

Nutrition Facts:

Pizzas

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Protein (g) | Carbs (g) | Sodium (mg) | Cholesterol (mg) | Sugar (g) | Fiber (g) | *Contains Wheat | *Contains Milk | *Contains Soy | *Contains Eggs |
|-----------------------------|----------|---------------|-------------------|---------------|-------------|-----------|-------------|------------------|-----------|-----------|-----------------|----------------|---------------|----------------|
| Cheese | 137 | 3.4 | 1.8 | 0 | 7.2 | 19.9 | 180.6 | 7.5 | .85 | .84 | * | * | | |
| Pepperoni | 193 | 8.6 | 3.7 | 0 | 9.5 | 19.6 | 383.1 | 18.6 | .85 | .84 | * | * | | |
| Pepperoni & Sausage | 181 | 7.3 | 3.2 | 0 | 9 | 20 | 339 | 15.5 | .85 | 1 | * | * | | |
| Mushroom | 139 | 3.4 | 1.8 | 0 | 7.6 | 20.2 | 182.5 | 7.5 | 1 | 1 | * | * | | |
| Rose | 145 | 4.2 | 2.2 | 0 | 7.5 | 20.1 | 182.7 | 8.8 | .7 | 1 | * | * | * | |
| Margherita | 160 | 6.2 | 2.3 | 0 | 7.1 | 19.5 | 194 | 7.5 | .6 | .7 | * | * | * | |
| Sausage | 169 | 6 | 2.8 | 0 | 8.5 | 20.4 | 295 | 12.2 | .85 | 1.2 | * | * | | |
| Sausage, Peppers, & Onions | 159 | 5.1 | 2.4 | 0 | 8.1 | 20.5 | 314.4 | 10.6 | .9 | 1.1 | * | * | | |
| Sensa Formaggio (No Cheese) | 99 | .4 | .1 | 0 | 3.9 | 20.1 | 76.3 | 0 | 1.1 | 1 | * | | | |
| Spicy Meatball | 170 | 5.8 | 2.7 | 0 | 8.9 | 21 | 255.9 | 13.1 | .9 | 1.2 | * | * | * | * |
| Veggie | 140 | 3.4 | 1.8 | 0 | 7.4 | 20.5 | 181.3 | 7.5 | 1.2 | 1 | * | * | | |
| Alfredo | 148 | 4.8 | 2.5 | 0 | 7.6 | 19.3 | 184.3 | 9.8 | .48 | .5 | * | * | * | |
| Bacon | 189 | 7.1 | 3.3 | 0 | 10.2 | 19.9 | 360.1 | 7.5 | .9 | .8 | * | * | | |
| Bacon Cheese Fry | 195 | 8.6 | 3.3 | 0 | 9 | 19.9 | 301.1 | 11.9 | .5 | .5 | * | * | * | * |
| BBQ Chicken | 166 | 4 | 2 | 0 | 9.3 | 23.5 | 221.2 | 14.4 | 4.3 | .5 | * | * | | |
| Buffalo Chicken | 161 | 5.3 | 2.3 | 0 | 9.3 | 19.3 | 263.7 | 14.4 | .29 | .5 | * | * | * | |
| Chicken Bacon Ranch | 193 | 8 | 2.9 | 0 | 10.3 | 19.5 | 273.7 | 16.9 | .5 | .5 | * | * | * | * |
| Ham & Pineapple | 147 | 3.8 | 1.9 | 0 | 8.3 | 20.5 | 281.8 | 11.3 | 1.4 | .9 | * | * | | |
| Ham Hoagie | 142 | 3.5 | 1.8 | 0 | 7.4 | 21 | 181.1 | 7.5 | 1.2 | 1.3 | * | * | | |
| Tuscan Taco | 153 | 4.7 | 2.3 | 0 | 7.7 | 20 | 223.7 | 11.3 | .8 | .5 | * | * | | |
| Broccoli Alfredo | 149 | 4.8 | 2.5 | 0 | 7.7 | 19.4 | 185 | 9.8 | .5 | .6 | | | | |
| BBQ Cheddar Burger | 184 | 6 | 2.8 | 0 | 8.7 | 23.8 | 301.2 | 11.3 | 4.3 | .5 | * | * | * | * |
| White Garlic | 157 | 6 | 2.3 | 0 | 7.2 | 19.2 | 195 | 10 | .4 | .5 | * | * | * | * |
| Breadsticks *1 stick | 103 | 1.9 | 0.5 | 0 | 3.3 | 18.4 | 65.7 | 0.1 | 0.3 | 0.6 | * | * | * | * |

1 Serving size = 1 slice
* Indicates there are allergens

Pastas

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Protein (g) | Carbs (g) | Sodium (mg) | Cholesterol (mg) | Sugar (g) | Fiber (g) | *Contains Wheat | *Contains Milk | *Contains Soy | *Contains Eggs |
|-----------------|----------|---------------|-------------------|---------------|-------------|-----------|-------------|------------------|-----------|-----------|-----------------|----------------|---------------|----------------|
| Rotini | 105 | 5 | 0 | 0 | 3.5 | 20.5 | 0 | 0 | 1 | 1 | * | | | |
| Alfredo Sauce | 43 | 3.8 | 1.75 | 0 | 1.5 | 1 | 135 | 6.25 | .5 | .2 | * | * | * | |
| Marinara Sauce | 15 | .25 | 0 | 0 | 0.5 | 2.8 | 122 | 0 | | .75 | | | | |
| Bolognese Sauce | 28 | 1.7 | .6 | 0 | .75 | 2 | 122.5 | 1.25 | 1.3 | .5 | | | | |

1 Serving size = 1oz
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Desserts

| | | | | | | | | | | | | | | |
|-----------------------------|-----|-----|-----|-----|-----|------|------|-----|------|-----|---|---|---|--|
| Apple Pizza | 126 | 2.5 | 1.2 | 0.3 | 2.7 | 23 | 36.1 | 3.1 | 7.8 | 0.3 | * | * | * | |
| Cherry Pizza | 122 | 2.5 | 1.2 | 0.3 | 2.7 | 22 | 36.1 | 3.1 | 6.8 | 0.3 | * | * | * | |
| Blueberry Pizza | 123 | 2.5 | 1.2 | 0.3 | 2.7 | 22 | 40.2 | 3.1 | 6.8 | 0.3 | * | * | * | |
| OREO® Pizza | 129 | 4.1 | 1.4 | 0 | 2.9 | 19.6 | 62 | 0 | 2.9 | 0.8 | * | * | * | |
| Chocolate Chip | 163 | 5.2 | 2.9 | 0.3 | 3.4 | 27.2 | 34.6 | 3.1 | 10.9 | 0.3 | * | * | * | |
| S'Mores Pizza | 133 | 2.5 | 1.3 | 0.1 | 3 | 25.6 | 53.7 | 0 | 9.4 | 0.5 | * | * | * | |
| Pumpkin Pizza | 144 | 3.3 | 1.4 | 0.3 | 2.8 | 26.1 | 47.5 | 3.1 | 10.8 | 0.4 | * | * | * | |
| Cinnamon Rolls *per roll | 122 | 3.2 | 0.6 | 0 | 2.4 | 21.4 | 56.5 | 0 | 9 | 0.3 | * | * | * | |

1 Serving size = 1 slice
* Indicates there are allergens



Nutrition Facts:

Salad Bar

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Protein (g) | Carbs (g) | Sodium (mg) | Cholesterol (mg) | Sugar (g) | Fiber (g) | *Contains Wheat | **Contains Milk | *Contains Soy | *Contains Eggs |
|----------------|----------|---------------|-------------------|---------------|-------------|-----------|-------------|------------------|-----------|-----------|-----------------|-----------------|---------------|----------------|
| Romaine | 2 | 0 | 0 | 0 | 0.1 | 0.1 | 1.25 | 0 | 0 | 0.1 | | | | |
| Spinach | 7 | 0.1 | 0 | 0 | 0.8 | 1 | 22 | 0 | 0.1 | 0.6 | | | | |
| Spring Mix | 1.3 | 0 | 0 | 0 | 0.2 | 0.2 | 4 | 0 | 0.1 | 0.2 | | | | |
| Croûtons | 120 | 4 | 0 | 0 | 4 | 20 | 360 | 0 | 0 | 0 | * | * | | |
| Carrots | 12 | 0 | 0 | 0 | 0.3 | 2.7 | 21.7 | 0 | 1.7 | 0.7 | | | | |
| Cukes | 3 | 0 | 0 | 0 | 0.1 | 0.5 | 0 | 0 | 0.3 | 0.2 | | | | |
| Mushrooms | 6.7 | 0 | 0 | 0 | 1 | 1 | 5 | 0 | 0.3 | 0.3 | | | | |
| Onions | 11 | 0 | 0 | 0 | 0.3 | 2.6 | 1 | 0 | 1.1 | 0.4 | | | | |
| Peppers | 6 | 0 | 0 | 0 | 0.2 | 1.4 | 0 | 0 | 1 | 0.5 | | | | |
| Tomatoes | 5 | 0.05 | 0 | 0 | 0.2 | 1 | 1 | 0 | 0.7 | 0.3 | | | | |
| Broccoli | 3.1 | 0 | 0 | 0 | 0.3 | 0.5 | 2.5 | 0 | 1.5 | 0.3 | | | | |
| Black Olives | 30 | 2.5 | 0 | 0 | 0 | 0.5 | 100 | 0 | 0 | 0 | | | | |
| Beets | 10 | 0 | 0 | 0 | 0.2 | 2 | 2.5 | 0 | 1.5 | .3 | | | | |
| Garb Beans | 28 | 0.3 | 0 | 0 | 1.8 | 5 | 77.5 | 0 | 0 | 1.8 | | | | |
| Oranges | 17.5 | 0 | 0 | 0 | 0.3 | 4.3 | 2.5 | 0 | 4.3 | 0.2 | | | | |
| Corn | 17.5 | 0.3 | 0 | 0 | .5 | 3.3 | 75 | 0 | 1.5 | 0.5 | | | | |
| Craisins | 70 | 0.3 | 0 | 0 | 0 | 18 | 1.5 | 0 | 14.5 | 1 | | | | |
| Banana Peppers | 0 | 0 | 0 | 0 | 0 | 0.5 | 460 | 0 | 0 | 0 | | | | |
| Blue Cheese | 50 | 4 | 2.5 | 0 | 3 | 0.5 | 190 | 10 | 0.2 | 0.2 | | | * | |

1 Serving size = 1oz
* Indicates there are allergens



Salad Dressings

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Protein (g) | Carbs (g) | Sodium (mg) | Cholesterol (mg) | Sugar (g) | Fiber (g) | *Contains Wheat | *Contains Milk | *Contains Soy | *Contains Eggs |
|------------------------------|----------|---------------|-------------------|---------------|-------------|-----------|-------------|------------------|-----------|-----------|-----------------|----------------|---------------|----------------|
| French | 140 | 12 | 2 | 0 | 0 | 8 | 360 | 0 | 7 | 0 | | | * | |
| Ranch | 90 | 10 | 1.5 | 0 | 1 | 1 | 240 | 10 | 1 | 0 | * | * | * | |
| Blue Cheese | 140 | 15 | 3 | 0 | 1 | 2 | 290 | 15 | 1 | 0 | * | * | * | |
| Low Cal Italian | 25 | 1 | 0 | 0 | 0 | 4 | 500 | 0 | 3 | 0 | | | | |
| Caesar <i>*Contains Fish</i> | 90 | 9 | 1.5 | 0 | 0 | 2 | 270 | 5 | 1 | 0 | * | * | * | |
| Honey Mustard | 130 | 12 | 2 | 0 | 1 | 7 | 170 | 5 | 6 | 0 | | | | * |
| Balsamic Vinaigrette | 60 | 5 | 1 | 0 | 0 | 3 | 250 | 0 | 2 | 0 | | | * | |
| 1000 Island | 140 | 13 | 2 | 0 | 0 | 5 | 310 | 15 | 4 | 0 | | | * | * |

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Condiments

| | | | | | | | | | | | | | | |
|------------------|-----|-----|---|---|-----|------|--------|---|-----|-----|--|--|---|---|
| Oil | 240 | 28 | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | * |
| Red Wine Vinegar | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | |
| Buffalo Sauce | 50 | 5 | 1 | 0 | 0 | 1 | 460 | 0 | 0 | 0 | | | * | |
| Bacon Bits | 60 | 2 | 0 | 0 | 6 | 4 | 110 | 0 | 0 | 2 | | | * | |
| Garlic Salt | 0 | 0 | 0 | 0 | 0 | 0 | 11,760 | 0 | 0 | 0 | | | | |
| Garlic Powder | 54 | 0.1 | 0 | 0 | 2.8 | 12.3 | 6 | 0 | 4.1 | 1.8 | | | | |

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