greek Salad w/ Fat Free Dressing	1/2 Small	1	100	45	5	3	0	15	460	10	3	6	3
Caesar Salad	1/2 Small	1	330	240	26	6	0	30	770	16	3	4	6

Pasta	Serving Size	Serves	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Adult Pasta with Meat Sauce	18 oz	1	690	230	26	9	0	75	1160	90	3	13	26
Adult Pasta with Marinara Sauce	18 oz	1	570	120	13	3	0	10	1210	95	5	18	17
Adult Pasta with Cheese Sauce	18 oz	1	630	180	20	11	0	45	1490	88	1	8	
Adult Pasta with Alfredo Sauce	18oz	1	870	480	53	24	0	90	1240	73	0	4	25
Adult Tomato-Fredo Pasta	18oz	1	690	290	32	14	0	50	1150	79	1	8	22
Adult Pasta Primavera	18oz	1	990	550	62	25	0	90	1480	83	3	6	27

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Pizzas you Create*	Serving Size	Serves	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Mini Cheese Pizza	Mini	1	570	210	23	12	0	70	990	67	3	4	23
Mini Pepperoni Pizza	Mini	1	670	290	32	15	0	95	1330	68	3	5	27
Cheese Pizza	2 Slices/Medium	1	460	170	19	10	0	60	770	50	2	3	20
Pepperoni & Cheese Pizza	2 Slices/Medium	1	580	260	29	14	0	85	1210	51	2	3	25
Margarita Gourmet Pizza	2 Slices/Medium	1	530	200	22	12	0	60	990	60	3	5	24
*Additional toppings not reflected in nutritional information.													

Gourmet Pizzas	Serving Size	Serves	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
San Diego Gourmet Pizza	2 Slices/Medium	1	630	310	34	14	0	75	990	55	4	4	24
Oscar's Super Gourmet Pizza	2 Slices/Medium	1	540	220	24	12	0	75	1090	52	3	4	25
Vegetarian Gourmet Pizza	2 Slices/Medium	1	580	250	28	13	0	75	1080	55	4	5	24
BBQ Chicken Gourmet Pizza	2 Slices/Medium	1	550	190	21	10	0	90	980	56	2	8	30

Ribs	Serving Size	Serves	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
4 Rib Bone Weight Baby Back	4 Bones	1	340	210	23	8	0	85	890	12	0	6	19
1/2 Slab Baby Back Ribs	1/2	1	660	410	45	16	0	160	1710	18	0	12	35
Full Slab Baby Back Ribs	Full	2	660	410	45	16	0	160	1710	18	0	12	35

Chicken	Serving Size	Serves	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
BBQ Wings	1 Wing	1	90	55	6	2	0	25	350	5	0	3	7
Lemon Wings	1 Wing	1	90	60	7	2	0	25	350	1	0	0	7
Dark Lemon Chicken	1/4	1	360	200	22	6	0	130	590	12	0	10	25
White Lemon Chicken – Quarter	1/4	1	340	150	17	4	0	120	570	16	0	2	31
White Lemon Chicken – Half	1/2	1	690	310	35	10	0	250	990	25	0	19	63
Dark BBQ Chicken	1/4	1	420	220	25	7	0	120	590	14	0	10	30
White BBQ Chicken – Quarter	1/4	1	350	130	14	4	0	120	590	20	0	9	31
White BBQ Chicken – Half	1/2	1	690	310	35	10	0	250	1050	26	0	19	63

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For Sharing	Serving Size	Serves	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Breadsticks	1 (2.5oz)	1	240	60	6	2	0	15	280	39	1	2	6
Oven Baked Potato Wedges	5 oz	1	290	140	16	4	0	10	590	35	4	3	3
Marinara Dipping Sauce	3 oz	1 Small	80	25	3	0	0	0	390	11	2	6	2
Cheese Dipping Sauce	3 oz	1 Small	110	50	6	4	0	15	470	6	0	2	8
Meat Dipping Sauce	3 oz	1 Small	130	70	8	3	0	25	340	9	1	4	6
Pizza Dipping Sauce	3 oz	1 Small	40	0	0	0	0	0	230	9	1	2	0

Just For Kids	Serving Size	Serves	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Kid's Hot Dog	1	1	610	230	25	10	0	55	990	76	3	3	16
Kid's Veggie Sticks w/ Ranch Dip	8 pc + 2 oz	1	180	140	16	3	0	10	330	7	1	5	1
Kid's Apple Sauce Cup	4 oz	1	90	0	0	0	0	0	0	23	1	19	0
Kids Buttered Pasta	5.5 oz	1	430	280	31	7	0	10	420	33	0	2	6
Kids Cheese Pasta	1/2 Small	1	320	90	9	5	0	65	520	45	1	2	12
Kid's Meat Pasta	1/2 Small	1	345	120	13	5	0	40	590	45	2	9	9
Kid's Marinara Pasta	1/2 Small	1	285	60	7	2	0	5	590	45	2	9	8

Sandwiches	Serving Size	Serves	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
San Diego	1/2	1	530	230	25	8	0	70	1370	53	2	4	22
Chicken Ciabatta	1/2	1	370	70	7	2	0	50	440	48	2	2	25
Turkey Avocado Club	1/2	1	540	280	31	10	0	80	1690	38	4	7	27
Turkey and Provolone	1/2	1	480	230	26	10	0	70	1550	35	2	4	27
Ham & Swiss	1/2	1	550	250	28	10	0	80	1350	49	2	5	25
Italian	1/2	1	540	280	31	12	0	70	1590	39	3	4	26
Veggie Pocket	1/2	1	490	270	30	10	0	35	1350	40	3	6	16
Lemon Chicken Pocket	1/2	1	370	90	9	2	0	75	590	39	2	3	30
Chicken Caesar Pocket	1/2	1	540	260	29	7	0	85	890	41	2	5	29
BBQ Chicken Pocket	1/2	1	390	70	7	2	0	75	690	49	2	12	30

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Soup	Serving Size	Serves	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Soup - Chicken Noodle Soup	12oz	1	190	50	5	1	0	40	1670	20	0	0	13
Soup - Broccoli Cheese Soup	12oz	1	320	140	15	7	0	0	1390	33	1	7	13
Soup - Tomato Vegetable Soup	12oz	1	220	0	0	0	0	0	1580	37	8	18	18
Brownie	1/2 each (4.5oz)	1	310	145	17	7	0	10	230	40	1	24	2
Chocolate Chip Cookie	1 each (2oz)	1	250	110	12	5	0	10	200	35	1	20	2

Note: Nutritional information may vary depending on revisions to the recipes or ingredients. These variations are subject to change with out notice. This nutritional information should not be relied upon for personal treatment of any health concerns on conditions without consulting your doctor. Menu items may vary and may not be available on this guide.

This Nutritional Guide represents Pat & Oscar's most frequently served items. The enclosed nutritional values are based on formulas, recipes, yields, and ingredient data that was being used at the time of analysis. The nutritional data above is solely based on the estimated database analysis using available standard USDA ingredients or a specific brand name ingredients that is contained within the computer database programs. Some nutritional values may vary depending on the exact ingredients and specific brand name ingredients used to produce this food product.

This analysis was provided by a independent third party company; Fast & Healthy Nutrition, a nutrition consulting company serving the food industry since 1984. They provide nutrition consulting and FDA / USDA food labeling services. Nancy J. Brown is the owner of Fast & Healthy Nutrition. She is a dietitian and Food Technologist with over twenty two years of experience working with food manufacturers, distributors, retailers, grocery stores, and restaurants. She has a Bachelor Of Science degree in Foods & Nutrition and is a member of the American Dietetic Association.