



A 2,000 calorie daily diet is used as the basis for general nutrition advice, however, individual needs may vary.

Nutritional Guide

| | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| SIDES (Totals Listed Per Serving) | | | | | | | | | | | |
| Brussels Sprouts - Serves 2 | 490 | 420 | 47g | 7g | 0g | < 5mg | 750mg | 16g | 6g | 4g | 6g |
| Bunch O' Chicken - Serves 2 | 310 | 170 | 18g | 3g | 0g | 80mg | 1170mg | 5g | 0g | 4g | 28g |
| Italian Wedding Soup | 760 | 310 | 36g | 16g | 0.5g | 95mg | 3360mg | 71g | 4g | 6g | 33g |
| Lots O Broccoli - Serves 2 | 250 | 210 | 23g | 11g | 0g | 0mg | 870mg | 8g | 0g | 0g | 5g |
| Mac N' Cheese Mom's - Serves 2 | 900 | 540 | 61g | 33g | 1.5g | 220mg | 1340mg | 61g | 3g | 6g | 29g |
| Mac N' Cheese Traditional - Serves 2 | 800 | 460 | 52g | 30g | 1.5g | 205mg | 1030mg | 60g | 2g | 6g | 25g |
| Add Bacon 1oz | 150 | 110 | 13g | 6g | 0g | 20mg | 760mg | 0g | 0g | 0g | 8g |
| Side O Fries wKetchup - Serves 4 | 430 | 280 | 32g | 3g | 0g | 0mg | 950mg | 34g | 3g | 5g | 3g |
| Side Sweet Po' Fries w/Dipping Sauce - Serves 4 | 520 | 370 | 42g | 5g | 0g | 10mg | 380mg | 36g | 4g | 14g | 2g |
| Tree Hugger Skillet - Serves 2 | 450 | 400 | 45g | 14g | 0g | 5mg | 1560mg | 9g | 2g | 4g | 5g |
| TASTES (Totals Listed Per Serving) | | | | | | | | | | | |
| Big Bruschetta Authentico - Serves 4 | 260 | 130 | 15g | 2.5g | 0g | < 5mg | 560mg | 27g | 1g | 3g | 6g |
| Bistro Calamari w/Marinara - Serves 4 | 210 | 120 | 13g | 1.5g | 0.5g | 30mg | 600mg | 19g | 1g | 1g | 9g |
| Boom dip - Serves 4 | 540 | 320 | 38g | 11g | 1.5g | 30mg | 1130mg | 34g | 4g | 2g | 14g |
| Gotch'yo Nachos - Serves 4 | 780 | 550 | 62g | 20g | 0.5g | 95mg | 1890mg | 46g | 5g | 6g | 16g |
| Add Ribeye - Serves 4 | 170 | 110 | 10g | <5g | 0g | 20mg | 340mg | <5g | <5g | <5g | 10g |
| Add Fajita Chicken - Serves 4 | 110 | 70 | 10g | <5g | 0g | 20mg | 320mg | <5g | <5g | <5g | 10g |
| Huge Guaca Tony - Serves 4 | 590 | 290 | 38g | 13g | 4g | < 5mg | 1530mg | 43g | 7g | 2g | 15g |
| Italian Fried Zucchini w/Ranch - Serves 4 | 370 | 260 | 29g | 3.5g | 0g | < 5mg | 530mg | 23g | 3g | 3g | 4g |
| Kickbutt Garlic Bread - Serves 4 | 200 | 80 | 11g | 2g | 3g | 0mg | 420mg | 19g | 0g | 0g | 3g |
| Kickbutt Garlic Cheese bread - Serves 4 | 360 | 200 | 24g | 10g | 3g | 30mg | 570mg | 20g | 0g | 0g | 13g |
| Add Marinara Sauce 3oz | 60 | 45 | 5g | 1g | 0g | < 5mg | 370mg | 4g | 1g | 2g | 2g |
| Lawrence's Stuffed Shrooms - Serves 2 | 450 | 300 | 36g | 13g | 0g | 55mg | 1330mg | 8g | 3g | 4g | 20g |
| Pesto Bruschetta - Serves 4 | 360 | 180 | 24g | 7g | 3g | < 5mg | 790mg | 23g | < 1g | 2g | 9g |
| Two Huge Meatballs - Serves 2 | 360 | 250 | 28g | 14g | 0.5g | 55mg | 770mg | 6g | 2g | 2g | 20g |
| Two Sausages - Serves 2 | 750 | 590 | 66g | 21g | 0g | 120mg | 1480mg | 8g | 3g | 2g | 33g |
| WINGS (Totals Listed Per Serving, Serves 2) | | | | | | | | | | | |
| BBQ Wings | 800 | 480 | 53g | 6g | 0g | 315mg | 1210mg | 30g | 0g | 28g | 43g |
| Hot Wings | 700 | 480 | 53g | 6g | 0g | 315mg | 2490mg | 73g | 2g | 1g | 44g |
| Italian Gold Wings | 820 | 480 | 53g | 6g | 0g | 315mg | 1190mg | 30g | 0g | 26g | 44g |
| Medium Wings | 700 | 490 | 54g | 7g | 0g | 315mg | 2090mg | 2g | 1g | < 1g | 43g |
| Plain Wings | 680 | 480 | 53g | 6g | 0g | 315mg | 430mg | 0g | 0g | 0g | 43g |
| Sweet & Spicy Wings | 690 | 480 | 53g | 6g | 0g | 315mg | 650mg | 8g | 0g | 7g | 43g |
| Boneless BBQ Wings | 670 | 290 | 33g | 3.5g | 0g | 75mg | 1610mg | 65g | 2g | 39g | 30g |
| Boneless Hot Wings | 570 | 290 | 33g | 3.5g | 0g | 75mg | 2900mg | 107g | 3g | 12g | 31g |
| Boneless Italian Gold Wings | 630 | 240 | 27g | 3g | 0g | 75mg | 1590mg | 65g | 2g | 37g | 31g |
| Boneless Medium Wings | 570 | 300 | 34g | 4g | 0g | 75mg | 2500mg | 37g | 3g | 11g | 31g |
| Boneless Plain Wings | 550 | 290 | 33g | 3.5g | 0g | 75mg | 830mg | 35g | 2g | 11g | 30g |
| Boneless Sweet & Spicy Wings | 560 | 290 | 33g | 3.5g | 0g | 75mg | 1060mg | 43g | 2g | 17g | 30g |



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| WINGS (Cont...) | | | | | | | | | | | |
| Blue Cheese 2oz | 340 | 320 | 36g | 4.5g | 0g | 30mg | 450mg | 2g | 0g | 2g | 2g |
| Ranch 2oz | 320 | 300 | 34g | 5g | 0g | 10mg | 300mg | 4g | 0g | 2g | 2g |
| Homemade Chips (Upon Request) | 380 | 250 | 28g | 3.5g | 0g | < 5mg | 1190mg | 31g | 2g | 2g | 3g |
| MIDDAY RUSH (Pasta Totals Include Garlic Bread) | | | | | | | | | | | |
| Alfredo the Dark | 1110 | 580 | 66g | 36g | 3.5g | 255mg | 2190mg | 101g | 4g | 10g | 28g |
| Big Rig Pasta | 1250 | 610 | 72g | 36g | 3.5g | 235mg | 2120mg | 120g | 6g | 8g | 27g |
| Bollo w/Marinara | 930 | 240 | 30g | 5g | 3.5g | 80mg | 2070mg | 140g | 8g | 9g | 24g |
| Bollo w/Meat Sauce | 1150 | 350 | 42g | 9g | 4g | 95mg | 2470mg | 158g | 15g | 23g | 32g |
| Heckuva Slice (Cheese) | 710 | 380 | 39g | 24g | 1.5g | 35mg | 1070mg | 51g | 3g | 3g | 40g |
| Julius Casear w/Chicken | 1100 | 720 | 80g | 19g | 1.5g | 185mg | 3130mg | 33g | 6g | 8g | 62g |
| Side Casear w/Dressing | 360 | 260 | 30g | 7g | 1g | 35mg | 780mg | 14g | 4g | 2g | 10g |
| Side Green Salad w/o Dressing | 130 | 40 | 5g | 1g | 1g | 0mg | 330mg | 18g | 4g | 3g | 4g |
| Simple House Salad w/o Dressing | 210 | 60 | 8g | 1.5g | 1.5g | 0mg | 570mg | 27g | 7g | 6g | 7g |
| The Antipasto Thing | 1010 | 690 | 79g | 30g | 0g | 155mg | 3230mg | 99g | 9g | 11g | 47g |
| SALADS (Totals Include Dressing) | | | | | | | | | | | |
| All Kale Caesar | 1570 | 1070 | 121g | 35g | 3g | 170mg | 2930mg | 102g | 10g | < 1g | 50g |
| Julius Caesar, Big | 720 | 530 | 60g | 15g | 1.5g | 65mg | 1560mg | 26g | 6g | 3g | 19g |
| Julius Caesar, Real Big | 1120 | 820 | 93g | 24g | 3g | 105mg | 2470mg | 41g | 8g | 5g | 31g |
| Oregano's Favorite | 850 | 540 | 63g | 8g | 5g | 40mg | 1580mg | 64g | 13g | 37g | 18g |
| Pablo Picasso w/Chicken | 1420 | 910 | 102g | 35g | 0g | 150mg | 2590mg | 61g | 12g | 13g | 53g |
| Pablo Picasso w/Pinto Beans (No Chicken) | 1460 | 860 | 98g | 33g | 0g | 70mg | 2200mg | 93g | 19g | 13g | 40g |
| Power Greens | 1380 | 870 | 99g | 25g | 0g | 55mg | 2810mg | 96g | 12g | 63g | 37g |
| Simple House, Big (No Dressing) | 210 | 60 | 8g | 1.5g | 1.5g | 0mg | 570mg | 27g | 7g | 6g | 7g |
| Simple House, Real Big (No Dressing) | 280 | 80 | 11g | 2g | 2.5g | 0mg | 800mg | 38g | 10g | 8g | 9g |
| The Antipasto Thing | 1440 | 930 | 109g | 44g | 0g | 205mg | 4920mg | 146g | 13g | 17g | 70g |
| The Big Beefstro | 1260 | 840 | 92g | 17g | 0g | 130mg | 2000mg | 42g | 11g | 21g | 64g |
| Vino Bambino | 1460 | 780 | 86g | 19g | 0g | 195mg | 3440mg | 91g | 18g | 30g | 78g |
| ADD Chicken | 330 | 160 | 17g | 3g | 0g | 100mg | 1330mg | 5g | 0g | 4g | 36g |
| DRESSINGS (2oz) | | | | | | | | | | | |
| Balsamic Vinaigrette | 230 | 220 | 25g | 4g | 0g | 0mg | 190mg | 2g | 0g | 1g | 0g |
| Blue Cheese | 340 | 320 | 36g | 4.5g | 0g | 30mg | 450mg | 2g | 0g | 2g | 2g |
| Caesar | 360 | 340 | 38g | 6g | 0g | 30mg | 660mg | 2g | 0g | 0g | 2g |
| Chipotle Ranch | 290 | 270 | 31g | 4.5g | 0g | 10mg | 310mg | 4g | 0g | 2g | 2g |
| Fat Free Serrano Pepper | 70 | 0 | 0g | 0g | 0g | 0mg | 210mg | 17g | 0g | 16g | 0g |
| Honey Vinaigrette | 340 | 280 | 32g | 0g | 4.5g | 0mg | 75mg | 13g | 0g | 13g | 0g |
| House Italian | 180 | 160 | 18g | 2.5g | 0g | 0mg | 780mg | 5g | 0g | 3g | 0g |
| Poppy Seed | 260 | 210 | 24g | 4g | 0g | 0mg | 270mg | 11g | 0g | 11g | 0g |
| Ranch | 320 | 300 | 34g | 5g | 0g | 10mg | 300mg | 4g | 0g | 2g | 2g |



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|--|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| SANDWICHES (Totals Include Sandwich Only) | | | | | | | | | | | |
| O'Zone | 1870 | 920 | 98g | 51g | 2g | 165mg | 4060mg | 128g | 8g | 13g | 93g |
| The Big Beef | 1750 | 1190 | 130g | 45g | 0g | 190mg | 4460mg | 59g | 5g | 5g | 70g |
| The Big Meatball | 1330 | 710 | 82g | 37g | 1.5g | 200mg | 3520mg | 64g | 5g | 6g | 65g |
| Chick Parm Sandwich | 2170 | 1170 | 144g | 45g | 7g | 225mg | 6000mg | 110g | 5g | 7g | 95g |
| The Italian Sausage | 1590 | 1010 | 116g | 38g | 0g | 235mg | 3910mg | 63g | 6g | 4g | 69g |
| The Original Italian Stuffed | 1270 | 690 | 78g | 27g | 0g | 200mg | 4930mg | 62g | 5g | 10g | 64g |
| The Original Veggie Wedgie | 1380 | 880 | 99g | 19g | 0g | 80mg | 1890mg | 86g | 7g | 9g | 31g |
| The Turkey Stuffed | 870 | 350 | 40g | 10g | 0g | 110mg | 3330mg | 66g | 4g | 7g | 58g |
| SANDWICH EXTRAS | | | | | | | | | | | |
| Homemade Chips | 380 | 250 | 28g | 3.5g | 0g | < 5mg | 1190mg | 31g | 2g | 2g | 3g |
| Giardiniera | 180 | 150 | 21g | 0g | 0g | 0mg | 1150mg | 6g | 0g | 3g | 0g |
| Italian-Fried Potatoes w/ketchup | 870 | 560 | 64g | 6g | 0g | 0mg | 2050mg | 72g | 6g | 13g | 6g |
| O'Slaw | 180 | 130 | 15g | 3g | 0g | 20mg | 460mg | 10g | 2g | 8g | < 1g |
| Sweet Po's Fries | 840 | 550 | 62g | 6g | 0g | 0mg | 560mg | 71g | 8g | 27g | 3g |
| Sweet Po's Aioli Dipping Sauce (2oz) | 270 | 260 | 29g | 5g | 0g | 30mg | 260mg | 2g | 0g | < 1g | 2g |
| PASTA (Totals Do Not Include Garlic Bread) | | | | | | | | | | | |
| Alfredo the Dark w/Border Bread | 1660 | 840 | 96g | 50g | 6g | 355mg | 3160mg | 155g | 6g | 14g | 44g |
| Big Rig | 1330 | 660 | 75g | 44g | 0g | 315mg | 2110mg | 134g | 9g | 11g | 32g |
| The Coop De Ville Jumbo Chick Parm | 2200 | 1140 | 135g | 41g | 0g | 230mg | 5010mg | 159g | 11g | 13g | 103g |
| El Diablo Chicken | 1740 | 1040 | 114g | 54g | 2g | 420mg | 3520mg | 118g | 7g | 21g | 81g |
| El Diablo Shrimp | 1430 | 860 | 95g | 50g | 2g | 500mg | 2980mg | 112g | 7g | 16g | 59g |
| Garlic Chicken Lasagna | 790 | 350 | 40g | 18g | 0g | 190mg | 2110mg | 58g | 7g | 12g | 48g |
| Italian Flag Lasagna | 820 | 460 | 51g | 18g | 0g | 155mg | 2370mg | 54g | 11g | 8g | 37g |
| King Parm De Eggplant | 1830 | 1030 | 120g | 28g | 0g | 110mg | 2700mg | 143g | 13g | 15g | 45g |
| Lady is a Scampi | 1340 | 560 | 73g | 16g | 15g | 300mg | 3630mg | 122g | 8g | 9g | 46g |
| Lady is a Scampi (Chicken) | 1640 | 740 | 93g | 20g | 15g | 215mg | 4170mg | 127g | 7g | 12g | 68g |
| Moms Sausage and Peppers | 1550 | 860 | 97g | 30g | 0g | 125mg | 2360mg | 127g | 11g | 13g | 49g |
| Sausage Pesto Pasta | 1790 | 970 | 107g | 31g | 0g | 125mg | 2520mg | 139g | 12g | 22g | 65g |
| Shroom Boom w/Border Bread | 1460 | 740 | 84g | 31g | 4.5g | 155mg | 1590mg | 150g | 7g | 13g | 31g |
| Stuffed Riga Tony | 1060 | 430 | 49g | 23g | 0.5g | 120mg | 1540mg | 120g | 13g | 25g | 39g |
| The Original Bollo w/Marinara | 660 | 130 | 15g | 2g | 0g | 80mg | 1510mg | 114g | 8g | 9g | 20g |
| The Original Bollo w/Meat Sauce | 880 | 240 | 27g | 6g | 0g | 95mg | 1900mg | 132g | 15g | 23g | 28g |
| Zany Ziti (with Bread Bowl) | 1930 | 720 | 83g | 38g | 2g | 50mg | 2740mg | 214g | 17g | 21g | 75g |
| PASTA EXTRAS | | | | | | | | | | | |
| Border Bread (served w/Alfredo the Dark & Shroom Boom) | 230 | 35 | 5g | 1g | 1g | 0mg | 460mg | 36g | 0g | 0g | 6g |
| Hunk Garlic Bread | 270 | 110 | 15g | 3g | 3.5g | 0mg | 560mg | 26g | 0g | 0g | 4g |
| Chicken | 330 | 160 | 17g | 3g | 0g | 100mg | 1330mg | 5g | 0g | 4g | 36g |
| Two Meatballs | 480 | 320 | 36g | 16g | 1g | 90mg | 1140mg | 8g | 2g | 2g | 24g |
| Two Sausages | 1260 | 1000 | 113g | 32g | 0g | 220mg | 2580mg | 12g | 4g | < 1g | 50g |



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| PAN PIZZA (10"= 6 Slices; 12"= 8 Slices) | | | | | | | | | | | |
| Pan 10" Cheese (Per Slice) | 550 | 320 | 35g | 16g | 0g | 25mg | 700mg | 40g | 2g | 3g | 23g |
| Pan 12" Cheese (Per Slice) | 560 | 310 | 34g | 16g | 0g | 25mg | 730mg | 44g | 2g | 3g | 23g |
| STUFFED PIZZA (10"= 6 Slices; 12" = 8 Slices) | | | | | | | | | | | |
| Stuffed 10" Cheese (Per Slice) | 630 | 340 | 35g | 19g | 1.5g | 30mg | 990mg | 48g | 3g | 2g | 32g |
| Stuffed 12" Cheese (Per Slice) | 670 | 380 | 39g | 22g | 1.5g | 35mg | 1000mg | 48g | 3g | 2g | 35g |
| THIN CRUST PIZZA (Per Serving) | | | | | | | | | | | |
| Thin Crust 12" Cheese (Serves 2) | 600 | 310 | 31g | 19g | 1.5g | 30mg | 1000mg | 48g | 3g | 2g | 33g |
| Thin Crust 16" Cheese (Serves 3) | 680 | 370 | 37g | 23g | 1.5g | 35mg | 1030mg | 48g | 3g | 2g | 39g |
| Thin Crust 18" Cheese (Serves 4) | 690 | 360 | 37g | 23g | 1.5g | 35mg | 1060mg | 51g | 3g | 2g | 39g |
| SPECIALTY THIN CRUST PIZZA (Per Serving) | | | | | | | | | | | |
| 12" Serves 2 | | | | | | | | | | | |
| 16" Serves 3 | | | | | | | | | | | |
| 18" Serves 4 | | | | | | | | | | | |
| Aunt Margherita 12" | 600 | 280 | 29g | 16g | 1.5g | 70mg | 1250mg | 55g | 4g | 5g | 31g |
| Aunt Margherita 16" | 570 | 270 | 27g | 15g | 1.5g | 60mg | 1190mg | 54g | 4g | 4g | 29g |
| Aunt Margherita 18" | 580 | 260 | 26g | 14g | 1.5g | 60mg | 1230mg | 57g | 4g | 4g | 29g |
| Bistro Classic 12" | 620 | 250 | 33g | 16g | 3.5g | 15mg | 1490mg | 53g | 4g | 5g | 23g |
| Bistro Classic 16" | 700 | 300 | 39g | 19g | 4g | 20mg | 1650mg | 54g | 3g | 4g | 25g |
| Bistro Classic 18" | 720 | 320 | 40g | 19g | 4.5g | 20mg | 1740mg | 57g | 4g | 4g | 26g |
| Clark Street Meat Pizza 12" | 870 | 500 | 52g | 26g | 1.5g | 115mg | 2210mg | 50g | 3g | 3g | 50g |
| Clark Street Meat Pizza 16" | 920 | 540 | 56g | 28g | 1.5g | 125mg | 2370mg | 51g | 4g | 3g | 55g |
| Clark Street Meat Pizza 18" | 960 | 560 | 58g | 29g | 1.5g | 130mg | 2460mg | 54g | 4g | 3g | 57g |
| Lawrence's Original 12" | 560 | 250 | 26g | 14g | 1.5g | 20mg | 1040mg | 56g | 5g | 4g | 29g |
| Lawrence's Original 16" | 620 | 290 | 29g | 17g | 1.5g | 25mg | 1030mg | 57g | 5g | 4g | 34g |
| Lawrence's Original 18" | 610 | 270 | 28g | 16g | 1.5g | 20mg | 1080mg | 60g | 5g | 4g | 32g |
| Número One-O 12" | 900 | 520 | 55g | 27g | 1.5g | 110mg | 2120mg | 51g | 3g | 4g | 51g |
| Número One-O 16" | 940 | 550 | 58g | 29g | 1.5g | 110mg | 2030mg | 52g | 4g | 4g | 54g |
| Número One-O 18" | 970 | 560 | 59g | 29g | 1.5g | 115mg | 2150mg | 56g | 4g | 4g | 55g |
| Oregano's Own Pesto Pizza 12" | 690 | 380 | 40g | 19g | 1.5g | 30mg | 1100mg | 52g | 3g | 4g | 33g |
| Oregano's Own Pesto Pizza 16" | 740 | 420 | 43g | 22g | 1.5g | 35mg | 1070mg | 51g | 3g | 4g | 37g |
| Oregano's Own Pesto Pizza 18" | 730 | 400 | 41g | 21g | 1.5g | 35mg | 1110mg | 55g | 3g | 4g | 36g |
| O-Riva 12" | 490 | 200 | 21g | 11g | 1.5g | 35mg | 1470mg | 110g | 5g | 5g | 20g |
| O-Riva 16" | 530 | 230 | 24g | 12g | 1.5g | 35mg | 1490mg | 110g | 5g | 5g | 23g |
| O-Riva 18" | 540 | 230 | 24g | 12g | 1.5g | 35mg | 1550mg | 114g | 6g | 5g | 23g |



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| SPECIALTY THIN CRUST PIZZA (Cont...) | | | | | | | | | | | |
| Puerto Peñasco Carne Street Pie 12" | 920 | 520 | 56g | 24g | 1.5g | 60mg | 1470mg | 54g | 5g | 4g | 48g |
| Puerto Peñasco Carne Street Pie 16" | 1050 | 600 | 65g | 30g | 1.5g | 75mg | 1550mg | 55g | 5g | 5g | 59g |
| Puerto Peñasco Carne Street Pie 18" | 1070 | 600 | 65g | 29g | 1.5g | 80mg | 1620mg | 59g | 5g | 5g | 60g |
| The Yahoo Barbecue Chicken Pizza 12" | 780 | 310 | 33g | 19g | 1.5g | 105mg | 2150mg | 74g | 3g | 25g | 45g |
| The Yahoo Barbecue Chicken Pizza 16" | 880 | 370 | 40g | 23g | 1.5g | 125mg | 2380mg | 77g | 3g | 27g | 52g |
| The Yahoo Barbecue Chicken Pizza 18" | 870 | 360 | 39g | 22g | 1.5g | 120mg | 2360mg | 78g | 3g | 25g | 52g |
| PIZZA TOPPINGS (Totals listed per pizza serving) | | | | | | | | | | | |
| Anchovies 10" Gluten Friendly | 50 | 25 | 3.5g | 0g | 0g | 20mg | 1680mg | 0g | 0g | 0g | 7g |
| Anchovies 10" Pan | 10 | 0 | 0.5g | 0g | 0g | < 5mg | 280mg | 0g | 0g | 0g | 1g |
| Anchovies 10" Stuffed | 10 | 0 | 0.5g | 0g | 0g | < 5mg | 280mg | 0g | 0g | 0g | 1g |
| Anchovies 12" Pan | 5 | 0 | 0g | 0g | 0g | < 5mg | 210mg | 0g | 0g | 0g | < 1g |
| Anchovies 12" Stuffed | 10 | 0 | 0.5g | 0g | 0g | < 5mg | 320mg | 0g | 0g | 0g | 1g |
| Anchovies 12" Thin | 25 | 15 | 2g | 0g | 0g | 10mg | 840mg | 0g | 0g | 0g | 4g |
| Anchovies 16" Thin | 25 | 15 | 2g | 0g | 0g | 10mg | 840mg | 0g | 0g | 0g | 4g |
| Anchovies 18" Thin | 25 | 15 | 2g | 0g | 0g | 10mg | 840mg | 0g | 0g | 0g | 4g |
| Anchovies Heckuva Slice | 25 | 15 | 2g | 0g | 0g | 10mg | 840mg | 0g | 0g | 0g | 4g |
| Anchovies Kid Slice | 15 | 5 | 1g | 0g | 0g | < 5mg | 420mg | 0g | 0g | 0g | 2g |
| Artichoke 10" Gluten Friendly | 25 | 0 | 0g | 0g | 0g | 0mg | 280mg | 170g | 5g | 2g | < 1g |
| Artichoke 10" Pan | 5 | 0 | 0g | 0g | 0g | 0mg | 65mg | 38g | 1g | 0g | 0g |
| Artichoke 10" Stuffed | 15 | 0 | 0g | 0g | 0g | 0mg | 160mg | 94g | 3g | 1g | 0g |
| Artichoke 12" Pan | 5 | 0 | 0g | 0g | 0g | 0mg | 70mg | 43g | 1g | 0g | 0g |
| Artichoke 12" Stuffed | 15 | 0 | 0g | 0g | 0g | 0mg | 180mg | 106g | 3g | 1g | 0g |
| Artichoke 12" Thin | 15 | 0 | 0g | 0g | 0g | 0mg | 140mg | 85g | 2g | < 1g | 0g |
| Artichoke 16" Thin | 15 | 0 | 0g | 0g | 0g | 0mg | 160mg | 94g | 3g | 1g | 0g |
| Artichoke 18" Thin | 15 | 0 | 0g | 0g | 0g | 0mg | 160mg | 99g | 3g | 1g | 0g |
| Artichoke Heckuva Slice | 15 | 0 | 0g | 0g | 0g | 0mg | 160mg | 99g | 3g | 1g | 0g |
| Artichoke Kid Slice | 10 | 0 | 0g | 0g | 0g | 0mg | 80mg | 50g | 1g | < 1g | 0g |
| Bacon 10" Gluten Friendly | 300 | 230 | 26g | 11g | 0g | 40mg | 1510mg | 0g | 0g | 0g | 15g |
| Bacon 10" Pan | 50 | 40 | 4.5g | 2g | 0g | 5mg | 250mg | 0g | 0g | 0g | 3g |
| Bacon 10" Stuffed | 100 | 80 | 9g | 4g | 0g | 15mg | 500mg | 0g | 0g | 0g | 5g |
| Bacon 12" Pan | 80 | 60 | 7g | 3g | 0g | 10mg | 380mg | 0g | 0g | 0g | 4g |
| Bacon 12" Stuffed | 110 | 90 | 10g | 4.5g | 0g | 15mg | 570mg | 0g | 0g | 0g | 6g |
| Bacon 12" Thin | 150 | 110 | 13g | 6g | 0g | 20mg | 760mg | 0g | 0g | 0g | 8g |
| Bacon 16" Thin | 180 | 130 | 15g | 7g | 0g | 20mg | 880mg | 0g | 0g | 0g | 9g |
| Bacon 18" Thin | 170 | 130 | 15g | 6g | 0g | 20mg | 850mg | 0g | 0g | 0g | 9g |
| Bacon Heckuva Slice | 170 | 130 | 15g | 6g | 0g | 20mg | 850mg | 0g | 0g | 0g | 9g |
| Bacon Kid Slice | 90 | 60 | 7g | 3g | 0g | 10mg | 430mg | 0g | 0g | 0g | 4g |



A 2,000 calorie daily diet is used as the basis for general nutrition advice, however, individual needs may vary.

Nutritional Guide

| | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| TOPPINGS (Cont...) | | | | | | | | | | | |
| Black Olives 10" Gluten Friendly | 80 | 60 | 8g | 0g | 0g | 0mg | 450mg | 4g | 4g | 0g | 0g |
| Black Olives 10" Pan | 20 | 15 | 2g | 0g | 0g | 0mg | 115mg | < 1g | < 1g | 0g | 0g |
| Black Olives 10" Stuffed | 60 | 45 | 6g | 0g | 0g | 0mg | 340mg | 3g | 3g | 0g | 0g |
| Black Olives 12" Pan | 25 | 20 | 2.5g | 0g | 0g | 0mg | 140mg | 1g | 1g | 0g | 0g |
| Black Olives 12" Stuffed | 60 | 45 | 6g | 0g | 0g | 0mg | 340mg | 3g | 3g | 0g | 0g |
| Black Olives 12" Thin | 40 | 30 | 4g | 0g | 0g | 0mg | 230mg | 2g | 2g | 0g | 0g |
| Black Olives 16" Thin | 45 | 35 | 4.5g | 0g | 0g | 0mg | 260mg | 2g | 2g | 0g | 0g |
| Black Olives 18" Thin | 45 | 30 | 4.5g | 0g | 0g | 0mg | 260mg | 2g | 2g | 0g | 0g |
| Black Olives Heckuva Slice | 45 | 30 | 4.5g | 0g | 0g | 0mg | 260mg | 2g | 2g | 0g | 0g |
| Black Olives Kid Slice | 20 | 15 | 2g | 0g | 0g | 0mg | 130mg | 1g | 1g | 0g | 0g |
| Canadian Bacon 10" Gluten Friendly | 60 | 10 | 1g | 0g | 0g | 30mg | 820mg | 2g | 0g | 1g | 10g |
| Canadian Bacon 10" Pan | 15 | 0 | 0g | 0g | 0g | 10mg | 210mg | < 1g | 0g | 0g | 3g |
| Canadian Bacon 10" Stuffed | 30 | 5 | 0.5g | 0g | 0g | 15mg | 410mg | 1g | 0g | < 1g | 5g |
| Canadian Bacon 12" Pan | 15 | 0 | 0g | 0g | 0g | 10mg | 210mg | < 1g | 0g | 0g | 3g |
| Canadian Bacon 12" Stuffed | 30 | 5 | 0.5g | 0g | 0g | 15mg | 410mg | 1g | 0g | < 1g | 5g |
| Canadian Bacon 12" Thin | 30 | 5 | 0.5g | 0g | 0g | 15mg | 410mg | 1g | 0g | < 1g | 5g |
| Canadian Bacon 16" Thin | 35 | 5 | 0.5g | 0g | 0g | 20mg | 480mg | 1g | 0g | < 1g | 6g |
| Canadian Bacon 18" Thin | 35 | 5 | 0.5g | 0g | 0g | 15mg | 460mg | 1g | 0g | < 1g | 6g |
| Canadian Bacon Heckuva Slice | 35 | 5 | 0.5g | 0g | 0g | 15mg | 460mg | 1g | 0g | < 1g | 6g |
| Canadian Bacon Kid Slice | 15 | 0 | 0g | 0g | 0g | 10mg | 230mg | < 1g | 0g | 0g | 3g |
| Capicola 10" Gluten Friendly | 110 | 70 | 6g | 2g | 0g | 35mg | 730mg | 0g | 0g | 0g | 10g |
| Capicola 10" Pan | 25 | 20 | 1.5g | 0.5g | 0g | 10mg | 180mg | 0g | 0g | 0g | 3g |
| Capicola 10" Stuffed | 80 | 50 | 4.5g | 1.5g | 0g | 25mg | 550mg | 0g | 0g | 0g | 8g |
| Capicola 12" Pan | 25 | 20 | 1.5g | 0.5g | 0g | 10mg | 180mg | 0g | 0g | 0g | 3g |
| Capicola 12" Stuffed | 80 | 50 | 4.5g | 1.5g | 0g | 25mg | 550mg | 0g | 0g | 0g | 8g |
| Capicola 12" Thin | 50 | 35 | 3g | 1g | 0g | 20mg | 360mg | 0g | 0g | 0g | 5g |
| Capicola 16" Thin | 60 | 45 | 3.5g | 1g | 0g | 20mg | 430mg | 0g | 0g | 0g | 6g |
| Capicola 18" Thin | 60 | 40 | 3.5g | 1g | 0g | 20mg | 410mg | 0g | 0g | 0g | 6g |
| Capicola Heckuva Slice | 60 | 40 | 3.5g | 1g | 0g | 20mg | 410mg | 0g | 0g | 0g | 6g |
| Capicola Kid Slice | 30 | 20 | 1.5g | 0.5g | 0g | 10mg | 210mg | 0g | 0g | 0g | 3g |
| Caramelized Onions 10" Gluten Friendly | 90 | 60 | 7g | 3g | 0g | 0mg | 70mg | 6g | 1g | 3g | < 1g |
| Caramelized Onions 10" Pan | 15 | 10 | 1g | 0.5g | 0g | 0mg | 10mg | 1g | 0g | 0g | 0g |
| Caramelized Onions 10" Stuffed | 20 | 15 | 1.5g | 1g | 0g | 0mg | 15mg | 2g | 0g | < 1g | 0g |
| Caramelized Onions 12" Pan | 20 | 15 | 1.5g | 1g | 0g | 0mg | 15mg | 2g | 0g | < 1g | 0g |
| Caramelized Onions 12" Stuffed | 35 | 20 | 2.5g | 1g | 0g | 0mg | 25mg | 2g | 0g | 1g | 0g |
| Caramelized Onions 12" Thin | 45 | 30 | 3.5g | 1.5g | 0g | 0mg | 35mg | 3g | < 1g | 1g | 0g |
| Caramelized Onions 16" Thin | 50 | 35 | 4g | 2g | 0g | 0mg | 40mg | 4g | < 1g | 2g | 0g |
| Caramelized Onions 18" Thin | 50 | 35 | 4g | 1.5g | 0g | 0mg | 40mg | 4g | < 1g | 2g | 0g |
| Caramelized Onions Heckuva Slice | 50 | 35 | 4g | 1.5g | 0g | 0mg | 40mg | 4g | < 1g | 2g | 0g |
| Caramelized Onions Kid Slice | 25 | 15 | 2g | 1g | 0g | 0mg | 20mg | 2g | 0g | < 1g | 0g |



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Nutritional Guide

| | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|----------------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| TOPPINGS (Cont...) | | | | | | | | | | | |
| Chicken 10" Gluten Friendly | 160 | 35 | 3.5g | 1g | 0g | 80mg | 810mg | 2g | 0g | 1g | 28g |
| Chicken 10" Pan | 25 | 5 | 0.5g | 0g | 0g | 15mg | 135mg | 0g | 0g | 0g | 5g |
| Chicken 10" Stuffed | 40 | 10 | 1g | 0g | 0g | 20mg | 200mg | < 1g | 0g | 0g | 7g |
| Chicken 12" Pan | 30 | 5 | 0.5g | 0g | 0g | 15mg | 150mg | 0g | 0g | 0g | 5g |
| Chicken 12" Stuffed | 40 | 10 | 1g | 0g | 0g | 20mg | 200mg | < 1g | 0g | 0g | 7g |
| Chicken 12" Thin | 80 | 15 | 1.5g | 0.5g | 0g | 40mg | 400mg | 1g | 0g | < 1g | 14g |
| Chicken 16" Thin | 90 | 20 | 2g | 0.5g | 0g | 45mg | 470mg | 1g | 0g | < 1g | 17g |
| Chicken 18" Thin | 90 | 20 | 2g | 0.5g | 0g | 45mg | 450mg | 1g | 0g | < 1g | 16g |
| Chicken Heckuva Slice | 90 | 20 | 2g | 0.5g | 0g | 45mg | 450mg | 1g | 0g | < 1g | 16g |
| Chicken Kid Slice | 45 | 10 | 1g | 0g | 0g | 20mg | 230mg | < 1g | 0g | 0g | 8g |
| Fresh Basil 10" Gluten Friendly | 0 | 0 | 0g | 0g | ** | 0mg | 0mg | 0g | 0g | 0g | 0g |
| Fresh Basil 10" Pan | 0 | 0 | 0g | 0g | ** | 0mg | 0mg | 0g | 0g | 0g | 0g |
| Fresh Basil 10" Stuffed | 0 | 0 | 0g | 0g | ** | 0mg | 0mg | 0g | 0g | 0g | 0g |
| Fresh Basil 12" Pan | 0 | 0 | 0g | 0g | ** | 0mg | 0mg | 0g | 0g | 0g | 0g |
| Fresh Basil 12" Stuffed | 0 | 0 | 0g | 0g | ** | 0mg | 0mg | 0g | 0g | 0g | 0g |
| Fresh Basil 12" Thin | 0 | 0 | 0g | 0g | ** | 0mg | 0mg | 0g | 0g | 0g | 0g |
| Fresh Basil 16" Thin | 0 | 0 | 0g | 0g | ** | 0mg | 0mg | 0g | 0g | 0g | 0g |
| Fresh Basil 18" Thin | 0 | 0 | 0g | 0g | ** | 0mg | 0mg | 0g | 0g | 0g | 0g |
| Fresh Basil Heckuva Slice | 0 | 0 | 0g | 0g | ** | 0mg | 0mg | 0g | 0g | 0g | 0g |
| Fresh Basil Kid Slice | 0 | 0 | 0g | 0g | ** | 0mg | 0mg | 0g | 0g | 0g | 0g |
| Green Olives 10" Gluten Friendly | 90 | 80 | 9g | 0g | 0g | 0mg | 1100mg | 4g | 0g | 0g | 0g |
| Green Olives 10" Pan | 25 | 20 | 2.5g | 0g | 0g | 0mg | 270mg | < 1g | 0g | 0g | 0g |
| Green Olives 10" Stuffed | 70 | 60 | 7g | 0g | 0g | 0mg | 820mg | 3g | 0g | 0g | 0g |
| Green Olives 12" Pan | 30 | 25 | 3g | 0g | 0g | 0mg | 340mg | 1g | 0g | 0g | 0g |
| Green Olives 12" Stuffed | 70 | 60 | 7g | 0g | 0g | 0mg | 820mg | 3g | 0g | 0g | 0g |
| Green Olives 12" Thin | 45 | 40 | 4.5g | 0g | 0g | 0mg | 550mg | 2g | 0g | 0g | 0g |
| Green Olives 16" Thin | 60 | 45 | 6g | 0g | 0g | 0mg | 640mg | 2g | 0g | 0g | 0g |
| Green Olives 18" Thin | 50 | 45 | 5g | 0g | 0g | 0mg | 620mg | 2g | 0g | 0g | 0g |
| Green Olives Heckuva Slice | 50 | 45 | 5g | 0g | 0g | 0mg | 620mg | 2g | 0g | 0g | 0g |
| Green Olives Kid Slice | 25 | 20 | 2.5g | 0g | 0g | 0mg | 310mg | 1g | 0g | 0g | 0g |



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Nutritional Guide

| | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|-----------------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| TOPPINGS (Cont...) | | | | | | | | | | | |
| Green Peppers 10" Gluten Friendly | 10 | 0 | 0g | 0g | ** | 0mg | 0mg | 3g | < 1g | 1g | 0g |
| Green Peppers 10" Pan | <5 | 0 | 0g | 0g | ** | 0mg | 0mg | < 1g | 0g | 0g | 0g |
| Green Peppers 10" Stuffed | <5 | 0 | 0g | 0g | ** | 0mg | 0mg | < 1g | 0g | 0g | 0g |
| Green Peppers 12" Pan | <5 | 0 | 0g | 0g | ** | 0mg | 0mg | < 1g | 0g | 0g | 0g |
| Green Peppers 12" Stuffed | <5 | 0 | 0g | 0g | ** | 0mg | 0mg | < 1g | 0g | 0g | 0g |
| Green Peppers 12" Thin | 5 | 0 | 0g | 0g | ** | 0mg | 0mg | 1g | 0g | < 1g | 0g |
| Green Peppers 16" Thin | 5 | 0 | 0g | 0g | ** | 0mg | 0mg | 2g | < 1g | < 1g | 0g |
| Green Peppers 18" Thin | 5 | 0 | 0g | 0g | ** | 0mg | 0mg | 1g | < 1g | < 1g | 0g |
| Green Peppers Heckuva Slice | 5 | 0 | 0g | 0g | ** | 0mg | 0mg | 1g | < 1g | < 1g | 0g |
| Green Peppers Kid Slice | <5 | 0 | 0g | 0g | ** | 0mg | 0mg | < 1g | 0g | 0g | 0g |
| Jalapeño 10" Gluten Friendly | 0 | 0 | 0g | 0g | 0g | 0mg | 410mg | < 1g | < 1g | 0g | 0g |
| Jalapeño 10" Pan | 0 | 0 | 0g | 0g | 0g | 0mg | 135mg | 0g | 0g | 0g | 0g |
| Jalapeño 10" Stuffed | 0 | 0 | 0g | 0g | 0g | 0mg | 135mg | 0g | 0g | 0g | 0g |
| Jalapeño 12" Pan | 0 | 0 | 0g | 0g | 0g | 0mg | 150mg | 0g | 0g | 0g | 0g |
| Jalapeño 12" Stuffed | 0 | 0 | 0g | 0g | 0g | 0mg | 150mg | 0g | 0g | 0g | 0g |
| Jalapeño 12" Thin | 0 | 0 | 0g | 0g | 0g | 0mg | 200mg | 0g | 0g | 0g | 0g |
| Jalapeño 16" Thin | 0 | 0 | 0g | 0g | 0g | 0mg | 270mg | < 1g | < 1g | 0g | 0g |
| Jalapeño 18" Thin | 0 | 0 | 0g | 0g | 0g | 0mg | 300mg | < 1g | < 1g | 0g | 0g |
| Jalapeño Heckuva Slice | 0 | 0 | 0g | 0g | 0g | 0mg | 300mg | < 1g | < 1g | 0g | 0g |
| Jalapeño Kid Slice | 0 | 0 | 0g | 0g | 0g | 0mg | 150mg | 0g | 0g | 0g | 0g |
| Meatballs 10" Pan | 50 | 35 | 4g | 1.5g | 0g | 20mg | 115mg | 2g | 0g | 0g | 3g |
| Meatballs 10" Stuffed | 90 | 60 | 7g | 3g | 0g | 30mg | 200mg | 3g | 0g | 0g | 5g |
| Meatballs 12" Pan | 60 | 40 | 4.5g | 2g | 0g | 20mg | 130mg | 2g | 0g | 0g | 3g |
| Meatballs 12" Stuffed | 100 | 70 | 7g | 3g | 0g | 35mg | 220mg | 4g | 0g | 0g | 5g |
| Meatballs 12" Thin | 160 | 110 | 12g | 5g | 0g | 55mg | 350mg | 6g | 0g | 0g | 8g |
| Meatballs 16" Thin | 190 | 130 | 14g | 6g | 0g | 65mg | 410mg | 7g | 0g | 0g | 9g |
| Meatballs 18" Thin | 180 | 120 | 13g | 6g | 0g | 60mg | 390mg | 7g | 0g | 0g | 9g |
| Meatballs Heckuvauva Slice | 180 | 120 | 13g | 6g | 0g | 60mg | 390mg | 7g | 0g | 0g | 9g |
| Meatballs Kid Slice | 90 | 60 | 7g | 3g | 0g | 30mg | 200mg | 3g | 0g | 0g | 4g |
| Mushrooms 10" Gluten Friendly | 20 | 0 | 0g | 0g | ** | 0mg | 0mg | 3g | < 1g | 2g | 3g |
| Mushrooms 10" Pan | <5 | 0 | 0g | 0g | ** | 0mg | 0mg | 0g | 0g | 0g | 0g |
| Mushrooms 10" Stuffed | 5 | 0 | 0g | 0g | ** | 0mg | 0mg | 1g | 0g | < 1g | 1g |
| Mushrooms 12" Pan | <5 | 0 | 0g | 0g | ** | 0mg | 0mg | < 1g | 0g | 0g | < 1g |
| Mushrooms 12" Stuffed | 10 | 0 | 0g | 0g | ** | 0mg | 0mg | 1g | 0g | < 1g | 1g |
| Mushrooms 12" Thin | 10 | 0 | 0g | 0g | ** | 0mg | 0mg | 1g | 0g | < 1g | 1g |
| Mushrooms 16" Thin | 10 | 0 | 0g | 0g | ** | 0mg | 0mg | 2g | 0g | < 1g | 1g |
| Mushrooms 18" Thin | 10 | 0 | 0g | 0g | ** | 0mg | 0mg | 2g | 0g | < 1g | 2g |
| Mushrooms Heckuvauva Slice | 10 | 0 | 0g | 0g | ** | 0mg | 0mg | 2g | 0g | < 1g | 2g |
| Mushrooms Kid Slice | 5 | 0 | 0g | 0g | ** | 0mg | 0mg | < 1g | 0g | 0g | < 1g |



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Nutritional Guide

| | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|-------------------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| TOPPINGS (Cont...) | | | | | | | | | | | |
| Onions 10" Gluten Friendly | 25 | 0 | 0g | 0g | ** | 0mg | 0mg | 5g | < 1g | 2g | < 1g |
| Onions 10" Pan | 10 | 0 | 0g | 0g | ** | 0mg | 0mg | 2g | 0g | < 1g | 0g |
| Onions 10" Stuffed | 15 | 0 | 0g | 0g | ** | 0mg | 0mg | 3g | < 1g | 1g | 0g |
| Onions 12" Pan | 10 | 0 | 0g | 0g | ** | 0mg | 0mg | 2g | 0g | < 1g | 0g |
| Onions 12" Stuffed | 15 | 0 | 0g | 0g | ** | 0mg | 0mg | 3g | < 1g | 2g | 0g |
| Onions 12" Thin | 10 | 0 | 0g | 0g | ** | 0mg | 0mg | 3g | 0g | 1g | 0g |
| Onions 16" Thin | 15 | 0 | 0g | 0g | ** | 0mg | 0mg | 3g | < 1g | 1g | 0g |
| Onions 18" Thin | 15 | 0 | 0g | 0g | ** | 0mg | 0mg | 3g | < 1g | 1g | 0g |
| Onions Heckuva Slice | 15 | 0 | 0g | 0g | ** | 0mg | 0mg | 3g | < 1g | 1g | 0g |
| Onions Kid Slice | 5 | 0 | 0g | 0g | ** | 0mg | 0mg | 1g | 0g | < 1g | 0g |
| Pepperoni 10" Gluten Friendly | 230 | 170 | 19g | 8g | 0g | 55mg | 910mg | 0g | 0g | 0g | 13g |
| Pepperoni 10" Pan | 30 | 20 | 2.5g | 1g | 0g | 5mg | 115mg | 0g | 0g | 0g | 2g |
| Pepperoni 10" Stuffed | 190 | 140 | 16g | 6g | 0g | 45mg | 760mg | 0g | 0g | 0g | 11g |
| Pepperoni 12" Pan | 35 | 25 | 3g | 1g | 0g | 10mg | 140mg | 0g | 0g | 0g | 2g |
| Pepperoni 12" Stuffed | 210 | 160 | 18g | 7g | 0g | 55mg | 850mg | 0g | 0g | 0g | 12g |
| Pepperoni 12" Thin | 110 | 90 | 9g | 4g | 0g | 30mg | 450mg | 0g | 0g | 0g | 7g |
| Pepperoni 16" Thin | 130 | 100 | 11g | 4.5g | 0g | 35mg | 530mg | 0g | 0g | 0g | 8g |
| Pepperoni 18" Thin | 130 | 100 | 11g | 4.5g | 0g | 30mg | 510mg | 0g | 0g | 0g | 7g |
| Pepperoni Heckuva Slice | 130 | 100 | 11g | 4.5g | 0g | 30mg | 510mg | 0g | 0g | 0g | 7g |
| Pepperoni Kid Slice | 60 | 50 | 5g | 2g | 0g | 15mg | 260mg | 0g | 0g | 0g | 4g |
| Pineapple 10" Gluten Friendly | 50 | 0 | 0g | 0g | 0g | 0mg | 0mg | 13g | < 1g | 12g | < 1g |
| Pineapple 10" Pan | 10 | 0 | 0g | 0g | 0g | 0mg | 0mg | 3g | 0g | 3g | 0g |
| Pineapple 10" Stuffed | 25 | 0 | 0g | 0g | 0g | 0mg | 0mg | 7g | 0g | 6g | 0g |
| Pineapple 12" Pan | 10 | 0 | 0g | 0g | 0g | 0mg | 0mg | 3g | 0g | 3g | 0g |
| Pineapple 12" Stuffed | 25 | 0 | 0g | 0g | 0g | 0mg | 0mg | 7g | 0g | 6g | 0g |
| Pineapple 12" Thin | 25 | 0 | 0g | 0g | 0g | 0mg | 0mg | 7g | 0g | 6g | 0g |
| Pineapple 16" Thin | 25 | 0 | 0g | 0g | 0g | 0mg | 0mg | 7g | 0g | 7g | 0g |
| Pineapple 18" Thin | 30 | 0 | 0g | 0g | 0g | 0mg | 0mg | 8g | 0g | 7g | 0g |
| Pineapple Heckuva Slice | 30 | 0 | 0g | 0g | 0g | 0mg | 0mg | 8g | 0g | 7g | 0g |
| Pineapple Kid Slice | 15 | 0 | 0g | 0g | 0g | 0mg | 0mg | 4g | 0g | 4g | 0g |
| Poblano Peppers 10" Gluten Friendly | 10 | 0 | 0g | 0g | 0g | 0mg | 10mg | 3g | 1g | 1g | < 1g |
| Poblano Peppers 10" Pan | <5 | 0 | 0g | 0g | 0g | 0mg | 0mg | < 1g | 0g | 0g | 0g |
| Poblano Peppers 10" Stuffed | <5 | 0 | 0g | 0g | 0g | 0mg | 0mg | < 1g | 0g | 0g | 0g |
| Poblano Peppers 12" Pan | <5 | 0 | 0g | 0g | 0g | 0mg | 0mg | < 1g | 0g | 0g | 0g |
| Poblano Peppers 12" Stuffed | <5 | 0 | 0g | 0g | 0g | 0mg | 0mg | < 1g | 0g | 0g | 0g |
| Poblano Peppers 12" Thin | 5 | 0 | 0g | 0g | 0g | 0mg | 5mg | 1g | < 1g | < 1g | 0g |
| Poblano Peppers 16" Thin | 5 | 0 | 0g | 0g | 0g | 0mg | 5mg | 2g | < 1g | < 1g | 0g |
| Poblano Peppers 18" Thin | 5 | 0 | 0g | 0g | 0g | 0mg | 5mg | 2g | < 1g | < 1g | 0g |
| Poblano Peppers Heckuva Slice | 5 | 0 | 0g | 0g | 0g | 0mg | 5mg | 2g | < 1g | < 1g | 0g |
| Poblano Peppers Kid Slice | <5 | 0 | 0g | 0g | 0g | 0mg | 0mg | < 1g | 0g | 0g | 0g |

| | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|------------------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| TOPPINGS (Cont...) | | | | | | | | | | | |
| Portobello 10" Gluten Friendly | 20 | 0 | 0g | 0g | ** | 0mg | 10mg | 3g | 1g | 2g | 2g |
| Portobello 10" Pan | <5 | 0 | 0g | 0g | ** | 0mg | 0mg | < 1g | 0g | 0g | 0g |
| Portobello 10" Stuffed | 5 | 0 | 0g | 0g | ** | 0mg | 0mg | 1g | 0g | < 1g | < 1g |
| Portobello 12" Pan | <5 | 0 | 0g | 0g | ** | 0mg | 0mg | < 1g | 0g | 0g | 0g |
| Portobello 12" Stuffed | 5 | 0 | 0g | 0g | ** | 0mg | 0mg | 1g | 0g | < 1g | < 1g |
| Portobello 12" Thin | 10 | 0 | 0g | 0g | ** | 0mg | 0mg | 2g | < 1g | 1g | < 1g |
| Portobello 16" Thin | 10 | 0 | 0g | 0g | ** | 0mg | 0mg | 2g | < 1g | 1g | < 1g |
| Portobello 18" Thin | 10 | 0 | 0g | 0g | ** | 0mg | 0mg | 2g | < 1g | 1g | 1g |
| Portobello Heckuva Slice | 10 | 0 | 0g | 0g | ** | 0mg | 0mg | 2g | < 1g | 1g | 1g |
| Portobello Kid Slice | 5 | 0 | 0g | 0g | ** | 0mg | 0mg | < 1g | 0g | < 1g | < 1g |
| Red Onions 10" Gluten Friendly | 35 | 0 | 0g | 0g | ** | 0mg | 0mg | 8g | 1g | 4g | < 1g |
| Red Onions 10" Pan | 10 | 0 | 0g | 0g | ** | 0mg | 0mg | 2g | 0g | 1g | 0g |
| Red Onions 10" Stuffed | 20 | 0 | 0g | 0g | ** | 0mg | 0mg | 4g | < 1g | 2g | < 1g |
| Red Onions 12" Pan | 10 | 0 | 0g | 0g | ** | 0mg | 0mg | 2g | 0g | 1g | 0g |
| Red Onions 12" Stuffed | 20 | 0 | 0g | 0g | ** | 0mg | 0mg | 4g | < 1g | 2g | < 1g |
| Red Onions 12" Thin | 15 | 0 | 0g | 0g | ** | 0mg | 0mg | 4g | < 1g | 2g | 0g |
| Red Onions 16" Thin | 20 | 0 | 0g | 0g | ** | 0mg | 0mg | 4g | < 1g | 2g | < 1g |
| Red Onions 18" Thin | 20 | 0 | 0g | 0g | ** | 0mg | 0mg | 5g | < 1g | 2g | < 1g |
| Red Onions Heckuva Slice | 20 | 0 | 0g | 0g | ** | 0mg | 0mg | 5g | < 1g | 2g | < 1g |
| Red Onions Kid Slice | 10 | 0 | 0g | 0g | ** | 0mg | 0mg | 2g | 0g | 1g | 0g |
| Roasted Garlic 10" Gluten Friendly | 60 | 20 | 2.5g | 0g | ** | 0mg | 0mg | 9g | < 1g | 0g | 2g |
| Roasted Garlic 10" Pan | 15 | 5 | 0.5g | 0g | ** | 0mg | 0mg | 2g | 0g | 0g | 0g |
| Roasted Garlic 10" Stuffed | 20 | 5 | 1g | 0g | ** | 0mg | 0mg | 3g | 0g | 0g | < 1g |
| Roasted Garlic 12" Pan | 15 | 5 | 0.5g | 0g | ** | 0mg | 0mg | 2g | 0g | 0g | 0g |
| Roasted Garlic 12" Stuffed | 20 | 10 | 1g | 0g | ** | 0mg | 0mg | 3g | 0g | 0g | < 1g |
| Roasted Garlic 12" Thin | 30 | 10 | 1g | 0g | ** | 0mg | 0mg | 4g | 0g | 0g | < 1g |
| Roasted Garlic 16" Thin | 30 | 10 | 1g | 0g | ** | 0mg | 0mg | 4g | 0g | 0g | < 1g |
| Roasted Garlic 18" Thin | 30 | 10 | 1g | 0g | ** | 0mg | 0mg | 4g | 0g | 0g | < 1g |
| Roasted Garlic Heckuva Slice | 30 | 10 | 1g | 0g | ** | 0mg | 0mg | 4g | 0g | 0g | < 1g |
| Roasted Garlic Kid Slice | 15 | 5 | 0.5g | 0g | ** | 0mg | 0mg | 2g | 0g | 0g | 0g |
| Salami 10" Gluten Friendly | 210 | 160 | 17g | 7g | 0g | 45mg | 900mg | 2g | 0g | 2g | 11g |
| Salami 10" Pan | 50 | 40 | 4g | 1.5g | 0g | 10mg | 220mg | 0g | 0g | 0g | 3g |
| Salami 10" Stuffed | 160 | 120 | 13g | 5g | 0g | 35mg | 670mg | 1g | 0g | 1g | 8g |
| Salami 12" Pan | 50 | 40 | 4g | 1.5g | 0g | 10mg | 220mg | 0g | 0g | 0g | 3g |
| Salami 12" Stuffed | 170 | 130 | 14g | 6g | 0g | 35mg | 730mg | 2g | 0g | 2g | 9g |
| Salami 12" Thin | 100 | 80 | 8g | 3.5g | 0g | 20mg | 450mg | < 1g | 0g | < 1g | 5g |
| Salami 16" Thin | 120 | 90 | 10g | 4g | 0g | 25mg | 520mg | 1g | 0g | 1g | 6g |
| Salami 18" Thin | 120 | 90 | 10g | 4g | 0g | 25mg | 500mg | 1g | 0g | 1g | 6g |
| Salami Heckuva Slice | 120 | 90 | 10g | 4g | 0g | 25mg | 500mg | 1g | 0g | 1g | 6g |
| Salami Kid Slice | 60 | 45 | 5g | 2g | 0g | 15mg | 250mg | < 1g | 0g | < 1g | 3g |



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Nutritional Guide

| | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| TOPPINGS (Cont...) | | | | | | | | | | | |
| Sausage 10" Gluten Friendly | 430 | 320 | 36g | 13g | 0g | 120mg | 1330mg | 0g | 0g | 0g | 28g |
| Sausage 10" Pan | 60 | 45 | 5g | 2g | 0g | 15mg | 180mg | 0g | 0g | 0g | 4g |
| Sausage 10" Stuffed | 110 | 80 | 9g | 3g | 0g | 30mg | 330mg | 0g | 0g | 0g | 7g |
| Sausage 12" Pan | 60 | 45 | 5g | 2g | 0g | 15mg | 190mg | 0g | 0g | 0g | 4g |
| Sausage 12" Stuffed | 110 | 80 | 9g | 3g | 0g | 30mg | 330mg | 0g | 0g | 0g | 7g |
| Sausage 12" Thin | 220 | 160 | 18g | 6g | 0g | 60mg | 660mg | 0g | 0g | 0g | 14g |
| Sausage 16" Thin | 190 | 140 | 16g | 6g | 0g | 55mg | 590mg | 0g | 0g | 0g | 12g |
| Sausage 18" Thin | 220 | 160 | 18g | 6g | 0g | 60mg | 660mg | 0g | 0g | 0g | 14g |
| Sausage Heckuva Slice | 220 | 160 | 18g | 6g | 0g | 60mg | 660mg | 0g | 0g | 0g | 14g |
| Sausage Kid Slice | 110 | 80 | 9g | 3g | 0g | 30mg | 330mg | 0g | 0g | 0g | 7g |
| Spiced Feta Cheese 10" Gluten Friendly | 110 | 80 | 9g | 5g | 0g | 30mg | 430mg | 2g | 2g | 0g | 8g |
| Spiced Feta Cheese 10" Pan | 25 | 15 | 2g | 1g | 0g | 5mg | 95mg | 0g | 0g | 0g | 2g |
| Spiced Feta Cheese 10" Stuffed | 30 | 20 | 2.5g | 1.5g | 0g | 10mg | 120mg | 0g | 0g | 0g | 2g |
| Spiced Feta Cheese 12" Pan | 25 | 20 | 2.5g | 1.5g | 0g | 10mg | 105mg | 0g | 0g | 0g | 2g |
| Spiced Feta Cheese 12" Stuffed | 30 | 20 | 2.5g | 1.5g | 0g | 10mg | 125mg | 0g | 0g | 0g | 2g |
| Spiced Feta Cheese 12" Thin | 50 | 40 | 4.5g | 2.5g | 0g | 15mg | 210mg | < 1g | < 1g | 0g | 4g |
| Spiced Feta Cheese 16" Thin | 60 | 40 | 5g | 3g | 0g | 15mg | 240mg | < 1g | < 1g | 0g | 4g |
| Spiced Feta Cheese 18" Thin | 50 | 40 | 4.5g | 2.5g | 0g | 15mg | 210mg | < 1g | < 1g | 0g | 4g |
| Spiced Feta Cheese Heckuva Slice | 50 | 40 | 4.5g | 2.5g | 0g | 15mg | 210mg | < 1g | < 1g | 0g | 4g |
| Spiced Feta Cheese Kid Slice | 25 | 20 | 2.5g | 1.5g | 0g | 10mg | 105mg | 0g | 0g | 0g | 2g |
| Spinach 10" Gluten Friendly | 15 | 0 | 0g | 0g | ** | 0mg | 45mg | 2g | 1g | 0g | 2g |
| Spinach 10" Pan | <5 | 0 | 0g | 0g | ** | 0mg | 10mg | < 1g | 0g | 0g | 0g |
| Spinach 10" Stuffed | 5 | 0 | 0g | 0g | ** | 0mg | 20mg | < 1g | < 1g | 0g | < 1g |
| Spinach 12" Pan | <5 | 0 | 0g | 0g | ** | 0mg | 10mg | < 1g | 0g | 0g | 0g |
| Spinach 12" Stuffed | 5 | 0 | 0g | 0g | ** | 0mg | 20mg | < 1g | < 1g | 0g | < 1g |
| Spinach 12" Thin | 5 | 0 | 0g | 0g | ** | 0mg | 20mg | 1g | < 1g | 0g | < 1g |
| Spinach 16" Thin | 10 | 0 | 0g | 0g | ** | 0mg | 25mg | 1g | < 1g | 0g | < 1g |
| Spinach 18" Thin | 5 | 0 | 0g | 0g | ** | 0mg | 25mg | 1g | < 1g | 0g | < 1g |
| Spinach Heckuva Slice | 5 | 0 | 0g | 0g | ** | 0mg | 25mg | 1g | < 1g | 0g | < 1g |
| Spinach Kid Slice | <5 | 0 | 0g | 0g | ** | 0mg | 15mg | < 1g | 0g | 0g | 0g |
| Sun Dried Tomatoes 10" Gluten Friendly | 140 | 0 | 0g | 0g | 0g | 0mg | 140mg | 24g | 4g | 16g | 8g |
| Sun Dried Tomatoes 10" Pan | 25 | 0 | 0g | 0g | 0g | 0mg | 25mg | 4g | < 1g | 3g | 1g |
| Sun Dried Tomatoes 10" Stuffed | 35 | 0 | 0g | 0g | 0g | 0mg | 35mg | 6g | 1g | 4g | 2g |
| Sun Dried Tomatoes 12" Pan | 25 | 0 | 0g | 0g | 0g | 0mg | 25mg | 5g | < 1g | 3g | 2g |
| Sun Dried Tomatoes 12" Stuffed | 45 | 0 | 0g | 0g | 0g | 0mg | 45mg | 8g | 1g | 5g | 3g |
| Sun Dried Tomatoes 12" Thin | 70 | 0 | 0g | 0g | 0g | 0mg | 70mg | 12g | 2g | 8g | 4g |
| Sun Dried Tomatoes 16" Thin | 80 | 0 | 0g | 0g | 0g | 0mg | 85mg | 14g | 2g | 9g | 5g |
| Sun Dried Tomatoes 18" Thin | 80 | 0 | 0g | 0g | 0g | 0mg | 80mg | 14g | 2g | 9g | 5g |
| Sun Dried Tomatoes Heckuva Slice | 80 | 0 | 0g | 0g | 0g | 0mg | 80mg | 14g | 2g | 9g | 5g |
| Sun Dried Tomatoes Kid Slice | 40 | 0 | 0g | 0g | 0g | 0mg | 40mg | 7g | 1g | 5g | 2g |



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Nutritional Guide

| | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|------------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| TOPPINGS (Cont...) | | | | | | | | | | | |
| Tomatoes 10" Gluten Friendly | 35 | 0 | 0g | 0g | ** | 0mg | 10mg | 8g | 2g | 5g | 2g |
| Tomatoes 10" Pan | <5 | 0 | 0g | 0g | ** | 0mg | 0mg | < 1g | 0g | < 1g | 0g |
| Tomatoes 10" Stuffed | 10 | 0 | 0g | 0g | ** | 0mg | 0mg | 2g | < 1g | 1g | 0g |
| Tomatoes 12" Pan | <5 | 0 | 0g | 0g | ** | 0mg | 0mg | < 1g | 0g | < 1g | 0g |
| Tomatoes 12" Stuffed | 10 | 0 | 0g | 0g | ** | 0mg | 0mg | 2g | < 1g | 1g | 0g |
| Tomatoes 12" Thin | 20 | 0 | 0g | 0g | ** | 0mg | 0mg | 4g | 1g | 3g | < 1g |
| Tomatoes 16" Thin | 45 | 0 | 0.5g | 0g | ** | 0mg | 15mg | 10g | 3g | 7g | 2g |
| Tomatoes 18" Thin | 15 | 0 | 0g | 0g | ** | 0mg | 0mg | 3g | 1g | 2g | < 1g |
| Tomatoes Heckuva Slice | 15 | 0 | 0g | 0g | ** | 0mg | 0mg | 3g | 1g | 2g | < 1g |
| Tomatoes Kid Slice | 10 | 0 | 0g | 0g | ** | 0mg | 0mg | 2g | < 1g | 1g | 0g |



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Nutritional Guide

| | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| DESSERTS (Totals Listed Per Serving, Serves 3) | | | | | | | | | | | |
| Grandma's Classic Cheesecake | 400 | 220 | 25g | 14g | 1g | 105mg | 300mg | 36g | 1g | 24g | 6g |
| The Original Pizza Cookie: Chocolate Chip Cookie | 550 | 240 | 27g | 13g | 0g | 55mg | 330mg | 73g | 2g | 51g | 7g |
| The Original Pizza Cookie: Peanut Butter Chocolate Chip | 570 | 250 | 28g | 14g | 0g | 55mg | 330mg | 75g | 2g | 54g | 7g |
| The Original Pizza Cookie: White Chocolate Macadamia Nut | 580 | 270 | 29g | 13g | 0g | 55mg | 340mg | 70g | 0g | 50g | 8g |
| KID'S (Pasta Totals Include Garlic Bread) | | | | | | | | | | | |
| Cheese Pizza Slice | 360 | 190 | 19g | 12g | 0.5g | 20mg | 540mg | 26g | 1g | 1g | 20g |
| Chicken in a Basket | 420 | 220 | 25g | 2.5g | 0g | 60mg | 640mg | 27g | 1g | 8g | 23g |
| Mac N' Cheese | 790 | 410 | 47g | 24g | 2.5g | 170mg | 1110mg | 69g | 2g | 5g | 22g |
| Pasta Angel Hair | 400 | 80 | 10g | 1.5g | 2g | 35mg | 660mg | 66g | 2g | 2g | 11g |
| Pasta Cheese Ravioli | 420 | 150 | 18g | 4.5g | 2g | 30mg | 500mg | 55g | 1g | 2g | 12g |
| Pasta Corkscrew | 400 | 80 | 10g | 1.5g | 2g | 35mg | 660mg | 66g | 2g | 2g | 11g |
| Pasta Penne | 400 | 80 | 10g | 1.5g | 2g | 0mg | 280mg | 66g | 2g | 2g | 11g |
| Butter Sauce for pasta | 200 | 200 | 22g | 10g | 0g | 0mg | 220mg | 0g | 0g | 0g | 0g |
| Marinara sauce for pasta | 40 | 30 | 3.5g | 0.5g | 0g | 0mg | 250mg | 3g | < 1g | 1g | 1g |
| Meat Sauce for pasta | 110 | 60 | 7g | 2g | 0g | 5mg | 380mg | 9g | 3g | 6g | 4g |
| KID'S EXTRAS | | | | | | | | | | | |
| Chicken | 160 | 80 | 9g | 1.5g | 0g | 50mg | 670mg | 3g | 0g | 2g | 18g |
| Meatball | 240 | 160 | 18g | 8g | 0.5g | 45mg | 570mg | 4g | 1g | 1g | 12g |
| Broccoli | 50 | 0 | 0.5g | 0g | ** | 0mg | 45mg | 9g | 4g | 2g | 4g |
| Fruit Orange | 60 | 0 | 0g | 0g | ** | 0mg | 0mg | 16g | 3g | 13g | < 1g |
| KID'S DRINKS | | | | | | | | | | | |
| Apple Juice | 50 | 0 | 0g | 0g | 0g | 0mg | 5mg | 13g | 0g | 12g | 0g |
| Chocolate Milk | 280 | 110 | 12g | 8g | 0g | 45mg | 190mg | 29g | 0g | 26g | 12g |
| Milk | 220 | 110 | 12g | 8g | 0g | 45mg | 170mg | 17g | 0g | 17g | 12g |
| GLUTEN FRIENDLY | | | | | | | | | | | |
| Brussels Sprouts - Serves 2 | 490 | 420 | 47g | 7g | 0g | < 5mg | 750mg | 16g | 6g | 4g | 6g |
| Bunch O' Chicken - Serves 2 | 310 | 170 | 18g | 3g | 0g | 80mg | 1170mg | 5g | 0g | 4g | 28g |
| Lots O Broccoli - Serves 2 | 250 | 210 | 23g | 11g | 0g | 0mg | 870mg | 8g | 0g | 0g | 5g |
| Lawrence's Stuffed Shrooms (w/Chicken) - Serves 2 | 340 | 190 | 23 | 9g | 0g | 45mg | 1185mg | 9g | 3g | 5g | 23g |
| All Kale Caesar (No Cheese-tons/Croutons) | 1050 | 740 | 82g | 22g | 0g | 105mg | 2110mg | 55g | 10g | < 1g | 32g |
| The Antipasto Thing (No Cheese-tons) | 1140 | 690 | 82g | 33g | 0g | 145mg | 4550mg | 121g | 13g | 17g | 55g |
| The Big Beefstro (No Crispy Onions) | 850 | 500 | 54g | 14g | 0g | 130mg | 1990mg | 24g | 8g | 13g | 62g |
| Julius Caesar, Big (No Croutons) | 580 | 480 | 53g | 14g | 0g | 65mg | 1280mg | 13g | 6g | 3g | 17g |
| Julius Caesar, Real Big (No Croutons) | 900 | 730 | 81g | 22g | 0g | 105mg | 2010mg | 18g | 8g | 5g | 27g |
| Oregano's Favorite | 850 | 540 | 63g | 8g | 5g | 40mg | 1580mg | 64g | 13g | 37g | 18g |



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|---|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| GLUTEN FRIENDLY (Cont...) | | | | | | | | | | | |
| Pablo Picasso w/Chicken | 1420 | 910 | 102g | 35g | 0g | 150mg | 2590mg | 61g | 12g | 13g | 53g |
| Pablo Picasso w/Pinto Beans | 1460 | 860 | 98g | 33g | 0g | 70mg | 2200mg | 93g | 19g | 13g | 40g |
| Power Greens | 1380 | 870 | 99g | 25g | 0g | 55mg | 2810mg | 96g | 12g | 63g | 37g |
| Simple House, Big (No Croutons, w/o Dressing) | 70 | 10 | 1g | 0g | 0g | 0mg | 290mg | 14g | 7g | 6g | 4g |
| Simple House, Real Big (No Croutons, w/o Dressing) | 100 | 10 | 1.5g | 0g | 0g | 0mg | 430mg | 19g | 10g | 8g | 6g |
| Vino Bambino (No Pasta) | 1210 | 660 | 73g | 17g | 0g | 185mg | 3210mg | 62g | 16g | 28g | 72g |
| Alfredo the Dark (Gluten Friendly Penne) | 1300 | 730 | 81g | 48g | 2g | 285mg | 1690mg | 120g | 4g | 8g | 30g |
| Big Rig (Gluten Friendly Penne) | 1270 | 660 | 74g | 44g | 0g | 240mg | 1310mg | 130g | 6g | 6g | 23g |
| The Original Bollo w/Marinara (Gluten Friendly Penne) | 630 | 140 | 15g | 2g | 0g | 5mg | 750mg | 117g | 5g | 4g | 13g |
| Pizza- Gluten Friendly Crust 10" Cheese | 710 | 420 | 43g | 28g | 0g | 40mg | 520mg | 45g | 2g | 6g | 41g |
| BEER (Bottles) | | | | | | | | | | | |
| Angry Orchard Hard Cider | 190 | 0 | 0g | 0g | 0g | 0mg | 0mg | 26g | 0g | 26g | 0g |
| Bud | 150 | 0 | 0g | ** | ** | 0mg | 10mg | 11g | 0g | ** | 1g |
| Bud Light | 100 | 0 | 0g | ** | ** | 0mg | 10mg | 5g | 0g | ** | < 1g |
| Coors Lite | 100 | 0 | 0g | 0g | ** | 0mg | 15mg | 6g | 0g | 0g | < 1g |
| Corona Extra | 150 | 0 | 0g | 0g | 0g | 0mg | 0mg | 14g | 0g | 0g | 1g |
| Four Peaks HopKnot | 150 | 0 | 0g | 0g | ** | 0mg | 15mg | 13g | 0g | 0g | 2g |
| Heineken | 140 | 0 | 0g | 0g | 0g | 0mg | 0mg | 11g | 0g | 0g | 2g |
| Leinkugel | 150 | 0 | 0g | 0g | ** | 0mg | 15mg | 13g | 0g | 0g | 2g |
| Michelob Ultra | 100 | 0 | 0g | ** | ** | 0mg | 10mg | 3g | 0g | ** | < 1g |
| Miller Lite | 100 | 0 | 0g | 0g | ** | 0mg | 15mg | 6g | 0g | 0g | < 1g |
| Moretti | 150 | 0 | 0g | 0g | ** | 0mg | 15mg | 13g | 0g | 0g | 2g |
| Odell 90 Shilling Ale | 150 | 0 | 0g | 0g | ** | 0mg | 15mg | 13g | 0g | 0g | 2g |
| Oskar Blues | 150 | 0 | 0g | 0g | ** | 0mg | 15mg | 13g | 0g | 0g | 2g |
| St. Pauli Girl NA | 150 | 0 | 0g | 0g | ** | 0mg | 15mg | 13g | 0g | 0g | 2g |
| Stella Artois | 140 | 0 | 0g | 0g | 0g | 0mg | 0mg | 12g | 0g | 0g | 1g |
| BEER (Draft) | | | | | | | | | | | |
| Blue Moon (16oz) | 210 | 0 | 0g | 0g | 0g | 0mg | 0mg | 18g | 0g | 0g | 2g |
| Blue Moon (23oz) | 310 | 0 | 0g | 0g | 0g | 0mg | 0mg | 26g | 0g | 0g | 3g |
| Bud Light (16oz) | 130 | 0 | 0g | ** | ** | 0mg | 15mg | 6g | 0g | ** | 1g |
| Bud Light (23oz) | 190 | 0 | 0g | ** | ** | 0mg | 20mg | 8g | 0g | ** | 2g |
| Dos Equis Lager (16oz) | 190 | 0 | 0g | 0g | ** | 0mg | 20mg | 16g | 0g | 0g | 2g |
| Dos Equis Lager (23oz) | 280 | 0 | 0g | 0g | ** | 0mg | 25mg | 23g | 0g | 0g | 3g |
| Four Peaks Selection (16oz) | 190 | 0 | 0g | 0g | ** | 0mg | 20mg | 16g | 0g | 0g | 2g |
| Four Peaks Selection (23oz) | 280 | 0 | 0g | 0g | ** | 0mg | 25mg | 23g | 0g | 0g | 3g |
| Lagunitas IPA (16oz) | 230 | 0 | 0g | 0g | 0g | 0mg | 0mg | 19g | 0g | 0g | 3g |
| Lagunitas IPA (23oz) | 340 | 0 | 0g | 0g | 0g | 0mg | 0mg | 28g | 0g | 0g | 4g |
| San Tan Selection (16oz) | 190 | 0 | 0g | 0g | ** | 0mg | 20mg | 16g | 0g | 0g | 2g |
| San Tan Selection (23oz) | 280 | 0 | 0g | 0g | ** | 0mg | 25mg | 23g | 0g | 0g | 3g |



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|--|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| COCKTAILS | | | | | | | | | | | |
| Anita Margarita | 290 | 0 | 0g | 0g | 0g | 0mg | 0mg | 24g | < 1g | 22g | 0g |
| Bourbon Smash | 180 | 0 | 0g | 0g | ** | 0mg | 5mg | 13g | 1g | 10g | < 1g |
| Dirty Martini | 170 | 0 | 0g | 0g | 0g | 0mg | 0mg | 11g | < 1g | 9g | 0g |
| Cosmo Martini | 170 | 0 | 0g | 0g | 0g | 0mg | 0mg | 11g | < 1g | 9g | 0g |
| Dirty Monkey | 360 | 0 | 0g | 0g | 0g | 0mg | 0mg | 29g | 0g | 27g | 0g |
| Gibbilli Bellini | 390 | 0 | 0g | 0g | 0g | 0mg | 10mg | 39g | 5g | 32g | 0g |
| Lemon Drop Martini | 230 | 0 | 0g | 0g | 0g | 0mg | 0mg | 11g | 2g | 7g | < 1g |
| Mai Tai | 300 | 0 | 0g | 0g | 0g | 0mg | 10mg | 37g | 2g | 26g | < 1g |
| Manhattan | 180 | 0 | 0g | 0g | 0g | 0mg | 0mg | 14g | < 1g | 14g | 0g |
| Moscow Mule | 200 | 0 | 0g | 0g | 0g | 0mg | 0mg | 20g | 1g | 17g | 0g |
| Old Fashioned Greyhound | 230 | 0 | 0g | 0g | ** | 0mg | 0mg | 26g | 0g | 2g | 1g |
| Old Fashioned Sangria | 200 | 0 | 0g | 0g | 0g | 0mg | 0mg | 15g | 0g | 11g | 0g |
| Old Fashioned Sangria Pitcher - Serves 4 | 210 | 0 | 0g | 0g | 0g | 0mg | 0mg | 21g | 2g | 14g | < 1g |
| Oregano's Vintage Martini | 240 | 35 | 3.5g | 0g | 0g | 0mg | 570mg | 3g | 0g | < 1g | 0g |
| Painkiller | 310 | 0 | 0g | 0g | 0g | 0mg | 15mg | 42g | 0g | 31g | 0g |
| Pom-O Margarita | 310 | 0 | 0g | 0g | 0g | 0mg | 0mg | 39g | < 1g | 36g | < 1g |
| Prickly Pear Margarita | 300 | 0 | 0g | 0g | 0g | 0mg | 0mg | 27g | < 1g | 24g | 0g |
| Sangria Blanco | 200 | 0 | 0g | 0g | 0g | 0mg | 0mg | 19g | 1g | 11g | 0g |
| The Long Island Express | 310 | 0 | 0g | 0g | 0g | 0mg | 5mg | 20g | 9g | 10g | < 1g |
| The Original Mojito | 170 | 0 | 0g | 0g | 0g | 0mg | 0mg | 11g | 1g | 8g | 0g |
| WINE (Per Glass, unless noted) | | | | | | | | | | | |
| 7 Deadly Zins Zinfandel | 160 | 0 | 0g | ** | ** | ** | ** | 5g | ** | ** | 0g |
| Beringer White Zinfandel | 140 | 0 | 0g | ** | ** | ** | ** | 6g | ** | ** | 0g |
| Lucien Albrecht (Bottle) | 740 | 0 | 0g | 0g | 0g | 0mg | 40mg | 25g | 0g | 8g | 0g |
| Candoni Pinot Grigio | 150 | 0 | 0g | ** | ** | ** | ** | 4g | ** | ** | 0g |
| Canyon Road Cabernet | 140 | 0 | 0g | ** | ** | ** | ** | 5g | ** | ** | 0g |
| Canyon Road Chardonnay | 150 | 0 | 0g | ** | ** | ** | ** | 6g | ** | ** | 0g |
| Canyon Road Merlot | 150 | 0 | 0g | ** | ** | ** | 5mg | 4g | 0g | 1g | 0g |
| Earthquake Cabernet | 140 | 0 | 0g | ** | ** | ** | ** | 5g | ** | ** | 0g |
| Kim Crawford Sauvignon Blanc | 140 | 0 | 0g | ** | ** | ** | ** | 4g | ** | ** | 0g |
| La Marca Prosecco Split | 180 | 0 | 0g | 0g | 0g | 0mg | 10mg | 6g | 0g | 2g | 0g |
| Loscano Grand Reserve Malbec | 150 | 0 | 0g | ** | ** | ** | 5mg | 4g | 0g | 1g | 0g |
| Peirano Estate Merlot | 150 | 0 | 0g | ** | ** | ** | 5mg | 4g | 0g | 1g | 0g |
| Penfolds Red Blend | 150 | 0 | 0g | 0g | ** | 0mg | 5mg | 5g | 0g | 1g | 0g |
| Prisoner Red Blend | 150 | 0 | 0g | ** | ** | ** | ** | 5g | ** | ** | 0g |
| Riunite Lambrusco Split | 160 | 0 | 0g | ** | ** | ** | ** | 5g | ** | ** | 0g |
| Row 11 Pinot Noir | 140 | 0 | 0g | ** | ** | ** | ** | 4g | ** | ** | 0g |



A 2,000 calorie daily diet is used as the basis for general nutrition advice, however, individual needs may vary.

Nutritional Guide

| | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|-------------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| WINE (Cont...) | | | | | | | | | | | |
| San Pietro Pinot Grigio | 150 | 0 | 0g | ** | ** | ** | ** | 4g | ** | ** | 0g |
| Sassoregale Sangiovese | 150 | 0 | 0g | ** | ** | ** | ** | 5g | ** | ** | 0g |
| Sextant Chardonnay | 150 | 0 | 0g | ** | ** | ** | ** | 6g | ** | ** | 0g |
| Snapdragon Riesling | 140 | 0 | 0g | ** | ** | ** | ** | 7g | ** | ** | 0g |
| Sonoma Cutrer Chardonnay | 150 | 0 | 0g | ** | ** | ** | ** | 6g | ** | ** | 0g |
| Sterling Vineyards Cabernet | 140 | 0 | 0g | ** | ** | ** | ** | 5g | ** | ** | 0g |
| Stoller Rosé | 150 | 0 | 0g | ** | ** | ** | ** | 5g | ** | ** | 0g |
| Straccali Chianti | 150 | 0 | 0g | ** | ** | ** | ** | 5g | ** | ** | 0g |
| TWISTS (Non-Alcoholic) | | | | | | | | | | | |
| Bistro Berry Twist | 250 | 0 | 0g | 0g | 0g | 0mg | 35mg | 62g | 29g | 31g | 0g |
| Mango Tango Lemonade | 270 | 0 | 0g | 0g | 0g | 0mg | 35mg | 66g | 29g | 35g | < 1g |
| Strawberry Boogie | 260 | 0 | 0g | 0g | 0g | 0mg | 35mg | 63g | 36g | 25g | < 1g |