

# NUTRITIONAL INFORMATION



Pizza@ has made its best efforts to provide nutritional information based on our current providers of our products as of January 2017. All nutritional data (except where noted) is based on 1 (one) oz portions. On average pizza with 1-3 toppings will have 1 oz of each protien and 1/2 oz of vegetables. Pizzas with 3 -6 toppings will have 1/2 oz of protien and 1/4 oz of vegetables. NOTE- Due to the nature of our restaurant, variations may occur.

	Calories	Calories from Fat	Protein (g)	Total Carbs (g)	Dietary Fiber (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Sugar (g)
Alfredo Ricotta Sauce	52.5	36	1.25	3	0	4	2	6.25	155	2.00
Artichoke	9	0	1	1.5	0.8	0	0	0	95	0.50
Arugula	0.01	0	0.1	0	0	0	0	0	1	0.00
Asian Sesame Dressing	90	40	0	12	0	4.5	0.5	0	320	9.00
Bacon	151	101	11	3	0	11.7	7	31	647	0.00
Balsamic Vinegrette	50	35	0	5	0	3.5	0.5	0	190	4.00
Bannana Pepper	5	0	0	0	1	0	0	0	280	0.00
BBQ Pork (Smoked)	70	20	6	6	1	2	1	20	270	1.00
BBQ Sauce	55	0	0	14	0	0	0	0	250	12.00
Basil	1	0	0	0	0	0	0	0	0	0.00
Black Bean	26.7	1	1.8	4.7	1.3	0	0	0	95.6	0.00
Brownie	400	210	3	24	3	16	8	52	300	38.00
Caper	8	0	2	2	0	0	0	0	587.5	0.00
Cheddar Cheese	110	81	7	0	0	9	6	30	176	0.10
Chicken Breast	40	8	7	0.5	0.1	0.5	0	20	107	0.00
Chili Oil	65	65	0	0	0	7	2	0	0	0.00
Chocolate Chip Cookie	340	120	5	52	2	13	6	35	280	34.00
Cilantro	5	1	0	0	0	0	0	0	0	0.00
Cornmeal	103	4	2	22	1	0.5	0.05	0	460	2.00
Crushed Red Pepper	5	2.7	0.2	1	0	0.3	0.1	0	0	1.00
Dough (Gluten Free)	400	75	5	72	2.5	8	2.5	0	450	2.50
Dough (Traditional) 5.5oz	500	90	18	120	8	12	3	1	520	4.00
Dough (Whole Wheat) 5.5oz	380	38	13	80	4	6	1	1	480	1.00
Feta Cheese	80	60	5	1	0.1	6	4	20	320	0.00
Fudge @Brownie	100	22	1	19	1	2	0	0	125	0.00
Garbonzzo Bean	26	4	1.3	4	1	0.4	0	0	31	0.00
Garlic	0	0	0	0	0	0	0	0	0	0.00
Gravy (Country)	40	25	1	2	0	3	0.75	2.5	140	0.50
Green Pepper	5	0	0.01	0.5	0.29	0	0	0	0	0.6
Gyro/ Lamb	91	60	5.4	2.8	0.28	6.9	2.9	23	240	0.30
Ham	75	30	8	2.6	0	5	2	2	460	0.7
Hot Pepper (Crushed)	4.25	2	0.25	0.75	0.25	0.25	0	0	0.5	1.00
Red Hummus Sauce	70	41	3	7	2	5	1	0	170	2.00
Jalapeno Pepper	5	0	0	1	1	0	0	0	250	0.00
Romaine Lettuce	1	0.125	0.125	0.24	0.125	0	0	0	0.06	0.00
Mahi Mahi	24	1.8	6	0	0	0.3	0	20	25	0.00
Mango Habenero Sauce	48	0	0	5	0	0	0	0	80	3.00
Meatballs	57	34	3.5	2	0.5	3.7	1.4	21	135	0.40
Mozzarella Cheese @Blend (2.5oz)	110	70	9	2	0.2	8	4.8	25	250	0.00
Mozzarella Fresh	80	50	5	0	0	7	3.5	0.02	65	0.00
Mushrooms	6.25	0	1	0.75	0.25	0	0	0	0	0.50
Olive	30	24	0.25	1.7	0.9	2.7	0.3	0	200	0.00
Olive Oil	240	240	0	0	0	28	4	0	0	0.00
Onion	11	0.3	0.3	2.6	0.4	0	0	0	1	0.50
Oregano	0	0	0	0	0	0	0	0	0	0.00
Parmasan Cheese	80	40	4	4	0	4	2	20	250	0.00
Pepperoni	130	110	5	0	0	12	4	30	430	0.00
Pickle (Dill)	3	0	0	1	0	0	0	0	245	2.00
Pineapple	80	0	0.1	20	0	0	0	0	10	10.00
Pizza Sauce (Classic and Spicy)	15	4.5	0.5	2.5	0.5	0.5	0.5	0	168	2.00
Pork Sausage	110	70	6	2	0.8	7	2.5	20	550	0.00
Ranch Dressing	110	110	0	1	0	12	2	5	190	0.00
Ricotta Cheese	110	80	5	2	0	9	5	40	55	0.00
Sausage	110	95	4	0.5	0	10	3	26	275	0.00
Scrambled Egg	46	29	3.7	0.57	0	3	1	0	107	0.40
Shrimp	20	0	4.5	0.25	0	0	0	30	117	0.20
Siracha Sauce	0	0	0	0	0	0	0	0	100	3.00
Spinach	0.88	0	0.13	0.13	0.13	0	0	0	2.9	0
Thousand Island Dressing	105	89	0.3	4.2	0.2	9.9	1.4	7	245	4.00
Tomato	5.5	0.5	0.5	1	0.5	0	0	0	1.5	0.20
Truffle Oil	260	260	0	0	0	28	2	0	0	0.00