

NUTRITION INFORMATION



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PIZZA	Calories (kcal)	Cal. From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Transfat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten-Friendly	Vegan
CHEESE													
10"	770	25	15	0	75	2470	90	3	12	0	42		
14"	1630	57	34	0	170	4680	180	6	24	0	90		
PEPPERONI													
10"	900	37	19	0	110	2350	90	3	12	0	48		
14"	1890	79	43	0.5	235	910	182	6	24	0	101		
THE GREEK													
10"	790	27	11	0	90	2060	93	4	16	0	38		
14"	1580	55	21	0	180	4130	187	8	31	0	76		
BAHN MI/ASIAN PORK													
10"	1400	61	20	0	125	4270	160	6	68	8	51		
14"	2810	122	41	0	255	8550	321	11	136	16	103		
BAHN MI/CHICKEN													
10"	1350	56	18	0	135	4160	158	6	66	8	50		
14"	2700	112	36	0	265	8320	317	11	132	16	101		
ITALIAN													
10"	1140	51	26	0	165	3740	101	3	15	0	64		
14"	2350	108	56	0.5	355	7550	200	7	27	0	133		

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SAUSAGE, PEPPERONI & SHROOM													
10"	980	43	20	0	120	2670	94	3	12	0	52		
14"	2050	92	44	0	260	5560	188	6	25	0	110		
VEGGIE													
10"	1030	58	16	0	60	2160	88	5	9	0	38		
14"	2070	116	32	0	120	4310	176	9	18	0	76		
SUPREME													
10"	1010	44	21	0	120	2790	96	4	13	0	52		
14"	2100	94	45	0	260	5780	194	7	7	0	111		
BBQ CHICKEN													
10"	1140	61	23	0	165	2080	97	4	18	0	51		
14"	2270	122	47	0	325	4150	194	7	35	0	102		
BBQ PORK													
10"	1180	66	26	0	155	2180	98	4	20	0	52		
14"	2370	132	52	0	310	4370	196	7	39	0	104		
DOUBLE CHEESE													
10"	1190	54	34	0	170	3030	94	3	12	0	72		
14"	2200	96	60	0	300	5630	185	6	24	0	132		

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FAJITA, BEEF

10"	860	28	16	0	105	2260	97	4	16	0	49		
14"	1800	62	36	0	225	4590	191	7	31	0	103		

FAJITA, CHICKEN

10"	860	29	16	0	120	2220	96	4	16	0	49		
14"	1800	63	36	0	255	4510	189	7	30	0	102		

BRIE & FIG

10"	890	20	10	0	70	1520	150	4	72	0	29		
14"	1780	40	19	0	140	3050	300	8	144	0	58		

SALAD	Calories (kcal)	Cal. From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Transfat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten-Friendly	Vegan
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GARDEN HOUSE (EXCLUDES DRESSING)

SIDE	140	5	1	0	0	360	20	3	6	0	4		
FULL	280	10	2	0	5	730	40	6	11	0	9		

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CAESAR (EXCLUDES DRESSING)													
SIDE	150	8	3.5	0	15	380	13	2	2	0	9		
FULL	310	16	7	0	30	770	25	4	4	0	19		
FIRE ROASTED CHICKEN CAESAR (EXCLUDES DRESSING)													
FULL	410	20	8	0	90	950	28	5	5	0	32		
SICILIAN COBB (EXCLUDES DRESSING)													
FULL	450	25	9	0	55	1490	33	4	7	0	21		
BREAK-FAST	Calories (kcal)	Cal. From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Transfat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten-Friendly	Vegan
Bacon Biscuit	550	36	17	0	195	1420	38	0	2	0	20		
Sausage Biscuit	650	45	20	0	210	1640	38	0	3	0	22		
Sausage Bomboloni	530	37	15	0	200	970	26	0	4	0	21		
Bacon Bomboloni	430	28	12	0	185	750	26	0	3	0	19		
Overnight Oats	530	9	3.5	0	15	75	99	8	44	0	19		
Breakfast Parfait	390	3	0	0	5	115	83	0	57	0	14		
Breakfast Pizza, Pepperoni	1000	45	22	0	125	2370	91	3	12	0	50		
Breakfast Pizza, Sausage	970	41	20	0	110	2350	93	3	12	0	49		

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APPS.	Calories (kcal)	Cal. From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Transfat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten-Friendly	Vegan
BONELESS WINGS (EXCLUDES SAUCE)													
SMALL	320	20	20	0	50	590	20	1	1	0	15		
LARGE	530	34	34	0	80	990	34	2	2	0	25		
WINGS (EXCLUDES SAUCE)													
SMALL	720	57	15	0	315	1050	6	0	0	0	45		
LARGE	1200	95	25	0	525	1750	10	0	0	0	75		
Cheesy Bread	960	47	17	0	75	2330	89	3	10	0	42		
Southwest Egg Rolls	560	36	9	0	50	1090	44	0	2	0	16		
Mac 'n' Cheese Bites	760	62	16	0	70	1930	42	0	2	0	13		
BBQ Sauce (S / L)	100 / 150	4.5 / 7	3 / 4	0	15 / 20	380 / 570	11 / 17	0	10 / 15	0	2 / 3		
Gochujang Sauce (S / L)	120 / 180	0	0	0	0	740 / 1110	28 / 42	0	24 / 36	0	0		
Garlic Parm. Sauce (S / L)	350 / 520	37 / 55	6 / 10	0	30 / 50	530 / 800	4 / 6	0	2 / 3	0	5 / 7		
Buffalo Sauce (S / L)	0	0	0	0	0	2210 / 3310	0	0	0	0	0		

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SOME-THING SWEET	Calories (kcal)	Cal. From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Transfat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten-Friendly	Vegan
Cinnamon Sticks	1010	48	28	0	120	1110	140	3	60	54	15		
Apple Bomboloni	340	11	9	0	5	200	56	0	26	0	3		
Cherry Bomboloni	360	11	9	0	5	200	59	0	30	0	3		
Chocolate Chip Canoli Bomboloni	500	21	15	0	35	250	63	0	39	0	12		
Goey Butter Cake	520	25	16	0	90	300	71	0	52	16	4		
Waffle Sundae	670	33	19	1.5	95	430	88	1	60	0	8		

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BEV.	Calories (kcal)	Cal. From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Transfat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten-Friendly	Vegan
Coffee, Reg. (12oz.)	10	0	0	0	0	0	2	0	0	0	0		
Coffee, Reg. (16oz.)	10	0	0	0	0	0	2	0	0	0	0		
Coffee, Reg. (20oz.)	15	0	0	0	0	0	3	0	0	0	0		
Coffee, Decaf (12oz.)	10	0	0	0	0	0	2	0	0	0	0		
Coffee, Decaf (16oz.)	10	0	0	0	0	0	2	0	0	0	0		
Coffee, Decaf (20oz.)	15	0	0	0	0	0	3	0	0	0	0		
Iced Tea, Sweet (16oz.)	200	0	0	0	0	0	78	0	0	0	0		
Iced Tea, Sweet (24oz.)	300	0	0	0	0	0	78	0	0	0	0		
Iced Tea, Sweet (32oz.)	400	0	0	0	0	0	104	0	104	0	0		
Iced Tea, Unsweet (16oz.)	5	0	0	0	0	15	0	0	0	0	0		
Iced Tea, Unsweet (24oz.)	5	0	0	0	0	20	0	0	0	0	0		
Iced Tea, Unsweet (32oz.)	10	0	0	0	0	30	0	0	0	0	0		
Lemonade (16oz.)	240	0	0	0	0	30	0	62	0	0	0		
Lemonade (24oz.)	360	0	0	0	0	45	96	0	93	0	0		
Lemonade (32oz.)	480	0	0	0	0	60	128	0	124	0	0		

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	SALAD BASE												
Romaine	30	0.5	0	0	0	15	6	4	2	0	2		
Spring Mix	35	0	0	0	0	35	8	3	4	0	2		
PIZZA CRUST													
Classic (10in. / 14in.)	390 / 780	3 / 6	0	0	0	750 / 1490	75 / 149	3 / 6	6 / 12	0	15 / 30		
Gluten Free (10in.)	680	20	4	0	0	1480	120	0	12	0	4		
SAUCE													
Classic Red (10in. / 14in.)	45 / 90	0	0	0	0	420 / 850	11 / 21	0	6 / 12	0	3 / 6		
Creamy BBQ (10in. / 14in.)	100 / 200	4.5 / 9	3 / 6	0	15 / 30	380 / 760	11 / 22	0	10 / 20	0	2 / 4		
Garlic Oil (10in. / 14in.)	210 / 430	21 / 43	1.5 / 3	0	0	0	4 / 7	0	0	0	1 / 1		
Pesto Alfredo (10in. / 14in.)	190 / 380	17 / 33	6 / 11	0	25 / 45	780 / 1570	5 / 10	0	0 / 1	0	5 / 9		
Spicy Marinara (10in. / 14in.)	260 / 530	26 / 51	3.5 / 7	0	0	420 / 850	11 / 21	0	6 / 12	0	3 / 6		
Pesto (10in. / 14in.)	200 / 400	21 / 42	2 / 4	0	5 / 10	370 / 740	1 / 2	0	0	0	3 / 6		
Alfredo (10in. / 14in.)	90 / 180	7 / 14	4 / 8	0	15 / 30	310 / 620	4 / 8	0	0	0	2 / 4		
Gochujang (10in. / 14in.)	240 / 480	0	0	0	0	2150 / 4290	59 / 117	0	48 / 96	0	0		
EVOO (10in. / 14in.)	240 / 480	28 / 56	4 / 8	0	0	0	0	0	0	0	0		
Fig Spread (10in. / 14in.)	260 / 510	0	0	0	0	0	64 / 128	0	60 / 119	0	0		

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CHEESE

Shredded Mozzarella (10in. / 14in.)	270 / 550	18 / 36	12 / 24	0	60 / 120	640 / 1280	3 / 6	0	0	0	18 / 36		
Fresh Mozzarella (10in. / 14in.)	140 / 280	10 / 20	7 / 14	0	30 / 60	150 / 300	2 / 4	0	2 / 4	0	10 / 20		
Daiya Vegan Cheese (10in. / 14in.)	180 / 360	12 / 24	4 / 8	0	15 / 30	570 / 1130	14 / 28	0	0	0	2 / 4		
Ricotta (10in. / 14in.)	110 / 220	7 / 15	5 / 11	0	35 / 75	220 / 440	4 / 7	0	2 / 4	0	6 / 13		
Cheddar Jack (10in. / 14in.)	330 / 670	27 / 55	15 / 30	0	75 / 150	520 / 1030	3 / 6	0	0	0	21 / 43		
Cotija (10in. / 14in.)	110 / 230	9 / 17	6 / 11	0	30 / 55	480 / 960	0	0	0	0	6 / 11		
Parmesan Romano (10in. / 14in.)	60 / 110	4.5 / 9	3 / 6	0	15 / 30	180 / 370	0	0	0	0	6 / 11		
Brie Spread (10in. / 14in.)	160 / 320	14 / 28	8 / 16	0	50 / 100	480 / 960	2 / 4	0	0	0	8 / 16		

PROTEIN

Pepperoni (10in. / 14in.)	130 / 260	11 / 22	4.5 / 9	0 / 0.5	35 / 65	360 / 710	1 / 2	0	0	0	6 / 11		
Italian Sausage (10in. / 14in.)	190 / 380	16 / 32	4 / 8	0	40 / 80	670 / 1330	4 / 5	0	0	0	9 / 12		
Meatball (10in. / 14in.)	170 / 350	13 / 25	4 / 8	0	30 / 60	450 / 890	5 / 9	0	0	0	12 / 24		
Ham (10in. / 14in.)	60 / 120	1.5 / 3	0.5 / 1	0	30 / 60	550 / 1090	1 / 2	0	1 / 2	0	10 / 20		
Fire Roasted Chicken (10in. / 14in.)	90 / 180	4 / 8	1 / 2	0	55 / 115	180 / 360	0	0	0	0	12 / 24		

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PROTEIN

Pulled Pork (10in. / 14in.)	140 / 280	9 / 18	3.5 / 7	0	50 / 100	290 / 590	2 / 4	0	2 / 4	0	13 / 26		
Salami (10in. / 14in.)	210 / 430	18 / 36	7 / 14	0	50 / 100	950 / 1900	0	0	0	0	12 / 24		
Carnita Beef (10in. / 14in.)	90 / 180	3 / 6	1 / 2	0	35 / 75	240 / 470	1 / 3	0	1 / 1	0	13 / 26		
Bacon (10in. / 14in.)	140 / 280	12 / 25	4.5 / 9	0	35 / 70	440 / 890	0	0	0	0	9 / 18		

TOPPINGS

Arugula	0	0	0	0	10	1	0	1	0	1	0		
Basil	0	0	0	0	0	0	0	0	0	0	0		
Black Bean	30	0	0	0	0	80	5	0	0	0	2		
Black Olives	40	2	1	0	0	230	2	0	0	0	0		
Black Pepper	5	0	0	0	0	0	1	0	0	0	0		
Caramelized Onion	30	2	1.5	0	5	20	2	0	1	0	0		
Carrot	10	0	0	0	0	20	3	1	1	0	0		
Cherry Tomato	5	0	0	0	0	0	1	0	1	0	0		
Chopped Garlic	40	0	0	0	0	0	9	1	0	0	2		
Cilantro	5	0	0	0	0	15	1	1	0	0	1		
Crushed Red Pepper	0	0	0	0	0	0	0	0	0	0	0		
Cucumber	5	0	0	0	0	0	1	0	0	0	0		

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	TOPPINGS												
Green Pepper	5	0	0	0	0	0	1	0	1	0	0		
Jalapeno	5	0	0	0	0	570	0	0	0	0	0		
Marinated Artichokes	20	1	0	0	0	125	1	0	0	0	1		
Mushroom	5	0	0	0	0	0	1	0	1	0	1		
Oregano	5	0	0	0	0	0	1	1	0	0	0		
Pepperoncini	5	0	0	0	0	330	1	0	0	0	0		
Pickled Carrot	15	0	0	0	0	60	3	0	3	2	0		
Pickled Cherry Peppers	35	0	0	0	0	60	8	0	6	0	0		
Pickled Red Onion	15	0	0	0	0	55	4	0	3	2	0		
Red Cabbage	10	0	0	0	0	10	2	1	1	0	0		
Red Onion	10	0	0	0	0	0	3	0	1	0	0		
Roasted Corn	45	0	0	0	0	5	9	0	3	0	2		
Roasted Red Pepper	5	0	0	0	0	75	2	0	1	0	0		
Spinach	5	0	0	0	0	20	1	1	0	0	1		
Salt	0	0	0	0	0	1160	0	0	0	0	0		

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FINISHES

Balsamic Glaze, drizzle	60	0	0	0	0	0	16	0	16	0	0		
Chipotle aioli, drizzle	180	20	3	0	10	230	2	0	0	0	0		
Creamy BBQ Sauce, drizzle	50	2	1.5	0	5	190	6	0	5	0	1		
Buffalo Sauce, drizzle	0	0	0	0	0	1100	0	0	0	0	0		
Garlic Parm. Sauce, drizzle	170	18	3	0	15	270	2	0	1	0	2		
Gochujang Sauce, drizzle	60	0	0	0	0	370	14	0	12	0	0		
Honey, drizzle	80	0	0	0	0	0	23	0	22	0	0		
Olive Oil, drizzle	40	4.5	0.5	0	0	0	0	0	0	0	0		
Ranch Dressing, drizzle	120	13	2	0	10	250	2	0	1	0	0		
Roasted Garlic Aoli, drizzle	170	18	3	0	15	250	2	0	1	0	2		

DRESSING

Balsamic Vinaigrette (Side / Full)	90 / 180	8 / 16	1 / 2	0	0	310 / 620	3 / 6	0	3 / 6	0	0		
Blue Cheese (Side / Full)	120 / 240	12 / 24	2 / 4	0	5 / 10	320 / 640	2 / 4	0	1 / 2	0	1 / 2		
Caesar Romano (Side / Full)	100 / 200	10 / 20	2 / 4	0	5 / 10	540 / 1080	3 / 6	0	2 / 4	0	1 / 2		
House (Side / Full)	110 / 210	11 / 23	1.5 / 3.5	0	10 / 15	270 / 530	2 / 4	0	1 / 2	0	0		
Ranch (Side / Full)	120 / 240	13 / 26	2 / 4	0	10 / 20	250 / 500	2 / 4	0	1 / 2	0	0		