

GLUTEN-FREE CRUST

	Serving Size	Calories per slice	Calories from Fat	Total Fat (g)	Saturated Fat (g) per slice	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per slice	Sugars (g)	Protein (g)
BBQ Chicken	6 Slices	280	90	10	4.5	0	25	650	36	2	8	10
Cheese	6 Slices	250	80	9	5	0	25	460	32	2	4	9
Chicken & Garlic Gourmet™	6 Slices	260	90	10	4.5	0	25	530	32	2	4	10
Gourmet Veggie™	6 Slices	250	90	10	4.5	0	25	470	32	2	4	8
Guinevere's Garden Delight®	6 Slices	190	60	7	3	0	15	510	46	2	6	7
Hawaiian™	6 Slices	290	60	7	3	0	20	590	47	2	7	8
Italian Garlic Supreme®	6 Slices	300	130	14	6	0	35	590	31	2	4	10
King Arthur's Supreme®	6 Slices	290	110	12	5	0	30	620	33	2	5	10
Maui Zaii™	6 Slices	280	90	10	4.5	0	30	680	35	2	8	10
Montague's All Meat Marvel®	6 Slices	310	130	14	6	0	40	710	32	2	4	12
Pepperoni	6 Slices	270	100	11	5	0	30	560	31	2	4	9

CREATE YOUR OWN

Pizza Crust	6 Slices	230	70	8	4	0	20	420	31	2	4	8
-------------	----------	-----	----	---	---	---	----	-----	----	---	---	---

SAUCE

Zesty Red Sauce	6 Slices	0	0	0	0	0	0	10	1	0	0	0
Creamy Garlic Sauce	6 Slices	10	10	1	0	0	0	30	0	0	0	0
Polynesian	6 Slices	10	0	0	0	0	0	60	4	0	2	0
BBQ	6 Slices	10	0	0	0	0	0	120	5	0	4	0

CHEESE

Three Cheese Blend	6 Slices	20	15	2	1	0	5	40	0	0	0	2
--------------------	----------	----	----	---	---	---	---	----	---	---	---	---

MEAT TOPPINGS

Bacon, Armour	6 Slices	30	20	2	1	0	5	90	0	0	0	2
Chicken	6 Slices	10	1	0	0	0	0	60	0	0	0	2
Ham	6 Slices	10	0	0	0	0	5	80	0	0	0	1
Italian Sausage	6 Slices	20	20	2	0.5	0	5	60	0	0	0	1
Linguica, Burke	6 Slices	15	10	1	0.5	0	5	70	0	0	0	1
Mini Pepperoni	6 Slices	20	20	2.5	1	0	5	110	0	0	0	1
Pepperoni	6 Slices	30	25	2.5	1	0	5	90	0	0	0	1
Salami	6 Slices	20	15	2	0.5	0	5	90	0	0	0	1

VEGGIE TOPPINGS

Artichoke Hearts	6 Slices	0	0	0	0	0	0	50	0	0	0	0
Black Olives	6 Slices	10	10	1	0	0	0	70	1	0	0	0
Green Onions	6 Slices	0	0	0	0	0	0	0	0	0	0	0
Green Peppers	6 Slices	0	0	0	0	0	0	0	0	0	0	0
Jalapeños	6 Slices	0	0	0	0	0	0	0	0	0	0	0
Mushrooms	6 Slices	0	0	0	0	0	0	0	0	0	0	0
Pineapple	6 Slices	10	0	0	0	0	0	0	2	0	2	0
Red Onions	6 Slices	0	0	0	0	0	0	0	0	0	0	0
Roma Tomatoes	6 Slices	0	0	0	0	0	0	0	0	0	0	0
Chopped Garlic	6 Slices	0	0	0	0	0	0	0	0	0	0	0
Spinach	6 Slices	0	0	0	0	0	0	0	0	0	0	0
Yellow Onions	6 Slices	0	0	0	0	0	0	0	0	0	0	0
Zucchini	6 Slices	0	0	0	0	0	0	0	0	0	0	0

Please be aware that during normal kitchen operations involving shared cooking and preparation areas that there is always a possibility that our gluten-free crust may come in contact with wheat flour and/or other non gluten-free items. We cannot guarantee that any menu item is completely gluten-free. Customers with gluten sensitivities should exercise judgement in consuming these items.

HEART SHAPE CRUST

Heart Shape pizzas have the same nutritional information as Original Medium pizzas. See Original Crust section.

TWISTS

	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Garlic Parmesan Twists®	1 Twist	170	45	5	2	0	10	460	25	1	1	6

WINGS

	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
--	--------------	----------------------	-------------------	---------------	-------------------------------	---------------	------------------	-------------	-------------------------	-------------------------------	------------	-------------

BONELESS WINGS (OVEN-ROASTED)

Perfectly Plain (No Sauce)	1 Wing	70	20	2	0.5	0	15	270	7	0	0	6
Mild Buffalo	1 Wing	90	35	4	0.5	0	15	440	7	0	0	6
Hot Buffalo	1 Wing	90	35	3.5	0.5	0	15	450	8	0	0	6
BBQ	1 Wing	100	20	2	0.5	0	15	390	13	<1	5	6
Polynesian	1 Wing	90	20	2	0.5	0	15	370	11	0	4	6
Mango Habanero	1 Wing	90	20	2.5	0.5	0	15	360	12	0	4	6
Garlic Parmesan	1 Wing	90	40	4.5	1	0	15	280	7	0	0	6
Lemon Pepper	1 Wing	80	25	3	0.5	0	15	290	7	0	0	6

BONELESS WINGS (FRIED)

Perfectly Plain (No Sauce)	1 Wing	130	90	9	1.5	0	15	230	5	0	0	6
Mild Buffalo	1 Wing	150	100	11	1.5	0	15	410	5	0	0	6
Hot Buffalo	1 Wing	140	100	11	1.5	0	15	420	5	0	0	6
BBQ	1 Wing	150	90	9	1.5	0	15	350	10	0	4	6
Polynesian	1 Wing	150	90	9	1.5	0	15	340	8	0	3	6
Mango Habanero	1 Wing	150	90	10	1.5	0	15	330	9	0	4	6
Garlic Parmesan	1 Wing	150	100	12	2	0	15	250	5	0	0	6
Lemon Pepper	1 Wing	140	90	10	1.5	0	15	250	5	0	0	6

CLASSIC WINGS (OVEN-ROASTED)

Perfectly Plain (No Sauce)	1 Wing	90	50	5	1.5	0	50	270	0	0	0	9
Mild Buffalo	1 Wing	100	60	7	2	0	50	450	0	0	0	9
Hot Buffalo	1 Wing	100	60	7	2	0	50	460	0	0	0	9
BBQ	1 Wing	110	50	5	1.5	0	50	390	5	0	4	9
Polynesian	1 Wing	100	50	5	1.5	0	50	380	4	0	3	9
Mango Habanero	1 Wing	100	50	5	1.5	0	50	370	5	0	4	9
Garlic Parmesan	1 Wing	110	70	8	2.5	0	50	290	0	0	0	9
Lemon Pepper	1 Wing	90	50	6	1.5	0	50	300	0	0	0	9

CLASSIC WINGS (FRIED)

Perfectly Plain (No Sauce)	1 Wing	110	70	8	2	0	0	250	0	0	0	8
Mild Buffalo	1 Wing	130	90	10	2.5	0	0	430	0	0	0	8
Hot Buffalo	1 Wing	120	90	10	2.5	0	0	440	0	0	8	7
BBQ	1 Wing	130	80	8	2	0	0	370	5	0	4	8
Polynesian	1 Wing	120	80	8	2	0	0	360	4	0	3	8
Mango Habanero	1 Wing	130	80	8	2	0	0	350	5	0	4	8
Garlic Parmesan	1 Wing	130	90	11	3	0	0	270	0	0	0	8
Lemon Pepper	1 Wing	110	80	9	2	0	0	270	0	0	0	8

DIPPING SAUCE

	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Bleu Cheese	2 oz	290	280	31	7	0.5	30	395	1	0	<1	3
Bleu Cheese	5 oz	730	700	78	17	0.5	80	980	6	0	5	4
Creamy Ranch	2 oz	220	210	23	4	0	15	390	2	0	2	2
Creamy Ranch	5 oz	560	520	58	10	0.5	40	980	6	0	5	4
Zesty Red Sauce	2 oz	30	0	0	0	0	0	135	6	1	4	1
Zesty Red Sauce	5 oz	70	5	0.5	0	0	0	330	15	4	9	3
Polynesian Sweet Chili Sauce	2 oz	90	0	0	0	0	0	590	21	<1	18	0
Polynesian Sweet Chili Sauce	5 oz	220	5	0.5	0	0	0	1480	52	1	46	1
Thousand Island	2 oz	280	250	28	4.5	0	20	390	7	0	6	<1
Thousand Island	5 oz	700	630	70	11	0.5	55	980	18	0	16	1
Parmesan Vinaigrette	2 oz	230	225	25	4	0	0	550	2	1	2	0
Parmesan Vinaigrette	5 oz	600	540	60	10	0	0	1400	5	0	5	0
Marinara Sauce	2 oz	30	0	0	0	0	0	220	6	1	4	<1
Marinara Sauce	5 oz	70	5	0.5	0	0	0	560	15	4	9	2
Mango Habanero Sauce	2 oz	80	0	0	0	0	0	440	20	<1	18	0
Mango Habanero Sauce	5 oz	200	5	0.5	0	0	0	1110	51	1	45	<1
RT BBQ Sauce	2 oz	90	0	0	0	0	0	480	22	0	18	0
RT BBQ Sauce	5 oz	220	5	0.5	0	0	0	1210	53	2	45	2
RT Mild Buffalo Sauce	2 oz	120	110	12	2	0.5	0	1240	2	<1	0	0
RT Mild Buffalo Sauce	5 oz	290	280	31	4.5	1	0	3090	4	2	<1	<1
RT Hot Buffalo Sauce	2 oz	100	90	10	1.5	0.5	0	1340	2	<1	0	0
RT Hot Buffalo Sauce	5 oz	250	230	26	3.5	1	0	3350	5	2	1	1

SALAD

	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Garden Salad – Side (3 oz)	1	15	0	0	0	0	<5	15	3	1	2	<1
Garden Salad - Individual	1	100	30	3.5	0.5	0	<5	150	16	3	5	4
Garden Salad – Family/Entree	1	210	60	7	0.5	0	<5	320	33	6	9	7
Garden Salad - Party Pack	1	630	180	20	2	0.5	<5	970	99	19	28	21

BEVERAGES		Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Brisk No Calorie Peach Green Tea	12 fl oz	1	0	-	0	-	-	-	70	0	-	0	0
	16 fl oz	1	0	-	0	-	-	-	90	0	-	0	0
	22 fl oz	1	0	-	0	-	-	-	130	0	-	0	0
	32 fl oz	1	0	-	0	-	-	-	190	0	-	0	0
Raspberry Brisk Iced Tea	12 fl oz	1	80	-	0	-	-	-	45	20	-	20	0
	16 fl oz	1	100	-	0	-	-	-	60	26	-	26	0
	22 fl oz	1	140	-	0	-	-	-	80	36	-	36	0
	32 fl oz	1	200	-	0	-	-	-	120	52	-	52	0
Brisk Unsweetened No Lemon Iced Tea	12 fl oz	1	0	-	0	-	-	-	45	0	-	0	0
	16 fl oz	1	0	-	0	-	-	-	60	0	-	0	0
	22 fl oz	1	0	-	0	-	-	-	85	0	-	0	0
	32 fl oz	1	0	-	0	-	-	-	120	0	-	0	0
Diet Pepsi	12 fl oz	1	0	-	0	-	-	-	35	0	-	0	0
	16 fl oz	1	0	-	0	-	-	-	50	0	-	0	0
	22 fl oz	1	0	-	0	-	-	-	65	0	-	0	0
	32 fl oz	1	0	-	0	-	-	-	100	0	-	0	0
Dr. Pepper	12 fl oz	1	150	-	0	-	-	-	60	40	-	38	0
	16 fl oz	1	200	-	0	-	-	-	80	53	-	51	0
	22 fl oz	1	275	-	0	-	-	-	110	73	-	70	0
	32 fl oz	1	400	-	0	-	-	-	160	106	-	102	0
Mist Twst	12 fl oz	1	140	-	0	-	-	-	35	39	-	39	0
	16 fl oz	1	190	-	0	-	-	-	45	52	-	52	0
	22 fl oz	1	260	-	0	-	-	-	60	72	-	72	0
	32 fl oz	1	380	-	0	-	-	-	90	104	-	104	0
Mountain Dew	12 fl oz	1	165	-	0	-	-	-	60	46	-	46	0
	16 fl oz	1	220	-	0	-	-	-	85	62	-	61	0
	22 fl oz	1	300	-	0	-	-	-	120	85	-	84	0
	32 fl oz	1	440	-	0	-	-	-	170	124	-	122	0
Mug Root Beer	12 fl oz	1	150	-	0	-	-	-	60	38	-	38	0
	16 fl oz	1	200	-	0	-	-	-	80	50	-	50	0
	22 fl oz	1	280	-	0	-	-	-	110	69	-	69	0
	32 fl oz	1	400	-	0	-	-	-	160	100	-	100	0
Pepsi	12 fl oz	1	150	-	0	-	-	-	30	41	-	41	0
	16 fl oz	1	200	-	0	-	-	-	40	55	-	55	0
	22 fl oz	1	280	-	0	-	-	-	55	75	-	75	0
	32 fl oz	1	400	-	0	-	-	-	80	110	-	110	0
Pepsi Wild Cherry	12 fl oz	1	160	-	0	-	-	-	30	42	-	42	0
	16 fl oz	1	210	-	0	-	-	-	40	56	-	56	0
	22 fl oz	1	290	-	0	-	-	-	55	77	-	77	0
	32 fl oz	1	410	-	0	-	-	-	85	112	-	112	0
Sobe Lifewater Yumberry Pomegranate	12 fl oz	1	0	-	0	-	-	-	45	0	-	0	0
	16 fl oz	1	0	-	0	-	-	-	60	0	-	0	0
	22 fl oz	1	0	-	0	-	-	-	80	0	-	0	0
	32 fl oz	1	0	-	0	-	-	-	120	0	-	0	0
Tropicana Fruit Punch	12 fl oz	1	170	-	0	-	-	-	40	45	-	45	0
	16 fl oz	1	220	-	0	-	-	-	50	60	-	60	0
	22 fl oz	1	300	-	0	-	-	-	70	83	-	82	0
	32 fl oz	1	440	-	0	-	-	-	100	120	-	120	0
Tropicana Pink Lemonade	12 fl oz	1	150	-	0	-	-	-	160	41	-	41	0
	16 fl oz	1	200	-	0	-	-	-	210	54	-	54	0
	22 fl oz	1	280	-	0	-	-	-	290	74	-	74	0
	32 fl oz	1	400	-	0	-	-	-	420	108	-	10	0
Izze Sparkling Blackberry Juice	12 fl oz	1	130	-	0	-	-	25	31	-	29	0	
Izze Sparkling Clementine Juice	12 fl oz	1	120	-	0	-	-	25	30	-	27	0	
Mott's Apple Juice	6.75 fl oz	1	100	-	0	-	-	10	24	-	23	0	
1% Reduced Fat Milk	8 fl oz	1	100	18	2	1.5	-	15	180	23	0	22	8
2% Reduced Fat Chocolate Milk	8 fl oz	1	220	45	5	3.5	0	25	230	32	<1	29	10

ADDITIONAL MENU ITEMS ONLY AVAILABLE AT PARTICIPATING LOCATIONS

STUFFED CRUST

	Serving Size	Calories per slice	Calories from Fat	Total Fat (g)	Saturated Fat (g) per slice	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per slice	Sugars (g)	Protein (g)
Double Play Pepperoni	12 Slices	300	140	15	8	0	45	770	25	2	2	15
CREATE YOUR OWN	L	L	L	L	L	L	L	L	L	L	L	L
CHEESE												
Shredded Parmesan	12 Slices	10	5	0.5	0.5	0	0	30	0	0	0	1
Cheddar Cheese	12 Slices	390	280	32	18	0	88	630	4	0	0	25
MEAT TOPPINGS												
Anchovies	12 Slices	10	5	0.5	0	0	0	190	0	0	0	1

GLUTEN-FREE CRUST

	Serving Size	Calories per slice	Calories from Fat	Total Fat (g)	Saturated Fat (g) per slice	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per slice	Sugars (g)	Protein (g)
Double Play Pepperoni	6 Slices	290	120	13	6	0	35	660	32	2	4	10
CREATE YOUR OWN	L	L	L	L	L	L	L	L	L	L	L	L
CHEESE												
Shredded Parmesan	6 Slices	10	5	0.5	0.5	0	0	30	0	0	0	1
Cheddar Cheese	6 Slices	170	120	14	8	0	38	270	2	0	0	11
MEAT TOPPINGS												
Anchovies	6 Slices	10	5	0.5	0	0	0	140	0	0	0	1

Please be aware that during normal kitchen operations involving shared cooking and preparation areas that there is always a possibility that our gluten-free crust may come in contact with wheat flour and/or other non gluten-free items. We cannot guarantee that any menu item is completely gluten-free. Customers with gluten sensitivities should exercise judgement in consuming these items.

ADDITIONAL MENU ITEMS

ONLY AVAILABLE AT PARTICIPATING LOCATIONS

APPS/MISC. ITEMS	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Fries, Lg (12 oz)	1	670	330	37	7	0	0	1240	76	8	0	8
Fries, Side (6 oz)	1	330	170	19	3.5	0	0	620	38	4	0	4
Garlic Fries (12 oz)	1	840	480	53	10	0.5	5	1350	79	8	0	11
House Chips (12 oz)	1	890	560	62	12	0.5	20	2690	74	6	5	9
House Chips (4 oz)	1	300	190	21	4	0	7	900	25	2	2	3
Onion Rings, 12 count	1	690	420	46	8	0	15	1430	63	4	10	6
Onion Rings, 6 count	1	350	210	23	4	0	8	715	32	2	5	3

GARLIC BREAD	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Garlic Bread	1 Slice	70	30	3.5	1.5	0	0	120	9	<1	0	2
Garlic Bread with Cheese	1 Slice	110	50	6	3	0	10	180	9	<1	0	4

CHIPS	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Lay's Potato Chips Original (1 oz.)	1	160	90	10	1.5	0	0	170	15	1	1	2

SALAD	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Caesar Salad - Individual	1	350	270	30	6	0.5	45	720	15	3	3	8
Caesar Salad - Family/Entree	1	700	540	60	12	0.5	95	1450	30	6	6	15
Caesar Salad - Party Pack	1	2100	1610	179	35	1.5	280	4340	89	18	17	45
Chicken Caesar Salad	1	800	550	61	12	0.5	115	2130	30	6	6	36
Spinach Salad - Individual	1	80	35	4	1.5	0	<5	150	7	2	2	5
Spinach Salad - Family/Entree	1	160	70	8	2.5	0	10	310	14	5	5	11
Spinach Salad - Party Pack	1	470	220	42	8	0.5	30	930	41	15	14	32
Side of Grilled Chicken	2 oz	70	10	1	0	0	10	460	0	0	0	14
Side of Grilled Chicken	4 oz	140	20	2	0	0	20	920	0	0	0	28
Wedge Salad	1	580	500	56	14	0.5	75	1000	11	3	6	13

BURGERS*	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Bleu Cheese Burger	1	1220	730	81	26	3.5	185	2300	66	5	12	52
Classic Cheeseburger	1	1280	820	91	28	3.5	200	2780	57	3	7	54
Mushroom Swiss Burger	1	1320	860	96	32	3.5	190	2470	56	3	6	56
Smokehouse Burger	1	1420	800	89	33	3.5	255	3250	77	5	15	73

SLIDERS*	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Bleu Cheese Sliders	3	1300	770	86	27	3.5	185	2400	77	4	12	53
Classic Sliders	3	1460	970	108	31	3.5	205	2680	64	3	5	55

BURGER ADD ONS*	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
American Cheese	0.5 oz	50	40	4.5	2.5	0	15	260	<1	0	0	3
Applewood Smoked Bacon	0.75 oz	110	90	30	3.5	0	10	340	0	0	0	6
Bleu Cheese	0.75 oz	80	50	6	4	0	15	290	1	<1	<1	5
Cheddar Cheese	1.5 oz	170	120	15	10	0	40	270	0	<1	0	10
Grilled Onions	1.5 oz	60	50	6	0	1.5	0	40	2	0	2	2
Jalapeños	1.0 oz	10	0	0	0	0	0	370	3	1	0	0
Sautéed Mushrooms	2.0 oz	80	60	7	0	2	0	40	6	0	2	0
Swiss Cheese	0.8 oz	90	60	6	4	0	20	45	<1	0	0	7

SANDWICHES	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Chicken Club	1	670	250	27	11	0.5	85	1860	58	3	3	46
Ham Club	1	670	270	30	12	0.5	95	2430	59	3	4	39
Italian Meats	1	840	440	49	18	1	135	3170	59	3	4	41

ADDITIONAL MENU ITEMS

ONLY AVAILABLE AT PARTICIPATING LOCATIONS

PASTA

	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Macaroni and Cheese	1/2 Cup	230	130	14	6	0	30	350	16	1	2	9
Chicken Bacon Alfredo	1/2 Cup	170	80	9	3.5	0	20	380	13	1	2	10

SALAD BAR

	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
VEGGIES												
RT Lettuce Blend (iceberg, romaine, spinach, red cabbage, carrots)	1 Cup	5	0	0	0	0	<5	10	1	<1	<1	0
Romaine Lettuce, chopped	1 Cup	10	0	0	0	0	0	5	2	1	1	1
Spring Mix	1 Cup	10	0	0	0	0	0	35	2	0	0	0
Carrots (matchsticks)	1/4 Cup	5	0	0	0	0	0	10	2	0	0	0
Baby Spinach	1 Cup	10	0	0	0	0	0	25	1	1	0	1
Beets (sliced or julienne)	4 Slices	20	0	0	0	0	0	55	4	0	4	0
Bell Peppers	1/4 Cup	5	0	0	0	0	0	0	1	0	1	0
Black Olives	2 Tbsp	45	40	4.5	0	0	0	200	2	0	0	0
Broccoli (mini florets)	1 Floret	10	0	0	0	0	0	10	2	1	1	1
Cauliflower (florets)	1 Floret	5	0	0	0	0	0	4	1	0	0	0
Corn (baby)	1/4 Cup	30	0	0	0	0	0	280	4	2	1	2
Cucumbers (sliced)	1/4 Cup	5	0	0	0	0	0	0	1	0	0	0
Green Olives	2 Tbsp	50	5	0.5	0	0	0	350	1	0	0	0
Jalapeños	1/4 Cup	10	0	0	0	0	0	360	2	0	0	0
Mushrooms (sliced)	1/4 Cup	5	0	0	0	0	0	0	1	0	1	1
Peas (frozen only)	1/2 Cup	60	5	0	0	0	0	0	10	3	3	4
Pepperoncinis	1/4 Cup	50	0	0	0	0	0	600	2	1	0	0
Red Onions (sliced)	1/4 Cup	10	0	0	0	0	0	0	3	0	1	0
PROTEIN												
Bacon Bits	1 Tbsp	35	25	3	1	0	10	115	0	0	0	2
Diced Ham	1/4 Cup	60	10	1.5	0	0	25	660	3	0	2	8
Egg (diced or sliced)	1 Tbsp	15	10	1	0	0	0	10	0	0	0	1
Egg (whole)	1 Egg	80	50	5	2	0	20	60	1	0	0	6
Garbanzo Beans	1/2 Cup	110	15	2	0	0	0	410	19	5	3	6
Kidney Beans	1/2 Cup	110	5	0	0	0	0	340	20	6	2	6
Grilled Chicken (pizza topping)	1/4 Cup	50	5	1	0	0	10	340	0	0	0	10
CHEESES												
Cheddar Cheese	1/4 Cup	110	80	9	5	0	25	180	1	<1	0	7
Three Cheese Blend	1/4 Cup	90	60	7	4	0	25	180	1	0	0	6
Shredded Parmesan	1 Tbsp	30	18	2	0	0	5	110	0	0	0	2
SALADS												
Potato Salad	1/2 Cup	220	100	12	2	0	10	540	27	3	7	2
Macaroni Elbow Salad	3/4 Cup	310	190	21	3.5	0	15	810	26	2	7	5
FRUITS												
Grape Tomatoes	1 tomato	0	0	0	0	0	0	0	0	0	0	0
Pineapple tidbits	1/4 Cup	30	0	0	0	0	0	0	8	0.5	8	0
Tropical Fruit Salad	1/2 Cup	120	0	0	0	0	0	0	22	2	20	1
Peaches	1/2 Cup	50	0	0	0	0	0	10	15	0	13	1
DRESSINGS + MISC												
Balsamic Vinaigrette	2 tbsp.	60	45	5	0.5	0	0	190	4	0	4	0
Balsamic Vinegar	1 tbsp.	10	0	0	0	0	0	5	3	0	2	0
Bleu Cheese	2 tbsp.	160	150	16	3.5	0	15	230	1	0	0	1
Fat Free Italian	2 tbsp.	10	0	0	0	0	0	490	3	0	2	0
Honey Mustard	2 tbsp.	130	100	11	1.5	0	15	180	7	0	6	0
Olive Oil	1 tbsp.	120	120	13	2	0	0	0	0	0	0	0
Parmesan Italian	2 tbsp.	120	120	13	2	0	0	320	2	0	1	0
Ranch Dressing	2 tbsp.	115	95	10.5	2	0	5	135	1	0	1	0
Red Wine Vinegar	1 tbsp	3	0	0	0	0	0	0	0	0	0	0
Thousand Island	2 tbsp.	150	130	15	2.5	0	10	210	4	0	3	0
Chow Mein Noodles	1/2 cup	65	22.5	2.5	0	0	0	85	10	0.5	0.5	1.5
Croutons	2 tbsp.	35	15	1.5	0	0	0	65	4	0	0	1
Raisins	1/4 cup	110	0	0	0	0	0	5	29	1	21	1
Sunflower Seeds	2 tbsp	190	140	15	1.5	0	0	140	6	3	1	7

ADDITIONAL MENU ITEMS ONLY AVAILABLE AT PARTICIPATING LOCATIONS

BUFFET

	Serving Size	Calories per slice	Calories from Fat	Total Fat (g)	Saturated Fat (g) per slice	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per slice	Sugars (g)	Protein (g)
PIZZA												
BBQ Chicken, Original Crust	12 Slices	200	70	8	4	0	25	520	21	1	4	10
Cheese Pizza	12 Slices	170	60	7	4	0	20	370	18	1	1	9
Chicken & Garlic Gourmet™	12 Slices	170	60	7	3.5	0	20	420	18	1	1	10
Chicken & Jalapeño (Creamy Garlic Sauce)	12 Slices	150	50	6	3	0	20	480	17	1	1	9
Chicken & Jalapeño (Zesty Red Sauce)	12 Slices	160	50	6	3	0	20	510	18	1	1	9
Classic Pepperoni & Italian Sausage	12 Slices	190	80	9	4.5	0	25	470	17	1	1	9
Classic Pepperoni & Mushroom	12 Slices	170	70	8	4	0	25	450	18	1	2	8
Classic Pepperoni	12 Slices	180	70	8	4.5	0.5	25	430	17	1	1	8
Dessert Pizza	12 Slices	210	25	5	1	0	0	240	39	1	17	3
Gourmet Veggie™	12 Slices	170	60	7	3.5	0	20	380	18	1	1	8
Guinevere's Garden Delight®	12 Slices	160	50	6	3.5	0	15	370	19	2	2	8
Hawaiian™	12 Slices	160	50	6	3.5	0	20	440	19	1	3	8
Italian Garlic Supreme®	12 Slices	200	90	10	4.5	0.5	25	470	17	1	1	9
Italian Sausage & Olive	12 Slices	170	70	8	3.5	0	20	430	18	1	1	8
King Arthur's Supreme®	12 Slices	190	80	9	4.5	0	25	500	19	1	2	10
Maui Zai™	12 Slices	190	70	8	3.5	0	20	510	20	1	4	9
Maui Zai™ (Zesty Red Sauce)	12 Slices	180	70	8	3.5	0	20	480	19	<1	3	9
Maui Zai™ with Pepperoni	12 Slices	200	80	9	4.5	0	25	530	20	<1	4	9
Maui Zai™ with Pepperoni (Zesty Red Sauce)	12 Slices	190	80	9	4.5	0	25	500	19	<1	3	9
Montague's All Meat Marvel®	12 Slices	210	100	11	5	0.5	30	580	18	1	2	11
Mushroom & Olive	12 Slices	150	60	6	3	0	15	410	18	1	2	7
	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)

BREAD & DESSERT

Garlic Parmesan Twists	1/2 twist	80	25	2.5	1	0	5	230	12	0	1	3
Cinnamon Twists	1/2 twist	90	15	1.5	0	0	0	150	17	0	5	2

DESSERTS

	Serving Size	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g) per serving	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per serving	Sugars (g)	Protein (g)
Cinnamon Twists	1	180	30	3.5	1	0	0	290	34	1	11	4
Chocolate Chip Cookie	1	310	140	15	7	0	15	310	43	0	25	4
Double Fudge Cookie	1	300	120	13	6	0	10	370	44	0	29	4
Chocolate Chip King Cookie	1 slice	340	140	16	8	0	15	310	47	0	29	4

	Serving Size	Calories per slice	Calories from Fat	Total Fat (g)	Saturated Fat (g) per slice	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g) per slice	Sugars (g)	Protein (g)
PIZZA												
Dessert Pizza	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL	P/S/M/L/XL
Dessert Pizza (Gluten-Free)	6 Slices	320	35	8	1.5	0	0	320	59	0	24	3