

FOOD NAME

Calories Calories from Fat Calories from Saturated Fat Total Fat (g) Saturated Fat (g) Trans Fat (g) Cholesterol (mg) Sodium (mg) Total Carbohydrate (g) Dietary Fiber (g) Total Sugars (g) Protein (g)

PREMIUM PIZZAS - Information shown per slice. 8 slices per pizza.

Cheese Pizza S 10in	137	n/a	n/a	2	2	0	11	300	18	2	2	7
Cheese Pizza M 12in	178	n/a	n/a	3	3	0	17	395	21	2	2	9
Cheese Pizza L 14in	263	n/a	n/a	4	4	0	23	584	34	3	3	13
Cheese Pizza XL 16in	368	n/a	n/a	7	7	0	40	826	41	4	4	20
White Pizza S 10in	205	0	0	11	5	0	19	442	17	1	1	9
White Pizza M 12in	284	0	0	17	7	0	29	626	21	1	1	13
White Pizza L 14in	406	0	0	22	10	0	39	896	33	1	2	18
White Pizza XL 16in	491	0	0	27	12	0	46	1088	40	2	2	21
B.B.Q Chicken Pizza S 10in	186	1	0	6	3	0	25	405	21	1	4	12
B.B.Q Chicken Pizza M 12in	255	2	0	8	5	0	38	565	27	1	7	17
B.B.Q Chicken Pizza L 14in	371	3	0	11	6	0	50	829	43	2	10	23
B.B.Q Chicken Pizza XL 16in	450	3	0	13	7	0	60	1014	53	2	14	28
Buffalo Chicken Pizza S 10in	174	5	0	6	3	0	25	382	17	1	1	12
Buffalo Chicken Pizza M 12in	232	5	0	9	5	0	38	506	21	1	1	17
Buffalo Chicken Pizza L 14in	337	10	0	12	7	0	50	746	33	1	2	23
Buffalo Chicken Pizza XL 16in	405	14	0	15	8	0	60	909	39	2	2	28
Meatster Pizza S 10in	216	41	0	10	5	0	28	535	19	1	2	12
Meatster Pizza M 12in	300	64	0	15	7	0	43	771	23	2	2	17
Meatster Pizza L 14in	427	85	0	20	10	0	58	1093	35	2	3	24
Meatster Pizza XL 16in	517	106	0	25	11	0	70	1336	43	3	4	29
Pizza Boli's Unique Pizza S 10in	182	13	0	7	3	0	17	483	20	2	2	9
Pizza Boli's Unique Pizza M 12in	238	18	0	10	4	0	25	697	23	2	2	12
Pizza Boli's Unique Pizza L 14in	350	24	0	14	6	0	34	1021	36	3	4	18
Pizza Boli's Unique Pizza XL 16in	482	31	0	21	9	0	55	1397	45	3	5	26
Vegilicious Pizza S 10in	172	0	0	7	3	0	17	419	19	1	2	9
Vegilicious Pizza M 12in	235	0	0	10	5	0	26	604	23	2	3	12
Vegilicious Pizza L 14in	344	0	0	14	6	0	34	886	36	2	4	18
Vegilicious Pizza XL 16in	417	0	0	17	7	0	40	1089	44	3	5	21
Meal Buster Pizza S 10in	203	26	0	9	4	0	23	509	19	1	2	10
Meal Buster Pizza M 12in	282	39	0	14	6	0	34	744	23	2	3	15
Meal Buster Pizza L 14in	403	50	0	20	9	0	45	1066	36	2	4	21
Meal Buster Pizza XL 16in	488	61	0	24	10	0	54	1308	44	3	5	24
Hawaiian Pizza S 10in	174	4	0	6	3	0	21	417	20	1	3	10
Hawaiian Pizza M 12in	237	6	0	9	5	0	31	569	25	1	5	14
Hawaiian Pizza L 14in	344	8	0	12	6	0	42	817	39	2	7	20
Hawaiian Pizza XL 16in	413	9	0	14	7	0	49	985	47	3	9	24
Chicken Fajita Pizza S 10in	157	1	0	4	2	0	15	375	20	1	2	9
Chicken Fajita Pizza M 12in	202	1	0	6	3	0	25	509	23	1	3	13
Chicken Fajita Pizza L 14in	300	2	0	8	4	0	35	771	36	2	4	18
Chicken Fajita Pizza XL 16in	414	2	0	13	7	0	54	1079	45	3	5	26
Veggie Alfredo Pizza S 10in	132	0	0	4	2	0	10	271	17	1	1	6
Veggie Alfredo Pizza M 12in	139	0	0	4	1	0	6	280	21	1	1	5
Veggie Alfredo Pizza L 14in	216	0	0	5	2	0	8	434	33	1	2	8
Veggie Alfredo Pizza XL 16in	342	0	0	12	6	0	30	712	41	2	3	16
Chicken Alfredo Pizza S 10in	138	1	0	4	2	0	14	281	17	1	1	8
Chicken Alfredo Pizza M 12in	153	1	0	4	1	0	14	300	20	1	1	8
Chicken Alfredo Pizza L 14in	235	2	0	6	2	0	20	464	32	1	2	13
Chicken Alfredo Pizza XL 16in	375	2	0	13	6	0	47	772	40	2	3	23

PREMIUM PIZZAS - Information shown per slice. 8 slices per pizza.

Greek Pizza S 10in	312	100	0	17	9	0	46	736	26	4	4	14
Greek Pizza M 12in	424	137	0	24	12	0	66	1016	34	5	5	20
Greek Pizza L 14in	626	203	0	34	18	0	95	1492	52	8	8	28
Greek Pizza XL 16in	806	271	0	46	23	0	125	1950	65	10	10	37
Italian Cheesesteak Pizza S 10in	150	7	0	5	2	0	14	335	18	1	2	8
Italian Cheesesteak Pizza M 12in	202	12	0	7	3	0	22	455	23	1	3	11
Italian Cheesesteak Pizza L 14in	298	17	0	10	5	0	30	672	35	2	4	16
Italian Cheesesteak Pizza XL 16in	366	21	0	12	6	0	36	828	43	3	5	20
Shrimp Alfredo Pizza S 10in	133	0	0	4	2	0	13	345	17	1	1	6
Shrimp Alfredo Pizza M 12in	144	0	0	4	1	0	17	442	21	1	1	6
Shrimp Alfredo Pizza L 14in	222	0	0	5	2	0	27	745	32	1	2	10
Shrimp Alfredo Pizza XL 16in	351	0	0	12	6	0	57	1174	40	2	2	19

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Seafood Alfredo Pizza S 10in	138	0	0	4	2	0	17	356	17	1	1	7
Seafood Alfredo Pizza M 12in	151	1	0	4	1	0	21	455	21	1	2	8
Seafood Alfredo Pizza L 14in	233	1	0	6	2	0	31	760	33	1	2	12
Seafood Alfredo Pizza XL 16in	366	2	0	12	6	0	64	1200	41	2	3	22
Maryland Style Crab Pizza S 10in	139	1	0	4	2	0	17	348	17	1	1	8
Maryland Style Crab Pizza M 12in	180	1	0	6	3	0	24	492	21	1	1	10
Maryland Style Crab Pizza L 14in	288	2	0	10	4	0	38	827	33	1	2	16
Maryland Style Crab Pizza XL 16in	358	2	0	12	6	0	48	1158	40	2	2	20

PIZZA CRUSTS - Information shown per slice. 8 slices per pizza.

Fresh, Never Frozen Hand-Tossed 10in S	88	0	0	1	0	0	0	170	16	1	1	3
Fresh, Never Frozen Hand-Tossed 12in M	105	0	0	1	0	0	0	204	20	1	1	3
Fresh, Never Frozen Hand-Tossed 14in L	165	0	0	2	0	0	0	323	31	1	2	5
Fresh, Never Frozen Hand-Tossed 16in XL	200	0	0	2	0	0	0	390	37	1	2	7
Healthy Whole Wheat Crust 14in L	169	3	0	0	0	0	0	34	3	0	0	1
Crispy, Thin Crust 14in L	117	34	n/a	1	1	0	0	41	17	0	0	3
Gluten Free 12in M	85	13	n/a	0	0	0	0	180	17	1	1	1

PIZZA SAUCES - Information shown per slice. 8 slices per pizza.

Secret Recipe Pizza Sauce S 10in	4	0	n/a	0	0	n/a	0	26	1	1	1	0
Secret Recipe Pizza Sauce M 12in	6	0	n/a	0	0	n/a	0	34	1	1	1	0
Secret Recipe Pizza Sauce L 14in	9	0	n/a	0	0	n/a	0	53	2	1	1	0
Secret Recipe Pizza Sauce XL 16in	12	0	n/a	0	0	n/a	0	71	2	2	2	0
Garlic Herb S 10in	45	n/a	n/a	2	2	0	0	85	0	0	0	0
Garlic Herb M 12in	68	n/a	n/a	2	2	0	0	128	0	0	0	0
Garlic Herb L 14in	90	n/a	n/a	3	3	0	0	170	0	0	0	0
Garlic Herb XL 16in	113	n/a	n/a	4	4	0	0	213	0	0	0	0
Alfredo S 10in	8	n/a	n/a	0	0	0	1	19	0	0	0	0
Alfredo M 12in	16	n/a	n/a	0	0	0	2	39	0	0	0	0
Alfredo L 14in	24	n/a	n/a	1	1	0	3	58	1	0	0	1
Alfredo XL 16in	32	n/a	n/a	1	1	0	4	77	1	0	0	1
Tzatziki S 10in	18	11	n/a	1	1	0	4	39	1	0	0	1
Tzatziki M 12in	24	14	n/a	2	1	0	5	52	1	0	0	1
Tzatziki L 14in	35	21	n/a	2	1	0	7	78	2	1	1	1
Tzatziki XL 16in	47	28	n/a	3	2	0	9	104	3	1	1	2
BBQ S 10in	13	n/a	n/a	0	0	0	0	54	3	3	3	0
BBQ M 12in	22	n/a	n/a	0	0	0	0	91	6	5	5	0
BBQ L 14in	35	n/a	n/a	0	0	0	0	145	9	8	8	0
BBQ XL 16in	48	n/a	n/a	0	0	0	0	199	12	11	11	0
Liquid Garlic Sauce 1.5 oz cup	240	240	n/a	26	5	0	0	370	0	0	0	0

PIZZA TOPPINGS - Information shown per slice. 8 slices per pizza.

Anchovies S 10in	3	0	0	0	0	0	0	78	0	0	0	0
Anchovies M 12in	4	0	0	0	0	0	0	122	0	0	0	1
Anchovies L 14in	5	0	0	0	0	0	0	156	0	0	0	1
Anchovies XL 16in	6	0	0	0	0	0	0	188	0	0	0	1
Bacon S 10in	19	15	0	2	1	0	4	51	0	0	0	1
Bacon M 12in	25	20	0	2	1	0	5	68	0	0	0	1
Bacon L 14in	38	30	0	3	1	0	8	101	0	0	0	2
Bacon XL 16in	44	35	0	4	2	0	9	118	0	0	0	2
Banana Peppers S 10in	0	0	0	0	0	0	0	90	0	0	0	0
Banana Peppers M 12in	0	0	0	0	0	0	0	360	2	0	0	0
Banana Peppers L 14in	0	0	0	0	0	0	0	270	1	0	0	0
Banana Peppers XL 16in	0	0	0	0	0	0	0	300	1	0	0	0
Black Olives S 10in	13	0	0	2	0	0	0	98	0	0	0	0
Black Olives M 12in	22	0	0	3	0	0	0	163	0	0	0	0
Black Olives L 14in	31	0	0	4	0	0	0	228	0	0	0	0
Black Olives XL 16in	39	0	0	5	1	0	0	293	0	0	0	0
Broccoli S 10in	0	0	0	0	0	0	0	0	0	0	0	0
Broccoli M 12in	1	0	0	0	0	0	0	1	0	0	0	0
Broccoli L 14in	1	0	0	0	0	0	0	1	0	0	0	0
Broccoli XL 16in	1	0	0	0	0	0	0	1	0	0	0	0

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Pizza Boli's Cheese S 10in	45	0	0	3	2	0	11	104	0	0	0	4
Pizza Boli's Cheese M 12in	67	0	0	5	3	0	17	157	1	0	0	6
Pizza Boli's Cheese L 14in	89	0	0	6	4	0	23	208	1	0	0	8
Pizza Boli's Cheese XL 16in	112	0	0	8	5	0	28	261	1	0	0	10
Cheese Extra S 10in	67	0	0	5	3	0	17	157	1	0	0	6
Cheese Extra M 12in	101	0	0	7	4	0	26	235	1	0	0	9
Cheese Extra L 14in	134	0	0	9	6	0	34	314	1	0	0	11
Cheese Extra XL 16in	156	0	0	11	7	0	40	365	2	0	0	13
Grilled Marinated Chicken S 10in	8	1	0	0	0	0	4	12	0	0	0	2
Grilled Marinated Chicken M 12in	15	1	0	0	0	0	8	24	0	0	0	3
Grilled Marinated Chicken L 14in	23	2	0	0	0	0	12	35	0	0	0	5
Grilled Marinated Chicken XL 16in	27	2	0	0	0	0	14	41	0	0	0	6
Chicken Steak Meat S 10in	8	3	0	0	0	0	5	8	0	0	0	1
Chicken Steak Meat M 12in	15	6	0	1	0	0	11	16	0	0	0	2
Chicken Steak Meat L 14in	23	9	0	1	0	0	16	23	1	0	0	3
Chicken Steak Meat XL 16in	26	11	0	1	1	0	19	27	1	0	0	3
Crab S 10in	8	1	0	0	0	0	7	26	0	0	0	2
Crab M 12in	13	1	0	0	0	0	11	40	0	0	0	3
Crab L 14in	17	2	0	0	0	0	15	53	0	0	0	3
Crab XL 16in	21	2	0	0	0	0	19	66	0	0	0	4
Feta Cheese S 10in	4	0	0	0	0	0	1	23	0	0	0	0
Feta Cheese M 12in	8	0	0	1	0	0	2	46	0	0	0	1
Feta Cheese L 14in	11	0	0	1	0	0	3	69	0	0	0	1
Feta Cheese XL 16in	15	0	0	1	1	0	4	93	0	0	0	1
Garlic S 10in	0	0	0	0	0	0	0	0	0	0	0	0
Garlic M 12in	0	0	0	0	0	0	0	0	0	0	0	0
Garlic L 14in	0	0	0	0	0	0	0	0	0	0	0	0
Garlic XL 16in	0	0	0	0	0	0	0	0	0	0	0	0
Green Olives S 10in	8	6	0	0	0	0	0	135	0	0	0	0
Green Olives M 12in	13	9	0	0	0	0	0	225	0	0	0	0
Green Olives L 14in	15	11	0	0	0	0	0	270	0	0	0	0
Green Olives XL 16in	20	15	0	0	0	0	0	360	0	0	0	0
Green Peppers S 10in	1	0	0	0	0	0	0	0	0	0	0	0
Green Peppers M 12in	1	0	0	0	0	0	0	0	0	0	0	0
Green Peppers L 14in	2	0	0	0	0	0	0	0	0	0	0	0
Green Peppers XL 16in	3	0	0	0	0	0	0	0	1	0	0	0
Ground Beef S 10in	19	11	0	1	0	0	3	64	0	0	0	1
Ground Beef M 12in	26	15	0	2	1	0	4	90	0	0	0	2
Ground Beef L 14in	34	20	0	2	1	0	6	115	1	1	0	3
Ground Beef XL 16in	45	26	0	3	1	0	8	154	1	1	0	3
Gyro Meat S 10in	23	15	0	2	1	0	6	60	1	0	0	1
Gyro Meat M 12in	34	23	0	3	1	0	9	90	1	0	0	2
Gyro Meat L 14in	51	34	0	4	2	0	13	134	1	0	0	3
Gyro Meat XL 16in	68	45	0	5	2	0	17	180	1	0	0	4
Ham S 10in	5	2	0	0	0	0	2	32	0	0	0	1
Ham M 12in	8	3	0	0	0	0	3	48	0	0	0	1
Ham L 14in	10	4	0	0	0	0	4	64	0	0	0	1
Ham XL 16in	13	5	0	1	0	0	5	80	0	0	0	2
Jalapeno Peppers (Chopped) S 10in	3	0	0	0	0	0	0	60	0	0	0	0
Jalapeno Peppers (Chopped) M 12in	5	0	0	0	0	0	0	120	1	0	0	0
Jalapeno Peppers (Chopped) L 14in	6	0	0	0	0	0	0	150	1	0	0	0
Jalapeno Peppers (Chopped) XL 16in	10	0	0	0	0	0	0	240	1	0	0	0
Meatballs S 10in	18	12	0	1	1	0	5	43	0	0	0	1
Meatballs M 12in	26	18	0	2	1	0	8	64	1	0	0	2
Meatballs L 14in	44	29	0	3	1	0	12	106	1	0	0	3
Meatballs XL 16in	61	41	0	5	2	0	17	149	1	0	0	4
Mushrooms S 10in	1	0	0	0	0	0	0	0	0	0	0	0
Mushrooms M12in	2	0	0	0	0	0	0	1	0	0	0	0
Mushrooms L 14in	3	0	0	0	0	0	0	1	0	0	0	0
Mushrooms XL 16in	4	0	0	0	0	0	0	1	1	0	0	1
Onions S 10in	2	0	0	0	0	0	0	0	0	0	0	0
Onions M 12in	3	0	0	0	0	0	0	0	1	0	1	0
Onions L 14in	4	0	0	0	0	0	0	0	1	0	1	0
Onions XL 16in	5	0	0	0	0	0	0	1	1	0	1	0
Pepperoni S 10in	15	12	0	1	0	0	3	59	0	0	0	1

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Pepperoni M 12in	29	23	0	2	1	0	6	112	0	0	0	1
Pepperoni L 14in	37	29	0	3	1	0	8	144	0	0	0	2
Pepperoni XL 16in	47	37	0	4	1	0	10	180	0	0	0	2
Pineapple S 10in	4	0	0	0	0	0	0	0	1	0	1	0
Pineapple M 12in	8	0	0	0	0	0	0	0	2	0	2	0
Pineapple L 14in	11	0	0	0	0	0	0	0	3	0	3	0
Pineapple XL 16in	15	0	0	0	0	0	0	0	4	0	4	0
Italian Salami S 10in	8	4	0	0	0	0	2	41	0	0	0	1
Italian Salami M 12in	11	7	0	1	0	0	3	61	0	0	0	1
Italian Salami L 14in	15	9	0	1	0	0	4	81	0	0	0	1
Italian Salami XL 16in	19	11	0	1	0	0	5	102	0	0	0	1
Extra Pizza Boli's Sauce S 10in	4	0	n/a	0	0	n/a	0	26	1	0	1	0
Extra Pizza Boli's Sauce M 12in	6	0	n/a	0	0	n/a	0	35	1	0	1	0
Extra Pizza Boli's Sauce L 14in	9	0	n/a	0	0	n/a	0	53	2	0	1	0
Extra Pizza Boli's Sauce XL 16in	12	0	n/a	0	0	n/a	0	71	2	0	2	0
Italian Sausage S 10in	31	25	0	3	1	0	5	73	0	0	0	1
Italian Sausage M 12in	47	38	0	4	2	0	8	109	1	0	0	2
Italian Sausage L 14in	63	50	0	6	2	0	10	145	1	0	0	3
Italian Sausage XL 16in	78	63	0	7	3	0	13	181	1	0	0	3
Shrimp S 10in	4	0	0	0	0	0	8	22	0	0	0	1
Shrimp M 12in	7	0	0	0	0	0	16	44	0	0	0	2
Shrimp L 14in	11	0	0	0	0	0	23	66	0	0	0	3
Shrimp XL 16in	14	0	0	0	0	0	31	88	0	0	0	4
Spinach S 10in	0	0	0	0	0	0	0	2	0	0	0	0
Spinach M 12in	1	0	0	0	0	0	0	4	0	0	0	0
Spinach L 14in	1	0	0	0	0	0	0	6	0	0	0	0
Spinach XL 16in	2	0	0	0	0	0	0	8	0	0	0	0
Sirloin Steak Meat S 10in	8	4	0	0	0	0	2	20	0	0	0	1
Sirloin Steak Meat M 12in	16	8	0	1	0	0	5	39	0	0	0	2
Sirloin Steak Meat L 14in	24	11	0	1	1	0	7	59	0	0	0	3
Sirloin Steak Meat XL 16in	28	13	0	1	1	0	8	68	0	0	0	3
Tomato (Diced) S 10in	2	0	0	0	0	0	0	0	0	0	0	0
Tomato (Diced) M 12in	3	0	0	0	0	0	0	1	1	0	0	0
Tomato (Diced) L 14in	5	0	0	0	0	0	0	1	1	0	0	0
Tomato (Diced) XL 16in	6	0	0	0	0	0	0	2	1	0	0	0

STROMBOLI - Information shown per serving. Each stromboli serves 2.

Original Stromboli	886	70	0	38	16	1	88	2012	86	6	7	46
Meatster Stromboli	1061	211	0	54	22	1	129	2615	88	5	8	54
Veggie Stromboli	858	0	0	39	14	1	68	2127	89	5	9	38
Build Your Own Stromboli (starting at)	766	0	0	30	13	1	68	1602	84	4	7	37

STROMBOLI SIDES

Liquid Garlic Sauce 1.5 oz cup	240	240	n/a	26	5	0	0	370	0	0	0	0
Pizza Sauce 3oz	35	0	n/a	0	0	n/a	0	210	7	1	6	1

STROMBOLI TOPPINGS - Information shown per serving. Each stromboli serves 2.

Anchovies	2	0	0	0	0	0	0	61	0	0	0	0
Bacon	13	10	0	1	0	0	3	34	0	0	0	1
Banana Peppers	0	0	0	0	0	0	0	360	2	0	0	0
Black Olives	11	0	0	1	0	0	0	81	0	0	0	0
Broccoli	0	0	0	0	0	0	0	0	0	0	0	0
Pizza Boli's Cheese	34	0	0	2	1	0	9	78	0	0	0	3
Grilled Chicken Breast	8	1	0	0	0	0	4	12	0	0	0	2
Chicken Steak Meat	8	3	0	0	0	0	5	8	0	0	0	1
Crab	6	1	0	0	0	0	6	20	0	0	0	1
Feta Cheese	4	0	0	0	0	0	1	23	0	0	0	0
Garlic	0	0	0	0	0	0	0	0	0	0	0	0
Green Olives	6	5	0	0	0	0	0	113	0	0	0	0
Green Peppers	1	0	0	0	0	0	0	0	0	0	0	0
Ground Beef	105	61	0	7	3	0	18	359	2	2	0	8
Gyro Meat	17	11	0	1	1	0	4	45	0	0	0	1
Ham	7	2	0	0	0	0	2	42	0	0	0	1

FOOD NAME

FOOD NAME	Calories	Calories from Fat	Calories from Saturated Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Jalapeno Peppers (Chopped)	3	0	0	0	0	0	0	60	0	0	0	0
Meatballs	13	9	0	1	0	0	4	32	0	0	0	1
Mushrooms	1	0	0	0	0	0	0	0	0	0	0	0
Onions	1	0	0	0	0	0	0	0	0	0	0	0
Pepperoni	15	11	0	1	0	0	3	56	0	0	0	1
Italian Salami	6	3	0	0	0	0	2	31	0	0	0	0
Extra Pizza Boli's Secret Recipe Sauce	2	0	0	0	0	0	0	11	0	0	0	0
Italian Sausage	188	150	0	17	7	0	30	435	2	1	1	8
Shrimp	4	0	0	0	0	0	8	22	0	0	0	1
Spinach	0	0	0	0	0	0	0	2	0	0	0	0
Sirloin Steak Meat	8	4	0	0	0	0	2	20	0	0	0	1
Tomato (Diced)	2	0	0	0	0	0	0	0	0	0	0	0

BUFFALO WINGS - Information is per wing.

Wings Fried	112	53	n/a	3	3	0	37	30	0	0	0	8
Wings Baked	80	50	0	6	1	0	40	205	0	0	0	8
Wings Boneless Bites Fried	84	28	n/a	1	1	0	15	161	4	0	0	6
Wings Boneless Bites Baked	60	28	0	1	1	0	11	145	4	0	0	5

WINGS SAUCES - Information is for sauce only but per wing.

Ranch Dipping Cup	150	140	n/a	3	3	0	15	370	1	1	1	1
Blue Cheese Dipping Cup	230	210	n/a	5	5	0	25	300	2	2	2	1
Mild Buffalo	19	19	0	2	2	0	0	170	0	0	0	0
Hot Buffalo	19	19	0	2	2	0	0	170	0	0	0	0
Extra Hot Buffalo	20	20	0	2	0	0	0	173	0	0	0	0
BBQ	47	n/a	0	0	0	0	0	193	12	0	0	0
Honey BBQ	13	0	0	0	0	0	0	73	3	0	3	0
Spicy BBQ	12	0	0	0	0	0	0	0	0	0	0	0
Cajun	20	20	0	2	0	0	0	177	0	0	0	0
Asian Zing	30	0	0	0	0	0	0	133	8	0	7	0
Naked (no sauce)	0	0	0	0	0	0	0	0	0	0	0	0
Honey Mustard	93	17	0	2	0	0	3	57	1	0	10	0
Teriyaki	30	0	0	0	0	0	0	167	0	0	7	0

WINGS DRY RUBS - Information is for sauce only but per wing.

Caribbean	0	0	0	0	0	0	0	73	0	0	0	0
Lemon Pepper	0	0	0	0	0	0	0	153	0	0	0	0
Old Bay	0	0	0	0	0	0	0	93	0	0	0	0

8" OVERSTUFFED AND PREMIUM SUBS - Information shown per sub.

Steak Sub	510	90	0	15	5	0	55	1110	63	3	5	34
Cheesesteak Sub	670	90	0	27	11	0	85	1470	63	3	5	44
Chicken Steak Sub	500	n/a	n/a	5	5	0	127	827	65	6	6	33
Chicken Cheesesteak Sub	660	75	0	24	11	0	157	1187	65	2	6	43
Burger Sub	820	0	0	43	17	2	110	1480	68	2	6	40
Cheeseburger Sub	910	0	0	50	22	2	135	1960	71	2	7	45
Grilled Chicken Sub	474	13	0	6	2	0	81	875	61	2	4	45
Chicken Filet Sub	880	0	0	33	6	0	100	1980	94	2	4	54
Chicken Parmesan	1101	24	0	47	12	0	130	2666	102	3	11	65
Italian Meatball Sub	821	210	0	41	15	1	110	2004	75	5	12	42
Fish Filet	760	140	0	21	3	0	100	1240	104	4	6	40
Veggie Sub	848	31	0	42	16	0	55	3384	82	7	15	29
Ham & Cheese Sub	650	90	0	22	9	0	115	2650	69	2	5	47
Sliced Turkey Sub	470	0	0	6	1	0	67	2605	67	2	7	39
Tuna Salad Sub	785	0	0	36	6	0	68	1285	74	4	6	33
Italian Cold/Hot Cut Sub	813	150	0	34	13	0	133	3248	72	4	5	52
Italian Cheesesteak Sub	747	114	0	29	11	0	85	1798	74	5	14	46
Philly Cheesesteak Sub	631	90	0	21	7	0	63	1803	75	4	10	37
Shrimp Cheesesteak Sub	706	90	0	27	11	0	164	1691	63	3	5	53
Shrimp Chicken Cheesesteak Sub	696	75	0	24	11	0	236	1408	65	2	6	52

FOOD NAME

Calories Calories from Fat Calories from Saturated Fat Total Fat (g) Saturated Fat (g) Trans Fat (g) Cholesterol (mg) Sodium (mg) Total Carbohydrate (g) Dietary Fiber (g) Total Sugars (g) Protein (g)

FREE FIXINS AND ADDITIONAL TOPPING FOR 8" SUBS - Information shown per sub.												
Lettuce	6	0	0	0	0	0	0	5	2	0	2	0
Tomato	14	0	0	0	0	0	0	4	2	1	0	0
Pickles	0	0	0	0	0	0	0	200	0	0	0	0
Mayonnaise	111	85	0	9	1	0	7	202	7	0	2	0
Fried Onions	32	10	0	1	0	0	0	108	6	1	3	1
Raw Onions	13	0	0	0	0	0	0	1	3	1	3	0
Hot Peppers	15	0	0	0	0	0	0	360	3	0	0	0
Ketchup	40	0	0	0	0	0	0	320	10	0	8	0
Mustard	0	0	0	0	0	0	0	300	0	0	0	0
Oil & Vinegar	150	0	0	16	3	0	0	150	2	0	2	0
Salt & Pepper	0	0	0	0	0	0	0	123	0	0	0	0
Marinara Sauce	61	24	0	3	0	0	0	326	8	1	7	1
Cheddar Cheese Sauce	105	0	0	7	2	0	8	690	9	0	3	2
Green Peppers	6	1	0	0	0	0	0	1	1	0	1	0
Mushrooms	7	0	0	0	0	0	0	2	1	0	0	1
Green Olives	40	30	0	0	0	0	0	720	0	0	0	0
Black Olives	70	0	0	8	1	0	0	520	0	0	0	0
Shrimp	35	0	0	0	0	0	77	218	0	0	0	9
Provolone Cheese	160	0	0	12	6	0	30	360	0	0	0	10
American Cheese	90	0	0	7	5	0	25	480	3	0	1	5

12" OVERSTUFFED AND PREMIUM SUBS - Information shown per serving. 2 servings per sub.												
Steak Sub	388	68	0	11	4	0	41	833	48	3	4	26
Cheesesteak Sub	508	68	0	20	9	0	64	1103	48	3	4	34
Chicken Steak Sub	380	n/a	n/a	4	4	0	95	620	49	5	5	25
Chicken Cheesesteak Sub	500	56	0	18	8	0	118	890	49	2	5	33
Burger Sub	620	0	0	32	13	2	83	1110	52	2	5	31
Cheeseburger Sub	688	0	0	37	16	2	101	1470	54	2	6	34
Grilled Chicken Sub	368	10	0	5	2	0	65	668	46	2	4	36
Chicken Filet Sub	665	0	0	25	5	0	75	1485	71	2	4	41
Chicken Parmesan	826	16	0	35	9	0	98	1973	76	3	8	49
Italian Meatball Sub	651	179	0	33	12	1	92	1562	57	4	9	34
Fish Filet	575	105	0	16	3	0	75	930	79	4	5	31
Veggie Sub	635	23	0	34	13	0	41	2577	55	4	6	22
Ham & Cheese Sub	513	75	0	18	7	0	94	2115	53	2	4	38
Sliced Turkey Sub	350	0	0	5	1	0	47	1855	50	2	6	28
Tuna Salad Sub	509	0	0	26	4	0	51	804	40	2	3	22
Italian Cold/Hot Cut Sub	638	125	0	26	10	0	106	2680	56	3	5	41
Italian Cheesesteak Sub	559	84	0	22	9	0	64	1322	55	4	10	35
Philly Cheesesteak Sub	468	68	0	16	5	0	46	1294	56	3	7	28
Shrimp Cheesesteak Sub	536	68	0	20	9	0	126	1278	48	3	4	41
Shrimp Chicken Cheesesteak Sub	528	56	0	18	8	0	180	1065	49	2	5	40
Gyro (servings per sub)	952	382	0	50	22	0	140	1981	33	11	13	44
Chicken Gyro (servings per sub)	779	113	0	33	13	0	150	1570	26	11	13	44

FREE FIXINS AND ADDITIONAL TOPPING FOR 12" SUBS - Information shown per serving. 2 servings per sub.												
Lettuce	4	0	0	0	0	0	0	3	1	0	1	0
Tomato	11	0	0	0	0	0	0	3	2	1	0	0
Pickles	0	0	0	0	0	0	0	160	0	0	0	0
Mayonnaise	83	64	0	7	1	0	5	152	5	0	1	0
Fried Onions	20	6	0	1	0	0	0	68	4	1	2	0
Raw Onions	8	0	0	0	0	0	0	1	2	1	2	0
Hot Peppers	10	0	0	0	0	0	0	240	2	0	0	0
Ketchup	30	0	0	0	0	0	0	240	8	0	6	0
Mustard	0	0	0	0	0	0	0	225	0	0	0	0
Oil & Vinegar	150	0	0	16	3	0	0	150	2	0	2	0
Salt & Pepper	0	0	0	0	0	0	0	61	0	0	0	0
Marinara Sauce	41	16	0	2	0	0	0	218	5	1	5	1
Cheddar Cheese Sauce	70	0	0	5	1	0	5	460	6	0	2	1
Green Peppers	4	0	0	0	0	0	0	1	1	0	1	0
Mushrooms	5	0	0	0	0	0	0	1	1	0	0	1

FOOD NAME

FOOD NAME	Calories	Calories from Fat	Calories from Saturated Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Green Olives	30	23	0	0	0	0	0	540	0	0	0	0
Black Olives	53	0	0	6	1	0	0	390	0	0	0	0
Shrimp	28	0	0	0	0	0	62	175	0	0	0	7
Provolone Cheese	120	0	0	9	5	0	23	270	0	0	0	8
American Cheese	68	0	0	5	3	0	19	360	2	0	1	4

WRAPS - Information shown per wrap.

Wrap Flour Tortilla only	280	70	n/a	8	3	0	0	460	46	1	1	8
Wrap Whole Wheat Tortilla only	280	70	n/a	8	3	0	0	460	46	4	1	8
Chicken Caesar Wrap Flour Tortilla	893	398	0	52	13	0	106	1576	57	5	5	52
Chicken Caesar Wrap Whole Wheat Tortilla	893	398	0	52	13	0	106	1576	57	8	5	52
Buffalo Crispy Chicken Wrap Flour Tortilla	704	87	0	28	6	0	40	1871	85	7	4	28
Buffalo Crispy Chicken Wrap Whole Wheat Tortilla	704	87	0	28	6	0	40	1871	85	10	4	28
Tuna Salad Wrap Flour Tortilla	803	70	0	40	7	0	68	1126	70	8	6	31
Tuna Salad Wrap Whole Wheat Tortilla	803	70	0	40	7	0	68	1126	70	11	6	31
Sliced Turkey Wrap Flour Tortilla	689	155	0	27	8	0	99	3127	73	6	10	42
Sliced Turkey Wrap Whole Wheat Tortilla	689	155	0	27	8	0	99	3127	73	9	10	42
Italian Cold Cut Wrap Flour Tortilla	858	220	0	38	14	0	133	3996	75	9	8	50
Italian Cold Cut Wrap Whole Wheat Tortilla	858	220	0	38	14	0	133	3996	75	12	8	50
Veggie Wrap Whole Wheat Tortilla	863	116	0	49	18	0	55	3835	66	11	8	27
Veggie Wrap Original Tortilla	863	116	0	49	18	0	55	3835	66	8	8	27

FRESH SALADS - Information is per salad.

Garden Salad Small	113	0	0	2	0	0	0	543	19	8	7	3
Garden Salad Large	223	1	0	4	0	0	0	1086	37	17	13	6
Caesar Salad	478	88	0	22	8	0	38	738	42	20	10	24
Greek Salad	466	1	0	20	10	0	60	2567	42	17	13	26
Tuna Salad	226	1	0	4	0	0	0	1087	38	17	13	6
Chef Salad	673	101	0	34	14	0	120	3086	45	17	14	40

SALAD DRESSINGS

Ranch 1.5 oz	150	n/a	n/a	16	3	0	15	370	1	0	1	1
Blue Cheese 1.5 oz	230	n/a	n/a	24	5	0	20	310	2	0	2	1
Fat-free Italian 1.5 oz	20	0	n/a	0	0	0	0	680	5	1	2	0
Caesar 1.5 oz	210	n/a	n/a	23	4	0	0	390	2	0	1	1
House 2 Tbsp	165	165	n/a	18	2	0	0	345	0			

SALAD ADD ONS - Information is per salad.

Grilled Marinated Chicken Breast	154	13	0	2	1	0	81	235	1	0	0	33
Crispy Chicken Tenders	360	0	0	18	2	0	40	1240	31	1	1	18
Shrimp (Grilled/Seared)	57	0	0	0	0	0	124	350	0	0	0	15
Gyro Meat	34	23	0	3	1	0	9	90	1	0	0	2

CHOOSE YOUR PASTA - Information is per order.

Spaghetti Pasta	340	15	n/a	2	0	0	0	25	68	3	5	11
Fettuccini Pasta	340	n/a	0	2	0	0	0	25	68	3	5	11
Lasagna	360	80	n/a	9	5	0	30	740	50	2	4	18
Stuffed Shells	330	0	0	12	6	0	67.5	675	40.5	1.5	4.5	13.5

CHOOSE YOUR PASTA SAUCE - Information is per order.

Creamy Alfredo Sauce	381	n/a	n/a	34	11	1	48	925	10	0	5	8
Marinara Sauce	162	63	n/a	7	0	0	0	862	22	4	18	4

PASTA TOPPINGS - Information is per order.

Ground Beef	240	140	0	16	6	0	40	820	4	4	0	18
Mushroom	20	0	0	0	0	0	0	5	3	1	0	3
Meatballs	279	186	0	21	8	1	80	678	7	1	1	19
Grilled Marinated Chicken Breast	154	13	0	2	1	0	81	235	1	0	0	33

FOOD NAME

FOOD NAME	Calories	Calories from Fat	Calories from Saturated Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Breaded Chicken	280	0	0	14	3	0	50	670	17	0	0	21
Mozzarella Cheese	270	n/a	n/a	19	12	1	69	631	3	1	0	23
Garlic Bread Side for Pasta	424	0	0	40	12	0	0	812	12	0	0	0

SPECIALTY PASTAS - Information is per order.

Spaghetti Pasta with Marinara Sauce and Meatballs	891	264	0	38	13	0	105	1846	97	8	24	41
Lasagna Pasta with Meat Sauce	1252	283	n/a	67	33	1	189	3613	80	10	22	79
Chicken Parmesan	1162	78	n/a	49	19	1	144	2468	110	7	23	67
Veggie Fettuccini Alfredo Pasta	960	0	0	54	19	1	73	1447	85	5	12	29
Chicken Fettuccini Alfredo Pasta	1093	13	0	55	20	1	154	1648	83	4	12	61
Shrimp Fettuccini Alfredo Pasta	1019	0	0	54	19	1	228	2153	83	4	11	46
Seafood Fettuccini Alfredo Pasta	1064	7	0	55	19	1	257	2250	82	4	11	55

SIDE ORDERS AND APPETIZERS - Information is per order.

Crispy French Fries S	357	105	0	15	3	0	0	465	50	2	2	4
Crispy French Fries L	476	140	0	21	4	0	0	620	66	3	2	5
Crispy French Fries with Cheddar Cheese Sauce	756	196	n/a	9	8	0	20	2460	90	11	10	9
Western Fries S	392	120	0	18	2	0	0	800	49	2	0	2
Western Fries L	521	160	0	24	3	0	0	1064	65	3	0	3
Western Fries with Cheddar Cheese Sauce	672	120	n/a	7	6	0	20	2640	73	8	8	6
Pizza Fantastic Fries	781	140	n/a	17	16	n/a	69	1462	76	9	8	29
Cheesesteak Fantastic Fries	763	186	n/a	15	14	n/a	73	1271	73	6	5	31
Philly Cheesesteak Fantastic Fries	618	185	n/a	8	7	0	31	1162	72	5	4	17
Bacon Cheese Fantastic Fries	991	300	n/a	26	25	1	121	2031	71	4	3	39
Jalapeno Poppers 6 pcs	604	300	n/a	13	12	0	40	1620	60	3	3	10
Mozzarella Sticks 6 pcs	960	270	n/a	13	12	0	40	2340	60	6	6	33
Fried Mushrooms	276	100	n/a	2	2	0	0	840	32	8	8	7
Onion Rings Fried	386	0	n/a	0	0	0	0	580	81	12	12	7
Onion Rings Baked	340	100	n/a	12	2	0	0	1060	52	4	8	6
Breadsticks	1860	0	0	75	20	0	0	3600	247	8	12	43
Pizza Sauce Side 3 oz	35	0	0	0	0	0	0	210	7	1	6	1
Garlic Butter Sauce Side	240	240	0	26	5	0	0	370	0	0	0	0
Breadsticks with Cheese	2397	0	0	112	43	1	137	4854	253	10	13	89
Garlic Bread Side Order	668	0	0	60	18	0	0	1284	24	0	0	0
Garlic Bread with Cheese	938	n/a	n/a	79	30	1	69	1915	27	1	0	23
Chicken Tenders Platter 3 pcs with Crispy Fries	857	93	n/a	6	6	0	60	2272	91	3	3	30
Chicken Tenders Platter 5 pcs with Crispy Fries	1376	140	n/a	10	9	0	100	3720	144	5	5	50
Jumbo Shrimp Platter	761	93	n/a	7	5	0	158	1372	84	2	1	23
Honey Mustard cup	160	0	0	13	2	0	10	350	12	0	11	0
Cocktail Sauce cup	35	0	0	0	0	0	0	530	7	0	6	1
Plain Chips	160	0	0	10	3	0	0	95	15	1	0	2
BBQ Chips	150	0	0	9	3	0	0	290	15	1	2	2

DESSERTS - Information is per order unless specified.

Cinnaboli Sticks	1890	0	0	122	21.5	0	0	2510	174	5	8	27
Icing Cup	138	n/a	n/a	1	1	0	0	56	31	0	26	0
Carrot Cake	300	0	0	14	3.5	0	40	280	39	1	26	3
Chocolate Cake	290	0	0	12	4	0	30	290	42	2	27	3
Cheesecake	350	0	0	22	14	0.5	70	300	33	1	25	6
Oreo Cream Pie	280	140	90	0	10	0	5	210	34	1	23	3
Ben & Jerry's Cherry Garcia 1/2 cup	240	110	n/a	12	8	0	0	20	32	1	25	2
Ben & Jerry's Choco Chip Cookie Dough 1/2 cup	280	140	n/a	15	9	0.5	75	50	32	0	25	4
Ben & Jerry's Choco Fudge Brownie 1/2 cup	200	100	n/a	11	6	0	0	45	23	2	16	3
Ben & Jerry's Vanilla 1/2 cup	250	140	n/a	16	10	0.5	90	50	21	0	20	4

BEVERAGES - Information is per entire cans and bottles. For 2 Ltr, information is per 12 fl oz, servings per container about 6.

Pepsi 12 oz Can	150	n/a	n/a	0	n/a	n/a	n/a	30	41	n/a	41	0
Pepsi 20 oz Bottle	250	n/a	n/a	0	n/a	n/a	n/a	55	69	n/a	69	0
Pepsi 2 Ltr	150	n/a	n/a	0	n/a	n/a	n/a	30	41	n/a	41	0
Diet Pepsi 12 oz Can	0	n/a	n/a	0	n/a	n/a	n/a	35	0	n/a	0	0
Diet Pepsi 20 oz Bottle	0	n/a	n/a	0	n/a	n/a	n/a	60	0	n/a	0	0

FOOD NAME

FOOD NAME	Calories	Calories from Fat	Calories from Saturated Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Diet Pepsi 2 Ltr	0	n/a	n/a	0	n/a	n/a	n/a	35	0	n/a	0	0
Sierra Mist 12 oz Can	140	n/a	n/a	0	n/a	n/a	n/a	35	37	n/a	37	0
Sierra Mist 20 oz Bottle	240	n/a	n/a	0	n/a	n/a	n/a	60	61	n/a	61	0
Sierra Mist 2 Ltr	140	n/a	n/a	0	n/a	n/a	n/a	35	37	n/a	37	0
Crush Orange Soda 12 oz Can	160	n/a	n/a	0	n/a	n/a	n/a	70	43	n/a	43	0
Crush Orange Soda 20 oz Bottle	270	n/a	n/a	0	n/a	n/a	n/a	120	72	n/a	71	0
Crush Orange Soda 2 Ltr	160	n/a	n/a	0	n/a	n/a	n/a	70	43	n/a	43	0
Mountain Dew 12 oz Can	170	n/a	n/a	0	n/a	n/a	n/a	60	46	n/a	46	0
Mountain Dew 20 oz Bottle	290	n/a	n/a	0	n/a	n/a	n/a	105	77	n/a	77	0
Mountain Dew 2 Ltr	170	n/a	n/a	0	n/a	n/a	n/a	60	46	n/a	46	0
Brisk Iced Tea 12 oz Can	70	n/a	n/a	0	n/a	n/a	n/a	105	17	n/a	17	0
Brisk Iced Tea 20 oz Bottle	110	n/a	n/a	0	n/a	n/a	n/a	170	29	n/a	29	0
Brisk Iced Tea 2 Ltr	70	n/a	n/a	0	n/a	n/a	n/a	105	17	n/a	17	0

Empty cells indicate this information is not available from the manufacturer. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.