

Our products may come in contact with
these major allergens:
Milk, Egg, Fish, Tree nuts, Wheat,
Soybeans, Sesame

| | Calories | Total Fat (gms) | Saturated Fat (gms) | Cholesterol (mgms) | Sodium (mgms) | Carbohydrates (gms) | Sugars (gms) | Protein (gms) |
|---|----------|-----------------|---------------------|--------------------|---------------|---------------------|--------------|---------------|
| Small Regular Pizza Slices (1 serving = 1 slice = 1/6 pizza) | | | | | | | | |
| Cheese Only | 168 | 6 | 3 | 16 | 138 | 19 | 1 | 7 |
| Pepperoni | 190 | 8 | 4 | 20 | 216 | 19 | 1 | 7 |
| Sausage | 205 | 9 | 4 | 22 | 246 | 19 | 1 | 8 |
| 5 Cheese | 193 | 7 | 4 | 22 | 268 | 19 | 1 | 9 |
| Better-Terranean | 216 | 9 | 4 | 24 | 445 | 20 | 1 | 9 |
| Buffalo Chicken | 193 | 7 | 3 | 23 | 440 | 20 | 1 | 9 |
| Cheeseburger | 242 | 11 | 5 | 30 | 381 | 21 | 1 | 10 |
| Chicken Fajita | 187 | 6 | 3 | 23 | 266 | 21 | 2 | 9 |
| Chicken Ranch | 263 | 13 | 6 | 42 | 407 | 20 | 1 | 11 |
| Cordon Bleu Small | 214 | 9 | 4 | 28 | 337 | 20 | 2 | 10 |
| Deanos Bbq Chkn | 244 | 9 | 4 | 35 | 489 | 24 | 6 | 12 |
| Garden Special | 181 | 6 | 3 | 16 | 201 | 20 | 1 | 7 |
| Garden Supreme | 195 | 8 | 3 | 16 | 367 | 21 | 1 | 7 |
| Gourmet House | 214 | 9 | 4 | 23 | 350 | 20 | 1 | 9 |
| Gourmet Meat | 297 | 16 | 7 | 45 | 601 | 20 | 1 | 13 |
| Gourmet Wings | 201 | 7 | 3 | 24 | 287 | 21 | 2 | 9 |
| Greek'S Special | 249 | 12 | 5 | 33 | 442 | 20 | 1 | 10 |
| Hawaiian | 227 | 9 | 4 | 28 | 393 | 23 | 4 | 10 |
| Rafael'S Bbq Chkn | 228 | 9 | 4 | 32 | 372 | 22 | 4 | 11 |
| Roma | 223 | 10 | 6 | 30 | 266 | 20 | 1 | 8 |
| Spicy Bacon Meatball | 317 | 19 | 10 | 54 | 449 | 19 | 1 | 11 |
| Spinach Delux | 170 | 6 | 3 | 16 | 141 | 19 | 1 | 7 |
| The Big Mark | 220 | 10 | 4 | 21 | 291 | 20 | 1 | 8 |
| Western | 243 | 11 | 5 | 33 | 449 | 22 | 3 | 11 |
| Small Thin Pizza Slices (1 serving = 1 slice = 1/6 pizza) | | | | | | | | |
| Cheese Only | 140 | 5 | 3 | 16 | 138 | 14 | 1 | 6 |
| Pepperoni | 161 | 5 | 3 | 16 | 138 | 14 | 1 | 6 |
| Sausage | 177 | 5 | 3 | 16 | 138 | 14 | 1 | 6 |
| 5 Cheese | 164 | 7 | 3 | 22 | 267 | 14 | 1 | 8 |
| Better-Terranean | 187 | 9 | 4 | 24 | 445 | 15 | 1 | 8 |
| Buffalo Chicken | 165 | 7 | 3 | 23 | 440 | 15 | 1 | 8 |
| Cheeseburger | 213 | 11 | 5 | 30 | 381 | 15 | 1 | 9 |
| Chicken Fajita | 158 | 6 | 3 | 23 | 265 | 15 | 2 | 8 |
| Chicken Ranch | 235 | 13 | 6 | 42 | 407 | 15 | 1 | 10 |
| Cordon Bleu Small | 186 | 8 | 3 | 28 | 337 | 15 | 2 | 9 |
| Deanos Bbq Chkn | 215 | 9 | 4 | 35 | 489 | 19 | 6 | 11 |
| Garden Special | 152 | 6 | 3 | 16 | 201 | 15 | 1 | 6 |
| Garden Supreme | 167 | 7 | 3 | 16 | 366 | 16 | 1 | 6 |
| Gourmet House | 186 | 9 | 4 | 23 | 350 | 15 | 1 | 8 |

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|--|----------|-----------------|---------------------|--------------------|---------------|---------------------|--------------|---------------|
| Small Thin Pizza Slices (1 serving = 1 slice = 1/6 pizza) (continued) | | | | | | | | |
| Gourmet Meat | 269 | 16 | 7 | 45 | 600 | 15 | 1 | 12 |
| Gourmet Wings | 172 | 7 | 3 | 24 | 287 | 16 | 2 | 8 |
| Greek'S Special | 221 | 12 | 5 | 33 | 442 | 15 | 1 | 9 |
| Hawaiian | 198 | 8 | 4 | 28 | 393 | 17 | 4 | 9 |
| Rafael'S Bbq Chkn | 199 | 8 | 4 | 32 | 372 | 17 | 3 | 10 |
| Roma | 194 | 10 | 6 | 30 | 266 | 15 | 1 | 7 |
| Spicy Bacon Meatball | 289 | 19 | 10 | 54 | 449 | 14 | 1 | 10 |
| Spinach Delux | 141 | 5 | 3 | 16 | 141 | 14 | 1 | 6 |
| The Big Mark | 191 | 10 | 4 | 21 | 291 | 15 | 1 | 7 |
| Western | 215 | 10 | 5 | 33 | 449 | 16 | 3 | 10 |
| 10" Gluten Free Pizza Slices (1 serving = 1 slice = 1/8 pizza) | | | | | | | | |
| Cheese Only | 91 | 5 | 3 | 16 | 157 | 4 | 1 | 3 |
| Pepperoni | 126 | 8 | 4 | 23 | 279 | 4 | 1 | 5 |
| Sausage | 132 | 9 | 4 | 23 | 275 | 4 | 1 | 5 |
| 5 Cheese | 125 | 7 | 3 | 24 | 327 | 4 | 1 | 6 |
| Better-Terranean | 161 | 10 | 5 | 28 | 575 | 5 | 1 | 7 |
| Buffalo Chicken | 127 | 7 | 3 | 26 | 597 | 5 | 2 | 7 |
| Cheeseburger | 193 | 12 | 5 | 35 | 492 | 6 | 1 | 8 |
| Chicken Fajita | 116 | 5 | 3 | 25 | 318 | 6 | 2 | 7 |
| Chicken Ranch | 223 | 16 | 8 | 53 | 519 | 5 | 2 | 10 |
| Cordon Bleu Small | 156 | 9 | 4 | 32 | 423 | 5 | 2 | 8 |
| Deanos Bbq Chkn | 192 | 9 | 4 | 41 | 622 | 12 | 8 | 11 |
| Garden Special | 108 | 6 | 3 | 16 | 235 | 5 | 1 | 4 |
| Garden Supreme | 126 | 7 | 3 | 16 | 454 | 6 | 2 | 4 |
| Gourmet House | 154 | 9 | 4 | 26 | 436 | 6 | 1 | 7 |
| Gourmet Meat | 269 | 20 | 8 | 56 | 786 | 5 | 1 | 12 |
| Gourmet Wings | 139 | 7 | 3 | 27 | 380 | 6 | 3 | 7 |
| Greek'S Special | 194 | 13 | 6 | 37 | 520 | 5 | 2 | 8 |
| Hawaiian | 166 | 9 | 4 | 32 | 490 | 8 | 5 | 7 |
| Rafael'S Bbq Chkn | 170 | 9 | 4 | 36 | 467 | 8 | 5 | 9 |
| Roma | 169 | 12 | 7 | 36 | 325 | 5 | 2 | 5 |
| Spicy Bacon Meatball | 306 | 25 | 13 | 72 | 594 | 4 | 1 | 10 |
| Spinach Delux | 94 | 5 | 3 | 16 | 161 | 4 | 1 | 4 |
| The Big Mark | 169 | 12 | 4 | 23 | 386 | 6 | 2 | 6 |
| Western | 197 | 12 | 5 | 40 | 589 | 8 | 5 | 9 |

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|--|----------|-----------------|---------------------|--------------------|---------------|---------------------|--------------|---------------|
| Medium Regular Pizza Slices (1 serving = 1 slice = 1/8 pizza) | | | | | | | | |
| Cheese Only | 214 | 7 | 4 | 20 | 181 | 23 | 1 | 8 |
| Pepperoni | 255 | 11 | 5 | 29 | 327 | 23 | 1 | 10 |
| Sausage | 214 | 7 | 4 | 20 | 181 | 23 | 1 | 8 |
| 5 Cheese | 248 | 10 | 5 | 29 | 351 | 24 | 1 | 11 |
| Better-Terranean | 295 | 14 | 6 | 35 | 640 | 25 | 1 | 12 |
| Buffalo Chicken | 254 | 10 | 4 | 31 | 704 | 25 | 2 | 12 |
| Cheeseburger | 318 | 15 | 6 | 39 | 529 | 26 | 2 | 13 |
| Chicken Fajita | 239 | 8 | 4 | 30 | 341 | 26 | 2 | 12 |
| Chicken Ranch | 350 | 19 | 9 | 57 | 558 | 25 | 2 | 14 |
| Cordon Bleu Small | 279 | 12 | 5 | 37 | 447 | 25 | 2 | 13 |
| Deanos Bbq Chkn | 318 | 11 | 5 | 45 | 660 | 32 | 9 | 15 |
| Garden Special | 231 | 8 | 4 | 20 | 258 | 25 | 2 | 8 |
| Garden Supreme | 249 | 10 | 4 | 20 | 478 | 26 | 2 | 9 |
| Gourmet House | 277 | 12 | 5 | 31 | 459 | 25 | 2 | 11 |
| Gourmet Meat | 392 | 22 | 9 | 60 | 810 | 25 | 2 | 17 |
| Gourmet Wings | 262 | 10 | 4 | 32 | 403 | 26 | 3 | 12 |
| Greek'S Special | 325 | 17 | 7 | 44 | 591 | 25 | 2 | 13 |
| Hawaiian | 286 | 11 | 5 | 36 | 491 | 28 | 5 | 12 |
| Rafael'S Bbq Chkn | 300 | 11 | 5 | 41 | 519 | 30 | 7 | 14 |
| Roma | 293 | 14 | 8 | 40 | 350 | 25 | 2 | 10 |
| Spicy Bacon Meatball | 442 | 28 | 15 | 80 | 629 | 24 | 1 | 14 |
| Spinach Delux | 218 | 7 | 4 | 20 | 186 | 24 | 1 | 8 |
| The Big Mark | 292 | 14 | 5 | 28 | 409 | 26 | 2 | 10 |
| Western | 335 | 16 | 7 | 46 | 666 | 28 | 6 | 14 |
| Medium Thin Pizza Slices (1 serving = 1 slice = 1/8 pizza) | | | | | | | | |
| Cheese Only | 169 | 7 | 4 | 20 | 180 | 15 | 1 | 7 |
| Pepperoni | 210 | 11 | 5 | 29 | 326 | 15 | 1 | 8 |
| Sausage | 218 | 11 | 5 | 29 | 322 | 16 | 1 | 8 |
| 5 Cheese | 248 | 10 | 5 | 29 | 351 | 24 | 1 | 11 |
| Better-Terranean | 295 | 14 | 6 | 35 | 640 | 25 | 1 | 12 |
| Buffalo Chicken | 254 | 10 | 4 | 31 | 704 | 25 | 2 | 12 |
| Cheeseburger | 318 | 15 | 6 | 39 | 529 | 26 | 2 | 13 |
| Chicken Fajita | 239 | 8 | 4 | 30 | 341 | 26 | 2 | 12 |
| Chicken Ranch | 350 | 19 | 9 | 57 | 558 | 25 | 2 | 14 |
| Cordon Bleu Small | 279 | 12 | 5 | 37 | 447 | 25 | 2 | 13 |
| Deanos Bbq Chkn | 318 | 11 | 5 | 45 | 660 | 32 | 9 | 15 |
| Garden Special | 231 | 8 | 4 | 20 | 258 | 25 | 2 | 8 |
| Garden Supreme | 249 | 10 | 4 | 20 | 478 | 26 | 2 | 9 |
| Gourmet House | 277 | 12 | 5 | 31 | 459 | 25 | 2 | 11 |

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|---|----------|-----------------|---------------------|--------------------|---------------|---------------------|--------------|---------------|
| Medium Thin Pizza Slices (1 serving = 1 slice = 1/8 pizza) (continued) | | | | | | | | |
| Gourmet Meat | 392 | 22 | 9 | 60 | 810 | 25 | 2 | 17 |
| Gourmet Wings | 262 | 10 | 4 | 32 | 403 | 26 | 3 | 12 |
| Greek'S Special | 325 | 17 | 7 | 44 | 591 | 25 | 2 | 13 |
| Hawaiian | 286 | 11 | 5 | 36 | 491 | 28 | 5 | 12 |
| Rafael'S Bbq Chkn | 300 | 11 | 5 | 41 | 519 | 30 | 7 | 14 |
| Roma | 293 | 14 | 8 | 40 | 350 | 25 | 2 | 10 |
| Spicy Bacon Meatball | 442 | 28 | 15 | 80 | 629 | 24 | 1 | 14 |
| Spinach Delux | 218 | 7 | 4 | 20 | 186 | 24 | 1 | 8 |
| The Big Mark | 292 | 14 | 5 | 28 | 409 | 26 | 2 | 10 |
| Western | 335 | 16 | 7 | 46 | 666 | 28 | 6 | 14 |
| Extra Large Regular Pizza Slices (1 serving = 1 slice = 1/12 pizza) | | | | | | | | |
| Cheese Only | 275 | 10 | 5 | 29 | 264 | 28 | 2 | 11 |
| Pepperoni | 316 | 14 | 7 | 38 | 410 | 28 | 2 | 12 |
| Sausage | 326 | 15 | 7 | 38 | 412 | 28 | 2 | 13 |
| 5 Cheese | 317 | 13 | 6 | 39 | 475 | 29 | 2 | 15 |
| Better-Terranean | 356 | 16 | 8 | 44 | 744 | 30 | 2 | 15 |
| Buffalo Chicken | 315 | 12 | 6 | 40 | 811 | 29 | 2 | 15 |
| Cheeseburger | 386 | 18 | 8 | 50 | 628 | 31 | 2 | 16 |
| Chicken Fajita | 300 | 10 | 5 | 38 | 427 | 30 | 3 | 14 |
| Chicken Ranch | 408 | 21 | 10 | 65 | 633 | 29 | 2 | 17 |
| Cordon Bleu Small | 353 | 16 | 6 | 47 | 566 | 30 | 3 | 16 |
| Deanos Bbq Chkn | 385 | 15 | 7 | 57 | 773 | 36 | 9 | 19 |
| Garden Special | 294 | 11 | 5 | 29 | 347 | 30 | 2 | 11 |
| Garden Supreme | 305 | 12 | 6 | 29 | 539 | 31 | 2 | 12 |
| Gourmet House | 343 | 15 | 7 | 40 | 571 | 30 | 2 | 15 |
| Gourmet Meat | 449 | 24 | 10 | 68 | 877 | 29 | 2 | 19 |
| Gourmet Wings | 330 | 13 | 6 | 41 | 506 | 31 | 4 | 14 |
| Greek'S Special | 378 | 18 | 8 | 51 | 645 | 30 | 2 | 16 |
| Hawaiian | 348 | 13 | 6 | 44 | 615 | 33 | 6 | 15 |
| Rafael'S Bbq Chkn | 355 | 13 | 6 | 48 | 579 | 34 | 7 | 17 |
| Roma | 357 | 17 | 10 | 50 | 456 | 30 | 2 | 13 |
| Spicy Bacon Meatball | 487 | 29 | 15 | 84 | 691 | 29 | 2 | 17 |
| Spinach Delux | 278 | 10 | 5 | 29 | 268 | 29 | 2 | 11 |
| The Big Mark | 358 | 17 | 7 | 37 | 536 | 31 | 3 | 13 |
| Western | 393 | 18 | 8 | 55 | 756 | 33 | 6 | 17 |

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|---|----------|-----------------|---------------------|--------------------|---------------|---------------------|--------------|---------------|
| Extra Large Thin Pizza Slices (1 serving = 1 slice = 1/12 pizza) | | | | | | | | |
| Cheese Only | 215 | 9 | 5 | 29 | 263 | 17 | 1 | 9 |
| Pepperoni | 256 | 13 | 7 | 38 | 410 | 17 | 1 | 10 |
| Sausage | 266 | 14 | 7 | 38 | 412 | 18 | 1 | 11 |
| 5 Cheese | 317 | 13 | 6 | 39 | 475 | 29 | 2 | 15 |
| Better-Terranean | 356 | 16 | 8 | 44 | 744 | 30 | 2 | 15 |
| Buffalo Chicken | 315 | 12 | 6 | 40 | 811 | 29 | 2 | 15 |
| Cheeseburger | 386 | 18 | 8 | 50 | 628 | 31 | 2 | 16 |
| Chicken Fajita | 300 | 10 | 5 | 38 | 427 | 30 | 3 | 14 |
| Chicken Ranch | 408 | 21 | 10 | 65 | 633 | 29 | 2 | 17 |
| Cordon Bleu Small | 353 | 16 | 6 | 47 | 566 | 30 | 3 | 16 |
| Deanos Bbq Chkn | 385 | 15 | 7 | 57 | 773 | 36 | 9 | 19 |
| Garden Special | 294 | 11 | 5 | 29 | 347 | 30 | 2 | 11 |
| Garden Supreme | 305 | 12 | 6 | 29 | 539 | 31 | 2 | 12 |
| Gourmet House | 343 | 15 | 7 | 40 | 571 | 30 | 2 | 15 |
| Gourmet Meat | 449 | 24 | 10 | 68 | 877 | 29 | 2 | 19 |
| Gourmet Wings | 330 | 13 | 6 | 41 | 506 | 31 | 4 | 14 |
| Greek'S Special | 378 | 18 | 8 | 51 | 645 | 30 | 2 | 16 |
| Hawaiian | 348 | 13 | 6 | 44 | 615 | 33 | 6 | 15 |
| Rafael'S Bbq Chkn | 355 | 13 | 6 | 48 | 579 | 34 | 7 | 17 |
| Roma | 357 | 17 | 10 | 50 | 456 | 30 | 2 | 13 |
| Spicy Bacon Meatball | 487 | 29 | 15 | 84 | 691 | 29 | 2 | 17 |
| Spinach Delux | 278 | 10 | 5 | 29 | 268 | 29 | 2 | 11 |
| The Big Mark | 358 | 17 | 7 | 37 | 536 | 31 | 3 | 13 |
| Western | 393 | 18 | 8 | 55 | 756 | 33 | 6 | 17 |
| Pizza Shells (1 serving = 1/4 shell) | | | | | | | | |
| Cheese Only | 294 | 11 | 5 | 24 | 417 | 32 | 2 | 10 |
| Pepperoni | 319 | 13 | 6 | 29 | 504 | 32 | 2 | 11 |
| Sausage | 336 | 15 | 6 | 31 | 538 | 33 | 2 | 12 |
| Chicken Bacon Club | 396 | 18 | 6 | 48 | 819 | 35 | 3 | 18 |
| Chicken BBQ | 339 | 11 | 5 | 35 | 728 | 38 | 6 | 15 |
| Chicken Marinara | 300 | 12 | 5 | 35 | 570 | 33 | 2 | 15 |
| Chicken Parmesan | 341 | 14 | 5 | 39 | 629 | 36 | 2 | 16 |
| Cordon Bleu | 356 | 16 | 6 | 45 | 751 | 33 | 2 | 17 |
| Ham N Cheese | 319 | 12 | 5 | 36 | 668 | 33 | 2 | 14 |
| Italian Herb | 402 | 21 | 7 | 41 | 812 | 34 | 3 | 14 |
| Italian Sausage | 372 | 18 | 7 | 38 | 643 | 33 | 2 | 13 |
| Meatball | 339 | 16 | 6 | 35 | 605 | 34 | 2 | 14 |
| Nature's Delight | 306 | 12 | 5 | 24 | 467 | 34 | 2 | 11 |
| Pepp N Sausage | 372 | 18 | 7 | 38 | 652 | 33 | 2 | 13 |

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|---|----------|-----------------|---------------------|--------------------|---------------|---------------------|--------------|---------------|
| Pizza Shells (1 serving = 1/4 shell) (continued) | | | | | | | | |
| Pepperoni | 316 | 13 | 6 | 28 | 495 | 32 | 2 | 11 |
| Pizza | 338 | 14 | 6 | 38 | 691 | 33 | 2 | 14 |
| Stromboli | 361 | 17 | 7 | 35 | 603 | 34 | 2 | 13 |
| Submarine | 334 | 14 | 6 | 37 | 667 | 33 | 2 | 14 |
| Texas BBQ | 359 | 17 | 7 | 35 | 683 | 39 | 8 | 12 |
| The Cindy | 330 | 13 | 5 | 30 | 523 | 41 | 2 | 12 |
| Vegan Meatball | 301 | 12 | 4 | 4 | 529 | 39 | 2 | 9 |
| Sandwiches (1 serving = 1/2 sandwich) | | | | | | | | |
| Chicken Bacon Club | 509 | 26 | 10 | 90 | 1395 | 31 | 5 | 26 |
| Chicken Bbq | 395 | 13 | 7 | 64 | 1213 | 38 | 11 | 20 |
| Chicken Marinara | 317 | 14 | 7 | 64 | 897 | 28 | 4 | 20 |
| Chicken Parmesan | 399 | 19 | 7 | 71 | 1014 | 34 | 3 | 24 |
| Cordon Bleu | 428 | 22 | 9 | 84 | 1258 | 28 | 4 | 25 |
| Ham N Cheese | 354 | 14 | 8 | 65 | 1092 | 27 | 3 | 19 |
| Italian Herb | 521 | 32 | 11 | 75 | 1381 | 30 | 5 | 20 |
| Italian Sausage | 461 | 26 | 12 | 69 | 1044 | 28 | 2 | 17 |
| Meatball | 395 | 23 | 10 | 63 | 966 | 30 | 3 | 18 |
| Nature'S Delight | 329 | 13 | 7 | 40 | 690 | 29 | 3 | 12 |
| Pepp N Sausage | 461 | 26 | 12 | 70 | 1060 | 27 | 2 | 17 |
| Pepperoni | 349 | 16 | 8 | 50 | 746 | 26 | 2 | 13 |
| Pizza | 393 | 18 | 9 | 69 | 1139 | 28 | 4 | 19 |
| Stromboli | 439 | 24 | 11 | 64 | 963 | 29 | 3 | 16 |
| Submarine | 385 | 17 | 9 | 67 | 1091 | 27 | 3 | 18 |
| Texas Bbq | 436 | 24 | 11 | 64 | 1124 | 39 | 14 | 15 |
| The Cindy | 377 | 16 | 8 | 54 | 802 | 43 | 3 | 15 |
| Vegan Meatball | 319 | 13 | 5 | 1 | 815 | 40 | 3 | 9 |
| Stix (1 serving = 1 stix) | | | | | | | | |
| Classic Stix | 78 | 2 | 1 | 2 | 6 | 13 | 0 | 3 |
| Cinna Twists | 108 | 2 | 1 | 2 | 6 | 20 | 6 | 3 |
| Herb Parmesan Stix | 78 | 2 | 1 | 2 | 6 | 13 | 0 | 3 |
| Mini Stix | 82 | 2 | 1 | 3 | 9 | 13 | 0 | 3 |
| Pasta Stix | 82 | 2 | 1 | 3 | 9 | 13 | 0 | 3 |
| Pretzel Stix | 77 | 1 | 0 | 2 | 160 | 13 | 0 | 3 |
| Spicy Greek Stix | 78 | 2 | 1 | 2 | 6 | 13 | 0 | 3 |
| Sweet Hot Stix | 78 | 2 | 1 | 2 | 6 | 13 | 0 | 3 |
| Wing Spice Stix | 78 | 2 | 1 | 2 | 6 | 13 | 0 | 3 |

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|---|----------|-----------------|---------------------|--------------------|---------------|---------------------|--------------|---------------|
| Breads (1 serving = 1/2 bun) | | | | | | | | |
| Bacon Bread | 354 | 20 | 8 | 60 | 927 | 26 | 3 | 16 |
| Bruchetta | 254 | 11 | 6 | 34 | 579 | 27 | 4 | 10 |
| Cheese Bread | 248 | 11 | 6 | 34 | 577 | 26 | 3 | 10 |
| Feta Bread | 263 | 12 | 6 | 38 | 671 | 26 | 3 | 11 |
| Five Cheese Bread | 291 | 14 | 6 | 45 | 777 | 27 | 3 | 14 |
| Pepperoni Bread | 318 | 18 | 8 | 49 | 830 | 26 | 3 | 13 |
| Salads (1 serving = 1 salad) | | | | | | | | |
| Antipasto | 543 | 42 | 14 | 80 | 1386 | 19 | 6 | 20 |
| Buffalo Chicken | 510 | 28 | 6 | 79 | 2106 | 36 | 7 | 32 |
| Chicken Ceasar | 521 | 33 | 5 | 100 | 1842 | 25 | 8 | 35 |
| Greek | 338 | 24 | 4 | 15 | 1363 | 21 | 7 | 8 |
| Grilled Chicken | 521 | 33 | 5 | 100 | 1842 | 25 | 8 | 35 |
| Spinach Bacon | 677 | 46 | 10 | 58 | 1611 | 47 | 15 | 22 |
| The Red Head | 685 | 42 | 11 | 70 | 1622 | 49 | 17 | 31 |
| Tossed | 286 | 18 | 10 | 66 | 603 | 15 | 6 | 18 |
| Wings (1 serving = 1 wing or 1 ounce boneless) | | | | | | | | |
| 6 Wings BBQ | 80 | 5 | 1 | 19 | 180 | 2 | 1 | 6 |
| 6 Wings Herb Parmesan | 95 | 8 | 3 | 25 | 154 | 1 | 0 | 6 |
| 6 Wings Honey Mustard | 94 | 7 | 2 | 21 | 146 | 2 | 1 | 6 |
| 6 Wings Plain | 73 | 5 | 1 | 19 | 121 | 1 | 0 | 6 |
| 6 Wings Spicy | 73 | 5 | 1 | 19 | 301 | 1 | 0 | 6 |
| 6 Wings SW Chili | 86 | 5 | 1 | 19 | 184 | 4 | 3 | 6 |
| 6 Wings Teriyaki | 83 | 6 | 1 | 19 | 265 | 3 | 1 | 6 |
| Boneless BBQ | 68 | 2 | 0 | 15 | 218 | 6 | 1 | 6 |
| Boneless Herb Parmesan | 79 | 4 | 1 | 19 | 198 | 5 | 0 | 6 |
| Boneless Honey Mustard | 78 | 4 | 1 | 16 | 192 | 5 | 1 | 6 |
| Boneless Hot Honey | 71 | 2 | 0 | 15 | 198 | 6 | 2 | 6 |
| Boneless Plain | 63 | 2 | 0 | 15 | 173 | 4 | 0 | 6 |
| Boneless Spicy | 63 | 2 | 0 | 15 | 308 | 4 | 0 | 6 |
| Boneless SW Chili | 72 | 2 | 0 | 15 | 220 | 7 | 2 | 6 |
| Boneless Teriyaki | 70 | 2 | 0 | 15 | 281 | 6 | 1 | 6 |
| Pasta (1 serving) | | | | | | | | |
| Alfredo | 1020 | 58 | 29 | 204 | 2123 | 95 | 2 | 35 |
| BYO Alfredo | 836 | 33 | 13 | 106 | 1687 | 103 | 15 | 32 |
| BYO Marinara | 836 | 33 | 13 | 106 | 1687 | 103 | 15 | 32 |
| BYO Natura | 836 | 33 | 13 | 106 | 1687 | 103 | 15 | 32 |

Contact your local store for nutritional information on location-specific products. Substitution of ingredient/standard topping combinations may alter nutritional values. Menu items and hours of availability may vary at participating locations. Although this data is based on standard portion product guidelines, variations can be expected due to seasonal influences, minor differences in product assembly per restaurant and other factors. Product data is based on current formulations as of date of publication. Nutritional data is based on standard portion product guidelines and formulations as of date of publication. If you have any questions about Greek's Pizzeria and nutrition or are particularly sensitive to specific ingredients or goods, please contact Greek's Pizzeria at <https://www.greekspizzeria.com/static/contact>.

Our products may come in contact with
these major allergens:
Milk, Egg, Fish, Tree nuts, Wheat,
Soybeans, Sesame

| | Calories | Total Fat (gms) | Saturated Fat (gms) | Cholesterol (mgms) | Sodium (mgms) | Carbohydrates (gms) | Sugars (gms) | Protein (gms) |
|--|----------|-----------------|---------------------|--------------------|---------------|---------------------|--------------|---------------|
| Pasta (1 serving) (continued) | | | | | | | | |
| BYO White | 836 | 33 | 13 | 106 | 1687 | 103 | 15 | 32 |
| Chicken Mushroom | 966 | 35 | 13 | 165 | 2353 | 110 | 19 | 54 |
| Chicken Parmesan | 903 | 34 | 13 | 140 | 2067 | 106 | 17 | 44 |
| Deluxe | 1195 | 59 | 21 | 193 | 2889 | 111 | 17 | 56 |
| Herb Veggies | 752 | 28 | 13 | 106 | 1040 | 95 | 6 | 32 |
| Marinara | 836 | 33 | 13 | 106 | 1687 | 103 | 15 | 32 |
| Meatball | 1086 | 52 | 19 | 151 | 2358 | 110 | 16 | 45 |
| Tortellini | 1107 | 45 | 16 | 195 | 2196 | 139 | 20 | 44 |
| Sides and Dressings (1 serving = 2 ounce cup) | | | | | | | | |
| Balsamic Dressing | 170 | 15 | 2 | 0 | 302 | 6 | 2 | 0 |
| Blue Cheese Dressing | 324 | 34 | 6 | 30 | 607 | 4 | 2 | 2 |
| Cesar Dressing | 254 | 25 | 5 | 20 | 704 | 4 | 2 | 2 |
| Cracker Pack | 131 | 5 | 1 | 0 | 218 | 20 | 2 | 2 |
| Garlic Butter | 311 | 33 | 21 | 91 | 273 | 0 | 0 | 0 |
| Icing Packet | 221 | 0 | 0 | 0 | 0 | 49 | 49 | 0 |
| Nacho Cheese | 90 | 7 | 2 | 9 | 423 | 4 | 0 | 2 |
| Open Pit BBQ Sauce | 81 | 0 | 0 | 0 | 713 | 18 | 15 | 0 |
| Parmesan Peppercorn Dressing | 293 | 31 | 6 | 20 | 489 | 4 | 4 | 2 |
| Parmesan Romano Cheese | 227 | 17 | 0 | 57 | 850 | 6 | 0 | 23 |
| Pasta Sauce | 41 | 2 | 0 | 0 | 217 | 5 | 5 | 1 |
| Pickle | 6 | 0 | 0 | 0 | 684 | 1 | 1 | 0 |
| Pizza Sauce | 111 | 0 | 0 | 0 | 135 | 6 | 4 | 1 |
| Ranch Dressing | 132 | 13 | 2 | 9 | 510 | 4 | 2 | 2 |
| Red Pepper Packet | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

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