

P73 Nutritional Fact Table															
Nutrition facts as of 18 January 2021															
Nutrition information was obtained through Genesis R & D Nutritional Labelling Software, analysis by Maxxam Analytics Inc., an independent testing laboratory, and supplier provided information. <u>All type pizza nutrition is based on traditional dough. See nutrition difference for traditional and super pan dough in the chart.</u>															
	Weight Per Serving (g)	Calories (kcal)	Protein (g)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
9" PIZZA (Each slice is 1/6 of the pizza)															
73 Deluxe	90	170	10	19	1	2	6	3	0.1	20	390	6	10	10	10
Butter Chicken	117	250	12	27	2	3	10	5	0.2	35	320	15	15	15	15
Meat Supreme	94	200	12	19	1	2	10	4.5	0.1	25	500	6	4	10	15
Grand Slam	101	170	10	20	1	2	7	3	0.1	20	460	6	10	10	10
Vegetarian	95	160	8	20	1	2	5	3	0.1	15	310	6	15	10	10
Hawaiian Feast	91	170	9	21	1	4	5	3.5	0.2	15	360	6	10	15	10
Not So Basic Cheese	77	160	9	15	1	1	6	3.5	0.2	15	350	6	4	15	10
Greek Goddess	92	170	10	20	1	2	6	4	0.2	15	420	15	4	15	10
Chicken Deluxe	100	160	10	20	1	2	5	3	0.1	20	340	6	15	10	10
BBQ Chicken	87	170	10	22	1	4	5	3	0.1	20	360	6	4	10	10
American Pie	87	190	10	19	1	2	8	4.5	0.1	20	370	8	4	15	10
Chicken Bacon Mushroom Melt	93	230	10	19	1	1	7	3.5	0.1	20	270	4	4	10	10
BBQ Steak	86	180	10	22	1	4	6	3	0.1	15	380	6	4	10	10
Donair	115	230	12	28	1	9	8	4.5	0.2	25	340	10	6	15	10
Pesto Chicken	69	160	9	19	1	1	5	2.5	0.1	15	230	4	4	10	10
Pesto Garden Veggie	77	160	8	20	1	2	5	3	0.1	10	280	6	15	10	10
Great Canadian	99	200	11	20	1	2	8	4.5	0.2	25	450	6	4	15	10
Buffalo Chicken	83	180	9	19	1	2	7	3	0.1	20	370	2	15	10	10
Tandoori Chicken	93	180	10	21	1	3	6	3.5	0.2	25	350	8	10	15	10
Chicken Shawarma	105	290	8	22	1	2	18	5	0.3	35	440	6	8	15	15
Southwest Chipotle	91	230	9	23	0	3	11	4	0	15	260	0	0	10	10
Super Plant	92	210	12	23	2	2	7	3	0.2	15	380	6	4	10	10
12" PIZZA (Each slice is 1/8 of the pizza)															
73 Deluxe	109	210	12	25	1	2	8	4	0.2	20	460	8	15	15	15
Butter Chicken	105	220	11	23	2	3	10	4.5	0.2	30	280	15	15	15	10
Meat Supreme	94	200	12	19	1	2	10	4.5	0.1	25	500	6	4	10	15
Grand Slam	123	210	12	26	2	2	8	3.5	0.2	20	530	6	15	15	15
Vegetarian	116	190	10	26	2	3	6	3.5	0.2	15	350	8	15	15	15
Hawaiian Feast	108	210	11	27	1	4	7	4	0.2	20	420	8	10	15	15
Not So Basic Cheese	94	210	11	24	1	2	7	4.5	0.2	20	400	8	4	15	15
Greek Goddess	112	210	11	26	2	2	7	4.5	0.2	20	480	20	6	15	15
Chicken Deluxe	120	200	12	26	2	2	6	3.5	0.2	20	380	8	15	15	15
BBQ Chicken	105	210	12	28	1	4	6	3.5	0.2	20	410	6	4	15	15
American Pie	107	230	12	25	1	2	10	5	0.2	20	430	8	6	15	15
Chicken Bacon Mushroom Melt	105	220	12	27	1	4	7	3.5	0.2	20	430	6	4	15	15
BBQ Steak	105	220	12	27	1	4	7	3.5	0.2	20	430	6	4	15	15
Donair	135	280	14	34	2	10	9	5	0.2	30	390	10	8	20	15
Pesto Chicken	90	210	11	25	1	2	7	3.5	0.1	20	300	4	4	10	15
Pesto Garden Veggie	97	200	9	26	2	2	7	3.5	0.1	15	360	8	15	10	15
Great Canadian	120	240	13	26	2	3	10	5	0.2	30	510	6	6	15	15
Buffalo Chicken	101	210	11	25	1	2	8	3.5	0.2	20	420	2	20	15	15
Tandoori Chicken	115	230	12	27	2	3	8	4	0.2	30	410	8	15	15	15
Chicken Shawarma	119	320	9	26	1	2	18	6	0.3	35	490	6	8	15	15
Southwest Chipotle	104	250	10	27	0	3	11	4	0	20	290	0	0	10	10
Super Plant	111	250	15	30	2	3	7	3	0.2	15	430	6	6	15	15

14" PIZZA (Each slice is 1/10 of the pizza)															
73 Deluxe	134	250	15	31	2	3	9	4.5	0.2	25	550	8	15	15	20
Butter Chicken	145	300	15	34	2	4	11	6	0.2	40	390	20	20	20	20
Meat Supreme	141	310	18	31	2	2	15	6	0.2	40	730	8	6	15	20
Grand Slam	150	260	15	32	2	3	10	4.5	0.2	25	640	8	15	15	20
Vegetarian	139	240	13	32	2	3	7	4	0.2	20	430	8	20	15	15
Hawaiian Feast	129	250	14	33	2	4	8	4.5	0.2	25	500	8	15	20	15
Not So Basic Cheese	112	240	13	31	2	2	8	5	0.2	20	460	8	6	20	15
Greek Goddess	136	260	14	32	2	3	9	5	0.2	25	580	20	6	20	20
Chicken Deluxe	143	250	15	32	2	3	7	4.5	0.2	25	470	8	20	15	15
BBQ Chicken	128	260	14	35	2	5	7	4.5	0.2	25	490	8	6	15	15
American Pie	131	290	14	31	2	3	12	6	0.2	25	520	10	6	20	20
Chicken Bacon Mushroom Melt	139	340	15	31	1	2	9	5	0.2	30	390	6	8	15	15
BBQ Steak	128	270	15	34	2	5	8	4.5	0.2	25	510	8	4	15	20
Donair	157	330	17	41	2	12	11	6	0.3	30	460	15	8	20	20
Pesto Chicken	113	260	14	31	1	2	9	4.5	0.2	25	390	6	6	15	15
Pesto Garden Veggie	122	250	12	32	2	3	9	4.5	0.2	20	450	10	20	15	20
Great Canadian	144	290	16	32	2	3	11	6	0.2	35	600	8	6	20	20
Buffalo Chicken	126	270	13	31	2	3	10	4.5	0.2	25	540	4	25	15	15
Tandoori Chicken	141	290	15	34	2	4	10	5	0.3	35	500	10	20	20	20
Chicken Shawarma	143	380	11	32	2	2	21	7	0.4	45	590	8	10	20	20
Southwest Chipotle	124	290	12	34	0	4	12	4.5	0	25	340	0	0	15	10
Super Plant	130	290	17	36	2	3	8	4	0.2	20	500	9	9	15	20
GLUTEN FREE PIZZA (Each slice is 1/6 of the pizza)															
Cheese	71	170	6	21	1	2	7	3.5	0.2	15	400	6	4	10	2
Pepperoni	76	180	7	21	1	2	8	4	0.2	15	460	6	4	10	2
Vegetarian	95	170	6	22	1	2	7	3.5	0.2	15	400	6	15	10	2
Hawaiian	95	190	8	24	1	4	7	4	0.2	20	520	6	10	15	2
CAULIFLOWER PIZZA (Each slice is 1/8 of the pizza)															
Super Plant	91	190	11	22	2	2	6	2.5	0.3	15	500	6	10	10	2
SUPERFOOD CRUST PIZZA (Each slice is 1/8 of the pizza)															
Superfood Cheese	69	140	6	18	1	4	4.5	2.5	0.1	15	330	4	4	15	4
SIDES															
Plain Wings (approx 4pcs)	165	350	29	7	0	0	23	6	0.5	155	675	0	0	3	10
Boneless Wings (3 pcs)	100	200	13	19	1	0	8	1	0	40	640	0	2	0	6
Gluten Free Boneless Wings (5 pcs)	175	370	24	39	2	1	13	1.5	0	75	540	1	8	2	4
Shrimp (approx 2pcs)	40	220	10	18	2	0	12	2	0	40	670	0	0	2	15
Fries (oz about 1 serving)	4 oz	340	4	42	6	0	15	1.5	0.1	0	600	0	15	0	10
Potato Wedges (oz about 1 serving)	5 oz	330	5	48	4	0	12	2	0.3	0	670	0	20	0	10
Wedgies (approx 4 servings)	3 oz	230	10	31	1	2	7	3	0.2	15	400	6	2	15	15
Onion Ring (oz about 1 serving)	4 oz	230	3	25	5	3	13	3.5	0.3	0	630	0	4	2	6
Cauliflower Bites (Serves 4)	119	280	4	28	0	2	17	2	0	0	550	0	0	2	6
Jalapeno Poppers(3 pc /100g)	100	197	4.5	25	1.5	4.2	8.7	5.3	0.2	20	758	9.6	3.5	44	0.9
DIPPING SAUCE (1 dipping cup)															
Buffalo Blue Cheese	43	220	1	2	0	1	24	2.5	0.2	15	320	0	0	2	0
Caramel Dip	58	210	1	33	0	27	8	3.5	0	20	200	6	0	4	0
Cheddar Jalapeno	43	160	1	3	0	2	15	1.5	0.2	20	380	2	2	2	2
Creamy garlic	57	360	0.4	2	0	1	39	3	0.4	0	310	0	10	2	0
Creamy dill	43	210	1	2	0	1	23	1.5	0.3	15	330	0	0	2	2
Frank's hot sauce	43	10	0.3	2	1	1	0.2	0	0	0	1440	0	0	0	2
Honey mustard sauce	43	190	0.5	11	0	9	16	1	0.2	15	280	0	0	0	2
Italian Marinara	43	25	0.5	4	0	3	0.5	0.1	0	0	220	0	0	2	2
Peppercorn ranch	43	230	1	2	0	1	25	2	0.4	10	350	0	0	2	2
Sriacha Creamy Garlic	43	180	0.4	3	0	1	18	1.5	0.3	10	230	0	30	0	2
Sweet Chili Thai	43	100	0.2	23	0	20	0.1	0	0	0	380	0	0	0	2
Seafood sauce	43	50	0.5	12	1	10	0.1	0	0	0	430	0	0	0	2
Santa Fe ranch	43	230	1	2	0	1	25	2	0.4	10	350	0	0	2	2
DESSERT															
Funnel Cake Stix	4.5 oz (1/2 box)	350	4	59	0	28	11	4.5	0	40	320	0	0	0	20
Two-Bite Brownies (2 brownies)	38	160	1	22	1	13	9	2	0	10	80	0	0	0	8

Strawberry Cheesecake Truffles	60 g (3 pieces)	210	3	22	0	19	12	8	0.2	35	110	0	0	3.9	1
Gluten Free Brownie	80 g (1 Brownie)	350	3	48	2	34	16	2	0.2	50	240	2	0	2	4