



NUTRITION CHART

CALORIES **CALORIES FROM FAT** **TOTAL FAT** **SATURATED FAT** **TRANS FAT** **CHOLESTEROL** **SODIUM** **TOTAL CARBS** **DIETARY FIBER** **SUGARS** **PROTEIN** **CALCIUM (% DV)** **IRON (% DV)**

CRUSTS

THIN CRUST	454	59	7	1	2	1	1576	88	5	6	14	38	6
PAN CRUST	889	334	37	6	2	1	2183	122	7	8	19	53	8
GLUTEN FREE CRUST	400	100	12	0	0	0	720	68	0	8	8	0	0
NO DOH - PARMESAN	113	113	11	6	0	28	397	1	0	0	11	34	0
NO DOH - SPINACH	7	0	0	0	0	0	22	1	1	0	1	3	4

SAUCES

BBQ	161	0	0	0	0	0	667	41	0	37	0	0	5
BUFFALO	0	0	0	0	0	0	1521	0	0	0	0	0	0
PESTO	256	241	27	4	0	8	290	2	1	0	3	11	3
CLASSIC RED	57	14	3	0	0	0	411	9	0	7	1	3	3
SPICY RED	56	14	3	0	0	0	453	8	0	7	1	3	3
SWEET RED	87	12	2	0	0	0	356	17	0	9	1	2	2
TACO	19	5	0	0	0	0	198	4	0	1	0	0	0
WHITE	127	104	11	4	2	16	308	3	0	2	3	7	0

CHEESE

BLUE CHEESE CRUMBLES	51	35	4	3	0	13	197	1	1	0	3	8	0
CHEDDAR JACK CHEESE	306	223	25	17	0	70	501	3	0	0	19	56	0
FETA CHEESE CRUMBLES	40	30	3	2	0	10	162	1	1	0	3	3	0
GOAT CHEESE CRUMBLES	40	25	3	2	0	13	40	2	0	0	3	2	0
MOZZARELLA - FRESH SLICES	243	152	18	12	0	61	304	0	0	0	15	30	0
MOZZ/PROVOLONE MIX	234	182	18	12	0	52	468	3	0	0	18	39	9
PARMESAN CHEESE	57	57	6	3	0	14	198	1	0	0	6	17	0
RICOTTA CHEESE	50	37	4	2	0	18	25	1	0	0	2	7	0

MEATS

ANCHOVIES	85	51	6	1	0	43	2863	9	0	0	0	17	6
BACON	62	37	4	1	0	18	214	1	0	0	6	0	1
BEEF CRUMBLE	76	46	5	2	0	19	615	2	2	1	8	2	5
CHICKEN	50	10	1	0	0	28	290	1	0	0	10	0	0
CHICKEN SAUSAGE	83	42	5	2	0	27	333	2	0	1	8	3	2
HAM	50	17	2	1	0	9	413	1	0	1	6	0	1
MEATBALL	127	82	9	3	0	22	343	3	1	0	9	1	1
PEPPERONI	99	84	9	3	0	23	327	0	0	0	4	0	2
SAUSAGE	142	104	12	3	0	30	500	3	1	0	7	1	3
SAUSAGE CRUMBLE	149	97	10	2	0	19	492	7	2	1	10	3	7

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VEGGIES (AND A FRUIT)

ARTICHOKE HEARTS	6	0	0	0	0	0	56	1	0	0	0	1	0
ARUGULA	1	0	0	0	0	0	0	0	0	0	0	0	0
BANANA PEPPERS	5	0	0	0	0	0	283	1	0	0	0	0	0
BASIL	1	0	0	0	0	0	0	0	0	0	0	1	1
BLACK OLIVES	27	22	2	0	0	0	115	1	0	0	0	0	0
CUCUMBER	5	0	0	0	0	0	1	1	0	0	0	0	0
GREEN OLIVES	31	27	3	1	0	0	337	1	0	0	0	0	0
GREEN ONION	1	0	0	0	0	0	1	0	0	0	0	0	0
GREEN PEPPER	3	0	0	0	0	0	0	1	0	0	0	0	0
JALAPENOS	4	0	0	0	0	0	213	1	0	0	0	0	0
KALAMATA OLIVES	61	46	5	0	0	0	349	3	0	0	0	0	0
LETTUCE (ICEBERG)	4	0	0	0	0	0	3	1	0	1	0	0	1
LETTUCE (SALAD BLEND)	35	0	1	0	0	0	16	7	5	2	2	5	9
MUSHROOMS	2	0	0	0	0	0	83	1	1	0	0	0	0
FRESH MUSHROOMS	3	0	0	0	0	0	1	0	0	0	0	0	0
PINEAPPLE	31	0	0	0	0	0	0	7	1	7	0	0	0
RED ONION	6	0	0	0	0	0	1	1	0	1	0	0	0
RED PEPPER	4	0	0	0	0	0	1	1	0	1	0	0	0
ROASTED GARLIC	14	0	0	0	0	0	0	3	0	0	0	0	0
SPINACH	1	0	0	0	0	0	3	0	0	0	0	0	1
SUN DRIED TOMATO	75	40	4	0	0	0	298	6	1	4	1	0	0
TOMATO	8	0	0	0	0	0	2	2	1	1	0	0	0

SEASONINGS

CRUSHED RED PEPPER	0	0	0	0	0	0	0	0	0	0	0	0	0
FIRECRACKER	7	5	1	0	0	2	32	0	0	0	0	0	0
GARLIC POWDER	0	0	0	0	0	0	0	0	0	0	0	0	0
OREGANO	0	0	0	0	0	0	0	0	0	0	0	0	0
PARMESAN	8	4	0	0	0	1	27	2	0	0	1	2	0
SEA SALT	0	0	0	0	0	0	691	0	0	0	0	0	0
THE BOMB	7	5	1	0	0	2	32	0	0	0	0	0	0

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DIPPING SAUCES

BBQ	54	0	0	0	0	0	222	14	0	12	0	0	2
BOOM BOOM	151	142	16	2	0	14	255	3	0	2	0	0	0
BUFFALO	0	0	0	0	0	0	869	0	0	0	0	0	0
CHIPOTLE RANCH	132	132	14	2	0	9	265	1	0	1	0	0	0
GARLIC SAUCE	162	162	18	3	0	0	253	0	0	0	0	0	0
GOLDEN BBQ	43	0	0	0	0	0	249	11	0	10	0	0	0
PESTO	128	120	14	2	0	4	145	1	0	0	2	6	2
RANCH	137	127	15	2	0	5	215	1	0	1	0	0	0
RAPID FIRED	103	84	10	2	0	3	206	4	0	3	0	0	0
RED - CLASSIC	19	5	1	0	0	0	137	3	0	2	0	1	1
RED - SWEET	29	4	1	0	0	0	119	6	0	3	0	1	1
RED-SPICY	19	5	1	0	0	0	151	3	0	2	0	1	1
SWEET HABANERO	21	0	0	0	0	0	23	5	0	5	0	0	0
TACO SAUCE	9	2	0	0	0	0	99	2	0	0	0	0	0

HOT SAUCES

CAYENNE	0	0	0	0	0	0	170	1	0	0	0	0	0
GARLIC HABANERO	0	0	0	0	0	0	156	0	0	0	0	0	0
GHOST PEPPER	0	0	0	0	0	0	227	0	0	0	0	0	0
HABANERO	0	0	0	0	0	0	303	3	0	0	0	0	0
JALAPENO	0	0	0	0	0	0	198	0	0	0	0	0	0

SALAD DRESSINGS

BALSAMIC VINAIGRETTE	120	110	12	2	0	0	470	4	0	4	0	0	0
BLUECHEESE	200	190	21	4	0	25	430	2	0	1	1	2	0
CAESAR	230	220	25	4	0	45	290	1	0	0	1	0	0
FAT FREE FRENCH	40	0	0	0	0	0	270	10	0	8	0	0	0
FAT FREE RANCH	35	0	0	0	0	0	480	8	1	3	0	2	0
LIGHT ITALIAN	20	10	1	0	0	0	720	2	0	2	0	0	0
THOUSAND ISLAND	210	190	21	3	0	20	310	6	0	6	0	0	0

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DESSERTS

APPLE TOPPING	419	0	0	0	0	0	133	107	4	91	0	0	0
BLUEBERRY TOPPING	355	10	0	0	0	0	115	89	3	77	0	0	0
BROWNIES	740	300	33	7	0	145	440	108	5	82	10	4	25
CARAMEL SAUCE	87	4	0	0	0	2	50	20	0	15	0	9	0
CHERRY TOPPING	343	0	0	0	0	0	38	80	0	69	0	0	0
CHOCOLATE CHIP COOKIE	155	68	8	3	0	10	116	22	1	14	2	0	6
CINNAMON STREUSEL	283	94	11	3	0	0	110	41	3	25	3	0	6
CREAM CHEESE ICING	65	34	4	2	0	12	66	7	0	6	1	1	1
OATMEAL RAISIN COOKIE	150	50	6	2	0	10	110	23	1	12	3	2	4
PEACH TOPPING	343	0	0	0	0	0	38	84	4	91	0	0	0
VANILLA ICING	91	0	0	0	0	0	3	23	0	20	0	0	0
WHITE CHOCOLATE MACADAMIA COOKIE	170	80	9	4	0	10	125	22	0	14	2	2	4

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