

PIZZAIOLO

GOURMET PIZZA

Nutrition Guide

We care about our Customers as much as our food and we want to help you make the right choice!




GOURMET PIZZAS

See menu for pricing.


Whole wheat can be substituted at no additional cost.
Health Check serving is 4 slices of a medium pizza.

Our Products
Are All Nut Free.


Vegetarian

 **Diana**
Fresh Mushrooms, Zucchini, Roasted Red Peppers, Herbed Tomatoes & Pesto Sauce (no nuts)


Medium	Large	X-Large	Party
16.20	20.70	25.20	30.70

 **Primavera**
Herbed Tomatoes, Roasted Red Peppers, Grilled Zucchini, Olive Oil, Parmigiano, Mozzarella & Oregano

Medium	Large	X-Large	Party
14.95	18.95	22.95	27.75

 **Veggie Lover**
Herbed Tomatoes, Fresh Mushrooms, Green Peppers, Spinach, Mozzarella & our Famous Pizzaiolo Tomato Sauce

Medium	Large	X-Large	Party
14.95	18.95	22.95	27.75


 **Spinotta**
Fresh Spinach, Herbed Tomatoes, Ricotta Cheese, Mozzarella, Parmigiano, Extra Virgin Olive Oil & Oregano

Medium	Large	X-Large	Party
14.95	18.95	22.95	27.75

Vegan

 **Whole Wheat Diana "V"**
Fresh Mushrooms, Spinach, Herbed Tomatoes, Zucchini & Olive Oil

Medium	Large	X-Large	Party
14.95	18.95	22.95	27.75

 **Vittoria**
Herbed Tomatoes, Zucchini, Roasted Red Peppers & our Famous Pizzaiolo Tomato Sauce

Medium	Large	X-Large	Party
13.70	17.20	20.70	24.80

 **Fredo**
Yukon Gold Potatoes, Olive Oil, Fresh Rosemary & Oregano

Medium	Large	X-Large	Party
11.20	13.70	16.20	18.90

PIZZAIOLO
GOURMET PIZZA

† The Heart and Stroke Foundation's registered dietitians have reviewed these menu items to ensure they meet the specific nutrient criteria developed by the Health Check™ program based on recommendations in *Canada's Food Guide*. This restaurant pays a fee to help cover the cost of this voluntary, not-for-profit program. Visit healthcheck.org for more information.



Nutrition Guide



ALL NUTRITION INFORMATION BASED ON MEDIUM PIZZA'S

A HEALTH CHECK SERVING IS 4 SLICES

Item Name	Quantity	Weight (g)	Cals (kcal)	Prot (g)	Carb (g)	Fib (g)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sugar (g)	Vit A (% DV)	Vit C (% DV)	Sod (mg)	Iron (% DV)	Calc (% DV)
HEALTH CHECK™ PIZZA'S																
Spinotta	4 slices	236	500	25	73	5	12	6	0.3	25	5	20%	0%	830	35%	30%
Veggie Lover	4 slices	256	450	21	78	6	6	3	0.2	20	6	15%	0%	870	40%	20%
Fredo	4 slices	164	400	14	78	5	3.5	0.5	0	0	6	0%	0%	520	35%	2%
Whole Wheat Diana	4 slices	224	380	16	70	8	4	0.5	0	0	4	8%	0%	580	25%	6%
Vittoria	4 slices	268	380	15	75	5	2.5	0.4	0	0	10	15%	0%	830	40%	4%
Diana	4 slices	260	400	15	75	4	4	0.5	0	0	7	15%	0%	650	30%	4%
Primavera	4 slices	268	480	23	74	5	10	5	0.3	20	5	25%	0%	860	35%	25%



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VEGETARIAN

Bianca	1 slice	58	160	7	23	1	5	2.5	0.1	10	0	2%	0%	270	8%	8%
Bomba	1 slice	57	160	7	23	1	4.5	2.5	0.1	15	1	4%	0%	330	8%	8%
Casino	1 slice	61	150	6	24	1	3.5	2	0.1	10	1	2%	0%	320	8%	6%
Whole Wheat Veggie	1 slice	67	120	6	19	3	2.5	1.5	0.1	5	1	2%	0%	270	8%	6%
Capri	1 slice	57	160	7	24	1	3.5	2	0.1	10	1	2%	0%	280	8%	6%
The Sonny (Like It Hot)	1 slice	61	150	6	24	1	3	1.5	0.1	10	1	2%	0%	370	8%	6%
Cheese	1 slice	48	170	8	23	1	4.5	3	0.1	15	1	4%	0%	250	8%	8%
Bianca	4 slices	232	660	28	91	4	19	10	0.4	45	1	10%	0%	1100	30%	35%
Bomba	4 slices	231	660	30	93	4	18	11	0.5	55	3	10%	0%	1340	30%	35%
Casino	4 slices	246	610	25	95	5	14	7	0.3	35	4	8%	0%	1260	35%	20%
Whole Wheat Veggie	4 slices	268	470	25	76	13	11	6	0.3	30	3	8%	0%	1070	35%	25%
Capri	4 slices	228	620	27	95	5	15	8	0.4	45	3	10%	0%	1120	35%	20%
The Sonny (Like It Hot)	4 slices	244	590	25	94	5	12	7	0.3	35	4	8%	0%	1460	35%	20%
Cheese	4 slices	192	670	33	93	4	18	11	0.5	55	3	15%	0%	1000	40%	45%

MEAT

Pepperoni	1 slice	51	170	7	23	1	5	2.5	0.2	15	1	2%	0%	320	8%	6%
Gianna Ola	1 slice	61	180	7	23	1	6	3	0.2	15	1	2%	0%	330	8%	6%
Meat Lover	1 slice	73	200	9	24	1	7	3.5	0.2	20	1	2%	0%	450	10%	6%
Honolulu	1 slice	61	160	7	24	1	4	2	0.1	10	1	2%	0%	310	8%	6%
Soprano	1 slice	61	180	8	24	1	5	2.5	0.1	15	1	2%	0%	320	8%	6%
Godfather	1 slice	67	190	8	23	1	7	3.5	0.2	20	1	2%	0%	390	8%	8%
Whole Wheat Meat	1 slice	61	170	8	22	4	6	3	0.2	15	1	2%	0%	320	8%	6%
Sicilian	1 slice	61	170	7	24	1	5	2.5	0.1	10	1	2%	0%	300	8%	6%
Thai Pie	1 slice	59	150	7	24	1	3	1.5	0.1	10	1	2%	0%	240	8%	6%
Brando	1 slice	69	150	7	24	1	3	2	0.1	10	1	2%	0%	310	8%	6%
Capone	1 slice	57	150	8	23	1	3.5	2	0.1	15	0	2%	0%	290	8%	8%

Pepperoni	4 slices	299	680	29	93	4	21	11	0.5	60	3	10%	0%	1280	45%	30%
Gianna Ola	4 slices	246	700	30	94	5	23	11	0.5	60	4	8%	0%	1320	35%	20%
Meat Lover	4 slices	291	790	36	95	5	29	13	1	75	4	8%	0%	1790	40%	25%
Honolulu	4 slices	246	650	28	96	5	16	9	0.4	50	3	8%	0%	1240	30%	20%
Soprano	4 slices	243	700	31	96	5	20	10	0.4	55	5	10%	0%	1290	35%	25%
Godfather	4 slices	270	760	33	94	5	28	13	1	70	3	10%	0%	1570	35%	30%
Whole Wheat Meat	4 slices	246	670	33	90	15	23	11	0.5	60	4	8%	0%	1290	30%	25%
Sicilian	4 slices	246	670	28	95	5	20	10	0.5	50	4	8%	0%	1190	30%	20%
Thai Pie	4 slices	236	610	29	96	4	11	7	0.4	45	5	8%	0%	950	35%	25%
Brando	4 slices	278	620	28	96	6	13	8	0.4	35	4	8%	0%	1260	35%	25%
Capone	4 slices	228	620	31	90	4	14	8	0.4	50	1	10%	0%	1160	35%	30%

SALADS

Garden Salad w/dressing	1	483	240	5	15	6	19	2.5	0	0	6	0%	80%	500	35%	15%
Greco Salad w/dressing	1	298	510	9	6	4	51	12	0.3	30	2	8%	70%	1340	15%	15%
Cesar Salad	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

BREADS

Garlic Bread	Whole Loaf	283	1100	23	156	6	46	12	12	0	12	0%	0%	2080	60%	45%
Garlic Bread w/ cheese	Whole Loaf	383	1370	46	156	6	66	25	12	65	12	20%	0%	2920	60%	100%
Bruschetta	Whole Loaf	384	1190	24	161	7	55	13	12	0	14	0%	45%	2600	60%	50%
Garlic Bread	1/2 Loaf	142	550	12	78	3	23	6	6	0	6	0%	0%	1040	30%	25%
Garlic Bread w/ cheese	1/2 Loaf	192	680	23	78	3	33	12	6	35	6	10%	0%	1460	30%	50%
Bruschetta	1/2 Loaf	192	600	12	80	3	27	6	6	0	7	0%	20%	1300	25%	20%