



PIZZA NOVA[®]

CALORIE GUIDE

JUNE 2021

	cals/serving (1 Slice)		cals/serving (1 Slice)	
DOUGH	REGULAR	100	WHOLE WHEAT	100
	REGULAR - THIN	80	WHOLE WHEAT - THIN	80
	REGULAR - THICK	150	WHOLE WHEAT - THICK	150
			GLUTEN-FREE	---
SAUCE	TOMATO	10	PESTO	20
	EASY SAUCE - TOMATO	10	EASY SAUCE - PESTO	10
	EXTRA SAUCE - TOMATO	10	EXTRA SAUCE - PESTO	30
	WHITE/HERBED OLIVE OIL	40	BBQ	30
	EASY SAUCE - WHITE/HERBED OLIVE OIL	20	EASY SAUCE - BBQ	20
	EXTRA SAUCE - WHITE/HERBED OLIVE OIL	60	EXTRA SAUCE - BBQ	50
CHEESE	MOZZARELLA BLEND	50	EASY CHEESE - MOZZARELLA BLEND	20
TOPPINGS for a 1-topping pizza serving	MEATS			
	ANCHOVIES	10	PEPPERONI	20
	BACON	20	SEASONED GROUND BEEF	20
	GRILLED CHICKEN	10	SMOKED HAM	10
	HOT SOPPRESSATA	20	SPICY SAUSAGE	20
	VEGETABLES			
	ARTICHOKES	10	PLANT-BASED PEPPERONI	20
	BLACK OLIVES	10	PORTOBELLO MUSHROOMS	0
	BROCCOLI	10	RED ONIONS	0
	BRUSCHETTA	20	ROASTED GARLIC	10
	GREEN OLIVES	10	ROASTED RED PEPPERS	0
	GREEN PEPPERS	0	SAUTÉED SPINACH	20
	GRILLED ZUCCHINI	0	SLICED TOMATOES	0
	HOT HONEY	0	SPANISH ONIONS	0
	HOT PEPPERS	10	SUNDRIED OLIVES	20
	MUSHROOMS	0	SUNDRIED TOMATOES	10
	PINEAPPLE	10		
	CHEESE			
	ASIAGO CHEESE	20	EXTRA DAIRY-FREE MOZZARELLA	20
	CHEDDAR CHEESE	30	EXTRA CHEESE	30
	DAIRY-FREE MOZZARELLA	30	FETA CHEESE	20
	DOUBLE DAIRY-FREE MOZZARELLA	30	GOAT CHEESE	20
	DOUBLE CHEESE	50	PARMIGIANO CHEESE	20

	cals/serving (1 Slice)		cals/serving (1 Slice)	
DOUGH	REGULAR	110	WHOLE WHEAT	110
	REGULAR - THIN	70	WHOLE WHEAT - THIN	70
	REGULAR - THICK	180	WHOLE WHEAT - THICK	180
	CHARCOAL	110	GLUTEN-FREE	120
	CHARCOAL - THIN	70		
SAUCE	TOMATO	10	PESTO	30
	EASY SAUCE - TOMATO	0	EASY SAUCE - PESTO	20
	EXTRA SAUCE - TOMATO	10	EXTRA SAUCE - PESTO	50
	WHITE/HERBED OLIVE OIL	50	BBQ	40
	EASY SAUCE - WHITE/HERBED OLIVE OIL	20	EASY SAUCE - BBQ	20
	EXTRA SAUCE - WHITE/HERBED OLIVE OIL	70	EXTRA SAUCE - BBQ	60
CHEESE	MOZZARELLA BLEND	60	EASY CHEESE - MOZZARELLA BLEND	30
TOPPINGS for a 1-topping pizza serving	MEATS			
	ANCHOVIES	10	PEPPERONI	20
	BACON	30	SEASONED GROUND BEEF	20
	GRILLED CHICKEN	10	SMOKED HAM	10
	HOT SOPPRESSATA	20	SPICY SAUSAGE	20
	VEGETABLES			
	ARTICHOKES	10	PLANT-BASED PEPPERONI	20
	BLACK OLIVES	10	PORTOBELLO MUSHROOMS	0
	BROCCOLI	10	RED ONIONS	0
	BRUSCHETTA	30	ROASTED GARLIC	10
	GREEN OLIVES	10	ROASTED RED PEPPERS	0
	GREEN PEPPERS	0	SAUTÉED SPINACH	20
	GRILLED ZUCCHINI	0	SLICED TOMATOES	0
	HOT HONEY	10	SPANISH ONIONS	0
	HOT PEPPERS	10	SUNDRIED OLIVES	20
	MUSHROOMS	0	SUNDRIED TOMATOES	10
	PINEAPPLE	10		
	CHEESE			
	ASIAGO CHEESE	30	EXTRA DAIRY-FREE MOZZARELLA	20
	CHEDDAR CHEESE	40	EXTRA CHEESE	30
	DAIRY-FREE MOZZARELLA	40	FETA CHEESE	20
	DOUBLE DAIRY-FREE MOZZARELLA	40	GOAT CHEESE	20
	DOUBLE CHEESE	60	PARMIGIANO CHEESE	20

	cals/serving (1 Slice)		cals/serving (1 Slice)	
DOUGH	REGULAR	140	WHOLE WHEAT	150
	REGULAR - THIN	90	WHOLE WHEAT - THIN	90
	REGULAR - THICK	220	WHOLE WHEAT - THICK	220
			GLUTEN-FREE	---
SAUCE	TOMATO	10	PESTO	40
	EASY SAUCE - TOMATO	10	EASY SAUCE - PESTO	20
	EXTRA SAUCE - TOMATO	20	EXTRA SAUCE - PESTO	50
	WHITE/HERBED OLIVE OIL	50	BBQ	40
	EASY SAUCE - WHITE/HERBED OLIVE OIL	20	EASY SAUCE - BBQ	20
	EXTRA SAUCE - WHITE/HERBED OLIVE OIL	70	EXTRA SAUCE - BBQ	60
CHEESE	MOZZARELLA BLEND	60	EASY CHEESE - MOZZARELLA BLEND	30
	TOPPINGS for a 1-topping pizza serving			
MEATS				
	ANCHOVIES	10	PEPPERONI	20
	BACON	30	SEASONED GROUND BEEF	20
	GRILLED CHICKEN	10	SMOKED HAM	10
	HOT SOPPRESSATA	20	SPICY SAUSAGE	20
VEGETABLES				
	ARTICHOKES	10	PLANT-BASED PEPPERONI	20
	BLACK OLIVES	10	PORTOBELLO MUSHROOMS	0
	BROCCOLI	10	RED ONIONS	0
	BRUSCHETTA	30	ROASTED GARLIC	10
	GREEN OLIVES	10	ROASTED RED PEPPERS	0
	GREEN PEPPERS	0	SAUTÉED SPINACH	20
	GRILLED ZUCCHINI	10	SLICED TOMATOES	0
	HOT HONEY	10	SPANISH ONIONS	0
	HOT PEPPERS	10	SUNDRIED OLIVES	20
	MUSHROOMS	0	SUNDRIED TOMATOES	10
	PINEAPPLE	10		
CHEESE				
	ASIAGO CHEESE	30	EXTRA DAIRY-FREE MOZZARELLA	20
	CHEDDAR CHEESE	40	EXTRA CHEESE	30
	DAIRY-FREE MOZZARELLA	50	FETA CHEESE	20
	DOUBLE DAIRY-FREE MOZZARELLA	50	GOAT CHEESE	20
	DOUBLE CHEESE	60	PARMIGIANO CHEESE	20

	cals/serving (1 Slice)		cals/serving (1 Slice)	
DOUGH	REGULAR	180	WHOLE WHEAT	180
	REGULAR - THIN	120	WHOLE WHEAT - THIN	120
	REGULAR - THICK	240	WHOLE WHEAT - THICK	240
	CHARCOAL	180	GLUTEN-FREE	---
	CHARCOAL - THIN	120		
SAUCE	TOMATO	20	PESTO	50
	EASY SAUCE - TOMATO	10	EASY SAUCE - PESTO	30
	EXTRA SAUCE - TOMATO	30	EXTRA SAUCE - PESTO	70
	WHITE/HERBED OLIVE OIL	60	BBQ	40
	EASY SAUCE - WHITE/HERBED OLIVE OIL	30	EASY SAUCE - BBQ	20
	EXTRA SAUCE - WHITE/HERBED OLIVE OIL	90	EXTRA SAUCE - BBQ	60
CHEESE	MOZZARELLA BLEND	90	EASY CHEESE - MOZZARELLA BLEND	40
TOPPINGS for a 1-topping pizza serving	MEATS			
	ANCHOVIES	10	PEPPERONI	30
	BACON	40	SEASONED GROUND BEEF	20
	GRILLED CHICKEN	20	SMOKED HAM	10
	HOT SOPPRESSATA	20	SPICY SAUSAGE	30
	VEGETABLES			
	ARTICHOKES	10	PLANT-BASED PEPPERONI	30
	BLACK OLIVES	10	PORTOBELLO MUSHROOMS	0
	BROCCOLI	10	RED ONIONS	10
	BRUSCHETTA	40	ROASTED GARLIC	10
	GREEN OLIVES	10	ROASTED RED PEPPERS	0
	GREEN PEPPERS	0	SAUTÉED SPINACH	20
	GRILLED ZUCCHINI	10	SLICED TOMATOES	0
	HOT HONEY	20	SPANISH ONIONS	10
	HOT PEPPERS	10	SUNDRIED OLIVES	20
	MUSHROOMS	0	SUNDRIED TOMATOES	10
	PINEAPPLE	10		
	CHEESE			
	ASIAGO CHEESE	30	EXTRA DAIRY-FREE MOZZARELLA	30
	CHEDDAR CHEESE	50	EXTRA CHEESE	40
	DAIRY-FREE MOZZARELLA	70	FETA CHEESE	20
	DOUBLE DAIRY-FREE MOZZARELLA	70	GOAT CHEESE	20
	DOUBLE CHEESE	80	PARMIGIANO CHEESE	20

	cals/serving (1 Slice)		cals/serving (1 Slice)	
DOUGH	REGULAR	120	WHOLE WHEAT	120
	REGULAR - THIN	90	WHOLE WHEAT - THIN	90
	REGULAR - THICK	160	WHOLE WHEAT - THICK	160
	CHARCOAL - THIN	90	GLUTEN-FREE	---
SAUCE	TOMATO	10	PESTO	30
	EASY SAUCE - TOMATO	10	EASY SAUCE - PESTO	20
	EXTRA SAUCE - TOMATO	20	EXTRA SAUCE - PESTO	50
	WHITE/HERBED OLIVE OIL	40	BBQ	30
	EASY SAUCE - WHITE/HERBED OLIVE OIL	20	EASY SAUCE - BBQ	10
	EXTRA SAUCE - WHITE/HERBED OLIVE OIL	60	EXTRA SAUCE - BBQ	40
CHEESE	MOZZARELLA BLEND	50	EASY CHEESE - MOZZARELLA BLEND	20
	TOPPINGS for a 1-topping pizza serving			
MEATS				
	ANCHOVIES	0	PEPPERONI	20
	BACON	20	SEASONED GROUND BEEF	10
	GRILLED CHICKEN	10	SMOKED HAM	10
	HOT SOPPRESSATA	20	SPICY SAUSAGE	20
VEGETABLES				
	ARTICHOKES	0	PLANT-BASED PEPPERONI	20
	BLACK OLIVES	10	PORTOBELLO MUSHROOMS	0
	BROCCOLI	10	RED ONIONS	0
	BRUSCHETTA	20	ROASTED GARLIC	10
	GREEN OLIVES	10	ROASTED RED PEPPERS	0
	GREEN PEPPERS	0	SAUTÉED SPINACH	20
	GRILLED ZUCCHINI	0	SLICED TOMATOES	0
	HOT HONEY	10	SPANISH ONIONS	0
	HOT PEPPERS	0	SUNDRIED OLIVES	20
	MUSHROOMS	0	SUNDRIED TOMATOES	10
	PINEAPPLE	10		
CHEESE				
	ASIAGO CHEESE	20	EXTRA DAIRY-FREE MOZZARELLA	20
	CHEDDAR CHEESE	30	EXTRA CHEESE	20
	DAIRY-FREE MOZZARELLA	40	FETA CHEESE	10
	DOUBLE DAIRY-FREE MOZZARELLA	40	GOAT CHEESE	10
	DOUBLE CHEESE	50	PARMIGIANO CHEESE	10

	cals/serving		cals/serving	
DOUGH	REGULAR	470	WHOLE WHEAT	470
	REGULAR - THIN	---	WHOLE WHEAT - THIN	---
	REGULAR - THICK	---	WHOLE WHEAT - THICK	---
			GLUTEN-FREE	---
SAUCE	TOMATO	40	PESTO	120
	EASY SAUCE - TOMATO	20	EASY SAUCE - PESTO	60
	EXTRA SAUCE - TOMATO	80	EXTRA SAUCE - PESTO	180
	WHITE/HERBED OLIVE OIL	240	BBQ	80
	EASY SAUCE - WHITE/HERBED OLIVE OIL	120	EASY SAUCE - BBQ	50
	EXTRA SAUCE - WHITE/HERBED OLIVE OIL	240	EXTRA SAUCE - BBQ	100
CHEESE	MOZZARELLA BLEND	240	EASY CHEESE - MOZZARELLA BLEND	150
	MEATS			
TOPPINGS for a 1-topping panzerotti serving	ANCHOVIES	10	PEPPERONI	40
	BACON	90	SEASONED GROUND BEEF	60
	GRILLED CHICKEN	40	SMOKED HAM	30
	HOT SOPPRESSATA	40	SPICY SAUSAGE	80
	VEGETABLES			
	ARTICHOKES	10	PLANT-BASED PEPPERONI	40
	BLACK OLIVES	80	PORTOBELLO MUSHROOMS	10
	BROCCOLI	10	RED ONIONS	10
	BRUSCHETTA	100	ROASTED GARLIC	30
	GREEN OLIVES	50	ROASTED RED PEPPERS	10
	GREEN PEPPERS	10	SAUTÉED SPINACH	20
	GRILLED ZUCCHINI	10	SLICED TOMATOES	10
	HOT PEPPERS	30	SPANISH ONIONS	10
	MUSHROOMS	10	SUNDRIED OLIVES	140
	PINEAPPLE	30	SUNDRIED TOMATOES	100
	CHEESE			
	ASIAGO CHEESE	120	EXTRA DAIRY-FREE MOZZARELLA	100
	CHEDDAR CHEESE	110	EXTRA CHEESE	120
	DAIRY-FREE MOZZARELLA	210	FETA CHEESE	80
	DOUBLE DAIRY-FREE MOZZARELLA	420	GOAT CHEESE	80
DOUBLE CHEESE	480	PARMIGIANO CHEESE	80	

SPECIALTY PIZZAS

CALS / SERVING = 1 SLICE

SPECIALTY PIZZAS

	Small	Med	Large	Jumbo	Party	Gluten-Free
# of slices	6	8	10	12	24	*Med. Only
BANQUET CHEDDAR	220	260	300	390	240	270
BASILICATA	220	260	300	380	240	270
BRUSCHETTA PIZZA	210	250	280	370	230	260
CALABRESE	180	210	250	320	200	220
CALIFORNIA	230	260	300	380	240	270
CHEDDAR SUPREME	200	240	280	360	220	250
CHICKEN ALLA BIANCA	220	250	290	370	230	260
CHICKEN FLORENTINE	220	260	300	390	240	270
DELUXE	200	240	280	360	220	250
DIAVOLA	180	200	240	310	200	220
GREEK BRUSCHETTA	230	270	300	400	250	280
HONEY STINGER	200	230	270	340	220	240
IL GIARDINO	220	260	300	380	240	270
MEAT SUPREME	230	260	310	390	240	270
MEDITERRANEAN	190	220	260	330	210	230
NAPOLETANA	170	200	230	300	190	210
NONNA'S FAVOURITE	210	240	280	360	230	290
PIZZA POLLO	200	230	270	350	220	240
PORTOBELLISSIMO	200	230	270	350	220	240
PRIMAVERA	200	230	270	340	210	240
QUATTRO STAGIONI	180	200	240	310	200	210
ROASTED PARMA	180	210	250	320	200	220
SUPER GOURMET	200	220	260	330	210	230
SUPER HAWAIIAN	190	220	260	340	210	230
THE ALL STAR	200	230	260	340	210	240
THE FOUNDERS	210	240	280	360	220	250
TUSCAN PESTO	200	240	280	360	220	250
VEGGIE	160	190	230	300	190	200

*NOTE: Gluten-Free available in Medium size ONLY

SIGNATURE PLANT BASED PIZZAS

CALS / SERVING = 1 SLICE

SIGNATURE PLANT BASED PIZZAS	# of slices	Small	Med	Large	Jumbo	Party	Gluten-Free
		6	8	10	12	24	*Med. Only
ALOHA PLANT		180	210	250	320	200	220
ALOHA PLANT WITH DAIYA		160	190	230	300	190	200
CAMPO PLANT		190	220	260	330	210	230
CAMPO PLANT WITH DAIYA		170	200	240	310	200	210
GUSTO PLANT		180	210	250	320	200	220
GUSTO PLANT WITH DAIYA		170	190	230	300	190	200
PICCANTE PLANT		200	230	260	340	210	240
PICCANTE PLANT WITH DAIYA		180	210	250	320	200	220
PLANTERONI		170	200	240	310	200	210
PLANTERONI WITH DAIYA		160	180	220	290	190	190
VITA PLANT		190	220	260	340	210	230
VITA PLANT WITH DAIYA		170	200	240	320	200	210

*NOTE: Gluten-Free available in Medium size ONLY

IN-STORE SLICES	cals/serving		cals/serving	
ALOHA PLANT	640	PICCANTE PLANT	680	
ALOHA PLANT WITH DAIYA	600	PICCANTE PLANT WITH DAIYA	640	
CAMPO PLANT	660	PLANTERONI	620	
CAMPO PLANT WITH DAIYA	620	PLANTERONI WITH DAIYA	580	
GUSTO PLANT	640	VITA PLANT	680	
GUSTO PLANT WITH DAIYA	600	VITA PLANT WITH DAIYA	640	

IN-STORE SLICES

CALS / SERVING = 1 SLICE

	cals/serving		cals/serving	
IN-STORE SLICES	BANQUET CHEDDAR	780	MEDITERRANEAN	660
	BASILICATA	760	NAPOLETANA	600
	BRUSCHETTA PIZZA	730	NONNA'S FAVOURITE	710
	CALABRESE	630	PEPPERONI	620
	CALIFORNIA	760	PIZZA POLLO	690
	CHEDDAR SUPREME	720	PORTOBELLISSIMO	690
	CHEESE	570	PRIMAVERA	680
	CHICKEN ALLA BIANCA	740	QUATTRO STAGIONI	620
	CHICKEN FLORENTINE	770	ROASTED PARMA	630
	DELUXE	720	SUPER GOURMET	670
	DIAVOLA	640	SUPER HAWAIIAN	670
	GREEK BRUSCHETTA	790	THE ALL STAR	680
	HONEY STINGER	680	THE FOUNDERS	730
	IL GIARDINO	760	TUSCAN PESTO	720
	MEAT SUPREME	780	VEGGIE	590

SIDES & ADD-ONS

SERVING SIZE = CALS/SERVING

		serving size	cals
DIPS	BBQ SAUCE	1 unit	100
	BLUE CHEESE	1 unit	190
	CREAMY GARLIC PARMESAN	1 unit	300
	HONEY GARLIC	1 unit	220
	HOT SAUCE	1 unit	90
	JALAPEÑO RANCH	1 unit	220
	MARINARA	1 unit	40
	MEDIUM SAUCE	1 unit	90
	MILD SAUCE	1 unit	90
	PESTO	1 unit	240
GARLIC BREAD	GARLIC BREAD	ea.	480
	GARLIC BREAD WITH BRUSCHETTA	ea.	700
	GARLIC BREAD WITH BRUSCHETTA AND CHEESE	ea.	990
	GARLIC BREAD WITH CHEESE	ea.	770
	GARLIC BREAD WITH DAIRY-FREE CHEESE	ea.	730
FOCACCIA BARESE	FOCACCIA BARESE	1 slice	260
LASAGNA	LASAGNA	ea.	860
	ADD CHEESE	ea.	100
	ADD MUSHROOMS	ea.	10
	EXTRA SAUCE	ea.	19
MEATBALLS	MEATBALLS WITH 1/2 ORDER OF GARLIC BREAD	1 unit	630
SALADS	BALSAMIC MEDITERRANEAN SALAD	ea.	390
	BALSAMIC MEDITERRANEAN SALAD WITH GRILLED CHICKEN	ea.	480
	EXTRA BALSAMIC DRESSING	ea.	120
	CAESAR SALAD	ea.	480
	CAESAR SALAD WITH GRILLED CHICKEN	ea.	570
	EXTRA CAESAR DRESSING	ea.	260

SIDES & ADD-ONS

SERVING SIZE = CALS/SERVING

		servings	cal			servings	cal	
SANDWICHES	CHICKEN CUTLET SANDWICH	ea.	680	MEATBALL	ea.	610		
	W/ROASTED RED PEPPERS	ea.	690	W/ROASTED RED PEPPERS	ea.	620		
	W/HOT PEPPERS	ea.	710	W/HOT PEPPERS	ea.	640		
	GRILLED CHICKEN CAESAR SANDWICH	ea.	580	VEAL CUTLET SANDWICH	ea.	650		
	ADD BACON		90	W/ROASTED RED PEPPERS	ea.	660		
				W/HOT PEPPERS	ea.	680		
	SANDWICH TOPPINGS		servings	cal			servings	cal
	ARTICHOKES	loz	10	SAUTÉED SPINACH	loz	40		
	BLACK OLIVES	loz	50	SLICED TOMATOES	1 slice	0		
	BROCCOLI	loz	10	SPANISH ONIONS	loz	10		
	BRUSCHETTA	loz	40	SUNDRIED OLIVES	loz	140		
	GREEN OLIVES	loz	50	SUNDRIED TOMATOES	loz	100		
	GREEN PEPPERS	loz	10	ASIAGO CHEESE	loz	120		
	GRILLED ZUCCHINI	loz	10	CHEDDAR CHEESE	loz	100		
	HOT PEPPERS	loz	30	CHEESE	loz	100		
	MUSHROOMS	loz	10	DAIRY-FREE MOZZARELLA	loz	80		
	PINEAPPLE	loz	20	DOUBLE CHEESE	loz	100		
	PORTOBELLO MUSHROOMS	loz	10	EXTRA CHEESE	loz	100		
RED ONIONS	loz	10	FETA CHEESE	loz	80			
ROASTED GARLIC	tbsp	50	GOAT CHEESE	loz	80			
ROASTED RED PEPPERS	loz	10	PARMIGIANO CHEESE	loz	90			

		servings	cal
SIDE ORDERS	HOT HONEY CUP	ea.	70
	PIZZELLE COOKIES	1/6 pkg	140
	SIDE ORDER OF ANCHOVIES	ea.	50
	SIDE ORDER OF TOMATO SAUCE	ea.	150
	SIDE PARMIGIANO CHEESE	ea.	90

POTATO WEDGES	POTATO WEDGES	1 unit	670
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WINGS & POLLINI

SERVING SIZE = CALS/SERVING

		servings	calcs
POLLINI PLAIN	POLLINI	each pollini	60
POLLINI & SAUCE	10 POLLINI + SAUCE		
	BBQ	each pollini	80
	MILD	each pollini	80
	MEDIUM	each pollini	80
	HOT	each pollini	80
	HONEY GARLIC	each pollini	110
WINGS PLAIN	WINGS PLAIN	each wing	70
	WINGS ITALIAN	each wing	60
WINGS & SAUCE	10 WINGS + SAUCE		
	BBQ	each wing	90
	MILD	each wing	80
	MEDIUM	each wing	80
	HOT	each wing	80
	HONEY GARLIC	each wing	100

BEVERAGES & CHIPS

SERVING SIZE = CALS/SERVING

		serving size	cals
CANS (355ml)	COKE	1 can	140
	COKE ZERO	1 can	0
	DIET COKE	1 can	0
	BRIO	1 can	160
	ROOT BEER	1 can	160
	ORANGE	1 can	150
	ORANGINA	1 can	130
	GINGER ALE	1 can	130
	SAN PELLEGRINO ARANCIATA ROSSA	1 can	130
	SAN PELLEGRINO LIMONATA	1 can	110
SPRITE	1 can	140	
BOTTLES (471ml)	COKE	1 bottle	200
	COKE ZERO	1 bottle	0
	DIET COKE	1 bottle	0
	GINGER ALE	1 bottle	190
	DASANI (WATER)	1 bottle	0
	ICED TEA	1 bottle	160
	ORANGE JUICE	1 bottle	220
	APPLE JUICE	1 bottle	210
	MULTI-V (VITAMINWATER)	1 bottle	130
	XXX (VITAMINWATER)	1 bottle	120
	SAN PELLEGRINO	1 bottle	0
	SMARTWATER	1 bottle	0
CHOCOLATE MILK	1 bottle	190	
CHIPS	MS. VICKIES	1 serving	120
	LAY'S REGULAR	1 serving	120
	DORITOS	1 serving	120
	SUN CHIPS	1 serving	120

SPECIALS & ADD-ONS

SERVING SIZE = CALS/SERVING

		servings	calcs
SPECIALS (Calories vary per special)	PARTY PEPPERONI (Serves 8)	1 slice	180-240
	CHOOSE YOUR OWN COMBO - MEDIUM (Serves 4)	1/4 of combo	520-840
	CHOOSE YOUR OWN COMBO - LARGE (Serves 6)	1/6 of combo	590-920
	FAMILY SPECIAL - MEDIUM (Serves 6)	1/6 of combo	730-1250
	FAMILY SPECIAL - LARGE (Serves 8)	1/8 of combo	740-1230
	CHICKEN TRIO (Serves 3)	1/3 of trio	330-460
	PICK-UP SPECIAL - MEDIUM	1 slice	190-270
	PICK-UP SPECIAL - LARGE	1 slice	270-300
	LARGE 3-TOPPING PIZZA + 20 WINGS (Serves 6)	1/6 of special	590-920
	DOUBLE DEAL (Serves 2)	1/2 of special	900-1450
	ANY 2 SANDWICH SPECIAL (Serves 2)	1/2 of special	700-1100

ADD-ONS (Calories vary per special)	2 CANS OF POP + 2 DIPS	1/2 of add-on	40-460
	2 CANS OF POP + 2 PIECES OF GARLIC BREAD	1/2 of add-on	240-400
	2 BOTTLES OF POP + 2 DIPS	1/2 of add-on	40-500
	3 BOTTLES OF POP	1/3 of add-on	0-200
	4 CANS OF POP	1/4 of add-on	0-160

*NOTE: For Specials and Add-Ons, calories vary based on toppings and products chosen - as calories vary for each.

		servings	calcs
PRIMUCCI PRODUCTS (Serving sizes and Calories vary by Product)	SPICY GREEN OLIVES (212g)	3 olives (15g)	30
	EXTRA VIRGIN OLIVE OIL (500ml)	15ml	120
	SUNDRIED BLACK OLIVES (212g)	3 olives (15g)	50
	HOMESTYLE TOMATO SAUCE (730ml)	60ml	40
	ITALIAN PEELED TOMATOES (796ml)	125ml	20
	ITALIAN HOT PEPPERS (340g)	30ml	20
	HOT EXTRA VIRGIN OLIVE OIL (250ml)	15ml	120
	HOT HONEY (355ml)	1 tbsp (21g)	70
	HOT SFILATELLO (60g)	1 stick (30g)	120