

## Double Dave's

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Make Your Own Pizza - 10" Large / Slice</b>						
<b>Crust</b>						
Hand-Tossed Original	240	0.5	250	41	1	6
Crispy Thin Crust	170	1	170	28	1	4
Whole Wheat	170	1	190	28	2	4
<b>Meat</b>						
Chicken	20	0	170	0	0	3
Steak	25	0	175	0	0	3
Smoked Ham	20	0	93	0	0	1
<b>Veggies</b>						
Tomato	0	0	0	0	0	0
Onion	5	0	0	1	0	0
Mushroom	5	0	0	0	0	0
Crushed Garlic	5	0	0	0	0	0
Green Pepper	0	0	0	0	0	0
Black Olives	20	2	120	1	0	0
Pineapple	15	0	0	3	0	0
Garlic Spinach	5	0	30	1	0	0
<b>Pizza Sauce</b>						
Red Sauce	5	0	30	1	1	1
<b>Specialty Pizza (1/10<sup>th</sup> of large pizza)</b>						
BBQ Chicken, Crispy Thin Crust	260	3.5	590	34	2	11
Cheese, Hand-Tossed*	295	3	414	43	1	9
Beef, Hand-Tossed*	320	3.5	584	44	1	11
Ham, Hand-Tossed*	310	3	490	43	1	10
Beef, Crispy Thin*	250	4	504	31	1	9
Ham, Crispy Thin*	240	3.5	409	30	1	8
Ham, Whole Wheat*	240	3.5	430	30	2	8
Dave's Fave Veggie, Crispy 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, Crispy Thin	313	5	417	29	2	11
*Mozzarella Cheese Used						
<b>Stromboli - 1/6 of each</b>						
Garlic Spinach	360	4.5	590	46	2	11

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<b>Salads (Dressing Not Included)</b>						
Italian Salad	220	4	1890	16	7	11
Chef Salad- Omit Cheese	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.**

**Summer 2024**

