

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Medium Hand Tossed Slices						
Backyard BBQ Chicken	230	3	390	31	2	10
Hawaiian Chicken	200	3	420	27	2	11
Cheese	210	4	390	26	2	10
Veggie Lovers	190	2.5	370	27	2	9
Medium Thin 'N crispy						
Backyard BBQ Chicken	210	3	440	27	1	10
Cheese	180	3.5	420	22	2	9
Hawaiian chicken	190	3	470	24	2	11
Veggie Lovers	170	2.5	410	24	2	8
Sauce-Medium Hand Tossed						
Barbeque Pizza Sauce	10	0	30	3	0	0
Classic Marinara Pizza Sauce	10	0	75	2	0	0
Toppings-Medium Hand Tossed						
Diced Roma Tomatoes	0	0	0	0	0	0
Fresh Green Bell Peppers	0	0	0	0	0	0
Fresh Mushroom	0	0	0	0	0	0
Green Chile Peppers	0	0	0	1	0	0
Sweet Pineapple	10	0	0	2	0	0
Medium Crust						
Hand tossed	120	0	135	22	1	4
Thin 'N Crispy	100	0	170	19	0	3
*per slice						

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Salad (without dressing)						
Classic Caesar Salad w/o Chicken	100	1.5	270	14	1	5
Caesar Side Salad	100	1.5	270	14	1	5
Caesar Side Salad w Chicken	310	4	870	16	1	28
Garden Salad w/o Chicken	210	1.5	430	37	4	10
Garden Side Salad	110	0.5	220	20	2	5
Garden Side Salad w Chicken	320	3.5	820	22	2	27
Dipping Sauces/Salad Dressing						
Marinara Dipping cup (2 oz.)	50	0	360	11	2	2
Fat-Free Ranch (1.5 oz.)	35	0	480	8	1	0
Light Italian (1.5 oz.)	15	0	720	2	0	0
Sides						
Baked Bone-Out Wing (1)	60	0	180	4	0	5
Baked Mozzarella Cheese Stick (1)	80	1.5	135	6	0	3
Breadsticks	140	1	260	19	1	4
Sandwiches						
Roasted Turkey & Provolone w/o Chips	700	8	2200	75	3	36
Black Forest Ham & Cheese w/o Chips	700	8	2180	73	4	35

Fall 2023