

# Nutrition Guide



## GOURMET PIZZAS

	Medium 8 slices Cals/Slice	Large 10 slices Cals/Slice	XLarge 12 slices Cals/Slice	Party Size 24 sq slices Cals/Slice
<b>Vegetarian Pizzas</b>				
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
Whole Wheat Veggie	120 cals	130 cals	160 cals	110 cals
Whole Wheat Diana	100 cals	110 cals	130 cals	90 cals
<b>Vegan Pizzas</b>	Cals/Slice	Cals/Slice	Cals/Slice	Cals/Slice
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
<b>Gluten Free Pizzas</b>	Cals/Slice	Cals/Slice	Cals/Slice	Cals/Slice
Gluten Free Mediterranean	110 cals	120 cals	-	-
Gluten Free Veggie Lover	90 cals	100 cals	-	-
<b>Meat Pizzas</b>	Cals/Slice	Cals/Slice	Cals/Slice	Cals/Slice
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

## 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
• Dry Cured Pepperoni	20-30 Cals
• Italian Sausage	20-30 Cals
• Real Canadian Bacon	25-30 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 & Garlic	20-30 Cals
• Extra Virgin Olive Oil	20-30 Cals

### GLUTEN FREE DOUGH

Ingredients: Water, sweet rice flour, potato starch, tapioca starch, eggs, potato flour, unsweetened apple juice, organic evaporated cane juice, sea salt, active dry yeast & xanthan gum Contains: eggs

### Cheeses

• Vegetable 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

### DIPPING SAUCES

• Cheddar Chipotle	220 Cals
• Creamy Garlic	240 Cals
• Marinara	35 Cals
• Ranch Jalapeño	130 Cals
• Ranch	210 Cals

### CALZONES

Sauce & Cheese	1,050 cals
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### 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
Spring Water	0 Cals
Coca-Cola Bottled Beverages	0-220 Cals
Premium Drinks	0-220 Cals



The Godfather (180-250 Cals/Slice)



Mafioso (140-190 Cals/Slice)



Bianca (150-210 Cals/Slice)



Thai Pie (140-200 Cals/Slice)

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.