

Full Menu Nutritional Information



2000 calories a day is used for general nutrition advice, but calorie needs vary.

(nutritional calculated for entire pizza)	# slices	Calories	Cal from Fat	Total Fat	Sat Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
4 Cheese Pizza - SM	4	570	130	16g	8g	0g	40mg	730mg	76g	0g	6g	24g	15%	15%	40%	2%
4 Cheese Pizza - REG	6	910	250	30g	15g	0g	80mg	1260mg	110g	< 1g	9g	42g	30%	30%	80%	2%
4 Cheese Pizza - LG	10	1720	450	53g	27g	0g	145mg	2290mg	214g	1g	15g	77g	50%	45%	140%	4%
BBQ Chicken Pizza - SM	4	670	140	17g	8g	0g	75mg	1510mg	85g	0g	12g	37g	10%	4%	45%	4%
BBQ Chicken Pizza - REG	6	1110	260	31g	15g	0g	150mg	2820mg	127g	0g	22g	69g	20%	8%	90%	6%
BBQ Chicken Pizza - LG	10	2010	470	55g	27g	0g	245mg	4630mg	239g	< 1g	35g	117g	35%	10%	150%	10%
Bianca Pizza - SM	4	740	290	34g	12g	0g	65mg	800mg	75g	0g	4g	30g	15%	2%	5%	4%
Bianca Pizza - REG	6	1270	570	66g	24g	0g	130mg	1400mg	108g	< 1g	6g	54g	25%	6%	100%	10%
Bianca Pizza - LG	10	2260	920	107g	41g	0g	215mg	2500mg	212g	1g	11g	96g	40%	10%	170%	15%
Buffalo Chicken Pizza - SM	4	730	230	27g	10g	0g	85mg	1330mg	75g	< 1g	4g	38g	50%	20%	45%	4%
Buffalo Chicken Pizza - REG	6	1190	410	49g	18g	0g	170mg	2410mg	106g	1g	6g	69g	90%	35%	90%	6%
Buffalo Chicken Pizza - LG	10	2190	740	87g	32g	0g	280mg	4080mg	209g	2g	11g	119g	150%	50%	150%	10%
Caribbean Pizza - SM	4	680	190	23g	10g	0g	70mg	1230mg	83g	1g	12g	31g	15%	25%	40%	2%
Caribbean Pizza - REG	6	990	360	42g	20g	0g	140mg	2120mg	92g	2g	16g	53g	30%	50%	80%	4%
Caribbean Pizza - LG	10	2090	670	78g	37g	0g	245mg	4070mg	227g	3g	28g	102g	50%	80%	140%	8%
Davinci Pizza - SM	4	650	200	24g	11g	0g	60mg	1080mg	78g	< 1g	7g	25g	25%	50%	20%	4%
Davinci Pizza - REG	6	990	340	39g	17g	0g	105mg	1770mg	113g	2g	11g	39g	45%	90%	35%	6%
Davinci Pizza - LG	10	1740	540	62g	26g	0g	155mg	2990mg	217g	3g	18g	66g	60%	140%	45%	10%
Garlic Chicken Pizza - SM	4	760	250	29g	10g	0g	95mg	1570mg	77g	1g	6g	40g	25%	40%	45%	4%
Garlic Chicken Pizza - REG	6	1290	480	56g	20g	0g	190mg	2940mg	111g	2g	8g	75g	40%	70%	90%	8%
Garlic Chicken Pizza - LG	10	2290	790	93g	34g	0g	305mg	4810mg	216g	3g	14g	126g	60%	100%	150%	10%
Giardino (Veggie Gourmet) Pizza - SM	4	620	150	18g	8g	0g	40mg	890mg	82g	2g	8g	25g	30%	80%	45%	6%
Giardino (Veggie Gourmet) Pizza - REG	6	1000	280	33g	15g	0g	80mg	1540mg	121g	4g	13g	44g	60%	120%	90%	10%
Giardino (Veggie Gourmet) Pizza - LG	10	1860	500	58g	27g	0g	145mg	2730mg	231g	6g	22g	81g	90%	190%	150%	15%
Greek Pizza - SM	4	670	240	27g	10g	0g	50mg	1140mg	74g	< 1g	3g	27g	10%	2%	45%	2%
Greek Pizza - REG	6	1110	450	51g	19g	0g	105mg	2000mg	106g	1g	5g	48g	20%	6%	90%	2%
Greek Pizza - LG	10	2030	750	86g	33g	0g	180mg	3550mg	209g	2g	9g	88g	30%	10%	150%	4%
Margherita Pizza - SM	4	560	130	16g	8g	0g	40mg	750mg	78g	< 1g	6g	20g	20%	25%	20%	2%
Margherita Pizza - REG	6	810	200	24g	11g	0g	60mg	1120mg	114g	2g	11g	30g	40%	50%	35%	4%
Margherita Pizza - LG	10	1440	300	35g	16g	0g	80mg	1820mg	219g	3g	18g	49g	50%	70%	45%	6%
Pepperoni Pizza - SM	4	630	180	21g	10g	0g	55mg	960mg	76g	0g	6g	26g	15%	15%	40%	2%
Pepperoni Pizza - REG	6	1000	320	37g	18g	0g	100mg	1590mg	110g	< 1g	9g	45g	30%	30%	80%	4%
Pepperoni Pizza - LG	10	1870	570	66g	32g	0g	175mg	2850mg	214g	1g	15g	82g	50%	45%	140%	6%
Pesto Chicken Amore Pizza - SM	4	700	230	26g	9g	0g	80mg	1490mg	74g	1g	4g	36g	15%	6%	30%	8%
Pesto Chicken Amore Pizza - REG	6	1090	390	44g	14g	0g	135mg	2580mg	104g	2g	5g	60g	30%	10%	50%	15%
Pesto Chicken Amore Pizza - LG	10	1850	580	65g	20g	0g	195mg	4020mg	204g	3g	9g	94g	40%	15%	70%	20%
Prosciutto Pizza - SM	4	630	210	25g	9g	0g	60mg	1150mg	73g	0g	3g	25g	10%	4%	20%	4%
Prosciutto Pizza - REG	6	970	360	41g	15g	0g	100mg	1910mg	103g	< 1g	5g	39g	20%	8%	35%	6%
Prosciutto Pizza - LG	10	1670	540	62g	21g	0g	140mg	3000mg	203g	1g	9g	64g	25%	15%	45%	10%
RBP Gourmet Works Pizza - SM	4	700	220	26g	11g	0g	75mg	1280mg	79g	1g	7g	32g	20%	35%	40%	4%
RBP Gourmet Works Pizza - REG	6	1160	420	48g	21g	0g	145mg	2290mg	114g	2g	11g	57g	35%	60%	80%	8%
RBP Gourmet Works Pizza - LG	10	2110	710	82g	37g	0g	245mg	3980mg	220g	3g	18g	102g	60%	90%	150%	10%
RBP Meatworks (Came) Pizza - SM	4	710	230	27g	12g	0g	90mg	1300mg	77g	0g	6g	34g	20%	15%	40%	4%
RBP Meatworks (Came) Pizza - REG	6	1190	440	51g	23g	0g	175mg	2350mg	112g	< 1g	10g	62g	35%	30%	80%	6%
RBP Meatworks (Came) Pizza - LG	10	2150	740	86g	40g	0g	290mg	4050mg	216g	1g	16g	109g	60%	45%	150%	10%
Rustica Pizza - SM	4	520	220	25g	10g	0g	55mg	810mg	45g	0g	2g	23g	10%	2%	40%	2%
Rustica Pizza - REG	6	950	410	48g	19g	0g	105mg	1490mg	77g	0g	4g	45g	20%	6%	80%	4%
Rustica Pizza - LG	10	1490	680	79g	33g	0g	185mg	2500mg	109g	< 1g	5g	75g	30%	10%	150%	6%
Thai Pizza - SM	4	760	220	26g	9g	0g	75mg	1670mg	84g	< 1g	10g	41g	35%	4%	45%	6%
Thai Pizza - REG	6	1300	430	49g	18g	0g	150mg	3150mg	126g	1g	19g	75g	70%	6%	90%	15%
Thai Pizza - LG	10	2290	720	82g	32g	0g	245mg	5130mg	238g	2g	30g	127g	120%	10%	150%	20%

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Fhazani®	Servings	Calories	Cal from Fat	Total Fat	Sat Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
BBQ Chicken Fhazani	1	470	90	10g	4.5g	0g	60mg	1250mg	58g	1g	12g	28g	60%	30%	30%	6%
Ham N Cheese Fhazani	1	450	150	17g	6g	0g	45mg	790mg	48g	2g	5g	19g	60%	30%	30%	4%
Italian Fhazani	1	630	290	33g	12g	0g	80mg	1530mg	51g	2g	6g	30g	70%	45%	30%	8%
Milano Meatball Fhazani	1	610	270	31g	13g	0g	90mg	1510mg	47g	< 1g	4g	31g	10%	20%	25%	6%
Pesto Chicken Amore Fhazani	1	560	210	24g	7g	0g	75mg	1170mg	49g	2g	5g	30g	70%	80%	30%	8%
Veggie Fhazani	1	450	150	17g	6g	0g	35mg	620mg	51g	3g	6g	16g	70%	60%	30%	8%
Salads	Servings	Calories	Cal from Fat	Total Fat	Sat Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
California Club Salad - Half	1	370	200	24g	6g	0g	60mg	1150mg	18g	5g	4g	20g	210%	40%	20%	15%
California Club Salad - Full	2	600	320	38g	10g	0g	110mg	2040mg	27g	7g	5g	36g	310%	50%	30%	25%
California Club Salad - Fam	3	950	520	60g	16g	0g	165mg	3110mg	44g	12g	9g	55g	520%	90%	50%	40%
Chicken Caesar Salad - Half	1	220	130	14g	3g	0g	30mg	1270mg	13g	2g	3g	11g	200%	8%	10%	8%
Chicken Caesar Salad - Full	2	350	190	21g	4.5g	0g	55mg	2000mg	19g	4g	4g	21g	300%	15%	15%	10%
Chicken Caesar Salad - Fam	3	560	310	33g	7g	0g	85mg	3180mg	30g	6g	7g	32g	490%	20%	30%	20%
Chinese Chicken Salad - Half	1	260	100	10g	0.5g	0g	15mg	680mg	30g	4g	16g	11g	220%	70%	6%	10%
Chinese Chicken Salad - Full	2	450	180	18g	1g	0g	35mg	1200mg	49g	7g	24g	21g	380%	110%	10%	20%
Chinese Chicken Salad - Fam	3	700	270	28g	1.5g	0g	50mg	1880mg	75g	10g	37g	31g	590%	160%	15%	30%
Classic Caesar Salad - Half	1	190	120	13g	3g	0g	15mg	1010mg	12g	2g	3g	5g	200%	8%	10%	6%
Classic Caesar Salad - Full	2	280	180	20g	4.5g	0g	20mg	1490mg	18g	4g	4g	7g	300%	10%	15%	10%
Classic Caesar Salad - Fam	3	460	300	32g	7g	0g	35mg	2410mg	29g	6g	7g	12g	490%	20%	25%	15%
Garden Salad - Half	1	300	190	23g	5g	0g	25mg	920mg	15g	3g	4g	7g	260%	15%	15%	8%
Garden Salad - Full	2	470	300	35g	8g	0g	45mg	1380mg	25g	5g	6g	13g	430%	25%	30%	10%
Garden Salad - Fam	3	750	490	57g	13g	0g	70mg	2200mg	38g	9g	9g	20g	690%	40%	45%	20%
Greek Salad - Half	1	260	170	19g	3.5g	0g	15mg	1370mg	15g	4g	4g	8g	210%	15%	8%	10%
Greek Salad - Full	2	400	270	29g	6g	0g	25mg	2080mg	24g	6g	6g	13g	310%	25%	15%	15%
Greek Salad - Fam	3	630	420	47g	9g	0g	30mg	3210mg	37g	10g	10g	20g	520%	40%	20%	25%
Italian Salad - Half	1	380	280	31g	7g	0g	30mg	1660mg	16g	4g	4g	12g	210%	50%	20%	10%
Italian Salad - Full	2	590	430	48g	12g	0g	50mg	2560mg	25g	6g	6g	20g	320%	80%	35%	15%
Italian Salad - Fam	3	920	660	74g	18g	0g	70mg	3920mg	39g	10g	10g	29g	530%	120%	50%	25%
Pesto Del Pollo Salad - Half	1	250	150	16g	3g	0g	30mg	1340mg	15g	4g	3g	13g	210%	15%	15%	10%
Pesto Del Pollo Salad - Full	2	450	260	29g	6g	0g	60mg	2280mg	24g	6g	6g	25g	320%	30%	25%	20%
Pesto Del Pollo Salad - Fam	3	690	400	44g	9g	0g	90mg	3530mg	38g	10g	9g	37g	520%	40%	35%	30%
Southwest Salad - Half	1	270	160	18g	4.5g	0g	45mg	580mg	10g	4g	3g	15g	210%	40%	20%	10%
Southwest Salad - Full	2	440	240	29g	7g	0g	75mg	1040mg	18g	6g	5g	27g	320%	70%	30%	15%
Southwest Salad - Fam	3	700	400	46g	12g	0g	120mg	1610mg	27g	10g	8g	40g	520%	110%	45%	25%
Veggie Proteina Salad - Half	1	210	70	8g	1g	0g	< 5mg	660mg	28g	9g	4g	9g	210%	80%	10%	20%
Veggie Proteina Salad - Full	2	380	140	15g	2g	0g	5mg	1170mg	50g	16g	8g	17g	330%	140%	20%	35%
Veggie Proteina Salad - Fam	3	580	200	22g	3g	0g	10mg	1760mg	77g	25g	12g	26g	540%	220%	30%	60%
Sides	Servings	Calories	Cal from Fat	Total Fat	Sat Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Breadsticks - Full	4	840	110	13g	2g	0g	< 5mg	750mg	151g	0g	7g	21g	0%	0%	4%	0%
Cheesy Breadsticks - Full	4	1020	220	25g	9g	0g	45mg	1090mg	153g	0g	7g	35g	8%	0%	45%	0%