

Nancy's Pizza

Menu group	Items
Appetizers	22
Catering - Desserts	1
Catering - Extras	25
Catering - Pasta	18
Catering - Salad	10
Catering - Sides	14
Catering - Wings	22
Desserts	15
Pasta	10
Pizza - Classic Thin Crust Chee	5
Pizza - Classic Thin Crust Grea	55
Pizza - Classic Thin Crust Topp	125
Pizza - Gluten Free Cheese	1
Pizza - Gluten Free Greatest Hi	11
Pizza - Gluten Free Toppings	25
Pizza - Original Stuffed Cheese	3
Pizza - Original Stuffed Greate	24
Pizza - Original Stuffed Toppin	75
Pizza - Rustic Crust Cheese	2
Pizza - Rustic Crust Greatest H	22
Pizza - Rustic Crust Toppings	50
Pizza - Stuffed Lighter Cheese	4
Pizza - Stuffed Lighter Greates	32
Pizza - Stuffed Lighter Topping	100
Pizza - Super Thin Crust Cheese	5
Pizza - Super Thin Crust Greate	55
Pizza - Super Thin Crust Toppin	125
Salads	8
Sandwiches	12
Side of Dressing	5
Side of Sauce	10
Sides	5
Wings	33

Appetizers		Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
3 Breadsticks w Sauce (Baked)		470	240	27	4.0	2.5				860	0	51		1		9
3 Breadsticks w Sauce (Fried)		640	410	47	5	3.0				860	0	51		1		9
3 Mozzarella Sticks (Baked)		720	420	48	17		9	9	150	1660	125	33	2	2		37
3 Mozzarella Sticks (Fried)		760	470	53	17		9	9	150	1540	125	33	2	2		37
6 Breadsticks w Sauce (Baked)		940	470	54	8	5		0		1710	160	102	2	1		18
6 Breadsticks w Sauce (Fried)		1290	830	94	10	6		0		1720	160	102	2	1		18
6 Mozzarella Sticks (Baked)		1180	610	69	30		9	14	285	2720	240	64	4	4		71
6 Mozzarella Sticks (Fried)		1270	700	80	30		9	14	285	2600	240	64	4	4		71
Boomin' Rings		1450	1030	116	14				35	2050	0	99	4	16	5	8
Caramelized Brussels Sprouts		480	240	27	7		2.5	10	30	2140	1110	48	9	29	23	18
Garlic Bread 6"		430	220	25	5.0	4.0	0.5		5	980	0	44	2	2		11
Garlic Bread 6" - with Cheese		730	420	47	17	4.0	1.0	5.0	75	1630	0	47	2	3		34
Garlic Bread 8"		690	380	43	9	7	1.0		10	1580	0	62	2	2		18
Garlic Bread 8" - with Cheese		1070	630	71	25	7	1.5	6	100	2380	105	66	2	3		47
Loaded Waffle Fries - Bacon Caesar (Baked)		1210	780	88	16	0	38	24	75	3200	1150	88	5	2		14
Loaded Waffle Fries - Bacon Caesar (Fried)		1620	1200	136	19	0	38	24	75	3200	1140	88	5	2		14
Loaded Waffle Fries - Buffalo Blue (Baked)		1140	690	79	19		16	14	65	4020	1180	91	5	4		18
Loaded Waffle Fries - Buffalo Blue (Fried)		1550	1120	126	23		16	14	65	3900	1150	90	5	3		18
Loaded Waffle Fries - Parmesan Pesto (Baked)		1070	660	75	12		27	19	30	2800	1130	89	5	3		11
Loaded Waffle Fries - Parmesan Pesto (Fried)		1480	1080	122	16		27	19	30	2800	1130	89	5	3		11
Meatball Sliders		1160	720	81	21		8	13	110	2360	550	72	5	14	17	39
Meatball Trio		870	560	63	18		2.0	13	105	2460	660	45	5	4	17	35

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Desserts															
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Ben & Jerry's Cherry Garcia (Pint)	1010	520	59	38	1.5			235	180	710	112	1	109	92	15
Ben & Jerry's Chocolate Chip Cookie Dough (Pint)	1160	540	61	40	1.5			245	310	670	132	2	104	86	15
Ben & Jerry's Chocolate Fudge Brownie (Pint)	1060	480	54	33	1.5			150	350	1570	130	9	112	97	18
Ben & Jerry's Chunky Monkey (Pint)	1180	650	74	41	1.5			205	150	830	121	3	115	95	18
Ben & Jerry's Half Baked (Pint)	1110	500	57	36	1.5			195	360	1080	135	6	111	93	18
Ben & Jerry's Phish Food (Pint)	1150	470	53	38	1.5			135	310	1210	154	6	109	101	15
Ben & Jerry's Salted Caramel (Pint)	1080	500	57	33	1.5			255	720	750	123		108	87	18
Ben & Jerry's Strawberry Cheesecake (Pint)	1050	500	57	30	1.5			195	450	630	114	2	96	75	15
Cannoli (1)	230	110	13	5.0				30	60		23		12		5
Cannoli (3)	690	340	39	15				90	180		69		36		15
Cookie Skillet - Blueberry Sugar	1540	780	88	42	0	0	3.0	105	1520	0	172	1	97	12	12
Cookie Skillet - Chocolate Chip	1500	780	88	42	0	0	3.0	105	1530	0	161		88	7	11
Ice Cream - Lemon Sorbet	220								30		57		41		
Ice Cream - Vanilla	440	190	22	13				80	110		50		44		6
Nancy's Sundae	800	390	45	22		0	1.5	120	440	0	90	3	74	15	13

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Pasta	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Baked Rigatoni with Marinara	1570	710	81	28		2.0	15	180	2730	1100	146	15	8		71
Baked Rigatoni with Meat Sauce	1650	760	86	32	0.5	2.0	15	230	2430	1100	143	14	16		81
Chicken Tetrazzini	2010	1200	135	78	0	8	36	530	1450	930	110	12	8		94
Fettuccini Alfredo	1510	970	110	66	0	3.5	28	375	810	210	114	5	3		27
Pasta Add: Chicken Breast	190	35	4.0	1.0		1.0	1.5	95	85	290					35
Pasta Add: Italian Sausage	390	290	32	11	0			75	1320						25
Pasta Add: Meatballs (2 each)	340	220	25	9				65	890	280	10	1	1	11	18
Spaghetti and Meatballs with Marinara	1310	510	58	17		2.5	1.5	110	3050	430	140	18	10	17	61
Spaghetti and Meatballs with Meat Sauce	1330	530	59	18	0	2.5	1.5	120	2960	430	139	18	12	17	64
Tuscan Rigatoni	1870	1210	137	75	0.5	4.0	28	435	2040	880	123	10	6		50

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Pizza - Classic Thin Crust Cheese		Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Family Classic Thin Cheese Pizza		80	35	4.0	1.5		0	0.5	5	140	0	7		1		4
Large Classic Thin Cheese Pizza		90	45	5.0	1.5		0	0.5	10	160	0	8		1		4
Med Classic Thin Cheese Pizza		80	40	4.5	2.0		0	1.0	10	150	0	6		0		4
Small Classic Thin Cheese Pizza		70	30	3.5	1.5		0	0.5	5	120	0	6		0		3
X-Large Classic Thin Cheese Pizza		80	35	4.0	1.5		0	0.5	10	140	0	7		1		4

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Pizza - Classic Thin Crust Greatest Hits															
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
A Lot' A Meat Family	120	70	8	3.0		0	0.5	20	310	0	7		1		6
A Lot' A Meat Large	150	80	9	3.5		0	0.5	20	360	0	8		1		8
A Lot' A Meat Medium	120	70	8	3.0		0	1.0	20	310	0	6		1		7
A Lot' A Meat Small	110	60	7	2.5		0	0.5	15	280	0	6		1		6
A Lot' A Meat X-Large	130	70	8	3.0		0	0.5	20	330	0	7		1		7
BBQ Chicken Family	110	45	5	2.0		0	0.5	15	230	0	9		3		6
BBQ Chicken Large	130	60	6	2.0		0	1.0	20	260	0	11		3		8
BBQ Chicken Medium	110	50	6	2.0		0	1.0	15	210	0	8		2		7
BBQ Chicken Small	100	40	4.5	1.5		0	0.5	15	190	0	8		2		6
BBQ Chicken X-Large	110	45	5	2.0		0	0.5	15	230	0	9		3		7
Chicago Beef Family	90	45	5	2.0		0	0.5	10	220	0	7		1		5
Chicago Beef Large	110	60	7	2.0		0	0.5	10	250	0	8		1		5
Chicago Beef Medium	100	50	6	2.0		0	1.0	10	220	0	6		1		5
Chicago Beef Small	80	40	4.5	1.5		0	0.5	10	190	0	6		1		4
Chicago Beef X-Large	100	50	6	2.0		0	0.5	10	220	0	7		1		5
Hawaiian BBQ Family	90	35	4.0	1.5		0	0.5	10	280	0	10		4	0	4
Hawaiian BBQ Large	110	45	5	1.5		0	0.5	10	300	0	11		4	0	5
Hawaiian BBQ Medium	100	40	4.5	2.0		0	1.0	10	250	0	8		3	0	5
Hawaiian BBQ Small	80	30	3.5	1.5		0	0.5	10	240	0	9		3	0	4
Hawaiian BBQ X-Large	100	40	4.5	1.5		0	0.5	10	270	0	10		4	0	5
Hot Buffalo Chicken Family	90	35	4.0	1.5		0	0.5	15	310	0	7		0		6
Hot Buffalo Chicken Large	100	45	5	1.5		0	1.0	15	330	0	8		0		7
Hot Buffalo Chicken Medium	90	40	4.5	2.0		0	1.0	15	260	0	6		0		6
Hot Buffalo Chicken Small	80	30	3.5	1.0		0	0.5	10	190	0	6		0		5
Hot Buffalo Chicken X-Large	90	35	4.0	1.5		0	0.5	15	290	0	7		0		6
Nana's Special Family	80	35	4.0	1.5		0	0.5	5	160	0	7		1		4
Nana's Special Large	90	45	5.0	1.5		0	0.5	10	180	0	9		1		4
Nana's Special Medium	80	40	4.5	2.0		0	1.0	10	160	0	6		1		4
Nana's Special Small	70	30	3.5	1.5		0	0.5	5	130	0	6		1		3
Nana's Special X-Large	80	35	4.0	1.5		0	0.5	10	160	0	8		1		4
Northern Italian Veggie Family	80	40	4.5	1.5		0	1.0	5	170	0	8		1		4
Northern Italian Veggie Large	100	45	5	1.5		0	1.0	10	200	0	9		1		4
Northern Italian Veggie Medium	90	45	5.0	2.0		0	1.0	10	180	0	7		1		4
Northern Italian Veggie Small	70	35	4.0	1.5		0	0.5	5	150	0	7		1		3
Northern Italian Veggie X-Large	90	40	4.5	1.5		0	1.0	10	180	0	8		1		4
Rocco's Party Family	100	50	5	2.0		0	0.5	10	190	0	7		1		5
Rocco's Party Large	120	60	7	2.5		0	0.5	15	210	0	9		1		6
Rocco's Party Medium	100	50	6	2.5		0	1.0	15	200	0	7		1		5
Rocco's Party Small	90	45	5.0	1.5		0	0.5	10	160	0	6		1		4
Rocco's Party X-Large	100	50	6	2.0		0	0.5	15	190	0	8		1		5
Spicy Pepino Family	110	60	7	2.5		0	0.5	10	390	0	7		1		5
Spicy Pepino Large	130	80	9	3.0		0	0.5	15	460	0	9		1		5
Spicy Pepino Medium	110	70	8	3.0		0	1.0	15	370	0	7		1		5
Spicy Pepino Small	100	60	6	2.0		0	0.5	10	340	0	7		1		4

Spicy Pepino X-Large	120	70	8	2.5		0	0.5	10	400	0	8		1		5
Uncle Tony Family	110	60	7	2.5		0	0.5	15	230	0	7		1		5
Uncle Tony Large	130	70	8	3.0		0	0.5	15	270	0	9		1		6
Uncle Tony Medium	110	60	7	2.5		0	1.0	15	230	0	7		1		6
Uncle Tony Small	100	50	6	2.0		0	0.5	15	200	0	7		1		5
Uncle Tony X-Large	110	60	7	2.5		0	0.5	15	240	0	8		1		5
Veggie Family	80	35	4.0	1.5		0	0.5	5	150	0	7		1		4
Veggie Large	100	45	5.0	1.5		0	1.0	10	170	0	9		1		4
Veggie Medium	80	40	4.5	2.0		0	1.0	10	160	0	7		1		4
Veggie Small	70	30	3.5	1.5		0	0.5	5	130	0	7		1		3
Veggie X-Large	80	35	4.0	1.5		0	0.5	10	160	0	8		1		4
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Pizza - Classic Thin Crust Toppings		Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Add Anchovies - Family	10	0	0	0			0	0	4	170	0					1
Add Anchovies - Large	10	5	0.5	0			0	0	5	220	0					2
Add Anchovies - Medium	10	0	0	0			0	0	4	150	0					1
Add Anchovies - Small	10	0	0	0			0	0	4	160	0					1
Add Anchovies - X-Large	10	0	0	0			0	0	4	190	0					1
Add Bacon - Family	20	15	1.5	0.5					4	65						1
Add Bacon - Large	25	15	2.0	0.5					5	80						1
Add Bacon - Medium	20	15	1.5	0.5					4	60						1
Add Bacon - Small	20	15	1.5	0.5					4	60						1
Add Bacon - X-Large	20	15	1.5	0.5					4	65						1
Add Banana Peppers - Family	0									85		0		0		
Add Banana Peppers - Large	0									100		0		0		
Add Banana Peppers - Medium	0									75		0		0		
Add Banana Peppers - Small	0									75		0		0		
Add Banana Peppers - X-Large	0									90		0		0		
Add Black Olives - Family	0	0	0					0		40		0				
Add Black Olives - Large	5	0	0.5					0		45		0				
Add Black Olives - Medium	0	0	0					0		35		0				
Add Black Olives - Small	0	0	0					0		35		0				
Add Black Olives - X-Large	0	0	0					0		40		0				
Add Canadian Bacon - Family	5	0	0	0					3	75		0		0		1
Add Canadian Bacon - Large	10	0	0	0					3	95		0		0		1
Add Canadian Bacon - Medium	5	0	0	0					2	70		0		0		1
Add Canadian Bacon - Small	5	0	0	0					2	70		0		0		1
Add Canadian Bacon - X-Large	5	0	0	0					3	80		0		0		1
Add Chicken - Family	15	0	0	0			0	0	5	5	0					2
Add Chicken - Large	15	0	0	0			0	0	10	5	0					3
Add Chicken - Medium	10	0	0	0			0	0	5	5	0					2
Add Chicken - Small	10	0	0	0			0	0	5	5	0					2
Add Chicken - X-Large	15	0	0	0			0	0	5	5	0					3
Add Feta Cheese - Family	10	5	0.5	0						60						1
Add Feta Cheese - Large	15	5	1.0	0.5						75						1
Add Feta Cheese - Medium	10	5	0.5	0						55						1
Add Feta Cheese - Small	10	5	0.5	0						55						1
Add Feta Cheese - X-Large	10	5	0.5	0						65						1
Add Fresh Basil - Family	0										0					
Add Fresh Basil - Large	0										0					
Add Fresh Basil - Medium	0										0					
Add Fresh Basil - Small	0										0					
Add Fresh Basil - X-Large	0										0					
Add Fresh Garlic - Family	0	0								0	0	0				0

Add Fresh Garlic - Large	0	0			0	0	1		0
Add Fresh Garlic - Medium	0	0			0	0	0		0
Add Fresh Garlic - Small	0	0			0	0	0		0
Add Fresh Garlic - X-Large	0	0			0	0	1		0
Add Gorgonzola - Family	20	10	1.5	1.0	4	45	0	0	1
Add Gorgonzola - Large	15	10	1.5	1.0	4	45	0	0	1
Add Gorgonzola - Medium	15	10	1.0	0.5	3	35	0	0	1
Add Gorgonzola - Small	15	10	1.0	0.5	3	35	0	0	1
Add Gorgonzola - X-Large	20	15	1.5	1.0	5	50	0	0	1
Add Green Olives - Family	0	0	0			105	0		
Add Green Olives - Large	0	0	0			130	0		
Add Green Olives - Medium	0	0	0			95	0		
Add Green Olives - Small	0	0	0			95	0		
Add Green Olives - X-Large	0	0	0			115	0		
Add Green Peppers - Family	0	0				10	0	0	0
Add Green Peppers - Large	0	0	0			10	0	0	0
Add Green Peppers - Medium	0	0				10	0	0	0
Add Green Peppers - Small	0	0				10	0	0	0
Add Green Peppers - X-Large	0	0				10	0	0	0
Add Ground Beef - Family	15	15	1.5	0.5	4	45			1
Add Ground Beef - Large	20	15	1.5	0.5	5	60			1
Add Ground Beef - Medium	15	10	1.5	0.5	4	45			1
Add Ground Beef - Small	15	10	1.5	0.5	4	45			1
Add Ground Beef - X-Large	20	15	1.5	0.5	4	50			1
Add Hot Giardinara - Family	10	10	1.0	0		70	0		
Add Hot Giardinara - Large	15	10	1.0	0		85	0		
Add Hot Giardinara - Medium	10	10	1.0	0		65	0		
Add Hot Giardinara - Small	10	10	1.0	0		65	0		
Add Hot Giardinara - X-Large	10	10	1.0	0		75	0		
Add Italian Beef - Family	15	5	1.0	0	3	25			1
Add Italian Beef - Large	15	10	1.0	0	3	30			2
Add Italian Beef - Medium	15	5	0.5	0	2	25			1
Add Italian Beef - Small	15	5	0.5	0	2	25			1
Add Italian Beef - X-Large	15	5	1.0	0	3	25			1
Add Italian Sausage - Family	25	20	2.0	0.5	10	50	0	0	2
Add Italian Sausage - Large	30	25	2.5	1.0	10	60	0	0	2
Add Italian Sausage - Medium	25	15	2.0	0.5	5	45	0	0	1
Add Italian Sausage - Small	25	15	2.0	0.5	5	45	0	0	1
Add Italian Sausage - X-Large	30	20	2.0	0.5	10	55	0	0	2
Add Jalapenos - Family	0	0					0	0	0
Add Jalapenos - Large	0	0					0	0	0
Add Jalapenos - Medium	0	0					0	0	0
Add Jalapenos - Small	0	0					0	0	0
Add Jalapenos - X-Large	0	0					0	0	0
Add Meatballs - Family	10	5	1.0	0	2	30	0	0	0
Add Meatballs - Large	15	10	1.0	0	3	35	0	0	0
Add Meatballs - Medium	10	5	1.0	0	2	30	0	0	0
Add Meatballs - Small	10	5	1.0	0	2	30	0	0	0
Add Meatballs - X-Large	10	10	1.0	0	2	30	0	0	0
Add Mushrooms - Family	0	0				0	0	0	0
Add Mushrooms - Large	0	0				0	0	0	0
Add Mushrooms - Medium	0	0				0	0	0	0
Add Mushrooms - Small	0	0				0	0	0	0
Add Mushrooms - X-Large	0	0				0	0	0	0
Add Onions - Family	0	0	0			10	0	0	0
Add Onions - Large	0	0	0			15	0	1	0
Add Onions - Medium	0	0				10	0	0	0

Add Onions - Small	0	0			10	0	0	0	
Add Onions - X-Large	0	0	0		10	0	0	0	0
Add Pepperoni - Family	25	20	2.5	1.0	4	90	0	0	1
Add Pepperoni - Large	25	25	2.5	1.0	4	110	0	0	1
Add Pepperoni - Medium	20	20	2.0	1.0	3	80	0	0	1
Add Pepperoni - Small	20	20	2.0	1.0	3	80	0	0	1
Add Pepperoni - X-Large	25	20	2.5	1.0	4	95	0	0	1
Add Pineapple - Family	5				0	0	1	1	0
Add Pineapple - Large	5				0	0	2	2	1
Add Pineapple - Medium	0				0	0	1	1	0
Add Pineapple - Small	0				0	0	1	1	0
Add Pineapple - X-Large	5				0	0	1	1	0
Add Roasted Red Peppers - Family	0				10		0	0	
Add Roasted Red Peppers - Large	0				10		0	0	
Add Roasted Red Peppers - Medium	0				10		0	0	
Add Roasted Red Peppers - Small	0				10		0	0	
Add Roasted Red Peppers - X-Large	0				10		0	0	
Add Roma Tomatoes - Family	0				20	0	1	0	0
Add Roma Tomatoes - Large	0				25	0	1	0	0
Add Roma Tomatoes - Medium	0				20	0	0	0	0
Add Roma Tomatoes - Small	0				20	0	0	0	0
Add Roma Tomatoes - X-Large	0				20	0	1	0	0
Add Spinach - Family	0	0			0	0	0		0
Add Spinach - Large	0	0			0	0	0		0
Add Spinach - Medium	0	0			0	0	0		0
Add Spinach - Small	0	0			0	0	0		0
Add Spinach - X-Large	0	0			0	0	0		0

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Pizza - Gluten Free Cheese

Medium Gluten Free Cheese
Pizza

Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
50	20	2.5	1.5		0	1.0	5	95	0	5		1		3

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Pizza - Gluten Free Greatest Hits

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
A Lot A Meat Medium	80	40	5.0	2.0		0	1.0	10	200	0	5		1		4
BBQ Chicken Medium	80	30	3.5	1.5		0	1.0	15	190	0	7		3		5
Chicago Beef Medium	70	30	3.5	1.5		0	1.0	5	150	0	5		1		3
Hawaiian BBQ Medium	70	25	2.5	1.5		0	1.0	10	230	0	8		4	0	3
Hot Buffalo Chicken Medium	70	25	2.5	1.5		0	1.0	10	230	0	5		1		5
Nana's Special Medium	50	20	2.5	1.5		0	1.0	5	115	0	5		1		3
Northern Italian Veggie Medium	60	25	2.5	1.5		0	1.0	5	115	0	6		1		3
Rocco's Party Medium	60	30	3.5	1.5		0	1.0	10	120	0	5		1		3
Spicy Pepino Medium	80	40	5.0	2.0		0	1.0	10	270	0	5		1		3
Uncle Tony Medium	90	50	6	2.5		0	1.0	15	220	0	6		1		4
Veggie Medium	50	20	2.5	1.5		0	1.0	5	105	0	5		1		3

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Pizza - Gluten Free Toppings

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Add Anchovies - Medium	5	0	0	0		0	0	3	110	0					1
Add Bacon - Medium	15	10	1.0	0				3	45						1
Add Banana Peppers - Medium	0								75		0		0		
Add Black Olives - Medium	0	0	0				0		25		0				
Add Canadian Bacon - Medium	0	0	0	0					55		0		0		1
Add Chicken - Medium	10	0	0	0			0	4	0	0					2
Add Feta Cheese - Medium	5	0	0	0					40						1
Add Fresh Basil - Medium	0									0					
Add Fresh Garlic - Medium	0	0							0	0	0				0
Add Gorgonzola - Medium	15	10	1.0	0.5				3	35		0		0		1
Add Green Olives - Medium	0	0	0						70		0				
Add Green Peppers - Medium	0	0							5	0	0		0		
Add Ground Beef - Medium	10	5	1.0	0				2	25						1
Add Hot Giardinara - Medium	5	5	0.5	0					50		0				
Add Italian Beef - Medium	10	0	0.5	0					15						1
Add Italian Sausage - Medium	20	15	1.5	0				5	35	0	0				1
Add Jalapenos - Medium	0	0								0	0		0		
Add Meatballs - Medium	5	0	0.5	0					20	0	0			0	0
Add Mushrooms - Medium	0	0							0	0	0		0		0
Add Onions - Medium	0	0							10	0	0		0		
Add Pepperoni - Medium	15	15	1.5	0.5				3	65		0		0		1
Add Pineapple - Medium	0								0	0	1		1	0	
Add Roasted Red Pepper - Medium	0								5		0		0		
Add Roma Tomatoes - Medium	0								15	0	0		0		0
Add Spinach - Medium	0	0							0	0	0				0

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Pizza - Original Stuffed Cheese		Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Large Original Stuffed Cheese Pizza		610	270	31	11		1.0	5	55	1190	150	57	1	6		27
Med Original Stuffed Cheese Pizza		550	250	28	10		0.5	4.5	50	1090	140	52	1	6		25
Small Original Stuffed Cheese Pizza		680	300	34	12		1.0	5	60	1290	170	66	1	6		30

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Pizza - Original Stuffed Greatest Hits		Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
A Lot' A Meat Large		770	390	44	16		1.0	5	95	1830	240	58	2	7		38
A Lot' A Meat Medium		710	360	41	15		0.5	4.5	90	1700	220	54	2	6		35
A Lot' A Meat Small		860	430	48	17		1.0	5	105	1960	270	67	2	7		42
Chicago Beef Large		670	310	35	12		1.0	5	60	1450	180	58	2	6		30
Chicago Beef Medium		610	280	32	11		1.0	4.5	55	1330	160	53	1	6		28
Chicago Beef Small		750	340	39	13		1.0	6	65	1580	200	67	2	7		34
Nana's Special Large		610	270	31	11		1.0	5	55	1260	230	58	2	6		28
Nana's Special Medium		560	250	28	10		1.0	4.5	50	1150	220	54	2	6		25
Nana's Special Small		690	300	34	12		1.0	5	60	1360	270	67	2	7		31
Northern Italian Veggie Large		630	280	32	11		1.0	6	55	1310	160	60	1	7		27
Northern Italian Veggie Medium		570	260	29	10		0.5	5	50	1200	140	55	1	6		25
Northern Italian Veggie Small		700	310	35	12		1.0	6	60	1410	170	69	1	7		30
Rocco's Party Large		700	330	38	14		1.0	5	80	1380	300	59	2	7		33
Rocco's Party Medium		640	300	34	12		1.0	4.5	70	1270	280	54	2	6		30
Rocco's Party Small		780	370	41	15		1.0	6	85	1500	340	68	2	7		36
Spicy Pepino Large		660	320	36	13		1.0	5	60	1640	150	58	1	7		29
Spicy Pepino Medium		620	300	34	12		0.5	4.5	55	1540	140	53	1	6		27
Spicy Pepino Small		750	360	41	14		1.0	5	65	1820	170	67	1	7		32
Uncle Tony Large		670	320	36	13		1.0	5	65	1430	240	59	2	7		30
Uncle Tony Medium		610	290	33	12		1.0	5.0	60	1290	220	55	2	7		28
Uncle Tony Small		740	340	39	14		1.0	6	70	1530	260	68	2	8		33
Veggie Large		610	270	31	11		1.0	5	55	1230	210	58	2	7		28
Veggie Medium		560	250	28	10		1.0	5.0	50	1120	190	54	2	6		25
Veggie Small		690	300	34	12		1.0	6	60	1330	230	67	2	7		30

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Pizza - Original Stuffed Toppings	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Add Anchovies - Large	35	15	1.5	0		0	0.5	15	580	0					5
Add Anchovies - Medium	30	15	1.5	0		0	0.5	15	560	0					4
Add Anchovies - Small	40	15	2.0	0		0	0.5	15	710	105					6
Add Bacon - Large	70	50	6	2.0				15	240						4
Add Bacon - Medium	60	40	4.5	2.0				10	200						4
Add Bacon - Small	80	60	6	2.5				15	270						5
Add Banana Peppers - Large	0								290		1		1		
Add Banana Peppers - Medium	0								260		1		1		
Add Banana Peppers - Small	0								330		1		1		
Add Black Olives - Large	15	15	1.5				1.0		130		1				
Add Black Olives - Medium	15	15	1.5				1.0		120		1				
Add Black Olives - Small	20	15	2.0				1.0		150		1				
Add Canadian Bacon - Large	25	10	1.0	0				10	280		0		0		3
Add Canadian Bacon - Medium	20	5	1.0	0				10	250		0		0		3
Add Canadian Bacon - Small	25	10	1.0	0				10	330		0		0		4
Add Chicken - Large	45	10	1.0	0		0	0	25	20	0					8
Add Chicken - Medium	40	10	1.0	0		0	0	20	20	0					8
Add Chicken - Small	40	5	1.0	0		0	0	20	15	0					7
Add Feta Cheese - Large	40	20	2.5	1.5				3	220						3
Add Feta Cheese - Medium	35	20	2.0	1.5				3	190						3
Add Feta Cheese - Small	40	20	2.5	1.5				3	220						3
Add Fresh Basil - Large	0	0							0	0					
Add Fresh Basil - Medium	0	0								0					
Add Fresh Basil - Small	0	0							0	0					
Add Fresh Garlic - Large	5	0							0	0	1				0
Add Fresh Garlic - Medium	5	0							0	0	1				0
Add Fresh Garlic - Small	5	0							0	0	1				0
Add Gorgonzola - Large	50	35	4.0	2.5				10	125		0		0		4
Add Gorgonzola - Medium	40	30	3.5	2.0				10	110		0		0		3
Add Gorgonzola - Small	50	35	4.0	2.5				15	130		1		1		4
Add Green Olives - Large	10	0	0.5	0					370		1				0
Add Green Olives - Medium	10	0	0	0					340		1				0
Add Green Olives - Small	10	5	0.5	0					430		1				0
Add Green Peppers - Large	0	0	0	0		0		30	0	1			0		0
Add Green Peppers - Medium	0	0	0	0				25	0	1			0		0
Add Green Peppers - Small	5	0	0	0		0		35	0	1			0		0
Add Ground Beef - Large	60	45	5	2.0				15	170						4
Add Ground Beef - Medium	60	40	4.5	2.0				15	160						3
Add Ground Beef - Small	70	50	6	2.5				15	200						4
Add Hot Giardinara - Large	35	30	3.5	0					250		1				
Add Hot Giardinara - Medium	35	25	3.0	0					230		1				
Add Hot Giardinara - Small	40	35	4.0	0					290		1				
Add Italian Beef - Large	50	25	3.0	1.0				10	85						5
Add Italian Beef - Medium	45	25	2.5	1.0				10	80						4
Add Italian Beef - Small	50	25	3.0	1.0				10	90						5

Add Italian Sausage - Large	110	80	9	3.0		30	200	110	1		6	
Add Italian Sausage - Medium	100	70	8	2.5		30	190	105	1		6	
Add Italian Sausage - Small	130	90	10	3.5		35	240	135	1		8	
Add Jalapenos - Large	5	0	0		0		0	0	1	1	0	
Add Jalapenos - Medium	0	0	0				0	0	1	1	0	
Add Jalapenos - Small	0	0	0				0	0	1	0	0	
Add Meatballs - Large	45	30	3.0	1.0		10	110	0	1	0	1	2
Add Meatballs - Medium	45	30	3.0	1.0		10	110	0	1	0	1	2
Add Meatballs - Small	45	30	3.0	1.0		10	110	0	1	0	1	2
Add Mushrooms - Large	0	0	0				0	0	1	0	1	
Add Mushrooms - Medium	0	0	0				0	0	1	0	0	
Add Mushrooms - Small	0	0	0				0	0	1	0	1	
Add Onions - Large	10	0	0	0	0		35	0	2	1	0	
Add Onions - Medium	5	0	0	0	0		35	0	1	1	0	
Add Onions - Small	10	0	0	0	0		45	0	2	1	0	
Add Pepperoni - Large	80	70	8	3.0		15	320		1	1	4	
Add Pepperoni - Medium	70	60	7	3.0		10	280		1	1	3	
Add Pepperoni - Small	90	80	9	3.5		15	350		1	1	4	
Add Pineapple - Large	20						0	0	5	5	2	
Add Pineapple - Medium	15						0	0	4	4	1	
Add Pineapple - Small	20						0	0	5	5	2	
Add Roasted Red Peppers - Large	5						35		1	1		
Add Roasted Red Peppers - Medium	5						30		1	1		
Add Roasted Red Peppers - Small	5						40		1	1		
Add Roma Tomatoes - Large	10						75	0	2	1	0	
Add Roma Tomatoes - Medium	5						55	0	1	1	0	
Add Roma Tomatoes - Small	10						80	0	2	1	0	
Add Spinach - Large	0	0	0				15	0	1	0	0	
Add Spinach - Medium	0	0	0				10	0	1	0	0	
Add Spinach - Small	0	0	0				15	110	1	0	1	

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Pizza - Rustic Crust Cheese

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Medium Rustic Crust Cheese Pizza	70	30	3.5	1.0		0	0.5	5	150	0	8		1		4
X-Large Rustic Crust Cheese Pizza	90	40	4.5	2.0		0	0.5	5	190	0	9		1		5

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Pizza - Rustic Crust Greatest Hits		Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
	A Lot' A Meat Medium	110	60	7	2.5		0	0.5	15	310	0	8		1		6
	A Lot' A Meat X-Large	140	70	8	3.5		0	0.5	20	380	0	10		1		8
	BBQ Chicken Medium	110	40	4.5	1.5		0	0.5	15	250	0	10		3		6
	BBQ Chicken X-Large	130	50	6	2.5		0	1.0	15	320	0	12		4		8
	Chicago Beef Medium	90	40	4.5	1.5		0	0.5	5	220	0	8		1		5
	Chicago Beef X-Large	110	50	6	2.5		0	0.5	10	270	0	10		1		6
	Hawaiian BBQ Medium	90	30	3.5	1.5		0	0.5	10	280	0	11		4	0	5
	Hawaiian BBQ X-Large	120	40	4.5	2.0		0	0.5	10	360	0	13		5	0	6
	Hot Buffalo Chicken Medium	90	30	3.5	1.5		0	0.5	10	290	0	8		1		6
	Hot Buffalo Chicken X-Large	110	40	4.5	2.0		0	1.0	15	380	0	10		1		7
	Nana's Special Medium	80	30	3.5	1.0		0	0.5	5	160	0	8		1		4
	Nana's Special X-Large	100	40	4.5	2.0		0	0.5	5	200	0	10		1		5
	Northern Italian Veggie Medium	80	30	3.5	1.0		0	1.0	5	180	0	8		1		4
	Northern Italian Veggie X-Large	100	40	4.5	2.0		0	1.0	5	230	0	10		1		5
	Rocco's Party Medium	90	40	5.0	1.5		0	0.5	10	190	0	8		1		5
	Rocco's Party X-Large	120	50	6	2.5		0	0.5	15	250	0	10		1		6
	Spicy Pepino Medium	100	50	6	2.0		0	0.5	10	340	0	8		1		5
	Spicy Pepino X-Large	130	70	8	3.0		0	0.5	10	450	0	10		2		6
	Uncle Tony Medium	100	50	6	2.0		0	0.5	10	230	0	8		1		5
	Uncle Tony X-Large	130	60	7	3.0		0	0.5	15	290	0	10		1		6
	Veggie Medium	80	30	3.5	1.5		0	0.5	5	160	0	8		1		4
	Veggie X-Large	100	40	4.5	2.0		0	0.5	5	200	0	10		1		5

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Pizza - Rustic Crust Toppings	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Add Anchovies - Medium	10	0	0	0		0	0	4	150	0					1
Add Anchovies - X-Large	10	0	0	0		0	0	4	190	0					1
Add Bacon - Medium	20	15	1.5	0.5				4	60						1
Add Bacon - X-Large	20	15	1.5	0.5				4	65						1
Add Banana Peppers - Medium	0								60		0		0		
Add Banana Peppers - X-Large	0								70		0		0		
Add Black Olives - Medium	0	0	0				0		35		0				
Add Black Olives - X-Large	0	0	0				0		40		0				
Add Canadian Bacon - Medium	5	0	0	0				2	70		0		0		1
Add Canadian Bacon - X-Large	5	0	0	0				3	80		0		0		1
Add Chicken - Medium	10	0	0	0		0	0	5	5	0					2
Add Chicken - X-Large	15	0	0	0		0	0	5	5	0					3
Add Feta Cheese - Medium	10	5	0.5	0					55						1
Add Feta Cheese - X-Large	10	5	0.5	0					65						1
Add Fresh Basil - Medium	0									0					
Add Fresh Basil - X-Large	0									0					
Add Fresh Garlic - Medium	0	0							0	0	0				0
Add Fresh Garlic - X-Large	0	0							0	0	1				0
Add Gorgonzola - Medium	15	10	1.0	0.5				3	35		0		0		1
Add Gorgonzola - X-Large	20	15	1.5	1.0				5	50		0		0		1
Add Green Olives - Medium	0	0	0						95		0				
Add Green Olives - X-Large	0	0	0						115		0				
Add Green Peppers - Medium	0	0							5	0	0		0		
Add Green Peppers - X-Large	0	0							5	0	0		0		
Add Ground Beef - Medium	15	10	1.5	0.5				4	45						1
Add Ground Beef - X-Large	20	15	1.5	0.5				4	50						1
Add Hot Giardinara - Medium	10	10	1.0	0					65		0				
Add Hot Giardinara - X-Large	10	10	1.0	0					75		0				
Add Italian Beef - Medium	15	5	0.5	0				2	25						1
Add Italian Beef - X-Large	15	5	1.0	0				3	25						1
Add Italian Sausage - Medium	25	15	2.0	0.5				5	45	0	0				1
Add Italian Sausage - X-Large	30	20	2.0	0.5				10	55	0	0				2
Add Jalapenos - Medium	0	0								0	0		0		
Add Jalapenos - X-Large	0	0								0	0		0		0
Add Meatballs - Medium	10	5	1.0	0				2	30	0	0			0	1
Add Meatballs - X-Large	10	10	1.0	0				2	30	0	0			0	1
Add Mushrooms - Medium	0	0							0	0	0		0		0
Add Mushrooms - X-Large	0	0							0	0	0		0		0
Add Onions - Medium	0	0							10	0	0		0		
Add Onions - X-Large	0	0							10	0	0		0		
Add Pepperoni - Medium	20	15	2.0	1.0				3	75		0		0		1
Add Pepperoni - X-Large	25	20	2.5	1.0				4	95		0		0		1

Add Pineapple - Medium	0			0	0	1		1	0
Add Pineapple - X-Large	5			0	0	1		1	0
Add Roasted Red Peppers - Medium	0			5		0		0	
Add Roasted Red Peppers - X-Large	0			10		0		0	
Add Roma Tomatoes - Medium	0			20	0	0		0	0
Add Roma Tomatoes - X-Large	0			20	0	1		0	0
Add Spinach - Medium	0	0		0	0	0			0
Add Spinach - X-Large	0	0		0	0	0			0

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Pizza - Stuffed Lighter Cheese		Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Large Stuffed Lighter Cheese Pizza		490	240	28	10	0	1.5	6	40	960	110	41	1	5		20
Med Stuffed Lighter Cheese Pizza		450	220	25	9	0	1.5	5	35	880	100	40	1	5		17
Personal Stuffed Lighter Cheese Pizza		260	120	13	4.5		0.5	2.5	15	490	0	28		3		9
Small Stuffed Lighter Cheese Pizza		540	250	29	10	0	1.5	6	40	1050	125	51	1	6		21

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Pizza - Stuffed Lighter Greatest Hits		Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
A Lot' A Meat Large		600	320	36	13	0	1.5	6	70	1440	170	42	1	6		28
A Lot' A Meat Medium		570	310	35	12	0	1.5	5	65	1380	160	41	1	5		26
A Lot' A Meat Personal		230	100	12	3.0				20	450	0	24		0		8
A Lot' A Meat Small		680	350	39	14	0	1.5	6	75	1600	190	52	1	6		30
Chicago Beef Large		540	280	31	11	0	1.5	6	45	1180	130	42	1	5		23
Chicago Beef Medium		500	250	28	10	0	1.5	5	40	1070	115	41	1	5		20
Chicago Beef Personal		210	90	10	2.0				10	340	0	24		0		6
Chicago Beef Small		600	290	33	11	0	1.5	6	45	1280	140	52	1	6		24
Nana's Special Large		490	240	28	10	0	1.5	6	40	1010	190	42	1	5		20
Nana's Special Medium		460	220	25	9	0	1.5	5	35	920	170	41	1	5		18
Nana's Special Personal		220	50	6	0.5		0	0		1360	105	40		1		4
Nana's Special Small		550	250	29	10	0	1.5	6	40	1090	210	52	2	6		22
Northern Italian Veggie Large		500	250	28	10	0	1.5	6	40	1050	110	43	1	5		20
Northern Italian Veggie Medium		470	230	26	9	0	1.5	6	35	960	105	42	1	5		18
Northern Italian Veggie Personal		160	45	5	0			0		200	0	24		0		3
Northern Italian Veggie Small		560	260	30	10	0	1.5	6	40	1150	125	54	1	6		21
Rocco's Party Large		550	280	32	12	0	1.5	6	55	1090	220	42	2	6		23
Rocco's Party Medium		520	260	30	11	0	1.5	5	50	1010	220	42	2	5		21
Rocco's Party Personal		190	70	8	1.5				10	260	105	25		0		6
Rocco's Party Small		610	300	34	12	0	1.5	6	55	1200	260	53	2	6		25
Spicy Pepino Large		530	280	31	11	0	1.5	6	45	1280	110	42	1	5		21
Spicy Pepino Medium		490	250	29	10	0	1.5	5	35	1160	100	41	1	5		18
Spicy Pepino Personal		180	70	8	1.0				3	390	0	24		0		4
Spicy Pepino Small		590	290	33	11	0	1.5	6	45	1400	125	52	1	6		22
Uncle Tony Large		530	280	31	12	0	1.5	6	45	1130	170	43	2	6		22
Uncle Tony Medium		500	250	29	10	0	1.5	5	40	1040	160	42	2	6		19
Uncle Tony Personal		210	90	10	2.0				15	320	0	25		0		6
Uncle Tony Small		600	300	34	12	0	1.5	6	50	1260	190	53	2	7		24
Veggie Large		490	240	28	10	0	1.5	6	40	980	150	42	1	6		20
Veggie Medium		460	220	25	9	0	1.5	5	35	900	135	41	1	5		18
Veggie Personal		150	45	5	0				180	0	24			0		3
Veggie Small		550	250	29	10	0	1.5	6	40	1070	160	52	2	6		21

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Pizza - Stuffed Lighter Toppings	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Add Anchovies - Large	25	10	1.0	0		0	0	10	420	0					3
Add Anchovies - Medium	25	10	1.0	0		0	0	10	430	0					3
Add Anchovies - Personal	10	0	0.5	0		0	0	5	210	0					2
Add Anchovies - Small	30	10	1.5	0		0	0.5	10	520	0					4
Add Bacon - Large	50	40	4.5	1.5				10	180						3
Add Bacon - Medium	45	35	4.0	1.5				10	160						3
Add Bacon - Personal	20	15	1.5	0.5				4	70						1
Add Bacon - Small	60	45	5.0	2.0				10	210						4
Add Banana Peppers - Large	0								210		0		0		
Add Banana Peppers - Medium	0								200		0		0		
Add Banana Peppers - Personal	0								120		0		0		
Add Banana Peppers - Small	0								240		1		1		
Add Black Olives - Large	10	10	1.0				1.0		95		1				
Add Black Olives - Medium	10	10	1.0				0.5		90		1				
Add Black Olives - Personal	0	0	0				0		40		0				
Add Black Olives - Small	15	10	1.5				1.0		110		1				
Add Canadian Bacon - Large	15	5	0.5	0				5	210		0		0		3
Add Canadian Bacon - Medium	15	5	0.5	0				5	190		0		0		2
Add Canadian Bacon - Personal	10	0	0	0				4	115		0		0		1
Add Canadian Bacon - Small	20	10	1.0	0				10	260		0		0		3
Add Chicken - Large	35	5	0.5	0		0	0	15	15	0					6
Add Chicken - Medium	30	5	0.5	0		0	0	15	15	0					6
Add Chicken - Personal	15	0	0	0		0	0	5	5	0					2
Add Chicken - Small	40	10	1.0	0		0	0	20	20	0					8
Add Feta Cheese - Large	30	15	2.0	1.0				2	170						2
Add Feta Cheese - Medium	25	15	1.5	1.0				2	150						2
Add Feta Cheese - Personal	15	10	1.0	0.5					90						1
Add Feta Cheese - Small	30	20	2.0	1.5				3	180						3
Add Fresh Basil - Large	0	0							0	0					
Add Fresh Basil - Medium	0	0								0					
Add Fresh Basil - Personal	0									0					
Add Fresh Basil - Small	0	0							0	0					
Add Fresh Garlic - Large	5	0							0	0	1				0
Add Fresh Garlic - Medium	5	0							0	0	1				0
Add Fresh Garlic - Personal	0								0	0	0				
Add Fresh Garlic - Small	5	0							0	0	1				0
Add Gorgonzola - Large	40	25	3.0	2.0				10	100		0		0		3
Add Gorgonzola - Medium	40	30	3.5	2.0				10	110		0		0		3
Add Gorgonzola - Personal	25	20	2.0	1.5				5	65		0		0		2
Add Gorgonzola - Small	50	35	4.0	2.5				15	130		1		1		4
Add Green Olives - Large	10	0	0	0					270		1				0
Add Green Olives - Medium	5	0	0	0					260		1				0
Add Green Olives - Personal	0	0	0						110		0				

Add Green Olives - Small	10	0	0	0	310	1	0	0
Add Green Peppers - Large	0	0	0		20	0	1	0
Add Green Peppers - Medium	0	0	0		20	0	1	0
Add Green Peppers - Personal	0	0	0		10	0	0	0
Add Green Peppers - Small	0	0	0	0	25	0	1	0
Add Ground Beef - Large	50	40	4.5	2.0	10	150		3
Add Ground Beef - Medium	50	35	4.0	1.5	10	135		3
Add Ground Beef - Personal	30	20	2.5	1.0	5	80		2
Add Ground Beef - Small	60	45	5	2.0	15	180		4
Add Hot Giardinara - Large	25	20	2.5	0	180	1		
Add Hot Giardinara - Medium	25	20	2.5	0	170	1		
Add Hot Giardinara - Personal	15	10	1.5	0	105	0		
Add Hot Giardinara - Small	30	25	3.0	0	210	1		
Add Italian Beef - Large	35	20	2.0	0.5	5	65		4
Add Italian Beef - Medium	35	20	2.0	0.5	5	60		3
Add Italian Beef - Personal	15	10	1.0	0	3	25		2
Add Italian Beef - Small	40	20	2.5	1.0	10	70		4
Add Italian Sausage - Large	80	60	6	2.0	25	150	0	1
Add Italian Sausage - Medium	70	50	6	2.0	20	140	0	0
Add Italian Sausage - Personal	50	40	4.5	1.5	15	100	0	0
Add Italian Sausage - Small	100	70	8	2.5	25	180	100	1
Add Jalapenos - Large	0	0	0		0	0	1	0
Add Jalapenos - Medium	0	0	0		0	0	1	0
Add Jalapenos - Personal	0	0			0	0	0	0
Add Jalapenos - Small	0	0	0		0	0	1	0
Add Meatballs - Large	45	30	3.0	1.0	10	110	0	1
Add Meatballs - Medium	45	30	3.0	1.0	10	110	0	1
Add Meatballs - Personal	20	15	1.5	0.5	4	55	0	1
Add Meatballs - Small	45	30	3.0	1.0	10	110	0	1
Add Mushrooms - Large	0	0			0	0	0	0
Add Mushrooms - Medium	0	0			0	0	0	0
Add Mushrooms - Personal	0	0			0	0	0	0
Add Mushrooms - Small	0	0			0	0	0	0
Add Onions - Large	5	0	0	0	25	0	1	1
Add Onions - Medium	5	0	0	0	25	0	1	0
Add Onions - Personal	0	0	0		15	0	1	0
Add Onions - Small	5	0	0	0	0	30	0	1
Add Pepperoni - Large	70	60	7	2.5	10	260	1	1
Add Pepperoni - Medium	60	50	6	2.0	10	220	0	0
Add Pepperoni - Personal	25	25	2.5	1.0	4	105	0	0
Add Pepperoni - Small	70	60	7	2.5	10	260	1	1
Add Pineapple - Large	20				0	0	5	5
Add Pineapple - Medium	15				0	0	4	4
Add Pineapple - Personal	5				0	0	2	2
Add Pineapple - Small	20				0	0	5	5
Add Roasted Red Peppers - Large	0				25		1	0
Add Roasted Red Peppers - Medium	0				25		1	0
Add Roasted Red Peppers - Personal	0				15		0	0
Add Roasted Red Peppers - Small	0				30		1	0
Add Roma Tomatoes - Large	10				75	0	2	1

Add Roma Tomatoes - Medium	5			65	0	2	1	0
Add Roma Tomatoes - Personal	0			20	0	0	0	0
Add Roma Tomatoes - Small	10			80	0	2	1	0
Add Spinach - Large	0	0		10	0	0	0	0
Add Spinach - Medium	0	0		10	0	0		0
Add Spinach - Personal	0	0		0	0	0		0
Add Spinach - Small	0	0	0	10	0	1	0	0

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Pizza - Super Thin Crust Cheese		Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Family Super Thin Cheese Pizza		60	30	3.5	1.5		0	0.5	5	115	0	5		0		3
Large Super Thin Cheese Pizza		70	35	4.0	1.5		0	0.5	5	135	0	6		1		3
Medium Super Thin Cheese Pizza		60	30	3.0	1.0		0	0.5	5	105	0	4		0		3
Small Super Thin Cheese Pizza		50	25	3.0	1.0		0	0	5	100	0	4		0		3
X-Large Super Thin Cheese Pizza		60	30	3.5	1.5		0	0.5	5	115	0	5		0		3

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Pizza - Super Thin Crust Greatest Hits		Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
A Lot' A Meat Family	90	50	6	2.0			0	0.5	15	230	0	5		1		5
A Lot' A Meat Large	110	60	7	2.5			0	0.5	15	270	0	6		1		6
A Lot' A Meat Medium	80	50	5	2.0			0	0.5	15	210	0	4		1		5
A Lot' A Meat Small	80	45	5.0	2.0			0	0	10	190	0	5		0		4
A Lot' A Meat X-Large	90	50	6	2.5			0	0.5	15	240	0	5		1		5
BBQ Chicken Family	100	40	5.0	1.5			0	0.5	15	240	0	8		3		6
BBQ Chicken Large	110	45	5	2.0			0	1.0	20	270	0	9		3		7
BBQ Chicken Medium	90	35	4.0	1.5			0	0.5	15	200	0	6		2		6
BBQ Chicken Small	90	35	4.0	1.5			0	0.5	15	210	0	7		3		5
BBQ Chicken X-Large	100	40	4.5	1.5			0	0.5	15	240	0	8		3		6
Chicago Beef Family	70	40	4.5	1.5			0	0.5	10	170	0	5		1		4
Chicago Beef Large	90	45	5	1.5			0	0.5	10	200	0	6		1		4
Chicago Beef Medium	70	35	4.0	1.5			0	0.5	10	160	0	4		0		4
Chicago Beef Small	70	35	4.0	1.5			0	0	5	150	0	5		0		3
Chicago Beef X-Large	70	40	4.5	1.5			0	0.5	10	180	0	5		1		4
Hawaiian BBQ Family	80	35	4.0	1.5			0	0.5	10	290	0	9		4	0	4
Hawaiian BBQ Large	90	35	4.0	1.5			0	0.5	10	320	0	10		4	0	5
Hawaiian BBQ Medium	70	30	3.5	1.5			0	0.5	10	240	0	7		3	0	4
Hawaiian BBQ Small	70	30	3.0	1.0			0	0	10	250	0	8		4	0	4
Hawaiian BBQ X-Large	80	30	3.5	1.5			0	0.5	10	280	0	8		4	0	4
Hot Buffalo Chicken Family	80	35	4.0	1.5			0	0.5	15	320	0	5		0		5
Hot Buffalo Chicken Large	90	35	4.0	1.5			0	0.5	15	340	0	6		1		6
Hot Buffalo Chicken Medium	70	30	3.5	1.5			0	0.5	10	250	0	5		0		5
Hot Buffalo Chicken Small	50	25	3.0	1.0			0	0	5	100	0	4		0		3
Hot Buffalo Chicken X-Large	80	30	3.5	1.5			0	0.5	15	300	0	5		1		5
Nana's Special Family	60	30	3.5	1.5			0	0.5	5	135	0	5		1		3
Nana's Special Large	70	35	4.0	1.5			0	0.5	5	160	0	6		1		4
Nana's Special Medium	60	30	3.0	1.5			0	0.5	5	125	0	5		1		3
Nana's Special Small	60	25	3.0	1.0			0	0	5	120	0	5		0		3
Nana's Special X-Large	60	30	3.5	1.5			0	0.5	5	140	0	5		1		3
Northern Italian Veggie Family	70	35	4.0	1.5			0	0.5	5	140	0	5		1		3
Northern Italian Veggie Large	80	35	4.0	1.5			0	1.0	5	160	0	7		1		3
Northern Italian Veggie Medium	60	30	3.5	1.5			0	0.5	5	130	0	5		1		3
Northern Italian Veggie Small	60	30	3.0	1.0			0	0.5	5	125	0	5		1		3
Northern Italian Veggie X-Large	70	30	3.5	1.5			0	0.5	5	140	0	6		1		3
Rocco's Party Family	70	40	4.5	1.5			0	0.5	10	140	0	5		1		4
Rocco's Party Large	90	45	5.0	2.0			0	0.5	10	170	0	6		1		4
Rocco's Party Medium	70	35	4.0	1.5			0	0.5	10	135	0	5		1		4
Rocco's Party Small	70	35	4.0	1.5			0	0	10	125	0	5		1		3
Rocco's Party X-Large	80	40	4.5	1.5			0	0.5	10	150	0	5		1		4
Spicy Pepino Family	90	50	6	2.0			0	0.5	10	290	0	5		1		4
Spicy Pepino Large	100	60	7	2.5			0	0.5	10	370	0	6		1		4
Spicy Pepino Medium	80	50	5	2.0			0	0.5	10	280	0	5		1		4
Spicy Pepino Small	80	45	5	2.0			0	0	10	280	0	5		1		3

Spicy Pepino X-Large	90	50	6	2.0	0	0.5	10	310	0	5	1	4
Uncle Tony Family	80	45	5	2.0	0	0.5	10	170	0	5	1	4
Uncle Tony Large	90	50	6	2.0	0	0.5	15	210	0	6	1	5
Uncle Tony Medium	70	40	4.5	2.0	0	0.5	10	160	0	4	1	4
Uncle Tony Small	70	40	4.5	1.5	0	0	10	150	0	5	1	3
Uncle Tony X-Large	80	45	5	2.0	0	0.5	10	180	0	5	1	4
Veggie Family	60	30	3.5	1.5	0	0.5	5	120	0	5	1	3
Veggie Large	70	35	4.0	1.5	0	0.5	5	140	0	6	1	3
Veggie Medium	60	30	3.0	1.5	0	0.5	5	115	0	4	1	3
Veggie Small	50	25	3.0	1.0	0	0	5	105	0	5	1	3
Veggie X-Large	60	30	3.5	1.5	0	0.5	5	125	0	5	1	3

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Pizza - Super Thin Crust Toppings		Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Add Anchovies - Family		5	0	0	0		0	0	3	130	0					1
Add Anchovies - Large		10	0	0	0		0	0	4	160	0					1
Add Anchovies - Medium		5	0	0	0		0	0	3	110	0					1
Add Anchovies - Small		5	0	0	0		0	0	3	115	0					1
Add Anchovies - X-Large		10	0	0	0		0	0	3	135	0					1
Add Bacon - Family		15	10	1.0	0				3	50						1
Add Bacon - Large		20	15	1.5	0.5				4	60						1
Add Bacon - Medium		15	10	1.0	0				3	45						1
Add Bacon - Small		15	10	1.0	0				3	45						1
Add Bacon - X-Large		15	10	1.5	0				3	55						1
Add Banana Peppers - Family		0								85		0		0		
Add Banana Peppers - Large		0								100		0		0		
Add Banana Peppers - Medium		0								75		0		0		
Add Banana Peppers - Small		0								75		0		0		
Add Banana Peppers - X-Large		0								90		0		0		
Add Black Olives - Family		0	0	0				0		30		0				
Add Black Olives - Large		0	0	0				0		35		0				
Add Black Olives - Medium		0	0	0				0		25		0				
Add Black Olives - Small		0	0	0				0		25		0				
Add Black Olives - X-Large		0	0	0				0		30		0				
Add Canadian - Family		0	0	0	0					55		0		0		1
Add Canadian Bacon - Large		5	0	0	0				2	70		0		0		1
Add Canadian Bacon - Medium		0	0	0	0					55		0		0		1
Add Canadian Bacon - Small		0	0	0	0					55		0		0		1
Add Canadian Bacon - X-Large		0	0	0	0				2	60		0		0		1
Add Chicken - Family		10	0	0	0			0	5	0	0					2
Add Chicken - Large		10	0	0	0		0	0	5	5	0					2
Add Chicken - Medium		10	0	0	0			0	4	0	0					2
Add Chicken - Small		10	0	0	0			0	5	0	0					2
Add Chicken - X-Large		10	0	0	0			0	5	0	0					2
Add Feta Cheese - Family		10	0	0.5	0					45						1
Add Feta Cheese - Large		10	5	0.5	0					55						1
Add Feta Cheese - Medium		5	0	0	0					40						1
Add Feta Cheese - Small		5	0	0	0					40						1
Add Feta Cheese - X-Large		10	0	0.5	0					50						1
Add Fresh Basil - Family		0									0					
Add Fresh Basil - Large		0									0					
Add Fresh Basil - Medium		0									0					
Add Fresh Basil - Small		0									0					
Add Fresh Basil - X-Large		0									0					
Add Fresh Garlic - Family		0	0							0	0	0				0
Add Fresh Garlic - Large		0	0							0	0	1				0

Add Fresh Garlic - Medium	0	0			0	0	0		0
Add Fresh Garlic - Small	0	0			0	0	0		0
Add Fresh Garlic - X-Large	0	0			0	0	1		0
Add Gorgonzola - Family	15	10	1.0	0.5	3	35	0	0	1
Add Gorgonzola - Large	15	10	1.5	1.0	4	45	0	0	1
Add Gorgonzola - Medium	15	10	1.0	0.5	3	35	0	0	1
Add Gorgonzola - Small	15	10	1.0	0.5	3	35	0	0	1
Add Gorgonzola - X-Large	15	10	1.0	0.5	4	40	0	0	1
Add Green Olives - Family	0	0	0			80		0	
Add Green Olives - Large	0	0	0			95		0	
Add Green Olives - Medium	0	0	0			70		0	
Add Green Olives - Small	0	0	0			70		0	
Add Green Olives - X-Large	0	0	0			80		0	
Add Green Peppers - Family	0	0				5	0	0	0
Add Green Peppers - Large	0	0				10	0	0	0
Add Green Peppers - Medium	0	0				5	0	0	0
Add Green Peppers - Small	0	0				5	0	0	0
Add Green Peppers - X-Large	0	0				10	0	0	0
Add Ground Beef - Family	10	10	1.0	0	2	30			1
Add Ground Beef - Large	10	10	1.0	0	3	35			1
Add Ground Beef - Medium	10	5	1.0	0	2	25			1
Add Ground Beef - Small	10	10	1.0	0	2	30			1
Add Ground Beef - X-Large	10	10	1.0	0	3	30			1
Add Hot Giardinara - Family	10	5	0.5	0		55		0	
Add Hot Giardinara - Large	10	10	1.0	0		65		0	
Add Hot Giardinara - Medium	5	5	0.5	0		50		0	
Add Hot Giardinara - Small	5	5	0.5	0		45		0	
Add Hot Giardinara - X-Large	10	5	0.5	0		55		0	
Add Italian Beef - Family	10	5	0.5	0	2	20			1
Add Italian Beef - Large	15	5	0.5	0	2	25			1
Add Italian Beef - Medium	10	0	0.5	0		15			1
Add Italian Beef - Small	10	0	0.5	0		15			1
Add Italian Beef - X-Large	10	5	0.5	0	2	20			1
Add Italian Sausage - Family	20	15	1.5	0.5	5	40	0	0	1
Add Italian Sausage - Large	25	15	2.0	0.5	5	45	0	0	1
Add Italian Sausage - Medium	20	15	1.5	0	5	35	0	0	1
Add Italian Sausage - Small	15	10	1.5	0	5	35	0	0	1
Add Italian Sausage - X-Large	20	15	1.5	0.5	5	40	0	0	1
Add Jalapenos - Family	0	0					0	0	0
Add Jalapenos - Large	0	0					0	0	0
Add Jalapenos - Medium	0	0					0	0	0
Add Jalapenos - Small	0	0					0	0	0
Add Jalapenos - X-Large	0	0					0	0	0
Add Meatballs - Family	10	5	0.5	0		25	0	0	0
Add Meatballs - Large	10	5	1.0	0	2	30	0	0	1
Add Meatballs - Medium	5	0	0.5	0		20	0	0	0
Add Meatballs - Small	5	0	0	0		15	0	0	0
Add Meatballs - X-Large	10	5	0.5	0		25	0	0	1
Add Mushrooms - Family	0	0				0	0	0	0
Add Mushrooms - Large	0	0				0	0	0	0
Add Mushrooms - Medium	0	0				0	0	0	0
Add Mushrooms - Small	0	0				0	0	0	0
Add Mushrooms - X-Large	0	0				0	0	0	0
Add Onions - Family	0	0				10	0	0	0
Add Onions - Large	0	0	0			10	0	0	0
Add Onions - Medium	0	0				10	0	0	0
Add Onions - Small	0	0				10	0	0	0

Add Onions - X-Large	0	0			10	0	0	0	
Add Pepperoni - Family	15	15	1.5	0.5	3	65	0	0	1
Add Pepperoni - Large	20	20	2.0	1.0	3	85	0	0	1
Add Pepperoni - Medium	15	15	1.5	0.5	3	65	0	0	1
Add Pepperoni - Small	15	15	1.5	0.5	3	65	0	0	1
Add Pepperoni - X-Large	20	15	2.0	0.5	3	70	0	0	1
Add Pineapple - Family	0				0	0	1	1	0
Add Pineapple - Large	0				0	0	1	1	0
Add Pineapple - Medium	0				0	0	1	1	0
Add Pineapple - Small	0				0	0	1	1	0
Add Pineapple - X-Large	0				0	0	1	1	0
Add Roasted Red Peppers - Family	0				10		0	0	
Add Roasted Red Peppers - Large	0				10		0	0	
Add Roasted Red Peppers - Medium	0				5		0	0	
Add Roasted Red Peppers - Small	0				5		0	0	
Add Roasted Red Peppers - X-Large	0				10		0	0	
Add Roma Tomatoes - Family	0				15	0	0	0	0
Add Roma Tomatoes - Large	0				20	0	0	0	0
Add Roma Tomatoes - Medium	0				15	0	0	0	0
Add Roma Tomatoes - Small	0				15	0	0	0	0
Add Roma Tomatoes - X-Large	0				15	0	0	0	0
Add Spinach - Family	0	0			0	0	0		0
Add Spinach - Large	0	0			0	0	0		0
Add Spinach - Medium	0	0			0	0	0		0
Add Spinach - Small	0	0			0	0	0		0
Add Spinach - X-Large	0	0			0	0	0		0

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Salads	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Add: Breaded Chicken (6 oz)	580	290	33	4.0		1.0	1.5	190	220	330	26				44
Add: Chicken Breast	190	35	4.0	1.0		1.0	1.5	95	85	290					35
Blueberry Pecan Salad with Poppy Seed Dressing	690	530	60	9		0	0	5	750	470	33	5	25		11
Caesar Salad Entree with Dressing	960	770	87	19	0.5	33	16	125	2220	590	24	4	7		22
Caesar Salad Side with Dressing	500	400	45	10	0	17	8	65	1170	300	12	2	3		12
Chopped Salad with House Balsamic Vinaigrette	1020	690	78	19		1.0	1.0	130	2050	950	35	6	6		49
Mixed Green Salad Entree with House Balsamic Vinaigrette	400	330	38	7		0		10	800	320	14	2	2		4
Mixed Green Salad Side with House Balsamic Vinaigrette	200	170	19	4.0		0		10	430	170	7	1	1		3

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Sandwiches	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Add: Hot Giardinara	120	100	11	1.0					840		2				
Add: Sweet Peppers	10	0	0	0		0	0		50	0	1		1		0
Godfather - 6" (no sides)	940	510	58	20	4.0	1.0	5.0	110	2100	0	47	2	3		57
Godfather - 8" (no sides)	1380	780	88	29	7	1.5	6	155	3030	95	65	2	3		80
Godmother - 6" (no sides)	990	490	56	19	4.0	1.0	5.0	110	2400	0	72	7	7		54
Godmother - 8" (no sides)	1330	700	79	25	7	1.5	6	130	3210	95	93	7	7		67
Italian Meatball Sub - 6" (no sides)	1270	750	85	30	4.0	1.0	5.0	165	3210	500	68	5	5	17	61
Italian Meatball Sub - 8" (no sides)	1060	650	74	30	1.0	1.0	6	180	3610	520	40	6	4	17	60
Roasted Chicken Pesto - 6" (no sides)	1070	610	69	20	4.0	6	12	155	1860	360	49	2	3		64
Roasted Chicken Pesto - 8" (no sides)	1450	840	95	27	7	7	14	180	3530	400	72	4	3		78
Roasted Italian Beef - 6" (no sides)	480	150	18	5		0		50	1130		45	2	2		33
Roasted Italian Beef - 8" (no sides)	670	210	24	7		1.0		70	1510		63	2	2		47

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Side of Dressing	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Blue Cheese Dressing (2 oz)	260	230	26	8				30	350		2				4
Caesar Dressing (2 oz)	310	280	32	5	0	17	8	40	590	0	4		2		2
House Balsamic Vinaigrette (2 oz)	260	230	26	4.0					490		6				
Poppy Seed Dressing (2 oz)	320	270	30	4.0					150		11		11		
Ranch Dressing (2 oz)	250	230	26	6				20	550		2				

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Side of Sauce	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Boom Boom Sauce (2 oz)	280	270	30	4.5				30	470		4		4	4	
Buffalo Sauce (2 oz)	20								1590	0	4				
Lemon Pepper Sauce (2 oz)	240	210	24	4.5	4.5				1710	0	8		7	6	2
Marinara Sauce (2 oz)	30	15	1.5	0					210		4		0		1
Meat Sauce (2 oz)	50	25	2.5	1.0	0			10	150		3		2		3
Memphis BBQ Sauce (2 oz)	120								550	180	28		23	22	1
Nancy's Sweet BBQ Sauce (2 oz)	100								610		24		22		
Olive Oil (2 oz)	480	470	54	8		6	40								
Pesto Aioli (2 oz)	250	230	26	4.0		8	3.5	15	480	0	1				3
Pizza Sauce (2 oz)	25	0	0						250	0	5		4		1

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Sides	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Side of Baked Waffle Fries	420	170	19	2.5		8	7		1490	560	59	2	13	10	2
Side of Fried Onion Rings	710	400	46	5.0					1380		71	2	20	10	4
Side of Fried Waffle Fries	650	410	46	4.5		8	7		1490	560	59	2	13	10	2
Side of Italian Sausage	520	350	40	13				135	1210	490	9	3	1		29
Side of Meatballs	390	240	27	9				65	1210	280	16	2	2	11	19

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Wings	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Bone-In Wings Baked (07)	280	150	18	4.5				155	810	0	2				26
Bone-In Wings Baked (14)	560	310	35	9				315	1610	0	4				53
Bone-In Wings Baked (21)	840	460	53	13				470	2420	0	5				79
Bone-In Wings Fried (07)	460	340	38	6				155	810	0	2				26
Bone-In Wings Fried (14)	920	680	77	12				315	1610	0	4				53
Bone-In Wings Fried (21)	1370	1010	115	18				470	2420	0	5				79
Boneless Wings Baked (08)	450	200	23	5				75	1250	0	28				33
Boneless Wings Baked (16)	900	400	45	10				150	2500	0	55				65
Boneless Wings Baked (24)	1350	600	68	15				225	3750	0	83				98
Boneless Wings Fried (08)	720	480	54	7				75	1250	0	28				33
Boneless Wings Fried (16)	1450	960	109	15				150	2500	0	55				65
Boneless Wings Fried (24)	2170	1440	163	22				225	3750	0	83				98
Dressing - Blue Cheese (07/08)	260	230	26	8				30	350		2				4
Dressing - Blue Cheese (14/16)	510	470	53	15				60	700		4				8
Dressing - Blue Cheese (21/24)	770	700	79	23				90	1040		6				11
Dressing - Ranch (07/08)	250	230	26	6				20	550		2				
Dressing - Ranch (14/16)	490	470	53	11				40	1100		4				
Dressing - Ranch (21/24)	740	700	79	17				55	1660		6				
Sauce - Boom Boom (07/08)	270	250	28	4.5				25	440		4		4	4	
Sauce - Boom Boom (14/16)	530	500	57	9				55	890		7		7	7	
Sauce - Boom Boom (21/24)	800	750	85	13				80	1330		11		11	11	
Sauce - Hot Buffalo (07/08)	20								1490	0	4				
Sauce - Hot Buffalo (14/16)	35								2980	140	7				
Sauce - Hot Buffalo (21/24)	50								4470	210	11				
Sauce - Lemon Pepper (07/08)	230	200	22	4.0	4.0				1600	0	7		6	6	2
Sauce - Lemon Pepper (14/16)	460	390	44	8	8				3210	0	15		12	12	4
Sauce - Lemon Pepper (21/24)	690	590	67	12	12				4810	0	22		18	18	6
Sauce - Memphis BBQ (07/08)	110								520	170	26		22	20	1
Sauce - Memphis BBQ (14/16)	230	0							1040	340	52	1	43	40	1
Sauce - Memphis BBQ (21/24)	350	0							1550	510	78	2	65	61	2
Sauce - Nancy's Sweet BBQ (07/08)	90								570		23		21		
Sauce - Nancy's Sweet BBQ (14/16)	190								1140		46		42		

Sauce - Nancy's Sweet BBQ 280
(21/24)

1710

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Catering - Desserts

Cannoli (12)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
	2820	1380	156	60				360	720	0	290		158	14	60

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Catering - Extras															
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Bread (12 piece)	2080	120	14						4990		402		14		69
Bread (6 piece)	1040	60	7						2500		201		7		35
Dressing - Bleu Cheese (Pint)	2180	1980	224	64				255	2940		16				32
Dressing - Bleu Cheese (Quart)	4350	3960	448	128				510	5890		32				64
Dressing - Caesar (Pint)	2620	2380	269	46	2.5	140	66	330	4950	210	30	2	16		18
Dressing - Caesar (Quart)	5250	4760	539	92	5	280	131	660	9910	420	60	3	31		37
Dressing - House Balsamic Vinaigrette (Pint)	2160	1970	223	34					4110		51				
Dressing - House Balsamic Vinaigrette (Quart)	4320	3940	446	69					8230		103				
Dressing - Poppy Seed (Pint)	2700	2260	256	32					1230		96		96		
Dressing - Poppy Seed (Quart)	5410	4530	512	64					2460		192		192		
Dressing - Ranch (Pint)	2080	1980	224	48				160	4670		16				
Dressing - Ranch (Quart)	4160	3960	448	96				320	9340		32				
Marinara Sauce (Pint)	280	120	14	2.0					1880		36	8	4		8
Marinara Sauce (Quart)	560	250	28	4.0					3760		72	16	8		16
Meat Sauce (Pint)	420	190	22	8	1.0			80	1320		30	6	18		24
Meat Sauce (Quart)	840	390	44	16	2.0			160	2640		60	12	36		48
Parmesan Cheese (8 oz)	910	800	91	45				225	3180						45
Peppers - Banana Peppers (16 oz)	80								7780		16		16		
Peppers - Banana Peppers (32 oz)	160								15550		32		32		
Peppers - Hot Giardinara (16 oz)	990	780	89	10					6710		20				
Peppers - Hot Giardinara (32 oz)	1970	1570	178	20					13410		39				
Peppers - Roasted Red Peppers (16 oz)	150								910		30		15		
Peppers - Roasted Red Peppers (32 oz)	300								1810		60		30		
Peppers - Sweet Peppers (16 oz)	580	480	54	7		27	11		75	610	19	8	10		4
Peppers - Sweet Peppers (32 oz)	1150	950	108	14		54	21		150	1220	38	16	20		7

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Catering - Pasta		Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Add Baked Cheese For Pasta - Full Pan		2060	1280	145	82		4.5	39	455	3970	580	21		6		164
Add Baked Cheese For Pasta - Half Pan		780	490	55	31		1.5	15	170	1510	220	8		2		62
Add Chicken For Pastas - Full Pan		1500	290	32	9		7	11	770	670	2320					281
Add Chicken For Pastas - Half Pan		560	110	12	3.5		2.5	4.0	290	250	870					106
Baked Rigatoni with Marinara Sauce - Full Pan		15120	8170	924	367		19	132	2175	30390	8970	1097	120	65		733
Baked Rigatoni with Marinara Sauce - Half Pan		4970	2440	276	103		7	50	640	8950	3370	412	45	24		240
Baked Rigatoni with Meat Sauce - Full Pan		13950	6850	775	311	4.5	16	112	2145	22370	8970	1073	111	130		728
Baked Rigatoni with Meat Sauce - Half Pan		5220	2570	291	113	1.5	7	50	780	8040	3370	402	42	49		268
Chicken Tetrizzini - Full Pan		16950	10320	1167	659	3.5	62	278	4405	15790	7400	881	93	67		807
Chicken Tetrizzini - Half Pan		6480	3980	450	253	1.5	23	104	1685	6340	2780	330	35	25		309
Fettuccine Alfredo - Full Pan		12990	8550	967	568	3.5	29	218	3185	10640	1610	909	41	23		273
Fettuccine Alfredo - Half Pan		6500	4280	484	284	2.0	14	109	1595	5340	810	455	20	12		137
Spaghetti with Marinara Sauce - Full Pan		7140	2340	265	90		20	10	405	14720	0	934	118	59		320
Spaghetti with Marinara Sauce - Half Pan		3580	1180	134	45		10	5	205	7400	0	467	59	29		160
Spaghetti with Meat Sauce - Full Pan		7810	2680	303	118	4.5	20	10	775	12290	0	909	109	124		394
Spaghetti with Meat Sauce - Half Pan		3920	1350	153	59	2.5	10	5	390	6190	0	455	55	62		198
Tuscan Rigatoni with Marinara Sauce - Full Pan		15790	10360	1172	638	6	30	218	3625	20090	7040	982	80	45		458
Tuscan Rigatoni with Marinara Sauce - Half Pan		6050	4000	452	246	2.0	11	82	1390	7980	2620	368	30	17		178

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Catering - Salad		Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Add Chicken For Salads - Full Pan		1500	290	32	9		7	11	770	670	2320					281
Add Chicken For Salads - Half Pan		560	110	12	3.5		2.5	4.0	290	250	870					106
Blueberry Pecan Salad - Full Pan		6870	5540	626	86		1.5	0	30	5310	2190	276	25	238		57
Blueberry Pecan Salad - Half Pan		3260	2640	299	41		0.5	0	15	2390	880	129	10	114		23
Caesar Salad - Full Pan		6700	5520	625	125	5	266	124	850	14670	2900	154	23	45		122
Caesar Salad - Half Pan		3180	2670	302	59	2.5	133	62	405	6830	1200	67	10	21		53
Chopped Salad - Full Pan		6550	4780	541	117		5	5	635	12920	4730	212	28	32		241
Chopped Salad - Half Pan		3050	2300	260	54		2.0	2.0	260	6000	1970	96	12	13		97
Mixed Green Salad - Full Pan		4200	3550	402	72		1.0	3.0	75	14820	1520	151	12	41	25	28
Mixed Green Salad - Half Pan		2070	1760	199	35		0.5	1.5	35	7340	620	73	5	20	13	12

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Catering - Sides		Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Garlic Bread (no cheese) - Full Pan		6970	3880	439	94	66	10	0	140	16040	160	622	21	20		182
Garlic Bread (no cheese) - Half Pan		3480	1940	219	47	33	5		70	8020	0	311	10	10		91
Garlic Bread with Cheese 6" - Full Pan		9130	5080	574	180	66	14	38	685	21300	870	645	21	30		388
Garlic Bread with Cheese 6" - Half Pan		4560	2540	287	90	33	7	19	345	10650	440	323	10	15		194
Garlic Bread with Cheese 8" - Full Pan		12130	6730	761	238	88	19	51	905	28260	1110	860	28	40		516
Garlic Bread with Cheese 8" - Half Pan		6070	3370	381	119	44	9	26	455	14140	550	430	14	20		258
Italian Sausage in Marinara Sauce - Full Pan (20 links)		7270	5210	589	213	5			1305	27120		98	22	11		429
Italian Sausage in Marinara Sauce - Half Pan (10 links)		3640	2610	295	107	2.5			650	13560		49	11	5		215
Italian Sausage in Meat Sauce - Full Pan (20 Links)		7680	5410	612	230	8			1525	25670		83	17	50		474
Italian Sausage in Meat Sauce - Half Pan (10 Links)		3840	2710	306	115	4.0			765	12830		42	8	25		237
Meatballs in Marinara Sauce - Full Pan (48)		9740	6360	720	262				1765	29340	6720	338	46	35	264	495
Meatballs in Marinara Sauce - Half Pan (24)		4870	3180	360	131				880	14670	3360	169	23	17	132	247
Meatballs in Meat Sauce - Full Pan (48)		10140	6570	743	279	3.0			1985	27880	6720	323	41	74	264	539
Meatballs in Meat Sauce - Half Pan (24)		5070	3280	371	140	1.5			995	13940	3360	162	20	37	132	270

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Catering - Wings	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Add Dipping Sauce - Blue Cheese - Full Pan	2180	1980	224	64				255	2940		16				32
Add Dipping Sauce - Blue Cheese - Half Pan	1090	990	112	32				130	1470		8				16
Add Dipping Sauce - Ranch - Full Pan	2080	1980	224	48				160	4670		16				
Add Dipping Sauce - Ranch - Half Pan	1040	990	112	24				80	2340		8				
Add Wing Sauce - Boom Boom - Full Pan	2840	2670	302	47				285	4730		38		38	38	
Add Wing Sauce - Boom Boom - Half Pan	1420	1340	151	24				140	2360		19		19	19	
Add Wing Sauce - Buffalo - Full Pan	960	810	92	58	3.5	3.5	24	245	13350	630	30		0		1
Add Wing Sauce - Buffalo - Half Pan	480	410	46	29	2.0	1.5	12	120	6680	320	15				0
Add Wing Sauce - Lemon Pepper - Full Pan	2450	2100	237	43	43				17100	170	78		65	64	22
Add Wing Sauce - Lemon Pepper - Half Pan	1220	1050	119	22	22				8550	0	39		33	32	11
Add Wing Sauce - Memphis BBQ - Full Pan	1230	0	0						5520	1820	276	8	231	216	8
Add Wing Sauce - Memphis BBQ - Half Pan	610	0							2760	910	138	4	115	108	4
Add Wing Sauce - Nancy's BBQ - Full Pan	1010								6080		243		223		
Add Wing Sauce - Nancy's BBQ - Half Pan	510								3040		121		111		
Boneless Wings Baked - Full Pan (no sauce)	5290	2340	264	59				880	14680	0	324		1		382
Boneless Wings Baked - Half Pan (no sauce)	2400	1060	120	27				400	6670	0	147		0		173
Boneless Wings Fried - Full Pan (no sauce)	7860	4990	564	80				880	14680	0	324		1		382
Boneless Wings Fried - Half Pan (no sauce)	3690	2390	270	37				400	6670	0	147		0		173
Chicken Wings Baked - Full Pan (no sauce)	2240	1240	140	35				1260	6440	0	15		1		210
Chicken Wings Baked - Half Pan (no sauce)	1120	620	70	18				630	3220	0	7		0		105
Chicken Wings Fried - Full Pan (no sauce)	3390	2420	273	45				1260	6440	0	15		1		210
Chicken Wings Fried - Half Pan (no sauce)	1690	1210	137	22				630	3220	0	7		0		105

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