



PIZZA-
IOLO

GOURMET PIZZA. IT'S A FAMILY TRADITION.

We make our dough daily. Our sauce is made in-house. We hand cut our toppings. Our ingredients are fresh, never frozen.



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NUTRITION GUIDE.

GOURMET PIZZAS.

	12" Medium 8 slices	14" Large 10 slices	17" XLarge 12 slices	Party Size 24 sq slices
VEGETARIAN PIZZAS	Cals/Slice	Cals/Slice	Cals/Slice	Cals/Slice
Bianca	160 Cals	170 Cals	210 Cals	150 Cals
Bomba	160 Cals	170 Cals	210 Cals	150 Cals
Capri	160 Cals	170 Cals	210 Cals	150 Cals
Casino	150 Cals	160 Cals	200 Cals	140 Cals
Diana	100 Cals	110 Cals	130 Cals	90 Cals
Primavera	120 Cals	130 Cals	160 Cals	110 Cals
Sofia	170 Cals	180 Cals	230 Cals	160 Cals
Spinotta	130 Cals	140 Cals	170 Cals	120 Cals
The Sonny	150 Cals	160 Cals	200 Cals	140 Cals
Veggie Lover	115 Cals	120 Cals	150 Cals	110 Cals
Mediterranean	100 Cals	120 Cals	140 Cals	90 Cals
Whole Wheat Spinotta	140 Cals	150 Cals	180 Cals	130 Cals
Whole Wheat Veggie	120 Cals	130 Cals	160 Cals	110 Cals
Whole Wheat Diana	100 Cals	110 Cals	130 Cals	90 Cals
VEGAN PIZZAS				
Fredo	100 Cals	110 Cals	130 Cals	90 Cals
Vittoria	90 Cals	100 Cals	120 Cals	80 Cals
Whole Wheat Diana "V"	100 Cals	110 Cals	130 Cals	90 Cals
MEAT PIZZAS				
Americana	150 Cals	160 Cals	200 Cals	140 Cals
Brando	150 Cals	160 Cals	200 Cals	140 Cals
Canadiana	140 Cals	150 Cals	180 Cals	130 Cals
Capone	150 Cals	160 Cals	200 Cals	140 Cals
Gianni Ola	180 Cals	190 Cals	240 Cals	170 Cals
Honolulu	160 Cals	170 Cals	210 Cals	150 Cals
Mafioso	150 Cals	160 Cals	190 Cals	140 Cals
Meat Lover	200 Cals	210 Cals	270 Cals	190 Cals
Sicilian	170 Cals	180 Cals	230 Cals	160 Cals
Soprano	180 Cals	190 Cals	240 Cals	170 Cals
Thai Pie	150 Cals	160 Cals	200 Cals	140 Cals
The Godfather (Deep Dish)	190 Cals	200 Cals	250 Cals	180 Cals
Toni Pepperoni	170 Cals	180 Cals	230 Cals	160 Cals
Whole Wheat Meat	170 Cals	180 Cals	230 Cals	160 Cals
	10" Medium 6 slices	13" Large 8 slices		
	Cals/Slice	Cals/Slice		
GLUTEN FREE PIZZAS				
Gluten Free Mediterranean	110 Cals	120 Cals	-	-
Gluten Free Veggie Lover	90 Cals	100 Cals	-	-

TOPPINGS.

Calories will vary by various pizza sizes.

VEGETABLES

• Fresh Mushrooms	5-10 Cals
• Green Peppers	5-10 Cals
• Roasted Red Peppers	5-10 Cals
• Spinach	5-10 Cals
• Yukon Gold Potatoes	5-10 Cals
• Cherry Tomatoes	5-10 Cals
• Red Onions	5-10 Cals
• Marinated Zucchini	5-10 Cals
• Herbed Tomatoes	5-10 Cals
• Artichokes	5-10 Cals
• Hot Banana Peppers	5-10 Cals
• Jalapeño Peppers	5-10 Cals
• Broccoli	5-10 Cals
• Black Olives	10-15 Cals
• Green Olives	10-15 Cals
• Pineapple	10-15 Cals
• Kalamata Olives	10-15 Cals
• Sun Dried Tomatoes	10-15 Cals

MEATS

• Anchovies	5-10 Cals
• Ham	5-10 Cals
• Chicken Breast	15-20 Cals
• Ground Beef	15-20 Cals
• Sopressata	15-20 Cals
• Pepperoni	20-30 Cals
• Italian Sausage	20-30 Cals
• Real Canadian Bacon	25-30 Cals

DIPPING SAUCES

• Cheddar Chipotle	220 Cals
• Creamy Garlic	240 Cals
• Marinara	35 Cals
• Ranch	210 Cals

CALZONES

Sauce & Cheese	1,050 Cals
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SAUCES

• Hot Sauce	5-10 Cals
• Pizzaiolo Tomato Sauce	10-15 Cals
• BBQ Sauce	10-15 Cals
• Extra Tomato Sauce	10-15 Cals
• Pesto Sauce	15-20 Cals
• Satay Sauce	15-20 Cals
• Olive Oil	20-30 Cals
• Extra Virgin Olive Oil	20-30 Cals

CHEESES

• Veggie Based Cheese (Vegan)	10-15 Cals
• Swiss Cheese (Lactose Free)	15-20 Cals
• Gorgonzola Cheese	15-20 Cals
• Ricotta Cheese	15-20 Cals
• Feta Cheese	15-20 Cals
• Goat Cheese	15-20 Cals
• Parmigiano Cheese	20-30 Cals
• Mozzarella Cheese	45-65 Cals
• Extra Cheese	50-90 Cals
• Double Cheese	90-130 Cals

HERBS

• Oregano	5-10 Cals
• Rosemary	5-10 Cals
• Fresh Garlic	5-10 Cals

SALADS

Caesar Salad with Dressing	310 Cals
Garden Salad with Dressing	240 Cals
Greco Salad with Dressing	510 Cals

BEVERAGES

Coca-Cola Canned Beverages	0-160 Cals
Coca-Cola Bottled Beverages	0-220 Cals
Premium Drinks	0-220 Cals
Spring Water	0 Cals

GLUTEN FREE DOUGH.

Ingredients: Water, sweet rice flour, potato starch, tapioca starch, eggs, potato flour, unsweetened apple juice, organic evaporated cane juice, sea salt, active dry yeast & xanthan gum Contains: eggs

Adults and youth (ages 13 and older) need an average of 2,000 calories a day and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.