





	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
Hawaiian Pizza, 7" Thick**	●1 slice	70	3	1	0	5	190	9	1	1	4	X		X		X		X
Hawaiian Pizza, 14" Hand Tossed	●1 slice	290	10	4	0	25	650	34	3	5	15	X		X		X		X
Hawaiian Pizza, 12" Hand Tossed**	●1 slice	210	7	3	0	15	460	25	2	3	11	X		X		X		X
Hawaiian Pizza, 12" Gluten Free Crust	●1 slice	110	5	2	0	10	190	11	1	3	5			X	X			X
Chicken Bruschetta Pizza, 14" Famous Thin**	●1 slice	140	7	2.5	0	20	340	11	1	1	7	X		X		X		
Chicken Bruschetta Pizza, 12" Famous Thin**	●1 slice	120	6	2.5	0	15	300	10	1	1	6	X		X		X		
Chicken Bruschetta Pizza, 10" Famous Thin**	●1 slice	90	4.5	1.5	0	10	210	7	0	1	4	X		X		X		
Chicken Bruschetta Pizza, 7" Famous Thin**	●1 slice	70	4	1.5	0	10	180	6	0	1	4	X		X		X		
Chicken Bruschetta Pizza, 14" Thick**	●1 slice	150	7	2.5	0	15	330	15	1	1	8	X		X		X		
Chicken Bruschetta Pizza, 12" Thick**	●1 slice	130	6	2.5	0	15	290	13	1	1	7	X		X		X		
Chicken Bruschetta Pizza, 7" Thick**	●1 slice	80	4	1.5	0	10	170	7	0	1	4	X		X		X		
Chicken Bruschetta Pizza, 14" Hand Tossed**	●1 slice	170	10	4	0	25	350	10	1	1	9	X		X		X		
Chicken Bruschetta Pizza, 12" Gluten Free Crust**	●1 slice	120	7	2.5	0	15	160	10	0	1	5			X	X			
Skinnny Pizza, 10" Vegan Crust (contains cheese)**	●1 slice	60	2	1	0	5	100	8	1	1	2			X				
It's Greek To Me Pizza, 10" Vegan Crust**	●1 slice	40	0.5	0	0	0	135	9	1	2	1							
Cauliflower Bruschetta Pizza, 10" **	●1 slice	70	3	1.5	0	5	180	5	1	1	4	X		X	X	X		
Cauliflower Garden Pizza, 10" ***	●1 slice	60	3	1.5	0	5	150	5	1	1	4	X		X	X	X		
Cauliflower Heat Pizza, 10" **	●1 slice	70	3.5	2	0	10	200	5	1	1	4	X		X	X	X		
●14" pizza has 17 rectangular slices, 12" and 10" pizzas have 14 rectangular slices, 7" and Hand Tossed have 8 slices.																		
<b>Choose Your Crust</b> (nutrients include crust, sauce and cheese)																		
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							
10" Cauliflower**	1 base	730	37	19	0.5	95	1600	59	5	9	36	X		X				
<b>Choose Your Toppings</b> (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							

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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							
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							
Plant-Based Sausage, 14" Pizza**	1 topping	260	8	1	0	0	1340	16	6	4	39				X	X		
Plant-Based Sausage, 12" Pizza**	1 topping	190	6	0.5	0	0	1000	11	4	3	29				X	X		



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\*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 / January 2020