

PLANT BASED PIZZA Serving=1 Small Slice Each Slice is 1/6 of the pizza. (10 inch diameter)	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Pepperoni	1 Slice	160	3.5	2	0	0	350	29	2	1	4	2	2	2	10
Canadian supreme	1 Slice	180	3.5	2	0	0	400	31	2	2	5	2	10	2	15
Garden pesto	1 Slice	200	7	2.5	0.1	0	450	30	2	2	4	2	4	2	15
Ham & pesto	1 Slice	180	6	2	0	0	580	27	2	2	5	0	0	2	10
Spicy pineapple	1 Slice	180	3.5	2	0	0	400	33	2	4	5	0	0	2	13
Veggie	1 Slice	180	4	2	0	0	480	31	2	3	5	4	8	2	15

PLANT BASED PIZZA Serving=1 Medium Slice Each Slice is 1/8 of the pizza. (12 inch diameter)	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Pepperoni	1 Slice	220	8	2	0	0	400	32	2	1	5	0	4	2	15
Canadian supreme	1 Slice	190	4	2	0	0	430	34	2	2	6	2	10	2	15
Garden pesto	1 Slice	220	7	2.5	0	0	490	34	2	2	5	2	4	2	20
Ham & pesto	1 Slice	200	6	2	0	0	530	33	2	2	6	0	0	2	13
Spicy pineapple	1 Slice	200	4	2	0	0	420	37	2	4	6	0	0	2	13
Veggie	1 Slice	230	8	2.5	0	0	510	34	2	2	5	2	10	2	15

PLANT BASED PIZZA Serving=1 Large Slice Each Slice is 1/10 of the pizza. (14 inch diameter)	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Pepperoni	1 Slice	240	9	3	0	0	470	35	2	1	5	0	6	2	15
Canadian supreme	1 Slice	240	9	3	0	0	500	34	2	2	6	0	15	2	15
Garden pesto	1 Slice	230	8	3	0	0	470	36	2	2	5	0	4	2	20
Ham & pesto	1 Slice	210	5	2	0	0	550	34	2	2	6	0	0	2	14
Spicy pineapple	1 Slice	220	4.5	2.5	0	0	490	40	3	5	6	0	0	2	14
Veggie	1 Slice	220	5	2.5	0	0	590	39	3	3	5	4	8	2	15

PIZZAS Serving=1 Small Slice Each Slice is 1/6 of the pizza. (10 inch diameter)	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Pepperoni	1 Slice	200	7	2.5	0.2	20	450	25	1	1	10	6%	2%	10%	10%
Cheese	1 Slice	170	4.5	2.5	0.1	15	350	25	1	1	8	6%	2%	10%	10%
Deluxe	1 Slice	210	7	2.5	0.2	20	450	27	2	2	10	6%	10%	10%	15%
Hawaiian	1 Slice	220	7	4.5	0.2	25	550	27	1	3	13	8%	6%	15%	15%
Veggie Sensation	1 Slice	190	5	2.5	0.1	15	470	27	2	2	9	6%	4%	10%	10%
Canadian	1 Slice	240	10	4	0.2	25	540	26	1	2	11	6%	2%	6%	15%
BBQ Chicken	1 Slice	220	6	4	0.2	25	580	29	2	4	13	10%	2%	15%	10%
Meat Lovers	1 Slice	270	13	5	0.2	30	740	27	2	2	13	6%	2%	10%	15%
Basil Pesto	1 Slice	240	10	4.5	0.2	25	430	27	1	1	11	8%	4%	15%	15%
Jalapeno Hawaiian	1 Slice	200	6	3	0.1	20	530	27	1	3	10	6%	10%	10%	15%

Chorizo Supreme	1 Slice	200	6	3	0.1	20	470	27	2	2	10	8%	8%	10%	15%
Chicken Club	1 Slice	240	11	4	0.1	20	520	25	1	1	11	15%	2%	10%	10%
Classic Greek	1 Slice	200	7	4	0.2	20	450	27	2	2	9	8%	10%	10%	15%
Bacon Cheeseburger	1 Slice	290	14	8	0.4	40	710	27	2	2	16	10%	2%	10%	15%

PIZZAS

Serving=1

Medium Slice Each Slice is 1/8 of the pizza. (12 inch diameter)

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Pepperoni	1 Slice	220	7	3	0.2	20	500	29	1	1	11	6%	2%	10%	15%
Cheese	1 Slice	200	5	3	0.1	15	400	29	1	1	9	6%	2%	10%	15%
Deluxe	1 Slice	230	7	3	0.2	20	500	30	2	2	11	8%	15%	10%	15%
Hawaiian	1 Slice	250	8	5	0.2	30	610	31	2	3	14	8%	6%	15%	15%
Veggie Sensation	1 Slice	210	6	3	0.1	15	520	30	2	2	10	8%	6%	10%	15%
Canadian	1 Slice	260	11	4.5	0.2	25	580	29	1	2	12	8%	2%	6%	15%
BBQ Chicken	1 Slice	250	7	4.5	0.2	25	660	33	2	4	15	10%	2%	15%	15%
Meat Lovers	1 Slice	310	14	6	0.2	35	840	30	2	2	15	6%	2%	15%	15%
Basil Pesto	1 Slice	270	11	5	0.2	25	490	30	2	1	12	10%	4%	15%	15%
Jalapeno Hawaiian	1 Slice	220	6	3.5	0.1	20	610	31	2	4	12	6%	15%	15%	15%
Chorizo Supreme	1 Slice	220	7	3.5	0.2	20	540	30	2	2	11	8%	10%	15%	15%
Chicken Club	1 Slice	270	12	4.5	0.2	25	590	28	1	1	13	15%	2%	15%	15%
Classic Greek	1 Slice	230	7	4	0.2	20	510	30	2	2	11	8%	10%	15%	15%
Bacon Cheeseburger	1 Slice	330	16	9	0.4	45	820	30	2	2	18	15%	2%	15%	15%

PIZZAS

Serving=1

Large Slice Each Slice is 1/10 of the pizza. (14 inch diameter)

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Pepperoni	1 Slice	240	8	3.5	0.2	20	530	30	2	2	12	8%	2%	15%	15%
Cheese	1 Slice	210	6	3.5	0.2	15	430	30	1	2	10	8%	2%	15%	15%
Deluxe	1 Slice	250	8	3.5	0.2	20	530	32	2	2	12	8%	15%	15%	15%
Hawaiian	1 Slice	270	9	5	0.2	30	650	33	2	4	15	10%	8%	20%	15%
Veggie Sensation	1 Slice	230	6	3.5	0.2	15	570	32	2	3	11	8%	6%	15%	15%
Canadian	1 Slice	290	12	5	0.2	30	630	31	2	2	13	8%	2%	8%	15%
BBQ Chicken	1 Slice	270	8	5	0.2	30	710	35	2	4	16	10%	2%	20%	15%
Meat Lovers	1 Slice	330	16	6	0.2	40	910	32	2	2	16	8%	2%	15%	20%
Basil Pesto	1 Slice	290	12	5	0.3	25	530	32	2	1	13	10%	4%	15%	20%
Jalapeno Hawaiian	1 Slice	250	7	4	0.2	25	680	33	2	4	13	8%	15%	15%	15%
Chorizo Supreme	1 Slice	250	8	4	0.2	25	610	32	2	2	13	8%	10%	15%	15%
Chicken Club	1 Slice	290	13	5	0.2	25	660	30	1	1	15	15%	2%	15%	15%
Classic Greek	1 Slice	250	9	5	0.2	25	570	32	2	2	12	10%	15%	15%	20%
Bacon Cheeseburger	1 Slice	360	18	10	0.5	50	920	32	2	2	20	15%	2%	15%	15%

OTHERS

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
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%
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%
Potato Wedges	6 pcs	120	3.5	0.5	0	0	370	20	2	0	2	0%	6%	2%	4%
Fries	1 serving	480	16	2	0	0	1160	80	0	0	8	0%	40%	0%	15%
Poutine	1 serving	680	29	10	0.4	40	2160	88	0	0	23	10%	27%	23%	13%
Panzo	Half	360	9	6	0.3	30	840	51	3	2	18	15%	4%	25%	25%
Parmesan Cheese Knots	1 serving	940	29	6	0.2	0	1600	144	6	2	27	35%	0%	20%	60%
Cinnamon Sugar Knots	1 serving	990	30	3.5	0.2	0	1190	158	6	16	23	2%	0%	4%	60%
Garden Salad	1 serving	160	6	3	0.1	10	190	22	6	6	8	160%	120%	6%	20%
Caesar Salad	1 serving	110	3.5	1.5	0.1	0	250	16	5	3	7	150%	70%	15%	15%
Greek Salad	1 serving	200	10	4.5	0.2	25	900	23	6	5	9	150%	80%	10%	20%
Apple Fritter	1 serving	230	10	4	0.1	0	250	31	1	11	4	0%	0%	0%	0%

SAUCES

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Roasted Garlic Dipping Sauce	1 cup	160	16	1	0.2	0	480	4	0	3	0.1	0%	0%	0%	0%
Ranch Dipping Sauce	1 cup	190	20	1.5	0.3	0	300	3	0	2	0.4	0%	0%	2%	0%
Marinara Dipping Sauce	1 cup	30	0.3	0.1	0.1	0	530	7	0	4	0.4	2%	0%	2%	2%
Cheddar Habenero Dipping Sauce	1 cup	240	26	2	0.4	20	350	1	0	1	1	0%	0%	2%	2%
BBQ Dipping Sauce	1 cup	100	0.2	0	0	0	740	22	1	20	1	4%	6%	2%	4%
Honey Garlic Dipping Sauce	1 cup	110	2.5	0.4	0.1	0	640	22	0	18	0.2	0%	0%	0%	0%
Spicy Buffalo Dipping Sauce	1 cup	60	2.5	0.4	0	0	870	10	1	8	0.4	8%	4%	0%	2%
Creamy Caesar Dressing	1 portion	150	16	3	0.1	15	410	2	0	1	1	0%	0%	2%	2%
Golden Italian Dressing	1 portion	100	10	1.5	0	0	420	3	0	3	0.1	0%	2%	0%	0%
Gravy	1 serving	25	1	0.3	0	0	260	4	0	0	1	0%	0%	0%	0%

PIZZA CRUST

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Gluten Free	1 Medium Slice	90	1.5	0.2	0	0	140	18	1	1	1	0%	0%	0%	0%
Cauliflower	1 Medium Slice	100	1.5	0.1	0	0	40	21	0	2	1	0%	4%	0%	2%

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.

Latest Update: February 3, 2020

food allergen chart



LEGEND

- 0 Allergen not present in the food product
- 1 Allergen present in the production factory
- 2 Allergen used on the same product line
- 3 Allergen present in the food product

MENU ITEMS	PEANUT	NUTS	MILK	EGG	WHEAT	SOY	SULPHITES	MUSTARD	FISH	SHELLFISH	SESAME	GLUTEN
Pizza Dough	0	0	0	0	3	3	0	3	0	0	0	3
Multigrain Dough	0	0	2	2	3	1	2	0	0	0	0	3
Gluten Free Crust	0	1	0	1	0	1	0	0	0	0	0	0
Cauliflower crust	0	0	0	0	0	0	0	0	0	0	0	0
Pizza Sauce	0	0	2	0	0	2	2	0	0	0	2	0
Pesto Sauce	0	0	2	2	2	2	2	2	2	2	2	2
Pizza Mozzarella Cheese	0	0	3	0	0	1	1	0	0	0	0	0
Dairy Free Mozzarella	0	0	1	0	0	0	0	0	0	0	0	0
Mont Jack and Cheddar Mix	0	0	3	0	0	1	1	0	0	0	0	0
Feta Cheese	0	0	3	0	0	0	0	0	0	0	0	0
Goat Cheese	0	0	3	0	0	0	0	0	0	0	0	0
Pepperoni	0	0	3	0	3	3	3	3	0	0	0	3
Veggie Pepperoni	0	0	0	0	3	3	0	3	0	0	0	3
Halal Pepperoni	0	0	2	0	2	3	1	2	0	0	0	2
Bacon Strips	0	0	1	1	1	1	3	0	0	0	0	1
Bacon Crumble	0	0	1	1	1	3	1	0	0	0	0	1
Ham Slice	0	0	1	0	1	1	0	0	0	0	0	1
Veggie Ham	0	0	0	0	3	3	0	3	0	0	0	3
Hot Sausage	0	0	2	0	2	2	1	2	0	0	0	2
Mild Sausage	0	0	1	1	1	3	3	0	0	0	0	1
Seasoned Beef	0	0	1	1	1	3	3	0	0	0	0	1
Salami	0	0	2	0	3	3	0	0	0	0	0	3
Diced Chorizo Dry Sausage	0	0	2	0	2	2	1	2	0	0	0	2
Chicken Strips	0	0	3	3	3	3	0	0	0	0	3	3
Sun-Dried Tomatoes	0	0	0	0	0	0	3	0	0	0	0	0
Pineapple	1	1	1	0	1	1	1	0	0	0	1	1
Hot Banana Pepper Rings	0	0	0	0	0	0	0	0	0	0	0	0
Jalapeno Peppers	0	0	0	3	0	2	2	2	0	0	0	0
Green Olives	0	0	1	1	2	2	2	2	2	0	0	2
Black Olives	0	0	0	0	0	0	0	0	1	0	0	0
Anchovie	0	0	0	0	0	0	0	0	3	0	0	0
Plain Wings	0	0	0	0	1	3	0	0	0	0	0	1
BBQ Sauce	0	0	2	1	2	2	2	2	1	0	2	2
Honey Garlic Sauce	0	0	2	1	3	3	2	2	1	0	2	3
Hot Sauce	0	0	2	1	2	2	2	2	1	0	2	2
BBQ Wings	0	0	2	1	2	3	2	2	1	0	2	2
Honey Garlic Wings	0	0	2	1	3	3	2	2	1	0	2	3
Hot Wings	0	0	2	1	2	3	2	2	1	0	2	2
Breaded Wings	0	0	1	1	3	1	3	1	0	0	1	3
Boneless Chicken	0	0	0	3	3	3	0	0	0	0	0	3
Potato Wedges	0	0	0	0	3	0	0	0	0	0	0	3
Fries	0	0	0	0	3	0	0	0	0	1	0	3
Gravy	1	1	3	3	3	3	0	0	1	1	0	3
241 Roasted Garlic Dipping	0	0	3	2	2	3	2	2	2	1	2	2
Ranch Dipping	0	0	3	3	2	2	2	2	2	1	2	2
Cheddar Habenero Dipping	0	0	3	3	2	2	2	2	2	0	2	2
Marinara Dipping	0	0	2	0	0	2	2	0	0	0	2	0
Two Bite Brownie	0	1	3	3	3	3	0	0	0	0	0	3
Garlic Bread	0	0	3	1	3	3	1	0	0	0	0	3
Garlic Bread with Cheese	0	0	3	1	3	3	1	0	0	0	0	3
Apple fritter	0	0	3	3	3	3	0	0	0	0	0	3