

B.C. PIZZA

NUTRITION INFORMATION



Item	Portion / Unit	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)
PIZZA											
Personal: Bac Dbl Cheeseburger	1 Slice (1/4 Pizza)	131	5.18	2.325	0	14	273	13.95	1.1	2.1	7.78
Personal: BBQ Chicken	1 Slice (1/4 Pizza)	122	3.5	1.525	0	10	290	16.35	0.9	4.3	6.78
Personal: Buffalo Chicken	1 Slice (1/4 Pizza)	138	6.2	2.3	0	11	305	13.62	0.9	1.82	7.12
Personal: C	1 Slice (1/4 Pizza)	107	3.32	1.475	0	7	214	13.75	1.1	2.03	6.03
Personal: C-P	1 Slice (1/4 Pizza)	120	4.58	2.05	0	10	258	13.75	1.1	2.03	6.5
Personal: C-P-H	1 Slice (1/4 Pizza)	123	4.67	2.075	0	11	290	13.75	1.1	2.03	6.98
Personal: C-P-H-M	1 Slice (1/4 Pizza)	123	4.67	2.075	0	11	290	13.88	1.1	2.03	7.1
Personal: C-P-H-M-GP	1 Slice (1/4 Pizza)	124	4.67	2.075	0	11	290	13.98	1.2	2.07	7.1
Personal: Carnivore's Feast	1 Slice (1/4 Pizza)	140	6.1	2.6	0	16	329	13.8	1.1	2.03	8.08
Personal: Chicken Bacon Ranch	1 Slice (1/4 Pizza)	144	6.75	2.275	0	14	275	13.23	0.9	1.7	7.55
Personal: Chicken Parmazeti	1 Slice (1/4 Pizza)	143	6.6	2.25	0	12	239	13.55	1	1.88	7.33
Personal: Patrolman's Deluxe	1 Slice (1/4 Pizza)	142	6.1	2.6	0	16	329	14.18	1.2	2.17	8.17
Personal: Patrolman's Special	1 Slice (1/4 Pizza)	125	4.68	2.075	0	11	290	14.17	1.2	2.17	7.13
Personal: Taco Pizza	1 Slice (1/4 Pizza)	140	5.6	2.375	0	13	235	14.92	1	2.85	7.5
Small: Bac Dbl Cheeseburger	1 Slice (1/6 Pizza)	233	9.1	4.067	0	27	489	25.42	1.8	3.8	13.23
Small: BBQ Chicken	1 Slice (1/6 Pizza)	206	4.98	2.083	0	14	521	30.52	1.3	8.38	10.58
Small: Buffalo Chicken	1 Slice (1/6 Pizza)	226	9.17	3.333	0	16	499	24.88	1.4	3.35	11.12
Small: C	1 Slice (1/6 Pizza)	175	4.65	1.983	0	9	347	25.05	1.7	3.63	9.08
Small: C-P	1 Slice (1/6 Pizza)	197	6.72	2.917	0	14	421	25.05	1.7	3.63	9.87
Small: C-P-H	1 Slice (1/6 Pizza)	204	6.97	3.02	0	18	500	25.05	1.7	3.63	11.05
Small: C-P-H-M	1 Slice (1/6 Pizza)	205	6.97	3.017	0	18	500	25.32	1.8	3.63	11.3
Small: C-P-H-M-GP	1 Slice (1/6 Pizza)	199	6.47	2.783	0	15	459	25.4	1.8	3.73	10.68
Small: Carnivore's Feast	1 Slice (1/6 Pizza)	234	9.43	3.933	0	26	563	25.15	1.7	3.63	12.87
Small: Chicken Bacon Ranch	1 Slice (1/6 Pizza)	244	10.78	3.467	0	24	486	24.23	1.3	3.1	12.27
Small: Chicken Parmazeti	1 Slice (1/6 Pizza)	247	11.02	3.767	0	21	420	24.88	1.6	3.48	12.2
Small: Greek-Za Med	1 Slice (1/6 Pizza)	227	9.43	3.333	0	17	582	25.82	1.9	3.07	10.4
Small: Patrolman's Deluxe	1 Slice (1/6 Pizza)	237	9.43	3.933	0	26	563	25.83	1.9	3.88	13.08
Small: Patrolman's Special	1 Slice (1/6 Pizza)	200	6.47	2.783	0	15	459	25.75	1.9	3.88	10.72
Small: Pizza Margherita	1 Slice (1/6 Pizza)	188	5.25	2.25	0	10	373	26.2	2	4.27	9.85
Small: Southwest Steak & Port	1 Slice (1/6 Pizza)	247	10.17	3.817	0.05	22	466	25.47	1.8	3.65	13.3
Small: Taco Pizza	1 Slice (1/6 Pizza)	243	9.2	3.883	0	22	410	27.65	1.7	5.58	12.23
Medium: Bac Dbl Cheeseburger	1 Slice (1/8 Pizza)	241	8.99	3.963	0	26	493	27.49	1.9	4.04	13.52
Medium: BBQ Chicken	1 Slice (1/8 Pizza)	221	5.37	2.25	0	15	549	32.61	1.5	8.62	11.5
Medium: Buffalo Chicken	1 Slice (1/8 Pizza)	247	10.07	3.637	0	18	551	27.09	1.5	3.65	12.1
Medium: C	1 Slice (1/8 Pizza)	189	5	2.125	0	9	365	27.14	1.9	3.89	9.76
Medium: C-P	1 Slice (1/8 Pizza)	211	7.06	3.062	0	15	439	27.14	1.9	3.89	10.55
Medium: C-P-H	1 Slice (1/8 Pizza)	218	7.31	3.15	0	18	519	27.14	1.9	3.89	11.74
Medium: C-P-H-M	1 Slice (1/8 Pizza)	219	7.31	3.15	0	18	519	27.39	1.9	3.89	11.99
Medium: C-P-H-M-GP	1 Slice (1/8 Pizza)	213	6.84	2.938	0	16	484	27.42	1.9	3.98	11.43
Medium: Carnivore's Feast	1 Slice (1/8 Pizza)	248	9.83	4.087	0	27	600	27.22	1.9	3.89	13.62
Medium: Chicken Bacon Ranch	1 Slice (1/8 Pizza)	265	11.68	3.7	0	26	531	26.37	1.5	3.39	13.44
Medium: Chicken Parmazeti	1 Slice (1/8 Pizza)	263	11.51	3.762	0	21	447	26.96	1.7	3.74	12.76
Medium: Greek-Za Med	1 Slice (1/8 Pizza)	249	10.38	3.825	0	18	646	28.07	2.2	3.31	11.59
Medium: Patrolman's Deluxe	1 Slice (1/8 Pizza)	253	9.89	4.1	0	28	620	27.87	2	4.14	14.09
Medium: Patrolman's Special	1 Slice (1/8 Pizza)	216	6.9	2.963	0	17	504	27.78	2	4.14	11.75
Medium: Pizza Margherita	1 Slice (1/8 Pizza)	206	5.85	2.525	0	11	397	28.36	2.2	4.54	10.67
Medium: Southwest Steak & Port.	1 Slice (1/8 Pizza)	271	11.36	4.263	0.062	24	513	27.65	1.9	3.92	14.59
Medium: Taco Pizza	1 Slice (1/8 Pizza)	252	9.12	3.813	0	21	418	29.74	1.9	5.85	12.64
Large: Bac Dbl Cheeseburger	1 Slice (1/10 Pizza)	268	9.89	4.36	0	27	550	30.6	2.3	4.55	15.23
Large: BBQ Chicken	1 Slice (1/10 Pizza)	249	6.54	2.79	0	17	584	35.4	1.7	8.95	13.22
Large: Buffalo Chicken	1 Slice (1/10 Pizza)	278	11.56	4.28	0.01	21	598	29.87	1.8	3.96	13.91
Large: C	1 Slice (1/10 Pizza)	218	6.19	2.67	0	12	430	30.17	2.2	4.36	11.7
Large: C-P	1 Slice (1/10 Pizza)	245	8.66	3.81	0	19	519	30.17	2.2	4.36	12.65
Large: C-P-H	1 Slice (1/10 Pizza)	252	8.91	3.9	0	22	599	30.17	2.2	4.36	13.83
Large: C-P-H-M	1 Slice (1/10 Pizza)	253	8.91	3.9	0	22	599	30.42	2.3	4.36	14.08
Large: C-P-H-M-GP	1 Slice (1/10 Pizza)	254	8.91	3.9	0	22	599	30.62	2.3	4.48	14.11
Large: Carnivore's Feast	1 Slice (1/10 Pizza)	287	11.79	4.96	0	31	676	30.27	2.2	4.36	16.03
Large: Chicken Bacon Ranch	1 Slice (1/10 Pizza)	293	13.04	4.25	0	27	553	29.16	1.7	3.72	14.74
Large: Chicken Parmazeti	1 Slice (1/10 Pizza)	291	12.73	4.22	0	22	482	29.78	2	4.07	14.3
Large: Greek-Za Med	1 Slice (1/10 Pizza)	282	11.91	4.55	0	21	711	30.97	2.4	3.66	13.58
Large: Patrolman's Deluxe	1 Slice (1/10 Pizza)	290	11.79	4.96	0	31	677	31.05	2.4	4.66	16.24
Large: Patrolman's Special	1 Slice (1/10 Pizza)	256	8.91	3.9	0	22	599	31.05	2.4	4.66	14.14
Large: Pizza Margherita	1 Slice (1/10 Pizza)	234	6.89	3.01	0	14	462	31.43	2.5	5.04	12.6
Large: Southwest Steak & Port.	1 Slice (1/10 Pizza)	302	12.76	4.85	0.07	27	565	30.6	2.2	4.35	16.44
Large: Taco Pizza	1 Slice (1/10 Pizza)	286	10.73	4.46	0	24	473	32.51	2.1	6.06	14.68
X-Large: Bac Dbl Cheeseburger	1 Slice (1/12 Pizza)	278	10.59	4.7	0.008	30	570	30.73	2.4	4.54	16.22
X-Large: BBQ Chicken	1 Slice (1/12 Pizza)	259	7.23	3.142	0.008	19	597	35.51	1.8	8.95	14.08
X-Large: Buffalo Chicken	1 Slice (1/12 Pizza)	286	12.18	4.508	0.008	22	605	29.96	1.9	3.96	14.61
X-Large: C	1 Slice (1/12 Pizza)	228	6.9	3.025	0.008	14	443	30.25	2.3	4.33	12.63
X-Large: C-P	1 Slice (1/12 Pizza)	258	9.64	4.292	0.008	21	542	30.25	2.3	4.33	13.69
X-Large: C-P-H	1 Slice (1/12 Pizza)	265	9.9	4.375	0.008	25	621	30.25	2.3	4.33	14.87
X-Large: C-P-H-M	1 Slice (1/12 Pizza)	266	9.9	4.375	0.008	25	621	30.5	2.4	4.33	15.12
X-Large: C-P-H-M-GP	1 Slice (1/12 Pizza)	258	9.17	4.05	0.008	22	583	30.64	2.4	4.47	14.61
X-Large: Carnivore's Feast	1 Slice (1/12 Pizza)	296	12.38	5.283	0.008	33	688	30.33	2.3	4.33	16.99
X-Large: Chicken Bacon Ranch	1 Slice (1/12 Pizza)	307	14.09	4.708	0.008	29	580	29.28	1.8	3.73	15.76
X-Large: Chicken Parmazeti	1 Slice (1/12 Pizza)	300	13.47	4.508	0.008	23	494	29.91	2.1	4.08	15.02
X-Large: Greek-Za Med	1 Slice (1/12 Pizza)	292	12.67	4.908	0.008	24	738	31.12	2.5	3.68	14.51



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X-Large: Patrolman's Deluxe	1 Slice (1/12 Pizza)	300	12.37	5.283	0.008	33	688	31.2	2.5	4.67	17.22
X-Large: Patrolman's Special	1 Slice (1/12 Pizza)	260	9.17	4.05	0.008	22	583	31.12	2.5	4.67	14.64
X-Large: Pizza Margherita BC	1 Slice (1/12 Pizza)	242	7.5	3.308	0.008	15	471	31.51	2.6	5.03	13.41
X-Large: SW Steak & Portabella	1 Slice (1/12 Pizza)	314	13.61	5.225	0.075	29	588	30.82	2.3	4.42	17.37
X-Large: Taco Pizza	1 Slice (1/12 Pizza)	299	11.62	4.867	0.008	27	495	32.83	2.2	6.14	15.83
Sarge: Bac Dbl Cheeseburger	1 Slice (1/8 Pizza)	618	21.16	9.225	0.012	53	1,107	75.26	5.3	10.55	34.27
Sarge: BBQ Chicken	1 Slice (1/8 Pizza)	615	16.1	6.888	0.012	40	1,402	88.41	4.4	22.36	31.64
Sarge: Buffalo Chicken	1 Slice (1/8 Pizza)	686	28.69	10.638	0.013	49	1,426	74.27	4.4	9.66	33.59
Sarge: C	1 Slice (1/8 Pizza)	541	15.48	6.687	0.012	30	954	74.2	5.1	10.09	28.86
Sarge: C-P	1 Slice (1/8 Pizza)	607	21.65	9.538	0.012	47	1,177	74.2	5.1	10.09	31.24
Sarge: C-P-H	1 Slice (1/8 Pizza)	621	22.15	9.7	0.012	54	1,336	74.2	5.1	10.09	33.6
Sarge: C-P-H-M	1 Slice (1/8 Pizza)	623	22.15	9.7	0.013	54	1,336	74.58	5.2	10.09	33.99
Sarge: C-P-H-M-GP	1 Slice (1/8 Pizza)	625	22.15	9.7	0.013	54	1,336	75.09	5.4	10.38	34.05
Sarge: Carnivore's Feast	1 Slice (1/8 Pizza)	723	30.5	12.875	0.013	82	1,607	74.45	5.1	10.09	40.08
Sarge: Chicken Bacon Ranch	1 Slice (1/8 Pizza)	702	30.64	9.788	0.013	54	1,202	72.81	4.3	9.3	33.54
Sarge: Chicken Parmazeti	1 Slice (1/8 Pizza)	716	31.58	10.475	0.013	53	1,144	73.89	4.8	9.91	34.14
Sarge: Greek-Za Med	1 Slice (1/8 Pizza)	702	29.35	11.187	0.013	54	1717	77.36	6.2	9.1	34.44
Sarge: Patrolman's Deluxe	1 Slice (1/8 Pizza)	732	30.5	12.875	0.013	82	1,607	76.4	5.5	10.84	40.6
Sarge: Patrolman's Special	1 Slice (1/8 Pizza)	630	22.15	9.7	0.012	54	1,336	76.15	5.5	10.84	34.12
Sarge: Pizza Margherita	1 Slice (1/8 Pizza)	584	17.23	7.513	0.013	34	1154	78.58	6.3	12.6	31.5
Sarge: Southwest Steak & Port.	1 Slice (1/8 Pizza)	751	31.77	12.063	0.175	66	1392	76.49	5.5	10.86	40.33
Sarge: Taco Pizza	1 Slice (1/8 Pizza)	700	25.7	10.938	0.012	61	1,117	80.56	5	14.95	36.64
Sq. Pan: Bac Dbl Cheeseburger	1 Slice (1/12 Pizza)	223	8.24	3.633	0	23	458	25.5	1.9	3.79	12.69
Sq. Pan: BBQ Chicken	1 Slice (1/12 Pizza)	208	5.45	2.325	0	15	487	29.5	1.4	7.46	11.02
Sq. Pan: Buffalo Chicken	1 Slice (1/12 Pizza)	232	9.63	3.567	0.008	17	499	24.89	1.5	3.3	11.59
Sq. Pan: C	1 Slice (1/12 Pizza)	182	5.16	2.225	0	10	359	25.14	1.8	3.63	9.75
Sq. Pan: C-P	1 Slice (1/12 Pizza)	204	7.22	3.175	0	16	433	25.14	1.8	3.63	10.54
Sq. Pan: C-P-H	1 Slice (1/12 Pizza)	210	7.43	3.25	0	18	499	25.14	1.8	3.63	11.53
Sq. Pan: C-P-H-M	1 Slice (1/12 Pizza)	211	7.42	3.25	0	18	499	25.35	1.9	3.63	11.73
Sq. Pan: C-P-H-M-GP	1 Slice (1/12 Pizza)	211	7.38	3.233	0	18	486	25.52	2	3.73	11.57
Sq. Pan: Carnivore's Feast	1 Slice (1/12 Pizza)	239	9.82	4.133	0	26	564	25.23	1.8	3.63	13.36
Sq. Pan: Chicken Bacon Ranch	1 Slice (1/12 Pizza)	245	10.87	3.542	0	22	461	24.3	1.4	3.1	12.28
Sq. Pan: Chicken Parmazeti	1 Slice (1/12 Pizza)	242	10.61	3.517	0	19	401	24.82	1.7	3.39	11.92
Sq. Pan: Greek-Za Med	1 Slice (1/12 Pizza)	235	9.92	3.792	0	18	592	25.81	2	3.05	11.32
Sq. Pan: Patrolman's Deluxe	1 Slice (1/12 Pizza)	242	9.83	4.133	0	26	564	25.87	2	3.88	13.53
Sq. Pan: Patrolman's Special	1 Slice (1/12 Pizza)	212	7.38	3.233	0	18	486	25.87	2	3.88	11.58
Sq. Pan: Pizza Margherita	1 Slice (1/12 Pizza)	195	5.74	2.508	0	11	385	26.19	2.1	4.2	10.5
Sq. Pan: Southwest Steak & Port	1 Slice (1/12 Pizza)	252	10.63	4.042	0.058	23	471	25.5	1.9	3.63	13.7
Sq. Pan: Taco Pizza	1 Slice (1/12 Pizza)	238	8.94	3.717	0	20	395	27.09	1.7	5.05	12.23
PIZZA TOPPINGS											
Bacon (Avg Slice)	1 Slice	30	2.3	1	0	13	162	0	0	0	2.5
Banana Peppers (Avg Slice)	1 Slice	0	0	0	0	0	115	0.2	0	0	0
Black Olives (Avg Slice)	1 Slice	13	1.1	0.2	0	0	66	0.4			0
Broccoli (Avg Slice)	1 Slice	2	0	0	0	0	3	0.4	0.2	0.1	0.2
Chicken (Avg Slice)	1 Slice	8	0.3	0.1	0	4	58	0.1	0	0	1.4
Feta Cheese (Avg Slice)	1 Slice	20	1.8	1.1	0	4	88	0.2	0	0	1.3
Green Peppers (Avg Slice)	1 Slice	1	0	0	0	0	0	0.3	0.1	0.2	0.1
Ground Beef (Avg Slice)	1 Slice	18	1.4	0.6	0	5	4	0	0	0	1.3
Ham (Avg Slice)	1 Slice	7	0.3	0.1	0	3	79	0	0	0	1.2
Jalapenos (Avg Slice)	1 Slice	0	0	0	0	0	119	0.2	0	0	0
Mushroom (Avg Slice)	1 Slice	2	0	0	0	0	0	0.3	0.1	0	0.3
Red Onion (Avg Slice)	1 Slice	3	0	0	0	0	0	0.7	0.1	0.3	0
Pepperoni (Avg Slice)	1 Slice	35	3.3	1.5	0	9	119	0	0	0	1.3
Pineapple (Avg Slice)	1 Slice	5	0	0	0	0	1	1.4	0.1	1.3	0
Seasoned Ground Beef	1 Ounce servings	62	4.54	1.837	0	15	82	0.77	0	0	4.08
Tomatoes (Avg Slice)	1 Slice	1	0	0	0	0	0	0.3	0.1	0.2	0.1
Italian Sausage (Avg Slice)	1 Slice										
Green Olives (Avg Slice)	1 Slice										
Meatballs (Avg Slice)	1 Slice										
Anchovies (Avg Slice)	1 Slice										
Fresh Basil (Avg Slice)	1 Slice										
Portabella Mushrooms (Avg Slice)	1 Slice										
Red Bell Peppers (Avg Slice)	1 Slice										
Spinach (Avg Slice)	1 Slice										
Artichoke Hearts (Avg Slice)	1 Slice										
Kalamata Olives (Avg Slice)	1 Slice										
Pizza Sauce	1 Flz serving	10	0	0	0	0	242	2.45	0.8	1.64	0.77
Pizza Crust-Classic	1 Ounce servings	71	0.67	0.122	0.002	0	86	13.94	0.5	1.69	2.38
Pizza Crust- Gluten Free	¼ OF 10" Crust	100	3	0	0	0	180	17	0	2	2
APPETIZERS											
Bread Stix	Piece	75	1.03	0.36	0	1	89	13.94	0.5	1.69	2.38
Bread Stix W/PEPPERONI	Piece	93	2.76	1.15	0	6	151	13.94	0.5	1.69	3.04
Bread Stix WHAM	Piece	80	1.23	0.42	0	4	152	13.94	0.5	1.69	3.32
Cheesy Bread 10"	Piece	109	3.46	1.57	0	7	145	14.35	0.9	1.69	5.62
Cheesy Bread 14"	Piece	113	3.60	1.63	0	7.28	151	14.92	0.9	1.76	5.84
Spl-Rolls: Chicken	Piece	89	2.98	1.292	0	12	266	10.08	1.1	1.17	5.6
Spl-Rolls: Pepperoni	Piece	84	2.99	1.323	0	6	136	10.88	0.5	1.3	3.56
Chicken Wings	Piece	109	7.1	2.186	0	57	202	0	0	0	9.83
Chicken Wings-Boneless	Piece	63	2.21	0.367	0	15	173	4.42	0	0.37	5.89
SALADS <i>Includes 3 oz Ranch Dressing (Regular Size)/ 1.5 oz Ranch Dressing (Small Size) unless otherwise noted.</i>											
Salad: Chicken-Regular	Each	886	66.4	14.6	0	110	2,146	30	7.9	13.5	46.9
Salad: Chicken-Small	Each	458	33.7	7.3	0	55	1,123	17.5	3.9	6.8	23.9
Salad: Garden-Regular	Each	811	68.4	17.3	0	81	1,304	28.1	6.9	14.1	23.1
Salad: Garden-Small	Each	419	34.7	8.7	0	40	701	16.6	3.4	7	12.1
Salad: Greek-Regular	Each	1,055	93.6	24.5	0	152	2,965	27.7	5.6	13.5	27.2



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Salad: Greek-Small	Each	591	51.6	14.4	0	89	1,733	16.6	2.7	6.8	16.6
Salad: Italian-Regular	Each (Italian Dress)	834	71.7	16.4	0	63	2,115	25.9	6.8	11.5	24.7
Salad: Italian-Small	Each (Italian Dress)	441	37.2	8.6	0	34	1,138	15.5	3.3	5.8	13.2
Salad: Portabella- Regular	Each	356	14.4	8.6	0	35	885	36.4	8.1	23.3	21.9
Salad: Portabella- Small	Each	185	7.2	4.3	0	18	442	20	4.6	12.8	11.3
Salad: Chef's Super-Regular	Each	851	68.5	15.8	0	88	1,995	28.6	7.9	13.5	35.2
Salad: Chef's Super-Small	Each	445	35.2	8.1	0	45	1,062	16.9	3.9	6.8	18.3
Salad: Taco-Regular	Each (Taco Sauce)	840	49.8	17.9	0	101	1,619	63.3	8.6	9.5	37.5
Salad: Taco-Small	Each (Taco Sauce)	427	25	9	0	50	811	33.2	4.7	5.8	19.1
Salad: Tossed-Regular	Each	559	50.3	7.2	0	20	929	22.6	5.1	12.3	6.9
Salad: Tossed-Small	Each	297	25.7	3.6	0	10	516	14.4	2.7	6.5	4.1
Salad: Caesar- Regular	Each (Caesar Dress)	580	56.8	12.5	0.0	80.3	1179	10.9	4.1	4.0	9.2
Salad: Caesar- Small	Each (Caesar Dress)	389	38.0	8.4	0.0	53.8	790	7.3	2.7	2.7	6.1

SUBS, GRINDERS & WRAPS

Sub: BBQ Beef	Each	1,065	25.8	11.6	0	107	3,784	146.7	6	51.6	61.6
Sub: BBQ Chicken	Each	1,056	25.7	10.9	0	106	4,070	148	6	51.6	60
Sub: BBQ Meatball	Each	1,553	68.4	26	1.2	151	4,490	158.4	10.7	51.6	77
Sub: BLT	Each	1,236	68.6	26	0	219	3,456	94.8	4.2	9.6	58.5
Sub: Cheese Steak Hoagie	Each	1,134	54.5	21	0	158	2,343	96.9	4.6	10.6	59.7
Sub: Chicken	Each	1,112	50.1	14.5	0	116	2,749	102.3	8.5	11.4	63.4
Sub: Club	Each	1,038	46.2	15.6	0	144	3,044	94.6	3.5	9.1	57.3
Sub: Crispy Chicken Club	Each	1,174	55.1	16.2	0	151	3,154	106.6	3.5	11.1	58.8
Sub: Ham & Cheese	Each	1,001	45.2	14.2	0	106	2,836	94	6	7	56.2
Sub: Italian Sausage	Each	1,127	52.1	19.7	0	117	3,257	109.6	9.8	13.9	58.2
Sub: Meatball	Each	1,402	68.4	26	1.2	151	3,960	118	14.6	15.2	80.8
Sub: Pizza	Each	1,200	58.3	24.9	0	182	3,862	101.9	8.3	11.9	68.7
Sub: Steak & Portabella	Each	1,220	58	19.4	0.5	133	3,281	104.8	6.9	13.1	61.8
Sub: Super	Each	1,141	61.3	17.6	0	116	3,210	94.8	5.6	8.2	50.5
Sub: Taco	Each	1,116	53.7	24.9	0	167	1,835	98	4.2	9.6	55.6
Sub: Turkey	Each	1,011	43.3	12.9	0	92	2,727	101.9	7.2	11.6	54.4
Sub: Veggie	Each	989	48.5	11.5	0	30	1,920	102.8	7.1	10.2	32
Wrap: BBQ Beef	Each	907	30.3	13.7	0	107	3,377	105	4	47.6	56.7
Wrap: BBQ Chicken	Each	898	30.3	13	0	106	3,663	106.3	4	47.6	55
Wrap: BBQ Meatball	Each	1,395	73	28	1.2	151	4,083	116.6	8.7	47.6	72
Wrap: BLT	Each	1,078	73.2	28.1	0	219	3,049	53.1	2.2	5.6	53.5
Wrap: Cheese Steak Hoagie	Each	976	59	23	0	158	1,936	55.2	2.6	6.6	54.7
Wrap: Chicken	Each	951	54.6	16.5	0	116	2,341	59.8	6.3	6.9	58.2
Wrap: Club	Each	869	50.8	17.6	0	134	2,566	52.9	1.5	5.1	49.3
Wrap: Crispy Chicken Club	Each	1,016	59.7	18.2	0	151	2,747	64.9	1.5	7.1	53.8
Wrap: Ham & Cheese	Each	843	49.7	16.2	0	106	2,429	52.3	4	3	51.3
Wrap: Italian Sausage	Each	969	56.7	21.8	0	117	2,850	67.9	7.8	10	53.3
Wrap: Meatball	Each	1,244	73	28	1.2	151	3,553	76.3	12.6	11.2	75.9
Wrap: Pizza	Each	1,042	62.8	26.9	0	182	3,455	60.2	6.3	8	63.7
Wrap: Steak & Portabella	Each	1,074	62.5	21.4	0.5	133	2,874	66.1	6.1	10.3	57.5
Wrap: Super	Each	983	65.9	19.6	0	116	2,803	53.1	3.6	4.2	45.5
Wrap: Taco	Each	958	58.2	26.9	0	167	1,428	56.2	2.2	5.6	50.6
Wrap: Turkey	Each	833	47.9	14.9	0	72	2,178	60.2	5.2	7.6	43.4
Wrap: Veggie	Each	831	53.1	13.5	0	30	1,513	61.1	5.1	6.2	27.1
Grinder: Crispy Chicken Club	Each	1,427	58.3	16.9	0	151	3,041	155.1	5.1	21	69.6

PASTA

Bread Knots	Piece	75	1.04	0.36	0	1	89	13.94	0.5	1.68	2.38
Chicken Parmazeti Pasta	Order	829	29.9	6.4	0	122	839	103.2	5.2	7.5	29.5
Lasagna	Order	725	35.2	15.1	0	65	2,382	64.8	10.1	16.6	42.3
Garlic Roll	Order	493	7.2	2.8	0	10	1,000	91	3	7	13
Meat (with Spaghetti)	Order	106	3	1.5	0	46	486	0	0	0	18.2
Meatball (with Spaghetti)	Order	90	6.7	2.3	0.2	15	193	1.7	0.7	0	5.7
Rotini Rustico with Sausage	Order	707	15.7	3.6	0	22	888	112.2	4.9	18.9	25.2
Spaghetti	Order	234	2.2	0.5	0	1	1,954	88.3	9	16.9	18.5
Green Peppers (with Spaghetti)	Order	6	0	0	0	0	0	1.3	0.4	0.8	0.2
Mushrooms (with Spaghetti)	Order	7	0	0	0	0	0	1	0.3	0	1
Mac & Cheese	Order	750	9	4.5	0	30	1,710	141	6	18	27

SPECIALTIES

French Bread Pizza (P-H)	Order	1,176	56.2	25.5	0	159	3,850	102.4	9.3	11.9	67.3
Jumbo Chicken Fajita	Order	690	29.9	13.8	0	111	2,298	62	1.9	8.5	41.8
Nachos Supreme (Beef)	Order	1,247	76.4	28.7	0	157	1,712	94.1	4.8	4.2	41.5
Nachos Supreme (Chicken)	Order	1,162	65.8	24.2	0	156	2,167	92.8	4.8	4.2	46.3
Pizza Pocket (P-H-M-GP-O)	Order	803	35.4	16.1	0	94	2,332	77.5	8.2	14	48.4
Pizza-Rito (P-H-M-GP-O)	Order	794	40.5	18	0	94	2,751	66.5	7.9	11.1	46.5
Quesadilla (Chicken)	Order	687	30.3	14	0	121	2,572	57.4	1.6	4.6	45.3
Quesadilla (Steak)	Order	675	28.4	12.7	0	122	2,691	56.1	1.6	4.6	47
Wet Burrito (Beef)	Order	1,078	56.1	27	0.3	157	2,655	90.1	8.7	11.6	50.2
Wet Burrito (Chicken)	Order	993	45.5	22.5	0.3	156	3,110	88.8	8.7	11.6	54.9

DESSERTS

Cina-Sticky Fingers	Order	910	11.7	3.9	0	10	899	139.4	4.6	53.3	23.8
Cinnamon Stix with Icing	Order	910	11.7	3.9	0	10	899	139.4	4.6	53.3	23.8
Mini-Cannoli	Each	71	4	1	0	5	15	7	1	4	0
Cinnamon Spl-Rolls w/Pecans	Each	110	5	2.5	0	15	100	17	1	6	2
Dessert Pizza: Apple	1 Slice (1/6 Pizza)	188	1.77	0.5	0	1	216	39.22	1.2	15.33	4
Dessert Pizza: Cherry	1 Slice (1/6 Pizza)	197	1.77	0.5	0	1	191	40.85	1.2	15.57	4
Dessert Pizza: Choc S'more	1 Slice (1/6 Pizza)	301	2.7	0.833	0	5	288	63.67	1.1	29.25	4.92
Dessert Pizza: Pineapple	1 Slice (1/6 Pizza)	164	1.77	0.5	0	1	177	33.08	0.9	10.03	4
Dessert Pocket: Apple	Order	371	4.6	1.9	0	4	403	80.3	1.7	50.8	2.6
Dessert Pocket: Cherry	Order	1,040	10.6	3	0	4	1,100	210.7	6	66.6	24

