

**Nutritional Information**

Updated 11/1/16

Nutritional information below is calculated for the entire menu item.

Starters	Calories	Cal/Fat	TotalFat	Sat Fat	TransFat	Chol	Sodium	Carbo	Diet Fiber	Sugars	Protein
Brix Stixx Appetizer	860	290	34g	7g	0g	20mg	1800mg	121g	5g	23g	31g
Bruschetta Appetizer	560	170	19g	7g	0g	20mg	1600mg	80g	7g	16g	19g
Korean Meatball Appetizer	820	420	49g	15g	2g	200mg	2790mg	58g	< 1g	29g	41g
Pita Chips and Dip Appetizer	570	200	22g	3.5g	0g	0mg	1410mg	72g	13g	10g	19g
Spinach and Artichoke Dip Appetizer	640	380	42g	23g	1.5g	115mg	1740mg	52g	5g	6g	13g
Pizza	Calories	Cal/Fat	TotalFat	Sat Fat	TransFat	Chol	Sodium	Carbo	Diet Fiber	Sugars	Protein
4 x 4 Pizza Regular Dough	1740	1030	115g	47g	0g	255mg	4620mg	98g	6g	3g	80g
4 x 4 Pizza Regular Gluten Free Dough	1910	1120	124g	50g	0g	295mg	4230mg	125g	5g	5g	71g
4 x 4 Pizza Regular Wheat Dough	1730	1050	117g	46g	0g	255mg	4560mg	94g	10g	6g	79g
Americo Pizza Gluten Free Dough	1130	450	50g	24g	0g	155mg	2100mg	127g	6g	8g	36g
Americo Pizza Regular Dough	960	360	41g	21g	0g	115mg	2490mg	100g	6g	6g	46g
Americo Pizza Wheat Dough	950	380	43g	21g	0g	115mg	2430mg	96g	10g	9g	44g
Artichoke Pizza Gluten Free Dough	1310	560	62g	22g	0g	135mg	2670mg	143g	14g	14g	33g
Artichoke Pizza Regular Dough	1140	470	54g	20g	0g	95mg	3050mg	116g	14g	12g	42g
Artichoke Pizza Wheat Dough	1130	490	55g	19g	0g	95mg	2990mg	112g	18g	15g	41g
BBQ Chicken Pizza Gluten Free Dough	1210	400	45g	22g	0g	180mg	3020mg	142g	5g	18g	48g
BBQ Chicken Pizza Regular Dough	1040	310	37g	19g	0g	140mg	3400mg	115g	5g	17g	57g
BBQ Chicken Pizza Wheat Dough	1020	330	38g	19g	0g	140mg	3340mg	111g	9g	19g	56g
Bourbon Chicken Pizza Gluten Free Dough	1360	490	54g	25g	0.5g	210mg	2380mg	152g	5g	30g	58g
Bourbon Chicken Pizza Regular Dough	1190	400	45g	22g	0.5g	170mg	2760mg	125g	5g	28g	68g
Bourbon Chicken Pizza Wheat Dough	1180	420	47g	22g	0.5g	170mg	2700mg	121g	9g	31g	66g
Bronx Bomber Pizza Gluten Free Dough	1670	880	97g	39g	0g	250mg	3340mg	133g	6g	7g	59g
Bronx Bomber Pizza Regular Dough	1500	790	89g	36g	0g	210mg	3720mg	106g	6g	5g	68g
Bronx Bomber Pizza Wheat Dough	1490	810	90g	36g	0g	210mg	3660mg	102g	10g	8g	67g
Buffalo Chicken Pizza w/ Blue Cheese Dressing Glu	1520	750	84g	29g	0g	205mg	3020mg	127g	5g	7g	51g
Buffalo Chicken Pizza w/ Blue Cheese Dressing Reg	1350	660	75g	26g	0g	165mg	3400mg	100g	6g	6g	60g
Buffalo Chicken Pizza w/ Blue Cheese Dressing Wh	1340	670	77g	26g	0g	165mg	3350mg	96g	10g	8g	59g
Buffalo Chicken Pizza w/ Ranch Gluten Free Dough	1410	670	74g	27g	0g	205mg	2750mg	129g	5g	7g	51g
Buffalo Chicken Pizza w/ Ranch Regular Dough	1240	580	66g	24g	0g	165mg	3140mg	102g	6g	6g	60g
Buffalo Chicken Pizza w/ Ranch Wheat Dough	1220	600	68g	24g	0g	165mg	3080mg	98g	10g	8g	58g
Caribbean Jerk Chicken Pizza Gluten Free Dough	1320	450	51g	23g	0g	190mg	2540mg	157g	7g	31g	52g
Caribbean Jerk Chicken Pizza Regular Dough	1150	360	42g	21g	0g	150mg	2920mg	130g	7g	30g	61g
Caribbean Jerk Chicken Pizza Wheat Dough	1140	380	44g	20g	0g	150mg	2870mg	125g	11g	32g	60g
Cheese Pizza Gluten Free Dough	1010	360	40g	19g	0g	125mg	1730mg	126g	5g	7g	31g
Cheese Pizza Regular Dough	840	270	32g	16g	0g	85mg	2120mg	99g	5g	5g	40g
Cheese Pizza Wheat Dough	830	290	33g	16g	0g	85mg	2060mg	94g	9g	8g	39g
Chicken Florentine Pizza Gluten Free Dough	1280	510	58g	24g	0g	215mg	2080mg	125g	6g	7g	58g
Chicken Florentine Pizza Regular Dough	1110	420	50g	21g	0g	175mg	2470mg	98g	6g	5g	67g
Chicken Florentine Pizza Wheat Dough	1060	430	50g	20g	0g	160mg	2370mg	94g	10g	8g	61g
Cubano Pizza Gluten Free Dough	1550	620	70g	29g	0g	265mg	3350mg	150g	5g	25g	79g
Cubano Pizza Regular Dough	1380	530	62g	26g	0g	225mg	3740mg	122g	5g	24g	88g
Cubano Pizza Wheat Dough	1360	550	64g	26g	0g	225mg	3680mg	118g	9g	26g	87g
Greek Pizza Gluten Free Dough	1150	470	53g	21g	0g	135mg	1910mg	131g	6g	10g	33g
Greek Pizza Regular Dough	980	380	45g	19g	0g	95mg	2290mg	104g	6g	9g	42g
Greek Pizza Wheat Dough	960	400	46g	18g	0g	95mg	2230mg	100g	10g	12g	40g
Hawaiian Pizza Gluten Free Dough	1220	500	57g	23g	0g	165mg	2410mg	131g	5g	12g	41g
Hawaiian Pizza Regular Dough	1050	410	48g	20g	0g	125mg	2790mg	103g	5g	10g	50g
Hawaiian Pizza Wheat Dough	1030	430	50g	20g	0g	125mg	2740mg	99g	9g	13g	49g
Margherita Pizza Gluten Free Dough	1110	490	53g	22g	0g	105mg	2650mg	123g	6g	10g	33g
Margherita Pizza Regular Dough	940	400	45g	19g	0g	65mg	3030mg	96g	6g	9g	42g
Margherita Pizza Wheat Dough	930	420	47g	19g	0g	65mg	2970mg	91g	10g	11g	41g
Mexican Pizza Gluten Free Dough	1410	630	70g	28g	0g	215mg	2050mg	132g	7g	9g	54g
Mexican Pizza Regular Dough	1240	540	61g	25g	0g	175mg	2430mg	105g	7g	7g	63g
Mexican Pizza Wheat Dough	1230	560	63g	25g	0g	175mg	2380mg	101g	11g	10g	62g
Pear and Gorgonzola Gluten Free Dough	1340	660	73g	23g	0g	125mg	1640mg	136g	10g	13g	36g
Pear and Gorgonzola Pizza Regular Dough	1170	570	65g	20g	0g	85mg	2020mg	109g	10g	11g	45g
Pear and Gorgonzola Wheat Dough	1160	590	67g	20g	0g	85mg	1970mg	105g	14g	14g	44g
Pepperoni Pizza Gluten Free Dough	1150	480	52g	25g	0g	160mg	2200mg	126g	5g	7g	36g
Pepperoni Pizza Regular Dough	980	390	44g	22g	0g	120mg	2580mg	98g	5g	5g	45g
Pepperoni Pizza Wheat Dough	970	410	45g	22g	0g	120mg	2530mg	94g	9g	8g	44g
Quattro Formaggio Gluten Free Dough	1240	510	58g	27g	0g	135mg	2610mg	137g	14g	13g	39g
Quattro Formaggio Pizza Regular Dough	1070	420	50g	24g	0g	95mg	2990mg	109g	14g	12g	48g
Quattro Formaggio Wheat Dough	1050	440	52g	24g	0g	95mg	2930mg	105g	18g	14g	46g
Rosemary Chicken and Mushroom Pizza Gluten Fre	1280	540	61g	26g	0.5g	180mg	2150mg	127g	7g	7g	56g
Rosemary Chicken and Mushroom Pizza Regular Do	1100	450	53g	23g	0.5g	140mg	2530mg	99g	7g	6g	65g
Rosemary Chicken and Mushroom Pizza Wheat Doi	1090	470	54g	23g	0.5g	140mg	2470mg	95g	11g	9g	63g
Rustica Pizza Gluten Free Dough	1240	520	58g	23g	0g	150mg	2460mg	134g	6g	5g	40g
Rustica Pizza Regular Dough	1070	430	50g	20g	0g	110mg	2840mg	106g	6g	4g	49g
Rustica Pizza Wheat Dough	1060	450	52g	20g	0g	110mg	2790mg	102g	10g	7g	48g
Spicy Shrimp Pizza Gluten Free Dough	1270	390	43g	20g	0g	380mg	3260mg	146g	12g	21g	62g
Spicy Shrimp Pizza Regular Dough	1100	300	35g	17g	0g	340mg	3640mg	119g	13g	19g	71g
Spicy Shrimp Pizza Wheat Dough	1090	310	37g	17g	0g	340mg	3590mg	114g	17g	22g	70g
Sweet Thai Chicken Pizza Gluten Free Dough	1370	500	57g	23g	0g	180mg	2590mg	159g	6g	34g	50g
Sweet Thai Chicken Pizza Regular Dough	1200	410	48g	20g	0g	140mg	2970mg	131g	6g	33g	59g
Sweet Thai Chicken Pizza Wheat Dough	1180	430	50g	20g	0g	140mg	2920mg	127g	10g	35g	57g
Wild Mushroom Pizza Gluten Free Dough	1180	490	56g	24g	0g	145mg	2400mg	125g	5g	6g	41g
Wild Mushroom Pizza Regular Dough	1010	400	47g	22g	0g	105mg	2780mg	98g	5g	5g	51g
Wild Mushroom Pizza Wheat Dough	1000	420	49g	21g	0g	105mg	2730mg	94g	9g	8g	49g
Wood Roasted Vegetable Pizza Gluten Free Dough	1050	360	40g	19g	0g	125mg	1740mg	133g	7g	8g	33g
Wood Roasted Vegetable Pizza Regular Dough	880	270	32g	16g	0g	85mg	2120mg	105g	7g	7g	42g
Wood Roasted Vegetable Pizza Wheat Dough	860	290	34g	16g	0g	85mg	2070mg	101g	11g	9g	41g

<b>Salads (no dressing w/ bread)</b>	<b>Calories</b>	<b>Cal/Fat</b>	<b>TotalFat</b>	<b>Sat Fat</b>	<b>TransFat</b>	<b>Chol</b>	<b>Sodium</b>	<b>Carbo</b>	<b>Diet Fiber</b>	<b>Sugars</b>	<b>Protein</b>
Arugula Salad (no dressing)	320	90	10g	3.5g	0g	15mg	620mg	51g	6g	14g	11g
Brixx Salad (no dressing)	310	70	9g	2g	0g	5mg	570mg	47g	3g	3g	11g
Brixx Salad with Roasted Chicken (no dressing)	500	140	17g	3.5g	0g	100mg	790mg	48g	3g	3g	42g
Caesar Salad (no dressing)	280	50	7g	1.5g	0g	5mg	650mg	48g	4g	2g	12g
Mediterranean Salad (no dressing)	270	80	9g	2.5g	0g	10mg	1140mg	43g	6g	4g	11g
Pesto Chicken Salad (no dressing)	750	330	38g	6g	0g	105mg	1170mg	70g	6g	32g	37g
Southwestern Salad (no dressing)	720	180	20g	5g	0g	105mg	2140mg	84g	13g	7g	50g
Spinach Salad (no dressing)	340	90	12g	3g	0g	10mg	830mg	51g	5g	2g	15g
Spinach Salad with Roasted Salmon (no dressing)	610	210	25g	5g	0g	100mg	1350mg	52g	5g	2g	47g
Sweet Thai Chicken Salad (no dressing)	650	170	20g	3g	0g	95mg	1330mg	79g	9g	34g	43g
<b>Salads (w/ dressing w/ bread)</b>	<b>Calories</b>	<b>Cal/Fat</b>	<b>TotalFat</b>	<b>Sat Fat</b>	<b>TransFat</b>	<b>Chol</b>	<b>Sodium</b>	<b>Carbo</b>	<b>Diet Fiber</b>	<b>Sugars</b>	<b>Protein</b>
Arugula Salad	580	320	35g	7g	0g	15mg	700mg	57g	6g	21g	11g
Brixx Salad	720	480	53g	8g	0g	5mg	620mg	49g	3g	4g	12g
Brixx Salad with Roasted Chicken	920	540	60g	10g	0g	100mg	850mg	50g	3g	4g	42g
Brixx Salad with Salmon	990	590	66g	10g	0g	95mg	1140mg	51g	4g	4g	43g
Brixx Salad with Sauteed Shrimp	790	490	54g	8g	0g	135mg	780mg	49g	3g	4g	28g
Caesar Salad	640	410	47g	7g	0g	15mg	1310mg	48g	4g	2g	14g
Caesar Salad with Roasted Chicken	840	470	54g	9g	0g	110mg	1540mg	48g	4g	2g	44g
Caesar Salad with Salmon	910	530	60g	9g	0g	100mg	1840mg	49g	5g	2g	45g
Caesar Salad with Sauteed Shrimp	710	420	47g	7g	0g	145mg	1470mg	48g	4g	2g	30g
Mediterranean Salad	620	420	45g	8g	0g	15mg	1650mg	45g	6g	4g	12g
Mediterranean Salad with Roasted Chicken	820	480	52g	10g	0g	110mg	1870mg	45g	6g	4g	42g
Mediterranean Salad with Roasted Salmon	890	530	59g	10g	0g	100mg	2170mg	46g	7g	4g	44g
Mediterranean Salad with Sauteed Shrimp	700	420	46g	8g	0g	145mg	1800mg	45g	6g	4g	28g
Pesto Chicken Salad	1100	650	71g	10g	0g	105mg	1280mg	78g	6g	40g	37g
Southwestern Salad	930	360	40g	9g	0g	120mg	2660mg	89g	14g	9g	52g
Spinach Salad	410	90	12g	3g	0g	10mg	860mg	68g	5g	17g	15g
Spinach Salad with Roasted Chicken	600	160	19g	4.5g	0g	105mg	1080mg	68g	5g	18g	45g
Spinach Salad with Roasted Salmon	670	210	25g	5g	0g	100mg	1380mg	69g	6g	17g	47g
Spinach Salad with Sauteed Shrimp	480	100	12g	3g	0g	140mg	1010mg	68g	5g	17g	31g
Sweet Thai Chicken Salad	830	270	30g	5g	0g	95mg	2290mg	95g	9g	46g	47g
<b>Salad Bread</b>	<b>Calories</b>	<b>Cal/Fat</b>	<b>TotalFat</b>	<b>Sat Fat</b>	<b>TransFat</b>	<b>Chol</b>	<b>Sodium</b>	<b>Carbo</b>	<b>Diet Fiber</b>	<b>Sugars</b>	<b>Protein</b>
Focaccia Dough (Salad Bread)	160	20	2g	0g	0g	0mg	420mg	32g	1g	0g	6g
<b>Salad Add Protein</b>	<b>Calories</b>	<b>Cal/Fat</b>	<b>TotalFat</b>	<b>Sat Fat</b>	<b>TransFat</b>	<b>Chol</b>	<b>Sodium</b>	<b>Carbo</b>	<b>Diet Fiber</b>	<b>Sugars</b>	<b>Protein</b>
Blackened Chicken	160	30	3.5g	1g	0g	90mg	820mg	0g	0g	0g	30g
Blackened Shrimp	120	50	5g	0.5g	0g	130mg	930mg	0g	0g	0g	16g
Roasted Chicken	200	60	7g	1.5g	0g	90mg	230mg	0g	0g	0g	30g
Sauteed Shrimp	120	50	5g	0.5g	0g	130mg	150mg	0g	0g	0g	16g
Salmon Marinated	280	120	14g	2g	0g	90mg	550mg	2g	<1g	0g	34g
<b>Dressings</b>	<b>Calories</b>	<b>Cal/Fat</b>	<b>TotalFat</b>	<b>Sat Fat</b>	<b>TransFat</b>	<b>Chol</b>	<b>Sodium</b>	<b>Carbo</b>	<b>Diet Fiber</b>	<b>Sugars</b>	<b>Protein</b>
Balsamic Vinaigrette	420	410	44g	6g	0g	0mg	60mg	2g	0g	2g	0g
Blue Cheese Dressing	360	300	34g	6g	0g	20mg	700mg	4g	0g	2g	2g
Caesar Dressing	360	360	40g	6g	0g	10mg	660mg	0g	0g	0g	2g
Chipotle-Honey Vinaigrette	60	0	0g	0g	0g	0mg	20mg	15g	0g	13g	0g
Creamy Chili Pepper Dressing	210	190	21g	3.5g	0g	15mg	520mg	5g	< 1g	2g	2g
Feta Dressing	350	340	37g	6g	0g	< 5mg	510mg	2g	0g	0g	1g
Honey Herb Vinaigrette	350	320	34g	5g	0g	0mg	110mg	9g	0g	9g	0g
Honey Mustard	170	70	7g	1g	0g	5mg	300mg	25g	0g	18g	8g
Peanut Satay Dressing	180	100	10g	2g	0g	0mg	960mg	16g	0g	12g	4g
Ranch Dressing	260	240	26g	4g	0g	20mg	460mg	6g	0g	2g	2g
<b>Sandwiches</b>	<b>Calories</b>	<b>Cal/Fat</b>	<b>TotalFat</b>	<b>Sat Fat</b>	<b>TransFat</b>	<b>Chol</b>	<b>Sodium</b>	<b>Carbo</b>	<b>Diet Fiber</b>	<b>Sugars</b>	<b>Protein</b>
Bourbon Pork Sandwich	630	150	18g	6g	0g	95mg	1390mg	78g	3g	15g	41g
Chicken Club Sandwich	760	300	34g	9g	0g	145mg	1530mg	62g	3g	2g	50g
Meatball Sub	880	400	46g	16g	2g	185mg	1660mg	74g	4g	13g	44g
Mozzarella Sandwich	720	390	42g	13g	0g	40mg	1870mg	59g	2g	6g	24g
Mozzarella Sandwich with Prosciutto	840	460	50g	16g	0g	75mg	2660mg	59g	2g	6g	34g
Pesto Chicken Salad Wrap	990	580	66g	10g	0g	105mg	1370mg	61g	4g	9g	39g
Turkey Wrap	730	410	45g	7g	0g	60mg	1590mg	56g	4g	4g	27g
Tuscan Sandwich	990	580	62g	22g	0g	130mg	3540mg	62g	3g	2g	41g
Wild Mushroom Wrap	890	590	64g	11g	0g	30mg	950mg	62g	5g	7g	16g
<b>Sides</b>	<b>Calories</b>	<b>Cal/Fat</b>	<b>TotalFat</b>	<b>Sat Fat</b>	<b>TransFat</b>	<b>Chol</b>	<b>Sodium</b>	<b>Carbo</b>	<b>Diet Fiber</b>	<b>Sugars</b>	<b>Protein</b>
Corn and Black Bean Salad	140	10	1g	0g	0g	0mg	500mg	26g	7g	3g	7g
Fruit Mix	70	0	0g	0g	**	0mg	15mg	18g	2g	16g	1g
Kettle Chip Side Item	300	160	18g	2g	0g	0mg	320mg	32g	2g	0g	4g
Pasta Salad	450	230	25g	5g	0g	15mg	750mg	44g	5g	6g	9g
Three Bean Salad	160	60	6g	1.5g	0g	< 5mg	630mg	19g	6g	3g	7g
<b>Pastas</b>	<b>Calories</b>	<b>Cal/Fat</b>	<b>TotalFat</b>	<b>Sat Fat</b>	<b>TransFat</b>	<b>Chol</b>	<b>Sodium</b>	<b>Carbo</b>	<b>Diet Fiber</b>	<b>Sugars</b>	<b>Protein</b>
Chicken and Bacon Alfredo Pasta	1820	1050	119g	56g	0g	400mg	3150mg	119g	6g	7g	70g
Chicken Marsala Ravioli	770	220	24g	9g	1g	180mg	1800mg	71g	12g	17g	45g
Chicken Penne Pasta	1610	950	105g	53g	0g	360mg	3550mg	110g	5g	7g	49g
Meatball Pasta	1480	550	63g	17g	2g	215mg	4170mg	165g	12g	37g	65g
Pomodoro Pasta	730	130	14g	1g	0g	0mg	2500mg	128g	9g	26g	22g
Pomodoro Pasta with Roasted Chicken	920	190	21g	2g	0g	95mg	2720mg	128g	9g	26g	52g
Pomodoro Pasta with Sauteed Shrimp	1120	400	43g	5g	0g	130mg	3150mg	141g	11g	33g	40g
Salmon Pasta	1090	540	62g	24g	0g	200mg	2380mg	81g	8g	13g	54g
Sausage and Peppers Pasta	2120	1290	141g	38g	0g	180mg	4400mg	147g	11g	29g	61g
Shrimp Carbonara	1330	640	73g	45g	0g	400mg	2900mg	123g	13g	13g	41g
<b>Desserts</b>	<b>Calories</b>	<b>Cal/Fat</b>	<b>TotalFat</b>	<b>Sat Fat</b>	<b>TransFat</b>	<b>Chol</b>	<b>Sodium</b>	<b>Carbo</b>	<b>Diet Fiber</b>	<b>Sugars</b>	<b>Protein</b>
Salted Caramel Cookie	1200	480	55g	28g	1g	95mg	2170mg	179g	1g	111g	12g
Smores Pizza	930	250	29g	14g	0g	0mg	870mg	165g	8g	80g	15g
<b>Kids Menu</b>	<b>Calories</b>	<b>Cal/Fat</b>	<b>TotalFat</b>	<b>Sat Fat</b>	<b>TransFat</b>	<b>Chol</b>	<b>Sodium</b>	<b>Carbo</b>	<b>Diet Fiber</b>	<b>Sugars</b>	<b>Protein</b>
Kids Cheese Pizza	370	100	12g	6g	0g	30mg	950mg	49g	3g	3g	17g
Kids Penne with Alfredo Sauce	1100	580	67g	43g	0g	240mg	1880mg	105g	5g	5g	19g
Kids Penne with Butter	590	150	17g	3g	2.5g	< 5mg	1370mg	93g	4g	5g	16g
Kids Penne with Tomato Sauce	530	50	6g	1g	0g	0mg	1530mg	103g	6g	9g	18g
Kids Pepperoni Pizza	420	140	16g	8g	0g	45mg	1100mg	49g	3g	3g	19g