

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
SUPERFOOD SALMON	<i>small</i>	692	467	51	10	60	488	30	6	14	27	97	3
	<i>large</i>	1104	766	84	15	60	862	59	13	26	32	183	5
CHICKEN MANGO	<i>small</i>	423	380	42	6	44	395	31	4	17	20	98	2
	<i>large</i>	846	760	84	13	88	790	62	7	34	40	196	3
VERY BERRY	<i>small</i>	410	98	43	5	15	523	41	6	19	9	110	2
	<i>large</i>	820	195	86	10	29	1047	82	13	37	18	221	5
<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	0	292	15	1	1	3	14
<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	0	128	11	0	1	2	53
<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	0	62	17	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" PIZZA (8 SLICES)
12" PIZZA (6 SLICES)
7" PIZZA (4 SLICES)

	PER SLICE	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" PIZZA [8 SLICES]

12" PIZZA [8 SLICES]

7" PIZZA [4 SLICES]

	PER SLICE	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" PIZZA (8 SLICES)

12" PIZZA (8 SLICES)

7" PIZZA (4 SLICES)

	PER SLICE	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