

NUTRITION INFORMATION



Others

	Portion Size	Calories	Cholesterol (mg)	Dietary Fiber (g)	Iron (% Daily Value *)	Protein (g)	Saturated Fat (g)	Sodium (mg)	Sugars (g)	Carbohydrates (g)	Total Fat (g)	Trans Fat (g)	Vitamin C (mg)
Soft Roll	2 oz	211	10	1	0	6	3	341	4	30	8	0	10
Italian Delight Cake	1 slice	563	35	3	0	5	11	228	39	62	35	0	7
Mexican Corn Bread	1 each	213	35	2	16	4	2	351	7	20	13	0	0
Lemon Icebox Pie	1 slice	589	173	1	21	10	21	305	57	71	31	0	9
Pumpkin Pie	1 slice	310	34	2	4	5	5	581	25	48	11	0	6
Caramel Custard	1 each	445	218	0	3	13	3	421	83	84	7	0	5
Southwest Style Pork Chop w/Mexican Rice	8 oz	954	138	23	2	65	10	1104	9	113	31	0	23
Salmon Pattie	1 orders	231	40	1	16	13	3	390	3	24	9	0	7
Chicken Cacciatore	14 oz	896	84	7	15	41	10	598	8	139	18	0	41
Chicken Parmigiana	1 orders	1238	265	4	22	87	16	2876	11	135	36	0	55
New Orleans Style Sauteed Shrimp	5.33 oz	837	327	3	9	39	24	2488	1	78	40	0	28
Beef Liver with Onion Sauce	1 orders	363	275	2	3	23	4	627	3	22	20	0	30
Meat Sauce and Spaghetti	1 orders	457	115	2	17	31	14	2006	4	11	33	2	25
Fried Chicken	2 pieces	797	223	2	10	60	13	451	0	33	46	0	22
Chicken and Dumplings	8 oz	285	135	0	7	39	4	900	0	7	10	0	11
Chicken Teriyaki with Polynesian Rice	1 orders	659	118	3	12	48	6	2341	22	79	16	0	12
Seafood Gumbo	1 orders	227	48	2	17	11	2	1236	2	32	6	0	7
Shrimp and Corn Soup	1 cup	201	56	1	16	10	2	1818	4	19	10	0	7
Caesar Salad	3 oz	165	18	2	24	5	3	354	1	8	13	0	6
Piccadilly Fruit Salad	5.75 oz	72	0	2	97	1	0	11	14	18	0	0	2
Italian Salad Bowl	1 orders	101	16	2	27	6	2	894	2	6	6	0	12
Watermelon	11 order	170	0	2	77	3	0	6	35	43	1	0	8
Ambrosia Fruit Salad	6.5 oz	287	0	4	131	2	12	47	36	43	14	0	3
Buttermilk Chess Pie	1 slice	635	86	1	1	5	9	394	64	87	30	0	6
Pecan Pie	1 slice	675	73	2	0	6	6	459	51	99	28	0	8
Turkey and Dressing	1 orders	377	63	3	31	21	2	2344	24	43	14	0	14
Pea Salad	4.5 oz	291	130	5	80	15	7	719	7	20	17	0	12
Potato Salad	4 oz	168	77	2	25	4	1	854	10	24	7	0	5
Italian Rotini Salad	3.5 oz	283	22	1	9	4	3	1690	6	26	19	0	9
Spiced Beets	4 oz	144	0	3	10	1	0	943	32	34	0	0	8
Spinach Salad	1 orders	93	82	3	40	7	1	183	3	7	5	0	13
Tomato , Cucumber and Onion Salad	4 oz	42	0	1	23	1	0	576	6	10	0	0	2



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Fresh Strawberry and Banana	10 oz	380	0	5	120	47	0	146	37	52	1	0	4
Yellow Squash and Zucchini	1 orders	86	13	2	22	1	3	410	4	11	5	0	3
Black Beans and Rice	5 oz	80	0	2	5	2	0	676	0	17	0	0	2
Black-Eyed Peas	1 orders	193	2	5	2	12	1	728	4	32	2	0	23
Baked Macaroni and Cheese	5.25 oz	310	49	1	1	14	10	1312	7	26	17	0	7
Carrot Souffle	5 oz	392	142	3	4	4	10	205	50	58	17	0	6
Corn Bread Dressing	4.5 oz	143	26	1	3	6	1	507	2	14	7	0	4
French Style Baked Yellow Squash	1 orders	97	10	2	23	3	2	383	3	14	4	0	5
Broccoli and Rice, Au Gratin	5 oz	387	48	2	44	15	10	1360	1	42	17	0	3
Broccoli Florets	3.2 oz	92	18	2	135	3	4	534	2	6	7	0	4
Greens, Turnip w/Diced Turnips	1 orders	62	2	4	130	2	1	633	1	11	2	0	8
Breaded Okra	3.25 oz	242	0	4	11	4	3	473	3	26	13	0	8
French Fried Potatoes	4.5 oz	219	0	4	18	3	4	759	0	31	10	0	7
Roasted New Potatoes	5 oz	198	0	4	58	4	1	516	1	31	7	0	8
Candied Sweet Potatoes	4.5 oz	304	0	4	28	2	0	144	34	77	0	0	3
Tomato-Macaroni Soup	1 cup	111	3	2	38	4	0	928	8	22	1	0	9
Red Velvet Cake	1 slice	833	55	1	0	6	10	382	61	83	54	0	8
Custard Pie	1 slice	348	153	0	1	9	5	452	30	49	13	0	6
Sweet Potato Pie	1 slice	473	54	2	15	4	6	301	38	68	21	0	5
Mississippi Mud Pie	1 slice	439	62	2	1	6	15	251	27	43	29	0	10
Green Bean Supreme	4.5 oz	113	2	2	4	1	1	573	2	16	7	0	4
Buttered Baby Carrots	3.2 oz	84	15	3	4	1	4	568	5	8	6	0	4
Cauliflower with Cheese Sauce	1 orders	173	32	1	35	11	6	343	3	5	10	0	1
Baby Lima Beans	4.5 oz	105	15	3	9	3	4	497	1	10	6	0	7
Sweet Yellow Corn	4.5 oz	122	15	2	8	2	4	397	3	17	6	0	2
Buttered Okra	3.2 oz	78	15	2	19	2	4	385	3	6	6	0	3
Chicken Tetrazzini	1 orders	376	204	1	11	27	12	794	2	18	21	0	13
Italian Boneless Chicken Breast	1 orders	819	100	0	14	41	10	3997	17	25	62	0	15
Cream of Broccoli Soup	1 orders	151	2	1	47	2	2	1373	4	16	10	0	2
Chicken-Rice Soup	1 cup	100	8	0	0	4	0	933	1	20	0	0	1
Vegetable Soup	8 fl oz	45	0	2	24	2	0	556	2	9	0	0	4
Smothered Okra	5 oz	109	0	3	34	2	1	691	5	10	8	0	6
Garlic Bread	1 slice	205	0	3	0	5	2	312	0	25	10	0	3
Southwest Fiesta Chicken Salad	1 orders	698	148	7	99	58	19	1979	7	35	37	0	16
Chocolate Cream Pie	1 slice	693	7	3	0	5	22	332	26	66	48	0	10
Coconut Cream Pie	1 slice	549	23	1	1	4	23	385	27	59	33	0	4
Neptune Salad	5 oz	244	26	2	19	7	2	944	9	25	14	0	4
Peach Cobbler	8 oz	545	15	6	0	6	9	515	46	82	22	0	8
Cherry Cobbler	8 oz	506	11	6	8	6	8	565	40	76	20	0	8
Strawberry Shortcake	1 orders	351	1	2	83	3	9	216	42	55	14	0	2
Spring Salad Bowl	2.5 oz	18	0	1	19	1	0	13	2	4	0	0	2

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Baked Cajun Boneless Chicken Breast	1 orders	379	130	1	6	41	9	1766	1	9	19	0	9
Bread Pudding with Rum Sauce	7.5 oz	807	89	2	4	50	13	569	75	107	23	0	4
Cupcakes	1 each	171	22	0	0	2	2	141	17	24	8	0	2
Chocolate Cake	1 slice	377	21	1	0	2	6	187	33	55	16	0	3
Crawfish Etouffee	1 orders	555	86	3	16	20	3	2605	2	84	14	0	9
Fried Butterflied Shrimp	12 piece	139	0	0	0	0	4	0	0	0	15	0	0
Shrimp Creole and Rice	1 orders	1065	230	60	7	59	6	8261	19	176	32	0	22
Shrimp Scampi and Fettuccini	1 orders	648	309	2	12	34	25	1090	2	35	42	0	17
Corn Sticks	1 each	157	28	1	0	3	2	260	5	16	9	0	4
Ham Steak	2.5 oz	107	25	0	0	12	1	852	2	1	6	0	3
Biscuits	2.2 oz	241	16	1	0	4	6	641	2	23	15	0	7
Grits	1 orders	355	41	1	0	4	10	728	0	49	16	0	11
Waffles	1 each	129	17	1	0	3	1	332	3	19	4	0	5
Sliced Bacon	10 order	249	49	0	0	16	6	995	0	1	20	0	4
Cheese Grits	1 orders	1004	217	1	0	47	45	1702	1	45	71	0	16
Italian Cream Cake	1 slice	715	48	1	1	6	13	474	68	85	38	0	10
Blackberry Cobbler	8 oz	658	14	11	34	7	13	581	49	101	25	0	5
Blackened Shrimp with Fettuccine	13 oz	827	306	5	36	44	6	256	2	73	40	0	48
Buttered Cabbage	3.2 oz	66	12	2	55	1	3	314	4	6	5	0	2
Blackened Pork Chop w/ Fettuccine Alfredo	8 oz	658	188	3	30	60	13	480	2	35	30	0	16
Parmesan Crusted Tilapia	1 each	351	96	2	0	41	4	761	4	27	9	0	13
Mediterranean Style Tilapia	8 oz	240	87	3	13	36	2	949	2	8	8	0	22
Large Angus Chop Steak	10 oz	884	249	1	0	67	23	473	2	5	65	3	39
Cajun Baked Tilapia	1 orders	332	131	1	18	37	12	1095	1	4	20	0	9
Black Forest Cake	1 slice	330	23	1	3	3	7	165	13	49	14	0	4
Shrimp Diablo	10 oz	443	188	3	32	32	3	1894	4	54	10	0	21
Smothered Pork Chop	8 oz	732	127	4	6	56	9	1184	3	46	34	0	21
Chicken Florentine	8 oz	464	111	5	14	52	3	2106	2	44	9	0	31
Broiled Chicken Half	1 halves	1545	511	1	21	129	30	854	0	14	105	0	36
Lemon Pepper Chicken Half	1 halves	1546	512	7	95	129	30	1164	2	22	105	0	48
Red Beans with Rice/Sausage	5.5 oz	806	71	12	5	29	13	2738	3	76	42	0	24
Green Beans	1 orders	37	2	1	6	1	1	927	1	5	2	0	5
Mexican Style Pinto Beans	4.5 oz	384	1	33	92	17	3	1298	7	66	15	0	74
Meatballs and Spaghetti	12 oz	814	90	7	14	34	16	2151	9	80	40	0	27
Old Fashion Brownie	1 slice	1005	1	0	1	9	6	691	115	176	35	0	25
Tilapia with Shrimp Cream Sauce	9 oz	278	149	1	11	46	3	209	5	10	6	0	13
Cheesecake	1 slice	649	89	2	1	19	20	656	20	55	41	0	13
Peanut Butter Chocolate Satin Pie	6 slice	758	61	3	0	11	30	358	44	62	54	1	8
Roast Beef	6 oz	640	179	0	0	39	21	1487	0	0	53	0	22

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Small Angus Chopped Steak	5.3 oz	434	126	0	0	36	10	283	0	0	31	2	21
Mashed Potatoes	5 oz	117	10	2	32	2	2	173	1	19	4	0	2
Southern Fried Fish	2 pieces	451	113	1	2	34	6	1102	0	20	26	0	3
Sesame Glaze Boneless Chicken Breast	9 oz	717	99	2	4	45	5	908	17	57	34	0	20
Southwestern Boneless Chicken Breast	1 orders	604	143	4	8	60	13	2390	6	17	33	0	4
Blackened Boneless Chicken Breast	1 orders	297	129	1	6	40	8	194	0	3	14	0	8

Note: Recipe nutritional data is based on ingredient and quality information provided to Piccadilly by the manufacturers of the ingredients. Piccadilly makes no representation or warranties, expressed or implied, as to the data provided by the manufacturer. Actual portion sizes sometimes vary, which affect the nutritional values represented in this Nutritional Statement. This statement provides information about food and human nutrition. The statement is not intended to be used for the diagnosis or treatment of a health problem or as a substitute for consulting a licensed health professional. Menu availability may vary.