

Food Menu Report: Italian

Item Name	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Crusts (with sauce and cheese)										
Pizza, Cheese, Tuscano, 12"	150	8	4	0	20	350	14	1	1	8
Flatbread, Cheese	510	24	12	0	60	1820	49	3	5	28
Pizza, Cheese, Thin Crust, 16"	260	10	4.5	0	25	680	30	1	3	12
Pizza, Cheese, Traditional Crust, 16"	390	15	7	0	35	1000	47	1	5	19
Pizza, Cheese, Thin Crust, 12"	150	6	3	0	15	430	18	1	2	7
Pizza, Cheese, Tuscano, 16"	250	12	6	0	30	620	24	1	2	13
Pizza, Cheese, Traditional Crust, 12"	210	8	4	0	20	580	25	1	2	10
12" Single Topping Pizzas										
Pizza, Cheese, Thin Crust, 12"	150	6	3	0	15	430	18	1	2	7
Pizza, Canadian Bacon, Thin Crust, 12"	170	6	3	0	20	570	19	1	2	10
Pizza, Beef, Thin Crust, 12"	180	8	4	0	20	560	19	1	2	9
Pizza, Pepperoni, Thin Crust, 12"	180	8	4	0	20	530	18	1	2	8
Pizza, Italian Sausage, Thin Crust, 12"	190	9	3.5	0	20	550	19	1	2	9
Pizza, Pork Sausage, Thin Crust, 12"	200	10	4	0	20	560	19	1	2	8
Pizza, Cheese, Traditional Crust, 12"	210	8	4	0	20	580	25	1	2	10
Pizza, Canadian Bacon, Traditional Crust, 12"	230	9	4.5	0	25	720	26	1	2	12
Pizza, Beef, Traditional Crust, 12"	240	11	5	0	25	710	26	1	2	12
Pizza, Pepperoni, Traditional Crust, 12"	240	11	5	0	25	680	25	1	2	11
Pizza, Italian Sausage, Traditional Crust, 12"	250	11	5	0	25	700	26	1	2	12
Pizza, Pork Sausage, Traditional Crust, 12"	260	12	5	0	25	710	26	1	2	11
Pizza, Cheese, Tuscano, 12"	150	8	4	0	20	350	14	1	1	8
Pizza, Canadian Bacon, Tuscano, 12"	180	9	4	0	30	570	15	1	1	12
Pizza, Beef, Tuscano, 12"	200	12	5	0	30	560	15	1	2	11
Pizza, Pepperoni, Tuscano, 12"	200	12	5	0	25	500	14	1	1	10
Pizza, Italian Sausage, Tuscano, 12"	230	14	5	0	35	600	16	1	1	12
Pizza, Pork Sausage, Tuscano, 12"	230	15	5	0	30	570	15	1	2	11
16" Single Topping Pizzas										
Pizza, Cheese, Thin Crust, 16"	260	10	4.5	0	25	680	30	1	3	12
Pizza, Canadian Bacon, Thin Crust, 16"	280	11	5	0	35	900	30	1	3	16
Pizza, Pepperoni, Thin Crust, 16"	310	15	6	0	35	870	30	1	3	14

Pizza, Beef, Thin Crust, 16"	320	15	6	0	35	940	30	1	4	16
Pizza, Italian Sausage, Thin Crust, 16"	330	16	6	0	40	930	31	1	3	16
Pizza, Pork Sausage, Thin Crust, 16"	340	18	6	0	40	950	31	1	4	15
Pizza, Cheese, Tuscano, 16"	250	12	6	0	30	620	24	1	2	13
Pizza, Canadian Bacon, Tuscano, 16"	290	14	7	0	45	920	25	1	2	19
Pizza, Pepperoni, Tuscano, 16"	310	18	8	0	40	820	24	1	2	16
Pizza, Beef, Tuscano, 16"	320	18	8	0	45	920	25	1	2	17
Pizza, Italian Sausage, Tuscano, 16"	340	19	8	0	45	910	26	1	2	17
Pizza, Pork Sausage, Tuscano, 16"	350	22	8	0	45	930	26	1	2	17
Pizza, Cheese, Traditional Crust, 16"	390	15	7	0	35	1000	47	1	5	19
Pizza, Canadian Bacon, Traditional Crust, 16"	420	16	7	0	45	1220	48	1	5	22
Pizza, Beef, Traditional Crust, 16"	450	20	9	0	45	1260	48	1	5	22
Pizza, Pepperoni, Traditional Crust, 16"	450	20	8	0	45	1190	47	1	5	21
Pizza, Italian Sausage, Traditional Crust, 16"	470	21	8	0	50	1250	49	1	5	22
Pizza, Pork Sausage, Traditional Crust, 16"	480	23	8	0	50	1270	49	1	5	21
12" Specialties										
Pizza, Greek Isle, Thin Crust, 12"	170	8	3	0	10	340	18	1	2	6
Pizza, Tomato & Mozzarella, Thin Crust, 12"	170	8	3.5	0	15	380	18	1	1	7
Pizza, Hawaiian, Thin Crust, 12"	170	6	3	0	15	490	20	1	3	8
Pizza, Adobe Southwest Chicken, Thin Crust, 12"	190	8	3.5	0	20	570	19	1	2	10
Pizza, Spinach Artichoke, Thin Crust, 12"	190	9	3.5	0	15	460	19	1	2	7
Pizza, Italian Sting, Thin Crust, 12"	200	10	3.5	0	25	570	19	1	2	9
Pizza, Supreme, Thin Crust, 12"	210	10	4	0	20	620	20	1	2	9
Pizza, Buffalo Ranch, Thin Crust, 12"	210	9	3.5	0	30	910	19	1	1	13
Pizza, Crab Rangoon, Thin Crust, 12"	220	9	4.5	0	20	370	27	1	7	7
Pizza, Bacon Cheeseburger, Thin Crust, 12"	220	11	5	0	25	950	20	0	3	10
Pizza, Breakfast, Sausage Gravy, Thin Crust, 12"	230	12	4.5	0	80	460	19	1	2	10
Pizza, Buffalo Bleu, Thin Crust, 12"	230	12	4	0	30	920	18	1	1	13
Pizza, Breakfast, Hashbrown, Thin Crust, 12"	260	14	6	0	80	470	21	1	2	12
Pizza, Meat Cravers, Thin Crust, 12"	300	17	7	0	40	990	20	1	2	15
Pizza, Adobe Southwest Chicken, Traditional Crust, 12"	220	9	3.5	0	20	660	25	1	1	11
Pizza, Greek Isle, Traditional Crust, 12"	220	10	3	0	10	430	24	1	1	7
Pizza, Italian Sting, Traditional Crust, 12"	230	11	4	0	25	660	26	1	1	10
Pizza, Hawaiian, Traditional Crust, 12"	230	9	4	0	20	640	27	1	3	11

Pizza, Tomato & Mozzarella, Traditional Crust, 12"	240	12	4.5	0	20	520	25	1	1	10
Pizza, BBQ Chicken, Traditional Crust, 12"	250	9	4	0	25	730	31	1	8	13
Pizza, Supreme, Traditional Crust, 12"	270	13	5	0	25	780	27	1	2	12
Pizza, Spinach Artichoke, Traditional Crust, 12"	270	14	5	0	20	610	27	1	3	10
Pizza, Bacon Cheeseburger, Traditional Crust, 12"	280	13	6	0	30	1160	28	1	4	13
Pizza, Buffalo Ranch, Traditional Crust, 12"	280	13	5	0	35	1180	26	1	1	15
Pizza, Crab Rangoon, Traditional Crust, 12"	280	12	6	0	30	500	34	1	7	9
Pizza, Breakfast, Sausage Gravy, Traditional Crust, 12"	290	15	6	0	85	610	26	1	2	13
Pizza, Buffalo Bleu, Traditional Crust, 12"	310	16	6	0	35	1190	26	1	1	15
Pizza, Breakfast, Hashbrown, Traditional Crust, 12"	330	18	8	0	90	610	28	1	2	14
Pizza, Meat Cravers, Traditional Crust, 12"	360	20	8	0	45	1140	27	1	2	18
Pizza, Tomato & Mozzarella, Tuscano, 12"	150	8	2	0	5	140	14	1	2	4
Pizza, BBQ Chicken, Tuscano, 12"	160	6	3	0	20	460	18	1	5	9
Pizza, Summer Vegetable, Tuscano, 12"	160	9	3.5	0	15	230	14	1	1	7
Pizza, Spinach Artichoke, Tuscano, 12"	160	9	3	0	15	350	14	1	1	7
Pizza, Garden, Tuscano, 12"	170	8	4	0	20	380	16	1	2	9
Pizza, Hawaiian, Tuscano, 12"	200	9	4.5	0	30	650	17	1	3	14
Pizza, Taco, Tuscano, 12"	210	11	4.5	0	25	500	19	2	1	11
Pizza, Buffalo Ranch, 12" Tuscano	210	12	3.5	0	20	700	16	1	1	9
Pizza, Crab Rangoon, Tuscano, 12"	230	12	6	0	30	320	22	1	6	9
Pizza, Buffalo Bleu, 12" Tuscano	230	15	4.5	0	20	710	16	1	1	9
Pizza, Supreme, Tuscano, 12"	240	15	6	0	30	640	16	1	2	11
Pizza, Bacon Cheeseburger, Tuscano, 12"	250	15	7	0	35	990	17	1	4	13
Pizza, Meat Cravers, Tuscano, 12"	290	19	7	0	45	890	16	1	2	16
16" Specialties										
Pizza, Tomato & Mozzarella, Thin Crust, 16"	260	12	4	0	20	560	29	0	2	11
Pizza, Greek Isle, ThinCrust, 16"	280	14	4	0	20	600	29	0	3	11
Pizza, Adobe Southwest Chicken, Thin Crust, 16"	280	12	4	0	30	910	30	0	3	15
Pizza, Spinach Artichoke, Thin Crust, 16"	280	13	4	0	20	680	31	1	4	11
Pizza, Hawaiian, Thin Crust, 16"	300	12	5	0	40	990	33	1	6	18
Pizza, Buffalo Ranch, Thin Crust, 16"	310	13	4.5	0	35	1180	30	0	2	17
Pizza, Supreme, Thin Crust, 16"	330	17	6	0	35	990	32	1	4	15
Pizza, Buffalo Bleu, Thin Crust, 16"	340	16	5	0	35	1190	29	0	2	17
Pizza, Italian Sting, Thin Crust, 16"	340	17	6	0	40	1000	31	0	3	16

[illegible]

Market Grille, Flatbread, Tomato Mozzarella	380	25	7	0	30	430	42	2	3	15
Market Grille, Flatbread, BBQ Chicken	560	19	9	0	70	1560	71	1	28	32
Market Grille, Flatbread, Spinach Artichoke	590	39	17	0	85	1410	45	2	3	29
Flatbread, Buffalo Chicken Ranch	600	31	14	0	90	1970	44	1	1	39
Market Grille, Flatbread, Meat Cravers	680	39	16	0	100	2080	48	2	4	38
Flatbread, Triple Threat Pepperoni	730	44	20	0	105	2020	49	3	5	38
Market Grille, Flatbread, Crab Rangoon	920	45	21	1	110	1560	100	4	25	32
Market Grille, Flatbread, Sicilian	940	70	20	0	135	2290	55	3	6	41
Toppings										
Topping, Bell Pepper, 12" - Market Grille	5	0	0	0	0	0	1	0	0	0
Topping, Jalapeno, 12" - Market Grille	5	0	0	0	0	0	1	0	1	0
Topping, Mushroom, 12" - Market Grille	5	0	0	0	0	0	0	0	0	0
Topping, Onion, 12" - Market Grille	5	0	0	0	0	0	1	0	1	0
Topping, Pineapple, 12" - Market Grille	5	0	0	0	0	0	2	0	1	0
Topping, Spinach, 12" - Market Grille	5	0	0	0	0	10	1	0	0	0
Topping, Tomato, 12" - Market Grille	5	0	0	0	0	0	1	0	0	0
Topping, Canadian Bacon, 12" - Market Grille	15	0.5	0	0	5	140	0	0	0	2
Topping, Black Olive, 12" - Market Grille	25	2.5	0	0	0	110	1	--	0	0
Topping, Green Olive, 12" - Market Grille	25	2.5	0	0	--	310	--	--	--	0
Topping, Beef, 12" - Market Grille	30	2.5	1	0	5	130	0	0	0	2
Topping, Pepperoni, 12" - Market Grille	30	2.5	1	0	5	105	0	0	0	1
Topping, Italian Sausage, 12" - Market Grille	35	3	0.5	0	5	125	1	--	0	2
Topping, Extra Cheese, 12" - Market Grille	45	3.5	2	0	10	90	1	0	0	4
Topping, Pork Sausage, 12" - Market Grille	45	4	1	0	5	135	1	0	0	1
Topping, Bacon, 12" - Market Grille	70	5	1.5	0	15	220	0	0	0	5
Topping, Bell Pepper, 12", Tuscano - Market Grille	5	0	0	0	0	0	1	0	0	0
Topping, Jalapeno, 12", Tuscano - Market Grille	5	0	0	0	0	0	1	0	1	0
Topping, Mushroom, 12", Tuscano - Market Grille	5	0	0	0	0	0	0	0	0	0
Topping, Onion, 12", Tuscano - Market Grille	5	0	0	0	0	0	1	0	1	0
Topping, Pineapple, 12", Tuscano - Market Grille	5	0	0	0	0	0	2	0	1	0
Topping, Spinach, 12", Tuscano - Market Grille	5	0	0	0	0	10	1	0	0	0
Topping, Tomato, 12", Tuscano - Market Grille	5	0	0	0	0	0	1	0	0	0
Topping, Green Olive, 12", Tuscano - Market Grille	25	2.5	0	0	--	310	--	--	--	0
Topping, Black Olive, 12", Tuscano - Market Grille	25	2.5	0	0	0	110	1	--	0	0

Topping, Canadian Bacon, 12", Tuscano - Market Grille	25	1	0	0	10	230	0	0	0	4
Topping, Beef, 12", Tuscano - Market Grille	30	2.5	1	0	5	130	0	0	0	2
Topping, Pepperoni, 12", Tuscano - Market Grille	30	2.5	1	0	5	105	0	0	0	1
Topping, Extra Cheese, 12", Tuscano - Market Grille	45	3.5	2	0	10	90	1	0	0	4
Topping, Italian Sausage, 12", Tuscano - Market Grille	45	4	1	0	10	170	1	--	0	2
Topping, Pork Sausage, 12", Tuscano - Market Grille	45	4	1	0	5	135	1	0	0	1
Topping, Bacon, 12", Tuscano - Market Grille	70	5	1.5	0	15	220	0	0	0	5
Topping, Bell Pepper, 16" - Market Grille	5	0	0	0	0	0	1	0	1	0
Topping, Mushroom, 16" - Market Grille	5	0	0	0	0	0	1	0	0	1
Topping, Spinach, 16" - Market Grille	5	0	0	0	0	20	1	1	0	1
Topping, Tomato, 16" - Market Grille	5	0	0	0	0	0	1	0	1	0
Topping, Onion, 16" - Market Grille	10	0	0	0	0	0	2	0	1	0
Topping, Pineapple, 16" - Market Grille	10	0	0	0	0	0	3	0	2	0
Topping, Canadian Bacon, 16" - Market Grille	25	1	0	0	10	220	0	0	0	4
Topping, Black Olive, 16" - Market Grille	40	4	0	0	0	190	2	--	0	0
Topping, Green Olive, 16" - Market Grille	40	4	0	0	--	550	--	--	--	0
Topping, Pepperoni, 16" - Market Grille	50	5	2	0	10	200	0	0	0	2
Topping, Beef, 16" - Market Grille	60	5	2	0	15	260	1	0	0	3
Topping, Bell Pepper, 16", Tuscano - Market Grille	5	0	0	0	0	0	1	0	1	0
Topping, Mushroom, 16", Tuscano - Market Grille	5	0	0	0	0	0	1	0	0	1
Topping, Spinach, 16", Tuscano - Market Grille	5	0	0	0	0	20	1	1	0	1
Topping, Tomato, 16", Tuscano - Market Grille	5	0	0	0	0	0	1	0	1	0
Topping, Onion, 16", Tuscano - Market Grille	10	0	0	0	0	0	2	0	1	0
Topping, Pineapple, 16", Tuscano - Market Grille	10	0	0	0	0	0	3	0	2	0
Topping, Canadian Bacon, 16", Tuscano - Market Grille	35	1.5	0.5	0	15	310	1	0	0	5
Topping, Black Olive, 16", Tuscano - Market Grille	40	4	0	0	0	190	2	--	0	0
Topping, Green Olive, 16", Tuscano - Market Grille	40	4	0	0	--	550	--	--	--	0
Topping, Pepperoni, 16", Tuscano - Market Grille	50	5	2	0	10	200	0	0	0	2
Topping, Beef, 16", Tuscano - Market Grille	60	5	2	0	15	260	1	0	0	3
Topping, Italian Sausage, 16" - Market Grille	70	6	1.5	0	15	250	1	--	0	3
Topping, Extra Cheese, 16" - Market Grille	80	6	3.5	0	20	160	1	0	0	6
Topping, Extra Cheese, 16", Tuscano - Market Grille	80	6	3.5	0	20	160	1	0	0	6
Topping, Italian Sausage, 16", Tuscano - Market Grille	90	8	2	0	20	330	2	--	0	4
Topping, Pork Sausage, 16" - Market Grille	90	8	2	0	15	270	1	0	0	3

Topping, Pork Sausage, 16", Tuscano - Market Grille	90	8	2	0	15	270	1	0	0	3
Topping, Bacon, 16" - Market Grille	120	9	3	0	30	380	0	0	0	9
Topping, Bacon, 16", Tuscano - Market Grille	120	9	3	0	30	380	0	0	0	9
Topping, Bell Pepper, Flatbread - Market Grille	5	0	0	0	0	0	1	0	1	0
Topping, Mushroom, Flatbread - Market Grille	5	0	0	0	0	0	1	0	1	1
Topping, Spinach, Flatbread - Market Grille	5	0	0	0	0	20	1	1	0	1
Topping, Tomato, Flatbread - Market Grille	5	0	0	0	0	0	1	0	1	0
Topping, Onion, Flatbread - Market Grille	10	0	0	0	0	0	3	0	1	0
Topping, Pineapple, Flatbread - Market Grille	15	0	0	0	0	0	4	0	3	0
Topping, Black Olive, Flatbread - Market Grille	45	4.5	0	0	0	220	2	--	0	0
Topping, Green Olive, Flatbread - Market Grille	45	4.5	0	0	--	620	--	--	--	0
Topping, Canadian Bacon, Flatbread - Market Grille	60	2.5	1	0	25	510	1	0	1	9
Topping, Pepperoni, Flatbread - Market Grille	80	7	2.5	0	15	310	1	0	0	3
Topping, Extra Cheese, Flatbread - Market Grille	90	7	4	0	20	180	1	0	0	7
Topping, Bacon, Flatbread - Market Grille	130	10	3.5	0	35	430	0	0	0	11
Topping, Beef Sausage, Flatbread - Market Grille	160	13	5	0	35	690	2	0	1	9
Topping, Italian Sausage, Flatbread - Market Grille	190	16	4	0	40	670	4	--	0	9
Topping, Pork Sausage, Flatbread - Market Grille	230	22	5	0	40	730	4	0	1	7
Personal Pizza										
Personal Pizza	610	21	9	0	45	2040	79	2	9	27
Kid's Personal Pepperoni Pizza	630	25	10	0	50	2140	75	2	9	28
Kid's Personal Canadian Bacon & Pineapple Pizza	650	22	9	0	60	2320	83	3	15	32
Kid's Personal Sausage Pizza	760	36	12	0	80	2600	79	2	9	34
Calzone										
Calzone, Cheese	350	14	6	0	30	840	41	2	6	17
Calzone, Pepperoni	390	18	8	0	40	1010	41	2	6	19
Calzone, Supreme	430	20	8	0	45	1130	43	2	7	20
Calzone, Canadian Bacon	430	17	7	0	60	1480	42	2	7	28
Calzone, Beef	470	23	10	0	55	1350	42	2	7	24
Calzone, Italian Sausage	490	26	9	0	60	1340	44	2	6	23
Calzone, Pork Sausage	520	30	10	0	60	1380	44	2	7	22
Other										
Sausage Rolls, Tray, 12 ct.	400	19	5	1	30	1050	43	2	8	13
Pinwheels, Pepperoni, Tray, 4 ct.	270	11	4	0	15	640	33	1	3	9

Stromboli, Meatball	580	33	15	0	80	1350	42	1	5	32
Garlic Bread Sticks (Pre Made), 5 ct.	210	8	2	0	5	550	26	3	5	5