

	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	SESAME	TREE NUT
CAULIFLOWER CRUST PIZZAS																			
Cauliflower Bruschetta Pizza, 10"	•1 slice	70	3	1.5	0.5	5	170	7	1	1	3	X		X	X	X			
Cauliflower Garden Pizza, 10"	•1 slice	70	2.5	1.5	0.5	5	140	8	1	1	4	X		X	X	X			
Cauliflower Heat Pizza, 10"	•1 slice	60	2.5	1.5	0.5	5	170	7	0	1	3	X		X	X	X			
Cauliflower Spinach Mozzarella Pizza, 10"	•1 slice	80	3.5	2	0.5	10	160	7	0	1	4	X		X	X	X			
CLASSIC PIZZAS																			
Pepperoni Pizza, 14" Famous Thin	•1 slice	150	8	3	0	20	330	12	1	1	7			X					
Pepperoni Pizza, 12" Famous Thin	•1 slice	130	7	3	0	15	290	11	1	1	6			X					
Pepperoni Pizza, 10" Famous Thin	•1 slice	90	5	2	0	10	200	7	0	1	4			X					
Pepperoni Pizza, 7" Famous Thin**	•1 slice	70	4	1.5	0	10	160	6	0	1	3			X					
Pepperoni Pizza, 14" Thick**	•1 slice	160	7	3	0	20	380	16	1	2	8			X					
Pepperoni Pizza, 12" Thick**	•1 slice	140	6	2.5	0	15	330	14	1	2	7			X					
Pepperoni Pizza, 7" Thick**	•1 slice	70	3	1.5	0	10	180	8	0	1	4			X					
Pepperoni Pizza, 14" Hand Tossed	•1 slice	300	12	5	0	30	640	32	2	3	15			X					
Pepperoni Pizza, 12" Hand Tossed**	•1 slice	180	5	2.5	0	15	390	23	1	2	9			X					
Pepperoni Pizza, 10" Vegan Crust**	•1 slice	80	4	1.5	0	10	150	8	0	1	3			X					
Pepperoni Pizza, 12" Gluten Free Crust**	•1 slice	130	7	3	0	15	270	12	0	2	5			X					
Pepperoni Pizza, 10" Cauliflower Crust	•1 slice	80	4	2	0.5	10	150	7	0	1	3		X						
Serious Cheese Pizza, 14" Famous Thin	•1 slice	140	7	3	0	15	320	12	1	1	7			X				X	
Serious Cheese Pizza, 12" Famous Thin	•1 slice	130	7	3	0	15	280	11	1	1	6			X				X	
Serious Cheese Pizza, 10" Famous Thin	•1 slice	90	4.5	2	0	10	190	7	0	1	4			X				X	
Serious Cheese Pizza, 7" Famous Thin**	•1 slice	70	3.5	1.5	0	10	160	6	0	1	4			X				X	
Serious Cheese Pizza, 14" Thick**	•1 slice	150	6	3	0	15	370	16	1	2	9			X				X	
Serious Cheese Pizza, 12" Thick**	•1 slice	130	6	2.5	0	15	330	14	1	2	8			X				X	
Serious Cheese Pizza, 7" Thick**	•1 slice	80	3	1.5	0	10	180	8	0	1	4			X				X	
Serious Cheese Pizza, 14" Hand Tossed	•1 slice	290	11	5	0	30	630	32	2	3	15			X				X	
Serious Cheese Pizza, 12" Hand Tossed**	•1 slice	210	8	4	0	20	450	24	1	2	11			X				X	
Serious Cheese Pizza, 10" Vegan Crust**	•1 slice	80	3.5	2	0	10	140	8	0	1	3			X				X	
Serious Cheese Pizza, 12" Gluten Free Crust**	•1 slice	120	6	3	0	15	270	12	0	2	5			X				X	
Serious Cheese Pizza, 10" Cauliflower Crust	•1 slice	80	4	2	0.5	10	150	7	0	1	4		X					X	
•14" pizza has 17 rectangular slices, 12" and 10" pizzas have 14 rectangular slices, 7" and Hand Tossed have 8 slices.																			
SIGNATURE PIZZAS																			
Founder's Favorite Pizza, 14" Famous Thin	•1 slice	170	9	3.5	0	25	520	12	1	1	9			X				X	
Founder's Favorite Pizza, 12" Famous Thin	•1 slice	150	8	3	0	20	460	11	1	1	8			X				X	
Founder's Favorite Pizza, 10" Famous Thin	•1 slice	100	6	2	0	15	320	8	0	1	5			X				X	
Founder's Favorite Pizza, 7" Famous Thin**	•1 slice	80	4.5	1.5	0	10	250	6	0	1	4			X				X	
Founder's Favorite Pizza, 14" Thick**	•1 slice	170	8	3.5	0	25	570	16	1	2	10			X				X	
Founder's Favorite Pizza, 12" Thick**	•1 slice	150	7	3	0	20	500	15	1	2	9			X				X	
Founder's Favorite Pizza, 7" Thick**	•1 slice	80	4	1.5	0	10	280	8	1	1	5			X				X	
Founder's Favorite Pizza, 14" Hand Tossed	•1 slice	330	14	6	0	40	930	33	2	3	18			X				X	
Founder's Favorite Pizza, 12" Hand Tossed**	•1 slice	230	10	4	0	30	670	24	1	2	13			X				X	
Founder's Favorite Pizza, 10" Vegan Crust**	•1 slice	90	4.5	2	0	15	270	8	0	1	4			X				X	
Founder's Favorite Pizza, 12" Gluten Free Crust**	•1 slice	140	7	3	0	20	440	12	0	2	7			X				X	
Founder's Favorite Pizza, 10" Cauliflower Crust	•1 slice	90	5	2.5	0.5	15	290	7	0	1	5		X					X	
Ultimate 4 Cheese Pizza, 14" Famous Thin	•1 slice	140	7	3	0	15	290	11	1	1	7			X				X	
Ultimate 4 Cheese Pizza, 12" Famous Thin	•1 slice	120	6	3	0	15	250	10	1	1	6			X				X	
Ultimate 4 Cheese Pizza, 10" Famous Thin	•1 slice	80	4.5	2	0	10	180	7	0	1	4			X				X	
Ultimate 4 Cheese Pizza, 7" Famous Thin**	•1 slice	70	3.5	1.5	0	10	150	6	0	1	3			X				X	
Ultimate 4 Cheese Pizza, 14" Thick**	•1 slice	150	6	3	0	15	340	16	1	2	8			X				X	
Ultimate 4 Cheese Pizza, 12" Thick**	•1 slice	130	5	2.5	0	15	300	14	1	2	7			X				X	
Ultimate 4 Cheese Pizza, 7" Thick**	•1 slice	70	3	1.5	0	10	170	8	0	1	4			X				X	
Ultimate 4 Cheese Pizza, 14" Hand Tossed	•1 slice	290	11	5	0	25	580	32	2	3	15			X				X	
Ultimate 4 Cheese Pizza, 12" Hand Tossed**	•1 slice	200	8	3.5	0	20	420	23	1	2	10			X				X	
Ultimate 4 Cheese Pizza, 10" Vegan Crust**	•1 slice	80	3.5	2	0	10	125	8	0	1	3			X				X	
Ultimate 4 Cheese Pizza, 12" Gluten Free Crust**	•1 slice	120	6	3	0	15	240	12	0	2	5			X				X	
Ultimate 4 Cheese Pizza, 10" Cauliflower Crust	•1 slice	70	3.5	2	0.5	10	135	6	0	1	3		X					X	
The Works Pizza, 14" Famous Thin	•1 slice	160	9	3.5	0	20	350	13	1	2	8			X				X	
The Works Pizza, 12" Famous Thin	•1 slice	140	8	3	0	15	310	12	1	2	7			X				X	
The Works Pizza, 10" Famous Thin	•1 slice	100	5	2	0	10	210	8	1	1	5			X				X	
The Works Pizza, 7" Famous Thin**	•1 slice	80	4	1.5	0	10	170	7	0	1	4			X				X	
The Works Pizza, 14" Thick**	•1 slice	170	8	3	0	20	400	17	1	2	9			X				X	
The Works Pizza, 12" Thick**	•1 slice	150	7	3	0	15	360	15	1	2	8			X				X	
The Works Pizza, 7" Thick**	•1 slice	80	3.5	1.5	0	10	200	8	1	1	4			X				X	
The Works Pizza, 14" Hand Tossed	•1 slice	320	13	6	0	35	680	34	2	4	16			X				X	
The Works Pizza, 12" Hand Tossed**	•1 slice	230	9	4	0	25	480	25	2	3	11			X				X	
The Works Pizza, 10" Vegan Crust**	•1 slice	90	4.5	2	0	10	160	9	0	1	4			X				X	
The Works Pizza, 12" Gluten Free Crust**	•1 slice	140	7	3	0	15	290	13	1	3	6			X				X	
The Works Pizza, 10" Cauliflower Crust	•1 slice	90	4.5	2	0.5	15	170	7	0	1	4		X					X	
Chicken Spinach Mozzarella Pizza, 14" Famous Thin	•1 slice	150	8	3	0	20	290	11	0	1	8			X				X	
Chicken Spinach Mozzarella Pizza, 12" Famous Thin	•1 slice	130	7	2.5	0	15	260	10	0	1	7			X				X	
Chicken Spinach Mozzarella Pizza, 10" Famous Thin	•1 slice	90	5	2	0	10	180	7	0	1	5			X				X	
Chicken Spinach Mozzarella Pizza, 7" Famous Thin	•1 slice	80	4.5	1.5	0	10	150	6	0	0	4			X				X	
Chicken Spinach Mozzarella Pizza, 14" Thick**	•1 slice	150	7	3	0	20	300	15	1	1	9			X				X	
Chicken Spinach Mozzarella Pizza, 12" Thick**	•1 slice	140	6	2.5	0	15	270	13	1	1	8			X				X	
Chicken Spinach Mozzarella Pizza, 7" Thick**	•1 slice	80	4	1.5	0	10	150	7	0	0	5			X				X	
Chicken Spinach Mozzarella Pizza, 14" Hand Tossed	•1 slice	330	15	6	0	40	580	31	1	2	19			X				X	
Chicken Spinach Mozzarella Pizza, 12" Hand Tossed**	•1 slice	240	11	4.5	0	30	430	23	1	1	14			X				X	
Chicken Spinach Mozzarella Pizza, 10" Vegan Crust**	•1 slice	80	4	1.5	0	10	125	8	0	1	4			X				X	
Chicken Spinach Mozzarella Pizza, 12" Gluten Free Crust**	•1 slice	130	6	3	0	15	240	12	0	2	6			X				X	
Chicken Spinach Mozzarella Pizza, 10" Cauliflower Crust	•1 slice	80	4.5	2	0.5	15	150	6	0	0	4		X					X	
Mariachi Chicken Pizza, 14" Famous Thin	•1 slice	140	7	3	0	20	420	13	1	2	7			X				X	
Mariachi Chicken Pizza, 12" Famous Thin	•1 slice	130	6	2.5	0	15	370	11	1	2	7			X				X	
Mariachi Chicken Pizza, 10" Famous Thin	•1 slice	90	4	2	0	10	260</												

Chicken Bacon Ranch Sub	1 each	730	34	13	0.5	115	1880	59	1	6	46	X		X		X			x
Steak Hoagiew/ Marinara Sauce**	1 each	630	26	12	1.5	80	1850	61	3	6	35			X	X	X			x
Steak Hoagiew/ Mushroom Gravy**	1 each	630	26	12	1.5	85	1890	60	2	5	36			X	X	X			x
Pepperoni Calzone	1 each	1190	61	22	1	125	3000	108	4	17	50			X		X			
SALADS																			
Italian Side Salad w/ House Italian Dressing	1 serv	330	31	7	0.5	20	730	7	2	3	7			X					
Caprese Side Salad w/ Balsamic Vinaigrette	1 serv	230	19	4.5	0	10	730	11	2	8	5			X					
Italian Chef Entrée Salad w/ House Italian Dressing	1 serv	500	42	11	0.5	60	1370	13	3	6	18			X					
Chicken Caprese Entrée Salad w/ Balsamic Vinaigrette	1 serv	390	26	7	0	70	1430	17	3	10	26			X					
Chicken Bacon Ranch Entrée Salad w/ Ranch Dressing	1 serv	590	45	13	0.5	120	1640	12	2	6	36			X					
Chicken Harvest Entrée Salad w/ Apple Vinaigrette	1 serv	550	35	8	0	75	1040	36	4	26	27			X		X			X
Chicken Harvest Entrée Salad w/ Apple Vinaigrette*	1 serv	520	31	8	0	75	1010	38	4	31	26			X					X
Italian Garden Party Salad w/ House Italian Dressing	10 serv	250	25	4.5	0	5	550	4	1	2	2			X					
Italian Chef Party Salad w/ House Italian Dressing	10 serv	300	29	6	0	15	700	4	1	2	5			X					
Chicken Bacon Ranch Party Salad w/ Ranch Dressing	10 serv	310	29	6	0	35	700	4	1	3	9			X					
Chicken Caprese Party Salad w/ Balsamic Vinaigrette	10 serv	190	15	3.5	0	20	710	8	1	6	7			X					
Chicken Harvest Party Salad w/ Apple Vinaigrette*	10 serv	250	18	4	0	25	340	17	1	14	8			X		X			X
Chicken Harvest Party Salad w/ Apple Vinaigrette**	10 serv	250	17	3.5	0	25	340	17	1	15	8			X		X			X
APPETIZERS																			
Family Recipe Meatballs	1 serv	150	9	4.5	0	45	580	7	1	3	10			X					X
Fresh Stuffed Jalapenos**	2 each	250	22	7	0	35	560	4	1	2	9			X					
Italian Garlic Breadsticks	2 each	270	8	1.5	0	0	880	42	3	10	7			X					X
Asiago Cheese Bread	1/4 bread	210	6	3	0	15	490	28	2	3	10			X					X
Garlic Asiago Cheese Bread	1/4 bread	210	6	3	0	15	490	28	2	3	10			X					X
WINGS (does not include dipping sauce)																			
Traditional Chicken Wings, Plain	5 pieces	360	25	7	0	210	980	4	0	0	30								
Traditional Chicken Wings, Mild Sauce	5 pieces	360	25	7	0	210	1590	4	0	1	30								
Traditional Chicken Wings, Hot Sauce	5 pieces	360	25	7	0	210	1700	4	0	0	31								
Traditional Chicken Wings, BBQ Sauce**	5 pieces	420	25	7	0	210	1240	18	0	12	31								
Traditional Chicken Wings, Sweet Thai Chili**	5 pieces	430	25	7	0	210	1160	19	0	14	31								X
Traditional Chicken Wings, Sweet Thai Chili +	5 pieces	430	25	7	0	210	1160	19	0	14	31								X
Traditional Chicken Wings, Hot Chicken Dry Rub	5 pieces	370	25	7	0	210	1170	5	0	1	30								
Traditional Chicken Wings, Italian Parmesan Dry Rub	5 pieces	390	26	8	0	215	1100	6	0	0	32								X
Traditional Chicken Wings, Roasted Garlic Dry Rub	5 pieces	370	25	7	0	210	1170	6	0	1	31								X
Traditional Chicken Wings, Wood Fired Chipotle D	5 pieces	360	25	7	0	210	1250	5	0	1	30								X
Boneless Chicken Wings, Plain	6 pieces	310	12	2.5	0	55	1240	26	0	1	23			X		X	X	X	
Boneless Chicken Wings, Mild Sauce	6 pieces	320	13	2.5	0	55	2480	28	0	2	23			X		X	X	X	
Boneless Chicken Wings, Hot Sauce	6 pieces	310	13	2.5	0	55	2690	26	0	1	23			X		X	X	X	
Boneless Chicken Wings, BBQ Sauce**	6 pieces	430	13	2.5	0	55	1780	55	0	25	24			X		X	X	X	
Boneless Chicken Wings, Sweet Thai Chili**	6 pieces	450	14	2.5	0	55	1610	58	0	28	24			X		X	X	X	
Boneless Chicken Wings, Sweet Thai Chili +	6 pieces	450	14	2.5	0	55	1610	58	0	28	24			X		X	X	X	
Nacho Cheese Dipping Sauce**	1 serv	170	13	10	0	25	730	2	0	1	7								X
Blue Cheese Dipping Sauce	1 serv	190	20	4	0	20	380	2	0	1	1								X
Ranch Dipping Sauce	1 serv	220	23	3.5	0	10	430	2	0	1	1			X					X
DESSERTS																			
Cinnamon Bread	1/4 bread	270	8	2.5	0	0	270	41	2	13	6					X	X	X	
Party Twist	1/4 bread	210	3	1.5	0	0	230	39	0	14	6					X	X	X	
Triple Chocolate Chunk Cookie	1 each	310	15	8	0	35	290	35	2	26	5			X		X	X	X	
Fudge Brownie	1 each	360	21	12	0	75	210	45	3	34	5			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	*	*	*	95	50	*	50	0								
Lipton Brewed Tea, Unsweetened	22 fl oz	0	0	*	*	*	190	0	*	0	0								
Mist Twist	22 fl oz	280	0	*	*	*	60	74	*	74	0								
Mountain Dew	22 fl oz	310	0	*	*	*	95	81	*	80	0								
Mug Root Beer	22 fl oz	260	0	*	*	*	105	70	*	70	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	*	*	*	280	73	*	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	*	*	*	50	27	*	27	0								
Lipton Brewed Tea, Unsweetened	12 fl oz	0	0	*	*	*	190	0	*	0	0								
Mist Twist	12 fl oz	150	0	*	*	*	35	41	*	41	0								
Mountain Dew	12 fl oz	170	0	*	*	*	50	44	*	44	0								
Mug Root Beer	12 fl oz	140	0	*	*	*	55	38	*	38	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	*	*	*	150	40	*	40	0								

*14" pizza has 17 rectangular slices, 12" and 10" pizzas have 14 rectangular slices, 7" and Hand Tossed have 8 slices.

**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, Jacksonville, Jacksonville Beach, Sarasota 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 July 2023