

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% | 4% | 15% |
| Brixx Salad with Sautéed 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 Sautéed 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 Sautéed 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 Sautéed 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% |
| Sautéed 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 Sautéed 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 | Pro | | | | |

| 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 | 28g | 21g | 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% | 25% | 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% | 30% | 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 | 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 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 | 12g | 27g | 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% | 100% | 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 | Calories | Cal/Fat | TotalFat | Sat Fat | TransFat | Chol | Sodium | Carbo | Diet Fiber | Sugars | Protein | Vit A | Vit C | Calcium | Iron |
| Cauliflower Crust | 420 | 90 | 10g | 6g | 0g | 30mg | 810mg | 66g | 3g | 10g | 12g | 0% | 20% | | |