Location	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy or Contains
Pizzas										
Cheese	8"	410	14	53	2	17		✓		Wheat, Barley, Milk, Soy, Pork
Supreme	8"	690	38	59	2.5	28				Wheat, Barley, Milk, Soy, Pork
Veggie Lovers (Cheese, Olives, Bell Peppers, Mushrooms, and Onions)	8"	460	17	58	3	18		✓		Wheat, Barley, Milk, Soy
Meat Lovers (Pepperoni, Beef, and Sausage)	8"	947	28	138	6	36				Wheat, Barley, Milk, Soy, Pork
BYO Pasta Bowls:	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy or Contains
Pastas:										
Tortellini	4oz	220	5	35	1	10		✓		Wheat, Milk, Egg, Soy
Spaghetti	2oz	210	1	42	2	7	✓	✓	✓	
Penne Noodles	4oz	400	1	84	4	14	✓	✓		Wheat
Bowtie	4 oz	409	2	84	4	14				
Protien:										
Grilled Chicken	3oz	159	10.5	0	0	16			✓	Soy
Breaded Chicken	3oz	183	7	12	1	18				Wheat
Italian Sausage	3oz	255	21	3	0	13.5			✓	Pork
Veggies:										
Spinach	3.5oz	23	<1	3.5	2	3	✓	✓	✓	
Shredded Carrots	1oz	10	0	2	0	0	✓	✓	✓	
Steamed Broccoli	1oz	9	0	2	0	1	✓	✓	✓	
Mushrooms	1oz	7	0	2	0	1	✓	✓	✓	
Black Olives	1/2oz	25	2.5	1	0	0	✓	✓	✓	
Onions	1oz	4	0	0	0	0	✓	✓	✓	
Bell Peppers	1oz.	8	0	1	1	1	✓	✓	✓	
Sauteed Summer Squash	1oz.	24	0	5	1	1	✓	✓	✓	
Sauce:										
Marinara	4oz	71	2	11.5	1	2		✓	✓	Milk
Alfredo	4oz	244	19	13	0	5.5		✓	✓	Milk,Soy
Meat Sauce	4oz	115	6	9	0.5	3				Wheat, Milk, Soy
Freschetta Side Items:	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy or Contains
Garlic Toast	1 piece	150	9	15	1	3		✓		Wheat, Milk, Soy
Cheese Sticks	4 ct	808	40	64	4	48				Wheat,Milk,Soy,Egg
Yes = ✓	1		ĺ							
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big eight										
food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork and Sesame										