

Nutritional Information



		Servings/Container	Calories	Calories from Fat	Total Fat	Total Fat	Saturated Fat	Saturated Fat	Cholesterol	Cholesterol	Sodium	Sodium	Total Carbohydrate	Total Carbohydrate	Dietary Fiber	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Product	Serving Size																					
Pizza																						
Grande Cheese	1 slice (1/8 pizza) 120g	8	260	50	6g	9%	3g	16%	15mg	5%	530mg	22%	38g	13%	2g	7%	3g	13g	10%	10%	20%	15%
Grande Pepperoni	1 slice (1/8 pizza) 159g	8	410	180	20g	31%	9g	47%	60mg	20%	1150mg	48%	38g	13%	2g	7%	4g	19g	10%	25%	15%	15%
Thin Crust Cheese	1 slice (1/8 pizza) 89g	8	210	70	8g	12%	4g	19%	15mg	5%	390mg	16%	23g	8%	1g	5%	2g	12g	10%	10%	25%	2%
Thin Crust Pepperoni	1 slice (1/8 pizza) 127g	8	350	180	20g	31%	9g	43%	50mg	17%	1040mg	43%	23g	8%	1g	5%	2g	20g	10%	25%	25%	6%
Gourmet Pizza																						
Spring Veggie	1 slice (1/8 pizza) 179g	8	280	60	6g	10%	3.5g	16%	15mg	5%	600mg	25%	41g	14%	3g	10%	4g	13g	15%	30%	25%	15%
Garlic Spinaci	1 slice (1/8 pizza) 171g	8	300	90	10g	16%	5g	24%	20mg	7%	500mg	21%	40g	13%	3g	13%	3g	15g	30%	20%	25%	20%
Meat Magnifico	1 slice (1/8 pizza) 187g	8	490	230	25g	39%	10g	51%	65mg	21%	1440mg	60%	38g	13%	2g	8%	3g	26g	10%	20%	25%	20%
Hawaiian	1 slice (1/8 pizza) 170g	8	360	110	13g	19%	6g	31%	40mg	13%	890mg	37%	40g	13%	2g	7%	5g	21g	10%	10%	30%	15%
Deluxe	1 slice (1/8 pizza) 183g	8	390	150	16g	25%	7g	35%	45mg	14%	1100mg	46%	40g	13%	2g	10%	4g	20g	10%	30%	25%	15%
Chicken Spinaci	1 slice (1/8 pizza) 171g	8	330	100	11g	17%	4.5g	23%	35mg	11%	480mg	20%	39g	13%	3g	11%	3g	20g	20%	15%	25%	20%
Broccoli Chicken	1 slice (1/8 pizza) 152g	8	360	120	14g	21%	7g	34%	45mg	15%	500mg	21%	37g	12%	2g	7%	2g	22g	10%	25%	35%	15%
Philly Steak	1 slice (1/8 pizza) 171g	8	360	120	13g	20%	6g	31%	30mg	11%	480mg	20%	38g	13%	2g	7%	3g	20g	10%	10%	35%	15%
Panini																						
Italian	1 sandwich 437g	1	910	380	42g	65%	20g	100%	140mg	46%	3410mg	142%	77g	26%	4g	14%	2g	54g	20%	30%	50%	30%
Steak	1 sandwich 468g	1	970	410	46g	70%	22g	109%	130mg	43%	1920mg	80%	81g	27%	5g	18%	4g	55g	25%	50%	50%	40%
Ham	1 sandwich 524g	1	920	390	43g	66%	18g	90%	140mg	46%	3150mg	131%	81g	27%	5g	19%	4g	52g	30%	40%	50%	35%
Turkey	1 sandwich 489g	1	940	350	39g	61%	16g	79%	70mg	23%	3560mg	148%	81g	27%	4g	16%	5g	66g	20%	15%	50%	25%
Vegetarian	1 sandwich 425g	1	750	280	31g	47%	15g	75%	60mg	20%	2110mg	88%	83g	28%	6g	23%	5g	34g	30%	60%	50%	35%
Club	1 sandwich 468g	1	1020	450	50g	77%	20g	101%	130mg	43%	3550mg	148%	79g	26%	4g	16%	4g	63g	20%	15%	50%	30%
Chicken	1 sandwich 454g	1	900	340	38g	59%	16g	80%	115mg	39%	2510mg	105%	81g	27%	4g	16%	2g	54g	20%	15%	50%	25%
Insalata																						
Chicken Caesar	1 plate 257g	1	220	40	4.5g	7%	1.5g	7%	100mg	33%	120mg	5%	4g	1%	2g	8%	2g	38g	40%	35%	8%	15%
Mediterranean	1 plate 402g	1	270	160	18g	27%	9g	47%	50mg	17%	1060mg	44%	20g	7%	6g	23%	12g	13g	70%	230%	40%	20%
Garden della Casa	1 plate 345g	1	190	90	10g	16%	4g	20%	15mg	6%	580mg	24%	16g	5%	5g	21%	8g	12g	60%	120%	30%	15%
Tuscany Chicken	1 plate 430g	1	350	140	16g	24%	6g	32%	95mg	32%	650mg	27%	15g	5%	5g	21%	8g	38g	60%	120%	35%	25%
Antipasta	1 plate 439g	1	630	450	50g	77%	18g	91%	80mg	27%	2040mg	85%	16g	5%	5g	21%	8g	32g	60%	120%	35%	30%
AntiPasti																						
Pepperoni Sticks	2.5 slices (1/4) 147g	4	470	240	26g	40%	9g	47%	50mg	17%	1090mg	45%	36g	12%	1g	6%	2g	21g	6%	15%	20%	15%
Bread Sticks	2 slices (1/4) 79g	4	230	70	8g	12%	1.5g	7%	0mg	0%	290mg	12%	35g	12%	1g	5%	2g	5g	2%	0%	2%	10%
Bruschetta	1 slice (1/6) 69g	6	150	68	8g	11%	2.5g	12%	8mg	3%	315mg	13%	14g	5%	1g	3%	.5g	7g	6%	8%	11%	5%
Wings - Buffalo	10 wings 307g	1	560	350	39g	60%	8g	42%	235mg	78%	2410mg	100%	3g	1%	0g	0%	2g	47g	25%	0%	0%	0%
Wings - BBQ	10 wings 307g	1	610	300	33g	51%	8g	42%	235mg	78%	2030mg	85%	26g	9%	0g	0%	17g	47g	4%	0%	0%	4%
Wings - Garlic	10 wings 307g	1	980	770	85g	131%	17g	87%	235mg	78%	2550mg	106%	5g	2%	1g	4%	2g	47g	15%	0%	0%	0%

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Product	Serving Size																					
Dressings																						
Italian	1 package (43g)	1	200	180	21	32	3	15	0	0	410	17	4	1	0	0	3	0	0	0	0	0
Fat-free Italian	1 package (43g)	1	20	0	0	0	0	0	0	0	700	29	5	2	1	0.02	3	0	0	0	0	0
Ranch	1 package (43g)	1	260	250	28	43	4	21	10	3	240	10	2	1	0	0	2	1	0	0	4	0
Blue Cheese	1 package (43g)	1	230	220	25	38	4.5	22	25	8	380	16	2	1	0	0	2	1	0	0	2	0
Caesar	1 package (43g)	1	210	200	23	35	3.5	18	0	0	420	18	2	1	0	0	2	1	2	0	2	0
Greek	1 package (43g)	1	220	220	24	37	3.5	18	0	0	190	8	1	0	0	0	1	0	0	0	2	0
Croutons	1 package (7g)	1	30	10	1	1	0	0	0	0	105	4	5	2	0	0	0	1	0	0	0	2