

ORIGINAL CRUST	Servings per pizza	Calories per slice	Calories from Fat	Total Fat (g)	Saturated Fat (g) per slice	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per slice	Sugars (g)	Protein (g)
	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL
BBQ Chicken	6/6/8/12/16	160/240/290/270/260	60/90/110/100/100	6/10/12/11/11	3/4.5/6/5/5	0/0/0/0	20/25/35/30/30	460/650/770/710/700	19/26/31/28/27	1/1/2/2/2	5/6/6/6/6	8/12/15/13/13
Cheese	6/6/8/12/16	160/210/250/230/220	60/80/90/90/90	7/9/11/10/10	7/5/6/6/6	0/0/0/0	20/25/35/30/30	340/460/550/500/490	16/22/27/24/23	-1/2/2/2	-2/2/2/2	-11/13/12/11
Chicken & Garlic Gourmet™	6/6/8/12/16	140/220/260/240/230	50/80/100/90/90	6/9/11/10/10	3/4.5/5/5/5	0/0/0/0	15/25/30/30/30	340/530/630/570/560	14/22/27/24/23	1/1/2/2/1	1/2/2/2/2	7/12/14/13/13
Double Play Pepperoni	6/6/8/12/16	150/240/280/260/250	70/110/120/120/110	7/12/14/13/13	3.5/6/7/6/6	0/0/0/0	20/35/40/35/35	390/640/730/680/660	14/22/26/24/23	1/1/2/2/2	1/2/2/2/2	7/11/13/12/12
Gourmet Veggie™	6/6/8/12/16	130/210/250/230/220	50/80/100/90/90	6/9/11/10/10	3/4.5/5/5/5	0/0/0/0	15/25/30/25/25	310/470/560/520/520	15/23/27/25/24	1/2/2/2/2	1/1/2/2/2	6/10/12/11/10
Guinevere's Garden Delight®	6/6/8/12/16	120/200/240/220/210	40/70/80/70/70	4.5/8/9/8/8	2.5/4/5/4/5/4/5	0/0/0/0	15/20/25/25/25	290/460/550/510/490	15/24/28/26/25	1/2/2/2/2	2/3/3/3/3	6/10/11/10/10
Hawaiian	6/6/8/12/16	130/200/240/220/220	40/70/80/70/70	4.5/7/9/8/8	2.5/4/5/4/5/4/5	0/0/0/0	15/25/30/30/30	350/560/660/610/600	16/24/29/27/26	1/2/2/2/2	2/4/5/4/4	7/11/13/12/11
Italian Garlic Supreme™	6/6/8/12/16	150/250/290/270/260	70/120/140/130/120	8/13/15/14/14	3.5/6/7/6/6	0/0/0/0	20/35/40/35/35	350/590/690/620/610	14/22/26/24/23	1/1/2/1/1	1/1/2/1/1	7/11/13/12/12
King Arthur's Supreme®	6/6/8/12/16	150/240/290/270/260	60/100/130/110/110	7/11/14/13/12	3.5/6/7/6/6	0/0/0/0	20/30/40/35/35	370/620/740/680/660	15/24/28/26/25	1/2/2/2/2	1/2/3/3/2	7/12/14/13/13
Maui Zai™	6/6/8/12/16	140/230/280/260/250	50/80/100/90/90	5/9/11/10/10	3/5/5/5/5	0/0/0/0	20/25/35/30/30	400/640/770/710/690	16/26/30/29/27	1/1/1/1/1	3/5/6/6/5	7/11/14/12/12
Montague's All Meat Marvel®	6/6/8/12/16	170/270/320/290/280	80/120/150/140/130	9/14/17/15/15	4/7/8/7/7	0/0/0/0	25/40/50/45/45	460/710/860/770/760	14/22/27/24/24	1/2/2/2/2	1/2/2/2/2	8/13/16/14/14
Pepperoni	6/6/8/12/16	160/230/260/240/240	70/100/110/100/110	8/11/12/11/11	4/5/6/6/6	0/0/0/0	20/30/35/30/30	390/560/650/600/580	16/22/26/24/23	1/1/2/2/2	1/2/2/2/2	8/11/12/11/11
CREATE YOUR OWN	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL
Pizza Crust	6/6/8/12/16	120/190/220/200/200	40/60/70/70/70	4/7/8/8/7	2.5/4/5/4/5/4/5	0/0/0/0	15/20/25/25/25	260/420/490/450/440	14/22/26/24/23	1/1/2/2/2	1/2/2/2/2	6/9/11/10/10
SAUCE												
Zesty Red	6/6/8/12/16	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	10/10/20/20/20	1/1/1/1/1	0/0/0/0	0/0/1/1/1	0/0/0/0
Creamy Garlic	6/6/8/12/16	10/20/20/20/20	10/15/20/15/15	1/2/2/2/2	0/0/0/0	0/0/0/0	0/0/0/0	30/40/50/40/40	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0
Polynesian	6/6/8/12/16	10/10/10/10/10	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	60/70/80/70/70	2/3/3/3/3	0/0/0/0	2/2/3/2/2	0/0/0/0
BBQ	6/6/8/12/16	20/30/40/50/40	20/30/40/35/35	2.5/3/4/4/4	0.5/0.5/1/1/1	0/0/0/0	0/0/5/5/5	60/80/110/100/100	0/0/0/0	0/0/0/0	0/0/0/0	1/1/1/1/1
CHEESE												
Three-Cheese Blend	6/6/8/12/16	20/20/30/40/40	15/15/20/20/20	2/2/2/2/2	1/1/1/1/1	0/0/0/0	5/5/5/5/5	40/40/50/50/50	0/0/0/0	0/0/0/0	0/0/0/0	2/2/2/2/2
Cheddar Cheese	6/6/8/12/16	110/170/280/390/500	80/120/200/280/360	9/14/23/32/41	5/8/13/18/23	0/0/0/0	25/38/63/88/113	180/270/450/630/810	1/2/3/4/5	0/0/0/0	0/0/0/0	7/11/18/25/32
MEAT TOPPINGS												
Anchovies	6/6/8/12/16	10/10/10/10/10	5/5/5/5/5	0.5/0.5/0.5/0.5/0.5	0/0/0/0	0/0/0/0	0/0/0/0	140/190/210/190/180	0/0/0/0	0/0/0/0	0/0/0/0	1/1/1/1/1
Bacon	6/6/8/12/16	30/30/40/50/40	20/30/30/30/30	2/3/3/5/3/3	1/1.5/1.5/1.5/1.5	0/0/0/0	5/5/10/5/5	90/140/150/140/140	0/0/0/0	0/0/0/0	0/0/0/0	2/3/3/3/3
Grilled Chicken	6/6/8/12/16	10/10/10/20/20	1/2/2/2/2	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	60/80/90/90/90	0/0/0/0	0/0/0/0	0/0/0/0	2/2/3/3/3
Ham	6/6/8/12/16	10/10/10/10/10	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	5/5/5/5/5	80/120/130/120/120	0/0/0/0	0/0/0/0	0/0/0/0	1/2/1/1/1
Italian Sausage	6/6/8/12/16	20/30/30/40/30	20/25/25/25/20	2/2.5/2.5/2.5/2	0.5/1/1/1/1	0/0/0/0	5/5/10/5/5	60/80/90/80/70	0/0/0/0	0/0/0/0	0/0/0/0	1/1/2/1/1
Linguiça	6/6/8/12/16	15/20/20/30/20	15/15/15/15/15	1.2/2.5/2.5/2	0.5/0.5/0.5/0.5/0.5	0/0/0/0	5/5/5/5/5	70/110/120/110/100	0/0/0/0	0/0/0/0	0/0/0/0	1/1/1/1/1
Mini Pepperoni	6/6/8/12/16	20/40/40/50/40	20/30/35/30/30	2.5/3.5/4/3.5/3.5	1/1.5/1.5/1.5/1.5	0/0/0/0	5/10/10/10/10	110/170/180/170/160	0/0/0/0	0/0/0/0	0/0/0/0	1/2/2/2/2
Pepperoni	6/6/8/12/16	30/40/40/50/40	20/35/40/35/35	2.5/4/4/4/3.5	1/1.5/1.5/1.5/1.5	0/0/0/0	5/10/10/10/10	90/150/160/150/140	0/0/0/0	0/0/0/0	0/0/0/0	1/1/2/1/1
Salami	6/6/8/12/16	20/30/40/40/40	15/30/30/25/25	2/3/3/3/3	0.5/1/1/1/1	0/0/0/0	5/10/10/10/5	90/140/150/140/140	0/0/0/0	0/0/0/0	0/0/0/0	1/2/2/2/2
VEGETABLE TOPPINGS												
Artichoke Hearts	6/6/8/12/16	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	50/60/70/60/60	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0
Banana Peppers	6/6/8/12/16	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0
Black Olives	6/6/8/12/16	10/10/20/10/10	10/10/15/10/10	1/1/1.5/1/1	0/0/0/0	0/0/0/0	0/0/0/0	70/90/110/100/100	1/1/1/1/1	0/0/0/0	0/0/0/0	0/0/0/0
Green Onions	6/6/8/12/16	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0
Green Peppers	6/6/8/12/16	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0
Jalapeños	6/6/8/12/16	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0
Mushrooms	6/6/8/12/16	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0
Pineapple	6/6/8/12/16	10/10/10/10/10	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	2/2/3/2/2	0/0/0/0	2/2/2/3/2/2	0/0/0/0
Red Onions	6/6/8/12/16	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0
Roma Tomatoes	6/6/8/12/16	10/10/20/20/20	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	2/2/3/3/3	0/0/0/0	0/0/0/0	0/1/1/1/1
Chopped Garlic	6/6/8/12/16	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0
Spinach	6/6/8/12/16	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0
Yellow Onions	6/6/8/12/16	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0
Zucchini	6/6/8/12/16	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0	0/0/0/0

PAN CRUST

	Servings per pizza	Calories per slice	Calories from Fat	Total Fat (g)	Saturated Fat (g) per slice	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per slice	Sugars (g)	Protein (g)
	L	L	L	L	L	L	L	L	L	L	L	L
BBQ Chicken	12 Slices	320	110	12	6	0	30	840	39	2	6	15
Cheese	12 Slices	280	90	10	6	0	30	630	35	2	2	13
Chicken & Garlic Gourmet™	12 Slices	290	90	10	5	0	30	700	35	2	2	15
Double Play Pepperoni	12 Slices	310	120	13	7	0	35	800	34	2	2	14
Gourmet Veggie™	12 Slices	280	90	10	5	0	25	650	35	2	2	12
Guinevere's Garden Delight®	12 Slices	270	80	9	4.5	0	25	630	36	2	3	12
Hawaiian	12 Slices	280	80	8	5	0	30	730	37	2	4	13
Italian Garlic Supreme™	12 Slices	320	130	14	7	0	35	750	35	2	2	14
King Arthur's Supreme®	12 Slices	320	120	13	6	0	35	810	35	2	3	15
Maui Zaii™	12 Slices	340	110	12	6	0	35	900	41	2	6	16
Montague's All Meat Marvel®	12 Slices	340	140	16	7	0	45	900	35	2	2	16
Pepperoni	12 Slices	300	110	12	6	0	30	720	34	2	2	13

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	L	L	L	L	L	L	L	L	L	L	L	L
Pizza Crust	12 Slices	260	70	8	4.5	0	25	570	34	2	2	12

SAUCE

Zesty Red	12 Slices	0	0	0	0	0	0	20	1	0	1	0
Creamy Garlic	12 Slices	20	15	2	0	0	0	40	0	0	0	0
Polynesian	12 Slices	10	0	0	0	0	0	70	3	0	2	0
BBQ	12 Slices	20	0	0	0	0	0	80	4	0	3	0

CHEESE

Three-Cheese Blend	12 Slices	40	20	2	1	0	5	50	0	0	0	2
Cheddar Cheese	12 Slices	390	280	32	18	0	88	630	4	0	0	25

MEAT TOPPINGS

Anchovies	12 Slices	10	5	0.5	0	0	0	190	0	0	0	1
Bacon	12 Slices	50	30	3	1.5	0	5	140	0	0	0	3
Grilled Chicken	12 Slices	20	2	0	0	0	0	90	0	0	0	3
Ham	12 Slices	10	0	0	0	0	5	120	0	0	0	1
Italian Sausage	12 Slices	40	25	2.5	1	0	5	80	0	0	0	1
Linguiça	12 Slices	30	15	2.5	0.5	0	5	110	0	0	0	1
Mini Pepperoni	12 Slices	50	30	3.5	1.5	0	10	170	0	0	0	2
Pepperoni	12 Slices	50	35	4	1.5	0	10	150	0	0	0	1
Salami	12 Slices	40	25	3	1	0	10	140	0	0	0	2

VEGETABLE TOPPINGS

Artichoke Hearts	12 Slices	0	0	0	0	0	0	60	0	0	0	0
Banana Peppers	12 Slices	0	0	0	0	0	0	0	0	0	0	0
Black Olives	12 Slices	10	10	1	0	0	0	100	1	0	0	0
Green Onions	12 Slices	0	0	0	0	0	0	0	0	0	0	0
Green Peppers	12 Slices	0	0	0	0	0	0	0	0	0	0	0
Jalapeños	12 Slices	0	0	0	0	0	0	0	0	0	0	0
Mushrooms	12 Slices	0	0	0	0	0	0	0	0	0	0	0
Pineapple	12 Slices	10	0	0	0	0	0	0	2	0	2	0
Red Onions	12 Slices	0	0	0	0	0	0	0	0	0	0	0
Roma Tomatoes	12 Slices	0	0	0	0	0	0	0	0	0	0	0
Chopped Garlic	12 Slices	0	0	0	0	0	0	0	0	0	0	0
Spinach	12 Slices	0	0	0	0	0	0	0	0	0	0	0
Yellow Onions	12 Slices	0	0	0	0	0	0	0	0	0	0	0
Zucchini	12 Slices	0	0	0	0	0	0	0	0	0	0	0

CAULIFLOWER CRUST (GF)

	Servings per pizza	Calories per slice	Calories from Fat	Total Fat (g)	Saturated Fat (g) per slice	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per slice	Sugars (g)	Protein (g)
BBQ Chicken	6 Slices	230	100	11	6	0	35	570	21	1	6	11
Cheese	6 Slices	200	100	11	7	0	35	390	17	1	2	10
Chicken & Garlic Gourmet™	6 Slices	210	100	11	6	0	35	460	17	1	2	12
Double Play Pepperoni	6 Slices	210	110	12	7	0	35	480	16	1	2	10
Gourmet Veggie™	6 Slices	190	90	10	5	0	30	380	17	1	2	8
Guinevere's Garden Delight®	6 Slices	190	80	9	5	0	30	390	18	2	3	9
Hawaiian	6 Slices	190	70	8	5	0	30	460	19	1	4	9
Italian Garlic Supreme™	6 Slices	240	130	15	7	0	40	510	16	1	1	11
King Arthur's Supreme®	6 Slices	240	120	14	7	0	40	570	18	2	2	12
Maui Zai™	6 Slices	220	100	11	6	0	40	610	20	1	6	12
Montague's All Meat Marvel®	6 Slices	260	150	16	8	0	50	660	17	1	2	13
Pepperoni	6 Slices	220	110	13	7	0	40	520	16	1	2	10

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Pizza Crust	6 Slices	170	70	8	5	0	25	320	16	1	2	8
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SAUCE

Zesty Red	6 Slices	0	0	0	0	0	0	10	1	0	0	0
Creamy Garlic	6 Slices	10	10	1	0	0	0	30	0	0	0	0
Polynesian	6 Slices	10	0	0	0	0	0	60	4	0	2	0
BBQ	6 Slices	10	0	0	0	0	0	120	5	0	4	0

CHEESE

Three-Cheese Blend	6 Slices	20	15	2	1	0	5	40	0	0	0	2
Cheddar Cheese	6 Slices	170	120	14	8	0	38	270	2	0	0	11

MEAT TOPPINGS

Anchovies	6 Slices	10	5	0.5	0	0	0	140	0	0	0	1
Bacon	6 Slices	30	20	2	1	0	5	90	0	0	0	2
Grilled Chicken	6 Slices	10	1	0	0	0	0	60	0	0	0	2
Ham	6 Slices	10	0	0	0	0	5	80	0	0	0	1
Italian Sausage	6 Slices	20	20	2	0.5	0	5	60	0	0	0	1
Linguiça	6 Slices	15	10	1	0.5	0	5	70	0	0	0	1
Mini Pepperoni	6 Slices	20	20	2.5	1	0	5	110	0	0	0	1
Pepperoni	6 Slices	30	25	2.5	1	0	5	90	0	0	0	1
Salami	6 Slices	20	15	2	0.5	0	5	90	0	0	0	1

VEGETABLE TOPPINGS

Artichoke Hearts	6 Slices	0	0	0	0	0	0	50	0	0	0	0
Banana Peppers	6 Slices	0	0	0	0	0	0	0	0	0	0	0
Black Olives	6 Slices	10	10	1	0	0	0	70	1	0	0	0
Green Onions	6 Slices	0	0	0	0	0	0	0	0	0	0	0
Green Peppers	6 Slices	0	0	0	0	0	0	0	0	0	0	0
Jalapeños	6 Slices	0	0	0	0	0	0	0	0	0	0	0
Mushrooms	6 Slices	0	0	0	0	0	0	0	0	0	0	0
Pineapple	6 Slices	10	0	0	0	0	0	0	2	0	2	0
Red Onions	6 Slices	0	0	0	0	0	0	0	0	0	0	0
Roma Tomatoes	6 Slices	0	0	0	0	0	0	0	0	0	0	0
Chopped Garlic	6 Slices	0	0	0	0	0	0	0	0	0	0	0
Spinach	6 Slices	0	0	0	0	0	0	0	0	0	0	0
Yellow Onions	6 Slices	0	0	0	0	0	0	0	0	0	0	0
Zucchini	6 Slices	0	0	0	0	0	0	0	0	0	0	0

HEART-SHAPED CRUST

Heart-Shaped crust pizzas have the same nutritional information as Original Medium pizzas. See Original Crust section.

SHAREABLES

	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Garlic Parmesan Twists™	1 Twist	170	45	5	2	0	10	460	25	1	1	6
Garlic Bread	1 Slice	70	30	3.5	1.5	0	0	120	9	<1	0	2
Garlic Bread with Cheese	1 Slice	110	50	6	3	0	10	180	9	<1	0	4

WINGS

	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
BONELESS WINGS (OVEN-ROASTED)												
Perfectly Plain (No Sauce)	1 Wing	70	20	2	0.5	0	15	270	7	0	0	6
Mild Buffalo	1 Wing	90	35	4	0.5	0	15	440	7	0	0	6
Hot Buffalo	1 Wing	90	35	3.5	0.5	0	15	450	8	0	0	6
BBQ	1 Wing	100	20	2	0.5	0	15	390	13	<1	5	6
Polynesian	1 Wing	90	20	2	0.5	0	15	370	11	0	4	6
Mango Habanero	1 Wing	90	20	2.5	0.5	0	15	360	12	0	4	6
Garlic Parmesan	1 Wing	90	40	4.5	1	0	15	280	7	0	0	6
Lemon Pepper	1 Wing	80	25	3	0.5	0	15	290	7	0	0	6
BONELESS WINGS (FRIED)												
Perfectly Plain (No Sauce)	1 Wing	130	90	9	1.5	0	15	230	5	0	0	6
Mild Buffalo	1 Wing	150	100	11	1.5	0	15	410	5	0	0	6
Hot Buffalo	1 Wing	140	100	11	1.5	0	15	420	5	0	0	6
BBQ	1 Wing	150	90	9	1.5	0	15	350	10	0	4	6
Polynesian	1 Wing	150	90	9	1.5	0	15	340	8	0	3	6
Mango Habanero	1 Wing	150	90	10	1.5	0	15	330	9	0	4	6
Garlic Parmesan	1 Wing	150	100	12	2	0	15	250	5	0	0	6
Lemon Pepper	1 Wing	140	90	10	1.5	0	15	250	5	0	0	6
CLASSIC WINGS (OVEN-ROASTED)												
Perfectly Plain (No Sauce)	1 Wing	90	50	5	1.5	0	50	270	0	0	0	9
Mild Buffalo	1 Wing	100	60	7	2	0	50	450	0	0	0	9
Hot Buffalo	1 Wing	100	60	7	2	0	50	460	0	0	0	9
BBQ	1 Wing	110	50	5	1.5	0	50	390	5	0	4	9
Polynesian	1 Wing	100	50	5	1.5	0	50	380	4	0	3	9
Mango Habanero	1 Wing	100	50	5	1.5	0	50	370	5	0	4	9
Garlic Parmesan	1 Wing	110	70	8	2.5	0	50	290	0	0	0	9
Lemon Pepper	1 Wing	90	50	6	1.5	0	50	300	0	0	0	9
CLASSIC WINGS (FRIED)												
Perfectly Plain (No Sauce)	1 Wing	110	70	8	2	0	0	250	0	0	0	8
Mild Buffalo	1 Wing	130	90	10	2.5	0	0	430	0	0	0	8
Hot Buffalo	1 Wing	120	90	10	2.5	0	0	440	0	0	8	7
BBQ	1 Wing	130	80	8	2	0	0	370	5	0	4	8
Polynesian	1 Wing	120	80	8	2	0	0	360	4	0	3	8
Mango Habanero	1 Wing	130	80	8	2	0	0	350	5	0	4	8
Garlic Parmesan	1 Wing	130	90	11	3	0	0	270	0	0	0	8
Lemon Pepper	1 Wing	110	80	9	2	0	0	270	0	0	0	8

DIPPING SAUCES

	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Bleu Cheese	2 oz	290	280	31	7	0.5	30	395	1	0	<1	3
Bleu Cheese	5 oz	730	700	78	17	0.5	80	980	6	0	5	4
Creamy Ranch	2 oz	220	210	23	4	0	15	390	2	0	2	2
Creamy Ranch	5 oz	560	520	58	10	0.5	40	980	6	0	5	4
Zesty Red	2 oz	30	0	0	0	0	0	135	6	1	4	1
Zesty Red	5 oz	70	5	0.5	0	0	0	330	15	4	9	3
Polynesian	2 oz	90	0	0	0	0	0	590	21	<1	18	0
Polynesian	5 oz	220	5	0.5	0	0	0	1480	52	1	46	1
Thousand Island	2 oz	280	250	28	4.5	0	20	390	7	0	6	<1
Thousand Island	5 oz	700	630	70	11	0.5	55	980	18	0	16	1
Parmesan Italian	2 oz	230	225	25	4	0	0	550	2	1	2	0
Parmesan Italian	5 oz	600	540	60	10	0	0	1400	5	0	5	0
Marinara	2 oz	30	0	0	0	0	0	220	6	1	4	<1
Marinara	5 oz	70	5	0.5	0	0	0	560	15	4	9	2
Mango Habanero	2 oz	80	0	0	0	0	0	440	20	<1	18	0
Mango Habanero	5 oz	200	5	0.5	0	0	0	1110	51	1	45	<1
BBQ	2 oz	90	0	0	0	0	0	480	22	0	18	0
BBQ	5 oz	220	5	0.5	0	0	0	1210	53	2	45	2
Mild Buffalo	2 oz	120	110	12	2	0.5	0	1240	2	<1	0	0
Mild Buffalo	5 oz	290	280	31	4.5	1	0	3090	4	2	<1	<1
Hot Buffalo	2 oz	100	90	10	1.5	0.5	0	1340	2	<1	0	0
Hot Buffalo	5 oz	250	230	26	3.5	1	0	3350	5	2	1	1
Caramel	2 oz	160	0	0	0	0	0	140	36	0	30	2

SANDWICHES

	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Chicken Club	1	670	250	27	11	0.5	85	1860	58	3	3	46
Ham Club	1	670	270	30	12	0.5	95	2430	59	3	4	39
Italian Meat	1	840	440	49	18	1	135	3170	59	3	4	41

CHIPS

	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
LAY'S® Classic Potato Chips	1	160	90	10	1.5	0	0	170	15	1	1	2

DESSERTS

	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Churro Twists	1 Twist	180	30	3.5	1	0	0	290	34	1	11	4
Chocolate Chip Cookie	1	310	140	15	7	0	15	310	43	0	25	4
Double Fudge Cookie	1	300	120	13	6	0	10	370	44	0	29	4
Chocolate Chip King Cookie	1 slice	340	140	16	8	0	15	310	47	0	29	4

CONDIMENTS

	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Parmesan Cheese Packet	1 packet	10	4.5	0.5	0	0	0	45	0	0	0	1
Crushed Red Pepper Packet	1 packet	0	0	0	0	0	0	0	0	0	0	0

SALADS

	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Garden Salad - Individual	1	100	30	3.5	0.5	0	<5	150	16	3	5	4
Garden Salad – Family	1	210	60	7	0.5	0	<5	320	33	6	9	7

SALAD BAR

	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
SALAD GREENS												
Lettuce Blend (iceberg, romaine, spinach, red cabbage, carrots)	1 Cup	5	0	0	0	0	<5	10	1	<1	<1	0
Romaine Lettuce	1 Cup	10	0	0	0	0	0	5	2	1	1	1
Spring Mix	1 Cup	10	0	0	0	0	0	35	2	0	0	0
Baby Spinach	1 Cup	10	0	0	0	0	0	25	1	1	0	1
SALAD TOPPINGS - VEGETABLES												
Carrots (matchsticks)	1/4 Cup	5	0	0	0	0	0	10	2	0	0	0
Banana Peppers	1/4 Cup	10	0	0	0	0	0	300	2	1	0	1
Beets (sliced or julienne)	4 Slices	20	0	0	0	0	0	55	4	0	4	0
Black Olives	2 Tbsp	45	40	4.5	0	0	0	200	2	0	0	0
Broccoli (mini florets)	1 Floret	10	0	0	0	0	0	10	2	1	1	1
Cauliflower (florets)	1 Floret	5	0	0	0	0	0	4	1	0	0	0
Corn (baby)	1/4 Cup	30	0	0	0	0	0	280	4	2	1	2
Cucumbers (sliced)	1/4 Cup	5	0	0	0	0	0	0	1	0	0	0
Green Bell Peppers	1/4 Cup	5	0	0	0	0	0	0	1	0	1	0
Green Olives	2 Tbsp	50	5	0.5	0	0	0	350	1	0	0	0
Jalapeños	1/4 Cup	10	0	0	0	0	0	360	2	0	0	0
Mushrooms (sliced)	1/4 Cup	5	0	0	0	0	0	0	1	0	1	1
Peas (frozen)	1/2 Cup	60	5	0	0	0	0	0	10	3	3	4
Pepperoncini	1/4 Cup	50	0	0	0	0	0	600	2	1	0	0
Red Onions (sliced)	1/4 Cup	10	0	0	0	0	0	0	3	0	1	0
Garbanzo Beans	1/2 Cup	110	15	2	0	0	0	410	19	5	3	6
Kidney Beans	1/2 Cup	110	5	0	0	0	0	340	20	6	2	6
Edamame Soybeans (shelled, pre-packed)	1/4 Cup	50	20	2	0	0	0	10	4	3	0	13
Grape Tomatoes	1 tomato	0	0	0	0	0	0	0	0	0	0	0
SALAD TOPPINGS - PROTEINS												
Bacon Bits	1 Tbsp	35	25	3	1	0	10	115	0	0	0	2
Ham (diced)	1/4 Cup	60	10	1.5	0	0	25	660	3	0	2	8
Egg (diced or sliced)	1 Tbsp	15	10	1	0	0	0	10	0	0	0	1
Egg (whole)	1 Egg	80	50	5	2	0	20	60	1	0	0	6
Grilled Chicken	1/4 Cup	50	5	1	0	0	10	340	0	0	0	10
Cheddar Cheese	1/4 Cup	110	80	9	5	0	25	180	1	<1	0	7
Three-Cheese Blend	1/4 Cup	90	60	7	4	0	25	180	1	0	0	6
Cottage Cheese	1/2 Cup	120	45	4.5	3	0	25	460	6	0	5	14

SALAD BAR (CONT.)

	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
DRESSINGS												
Balsamic Vinegar	1 Tbsp	10	0	0	0	0	0	5	3	0	2	0
Bleu Cheese	2 Tbsp	160	150	16	3.5	0	15	230	1	0	0	1
Fat Free Italian	2 Tbsp	10	0	0	0	0	0	490	3	0	2	0
Honey Mustard	2 Tbsp	130	100	11	1.5	0	15	180	7	0	6	0
Olive Oil	1 Tbsp	120	120	13	2	0	0	0	0	0	0	0
Parmesan Italian	2 Tbsp	120	120	13	2	0	0	320	2	0	1	0
Creamy Ranch	2 Tbsp	115	95	10.5	2	0	5	135	1	0	1	0
Red Wine Vinegar	1 Tbsp	3	0	0	0	0	0	0	0	0	0	0
Thousand Island	2 Tbsp	150	130	15	2.5	0	10	210	4	0	3	0
ADDITIONAL ITEMS												
Potato Salad	1/2 Cup	220	100	12	2	0	10	540	27	3	7	2
Macaroni Salad	3/4 Cup	310	190	21	3.5	0	15	810	26	2	7	5
Pineapple	1/4 Cup	30	0	0	0	0	0	0	8	0.5	8	0
Tropical Fruit Salad	1/2 Cup	120	0	0	0	0	0	0	22	2	20	1
Peaches	1/2 Cup	50	0	0	0	0	0	10	15	0	13	1
Chow Mein Noodles	1/2 Cup	65	22.5	2.5	0	0	0	85	10	0.5	0.5	1.5
Croutons	2 Tbsp	35	15	1.5	0	0	0	65	4	0	0	1
Raisins	1/4 Cup	110	0	0	0	0	0	5	29	1	21	1
Sunflower Seeds	2 Tbsp	190	140	15	1.5	0	0	140	6	3	1	7

BEVERAGES

	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Pepsi®	20 fl oz	250	0	0	0	0	0	55	69	0	69	0
Pepsi® Zero Sugar	20 fl oz	0	0	0	0	0	0	65	0	0	0	0
Diet Pepsi®	20 fl oz	0	0	0	0	0	0	65	0	0	0	0
MUG® Root Beer	20 fl oz	260	0	0	0	0	0	105	72	0	71	0
Pepsi® Wild Cherry	20 fl oz	260	0	0	0	0	0	55	70	0	70	0
Starry®	20 fl oz	240	0	0	0	0	0	55	65	0	65	0
Mountain Dew®	20 fl oz	290	0	0	0	0	0	105	77	0	77	0
Diet Mountain Dew®	20 fl oz	0	0	0	0	0	0	55	0	0	0	0
Tropicana® Fruit Punch	20 fl oz	280	0	0	0	0	0	55	75	0	75	0
Tropicana® Lemonade	20 fl oz	80	0	0	0	0	0	270	21	0	20	0
Tropicana® Pink Lemonade	20 fl oz	250	0	0	0	0	0	260	67	0	66	0
Tropicana® Light Lemonade	20 fl oz	10	0	0	0	0	0	230	0	0	0	0
Lipton® Unsweetened Iced Tea	20 fl oz	0	0	0	0	0	0	0	0	0	0	0
Lipton® Sweetened Iced Tea	20 fl oz	170	0	0	0	0	0	85	46	0	45	0
Brisk® Raspberry Iced Tea	20 fl oz	120	0	0	0	0	0	80	30	0	30	0
Brisk® Unsweetened Tea (no lemon)	20 fl oz	0	0	0	0	0	0	85	0	0	0	0
Stubborn Soda Vanilla Agave Cream	20 fl oz	250	0	0	0	0	0	105	64	0	64	0
Stubborn Soda Root Beer	20 fl oz	250	0	0	0	0	0	110	65	0	65	0
Bubly™ Sparkling Water Raspberry	20 fl oz	0	0	0	0	0	0	105	0	0	0	0
Bubly™ Sparkling Water Lime	20 fl oz	0	0	0	0	0	0	105	0	0	0	0
Manzanita Sol Red Apple	20 fl oz	260	0	0	0	0	0	55	71	0	71	0
GATORADE® Fruit Punch	20 fl oz	140	0	0	0	0	0	270	36	0	34	0
GATORADE® Lemon-Lime	20 fl oz	140	0	0	0	0	0	270	36	0	34	0
GATORADE® Orange	20 fl oz	80	0	0	0	0	0	170	22	0	21	0
Pure Craft Mango Lemonade	20 fl oz	230	0	0	0	0	0	50	62	0	58	0
Pure Craft Strawberry Watermelon	20 fl oz	240	0	0	0	0	0	12	58	0	58	0

ADDITIONAL MENU ITEMS
ONLY AVAILABLE AT PARTICIPATING LOCATIONS

BUFFET	Servings per pizza	Calories per slice	Calories from Fat	Total Fat (g)	Saturated Fat (g) per slice	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per slice	Sugars (g)	Protein (g)
PIZZA												
BBQ Chicken, Original Crust	12 Slices	200	70	8	4	0	25	520	21	1	4	10
Cheese Pizza	12 Slices	170	60	7	4	0	20	370	18	1	1	9
Chicken & Garlic Gourmet™	12 Slices	170	60	7	3.5	0	20	420	18	1	1	10
Chicken & Jalapeño (Creamy Garlic Sauce)	12 Slices	150	50	6	3	0	20	480	17	1	1	9
Chicken & Jalapeño (Zesty Red Sauce)	12 Slices	160	50	6	3	0	20	510	18	1	1	9
Pepperoni & Italian Sausage	12 Slices	190	80	9	4.5	0	25	470	17	1	1	9
Pepperoni & Mushrooms	12 Slices	170	70	8	4	0	25	450	18	1	2	8
Pepperoni	12 Slices	180	70	8	4.5	0.5	25	430	17	1	1	8
Gourmet Veggie™	12 Slices	170	60	7	3.5	0	20	380	18	1	1	8
Guinevere's Garden Delight®	12 Slices	160	50	6	3.5	0	15	370	19	2	2	8
Hawaiian	12 Slices	160	50	6	3.5	0	20	440	19	1	3	8
Italian Garlic Supreme™	12 Slices	200	90	10	4.5	0.5	25	470	17	1	1	9
Italian Sausage & Olives	12 Slices	170	70	8	3.5	0	20	430	18	1	1	8
King Arthur's Supreme®	12 Slices	190	80	9	4.5	0	25	500	19	1	2	10
Maui Zai™	12 Slices	190	70	8	3.5	0	20	510	20	1	4	9
Maui Zai™ (Zesty Red Sauce)	12 Slices	180	70	8	3.5	0	20	480	19	<1	3	9
Maui Zai™ with Pepperoni	12 Slices	200	80	9	4.5	0	25	530	20	<1	4	9
Maui Zai™ with Pepperoni (Zesty Red Sauce)	12 Slices	190	80	9	4.5	0	25	500	19	<1	3	9
Montague's All Meat Marvel®	12 Slices	210	100	11	5	0.5	30	580	18	1	2	11
Mushrooms & Olives	12 Slices	150	60	6	3	0	15	410	18	1	2	7
Gourmet Veggie™, Cauliflower Crust	6 Slices	190	90	10	5	0	30	380	17	1	2	8
Serving Size		Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
TWISTS												
Garlic Parmesan Twists™	1/2 twist	80	25	2.5	1	0	5	230	12	0	1	3
Churro Twists	1/2 twist	90	15	1.5	0	0	0	150	17	0	5	2

Please be aware that during normal kitchen operations involving shared cooking and preparation areas that there is always a possibility that our gluten-free crust may come in contact with wheat flour and/or other non gluten-free items. We cannot guarantee that any menu item is completely gluten-free. Customers with gluten sensitivities should exercise judgement in consuming these items.

DR PEPPER BBQ PIZZA

	Servings per pizza	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
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ORIGINAL CRUST

Personal	6 slices	240	110	12	5	0	30	600	23	1	4	10
Small	6 slices	270	120	14	6	0	35	690	25	1	5	12
Medium, Original/Heart-Shaped	8 slices	320	150	17	7	0	40	820	29	1	5	14
Medium, Buffet	12 slices	210	100	11	5	0	30	550	19	1	3	9
Large	12 slices	280	130	14	7	0	35	730	26	1	5	13
X-Large	16 slices	280	130	14	6	0	35	710	25	1	4	14

PAN CRUST

Large	12 slices	340	130	15	7	0	35	860	37	2	5	14
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CAULIFLOWER CRUST (GF)

Cauliflower, GF	6 slices	260	140	15	7	0	45	610	19	1	5	11
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MARGHERITA PIZZA

	Servings per pizza	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
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ORIGINAL CRUST

Personal	6 slices	200	80	8	4.5	0	25	430	21	1	2	10
Small	6 slices	200	70	8	4.5	0	25	440	21	1	2	10
Medium, Original/Heart-Shaped	8 slices	240	90	10	6	0	30	530	26	1	2	12
Medium, Buffet	12 slices	160	60	7	4	0	20	360	17	1	1	8
Large	12 slices	220	80	9	6	0	25	480	23	1	2	11
X-Large	16 slices	210	80	9	5	0	25	470	23	1	2	11

PAN CRUST

Large	12 slices	270	90	10	5	0	25	610	34	1	2	13
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CAULIFLOWER CRUST (GF)

Cauliflower, GF	6 slices	200	90	10	6	0	30	380	17	1	2	10
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DR PEPPER BBQ WINGS

	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Dr Pepper BBQ Wings, Classic, Oven-Roasted	1 wing	110	50	6	2	0	50	350	4	0	4	9
Dr Pepper BBQ Wings, Classic, Fried	1 wing	130	80	9	2.5	0	50	320	4	0	4	8
Dr Pepper BBQ Wings, Boneless, Oven-Roasted	1 wing	100	25	2.5	0.5	0	15	340	12	0	4	7
Dr Pepper BBQ Wings, Boneless, Fried	1 wing	150	90	10	1.5	0	15	300	9	0	4	6

BACON & CHEESE TOTS

	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Bacon & Cheese Tots	1 piece	45	30	3	0.5	0	5	100	4	0	0	1

DR PEPPER BBQ DIPPING SAUCE

	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Dr Pepper BBQ Dipping Sauce	2 oz.	100	0	0	0	0	0	310	26	0	24	0

Please be aware that during normal kitchen operations involving shared cooking and preparation areas that there is always a possibility that our gluten-free crust may come in contact with wheat flour and/or other non gluten-free items. We cannot guarantee that any menu item is completely gluten-free. Customers with gluten sensitivities should exercise judgement in consuming these items.

SHAREABLES

	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Mozzarella Sticks	6	560	230	26	12	0	55	1370	51	1	6	31
Jalapeño Poppers	6	560	300	33	15	0	65	1670	59	2	6	12

 Allergen Present in Product
 Allergen Present in Manufacturing
Standard procedures are in place to prevent cross contamination of allergens in the plant.

	MAJOR FOOD ALLERGENS									SENSITIVITIES	
	Peanut	Tree Nut	Egg	Milk	Wheat	Soy	Fish	Shellfish	Sesame	Gluten	MSG
Mozzarella Sticks			◆	◆	◆					◆	
Jalapeño Poppers				◆	◆					◆	