

Starters	Cals	Cals From Fat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbo	Fibre	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Chicken Florentine Soup Cup	250	170	19g	9g	1g	65mg	500mg	10g	2g	1g	10g	20%	6%	6%	6%
Chicken Florentine Soup Bowl	510	340	38g	18g	2g	135mg	1000mg	20g	4g	3g	20g	40%	10%	15%	10%
Brixx Stixx Appetizer	850	290	34g	7g	0g	15mg	1800mg	122g	5g	23g	31g	20%	20%	20%	8%
Bruschetta Appetizer	580	220	24g	7g	0g	20mg	3700mg	72g	7g	17g	19g	30%	40%	50%	10%
Korean Meatball Appetizer	820	420	49g	15g	2g	200mg	2790mg	58g	< 1g	29g	41g	10%	15%	8%	35%
Pimento Cheese Appetizer	1050	550	63g	17g	0g	80mg	1790mg	83g	4g	5g	34g	25%	8%	90%	20%
Pita Chips and Dip Appetizer	570	200	22g	3.5g	0g	0mg	1410mg	72g	13g	10g	19g	180%	110%	30%	40%
Spinach and Artichoke Dip Appetizer	640	380	42g	23g	1.5g	115mg	1740mg	52g	5g	6g	13g	70%	15%	20%	25%
Pizza	Cals	Cals From Fat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbo	Fibre	Sugars	Protein	Vit A	Vit C	Calcium	Iron
4 x 4 Pizza Regular Dough	1740	1030	115g	47g	0g	255mg	4620mg	98g	6g	3g	80g	30%	0%	70%	20%
4 x 4 Pizza Regular Gluten Free Dough	1850	1070	119g	46g	0g	255mg	4480mg	130g	29g	9g	67g	30%	15%	70%	20%
4 x 4 Pizza Regular Wheat Dough	1730	1050	117g	46g	0g	255mg	4560mg	94g	10g	6g	79g	30%	0%	70%	20%
Americo Pizza Gluten Free Dough	1080	410	45g	20g	0g	115mg	2350mg	132g	29g	11g	32g	30%	30%	45%	15%
Americo Pizza Regular Dough	960	360	41g	21g	0g	115mg	2490mg	100g	6g	6g	46g	30%	15%	45%	10%
Americo Pizza Wheat Dough	950	380	43g	21g	0g	115mg	2430mg	96g	10g	9g	44g	30%	15%	45%	10%
Artichoke Pizza Gluten Free Dough	1260	520	58g	18g	0g	95mg	2920mg	148g	37g	18g	29g	25%	140%	60%	30%
Artichoke Pizza Regular Dough	1140	470	54g	20g	0g	95mg	3050mg	116g	14g	12g	42g	25%	130%	60%	25%
Artichoke Pizza Wheat Dough	1130	490	55g	19g	0g	95mg	2990mg	112g	18g	15g	41g	25%	130%	60%	25%
BBQ Chicken Pizza Gluten Free Dough	1150	360	41g	18g	0g	140mg	3270mg	147g	28g	22g	44g	30%	25%	50%	10%
BBQ Chicken Pizza Regular Dough	1040	310	37g	19g	0g	140mg	3400mg	115g	5g	17g	57g	30%	8%	50%	6%
BBQ Chicken Pizza Wheat Dough	1020	330	38g	19g	0g	140mg	3340mg	111g	9g	19g	56g	30%	8%	50%	8%
Bourbon Chicken Pizza Gluten Free Dough	1310	440	50g	21g	0.5g	170mg	2630mg	157g	28g	34g	54g	25%	25%	60%	15%
Bourbon Chicken Pizza Regular Dough	1190	400	45g	22g	0.5g	170mg	2760mg	125g	5g	28g	68g	25%	10%	60%	10%
Bourbon Chicken Pizza Wheat Dough	1180	420	47g	22g	0.5g	170mg	2700mg	121g	9g	31g	66g	25%	10%	60%	10%
Bronx Bomber Pizza Gluten Free Dough	1620	840	93g	35g	0g	210mg	3590mg	138g	29g	11g	55g	40%	30%	50%	30%
Bronx Bomber Pizza Regular Dough	1500	790	89g	36g	0g	210mg	3720mg	106g	6g	5g	68g	40%	15%	50%	25%
Bronx Bomber Pizza Wheat Dough	1490	810	90g	36g	0g	210mg	3660mg	102g	10g	8g	67g	40%	15%	50%	25%
Buffalo Chicken Pizza w/ Blue Cheese Dressing GF Dough	1470	700	79g	25g	0g	165mg	3270mg	132g	29g	11g	47g	35%	20%	60%	10%
Buffalo Chicken Pizza w/ Blue Cheese Dressing Regular Dough	1350	660	75g	26g	0g	165mg	3400mg	100g	6g	6g	60g	35%	6%	60%	6%
Buffalo Chicken Pizza w/ Blue Cheese Dressing Wheat Dough	1340	670	77g	26g	0g	165mg	3350mg	96g	10g	8g	59g	35%	6%	60%	8%
Buffalo Chicken Pizza w/ Ranch Gluten Free Dough	1350	630	70g	23g	0g	165mg	3000mg	134g	29g	11g	46g	35%	20%	60%	10%
Buffalo Chicken Pizza w/ Ranch Regular Dough	1240	580	66g	24g	0g	165mg	3140mg	102g	6g	6g	60g	35%	6%	60%	6%
Buffalo Chicken Pizza w/ Ranch Wheat Dough	1220	600	68g	24g	0g	165mg	3080mg	98g	10g	8g	58g	35%	6%	60%	8%
Caribbean Jerk Chicken Pizza Gluten Free Dough	1270	410	47g	19g	0g	150mg	2790mg	162g	30g	35g	48g	80%	120%	70%	10%
Caribbean Jerk Chicken Pizza Regular Dough	1150	360	42g	21g	0g	150mg	2920mg	130g	7g	30g	61g	80%	110%	70%	8%
Caribbean Jerk Chicken Pizza Wheat Dough	1140	380	44g	20g	0g	150mg	2870mg	125g	11g	32g	60g	80%	110%	70%	10%
Cheese Pizza Gluten Free Dough	960	320	36g	15g	0g	85mg	1990mg	130g	28g	10g	27g	30%	30%	45%	10%
Cheese Pizza Regular Dough	840	270	32g	16g	0g	85mg	2120mg	99g	5g	5g	40g	30%	15%	45%	6%
Cheese Pizza Wheat Dough	830	290	33g	16g	0g	85mg	2060mg	94g	9g	8g	39g	30%	15%	45%	8%
Chicken Florentine Pizza Gluten Free Dough	1220	470	54g	20g	0g	175mg	2330mg	130g	29g	10g	54g	60%	45%	50%	15%
Chicken Florentine Pizza Regular Dough	1110	420	50g	21g	0g	175mg	2470mg	98g	6g	5g	67g	60%	30%	50%	10%
Chicken Florentine Pizza Wheat Dough	1060	430	50g	20g	0g	160mg	2370mg	94g	10g	8g	61g	60%	30%	50%	10%
Greek Pizza Gluten Free Dough	1090	430	49g	17g	0g	95mg	2160mg	136g	29g	14g	28g	45%	45%	50%	10%
Greek Pizza Regular Dough	980	380	45g	19g	0g	95mg	2290mg	104g	6g	9g	42g	45%	30%	50%	8%
Greek Pizza Wheat Dough	960	400	46g	18g	0g	95mg	2230mg	100g	10g	12g	40g	45%	30%	50%	8%
Hawaiian Pizza Gluten Free Dough	1160	460	52g	19g	0g	125mg	2660mg	135g	28g	15g	37g	20%	80%	45%	10%
Hawaiian Pizza Regular Dough	1050	410	48g	20g	0g	125mg	2790mg	103g	5g	10g	50g	20%	60%	45%	8%
Hawaiian Pizza Wheat Dough	1030	430	50g	20g	0g	125mg	2740mg	99g	9g	13g	49g	20%	60%	45%	8%
Italian Cheesesteak Pizza Gluten Free Dough	1380	680	76g	23g	0g	165mg	3250mg	129g	29g	11g	50g	45%	45%	80%	25%
Italian Cheesesteak Pizza Regular Dough	1270	630	72g	24g	0g	165mg	3380mg	97g	6g	6g	64g	45%	30%	80%	20%
Italian Cheesesteak Pizza Wheat Dough	1260	650	73g	24g	0g	165mg	3320mg	93g	10g	9g	62g	45%	30%	80%	20%
Margherita Pizza Gluten Free Dough	1060	450	49g	18g	0g	65mg	2900mg	127g	29g	14g	29g	45%	45%	150%	10%
Margherita Pizza Regular Dough	940	400	45g	19g	0g	65mg	3030mg	96g	6g	9g	42g	45%	30%	150%	8%
Margherita Pizza Wheat Dough	930	420	47g	19g	0g	65mg	2970mg	91g	10g	11g	41g	45%	30%	150%	8%
Mexican Pizza Gluten Free Dough	1350	580	65g	24g	0g	175mg	2300mg	137g	30g	12g	50g	45%	80%	60%	25%
Mexican Pizza Regular Dough	1240	540	61g	25g	0g	175mg	2430mg	105g	7g	7g	63g	45%	60%	60%	20%
Mexican Pizza Wheat Dough	1230	560	63g	25g	0g	175mg	2380mg	101g	11g	10g	62g	45%	60%	60%	20%
Pear and Gorgonzola Gluten Free Dough	1290	620	69g	19g	0g	85mg	1890mg	141g	33g	17g	32g	20%	25%	50%	15%
Pear and Gorgonzola Pizza Regular Dough	1170	570	65g	20g	0g	85mg	2020mg	109g	10g	11g	45g	20%	8%	50%	10%
Pear and Gorgonzola Wheat Dough	1160	590	67g	20g	0g	85mg	1970mg	105g	14g	14g	44g	20%	8%	50%	10%
Pepperoni Pizza Gluten Free Dough	1100	440	48g	21g	0g	120mg	2450mg	130g	28g	10g	32g	30%	30%	45%	10%
Pepperoni Pizza Regular Dough	980	390	44g	22g	0g	120mg	2580mg	98g	5g	5g	45g	30%	15%	45%	8%
Pepperoni Pizza Wheat Dough	970	410	45g	22g	0g	120mg	2530mg	94g	9g	8g	44g	30%	15%	45%	10%
Quattro Formaggio Gluten Free Dough	1180	470	54g	23g	0g	95mg	2860mg	141g	37g	17g	34g	25%	30%	80%	25%
Quattro Formaggio Pizza Regular Dough	1070	420	50g	24g	0g	95mg	2990mg	109g	14g	12g	48g	25%	15%	80%	20%
Quattro Formaggio Wheat Dough	1050	440	52g	24g	0g	95mg	2930mg	105g	18g	14g	46g	25%	15%	80%	20%
Rosemary Chicken and Mushroom Pizza Gluten Free Dough	1220	500	57g	22g	0.5g	140mg	2400mg	131g	31g	11g	51g	30%	25%	80%	15%
Rosemary Chicken and Mushroom Pizza Regular Dough	1100	450	53g	23g	0.5g	140mg	2530mg	99g	7g	6g	65g	30%	10%	80%	10%
Rosemary Chicken and Mushroom Pizza Wheat Dough	1090	470	54g	23g	0.5g	140mg	2470mg	95g	11g	9g	63g	30%	10%	80%	10%
Rustica Pizza Gluten Free Dough	1190	470	54g	19g	0g	110mg	2710mg	138g	29g	9g	36g	20%	35%	50%	15%
Rustica Pizza Regular Dough	1070	430	50g	20g	0g	110mg	2840mg	106g	6g	4g	49g	20%	20%	50%	10%
Rustica Pizza Wheat Dough	1060	450	52g	20g	0g	110mg	2790mg	102g	10g	7g	48g	20%	20%	50%	15%
Spicy Shrimp Pizza Gluten Free Dough	1220	340	39g	16g	0g	340mg	3510mg	150g	36g	24g	58g	30%	45%	50%	50%
Spicy Shrimp Pizza Regular Dough	1100	300	35g	17g	0g	340mg	3640mg	119g	13g	19g	71g	30%	30%	50%	45%
Spicy Shrimp Pizza Wheat Dough	1090	310	37g	17g	0g	340mg	3590mg	114g	17g	22g	70g	30%	30%	50%	45%
Sweet Thai Chicken Pizza Gluten Free Dough	1310	460	52g	19g	0g	140mg	2840mg	163g	29g	38g	45g	35%	45%	45%	15%
Sweet Thai Chicken Pizza Regular Dough	1200	410	48g	20g	0g	140mg	2970mg	131g	6g	33g	59g	35%	30%	50%	10%
Sweet Thai Chicken Pizza Wheat Dough	1180	430	50g	20g	0g	140mg	2920mg	127g	10g	35g	57g	35%	30%	50%	10%
Wild Mushroom Pizza Gluten Free Dough	1130	450	51g	20g	0g	105mg	2650mg	130g	29g	10g	37g</				

Salads (w/ dressing w/ bread)	Cals	Cals From Fat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbo	Fibre	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Arugula Salad	600	350	38g	7g	0g	10mg	600mg	55g	5g	21g	11g	30%	20%	15%	6%
Brixx Salad	740	510	56g	9g	0g	5mg	520mg	47g	3g	4g	12g	6%	6%	4%	10%
Brixx Salad with Roasted Chicken	940	570	63g	10g	0g	100mg	750mg	47g	3g	5g	42g	10%	10%	4%	15%
Brixx Salad with Salmon	1010	620	69g	11g	0g	90mg	1050mg	48g	4g	4g	44g	15%	8%	8%	20%
Brixx Salad with Sauteed Shrimp	810	510	57g	9g	0g	135mg	680mg	47g	3g	4g	28g	6%	6%	4%	20%
Caesar Salad	660	440	50g	8g	0g	15mg	1210mg	45g	4g	2g	14g	250%	60%	10%	15%
Caesar Salad with Roasted Chicken	860	500	57g	9g	0g	105mg	1440mg	46g	4g	2g	44g	250%	60%	15%	15%
Caesar Salad with Salmon	930	560	63g	10g	0g	100mg	1740mg	47g	5g	2g	46g	250%	60%	15%	20%
Caesar Salad with Sauteed Shrimp	780	490	55g	9g	0g	145mg	1440mg	45g	4g	2g	30g	250%	60%	15%	25%
Mediterranean Salad	650	450	49g	9g	0g	15mg	1550mg	42g	6g	4g	12g	260%	80%	10%	10%
Mediterranean Salad with Roasted Chicken	840	510	56g	10g	0g	105mg	1770mg	42g	6g	4g	43g	270%	80%	15%	15%
Mediterranean Salad with Roasted Salmon	910	560	62g	10g	0g	100mg	2070mg	43g	6g	4g	44g	270%	80%	15%	20%
Mediterranean Salad with Sauteed Shrimp	720	450	49g	9g	0g	145mg	1700mg	42g	6g	4g	29g	260%	80%	15%	25%
Southwestern Salad	950	390	44g	9g	0g	120mg	2560mg	87g	13g	9g	53g	290%	80%	30%	25%
Spinach Salad	430	120	15g	3.5g	0g	10mg	760mg	65g	5g	18g	15g	180%	50%	15%	20%
Spinach Salad with Roasted Chicken	630	180	22g	4.5g	0g	105mg	990mg	66g	5g	18g	46g	180%	60%	15%	25%
Spinach Salad with Roasted Salmon	690	240	28g	5g	0g	95mg	1280mg	67g	6g	18g	47g	180%	50%	20%	30%
Spinach Salad with Sauteed Shrimp	500	130	16g	3.5g	0g	140mg	910mg	65g	5g	18g	32g	180%	50%	15%	35%
Sweet Thai Chicken Salad	870	330	36g	8g	0g	105mg	2190mg	87g	7g	43g	49g	280%	90%	10%	20%
Salad Bread	Cals	Cals From Fat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbo	Fibre	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Focaccia Dough (Salad Bread)	80	20	2.5g	0g	0g	0mg	140mg	13g	< 1g	0g	3g	0%	0%	0%	0%
Salad Add Protein	Cals	Cals From Fat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbo	Fibre	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Blackened Chicken	160	30	3.5g	1g	0g	90mg	820mg	0g	0g	0g	30g	20%	2%	0%	2%
Blackened Shrimp	120	50	5g	0.5g	0g	130mg	930mg	0g	0g	0g	16g	25%	0%	2%	10%
Roasted Pulled Chicken	200	60	7g	1.5g	0g	90mg	230mg	0g	0g	0g	30g	2%	4%	0%	4%
Salmon Marinated	280	120	14g	2g	0g	90mg	550mg	2g	< 1g	0g	34g	6%	2%	4%	10%
Sauteed Shrimp	120	50	5g	0.5g	0g	130mg	230mg	0g	0g	0g	16g	0%	0%	2%	10%
Dressings	Cals	Cals From Fat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbo	Fibre	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Balsamic Vinaigrette	420	410	44g	6g	0g	0mg	60mg	2g	0g	2g	0g	0%	0%	0%	0%
Blue Cheese Dressing	360	300	34g	6g	0g	20mg	700mg	4g	0g	2g	2g	0%	0%	4%	0%
Caesar Dressing	360	360	40g	6g	0g	10mg	660mg	0g	0g	0g	2g	0%	0%	0%	0%
Chipotle-Honey Vinaigrette	60	0	0g	0g	0g	0mg	20mg	15g	0g	13g	0g	2%	0%	0%	0%
Creamy Chili Pepper Dressing	210	190	21g	3.5g	0g	15mg	520mg	5g	< 1g	2g	2g	8%	4%	6%	0%
Feta Dressing	350	340	37g	6g	0g	< 5mg	510mg	2g	0g	0g	1g	2%	2%	2%	2%
Honey Herb Vinaigrette	350	320	34g	5g	0g	0mg	110mg	9g	0g	9g	0g	2%	0%	0%	0%
Honey Mustard	170	60	7g	1g	0g	< 5mg	300mg	25g	0g	18g	8g	0%	8%	2%	2%
Peanut Satay Dressing	180	100	10g	2g	0g	0mg	960mg	16g	0g	12g	4g	0%	0%	0%	0%
Ranch Dressing	260	240	26g	4g	0g	20mg	460mg	6g	0g	2g	2g	0%	0%	4%	0%
Sandwiches	Cals	Cals From Fat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbo	Fibre	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Chicken Club Sandwich	760	340	38g	10g	0g	125mg	3510mg	54g	3g	2g	49g	15%	15%	10%	6%
Italian Beef Sandwich	580	190	21g	6g	0g	75mg	4370mg	59g	3g	4g	45g	10%	25%	10%	10%
Meatball Sub	880	400	46g	16g	2g	185mg	1660mg	74g	4g	13g	44g	35%	60%	30%	45%
Mozzarella Sandwich	790	460	51g	15g	0g	40mg	4180mg	56g	3g	5g	26g	20%	10%	90%	4%
Mozzarella Sandwich with Prosciutto	910	540	59g	18g	0g	75mg	4980mg	56g	3g	5g	37g	20%	10%	90%	6%
Prosciutto and Tomato Sandwich	650	290	32g	12g	0g	100mg	4410mg	53g	3g	3g	37g	20%	15%	8%	8%
Turkey and Cranberry Pecan Pesto Sandwich	810	370	40g	5g	0g	50mg	4000mg	79g	6g	22g	34g	6%	15%	4%	6%
Sides	Cals	Cals From Fat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbo	Fibre	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Corn and Black Bean Salad	140	10	1g	0g	0g	0mg	500mg	26g	7g	3g	7g	4%	6%	2%	10%
Fruit Mix	70	0	0g	0g	**	0mg	15mg	18g	2g	16g	1g	35%	80%	2%	2%
Kettle Chip Side Item	300	160	18g	2g	0g	0mg	320mg	32g	2g	0g	4g	0%	20%	0%	4%
Pasta Salad	450	230	25g	5g	0g	15mg	750mg	44g	5g	6g	9g	4%	8%	4%	15%
Pastas	Cals	Cals From Fat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbo	Fibre	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Chicken and Bacon Alfredo Pasta	1840	1080	122g	56g	0g	400mg	3050mg	117g	6g	7g	70g	60%	6%	60%	25%
Chicken Penne Pasta	1630	970	108g	53g	0g	360mg	3460mg	108g	5g	7g	49g	110%	40%	35%	20%
Meatball Pasta	1500	580	67g	18g	2g	210mg	4070mg	162g	12g	37g	66g	60%	90%	35%	70%
Pomodoro Pasta	750	160	17g	1g	0g	0mg	2400mg	125g	9g	26g	22g	35%	60%	10%	30%
Pomodoro Pasta with Roasted Chicken	940	220	25g	2.5g	0g	90mg	2620mg	126g	9g	26g	52g	35%	60%	10%	35%
Pomodoro Pasta with Sauteed Shrimp	1140	430	46g	5g	0g	130mg	3050mg	138g	11g	33g	40g	60%	90%	15%	45%
Sausage and Peppers Pasta	2140	1320	144g	38g	0g	180mg	4300mg	144g	11g	29g	61g	60%	130%	15%	60%
Shrimp Carbonara	1350	670	76g	46g	0g	400mg	2800mg	120g	13g	13g	41g	50%	20%	35%	45%
Desserts	Cals	Cals From Fat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbo	Fibre	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Chocolate Truffle Tort		230	26g	15g	0g	85mg	125mg	29g	2g	23g	4g	10%	0%	4%	10%
Salted Caramel Cookie	1200	480	55g	28g	1g	95mg	2170mg	179g	1g	111g	12g	35%	0%	10%	10%
Smores Pizza	930	250	29g	14g	0g	0mg	870mg	165g	8g	80g	15g	0%	0%	6%	25%
Kids Menu	Calories	Cals From Fat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbo	Fibre	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Kids Cheese Pizza	370	100	12g	6g	0g	30mg	950mg	49g	3g	3g	17g	15%	6%	15%	4%
Kids Penne with Alfredo Sauce	1120	610	70g	43g	0g	240mg	1780mg	103g	4g	5g	19g	50%	0%	35%	15%
Kids Penne with Butter	610	180	20g	3.5g	2.5g	0mg	1270mg	91g	4g	5g	16g	10%	0%	0%	15%
Kids Penne with Tomato Sauce	560	80	9g	1g	0g	0mg	1430mg	101g	6g	10g	18g	25%	25%	4%	20%
Kids Pepperoni Pizza	420	140	16g	8g	0g	45mg	1100mg	49g	3g	3g	19g	15%	6%	15%	4%