PIZZA STUDIO NUTRITIONAL INFORMATION

ONE 11" PIZZA = 1 SERVING SIZE

11" PIZZAS ARE CUT INTO 6 SLICES

PIZZAS	Serving Size	Calories	Cal from Fat	Total Fat	Sat. Fat	Trans Fat	Chol (mg)	Sodium (mg)	Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
truffled mushroom	1 ea	*957.53*	*430.89*	*43.05*	*18.70*	*0.00*	*90.65*	*1742.28*	*89.98*	*1.82*	*3.66*	*38.29*	*5.14*	*3.27*	*20.90*	*32.51*
skinny greek	1 ea	*937.91*	*465.60*	*53.17*	*11.20*	*0.00*	*38.18*	*2338.58*	*91.65*	*10.37*	*9.66*	*33.05*	*55.52*	*95.02*	*36.92*	*40.23*
buffalo chicken	1 ea	817.28	310.38	29.43	12.10	0.00	89.31	2814.70	90.01	1.00	4.01	36.30	50.44	61.71	15.13	31.42
wild style' buffalo chicken	1 ea	819.68	310.38	29.43	12.10	0.00	89.31	3059.50	90.01	1.00	4.01	36.30	53.32	63.63	18.01	32.38
housemade parmesan breadsticks	1 ea	481.35	259.19	27.10	3.67	0.00	18.27	1152.45	48.81	0.50	5.45	11.41	4.22	4.05	9.83	15.97
Backyard BBQ Chicken	1 ea	963.75	343.23	34.66	19.03	0.00	95.07	2667.41	109.44	1.44	19.29	40.39	18.52	12.23	17.92	31.54
Beast and Broccoli	1 ea	1197.00	602.00	64.50	27.50	1.00	139.00	3200.00	92.50	4.00	7.00	56.00	17.00	12.00	22.00	43.00
big cheese margherita	1 ea	864.54	327.00	34.57	19.82	0.00	104.15	1992.00	89.45	2.68	4.77	45.63	28.52	8.70	51.81	33.76

CRUST	Serving Size	Calories	Cal from Fat	Total Fat	Sat. Fat	Trans Fat	Chol (mg)	Sodium (mg)	Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Traditional Dough	1 ea	450	60	2	0	0	0	900	84	1	1	15	0	0	0	30
Whole Grain & Flax Seed	1 ea	450	90	11	0	0	0	810	75	6	1	15	0	0	0	30
Rosemary Herb	1 ea	450	60	6	0	0	0	870	84	3	1	15	0	0	6	30
Firecracker	1 ea	450	60	6	0	0	0	870	84	3	3	15	24	0	0	30
Gluten Free	1 ea	640	140	14	4	0	40	840	86	4	4	8	0	8	0	0

SALADS	Serving Size	Calories	Cal from Fat	Total Fat	Sat. Fat	Trans Fat	Chol (mg)	Sodium (mg)	Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
SIDE beet and kale salad	1 ea	174.73	103.15	11.46	2.53	0.00	2.50	472.83	11.02	2.61	6.64	3.34	49.86	60.64	5.59	4.38
beet and kale salad	1 ea	349.45	206.29	22.92	5.06	0.00	5.00	945.67	22.04	5.22	13.29	6.67	99.72	121.28	11.18	8.76
SIDE caesar salad	1 ea	212.88	152.98	17.70	4.56	0.00	21.06	775.88	6.44	1.72	1.69	9.25	104.56	67.31	22.56	4.83
kale and romaine caesar	1 ea	425.76	305.96	35.39	9.11	0.00	42.12	1551.76	12.87	3.43	3.37	18.49	209.12	134.62	45.11	9.66
SIDE chopped greek	1 ea	150.83	75.66	7.53	3.37	0.00	76.56	705.68	11.47	4.28	6.67	7.03	122.46	85.56	14.96	6.35
Chopped Greek	1 ea	301.66	151.31	15.07	6.74	0.00	153.12	1411.36	22.94	8.56	13.33	14.06	244.91	171.13	29.91	12.71
SIDE Southwestern BBQ	1 ea	140.64	106.25	22.26	2.65	1.06	143.21	453.26	194.86	4.02	8.06	4.00	72.26	120.89	7.51	6.66
Southwestern BBQ	1 ea	281.29	212.49	44.52	5.29	2.12	286.42	906.52	389.72	8.03	16.12	8.01	144.51	241.78	15.01	13.32

DRESSINGS	Serving Size	Calories	Cal from Fat	Total Fat	Sat. Fat	Trans Fat	Chol (mg)	Sodium (mg)	Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
greek yogurt caesar	56.70	187.99	167.50	18.19	3.18	0.00	12.70	411.67	2.99	0.00	1.83	2.79	0.00	0.00	1.85	0.00
garlic bread spread	14.67	74.79	66.24	7.90	1.16	0.00	3.47	192.86	1.17	0.00	0.00	1.78	1.39	1.96	4.94	0.39
smoky ranch	56.70	146.67	132.03	14.52	1.97	0.00	13.15	419.34	5.07	0.00	4.91	1.31	2.19	1.20	2.63	0.40
cilantro crema	56.70	48.69	28.35	3.15	2.21	0.00	13.86	385.01	2.18	0.00	2.02	2.48	4.00	0.59	4.62	0.00
basil tzatziki vinaigrette	56.70	73.99	51.43	5.67	2.71	0.00	15.62	298.27	2.32	0.18	2.14	3.08	4.02	0.54	6.26	0.36
balsamic vinaigrette	56.70	180.00	160.00	18.00	3.00	0.00	0.00	480.00	6.00	0.00	4.00	0.00	0.00	0.00	0.00	0.00

TOPPINGS	SERVING SIZE	Calories	Cal from Fat	Total Fat	Sat. Fat	Trans Fat	Chol (mg)	Sodium (mg)	Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
roasted mushrooms	85.00	59.89	31.88	3.68	0.33	0.00	0.00	0.31	2.94	0.69	1.09	2.10	0.00	2.73	1.12	2.10
marinated artichokes	85.00	29.01	18.89	2.20	0.31	0.00	0.00	121.50	1.75	1.35	1.35	1.35	1.35	1.35	1.35	4.32
baby beets, marinated	85.00	71.15	20.61	2.29	0.43	0.00	0.00	378.16	9.94	1.13	7.67	1.13	14.00	12.00	4.00	9.00
mozzarella blend	85.00	85.76	57.18	6.67	4.45	0.00	23.82	171.53	0.00	0.00	0.00	5.72	1.27	0.00	4.76	0.00
chipotle roasted pineapple	85.00	85.05	22.14	2.58	0.37	0.00	0.00	0.00	15.73	0.00	15.73	0.00	0.00	12.58	0.00	0.00
chile roasted corn	44.00	44.72	12.21	1.39	0.20	0.00	0.00	214.26	6.90	0.33	1.64	0.99	0.00	1.97	0.00	0.00

BEVERAGES	Serving Size	Calories	Cal from Fat	Total Fat	Sat. Fat	Trans Fat	Chol (mg)	Sodium (mg)	Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
hibiscus-blueberry cooler	12 oz	10.51	0.00	0.00	0.00	0.00	0.00	0.07	2.51	0.59	1.77	0.00	0.30	0.89	0.30	0.30
cucumber lemonade	12 oz	95.00	0.00	0.00	0.00	0.00	0.00	0.00	23.75	0.00	23.75	0.00	0.00	0.00	0.00	0.00
raspberry agave limeade	12 oz	117.57	0.00	0.00	0.00	0.00	0.00	6.80	30.22	0.75	26.30	0.14	0.27	0.48	0.27	0.68
iced black tea	12 oz	1.96	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00