

Single Topping									
Large									
	Calories:	Fat Cal.	Total Fat:	Sat. Fat:	Chol.:	Sodium:	Total Carb:	D. Fiber:	Protien:
Dough:									
Wheat Hand Tossed	1322	198	22	1.8	0	2272	243.6	16.4	37.4
Wheat Thin	581	91	10.1	1.2	0	1103	102	11.7	20.5
White Hand Tossed	1366	181	20.1	1.2	0	2272	261.4	9.7	34.9
White Thin	662	88	9.8	0.6	0	1103	126.8	4.7	16.8
Sauce :									
Impecable Red	65	0	0	0	0	618	13.2	4.8	3
Alfrado	332	222	24.7	16.5	82	1262	16.5	0	11
Pesto	380	330	36.7	5.9	18	804	3.6	1.8	9
Barbque	253	0	0	0	0	1069	63.2	0	0
Cream Cheese	463	408	45.3	27	138	384	4.8	4.8	9
Olive Oil	504	504	56	8	0	0	0	0	0
Meat:									
Canadian Bacon	87	37	4.1	1.4	41	770	0	0	12.4
Bacon	454	304	33.8	11.2	150	1950	0	0	37.5
Beef	114	111	12.5	5.1	21	1340	8.2	2.1	0
Chicken	214	56	6.4	2	94	2083	2.1	0	37.5
Pepperoni	274	234	26	11.9	70	940	0	0	10
Sausage	261	165	18.3	5.6	34	1223	6.9	4.6	17.1
Italian Sausage	342	265	29.5	10.1	51	1191	4.5	3.4	14.7
Shrimp	87	14	1.5	0	127	123	0.9	0	17.3
Anchovies	51	30	3.3	0	20	1400	0	0	5.3
Veggies/Others:									
Onions	39	0	0	0	0	3	9.2	1.7	0.6
Green Peppers	18	0	0	0	0	0	4	1.1	0.6
Red Peppers	11	0	0	0	0	0	2.7	1.1	0
Mushrooms	27	0	0	0	0	0	4.1	0	2.7
Portabello Mushrooms	32	0	0	0	0	0	4.1	0	4
Black Olives	117	74	8.3	0	0	765	10.7	0	0
Green Olives	140	128	14.2	0	0	1985	2.9	0	0
Tomatoes	32	7	0.8	0	0	4	5.5	0.8	0.8
Pineapple	62	0	0	0	0	0	15.5	0.8	0
Jalepeno Peppers	11	0	0	0	0	1446	2.8	0	0
Banana Peppers	12	0	0	0	0	1440	2.9	0	0
Sun Dried Tomatoes	216	0	0	0	0	120	42	12	12
Broccoli	41	4	0.4	0	0	31	5.9	3.4	3.4
Spinach	5	0	0	0	0	15	0.7	0.5	0.5
Garlic	0	0	0	0	0	0	0	0	0
Avocados	334	273	30.4	0	0	0	10.1	5.1	5.1
Cashews	835	567	63	11.7	0	551	47.3	3.9	19.7
Sunflower Seeds	386	302	33.6	3.1	0	231	8.4	4.2	12.6
Artichoke Hearts	21	0	0	0	0	275	3.9	1.3	1.3
Cheese:									
Mozzorella	737	510	56.7	36.4	162	1539	8.1	8.1	48.6
Provolone	211	146	16.2	9	41	405	2	0	14.2
Cheddar	229	164	18.2	10	61	365	2	0	14.2
Feta	165	105	11.7	6.6	42	650	3.3	1.7	11.7