

Hungry Howie's

FLAVORED CRUST PIZZA

NUTRITIONAL GUIDE



BUILD YOUR OWN PIZZA

Serving Size
Total Servings
Calories
Calories from Fat
Cholesterol (mg.)
Trans. Fat (g.)
Sat. Fat (g.)
Sodium (mg.)
Carbohydrates (g.)
Dietary Fiber (g.)
Sugars (g.)
Protein (g.)
Vitamin A
Vitamin C
Calcium
Iron

8" Junior

To calculate total nutritional values for One Slice: Add selected "Toppings" to "Cheese Only"

	1 Slice	4	160	45	5g	3g	0g	15mg	200mg	21g	1g	1g	8g	120%	2%	20%	0%	
Cheese Only	1 Slice	4	160	45	5g	3g	0g	15mg	200mg	21g	1g	1g	8g	120%	2%	20%	0%	
Toppings	Anchovies	1 Slice	4	10	0	0g	0g	0g	0mg	230mg	0g	0g	0g	<1g	0%	0%	0%	0%
	Bacon	1 Slice	4	10	10	1g	0g	0g	0mg	30mg	0g	0g	0g	<1g	0%	0%	0%	0%
	Black Olive	1 Slice	4	5	5	0.5g	0g	0g	0mg	25mg	0g	0g	0g	0g	0%	0%	0%	0%
	Cheddar	1 Slice	4	30	20	2.5g	1.5g	0g	5mg	45mg	0g	0g	0g	2g	70%	0%	50%	0%
	Chicken	1 Slice	4	10	0	0g	0g	0g	5mg	50mg	0g	0g	0g	2g	0%	0%	0%	0%
	Feta	1 Slice	4	20	10	1g	1g	0g	<5mg	85mg	<1g	0g	0g	2g	2%	0%	2%	0%
	Green Olive	1 Slice	4	5	0	0.5g	0g	**	0mg	55mg	0g	0g	0g	0g	0%	0%	0%	0%
	Green Pepper	1 Slice	4	0	0	0g	0g	0g	0mg	0mg	<1g	0g	0g	0g	0%	15%	0%	0%
	Ground Beef	1 Slice	4	15	10	1.5g	0.5g	0g	<5mg	90mg	0g	0g	0g	1g	0%	0%	0%	2%
	Ham	1 Slice	4	10	0	0g	0g	0g	<5mg	75mg	0g	0g	0g	1g	0%	0%	0%	0%
	Jalapenos	1 Slice	4	0	0	0g	0g	**	0mg	120mg	0g	0g	0g	0g	2%	2%	0%	0%
	Meatball	1 Slice	4	20	15	1.5g	0.5g	0g	<5mg	55mg	0g	0g	0g	2g	0%	0%	2%	2%
	Mild Pepper Rings	1 Slice	4	0	0	0g	0g	0g	0mg	105mg	0g	0g	0g	0g	2%	4%	4%	0%
	Mushroom	1 Slice	4	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
	Pepperoni	1 Slice	4	5	0	0.5g	0g	0g	0mg	45mg	0g	0g	0g	0g	0%	0%	0%	0%
	Pineapple	1 Slice	4	0	0	0g	0g	0g	0mg	0mg	1g	0g	<1g	0g	0%	0%	0%	0%
	Red Onion	1 Slice	4	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
	Sausage	1 Slice	4	30	25	2.5g	1g	0g	5mg	65mg	0g	0g	0g	<1g	0%	0%	0%	0%
	Steak	1 Slice	4	15	10	1g	0g	0g	<5mg	0mg	0g	0g	0g	1g	0%	0%	0%	0%
	Tomato	1 Slice	4	5	0	0g	0g	0g	0mg	0mg	1g	0g	<1g	0g	6%	6%	0%	0%

10" Small

To calculate total nutritional values for One Slice: Add selected "Toppings" to "Cheese Only"

	1 Slice	6	150	40	4.5g	2.5g	0g	15mg	200mg	21g	1g	1g	7g	120%	2%	20%	0%	
Cheese Only	1 Slice	6	150	40	4.5g	2.5g	0g	15mg	200mg	21g	1g	1g	7g	120%	2%	20%	0%	
Gluten Free Cheese Only	1 Slice	6	90	45	5g	2.5g	0g	15mg	160mg	7g	<1g	2g	4g	120%	2%	15%	0%	
Toppings	Anchovies	1 Slice	6	10	0	0g	0g	0g	0mg	230mg	0g	0g	<1g	0%	0%	0%	0%	
	Bacon	1 Slice	6	25	20	2.5g	0.5g	0g	<5mg	85mg	0g	0g	0g	1g	0%	0%	0%	0%
	Black Olive	1 Slice	6	10	5	0.5g	0g	0g	0mg	30mg	0g	0g	0g	0%	0%	0%	0%	
	Cheddar	1 Slice	6	40	30	3g	1.5g	0g	10mg	60mg	0g	0g	0g	2g	90%	0%	70%	0%
	Chicken	1 Slice	6	10	0	0g	0g	0g	5mg	50mg	0g	0g	0g	2g	0%	0%	0%	0%
	Feta	1 Slice	6	25	15	1.5g	1g	0g	5mg	115mg	<1g	0g	0g	2g	2%	0%	4%	0%
	Green Olive	1 Slice	6	5	5	0.5g	0g	**	0mg	75mg	0g	0g	0g	0g	0%	0%	0%	0%
	Green Pepper	1 Slice	6	0	0	0g	0g	0g	0mg	0mg	<1g	0g	0g	0g	2%	20%	0%	0%
	Ground Beef	1 Slice	6	15	10	1.5g	0.5g	0g	<5mg	90mg	0g	0g	0g	1g	0%	0%	0%	2%
	Ham	1 Slice	6	10	0	0g	0g	0g	<5mg	75mg	0g	0g	0g	1g	0%	0%	0%	0%
	Jalapenos	1 Slice	6	0	0	0g	0g	**	0mg	120mg	0g	0g	0g	0g	2%	2%	0%	0%
	Meatball	1 Slice	6	40	25	3g	1g	0g	5mg	115mg	<1g	<1g	0g	3g	0%	0%	2%	2%
	Mild Pepper Rings	1 Slice	6	0	0	0g	0g	0g	0mg	105mg	0g	0g	0g	0g	2%	4%	4%	0%
	Mushroom	1 Slice	6	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
	Pepperoni	1 Slice	6	10	5	0.5g	0g	0g	0mg	60mg	0g	0g	0g	0g	0%	0%	0%	0%
	Pineapple	1 Slice	6	0	0	0g	0g	0g	0mg	0mg	1g	0g	<1g	0g	0%	0%	0%	0%
	Red Onion	1 Slice	6	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
	Sausage	1 Slice	6	30	25	2.5g	1g	0g	5mg	65mg	0g	0g	0g	<1g	0%	0%	0%	0%
	Steak	1 Slice	6	15	10	1g	0g	0g	<5mg	0mg	0g	0g	0g	1g	0%	0%	0%	0%
	Tomato	1 Slice	6	5	0	0g	0g	0g	0mg	0mg	2g	0g	1g	0g	6%	8%	0%	0%

12" Medium

To calculate total nutritional values for One Slice: Add selected "Toppings" to "Cheese Only"

	1 Slice	8	180	50	5g	3g	0g	15mg	230mg	25g	1g	2g	9g	140%	2%	20%	0%	
Cheese Only	1 Slice	8	180	50	5g	3g	0g	15mg	230mg	25g	1g	2g	9g	140%	2%	20%	0%	
Thin Crust Cheese Only	1 Slice	8	140	60	7g	3.5g	0g	15mg	180mg	13g	1g	1g	6g	140%	2%	15%	0%	
Toppings	Anchovies	1 Slice	8	10	0	0g	0g	0g	0mg	230mg	0g	0g	<1g	0%	0%	0%	0%	
	Bacon	1 Slice	8	25	20	2.5g	0.5g	0g	<5mg	85mg	0g	0g	0g	1g	0%	0%	0%	0%
	Black Olive	1 Slice	8	10	5	0.5g	0g	0g	0mg	30mg	0g	0g	0g	0%	0%	0%	0%	
	Cheddar	1 Slice	8	45	30	3.5g	2g	0g	10mg	70mg	0g	0g	0g	3g	110%	0%	80%	0%
	Chicken	1 Slice	8	10	0	0g	0g	0g	5mg	50mg	0g	0g	0g	2g	0%	0%	0%	0%
	Feta	1 Slice	8	25	15	1.5g	1g	0g	5mg	115mg	<1g	0g	0g	2g	2%	0%	4%	0%
	Green Olive	1 Slice	8	5	5	0.5g	0g	**	0mg	75mg	0g	0g	0g	0g	0%	0%	0%	0%
	Green Pepper	1 Slice	8	0	0	0g	0g	0g	0mg	0mg	<1g	0g	0g	0g	2%	20%	0%	0%
	Ground Beef	1 Slice	8	15	10	1.5g	0.5g	0g	<5mg	90mg	0g	0g	0g	1g	0%	0%	0%	2%
	Ham	1 Slice	8	10	0	0g	0g	0g	<5mg	75mg	0g	0g	0g	1g	0%	0%	0%	0%
	Jalapenos	1 Slice	8	0	0	0g	0g	**	0mg	120mg	0g	0g	0g	0g	2%	2%	0%	0%
	Meatball	1 Slice	8	40	25	3g	1g	0g	5mg	115mg	<1g	<1g	0g	3g	0%	0%	2%	2%
	Mild Pepper Rings	1 Slice	8	0	0	0g	0g	0g	0mg	105mg	0g	0g	0g	0g	2%	4%	4%	0%
	Mushroom	1 Slice	8	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
	Pepperoni	1 Slice	8	10	5	0.5g	0g	0g	0mg	60mg	0g	0g	0g	0g	0%	0%	0%	0%
	Pineapple	1 Slice	8	0	0	0g	0g	0g	0mg	0mg	1g	0g	<1g	0g	0%	0%	0%	0%
	Red Onion	1 Slice	8	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
	Sausage	1 Slice	8	30	25	2.5g	1g	0g	5mg	65mg	0g	0g	0g	<1g	0%	0%	0%	0%
	Steak	1 Slice	8	15	10	1g	0g	0g	<5mg	0mg	0g	0g	0g	1g	0%	0%	0%	0%
	Tomato	1 Slice	8	5	0	0g	0g	0g	0mg	0mg	2g	0g	1g	0g	6%	8%	0%	0%

FLAVORED CRUST	Serving Size	Total Servings	Calories	Calories from Fat	Fat (g.)	Sat. Fat (g.)	Trans Fat (g.)	Cholesterol (mg.)	Sodium (mg.)	Carbohydrates (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Vitamin A	Vitamin C	Calcium	Iron

DEEP DISH																	
Asiago	1 Slice	8	15	10	1g	0.5g	0g	< 5mg	35mg	0g	0g	0g	< 1g	0%	0%	4%	0%
Butter	1 Slice	8	25	15	2.5g	0g	0g	< 5mg	20mg	0g	1g	< 1g	0g	0%	0%	0%	0%
Butter Cheese	1 Slice	8	35	20	3.5g	1g	0g	5mg	60mg	< 1g	1g	1g	< 1g	0%	0%	2%	0%
Cajun	1 Slice	8	0	0	0g	0g	0g	0mg	80mg	0g	0g	0g	0g	0%	0%	0%	0%
Garlic Herb	1 Slice	8	0	0	0g	0g	0g	0mg	100mg	< 1g	0g	0g	0g	0%	0%	0%	0%
Onion	1 Slice	8	0	0	0g	0g	0g	0mg	120mg	< 1g	0g	0g	0g	0%	0%	0%	0%
Ranch	1 Slice	8	10	0	0g	0g	0g	0mg	880mg	2g	0g	< 1g	< 1g	0%	2%	2%	0%
Sesame	1 Slice	8	5	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%

XL ROUND																	
Asiago	1 Slice	8	15	10	1.5g	1g	0g	< 5mg	40mg	0g	0g	0g	1g	0%	0%	4%	0%
Butter	1 Slice	8	35	20	3.5g	0.5g	0g	5mg	25mg	0g	2g	1g	0g	0%	0%	0%	0%
Butter Cheese	1 Slice	8	35	20	4g	1g	0g	5mg	65mg	< 1g	1g	1g	< 1g	0%	0%	2%	0%
Cajun	1 Slice	8	0	0	0g	0g	0g	0mg	80mg	< 1g	0g	0g	0g	0%	0%	0%	0%
Garlic Herb	1 Slice	8	0	0	0g	0g	0g	0mg	105mg	< 1g	0g	0g	0g	0%	0%	0%	0%
Onion	1 Slice	8	0	0	0g	0g	0g	0mg	130mg	< 1g	0g	0g	0g	0%	0%	0%	0%
Ranch	1 Slice	8	10	0	0g	0g	0g	0mg	920mg	2g	0g	< 1g	< 1g	0%	2%	2%	0%
Sesame	1 Slice	8	70	10	1.5g	0g	0g	< 5mg	95mg	12g	< 1g	< 1g	2g	0%	0%	4%	0%

CATERING DEEP DISH & SHEET PIZZA																	
Asiago	1 Slice	32	15	10	1g	0.5g	0g	< 5mg	35mg	0g	0g	0g	< 1g	0%	0%	4%	0%
Butter	1 Slice	32	30	20	3.5g	0.5g	0g	5mg	25mg	0g	2g	1g	0g	0%	0%	0%	0%
Butter Cheese	1 Slice	32	35	20	3.5g	1g	0g	5mg	60mg	< 1g	1g	1g	< 1g	0%	0%	2%	0%
Cajun	1 Slice	32	0	0	0g	0g	0g	0mg	80mg	0g	0g	0g	0g	0%	0%	0%	0%
Garlic Herb	1 Slice	32	0	0	0g	0g	0g	0mg	100mg	< 1g	0g	0g	0g	0%	0%	0%	0%
Onion	1 Slice	32	0	0	0g	0g	0g	0mg	120mg	< 1g	0g	0g	0g	0%	0%	0%	0%
Ranch	1 Slice	32	10	0	0g	0g	0g	0mg	880mg	2g	0g	< 1g	< 1g	0%	2%	2%	0%
Sesame	1 Slice	32	5	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%

IMPORTANT INFORMATION: Information provided is an estimate of nutritional data and is based on approved ingredients and standard recipes. Ingredients listed are provided by the manufacturer. Standard portion guides are used for the calculations, however, there may be variations due to differences in assembly and other normal operational and seasonal variances. Substituting ingredients may change nutritional values. This information does not include limited time offers or test products not in general release. Temporary substitution of standard ingredients may alter nutritional values within reasonable tolerances. There may be regional variations and not all items or options may be available at all locations.

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SPECIALTY PIZZA	Serving Size	Total Servings	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron

DEEP DISH																	
Asian Chicken	1 Slice	8	400	160	17g	6g	0g	40mg	740mg	44g	2g	8g	17g	6%	30%	35%	4%
Bacon Cheddar Cheeseburger	1 Slice	8	440	220	24g	10g	0g	55mg	690mg	37g	2g	3g	19g	320%	4%	110%	2%
BBQ Chicken	1 Slice	8	390	160	17g	7g	0g	45mg	590mg	42g	1g	9g	17g	6%	4%	35%	2%
Buffalo Chicken	1 Slice	8	380	170	19g	7g	0g	45mg	880mg	35g	< 1g	2g	16g	110%	2%	100%	2%
Chicken Bacon Ranch	1 Slice	8	440	270	26g	8g	0g	50mg	600mg	35g	< 1g	2g	17g	4%	0%	35%	2%
Howie Maui	1 Slice	8	370	160	17g	6g	0g	35mg	530mg	38g	2g	4g	15g	220%	4%	35%	2%
Howie Special	1 Slice	8	370	150	17g	7g	0g	35mg	570mg	38g	2g	4g	15g	220%	35%	35%	2%
Meat Eaters	1 Slice	8	420	210	23g	9g	0g	50mg	790mg	37g	2g	3g	17g	220%	4%	35%	4%
*Spicy Asian Chicken	1 Slice	8	430	180	19g	6g	0g	35mg	770mg	47g	2g	8g	17g	6%	30%	35%	4%
*Spicy BBQ Chicken	1 Slice	8	420	170	19g	7g	0g	40mg	620mg	45g	1g	9g	16g	6%	4%	35%	0%
*Spicy Buffalo Chicken	1 Slice	8	400	190	21g	7g	0g	40mg	910mg	38g	1g	1g	16g	110%	0%	100%	0%
*Spicy Chicken Bacon Ranch	1 Slice	8	470	290	28g	8g	0g	40mg	630mg	38g	1g	2g	16g	4%	0%	35%	0%
Three Cheeser Pepperoni Pleaser	1 Slice	8	450	220	25g	10g	0g	55mg	800mg	39g	2g	4g	19g	220%	25%	45%	4%
The Works	1 Slice	8	400	190	21g	9g	0g	50mg	550mg	37g	2g	3g	17g	320%	4%	110%	2%
Veggie	1 Slice	8	360	150	17g	6g	0g	30mg	420mg	39g	2g	4g	13g	220%	40%	35%	2%

SHEET																	
Asian Chicken	1 Slice	32	230	60	7g	3g	0g	25mg	460mg	30g	1g	5g	11g	0.04	0.2	0.2	0.02
Bacon Cheddar Cheeseburger	1 Slice	32	270	110	12g	6g	0g	35mg	480mg	26g	2g	2g	14g	2.5	0.02	0.9	0.02
BBQ Chicken	1 Slice	32	230	70	7g	3.5g	0g	25mg	400mg	29g	1g	5g	12g	0.04	0.02	0.2	0
Buffalo Chicken	1 Slice	32	240	90	10g	5g	0g	35mg	610mg	25g	1g	1g	13g	1	0	0.9	0
Chicken Bacon Ranch	1 Slice	32	260	130	12g	4.5g	0g	30mg	400mg	25g	1g	1g	12g	0.02	0	0.2	0
Howie Maui	1 Slice	32	220	70	8g	4g	0g	25mg	400mg	27g	1g	3g	11g	1.5	0.04	0.25	0
Howie Special	1 Slice	32	210	60	6g	3.5g	0g	20mg	370mg	27g	2g	2g	11g	1.5	0.02	0.25	0.02
Meat Eaters	1 Slice	32	250	100	11g	5g	0g	30mg	540mg	26g	2g	2g	12g	1.5	0.02	0.25	0.02
Three Cheeser Pepperoni Pleaser	1 Slice	32	250	90	11g	6g	0g	35mg	410mg	27g	1g	3g	12g	2.5	0.02	0.9	0
The Works	1 Slice	32	260	100	11g	5g	0g	35mg	470mg	27g	2g	2g	13g	1.5	0.15	0.3	0.02
Veggie	1 Slice	32	200	60	6g	3g	0g	15mg	270mg	27g	2g	3g	9g	150%	25%	25%	2%

FLAVORED CRUST	Serving Size	Total Servings	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron

JUNIOR ROUND																	
Asiago	1 Slice	4	5	0	0.5g	0g	0g	0mg	15mg	0g	0g	0g	0g	0%	0%	2%	0%
Butter	1 Slice	4	35	20	3.5g	0.5g	0g	5mg	25mg	0g	2g	1g	0g	0%	0%	0%	0%
Butter Cheese	1 Slice	4	35	20	4g	1g	0g	5mg	65mg	< 1g	1g	1g	< 1g	0%	0%	2%	0%
Cajun	1 Slice	4	0	0	0g	0g	0g	0mg	80mg	< 1g	0g	0g	0g	0%	0%	0%	0%
Garlic Herb	1 Slice	4	0	0	0g	0g	0g	0mg	105mg	< 1g	0g	0g	0g	0%	0%	0%	0%
Onion	1 Slice	4	0	0	0g	0g	0g	0mg	130mg	< 1g	0g	0g	0g	0%	0%	0%	0%
Ranch	1 Slice	4	10	0	0g	0g	0g	0mg	920mg	2g	0g	< 1g	< 1g	0%	0%	2%	0%
Sesame	1 Slice	4	5	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%

SMALL ROUND OR GLUTEN FREE																	
Asiago	1 Slice	6	10	5	0.5g	0g	0g	< 5mg	20mg	0g	0g	0g	< 1g	0%	0%	2%	0%
Butter	1 Slice	6	25	20	3g	0g	0g	< 5mg	20mg	0g	1g	< 1g	0g	0%	0%	0%	0%
Butter Cheese	1 Slice	6	30	20	3g	1g	0g	5mg	55mg	0g	1g	1g	0g	0%	0%	0%	0%
Cajun	1 Slice	6	0	0	0g	0g	0g	0mg	70mg	0g	0g	0g	0g	0%	0%	0%	0%
Garlic Herb	1 Slice	6	0	0	0g	0g	0g	0mg	90mg	0g	0g	0g	0g	0%	0%	0%	0%
Onion	1 Slice	6	0	0	0g	0g	0g	0mg	105mg	< 1g	0g	0g	0g	0%	0%	0%	0%
Ranch	1 Slice	6	10	0	0g	0g	0g	0mg	770mg	1g	0g	< 1g	0g	0%	0%	2%	0%
Sesame	1 Slice	6	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%

MEDIUM ROUND OR THIN																	
Asiago	1 Slice	8	10	5	1g	0g	0g	< 5mg	25mg	0g	0g	0g	< 1g	0%	0%	2%	0%
Butter	1 Slice	8	25	15	2.5g	0g	0g	< 5mg	20mg	0g	1g	< 1g	0g	0%	0%	0%	0%
Butter Cheese	1 Slice	8	25	15	3g	0.5g	0g	5mg	45mg	0g	< 1g	1g	0g	0%	0%	0%	0%
Cajun	1 Slice	8	0	0	0g	0g	0g	0mg	60mg	0g	0g	0g	0g	0%	0%	0%	0%
Garlic Herb	1 Slice	8	0	0	0g	0g	0g	0mg	80mg	0g	0g	0g	0g	0%	0%	0%	0%
Onion	1 Slice	8	0	0	0g	0g	0g	0mg	95mg	0g	0g	0g	0g	0%	0%	0%	0%
Ranch	1 Slice	8	5	0	0g	0g	0g	0mg	690mg	1g	0g	< 1g	0g	0%	0%	2%	0%
Sesame	1 Slice	8	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%

LARGE ROUND OR THIN																	
Asiago	1 Slice	8	15	10	1g	0.5g	0g	< 5mg	35mg	0g	0g	0g	< 1g	0%	0%	4%	0%
Butter	1 Slice	8	30	20	3g	0g	0g	< 5mg	25mg	0g	1g	< 1g	0g	0%	0%	0%	0%
Butter Cheese	1 Slice	8	30	20	3.5g	1g	0g	5mg	55mg	< 1g	1g	1g	< 1g	0%	0%	2%	0%
Cajun	1 Slice	8	0	0	0g	0g	0g	0mg	70mg	0g	0g	0g	0g	0%	0%	0%	0%
Garlic Herb	1 Slice	8	0	0	0g	0g	0g	0mg	95mg	0g	0g	0g	0g	0%	0%	0%	0%
Onion	1 Slice	8	0	0	0g	0g	0g	0mg	110mg	< 1g	0g	0g	0g	0%	0%	0%	0%
Ranch	1 Slice	8	10	0	0g	0g	0g	0mg	800mg	1g	0g	< 1g	0g	0%	0%	2%	0%
Sesame	1 Slice	8	5	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%

* Product only available in Florida.

BUILD YOUR OWN PIZZA

Serving Size
Total Servings
Calories from Fat
Calories
Sat. Fat (g)
Trans. Fat (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrates (g)
Dietary Fiber (g)
Sugars (g)
Protein (g)
Vitamin A
Vitamin C
Calcium
Iron

14" Large
To calculate total nutritional values for One Slice: Add selected "Toppings" to "Cheese Only"

Cheese Only	1 Slice	8	250	70	7g	4g	0g	25mg	320mg	34g	2g	2g	12g	220%	4%	30%	0%	
Thin Crust Cheese Only	1 Slice	8	200	90	10g	4.5g	0g	25mg	260mg	18g	1g	2g	9g	220%	4%	25%	2%	
Stuffed Crust Cheese Only	1 Slice	8	300	120	12g	7g	0g	40mg	500mg	35g	2g	3g	15g	360%	4%	150%	0%	
Toppings	Anchovies	1 Slice	8	10	0	0g	0g	0g	290mg	0g	0g	0g	<1g	0%	0%	0%	0%	
	Bacon	1 Slice	8	20	15	2g	0.5g	0g	<5mg	65mg	0g	0g	0g	1g	0%	0%	0%	
	Black Olive	1 Slice	8	15	10	1g	0g	0g	50mg	0g	0g	0g	0g	0%	0%	0%	0%	
	Cheddar	1 Slice	8	60	40	4.5g	2.5g	0g	15mg	90mg	0g	0g	0g	4g	140%	0%	100%	0%
	Chicken	1 Slice	8	15	0	0g	0g	0g	10mg	85mg	0g	0g	0g	3g	0%	0%	0%	0%
	Feta	1 Slice	8	35	20	2g	1.5g	0g	10mg	170mg	1g	0g	<1g	3g	2%	0%	6%	0%
	Green Olive	1 Slice	8	10	10	1g	0g	**	0mg	110mg	0g	0g	0g	0g	0%	0%	0%	0%
	Green Pepper	1 Slice	8	0	0	0g	0g	0g	0mg	0mg	<1g	0g	0g	0g	2%	25%	0%	0%
	Ground Beef	1 Slice	8	30	20	2g	1g	0g	5mg	160mg	0g	0g	0g	2g	0%	0%	0%	2%
	Ham	1 Slice	8	15	0	0.5g	0g	0g	5mg	130mg	0g	0g	0g	2g	0%	0%	0%	0%
	Jalapenos	1 Slice	8	0	0	0g	0g	**	0mg	180mg	<1g	0g	0g	0g	4%	2%	0%	2%
	Meatball	1 Slice	8	60	40	4.5g	1.5g	0g	10mg	170mg	1g	<1g	0g	5g	2%	0%	4%	4%
	Mild Pepper Rings	1 Slice	8	0	0	0g	0g	0g	0mg	160mg	0g	0g	0g	0g	4%	6%	6%	0%
	Mushroom	1 Slice	8	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
	Pepperoni	1 Slice	8	10	10	1g	0g	0g	<5mg	85mg	0g	0g	0g	0g	0%	0%	0%	0%
	Pineapple	1 Slice	8	5	0	0g	0g	0g	0mg	0mg	2g	0g	1g	0g	0%	2%	0%	0%
	Red Onion	1 Slice	8	0	0	0g	0g	0g	0mg	0mg	<1g	0g	0g	0g	0%	0%	0%	0%
	Sausage	1 Slice	8	40	35	3.5g	1g	0g	5mg	90mg	0g	0g	0g	1g	0%	0%	0%	0%
	Steak	1 Slice	8	25	15	1.5g	0.5g	0g	10mg	5mg	0g	0g	0g	3g	0%	0%	0%	2%
	Tomato	1 Slice	8	10	0	0g	0g	0g	0mg	0mg	3g	<1g	2g	<1g	10%	15%	0%	2%

16" XL
To calculate total nutritional values for One Slice: Add selected "Toppings" to "Cheese Only"

Cheese Only	1 Slice	8	350	90	10g	6g	0g	35mg	450mg	48g	3g	3g	17g	310%	4%	45%	0%
Anchovies	1 Slice	8	10	5	0.5g	0g	0g	0mg	350mg	0g	0g	0g	1g	0%	0%	0%	0%
Bacon	1 Slice	8	25	20	2g	0.5g	0g	<5mg	80mg	0g	0g	0g	1g	0%	0%	0%	0%
Black Olive	1 Slice	8	15	15	1.5g	0g	0g	0mg	60mg	<1g	0g	0g	0g	0%	0%	0%	0%
Cheddar	1 Slice	8	80	60	6g	3.5g	0g	20mg	125mg	0g	0g	0g	5g	200%	0%	140%	0%
Chicken	1 Slice	8	20	0	0g	0g	0g	10mg	110mg	0g	0g	0g	3g	0%	0%	0%	0%
Feta	1 Slice	8	45	25	2.5g	2g	0g	10mg	220mg	1g	0g	<1g	4g	2%	0%	6%	0%
Green Olive	1 Slice	8	15	10	1.5g	0g	**	0mg	140mg	0g	0g	0g	0g	0%	0%	0%	0%
Green Pepper	1 Slice	8	5	0	0g	0g	0g	0mg	0mg	1g	<1g	<1g	0g	2%	40%	0%	0%
Ground Beef	1 Slice	8	35	25	3g	1g	0g	5mg	200mg	<1g	0g	0g	2g	0%	0%	0%	2%
Ham	1 Slice	8	15	5	0.5g	0g	0g	10mg	170mg	0g	0g	0g	2g	0%	0%	0%	0%
Jalapenos	1 Slice	8	0	0	0g	0g	**	0mg	240mg	<1g	0g	0g	0g	4%	2%	0%	2%
Meatball	1 Slice	8	80	50	6g	2g	0g	15mg	230mg	2g	1g	0g	6g	2%	0%	6%	6%
Mild Pepper Rings	1 Slice	8	0	0	0g	0g	0g	0mg	210mg	<1g	0g	0g	0g	4%	8%	8%	0%
Mushroom	1 Slice	8	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
Pepperoni	1 Slice	8	15	10	1.5g	0.5g	0g	<5mg	105mg	0g	0g	0g	<1g	0%	0%	0%	0%
Pineapple	1 Slice	8	10	0	0g	0g	0g	0mg	0mg	2g	0g	2g	0g	0%	2%	0%	0%
Red Onion	1 Slice	8	0	0	0g	0g	0g	0mg	0mg	<1g	0g	0g	0g	0%	0%	0%	0%
Sausage	1 Slice	8	60	50	6g	2g	0g	10mg	140mg	0g	0g	0g	2g	0%	0%	0%	2%
Steak	1 Slice	8	30	15	2g	1g	0g	10mg	10mg	0g	0g	0g	3g	0%	0%	0%	2%
Tomato	1 Slice	8	15	0	0g	0g	0g	0mg	0mg	3g	<1g	2g	<1g	15%	15%	0%	2%

Deep Dish
To calculate total nutritional values for One Slice: Add selected "Toppings" to "Cheese Only"

Cheese Only	1 Slice	8	330	140	16g	6g	0g	30mg	370mg	36g	1g	2g	13g	220%	4%	35%	0%
Anchovies	1 Slice	8	10	0	0g	0g	0g	0mg	290mg	0g	0g	0g	<1g	0%	0%	0%	0%
Bacon	1 Slice	8	20	15	2g	0.5g	0g	<5mg	65mg	0g	0g	0g	1g	0%	0%	0%	0%
Black Olive	1 Slice	8	15	10	1g	0g	0g	0mg	50mg	0g	0g	0g	0g	0%	0%	0%	0%
Cheddar	1 Slice	8	60	50	5g	3g	0g	15mg	105mg	0g	0g	0g	4g	160%	0%	110%	0%
Chicken	1 Slice	8	15	0	0g	0g	0g	10mg	85mg	0g	0g	0g	3g	0%	0%	0%	0%
Feta	1 Slice	8	35	20	2g	1.5g	0g	10mg	170mg	1g	0g	<1g	3g	2%	0%	6%	0%
Green Olive	1 Slice	8	10	10	1g	0g	**	0mg	110mg	0g	0g	0g	0g	0%	0%	0%	0%
Green Pepper	1 Slice	8	0	0	0g	0g	0g	0mg	0mg	1g	<1g	<1g	0g	2%	30%	0%	0%
Ground Beef	1 Slice	8	30	20	2g	1g	0g	5mg	160mg	0g	0g	0g	2g	0%	0%	0%	2%
Ham	1 Slice	8	15	0	0.5g	0g	0g	5mg	130mg	0g	0g	0g	2g	0%	0%	0%	0%
Jalapenos	1 Slice	8	0	0	0g	0g	**	0mg	180mg	<1g	0g	0g	0g	4%	2%	0%	2%
Meatball	1 Slice	8	60	40	4.5g	1.5g	0g	10mg	170mg	1g	<1g	0g	5g	2%	0%	4%	4%
Mild Pepper Rings	1 Slice	8	0	0	0g	0g	0g	0mg	160mg	0g	0g	0g	0g	4%	6%	6%	0%
Mushroom	1 Slice	8	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
Pepperoni	1 Slice	8	10	10	1g	0g	0g	<5mg	85mg	0g	0g	0g	0g	0%	0%	0%	0%
Pineapple	1 Slice	8	5	0	0g	0g	0g	0mg	0mg	2g	0g	1g	0g	0%	2%	0%	0%
Red Onion	1 Slice	8	0	0	0g	0g	0g	0mg	0mg	<1g	0g	0g	0g	0%	0%	0%	0%
Sausage	1 Slice	8	40	35	3.5g	1g	0g	5mg	90mg	0g	0g	0g	1g	0%	0%	0%	0%
Steak	1 Slice	8	25	15	1.5g	0.5g	0g	10mg	5mg	0g	0g	0g	3g	0%	0%	0%	2%
Tomato	1 Slice	8	10	0	0g	0g	0g	0mg	0mg	3g	<1g	2g	<1g	10%	15%	0%	2%

BUILD YOUR OWN PIZZA

Serving Size
Total Servings
Calories
Calories from Fat
Sat. Fat (g.)
Trans. Fat (g.)
Cholesterol (mg.)
Sodium (mg.)
Carbohydrates (g.)
Dietary Fiber (g.)
Sugars (g.)
Protein (g.)
Vitamin A
Vitamin C
Calcium
Iron

Sheet

To calculate total nutritional values for One Slice: Add selected "Toppings" to "Cheese Only"

Cheese Only		1 Slice	32	190	50	5g	3g	0g	15mg	240mg	25g	1g	2g	9g	150%	2%	25%	0%
Toppings	Anchovies	1 Slice	32	10	0	0g	0g	0g	0mg	230mg	0g	0g	0g	<1g	0%	0%	0%	0%
	Bacon	1 Slice	32	25	20	2g	0.5g	0g	<5mg	80mg	0g	0g	0g	1g	0%	0%	0%	0%
	Black Olive	1 Slice	32	10	5	0.5g	0g	0g	0mg	30mg	0g	0g	0g	0g	0%	0%	0%	0%
	Cheddar	1 Slice	32	40	30	3g	1.5g	0g	10mg	65mg	0g	0g	0g	2g	100%	0%	70%	0%
	Chicken	1 Slice	32	10	0	0g	0g	0g	10mg	65mg	0g	0g	0g	2g	0%	0%	0%	0%
	Feta	1 Slice	32	35	20	2g	1.5g	0g	10mg	170mg	1g	0g	<1g	3g	2%	0%	6%	0%
	Green Olive	1 Slice	32	5	5	0.5g	0g	**	0mg	70mg	0g	0g	0g	0g	0%	0%	0%	0%
	Green Pepper	1 Slice	32	0	0	0g	0g	0g	0mg	0mg	<1g	0g	0g	0g	2%	20%	0%	0%
	Ground Beef	1 Slice	32	20	15	1.5g	0.5g	0g	<5mg	105mg	0g	0g	0g	1g	0%	0%	0%	2%
	Ham	1 Slice	32	10	0	0g	0g	0g	<5mg	85mg	0g	0g	0g	1g	0%	0%	0%	0%
	Jalapenos	1 Slice	32	0	0	0g	0g	**	0mg	115mg	0g	0g	0g	0g	2%	2%	0%	0%
	Meatball	1 Slice	32	30	20	2g	0.5g	0g	<5mg	80mg	<1g	0g	0g	2g	0%	0%	2%	2%
	Mild Pepper Rings	1 Slice	32	0	0	0g	0g	0g	0mg	100mg	0g	0g	0g	0g	2%	4%	4%	0%
	Mushroom	1 Slice	32	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
	Pepperoni	1 Slice	32	5	5	0.5g	0g	0g	0mg	50mg	0g	0g	0g	0g	0%	0%	0%	0%
	Pineapple	1 Slice	32	0	0	0g	0g	0g	0mg	0mg	1g	0g	<1g	0g	0%	0%	0%	0%
	Red Onion	1 Slice	32	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
	Sausage	1 Slice	32	35	30	3g	1g	0g	5mg	75mg	0g	0g	0g	<1g	0%	0%	0%	0%
	Steak	1 Slice	32	15	10	1g	0g	0g	5mg	0mg	0g	0g	0g	2g	0%	0%	0%	2%
	Tomato	1 Slice	32	5	0	0g	0g	0g	0mg	0mg	2g	0g	<1g	0g	6%	8%	0%	0%

Catering Deep Dish

To calculate total nutritional values for One Slice: Add selected "Toppings" to "Cheese Only"

Cheese Only		1 Slice	8	330	140	16g	6g	0g	30mg	370mg	36g	1g	2g	13g	210%	4%	35%	0%
Toppings	Anchovies	1 Slice	8	10	0	0g	0g	0g	0mg	230mg	0g	0g	0g	<1g	0%	0%	0%	0%
	Bacon	1 Slice	8	40	30	3.5g	1g	0g	5mg	125mg	0g	0g	0g	2g	0%	0%	0%	0%
	Black Olive	1 Slice	8	15	10	1g	0g	0g	0mg	50mg	0g	0g	0g	0g	0%	0%	0%	0%
	Cheddar	1 Slice	8	60	50	5g	3g	0g	15mg	105mg	0g	0g	0g	4g	160%	0%	110%	0%
	Chicken	1 Slice	8	15	0	0g	0g	0g	10mg	85mg	0g	0g	0g	3g	0%	0%	0%	0%
	Feta	1 Slice	8	35	20	2g	1.5g	0g	10mg	170mg	1g	0g	<1g	3g	2%	0%	6%	0%
	Green Olive	1 Slice	8	10	10	1g	0g	**	0mg	110mg	0g	0g	0g	0g	0%	0%	0%	0%
	Green Pepper	1 Slice	8	0	0	0g	0g	0g	0mg	0mg	1g	<1g	<1g	0g	2%	30%	0%	0%
	Ground Beef	1 Slice	8	30	20	2g	1g	0g	5mg	160mg	0g	0g	0g	2g	0%	0%	0%	2%
	Ham	1 Slice	8	15	0	0.5g	0g	0g	5mg	130mg	0g	0g	0g	2g	0%	0%	0%	0%
	Jalapenos	1 Slice	8	0	0	0g	0g	**	0mg	180mg	<1g	0g	0g	0g	4%	2%	0%	2%
	Meatball	1 Slice	8	40	25	3g	1g	0g	5mg	115mg	<1g	<1g	0g	3g	0%	0%	2%	2%
	Mild Pepper Rings	1 Slice	8	0	0	0g	0g	0g	0mg	160mg	0g	0g	0g	0g	4%	6%	6%	0%
	Mushroom	1 Slice	8	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
	Pepperoni	1 Slice	8	10	5	1g	0g	0g	0mg	70mg	0g	0g	0g	0g	0%	0%	0%	0%
	Pineapple	1 Slice	8	5	0	0g	0g	0g	0mg	0mg	2g	0g	1g	0g	0%	2%	0%	0%
	Red Onion	1 Slice	8	0	0	0g	0g	0g	0mg	0mg	<1g	0g	0g	0g	0%	0%	0%	0%
	Sausage	1 Slice	8	50	40	4.5g	1.5g	0g	10mg	110mg	0g	0g	0g	1g	0%	0%	0%	0%
	Steak	1 Slice	8	25	15	1.5g	0.5g	0g	10mg	5mg	0g	0g	0g	3g	0%	0%	0%	2%
	Tomato	1 Slice	8	10	0	0g	0g	0g	0mg	0mg	3g	<1g	2g	<1g	10%	15%	0%	2%

PEPSI

Size
Calories
Calories from Fat
Sat. Fat (g.)
Trans. Fat (g.)
Cholesterol (mg.)
Sodium (mg.)
Carbohydrates (g.)
Dietary Fiber (g.)
Sugars (g.)
Protein (g.)
Vitamin A
Vitamin C
Calcium
Iron

FOUNTAIN

Pepsi	22 oz.	270	0	0g	0g	0g	0mg	55mg	75g	0g	75g	0g	0%	0%	0%	0%
	32 oz.	400	0	0g	0g	0g	0mg	80mg	109g	0g	109g	0g	0%	0%	0%	0%
Diet Pepsi	22 oz.	0	0	0g	0g	0g	0mg	65mg	0g	0g	0g	0g	0%	0%	0%	0%
	32 oz.	0	0	0g	0g	0g	0mg	95mg	0g	0g	0g	0g	0%	0%	0%	0%
Mountain Dew	22 oz.	310	0	0g	0g	0g	0mg	110mg	84g	0g	84g	0g	0%	0%	0%	0%
	32 oz.	450	0	0g	0g	0g	0mg	160mg	123g	0g	123g	0g	0%	0%	0%	0%
Sierra Mist Twist	22 oz.	270	0	0g	0g	0g	0mg	65mg	71g	0g	71g	0g	0%	0%	0%	0%
	32 oz.	400	0	0g	0g	0g	0mg	95mg	104g	0g	104g	0g	0%	0%	0%	0%
Sweet Tea	22 oz.	140	0	0g	0g	**	0mg	20mg	37g	0g	35g	0g	0%	0%	0%	0%
	32 oz.	200	0	0g	0g	**	0mg	30mg	53g	0g	50g	0g	0%	0%	0%	2%
Unsweetened Tea	22 oz.	5	0	0g	0g	**	0mg	20mg	2g	0g	0g	0g	0%	0%	0%	0%
	32 oz.	10	0	0g	0g	**	0mg	30mg	3g	0g	0g	0g	0%	0%	0%	2%

Actual calorie counts may vary based on cup fill level, the type and precise amount of ice used, and fountain equipment performance.
Diet beverages contain small amounts of calories that typically round to zero per FDA rules. In larger sizes, these calories may round to more than zero.

SPECIALTY PIZZA	Serving Size	Total Servings	Calories	Calories from Fat	Fat (g.)	Sat. Fat (g.)	Cholesterol (mg.)	Trans Fat (g.)	Sodium (mg.)	Carbohydrates (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Vitamin A	Vitamin C	Calcium	Iron
8" JUNIOR																	
Asian Chicken	1 Slice	4	190	60	6g	3g	0g	25mg	390mg	25g	1g	4g	10g	4%	15%	20%	2%
Bacon Cheddar Cheeseburger	1 Slice	4	210	80	9g	4.5g	0g	25mg	380mg	21g	1g	2g	11g	190%	2%	60%	2%
BBQ Chicken	1 Slice	4	190	50	6g	3g	0g	25mg	340mg	24g	<1g	4g	10g	0.02	0.02	0.15	0
Buffalo Chicken	1 Slice	4	170	50	6g	2.5g	0g	20mg	430mg	21g	<1g	<1g	9g	0.45	0	0.45	0
Chicken Bacon Ranch	1 Slice	4	210	100	10g	3.5g	0g	25mg	340mg	20g	<1g	1g	10g	0.02	0	0.15	0
Howie Maui	1 Slice	4	180	50	6g	3g	0g	20mg	310mg	22g	1g	2g	9g	1.2	0.02	0.15	0
Howie Special	1 Slice	4	160	45	5g	2.5g	0g	15mg	290mg	22g	2g	2g	8g	1.2	0.2	0.2	0.02
Meat Eaters	1 Slice	4	190	70	8g	3.5g	0g	25mg	410mg	21g	1g	2g	9g	1.2	0.02	0.2	0.02
*Spicy Asian Chicken	1 Slice	4	210	70	7g	3g	0g	20mg	410mg	27g	1g	4g	10g	4%	15%	20%	2%
*Spicy BBQ Chicken	1 Slice	4	210	70	7g	3.5g	0g	20mg	350mg	26g	1g	4g	10g	2%	2%	20%	0%
*Spicy Buffalo Chicken	1 Slice	4	200	70	8g	3.5g	0g	20mg	470mg	23g	1g	<1g	10g	4%	0%	40%	0%
*Spicy Chicken Bacon Ranch	1 Slice	4	230	120	11g	4g	0g	25mg	350mg	22g	1g	<1g	10g	20%	0%	20%	0%
*Taco Pizza	1 Slice	4	200	70	8g	4g	0g	25mg	290mg	22g	1g	1g	10g	160%	6%	110%	4%
Three Cheeser Pepperoni Pleaser	1 Slice	4	270	130	15g	7g	0g	40mg	950mg	23g	1g	1g	12g	1.9	0.02	0.6	0.04
The Works	1 Slice	4	210	80	9g	4g	0g	25mg	390mg	22g	2g	2g	10g	1.2	0.1	0.25	0.02
Veggie	1 Slice	4	170	50	5g	3g	0g	15mg	230mg	23g	2g	2g	8g	130%	20%	20%	0%
10" SMALL																	
Asian Chicken	1 Slice	6	190	50	5g	2.5g	0g	25mg	390mg	25g	1g	4g	10g	4%	20%	20%	2%
Bacon Cheddar Cheeseburger	1 Slice	6	220	90	10g	5g	0g	30mg	390mg	22g	1g	2g	11g	180%	2%	60%	2%
BBQ Chicken	1 Slice	6	190	50	6g	3g	0g	25mg	330mg	24g	<1g	4g	10g	2%	2%	20%	0%
Buffalo Chicken	1 Slice	6	180	50	6g	3g	0g	25mg	450mg	21g	<1g	1g	10g	35%	0%	40%	0%
Chicken Bacon Ranch	1 Slice	6	220	120	11g	3.5g	0g	25mg	360mg	20g	<1g	1g	10g	2%	0%	20%	0%
Howie Maui	1 Slice	6	180	50	6g	3g	0g	20mg	300mg	22g	1g	2g	9g	120%	2%	20%	0%
Howie Special	1 Slice	6	180	50	6g	3g	0g	20mg	320mg	23g	2g	2g	9g	120%	25%	20%	2%
Meat Eaters	1 Slice	6	210	80	9g	4g	0g	25mg	450mg	22g	1g	2g	10g	120%	2%	20%	2%
*Spicy Asian Chicken	1 Slice	6	210	60	7g	3g	0g	20mg	410mg	27g	1g	4g	10g	4%	20%	20%	2%
*Spicy BBQ Chicken	1 Slice	6	210	70	7g	3g	0g	20mg	360mg	26g	1g	4g	10g	2%	2%	20%	0%
*Spicy Buffalo Chicken	1 Slice	6	200	70	8g	3g	0g	20mg	470mg	23g	1g	<1g	10g	35%	0%	40%	0%
*Spicy Chicken Bacon Ranch	1 Slice	6	220	120	11g	3.5g	0g	25mg	360mg	20g	<1g	1g	10g	2%	0%	20%	0%
*Taco Pizza	1 Slice	6	210	80	9g	4g	0.5g	25mg	340mg	22g	1g	1g	11g	160%	6%	110%	4%
Three Cheeser Pepperoni Pleaser	1 Slice	6	210	80	9g	4.5g	0g	25mg	390mg	22g	2g	2g	10g	120%	15%	25%	2%
The Works	1 Slice	6	210	80	9g	4.5g	0g	25mg	390mg	22g	2g	2g	10g	120%	15%	25%	2%
Veggie	1 Slice	6	170	45	5g	2.5g	0g	15mg	230mg	23g	2g	2g	8g	130%	25%	20%	2%
10" SMALL Gluten Free																	
Asian Chicken	1 Slice	6	120	50	6g	3g	0g	25mg	350mg	11g	<1g	4g	7g	4%	20%	15%	2%
Bacon Cheddar Cheeseburger	1 Slice	6	150	90	10g	5g	0g	30mg	350mg	8g	<1g	2g	8g	180%	2%	50%	2%
BBQ Chicken	1 Slice	6	120	60	6g	3g	0g	25mg	290mg	10g	0g	4g	7g	2%	2%	15%	0%
Buffalo Chicken	1 Slice	6	110	60	7g	3g	0g	25mg	420mg	7g	<1g	1g	6g	40%	2%	35%	0%
Chicken Bacon Ranch	1 Slice	6	160	120	11g	4g	0g	25mg	320mg	6g	0g	1g	7g	2%	0%	15%	0%
Howie Maui	1 Slice	6	110	50	6g	3g	0g	20mg	260mg	8g	<1g	2g	5g	120%	2%	15%	0%
Howie Special	1 Slice	6	110	50	6g	3g	0g	20mg	280mg	9g	1g	2g	6g	120%	25%	15%	2%
Meat Eaters	1 Slice	6	140	80	9g	4g	0g	25mg	420mg	8g	<1g	2g	7g	120%	2%	15%	2%
Three Cheeser Pepperoni Pleaser	1 Slice	6	140	80	9g	4.5g	0g	25mg	360mg	8g	1g	2g	7g	120%	15%	15%	2%
The Works	1 Slice	6	130	80	8g	4.5g	0g	25mg	280mg	7g	<1g	2g	7g	180%	2%	50%	0%
Veggie	1 Slice	6	100	50	6g	2.5g	0g	15mg	200mg	9g	1g	2g	5g	130%	25%	15%	2%
12" MEDIUM																	
Asian Chicken	1 Slice	8	230	60	7g	3g	0g	25mg	480mg	30g	2g	6g	11g	0.04	0.25	0.2	0.02
Bacon Cheddar Cheeseburger	1 Slice	8	270	120	13g	6g	0g	35mg	510mg	25g	1g	2g	14g	2.5	0.02	1	0.02
BBQ Chicken	1 Slice	8	230	70	8g	4g	0g	30mg	430mg	29g	1g	6g	12g	0.04	0.02	0.2	0
Buffalo Chicken	1 Slice	8	210	70	8g	3.5g	0g	25mg	580mg	24g	1g	1g	11g	0.6	0	0.6	0
Chicken Bacon Ranch	1 Slice	8	270	150	14g	4.5g	0g	30mg	440mg	24g	1g	1g	12g	0.02	0	0.2	0
Howie Maui	1 Slice	8	220	70	8g	4g	0g	25mg	400mg	26g	1g	3g	11g	1.4	0.04	0.2	0
Howie Special	1 Slice	8	210	60	7g	3.5g	0g	25mg	390mg	26g	2g	3g	11g	1.5	0.25	0.25	0.02
Meat Eaters	1 Slice	8	250	100	11g	5g	0g	30mg	560mg	25g	1g	2g	12g	1.4	0.02	0.25	0.02
*Spicy Asian Chicken	1 Slice	8	240	70	8g	3.5g	0g	20mg	500mg	32g	2g	6g	11g	4%	25%	20%	2%
*Spicy BBQ Chicken	1 Slice	8	240	70	8g	3.5g	0g	25mg	410mg	31g	1g	6g	11g	4%	2%	20%	0%
*Spicy Buffalo Chicken	1 Slice	8	230	80	9g	3.5g	0g	25mg	600mg	26g	1g	1g	11g	60%	0%	60%	0%
*Spicy Chicken Bacon Ranch	1 Slice	8	270	150	14g	4.5g	0g	25mg	420mg	26g	1g	1g	11g	2%	0%	20%	0%
*Taco Pizza	1 Slice	8	230	80	9g	4g	0.5g	25mg	350mg	26g	2g	2g	12g	170%	8%	110%	4%
Three Cheeser Pepperoni Pleaser	1 Slice	8	230	90	10g	5g	0g	30mg	370mg	25g	1g	2g	12g	2.5	0.02	1	0
The Works	1 Slice	8	250	100	11g	5g	0g	30mg	490mg	26g	2g	2g	13g	1.5	0.2	0.3	0.02
Veggie	1 Slice	8	200	50	6g	3g	0g	15mg	270mg	28g	2g	4g	10g	1.5	0.35	0.25	0.02

* Product only available in Florida.

SPECIALTY PIZZA	Serving Size	Total Servings	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron

12" MEDIUM THIN CRUST																	
Asian Chicken	1 Slice	8	190	70	8g	3.5g	0g	25mg	430mg	19g	1g	5g	9g	0.04	0.25	0.15	0.02
Bacon Cheddar Cheeseburger	1 Slice	8	240	130	15g	7g	0g	35mg	460mg	13g	1g	1g	12g	2.5	0.02	0.9	0.02
BBQ Chicken	1 Slice	8	200	90	10g	4g	0g	30mg	380mg	17g	< 1g	5g	10g	0.04	0.02	0.15	0.02
Buffalo Chicken	1 Slice	8	170	80	9g	4g	0g	25mg	530mg	13g	< 1g	0g	8g	0.6	0	0.5	0.02
Chicken Bacon Ranch	1 Slice	8	230	160	15g	5g	0g	30mg	390mg	12g	< 1g	< 1g	10g	0.02	0	0.15	0.02
Howie Maui	1 Slice	8	180	90	10g	4g	0g	25mg	350mg	14g	1g	2g	9g	1.4	0.04	0.15	0.02
Howie Special	1 Slice	8	170	70	8g	4g	0g	25mg	340mg	15g	2g	2g	8g	1.5	0.25	0.15	0.02
Meat Eaters	1 Slice	8	210	110	13g	5g	0g	30mg	510mg	14g	1g	1g	10g	1.4	0.02	0.15	0.04
Spicy Asian Chicken	1 Slice	6	210	60	7g	3g	0g	20mg	410mg	27g	1g	4g	10g	4%	20%	20%	2%
*Spicy Asian Chicken	1 Slice	8	210	90	10g	3.5g	0g	20mg	450mg	21g	1g	5g	9g	4%	25%	15%	2%
*Spicy BBQ Chicken	1 Slice	8	200	90	10g	4g	0g	25mg	360mg	19g	< 1g	5g	9g	4%	2%	15%	2%
*Spicy Buffalo Chicken	1 Slice	8	190	100	11g	4g	0g	25mg	550mg	14g	< 1g	0g	8g	60%	0%	50%	2%
*Taco Pizza	1 Slice	8	190	100	11g	4.5g	0g	25mg	300mg	14g	1g	1g	9g	170%	8%	100%	6%
Three Cheeser Pepperoni Pleaser	1 Slice	8	200	100	11g	6g	0g	30mg	320mg	13g	1g	1g	9g	2.5	0.02	0.9	0.02
The Works	1 Slice	8	220	110	13g	6g	0g	30mg	440mg	15g	2g	2g	10g	1.5	0.2	0.2	0.04
Veggie	1 Slice	8	160	70	8g	3.5g	0g	15mg	230mg	15g	2g	2g	7g	160%	30%	15%	2%

14" LARGE																	
Asian Chicken	1 Slice	8	310	80	9g	4.5g	0g	35mg	660mg	41g	2g	8g	16g	6%	30%	30%	4%
Bacon Cheddar Cheeseburger	1 Slice	8	350	140	15g	8g	0g	45mg	630mg	34g	2g	3g	18g	300%	4%	100%	2%
BBQ Chicken	1 Slice	8	300	80	9g	4.5g	0g	40mg	530mg	39g	2g	8g	16g	4%	4%	30%	2%
Buffalo Chicken	1 Slice	8	290	100	11g	5g	0g	40mg	800mg	33g	1g	2g	16g	90%	2%	90%	2%
Chicken Bacon Ranch	1 Slice	8	350	180	17g	6g	0g	40mg	540mg	32g	1g	2g	16g	4%	0%	30%	2%
Howie Maui	1 Slice	8	290	80	10g	5g	0g	30mg	490mg	35g	2g	4g	15g	220%	4%	30%	2%
Howie Special	1 Slice	8	280	80	9g	4.5g	0g	30mg	520mg	36g	3g	4g	14g	220%	35%	30%	2%
Meat Eaters	1 Slice	8	340	140	15g	7g	0g	45mg	760mg	34g	2g	3g	17g	220%	4%	30%	4%
*Spicy Asian Chicken	1 Slice	8	340	100	11g	4.5g	0g	30mg	690mg	44g	2g	8g	16g	6%	30%	30%	4%
*Spicy BBQ Chicken	1 Slice	8	330	100	11g	5g	0g	30mg	560mg	42g	2g	8g	15g	4%	4%	30%	0%
*Spicy Buffalo Chicken	1 Slice	8	320	120	13g	5g	0g	35mg	830mg	36g	2g	1g	15g	90%	0%	90%	0%
*Spicy Chicken Bacon Ranch	1 Slice	8	380	200	19g	6g	0g	35mg	570mg	35g	2g	2g	15g	4%	0%	30%	0%
*Taco Pizza	1 Slice	8	300	100	11g	5g	0.5g	35mg	440mg	35g	2g	2g	15g	210%	10%	140%	6%
Three Cheeser Pepperoni Pleaser	1 Slice	8	370	150	16g	8g	0g	50mg	750mg	36g	3g	3g	18g	220%	25%	40%	4%
The Works	1 Slice	8	310	110	12g	7g	0g	40mg	420mg	34g	2g	3g	16g	300%	4%	100%	0%
Veggie	1 Slice	8	270	80	8g	4g	0g	25mg	370mg	36g	2g	3g	12g	220%	15%	30%	2%

14" LARGE THIN CRUST																	
Asian Chicken	1 Slice	8	260	100	12g	4.5g	0g	35mg	590mg	25g	2g	7g	13g	6%	30%	20%	4%
Bacon Cheddar Cheeseburger	1 Slice	8	310	160	18g	9g	0g	45mg	570mg	19g	2g	2g	15g	300%	4%	90%	4%
BBQ Chicken	1 Slice	8	240	120	14g	5g	0g	40mg	760mg	17g	1g	< 1g	12g	8%	2%	20%	2%
Buffalo Chicken	1 Slice	8	240	120	13g	6g	0g	40mg	740mg	18g	1g	< 1g	12g	90%	2%	80%	2%
Chicken Bacon Ranch	1 Slice	8	300	200	19g	6g	0g	40mg	480mg	17g	< 1g	< 1g	13g	4%	0%	20%	2%
Howie Maui	1 Slice	8	230	100	12g	5g	0g	30mg	410mg	20g	1g	3g	11g	220%	4%	25%	2%
Howie Special	1 Slice	8	230	100	11g	5g	0g	30mg	450mg	20g	2g	3g	11g	220%	35%	25%	4%
Meat Eaters	1 Slice	8	290	150	17g	7g	0g	45mg	680mg	19g	2g	2g	13g	220%	4%	25%	4%
*Spicy Asian Chicken	1 Slice	8	290	120	14g	5g	0g	30mg	630mg	28g	2g	7g	12g	6%	30%	20%	4%
*Spicy BBQ Chicken	1 Slice	8	270	140	16g	6g	0g	30mg	790mg	20g	1g	0g	12g	8%	0%	20%	2%
*Spicy Buffalo Chicken	1 Slice	8	270	140	15g	6g	0g	35mg	770mg	20g	2g	< 1g	12g	90%	2%	80%	2%
*Spicy Chicken Bacon Ranch	1 Slice	8	330	220	21g	7g	0g	35mg	510mg	20g	1g	< 1g	12g	4%	0%	20%	2%
*Taco Pizza	1 Slice	8	250	120	14g	6g	0g	35mg	380mg	19g	2g	1g	12g	210%	10%	130%	6%
Three Cheeser Pepperoni Pleaser	1 Slice	8	320	170	19g	8g	0g	50mg	680mg	21g	2g	3g	15g	220%	25%	30%	4%
The Works	1 Slice	8	260	130	14g	7g	0g	40mg	360mg	18g	2g	2g	12g	300%	4%	90%	2%
Veggie	1 Slice	8	220	100	11g	4.5g	0g	25mg	310mg	21g	2g	3g	9g	220%	40%	25%	2%

16" XL																	
Asian Chicken	1 Slice	8	430	110	13g	6g	0g	50mg	900mg	57g	3g	11g	22g	8%	40%	40%	4%
Bacon Cheddar Cheeseburger	1 Slice	8	480	190	21g	11g	0.5g	60mg	850mg	49g	3g	4g	25g	420%	4%	130%	4%
BBQ Chicken	1 Slice	8	420	110	13g	7g	0g	50mg	720mg	55g	2g	11g	21g	6%	4%	40%	2%
Buffalo Chicken	1 Slice	8	390	120	14g	7g	0g	50mg	1070mg	46g	2g	2g	21g	90%	2%	90%	2%
Chicken Bacon Ranch	1 Slice	8	490	260	24g	8g	0g	55mg	750mg	46g	2g	2g	22g	6%	0%	40%	2%
Howie Maui	1 Slice	8	390	110	13g	6g	0g	40mg	670mg	50g	3g	5g	20g	310%	6%	45%	2%
Howie Special	1 Slice	8	390	110	12g	7g	0g	45mg	710mg	50g	4g	5g	20g	300%	45%	45%	4%
Meat Eaters	1 Slice	8	470	180	20g	9g	0g	60mg	1010mg	49g	3g	4g	23g	310%	4%	45%	6%
*Spicy Asian Chicken	1 Slice	8	460	140	15g	6g	0g	40mg	940mg	61g	3g	10g	21g	8%	40%	40%	4%
*Spicy BBQ Chicken	1 Slice	8	450	140	15g	7g	0g	45mg	750mg	58g	2g	11g	21g	6%	4%	40%	2%
*Spicy Buffalo Chicken	1 Slice	8	430	150	16g	7g	0g	40mg	1110mg	50g	2g	2g	20g	90%	0%	90%	2%
*Spicy Chicken Bacon Ranch	1 Slice	8	520	290	26g	9g	0g	50mg	780mg	49g	2g	2g	21g	6%	0%	40%	2%
*Taco Pizza	1 Slice	8	400	130	14g	7g	1g	40mg	570mg	49g	3g	3g	20g	280%	15%	180%	8%
Three Cheeser Pepperoni Pleaser	1 Slice	8	510	200	22g	11g	0g	65mg	1010mg	51g	4g	5g	25g	310%	35%	50%	4%
The Works	1 Slice	8	440	160	17g	10g	0.5g	55mg	680mg	48g	3g	4g	22g	420%	4%	130%	2%
Veggie	1 Slice	8	380	110	12g	6g	0g	35mg	520mg	51g	4g	5g	18g	310%	50%	45%	2%

* Product only available in Florida.

SALAD			Total Servings	Calories	Calories from Fat	Fat (g.)	Sat. Fat (g.)	Trans Fat (g.)	Cholesterol (mg.)	Sodium (mg.)	Carbohydrates (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Vitamin A	Vitamin C	Calcium	Iron
Serving Size	Size																	
Antipasto	Large	1	1	800	480	53g	25g	0g	190mg	2790mg	27g	11g	11g	53g	540%	150%	90%	25%
	Regular	1	1	400	240	26g	12g	0g	95mg	1390mg	14g	5g	6g	27g	270%	80%	45%	15%
Chef	Large	1	1	630	350	38g	19g	0.5g	145mg	1810mg	25g	10g	12g	44g	820%	150%	280%	25%
	Regular	1	1	320	170	19g	9g	0g	75mg	910mg	13g	5g	6g	22g	410%	80%	140%	10%
Chicken Asiago	Large	1	1	370	130	14g	5g	0g	105mg	1200mg	27g	9g	12g	35g	520%	160%	35%	25%
	Regular	1	1	240	80	9g	3.5g	0g	80mg	830mg	15g	5g	7g	25g	260%	80%	20%	15%
Chicken Ceaser	Large	1	1	310	90	10g	5g	0g	105mg	1100mg	22g	7g	7g	35g	500%	120%	30%	20%
	Regular	1	1	220	70	8g	3.5g	0g	80mg	830mg	15g	3g	4g	25g	250%	60%	20%	10%
Garden	Large	1	1	190	45	5g	0g	0g	0mg	240mg	31g	12g	15g	8g	530%	340%	30%	20%
	Regular	1	1	90	25	2.5g	0g	0g	0mg	115mg	14g	5g	7g	3g	160%	180%	10%	8%
Greek	Large	1	1	460	210	21g	12g	0g	60mg	1910mg	34g	9g	16g	30g	540%	160%	50%	20%
	Regular	1	1	230	100	11g	6g	0g	30mg	960mg	18g	5g	8g	15g	270%	80%	35%	10%
Spicy Chicken	Large	1	1	930	470	52g	18g	0g	145mg	2220mg	59g	12g	11g	56g	530%	150%	80%	25%
	Regular	1	1	640	330	36g	12g	0g	105mg	1560mg	39g	7g	6g	40g	270%	80%	50%	15%
*Spicy Chicken Asiago	Large	1	1	740	340	37g	9g	0g	90mg	1910mg	59g	11g	11g	43g	520%	150%	35%	25%
	Regular	1	1	640	300	33g	8g	0g	85mg	1730mg	48g	7g	6g	39g	260%	80%	25%	15%
*Spicy Chicken Caesar	Large	1	1	680	310	33g	9g	0g	90mg	1810mg	54g	9g	6g	43g	500%	120%	35%	20%
	Regular	1	1	500	230	25g	6g	0g	65mg	1360mg	38g	5g	3g	31g	250%	60%	20%	10%
*Grilled Chicken	Large	1	1	560	260	29g	14g	0g	165mg	1510mg	27g	10g	12g	48g	530%	160%	80%	25%
	Regular	1	1	360	170	19g	9g	0g	115mg	1030mg	15g	5g	7g	33g	270%	80%	50%	15%
*Antipasto Salad	Small	1	1	200	120	13g	6g	0g	45mg	670mg	8g	3g	3g	13g	210%	60%	25%	8%
*Chef Salad	Small	1	1	160	90	9g	4.5g	0g	35mg	450mg	8g	3g	3g	11g	270%	60%	60%	8%
*Chicken Asiago Salad	Small	1	1	140	45	5g	2g	0g	50mg	510mg	9g	3g	4g	16g	210%	60%	10%	10%
*Garden Salad	Small	1	1	60	10	1g	0g	0g	0mg	65mg	10g	4g	4g	2g	210%	120%	10%	8%
*Greek Salad	Small	1	1	120	50	5g	3g	0g	15mg	440mg	10g	3g	4g	8g	210%	60%	20%	6%
*Grilled Chicken Salad	Small	1	1	200	90	10g	5g	0g	70mg	610mg	9g	3g	4g	20g	210%	60%	25%	10%
*Spicy Chicken Salad	Small	1	1	390	200	21g	7g	0g	60mg	970mg	25g	4g	3g	24g	210%	60%	25%	8%
*Chicken Caesar Salad	Small	1	1	140	40	4.5g	2g	0g	50mg	560mg	11g	2g	2g	16g	140%	35%	10%	8%
*Spicy Chicken Asiago Salad	Small	1	1	330	150	16g	4g	0g	40mg	870mg	25g	4g	3g	20g	210%	60%	10%	8%
*Spicy Chicken Caesar	Small	1	1	330	150	16g	4g	0g	40mg	920mg	26g	3g	2g	20g	140%	35%	10%	6%

PASTA			Total Servings	Calories	Calories from Fat	Fat (g.)	Sat. Fat (g.)	Trans Fat (g.)	Cholesterol (mg.)	Sodium (mg.)	Carbohydrates (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Vitamin A	Vitamin C	Calcium	Iron
Serving Size	Size																	
Baked Pasta	Large	1	2	400	80	9g	4.5g	0g	25mg	550mg	63g	4g	7g	16g	15%	10%	45%	4%
	Regular	1	1	450	110	12g	7g	0g	40mg	630mg	64g	5g	7g	20g	15%	10%	50%	4%
Chicken Parmesan	Large	1	2	700	230	25g	9g	0g	75mg	1370mg	81g	6g	7g	36g	15%	10%	60%	6%
	Regular	1	1	740	260	29g	11g	0g	85mg	1450mg	81g	6g	7g	39g	15%	10%	70%	6%
Baked Pasta & Meatballs	Large	1	2	650	240	27g	11g	0g	65mg	1230mg	68g	7g	7g	34g	15%	15%	60%	20%
	Regular	1	1	780	320	36g	15g	0g	90mg	1540mg	70g	9g	7g	44g	20%	15%	70%	25%
Baked Pasta & Mushrooms	Large	1	2	430	100	11g	6g	0g	30mg	590mg	64g	5g	7g	19g	15%	10%	50%	4%
	Regular	1	1	450	110	12g	7g	0g	40mg	630mg	65g	5g	7g	20g	15%	10%	50%	4%
Baked Pasta & Sausage	Large	1	2	530	190	21g	9g	0g	50mg	840mg	64g	4g	7g	21g	15%	10%	50%	6%
	Regular	1	1	560	210	23g	10g	0g	60mg	880mg	64g	5g	7g	23g	15%	10%	50%	6%

HOWIE ROLL			Total Servings	Calories	Calories from Fat	Fat (g.)	Sat. Fat (g.)	Trans Fat (g.)	Cholesterol (mg.)	Sodium (mg.)	Carbohydrates (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Vitamin A	Vitamin C	Calcium	Iron	
(Based on 1 Serving)			Serving Size																
Chicken & Cheese	1 Roll	1	1	610	150	20g	7g	1g	75mg	830mg	79g	6g	6g	6g	29g	210%	2%	180%	4%
Pepperoni & Cheese	1 Roll	1	1	630	190	25g	9g	0.5g	55mg	1020mg	80g	7g	6g	24g	6%	0%	50%	4%	
Steak & Cheese	1 Roll	1	1	640	190	24g	9g	1g	70mg	560mg	78g	6g	6g	29g	210%	0%	180%	6%	

WINGS			Total Servings	Calories	Calories from Fat	Fat (g.)	Sat. Fat (g.)	Trans Fat (g.)	Cholesterol (mg.)	Sodium (mg.)	Carbohydrates (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Vitamin A	Vitamin C	Calcium	Iron
Serving Size	Size																	

HOWIE WINGS																		
To calculate total nutritional values for 1 Wing: Add selected "Sauces" to "Original Howie Wings"																		
Sauces	Original Howie Wings	1 Wing	1	70	45	5g	1.5g	0g	20mg	290mg	0g	0g	0g	5g	20%	0%	0%	2%
	Asian	1 Wing	1	10	0	0g	0g	0g	0mg	85mg	2g	0g	2g	0g	0%	0%	0%	0%
	BBQ	1 Wing	1	10	0	0g	0g	0g	0mg	35mg	2g	0g	2g	0g	0%	0%	0%	0%
	Buffalo	1 Wing	1	5	0	0.5g	0g	0g	0mg	125mg	0g	0g	0g	0g	2%	0%	0%	0%
	Sriracha	1 Wing	1	0	0	0g	0g	0g	0mg	115mg	< 1g	0g	< 1g	0g	15%	0%	0%	0%

BONELESS HOWIE WINGS																		
To calculate total nutritional values for 1 Wing: Add selected "Sauces" to "Original Boneless Howie Wings"																		
Sauces	Original Boneless Howie Wings	1 Wing	1	60	20	2g	0g	0g	15mg	270mg	5g	0g	< 1g	5g	15%	0%	0%	2%
	Asian	1 Wing	1	10	0	0g	0g	0g	0mg	85mg	2g	0g	2g	0g	0%	0%	0%	0%
	BBQ	1 Wing	1	10	0	0g	0g	0g	0mg	35mg	2g	0g	2g	0g	0%	0%	0%	0%
	Buffalo	1 Wing	1	5	0	0.5g	0g	0g	0mg	125mg	0g	0g	0g	0g	2%	0%	0%	0%
	Sriracha	1 Wing	1	0	0	0g	0g	0g	0mg	180mg	1g	0g	< 1g	0g	20%	2%	0%	0%

SPICY CHICKEN TENDERS																		
The average total nutritional value for 1 tender (tenders vary in size)																		
*Spicy Chicken Tenders	1 Tender			130	60	7g	1.5g	0g	20mg	370mg	9g	< 1g	0g	8g	0%	0%	2%	2%

* Product only available in Florida.

HOWIE BREAD (Based On 1 Piece)	Serving Size	Total Servings	Calories	Calories from Fat	Fat (g.)	Sat. Fat (g.)	Trans Fat (g.)	Cholesterol (mg.)	Sodium (mg.)	Carbohydrates (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Vitamin A	Vitamin C	Calcium	Iron
Howie Bread	1 Piece	16	70	10	1.5g	0g	0g	< 5mg	95mg	12g	< 1g	< 1g	2g	0%	0%	4%	0%
3 Cheeser Howie Bread	1 Piece	16	90	25	3g	1g	0g	5mg	130mg	12g	< 1g	< 1g	3g	20%	0%	20%	0%
Asiago Howie Bread	1 Piece	16	80	15	2g	1g	0g	< 5mg	75mg	12g	< 1g	< 1g	3g	0%	0%	6%	0%
Cajun Howie Bread	1 Piece	16	60	10	1g	0g	0g	0mg	75mg	11g	< 1g	< 1g	2g	0%	0%	4%	0%
Cinnamon Howie Bread	1 Piece	16	70	10	1g	0g	0g	0mg	45mg	13g	< 1g	2g	2g	0%	0%	4%	0%
Deep Dish 3 Cheeser	1 Piece	16	140	45	6g	2.5g	0g	15mg	220mg	17g	< 1g	1g	6g	90%	0%	70%	0%
*Howie Bread (Fla. 8 piece)	1 Piece	8	80	10	1.5g	0g	0g	< 5mg	105mg	15g	< 1g	< 1g	3g	0%	0%	6%	0%
*3 Cheeser Howie Bread (Fla. 8 pie)	1 Piece	8	130	45	5g	2.5g	0g	15mg	190mg	15g	1g	< 1g	6g	30%	0%	35%	0%
Stuffed Howie Bread	1 Piece	16	130	45	5g	2.5g	0g	15mg	190mg	15g	1g	< 1g	6g	30%	0%	35%	0%
Stuffed Howie Bread & Bacon	1 Piece	16	100	30	4g	1.5g	0g	10g	150g	12g	< 1g	< 1g	4g	15%	0%	20%	0%
Stuffed Howie Bread & Jalapino	1 Piece	16	90	25	3.5g	1.5g	0g	10g	140g	12g	< 1g	< 1g	4g	15%	6%	20%	0%
Stuffed Howie Bread an Pepperoni	1 Piece	16	100	30	3.5g	1.5g	0g	10g	160g	12g	< 1g	< 1g	4g	15%	0%	20%	0%
*Asiago Howie Bread	1 Piece	8	90	20	2.5g	1g	0g	< 5mg	90mg	15g	< 1g	< 1g	4g	0%	0%	8%	0%
*Cajun Howie Bread	1 Piece	8	80	10	1.5g	0g	0g	0mg	90mg	15g	< 1g	< 1g	3g	0%	0%	4%	0%
*Cinnamon Howie Bread	1 Piece	8	90	10	1g	0g	0g	0mg	55mg	16g	< 1g	2g	3g	0%	0%	4%	0%
*Howie Bread (side for pasta)	1 Piece	4	120	20	3g	1g	0g	< 5mg	180mg	20g	1g	1g	4g	0%	0%	8%	0%
*Cajun Howie Bread (side for wings)	1 Piece	4	110	10	1.5g	0g	0g	0mg	110mg	20g	1g	< 1g	4g	0%	0%	6%	0%
4 oz. Marinara Sauce	1 Piece	1	45	0	0g	0g	0g	0mg	490mg	735g	2g	5g	2g	10%	15%	4%	8%

HOWIE COOKIE (Based On 8 Slices)	Serving Size	Total Servings	Calories	Calories from Fat	Fat (g.)	Sat. Fat (g.)	Trans Fat (g.)	Cholesterol (mg.)	Sodium (mg.)	Carbohydrates (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Vitamin A	Vitamin C	Calcium	Iron
To calculate total nutritional values for One Slice: Add sauce to "Howie Brownie Original"																	
Howie Cookie Chocolate Chip	1 Piece	8	180	70	8g	4g	0g	10mg	660mg	28g	< 1g	17g	2g	4%	0%	2%	6%

DIPPING SAUCE (Per Cup)	Serving Size	Total Servings	Calories	Calories from Fat	Fat (g.)	Sat. Fat (g.)	Trans Fat (g.)	Cholesterol (mg.)	Sodium (mg.)	Carbohydrates (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Vitamin A	Vitamin C	Calcium	Iron
BBQ	1 Cup	1	80	0	0g	0g	0g	0mg	340mg	20g	0g	19g	0g	0%	6%	0%	0%
Blue Cheese	1 Cup	1	200	130	21g	4g	0g	25mg	440mg	2g	0g	1g	1g	0%	0%	2%	0%
Buffalo Sauce	1 Cup	1	60	50	6g	1g	0g	0mg	1280mg	2g	1g	1g	0g	15%	2%	0%	0%
Cheese Sauce	1 Cup	1	140	80	9g	5g	0g	5mg	890mg	12g	0g	5g	1g	2%	0%	10%	0%
Garlic Sauce	1 Cup	1	230	230	25g	4g	0g	0mg	380mg	0g	0g	0g	0g	30%	0%	0%	0%
Icing	1 Cup	1	150	15	1.5g	0g	1g	0mg	0mg	34g	0g	33g	0g	0%	0%	0%	0%
Pizza Sauce	1 Cup	1	35	0	0g	0g	0g	0mg	190mg	7g	1g	4g	1g	8%	35%	2%	0%
Ranch	1 Cup	1	200	190	22g	3.5g	0g	10mg	320mg	2g	0g	< 1g	0g	0%	0%	0%	0%

DRESSINGS (Per Packet)	Serving Size	Total Servings	Calories	Calories from Fat	Fat (g.)	Sat. Fat (g.)	Trans Fat (g.)	Cholesterol (mg.)	Sodium (mg.)	Carbohydrates (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Vitamin A	Vitamin C	Calcium	Iron
1000 Island	1 Packet	1	140	130	14g	2g	0g	15mg	210mg	4g	0g	4g	0g	0%	2%	0%	0%
Caesar	1 Packet	1	180	170	18g	3g	0g	10mg	410mg	2g	0g	< 1g	< 1g	0%	0%	0%	0%
Creamy Italian	1 Packet	1	120	110	12g	2g	0g	0mg	210mg	2g	0g	2g	0g	0%	0%	0%	0%
Fat Free Italian	1 Packet	1	20	0	0g	0g	0g	0mg	340mg	4g	0g	3g	0g	0%	4%	0%	0%
Fat Free Ranch	1 Packet	1	50	5	1g	**	**	< 5mg	380mg	11g	0g	2g	0g	0%	0%	2%	2%
French	1 Packet	1	30	0	0g	0g	0g	0mg	180mg	7g	0g	5g	0g	0%	0%	0%	0%
Greek	1 Packet	1	110	100	11g	1.5g	0g	0mg	70mg	2g	0g	2g	0g	0%	0%	0%	0%
Honey Mustard	1 Packet	1	70	0	0g	0g	0g	0mg	230mg	15g	0g	15g	0g	0%	0%	0%	0%
Italian	1 Packet	1	80	70	8g	1g	0g	0mg	580mg	2g	0g	2g	0g	0%	0%	0%	0%
Ranch	1 Packet	1	140	200	14g	2g	0g	5mg	220mg	1g	0g	1g	0g	0%	0%	0%	0%
Blue Cheese	1 Packet	1	140	130	15g	3g	0g	15mg	290mg	1g	0g	1g	1g	0%	0%	2%	0%

* Product only available in Florida.

SUBS	Serving Size	Servings	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron				
															Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fat (g)
Chicken Bacon Ranch	Large	1	2	640	270	26g	10g	0g	105mg	1230mg	61g	3g	3g	38g	6%	2%	50%	4%
	Regular	1	2	430	190	18g	7g	0g	65mg	800mg	41g	2g	2g	24g	4%	2%	35%	2%
Ham & Cheese	Large	1	2	590	210	23g	9g	0g	75mg	1860mg	62g	3g	5g	32g	6%	0%	50%	4%
	Regular	1	2	310	70	8g	4g	0g	40mg	780mg	39g	2g	2g	19g	4%	0%	30%	2%
Italian	Large	1	2	620	240	27g	10g	0g	75mg	2040mg	62g	2g	5g	31g	0.4	0	0.4	0.06
	Regular	1	2	550	280	31g	13g	0g	80mg	2530mg	44g	1g	3g	25g	2%	0%	25%	10%
Meatball	Large	1	2	640	240	27g	12g	0g	70mg	1080mg	66g	6g	4g	35g	2.5	0.06	0.6	0.15
	Regular	1	2	400	140	15g	7g	0g	40mg	630mg	43g	3g	2g	21g	190%	4%	40%	6%
Steak & Cheese	Large	1	2	650	250	29g	12g	0g	85mg	1080mg	62g	3g	5g	35g	0.06	0	0.5	0.1
	Regular	1	2	360	120	14g	5g	0g	40mg	530mg	41g	2g	3g	19g	2%	0%	25%	6%
Turkey Club	Large	1	2	840	400	46g	13g	0g	135mg	1890mg	60g	4g	4g	45g	6%	0%	50%	6%
	Regular	1	2	500	210	24g	7g	0g	80mg	1210mg	40g	2g	2g	29g	4%	0%	30%	4%
Veggie	Large	1	2	580	220	24g	8g	0.5g	40mg	1190mg	69g	5g	8g	22g	100%	100%	110%	4%
	Regular	1	2	380	130	15g	5g	0g	25mg	700mg	46g	3g	5g	15g	70%	70%	70%	2%
Chicken Parmesan	Large	1	2	690	230	25g	9g	0g	75mg	1310mg	260g	4g	3g	37g	8%	4%	50%	4%
	Regular	1	2	420	130	15g	6g	0g	45mg	760mg	186g	3g	2g	22g	6%	2%	35%	2%
Deluxe Combo	Large	1	2	540	180	20g	9g	0g	70mg	1120mg	60g	3g	2g	29g	6%	0%	50%	4%
	Regular	1	2	340	110	12g	6g	0g	40mg	630mg	40g	2g	2g	18g	4%	0%	35%	2%
Pizza Sub Deluxe (low)	Large	1	2	460	110	12g	7g	0g	40mg	520mg	66g	5g	6g	22g	25%	0%	50%	2%
	Regular	1	2	300	70	8g	4.5g	0g	25mg	350mg	43g	3g	4g	14g	190%	35%	35%	2%
Pizza Sub Deluxe (high)	Large	1	2	620	250	28g	12g	0g	70mg	1000mg	63g	4g	4g	29g	25%	4%	60%	6%
	Regular	1	2	410	160	18g	8g	0g	45mg	650mg	42g	3g	2g	19g	190%	4%	35%	4%
*Pizza Sub Special	Large	1	2	490	120	14g	7g	0.5g	45mg	880mg	67g	5g	6g	24g	480%	70%	120%	4%
	Regular	1	2	270	60	7g	3.5g	0g	20mg	260mg	39g	2g	1g	12g	70%	0%	70%	0%
*Spicy Chicken Bacon Ranch	Large	1	2	600	200	22g	12g	1g	75mg	1050mg	67g	5g	7g	31g	75%	70%	310%	4%
	Regular	1	2	510	240	24g	8g	0g	50mg	880mg	48g	2g	2g	23g	4%	0%	35%	2%
*Taco Sub	Large	1	2	770	350	35g	11g	0g	75mg	1370mg	74g	3g	2g	36g	6%	0%	50%	2%
	Regular	1	2	390	140	16g	8g	1g	45mg	580mg	42g	2g	2g	20g	290%	4%	220%	6%

REGULAR PIZZA DELUXE SUB																			
To calculate total nutritional values for One Serving: Add selected "Toppings" to "Cheese Only"																			
Cheese Only		Regular	1	1	580	140	16g	9g	0.5g	50mg	700mg	83g	4g	5g	27g	370%	6%	70%	2%
Toppings	Anchovies	Regular	1	1	30	15	1.5g	0g	0g	0g	920mg	0g	0g	0g	3g	0%	0%	0%	0%
	Bacon	Regular	1	1	40	30	3.5g	1g	0g	5mg	125mg	0g	0g	0g	2g	0%	0%	0%	0%
	Black Olive	Regular	1	1	25	20	2g	0g	0g	0mg	95mg	< 1g	0g	0g	0g	0%	0%	0%	0%
	Cheddar	Regular	1	1	110	80	9g	5g	0g	30mg	180mg	< 1g	0g	0g	7g	280%	0%	200%	0%
	Chicken	Regular	1	1	35	5	1g	0g	0g	20mg	190mg	< 1g	0g	0g	6g	0%	0%	0%	2%
	Feta	Regular	1	1	70	40	4g	3g	0g	15mg	340mg	2g	0g	1g	6g	4%	0%	10%	0%
	Green Olive	Regular	1	1	20	20	2g	0g	**	0mg	220mg	< 1g	0g	0g	0g	2%	0%	0%	0%
	Green Pepper	Regular	1	1	10	0	0g	0g	0g	0mg	0mg	2g	1g	1g	< 1g	4%	60%	0%	2%
	Ground Beef	Regular	1	1	70	45	5g	2g	0g	15mg	350mg	1g	< 1g	< 1g	4g	0%	0%	2%	4%
	Ham	Regular	1	1	30	10	1g	0g	0g	15mg	300mg	0g	0g	0g	4g	0%	0%	0%	2%
	Jalapenos	Regular	1	1	10	0	0g	0g	**	0mg	470mg	1g	< 1g	< 1g	0g	10%	4%	0%	2%
	Meatball	Regular	1	1	80	50	6g	2g	0g	15mg	230mg	2g	1g	0g	6g	2%	0%	6%	6%
	Mild Pepper Rings	Regular	1	1	5	0	0g	0g	0g	0mg	410mg	1g	0g	0g	0g	10%	15%	20%	0%
	Mushroom	Regular	1	1	5	0	0g	0g	**	0mg	0mg	< 1g	0g	< 1g	< 1g	0%	0%	0%	0%
	Pepperoni	Regular	1	1	25	20	2g	1g	0g	< 5mg	180mg	0g	0g	0g	< 1g	0%	0%	0%	0%
	Pineapple	Regular	1	1	15	0	0g	0g	0g	0mg	0mg	4g	0g	3g	0g	0%	4%	0%	0%
	Red Onion	Regular	1	1	5	0	0g	0g	0g	0mg	0mg	1g	0g	< 1g	0g	0%	2%	0%	0%
	Sausage	Regular	1	1	110	100	11g	3.5g	0g	20mg	250mg	< 1g	0g	0g	3g	0%	0%	0%	2%
Steak	Regular	1	1	50	30	3.5g	1.5g	0g	20mg	15mg	0g	0g	0g	6g	0%	0%	0%	4%	
Tomato	Regular	1	1	5	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	0g	4%	6%	0%	0%	

LARGE PIZZA DELUXE SUB																			
To calculate total nutritional values for One Serving: Add selected "Toppings" to "Cheese Only"																			
Cheese Only		Large	1	1	870	220	24g	13g	1g	75mg	1030mg	123g	6g	7g	41g	500%	8%	100%	2%
Toppings	Anchovies	Large	1	1	45	20	2g	0g	0g	< 5mg	1380mg	0g	0g	0g	4g	0%	0%	0%	0%
	Bacon	Large	1	1	80	60	7g	2g	0g	10mg	250mg	0g	0g	0g	4g	0%	0%	0%	0%
	Black Olive	Large	1	1	50	45	4.5g	0g	0g	0mg	190mg	2g	0g	0g	0g	0%	0%	0%	0%
	Cheddar	Large	1	1	230	170	18g	10g	1g	60mg	370mg	1g	0g	0g	14g	570%	0%	410%	0%
	Chicken	Large	1	1	50	10	1.5g	0.5g	0g	35mg	290mg	1g	0g	< 1g	9g	0%	2%	2%	2%
	Feta	Large	1	1	140	80	8g	6g	0g	30mg	690mg	4g	0g	2g	12g	8%	0%	20%	0%
	Green Olive	Large	1	1	40	35	4.5g	0.5g	**	0mg	440mg	1g	< 1g	0g	0g	2%	0%	2%	0%
	Green Pepper	Large	1	1	20	0	0g	0g	0g	0mg	0mg	4g	2g	2g	1g	8%	120%	2%	2%
	Ground Beef	Large	1	1	100	70	8g	3g	0g	20mg	530mg	2g	< 1g	< 1g	6g	0%	0%	2%	6%
	Ham	Large	1	1	45	15	2g	0.5g	0g	20mg	450mg	0g	0g	< 1g	7g	0%	0%	0%	2%
	Jalapenos	Large	1	1	10	0	0g	0g	**	0mg	710mg	2g	1g	< 1g	0g	15%	8%	0%	4%
	Meatball	Large	1	1	250	160	18g	6g	0g	40mg	680mg	5g	3g	0g	18g	4%	2%	15%	15%
	Mild Pepper Rings	Large	1	1	10	0	0g	0g	0g	0mg	620mg	2g	0g	< 1g	0g	15%	20%	25%	0%
	Mushroom	Large	1	1	10	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	1g	0%	2%	0%	2%
	Pepperoni	Large	1	1	50	40	4.5g	2g	0g	10mg	360mg	< 1g	0g	0g	2g	0%	0%	0%	2%
	Pineapple	Large	1	1	25	0	0g	0g	0g	0mg	0mg	6g	0g	5g	0g	0%	4%	0%	0%
	Red Onion	Large	1	1	10	0	0g	0g	0g	0mg	0mg	3g	< 1g	1g	0g	0%	4%	0%	0%
	Sausage	Large	1	1	170	140	16g	5g	0g	30mg	380mg	< 1g	0g	0g	5g	0%	0%	0%	4%
Steak	Large	1	1	80	45	5g	2.5g	0g	30mg	25mg	0g	0g	0g	9g	0%	0%	0%	6%	
Tomato	Large	1	1	10	0	0g	0g	**	0mg	0mg	2g	< 1g	1g	0g	10%	15%	0%	0%	

* Product only available in Florida.