

PIZZA HUT Canada Nutrition Information


	Serving Size	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Nutrition Facts						% Daily Value			
							Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	
Toppings																
Mozzarella Cheese PPP	Per 1 Pizza	20	60	4	2.5	0.1	15	90	1	0	0	6	0	0	10	0
Mozzarella Cheese Small	1 slice= 1/6 pizza	6	20	1	1	0.0	4	27	0	0	0	1.7	0	0	3	0
Mozzarella Cheese Medium	1 slice= 1/8 pizza	8	25	2	1	0.1	6	38	0	0	0	2.3	0	0	4	0
Mozzarella Cheese Large	1 slice= 1/12 pizza	8	25	2	1	0.0	5	37	0	0	0	2.3	0	0	4	0
Cheddar Cheese PPP	Per 1 Pizza	14	50	5	2.5	0	15	90	0	0	0	3	0	0	8	0
Cheddar Cheese Small	1 slice= 1/6 pizza	5	20	2	1	0.0	6	35	0	0	0	1.2	0	0	3	0
Cheddar Cheese Medium	1 slice= 1/8 pizza	7	30	3	1	0.1	8	46	0	0	0	1.6	0	0	4	0
Cheddar Cheese Large	1 slice= 1/12 pizza	6	25	2	1	0.1	8	43	0	0	0	1.5	0	0	3	0
Feta Cheese PPP	Per 1 Pizza	19	50	4	2.5	0	15	270	1	0	0	4	0	0	8	0
Feta Cheese Small	1 slice= 1/6 pizza	7	20	1	1	0.0	5	93	0	0	0	1.3	0	0	3	0
Feta Cheese Medium	1 slice= 1/8 pizza	9	25	2	1	0.1	6	128	0	0	0	1.9	0	0	4	0
Feta Cheese Large	1 slice= 1/12 pizza	8	25	2	1	0.0	6	116	0	0	0	1.8	0	0	3	0
Bacon PPP	Per 1 Pizza	19	60	5	1.5	0	20	240	0	0	0	5	0	2	0	0
Bacon Small	1 slice= 1/6 pizza	7	20	2	1	0.0	7	80	0	0	0	1.8	0	1	0	0
Bacon Medium	1 slice= 1/8 pizza	9	30	2	1	0.0	8	105	0	0	0	2.3	0	1	0	1
Bacon Large	1 slice= 1/12 pizza	8	25	2	1	0.0	8	96	0	0	0	2.1	0	1	0	0
Beef PPP	Per 1 Pizza	18	40	2.5	1.5	0	10	110	1	1	0	3	0	0	0	2
Beef Small	1 slice= 1/6 pizza	6	15	1	1	0.0	3	38	0	0	0	1.2	0	0	0	1
Beef Medium	1 slice= 1/8 pizza	10	20	1	1	0.0	5	58	0	0	0	1.8	0	0	1	1
Beef Large	1 slice= 1/12 pizza	9	20	1	1	0.0	5	54	0	0	0	1.7	0	0	1	1
Pepperoni Slices PPP	Per 1 Pizza	7	30	2.5	1	0	5	70	0	0	0	1	0	0	0	0
Pepperoni Slices Small	1 slice= 1/6 pizza	3	15	1	0	0.0	3	30	0	0	0	0.7	0	0	0	0
Pepperoni Slices Medium	1 slice= 1/8 pizza	4	20	2	1	0.0	3	40	0	0	0	0.9	0	0	0	1
Pepperoni Slices Large	1 slice= 1/12 pizza	4	20	2	1	0.0	3	42	0	0	0	0.8	0	0	0	1
Italian Sausage PPP	Per 1 Pizza	16	50	4.5	1.5	0	15	100	1	0	0	3	0	0	0	2
Italian Sausage Small	1 slice= 1/6 pizza	7	20	2	1	0.0	7	43	0	0	0	1.0	0	0	0	1
Italian Sausage Medium	1 slice= 1/8 pizza	9	30	3	1	0.0	9	58	0	0	0	1.4	0	0	0	1
Italian Sausage Large	1 slice= 1/12 pizza	9	30	3	1	0.0	9	60	0	0	0	1.5	0	0	0	1
Sliced Ham PPP	Per 1 Pizza	12	15	0.5	0	0	5	115	0	0	0	2	0	0	0	0
Sliced Ham Small	1 slice= 1/6 pizza	5	5	0	0	0.0	3	48	0	0	0	1.0	0	0	0	0
Sliced Ham Medium	1 slice= 1/8 pizza	7	10	0	0	0.0	4	65	0	0	0	1.3	0	0	0	0
Sliced Ham Large	1 slice= 1/12 pizza	7	10	0	0	0.0	4	68	0	0	0	1.3	0	0	0	0
Pork PPP	Per 1 Pizza	18	40	3	1	0	10	115	1	1	0	3	0	0	2	2
Pork Small	1 slice= 1/6 pizza	6	15	1	0	0.0	4	40	0	0	0	1.2	0	0	0	1
Pork Medium	1 slice= 1/8 pizza	10	25	2	1	0.0	6	60	0	0	0	1.8	0	0	1	1
Pork Large	1 slice= 1/12 pizza	9	20	1	1	0.0	5	57	0	0	0	1.6	0	0	1	1
Chicken PPP	Per 1 Pizza	19	20	0	0	0	10	105	0	0	0	4	0	0	0	0
Chicken Small	1 slice= 1/6 pizza	7	10	0	0	0.0	3	40	0	0	0	1.5	0	0	0	0
Chicken Medium	1 slice= 1/8 pizza	9	10	0	0	0.0	4	51	0	0	0	2.0	0	1	0	0
Chicken Large	1 slice= 1/12 pizza	8	10	0	0	0.0	4	44	0	0	0	1.7	0	0	0	0
Green Peppers PPP	Per 1 Pizza	16	5	0	0	0.0	0	0	1	0	0	0	0	20	0	0
Green Peppers Small	1 slice= 1/6 pizza	6	0	0	0	0.0	0	0	0	0	0	0.0	0	8	0	0
Green Peppers Medium	1 slice= 1/8 pizza	9	0	0	0	0.0	0	0	0	0	0	0.0	1	11	0	0
Green Peppers Large	1 slice= 1/12 pizza	8	0	0	0	0.0	0	0	0	0	0	0.1	1	11	0	0
Red Onions PPP	Per 1 Pizza	17	5	0	0	0	0	0	0	0	0	1	0.2	0	2	0
Red Onions Small	1 slice= 1/6 pizza	5	0	0	0	0.0	0	0	0	0	0	0.1	0	1	0	0
Red Onions Medium	1 slice= 1/8 pizza	6	5	0	0	0.0	0	0	0	0	0	0.1	0	1	0	0
Red Onions Large	1 slice= 1/12 pizza	6	0	0	0	0.0	0	0	0	0	0	0.1	0	1	0	0
Mushrooms PPP	Per 1 Pizza	13	5	0	0	0	0	0	1	0	0	0.2	0	0	0	0
Mushrooms Small	1 slice= 1/6 pizza	4	0	0	0	0.0	0	0	0	0	0	0.1	0	0	0	0
Mushrooms Medium	1 slice= 1/8 pizza	6	0	0	0	0.0	0	0	0	0	0	0.1	0	0	0	0
Mushrooms Large	1 slice= 1/12 pizza	6	0	0	0	0.0	0	0	0	0	0	0.1	0	0	0	0
Tomatoes PPP	Per 1 Pizza	21	5	0	0	0	0	0	0	1	0	0.2	2	4	0	0
Tomatoes Small	1 slice= 1/6 pizza	9	0	0	0	0.0	0	0	0	0	0	0.2	1	1	0	0
Tomatoes Medium	1 slice= 1/8 pizza	11	0	0	0	0.0	0	0	0	0	0	0.1	1	2	0	0
Tomatoes Large	1 slice= 1/12 pizza	10	0	0	0	0.0	0	0	0	0	0	0.1	1	1	0	0
Black Olives PPP	Per 1 Pizza	9	25	1.5	0.2	0	0	140	1	1	0.2	0.2	0	0	0	0
Black Olives Small	1 slice= 1/6 pizza	2	5	0	0	0.0	0	37	0	0	0	0.1	0	0	0	0
Black Olives Medium	1 slice= 1/8 pizza	3	10	1	0	0.0	0	53	0	0	0	0.1	0	0	0	0
Black Olives Large	1 slice= 1/12 pizza	3	10	1	0	0.0	0	53	0	0	0	0.1	0	0	0	0
Green Olives PPP	Per 1 Pizza	9	15	1.5	0.2	0	0	150	0	0	0	0.1	0	0	0	0
Green Olives Small	1 slice= 1/6 pizza	2	5	1	0	0.0	0	55	0	0	0	0.0	0	20	0	0
Green Olives Medium	1 slice= 1/8 pizza	3	5	1	0	0.0	0	56	0	0	0	0.0	0	8	0	0
Green Olives Large	1 slice= 1/12 pizza	3	5	1	0	0.0	0	56	0	0	0	0.0	0	0	0	0
Hot Peppers PPP	Per 1 Pizza	22	5	0	0	0	0	350	1	0	0	0	0	0	0	0
Hot Peppers Small	1 slice= 1/6 pizza	7	0	0	0	0.0	0	110	0	0	0	0.0	0	0	0	0
Hot Peppers Medium	1 slice= 1/8 pizza	9	0	0	0	0.0	0	141	0	0	0	0.0	0	0	0	0
Hot Peppers Large	1 slice= 1/12 pizza	8	0	0	0	0.0	0	133	0	0	0	0.0	0	0	0	0
Pineapple PPP	Per 1 Pizza	30	20	0	0	0	0	0	5	0	0	0.2	0	0	0	0
Pineapple Small	1 slice= 1/6 pizza	10	10	0	0	0.0	0	2	0	0	0	0	0	0	0	0
Pineapple Medium	1 slice= 1/8 pizza	12	10	0	0	0.0	0	2	0	0	0	0.1	0	0	0	0
Pineapple Large	1 slice= 1/12 pizza	10	10	0	0	0.0	0	2	0	0	0	0.1	0	0	0	0
Spinach PPP	Per 1 Pizza	6	0	0	0	0	0	3	0	0	0	0.1	0	0	0	0
Spinach Small	1 slice= 1/6 pizza	2	0	0	0	0.0	0	1	0	0	0	0.0	0	0	0	0
Spinach Medium	1 slice= 1/8 pizza	2	0	0	0	0.0	0	1	0	0	0	0.0	0	0	0	0
Spinach Large	1 slice= 1/12 pizza	2	0	0	0	0.0	0	1	0	0	0	0.0	0	0	0	0
Parmesan PPP	Per 1 Pizza	5	20	1	1	0.1	5	105	1	0	0	2	0	0	6	0
Parmesan Small	1 slice= 1/6 pizza	2	5	0	0	0.0	2	32	0	0	0	0.5	0	0	2	0
Parmesan Medium	1 slice= 1/8 pizza	2	10	1	0	0.0	3	49	0	0	0	0.8	0	0	3	0
Parmesan Large	1 slice= 1/12 pizza	2	10	1	0	0.0	2	48	0	0	0	0.8	0	0	2	0
Roasted Red Pepper PPP	Per 1 Pizza	14	5	0	0	0	0	1	0	0	0	0.1	10	50	0	0
Roasted Red Pepper Small	1 slice= 1/6 pizza	6	0	0	0	0.0	0	1	0	0	0	0.1	4	23	0	0
Roasted Red Pepper Medium	1 slice= 1/8 pizza	7	5	0	0	0.0	0	1	0	0	0	0.1	5	29	0	0
Roasted Red Pepper Large	1 slice= 1/12 pizza	7	5	0	0	0.0	0	1	0	0	0	0.1	5	28	0	0
Garlic PPP	Per 1 Pizza	4	5	0	0	0	0	1	0	0	0	0	0	0	0	0
Garlic Small	1 slice= 1/6 pizza	1	0	0	0	0.0	0	0	0	0	0	0.0	0	0	0	0
Garlic Medium	1 slice= 1/8 pizza	2	5	0	0	0.0</										

APPETIZERS		Food Item Data														
Breadstick	1 piece	46	190	10	1	0.1	0	150	22	1	0	4	0	0	0	50
Breadstick with Cheese	1 piece	58	230	12	3	0.2	10	200	22	1	0	7	0	0	8	50
Breadstick Sauce	dip cup	85	45	1	0	0.0	0	340	8	2	5	1	8	20	0	2
Garlic Bread	1 piece	40	120	5	5	0.0	0	230	17	1	1	3	0	0	2	8
Garlic Bread with Cheese	1 piece	64	190	10	5	0.2	20	400	15	1	1	11	2	0	20	8
Top Your Own Bruschetta	1/6 of order	101	260	13	3	0.2	10	520	28	1	2	8	4	8	10	15
Stuffed Pizza Rollers	1 roll	77	270	11	5	0	25	390	31	1	1	12	0	0	15	15
Poutine Bacon	1 order	621	1440	78	18	1	95	4290	147	12	1	34	0	6	50	25
Poutine Canadian	1 order	647	1440	78	18	1	95	4300	148	13	1	35	0	6	50	25
Poutine Chicken	1 order	704	1410	71	15	1	80	4120	154	14	6	36	0	15	50	25
Poutine Plain	1 order	596	1330	70	14	1	65	3780	146	12	1	26	0	6	50	25
Pesto Chicken Spin Rolls	1 roll	160	420	22	6	0.5	30	1020	39	2	2	16	4	6	20	10
French Fries	Medium size	311	940	47	3.0	0	0	2120	121	11	0	8	0	6	6	15
WINGS		Food Item Data														
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Wing Baked Wings	1 pieces	25	47.5	3	1	0.0	30	147.5	0.5	0	1	6	0	0	0	2
Buffalo Wings	1 pieces	25	47.5	3	1	0.0	30	147.5	0.5	0	1	6	0	0	0	2
WINGStreet Wings		Food Item Data														
Traditional Wings	1 pieces	16	40	3	1	0.0	19	126	0	0	0	4	0	0	0	1
Boneless Bits	1 pieces	21	60	4	0	0.0	9	196	5	0	0	3	0	0	0	2
WINGStreet Sauces		Food Item Data														
Buffalo Mild Wing Sauce	per serving for 1 wings	9	15	0	0	0	0	210	3	0	0	0	1	0	0	0
Buffalo Medium Wing Sauce	per serving for 1 wings	9	15	0	0	0	0	212	3	0	1	0	0	2	0	0
Buffalo Burning Hot Wing Sauce	per serving for 1 wings	9	15	0	0	0	0	212	3	0	1	0	0	2	0	0
Honey BBQ Sauce	per serving for 1 wings	14	35	0	0	0	0	128	8	0	7	0	0	1	0	1
Garlic Parmesan sauce	per serving for 1 wings	7	5	0	0	0	1	21	0	0	0	0	0	1	0	0
Honey Garlic Sauce	per serving for 1 wings	8	20	0	0	0	0	46	5	0	5	0	0	0	0	0
Salt and Pepper Dry Rub	per serving for 1 wings	1	5	0	0	0	0	56	0	0	0	0	0	0	0	0
Indian Butter Sauce	per serving for 1 wings	14	20	1	0	0	1	118	3	0	2	0	0	2	0	1
SALADS		Food Item Data														
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Caesar Salad with Dressing	side	149	260	19	5	0.3	25	690	12	2	1	8	8	35	15	15
Caesar Salad with Dressing	entrée	295	540	40	10	0.5	55	1490	25	4	2	18	10	70	25	30
Greek Salad w/o Dressing	side	158	130	7	3	0.1	15	560	6	3	2	7	2	30	10	8
Greek Salad w/o Dressing	entrée	317	280	16	8	0.4	40	1200	12	5	3	16	8	60	25	15
Italian House Salad with Low Fat Raspberry Dressing	side	152	45	1	0	0	0	45	6	2	4	2	0	30	2	8
Italian House Salad w/o Dressing	side	158	80	2	0	0	0	190	12	2	2	3	0	35	4	15
Italian House Salad w/o Dressing	entrée	291	160	4	1	0.1	0	380	24	5	4	6	0	70	8	25
Warm Spinach Salad with Dressing	entrée	272	410	29	5	0.2	65	1080	13	2	7	27	15	10	4	10
DRESSINGS AND DIPS		Food Item Data														
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Caesar	side 28ml (1oz)	120	13	2	0.2	10	250	1	0	0	0.5	0	0	2	0	0
Sweet Italian	side 28ml (1oz)	140	13	2	0.1	0	160	4	0	2	0.2	0	0	0	0	0
Ranch	side 28ml (1oz)	120	13	2	0.1	10	230	2	0	1	0.3	0	0	0	0	0
Low Fat Ravin' Raspberry	side 28ml (1oz)	40	0	0	0	0	80	5	0	4	0	0	0	0	0	0
French	side 28ml (1oz)	110	10	2	0.1	0	240	4	0	3	0.1	2	0	0	0	0
Poppy Seed	side 28ml (1oz)	150	15	1	0	0	159	3.74	0	2	0.2	0	0	0	0	0
Greek Feta	side 28ml (1oz)	170	19	2	0.2	9.4	131	0	0	0	1.5	0	0	0	0	0
Marinara Dipping Sauce	1 cup	47g	30	0.5	0	0	220	5	1	3	1	4	10	0	2	0
Creamy Garlic Dipping Sauce	1 cup	43g	210	23	2	0.3	0	240	2	0	1	0.2	0	0	0	0
Cheddar Jalapeno Dipping Sauce	1 cup	44ml	390	39	4	0.4	50	900	5	0	4	3	2	2	6	2
Traditional Donair Sauce	1 cup	100ml	140	0	0	0	5	80	30	0	26	6	0	0	20	0
Pepperoncini Ranch Dipping Sauce	1 cup	43g	190	20	2	0.3	10	410	2	0	1	1	0	0	2	0
WRAPS		Food Item Data														
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Oven Toasted Wraps	1 Wrap	217	570	33	7	0	65	1530	41	3	2	28	10	10	15	8
Chicken Caesar Wrap	1 Wrap	225	490	24	6	0.5	50	1110	41	4	3	29	30	10	20	10
PASTAS		Food Item Data														
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Tuscani Chicken Alfredo Pasta - (regular size)	(1/2 order)	307	550	26	8	0.5	45	1290	54	3	4	22	8	4	20	25
Tuscani Chicken Alfredo Pasta - (family size)	(1/4 order)	308	550	26	8	0.5	45	1290	54	3	4	22	8	4	20	25
Tuscani Premium Bacon Mac' Cheese	individual meal	262	580	31	17	1	75	1460	46	3	4	30	10	4	50	25
Tuscani Premium Bacon Mac' Cheese - (regular size)	(1/2 order)	300	600	31	17	1	65	1490	55	3	6	26	10	2	35	20
Tuscani Premium Bacon Mac' Cheese - (family size)	(1/4 order)	299	600	31	17	1	65	1490	55	3	6	26	10	2	35	20
Tuscani Mediterranean con Pollo Pasta	individual meal	255	450	10	4	0	30	714	69	11	9	29	8	0	20	25
Tuscani Mediterranean con Pollo Pasta	1/3 of tray	243	340	7	3	0	20	705	55	8	9	22	10	0	10	15
Tuscani Mediterranean Vegetable Pasta	individual meal	252	430	10	5	0	20	706	68	10	9	28	8	0	20	25
Tuscani Mediterranean Vegetable Pasta	1/3 of tray	233	320	7	3	0	10	606	54	8	9	18	10	0	10	15
Tuscani Meaty Marinara Pasta - (regular size)	(1/2 order)	319	550	24	9	0.3	55	115	58	4	8	26	2	30	10	70
Tuscani Meaty Marinara Pasta - (family size)	(1/4 order)	322	550	24	9	0.3	55	105	59	4	8	26	2	30	10	70
Fettuccini Alfredo	meal size	475	760	32	9	0.5	40	1670	93	4	8	24	15	6	25	45
Chicken Fettuccini Alfredo	meal size	559	860	34	10	1	80	2150	95	5	9	42	15	8	25	50
Spaghetti Bolognese	meal size	577	770	24	5	1	35	1290	104	7	16	32	8	45	20	70
Spicy Italian Sausage Pasta	meal size	699	1130	62	14	0.5	95	4420	107	14	29	38	30	150	20	70
Grilled Chicken Breast Strips (optional)	Side	47	50	1	0	0	20	270	1	1	0	10	0	2	0	2
MEAT		Food Item Data														
Italian Classic		Food Item Data														
6" Personal Pan Pizza®	1 pizza	223	650	28	9	0.3	50	930	72	4	3	27	10	50	20	160
9" Small Pan	1 slice+ 1/6 pizza	74	210	10	3	0.1	20	280	23	1	1	9	4	25	8	45
12" Medium Pan	1 slice+ 1/8 pizza	102	290	13	5	0.2	25	390	30	2	2	13	6	30	10	60
14" Large Pan	1 slice+ 1/12 pizza	96	270	13	5	0.2	25	370	28	2	2	12	6	30	10	60
12" Medium Thin 'N Crispy®	1 slice+ 1/8 pizza	83	250	11	5	0.2	25	500	28	2	2	12	6	30	10	15
14" Large Thin 'N Crispy®	1 slice+ 1/12 pizza	79	240	10	4	0.2	25	480	26	1	2	12	6	30	10	15
12" Medium Stuffed Crust	1 slice+ 1/8 pizza	116	300	14	7	0.3	40	560	26	1	1	18	10			

12" Medium Stuffed Crust	1 slice= 1/8 pizza	116	280	12	6	0.3	40	560	27	1	3	19	6	4	25	15
14" Large Stuffed Crust	1 slice= 1/12 pizza	105	250	10	5	0.3	35	500	23	1	2	17	6	2	25	10
12" Medium Homestyle	1 slice= 1/8 pizza	95	210	7	3	0.2	20	380	27	1	3	11	2	4	10	15
14" Large Homestyle	1 slice= 1/12 pizza	90	210	8	4	0.2	20	380	23	1	2	12	2	4	15	10
Panomous	1 slice= 1/16 pizza	115	280	11	4	0.2	20	390	32	2	3	13	2	2	15	60
Pepperoni Lover's®																
6" Personal Pan Pizza®	1 pizza	215	710	33	12	0.5	55	910	72	4	2	32	2	2	30	160
9" Small Pan	1 slice= 1/6 pizza	69	230	11	4	0.2	20	320	22	1	1	11	2	2	10	45
12" Medium Pan	1 slice= 1/8 pizza	95	310	15	6	0.3	30	440	30	2	1	15	2	2	15	60
14" Large Pan	1 slice= 1/12 pizza	89	290	14	5	0.2	25	410	27	1	1	14	2	2	15	60
12" Medium Thin 'N Crispy®	1 slice= 1/8 pizza	76	280	12	5	0.3	30	550	27	1	1	14	2	2	15	15
14" Large Thin 'N Crispy®	1 slice= 1/12 pizza	71	260	12	5	0.3	25	520	25	1	1	13	2	2	15	15
12" Medium Stuffed Crust	1 slice= 1/8 pizza	110	320	16	8	0.4	45	610	25	1	1	20	6	4	25	15
14" Large Stuffed Crust	1 slice= 1/12 pizza	99	280	14	7	0.4	40	540	21	1	1	18	6	4	25	10
12" Medium Homestyle	1 slice= 1/8 pizza	91	270	13	6	0.3	30	480	25	1	1	14	2	4	15	15
14" Large Homestyle	1 slice= 1/12 pizza	84	240	12	5	0.3	25	430	21	1	1	13	2	4	15	10
Panomous	1 slice= 1/16 pizza	107	310	15	5	0.2	25	430	30	2	1	14	2	2	15	60
Meat Lover's®																
6" Personal Pan Pizza®	1 pizza	225	710	33	11	0.4	70	1080	73	4	3	33	2	2	25	160
9" Small Pan	1 slice= 1/6 pizza	74	230	11	4	0.1	25	360	22	1	1	11	2	2	8	50
12" Medium Pan	1 slice= 1/8 pizza	102	320	15	5	0.2	35	500	30	2	1	15	2	2	10	60
14" Large Pan	1 slice= 1/12 pizza	96	300	15	5	0.2	35	470	28	2	1	14	2	2	10	60
12" Medium Thin 'N Crispy®	1 slice= 1/8 pizza	83	280	13	5	0.2	35	610	28	2	1	15	2	2	10	20
14" Large Thin 'N Crispy®	1 slice= 1/12 pizza	79	270	12	5	0.2	35	580	26	2	1	14	2	2	10	15
12" Medium Stuffed Crust	1 slice= 1/8 pizza	116	320	16	7	0.3	50	660	25	1	1	20	6	4	25	15
14" Large Stuffed Crust	1 slice= 1/12 pizza	107	290	15	7	0.3	45	600	22	1	1	18	6	4	20	15
12" Medium Homestyle	1 slice= 1/8 pizza	98	280	13	5	0.3	35	530	25	1	1	15	2	4	10	15
14" Large Homestyle	1 slice= 1/12 pizza	92	250	12	5	0.2	35	490	22	1	1	14	2	4	10	15
Panomous	1 slice= 1/16 pizza	114	310	15	5	0.2	35	480	30	2	1	15	2	2	10	60
Smokey Maple Bacon																
6" Personal Pan Pizza®	1 pizza	210	570	23	6	0.2	35	770	70	3	2	22	2	2	15	150
9" Small Pan	1 slice= 1/6 pizza	69	180	8	2	0.1	10	260	21	1	1	7	0	0	4	45
12" Medium Pan	1 slice= 1/8 pizza	94	240	11	3	0.1	15	350	28	1	1	10	0	0	6	60
14" Large Pan	1 slice= 1/12 pizza	88	230	10	3	0.1	15	330	26	1	1	9	2	0	6	60
12" Medium Thin 'N Crispy®	1 slice= 1/8 pizza	72	210	8	3	0.1	15	460	26	1	1	9	0	0	8	15
14" Large Thin 'N Crispy®	1 slice= 1/12 pizza	69	200	8	3	0.1	15	440	24	1	1	9	2	0	8	15
12" Medium Stuffed Crust	1 slice= 1/8 pizza	109	250	11	5	0.3	30	520	23	1	0	15	6	2	20	15
14" Large Stuffed Crust	1 slice= 1/12 pizza	96	220	10	5	0.2	30	460	20	1	0	13	4	2	15	10
12" Medium Homestyle	1 slice= 1/8 pizza	90	200	8	3	0.2	15	390	23	1	0	9	0	2	8	10
14" Large Homestyle	1 slice= 1/12 pizza	80	180	8	3	0.2	15	350	20	1	0	9	2	2	8	10
Panomous	1 slice= 1/16 pizza	93	240	10	3	0.1	15	350	28	1	1	9	0	0	6	60
Supreme Lover's™																
6" Personal Pan Pizza®	1 pizza	230	670	29	10	0.4	55	910	73	5	3	31	2	10	25	160
9" Small Pan	1 slice= 1/6 pizza	75	220	10	4	0.2	20	320	23	2	1	10	2	4	8	50
12" Medium Pan	1 slice= 1/8 pizza	104	300	14	5	0.2	30	450	30	2	1	15	2	6	10	60
14" Large Pan	1 slice= 1/12 pizza	97	280	13	5	0.2	25	420	28	2	1	14	2	6	10	60
12" Medium Thin 'N Crispy®	1 slice= 1/8 pizza	85	260	11	5	0.2	30	560	28	2	1	14	2	6	10	20
14" Large Thin 'N Crispy®	1 slice= 1/12 pizza	80	250	10	5	0.2	25	530	26	2	1	13	2	6	10	15
12" Medium Stuffed Crust	1 slice= 1/8 pizza	120	310	14	7	0.4	45	620	26	2	1	20	6	8	25	15
14" Large Stuffed Crust	1 slice= 1/12 pizza	108	270	13	6	0.3	40	550	22	1	1	18	6	8	20	15
12" Medium Homestyle	1 slice= 1/8 pizza	101	260	11	5	0.3	30	490	26	2	1	14	2	8	15	15
14" Large Homestyle	1 slice= 1/12 pizza	93	230	10	5	0.3	25	440	22	1	1	13	2	8	10	15
Panomous	1 slice= 1/16 pizza	118	300	13	5	0.2	25	440	30	2	1	14	2	6	10	60
Pepperoni Only																
6" Personal Pan Pizza®	1 pizza	206	620	26	8	0.4	40	780	71	3	2	25	2	2	20	150
9" Small Pan	1 slice= 1/6 pizza	61	200	9	3	0.1	15	260	22	1	1	9	0	2	8	45
12" Medium Pan	1 slice= 1/8 pizza	85	270	12	4	0.2	20	360	29	1	1	12	2	2	10	60
14" Large Pan	1 slice= 1/12 pizza	79	260	12	4	0.2	20	340	27	1	1	11	2	2	10	60
12" Medium Thin 'N Crispy®	1 slice= 1/8 pizza	66	240	9	4	0.2	20	470	26	1	1	11	2	0	10	15
14" Large Thin 'N Crispy®	1 slice= 1/12 pizza	62	220	9	4	0.2	20	450	25	1	1	11	2	0	10	15
12" Medium Stuffed Crust	1 slice= 1/8 pizza	96	260	11	6	0.3	30	480	24	1	0	16	6	4	20	15
14" Large Stuffed Crust	1 slice= 1/12 pizza	88	230	10	5	0.3	30	430	21	1	0	14	6	2	20	10
12" Medium Homestyle	1 slice= 1/8 pizza	81	230	10	4	0.2	20	390	24	1	1	12	2	4	10	15
14" Large Homestyle	1 slice= 1/12 pizza	75	210	9	4	0.2	20	360	21	1	0	11	2	2	10	10
Panomous	1 slice= 1/16 pizza	83	270	12	4	0.2	20	350	29	1	1	11	2	2	10	60
Super Supreme																
6" Personal Pan Pizza®	1 pizza	225	670	29	9	0.4	55	950	73	4	3	30	2	10	20	160
9" Small Pan	1 slice= 1/6 pizza	74	220	10	4	0.1	20	330	22	1	1	10	2	4	8	45
12" Medium Pan	1 slice= 1/8 pizza	102	300	13	5	0.2	25	450	30	2	1	14	2	6	10	60
14" Large Pan	1 slice= 1/12 pizza	95	280	13	5	0.2	25	430	28	2	1	13	2	6	10	60
12" Medium Thin 'N Crispy®	1 slice= 1/8 pizza	83	260	10	5	0.2	25	410	28	2	1	12	2	2	10	15
14" Large Thin 'N Crispy®	1 slice= 1/12 pizza	79	250	10	5	0.2	25	540	26	2	1	13	2	6	10	15
12" Medium Stuffed Crust	1 slice= 1/8 pizza	116	300	14	7	0.3	40	620	26	1	1	19	6	8	25	15
14" Large Stuffed Crust	1 slice= 1/12 pizza	105	270	13	6	0.3	40	550	22	1	1	17	6	8	20	15
12" Medium Homestyle	1 slice= 1/8 pizza	98	260	11	5	0.3	25	490	25	1	1	13	2	8	10	15
14" Large Homestyle	1 slice= 1/12 pizza	92	230	10	5	0.2	25	440	22	1	1	11	2	10	10	10
Panomous	1 slice= 1/16 pizza	115	290	13	5	0.1	15	340	30	2	2	12	2	10	10	60
Chicken Caesar																
6" Personal Pan Pizza®	1 pizza	201	610	25	7	-0.3	45	980	72	3	2	28	2	2	15	150
9" Small Pan	1 slice= 1/6 pizza	63	200	8	3	0.1	15	340	22	1	1	9	0	2	6	45
12" Medium Pan	1 slice= 1/8 pizza	86	270	11	4	0.1	25	470	29	1	1	13	0	2	8	60
14" Large Pan	1 slice= 1/12 pizza	82	250	10	3	0.1	20	430	27	1	1	12	0	2	8	60
12" Medium Thin 'N Crispy®	1 slice= 1/8 pizza	68	230	8	3	0.2	25	570	27	1	1	12	0	2	8	15
14" Large Thin 'N Crispy®	1 slice= 1/12 pizza	64	220	8	3	0.1	20	530	25	1	1	11	0	2	8	15
12" Medium Stuffed Crust	1 slice= 1/8 pizza	102	270	12	5	0.3	40	620	25	1	0	17	6	2	20	15
14" Large Stuffed Crust	1 slice= 1/12 pizza	92	240	10	5	0.3	35	550	21	1	0	15	4	2	15	10
12" Medium Homestyle	1 slice= 1/8 pizza	83	220	9</												

12" Medium Pan	1 slice= 1/8 pizza	92	250	9	3	0.1	15	430	34	2	6	10	2	15	8	60
14" Large Pan	1 slice= 1/12 pizza	86	230	8	3	0.1	15	390	31	1	5	9	2	10	8	60
12" Medium Thin N Crispy®	1 slice= 1/8 pizza	75	210	6	3	0.1	15	540	31	1	6	10	2	15	8	15
14" Large Thin N Crispy®	1 slice= 1/12 pizza	70	200	5	2	0.1	15	490	29	1	5	9	2	10	8	15
12" Medium Stuffed Crust	1 slice= 1/8 pizza	108	260	9	5	0.3	30	600	29	1	5	15	6	15	20	15
14" Large Stuffed Crust	1 slice= 1/8 pizza	98	230	8	4	0.2	25	510	25	1	5	13	6	15	15	10
12" Medium Homestyle	1 slice= 1/8 pizza	90	210	6	3	0.2	15	460	29	1	5	10	2	15	8	15
14" Large Homestyle	1 slice= 1/8 pizza	82	180	5	2	0.2	15	400	25	1	5	9	2	15	8	15
Panomous	1 slice= 1/16 pizza	109	260	10	3	0.1	20	450	34	2	6	11	2	15	8	60
Grilled Chicken Arrabiatta																
6" Personal Pan Pizza®	1 pizza	244	600	23	6	0	35	750	74	4	4	27	2	70	25	120
9" Small Pan	1 slice= 1/6 pizza	78	190	7	2	0	15	260	23	1	1	9	0	30	8	35
12" Medium Pan	1 slice= 1/8 pizza	104	260	10	3	0	20	350	31	2	2	12	2	35	10	45
14" Large Pan	1 slice= 1/12 pizza	96	240	9	3	0	15	320	28	2	2	11	0	35	10	45
12" Medium Thin N Crispy®	1 slice= 1/8 pizza	86	220	7	3	0	20	460	28	2	2	12	2	35	15	10
14" Large Thin N Crispy®	1 slice= 1/12 pizza	80	210	6	3	0	15	430	26	1	2	11	2	35	10	10
12" Medium Stuffed Crust	1 slice= 1/8 pizza	119	260	10	5	0	35	520	26	1	1	17	0	40	25	10
14" Large Stuffed Crust	1 slice= 1/12 pizza	110	230	9	5	0	30	450	22	1	1	15	0	35	20	8
12" Medium Homestyle	1 slice= 1/8 pizza	121	220	7	3	0	20	390	26	1	1	12	0	35	15	10
14" Large Homestyle	1 slice= 1/12 pizza	93	190	6	3	0	15	340	22	1	1	11	0	35	10	8
Panomous	1 slice= 1/16 pizza	121	250	10	3	0	15	350	31	2	2	12	2	35	10	50
Grilled Chicken Rustico																
6" Personal Pan Pizza®	1 pizza	230	600	23	6	0	35	750	73	4	3	27	2	60	25	120
9" Small Pan	1 slice= 1/6 pizza	74	190	7	2	0	15	260	23	1	1	9	0	25	8	35
12" Medium Pan	1 slice= 1/8 pizza	95	250	10	3	0	20	350	30	2	1	12	0	30	10	50
14" Large Pan	1 slice= 1/12 pizza	90	230	9	3	0	15	320	28	2	1	11	0	30	10	45
12" Medium Thin N Crispy®	1 slice= 1/8 pizza	78	220	7	3	0	20	460	28	1	2	12	0	30	15	10
14" Large Thin N Crispy®	1 slice= 1/12 pizza	74	200	6	3	0	15	430	26	1	1	11	0	30	10	10
12" Medium Stuffed Crust	1 slice= 1/8 pizza	113	260	10	5	0	35	520	25	1	1	17	0	30	25	10
14" Large Stuffed Crust	1 slice= 1/12 pizza	101	230	9	5	0	30	450	22	1	1	15	0	30	20	8
12" Medium Homestyle	1 slice= 1/8 pizza	210	7	3	0	20	390	25	1	1	12	0	30	15	10	
14" Large Homestyle	1 slice= 1/12 pizza	86	190	6	3	0	15	340	22	1	1	11	0	30	10	8
Panomous	1 slice= 1/16 pizza	110	250	9	3	0	15	350	30	2	1	12	0	30	10	50
VEGGIE																
Veggie Lover's®																
6" Personal Pan Pizza®	1 pizza	238	570	21	6	0.3	25	610	74	4	4	23	4	30	20	150
9" Small Pan	1 slice= 1/6 pizza	78	180	7	2	0.1	10	210	23	1	2	8	2	10	8	45
12" Medium Pan	1 slice= 1/8 pizza	107	250	9	3	0.1	15	290	31	2	2	11	4	15	10	60
14" Large Pan	1 slice= 1/12 pizza	98	230	9	3	0.1	15	270	28	2	2	10	2	15	10	60
12" Medium Thin N Crispy®	1 slice= 1/8 pizza	85	210	6	3	0.1	15	410	28	1	2	10	4	15	10	15
14" Large Thin N Crispy®	1 slice= 1/12 pizza	82	200	6	3	0.1	15	380	26	1	2	9	2	15	10	15
12" Medium Stuffed Crust	1 slice= 1/8 pizza	129	280	11	6	0.3	35	500	26	1	2	18	8	20	25	15
14" Large Stuffed Crust	1 slice= 1/12 pizza	116	240	10	5	0.3	30	430	23	1	1	16	6	15	25	10
12" Medium Homestyle	1 slice= 1/8 pizza	104	210	7	3	0.2	15	330	26	1	2	10	4	20	10	15
14" Large Homestyle	1 slice= 1/12 pizza	94	180	6	3	0.2	15	290	22	1	2	9	2	15	10	10
Panomous	1 slice= 1/16 pizza	121	240	9	3	0.1	15	290	31	2	2	10	4	15	10	60
Greek																
6" Personal Pan Pizza®	1 pizza	243	580	22	7	0.3	25	930	74	4	3	21	6	8	15	150
9" Small Pan	1 slice= 1/6 pizza	77	170	7	2	0.1	10	290	22	1	1	7	2	4	6	45
12" Medium Pan	1 slice= 1/8 pizza	109	250	10	3	0.1	15	420	30	2	2	10	4	4	8	60
14" Large Pan	1 slice= 1/12 pizza	100	230	9	3	0.1	10	390	28	2	2	9	4	4	8	60
12" Medium Thin N Crispy®	1 slice= 1/8 pizza	88	210	7	3	0.1	15	540	28	2	2	9	4	4	10	15
14" Large Thin N Crispy®	1 slice= 1/12 pizza	81	200	6	3	0.1	10	500	26	1	2	8	4	4	8	15
12" Medium Stuffed Crust	1 slice= 1/8 pizza	166	340	13	7	0.4	40	790	34	2	2	19	10	8	25	15
14" Large Stuffed Crust	1 slice= 1/12 pizza	163	330	13	7	0.4	35	780	33	2	2	19	10	8	25	15
12" Medium Homestyle	1 slice= 1/8 pizza	105	210	7	3	0.2	15	460	26	1	1	9	4	6	10	10
14" Large Homestyle	1 slice= 1/12 pizza	92	180	6	3	0.2	15	410	22	1	1	8	4	6	8	10
Panomous	1 slice= 1/16 pizza	108	240	9	3	0.1	15	420	30	2	2	9	4	4	8	60
Margarita																
6" Personal Pan Pizza®	1 pizza	201	580	23	7	0.0	30	730	73	4	4	24	8	10	25	120
9" Small Pan	1 slice= 1/6 pizza	60	170	7	3	0.0	10	160	20	1	1	7	2	4	10	8
12" Medium Pan	1 slice= 1/8 pizza	86	250	10	4	0.0	15	320	30	2	1	11	0	4	15	50
14" Large Pan	1 slice= 1/12 pizza	80	230	9	3	0.0	15	290	27	1	1	10	0	4	10	45
12" Medium Thin N Crispy®	1 slice= 1/8 pizza	68	210	7	3	0.0	15	440	27	1	1	10	2	4	15	10
14" Large Thin N Crispy®	1 slice= 1/12 pizza	63	200	7	3	0.0	15	410	25	1	1	10	2	4	15	10
12" Medium Stuffed Crust	1 slice= 1/8 pizza	101	250	10	5	0.0	30	480	25	1	1	16	0	6	25	10
14" Large Stuffed Crust	1 slice= 1/12 pizza	98	220	9	5	0.0	25	420	21	1	1	14	0	4	20	8
12" Medium Homestyle	1 slice= 1/8 pizza	86	210	8	3	0.0	15	360	25	1	1	10	0	6	15	10
14" Large Homestyle	1 slice= 1/12 pizza	76	180	7	3	0.0	15	320	21	1	1	9	0	4	15	8
Panomous	1 slice= 1/16 pizza	96	250	10	4	0.2	20	320	29	1	1	12	2	4	15	60
CHEESE																
Cheese Lover's®																
6" Personal Pan Pizza®	1 pizza	213	650	28	10	0.4	45	770	72	3	2	29	2	4	30	150
9" Small Pan	1 slice= 1/6 pizza	68	210	9	3	0.2	15	260	22	1	1	13	2	2	15	60
12" Medium Pan	1 slice= 1/8 pizza	94	280	12	5	0.2	25	370	30	1	1	13	2	2	15	60
14" Large Pan	1 slice= 1/12 pizza	88	260	12	5	0.2	20	350	27	1	1	13	2	2	15	60
12" Medium Thin N Crispy®	1 slice= 1/8 pizza	75	250	10	5	0.2	25	480	27	1	1	13	2	2	15	15
14" Large Thin N Crispy®	1 slice= 1/12 pizza	71	230	9	4	0.2	20	450	25	1	1	12	2	2	15	15
12" Medium Stuffed Crust	1 slice= 1/8 pizza	109	290	13	7	0.4	40	540	25	1	1	18	6	4	25	15
14" Large Stuffed Crust	1 slice= 1/12 pizza	99	260	12	6	0.3	35	480	22	1	1	16	6	4	25	10
12" Medium Homestyle	1 slice= 1/8 pizza	91	240	10	5	0.3	25	410	25	1	1	13	2	4	15	15
14" Large Homestyle	1 slice= 1/12 pizza	84	220	9	5	0.3	20	360	21	1	1	12	2	4	15	10
Panomous	1 slice= 1/16 pizza	107	280	12	5	0.2	20	360	30	1	1	13	2	2	15	

		12" Medium Stuffed Crust	1 slice= 1/8 pizza	92	190	9	5	0.2	30	350	15	1	3	12	6	4	20	8
		14" Large Stuffed Crust	1 slice= 1/12 pizza	97	210	9	5	0.2	25	350	20	1	3	12	4	4	15	10
		12" Medium Homestyle	1 slice= 1/8 pizza	73	150	7	3	0.2	15	220	15	1	3	7	2	4	8	8
		14" Large Homestyle	1 slice= 1/12 pizza	81	170	7	3	0.2	15	240	20	1	3	8	0	4	8	10
		Panomous	1 slice= 1/8 pizza	103	250	10	3	0.1	15	260	31	2	3	10	2	2	8	60
	Pzones	P'zone																
		Pepperoni	1/2 Calzone	193	700	24	9	0.5	40	650	92	4	4	28	0	0	25	50
		Meat Lovers	1/2 Calzone	202	730	26	10	0.5	55	780	93	4	4	32	0	0	25	50
		Canadian	1/2 Calzone	215	730	26	10	0.4	55	820	93	4	4	32	0	0	25	50
	KIDS MENU	Kids' Menu																
		Cheese- 6" Pan Pizza®	1 pizza	170	510	16	8	0	40	730	64	4	5	28	2	0	35	30
		Pepperoni-6" Pan Pizza®	1 pizza	166	510	17	7	0	40	790	61	4	5	25	2	0	25	30
		Hawaiian-6" Pan Pizza®	1 pizza	234	650	25	9	0.4	45	810	77	4	7	30	2	2	30	150
		Veggie Lovers- 6" Pan Pizza®	1 pizza	238	570	21	6	0.3	25	610	74	4	4	23	4	30	20	150
		Fettuccini Alfredo Pasta	1 order	241	400	17	5	0.4	25	930	47	2	4	13	8	2	15	25
		Mac N Cheese	1 order	251	520	27	15	1	60	1170	45	2	5	25	10	2	40	20
		Spaghetti with Meat Sauce	1 order	257	400	14	5	0.2	35	800	50	3	7	18	4	20	10	50
		Bonelisa Bites with Honey BBQ sauce	5 Pieces	174	500	18	2	0.1	45	1620	65	2	35	17.5	2	8	4	16
		Bonelisa Bites with Honey Garlic sauce	5 Pieces	144	420	18	2	0.1	45	1210	48	1	25	17	2	2	2	12
		Celery Sticks	1 order	122	35	0	0	0	0	90	9	3	4	1	0	8	4	2
		Garlic Bread	1 piece	40	120	5	1	0	0	230	17	1	1	3	0	0	2	8
		Crispy Potato Wedges	1 order	170	350	17	5	0	0	720	44	5	0	4	0	8	2	6
		Caesar Salad w Dressing	side	149	260	19	5	0.3	25	690	12	2	1	8	8	35	15	15
		Italian House Salad w low fat raspberry Dressing	side	152	45	1	0	0	0	45	6	2	4	2	0	30	2	8
	DESSERTS	Desserts																
		Brownie	1 piece	80	250	9	5	0.2	20	600	28	2	2	13	6	6	20	15
		Triple Chocolate Brownie	1/12 Piece	40	170	7	2	0.1	15	40	25	1	17	2	0	0	0	10
		Cinnapants®	1/4 piece	18	58	1	0	0	0	55	11	0	4	1	0	0	0	4
		Caramel Chocolate Lava Cake	1 slice	165	630	32	13	0.1	5	280	79	3	56	9	2	2	8	30
		Sky High Cheesecake	1 slice	247g	820	57	34	1.5	265	980	65	2	54	13	4	0	15	6
		Chocolate Fudge Cake	1 slice	215g	730	27	8	0	45	630	123	5	91	8	2	0	8	220
		Whipped Topping	2 Tbs	8g	25	2	2	0	0	0	2	0	1	0	0	0	0	0
		Strawberry Sauce	30 ml	30	70	0	0	0	0	10	18	0	0	17	0.1	0	50	0
		Hershey's Chips Chocolate Chip Cookie	1 slice	40g	180	9	4	0.1	15	125	26	1	17	2	8	0	0	6
		Cinnabon	1 roll	29 g	90	4	2	0	0	85	13	0	6	2	0	0	16	0
	Beverages																	
		Aquafina 591ml	1	591	0	0	0	0	0	0	0	0	0	0	0	0	0	0
		Brisk Lemon Iced Tea 591ml	1	591	130	0	0	0	0	170	33	0	33	0	0	0	0	0
		Diet Pepsi 591ml	1	591	0	0	0	0	0	40	0	0	0	0	0	0	0	0
		Dr Pepper 591ml	1	591	240	0	0	0	0	95	64	0	63	0	0	0	0	0
		G2 Fruit Punch 591ml	1	591	50	0	0	0	0	270	12	0	12	0	0	0	0	0
		Gatorade Perform Cool Blue 591ml	1	591	150	0	0	0	0	250	38	0	35	0	0	0	0	0
		Mountain Dew 591ml	1	591	290	0	0	0	0	75	77	0	77	0	0	0	0	0
		Pepsi 591ml	1	591	260	0	0	0	0	20	69	0	69	0	0	0	0	0
		7UP 355ml	1	355	160	0	0	0	0	60	42	0	42	0	0	0	0	0
		7UP 355ml	1	355	160	0	0	0	0	60	42	0	42	0	0	0	0	0
		Aquafina FlavourSplash Grape 591ml	1	591	5	0	0	0	0	170	0	0	0	0	0	0	0	0
		Aquafina FlavourSplash Raspberry 591ml	1	591	10	0	0	0	0	130	0	0	0	0	0	0	0	0
		Aquafina Plus Acai Fruit Punch 591ml	1	591	10	0	0	0	0	25	16	0	0	0	0	250	2	0
		Aquafina Plus Black & Blue Berry 591ml	1	591	10	0	0	0	0	25	16	0	0	0	0	250	2	0
		Aquafina Plus Orange Tangerine 591ml	1	591	100	0	0	0	0	10	42	0	25	0	0	250	4	0
		Aquafina Plus Pomegranate Cherry VitaMin' Enhanced Water 591ml	1	591	100	0	0	0	0	10	42	0	25	0	0	250	4	0
		Aquafina Plus Strawberry Kiwi 591ml	1	591	100	0	0	0	0	10	42	0	25	0	0	250	4	0
		Aquafina Plus Strawberry Lemonade 10 CAL 591ml	1	591	10	0	0	0	0	60	16	0	0	0	0	250	4	0
		Aquafina Plus Vitamins 10 CAL Fuji Apple Pear 591ml	1	591	10	0	0	0	0	25	16	0	0	0	0	250	4	0
		Aquafina Plus Yumberry Pomegranate 10 CAL 591ml	1	591	10	0	0	0	0	25	16	0	0	0	0	250	2	0
		Brisk Fruit Punch 355ml	1	355	110	0	0	0	0	60	28	0	28	0	0	0	0	0
		Brisk Fruit Punch 591ml	1	591	180	0	0	0	0	105	47	0	47	0	0	0	0	0
		Brisk Lemon Iced Tea 355ml	1	355	80	0	0	0	0	105	20	0	20	0	0	0	0	0
		Brisk Lemonade 355ml	1	355	110	0	0	0	0	95	28	0	28	0	0	0	0	0
		Brisk Lemonade 591ml	1	591	180	0	0	0	0	160	47	0	47	0	0	0	0	0
		Brisk Raspberry Iced Tea 355ml	1	355	70	0	0	0	0	80	19	0	19	0	0	0	0	0
		Caffeine Free Diet Pepsi 355ml	1	355	0	0	0	0	0	25	0	0	0	0	0	0	0	0
		Caffeine Free Pepsi 355ml	1	355	150	0	0	0	0	15	41	0	41	0	0	0	0	0

BEVERAGES	Crush Birch Beer 355ml	1	355	180	0	0	0	0	65	44	0	44	0	0	0	0	0
	Crush Cherry 591ml	1	591	280	0	0	0	0	115	74	0	73	0	0	0	0	0
	Crush Cream Soda 355ml	1	355	170	0	0	0	0	65	45	0	44	0	0	0	0	0
	Crush Cream Soda 591ml	1	250	120	0	0	0	0	45	32	0	31	0	0	0	0	0
	Crush Grape 355ml	1	355	130	0	0	0	0	40	34	0	33	0	0	0	0	0
	Crush Grape 591ml	1	591	280	0	0	0	0	90	74	0	73	0	0	0	0	0
	Crush Lime 355ml	1	355	170	0	0	0	0	45	44	0	44	0	0	0	0	0
	Crush Lime 591ml	1	250	130	0	0	0	0	30	32	0	32	0	0	0	0	0
	Crush Orange 355ml	1	355	160	0	0	0	0	70	43	0	43	0	0	0	0	0
	Crush Orange 591ml	1	591	270	0	0	0	0	120	72	0	71	0	0	0	0	0
	Crush Pineapple 355ml	1	355	220	0	0	0	0	90	49	0	48	0	0	0	0	0
	Crush Pineapple 591ml	1	250	160	0	0	0	0	65	34	0	34	0	0	0	0	0
	Diet 7UP 355ml	1	355	0	0	0	0	0	65	0	0	0	0	0	0	0	0
	Diet 7UP 591ml	1	591	5	0	0	0	0	100	0	0	0	0	0	0	0	0
	Diet Crush Cream Soda 355ml	1	355	0	0	0	0	0	80	0	0	0	0	0	0	0	0
	Diet Crush Orange 355ml	1	355	0	0	0	0	0	80	0	0	0	0	0	0	0	0
	Diet Dr Pepper 355ml	1	355	0	0	0	0	0	60	0	0	0	0	0	0	0	0
	Diet Dr Pepper 591ml	1	591	0	0	0	0	0	100	0	0	0	0	0	0	0	0
	Diet Lipton Green Tea with Citrus 355ml	1	355	0	0	0	0	0	105	0	0	0	0	0	150	0	0
	Diet Lipton Lemon Iced Tea 355ml	1	355	0	0	0	0	0	80	0	0	0	0	0	0	0	0
	Diet Mountain Dew 355ml	1	355	5	0	0	0	0	30	0	0	0	0	0	0	2	0
	Diet Mountain Dew 591ml	1	591	10	0	0	0	0	50	1	0	1	0	0	0	0	0
	Diet Mug Root Beer 355ml	1	355	0	0	0	0	0	50	0	0	0	0	0	0	0	0
	Diet Pepsi 355ml	1	355	0	0	0	0	0	30	0	0	0	0	0	0	0	0
	Diet Pepsi 355ml	1	355	0	0	0	0	0	25	0	0	0	0	0	0	0	0
	Diet Pepsi Lime 355ml	1	355	0	0	0	0	0	15	0	0	0	0	0	0	0	0
	Diet Schweppes Ginger Ale 355ml	1	355	0	0	0	0	0	105	0	0	0	0	0	0	0	0
	Dr Pepper 355ml	1	355	140	0	0	0	0	55	38	0	38	0	0	0	0	0
	Dr Pepper Cherry 355ml	1	355	150	0	0	0	0	55	41	0	40	0	0	0	0	0
	Dr Pepper Cherry 591ml	1	591	260	0	0	0	0	95	68	0	67	0	0	0	0	0
	G2 Blueberry Pomegranate 591ml	1	591	50	0	0	0	0	270	12	0	12	0	0	0	0	0
	G2 Grape 591ml	1	250	20	0	0	0	0	115	5	0	5	0	0	0	0	0
	G2 Orange 591ml	1	250	20	0	0	0	0	115	5	0	5	0	0	0	0	0
	Gatorade Frost Glacier Freeze 591ml	1	591	140	0	0	0	0	270	36	0	34	0	0	0	0	0
	Gatorade Ice Punch 591mL	1	591	150	0	0	0	0	250	38	0	35	0	0	0	0	0
	Gatorade Perform Fruit Punch 591ml	1	591	150	0	0	0	0	250	38	0	35	0	0	0	0	0
	Gatorade Perform Lemon-Lime 591ml	1	591	150	0	0	0	0	250	38	0	35	0	0	0	0	0
	Gatorade Perform Orange 591ml	1	591	150	0	0	0	0	250	38	0	35	0	0	0	0	0
	Lipton Green Tea with Citrus 355ml	1	355	120	0	0	0	0	95	32	0	32	0	0	0	0	0
	Lipton Green Tea with Citrus 591ml	1	250	80	0	0	0	0	65	23	0	22	0	0	210	0	0
	Lipton Lemon Iced Tea 355ml	1	355	80	0	0	0	0	86	20	0	20	0	0	0	0	0
	Mountain Dew 355ml	1	355	170	0	0	0	0	45	46	0	46	0	0	2	0	0
	Mountain Dew Code Red 355ml	1	355	170	0	0	0	0	75	46	0	46	0	0	0	0	0
	Mountain Dew Code Red 591ml	1	591	280	0	0	0	0	125	76	0	76	0	0	0	0	0
	Mountain Dew Supernova 355ml	1	355	170	0	0	0	0	30	46	0	46	0	0	0	0	0
	Mountain Dew Supernova 591ml	1	591	290	0	0	0	0	50	76	0	76	0	0	0	0	0
	Mountain Dew Voltage 355ml	1	355	170	0	0	0	0	45	46	0	46	0	0	0	0	0
	Mountain Dew Voltage 591ml	1	591	290	0	0	0	0	75	76	0	76	0	0	0	0	0
	Mountain Dew White Out 355ml	1	355	170	0	0	0	0	30	46	0	46	0	0	0	0	0
	Mountain Dew White Out 591ml	1	591	280	0	0	0	0	50	76	0	76	0	0	0	0	0

Mug Root Beer 355ml	1	355	160	0	0	0	0	45	43	0	43	0	0	0	0	0
Mug Root Beer 591ml	1	591	270	0	0	0	0	75	72	0	71	0	0	0	0	0
Pepsi 355ml	1	355	150	0	0	0	0	15	41	0	41	0	0	0	0	0
Pepsi 591ml	1	591	150	0	0	0	0	15	42	0	41	0	0	0	0	0
Pepsi Lime 355ml	1	355	150	0	0	0	0	15	41	0	41	0	0	0	0	0
Pepsi MAX 355ml	1	355	0	0	0	0	0	15	0	0	0	0	0	0	0	0
Pepsi MAX 591ml	1	591	0	0	0	0	0	25	0	0	0	0	0	0	0	0
Pepsi Next 355mL	1	355	100	0	0	0	0	5	27	0	26	0	0	0	0	0
Pepsi Next 591mL	1	591	170	0	0	0	0	10	44	0	44	0	0	0	0	0
Schweppes Club Soda 355ml	1	355	0	0	0	0	0	105	0	0	0	0	0	0	0	0
Schweppes Dark Ginger Ale 355mL	1	355	150	0	0	0	0	50	38	0	38	0	0	0	0	0
Schweppes Ginger Ale 355ml	1	355	120	0	0	0	0	45	32	0	32	0	0	0	0	0
Schweppes Ginger Ale 591ml	1	591	200	0	0	0	0	80	53	0	53	0	0	0	0	0
Schweppes Tonic Water 355ml	1	355	130	0	0	0	0	55	31	0	31	0	0	0	0	0
Seamans Ginger Ale 355ml	1	355	90	0	0	0	0	0	23	0	23	0	0	0	2	0
Sussex Golden Ale 355ml	1	355	150	0	0	0	0	45	39	0	38	0	0	0	0	0
Sussex Golden Ale 591ml	1	591	240	0	0	0	0	80	64	0	63	0	0	0	0	0
Vernors Ginger Ale 355ml	1	355	140	0	0	0	0	20	35	0	35	0	0	0	0	0

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PIZZA HUT Canada Nutrition Information



Nutrition Facts														% Daily Value			
	Serving Size	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	
PASTAS	Pastas																
	Buffet Cavatini Veggie with Dry Rotini	1/6 pan	157g	200	6	4	0	20	420	24	0	4	12	4	20	15	8
	Buffet Cavatini Veggie with IQF Rotini	1/6 pan	157g	200	6	4	0	20	420	24	0	4	12	4	20	15	8
	Buffet Cavatini Cheese with Dry Rotini	1/6 pan	159g	230	8	5	0	25	460	24	2	4	15	4	15	20	8
	Buffet Cavatini Cheese with IQF Rotini	1/6 pan	159g	230	8	5	0	25	460	24	2	4	15	4	15	20	8
	Buffet Cavatini Pepperoni with Dry Rotini	1/6 pan	157g	230	9	5	0	25	490	24	3	4	14	4	15	15	10
	Buffet Cavatini Pepperoni with IQF Rotini	1/6 pan	157g	230	9	5	0	25	490	24	3	4	14	4	15	15	10
	Buffet Cavatini Beef Bacon and Tomato Dry Rotini	1/6 pan	174g	240	9	5	0	30	560	25	3	4	16	4	15	15	10
	Buffet Cavatini Beef Bacon and Tomato IQF Rotini	1/6 pan	174g	240	9	5	0	30	560	25	3	4	16	4	15	15	10
SALADS	Salads																
	Buffet Pasta Salad Dry Rotini Ranch	1/6 pan	182g	350	17	3	0	15	330	39	3	5	9	2	15	6	15
	Buffet Pasta Salad IQF Rotini Ranch	1/6 pan	182g	350	17	3	0	15	330	39	3	5	9	2	15	6	15
	Buffet Pasta Salad Dry Rotini Italian	1/6 pan	182g	380	20	4	0	5	260	42	3	6	9	2	15	6	15
	Buffet Pasta Salads IQF Rotini Italian	1/6 pan	182g	380	20	4	0	5	260	42	3	6	9	2	15	6	15
	Buffet Caesar Salad	1/10 Bowl	267g	520	43	8	0	45	1430	26	4	3	8	2	50	15	25
	Buffet Green Salad Ranch Dressing	1/10 Bowl	372g	440	41	6	1	35	740	11	5	3	6	0	100	10	25
	Buffet Green Salad Sweet Italian Dressing	1/10 Bowl	372g	530	47	7	0	5	570	19	6	6	5	0	100	10	25
	Buffet Green Salad French Dressing	1/10 Bowl	372g	420	34	5	0	0	790	22	6	12	5	6	100	10	25
MEAT																	
Italian Classic																	
12" Medium Pan																	
	1 slice= 1/12 pizza	78	190	9	3	0	15	260	20	1	1	8	4	20	8	40	

PIZZAS																		
Canadian	12" Medium Thin 'N Crispy®	1 slice= 1/12 pizza	63	170	7	3	0	20	340	19	1	1	8	4	20	8	10	
	12" Medium Homestyle	1 slice= 1/12 pizza	75	170	7	3	0	20	290	17	1	1	8	4	20	8	10	
Triple Crown®	12" Medium Pan	1 slice= 1/12 pizza	73	190	9	3	0	15	300	20	1	1	9	2	2	8	40	
	12" Medium Thin 'N Crispy®	1 slice= 1/12 pizza	58	170	7	3	0	15	370	18	1	1	9	2	2	8	10	
	12" Medium Homestyle	1 slice= 1/12 pizza	70	160	7	3	0	15	320	17	1	1	9	2	4	8	8	
Hawaiian	12" Medium Pan	1 slice= 1/12 pizza	75	190	8	3	0	15	200	22	1	2	9	0	2	10	10	
	12" Medium Thin 'N Crispy®	1 slice= 1/12 pizza	63	160	6	3	0	15	340	19	1	2	9	2	2	10	10	
	12" Medium Homestyle	1 slice= 1/12 pizza	70	140	5	2	0	10	260	18	1	2	7	2	2	8	8	
Pepperoni Lover's®	12" Medium Pan	1 slice= 1/12 pizza	73	210	10	4	0	20	290	20	1	1	10	2	2	10	40	
	12" Medium Thin 'N Crispy®	1 slice= 1/12 pizza	58	180	8	4	0	20	370	18	1	1	9	2	2	10	10	
	12" Medium Homestyle	1 slice= 1/12 pizza	70	180	9	4	0	20	320	17	1	0	10	2	2	10	10	
Meat Lover's®	12" Medium Pan	1 slice= 1/12 pizza	78	210	10	4	0	25	330	20	1	1	10	2	2	8	45	
	12" Medium Thin 'N Crispy®	1 slice= 1/12 pizza	64	190	8	4	0	25	410	18	1	1	10	2	2	8	10	
	12" Medium Homestyle	1 slice= 1/12 pizza	75	190	9	4	0	25	360	17	1	1	10	2	2	8	10	
Smokey Maple Bacon	12" Medium Pan	1 slice= 1/12 pizza	62	160	7	2	0	10	230	19	1	0	6	0	0	4	40	
	12" Medium Thin 'N Crispy®	1 slice= 1/12 pizza	48	140	5	2	0	10	310	17	1	1	6	0	0	4	10	
	12" Medium Homestyle	1 slice= 1/12 pizza	60	140	5	2	0	10	260	16	0	0	6	0	2	4	8	
Supreme Lover's™	12" Medium Pan	1 slice= 1/12 pizza	80	200	9	3	0	20	300	20	1	1	10	2	4	8	45	
	12" Medium Thin 'N Crispy®	1 slice= 1/12 pizza	66	180	7	3	0	20	380	19	1	1	9	2	4	8	10	
	12" Medium Homestyle	1 slice= 1/12 pizza	77	170	8	3	0	20	320	17	1	1	10	2	6	8	10	
Pepperoni Only	12" Medium Pan	1 slice= 1/12 pizza	63	180	8	3	0	15	240	19	1	1	8	0	2	8	40	
	12" Medium Thin 'N Crispy®	1 slice= 1/12 pizza	48	160	6	3	0	15	310	18	1	1	8	0	2	8	10	
	12" Medium Homestyle	1 slice= 1/12 pizza	60	150	7	3	0	15	260	16	1	0	8	0	2	8	8	
Super Supreme	12" Medium Pan	1 slice= 1/12 pizza	78	200	9	3	0	20	300	20	1	1	9	2	4	8	40	
	12" Medium Thin 'N Crispy®	1 slice= 1/12 pizza	64	170	7	3	0	20	410	18	1	1	9	2	4	8	10	
	12" Medium Homestyle	1 slice= 1/12 pizza	75	170	7	3	0	20	320	17	1	1	9	2	6	8	10	
CHICKEN	Chicken Lover's™	12" Medium Pan	75	170	6	2	0	10	230	20	1	1	8	2	8	8	40	
	12" Medium Thin 'N Crispy®	1 slice= 1/12 pizza	61	140	2	0	0	10	300	18	1	1	8	2	8	8	10	
	12" Medium Homestyle	1 slice= 1/12 pizza	73	140	5	2	0	10	250	17	1	1	8	2	8	8	8	
Chicken Caesar	12" Medium Pan	1 slice= 1/12 pizza	67	180	8	2	0	15	310	20	1	1	8	0	0	6	40	
	12" Medium Thin 'N Crispy®	1 slice= 1/12 pizza	53	150	6	2	0	15	380	18	1	1	8	0	0	6	10	
	12" Medium Homestyle	1 slice= 1/12 pizza	64	150	6	2	0	15	330	16	1	0	8	0	2	6	8	
Creamy Butter Chicken	12" Medium Pan	1 slice= 1/12 pizza	73	170	7	2	0	10	250	21	1	2	8	0	20	8	30	
	12" Medium Thin 'N Crispy®	1 slice= 1/12 pizza	59	150	5	2	0	10	320	19	1	2	8	0	20	8	8	
	12" Medium Homestyle	1 slice= 1/12 pizza	71	150	5	2	0	15	270	17	1	2	8	0	20	8	6	
BBQ Chicken	12" Medium Pan	1 slice= 1/12 pizza	70	170	6	2	0	10	290	22	1	4	7	2	8	6	40	
	12" Medium Thin 'N Crispy®	1 slice= 1/12 pizza	56	140	4	2	0	10	360	21	1	4	6	2	8	6	10	
	12" Medium Homestyle	1 slice= 1/12 pizza	66	140	4	2	0	10	310	19	1	4	7	2	10	6	8	
Grilled Chicken Arrabiatta	12" Medium Pan	1 slice= 1/12 pizza	78	180	7	3	0	10	170	21	1	1	8	2	25	8	8	
	12" Medium Thin 'N Crispy®	1 slice= 1/12 pizza	66	150	5	2	0	10	310	19	1	1	8	0	25	8	8	
	12" Medium Homestyle	1 slice= 1/12 pizza	77	140	5	2	0	10	260	17	1	1	8	0	25	8	6	
Grilled Chicken Rustico	12" Medium Pan	1 slice= 1/12 pizza	75	170	6	2	0	10	230	20	1	1	8	0	20	8	30	
	12" Medium Thin 'N Crispy®	1 slice= 1/12 pizza	76	250	10	4	0.2	25	550	27	1	1	13	2	4	10	15	
	12" Medium Homestyle	1 slice= 1/12 pizza	72	140	5	2	0	10	260	17	1	1	8	0	20	8	6	
VEGGIE	Veggie Lover's®	12" Medium Pan	81	160	6	2	0	10	200	20	1	1	7	2	10	8	40	
	12" Medium Thin 'N Crispy®	1 slice= 1/12 pizza	67	140	4	2	0	10	270	19	1	1	7	2	10	8	10	
	12" Medium Homestyle	1 slice= 1/12 pizza	79	140	5	2	0	10	220	17	1	1	7	2	10	8	8	
Greek	12" Medium Pan	1 slice= 1/12 pizza	73	160	6	2	0	10	280	20	1	1	6	2	4	6	40	
	12" Medium Thin 'N Crispy®	1 slice= 1/12 pizza	59	140	5	2	0	10	360	19	1	1	6	2	4	6	10	
	12" Medium Homestyle	1 slice= 1/12 pizza	70	140	5	2	0	10	310	17	1	1	6	2	4	6	8	
Margarita	12" Medium Pan	1 slice= 1/12 pizza	52	140	5	2	0	10	290	18	1	1	7	0	2	10	8	
	12" Medium Thin 'N Crispy®	1 slice= 1/12 pizza	52	140	5	2	0	10	290	18	1	1	7	0	2	10	8	
	12" Medium Homestyle	1 slice= 1/12 pizza	64	140	5	2	0	10	240	17	1	1	7	0	4	10	6	
CHEESE	Cheese Lover's®	12" Medium Pan	72	190	8	3	0	15	250	20	1	1	9	2	2	10	40	
	12" Medium Thin 'N Crispy®	1 slice= 1/12 pizza	58	160	6	3	0	15	320	18	1	1	9	2	2	10	10	
	12" Medium Homestyle	1 slice= 1/12 pizza	70	160	7	3	0	15	270	17	1	1	9	2	2	10	8	
Cheese Only	12" Medium Pan	1 slice= 1/12 pizza	65	180	7	3	0	15	220	20	1	1	8	2	2	10	40	
	12" Medium Thin 'N Crispy®	1 slice= 1/12 pizza	51	150	5	3	0	15	290	18	1	1	8	2	2	10	10	
	12" Medium Homestyle	1 slice= 1/12 pizza	63	150	6	3	0	15	240	16	1	0	8	2	2	10	8	
Poutine Pizza	12" Medium Pan	1 slice= 1/12 pizza	71	200	9	3	2	15	300	23	1	0	8	21	0	113	6	
	12" Medium Thin 'N Crispy®	1 slice= 1/12 pizza	57	180	7	3	0	15	370	21	1	0	7	0	0	10	8	
	12" Medium Homestyle	1 slice= 1/12 pizza	69	180	8	3	0	15	320	20	1	0	7	0	2	10	6	
<small>Pizza Hut and Yum! Restaurants International and its franchisees do not assume responsibility for sensitivity or allergic reactions to any food provided at its restaurants. If you have any questions about special dietary needs you should consult your doctor or a licensed registered Dietician. Menu items and hours of availability may vary at participating locations. Although this data is based on standard portion product guidelines, variation can be expected due to seasonal influences, minor differences in product assembly per restaurant and other factors. Except for limited time offerings or test market items, menu product included in this brochure are based on current formulations and product suppliers as of date of publication. Substitution of ingredients may alter nutritional values. If you have any questions about Pizza Hut and nutrition or are particularly sensitive to specific ingredients or foods, please contact us at 1-866-664-5696 or visit us on the web at www.pizzahut.ca. Updated: October, 2019</small>																		

PIZZA HUT Canada Nutrition Information														% Daily Value				
Serving Size		Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A		Vitamin C		Calcium	
													Nutrition Facts					
Kids Menu/School Lunch Program	Kids Spaghetti with Tomato sauce (with Carrot & Celery Sticks)	1 order	368	330	4	2	0	10	631	62	7	14	15	80	40	15	20	
	Kids Spaghetti with Tomato Sauce (with Health Check Italian House Side Salad)	1 order	398	340	5	2	0	10	740	60	7	13	16	50	60	15	25	