

GOURMET PIZZAS.	12" Medium 8 slices	14" Large 10 slices	17" XLarge 12 slices	Party Size 24 sq slices
VEGETARIAN PIZZAS	Cals/Slice	Cals/Slice	Cals/Slice	Cals/Slice
Bianca	160 Cals	170 Cals	210 Cals	150 Cals
Bomba	160 Cals	170 Cals	210 Cals	150 Cals
Capri	160 Cals	170 Cals	210 Cals	150 Cals
Casino	150 Cals	160 Cals	200 Cals	140 Cals
Diana	100 Cals	110 Cals	130 Cals	90 Cals
Primavera	120 Cals	130 Cals	160 Cals	110 Cals
Sofia	170 Cals	180 Cals	230 Cals	160 Cals
Spinotta	130 Cals	140 Cals	170 Cals	120 Cals
The Sonny	150 Cals	160 Cals	200 Cals	140 Cals
Veggie Lover	115 Cals	120 Cals	150 Cals	110 Cals
Mediterranean	100 Cals	120 Cals	140 Cals	90 Cals
Whole Wheat Spinotta	140 Cals	150 Cals	180 Cals	130 Cals
Whole Wheat Veggie	120 Cals	130 Cals	160 Cals	110 Cals
Whole Wheat Diana	100 Cals	110 Cals	130 Cals	90 Cals
VEGAN PIZZAS				
Fredo	100 Cals	110 Cals	130 Cals	90 Cals
Vittoria	90 Cals	100 Cals	120 Cals	80 Cals
Whole Wheat Diana "V"	100 Cals	110 Cals	130 Cals	90 Cals
MEAT PIZZAS				
Americana	150 Cals	160 Cals	200 Cals	140 Cals
Brando	150 Cals	160 Cals	200 Cals	140 Cals
Canadiana	140 Cals	150 Cals	180 Cals	130 Cals
Capone	150 Cals	160 Cals	200 Cals	140 Cals
Gianni Ola	180 Cals	190 Cals	240 Cals	170 Cals
Honolulu	160 Cals	170 Cals	210 Cals	150 Cals
Mafioso	150 Cals	160 Cals	190 Cals	140 Cals
Meat Lover	200 Cals	210 Cals	270 Cals	190 Cals
Sicilian	170 Cals	180 Cals	230 Cals	160 Cals
Soprano	180 Cals	190 Cals	240 Cals	170 Cals
Thai Pie	150 Cals	160 Cals	200 Cals	140 Cals
The Godfather (Deep Dish)	190 Cals	200 Cals	250 Cals	180 Cals
Toni Pepperoni	170 Cals	180 Cals	230 Cals	160 Cals
Whole Wheat Meat	170 Cals	180 Cals	230 Cals	160 Cals
	10" Medium 6 slices	13" Large 8 slices		
GLUTEN FREE PIZZAS	Cals/Slice	Cals/Slice		
Gluten Free Mediterranean	110 Cals	120 Cals	-	-
Gluten Free Veggie Lover	90 Cals	100 Cals	-	-



TOPPINGS.

Calories will vary by various pizza sizes.

VEGETABLES

- Fresh Mushrooms 5-10 Cals
- Green Peppers 5-10 Cals
- Roasted Red Peppers 5-10 Cals
- Spinach 5-10 Cals
- Yukon Gold Potatoes 5-10 Cals
- Cherry Tomatoes 5-10 Cals
- Red Onions 5-10 Cals
- Marinated Zucchini 5-10 Cals
- Herbed Tomatoes 5-10 Cals
- Artichokes 5-10 Cals
- Hot Banana Peppers 5-10 Cals
- Jalapeño Peppers 5-10 Cals
- Broccoli 5-10 Cals
- Black Olives 10-15 Cals
- Green Olives 10-15 Cals
- Pineapple 10-15 Cals
- Kalamata Olives 10-15 Cals
- Sun Dried Tomatoes 10-15 Cals



MEATS

- Anchovies 5-10 Cals
- Ham 5-10 Cals
- Chicken Breast 15-20 Cals
- Ground Beef 15-20 Cals
- Sopressata 15-20 Cals
- Pepperoni 20-30 Cals
- Italian Sausage 20-30 Cals
- Real Canadian Bacon 25-30 Cals

DIPPING SAUCES

- Cheddar Chipotle 220 Cals
- Creamy Garlic 240 Cals
- Marinara 35 Cals
- Ranch 210 Cals

CALZONES

- Sauce & Cheese 1,050 Cals

GARLIC BREAD

- 1,000- 1,200 Cals



SAUCES

- Hot Sauce 5-10 Cals
- Pizzaiolo Tomato Sauce 10-15 Cals
- BBQ Sauce 10-15 Cals
- Extra Tomato Sauce 10-15 Cals
- Pesto Sauce 15-20 Cals
- Satay Sauce 15-20 Cals
- Olive Oil 20-30 Cals
- Extra Virgin Olive Oil 20-30 Cals

CHEESES

- Veggie Based Cheese (Vegan) 10-15 Cals
- Swiss Cheese (Lactose Free) 15-20 Cals
- Gorgonzola Cheese 15-20 Cals
- Ricotta Cheese 15-20 Cals
- Feta Cheese 15-20 Cals
- Goat Cheese 15-20 Cals
- Parmigiano Cheese 20-30 Cals
- Mozzarella Cheese 45-65 Cals
- Extra Cheese 50-90 Cals
- Double Cheese 90-130 Cals

HERBS

- Oregano 5-10 Cals
- Rosemary 5-10 Cals
- Fresh Garlic 5-10 Cals



SALADS

- Caesar Salad with Dressing 310 Cals
- Garden Salad with Dressing 240 Cals
- Greco Salad with Dressing 510 Cals

BEVERAGES

- Coca-Cola Canned Beverages 0-160 Cals
- Coca-Cola Bottled Beverages 0-220 Cals
- Premium Drinks 0-220 Cals
- Spring Water 0 Cals

GLUTEN FREE DOUGH.

Pizza mix (corn starch, rice flour, potato starch, dextrose, vegetable fibers: Psyllium, fructose, emulsifier, vegetable fibers: inulin, stabilizer: sorbitol), water, extra virgin olive oil, brown cane sugar, sea salt, yeast.

Adults and youth (ages 13 and older) need an average of 2,000 calories a day and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.