



# Nutritional Information



Serving Size	Calories per serving	Calories from fat	Total Fat (g)	Trans Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Sugars (g)	Dietary Fiber (g)	Total Protein (g)
<b>APPETIZERS</b>											
Garlic Parmesan Twists™	1 Twist	170	50	5	0	2	10	440	24	1	6
Classic Wings	6	300	165	20	0	6	173	945	0	0	30
W/ Buffalo Sauce Mild	6	315	165	20	0	6	173	2085	3	0	30
W/ Buffalo Sauce Medium	6	300	165	20	0	6	173	2709	0	0	30
W/ Buffalo Sauce Hot	6	315	171	21	0	6	173	2034	2	0.04	30
W/ BBQ Sauce	6	434	165	20	0	6	173	1502	33	30	30
W/ Polynesian Sauce	6	405	165	20	0	6	173	1485	24	18	30
Boneless Wings	8	430	120	14	0	2.5	85	1810	40	2	36
W/ Buffalo Sauce Mild	8	445	120	14	0	2.5	85	2950	43	2	36
W/ Buffalo Sauce Medium	8	430	120	14	0	2.5	85	3574	40	2	36
W/ Buffalo Sauce Hot	8	445	126	15	0	2.7	85	2899	42	2	36
W/ BBQ Sauce	8	564	120	14	0	2.5	85	2367	73	32	36
W/ Polynesian Sauce	8	535	120	14	0	2.5	85	2350	64	20	36
<b>Dip Menu</b>											
Buffalo Sauce - Mild	4 oz	28	15	2	0	0	0	3296	3	1	1
Buffalo Sauce - Medium	4 oz	0	0	0	0	0	0	4560	0	0	0
Buffalo Sauce - Hot	4 oz	40	15	2	0	0	0	2900	5	0	1
BBQ Sauce	4 oz	216	0	0	0	0	0	888	52	48	0
Polynesian Sauce	4 oz	45	0	0	0	0	0	250	12	11	0
Creamy Pesto	4 oz	400	360	40	0	8	20	1000	4	0	8
Bleu Cheese	4 oz	603	588	60	0	13	57	940	4	0	4
Creamy Ranch	4 oz	339	339	38	0	6	38	829	4	0	0
Buffalo Ranch	4 oz	184	178	20	0	3	19	2045	3	0	0
Marinara	4 oz	100	40	5	0	1	0	580	10	4	4
Garlic Bread	1	60	30	3	0	1.5	0	100	12	0	2
Garlic Bread with Cheese	1	90	50	6	0	2.5	10	160	12	0	4
<b>DESSERT</b>											
Tiramisu	1	240	140	15	0	10	40	125	24	18	3
Lemon Bar	1	270	120	13	0	8	95	105	35	24	3
Brownie	1	200	60	6	0	2.5	45	230	34	25	3
Cheesecake	1	300	170	19	0	12	20	250	28	20	4
Cinnamon Twists	3	180	30	3.5	0	0.5	0	290	34	11	4
Dessert Pizza	1	210	70	8	0	1.5	0	250	32	10	3

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<b>PASTAS</b>												
Chicken Bacon Alfredo	1	660	330	36	0.5	15	80	1360	48	6	36	
Marinara w/ Sausage & Mushrooms	1	600	260	29	0	11	65	1500	57	13	29	
<b>ARTISAN FLATBREAD (1 serving = 1 slice)</b>												
Pepperoni Artisan	Individual Full-Size	6	150	70	8	0	2.5	20	390	14	1	7
Roasted Veggies & Chicken	Individual Full-Size	6	150	60	7	0	2	15	360	14	1	7
Roasted Veggies & Mozzarella	Individual Full-Size	6	140	70	7	0	3	15	300	14	1	6
Tomato Pesto	Individual Full-Size	6	130	60	6	0	2.5	10	280	13	1	5
<b>GOURMET SANDWICHES</b>												
Chicken Club	1	800	390	43	0	14	135	2300	59	4	43	
Ham Club	1	740	360	40	0	14	100	2440	60	5	37	
Turkey Club	1	720	340	38	0	14	95	2090	59	4	40	
Turkey Pesto	1	710	340	37	0	14	90	1600	56	2	40	
Turkey Santa Fe	1	730	360	40	0	14	90	1660	57	2	36	
RT Veggie Sandwich	1	630	280	32	0	11	50	1740	65	5	23	
Meatball Sandwich	1	750	330	37	0	14	85	1790	70	8	35	
<b>SALADS (1 serving per item. Single serving of family size salad based on total dish size of 4 servings). *Nutritional information does not include dressing or croutons.</b>												
Garden Salad (without dressing)	Individual	1	90	20	2.5	0	0	190	14	4	2	
Garden Salad (without dressing)	Family	3	45	10	1	0	0	95	7	2	1	
Caesar Salad	Individual	1	370	270	31	0	7	65	800	11	2	8
Caesar Salad	Family	3	185	135	15.5	0	3.5	32.5	400	5.5	0.5	4
Side of Grilled Chicken	1	110	50	5	0	1.5	45	590	0	0	13	

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<b>BEVERAGES (sizes in ounces)</b>											
<b>NON-ALCOHOLIC</b>											
Dr. Pepper	12 oz	113	0	0	0	0	39	30	0	30	0
Dr. Pepper	16 oz	150	0	0	0	0	52	41	0	41	0
Diet Dr. Pepper	12 oz	113	0	0	0	0	39	30	0	30	0
Diet Dr. Pepper	16 oz	150	0	0	0	0	52	41	0	41	0
Pepsi	12 oz	130	0	0	0	0	25	37	0	37	0
Pepsi	16 oz	180	0	0	0	0	35	49	0	49	0
Pepsi Wild Cherry	12 oz	130	0	0	0	0	25	37	0	37	0
Pepsi Wild Cherry	16 oz	180	0	0	0	0	35	49	0	49	0
Diet Pepsi	12 oz	0	0	0	0	0	35	0	0	0	0
Diet Pepsi	16 oz	0	0	0	0	0	35	0	0	0	0
Mountain Dew	12 oz	140	0	0	0	0	45	38	0	38	0
Mountain Dew	16 oz	190	0	0	0	0	60	51	0	51	0
Mug Root Beer	12 oz	130	0	0	0	0	20	34	0	34	0
Mug Root Beer	16 oz	180	0	0	0	0	25	46	0	46	0
Sierra Mist	12 oz	130	0	0	0	0	25	35	0	35	0
Sierra Mist	16 oz	180	0	0	0	0	35	47	0	47	0
Lipton Brisk Unsweetened Iced Tea	12 oz	0	0	0	0	0	40	0	0	0	0
Lipton Brisk Unsweetened Iced Tea	16 oz	0	0	0	0	0	55	0	0	0	0
Lipton Brisk Raspberry Iced Tea	12 oz	110	0	0	0	0	35	28	0	28	0
Lipton Brisk Raspberry Iced Tea	16 oz	140	0	0	0	0	45	37	0	37	0
Tropicana Lemonade	12 oz	130	0	0	0	0	140	35	0	35	0
Tropicana Lemonade	16 oz	180	0	0	0	0	185	47	0	47	0
Tropicana Fruit Punch	12 oz	140	0	0	0	0	35	39	39	0	0
Tropicana Fruit Punch	16 oz	190	0	0	0	0	45	53	53	0	0
Tropicana Twister Orange	12 oz	140	0	0	0	0	35	41	0	39	0
Tropicana Twister Orange	16 oz	190	0	0	0	0	45	54	0	53	0
SoBe Lean Cranberry Grapefruit	12 oz	0	0	0	0	0	35	0	0	0	0
SoBe Lean Cranberry Grapefruit	16 oz	0	0	0	0	0	45	0	0	0	0
1% Milk (1cup/8 oz)	1	120	20	2.5	0	1.5	10	150	14	14	0
Tropicana Apple Juice (6.75 oz)	1	90	0	0	0	0	10	23	0	0	0
Dole Orange Juice (15.2 oz)	1	210	0	0	0	0	30	51	0	0	0
Hot Coffee (cup)	1	2	0	0	0	0	5	0	0	0	0
Hot Tea (cup)	1	2	0	0	0	0	7	0	0	0	0
<b>ALCOHOLIC</b>											
Beer	1	153	0	0	0	0	14	13	0	0	0
Light Beer	1	103	0	0	0	0	14	6	0	0	0
Wine	1	122	0	0	0	0	7	4	0	0	0

(g) grams | (mg) milligrams

Beverage nutritional calculations based on serving size with 25% ice. Not all menu items are available at all Round Table Pizza locations. See inside for more information.

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption. The nutritional data are only estimated values of nutritional content. Actual nutritional values may vary from these estimates based on a number of factors, including, but not limited to, serving size, quantity of ingredients or customizing an order. For additional nutritional information, please visit our website at [www.RoundTablePizza.com](http://www.RoundTablePizza.com).

