



Gluten Free Signature Pizzas

FEW [Ye, 12" - 18" Signature Pizza = 8 (8 Slices)

	Servings	Calories	Saturated Fat	Carbohydrates	Sodium
Green With Envy					
M-12"	8	195	3.9g	22.3g	291.4mg
The Screamin's Tomato					
M-12"	8	162	3g	21.5g	239mg
Baja 1000					
M-12"	8	218	4g	24.8g	443.5mg
White Out					
M-12"	8	126	0.2g	24.8g	248.5mg
Mr. Pestato Head					
M-12"	8	209	3.9g	25g	314.4mg
Railroad Grade					
M-12"	8	241	5.3g	23.5g	386.3mg
Peace in the Middle East					
M-12"	8	199	3.6g	25.7g	521.9mg
Pandora's Box					
M-12"	8	197	6.6g	26.3g	433.7mg
Drag It Thru The Garden					
M-12"	8	184	3.1g	26.3g	285.3mg
Ragin' Rooster					
M-12"	8	197	3.4g	23.5g	364.2mg
The Boar'der					
M-12"	8	199	3.9g	23.6g	385.4mg
Yard Sale					
M-12"	8	276	6.1g	25.1g	515.9mg
Paia Pie					
M-12"	8	190	3.4g	25.8g	357.4mg

Gluten Free Salads

	Servings	Calories	Saturated Fat	Carbohydrates	Sodium
Spinach Salad					
Entrée	2	203	1.8g	15.2g	121mg
Side	1	203	1.8g	15.2g	121mg
Fresh Tracks					
Entrée	2	131	4.5g	6.7g	204.3mg
Side	1	131	4.5g	6.7g	204.3mg
Greek Salad					
Entrée	2	81	2.3g	6.1g	508.2mg
Side	1	81	2.3g	6.1g	508.2mg
Back Country Betty					
Entrée	2	368	8.0g	13.8g	729.8mg



HEALTHY DINING Signature Pizzas

*Servings: = 2 (4 Slices), 12" - 18" Signature Pizza = 8 (8 Slices)

	Servings*	Calories	Saturated Fat	Carbohydrates	Sodium
The Screamin's Tomato					
Indee-8"	2	300	4.9g	31.6g	446.4mg
M-12"	8	162	3g	21.5g	239mg
L-14"	8	218	3.7g	30.4g	322.8mg
XL-16"	8	313	6.4g	39.5g	464.1mg
Huge-18"	8	363	6.7g	48.6g	534.6mg
White Out					
Indee-8"	2	244	0.3g	48.7g	475mg
M-12"	8	126	0.2g	24.8g	248.5mg
L-14"	8	177	0.2g	35.1g	348mg
XL-16"	8	229	0.3g	45.5g	449.5mg
Huge-18"	8	282	0.3g	56g	555mg
Drag It Thru The Garden					
Indee-8"	2	339	5g	51.4g	536.4mg
M-12"	8	184	3.1g	26.3g	285.3mg
L-14"	8	248	3.8g	37g	388.9mg
XL-16"	8	324	5g	48.1g	509.9mg
Huge-18"	8	412	6.8g	59.3g	647.5mg
Ragin' Rooster					
Indee-8"	2	357	5.4g	46.5g	664.4mg
M-12"	8	197	3.4g	23.5g	364.2mg
L-14"	8	270	4.1g	33.4g	512.4mg
XL-16"	8	356	5.5g	43.3g	679mg
Huge-18"	8	455	7.5g	53.3g	864mg
Paia Pie					
Indee-8"	2	354	5.5g	50.7g	683mg
M-12"	8	190	3.4g	25.8g	357.4mg
L-14"	8	261	4.2g	37.1g	498.4mg
XL-16"	8	341	5.6g	48.1g	656.1mg
Huge-18"	8	433	7.5g	59g	830.4mg
Pandora's Box					
Indee-8"	2	363	5.6g	52g	804.2mg
M-12"	8	197	6.6g	26.3g	433.7mg
L-14"	8	270	4.5g	37.5g	610.7mg
XL-16"	8	355	6g	48.9g	807.5mg
Huge-18"	8	452	8.1g	60.4g	1022mg
Peace in the Middle East					
Indee-8"	2	360	5.6g	50g	898.6mg
M-12"	8	199	3.6g	25.7g	521.9mg
L-14"	8	272	4.5g	36.6g	728.1mg
XL-16"	8	354	6g	47.2g	938.3mg
Huge-18"	8	451	8.2g	58.3g	1176mg



HEALTHY DINING Signature Pizzas

f EVh [Ye, = 2 (4 Slices), 12" - 18" Signature Pizza = 8 (8 Slices)

	Servings*	Calories	Saturated Fat	Carbohydrates	Sodium
Baja 1000					
Indee-8"	2	390	6.4g	48.7g	784.5mg
M-12"	8	218	4g	24.8g	443.5mg
L-14"	8	298	4.8g	5.5g	623.4mg
XL-16"	8	392	6.4g	45.8g	816.2mg
Huge-18"	8	501	8.8g	56.6g	1037.5mg
Kickin' Chicken					
Indee-8"	2	384	5.7g	43.7g	621.8mg
M-12"	8	210	3.5g	22g	353.9mg
L-14"	8	291	4.3g	31.1g	489.6mg
XL-16"	8	385	5.8g	40.5g	647.7mg
Huge-18"	8	492	7.9g	49.9g	825.1mg

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Signature Pizzas

Indee = 2 (4 Slices), 12" - 18" Signature Pizza = 8 (8 Slices)

Wham Bam Thank You Mammoth	Servings*	Calories	Saturated Fat	Carbohydrates	Sodium
Indee-8"	2	414	8.1g	46.7g	815.6mg
M-12"	8	233	5g	23.7g	464.4mg
L-14"	8	326	6.8g	33.4g	655mg
XL-16"	8	430	9.2g	43.2g	865.3mg
Huge-18"	8	546	12.1g	53.3g	1089.4mg
Hanoi Fever					
Indee-8"	2	411	6.4g	47.5g	739.1mg
M-12"	8	219	3.8g	24.2g	394.9g
L-14"	8	307	4.9g	34.3g	562mg
XL-16"	8	398	6.5g	44.6g	721.6mg
Huge-18"	8	506	8.6g	54.8g	904.8mg
Aveiro					
Indee-8"	2	433	7.6g	46.3g	1036.1mg
M-12"	8	235	4.3g	23.5g	575.5mg
L-14"	8	319	5.7g	33.1g	787.7mg
XL-16"	8	421	7.7g	43g	1035.9mg
Huge-18"	8	546	10.5g	53g	1330.1mg
Railroad Grade					
Indee-8"	2	433	8.6g	46.3g	667.5mg
M-12"	8	241	5.3g	23.5g	386.3mg
L-14"	8	342	7.3g	33.1g	524.1mg
XL-16"	8	455	9.9g	42.9g	696.6mg
Huge-18"	8	585	13.1g	53g	885.8mg
Everest					
Indee-8"	2	501	11g	45.7g	912.8mg
M-12"	8	277	6.5g	23g	502.7mg
L-14"	8	399	9.2g	32.6g	734.1mg
XL-16"	8	537	12.6g	42.4g	990.7mg
Huge-18"	8	699	17g	52.6g	1291.4mg
Wingin' It					
Indee-8"	2	357	5.2g	46.5g	6189.9mg
M-12"	8	199	3.3g	23.9g	3693.5mg
L-14"	8	276	4.3g	33.5g	4956.1mg
XL-16"	8	265	5.7g	43.6g	6607.2mg
Huge-18"	8	465	7.8g	53.4g	7904.2mg
Ragin' Rooster					
Indee-8"	2	357	5.4g	46.5g	664.4mg
M-12"	8	197	3.4g	23.5g	364.2mg
L-14"	8	270	4.1g	33.4g	512.4mg
XL-16"	8	356	5.5g	43.3g	679mg
Huge-18"	8	455	7.5g	53.3g	864mg

	Servings*	Calories	Saturated Fat	Carbohydrates	Sodium
Baja 1000					
Indee-8"	2	390	6.4g	48.7g	784.5mg
M-12"	8	218	4g	24.8g	443.5mg
L-14"	8	298	4.8g	.5.5g	623.4mg
XL-16"	8	392	6.4g	45.8g	816.2mg
Huge-18"	8	501	8.8g	56.6g	1037.5mg
Kickin' Chicken					
Indee-8"	2	384	5.7g	43.7g	621.8mg
M-12"	8	210	3.5g	22g	353.9mg
L-14"	8	291	4.3g	31.1g	489.6mg
XL-16"	8	385	5.8g	40.5g	647.7mg
Huge-18"	8	492	7.9g	49.9g	825.1mg
Poultry Geist					
Indee-8"	2	432	6.9g	45g	627.6mg
M-12"	8	238	4.2g	22.9g	358mg
L-14"	8	333	5.5g	32.4g	504.7mg
XL-16"	8	440	7.4g	42g	671.7mg
Huge-18"	8	562	10g	51.7g	851.2mg
The Boar'der					
Indee-8"	2	371	6.5g	46.7g	733.9mg
M-12"	8	199	3.9g	23.6g	385.4mg
L-14"	8	276	5g	33.5g	552.3mg
XL-16"	8	355	6.5g	43.3g	708mg
Huge-18"	8	453	8.8g	53.4g	896.9mg
Yard Sale					
Indee-8"	2	492	9.9g	49.1g	912.9mg
M-12"	8	276	6.1g	25.1g	515.9mg
L-14"	8	394	8.4g	35.4g	743.5mg
XL-16"	8	527	11.5g	45.9g	993.7mg
Huge-18"	8	678	15.3g	56.6g	1272.8mg
Paia Pie					
Indee-8"	2	354	5.5g	50.7g	683mg
M-12"	8	190	3.4g	25.8g	357.4mg
L-14"	8	261	4.2g	37.1g	498.4mg
XL-16"	8	341	5.6g	48.1g	656.1mg
Huge-18"	8	433	7.5g	59g	830.4mg
Holy Cow!					
Indee-8"	2	403	8.4g	42.9g	597.1mg
M-12"	8	209	4.4g	21.6g	308.3mg
L-14"	8	299	6.1g	30.7g	434mg
XL-16"	8	389	7.8g	39.8g	559.6mg
Huge-18"	8	505	10.8g	49.2g	714.8mg
Mr. Pestato Head					
Indee-8"	2	394	6.5g	48.7g	564.1mg
M-12"	8	209	3.9g	25g	314.4mg
L-14"	8	284	5g	35.2g	427.7mg
XL-16"	8	369	6.6g	38.1g	558.8mg
Huge-18"	8	466	8.8g	55.6g	708.8mg

	Servings*	Calories	Saturated Fat	Carbohydrates	Sodium
Peace in the Middle East					
Indee-8"	2	360	5.6g	50g	898.6mg
M-12"	8	199	3.6g	25.7g	521.9mg
L-14"	8	272	4.5g	36.6g	728.1mg
XL-16"	8	354	6g	47.2g	938.3mg
Huge-18"	8	451	8.2g	58.3g	1176mg
Pandora's Box					
Indee-8"	2	363	5.6g	52g	804.2mg
M-12"	8	197	6.6g	26.3g	433.7mg
L-14"	8	270	4.5g	37.5g	610.7mg
XL-16"	8	355	6g	48.9g	807.5mg
Huge-18"	8	452	8.1g	60.4g	1022mg
Drag It Thru The Garden					
Indee-8"	2	339	5g	51.4g	536.4mg
M-12"	8	184	3.1g	26.3g	285.3mg
L-14"	8	248	3.8g	37g	388.9mg
XL-16"	8	324	5g	48.1g	509.9mg
Huge-18"	8	412	6.8g	59.3g	647.5mg
Green With Envy					
Indee-8"	2	371	6.4g	44.4g	527.4mg
M-12"	8	195	3.9g	22.3g	291.4mg
L-14"	8	265	4.9g	31.6g	397.3mg
XL-16"	8	346	6.5g	40.9g	521.2mg
Huge-18"	8	437	8.7g	51g	663.1mg
The Screamin's Tomato					
Indee-8"	2	300	4.9g	31.6g	446.4mg
M-12"	8	162	3g	21.5g	239mg
L-14"	8	218	3.7g	30.4g	322.8mg
XL-16"	8	313	6.4g	39.5g	464.1mg
Huge-18"	8	363	6.7g	48.6g	534.6mg
White Out					
Indee-8"	2	244	0.3g	48.7g	475mg
M-12"	8	126	0.2g	24.8g	248.5mg
L-14"	8	177	0.2g	35.1g	348mg
XL-16"	8	229	0.3g	45.5g	449.5mg
Huge-18"	8	282	0.3g	56g	555mg
Cheese					
Indee-8"	2	353	7.1g	45.2g	576mg
M-12"	8	177	3.6g	22.6g	289.1mg
L-14"	8	246	4.8g	32.1g	403.4mg
XL-16"	8	313	6g	41.2g	519.4mg
Huge-18"	8	407	8.4g	51.4g	667.6mg

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Garden Fresh Salads

	Servings	Calories	Saturated Fat	Carbohydrates	Sodium
Spinach Salad					
Entrée	2	203	1.8g	15.2g	121mg
Side	1	203	1.8g	15.2g	121mg
Fresh Tracks					
Entrée	2	131	4.5g	6.7g	204.3mg
Side	1	131	4.5g	6.7g	204.3mg
Greek Salad					
Entrée	2	81	2.3g	6.1g	508.2mg
Side	1	81	2.3g	6.1g	508.2mg
Chefz Gravity Grab					
Entrée	2	221	6.3g	8.3g	1100.9mg
The Wobbs					
Entrée	2	255	4.9g	6.0g	705.4mg
Back Country Betty					
Entrée	2	368	8.0g	13.8g	729.8mg
Flying High Thai Chicken					
Entrée	2	214	1.6g	23.3g	550.4mg
Caesar Salad					
Entrée	2	109	1.8g	10.7g	272.2mg
Side	1	109	1.8g	10.7g	272.2mg
Chicken (Grilled) Caesar Salad					
Entrée	2	190	2.1g	11.4g	488.2mg
Chicken (BBQ) Caesar Salad					
Entrée	2	203	2.1g	14.8g	582.6mg

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Monster Subs *servings: 2 Servings = 8" Sub

The Ultimate Turkey	Servings*	Calories	Saturated Fat	Carbohydrates	Sodium
Cheddar	2	497	7.0g	55.8g	1634.8mg
Provolone	2	483	5.8g	56.0g	1707.1mg
Swiss	2	491	6.0g	56.9g	1513.2mg
The Ultimate Ham					
Cheddar	2	512	7.5g	55.5g	1654.5mg
Provolone	2	503	6.3g	57.0g	1727.4mg
Swiss	2	511	6.5g	57.9g	1533.4mg
Club Carve					
Provolone	2	614	9.1g	56.5g	2096.9mg
Swiss	2	622	9.3g	57.4g	1903.0mg
Double Dipsy					
Provolone	2	693	12.9	57.4g	2076.6mg
Swiss	2	701	13.1g	66.0g	1882.7mg
The Natural					
Hummus	2	446	5.5g	64.9g	1069.9mg
Pesto	2	477	6.5g	61.6g	931.2mg
Pizzawich	2	487	8.3g	56.0g	830.6mg
Chicken Pesto	2	516	6.5g	58.5g	1237.6mg
Shredder with Cheddar	2	410	12g	51g	1010mg
Chicken Parmesa	2	455	5.2g	60.7g	963mg
Meatball Parmesan	2	534	10.5	56g	1078mg
The Crux	2	566	10.2g	57.4g	1385.6mg
Fear Factor	2	569	9.9g	55g	19.8.7mg
Bahn in the USA	2	488	4.8g	55.5g	1222mg

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Calzones

	Servings	Calories	Saturated Fat	Carbohydrates	Sodium
Big Wednesday					
Small	2	527	10.6g	56.0g	849.9mg
Large	4	593	13.1g	57.1g	943.7mg
Endless Summer					
Small	2	412	6.9g	58.1g	663.3mg
Large	4	451	8.6g	59.2g	708.2mg
The Pipe					
Small	2	433	9.0g	54.1g	679.4mg
Large	4	445	9.6g	54.3g	681.0mg

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X-Factors

Wings - Boneless	Servings	Calories	Saturated Fat	Carbohydrates	Sodium
Original	1 (3 Pieces)	170	1g	12g	470mg
BBQ	1 (3 Pieces)	196	1g	18.9g	659mg
Thai	1 (3 Pieces)	257	2.2g	14.7g	709.1mg
Buffalo	1 (3 Pieces)	224	1g	24.2g	1541.8mg
Wings - Bone In	1 (3 Pieces)	220	3.5g	1g	760mg
Twisted Sticks	2	344	4.1g	55.2g	560.7mg
Pow Pow!	2	495	2.7g	92g	441.1mg

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Desserts

Chippy Cookie	Servings	Calories	Saturated Fat	Carbohydrates	Sodium
Chocolate Chunk	1 (1/2 cookie)	300	8g	38g	200mg
Oatmeal Raisin	1 (1/2 cookie)	260	6g	36g	170mg
Cheese Cake					
Plain	1	480	19g	44g	390mg
w/ Chocolate	1	530	19g	56.5g	397.5mg

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