



Product Description	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Protein
SBARRO NEW YORK PIZZA										
Broccoli, Spinach & Tomato	1 Slice (256g)	460	18g	7g	0g	30mg	770mg	59g	5g	16g
Cheese	1 Slice (201g)	410	14g	8g	0g	45mg	790mg	53g	2g	18g
Grandma	1 Slice (234g)	610	36g	9g	0g	30mg	1,200mg	55g	3g	19g
Ham, Pineapple & Bacon	1 Slice (237g)	450	15g	7g	0g	50mg	850mg	60g	4g	22g
Jalepeno & Pepperoni	1 Slice (221g)	440	17g	8g	0g	45mg	840mg	57g	4g	18g
Meat Delight	1 Slice (235g)	540	24g	9g	0g	75mg	1,170mg	57g	4g	27g
Mushroom	1 Slice (242g)	440	18g	7g	0g	30mg	650mg	58g	4g	17g
Pepperoni	1 Slice (205g)	480	20g	9g	0g	50mg	980mg	56g	4g	20g
Pepperoni & Sausage	1 Slice (242g)	580	28g	11g	0g	80mg	1,230mg	57g	4g	26g
Sausage	1 Slice (232g)	530	24g	10g	0g	70mg	1,080mg	57g	4g	24g
Sbarro Skinny Slice™	1 Slice (183g)	270	8g	2.5g	0g	15mg	720mg	42g	1g	10g
Spinach & Mushroom	1 Slice (256g)	450	18g	7g	0g	30mg	750mg	59g	5g	17g
Supreme	1 Slice (238g)	470	19g	8g	0g	50mg	880mg	58g	4g	20g
White Pizza	1 Slice (203g)	470	21g	10g	0g	45mg	900mg	54g	2g	24g
SBARRO STUFFED PIZZA										
Philly Steak	1 Slice (300g)	740	37g	14g	0g	85mg	1,110 mg	74g	4g	28g
Sausage & Pepperoni	1 Slice (301g)	810	40g	15g	0g	120mg	2,180 mg	73g	3g	36g
Spinach & Broccoli	1 Slice (296g)	660	30g	10g	0g	60mg	1,220 mg	73g	4g	24g
Supreme	1 Slice (236g)	530	30g	11g	0g	70mg	1,120 mg	45g	3g	24g
SBARRO STROMBOLI										
Chicken & Broccoli	1 Stromboli (395g)	1,000	47g	17g	0g	145mg	1,850mg	96g	5g	47g
Pepperoni Stromboli	1 Stromboli (348g)	1,100	59g	23g	0g	175mg	2,600mg	95g	5g	44g
Philly Cheese Steak	1 Stromboli (395g)	1,060	55g	22g	0g	150mg	1,710mg	97g	4g	44g
Sausage & Peppers	1 Stromboli (414g)	1,050	53g	18g	0g	145mg	2,160mg	100g	5g	42g
Sausage & Pepperoni	1 Stromboli (367g)	1,110	57g	20g	0g	175mg	2,850mg	95g	4g	51g
Sausage	1 Stromboli (357g)	1,040	53g	19g	0g	160mg	2,110mg	94g	4g	45g
Sausage, Pepperoni & Bacon	1 Stromboli (367g)	1,090	56g	20g	0.5g	135mg	2,540mg	102g	5g	47g
Spinach	1 Stromboli (376g)	900	41g	13g	0g	100mg	1,640mg	96g	5g	33g
Tomato Broccoli & Spinach	1 Stromboli (286g)	640	20g	5g	0g	35mg	1,190mg	94g	4g	20g
SBARRO PAN PIZZA										
Broccoli & Chicken	1 Slice (300g)	660	30g	8g	0g	50 mg	1400 mg	70 g	3 g	26 g
Broccoli & Chicken with Ricotta Sauce	1 Slice (306g)	710	35g	11g	0g	65 mg	1220 mg	68 g	3 g	29 g
Broccoli Spinach & Tomato	1 Slice (300g)	640	30g	8g	0g	30 mg	1300 mg	71 g	3 g	19 g
Cheese	1 Slice (239g)	590	25g	8g	0g	40 mg	1240 mg	69 g	2 g	20 g
Chicken & Vegetable	1 Slice (302g)	640	27g	8g	0g	55 mg	1400 mg	70 g	3 g	29 g
Spinach & Yellow Peppers	1 Slice (267g)	600	27g	8g	0g	30 mg	1270 mg	70 g	3 g	19 g
Green Chile	1 Slice (253g)	570	23g	7g	0g	30 mg	1180 mg	70 g	3 g	18 g
Ham, Pineapple & Bacon	1 Slice (281g)	610	25g	8g	0g	45 mg	1530 mg	72 g	3 g	23 g
Ham Pineapple & Bacon with Ricotta Sauce	1 Slice (281g)	660	30g	11g	0g	60 mg	1350 mg	70 g	3 g	26 g
Jalapeno & Pepperoni	1 Slice (265g)	620	28g	9g	0g	45mg	1,390mg	70g	3g	21g
Jalapeno & Sausage	1 Slice (276g)	670	32g	10g	0g	55mg	1,480mg	69g	3g	24g
Jalapeno	1 Slice (253g)	570	23g	7g	0g	30mg	1,180mg	70g	3g	18g
Meat Delight	1 Slice (279g)	700	33g	10g	0g	65mg	1,960mg	69g	2g	29g
Mushroom	1 Slice (286g)	610	28g	8g	0g	30mg	1,300mg	70g	2g	19g
Pepperoni & Black Olives	1 Slice (265g)	640	30g	9g	0g	45mg	1,590mg	70g	3g	21g
Pepperoni & Mushroom	1 Slice (269g)	620	29g	9g	0g	40mg	1,380mg	70g	2g	20g
Pepperoni	1 Slice (248g)	650	31g	10g	0g	55mg	1,520mg	69g	3g	22g
Sausage & Pepperoni	1 Slice (286g)	760	40g	13g	0g	80mg	1,780mg	69g	2g	29g
Spinach & Mushroom	1 Slice (300g)	630	30g	8g	0g	30mg	1,340mg	71g	3g	19g
Spinach & Mushroom with Ricotta Sauce	1 Slice (300g)	680	34g	11g	0g	50mg	1,150mg	68g	3g	22g
Supreme	1 Slice (282g)	650	30g	9g	0g	50mg	1,430mg	70g	3g	22g
Tomato & Mozzarella	1 Slice (291g)	590	25g	7g	0g	30mg	1,230mg	71g	3g	19g
Vegetable	1 Slice (291g)	620	28g	8g	0g	30mg	1,280mg	72g	3g	19g
SBARRO GARLIC BREADSTICK										
Garlic Breadstick	1 Breadstick (79g)	220	6g	1g	0g	0mg	370mg	35g	1g	5g
SBARRO STEAM ENTREES & SIDE DISHES										
Baked Lasagna	17oz.	1,050	57g	25g	0g	155mg	2470mg	80g	5g	55g
Baked Ziti	14oz.	680	41g	18g	0g	90mg	1,120mg	47g	4g	30g
Chicken Francese	11.3oz.	640	38g	7g	2g	175mg	590mg	8g	2g	63g
Chicken Parmigiana	11oz.	520	22g	5g	2g	175mg	750mg	16g	2g	64g
Meat Lasagna	263g	680	23g	11g	0g	70mg	1,090mg	84g	4g	32g
Mixed Vegetable -16oz.	16oz.	390	29g	4g	0g	0mg	680mg	27g	9g	6g
Mixed Vegetable-10oz.	10oz.	240	18g	3g	0g	0mg	420mg	17g	6g	4g
Mixed Vegetable-7oz.	7oz.	170	13g	2g	0g	0mg	300mg	12g	4g	3g
Roasted Potatoes-16oz.	16oz.	590	34g	11g	0g	35mg	870mg	67g	8g	9g
Roasted Potatoes-10oz.	10oz.	370	21g	7g	0g	20mg	540mg	42g	5g	5g
Spaghetti with Chicken Parmigiana	25oz.	1,010	41g	8g	2g	100mg	3,580mg	105g	7g	55g
Spaghetti with Meatballs	21oz.	1,130	37g	5g	0g	15mg	2,070mg	161g	10g	35g
Spaghetti with Sauce	20oz.	880	34g	5g	0g	0mg	1,010mg	122g	8g	22g
Tortellini with Chicken	14oz.	800	46g	21g	0.5g	140mg	1,280mg	67g	3g	32g
SBARRO SALAD ENTREES & SIDES										
Caesar Salad, no Dressing-16oz.	16oz.	420	17g	7g	0g	20mg	1,070mg	52g	11g	18g
Caesar Salad, no Dressing-10oz.	10oz.	260	11g	4g	0g	15mg	670mg	33g	7g	11g
Fruit Salad-16oz.	16oz.	170	1g	0g	0g	0mg	35mg	42g	4g	3g
Fruit Salad-10oz.	10oz.	100	0g	0g	0g	0mg	20mg	26g	3g	2g
Garden Salad-16oz.	16oz.	80	1g	0g	0g	0mg	40mg	17g	6g	4g
Garden Salad-10oz.	10oz.	50	0g	0g	0g	0mg	25mg	11g	4g	3g
Garden Salad-8oz.	8oz.	35	0g	0g	0g	0mg	15mg	7g	3g	2g
Greek Salad, no Dressing-16oz.	16oz.	240	15g	9g	0g	55mg	840mg	16g	7g	12g
Greek Salad, no Dressing-10oz.	10oz.	150	9g	6g	0g	35mg	520mg	10g	4g	8g
Pasta Primavera Salad-16oz.	16oz.	870	13g	2g	0g	0mg	1,450mg	163g	11g	29g
Pasta Primavera Salad-10oz.	10oz.	540	8g	1g	0g	0mg	900mg	102g	7g	18g
Tomato & Cucumber Salad, no Dressing-16oz.	16oz.	80	1g	0g	0g	0mg	260mg	17g	5g	4g
Tomato & Cucumber Salad, no Dressing-10oz.	10oz.	50	0.5g	0g	0g	0mg	160mg	10g	3g	2g
SBARRO SALAD DRESSING										
Balsamic Dressing	1.5oz.	150	14g	2g	0g	0mg	530mg	6g	0g	0g
Caesar Dressing Pouch	1.5oz.	230	23g	4g	0g	10mg	340mg	5g	0g	2g
Chipotle Pub Sauce Cup	1.5oz.	180	18g	2.5g	0g	5mg	310mg	4g	0g	0g
Italian Dressing	1.5oz.	120	12g	2g	0g	0mg	680mg	4g	0g	0g
Greek Dressing	2 tbsp.	150	16g	2.5g	0g	0mg	220mg	0g	0g	0g
Lite Italian Dressing	1.5oz.	30	1g	0g	0g	0mg	760mg	4g	0g	0g
Ranch Dressing Cup	1.5oz.	200	22g	3.5g	0g	15mg	330mg	1g	0g	0g
SBARRO DESSERT										
Cheesecake	1 slice (175g)	590	41g	24g	1g	190mg	460mg	47g	1g	8g
Chocolate Cake	1 slice (4 3/10 oz)	430	20g	8g	0g	40mg	310mg	59g	0g	5g
Deluxe Carrot Cake	1 slice (5oz)	540	32g	10g	0g	65mg	450mg	63g	1g	5g
Oreo Brownie	1.5 oz	170	8g	3g	0g	30mg	55mg	24g	0g	2g

Dietary Guidelines recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending on calorie needs. Substitution of ingredients/standard toppings combinations may alter nutritional values.