

PIZZAS

Serving=1 **Medium** Slice Each Slice is 1/8 of the pizza. (12 inch diameter)

	Weight Per Slice (g)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Pepperoni	96 g	230	7	3.5	0.2	15	530	32	2	2	11	6%	0%	15%	15%
Cheese	91 g	210	5	3	0.1	15	450	32	2	2	10	6%	0%	15%	15%
Deluxe (Pepperoni, Mushrooms, Green Peppers)	108 g	230	7	3.5	0.2	15	530	32	2	2	11	6%	6%	15%	15%
Veggie (Mushrooms, Onions, Green Peppers)	113 g	220	5	3	0.1	15	450	33	2	3	10	6%	6%	15%	15%
Hawaiian (Ham, Pineapple)	106 g	230	5	3	0.1	15	540	33	2	4	12	6%	2%	15%	15%
Canadian (Bacon, Pepperoni, Mushrooms)	108 g	260	9	4.5	0.2	20	630	32	2	2	12	6%	0%	15%	15%
Santa Fe Chicken (Seasoned Chicken, Red Onions, Sun Dried Tomatoes, Cheddar Cheese)	113 g	270	9	5	0.2	25	610	33	2	3	15	10%	2%	20%	15%
Hot Mexican (Ground Beef, Jalapeno Peppers, Onions, Tomatoes)	128 g	230	6	3	0.2	15	650	34	2	3	12	8%	6%	15%	15%
Tandoori Chicken (Tandoori Chicken, Green Peppers, Chopped Garlic, Tomatoes, Red Onions, Chili Peppers)	129 g	230	5	3	0.1	15	570	34	2	3	12	8%	10%	15%	15%
The Greek Tycoon (Chopped Garlic, Red Onions, Black Olives, Sun Dried Tomatoes, Feta Cheese, Broccoli)	117 g	260	8	4	0.2	20	740	35	2	4	12	8%	6%	15%	20%

PIZZAS

Serving=1 Large Slice Each Slice is 1/10 of the pizza. (14 inch diameter)

	Weight Per Slice (g)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Pepperoni	105 g	260	7	4	0.2	20	590	35	2	2	12	6%	0%	15%	20%
Cheese	100 g	230	5	3	0.1	15	490	35	2	2	11	6%	0%	15%	15%
Deluxe (Pepperoni, Mushrooms, Green Peppers)	121 g	260	7	4	0.2	20	590	36	2	3	12	6%	6%	15%	20%
Veggie (Mushrooms, Onions, Green Peppers)	126 g	240	5	3	0.1	15	490	37	2	3	11	6%	8%	15%	20%
Hawaiian (Ham, Pineapple)	117 g	250	6	3.5	0.1	20	590	37	2	4	13	6%	2%	15%	20%
Canadian (Bacon, Pepperoni, Mushrooms)	121 g	290	11	5	0.2	25	710	36	2	3	13	6%	0%	15%	20%
Santa Fe Chicken (Seasoned Chicken, Red Onions, Sun Dried Tomatoes, Cheddar Cheese)	125 g	300	9	6	0.3	25	670	37	2	4	16	10%	2%	20%	20%
Hot Mexican (Ground Beef, Jalapeno Peppers, Onions, Tomatoes)	138 g	260	6	3.5	0.2	15	710	38	3	3	13	8%	6%	15%	20%
Tandoori Chicken (Tandoori Chicken, Green Peppers, Chopped Garlic, Tomatoes, Red Onions, Chili Peppers)	141 g	260	6	3	0.1	15	610	38	2	4	13	10%	15%	15%	20%
The Greek Tycoon (Chopped Garlic, Red Onions, Black Olives, Sun Dried Tomatoes, Feta Cheese, Broccoli)	130 g	290	9	4.5	0.2	20	820	39	3	4	13	10%	6%	15%	25%

OTHERS

	Serving Size (g)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Garlic Bread (2 slices)	54 g	180	6	1.5	0	0	320	26	1	2	5	2%	0%	4%	15%
Garlic Bread w/Cheese (2 slices)	65 g	210	9	3	0.1	5	420	26	1	2	8	4%	0%	10%	15%
Bread Sticks (2 sticks)	69 g	200	3	1	0	0	300	36	2	2	6	0%	0%	2%	15%
Bread Sticks w/Cheese (2 sticks)	84 g	240	6	3	0.2	10	380	36	2	2	9	4%	0%	10%	15%
BBQ Wings (Average 3 pieces)	100 g	190	11	2.5	0.1	70	970	10	0	8	14	2%	4%	2%	4%
Breaded Wings (Ave. 3 pieces)	100 g	230	16	3.5	0.3	80	440	7	1	0	15	2%	2%	2%	6%
Boneless Chicken (Ave. 3-4 pieces)	100 g	200	8	1.5	0	30	1200	19	1	0	14	2%	0%	2%	8%
Potato Wedges	100 g	160	8	2	0	0	420	21	2	1	2	0%	4%	0%	2%
Caesar Salad	149 g	170	10	3.5	0.2	15	400	14	3	2	7	70%	45%	10%	10%
Chicken Sandwich (Half)	236 g	580	19	4	0.2	15	1120	74	3	8	27	15%	15%	15%	40%
Lasagna for Two	108 g	132	5	2.6	0	25	378	15	1	0	8	6%	6%	10%	8%
Three Cheese Fusilli for Two	108 g	252	8	5.1	0	25	258	35	2	3	11	2%	0%	14%	10%
Meaty Marinara for Two	108 g	122	4	1.6	0	5	348	17	1	1	6	4%	6%	6%	8%

SAUCES

	Serving Size (ml)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Roasted Garlic Dipping Sauce	44 ml	160	16	1	0.2	0	480	4	0	3	0.1	0%	0%	0%	0%
Ranch Dipping Sauce	44 ml	190	20	1.5	0.3	0	300	3	0	2	0.4	0%	0%	2%	0%
Marinara Dipping Sauce	44 ml	35	0.5	0.1	0	0	470	7	1	5	0.5	0%	0%	0%	2%
Cheddar Habenero Dipping Sauce	44 ml	240	26	2	0.4	20	350	1	0	1	1	0%	0%	2%	2%
BBQ Sauce	2 oz	70	0	0	0	0	590	18	0	12	0.4	0%	0%	0%	0%
Honey Garlic Sauce	2 oz	150	0	0	0	0	180	35	0	31	0.1	0%	0%	0%	0%
Hot Pepper Sauce	2 oz	60	0.5	0	0	0	1030	13	1	9	1	8%	6%	0%	2%
Mild Pepper Sauce	2 oz	70	0.5	0	0	0	830	15	1	11	0.5	4%	6%	0%	0%
Creamy Caesar Dressing	15 ml	60	6	1	0	5	150	1	0	0	0.4	0%	0%	0%	0%
Greek Feta Dressing	15 ml	60	6	1	0	0	160	1	0	0	0.2	0%	0%	0%	0%
Ranch Dressing	15 ml	70	8	1	0	5	135	1	0	1	0.1	0%	0%	0%	0%