

San Biagio's Pizza

New York Style



1263 West 7th Street
(Mountain Green Shopping Center)

Upland

(909) 946-9277

Hours

Monday – Saturday 10 a.m. – 10 p.m.

Sunday 12 noon – 8 p.m.

We also have
ITALIAN ICE!
Spumoni



NEW YORK PIZZA

with cheese

NEW WHITE
PIZZA
Fresh Tomato,
Garlic, & Onion
14.99

20" Jumbo -----	15.99
18" X-Large -----	12.99
15" Medium -----	11.99
16" x 16" Sicilian -----	13.95
12" x 12" Sicilian -----	10.50
Slices (with cheese) -----	1.75
with Pepperoni -----	2.00
Sicilian Slices -----	1.75
with Pepperoni -----	2.00
Extra on Slice -----	.35

Extra Toppings:

Each extra item \$1.25

Ricotta Cheese, Capocollo, Green Peppers, Jalapeño, Pepperoni, Anchovies, Ham, Mushrooms, Black or Green Olives, Cheese, Salami, Pineapple, Onions, Capers
\$2.00 each item for Baby Clams, Meatballs, or Sausage

PASTA DISHES

Spaghetti with Meatballs	\$5.25
Spaghetti with Tomato Sauce	\$4.00
Spaghetti with Sausage	\$5.25
Spaghetti with Garlic and Tomato	\$4.00
Spaghetti with Butter, Romano Cheese	\$4.00
Manicotti	\$6.00
Linguine with Baby Clams	\$6.00
Baked Zitti	\$5.00
Ravioli	\$6.00
Gnocchi	\$6.00
Spinach Tortellini	\$6.00
Lasagna	\$6.00
Baked Fettucine	\$6.00
Side Order of Meatballs or Sausage	\$2.00 Extra

Antipasto .. S - \$5.00, L - \$7.00 • Salad .. S - \$2.00, L - \$4.50
Garlic Bread .. \$1.25 • Garlic Cheese Bread .. \$2.25

"We Also Do Catering"

OUR SPECIALTY

SAN BIAGIO'S SPECIAL – \$19.00/\$22.00

(mushrooms, green peppers, pepperoni, tomato, sausage, onions, ham, olives)

VEGGIE PIZZA – \$16.00/\$19.00

(mushrooms, green peppers, tomato, onions, olives)

VEG SANDWICH – \$4.00

(green peppers, onions, mushrooms, tomato)

SAUSAGE SANDWICH – \$4.00

(with cheese and tomato sauce)

N.Y. CALZONE – \$4.25

(meatballs, cheese, and tomato sauce)

STROMBOLI SANDWICH – \$4.25

(sausage, green peppers, pepperoni, cheese, mushrooms, onions, and meatballs)

MEATBALL SANDWICH – \$4.00

ITALIAN SUB – \$4.00

(ham, salami, lettuce, and cheese)

HAM & CHEESE – \$4.00

PIZZA SANDWICH – \$3.00

TURKEY SANDWICH – \$4.00

ROAST BEEF SANDWICH – \$4.50

PASTRAMI SANDWICH – \$4.50

CAPOCOLLO SANDWICH – \$4.00

SALAMI SANDWICH – \$4.00

VEAL CUTLET SUB – \$4.50

EGGPLANT SUB – \$4.50

CHICKEN PARMESAN SUB – \$4.50

BROOKLYN-STYLE ZEPPOLI

3 FOR \$1.00 – 50¢ EACH

BEVERAGES

Glass — Pitcher Soda — Beer — Wine

GOOD NUTRITION equals GOOD FOOD equals GOOD TIMES

If you're interested in well-balanced diets for yourself and your family, take a look at the nutritional information here. And please keep in mind that the percentages on our chart are for the RDA (Recommended Dietary Allowances) rather than the usual MDR (Minimum Daily Requirements). In other words, judging by the strictest standards, pizza is nutritious!

One (5.3 oz.) slice of cheese & sausage pizza supplies the following recommended dietary allowances for the average adult male:

Protein	45.5%	Thiamine	15.0%
Calcium	21.3%	Riboflavin	4.7%
Phosphorus	31.4%	Niacin	10.0%
Vitamin C	10.0%	Iron	14.4%
Vitamin A	9.0%	Calories	12.9%

From this chart, researched and prepared by a leading nutritionist, we can tell that pizza is a nutritionally excellent food. The percentages here for an adult male eating one slice of cheese and sausage pizza also means that a teenage girl eating two slices will obtain approximately 100% of the protein she needs daily, almost half the calcium, more than half of the phosphorus, and a good percentage of vitamin C, iron, and niacin.

And to make pizza even more appealing, look at the chart again. You'll see that even though a slice of pizza supplies 45.5% of the needed protein for an adult male, it only supplies 12.9% of the calories.

The data above was compiled by Ms. Ellen Semrow, Director of Nutrition Education for the American Institute of Baking. Other comments by authorities in the field reinforce Ms. Semrow's finding.

- "Pizza, already accepted by teenagers, was found to be a good, nutritious food."
—The Miss. Agricultural Experiment Station.
- "Pizza is an excellent food, high in protein and calcium."
—Drs. Paul E. Araujo and Jean Meyer (Dr. Araujo is with the Harvard School of Public Health; Dr. Meyer is Chairman of the White House Conference on Nutrition).

Why is pizza so good for you? Simply because a quality pizza with your favorite meat topping contains items from the four basic food groups: grains, dairy products, vegetables, and meats. To make your pizza an even more nutritious meal, you can accompany it with a fresh green salad (terrific!) or top it off with a continental dessert or fresh fruit.