

## Papa Gino's Nutritional Menu: Pizza

	Per Serving (g)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
<b>Large Thin Crust Pizza (per slice)</b>																
Cheese	113	220	54	6	3.5	0	15	570	31	1	2	10	0	13	2	56
BBQ Chicken	130	270	63	7	3.5	0	25	800	38	1	1	14	0	0	2	56
Buffalo Chicken	127	240	63	7	3.5	0	25	900	31	2	2	14	0	0	2	56
Chicken and Roasted Garlic	159	290	90	10	5	0	30	730	34	2	3	17	0	17	2	56
Chicken Pepper	162	270	81	9	4.5	0	30	690	32	2	3	17	0	67	2	83
Hawaiian	140	240	54	6	3.5	0	15	640	35	1	5	11	0	13	2	56
Meat Combo	142	320	135	15	7	0	35	900	32	1	2	16	0	13	2	83
Papa Roni	140	320	135	15	7	0	35	910	32	1	2	15	0	13	2	83
Pepperoni	123	270	99	11	5	0	25	740	31	1	2	12	0	13	2	83
Super Veggie	178	240	63	7	3.5	0	15	620	35	2	3	11	0	75	2	83
The Works	159	300	108	12	6	0	30	740	33	2	2	14	0	50	2	83
<b>Small Thin Crust Pizza (per slice)</b>																
Cheese	87	160	36	4	2	0	10	420	24	1	1	7	0	13	1	56
BBQ Chicken	105	210	41	5	2.5	0	15	640	31	1	1	10	0	3	1	44
Buffalo Chicken	93	180	41	5	2.5	0	15	580	23	1	1	10	0	3	1	44
Chicken and Roasted Garlic	117	210	63	7	3.5	0	20	530	25	1	2	12	0	17	2	56
Chicken Pepper	131	210	63	7	3.5	0	20	490	25	1	2	12	0	67	2	56
Hawaiian	107	180	41	5	2.5	0	10	470	26	1	4	8	0	13	1	56
Meat Combo	113	260	117	13	5	0	30	710	24	1	1	13	0	13	1	56
Papa Roni	105	230	99	11	5	0	25	660	24	1	1	11	0	13	2	56
Pepperoni	95	200	72	8	3.5	0	20	560	24	1	1	9	0	13	1	56
Super Veggie	144	180	45	5	2.5	0	10	480	27	2	3	8	0	75	1	56
The Works	127	210	72	8	4	0	20	540	25	1	2	10	0	42	1	56
<b>Pizza Slices (per slice)</b>																
Cheese	158	310	81	9	5	0	20	810	42	2	2	14	0	17	2	83
Pepperoni	172	380	144	16	8	0	35	1050	42	2	2	19	0	17	3	83
<b>Toppings (per large slice)</b>																
Bacon	13	80	63	7	2.5	0	10	250	0	0	0	4	0	0	0	0
Black Olives	11	15	9	1	0	0	0	100	1	0	0	0	0	0	0	11
Broccoli	20	5	0	0	0	0	0	5	1	1	0	1	0	50	0	0
Capicola	6	5	0	0	0	0	5	75	0	0	0	1	0	0	0	0
Extra Cheese	12	35	27	3	1.5	0	5	105	0	0	0	2	0	0	1	0
Green Pepper	12	0	0	0	0	0	0	0	1	0	0	0	0	25	0	0
Hamburger	19	50	36	4	1.5	0	10	80	0	0	0	4	0	0	0	22
Mushrooms	12	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Onions	12	5	0	0	0	0	0	0	1	0	1	0	0	3	0	0
Pepperoni	7	35	27	3	1	0	10	115	0	0	0	1	0	0	0	0
Sausage	21	70	54	6	2	0	15	125	0	0	0	3	0	0	0	0
Sliced Tomato	7	0	0	0	0	0	0	0	0	0	0	0	0	3	0	0
<b>Rustic</b>																
Cheese	88	200	81	9	4	0	10	490	23	1	1	8	0	10	1	44
BBQ Chicken	99	240	81	9	4	0	20	620	28	1	1	11	0	0	1	44
Buffalo Chicken	97	220	81	9	4	0	20	690	23	2	1	11	0	0	1	44
Chicken and Roasted Garlic	116	240	90	10	4.5	0	25	550	25	1	2	12	0	13	2	44
Chicken Pepper	119	230	90	10	4.5	0	25	520	24	2	2	12	0	42	2	44

Hawaiian	106	220	81	9	4	0	15	540	26	1	3	8	0	10	1	44
Meat Combo	109	280	135	15	7	0	30	720	24	1	1	13	0	10	2	56
Papa Roni	108	280	135	15	7	0	30	730	24	1	1	12	0	10	2	56
Pepperoni	97	240	108	12	5	0	25	610	24	1	1	10	0	10	2	56
Super Veggie	131	230	81	9	4.5	0	15	530	26	2	2	9	0	50	2	56
The Works	116	250	117	13	5	0	25	580	24	2	2	10	0	33	1	56

### Slice Pizza Large

Cheese	168	330	81	9	5	0	20	860	47	2	2	15	0	17	2	111
BBQ Chicken	186	390	81	9	4.5	0	35	1130	56	2	2	20	0	3	2	111
Breakfast Bac/Egg	224	560	261	29	13	0	290	1340	46	2	2	31	0	0	3	139
Breakfast Egg & Cheese	222	460	180	20	9	0	355	960	46	2	2	26	0	0	3	139
Breakfast Saus Egg & Cheese	217	480	198	22	10	0	280	1020	47	2	2	26	0	0	3	139
Breakfast Veg Egg & Cheese	271	450	162	18	9	0	270	940	50	2	4	25	0	50	3	139
Buffalo Chicken	181	350	81	9	4.5	0	35	1260	46	3	2	20	0	3	2	111
Chicken Pepper	228	390	108	12	6	0	45	980	48	2	4	23	0	83	3	111
Hawaiian	198	340	81	9	4.5	0	20	910	52	2	6	16	0	17	2	111
Meat Combo	201	460	180	20	9	0	45	1250	47	2	2	22	0	17	2	111
Papa Roni	198	460	189	21	10	1	45	1270	48	2	3	21	0	17	3	111
Pepperoni	176	380	126	14	7	0	30	1040	47	2	2	17	0	17	2	111
Super Veggie	245	340	81	9	4.5	0	20	880	51	3	4	16	0	100	2	111
The Works	224	420	144	16	8	0	40	1050	49	2	3	20	0	58	2	111

### Slice Pizza Thick Crust

Cheese	201	450	117	13	7	0	30	1260	62	3	2	21	0	17	3	167
BBQ Chicken	207	470	81	9	5	0	35	1430	70	3	1	23	0	3	3	167
Breakfast Bac Egg & Cheese	267	680	279	31	14	0	375	1640	63	3	1	37	0	0	3	222
Breakfast Egg & Cheese	246	560	180	20	10	0	360	1230	63	3	1	30	0	0	3	222
Breakfast SausEgg & Cheese	260	600	225	25	11	0	370	1320	63	3	1	32	0	0	3	222
Breakfast Veg Egg & Cheese	313	570	189	21	10	0	360	1240	67	4	3	31	1	50	3	222
Buffalo Chicken	202	430	90	10	5	0	35	1560	61	4	1	23	0	3	3	167
Chicken and Roasted Garlic	243	480	108	12	7	0	45	1280	65	3	3	27	0	17	4	167
Chicken Pepper	249	470	117	13	7	0	35	1380	63	4	2	26	0	83	3	167
Hawaiian	220	430	81	9	5	0	25	1210	66	3	5	19	0	17	3	167
Meat Combo	222	540	189	21	10	0	50	1550	62	3	1	26	0	17	3	194
Papa Roni	220	540	189	21	10	1	50	1570	62	3	2	25	0	17	3	194
Pepperoni	200	480	135	15	7	0	35	1340	64	3	1	21	0	17	3	194
Super Veggie	268	430	90	10	5	0	20	1180	66	4	3	19	0	100	3	194
The Works	245	500	153	17	8	0	40	1350	64	4	2	23	0	58	3	194

### X-large

Cheese	127	230	63	7	4	0	15	630	32	1	2	11	0	17	2	56
BBQ Chicken	147	300	72	8	4	0	35	940	40	1	2	17	0	0	2	56
Buffalo Chicken	145	270	72	8	4	0	35	1030	31	2	2	17	0	3	2	56
Chicken and Roasted Garlic	179	300	90	10	5	0	40	820	35	2	3	20	0	17	3	56
Chicken Pepper	175	290	99	11	5	0	35	850	32	2	3	19	0	67	2	56
Hawaiian	155	250	63	7	4	0	20	720	35	2	5	12	0	17	2	56
Meat Combo	179	430	216	24	10	0	55	1150	33	2	2	21	0	25	2	83
Papa Roni	159	360	162	18	9	0	45	1060	32	1	2	17	0	17	3	83
Pepperoni	139	290	117	13	6	0	30	840	32	1	2	13	0	17	2	83
Super Veggie	206	260	72	8	4	0	15	680	36	3	4	12	0	100	2	83
The Works	182	340	144	16	7	0	35	860	34	2	3	17	0	50	2	83

## Appetizers

### Small (2 servings)

	Per Serving (g)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
BBQ Chick Tenders	234	520	162	18	3	0	55	1520	55	2	0	29	0	0	0	0
Buff. Chick.Tender	234	450	171	19	3	0	55	1970	36	4	1	29	0	0	0	0
Cheese Breadsticks	378	970	351	39	18	1	65	2260	116	4	6	44	1	0	7	250
Chicken Tender	188	430	162	18	3	0	55	1010	36	2	0	29	0	0	0	0
Chicken Wings Buffalo	328	930	684	76	16	0	135	4150	33	6	7	29	0	0	0	44
Chicken Wings Honey BBQ	257	650	306	34	7	0	90	2560	62	3	17	28	0	0	0	44
Chicken Wings Plain	172	480	288	32	7	0	90	1880	24	2	0	26	0	0	0	44
Chicken Wings BBQ	257	640	288	32	7	0	90	2820	58	2	0	26	0	0	0	44
Chicken Wings Plain w/ Honey Mustard	257	650	324	36	7	0	90	2290	65	4	33	30	0	0	0	44
Chicken Wings Plain w/ Ranch	257	720	459	51	10	0	110	2840	30	3	4	28	0	0	0	44
Chicken Wings Spicy BBQ	257	580	297	33	7	0	90	3240	41	4	1	26	0	0	0	44
Chicken Wings Teriyaki	257	660	288	32	7	0	90	4000	64	3	33	29	0	0	1	56
Cinnamon Sticks	204	620	171	19	8	0	5	430	100	4	33	11	0	0	0	139
French Fries	347	540	207	23	4.5	0	0	120	80	8	4	8	0	42	0	44
Marinara Dip Sauce	31	20	9	1	0	0	0	180	3	0	2	0	0	0	0	0
Mozzarella Sticks	313	950	531	59	21	1	95	2350	69	3	2	44	0	3	0	22

### Large (4 servings)

BBQ Chicken Tender	468	1030	324	36	6	0	110	3040	110	4	0	58	0	0	0	0
Buffalo Chicken Tender	468	890	342	38	6	0	110	3940	72	9	1	58	0	0	0	0
Cheese Breadsticks	749	1920	684	76	35	2	130	4420	231	7	10	86	1	0	13	500
Cheese Garlic Bread	394	850	288	32	11	0	25	2270	112	5	7	31	0	0	3	194
Chicken Wings Buffalo	656	1860	1359	151	31	0	265	8300	65	12	13	59	0	0	1	83
Chicken Wings Honey BBQ	514	1290	612	68	14	0	180	5110	124	6	33	56	0	0	1	83
Chicken Wings Plain	344	960	576	64	14	0	180	3760	48	4	0	52	0	0	1	83
Chicken Wings BBQ	514	1280	576	64	14	0	180	5640	117	4	0	52	0	0	1	83
Chicken Wings Plain w/ Honey Mustard	514	1310	639	71	14	0	180	4580	130	8	66	59	0	0	1	83
Chicken Wings Plain w/ Ranch	514	1440	918	102	20	0	220	5680	60	6	8	56	0	0	1	83
Chicken Wings Spicy BBQ	514	1150	585	65	14	0	180	6470	82	9	1	53	0	0	1	83
Chicken Wings Teriyaki	514	1310	585	65	14	0	180	8000	129	6	66	58	0	0	1	111
ChickenTender	376	860	324	36	6	0	110	2020	72	4	0	58	0	0	0	0
French Fries	520	810	306	34	7	0	0	180	120	12	6	12	0	58	0	56
Garlic Bread	344	710	180	20	4.5	0	0	1840	111	5	6	21	0	0	1	194
Mozzarella Sticks	627	1890	1062	118	43	2	190	4700	139	5	5	87	0	7	1	44

### Small

Cinnamon Stick Icing	71	240	9	1	1	0	0	35	57	0	55	0	0	0	0	0
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## Salads

	Per Serving (g)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
<b>Salad Side</b>																
Caesar	112	70	32	4	1.5	0	5	135	6	2	1	4	3	67	0	33
Garden	128	70	27	3	0.5	0	0	105	10	2	2	2	1	50	0	22
<b>Dressing</b>																
Balsamic	85	180	162	18	3	0	0	700	9	0	6	0	0	0	0	0
Bleu Cheese	30	150	135	15	3	0	15	280	2	0	2	1	0	0	0	0
Caesar	85	400	396	44	7	0	30	790	2	0	0	2	0	0	0	0
Fat Free Honey Dijon	43	60	0	0	0	0	0	400	13	1	8	1	0	0	0	0
Honey Mustard	30	150	126	14	2	0	0	210	7	0	6	0	0	0	0	0
Ranch	85	280	270	30	5	0	30	830	4	0	2	2	0	0	0	0
<b>Salad</b>																
Buffalo Chicken Tender	325	330	135	15	2	0	35	1010	29	5	4	20	2	75	0	33
Caesar	234	190	90	10	3.5	0	10	380	19	5	3	9	7	133	1	83
Chicken Bacon Cheddar	415	530	297	33	13	0	100	1460	22	4	6	39	3	100	3	56
Chicken Caesar	365	320	99	11	4.5	0	100	1150	14	5	3	42	7	133	1	56
Chicken Tender	308	320	126	14	2	0	35	650	29	4	4	20	2	75	0	33
Garden	289	180	72	8	1.5	0	0	300	25	5	5	5	3	100	1	56
Single Breadsticks	75	190	72	8	3.5	0	15	440	23	1	1	9	0	0	2	56

## Pasta

	Per Serving (g)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Single Breadsticks	75	190	72	8	3.5	0	15	440	23	1	1	9	0	0	2	56
<b>Entree</b>																
Papa Platter-Penne	550	990	288	32	13	0	65	1380	135	6	11	40	0	0	2	83
Papa Platter-Spaghetti	550	990	288	32	13	0	65	1380	135	10	11	40	0	0	2	83
Pasta Trio Plate	570	990	306	34	17	0	75	1270	138	5	12	34	0	0	1	33
Penne	474	650	99	11	1.5	0	5	1130	118	3	12	21	0	0	0	0
Penne Alfredo	417	900	324	36	22	0	110	560	111	1	3	29	0	3	0	22
Penne Alfredo	573	1050	378	42	25	0	170	1070	116	4	3	49	1	183	0	44
Chicken Broccoli Ravioli	383	590	216	24	12	0	25	1360	71	3	14	24	1	0	3	83
Spaghetti	474	650	99	11	1.5	0	5	1130	118	7	12	21	0	0	0	0
Spag & Meatballs	556	890	261	29	10	0	55	1710	123	10	13	34	0	0	0	56
Spaghetti Alfredo	417	900	324	36	22	0	110	560	111	5	3	29	0	3	0	22
Spaghetti Alfredo	573	1050	378	42	25	0	170	1070	116	7	3	49	1	183	0	44
Chicken Broccoli Spaghetti Chick Parm	663	1070	351	39	12	0	105	2850	129	7	15	52	0	0	4	0
<b>Side</b>																
Meatballs (2)	128	280	189	21	9	0	55	870	9	3	3	14	0	0	0	56
Penne	252	330	54	6	0.5	0	0	640	61	2	7	10	0	0	0	0
Penne Alfredo	209	450	162	18	11	0	55	280	55	1	1	14	0	0	0	11
Spaghetti	252	330	54	6	0.5	0	0	640	61	4	7	10	0	0	0	0
Spaghetti Alfredo	209	450	162	18	11	0	55	280	55	3	1	14	0	0	0	11

## Kids

### Kids

	Per Serving (g)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Cheese Slice	158	310	81	9	5	0	20	810	42	2	2	14	0	17	2	83
Chicken Tender Meal	258	510	189	21	3.5	0	40	800	54	4	1	24	0	13	0	11
Hot Dog Meal	273	620	315	35	9	0	35	940	64	5	6	17	0	17	1	83
Penne	252	330	54	6	0.5	0	0	640	61	2	7	10	0	0	0	0
Pepperoni Slice	172	380	144	16	8	0	35	1050	42	2	2	19	0	17	3	83
Spaghetti & Meatball	295	460	135	15	5	0	30	950	63	5	7	17	0	0	0	33

## Subs

### Small

BLT	298	720	315	35	13	0	55	1740	71	3	4	29	1	17	2	139
Hot Dog	128	400	225	25	7	0	35	890	31	2	4	13	0	0	1	56
Italian	313	910	432	48	20	0	150	2800	69	3	2	47	0	3	5	139
Lobster Roll	234	550	306	34	5	0	100	910	31	2	4	29	0	3	2	83
Meatball	298	740	288	32	14	0	85	1830	76	7	4	35	0	0	1	194
Meatball Parmesan	326	840	369	41	19	0	115	2150	76	7	4	42	0	0	3	194
Steak	252	630	225	25	9	0	95	780	65	2	0	34	0	0	1	194
Steak & Cheese	280	720	288	32	14	0	115	1260	68	2	1	39	0	0	2	194
Super Steak	429	760	288	32	14	0	115	1210	76	4	5	42	0	117	2	194
Tuna	241	740	351	39	6	0	60	1150	67	3	0	30	0	0	1	139
Turkey	224	460	36	4	0.5	0	35	1300	72	2	0	33	0	0	0	139
Turkey Club	333	630	207	23	6	0	60	1590	70	3	2	37	0	17	1	139

### Large

BLT	411	1090	504	56	19	0	80	2500	105	5	5	41	1	25	3	194
Chicken Cutlet	345	930	342	38	6	0	70	1910	105	3	1	39	0	3	1	167
Chicken Parmesan	476	1090	396	44	17	0	135	3270	113	4	6	60	0	0	6	167
Italian	520	1260	567	63	27	0	195	3810	105	5	4	66	1	33	7	194
Meatball	517	1210	495	55	23	0	140	3180	120	12	8	56	0	0	2	333
Meatball Parmesan	574	1410	648	72	33	0	200	3830	120	12	8	70	0	0	6	333
Steak	380	940	333	37	14	0	145	1110	99	3	0	51	0	0	1	278
Steak & Cheese	463	1220	513	57	28	0	205	2570	106	3	4	67	1	0	5	278
Super Steak	675	1280	522	58	28	0	205	2520	118	6	10	71	1	183	5	278
Tuna	361	1120	522	58	9	0	90	1720	101	5	0	45	0	0	1	194
Turkey	333	650	54	6	1	0	60	1970	100	3	0	50	0	0	1	194
Turkey Club	487	910	261	29	8	0	90	2450	104	5	3	58	0	33	1	194
Vegetarian	447	710	135	15	7	0	35	1670	112	7	7	33	0	183	4	222

### Sub Panini

Basil Chicken	399	1080	540	60	17	0	110	2990	85	3	2	49	1	83	5	139
Eggplant	378	860	360	40	13	0	60	1930	95	7	6	31	0	0	5	111
Italian Deli	309	1050	621	69	21	0	110	2410	69	4	2	39	0	0	5	111
Sausage & Pepper	445	1150	621	69	28	0	155	2350	75	3	5	58	0	100	7	139