

Blaze Pizza

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
11-inch Pizza (1 slice)						
Art Lover	130	2.5	250	16	1	6
Red Vine	110	1.5	200	15	1	5
Simple Pie	110	1.5	240	15	1	5
Green Stripe	120	1.5	240	15	1	6
Veg Out	120	2.5	290	15	1	6
Simple Salads						
Fresh Berry Salad-Entree	300	7	550	21	4	10
Greek Salad-Side	170	3	510	7	3	3
BYOP Crust (1 slice)						
Classic Dough	70	0	130	14	0	2
Gluten Free Dough	70	0	180	16	1	0
BYOP Sauce (1 slice)						
Garlic Pesto Sauce	15	0	20	0	0	0
Red Sauce	0	0	25	0	0	0
Spicy Red Sauce	5	0	40	0	0	0
White Cream Sauce	10	0	25	0	0	0
BYOP Cheese (1 slice)						
Goat Cheese	15	1	25	0	0	0
Grated Parmesan	5	0	25	0	0	0
Ovalini Mozzarella	25	1.5	20	0	0	2
Ricotta	20	1	10	0	0	1
Feta	15	0.5	55	0	0	1

Cauliflower Crust was not included due to higher saturated fat content (1.5 g/slice). Also note, There are no fewer carbohydrates in the cauliflower crust (15g/slice) and the calories are higher (90/slice)

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
BYOP Meat (1 slice)						
Chicken	5	0	15	0	0	1
Pepperoni	10	0	35	0	0	0
BYOP Veggies (1 slice)						
Artichokes	0	0	10	0	0	0
Basil	0	0	0	0	0	0
Black olives	5	0	30	0	0	0
Cherry Tomatoes	0	0	0	0	0	0
Chopped Garlic	0	0	0	0	0	0
Green Bell Pepper	0	0	0	0	0	0
Mushrooms	0	0	0	0	0	0
Pineapple	0	0	0	1	0	0
Red Onion	0	0	0	0	0	0
Red Peppers	0	0	20	0	0	0
Roasted Brussels Sprouts	5	0	10	0	0	0
Roasted Butternut Squash	0	0	0	0	0	0
Roasted Garlic	15	0	0	3	0	0
Sauteed Onion	5	0	15	0	0	0
Spinach	0	0	0	0	0	0
Zucchini	5	0	15	0	0	0
BYOP Finishes (1 slice)						
Arugula	0	0	0	0	0	0
Balsamic Glaze	5	0	15	1	0	0
BBQ Drizzle	0	0	10	0	0	0
Olive Oil Drizzle	20	0	0	0	0	0
Oregano	0	0	0	0	0	0
Pesto Drizzle	10	0	15	0	0	0