

B.C. PIZZA

NUTRITION INFORMATION



Item	Portion / Unit	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)
PIZZA											
Personal: Bac Dbl Cheeseburger	1 Slice (1/4 Pizza)	131	5.18	2.325	0	14	273	13.95	1.1	2.1	7.78
Personal: BBQ Chicken	1 Slice (1/4 Pizza)	122	3.5	1.525	0	10	290	16.35	0.9	4.3	6.78
Personal: Buffalo Chicken	1 Slice (1/4 Pizza)	138	6.2	2.3	0	11	305	13.62	0.9	1.82	7.12
Personal: C	1 Slice (1/4 Pizza)	107	3.32	1.475	0	7	214	13.75	1.1	2.03	6.03
Personal: C-P	1 Slice (1/4 Pizza)	120	4.58	2.05	0	10	258	13.75	1.1	2.03	6.5
Personal: C-P-H	1 Slice (1/4 Pizza)	123	4.67	2.075	0	11	290	13.75	1.1	2.03	6.98
Personal: C-P-H-M	1 Slice (1/4 Pizza)	123	4.67	2.075	0	11	290	13.88	1.1	2.03	7.1
Personal: C-P-H-M-GP	1 Slice (1/4 Pizza)	124	4.67	2.075	0	11	290	13.98	1.2	2.07	7.1
Personal: Carnivore's Feast	1 Slice (1/4 Pizza)	140	6.1	2.6	0	16	329	13.8	1.1	2.03	8.08
Personal: Chicken Bacon Ranch	1 Slice (1/4 Pizza)	144	6.75	2.275	0	14	275	13.23	0.9	1.7	7.55
Personal: Chicken Cordon Bleu	1 Slice (1/4 Pizza)	142	6.6	2.2	0.0	13.8	270.6	13.0	0.9	1.7	7.4
Personal: Chicken Parmazeti	1 Slice (1/4 Pizza)	143	6.6	2.25	0	12	239	13.55	1	1.88	7.33
Personal: Patrolman's Deluxe	1 Slice (1/4 Pizza)	142	6.1	2.6	0	16	329	14.18	1.2	2.17	8.17
Personal: Patrolman's Special	1 Slice (1/4 Pizza)	125	4.68	2.075	0	11	290	14.17	1.2	2.17	7.13
Personal: Taco Pizza	1 Slice (1/4 Pizza)	140	5.6	2.375	0	13	235	14.92	1	2.85	7.5
Small: Bac Dbl Cheeseburger	1 Slice (1/6 Pizza)	233	9.1	4.067	0	27	489	25.42	1.8	3.8	13.23
Small: BBQ Chicken	1 Slice (1/6 Pizza)	206	4.98	2.083	0	14	521	30.52	1.3	8.38	10.58
Small: Buffalo Chicken	1 Slice (1/6 Pizza)	226	9.17	3.333	0	16	499	24.88	1.4	3.35	11.12
Small: C	1 Slice (1/6 Pizza)	175	4.65	1.983	0	9	347	25.05	1.7	3.63	9.08
Small: C-P	1 Slice (1/6 Pizza)	197	6.72	2.917	0	14	421	25.05	1.7	3.63	9.87
Small: C-P-H	1 Slice (1/6 Pizza)	204	6.97	3.02	0	18	500	25.05	1.7	3.63	11.05
Small: C-P-H-M	1 Slice (1/6 Pizza)	205	6.97	3.017	0	18	500	25.32	1.8	3.63	11.3
Small: C-P-H-M-GP	1 Slice (1/6 Pizza)	199	6.47	2.783	0	15	459	25.4	1.8	3.73	10.68
Small: Carnivore's Feast	1 Slice (1/6 Pizza)	234	9.43	3.933	0	26	563	25.15	1.7	3.63	12.87
Small: Chicken Bacon Ranch	1 Slice (1/6 Pizza)	244	10.78	3.467	0	24	486	24.23	1.3	3.1	12.27
Small: Chicken Cordon Bleu	1 Slice (1/6 Pizza)	240	10.61	3.4	0.00	23.62	478	23.84	1.28	3.05	12.07
Small: Chicken Parmazeti	1 Slice (1/6 Pizza)	247	11.02	3.767	0	21	420	24.88	1.6	3.48	12.2
Small: Greek-Za Med	1 Slice (1/6 Pizza)	227	9.43	3.333	0	17	582	25.82	1.9	3.07	10.4
Small: Patrolman's Deluxe	1 Slice (1/6 Pizza)	237	9.43	3.933	0	26	563	25.83	1.9	3.88	13.08
Small: Patrolman's Special	1 Slice (1/6 Pizza)	200	6.47	2.783	0	15	459	25.75	1.9	3.88	10.72
Small: Pizza Margherita	1 Slice (1/6 Pizza)	188	5.25	2.25	0	10	373	26.2	2	4.27	9.85
Small: Southwest Steak & Port	1 Slice (1/6 Pizza)	247	10.17	3.817	0.05	22	466	25.47	1.8	3.65	13.3
Small: Taco Pizza	1 Slice (1/6 Pizza)	243	9.2	3.883	0	22	410	27.65	1.7	5.58	12.23
Medium: Bac Dbl Cheeseburger	1 Slice (1/8 Pizza)	241	8.99	3.963	0	26	493	27.49	1.9	4.04	13.52
Medium: BBQ Chicken	1 Slice (1/8 Pizza)	221	5.37	2.25	0	15	549	32.61	1.5	8.62	11.5
Medium: Buffalo Chicken	1 Slice (1/8 Pizza)	247	10.07	3.637	0	18	551	27.09	1.5	3.65	12.1
Medium: C	1 Slice (1/8 Pizza)	189	5	2.125	0	9	365	27.14	1.9	3.89	9.76
Medium: C-P	1 Slice (1/8 Pizza)	211	7.06	3.062	0	15	439	27.14	1.9	3.89	10.55
Medium: C-P-H	1 Slice (1/8 Pizza)	218	7.31	3.15	0	18	519	27.14	1.9	3.89	11.74
Medium: C-P-H-M	1 Slice (1/8 Pizza)	219	7.31	3.15	0	18	519	27.39	1.9	3.89	11.99
Medium: C-P-H-M-GP	1 Slice (1/8 Pizza)	213	6.84	2.938	0	16	484	27.42	1.9	3.98	11.43
Medium: Carnivore's Feast	1 Slice (1/8 Pizza)	248	9.83	4.087	0	27	600	27.22	1.9	3.89	13.62
Medium: Chicken Bacon Ranch	1 Slice (1/8 Pizza)	265	11.68	3.7	0	26	531	26.37	1.5	3.39	13.44
Medium: Chicken Cordon Bleu	1 Slice (1/8 Pizza)	261	11.1	4	0	26	523	26	1	3	13
Medium: Chicken Parmazeti	1 Slice (1/8 Pizza)	263	11.51	3.762	0	21	447	26.96	1.7	3.74	12.76
Medium: Greek-Za Med	1 Slice (1/8 Pizza)	249	10.38	3.825	0	18	646	28.07	2.2	3.31	11.59
Medium: Patrolman's Deluxe	1 Slice (1/8 Pizza)	253	9.89	4.1	0	28	620	27.87	2	4.14	14.09
Medium: Patrolman's Special	1 Slice (1/8 Pizza)	216	6.9	2.963	0	17	504	27.78	2	4.14	11.75
Medium: Pizza Margherita	1 Slice (1/8 Pizza)	206	5.85	2.525	0	11	397	28.36	2.2	4.54	10.87
Medium: Southwest Steak & Port.	1 Slice (1/8 Pizza)	271	11.36	4.263	0.062	24	513	27.65	1.9	3.92	14.59
Medium: Taco Pizza	1 Slice (1/8 Pizza)	252	9.12	3.813	0	21	418	29.74	1.9	5.85	12.64
Large: Bac Dbl Cheeseburger	1 Slice (1/10 Pizza)	268	9.89	4.36	0	27	550	30.6	2.3	4.55	15.23
Large: BBQ Chicken	1 Slice (1/10 Pizza)	249	6.54	2.79	0	17	584	35.4	1.7	8.95	13.22
Large: Buffalo Chicken	1 Slice (1/10 Pizza)	278	11.56	4.28	0.01	21	598	29.87	1.8	3.96	13.91
Large: C	1 Slice (1/10 Pizza)	218	6.19	2.67	0	12	430	30.17	2.2	4.36	11.7
Large: C-P	1 Slice (1/10 Pizza)	245	8.66	3.81	0	19	519	30.17	2.2	4.36	12.65
Large: C-P-H	1 Slice (1/10 Pizza)	252	8.91	3.9	0	22	599	30.17	2.2	4.36	13.83
Large: C-P-H-M	1 Slice (1/10 Pizza)	253	8.91	3.9	0	22	599	30.42	2.3	4.36	14.08
Large: C-P-H-M-GP	1 Slice (1/10 Pizza)	254	8.91	3.9	0	22	599	30.62	2.3	4.48	14.11
Large: Carnivore's Feast	1 Slice (1/10 Pizza)	287	11.79	4.96	0	31	676	30.27	2.2	4.36	16.03
Large: Chicken Bacon Ranch	1 Slice (1/10 Pizza)	293	13.04	4.25	0	27	553	29.16	1.7	3.72	14.74
Large: Chicken Cordon Bleu	1 Slice (1/10 Pizza)	288	13	4	0	27	544	29	2	4	15
Large: Chicken Parmazeti	1 Slice (1/10 Pizza)	291	12.73	4.22	0	22	482	29.78	2	4.07	14.3
Large: Greek-Za Med	1 Slice (1/10 Pizza)	282	11.91	4.55	0	21	711	30.97	2.4	3.66	13.58
Large: Patrolman's Deluxe	1 Slice (1/10 Pizza)	290	11.79	4.96	0	31	677	31.05	2.4	4.66	16.24
Large: Patrolman's Special	1 Slice (1/10 Pizza)	256	8.91	3.9	0	22	599	31.05	2.4	4.66	14.14



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Large: Pizza Margherita	1 Slice (1/10 Pizza)	234	6.89	3.01	0	14	462	31.43	2.5	5.04	12.6
Large: Southwest Steak & Port.	1 Slice (1/10 Pizza)	302	12.76	4.85	0.07	27	565	30.6	2.2	4.35	16.44
Large: Taco Pizza	1 Slice (1/10 Pizza)	286	10.73	4.46	0	24	473	32.51	2.1	6.06	14.68
X-Large: Bac Dbl Cheeseburger	1 Slice (1/12 Pizza)	278	10.59	4.7	0.008	30	570	30.73	2.4	4.54	16.22
X-Large: BBQ Chicken	1 Slice (1/12 Pizza)	259	7.23	3.142	0.008	19	597	35.51	1.8	8.95	14.08
X-Large: Buffalo Chicken	1 Slice (1/12 Pizza)	286	12.18	4.508	0.008	22	605	29.96	1.9	3.96	14.61
X-Large: C	1 Slice (1/12 Pizza)	228	6.9	3.025	0.008	14	443	30.25	2.3	4.33	12.63
X-Large: C-P	1 Slice (1/12 Pizza)	258	9.64	4.292	0.008	21	542	30.25	2.3	4.33	13.69
X-Large: C-P-H	1 Slice (1/12 Pizza)	265	9.9	4.375	0.008	25	621	30.25	2.3	4.33	14.87
X-Large: C-P-H-M	1 Slice (1/12 Pizza)	266	9.9	4.375	0.008	25	621	30.5	2.4	4.33	15.12
X-Large: C-P-H-M-GP	1 Slice (1/12 Pizza)	258	9.17	4.05	0.008	22	583	30.64	2.4	4.47	14.61
X-Large: Carnivore's Feast	1 Slice (1/12 Pizza)	296	12.38	5.283	0.008	33	688	30.33	2.3	4.33	16.99
X-Large: Chicken Bacon Ranch	1 Slice (1/12 Pizza)	307	14.09	4.708	0.008	29	580	29.28	1.8	3.73	15.76
X-Large: Chicken Cordon Bleu	1 Slice (1/12 Pizza)	302	14	5	0	29	571	29	2	4	16
X-Large: Chicken Parmazeti	1 Slice (1/12 Pizza)	300	13.47	4.508	0.008	23	494	29.91	2.1	4.08	15.02
X-Large: Greek-Za Med	1 Slice (1/12 Pizza)	292	12.67	4.908	0.008	24	738	31.12	2.5	3.68	14.51
X-Large: Patrolman's Deluxe	1 Slice (1/12 Pizza)	300	12.37	5.283	0.008	33	688	31.2	2.5	4.67	17.22
X-Large: Patrolman's Special	1 Slice (1/12 Pizza)	260	9.17	4.05	0.008	22	583	31.12	2.5	4.67	14.64
X-Large: Pizza Margherita BC	1 Slice (1/12 Pizza)	242	7.5	3.308	0.008	15	471	31.51	2.6	5.03	13.41
X-Large: SW Steak & Portabella	1 Slice (1/12 Pizza)	314	13.61	5.225	0.075	29	588	30.82	2.3	4.42	17.37
X-Large: Taco Pizza	1 Slice (1/12 Pizza)	299	11.62	4.867	0.008	27	495	32.83	2.2	6.14	15.83
Sarge: Bac Dbl Cheeseburger	1 Slice (1/8 Pizza)	618	21.16	9.225	0.012	53	1,107	75.26	5.3	10.55	34.27
Sarge: BBQ Chicken	1 Slice (1/8 Pizza)	615	16.1	6.888	0.012	40	1,402	88.41	4.4	22.36	31.64
Sarge: Buffalo Chicken	1 Slice (1/8 Pizza)	686	28.69	10.638	0.013	49	1,426	74.27	4.4	9.66	33.59
Sarge: C	1 Slice (1/8 Pizza)	541	15.48	6.687	0.012	30	954	74.2	5.1	10.09	28.86
Sarge: C-P	1 Slice (1/8 Pizza)	607	21.65	9.538	0.012	47	1,177	74.2	5.1	10.09	31.24
Sarge: C-P-H	1 Slice (1/8 Pizza)	621	22.15	9.7	0.012	54	1,336	74.2	5.1	10.09	33.6
Sarge: C-P-H-M	1 Slice (1/8 Pizza)	623	22.15	9.7	0.013	54	1,336	74.58	5.2	10.09	33.99
Sarge: C-P-H-M-GP	1 Slice (1/8 Pizza)	625	22.15	9.7	0.013	54	1,336	75.09	5.4	10.38	34.05
Sarge: Carnivore's Feast	1 Slice (1/8 Pizza)	723	30.5	12.875	0.013	82	1,607	74.45	5.1	10.09	40.08
Sarge: Chicken Bacon Ranch	1 Slice (1/8 Pizza)	702	30.64	9.788	0.013	54	1,202	72.81	4.3	9.3	33.54
Sarge: Chicken Cordon Bleu	1 Slice (1/8 Pizza)	691	30	10	0	53	1,183	72	4	9	33
Sarge: Chicken Parmazeti	1 Slice (1/8 Pizza)	716	31.58	10.475	0.013	53	1,144	73.89	4.8	9.91	34.14
Sarge: Greek-Za Med	1 Slice (1/8 Pizza)	702	29.35	11.187	0.013	54	1,717	77.36	6.2	9.1	34.44
Sarge: Patrolman's Deluxe	1 Slice (1/8 Pizza)	732	30.5	12.875	0.013	82	1,607	76.4	5.5	10.84	40.6
Sarge: Patrolman's Special	1 Slice (1/8 Pizza)	630	22.15	9.7	0.012	54	1,336	76.15	5.5	10.84	34.12
Sarge: Pizza Margherita	1 Slice (1/8 Pizza)	584	17.23	7.513	0.013	34	1,154	78.58	6.3	12.6	31.5
Sarge: Southwest Steak & Port.	1 Slice (1/8 Pizza)	751	31.77	12.063	0.175	66	1,392	76.49	5.5	10.86	40.33
Sarge: Taco Pizza	1 Slice (1/8 Pizza)	700	25.7	10.938	0.012	61	1,117	80.56	5	14.95	36.64
Sq. Pan: Bac Dbl Cheeseburger	1 Slice (1/12 Pizza)	223	8.24	3.633	0	23	458	25.5	1.9	3.79	12.69
Sq. Pan: BBQ Chicken	1 Slice (1/12 Pizza)	208	5.45	2.325	0	15	487	29.5	1.4	7.46	11.02
Sq. Pan: Buffalo Chicken	1 Slice (1/12 Pizza)	232	9.63	3.567	0.008	17	499	24.89	1.5	3.3	11.59
Sq. Pan: C	1 Slice (1/12 Pizza)	182	5.16	2.225	0	10	359	25.14	1.8	3.63	9.75
Sq. Pan: C-P	1 Slice (1/12 Pizza)	204	7.22	3.175	0	16	433	25.14	1.8	3.63	10.54
Sq. Pan: C-P-H	1 Slice (1/12 Pizza)	210	7.43	3.25	0	18	499	25.14	1.8	3.63	11.53
Sq. Pan: C-P-H-M	1 Slice (1/12 Pizza)	211	7.42	3.25	0	18	499	25.35	1.9	3.63	11.73
Sq. Pan: C-P-H-M-GP	1 Slice (1/12 Pizza)	211	7.38	3.233	0	18	486	25.52	2	3.73	11.57
Sq. Pan: Carnivore's Feast	1 Slice (1/12 Pizza)	239	9.82	4.133	0	26	564	25.23	1.8	3.63	13.36
Sq. Pan: Chicken Bacon Ranch	1 Slice (1/12 Pizza)	245	10.87	3.542	0	22	461	24.3	1.4	3.1	12.28
Sq. Pan: Chicken Cordon Bleu	1 Slice (1/12 Pizza)	241	11	3	0	22	454	24	1	3	12
Sq. Pan: Chicken Parmazeti	1 Slice (1/12 Pizza)	242	10.61	3.517	0	19	401	24.82	1.7	3.39	11.92
Sq. Pan: Greek-Za Med	1 Slice (1/12 Pizza)	235	9.92	3.792	0	18	592	25.81	2	3.05	11.32
Sq. Pan: Patrolman's Deluxe	1 Slice (1/12 Pizza)	242	9.83	4.133	0	26	564	25.87	2	3.88	13.53
Sq. Pan: Patrolman's Special	1 Slice (1/12 Pizza)	212	7.38	3.233	0	18	486	25.87	2	3.88	11.58
Sq. Pan: Pizza Margherita	1 Slice (1/12 Pizza)	195	5.74	2.508	0	11	385	26.19	2.1	4.2	10.5
Sq. Pan: Southwest Steak & Port	1 Slice (1/12 Pizza)	252	10.63	4.042	0.058	23	471	25.5	1.9	3.63	13.7
Sq. Pan: Taco Pizza	1 Slice (1/12 Pizza)	238	8.94	3.717	0	20	395	27.09	1.7	5.05	12.23
PIZZA TOPPINGS											
Bacon (Avg Slice)	1 Slice	30	2.3	1	0	13	162	0	0	0	2.5
Banana Peppers (Avg Slice)	1 Slice	0	0	0	0	0	115	0.2	0	0	0
Black Olives (Avg Slice)	1 Slice	13	1.1	0.2	0	0	66	0.4	0	0	0
Broccoli (Avg Slice)	1 Slice	2	0	0	0	0	3	0.4	0.2	0.1	0.2
Chicken (Avg Slice)	1 Slice	8	0.3	0.1	0	4	58	0.1	0	0	1.4
Feta Cheese (Avg Slice)	1 Slice	20	1.8	1.1	0	4	88	0.2	0	0	1.3
Green Peppers (Avg Slice)	1 Slice	1	0	0	0	0	0	0.3	0.1	0.2	0.1
Ground Beef (Avg Slice)	1 Slice	18	1.4	0.6	0	5	4	0	0	0	1.3
Ham (Avg Slice)	1 Slice	7	0.3	0.1	0	3	79	0	0	0	1.2
Jalapenos (Avg Slice)	1 Slice	0	0	0	0	0	119	0.2	0	0	0
Mushroom (Avg Slice)	1 Slice	2	0	0	0	0	0	0.3	0.1	0	0.3
Red Onion (Avg Slice)	1 Slice	3	0	0	0	0	0	0.7	0.1	0.3	0
Pepperoni (Avg Slice)	1 Slice	35	3.3	1.5	0	9	119	0	0	0	1.3
Pineapple (Avg Slice)	1 Slice	5	0	0	0	0	1	1.4	0.1	1.3	0
Seasoned Ground Beef	1 Ounce servings	62	4.54	1.837	0	15	82	0.77	0	0	4.08
Tomatoes (Avg Slice)	1 Slice	1	0	0	0	0	0	0.3	0.1	0.2	0.1



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Italian Sausage (Avg Slice)	1 Slice	3	2	0.75	0	4.3	55	0.32	0.01	0.14	1.4
Green Olives (Avg Slice)	1 Slice	6.7	0.7	0	0	0	140	0	0	0	0
Meatballs (Avg Slice)	1 Slice	9	0.48	0.15	0.01	2.4	17.8	0.6	0.11	0.24	0.58
Anchovies(Avg Slice)	1 Slice	50	2.5	0.5	0	20	920	0	0	0	7
Fresh Basil (Avg Slice)	1 Slice	0.1	0	0	0	0	0	0	0	0	0
Portabella Mushrooms(Avg Slice)	1 Slice	2.3	0	0	0	0	0.8	0.3	0.2	0.2	0.3
Red Bell Peppers (Avg Slice)	1 Slice	1.6	0	0	0	0	0.1	0.4	0.1	0.3	0.1
Spinach (Avg Slice)	1 Slice	1.4	0	0	0	0	4.8	0.2	0.1	0	0.2
Artichoke Hearts (Avg Slice)	1 Slice	4.5	0	0	0	0	5.1	1	0.5	0.1	0.2
Kalamata Olives(Avg Slice)	1 Slice	12.4	1.3	0.2	0	0	36	0.3	0.2	0	0
Pizza Sauce	1 Flz serving	10	0	0	0	0	242	2.45	0.8	1.64	0.77
Pizza Crust-Classic	1 Ounce servings	71	0.67	0.122	0.002	0	86	13.94	0.5	1.69	2.38
Pizza Crust- Gluten Free	¼ OF 10" Crust	100	3	0	0	0	180	17	0	2	2
APPETIZERS											
Bread Stix	Piece	75	1.03	0.36	0	1	89	13.94	0.5	1.69	2.38
Bread Stix W/PEPPERONI	Piece	93	2.76	1.15	0	6	151	13.94	0.5	1.69	3.04
Bread Stix W/HAM	Piece	80	1.23	0.42	0	4	152	13.94	0.5	1.69	3.32
Cheesy Bread 10"	Piece	109	3.46	1.57	0	7	145	14.35	0.9	1.69	5.62
Cheesy Bread 14"	Piece	113	3.60	1.63	0	7.28	151	14.92	0.9	1.76	5.84
Spi-Rolls: Chicken	Piece	89	2.98	1.292	0	12	266	10.08	1.1	1.17	5.6
Spi-Rolls: Pepperoni	Piece	84	2.99	1.323	0	6	136	10.88	0.5	1.3	3.56
Chicken Wings	Piece	109	7.1	2.186	0	57	202	0	0	0	9.83
Chicken Wings-Boneless	Piece	63	2.21	0.367	0	15	173	4.42	0	0.37	5.89
SALADS <i>Includes 3 oz Ranch Dressing(Regular Size)/ 1.5 oz Ranch Dressing(Small Size) unless otherwise noted.</i>											
Salad: Chicken-Regular	Each	886	66.4	14.6	0	110	2,146	30	7.9	13.5	46.9
Salad: Chicken-Small	Each	458	33.7	7.3	0	55	1,123	17.5	3.9	6.8	23.9
Salad: Garden-Regular	Each	811	68.4	17.3	0	81	1,304	28.1	6.9	14.1	23.1
Salad: Garden-Small	Each	419	34.7	8.7	0	40	701	16.6	3.4	7	12.1
Salad: Greek-Regular	Each	1,055	93.6	24.5	0	152	2,965	27.7	5.6	13.5	27.2
Salad: Greek-Small	Each	591	51.6	14.4	0	89	1,733	16.6	2.7	6.8	16.6
Salad: Italian-Regular	Each (Italian Dress)	834	71.7	16.4	0	63	2,115	25.9	6.8	11.5	24.7
Salad: Italian-Small	Each (Italian Dress)	441	37.2	8.6	0	34	1,138	15.5	3.3	5.8	13.2
Salad: Portabella- Regular	Each	356	14.4	8.6	0	35	885	36.4	8.1	23.3	21.9
Salad: Portabella- Small	Each	185	7.2	4.3	0	18	442	20	4.6	12.8	11.3
Salad: Chef's Super-Regular	Each	851	68.5	15.8	0	88	1,995	28.6	7.9	13.5	35.2
Salad: Chef's Super-Small	Each	445	35.2	8.1	0	45	1,062	16.9	3.9	6.8	18.3
Salad: Taco-Regular	Each (Taco Sauce)	840	49.8	17.9	0	101	1,619	63.3	8.6	9.5	37.5
Salad: Taco-Small	Each (Taco Sauce)	427	25	9	0	50	811	33.2	4.7	5.8	19.1
Salad: Tossed-Regular	Each	559	50.3	7.2	0	20	929	22.6	5.1	12.3	6.9
Salad: Tossed-Small	Each	297	25.7	3.6	0	10	516	14.4	2.7	6.5	4.1
Salad: Caesar- Regular	Each (Caesar Dress)	580	56.8	12.5	0.0	80.3	1179	10.9	4.1	4.0	9.2
Salad: Caesar- Small	Each (Caesar Dress)	389	38.0	8.4	0.0	53.8	790	7.3	2.7	2.7	6.1
SUBS, GRINDERS & WRAPS											
Sub: BBQ Beef	Each	1,065	25.8	11.6	0	107	3,784	146.7	6	51.6	61.6
Sub: BBQ Chicken	Each	1,056	25.7	10.9	0	106	4,070	148	6	51.6	60
Sub: BBQ Meatball	Each	1,553	68.4	26	1.2	151	4,490	158.4	10.7	51.6	77
Sub: BLT	Each	1,236	68.6	26	0	219	3,456	94.8	4.2	9.6	58.5
Sub: Cheese Steak Hoagie	Each	1,134	54.5	21	0	158	2,343	96.9	4.6	10.6	59.7
Sub: Chicken	Each	1,112	50.1	14.5	0	116	2,749	102.3	8.5	11.4	63.4
Sub: Club	Each	1,038	46.2	15.6	0	144	3,044	94.6	3.5	9.1	57.3
Sub: Crispy Chicken Club	Each	1,174	55.1	16.2	0	151	3,154	106.6	3.5	11.1	58.8
Sub: Ham & Cheese	Each	1,001	45.2	14.2	0	106	2,836	94	6	7	56.2
Sub: Italian Sausage	Each	1,127	52.1	19.7	0	117	3,257	109.6	9.8	13.9	58.2
Sub: Meatball	Each	1,402	68.4	26	1.2	151	3,960	118	14.6	15.2	80.8
Sub: Pizza	Each	1,200	58.3	24.9	0	182	3,862	101.9	8.3	11.9	68.7
Sub: Steak & Portabella	Each	1,220	58	19.4	0.5	133	3,281	104.8	6.9	13.1	61.8
Sub: Super	Each	1,141	61.3	17.6	0	116	3,210	94.8	5.6	8.2	50.5
Sub: Taco	Each	1,116	53.7	24.9	0	167	1,835	98	4.2	9.6	55.6
Sub: Turkey	Each	1,011	43.3	12.9	0	92	2,727	101.9	7.2	11.6	54.4
Sub: Veggie	Each	989	48.5	11.5	0	30	1,920	102.8	7.1	10.2	32
Wrap: BBQ Beef	Each	907	30.3	13.7	0	107	3,377	105	4	47.6	56.7
Wrap: BBQ Chicken	Each	898	30.3	13	0	106	3,663	106.3	4	47.6	55
Wrap: BBQ Meatball	Each	1,395	73	28	1.2	151	4,083	116.6	8.7	47.6	72
Wrap: BLT	Each	1,078	73.2	28.1	0	219	3,049	53.1	2.2	5.6	53.5
Wrap: Cheese Steak Hoagie	Each	976	59	23	0	158	1,936	55.2	2.6	6.6	54.7
Wrap: Chicken	Each	951	54.6	16.5	0	116	2,341	59.8	6.3	6.9	58.2
Wrap: Club	Each	869	50.8	17.6	0	134	2,566	52.9	1.5	5.1	49.3
Wrap: Crispy Chicken Club	Each	1,016	59.7	18.2	0	151	2,747	64.9	1.5	7.1	53.8
Wrap: Ham & Cheese	Each	843	49.7	16.2	0	106	2,429	52.3	4	3	51.3
Wrap: Italian Sausage	Each	969	56.7	21.8	0	117	2,850	67.9	7.8	10	53.3
Wrap: Meatball	Each	1,244	73	28	1.2	151	3,553	76.3	12.6	11.2	75.9
Wrap: Pizza	Each	1,042	62.8	26.9	0	182	3,455	60.2	6.3	8	63.7

