



Nutritional Information

Build Your Own Pizza

Serving Size	Calories
Dairy	
Mozz/Prov Blend	1 oz. 90
Fresh Mozz	1 oz. 72
American/Swiss	1 slice 79
Cheddar	1 oz. 110
Romano	1 oz. 110
Garlic Butter	1 oz. 150
Liquid Margarine	1 oz. 200
Meats	
Pepperoni Traditional	1 oz. 270
Pepperoni Old World	16 Slices 120
Pepperoni Shredded	3.5 474
Sausage Chunk	1 oz. 108.5
Sausage Ground	
Bacon	1 TBSP 35
Diced Ham	2 oz. 80
Meatball	1 oz. 85
Chicken	1 oz. 37
Anchovie	1 oz. 47
Ground Beef	1 oz. 32
Philly Meat	1 oz. 38
Turkey	2 Slices 80
Sandwich Ham	3 Slices 60
Salami	3 Slices 100
Sizzler Steak	1 Patty 256
Almonds	1/4 Cup 150
Veggies	
Red Onion	1 oz. 6.1
Green Peppers	1 oz. 3.7
Tomato	1 oz. 3
Black Olive	1 oz. 25
Green Olive	2 TBSP 35
Jalapeno	1 oz. 10
Banana Pepper	1 oz. 8
Mushrooms	1 oz. 1.9
Pineapple	1 oz. 14
Artichokes	1 oz. 11.7
Red Peppers	1 oz. 6
Spinach	1 oz. 6
Broccoli	1 oz. 5.1
Salad Mix	1 oz. 5
Shredded Lettuce	1 oz. 1
Potato	1 oz. 60
Frozen	
chicken Tender	2 Pieces 200
Boneless Wings	3 Pieces 190
Bone-In Wings	3 Wings 120
Mozz Sticks	4 piece 360
Onion Rings	4 piece 240
Jo Jo's	6 oz. 256
Jalapeno Poppers	5 piece 230
Rigatoni	8 oz 285
Dry Goods/Sauces	
Marinara Sauce	1/4 cup 30
Pesto Sauce	1/4 Cup 190
Mayonnaise	1 Tbsp 90
Garlic Sauce	1.5oz Cup 160
BBQ Sauce	2 TBSP 60
Mild Buffalo	1 oz. 0
Hot Buffalo	1 oz. 0
Spicy Garlic	2 TPSP 55
Garlic Parmesean	2 TBSP 35
Honey Mustard	2TBSP 40
Sweet Chili	2 TBSP 70
Teriyaki	2 TBSP 50
Ketchup	1 pk 10
Cinn/Sugar Mix	1 oz. 15
Italian Packet	1 pack 140
Lite Italian Packet	1 pack 20
Balsamic Packet	1 pack 120
Ranch Packet	1 pack 200
Blue Cheese Packet	1 pack 200
French Packet	1 pack 190
Sweet & Sour Packet	1 pack 220
Hidden Valley Ranch Gal	1 oz. 140
Creamy Italian Gal	1 oz. 120
Lays Potato chips	1 bag 160

Specialty Pizzas

	Calories per slice
Dante's Peak	
Small Per Slice	200
Medium Per Slice	280
Large Per Slice	290
XL Per Slice	300
Veggie Deluxe	
Small Per Slice	150
Medium Per Slice	240
Large Per Slice	240
XL Per Slice	260
New York White	
Small Per Slice	160
Medium Per Slice	240
Large Per Slice	240
XL Per Slice	260
Romeo's Deluxe	
Small Per Slice	190
Medium Per Slice	290
Large Per Slice	300
XL Per Slice	310
Pepperoni Feast	
Small Per Slice	200
Medium Per Slice	310
Large Per Slice	330
XL Per Slice	350
Buffalo Chicken	
Small Per Slice	230
Medium Per Slice	330
Large Per Slice	340
XL Per Slice	380
Butcher Shop	
Small Per Slice	230
Medium Per Slice	330
Large Per Slice	330
XL Per Slice	350
Great Ranch & Potato	
Small Per Slice	260
Medium Per Slice	360
Large Per Slice	390
XL Per Slice	420
Tuscan Pepperoni	
Small Per Slice	200
Medium Per Slice	300
Large Per Slice	310
XL Per Slice	340
Margherita Pizza	
Small Per Slice	140
Medium Per Slice	190
Large Per Slice	200
XL Per Slice	210
Chicken Bacon Ranch	
Small Per Slice	250
Medium Per Slice	350
Large Per Slice	370
XL Per Slice	410
BBQ Chicken	
Small Per Slice	180
Medium Per Slice	250
Large Per Slice	260
XL Per Slice	290
Build Your Own	
Small Per Slice	160
Medium Per Slice	240
Large Per Slice	240
XL Per Slice	260
Small Thin Slice	100
Medium Thin Slice	90
Large Thin Slice	90
Italiano Per Slice	320
Loaded Crust Per Slice	260
Gluten Free Crust	150

*Build Your Own Calories are based on a basic cheese pizza slice.

Subs

	Calories
Buffalo Chicken Sub	970
Club Sub	1050
Godfather Sub	1140
Italian Burger Sub	1140
Italian Sub	930
Meatball Sub	900
Steak Burger Sub	1070
Turkey Sub	960
Veggie Sub	630
Philly Cheese Steak Sub	860

Stromboli & Calzones

Cheese Calzone/Stromboli	810
Pepperoni Feast Calzone/Stromboli	1250
Sicilian Calzone/Stromboli	860
Veggie Calzone/Stromboli	850
Original Meat Calzone	1250

Salads

Chicken Club Salad	360
Antipasto Salad	320
Chef Salad	280
Garden Salad	110
Tuscan Salad	200
Side Salad	40

Wings

	Serving Size	Calories
Boneless	3 pieces	190
Bone-in	3 wings	120

Wing Sauces

Teriyaki	1 oz.	50
Garlic Parmesean	1 oz.	35
Honey Mustard	1 oz.	40
Sweet Chili	1 oz.	70
BBQ	1 oz.	60
Spicy Garlic	1 oz.	55
Medium Buffalo	1 oz.	0
Hot Buffalo	1 oz.	5
Siracha	1 oz.	1

Pizza Sauces

	Serving Size	Calories (Range based on pizza size)
Pizza Sauce	1 oz.	13 - 25
Garlic Butter Sauce	1 oz.	80 - 160
Bacon Ranch Sauce	1 oz.	130 - 220
BBQ Sauce	1 oz.	45 - 90
Marinara Sauce	1 oz.	13 - 25

Starters

	Serving size	Calories
Breadsticks		
Bread Sticks	1 Stick	120
Bread Sticks w/Cheese	1 Stick	200
Loaded Breadsticks with Bacon	1 Stick	240
Loaded Breadsticks with Sausage	1 Stick	220
Loaded Breadsticks with Pepperoni	1 Stick	230

Appetizers

Mozzarella Cheese Sticks	4 pieces	360
Garlic Bread	1 piece	450
Garlic Bread w/Cheese	1 piece	590
Chicken Tenders	2 pieces	200
Jo Jo's	6 oz.	256
Jo Jo's Loaded	6 oz.	310
Onion Rings	4 pieces	240
Jalapeno	5 pieces	230

Desserts

Smore	1 Smore	220
Chocolate Beignet	1 Beignet	180
Raspberry Beignet	1 Beignet	150
Cinnamon Sticks	1 Stick	190

Beverages

	2 Liter / 12 oz. Serving	20 Oz. / Bottle
Pepsi	150	250
Diet Pepsi	0	0
Mountain Dew	170	290
Dr Pepper	150	250
Rootbeer	160	260
Twist	150	240