

	NUTRITION INFORMATION											ALLERGENS						
	Serving Size	Total Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	EGG	FISH	MILK	SOY	WHEAT	PEANUT	TREE NUT
14" Famous Thin	1 base	1790	71	35	2	235	4860	191	15	21	89	X		X		X		
12" Famous Thin	1 base	1300	52	25	1.5	170	3520	138	11	15	64	X		X		X		
10" Famous Thin	1 base	910	36	17	1	115	2460	98	8	11	45	X		X		X		
7" Famous Thin**	1 base	430	17	8	0	55	1160	47	4	5	21	X		X		X		
14" Famous Thick**	1 base	2100	73	35	2	160	5430	267	22	34	112	X		X		X		
12" Famous Thick**	1 base	1530	53	25	1.5	120	3940	194	16	25	82	X		X		X		
7" Famous Thick**	1 base	490	17	8	0	35	1250	63	5	8	26	X		X		X		
14" Hand Tossed	1 base	1990	64	30	2	145	4380	251	18	26	95	X		X		X		
12" Hand Tossed**	1 base	1440	46	21	1	105	3140	184	13	18	69	X		X		X		
12" Gluten Free	1 base	1230	55	29	1.5	115	1600	140	9	22	48			X	X			
10" Vegan** (crust and sauce only, no cheese)	1 base	430	4	0	0	0	630	95	3	12	4							
Choose Your Toppings (nutrients are for one topping pizza)																		
Bleu Cheese, 14" Pizza	1 topping	260	21	14	0.5	55	980	3	1	2	14			X				
Bleu Cheese, 12" Pizza	1 topping	180	14	10	0.5	40	670	2	1	1	10			X				
Bleu Cheese, 10" Pizza	1 topping	130	10	7	0	30	490	2	1	1	7			X				
Bleu Cheese, 7" Pizza	1 topping	60	5	3.5	0	15	250	1	0	0	4			X				
Asiago Cheese, 14" Pizza	1 topping	290	23	15	1	50	400	2	--	0	19			X				
Asiago Cheese, 12" Pizza	1 topping	200	16	10	0.5	35	270	1	--	0	13			X				
Asiago Cheese, 10" Pizza	1 topping	140	12	7	0	25	200	1	--	0	9			X				
Asiago Cheese, 7" Pizza	1 topping	70	6	3.5	0	10	100	0	--	0	5			X				
Smoke Provolone Cheese, 14" Pizza	1 topping	520	40	23	1.5	115	1060	6	3	3	35			X				
Smoke Provolone Cheese, 12" Pizza	1 topping	380	29	17	1	85	770	4	2	2	25			X				
Smoke Provolone Cheese, 10" Pizza	1 topping	270	20	12	0.5	60	550	3	2	1	18			X				
Smoke Provolone Cheese, 7" Pizza	1 topping	130	10	6	0	30	260	1	1	1	8			X				
Fresh Mozzarella Cheese, 14" Pizza	1 topping	340	26	15	1	85	170	3	0	2	26			X				
Fresh Mozzarella Cheese, 12" Pizza	1 topping	240	18	11	0.5	60	120	2	0	1	18			X				
Fresh Mozzarella Cheese, 10" Pizza	1 topping	170	13	8	0.5	45	85	1	0	1	13			X				
Fresh Mozzarella Cheese, 7" Pizza	1 topping	80	6	3.5	0	20	40	1	0	0	6			X				
Cheddar Cheese, 14" Pizza	1 topping	50	4.5	2.5	0	15	85	1	0	0	3			X				
Cheddar Cheese, 12" Pizza	1 topping	45	3.5	2	0	10	75	1	0	0	3			X				
Cheddar Cheese, 10" Pizza	1 topping	35	3	1.5	0	10	60	1	0	0	2			X				
Cheddar Cheese, 7" Pizza	1 topping	20	1.5	1	0	5	30	0	0	0	1			X				
Pepper Jack Cheese, 14" Pizza	1 topping	280	22	13	0	75	430	2	1	0	17			X				
Pepper Jack Cheese, 12" Pizza	1 topping	190	15	9	0	50	300	1	1	0	12			X				
Pepper Jack Cheese, 10" Pizza	1 topping	140	11	6	0	40	220	1	1	0	8			X				
Pepper Jack Cheese, 7" Pizza	1 topping	70	6	3	0	20	110	0	0	0	4			X				
Fresh Mushrooms, 14" Pizza	1 topping	50	1	0	0	0	10	7	2	4	7							
Fresh Mushrooms, 12" Pizza	1 topping	35	0.5	0	0	0	10	5	2	3	5							
Fresh Mushrooms, 10" Pizza	1 topping	25	0	0	0	0	5	4	1	2	4							
Fresh Mushrooms, 7" Pizza	1 topping	10	0	0	0	0	0	2	0	1	2							
Fresh Roma Tomatoes, 14" Pizza	1 topping	40	0	0	0	0	10	9	3	6	2							
Fresh Roma Tomatoes, 12" Pizza	1 topping	35	0	0	0	0	10	7	2	5	2							
Fresh Roma Tomatoes, 10" Pizza	1 topping	20	0	0	0	0	5	5	1	3	1							
Fresh Roma Tomatoes, 7" Pizza	1 topping	5	0	0	0	0	0	2	0	1	0							
Fresh Green Peppers, 14" Pizza	1 topping	35	0	0	0	0	5	8	3	4	2							
Fresh Green Peppers, 12" Pizza	1 topping	25	0	0	0	0	0	6	2	3	1							
Fresh Green Peppers, 10" Pizza	1 topping	20	0	0	0	0	0	4	2	2	1							
Fresh Green Peppers, 7" Pizza	1 topping	10	0	0	0	0	0	2	1	1	0							
Fresh Yellow Onion, 14" Pizza	1 topping	90	0	0	0	0	10	21	4	10	2							
Fresh Yellow Onion, 12" Pizza	1 topping	70	0	0	0	0	5	16	3	7	2							
Fresh Yellow Onion, 10" Pizza	1 topping	45	0	0	0	0	0	11	2	5	1							
Fresh Yellow Onion, 7" Pizza	1 topping	25	0	0	0	0	0	6	1	3	1							
Fresh Jalapeno Peppers, 14" Pizza**	1 topping	20	0	0	0	0	0	4	2	3	1							
Fresh Jalapeno Peppers, 12" Pizza**	1 topping	15	0	0	0	0	0	3	1	2	0							
Fresh Jalapeno Peppers, 10" Pizza**	1 topping	10	0	0	0	0	0	2	1	1	0							
Fresh Jalapeno Peppers, 7" Pizza**	1 topping	5	0	0	0	0	0	1	0	1	0							
Jalapeno Peppers, 14" Pizza**	1 topping	35	0	0	0	0	2560	8	2	3	1							
Jalapeno Peppers, 12" Pizza**	1 topping	25	0	0	0	0	1850	5	1	2	1							
Jalapeno Peppers, 10" Pizza**	1 topping	20	0	0	0	0	1280	4	1	2	1							
Jalapeno Peppers, 7" Pizza**	1 topping	10	0	0	0	0	640	2	0	1	0							
Fresh Baby Spinach, 14" Pizza	1 topping	20	0	0	0	0	70	3	2	0	3							
Fresh Baby Spinach, 12" Pizza	1 topping	15	0	0	0	0	55	2	1	0	2							
Fresh Baby Spinach, 10" Pizza	1 topping	10	0	0	0	0	35	2	1	0	1							
Fresh Baby Spinach, 7" Pizza	1 topping	5	0	0	0	0	20	1	0	0	1							
Banana Peppers, 14" Pizza	1 topping	25	0	0	0	0	1850	5	1	2	1							
Banana Peppers, 12" Pizza	1 topping	15	0	0	0	0	1320	4	1	2	1							
Banana Peppers, 10" Pizza	1 topping	10	0	0	0	0	930	2	1	1	0							
Banana Peppers, 7" Pizza	1 topping	10	0	0	0	0	600	2	0	1	0							
Black Olives, 14" Pizza	1 topping	190	17	3	0	0	880	0	0	0	0							
Black Olives, 12" Pizza	1 topping	140	12	2	0	0	650	0	0	0	0							
Black Olives, 10" Pizza	1 topping	90	8	1.5	0	0	440	0	0	0	0							
Black Olives, 7" Pizza	1 topping	35	3	0.5	0	0	170	0	0	0	0							
Green Olives, 14" Pizza	1 topping	260	22	7	0	0	1920	0	0	0	0							
Green Olives, 12" Pizza	1 topping	190	16	5	0	0	1400	0	0	0	0							
Green Olives, 10" Pizza	1 topping	130	11	3.5	0	0	960	0	0	0	0							
Green Olives, 7" Pizza	1 topping	50	4.5	1.5	0	0	370	0	0	0	0							
Tomato Bruschetta, 14" Pizza**	1 topping	220	20	1.5	0	0	1150	13	3	9	2							
Tomato Bruschetta, 12" Pizza**	1 topping	180	15	1	0	0	900	10	2	7	2							
Tomato Bruschetta, 10" Pizza**	1 topping	110	10	1	0	0	590	7	1	5	1							
Tomato Bruschetta, 7" Pizza**	1 topping	40	3.5	0	0	0	200	2	0	2	0							
Crispy Onions, 14" Pizza**	1 topping	220	13	2.5	0	0	220	22	3	2	2			X		X		
Crispy Onions, 12" Pizza**	1 topping	160	10	1.5	0	0	160	16	2	2	2			X		X		
Crispy Onions, 10" Pizza**	1 topping	110	7	1	0	0	115	12	1	1	1			X		X		
Crispy Onions, 7" Pizza**	1 topping	60	3.5	0.5	0	0	55	6	1	1	1			X		X		
Pineapple, 14" Pizza	1 topping	90	0	0	0	0	0	24	1	22	1							
Pineapple, 12" Pizza	1 topping	70	0	0	0	0	0	18	1	16	1							
Pineapple, 10" Pizza	1 topping	50	0	0	0	0	0	12	1	11	0							
Pineapple, 7" Pizza	1 topping	20	0	0	0	0	0	5	0	4	0							
Sliced Almonds, 14" Pizza**	1 topping	400	36	2.5	0	0	15	13	7	3	15							X
Sliced Almonds, 12" Pizza**	1 topping	290	26	2	0	0	10	9	5	2	11							X
Sliced Almonds, 10" Pizza**	1 topping	210	19	1.5	0	0	5	7	4	2	8							X
Sliced Almonds, 7" Pizza**	1 topping	80	7	0.5	0	0	0	3	1	1	3							X
Heritage Pepperoni, 14" Pizza	1 topping	560	47	16	0	140	1370	4	0	0	31							

	NUTRITION INFORMATION											ALLERGENS					
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Heritage Pepperoni, 12" Pizza	1 topping	410	34	12	0	105	1000	3	0	0	23						
Heritage Pepperoni, 10" Pizza	1 topping	280	23	8	0	70	680	2	0	0	16						
Heritage Pepperoni, 7" Pizza	1 topping	110	9	3.5	0	30	270	1	0	0	6						
Family Recipe Sausage, 14" Pizza	1 topping	530	44	15	0	130	1450	2	1	0	28						
Family Recipe Sausage, 12" Pizza	1 topping	390	33	11	0	95	1070	1	0	0	21						
Family Recipe Sausage, 10" Pizza	1 topping	270	23	8	0	65	740	1	0	0	14						
Family Recipe Sausage, 7" Pizza	1 topping	110	9	3	0	25	300	0	0	0	6						
Family Recipe Meatballs, 14" Pizza	1 topping	650	41	17	1.5	225	2370	25	2	7	42	X			X		
Family Recipe Meatballs, 12" Pizza	1 topping	450	29	12	1	155	1660	18	2	5	29	X			X		
Family Recipe Meatballs, 10" Pizza	1 topping	330	21	9	1	115	1220	13	1	4	22	X			X		
Family Recipe Meatballs, 7" Pizza	1 topping	170	11	4.5	0	60	630	7	1	2	11	X			X		
Shaved Ham, 14" Pizza	1 topping	220	7	2.5	0	105	2130	6	0	4	35						
Shaved Ham, 12" Pizza	1 topping	160	5	2	0	75	1560	4	0	3	26						
Shaved Ham, 10" Pizza	1 topping	110	3.5	1.5	0	55	1090	3	0	2	18						
Shaved Ham, 7" Pizza	1 topping	45	1.5	0	0	20	420	1	0	1	7						
Hardwood Smoked Bacon, 14" Pizza	1 topping	540	42	14	0	120	2050	4	0	4	36						
Hardwood Smoked Bacon, 12" Pizza	1 topping	470	37	13	0	105	1810	3	0	3	31						
Hardwood Smoked Bacon, 10" Pizza	1 topping	280	22	7	0	60	1070	2	0	2	19						
Hardwood Smoked Bacon, 7" Pizza	1 topping	150	12	4	0	35	570	1	0	1	10						
Sliced Chicken Breast, 14" Pizza	1 topping	290	7	2.5	0	150	1590	8	0	1	48						
Sliced Chicken Breast, 12" Pizza	1 topping	230	6	2	0	115	1230	6	0	0	37						
Sliced Chicken Breast, 10" Pizza	1 topping	150	4	1	0	75	810	4	0	0	24						
Sliced Chicken Breast, 7" Pizza	1 topping	80	2	0.5	0	40	450	2	0	0	14						
Ground Beef, 14" Pizza	1 topping	330	19	8	1	130	1150	5	3	2	34				X		
Ground Beef, 12" Pizza	1 topping	240	14	6	1	95	860	4	2	2	26				X		
Ground Beef, 10" Pizza	1 topping	170	10	4	0.5	65	590	3	1	1	18				X		
Ground Beef, 7" Pizza	1 topping	70	4	1.5	0	25	240	1	1	0	7				X		
Crispy Hot Chicken, 14" Pizza	1 topping	500	25	5	0	85	1880	31	0	2	37	X		X	X	X	
Crispy Hot Chicken, 12" Pizza	1 topping	380	19	4	0	65	1450	24	0	2	29	X		X	X	X	
Crispy Hot Chicken, 10" Pizza	1 topping	250	13	2.5	0	45	960	16	0	1	19	X		X	X	X	
Crispy Hot Chicken, 7" Pizza	1 topping	140	7	1.5	0	25	530	9	0	1	10	X		X	X	X	
Salami, 14" Pizza**	1 topping	590	51	20	1	145	1130	3	0	3	28						
Salami, 12" Pizza**	1 topping	420	37	14	1	105	820	2	0	2	21						
Salami, 10" Pizza**	1 topping	290	26	10	0.5	75	570	2	0	2	14						
Salami, 7" Pizza**	1 topping	150	13	5	0	35	280	1	0	1	7						
OVEN BAKED SUBS																	
Big Don Italian Sub with Marinara	1 each	600	25	10	0.5	80	1850	63	5	7	31			X	X	X	
Big Don Italian Sub with House Italian Dressing	1 each	660	33	11	0.5	80	1870	60	4	6	31			X	X	X	
Meatball Sub	1 each	850	38	18	1.5	150	2580	80	7	13	45	X		X	X	X	
Fresh Vegy Sub	1 each	490	19	6	0	20	1170	63	5	6	19			X	X	X	
Ham & Smoked Provolone Sub	1 each	560	21	7	0	65	1740	62	4	6	31			X	X	X	
Hot Chicken Sub	1 each	840	42	14	0.5	95	2680	73	4	4	40	X		X	X	X	
Chicken Bacon Cheddar Sub	1 each	770	37	14	1	120	1860	62	4	4	45	X		X	X	X	
Steak Hoagie w/ Marinara Sauce**	1 each	640	27	12	1.5	80	1820	63	6	5	35			X	X	X	
Steak Hoagie w/ Mushroom Gravy**	1 each	640	27	12	1.5	80	1850	62	5	4	35			X	X	X	
SALADS																	
Caprese Side Salad w/ Balsamic Vinaigrette	1 each	220	18	3.5	0	10	700	11	3	8	5			X			
Italian Side Salad w/ House Italian Dressing	1 each	330	31	7	0.5	20	740	7	3	3	7			X			
Chicken Caprese Entrée Salad w/ Balsamic Vinaigrette	1 each	400	25	7	0	75	1440	17	4	10	27			X			
Chicken Harvest Entrée Salad w/ Apple Vinaigrette ♦♦	1 each	600	37	9	0	80	1220	42	6	30	28			X	X		X
Chicken Harvest Entrée Salad w/ Apple Vinaigrette ♦	1 each	570	32	8	0	80	1190	45	5	34	27			X			X
Italian Chef Entrée Salad w/ House Italian Dressing	1 each	500	42	11	0.5	60	1390	12	4	6	19			X			
SHAREABLES																	
Family Recipe Meatballs	1 serv	150	9	4	0	45	590	8	1	3	10	X		X		X	
Fresh Stuffed Jalapenos**	2 each	260	23	7	0	30	600	4	1	2	9	X		X			
Italian Garlic Breadsticks	2 each	280	8	2	0	0	930	43	4	9	7			X		X	
Asiago Cheese Bread	1/4 bread	240	9	4.5	0	20	540	28	2	3	12	X		X		X	
Garlic Asiago Cheese Bread	1/4 bread	240	9	4.5	0	20	540	28	2	3	12	X		X		X	
CALZONE																	
Pepperoni	1 each	1120	51	20	1	155	3330	108	6	17	52	X		X		X	
WINGS (does not include dipping sauce)																	
Traditional Chicken Wings, Plain	5 pieces	380	19	3.5	0	65	1420	24	0	0	28						
Traditional Chicken Wings, Mild Sauce	5 pieces	420	21	4.5	0	70	2220	28	1	1	29			X			
Traditional Chicken Wings, Hot Sauce	5 pieces	420	23	4.5	0	70	2240	25	0	0	28	X		X			
Traditional Chicken Wings, BBQ Sauce**	5 pieces	410	19	4	0	65	1700	33	0	8	28						
Traditional Chicken Wings, Bourbon BBQ Sauce**	5 pieces	430	19	3.5	0	65	1680	35	1	8	29						
Traditional Chicken Wings, Sweet Thai Chili**	5 pieces	440	19	4	0	65	1600	39	0	13	28				X	X	
Traditional Chicken Wings, Sweet Thai Chili ♦	5 pieces	440	19	4	0	65	1600	39	0	13	28				X	X	
Traditional Chicken Wings, Hot Chicken Dry Rub	5 pieces	390	19	4	0	65	1610	25	0	0	28						
Traditional Chicken Wings, Italian Parmesan Dry Rub	5 pieces	410	21	5	0	75	1520	24	0	0	31			X			
Traditional Chicken Wings, Roasted Garlic Dry Rub	5 pieces	390	19	4	0	65	1610	26	0	1	28				X		
Traditional Chicken Wings, Wood Fired Chipotle Dry Rub	5 pieces	380	19	4	0	65	1690	25	0	1	28						
Boneless Chicken Wings, Plain	6 pieces	330	17	3.5	0	55	1240	21	0	1	24	X		X	X	X	
Boneless Chicken Wings, Mild Sauce	6 pieces	410	21	4.5	0	60	2850	29	1	4	26	X		X	X	X	
Boneless Chicken Wings, Hot Sauce	6 pieces	420	25	4.5	0	70	2910	23	1	2	25	X		X	X	X	
Boneless Chicken Wings, BBQ Sauce**	6 pieces	400	17	3.5	0	55	1820	39	1	18	25	X		X	X	X	
Boneless Chicken Wings, Bourbon BBQ Sauce**	6 pieces	430	17	3.5	0	55	1780	44	1	17	26	X		X	X	X	
Boneless Chicken Wings, Sweet Thai Chili**	6 pieces	470	18	3.5	0	55	1610	53	0	28	25	X		X	X	X	
Boneless Chicken Wings, Sweet Thai Chili ♦	6 pieces	420	16	3	0	55	1970	44	0	21	25	X		X	X	X	
Blue Cheese Dipping Sauce	1 serv	200	21	4	0	25	430	2	0	1	1	X		X			
Ranch Dipping Sauce	1 serv	240	25	4	0	10	420	2	0	1	1	X		X			
DESSERTS																	
Cinnamon Bread	1/4 bread	280	10	3	0	0	280	44	1	15	6			X	X	X	
Triple Chocolate Chunk Cookie	1 each	320	23	8	0	30	320	22	2	27	4	X		X	X	X	
Fudge Brownie	1 each	360	21	12	0	80	200	39	1	34	4	X		X	X	X	
Salty Carmel Apple Pie	2 pieces	330	10	3	0	15	570	53		167		X		X	X	X	
BEVERAGES** (without ice)																	
Diet Mountain Dew	22 fl oz	10	0	*	*	*	100	1	*	1	0						
Diet Pepsi	22 fl oz	0	0	*	*	*	105	0	*	0	0						
Dr Pepper	22 fl oz	260	0	*	*	*	80	72	*	70	0						
Lipton Brewed Tea, Sweetened	22 fl oz	190	0	*	*	*	170	50	*	50	0						
Lipton Brewed Tea, Unsweetened	22 fl oz	0	0	*	*	*	220	0	*	0	0						
Mist Twist	22 fl oz	280	0	*	*	*	60	74	*	74	0						

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Mountain Dew	22 fl oz	300	0	*	*	*	95	80	*	80	0							
Mug Root Beer	22 fl oz	260	0	*	*	*	80	72	*	72	0							
Pepsi	22 fl oz	280	0	*	*	*	60	76	*	76	0							
Tropicana Fruit Punch	22 fl oz	310	0	*	*	*	65	83	*	82	0							
Tropicana Pink Lemonade	22 fl oz	280	0	*	*	*	285	74	*	73	0							
Diet Mountain Dew	12 fl oz	0	0	*	*	*	55	1	*	0	0							
Diet Pepsi	12 fl oz	0	0	*	*	*	55	0	*	0	0							
Dr Pepper	12 fl oz	140	0	*	*	*	45	39	*	38	0							
Lipton Brewed Tea, Sweetened	12 fl oz	100	0	*	*	*	95	27	*	27	0							
Lipton Brewed Tea, Unsweetened	12 fl oz	0	0	*	*	*	120	0	*	0	0							
Mist Twist	12 fl oz	150	0	*	*	*	35	41	*	41	0							
Mountain Dew	12 fl oz	160	0	*	*	*	50	44	*	44	0							
Mug Root Beer	12 fl oz	140	0	*	*	*	45	39	*	39	0							
Pepsi	12 fl oz	150	0	*	*	*	30	41	*	41	0							
Tropicana Fruit Punch	12 fl oz	170	0	*	*	*	35	45	*	45	0							
Tropicana Pink Lemonade	12 fl oz	150	0	*	*	*	155	40	*	40	0							

*Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, or dietary fiber

**Menu item not available in all locations

◆ Boiling Springs, Summerville, Raleigh, Charlotte, Madison, Birmingham, Huntsville, Nashville, Murfreesboro, Newport News, Virginia Beach, and Savannah restaurants only

◆◆ For all locations except Boiling Springs, Summerville, Raleigh, Charlotte, Madison, Birmingham, Huntsville, Nashville, Murfreesboro, Newport News, Virginia Beach, and Savannah

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Prepared and Reviewed by Patricia Wynkoop, RDN, LD April 2019