



A 2,000 calorie daily diet is used as the basis for general nutrition advice, however, individual needs may vary.

Nutritional Guide

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
MIGHTY SIDES (Totals Listed Per Serving)											
Brussels Sprouts - Serves 2	490	420	47g	7g	0g	< 5mg	750mg	16g	6g	4g	6g
Bunch O' Chicken - Serves 2	310	170	18g	3g	0g	80mg	1170mg	5g	0g	4g	28g
Italian Wedding Soup	760	310	36g	16g	0.5g	95mg	3360mg	71g	4g	6g	33g
Lots O Broccoli - Serves 2	250	210	23g	11g	0g	0mg	870mg	8g	0g	0g	5g
Mac N' Cheese Mom's - Serves 2	900	540	61g	33g	1.5g	220mg	1340mg	61g	3g	6g	29g
Mac N' Cheese Traditional - Serves 2	800	460	52g	30g	1.5g	205mg	1030mg	60g	2g	6g	25g
Add Bacon 1oz	150	110	13g	6g	0g	20mg	760mg	0g	0g	0g	8g
Side O Fries wKetchup - Serves 4	430	280	32g	3g	0g	0mg	950mg	34g	3g	5g	3g
Side Sweet Po' Fries w/Dipping Sauce - Serves 4	520	370	42g	5g	0g	10mg	380mg	36g	4g	14g	2g
Tree Hugger Skillet - Serves 2	450	400	45g	14g	0g	5mg	1560mg	9g	2g	4g	5g
TASTES (Totals Listed Per Serving)											
Big Bruschetta Authentico - Serves 4	260	130	15g	2.5g	0g	< 5mg	560mg	27g	1g	3g	6g
Bistro Calamari w/Marinara - Serves 4	210	120	13g	1.5g	0.5g	30mg	600mg	19g	1g	1g	9g
Boom dip - Serves 4	540	320	38g	11g	1.5g	30mg	1130mg	34g	4g	2g	14g
Gotch'yo Nachos - Serves 4	780	550	62g	20g	0.5g	95mg	1890mg	46g	5g	6g	16g
Huge Guaca Tony - Serves 4	590	290	38g	13g	4g	< 5mg	1530mg	43g	7g	2g	15g
Italian Fried Zucchini w/Ranch - Serves 4	370	260	29g	3.5g	0g	< 5mg	530mg	23g	3g	3g	4g
Kickbutt Garlic Bread - Serves 4	200	80	11g	2g	3g	0mg	420mg	19g	0g	0g	3g
Kickbutt Garlic Cheese bread - Serves 4	360	200	24g	10g	3g	30mg	570mg	20g	0g	0g	13g
Add Marinara Sauce 3oz	60	45	5g	1g	0g	< 5mg	370mg	4g	1g	2g	2g
Lawrence's Stuffed Shrooms - Serves 2	450	300	36g	13g	0g	55mg	1330mg	8g	3g	4g	20g
Pesto Bruschetta - Serves 4	360	180	24g	7g	3g	< 5mg	790mg	23g	< 1g	2g	9g
Two Huge Meatballs - Serves 2	360	250	28g	14g	0.5g	55mg	770mg	6g	2g	2g	20g
Two Sausages - Serves 2	750	590	66g	21g	0g	120mg	1480mg	8g	3g	2g	33g
WINGS (Totals Listed Per Serving, Serves 2)											
BBQ Wings	800	480	53g	6g	0g	315mg	1210mg	30g	0g	28g	43g
Hot Wings	700	480	53g	6g	0g	315mg	2490mg	73g	2g	1g	44g
Italian Gold Wings	820	480	53g	6g	0g	315mg	1190mg	30g	0g	26g	44g
Medium Wings	700	490	54g	7g	0g	315mg	2090mg	2g	1g	< 1g	43g
Plain Wings	680	480	53g	6g	0g	315mg	430mg	0g	0g	0g	43g
Sweet & Spicy Wings	690	480	53g	6g	0g	315mg	650mg	8g	0g	7g	43g
Boneless BBQ Wings	670	290	33g	3.5g	0g	75mg	1610mg	65g	2g	39g	30g
Boneless Hot Wings	570	290	33g	3.5g	0g	75mg	2900mg	107g	3g	12g	31g
Boneless Italian Gold Wings	630	240	27g	3g	0g	75mg	1590mg	65g	2g	37g	31g
Boneless Medium Wings	570	300	34g	4g	0g	75mg	2500mg	37g	3g	11g	31g
Boneless Plain Wings	550	290	33g	3.5g	0g	75mg	830mg	35g	2g	11g	30g
Boneless Sweet & Spicy Wings	560	290	33g	3.5g	0g	75mg	1060mg	43g	2g	17g	30g



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WINGS (Cont...)											
Blue Cheese 2oz	540	510	57g	7g	0g	45mg	720mg	3g	0g	3g	3g
Ranch 2oz	480	450	51g	7g	0g	15mg	450mg	6g	0g	3g	3g
Homemade Chips (Upon Request)	380	250	28g	3.5g	0g	< 5mg	1190mg	31g	2g	2g	3g
MIDDAY RUSH (Pasta Totals Include Garlic Bread)											
Alfredo the Dark	1110	580	66g	36g	3.5g	255mg	2190mg	101g	4g	10g	28g
Big Rig Pasta	1250	610	72g	36g	3.5g	235mg	2120mg	120g	6g	8g	27g
Bollo w/Marinara	660	130	15g	2g	0g	80mg	1510mg	114g	8g	9g	20g
Bollo w/Meat Sauce	1150	350	42g	9g	4g	95mg	2470mg	158g	15g	23g	32g
Heckuva Slice (Cheese)	710	380	39g	24g	1.5g	35mg	1070mg	51g	3g	3g	40g
Julius Casear w/Chicken	1100	720	80g	19g	1.5g	185mg	3130mg	33g	6g	8g	62g
Side Casear w/Dressing	360	260	30g	7g	1g	35mg	780mg	14g	4g	2g	10g
Side Green Salad w/o Dressing	130	40	5g	1g	1g	0mg	330mg	18g	4g	3g	4g
Simple House Salad w/o Dressing	210	60	8g	1.5g	1.5g	0mg	570mg	27g	7g	6g	7g
The Antipasto Thing	1010	690	79g	30g	0g	155mg	3230mg	99g	9g	11g	47g
SALADS (Totals Include Dressing)											
All Kale Caesar	1570	1070	121g	35g	3g	170mg	2930mg	102g	10g	< 1g	50g
Julius Caesar, Big	720	530	60g	15g	1.5g	65mg	1560mg	26g	6g	3g	19g
Julius Caesar, Real Big	1120	820	93g	24g	3g	105mg	2470mg	41g	8g	5g	31g
Oregano's Favorite	850	540	63g	8g	5g	40mg	1580mg	64g	13g	37g	18g
Pablo Picasso w/Chicken	1420	910	102g	35g	0g	150mg	2590mg	61g	12g	13g	53g
Pablo Picasso w/Pinto Beans (No Chicken)	1460	860	98g	33g	0g	70mg	2200mg	93g	19g	13g	40g
Power Greens	1380	870	99g	25g	0g	55mg	2810mg	96g	12g	63g	37g
Simple House, Big (No Dressing)	210	60	8g	1.5g	1.5g	0mg	570mg	27g	7g	6g	7g
Simple House, Real Big (No Dressing)	280	80	11g	2g	2.5g	0mg	800mg	38g	10g	8g	9g
The Antipasto Thing	1440	930	109g	44g	0g	205mg	4920mg	146g	13g	17g	70g
The Big Beefstro	1260	840	92g	17g	0g	130mg	2000mg	42g	11g	21g	64g
Vino Bambino	1460	780	86g	19g	0g	195mg	3440mg	91g	18g	30g	78g
ADD Chicken	330	160	17g	3g	0g	100mg	1330mg	5g	0g	4g	36g
DRESSINGS (2oz)											
Balsamic Vinaigrette	230	220	25g	4g	0g	0mg	190mg	2g	0g	1g	0g
Blue Cheese	340	320	36g	4.5g	0g	30mg	450mg	2g	0g	2g	2g
Caesar	360	340	38g	6g	0g	30mg	660mg	2g	0g	0g	2g
Chipotle Ranch	290	270	31g	4.5g	0g	10mg	310mg	4g	0g	2g	2g
Fat Free Serrano Pepper	70	0	0g	0g	0g	0mg	210mg	17g	0g	16g	0g
Honey Vinaigrette	340	280	32g	0g	4.5g	0mg	75mg	13g	0g	13g	0g
House Italian	180	160	18g	2.5g	0g	0mg	780mg	5g	0g	3g	0g
Poppyseed	260	210	24g	4g	0g	0mg	270mg	11g	0g	11g	0g
Ranch	320	300	34g	5g	0g	10mg	300mg	4g	0g	2g	2g



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SANDWICHES (Totals Include Sandwich Only)											
O'Zone	1870	920	98g	51g	2g	165mg	4060mg	128g	8g	13g	93g
The Big Beef	1750	1190	130g	45g	0g	190mg	4460mg	59g	5g	5g	70g
The Big Meatball	1330	710	82g	37g	1.5g	200mg	3520mg	64g	5g	6g	65g
The Chicken Parm	1360	700	87g	25g	7g	110mg	3750mg	81g	3g	4g	51g
The Italian Sausage	1590	1010	116g	38g	0g	235mg	3910mg	63g	6g	4g	69g
The Original Italian Stuffed	1270	690	78g	27g	0g	200mg	4930mg	62g	5g	10g	64g
The Original Veggie Wedgie	1380	880	99g	19g	0g	80mg	1890mg	86g	7g	9g	31g
The Turkey Stuffed	870	350	40g	10g	0g	110mg	3330mg	66g	4g	7g	58g
SANDWICH EXTRAS											
Homemade Chips	380	250	28g	3.5g	0g	< 5mg	1190mg	31g	2g	2g	3g
Giardiniera	180	150	21g	0g	0g	0mg	1150mg	6g	0g	3g	0g
Italian-Fried Potatoes w/ketchup	870	560	64g	6g	0g	0mg	2050mg	72g	6g	13g	6g
O'Slaw	180	130	15g	3g	0g	20mg	460mg	10g	2g	8g	< 1g
Sweet Po's Fries	840	550	62g	6g	0g	0mg	560mg	71g	8g	27g	3g
Sweet Po's Aioli Dipping Sauce (2oz)	270	260	29g	5g	0g	30mg	260mg	2g	0g	< 1g	2g
PASTAS (Totals Do Not Include Garlic Bread)											
Alfredo the Dark w/Border Bread	1660	840	96g	50g	6g	355mg	3160mg	155g	6g	14g	44g
Big Rig	1330	660	75g	44g	0g	315mg	2110mg	134g	9g	11g	32g
The Coop De Ville Jumbo Chick Parm	1380	660	78g	21g	0g	115mg	2760mg	131g	9g	10g	60g
El Diablo Chicken	1740	1040	114g	54g	2g	420mg	3520mg	118g	7g	21g	81g
El Diablo Shrimp	1430	860	95g	50g	2g	500mg	2980mg	112g	7g	16g	59g
Garlic Chicken Lasagna	790	350	40g	18g	0g	190mg	2110mg	58g	7g	12g	48g
Italian Flag Lasagna	820	460	51g	18g	0g	155mg	2370mg	54g	11g	8g	37g
King Parm De Eggplant	1830	1030	120g	28g	0g	110mg	2700mg	143g	13g	15g	45g
Lady is a Scampi	1340	560	73g	16g	15g	300mg	3630mg	122g	8g	9g	46g
Lady is a Scampi (Chicken)	1640	740	93g	20g	15g	215mg	4170mg	127g	7g	12g	68g
Moms Sausage and Peppers	1550	860	97g	30g	0g	125mg	2360mg	127g	11g	13g	49g
Sausage Pesto Pasta	1790	970	107g	31g	0g	125mg	2520mg	139g	12g	22g	65g
Shroom Boom w/Border Bread	1460	740	84g	31g	4.5g	155mg	1590mg	150g	7g	13g	31g
Stuffed Riga Tony	1060	430	49g	23g	0.5g	120mg	1540mg	120g	13g	25g	39g
The Original Bollo w/Marinara	660	130	15g	2g	0g	80mg	1510mg	114g	8g	9g	20g
The Original Bollo w/Meat Sauce	880	240	27g	6g	0g	95mg	1900mg	132g	15g	23g	28g
Zany Ziti (with Bread Bowl)	1930	720	83g	38g	2g	50mg	2740mg	214g	17g	21g	75g
PASTA EXTRAS											
Border Bread (served w/Alfredo the Dark & Shroom Boom)	230	35	5g	1g	1g	0mg	460mg	36g	0g	0g	6g
Hunk Garlic Bread	270	110	15g	3g	3.5g	0mg	560mg	26g	0g	0g	4g
Chicken	330	160	17g	3g	0g	100mg	1330mg	5g	0g	4g	36g
Two Meatballs	480	320	36g	16g	1g	90mg	1140mg	8g	2g	2g	24g
Two Sausages	1260	1000	113g	32g	0g	220mg	2580mg	12g	4g	< 1g	50g



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PAN PIZZA (10"= 6 Slices; 12"= 8 Slices)											
Pan 10" Cheese (Per Slice)	550	320	35g	16g	0g	25mg	700mg	40g	2g	3g	23g
Pan 12" Cheese (Per Slice)	560	310	34g	16g	0g	25mg	730mg	44g	2g	3g	23g
STUFFED PIZZA (10"= 6 Slices; 12" = 8 Slices)											
Stuffed 10" Cheese (Per Slice)	630	340	35g	19g	1.5g	30mg	990mg	48g	3g	2g	32g
Stuffed 12" Cheese (Per Slice)	670	380	39g	22g	1.5g	35mg	1000mg	48g	3g	2g	35g
THIN CRUST PIZZA (Per Serving)											
Thin Crust 12" Cheese (Serves 2)	600	310	31g	19g	1.5g	30mg	1000mg	48g	3g	2g	33g
Thin Crust 16" Cheese (Serves 3)	680	370	37g	23g	1.5g	35mg	1030mg	48g	3g	2g	39g
Thin Crust 18" Cheese (Serves 4)	690	360	37g	23g	1.5g	35mg	1060mg	51g	3g	2g	39g
SPECIALTY THIN CRUST PIZZA (Per Serving)											
12" Serves 2											
16" Serves 3											
18" Serves 4											
Aunt Margherita 12"	600	280	29g	16g	1.5g	70mg	1250mg	55g	4g	5g	31g
Aunt Margherita 16"	570	270	27g	15g	1.5g	60mg	1190mg	54g	4g	4g	29g
Aunt Margherita 18"	580	260	26g	14g	1.5g	60mg	1230mg	57g	4g	4g	29g
Bistro Classic 12"	620	250	33g	16g	3.5g	15mg	1490mg	53g	4g	5g	23g
Bistro Classic 16"	700	300	39g	19g	4g	20mg	1650mg	54g	3g	4g	25g
Bistro Classic 18"	720	320	40g	19g	4.5g	20mg	1740mg	57g	4g	4g	26g
Clark Street Meat Pizza 12"	870	500	52g	26g	1.5g	115mg	2210mg	50g	3g	3g	50g
Clark Street Meat Pizza 16"	920	540	56g	28g	1.5g	125mg	2370mg	51g	4g	3g	55g
Clark Street Meat Pizza 18"	960	560	58g	29g	1.5g	130mg	2460mg	54g	4g	3g	57g
Fancy Dancy Mushroom Pizza 12"	720	320	43g	17g	5g	5mg	1580mg	55g	4g	4g	21g
Fancy Dancy Mushroom Pizza 16"	860	410	55g	22g	7g	10mg	1850mg	56g	4g	5g	25g
Fancy Dancy Mushroom Pizza 18"	930	440	60g	23g	7g	10mg	1980mg	60g	4g	5g	26g
Grandma G's Rosemary Chicken Potato 12"	880	350	39g	24g	1.5g	115mg	2060mg	59g	3g	5g	44g
Grandma G's Rosemary Chicken Potato 14"	1000	410	47g	29g	1.5g	135mg	2310mg	61g	3g	6g	52g
Grandma G's Rosemary Chicken Potato 16"	960	390	45g	27g	1.5g	130mg	2290mg	63g	3g	5g	50g
Lawrence's Original 12"	560	250	26g	14g	1.5g	20mg	1040mg	56g	5g	4g	29g
Lawrence's Original 16"	620	290	29g	17g	1.5g	25mg	1030mg	57g	5g	4g	34g
Lawrence's Original 18"	610	270	28g	16g	1.5g	20mg	1080mg	60g	5g	4g	32g
Número One-O 12"	900	520	55g	27g	1.5g	110mg	2120mg	51g	3g	4g	51g
Número One-O 16"	940	550	58g	29g	1.5g	110mg	2030mg	52g	4g	4g	54g
Número One-O 18"	970	560	59g	29g	1.5g	115mg	2150mg	56g	4g	4g	55g
Oregano's Own Pesto Pizza 12"	690	380	40g	19g	1.5g	30mg	1100mg	52g	3g	4g	33g
Oregano's Own Pesto Pizza 16"	740	420	43g	22g	1.5g	35mg	1070mg	51g	3g	4g	37g
Oregano's Own Pesto Pizza 18"	730	400	41g	21g	1.5g	35mg	1110mg	55g	3g	4g	36g



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SPECIALTY THIN CRUST PIZZA (Cont...)											
O-Riva 12"	490	200	21g	11g	1.5g	35mg	1470mg	110g	5g	5g	20g
O-Riva 16"	530	230	24g	12g	1.5g	35mg	1490mg	110g	5g	5g	23g
O-Riva 18"	540	230	24g	12g	1.5g	35mg	1550mg	114g	6g	5g	23g
Puerto Peñasco Carne Street Pie 12"	920	520	56g	24g	1.5g	60mg	1470mg	54g	5g	4g	48g
Puerto Peñasco Carne Street Pie 16"	1050	600	65g	30g	1.5g	75mg	1550mg	55g	5g	5g	59g
Puerto Peñasco Carne Street Pie 18"	1070	600	65g	29g	1.5g	80mg	1620mg	59g	5g	5g	60g
The Yahoo Barbecue Chicken Pizza 12"	780	310	33g	19g	1.5g	105mg	2150mg	74g	3g	25g	45g
The Yahoo Barbecue Chicken Pizza 16"	880	370	40g	23g	1.5g	125mg	2380mg	77g	3g	27g	52g
The Yahoo Barbecue Chicken Pizza 18"	870	360	39g	22g	1.5g	120mg	2360mg	78g	3g	25g	52g
PIZZA TOPPINGS											
Anchovies 10" Gluten Friendly	50	25	3.5g	0g	0g	20mg	1680mg	0g	0g	0g	7g
Anchovies 10" Pan	10	0	0.5g	0g	0g	< 5mg	280mg	0g	0g	0g	1g
Anchovies 10" Stuffed	10	0	0.5g	0g	0g	< 5mg	280mg	0g	0g	0g	1g
Anchovies 12" Pan	5	0	0g	0g	0g	< 5mg	210mg	0g	0g	0g	< 1g
Anchovies 12" Stuffed	10	0	0.5g	0g	0g	< 5mg	320mg	0g	0g	0g	1g
Anchovies 12" Thin	25	15	2g	0g	0g	10mg	840mg	0g	0g	0g	4g
Anchovies 16" Thin	25	15	2g	0g	0g	10mg	840mg	0g	0g	0g	4g
Anchovies 18" Thin	25	15	2g	0g	0g	10mg	840mg	0g	0g	0g	4g
Anchovies Heckuva Slice	25	15	2g	0g	0g	10mg	840mg	0g	0g	0g	4g
Anchovies Kid Slice	15	5	1g	0g	0g	< 5mg	420mg	0g	0g	0g	2g
Artichoke 10" Gluten Friendly	25	0	0g	0g	0g	0mg	280mg	170g	5g	2g	< 1g
Artichoke 10" Pan	5	0	0g	0g	0g	0mg	65mg	38g	1g	0g	0g
Artichoke 10" Stuffed	15	0	0g	0g	0g	0mg	160mg	94g	3g	1g	0g
Artichoke 12" Pan	5	0	0g	0g	0g	0mg	70mg	43g	1g	0g	0g
Artichoke 12" Stuffed	15	0	0g	0g	0g	0mg	180mg	106g	3g	1g	0g
Artichoke 12" Thin	15	0	0g	0g	0g	0mg	140mg	85g	2g	< 1g	0g
Artichoke 16" Thin	15	0	0g	0g	0g	0mg	160mg	94g	3g	1g	0g
Artichoke 18" Thin	15	0	0g	0g	0g	0mg	160mg	99g	3g	1g	0g
Artichoke Heckuva Slice	15	0	0g	0g	0g	0mg	160mg	99g	3g	1g	0g
Artichoke Kid Slice	10	0	0g	0g	0g	0mg	80mg	50g	1g	< 1g	0g
Bacon 10" Gluten Friendly	300	230	26g	11g	0g	40mg	1510mg	0g	0g	0g	15g
Bacon 10" Pan	50	40	4.5g	2g	0g	5mg	250mg	0g	0g	0g	3g
Bacon 10" Stuffed	100	80	9g	4g	0g	15mg	500mg	0g	0g	0g	5g
Bacon 12" Pan	80	60	7g	3g	0g	10mg	380mg	0g	0g	0g	4g
Bacon 12" Stuffed	110	90	10g	4.5g	0g	15mg	570mg	0g	0g	0g	6g
Bacon 12" Thin	150	110	13g	6g	0g	20mg	760mg	0g	0g	0g	8g
Bacon 16" Thin	180	130	15g	7g	0g	20mg	880mg	0g	0g	0g	9g
Bacon 18" Thin	170	130	15g	6g	0g	20mg	850mg	0g	0g	0g	9g
Bacon Heckuva Slice	170	130	15g	6g	0g	20mg	850mg	0g	0g	0g	9g



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	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
TOPPINGS (Cont...)											
Black Olives 10" Gluten Friendly	80	60	8g	0g	0g	0mg	450mg	4g	4g	0g	0g
Black Olives 10" Pan	20	15	2g	0g	0g	0mg	115mg	< 1g	< 1g	0g	0g
Black Olives 10" Stuffed	60	45	6g	0g	0g	0mg	340mg	3g	3g	0g	0g
Black Olives 12" Pan	25	20	2.5g	0g	0g	0mg	140mg	1g	1g	0g	0g
Black Olives 12" Stuffed	60	45	6g	0g	0g	0mg	340mg	3g	3g	0g	0g
Black Olives 12" Thin	40	30	4g	0g	0g	0mg	230mg	2g	2g	0g	0g
Black Olives 16" Thin	45	35	4.5g	0g	0g	0mg	260mg	2g	2g	0g	0g
Black Olives 18" Thin	45	30	4.5g	0g	0g	0mg	260mg	2g	2g	0g	0g
Black Olives Heckuva Slice	45	30	4.5g	0g	0g	0mg	260mg	2g	2g	0g	0g
Black Olives Kid Slice	20	15	2g	0g	0g	0mg	130mg	1g	1g	0g	0g
Canadian Bacon 10" Gluten Friendly	60	10	1g	0g	0g	30mg	820mg	2g	0g	1g	10g
Canadian Bacon 10" Pan	15	0	0g	0g	0g	10mg	210mg	< 1g	0g	0g	3g
Canadian Bacon 10" Stuffed	30	5	0.5g	0g	0g	15mg	410mg	1g	0g	< 1g	5g
Canadian Bacon 12" Pan	15	0	0g	0g	0g	10mg	210mg	< 1g	0g	0g	3g
Canadian Bacon 12" Stuffed	30	5	0.5g	0g	0g	15mg	410mg	1g	0g	< 1g	5g
Canadian Bacon 12" Thin	30	5	0.5g	0g	0g	15mg	410mg	1g	0g	< 1g	5g
Canadian Bacon 16" Thin	35	5	0.5g	0g	0g	20mg	480mg	1g	0g	< 1g	6g
Canadian Bacon 18" Thin	35	5	0.5g	0g	0g	15mg	460mg	1g	0g	< 1g	6g
Canadian Bacon Heckuva Slice	35	5	0.5g	0g	0g	15mg	460mg	1g	0g	< 1g	6g
Canadian Bacon Kid Slice	15	0	0g	0g	0g	10mg	230mg	< 1g	0g	0g	3g
Capicola 10" Gluten Friendly	110	70	6g	2g	0g	35mg	730mg	0g	0g	0g	10g
Capicola 10" Pan	25	20	1.5g	0.5g	0g	10mg	180mg	0g	0g	0g	3g
Capicola 10" Stuffed	80	50	4.5g	1.5g	0g	25mg	550mg	0g	0g	0g	8g
Capicola 12" Pan	25	20	1.5g	0.5g	0g	10mg	180mg	0g	0g	0g	3g
Capicola 12" Stuffed	80	50	4.5g	1.5g	0g	25mg	550mg	0g	0g	0g	8g
Capicola 12" Thin	50	35	3g	1g	0g	20mg	360mg	0g	0g	0g	5g
Capicola 16" Thin	60	45	3.5g	1g	0g	20mg	430mg	0g	0g	0g	6g
Capicola 18" Thin	60	40	3.5g	1g	0g	20mg	410mg	0g	0g	0g	6g
Capicola Heckuva Slice	60	40	3.5g	1g	0g	20mg	410mg	0g	0g	0g	6g
Capicola Kid Slice	30	20	1.5g	0.5g	0g	10mg	210mg	0g	0g	0g	3g
Caramelized Onions 10" Gluten Friendly	90	60	7g	3g	0g	0mg	70mg	6g	1g	3g	< 1g
Caramelized Onions 10" Pan	15	10	1g	0.5g	0g	0mg	10mg	1g	0g	0g	0g
Caramelized Onions 10" Stuffed	20	15	1.5g	1g	0g	0mg	15mg	2g	0g	< 1g	0g
Caramelized Onions 12" Pan	20	15	1.5g	1g	0g	0mg	15mg	2g	0g	< 1g	0g
Caramelized Onions 12" Stuffed	35	20	2.5g	1g	0g	0mg	25mg	2g	0g	1g	0g
Caramelized Onions 12" Thin	45	30	3.5g	1.5g	0g	0mg	35mg	3g	< 1g	1g	0g
Caramelized Onions 16" Thin	50	35	4g	2g	0g	0mg	40mg	4g	< 1g	2g	0g
Caramelized Onions 18" Thin	50	35	4g	1.5g	0g	0mg	40mg	4g	< 1g	2g	0g
Caramelized Onions Heckuva Slice	50	35	4g	1.5g	0g	0mg	40mg	4g	< 1g	2g	0g
Caramelized Onions Kid Slice	25	15	2g	1g	0g	0mg	20mg	2g	0g	< 1g	0g



A 2,000 calorie daily diet is used as the basis for general nutrition advice, however, individual needs may vary.

Nutritional Guide

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
TOPPINGS (Cont...)											
Chicken 10" Gluten Friendly	160	35	3.5g	1g	0g	80mg	810mg	2g	0g	1g	28g
Chicken 10" Pan	25	5	0.5g	0g	0g	15mg	135mg	0g	0g	0g	5g
Chicken 10" Stuffed	40	10	1g	0g	0g	20mg	200mg	< 1g	0g	0g	7g
Chicken 12" Pan	30	5	0.5g	0g	0g	15mg	150mg	0g	0g	0g	5g
Chicken 12" Stuffed	40	10	1g	0g	0g	20mg	200mg	< 1g	0g	0g	7g
Chicken 12" Thin	80	15	1.5g	0.5g	0g	40mg	400mg	1g	0g	< 1g	14g
Chicken 16" Thin	90	20	2g	0.5g	0g	45mg	470mg	1g	0g	< 1g	17g
Chicken 18" Thin	90	20	2g	0.5g	0g	45mg	450mg	1g	0g	< 1g	16g
Chicken Heckuva Slice	90	20	2g	0.5g	0g	45mg	450mg	1g	0g	< 1g	16g
Chicken Kid Slice	45	10	1g	0g	0g	20mg	230mg	< 1g	0g	0g	8g
Fresh Basil 10" Gluten Friendly	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g
Fresh Basil 10" Pan	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g
Fresh Basil 10" Stuffed	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g
Fresh Basil 12" Pan	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g
Fresh Basil 12" Stuffed	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g
Fresh Basil 12" Thin	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g
Fresh Basil 16" Thin	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g
Fresh Basil 18" Thin	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g
Fresh Basil Heckuva Slice	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g
Fresh Basil Kid Slice	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g
Gorgonzola 10" Gluten Friendly	150	120	14g	8g	0g	45mg	560mg	2g	0g	0g	9g
Gorgonzola 10" Pan	25	20	2.5g	1.5g	0g	10mg	95mg	0g	0g	0g	2g
Gorgonzola 10" Stuffed	35	25	3g	1.5g	0g	10mg	125mg	0g	0g	0g	2g
Gorgonzola 12" Pan	25	20	2.5g	1.5g	0g	10mg	95mg	0g	0g	0g	2g
Gorgonzola 12" Stuffed	40	30	3.5g	2g	0g	10mg	140mg	0g	0g	0g	2g
Gorgonzola 12" Thin	80	60	7g	4g	0g	25mg	280mg	< 1g	0g	0g	5g
Gorgonzola 16" Thin	80	70	8g	4g	0g	25mg	310mg	< 1g	0g	0g	5g
Gorgonzola 18" Thin	80	60	7g	4g	0g	25mg	280mg	< 1g	0g	0g	5g
Gorgonzola Heckuva Slice	80	60	7g	4g	0g	25mg	280mg	< 1g	0g	0g	5g
Gorgonzola Kid Slice	40	30	3.5g	2g	0g	10mg	140mg	0g	0g	0g	2g
Green Olives 10" Gluten Friendly	90	80	9g	0g	0g	0mg	1100mg	4g	0g	0g	0g
Green Olives 10" Pan	25	20	2.5g	0g	0g	0mg	270mg	< 1g	0g	0g	0g
Green Olives 10" Stuffed	70	60	7g	0g	0g	0mg	820mg	3g	0g	0g	0g
Green Olives 12" Pan	30	25	3g	0g	0g	0mg	340mg	1g	0g	0g	0g
Green Olives 12" Stuffed	70	60	7g	0g	0g	0mg	820mg	3g	0g	0g	0g
Green Olives 12" Thin	45	40	4.5g	0g	0g	0mg	550mg	2g	0g	0g	0g
Green Olives 16" Thin	60	45	6g	0g	0g	0mg	640mg	2g	0g	0g	0g
Green Olives 18" Thin	50	45	5g	0g	0g	0mg	620mg	2g	0g	0g	0g
Green Olives Heckuva Slice	50	45	5g	0g	0g	0mg	620mg	2g	0g	0g	0g
Green Olives Kid Slice	25	20	2.5g	0g	0g	0mg	310mg	1g	0g	0g	0g



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Nutritional Guide

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
TOPPINGS (Cont...)											
Green Peppers 10" Gluten Friendly	10	0	0g	0g	**	0mg	0mg	3g	< 1g	1g	0g
Green Peppers 10" Pan	0	0	0g	0g	**	0mg	0mg	< 1g	0g	0g	0g
Green Peppers 10" Stuffed	0	0	0g	0g	**	0mg	0mg	< 1g	0g	0g	0g
Green Peppers 12" Pan	0	0	0g	0g	**	0mg	0mg	< 1g	0g	0g	0g
Green Peppers 12" Stuffed	0	0	0g	0g	**	0mg	0mg	< 1g	0g	0g	0g
Green Peppers 12" Thin	5	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	0g
Green Peppers 16" Thin	5	0	0g	0g	**	0mg	0mg	2g	< 1g	< 1g	0g
Green Peppers 18" Thin	5	0	0g	0g	**	0mg	0mg	1g	< 1g	< 1g	0g
Green Peppers Heckuva Slice	5	0	0g	0g	**	0mg	0mg	1g	< 1g	< 1g	0g
Green Peppers Kid Slice	0	0	0g	0g	**	0mg	0mg	< 1g	0g	0g	0g
Jalapeño 10" Gluten Friendly	0	0	0g	0g	0g	0mg	410mg	< 1g	< 1g	0g	0g
Jalapeño 10" Pan	0	0	0g	0g	0g	0mg	135mg	0g	0g	0g	0g
Jalapeño 10" Stuffed	0	0	0g	0g	0g	0mg	135mg	0g	0g	0g	0g
Jalapeño 12" Pan	0	0	0g	0g	0g	0mg	150mg	0g	0g	0g	0g
Jalapeño 12" Stuffed	0	0	0g	0g	0g	0mg	150mg	0g	0g	0g	0g
Jalapeño 12" Thin	0	0	0g	0g	0g	0mg	200mg	0g	0g	0g	0g
Jalapeño 16" Thin	0	0	0g	0g	0g	0mg	270mg	< 1g	< 1g	0g	0g
Jalapeño 18" Thin	0	0	0g	0g	0g	0mg	300mg	< 1g	< 1g	0g	0g
Jalapeño Heckuva Slice	0	0	0g	0g	0g	0mg	300mg	< 1g	< 1g	0g	0g
Jalapeño Kid Slice	0	0	0g	0g	0g	0mg	150mg	0g	0g	0g	0g
Meatballs 10" Pan	50	35	4g	1.5g	0g	20mg	115mg	2g	0g	0g	3g
Meatballs 10" Stuffed	90	60	7g	3g	0g	30mg	200mg	3g	0g	0g	5g
Meatballs 12" Pan	60	40	4.5g	2g	0g	20mg	130mg	2g	0g	0g	3g
Meatballs 12" Stuffed	100	70	7g	3g	0g	35mg	220mg	4g	0g	0g	5g
Meatballs 12" Thin	160	110	12g	5g	0g	55mg	350mg	6g	0g	0g	8g
Meatballs 16" Thin	190	130	14g	6g	0g	65mg	410mg	7g	0g	0g	9g
Meatballs 18" Thin	180	120	13g	6g	0g	60mg	390mg	7g	0g	0g	9g
Meatballs Heckuvauva Slice	180	120	13g	6g	0g	60mg	390mg	7g	0g	0g	9g
Meatballs Kid Slice	90	60	7g	3g	0g	30mg	200mg	3g	0g	0g	4g
Mushrooms 10" Gluten Friendly	20	0	0g	0g	**	0mg	0mg	3g	< 1g	2g	3g
Mushrooms 10" Pan	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g
Mushrooms 10" Stuffed	5	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	1g
Mushrooms 12" Pan	0	0	0g	0g	**	0mg	0mg	< 1g	0g	0g	< 1g
Mushrooms 12" Stuffed	10	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	1g
Mushrooms 12" Thin	10	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	1g
Mushrooms 16" Thin	10	0	0g	0g	**	0mg	0mg	2g	0g	< 1g	1g
Mushrooms 18" Thin	10	0	0g	0g	**	0mg	0mg	2g	0g	< 1g	2g
Mushrooms Heckuvauva Slice	10	0	0g	0g	**	0mg	0mg	2g	0g	< 1g	2g
Mushrooms Kid Slice	5	0	0g	0g	**	0mg	0mg	< 1g	0g	0g	< 1g



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Nutritional Guide

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
TOPPINGS (Cont...)											
Onions 10" Gluten Friendly	25	0	0g	0g	**	0mg	0mg	5g	< 1g	2g	< 1g
Onions 10" Pan	10	0	0g	0g	**	0mg	0mg	2g	0g	< 1g	0g
Onions 10" Stuffed	15	0	0g	0g	**	0mg	0mg	3g	< 1g	1g	0g
Onions 12" Pan	10	0	0g	0g	**	0mg	0mg	2g	0g	< 1g	0g
Onions 12" Stuffed	15	0	0g	0g	**	0mg	0mg	3g	< 1g	2g	0g
Onions 12" Thin	10	0	0g	0g	**	0mg	0mg	3g	0g	1g	0g
Onions 16" Thin	15	0	0g	0g	**	0mg	0mg	3g	< 1g	1g	0g
Onions 18" Thin	15	0	0g	0g	**	0mg	0mg	3g	< 1g	1g	0g
Onions Heckuva Slice	15	0	0g	0g	**	0mg	0mg	3g	< 1g	1g	0g
Onions Kid Slice	5	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	0g
Pepperoni 10" Gluten Friendly	230	170	19g	8g	0g	55mg	910mg	0g	0g	0g	13g
Pepperoni 10" Pan	30	20	2.5g	1g	0g	5mg	115mg	0g	0g	0g	2g
Pepperoni 10" Stuffed	190	140	16g	6g	0g	45mg	760mg	0g	0g	0g	11g
Pepperoni 12" Pan	35	25	3g	1g	0g	10mg	140mg	0g	0g	0g	2g
Pepperoni 12" Stuffed	210	160	18g	7g	0g	55mg	850mg	0g	0g	0g	12g
Pepperoni 12" Thin	110	90	9g	4g	0g	30mg	450mg	0g	0g	0g	7g
Pepperoni 16" Thin	130	100	11g	4.5g	0g	35mg	530mg	0g	0g	0g	8g
Pepperoni 18" Thin	130	100	11g	4.5g	0g	30mg	510mg	0g	0g	0g	7g
Pepperoni Heckuva Slice	130	100	11g	4.5g	0g	30mg	510mg	0g	0g	0g	7g
Pepperoni Kid Slice	60	50	5g	2g	0g	15mg	260mg	0g	0g	0g	4g
Pineapple 10" Gluten Friendly	50	0	0g	0g	0g	0mg	0mg	13g	< 1g	12g	< 1g
Pineapple 10" Pan	10	0	0g	0g	0g	0mg	0mg	3g	0g	3g	0g
Pineapple 10" Stuffed	25	0	0g	0g	0g	0mg	0mg	7g	0g	6g	0g
Pineapple 12" Pan	10	0	0g	0g	0g	0mg	0mg	3g	0g	3g	0g
Pineapple 12" Stuffed	25	0	0g	0g	0g	0mg	0mg	7g	0g	6g	0g
Pineapple 12" Thin	25	0	0g	0g	0g	0mg	0mg	7g	0g	6g	0g
Pineapple 16" Thin	25	0	0g	0g	0g	0mg	0mg	7g	0g	7g	0g
Pineapple 18" Thin	30	0	0g	0g	0g	0mg	0mg	8g	0g	7g	0g
Pineapple Heckuva Slice	30	0	0g	0g	0g	0mg	0mg	8g	0g	7g	0g
Pineapple Kid Slice	15	0	0g	0g	0g	0mg	0mg	4g	0g	4g	0g
Poblano Peppers 10" Gluten Friendly	10	0	0g	0g	0g	0mg	10mg	3g	1g	1g	< 1g
Poblano Peppers 10" Pan	0	0	0g	0g	0g	0mg	0mg	< 1g	0g	0g	0g
Poblano Peppers 10" Stuffed	0	0	0g	0g	0g	0mg	0mg	< 1g	0g	0g	0g
Poblano Peppers 12" Pan	0	0	0g	0g	0g	0mg	0mg	< 1g	0g	0g	0g
Poblano Peppers 12" Stuffed	0	0	0g	0g	0g	0mg	0mg	< 1g	0g	0g	0g
Poblano Peppers 12" Thin	5	0	0g	0g	0g	0mg	5mg	1g	< 1g	< 1g	0g
Poblano Peppers 16" Thin	5	0	0g	0g	0g	0mg	5mg	2g	< 1g	< 1g	0g
Poblano Peppers 18" Thin	5	0	0g	0g	0g	0mg	5mg	2g	< 1g	< 1g	0g
Poblano Peppers Heckuva Slice	5	0	0g	0g	0g	0mg	5mg	2g	< 1g	< 1g	0g
Poblano Peppers Kid Slice	0	0	0g	0g	0g	0mg	0mg	< 1g	0g	0g	0g



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	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
TOPPINGS (Cont...)											
Portobello 10" Gluten Friendly	20	0	0g	0g	**	0mg	10mg	3g	1g	2g	2g
Portobello 10" Pan	0	0	0g	0g	**	0mg	0mg	< 1g	0g	0g	0g
Portobello 10" Stuffed	5	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	< 1g
Portobello 12" Pan	0	0	0g	0g	**	0mg	0mg	< 1g	0g	0g	0g
Portobello 12" Stuffed	5	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	< 1g
Portobello 12" Thin	10	0	0g	0g	**	0mg	0mg	2g	< 1g	1g	< 1g
Portobello 16" Thin	10	0	0g	0g	**	0mg	0mg	2g	< 1g	1g	< 1g
Portobello 18" Thin	10	0	0g	0g	**	0mg	0mg	2g	< 1g	1g	1g
Portobello Heckuva Slice	10	0	0g	0g	**	0mg	0mg	2g	< 1g	1g	1g
Portobello Kid Slice	5	0	0g	0g	**	0mg	0mg	< 1g	0g	< 1g	< 1g
Red Onions 10" Gluten Friendly	35	0	0g	0g	**	0mg	0mg	8g	1g	4g	< 1g
Red Onions 10" Pan	10	0	0g	0g	**	0mg	0mg	2g	0g	1g	0g
Red Onions 10" Stuffed	20	0	0g	0g	**	0mg	0mg	4g	< 1g	2g	< 1g
Red Onions 12" Pan	10	0	0g	0g	**	0mg	0mg	2g	0g	1g	0g
Red Onions 12" Stuffed	20	0	0g	0g	**	0mg	0mg	4g	< 1g	2g	< 1g
Red Onions 12" Thin	15	0	0g	0g	**	0mg	0mg	4g	< 1g	2g	0g
Red Onions 16" Thin	20	0	0g	0g	**	0mg	0mg	4g	< 1g	2g	< 1g
Red Onions 18" Thin	20	0	0g	0g	**	0mg	0mg	5g	< 1g	2g	< 1g
Red Onions Heckuva Slice	20	0	0g	0g	**	0mg	0mg	5g	< 1g	2g	< 1g
Red Onions Kid Slice	10	0	0g	0g	**	0mg	0mg	2g	0g	1g	0g
Roasted Garlic 10" Gluten Friendly	60	20	2.5g	0g	**	0mg	0mg	9g	< 1g	0g	2g
Roasted Garlic 10" Pan	15	5	0.5g	0g	**	0mg	0mg	2g	0g	0g	0g
Roasted Garlic 10" Stuffed	20	5	1g	0g	**	0mg	0mg	3g	0g	0g	< 1g
Roasted Garlic 12" Pan	15	5	0.5g	0g	**	0mg	0mg	2g	0g	0g	0g
Roasted Garlic 12" Stuffed	20	10	1g	0g	**	0mg	0mg	3g	0g	0g	< 1g
Roasted Garlic 12" Thin	30	10	1g	0g	**	0mg	0mg	4g	0g	0g	< 1g
Roasted Garlic 16" Thin	30	10	1g	0g	**	0mg	0mg	4g	0g	0g	< 1g
Roasted Garlic 18" Thin	30	10	1g	0g	**	0mg	0mg	4g	0g	0g	< 1g
Roasted Garlic Heckuva Slice	30	10	1g	0g	**	0mg	0mg	4g	0g	0g	< 1g
Roasted Garlic Kid Slice	15	5	0.5g	0g	**	0mg	0mg	2g	0g	0g	0g
Salami 10" Gluten Friendly	210	160	17g	7g	0g	45mg	900mg	2g	0g	2g	11g
Salami 10" Pan	50	40	4g	1.5g	0g	10mg	220mg	0g	0g	0g	3g
Salami 10" Stuffed	160	120	13g	5g	0g	35mg	670mg	1g	0g	1g	8g
Salami 12" Pan	50	40	4g	1.5g	0g	10mg	220mg	0g	0g	0g	3g
Salami 12" Stuffed	170	130	14g	6g	0g	35mg	730mg	2g	0g	2g	9g
Salami 12" Thin	100	80	8g	3.5g	0g	20mg	450mg	< 1g	0g	< 1g	5g
Salami 16" Thin	120	90	10g	4g	0g	25mg	520mg	1g	0g	1g	6g
Salami 18" Thin	120	90	10g	4g	0g	25mg	500mg	1g	0g	1g	6g
Salami Heckuva Slice	120	90	10g	4g	0g	25mg	500mg	1g	0g	1g	6g
Salami Kid Slice	60	45	5g	2g	0g	15mg	250mg	< 1g	0g	< 1g	3g



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Nutritional Guide

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
TOPPINGS (Cont...)											
Sausage 10" Gluten Friendly	430	320	36g	13g	0g	120mg	1330mg	0g	0g	0g	28g
Sausage 10" Pan	60	45	5g	2g	0g	15mg	180mg	0g	0g	0g	4g
Sausage 10" Stuffed	110	80	9g	3g	0g	30mg	330mg	0g	0g	0g	7g
Sausage 12" Pan	60	45	5g	2g	0g	15mg	190mg	0g	0g	0g	4g
Sausage 12" Stuffed	110	80	9g	3g	0g	30mg	330mg	0g	0g	0g	7g
Sausage 12" Thin	220	160	18g	6g	0g	60mg	660mg	0g	0g	0g	14g
Sausage 16" Thin	190	140	16g	6g	0g	55mg	590mg	0g	0g	0g	12g
Sausage 18" Thin	220	160	18g	6g	0g	60mg	660mg	0g	0g	0g	14g
Sausage Heckuva Slice	220	160	18g	6g	0g	60mg	660mg	0g	0g	0g	14g
Sausage Kid Slice	110	80	9g	3g	0g	30mg	330mg	0g	0g	0g	7g
Spiced Feta Cheese 10" Gluten Friendly	110	80	9g	5g	0g	30mg	430mg	2g	2g	0g	8g
Spiced Feta Cheese 10" Pan	25	15	2g	1g	0g	5mg	95mg	0g	0g	0g	2g
Spiced Feta Cheese 10" Stuffed	30	20	2.5g	1.5g	0g	10mg	120mg	0g	0g	0g	2g
Spiced Feta Cheese 12" Pan	25	20	2.5g	1.5g	0g	10mg	105mg	0g	0g	0g	2g
Spiced Feta Cheese 12" Stuffed	30	20	2.5g	1.5g	0g	10mg	125mg	0g	0g	0g	2g
Spiced Feta Cheese 12" Thin	50	40	4.5g	2.5g	0g	15mg	210mg	< 1g	< 1g	0g	4g
Spiced Feta Cheese 16" Thin	60	40	5g	3g	0g	15mg	240mg	< 1g	< 1g	0g	4g
Spiced Feta Cheese 18" Thin	50	40	4.5g	2.5g	0g	15mg	210mg	< 1g	< 1g	0g	4g
Spiced Feta Cheese Heckuva Slice	50	40	4.5g	2.5g	0g	15mg	210mg	< 1g	< 1g	0g	4g
Spiced Feta Cheese Kid Slice	25	20	2.5g	1.5g	0g	10mg	105mg	0g	0g	0g	2g
Spinach 10" Gluten Friendly	15	0	0g	0g	**	0mg	45mg	2g	1g	0g	2g
Spinach 10" Pan	0	0	0g	0g	**	0mg	10mg	< 1g	0g	0g	0g
Spinach 10" Stuffed	5	0	0g	0g	**	0mg	20mg	< 1g	< 1g	0g	< 1g
Spinach 12" Pan	0	0	0g	0g	**	0mg	10mg	< 1g	0g	0g	0g
Spinach 12" Stuffed	5	0	0g	0g	**	0mg	20mg	< 1g	< 1g	0g	< 1g
Spinach 12" Thin	5	0	0g	0g	**	0mg	20mg	1g	< 1g	0g	< 1g
Spinach 16" Thin	10	0	0g	0g	**	0mg	25mg	1g	< 1g	0g	< 1g
Spinach 18" Thin	5	0	0g	0g	**	0mg	25mg	1g	< 1g	0g	< 1g
Spinach Heckuva Slice	5	0	0g	0g	**	0mg	25mg	1g	< 1g	0g	< 1g
Spinach Kid Slice	0	0	0g	0g	**	0mg	15mg	< 1g	0g	0g	0g
Sun Dried Tomatoes 10" Gluten Friendly	140	0	0g	0g	0g	0mg	140mg	24g	4g	16g	8g
Sun Dried Tomatoes 10" Pan	25	0	0g	0g	0g	0mg	25mg	4g	< 1g	3g	1g
Sun Dried Tomatoes 10" Stuffed	35	0	0g	0g	0g	0mg	35mg	6g	1g	4g	2g
Sun Dried Tomatoes 12" Pan	25	0	0g	0g	0g	0mg	25mg	5g	< 1g	3g	2g
Sun Dried Tomatoes 12" Stuffed	45	0	0g	0g	0g	0mg	45mg	8g	1g	5g	3g
Sun Dried Tomatoes 12" Thin	70	0	0g	0g	0g	0mg	70mg	12g	2g	8g	4g
Sun Dried Tomatoes 16" Thin	80	0	0g	0g	0g	0mg	85mg	14g	2g	9g	5g
Sun Dried Tomatoes 18" Thin	80	0	0g	0g	0g	0mg	80mg	14g	2g	9g	5g
Sun Dried Tomatoes Heckuva Slice	80	0	0g	0g	0g	0mg	80mg	14g	2g	9g	5g
Sun Dried Tomatoes Kid Slice	40	0	0g	0g	0g	0mg	40mg	7g	1g	5g	2g



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Nutritional Guide

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
TOPPINGS (Cont...)											
Tomatoes 10" Gluten Friendly	35	0	0g	0g	**	0mg	10mg	8g	2g	5g	2g
Tomatoes 10" Pan	0	0	0g	0g	**	0mg	0mg	< 1g	0g	< 1g	0g
Tomatoes 10" Stuffed	10	0	0g	0g	**	0mg	0mg	2g	< 1g	1g	0g
Tomatoes 12" Pan	0	0	0g	0g	**	0mg	0mg	< 1g	0g	< 1g	0g
Tomatoes 12" Stuffed	10	0	0g	0g	**	0mg	0mg	2g	< 1g	1g	0g
Tomatoes 12" Thin	20	0	0g	0g	**	0mg	0mg	4g	1g	3g	< 1g
Tomatoes 16" Thin	45	0	0.5g	0g	**	0mg	15mg	10g	3g	7g	2g
Tomatoes 18" Thin	15	0	0g	0g	**	0mg	0mg	3g	1g	2g	< 1g
Tomatoes Heckuva Slice	15	0	0g	0g	**	0mg	0mg	3g	1g	2g	< 1g
Tomatoes Kid Slice	10	0	0g	0g	**	0mg	0mg	2g	< 1g	1g	0g



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Nutritional Guide

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
DESSERTS (Totals Listed Per Serving, Serves 3)											
Grandma's Classic Cheesecake	400	220	25g	14g	1g	105mg	300mg	36g	1g	24g	6g
The Original Pizza Cookie: Chocolate Chip Cookie	550	240	27g	13g	0g	55mg	330mg	73g	2g	51g	7g
The Original Pizza Cookie: Peanut Butter Chocolate Chip	570	250	28g	14g	0g	55mg	330mg	75g	2g	54g	7g
The Original Pizza Cookie: Salted Caramel	590	230	28g	13g	0g	50mg	740mg	84g	2g	60g	6g
The Original Pizza Cookie: White Chocolate Macadamia Nut	580	270	29g	13g	0g	55mg	340mg	70g	0g	50g	8g
KID'S (Pasta Totals Include Garlic Bread)											
Cheese Pizza Slice	360	190	19g	12g	0.5g	20mg	540mg	26g	1g	1g	20g
Chicken in a Basket	420	220	25g	2.5g	0g	60mg	640mg	27g	1g	8g	23g
Mac N' Cheese	790	410	47g	24g	2.5g	170mg	1110mg	69g	2g	5g	22g
Pasta Angel Hair	400	80	10g	1.5g	2g	35mg	660mg	66g	2g	2g	11g
Pasta Cheese Ravioli	420	150	18g	4.5g	2g	30mg	500mg	55g	1g	2g	12g
Pasta Corkscrew	400	80	10g	1.5g	2g	35mg	660mg	66g	2g	2g	11g
Pasta Penne	400	80	10g	1.5g	2g	0mg	280mg	66g	2g	2g	11g
Butter Sauce for pasta	200	200	22g	10g	0g	0mg	220mg	0g	0g	0g	0g
Marinara sauce for pasta	40	30	3.5g	0.5g	0g	0mg	250mg	3g	< 1g	1g	1g
Meat Sauce for pasta	110	60	7g	2g	0g	5mg	380mg	9g	3g	6g	4g
KID'S EXTRAS											
Chicken	160	80	9g	1.5g	0g	50mg	670mg	3g	0g	2g	18g
Meatball	240	160	18g	8g	0.5g	45mg	570mg	4g	1g	1g	12g
Broccoli	50	0	0.5g	0g	**	0mg	45mg	9g	4g	2g	4g
Fruit Orange	60	0	0g	0g	**	0mg	0mg	16g	3g	13g	< 1g
KID'S DRINKS											
Apple Juice	50	0	0g	0g	0g	0mg	5mg	13g	0g	12g	0g
Chocolate Milk	280	110	12g	8g	0g	45mg	190mg	29g	0g	26g	12g
Milk	220	110	12g	8g	0g	45mg	170mg	17g	0g	17g	12g
GLUTEN FRIENDLY											
Brussels Sprouts - Serves 2	490	420	47g	7g	0g	< 5mg	750mg	16g	6g	4g	6g
Bunch O' Chicken - Serves 2	310	170	18g	3g	0g	80mg	1170mg	5g	0g	4g	28g
Lots O Broccoli - Serves 2	250	210	23g	11g	0g	0mg	870mg	8g	0g	0g	5g
Lawrence's Stuffed Shrooms (w/Chicken) - Serves 2	450	300	36g	13g	0g	55mg	1330mg	8g	3g	4g	20g
All Kale Caesar (No Cheese-tons/Croutons)	1050	740	82g	22g	0g	105mg	2110mg	55g	10g	< 1g	32g
The Antipasto Thing (No Cheese-tons)	1140	690	82g	33g	0g	145mg	4550mg	121g	13g	17g	55g
The Big Beefstro (No Crispy Onions)	850	500	54g	14g	0g	130mg	1990mg	24g	8g	13g	62g
Julius Caesar, Big (No Croutons)	580	480	53g	14g	0g	65mg	1280mg	13g	6g	3g	17g
Julius Caesar, Real Big (No Croutons)	900	730	81g	22g	0g	105mg	2010mg	18g	8g	5g	27g
Oregano's Favorite	850	540	63g	8g	5g	40mg	1580mg	64g	13g	37g	18g



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Nutritional Guide

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GLUTEN FRIENDLY (Cont...)											
Pablo Picasso w/Chicken	1420	910	102g	35g	0g	150mg	2590mg	61g	12g	13g	53g
Pablo Picasso w/Pinto Beans	1460	860	98g	33g	0g	70mg	2200mg	93g	19g	13g	40g
Power Greens	1380	870	99g	25g	0g	55mg	2810mg	96g	12g	63g	37g
Simple House, Big (No Croutons, w/o Dressing)	70	10	1g	0g	0g	0mg	290mg	14g	7g	6g	4g
Simple House, Real Big (No Croutons, w/o Dressing)	100	10	1.5g	0g	0g	0mg	430mg	19g	10g	8g	6g
Vino Bambino (No Pasta)	1210	660	73g	17g	0g	185mg	3210mg	62g	16g	28g	72g
Alfredo the Dark (Gluten Friendly Penne)	1300	730	81g	48g	2g	285mg	1690mg	120g	4g	8g	30g
Big Rig (Gluten Friendly Penne)	1270	660	74g	44g	0g	240mg	1310mg	130g	6g	6g	23g
The Original Bollo w/Marinara (Gluten Friendly Penne)	630	140	15g	2g	0g	5mg	750mg	117g	5g	4g	13g
Pizza- Gluten Friendly Crust 10" Cheese	710	420	43g	28g	0g	40mg	520mg	45g	2g	6g	41g
BEER (Bottles)											
Angry Orchard Hard Cider	190	0	0g	0g	0g	0mg	0mg	26g	0g	26g	0g
Bud	150	0	0g	**	**	0mg	10mg	11g	0g	**	1g
Bud Light	100	0	0g	**	**	0mg	10mg	5g	0g	**	< 1g
Coors Lite	100	0	0g	0g	**	0mg	15mg	6g	0g	0g	< 1g
Corona Extra	150	0	0g	0g	0g	0mg	0mg	14g	0g	0g	1g
Four Peaks HopKnot	150	0	0g	0g	**	0mg	15mg	13g	0g	0g	2g
Heineken	140	0	0g	0g	0g	0mg	0mg	11g	0g	0g	2g
Leinkugel	150	0	0g	0g	**	0mg	15mg	13g	0g	0g	2g
Michelob Ultra	100	0	0g	**	**	0mg	10mg	3g	0g	**	< 1g
Miller Lite	100	0	0g	0g	**	0mg	15mg	6g	0g	0g	< 1g
Moretti	150	0	0g	0g	**	0mg	15mg	13g	0g	0g	2g
Odell 90 Shilling Ale	150	0	0g	0g	**	0mg	15mg	13g	0g	0g	2g
Oskar Blues	150	0	0g	0g	**	0mg	15mg	13g	0g	0g	2g
St. Pauli Girl NA	150	0	0g	0g	**	0mg	15mg	13g	0g	0g	2g
Stella Artois	140	0	0g	0g	0g	0mg	0mg	12g	0g	0g	1g
BEER (Draft)											
Blue Moon (16oz)	210	0	0g	0g	0g	0mg	0mg	18g	0g	0g	2g
Blue Moon (23oz)	310	0	0g	0g	0g	0mg	0mg	26g	0g	0g	3g
Bud Light (16oz)	130	0	0g	**	**	0mg	15mg	6g	0g	**	1g
Bud Light (23oz)	190	0	0g	**	**	0mg	20mg	8g	0g	**	2g
Dos Equis Lager (16oz)	190	0	0g	0g	**	0mg	20mg	16g	0g	0g	2g
Dos Equis Lager (23oz)	280	0	0g	0g	**	0mg	25mg	23g	0g	0g	3g
Four Peaks Selection (16oz)	190	0	0g	0g	**	0mg	20mg	16g	0g	0g	2g
Four Peaks Selection (23oz)	280	0	0g	0g	**	0mg	25mg	23g	0g	0g	3g
Lagunitas IPA (16oz)	230	0	0g	0g	0g	0mg	0mg	19g	0g	0g	3g
Lagunitas IPA (23oz)	340	0	0g	0g	0g	0mg	0mg	28g	0g	0g	4g
San Tan Selection (16oz)	190	0	0g	0g	**	0mg	20mg	16g	0g	0g	2g
San Tan Selection (23oz)	280	0	0g	0g	**	0mg	25mg	23g	0g	0g	3g



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COCKTAILS											
Anita Margarita	290	0	0g	0g	0g	0mg	0mg	24g	< 1g	22g	0g
Bourbon Smash	180	0	0g	0g	**	0mg	5mg	13g	1g	10g	< 1g
Dirty Martini	170	0	0g	0g	0g	0mg	0mg	11g	< 1g	9g	0g
Cosmo Martini	170	0	0g	0g	0g	0mg	0mg	11g	< 1g	9g	0g
Dirty Monkey	360	0	0g	0g	0g	0mg	0mg	29g	0g	27g	0g
Gibbilli Bellini	390	0	0g	0g	0g	0mg	10mg	39g	5g	32g	0g
Lemon Drop Martini	230	0	0g	0g	0g	0mg	0mg	11g	2g	7g	< 1g
Mai Tai	300	0	0g	0g	0g	0mg	10mg	37g	2g	26g	< 1g
Manhattan	180	0	0g	0g	0g	0mg	0mg	14g	< 1g	14g	0g
Moscow Mule	200	0	0g	0g	0g	0mg	0mg	20g	1g	17g	0g
Old Fashioned Greyhound	230	0	0g	0g	**	0mg	0mg	26g	0g	2g	1g
Old Fashioned Sangria	200	0	0g	0g	0g	0mg	0mg	15g	0g	11g	0g
Old Fashioned Sangria Pitcher - Serves 4	210	0	0g	0g	0g	0mg	0mg	21g	2g	14g	< 1g
Oregano's Vintage Martini	240	35	3.5g	0g	0g	0mg	570mg	3g	0g	< 1g	0g
Painkiller	310	0	0g	0g	0g	0mg	15mg	42g	0g	31g	0g
Pom-O Margarita	310	0	0g	0g	0g	0mg	0mg	39g	< 1g	36g	< 1g
Prickly Pear Margarita	300	0	0g	0g	0g	0mg	0mg	27g	< 1g	24g	0g
Sangria Blanco	200	0	0g	0g	0g	0mg	0mg	19g	1g	11g	0g
The Long Island Express	310	0	0g	0g	0g	0mg	5mg	20g	9g	10g	< 1g
The Original Mojito	170	0	0g	0g	0g	0mg	0mg	11g	1g	8g	0g
WINE (Per Glass, unless noted)											
7 Deadly Zins Zinfandel	160	0	0g	**	**	**	**	5g	**	**	0g
Beringer White Zinfandel	140	0	0g	**	**	**	**	6g	**	**	0g
Lucien Albrecht (Bottle)	740	0	0g	0g	0g	0mg	40mg	25g	0g	8g	0g
Candoni Pinot Grigio	150	0	0g	**	**	**	**	4g	**	**	0g
Canyon Road Cabernet	140	0	0g	**	**	**	**	5g	**	**	0g
Canyon Road Chardonnay	150	0	0g	**	**	**	**	6g	**	**	0g
Canyon Road Merlot	150	0	0g	**	**	**	5mg	4g	0g	1g	0g
Earthquake Cabernet	140	0	0g	**	**	**	**	5g	**	**	0g
Kim Crawford Sauvignon Blanc	140	0	0g	**	**	**	**	4g	**	**	0g
La Marca Prosecco Split	180	0	0g	0g	0g	0mg	10mg	6g	0g	2g	0g
Loscano Grand Reserve Malbec	150	0	0g	**	**	**	5mg	4g	0g	1g	0g
Peirano Estate Merlot	150	0	0g	**	**	**	5mg	4g	0g	1g	0g
Penfolds Red Blend Table Wine	150	0	0g	0g	**	0mg	5mg	5g	0g	1g	0g
Prisoner Red Blend	150	0	0g	**	**	**	**	5g	**	**	0g
Riunite Lambrusco Split	160	0	0g	**	**	**	**	5g	**	**	0g
Row 11 Pinot Noir	140	0	0g	**	**	**	**	4g	**	**	0g



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WINE (Cont...)											
San Pietro Pinot Grigio	150	0	0g	**	**	**	**	4g	**	**	0g
Sassoregale Sangiovese	150	0	0g	**	**	**	**	5g	**	**	0g
Sextant Chardonnay	150	0	0g	**	**	**	**	6g	**	**	0g
Snapdragon Riesling	140	0	0g	**	**	**	**	7g	**	**	0g
Sonoma Cutrer Chardonnay	150	0	0g	**	**	**	**	6g	**	**	0g
Sterling Vineyards Cabernet	140	0	0g	**	**	**	**	5g	**	**	0g
Stoller Rosé	150	0	0g	**	**	**	**	5g	**	**	0g
Straccali Chianti	150	0	0g	**	**	**	**	5g	**	**	0g
TWISTS (Non-Alcoholic)											
Bistro Berry Twist	250	0	0g	0g	0g	0mg	35mg	62g	29g	31g	0g
Mango Tango Lemonade	270	0	0g	0g	0g	0mg	35mg	66g	29g	35g	< 1g
Strawberry Boogie	260	0	0g	0g	0g	0mg	35mg	63g	36g	25g	< 1g