



Nutritional Guide

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
PIZZA SLICES											
Classic Cheese Pizza	330	90	10	4.5	0	20	730	44	2	4	18
Pepperoni Pizza	400	140	15	7	0	35	950	44	3	4	20
Four Cheese Pizza	320	80	9	4.5	0	25	700	43	2	5	15
Sausage Pizza	420	160	17	7	0	35	940	44	3	4	21
Mushroom Pizza	370	120	13	5	0	20	770	44	3	4	18
Margherita Pizza	370	130	14	5	0	20	620	43	2	3	18
Grilled Vegetable Pizza	350	100	11	4.5	0	20	690	46	3	5	18
Meatball Pizza	410	140	16	7	0	35	880	45	3	4	22
Pizza Primavera	360	100	11	4.5	0	20	740	47	3	5	19
Buffalo Chicken Pizza	380	110	13	6	0	45	1040	42	1	3	24
BBQ Chicken Pizza	450	110	12	5	0	40	980	61	2	19	25
Cheeseburger Pizza	450	150	17	8	0	55	1080	50	2	10	24
Meat Lover's Pizza	460	200	22	9	0	50	970	43	2	3	23
Hawaiian Pizza	380	100	11	5	0	35	1020	50	3	10	22
Spinach & Ricotta Pizza	340	90	10	4.5	2	20	820	45	3	5	17
Chicken & Bacon Pesto Pizza	440	160	18	6	0	45	780	43	2	3	26
Cheese Whole Grain Pizza	370	90	10	4.5	0	20	650	49	5	4	19
Pepperoni Whole Grain Pizza	430	140	16	7	0	35	870	49	5	4	22
Four Cheese Whole Grain Pizza	350	90	10	5	0	25	610	49	5	5	16
Deluxe Pepperoni Whole Grain Pizza	450	160	18	7	0	30	840	53	6	6	22
Grilled Veggie Whole Grain Pizza	400	110	12	5	0	20	700	53	6	6	20
WHOLE PIZZA											
Classic Cheese Pizza	2000	520	57	27	0	125	4400	261	15	23	107
Pepperoni Pizza	2380	840	93	41	1	200	5700	263	15	24	121
Four Cheese Pizza	1890	490	54	28	0	135	4180	261	15	29	90
Sausage Pizza	2510	940	104	43	0	225	5620	264	16	24	126
Mushroom Pizza	2210	700	78	29	0	125	4630	266	17	23	111
Margherita Pizza	2210	760	85	30	0	125	3730	258	13	20	106
Grilled Vegetable Pizza	2130	610	68	28	0	125	4110	273	15	28	107
Meatball Pizza	2480	860	95	42	2	210	5280	273	17	25	131
Pizza Primavera	2150	590	65	27	0	125	4420	281	19	32	112
Buffalo Chicken Pizza	2280	690	77	34	1	260	6230	251	9	16	144
BBQ Chicken Pizza	2730	660	74	29	0	235	5880	366	12	114	148
Cheeseburger Pizza	2690	900	100	49	0	320	6450	298	13	57	145
Meat Lover's Pizza	2790	1180	131	54	2	285	5820	260	12	19	140
Hawaiian Pizza	2300	580	65	29	0	205	6110	299	18	59	134
Spinach & Ricotta Pizza	2030	560	62	28	10	135	4900	268	18	30	102
Chicken & Bacon Pesto Pizza	2620	960	106	37	1	275	4690	259	11	20	157
Cheese Whole Grain Pizza	2200	550	61	27	0	125	3900	295	32	25	115
Pepperoni Whole Grain Pizza	2580	870	96	42	1	200	5190	297	33	26	129

Additional nutrition information available upon request. 2000 calories a day is used for general advice, but calorie needs vary.



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WHOLE PIZZA (CONTINUED)											
Four Cheese Whole Grain Pizza	2090	520	58	29	1	135	3670	295	32	30	98
Deluxe Pepperoni Whole Grain Pizza	2720	950	105	40	1	185	5050	315	36	33	130
Grilled Veggie Whole Grain Pizza	2390	650	72	29	0	125	4200	319	38	36	118
SPECIALTY OF THE DAY											
Bacon Chicken Pesto Stromboli	760	280	31	10	0	75	1470	78	4	8	44
Deluxe Pepperoni Stromboli	680	240	27	10	0	45	1430	79	5	8	32
Italian Deli Stromboli	750	300	33	13	0	75	1980	74	3	7	40
Meatball Calzone	720	260	28	13	1	70	1510	81	5	11	36
Grilled Portobello Mushroom Calzone	660	220	25	11	0	55	1380	79	5	11	31
BBQ Chicken & Cheddar Calzone	730	220	24	11	0	85	1530	88	5	18	40
Buffalo Chicken Mini Rolletto	490	240	27	6	0	55	1400	40	2	4	23
Margherita Mini Rolletto	480	250	28	8	0	40	1010	40	3	5	18
Pepperoni Mini Rolletto	550	320	35	10	0	50	1300	40	2	4	19
BUFFALO CHICKEN WINGS											
Buffalo Chicken Wings 6 piece	500	330	37	7	0	65	1960	19	2	3	21
Buffalo Chicken Wings 9 piece	620	390	44	8	0	90	2720	27	2	3	30
MELTS											
Chicken Parmesan Melt-6"	650	290	32	8	0	55	1570	60	4	4	31
Chicken Parmesan Melt-12"	1380	600	66	17	1	105	3410	137	8	13	61
Eggplant Parmesan Melt-6"	620	260	28	7	0	20	1300	71	6	7	21
Eggplant Parmesan Melt-12"	1320	530	58	15	0	45	2870	160	12	18	41
Meatball Parmesan Melt-6"	630	310	34	15	2	80	1390	48	5	5	32
Meatball Parmesan Melt-12"	1340	640	71	30	3	160	3060	114	10	15	65
PASTA OF THE DAY											
Vegetable Lasagna Alfredo	460	210	24	11	0	95	920	34	3	8	24
Beef Lasagna	450	170	20	10	0	105	310	36	5	11	29
Manicotti	320	110	13	7	0	70	500	36	4	9	16
SIDES											
Three Cheese Breadsticks	380	150	18	5	0	30	880	41	2	3	14
Iced Cinnamon Breadsticks	300	50	6	2.5	0	10	470	54	2	17	9
Garden Salad	25	0	0	0	0	0	780	6	2	3	2