

Double Dave's

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Make Your Own Pizza - 10" Large p/ Slice						
Crust						
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
Meat						
Chicken	15	0	130	0	0	2
Steak	20	0	135	0	0	2
Smoked Ham	15	0	75	0	0	1
Veggies						
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	15	0	95	1	0	0
Pineapple	10	0	0	2	0	0
Garlic Spinach	5	0	25	1	0	0
Specialty Pizza (1/10th of large pizza)						
BBQ Chicken, Crispy Thin Crust	260	3.5	590	34	1	11
Cheese, Hand-Tossed	310	3.5	440	42	2	11
Beef, Hand-Tossed	320	3.5	580	43	2	12
Ham, Hand-Tossed	310	3.5	490	43	2	11
Beef, Crispy Thin	250	3.5	490	30	1	10
Ham, Crispy Thin	240	3.5	400	29	1	9
Ham, Whole Wheat	300	3.5	490	43	4	11
Classic Veggie, Crispy Thin	260	4	490	31	2	9
Classic Veggie, Whole Wheat	320	4	580	44	4	11
Dave's Fav, No Meat, Hand Tossed	370	4.5	460	44	2	11
Dave's Fav, No Meat, Crispy Thin	300	4.5	370	31	2	9
Stromboli - 1/6 of each						
Garlic Spinach	360	4.5	590	46	2	11

*SPECIAL REQUESTS TO LOWER SATURATED FAT AND SODIUM

Winter 2024

- **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.**