SNAP
CUSTOM PIZZA & SALADS

Menu Item	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrate	Dietary Fiber	Sugars	Protein
PIZZAS (1 of 6 slices)									
Sweet & Slow	145	7	3	20	296	13	1	1	9
Kennett Square	137	7	3	17	203	12	1	1	6
Margherita	109	4	2	8	208	13	1	1	5
Bianco Verde	123	5	1	14	285	13	1	1	7
Farmer's Market	89	3	1	3	202	14	1	1	4
Diablo	143	8	3	19	308	13	1	1	5
Mexique	136	5	2	22	327	15	1	3	9
Good Egg	152	8	3	39	432	13	1	1	7
SALADS									
Sweet Pea	230	6	1	0	2200	14	5	5	32
Thai Crunch	540	15	2.5	0	2400	66	25	26	50
Craizin	330	18	12	0	1750	27	6	16	28
So Cal	300	6	1	0	2240	31	9	6	34
Kale Caesar	370	13	3	15	2440	24	5	4	40
GRAIN BOWLS									
Garden Bowl	390	1	0	0	135	73	11	4	19
Vera Cruz Bowl	720	36	11	115	2590	54	16	6	50
FOUNDATIONS (1 of 6 slices)									
Traditional Crust (7oz)	77	1	0	0	192	14	1	0	3
Gluten Free Crust (11in.)	47	2	0	0	25	7	1	1	1
Kids (7")	58	1	0	0	144	11	1	0	2
Herbed Roll (1.5oz.)	12	0	0	0	22	2	0	0	0
Cauliflower Crust	70	3	1	15	60	2	1	1	9
SAUCES (2 fl. oz)									
San Marzano Tomato	5	0	0	0	0	0	0	0	0
Herb Cream	15	1.5	.75	0	70	1	0	.5	.5
Basil Pesto	45	4.5	.75	5	25	0	0	0	0
BBQ Sauce	45	0	1	2.5	95	.5	0	0	1
Herb Butter	203.5	23	14.5	2.5	255	5	0	1	0
Roasted Garlic	10	0	0	61	263.5	1.5	0	1.5	.5
Spicy Diablo	7.5	0	0	0	0	2	0	0	
CHEESES (1/4 cup)									
House Made Mozz.(3oz)	85	7	4.5	20	560	0	0	0	5
Shredded Mozz	90	7	5	25	180	1	0	0	6
Aged Provolone	116	9	6	23	289	0	0	0	8
Goat Cheese	126	10	7	27	144	1	0	.65	8
Gorgonzola	100	8	5	25	380	1	0	0	6
Ricotta	100	7	4.5	30	60	2	0	2	7
Feta	70	60	3.5	20	330	2	0	0	5
Dairy Free	90	6	2	0	280	7	0	0	1
Parmesan	100	6	4	20	220	0	0	0	8
PROTEINS (1/4 cup)									
Pepperoni (4 slices)	36	4	1.5	10	160	0	0	0	2
Sweet Italian Sausage	240	20	7	45	300	0	0	0	13
Veal Meatballs	71	4	1.75	26	167	2.5	0	.5	4.5
Bacon	140	11	4	25	550	1	0	0	7
Chicken	70	2.5	.5	35	260	1	0	0	12
Hard Boiled Egg	80	4.5	1.5	215	190	2	0	1	7
VEGETABLES (1/4 cup)									
Apples	5	0	0	0	0	1	0	2	0
Artichokes	30	0	0	0	150	8	2	1	2
Arugula	0	0	0	0	0	0	0	0	0
Avocado (1/2)	125	12	1.5	0	5	0	5	0	1.5
Baby Spinach	0	0	0	0	5	0	0	0	0
Basil	0	0	0	0	0	0	0	0	0
Bell Peppers	5	0	0	0	0	2	0	0	0
Black Beans	55	0	0	0	110	10	2	0	2
Caramelized Onions	5	0	0	0	0	2	0	0	0
Carrors	10	0	0	0	20	3	0	1	0
Cherry Peppers	5	0	0	0	370	1	1	0	0
Chipotle Corn	45	0	0	0	330	8	0	3	1
Cucumber	4	0	0	0	1	1	0	1	0
Edamame	40	0	0	0	0	0	0	0	0
Garbanzo Beans	71	.5	0	0	179	13	2	0	3
Grape Tomatoes	8	0	0	0	2	2	1	1	.5
Jalapenos	5	0	0	0	680	1	1	0	0
Kalamata Olives	50	0	0	0	250	2	0	0	0
Kale	8	0	0	0	7	1	0	0	1
Mushroom Blend	0	0	0	0	0	1	0	0	1
Poblanos	6	0	0	0	52	1	.5	.75	.25
Red Cabbage	5	0	0	0	5	1	0	.5	.25
Red Onions	10	0	0	0	0	3	0	1	0
Roasted Peppers	15	0	0	0	150	3	0	2	1
Roma Tomatoes	20	0	0	0	5	4	1	3	1
Romaine Lettuce	0	0	0	0	0	0	0	0	0
Snap Peas	29	0	0	0	0	0	0	0	0
Spicy Broccoli	15	.5	0	0	95	3	1	0	1
Brussels Sprouts	10	0	0	0	50	2	0	0	1
Pineapples	40	0	0	0	5	10	0	9	0
GRAINS (1/2 cup)									
Farro	100	1	0	0	0	26	3.5	0	4
Quinoa	112	1	0	0	3	10	3	0	2
FINISHING TOUCHES (1/8 cup)									
Tortilla Chips	24	1	.125	0	20.5	3	.25	0	.375
Wasabi Peas	35	.75	0	0	105	10	1.5	8	2.5
Salted Peanuts	53.5	4.5	.5	0	74	2	.75	.375	2
Dried Cranberries	21	.125	.07	0	0	5.5	.5	4.5	0
Spicy Cashews	40	3	.5	0	1.5	2	.5	.5	1.5
Croutons	30	1	0	0	80	5	0	0	1
Lime Squeeze	4	0	0	0	.5	0	0	0	0
Lemon Squeeze	4	0	0	0	.5	0	0	.22	0
Sunflower Seeds	46.5	4	0	0	33	2	.75	0	1.5
FINISHING OILS/SAUCES (1 tbsp)									
Balsamic Syrup	15	0	0	0	48	4	0	4	0
Lemon Oil	118	14	2	0	0	0	0	0	0
Extra Virgin Olive Oil	120	14	2	0	0	0	0	0	0
Garlic Oil	120	14	2	0	0	0	0	0	0
Truffle Oil	130	14	2	0	0	0	0	0	0
Chili Oil	120	13	2	0	0	0	0	0	0
Oregano Oil	123	14	2	0	0	0	0	0	0
Cilantro Lime	75	7	4	25	130	1	0	1	1
DRESSINGS (1 tbsp)									
Green Goddess	90	9	1	5	180	3	0	1	1
Apple Cider	80	8	1	0	450	3	0	2	1
Spicy Miso	80	8	1	0	450	3	0	2	1
Chipotle	65	7	1	0	70	2	0	2	0
Lemon Caesar	65	7	1	3	105	1	0	0	1
Strawberry Poblano	50	5	0	0	48	2	0	1	0
Honey Citrus	105	11	1	0	110	3	0	3	0
Jalapeno Lime	75	7	4	25	130	1	0	1	1
Balsamic	90	9	2	0	175	2	0	2	0