

NUTRITION INFORMATION



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PIZZA	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Transfat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added 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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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		
BUFFALO CHICKEN													
10"	1150	63	23	0	185	3120	87	4	9	0	57		
14"	2290	127	46	0	370	6250	175	7	17	0	115		
BLT													
10"	1300	81	25	0	140	2530	88	4	9	0	53		
14"	2600	161	49	0	285	5060	176	9	19	0	105		

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SALAD	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Transfat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Gluten-Friendly	Vegan
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		
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		

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BREAK-FAST	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Transfat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added 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		
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)	Total Fat (g)	Saturated Fat (g)	Transfat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Gluten-Friendly	Vegan
Boneless Wings (5), (Excludes Sauce)	160	6	1	0	30	620	13	1	0	0	13		
Wings (5), (Excludes Sauce)	430	25	8	0	140	800	3	0	0	0	58		
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	100	4.5	3	0	15	380	11	0	10	0	2		
Gochujang Sauce	120	0	0	0	0	740	28	0	24	0	0		
Garlic Parm. Sauce	350	37	6	0	30	530	4	0	2	0	5		
Buffalo Sauce	0	0	0	0	0	2210	0	0	0	0	0		

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SOME-THING SWEET	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Transfat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added 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)	Total Fat (g)	Saturated Fat (g)	Transfat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added 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		
Earl Grey Tea, 12oz	0	0	0	0	0	0	15	0	0	0	0		
Earl Grey Tea, 16oz	0	0	0	0	0	0	20	0	0	0	0		
Earl Grey Tea, 20oz	0	0	0	0	0	0	25	0	0	0	0		
Green Tea, 12oz	0	0	0	0	0	0	25	0	0	0	0		
Green Tea, 16oz	0	0	0	0	0	0	35	0	0	0	0		
Green Tea, 20oz	0	0	0	0	0	0	40	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		

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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		
Hot Chocolate, 12oz	190	15	1	0	0	340	47	0	42	1	1		
Hot Chocolate, 16oz	240	15	1	0	0	430	60	0	53	1	1		
Hot Chocolate, 20oz	310	2	15	0	0	550	77	0	69	2	2		
Espresso	5	0	0	0	0	0	0	0	0	0	0		
Cafe Americano, 12oz	5	0	0	0	0	15	0	0	0	0	0		
Cafe Americano, 16oz	5	0	0	0	0	20	0	0	0	0	0		
Cafe Americano, 20oz	5	0	0	0	0	30	1	0	0	0	0		
White Coffee, 12oz	210	5	4	0.5	5	15	36	0	27	7	7		
White Coffee, 16oz	270	7	5	0.5	5	20	46	0	34	9	9		
White Coffee, 20oz	350	9	7	1	5	30	59	0	44	11	11		

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Mocha, 12oz	190	15	1	0	0	340	48	0	42	1	1		
Mocha, 16oz	250	15	1	0	0	440	60	0	53	1	1		
Mocha, 20oz	320	2	15	0	0	560	78	0	69	2	2		
Latte, Plain, 12oz	210	5	4	0.5	5	15	36	0	27	7	7		
Latte, Plain, 16oz	270	7	5	0.5	5	20	46	0	34	9	9		
Latte, Plain, 20oz	350	9	7	1	5	30	59	0	44	11	11		
Cappuccino, Plain, 12oz	210	5	4	0.5	5	15	36	0	27	7	7		
Cappuccino, Plain, 16oz	270	7	5	0.5	5	20	46	0	34	9	9		
Cappuccino, Plain, 20oz	350	9	7	1	5	30	59	0	44	11	11		
French Vanilla Cappuccino/Latte, 12oz	210	3	2.5	0	0	320	46	0	40	1	1		
French Vanilla Cappuccino/Latte, 16oz	270	4	3	0	0	400	58	0	51	1	1		
French Vanilla Cappuccino/Latte, 20oz	350	5	4	0	0	520	76	0	66	2	2		
Iced Coffee, Plain, 24oz	150	8	4.5	0	25	130	13	0	12	8	8		
Iced Latte, Plain 24oz	170	9	5	0	30	130	14	0	13	8	8		
Iced Cappuccino, Plain, 24oz	170	9	5	0	30	135	14	0	13	8	8		

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Frozen Hot Chocolate, 24oz	380	6	35	0	25	210	79	2	65	7	7		
Frozen Mocha, 24oz	370	5	3	0	20	190	77	2	62	7	7		
Syrups													
Caramel Syrup, 1oz	90	0	0	0	0	55	23	0	23	0	0		
French Vanilla Syrup, 1oz	80	0	0	0	0	0	20	0	20	0	0		
Hazelnut Syrup, 1oz	90	0	0	0	0	0	22	0	22	0	0		
Irish Creme Syrup, 1oz	90	0	0	0	0	0	23	0	22	0	0		
Mocha Syrup, 1oz	90	0	0	0	0	0	24	0	24	0	0		
Peach Syrup, 1oz	90	0	0	0	0	0	23	0	23	0	0		
Peppermint Mocha Syrup, 1oz	60	0	0	0	0	0	16	0	16	0	0		
Raspberry Syrup, 1oz	80	0	0	0	0	0	21	0	21	0	0		
Strawberry Syrup, 1oz	90	0	0	0	0	0	24	0	23	0	0		
Sugar Free Caramel Syrup, 1oz	0	0	0	0	0	55	0	0	0	0	0		
Sugar Free French Vanilla Syrup, 1oz	0	0	0	0	0	0	0	0	0	0	0		
Vanilla Syrup, 1oz	80	0	0	0	0	0	20	0	20	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		
Beef Crumbles (10in. / 14in.)	60	25	10	0	15	310	2	0	1	1	5		
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		
Celery	10	0	0	0	0	20	2	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		

NUTRITION INFORMATION



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BUILD YOUR OWN	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Transfat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Gluten-Friendly	Vegan
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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		
Pineapple	35	0	0	0	0	0	7	0	7	0	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 Corn & Black Bean Salsa	80	0	0	0	0	340	15	0	3	0	4		
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		
Bleu Cheese, drizzle	120	12	2	0	5	320	2	0	1	0	1		
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		
Creamy Buffalo Sauce, drizzle	160	15	4.5	0	20	1250	5	0	1	0	2		
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		
Red Chili Honey, drizzle	130	3	0	0	0	0	30	0	28	0	0		
Roasted Garlic Aoli, drizzle	170	18	3	0	15	250	2	0	1	0	2		

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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		