

nutritional info



Serving Size
Calories (kcal)
Total Fat (g)
Saturated Fat (g)
Trans Fat (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrate (g)
Fibre (g)
Sugars (g)
Protein (g)
Vitamin A (%DV)
Vitamin C (%DV)
Calcium (%DV)
Iron (%DV)

Pepperoni (One Slice)

Med. (12")	1/8 of Pizza	220	7	3	0.1	20	530	29	1	1	11	8%	2%	10%	15%
Lrg. (14")	1/10 of Pizza	240	7	3.5	0.2	20	570	30	1	1	12	8%	2%	15%	15%

Cheese (One Slice)

Med. (12")	1/8 of Pizza	190	4.5	3	0.1	15	430	29	1	1	9	6%	2%	10%	15%
Lrg. (14")	1/10 of Pizza	210	5	3.5	0.2	15	470	30	1	1	10	8%	2%	15%	15%

Deluxe (One Slice)

Med. (12")	1/8 of Pizza	230	7	3	0.1	20	530	30	2	2	11	8%	15%	10%	15%
Lrg. (14")	1/10 of Pizza	240	8	3.5	0.2	20	570	32	2	2	12	8%	15%	15%	15%

Hawaiian (One Slice)

Med. (12")	1/8 of Pizza	250	8	4.5	0.2	30	640	31	2	3	14	8%	8%	15%	15%
Lrg. (14")	1/10 of Pizza	270	9	5	0.2	30	680	33	2	3	15	10%	8%	20%	15%

Veggie Sensation (One Slice)

Med. (12")	1/8 of Pizza	210	5	3	0.1	15	540	31	2	2	10	8%	6%	10%	15%
Lrg. (14")	1/10 of Pizza	230	6	3.5	0.2	15	610	33	2	2	11	8%	6%	15%	15%

Canadian (One Slice)

Med. (12")	1/8 of Pizza	240	9	4	0.2	25	560	29	1	1	12	8%	2%	6%	15%
Lrg. (14")	1/10 of Pizza	260	10	4.5	0.2	25	590	31	2	1	13	8%	2%	8%	15%

BBQ Chicken (One Slice)

Med. (12")	1/8 of Pizza	250	7	4.5	0.2	25	660	33	2	4	15	10%	2%	15%	15%
Lrg. (14")	1/10 of Pizza	270	8	5	0.2	30	710	35	2	4	16	10%	2%	20%	15%

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Sugars (g)
Protein (g)
Vitamin A (%DV)
Vitamin C (%DV)
Calcium (%DV)
Iron (%DV)

Meat Lovers *(One Slice)*

Med. (12")	1/8 of Pizza	300	14	6	0.2	35	870	30	2	1	15	8%	2%	15%	20%
Lrg. (14")	1/10 of Pizza	330	15	6	0.2	40	940	32	2	1	16	8%	2%	15%	20%

Basil Pesto *(One Slice)*

Med. (12")	1/8 of Pizza	270	11	5	0.2	25	490	30	1	1	12	8%	4%	15%	15%
Lrg. (14")	1/10 of Pizza	290	12	5	0.3	25	540	33	2	1	13	10%	4%	15%	15%

Red Curry Chicken *(One Slice)*

Med. (12")	1/8 of Pizza	230	7	4.5	0.1	20	570	31	2	2	12	8%	10%	15%	20%
Lrg. (14")	1/10 of Pizza	250	7	5	0.2	25	630	33	2	2	14	8%	15%	15%	20%

Hawaiian Firecracker *(One Slice)*

Med. (12")	1/8 of Pizza	230	7	3	0.1	20	570	42	2	11	12	6%	10%	10%	15%
Lrg. (14")	1/10 of Pizza	250	7	3.5	0.2	20	610	45	2	11	13	6%	10%	15%	15%

Other Pizza Products

Panzo	Half	360	9	6	0.3	30	840	51	3	2	18	15%	4%	25%	25%
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Salads

Garden Salad	1 ser.	160	6	3	0.1	10	190	22	6	6	8	160%	120%	6%	20%
Caesar Salad	1 ser.	110	3.5	1.5	0.1	0	250	16	5	3	7	150%	70%	15%	15%
Greek Salad	1 ser.	200	10	4.5	0.2	25	900	23	6	5	9	150%	80%	10%	20%

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Cholesterol (mg)
Sodium (mg)
Carbohydrate (g)
Fibre (g)
Sugars (g)
Protein (g)
Vitamin A (%DV)
Vitamin C (%DV)
Calcium (%DV)
Iron (%DV)

Breads & Snack

Garlic Bread	2 Slices	330	12	2.5	0	0	600	49	3	5	8	6%	0%	6%	25%
Garlic Bread (w/Cheese)	2 Slices	370	15	4.5	0.1	10	720	49	3	5	12	8%	0%	15%	25%
Bread Sticks	2 Sticks	230	7	1.5	0	0	400	36	2	0	7	8%	0%	6%	15%
Bread Sticks (w/Cheese)	2 Sticks	270	10	3.5	0.1	10	520	36	2	0	10	10%	0%	15%	15%
Potato Wedges	6 pcs	120	3.5	0.5	0	0	370	20	2	0	2	0%	6%	2%	4%
Fries	1 ser.	280	9	1	0	0	680	47	0	0	5	0%	25%	0%	10%
Poutine	1 ser.	450	22	9	0.4	40	1410	50	0	0	19	10%	25%	30%	10%
Chunky Monkey	Half	310	2	0.3	0	0	270	67	3	23	7	0%	6%	2%	20%

Chicken (Approximately 3 Wing Pieces)

BBQ Wings	3 pcs	190	11	3	0	40	910	7	0	4	18	2%	2%	2%	6%
Honey Garlic Wings	3 pcs	200	11	3	0	40	760	3	0	6	18	0%	2%	2%	6%
Hot Wings	3 pcs	170	11	3	0	40	1230	2	0	0	18	0%	2%	2%	6%
Breaded Wings	3 pcs	230	11	4	0.2	45	650	14	0	0	18	2%	0%	2%	6%
Boneless Chicken	3 pcs	160	5	1	0	35	440	11	0	1	16	0%	0%	0%	70%
Chicken Twists	100g	220	8	1	0.1	20	520	24	0	1	12	0%	0%	2%	15%

Dipping Sauce

Roasted Garlic	1 cup	160	16	1	0.2	0	480	4	0	3	0.1	0%	0%	0%	0%
Ranch	1 cup	190	20	1.5	0.3	0	300	3	0	2	0.4	0%	0%	2%	0%
Marinara	1 cup	30	0.3	0.1	0.1	0	530	7	0	4	0.4	2%	0%	2%	2%
Cheddar Habenero	1 cup	240	26	2	0.4	20	350	1	0	1	1	0%	0%	2%	2%
BBQ	1 cup	100	0.2	0	0	0	740	22	1	20	1	4%	6%	2%	4%
Honey Garlic	1 cup	110	2.5	0.4	0.1	0	640	22	0	18	0.2	0%	0%	0%	0%
Spicy Buffalo	1 cup	60	2.5	0.4	0	0	870	10	1	8	0.4	8%	4%	0%	2%
Creamy Caesar	1 por.	150	16	3	0.1	15	410	2	0	1	1	0%	0%	2%	2%
Golden Italian	1 por.	100	10	1.5	0	0	420	3	0	3	0.1	0%	2%	0%	0%
Gravy	1 ser.	25	1	0.3	0	0	260	4	0	0	1	0%	0%	0%	0%

Nutritional information was obtained through analysis by our nutritional software, entitled ESHA Genesis R & D Nutritional Software, and information provided by suppliers. All nutritional information is based on standard ingredient servings and operations. The nutrition information contained in this section is based on standard product formulations. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, assembly at the restaurant level, and/or the season of the year. Certain menu items may vary from store to store and may not be available at all locations. The nutritional information provided includes a selection of the most popular items. It may not include all products found in-store. Information may be subject to change at any time. We continue to update this list to reflect changes that occur in our products. 241 Pizza, its franchisees, and employees, do not assume responsibility for a person's sensitivity or allergy to any food item provided in our restaurants. Please always consult your health care practitioner for questions regarding your diet.