

PIZZA SCHMIZZA NUTRITIONALS

As of June 2009

PIZZAS

****All nutritional information below is for 1/8 of each pizza (one slice of a pizza cut in 8 slices)****

	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
18" Alligator Pie	580	25	11	0	65	1250	67	3	5	28
16" Alligator Pie	470	20	9	0	50	1010	53	3	4	23
14" Alligator Pie	350	15	7	0	40	770	41	2	3	17
12" Alligator Pie	260	11	5	0	30	560	29	1	2	13
18" BBQ Chicken	480	19	9	0	60	1070	55	2	6	25
16" BBQ Chicken	380	15	7	0	50	870	44	2	5	21
14" BBQ Chicken	290	11	6	0	35	660	34	2	4	16
12" BBQ Chicken	210	9	4.5	0	25	480	24	1	2	11
18" Burrito	440	19	9	0	40	980	53	3	2	19
16" Burrito	350	15	7	0	35	810	42	2	2	15
14" Burrito	260	11	5	0	25	610	32	2	1	11
12" Burrito	200	9	4	0	20	460	23	1	1	8
18" Cheese	490	23	11	0	55	1110	51	2	3	24
16" Cheese	380	18	9	0	40	850	40	2	2	18
14" Cheese	290	14	7	0	30	670	31	1	2	14
12" Cheese	210	10	5	0	25	480	22	1	1	10
18" Cochino Chicken	530	24	12	0	70	1250	53	2	4	29
16" Cochino Chicken	430	20	10	0	55	1010	41	2	3	24
14" Cochino Chicken	320	15	8	0	45	780	32	1	2	18
12" Cochino Chicken	240	11	6	0	30	570	23	1	2	13
18" Combo Classico	470	21	9	0	45	1020	52	2	3	20
16" Combo Classico	380	17	7	0	35	840	41	2	3	16
14" Combo Classico	280	13	5	0	25	630	32	1	2	12
12" Combo Classico	210	10	4	0	20	470	22	1	1	9
18" Creole	460	18	8	0	55	990	53	3	4	25
16" Creole	370	15	7	0	45	800	42	2	3	20
14" Creole	280	11	5	0	35	600	32	2	2	15
12" Creole	210	9	4	0	25	440	23	1	2	11
18" Don Ho	470	18	8	0	50	1130	58	2	10	22
16" Don Ho	380	15	7	0	40	910	47	2	9	18
14" Don Ho	280	11	5	0	30	680	35	1	5	13
12" Don Ho	210	9	4	0	20	510	25	1	5	10

	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
18" Extreme Veggie	450	18	8	0	35	950	56	3	4	19
16" Extreme Veggie	360	15	6	0	30	770	44	3	4	15
14" Extreme Veggie	270	11	4.5	0	20	580	34	2	3	11
12" Extreme Veggie	200	9	3.5	0	15	430	24	2	2	9
18" Foo Foo	480	21	9	0	45	1060	58	5	5	21
16" Foo Foo	390	17	7	0	35	850	46	4	4	17
14" Foo Foo	290	12	6	0	25	660	35	3	3	13
12" Foo Foo	220	10	4.5	0	20	460	25	2	2	10
18" Genoa	550	29	12	0	65	1400	52	2	3	24
16" Genoa	450	24	10	0	55	1160	41	2	3	20
14" Genoa	340	18	7	0	40	900	32	1	2	15
12" Genoa	250	13	5	0	30	630	23	1	1	11
18" Greek Veggie	460	20	9	0	45	1030	55	3	4	20
16" Greek Veggie	370	16	7	0	35	830	43	2	3	16
14" Greek Veggie	280	12	5	0	25	640	33	2	3	12
12" Greek Veggie	210	9	4	0	20	470	24	1	2	9
18" Green Chicken Pie	500	21	9	0	60	1210	56	4	4	27
16" Green Chicken Pie	400	17	8	0	50	970	44	3	3	22
14" Green Chicken Pie	310	13	6	0	40	750	34	2	2	17
12" Green Chicken Pie	220	10	4.5	0	30	530	24	2	2	12
18" Italiano	530	20	9	0	60	1070	62	3	4	27
16" Italiano	420	16	8	0	50	860	50	3	3	22
14" Italiano	320	12	6	0	40	660	39	2	2	17
12" Italiano	240	9	4.5	0	30	480	28	1	2	12
18" Margherita	430	19	8	0	40	800	50	2	2	18
16" Margherita	340	15	7	0	35	650	40	2	2	15
14" Margherita	260	11	5	0	25	480	31	1	1	11
12" Margherita	190	9	4	0	20	370	22	1	1	8
18" No Kiss Tonight	520	24	12	0	75	1050	52	2	3	27
16" No Kiss Tonight	420	20	10	0	65	850	41	2	2	22
14" No Kiss Tonight	320	15	7	0	50	640	31	1	2	16
12" No Kiss Tonight	230	11	5	0	35	470	22	1	1	12
18" Ol' Hickory	520	25	13	0	50	1140	55	3	4	22
16" Ol' Hickory	420	21	11	0	40	930	44	2	3	18
14" Ol' Hickory	310	15	8	0	30	690	33	2	2	13
12" Ol' Hickory	230	12	6	0	25	520	24	1	2	10
18" Pepperoni	480	23	10	0	50	1150	51	2	3	21
16" Pepperoni	390	19	8	0	40	930	40	2	3	17
14" Pepperoni	290	14	6	0	30	690	31	1	2	13
12" Pepperoni	215	11	4.5	0	25	520	22	1	1	10
18" Popeye & Olive Oil	480	24	12	0	60	940	51	2	3	20
16" Popeye & Olive Oil	390	19	10	0	45	760	41	2	2	16
14" Popeye & Olive Oil	290	14	7	0	35	580	31	1	2	12
12" Popeye & Olive Oil	220	11	5	0	25	420	22	1	1	9

	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
18" Rustic Pie	470	21	9	0	45	1030	56	3	4	20
16" Rustic Pie	380	17	8	0	35	850	44	2	3	16
14" Rustic Pie	290	12	6	0	25	640	34	2	2	12
12" Rustic Pie	210	10	4.5	0	20	470	24	1	2	9
18" Schmeatza	590	32	13	0	75	1590	52	2	4	28
16" Schmeatza	480	27	11	0	65	1320	41	2	3	23
14" Schmeatza	370	20	8	0	50	1030	32	1	2	18
12" Schmeatza	270	15	6	0	35	720	22	1	2	13
18" Schpaghetti & Meatball	580	25	12	0	60	1230	65	3	3	26
16" Schpaghetti & Meatball	460	20	9	0	50	990	52	2	3	21
14" Schpaghetti & Meatball	350	15	7	0	35	760	40	2	2	16
12" Schpaghetti & Meatball	260	12	5	0	25	550	28	1	1	12
18" Spicy Thai	500	22	10	0	55	960	53	3	4	27
16" Spicy Thai	400	18	8	0	45	780	42	2	3	22
14" Spicy Thai	300	13	6	0	35	580	32	2	2	16
12" Spicy Thai	220	10	4.5	0	25	430	23	1	2	12
18" Steak & Potato	510	23	10	0	55	1130	55	3	4	24
16" Steak & Potato	410	19	8	0	45	920	43	2	3	19
14" Steak & Potato	300	14	6	0	35	680	33	2	2	14
12" Steak & Potato	230	11	4.5	0	25	500	23	1	2	11
18" Sweet & Sour Chicken	490	19	8	0	55	970	61	3	11	25
16" Sweet & Sour Chicken	400	15	7	0	45	790	50	2	11	20
14" Sweet & Sour Chicken	310	11	5	0	30	590	40	2	10	15
12" Sweet & Sour Chicken	220	9	3.5	0	25	430	27	1	5	11
18" Traditional	500	24	10	0	50	1230	53	2	4	21
16" Traditional	400	20	8	0	40	990	42	2	3	17
14" Traditional	300	14	6	0	30	740	32	2	2	13
12" Traditional	230	12	4.5	0	25	560	23	1	2	10
18" Veggie Baby	490	23	12	0	60	940	53	3	4	20
16" Veggie Baby	390	19	10	0	45	760	42	2	3	16
14" Veggie Baby	300	14	7	0	35	580	32	2	2	12
12" Veggie Baby	220	11	5	0	25	420	23	1	2	9
18" Yucateco Garlic Noodle	570	21	9	0	60	1120	69	5	5	30
16" Yucateco Garlic Noodle	460	17	8	0	50	910	55	4	4	24
14" Yucateco Garlic Noodle	350	12	6	0	40	690	42	3	3	18
12" Yucateco Garlic Noodle	260	10	4.5	0	30	510	30	2	2	13
18" Zorba	500	21	9	0	60	1160	54	3	4	27
16" Zorba	400	17	8	0	50	940	43	2	4	22
14" Zorba	310	13	6	0	40	720	33	2	3	16
12" Zorba	230	10	4.5	0	30	520	23	1	2	12

PASTAS

****All nutritional information below includes 2 dipsticks****

	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Cajunator Alligator	1150	65	16	0	75	1790	107	5	5	38
Cajunator Chicken	1080	54	12	0	75	1490	107	5	4	41
Frikin' Chicken	1100	56	13	0	80	1540	106	6	3	44
Steak Strip Alfredo	1270	73	28	0	145	1670	112	5	9	40
Garden Noodle	1170	69	12	0	25	1020	113	7	6	29
Schpaghetti & Meatball	990	34	13	0	75	2650	124	6	6	44

SALADS

****All nutritional information below includes salad dressing****

	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Side Caesar	240	19	4.5	0	20	660	10	1	2	8
Side Chicken Caesar	280	20	5	0	40	790	10	1	2	15
Side Steak Caesar	280	21	5	0	35	840	10	2	2	13
Side Greek	250	21	5	0	10	660	10	2	4	5
Side Chicken Greek	290	22	5	0	30	780	10	2	4	13
Side Steak Greek	290	23	6	0	25	830	10	3	5	10
Large Caesar	480	38	9	0	40	1330	20	3	4	15
Large Chicken Caesar	560	40	10	0	80	1570	21	3	4	30
Large Steak Caesar	560	42	10	0	70	1680	21	4	4	26
Large Greek	500	43	10	0	25	1310	20	5	8	10
Large Chicken Greek	580	44	11	0	65	1560	21	5	9	25
Large Steak Greek	580	46	12	0	50	1670	21	6	9	21

DIPSTICKS

****All nutritional information below includes 6 dipsticks with sauce****

	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Dipsticks with Alfredo	1090	42	21	0	105	1640	150	6	9	27
Dipsticks with Marinara	810	13	3	0	10	1770	148	6	7	23
Dipsticks with Ranch	1320	70	12	0	70	1940	144	6	4	22