



PIZZA STUDIO NUTRITIONAL INFORMATION

ONE 11" PIZZA = 1 SERVING SIZE
11" PIZZAS ARE CUT INTO 6 SLICES

RECIPE PIZZAS	Serving Size	Calories	Total Fat	Sat. Fat.	Trans. Fat	Chol. (mg)	Sodium (mg)	Carbohydrate	Dietary Fiber	Sugars	Protein
Truffled Mushroom	1 ea	960	43	18	0	90	1742	90	2	4	38
Skinny Greek	1 ea	938	53	11	0	38	2339	92	10	10	3
Buffalo Chicken T3	1 ea	820	29	12	0	89	2815	90	1	4	36
Wild style' buffalo chicken	1 ea	820	29	12	0	89	3060	90	1	4	36
Backyard BBQ Chicken	1 ea	960	34	19	0	95	266	109	1	19	40
The Beast T3	1 ea	1197	64	27	1	139	3200	93	4	7	56
Big Cheese Margherita	1 ea	864	34	19	0	104	1992	89	3	5	45
Vegan Beast	1 ea	660	15	2	0	0	1530	100	3	3	24
Vegan Veggie	1 ea	845	40	3	0	0	1005	97	3	6	18
Buffalo Chicken T1	1 ea	890	39	17	0	116	3530	87	3	4	46
BBQ Chicken	1 ea	980	29	17	0	111	2240	123	1	34	45
Garden	1 ea	850	39	15	0	75	1820	89	10	9	36
Vegan	1 ea	580	13	1	0	0	1780	99	5	4	18
Sausage & Peppers	1 ea	900	35	17	0	110	1960	89	3	3	43
The Beast T1	1 ea	1230	65	30	0	165	3460	92	3	4	60
Chicken Alfredo	1 ea	960	39	21	0	127	2200	91	1	3	50
Cheese pizza	1 ea	760	27	15	0	0	0	0	0	0	17
Breakfast pizza w/ sausage	1 ea	840	33	11	0	153	1830	94	2	3	30
Breakfast pizza w/ bacon	1 ea	800	31	11	0	153	1830	94	2	3	28
Spinach & Tomato Focaccia	1 ea	370	31	4	0	158	740	36	1	4	15
Bacon & Ham Focaccia	1 ea	640	53	19	0	220	3370	34	1	1	48
Egg & Cheese focaccia	1 ea	260	21	3	0	152	530	3	1	1	12

RECIPE SALADS	Serving Size	Calories	Total Fat	Sat. Fat.	Trans. Fat	Chol. (mg)	Sodium (mg)	Carbohydrate	Dietary Fiber	Sugars	Protein
Beet & Goat Cheese salad	1 ea	350	22	5	0	5	946	22	5	13	7
SIDE beet & goat cheese salad	1 ea	175	11	2	0	2	473	11	3	7	3
BBQ Chopped Chicken salad	1 ea	460	25	6	0	80	1550	27	2	3	34
Southwestern BBQ	1 ea	281	44	5	2	286	90	340	8	16	8
SIDE Southwestern BBQ	1 ea	140	22	2	1	143	453	195	4	8	4
Chopped Greek	1 ea	302	15	6	0	153	141	23	9	13	14
Chopped Antipasto salad	1 ea	620	60	6	0	38	1530	14	0	8	8
SIDE chopped greek	1 ea	151	7	3	0	76	706	11	4	7	7
Kale Chicken Caesar	1 ea	426	35	9	0	42	152	13	3	3	18
Classic chicken Caesar	1 ea	680	57	12	0	92	2450	12	0	4	23
Asian Chicken salad	1 ea	520	33	0	0	47	1890	35	3	13	26
SIDE Caesar salad	1 ea	210	17	4	0	21	776	6	2	2	9
SIDE House Salad	1 ea	230	18	3	0	0	500	14	1	10	0
Entrée Chicken Ceasar	1 ea	670	57	14	0	81	1960	14	0	4	20
Entrée Greek salad	1 ea	510	46	10	0	15	1580	21	0	13	4

CRUST	Serving Size	Calories	Total Fat	Sat. Fat.	Trans. Fat	Chol. (mg)	Sodium (mg)	Carbohydrate	Dietary Fiber	Sugars	Protein
Traditional Dough	1 ea	450	2	0	0	0	900	84	1	1	15
Whole Grain & Flax Seed	1 ea	450	10	0	0	0	810	75	6	1	15
Rosemary Herb	1 ea	450	6	0	0	0	870	84	3	1	15
Firecracker	1 ea	450	6	0	0	0	870	84	3	3	15
Gluten Free	1 ea	640	14	4	0	40	840	86	4	4	8
Cauliflower Crust	1 ea	420	10	6	0	40	800	64	2	2	12
7" Traditional Dough	1 ea	225	1	0	0	0	300	42	0	0	7
7" Whole Grain & Flax Seed	1 ea	225	5	0	0	0	405	37	3	0	7
7" Rosemary Herb	1 ea	225	3	0	0	0	435	42	1	0	7
7" Firecracker	1 ea	225	3	0	0	0	435	42	1	1	7

SIGNATURE SAUCES	Serving Size	Calories	Total Fat	Sat. Fat.	Trans. Fat	Chol. (mg)	Sodium (mg)	Carbohydrate	Dietary Fiber	Sugars	Protein
Tomato Blend	1 oz	15	0	0	0	0	125	3	1	2	0
Alfredo	1 oz	45	4	2	0	6	135	1	0	1	1
Tangy BBQ	1 oz	70	0	0	0	0	290	18	0	16	0
Basil Pesto	1 oz	90	9	1	0	6	180	0	0	0	2
EVOO	1 oz	240	28	2	0	0	0	0	0	0	0
Spicy Buffalo	1 oz	0	0	0	0	0	920	0	0	0	0

FRESH CHEESES	Serving Size (oz)	Calories	Total Fat	Sat. Fat.	Trans. Fat	Chol. (mg)	Sodium (mg)	Carbohydrate	Dietary Fiber	Sugars	Protein
Goat	1	70	6	4	0	10	130	1	0	0	4
Mozzarella	4	270	21	14	0	75	540	0	0	0	18
Feta	1	70	6	3	0	15	350	1	0	0	4
Daiya	2	45	3	1	0	0	140	4	0	0	0

PREMIUM MEATS	Serving Size (oz)	Calories	Total Fat	Sat. Fat.	Trans. Fat	Chol. (mg)	Sodium (mg)	Carbohydrate	Dietary Fiber	Sugars	Protein
Grilled Chicken Breast	1	40	1	1	0	18	90	1	0	0	6
Smoked Pulled Chicken Breast	2	60	1	0	0	31	450	0	0	0	10
Crispy Bacon	0.5	80	7	3	0	10	400	0	0	0	4
Crispy Bacon - new	0.5	70	5	2	0	7	330	0	0	0	0
Pepperoni	1	130	12	5	0	30	500	0	0	0	5
Pepperoni - new	1	130	11	4	0	30	510	0	0	0	6
Pork Sausage	2	160	12	4	0	28	500	3	1	1	8
Italian Meatball	1	80	7	2	0	15	180	2	0	0	4
Chicken Sausage	1	50	3	1	0	21	140	1	0	0	5
Diced Ham	0.5	15	1	1	0	7	310	0	0	0	5
Boneless chicken wings - small	6	380	18	3	0	250	860	28	0	0	28
Boneless chicken wings - large	12	760	36	6	0	500	1720	56	0	0	56
Diced Ham	2	70	2	1	0	30	720	3	0	2	9
Vegan Soy Crumble	1	45	1	0	0	0	210	3	0	0	5
Vegan Meatball	1	45	2	0	0	0	115	3	1	0	4
Turkey Chorizo	1	50	3	0	0	25	175	1	0	0	5

DRRESSINGS	Serving Size (oz)	Calories	Total Fat	Sat. Fat.	Trans. Fat	Chol. (mg)	Sodium (mg)	Carbohydrate	Dietary Fiber	Sugars	Protein
Greek Yogurt Caesar - Litehouse	2	140	12	2	0	10	500	4	0	2	4
Greek Yogurt Caesar	2	260	26	5	0	20	800	4	0	2	2
Ranch - Litehouse	1.5	180	18	1	0	15	300	3	0	2	2
Smoky Ranch	2	200	22	3	0	20	500	2	0	0	0
Greek Yogurt Tzatziki Ranch - Litehouse	2	60	3	0	0	0	400	4	0	4	4
Basil Tzatziki vinaigrette	2	70	6	2	0	16	300	2	0	2	3
Cilantro Crema	2	50	3	2	0	14	390	2	0	2	2
Blue Cheese - Litehouse	0.5	80	8	1	0	8	100	0	0	0	0
Blue Cheese	0.5	70	8	1	0	5	115	0	0	0	0
Wasabi Oriental	3	210	18	0	0	0	960	15	0	12	3
Red Wine Vinegar - Litehouse	2	200	22	2	0	0	280	4	0	2	0

TOPPINGS	Serving Size (oz)	Calories	Total Fat	Sat. Fat.	Trans. Fat	Chol. (mg)	Sodium (mg)	Carbohydrate	Dietary Fiber	Sugars	Protein
roasted mushrooms	85	60	3	0	0	0	0	3	0	1	2
marinated artichokes	85	29	2	0	0	0	122	2	1	1	1
baby beets, marinated	85	71	2	0	0	0	378	10	1	8	1
chipotle roasted pineapple	85	85	2	0	0	0	0	16	0	15	0
chile roasted corn	44	45	1	0	0	0	24	7	0	2	1
Artichoke	1	10	0	0	0	0	105	2	1	0	0
Garlic	0.5	0	0	0	0	0	0	3	0	0	0
Mushroom	1	0	0	0	0	0	0	0	0	0	0
Banana Pepper	1	0	0	0	0	0	290	0	0	0	0
Red Onion	1	0	0	0	0	0	0	0	0	0	0
Caramelized Onion	0.5	10	0	0	0	0	35	1	0	1	0
Jalapeno	1	5	0	0	0	0	150	0	0	0	0
Pineapple chunks	1	15	0	0	0	0	0	5	0	4	0
Green Pepper	1	0	0	0	0	0	0	0	0	0	0
Roasted Red Pepper strips	0.5	0	0	0	0	0	40	0	0	0	0
Roasted Zucchini	1.5	15	0	0	0	0	10	3	0	2	1
Roasted Potatoes	0.5	25	0	0	0	0	0	6	0	0	0
Roasted mushrooms	1	60	3	0	0	0	0	3	0	1	2
Roma Tomato	3.4	25	0	0	0	0	0	5	1	4	1
Grape Tomato	1	20	0	0	0	0	0	4	0	4	0
Olive	0.5	40	3	0	0	0	230	2	0	0	0
Spinach	3	0	0	0	0	0	0	0	0	0	0
Chopped Kale	3	25	0	0	0	0	20	5	0	0	0
Cucumber	1	5	0	0	0	0	0	1	0	0	0
Broccoli	1	10	0	0	0	0	10	1	0	0	1
Beets	2	45	0	0	0	0	230	10	2	7	1
Romaine	6	15	0	0	0	0	0	0	0	0	0
Shredded carrot	1	15	0	0	0	0	25	3	1	2	0
Napa Cabbage	4	15	0	0	0	0	80	3	1	1	2
Red Cabbage	2	15	0	0	0	0	15	4	1	2	0
Black beans	1	30	0	0	0	0	35	5	2	0	2

CHICKEN WINGS	Serving Size (oz)	Calories	Total Fat	Sat. Fat.	Trans. Fat	Chol. (mg)	Sodium (mg)	Carbohydrate	Dietary Fiber	Sugars	Protein
Boneless chicken wings - small	6	380	18	3	0	250	860	28	0	0	28
Boneless wings - sm Buffalo	6	380	18	3	0	250	1320	28	0	0	28
Boneless wings - sm BBQ	6	415	18	3	0	250	1005	37	0	8	28
Boneless chicken wings - large	12	760	36	6	0	500	1720	56	0	0	56
Boneless wings - Large Buffalo	12	760	36	6	0	500	2640	56	0	0	56
Boneless wings - Large BBQ	12	830	36	6	0	500	2010	74	0	16	56
Bone-in Wings - SM	6	300	20	6	0	150	920	2	0	0	30
Bone-in Wings - Sm Buffalo	6	300	20	6	0	150	1380	2	0	0	30
Bone-in Wings - Sm BBQ	6	335	20	6	0	150	1065	11	0	8	30
Bone-in Wings - LG	12	600	40	12	0	300	1840	4	0	0	60
Bone-in Wings - LG Buffalo	12	600	40	12	0	300	2760	4	0	0	60
Bone-in Wings - LG BBQ	12	670	40	12	0	300	2130	22	0	16	60

FINISHING TOUCHES	Serving Size (oz)	Calories	Total Fat	Sat. Fat.	Trans. Fat	Chol. (mg)	Sodium (mg)	Carbohydrate	Dietary Fiber	Sugars	Protein
housemade parmesan breadsticks	1 ea	481	27	3	0	18	1152	49	0	5	11
Italian Seasoning	0.16	0	0	0	0	0	0	0	0	0	0
Ranch - Litehouse	1	120	12	1	0	10	200	2	0	1	1
Smoky Ranch	0.5	60	6	0	0	5	100	1	0	0	0
Olive Oil Garlic	0.25	30	3	0	0	0	0	0	0	0	0
Basil	0.16	0	0	0	0	0	0	0	0	0	0
Cilantro	0.14	0	0	0	0	0	0	0	0	0	0
Wonton Strips	0.5	35	1	0	0	0	40	4	0	0	1
Slivered almonds	0.16	25	2	0	0	0	0	0	0	0	0
Fried onions	1	0	0	0	0	0	0	0	0	0	0
Tortilla Strips	0.5	0	0	0	0	0	0	0	0	0	0
Crouton	1	30	1	0	0	0	80	4	0	0	1
Dried cranberry	1	15	0	0	0	0	0	3	1	1	0

DESSERTS	Serving Size	Calories	Total Fat	Sat. Fat.	Trans. Fat	Chol. (mg)	Sodium (mg)	Carbohydrate	Dietary Fiber	Sugars	Protein
Chocolate Chip Cookie	1 cookie	300	14	8	0	35	230	44	2	29	3
Oatmeal Raisin	1 cookie	280	9	3	0	15	230	47	3	18	4
Peanut Butter	1 cookie	320	16	6	0	10	440	38	2	23	5
Triple Chocolate	1 cookie	310	14	9	0	40	200	43	2	28	3
Lemon Cooler	1 cookie	190	9	6	0	25	150	26	0	16	2
White Chocolate Macadamia	1 cookie	200	11	5	0	20	135	25	0	17	2
Chocolate Chunk	1 cookie	180	8	5	0	20	140	27	0	17	2
Chocolate Chip Cookie Bites	4 cookies	1200	56	32	0	140	920	176	8	116	12
Peanut Butter Cookie Bites	4 cookies	1280	64	24	0	40	1760	152	8	92	20

CRAFT BEVERAGES	Serving Size (oz)	Calories	Total Fat	Sat. Fat.	Trans. Fat	Chol. (mg)	Sodium (mg)	Carbohydrate	Dietary Fiber	Sugars	Protein
hibiscus-blueberry cooler	12 oz	10	0	0	0	0	0	3	0	2	0
cucumber lemonade	12 oz	95	0	0	0	0	0	24	0	2	0
raspberry agave limeade	12 oz	118	0	0	0	0	7	30	0	26	0
iced black tea	12 oz	2	0	0	0	0	0	0	0	0	0
Strawberry lemonade	12 oz	140	0	0	0	0	0	17	0	14	2
Homemade lemonade	12 oz	150	0	0	0	0	0	36	2	35	2
Watermelon Fresca	12 oz	70	0	0	0	0	0	17	0	14	2