

## Nancy's Pizza

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2.5 Stuffed Pizza - Toppings	102
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<b>1.5 Stuffed Personal Pizzas</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Mini Stuffed Cheese Pizza (1 Slice, 4/pizza)	730	330	38	10	2.0	4.0	9	35	1220	170	76	1	5	24
Mini Stuffed Pepperoni Pizza (1 Slice, 4/pizza)	740	350	40	10	2.0	3.5	8	35	1380	150	76	1	5	23
Mini Stuffed Sausage Pizza (1 Slice, 4/pizza)	730	340	39	9	2.0	3.5	8	40	1290	150	75	1	5	23

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<b>1.5 Stuffed Pizza - Cheese Base</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Large 1.5 Stuffed Cheese Pizza (1 Slice, 8/pizza)	570	280	32	11	1.0	2.0	7	50	1070	135	49	1	5	24
Medium 1.5 Stuffed Cheese Pizza (1 Slice, 6/pizza)	530	260	30	10	1.0	2.0	6	45	970	125	46		4	22
Small 1.5 Stuffed Cheese Pizza (1 Slice, 4/pizza)	650	300	34	11	1.0	2.0	7	50	1140	150	60	1	5	26

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<b>1.5 Stuffed Pizza - Toppings</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Large Anchovies	190	80	9	2.0		2.5	3.5	80	3380	500				27
Large Artichoke	25								430		6	5		2
Large Bacon	430	300	34	13				85	1450					26
Large Banana Peppers	20								1700		4			
Large Basil	0	0	0						0	35	0			0
Large Black Olives	160	110	12						590		6			
Large Broccoli	45	0	0						40	400	8	3	2	4
Large Canadian Bacon	200	90	10	3.5				70	1340		7		7	21
Large Celery	5	0	0						35	110	1			0
Large Cheese	1790	1110	126	71		4.0	34	395	3440	510	18		5	143
Large Chicken	270	50	6	1.5		1.5	2.0	140	120	420				51
Large Chopped Meatballs	320	220	25	9				60	890		7	1	1	18
Large Feta Cheese	230	130	15	9				20	1330					19
Large Fresh Garlic	40	0	0			0			0	115	9			2
Large Green Olives	140	130	15	2.0		1.5	11		1540	40	4	3		1
Large Green Peppers	20	0	0	0		0			0	170	5	2	2	1

Large Ground Beef	420	310	35	15				100	1170					25
Large Hot Giardinara	10								920		2	1		
Large Italian Beef	290	150	17	6				55	520					29
Large Jalapenos	30	5	0.5	0			0		0	210	6	3	3	1
Large Kalamata Olives	110	90	11	1.0					720		6	4		1
Large Mushrooms	20	0	0				0		0	320	3		2	3
Large Onions	40	0	0						0	140	9	2	4	1
Large Pepperoni	590	480	55	23				90	2320		5			27
Large Pepperoni On Top	590	480	55	23				90	2320		5			27
Large Pineapple	150								20	160	37	2	33	
Large Pizza Sauce	220	5	1.0	0			0	0	2250	40	49	8	32	8
Large Roast Beef	310	120	13	6				145	75					46
Large Roasted Garlic	60	15	1.5	0					5		11			2
Large Roasted Red Peppers	35								200		7		3	
Large Roma Tomatoes	70								650		14	4	9	4
Large Sausage	540	390	45	16				150	1660					34
Large Shrimp	170	15	2.0	0			0.5	0	330	380	310			36
Large Spinach	25	0	0	0			0		80	550	4	2		3
Medium Anchovies	150	60	7	1.5			2.0	2.5	60	2600	390			20
Medium Artichoke	15								290		4	3		1

Medium Bacon	280	200	23	9				55	960					17
Medium Banana Peppers	15								1210		3			
Medium Basil	0								0	15	0			0
Medium Black Olives	110	80	9						420		4			
Medium Broccoli	30	0	0						30	270	6	2	1	2
Medium Canadian Bacon	130	60	7	2.5				45	900		5		5	14
Medium Celery	0								25	75	1			0
Medium Cheese	1190	740	84	48		2.5	23	265	2290	340	12		3	96
Medium Chicken	190	35	4.0	1.0		1.0	1.5	95	85	290				35
Medium Chopped Meatballs	240	170	19	7				45	670		5			14
Medium Feta Cheese	150	90	10	6				15	890					13
Medium Fresh Garlic	30	0	0			0			0	85	7			1
Medium Green Olives	100	100	11	1.5		1.0	8		1100	30	3	2		1
Medium Green Peppers	15	0	0						0	125	3	1	2	1
Medium Ground Beef	300	220	24	10				70	820					17
Medium Hot Giardinara	10								660		1	1		
Medium Italian Beef	200	110	12	4.0				40	360					20
Medium Jalapenos	20	0	0			0			0	150	4	2	2	1
Medium Kalamata Olives	80	70	8	1.0					510		4	3		1
Medium Mushrooms	15	0	0			0			0	230	2		1	2

Medium Onions	30	0	0						0	105	7	1	3	1
Medium Pepperoni	390	320	36	15				60	1550		3			18
Medium Pepperoni On Top	390	320	36	15				60	1550		3			18
Medium Pineapple	90								10	100	23	1	21	
Medium Pizza Sauce	150	5	0.5	0		0	0		1560	30	34	5	22	6
Medium Roast Beef	210	80	9	4.0				100	55					32
Medium Roasted Garlic	50	10	1.5	0					0		9			1
Medium Roasted Red Peppers	25								140		5		2	
Medium Roma Tomatoes	50								440		10	2	6	2
Medium Sausage	380	280	31	11				105	1160					24
Medium Shrimp	120	10	1.5	0		0.5	0	235	270	220				25
Medium Spinach	15	0	0			0			55	400	3	2		2
Small Anchovies	120	50	6	1.0		1.5	2.0	50	2080	310				16
Small Artichoke	10								220		3	2		1
Small Bacon	250	180	20	7				50	840					15
Small Banana Peppers	10								970		2			
Small Basil	0								0	15	0			0
Small Black Olives	90	60	7						340		4			
Small Broccoli	20	0	0						20	200	4	2	1	2
Small Canadian Bacon	120	60	6	2.0				40	820		4		4	13



Small Celery	0								10	35	0			0
Small Cheese	940	580	66	37		2.0	18	205	1800	270	9		3	75
Small Chicken	160	30	3.5	1.0		1.0	1.0	85	75	250				31
Small Chopped Meatballs	160	110	13	4.5				30	450		4			9
Small Feta Cheese	120	70	8	5				10	710					10
Small Fresh Garlic	20	0	0						0	55	5			1
Small Green Olives	80	80	9	1.0		0.5	6		880	25	2	2		1
Small Green Peppers	10	0	0						0	100	3		1	0
Small Ground Beef	250	180	21	9				60	700					15
Small Hot Giardinara	5								520		1			
Small Italian Beef	150	80	9	3.0				30	270					15
Small Jalapenos	15	0	0			0			0	120	3	2	2	1
Small Kalamata Olives	60	50	6	0.5					410		3	2		1
Small Mushrooms	10	0	0			0			0	180	2		1	2
Small Onions	25	0	0						0	85	5		2	1
Small Pepperoni	330	270	30	13				50	1290		3			15
Small Pepperoni On Top	330	270	30	13				50	1290		3			15
Small Pineapple	70								10	80	19		17	
Small Pizza Sauce	120	0	0	0		0	0		1250	25	27	4	18	5
Small Roast Beef	160	60	7	3.0				75	40					24

Small Roasted Garlic	25	5	0.5	0					0		4			1
Small Roasted Red Peppers	20								115		4		2	
Small Roma Tomatoes	40								360		8	2	5	2
Small Sausage	330	240	27	10				90	1000					21
Small Shrimp	100	10	1.0	0		0	0	195	220	180				21
Small Spinach	15	0	0			0			45	320	2	1		2

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<b>1.5 Stuffed Signature Pizzas</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Large A Lot' A Meat	5500	2870	325	112	8	18	56	625	12290	1090	398	8	45	257
Large Cheese	4580	2250	255	86	8	18	56	395	8540	1090	389	8	38	195
Large Chicken Broccoli	4880	2300	261	87	8	19	58	525	8690	1960	398	11	42	246
Large Chicken Cacciatore	4890	2300	261	87	8	19	58	525	8660	1930	399	11	43	247
Large Chicken Florentine	4870	2300	260	87	8	19	58	525	8990	1780	395	9	39	245
Large Nana's Special	4630	2260	255	86	8	18	56	395	8880	1700	399	10	41	199
Large Northern Italian Veggie	4760	2330	264	86	8	18	56	395	9100	1110	408	9	41	196
Large Pepperoni	4810	2440	276	95	8	18	56	430	9450	1090	391	8	38	205
Large Rocco's Party	4990	2520	285	96	8	18	56	495	9660	1530	399	11	43	221
Large Sausage	5160	2670	302	103	8	18	56	555	10310	1090	389	8	38	231
Large Spicy Pepino	4770	2390	270	92	8	18	56	420	10690	1090	394	9	38	203
Large Uncle Tony's Special	4920	2480	281	96	8	18	56	450	9610	1430	403	11	44	212
Large Veggie	4620	2250	255	86	8	18	56	395	8550	1400	397	10	42	197
Large Veggie Napoli	4660	2260	255	86	8	18	56	395	9050	1660	404	10	43	199
Large Vinni's Special	5220	2710	306	105	8	18	56	540	10710	1090	396	8	41	230
Medium A Lot' A Meat	3910	2050	232	78	6	13	39	440	8730	750	283	5	31	179

Medium Cheese	3190	1570	177	57	6	13	39	255	5810	750	277	5	25	130
Medium Chicken Broccoli	3400	1600	181	58	6	14	40	355	5910	1350	283	8	28	167
Medium Chicken Cacciatore	3410	1600	181	58	6	14	40	355	5900	1380	283	7	29	168
Medium Chicken Florentine	3390	1600	181	58	6	14	40	355	6120	1250	281	6	26	166
Medium Nana's Special	3220	1570	178	57	6	13	39	255	6030	1190	283	7	27	133
Medium Northern Italian Veggie	3310	1620	183	57	6	13	39	255	6180	760	290	6	28	131
Medium Pepperoni	3350	1700	192	63	6	13	39	280	6450	750	278	5	25	138
Medium Rocco's Party	3510	1780	201	66	6	13	39	335	6700	1090	283	7	29	151
Medium Sausage	3620	1880	213	70	6	13	39	375	7130	750	277	5	25	157
Medium Spicy Pepino	3330	1670	189	62	6	13	39	275	7200	750	279	6	25	136
Medium Uncle Tony's Special	3430	1730	195	64	6	13	39	295	6550	1010	287	8	30	142
Medium Veggie	3210	1570	177	57	6	13	39	255	5810	960	282	7	28	132
Medium Veggie Napoli	3240	1570	178	57	6	13	39	255	6150	1190	287	7	29	133
Medium Vinni's Special	3630	1880	213	71	6	13	39	355	7320	750	281	5	27	154
Small A Lot' A Meat	3110	1580	179	58	4.0	9	28	330	6720	620	244	4	23	139
Small Cheese	2580	1220	138	43	4.0	9	28	195	4560	620	240	4	19	103
Small Chicken Broccoli	2740	1250	141	44	4.0	10	29	265	4640	1070	244	6	21	131
Small Chicken Cacciatore	2750	1250	141	44	4.0	10	29	265	4630	1110	245	6	22	131
Small Chicken Florentine	2740	1250	141	44	4.0	10	29	265	4790	1000	243	5	19	130
Small Nana's Special	2610	1220	138	43	4.0	9	28	195	4730	960	245	5	21	105

Small Northern Italian Veggie	2680	1260	143	43	4.0	9	28	195	4880	620	250	4	21	103
Small Pepperoni	2710	1320	150	48	4.0	9	28	215	5070	620	241	4	19	109
Small Rocco's Party	2830	1380	156	50	4.0	9	28	255	5230	890	245	6	22	119
Small Sausage	2910	1450	164	53	4.0	9	28	285	5550	620	240	4	19	123
Small Spicy Pepino	2690	1300	147	47	4.0	9	28	210	5770	620	242	5	19	107
Small Uncle Tony's Special	2800	1370	154	50	4.0	9	28	230	5240	810	247	6	22	113
Small Veggie	2600	1220	138	43	4.0	9	28	195	4560	770	244	5	21	104
Small Veggie Napoli	2620	1220	138	43	4.0	9	28	195	4820	960	247	5	22	105
Small Vinni's Special	2950	1480	168	54	4.0	9	28	280	5800	620	243	4	21	123

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<b>2.5 Stuffed Pizza - Cheese Base</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Large 2.5 Stuffed Cheese Pizza (1 Slice, 8/pizza)	690	320	36	14	0	1.0	7	75	1300	180	57	1	6	34
Medium 2.5 Stuffed Cheese Pizza (1 Slice, 6/pizza)	630	290	33	13	0	1.0	6	65	1220	160	53	1	6	31
Small 2.5 Stuffed Cheese Pizza (1 Slice, 4/pizza)	760	350	40	15	0	1.0	7	75	1450	200	66	1	7	37

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<b>2.5 Stuffed Pizza - Toppings</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Large Anchovies	270	110	12	3.0		3.5	5.0	110	4680	690				37
Large Artichoke	25								480		7	5		2
Large Bacon	570	400	45	17				115	1930					34
Large Banana Peppers	25								2310		5			
Large Basil	0	0	0						0	35	0			0
Large Black Olives	210	150	17						800		8			
Large Broccoli	60	5	0.5	0		0			55	540	11	4	3	5
Large Canadian Bacon	270	120	14	4.5				90	1790		9		9	27
Large Celery	10	0	0						45	150	2		1	0
Large Cheese	2560	1590	180	102		5	49	565	4910	730	26		7	205
Large Chicken	350	70	8	2.0		1.5	2.5	180	160	540				66
Large Chopped Meatballs	320	220	25	9				60	890		7	1	1	18
Large Feta Cheese	300	180	20	13				25	1770					25
Large Fresh Garlic	40	0	0			0			0	115	9			2
Large Green Olives	200	180	21	2.5		2.0	15		2100	55	5	4		1
Large Green Peppers	25	0	0	0		0			0	240	6	2	3	1

Large Ground Beef	490	360	40	17				115	1360					29
Large Hot Giardinara	15								1250		2	2		
Large Italian Beef	390	210	23	8				75	700					39
Large Jalapenos	40	5	1.0	0			0		0	290	8	4	5	2
Large Kalamata Olives	140	130	14	1.5					980		8	5		2
Large Mushrooms	30	0	0	0			0		5	430	4	1	3	4
Large Onions	50	0	0	0					5	200	13	2	6	1
Large Pepperoni	790	640	73	30				120	3100		6			36
Large Pepperoni On Top	790	640	73	30				120	3100		6			36
Large Pineapple	150								20	160	37	2	33	
Large Pizza Sauce	280	10	1.0	0			0	0	2870	55	62	10	41	10
Large Roast Beef	410	160	18	8				195	105					62
Large Roasted Garlic	60	15	1.5	0					5		11			2
Large Roasted Red Peppers	45								270		9		4	
Large Roma Tomatoes	70								650		14	4	9	4
Large Sausage	720	530	60	21				200	2210					46
Large Shrimp	220	20	2.5	0.5			1.0	0	440	510	410			47
Large Spinach	30	0	0	0			0		100	710	5	3		4
Medium Anchovies	190	80	9	2.0			2.5	3.5	80	3380	500			27
Medium Artichoke	20								340		5	4		2



Medium Bacon	350	250	28	11				70	1200					21
Medium Banana Peppers	15								1580		3			
Medium Basil	0								0	15	0			0
Medium Black Olives	140	100	12						550		6			
Medium Broccoli	40	0	0						35	360	8	3	2	3
Medium Canadian Bacon	180	80	9	3.0				60	1190		6		6	18
Medium Celery	5	0	0						30	90	1			0
Medium Cheese	1710	1060	120	68		3.5	32	375	3270	490	17		5	136
Medium Chicken	250	45	5	1.5		1.0	2.0	125	110	380				46
Medium Chopped Meatballs	240	170	19	7				45	670		5			14
Medium Feta Cheese	200	120	13	8				15	1150					16
Medium Fresh Garlic	30	0	0			0			0	85	7			1
Medium Green Olives	130	120	14	2.0		1.0	10		1430	40	4	3		1
Medium Green Peppers	20	0	0	0		0			0	160	4	2	2	1
Medium Ground Beef	340	250	28	12				80	930					20
Medium Hot Giardinara	10								850		2	1		
Medium Italian Beef	260	140	16	5				50	470					26
Medium Jalapenos	30	5	0.5	0		0			0	200	5	3	3	1
Medium Kalamata Olives	100	90	10	1.0					670		5	3		1
Medium Mushrooms	20	0	0			0			0	290	3		2	3

Medium Onions	35	0	0						0	135	9	2	4	1
Medium Pepperoni	530	430	49	20				80	2070		4			24
Medium Pepperoni On Top	530	430	49	20				80	2070		4			24
Medium Pineapple	90								10	100	23	1	21	
Medium Pizza Sauce	200	5	0.5	0		0	0		2000	35	43	7	29	7
Medium Roast Beef	280	110	12	5				130	70					42
Medium Roasted Garlic	50	10	1.5	0					0		9			1
Medium Roasted Red Peppers	30								180		6		3	
Medium Roma Tomatoes	40								360		8	2	5	2
Medium Sausage	510	370	42	15				140	1550					32
Medium Shrimp	160	15	2.0	0		0.5	0	320	370	300				34
Medium Spinach	20	0	0	0		0			75	510	3	2		3
Small Anchovies	160	70	8	1.5		2.0	3.0	65	2860	420				23
Small Artichoke	15								260		4	3		1
Small Bacon	320	230	26	10				65	1080					19
Small Banana Peppers	15								1340		3			
Small Basil	0								0	15	0			0
Small Black Olives	120	90	10						460		5			
Small Broccoli	30	0	0						30	270	6	2	1	2
Small Canadian Bacon	160	70	8	2.5				55	1050		5		5	16

Small Celery	0								25	75	1			0
Small Cheese	1370	850	96	54		3.0	26	300	2620	390	14		4	109
Small Chicken	220	45	5.0	1.5		1.0	1.5	115	100	340				42
Small Chopped Meatballs	160	110	13	4.5				30	450		4			9
Small Feta Cheese	150	90	10	6				15	890					13
Small Fresh Garlic	20	0	0						0	55	5			1
Small Green Olives	110	110	12	1.5		1.0	9		1210	35	3	3		1
Small Green Peppers	15	0	0						0	135	4	1	2	1
Small Ground Beef	300	220	24	10				70	820					17
Small Hot Giardinara	10								720		1	1		
Small Italian Beef	200	110	12	4.0				40	360					20
Small Jalapenos	15	0	0			0			0	120	3	2	2	1
Small Kalamata Olives	80	70	8	1.0					570		5	3		1
Small Mushrooms	15	0	0			0			0	250	3		2	2
Small Onions	30	0	0						0	115	7	1	3	1
Small Pepperoni	460	380	43	18				70	1810		4			21
Small Pepperoni On Top	460	380	43	18				70	1810		4			21
Small Pineapple	70								10	80	19		17	
Small Pizza Sauce	160	5	0.5	0		0	0		1620	30	35	6	23	6
Small Roast Beef	210	80	9	4.0				100	55					32

Small Roasted Garlic	25	5	0.5	0					0		4			1
Small Roasted Red Peppers	25								160		5		3	
Small Roma Tomatoes	40								360		8	2	5	2
Small Sausage	430	320	36	13				120	1330					28
Small Shrimp	130	15	1.5	0		0.5	0	265	300	250				28
Small Spinach	20	0	0			0			60	440	3	2		2

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<b>2.5 Stuffed Signature Pizzas</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Large A Lot' A Meat	6810	3490	395	153	2.0	9	56	910	15560	1420	464	9	52	358
Large Cheese	5490	2580	291	114	2.0	9	56	585	10390	1420	455	9	44	271
Large Chicken Broccoli	5840	2640	299	116	2.0	11	58	740	10570	2490	466	13	49	332
Large Chicken Cacciatore	5840	2640	299	116	2.0	11	58	740	10540	2390	466	12	50	332
Large Chicken Florentine	5830	2640	298	116	2.0	11	58	740	11020	2190	463	10	45	330
Large Nana's Special	5550	2580	292	114	2.0	9	56	585	10890	2060	466	11	47	276
Large Northern Italian Veggie	5710	2680	303	114	2.0	9	56	585	11160	1440	477	10	49	273
Large Pepperoni	5880	2900	328	129	2.0	9	56	645	11940	1420	458	9	44	289
Large Rocco's Party	6120	3000	340	131	2.0	9	56	740	12170	1920	466	12	50	312
Large Sausage	6210	3100	351	135	2.0	9	56	780	12600	1420	455	9	44	317
Large Spicy Pepino	5810	2820	319	126	2.0	9	56	630	13600	1420	461	10	44	285
Large Uncle Tony's Special	5960	2900	328	129	2.0	9	56	665	11880	1900	472	14	52	295
Large Veggie	5540	2580	292	114	2.0	9	56	585	10400	1860	466	12	50	275
Large Veggie Napoli	5590	2580	292	114	2.0	9	56	585	11130	2030	474	11	51	276
Large Vinni's Special	6410	3240	367	143	2.0	9	56	790	13590	1420	465	9	48	322
Medium A Lot' A Meat	4690	2400	271	104	1.5	6	37	620	10980	970	326	7	40	244

Medium Cheese	3750	1750	197	76	1.5	6	37	390	7310	970	319	7	34	183
Medium Chicken Broccoli	3980	1780	202	77	1.5	7	38	485	7420	1650	326	10	37	221
Medium Chicken Cacciatore	3980	1780	202	77	1.5	7	38	485	7400	1600	326	9	38	221
Medium Chicken Florentine	3970	1780	202	78	1.5	7	38	485	7720	1470	324	8	35	219
Medium Nana's Special	3800	1750	198	76	1.5	6	37	390	7640	1430	327	9	36	187
Medium Northern Italian Veggie	3910	1820	205	76	1.5	6	37	390	7820	980	335	8	37	184
Medium Pepperoni	4080	2010	228	89	1.5	6	37	440	8600	970	321	7	34	198
Medium Rocco's Party	4190	2040	230	88	1.5	6	37	500	8540	1310	326	9	38	211
Medium Sausage	4260	2110	239	91	1.5	6	37	530	8860	970	319	7	34	215
Medium Spicy Pepino	4030	1960	222	86	1.5	6	37	430	9690	970	324	8	34	195
Medium Uncle Tony's Special	4080	1970	222	86	1.5	6	37	445	8320	1290	331	10	40	200
Medium Veggie	3790	1750	198	76	1.5	6	37	390	7320	1260	326	9	38	185
Medium Veggie Napoli	3820	1750	198	76	1.5	6	37	390	7800	1400	332	9	39	186
Medium Vinni's Special	4440	2250	254	98	1.5	6	37	540	9720	970	326	7	37	220
Small A Lot' A Meat	3760	1890	214	81	1.0	4.5	29	485	8530	790	270	5	30	193
Small Cheese	3050	1400	158	60	1.0	4.5	29	310	5790	790	266	5	26	147
Small Chicken Broccoli	3220	1430	162	61	1.0	5	30	380	5870	1320	272	7	29	175
Small Chicken Cacciatore	3220	1430	162	61	1.0	5	30	380	5860	1280	271	7	29	175
Small Chicken Florentine	3210	1430	162	61	1.0	5	30	380	6120	1170	270	6	26	174
Small Nana's Special	3090	1400	159	61	1.0	4.5	29	310	6060	1180	272	7	28	150

Small Northern Italian Veggie	3170	1450	164	60	1.0	4.5	29	310	6190	790	277	6	29	148
Small Pepperoni	3310	1610	183	71	1.0	4.5	29	350	6820	790	268	5	26	159
Small Rocco's Party	3400	1640	185	70	1.0	4.5	29	395	6790	1060	271	7	29	170
Small Sausage	3450	1690	191	72	1.0	4.5	29	415	7010	790	266	5	26	172
Small Spicy Pepino	3260	1560	176	68	1.0	4.5	29	340	7690	790	269	6	26	156
Small Uncle Tony's Special	3290	1560	177	68	1.0	4.5	29	350	6530	1050	275	8	30	159
Small Veggie	3080	1400	159	60	1.0	4.5	29	310	5800	1030	272	7	29	149
Small Veggie Napoli	3100	1400	159	61	1.0	4.5	29	310	6190	1130	276	7	30	149
Small Vinni's Special	3590	1800	203	78	1.0	4.5	29	425	7690	790	272	5	28	177

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- Calories**
- Calories from fat**
- Total fat (g)**
- Saturated fat (g)**
- Trans fat (g)**
- Poly unsat fat (g)**
- Mono unsat fat (g)**
- Cholesterol (mg)**
- Sodium (mg)**
- Potassium (mg)**
- Carbohydrates (g)**
- Dietary fiber (g)**
- Sugars (g)**
- Protein (g)**



<b>Appetizers &amp; Snacks</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Antipasto	1080	900	102	15		1.5	11	35	2530	170	33	7	5	15
Boomin' Rings	1510	1050	118	15	0.5	11	25	35	2100	10	101	4	16	8
Broccoli Tempura (Full Amt)	340	100	12	2.5					1530		53	11	11	8
Caprese Panzanella	540	330	38	10		2.0	13	30	690	260	37	1	4	15
Caramelized Brussels Sprouts	480	230	26	7		2.5	10	30	2140	1090	48	9	29	17
Chicken Tenders (3 Tenders)	300	90	10	2.0				55	670		25	5	5	25
Chicken Tenders (5 Tenders)	500	150	17	3.5				90	1120		42	8	8	42
French Fries	430	140	16	2.5					610		67	5		5
Garlic Bread (Full Order)	430	140	16	2.5	2.5				1010		59		2	11
Garlic Bread (Half Order)	220	70	8	1.5	1.5				500		29		1	6
Garlic Bread with Cheese (Full Amnt)	700	320	36	13	3.0	0.5	5.0	55	1530	75	61		3	32
Garlic Bread with Cheese And Tomato (Full Amnt)	740	330	37	14	3.0	0.5	5	60	1600	360	66	1	6	35
Garlic Bread - Raleigh	440	140	16	2.5	2.5	1.0			960		62	2	2	13
Garlic Bread with Cheese - Raleigh	510	180	20	5	2.5	1.0	1.5	20	1140	25	63	2	2	20
Grilled Broccolini And Sausage	630	470	53	14		3.5	20	85	1660	700	18	8	4	26
Homemade Fried Mozzarella (3 Sticks) - Raleigh	950	650	74	21	0	14	23	150	1610	130	33	2	1	37

Homemade Fried Mozzarella (6 Sticks) - Raleigh	1610	1060	120	37	0.5	20	42	290	2410	250	61	3	2	70
Italian Breadsticks with Marinara (Full - 6 Sticks)	1100	470	53	7	4.0		0	5	1820	220	137	2	1	23
Italian Breadsticks with Marinara (Half - 3 Sticks)	550	230	27	3.5	2.0		0	3	910	110	69			12
Jalapeno Cheddar Poppers (Full Amnt)	520	310	35	9				45	1980		39	2	2	10
Loaded Waffle Fries - with Bacon Caesar	1480	1080	123	18	1.0	46	47	75	2820	1000	76	4	3	15
Loaded Waffle Fries - with Buffalo Blue	1390	1010	114	22	0.5	25	37	65	3680	960	77	4	1	17
Loaded Waffle Fries - with Tomato Pesto	1390	1010	114	15	0.5	36	47	30	2420	1120	80	5	4	13
Marinated Olives	250	230	26	2.5		1.0	8		1010		4	4		
Meatball Sliders	1160	710	80	23		8	15	105	2370	40	71	2	14	40
Meatball Trio	530	360	40	14			0	90	1680	0	17	3	2	29
Meatball Trio - Raleigh Only	850	550	62	18		2.0	14	95	2470	250	41	5	4	36
Mozzarella Sticks (5 Sticks)	380	120	14	8				50	1610		44	6	5	16
Mozzarella Sticks (7 Sticks)	520	170	19	11				70	2170		60	8	7	22
Onion Rings (Full Amnt)	900	560	64	10				25	1460		76	6	25	6
Potato Wedges (Full Amnt)	350	140	16	4.0					800		48	8		5
Potato Wedges: Add BBQ Sauce	100								610		24		22	
Spinach And Artichoke Dip	790	530	60	17		24	18	80	2220	120	36	6	2	26
Tomato Bread (Full Amnt)	640	190	22	11		0.5	5	60	1670	370	74	3	11	35
Tomato Soup	320	220	25	6		2.0	12	20	950	45	22	3	2	4
Veggie Sampler (Full Amnt)	590	180	21	3.5					1830		91	11	17	10

Zucchini (Full Amnt)	270	15	1.5	0					1210		58	6	11	6
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Beer	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
A Little Sumpin' Sumpin' - Bottle	230								15		17		2	3
Carolina Pale Ale - Draft	220										18			1
Flannel Mouth - Draft	270								15		39		31	
Freak of Nature DIPA - Bottle	310								35		32			3
Grapefruit Sculpin - Bottle	200								45		14			2
Hefeweizen - Draft	210								5		21			2
Hopyyum - Draft	270										23			4
Jade IPA - Bottle	240										21			3
Lunatic Blonde - Draft	260										22			
Miller High Life - Bottle	140								5		13			1
Miller Lite - Draft	130								5		4			
Sculpin - Draft	270								60		19			1
Torch Pilsner - Draft	210										16			3
Yuengling Traditonal Lager - Bottle	150								10	120	11			1

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Cocktails	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Aperol Spritz	250								0	0	15		2	
Bloody Mary	170								2230	15	10	2	5	1
Chicago Sling	300	0	0			0			5	220	43		36	1
Dark N' Stormy	190								0	10	17		16	0
Heartbreak Hemmingway	270	0	0						1170	135	33		29	0
Long Island Iced Tea	340								45	20	25		24	0
Nancy's Classic	240	0	0						5	50	24		20	0
Rocco's Old Fashioned	210								0	30	21		20	0
Sour Apple Daiquiri	290	35	3.5	2.5		0	1.0	15	40	150	35		32	1
The Mango Mile	200	0	0						0	115	24		20	0

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<b>Dessert Drinks</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Almond Bliss	750	210	23	13				85	120		95		73	7
Chocolate Banana	770	210	24	13				85	120	210	101	5	86	11
Lemon Prosecco Float	240	0	0						20	20	43		31	0
The Greenwood Mudslide	210	45	5.0	3.0		0	1.5	20	30	10	17		16	1
Whiskey Caramel	650	210	24	13				85	170	0	74		62	7

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Desserts	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Blueberry Sugar Cookie Skillet	1540	780	88	42	0	0	3.0	105	1520	65	172	1	97	12
Chocolate Chip Cookie Skillet	1500	780	88	42	0	0	3.0	105	1530	10	161		87	11
Cannoli (1)	170	50	6	3.0			1.0	10	80		26		17	4
Cannoli (3)	520	160	18	9			3.5	35	240		77		52	12
Cannoli (4)	700	210	23	11			5.0	50	320		103		69	16
Chocolate Drenched Cheesecake: Chocolate Chip	350	190	21	14	0.5			75	200		37	1	18	5
Chocolate Drenched Cheesecake: Plain	350	190	21	13	0.5			80	200		37	1	17	5
Cinnamon Sticks (3 Sticks)	800	290	33	12	1.0	0.5	4.5	45	590	130	119		53	9
Cinnamon Sticks (6 Sticks)	1440	430	48	14	1.5	0.5	4.5	45	1060	260	239		106	18
Classic Cannoli (3) - Raleigh	690	340	39	15				90	180		69		36	15
Flourless Chocolate Cake - GF	740	480	54	32				250	180		56	5	46	9
Ice Cream - Chocolate	440	190	22	13				80	110		53	3	47	9
Ice Cream - Lemon Sorbet	220								30		57		41	
Ice Cream - Vanilla	440	190	22	13				80	110		50		44	6
Mini Bundt Cake (Chocolate)	510	230	26	13				80	390		68	2	55	5

Mini Bundt Cake (Yellow)	560	280	32	17				155	320		65		48	6
Red Velvet Cake Slice	925		43	11				77	398		133	1	109	5
The Nancy's Sundae	800	390	45	22		0	1.5	120	240	10	90	2	76	13
Vanilla Bean Cheesecake	680	400	45	26				190	480		61		48	9

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Dressings														
	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Bleu Cheese Dressing (2 Oz)	260	230	26	8				30	350		2			4
Bleu Cheese Dressing (4 Oz)	510	470	53	15				60	700		4			8
Bleu Cheese Dressing (6 Oz)	770	700	79	23				90	1040		6			11
Creamy Garlic Dressing (2 Oz)	300	290	33	6				25	310	5	3		13	0
Creamy Garlic Dressing (4 Oz)	600	580	66	11				50	630	15	5		26	0
Creamy Garlic Dressing (6 Oz)	900	880	99	17				70	940	20	8		40	0
French Dressing (2 Oz)	280	200	23	4.0					770		19		13	
French Dressing (4 Oz)	560	400	45	8				4	1550		38		26	
French Dressing (6 Oz)	830	600	68	11				5	2320		57		40	
House Balsamic Vinaigrette (2 Oz)	260	230	26	4.0					490		6			
House Balsamic Vinaigrette (4 Oz)	510	470	53	8					970		12			
House Balsamic Vinaigrette (6 Oz)	770	700	79	12					1460		18			
Italian Dressing (2 Oz)	230	200	23	4.0					420		4		2	2
Italian Dressing (4 Oz)	460	400	45	8				4	840		8		4	4
Italian Dressing (6 Oz)	690	600	68	11				5	1260		11		6	6
Ranch Dressing (2 Oz)	250	230	26	6				20	550		2			

Ranch Dressing (4 Oz)	490	470	53	11				40	1100		4			
Ranch Dressing (6 Oz)	740	700	79	17				55	1660		6			

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<b>Drinks</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Coffee (3.5 fl Oz)	0								0	95				0
Freshly Brewed Iced Tea - Sweetened (16 fl Oz)	220								15	170	56		55	
Freshly Brewed Iced Tea - Unsweetened (16 fl Oz)	0								15	180	1			
Hot Tea (6.5 fl Oz)	0								5	70	1			

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<b>Gluten-free Pizza - Cheese Base</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Medium GF Cheese Pizza (1 Slice, 16/pizza)	110	50	5	3.0		0	2.0	15	200	45	10		2	6

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Kids	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Chicken Tenders with Fries - Kids	550	190	21	3.5		4.5	4.0	55	1760	320	66	6	18	27
Mostaccioli - Kids	610	70	8	1.0			0		670	0	119	8	6	21

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<b>Original Thin Pizza - Cheese Base</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Family Thin Cheese Pizza (1 Slice, 36/pizza)	140	70	8	3.0		0	1.5	15	250	35	10			7
Large Thin Cheese Pizza (1 Slice, 24/pizza)	130	70	7	3.0		0	1.5	15	240	35	10			7
Medium Thin Cheese Pizza (1 Slice, 16/pizza)	160	80	9	3.5		0	1.5	20	290	45	12			9
Small Thin Cheese Pizza (1 Slice, 16/pizza)	100	50	6	2.0		0	1.0	10	180	25	8			5
X-large Thin Cheese Pizza (1 Slice, 36/pizza)	110	50	6	2.5		0	1.0	15	190	30	8			6

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<b>Original Thin Pizza - Toppings</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Family Anchovies	480	190	22	5.0		6	9	195	8320	1230				66
Family Artichoke	60								1080		15	12		5
Family Bacon	920	650	74	28				185	3130					55
Family Banana Peppers	40								4010		8			
Family Basil	5	0	0			0			0	85	1			1
Family Black Olives	370	260	29						1390		15			
Family Broccoli	90	10	1.0	0		0			90	870	18	7	5	8
Family Canadian Bacon	440	200	22	7				150	2910		15		15	44
Family Celery	20	0	0			0			90	290	3	2	2	1
Family Cheese	2260	1410	159	90		5.0	43	500	4340	640	23		6	181
Family Chicken	610	120	13	3.5		3.0	4.5	315	270	940				114
Family Chopped Meatballs	480	330	38	14				90	1340		11	2	2	27
Family Feta Cheese	490	290	32	20				40	2830					40
Family Fresh Garlic	110	0	0	0		0			10	280	23	1		5
Family Green Olives	340	320	36	4.5		3.0	26		3640	100	9	8	1	2
Family Green Peppers	45	0	0	0		0			5	410	11	4	6	2

Family Ground Beef	820	600	68	29				195	2280					48
Family Hot Giardinara	25								2160		4	4		
Family Italian Beef	650	340	39	13				130	1170					65
Family Jalapenos	70	15	1.5	0		0.5	0		0	500	14	7	8	3
Family Kalamata Olives	250	220	25	3.0					1700		14	8		3
Family Mushrooms	50	5	1.0	0		0			10	740	8	2	5	7
Family Onions	90	0	0	0					10	340	22	4	10	3
Family Pepperoni	1280	1050	118	49				195	5030		10			59
Family Pepperoni On Top	1280	1050	118	49				195	5030		10			59
Family Pineapple	240								30	260	60	3	54	
Family Pizza Sauce	120	0	0	0		0	0		1250	25	27	4	18	5
Family Roast Beef	690	270	30	13				325	170					104
Family Roasted Garlic	130	30	3.0	0					10		22	1		4
Family Roasted Red Peppers	80								470		16		8	
Family Roma Tomatoes	120								1110		24	6	15	6
Family Sausage	1080	790	89	32				300	3320					69
Family Shrimp	410	40	4.5	1.0	0	2.0	1.0	815	940	760				87
Family Spinach	50	10	1.0	0		0			180	1270	8	5		6
Large Anchovies	300	120	14	3.0		3.5	5	120	5200	770				41
Large Artichoke	35								650		9	7		3



Large Bacon	570	400	45	17				115	1930					34
Large Banana Peppers	25								2430		5			
Large Basil	0	0	0			0			0	50	0			1
Large Black Olives	220	160	18						840		9			
Large Broccoli	60	5	0.5	0		0			55	540	11	4	3	5
Large Canadian Bacon	270	120	14	4.5				90	1790		9		9	27
Large Celery	10	0	0						45	150	2		1	0
Large Cheese	1370	850	96	54		3.0	26	300	2620	390	14		4	109
Large Chicken	370	70	8	2.5		1.5	3.0	195	170	580				70
Large Chopped Meatballs	320	220	25	9				60	890		7	1	1	18
Large Feta Cheese	300	180	20	13				25	1770					25
Large Fresh Garlic	60	0	0			0			5	170	14			3
Large Green Olives	210	190	22	3.0		2.0	16		2210	60	5	5		1
Large Green Peppers	30	0	0	0		0			0	250	7	2	3	1
Large Ground Beef	510	370	42	18				120	1400					30
Large Hot Giardinara	15								1310		2	2		
Large Italian Beef	400	210	24	8				80	720					40
Large Jalapenos	45	10	1.0	0		0			0	300	8	4	5	2
Large Kalamata Olives	150	130	15	1.5					1030		8	5		2
Large Mushrooms	30	0	0	0		0			5	450	5	1	3	4

Large Onions	60	0	0	0					5	210	13	2	6	2
Large Pepperoni	790	640	73	30				120	3100		6			36
Large Pepperoni On Top	790	640	73	30				120	3100		6			36
Large Pineapple	150								20	160	37	2	33	
Large Pizza Sauce	70	0	0	0		0	0		750	15	16	3	11	3
Large Roast Beef	430	170	19	8				200	105					64
Large Roasted Garlic	80	15	2.0	0					5		13			2
Large Roasted Red Peppers	45								280		9		5	
Large Roma Tomatoes	70								670		15	4	9	4
Large Sausage	650	470	54	19				180	1990					41
Large Shrimp	250	25	3.0	0.5		1.0	0.5	500	570	460				53
Large Spinach	35	0	0.5	0		0			110	790	5	3		4
Medium Anchovies	210	90	10	2.0		2.5	3.5	85	3640	540				29
Medium Artichoke	25								480		7	5		2
Medium Bacon	430	300	34	13				85	1450					26
Medium Banana Peppers	20								1820		4			
Medium Basil	0	0	0						0	35	0			0
Medium Black Olives	170	120	13						630		7			
Medium Broccoli	45	0	0						40	400	8	3	2	4
Medium Canadian Bacon	200	90	10	3.5				70	1340		7		7	21

Medium Celery	5	0	0						35	110	1			0
Medium Cheese	1010	630	71	40		2.0	19	220	1930	290	10		3	81
Medium Chicken	270	50	6	1.5		1.5	2.0	140	120	420				51
Medium Chopped Meatballs	240	170	19	7				45	670		5			14
Medium Feta Cheese	230	130	15	9				20	1330					19
Medium Fresh Garlic	40	0	0			0			0	115	9			2
Medium Green Olives	150	140	16	2.0		1.5	12		1650	45	4	4		1
Medium Green Peppers	20	0	0	0		0			0	190	5	2	3	1
Medium Ground Beef	380	280	31	13				90	1050					22
Medium Hot Giardinara	10								980		2	2		
Medium Italian Beef	300	160	18	6				60	540					30
Medium Jalapenos	30	5	0.5	0		0			0	230	6	3	4	1
Medium Kalamata Olives	110	100	11	1.5					770		6	4		1
Medium Mushrooms	25	0	0	0		0			5	340	3	1	2	3
Medium Onions	40	0	0						0	160	10	2	5	1
Medium Pepperoni	590	480	55	23				90	2320		5			27
Medium Pepperoni On Top	590	480	55	23				90	2320		5			27
Medium Pineapple	110								15	120	28	1	25	
Medium Pizza Sauce	50	0	0	0			0		550	10	12	2	8	2
Medium Roast Beef	320	120	14	6				150	80					48

Medium Roasted Garlic	50	10	1.5	0					0		9			1
Medium Roasted Red Peppers	35								210		7		4	
Medium Roma Tomatoes	50								500		11	3	7	3
Medium Sausage	470	340	39	14				130	1440					30
Medium Shrimp	180	20	2.0	0.5		1.0	0	360	410	340				39
Medium Spinach	25	0	0	0		0			80	550	4	2		3
Small Anchovies	150	60	7	1.5		2.0	2.5	60	2600	390				20
Small Artichoke	20								340		5	4		2
Small Bacon	280	200	23	9				55	960					17
Small Banana Peppers	15								1210		3			
Small Basil	0								0	15	0			0
Small Black Olives	110	80	9						420		4			
Small Broccoli	30	0	0						30	270	6	2	1	2
Small Canadian Bacon	130	60	7	2.5				45	900		5		5	14
Small Celery	0								25	75	1			0
Small Cheese	600	370	42	24		1.5	11	130	1150	170	6		2	48
Small Chicken	190	35	4.0	1.0		1.0	1.5	95	85	290				35
Small Chopped Meatballs	160	110	13	4.5				30	450		4			9
Small Feta Cheese	150	90	10	6				15	890					13
Small Fresh Garlic	30	0	0			0			0	85	7			1

Small Green Olives	100	100	11	1.5		1.0	8		1100	30	3	2		1
Small Green Peppers	15	0	0						0	125	3	1	2	1
Small Ground Beef	250	180	21	9				60	700					15
Small Hot Giardinara	10								660		1	1		
Small Italian Beef	200	110	12	4.0				40	360					20
Small Jalapenos	20	0	0			0			0	150	4	2	2	1
Small Kalamata Olives	80	70	8	1.0					510		4	3		1
Small Mushrooms	15	0	0			0			0	230	2		1	2
Small Onions	30	0	0						0	105	7	1	3	1
Small Pepperoni	390	320	36	15				60	1550		3			18
Small Pepperoni On Top	390	320	36	15				60	1550		3			18
Small Pineapple	70								10	80	19		17	
Small Pizza Sauce	35	0	0				0		370	5	8	1	5	1
Small Roast Beef	210	80	9	4.0				100	55					32
Small Roasted Garlic	40	10	1.0	0					0		7			1
Small Roasted Red Peppers	25								140		5		2	
Small Roma Tomatoes	35								340		7	2	5	2
Small Sausage	330	240	27	10				90	1000					21
Small Shrimp	130	10	1.5	0		0.5	0	250	290	230				27
Small Spinach	15	0	0			0			55	400	3	2		2

X-large Anchovies	390	160	18	4.0		4.5	7	155	6760	1000				53
X-large Artichoke	50								860		12	10		4
X-large Bacon	710	500	57	21				140	2410					43
X-large Banana Peppers	35								3160		7			
X-large Basil	5	0	0			0			0	65	1			1
X-large Black Olives	290	200	23						1090		12			
X-large Broccoli	70	5	1.0	0		0			70	690	15	6	4	6
X-large Canadian Bacon	350	160	18	6				120	2310		12		12	35
X-large Celery	15	0	0			0			70	220	3	1	2	1
X-large Cheese	1790	1110	126	71		4.0	34	395	3440	510	18		5	143
X-large Chicken	480	90	10	3.0		2.0	3.5	245	220	740				90
X-large Chopped Meatballs	400	280	31	11				75	1120		9	1	1	23
X-large Feta Cheese	390	230	26	16				35	2300					33
X-large Fresh Garlic	80	0	0	0		0			10	230	19	1		4
X-large Green Olives	270	250	28	3.5		2.5	21		2870	75	7	6		2
X-large Green Peppers	35	0	0	0		0			5	320	9	3	4	2
X-large Ground Beef	660	480	54	23				155	1810					39
X-large Hot Giardinara	20								1700		3	3		
X-large Italian Beef	500	270	30	10				100	900					50
X-large Jalapenos	60	10	1.0	0		0.5	0		0	400	11	5	6	2

X-large Kalamata Olives	200	170	20	2.0					1340		11	7		2
X-large Mushrooms	40	5	0.5	0		0			10	590	6	2	4	6
X-large Onions	70	0	0	0					5	270	17	3	8	2
X-large Pepperoni	1020	830	94	39				155	4000		8			47
X-large Pepperoni On Top	1020	830	94	39				155	4000		8			47
X-large Pineapple	190								25	200	46	2	42	
X-large Pizza Sauce	100	0	0	0		0	0		970	20	21	3	14	4
X-large Roast Beef	530	210	23	10				250	135					80
X-large Roasted Garlic	100	25	2.5	0					10		18	1		3
X-large Roasted Red Peppers	60								370		12		6	
X-large Roma Tomatoes	90								840		18	5	11	5
X-large Sausage	850	620	70	25				235	2600					54
X-large Shrimp	330	30	3.5	1.0		1.5	0.5	650	750	610				70
X-large Spinach	40	5	0.5	0		0			150	1030	7	4		5

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<b>Original Thin Signature Pizzas</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Family A Lot' A Meat	6490	3610	409	162		5	45	1005	16030	1160	346	5	38	363
Family BBQ Chicken	6020	2600	294	116		8	48	925	12150	2260	459	3	147	369
Family Buffalo Chicken	4810	2200	249	99		8	48	815	17090	2330	303	2	9	334
Family Cheese	4400	2130	241	99		5	45	520	8040	1160	333	5	29	231
Family Nana's Special	4530	2150	243	100		6	45	520	8900	2770	357	12	35	243
Family Northern Italian Veggie	4820	2320	262	100		5	45	520	9260	1190	377	7	36	235
Family Pepperoni	5260	2830	320	132		5	45	650	11390	1160	340	5	29	270
Family Rocco's Party	5230	2670	302	121		5	45	720	10260	1980	355	11	40	283
Family Sausage	5490	2920	331	131		5	45	820	11350	1160	333	5	29	300
Family Uncle Tony's Special	5730	3090	350	141		5	45	800	12320	1550	354	10	37	304
Family Veggie	4520	2140	242	99		5	45	520	8050	2100	358	12	41	239
Large A Lot' A Meat	3950	2210	251	99		3.0	27	615	9680	700	207	3	21	221
Large BBQ Chicken	3600	1590	180	71		4.5	29	565	7010	1370	262	2	75	225
Large Buffalo Chicken	2920	1340	152	60		4.5	29	495	9240	1420	183	1	6	203
Large Cheese	2660	1300	147	60		3.0	27	315	4720	700	198	3	15	140
Large Chicken Cacciatore	2990	1360	154	62		4.5	29	455	4850	1600	211	6	21	194



Large Hawaiian	3240	1410	159	63		3.0	26	410	7730	770	288	1	103	164
Large Nana's Special	2740	1310	148	61		3.5	27	315	5250	1630	212	6	19	146
Large Northern Italian Veggie	2910	1410	160	61		3.0	27	315	5460	710	224	4	19	142
Large Pepperoni	3190	1730	196	81		3.0	27	395	6790	700	202	3	15	164
Large Rocco's Party	3160	1620	184	73		3.0	27	435	6060	1180	211	6	21	171
Large Sausage	3310	1780	201	79		3.0	27	495	6710	700	198	3	15	181
Large Uncle Tony's	3470	1890	214	86		3.0	27	485	7350	920	211	5	20	184
Large Veggie	2730	1310	148	60		3.5	27	315	4730	1270	213	7	23	144
Medium A Lot' A Meat	2920	1640	185	73		2.0	20	460	7210	510	151	2	15	165
Medium BBQ Chicken	2620	1160	132	52		3.5	21	415	4990	1020	187	1	50	166
Medium Buffalo Chicken	2150	990	112	44		3.5	21	365	6440	1060	134		4	151
Medium Cheese	1960	960	109	45		2.0	20	235	3430	510	144	2	10	103
Medium Chicken Cacciatore	2200	1000	114	46		3.5	22	340	3530	1160	152	4	15	143
Medium Hawaiian	2360	1030	117	46		2.0	19	300	5520	570	207	1	72	120
Medium Nana's Special	2010	970	110	45		2.5	20	235	3780	1200	154	4	13	108
Medium Northern Italian Veggie	2140	1050	118	45		2.5	20	235	4000	520	163	2	14	104
Medium Pepperoni	2350	1280	145	60		2.0	20	295	4980	510	147	2	10	121
Medium Rocco's Party	2320	1200	136	54		2.5	20	325	4430	840	152	4	15	126
Medium Sausage	2430	1300	148	58		2.0	20	365	4870	510	144	2	10	133
Medium Uncle Tony's	2550	1390	158	63		2.5	20	360	5360	660	152	3	13	135

Medium Veggie	2010	970	109	45		2.5	20	235	3440	940	155	5	16	106
Small A Lot' A Meat	1910	1070	121	47		1.5	12	295	4770	330	103	1	10	105
Small BBQ Chicken	1710	740	84	32		2.0	13	265	3340	660	130		37	106
Small Buffalo Chicken	1370	620	70	27		2.0	13	230	4450	670	91		2	95
Small Cheese	1250	600	68	27		1.5	12	140	2210	330	98	1	7	63
Small Chicken Cacciatore	1420	630	71	28		2.0	13	215	2280	740	104	3	10	91
Small Hawaiian	1570	660	75	29		1.5	11	195	3850	370	146		54	78
Small Nana's Special	1280	610	69	27		1.5	12	140	2390	760	104	3	9	67
Small Northern Italian Veggie	1380	660	74	27		1.5	12	140	2580	330	111	2	9	65
Small Pepperoni	1510	820	92	37		1.5	12	180	3250	330	100	1	7	76
Small Rocco's Party	1490	760	86	33		1.5	12	200	2880	520	104	3	10	79
Small Sausage	1580	840	95	37		1.5	12	230	3210	330	98	1	7	84
Small Uncle Tony's Special	1660	900	102	40		1.5	12	225	3550	430	104	3	9	86
Small Veggie	1290	600	68	27		1.5	12	140	2220	610	106	3	11	66
X-large A Lot' A Meat	5170	2890	327	130		4.0	35	805	12790	910	271	4	28	290
X-large BBQ Chicken	4690	2070	234	93		6	38	730	9200	1770	345	2	100	290
X-large Buffalo Chicken	3800	1750	198	79		6	38	635	12220	1820	240	2	7	262
X-large Cheese	3480	1700	192	79		4.0	35	415	6190	910	260	4	20	183
X-large Chicken Cacciatore	3910	1770	200	81		6	38	595	6360	2120	277	8	29	254
X-large Hawaiian	4240	1840	208	83		4.0	34	530	10120	1000	377	2	135	215

X-large Nana's Special	3580	1710	194	79		4.5	36	415	6880	2190	278	8	25	192
X-large Northern Italian Veggie	3810	1850	209	79		4.0	35	415	7170	940	295	5	26	186
X-large Pepperoni	4170	2260	256	105		4.0	35	520	8900	910	265	4	20	215
X-large Rocco's Party	4100	2100	238	95		4.0	35	560	7860	1570	277	8	29	222
X-large Sausage	4330	2320	262	104		4.0	35	645	8800	910	260	4	20	237
X-large Uncle Tony's Special	4540	2470	280	113		4.0	35	635	9660	1230	277	7	27	240
X-large Veggie	3570	1710	193	79		4.5	36	415	6200	1670	279	9	30	189

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<b>Pan Crust - Cheese Base</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Large Pan Cheese Pizza (1 Slice, 8/pizza)	360	160	19	6		0.5	4.0	20	600	55	36		2	14
Medium Pan Cheese Pizza (1 Slice, 6/pizza)	360	160	18	6		0.5	3.5	20	580	55	36		2	14
Small Pan Cheese Pizza (1 Slice, 4/pizza)	410	170	19	5		0	2.5	20	680	70	46	1	3	15

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<b>Pan Crust Pizza - Toppings</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Pan Large Anchovies	120	50	6	1.0		1.5	2.0	50	2080	310				16
Pan Large Bacon	250	180	20	7				50	840					15
Pan Large Banana Peppers	10								850		2			
Pan Large Basil	20	0	0.5			0	0		0	250	2	1		3
Pan Large Black Olives	80	50	6						290		3			
Pan Large Broccoli	15	0	0						15	160	3	1		1
Pan Large Canadian Bacon	130	60	7	2.5				45	900		5		5	14
Pan Large Celery	5	0	0						35	110	1			0
Pan Large Chicken	300	60	7	2.0		1.5	2.5	155	135	470				57
Pan Large Chopped Meatballs	240	170	19	7				45	670		5			14
Pan Large Extra Cheese	150	90	10	6		0	3.0	30	280	40	1			12
Pan Large Extra Tomato Strips	25								210		5	1	3	1
Pan Large Feta Cheese	180	110	12	8				15	1060					15
Pan Large Green Olives	70	70	8	1.0		0.5	6		770	20	2	2		1
Pan Large Green Peppers	15	0	0			0			0	150	4	1	2	1
Pan Large Ground Beef	150	110	12	5				35	410					9

Pan Large Hot Giardinara	5								460		1			
Pan Large Jalapenos	25	0	0.5	0		0			0	180	5	2	3	1
Pan Large Kalamata Olives	50	45	5	0.5					360		3	2		1
Pan Large Mushrooms	20	0	0			0			0	270	3		2	3
Pan Large Onions	35	0	0						0	125	8	1	4	1
Pan Large Pepperoni	230	190	21	9				35	900		2			11
Pan Large Pineapple	70								10	80	19		17	
Pan Large Pizza Sauce	60	0	0	0			0		620	10	14	2	9	2
Pan Large Roast Beef	160	60	7	3.0				75	40					24
Pan Large Roasted Garlic	50	10	1.5	0					0		9			1
Pan Large Roasted Red Pepper	45								260		9		4	
Pan Large Roma Tomatoes	40								380		8	2	5	2
Pan Large Sausage	330	240	27	10				90	1000					21
Pan Large Shrimp	180	20	2.0	0.5		1.0	0	360	410	340				39
Pan Large Spinach	25	0	0	0		0			80	550	4	2		3
Pan Medium Anchovies	90	35	4.0	1.0		1.0	1.5	35	1560	230				12
Pan Medium Bacon	180	130	14	5				35	600					11
Pan Medium Banana Peppers	5								610		1			
Pan Medium Basil	15	0	0			0			0	170	2			2
Pan Medium Black Olives	60	40	4.5						210		2			

Pan Medium Broccoli	10	0	0						10	110	2			1
Pan Medium Canadian Bacon	90	40	4.5	1.5				30	600		3		3	9
Pan Medium Celery	0								25	75	1			0
Pan Medium Chicken	230	45	5	1.5		1.0	2.0	120	105	360				44
Pan Medium Chopped Meatballs	160	110	13	4.5				30	450		4			9
Pan Medium Extra Cheese	100	60	7	4.0		0	2.0	25	200	30	1			8
Pan Medium Extra Tomato Strips	20								170		4		2	1
Pan Medium Feta Cheese	150	90	10	6				15	890					13
Pan Medium Green Olives	50	50	5	0.5		0	4.0		550	15	1	1		0
Pan Medium Green Peppers	15	0	0						0	125	3	1	2	1
Pan Medium Ground Beef	110	80	9	3.5				25	290					6
Pan Medium Hot Giardinara	0								330		1			
Pan Medium Jalapenos	15	0	0			0			0	120	3	2	2	1
Pan Medium Kalamata Olives	40	35	4.0	0					260		2	1		0
Pan Medium Mushrooms	10	0	0			0			0	180	2		1	2
Pan Medium Onions	30	0	0						0	105	7	1	3	1
Pan Medium Pepperoni	160	130	15	6				25	640		1			8
Pan Medium Pineapple	50								5	55	13		12	
Pan Medium Pizza Sauce	50	0	0	0			0		500	10	11	2	7	2
Pan Medium Roast Beef	110	40	4.5	2.0				50	25					16

Pan Medium Roasted Garlic	40	10	1.0	0					0		7			1
Pan Medium Roasted Red Pepper	30								170		6		3	
Pan Medium Roma Tomatoes	25								250		5	1	3	1
Pan Medium Sausage	220	160	18	6				60	660					14
Pan Medium Shrimp	130	10	1.5	0		0.5	0	250	290	230				27
Pan Medium Spinach	15	0	0			0			55	400	3	2		2
Pan Small Anchovies	10	0	0	0		0	0	3	150	20				1
Pan Small Bacon	140	100	11	4.0				30	480					8
Pan Small Banana Peppers	5								490		1			
Pan Small Basil	5	0	0			0			0	85	1			1
Pan Small Black Olives	45	30	3.5						170		2			
Pan Small Broccoli	10	0	0						10	90	2			1
Pan Small Canadian Bacon	70	30	3.5	1.0				25	450		2		2	7
Pan Small Celery	10	0	0			0			60	200	2	1	1	1
Pan Small Chicken	190	35	4.0	1.0		1.0	1.5	95	85	290				35
Pan Small Chopped Meatballs	80	60	6	2.5				15	220		2			5
Pan Small Extra Cheese	90	50	6	3.5		0	1.5	20	160	25	1			7
Pan Small Extra Tomato Strips	15								125		3		2	1
Pan Small Feta Cheese	480	280	32	20				40	2800					40
Pan Small Green Olives	40	40	4.5	0.5		0	3.0		440	10	1			0



Pan Small Green Peppers	10	0	0						0	100	3		1	0
Pan Small Ground Beef	80	60	7	3.0				20	230					5
Pan Small Hot Giardinara	0								260		0			
Pan Small Jalapenos	15	0	0			0			0	105	3	1	2	1
Pan Small Kalamata Olives	30	25	3.0	0					210		2	1		0
Pan Small Mushrooms	10	0	0			0			0	135	1			1
Pan Small Onions	25	0	0						0	85	5		2	1
Pan Small Pepperoni	110	90	10	4.0				15	410		1			5
Pan Small Pineapple	360								45	380	90	5	81	
Pan Small Pizza Sauce	35	0	0				0		370	5	8	1	5	1
Pan Small Roast Beef	90	35	4.0	2.0				45	25					14
Pan Small Roasted Garlic	25	5	0.5	0					0		4			1
Pan Small Roasted Red Pepper	25								140		5		2	
Pan Small Roma Tomatoes	25								210		5	1	3	1
Pan Small Sausage	180	130	15	5				50	550					11
Pan Small Shrimp	110	10	1.0	0		0	0	220	250	210				24
Pan Small Spinach	15	0	0			0			45	320	2	1		2

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Pasta	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Baked Mostaccioli	1070	330	37	16		0.5	7	75	1950	125	133	10	8	56
Baked Mostaccioli Or Spaghetti (For One)	770	250	29	12		2.5	6	60	1360	180	86	11	7	44
Baked Mostaccioli Or Spaghetti (For Two)	1540	510	57	24		5.0	12	120	2730	360	172	22	14	87
Baked Ravioli - Cheese (For One)	570	310	36	19		0.5	5	125	1620	180	26	3	3	40
Baked Ravioli - Cheese (For Two)	1150	630	71	37		1.5	11	250	3250	350	51	6	6	80
Baked Ravioli - Meat (For One)	660	300	34	16		1.5	10	145	1940	400	42	4	4	46
Baked Ravioli - Meat (For Two)	1320	610	69	33		2.5	19	290	3880	800	84	8	8	92
Baked Rigatoni - Raleigh	1530	660	74	27		2.5	17	160	3010	490	145	12	11	75
Cheese Ravioli	430	210	24	11		0	0	85	1680	5	32	4	2	25
Cheese Ravioli (For One)	310	150	17	8		0	0	70	1130	5	21	2	1	19
Cheese Ravioli (For Two)	520	250	29	13		0	1.0	105	2000	15	37	5	2	31
Chicken Parmesan (For One)	860	250	28	10		0	3.5	75	1660	150	109	10	10	47
Chicken Parmesan (For Two)	1720	490	56	20		1.0	7	145	3330	310	219	21	19	94
Chicken Tetrazzini	2020	1180	133	77	0	8	38	525	1480	960	111	12	9	97
Chicken Tetrazzini (For One)	1370	790	89	52	0	5	25	345	1090	570	76	8	6	67
Chicken Tetrazzini (For Two)	2690	1560	176	102	1.0	11	50	680	2130	770	149	15	9	129

Chicken, Spinach And Fresh Basil Alfredo (For One)	1170	670	75	45	0	3.5	21	305	740	500	81	4	2	47
Chicken, Spinach And Fresh Basil Alfredo (For Two)	2330	1320	149	89	1.0	6	42	605	1430	1000	162	9	5	93
Fettuccine Alfredo	1520	950	108	66	0	4.0	30	375	840	230	115	5	3	31
Fettuccine Alfredo (For One)	1050	640	72	44	0	2.5	20	245	660	160	80	4	2	24
Fettuccine Alfredo (For Two)	2080	1270	144	87	1.0	5	40	485	1280	310	159	7	4	48
Meat Ravioli	920	320	36	14		1.5	11	220	3140	570	87	8	5	59
Meat Ravioli (For One)	400	140	16	6		0.5	5.0	90	1450	230	38	4	2	25
Meat Ravioli (For Two)	1090	390	44	17		2.0	14	265	3740	680	103	9	5	71
Mushroom And Fresh Basil Tetrazzini (For One)	1250	770	87	51	0	5.0	24	285	1040	390	77	8	6	45
Mushroom And Fresh Basil Tetrazzini (For Two)	2480	1520	172	101	1.0	10	48	560	2030	770	153	16	11	89
Pasta Primavera	990	580	65	21		3.5	22	95	950	830	86	9	7	23
Rigatoni Arrabiata (For One)	800	340	38	9	0	1.5	11	45	1450	35	90	7	5	30
Rigatoni Arrabiata (For Two)	1600	680	77	19	0	3.0	21	85	2900	70	180	14	11	60
Rigatoni con Roasted Peppers (For One)	650	210	24	4.5		1.5	11	10	990	35	95	7	8	19
Rigatoni con Roasted Peppers (For Two)	1290	420	47	9		3.0	21	20	1990	70	190	14	15	37
Rigatoni with Marinara Sauce (For One)	470	70	8	1.5		0	0	4	720	5	87	6	5	17
Rigatoni with Marinara Sauce (For Two)	940	140	16	3.0		0	1.0	10	1440	15	174	13	10	34
Shrimp Tetrazzini (For One)	1310	770	87	51	0	5	24	420	1200	330	75	7	4	58
Shrimp Tetrazzini (For Two)	2600	1530	173	101	1.0	10	48	840	2340	660	149	14	9	115
Shrimp, Spinach And Pink Alfredo (For One)	1150	660	75	45	0	3.0	20	355	900	450	84	5	3	40

Shrimp, Spinach And Pink Alfredo (For Two)	2270	1310	148	88	1.0	6	40	700	1750	890	167	10	5	79
Spaghetti with Marinara	730	130	15	2.0		2.5	1.5	4	1320	15	119	15	8	32
Spaghetti with Marinara Sauce (For One)	490	90	10	1.5		2.0	1.5	4	760	5	80	10	5	22
Spaghetti with Marinara Sauce (For Two)	980	170	19	3.0		3.5	2.5	10	1530	15	160	20	10	45
Spaghetti with Meatballs	1210	470	53	16		2.5	1.5	95	2660	15	129	17	9	59
Spaghetti with Meatballs - Raleigh	1280	500	57	17		2.5	2.0	100	3060	25	136	18	10	63
Tuscan Rigatoni	1870	1180	134	74	0.5	4.0	30	430	2030	610	124	8	8	54
Tuscan Rigatoni - Raleigh	1880	1190	134	75	0.5	4.0	30	430	2060	610	124	8	8	54
Tuscan Rigatoni (For One)	1260	780	88	50	0.5	3.0	20	280	1370	340	84	5	5	38
Tuscan Rigatoni (For Two)	2500	1550	175	98	1.5	5	40	555	2700	680	169	10	11	75

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<b>Pasta Add-ons</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Bake It With Cheese (For One)	180	110	12	7		0	3.5	40	350	50	2			14
Bake It With Cheese (For Two)	270	170	19	11		0.5	5	60	540	75	3			22
Bake It with Cheese	260	160	18	10		0.5	5.0	55	490	75	3			20
Basil	0								0	20	0			0
Breaded Chicken	590	290	33	4.0	0	8	18	190	220	330	26			44
Broccoli (For One)	15	0	0						15	135	3	1		1
Broccoli (For Two)	30	0	0						30	270	6	2	1	2
Chicken Breast	190	35	4.0	1.0		1.0	1.5	95	85	290				35
Chicken Breast (For One)	120	20	2.5	0.5		0.5	1.0	60	50	180				22
Chicken Breast (For Two)	230	45	5	1.5		1.0	2.0	120	105	360				44
Fresh Garlic	20	0	0						0	55	5			1
Italian Sausage	280	210	23	8	0			55	960					18
Italian Sausage (For One)	180	130	15	5	0			35	600					11
Italian Sausage (For Two)	360	260	29	10	0			70	1200					23
Italian Sausage - No Marinara	390	290	32	11	0			75	1320					25
Italian Sausage - with Marinara	450	310	35	12	0			75	1740		8	2		27

Meatball - 2oz (1 Meatball)	160	110	13	4.5				30	450		4			9
Meatballs 2 oz (3 Meatballs)	480	330	38	14				90	1340		11	2	2	27
Meatballs (3 Each) - with Marinara	540	360	41	14				90	1760		19	3	2	29
Mushrooms	10	0	0			0			0	180	2		1	2
Mushrooms (For One)	10	0	0			0			0	180	2		1	2
Mushrooms (For Two)	25	0	0	0		0			5	360	4	1	2	4
Shrimp (For One)	70	5	1.0	0		0	0	140	160	130				15
Shrimp (For Two)	140	15	1.5	0		0.5	0	275	320	260				30
Side of Meatballs with Marinara	540	360	41	14				90	1760		19	3	2	29
Side of Sausage	450	310	35	12	0			75	1740		8	2		27
Spinach	5	0	0						20	160	1			1
Spinach (For One)	5	0	0						20	160	1			1
Spinach (For Two)	15	0	0			0			45	320	2	1		2

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<b>Pizza By The Slice</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Cheese Pizza Slice	580	220	25	13		0	2.0	50	1210	15	56	2	7	31
Pepperoni Pizza Slice	700	320	36	17		0	2.0	70	1660	15	57	2	7	37
Sausage Pizza Slice	720	330	37	17		0	2.0	90	1650	15	56	2	7	40

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Prep	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Cooking Chicken Prep	6160	1780	202	45		34	103	2775	8820	8460	5	2		1014
Cooking Dry Pasta Prep - Spaghetti	5950	500	57			28	14		1020	35	1077	113	57	283
Cooking Green Peppers Prep	1420	860	97	19	17	29	44		5960	5260	141	52	71	26
Cooking Mushrooms Prep	300	40	4.5	0.5		2.0	0		4870	4130	45	14	25	40
Cooking Onions Prep	1740	830	94	18	17	28	44		5960	3410	217	40	96	26
Crispy Breadsticks Prep	1880	890	101	11		6	40		1850	370	219			30
Garlic Bread Prep - with Mozzarella And Romano	690	300	34	13	2.5	1.5	5.0	55	1450	75	65	2	3	34
Garlic Bread Prep - with Romano	440	140	16	2.5	2.5	1.0			960	0	62	2	2	13
Olives Prep	250	230	26	2.5		1.0	8		1010		4	4		
Spinach Cheese Mix Prep	9120	5640	638	366		19	173	2045	19330	2540	103		24	727

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<b>Rustic Crust Italiano - Cheese Base</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Medium Italiano Cheese Pizza (1 Slice, 16/pizza)	170	70	8	3.5		0	0.5	15	340	0	15		2	10
X-large Italiano Cheese Pizza (1 Slice, 36/pizza)	110	40	4.5	2.5		0	0	10	220	0	10		1	6

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<b>Rustic Crust Italiano Signature Pizzas</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Medium A Lot' A Meat	2970	1480	168	72		1.0	7	420	7850	45	188	4	28	181
Medium Cheese	2010	810	91	43		1.0	7	190	4070	45	181	4	23	119
Medium Chicken Cacciatore	2250	850	96	44		2.0	8	295	4160	690	189	6	27	159
Medium Nana's Special	2060	810	92	43		1.5	7	190	4370	680	190	6	25	123
Medium Northern Italian Veggie	2190	890	101	43		1.0	7	190	4630	50	200	5	26	120
Medium Pepperoni	2400	1130	128	58		1.0	7	250	5620	45	184	4	23	137
Medium Rocco's Party	2370	1050	118	53		1.0	7	280	5070	380	189	6	27	142
Medium Sausage	2480	1150	130	57		1.0	7	320	5500	45	181	4	23	149
Medium Uncle Tony's	2600	1240	140	62		1.0	7	315	6000	200	189	6	26	151
Medium Veggie	2060	810	92	43		1.0	7	190	4070	490	191	7	28	122
X-large A Lot' A Meat	5150	2520	285	128		1.5	11	700	13500	85	340	15	45	295
X-large Cheese	3460	1330	151	77		1.5	11	305	6900	85	329	15	37	188
X-large Chicken Cacciatore	3890	1400	159	80		3.5	14	485	7070	1290	346	20	46	259
X-large Nana's Special	3550	1340	152	78		2.0	11	305	7300	1590	344	21	41	198
X-large Northern Italian Veggie	3790	1480	167	78		1.5	11	305	7890	110	363	17	42	191
X-large Pepperoni	4150	1900	214	104		1.5	11	410	9610	85	334	15	37	219

X-large Rocco's Party	4080	1730	196	93		2.0	11	455	8570	750	346	20	46	227
X-large Sausage	4310	1950	221	102		1.5	11	540	9510	85	329	15	37	242
X-large Uncle Tony's Special	4520	2100	238	111		1.5	11	525	10380	400	346	19	43	245
X-large Veggie	3550	1340	151	77		2.0	11	305	6920	930	348	21	47	195

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<b>Rustic Crust Pizza - Cheese Base</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Medium Rustic Cheese Pizza (1 Slice, 16/pizza)	170	70	8	3.5		0	0.5	15	350	0	15		2	10
X-large Rustic Cheese Pizza (1 Slice, 36/pizza)	110	40	4.5	2.5		0	0	10	230	0	10		1	6

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<b>Rustic Crust Pizza - Toppings</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Medium Anchovies	210	90	10	2.0		2.5	3.5	85	3640	540				29
Medium Artichoke	25								480		7	5		2
Medium Bacon	430	300	34	13				85	1450					26
Medium Banana Peppers	15								1460		3			
Medium Basil	0	0	0						0	35	0			0
Medium Black Olives	170	120	13						630		7			
Medium Broccoli	45	0	0						40	400	8	3	2	4
Medium Canadian Bacon	200	90	10	3.5				70	1340		7		7	21
Medium Celery	5	0	0						35	110	1			0
Medium Cheese	850	530	60	34		2.0	16	190	1640	240	9		2	68
Medium Chicken	270	50	6	1.5		1.5	2.0	140	120	420				51
Medium Chopped Meatballs	240	170	19	7				45	670		5			14
Medium Feta Cheese	230	130	15	9				20	1330					19
Medium Fresh Garlic	40	0	0			0			0	115	9			2
Medium Green Olives	150	140	16	2.0		1.5	12		1650	45	4	4		1
Medium Green Peppers	15	0	0			0			0	150	4	1	2	1

Medium Ground Beef	380	280	31	13				90	1050					22
Medium Hot Giardinara	10								980		2	2		
Medium Italian Beef	300	160	18	6				60	540					30
Medium Jalapenos	25	0	0.5	0			0		0	180	5	2	3	1
Medium Kalamata Olives	110	100	11	1.5					770		6	4		1
Medium Mushrooms	20	0	0				0		0	270	3		2	3
Medium Onions	35	0	0						0	125	8	1	4	1
Medium Pepperoni	590	480	55	23				90	2320		5			27
Medium Pepperoni On Top	390	320	36	15				60	1550		3			18
Medium Pineapple	110								15	120	28	1	25	
Medium Pizza Sauce	60	0	0	0			0		620	10	14	2	9	2
Medium Roast Beef	320	120	14	6				150	80					48
Medium Roasted Garlic	50	10	1.5	0					0		9			1
Medium Roasted Red Peppers	30								170		6		3	
Medium Roma Tomatoes	50								500		11	3	7	3
Medium Sausage	470	340	39	14				130	1440					30
Medium Shrimp	180	20	2.0	0.5		1.0	0	360	410	340				39
Medium Spinach	25	0	0	0		0			80	550	4	2		3
X-large Anchovies	390	160	18	4.0		4.5	7	155	6760	1000				53
X-large Artichoke	50								860		12	10		4

X-large Bacon	710	500	57	21				140	2410					43
X-large Banana Peppers	25								2430		5			
X-large Basil	5	0	0			0			0	65	1			1
X-large Black Olives	290	200	23						1090		12			
X-large Broccoli	70	5	1.0	0		0			70	690	15	6	4	6
X-large Canadian Bacon	350	160	18	6				120	2310		12		12	35
X-large Celery	15	0	0			0			70	220	3	1	2	1
X-large Cheese	1370	850	96	54		3.0	26	300	2620	390	14		4	109
X-large Chicken	480	90	10	3.0		2.0	3.5	245	220	740				90
X-large Chopped Meatballs	400	280	31	11				75	1120		9	1	1	23
X-large Feta Cheese	390	230	26	16				35	2300					33
X-large Fresh Garlic	80	0	0	0		0			10	230	19	1		4
X-large Green Olives	270	250	28	3.5		2.5	21		2870	75	7	6		2
X-large Green Peppers	30	0	0	0		0			0	250	7	2	3	1
X-large Ground Beef	660	480	54	23				155	1810					39
X-large Hot Giardinara	20								1700		3	3		
X-large Italian Beef	500	270	30	10				100	900					50
X-large Jalapenos	45	10	1.0	0		0			0	300	8	4	5	2
X-large Kalamata Olives	200	170	20	2.0					1340		11	7		2
X-large Mushrooms	30	0	0	0		0			5	450	5	1	3	4

X-large Onions	60	0	0	0					5	210	13	2	6	2
X-large Pepperoni	1020	830	94	39				155	4000		8			47
X-large Pepperoni On Top	660	540	61	25				100	2580		5			30
X-large Pineapple	190								25	200	46	2	42	
X-large Pizza Sauce	120	0	0	0		0	0		1250	25	27	4	18	5
X-large Roast Beef	530	210	23	10				250	135					80
X-large Roasted Garlic	100	25	2.5	0					10		18	1		3
X-large Roasted Red Peppers	45								280		9		5	
X-large Roma Tomatoes	90								840		18	5	11	5
X-large Sausage	850	620	70	25				235	2600					54
X-large Shrimp	330	30	3.5	1.0		1.5	0.5	650	750	610				70
X-large Spinach	40	5	0.5	0		0			150	1030	7	4		5

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<b>Rustic Crust Signature Pizzas</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Medium A Lot' A Meat	2990	1490	169	73		1.0	7	420	8000	40	190	3	30	181
Medium Cheese	2020	810	92	44		1.0	7	195	4220	40	183	3	25	119
Medium Chicken Cacciatore	2260	860	97	45		2.0	8	300	4320	690	191	5	29	159
Medium Nana's Special	2070	820	93	44		1.5	7	195	4530	680	192	5	27	124
Medium Northern Italian Veggie	2200	900	102	44		1.0	7	195	4780	50	202	3	28	120
Medium Pepperoni	2420	1140	129	59		1.0	7	255	5770	40	186	3	25	137
Medium Rocco's Party	2390	1050	119	53		1.0	7	285	5220	370	191	5	29	142
Medium Sausage	2490	1160	131	58		1.0	7	325	5660	40	183	3	25	149
Medium Uncle Tony's	2610	1250	141	62		1.0	7	320	6150	190	191	4	28	151
Medium Veggie	2070	820	93	44		1.0	7	195	4230	490	193	5	30	123
X-large A Lot' A Meat	5180	2530	286	129		1.5	11	700	13860	75	345	14	50	295
X-large Cheese	3480	1340	152	78		1.5	11	310	7260	75	334	14	42	188
X-large Chicken Cacciatore	3920	1410	160	80		3.5	14	490	7430	1280	351	18	51	259
X-large Nana's Special	3580	1350	153	78		2.5	11	310	7660	1580	349	19	47	198
X-large Northern Italian Veggie	3820	1490	168	78		2.0	11	310	8250	100	369	15	48	191
X-large Pepperoni	4180	1900	215	104		1.5	11	415	9970	75	339	14	42	220

X-large Rocco's Party	4110	1740	197	94		2.0	11	460	8930	740	351	18	51	227
X-large Sausage	4340	1960	222	103		1.5	11	545	9870	75	334	14	42	242
X-large Uncle Tony's Special	4550	2110	239	112		2.0	11	530	10730	400	351	17	49	245
X-large Veggie	3580	1350	153	78		2.0	11	310	7280	920	353	19	52	195

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<b>Salad Add-ons</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Breaded Chicken (6 Oz)	590	290	33	4.0	0	8	18	190	220	330	26			44
Breaded Chicken Tenders (Large In Bread Bowl)	230	70	8	1.5				40	520		20	3	3	20
Breaded Chicken Tenders (Small)	130	40	4.5	1.0				20	290		11	2	2	11
Grilled Chicken (6 Oz)	200	40	4.5	1.0		1.0	1.5	105	90	310				38
Grilled Chicken (Large In Bread Bowl)	230	45	5	1.5		1.0	2.0	120	105	360				44
Grilled Chicken For Salad (4 Oz)	190	35	4.0	1.0		1.0	1.5	95	85	290				35
Grilled Chicken For Small Salad (2.5 Oz)	120	20	2.5	0.5		0.5	1.0	60	50	180				22

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Salads (No Dressing)														
	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Breaded Chicken Salad (Large In Bread Bowl)	1960	660	75	12		1.0	3.5	80	2770	1220	259	10	13	68
Breaded Chicken Salad (Small)	290	130	14	4.5		0	1.5	40	630	370	20	5	6	19
Buffalo Chicken Salad (Large In Bread Bowl)	1870	600	68	12		1.0	3.5	80	4170	1200	255	10	13	68
Buffalo Chicken Salad (Small)	240	100	11	4.5		0	1.5	40	1330	360	18	5	6	19
Chicken Taco Salad (Large In Bread Bowl)	2110	730	83	14		1.0	3.5	80	2980	1220	276	11	14	70
Chicken Taco Salad (Small)	440	200	22	6		0	1.5	40	840	370	37	6	7	21
Garbage Salad (Large In Bread Bowl)	1880	710	80	16		1.0	7	70	3230	1270	242	8	12	58
Garbage Salad (Large)	480	290	33	12		1.0	6	70	1680	910	23	8	11	28
Garbage Salad (Small)	240	140	16	6		0.5	3.0	35	840	400	11	3	5	14
Greek Salad (Large In Bread Bowl)	1790	610	69	14		0	0	20	4620	1160	243	11	9	55
Greek Salad (Large)	390	190	22	11		0	0	20	3060	790	23	11	8	25
Greek Salad (Small)	190	100	11	5		0		10	1540	340	11	5	3	12
Spinach Salad (Large In Bread Bowl)	1810	630	72	15		1.0	3.5	65	2550	2240	239	8	8	63
Spinach Salad (Large)	410	220	25	11		1.0	3.5	65	1000	1870	19	8	7	33
Spinach Salad (Small)	200	110	12	6		0	1.5	35	480	780	9	3	3	15
Traditional Garden Salad (For Family)	60	5	0.5	0		0			25	700	12	5	6	3

Traditional Garden Salad (For One)	20	0	0			0			10	230	4	2	2	1
Traditional Garden Salad (For Two)	35	0	0	0		0			15	410	7	3	4	2

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<b>Salads - Raleigh</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Blueberry Pecan Salad with Honey Poppy Seed Dressing	660	500	56	9		0	0	5	730	470	32	5	24	11
Buffalo Chicken Salad with Blue Cheese Dressing	1400	940	106	30	0	8	18	310	3080	880	39	4	4	72
Caesar Salad Entree with Caesar Dressing	1000	790	89	19	0.5	37	20	130	2300	610	25	4	7	25
Caesar Salad Side with Caesar Dressing	520	410	46	10	0	18	10	70	1210	310	13	2	4	14
Mixed Green Salad Entree with Balsamic Vinaigrette	390	300	34	7		0	1.0	10	1320	340	16	2	4	7
Mixed Green Salad Side with Balsamic Vinaigrette	210	160	18	4.0		0	1.0	5	700	190	8	1	2	4

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<b>Sandwiches</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Buffalo Chicken Sandwich	840	310	35	11		0	3.5	85	3600	220	84	4	8	44
Chicken Parmesan Sandwich (No Sides)	1380	630	71	18	3.0	10	23	255	2640	420	101	5	4	81
Chicken Club Sandwich	1010	450	51	16		0	3.0	120	2220	170	83	4	14	52
Godfather Sandwich	880	370	41	15	2.5	0	3.0	165	1590	50	60		2	66
Godmother Sandwich	860	330	38	11	2.5	0	3.0	80	2070	50	84	4	6	45
Grilled Chicken Pesto Sandwich (No Sides)	1140	560	64	16	2.5	11	12	160	2850	440	72	5	3	68
Italian Beef And Sausage Combo Sandwich	830	360	41	14	0			125	2280		63		2	52
Italian Beef Sandwich	590	140	15	6				125	980		59		2	51
Italian Meatball Sandwich	820	360	41	14				90	2280		73	2	4	38
Italian Meatball Sub Sandwich (No Sides)	930	560	64	26	0.5	1.0	5	150	3410	80	38	6	4	54
Italian Sausage Sandwich	730	320	36	12	0			75	2260		63		2	36
Meatball Supreme Sandwich	1240	670	75	27	2.5	0.5	5.0	150	3330	75	81	4	5	62
Sorrento Sandwich	910	370	42	15		0	3.5	175	1280	190	65		11	64
The Godfather	950	440	50	18	2.5	0.5	5.0	105	2150	75	62		3	57

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<b>Sandwiches - Sides</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Banana Peppers	5								490		1			
Cheese	170	110	12	7		0	3.0	40	330	50	2			14
Hot Giardinara	0								390		1			
Mixed Green Salad with Balsamic Vinaigrette	210	160	18	4.0		0	1.0	5	700	190	8	1	2	4
Pepperoncini	15								650		3	1		
Roasted Red Peppers	15								85		3		1	
Served On Garlic Bread	130	120	14	2.5	2.5				280					1
Sweet Peppers	35	30	3.5	0		1.5	0.5		0	40	1			0
Waffle Fries with Ketchup	690	430	49	5.0	0	17	25		1630	640	65	3	13	3

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<b>Sauces</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Marinara Sauce (2 Oz)	30	15	1.5	0					210		4			1
Marinara Sauce (3 Oz)	50	20	2.5	0					320		6	1		1
Pesto Aioli (2 Oz)	270	250	28	4.0			0	20	490	5	1			3

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<b>Super Thin Pizza - Cheese Base</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Family Super Thin Cheese Pizza (1 Slice, 36/pizza)	90	45	5	2.0		0	1.0	10	180	25	7			5
Large Super Thin Cheese Pizza (1 Slice, 24/pizza)	90	45	5.0	2.0		0	1.0	10	170	25	7			5
Medium Super Thin Cheese Pizza (1 Slice, 16/pizza)	110	50	6	2.5		0	1.0	15	200	30	8			6
Small Super Thin Cheese Pizza (1 Slice, 16/pizza)	80	35	4.0	1.5		0	0.5	10	140	20	6			4
X-large Super Thin Cheese Pizza (1 Slice, 36/pizza)	70	35	4.0	1.5		0	0.5	10	135	20	5			4

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<b>Super Thin Pizza - Toppings</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Family Anchovies	360	150	17	3.5		4.5	6	145	6240	930				49
Family Artichoke	60								980		13	11		4
Family Bacon	710	500	57	21				140	2410					43
Family Banana Peppers	40								4010		8			
Family Basil	5	0	0			0			0	85	1			1
Family Black Olives	280	200	22						1050		11			
Family Broccoli	70	5	1.0	0		0			70	650	14	5	3	6
Family Canadian Bacon	320	150	17	6				110	2170		11		11	33
Family Celery	15	0	0			0			80	260	3	2	2	1
Family Cheese	1410	880	99	56		3.0	27	310	2700	400	14		4	113
Family Chicken	460	90	10	3.0		2.0	3.5	235	200	710				86
Family Chopped Meatballs	400	280	31	11				75	1120		9	1	1	23
Family Feta Cheese	360	210	24	15				30	2130					30
Family Fresh Garlic	110	0	0	0		0			10	280	23	1		5
Family Green Olives	260	240	27	3.5		2.5	20		2760	75	7	6		2
Family Green Peppers	35	0	0	0		0			5	320	9	3	4	2

Family Ground Beef	510	370	42	18				120	1400					30
Family Hot Giardinara	20								1640		3	3		
Family Italian Beef	490	260	29	10				95	880					49
Family Jalapenos	60	10	1.0	0		0.5	0		0	400	11	5	6	2
Family Kalamata Olives	190	170	19	2.0					1290		11	6		2
Family Mushrooms	40	5	0.5	0		0			10	590	6	2	4	6
Family Onions	70	0	0	0					5	270	17	3	8	2
Family Pepperoni	790	640	73	30				120	3100		6			36
Family Pepperoni On Top	790	640	73	30				120	3100		6			36
Family Pineapple	190								25	200	46	2	42	
Family Pizza Sauce	120	0	0	0		0	0		1250	25	27	4	18	5
Family Roast Beef	520	200	23	10				245	130					78
Family Roasted Garlic	130	30	3.0	0					10		22	1		4
Family Roasted Red Peppers	60								370		12		6	
Family Roma Tomatoes	90								840		18	5	11	5
Family Sausage	810	590	67	24				225	2490					52
Family Shrimp	310	30	3.5	1.0		1.5	0.5	610	700	570				65
Family Spinach	40	5	0.5	0		0			135	950	6	4		5
Large Anchovies	220	90	10	2.5		2.5	4.0	90	3900	580				31
Large Artichoke	35								600		8	7		3

Large Bacon	430	300	34	13				85	1450					26
Large Banana Peppers	25								2430		5			
Large Basil	0	0	0			0			0	50	0			1
Large Black Olives	170	120	13						630		7			
Large Broccoli	45	0	0						40	400	8	3	2	4
Large Canadian Bacon	200	90	10	3.5				70	1340		7		7	21
Large Celery	10	0	0						45	150	2		1	0
Large Cheese	850	530	60	34		2.0	16	190	1640	240	9		2	68
Large Chicken	280	50	6	1.5		1.5	2.0	145	125	440				53
Large Chopped Meatballs	240	170	19	7				45	670		5			14
Large Feta Cheese	230	130	15	9				20	1330					19
Large Fresh Garlic	60	0	0			0			5	170	14			3
Large Green Olives	150	140	16	2.0		1.5	12		1650	45	4	4		1
Large Green Peppers	25	0	0	0		0			0	200	5	2	3	1
Large Ground Beef	300	220	24	10				70	820					17
Large Hot Giardinara	10								980		2	2		
Large Italian Beef	300	160	18	6				60	540					30
Large Jalapenos	35	5	0.5	0		0			0	240	7	3	4	2
Large Kalamata Olives	110	100	11	1.5					770		6	4		1
Large Mushrooms	25	0	0	0		0			5	360	4	1	2	4

Large Onions	45	0	0						0	170	11	2	5	1
Large Pepperoni	530	430	49	20				80	2070		4			24
Large Pepperoni On Top	530	430	49	20				80	2070		4			24
Large Pineapple	110								15	120	28	1	25	
Large Pizza Sauce	70	0	0	0		0	0		750	15	16	3	11	3
Large Roast Beef	320	120	14	6				150	80					48
Large Roasted Garlic	80	15	2.0	0					5		13			2
Large Roasted Red Peppers	40								230		8		4	
Large Roma Tomatoes	50								500		11	3	7	3
Large Sausage	490	360	40	14				135	1490					31
Large Shrimp	190	20	2.0	0.5		1.0	0	375	430	350				40
Large Spinach	25	0	0	0		0			85	590	4	2		3
Medium Anchovies	150	60	7	1.5		2.0	2.5	60	2600	390				20
Medium Artichoke	25								460		6	5		2
Medium Bacon	320	230	26	10				65	1080					19
Medium Banana Peppers	20								1820		4			
Medium Basil	0	0	0						0	35	0			0
Medium Black Olives	120	90	10						460		5			
Medium Broccoli	30	0	0						30	290	6	2	2	3
Medium Canadian Bacon	160	70	8	2.5				55	1050		5		5	16

Medium Celery	5	0	0						35	110	1			0
Medium Cheese	640	400	45	26		1.5	12	140	1230	180	6		2	51
Medium Chicken	200	40	4.5	1.0		1.0	1.5	100	90	310				37
Medium Chopped Meatballs	160	110	13	4.5				30	450		4			9
Medium Feta Cheese	170	100	11	7				15	970					14
Medium Fresh Garlic	40	0	0			0			0	115	9			2
Medium Green Olives	110	110	12	1.5		1.0	9		1210	35	3	3		1
Medium Green Peppers	15	0	0			0			0	150	4	1	2	1
Medium Ground Beef	230	170	19	8				55	640					14
Medium Hot Giardinara	10								720		1	1		
Medium Italian Beef	230	120	14	4.5				45	410					23
Medium Jalapenos	25	0	0.5	0		0			0	180	5	2	3	1
Medium Kalamata Olives	80	70	8	1.0					570		5	3		1
Medium Mushrooms	20	0	0			0			0	270	3		2	3
Medium Onions	35	0	0						0	125	8	1	4	1
Medium Pepperoni	390	320	36	15				60	1550		3			18
Medium Pepperoni On Top	390	320	36	15				60	1550		3			18
Medium Pineapple	70								10	80	19		17	
Medium Pizza Sauce	50	0	0	0			0		550	10	12	2	8	2
Medium Roast Beef	240	90	11	4.5				115	60					36

Medium Roasted Garlic	50	10	1.5	0					0		9			1
Medium Roasted Red Peppers	30								170		6		3	
Medium Roma Tomatoes	40								380		8	2	5	2
Medium Sausage	360	260	30	11				100	1110					23
Medium Shrimp	130	15	1.5	0		0.5	0	265	300	250				28
Medium Spinach	15	0	0			0			55	400	3	2		2
Small Anchovies	100	45	5.0	1.0		1.5	2.0	40	1820	270				14
Small Artichoke	15								290		4	3		1
Small Bacon	210	150	17	6				45	720					13
Small Banana Peppers	15								1210		3			
Small Basil	0								0	15	0			0
Small Black Olives	80	50	6						290		3			
Small Broccoli	20	0	0						20	200	4	2	1	2
Small Canadian Bacon	100	45	5	1.5				35	670		3		3	10
Small Celery	0								25	75	1			0
Small Cheese	430	270	30	17		1.0	8	95	820	120	4		1	34
Small Chicken	140	25	3.0	1.0		0.5	1.0	70	65	220				26
Small Chopped Meatballs	80	60	6	2.5				15	220		2			5
Small Feta Cheese	110	60	7	4.5				10	620					9
Small Fresh Garlic	30	0	0			0			0	85	7			1



Small Green Olives	70	70	8	1.0		0.5	6		770	20	2	2		1
Small Green Peppers	10	0	0						0	100	3		1	0
Small Ground Beef	170	120	14	6				40	470					10
Small Hot Giardinara	5								460		1			
Small Italian Beef	150	80	9	3.0				30	270					15
Small Jalapenos	15	0	0			0			0	120	3	2	2	1
Small Kalamata Olives	50	45	5	0.5					360		3	2		1
Small Mushrooms	10	0	0			0			0	180	2		1	2
Small Onions	25	0	0						0	85	5		2	1
Small Pepperoni	260	210	24	10				40	1030		2			12
Small Pepperoni On Top	260	210	24	10				40	1030		2			12
Small Pineapple	60								5	60	14		13	
Small Pizza Sauce	35	0	0				0		370	5	8	1	5	1
Small Roast Beef	160	60	7	3.0				75	40					24
Small Roasted Garlic	40	10	1.0	0					0		7			1
Small Roasted Red Peppers	20								115		4		2	
Small Roma Tomatoes	25								250		5	1	3	1
Small Sausage	230	170	19	7				65	720					15
Small Shrimp	100	10	1.0	0		0	0	195	220	180				21
Small Spinach	10	0	0			0			40	280	2	1		1

X-large Anchovies	280	120	13	3.0		3.5	5	115	4940	730				39
X-large Artichoke	45								770		10	9		3
X-large Bacon	570	400	45	17				115	1930					34
X-large Banana Peppers	35								3160		7			
X-large Basil	5	0	0			0			0	65	1			1
X-large Black Olives	210	150	17						800		8			
X-large Broccoli	60	5	0.5	0		0			55	520	11	4	3	5
X-large Canadian Bacon	260	120	13	4.5				85	1720		9		9	26
X-large Celery	10	0	0			0			60	200	2	1	1	1
X-large Cheese	1150	720	81	46		2.5	22	255	2210	330	12		3	92
X-large Chicken	360	70	8	2.0		1.5	2.5	185	160	560				68
X-large Chopped Meatballs	320	220	25	9				60	890		7	1	1	18
X-large Feta Cheese	300	180	20	13				25	1770					25
X-large Fresh Garlic	80	0	0	0		0			10	230	19	1		4
X-large Green Olives	200	180	21	2.5		2.0	15		2100	55	5	4		1
X-large Green Peppers	35	0	0	0		0			5	320	9	3	4	2
X-large Ground Beef	400	290	33	14				95	1110					24
X-large Hot Giardinara	15								1250		2	2		
X-large Italian Beef	380	200	22	7				75	680					38
X-large Jalapenos	45	10	1.0	0		0			0	300	8	4	5	2

X-large Kalamata Olives	140	130	14	1.5					980		8	5		2
X-large Mushrooms	30	0	0	0		0			5	450	5	1	3	4
X-large Onions	60	0	0	0					5	210	13	2	6	2
X-large Pepperoni	660	540	61	25				100	2580		5			30
X-large Pepperoni On Top	660	540	61	25				100	2580		5			30
X-large Pineapple	150								20	160	37	2	33	
X-large Pizza Sauce	100	0	0	0		0	0		970	20	21	3	14	4
X-large Roast Beef	400	150	18	8				190	100					60
X-large Roasted Garlic	100	25	2.5	0					10		18	1		3
X-large Roasted Red Peppers	45								280		9		5	
X-large Roma Tomatoes	70								630		14	3	9	3
X-large Sausage	630	460	52	19				175	1940					40
X-large Shrimp	250	25	3.0	0.5		1.0	0.5	500	570	460				53
X-large Spinach	35	0	0.5	0		0			110	790	5	3		4

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<b>Super Thin Signature Pizzas</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Family A Lot' A Meat	4350	2420	274	107		3.0	28	655	11140	750	237	5	32	238
Family Cheese	2930	1420	161	64		3.0	28	330	5710	750	228	5	26	149
Family Chicken Cacciatore	3370	1490	169	66		5	31	510	5880	2050	246	10	35	221
Family Northern Italian Veggie	3290	1570	177	64		3.5	28	330	6730	780	269	7	33	153
Family Pepperoni	3460	1850	209	84		3.0	28	415	7780	750	232	5	26	174
Family Rocco's Party	3490	1770	200	78		3.5	28	460	7160	1500	246	10	35	185
Family Sausage	3650	1950	220	85		3.0	28	530	7920	750	228	5	26	195
Family Uncle Tony's Special	3830	2070	234	92		3.5	28	515	8600	1050	244	9	32	198
Family Veggie	3020	1430	161	64		3.5	29	330	5730	1430	245	10	35	155
Large A Lot' A Meat	2670	1510	171	66		2.0	17	410	6760	450	141	3	17	147
Large Cheese	1780	870	99	39		2.0	17	205	3330	450	135	3	14	91
Large Chicken Cacciatore	2090	930	105	41		3.5	19	335	3450	1290	145	5	19	143
Large Northern Italian Veggie	1980	950	108	39		2.0	17	205	3900	470	159	4	18	93
Large Pepperoni	2110	1140	129	52		2.0	17	255	4620	450	138	3	14	106
Large Rocco's Party	2120	1090	123	48		2.0	17	280	4220	890	145	5	19	113
Large Sausage	2210	1190	135	52		2.0	17	320	4660	450	135	3	14	118

Large Uncle Tony's	2340	1280	145	57		2.0	17	320	5150	620	144	4	17	121
Large Veggie	1830	880	99	39		2.0	17	205	3340	840	145	5	18	94
Medium A Lot' A Meat	1980	1120	127	49		1.5	13	305	4990	340	103	2	12	110
Medium Cheese	1320	650	74	29		1.5	13	155	2430	340	98	2	9	68
Medium Chicken Cacciatore	1520	690	78	30		2.5	14	235	2510	920	106	4	13	101
Medium Northern Italian Veggie	1470	710	81	29		1.5	13	155	2860	350	116	2	12	69
Medium Pepperoni	1550	840	95	38		1.5	13	190	3340	340	100	2	9	78
Medium Rocco's Party	1570	820	92	36		1.5	13	215	3100	660	106	4	13	84
Medium Sausage	1650	890	101	39		1.5	13	240	3430	340	98	2	9	88
Medium Uncle Tony's	1730	950	108	42		1.5	13	240	3770	460	105	3	12	90
Medium Veggie	1360	660	74	29		1.5	13	155	2440	630	106	4	13	70
ST Small Nana's Special	950	450	51	20		1.0	9	105	2000	700	78	3	8	49
ST Small Veggie Napoli	970	450	51	20		1.0	9	105	2120	700	82	3	10	49
Small A Lot' A Meat	1310	730	82	32		1.0	9	195	3190	230	73	1	8	71
Small Cheese	920	450	51	20		1.0	9	105	1700	230	71	1	7	46
Small Chicken Cacciatore	1060	470	53	21		1.5	10	165	1760	640	76	3	10	70
Small Northern Italian Veggie	1030	500	56	20		1.0	9	105	2040	240	84	2	9	47
Small Pepperoni	1080	580	66	26		1.0	9	130	2350	230	72	1	7	54
Small Rocco's Party	1090	550	63	24		1.0	9	145	2150	460	76	3	10	57
Small Sausage	1130	600	68	26		1.0	9	165	2370	230	71	1	7	60

Small Uncle Tony's Special	1180	630	72	28		1.0	9	160	2540	330	76	2	9	60
Small Veggie	940	450	51	20		1.0	9	105	1710	420	76	3	9	48
X-large A Lot' A Meat	3480	1970	222	86		2.5	23	535	8890	590	183	4	23	192
X-large Cheese	2300	1130	128	50		2.5	23	265	4330	590	175	4	18	117
X-large Chicken Cacciatore	2670	1190	135	52		4.0	25	420	4480	1650	189	7	25	179
X-large Northern Italian Veggie	2580	1240	140	51		2.5	23	265	5110	610	208	5	24	120
X-large Pepporoni	2730	1480	167	67		2.5	23	330	6010	590	179	4	18	137
X-large Rocco's Party	2770	1420	161	62		3.0	23	370	5560	1180	189	7	25	147
X-large Sausage	2880	1550	175	67		2.5	23	420	6100	590	175	4	18	154
X-large Uncle Tony's Special	3040	1670	188	74		2.5	23	420	6740	820	188	6	23	158
X-large Veggie	2370	1130	128	51		3.0	23	265	4340	1120	189	7	25	122

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Wine	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Alta Luna - Bottle	620										15			1
Alta Luna - Glass	120										3			0
Alta Vista - Bottle	550										15		1	
Alta Vista - Glass	110										3			
Cavit - Bottle	620										15			1
Cavit - Glass	120										3			0
Cavit Lunetta - Glass	130										2		2	
Fleurs De Prairie - Bottle	550										15		1	
Fleurs De Prairie - Glass	110										3			
Gabbiano Chianti Classico - Bottle	640										20			1
Gabbiano Chianti Classico - Glass	130										4			0
Irony - Bottle	610										17			1
Irony - Glass	120										3			0
Josh Cellars - Bottle	120								5	105	3		1	0
Josh Cellars - Glass	120								5	105	3		1	0
Kunde - Bottle	610										19			1

Kunde - Glass	120										4			0
Markham - Bottle	600										15			1
Markham - Glass	120										3			0
Meiomi - Bottle	610										17			1
Meiomi - Glass	120										3			0
Natura Unoaked - Bottle	120							5	105	3		1	0	
Natura Unoaked - Glass	25							0	20	1				
Shannon Ridge - Bottle	610										19			1
Shannon Ridge - Glass	120										4			0
Sip - Bottle	1200							70	690	103		58	2	
Sip - Glass	240							15	135	20		11	0	
Sterling - Bottle	620							30	950	19		5	1	
Sterling - Glass	120							5	190	4			0	
The Crossings - Bottle	600										15			1
The Crossings - Glass	120										3			0

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Wings	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Plain Chicken Wings (14 Reg)	560	310	35	9				315	1610		4			52
Plain Chicken Wings (16 Boneless)	900	400	45	10				150	2500		55			65
Plain Chicken Wings (21 Reg)	840	460	52	13				470	2410		5			79
Plain Chicken Wings (24 Boneless)	1350	600	68	15				225	3750		83			98
Plain Chicken Wings (42 Reg)	1680	930	105	26				945	4830		11			157
Plain Chicken Wings (48 Boneless)	2700	1190	135	30				450	7500		165			195
Plain Chicken Wings (7 Reg)	280	150	17	4.5				155	800		2			26
Plain Chicken Wings (7 Reg) - Raleigh	430	300	34	6	0	4.5	10	155	800		2			26
Plain Chicken Wings (8 Boneless)	450	200	23	5				75	1250		28			33
Plain Chicken Wings (8 Boneless) - Raleigh	680	420	48	7	0	7	16	75	1250		28			33
Plain Wings - Add Boom Boom Sauce (7 Reg)	300	270	30	4.5				25	480		5		4	
Plain Wings - Add Boom Boom Sauce (8 Boneless)	300	270	30	4.5				25	480		5		4	
Plain Wings - Add Carolina Tangy Gold Sauce (14 Reg)	170								1090		40		34	
Plain Wings - Add Carolina Tangy Gold Sauce (16 Boneless)	170								1090		40		34	
Plain Wings - Add Carolina Tangy Gold Sauce (21 Reg)	260								1640		60		51	0
Plain Wings - Add Carolina Tangy Gold Sauce (24 Boneless)	260								1640		60		51	0

Plain Wings - Add Carolina Tangy Gold Sauce (42 Reg)	520								3270		121		103	0
Plain Wings - Add Carolina Tangy Gold Sauce (48 Reg)	520								3270		121		103	0
Plain Wings - Add Carolina Tangy Gold Sauce (7 Reg)	90								550		20		17	
Plain Wings - Add Carolina Tangy Gold Sauce (8 Boneless)	90								550		20		17	
Plain Wings - Add Extra Hot Buffalo Sauce (14 Reg)	0								3770		0			0
Plain Wings - Add Extra Hot Buffalo Sauce (16 Boneless)	0								3770		0			0
Plain Wings - Add Extra Hot Buffalo Sauce (21 Reg)	0								5650		0			0
Plain Wings - Add Extra Hot Buffalo Sauce (24 Boneless)	0								5650		0			0
Plain Wings - Add Extra Hot Buffalo Sauce (42 Reg)	5								11300		1			0
Plain Wings - Add Extra Hot Buffalo Sauce (48 Boneless)	5								11300		1			0
Plain Wings - Add Extra Hot Buffalo Sauce (7 Reg)	0								1880		0			
Plain Wings - Add Extra Hot Buffalo Sauce (8 Boneless)	0								1880		0			
Plain Wings - Add Hot Buffalo Sauce (14 Reg)	150	150	17	11	0.5	0.5	4.5	45	2730	5				0
Plain Wings - Add Hot Buffalo Sauce (16 Boneless)	150	150	17	11	0.5	0.5	4.5	45	2730	5				0
Plain Wings - Add Hot Buffalo Sauce (21 Reg)	230	230	26	16	1.0	1.0	7	70	4100	10				0
Plain Wings - Add Hot Buffalo Sauce (24 Boneless)	230	230	26	16	1.0	1.0	7	70	4100	10				0
Plain Wings - Add Hot Buffalo Sauce (42 Reg)	300	300	34	22	1.5	1.5	9	90	5460	10				0
Plain Wings - Add Hot Buffalo Sauce (48 Boneless)	300	300	34	22	1.5	1.5	9	90	5460	10				0
Plain Wings - Add Hot Buffalo Sauce (7 Reg)	80	80	9	5	0	0	2.0	25	1370	0				0
Plain Wings - Add Hot Buffalo Sauce (8 Boneless)	80	80	9	5	0	0	2.0	25	1370	0				0

Plain Wings - Add Louisiana Hot Sauce (14 Reg)	130								1150		31		26	
Plain Wings - Add Louisiana Hot Sauce (16 Boneless)	130								1150		31		26	
Plain Wings - Add Louisiana Hot Sauce (21 Reg)	190								1720		47		39	0
Plain Wings - Add Louisiana Hot Sauce (24 Boneless)	190								1720		47		39	0
Plain Wings - Add Louisiana Hot Sauce (42 Reg)	390								3440		94		78	0
Plain Wings - Add Louisiana Hot Sauce (48 Boneless)	390								3440		94		78	0
Plain Wings - Add Louisiana Hot Sauce (7 Reg)	60								570		16		13	
Plain Wings - Add Louisiana Hot Sauce (8 Boneless)	60								570		16		13	
Plain Wings - Add Memphis Sweet Sauce (14 Reg)	200								780		45		31	
Plain Wings - Add Memphis Sweet Sauce (16 Boneless)	200								780		45		31	
Plain Wings - Add Memphis Sweet Sauce (21 Reg)	290								1180		67		46	0
Plain Wings - Add Memphis Sweet Sauce (24 Boneless)	290								1180		67		46	0
Plain Wings - Add Memphis Sweet Sauce (42 Reg)	590								2350		134		92	0
Plain Wings - Add Memphis Sweet Sauce (48 Boneless)	590								2350		134		92	0
Plain Wings - Add Memphis Sweet Sauce (7 Reg)	100								390		22		15	
Plain Wings - Add Memphis Sweet Sauce (8 Boneless)	100								390		22		15	
Plain Wings - Add Nancy's BBQ Sauce (14 Reg)	190								1140		46		42	
Plain Wings - Add Nancy's BBQ Sauce (16 Boneless)	190								1140		46		42	
Plain Wings - Add Nancy's BBQ Sauce (21 Reg)	280								1710		68		63	
Plain Wings - Add Nancy's BBQ Sauce (24 Boneless)	280								1710		68		63	

Plain Wings - Add Nancy's BBQ Sauce (42 Reg)	570								3420		137		125	
Plain Wings - Add Nancy's BBQ Sauce (48 Boneless)	570								3420		137		125	
Plain Wings - Add Nancy's BBQ Sauce (7 Reg)	90								570		23		21	
Plain Wings - Add Nancy's BBQ Sauce (8 Boneless)	90								570		23		21	

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