

Large Pizza (Based on 10 Slices)	Serving Size	Serving Calories	Carbs. (g)	Protein (g)	Fat (g)	Sat.Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
To calculate total nutritional values for One Slice: Add "Topping" columns to "Cheese Only" columns									
Cheese Only Large Pizza	1 Slice	208	25.3	12.2	4.9	3.1	13.2	464	1.1
Pepperoni Topping Only	1 Slice	22	0	1	2	0.8	6	76	0
Ham Topping Only	1 Slice	7	0	1.3	0.4	0.4	3.6	78	0
Mushroom Topping only	1 Slice	2	0.5	0.2	0	0	0	0	0.1
Onions Topping Only	1 Slice	3	0.5	0.9	0.9	0.9	0.9	0.9	0.4
Green Peppers Topping Only	1 Slice	2	0.5	0.1	0	0	0	0	0.1
Beef Topping Only	1 Slice	29	0.4	1.4	2	0.6	6	92	0.1
Sausage Topping Only	1 Slice	26	0.4	1.7	1.7	0.2	4	116	0.1
Bacon Topping Only	1 Slice	42	0.7	7.6	0.5	0.2	2.4	1.2	0
Black Olives Topping Only	1 Slice	10	0.6	0	0.4	0	1.2	59	0.2
Green Olives Topping Only	1 Slice	10	0.6	0	0.4	0	1.2	59	0.2
Banana Peppers Topping Only	1 Slice	8	1.4	0.3	0.1	0	0	183	0
Pineapple Topping Only	1 Slice	5	1.4	0.6	0.6	0.6	0.6	0.6	0.6
Anchovies Topping Only	1 Slice	55	0	9	3.1	0.7	19.9	920	0

Large Thin (Based on 10 Slices)	Serving Size	Serving Calories	Carbs. (g)	Protein (g)	Fat (g)	Sat.Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
To calculate total nutritional values for One Slice: Add "Topping" columns to "Cheese Only" columns									
Cheese Only Large Thin Pizza	1 Slice	124	10.6	8	5.6	3.2	13	323	0.6
Pepperoni Topping Only	1 Slice	22	0	1	2	0.8	6	76	0
Ham Topping Only	1 Slice	7	0	1.3	0.4	0.4	3.6	78	0
Mushroom Topping only	1 Slice	2	0.5	0.2	0	0	0	0	0.1
Onions Topping Only	1 Slice	3	0.5	0.9	0.9	0.9	0.9	0.9	0.4
Green Peppers Topping Only	1 Slice	2	0.5	0.1	0	0	0	0	0.1
Beef Topping Only	1 Slice	29	0.4	1.4	2	0.6	6	92	0.1
Sausage Topping Only	1 Slice	26	0.4	1.7	1.7	0.2	4	116	0.1
Bacon Topping Only	1 Slice	42	0.7	7.6	0.5	0.2	2.4	1.2	0
Black Olives Topping Only	1 Slice	10	0.6	0	0.4	0	1.2	59	0.2
Green Olives Topping Only	1 Slice	10	0.6	0	0.4	0	1.2	59	0.2
Banana Peppers Topping Only	1 Slice	8	1.4	0.3	0.1	0	0	183	0
Pineapple Topping Only	1 Slice	5	1.4	0.6	0.6	0.6	0.6	0.6	0.6
Anchovies Topping Only	1 Slice	55	0	9	3.1	0.7	19.9	920	0

X-Large Pizza (Based on 8 Slices)	Serving Size	Serving Calories	Carbs. (g)	Protein (g)	Fat (g)	Sat.Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
To calculate total nutritional values for One Slice: Add "Topping" columns to "Cheese Only" columns									
Cheese Only Extra Large Pizza	1 Slice	395	41.9	23.2	9.3	5.9	25.1	882	2.1
Pepperoni Topping Only	1 Slice	26	0	1.2	2.4	1	7.2	91	0
Ham Topping Only	1 Slice	8	0	1.6	0.5	0.5	4.3	94	0
Mushroom Topping only	1 Slice	3	0.6	0.3	0	0	0	0	0.1
Onions Topping Only	1 Slice	3	0.6	1	1	1	1	1	0.4
Green Peppers Topping Only	1 Slice	2	0.6	0.1	0	0	0	0	0.1
Beef Topping Only	1 Slice	37	0.5	1.8	2.5	0.7	7.6	117	0.1
Sausage Topping Only	1 Slice	33	0.5	2.1	2.1	0.2	5	147	0.1
Bacon Topping Only	1 Slice	52	0.9	9.5	0.6	0.2	3	1.5	0
Black Olives Topping Only	1 Slice	11	0.7	0	0.5	0	1.5	74	0.2
Green Olives Topping Only	1 Slice	11	0.7	0	0.5	0	1.5	74	0.2
Banana Peppers Topping Only	1 Slice	12	2.1	0.4	0.1	0	0	274	0
Pineapple Topping Only	1 Slice	6	1.7	0.7	0.7	0.7	0.7	0.7	0.7
Anchovies Topping Only	1 Slice	88	0	14.4	5	1.1	31.8	1472	0

Calzone Subs	Serving Size	Serving Calories	Carbs. (g)	Protein (g)	Fat (g)	Sat.Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
Pizza Sub	1/2 sub	689	66.7	29.7	33.9	14.3	86	1722	2.7
Pizza Special Sub	1/2 sub	606	68.1	29.4	24.2	10.6	65	1584	3
Turkey Sub	1/2 sub	466	63	25	12.9	6	38	1108	1.8
Turkey Club Sub	1/2 sub	556	63.2	41.8	15.2	7.7	42	1065	1.8
Deluxe Italian Sub	1/2 sub	506	61.2	24.3	18.4	8.4	44	1005	1.8
Vegetarian Sub	1/2 sub	530	64.4	22	20.5	10.7	39	895	2.7
Steak & Cheese Sub	1/2 sub	491	63.7	26.5	14.6	6.7	47	914	2
Ham & Cheese Sub	1/2 sub	475	60.9	25.7	14.5	6.8	44	1020	1.8

Breads	Serving Size	Serving Calories	Carbs. (g)	Protein (g)	Fat (g)	Sat.Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
Howie Bread	1/4 of brd.	300	46	9.4	8.7	1.9	2	239	1
Three Cheeser Bread	1/4 of brd.	370	47.1	14.7	13.7	4.9	17	384	1
Cajun Bread	1/4 of brd.	300	46	9.4	8.7	1.9	2	239	1
Cinnamon Bread	1/4 of brd.	313	59	9.4	8.7	1.9	2	239	1.2

Wings	Serving Size	Serving Calories	Carbs. (g)	Protein (g)	Fat (g)	Sat.Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
Howie Wings	5 wings	180	0	14	13	3.5	60	760	0

Tenders	Serving Size	Serving Calories	Carbs. (g)	Protein (g)	Fat (g)	Sat.Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
Chicken Tenders	2 pieces	140	11	13	4.5	0.5	30	460	0

Sauces	Serving Size	Serving Calories	Carbs. (g)	Protein (g)	Fat (g)	Sat.Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
Dipping Sauce	3 oz	45	9	3	0.5	0	0	380	1
Ranch Dressing	1oz	175	1	0	19	3	3	250	0
Blue Cheese Dressing	1oz	152	1	1	16	3	20	300	0

Salads	Serving Size	Serving Calories	Carbs. (g)	Protein (g)	Fat (g)	Sat.Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
Large Garden	4 per salad	17	2.9	1	0.3	0	0	9	1.5
Large Greek	4 per salad	109	7.1	5.6	6.7	4.3	25	501	1.8
Large Chef	4 per salad	99	3.6	8.1	6	3	24	341	1.6
Large Antipasto	4 per salad	101	2.8	7.8	6.7	3.4	24	477	1.4
Small Garden	2 per salad	20	3.4	1.1	0.2	0	0	10	1.7
Small Greek	2 per salad	126	8.2	6.5	7.4	5	29	581	2.1
Small Chef	2 per salad	114	4.2	9.4	6.7	3.5	28	396	1.9
Small Antipasto	2 per salad	115	3.2	9	7.3	3.9	28	554	1.6

Dressings	Serving Size	Serving Calories	Carbs. (g)	Protein (g)	Fat (g)	Sat.Fat (g)	Cholestool (mg)	Sodium (mg)	Dietary Fiber (g)
Blue Cheese	1 oz	150	1	1	16	3	20	300	0
Creamy Italian	1 oz	120	2	0	12	2	0	210	0
Fat Free Italian	1.5 oz	25	5	0	0	0	0	390	0
Fat Free Ranch	1.5 oz	45	10	0	0	0	0	540	1
French Style	1 oz	30	7	0	0	0	0	170	0
Greek	1 oz	110	2	0	11	2	0	70	0
Italian	1 oz	80	2	0	8	1	0	560	0
Ranch	1 oz	180	1	0	19	3	3	250	0
Thousand Island	1 oz	140	4	0	14	2	20	240	0