



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
TAPROOM STARTERS															
Bavarian Pretzel Sticks (1 serving)	872	138	15	7	0	45	3656	158	4	8	32	502	0	262	0
Buffalo Chicken Rolls (1 serving)	1448	687	76	23	0	156	4378	125	5	8	61	2409	7	851	8
Cheesy Garlic Bread (1 serving)	448	95	11	6	0	24	1106	69	3	4	23	996	13	354	4
Fried Pickles (1 serving)	860	112	13	2	0	0	5188	156	11	3	25	830	18	149	4
Fried Pickles (1 serving) with Ranch Dressing	1105	341	38	5	0	25	5533	158	11	4	26	894	19	184	4
Fried Pickles (1 serving) with Sweet Thai Chili Sauce	960	112	13	2	0	0	5728	182	11	27	25	1030	25	149	4
Italian Nachos, Full (1 serving)	427	202	22	10	0	58	1143	37	3	1	22	633	7	302	3
Italian Nachos, Full (4 servings)	1708	810	90	39	0	231	4573	146	11	5	86	2531	28	1207	11
Italian Nachos, Half (1 serving)	854	405	45	20	0	116	2291	73	5	2	43	1273	14	605	6
Jalapeno Pretzel Bites (1 serving)	484	148	16	9	0	49	2244	65	2	6	20	689	6	340	4
Mozzarella Sticks (1 serving)	459	196	22	12	0	61	1096	46	1	6	23	575	12	618	3
Nachos Grande with Beef (1 serving)	1465	736	82	39	0	232	4522	108	16	14	67	3656	21	1414	4
Nachos Grande with Chicken (1 serving)	1484	693	77	36	0	254	4592	109	16	14	81	3753	24	1434	4
Onion Rings (1 serving)	967	587	65	10	0	26	1614	85	7	15	8	83	8	125	2
Sicilian Pepperoni Rolls (1 serving)	1604	788	88	37	0	195	3835	129	5	8	77	2054	18	1269	9
Spinach Artichoke Dip (1 serving)	451	307	34	22	0	113	1164	10	2	3	22	4049	12	751	2
Twisted Tenders (1 serving)	399	69	8	2	0	125	1083	25	1	2	54	486	11	63	2
Twisted Tenders (1 serving) with Dipping Sauce Choice Blue Cheese	789	447	50	11	0	155	1833	28	1	5	57	486	11	183	2
Twisted Tenders (1 serving) with Dipping Sauce Choice Buffalo	418	71	8	2	0	125	2950	28	2	3	55	1724	13	71	2
Twisted Tenders (1 serving) with Dipping Sauce Choice Honey Mustard	789	393	44	8	0	170	1593	46	1	20	54	486	11	63	2
Twisted Tenders (1 serving) with Dipping Sauce Choice Nashville Hot	431	74	8	2	0	125	2303	31	3	4	55	1496	21	73	2
Twisted Tenders (1 serving) with Dipping Sauce Choice Ranch	766	412	46	7	0	162	1601	28	2	4	56	581	11	116	2



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Twisted Tenders (1 serving) with Dipping Sauce Choice BBQ	579	69	8	2	0	125	2283	70	1	32	54	1086	11	63	2
Twisted Tenders (1 serving) with Dipping Sauce Choice Twisted	718	305	34	6	0	158	1756	48	1	22	54	493	12	68	2

SPECIALTY PIZZAS

Chicago 7 Pizza															
Chicago 7 Pizza, Ale Crust, Individual (1 slice)	278	107	12	5	0	25	592	29	1	2	13	313	10	178	2
Chicago 7 Pizza, Ale Crust, Individual (4 slices)	1110	428	48	18	0	102	2368	117	5	9	54	1254	38	710	7
Chicago 7 Pizza, Ale Crust, Large (1 slice)	338	147	16	6	0	36	722	31	2	3	18	471	14	262	2
Chicago 7 Pizza, Ale Crust, Large (8 slices)	2706	1173	130	50	0	288	5779	247	12	23	140	3771	113	2098	16
Chicago 7 Pizza, Cauliflower Crust (1 slice)	268	127	14	5	0	37	479	25	1	2	11	313	9	180	1
Chicago 7 Pizza, Cauliflower Crust (4 slices)	1072	510	57	19	0	147	1917	98	5	8	43	1254	37	720	4
Chicago 7 Pizza, Chicago Thick, Individual (1 slice)	281	111	12	5	0	25	709	29	1	2	14	313	11	182	2
Chicago 7 Pizza, Chicago Thick, Individual (4 slices)	1124	443	49	18	0	102	2836	116	6	9	56	1254	45	727	8
Chicago 7 Pizza, Chicago Thick, Large (1 slice)	446	162	18	6	0	36	1107	50	2	4	22	471	17	278	3
Chicago 7 Pizza, Chicago Thick, Large (8 slices)	3564	1294	144	52	0	288	8857	400	19	30	174	3771	140	2225	27
Chicago 7 Pizza, Chicago Thick, Medium (1 slice)	413	147	16	6	0	32	1033	47	2	3	20	418	16	248	3
Chicago 7 Pizza, Chicago Thick, Medium (6 slices)	2481	883	98	35	0	195	6198	284	13	21	120	2508	95	1486	19
Chicago 7 Pizza, Tavern Thin, Individual (1 piece)	91	44	5	2	0	11	226	7	0	1	5	112	4	70	0
Chicago 7 Pizza, Tavern Thin, Individual (1 piece) with Substitute a Gluten Free Pizza Crust	139	52	6	2	0	11	334	17	1	2	6	117	4	72	1
Chicago 7 Pizza, Tavern Thin, Individual (9 pieces)	820	395	44	17	0	101	2030	62	3	9	47	1005	32	630	4
Chicago 7 Pizza, Tavern Thin, Individual (9 pieces) with Substitute a Gluten Free Pizza Crust	1250	465	52	17	0	102	3003	150	7	16	54	1055	33	644	7
Chicago 7 Pizza, Tavern Thin, Large (1 piece)	95	47	5	2	0	11	223	7	0	1	5	121	4	77	0
Chicago 7 Pizza, Tavern Thin, Large (25 pieces)	2376	1181	131	49	0	286	5582	172	10	28	135	3036	93	1915	12
Chicken Bacon Ranch Pizza															
Chicken Bacon Ranch Pizza, Ale Crust, Individual (1 slice)	333	148	16	5	0	45	709	27	1	2	16	253	1	181	2



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Chicken Bacon Ranch Pizza, Ale Crust, Individual (4 slices)	1331	591	66	19	0	180	2835	109	3	8	65	1010	5	726	7
Chicken Bacon Ranch Pizza, Ale Crust, Large (1 slice)	432	216	24	7	0	68	944	28	1	3	22	380	2	268	2
Chicken Bacon Ranch Pizza, Ale Crust, Large (8 slices)	3454	1729	192	55	0	541	7556	225	7	21	178	3040	15	2145	14
Chicken Bacon Ranch Pizza, Cauliflower Crust (1 slice)	323	168	19	5	0	56	596	23	1	2	14	253	1	184	1
Chicken Bacon Ranch Pizza, Cauliflower Crust (4 slices)	1292	673	75	19	0	225	2384	90	3	7	54	1010	4	735	4
Chicken Bacon Ranch Pizza, Chicago Thick, Individual (1 slice)	336	151	17	5	0	45	826	27	1	2	17	253	3	186	2
Chicken Bacon Ranch Pizza, Chicago Thick, Individual (4 slices)	1344	606	67	19	0	180	3303	109	4	8	67	1010	12	743	7
Chicken Bacon Ranch Pizza, Chicago Thick, Large (1 slice)	539	231	26	7	0	68	1329	47	2	3	26	380	5	284	3
Chicken Bacon Ranch Pizza, Chicago Thick, Large (8 slices)	4312	1850	206	57	0	541	10634	377	14	27	212	3040	41	2272	25
Chicken Bacon Ranch Pizza, Chicago Thick, Medium (1 slice)	494	207	23	6	0	60	1220	45	2	3	24	337	5	253	3
Chicken Bacon Ranch Pizza, Chicago Thick, Medium (6 slices)	2965	1242	138	38	0	360	7320	268	10	19	144	2020	29	1517	18
Chicken Bacon Ranch Pizza, Tavern Thin, Individual (1 piece)	113	60	7	2	0	20	271	6	0	1	6	111	1	75	0
Chicken Bacon Ranch Pizza, Tavern Thin, Individual (9 pieces)	1014	544	60	18	0	179	2438	52	3	5	58	1000	9	671	4
Chicken Bacon Ranch Pizza, Tavern Thin, Large (1 piece)	122	68	8	2	0	22	287	6	0	1	7	121	1	81	0
Chicken Bacon Ranch Pizza, Tavern Thin, Large (25 pieces)	3045	1697	189	55	0	539	7180	145	8	15	172	3020	26	2037	10
Double Deckeroni Pizza															
Double Deckeroni Pizza, Ale Crust, Individual (1 slice)	285	117	13	6	0	28	810	28	1	2	14	416	4	209	2
Double Deckeroni Pizza, Ale Crust, Individual (4 slices)	1138	467	52	23	0	113	3240	111	4	6	57	1664	14	834	7
Double Deckeroni Pizza, Ale Crust, Large (1 slice)	349	161	18	8	0	40	1049	29	1	2	19	632	5	309	2
Double Deckeroni Pizza, Ale Crust, Large (8 slices)	2791	1290	143	66	0	320	8395	230	10	14	150	5053	42	2472	16



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Double Deckeroni Pizza, Cauliflower Crust (1 slice)	275	137	15	6	0	39	697	23	1	1	12	416	3	211	1
Double Deckeroni Pizza, Cauliflower Crust (4 slices)	1100	549	61	24	0	158	2789	92	4	5	46	1664	13	844	4
Double Deckeroni Pizza, Chicago Thick, Individual (1 slice)	288	121	13	6	0	28	927	28	1	2	15	416	5	213	2
Double Deckeroni Pizza, Chicago Thick, Individual (4 slices)	1152	482	54	23	0	113	3708	111	5	6	59	1664	21	852	8
Double Deckeroni Pizza, Chicago Thick, Large (1 slice)	456	176	20	8	0	40	1434	48	2	3	23	632	9	325	3
Double Deckeroni Pizza, Chicago Thick, Large (8 slices)	3649	1412	157	68	0	320	11473	382	16	21	184	5053	69	2599	26
Double Deckeroni Pizza, Chicago Thick, Medium (1 slice)	430	166	18	8	0	38	1355	45	2	2	21	555	8	289	3
Double Deckeroni Pizza, Chicago Thick, Medium (6 slices)	2581	995	111	47	0	226	8129	272	12	15	128	3327	47	1734	19
Double Deckeroni Pizza, Tavern Thin, Individual (1 piece)	94	48	5	2	0	12	322	6	0	1	6	157	1	84	0
Double Deckeroni Pizza, Tavern Thin, Individual (1 piece) with Substitute a Gluten Free Pizza Crust	142	56	6	3	0	13	430	16	1	1	6	163	1	85	1
Double Deckeroni Pizza, Tavern Thin, Individual (9 pieces)	848	434	48	22	0	112	2902	56	3	6	51	1415	8	755	4
Double Deckeroni Pizza, Tavern Thin, Individual (9 pieces) with Substitute a Gluten Free Pizza Crust	1278	505	56	23	0	113	3874	144	6	13	57	1465	9	768	7
Double Deckeroni Pizza, Tavern Thin, Large (1 piece)	98	52	6	3	0	13	328	6	0	1	6	173	1	92	0
Double Deckeroni Pizza, Tavern Thin, Large (25 pieces)	2460	1299	144	66	0	319	8198	155	7	19	144	4318	23	2289	12
Farmer's Daughter Pizza															
Farmer's Daughter Pizza, Ale Crust, Individual (1 slice)	307	136	15	6	0	27	395	27	1	2	14	490	2	291	2
Farmer's Daughter Pizza, Ale Crust, Individual (4 slices)	1227	542	60	25	0	107	1582	108	4	8	58	1959	9	1163	7
Farmer's Daughter Pizza, Ale Crust, Large (1 slice)	393	198	22	9	0	40	474	28	1	2	20	736	3	432	2
Farmer's Daughter Pizza, Ale Crust, Large (8 slices)	3143	1584	176	73	0	323	3794	223	10	20	158	5886	24	3458	14
Farmer's Daughter Pizza, Cauliflower Crust (1 slice)	296	156	17	6	0	38	280	22	1	2	12	487	2	290	1
Farmer's Daughter Pizza, Cauliflower Crust (4 slices)	1185	622	69	25	0	152	1119	90	4	7	47	1949	7	1161	4
Farmer's Daughter Pizza, Chicago Thick, Individual (1 slice)	310	139	15	6	0	27	512	27	1	2	15	490	4	295	2



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Farmer's Daughter Pizza, Chicago Thick, Individual (4 slices)	1240	558	62	25	0	107	2049	108	5	8	61	1959	16	1181	7
Farmer's Daughter Pizza, Chicago Thick, Large (1 slice)	500	213	24	9	0	40	859	47	2	3	24	736	6	448	3
Farmer's Daughter Pizza, Chicago Thick, Large (8 slices)	4001	1705	189	75	0	323	6873	375	17	26	192	5886	51	3585	25
Farmer's Daughter Pizza, Chicago Thick, Medium (1 slice)	460	191	21	8	0	36	802	44	2	3	22	653	6	399	3
Farmer's Daughter Pizza, Chicago Thick, Medium (6 slices)	2757	1146	127	50	0	215	4813	267	12	18	131	3917	35	2392	17
Farmer's Daughter Pizza, Tavern Thin, Individual (1 piece)	101	55	6	3	0	12	132	6	0	1	6	217	1	123	0
Farmer's Daughter Pizza, Tavern Thin, Individual (9 pieces)	910	496	55	24	0	107	1184	52	3	5	52	1949	13	1109	4
Farmer's Daughter Pizza, Tavern Thin, Large (1 piece)	109	62	7	3	0	13	137	6	0	1	6	235	1	134	0
Farmer's Daughter Pizza, Tavern Thin, Large (25 pieces)	2734	1552	172	73	0	322	3419	143	10	14	152	5866	36	3350	10
Meat Me Pizza															
Meat Me Pizza, Ale Crust, Individual (1 slice)	307	132	15	5	0	34	847	28	1	2	15	326	3	178	2
Meat Me Pizza, Ale Crust, Individual (4 slices)	1227	529	59	21	0	136	3389	111	4	7	62	1305	14	713	7
Meat Me Pizza, Ale Crust, Large (1 slice)	386	187	21	8	0	51	1072	29	1	2	21	491	5	263	2
Meat Me Pizza, Ale Crust, Large (8 slices)	3088	1492	166	62	0	410	8573	231	9	17	170	3924	41	2106	16
Meat Me Pizza, Cauliflower Crust (1 slice)	297	153	17	5	0	45	734	23	1	1	13	326	3	181	1
Meat Me Pizza, Cauliflower Crust (4 slices)	1189	611	68	22	0	181	2938	92	4	6	52	1305	13	722	4
Meat Me Pizza, Chicago Thick, Individual (1 slice)	310	136	15	5	0	34	964	28	1	2	16	326	5	183	2
Meat Me Pizza, Chicago Thick, Individual (4 slices)	1241	544	60	21	0	136	3856	111	5	7	65	1305	21	730	8
Meat Me Pizza, Chicago Thick, Large (1 slice)	493	202	22	8	0	51	1456	48	2	3	25	491	8	279	3
Meat Me Pizza, Chicago Thick, Large (8 slices)	3946	1614	179	63	0	410	11652	383	16	24	204	3924	67	2233	27
Meat Me Pizza, Chicago Thick, Medium (1 slice)	455	182	20	7	0	45	1351	45	2	3	23	435	8	248	3
Meat Me Pizza, Chicago Thick, Medium (6 slices)	2730	1093	121	42	0	273	8106	273	11	16	139	2609	46	1491	19
Meat Me Pizza, Tavern Thin, Individual (1 piece)	104	55	6	2	0	15	339	6	0	1	6	117	1	70	0
Meat Me Pizza, Tavern Thin, Individual (1 piece) with Substitute a Gluten Free Pizza Crust	152	63	7	2	0	15	447	16	1	2	7	123	1	72	1



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Meat Me Pizza, Tavern Thin, Individual (9 pieces)	937	496	55	20	0	136	3051	56	2	7	56	1056	7	633	4
Meat Me Pizza, Tavern Thin, Individual (9 pieces) with Substitute a Gluten Free Pizza Crust	1367	566	63	20	0	136	4023	144	6	14	62	1106	9	647	7
Meat Me Pizza, Tavern Thin, Large (1 piece)	110	60	7	2	0	16	335	6	0	1	7	128	1	77	1
Meat Me Pizza, Tavern Thin, Large (25 pieces)	2757	1500	167	61	0	408	8377	156	7	22	165	3189	21	1923	13
Thai Pie Pizza															
Thai Pie, Ale Crust, Individual (1 slice)	238	59	7	3	0	22	491	31	1	5	12	613	19	131	2
Thai Pie, Ale Crust, Individual (4 slices)	951	238	26	10	0	90	1966	124	5	19	50	2451	77	523	7
Thai Pie, Ale Crust, Large (1 slice)	290	84	9	4	0	34	618	33	1	7	17	920	29	192	2
Thai Pie, Ale Crust, Large (8 slices)	2316	670	74	30	0	270	4947	268	12	53	133	7363	231	1536	16
Thai Pie, Cauliflower Crust (1 slice)	228	80	9	3	0	34	379	26	1	4	10	613	19	133	1
Thai Pie, Cauliflower Crust (4 slices)	913	320	36	11	0	135	1514	105	5	18	39	2451	76	532	4
Thai Pie, Chicago Thick, Individual (1 slice)	241	63	7	3	0	22	608	31	1	5	13	613	21	135	2
Thai Pie, Chicago Thick, Individual (4 slices)	965	253	28	10	0	90	2433	123	6	19	52	2451	85	540	8
Thai Pie, Chicago Thick, Large (1 slice)	397	99	11	4	0	34	1003	53	2	7	21	920	32	208	3
Thai Pie, Chicago Thick, Large (8 slices)	3174	792	88	32	0	270	8025	420	19	60	167	7363	258	1663	27
Thai Pie, Chicago Thick, Medium (1 slice)	368	89	10	4	0	30	930	50	2	7	19	817	29	185	3
Thai Pie, Chicago Thick, Medium (6 slices)	2206	536	60	21	0	180	5581	297	13	41	114	4902	173	1111	19
Thai Pie, Tavern Thin, Individual (1 piece)	70	21	2	1	0	10	174	7	0	2	5	271	9	52	0
Thai Pie, Tavern Thin, Individual (1 piece) with Substitute a Gluten Free Pizza Crust	118	29	3	1	0	10	282	17	1	2	6	277	9	53	1
Thai Pie, Tavern Thin, Individual (9 pieces)	634	192	21	10	0	89	1568	67	4	16	43	2441	81	468	4
Thai Pie, Tavern Thin, Individual (9 pieces) with Substitute a Gluten Free Pizza Crust	1064	262	29	10	0	90	2541	155	7	22	50	2491	83	481	7
Thai Pie, Tavern Thin, Large (1 piece)	76	26	3	1	0	11	183	8	0	2	5	294	10	57	0
Thai Pie, Tavern Thin, Large (25 pieces)	1907	638	71	30	0	269	4571	188	12	47	127	7343	243	1427	12
The Classic Chicago Style Pizza															
The Classic Chicago Style Pizza, Ale Crust, Individual (1 slice)	277	110	12	5	0	28	603	28	1	2	14	287	4	177	2



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
The Classic Chicago Style Pizza, Ale Crust, Individual (4 slices)	1109	439	49	20	0	111	2413	113	4	7	55	1148	14	706	7
The Classic Chicago Style Pizza, Ale Crust, Large (1 slice)	343	155	17	7	0	41	763	29	1	2	19	432	5	261	2
The Classic Chicago Style Pizza, Ale Crust, Large (8 slices)	2747	1239	138	57	0	325	6100	236	10	18	148	3455	42	2086	16
The Classic Chicago Style Pizza, Cauliflower Crust (1 slice)	265	127	14	5	0	39	495	23	1	1	11	322	3	179	1
The Classic Chicago Style Pizza, Cauliflower Crust (4 slices)	1062	508	56	21	0	154	1980	94	4	5	45	1289	14	716	5
The Classic Chicago Style Pizza, Chicago Thick, Individual (1 slice)	281	113	13	5	0	28	720	28	1	2	15	287	5	181	2
The Classic Chicago Style Pizza, Chicago Thick, Individual (4 slices)	1123	454	50	20	0	111	2880	112	5	7	58	1148	22	723	8
The Classic Chicago Style Pizza, Chicago Thick, Large (1 slice)	451	170	19	7	0	41	1147	49	2	3	23	432	9	277	3
The Classic Chicago Style Pizza, Chicago Thick, Large (8 slices)	3605	1361	151	58	0	325	9179	388	17	24	182	3455	69	2213	27
The Classic Chicago Style Pizza, Chicago Thick, Medium (1 slice)	420	156	17	7	0	37	1079	46	2	3	21	383	8	246	3
The Classic Chicago Style Pizza, Chicago Thick, Medium (6 slices)	2523	938	104	40	0	223	6475	276	12	17	126	2297	47	1478	19
The Classic Chicago Style Pizza, Tavern Thin, Individual (1 piece)	91	45	5	2	0	12	231	6	0	1	5	100	1	70	0
The Classic Chicago Style Pizza, Tavern Thin, Individual (1 piece) with Substitute a Gluten Free Pizza Crust	139	53	6	2	0	12	339	16	1	2	6	106	1	71	1
The Classic Chicago Style Pizza, Tavern Thin, Individual (9 pieces)	819	406	45	19	0	111	2075	58	3	8	49	900	8	626	4
The Classic Chicago Style Pizza, Tavern Thin, Individual (9 pieces) with Substitute a Gluten Free Pizza Crust	1249	476	53	19	0	111	3047	146	6	14	56	950	9	640	7
The Classic Chicago Style Pizza, Tavern Thin, Large (1 piece)	97	50	6	2	0	13	236	6	0	1	6	109	1	76	1



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
The Classic Chicago Style Pizza, Tavern Thin, Large (25 pieces)	2416	1247	139	56	0	324	5904	161	7	22	143	2720	22	1903	13
Tuscan Chicken with Spinach Pizza															
Tuscan Chicken with Spinach Pizza, Ale Crust, Individual (1 slice)	291	120	13	4	0	24	515	27	1	2	14	818	5	179	2
Tuscan Chicken with Spinach Pizza, Ale Crust, Individual (4 slices)	1163	482	54	16	0	95	2062	110	5	7	56	3270	18	716	8
Tuscan Chicken with Spinach Pizza, Ale Crust, Large (1 slice)	369	175	19	6	0	36	654	28	1	2	19	1145	7	264	2
Tuscan Chicken with Spinach Pizza, Ale Crust, Large (8 slices)	2950	1402	156	47	0	285	5230	227	11	17	151	9156	52	2108	17
Tuscan Chicken with Spinach Pizza, Cauliflower Crust (1 slice)	281	141	16	4	0	35	403	23	1	1	11	818	4	181	1
Tuscan Chicken with Spinach Pizza, Cauliflower Crust (4 slices)	1125	564	63	16	0	140	1611	91	5	6	46	3270	17	725	5
Tuscan Chicken with Spinach Pizza, Chicago Thick, Individual (1 slice)	294	124	14	4	0	24	632	27	1	2	15	818	6	183	2
Tuscan Chicken with Spinach Pizza, Chicago Thick, Individual (4 slices)	1176	497	55	16	0	95	2529	109	5	7	59	3270	26	733	8
Tuscan Chicken with Spinach Pizza, Chicago Thick, Large (1 slice)	476	190	21	6	0	36	1039	47	2	3	23	1145	10	279	3
Tuscan Chicken with Spinach Pizza, Chicago Thick, Large (8 slices)	3808	1523	169	48	0	285	8308	379	18	23	185	9156	79	2236	28
Tuscan Chicken with Spinach Pizza, Chicago Thick, Medium (1 slice)	438	171	19	5	0	32	962	45	2	3	21	1090	9	250	3
Tuscan Chicken with Spinach Pizza, Chicago Thick, Medium (6 slices)	2630	1024	114	32	0	190	5773	270	13	16	127	6541	55	1497	20
Tuscan Chicken with Spinach Pizza, Tavern Thin, Individual (1 piece)	94	48	5	2	0	10	185	6	0	0	6	362	2	73	1
Tuscan Chicken with Spinach Pizza, Tavern Thin, Individual (1 piece) with Substitute a Gluten Free Pizza Crust	142	56	6	2	0	11	293	16	1	1	6	368	3	75	1



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Tuscan Chicken with Spinach Pizza, Tavern Thin, Individual (9 pieces)	846	435	48	15	0	94	1664	53	4	4	50	3260	22	661	5
Tuscan Chicken with Spinach Pizza, Tavern Thin, Individual (9 pieces) with Substitute a Gluten Free Pizza Crust	1276	506	56	15	0	95	2637	141	7	10	56	3310	24	675	7
Tuscan Chicken with Spinach Pizza, Tavern Thin, Large (1 piece)	102	55	6	2	0	11	194	6	0	0	6	365	3	80	1
Tuscan Chicken with Spinach Pizza, Tavern Thin, Large (25 pieces)	2541	1370	152	46	0	284	4854	147	11	11	146	9136	64	2000	13
Vegetarian 7 Pizza															
Vegetarian 7 Pizza, Ale Crust, Individual (1 slice)	224	63	7	3	0	11	471	30	2	3	10	615	20	178	2
Vegetarian 7 Pizza, Ale Crust, Individual (4 slices)	896	251	28	12	0	46	1883	119	7	10	41	2462	78	713	8
Vegetarian 7 Pizza, Ale Crust, Large (1 slice)	269	89	10	4	0	17	587	32	2	3	13	924	29	263	2
Vegetarian 7 Pizza, Ale Crust, Large (8 slices)	2151	710	79	34	0	138	4698	253	18	26	107	7396	233	2106	17
Vegetarian 7 Pizza, Cauliflower Crust (1 slice)	215	83	9	3	0	23	358	25	2	2	8	615	19	181	1
Vegetarian 7 Pizza, Cauliflower Crust (4 slices)	858	333	37	12	0	91	1432	100	7	9	31	2462	77	722	5
Vegetarian 7 Pizza, Chicago Thick, Large (1 slice)	376	104	12	4	0	17	972	51	3	4	18	924	32	279	4
Vegetarian 7 Pizza, Chicago Thick, Large (8 slices)	3009	832	92	36	0	138	7776	405	25	32	141	7396	260	2233	28
Vegetarian 7 Pizza, Chicago Thick, Medium (1 slice)	349	94	10	4	0	15	903	48	3	4	16	821	29	248	3
Vegetarian 7 Pizza, Chicago Thick, Medium (6 slices)	2096	563	63	24	0	91	5415	287	17	22	97	4924	174	1491	20
Vegetarian 7 Pizza, Chicago Thick, Small (1 slice)	227	67	7	3	0	11	588	30	2	3	11	615	21	182	2
Vegetarian 7 Pizza, Chicago Thick, Small (4 slices)	909	266	30	12	0	46	2350	118	8	10	44	2462	85	730	8
Vegetarian 7 Pizza, Tavern Thin, Individual (1 piece)	67	24	3	1	0	5	172	7	1	1	4	246	8	70	1
Vegetarian 7 Pizza, Tavern Thin, Individual (9 pieces)	605	218	24	11	0	45	1545	63	5	10	35	2213	71	633	5
Vegetarian 7 Pizza, Tavern Thin, Large (1 piece)	73	29	3	1	0	5	180	7	1	1	4	266	9	77	1
Vegetarian 7 Pizza, Tavern Thin, Large (25 pieces)	1821	718	80	33	0	136	4501	178	15	30	102	6660	213	1923	14

SALADS

Blackened Chicken Salad (1 serving)	657	361	40	10	0	142	2605	24	3	4	50	6304	29	497	3
OC Kickin' Chicken Salad (1 serving)	661	341	38	9	0	144	1786	32	8	4	45	6485	30	328	4



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Old Chicago Chopped Salad (1 salad)	650	414	46	13	0	110	1360	28	7	17	32	4080	41	246	3
Roasted Chicken and Apple Walnut Salad (1 serving)	593	293	33	9	0	72	643	43	7	30	30	2878	16	266	2
Side Caesar Salad (1 serving)	226	164	18	4	0	12	493	9	2	2	5	5472	23	145	1
Side Garden Salad (1 salad)	72	29	3	0	0	0	64	9	2	3	2	3765	14	32	1
Side Garden Salad (1 salad) with Balsamic Vinaigrette	334	281	31	4	0	0	144	11	2	5	2	3766	14	33	1
Side Garden Salad (1 salad) with Blue Cheese Dressing	296	235	26	5	0	29	405	9	2	3	5	3908	14	103	1
Side Garden Salad (1 salad) with Caesar Dressing	267	204	23	4	0	15	604	12	2	4	4	3765	14	87	1
Side Garden Salad (1 salad) with Creamy Herb Dressing	250	173	19	3	0	20	352	19	3	11	2	3841	15	38	1
Side Garden Salad (1 salad) with Fat Free Italian Dressing	96	29	3	0	0	0	634	15	2	6	2	3765	14	32	1
Side Garden Salad (1 salad) with Honey Mustard Dressing	267	191	21	3	0	23	319	19	2	12	2	3765	14	32	1
Side Garden Salad (1 salad) with Lemon Vinaigrette	327	270	30	5	0	0	290	10	2	3	2	4048	20	32	1
Side Garden Salad (1 salad) with Ranch Dressing	256	200	22	3	0	18	322	11	2	4	3	3813	14	58	1
Spinach, Chicken and Avocado Salad (1 salad)	412	216	24	8	0	71	769	15	8	3	34	6121	31	533	3

CALZONE

Chicago 7 Calzone (1 calzone)	1116	396	44	16	0	97	2394	127	5	8	53	669	20	627	8
Chicago Fire Calzone (1 calzone)	1489	723	80	26	0	160	4192	131	6	10	60	2163	49	675	9
Craft Your Own Calzone, 1 Filling (1 calzone)	857	207	23	10	0	41	1659	126	5	7	39	1280	18	633	8
Craft Your Own Calzone, 1 Filling (1 calzone) with Andouille Sausage	1207	488	54	21	0	116	2572	128	5	8	54	1329	19	658	9
Craft Your Own Calzone, 1 Filling (1 calzone) with Artichoke Hearts	892	207	23	10	0	41	2169	132	8	9	41	2530	27	673	10
Craft Your Own Calzone, 1 Filling (1 calzone) with Black Olives	918	252	28	10	0	41	1943	128	5	7	39	1280	18	633	8
Craft Your Own Calzone, 1 Filling (1 calzone) with Bleu Cheese	1007	315	35	18	0	78	2229	126	5	7	48	1730	18	858	8



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Calzone, 1 Filling (1 calzone) with Broccoli	876	208	23	10	0	41	1674	129	6	8	40	1563	59	654	8
Craft Your Own Calzone, 1 Filling (1 calzone) with Canadian Bacon	988	249	28	12	0	97	2878	126	5	7	59	1280	18	633	8
Craft Your Own Calzone, 1 Filling (1 calzone) with Cheddar Cheese	1017	333	37	18	0	81	1929	126	5	7	49	1880	18	933	8
Craft Your Own Calzone, 1 Filling (1 calzone) with Extra Mozzarella Cheese	937	261	29	14	0	56	1789	126	5	7	46	1480	18	833	8
Craft Your Own Calzone, 1 Filling (1 calzone) with Fresh Basil	857	207	23	10	0	41	1659	126	5	7	39	1326	18	634	8
Craft Your Own Calzone, 1 Filling (1 calzone) with Fresh Mozzarella Cheese	1457	612	68	36	0	191	1697	126	5	7	84	2780	18	1758	8
Craft Your Own Calzone, 1 Filling (1 calzone) with Green Olives	942	283	31	10	0	41	2623	126	5	7	39	1280	18	633	8
Craft Your Own Calzone, 1 Filling (1 calzone) with Green Onions	866	207	23	10	0	41	1663	128	5	8	39	1529	23	651	8
Craft Your Own Calzone, 1 Filling (1 calzone) with Green Peppers	866	207	23	10	0	41	1660	128	5	8	39	1418	48	637	8
Craft Your Own Calzone, 1 Filling (1 calzone) with Grilled Applewood-Spiced Chicken	1057	255	28	11	0	123	1971	129	5	8	72	1474	23	674	9
Craft Your Own Calzone, 1 Filling (1 calzone) with Italian Sausage	1157	426	47	17	0	116	2390	130	5	9	57	1280	18	670	9
Craft Your Own Calzone, 1 Filling (1 calzone) with Jalapenos	870	207	23	10	0	41	3019	129	5	7	39	2080	24	793	9
Craft Your Own Calzone, 1 Filling (1 calzone) with Mushrooms	872	208	23	10	0	41	1662	128	5	8	40	1280	19	634	8
Craft Your Own Calzone, 1 Filling (1 calzone) with Parmesan Cheese	1007	301	33	16	0	71	2229	128	5	7	52	1580	18	1083	8
Craft Your Own Calzone, 1 Filling (1 calzone) with Pepper Jack Cheese	967	288	32	15	0	71	1829	126	5	7	46	1580	18	833	8



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Calzone, 1 Filling (1 calzone) with Peppered Bacon	1129	404	45	18	0	87	2776	131	6	9	55	1727	38	665	10
Craft Your Own Calzone, 1 Filling (1 calzone) with Pepperoncini	867	207	23	10	0	41	1989	128	6	7	39	1280	18	633	8
Craft Your Own Calzone, 1 Filling (1 calzone) with Pepperoni	1076	375	42	18	0	88	2597	128	5	7	50	1280	18	633	9
Craft Your Own Calzone, 1 Filling (1 calzone) with Pineapple Tidbits	937	207	23	10	0	41	1659	145	6	22	39	1280	27	633	8
Craft Your Own Calzone, 1 Filling (1 calzone) with Red Onions	875	207	23	10	0	41	1660	130	5	9	39	1281	21	642	8
Craft Your Own Calzone, 1 Filling (1 calzone) with Red Peppers	874	208	23	10	0	41	1660	129	6	9	39	3029	124	637	8
Craft Your Own Calzone, 1 Filling (1 calzone) with Ricotta Cheese	984	274	30	15	0	69	1775	131	5	7	49	1655	18	888	8
Craft Your Own Calzone, 1 Filling (1 calzone) with Roasted Garlic	867	208	23	10	0	41	1660	128	5	7	39	1280	20	643	8
Craft Your Own Calzone, 1 Filling (1 calzone) with Roma Tomatoes	876	208	23	10	0	41	1664	130	6	10	40	2039	30	642	8
Craft Your Own Calzone, 1 Filling (1 calzone) with Salami	994	319	35	16	0	84	2222	126	5	7	45	1280	25	633	8
Craft Your Own Calzone, 1 Filling (1 calzone) with Seasoned Ground Beef	998	289	32	13	0	85	1840	128	5	8	51	1338	18	645	9
Craft Your Own Calzone, 1 Filling (1 calzone) with Spinach	866	208	23	10	0	41	1683	127	5	7	40	4119	26	663	9
Craft Your Own Calzone, 1 Filling (1 calzone) with Sun Dried Tomatoes	872	207	23	10	0	41	1669	129	6	9	40	1324	20	638	8
Craft Your Own Calzone, 1 Filling (1 calzone) with Swiss Cheese	1022	315	35	18	0	78	1749	126	5	7	51	1580	18	1083	8
Craft Your Own Calzone, 2 or More Fillings (1 calzone)	857	207	23	10	0	41	1659	126	5	7	39	1280	18	633	8
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Andouille Sausage	1090	394	44	18	0	91	2268	127	5	8	49	1313	19	649	9



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Artichoke Hearts	874	207	23	10	0	41	1914	129	6	8	40	1905	22	653	9
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Black Olives	887	230	26	10	0	41	1801	127	5	7	39	1280	18	633	8
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Bleu Cheese	932	261	29	14	0	59	1944	126	5	7	43	1505	18	745	8
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Broccoli	866	207	23	10	0	41	1667	128	5	7	39	1422	38	644	8
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Canadian Bacon	944	235	26	11	0	78	2472	126	5	7	52	1280	18	633	8
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Cheddar Cheese	937	270	30	14	0	61	1794	126	5	7	44	1580	18	783	8
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Extra Mozzarella Cheese	897	234	26	12	0	48	1724	126	5	7	42	1380	18	733	8
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Fresh Basil	857	207	23	10	0	41	1659	126	5	7	39	1326	18	634	8
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Fresh Mozzarella Cheese	1257	477	53	28	0	141	1684	126	5	7	69	2280	18	1383	8
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Green Olives	899	245	27	10	0	41	2141	126	5	7	39	1280	18	633	8
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Green Onions	862	207	23	10	0	41	1661	127	5	7	39	1404	20	642	8
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Green Peppers	861	207	23	10	0	41	1660	127	5	8	39	1349	33	635	8
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Grilled Applewood-Spiced Chicken	957	231	26	11	0	82	1815	127	5	8	55	1377	20	653	9
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Italian Sausage	1007	316	35	14	0	78	2025	128	5	8	48	1280	18	652	8
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Jalapenos	864	207	23	10	0	41	2339	127	5	7	39	1680	21	713	8
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Mushrooms	864	208	23	10	0	41	1661	127	5	8	40	1280	19	634	8



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Parmesan Cheese	932	254	28	13	0	56	1944	127	5	7	45	1430	18	858	8
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Pepper Jack Cheese	912	247	27	13	0	56	1744	126	5	7	42	1430	18	733	8
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Peppered Bacon	993	305	34	14	0	64	2218	129	5	8	47	1503	28	649	9
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Pepperoncini	862	207	23	10	0	41	1824	127	5	7	39	1280	18	633	8
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Pepperoni	988	308	34	15	0	69	2222	127	5	7	45	1280	18	633	8
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Pineapple	897	207	23	10	0	41	1659	136	5	15	39	1280	22	633	8
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Red Onions	866	207	23	10	0	41	1660	128	5	8	39	1280	19	637	8
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Red Peppers	866	207	23	10	0	41	1660	128	5	8	39	2155	71	635	8
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Ricotta Cheese	921	240	27	12	0	55	1717	128	5	7	44	1467	18	760	8
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Roasted Garlic	862	207	23	10	0	41	1660	127	5	7	39	1280	19	638	8
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Roma Tomatoes	866	208	23	10	0	41	1661	128	5	8	39	1659	24	637	8
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Salami	926	263	29	13	0	63	1940	126	5	7	42	1280	22	633	8
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Seasoned Ground Beef	928	248	28	12	0	63	1750	127	5	8	45	1309	18	639	9
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Spinach	861	207	23	10	0	41	1671	127	5	7	39	2699	22	648	8
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Sun Dried Tomatoes	865	207	23	10	0	41	1664	128	5	8	39	1302	19	635	8
Craft Your Own Calzone, 2 or More Fillings (1 calzone) with Swiss Cheese	939	261	29	14	0	59	1704	126	5	7	45	1430	18	858	8



NUTRITIONAL ANALYSIS BOOK

Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
-----------------------	---------------------	---------------	-------------------	---------------	------------------	-------------	-----------------	-----------	------------	-------------	------------	------------	--------------	-----------

TAPROOM BURGERS & SANDWICHES

BBQ Bacon Cheeseburger (1 serving)	815	372	41	17	0	158	1350	59	2	18	52	480	10	257	7
California Chicken Sandwich (1 sandwich)	641	210	23	8	0	124	766	51	4	9	54	664	11	328	4
Chicken Caprese Sandwich (1 serving)	791	317	35	10	0	134	3262	62	3	9	53	1081	6	459	2
Classic Cheeseburger (1 serving)	753	369	41	16	0	149	1015	48	2	8	48	707	5	258	6
Crafted Beer Burger (1 serving)	731	295	33	14	0	141	1086	62	2	10	47	258	4	207	7
Crispy Chicken Sandwich (1 serving)	678	194	22	4	0	103	2335	76	3	10	43	608	11	118	4
Crispy Chicken Sandwich (1 serving) with Nashville Hot Sauce	699	197	22	4	0	103	3148	80	4	11	44	1281	17	125	5
Italian Melt (1 serving)	794	385	43	15	0	113	3164	54	3	2	50	687	7	389	1
Meatball Sub (1 serving)	975	379	42	16	0	231	2602	104	4	8	53	1728	26	660	5
Sausage and Pepper Parmesan Sandwich (1 serving)	818	395	44	16	0	135	2327	60	3	4	50	1010	34	350	3

ENTREES AND PASTA

Chicken Bacon Mac (1 serving)	1141	538	60	33	0	266	3165	72	3	10	78	2174	6	1264	2
Chicken Fried Chicken (1 serving)	744	245	27	12	0	187	1683	52	3	6	69	706	13	146	4
Chicken Parmesan (1 serving)	926	230	26	7	0	161	1187	111	12	11	72	2798	54	413	10
Chicken Pesto Alfredo (1 serving)	1041	443	49	23	0	141	1648	88	10	9	54	2433	43	667	7
Fish and Chips (1 serving)	941	522	58	11	0	87	2163	75	7	14	26	2606	75	185	4
Meatballs, Add On (2 meatballs)	447	279	31	11	0	216	1241	12	1	2	30	312	2	256	3
Sausage, Add On (1 link)	223	153	17	6	0	60	660	1	0	0	17	0	1	20	1
Spaghetti Pie (1 serving)	802	497	55	32	0	354	1514	21	1	2	53	1699	1	1412	2
Spaghetti Pie (1 serving) with Italian Sausage Link	1102	704	78	40	0	429	2334	24	1	3	73	1999	2	1452	3
Spaghetti Pie (1 serving) with Meatballs	1249	776	86	43	0	570	2754	33	2	4	83	2010	3	1667	5
Spaghetti Pie (1 serving) with Sauce Choice Alfredo Sauce	1029	664	74	45	0	420	2094	25	1	4	61	2251	2	1709	2
Spaghetti Pie (1 serving) with Sauce Choice Pizza Sauce	850	515	57	32	0	354	1754	32	3	5	55	2776	25	1461	3
Spaghetti and Meatballs (1 serving)	942	484	54	20	0	323	2442	66	6	9	58	2901	51	612	6
Twisted Tenders Entree (1 serving)	844	172	19	4	0	148	2583	89	7	1	72	567	25	82	4



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Twisted Tenders Entree (1 serving) with Dipping Sauce Choice Blue Cheese	1624	928	103	22	0	208	4083	95	7	7	78	567	25	322	4
Twisted Tenders Entree (1 serving) with Dipping Sauce Choice Buffalo	882	177	20	4	0	148	6317	96	9	3	73	3044	29	99	5
Twisted Tenders Entree (1 serving) with Dipping Sauce Choice Honey Mustard	1624	820	91	16	0	238	3603	131	7	37	72	567	25	82	4
Twisted Tenders Entree (1 serving) with Dipping Sauce Choice Nashville Hot	909	182	20	4	0	148	5022	101	11	6	73	2587	45	102	5
Twisted Tenders Entree (1 serving) with Dipping Sauce Choice Ranch	1579	858	95	14	0	222	3618	96	7	6	75	757	26	188	4
Twisted Tenders Entree (1 serving) with Dipping Sauce Choice BBQ	1204	172	19	4	0	148	4983	179	7	61	72	1767	25	82	4

DESSERTS

Brownie (1 serving)	962	434	48	19	5	111	461	121	3	89	8	123	0	60	6
Cheesecake with Fresh Berries (1 serving)	770	416	46	26	2	225	470	80	3	64	10	2005	45	209	2
Cookizza, Big (1 serving)	1442	722	80	40	0	80	1000	192	8	112	16	0	0	0	9
Cookizza, Big, a la Mode (1 serving)	1562	794	88	45	0	108	1024	203	8	121	18	0	0	48	9
Cookizza, Little (1 serving)	632	317	35	18	0	35	438	84	4	49	7	0	0	0	4
Cookizza, Little, a la Mode (1 serving)	752	389	43	22	0	63	462	95	4	58	9	0	0	48	4
Doughnut Bites (1 serving)	624	107	12	5	0	10	650	117	2	44	10	102	1	60	4

BEVERAGES

Apple Juice (1 serving)	84	0	0	0	0	0	15	20	0	19	1	3000	0	12	0
Arnold Palmer (1 serving)	90	0	0	0	0	0	5	22	1	20	0	8	21	13	0
Barq's Root Beer (1 serving)	183	0	0	0	0	0	40	50	0	50	0	0	0	0	0
Classic Lemonade (1 serving)	180	0	0	0	0	0	4	45	0	41	0	11	27	8	0
Coke (1 serving)	163	0	0	0	0	0	10	45	0	45	0	0	0	0	0
Cranberry Juice (1 serving)	105	0	0	0	0	0	26	26	0	26	0	0	45	0	0
Diet Coke (1 serving)	0	0	0	0	0	0	17	0	0	0	0	0	0	0	0



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Dr Pepper (1 serving)	182	0	0	0	0	0	58	45	0	45	0	0	0	0	0
Fanta Orange Soda (1 serving)	194	0	0	0	0	0	60	48	0	48	0	0	0	0	0
Fuze Raspberry Iced Tea (1 serving)	66	0	0	0	0	0	8	17	0	17	0	0	0	0	0
Grapefruit Juice (1 serving)	77	0	0	0	0	0	11	19	0	18	0	0	53	0	0
IBC Black Cherry Soda (1 bottle)	190	0	0	0	0	0	55	48	0	48	0	0	0	0	0
IBC Cream Soda (1 bottle)	190	0	0	0	0	0	75	48	0	48	0	0	0	0	0
IBC Root Beer (1 bottle)	160	0	0	0	0	0	55	43	0	43	0	0	0	0	0
Little Big Cookie Shake (1 serving)	865	414	46	27	0	102	470	115	3	83	10	1604	0	192	3
Mello Yello (1 serving)	175	0	0	0	0	0	13	48	0	48	0	0	0	0	0
Minute Maid Lemonade (1 serving)	160	0	0	0	0	0	68	43	0	43	0	0	0	0	0
Orange Juice (1 serving)	83	0	0	0	0	0	0	20	0	17	2	0	54	15	0
Pineapple Juice (1 serving)	105	0	0	0	0	0	0	26	0	23	0	375	54	30	1
Pomegranate Ginger Sparkler (1 serving)	158	0	0	0	0	0	22	39	1	37	0	3	8	7	0
Pomegranate Lemonade (1 serving)	153	0	0	0	0	0	3	38	1	35	0	10	24	11	0
Red Berry Sparkler (1 serving)	123	0	0	0	0	0	22	31	1	28	0	6	40	4	0
Red Bull Energy Drink (1 can)	110	0	0	0	0	0	100	28	0	27	0	0	0	0	0
Sprite (1 serving)	160	0	0	0	0	0	36	43	0	43	0	0	0	0	0
Tomato Juice (1 serving)	33	0	0	0	0	0	513	7	1	5	1	436	39	22	0

KIDS MENU ITEMS

Kids CYO Pizza															
Kids CYO Pizza, 1 Topping (1 slice)	123	33	4	2	0	6	305	17	1	1	6	212	4	94	1
Kids CYO Pizza, 1 Topping (1 slice) with Andouille Sausage	211	103	11	4	0	25	533	18	1	1	10	224	5	100	1
Kids CYO Pizza, 1 Topping (1 slice) with Artichoke Hearts	132	33	4	2	0	6	432	19	2	2	6	525	7	104	2
Kids CYO Pizza, 1 Topping (1 slice) with Black Olives	139	44	5	2	0	6	376	18	1	1	6	212	4	94	1
Kids CYO Pizza, 1 Topping (1 slice) with Bleu Cheese	161	60	7	3	0	15	447	17	1	1	8	325	4	150	1
Kids CYO Pizza, 1 Topping (1 slice) with Broccoli	128	33	4	2	0	6	309	18	1	1	6	283	14	99	1



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Kids CYO Pizza, 1 Topping (1 slice) with Canadian Bacon	156	43	5	2	0	20	610	17	1	1	11	212	4	94	1
Kids CYO Pizza, 1 Topping (1 slice) with Cheddar Cheese	163	64	7	4	0	16	372	17	1	1	8	362	4	169	1
Kids CYO Pizza, 1 Topping (1 slice) with Extra Mozzarella Cheese	143	46	5	2	0	10	337	17	1	1	8	262	4	144	1
Kids CYO Pizza, 1 Topping (1 slice) with Fresh Basil	124	33	4	2	0	6	305	17	1	1	6	224	4	94	1
Kids CYO Pizza, 1 Topping (1 slice) with Fresh Mozzarella Cheese	273	134	15	8	0	43	314	17	1	1	17	587	4	375	1
Kids CYO Pizza, 1 Topping (1 slice) with Green Olives	145	52	6	2	0	6	546	17	1	1	6	212	4	94	1
Kids CYO Pizza, 1 Topping (1 slice) with Green Onions	126	33	4	2	0	6	306	18	1	1	6	274	5	98	1
Kids CYO Pizza, 1 Topping (1 slice) with Green Peppers	126	33	4	2	0	6	305	18	1	1	6	247	12	95	1
Kids CYO Pizza, 1 Topping (1 slice) with Grilled Applewood-Spiced Chicken	174	45	5	2	0	26	383	18	1	1	14	261	5	104	1
Kids CYO Pizza, 1 Topping (1 slice) with Italian Sausage	198	87	10	3	0	25	488	18	1	2	11	212	4	103	1
Kids CYO Pizza, 1 Topping (1 slice) with Jalapenos	127	33	4	2	0	6	645	18	1	1	6	412	6	134	1
Kids CYO Pizza, 1 Topping (1 slice) with Mushrooms	127	33	4	2	0	6	306	18	1	1	6	212	5	94	1
Kids CYO Pizza, 1 Topping (1 slice) with Parmesan Cheese	161	56	6	3	0	13	447	18	1	1	9	287	4	206	1
Kids CYO Pizza, 1 Topping (1 slice) with Pepper Jack Cheese	151	53	6	3	0	13	347	17	1	1	8	287	4	144	1
Kids CYO Pizza, 1 Topping (1 slice) with Peppered Bacon	191	82	9	3	0	17	584	19	1	2	10	324	9	102	2
Kids CYO Pizza, 1 Topping (1 slice) with Pepperoncini	126	33	4	2	0	6	387	18	1	1	6	212	4	94	1
Kids CYO Pizza, 1 Topping (1 slice) with Pepperoni	178	75	8	3	0	18	539	18	1	1	9	212	4	94	1
Kids CYO Pizza, 1 Topping (1 slice) with Pineapple Tidbits	143	33	4	2	0	6	305	22	1	5	6	212	7	94	1
Kids CYO Pizza, 1 Topping (1 slice) with Red Onions	128	33	4	2	0	6	305	18	1	2	6	212	5	96	1
Kids CYO Pizza, 1 Topping (1 slice) with Red Peppers	128	33	4	2	0	6	305	18	1	2	6	649	31	95	1



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Kids CYO Pizza, 1 Topping (1 slice) with Ricotta Cheese	155	50	6	3	0	13	334	18	1	1	9	306	4	158	1
Kids CYO Pizza, 1 Topping (1 slice) with Roasted Garlic	126	33	4	2	0	6	305	18	1	1	6	212	5	97	1
Kids CYO Pizza, 1 Topping (1 slice) with Roma Tomatoes	128	33	4	2	0	6	306	18	1	2	6	402	7	96	1
Kids CYO Pizza, 1 Topping (1 slice) with Seasoned Ground Beef	159	53	6	2	0	17	350	18	1	1	9	227	4	97	1
Kids CYO Pizza, 1 Topping (1 slice) with Spinach	126	33	4	2	0	6	311	18	1	1	6	922	6	102	1
Kids CYO Pizza, 1 Topping (1 slice) with Sun Dried Tomatoes	127	33	4	2	0	6	307	18	1	2	6	223	5	95	1
Kids CYO Pizza, 1 Topping (4 slices)	494	131	15	6	0	23	1219	69	3	4	24	848	17	376	5
Kids CYO Pizza, 1 Topping (4 slices) with Andouille Sausage	844	412	46	17	0	98	2132	71	3	5	39	898	19	401	5
Kids CYO Pizza, 1 Topping (4 slices) with Artichoke Hearts	529	131	15	6	0	23	1729	75	6	6	26	2098	26	416	6
Kids CYO Pizza, 1 Topping (4 slices) with Black Olives	555	176	20	6	0	23	1503	72	3	4	24	848	17	376	5
Kids CYO Pizza, 1 Topping (4 slices) with Bleu Cheese	644	239	27	14	0	61	1789	69	3	4	33	1298	17	601	5
Kids CYO Pizza, 1 Topping (4 slices) with Broccoli	513	132	15	6	0	23	1234	73	4	5	25	1132	58	397	5
Kids CYO Pizza, 1 Topping (4 slices) with Canadian Bacon	625	173	19	8	0	79	2438	69	3	4	44	848	17	376	5
Kids CYO Pizza, 1 Topping (4 slices) with Cheddar Cheese	654	257	29	14	0	63	1489	69	3	4	34	1448	17	676	5
Kids CYO Pizza, 1 Topping (4 slices) with Extra Mozzarella Cheese	574	185	21	10	0	38	1349	69	3	4	31	1048	17	576	5
Kids CYO Pizza, 1 Topping (4 slices) with Fresh Basil	494	131	15	6	0	23	1219	70	3	4	24	895	17	377	5
Kids CYO Pizza, 1 Topping (4 slices) with Fresh Mozzarella Cheese	1094	536	60	32	0	173	1257	69	3	4	69	2348	17	1501	5
Kids CYO Pizza, 1 Topping (4 slices) with Green Olives	579	207	23	6	0	23	2183	69	3	4	24	848	17	376	5
Kids CYO Pizza, 1 Topping (4 slices) with Green Onions	504	131	15	6	0	23	1223	71	4	5	24	1098	22	394	5



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Kids CYO Pizza, 1 Topping (4 slices) with Green Peppers	503	131	15	6	0	23	1220	71	4	5	24	986	47	380	5
Kids CYO Pizza, 1 Topping (4 slices) with Grilled Applewood-Spiced Chicken	694	179	20	7	0	105	1532	72	3	5	57	1043	22	416	6
Kids CYO Pizza, 1 Topping (4 slices) with Italian Sausage	794	350	39	13	0	98	1951	73	3	6	42	848	17	413	5
Kids CYO Pizza, 1 Topping (4 slices) with Jalapenos	507	131	15	6	0	23	2579	72	3	4	24	1648	23	536	6
Kids CYO Pizza, 1 Topping (4 slices) with Mushrooms	509	132	15	6	0	23	1222	71	4	5	25	848	18	377	5
Kids CYO Pizza, 1 Topping (4 slices) with Parmesan Cheese	644	225	25	12	0	53	1789	71	3	4	37	1148	17	826	5
Kids CYO Pizza, 1 Topping (4 slices) with Pepper Jack Cheese	604	212	24	11	0	53	1389	69	3	4	31	1148	17	576	5
Kids CYO Pizza, 1 Topping (4 slices) with Peppered Bacon	766	328	36	14	0	70	2336	74	4	6	40	1296	37	408	7
Kids CYO Pizza, 1 Topping (4 slices) with Pepperoncini	504	131	15	6	0	23	1549	71	4	4	24	848	17	376	5
Kids CYO Pizza, 1 Topping (4 slices) with Pepperoni	713	299	33	14	0	70	2157	71	3	4	35	848	17	376	5
Kids CYO Pizza, 1 Topping (4 slices) with Pineapple Tidbits	574	131	15	6	0	23	1219	88	4	19	24	848	26	376	5
Kids CYO Pizza, 1 Topping (4 slices) with Red Onions	512	131	15	6	0	23	1221	74	4	6	24	849	20	385	5
Kids CYO Pizza, 1 Topping (4 slices) with Red Peppers	511	132	15	6	0	23	1220	73	4	7	24	2598	123	380	5
Kids CYO Pizza, 1 Topping (4 slices) with Ricotta Cheese	621	198	22	11	0	52	1335	74	3	4	34	1223	17	631	5
Kids CYO Pizza, 1 Topping (4 slices) with Roasted Garlic	504	132	15	6	0	23	1220	71	3	4	24	848	19	386	5
Kids CYO Pizza, 1 Topping (4 slices) with Roma Tomatoes	513	132	15	6	0	23	1224	73	4	7	24	1607	29	385	5
Kids CYO Pizza, 1 Topping (4 slices) with Seasoned Ground Beef	635	212	24	9	0	67	1400	71	3	5	36	907	17	388	6
Kids CYO Pizza, 1 Topping (4 slices) with Spinach	503	132	15	6	0	23	1243	71	4	4	24	3687	25	406	5
Kids CYO Pizza, 1 Topping (4 slices) with Sun Dried Tomatoes	509	131	15	6	0	23	1229	73	4	6	24	893	19	381	5
Kids CYO Pizza, 2 or More Toppings (1 slice)	123	33	4	2	0	6	305	17	1	1	6	212	4	94	1



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Kids CYO Pizza, 2 or More Toppings (1 slice) with Andouille Sausage	182	80	9	3	0	18	457	18	1	1	8	220	5	98	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Artichoke Hearts	128	33	4	2	0	6	369	18	1	1	6	368	5	99	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Black Olives	131	38	4	2	0	6	340	18	1	1	6	212	4	94	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Bleu Cheese	142	46	5	2	0	10	376	17	1	1	7	268	4	122	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Broccoli	126	33	4	2	0	6	307	18	1	1	6	248	9	97	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Canadian Bacon	145	40	4	2	0	15	508	17	1	1	9	212	4	94	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Cheddar Cheese	143	48	5	3	0	11	339	17	1	1	7	287	4	131	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Extra Mozzarella Cheese	133	39	4	2	0	8	321	17	1	1	7	237	4	119	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Fresh Basil	124	33	4	2	0	6	305	17	1	1	6	224	4	94	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Fresh Mozzarella Cheese	223	100	11	6	0	31	311	17	1	1	13	462	4	281	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Green Olives	134	42	5	2	0	6	425	17	1	1	6	212	4	94	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Green Onions	125	33	4	2	0	6	305	18	1	1	6	243	5	96	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Green Peppers	125	33	4	2	0	6	305	18	1	1	6	229	8	94	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Grilled Applewood-Spiced Chicken	149	39	4	2	0	16	344	18	1	1	10	236	5	99	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Italian Sausage	161	60	7	2	0	15	396	18	1	1	8	212	4	99	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Jalapenos	125	33	4	2	0	6	475	18	1	1	6	312	5	114	1



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Kids CYO Pizza, 2 or More Toppings (1 slice) with Mushrooms	125	33	4	2	0	6	305	18	1	1	6	212	4	94	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Parmesan Cheese	142	44	5	2	0	10	376	18	1	1	8	250	4	150	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Pepper Jack Cheese	137	43	5	2	0	10	326	17	1	1	7	250	4	119	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Peppered Bacon	157	57	6	2	0	12	444	18	1	1	8	268	7	98	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Pepperoncini	125	33	4	2	0	6	346	18	1	1	6	212	4	94	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Pepperoni	156	58	6	3	0	13	445	18	1	1	8	212	4	94	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Pineapple	133	33	4	2	0	6	305	20	1	3	6	212	5	94	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Red Onions	126	33	4	2	0	6	305	18	1	1	6	212	5	95	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Red Peppers	126	33	4	2	0	6	305	18	1	1	6	431	18	94	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Ricotta Cheese	139	41	5	2	0	9	319	18	1	1	7	259	4	126	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Roasted Garlic	125	33	4	2	0	6	305	18	1	1	6	212	4	95	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Roma Tomatoes	126	33	4	2	0	6	305	18	1	1	6	307	6	95	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Seasoned Ground Beef	141	43	5	2	0	11	327	18	1	1	7	219	4	95	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Spinach	125	33	4	2	0	6	308	18	1	1	6	567	5	98	1
Kids CYO Pizza, 2 or More Toppings (1 slice) with Sun Dried Tomatoes	125	33	4	2	0	6	306	18	1	1	6	218	4	95	1
Kids CYO Pizza, 2 or More Toppings (4 slices)	494	131	15	6	0	23	1219	69	3	4	24	848	17	376	5
Kids CYO Pizza, 2 or More Toppings (4 slices) with Andouille Sausage	727	318	35	14	0	73	1828	71	3	5	34	881	18	392	5



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Kids CYO Pizza, 2 or More Toppings (4 slices) with Artichoke Hearts	511	131	15	6	0	23	1474	72	5	5	25	1473	22	396	5
Kids CYO Pizza, 2 or More Toppings (4 slices) with Black Olives	524	153	17	6	0	23	1361	70	3	4	24	848	17	376	5
Kids CYO Pizza, 2 or More Toppings (4 slices) with Bleu Cheese	569	185	21	10	0	42	1504	69	3	4	28	1073	17	488	5
Kids CYO Pizza, 2 or More Toppings (4 slices) with Broccoli	503	131	15	6	0	23	1227	71	4	5	24	990	37	387	5
Kids CYO Pizza, 2 or More Toppings (4 slices) with Canadian Bacon	581	159	18	7	0	61	2032	69	3	4	37	848	17	376	5
Kids CYO Pizza, 2 or More Toppings (4 slices) with Cheddar Cheese	574	194	22	10	0	43	1354	69	3	4	29	1148	17	526	5
Kids CYO Pizza, 2 or More Toppings (4 slices) with Extra Mozzarella Cheese	534	158	18	8	0	31	1284	69	3	4	27	948	17	476	5
Kids CYO Pizza, 2 or More Toppings (4 slices) with Fresh Basil	494	131	15	6	0	23	1219	70	3	4	24	895	17	377	5
Kids CYO Pizza, 2 or More Toppings (4 slices) with Fresh Mozzarella Cheese	894	401	45	24	0	123	1244	69	3	4	54	1848	17	1126	5
Kids CYO Pizza, 2 or More Toppings (4 slices) with Green Olives	536	169	19	6	0	23	1701	69	3	4	24	848	17	376	5
Kids CYO Pizza, 2 or More Toppings (4 slices) with Green Onions	499	131	15	6	0	23	1221	70	4	5	24	973	19	385	5
Kids CYO Pizza, 2 or More Toppings (4 slices) with Green Peppers	498	131	15	6	0	23	1220	70	4	5	24	917	32	378	5
Kids CYO Pizza, 2 or More Toppings (4 slices) with Grilled Applewood-Spiced Chicken	594	155	17	7	0	64	1375	71	3	5	40	946	19	396	5
Kids CYO Pizza, 2 or More Toppings (4 slices) with Italian Sausage	644	240	27	9	0	61	1585	71	3	5	33	848	17	395	5
Kids CYO Pizza, 2 or More Toppings (4 slices) with Jalapenos	501	131	15	6	0	23	1899	71	3	4	24	1248	20	456	5
Kids CYO Pizza, 2 or More Toppings (4 slices) with Mushrooms	501	131	15	6	0	23	1221	70	3	5	24	848	18	377	5



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Kids CYO Pizza, 2 or More Toppings (4 slices) with Parmesan Cheese	569	178	20	9	0	38	1504	70	3	4	30	998	17	601	5
Kids CYO Pizza, 2 or More Toppings (4 slices) with Pepper Jack Cheese	549	171	19	9	0	38	1304	69	3	4	27	998	17	476	5
Kids CYO Pizza, 2 or More Toppings (4 slices) with Peppered Bacon	630	229	25	10	0	46	1778	72	4	5	32	1072	27	392	6
Kids CYO Pizza, 2 or More Toppings (4 slices) with Pepperoncini	499	131	15	6	0	23	1384	70	4	4	24	848	17	376	5
Kids CYO Pizza, 2 or More Toppings (4 slices) with Pepperoni	625	232	26	11	0	51	1782	70	3	4	30	848	17	376	5
Kids CYO Pizza, 2 or More Toppings (4 slices) with Pineapple	534	131	15	6	0	23	1219	79	4	12	24	848	22	376	5
Kids CYO Pizza, 2 or More Toppings (4 slices) with Red Onions	503	131	15	6	0	23	1220	72	3	5	24	849	18	380	5
Kids CYO Pizza, 2 or More Toppings (4 slices) with Red Peppers	503	131	15	6	0	23	1220	71	4	5	24	1723	70	378	5
Kids CYO Pizza, 2 or More Toppings (4 slices) with Ricotta Cheese	558	164	18	8	0	37	1277	72	3	4	29	1036	17	503	5
Kids CYO Pizza, 2 or More Toppings (4 slices) with Roasted Garlic	499	131	15	6	0	23	1220	70	3	4	24	848	18	381	5
Kids CYO Pizza, 2 or More Toppings (4 slices) with Roma Tomatoes	503	131	15	6	0	23	1221	71	4	5	24	1228	23	380	5
Kids CYO Pizza, 2 or More Toppings (4 slices) with Seasoned Ground Beef	565	171	19	8	0	45	1310	70	3	5	30	878	17	382	5
Kids CYO Pizza, 2 or More Toppings (4 slices) with Spinach	498	131	15	6	0	23	1231	70	4	4	24	2268	21	391	5
Kids CYO Pizza, 2 or More Toppings (4 slices) with Sun Dried Tomatoes	502	131	15	6	0	23	1224	71	4	5	24	870	18	378	5
Kids Cheese Pizza (1 pizza)	549	171	19	9	0	38	1309	70	3	4	27	998	17	476	5
Kids Chicken Fingers (1 serving)	552	85	10	2	0	123	1717	53	4	1	58	473	16	46	3
Kids Chicken Fingers (1 serving) with Applewood BBQ Sauce	625	86	10	2	0	123	2016	71	4	16	58	492	19	50	3



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Kids Chicken Fingers (1 serving) with Ranch Dressing	736	257	29	4	0	142	1976	55	4	2	59	520	16	72	3
Kids Fries (1 serving)	181	69	8	2	0	0	523	25	3	0	3	0	6	27	1
Kids Mac 'N Cheese (1 serving)	304	179	20	12	0	67	558	17	1	2	12	592	1	338	0
Kids Mighty Cheeseburger (1 serving)	389	136	15	6	0	62	568	40	1	7	24	150	2	63	4
Kids Mighty Cheeseburger (1 serving) with American Cheese	459	190	21	10	0	77	908	40	1	7	28	450	2	163	4
Kids Mighty Cheeseburger (1 serving) with Mozzarella Cheese	469	190	21	9	0	77	698	40	1	7	31	350	2	263	4
Kids Mighty Cheeseburger (1 serving) with Pepper Jack Cheese	495	208	23	11	0	82	755	41	1	7	30	417	2	263	4
Kids OC Cookie Sundae (1 serving)	240	104	12	7	0	31	63	32	0	25	2	0	0	48	0
Kids Pepperoni Pizza (1 slice)	178	75	8	3	0	18	539	18	1	1	9	212	4	94	1
Kids Pepperoni Pizza (4 slices)	713	299	33	14	0	70	2157	71	3	4	35	848	17	376	5
Kids Sausage Pizza (1 slice)	195	82	9	3	0	23	497	18	1	1	11	282	5	103	1
Kids Sausage Pizza (4 slices)	779	328	36	14	0	94	1988	72	3	5	42	1130	18	413	6
Kids Side of Carrots and Celery (1 serving)	141	116	13	2	0	12	222	5	1	3	1	4967	3	42	0
Kids Side of Mac 'N Cheese (1 serving)	205	134	15	9	0	43	506	7	0	2	11	620	0	306	0
Kids Side of Sliced Apples (1 serving)	40	1	0	0	0	0	1	10	2	7	0	38	3	4	0
Kids Side of Strawberries and Yogurt (1 serving)	84	12	1	1	0	5	50	14	0	14	4	2	15	129	0
Kids Spaghetti with Red Sauce (1 serving)	175	36	4	1	0	0	373	36	4	5	7	1620	36	81	2
Meatballs, Add On (1 meatballs)	224	140	16	6	0	108	621	6	1	1	15	156	1	128	2
Kids Strawberry Lemonade (1 serving)	139	0	0	0	0	0	3	34	1	31	0	9	37	11	0
Kids Twisted Tenders (1 serving)	331	51	6	1	0	74	1030	32	2	1	35	284	9	28	2
Kids Twisted Tenders (1 serving) with Applewood BBQ Sauce	404	52	6	1	0	74	1329	50	2	16	35	303	13	32	2
Kids Twisted Tenders (1 serving) with Ranch Dressing	515	223	25	4	0	92	1289	34	2	2	36	331	10	54	2
HAND TOSSED WINGS															
Applewood BBQ Boneless Wings, Short (1 serving)	524	164	18	3	0	70	2175	59	2	23	27	328	8	52	1



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Applewood BBQ Boneless Wings, Short (1 serving) with Side of Bleu Cheese Dressing	747	371	41	8	0	99	2516	60	2	23	30	470	8	124	1
Applewood BBQ Boneless Wings, Short (1 serving) with Side of Ranch Dressing	707	336	37	6	0	89	2434	61	2	24	28	376	8	79	1
Applewood BBQ Boneless Wings, Tall (1 serving)	995	327	36	6	0	140	4136	107	4	35	54	559	13	94	2
Applewood BBQ Boneless Wings, Tall (1 serving) with Side of Bleu Cheese Dressing	1368	672	75	14	0	188	4705	108	4	36	58	796	13	213	2
Applewood BBQ Boneless Wings, Tall (1 serving) with Side of Ranch Dressing	1302	613	68	11	0	171	4567	110	5	37	55	638	13	138	2
Applewood BBQ Wings, Short (1 serving)	443	266	30	8	0	122	338	13	1	11	30	374	4	33	2
Applewood BBQ Wings, Short (1 serving) with Side of Bleu Cheese Dressing	666	473	53	13	0	151	679	13	1	11	32	516	5	105	2
Applewood BBQ Wings, Short (1 serving) with Side of Ranch Dressing	627	438	49	10	0	141	597	14	1	12	30	421	5	60	2
Applewood BBQ Wings, Tall (1 serving)	805	479	53	14	0	220	638	25	1	21	53	616	8	55	3
Applewood BBQ Wings, Tall (1 serving) with Side of Bleu Cheese Dressing	1177	824	92	22	0	268	1206	26	1	22	58	853	8	174	3
Applewood BBQ Wings, Tall (1 serving) with Side of Ranch Dressing	1111	766	85	18	0	251	1069	28	1	23	55	695	8	99	3
Chili Garlic Beer Sauce Boneless Wings, Short (1 serving)	471	168	19	3	0	70	2120	44	3	8	27	441	6	52	1
Chili Garlic Beer Sauce Boneless Wings, Short (1 serving) with Side of Bleu Cheese Dressing	694	375	42	8	0	99	2461	44	3	8	30	583	6	123	1
Chili Garlic Beer Sauce Boneless Wings, Short (1 serving) with Side of Ranch Dressing	654	340	38	6	0	89	2379	46	3	9	28	489	6	78	1
Chili Garlic Beer Sauce Boneless Wings, Tall (1 serving)	938	336	37	6	0	140	4225	87	5	16	53	797	11	96	2
Chili Garlic Beer Sauce Boneless Wings, Tall (1 serving) with Side of Bleu Cheese Dressing	1311	680	76	14	0	188	4794	88	5	16	58	1034	11	215	2
Chili Garlic Beer Sauce Boneless Wings, Tall (1 serving) with Side of Ranch Dressing	1244	622	69	11	0	171	4656	90	5	18	55	876	11	140	2
Chili Garlic Beer Sauce Wings, Short (1 serving)	438	271	30	8	0	122	482	9	1	6	30	500	5	36	2
Chili Garlic Beer Sauce Wings, Short (1 serving) with Side of Bleu Cheese Dressing	662	478	53	13	0	151	823	9	1	7	32	642	5	107	2



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Chili Garlic Beer Sauce Wings, Short (1 serving) with Side of Ranch Dressing	622	443	49	10	0	141	741	10	1	7	30	547	5	62	2
Chili Garlic Beer Sauce Wings, Tall (1 serving)	874	542	60	15	0	245	950	17	1	12	59	914	9	64	3
Chili Garlic Beer Sauce Wings, Tall (1 serving) with Side of Bleu Cheese Dressing	1247	886	98	23	0	293	1518	18	1	13	64	1151	9	183	3
Chili Garlic Beer Sauce Wings, Tall (1 serving) with Side of Ranch Dressing	1180	828	92	20	0	276	1381	20	2	14	60	993	9	108	3
Firehouse Boneless Wings, Short (1 serving)	442	165	18	3	0	70	2956	39	3	3	27	1065	6	98	1
Firehouse Boneless Wings, Short (1 serving) with Side of Bleu Cheese Dressing	665	372	41	8	0	99	3297	39	3	3	30	1207	6	169	1
Firehouse Boneless Wings, Short (1 serving) with Side of Ranch Dressing	626	337	37	6	0	89	3214	40	3	4	28	1113	6	124	1
Firehouse Boneless Wings, Tall (1 serving)	789	296	33	6	0	126	4956	68	5	4	48	1629	9	155	2
Firehouse Boneless Wings, Tall (1 serving) with Side of Bleu Cheese Dressing	1161	640	71	14	0	174	5524	69	5	5	53	1866	10	274	2
Firehouse Boneless Wings, Tall (1 serving) with Side of Ranch Dressing	1095	582	65	10	0	157	5387	71	5	6	49	1708	10	199	2
Firehouse Wings, Short (1 serving)	402	267	30	8	0	122	728	2	1	1	29	742	3	56	2
Firehouse Wings, Short (1 serving) with Side of Bleu Cheese Dressing	626	473	53	13	0	151	1069	3	1	1	32	885	4	127	2
Firehouse Wings, Short (1 serving) with Side of Ranch Dressing	586	438	49	10	0	141	987	4	1	2	30	790	4	82	2
Firehouse Wings, Tall (1 serving)	723	480	53	14	0	220	1418	4	1	1	53	1353	6	101	3
Firehouse Wings, Tall (1 serving) with Side of Bleu Cheese Dressing	1096	825	92	22	0	268	1987	5	2	2	58	1590	6	220	3
Firehouse Wings, Tall (1 serving) with Side of Ranch Dressing	1029	766	85	18	0	251	1849	7	2	3	54	1432	7	145	3
Italian Garlic and Herb Boneless Wings, Short (1 serving)	435	151	17	4	0	78	1887	38	3	2	30	539	3	179	1
Italian Garlic and Herb Boneless Wings, Short (1 serving) with Side of Bleu Cheese Dressing	659	358	40	9	0	106	2228	38	3	3	32	681	3	251	1
Italian Garlic and Herb Boneless Wings, Short (1 serving) with Side of Ranch Dressing	619	323	36	7	0	96	2146	40	3	3	30	586	3	206	1



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Italian Garlic and Herb Boneless Wings, Tall (1 serving)	768	265	29	7	0	138	3353	67	5	4	52	839	5	278	2
Italian Garlic and Herb Boneless Wings, Tall (1 serving) with Side of Bleu Cheese Dressing	1141	609	68	15	0	185	3921	68	5	5	57	1076	6	397	2
Italian Garlic and Herb Boneless Wings, Tall (1 serving) with Side of Ranch Dressing	1074	551	61	11	0	168	3784	70	5	6	54	918	6	322	2
Italian Garlic and Herb Wings, Short (1 serving)	380	241	27	8	0	126	194	2	1	1	31	479	2	97	2
Italian Garlic and Herb Wings, Short (1 serving) with Side of Bleu Cheese Dressing	604	448	50	13	0	155	535	2	1	1	34	621	2	168	2
Italian Garlic and Herb Wings, Short (1 serving) with Side of Ranch Dressing	564	413	46	11	0	145	453	4	1	2	32	527	2	123	2
Italian Garlic and Herb Wings, Tall (1 serving)	687	437	49	14	0	228	350	3	1	1	56	827	3	183	3
Italian Garlic and Herb Wings, Tall (1 serving) with Side of Bleu Cheese Dressing	1059	781	87	22	0	276	918	4	1	2	61	1064	4	301	3
Italian Garlic and Herb Wings, Tall (1 serving) with Side of Ranch Dressing	993	723	80	19	0	259	781	6	1	3	57	905	4	227	3
Jamaican Jerk Dry Rub Boneless Wings, Short (1 serving)	405	131	15	3	0	70	2091	38	3	2	27	750	4	58	1
Jamaican Jerk Dry Rub Boneless Wings, Short (1 serving) with Side of Bleu Cheese Dressing	629	337	37	7	0	99	2432	39	3	3	30	892	4	130	1
Jamaican Jerk Dry Rub Boneless Wings, Short (1 serving) with Side of Ranch Dressing	589	302	34	5	0	89	2350	40	3	3	28	797	4	85	1
Jamaican Jerk Dry Rub Boneless Wings, Tall (1 serving)	730	235	26	5	0	126	3816	69	5	4	49	1379	6	102	2
Jamaican Jerk Dry Rub Boneless Wings, Tall (1 serving) with Side of Bleu Cheese Dressing	1102	580	64	13	0	174	4385	70	5	5	53	1616	6	221	2
Jamaican Jerk Dry Rub Boneless Wings, Tall (1 serving) with Side of Ranch Dressing	1036	521	58	9	0	157	4247	72	6	6	50	1458	6	146	2
Jamaican Jerk Dry Rub Wings, Short (1 serving)	372	232	26	7	0	122	453	3	1	1	30	808	3	42	2
Jamaican Jerk Dry Rub Wings, Short (1 serving) with Side of Bleu Cheese Dressing	595	439	49	12	0	151	794	4	1	1	33	950	3	114	2
Jamaican Jerk Dry Rub Wings, Short (1 serving) with Side of Ranch Dressing	555	404	45	10	0	141	712	5	1	2	31	855	3	69	2
Jamaican Jerk Dry Rub Wings, Tall (1 serving)	661	417	46	13	0	220	659	4	2	1	53	1187	4	65	3



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Jamaican Jerk Dry Rub Wings, Tall (1 serving) with Side of Bleu Cheese Dressing	1034	761	85	21	0	268	1227	5	2	2	58	1424	4	184	3
Jamaican Jerk Dry Rub Wings, Tall (1 serving) with Side of Ranch Dressing	967	703	78	17	0	251	1090	7	2	3	55	1266	4	109	3
Keg of Wings, Boneless (1 serving)	1728	651	72	13	0	281	7127	149	10	11	106	11807	15	195	3
Keg of Wings, Boneless (1 serving) with Wing Rub Choice Applewood	1882	664	74	13	0	281	9769	181	12	22	109	13780	49	496	5
Keg of Wings, Boneless (1 serving) with Wing Rub Choice Italian Garlic and Herb	1857	718	80	17	0	303	7459	155	12	12	116	12514	16	594	4
Keg of Wings, Boneless (1 serving) with Wing Rub Choice Jerk	1882	675	75	13	0	281	10901	176	20	12	112	17168	22	337	7
Keg of Wings, Boneless (1 serving) with Wing Rub Choice Memphis	1983	688	76	13	0	281	10226	198	19	42	111	11807	15	365	7
Keg of Wings, Boneless (1 serving) with Wing Sauce Choice Applewood BBQ	2021	656	73	13	0	281	8324	219	11	74	108	11883	29	213	4
Keg of Wings, Boneless (1 serving) with Wing Sauce Choice Buffalo	1766	656	73	13	0	281	10862	156	12	13	107	14283	18	212	3
Keg of Wings, Boneless (1 serving) with Wing Sauce Choice Firehouse	1775	658	73	13	0	281	10664	157	13	12	107	14094	24	349	4
Keg of Wings, Boneless (1 serving) with Wing Sauce Choice Screaming Mango	1881	651	72	13	0	281	7638	186	10	36	107	12491	39	199	3
Keg of Wings, Boneless (1 serving) with Wing Sauce Choice Sweet Thai Chili	2029	651	72	13	0	281	8748	227	10	83	106	12458	37	196	3
Keg-O-Wings, Classic (1 serving)	1610	1063	118	31	0	490	591	11	4	5	118	15615	12	138	6
Keg-O-Wings, Classic (1 serving) with Side of Bleu Cheese Dressing	2504	1890	210	50	0	604	1955	13	4	7	129	16184	13	424	7
Keg-O-Wings, Classic (1 serving) with Side of Ranch Dressing	2344	1750	194	42	0	563	1626	18	4	10	121	15805	13	244	7
Keg-O-Wings, Classic (1 serving) with Wing Rub Choice Applewood	1763	1076	120	31	0	490	3232	43	6	16	121	17587	47	439	8
Keg-O-Wings, Classic (1 serving) with Wing Rub Choice Italian Garlic Herb	1738	1131	126	35	0	512	923	16	5	6	128	16322	13	537	7



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Keg-O-Wings, Classic (1 serving) with Wing Rub Choice Jerk Seasoning	1764	1088	121	31	0	490	4365	37	14	6	124	20976	19	280	11
Keg-O-Wings, Classic (1 serving) with Wing Rub Choice Memphis	1864	1101	122	32	0	490	3690	60	13	36	123	15615	12	308	11
Keg-O-Wings, Classic (1 serving) with Wing Sauce Choice Applewood BBQ	1902	1068	119	31	0	490	1788	81	4	67	119	15691	27	156	8
Keg-O-Wings, Classic (1 serving) with Wing Sauce Choice Buffalo	1647	1069	119	31	0	490	4325	18	6	7	119	18091	15	155	7
Keg-O-Wings, Classic (1 serving) with Wing Sauce Choice Firehouse	1657	1071	119	31	0	490	4128	19	6	6	119	17902	21	292	8
Keg-O-Wings, Classic (1 serving) with Wing Sauce Choice Screaming Mango	1763	1064	118	31	0	490	1102	47	4	30	118	16299	37	142	7
Keg-O-Wings, Classic (1 serving) with Wing Sauce Choice Sweet Thai Chili	1910	1063	118	31	0	490	2211	89	4	77	118	16266	34	139	6
Memphis Rub Boneless Wings, Short (1 serving)	477	141	16	3	0	70	2809	52	5	12	28	303	3	103	2
Memphis Rub Boneless Wings, Tall (1 serving)	831	250	28	5	0	126	4736	89	8	19	50	486	5	163	3
Memphis Rub Wings, Short (1 serving)	401	236	26	7	0	122	655	9	2	6	30	361	2	59	2
Memphis Rub Wings, Tall (1 serving)	729	427	47	13	0	220	1272	18	4	11	54	591	3	106	4
Original Boneless Buffalo Wings, Short (1 serving)	439	164	18	3	0	70	3021	38	3	3	27	1128	4	52	1
Original Boneless Buffalo Wings, Short (1 serving) with Side of Bleu Cheese Dressing	662	371	41	8	0	99	3362	39	3	3	30	1271	4	124	1
Original Boneless Buffalo Wings, Short (1 serving) with Side of Ranch Dressing	622	336	37	6	0	89	3280	40	3	4	28	1176	4	79	1
Original Boneless Buffalo Wings, Tall (1 serving)	784	295	33	6	0	126	5054	68	5	5	48	1724	7	87	2
Original Boneless Buffalo Wings, Tall (1 serving) with Side of Bleu Cheese Dressing	1156	639	71	14	0	174	5623	69	5	6	53	1961	7	206	2
Original Boneless Buffalo Wings, Tall (1 serving) with Side of Ranch Dressing	1090	581	65	10	0	157	5485	71	5	7	49	1803	7	131	2
Original Buffalo Wings, Short (1 serving)	400	266	30	8	0	122	761	2	1	1	30	774	3	33	2
Original Buffalo Wings, Short (1 serving) with Side of Bleu Cheese Dressing	624	473	53	13	0	151	1102	3	1	1	32	916	3	105	2



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Original Buffalo Wings, Short (1 serving) with Side of Ranch Dressing	584	438	49	10	0	141	1020	4	1	2	30	821	3	60	2
Original Buffalo Wings, Tall (1 serving)	720	480	53	14	0	220	1484	3	1	1	53	1416	4	55	3
Original Buffalo Wings, Tall (1 serving) with Side of Bleu Cheese Dressing	1093	824	92	22	0	268	2052	4	1	2	58	1653	5	174	3
Original Buffalo Wings, Tall (1 serving) with Side of Ranch Dressing	1026	766	85	18	0	251	1915	6	1	3	54	1495	5	99	3
Screaming Mango Boneless Wings, Short (1 serving)	477	162	18	3	0	70	1947	48	2	10	27	524	11	48	1
Screaming Mango Boneless Wings, Short (1 serving) with Side of Bleu Cheese Dressing	701	369	41	8	0	99	2288	49	2	11	29	666	11	119	1
Screaming Mango Boneless Wings, Short (1 serving) with Side of Ranch Dressing	661	334	37	6	0	89	2206	50	2	11	27	571	11	74	1
Screaming Mango Boneless Wings, Tall (1 serving)	841	292	32	6	0	126	3443	82	4	16	48	807	16	80	1
Screaming Mango Boneless Wings, Tall (1 serving) with Side of Bleu Cheese Dressing	1213	637	71	14	0	174	4011	83	4	17	52	1043	16	199	1
Screaming Mango Boneless Wings, Tall (1 serving) with Side of Ranch Dressing	1147	578	64	10	0	157	3874	85	4	18	49	885	17	124	1
Screaming Mango Wings, Short (1 serving)	420	266	30	8	0	122	224	7	0	5	29	482	6	32	2
Screaming Mango Wings, Short (1 serving) with Side of Bleu Cheese Dressing	644	472	52	13	0	151	565	8	1	5	32	624	6	103	2
Screaming Mango Wings, Short (1 serving) with Side of Ranch Dressing	604	437	49	10	0	141	483	9	1	6	30	529	6	58	2
Screaming Mango Wings, Tall (1 serving) with Side of Bleu Cheese Dressing	1132	822	91	22	0	268	978	14	1	10	57	1069	11	171	3
Screaming Mango Wings, Tall (1 serving) with Side of Ranch Dressing	1065	764	85	18	0	251	841	16	1	11	54	911	12	96	3
Sweet Thai Chili Boneless Wings, Short (1 serving)	526	162	18	3	0	70	2317	62	2	26	27	520	10	47	1
Sweet Thai Chili Boneless Wings, Short (1 serving) with Side of Bleu Cheese Dressing	750	369	41	8	0	99	2658	63	2	27	29	662	10	118	1
Sweet Thai Chili Boneless Wings, Short (1 serving) with Side of Ranch Dressing	710	334	37	6	0	89	2575	64	2	27	27	567	10	73	1
Sweet Thai Chili Boneless Wings, Tall (1 serving)	915	292	32	6	0	126	3997	103	4	40	48	811	16	79	1



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Sweet Thai Chili Boneless Wings, Tall (1 serving) with Side of Bleu Cheese Dressing	1288	637	71	14	0	174	4566	104	4	41	52	1048	16	197	1
Sweet Thai Chili Boneless Wings, Tall (1 serving) with Side of Ranch Dressing	1221	578	64	10	0	157	4428	106	4	42	49	890	16	123	1
Sweet Thai Chili Wings, Short (1 serving)	444	266	30	8	0	122	409	14	0	13	29	470	6	31	2
Sweet Thai Chili Wings, Short (1 serving) with Side of Bleu Cheese Dressing	668	472	52	13	0	151	750	14	0	13	32	612	6	102	2
Sweet Thai Chili Wings, Short (1 serving) with Side of Ranch Dressing	628	437	49	10	0	141	667	16	1	14	30	517	6	57	2
Sweet Thai Chili Wings, Tall (1 serving)	807	478	53	14	0	220	779	27	1	25	53	808	10	50	3
Sweet Thai Chili Wings, Tall (1 serving) with Side of Bleu Cheese Dressing	1180	822	91	22	0	268	1348	28	1	25	57	1045	11	169	3
Sweet Thai Chili Wings, Tall (1 serving) with Side of Ranch Dressing	1114	764	85	18	0	251	1210	30	1	27	54	887	11	94	3
Applewood Dry Rub Boneless Wings, Short (1 serving)	418	131	15	3	0	70	2217	41	2	4	27	632	9	97	1
Applewood Dry Rub Boneless Wings, Short (1 serving) with Side of Bleu Cheese Dressing	641	337	37	7	0	99	2558	42	3	4	30	774	9	168	1
Applewood Dry Rub Boneless Wings, Short (1 serving) with Side of Ranch Dressing	602	302	34	5	0	89	2475	43	3	5	28	679	9	123	1
Applewood Dry Rub Boneless Wings, Tall (1 serving)	750	235	26	5	0	126	3980	74	4	7	48	1077	15	169	2
Applewood Dry Rub Boneless Wings, Tall (1 serving) with Side of Bleu Cheese Dressing	1123	580	64	13	0	174	4548	75	4	8	53	1314	16	287	2
Applewood Dry Rub Boneless Wings, Tall (1 serving) with Side of Ranch Dressing	1056	521	58	9	0	157	4411	77	4	9	50	1156	16	213	2
Applewood Dry Rub Wings, Short (1 serving)	384	232	26	7	0	122	579	6	1	2	30	690	8	81	2
Applewood Dry Rub Wings, Short (1 serving) with Blue Cheese Dressing	608	439	49	12	0	151	920	7	1	3	33	832	8	152	2
Applewood Dry Rub Wings, Short (1 serving) with Ranch Dressing	568	404	45	10	0	141	838	8	1	3	31	737	8	107	2
Applewood Dry Rub Wings, Tall (1 serving)	690	418	46	13	0	220	1032	11	1	4	54	1183	14	140	3



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Applewood Dry Rub Wings, Tall (1 serving) with Side of Bleu Cheese Dressing	1063	763	85	21	0	268	1600	12	1	5	58	1420	14	259	3
Applewood Dry Rub Wings, Tall (1 serving) with Side of Ranch Dressing	996	704	78	17	0	251	1463	14	1	6	55	1262	14	184	3

CRAFT YOUR OWN PIZZA

Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice)	204	57	6	3	0	11	371	27	1	1	10	287	3	170	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Andouille Sausage	291	127	14	6	0	30	599	28	1	2	13	299	4	177	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Artichoke Hearts	213	57	6	3	0	11	498	29	2	2	10	600	5	180	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Black Olives	219	68	8	3	0	11	442	28	1	1	10	287	3	170	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Bleu Cheese	241	84	9	5	0	21	513	27	1	1	12	400	3	227	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Boneless Wings	288	89	10	4	0	25	721	34	1	2	15	322	4	177	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Broccoli	209	57	6	3	0	11	374	28	1	2	10	358	13	176	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Bruschetta Tomatoes	232	81	9	3	0	11	452	28	1	2	10	479	6	173	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Cheddar Cheese	244	88	10	5	0	21	438	27	1	1	12	437	3	245	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Extra Mozzarella Cheese	224	70	8	4	0	15	403	27	1	1	11	337	3	220	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Fresh Basil	204	57	6	3	0	11	371	27	1	1	10	299	3	171	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Fresh Mozzarella Cheese	354	158	18	9	0	49	380	27	1	1	21	662	3	452	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Green Olives	225	76	8	3	0	11	612	27	1	1	10	287	3	170	2



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Green Onions	206	57	6	3	0	11	372	28	1	2	10	349	4	175	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Green Peppers	206	57	6	3	0	11	371	28	1	2	10	322	11	171	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Grilled Applewood-Spiced Chicken	254	69	8	3	0	32	449	28	1	2	18	336	4	181	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Italian Sausage	279	111	12	5	0	30	553	28	1	2	14	287	3	180	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Jalapenos	207	57	6	3	0	11	711	28	1	1	10	487	5	210	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Mushrooms	208	57	6	3	0	11	371	28	1	2	10	287	4	171	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Parmesan Cheese	241	80	9	4	0	19	513	27	1	1	13	362	3	283	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Pepper Jack Cheese	231	77	9	4	0	19	413	27	1	1	11	362	3	220	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Peppered Bacon	272	106	12	5	0	23	650	28	1	2	14	399	8	178	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Pepperoncini	206	57	6	3	0	11	453	28	1	1	10	287	3	170	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Pepperoni	259	99	11	5	0	23	605	27	1	1	12	287	3	170	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Pineapple Tidbits	224	57	6	3	0	11	371	32	1	5	10	287	5	170	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Red Onions	208	57	6	3	0	11	371	28	1	2	10	287	4	173	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Red Peppers	208	57	6	3	0	11	371	28	1	2	10	724	30	171	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Ricotta Cheese	236	74	8	4	0	19	400	28	1	1	12	381	3	234	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Roasted Garlic	207	57	6	3	0	11	371	28	1	1	10	287	4	173	2



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Roma Tomatoes	209	57	6	3	0	11	372	28	1	2	10	477	6	173	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Seasoned Ground Beef	239	77	9	4	0	22	416	27	1	2	13	302	3	173	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Spinach	206	57	6	3	0	11	377	27	1	2	10	997	5	178	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (1 slice) with Sun Dried Tomatoes	208	57	6	3	0	11	373	28	1	2	10	298	4	172	2
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices)	816	227	25	12	0	46	1483	108	4	6	38	1148	13	682	7
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Andouille Sausage	1166	508	56	23	0	121	2395	110	4	7	53	1198	14	707	7
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Artichoke Hearts	851	227	25	12	0	46	1993	114	7	8	40	2398	22	722	8
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Black Olives	876	272	30	12	0	46	1766	110	4	6	38	1148	13	682	7
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Bleu Cheese	966	335	37	19	0	83	2053	108	4	6	47	1598	13	907	7
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Boneless Wings	1153	356	40	14	0	102	2886	136	5	7	60	1289	15	710	7
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Broccoli	834	228	25	12	0	46	1498	111	5	7	40	1432	54	703	7
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Canadian Bacon	947	269	30	13	0	102	2701	108	4	6	59	1148	13	682	7
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Cheddar Cheese	976	353	39	20	0	86	1753	108	4	6	48	1748	13	982	7
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Extra Mozzarella Cheese	896	281	31	15	0	61	1613	108	4	6	45	1348	13	882	7
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Fresh Basil	816	227	25	12	0	46	1483	108	4	6	39	1195	13	683	7
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Fresh Mozzarella Cheese	1416	632	70	38	0	196	1520	108	4	6	83	2648	13	1807	7



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Green Olives	901	303	34	12	0	46	2446	108	4	6	38	1148	13	682	7
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Green Onions	825	227	25	12	0	46	1487	110	5	6	39	1398	18	700	7
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Green Peppers	824	227	25	12	0	46	1484	110	5	7	39	1286	43	685	7
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Grilled Applewood-Spiced Chicken	1016	275	31	13	0	128	1795	111	4	7	71	1343	18	722	8
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Italian Sausage	1116	446	50	18	0	121	2214	112	4	8	57	1148	13	719	7
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Jalapenos	829	227	25	12	0	46	2843	111	4	6	38	1948	19	842	7
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Mushrooms	831	228	25	12	0	46	1486	110	4	7	40	1148	14	683	7
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Parmesan Cheese	966	321	36	18	0	76	2053	110	4	6	52	1448	13	1132	7
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Pepper Jack Cheese	926	308	34	17	0	76	1653	108	4	6	45	1448	13	882	7
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Peppered Bacon	1087	424	47	19	0	92	2599	113	5	8	55	1596	33	714	9
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Pepperoncini	826	227	25	12	0	46	1813	110	5	6	38	1148	13	682	7
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Pepperoni	1034	395	44	19	0	93	2420	110	4	6	49	1148	13	682	7
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Pineapple Tidbits	896	227	25	12	0	46	1483	127	5	21	38	1148	22	682	7
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Red Onions	834	227	25	12	0	46	1484	112	4	8	39	1149	16	690	7
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Red Peppers	833	228	25	12	0	46	1484	112	5	8	39	2898	119	685	7
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Ricotta Cheese	943	294	33	16	0	74	1598	113	4	6	49	1523	13	937	7



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Roasted Garlic	826	228	25	12	0	46	1483	110	4	6	39	1148	15	692	7
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Roma Tomatoes	835	228	25	12	0	46	1487	112	5	8	39	1907	25	690	7
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Seasoned Ground Beef	957	309	34	15	0	90	1663	110	4	7	51	1207	13	694	8
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Spinach	825	228	25	12	0	46	1507	109	5	6	39	3987	21	712	7
Craft Your Own Pizza, Ale Crust, Individual, 1 Topping (4 slices) with Sun Dried Tomatoes	831	227	25	12	0	46	1492	111	5	8	39	1193	15	687	7
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice)	16	4	0	0	0	1	29	2	0	0	1	22	0	13	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Andouille Sausage	74	51	6	2	0	13	181	2	0	0	3	30	0	17	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Artichoke Hearts	20	4	0	0	0	1	92	3	0	0	1	178	1	18	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Black Olives	23	10	1	0	0	1	64	2	0	0	1	22	0	13	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Bleu Cheese	34	18	2	1	0	6	100	2	0	0	2	78	0	41	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Boneless Wings	58	21	2	1	0	8	204	6	0	0	3	40	0	17	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Broccoli	18	5	1	0	0	1	30	2	0	0	1	58	5	16	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Canadian Bacon	38	11	1	1	0	10	232	2	0	0	4	22	0	13	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Cheddar Cheese	36	20	2	1	0	6	62	2	0	0	2	97	0	51	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Extra Mozzarella Cheese	26	11	1	1	0	3	45	2	0	0	2	47	0	38	0



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Fresh Basil	16	4	0	0	0	1	29	2	0	0	1	34	0	13	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Fresh Mozzarella Cheese	116	72	8	5	0	26	35	2	0	0	8	272	0	201	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Green Olives	26	14	2	0	0	1	149	2	0	0	1	22	0	13	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Green Onions	17	4	0	0	0	1	29	2	0	0	1	53	1	15	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Green Peppers	17	4	0	0	0	1	29	2	0	0	1	39	4	14	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Grilled Applewood-Spiced Chicken	41	10	1	0	0	11	68	2	0	0	5	46	1	18	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Italian Sausage	53	32	4	1	0	10	120	3	0	0	3	22	0	18	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Jalapenos	17	4	0	0	0	1	199	2	0	0	1	122	1	33	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Mushrooms	18	5	1	0	0	1	29	2	0	0	1	22	0	13	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Parmesan Cheese	34	16	2	1	0	5	100	2	0	0	2	60	0	69	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Pepper Jack Cheese	29	14	2	1	0	5	50	2	0	0	2	60	0	38	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Peppered Bacon	50	29	3	1	0	7	168	3	0	0	3	78	3	17	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Pepperoncini	17	4	0	0	0	1	70	2	0	0	1	22	0	13	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Pepperoni	48	30	3	1	0	8	169	2	0	0	2	22	0	13	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Pineapple	26	4	0	0	0	1	29	4	0	2	1	22	1	13	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Red Onions	18	4	0	0	0	1	29	3	0	0	1	22	1	14	0



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Red Peppers	18	5	1	0	0	1	29	3	0	0	1	241	14	14	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Ricotta Cheese	32	13	1	1	0	4	43	3	0	0	2	69	0	45	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Roasted Garlic	17	5	1	0	0	1	29	2	0	0	1	22	0	14	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Roma Tomatoes	18	5	1	0	0	1	29	3	0	0	1	117	2	14	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Seasoned Ground Beef	33	15	2	1	0	6	51	2	0	0	2	29	0	15	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Spinach	17	4	0	0	0	1	32	2	0	0	1	377	1	17	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (1 slice) with Sun Dried Tomatoes	18	4	0	0	0	1	30	2	0	0	1	28	0	14	0
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices)	63	17	2	1	0	4	114	8	0	0	3	88	1	52	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Andouille Sausage	296	205	23	8	0	54	722	10	0	1	13	121	2	69	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Artichoke Hearts	80	17	2	1	0	4	369	11	2	1	4	713	5	72	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Black Olives	93	40	4	1	0	4	256	9	0	0	3	88	1	52	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Bleu Cheese	138	71	8	5	0	22	399	8	0	0	7	313	1	165	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Boneless Wings	231	82	9	2	0	32	816	22	1	1	13	158	2	66	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Broccoli	72	18	2	1	0	4	122	10	1	1	4	230	21	63	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Canadian Bacon	150	46	5	2	0	41	927	8	0	0	17	88	1	52	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Cheddar Cheese	143	80	9	5	0	24	249	8	0	0	8	388	1	202	1



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Extra Mozzarella Cheese	103	44	5	3	0	11	179	8	0	0	6	188	1	152	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Fresh Basil	63	17	2	1	0	4	114	8	0	0	3	135	1	54	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Fresh Mozzarella Cheese	463	287	32	18	0	104	139	8	0	0	33	1088	1	802	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Green Olives	105	56	6	1	0	4	596	8	0	0	3	88	1	52	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Green Onions	68	18	2	1	0	4	116	9	1	1	3	213	3	61	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Green Peppers	67	18	2	1	0	4	115	9	1	1	3	157	16	54	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Grilled Applewood-Spiced Chicken	163	42	5	1	0	45	270	10	0	1	19	185	3	73	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Italian Sausage	213	127	14	4	0	41	480	10	0	1	12	88	1	71	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Jalapenos	69	17	2	1	0	4	794	10	0	0	3	488	4	132	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Mushrooms	70	18	2	1	0	4	116	9	1	1	4	88	2	53	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Parmesan Cheese	138	65	7	4	0	19	399	9	0	0	10	238	1	277	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Pepper Jack Cheese	118	58	6	3	0	19	199	8	0	0	6	238	1	152	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Peppered Bacon	199	116	13	5	0	27	672	11	1	1	11	312	11	69	2
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Pepperoncini	68	17	2	1	0	4	279	9	1	0	3	88	1	52	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Pepperoni	194	119	13	6	0	32	677	9	0	0	10	88	1	52	1



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Pineapple	103	17	2	1	0	4	114	18	1	8	3	88	5	52	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Red Onions	72	18	2	1	0	4	115	10	1	1	3	89	2	57	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Red Peppers	71	18	2	1	0	4	115	10	1	2	3	963	54	54	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Ricotta Cheese	126	51	6	3	0	18	172	11	0	0	8	276	1	180	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Roasted Garlic	68	18	2	1	0	4	115	9	0	0	3	88	2	58	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Roma Tomatoes	72	18	2	1	0	4	116	10	1	2	3	468	7	57	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Seasoned Ground Beef	133	58	6	3	0	26	204	9	0	1	9	117	1	59	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Spinach	67	18	2	1	0	4	126	9	1	1	3	1508	5	68	1
Craft Your Own Pizza, Ale Crust, Individual, 2 or More Toppings (4 slices) with Sun Dried Tomatoes	70	17	2	1	0	4	119	10	1	1	3	110	2	55	1
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice)	239	79	9	4	0	17	437	28	1	2	12	432	5	252	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Andouille Sausage	341	162	18	8	0	39	703	28	1	2	17	446	5	259	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Artichoke Hearts	247	79	9	4	0	17	565	29	2	2	13	744	7	262	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Black Olives	254	91	10	4	0	17	508	28	1	2	12	432	5	252	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Bleu Cheese	276	106	12	6	0	27	580	28	1	2	15	544	5	308	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Boneless Wings	334	116	13	5	0	33	832	36	1	2	18	471	5	259	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Broccoli	243	80	9	4	0	17	441	29	1	2	13	503	15	257	2



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Canadian Bacon	277	92	10	5	0	34	793	28	1	2	18	432	5	252	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Cheddar Cheese	279	111	12	6	0	27	505	28	1	2	15	582	5	327	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Extra Mozzarella Cheese	259	93	10	5	0	21	470	28	1	2	14	482	5	302	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Fresh Basil	239	79	9	4	0	17	437	28	1	2	12	449	5	252	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Fresh Mozzarella Cheese	364	164	18	10	0	48	445	28	1	2	22	744	5	486	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Green Olives	260	99	11	4	0	17	678	28	1	2	12	432	5	252	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Green Onions	241	80	9	4	0	17	438	28	1	2	13	494	6	256	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Green Peppers	241	80	9	4	0	17	437	28	1	2	13	466	12	253	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Grilled Applewood-Spiced Chicken	289	92	10	5	0	38	515	28	1	2	21	480	6	262	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Italian Sausage	314	134	15	6	0	36	620	29	1	2	17	432	5	261	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Jalapenos	242	79	9	4	0	17	777	28	1	2	12	632	6	292	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Mushrooms	242	80	9	4	0	17	438	28	1	2	13	432	5	252	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Parmesan Cheese	276	103	11	6	0	25	580	28	1	2	16	507	5	364	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Pepper Jack Cheese	266	100	11	6	0	25	480	28	1	2	14	507	5	302	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Peppered Bacon	307	129	14	6	0	29	716	29	1	2	16	544	10	260	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Pepperoncini	241	79	9	4	0	17	520	28	1	2	12	432	5	252	2



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Pepperoni	304	130	14	7	0	31	718	28	1	2	16	432	5	252	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Pineapple	259	79	9	4	0	17	437	33	1	5	12	432	7	252	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Red Onions	243	80	9	4	0	17	437	29	1	2	13	432	5	254	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Red Peppers	243	80	9	4	0	17	437	29	1	2	13	869	31	253	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Ricotta Cheese	271	96	11	5	0	24	466	29	1	2	15	526	5	315	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Roasted Garlic	241	80	9	4	0	17	437	28	1	2	13	432	5	254	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Roma Tomatoes	243	80	9	4	0	17	438	29	1	2	13	622	8	254	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Seasoned Ground Beef	274	100	11	5	0	28	482	28	1	2	16	446	5	255	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Spinach	241	80	9	4	0	17	443	28	1	2	13	1142	7	259	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (1 slice) with Sun Dried Tomatoes	243	79	9	4	0	17	440	29	1	2	13	443	5	253	2
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices)	1909	636	71	34	0	138	3497	222	9	13	99	3455	38	2013	14
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Andouille Sausage	2726	1292	144	60	0	313	5626	227	9	15	134	3571	41	2071	16
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Artichoke Hearts	1979	636	71	34	0	138	4517	234	15	17	103	5955	56	2093	17
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Black Olives	2031	727	81	34	0	138	4064	226	9	13	99	3455	38	2013	14
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Bleu Cheese	2209	852	95	49	0	213	4637	222	9	13	117	4355	38	2463	14
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Boneless Wings	2668	927	103	40	0	264	6654	286	12	16	147	3771	42	2076	15



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Broccoli	1947	639	71	34	0	138	3527	228	11	15	102	4022	119	2056	14
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Canadian Bacon	2216	734	82	39	0	269	6341	222	9	13	148	3455	38	2013	14
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Cheddar Cheese	2229	888	99	50	0	218	4037	222	9	13	119	4655	38	2613	14
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Extra Mozzarella Cheese	2069	744	83	41	0	168	3757	222	9	13	113	3855	38	2413	14
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Fresh Basil	1910	636	71	34	0	138	3497	222	9	13	100	3595	38	2017	14
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Fresh Mozzarella Cheese	2909	1311	146	78	0	388	3560	222	9	13	174	5955	38	3888	14
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Green Olives	2080	789	88	34	0	138	5425	222	9	13	99	3455	38	2013	14
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Green Onions	1929	637	71	34	0	138	3505	226	10	14	100	3954	47	2049	14
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Green Peppers	1927	637	71	34	0	138	3499	226	10	15	100	3731	98	2020	14
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Grilled Applewood-Spiced Chicken	2310	733	81	36	0	302	4122	228	9	15	165	3844	47	2094	16
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Italian Sausage	2509	1075	119	47	0	288	4960	230	9	17	137	3455	38	2088	15
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Jalapenos	1936	636	71	34	0	138	6217	228	9	13	99	5055	51	2333	16
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Mushrooms	1939	639	71	34	0	138	3503	226	10	15	103	3455	40	2016	14
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Parmesan Cheese	2209	825	92	46	0	198	4637	225	9	13	126	4055	38	2913	14
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Pepper Jack Cheese	2129	798	89	44	0	198	3837	222	9	13	113	4055	38	2413	14
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Peppered Bacon	2453	1030	114	50	0	231	5731	232	11	17	132	4350	77	2077	18



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Pepperoncini	1929	636	71	34	0	138	4157	226	11	13	99	3455	38	2013	14
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Pepperoni	2434	1041	116	53	0	250	5747	226	9	13	126	3455	38	2013	15
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Pineapple	2069	636	71	34	0	138	3497	260	11	43	99	3455	56	2013	14
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Red Onions	1945	636	71	34	0	138	3500	230	10	17	100	3457	43	2030	14
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Red Peppers	1944	639	71	34	0	138	3499	229	11	18	101	6954	250	2020	14
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Ricotta Cheese	2164	771	86	43	0	195	3728	231	9	13	120	4205	38	2523	14
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Roasted Garlic	1931	639	71	34	0	138	3499	226	9	13	100	3455	41	2033	14
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Roma Tomatoes	1948	639	71	34	0	138	3506	230	11	18	101	4973	61	2030	14
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Seasoned Ground Beef	2192	800	89	41	0	226	3859	225	9	15	125	3572	38	2037	16
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Spinach	1928	638	71	34	0	138	3546	225	10	14	101	9133	55	2073	15
Craft Your Own Pizza, Ale Crust, Large, 1 Topping (8 slices) with Sun Dried Tomatoes	1940	636	71	34	0	138	3516	229	11	17	101	3543	41	2023	15
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice)	239	79	9	4	0	17	437	28	1	2	12	432	5	252	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Andouille Sausage	326	150	17	7	0	36	665	28	1	2	16	444	5	258	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Artichoke Hearts	245	79	9	4	0	17	533	29	2	2	13	666	6	259	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Black Olives	250	88	10	4	0	17	490	28	1	2	12	432	5	252	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Bleu Cheese	267	100	11	6	0	24	544	28	1	2	14	516	5	294	2



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Boneless Wings	302	104	12	5	0	28	700	33	1	2	16	458	5	257	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Broccoli	242	80	9	4	0	17	440	28	1	2	13	485	12	256	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Canadian Bacon	271	90	10	5	0	31	742	28	1	2	18	432	5	252	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Cheddar Cheese	269	103	11	6	0	25	488	28	1	2	14	544	5	308	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Extra Mozzarella Cheese	254	90	10	5	0	20	462	28	1	2	14	469	5	289	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Fresh Basil	239	79	9	4	0	17	437	28	1	2	12	449	5	252	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Fresh Mozzarella Cheese	289	113	13	6	0	30	440	28	1	2	16	557	5	345	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Green Olives	255	94	10	4	0	17	618	28	1	2	12	432	5	252	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Green Onions	240	80	9	4	0	17	438	28	1	2	13	479	6	255	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Green Peppers	240	80	9	4	0	17	437	28	1	2	12	458	10	252	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Grilled Applewood-Spiced Chicken	276	89	10	4	0	33	496	28	1	2	19	468	6	259	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Italian Sausage	295	121	13	6	0	31	574	29	1	2	16	432	5	259	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Jalapenos	241	79	9	4	0	17	692	28	1	2	12	582	6	282	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Mushrooms	241	80	9	4	0	17	438	28	1	2	13	432	5	252	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Parmesan Cheese	267	97	11	5	0	23	544	28	1	2	15	488	5	336	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Pepper Jack Cheese	259	95	11	5	0	23	469	28	1	2	14	488	5	289	2



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Peppered Bacon	290	116	13	6	0	26	647	29	1	2	15	516	8	258	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Pepperoncini	241	79	9	4	0	17	499	28	1	2	12	432	5	252	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Pepperoni	282	113	13	6	0	27	625	28	1	2	15	432	5	252	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Pineapple	254	79	9	4	0	17	437	31	1	4	12	432	6	252	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Red Onions	242	80	9	4	0	17	437	29	1	2	13	432	5	253	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Red Peppers	242	80	9	4	0	17	437	28	1	2	13	760	25	252	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Ricotta Cheese	263	92	10	5	0	23	459	29	1	2	14	502	5	299	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Roasted Garlic	241	80	9	4	0	17	437	28	1	2	13	432	5	254	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Roma Tomatoes	242	80	9	4	0	17	438	28	1	2	13	574	7	253	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Seasoned Ground Beef	265	95	11	5	0	26	471	28	1	2	15	443	5	254	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Spinach	240	80	9	4	0	17	442	28	1	2	13	964	6	257	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (1 slice) with Sun Dried Tomatoes	242	79	9	4	0	17	439	28	1	2	13	440	5	253	2
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices)	1909	636	71	34	0	138	3497	222	9	13	99	3455	38	2013	14
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Andouille Sausage	2609	1198	133	57	0	288	5322	226	9	15	129	3554	41	2063	15
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Artichoke Hearts	1962	636	71	34	0	138	4262	231	13	16	102	5330	51	2073	16
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Black Olives	2001	704	78	34	0	138	3922	225	9	13	99	3455	38	2013	14



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Bleu Cheese	2134	798	89	45	0	194	4352	222	9	13	113	4130	38	2350	14
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Boneless Wings	2415	830	92	38	0	222	5602	264	11	15	131	3666	40	2055	14
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Broccoli	1938	638	71	34	0	138	3520	227	11	14	101	3881	99	2045	14
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Canadian Bacon	2172	720	80	38	0	250	5935	222	9	13	141	3455	38	2013	14
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Cheddar Cheese	2149	825	92	46	0	198	3902	222	9	13	114	4355	38	2463	14
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Extra Mozzarella Cheese	2029	717	80	39	0	160	3692	222	9	13	110	3755	38	2313	14
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Fresh Basil	1910	636	71	34	0	138	3497	222	9	13	100	3595	38	2017	14
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Fresh Mozzarella Cheese	2309	906	101	52	0	238	3522	222	9	13	129	4455	38	2763	14
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Green Olives	2037	751	83	34	0	138	4943	222	9	13	99	3455	38	2013	14
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Green Onions	1924	636	71	34	0	138	3503	225	10	14	100	3829	45	2040	14
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Green Peppers	1923	637	71	34	0	138	3499	225	10	15	100	3662	83	2018	14
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Grilled Applewood-Spiced Chicken	2210	708	79	36	0	261	3966	226	9	15	149	3746	45	2074	15
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Italian Sausage	2359	965	107	44	0	250	4594	228	9	16	128	3455	38	2069	15
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Jalapenos	1929	636	71	34	0	138	5537	226	9	13	99	4655	47	2253	15
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Mushrooms	1932	638	71	34	0	138	3502	225	10	15	102	3455	39	2015	14
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Parmesan Cheese	2134	778	86	43	0	183	4352	225	9	13	120	3905	38	2688	14



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Pepper Jack Cheese	2074	757	84	42	0	183	3752	222	9	13	110	3905	38	2313	14
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Peppered Bacon	2317	931	103	46	0	208	5172	230	11	16	124	4126	67	2061	17
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Pepperoncini	1924	636	71	34	0	138	3992	225	10	13	99	3455	38	2013	14
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Pepperoni	2259	906	101	47	0	213	4997	225	9	13	117	3455	38	2013	15
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Pineapple	2029	636	71	34	0	138	3497	251	10	36	99	3455	51	2013	14
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Red Onions	1936	636	71	34	0	138	3499	228	10	16	100	3456	42	2026	14
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Red Peppers	1935	638	71	34	0	138	3499	227	10	17	100	6079	197	2018	14
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Ricotta Cheese	2101	737	82	41	0	181	3670	229	9	13	115	4018	38	2395	14
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Roasted Garlic	1925	638	71	34	0	138	3499	225	9	13	100	3455	40	2028	14
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Roma Tomatoes	1938	638	71	34	0	138	3504	228	10	17	101	4594	55	2026	14
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Seasoned Ground Beef	2121	759	84	39	0	204	3768	225	9	15	118	3543	38	2031	16
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Spinach	1923	637	71	34	0	138	3534	224	10	14	101	7714	50	2058	15
Craft Your Own Pizza, Ale Crust, Large, 2 or More Toppings (8 slices) with Sun Dried Tomatoes	1933	636	71	34	0	138	3511	227	10	16	101	3521	41	2020	14
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices)	777	308	34	12	0	91	1031	90	4	5	28	1148	12	691	4
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Andouille Sausage	1127	590	66	24	0	166	1944	91	4	5	43	1198	13	716	4
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Artichoke Hearts	812	308	34	12	0	91	1541	96	7	7	30	2398	21	731	5



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Black Olives	838	354	39	12	0	91	1315	92	4	5	28	1148	12	691	4
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Bleu Cheese	927	416	46	20	0	128	1601	90	4	5	37	1598	12	916	4
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Boneless Wings	1115	438	49	15	0	147	2434	118	5	6	49	1289	14	719	4
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Broccoli	796	310	34	12	0	91	1046	93	5	5	29	1432	52	713	4
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Canadian Bacon	909	351	39	14	0	147	2250	90	4	5	49	1148	12	691	4
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Cheddar Cheese	937	434	48	20	0	131	1301	90	4	5	38	1748	12	991	4
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Extra Mozzarella Cheese	857	362	40	16	0	106	1161	90	4	5	35	1348	12	891	4
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Fresh Basil	778	308	34	12	0	91	1031	90	4	5	28	1195	12	693	4
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Fresh Mozzarella Cheese	1377	713	79	39	0	241	1069	90	4	5	73	2648	12	1816	4
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Green Olives	863	385	43	12	0	91	1995	90	4	5	28	1148	12	691	4
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Green Onions	787	309	34	12	0	91	1035	91	5	5	29	1398	17	709	4
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Green Peppers	786	309	34	12	0	91	1032	91	5	5	29	1286	42	695	4
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Grilled Applewood-Spiced Chicken	978	357	40	13	0	173	1344	92	4	5	61	1343	16	732	5
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Italian Sausage	1077	528	59	19	0	166	1763	93	4	6	47	1148	12	729	4
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Jalapenos	791	308	34	12	0	91	2391	92	4	5	28	1948	18	851	5
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Mushrooms	792	310	34	12	0	91	1034	91	4	5	30	1148	13	693	4



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Parmesan Cheese	927	403	45	18	0	121	1601	91	4	5	42	1448	12	1141	4
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Pepper Jack Cheese	887	389	43	17	0	121	1201	90	4	5	35	1448	12	891	4
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Peppered Bacon	1049	505	56	20	0	137	2148	95	5	7	44	1596	32	724	6
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Pepperoncini	787	308	34	12	0	91	1361	92	5	5	28	1148	12	691	4
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Pepperoni	996	477	53	20	0	138	1969	91	4	5	39	1148	12	691	4
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Pineapple Tidbits	857	308	34	12	0	91	1031	109	5	20	28	1148	21	691	4
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Red Onions	795	309	34	12	0	91	1033	94	4	6	29	1149	14	700	4
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Red Peppers	795	310	34	12	0	91	1032	93	5	7	29	2898	118	695	4
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Ricotta Cheese	905	376	42	17	0	119	1147	94	4	5	39	1523	12	946	4
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Roasted Garlic	788	310	34	12	0	91	1032	91	4	5	29	1148	14	702	4
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Roma Tomatoes	797	310	34	12	0	91	1036	93	5	7	29	1907	23	700	4
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Seasoned Ground Beef	919	390	43	16	0	135	1212	91	4	5	41	1207	12	704	5
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Spinach	787	309	34	12	0	91	1056	91	5	5	29	3987	20	721	4
Craft Your Own Pizza, Cauliflower Crust, 1 Topping (4 slices) with Sun Dried Tomatoes	793	308	34	12	0	91	1041	93	5	6	29	1193	14	696	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice)	194	77	9	3	0	23	258	22	1	1	7	287	3	173	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Andouille Sausage	253	124	14	5	0	35	410	23	1	1	10	295	3	177	1



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Artichoke Hearts	199	77	9	3	0	23	322	23	1	1	7	443	4	178	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Black Olives	202	83	9	3	0	23	293	23	1	1	7	287	3	173	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Bleu Cheese	213	91	10	4	0	27	329	22	1	1	8	343	3	201	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Boneless Wings	237	93	10	3	0	30	433	26	1	1	10	305	3	176	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Broccoli	197	77	9	3	0	23	260	23	1	1	7	323	8	175	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Canadian Bacon	216	84	9	3	0	32	461	22	1	1	10	287	3	173	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Cheddar Cheese	214	93	10	4	0	28	292	22	1	1	8	362	3	210	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Extra Mozzarella Cheese	204	84	9	4	0	25	274	22	1	1	8	312	3	198	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Fresh Basil	194	77	9	3	0	23	258	22	1	1	7	299	3	173	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Fresh Mozzarella Cheese	294	145	16	7	0	48	264	22	1	1	15	537	3	360	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Green Olives	205	87	10	3	0	23	378	22	1	1	7	287	3	173	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Green Onions	196	77	9	3	0	23	258	23	1	1	7	318	4	175	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Green Peppers	195	77	9	3	0	23	258	23	1	1	7	304	7	173	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Grilled Applewood-Spiced Chicken	219	83	9	3	0	33	297	23	1	1	11	311	4	178	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Italian Sausage	232	105	12	4	0	32	349	23	1	1	9	287	3	177	1



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Jalapenos	196	77	9	3	0	23	428	23	1	1	7	387	4	193	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Mushrooms	196	77	9	3	0	23	258	23	1	1	7	287	3	173	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Parmesan Cheese	213	89	10	4	0	26	329	23	1	1	9	325	3	229	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Pepper Jack Cheese	208	87	10	4	0	26	279	22	1	1	8	325	3	198	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Peppered Bacon	228	102	11	4	0	28	397	23	1	1	9	343	5	177	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Pepperoncini	196	77	9	3	0	23	299	23	1	1	7	287	3	173	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Pepperoni	227	102	11	4	0	30	398	23	1	1	9	287	3	173	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Pineapple	204	77	9	3	0	23	258	25	1	3	7	287	4	173	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Red Onions	197	77	9	3	0	23	258	23	1	1	7	287	3	174	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Red Peppers	197	77	9	3	0	23	258	23	1	1	7	506	16	173	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Ricotta Cheese	210	86	10	4	0	26	272	23	1	1	8	334	3	205	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Roasted Garlic	196	77	9	3	0	23	258	23	1	1	7	287	3	174	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Roma Tomatoes	197	77	9	3	0	23	258	23	1	1	7	382	4	174	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Seasoned Ground Beef	212	87	10	3	0	28	280	23	1	1	9	294	3	174	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Spinach	196	77	9	3	0	23	261	23	1	1	7	642	4	177	1
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (1 slice) with Sun Dried Tomatoes	196	77	9	3	0	23	259	23	1	1	7	293	3	173	1



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices)	777	308	34	12	0	91	1031	90	4	5	28	1148	12	691	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Andouille Sausage	1011	496	55	20	0	141	1640	91	4	5	38	1181	13	708	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Artichoke Hearts	795	308	34	12	0	91	1286	93	5	6	29	1773	16	711	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Black Olives	808	331	37	12	0	91	1173	91	4	5	28	1148	12	691	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Bleu Cheese	852	362	40	16	0	109	1316	90	4	5	33	1373	12	804	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Boneless Wings	946	373	41	14	0	119	1733	104	5	5	39	1219	13	705	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Broccoli	787	309	34	12	0	91	1039	91	5	5	29	1290	32	702	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Canadian Bacon	865	337	37	14	0	128	1844	90	4	5	42	1148	12	691	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Cheddar Cheese	857	371	41	16	0	111	1166	90	4	5	33	1448	12	841	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Extra Mozzarella Cheese	817	335	37	14	0	98	1096	90	4	5	32	1248	12	791	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Fresh Basil	778	308	34	12	0	91	1031	90	4	5	28	1195	12	693	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Fresh Mozzarella Cheese	1177	578	64	30	0	191	1056	90	4	5	58	2148	12	1441	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Green Olives	820	347	39	12	0	91	1513	90	4	5	28	1148	12	691	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Green Onions	782	309	34	12	0	91	1033	90	4	5	28	1273	14	700	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Green Peppers	782	309	34	12	0	91	1032	90	4	5	28	1217	27	693	4



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Grilled Applewood-Spiced Chicken	878	333	37	13	0	132	1187	91	4	5	45	1246	14	712	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Italian Sausage	927	418	46	16	0	128	1397	91	4	5	38	1148	12	710	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Jalapenos	784	308	34	12	0	91	1711	91	4	5	28	1548	15	771	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Mushrooms	785	309	34	12	0	91	1033	90	4	5	29	1148	12	692	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Parmesan Cheese	852	356	40	15	0	106	1316	90	4	5	35	1298	12	916	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Pepper Jack Cheese	832	349	39	15	0	106	1116	90	4	5	32	1298	12	791	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Peppered Bacon	913	407	45	16	0	114	1590	92	5	6	36	1372	22	707	5
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Pepperoncini	782	308	34	12	0	91	1196	91	4	5	28	1148	12	691	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Pepperoni	909	410	46	17	0	119	1594	90	4	5	35	1148	12	691	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Pineapple	817	308	34	12	0	91	1031	99	4	12	28	1148	16	691	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Red Onions	786	309	34	12	0	91	1032	92	4	5	28	1149	13	696	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Red Peppers	786	309	34	12	0	91	1032	91	4	6	28	2023	65	693	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Ricotta Cheese	841	342	38	15	0	105	1089	92	4	5	33	1336	12	819	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Roasted Garlic	783	309	34	12	0	91	1032	91	4	5	28	1148	13	696	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Roma Tomatoes	787	309	34	12	0	91	1034	91	4	6	29	1528	18	696	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Seasoned Ground Beef	848	349	39	14	0	113	1122	90	4	5	35	1178	12	697	4



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Spinach	782	309	34	12	0	91	1043	90	4	5	29	2568	16	706	4
Craft Your Own Pizza, Cauliflower Crust, 2 or More Toppings (4 slices) with Sun Dried Tomatoes	785	308	34	12	0	91	1036	91	4	5	29	1170	13	694	4
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice)	207	60	7	3	0	11	488	27	1	1	10	287	5	175	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Andouille Sausage	295	131	15	6	0	30	716	27	1	2	14	299	5	181	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Artichoke Hearts	216	60	7	3	0	11	615	28	2	2	11	600	7	185	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Black Olives	222	72	8	3	0	11	558	27	1	1	10	287	5	175	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Bleu Cheese	245	87	10	5	0	21	630	27	1	1	13	400	5	231	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Boneless Wings	292	93	10	4	0	25	838	34	1	2	16	322	5	182	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Broccoli	212	61	7	3	0	11	491	28	1	2	11	358	15	180	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Canadian Bacon	240	71	8	3	0	25	792	27	1	1	15	287	5	175	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Cheddar Cheese	247	92	10	5	0	21	555	27	1	1	13	437	5	250	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Extra Mozzarella Cheese	227	74	8	4	0	15	520	27	1	1	12	337	5	225	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Fresh Basil	207	60	7	3	0	11	488	27	1	1	10	299	5	175	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Fresh Mozzarella Cheese	357	162	18	9	0	49	497	27	1	1	22	662	5	456	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Green Olives	228	80	9	3	0	11	728	27	1	1	10	287	5	175	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Green Onions	210	60	7	3	0	11	489	27	1	2	10	349	6	179	2



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Green Peppers	209	61	7	3	0	11	488	27	1	2	10	322	13	176	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Grilled Applewood-Spiced Chicken	257	72	8	3	0	32	566	28	1	2	19	336	6	185	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Italian Sausage	282	115	13	5	0	30	670	28	1	2	15	287	5	184	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Jalapenos	211	60	7	3	0	11	828	28	1	1	10	487	7	215	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Mushrooms	211	61	7	3	0	11	488	27	1	2	11	287	5	175	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Parmesan Cheese	245	84	9	4	0	19	630	27	1	1	14	362	5	287	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Pepper Jack Cheese	235	81	9	4	0	19	530	27	1	1	12	362	5	225	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Peppered Bacon	275	110	12	5	0	23	767	28	1	2	14	399	10	183	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Pepperoncini	210	60	7	3	0	11	570	27	1	1	10	287	5	175	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Pepperoni	262	103	11	5	0	23	722	27	1	1	13	287	5	175	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Pineapple Tidbits	227	60	7	3	0	11	488	32	1	5	10	287	7	175	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Red Onions	212	60	7	3	0	11	488	28	1	2	10	287	6	177	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Red Peppers	212	61	7	3	0	11	488	28	1	2	10	724	32	176	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Ricotta Cheese	239	77	9	4	0	19	516	28	1	1	13	381	5	238	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Roasted Garlic	210	61	7	3	0	11	488	27	1	2	10	287	5	177	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Roma Tomatoes	212	61	7	3	0	11	489	28	1	2	10	477	8	177	2



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Seasoned Ground Beef	243	81	9	4	0	22	533	27	1	2	13	302	5	178	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Spinach	210	61	7	3	0	11	494	27	1	2	11	997	7	182	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (1 slice) with Sun Dried Tomatoes	211	60	7	3	0	11	490	28	1	2	11	298	5	176	2
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices)	829	242	27	12	0	46	1950	108	5	6	41	1148	20	699	7
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Andouille Sausage	1179	523	58	23	0	121	2863	110	5	7	56	1198	22	724	8
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Artichoke Hearts	864	242	27	12	0	46	2460	114	8	8	43	2398	29	739	9
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Black Olives	890	287	32	12	0	46	2234	110	5	6	41	1148	20	699	7
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Bleu Cheese	979	350	39	19	0	83	2520	108	5	6	50	1598	20	924	7
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Boneless Wings	1166	371	41	14	0	102	3353	136	6	7	62	1289	22	727	8
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Broccoli	848	243	27	12	0	46	1965	111	6	7	42	1432	61	720	7
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Canadian Bacon	960	284	32	14	0	102	3169	108	5	6	62	1148	20	699	7
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Cheddar Cheese	989	368	41	20	0	86	2220	108	5	6	51	1748	20	999	7
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Extra Mozzarella Cheese	909	296	33	15	0	61	2080	108	5	6	48	1348	20	899	7
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Fresh Basil	829	242	27	12	0	46	1950	108	5	6	41	1195	20	700	7
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Fresh Mozzarella Cheese	1429	647	72	38	0	196	1988	108	5	6	86	2648	20	1824	7
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Green Olives	914	318	35	12	0	46	2914	108	5	6	41	1148	20	699	7



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Green Onions	839	242	27	12	0	46	1954	110	5	7	42	1398	25	717	7
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Green Peppers	838	242	27	12	0	46	1951	110	5	7	42	1286	50	703	7
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Grilled Applewood-Spiced Chicken	1029	290	32	13	0	128	2262	111	5	7	74	1343	25	740	8
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Italian Sausage	1129	461	51	18	0	121	2681	112	5	8	60	1148	20	736	8
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Jalapenos	842	242	27	12	0	46	3310	111	5	6	41	1948	26	859	8
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Mushrooms	844	243	27	12	0	46	1953	110	5	7	43	1148	21	700	7
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Parmesan Cheese	979	336	37	18	0	76	2520	109	5	6	55	1448	20	1149	7
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Pepper Jack Cheese	939	323	36	17	0	76	2120	108	5	6	48	1448	20	899	7
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Peppered Bacon	1101	439	49	19	0	92	3067	113	6	8	57	1596	40	731	9
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Pepperoncini	839	242	27	12	0	46	2280	110	6	6	41	1148	20	699	7
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Pepperoni	1048	410	46	19	0	93	2888	109	5	6	52	1148	20	699	8
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Pineapple Tidbits	909	242	27	12	0	46	1950	127	6	21	41	1148	29	699	7
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Red Onions	847	242	27	12	0	46	1951	112	5	8	42	1149	23	708	7
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Red Peppers	846	243	27	12	0	46	1951	111	6	8	42	2898	126	703	7
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Ricotta Cheese	956	309	34	16	0	74	2066	112	5	6	52	1523	20	954	7
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Roasted Garlic	840	243	27	12	0	46	1951	110	5	6	42	1148	22	709	7



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Roma Tomatoes	848	243	27	12	0	46	1954	111	6	8	42	1907	32	708	7
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Seasoned Ground Beef	970	324	36	15	0	90	2131	109	5	7	54	1207	20	711	8
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Spinach	838	243	27	12	0	46	1974	109	5	6	42	3987	29	729	8
Craft Your Own Pizza, Chicago Thick, Individual, 1 Topping (4 slices) with Sun Dried Tomatoes	844	242	27	12	0	46	1960	111	5	8	42	1193	22	704	7
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice)	207	60	7	3	0	11	488	27	1	1	10	287	5	175	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Andouille Sausage	266	107	12	5	0	24	640	27	1	2	13	295	5	179	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Artichoke Hearts	212	60	7	3	0	11	551	28	2	2	11	443	6	180	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Black Olives	215	66	7	3	0	11	523	27	1	1	10	287	5	175	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Bleu Cheese	226	74	8	4	0	16	559	27	1	1	11	343	5	203	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Boneless Wings	249	77	9	3	0	18	663	30	1	2	13	305	5	178	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Broccoli	210	61	7	3	0	11	489	27	1	2	10	323	10	177	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Canadian Bacon	229	67	7	3	0	21	691	27	1	1	14	287	5	175	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Cheddar Cheese	227	76	8	4	0	16	521	27	1	1	12	362	5	212	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Extra Mozzarella Cheese	217	67	7	3	0	13	504	27	1	1	11	312	5	200	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Fresh Basil	207	60	7	3	0	11	488	27	1	1	10	299	5	175	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Fresh Mozzarella Cheese	307	128	14	7	0	36	494	27	1	1	18	537	5	362	2



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Green Olives	218	70	8	3	0	11	608	27	1	1	10	287	5	175	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Green Onions	208	60	7	3	0	11	488	27	1	2	10	318	6	177	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Green Peppers	208	60	7	3	0	11	488	27	1	2	10	304	9	175	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Grilled Applewood-Spiced Chicken	232	66	7	3	0	22	527	27	1	2	14	311	6	180	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Italian Sausage	245	88	10	4	0	21	579	27	1	2	13	287	5	179	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Jalapenos	209	60	7	3	0	11	658	27	1	1	10	387	6	195	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Mushrooms	209	61	7	3	0	11	488	27	1	2	11	287	5	175	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Parmesan Cheese	226	72	8	4	0	15	559	27	1	1	12	325	5	231	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Pepper Jack Cheese	221	71	8	4	0	15	509	27	1	1	11	325	5	200	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Peppered Bacon	241	85	9	4	0	17	627	28	1	2	12	343	7	179	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Pepperoncini	208	60	7	3	0	11	529	27	1	1	10	287	5	175	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Pepperoni	240	86	10	4	0	18	628	27	1	1	12	287	5	175	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Pineapple	217	60	7	3	0	11	488	29	1	3	10	287	6	175	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Red Onions	209	60	7	3	0	11	488	27	1	2	10	287	5	176	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Red Peppers	209	61	7	3	0	11	488	27	1	2	10	506	18	175	2



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Ricotta Cheese	223	69	8	3	0	15	502	28	1	1	12	334	5	207	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Roasted Garlic	209	61	7	3	0	11	488	27	1	1	10	287	5	176	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Roma Tomatoes	210	61	7	3	0	11	488	27	1	2	10	382	6	176	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Seasoned Ground Beef	225	71	8	3	0	17	510	27	1	2	12	294	5	176	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Spinach	208	61	7	3	0	11	491	27	1	2	10	642	6	179	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (1 slice) with Sun Dried Tomatoes	209	60	7	3	0	11	489	27	1	2	10	293	5	175	2
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices)	829	242	27	12	0	46	1950	108	5	6	41	1148	20	699	7
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Andouille Sausage	1062	429	48	19	0	96	2558	109	5	6	51	1181	21	716	8
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Artichoke Hearts	846	242	27	12	0	46	2205	111	6	7	42	1773	25	719	8
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Black Olives	859	264	29	12	0	46	2092	109	5	6	41	1148	20	699	7
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Bleu Cheese	904	296	33	15	0	64	2235	108	5	6	46	1373	20	811	7
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Boneless Wings	998	306	34	13	0	74	2652	122	5	7	52	1219	21	713	7
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Broccoli	838	242	27	12	0	46	1958	109	5	6	42	1290	40	710	7
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Canadian Bacon	916	270	30	13	0	83	2763	108	5	6	55	1148	20	699	7
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Cheddar Cheese	909	305	34	16	0	66	2085	108	5	6	46	1448	20	849	7
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Extra Mozzarella Cheese	869	269	30	13	0	53	2015	108	5	6	45	1248	20	799	7



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Fresh Basil	829	242	27	12	0	46	1950	108	5	6	41	1195	20	700	7
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Fresh Mozzarella Cheese	1229	512	57	29	0	146	1975	108	5	6	71	2148	20	1449	7
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Green Olives	871	280	31	12	0	46	2432	108	5	6	41	1148	20	699	7
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Green Onions	834	242	27	12	0	46	1952	109	5	6	41	1273	22	708	7
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Green Peppers	833	242	27	12	0	46	1951	109	5	6	41	1217	35	701	7
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Grilled Apple-wood-Spiced Chicken	929	266	30	12	0	87	2106	109	5	6	58	1246	22	719	8
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Italian Sausage	979	351	39	15	0	83	2316	110	5	7	51	1148	20	718	7
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Jalapenos	836	242	27	12	0	46	2630	109	5	6	41	1548	23	779	7
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Mushrooms	836	242	27	12	0	46	1952	109	5	6	42	1148	21	700	7
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Parmesan Cheese	904	289	32	15	0	61	2235	109	5	6	48	1298	20	924	7
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Pepper Jack Cheese	884	282	31	14	0	61	2035	108	5	6	45	1298	20	799	7
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Peppered Bacon	965	340	38	16	0	69	2508	110	5	7	49	1372	30	715	8
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Pepperoncini	834	242	27	12	0	46	2115	109	5	6	41	1148	20	699	7
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Pepperoni	960	343	38	16	0	74	2513	109	5	6	48	1148	20	699	7
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Pineapple	869	242	27	12	0	46	1950	117	5	13	41	1148	25	699	7



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Red Onions	838	242	27	12	0	46	1951	110	5	7	41	1149	21	703	7
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Red Peppers	838	242	27	12	0	46	1951	110	5	7	41	2023	73	701	7
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Ricotta Cheese	893	275	31	14	0	60	2008	110	5	6	46	1336	20	826	7
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Roasted Garlic	834	242	27	12	0	46	1951	109	5	6	41	1148	21	704	7
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Roma Tomatoes	838	242	27	12	0	46	1952	110	5	7	42	1528	26	703	7
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Seasoned Ground Beef	900	283	31	13	0	68	2040	109	5	6	48	1178	20	705	8
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Spinach	833	242	27	12	0	46	1962	108	5	6	42	2568	24	714	7
Craft Your Own Pizza, Chicago Thick, Individual, 2 or More Toppings (4 slices) with Sun Dried Tomatoes	837	242	27	12	0	46	1955	109	5	7	42	1170	21	701	7
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice)	346	95	11	4	0	17	822	47	2	3	17	432	8	267	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Andouille Sausage	448	177	20	8	0	39	1088	47	2	3	21	446	8	275	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Artichoke Hearts	355	95	11	4	0	17	949	48	3	3	17	744	10	277	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Black Olives	361	106	12	4	0	17	893	47	2	3	17	432	8	267	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Bleu Cheese	383	122	14	6	0	27	964	47	2	3	19	544	8	324	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Boneless Wings	441	131	15	5	0	33	1217	55	2	3	23	471	9	275	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Broccoli	351	95	11	4	0	17	826	48	2	3	17	503	18	273	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Canadian Bacon	384	107	12	5	0	34	1177	47	2	3	23	432	8	267	3



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Cheddar Cheese	386	126	14	6	0	27	889	47	2	3	19	582	8	342	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Extra Mozzarella Cheese	366	108	12	5	0	21	854	47	2	3	18	482	8	317	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Fresh Basil	346	95	11	4	0	17	822	47	2	3	17	449	8	268	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Fresh Mozzarella Cheese	471	179	20	10	0	48	830	47	2	3	26	744	8	502	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Green Olives	367	114	13	4	0	17	1063	47	2	3	17	432	8	267	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Green Onions	348	95	11	4	0	17	823	47	2	3	17	494	9	272	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Green Peppers	348	95	11	4	0	17	822	47	2	3	17	466	16	268	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Grilled Applewood-Spiced Chicken	396	107	12	5	0	38	900	48	2	3	25	480	9	278	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Italian Sausage	421	150	17	6	0	36	1005	48	2	3	21	432	8	277	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Jalapenos	349	95	11	4	0	17	1162	48	2	3	17	632	10	307	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Mushrooms	350	95	11	4	0	17	823	47	2	3	17	432	8	268	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Parmesan Cheese	383	118	13	6	0	25	964	47	2	3	20	507	8	380	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Pepper Jack Cheese	373	115	13	6	0	25	864	47	2	3	18	507	8	317	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Peppered Bacon	414	144	16	6	0	29	1101	48	2	3	21	544	13	276	4
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Pepperoncini	348	95	11	4	0	17	904	47	2	3	17	432	8	267	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Pepperoni	412	145	16	7	0	31	1103	47	2	3	20	432	8	267	3



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Pineapple	366	95	11	4	0	17	822	52	2	6	17	432	10	267	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Red Onions	350	95	11	4	0	17	822	48	2	3	17	432	9	270	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Red Peppers	350	95	11	4	0	17	822	48	2	3	17	869	35	268	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Ricotta Cheese	378	112	12	6	0	24	851	48	2	3	19	526	8	331	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Roasted Garlic	349	95	11	4	0	17	822	47	2	3	17	432	9	270	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Roma Tomatoes	351	95	11	4	0	17	823	48	2	3	17	622	11	270	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Seasoned Ground Beef	381	115	13	5	0	28	867	47	2	3	20	446	8	271	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Spinach	348	95	11	4	0	17	828	47	2	3	17	1142	10	275	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (1 slice) with Sun Dried Tomatoes	350	95	11	4	0	17	824	48	2	3	17	443	9	269	3
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices)	2768	757	84	36	0	138	6576	375	16	20	133	3455	64	2140	24
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Andouille Sausage	3584	1414	157	62	0	313	8705	379	16	22	168	3571	68	2198	26
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Artichoke Hearts	2838	757	84	36	0	138	7596	387	22	24	137	5955	82	2220	28
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Black Olives	2889	848	94	36	0	138	7143	379	16	20	133	3455	64	2140	24
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Bleu Cheese	3068	973	108	51	0	213	7716	375	16	20	151	4355	64	2590	24
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Boneless Wings	3526	1049	117	41	0	264	9732	438	19	23	181	3771	68	2203	25
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Broccoli	2805	760	84	36	0	138	6606	381	18	22	136	4022	146	2183	25



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Canadian Bacon	3074	856	95	40	0	269	9419	375	16	20	181	3455	64	2140	24
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Cheddar Cheese	3088	1009	112	52	0	218	7116	375	16	20	153	4655	64	2740	24
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Extra Mozzarella Cheese	2928	865	96	43	0	168	6836	375	16	20	147	3855	64	2540	24
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Fresh Basil	2768	757	84	36	0	138	6576	375	16	20	133	3595	65	2144	24
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Fresh Mozzarella Cheese	3768	1432	159	79	0	388	6638	375	16	20	208	5955	64	4015	24
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Green Olives	2938	910	101	36	0	138	8503	375	16	20	133	3455	64	2140	24
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Green Onions	2787	758	84	36	0	138	6584	378	17	21	134	3954	74	2176	25
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Green Peppers	2785	758	84	36	0	138	6578	378	17	22	134	3731	124	2147	25
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Grilled Applewood-Spiced Chicken	3168	854	95	37	0	302	7200	380	16	22	199	3844	74	2221	27
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Italian Sausage	3368	1196	133	49	0	288	8038	382	16	24	171	3455	64	2215	26
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Jalapenos	2794	757	84	36	0	138	9296	380	16	20	133	5055	77	2460	26
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Mushrooms	2798	761	85	36	0	138	6582	378	17	22	137	3455	67	2143	25
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Parmesan Cheese	3068	946	105	48	0	198	7716	378	16	20	160	4055	64	3040	24
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Pepper Jack Cheese	2988	919	102	46	0	198	6916	375	16	20	147	4055	64	2540	24
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Peppered Bacon	3311	1151	128	51	0	231	8809	385	18	24	166	4350	104	2204	29
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Pepperoncini	2788	757	84	36	0	138	7236	379	18	20	133	3455	64	2140	24



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Pepperoni	3293	1162	129	54	0	250	8826	378	16	20	160	3455	64	2140	26
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Pineapple	2928	757	84	36	0	138	6576	413	18	50	133	3455	82	2140	24
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Red Onions	2804	758	84	36	0	138	6578	383	17	23	134	3457	70	2157	24
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Red Peppers	2802	760	84	36	0	138	6578	381	18	25	134	6954	277	2147	25
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Ricotta Cheese	3023	892	99	45	0	195	6807	384	16	20	154	4205	64	2650	25
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Roasted Garlic	2789	760	84	36	0	138	6577	379	16	20	134	3455	68	2160	24
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Roma Tomatoes	2806	761	85	36	0	138	6584	382	18	25	135	4973	88	2157	25
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Seasoned Ground Beef	3050	921	102	42	0	226	6937	378	16	22	159	3572	65	2164	27
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Spicy Italian Link Sausage	3424	1210	134	53	0	302	8369	381	16	22	177	4112	67	2227	27
Craft Your Own Pizza, Chicago Thick, Large, 1 Topping (8 slices) with Sun Dried Tomatoes	2798	757	84	36	0	138	6595	381	17	24	135	3543	68	2150	25
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice)	346	95	11	4	0	17	822	47	2	3	17	432	8	267	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Andouille Sausage	433	165	18	7	0	36	1050	47	2	3	20	444	8	274	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Artichoke Hearts	353	95	11	4	0	17	918	48	3	3	17	666	10	275	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Black Olives	357	103	11	4	0	17	875	47	2	3	17	432	8	267	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Bleu Cheese	374	115	13	6	0	24	929	47	2	3	18	516	8	310	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Boneless Wings	409	119	13	5	0	28	1085	52	2	3	21	458	8	273	3



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Broccoli	349	95	11	4	0	17	825	47	2	3	17	485	16	272	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Canadian Bacon	379	105	12	5	0	31	1127	47	2	3	22	432	8	267	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Cheddar Cheese	376	118	13	6	0	25	873	47	2	3	19	544	8	324	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Extra Mozzarella Cheese	361	105	12	5	0	20	846	47	2	3	18	469	8	305	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Fresh Basil	346	95	11	4	0	17	822	47	2	3	17	449	8	268	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Fresh Mozzarella Cheese	396	128	14	7	0	30	825	47	2	3	20	557	8	361	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Green Olives	362	109	12	4	0	17	1003	47	2	3	17	432	8	267	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Green Onions	348	95	11	4	0	17	823	47	2	3	17	479	9	271	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Green Peppers	348	95	11	4	0	17	822	47	2	3	17	458	14	268	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Grilled Applewood-Spiced Chicken	383	104	12	5	0	33	880	47	2	3	23	468	9	275	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Italian Sausage	402	136	15	6	0	31	959	48	2	3	20	432	8	275	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Jalapenos	348	95	11	4	0	17	1077	47	2	3	17	582	9	297	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Mushrooms	349	95	11	4	0	17	823	47	2	3	17	432	8	268	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Parmesan Cheese	374	112	12	6	0	23	929	47	2	3	19	488	8	352	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Pepper Jack Cheese	367	110	12	5	0	23	854	47	2	3	18	488	8	305	3



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Peppered Bacon	397	132	15	6	0	26	1031	48	2	3	20	516	12	274	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Pepperoncini	348	95	11	4	0	17	884	47	2	3	17	432	8	267	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Pepperoni	390	128	14	6	0	27	1009	47	2	3	19	432	8	267	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Pineapple	361	95	11	4	0	17	822	50	2	5	17	432	10	267	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Red Onions	349	95	11	4	0	17	822	48	2	3	17	432	9	269	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Red Peppers	349	95	11	4	0	17	822	47	2	3	17	760	28	268	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Ricotta Cheese	370	107	12	5	0	23	844	48	2	3	19	502	8	315	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Roasted Garlic	348	95	11	4	0	17	822	47	2	3	17	432	8	269	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Roma Tomatoes	350	95	11	4	0	17	823	48	2	3	17	574	10	269	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Seasoned Ground Beef	372	110	12	5	0	26	856	47	2	3	19	443	8	270	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Spinach	348	95	11	4	0	17	826	47	2	3	17	964	10	273	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (1 slice) with Sun Dried Tomatoes	349	95	11	4	0	17	824	47	2	3	17	440	8	268	3
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices)	2768	757	84	36	0	138	6576	375	16	20	133	3455	64	2140	24
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Andouille Sausage	3468	1320	147	58	0	288	8401	378	16	21	163	3554	67	2190	26
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Artichoke Hearts	2820	757	84	36	0	138	7341	384	20	23	136	5330	78	2200	27
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Black Olives	2859	826	92	36	0	138	7001	378	16	20	133	3455	64	2140	24



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Bleu Cheese	2993	919	102	47	0	194	7431	375	16	20	147	4130	64	2477	24
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Boneless Wings	3274	952	106	39	0	222	8680	417	18	22	165	3666	67	2182	25
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Broccoli	2796	760	84	36	0	138	6598	379	17	21	135	3881	125	2172	25
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Canadian Bacon	3030	842	94	39	0	250	9013	375	16	20	175	3455	64	2140	24
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Cheddar Cheese	3008	946	105	48	0	198	6981	375	16	20	148	4355	64	2590	24
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Extra Mozzarella Cheese	2888	838	93	41	0	160	6771	375	16	20	144	3755	64	2440	24
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Fresh Basil	2768	757	84	36	0	138	6576	375	16	20	133	3595	65	2144	24
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Fresh Mozzarella Cheese	3168	1027	114	53	0	238	6601	375	16	20	163	4455	64	2890	24
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Green Olives	2895	872	97	36	0	138	8021	375	16	20	133	3455	64	2140	24
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Green Onions	2782	758	84	36	0	138	6582	377	17	21	134	3829	71	2167	25
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Green Peppers	2781	758	84	36	0	138	6577	377	17	21	134	3662	109	2145	24
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Grilled Applewood-Spiced Chicken	3068	830	92	37	0	261	7044	379	16	21	183	3746	71	2201	26
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Italian Sausage	3218	1086	121	45	0	250	7672	380	16	23	161	3455	64	2196	25
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Jalapenos	2788	757	84	36	0	138	8616	379	16	20	133	4655	74	2380	26
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Mushrooms	2790	760	84	36	0	138	6580	377	16	21	136	3455	66	2142	25



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Parmesan Cheese	2993	899	100	45	0	183	7431	377	16	20	154	3905	64	2815	24
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Pepper Jack Cheese	2933	879	98	43	0	183	6831	375	16	20	144	3905	64	2440	24
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Peppered Bacon	3175	1053	117	47	0	208	8250	382	17	23	157	4126	94	2188	28
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Pepperoncini	2783	757	84	36	0	138	7071	378	17	20	133	3455	64	2140	24
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Pepperoni	3118	1027	114	48	0	213	8076	377	16	20	151	3455	64	2140	25
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Pineapple	2888	757	84	36	0	138	6576	403	17	43	133	3455	78	2140	24
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Red Onions	2795	758	84	36	0	138	6577	381	16	23	134	3456	68	2153	24
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Red Peppers	2793	760	84	36	0	138	6577	380	17	24	134	6079	224	2145	25
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Ricotta Cheese	2959	859	95	42	0	181	6749	381	16	20	149	4018	64	2522	25
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Roasted Garlic	2783	760	84	36	0	138	6577	378	16	20	134	3455	67	2155	24
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Roma Tomatoes	2796	760	84	36	0	138	6582	380	17	24	135	4594	82	2153	25
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Seasoned Ground Beef	2980	880	98	40	0	204	6847	377	16	21	152	3543	65	2158	26
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Spinach	2781	759	84	36	0	138	6612	376	17	20	135	7714	77	2185	25
Craft Your Own Pizza, Chicago Thick, Large, 2 or More Toppings (8 slices) with Sun Dried Tomatoes	2791	757	84	36	0	138	6590	379	17	23	135	3521	67	2147	25
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice)	323	86	10	4	0	15	769	44	2	2	15	383	7	238	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Andouille Sausage	400	148	16	6	0	32	972	45	2	2	19	394	8	244	3



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Artichoke Hearts	331	86	10	4	0	15	897	46	3	3	16	695	10	248	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Black Olives	338	97	11	4	0	15	840	45	2	2	15	383	7	238	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Bleu Cheese	360	113	13	6	0	25	912	44	2	2	18	495	7	294	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Boneless Wings	407	118	13	5	0	29	1120	51	2	3	21	418	8	245	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Broccoli	327	86	10	4	0	15	773	45	2	3	16	454	18	243	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Canadian Bacon	352	95	11	4	0	28	1040	44	2	2	20	383	7	238	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Cheddar Cheese	363	117	13	6	0	25	837	44	2	2	18	533	7	313	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Extra Mozzarella Cheese	343	99	11	5	0	19	802	44	2	2	17	433	7	288	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Fresh Basil	323	86	10	4	0	15	769	44	2	2	15	398	7	239	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Fresh Mozzarella Cheese	456	176	20	10	0	49	777	44	2	2	25	716	7	488	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Green Olives	344	105	12	4	0	15	1010	44	2	2	15	383	7	238	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Green Onions	325	86	10	4	0	15	770	45	2	2	15	445	9	243	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Green Peppers	325	86	10	4	0	15	769	45	2	3	15	417	15	239	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Grilled Applewood-Spiced Chicken	373	98	11	4	0	36	847	45	2	3	24	431	9	248	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Italian Sausage	398	140	16	6	0	34	952	45	2	3	20	383	7	247	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Jalapenos	326	86	10	4	0	15	1109	45	2	2	15	583	9	278	3



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Mushrooms	326	86	10	4	0	15	770	45	2	3	16	383	8	238	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Parmesan Cheese	360	109	12	5	0	23	912	45	2	2	19	458	7	351	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Pepper Jack Cheese	350	106	12	5	0	23	812	44	2	2	17	458	7	288	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Peppered Bacon	390	135	15	6	0	27	1048	46	2	3	19	495	12	246	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Pepperoncini	325	86	10	4	0	15	852	45	2	2	15	383	7	238	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Pepperoni	395	142	16	7	0	31	1082	45	2	2	19	383	7	238	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Pineapple	343	86	10	4	0	15	769	49	2	6	15	383	10	238	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Red Onions	327	86	10	4	0	15	769	45	2	3	15	383	8	240	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Red Peppers	327	86	10	4	0	15	769	45	2	3	15	820	34	239	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Ricotta Cheese	354	102	11	5	0	22	798	46	2	2	18	477	7	302	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Roasted Garlic	325	86	10	4	0	15	769	45	2	2	15	383	8	241	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Roma Tomatoes	327	86	10	4	0	15	770	45	2	3	16	573	10	240	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Seasoned Ground Beef	358	106	12	5	0	26	814	45	2	3	18	397	7	241	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Spinach	325	86	10	4	0	15	775	45	2	2	16	1093	10	246	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (1 slice) with Sun Dried Tomatoes	326	86	10	4	0	15	771	45	2	3	16	394	8	239	3
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices)	1935	514	57	24	0	91	4615	267	11	14	92	2297	44	1429	17



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Andouille Sausage	2402	889	99	39	0	191	5831	269	11	15	112	2363	46	1462	18
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Artichoke Hearts	1988	514	57	24	0	91	5380	276	16	17	95	4172	58	1489	20
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Black Olives	2026	582	65	24	0	91	5040	270	11	14	92	2297	44	1429	17
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Bleu Cheese	2160	676	75	35	0	148	5470	267	11	14	105	2972	44	1766	17
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Boneless Wings	2441	708	79	28	0	176	6719	309	13	16	123	2507	47	1471	18
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Broccoli	1963	516	57	24	0	91	4637	271	13	15	94	2722	105	1461	18
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Canadian Bacon	2110	570	63	26	0	166	6240	267	11	14	119	2297	44	1429	17
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Cheddar Cheese	2175	703	78	36	0	151	5020	267	11	14	107	3197	44	1879	17
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Extra Mozzarella Cheese	2055	595	66	29	0	114	4810	267	11	14	102	2597	44	1729	17
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Fresh Basil	1936	514	57	24	0	91	4615	267	11	14	92	2390	45	1431	17
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Fresh Mozzarella Cheese	2735	1054	117	59	0	291	4665	267	11	14	152	4297	44	2929	17
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Green Olives	2063	628	70	24	0	91	6060	267	11	14	92	2297	44	1429	17
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Green Onions	1949	514	57	24	0	91	4621	270	12	15	93	2671	51	1456	18
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Green Peppers	1948	514	57	24	0	91	4616	269	12	15	92	2504	89	1434	17
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Grilled Applewood-Spiced Chicken	2235	586	65	25	0	215	5083	271	11	15	141	2588	51	1490	19



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Italian Sausage	2385	843	94	34	0	204	5711	272	11	17	120	2297	44	1485	18
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Jalapenos	1955	514	57	24	0	91	6655	271	11	14	92	3497	54	1669	19
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Mushrooms	1958	516	57	24	0	91	4619	269	12	15	94	2297	46	1431	18
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Parmesan Cheese	2160	655	73	33	0	136	5470	269	11	14	112	2747	44	2104	17
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Pepper Jack Cheese	2100	635	71	31	0	136	4870	267	11	14	102	2747	44	1729	17
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Peppered Bacon	2343	809	90	35	0	161	6290	274	13	17	116	2968	74	1477	21
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Pepperoncini	1950	514	57	24	0	91	5110	270	13	14	92	2297	44	1429	17
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Pepperoni	2373	851	95	39	0	185	6490	270	11	14	114	2297	44	1429	18
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Pineapple	2055	514	57	24	0	91	4615	295	13	37	92	2297	58	1429	17
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Red Onions	1962	514	57	24	0	91	4616	273	12	17	92	2298	48	1442	17
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Red Peppers	1961	516	57	24	0	91	4616	272	13	18	93	4921	204	1434	18
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Ricotta Cheese	2126	615	68	30	0	134	4788	274	11	14	108	2859	44	1811	18
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Roasted Garlic	1951	516	57	24	0	91	4616	270	11	14	92	2297	47	1444	17
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Roma Tomatoes	1964	516	57	24	0	91	4621	272	13	18	93	3435	62	1442	18
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Seasoned Ground Beef	2147	637	71	29	0	158	4886	269	11	15	111	2384	45	1447	19
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Spinach	1949	515	57	24	0	91	4651	268	12	14	93	6555	57	1474	18



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Chicago Thick, Medium, 1 Topping (6 slices) with Sun Dried Tomatoes	1958	514	57	24	0	91	4629	271	12	17	93	2363	47	1436	18
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice)	323	86	10	4	0	15	769	44	2	2	15	383	7	238	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Andouille Sausage	381	132	15	6	0	28	921	45	2	2	18	391	8	242	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Artichoke Hearts	328	86	10	4	0	15	854	45	2	3	16	591	9	245	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Black Olives	333	93	10	4	0	15	816	45	2	2	15	383	7	238	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Bleu Cheese	348	104	12	5	0	21	864	44	2	2	17	458	7	276	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Boneless Wings	379	107	12	4	0	25	1003	49	2	3	19	406	8	243	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Broccoli	326	86	10	4	0	15	772	45	2	2	16	430	14	242	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Canadian Bacon	344	93	10	4	0	25	972	44	2	2	19	383	7	238	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Cheddar Cheese	349	107	12	5	0	22	814	44	2	2	17	483	7	288	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Extra Mozzarella Cheese	336	95	11	5	0	18	791	44	2	2	16	416	7	271	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Fresh Basil	323	86	10	4	0	15	769	44	2	2	15	398	7	239	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Fresh Mozzarella Cheese	423	153	17	8	0	40	775	44	2	2	23	633	7	426	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Green Olives	337	98	11	4	0	15	930	44	2	2	15	383	7	238	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Green Onions	324	86	10	4	0	15	770	45	2	2	15	424	8	241	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Green Peppers	324	86	10	4	0	15	769	45	2	2	15	406	12	239	3



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Grilled Applewood-Spiced Chicken	356	94	10	4	0	29	821	45	2	2	21	415	8	245	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Italian Sausage	373	122	14	5	0	28	891	45	2	3	18	383	7	244	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Jalapenos	325	86	10	4	0	15	996	45	2	2	15	516	8	265	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Mushrooms	325	86	10	4	0	15	770	45	2	2	16	383	8	238	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Parmesan Cheese	348	101	11	5	0	20	864	45	2	2	18	433	7	313	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Pepper Jack Cheese	341	99	11	5	0	20	797	44	2	2	16	433	7	271	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Peppered Bacon	368	118	13	5	0	23	955	45	2	3	18	457	11	243	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Pepperoncini	324	86	10	4	0	15	824	45	2	2	15	383	7	238	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Pepperoni	366	119	13	6	0	25	957	45	2	2	18	383	7	238	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Pineapple	336	86	10	4	0	15	769	48	2	5	15	383	9	238	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Red Onions	326	86	10	4	0	15	769	45	2	3	15	383	8	240	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Red Peppers	325	86	10	4	0	15	769	45	2	3	15	674	25	239	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Ricotta Cheese	344	97	11	5	0	20	788	45	2	2	17	445	7	281	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Roasted Garlic	324	86	10	4	0	15	769	45	2	2	15	383	8	240	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Roma Tomatoes	326	86	10	4	0	15	770	45	2	3	15	509	9	240	3



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Seasoned Ground Beef	346	99	11	4	0	23	799	45	2	3	17	393	7	240	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Spinach	324	86	10	4	0	15	773	45	2	2	15	856	9	243	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (1 slice) with Sun Dried Tomatoes	325	86	10	4	0	15	771	45	2	3	15	390	8	239	3
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices)	1935	514	57	24	0	91	4615	267	11	14	92	2297	44	1429	17
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Andouille Sausage	2285	795	88	35	0	166	5527	269	11	15	107	2346	46	1454	18
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Artichoke Hearts	1970	514	57	24	0	91	5125	273	14	16	94	3547	53	1469	19
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Black Olives	1996	559	62	24	0	91	4898	269	11	14	92	2297	44	1429	17
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Bleu Cheese	2085	622	69	31	0	129	5185	267	11	14	101	2747	44	1654	17
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Boneless Wings	2272	643	71	26	0	148	6018	295	12	15	113	2437	46	1457	18
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Broccoli	1954	515	57	24	0	91	4630	270	12	15	93	2580	85	1450	18
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Canadian Bacon	2066	556	62	26	0	148	5833	267	11	14	113	2297	44	1429	17
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Cheddar Cheese	2095	640	71	32	0	131	4885	267	11	14	102	2897	44	1729	17
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Extra Mozzarella Cheese	2015	568	63	27	0	106	4745	267	11	14	99	2497	44	1629	17
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Fresh Basil	1936	514	57	24	0	91	4615	267	11	14	92	2390	45	1431	17
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Fresh Mozzarella Cheese	2535	919	102	50	0	241	4652	267	11	14	137	3797	44	2554	17
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Green Olives	2020	590	66	24	0	91	5578	267	11	14	92	2297	44	1429	17



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Green Onions	1945	514	57	24	0	91	4619	269	12	15	92	2546	49	1447	18
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Green Peppers	1944	514	57	24	0	91	4616	269	12	15	92	2435	74	1432	17
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Grilled Applewood-Spiced Chicken	2135	562	62	25	0	174	4927	269	11	15	125	2491	49	1469	18
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Italian Sausage	2235	733	81	30	0	166	5346	271	11	16	111	2297	44	1466	18
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Jalapenos	1948	514	57	24	0	91	5975	269	11	14	92	3097	51	1589	18
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Mushrooms	1950	515	57	24	0	91	4618	269	12	15	94	2297	45	1430	18
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Parmesan Cheese	2085	608	68	30	0	121	5185	268	11	14	105	2597	44	1879	17
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Pepper Jack Cheese	2045	595	66	29	0	121	4785	267	11	14	99	2597	44	1629	17
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Peppered Bacon	2207	711	79	31	0	138	5731	272	12	16	108	2744	64	1461	20
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Pepperoncini	1945	514	57	24	0	91	4945	269	12	14	92	2297	44	1429	17
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Pepperoni	2198	716	80	33	0	148	5740	269	11	14	105	2297	44	1429	18
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Pineapple	2015	514	57	24	0	91	4615	286	12	29	92	2297	53	1429	17
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Red Onions	1953	514	57	24	0	91	4616	271	12	16	92	2298	47	1437	17
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Red Peppers	1952	515	57	24	0	91	4616	270	12	16	92	4046	150	1432	17
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Ricotta Cheese	2063	581	65	28	0	120	4730	271	11	14	102	2672	44	1684	18
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Roasted Garlic	1946	515	57	24	0	91	4616	269	11	14	92	2297	46	1439	17



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Roma Tomatoes	1954	515	57	24	0	91	4619	270	12	16	93	3056	56	1437	17
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Seasoned Ground Beef	2076	596	66	27	0	136	4795	268	11	15	105	2355	45	1441	19
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Spinach	1944	515	57	24	0	91	4639	268	12	14	93	5136	53	1459	18
Craft Your Own Pizza, Chicago Thick, Medium, 2 or More Toppings (6 slices) with Sun Dried Tomatoes	1950	514	57	24	0	91	4624	270	12	16	93	2341	46	1434	18
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece)	58	21	2	1	0	5	127	6	0	1	4	100	1	67	0
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Andouille Sausage	97	53	6	2	0	13	229	6	0	1	5	105	1	70	0
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Artichoke Hearts	62	21	2	1	0	5	184	7	1	1	4	239	2	71	1
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Black Olives	65	27	3	1	0	5	159	6	0	1	4	100	1	67	0
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Bleu Cheese	75	33	4	2	0	9	190	6	0	1	5	150	1	92	0
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Boneless Wings	96	36	4	1	0	11	283	9	0	1	6	116	1	70	0
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Broccoli	60	22	2	1	0	5	129	6	0	1	4	131	5	69	0
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Canadian Bacon	73	26	3	1	0	11	263	6	0	1	6	100	1	67	0
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Cheddar Cheese	76	35	4	2	0	9	157	6	0	1	5	167	1	100	0
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Extra Mozzarella Cheese	67	27	3	2	0	7	142	6	0	1	4	122	1	89	0
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Fresh Basil	58	21	2	1	0	5	127	6	0	1	4	105	1	67	0
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Fresh Mozzarella Cheese	125	66	7	4	0	22	131	6	0	1	9	267	1	192	0



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Green Olives	68	30	3	1	0	5	234	6	0	1	4	100	1	67	0
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Green Onions	59	22	2	1	0	5	128	6	0	1	4	128	1	69	0
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Green Peppers	59	22	2	1	0	5	127	6	0	1	4	115	4	67	0
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Grilled Applewood-Spiced Chicken	81	27	3	1	0	14	162	6	0	1	7	122	1	71	1
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Italian Sausage	92	46	5	2	0	13	208	6	0	1	6	100	1	71	0
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Jalapenos	60	21	2	1	0	5	278	6	0	1	4	189	1	85	1
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Mushrooms	60	22	2	1	0	5	127	6	0	1	4	100	1	67	0
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Parmesan Cheese	75	32	4	2	0	8	190	6	0	1	5	133	1	117	0
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Pepper Jack Cheese	71	30	3	2	0	8	146	6	0	1	4	133	1	89	0
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Peppered Bacon	89	43	5	2	0	10	251	6	0	1	5	150	3	70	1
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Pepperoncini	59	21	2	1	0	5	164	6	0	1	4	100	1	67	0
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Pepperoni	83	40	4	2	0	10	231	6	0	1	5	100	1	67	0
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Pineapple Tidbits	67	21	2	1	0	5	127	8	0	2	4	100	2	67	0
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Red Onions	60	22	2	1	0	5	127	6	0	1	4	100	1	68	0
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Red Peppers	60	22	2	1	0	5	127	6	0	1	4	294	13	67	0



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Ricotta Cheese	72	29	3	2	0	8	140	6	0	1	5	142	1	95	0
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Roasted Garlic	60	22	2	1	0	5	127	6	0	1	4	100	1	68	0
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Roma Tomatoes	60	22	2	1	0	5	128	6	0	1	4	184	2	68	0
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Seasoned Ground Beef	74	31	3	2	0	10	147	6	0	1	5	106	1	68	1
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Spinach	59	22	2	1	0	5	130	6	0	1	4	415	2	70	0
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (1 piece) with Sun Dried Tomatoes	60	21	2	1	0	5	128	6	0	1	4	105	1	67	0
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces)	525	193	21	11	0	45	1144	53	2	6	32	900	6	602	4
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Andouille Sausage	875	475	53	22	0	120	2057	55	2	7	47	949	8	627	4
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Artichoke Hearts	560	193	21	11	0	45	1654	59	5	8	34	2150	15	642	5
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Black Olives	586	239	27	11	0	45	1428	55	2	6	32	900	6	602	4
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Bleu Cheese	675	301	33	18	0	83	1714	53	2	6	41	1350	6	827	4
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Boneless Wings	862	323	36	13	0	101	2548	81	4	8	53	1040	8	630	4
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Broccoli	544	195	22	11	0	45	1159	56	3	7	34	1183	47	623	4
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Canadian Bacon	656	236	26	13	0	101	2363	53	2	6	53	900	6	602	4
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Cheddar Cheese	685	319	35	19	0	85	1414	53	2	6	42	1500	6	902	4
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Extra Mozzarella Cheese	605	247	27	14	0	60	1274	53	2	6	39	1100	6	802	4



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Fresh Basil	525	193	21	11	0	45	1144	53	2	6	32	947	7	603	4
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Fresh Mozzarella Cheese	1125	598	66	37	0	195	1182	53	2	6	77	2400	6	1727	4
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Green Olives	610	270	30	11	0	45	2108	53	2	6	32	900	6	602	4
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Green Onions	535	194	22	11	0	45	1148	55	3	7	33	1149	11	620	4
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Green Peppers	534	194	22	11	0	45	1145	55	3	7	33	1038	36	606	4
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Grilled Applewood-Spiced Chicken	725	242	27	12	0	127	1457	56	2	7	65	1094	11	643	5
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Italian Sausage	825	413	46	17	0	120	1876	57	2	8	51	900	6	639	4
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Jalapenos	538	193	21	11	0	45	2504	56	2	6	32	1700	13	762	5
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Mushrooms	540	195	22	11	0	45	1147	55	3	7	34	900	8	603	4
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Parmesan Cheese	675	288	32	17	0	75	1714	55	2	6	46	1200	6	1052	4
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Pepper Jack Cheese	635	274	30	16	0	75	1314	53	2	6	39	1200	6	802	4
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Peppered Bacon	797	390	43	18	0	92	2261	58	3	8	48	1347	26	634	6
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Pepperoncini	535	193	21	11	0	45	1474	55	3	6	32	900	6	602	4
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Pepperoni	744	362	40	18	0	92	2082	55	2	6	43	900	6	602	4
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Pineapple Tidbits	605	193	21	11	0	45	1144	72	3	21	32	900	15	602	4
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Red Onions	543	194	22	11	0	45	1146	57	3	8	33	901	9	611	4



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Red Peppers	542	195	22	11	0	45	1146	57	3	8	33	2649	113	606	4
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Ricotta Cheese	652	261	29	15	0	74	1260	58	2	6	43	1275	6	857	4
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Roasted Garlic	536	195	22	11	0	45	1145	55	2	6	33	900	8	612	4
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Roma Tomatoes	544	195	22	11	0	45	1149	57	3	9	33	1659	18	611	4
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Seasoned Ground Beef	666	275	31	14	0	89	1325	55	2	7	45	958	7	614	5
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Spinach	534	195	22	11	0	45	1169	54	3	6	33	3739	15	632	4
Craft Your Own Pizza, Tavern Thin, Individual, 1 Topping (9 pieces) with Sun Dried Tomatoes	540	193	21	11	0	45	1154	56	3	8	33	944	8	607	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece)	58	21	2	1	0	5	127	6	0	1	4	100	1	67	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Andouille Sausage	84	42	5	2	0	11	195	6	0	1	5	104	1	69	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Artichoke Hearts	60	21	2	1	0	5	155	6	0	1	4	169	1	69	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Black Olives	62	24	3	1	0	5	143	6	0	1	4	100	1	67	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Bleu Cheese	67	27	3	2	0	7	159	6	0	1	4	125	1	79	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Boneless Wings	77	29	3	1	0	8	205	7	0	1	5	108	1	68	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Broccoli	59	22	2	1	0	5	128	6	0	1	4	116	3	68	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Canadian Bacon	68	25	3	1	0	9	217	6	0	1	5	100	1	67	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Cheddar Cheese	67	28	3	2	0	7	142	6	0	1	4	133	1	84	0



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Extra Mozzarella Cheese	63	24	3	1	0	6	134	6	0	1	4	111	1	78	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Fresh Basil	58	21	2	1	0	5	127	6	0	1	4	105	1	67	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Fresh Mozzarella Cheese	103	51	6	3	0	16	130	6	0	1	7	211	1	150	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Green Olives	63	26	3	1	0	5	181	6	0	1	4	100	1	67	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Green Onions	59	22	2	1	0	5	127	6	0	1	4	114	1	68	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Green Peppers	59	22	2	1	0	5	127	6	0	1	4	108	2	67	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Grilled Applewood-Spiced Chicken	69	24	3	1	0	10	145	6	0	1	5	111	1	69	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Italian Sausage	75	34	4	2	0	9	168	6	0	1	5	100	1	69	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Jalapenos	59	21	2	1	0	5	203	6	0	1	4	144	1	76	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Mushrooms	59	22	2	1	0	5	127	6	0	1	4	100	1	67	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Parmesan Cheese	67	27	3	2	0	7	159	6	0	1	4	117	1	92	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Pepper Jack Cheese	64	26	3	1	0	7	137	6	0	1	4	117	1	78	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Peppered Bacon	73	32	4	2	0	8	189	6	0	1	4	125	2	69	1
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Pepperoncini	59	21	2	1	0	5	145	6	0	1	4	100	1	67	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Pepperoni	73	33	4	2	0	8	190	6	0	1	4	100	1	67	0



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Pineapple	63	21	2	1	0	5	127	7	0	2	4	100	1	67	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Red Onions	59	22	2	1	0	5	127	6	0	1	4	100	1	67	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Red Peppers	59	22	2	1	0	5	127	6	0	1	4	197	7	67	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Ricotta Cheese	65	25	3	1	0	7	134	6	0	1	4	121	1	81	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Roasted Garlic	59	22	2	1	0	5	127	6	0	1	4	100	1	67	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Roma Tomatoes	59	22	2	1	0	5	127	6	0	1	4	142	1	67	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Seasoned Ground Beef	66	26	3	1	0	7	137	6	0	1	4	103	1	68	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Spinach	59	22	2	1	0	5	129	6	0	1	4	258	1	69	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (1 piece) with Sun Dried Tomatoes	59	21	2	1	0	5	128	6	0	1	4	102	1	67	0
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces)	525	193	21	11	0	45	1144	53	2	6	32	900	6	602	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Andouille Sausage	758	381	42	18	0	95	1753	54	2	7	42	933	7	619	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Artichoke Hearts	542	193	21	11	0	45	1399	56	4	7	33	1525	11	622	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Black Olives	555	216	24	11	0	45	1286	54	2	6	32	900	6	602	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Bleu Cheese	600	247	27	14	0	64	1429	53	2	6	37	1125	6	714	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Boneless Wings	694	258	29	12	0	73	1846	67	3	7	43	970	7	616	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Broccoli	534	194	22	11	0	45	1152	55	3	7	33	1042	27	613	4



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Canadian Bacon	612	222	25	12	0	83	1957	53	2	6	46	900	6	602	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Cheddar Cheese	605	256	28	15	0	65	1279	53	2	6	37	1200	6	752	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Extra Mozzarella Cheese	565	220	24	12	0	53	1209	53	2	6	36	1000	6	702	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Fresh Basil	525	193	21	11	0	45	1144	53	2	6	32	947	7	603	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Fresh Mozzarella Cheese	925	463	51	28	0	145	1169	53	2	6	62	1900	6	1352	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Green Olives	567	232	26	11	0	45	1626	53	2	6	32	900	6	602	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Green Onions	530	194	22	11	0	45	1146	54	3	6	33	1025	9	611	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Green Peppers	529	194	22	11	0	45	1145	54	3	7	32	969	21	604	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Grilled Applewood-Spiced Chicken	625	218	24	11	0	86	1301	54	2	7	49	997	9	622	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Italian Sausage	675	303	34	14	0	83	1510	55	2	7	42	900	6	621	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Jalapenos	532	193	21	11	0	45	1824	54	2	6	32	1300	10	682	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Mushrooms	532	194	22	11	0	45	1146	54	3	7	33	900	7	603	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Parmesan Cheese	600	241	27	14	0	60	1429	54	2	6	39	1050	6	827	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Pepper Jack Cheese	580	234	26	13	0	60	1229	53	2	6	36	1050	6	702	4



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Peppered Bacon	661	292	32	15	0	68	1703	56	3	7	40	1124	16	618	5
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Pepperoncini	530	193	21	11	0	45	1309	54	3	6	32	900	6	602	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Pepperoni	656	295	33	15	0	73	1707	54	2	6	39	900	6	602	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Pineapple	565	193	21	11	0	45	1144	63	3	14	32	900	11	602	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Red Onions	534	194	22	11	0	45	1145	55	3	7	32	900	8	606	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Red Peppers	534	194	22	11	0	45	1145	55	3	7	33	1775	59	604	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Ricotta Cheese	589	227	25	13	0	59	1202	55	2	6	38	1087	6	729	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Roasted Garlic	530	194	22	11	0	45	1145	54	2	6	32	900	7	607	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Roma Tomatoes	534	194	22	11	0	45	1147	55	3	7	33	1279	12	606	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Seasoned Ground Beef	596	234	26	12	0	67	1235	54	2	7	39	929	6	608	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Spinach	529	194	22	11	0	45	1157	54	3	6	33	2319	11	617	4
Craft Your Own Pizza, Tavern Thin, Individual, 2 or More Toppings (9 pieces) with Sun Dried Tomatoes	533	193	21	11	0	45	1149	55	3	7	33	922	7	604	4
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece)	63	26	3	1	0	5	132	6	0	1	4	109	1	73	0
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Andouille Sausage	96	52	6	2	0	12	217	6	0	1	5	113	1	76	0
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Artichoke Hearts	66	26	3	1	0	5	173	6	0	1	4	209	1	76	1
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Black Olives	68	29	3	1	0	5	155	6	0	1	4	109	1	73	0



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Bleu Cheese	75	34	4	2	0	8	178	6	0	1	4	145	1	91	0
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Boneless Wings	94	37	4	2	0	11	258	8	0	1	6	121	1	76	0
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Broccoli	65	26	3	1	0	5	133	6	0	1	4	131	4	75	0
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Canadian Bacon	75	30	3	2	0	11	246	6	0	1	6	109	1	73	0
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Cheddar Cheese	76	36	4	2	0	9	154	6	0	1	5	157	1	97	0
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Extra Mozzarella Cheese	70	30	3	2	0	7	142	6	0	1	4	125	1	89	0
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Fresh Basil	63	26	3	1	0	5	132	6	0	1	4	114	1	73	0
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Fresh Mozzarella Cheese	103	53	6	3	0	15	135	6	0	1	7	209	1	148	0
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Green Olives	70	32	4	1	0	5	209	6	0	1	4	109	1	73	0
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Green Onions	64	26	3	1	0	5	132	6	0	1	4	129	1	75	0
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Green Peppers	64	26	3	1	0	5	132	6	0	1	4	120	3	73	0
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Grilled Applewood-Spiced Chicken	79	30	3	1	0	12	157	6	0	1	6	124	1	76	0
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Italian Sausage	87	43	5	2	0	11	191	6	0	1	5	109	1	76	0
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Jalapenos	64	26	3	1	0	5	241	6	0	1	4	173	1	86	0
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Mushrooms	64	26	3	1	0	5	132	6	0	1	4	109	1	73	0



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Parmesan Cheese	75	33	4	2	0	8	178	6	0	1	5	133	1	109	0
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Pepper Jack Cheese	72	32	4	2	0	8	146	6	0	1	4	133	1	89	0
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Peppered Bacon	85	42	5	2	0	9	221	6	0	1	5	145	2	76	1
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Pepperoncini	64	26	3	1	0	5	158	6	0	1	4	109	1	73	0
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Pepperoni	84	42	5	2	0	10	222	6	0	1	5	109	1	73	0
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Pineapple	70	26	3	1	0	5	132	7	0	2	4	109	1	73	0
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Red Onions	65	26	3	1	0	5	132	6	0	1	4	109	1	74	0
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Red Peppers	65	26	3	1	0	5	132	6	0	1	4	249	9	73	0
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Ricotta Cheese	73	31	3	2	0	8	141	6	0	1	5	139	1	94	0
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Roasted Garlic	64	26	3	1	0	5	132	6	0	1	4	109	1	74	0
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Roma Tomatoes	65	26	3	1	0	5	132	6	0	1	4	170	2	74	0
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Seasoned Ground Beef	74	32	4	2	0	9	146	6	0	1	5	113	1	74	1
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Spinach	64	26	3	1	0	5	134	6	0	1	4	336	1	76	0
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (1 piece) with Sun Dried Tomatoes	64	26	3	1	0	5	133	6	0	1	4	112	1	74	0
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces)	1579	644	72	33	0	136	3301	147	6	18	94	2720	18	1830	10
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Andouille Sausage	2396	1300	144	60	0	311	5430	152	7	20	129	2835	21	1888	12



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Artichoke Hearts	1649	644	72	33	0	136	4321	159	12	22	98	5220	36	1910	14
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Black Olives	1700	735	82	33	0	136	3868	151	6	18	94	2720	18	1830	10
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Bleu Cheese	1879	860	96	48	0	211	4441	147	6	18	112	3620	18	2280	10
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Boneless Wings	2338	936	104	39	0	263	6458	210	10	21	141	3036	22	1893	11
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Broccoli	1616	647	72	33	0	136	3331	153	9	20	97	3287	99	1873	11
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Canadian Bacon	1885	743	83	38	0	268	6144	147	6	18	142	2720	18	1830	10
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Cheddar Cheese	1899	896	100	49	0	216	3841	147	6	18	114	3920	18	2430	10
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Extra Mozzarella Cheese	1739	752	84	40	0	166	3561	147	6	18	108	3120	18	2230	10
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Fresh Basil	1580	644	72	33	0	136	3301	147	6	18	94	2860	18	1834	10
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Fresh Mozzarella Cheese	2579	1319	147	77	0	386	3363	147	6	18	169	5220	18	3705	10
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Green Olives	1749	797	89	33	0	136	5228	147	6	18	94	2720	18	1830	10
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Green Onions	1598	645	72	33	0	136	3309	151	8	19	95	3218	27	1866	11
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Green Peppers	1596	645	72	33	0	136	3303	151	8	20	95	2995	78	1837	10
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Grilled Applewood-Spiced Chicken	1979	741	82	35	0	301	3925	153	7	20	160	3108	27	1911	12
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Italian Sausage	2179	1083	120	46	0	286	4763	155	6	22	132	2720	18	1905	11



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Jalapenos	1606	644	72	33	0	136	6021	153	6	18	94	4320	31	2150	12
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Mushrooms	1609	647	72	33	0	136	3307	151	7	20	97	2720	20	1833	11
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Parmesan Cheese	1879	833	93	45	0	196	4441	150	6	18	121	3320	18	2730	10
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Pepper Jack Cheese	1799	806	90	43	0	196	3641	147	6	18	108	3320	18	2230	10
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Peppered Bacon	2123	1038	115	49	0	229	5534	157	9	22	126	3614	57	1894	15
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Pepperoncini	1599	644	72	33	0	136	3961	151	8	18	94	2720	18	1830	10
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Pepperoni	2104	1049	117	52	0	249	5551	151	6	18	120	2720	18	1830	11
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Pineapple	1739	644	72	33	0	136	3301	185	8	48	94	2720	36	1830	10
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Red Onions	1615	645	72	33	0	136	3303	155	7	22	95	2721	23	1847	10
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Red Peppers	1613	647	72	33	0	136	3303	154	9	23	95	6219	230	1837	11
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Ricotta Cheese	1834	779	87	42	0	193	3532	156	6	18	115	3470	18	2340	11
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Roasted Garlic	1600	647	72	33	0	136	3302	151	7	18	95	2720	21	1850	10
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Roma Tomatoes	1617	647	72	33	0	136	3309	155	8	23	96	4238	41	1847	11
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Seasoned Ground Beef	1862	808	90	40	0	225	3662	150	6	20	119	2836	18	1854	13
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Spinach	1597	646	72	33	0	136	3349	150	8	18	96	8398	35	1890	12
Craft Your Own Pizza, Tavern Thin, Large, 1 or More Topping (25 pieces) with Sun Dried Tomatoes	1610	644	72	33	0	136	3320	154	8	22	96	2808	22	1840	11



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece)	63	26	3	1	0	5	132	6	0	1	4	109	1	73	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Andouille Sausage	91	48	5	2	0	11	205	6	0	1	5	113	1	75	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Artichoke Hearts	65	26	3	1	0	5	163	6	0	1	4	184	1	76	1
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Black Olives	67	28	3	1	0	5	149	6	0	1	4	109	1	73	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Bleu Cheese	72	32	4	2	0	8	166	6	0	1	4	136	1	87	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Boneless Wings	83	34	4	1	0	9	216	8	0	1	5	117	1	75	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Broccoli	64	26	3	1	0	5	133	6	0	1	4	126	3	74	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Canadian Bacon	74	29	3	1	0	10	230	6	0	1	5	109	1	73	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Cheddar Cheese	73	33	4	2	0	8	148	6	0	1	4	145	1	91	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Extra Mozzarella Cheese	68	29	3	2	0	6	140	6	0	1	4	121	1	85	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Fresh Basil	63	26	3	1	0	5	132	6	0	1	4	114	1	73	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Fresh Mozzarella Cheese	79	37	4	2	0	9	133	6	0	1	5	149	1	103	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Green Olives	68	30	3	1	0	5	190	6	0	1	4	109	1	73	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Green Onions	64	26	3	1	0	5	132	6	0	1	4	124	1	74	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Green Peppers	64	26	3	1	0	5	132	6	0	1	4	117	3	73	0



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Grilled Applewood-Spiced Chicken	75	29	3	1	0	10	151	6	0	1	6	120	1	76	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Italian Sausage	81	39	4	2	0	10	176	6	0	1	5	109	1	75	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Jalapenos	64	26	3	1	0	5	214	6	0	1	4	157	1	83	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Mushrooms	64	26	3	1	0	5	132	6	0	1	4	109	1	73	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Parmesan Cheese	72	31	3	2	0	7	166	6	0	1	5	127	1	100	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Pepper Jack Cheese	70	31	3	2	0	7	142	6	0	1	4	127	1	85	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Peppered Bacon	79	38	4	2	0	8	199	6	0	1	5	136	2	75	1
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Pepperoncini	64	26	3	1	0	5	152	6	0	1	4	109	1	73	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Pepperoni	77	37	4	2	0	8	192	6	0	1	4	109	1	73	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Pineapple	68	26	3	1	0	5	132	7	0	2	4	109	1	73	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Red Onions	64	26	3	1	0	5	132	6	0	1	4	109	1	74	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Red Peppers	64	26	3	1	0	5	132	6	0	1	4	214	7	73	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Ricotta Cheese	71	30	3	2	0	7	139	6	0	1	4	131	1	88	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Roasted Garlic	64	26	3	1	0	5	132	6	0	1	4	109	1	74	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Roma Tomatoes	64	26	3	1	0	5	132	6	0	1	4	154	1	74	0



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Seasoned Ground Beef	72	31	3	2	0	8	143	6	0	1	5	112	1	74	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Spinach	64	26	3	1	0	5	133	6	0	1	4	279	1	75	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (1 piece) with Sun Dried Tomatoes	64	26	3	1	0	5	133	6	0	1	4	111	1	73	0
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces)	1579	644	72	33	0	136	3301	147	6	18	94	2720	18	1830	10
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Andouille Sausage	2279	1207	134	56	0	286	5126	151	7	19	124	2819	21	1880	12
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Artichoke Hearts	1631	644	72	33	0	136	4066	156	11	21	97	4595	31	1890	13
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Black Olives	1670	712	79	33	0	136	3726	150	6	18	94	2720	18	1830	10
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Bleu Cheese	1804	806	90	45	0	193	4156	147	6	18	108	3395	18	2167	10
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Boneless Wings	2085	839	93	37	0	221	5405	189	8	20	126	2930	20	1872	11
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Broccoli	1607	646	72	33	0	136	3323	152	8	19	96	3145	79	1862	11
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Canadian Bacon	1841	728	81	37	0	249	5738	147	6	18	135	2720	18	1830	10
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Cheddar Cheese	1819	833	93	45	0	196	3706	147	6	18	109	3620	18	2280	10
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Extra Mozzarella Cheese	1699	725	81	39	0	159	3496	147	6	18	105	3020	18	2130	10
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Fresh Basil	1580	644	72	33	0	136	3301	147	6	18	94	2860	18	1834	10
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Fresh Mozzarella Cheese	1979	914	102	51	0	236	3326	147	6	18	124	3720	18	2580	10
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Green Olives	1706	759	84	33	0	136	4746	147	6	18	94	2720	18	1830	10



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Green Onions	1593	645	72	33	0	136	3307	150	7	19	95	3094	25	1857	11
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Green Peppers	1592	645	72	33	0	136	3302	150	7	19	95	2926	63	1835	10
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Grilled Applewood-Spiced Chicken	1879	717	80	35	0	260	3769	151	7	19	144	3011	25	1891	12
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Italian Sausage	2029	973	108	43	0	249	4397	153	6	21	122	2720	18	1886	11
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Jalapenos	1599	644	72	33	0	136	5341	151	6	18	94	3920	27	2070	12
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Mushrooms	1601	647	72	33	0	136	3305	150	7	19	96	2720	20	1832	10
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Parmesan Cheese	1804	786	87	42	0	181	4156	150	6	18	114	3170	18	2505	10
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Pepper Jack Cheese	1744	766	85	41	0	181	3556	147	6	18	105	3170	18	2130	10
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Peppered Bacon	1987	940	104	45	0	206	4976	155	8	21	118	3391	47	1878	14
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Pepperoncini	1594	644	72	33	0	136	3796	150	8	18	94	2720	18	1830	10
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Pepperoni	1929	914	102	46	0	211	4801	150	6	18	112	2720	18	1830	11
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Pineapple	1699	644	72	33	0	136	3301	176	8	41	94	2720	31	1830	10
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Red Onions	1606	645	72	33	0	136	3302	153	7	21	95	2721	22	1843	10
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Red Peppers	1605	646	72	33	0	136	3302	152	8	22	95	5344	177	1835	10
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Ricotta Cheese	1770	745	83	40	0	179	3474	154	6	18	110	3282	18	2212	11



NUTRITIONAL ANALYSIS BOOK

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Roasted Garlic	1595	646	72	33	0	136	3302	150	7	18	95	2720	21	1845	10
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Roma Tomatoes	1608	646	72	33	0	136	3307	153	8	22	95	3858	35	1843	10
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Seasoned Ground Beef	1791	767	85	38	0	203	3572	150	6	20	113	2807	18	1848	12
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Spinach	1593	646	72	33	0	136	3337	149	7	18	95	6978	31	1875	11
Craft Your Own Pizza, Tavern Thin, Large, 2 or More Toppings (25 pieces) with Sun Dried Tomatoes	1602	644	72	33	0	136	3315	152	8	21	95	2786	21	1837	11

SIDES

Basket of Fries (1 serving)	318	122	14	3	0	0	915	44	5	0	5	0	11	47	2
Basket of Tots (1 serving)	529	292	32	8	0	0	2645	51	6	0	6	3	7	31	2
Broccoli with Garlic Butter (1 serving)	52	9	1	0	0	2	175	6	2	2	4	3428	106	87	1
French Fries (1 serving)	181	69	8	2	0	0	523	25	3	0	3	0	6	27	1
Oven Roasted Tomatoes (1 serving)	119	19	2	1	0	4	1220	20	2	10	4	1092	16	89	1
Side of Tots (1 serving)	265	146	16	4	0	0	1323	26	3	0	3	1	4	16	1
Sweet Potato Fries (1 serving)	295	133	15	2	0	0	582	40	3	13	2	5000	10	33	1
Veggies and Dip (1 serving)	344	289	32	5	0	31	483	10	2	5	3	6265	48	86	1