

MOUNTAIN MIKE'S PIZZA, NUTRITIONAL INFORMATION SPREADSHEET

| | CALORIES | CALORIES FROM FAT | TOTAL FAT GMS | PDV* | SAT FAT GMS | PDV* | TRANS FAT GMS | CHOL MG | SODIUM MG | PDV* | TOTAL CARBS GMS | PDV* | DIETARY FIBER GMS | PDV* | TOTAL SUGARS GMS | TOTAL PROTEIN GMS | VIT A PDV | VIT C PDV | CALCIUM PDV | IRON PDV | ALLERGENS | |
|---|----------|-------------------|---------------|------|-------------|------|---------------|---------|-----------|------|-----------------|------|-------------------|------|------------------|-------------------|-----------|-----------|-------------|----------|-----------|---------------------------|
| APPETIZERS | | | | | | | | | | | | | | | | | | | | | | |
| Chicken Bites (Serving Size: 8 chicken_bites) | 426.66 | 108 | 12 | 20% | 2.66 | 13% | 0 | 120 | 2320 | 116% | 29.33 | 10% | 2.66 | 9% | 2.66 | 50.66 | 0% | 0% | 0% | 0% | 0% | Soy, Wheat |
| Chicken Wings, Buffalo Style (Serving Size: 10 wings) | 425 | 292.5 | 32.5 | 54% | 8.75 | 44% | 0 | 137.5 | 1150 | 58% | 2.5 | 1% | 0 | 0% | 0 | 35 | 0% | 0% | 0% | 5% | 0% | Wheat |
| Chicken Wings, Buffalo Style (Serving Size: 6 wings) | 255 | 175.5 | 19.5 | 33% | 5.25 | 26% | 0 | 82.5 | 690 | 35% | 1.5 | 1% | 0 | 0% | 0 | 21 | 0% | 0% | 0% | 17% | 0% | Wheat |
| Cream Cheese Poppers (Serving Size: 6 poppers) | 540 | 324 | 36 | 60% | 15 | 75% | 1.5 | 60 | 1215 | 61% | 45 | 15% | 10.5 | 35% | 9 | 9 | 15% | 9% | 9% | 9% | 9% | Egg, Milk, Wheat |
| Jalapeno Poppers (Serving Size: 6 poppers) | 495 | 256.5 | 28.5 | 48% | 10.5 | 53% | 1.5 | 37.5 | 1785 | 89% | 46.5 | 16% | 7.5 | 25% | 7.5 | 13.5 | 12% | 6% | 30% | 6% | 0% | Egg, Milk, Wheat |
| Mozzarella Sticks (Serving Size: 8 pieces) | 720 | 432 | 48 | 80% | 16 | 80% | 0 | 80 | 1760 | 88% | 48 | 16% | 0 | 0% | 0 | 32 | 16% | 0% | 80% | 0% | 0% | Egg, Milk, Wheat |
| BREADS | | | | | | | | | | | | | | | | | | | | | | |
| Garlic Bread (Serving Size: 1 roll) | 467.76 | 186.63 | 20.73 | 35% | 4.31 | 22% | 0 | 3.59 | 910.58 | 46% | 59.1 | 20% | 2.13 | 7% | 1.39 | 11.26 | 12% | 1% | 7% | 21% | 0% | Milk, Soy, Wheat |
| Garlic Bread with Cheese (Serving Size: 1 loaf) | 563.66 | 247.92 | 27.54 | 46% | 8.22 | 41% | 0 | 26.29 | 1089.88 | 54% | 59.35 | 20% | 2.13 | 7% | 1.39 | 17.57 | 16% | 1% | 24% | 21% | 0% | Milk, Soy, Wheat |
| Garlic Sticks (Serving Size: 4 garlic_sticks) | 230.1 | 65.97 | 7.32 | 12% | 1.29 | 6% | 0 | 1.07 | 111.75 | 6% | 35.08 | 12% | 1.44 | 5% | 1.52 | 5.37 | 3% | 0% | 3% | 12% | 0% | Milk, Soy, Wheat |
| Garlic Sticks with Cheese (Serving Size: 4 garlic_sticks) | 268.46 | 90.48 | 10.05 | 17% | 2.85 | 14% | 0 | 10.15 | 183.47 | 9% | 35.18 | 12% | 1.44 | 5% | 1.52 | 7.89 | 5% | 0% | 10% | 12% | 0% | Milk, Soy, Wheat |
| DESSERTS | | | | | | | | | | | | | | | | | | | | | | |
| Dessert Pizza (Serving Size: 1 slice which equals 1/24 pizza) | 95.65 | 23.41 | 2.6 | 4% | 0.57 | 3% | 0 | 0.84 | 33.68 | 2% | 15.89 | 5% | 0.55 | 2% | 4.22 | 1.89 | 2% | 0% | 1% | 4% | 0% | Milk, Soy, Wheat |
| SIDE ITEMS | | | | | | | | | | | | | | | | | | | | | | |
| Potato Chips, KC Masterpiece BBQ (Serving Size: 1 package) | 230 | 135 | 15 | 25% | 4 | 20% | 0 | 0 | 300 | 15% | 23 | 8% | 1 | 3% | 4 | 3 | 0% | 15% | 0% | 2% | 0% | MSG |
| Potato Chips, Lays Original (Serving Size: 1 package) | 230 | 135 | 15 | 25% | 4.5 | 23% | 0 | 0 | 270 | 14% | 23 | 8% | 2 | 7% | 0 | 3 | 0% | 15% | 0% | 2% | 0% | None |
| SANDWICHES (Bread and toppings for one sandwich, add up desired toppings to obtain nutritional values for desired combination) | | | | | | | | | | | | | | | | | | | | | | |
| Cliff Hanger Sandwich Roll, Bread and Toppings (Serving Size: 1 sand) | 292.44 | 10.12 | 1.12 | 2% | 0.02 | 0% | 0 | 0 | 615.45 | 31% | 60.48 | 20% | 2.79 | 9% | 2.56 | 9.62 | 15% | 12% | 1% | 21% | 0% | Milk, Wheat |
| Cliff Hanger Sandwich Roll Topping, American Cheese (Serving Size: 101.33) | 82.08 | 9.12 | 1.15% | 5.06 | 25% | 0 | 25.33 | 516.83 | 26% | 0 | 0 | 0% | 0 | 0% | 0 | 5.06 | 6% | 0% | 15% | 0% | 0% | Milk |
| Cliff Hanger Sandwich Roll Topping, Canadian Bacon (Serving Size: 3) | 89.6 | 33.6 | 3.73 | 6% | 1.49 | 7% | 0 | 37.33 | 100.59 | 50% | 1.49 | 0% | 0 | 0% | 1.49 | 13.44 | 0% | 0% | 0% | 6% | 0% | None |
| Cliff Hanger Sandwich Roll Topping, Chicken Tenders (Serving Size: 5) | 360 | 135 | 15 | 25% | 3 | 15% | 0 | 30 | 1050 | 53% | 33 | 11% | 1.5 | 5% | 1.5 | 24 | 0% | 0% | 3% | 0% | 0% | Wheat |
| Cliff Hanger Sandwich Roll Topping, LA Sausage (Serving Size: 4 oz) | 340 | 252 | 28 | 47% | 12 | 60% | 0 | 60 | 1220 | 61% | 4 | 1% | 0 | 0% | 0 | 14 | 0% | 0% | 8% | 12% | 0% | None |
| Cliff Hanger Sandwich Roll Topping, Mozzarella Cheese (Serving Size: 91.2) | 54.72 | 6.08 | 10% | 3.54 | 18% | 0 | 15.2 | 192.54 | 10% | 1.01 | 0% | 0% | 0 | 0 | 7.09 | 2% | 0% | 20% | 0% | 0% | 0% | Milk |
| Cliff Hanger Sandwich Roll Topping, Salami (Serving Size: 3 oz) | 349.62 | 246.25 | 27.36 | 46% | 10.64 | 53% | 0 | 83.6 | 1504.88 | 75% | 1.52 | 1% | 0 | 0% | 1.52 | 19.76 | 0% | 0% | 3% | 6% | 0% | None |
| Cliff Hanger Sandwich Roll Topping, Smoked Ham (Serving Size: 3 oz) | 86.2 | 24.24 | 2.69 | 4% | 1.07 | 5% | 0 | 32.32 | 937.45 | 47% | 1.07 | 0% | 0 | 0% | 1.07 | 14 | 0% | 0% | 0% | 6% | 0% | None |
| Cliff Hanger Sandwich Roll Topping, Swiss Cheese (Serving Size: 1 oz) | 110 | 72 | 8 | 13% | 5 | 25% | 0 | 25 | 60 | 3% | 0 | 0% | 0 | 0% | 0 | 8 | 4% | 0% | 30% | 0% | 0% | Milk |
| Half Dome Roll, Bread and Toppings (Serving Size: 1 half_dome_roll) | 425.41 | 91.23 | 10.13 | 17% | 5.32 | 27% | 0 | 30.4 | 937.58 | 47% | 59.7 | 20% | 2.28 | 8% | 1.87 | 18.54 | 8% | 3% | 23% | 21% | 0% | Milk, Soy, Wheat |
| Half Dome Roll Topping, Anchovies (Serving Size: 0.50 oz) | 8.33 | 4.5 | 0.5 | 1% | 0 | 0% | 0 | 4 | 293.33 | 15% | 0 | 0% | 0 | 0% | 0 | 1 | 0% | 0% | 1% | 1% | 0% | Fish |
| Half Dome Roll Topping, Artichokes (Serving Size: 0.75 oz) | 19 | 10.26 | 1.14 | 2% | 0 | 0% | 0 | 0 | 79.8 | 4% | 2.28 | 1% | 0 | 0% | 0 | 0 | 0% | 8% | 0% | 0% | 0% | None |
| Half Dome Roll Topping, Beef (Serving Size: 0.75 oz) | 54.05 | 38.3 | 4.25 | 7% | 1.63 | 8% | 0.26 | 15.1 | 14.25 | 1% | 0 | 0% | 0 | 0% | 0 | 3.65 | 0% | 0% | 0% | 2% | 0% | None |
| Half Dome Roll Topping, Bell Peppers (Serving Size: 0.25 oz) | 1.42 | 0.1 | 0.01 | 0% | 0 | 0% | 0 | 0 | 0.19 | 0% | 0.32 | 0% | 0.11 | 0% | 0.17 | 0.06 | 1% | 10% | 0% | 0% | 0% | None |
| Half Dome Roll Topping, Canadian Bacon (Serving Size: 0.75 oz) | 22.4 | 8.4 | 0.93 | 2% | 0.37 | 2% | 0 | 9.33 | 250.14 | 13% | 0.37 | 0% | 0 | 0% | 0.37 | 3.36 | 0% | 0% | 0% | 1% | 0% | None |
| Half Dome Roll Topping, Fresh Tomato (Serving Size: 1 oz) | 12 | 1.08 | 0.12 | 0% | 0.03 | 0% | 0 | 0 | 3 | 0% | 2.34 | 1% | 0.6 | 2% | 1.59 | 0.54 | 10% | 13% | 1% | 1% | 0% | None |
| Half Dome Roll Topping, Garlic (Serving Size: 0.25 oz) | 10.58 | 0.31 | 0.03 | 0% | 0 | 0% | 0 | 0 | 1.19 | 0% | 2.34 | 1% | 0.15 | 1% | 0.07 | 0.45 | 0% | 4% | 1% | 1% | 0% | None |
| Half Dome Roll Topping, Green Chiles (Serving Size: 0.75 oz) | 3.54 | 0 | 0 | 0% | 0 | 0% | 0 | 0 | 78.03 | 4% | 0.7 | 0% | 0.7 | 2% | 0 | 0 | 0% | 7% | 3% | 0% | 0% | None |
| Half Dome Roll Topping, Ham (Serving Size: 0.50 oz) | 14.36 | 4.04 | 0.44 | 1% | 0.17 | 1% | 0 | 5.38 | 156.24 | 8% | 0.17 | 0% | 0 | 0% | 0.17 | 2.33 | 0% | 0% | 0% | 1% | 0% | None |
| Half Dome Roll Topping, Italian Sausage (Serving Size: 0.75 oz) | 54.72 | 38.3 | 4.25 | 7% | 1.51 | 8% | 0 | 13.68 | 161.12 | 8% | 0.3 | 0% | 0 | 0% | 0.3 | 3.34 | 0% | 1% | 1% | 1% | 0% | None |
| Half Dome Roll Topping, Jalapenos (Serving Size: 1 oz) | 5.1 | 0 | 0 | 0% | 0 | 0% | 0 | 0 | 131.46 | 7% | 0.93 | 0% | 0.28 | 1% | 0 | 0.18 | 7% | 24% | 1% | 1% | 0% | None |
| Half Dome Roll Topping, LA Hot Sausage (Serving Size: 0.75 oz) | 63.75 | 47.25 | 5.25 | 9% | 2.25 | 11% | 0 | 11.25 | 228.75 | 11% | 0.75 | 0% | 0 | 0% | 0 | 2.62 | 0% | 0% | 2% | 2% | 0% | None |
| Half Dome Roll Topping, Linguica (Serving Size: 0.75 oz) | 60.8 | 41.04 | 4.56 | 8% | 1.52 | 8% | 0 | 15.2 | 228.01 | 11% | 0.76 | 0% | 0 | 0% | 0 | 4.18 | 3% | 1% | 2% | 2% | 0% | Milk, Sulfites |
| Half Dome Roll Topping, Mushrooms (Serving Size: 0.75 oz) | 4.56 | 0.65 | 0.07 | 0% | 0.01 | 0% | 0 | 0 | 1.21 | 0% | 0.69 | 0% | 0.21 | 1% | 0.35 | 0.65 | 0% | 1% | 0% | 1% | 0% | None |
| Half Dome Roll Topping, Olives (Serving Size: 0.75 oz) | 33.25 | 29.92 | 3.32 | 6% | 0 | 0% | 0 | 0 | 166.25 | 8% | 1.33 | 0% | 0 | 0% | 0 | 0 | 0% | 0% | 0% | 0% | 0% | None |
| Half Dome Roll Topping, Onions (Serving Size: 0.25 oz) | 3.15 | 0.07 | 0 | 0% | 0 | 0% | 0 | 0 | 0 | 0% | 0.71 | 0% | 0.07 | 0% | 0.3 | 0.06 | 0% | 1% | 0% | 0% | 0% | None |
| Half Dome Roll Topping, Pepperoni (Serving Size: 0.90 oz) | 118.56 | 98.5 | 10.94 | 18% | 4.1 | 21% | 0 | 22.8 | 492.5 | 25% | 0 | 0% | 0 | 0% | 0 | 5.47 | 2% | 0% | 2% | 2% | 0% | None |
| Half Dome Roll Topping, Pineapple (Serving Size: 0.75 oz) | 13.95 | 0 | 0 | 0% | 0 | 0% | 0 | 0 | 1.74 | 0% | 3.48 | 1% | 0.17 | 1% | 3.13 | 0 | 0% | 3% | 0% | 0% | 0% | None |
| Half Dome Roll Topping, Salami (Serving Size: 0.38 oz) | 43.7 | 30.78 | 3.42 | 6% | 1.33 | 7% | 0 | 10.45 | 188.11 | 9% | 0.19 | 0% | 0 | 0% | 0.19 | 2.47 | 0% | 0% | 0% | 1% | 0% | None |
| Half Dome Roll Topping, Topping Cheese (Serving Size: 0.50 oz) | 47.95 | 30.64 | 3.4 | 6% | 1.95 | 10% | 0 | 11.35 | 89.65 | 4% | 0.12 | 0% | 0 | 0% | 0 | 3.15 | 2% | 0% | 8% | 0% | 0% | Milk |
| BEVERAGES | | | | | | | | | | | | | | | | | | | | | | |
| Diet Pepsi (Serving Size: 12 fl oz) | 0 | 0 | 0 | 0% | 0 | 0% | 0 | 0 | 45 | 2% | 0 | 0% | 0 | 0% | 0 | 0 | 0% | 0% | 0% | 0% | 0% | None (Contains Aspartame) |
| Mt Dew (Serving Size: 12 fl oz) | 165 | 0 | 0 | 0% | 0 | 0% | 0 | 0 | 75 | 4% | 46.5 | 16% | 0 | 0% | 46.5 | 0 | 0% | 0% | 0% | 0% | 0% | None |
| Mug Root Beer (Serving Size: 12 fl oz) | 150 | 0 | 0 | 0% | 0 | 0% | 0 | 0 | 67.5 | 3% | 43.5 | 15% | 0 | 0% | 42 | 0 | 0% | 0% | 0% | 0% | 0% | None |
| Pepsi (Serving Size: 12 fl oz) | 150 | 0 | 0 | 0% | 0 | 0% | 0 | 0 | 37.5 | 2% | 40.5 | 14% | 0 | 0% | 40.5 | 0 | 0% | 0% | 0% | 0% | 0% | None |
| Sierra Mist (Serving Size: 12 fl oz) | 150 | 0 | 0 | 0% | 0 | 0% | 0 | 0 | 37.5 | 2% | 39 | 13% | 0 | 0% | 39 | 0 | 0% | 0% | 0% | 0% | 0% | None |
| Tropicana Pink Lemonade (Serving Size: 12 fl oz) | 150 | 0 | 0 | 0% | 0 | 0% | 0 | 0 | 90 | 5% | 40.5 | 14% | 0 | 0% | 39 | 0 | 0% | 0% | 0% | 0% | 0% | None |
| PIZZAS (For all Pizzas- Mountain-20 slices, Large-14 slices, Medium-12 slices, Small-10 slices, Mini-6 slices) A La Carte Pizza, Mountain, Single Item (Dough and Toppings for one slice, add desired toppings together to obtain nutritional values per slice) | | | | | | | | | | | | | | | | | | | | | | |
| Pizza Dough (2.60 oz) | 188.25 | 13.73 | 1.52 | | | | 0 | 0 | 23.37 | | 37.65 | | 1.52 | | 1.52 | 5.08 | 0 | 0 | 1 | 13 | | |
| Pizza Sauce (0.40 oz) | 6.89 | 0.12 | 0.01 | | | | 0 | 0 | 43.18 | | 1.36 | | 0.22 | | 0.69 | 0.34 | 2 | 2 | 0 | 1 | | |
| Mozzarella Cheese (0.80 oz) | 72.96 | 43.77 | 4.86 | | | | 2.83 | 0 | 16.21 | | 145.92 | | 0 | | 0 | 4.86 | 3 | 0 | 12 | 0 | | |
| Topping Cheese (0.10 oz) | 9.59 | 6.12 | 0.68 | | | | 0.39 | 0 | 2.27 | | 17.93 | | 0 | | 0 | 0.63 | 0 | 0 | 2 | 0 | | |
| Mushrooms (0.60 oz) | 3.64 | 0.52 | 0.05 | | | | | | | | | | | | | | | | | | | |

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|--|-----------------|-----------------|-----------------|--------------|----------------|-------------|----------------|----------------|------------------|--------------|------------------|----------------|------------------|--------------|-------------------|--------------------|--------------|----------------|-------------|------------|------------------|
| Green Bell Peppers (0.30 oz) | 1.71 | 0.12 | 0.01 | 0 | 0 | 0 | 0 | 0.22 | 0.39 | 0.14 | 0.2 | 0.07 | 1 | 11 | 0 | 0 | | | | | |
| Onions (0.30 oz) | 3.78 | 0.08 | 0 | 0 | 0 | 0 | 0 | 0 | 0.86 | 0.09 | 0.36 | 0.07 | 0 | 1 | 0 | 0 | | | | | |
| Garlic (0.30 oz) | 12.7 | 0.38 | 0.04 | 0 | 0 | 0 | 0 | 1.43 | 2.81 | 0.18 | 0.08 | 0.54 | 0 | 4 | 2 | 1 | | | | | |
| Artichokes (0.90 oz) | 22.8 | 12.31 | 1.36 | 0 | 0 | 0 | 0 | 95.76 | 2.73 | 0 | 0 | 0 | 0 | 9 | 0 | 0 | | | | | |
| Jalapeno Slices (0.90 oz) | 4.59 | 0 | 0 | 0 | 0 | 0 | 0 | 118.32 | 0.85 | 0.25 | 0 | 0.17 | 6 | 21 | 1 | 1 | | | | | |
| Green Chiles (1.20 oz) | 5.67 | 0 | 0 | 0 | 0 | 0 | 0 | 124.85 | 1.13 | 1.13 | 1.13 | 0 | 0 | 11 | 5 | 0 | | | | | |
| Pineapple (1.20 oz) | 22.32 | 0 | 0 | 0 | 0 | 0 | 0 | 2.79 | 5.58 | 0.27 | 5.02 | 0 | 0 | 6 | 0 | 1 | | | | | |
| Green Onions (0.18 oz) | 1.58 | 0.08 | 0 | 0 | 0 | 0 | 0 | 0.79 | 0.36 | 0.12 | 0.11 | 0.09 | 1 | 2 | 0 | 0 | | | | | |
| Sun Dried Tomatoes (0.30 oz) | 19.57 | 1.76 | 0.19 | 0.02 | 0 | 0 | 0 | 135.53 | 3.6 | 0.79 | 2.43 | 0.91 | 1 | 4 | 1 | 3 | | | | | |
| Linguica (0.70 oz) | 56.74 | 38.3 | 4.25 | 1.41 | 0 | 0 | 0 | 14.18 | 212.81 | 0.7 | 0 | 3.9 | 3 | 1 | 1 | 1 | | | | | |
| Ground Beef (0.70 oz) | 50.45 | 35.75 | 3.97 | 1.52 | 0.24 | 0 | 0 | 14.1 | 13.3 | 0 | 0 | 3.41 | 0 | 0 | 0 | 2 | | | | | |
| Italian Sausage (0.70 oz) | 51.07 | 35.75 | 3.97 | 1.41 | 0 | 0 | 0 | 12.76 | 150.38 | 0.28 | 0 | 0.28 | 3.12 | 0 | 1 | 1 | | | | | |
| Hot Link Sausage (0.70 oz) | 59.5 | 44.1 | 4.9 | 2.1 | 0 | 0 | 0 | 10.5 | 213.5 | 0.7 | 0 | 2.45 | 0 | 0 | 1 | 2 | | | | | |
| Chicken (0.70 oz) | 30.82 | 12.69 | 1.41 | 0.39 | 0 | 0 | 0 | 12.19 | 110.75 | 0.23 | 0 | 0.05 | 4.03 | 0 | 0 | 1 | | | | | |
| Bacon Pieces (0.70 oz) | 119.17 | 83.42 | 9.26 | 3.31 | 0 | 0 | 0 | 19.86 | 317.8 | 0 | 0 | 6.62 | 0 | 0 | 0 | 0 | | | | | |
| Anchovies (2.40 fillets) | 9.99 | 5.4 | 0.6 | 0 | 0 | 0 | 0 | 4.8 | 351.99 | 0 | 0 | 1.2 | 0 | 0 | 2 | 1 | | | | | |
| Tomato Slices (1.60 medium_slices) | 6.4 | 0.57 | 0.06 | 0.01 | 0 | 0 | 0 | 1.6 | 1.24 | 0.32 | 0.84 | 0.28 | 5 | 7 | 0 | 0 | | | | | |
| A La Carte Pizza, Mountain, Multiple Item | | CALORIES | CALORIES | TOTAL | | SAT | | TRANS | | TOTAL | | DIETARY | | TOTAL | TOTAL | VIT A | VIT C | CALCIUM | IRON | | |
| (Dough and Toppings for one slice, add desired toppings together to obtain nutritional values per slice) | CALORIES | FROM FAT | FAT GMS | PDV* | FAT GMS | PDV* | FAT GMS | CHOL MG | SODIUM MG | PDV* | CARBS GMS | PDV* | FIBER GMS | PDV* | SUGARS GMS | PROTEIN GMS | PDV | PDV | PDV | PDV | ALLERGENS |
| Pizza Dough (2.60 oz) | 188.25 | 13.73 | 1.52 | 0 | 0 | 0 | 0 | 0 | 23.37 | 37.65 | 1.52 | 5.08 | 0 | 0 | 1 | 13 | | | | | |
| Pizza Sauce (0.40 oz) | 6.89 | 0.12 | 0.01 | 0 | 0 | 0 | 0 | 0 | 43.18 | 1.36 | 0.22 | 0.69 | 0.34 | 2 | 2 | 0 | 1 | | | | |
| Mozzarella Cheese (0.80 oz) | 72.96 | 43.77 | 4.86 | 2.83 | 0 | 0 | 0 | 16.21 | 145.92 | 0 | 0 | 4.86 | 3 | 0 | 12 | 0 | 1 | | | | |
| Topping Cheese (0.10 oz) | 9.59 | 6.12 | 0.68 | 0.39 | 0 | 0 | 0 | 2.27 | 17.93 | 0.02 | 0 | 0.63 | 0 | 0 | 2 | 0 | 1 | | | | |
| Ham (0.40 oz) | 11.49 | 3.23 | 0.35 | 0.14 | 0 | 0 | 0 | 4.31 | 124.99 | 0.14 | 0 | 0.14 | 1.86 | 0 | 0 | 0 | 1 | | | | |
| Canadian Bacon (0.40 oz) | 11.94 | 4.48 | 0.49 | 0.19 | 0 | 0 | 0 | 4.97 | 133.41 | 0.19 | 0 | 0.19 | 1.79 | 0 | 0 | 0 | 1 | | | | |
| Salami (0.40 oz) | 46.61 | 32.83 | 3.64 | 1.41 | 0 | 0 | 0 | 11.14 | 200.65 | 0.2 | 0 | 0.2 | 2.63 | 0 | 0 | 0 | 1 | | | | |
| Pepperoni (0.40 oz) | 52.69 | 43.77 | 4.86 | 1.82 | 0 | 0 | 0 | 10.13 | 218.89 | 0 | 0 | 0 | 2.43 | 1 | 0 | 1 | 1 | | | | |
| Mushrooms (0.40 oz) | 2.43 | 0.35 | 0.03 | 0 | 0 | 0 | 0 | 0 | 0.64 | 0.37 | 0.11 | 0.18 | 0.35 | 0 | 0 | 0 | 0 | | | | |
| Black Olives (0.40 oz) | 17.73 | 15.96 | 1.77 | 0 | 0 | 0 | 0 | 0 | 88.67 | 0.7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | |
| Green Bell Peppers (0.20 oz) | 1.14 | 0.08 | 0 | 0 | 0 | 0 | 0 | 0 | 0.15 | 0.26 | 0.09 | 0.13 | 0.04 | 0 | 8 | 0 | 0 | | | | |
| Onions (0.20 oz) | 2.52 | 0.05 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.57 | 0.06 | 0.24 | 0.05 | 0 | 1 | 0 | 0 | | | | |
| Garlic (0.20 oz) | 8.47 | 0.25 | 0.02 | 0 | 0 | 0 | 0 | 0 | 0.95 | 1.87 | 0.12 | 0.05 | 0.36 | 0 | 3 | 1 | 1 | | | | |
| Artichokes (0.60 oz) | 15.2 | 8.2 | 0.91 | 0 | 0 | 0 | 0 | 0 | 63.84 | 1.82 | 0 | 0 | 0 | 0 | 6 | 0 | 0 | | | | |
| Jalapeno Slices (0.60 oz) | 3.06 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 78.88 | 0.56 | 0.17 | 0 | 0.11 | 4 | 14 | 1 | 1 | | | | |
| Green Chiles (0.80 oz) | 3.78 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 83.23 | 0.75 | 0.75 | 0.75 | 0 | 8 | 3 | 0 | 0 | | | | |
| Pineapple (0.80 oz) | 14.88 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1.86 | 3.72 | 0.18 | 3.34 | 0 | 0 | 4 | 0 | 0 | | | | |
| Green Onions (0.15 oz) | 1.36 | 0.07 | 0 | 0 | 0 | 0 | 0 | 0 | 0.68 | 0.31 | 0.11 | 0.09 | 0.07 | 1 | 1 | 0 | 0 | | | | |
| Sun Dried Tomatoes (0.20 oz) | 13.05 | 1.17 | 0.13 | 0.01 | 0 | 0 | 0 | 0 | 90.35 | 2.4 | 0.52 | 1.62 | 0.6 | 1 | 3 | 0 | 2 | | | | |
| Linguica (0.48 oz) | 38.5 | 25.99 | 2.88 | 0.96 | 0 | 0 | 0 | 9.62 | 144.4 | 0.48 | 0 | 0 | 2.64 | 2 | 0 | 1 | 1 | | | | |
| Ground Beef (0.48 oz) | 34.23 | 24.26 | 2.69 | 1.03 | 0.16 | 0 | 0 | 9.56 | 9.03 | 0 | 0 | 0 | 2.31 | 0 | 0 | 0 | 1 | | | | |
| Italian Sausage (0.48 oz) | 34.65 | 24.26 | 2.69 | 0.96 | 0 | 0 | 0 | 8.66 | 102.04 | 0.19 | 0 | 0.19 | 2.11 | 0 | 0 | 0 | 1 | | | | |
| Hot Link Sausage (0.48 oz) | 40.37 | 29.92 | 3.32 | 1.42 | 0 | 0 | 0 | 7.12 | 144.87 | 0.47 | 0 | 0 | 1.66 | 0 | 0 | 1 | 1 | | | | |
| Chicken (0.48 oz) | 20.91 | 8.61 | 0.95 | 0.26 | 0 | 0 | 0 | 8.27 | 75.15 | 0.16 | 0 | 0.04 | 2.73 | 0 | 0 | 0 | 1 | | | | |
| Bacon Pieces (0.48 oz) | 80.86 | 56.6 | 6.28 | 2.24 | 0 | 0 | 0 | 13.47 | 215.65 | 0 | 0 | 0 | 4.49 | 0 | 0 | 0 | 0 | | | | |
| Anchovies (1.60 fillets) | 6.66 | 3.6 | 0.4 | 0 | 0 | 0 | 0 | 3.2 | 234.66 | 0 | 0 | 0 | 0.8 | 0 | 0 | 1 | 1 | | | | |
| Tomato Slices (1.20 medium_slices) | 4.8 | 0.43 | 0.04 | 0.01 | 0 | 0 | 0 | 1.2 | 0.93 | 0.24 | 0.63 | 0.21 | 4 | 5 | 0 | 0 | 0 | | | | |
| A La Carte Pizza, Large, Single Item | | CALORIES | CALORIES | TOTAL | | SAT | | TRANS | | TOTAL | | DIETARY | | TOTAL | TOTAL | VIT A | VIT C | CALCIUM | IRON | | |
| (Dough and Toppings for one slice, add desired toppings together to obtain nutritional values per slice) | CALORIES | FROM FAT | FAT GMS | PDV* | FAT GMS | PDV* | FAT GMS | CHOL MG | SODIUM MG | PDV* | CARBS GMS | PDV* | FIBER GMS | PDV* | SUGARS GMS | PROTEIN GMS | PDV | PDV | PDV | PDV | ALLERGENS |
| Pizza Dough (1.93 oz) | 139.74 | 10.19 | 1.13 | 0 | 0 | 0 | 0 | 0 | 17.35 | 27.94 | 1.13 | 3.77 | 0 | 0 | 1 | 9 | | | | | |
| Pizza Sauce (0.29 oz) | 4.99 | 0.09 | 0.01 | 0 | 0 | 0 | 0 | 0 | 31.3 | 0.98 | 0.16 | 0.5 | 0.24 | 1 | 2 | 0 | 1 | | | | |
| Mozzarella Cheese (0.57 oz) | 51.98 | 31.19 | 3.46 | 2.02 | 0 | 0 | 0 | 11.55 | 103.97 | 0 | 0 | 0 | 3.46 | 2 | 0 | 9 | 0 | | | | |
| Topping Cheese (0.07 oz) | 6.71 | 4.29 | 0.47 | 0.27 | 0 | 0 | 0 | 1.58 | 12.55 | 0.01 | 0 | 0 | 0.44 | 0 | 0 | 1 | 0 | | | | |
| Ham (0.43 oz) | 12.35 | 3.47 | 0.38 | 0.15 | 0 | 0 | 0 | 4.63 | 134.36 | 0.15 | 0 | 0.15 | 2 | 0 | 0 | 0 | 1 | | | | |
| Canadian Bacon (0.43 oz) | 12.84 | 4.81 | 0.53 | 0.21 | 0 | 0 | 0 | 5.35 | 143.41 | 0.21 | 0 | 0.21 | 1.92 | 0 | 0 | 0 | 1 | | | | |
| Salami (0.43 oz) | 50.11 | 35.29 | 3.92 | 1.52 | 0 | 0 | 0 | 11.98 | 215.7 | 0.21 | 0 | 0.21 | 2.83 | 0 | 0 | 0 | 1 | | | | |
| Pepperoni (0.43 oz) | 56.64 | 47.06 | 5.22 | 1.96 | 0 | 0 | 0 | 10.89 | 235.3 | 0 | 0 | 0 | 2.61 | 1 | 0 | 1 | 1 | | | | |
| Mushrooms (0.43 oz) | 2.61 | 0.37 | 0.04 | 0 | 0 | 0 | 0 | 0 | 0.69 | 0.4 | 0.12 | 0.2 | 0.37 | 0 | 0 | 0 | 0 | | | | |
| Black Olives (0.43 oz) | 19.06 | 17.15 | 1.9 | 0 | 0 | 0 | 0 | 0 | 95.32 | 0.76 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | |
| Green Bell Peppers (0.21 oz) | 1.21 | 0.08 | 0 | 0 | 0 | 0 | 0 | 0 | 0.15 | 0.27 | 0.09 | 0.14 | 0.04 | 0 | 8 | 0 | 0 | | | | |
| Onions (0.21 oz) | 2.69 | 0.05 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.61 | 0.06 | 0.25 | 0.04 | 0 | 1 | 0 | 0 | | | | |
| Garlic (0.21 oz) | 9.06 | 0.27 | 0.03 | 0 | 0 | 0 | 0 | 0 | 1.02 | 2 | 0.12 | 0.06 | 0.38 | 0 | 3 | 1 | 1 | | | | |
| Artichokes (0.64 oz) | 16.29 | 8.79 | 0.97 | 0 | 0 | 0 | 0 | 0 | 68.41 | 1.95 | 0 | 0 | 0 | 0 | 7 | 0 | 0 | | | | |
| Jalapeno Slices (0.64 oz) | 3.28 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 84.53 | 0.6 | 0.18 | 0 | 0.12 | 4 | 15 | 1 | 1 | | | | |
| Green Chiles (0.86 oz) | 4.05 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 89.16 | 0.81 | 0.81 | 0.81 | 0 | 8 | 3 | 0 | 0 | | | | |
| Pineapple (0.86 oz) | 15.94 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1.99 | 3.98 | 0.19 | 3.58 | 0 | 0 | 4 | 0 | 0 | | | | |
| Green Onions (0.13 oz) | 1.13 | 0.06 | 0 | 0 | 0 | 0 | 0 | 0 | 0.56 | 0.26 | 0.09 | 0.08 | 0.06 | 1 | 1 | 0 | 0 | | | | |
| Sun Dried Tomatoes (0.21 oz) | 13.96 | 1.25 | 0.13 | 0.01 | 0 | 0 | 0 | 0 | 96.68 | 2.57 | 0.56 | 1.73 | 0.64 | 1 | 3 | 1 | 2 | | | | |
| Linguica (0.50 oz) | 40.53 | 27.36 | 3.04 | 1.01 | 0 | 0 | 0 | 10.13 | 152 | 0.5 | 0 | 0 | 2.78 | 2 | 1 | 1 | 1 | | | | |
| Ground Beef (0.50 oz) | 36.03 | 25.53 | 2.83 | 1.08 | 0.17 | 0 | 0 | 10.07 | 9.5 | 0 | 0 | 0 | 2.43 | 0 | 0 | 0 | 2 | | | | |
| Italian Sausage (0.50 oz) | 36.48 | 25.53 | 2.83 | 1.01 | 0 | 0 | 0 | 9.12 | 107.41 | 0.2 | 0 | 0.2 | 2.22 | 0 | 0 | 0 | 1 | | | | |
| Hot Link Sausage (0.50 oz) | 42.5 | 31.5 | 3.5 | 1.5 | 0 | 0 | 0 | 7.5 | 152.5 | 0.5 | 0 | 0 | 1.75 | 0 | 0 | 1 | 2 | | | | |
| Chicken (0.50 oz) | 22.01 | 9.06 | 1 | 0.28 | 0 | 0 | 0 | 8.71 | 79.1 | 0.17 | 0 | 0.04 | 2.88 | 0 | 0 | 0 | 1 | | | | |
| Bacon Pieces (0.50 oz) | 85.12 | 59.58 | 6.62 | 2.36 | 0 | 0 | 0 | 14.18 | 227 | 0 | 0 | 0 | 4.72 | 0 | 0 | 0 | 0 | | | | |
| Anchovies (1.71 fillets) | 7.11 | 3.84 | 0.42 | 0 | 0 | 0 | 0 | 3.42 | 250.78 | 0 | 0 | 0 | 0.85 | 0 | 0 | 1 | 1 | | | | |
| Tomato Slices (2.29 medium_slices) | 9.16 | 0.82 | 0.09 | 0.02 | 0 | 0 | 0 | 2.29 | 1.78 | 0.45 | 1.21 | 0.41 | 8 | 10 | 0 | 1 | 1 | | | | |
| A La Carte Pizza, Large, Multiple Item | | CALORIES | CALORIES | TOTAL | | SAT | | TRANS | | TOTAL | | DIETARY | | TOTAL | TOTAL | VIT A | VIT C | CALCIUM | IRON | | |
| (Dough and Toppings for one slice, add desired toppings together to obtain nutritional values per slice) | CALORIES | FROM FAT | FAT GMS | PDV* | FAT GMS | PDV* | FAT GMS | CHOL MG | SODIUM MG | PDV* | CARBS GMS | PDV* | FIBER GMS | PDV* | SUGARS GMS | PROTEIN GMS | PDV | | | | |

| | | | | | | | | | | | | | | | |
|------------------------------------|-------|-------|------|------|------|------|--------|------|------|------|------|---|----|---|---|
| Salami (0.29 oz) | 33.29 | 23.45 | 2.6 | 1.01 | 0 | 7.96 | 143.31 | 0.14 | 0 | 0.14 | 1.88 | 0 | 0 | 0 | 1 |
| Pepperoni (0.29 oz) | 37.63 | 31.26 | 3.47 | 1.3 | 0 | 7.23 | 156.34 | 0 | 0 | 0 | 1.73 | 1 | 0 | 1 | 1 |
| Mushrooms (0.29 oz) | 1.73 | 0.25 | 0.02 | 0 | 0 | 0 | 0.46 | 0.26 | 0.08 | 0.13 | 0.25 | 0 | 0 | 0 | 0 |
| Black Olives (0.29 oz) | 12.66 | 11.4 | 1.26 | 0 | 0 | 0 | 63.33 | 0.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Green Bell Peppers (0.14 oz) | 0.81 | 0.06 | 0 | 0 | 0 | 0 | 0.1 | 0.18 | 0.06 | 0.09 | 0.03 | 0 | 5 | 0 | 0 |
| Onions (0.14 oz) | 1.8 | 0.04 | 0 | 0 | 0 | 0 | 0 | 0.4 | 0.04 | 0.17 | 0.03 | 0 | 0 | 0 | 0 |
| Garlic (0.14 oz) | 6.05 | 0.18 | 0.02 | 0 | 0 | 0 | 0.68 | 1.34 | 0.08 | 0.04 | 0.25 | 0 | 2 | 1 | 0 |
| Artichokes (0.43 oz) | 10.85 | 5.86 | 0.65 | 0 | 0 | 0 | 45.6 | 1.3 | 0 | 0 | 0 | 0 | 4 | 0 | 0 |
| Jalapeno Slices (0.43 oz) | 2.18 | 0 | 0 | 0 | 0 | 0 | 56.34 | 0.4 | 0.12 | 0 | 0.08 | 3 | 10 | 0 | 0 |
| Green Chiles (0.57 oz) | 2.7 | 0 | 0 | 0 | 0 | 0 | 59.44 | 0.54 | 0.54 | 0.54 | 0 | 0 | 5 | 2 | 0 |
| Pineapple (0.57 oz) | 10.63 | 0 | 0 | 0 | 0 | 0 | 1.32 | 2.65 | 0.13 | 2.39 | 0 | 0 | 3 | 0 | 0 |
| Green Onions (0.11 oz) | 0.97 | 0.05 | 0 | 0 | 0 | 0 | 0.48 | 0.22 | 0.07 | 0.07 | 0.05 | 1 | 1 | 0 | 0 |
| Sun Dried Tomatoes (0.14 oz) | 9.32 | 0.83 | 0.09 | 0.01 | 0 | 0 | 64.56 | 1.71 | 0.37 | 1.15 | 0.43 | 1 | 2 | 0 | 2 |
| Linguica (0.34 oz) | 27.56 | 18.6 | 2.06 | 0.68 | 0 | 6.89 | 103.36 | 0.34 | 0 | 0 | 1.89 | 1 | 0 | 1 | 1 |
| Ground Beef (0.34 oz) | 24.5 | 17.36 | 1.92 | 0.73 | 0.11 | 6.84 | 6.46 | 0 | 0 | 0 | 1.65 | 0 | 0 | 0 | 1 |
| Italian Sausage (0.34 oz) | 24.8 | 17.36 | 1.92 | 0.68 | 0 | 6.2 | 73.04 | 0.13 | 0 | 0.13 | 1.51 | 0 | 0 | 0 | 1 |
| Hot Link Sausage (0.34 oz) | 28.9 | 21.42 | 2.38 | 1.02 | 0 | 5.1 | 103.7 | 0.34 | 0 | 0 | 1.19 | 0 | 0 | 1 | 1 |
| Chicken (0.34 oz) | 14.97 | 6.16 | 0.68 | 0.19 | 0 | 5.92 | 53.79 | 0.11 | 0 | 0.02 | 1.95 | 0 | 0 | 0 | 1 |
| Bacon Pieces (0.34 oz) | 57.88 | 40.51 | 4.5 | 1.6 | 0 | 9.64 | 154.36 | 0 | 0 | 0 | 3.21 | 0 | 0 | 0 | 0 |
| Anchovies (1.13 fillets) | 4.7 | 2.54 | 0.28 | 0 | 0 | 2.26 | 165.73 | 0 | 0 | 0 | 0.56 | 0 | 0 | 1 | 0 |
| Tomato Slices (1.70 medium_slices) | 6.8 | 0.61 | 0.06 | 0.01 | 0 | 0 | 1.7 | 1.32 | 0.34 | 0.9 | 0.3 | 6 | 7 | 0 | 0 |

| A La Carte Pizza, Medium, Single Item (Dough and Toppings for one slice, add desired toppings together to obtain nutritional values per slice) | CALORIES | CALORIES FROM FAT | TOTAL FAT GMS | PDV* | SAT FAT GMS | PDV* | TRANS FAT GMS | CHOL MG | SODIUM MG | PDV* | TOTAL CARBS GMS | PDV* | DIETARY FIBER GMS | PDV* | TOTAL SUGARS GMS | TOTAL PROTEIN GMS | VIT A PDV | VIT C PDV | CALCIUM PDV | IRON PDV | ALLERGENS |
|---|----------|-------------------|---------------|------|-------------|-------|---------------|---------|-----------|------|-----------------|------|-------------------|------|------------------|-------------------|-----------|-----------|-------------|----------|-----------|
| Pizza Dough (1.67 oz) | 120.91 | 8.82 | 0.98 | 0 | 0 | 0 | 0 | 15.01 | 24.18 | 0.98 | 0.98 | 0 | 0 | 0 | 0.98 | 3.26 | 0 | 0 | 1 | 8 | |
| Pizza Sauce (0.25 oz) | 4.3 | 0.07 | 0 | 0 | 0 | 0 | 0 | 26.98 | 0.85 | 0.14 | 0.43 | 0.21 | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 1 | |
| Mozzarella Cheese (0.50 oz) | 45.6 | 27.36 | 3.04 | 1.77 | 0 | 10.13 | 91.2 | 0 | 0 | 0 | 3.04 | 2 | 0 | 0 | 3.04 | 0 | 0 | 8 | 0 | 0 | |
| Topping Cheese (0.06 oz) | 5.99 | 3.83 | 0.42 | 0.24 | 0 | 1.41 | 11.2 | 0.01 | 0 | 0 | 0.39 | 0 | 0 | 0 | 0.39 | 0 | 0 | 1 | 0 | 0 | |
| Ham (0.35 oz) | 10.17 | 2.86 | 0.31 | 0.12 | 0 | 3.81 | 110.61 | 0.12 | 0 | 0 | 0.12 | 1.65 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | |
| Canadian Bacon (0.35 oz) | 10.57 | 3.96 | 0.44 | 0.17 | 0 | 4.4 | 118.06 | 0.17 | 0 | 0 | 0.17 | 1.58 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | |
| Salami (0.35 oz) | 41.25 | 29.05 | 3.22 | 1.25 | 0 | 9.86 | 177.57 | 0.17 | 0 | 0 | 0.17 | 2.33 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | |
| Pepperoni (0.35 oz) | 46.63 | 38.74 | 4.3 | 1.61 | 0 | 8.96 | 193.72 | 0 | 0 | 0 | 0 | 2.15 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | |
| Mushrooms (0.38 oz) | 2.28 | 0.32 | 0.03 | 0 | 0 | 0 | 0.6 | 0.34 | 0.1 | 0.17 | 0.32 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Black Olives (0.38 oz) | 16.62 | 14.96 | 1.66 | 0 | 0 | 0 | 83.12 | 0.66 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Green Bell Peppers (0.19 oz) | 1.07 | 0.08 | 0 | 0 | 0 | 0 | 0.14 | 0.24 | 0.08 | 0.12 | 0.04 | 0 | 7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Onions (0.19 oz) | 2.36 | 0.05 | 0 | 0 | 0 | 0 | 0 | 0.53 | 0.05 | 0.23 | 0.04 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Garlic (0.19 oz) | 7.94 | 0.23 | 0.02 | 0 | 0 | 0 | 0.89 | 1.75 | 0.11 | 0.05 | 0.33 | 0 | 3 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | |
| Artichokes (0.56 oz) | 14.25 | 7.69 | 0.85 | 0 | 0 | 0 | 59.85 | 1.71 | 0 | 0 | 0 | 0 | 6 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Jalapeno Slices (0.56 oz) | 2.87 | 0 | 0 | 0 | 0 | 0 | 73.95 | 0.53 | 0.15 | 0.7 | 0.1 | 4 | 13 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | |
| Green Chiles (0.75 oz) | 3.54 | 0 | 0 | 0 | 0 | 0 | 78.03 | 0.7 | 0.7 | 0.7 | 0 | 0 | 7 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Pineapple (0.75 oz) | 13.95 | 0 | 0 | 0 | 0 | 0 | 1.74 | 3.48 | 0.17 | 3.13 | 0 | 0 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Green Onions (0.10 oz) | 0.9 | 0.04 | 0 | 0 | 0 | 0 | 0.45 | 0.2 | 0.07 | 0.06 | 0.05 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Sun Dried Tomatoes (0.19 oz) | 12.23 | 1.1 | 0.12 | 0.01 | 0 | 0 | 84.71 | 2.25 | 0.49 | 1.52 | 0.56 | 1 | 3 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | |
| Linguica (0.44 oz) | 35.46 | 23.94 | 2.66 | 0.88 | 0 | 8.86 | 133 | 0.44 | 0 | 0 | 2.43 | 2 | 0 | 0 | 1 | 1 | 0 | 0 | 1 | 1 | |
| Ground Beef (0.44 oz) | 31.53 | 22.34 | 2.48 | 0.95 | 0.15 | 8.81 | 8.31 | 0 | 0 | 0 | 2.13 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | |
| Italian Sausage (0.44 oz) | 31.92 | 22.34 | 2.48 | 0.88 | 0 | 7.98 | 93.99 | 0.17 | 0 | 0.17 | 1.95 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | |
| Hot Link Sausage (0.44 oz) | 37.18 | 27.56 | 3.06 | 1.31 | 0 | 6.56 | 133.43 | 0.43 | 0 | 0 | 1.53 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | |
| Bacon Pieces (0.44 oz) | 74.48 | 52.13 | 5.79 | 2.06 | 0 | 12.41 | 198.62 | 0 | 0 | 0 | 4.13 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Chicken (0.44 oz) | 19.26 | 7.93 | 0.88 | 0.24 | 0 | 7.62 | 69.22 | 0.14 | 0 | 0.03 | 2.52 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | |
| Anchovies (1.50 fillets) | 6.24 | 3.37 | 0.37 | 0 | 0 | 3 | 219.99 | 0 | 0 | 0 | 0.75 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | |

| A La Carte Pizza, Medium, Multiple Item (Yield: 1 slice) (Dough and Toppings for one slice, add desired toppings together to obtain nutritional values per slice) | CALORIES | CALORIES FROM FAT | TOTAL FAT GMS | PDV* | SAT FAT GMS | PDV* | TRANS FAT GMS | CHOL MG | SODIUM MG | PDV* | TOTAL CARBS GMS | PDV* | DIETARY FIBER GMS | PDV* | TOTAL SUGARS GMS | TOTAL PROTEIN GMS | VIT A PDV | VIT C PDV | CALCIUM PDV | IRON PDV | ALLERGENS |
|--|----------|-------------------|---------------|------|-------------|-------|---------------|---------|-----------|------|-----------------|------|-------------------|------|------------------|-------------------|-----------|-----------|-------------|----------|-----------|
| Pizza Dough (1.67 oz) | 120.91 | 8.82 | 0.98 | 0 | 0 | 0 | 0 | 15.01 | 24.18 | 0.98 | 0.98 | 0 | 0 | 0 | 0.98 | 3.26 | 0 | 0 | 1 | 8 | |
| Pizza Sauce (0.25 oz) | 4.3 | 0.07 | 0 | 0 | 0 | 0 | 0 | 26.98 | 0.85 | 0.14 | 0.43 | 0.21 | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 1 | |
| Mozzarella Cheese (0.50 oz) | 45.6 | 27.36 | 3.04 | 1.77 | 0 | 10.13 | 91.2 | 0 | 0 | 0 | 3.04 | 2 | 0 | 0 | 3.04 | 0 | 0 | 8 | 0 | 0 | |
| Topping Cheese (0.06 oz) | 5.99 | 3.83 | 0.42 | 0.24 | 0 | 1.41 | 11.2 | 0.01 | 0 | 0 | 0.39 | 0 | 0 | 0 | 0.39 | 0 | 0 | 1 | 0 | 0 | |
| Ham (0.25 oz) | 7.18 | 2.02 | 0.22 | 0.08 | 0 | 2.69 | 78.12 | 0.08 | 0 | 0.08 | 1.16 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | |
| Canadian Bacon (0.25 oz) | 7.46 | 2.8 | 0.31 | 0.12 | 0 | 3.11 | 83.38 | 0.12 | 0 | 0.12 | 1.12 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Salami (0.25 oz) | 29.13 | 20.52 | 2.28 | 0.88 | 0 | 6.96 | 125.4 | 0.12 | 0 | 0.12 | 1.64 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | |
| Pepperoni (0.25 oz) | 32.93 | 27.36 | 3.04 | 1.14 | 0 | 6.33 | 136.8 | 0 | 0 | 0 | 1.52 | 1 | 0 | 0 | 1 | 0 | 0 | 1 | 1 | 0 | |
| Mushrooms (0.25 oz) | 1.52 | 0.21 | 0.02 | 0 | 0 | 0 | 0.4 | 0.23 | 0.07 | 0.11 | 0.21 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Black Olives (0.25 oz) | 11.08 | 9.97 | 1.1 | 0 | 0 | 0 | 55.41 | 0.44 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Green Bell Peppers (0.13 oz) | 0.71 | 0.05 | 0 | 0 | 0 | 0 | 0.09 | 0.16 | 0.05 | 0.08 | 0.03 | 0 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Onions (0.13 oz) | 1.57 | 0.03 | 0 | 0 | 0 | 0 | 0 | 0.35 | 0.03 | 0.15 | 0.03 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Garlic (0.13 oz) | 5.29 | 0.15 | 0.01 | 0 | 0 | 0 | 0.59 | 1.17 | 0.07 | 0.03 | 0.22 | 0 | 2 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Artichokes (0.38 oz) | 9.5 | 5.13 | 0.57 | 0 | 0 | 0 | 39.9 | 1.14 | 0 | 0 | 0 | 0 | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Jalapeno Slices (0.38 oz) | 1.91 | 0 | 0 | 0 | 0 | 0 | 49.3 | 0.35 | 0.1 | 0.07 | 0 | 2 | 9 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Green Chiles (0.50 oz) | 2.36 | 0 | 0 | 0 | 0 | 0 | 52.02 | 0.47 | 0.47 | 0.47 | 0 | 5 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Pineapple (0.50 oz) | 9.3 | 0 | 0 | 0 | 0 | 0 | 1.16 | 2.32 | 0.11 | 2.09 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Green Onions (0.08 oz) | 0.75 | 0.04 | 0 | 0 | 0 | 0 | 0.37 | 0.17 | 0.06 | 0.05 | 0.04 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Sun Dried Tomatoes (0.13 oz) | 8.15 | 0.73 | 0.08 | 0.01 | 0 | 0 | 56.47 | 1.5 | 0.32 | 1.01 | 0.37 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | |
| Linguica (0.29 oz) | 23.67 | 15.97 | 1.77 | 0.59 | 0 | 5.91 | 88.77 | 0.29 | 0 | 0 | 1.62 | 1 | 0 | 0 | 1 | 1 | 0 | 0 | 1 | 1 | |
| Ground Beef (0.29 oz) | 21.04 | 14.91 | 1.65 | 0.63 | 0.1 | 5.88 | 5.55 | 0 | 0 | 0 | 1.42 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | |
| Italian Sausage (0.29 oz) | 21.3 | 14.91 | 1.65 | 0.59 | 0 | 5.32 | 62.73 | 0.11 | 0 | 0.11 | 1.3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Hot Link Sausage (0.29 oz) | 24.82 | 18.39 | 2.04 | 0.87 | 0 | 4.38 | 89.06 | 0.29 | 0 | 0 | 1.02 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | |
| Chicken (0.29 oz) | 12.85 | 5.29 | 0.58 | 0.16 | 0 | 5.08 | 46.19 | 0.09 | 0 | 0.02 | 1.68 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | |
| Bacon Pieces (0.29 oz) | 49.71 | 34.79 | 3.86 | 1.38 | 0 | 8.28 | 132.56 | 0 | 0 | 0 | 2.76 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Anchovies (1 fillets) | 4.16 | 2.25 | 0.25 | 0 | 0 | 2 | 146.66 | 0 | 0 | 0 | 0.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | |
| Tomato Slices (0.67 medium_slices) | 2.68 | 0.24 | 0.02 | 0 | 0 | 0 | 0.67 | 0.52 | 0.13 | 0.35 | 0.12 | 2 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |

| A La Carte Pizza, Small, Single Item (Dough and Toppings for one slice, add desired toppings together to obtain nutritional values per slice) | CALORIES | CALORIES FROM FAT | TOTAL FAT GMS | PDV* | SAT FAT GMS | PDV* | TRANS FAT GMS | CHOL MG | SODIUM MG | PDV* | TOTAL CARBS GMS |
|--|----------|-------------------|---------------|------|-------------|------|---------------|---------|-----------|------|-----------------|
|--|----------|-------------------|---------------|------|-------------|------|---------------|---------|-----------|------|-----------------|

| | | | | | | | | | | | | | | | | | | | | | |
|--|-----------------|-----------------|----------------|-------------|----------------|--------------|----------------|----------------|------------------|--------------|------------------------|--------------|------------------|-------------|-------------------|--------------------|------------------|------------------|--------------------|-----------------|------------------|
| Topping Cheese (0.50 oz) | 47.95 | 30.64 | 3.4 | 1.95 | 0 | 11.35 | 89.65 | 0.12 | 0 | 0 | 3.15 | 2 | 0 | 8 | 0 | | | | | | |
| Ham (0.30 oz) | 8.62 | 2.42 | 0.26 | 0.1 | 0 | 3.23 | 93.74 | 0.1 | 0 | 0.1 | 1.4 | 0 | 0 | 0 | 1 | | | | | | |
| Canadian Bacon (0.30 oz) | 8.96 | 3.36 | 0.37 | 0.14 | 0 | 3.73 | 100.05 | 0.14 | 0 | 0.14 | 1.34 | 0 | 0 | 0 | 1 | | | | | | |
| Salami (0.30 oz) | 34.96 | 24.62 | 2.73 | 1.06 | 0 | 8.36 | 150.48 | 0.15 | 0 | 0.15 | 1.97 | 0 | 0 | 0 | 1 | | | | | | |
| Pepperoni (0.30 oz) | 39.52 | 32.83 | 3.64 | 1.36 | 0 | 7.6 | 164.16 | 0 | 0 | 0 | 1.82 | 1 | 0 | 1 | 1 | | | | | | |
| Mushrooms (0.30 oz) | 1.82 | 0.25 | 0.02 | 0 | 0 | 0 | 0.48 | 0.27 | 0.08 | 0.13 | 0.25 | 0 | 0 | 0 | 0 | | | | | | |
| Black Olives (0.30 oz) | 13.29 | 11.96 | 1.32 | 0 | 0 | 0 | 66.49 | 0.52 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | |
| Green Bell Peppers (0.15 oz) | 0.85 | 0.06 | 0 | 0 | 0 | 0 | 0.11 | 0.19 | 0.07 | 0.1 | 0.03 | 0 | 6 | 0 | 0 | | | | | | |
| Onions (0.15 oz) | 1.89 | 0.04 | 0 | 0 | 0 | 0 | 0 | 0.43 | 0.04 | 0.18 | 0.03 | 0 | 0 | 0 | 0 | | | | | | |
| Garlic (0.15 oz) | 6.35 | 0.19 | 0.02 | 0 | 0 | 0 | 0.71 | 1.4 | 0.09 | 0.04 | 0.27 | 0 | 2 | 1 | 0 | | | | | | |
| Artichokes (0.45 oz) | 11.4 | 6.15 | 0.68 | 0 | 0 | 0 | 47.88 | 1.36 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | | | | | | |
| Jalapeno Slices (0.45 oz) | 2.29 | 0 | 0 | 0 | 0 | 0 | 59.16 | 0.42 | 0.12 | 0 | 0.08 | 3 | 11 | 0 | 0 | | | | | | |
| Green Chiles (0.60 oz) | 2.83 | 0 | 0 | 0 | 0 | 0 | 62.42 | 0.56 | 0.56 | 0.56 | 0 | 0 | 6 | 2 | 0 | | | | | | |
| Pineapple (0.60 oz) | 11.16 | 0 | 0 | 0 | 0 | 0 | 1.39 | 2.79 | 0.13 | 2.51 | 0 | 0 | 3 | 0 | 0 | | | | | | |
| Green Onions (0.10 oz) | 0.9 | 0.04 | 0 | 0 | 0 | 0 | 0.45 | 0.2 | 0.07 | 0.06 | 0.05 | 1 | 1 | 0 | 0 | | | | | | |
| Sun Dried Tomatoes (0.15 oz) | 9.78 | 0.88 | 0.09 | 0.01 | 0 | 0 | 67.76 | 1.8 | 0.39 | 1.21 | 0.45 | 1 | 2 | 0 | 2 | | | | | | |
| Linguica (0.35 oz) | 28.37 | 19.15 | 2.12 | 0.7 | 0 | 7.09 | 106.4 | 0.35 | 0 | 0 | 1.95 | 1 | 0 | 1 | 1 | | | | | | |
| Ground Beef (0.35 oz) | 25.22 | 17.87 | 1.98 | 0.76 | 0.12 | 7.05 | 6.65 | 0 | 0 | 0 | 1.7 | 0 | 0 | 0 | 1 | | | | | | |
| Italian Sausage (0.35 oz) | 25.53 | 17.87 | 1.98 | 0.7 | 0 | 6.38 | 75.19 | 0.14 | 0 | 0.14 | 1.56 | 0 | 0 | 0 | 1 | | | | | | |
| Hot Link Sausage (0.35 oz) | 29.75 | 22.05 | 2.45 | 1.05 | 0 | 5.25 | 106.75 | 0.35 | 0 | 0 | 1.22 | 0 | 0 | 1 | 1 | | | | | | |
| Chicken (0.35 oz) | 15.41 | 6.34 | 0.7 | 0.19 | 0 | 6.09 | 55.37 | 0.11 | 0 | 0.02 | 2.01 | 0 | 0 | 0 | 1 | | | | | | |
| Bacon Pieces (0.35 oz) | 59.58 | 41.71 | 4.63 | 1.65 | 0 | 9.93 | 158.9 | 0 | 0 | 0 | 3.31 | 0 | 0 | 0 | 0 | | | | | | |
| Anchovies (1.20 fillets) | 4.99 | 2.7 | 0.3 | 0 | 0 | 2.4 | 175.99 | 0 | 0 | 0 | 0.6 | 0 | 0 | 1 | 0 | | | | | | |
| Tomato Slices (0.80 medium_slices) | 3.2 | 0.28 | 0.03 | 0 | 0 | 0 | 0.8 | 0.62 | 0.16 | 0.42 | 0.14 | 3 | 3 | 0 | 0 | | | | | | |
| A La Carte Pizza, Small, Multiple Item | | CALORIES | TOTAL | SAT | TRANS | TOTAL | TOTAL | DIETARY | TOTAL | TOTAL | VIT A | VIT C | CALCIUM | IRON | | | | | | | |
| (Dough and Toppings for one slice, add desired toppings together to obtain nutritional values per slice) | CALORIES | FROM FAT | FAT GMS | PDV* | FAT GMS | PDV* | FAT GMS | CHOL MG | SODIUM MG | PDV* | TOTAL CARBS GMS | PDV* | FIBER GMS | PDV* | SUGARS GMS | PROTEIN GMS | VIT A PDV | VIT C PDV | CALCIUM PDV | IRON PDV | ALLERGENS |
| Pizza Dough (1.20 oz) | 86.88 | 6.34 | 0.7 | 0 | 0 | 0 | 10.79 | 17.37 | 0.7 | 0.7 | 2.34 | 0 | 0 | 0 | 6 | | | | | | |
| Pizza Sauce (0.20 oz) | 3.44 | 0.06 | 0 | 0 | 0 | 0 | 21.59 | 0.68 | 0.11 | 0.17 | 1 | 1 | 0 | 1 | | | | | | | |
| Mozzarella Cheese (0.40 oz) | 36.48 | 21.88 | 2.43 | 1.41 | 0 | 8.1 | 72.96 | 0 | 0 | 2.43 | 2 | 0 | 6 | 0 | | | | | | | |
| Topping Cheese (0.05 oz) | 4.79 | 3.06 | 0.34 | 0.19 | 0 | 1.13 | 8.96 | 0.01 | 0 | 0.31 | 0 | 0 | 1 | 0 | | | | | | | |
| Ham (0.20 oz) | 5.73 | 1.6 | 0.16 | 0.05 | 0 | 2.14 | 62.49 | 0.05 | 0 | 0.05 | 0.92 | 0 | 0 | 0 | 0 | | | | | | |
| Canadian Bacon (0.20 oz) | 5.96 | 2.23 | 0.23 | 0.09 | 0 | 2.47 | 66.69 | 0.09 | 0 | 0.09 | 0.88 | 0 | 0 | 0 | 0 | | | | | | |
| Salami (0.20 oz) | 23.3 | 16.4 | 1.82 | 0.7 | 0 | 5.56 | 100.32 | 0.09 | 0 | 0.09 | 1.3 | 0 | 0 | 0 | 0 | | | | | | |
| Pepperoni (0.20 oz) | 26.34 | 21.88 | 2.43 | 0.91 | 0 | 5.05 | 109.43 | 0 | 0 | 0 | 1.2 | 0 | 0 | 0 | 0 | | | | | | |
| Mushrooms (0.20 oz) | 1.2 | 0.16 | 0.01 | 0 | 0 | 0 | 0.32 | 0.17 | 0.04 | 0.08 | 0.16 | 0 | 0 | 0 | 0 | | | | | | |
| Black Olives (0.20 oz) | 8.86 | 7.97 | 0.88 | 0 | 0 | 0 | 44.33 | 0.34 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | |
| Green Bell Peppers (0.10 oz) | 0.56 | 0.03 | 0 | 0 | 0 | 0 | 0.07 | 0.12 | 0.03 | 0.06 | 0.02 | 0 | 4 | 0 | 0 | | | | | | |
| Green Onions (0.10 oz) | 0.9 | 0.04 | 0 | 0 | 0 | 0 | 0.44 | 0.2 | 0.07 | 0.06 | 0.04 | 1 | 1 | 0 | 0 | | | | | | |
| Garlic (0.10 oz) | 4.23 | 0.12 | 0.01 | 0 | 0 | 0 | 0.47 | 0.93 | 0.06 | 0.02 | 0.18 | 0 | 1 | 1 | 0 | | | | | | |
| Artichokes (0.30 oz) | 7.6 | 4.1 | 0.45 | 0 | 0 | 0 | 31.92 | 0.91 | 0 | 0 | 0 | 3 | 0 | 0 | 0 | | | | | | |
| Jalapeno Slices (0.30 oz) | 1.53 | 0 | 0 | 0 | 0 | 0 | 39.44 | 0.28 | 0.08 | 0 | 0.05 | 2 | 7 | 0 | 0 | | | | | | |
| Green Chiles (0.40 oz) | 1.89 | 0 | 0 | 0 | 0 | 0 | 41.61 | 0.37 | 0.37 | 0.37 | 0 | 0 | 4 | 2 | 0 | | | | | | |
| Pineapple (0.40 oz) | 7.44 | 0 | 0 | 0 | 0 | 0 | 0.93 | 1.86 | 0.09 | 1.86 | 0 | 0 | 2 | 0 | 0 | | | | | | |
| Green Onions (0.08 oz) | 0.68 | 0.03 | 0 | 0 | 0 | 0 | 0.34 | 0.15 | 0.05 | 0.04 | 0.03 | 0 | 1 | 0 | 0 | | | | | | |
| Sun Dried Tomatoes (0.10 oz) | 6.52 | 0.58 | 0.06 | 0 | 0 | 0 | 45.17 | 1.2 | 0.26 | 0.81 | 0.3 | 0 | 1 | 0 | 1 | | | | | | |
| Linguica (0.23 oz) | 18.24 | 12.31 | 1.36 | 0.45 | 0 | 4.56 | 68.4 | 0.22 | 0 | 0 | 1.25 | 1 | 0 | 0 | 0 | | | | | | |
| Ground Beef (0.23 oz) | 16.21 | 11.49 | 1.27 | 0.48 | 0.07 | 4.53 | 4.27 | 0 | 0 | 0 | 1.09 | 0 | 0 | 0 | 1 | | | | | | |
| Italian Sausage (0.23 oz) | 16.41 | 11.49 | 1.27 | 0.45 | 0 | 4.1 | 48.33 | 0.09 | 0 | 0.09 | 1 | 0 | 0 | 0 | 0 | | | | | | |
| Hot Link Sausage (0.23 oz) | 19.12 | 14.17 | 1.57 | 0.67 | 0 | 3.37 | 68.62 | 0.22 | 0 | 0 | 0.78 | 0 | 0 | 0 | 1 | | | | | | |
| Chicken (0.23 oz) | 9.9 | 4.07 | 0.45 | 0.12 | 0 | 3.91 | 35.59 | 0.07 | 0 | 0.01 | 1.29 | 0 | 0 | 0 | 0 | | | | | | |
| Bacon Pieces (0.23 oz) | 38.3 | 26.81 | 2.97 | 1.06 | 0 | 6.38 | 102.15 | 0 | 0 | 0 | 2.12 | 0 | 0 | 0 | 0 | | | | | | |
| Anchovies (0.80 fillets) | 3.33 | 1.8 | 0.2 | 0 | 0 | 1.6 | 117.33 | 0 | 0 | 0 | 0.4 | 0 | 0 | 1 | 0 | | | | | | |
| Tomato Slices (0.60 medium_slices) | 2.4 | 0.21 | 0.02 | 0 | 0 | 0 | 0.6 | 0.46 | 0.12 | 0.31 | 0.1 | 2 | 3 | 0 | 0 | | | | | | |
| A La Carte Pizza, Mini, Single Item | | CALORIES | TOTAL | SAT | TRANS | TOTAL | TOTAL | DIETARY | TOTAL | TOTAL | VIT A | VIT C | CALCIUM | IRON | | | | | | | |
| (Dough and Toppings for one slice, add desired toppings together to obtain nutritional values per slice) | CALORIES | FROM FAT | FAT GMS | PDV* | FAT GMS | PDV* | FAT GMS | CHOL MG | SODIUM MG | PDV* | TOTAL CARBS GMS | PDV* | FIBER GMS | PDV* | SUGARS GMS | PROTEIN GMS | VIT A PDV | VIT C PDV | CALCIUM PDV | IRON PDV | ALLERGENS |
| Pizza Dough (0.92 oz) | 66.61 | 4.86 | 0.54 | 0 | 0 | 0 | 8.27 | 13.32 | 0.54 | 0.54 | 1.8 | 0 | 0 | 0 | 5 | | | | | | |
| Pizza Sauce (0.17 oz) | 2.87 | 0.05 | 0 | 0 | 0 | 0 | 18.02 | 0.56 | 0.09 | 0.29 | 0.14 | 1 | 1 | 0 | 0 | | | | | | |
| Mozzarella Cheese (0.33 oz) | 30.09 | 18.05 | 2 | 1.17 | 0 | 6.68 | 60.19 | 0 | 0 | 0 | 2 | 1 | 0 | 5 | 0 | | | | | | |
| Topping Cheese (0.04 oz) | 4.02 | 2.57 | 0.28 | 0.16 | 0 | 0.95 | 7.53 | 0.01 | 0 | 0 | 0.26 | 0 | 0 | 1 | 0 | | | | | | |
| Ham (0.25 oz) | 7.18 | 2.02 | 0.22 | 0.08 | 0 | 2.69 | 78.12 | 0.08 | 0 | 0.08 | 1.16 | 0 | 0 | 0 | 1 | | | | | | |
| Canadian Bacon (0.25 oz) | 7.46 | 2.8 | 0.31 | 0.12 | 0 | 3.11 | 83.38 | 0.12 | 0 | 0.12 | 1.12 | 0 | 0 | 0 | 0 | | | | | | |
| Salami (0.25 oz) | 29.13 | 20.52 | 2.28 | 0.88 | 0 | 6.96 | 125.4 | 0.12 | 0 | 0.12 | 1.64 | 0 | 0 | 0 | 1 | | | | | | |
| Pepperoni (0.25 oz) | 32.93 | 27.36 | 3.04 | 1.14 | 0 | 6.33 | 136.8 | 0 | 0 | 0 | 1.52 | 1 | 0 | 1 | 1 | | | | | | |
| Mushrooms (0.25 oz) | 1.52 | 0.21 | 0.02 | 0 | 0 | 0 | 0.4 | 0.23 | 0.07 | 0.11 | 0.21 | 0 | 0 | 0 | 0 | | | | | | |
| Black Olives (0.25 oz) | 11.08 | 9.97 | 1.1 | 0 | 0 | 0 | 55.41 | 0.44 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | |
| Green Bell Peppers (0.13 oz) | 0.71 | 0.05 | 0 | 0 | 0 | 0 | 0.09 | 0.16 | 0.05 | 0.08 | 0.03 | 0 | 5 | 0 | 0 | | | | | | |
| Onions (0.13 oz) | 1.57 | 0.03 | 0 | 0 | 0 | 0 | 0 | 0.35 | 0.03 | 0.15 | 0.03 | 0 | 0 | 0 | 0 | | | | | | |
| Garlic (0.13 oz) | 5.29 | 0.15 | 0.01 | 0 | 0 | 0 | 0.59 | 1.17 | 0.07 | 0.03 | 0.22 | 0 | 2 | 1 | 0 | | | | | | |
| Artichokes (0.38 oz) | 9.5 | 5.13 | 0.57 | 0 | 0 | 0 | 39.9 | 1.14 | 0 | 0 | 0 | 4 | 1 | 0 | 0 | | | | | | |
| Jalapeno Slices (0.38 oz) | 1.91 | 0 | 0 | 0 | 0 | 0 | 49.3 | 0.35 | 0.1 | 0 | 0.07 | 2 | 9 | 0 | 0 | | | | | | |
| Green Chiles (0.50 oz) | 2.36 | 0 | 0 | 0 | 0 | 0 | 52.02 | 0.47 | 0.47 | 0.47 | 0 | 0 | 5 | 2 | 0 | | | | | | |
| Pineapple (0.50 oz) | 9.3 | 0 | 0 | 0 | 0 | 0 | 1.16 | 2.32 | 0.11 | 2.09 | 0 | 0 | 2 | 0 | 0 | | | | | | |
| Green Onions (0.08 oz) | 0.75 | 0.04 | 0 | 0 | 0 | 0 | 0.37 | 0.17 | 0.06 | 0.05 | 0.04 | 0 | 1 | 0 | 0 | | | | | | |
| Sun Dried Tomatoes (0.13 oz) | 8.15 | 0.73 | 0.08 | 0.01 | 0 | 0 | 56.47 | 1.5 | 0.32 | 1.01 | 0.37 | 0 | 2 | 0 | 1 | | | | | | |
| Linguica (0.29 oz) | 23.67 | 15.97 | 1.77 | 0.59 | 0 | 5.91 | 88.77 | 0.29 | 0 | 0 | 1.62 | 1 | 0 | 1 | 1 | | | | | | |
| Ground Beef (0.29 oz) | 21.04 | 14.91 | 1.65 | 0.63 | 0.1 | 5.88 | 5.55 | 0 | 0 | 0 | 1.42 | 0 | 0 | 0 | 1 | | | | | | |
| Italian Sausage (0.29 oz) | 21.3 | 14.91 | 1.65 | 0.59 | 0 | 5.32 | 62.73 | 0.11 | 0 | 0.11 | 1.3 | 0 | 0 | 0 | 0 | | | | | | |
| Hot Link Sausage (0.29 oz) | 24.82 | 18.39 | 2.04 | 0.87 | 0 | 4.38 | 89.06 | 0.29 | 0 | 0 | 1.02 | 0 | 0 | 1 | 1 | | | | | | |
| Chicken (0.29 oz) | 12.85 | 5.29 | 0.58 | 0.16 | 0 | 5.08 | 46.19 | 0.09 | 0 | 0.02 | 1.68 | 0 | 0 | 0 | 1 | | | | | | |
| Bacon Pieces (0.29 oz) | 49.71 | 34.79 | 3.86 | 1.38 | 0 | 8.28 | 132.56 | 0 | 0 | 0 | 2.76 | 0 | 0 | 0 | 0 | | | | | | |
| Anchovies (1 fillets) | 4.16 | 2.25 | 0.25 | 0 | 0 | 2 | 146.66 | 0 | 0 | 0 | 0.5 | 0 | 0 | 1 | 0 | | | | | | |
| Tomato Slices (0.67 medium_slices) | 2.68 | 0.24 | 0.02 | 0 | 0 | 0 | 0.67 | 0.52 | 0.13 | 0.35 | 0.12 | 2 | 3 | 0 | 0 | | | | | | |
| A La Carte Pizza, Mini, Multiple Item (Yield: 1 slice) | | CALORIES | TOTAL | SAT | TRANS | TOTAL | TOTAL | DIETARY | TOTAL | TOTAL | VIT A | VIT C | CALCIUM | IRON | | | | | | | |
| (Dough and Toppings for one slice, add desired toppings together to obtain nutritional values per slice) | CALORIES | FROM FAT | FAT GMS | PDV* | FAT GMS | PDV* | FAT GMS | CHOL MG | SODIUM MG | PDV* | TOTAL CARBS GMS | PDV* | FIBER GMS | PDV* | SUGARS GMS | PROTEIN GMS | VIT A PDV | VIT C PDV | CALCIUM PDV | IRON PDV | ALLERGENS |

| to obtain nutritional values per slice) | | | | | | | | | | | | | | | | | | | | | |
|---|----------|-----------|-----------|---------|-----------|------|--------|-------------|---------------|--------------|---------------|-------|-------|---------|-------|-----------|-----|-----|-----|-------------|-----------------------|
| | FAT | GMS | GMS | GMS | MG | MG | GMS | GMS | GMS | GMS | GMS | | | | | | | | | | |
| Pizza Dough (0.92 oz) | 66.61 | 4.86 | 0.54 | 0 | 0 | 0 | 8.27 | 13.32 | 0 | 0.54 | 0.54 | 1.8 | 0 | 0 | 0 | 5 | | | | | |
| Pizza Sauce (0.17 oz) | 2.87 | 0.05 | 0 | 0 | 0 | 0 | 18.02 | 0.56 | 0.09 | 0.29 | 0.14 | 1 | 1 | 0 | 0 | 0 | | | | | |
| Mozzarella Cheese (0.33 oz) | 30.09 | 18.05 | 2 | 1.17 | 0 | 6.68 | 60.19 | 0 | 0 | 0 | 2 | 1 | 0 | 5 | 0 | 0 | | | | | |
| Topping Cheese (0.04 oz) | 3.99 | 2.55 | 0.28 | 0.16 | 0 | 0.94 | 7.47 | 0.01 | 0 | 0 | 0.26 | 0 | 0 | 1 | 0 | 0 | | | | | |
| Ham (0.17 oz) | 4.79 | 1.34 | 0.14 | 0.05 | 0 | 1.79 | 52.18 | 0.05 | 0 | 0.05 | 0.77 | 0 | 0 | 0 | 0 | 0 | | | | | |
| Canadian Bacon (0.17 oz) | 4.98 | 1.87 | 0.2 | 0.08 | 0 | 2.07 | 55.69 | 0.08 | 0 | 0.08 | 0.74 | 0 | 0 | 0 | 0 | 0 | | | | | |
| Salami (0.17 oz) | 19.46 | 13.7 | 1.52 | 0.59 | 0 | 4.65 | 83.77 | 0.08 | 0 | 0.08 | 1.09 | 0 | 0 | 0 | 0 | 0 | | | | | |
| Pepperoni (0.17 oz) | 22 | 18.27 | 2.03 | 0.76 | 0 | 4.23 | 91.38 | 0 | 0 | 0 | 1.01 | 0 | 0 | 0 | 0 | 0 | | | | | |
| Mushrooms (0.17 oz) | 1.01 | 0.14 | 0.01 | 0 | 0 | 0 | 0.27 | 0.15 | 0.04 | 0.07 | 0.14 | 0 | 0 | 0 | 0 | 0 | | | | | |
| Black Olives (0.17 oz) | 7.4 | 6.66 | 0.74 | 0 | 0 | 0 | 37.02 | 0.29 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | |
| Green Bell Peppers (0.08 oz) | 0.47 | 0.03 | 0 | 0 | 0 | 0 | 0.06 | 0.1 | 0.03 | 0.05 | 0.02 | 0 | 3 | 0 | 0 | 0 | | | | | |
| Onions (0.08 oz) | 1.04 | 0.02 | 0 | 0 | 0 | 0 | 0 | 0.23 | 0.02 | 0.1 | 0.02 | 0 | 0 | 0 | 0 | 0 | | | | | |
| Garlic (0.08 oz) | 3.51 | 0.1 | 0.01 | 0 | 0 | 0 | 0.39 | 0.77 | 0.05 | 0.02 | 0.14 | 0 | 1 | 0 | 0 | 0 | | | | | |
| Artichokes (0.25 oz) | 6.33 | 3.42 | 0.38 | 0 | 0 | 0 | 26.6 | 0.76 | 0 | 0 | 0 | 0 | 3 | 0 | 0 | 0 | | | | | |
| Jalapeno Slices (0.25 oz) | 1.27 | 0 | 0 | 0 | 0 | 0 | 32.86 | 0.23 | 0.07 | 0 | 0.04 | 2 | 6 | 0 | 0 | 0 | | | | | |
| Green Chiles (0.33 oz) | 1.56 | 0 | 0 | 0 | 0 | 0 | 34.33 | 0.31 | 0.31 | 0.31 | 0 | 0 | 3 | 1 | 0 | 0 | | | | | |
| Pineapple (0.33 oz) | 6.14 | 0 | 0 | 0 | 0 | 0 | 0.76 | 1.53 | 0.07 | 1.38 | 0 | 0 | 2 | 0 | 0 | 0 | | | | | |
| Green Onions (0.08 oz) | 0.75 | 0.04 | 0 | 0 | 0 | 0 | 0.37 | 0.17 | 0.06 | 0.05 | 0.04 | 0 | 1 | 0 | 0 | 0 | | | | | |
| Sun Dried Tomatoes (0.08 oz) | 5.41 | 0.48 | 0.05 | 0 | 0 | 0 | 37.49 | 0.99 | 0.21 | 0.67 | 0.25 | 0 | 1 | 0 | 0 | 1 | | | | | |
| Linguica (0.17 oz) | 13.53 | 9.13 | 1.01 | 0.33 | 0 | 3.38 | 50.77 | 0.16 | 0 | 0 | 0.93 | 1 | 0 | 0 | 0 | 0 | | | | | |
| Ground Beef (0.17 oz) | 12.03 | 8.52 | 0.94 | 0.36 | 0.05 | 3.36 | 3.17 | 0 | 0 | 0 | 0.81 | 0 | 0 | 0 | 0 | 1 | | | | | |
| Italian Sausage (0.17 oz) | 12.18 | 8.52 | 0.94 | 0.33 | 0 | 3.04 | 35.87 | 0.06 | 0 | 0.06 | 0.74 | 0 | 0 | 0 | 0 | 0 | | | | | |
| Hot Link Sausage (0.17 oz) | 14.19 | 10.52 | 1.16 | 0.5 | 0 | 2.5 | 50.93 | 0.16 | 0 | 0 | 0.58 | 0 | 0 | 0 | 0 | 1 | | | | | |
| Bacon Pieces (0.17 oz) | 28.43 | 19.9 | 2.21 | 0.78 | 0 | 4.73 | 75.81 | 0 | 0 | 0 | 1.57 | 0 | 0 | 0 | 0 | 0 | | | | | |
| Chicken (0.17 oz) | 7.35 | 3.02 | 0.33 | 0.09 | 0 | 2.9 | 26.42 | 0.05 | 0 | 0.01 | 0.96 | 0 | 0 | 0 | 0 | 0 | | | | | |
| Anchovies (0.75 fillets) | 3.12 | 1.68 | 0.18 | 0 | 0 | 1.5 | 109.99 | 0 | 0 | 0 | 0.37 | 0 | 0 | 0 | 0 | 0 | | | | | |
| Tomato Slices (0.50 medium_slices) | 2 | 0.18 | 0.02 | 0 | 0 | 0 | 0.5 | 0.39 | 0.1 | 0.26 | 0.09 | 2 | 2 | 0 | 0 | 0 | | | | | |
| SPECIALTY PIZZAS | CALORIES | TOTAL FAT | TOTAL FAT | SAT FAT | TRANS FAT | CHOL | SODIUM | TOTAL CARBS | DIETARY FIBER | TOTAL SUGARS | TOTAL PROTEIN | VIT A | VIT C | CALCIUM | IRON | ALLERGENS | | | | | |
| (For all Pizzas- Mountain-20 slices, Large-14 slices, Medium-12 slices, Small-10 slices, Mini-6 slices) | | FROM FAT | GMS | PDV* | GMS | PDV* | MG | GMS | GMS | GMS | GMS | PDV* | PDV* | PDV | PDV | | | | | | |
| Diamond Head Pizza, Mountain (Serving Size: 1 slice) | 309.52 | 70.23 | 7.8 | 13% | 3.52 | 18% | 27.1 | 481.51 | 24% | 41.53 | 14% | 1.86 | 6% | 4.5 | 14.66 | 5% | 5% | 15% | 16% | Milk, Wheat | |
| Diamond Head Pizza, Large (Serving Size: 1 slice) | 226.26 | 50.54 | 5.61 | 9% | 2.51 | 13% | 19.36 | 344.58 | 17% | 30.7 | 10% | 1.37 | 5% | 3.26 | 10.61 | 4% | 3% | 11% | 12% | Milk, Wheat | |
| Diamond Head Pizza, Medium (Serving Size: 1 slice) | 196.37 | 44.11 | 4.9 | 8% | 2.2 | 11% | 16.94 | 301.3 | 15% | 26.54 | 9% | 1.19 | 4% | 2.81 | 9.24 | 3% | 3% | 10% | 10% | Milk, Wheat | |
| Diamond Head Pizza, Small (Serving Size: 1 slice) | 141.54 | 32.97 | 3.66 | 6% | 1.68 | 8% | 11.4 | 177.33 | 9% | 19.19 | 6% | 0.87 | 3% | 2.07 | 6.2 | 3% | 2% | 8% | 7% | Milk, Wheat | |
| Garlic Tuscan Pizza, Mountain (Serving Size: 1 slice) | 390.07 | 131.28 | 14.59 | 24% | 5.87 | 29% | 35.63 | 689.4 | 34% | 44.59 | 15% | 2.51 | 8% | 4.21 | 16 | 7% | 9% | 18% | 19% | Milk, Wheat | |
| Garlic Tuscan Pizza, Large (Serving Size: 1 slice) | 283.79 | 94.15 | 10.46 | 17% | 4.19 | 21% | 25.45 | 493.07 | 25% | 32.88 | 11% | 1.84 | 6% | 3.05 | 11.57 | 5% | 7% | 13% | 14% | Milk, Wheat | |
| Garlic Tuscan Pizza, Medium (Serving Size: 1 slice) | 246.71 | 82.27 | 9.14 | 15% | 3.67 | 18% | 22.27 | 431.2 | 22% | 28.45 | 9% | 1.59 | 5% | 2.65 | 10.08 | 4% | 6% | 11% | 12% | Milk, Wheat | |
| Garlic Tuscan Pizza, Small (Serving Size: 1 slice) | 187.79 | 65.11 | 7.23 | 12% | 2.93 | 15% | 17.82 | 343.8 | 17% | 20.84 | 7% | 1.2 | 4% | 2.04 | 7.8 | 4% | 5% | 9% | 9% | Milk, Wheat | |
| Garlic Tuscan Pizza, Mini (Serving Size: 1 slice) | 150.64 | 53.83 | 5.98 | 10% | 2.44 | 12% | 14.84 | 285.84 | 14% | 16.2 | 5% | 0.96 | 3% | 1.66 | 6.35 | 3% | 4% | 8% | 7% | Milk, Wheat | |
| Mt St Helens Pizza, Mountain (Serving Size: 1 slice) | 321.86 | 93.69 | 10.41 | 17% | 4.65 | 23% | 25.61 | 458.53 | 23% | 40.27 | 13% | 2.51 | 8% | 2.98 | 12.59 | 5% | 10% | 19% | 15% | Milk, Wheat | |
| Mt St Helens Pizza, Large (Serving Size: 1 slice) | 58.97 | 35.65 | 3.96 | 7% | 2.31 | 12% | 13.2 | 117.04 | 6% | 0.02 | 0% | 0 | 0% | 0 | 3.99 | 3% | 0% | 10% | 0% | Milk, Wheat | |
| Mt St Helens Pizza, Medium (Serving Size: 1 slice) | 203.73 | 58.45 | 6.49 | 11% | 2.89 | 14% | 15.93 | 285.36 | 14% | 25.77 | 9% | 1.59 | 5% | 1.89 | 7.93 | 3% | 6% | 12% | 10% | Milk, Wheat | |
| Mt St Helens Pizza, Small (Serving Size: 1 slice) | 152.62 | 45.53 | 5.06 | 8% | 2.29 | 11% | 12.62 | 224.55 | 11% | 18.67 | 6% | 1.2 | 4% | 1.43 | 6.05 | 3% | 5% | 10% | 7% | Milk, Wheat | |
| Mt Veggiemore Pizza, Mountain (Serving Size: 1 slice) | 308.73 | 78.78 | 8.75 | 15% | 3.25 | 16% | 18.48 | 329.28 | 16% | 42.91 | 14% | 2.19 | 7% | 3.23 | 11.53 | 9% | 19% | 16% | 15% | Milk, Wheat | |
| Mt Veggiemore Pizza, Large (Serving Size: 1 slice) | 225.69 | 56.65 | 6.29 | 10% | 2.32 | 12% | 13.2 | 235.84 | 12% | 31.68 | 11% | 1.6 | 5% | 2.35 | 8.37 | 7% | 14% | 11% | 11% | Milk, Wheat | |
| Mt Veggiemore Pizza, Medium (Serving Size: 1 slice) | 195.15 | 49.02 | 5.44 | 9% | 2.03 | 10% | 11.55 | 203.81 | 10% | 27.32 | 9% | 1.37 | 5% | 2 | 7.27 | 6% | 11% | 10% | 9% | Milk, Wheat | |
| Mt Veggiemore Pizza, Small (Serving Size: 1 slice) | 147.12 | 38.86 | 4.31 | 7% | 1.62 | 8% | 9.24 | 163.74 | 8% | 20 | 7% | 1.03 | 3% | 1.56 | 5.57 | 5% | 10% | 8% | 7% | Milk, Wheat | |
| Pikes Peak Pizza, Mountain (Serving Size: 1 slice) | 476.92 | 196.73 | 21.86 | 36% | 9.89 | 49% | 0.07 | 65.1 | 860.09 | 43% | 39.55 | 13% | 1.75 | 6% | 2.51 | 23.94 | 11% | 3% | 31% | 17% | Milk, Sulfites, Wheat |
| Pikes Peak Pizza, Large (Serving Size: 1 slice) | 286.86 | 105.25 | 11.69 | 19% | 4.76 | 24% | 0.05 | 33.3 | 497.95 | 25% | 29.27 | 10% | 1.29 | 4% | 1.84 | 13.31 | 5% | 2% | 12% | 12% | Milk, Sulfites, Wheat |
| Pikes Peak Pizza, Medium (Serving Size: 1 slice) | 249.5 | 91.98 | 10.22 | 17% | 4.16 | 21% | 0.04 | 29.14 | 435.52 | 22% | 25.31 | 8% | 1.12 | 4% | 1.6 | 11.61 | 4% | 2% | 10% | 11% | Milk, Sulfites, Wheat |
| Pikes Peak Pizza, Small (Serving Size: 1 slice) | 189.94 | 72.88 | 8.09 | 13% | 3.33 | 17% | 0.03 | 23.31 | 347.21 | 17% | 18.31 | 6% | 0.82 | 3% | 1.2 | 9.02 | 3% | 1% | 8% | 8% | Milk, Sulfites, Wheat |
| Robbers Roost Pizza, Red, Mountain (Serving Size: 1 slice) | 295.56 | 70.09 | 7.79 | 13% | 2.8 | 14% | 0 | 22.71 | 315.46 | 16% | 40.79 | 14% | 2.15 | 7% | 2.92 | 13 | 8% | 7% | 13% | 16% | Milk, Soy, Wheat |
| Robbers Roost Pizza, Red, Large (Serving Size: 1 slice) | 229.31 | 58.26 | 6.47 | 11% | 2.51 | 13% | 0 | 19.11 | 252.03 | 13% | 30.17 | 10% | 1.58 | 5% | 2.13 | 10.29 | 6% | 5% | 11% | 11% | Milk, Soy, Wheat |
| Robbers Roost Pizza, Red, Medium (Serving Size: 1 slice) | 198.82 | 50.77 | 5.64 | 9% | 2.19 | 11% | 0 | 16.63 | 219.47 | 11% | 26.08 | 9% | 1.36 | 5% | 1.84 | 8.93 | 5% | 4% | 10% | 10% | Milk, Soy, Wheat |
| Robbers Roost Pizza, Red, Small (Serving Size: 1 slice) | 148.98 | 39.75 | 4.41 | 7% | 1.75 | 9% | 0 | 13.16 | 173.06 | 9% | 18.91 | 6% | 1.01 | 3% | 1.38 | 6.83 | 4% | 3% | 8% | 7% | Milk, Soy, Wheat |
| Robbers Roost Pizza, White, Mountain (Serving Size: 1 slice) | 321.19 | 103.5 | 11.5 | 19% | 3.01 | 15% | 0 | 24.44 | 362.59 | 18% | 40.28 | 13% | 1.95 | 7% | 2.64 | 12.11 | 6% | 5% | 12% | 15% | Milk, Soy, Wheat |
| Robbers Roost Pizza, White, Large (Serving Size: 1 slice) | 234.6 | 74.31 | 8.25 | 14% | 2.15 | 11% | 0 | 17.45 | 259.63 | 13% | 29.8 | 10% | 1.44 | 5% | 1.93 | 8.79 | 4% | 4% | 9% | 11% | Milk, Soy, Wheat |
| Robbers Roost Pizza, White, Medium (Serving Size: 1 slice) | 203.44 | 64.81 | 7.2 | 12% | 1.88 | 9% | 0 | 15.18 | 226.12 | 11% | 25.75 | 9% | 1.24 | 4% | 1.67 | 7.62 | 4% | 3% | 7% | 9% | Milk, Soy, Wheat |
| Robbers Roost Pizza, White, Small (Serving Size: 1 slice) | 152.68 | 50.98 | 5.66 | 9% | 1.5 | 8% | 0 | 12 | 178.38 | 9% | 18.66 | 6% | 0.91 | 3% | 1.24 | 5.78 | 3% | 3% | 6% | 7% | Milk, Soy, Wheat |
| Sizzlin Bacon Classic, Mountain (Serving Size: 1 slice) | 376.44 | 145.49 | 16.16 | 27% | 4.77 | 24% | 0 | 31.82 | 592.87 | 30% | 39.49 | 13% | 1.71 | 6% | 2.3 | 14.85 | 3% | 2% | 11% | 14% | Milk, Soy, Wheat |
| Sizzlin Bacon Classic, Large (Serving Size: 1 slice) | 274.06 | 104.3 | 11.59 | 19% | 3.41 | 17% | 0 | 22.73 | 424.12 | 21% | 29.24 | 10% | 1.26 | 4% | 1.69 | 10.75 | 2% | 1% | 8% | 10% | Milk, Soy, Wheat |
| Sizzlin Bacon Classic, Medium (Serving Size: 1 slice) | 238.2 | 91.15 | 10.13 | 17% | 2.98 | 15% | 0 | 19.89 | 370.87 | 19% | 25.26 | 8% | 1.08 | 4% | 1.46 | 9.36 | 2% | 1% | 7% | 9% | Milk, Soy, Wheat |
| Sizzlin Bacon Classic, Small (Serving Size: 1 slice) | 180.86 | 72.21 | 8.02 | 13% | 2.38 | 12% | 0 | 15.91 | 295.48 | 15% | 18.27 | 6% | 0.78 | 3% | 1.08 | 7.22 | 1% | 1% | 6% | 7% | Milk, Soy, Wheat |
| Snowy Alps Pizza, Creamy Garlic Combo, Mountain (Serving Size: 1 slice) | 341.22 | 127 | 14.11 | 24% | 4.06 | 20% | 0 | 24.88 | 439.85 | 22% | 40.2 | 13% | 1.95 | 7% | 2.68 | 11.48 | 6% | 6% | 12% | 14% | Milk, Soy, Wheat |
| Snowy Alps Pizza, Creamy Garlic Combo, Large (Serving Size: 1 slice) | 248.9 | 91.09 | 10.12 | 17% | 2.9 | 15% | 0 | 17.77 | 314.82 | 16% | 29.74 | 10% | 1.44 | 5% | 1.96 | 8.34 | 4% | 4% | 9% | 11% | Milk, Soy, Wheat |
| Snowy Alps Pizza, Creamy Garlic Combo, Medium (Serving Size: 1 slice) | 216.18 | 79.59 | 8.84 | 15% | 2.53 | 13% | 0 | 15.55 | 275.23 | 14% | 25.7 | 9% | 1.24 | 4% | 1.69 | 7.25 | 4% | 3% | 8% | 9% | Milk, Soy, Wheat |
| Snowy Alps Pizza, Creamy Garlic Combo, Small (Serving Size: 1 slice) | 163.24 | 62.95 | 6.99 | 12% | 2.03 | 10% | 0 | 12.44 | 218.99 | 11% | 18.62 | 6% | 0.91 | 3% | 1.26 | 5.54 | 3% | 3% | 6% | 7% | Milk, Soy, Wheat |
| Snowy Alps Pizza, Creamy Garlic Veggie, Mountain (Serving Size: 1 slice) | 311.53 | 103.09 | 11.45 | 19% | 2.74 | 14% | 0 | 16.16 | 333.87 | 17% | 40.95 | 14% | 2.14 | 7% | 2.73 | 9.56 | 7% | 14% | 12% | 14% | Milk, Soy, Wheat |
| Snowy Alps Pizza, Creamy Garlic Veggie, Large (Serving Size: 1 slice) | 227.69 | 74.01 | 8.22 | 14% | 1.96 | 10% | 0 | 11.54 | 239.12 | 12% | 30.28 | 10% | 1.57 | 5% | 1.99 | 6.97 | 5% | 10% | 9% | 10% | Milk, Soy, Wheat |
| Snowy Alps Pizza, Creamy Garlic Veggie, Medium (Serving Size: 1 slice) | 197.72 | 64.65 | 7.18 | 12% | 1.71 | 9% | 0 | 10.1 | 209.04 | 10% | 26.2 | 9% | 1.36 | 5% | 1.73 | 6.06 | 4% | 9% | 8% | 9% | Milk, Soy, Wheat |
| Snowy Alps Pizza, Creamy Garlic Veggie, Small (Serving Size: 1 slice) | 148.4 | 51 | 5.66 | 9% | 1.37 | 7% | 0 | 8.08 | 166 | 8% | 19 | 6% | 1 | 3% | 1.29 | 4.58 | 3% | 7% | 6% | 7% | Milk, Soy, Wheat |
| The Chicken Club Pizza, Mountain (Serving Size: 1 slice) | 390.76 | 151.78 | 16.86 | 28% | 5.25 | 26% | 0 | 37.91 | 533.26 | 27% | 39.55 | 13% | 1.84 | 6% | 2.45 | 16.26 | 6% | 5% | 12% | 14% | Milk, Soy, Wheat |
| The Chicken Club Pizza, Large (Serving Size: 1 slice) | 284.29 | 108.79 | 12.09 | 20% | 3.75 | 19% | | | | | | | | | | | | | | | |

| PIZZA TOPPINGS | | | | | | | | | | | | | | | | | | | | | |
|---|----------|-------------------|---------------|------|-------------|------|---------------|---------|-----------|------|-----------------|------|-------------------|------|------------------|-------------------|-----------|-----------|-------------|----------|----------------------------|
| | CALORIES | CALORIES FROM FAT | TOTAL FAT GMS | PDV* | SAT FAT GMS | PDV* | TRANS FAT GMS | CHOL MG | SODIUM MG | PDV* | TOTAL CARBS GMS | PDV* | DIETARY FIBER GMS | PDV* | TOTAL SUGARS GMS | TOTAL PROTEIN GMS | VIT A PDV | VIT C PDV | CALCIUM PDV | IRON PDV | ALLERGENS |
| Extra Cheese for Mountain Slice (0.6 oz) | 54.72 | 32.83 | 3.65 | 6% | 2.13 | 11% | 0 | 12.16 | 109.45 | 5% | 0 | 0% | 0 | 0% | 0 | 3.65 | 2% | 0% | 9% | 0% | Milk |
| Extra Cheese for Large Slice (0.43 oz) | 39.22 | 23.53 | 2.62 | 4% | 1.53 | 8% | 0 | 8.71 | 78.44 | 4% | 0 | 0% | 0 | 0% | 0 | 2.62 | 0% | 0% | 1% | 0% | Milk |
| Extra Cheese for Medium Slice (0.38 oz) | 34.2 | 20.52 | 2.28 | 4% | 1.33 | 7% | 0 | 7.6 | 68.41 | 3% | 0 | 0% | 0 | 0% | 0 | 2.28 | 0% | 0% | 0% | 0% | Milk |
| Extra Cheese for Small Slice (0.3 oz) | 27 | 16.2 | 1.8 | 3% | 1.05 | 5% | 0 | 6 | 54.01 | 3% | 0 | 0% | 0 | 0% | 0 | 1.8 | 0% | 0% | 0% | 0% | Milk |
| Extra Cheese for Mini Slice (0.25 oz) | 22.5 | 13.5 | 1.5 | 3% | 0.88 | 4% | 0 | 5 | 45.01 | 2% | 0 | 0% | 0 | 0% | 0 | 1.5 | 0% | 0% | 0% | 0% | Milk |
| Extra Sauce for Mountain Slice (0.4 oz) | 6.89 | 0.12 | 0.01 | 0% | 0 | 0% | 0 | 0 | 43.18 | 2% | 1.36 | 0% | 0.23 | 1% | 0.7 | 0.34 | 2% | 2% | 0% | 1% | None |
| Extra Sauce for Large Slice (0.29 oz) | 5 | 0.09 | 0.01 | 0% | 0 | 0% | 0 | 0 | 31.31 | 2% | 0.99 | 0% | 0.17 | 1% | 0.51 | 0.25 | 0% | 2% | 0% | 4% | None |
| Extra Sauce for Medium Slice (0.25 oz) | 4.31 | 0.08 | 0.01 | 0% | 0 | 0% | 0 | 0 | 26.99 | 1% | 0.85 | 0% | 0.15 | 1% | 0.44 | 0.22 | 0% | 3% | 0% | 19% | None |
| Extra Sauce for Small Slice (0.2 oz) | 3.45 | 0.06 | 0.01 | 0% | 0 | 0% | 0 | 0 | 21.59 | 1% | 0.68 | 0% | 0.12 | 0% | 0.35 | 0.18 | 0% | 4% | 0% | 84% | None |
| Extra Sauce for Mini Slice (0.17 oz) | 2.88 | 0.05 | 0.01 | 0% | 0 | 0% | 0 | 0 | 18.03 | 1% | 0.57 | 0% | 0.1 | 0% | 0.29 | 0.15 | 0% | 6% | 0% | 390% | None |
| SALAD BAR | | | | | | | | | | | | | | | | | | | | | |
| (one serving spoon equals 1 oz, one ladle equals 2 fl oz) | | | | | | | | | | | | | | | | | | | | | |
| | CALORIES | CALORIES FROM FAT | TOTAL FAT GMS | PDV* | SAT FAT GMS | PDV* | TRANS FAT GMS | CHOL MG | SODIUM MG | PDV* | TOTAL CARBS GMS | PDV* | DIETARY FIBER GMS | PDV* | TOTAL SUGARS GMS | TOTAL PROTEIN GMS | VIT A PDV | VIT C PDV | CALCIUM PDV | IRON PDV | ALLERGENS |
| Ambrosia Cream Salad (Serving Size: 1 serving spoon) | 33.53 | 11.6 | 1.28 | 2% | 0.77 | 4% | 0.25 | 0 | 11.6 | 1% | 4.64 | 2% | 0.51 | 2% | 2.83 | 0.51 | 1% | 2% | 1% | 1% | Soy |
| Baby Carrots (Serving Size: 1 serving spoon) | 11.35 | 0.25 | 0.02 | 0% | 0 | 0% | 0 | 0 | 22.7 | 1% | 2.32 | 1% | 0.56 | 2% | 1.36 | 0.17 | 78% | 4% | 1% | 1% | None |
| Broccoli (Serving Size: 1 serving spoon) | 7.99 | 0.89 | 0.09 | 0% | 0.01 | 0% | 0 | 0 | 7.59 | 0% | 1.48 | 0% | 0 | 0% | 0 | 0.84 | 17% | 44% | 1% | 1% | None |
| California Raisins (Serving Size: 1 serving spoon) | 92.21 | 0 | 0 | 0% | 0 | 0% | 0 | 0 | 7.09 | 0% | 21.99 | 7% | 1.41 | 5% | 20.57 | 0.7 | 0% | 0% | 1% | 4% | None |
| Cherry Tomatoes (Serving Size: 1 serving spoon) | 5.14 | 0.51 | 0.05 | 0% | 0.01 | 0% | 0 | 0 | 1.33 | 0% | 1.11 | 0% | 0.34 | 1% | 0.74 | 0.24 | 5% | 6% | 0% | 0% | None |
| Chopped Eggs (Serving Size: 1 serving spoon) | 44.02 | 27.09 | 3.01 | 5% | 0.92 | 5% | 0 | 120.38 | 35.26 | 2% | 0.31 | 0% | 0 | 0% | 0.31 | 3.56 | 3% | 0% | 1% | 2% | Egg |
| Cottage Cheese (Serving Size: 1 serving spoon) | 30.13 | 11.29 | 1.25 | 2% | 0.75 | 4% | 0 | 5.02 | 85.37 | 4% | 0.75 | 0% | 0 | 0% | 0.75 | 3.51 | 1% | 0% | 4% | 0% | Milk |
| Country Potato Salad (Serving Size: 1 serving spoon) | 46.61 | 27.36 | 3.04 | 5% | 0.6 | 3% | 0 | 8.1 | 117.55 | 6% | 5.47 | 2% | 0.6 | 2% | 1.41 | 0.81 | 0% | 0% | 0% | 2% | Egg |
| Croutons (Serving Size: 1 serving spoon) | 121.6 | 36.48 | 4.05 | 7% | 0 | 0% | 0 | 0 | 324.28 | 16% | 16.21 | 5% | 0 | 0% | 0 | 4.05 | 0% | 0% | 0% | 8% | Milk, Wheat |
| Cucumbers (Serving Size: 1 serving spoon) | 3.41 | 0.4 | 0.04 | 0% | 0 | 0% | 0 | 0 | 0.64 | 0% | 0.61 | 0% | 0.19 | 1% | 0.39 | 0.16 | 0% | 2% | 0% | 0% | None |
| Elbow Macaroni Salad (Serving Size: 1 serving spoon) | 62.62 | 38.74 | 4.3 | 7% | 0.97 | 5% | 0 | 2.93 | 152.63 | 8% | 5.47 | 2% | 0.39 | 1% | 1.56 | 0.97 | 0% | 0% | 0% | 2% | Egg, Wheat |
| Four Bean Salad (Serving Size: 1 serving spoon) | 28.37 | 0 | 0 | 0% | 0 | 0% | 0 | 0 | 93.63 | 5% | 6.52 | 2% | 0.85 | 3% | 4.25 | 0.85 | 1% | 2% | 1% | 1% | None |
| Garbanzo Beans (Serving Size: 1 serving spoon) | 27.24 | 5.1 | 0.56 | 1% | 0.11 | 1% | 0 | 0 | 74.91 | 4% | 4.31 | 1% | 1.81 | 6% | 0 | 1.13 | 0% | 0% | 0% | 1% | None |
| Gourmet Potato Salad (Serving Size: 1 serving spoon) | 44.58 | 21.88 | 2.43 | 4% | 0.5 | 3% | 0 | 8.1 | 158.08 | 8% | 4.86 | 2% | 0.6 | 2% | 1.01 | 0.81 | 0% | 0% | 0% | 2% | Egg |
| Green Beans (Serving Size: 1 serving spoon) | 10.01 | 0 | 0 | 0% | 0 | 0% | 0 | 0 | 0 | 0% | 1.66 | 1% | 0.66 | 2% | 0.66 | 0.66 | 3% | 7% | 1% | 1% | None |
| Italian Pasta Salad (Serving Size: 1 serving spoon) | 34.45 | 16.41 | 1.82 | 3% | 0.3 | 2% | 0 | 0 | 135.79 | 7% | 3.44 | 1% | 0.4 | 1% | 0.4 | 0.81 | 10% | 1% | 0% | 2% | Milk, Sulfites, Wheat |
| Kidney Beans (Serving Size: 1 serving spoon) | 24.16 | 0.86 | 0.09 | 0% | 0.01 | 0% | 0 | 0 | 96.76 | 5% | 4.42 | 1% | 1.81 | 6% | 0.06 | 1.48 | 0% | 1% | 1% | 2% | None |
| Macaroni Salad (Serving Size: 1 serving spoon) | 64.57 | 45.79 | 5.08 | 8% | 0.97 | 5% | 0 | 2.93 | 156.55 | 8% | 5.47 | 2% | 0.39 | 1% | 1.56 | 0.97 | 0% | 0% | 0% | 2% | Egg, Wheat |
| Oreo Cookie and Cream Salad (Serving Size: 1 serving spoon) | 59.58 | 22.98 | 2.55 | 4% | 1.41 | 7% | 0.56 | 0 | 45.4 | 2% | 7.94 | 3% | 0.56 | 2% | 6.52 | 0.85 | 0% | 0% | 2% | 1% | Egg, Milk, Soy |
| Peas (Serving Size: 1 serving spoon) | 22.31 | 1.43 | 0.15 | 0% | 0 | 0% | 0 | 0 | 33.47 | 2% | 3.82 | 1% | 1.27 | 4% | 1.91 | 1.59 | 2% | 5% | 0% | 1% | None |
| Pepperoncini (Serving Size: 1 serving spoon) | 5 | 0 | 0 | 0% | 0 | 0% | 0 | 0 | 360 | 18% | 1 | 0% | 1 | 3% | 0 | 0 | 0% | 0% | 0% | 0% | Sulfites |
| Potato Salad (Serving Size: 1 serving spoon) | 48.34 | 22.7 | 2.52 | 4% | 0.52 | 3% | 0 | 2.1 | 102.99 | 5% | 5.88 | 2% | 0.63 | 2% | 1.68 | 0.63 | 0% | 0% | 0% | 2% | Egg |
| Potato Salad with Diced Egg (Serving Size: 1 serving spoon) | 48.34 | 22.7 | 2.52 | 4% | 0.52 | 3% | 0 | 2.1 | 102.99 | 5% | 5.88 | 2% | 0.63 | 2% | 1.68 | 0.63 | 0% | 0% | 0% | 2% | Egg |
| Raspberry Parfait (Serving Size: 1 serving spoon) | 25.79 | 4.64 | 0.51 | 1% | 0.51 | 3% | 0 | 0 | 20.63 | 1% | 4.9 | 2% | 0 | 0% | 4.9 | 0.51 | 0% | 0% | 0% | 0% | Soy |
| Red Potato Salad (Serving Size: 1 serving spoon) | 56.75 | 36.48 | 4.05 | 7% | 0.91 | 5% | 0 | 3.04 | 121.6 | 6% | 4.25 | 1% | 0.4 | 1% | 0.2 | 0.4 | 0% | 1% | 0% | 1% | Egg |
| Salad Dressing, Blue Cheese (Serving Size: 1 ladle) | 320 | 306 | 34 | 57% | 7 | 35% | 0 | 30 | 620 | 31% | 2 | 1% | 0 | 0% | 2 | 2 | 0% | 0% | 8% | 0% | Egg, Milk, MSG, Soy, Wheat |
| Salad Dressing, Buttermilk Ranch (Serving Size: 1 ladle) | 200 | 198 | 22 | 37% | 3 | 15% | 0 | 20 | 540 | 27% | 2 | 1% | 0 | 0% | 2 | 0 | 0% | 0% | 4% | 0% | Egg, Fish, Milk, Soy |
| Salad Dressing, Lite Italian (Serving Size: 1 ladle) | 50 | 0 | 0 | 0% | 0 | 0% | 0 | 0 | 680 | 34% | 12 | 4% | 0 | 0% | 4 | 0 | 0% | 4% | 0% | 0% | None |
| Salad Dressing, Thousand Island (Serving Size: 1 ladle) | 240 | 198 | 22 | 37% | 3 | 15% | 0 | 10 | 600 | 30% | 10 | 3% | 0 | 0% | 8 | 0 | 4% | 4% | 0% | 0% | Egg, Fish |
| Salad Mix (Serving Size: 0.50 oz) | 4.44 | 0.4 | 0.04 | 0% | 0 | 0% | 0 | 0 | 3.45 | 0% | 0.92 | 0% | 0.39 | 1% | 0.5 | 0.26 | 8% | 4% | 1% | 1% | None |
| Sliced Beets (Serving Size: 1 serving spoon) | 7.03 | 0 | 0 | 0% | 0 | 0% | 0 | 0 | 49.24 | 2% | 1.64 | 1% | 0.46 | 2% | 1.17 | 0 | 0% | 0% | 0% | 0% | None |
| Strawberry Parfait (Serving Size: 1 serving spoon) | 25.79 | 4.64 | 0.51 | 1% | 0.51 | 3% | 0 | 0 | 18.05 | 1% | 4.9 | 2% | 0 | 0% | 4.9 | 0.51 | 0% | 0% | 0% | 0% | Soy |
| Sunflower Seeds (Serving Size: 1 serving spoon) | 141.87 | 93.63 | 10.4 | 17% | 1.89 | 9% | 0 | 0 | 0 | 0% | 6.62 | 2% | 2.83 | 9% | 0 | 5.67 | 0% | 0% | 0% | 8% | None |