

Calories

Calories from Fat

Total Fat (g)

Saturated Fat (g)

Trans Fat (g)

Cholesterol (mg)

Sodium (mg)

Total Carbohydrates (g)

Dietary Fiber (g)

Sugars (g)

Protein (g)

## CHEESE

All-Natural Italian Cheese	190	140	15	9	0.5	55	490	2	0	1	13
Bleu Cheese	100	70	8	5	0	25	380	1	1	0	5
Feta	70	50	6	4	0	25	310	1	0	1	4
Reduced-Fat Italian Cheese	130	90	10	6	0	35	310	<1	0	0	10
Ricotta	90	60	7	5	0	25	130	2	1	2	5
Vegan Cheese	180	120	12	4	0	0	560	14	2	0	2

## DOUGH

Double Dough	580	40	4.5	0	0	0	1,330	118	4	2	19
PizzaRev's Gluten-Free Crust	520	170	18	3	0	0	290	81	0	11	6
PizzaRev's Original Crust	250	15	2	0	0	0	570	50	2	1	8

## MEAT

All-Natrual Pepperoni	130	100	12	4.5	0	25	520	1	0	0	5
All-Natural Italian Sausage	220	180	20	7	0	45	470	1	0	0	8
Anchovies	60	25	3	0.5	0	25	1,040	0	0	0	8
Canadian Bacon	35	15	2	1	0	15	350	<1	0	0	5
Crispy Bacon	60	40	4	2	0	20	210	0	0	0	4
Gluten-Free Beef Meatball	60	35	5	2	0	15	95	2	0	<1	3
Grilled Chicken	60	20	2	0.5	0	25	60	1	0	0	10
Pepperoni	140	110	12	5	0	30	540	0	0	0	6
Spicy Pepperoni	130	110	12	4.5	0	25	540	0	0	0	5
Sweet Fennel Sausage	100	80	9	3	0	20	370	<1	<1	0	4
Vegan Sausage	90	30	3.5	0	0	0	550	5	2	1	10

## SALAD DRESSING

Balsamic Dressing	50	45	4.5	0.5	0	0	220	3	0	2	0
Caesar Dressing	150	150	16	2	0	10	300	1	0	1	1
Italian Dressing	45	20	2.5	0	0	0	320	6	0	2	0
Ranch Dressing	110	100	12	2.5	0	<5	210	0	0	0	1

## SAUCE

BBQ Sauce	30	0	0	0	0	0	220	8	0	7	1
Olive Oil	120	120	14	2	0	0	0	0	0	0	0
Red Sauce	35	10	1	0	0	0	270	7	1	5	1
White Sauce	260	220	24	14	0	100	130	2	0	0	2

## VEGGIES AND FRUIT

Artichoke Hearts	10	0	0	0	0	0	115	2	0	2	1
Arugula	0	0	0	0	0	0	0	<1	0	0	0
Basil	0	0	0	0	0	0	0	0	0	0	0
Black Olives	25	20	2	0	0	0	95	1	0	0	0
Capers	0	0	0	0	0	0	85	0	0	0	0
Cilantro	0	0	0	0	0	0	0	0	0	0	0
Fennel Seeds	20	5	1	0	0	0	5	3	2	0	1
Garlic	5	0	0	0	0	0	0	1	0	0	0
Green Bell Peppers	0	0	0	0	0	0	0	<1	0	0	0
Jalapenos	0	0	0	0	0	0	230	<1	0	0	0
Kalamata Olives	40	30	3.5	0	0	0	230	2	0	0	0
Mushrooms	10	0	0	0	0	0	0	1	0	<1	<1
Pepperoncini	15	15	0	0	0	0	450	2	0	0	1
Pineapple	20	0	0	0	0	0	0	5	0	4	0
Red Onions	10	0	0	0	0	0	0	2	0	<1	0
Spinach	5	0	0	0	0	0	20	1	1	0	1
Sun-Dried Tomatoes	10	0	0	0	0	0	60	2	0	2	0
Tomatoes	10	0	0	0	0	0	0	0	0	1	0

## KIDS PIZZA

Kids Cheese Pizza	240	80	9	4.5	0	30	670	30	2	4	11
Kids Pepperoni Pizza	310	140	15	7	0	45	940	30	2	4	28