

**SIGNATURE PIZZAS**

	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbo-hydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
<b>Works Pizza</b>																
Individual Traditional	Slice	180	80	11g	4g	0g	25mg	500mg	12g	0g	2g	6g	2%	8%	4%	6%
Medium Traditional	Slice	270	130	17g	6g	0g	35mg	720mg	19g	0g	3g	9g	4%	20%	4%	8%
Large Traditional	Slice	310	150	19g	6g	0g	35mg	830mg	23g	0g	4g	9g	4%	20%	4%	10%
Individual Deep-Dish	Slice	320	150	21g	7g	0g	40mg	870mg	22g	0g	3g	10g	4%	20%	6%	10%
Medium Deep-Dish	Slice	320	150	20g	7g	0g	40mg	850mg	22g	0g	3g	10g	4%	20%	6%	10%
Large Deep-Dish	Slice	340	150	21g	7g	0g	40mg	930mg	26g	0g	3g	11g	4%	20%	6%	10%
Medium Gluten Free	Slice	280	140	19g	6g	0g	35mg	470mg	18g	0g	2g	7g	2%	10%	4%	7%
<b>Veggie Max Pizza</b>																
Individual Traditional	Slice	110	15	4g	2g	0g	10mg	400mg	13g	0g	2g	5g	10%	15%	4%	6%
Medium Traditional	Slice	160	30	6g	3g	0g	15mg	660mg	20g	< 1g	4g	7g	20%	25%	6%	8%
Large Traditional	Slice	180	30	6g	2.5g	0g	15mg	740mg	24g	< 1g	4g	7g	25%	25%	6%	10%
Individual Deep-Dish	Slice	210	50	9g	4g	0g	20mg	790mg	24g	< 1g	4g	8g	20%	25%	6%	10%
Medium Deep-Dish	Slice	210	50	9g	4g	0g	20mg	790mg	24g	< 1g	4g	8g	20%	25%	6%	10%
Large Deep-Dish	Slice	230	50	10g	4g	0g	20mg	850mg	27g	< 1g	4g	9g	20%	20%	6%	10%
Medium Gluten Free	Slice	190	60	10g	3.5g	0g	15mg	430mg	20g	1g	3g	5g	20%	25%	6%	2%
<b>Pig in the Apple Tree Pizza</b>																
Individual Traditional	Slice	170	70	10g	4g	0g	20mg	410mg	13g	< 1g	2g	6g	2%	2%	6%	4%
Medium Traditional	Slice	260	130	17g	6g	0g	25mg	560mg	19g	< 1g	3g	8g	4%	4%	6%	8%
Large Traditional	Slice	300	150	19g	7g	0g	30mg	640mg	23g	< 1g	4g	8g	4%	4%	6%	8%
Individual Deep-Dish	Slice	310	150	20g	8g	0g	30mg	690mg	22g	< 1g	3g	9g	4%	4%	8%	8%
Medium Deep-Dish	Slice	310	150	20g	8g	0g	30mg	690mg	22g	< 1g	3g	9g	4%	4%	8%	8%
Large Deep-Dish	Slice	330	150	21g	8g	0g	30mg	760mg	26g	< 1g	3g	10g	4%	4%	8%	10%
Medium Gluten Free	Slice	270	150	19g	6g	0g	25mg	280mg	18g	1g	2g	5g	2%	4%	6%	2%
<b>Hawaiian Luau Pizza</b>																
Individual Traditional	Slice	130	25	5g	2g	0g	15mg	480mg	40g	0g	5g	6g	2%	4%	4%	4%
Medium Traditional	Slice	180	30	6g	3g	0g	20mg	730mg	53g	0g	7g	9g	4%	6%	4%	8%
Large Traditional	Slice	220	45	8g	3g	0g	20mg	840mg	64g	< 1g	9g	10g	4%	6%	6%	10%
Individual Deep-Dish	Slice	250	60	11g	4.5g	0g	25mg	860mg	62g	< 1g	7g	11g	4%	6%	6%	8%
Medium Deep-Dish	Slice	230	50	9g	4.5g	0g	25mg	850mg	56g	0g	7g	10g	4%	6%	6%	8%
Large Deep-Dish	Slice	270	70	11g	4.5g	0g	25mg	930mg	60g	< 1g	7g	12g	4%	6%	6%	10%
Medium Gluten Free	Slice	180	50	8g	3g	0g	20mg	410mg	50g	0g	4g	6g	2%	4%	4%	2%
<b>Meaty Mafioso Pizza</b>																
Individual Traditional	Slice	150	50	8g	3g	0g	20mg	560mg	12g	0g	2g	7g	2%	2%	4%	6%
Medium Traditional	Slice	220	70	11g	4g	0g	30mg	790mg	18g	< 1g	3g	10g	2%	2%	4%	8%
Large Traditional	Slice	250	80	12g	4g	0g	30mg	910mg	22g	< 1g	3g	11g	2%	2%	4%	10%
Individual Deep-Dish	Slice	410	200	27g	10g	0g	70mg	1530mg	22g	< 1g	3g	19g	2%	2%	6%	15%
Medium Deep-Dish	Slice	360	170	22g	9g	0g	60mg	1320mg	22g	< 1g	3g	16g	2%	2%	6%	15%
Large Deep-Dish	Slice	410	190	25g	10g	0g	65mg	1490mg	26g	< 1g	3g	18g	2%	2%	6%	15%
Medium Gluten Free	Slice	340	170	23g	8g	0g	55mg	960mg	18g	1g	2g	13g	2%	2%	4%	8%

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	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbo-hydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
<b>Alfredo the Chicken Pizza</b>																
Individual Traditional	Slice	140	45	7g	3g	0g	20mg	370mg	12g	0g	2g	7g	2%	2%	2%	4%
Medium Traditional	Slice	230	100	14g	6g	0g	35mg	520mg	17g	0g	2g	10g	2%	2%	4%	8%
Large Traditional	Slice	270	120	15g	6g	0g	35mg	590mg	21g	0g	3g	11g	2%	2%	4%	8%
Individual Deep-Dish	Slice	290	120	17g	7g	0g	40mg	650mg	20g	0g	2g	12g	2%	2%	6%	8%
Medium Deep-Dish Sicilian	Slice	290	120	17g	7g	0g	40mg	650mg	20g	0g	2g	12g	2%	2%	6%	8%
Large Deep-Dish Sicilian	Slice	310	130	18g	7g	0g	40mg	730mg	24g	0g	2g	12g	2%	2%	6%	10%
Medium Gluten Free	Slice	290	150	19g	7g	0g	40mg	380mg	18g	0g	< 1g	9g	2%	0%	6%	2%
<b>Greek Delighta Pizza</b>																
Individual Traditional	Slice	130	25	5g	2.5g	0g	20mg	430mg	13g	1g	2g	8g	10%	4%	6%	6%
Medium Traditional	Slice	180	35	7g	3.5g	0g	30mg	640mg	20g	2g	3g	11g	15%	8%	8%	10%
Large Traditional	Slice	210	40	7g	3.5g	0g	30mg	730mg	24g	2g	3g	13g	20%	10%	8%	10%
Individual Deep-Dish	Slice	240	60	10g	5g	0g	35mg	760mg	23g	2g	2g	13g	20%	8%	10%	10%
Medium Deep-Dish Sicilian	Slice	240	60	10g	5g	0g	35mg	770mg	23g	2g	2g	13g	20%	8%	10%	10%
Large Deep-Dish Sicilian	Slice	260	60	11g	5g	0g	35mg	840mg	27g	2g	3g	13g	20%	8%	10%	15%
Medium Gluten Free	Slice	220	80	11g	4.5g	0g	30mg	450mg	20g	2g	1g	10g	15%	6%	10%	4%
<b>Uncle Sal's Spicy Salami Pizza</b>																
Individual Traditional	Slice	120	35	6g	2.5g	0g	15mg	410mg	12g	0g	2g	5g	4%	8%	2%	4%
Medium Traditional	Slice	180	50	9g	4g	0g	20mg	580mg	18g	0g	2g	8g	4%	6%	4%	6%
Large Traditional	Slice	220	60	11g	4.5g	0g	25mg	700mg	21g	0g	3g	10g	4%	8%	4%	8%
Individual Deep-Dish	Slice	210	70	11g	4.5g	0g	20mg	650mg	21g	0g	2g	8g	4%	6%	4%	8%
Medium Deep-Dish Sicilian	Slice	210	70	11g	4g	0g	20mg	640mg	21g	0g	2g	8g	4%	6%	4%	8%
Large Deep-Dish Sicilian	Slice	240	70	11g	4.5g	0g	20mg	710mg	24g	0g	2g	9g	2%	4%	4%	10%
Medium Gluten Free	Slice	200	80	12g	4.5g	0g	20mg	310mg	17g	0g	1g	6g	4%	6%	4%	0%

<b>HOUSE PIZZAS</b>	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbo-hydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
<b>Chicken Pesto Pizza</b>																
Individual Traditional	Slice	110	15	3.5g	2g	0g	20mg	370mg	13g	0g	2g	7g	4%	6%	4%	8%
Medium Traditional	Slice	160	20	5g	2.5g	0g	25mg	520mg	19g	0g	3g	10g	4%	6%	4%	8%
Large Traditional	Slice	180	20	4.5g	2.5g	0g	25mg	590mg	22g	0g	4g	11g	4%	8%	4%	8%
Individual Deep-Dish	Slice	210	40	8g	4g	0g	30mg	650mg	22g	0g	3g	12g	4%	6%	6%	8%
Medium Deep-Dish Sicilian	Slice	210	40	8g	4g	0g	30mg	650mg	22g	0g	3g	12g	4%	6%	6%	8%
Large Deep-Dish Sicilian	Slice	230	45	9g	4g	0g	30mg	720mg	25g	0g	3g	12g	4%	6%	6%	10%
Medium Gluten Free	Slice	200	70	10g	4g	0g	30mg	280mg	17g	0g	1g	9g	4%	4%	6%	2%
<b>Sleeps With The Fishes Pizza</b>																
Individual Traditional	Slice	110	25	5g	2g	0g	10mg	380mg	11g	0g	1g	4g	2%	4%	2%	4%
Medium Traditional	Slice	180	45	8g	3.5g	0g	25mg	790mg	17g	0g	2g	9g	4%	6%	6%	8%
Large Traditional	Slice	210	50	10g	4g	0g	25mg	910mg	20g	0g	2g	10g	4%	6%	6%	10%
Individual Deep-Dish	Slice	210	60	10g	4g	0g	25mg	860mg	20g	0g	1g	9g	4%	6%	6%	10%
Medium Deep-Dish Sicilian	Slice	210	60	10g	4g	0g	25mg	860mg	20g	0g	1g	9g	4%	6%	6%	10%
Large Deep-Dish Sicilian	Slice	230	70	11g	4g	0g	25mg	940mg	24g	0g	2g	10g	4%	6%	6%	10%
Medium Gluten Free	Slice	200	80	12g	4g	0g	25mg	530mg	16g	0g	1g	7g	4%	6%	6%	2%
<b>Animal Farm</b>																
Individual Traditional	Slice	210	100	13g	3g	0g	40mg	650mg	12g	0g	2g	9g	2%	2%	6%	6%
Medium Traditional	Slice	240	80	12g	5g	0g	45mg	720mg	17g	0g	2g	14g	4%	2%	10%	8%
Large Traditional	Slice	250	80	12g	5g	0g	45mg	780mg	21g	0g	3g	13g	4%	2%	10%	10%
Individual Deep-Dish	Slice	250	90	13g	5g	0g	40mg	750mg	20g	0g	2g	13g	4%	2%	8%	10%
Medium Deep-Dish Sicilian	Slice	250	90	13g	5g	0g	40mg	740mg	20g	0g	2g	13g	4%	2%	8%	10%
Large Deep-Dish Sicilian	Slice	280	100	13g	5g	0g	45mg	820mg	24g	0g	2g	14g	0%	2%	8%	10%
Medium Gluten Free	Slice	240	100	14g	4.5g	0g	40mg	400mg	16g	0g	1g	10g	4%	2%	8%	2%
<b>Fire in the Hole Pizza</b>																
Individual Traditional	Slice	130	40	6g	3.5g	0g	20mg	530mg	12g	0g	2g	7g	4%	4%	6%	6%
Medium Traditional	Slice	210	70	10g	5g	0g	30mg	810mg	19g	< 1g	3g	10g	6%	4%	10%	8%
Large Traditional	Slice	240	80	11g	6g	0g	30mg	940mg	22g	< 1g	3g	12g	8%	6%	10%	10%
Individual Deep-Dish	Slice	260	90	14g	7g	0g	35mg	940mg	22g	< 1g	3g	12g	6%	4%	10%	10%
Medium Deep-Dish Sicilian	Slice	260	90	14g	7g	0g	35mg	940mg	22g	< 1g	3g	12g	6%	4%	10%	10%
Large Deep-Dish Sicilian	Slice	280	90	14g	7g	0g	35mg	1010mg	26g	< 1g	3g	13g	6%	4%	10%	10%
Medium Gluten Free	Slice	220	90	13g	5g	0g	25mg	520mg	18g	0g	2g	8g	6%	4%	8%	2%
<b>Big Daddy BBQ Pizza</b>																
Individual Traditional	Slice	170	70	10g	4.5g	0g	20mg	520mg	14g	0g	4g	7g	2%	2%	6%	4%
Medium Traditional	Slice	300	150	19g	8g	0g	40mg	840mg	21g	0g	5g	12g	4%	4%	8%	8%
Large Traditional	Slice	340	170	22g	9g	0g	45mg	910mg	21g	0g	3g	13g	4%	2%	10%	10%
Individual Deep-Dish	Slice	360	170	22g	9g	0g	45mg	970mg	24g	0g	5g	13g	4%	4%	10%	10%
Medium Deep-Dish Sicilian	Slice	360	170	22g	9g	0g	45mg	970mg	24g	0g	5g	13g	4%	4%	10%	10%
Large Deep-Dish Sicilian	Slice	360	170	23g	9g	0g	45mg	990mg	25g	0g	2g	14g	4%	2%	10%	10%
Medium Gluten Free	Slice	310	170	21g	8g	0g	35mg	520mg	20g	0g	3g	9g	2%	2%	8%	2%

## HOUSE PIZZAS

	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbo-hydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
<b>Cheese Fantasia Pizza</b>																
Individual Traditional	Slice	160	60	9g	6g	0g	30mg	540mg	12g	0g	2g	9g	4%	2%	15%	4%
Medium Traditional	Slice	250	90	13g	8g	0g	30mg	810mg	18g	0g	3g	13g	8%	2%	25%	8%
Large Traditional	Slice	280	110	15g	9g	0g	45mg	940mg	22g	0g	3g	15g	8%	2%	30%	8%
Individual Deep-Dish	Slice	240	80	12g	7g	0g	35mg	800mg	21g	0g	2g	12g	4%	2%	15%	8%
Medium Deep-Dish Sicilian	Slice	240	80	12g	7g	0g	35mg	800mg	21g	0g	2g	12g	4%	2%	15%	8%
Large Deep-Dish Sicilian	Slice	260	80	13g	7g	0g	35mg	880mg	24g	0g	2g	12g	4%	2%	15%	10%
Medium Gluten Free	Slice	260	120	16g	8g	0g	40mg	530mg	17g	0g	2g	11g	6%	2%	25%	2%
<b>She's No Sour Grape</b>																
Individual Traditional	Slice	140	50	7g	3g	0g	15mg	380mg	14g	0g	4g	6g	2%	0%	4%	4%
Medium Traditional	Slice	210	70	10g	5g	0g	25mg	570mg	21g	0g	5g	8g	2%	0%	6%	6%
Large Traditional	Slice	250	90	12g	5g	0g	30mg	690mg	25g	0g	6g	10g	2%	0%	8%	8%
Individual Deep-Dish	Slice	250	90	13g	5g	0g	25mg	670mg	23g	0g	5g	9g	2%	0%	6%	8%
Medium Deep-Dish Sicilian	Slice	250	90	13g	5g	0g	25mg	670mg	23g	0g	5g	9g	2%	0%	8%	8%
Large Deep-Dish Sicilian	Slice	270	100	13g	5g	0g	25mg	750mg	27g	0g	5g	10g	2%	0%	8%	10%
Medium Gluten Free	Slice	240	110	14g	5g	0g	25mg	340mg	20g	0g	4g	7g	2%	0%	6%	2%
<b>Pizza Margherita</b>																
Individual Traditional	Slice	110	25	5g	2g	0g	10mg	340mg	12g	0g	2g	4g	2%	4%	2%	4%
Medium Traditional	Slice	145	40	7g	3.5g	0g	15mg	500mg	17g	0g	2g	7g	4%	4%	4%	6%
Large Traditional	Slice	160	45	9g	4g	0g	20mg	610mg	21g	0g	3g	8g	4%	4%	4%	6%
Individual Deep-Dish	Slice	200	60	9g	4g	0g	15mg	570mg	20g	0g	2g	7g	4%	4%	4%	8%
Medium Deep-Dish Sicilian	Slice	200	60	9g	4g	0g	15mg	570mg	20g	0g	2g	7g	4%	4%	4%	8%
Large Deep-Dish Sicilian	Slice	220	60	10g	4g	0g	15mg	650mg	24g	0g	2g	8g	4%	4%	4%	8%
Medium Gluten Free	Slice	180	70	11g	4g	0g	15mg	240mg	17g	0g	1g	5g	4%	4%	4%	0%
<b>Yucatan Sunset Pizza</b>																
Individual Traditional	Slice	180	45	8g	4g	0g	20mg	690mg	18g	0g	2g	9g	2%	6%	4%	8%
Medium Traditional	Slice	180	45	8g	4g	0g	25mg	680mg	18g	0g	2g	9g	2%	6%	4%	8%
Large Traditional	Slice	200	50	8g	4g	0g	25mg	790mg	21g	0g	3g	10g	4%	8%	4%	8%
Individual Deep-Dish	Slice	230	70	11g	5g	0g	30mg	810mg	21g	0g	2g	10g	4%	6%	6%	8%
Medium Deep-Dish Sicilian	Slice	230	70	11g	5g	0g	30mg	810mg	21g	0g	2g	10g	2%	6%	6%	8%
Large Deep-Dish Sicilian	Slice	250	70	12g	5g	0g	30mg	890mg	24g	0g	2g	11g	4%	6%	6%	10%
Medium Gluten Free	Slice	190	80	13g	4g	0g	15mg	240mg	17g	0g	1g	8g	4%	6%	6%	2%

**CREATE YOUR OWN PIZZA**

<b>CHOOSE YOUR CRUST</b>		Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
<b>Traditional</b>	Individual	9"	320	10	1g	0g	0g	0mg	1280mg	63g	0g	5g	12g	0%	0%	2%	25%
	Medium	12"	630	20	2.5g	0g	0g	0mg	2560mg	126g	< 1g	10g	23g	0%	0%	4%	45%
	Large	14"	950	30	3.5g	0.5g	0g	0mg	3840mg	189g	< 1g	15g	35g	0%	0%	6%	70%
<b>Deep-Dish Sicilian</b>	Individual	1 Crust	440	80	9g	2g	0g	0mg	1540mg	74g	0g	4g	13g	0%	0%	2%	30%
	Medium	1 Crust	880	160	19g	4g	0g	0mg	3080mg	148g	0g	7g	26g	0%	0%	6%	60%
	Large	1 Crust	1580	290	34g	7g	0g	0mg	5540mg	267g	0g	13g	47g	0%	0%	10%	100%
<b>GF Cauliflower Crust</b>	Medium	1 Crust	552	96	16g	8g	0g	0mg	64mg	88g	8g	8g	8g	0%	0%	2%	6%
<b>Crustless Pizza</b>	Individual	1 Crust	320	80	24g	14g	0g	80mg	1080mg	8g	0g	4g	20g	2%	2%	4%	0%
<b>CHOOSE YOUR SAUCE</b>		Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
<b>Alfredo</b>	Individual		110	70	8g	3g	0g	10mg	550mg	8g	0g	1g	3g	2%	0%	10%	2%
	Medium		230	140	15g	6g	0g	25mg	1100mg	16g	< 1g	2g	7g	4%	0%	20%	2%
	Large		340	210	23g	8g	0g	35mg	1650mg	23g	1g	3g	10g	8%	0%	30%	4%
<b>BBQ</b>	Individual		40	0	0g	0g	0g	0mg	170mg	10g	0g	9g	0g	2%	4%	0%	0%
	Medium		80	0	0g	0g	0g	0mg	330mg	21g	0g	18g	0g	4%	6%	0%	0%
	Large		120	0	0g	0g	0g	0mg	500mg	31g	0g	28g	0g	6%	10%	0%	0%
<b>Pesto</b>	Individual		70	60	7g	1g	0g	< 5mg	135mg	< 1g	0g	0g	1g	6%	2%	6%	2%
	Medium		140	130	14g	2g	0g	5mg	270mg	1g	< 1g	0g	3g	10%	4%	10%	2%
	Large		210	190	21g	3.5g	0g	10mg	400mg	2g	1g	0g	4g	15%	6%	15%	4%
<b>Tomato Sauce</b>	Individual		20	0	0g	0g	0g	0mg	150mg	4g	0g	4g	< 1g	6%	10%	2%	2%
	Medium		35	0	0g	0g	0g	0mg	300mg	7g	0g	7g	1g	10%	20%	2%	4%
	Large		50	0	0g	0g	0g	0mg	450mg	11g	0g	11g	2g	20%	25%	4%	8%
<b>Rosemary Infused Olive Oil</b>	Ind.		0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
	Medium		0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
	Large		0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
<b>CHOOSE YOUR CHEESE</b>		Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
<b>Cheddar</b>	Individual		110	80	10g	5g	0g	30mg	180mg	0g	0g	0g	7g	6%	0%	20%	0%
	Medium		230	170	19g	11g	0g	60mg	360mg	< 1g	0g	0g	14g	10%	0%	40%	0%
	Large		340	250	29g	16g	0g	85mg	550mg	1g	0g	0g	20g	15%	0%	60%	0%
<b>Feta</b>	Individual		50	35	4g	3g	0g	15mg	170mg	< 1g	0g	< 1g	3g	2%	0%	10%	0%
	Medium		100	70	8g	6g	0g	35mg	340mg	2g	0g	2g	5g	4%	0%	20%	2%
	Large		150	110	12g	8g	0g	50mg	520mg	2g	0g	2g	8g	4%	0%	30%	2%
<b>Gorgonzola</b>	Individual		60	45	5g	3g	0g	15mg	190mg	0g	0g	0g	4g	2%	0%	8%	0%
	Medium		120	90	10g	6g	0g	25mg	390mg	< 1g	0g	0g	7g	4%	0%	20%	0%
	Large		180	130	15g	9g	0g	40mg	580mg	1g	0g	0g	11g	8%	0%	25%	0%
<b>Mozzarella</b>	Individual		220	150	17g	10g	0g	60mg	470mg	2g	0g	< 1g	17g	10%	0%	40%	2%
	Medium		450	290	33g	20g	0g	120mg	940mg	3g	0g	2g	33g	20%	0%	80%	4%
	Large		670	440	50g	29g	0g	175mg	1400mg	5g	0g	2g	50g	30%	0%	110%	6%
<b>Parmesan</b>	Individual		80	50	5g	3.5g	0g	15mg	340mg	< 1g	0g	**	8g	4%	0%	25%	0%
	Parmesan Medium		170	100	11g	7g	0g	30mg	680mg	1g	0g	**	15g	6%	0%	50%	2%
	Parmesan Large		250	140	16g	10g	0g	45mg	1020mg	2g	0g	**	23g	10%	0%	80%	2%
<b>Provolone</b>	Individual		310	210	23g	15g	0g	60mg	770mg	2g	0g	0g	23g	15%	0%	70%	2%
	Medium		620	410	47g	30g	0g	120mg	1540mg	4g	0g	< 1g	45g	30%	0%	130%	6%
	Large		930	620	70g	45g	0g	180mg	2310mg	6g	0g	1g	68g	45%	0%	200%	8%
<b>Daiya Dairy Free</b>	Individual		180	123	12g	4g	0g	0mg	560mg	14g	2g	0g	2g	0%	0%	2%	2%
	Medium		360	246	24g	8g	0g	0mg	1120mg	28g	4g	0g	4g	0%	0%	2%	2%
	Large		540	369	36g	12g	0g	0mg	1680mg	42g	6g	0g	6g	0%	0%	2%	2%

# CREATE YOUR OWN PIZZA cont.

**MEATS:** Classic Pepperoni 120-450cal • Crispy-Curl Pepperoni 108-405cal • Italian Sausage 136-61cal • Chorizo Sausage 130-580cal • Bacon 255-1018cal • Ham 26-99cal • Canadian Bacon 26-99cal  
Genoa Salami 543-2443cal • Ground Beef 73-310cal • Meatball Crumbles 153-346cal • Grilled Chicken 77-289cal • Turkey Sausage 45-179cal

**VEGGIES:** White mushrooms 5-21cal • Shitake Mushrooms 27-108cal • Spinach 5-14cal • White Onions 16-72cal • Chopped Garlic 13-59cal • Cucumber 4-45cal • Avocado 80-360cal • Tomato Slices 12-54cal  
Green Peppers 6-27cal • Peruvian Sweet Peppers 20-90cal • Banana Peppers 8-36cal • Jalapeno Peppers 9-41cal • Black Olives 39-176 cal • Green Olives 41-185cal • Chickpeas 53-239cal • Artichoke Hearts 30-135cal

**FRUITS & NUTS:** Diced Apples 22-99cal • Dried Cranberries 46-20cal • Sliced Red Grapes 10-4cal • Pineapple 27-122cal • Black Walnuts 96-432cal • Toasted Almonds 78-357cal

**Toppings range in calorie count based upon pizza size (small to large) and number of overall toppings.**

<b>JUMBO FRESH SALADS</b>	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
<b>Chopped Italian Salad</b>	1 Order	390	230	27g	7g	0g	65mg	760mg	23g	8g	9g	16g	660%	30%	30%	25%
<b>Grilled Chicken Caesar Salad</b>	1 Order	370	130	15g	4g	0g	85mg	380mg	22g	11g	5g	39g	660%	30%	30%	30%
<b>Bacon Spinach Salad</b>	1 Order	530	370	42g	12g	0g	35mg	370mg	34g	9g	14g	14g	450%	110%	40%	40%
<b>Fresh Veggie Salad</b>	1 Order	210	70	8g	5g	0g	30mg	560mg	29g	8g	14g	10g	110%	25%	20%	10%
<b>Gorgonzola Chicken</b>	1 Order	480	200	23g	8g	0g	105mg	580mg	27g	9g	13g	44g	650%	70%	35%	30%
<b>Chicken Salad on a Salad</b>	1 Order	550	340	38g	6g	0g	55mg	1010mg	32g	4g	12g	13g	70%	80%	10%	10%
<b>Tossed Salad - Side</b>	1 Order	70	35	4g	1g	0g	95mg	95mg	5g	1g	2g	4g	70%	8%	4%	4%
<b>Tossed Salad - Family</b>	1/5 Salad	50	25	3g	1g	0g	75mg	80mg	4g	1g	2g	3g	50%	6%	4%	4%
<b>Caesar Salad - Side</b>	1 Order	100	45	5g	2g	0g	85mg	190mg	8g	1g	1g	5g	60%	2%	8%	4%
<b>Caesar Salad - Family</b>	1/5 Salad	80	40	5g	2g	0g	75mg	160mg	6g	1g	1g	5g	50%	2%	6%	4%
<b>SALAD DRESSINGS</b>	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
<b>Apple Vinaigrette</b>	2 oz.	190	150	16g	2.5g	0g	0mg	55mg	10g	0g	10g	0g	0%	0%	0%	0%
<b>Balsamic Vinaigrette</b>	2 oz.	160	150	16g	2.5g	0g	0mg	640mg	5g	5g	4g	5g	0%	0%	0%	0%
<b>Buttermilk Ranch</b>	2 oz.	270	250	29g	5g	0g	10mg	430mg	2g	0g	2g	0g	0%	0%	0%	0%
<b>Caesar</b>	2 oz.	230	230	25g	4g	0g	10mg	530mg	2g	0g	2g	2g	0%	0%	0%	0%
<b>Fat Free Ranch</b>	2 oz.	45	0	0g	0g	0g	0mg	650mg	10g	0g	3g	0g	0%	0%	4%	0%
<b>French</b>	2 oz.	280	230	25g	3.5g	0g	10mg	340mg	12g	0g	12g	0g	0%	0%	0%	0%
<b>Italian</b>	2 oz.	230	210	25g	4g	0g	0mg	940mg	4g	0g	2g	0g	0%	0%	0%	0%
<b>Thousand Island</b>	2 oz.	270	260	27g	4.5g	0g	25mg	400mg	7g	0g	7g	0g	0%	0%	0%	0%
<b>Wild Raspberry</b>	2 oz.	270	180	20g	3.5g	0g	0mg	125mg	20g	0g	20g	0g	0%	0%	0%	0%
<b>HOUSE PASTAS</b>	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
<b>Spaghetti Marinara</b>	1 Order	460	70	7g	2.5g	0g	10mg	610mg	80g	5g	11g	16g	15%	15%	15%	20%
with Meatballs	1 Order	770	270	30g	10g	0.5g	125mg	1590mg	87g	5g	12g	33g	20%	20%	25%	25%
<b>Fettucine Alfredo</b>	1 Order	810	310	34g	11g	0g	50mg	2350mg	100g	5g	10g	24g	10%	0%	45%	25%
with Grilled Chicken	1 Order	990	340	38g	13g	0g	135mg	2430mg	100g	5g	10g	57g	10%	0%	45%	30%
<b>Pesto Fettucine</b>	1 Order	650	260	30g	4g	0g	10mg	380mg	78g	4g	2g	19g	15%	6%	20%	25%
with Spicy Sausage	1 Order	1010	560	63g	16g	0g	100mg	1230mg	72g	5g	5g	37g	15%	8%	20%	30%
<b>Baked Lasagna</b>	1 Order	710	250	27g	14g	0g	125mg	1210mg	63g	3g	20g	49g	35%	45%	35%	40%
<b>BAKED SUBS</b>	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
<b>The Italian Deli Trio</b>	1 Sub	680	200	32g	11g	0g	90mg	2060mg	65g	5g	7g	27g	10%	90%	15%	25%
<b>Soaked Meatball Marinara</b>	1 Sub	600	190	23g	8g	0.5g	90mg	1700mg	69g	4g	7g	26g	15%	25%	25%	25%
<b>The Rooster's CBR</b>	1 Sub	790	270	39g	13g	0g	125mg	1740mg	57g	2g	2g	48g	2%	0%	15%	20%
<b>Za Ham &amp; Cheese</b>	1 Sub	630	190	30g	9g	0g	90mg	2050mg	58g	3g	3g	31g	2%	40%	15%	20%
<b>Mama's 'Stromboli' Madness</b>	1 Sub	760	260	37g	15g	0g	85mg	2190mg	67g	4g	6g	35g	8%	10%	20%	25%
<b>Outrageous Grilled Cheese</b>	1 Sub	610	240	34g	17g	0g	80mg	1430mg	43g	3g	2g	29g	15%	4%	50%	15%

<b>PIZZA SLIDDERS AND MEATBALLS</b>																
	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
<b>Great Meatballs of Fire</b>	1 Order	550	230	26g	7g	0g	20mg	1860mg	34g	13g	11g	45g	70%	30%	30%	30%
<b>Pizza Sliders - Cheese</b>	4	520	110	19g	8g	0g	40mg	1820mg	66g	1g	6g	20g	8%	8%	10%	25%
<b>Pizza Sliders - Pepperoni</b>	4	640	210	31g	8g	0g	60mg	2210mg	66g	1g	6g	20g	8%	8%	10%	25%
<b>KIDS MEALS</b>																
	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
<b>Cheese Pizza</b>	1 Slice	130	15	4.5g	2.5g	0g	15mg	510mg	17g	0g	2g	6g	2%	2%	4%	6%
<b>Pepperoni Pizza</b>	1 Slice	150	30	6g	2.5g	0g	20mg	580mg	17g	0g	2g	6g	2%	2%	4%	6%
<b>Kids Spaghetti</b>																
with Butter Sauce	1 Order	500	40	29g	6g	3.5g	0mg	120mg	51g	2g	4g	8g	0%	0%	2%	15%
with Marinara	1 Order	280	20	2g	0g	0g	0mg	180mg	56g	3g	7g	9g	6%	8%	2%	15%
<b>Add a Meatball</b>	1	80	50	6g	2g	0g	30mg	240mg	2g	0g	0g	4g	2%	2%	4%	5%
<b>Crustless Grilled Cheese</b>	1 Order	430	160	26g	12g	0g	60mg	890mg	30g	2g	0g	18g	6%	0%	25%	10%
<b>SIDE ITEMS</b>																
	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
<b>Breadstick</b>	1 Stick	110	20	2.5g	0.5g	0g	0mg	380mg	19g	0g	< 1g	3g	0%	0%	0%	6%
<b>Garlic Bread</b>	1 Order	290	30	16g	3g	1.5g	0mg	400mg	32g	1g	< 1g	6g	0%	8%	4%	15%
<b>Chicken Wings</b>	3 Pieces	420	280	30g	8g	0g	200mg	880mg	0g	0g	0g	36g	6%	0%	0%	10%
<b>Cottage Cheese</b>	5 oz.	110	15	1.5g	< 1g	0g	15mg	610mg	6g	1g	5g	16g	8%	0%	15%	0%
<b>Amish Coleslaw</b>	4 oz.	200	120	14g	2.5g	0g	15mg	180mg	19g	2g	17g	1g	4%	45%	4%	2%
<b>Chicken Salad</b>	4 oz.	340	230	25g	3.5g	0g	40mg	600mg	15g	1g	6g	8g	2%	2%	2%	4%
<b>Pasta Salad</b>	4.5 oz.	350	220	25g	1g	0g	0mg	710mg	27g	1g	6g	4g	4%	10%	2%	8%
<b>Fruit Cup</b>	4.3 oz.	70	0	0g	0g	0g	0mg	0mg	18g	2g	15g	01g	2%	10%	2%	2%
<b>Potato Chips</b>	1.3 oz.	230	130	14g	1.5g	**	0g	220mg	23g	1g	0g	3g	0%	15%	0%	4%
<b>DESSERTS</b>																
	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
<b>Cinnamon Breadstick</b>	1 Stick	130	20	3g	0.5g	0g	0mg	390mg	21g	0g	< 1g	3g	0%	0%	0%	6%
Icing Dip	2 oz.	240	80	10g	2.5g	2.5g	0mg	115mg	39g	0g	36g	0g	0%	0%	0%	0%
<b>Giant Cookie</b>	1 Cookie	400	180	20g	10g	0g	10mg	240mg	50g	2g	28g	3g	0%	0%	0%	2%
<b>New York Cheesecake</b>	1 Slice	440	190	21g	12g	0g	55mg	500mg	55g	1g	39g	10g	0%	0%	6%	0%
<b>SAUCES</b>																
	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
<b>Extra Hot Sauce</b>	2 oz.	0	0	0g	0g	0g	0mg	1420mg	0g	0g	0g	0g	0%	0%	0%	0%
<b>Garlic Butter</b>	2 oz.	500	500	56g	10g	2g	0mg	440mg	0g	0g	0g	0g	6%	0%	6%	0%
<b>Garlic Parmesan</b>	2 oz.	90	0	0g	0g	0g	0mg	210mg	23g	0g	23g	0g	0%	0%	0%	0%
<b>Hot BBQ</b>	2 oz.	70	0	0g	0g	0g	0mg	380mg	15g	0g	11g	0g	0%	0%	0%	0%
<b>Hot Buffalo</b>	2 oz.	0	0	0g	0g	0g	0mg	1420mg	0g	0g	0g	0g	0%	0%	0%	0%
<b>Marinara</b>	2 oz.	35	10	1g	0g	0g	0mg	180mg	5g	1g	3g	< 1g	6%	8%	0%	2%
<b>Mild Buffalo</b>	2 oz.	0	0	0g	0g	0g	0mg	790mg	0g	0g	0g	0g	0%	0%	0%	0%
<b>Spicy Cheese</b>	2 oz.	90	60	7g	2.5g	0g	10mg	400mg	5g	0g	0g	2g	0%	0%	4%	0%
<b>Sweet Chili</b>	2 oz.	90	0	0g	0g	0g	0mg	210mg	23g	0g	23g	0g	0%	0%	0%	0%
<b>Tangy BBQ</b>	2 oz.	110	0	0g	0g	0g	0mg	440mg	28g	0g	25g	0g	6%	10%	0%	0%
<b>Teriyaki</b>	2 oz.	90	0	0g	0g	0g	0mg	680mg	21g	0g	19g	2g	0%	0%	0%	0%



