

## STARTERS

	TOTAL CALORIES	FAT CALORIES	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	TOTAL CARBS	FIBER	SUGARS	PROTEIN	CALCIUM	IRON
STUFFED MONDO MEATBALL	561	374	42	16	200	1458	11	1	2	33	218	3
ROASTED EGGPLANT	283	160	18	8	41	869	13	3	7	16	389	0
RED PEPPER AND GOAT CHEESE SPREAD <i>w/ flatbread</i>	849	229	25	9	47	2659	123	6	6	31	243	5
WHITE BEAN HUMMUS SPREAD <i>w/ flatbread</i>	879	242	27	4	0	2712	131	12	6	26	139	6
DUO OF BOTH SPREADS <i>w/ flatbread</i>	819	206	23	4	18	2599	124	8	6	26	170	5
FLATBREAD TO SHARE	682	117	13	2	0	2337	119	6	5	22	106	5

## SOUPS

TOMATO BASIL	<i>cup</i>	150	82	9	6	32	408	13	1	9	2	51	0
	<i>bowl</i>	225	123	14	9	48	612	19	1	13	3	77	1
MINISTRONE	<i>cup</i>	194	79	9	3	11	730	21	6	5	7	92	2
	<i>bowl</i>	301	120	13	4	16	1097	34	9	7	11	138	3
<i>add meatballs</i>	<i>cup</i>	200	143	16	7	46	575	4	0	0	11	67	1
	<i>bowl</i>	320	228	26	11	73	920	6	0	0	18	107	2

## SALADS

CHICKEN COBB	<i>small</i>	457	305	34	11	161	704	16	5	5	25	168	2
	<i>large</i>	913	609	67	22	323	1407	31	11	10	50	335	4
CHICKEN CAESAR	<i>small</i>	386	314	35	6	6	555	14	3	2	5	119	2
	<i>large</i>	660	436	48	9	84	930	18	5	3	37	188	4
SONOMA SALAD	<i>small</i>	396	275	31	6	15	215	27	4	21	5	52	1
	<i>large</i>	964	635	71	15	60	544	70	9	57	16	134	4
8 COLOR	<i>small</i>	288	208	23	5	14	499	13	3	4	6	122	2
	<i>large</i>	594	430	48	11	30	985	25	6	7	12	251	3
GREEK	<i>small</i>	312	255	28	5	5	1010	9	4	4	4	79	2
	<i>large</i>	649	523	58	11	20	2059	18	8	7	11	198	5
SPINACH	<i>small</i>	316	254	28	5	13	460	11	2	6	4	31	1
	<i>large</i>	753	613	68	15	53	1179	22	4	13	13	71	2
<i>add chicken</i>	<i>small</i>	70	7	1	1	37	82	0	0	0	15	7	1
	<i>large</i>	140	14	1	1	74	164	0	0	0	30	14	1
<i>add salmon</i>	<i>4oz</i>	281	168	19	4	60	113	1	0	1	23	11	.38
	<i>flatbread</i>	<i>small</i>	85	15	2	0	292	15	1	1	3	14	1
<i>1 serving w/ salad</i>	<i>large</i>	170	29	3	0	0	584	30	1	1	5	27	1
	<i>cauliflower flatbread</i>	<i>small</i>	68	16	2	1	128	11	0	1	2	53	0
<i>1 serving w/ salad</i>	<i>large</i>	135	32	3	2	0	255	21	1	2	4	105	1
	<i>gluten free flatbread</i>	<i>small</i>	109	35	4	1	62	17	0	0	1	8	0
<i>1 serving w/ salad</i>	<i>large</i>	218	70	8	1	0	125	34	0	0	2	16	0

## SANDWICHES & PANINIS

TURKEY BACON AVOCADO	990	620	69	13	104	2619	51	6	4	45	233	3
SPIN! HERO	853	505	56	10	66	3389	457	6	4	36	287	5
CLUB	869	511	57	11	89	2500	454	3	3	44	224	3
ITALIAN	956	632	70	15	80	2717	458	4	5	33	228	9
BLACKFOREST HAM & CHEESE PANINI	616	289	36	17	68	1170	847	2	0	39	553	3
TURKEY PANINI	771	436	49	13	87	2583	45	4	6	38	247	3
<i>baked lay's</i>	190	99	11	3	0	240	22	1	0	2	0	0
<i>kettle chips</i>	300	162	18	2	0	180	32	2	0	4	0	1

# SIGNATURE PIZZAS

## { ORIGINAL CRUST }

14" SERVING SIZE 1 SLICE | 8 SERVINGS PER PIZZA  
 12" SERVING SIZE 1 SLICE | 6 SERVINGS PER PIZZA  
 7" SERVING SIZE 1 SLICE | 4 SERVINGS PER PIZZA

		TOTAL CALORIES	FAT CALORIES	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	TOTAL CARBS	FIBER	SUGARS	PROTEIN	CALCIUM	IRON
CLASSIC CHEESE	14"	238	65	7	3	18	826	30	1	3	12	206	1
	12"	175	48	5	2	13	606	22	1	2	9	151	1
	7"	102	22	2	1	5	367	15	1	1	4	62	1
MUSHROOM	14"	213	50	5	1	10	767	30	1	3	10	117	1
	12"	156	37	4	1	7	563	22	1	2	7	86	1
	7"	111	27	3	1	5	384	16	1	1	5	64	1
MARGHERITA	14"	251	78	8	4	19	868	30	1	3	12	196	1
	12"	184	57	6	3	14	637	22	1	2	9	144	1
	7"	123	38	4	2	9	407	15	1	1	6	88	1
OLIVE & ARTICHOKE	14"	229	67	7	3	10	940	31	1	3	8	120	1
	12"	168	49	5	2	7	690	23	1	2	6	88	1
	7"	119	36	4	1	5	475	16	1	2	5	65	1
CLASSIC PEPPERONI	14"	268	101	11	5	27	981	30	1	3	11	114	1
	12"	197	74	8	4	20	720	22	1	2	8	84	1
	7"	120	37	4	2	5	452	15	1	1	5	62	1
SAUSAGE & ONION	14"	240	67	7	3	14	795	31	1	3	11	132	1
	12"	176	49	5	2	10	563	23	1	2	8	97	1
	7"	129	39	4	2	8	408	16	1	1	6	74	1
3 MEATS	14"	387	181	20	8	50	1266	33	1	3	18	165	3
	12"	284	133	15	6	37	929	14	1	2	13	121	2
	7"	176	75	8	3	20	565	16	1	1	8	83	1
BBQ CHICKEN	14"	335	119	14	5	40	935	34	1	5	18	253	1
	12"	246	87	10	4	29	686	25	1	4	13	186	1
	7"	195	79	9	4	25	490	18	1	3	11	164	1
VEGGIE	14"	218	59	7	3	11	800	31	1	4	8	84	1
	12"	160	43	5	2	8	587	23	1	3	6	62	1
	7"	111	30	3	1	6	392	16	1	2	4	45	1
FIVE CHEESE	14"	279	109	12	5	26	744	27	1	1	14	268	1
	12"	205	80	9	4	19	546	20	1	1	10	197	1
	7"	129	48	5	2	7	343	14	1	1	6	103	1
DOUBLE PEPPERONI	14"	389	187	21	10	27	1238	30	1	4	18	262	1
	12"	285	137	15	7	20	909	22	1	3	13	193	1
	7"	162	71	8	3	5	512	14	1	1	7	94	1
CHICKEN PESTO	14"	262	97	11	4	22	687	27	1	1	12	161	1
	12"	192	71	8	3	16	504	20	1	1	9	118	1
	7"	143	55	6	2	13	364	14	1	1	7	94	1
CHICKEN & GOAT CHEESE	14"	258	87	10	4	25	679	29	1	1	14	155	1
	12"	189	64	7	3	18	498	21	1	1	10	114	1
	7"	136	47	5	2	13	353	15	1	1	7	90	1
SAUSAGE & APPLE	14"	300	99	11	4	18	661	37	3	8	12	166	1
	12"	220	73	8	3	13	485	27	2	6	9	122	1
	7"	164	58	6	2	11	350	20	2	4	7	97	1
SPINACH & GARLIC	14"	245	80	10	3	14	630	30	1	1	10	170	1
	12"	180	59	7	2	10	462	22	1	1	7	125	1
	7"	134	46	5	2	9	333	16	1	1	6	100	1

# SIGNATURE PIZZAS

## { CAULIFLOWER CRUST }

14" SERVING SIZE 1 SLICE | 8 SERVINGS PER PIZZA

12" SERVING SIZE 1 SLICE | 8 SERVINGS PER PIZZA

7" SERVING SIZE 1 SLICE | 4 SERVINGS PER PIZZA

		TOTAL CALORIES	FAT CALORIES	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	TOTAL CARBS	FIBER	SUGARS	PROTEIN	CALCIUM	IRON
CLASSIC CHEESE	14"	221	58	6	4	14	415	17	1	2	8	208	0
	12"	119	43	5	3	10	305	12	1	2	6	153	0
	7"	97	29	3	2	5	239	13	1	1	4	103	1
MUSHROOM	14"	142	46	5	3	7	372	17	1	3	6	146	1
	12"	104	34	4	2	5	273	13	1	2	4	107	1
	7"	106	34	4	1	5	257	3	2	2	4	104	1
MARGHERITA	14"	171	67	7	4	14	447	17	1	3	8	201	1
	12"	126	49	5	3	10	328	13	1	2	6	147	0
	7"	118	45	5	3	9	280	13	1	2	5	128	1
OLIVE & ARTICHOKE	14"	177	50	6	2	7	577	24	1	5	7	84	1
	12"	130	37	4	1	5	424	18	1	3	5	61	1
	7"	123	37	4	1	5	387	17	1	3	5	61	1
CLASSIC PEPPERONI	14"	185	85	9	5	20	532	16	1	2	7	140	1
	12"	136	62	7	4	15	390	12	0	2	5	103	1
	7"	115	44	5	3	5	324	13	1	1	5	103	0
SAUSAGE & ONION	14"	163	59	6	3	10	785	18	1	3	7	153	1
	12"	120	43	5	2	7	576	13	1	2	5	113	1
	7"	125	46	5	3	8	281	14	1	2	6	115	1
3 MEATS	14"	274	145	16	7	38	745	5	1	4	14	177	1
	12"	201	106	12	6	28	547	5	1	3	10	130	1
	7"	171	83	11	4	20	438	14	1	1	9	123	1
BBQ CHICKEN	14"	235	98	11	6	29	498	20	1	4	12	244	1
	12"	172	72	8	4	21	365	15	1	3	9	179	1
	7"	191	85	10	5	25	362	15	1	2	10	204	1
VEGGIE	14"	147	53	6	3	8	396	17	1	3	5	118	1
	12"	108	39	4	2	6	291	13	1	2	4	86	1
	7"	106	37	4	2	6	265	13	1	2	4	86	1
FIVE CHEESE	14"	193	91	10	5	20	354	15	0	1	9	255	0
	12"	141	67	7	4	14	260	11	0	1	7	187	0
	7"	124	55	6	3	7	216	12	1	1	5	144	1
DOUBLE PEPPERONI	14"	275	149	17	8	20	725	17	1	3	12	251	0
	12"	202	109	12	6	15	532	13	0	2	9	184	0
	7"	157	78	9	4	5	384	12	1	1	7	134	1
CHICKEN PESTO	14"	180	81	9	4	17	311	15	1	1	8	174	1
	12"	132	60	7	3	12	228	11	1	1	6	128	1
	7"	139	63	7	3	13	237	12	1	1	7	134	1
CHICKEN & GOAT CHEESE	14"	176	74	59	4	19	305	15	0	1	9	170	1
	12"	130	55	44	3	14	224	11	0	1	7	125	1
	7"	131	54	6	3	13	226	12	1	1	7	130	1
SAUSAGE & APPLE	14"	208	84	9	4	13	292	22	2	6	8	179	0
	12"	153	62	7	3	10	214	16	2	5	6	131	0
	7"	159	65	7	3	11	223	17	2	4	6	140	1
SPINACH & GARLIC	14"	167	69	8	4	11	268	17	1	1	6	182	1
	12"	122	51	6	3	8	197	12	1	1	5	133	1
	7"	129	53	6	3	9	205	13	1	1	5	141	1

# SIGNATURE PIZZAS

## { GLUTEN FREE CRUST }

14" SERVING SIZE 1 SLICE | 8 SERVINGS PER PIZZA

12" SERVING SIZE 1 SLICE | 8 SERVINGS PER PIZZA

7" SERVING SIZE 1 SLICE | 4 SERVINGS PER PIZZA

		TOTAL CALORIES	FAT CALORIES	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	TOTAL CARBS	FIBER	SUGARS	PROTEIN	CALCIUM	IRON
CLASSIC CHEESE	14"	219	84	9	3	14	327	25	0	1	7	147	0
	12"	160	62	7	2	10	240	19	0	1	5	108	0
	7"	117	117	5	1	5	158	15	0	1	3	56	0
MUSHROOM	14"	271	73	8	2	7	283	26	0	2	5	81	0
	12"	146	53	6	2	5	207	19	0	1	4	60	0
	7"	111	27	3	1	5	384	16	1	1	5	64	1
MARGHERITA	14"	228	93	10	5	14	358	26	0	3	7	140	0
	12"	167	68	8	4	10	263	19	0	2	5	103	0
	7"	138	58	6	2	9	198	15	0	1	4	82	0
OLIVE & ARTICHOKE	14"	212	85	9	2	7	412	26	0	2	5	83	0
	12"	155	62	7	2	5	302	19	0	1	3	61	0
	7"	134	56	6	2	5	266	16	0	1	3	59	0
CLASSIC PEPPERONI	14"	242	111	12	4	20	443	25	0	1	6	79	0
	12"	177	82	9	3	15	325	18	0	1	5	58	0
	7"	190	75	9	3	5	275	24	0	1	4	60	0
SAUSAGE & ONION	14"	220	85	10	3	10	304	26	1	1	6	93	0
	12"	161	63	7	2	7	223	19	0	1	5	68	0
	7"	144	59	7	2	8	199	16	0	1	5	68	0
3 MEATS	14"	330	171	19	7	38	657	27	0	1	12	116	1
	12"	243	125	14	5	28	482	20	0	1	9	85	1
	7"	190	95	11	4	20	356	16	0	1	7	77	1
BBQ CHICKEN	14"	291	125	14	5	29	400	28	0	3	11	183	0
	12"	214	91	10	4	21	400	21	0	2	8	135	0
	7"	210	99	11	5	25	281	17	0	2	9	158	0
VEGGIE	14"	204	79	9	2	8	307	26	0	2	4	57	1
	12"	149	58	6	2	6	226	19	0	2	3	42	0
	7"	126	50	6	2	6	183	16	0	1	3	39	0
FIVE CHEESE	14"	249	117	13	5	19	266	24	0	0	8	194	0
	12"	183	86	10	3	14	195	17	0	0	6	143	0
	7"	143	68	8	2	7	135	14	0	0	4	97	0
DOUBLE PEPPERONI	14"	332	175	19	8	20	636	26	0	2	11	190	0
	12"	243	129	14	6	15	467	19	0	2	8	139	0
	7"	232	109	12	4	5	335	23	0	1	6	92	1
CHICKEN PESTO	14"	236	107	12	3	16	222	24	0	0	7	113	0
	12"	174	79	9	2	12	163	17	0	0	6	83	0
	7"	158	75	8	2	13	155	14	0	0	5	88	0
CHICKEN & GOAT CHEESE	14"	233	101	11	3	19	216	24	0	0	8	109	0
	12"	171	74	8	3	14	159	18	0	0	6	80	0
	7"	151	67	7	2	13	144	14	0	0	5	84	0
SAUSAGE & APPLE	14"	264	110	12	4	13	203	31	2	5	7	118	0
	12"	194	81	9	3	10	149	23	1	4	5	87	0
	7"	178	78	9	3	11	141	19	1	4	5	91	0
SPINACH & GARLIC	14"	223	95	11	3	11	179	25	0	0	6	121	0
	12"	164	70	8	2	8	131	19	0	0	4	89	0
	7"	148	66	7	2	9	124	16	0	0	4	95	0

## GELATO

		TOTAL CALORIES	FAT CALORIES	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	TOTAL CARBS	FIBER	SUGARS	PROTEIN	CALCIUM	IRON
BANANA FUDGE PRALINE	<i>small</i>	223	102	11	6	38	63	26	0	24	4	101	0
	<i>large</i>	298	136	15	8	50	84	35	0	32	5	135	0
BLUEBERRY BUTTER COOKIE	<i>small</i>	202	91	10	6	32	63	24	1	20	4	101	0
	<i>large</i>	269	121	13	8	42	84	32	2	27	5	135	0
CAFE MOCHA	<i>small</i>	240	113	13	8	38	63	26	3	19	5	126	1
	<i>large</i>	319	151	17	10	50	84	35	3	25	7	168	2
CHOCOLATE ALMOND FUDGE	<i>small</i>	235	113	13	8	38	69	25	1	20	5	126	1
	<i>large</i>	313	151	17	10	50	92	34	2	27	7	168	1
DUTCH FUDGE COOKIES	<i>small</i>	230	113	13	8	44	88	25	0	24	4	126	0
	<i>large</i>	306	151	17	10	59	118	34	0	32	5	168	0
MALT WITH CRUSHED MALT BALLS	<i>small</i>	228	102	11	8	44	88	26	0	23	5	126	0
	<i>large</i>	304	136	15	10	59	118	35	0	30	7	168	0
PEANUT BUTTER CUP	<i>small</i>	269	148	16	9	38	69	24	1	21	6	126	0
	<i>large</i>	358	197	22	12	50	92	32	2	29	8	168	0
PUMPKIN CHEESECAKE	<i>4oz</i>												
	<i>small</i>	203	102	11	8	44	76	21	0	18	4	126	0
	<i>large</i>	271	136	15	10	59	101	29	0	24	5	168	1
ROASTED PISTACHIO	<i>small</i>	247	136	15	8	44	63	23	1	20	5	126	0
	<i>large</i>	330	182	20	10	59	84	30	2	27	7	168	1
STRAWBERRY	<i>small</i>	174	68	8	5	32	44	24	1	23	3	101	0
	<i>large</i>	232	91	10	7	42	59	32	2	30	3	135	0
SWISS CHOCOLATE COUVERTURE	<i>small</i>	240	113	13	9	38	57	26	3	20	5	126	1
	<i>large</i>	319	151	17	12	50	76	35	3	27	7	168	2
TAHITIAN VANILLA	<i>small</i>	203	102	11	8	44	63	21	0	20	4	126	0
	<i>large</i>	271	136	15	10	59	84	29	0	27	5	168	0
TIRAMISU	<i>small</i>	207	91	10	8	44	63	25	0	21	4	126	0
	<i>large</i>	276	121	13	10	59	84	34	0	29	5	168	0