

Nutrition Guide

PIZZAIOLO
GOURMET PIZZA

GOURMET PIZZAS

| | Medium 8 slices Cals/Slice | Large 10 slices Cals/Slice | XLarge 12 slices Cals/Slice | Party Size 24 sq slices Cals/Slice |
|---------------------------|----------------------------------|----------------------------------|-----------------------------------|--|
| Vegetarian Pizzas | | | | |
| 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 |
| Whole Wheat Veggie | 120 cals | 130 cals | 160 cals | 110 cals |
| Whole Wheat Diana | 100 cals | 110 cals | 130 cals | 90 cals |
| Vegan Pizzas | Cals/Slice | Cals/Slice | Cals/Slice | Cals/Slice |
| 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 |
| Gluten Free Pizzas | Cals/Slice | Cals/Slice | Cals/Slice | Cals/Slice |
| Gluten Free Mediterranean | 110 cals | 120 cals | - | - |
| Gluten Free Veggie Lover | 90 cals | 100 cals | - | - |
| Meat Pizzas | Cals/Slice | Cals/Slice | Cals/Slice | Cals/Slice |
| 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 |

TOPPINGS

Vegetables

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

Meats

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

Sauces

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

Cheeses

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

Herbs

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

DIPPING SAUCES

| | |
|--------------------|----------|
| • Cheddar Chipotle | 220 Cals |
| • Creamy Garlic | 240 Cals |
| • Marinara | 35 Cals |
| • Ranch Jalapeño | 130 Cals |
| • Ranch | 210 Cals |

CALZONES

| | |
|----------------|------------|
| Sauce & Cheese | 1,050 cals |
|----------------|------------|

SALADS

| | |
|----------------------------|----------|
| Caesar Salad with Dressing | 310 cals |
| Garden Salad with Dressing | 240 cals |
| Greco Salad with Dressing | 510 cals |

BEVERAGES

| | |
|------------------|------------|
| Coca-Cola Can | 0-160 Cals |
| Spring Water | 0 Cals |
| Coca-Cola Bottle | 0-220 Cals |
| Premium Drinks | 0-220 Cals |



The Godfather (180-250 Cals/Slice)



Mafioso (140-190 Cals/Slice)



Bianca (150-210 Cals/Slice)



Thai Pie (140-200 Cals/Slice)

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.