

Pizza Joe's Pizza Nutritional Guide

Appetizers & Add On's	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Bread Stix - 6 Each (No Sauce)	430	50	6	2.5		0	0	2	1030	140	80	3	1	12
Cinnamon Stix with Icing	1050	320	36	13	0.5	0	0		800	210	168	4	74	13
Dip-n-stix - Garlic Butter (No Sauce)	970	290	33	28	1.0	0.5	0	95	2310	320	126	6	2	38
Dip-n-stix - Oil (No Sauce)	980	310	35	27	1.0	1.0	3.5	95	2280	320	126	6	2	38
French Fries	660	420	47	8					115	1070	57	7	3	7
Pepperoni Rolls	960	310	35	22	0	0.5	0	110	1790	240	123	5	2	35
Spinach Rolls	1020	360	41	18	0	8	3.0	70	1720	550	128	7	2	34

Gyros	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
10" Gyro Joe (Chicken)	1150	400	45	24	1.0	5	2.5	145	2800	770	129	6	6	55
10" Gyro Joe (Gyro Meat)	1250	530	60	31	0.5	4.5	2.0	120	2980	440	133	6	5	44
10" Gyro Joe (Steak)	1190	450	50	27	0.5	5	6	140	3180	730	131	6	6	53
7" Gyro Joe (Chicken)	840	300	34	17	0.5	3.5	2.0	120	2050	670	87	4	4	44
7" Gyro Joe (Gyro Meat)	940	440	49	23	0	3.0	1.5	95	2230	330	91	5	4	33
7" Gyro Joe (Steak)	880	350	40	19	0	3.5	5	115	2440	630	89	4	4	42

Oven Toasted Subs	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Chicken	850	350	40	16	0	0	0.5	135	1700	570	75	3	3	46
Eggplant	900	280	32	12	1.0	0	4.5	40	2320	390	119	11	10	33
Ham & Cheese	850	350	39	16	0	0		115	3020	180	80	3	9	41
Hot Gondola	1030	500	56	24	0	1.0	4.5	135	3360	180	79	3	8	46
Italian Club	1150	570	65	31	0.5	1.0	4.5	160	3840	270	86	4	10	52
Italian Style Chicken	670	160	18	13	0	0	0.5	115	1990	750	81	6	4	47
Meatball	900	360	40	20	0			110	2480	350	89	8	4	48
Philly Steak - Deluxe	950	440	49	19	0	0.5	7	140	2150	670	79	4	5	47
Philly Steak - Regular	940	430	49	19	0	0.5	7	140	2080	530	76	3	3	46
Sausage	830	310	35	19	0			125	2600	350	82	6	4	45
Superoni	700	270	31	19	0			100	1700	200	77	4	2	30

Pizza Joe's Nutritional Guide

Pizza Your Way - 10 Inch Round		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Anchovies - 10 R		45	20	2.5					2	1380					5
Bacon - 10 R		140	110	12	4.0				20	380					8
Banana Pepper - 10 R		0								280		1			
Black Olives - 10 R		110	80	9				6		420		3			
Extra Cheese - 10 R		420	290	32	31	1.0			120	1230	110	6		1	26
Gluten-free Cheese Pizza - 10 R		1160	300	34	27	1.0	0	0	235	4140	640	175	13	16	36
Green Peppers - 10 R		5								0	50	1			0
Ham - 10 R		40	5	0.5					15	570		2		2	6
Homestyle (Red, Hot Peppers) - 10 R		770	110	13	3.5	0	5.0	2.0	5	2020	750	142	13	12	22
Homestyle (Red, Sweet Peppers) - 10 R		770	110	13	3.5	0	5.0	2.0	5	1740	800	142	13	12	22
Jalapeno Peppers - 10 R		5								280		1			
Mushrooms - 10 R		15								135	130	2	1		1
Onions - 10 R		10								0	40	3		1	0
Pepperoni - 10 R		150	120	14	6				45	300		1			6
Pineapple - 10 R		35										8		7	
Poorman's Pizza (White Sauce) - 10 R		1210	520	59	31	1.0	17	7	100	2480	340	127	6	3	39
Sausage - 10 R		230	190	22	5.0				40	520		4			7
Traditional Pizza - 10 R		990	270	31	27	1.0	0.5	0	100	2680	800	137	11	6	41

Pizza Your Way - 12 Inch Round		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Anchovies - 12 R		60	25	3.0					3	1840					6
Bacon - 12 R		280	210	24	8				40	770					16
Banana Peppers - 12 R		10								560		2	2		
Black Olives - 12 R		170	130	14				9		620		5			
Extra Cheese - 12 R		670	460	52	50	2.0			190	1960	180	9		2	41
Green Peppers - 12 R		10	0	0						0	100	3		1	0
Ham - 12 R		60	10	1.0					25	860		3		3	9
Homestyle (Red, Hot Peppers) - 12 R		1300	140	16	5.0	0	5	2.5	5	3850	1480	251	25	17	38
Homestyle (Red, Sweet Peppers) - 12 R		1300	140	16	5.0	0	5	2.5	5	3290	1580	252	24	18	38
Jalapeno Peppers - 12 R		10								560		2	2		
Mushrooms - 12 R		20								200	200	3	2		2
Onions - 12 R		25	0	0						0	85	5		2	1
Pepperoni - 12 R		230	180	21	9				70	450		2			9
Pineapple - 12 R		50										12		10	
Poorman's Pizza (White Sauce) - 12 R		2210	980	111	56	1.5	34	13	175	4510	610	226	11	5	69
Sausage - 12 R		340	290	33	7				60	780		6			10
Traditional Pizza - 12 R		1650	420	47	41	1.5	1.0	0.5	145	4320	1300	240	18	10	66

Pizza Joe's Nutritional Guide

Pizza Your Way - 12 Inch Square		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Anchovies - 12 S		70	30	3.5					3	2070					7
Bacon - 12 S		280	210	24	8				40	770					16
Banana Peppers - 12 S		10								560		2	2		
Black Olives - 12 S		170	130	14				9		620		5			
Extra Cheese - 12 S		750	510	58	56	2.0			215	2210	200	11		2	46
Green Peppers - 12 S		10	0	0						0	100	3		1	0
Ham - 12 S		60	10	1.0					25	860		3		3	9
Homestyle (Red, Hot Peppers) - 12 S		1750	230	26	7	0	10	4.0	5	4750	1890	333	32	26	48
Homestyle (Red, Sweet Peppers) - 12 S		1750	230	26	7	0	10	4.0	5	4190	1990	333	31	27	49
Jalapeno Peppers - 12 S		10								560		2	2		
Mushrooms - 12 S		20								200	200	3	2		2
Onions - 12 S		25	0	0						0	85	5		2	1
Pepperoni - 12 S		250	210	23	10				80	510		2			10
Pineapple - 12 S		50										12		10	
Poorman's Pizza (White Sauce) - 12 S		2620	1060	120	63	2.0	34	13	195	5260	740	293	14	6	83
Sausage - 12 S		340	290	33	7				60	780		6			10
Traditional Pizza - 12 S		2100	500	57	48	1.5	1.5	1.0	175	5410	1640	313	24	12	82

Pizza Your Way - 16 Inch Round		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Anchovies - 16 R		90	40	4.5					5	2760					9
Bacon - 16 R		430	320	36	12				60	1150					24
Banana Peppers - 16 R		15								840		3	3		
Black Olives - 16 R		230	170	19				11		830		7			
Extra Cheese - 16 R		1090	740	84	81	3.0			310	3190	290	15		3	67
Green Peppers - 16 R		15	0	0			0			0	150	4	1	2	1
Ham - 16 R		80	10	1.5					35	1150		4		4	12
Homestyle (Red, Hot Peppers) - 16 R		2050	240	27	7	0	10	4.0	5	6700	2900	399	46	33	59
Homestyle (Red, Sweet Peppers) - 16 R		2050	240	27	7	0	10	4.0	5	5860	3050	400	45	35	60
Jalapeno Peppers - 16 R		15								840		3	3		
Large Thin Crust "big" Joe - 16 R		2600	690	78	67	2.5	2.0	1.0	245	7200	2280	370	32	17	106
Mushrooms - 16 R		30								270	260	3	2	1	2
Onions - 16 R		35	0	0						0	125	8	1	4	1
Pepperoni - 16 R		380	310	35	14				115	750		3			14
Pineapple - 16 R		70										16	1	14	
Poorman's Pizza (White Sauce) - 16 R		3300	1450	164	81	2.5	51	20	250	7220	950	341	18	7	102
Sausage - 16 R		460	390	44	10				80	1040		8			14

Pizza Joe's Nutritional Guide

Pizza Your Way - 16 Inch Square		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Anchovies - 16 S		90	40	4.5					5	2760					9
Bacon - 16 S		430	320	36	12				60	1150					24
Banana Peppers - 16 S		15								840		3	3		
Black Olives - 16 S		230	170	19				11		830		7			
Extra Cheese - 16 S		1090	740	84	81	3.0			310	3190	290	15		3	67
Green Peppers - 16 S		15	0	0			0			0	150	4	1	2	1
Ham - 16 S		80	10	1.5					35	1150		4		4	12
Homestyle (Red, Hot Peppers) - 16 S		2050	240	27	7	0	10	4.0	5	6700	2900	399	46	33	59
Homestyle (Red, Sweet Peppers) - 16 S		2050	240	27	7	0	10	4.0	5	5860	3050	400	45	35	60
Jalapeno Peppers - 16 S		15								840		3	3		
Mushrooms - 16 S		30								270	260	3	2	1	2
Onions - 16 S		35	0	0						0	125	8	1	4	1
Pepperoni - 16 S		340	280	31	13				105	680		3			13
Pineapple - 16 S		70										16	1	14	
Poorman's Pizza (White Sauce) - 16 S		3300	1450	164	81	2.5	51	20	250	7220	950	341	18	7	102
Sausage - 16 S		460	390	44	10				80	1040		8			14
Traditional Pizza - 16 S		2600	690	78	67	2.5	2.0	1.0	245	7200	2280	370	32	17	106

Pizza Your Way - 7 Inch Round		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Anchovies - 7 R		30	15	1.5						920					3
Bacon - 7 R		70	50	6	2.0				10	190					4
Banana Peppers - 7 R		0								140		1			
Black Olives - 7 R		60	40	4.5				3.0		210		2			
Extra Cheese - 7 R		250	170	19	19	0.5			70	740	65	4			15
Green Peppers - 7 R		0								0	25	1			0
Ham - 7 R		20	0	0					10	290		1			3
Homestyle (Red, Hot Peppers) - 7 R		520	80	9	2.5	0	3.0	1.5	5	1280	460	94	8	8	15
Homestyle (Red, Sweet Peppers) - 7 R		520	80	9	2.5	0	3.0	1.5	5	1140	490	94	8	8	15
Jalapeno Peppers - 7 R		0								140		1			
Mushrooms - 7 R		5								70	65	1			1
Onions - 7 R		5								0	20	1			0
Pepperoni - 7 R		70	50	6	2.5				20	130		1			3
Pineapple - 7 R		15										4		3	
Poorman's Pizza (White Sauce) - 7 R		850	400	45	18	0.5	17	6	50	1680	230	85	4	2	23
Sausage - 7 R		110	100	11	2.5				20	260		2			3
Traditional Pizza - 7 R		600	140	16	14	0	0	0	50	1570	480	90	7	4	24

Salad Dressings	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Buffalo Bleu Cheese Dressing - 2 fl oz	300	270	30	6				30	500		4		4	2
California French - 2 fl oz	280	190	22	3.0					420		20		14	
Chipotle Ranch Dressing - 2 fl oz	280	270	30	5.0				20	560		2		2	
Creamy Italian Dressing - 2 fl oz	260	230	26	4.0					460		4		4	
Dijon Honey Mustard Dressing - 2 fl oz	260	210	24	4.0				40	340		14		12	
Golden Italian Dressing - 2 fl oz	240	210	24	4.0					540		4		4	
Homestyle Ranch Dressing - 2 fl oz	220	210	24	4.0				20	460		2		2	2
Red Wine Vinegar And Oil - 2 fl oz	300	270	30	5.0					720		6		6	
Sweet And Sour Dressing - 2 fl oz	260	190	22	3.0					250		16		14	
Sweet Vidalia Onion - 2 fl oz	240	160	18	3.0					220		18		18	

Salad Dressings - Packets	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Blue Cheese Dressing - Packet	230	210	24	4.5				25	300		2		2	1
Buttermilk Ranch Dressing - Packet	190	180	20	3.0				15	270		2		1	1
Country French Dressing - Packet	190	140	16	2.5					300		13		12	
Creamy Italian Dressing - Packet	170	160	18	3.0					420		3		2	
Fat-free Raspberry Dressing - Packet	50								115		12		10	
Golden Italian - Packet	170	150	17	2.5					380		3		3	
Lite Balsamic with Olive Oil Dressing - Packet	100	80	9	1.0					370		4		3	
Lite Buttermilk Ranch Dressing - Packet	150	110	13	2.0				10	360		6		2	
Lite Country French Dressing - Packet	120	70	8	1.0					300		14		13	
Lite Italian Dressing - Packet	60	45	5	0.5					330		3		3	
Thousand Island Dressing - Packet	190	160	18	3.0				20	350		6		6	

Pizza Joe's Nutritional Guide

Salads	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
	Antipasto Salad (No Dressing)	510	330	38	18	0	0	6	115	1890	390	13	3	7
Chicken Salad (With Fries, No Dressing)	590	300	34	13	0	1.0	4.0	120	1030	1270	31	6	7	40
Gyro Salad (With Fries, No Dressing)	660	430	49	19	0	0	3.5	75	1100	820	35	6	6	23
Side Salad (No Dressing)	90	50	6	3.5	0	0	1.5	15	240	170	4	1	2	4
Steak Salad (With Fries, No Dressing)	650	370	42	16	0	1.0	9	115	1550	1220	34	6	7	38
Tossed Salad (No Dressing)	310	200	23	13	0	0	6	60	810	440	11	3	5	15

Specialty Pizzas - 10 Inch Round (Whole Pizza)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
	BBQ Chicken - 10 R	1380	340	39	27	0.5	1.5	6	170	3250	680	194	5	65
Big Topper - 10 R	1430	580	66	33	1.0	0.5	3.5	165	5100	900	149	12	12	59
Buffalo Chicken - 10 R	1500	690	78	33	0.5	1.5	6	190	3770	640	134	12	4	66
Chicken Bacon Club - 10 R	1770	950	108	40	0.5	1.5	6	235	3600	640	127	5	7	75
Eggplant - 10 R	1200	370	41	28	1.0	0.5	0	100	2880	540	162	12	9	43
Gyro - 10 R	1630	880	100	41	1.0	0.5	0	170	3660	490	139	8	10	50
Hawaiian - 10 R (with Pizza Sauce)	1190	380	43	31	1.0	0.5	0	130	3590	790	147	12	15	54
Meat Monster - 10 R	1380	560	63	37	1.0	0.5	0	185	4080	800	142	11	8	62
Meatball - 10 R	1250	440	50	33	1.0	0.5	0	145	3350	800	144	13	6	59
Pepperoni Pile-up - 10 R	1300	510	58	42	1.0	0.5	0	190	3370	820	140	11	6	55
Philly Steak - 10 R	1770	960	109	40	0.5	6	11	215	4200	710	134	6	9	67
Southwest Pizza (Chicken) - 10 R	1850	1030	117	40	0.5	6	8	215	3460	730	131	6	9	62
Southwest Pizza (Steak) - 10 R	1890	1080	122	42	0.5	6	11	215	3850	690	133	6	9	61
Spinach Italiano - 10 R	1200	480	54	31	1.0	13	5	100	2330	780	132	9	5	44
Sweet "honey Hot" Chicken - 10 R	1430	410	47	28	0.5	5	8	150	3510	520	197	5	70	55
Taco Pizza - 10 R	1370	500	57	34	1.5	1.5	6	160	3900	1020	151	15	11	66
The Ultimate - 10 R	1220	450	51	33	1.0	0.5	0	145	3190	950	145	13	8	49
Triple Cheese & Bacon - 10 R	1360	560	63	39	0.5	1.5	7	165	3330	830	137	11	6	63
Vegetable Pizza - 10 R	1620	890	100	37	0.5	5	7	155	3450	310	133	7	10	50
Zucchini Garden - 10 R	1110	400	45	29	1.0	4.5	2.0	100	2710	370	134	6	5	41

Pizza Joe's Nutritional Guide

Specialty Pizzas - 12 Inch Round (Whole Pizza)		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
	BBQ Chicken - 12 R	2380	590	67	47	1.0	2.5	11	290	5480	1170	333	9	105	107
	Big Topper - 12 R	2450	970	110	57	1.5	1.5	5.0	270	8290	1430	259	20	19	102
	Buffalo Chicken - 12 R	2570	1150	130	57	1.0	2.5	11	320	6320	1090	236	20	7	113
	Chicken Bacon Club - 12 R	3050	1610	182	70	1.0	2.5	11	405	6210	1090	225	8	12	130
	Eggplant - 12 R	2100	630	71	49	1.5	1.0	0.5	170	5120	1050	286	22	16	75
	Gyro - 12 R	2730	1420	161	68	1.5	1.0	0	275	6170	820	244	14	16	84
	Hawaiian - 12 R (with Pizza Sauce)	2120	690	78	55	1.5	1.0	0	230	6160	1320	256	19	23	95
	Meat Monster - 12 R	2460	1010	115	66	1.5	1.0	0.5	320	7020	1320	250	18	13	109
	Meatball - 12 R	2080	700	79	55	1.5	1.0	0.5	230	5460	1320	251	21	10	95
	Pepperoni Pile-up - 12 R	2110	780	88	61	1.5	1.0	0.5	285	5320	1320	245	18	10	86
	Philly Steak - 12 R	2950	1550	175	67	1.0	7	18	365	6680	1220	237	11	16	113
	Southwest Pizza (Chicken) - 12 R	3090	1660	188	67	1.0	7	12	365	5820	1270	233	10	16	107
	Southwest Pizza (Steak) - 12 R	3160	1740	197	71	1.0	7	18	360	6470	1200	236	10	15	105
	Spinach Italiano - 12 R	2000	740	84	52	1.5	18	7	175	4090	1240	233	16	8	74
	Sweet "honey Hot" Chicken - 12 R	2470	680	77	48	1.0	7	12	290	6090	1090	337	8	112	106
	Taco Pizza - 12 R	2260	810	92	57	2.5	2.5	10	260	5880	1350	252	21	15	105
	The Ultimate - 12 R	2140	780	88	57	1.5	1.5	0.5	250	5490	1610	255	21	14	85
	Triple Cheese & Bacon - 12 R	2200	830	94	56	1.0	2.0	10	240	5290	1340	239	18	10	98
	Vegetable Pizza - 12 R	2710	1430	161	62	1.0	6	11	265	5470	540	234	13	16	86
	Zucchini Garden - 12 R	1970	680	77	51	1.5	5	2.5	175	4440	660	242	11	10	71

Specialty Pizzas - 12 Inch Square (Whole Pizza)		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
	BBQ Chicken - 12 S	2820	690	78	54	1.0	3.0	13	320	6240	1310	400	12	106	123
	Big Topper - 12 S	2950	1090	123	66	1.5	1.5	5	315	9680	1870	336	26	24	121
	Buffalo Chicken - 12 S	3010	1250	141	64	1.0	3.0	13	350	7080	1220	303	22	8	129
	Chicken Bacon Club - 12 S	3490	1710	193	77	1.0	3.0	13	435	6970	1220	292	11	13	146
	Eggplant - 12 S	2620	740	84	57	2.0	1.5	1.0	195	6300	1320	367	27	19	92
	Gyro - 12 S	3150	1500	170	76	2.0	1.5	0.5	300	6920	980	313	18	18	99
	Hawaiian - 12 S (with Pizza Sauce)	2550	770	87	62	2.0	1.5	0.5	255	7200	1660	329	24	25	111
	Meat Monster - 12 S	2920	1110	126	74	2.0	1.5	1.0	355	8150	1660	323	24	15	126
	Meatball - 12 S	2720	890	101	66	2.0	1.5	1.0	285	7250	1830	333	30	14	124
	Pepperoni Pile-up - 12 S	2600	900	102	71	2.0	1.5	1.0	325	6500	1660	318	24	12	104
	Philly Steak - 12 S	3450	1700	192	75	1.0	11	21	390	7940	1370	305	13	17	129
	Southwest Pizza (Chicken) - 12 S	3590	1820	206	75	1.0	11	16	395	6580	1410	300	13	17	124
	Southwest Pizza (Steak) - 12 S	3670	1900	215	79	1.0	11	21	390	7230	1340	303	13	17	121
	Spinach Italiano - 12 S	2480	880	100	60	2.0	22	9	195	4840	1370	300	19	9	89

Pizza Joe's Nutritional Guide

Sweet "honey Hot" Chicken - 12 S	2980	840	95	56	1.0	11	16	320	6850	1220	404	11	113	123
Taco Pizza - 12 S	2750	910	103	65	2.5	3.0	12	290	7330	2000	333	30	20	124
The Ultimate - 12 S	2620	890	101	66	2.0	1.5	1.0	290	6660	1950	328	26	16	103
Triple Cheese & Bacon - 12 S	2660	930	105	64	1.0	2.5	12	270	6340	1680	311	24	12	115
Vegetable Pizza - 12 S	3230	1580	179	71	1.0	11	15	295	6780	690	303	16	18	103
Zucchini Garden - 12 S	2390	780	88	53	2.0	10	4.5	180	5580	820	310	14	11	83

Specialty Pizzas - 16 Inch Round (Whole Pizza)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
	BBQ Chicken - 16 R	3410	860	97	67	1.5	4.0	16	410	7640	1690	472	14	132
Big Topper - 16 R	3840	1550	176	94	2.5	2.0	7	445	13030	2500	400	35	31	160
Buffalo Chicken - 16 R	3630	1550	175	80	1.5	4.0	16	450	8690	1560	349	27	10	162
Chicken Bacon Club - 16 R	4300	2180	247	98	1.5	4.0	16	570	8740	1560	336	13	16	187
Eggplant - 16 R	3100	900	102	71	2.5	2.0	1.0	245	7820	1770	430	35	25	111
Gyro - 16 R	3790	1860	211	94	2.5	2.0	0.5	375	8560	1200	363	21	22	120
Hawaiian - 16 R (with Pizza Sauce)	3150	1000	114	79	2.5	2.0	0.5	330	9410	2280	390	33	34	140
Meat Monster - 16 R	3670	1490	169	96	2.5	2.0	1.0	465	10730	2280	382	32	21	161
Meatball - 16 R	3480	1250	141	88	2.5	2.0	1.0	395	9710	2470	399	41	18	167
Pepperoni Pile-up - 16 R	3160	1150	130	89	2.5	2.0	1.0	420	8320	2280	375	32	17	128
Philly Steak - 16 R	4170	2100	237	94	1.5	12	26	500	9580	1780	354	16	21	161
Southwest Pizza (Chicken) - 16 R	4340	2230	253	93	1.5	12	19	505	8060	1840	348	15	21	155
Southwest Pizza (Steak) - 16 R	4440	2350	266	99	1.5	12	26	500	8970	1740	352	16	21	151
Spinach Italiano - 16 R	2940	1080	122	74	2.5	27	10	245	5950	1730	347	23	11	107
Sweet "honey Hot" Chicken - 16 R	3560	1010	115	69	1.5	12	19	410	8390	1560	476	13	141	153
Taco Pizza - 16 R	3330	1130	128	81	3.5	3.5	14	365	9400	2740	395	39	27	153
The Ultimate - 16 R	3230	1160	132	84	2.5	2.0	1.0	375	8640	2710	390	36	22	128
Triple Cheese & Bacon - 16 R	3250	1190	135	80	1.5	3.5	14	345	8190	2310	366	32	16	144
Vegetable Pizza - 16 R	3860	1940	219	87	1.5	11	17	370	7970	810	352	20	23	125
Zucchini Garden - 16 R	2800	930	106	67	2.5	10	4.5	225	6470	960	357	16	13	99

Pizza Joe's Nutritional Guide

Specialty Pizzas - 16 Inch Square (Whole Pizza)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
BBQ Chicken - 16 S	3410	860	97	67	1.5	4.0	16	410	7640	1690	472	14	132	154
Big Topper - 16 S	3860	1540	174	93	2.5	2.0	7	440	13550	2880	410	39	34	161
Buffalo Chicken - 16 S	3630	1550	175	80	1.5	4.0	16	450	8690	1560	349	27	10	162
Chicken Bacon Club - 16 S	4300	2180	247	98	1.5	4.0	16	570	8740	1560	336	13	16	187
Eggplant - 16 S	3160	900	102	71	2.5	2.0	1.0	245	8570	2280	444	41	28	114
Gyro - 16 S	3790	1860	211	94	2.5	2.0	0.5	375	8560	1200	363	21	22	120
Hawaiian - 16 S (with Pizza Sauce)	3150	1000	114	79	2.5	2.0	0.5	330	9410	2280	390	33	34	140
Meat Monster - 16 S	3670	1490	169	96	2.5	2.0	1.0	465	10730	2280	382	32	21	161
Meatball - 16 S	3500	1250	141	88	2.5	2.0	1.0	395	9990	2670	404	43	19	168
Pepperoni Pile-up - 16 S	3160	1150	130	89	2.5	2.0	1.0	420	8320	2280	375	32	17	128
Philly Steak - 16 S	4170	2100	237	94	1.5	12	26	500	9580	1780	354	16	21	161
Southwest Pizza (Chicken) - 16 S	4340	2230	253	93	1.5	12	19	505	8060	1840	348	15	21	155
Southwest Pizza (Steak) - 16 S	4440	2350	266	99	1.5	12	26	500	8970	1740	352	16	21	151
Spinach Italiano - 16 S	2940	1080	122	74	2.5	27	10	245	5950	1730	347	23	11	107
Sweet "honey Hot" Chicken - 16 S	3560	1010	115	69	1.5	12	19	410	8390	1560	476	13	141	153
Taco Pizza - 16 S	3330	1130	128	81	3.5	3.5	14	365	9400	2740	395	39	27	153
The Ultimate - 16 S	3230	1160	132	84	2.5	2.0	1.0	375	8640	2710	390	36	22	128
Triple Cheese & Bacon - 16 S	3250	1190	135	80	1.5	3.5	14	345	8190	2310	366	32	16	144
Vegetable Pizza - 16 S	3860	1940	219	87	1.5	11	17	370	7970	810	352	20	23	125
Zucchini Garden - 16 S	2890	990	112	73	2.5	10	4.5	250	6710	990	358	16	13	104

Pizza Joe's Nutritional Guide

Specialty Pizzas - 7 Inch Round (Whole Pizza)		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
	BBQ Chicken - 7 R	840	180	21	14	0	1.0	3.5	95	1950	430	124	3	39	37
	Big Topper - 7 R	830	310	35	18	0	0	1.5	85	2770	450	94	6	6	33
	Buffalo Chicken - 7 R	910	390	44	18	0	1.0	3.5	105	2270	410	88	7	3	40
	Chicken Bacon Club - 7 R	1050	540	61	22	0	1.0	3.5	135	2130	410	84	3	4	44
	Eggplant - 7 R	740	210	23	15	0	0	0	50	1730	330	107	8	6	25
	Gyro - 7 R	990	520	58	23	0	0	0	95	2150	280	91	5	6	29
	Hawaiian - 7 R (with Pizza Sauce)	700	200	22	16	0	0	0	65	2020	480	95	7	8	30
	Meat Monster - 7 R	790	280	32	19	0	0	0	90	2260	480	92	7	5	34
	Meatball - 7 R	770	260	29	18	0	0	0	80	2020	480	95	8	4	36
	Pepperoni Pile-up - 7 R	700	230	26	18	0	0	0	80	1780	480	91	7	4	28
	Philly Steak - 7 R	1080	570	64	23	0	3.5	7	125	2610	440	88	4	5	41
	Southwest Pizza (Chicken) - 7 R	1130	610	69	22	0	3.5	4.5	130	2130	460	86	4	5	39
	Southwest Pizza (Steak) - 7 R	1160	640	72	24	0	3.5	7	125	2390	430	87	4	5	38
	Spinach Italiano - 7 R	720	260	30	16	0.5	7	3.0	55	1360	430	86	6	3	25
	Sweet "honey Hot" Chicken - 7 R	890	230	26	15	0	3.5	4.5	95	2180	410	126	3	42	37
	Taco Pizza - 7 R	820	280	31	18	1.0	1.0	3.0	85	2270	600	97	9	7	38
	The Ultimate - 7 R	710	220	25	17	0	0	0	70	1810	560	94	8	5	27
	Triple Cheese & Bacon - 7 R	870	350	39	24	0	1.0	4.5	105	2100	510	90	7	4	40
	Vegetable Pizza - 7 R	970	510	58	20	0	3.5	4.0	85	2080	190	87	4	6	28
	Zucchini Garden - 7 R	700	230	26	15	0.5	3.0	1.5	50	1660	240	89	4	3	24

Stromboli & Calzones		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
	Eggplant Calzone	1140	380	43	29	1.0	1.0	3.5	120	2570	640	142	11	9	46
	Meatball Calzone	1290	480	54	34	1.0	1.0	3.5	160	2860	660	140	10	6	62
	Meatball Stromboli	1160	390	44	23	0.5	0.5	0.5	115	2820	550	139	11	4	55
	Mexican Stromboli	1030	280	32	17	0.5	1.0	4.5	115	2580	780	133	10	5	52
	Original Calzone	1030	310	35	28	1.0	1.0	3.5	115	2190	660	133	8	6	44
	Philly Steak Stromboli (No Mushrooms)	1010	270	30	18	0	1.5	8	130	2310	730	127	6	4	54
	Philly Steak Stromboli (with Mushrooms)	1010	270	30	18	0	1.5	8	130	2370	800	128	6	4	54
	Pizza Joe's Original Stromboli	1180	460	52	23	0	0.5	1.5	120	2880	660	138	10	5	41
	Sausage Calzone	1260	500	57	33	1.0	1.0	3.5	155	2710	660	137	8	6	51
	Spinach Calzone	1120	380	43	29	1.0	5	5	115	2510	840	137	11	6	46

Pizza Joe's Nutritional Guide

Wedgies	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Chicken Wedgie	1210	440	49	24	1.0	1.0	1.0	170	2650	860	127	6	4	60
Eggplant Wedgie	1200	340	39	23	1.0	0.5	0.5	75	2870	570	171	13	10	39
Gyro Wedgie (Chicken)	1120	340	38	23	1.0	1.0	1.0	160	2710	880	129	6	6	61
Gyro Wedgie (Gyro Meat)	1280	540	61	33	0.5	0.5	0	135	3050	430	135	7	5	48
Gyro Wedgie (Steak)	1170	400	46	26	0.5	1.0	5	160	3230	830	131	6	6	59
Ham & Cheese Wedgie	1270	470	53	23	0	1.0	4.5	165	4380	420	132	6	12	60
Hot Gondola Wedgie	1360	580	65	32	0.5	1.5	4.5	160	4250	410	131	6	9	57
Italian Club Wedgie	1330	550	62	28	0.5	1.5	5.0	145	4300	500	135	7	11	53
Italian Style Chicken Wedgie	1030	240	27	21	1.0	1.0	1.0	155	2940	1030	132	9	4	61
Meatball Wedgie	1230	440	49	29	0.5	0.5	0	135	3380	580	141	11	4	59
Philly Steak Wedgie	1340	540	61	27	0	1.5	9	175	3170	1030	133	8	7	62
Sausage Wedgie	1620	670	76	45	1.5	1.0	7	270	5170	650	138	11	7	92
Superoni Wedgie	1060	350	40	27	0.5	0.5	0	125	2960	580	133	9	4	41