



Nutritional Information

	Calories	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Salad no dressing				
House Salad	160	4	12	380
Garden Salad	135	4	13	326
Caesar Salad w/ Caesar Dressing	319	5	13	809
Anti Pasto Salad	464	11	8	1848
1.5 oz. Ranch Dressing	198	4	3	369
Jalapeños (3 tablespoons)	5	0	1	510
(6 piece serving)				
Red Hot Wings	413	8	5	2044
BBQ Hot Wings	463	8	17	1374
Plain Hot Wings	427	8	5	1173
Garlic Bread (1 serving)	171	1	26	220
Garlic Cheese Bread (1 serving)	220	3	26	311
Meat Calzone	950	19	99	2131
Combo Calzone	949	18	102	1832
Southwest Calzone	945	19	103	2131
Veggie Calzone	868	13	103	1466
Stromboli	887	17	103	2374
Garden Veggie Sandwich	486	6	62	976
Ham, Turkey and Cheese Sandwich	602	7	63	2072
Italian Classico Sandwich	716	13	62	2249
Italian Sausage Sandwich	613	11	60	1270
Meatball Sandwich	817	17	67	1710
Turkey Florentina Sandwich	550	6	64	1661
Tuscan Chicken Sandwich	568	6	59	979
(4 servings per order)				
Cinna Poppers (1 serving)	210	4	35	179
Potato Wedges (1 serving)	110	1	18	340

	Calories	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
1 slice of 14" large pizza				
Italiano	291	6	29	609
Italiano Thick Crust	293	5	35	605
All Meat	316	6	29	761
All Meat Thick Crust	318	6	34	757
Classic Combo	296	5	28	663
Classic Combo Thick crust	298	5	34	659
Classic Veggie	257	4	29	480
Classic Veggie Thick crust	259	4	34	475
Garlic Chicken	295	5	28	415
Garlic Chicken Thick Crust	297	5	34	411
Hot Hawaiian	332	6	31	791
Hot Hawaiian Thick Crust	334	5	36	786
Tuscan Harvest	284	6	28	602
Tuscan Harvest Thick Crust	286	5	34	598
Valley Veggie	300	5	29	489
Valley Veggie Thick Crust	302	5	34	485
Canadian Bacon and Pineapple	263	4	31	530
ThickCrustCanadianBaconandPineapple	265	4	36	526
Cheese Pizza	235	4	27	395

Most Popular

Pepperoni Sausage	280	6	28	562
Pepperoni Sausage Thick Crust	282	5	33	558
Pepperoni	272	5	28	559
Pepperoni Thick Crust	274	5	33	554
Cheese Pizza	235	4	27	395
Cheese Pizza Thick Crust	237	4	32	390

	Calories	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
1 Slice of Cheese pizza	235	4	27	395
1 Slice Cheese Pizza Thick Crust	237	4	32	390
Add the following to cheese pizza: (amounts are for 1 slice on Original Crust with our red sauce)				
Salami	42	1	8	187
Canadian Bacon	20	trace	0	164
Sausage	37	trace	0	90
Beef	38	trace	0	8
Linguica	35	1	1	225
Bacon	57	1	0	301
Chicken	23	trace	0	14
Anchovy	15	trace	0	260
Mushroom	5	trace	1	1
Olive	30	0	0	136
Green Pepper	4	trace	1	trace
Tomato	3	trace	1	1
Red Onion	4	0	1	trace
Pineapple	21	0	5	2
Jalapeno	3	0	1	261
Garlic	5	0	1	1
Green Onion	3	0	1	1
Fresh Mushroom	2	trace	trace	trace
Artichoke Hearts	7	trace	2	13
Spinach	1	0	1	2
Broccoli	2.0	0	trace	2.0
Zucchini	1	0	trace	trace
Roasted Red Pepper	6	0	0	61

There may be variations in the nutritional content across servings, based on variations in overall size and quantities of ingredients, and based on special ordering.

Recommended limits for a 2,000 calorie diet are 20 grams of saturated fat and 2,300 miligrams of sodium.

