

Pizza Nutritional Informational Menu

**PIZZA**

	Serving (gm)	Calories	Calories from fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (mg)	Sugar (g)	Protein (g)
<b>12" Medium Pan Pizza</b>	<b>1 slice (1 slice = 1/8 pizza)</b>											
Cheese Only	91	240	90	10	4.5	0	25	530	27	1	2	11
Pepperoni	90	250	110	12	4.5	0	25	590	26	1	2	11
Supreme	112	290	130	14	5	0	30	650	27	2	2	12
Pepperoni & Mushroom	97	240	90	10	4	0	20	520	27	1	2	10
Italian Sausage & Red Onion	106	270	110	13	4.5	0	25	560	28	1	3	11
Ham & Pineapple	97	230	80	9	3.5	0	20	520	28	1	3	10
Veggie Lover's®	107	230	80	9	3.5	0	15	500	28	2	3	9
Meat Lover's®	113	330	160	18	7	0	40	830	27	1	2	14
Pepperoni Lover's®	101	290	130	14	6	0	35	730	27	1	2	13
Hawaiian Luau	104	260	100	12	4.5	0	25	610	28	1	3	11
Dan's Original	110	280	130	14	5	0	30	630	27	1	2	12
Triple Meat Italiano	103	290	130	15	5	0	30	700	27	1	2	13
Spicy Sicilian	106	270	120	13	5	0	25	700	27	2	2	11
Ultimate Cheese Lover's	92	270	120	13	5	0	25	580	26	1	2	12
<b>12" Medium Thin 'N Crispy® Pizza</b>	<b>1 slice (1 slice = 1/8 pizza)</b>											

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Cheese Only	65	190	70	8	4	0	25	550	22	1	4	9
Pepperoni	63	200	80	9	4	0	25	610	21	1	4	9
Supreme	88	240	110	12	5	0	30	670	23	1	4	10
Pepperoni & Mushroom	73	180	70	8	3.5	0	20	540	22	1	4	9
Italian Sausage & Red Onion	81	220	90	10	4	0	25	580	23	1	4	9
Ham & Pineapple	73	180	60	6	3	0	20	540	23	1	5	8
Veggie Lover's®	86	180	60	6	3	0	15	530	23	1	4	8
Meat Lover's®	85	280	140	16	6	0	40	860	22	1	4	13
Pepperoni Lover's®	75	250	110	13	6	0	35	760	22	1	4	12
Hawaiian Luau	81	220	90	10	4	0	25	650	24	1	5	10
Dan's Original	85	240	110	12	5	0	30	650	22	1	4	11
Triple Meat Italiano	76	240	110	12	5	0	30	720	22	1	4	11
Spicy Sicilian	81	220	90	10	4.5	0	25	750	22	1	4	9
Ultimate Cheese Lover's	65	220	100	11	5	0	25	600	21	1	4	10
<b>12" Medium Hand-Tossed Style Pizza</b>	<b>1 slice (1 slice = 1/8 pizza)</b>											
Cheese Only	84	220	70	8	4	0	25	550	26	1	4	10
Pepperoni	83	230	80	9	4	0	25	610	25	1	3	10
Supreme	106	260	110	12	5	0	30	680	26	1	4	12
Pepperoni & Mushroom	91	210	70	8	3.5	0	20	540	26	1	4	10

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Italian Sausage & Red Onion	99	240	90	10	4.5	0	25	580	27	1	4	11
Ham & Pineapple	91	200	60	6	3	0	20	550	27	1	5	9
Veggie Lover's®	102	200	60	6	3	0	15	530	27	2	4	9
Meat Lover's®	105	300	140	16	7	0	40	860	26	1	4	14
Pepperoni Lover's®	95	270	120	13	6	0	35	770	26	1	4	13
Hawaiian Luau	98	240	80	9	4	0	25	640	27	1	5	11
Dan's Original	103	260	110	12	5	0	30	650	26	1	4	12
Triple Meat Italiano	96	260	110	12	5	0	30	730	26	1	4	12
Spicy Sicilian	99	240	100	11	4.5	0	25	730	26	1	4	11
Ultimate Cheese Lover's	82	240	100	11	5	0	30	590	25	1	3	11
Cheese Only Garlic Parmesan	85	220	70	8	4.5	0	25	580	26	1	4	10
Pepperoni Garlic Parmesan	83	230	80	9	4.5	0	25	640	26	1	4	10
Supreme Garlic Parmesan	107	260	110	12	5	0	30	700	27	1	4	12
Pepperoni & Mushroom Garlic Parmesan	92	210	70	8	3.5	0	20	570	26	1	4	10
Italian Sausage & Red Onion Garlic Parmesan	100	250	90	10	4.5	0	25	610	28	1	4	11

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Ham & Pineapple Garlic Parmesan	92	210	60	6	3	0	20	570	28	1	5	9
Veggie Lover's® Garlic Parmesan	103	200	60	7	3	0	15	550	27	2	4	9
Meat Lover's® Garlic Parmesan	106	310	140	16	7	0	40	890	26	1	4	14
Pepperoni Lover's® Garlic Parmesan	96	280	120	13	6	0	35	790	27	1	4	13
Hawaiian Luau Garlic Parmesan	99	240	90	9	4	0	25	670	28	1	5	11
Dan's Original Garlic Parmesan	104	260	110	12	5	0	30	680	27	1	4	12
Triple Meat Italiano Garlic Parmesan	96	260	110	12	5	0	30	750	26	1	4	12
Spicy Sicilian Garlic Parmesan	100	250	100	11	5	0	25	760	27	2	4	11
Ultimate Cheese Lover's Garlic Parmesan	83	250	100	11	5	0	30	620	26	1	3	11
<b>12" Fit 'n Delicious® Pizza</b>	<b>1 slice (1 slice = 1/8 pizza)</b>											
Chicken, Red Onion & Green Pepper	95	180	40	4.5	1.5	0	20	510	23	1	5	11

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Chicken, Mushroom & Jalapeño	93	170	40	4.5	1.5	0	20	720	22	1	4	11
Ham, Red Onion & Mushroom	84	160	40	4.5	1.5	0	15	550	23	1	4	8
Ham, Pineapple & Diced Red Tomato	84	160	40	4.5	1.5	0	15	550	24	1	6	7
Green Pepper, Red Onion & Diced Red Tomato	89	150	35	4	1.5	0	10	400	24	2	5	6
Diced Red Tomato, Mushroom & Jalapeño	87	150	35	4	1.5	0	10	610	23	2	4	6
<b>14" Large Pan Pizza 1 slice (1 slice = 1/8 pizza)</b>												
Cheese Only	129	360	150	17	7	0	35	740	37	2	3	15
Pepperoni	128	380	170	19	7	0	35	840	36	2	3	15
Supreme	158	420	200	23	8	0	45	920	38	2	3	17
Pepperoni & Mushroom	136	350	150	17	6	0	30	730	37	2	3	14
Italian Sausage & Red Onion	148	390	180	20	7	0	35	770	38	2	3	15
Ham & Pineapple	137	340	130	15	5	0	25	740	39	2	4	14
Veggie Lover's®	149	330	130	15	5	0	20	690	38	2	4	13
Meat Lover's®	160	480	250	28	10	0.5	60	1180	37	2	3	20
Pepperoni Lover's®	145	430	200	23	9	0	55	1070	37	2	3	20

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Hawaiian Luau	145	380	160	18	6	0	35	860	39	2	4	15
Dan's Original	154	420	200	22	8	0	40	880	37	2	3	17
Triple Meat Italiano	146	420	200	23	8	0	45	1000	37	2	3	18
Spicy Sicilian	148	400	180	21	7	0	35	960	38	2	3	16
Ultimate Cheese Lover's	129	400	190	21	8	0	40	800	36	2	3	16
<b>14" Large Thin 'N Crispy® Pizza 1 slice (1 slice = 1/8 pizza)</b>												
Cheese Only	88	260	100	11	6	0	35	740	29	1	5	12
Pepperoni	86	280	120	13	6	0	35	850	28	1	5	13
Supreme	120	330	150	17	7	0	45	930	30	2	5	15
Pepperoni & Mushroom	99	260	100	11	4.5	0	30	740	29	1	5	12
Italian Sausage & Red Onion	110	300	120	14	6	0	35	780	30	1	6	13
Ham & Pineapple	100	240	80	9	4	0	25	750	31	1	7	11
Veggie Lover's®	117	240	80	9	4	0	20	710	30	2	6	10
Meat Lover's®	117	390	200	23	9	0.5	60	1210	28	1	5	18
Pepperoni Lover's®	104	350	170	18	8	0	55	1080	29	1	5	17
Hawaiian Luau	110	300	120	14	6	0	35	900	31	1	7	13
Dan's Original	115	320	150	16	7	0	40	890	29	1	5	15
Triple Meat Italiano	103	320	150	17	7	0	45	1000	28	1	5	15
Spicy Sicilian	110	300	130	15	6	0	35	1020	30	2	5	13

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Ultimate Cheese Lover's	88	300	130	15	7	0	40	800	28	1	5	14
<b>14" Large Hand-Tossed Style Pizza</b>	<b>1 slice (1 slice = 1/8 pizza)</b>											
Cheese Only	123	320	100	12	6	0	35	800	38	2	5	15
Pepperoni	121	330	120	14	6	0	35	910	38	2	5	15
Supreme	152	380	150	17	7	0	45	990	39	2	6	17
Pepperoni & Mushroom	131	310	100	11	5	0	30	800	38	2	5	14
Italian Sausage & Red Onion	142	350	130	14	6	0	35	840	40	2	6	15
Ham & Pineapple	131	290	80	9	4.5	0	25	810	40	2	7	13
Veggie Lover's®	144	290	80	9	4.5	0	25	760	39	2	6	13
Meat Lover's®	153	440	200	23	9	0.5	60	1250	38	2	5	20
Pepperoni Lover's®	140	400	170	19	9	0	55	1130	39	2	5	19
Hawaiian Luau	140	340	120	13	6	0	35	930	40	2	7	15
Dan's Original	147	370	150	17	7	0	40	950	38	2	5	17
Triple Meat Italiano	139	380	150	17	7	0	45	1060	38	2	5	18
Spicy Sicilian	142	350	140	15	7	0	40	1040	39	2	6	15
Ultimate Cheese Lover's	118	350	140	15	7	0	40	840	37	1	5	16
Cheese Only Garlic Parmesan	124	320	110	12	6	0	35	840	39	2	5	15
Pepperoni Garlic	122	340	130	14	6	0	35	940	38	2	5	15

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Parmesan												
Supreme Garlic Parmesan	153	380	160	17	8	0.5	45	1030	40	2	6	17
Pepperoni & Mushroom Garlic Parmesan	132	320	100	11	5	0	30	840	39	2	5	14
Italian Sausage & Red Onion Garlic Parmesan	143	350	130	15	6	0	35	870	40	2	6	15
Ham & Pineapple Garlic Parmesan	133	300	80	9	4.5	0	25	840	41	2	7	14
Veggie Lover's® Garlic Parmesan	146	300	90	10	4.5	0	25	790	40	2	6	13
Meat Lover's® Garlic Parmesan	154	440	210	23	10	0.5	60	1290	39	2	5	20
Pepperoni Lover's® Garlic Parmesan	141	410	170	19	9	0	55	1170	39	2	5	19
Hawaiian Luau Garlic Parmesan	141	340	120	13	6	0	35	970	41	2	7	16
Dan's Original Garlic Parmesan	149	380	150	17	7	0	40	980	39	2	5	17
Triple Meat Italiano Garlic Parmesan	140	380	160	17	7	0	45	1100	39	2	5	18
Spicy Sicilian Garlic Parmesan	143	360	140	15	7	0	40	1080	40	2	6	16



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Ultimate Cheese Lover's Garlic Parmesan	120	360	140	15	7	0	40	880	38	2	5	16
<b>14" Large Stuffed Crust Pizza</b>	<b>1 slice (1 slice = 1/8 pizza)</b>											
Cheese Only	132	340	120	14	7	0	40	900	39	2	6	16
Pepperoni	134	370	150	17	8	0	45	1040	39	2	5	17
Supreme	163	420	180	20	9	0.5	55	1120	40	2	6	19
Pepperoni & Mushroom	142	350	130	14	7	0	40	930	39	2	6	16
Italian Sausage & Red Onion	153	390	160	17	8	0	45	970	41	2	6	17
Ham & Pineapple	143	330	110	12	6	0	40	940	41	2	7	15
Veggie Lover's®	155	330	110	12	6	0	35	880	41	2	6	15
Meat Lover's®	165	480	230	26	11	0.5	70	1380	39	2	6	22
Pepperoni Lover's®	149	430	190	21	10	0.5	60	1230	40	2	6	20
Hawaiian Luau	151	380	140	16	8	0	45	1050	41	2	7	17
Dan's Original	159	410	180	20	9	0	50	1080	40	2	6	19
Triple Meat Italiano	151	420	180	20	9	0	55	1190	39	2	6	20
Spicy Sicilian	153	390	160	18	9	0.5	50	1160	40	2	6	17
Ultimate Cheese Lover's	127	380	160	17	9	0.5	45	940	38	1	5	17
<b>6" Personal Pan Pizza®</b>	<b>Whole pizza</b>											

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Cheese Only	207	590	210	24	10		0.5	55	1290	69	3	7	26
Pepperoni	201	610	240	26	10		0.5	55	1410	67	3	6	26
Supreme	256	720	320	36	14		1	80	1680	69	4	7	30
Pepperoni & Mushroom	214	570	200	23	9		0	45	1250	68	4	7	24
Italian Sausage & Red Onion	244	690	290	32	12		0	65	1440	71	4	8	28
Ham & Pineapple	215	550	180	20	8		0	45	1260	71	3	9	23
Veggie Lover's®	233	550	180	20	8		0	35	1190	70	4	8	22
Meat Lover's®	263	830	410	46	17		1	100	2110	68	3	7	36
Pepperoni Lover's®	230	720	310	34	14		1	85	1760	69	3	7	32
Hawaiian Luau	227	620	230	25	10		0	55	1440	71	3	9	26
Dan's Original	251	720	320	36	13		0.5	75	1600	69	4	7	31
Triple Meat Italiano	239	730	330	36	13		0.5	80	1770	68	3	6	32
Spicy Sicilian	245	680	290	32	12		1	70	1730	69	4	7	29
Ultimate Cheese Lover's	207	660	270	30	12		0.5	65	1400	68	3	6	29
<b>P'Zone® Pizza</b>	<b>1/2 Order</b>												
Classic	173	470	150	16	7		0	40	1070	61	2	3	20
Pepperoni	158	450	140	15	7		0	40	1120	60	2	2	19
Meaty	187	550	210	23	10		0.5	55	1370	61	2	2	24
Marinara Dipping Sauce (3 oz)	85	60	0	0	0		0	0	440	12	2	9	2