



Double Dave's

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Make Your Own Pizza - 10" Large / Slice (unless specified)						
Crust						
Hand-Tossed Original	240	0.5	250	41	1	6
Crispy Thin Crust	170	1	170	28	1	4
Cauliflower Crust (small)	85	1	150	14	1	3
Whole Wheat	170	1	190	28	2	4
Meat						
Chicken	15	0	130	0	0	2
Seasoned Steak	20	0	135	0	0	2
Smoked Ham/Ham	15	0	75	0	0	1
Veggies						
Tomatoes	0	0	0	0	0	0
Onions	5	0	0	1	0	0
Mushrooms	5	0	0	0	0	0
Crushed Garlic	5	0	0	0	0	0
Green Peppers	0	0	0	0	0	0
Black Olives	15	0	95	1	0	0
Pineapple	10	0	0	3/2	0	0
Garlic Spinach	5	0	25	1	0	0

Fall 2025



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Pizza Sauce & Cheese						
Red Sauce	5	0	24	1	1	11
Mozarella Cheese (1.5 oz)	108	4.5	260	1	0	
Specialty Pizza (1/10th of large pizza)						
BBQ Chicken, Thin Crust	260	3.5	590	34	2	11
Margherita, Thin Crust	280	4	320	31	2	9
Dave's Fave Veggie, Thin	300	5	380	31	2	9
Dave's Fave Veggie, Whole Wheat	300	5	400	31	3	9
Dave's Fav, No Meat, Hand Tossed	383	5	497	42	2	13
Dave's Fav, No Meat, Thin	313	5	417	29	2	11
*Mozzarella Cheese Used						
Stromboli - 1/6 of each						
Garlic Spinach - Large	360	4.5	590	46	2	11
Salads (Dressings Not Included)						
Italian Salad	220	4	1890	16	7	11
Chef Salad- Omit Cheddar	248	3	384	9	7	16
Garden Salad - Small	130	2	750	16	4	6
Greek Salad - Omit Feta	122	0	970	14	8	8
Tips to reduce calories, sodium and saturated fat: • Veggie Rolls: Request yours be made with mozzarella instead of provolone. • Tossed Vegetable Salad: Request low-fat Italian Dressing. • Use Red Sauce instead of Ranch for your dipping sauce (70% less sodium, 230 fewer calories, and 4.5 fewer grams saturated fat for each 3 oz. serving). • Request 50% less cheese and double sauce.						

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