



## 2018 USDA-Compliant Nutritional Information

**OUR NUTRITIONAL VALUES:** We provide a nutrition analysis\* of our menu items to help you balance your meal with other foods you eat. Our goal is to provide you with the information you need to make sensible decisions about balance, variety and moderation in your diet. All nutrition information is based on average values for ingredients from Imo's suppliers and the USDA Nutrient Data Laboratory. Substitution of ingredients may alter nutritional values. Menu items 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 pizzeria and other factors. Imo's Pizza, its franchisees and employees do not assume responsibility for a particular allergy, or sensitivity to any food provided by any of the franchised pizzerias. Please contact us for any other additional information at (314) 822-0443. This information is correct as of May 2018.

*\*2,000 calories a day is used for general nutrition advice, but calorie needs vary. Calorie and nutrient values are rounded as required by the Food and Drug Administration. This can produce irregularities among sizes. Product may not be available at all locations.*



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## 8" THICK PIZZA

8" THICK PIZZA	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
BASE – dough, pizza sauce, cheese & seasoning	790	340	36g	16g	0g	65mg	1770mg	93g	15g	9g	29g	20%	4%	45%	20%
CHEESE (TOPPING)	45	35	3.5g	2.5g	0g	15mg	200mg	0g	0g	0g	3g	0.02	0	0.06	0
ANCHOVY	15	5	0.5g	0g	0g	10mg	570mg	0g	0g	0g	3g	0%	0%	2%	2%
BACON	45	25	3.5g	1g	0g	5mg	140mg	0g	0g	0g	3g	0%	0%	0%	0%
BANANA PEPPER	0	0	0g	0g	0g	0mg	440mg	0g	0g	0g	0g	0%	0%	0%	0%
BLACK OLIVE	45	40	4g	1g	0g	0mg	200mg	2g	0g	0g	0g	0%	0%	0%	0%
CANADIAN BACON	25	10	1.5g	0.5g	0g	10mg	220mg	0g	0g	0g	4g	0%	0%	0%	0%
CHICKEN	35	5	1g	0g	0g	20mg	330mg	< 1g	0g	0g	6g	0%	0%	0%	2%
EGG	70	40	4.5g	1.5g	**	175mg	70mg	0g	0g	0g	6g	6%	0%	2%	4%
GREEN OLIVE	40	30	3g	0g	0g	0mg	530mg	0g	0g	0g	0g	0%	0%	2%	0%
GREEN PEPPER	0	0	0g	0g	**	0mg	0mg	< 1g	0g	0g	0g	2%	25%	0%	0%
HAMBURGER	80	60	6g	2.5g	0g	25mg	135mg	0g	0g	0g	7g	2%	0%	0%	4%
JALAPENO	0	0	0g	0g	0g	0mg	400mg	0g	0g	0g	0g	0%	0%	0%	0%
MUSHROOM	5	0	0g	0g	**	0mg	0mg	< 1g	0g	0g	< 1g	0%	0%	0%	0%
ONION	5	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	0g	0%	2%	0%	0%
PEPPERONCINI	5	0	0g	0g	0g	0mg	330mg	1g	< 1g	0g	0g	0%	0%	0%	0%
PEPPERONI	90	70	9g	3.5g	0g	30mg	180mg	< 1g	0g	0g	4g	0%	0%	0%	2%
PINEAPPLE	25	0	0g	0g	0g	0mg	0mg	6g	0g	6g	0g	0%	10%	0%	0%
SAUSAGE	120	90	10g	4g	0g	30mg	140mg	0g	0g	0g	6g	0%	0%	0%	4%
SHRIMP	15	0	0g	0g	0g	30mg	130mg	0g	0g	0g	3g	0%	0%	2%	0%
TOMATO	10	0	0g	0g	0g	0mg	0mg	2g	< 1g	1g	0g	8%	10%	0%	2%
EXTRA CHEESE	45	35	3.5g	2.5g	0g	15mg	200mg	0g	0g	0g	3g	2%	0%	6%	0%

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### 8" THICK SPECIALTY PIZZA

8" THICK SPECIALTY PIZZA	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
ALL MEAT	1080	540	59g	25g	0g	140mg	2460mg	93g	15g	9g	46g	20%	4%	45%	25%
BBQ CHICKEN	890	340	37g	16g	0g	85mg	2280mg	109g	15g	22g	34g	15%	0%	45%	20%
DELUXE	970	460	50g	21g	0g	100mg	2060mg	96g	16g	10g	39g	25%	30%	45%	25%
EGGCEPTIONAL	1230	690	75g	27g	0g	290mg	2430mg	95g	14g	11g	46g	20%	0%	50%	30%
VEGGIE	860	380	40g	16g	0g	65mg	1970mg	99g	17g	12g	30g	35%	40%	45%	25%

### 8" THICK PIZZA — SAUCES

8" THICK SAUCES	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
PIZZA SAUCE	25	0	0g	0g	0g	0mg	140mg	5g	< 1g	3g	< 1g	0.08	0.04	0	0.02
BBQ SAUCE	80	0	0g	0g	0g	0mg	320mg	20g	0g	16g	0g	0	0	0	0
ITALIAN DRESSING	190	160	18g	2.5g	0g	0mg	270mg	7g	0g	5g	0g	0	0	0	0

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## 8" THIN PIZZA

8" THIN PIZZA	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
BASE – dough, pizza sauce, cheese & seasoning	540	230	24g	14g	0g	70mg	1640mg	57g	5g	8g	21g	25%	4%	35%	6%
CHEESE (TOPPING)	60	45	4.5g	3g	0g	15mg	250mg	< 1g	0g	0g	3g	0.04	0	0.08	0
ANCHOVY	20	10	1g	0g	0g	15mg	730mg	0g	0g	0g	3g	0%	0%	4%	2%
BACON	60	35	4.5g	1.5g	0g	10mg	190mg	0g	0g	0g	4g	0%	0%	0%	0%
BANANA PEPPER	0	0	0g	0g	0g	0mg	580mg	0g	0g	0g	0g	0%	0%	0%	0%
BLACK OLIVE	60	50	5g	1g	0g	0mg	260mg	2g	0g	0g	0g	0%	0%	0%	0%
CANADIAN BACON	35	15	2g	1g	0g	15mg	300mg	0g	0g	0g	5g	0%	0%	0%	2%
CHICKEN	45	10	1g	0g	0g	25mg	430mg	1g	0g	0g	8g	0%	0%	0%	2%
EGG	90	50	6g	2g	**	235mg	90mg	0g	0g	0g	8g	6%	0%	4%	6%
GREEN OLIVE	50	45	4.5g	0g	0g	0mg	720mg	0g	0g	0g	0g	0%	0%	2%	0%
GREEN PEPPER	5	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	0g	2%	35%	0%	0%
HAMBURGER	100	70	8g	3g	0.5g	35mg	170mg	0g	0g	0g	9g	2%	0%	0%	4%
JALAPENO	0	0	0g	0g	0g	0mg	540mg	0g	0g	0g	0g	0%	0%	0%	0%
MUSHROOM	5	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	1g	0%	2%	0%	0%
ONION	10	0	0g	0g	**	0mg	0mg	2g	0g	< 1g	0g	0%	2%	0%	0%
PEPPERONCINI	10	0	0g	0g	0g	0mg	450mg	2g	< 1g	0g	0g	0%	0%	0%	0%
PEPPERONI	130	100	12g	5g	0g	40mg	250mg	< 1g	0g	0g	5g	0%	0%	0%	2%
PINEAPPLE	30	0	0g	0g	0g	0mg	0mg	8g	< 1g	8g	0g	0%	15%	0%	2%
SAUSAGE	150	120	13g	5g	0g	40mg	180mg	0g	0g	0g	8g	0%	0%	0%	4%
SHRIMP	15	0	0g	0g	0g	40mg	170mg	0g	0g	0g	4g	0%	0%	2%	0%
TOMATO	10	0	0g	0g	0g	0mg	0mg	2g	< 1g	2g	< 1g	10%	15%	0%	2%
EXTRA CHEESE	60	45	4.5g	3g	0g	15mg	250mg	< 1g	0g	0g	3g	4%	0%	8%	0%

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### 8" THIN SPECIALTY PIZZA

8" THIN SPECIALTY PIZZA	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
ALL MEAT	910	500	55g	26g	0g	170mg	2560mg	58g	5g	8g	43g	25%	4%	35%	15%
BBQ CHICKEN	670	240	25g	14g	0g	95mg	2310mg	79g	4g	26g	28g	15%	2%	35%	6%
DELUXE	770	390	42g	20g	0g	115mg	2020mg	61g	6g	10g	34g	25%	40%	35%	10%
EGGCEPTIONAL	1110	700	75g	29g	0g	360mg	2520mg	60g	4g	11g	43g	25%	0%	45%	15%
VEGGIE	630	290	30g	15g	0g	70mg	1910mg	65g	7g	12g	23g	35%	60%	35%	8%

### 8" THIN PIZZA — SAUCES

8" THIN SAUCES	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
PIZZA SAUCE	35	0	0g	0g	0g	0mg	190mg	7g	1g	5g	1g	0.1	0.04	0	0.02
BBQ SAUCE	240	210	23g	3.5g	0g	0mg	350mg	9g	0g	7g	0g	0	0	0	0
ITALIAN DRESSING	110	0	0g	0g	0g	0mg	420mg	26g	0g	21g	0g	0	0	0	0

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## 10" THICK PIZZA

10" THICK PIZZA	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
BASE – dough, pizza sauce, cheese & seasoning	1230	490	53g	23g	0g	100mg	2740mg	151g	25g	13g	45g	35%	6%	60%	35%
CHEESE (TOPPING)	70	60	6g	3.5g	0g	20mg	310mg	< 1g	0g	0g	4g	0.04	0	0.1	0
ANCHOVY	25	10	1g	0g	0g	15mg	890mg	0g	0g	0g	4g	0%	0%	4%	2%
BACON	70	40	5g	1.5g	0g	10mg	210mg	0g	0g	0g	4g	0%	0%	0%	0%
BANANA PEPPER	0	0	0g	0g	0g	0mg	750mg	0g	0g	0g	0g	0%	0%	0%	0%
BLACK OLIVE	70	60	6g	1g	0g	0mg	320mg	2g	0g	0g	0g	0%	0%	0%	0%
CANADIAN BACON	45	20	2g	1g	0g	20mg	370mg	0g	0g	0g	6g	0%	0%	0%	2%
CHICKEN	60	10	1.5g	0g	0g	30mg	540mg	1g	0g	0g	10g	0%	0%	0%	2%
EGG	110	70	7g	2.5g	**	290mg	110mg	< 1g	0g	0g	10g	8%	0%	4%	8%
GREEN OLIVE	70	50	5g	0g	0g	0mg	870mg	0g	0g	0g	0g	2%	0%	2%	2%
GREEN PEPPER	5	0	0g	0g	**	0mg	0mg	1g	< 1g	< 1g	0g	2%	40%	0%	0%
HAMBURGER	130	90	10g	4g	0.5g	45mg	220mg	0g	0g	< 1g	11g	2%	0%	0%	6%
JALAPENO	0	0	0g	0g	0g	0mg	650mg	0g	0g	0g	0g	0%	0%	0%	0%
MUSHROOM	10	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	1g	0%	2%	0%	2%
ONION	10	0	0g	0g	**	0mg	0mg	3g	0g	1g	0g	0%	4%	0%	0%
PEPPERONCINI	10	0	0g	0g	0g	0mg	550mg	2g	< 1g	0g	0g	0%	0%	0%	0%
PEPPERONI	160	130	15g	6g	0g	50mg	320mg	1g	0g	0g	6g	0%	0%	2%	2%
PINEAPPLE	40	0	0g	0g	0g	0mg	0mg	11g	< 1g	10g	< 1g	0%	15%	0%	2%
SAUSAGE	190	150	17g	6g	0g	50mg	230mg	0g	0g	0g	11g	0%	0%	0%	6%
SHRIMP	20	0	0g	0g	0g	50mg	220mg	0g	0g	0g	5g	0%	0%	2%	0%
TOMATO	15	0	0g	0g	0g	0mg	0mg	3g	< 1g	2g	< 1g	15%	20%	0%	2%
EXTRA CHEESE	70	60	6g	3.5g	0g	20mg	310mg	< 1g	0g	0g	4g	4%	0%	10%	0%

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### 10" THICK SPECIALTY PIZZA

10" THICK SPECIALTY PIZZA	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
ALL MEAT	1690	830	91g	38g	0g	225mg	3870mg	152g	25g	13g	72g	35%	6%	60%	45%
BBQ CHICKEN	1410	520	56g	24g	0g	130mg	3610mg	180g	24g	36g	55g	20%	4%	70%	35%
DELUXE	1520	690	75g	31g	0g	155mg	3190mg	156g	26g	16g	62g	35%	50%	60%	45%
EGGCEPTIONAL	1960	1090	118g	42g	0g	465mg	3870mg	155g	24g	17g	73g	35%	0%	80%	45%
VEGGIE	1340	560	59g	25g	0g	100mg	3070mg	162g	27g	18g	48g	50%	70%	70%	40%

### 10" THICK PIZZA — SAUCES

10" THICK SAUCES	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
PIZZA SAUCE	45	0	0g	0g	0g	0mg	240mg	9g	1g	6g	1g	0.15	0.06	0	0.02
BBQ SAUCE	130	0	0g	0g	0g	0mg	530mg	33g	0g	26g	0g	0	0	0	0
ITALIAN DRESSING	310	260	29g	4.5g	0g	0mg	440mg	11g	0g	9g	0g	0	0	0	0

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## 10" THIN PIZZA

10" THIN PIZZA	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
BASE – dough, pizza sauce, cheese & seasoning	840	360	38g	21g	0g	110mg	2560mg	88g	8g	13g	32g	35%	8%	50%	10%
CAULIFLOWER CRUST	480	0	10.5g	6g	0g	30mg	840mg	81g	3g	6g	12g	0%	0%	24%	6%
CHEESE TOPPING	90	70	7g	4.5g	0g	25mg	400mg	< 1g	0g	0g	5g	0.06	0%	0.15	0%
ANCHOVY	35	15	1.5g	0g	0g	20mg	1140mg	0g	0g	0g	5g	0%	0%	6%	2%
BACON	90	50	7g	2.5g	0g	10mg	280mg	0g	0g	0g	6g	0%	0%	0%	0%
BANANA PEPPER	0	0	0g	0g	0g	0mg	910mg	0g	0g	0g	0g	0%	0%	0%	0%
BLACK OLIVE	90	80	8g	1.5g	0g	0mg	400mg	3g	0g	0g	0g	0%	0%	0%	0%
CANADIAN BACON	1420	780	86g	40g	0g	260mg	3980mg	90g	8g	13g	66g	35%	8%	60%	20%
CHICKEN	70	15	1.5g	0.5g	0g	35mg	670mg	2g	0g	0g	12g	0%	0%	0%	4%
EGG	140	80	9g	3g	**	360mg	140mg	< 1g	0g	0g	12g	10%	0%	6%	10%
GREEN OLIVE	80	70	7g	0g	0g	0mg	1090mg	0g	0g	0g	0g	2%	0%	2%	2%
GREEN PEPPER	10	0	0g	0g	**	0mg	0mg	2g	< 1g	< 1g	0g	2%	50%	0%	0%
HAMBURGER	160	110	12g	5g	1g	55mg	270mg	0g	0g	< 1g	14g	2%	0%	0%	8%
JALAPENO	0	0	0g	0g	0g	0mg	820mg	0g	0g	0g	0g	0%	0%	0%	0%
MUSHROOM	10	0	0g	0g	**	0mg	0mg	2g	0g	< 1g	2g	0%	2%	0%	2%
ONION	15	0	0g	0g	**	0mg	0mg	3g	< 1g	1g	0g	0%	4%	0%	0%
PEPPERONCINI	10	0	0g	0g	0g	0mg	680mg	2g	1g	0g	0g	0%	0%	0%	0%
PEPPERONI	190	150	18g	7g	0g	60mg	380mg	1g	0g	0g	7g	0%	0%	2%	2%
PINEAPPLE	50	0	0g	0g	0g	0mg	0mg	13g	< 1g	12g	< 1g	0%	20%	0%	2%
SAUSAGE	240	190	21g	8g	0g	60mg	290mg	0g	0g	0g	13g	0%	0%	0%	6%
TOMATO	15	0	0g	0g	0g	0mg	0mg	4g	1g	2g	< 1g	15%	20%	0%	2%
EXTRA CHEESE	90	70	7g	4.5g	0g	25mg	400mg	< 1g	0g	0g	5g	6%	0%	15%	0%

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*Cauliflower Crust Ingredients: CAULIFLOWER, LOW MOISTURE MOZZARELLA CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYME), TAPIOCA STARCH, RICE FLOUR, RICE STARCH, EGG WHITES, MODIFIED RICE STARCH, CANE SUGAR, YEAST, SALT, GARLIC POWDER, SPICES, XANTHAN GUM, CULTURED BROWN RICE, BROWN RICE FLOUR, CITRIC ACID, LACTIC ACID.*

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### 10" THIN SPECIALTY PIZZA

10" THIN SPECIALTY PIZZA	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
ALL MEAT	1420	780	86g	40g	0g	260mg	3980mg	90g	8g	13g	66g	35%	8%	60%	20%
BBQ CHICKEN	1040	380	40g	22g	0g	145mg	3610mg	124g	6g	40g	43g	20%	4%	60%	10%
DELUXE	1210	600	66g	31g	0g	180mg	3140mg	95g	9g	16g	53g	40%	60%	60%	20%
EGGCEPTIONAL	1740	1080	118g	44g	0g	565mg	3910mg	93g	6g	17g	67g	35%	0%	70%	20%
VEGGIE	960	410	43g	17g	0g	65mg	2250mg	114g	20g	15g	33g	40%	80%	45%	30%

### 10" THIN PIZZA — SAUCES

10" THIN SAUCES	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
PIZZA SAUCE	50	0	0g	0g	0g	0mg	300mg	10g	2g	7g	2g	0.2	0.08	0	0.04
BBQ SAUCE	170	0	0g	0g	0g	0mg	660mg	41g	0g	33g	0g	0	0	0	0
ITALIAN DRESSING	380	330	36g	5g	0g	0mg	550mg	14g	0g	11g	0g	0	0	0	0

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## 12" THICK PIZZA

12" THICK PIZZA	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
BASE – dough, pizza sauce, cheese & seasoning	1840	720	77g	34g	0g	145mg	4070mg	232g	38g	20g	67g	50%	8%	90%	60%
CHEESE (TOPPING)	110	90	9g	5g	0g	30mg	470mg	< 1g	0g	0g	6g	0.06	0	0.15	0
ANCHOVY	40	15	1.5g	0g	0g	25mg	1380mg	0g	0g	0g	6g	0%	0%	6%	4%
BACON	110	60	8g	2.5g	0g	15mg	330mg	0g	0g	0g	7g	0%	0%	0%	0%
BANANA PEPPER	0	0	0g	0g	0g	0mg	1090mg	0g	0g	0g	0g	0%	0%	0%	0%
BLACK OLIVE	110	100	10g	2g	0g	0mg	500mg	4g	0g	0g	0g	0%	0%	0%	0%
CANADIAN BACON	70	30	3.5g	1.5g	0g	30mg	570mg	0g	0g	0g	10g	0%	0%	0%	2%
CHICKEN	90	20	2g	0.5g	0g	45mg	810mg	2g	0g	< 1g	15g	0%	0%	0%	4%
EGG	170	100	11g	3.5g	**	440mg	170mg	< 1g	0g	0g	15g	15%	0%	6%	10%
GREEN OLIVE	100	80	8g	0g	0g	0mg	1340mg	0g	0g	0g	0g	2%	0%	4%	2%
GREEN PEPPER	10	0	0g	0g	**	0mg	0mg	2g	< 1g	1g	0g	4%	60%	0%	0%
HAMBURGER	190	130	15g	6g	1g	65mg	330mg	0g	0g	< 1g	16g	2%	0%	2%	10%
JALAPENO	0	0	0g	0g	0g	0mg	1000mg	0g	0g	0g	0g	0%	0%	0%	0%
MUSHROOM	15	0	0g	0g	**	0mg	0mg	2g	< 1g	1g	2g	0%	2%	0%	2%
ONION	15	0	0g	0g	**	0mg	0mg	4g	< 1g	2g	0g	0%	4%	0%	0%
PEPPERONCINI	15	0	0g	0g	0g	0mg	830mg	3g	1g	0g	0g	0%	0%	0%	0%
PEPPERONI	230	190	21g	9g	0g	70mg	460mg	2g	0g	0g	9g	0%	0%	2%	4%
PINEAPPLE	60	0	0g	0g	0g	0mg	0mg	16g	< 1g	15g	< 1g	0%	25%	0%	2%
SAUSAGE	290	220	25g	9g	0g	75mg	340mg	0g	0g	0g	16g	0%	0%	0%	8%
SHRIMP	30	0	0g	0g	0g	75mg	330mg	0g	0g	0g	8g	0%	0%	2%	0%
TOMATO	20	0	0g	0g	0g	0mg	5mg	4g	1g	3g	< 1g	20%	25%	2%	2%
EXTRA CHEESE	110	90	9g	5g	0g	30mg	470mg	< 1g	0g	0g	6g	6%	0%	15%	0%

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## 12" THICK SPECIALTY PIZZA

12" THICK SPECIALTY PIZZA	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
ALL MEAT	2530	1220	134g	57g	0g	330mg	5770mg	234g	38g	20g	108g	50%	8%	90%	70%
BBQ CHICKEN	2080	770	82g	36g	0g	195mg	5260mg	266g	37g	46g	82g	30%	4%	100%	60%
DELUXE	2270	1010	110g	46g	0g	230mg	4750mg	240g	40g	24g	93g	50%	80%	90%	70%
EGGCEPTIONAL	2950	1610	176g	63g	0g	710mg	5770mg	239g	36g	26g	110g	50%	0%	120%	70%
VEGGIE	2010	820	87g	36g	0g	145mg	4580mg	248g	42g	27g	71g	70%	100%	100%	60%

## 12" THICK PIZZA — SAUCES

12" THICK SAUCES	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
PIZZA SAUCE	60	0	0g	0g	0g	0mg	360mg	13g	2g	9g	2g	0.2	0.08	0	0.04
BBQ SAUCE	200	0	0g	0g	0g	0mg	790mg	50g	0g	40g	0g	0	0	0	0
ITALIAN DRESSING	460	400	43g	7g	0g	0mg	660mg	16g	0g	13g	0g	0	0	0	0

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## 12" THIN PIZZA

12" THIN PIZZA	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
BASE – dough, pizza sauce, cheese & seasoning	1210	520	54g	31g	0g	155mg	3690mg	127g	11g	18g	46g	50%	10%	80%	15%
CHEESE (TOPPING)	130	100	10g	6g	0g	40mg	560mg	1g	0g	0g	8g	0.08	0	0.2	0
ANCHOVY	45	20	2g	0g	0g	30mg	1630mg	0g	0g	0g	8g	0%	0%	8%	4%
BACON	130	70	10g	3g	0g	15mg	400mg	0g	0g	0g	8g	0%	0%	0%	0%
BANANA PEPPER	0	0	0g	0g	0g	0mg	1300mg	0g	0g	0g	0g	0%	0%	0%	0%
BLACK OLIVE	140	110	11g	2.5g	0g	0mg	590mg	5g	0g	0g	0g	0%	0%	0%	0%
CANADIAN BACON	80	35	4g	1.5g	0g	35mg	670mg	0g	0g	0g	11g	0%	0%	0%	2%
CHICKEN	100	20	2.5g	0.5g	0g	50mg	970mg	2g	0g	< 1g	18g	0%	0%	0%	4%
EGG	200	120	13g	4.5g	**	515mg	200mg	< 1g	0g	< 1g	17g	15%	0%	8%	15%
GREEN OLIVE	120	100	10g	0g	0g	0mg	1590mg	0g	0g	0g	0g	2%	0%	4%	2%
GREEN PEPPER	10	0	0g	0g	**	0mg	0mg	3g	< 1g	1g	0g	4%	70%	0%	2%
HAMBURGER	230	160	18g	7g	1.5g	80mg	390mg	< 1g	0g	1g	20g	4%	0%	2%	10%
JALAPENO	0	0	0g	0g	0g	0mg	1190mg	0g	0g	0g	0g	0%	0%	0%	0%
MUSHROOM	15	0	0g	0g	**	0mg	0mg	2g	< 1g	1g	2g	0%	2%	0%	2%
ONION	20	0	0g	0g	**	0mg	0mg	5g	< 1g	2g	< 1g	0%	6%	2%	0%
PEPPERONCINI	15	0	0g	0g	0g	0mg	980mg	3g	2g	0g	0g	0%	0%	0%	0%
PEPPERONI	280	220	26g	11g	0g	85mg	550mg	2g	0g	0g	11g	0%	0%	2%	4%
PINEAPPLE	70	0	0g	0g	0g	0mg	0mg	19g	1g	18g	1g	0%	30%	0%	2%
SAUSAGE	350	270	30g	11g	0g	85mg	410mg	0g	0g	0g	19g	0%	0%	0%	10%
SHRIMP	40	0	0g	0g	0g	85mg	390mg	0g	0g	0g	9g	0%	0%	4%	0%
TOMATO	25	0	0g	0g	0g	0mg	5mg	5g	2g	4g	1g	25%	30%	2%	2%
EXTRA CHEESE	130	100	10g	6g	0g	40mg	560mg	1g	0g	0g	8g	8%	0%	20%	0%

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### 12" THIN SPECIALTY PIZZA

12" THIN SPECIALTY PIZZA	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
ALL MEAT	2050	1120	124g	57g	0g	375mg	5730mg	129g	11g	18g	95g	50%	10%	80%	30%
BBQ CHICKEN	1500	540	57g	32g	0g	205mg	5180mg	178g	9g	58g	62g	30%	6%	80%	15%
DELUXE	1740	870	94g	45g	0g	260mg	4510mg	137g	13g	23g	77g	60%	90%	80%	25%
EGGCEPTIONAL	2500	1560	169g	64g	0g	810mg	5640mg	134g	8g	24g	96g	50%	0%	110%	30%
VEGGIE	1900	980	106g	47g	0g	260mg	5110mg	147g	15g	27g	78g	80%	120%	80%	30%

### 12" THIN PIZZA — SAUCES

12" THIN SAUCES	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
PIZZA SAUCE	80	0	0g	0g	0g	0mg	430mg	15g	3g	10g	3g	0.25	0.1	0	0.06
BBQ SAUCE	240	0	0g	0g	0g	0mg	950mg	59g	0g	47g	0g	0	0	0	0
ITALIAN DRESSING	750	640	70g	11g	0g	0mg	1070mg	27g	0g	21g	0g	0	0	0	0

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## 14" THICK PIZZA

14" THICK PIZZA	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
BASE – dough, pizza sauce, cheese & seasoning	2650	1200	126g	62g	0g	290mg	6730mg	287g	47g	26g	106g	90%	10%	170%	70%
CHEESE (TOPPING)	150	120	12g	8g	0g	45mg	670mg	1g	0g	0g	9g	0.1	0	0.25	0
ANCHOVY	50	20	2g	0g	0g	35mg	1870mg	0g	0g	0g	9g	0%	0%	8%	4%
BACON	150	90	11g	4g	0g	20mg	470mg	0g	0g	0g	9g	0%	0%	0%	0%
BANANA PEPPER	0	0	0g	0g	0g	0mg	1540mg	0g	0g	0g	0g	0%	0%	0%	0%
BLACK OLIVE	160	130	13g	2.5g	0g	0mg	680mg	5g	0g	0g	0g	0%	0%	0%	0%
CANADIAN BACON	90	40	4.5g	2g	0g	40mg	790mg	0g	0g	0g	13g	0%	0%	0%	2%
CHICKEN	120	25	2.5g	1g	0g	60mg	1130mg	3g	0g	< 1g	21g	0%	0%	0%	6%
EGG	3260	1610	173g	78g	0g	410mg	7690mg	298g	50g	32g	141g	90%	110%	170%	80%
GREEN OLIVE	240	140	16g	5g	**	615mg	230mg	1g	0g	< 1g	21g	20%	0%	10%	15%
GREEN PEPPER	140	110	11g	0g	0g	0mg	1840mg	0g	0g	0g	0g	2%	0%	6%	2%
HAMBURGER	15	0	0g	0g	**	0mg	0mg	3g	1g	2g	< 1g	4%	90%	0%	2%
JALAPENO	270	190	21g	8g	1.5g	90mg	450mg	< 1g	0g	1g	23g	4%	0%	2%	15%
MUSHROOM	0	0	0g	0g	0g	0mg	1370mg	0g	0g	0g	0g	0%	0%	0%	0%
ONION	20	0	0g	0g	**	0mg	0mg	3g	< 1g	2g	3g	0%	2%	0%	2%
PEPPERONCINI	25	0	0g	0g	**	0mg	0mg	5g	< 1g	2g	< 1g	0%	6%	2%	0%
PEPPERONI	20	0	0g	0g	0g	0mg	1150mg	4g	2g	0g	0g	0%	0%	0%	0%
PINEAPPLE	330	270	30g	13g	0g	100mg	660mg	3g	0g	0g	13g	0%	0%	2%	6%
SAUSAGE	80	0	0g	0g	0g	0mg	0mg	22g	1g	21g	1g	0%	35%	0%	2%
SHRIMP	400	310	35g	13g	0g	100mg	480mg	0g	0g	0g	22g	0%	0%	0%	10%
TOMATO	45	0	0g	0g	0g	100mg	460mg	0g	0g	0g	11g	0%	0%	4%	0%
EXTRA CHEESE	30	0	0g	0g	0g	0mg	10mg	6g	2g	4g	1g	30%	35%	2%	4%

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### 14" THICK SPECIALTY PIZZA

14" THICK SPECIALTY PIZZA	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
ALL MEAT	3630	1910	208g	93g	0g	555mg	9130mg	290g	47g	26g	164g	90%	10%	180%	90%
BBQ CHICKEN	2670	970	104g	47g	0g	260mg	7100mg	343g	45g	73g	106g	40%	8%	130%	70%
DELUXE	3260	1610	173g	78g	0g	410mg	7690mg	298g	50g	32g	141g	90%	110%	170%	80%
EGGCEPTIONAL	3840	2160	235g	85g	0g	980mg	7640mg	292g	44g	33g	146g	70%	0%	160%	90%
VEGGIE	3450	1740	186g	81g	0g	410mg	8380mg	310g	52g	36g	143g	120%	150%	180%	90%

### 14" THICK PIZZA — SAUCES

14" THICK SAUCES	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
PIZZA SAUCE	90	0	0g	0g	0g	0mg	510mg	18g	3g	12g	3g	0.3	0.1	0	0.06
BBQ SAUCE	280	0	0g	0g	0g	0mg	1100mg	69g	0g	55g	0g	0	0	0	0
ITALIAN DRESSING	640	550	60g	9g	0g	0mg	920mg	23g	0g	18g	0g	0	0	0	0

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## 14" THIN PIZZA

14" THIN PIZZA	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
BASE – dough, pizza sauce, cheese & seasoning	1650	710	74g	42g	0g	210mg	5020mg	173g	15g	25g	63g	70%	15%	110%	20%
CHEESE (TOPPING)	170	140	14g	9g	0g	50mg	760mg	2g	0g	0g	10g	0.1	0	0.25	0
ANCHOVY	60	25	2.5g	0g	0g	40mg	2190mg	0g	0g	0g	10g	0%	0%	10%	6%
BACON	170	100	13g	4.5g	0g	20mg	540mg	0g	0g	0g	11g	0%	0%	0%	0%
BANANA PEPPER	0	0	0g	0g	0g	0mg	1790mg	0g	0g	0g	0g	0%	0%	0%	0%
BLACK OLIVE	180	150	15g	3g	0g	0mg	790mg	6g	0g	0g	0g	0%	0%	0%	0%
CANADIAN BACON	110	45	5g	2.5g	0g	45mg	910mg	0g	0g	0g	15g	0%	0%	0%	4%
CHICKEN	140	30	3g	1g	0g	70mg	1310mg	3g	0g	< 1g	24g	0%	0%	0%	6%
EGG	270	160	18g	6g	**	710mg	270mg	1g	0g	< 1g	24g	20%	0%	10%	20%
GREEN OLIVE	160	130	13g	0g	0g	0mg	2150mg	0g	0g	0g	0g	2%	0%	6%	2%
GREEN PEPPER	15	0	0g	0g	**	0mg	0mg	4g	1g	2g	< 1g	6%	100%	0%	2%
HAMBURGER	320	220	24g	10g	1.5g	105mg	530mg	< 1g	0g	1g	27g	4%	0%	2%	15%
JALAPENO	0	0	0g	0g	0g	0mg	1610mg	0g	0g	0g	0g	0%	0%	0%	0%
MUSHROOM	20	0	0g	0g	**	0mg	0mg	3g	< 1g	2g	3g	0%	4%	0%	2%
ONION	25	0	0g	0g	**	0mg	0mg	6g	1g	3g	< 1g	0%	8%	2%	0%
PEPPERONCINI	25	0	0g	0g	0g	0mg	1350mg	5g	2g	0g	0g	0%	0%	0%	0%
PEPPERONI	380	300	35g	14g	0g	115mg	750mg	3g	0g	0g	14g	0%	0%	2%	6%
PINEAPPLE	100	0	0g	0g	0g	0mg	0mg	26g	2g	24g	1g	0%	40%	0%	4%
SAUSAGE	470	360	41g	15g	0g	120mg	560mg	0g	0g	0g	26g	0%	0%	0%	15%
SHRIMP	50	0	0g	0g	0g	115mg	530mg	0g	0g	0g	12g	0%	0%	4%	0%
TOMATO	30	0	0g	0g	0g	0mg	10mg	7g	2g	5g	2g	30%	40%	2%	4%
EXTRA CHEESE	170	140	14g	9g	0g	50mg	760mg	2g	0g	0g	10g	10%	0%	25%	0%

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### 14" THIN SPECIALTY PIZZA

14" THIN SPECIALTY PIZZA	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
ALL MEAT	2780	1520	168g	78g	0g	510mg	7790mg	176g	15g	25g	130g	70%	15%	110%	40%
BBQ CHICKEN	2040	740	78g	43g	0g	280mg	7050mg	242g	13g	79g	85g	40%	8%	110%	20%
DELUXE	2360	1180	128g	61g	0g	350mg	6130mg	186g	18g	31g	104g	80%	130%	110%	35%
EGGCEPTIONAL	3390	2120	229g	87g	0g	1110mg	7650mg	182g	11g	33g	131g	70%	0%	140%	40%
VEGGIE	1930	870	90g	45g	0g	210mg	5840mg	199g	20g	36g	69g	110%	170%	110%	25%

### 14" THIN PIZZA — SAUCES

14" THIN SAUCES	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
PIZZA SAUCE	100	0	0g	0g	0g	0mg	590mg	21g	3g	14g	3g	0.35	0.15	0	0.06
BBQ SAUCE	320	0	0g	0g	0g	0mg	1280mg	80g	0g	64g	0g	0	0	0	0
ITALIAN DRESSING	550	470	51g	8g	0g	0mg	790mg	20g	0g	16g	0g	0	0	0	0

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## 16" THICK PIZZA

16" THICK PIZZA	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
BASE – dough, pizza sauce, cheese & seasoning	2840	1170	125g	58g	0g	255mg	6720mg	338g	56g	32g	108g	90%	15%	160%	80%
CHEESE (TOPPING)	200	160	16g	10g	0g	60mg	890mg	2g	0g	0g	12g	0.1	0	0.3	0
ANCHOVY	70	30	3g	0g	0g	45mg	2520mg	0g	0g	0g	12g	0%	0%	10%	6%
BACON	200	110	15g	5g	0g	25mg	610mg	0g	0g	0g	12g	0%	0%	0%	0%
BANANA PEPPER	0	0	0g	0g	0g	0mg	2050mg	0g	0g	0g	0g	0%	0%	0%	0%
BLACK OLIVE	210	170	17g	3.5g	0g	0mg	910mg	7g	0g	0g	0g	0%	0%	0%	0%
CANADIAN BACON	90	35	4.5g	2g	0g	35mg	720mg	0g	0g	0g	12g	0%	0%	0%	2%
CHICKEN	160	30	3.5g	1g	0g	80mg	1500mg	4g	0g	1g	28g	0%	0%	0%	8%
EGG	310	190	21g	7g	**	820mg	310mg	2g	0g	< 1g	28g	25%	0%	10%	20%
GREEN OLIVE	190	150	15g	0g	0g	0mg	2460mg	0g	0g	0g	0g	2%	0%	6%	4%
GREEN PEPPER	20	0	0g	0g	**	0mg	0mg	4g	1g	2g	< 1g	6%	120%	0%	2%
HAMBURGER	360	250	28g	11g	2g	120mg	610mg	< 1g	0g	2g	31g	6%	0%	2%	15%
JALAPENO	0	0	0g	0g	0g	0mg	1840mg	0g	0g	0g	0g	0%	0%	0%	0%
MUSHROOM	25	0	0g	0g	**	0mg	5mg	4g	1g	2g	3g	0%	4%	0%	4%
ONION	30	0	0g	0g	**	0mg	0mg	7g	1g	3g	< 1g	0%	10%	2%	0%
PEPPERONCINI	25	0	0g	0g	0g	0mg	1550mg	5g	3g	0g	0g	0%	0%	0%	0%
PEPPERONI	430	350	40g	17g	0g	135mg	870mg	3g	0g	0g	17g	0%	0%	4%	6%
PINEAPPLE	110	0	0g	0g	0g	0mg	0mg	29g	2g	28g	2g	0%	45%	0%	4%
SAUSAGE	540	420	47g	17g	0g	135mg	640mg	0g	0g	0g	30g	0%	0%	0%	15%
SHRIMP	60	0	0g	0g	0g	135mg	610mg	0g	0g	0g	14g	0%	0%	4%	0%
TOMATO	40	0	0g	0g	0g	0mg	10mg	8g	3g	6g	2g	35%	45%	2%	4%
EXTRA CHEESE	200	160	16g	10g	0g	60mg	890mg	2g	0g	0g	12g	10%	0%	30%	0%

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### 16" THICK SPECIALTY PIZZA

16" THICK SPECIALTY PIZZA	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
ALL MEAT	4100	2110	230g	98g	0g	585mg	9560mg	342g	56g	32g	178g	90%	15%	160%	100%
BBQ CHICKEN	3180	1140	121g	55g	0g	315mg	8710mg	417g	52g	94g	125g	45%	10%	140%	80%
DELUXE	3650	1730	187g	80g	0g	415mg	7980mg	353g	60g	40g	154g	100%	150%	160%	100%
EGGCEPTIONAL	4730	2720	295g	105g	0g	1275mg	9400mg	348g	51g	42g	178g	80%	0%	180%	110%
VEGGIE	3160	1380	143g	62g	0g	255mg	7650mg	368g	62g	45g	114g	130%	190%	160%	90%

### 16" THICK PIZZA — SAUCES

16" THICK SAUCES	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
PIZZA SAUCE	120	0	0g	0g	0g	0mg	670mg	24g	4g	16g	4g	0.4	0.15	0	0.08
BBQ SAUCE	370	0	0g	0g	0g	0mg	1480mg	92g	0g	74g	0g	0	0	0	0
ITALIAN DRESSING	860	740	80g	12g	0g	0mg	1230mg	31g	0g	25g	0g	0	0	0	0

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## 16" THIN PIZZA

16" THIN PIZZA	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
BASE – dough, pizza sauce, cheese & seasoning	2160	930	97g	55g	0g	275mg	6560mg	226g	19g	32g	83g	90%	20%	140%	25%
CHEESE (TOPPING)	230	180	18g	11g	0g	70mg	1000mg	2g	0g	0g	14g	0.15	0	0.35	0
ANCHOVY	80	35	3.5g	0g	0g	55mg	2840mg	0g	0g	0g	13g	0%	0%	15%	6%
BACON	230	130	17g	6g	0g	30mg	710mg	0g	0g	0g	14g	0%	0%	0%	0%
BANANA PEPPER	0	0	0g	0g	0g	0mg	2330mg	0g	0g	0g	0g	0%	0%	0%	0%
BLACK OLIVE	240	200	20g	4g	0g	0mg	1040mg	8g	0g	0g	0g	0%	0%	0%	0%
CANADIAN BACON	140	60	7g	3g	0g	60mg	1190mg	0g	0g	0g	20g	0%	0%	0%	4%
CHICKEN	190	35	4g	1.5g	0g	90mg	1710mg	4g	0g	1g	32g	0%	0%	0%	8%
EGG	360	220	24g	8g	**	935mg	360mg	2g	0g	< 1g	32g	25%	0%	15%	25%
GREEN OLIVE	210	170	17g	0g	0g	0mg	2810mg	0g	0g	0g	0g	4%	0%	8%	4%
GREEN PEPPER	20	0	0g	0g	**	0mg	0mg	5g	2g	2g	< 1g	8%	130%	0%	2%
HAMBURGER	410	290	32g	13g	2.5g	140mg	690mg	< 1g	0g	2g	35g	6%	0%	2%	20%
JALAPENO	0	0	0g	0g	0g	0mg	2100mg	0g	0g	0g	0g	0%	0%	0%	0%
MUSHROOM	30	0	0g	0g	**	0mg	5mg	4g	1g	3g	4g	0%	4%	0%	4%
ONION	35	0	0g	0g	**	0mg	0mg	8g	1g	4g	< 1g	0%	10%	2%	0%
PEPPERONCINI	30	0	0g	0g	0g	0mg	1750mg	6g	3g	0g	0g	0%	0%	0%	0%
PEPPERONI	490	400	46g	19g	0g	150mg	990mg	4g	0g	0g	19g	0%	0%	4%	8%
PINEAPPLE	130	0	0g	0g	0g	0mg	0mg	33g	2g	31g	2g	0%	50%	0%	4%
SAUSAGE	620	480	53g	20g	0g	155mg	730mg	0g	0g	0g	34g	0%	0%	0%	15%
SHRIMP	70	0	0g	0g	0g	155mg	690mg	0g	0g	0g	16g	0%	0%	6%	0%
TOMATO	45	0	0g	0g	0g	0mg	10mg	9g	3g	6g	2g	40%	50%	2%	4%
EXTRA CHEESE	230	180	18g	11g	0g	70mg	1000mg	2g	0g	0g	14g	15%	0%	35%	0%

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### 16" THIN SPECIALTY PIZZA

16" THIN SPECIALTY PIZZA	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
ALL MEAT	3640	1990	220g	102g	0g	670mg	10180mg	230g	19g	32g	170g	90%	20%	140%	50%
BBQ CHICKEN	2660	970	101g	56g	0g	365mg	9190mg	317g	16g	103g	111g	50%	10%	140%	25%
DELUXE	3080	1540	168g	80g	0g	460mg	8010mg	243g	24g	41g	136g	100%	170%	140%	45%
EGGCEPTIONAL	4430	2770	300g	113g	0g	1460mg	9990mg	238g	15g	43g	171g	90%	0%	190%	60%
VEGGIE	2520	1140	118g	59g	0g	275mg	7630mg	260g	27g	47g	90g	140%	220%	140%	35%

### 16" THIN PIZZA — SAUCES

16" THIN SAUCES	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
PIZZA SAUCE	140	0	0g	0g	0g	0mg	770mg	27g	5g	18g	5g	0.45	0.2	0	0.1
BBQ SAUCE	420	0	0g	0g	0g	0mg	1680mg	105g	0g	84g	0g	0	0	0	0
ITALIAN DRESSING	980	840	91g	14g	0g	0mg	1400mg	35g	0g	28g	0g	0	0	0	0

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## GREAT TASTES & SQUARE MEAL BOX TOPPINGS — STEP 1

BOX MEAL TOPPINGS	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
BASE – dough, pizza sauce, cheese & seasoning	1550	660	69g	39g	0g	195mg	4700mg	162g	14g	23g	59g	70%	15%	100%	15%
CHEESE (AS A TOPPING)	160	130	13g	8g	0g	50mg	710mg	1g	0g	0g	10g	0.1	0	0.25	0
ANCHOVY	60	25	2.5g	0g	0g	40mg	2030mg	0g	0g	0g	9g	0%	0%	10%	4%
BACON	160	90	12g	4g	0g	20mg	500mg	0g	0g	0g	10g	0%	0%	0%	0%
BANANA PEPPER	0	0	0g	0g	0g	0mg	1680mg	0g	0g	0g	0g	0%	0%	0%	0%
BLACK OLIVE	170	140	14g	3g	0g	0mg	740mg	6g	0g	0g	0g	0%	0%	0%	0%
CANADIAN BACON	100	45	5g	2g	0g	45mg	850mg	0g	0g	0g	14g	0%	0%	0%	2%
CHICKEN	130	25	3g	1g	0g	65mg	1230mg	3g	0g	< 1g	23g	0%	0%	0%	6%
EGG	260	150	17g	6g	**	665mg	250mg	1g	0g	< 1g	22g	20%	0%	10%	15%
GREEN OLIVE	150	120	12g	0g	0g	0mg	2000mg	0g	0g	0g	0g	2%	0%	6%	2%
GREEN PEPPER	15	0	0g	0g	**	0mg	0mg	3g	1g	2g	< 1g	6%	90%	0%	2%
HAMBURGER	290	200	23g	9g	1.5g	100mg	490mg	< 1g	0g	1g	25g	4%	0%	2%	15%
JALAPENO	0	0	0g	0g	0g	0mg	1490mg	0g	0g	0g	0g	0%	0%	0%	0%
MUSHROOM	20	0	0g	0g	**	0mg	0mg	3g	< 1g	2g	3g	0%	4%	0%	2%
ONION	25	0	0g	0g	**	0mg	0mg	6g	1g	3g	< 1g	0%	8%	2%	0%
PEPPERONCINI	20	0	0g	0g	0g	0mg	1250mg	4g	2g	0g	0g	0%	0%	0%	0%
PEPPERONI	360	290	33g	14g	0g	110mg	710mg	3g	0g	0g	14g	0%	0%	2%	6%
PINEAPPLE	90	0	0g	0g	0g	0mg	0mg	24g	1g	22g	1g	0%	35%	0%	2%
SAUSAGE	440	340	38g	14g	0g	110mg	520mg	0g	0g	0g	24g	0%	0%	0%	10%
SHRIMP	50	0	0g	0g	0g	110mg	490mg	0g	0g	0g	11g	0%	0%	4%	0%
TOMATO	30	0	0g	0g	0g	0mg	10mg	7g	2g	4g	1g	30%	40%	2%	4%
EXTRA CHEESE	160	130	13g	8g	0g	50mg	710mg	1g	0g	0g	10g	10%	0%	25%	0%

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### GREAT TASTES & SQUARE MEAL BOX — SPECIALTY PIZZAS

BOX MEAL SPECIALTY PIZZAS	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
ALL MEAT	2600	1420	157g	73g	0g	480mg	7280mg	165g	14g	23g	121g	70%	15%	100%	35%
BBQ CHICKEN	1870	680	72g	40g	0g	250mg	6370mg	223g	11g	72g	75g	35%	4%	100%	15%
DELUXE	2200	1100	120g	57g	0g	325mg	5730mg	174g	17g	29g	97g	70%	120%	100%	35%
EGGCEPTIONAL	3170	1980	214g	81g	0g	1040mg	7150mg	171g	11g	31g	122g	60%	0%	130%	40%
VEGGIE	1810	810	84g	42g	0g	195mg	5460mg	186g	19g	34g	65g	100%	160%	100%	25%

### GREAT TASTES & SQUARE MEAL BOX ITEMS— STEP 2

BOX MEAL STEP 2	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
GREAT TASTES – PROVEL BITES, RAVS, SAUCE & CINNIMOS	1280	400	45g	17g	0g	95mg	3490mg	177g	6g	49g	40g	20%	8%	80%	35%
SQUARE MEAL RAVS, SAUCE	1030	290	33g	14g	0g	115mg	3230mg	135g	6g	15g	51g	35%	10%	45%	50%

### GREAT TASTES & SQUARE MEAL BOX — SAUCES

BOX MEAL SAUCES	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
PIZZA SAUCE	100	0	0g	0g	0g	0mg	550mg	19g	3g	13g	3g	0.3	0.15	0	0.06
BBQ SAUCE	300	0	0g	0g	0g	0mg	1200mg	75g	0g	60g	0g	0	0	0	0
ITALIAN DRESSING	700	600	65g	10g	0g	0mg	1000mg	25g	0g	20g	0g	0	0	0	0

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## SALADS

SALADS	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
CAESAR (HALF)	190	90	9g	4g	0g	20mg	540mg	21g	3g	2g	11g	200%	15%	4%	10%
CAESAR (WHOLE)	390	170	18g	8g	0g	40mg	1070mg	41g	6g	5g	22g	400%	25%	8%	20%
CHICKEN CAESAR (HALF)	240	90	10g	4.5g	0g	45mg	960mg	22g	3g	3g	19g	200%	15%	4%	15%
CHICKEN CAESAR (WHOLE)	480	190	20g	9g	0g	85mg	1930mg	44g	6g	5g	38g	400%	25%	8%	25%
CHEF (HALF)	340	210	22g	24g	0g	265mg	1040mg	7g	2g	3g	26g	160%	15%	30%	10%
CHEF (WHOLE)	600	380	40g	46g	0g	340mg	2020mg	14g	5g	5g	46g	320%	25%	50%	20%
DELUXE (HALF)	270	200	21g	10g	0g	60mg	990mg	8g	2g	2g	12g	160%	15%	25%	6%
DELUXE (WHOLE)	530	400	41g	20g	0g	115mg	1990mg	16g	5g	5g	24g	3.1	0.25	0.5	0.1
HOUSE (HALF)	170	120	12g	8g	0g	45mg	680mg	6g	2g	2g	11g	160%	15%	25%	6%
HOUSE (WHOLE)	350	250	25g	15g	0g	90mg	1370mg	12g	5g	5g	21g	310%	25%	50%	10%

## SANDWICHES

SANDWICHES	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
CRISPY CHICKEN	690	220	23g	4.5g	0g	60mg	1370mg	89g	4g	15g	29g	0.45	0.2	0.2	0.3
HAM AND CHEESE	520	150	16g	136g	0g	110mg	2180mg	54g	2g	3g	41g	6%	0%	35%	20%
IMO'S EXTRA SPECIAL	750	300	33g	63g	0g	135mg	1970mg	63g	3g	9g	47g	50%	15%	35%	30%
IMOS BACON LETTUCE TOMATO (BLT)	800	360	43g	15g	0g	80mg	1650mg	62g	3g	8g	34g	90%	20%	35%	20%
MEATBALL AND CHEESE	870	410	44g	20g	2g	150mg	1810mg	74g	2g	10g	43g	15%	0%	50%	40%
ROAST BEEF AND CHEESE	640	180	20g	9g	0g	135mg	1190mg	56g	3g	3g	55g	6%	0%	35%	35%
SALAMI AND CHEESE	820	440	48g	20g	0g	135mg	1290mg	58g	2g	7g	33g	6%	0%	35%	25%
SALSICCIA	1080	630	70g	28g	0g	200mg	1840mg	61g	3g	6g	50g	0.08	0	0.35	0.35
TURKEY CLUB	660	220	24g	9g	0g	110mg	1840mg	64g	5g	8g	48g	50%	15%	35%	25%
VEGGIE	580	230	23g	10g	0g	50mg	1340mg	72g	4g	17g	17g	90%	40%	45%	20%

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## APPETIZERS

APPETIZERS	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
BREAD STICK	580	240	27g	7g	0g	15mg	1110mg	71g	3g	6g	13g	25%	0%	70%	25%
BREADED MUSHROOMS	260	0	0g	0g	0g	0mg	1390mg	55g	3g	10g	10g	0%	0%	0%	0%
BREADSTICKS	660	320	36g	9g	0g	15mg	1230mg	71g	3g	6g	13g	35%	0%	70%	25%
CHICKEN TENDERS (15)	1570	600	60g	11g	0g	260mg	5930mg	143g	7g	38g	105g	0%	15%	0%	45%
CHICKEN TENDERS (5)	520	200	20g	3.5g	0g	85mg	1980mg	48g	2g	13g	35g	0%	6%	0%	15%
GARLIC BREAD	640	400	44g	9g	6g	< 5mg	420mg	57g	2g	3g	7g	30%	0%	20%	15%
GARLIC CHEESE BREAD	790	520	56g	17g	6g	50mg	1090mg	59g	2g	3g	16g	0.4	0	0.4	0.15
JALAPENO POPPERS (24)	1680	600	72g	42g	0g	240mg	5520mg	216g	12g	48g	36g	50%	0%	25%	25%
JALAPENO POPPERS (8)	560	200	24g	14g	0g	80mg	1840mg	72g	4g	16g	12g	15%	0%	8%	8%
MOZZARELLA STICKS (24)	1560	540	60g	36g	0g	180mg	6120mg	168g	12g	36g	96g	70%	0%	180%	0%
MOZZARELLA STICKS (8)	520	180	20g	12g	0g	60mg	2040mg	56g	4g	12g	32g	25%	0%	60%	0%
PROVEL BITES (12)	420	140	16g	10g	0g	50mg	1890mg	50g	2g	2g	16g	0.08	0.04	0.3	0.06
PROVEL BITES (20)	690	230	27g	17g	0g	80mg	3160mg	83g	3g	3g	27g	15%	6%	50%	10%
IMO STEAK FRIES	360	110	12g	3g	0g	1035mg	390mg	61g	6g	2g	6g	0.06	0.45	0.06	0.1
TOASTED RAVIOLI (24)	1370	390	44g	20g	0g	160mg	4230mg	178g	10g	8g	68g	45%	15%	60%	60%
TOASTED RAVIOLI (50)	2830	800	91g	40g	0g	325mg	8760mg	370g	20g	17g	141g	0.9	0.35	1.3	1.3
TOASTED RAVIOLI (8)	460	130	15g	7g	0g	55mg	1410mg	59g	3g	3g	23g	15%	6%	20%	20%

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## WINGS

WINGS	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
BONELESS WINGS (24)	1260	240	27g	6g	0g	300mg	3300mg	138g	6g	42g	120g	0%	0%	0%	25%
BONELESS WINGS (8)	420	80	9g	2g	0g	100mg	1100mg	46g	2g	14g	40g	0%	0%	0%	8%
CHICKEN WINGS (24)	2160	1200	132g	42g	0g	1320mg	2040mg	0g	0g	0g	252g	25%	50%	0%	50%
CHICKEN WINGS (8)	720	400	44g	14g	0g	440mg	680mg	0g	0g	0g	84g	8%	15%	0%	15%

## DIPPING SAUCES

DIPPING SAUCES	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
BONELESS WINGS (24)	1260	240	27g	6g	0g	300mg	3300mg	138g	6g	42g	120g	0%	0%	0%	25%
BONELESS WINGS (8)	420	80	9g	2g	0g	100mg	1100mg	46g	2g	14g	40g	0%	0%	0%	8%
CHICKEN WINGS (24)	2160	1200	132g	42g	0g	1320mg	2040mg	0g	0g	0g	252g	25%	50%	0%	50%
CHICKEN WINGS (8)	720	400	44g	14g	0g	440mg	680mg	0g	0g	0g	84g	8%	15%	0%	15%
BBQ (24)	450	0	0g	0g	0g	0mg	1800mg	113g	0g	90g	0g	0%	0%	0%	0%
BBQ (8)	180	0	0g	0g	0g	0mg	720mg	45g	0g	36g	0g	0%	0%	0%	0%
BUFFALO/HOT (24)	380	300	30g	0g	0g	0mg	6600mg	15g	0g	0g	0g	0%	30%	0%	0%
BUFFALO/HOT (8)	150	120	12g	0g	0g	0mg	2640mg	6g	0g	0g	0g	0%	10%	0%	0%
HOT MUSTARD (24)	520	35	4g	0g	0g	0mg	2850mg	113g	8g	97g	7g	0%	0%	0%	15%
HOT MUSTARD (8)	210	15	1.5g	0g	0g	0mg	1140mg	45g	3g	39g	3g	0%	0%	0%	6%
SAUCE SWEET & TANGY (24)	640	310	35g	3.5g	5g	20mg	2920mg	78g	0g	66g	0g	0%	0%	0%	0%
SWEET & TANGY (8)	260	130	14g	1.5g	2g	5mg	1170mg	31g	0g	26g	0g	0%	0%	0%	0%

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## PASTAS

PASTAS	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
BAKED CANNELONI	640	300	32g	10g	6g	165mg	2040mg	45g	2g	11g	43g	15%	0%	40%	6%
BAKED LASAGNA	1140	550	56g	31g	0g	180mg	2860mg	91g	3g	27g	65g	45%	0%	130%	30%
BAKED MANICOTTI	660	350	37g	10g	11g	135mg	1710mg	43g	1g	13g	36g	15%	0%	40%	6%
BAKED MOSTACCIOLI	1110	210	22g	10g	0g	60mg	1030mg	185g	8g	18g	45g	15%	0%	40%	20%
BAKED SPAGHETTI	1110	210	22g	10g	0g	60mg	1030mg	185g	8g	18g	45g	15%	0%	40%	20%
MOSTACCIOLI	960	80	9g	1.5g	0g	15mg	540mg	189g	8g	20g	33g	8%	0%	4%	25%
MOSTACCIOLI W/2 MEATBALLS	2040	300	33g	10g	1.5g	90mg	1320mg	363g	15g	29g	79g	10%	0%	15%	50%
SPAGHETTI	960	80	9g	1.5g	0g	15mg	540mg	189g	8g	20g	33g	8%	0%	4%	25%
SPAGHETTI W/ 2 MEATBALLS	1240	270	29g	10g	1.5g	90mg	1320mg	196g	8g	21g	52g	10%	0%	15%	35%
CHEESE	190	140	14g	9g	0g	45mg	620mg	2g	0g	< 1g	13g	8%	0%	35%	0%
MEATBALLS	290	180	20g	9g	1.5g	75mg	770mg	8g	0g	1g	19g	4%	0%	10%	15%
GARLIC BREAD (1/2 order)	320	200	22g	4.5g	3g	0mg	210mg	29g	< 1g	2g	3g	15%	0%	10%	8%
GARLIC CHEESE BREAD (1/2 order)	400	260	28g	8g	3g	25mg	550mg	29g	< 1g	2g	8g	20%	0%	20%	8%

## DESSERTS

DESSERTS	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
CHOCOLATE CHIP COOKIE	180	70	8g	4g	0g	10mg	125mg	24g	< 1g	14g	2g	4%	0%	0%	8%
SUGAR COOKIE	170	60	7g	3.5g	0g	15mg	140mg	23g	0g	13g	2g	6%	0%	0%	4%
CINNIMOS (8)	910	280	33g	3.5g	0g	< 5mg	660mg	148g	3g	81g	9g	0%	0%	60%	25%
CUSTARD CHOCOLATE	440	200	22g	14g	0g	110mg	190mg	54g	0g	50g	12g	15%	0%	30%	0%
CUSTARD STRAWBERRY	440	180	20g	14g	0g	110mg	140mg	54g	2g	48g	12g	20%	15%	30%	4%
CUSTARD VANILLA	400	180	20g	14g	0g	110mg	140mg	42g	0g	42g	12g	15%	0%	30%	0%

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### KIDS MEAL — STEP 1

KIDS MEAL STEP 1	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
KID'S MEAL INCLUDES COOKIE AND APPLESAUCE	210	40	4g	1g	0g	0mg	55mg	42g	2g	28g	2g	0%	20%	10%	4%

### KIDS MEAL — STEP 2

KIDS MEAL STEP 2	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
APPLE JUICE	90	0	0g	0g	0g	0mg	5mg	21g	0g	18g	0g	10%	100%	2%	0%
FRUIT PUNCH	100	0	0g	0g	0g	0mg	25mg	24g	0g	21g	1g	10%	100%	2%	0%
VERY BERRY	100	0	0g	0g	0g	0mg	15mg	24g	0g	21g	0g	10%	100%	2%	0%

### KIDS MEAL — STEP 3

KIDS MEAL STEP 3	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
CHICKEN TENDERS	310	120	12g	2g	0g	50mg	1190mg	29g	1g	8g	21g	0%	4%	0%	10%
TOASTED RAVIOLI	210	50	6g	2.5g	0g	25mg	650mg	29g	1g	1g	10g	6%	2%	8%	10%
ALL MEAT	640	350	38g	18g	0g	115mg	1780mg	40g	3g	6g	30g	15%	4%	25%	10%
BBQ CHICKEN	470	170	18g	10g	0g	65mg	1610mg	56g	3g	18g	19g	8%	2%	25%	4%
DELUXE	540	270	29g	14g	0g	80mg	1400mg	43g	4g	7g	24g	20%	30%	25%	8%
EGGCEPTIONAL	740	460	50g	18g	0g	240mg	1570mg	41g	3g	8g	27g	15%	0%	25%	10%
VEGGIE	440	200	21g	10g	0g	50mg	1340mg	46g	5g	8g	16g	25%	40%	25%	6%

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## KIDS MEAL — TOPPINGS

KIDS MEAL TOPPINGS	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
CHEESE (TOPPING)	40	30	3g	2g	0g	10mg	180mg	0g	0g	0g	2g	2%	0%	6%	0%
ANCHOVY	15	5	0.5g	0g	0g	10mg	490mg	0g	0g	0g	2g	0%	0%	2%	2%
BACON	40	20	3g	1g	0g	< 5mg	120mg	0g	0g	0g	2g	0%	0%	0%	0%
BANANA PEPPER	0	0	0g	0g	0g	0mg	420mg	0g	0g	0g	0g	0%	0%	0%	0%
BLACK OLIVE	45	35	3.5g	0.5g	0g	0mg	180mg	1g	0g	0g	0g	0%	0%	0%	0%
CANADIAN BACON	25	10	1g	0.5g	0g	10mg	210mg	0g	0g	0g	4g	0%	0%	0%	0%
CHICKEN	30	5	0.5g	0g	0g	15mg	300mg	< 1g	0g	0g	6g	0%	0%	0%	2%
EGG	60	35	4g	1.5g	**	160mg	60mg	0g	0g	0g	5g	4%	0%	2%	4%
GREEN OLIVE	40	30	3g	0g	0g	0mg	500mg	0g	0g	0g	0g	0%	0%	2%	0%
GREEN PEPPER	0	0	0g	0g	**	0mg	0mg	< 1g	0g	0g	0g	2%	25%	0%	0%
HAMBURGER	70	50	6g	2.5g	0g	25mg	125mg	0g	0g	0g	6g	2%	0%	0%	4%
JALAPENO	0	0	0g	0g	0g	0mg	370mg	0g	0g	0g	0g	0%	0%	0%	0%
MUSHROOM	0	0	0g	0g	**	0mg	0mg	< 1g	0g	0g	< 1g	0%	0%	0%	0%
ONION	5	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	0g	0%	2%	0%	0%
PEPPERONCINI	5	0	0g	0g	0g	0mg	300mg	1g	< 1g	0g	0g	0%	0%	0%	0%
PEPPERONI	90	70	8g	3.5g	0g	25mg	170mg	< 1g	0g	0g	3g	0%	0%	0%	2%
PINEAPPLE	20	0	0g	0g	0g	0mg	0mg	6g	0g	6g	0g	0%	10%	0%	0%
SAUSAGE	110	80	9g	3.5g	0g	25mg	130mg	0g	0g	0g	6g	0%	0%	0%	2%
SHRIMP	10	0	0g	0g	0g	25mg	120mg	0g	0g	0g	3g	0%	0%	0%	0%
TOMATO	5	0	0g	0g	0g	0mg	0mg	2g	0g	1g	0g	8%	8%	0%	0%
EXTRA CHEESE	40	30	3g	2g	0g	10mg	180mg	0g	0g	0g	2g	2%	0%	6%	0%

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### KIDS MEAL — SAUCES

KIDS MEAL SAUCES	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
PIZZA SAUCE	25	0	0g	0g	0g	0mg	135mg	5g	< 1g	3g	< 1g	0.08	0.04	0	0.02
ITALIAN DRESSING	170	150	16g	2.5g	0g	0mg	250mg	6g	0g	5g	0g	0	0	0	0
BBQ Sauce	80	0	0g	0g	0g	0mg	300mg	19g	0g	15g	0g	0	0	0	0

### GRAB N' GO ITEMS — SANDWICHES

GRAB N' GO SANDWICHES	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
HAM AND CHEESE	520	150	16g	136g	0g	110mg	2180mg	54g	2g	3g	41g	0.06	0	0.35	0.2
IMO'S EXTRA SPECIAL	650	240	26g	63g	0g	130mg	1450mg	55g	2g	4g	46g	6%	0%	35%	30%
IMOS BACON LETTUCE TOMATO (BLT)	810	360	43g	15g	0g	80mg	1650mg	64g	4g	9g	34g	90%	30%	35%	20%
MEATBALL AND CHEESE	870	410	44g	20g	2g	150mg	1810mg	74g	2g	10g	43g	15%	0%	50%	40%
ROAST BEEF AND CHEESE	630	180	20g	9g	0g	135mg	690mg	54g	2g	3g	55g	6%	0%	35%	35%
SALAMI AND CHEESE	820	440	48g	20g	0g	135mg	1290mg	58g	2g	7g	33g	6%	0%	35%	25%
SALSICCIA	1080	630	70g	28g	0g	200mg	1840mg	61g	3g	6g	50g	8%	0%	35%	35%
TURKEY CLUB	560	160	17g	8g	0g	105mg	1650mg	57g	4g	3g	47g	6%	0%	35%	20%

### GRAB N' GO ITEMS — SALADS

GRAB N' GO SALADS	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
HOUSE (HALF)	170	120	12g	8g	0g	45mg	680mg	6g	2g	2g	11g	160%	15%	25%	6%
HOUSE (WHOLE)	350	250	25g	15g	0g	90mg	1370mg	12g	5g	5g	21g	3.1	0.25	0.5	0.1
CHEF (HALF)	340	210	22g	24g	0g	265mg	1040mg	7g	2g	3g	26g	1.6	0.15	0.3	0.1
CHEF (WHOLE)	600	380	40g	46g	0g	340mg	2020mg	14g	5g	5g	46g	3.2	0.25	0.5	0.2

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## EXTRA TOPPINGS/DRESSINGS – SANDWICHES & SALADS

EXTRAS/DRESSINGS SANDWICH/SALAD	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
AU JUS	0	0	0g	0g	0g	0mg	320mg	0g	0g	0g	0g	0	0	0	0
BACON	50	30	4g	1.5g	0g	5mg	170mg	0g	0g	0g	3g	0	0	0	0
BANANA PEPPER	0	0	0g	0g	0g	0mg	470mg	0g	0g	0g	0g	0	0	0	0
BLACK OLIVE	50	45	4.5g	1g	0g	0mg	230mg	2g	0g	0g	0g	0	0	0	0
CHICKEN	45	10	1g	0g	0g	25mg	430mg	1g	0g	0g	8g	0	0	0	0.02
EGG	70	35	4g	1.5g	0g	190mg	55mg	0g	0g	0g	6g	0.06	0	0.02	0.04
GREEN PEPPER	0	0	0g	0g	**	0mg	0mg	< 1g	0g	0g	0g	0.02	0.2	0	0
JALAPENO	0	0	0g	0g	0g	0mg	370mg	0g	0g	0g	0g	0	0	0	0
LETTUCE	5	0	0g	0g	**	0mg	15mg	1g	< 1g	0g	< 1g	0.7	0.08	0.02	0.02
MUSHROOM	0	0	0g	0g	**	0mg	0mg	< 1g	0g	0g	< 1g	0	0	0	0
ONION	5	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	0g	0	0.02	0	0
PEPPERONCINI	10	0	0g	0g	0g	0mg	600mg	2g	< 1g	0g	0g	0	0	0	0
PEPPERONCINI/ PICKLE SIDE	10	0	0g	0g	0g	0mg	670mg	1g	< 1g	0g	0g	0	0	0	0
PICKLE	0	0	0g	0g	0g	0mg	330mg	0g	0g	0g	0g	0	0	0	0
SALAD DRESSING	80	60	7g	0.5g	0g	5mg	180mg	4g	0g	3g	0g	0	0	0	0
TOMATO	10	0	0g	0g	**	0mg	0mg	2g	< 1g	2g	< 1g	0.1	0.15	0	0
CRACKERS	30	5	0.5g	0g	0g	0mg	55mg	5g	0g	0g	0g	0	0	0	0.02
CROUTONS	120	40	4g	0g	0g	0mg	320mg	20g	0g	0g	4g	0	0	0	0.08

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## EXTRA TOPPINGS/DRESSINGS – SANDWICHES & SALADS

EXTRAS/DRESSINGS SANDWICH/SALAD (CONT.)	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
PARMESAN CHEESE (SHREDDED)	110	70	8g	5g	0g	25mg	370mg	1g	< 1g	0g	9g	0.7	0	0	0
PROVEL CHEESE (SALAD/SHREDDED)	150	120	12g	8g	0g	45mg	670mg	1g	0g	0g	9g	0.1	0	0.25	0
PROVEL CHEESE (SANDWICH/SLICE)	100	80	8g	5g	0g	30mg	450mg	< 1g	0g	0g	6g	0.06	0	0.15	0
BLUE CHEESE 1.5 oz	220	210	24g	2g	0g	20mg	330mg	1g	0g	1g	1g	0	0	0.02	0
CAESAR 1.5 oz	200	190	21g	2g	0g	20mg	240mg	1g	0g	0g	1g	0	0.04	0.02	0
FRENCH 1.5 oz	200	120	14g	2g	0g	0mg	350mg	18g	0g	18g	0g	0.04	0.06	0	0
HONEY MUSTARD 1.5 oz	210	170	18g	3g	0g	20mg	270mg	14g	0g	12g	0g	0	0	0	0
HOUSE CREAMY GARLIC ITALIAN 1.5 oz	230	180	20g	3g	0g	0mg	740mg	12g	0g	7g	0g	0.02	0	0	0.02
HOUSE ITALIAN 1.5 oz	210	180	19g	3g	0g	0mg	300mg	7g	0g	6g	0g	0	0	0	0
RANCH 1.5 oz	180	170	18g	1.5g	0g	15mg	350mg	3g	0g	1g	1g	0	0	0.02	0
RED WINE VINAIGRETTE / ROMANO 1.5 oz	90	45	5g	1g	0g	0mg	550mg	11g	0g	11g	0g	0	0	0	0
THOUSAND ISLAND 1.5 oz	180	170	18g	3g	0g	15mg	240mg	6g	0g	4g	0g	0.04	0.04	0	0

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## GRAB N' GO ITEMS – PIZZAS

GRAB N' GO TOPPINGS	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
CHEESE (TOPPING)	35	30	3g	2g	0g	10mg	160mg	0g	0g	0g	2g	0.02	0	0.06	0
ANCHOVY	10	0	0g	0g	0g	10mg	420mg	0g	0g	0g	2g	0%	0%	2%	0%
BACON	35	20	2.5g	1g	0g	< 5mg	110mg	0g	0g	0g	2g	0%	0%	0%	0%
BANANA PEPPER	0	0	0g	0g	0g	0mg	350mg	0g	0g	0g	0g	0%	0%	0%	0%
BLACK OLIVE	35	30	3g	0.5g	0g	0mg	160mg	1g	0g	0g	0g	0%	0%	0%	0%
CANADIAN BACON	20	10	1g	0g	0g	10mg	180mg	0g	0g	0g	3g	0%	0%	0%	0%
CHICKEN	30	5	0.5g	0g	0g	15mg	260mg	< 1g	0g	0g	5g	0%	0%	0%	2%
EGG	50	30	3.5g	1g	**	135mg	50mg	0g	0g	0g	5g	4%	0%	2%	4%
GREEN OLIVE	35	25	2.5g	0g	0g	0mg	440mg	0g	0g	0g	0g	0%	0%	2%	0%
GREEN PEPPER	0	0	0g	0g	**	0mg	0mg	< 1g	0g	0g	0g	2%	20%	0%	0%
HAMBURGER	60	45	5g	2g	0g	20mg	105mg	0g	0g	0g	5g	0%	0%	0%	2%
JALAPENO	0	0	0g	0g	0g	0mg	320mg	0g	0g	0g	0g	0%	0%	0%	0%
MUSHROOM	0	0	0g	0g	**	0mg	0mg	< 1g	0g	0g	< 1g	0%	0%	0%	0%
ONION	5	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	0g	0%	2%	0%	0%
PEPPERONCINI	0	0	0g	0g	0g	0mg	270mg	< 1g	0g	0g	0g	0%	0%	0%	0%
PEPPERONI	70	60	7g	3g	0g	25mg	150mg	< 1g	0g	0g	3g	0%	0%	0%	2%
PINEAPPLE	20	0	0g	0g	0g	0mg	0mg	5g	0g	5g	0g	0%	8%	0%	0%
SAUSAGE	370	290	32g	12g	0g	90mg	440mg	0g	0g	0g	20g	0%	0%	0%	10%
SHRIMP	10	0	0g	0g	0g	25mg	105mg	0g	0g	0g	2g	0%	0%	0%	0%
TOMATO	5	0	0g	0g	0g	0mg	0mg	2g	0g	1g	0g	8%	8%	0%	0%
EXTRA CHEESE	35	30	3g	2g	0g	10mg	160mg	0g	0g	0g	2g	2%	0%	6%	0%

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### GRAB N' GO ITEMS — SPECIALTY PIZZAS

GRAB N' GO SPECIALTY PIZZAS	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
ALL MEAT	170	90	10g	4g	0g	25mg	410mg	13g	2g	1g	8g	4%	0%	6%	4%
BBQ CHICKEN	550	210	23g	10g	0g	60mg	1550mg	67g	8g	16g	22g	10%	2%	30%	15%
DELUXE	600	290	32g	14g	0g	70mg	1340mg	55g	9g	7g	26g	15%	25%	30%	15%
EGGCEPTIONAL	760	450	49g	18g	0g	205mg	1550mg	51g	7g	7g	29g	15%	0%	35%	15%
VEGGIE	520	230	24g	10g	0g	45mg	1280mg	58g	10g	8g	19g	25%	35%	30%	15%

### GRAB N' GO ITEMS — APPETIZERS

GRAB N' GO APPETIZERS	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
10 PROVEL BITES 2 oz MEAT SAUCE	390	130	15g	9g	0g	45mg	1710mg	47g	2g	5g	15g	8%	4%	25%	8%
4 RAVIOLI 3 oz MEAT SAUCE	290	90	10g	4g	0g	35mg	930mg	38g	2g	6g	14g	0.1	0.02	0.15	0.15
5 MOZZARELLA STICKS 2 oz MEAT SAUCE	360	120	14g	8g	0g	40mg	1410mg	40g	2g	11g	22g	0.15	0	0.4	0.02

### GRAB N' GO — SAUCES

GRAB N' GO SAUCES	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
PIZZA SAUCE	20	0	0g	0g	0g	0mg	115mg	4g	< 1g	3g	< 1g	0.06	0.02	0	0.02
BBQ SAUCE	60	0	0g	0g	0g	0mg	250mg	16g	0g	13g	0g	0	0	0	0
ITALIAN DRESSING	150	130	14g	2g	0g	0mg	210mg	5g	0g	4g	0g	0	0	0	0

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## BEVERAGES

BEVERAGES	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
BARQ'S ROOTBEER 16 oz	220	0	0g	0g	0g	0mg	70mg	58g	0g	58g	0g	0%	0%	0%	0%
BARQ'S ROOTBEER 2 Liter	910	0	0g	0g	0g	0mg	300mg	247g	0g	247g	0g	0%	0%	0%	0%
BARQ'S ROOTBEER 20 oz	270	0	0g	0g	0g	0mg	90mg	73g	0g	73g	0g	0%	0%	0%	0%
BARQ'S ROOTBEER 32 oz	430	0	0g	0g	0g	0mg	140mg	117g	0g	117g	0g	0%	0%	0%	0%
CHERRY COCA-COLA 16 oz	210	0	0g	0g	0g	0mg	55mg	56g	0g	56g	0g	0%	0%	0%	0%
CHERRY COCA-COLA 2 liter	880	0	0g	0g	0g	0mg	240mg	237g	0g	237g	0g	0%	0%	0%	0%
CHERRY COCA-COLA 20 oz	260	0	0g	0g	0g	0mg	70mg	70g	0g	70g	0g	0%	0%	0%	0%
CHERRY COCA-COLA 32 oz	420	0	0g	0g	0g	0mg	110mg	112g	0g	112g	0g	0%	0%	0%	0%
COCA-COLA 16 oz	190	0	0g	0g	0g	0mg	50mg	54g	0g	54g	0g	0%	0%	0%	0%
COCA-COLA 2 Liter	810	0	0g	0g	0g	0mg	200mg	227g	0g	227g	0g	0%	0%	0%	0%
COCA-COLA 20 oz	240	0	0g	0g	0g	0mg	60mg	67g	0g	67g	0g	0%	0%	0%	0%
COCA-COLA 32 oz	380	0	0g	0g	0g	0mg	95mg	107g	0g	107g	0g	0%	0%	0%	0%
COCA-COLA ZERO 16 oz	0	0	0g	0g	0g	0mg	50mg	0g	0g	0g	0g	0%	0%	0%	0%
COCA-COLA ZERO 2 Liter	0	0	0g	0g	0g	0mg	220mg	0g	0g	0g	0g	0	0	0	0
COCA-COLA ZERO 20 oz	0	0	0g	0g	0g	0mg	65mg	0g	0g	0g	0g	0%	0%	0%	0%
COCA-COLA ZERO 32 oz	0	0	0g	0g	0g	0mg	105mg	0g	0g	0g	0g	0	0	0	0
DIET COKE 16 oz	0	0	0g	0g	0g	0mg	70mg	< 1g	0g	0g	0g	0%	0%	0%	0%
DIET COKE 2 Liter	0	0	0g	0g	0g	0mg	290mg	3g	0g	0g	0g	0	0	0	0
DIET COKE 20 oz	0	0	0g	0g	0g	0mg	85mg	< 1g	0g	0g	0g	0%	0%	0%	0%
DIET COKE 32 oz	0	0	0g	0g	0g	0mg	140mg	1g	0g	0g	0g	0	0	0	0

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## BEVERAGES

BEVERAGES (CONT.)	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
DIET DR. PEPPER 16 oz	0	0	0g	0g	0g	0mg	80mg	0g	0g	0g	0g	0%	0%	0%	0%
DIET DR. PEPPER 2 Liter	0	0	0g	0g	0g	0mg	340mg	0g	0g	0g	0g	0	0	0	0
DIET DR. PEPPER 20 oz	0	0	0g	0g	0g	0mg	100mg	0g	0g	0g	0g	0%	0%	0%	0%
DIET DR. PEPPER 32 oz	0	0	0g	0g	0g	0mg	160mg	0g	0g	0g	0g	0	0	0	0
DR. PEPPER 16 oz	200	0	0g	0g	0g	0mg	80mg	53g	0g	51g	0g	0%	0%	0%	0%
DR. PEPPER 2 Liter	850	0	0g	0g	0g	0mg	340mg	223g	0g	216g	0g	0	0	0	0
DR. PEPPER 20 oz	250	0	0g	0g	0g	0mg	100mg	66g	0g	64g	0g	0%	0%	0%	0%
DR. PEPPER 32 oz	400	0	0g	0g	0g	0mg	160mg	106g	0g	102g	0g	0	0	0	0
FANTA ORANGE 16 oz	220	0	0g	0g	0g	0mg	50mg	58g	0g	57g	0g	0%	2%	0%	0%
FANTA ORANGE 2 Liter	910	0	0g	0g	0g	0mg	220mg	247g	0g	240g	0g	0	0.06	0	0
FANTA ORANGE 20 oz	270	0	0g	0g	0g	0mg	65mg	73g	0g	71g	0g	0%	2%	0%	0%
FANTA ORANGE 32 oz	430	0	0g	0g	0g	0mg	105mg	117g	0g	114g	0g	0	0.04	0	0
FANTA STRAWBERRY 16oz	220	0	0g	0g	0g	0mg	70mg	59g	0g	59g	0g	0%	0%	0%	0%
FANTA STRAWBERRY 2 Liter	910	0	0g	0g	0g	0mg	300mg	250g	0g	250g	0g	0	0	0	0
FANTA STRAWBERRY 20 oz	270	0	0g	0g	0g	0mg	90mg	74g	0g	74g	0g	0%	0%	0%	0%
FANTA STRAWBERRY 32 oz	430	0	0g	0g	0g	0mg	140mg	118g	0g	118g	0g	0	0	0	0
GOLD PEAK BREWED TEA (SWEETENED) 16 oz	60	0	0g	0g	0g	0mg	45mg	16g	0g	16g	0g	0	0	0	0
GOLD PEAK BREWED TEA (SWEETENED) 32 oz	130	0	0g	0g	0g	0mg	95mg	33g	0g	32g	0g	0%	0%	0%	0%
GOLD PEAK BREWED TEA 16 oz	0	0	0g	0g	0g	0mg	50mg	0g	0g	0g	0g	0	0	0	0

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## BEVERAGES

BEVERAGES (CONT.)	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
GOLD PEAK BREWED TEA 32 oz	0	0	0g	0g	0g	0mg	95mg	0g	0g	0g	0g	0%	0%	0%	0%
GOLD PEAK PREMIUM UNSWEETENED TEA 16 oz	0	0	0g	0g	0g	0mg	70mg	0g	0g	0g	0g	0	0	0	0
GOLD PEAK PREMIUM UNSWEETENED TEA 2 Liter	0	0	0g	0g	0g	0mg	290mg	0g	0g	0g	0g	0%	0%	0%	0%
GOLD PEAK PREMIUM UNSWEETENED TEA 20 oz	0	0	0g	0g	0g	0mg	85mg	0g	0g	0g	0g	0	0	0	0
GOLD PEAK PREMIUM UNSWEETENED TEA 32 oz	0	0	0g	0g	0g	0mg	135mg	0g	0g	0g	0g	0%	0%	0%	0%
GOLD PEAK RASPBERRY TEA 16 oz	110	0	0g	0g	0g	0mg	70mg	30g	0g	30g	0g	0	0	0	0
GOLD PEAK RASPBERRY TEA 2 Liter	470	0	0g	0g	0g	0mg	290mg	128g	0g	125g	0g	0%	0%	0%	0%
GOLD PEAK RASPBERRY TEA 20 oz	140	0	0g	0g	0g	0mg	85mg	38g	0g	37g	0g	0	0	0	0
GOLD PEAK RASPBERRY TEA 32 oz	220	0	0g	0g	0g	0mg	135mg	61g	0g	59g	0g	0%	0%	0%	0%
GOLD PEAK SWEETENED BLACK TEA 16 oz	150	0	0g	0g	0g	0mg	65mg	42g	0g	42g	0g	0	0	0	0
GOLD PEAK SWEETENED BLACK TEA 2 Liter	640	0	0g	0g	0g	0mg	270mg	176g	0g	176g	0g	0%	0%	0%	0%
GOLD PEAK SWEETENED BLACK TEA 20 oz	190	0	0g	0g	0g	0mg	80mg	52g	0g	52g	0g	0	0	0	0
GOLD PEAK SWEETENED BLACK TEA 32 oz	300	0	0g	0g	0g	0mg	130mg	83g	0g	83g	0g	0%	0%	0%	0%

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## BEVERAGES

BEVERAGES (CONT.)	CAL	FAT CAL	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEINS	VITAMINS	VIT. C	CALCIUM	Iron
GOLD PEAK SWEETENED GREEN TEA 16 oz	120	0	0g	0g	0g	0mg	65mg	32g	0g	32g	0g	0	2	0	0
GOLD PEAK SWEETENED GREEN TEA 2 Liter	510	0	0g	0g	0g	0mg	270mg	135g	0g	135g	0g	0%	850%	0%	0%
GOLD PEAK SWEETENED GREEN TEA 20 oz	150	0	0g	0g	0g	0mg	80mg	40g	0g	40g	0g	0	2.5	0	0
GOLD PEAK SWEETENED GREEN TEA 32 oz	240	0	0g	0g	0g	0mg	130mg	64g	0g	64g	0g	0%	400%	0%	0%
Hi-C FLASHING FRUIT PUNCH 16 oz	210	0	0g	0g	0g	0mg	95mg	57g	0g	55g	0g	0%	200%	0%	0%
Hi-C FLASHING FRUIT PUNCH 2 Liter	880	0	0g	0g	0g	0mg	410mg	240g	0g	233g	0g	0%	850%	0%	0%
Hi-C FLASHING FRUIT PUNCH 20oz	260	0	0g	0g	0g	0mg	120mg	71g	0g	69g	0g	0%	250%	0%	0%
Hi-C FLASHING FRUIT PUNCH 32 oz	420	0	0g	0g	0g	0mg	190mg	114g	0g	110g	0g	0%	400%	0%	0%
Hi-C PINK LEMONADE 16 oz	190	0	0g	0g	0g	0mg	160mg	53g	0g	50g	0g	0%	200%	0%	0%
Hi-C PINK LEMONADE 2 Liter	810	0	0g	0g	0g	0mg	680mg	223g	0g	213g	0g	0%	850%	0%	0%
Hi-C PINK LEMONADE 20 oz	240	0	0g	0g	0g	0mg	200mg	66g	0g	63g	0g	0%	250%	0%	0%
Hi-C PINK LEMONADE 32 oz	380	0	0g	0g	0g	0mg	320mg	106g	0g	101g	0g	0%	400%	0%	0%
MELLO YELLO 16 oz	210	0	0g	0g	0g	0mg	70mg	58g	0g	0g	0g	0%	0%	0%	0%
MELLO YELLO 2 Liter	880	0	0g	0g	0g	0mg	290mg	247g	0g	0g	0g	0%	0%	0%	0%
MELLO YELLO 20 oz	260	0	0g	0g	0g	0mg	85mg	73g	0g	0g	0g	0%	0%	0%	0%
MELLO YELLO 32 oz	420	0	0g	0g	0g	0mg	135mg	117g	0g	0g	0g	0%	0%	0%	0%
MINUTE MAID LEMONADE 16 oz	180	0	0g	0g	0g	0mg	130mg	50g	0g	48g	0g	0%	0%	0%	0%
MINUTE MAID LEMONADE 2 Liter	780	0	0g	0g	0g	0mg	540mg	213g	0g	203g	0g	0	0	0	0
MINUTE MAID LEMONADE 20 oz	230	0	0g	0g	0g	0mg	160mg	63g	0g	60g	0g	0%	0%	0%	0%
MINUTE MAID LEMONADE 32 oz	370	0	0g	0g	0g	0mg	260mg	101g	0g	96g	0g	0	0	0	0
MINUTE MAID LIGHT LEMONADE 16 oz	10	0	0g	0g	0g	0mg	55mg	2g	0g	0g	0g	0%	8%	0%	0%

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