



NUTRITIONAL GUIDE

NUTRITION INFO

ALLERGEN INFO

Pizza

SERVING SIZE	CALORIES (CAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	PROTEIN (G)	CARBOHYDRATES (G)	TOTAL DIETARY FIBER (G)	SUGAR (G)	SODIUM (MG)	WHEAT	SOY	EGG	MILK	PEANUTS	TREE NUTS	FISH	SHELLFISH	MSG
LARGE 14" PIZZAS (SERVING SIZE: 1 SLICE, 10 SLICES/PIZZA)																			
Pepperoni	1 slice	200	8	3.5	0	15	8	23	1	2	350	X	X		X				
Meat Eater	1 slice	200	9	3.5	0	15	9	23	1	2	390	X	X		X				X
Supreme	1 slice	200	8	3.5	0	15	9	24	1	2	360	X	X		X				X
Veggie	1 slice	180	6	2.5	0	10	7	24	1	3	250	X	X		X				
Pepperoni & Jalapeño	1 slice	200	8	3.5	0	15	8	23	1	2	450	X	X		X				
Pepperoni & Beef	1 slice	220	10	4	0	20	10	24	1	2	420	X	X		X				X
Alfredo	1 slice	160	5	2.5	0	10	5	22	1	1	220	X	X		X				
Spinach Alfredo	1 slice	160	5	2.5	0	10	6	22	1	1	230	X	X		X				
BBQ Pork	1 slice	200	7	3	0	15	8	27	1	6	310	X	X		X				
Mac & Cheese	1 slice	190	4.5	2	0	10	7	31	1	3	430	X	X		X				
Buffalo Chicken	1 slice	190	7	3	0	15	8	23	1	1	450	X	X		X				X
Zesty Pepperoni	1 slice	180	8	2.5	0	10	7	22	1	1	320	X	X		X				X
Zesty Veggie	1 slice	160	4.5	1.5	0	5	5	23	1	2	220	X	X		X				X
Zesty Ham & Cheddar	1 slice	180	7	2.5	0	15	7	22	1	1	310	X	X		X				X
Hawaiian	1 slice	180	6	2.5	0	10	8	24	1	3	310	X	X		X				

MEDIUM 12" PIZZAS (SERVING SIZE: 1 SLICE, 10 SLICES/PIZZA)																			
Pepperoni	1 slice	160	7	3.5	0	15	7	18	1	2	290	X	X		X				
Meat Eater	1 slice	150	6	2.5	0	10	7	18	1	2	290	X	X		X				X
Supreme	1 slice	150	6	2.5	0	10	6	18	1	2	270	X	X		X				X
Veggie	1 slice	130	4.5	2	0	10	6	18	1	2	190	X	X		X				
Pepperoni & Jalapeño	1 slice	150	6	3	0	10	6	18	1	2	350	X	X		X				
Pepperoni & Beef	1 slice	160	7	3	0	15	7	18	1	2	300	X	X		X				X
Alfredo	1 slice	120	4	1.5	0	5	4	16	1	1	160	X	X		X				
Spinach Alfredo	1 slice	120	4.5	2	0	5	4	17	1	1	170	X	X		X				
BBQ Pork	1 slice	150	5	2.5	0	10	6	20	1	4	240	X	X		X				
Mac & Cheese	1 slice	140	3	1.5	0	5	5	23	1	2	310	X	X		X				
Buffalo Chicken	1 slice	140	5	2.5	0	10	6	17	1	1	330	X	X		X				X
Zesty Pepperoni	1 slice	140	6	2	0	10	5	17	1	1	240	X	X		X				X
Zesty Veggie	1 slice	120	3.5	1	0	5	4	17	1	1	160	X	X		X				X
Zesty Ham & Cheddar	1 slice	130	5	2	0	10	5	17	1	1	220	X	X		X				X
Hawaiian	1 slice	140	4.5	2	0	10	6	18	1	2	230	X	X		X				

FLATBREADS (SERVING SIZE: 1 SLICE, 10 SLICES/PIZZA)																			
Spinach Alfredo	1 slice	140	7	4	0	15	5	14	1	1	200	X	X		X				
Chicken Bacon Club	1 slice	150	7	3	0	15	7	14	1	1	270	X	X		X				X
Honey BBQ Chicken	1 slice	140	4.5	2.5	0	10	6	19	1	5	210	X	X		X				

STUFFED CRUST (SERVING SIZE: 1 SLICE, 12 SLICES/PIZZA)																			
Pepperoni Stuffed Crust	1 slice	200	8	4	0	15	9	21	1	1	390	X	X		X				
Cheese Stuffed Crust	1 slice	180	7	3.5	0	15	9	21	1	1	340	X	X		X				

DEEP DISH (SERVING SIZE: 1 SLICE, 6 SLICES/PIZZA)																			
Deep Dish Pepperoni	1 slice	160	6	2	0	5	6	21	1	1	280	X	X		X				
Deep Dish Meat Eater	1 slice	170	6	2	0	10	7	21	1	1	370	X	X		X				X
Deep Dish Cheese	1 slice	160	6	2.5	0	10	6	21	1	1	260	X	X		X				

Create Your Own

SERVING SIZE	CALORIES (CAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	PROTEIN (G)	CARBOHYDRATES (G)	TOTAL DIETARY FIBER (G)	SUGAR (G)	SODIUM (MG)	WHEAT	SOY	EGG	MILK	PEANUTS	TREE NUTS	FISH	SHELLFISH	MSG
CRUST																			
Traditional Round: Personal 9" (6 slices/Pizza)	1 slice	80	1	0	0	0	3	15	1	0	70	X	X						
Traditional Round: Medium 12" (10 slices/Pizza)	1 slice	80	1	0	0	0	3	16	1	1	70	X	X						
Traditional Round - Large 14" (10 slices/Pizza)	1 slice	110	1	0	0	0	4	21	1	1	95	X	X						
Flatbread (10 slices/Pizza)	1 slice	70	1.5	0.5	0	0	2	12	0	0	30	X	X						
Deep Dish (6 slices/Pizza)	1 slice	110	1.5	0	0	0	4	19	1	1	140	X	X						
Stuffed Crust (includes cheese in crust) (12 slices/Pizza)	1 slice	140	3.5	1.5	0	5	6	20	1	1	230	X	X		X				

SAUCE																			
Red Tomato	1 fl oz.	10	0	0	0	0	1	2	1	1	110								
Alfredo	1 fl oz.	50	5	2.5	1	10	1	2	0	0	200				X				
Zesty	1 fl oz.	45	4	1	1	5	0	2	0	1	230				X				X
Creamy Buffalo	1 fl oz.	35	3	0.5	0	0	0	2	0	1	440	X	X		X				X
Honey BBQ	1 fl oz.	50	0	0	0	0	0	13	0	11	200								
Mac & Cheese	1 fl oz.	25	1	0.5	0	5	1	4	0	2	260				X				

CHEESE																			
Pizza Cheese	1 oz.	90	7	4.5	0	20	6	2	0	1	190				X				
Cheddar Cheese	1 oz.	110	9	5	0	25	7	1	1	0	180				X				

MEAT TOPPINGS																			
Anchovies	1 oz.	250	18	0	0	105	28	0	0	0	7740							X	
Bacon	1 oz.	140	10	4	0	40	12	0	0	0	570								
Beef	1 oz.	90	7	2.5	0	20	5	2	1	1	250		X						X
Chicken	1 oz.	30	0.5	0	0	15	6	0	0	0	150								
Ham	1 oz.	30	1	0	0	15	4	1	0	0	370								
Pepperoni	1 oz.	130	13	5	0	20	6	1	0	1	520								
Pork	1 oz.	60	3.5	1.5	0	20	6	1	0	0	200								
Sausage	1 oz.	70	4.5	1.5	0	10	5	3	1	1	340								

VEGETABLE TOPPINGS																			
Black Olives	1 oz.	35	3.5	0.5	0	0	0	0	1	0	0								
Diced Tomatoes	1 oz.	5	0	0	0	0	0	2	0	1	100								
Green Peppers	1 oz.	5	0	0	0	0	0	1	0	1	0								
Jalapeño Peppers	1 oz.	5	0	0	0	0	0	1	1	0	520								
Mushrooms	1 oz.	5	0	0	0	0	1	1	0	1	0								
Pineapple	1 oz.	15	0	0	0	0	0	4	0	4	0								
Red Onions	1 oz.	10	0	0	0	0	0	3	0	1	0								

Wings

SERVING SIZE	CALORIES (CAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	PROTEIN (G)	CARBOHYDRATES (G)	TOTAL DIETARY FIBER (G)	SUGAR (G)	SODIUM (MG)	WHEAT	SOY	EGG	MILK	PEANUTS	TREE NUTS	FISH	SHELLFISH	MSG
WINGS: TRADITIONAL BONE-IN (SERVING SIZE 1 WING, 5, 10 OR 20 WINGS PER ORDER)																			
Naked - no sauce	1 wing	70	4.5	1.5	0	40	7	0	0	0	220								
Hot Buffalo	1 wing	70	4.5	1.5	0	40	7	0	0	0	340								
Mild Buffalo	1 wing	80	5	1.5	0	40	7	0	0	0	320				X				
Garlic Parmesan	1 wing	100	7	2	0	40	7	0	0	0	270				X				
BBQ	1 wing	80	4.5	1.5	0	40	7	2	0	2	260								

WINGS: BONELESS (SERVING SIZE 1 WING, 5, 10 OR 20 WINGS PER ORDER)																			
Naked - no sauce	1 wing	60	2	0	0	10	5	5	0	0	190	X	X	X					
Hot Buffalo	1 wing	60	2	0	0	10	5	6	0	0	310	X	X	X					
Mild Buffalo	1 wing	70	2.5	0	0	10	5	5	0	0	290	X	X	X	X				
Garlic Parmesan	1 wing	80	5	1	0	10	5	6	0	0	240	X	X	X	X				
BBQ	1 wing	70	2	0	0	10	5	8	0	2	230	X	X	X					

Sides & Desserts

	SERVING SIZE	CALORIES (CAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	PROTEIN (G)	CARBOHYDRATES (G)	TOTAL DIETARY FIBER (G)	SUGAR (G)	SODIUM (MG)	WHEAT	SOY	EGG	MILK	PEANUTS	TREE NUTS	FISH	SHELLFISH	MSG	
SIDES																					
Garlic Cheesy Bread	2 slices	70	3	1	0	5	2	9	0	0	110	X			X						
Soup	8 oz.	90	2.5	0.5	0	10	5	13	1	2	860	X	X		X						
Pasta	5 oz.	270	4	0.5	0	0	9	50	2	2	680	X									
Marinara Sauce	2 oz.	30	0	0.5	0	0	1	6	1	3	290		X		X						
Alfredo Sauce	2 oz.	90	8	2.5	1	5	2	3	0	2	360		X		X						
DESSERTS																					
Cinnamon Rolls	1 roll	130	4.5	1	0	0	2	20	0	8	130	X	X		X						
Apple Dessert Pizza	1 slice	130	3	1	0	0	2	24	1	9	65	X	X	X	X						
Bavarian Dessert Pizza	1 slice	130	2.5	1	0	0	2	23	1	8	80	X	X	X	X						
Brownies	1 piece	140	6	1	0	0	2	21	1	12	150	X	X	X	X						

Salad Bar

	SERVING SIZE	CALORIES (CAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	PROTEIN (G)	CARBOHYDRATES (G)	TOTAL DIETARY FIBER (G)	SUGAR (G)	SODIUM (MG)	WHEAT	SOY	EGG	MILK	PEANUTS	TREE NUTS	FISH	SHELLFISH	MSG	
SALAD MIX																					
Salad Mix - 3 Part	1 cup	15	0	0	0	0	1	3	1	2	10										
Salad Mix - 4 Part	1 cup	15	0	0	0	0	1	3	1	2	10										
Croutons	1 oz.	120	4	0	0	0	4	20	0	0	340	X				X					
Pasta Salad	4 oz.	210	9	1.5	0	5	5	28	2	3	800	X	X	X	X						
Black Olives	1 oz.	35	3.5	0.5	0	0	0	0	1	0	0										
Green Olives	1 oz.	50	4.5	0.5	0	0	0	2	1	0	260										
Saltine Crackers	2 packs/4 crackers	45	1.5	0	0	0	1	8	0	0	130	X									
Imitation Bacon Bits	1 oz.	110	5	0.5	0	0	11	8	4	2	570		X								
Jalapeño Peppers	1 oz.	5	0	0	0	0	0	1	1	0	520										
Red Onions, Sliced	1 oz.	10	0	0	0	0	0	3	0	1	0										
Green Bell Peppers, Sliced	1 oz.	5	0	0	0	0	0	1	0	1	0										
Banana Peppers	1 oz.	5	0	0	0	0	0	0	0	0	440										
Mushrooms, Sliced	1 oz.	5	0	0	0	0	1	1	0	1	0										
Baby Spinach (Fresh)	1/4 cup	0	0	0	0	0	2	4	2	0	10										
Carrots, Baby or Shredded	1/4 cup	10	0	0	0	0	1	8	2	6	20										
Cucumbers	1/4 cup	0	0	0	0	0	0	<1	0	0	0										
Broccoli Florets	1/4 cup	10	0	0	0	0	0	<1	<1	<1	10										
Pickle, Sliced	2 slices	0	0	0	0	0	0	0	0	0	60										
Tomatoes, Grape or Cherry	1 oz.	5	0	0	0	0	0	1	0	1	0										
Radishes, Sliced	1 oz.	5	0	0	0	0	0	1	0	1	10										
Pineapple	1 oz.	15	0	0	0	0	0	4	0	4	0										
Cheddar Cheese	1 oz.	110	9	5	0	25	7	1	1	0	180										
Beets, Sliced	1 oz.	10	0	0	0	0	0	2	0	1	60										
Garbanzo Beans	1 oz.	30	0	0	0	0	1	4	1	0	95										
Sunflower Seeds	1 oz.	180	14	1.5	0	0	7	6	3	1	130										
French Dressing	3 oz.	330	30	5	0	0	0	14	0	14	1070		X								
Catalina French Dressing	3 oz.	400	31	4.5	0	0	0	28	0	20	600		X								
Blue Cheese	3 oz.	440	50	9	0	45	3	3	0	3	590		X	X	X						
Ranch	3 oz.	330	33	6	0	15	0	3	0	3	640										
Ranch Packet (Hidden Valley)	1 pouch	180																			
Lite Italian	3 oz.	45	3	0	0	0	0	6	0	6	790		X								
Lite Ranch	3 oz.	240	27	4.5	0	15	0	3	0	0	550	X	X	X	X						
1000 Island	3 oz.	380	38	6	0	30	0	12	0	12	530										
Signature Italian	3 oz.	250	25	4	0	15	3	8	0	5	1560		X	X	X						

Beverages

	SERVING SIZE	CALORIES (CAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	PROTEIN (G)	CARBOHYDRATES (G)	TOTAL DIETARY FIBER (G)	SUGAR (G)	SODIUM (MG)	WHEAT	SOY	EGG	MILK	PEANUTS	TREE NUTS	FISH	SHELLFISH	MSG	
BEVERAGES																					
Barq's Root Beer	12 fl oz.	160	0	0	0	0	0	44	<1	44	55										
Barq's Root Beer	18 fl oz.	240	0	0	0	0	0	65	0	65	80										
Barq's Root Beer	32 fl oz.	430	0	0	0	0	0	116	0	116	140										
Cherry Coca-Cola	12 fl oz.	170	0	0	0	0	0	42	<1	42	40										
Cherry Coca-Cola	18 fl oz.	250	0	0	0	0	0	63	0	63	60										
Cherry Coca-Cola	32 fl oz.	450	0	0	0	0	0	112	0	112	110										
Coca-Cola	12 fl oz.	160	0	0	0	0	0	40	0	40	40										
Coca-Cola	18 fl oz.	240	0	0	0	0	0	60	0	60	60										
Coca-Cola	32 fl oz.	430	0	0	0	0	0	107	0	107	105										
Diet Coke	12 fl oz.	0	0	0	0	0	0	0	<1	0	50										
Diet Coke	18 fl oz.	0	0	0	0	0	0	0	0	0	70										
Diet Coke	32 fl oz.	0	0	0	0	0	0	1	0	0	130										
Fanta Apple	12 fl oz.	180	0	0	0	0	0	44	0	44	60										
Fanta Apple	18 fl oz.	270	0	0	0	0	0	66	0	66	90										
Fanta Apple	32 fl oz.	470	0	0	0	0	0	118	<1	117	160										
Fanta Orange	12 fl oz.	170	0	0	0	0	0	44	0	43	40										
Fanta Orange	18 fl oz.	260	0	0	0	0	0	65	0	64	60										
Fanta Orange	32 fl oz.	460	0	0	0	0	0	116	0	114	105										
Gold Peak Peach Tea	12 fl oz.	90	0	0	0	0	0	23	<1	22	50										
Gold Peak Peach Tea	18 fl oz.	140	0	0	0	0	0	34	<1	33	75										
Gold Peak Peach Tea	32 fl oz.	250	0	0	0	0	0	61	0	59	135										
Gold Peak Premium Unsweetened Tea (RTD)	12 fl oz.	0	0	0	0	0	0	0	0	0	50										
Gold Peak Premium Unsweetened Tea (RTD)	18 fl oz.	0	0	0	0	0	0	0	0	0	75										
Gold Peak Premium Unsweetened Tea (RTD)	32 fl oz.	0	0	0	0	0	0	0	<1	0	130										
Cicis Brewed Tea (No Ice)	12 fl oz.	0	0	0	0	0	0	0	0	0	0										
Cicis Brewed Tea (No Ice)	18 fl oz.	0	0	0	0	0	0	0	0	0	0										
Cicis Brewed Tea (No Ice)	32 fl oz.	0	0	0	0	0	0	0	0	0	0										
Gold Peak Raspberry Tea	12 fl oz.	90	0	0	0	0	0	23	0	22	50										
Gold Peak Raspberry Tea	18 fl oz.	140	0	0	0	0	0	34	0	33	75										
Gold Peak Raspberry Tea	32 fl oz.	240	0	0	0	0	0	61	0	59	135										
Gold Peak Sweetened Black Tea (RTD)	12 fl oz.	120	0	0	0	0	0	31	0	31	45										
Gold Peak Sweetened Black Tea (RTD)	18 fl oz.	190	0	0	0	0	0	47	0	47	70										
Gold Peak Sweetened Black Tea (RTD)	32 fl oz.	330	0	0	0	0	0	83	<1	83	125										
Cicis Brewed Sweet Tea (No Ice)	12 fl oz.	260	0	0	0	0	0	66	0	66	0										
Cicis Brewed Sweet Tea (No Ice)	18 fl oz.	390	0	0	0	0	0	99	0	99	0										