

NUTRITIONAL INFORMATION

Starters	Calories	Cal/Fat	TotalFat	Sat Fat	TransFat	Chol	Sodium	Carbo	Diet Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Brixx Stixx	830	280	33g	7g	0g	15mg	1750mg	118g	5g	21g	30g	15%	20%	20%	8%
Bruschetta	620	230	25g	8g	0g	20mg	4050mg	78g	7g	17g	21g	30%	40%	50%	10%
Hummus Trio Appetizer	570	200	22g	3.5g	0g	0mg	1410mg	72g	13g	10g	19g	180%	110%	30%	40%
Spinach and Artichoke Dip	860	530	57g	24g	0g	110mg	1310mg	76g	10g	4g	14g	60%	15%	25%	10%
Soup	Calories	Cal/Fat	TotalFat	Sat Fat	TransFat	Chol	Sodium	Carbo	Diet Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Tuscan White Bean Soup Cup	320	200	22g	6g	0	35mg	1420mg	18g	4g	3g	13g	6%	8%	4%	8%
Tuscan White Bean Soup Bowl	640	400	44g	13g	0	75g	2840mg	36g	9g	7g	25g	15%	15%	8%	15%
Wood Fired Wings (w/ Celery)	Calories	Cal/Fat	TotalFat	Sat Fat	TransFat	Chol	Sodium	Carbo	Diet Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Buffalo Wings with Gorgonzola Dressing	680	470	52g	15g	0g	255mg	3190mg	4g	< 1g	2g	50g	30%	6%	15%	10%
Rosemary and Garlic Wings with Gorgonzola Dressing	680	470	52g	15g	0g	255mg	1350mg	4g	< 1g	2g	50g	10%	6%	15%	10%
Sweet Thai Chili Wings with Gorgonzola Dressing	840	480	53g	15g	0g	255mg	2150mg	44g	< 1g	38g	50g	20%	15%	15%	10%
Buffalo Wings with Ranch Dressing	700	510	56g	12g	0g	240mg	3440mg	4g	< 1g	2g	47g	20%	6%	10%	10%
Rosemary and Garlic Wings with Ranch Dressing	700	510	56g	12g	0g	240mg	1600mg	4g	< 1g	2g	47g	6%	6%	10%	10%
Sweet Thai Chili Wings with Ranch Dressing	860	520	57g	12g	0g	240mg	2400mg	44g	< 1g	38g	47g	15%	15%	10%	10%
Salads (no dressing)	Calories	Cal/Fat	TotalFat	Sat Fat	TransFat	Chol	Sodium	Carbo	Diet Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Arugula Salad	180	80	9g	3g	0g	10mg	230mg	21g	4g	16g	6g	25%	15%	15%	6%
Brixx Salad	140	60	7g	1.5g	0g	5mg	150mg	16g	2g	6g	6g	6%	6%	2%	8%
Brixx Salad with Roasted Chicken	340	120	14g	3g	0g	100mg	370mg	16g	2g	3g	36g	10%	8%	4%	10%
Caesar Salad	120	30	4.5g	1g	0g	5mg	230mg	16g	3g	2g	6g	250%	60%	10%	10%
Mediterranean Salad	110	60	7g	2g	0g	10mg	720mg	11g	4g	4g	5g	260%	80%	10%	8%
Pear Chicken Salad	610	320	36g	5g	0g	85mg	740mg	45g	6g	37g	29g	60%	130%	6%	10%
Southwestern Chicken Salad	560	160	17g	5g	0g	105mg	1720mg	52g	11g	7g	44g	280%	80%	25%	20%
Spinach Salad	180	70	10g	2.5g	0g	10mg	410mg	19g	3g	1g	9g	180%	50%	15%	20%
Spinach Salad with Roasted Salmon	460	200	24g	4.5g	0g	100mg	970mg	21g	4g	1g	43g	180%	50%	20%	30%
Sweet Thai Chicken Salad	480	160	18g	4.5g	0g	105mg	910mg	41g	5g	31g	39g	270%	90%	10%	15%
Salads (with dressing)	Calories	Cal/Fat	TotalFat	Sat Fat	TransFat	Chol	Sodium	Carbo	Diet Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Arugula Salad	440	320	35g	7g	0g	10mg	320mg	28g	4g	22g	6g	30%	20%	15%	6%
Brixx Salad	560	460	51g	8g	0g	5mg	200mg	18g	2g	4g	6g	6%	6%	4%	8%
Brixx Salad with Roasted Chicken	750	520	58g	9g	0g	100mg	430mg	18g	2g	4g	36g	10%	10%	4%	10%
Brixx Salad with Salmon	840	580	65g	10g	0g	95mg	760mg	19g	2g	4g	40g	15%	8%	8%	15%
Brixx Salad with Sauteed Shrimp	630	470	51g	8g	0g	135mg	360mg	18g	2g	4g	22g	6%	6%	4%	20%
Caesar Salad	480	390	44g	7g	0g	15mg	890mg	16g	3g	2g	8g	250%	60%	10%	10%
Caesar Salad with Roasted Chicken	670	450	52g	8g	0g	105mg	1120mg	17g	3g	2g	39g	250%	60%	15%	15%
Caesar Salad with Salmon	760	520	59g	9g	0g	105mg	1450mg	18g	4g	2g	42g	250%	60%	15%	20%
Caesar Salad with Sauteed Shrimp	590	440	50g	8g	0g	145mg	1120mg	16g	3g	2g	24g	250%	60%	15%	25%
Mediterranean Salad	460	400	43g	8g	0g	15mg	1230mg	13g	5g	4g	7g	260%	80%	10%	10%
Mediterranean Salad with Roasted Chicken	660	460	50g	9g	0g	105mg	1450mg	13g	5g	4g	37g	270%	80%	15%	15%
Mediterranean Salad with Roasted Salmon	740	520	58g	10g	0g	105mg	1780mg	14g	5g	4g	40g	270%	80%	15%	20%
Mediterranean Salad with Sauteed Shrimp	530	400	44g	8g	0g	145mg	1380mg	13g	5g	4g	23g	260%	80%	15%	25%
Pear Chicken Salad	960	640	70g	10g	0g	85mg	850mg	54g	6g	46g	29g	60%	130%	6%	10%
Southwestern Chicken Salad	770	340	38g	8g	0g	120mg	2240mg	58g	12g	8g	47g	290%	80%	30%	25%
Spinach Salad	250	70	10g	2.5g	0g	10mg	440mg	36g	4g	17g	9g	180%	50%	15%	20%
Spinach Salad with Roasted Chicken	440	140	17g	4g	0g	105mg	660mg	37g	4g	17g	40g	180%	60%	15%	25%
Spinach Salad with Roasted Salmon	530	200	24g	4.5g	0g	100mg	990mg	38g	4g	17g	43g	180%	50%	20%	30%
Spinach Salad with Sauteed Shrimp	320	80	10g	2.5g	0g	140mg	590mg	36g	4g	17g	26g	180%	50%	15%	35%
Sweet Thai Chicken Salad	660	260	28g	6g	0g	105mg	1870mg	57g	5g	43g	43g	270%	90%	10%	15%
Salads Add Protein	Calories	Cal/Fat	TotalFat	Sat Fat	TransFat	Chol	Sodium	Carbo	Diet Fiber	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 Chicken	200	60	7g	1.5g	0g	90mg	230mg	0g	0g	0g	30g	2%	4%	0%	4%
Salmon Herb-Roasted	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	Calories	Cal/Fat	TotalFat	Sat Fat	TransFat	Chol	Sodium	Carbo	Diet Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Balsamic Vinaigrette	360	350	38g	5g	0g	0mg	50mg	2g	0g	1g	0g	0%	0%	0%	0%
Caesar Dressing	320	310	35g	5g	0g	10mg	580mg	0g	0g	0g	2g	0%	0%	0%	0%
Creamy Chili Pepper Dressing	140	140	15g	2.5g	0g	15mg	490mg	2g	< 1g	2g	2g	6%	4%	4%	0%
Feta Vinaigrette	300	290	32g	5g	0g	< 5mg	440mg	2g	0g	0g	1g	2%	2%	2%	2%
Gorgonzola Dressing	140	120	13g	5g	0g	30mg	280mg	2g	0g	2g	5g	6%	0%	10%	0%
Honey Herb Vinaigrette	300	270	29g	4g	0g	0mg	95mg	8g	0g	7g	0g	0%	0%	0%	0%
Honey Mustard	150	50	6g	1g	0g	< 5mg	260mg	22g	0g	16g	7g	0%	6%	2%	2%
Honey-Chipotle Vinaigrette	60	0	0g	0g	0g	0mg	20mg	15g	0g	13g	0g	2%	0%	0%	0%
Ranch Dressing	160	160	18g	2.5g	0g	15mg	430mg	2g	0g	2g	2g	0%	0%	4%	0%
Thai Peanut Dressing	130	70	7g	1.5g	0g	0mg	700mg	12g	0g	9g	3g	0%	0%	0%	0%
Sandwiches	Calories	Cal/Fat	TotalFat	Sat Fat	TransFat	Chol	Sodium	Carbo	Diet Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Chicken Club Sandwich	790	350	38g	10g	0g	120mg	3860mg	60g	3g	3g	51g	15%	15%	10%	8%
Meatball Sub	950	460	49g	18g	2g	135mg	4280mg	82g	7g	13g	42g	30%	60%	30%	30%
Mozzarella Sandwich	900	530	58g	18g	0g	55mg	4790mg	63g	3g	6g	32g	30%	15%	120%	4%
Mozzarella Sandwich with Prosciutto	1020	610	67g	22g	0g	90mg	5590mg	62g	3g	5g	43g	25%	10%	120%	6%
Pear Chicken Salad Sandwich	1240	720	79g	11g	0g	85mg	4050mg	94g	6g	29g	40g	10%	15%	4%	10%
Tuscan Sandwich	1030	630	64g	22g	0g	125mg	5740mg	61g	3g	2g	42g	10%	8%	25%	10%
Sides	Calories	Cal/Fat	TotalFat	Sat Fat	TransFat	Chol	Sodium	Carbo	Diet Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Black Bean and Corn Salad	110	10	1g	0g	0g	0mg	380mg	20g	6g	2g	6g	2%	4%	2%	8%
Fruit Mix	60	0	0g	0g	**	0mg	10mg	15g	1g	12g	< 1g	2%	50%	2%	2%
Kettle Chips	300	160	18g	2g	0g	0mg	320mg	32g	2g	0g	4g	0%	20%	0%	4%
Pasta Salad	310	160	17g	3.5g	0g	10mg	510mg	30g	4g	4g	6g	2%	6%	4%	10%
Pastas	Calories	Cal/Fat	TotalFat	Sat Fat	TransFat	Chol	Sodium	Carbo	Diet Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Meatball Pomodoro	1160	460	53g	18g	2.5g	150mg	2720mg	118g	10g	21g	49g	35%	50%	30%	60%
Pomodoro Pasta	660	130	15g	1g	0g	0mg	2250mg	112g	8g	26g	19g	35%	60%	10%	30%
Pomodoro Pasta with Roasted Chicken	860	200	22g	2g	0g	90mg	2470mg	112g	8g	26g	50g	35%	60%	10%	35%
Pomodoro Pasta with Sauteed Shrimp	1060	400	44g	5g	0g	130mg	2900mg	124g	10g	33g	37g	60%	90%	15%	45%
Roasted Chicken Alfredo Pasta	1760	1060	119g	56g	0g	400mg	2900mg	103g	5g	7g	68g	60%	6%	60%	25%
Roasted Chicken Penne Pasta	1550	950	106g	53g	0g	360mg	3300mg	94g	5g	7g	47g	110%	40%	35%	20%
Shrimp Carbonara	1260	640	73g	45g	0g	400mg	2650mg	106g	12g	13g	38g	50%	20%	35%	45%
Desserts	Calories	Cal/Fat	TotalFat	Sat Fat	TransFat	Chol	Sodium	Carbo	Diet Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Chocolate Truffle Torte	420	230	26g	15g	0g	85mg	170mg	47g	2g	30g	4g	10%	0%	4%	15%
Ice Cream Vanilla 2 Scoops	320	150	27g	11g	0g	125mg	110mg	37g	0g	30g	7g	15%	0%	25%	0%
Root Beer Float	410	150	27g	11g	0g	125mg	140mg	61g	0g	53g	7g	15%	0%	25%	0%
Salted Caramel Cookie Dessert	1240	480	55g	28g	1g	95mg	2210mg	188g	1g	111g	12g	35%	0%	10%	10%
Smoers Pizza	1120	450	51g	19g	5g	< 5mg	1120mg	163g	8g	80g	15g	20%	0%	2%	20%
Kids Menu	Calories	Cal/Fat	TotalFat	Sat Fat	TransFat	Chol	Sodium	Carbo	Diet Fiber	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%

Pizzas	Calories	Cal/Fat	TotalFat	Sat Fat	TransFat	Chol	Sodium	Carbo	Diet Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
4 x 4 Pizza Cauliflower Crust	1690	1070	120g	52g	0g	285mg	4200mg	75g	4g	4g	75g	30%	20%	100%	25%
4 x 4 Pizza Gluten-Free Crust	1850	1070	119g	46g	0g	255mg	4480mg	130g	29g	9g	67g	30%	15%	70%	20%
4 x 4 Pizza Traditional Dough	1740	1030	115g	47g	0g	255mg	4620mg	98g	6g	3g	80g	30%	0%	70%	20%
4 x 4 Pizza Wheat Dough	1730	1050	117g	46g	0g	255mg	4560mg	94g	10g	6g	79g	30%	0%	70%	20%
Americo Pizza Cauliflower Crust	910	400	46g	26g	0g	145mg	2070mg	77g	5g	7g	40g	30%	35%	70%	15%
Americo Pizza Gluten-Free Crust	1080	410	45g	20g	0g	115mg	2350mg	132g	29g	11g	32g	30%	30%	45%	15%
Americo Pizza Traditional 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%
BBQ Chicken Pizza Cauliflower Crust	980	350	42g	24g	0g	170mg	2900mg	91g	4g	16g	52g	30%	25%	80%	15%
BBQ Chicken Pizza Gluten-Free Crust	1140	360	41g	18g	0g	140mg	3180mg	145g	21g	4g	44g	30%	25%	50%	10%
BBQ Chicken Pizza Traditional Dough	1030	310	37g	19g	0g	140mg	3310mg	114g	5g	16g	57g	30%	8%	50%	6%
BBQ Chicken Pizza Wheat Dough	1020	330	38g	19g	0g	140mg	3260mg	109g	9g	18g	56g	30%	8%	50%	8%
Bronx Bomber Pizza Cauliflower Crust	1490	850	96g	42g	0g	250mg	3570mg	83g	5g	6g	66g	40%	30%	80%	35%
Bronx Bomber Pizza Gluten-Free Crust	1660	860	95g	36g	0g	220mg	3850mg	138g	29g	11g	58g	40%	30%	50%	30%
Bronx Bomber Pizza Traditional Dough	1540	810	91g	37g	0g	220mg	3980mg	106g	6g	5g	71g	40%	15%	50%	25%
Bronx Bomber Pizza Wheat Dough	1530	830	93g	37g	0g	220mg	3930mg	102g	10g	8g	70g	40%	15%	50%	25%
Buffalo Chicken Pizza w/ Gorgonzola Dressing Cauliflower Crust	1120	550	63g	31g	0g	205mg	2510mg	75g	4g	6g	57g	40%	25%	90%	15%
Buffalo Chicken Pizza w/ Gorgonzola Dressing Gluten-Free Crust	1280	550	62g	25g	0g	175mg	2790mg	130g	29g	11g	49g	40%	20%	60%	10%
Buffalo Chicken Pizza w/ Gorgonzola Dressing Traditional Dough	1170	510	58g	26g	0g	175mg	2920mg	98g	6g	5g	62g	40%	6%	60%	6%
Buffalo Chicken Pizza w/ Gorgonzola Dressing Wheat Dough	1150	520	59g	26g	0g	175mg	2860mg	94g	10g	8g	61g	40%	6%	60%	8%
Buffalo Chicken Pizza w/ Ranch Cauliflower Crust	1100	560	64g	27g	0g	190mg	2720mg	75g	4g	6g	54g	35%	25%	80%	15%
Buffalo Chicken Pizza w/ Ranch Gluten-Free Crust	1270	560	63g	21g	0g	160mg	3000mg	130g	29g	11g	46g	35%	20%	60%	10%
Buffalo Chicken Pizza w/ Ranch Traditional Dough	1150	520	59g	22g	0g	160mg	3130mg	98g	6g	5g	59g	35%	6%	60%	6%
Buffalo Chicken Pizza w/ Ranch Wheat Dough	1140	530	61g	22g	0g	160mg	3080mg	94g	10g	8g	58g	35%	6%	60%	8%
Cheese Pizza Cauliflower Crust	790	310	37g	21g	0g	115mg	1700mg	76g	4g	6g	35g	30%	30%	70%	15%
Cheese Pizza Gluten-Free Crust	960	320	36g	15g	0g	85mg	1990mg	130g	28g	10g	27g	30%	30%	45%	10%
Cheese Pizza Traditional 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 Cauliflower Crust	1060	460	55g	26g	0g	205mg	2050mg	75g	5g	6g	62g	60%	45%	70%	20%
Chicken Florentine Pizza Gluten-Free Crust	1220	470	54g	20g	0g	175mg	2330mg	130g	29g	10g	54g	60%	45%	50%	15%
Chicken Florentine Pizza Traditional 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 Cauliflower Crust	930	420	50g	23g	0g	125mg	1880mg	81g	5g	9g	37g	45%	45%	70%	15%
Greek Pizza Gluten-Free Crust	1090	430	49g	17g	0g	95mg	2160mg	136g	29g	14g	28g	45%	45%	50%	10%
Greek Pizza Traditional 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 Cauliflower Crust	1000	450	53g	25g	0g	155mg	2380mg	81g	4g	11g	45g	20%	80%	70%	15%
Hawaiian Pizza Gluten-Free Crust	1160	460	52g	19g	0g	125mg	2660mg	135g	28g	15g	37g	20%	80%	45%	10%
Hawaiian Pizza Traditional 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%
Margherita Pizza Cauliflower Crust	890	440	50g	24g	0g	95mg	2620mg	73g	5g	9g	37g	45%	50%	170%	15%
Margherita Pizza Gluten-Free Crust	1060	450	49g	18g	0g	65mg	2900mg	127g	29g	14g	29g	45%	45%	150%	10%
Margherita Pizza Traditional 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 Cauliflower Crust	1240	540	61g	25g	0g	175mg	2430mg	105g	7g	7g	63g	45%	60%	60%	20%
Mexican Pizza Gluten-Free Crust	1350	580	65g	24g	0g	175mg	2300mg	137g	30g	12g	50g	45%	80%	60%	25%
Mexican Pizza Traditional 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 Pizza Cauliflower Crust	1120	610	70g	25g	0g	115mg	1610mg	86g	9g	12g	40g	20%	25%	70%	20%
Pear and Gorgonzola Pizza Gluten-Free Crust	1290	620	69g	19g	0g	85mg	1890mg	141g	33g	17g	32g	20%	25%	50%	15%
Pear and Gorgonzola Pizza Traditional Dough	1170	570	65g	20g	0g	85mg	2020mg	109g	10g	11g	45g	20%	8%	50%	10%
Pear and Gorgonzola Pizza Wheat Dough	1160	590	67g	20g	0g	85mg	1970mg	105g	14g	14g	44g	20%	8%	50%	10%
Pepperoni Pizza Cauliflower Crust	930	430	49g	27g	0g	150mg	2170mg	76g	4g	6g	40g	30%	30%	70%	15%
Pepperoni Pizza Gluten-Free Crust	1100	440	48g	21g	0g	120mg	2450mg	130g	28g	10g	32g	30%	30%	45%	10%
Pepperoni Pizza Traditional Dough	980	390	44g	22g	0g	120mg	2580mg	98g	5g	4g	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 Pizza Cauliflower Crust	1020	460	55g	29g	0g	125mg	2580mg	87g	13g	12g	43g	25%	35%	100%	30%
Quattro Formaggio Pizza Gluten-Free Crust	1180	470	54g	23g	0g	95mg	2860mg	141g	37g	17g	34g	25%	30%	80%	25%
Quattro Formaggio Pizza Traditional Dough	1070	420	50g	24g	0g	95mg	2990mg	109g	14g	12g	48g	25%	15%	80%	20%
Quattro Formaggio Pizza Wheat Dough	1050	440	52g	24g	0g	95mg	2930mg	105g	18g	14g	46g	25%	15%	80%	20%
Rosemary Chicken and Mushroom Pizza Cauliflower Crust	1060	490	58g	28g	0.5g	170mg	2120mg	77g	6g	6g	60g	30%	25%	100%	20%
Rosemary Chicken and Mushroom Pizza Gluten-Free Crust	1220	500	57g	22g	0.5g	140mg	2400mg	131g	31g	11g	51g	30%	25%	80%	15%
Rosemary Chicken and Mushroom Pizza Traditional 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 Cauliflower Crust	1060	490	58g	26g	0g	155mg	2690mg	84g	5g	4g	48g	20%	40%	70%	20%
Rustica Pizza Gluten-Free Crust	1230	500	57g	20g	0g	125mg	2970mg	138g	29g	9g	40g	20%	35%	50%	15%
Rustica Pizza Traditional Dough	1110	450	53g	21g	0g	125mg	3100mg	106g	6g	4g	53g	20%	20%	50%	10%
Rustica Pizza Wheat Dough	1100	470	54g	21g	0g	125mg	3050mg	102g	10g	7g	52g	20%	20%	50%	15%
Sausage And Spicy Honey Pizza Cauliflower Crust	1980	1280	143g	59g	0g	300mg	4140mg	93g	5g	13g	79g	45%	30%	100%	35%
Sausage And Spicy Honey Pizza Gluten-Free Crust	2140	1290	142g	53g	0g	270mg	4420mg	148g	30g	18g	71g	45%	30%	70%	30%
Sausage And Spicy Honey Pizza Traditional Dough	2030	1240	138g	54g	0g	270mg	4550mg	116g	7g	13g	85g	45%	10%	70%	30%
Sausage And Spicy Honey Pizza Wheat Dough	2010	1260	140g	54g	0g	270mg	4490mg	112g	11g	16g	83g	45%	10%	70%	30%
Spicy Shrimp Pizza Cauliflower Crust	1050	340	40g	22g	0g	370mg	3230mg	96g	11g	20g	66g	30%	50%	70%	50%
Spicy Shrimp Pizza Gluten-Free Crust	1220	340	39g	16g	0g	340mg	3510mg	150g	36g	24g	58g	30%	45%	50%	50%
Spicy Shrimp Pizza Traditional 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 Cauliflower Crust	1150	450	53g	25g	0g	170mg	2560mg	109g	5g	33g	54g	35%	50%	70%	15%
Sweet Thai Chicken Pizza Gluten-Free Crust	1310	460	52g	19g	0g	140mg	2840mg	163g	29g	38g	45g	35%	45%	45%	15%
Sweet Thai Chicken Pizza Traditional 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 Cauliflower Crust	960	440	52g	26g	0g	135mg	2370mg	75g	4g	5g	45g	30%	25%	100%	15%
Wild Mushroom Pizza Gluten-Free Crust	1130	450	51g	20g	0g	105mg	2650mg	130g	29g	10g	37g	30%	25%	80%	15%
Wild Mushroom Pizza Traditional Dough	1010	400	47g	22g	0g	105mg	2780mg	98g	5g	5g	51g	30%	8%	80%	10%
Wild Mushroom Pizza Wheat Dough	1000	420	49g	21g	0g	105mg	2730mg	94g	9g	8g	49g	30%	8%	80%	10%
Wood Roasted Vegetable Pizza Cauliflower Crust	830	310	37g	21g	0g	115mg	1710mg	83g	6g	7g	37g	60%	100%	70%	25%
Wood Roasted Vegetable Pizza Gluten-Free Crust	990	320	36g	15g	0g	85mg	1990mg	137g	30g	12g	29g	60%	10%	50%	20%
Wood Roasted Vegetable Pizza Traditional Dough	880	270	32g	16g	0g	85mg	2120mg	105g	7g	7g	42g	60%	90%	50%	15%
Wood Roasted Vegetable Pizza Wheat Dough	860	290	34g	16g	0g	85mg	2070mg	101g	11g	9g	41g	60%	90%	50%	15%
Doughs and Bread															
Cauliflower Crust	420	90	10g	6g	0g	30mg	810mg	66g	3g	3g	12g	0%	20%	25%	10%
Gluten-Free Crust	580	100	10g	0g											