

PIZZA CALORIE COUNT

KTOWN

INGREDIENTS	CALORIE COUNT	
	Regular	Mini
Dough	435	325
Red Sauce	38	19
Mozzarella	151	76
Pepperoni	554	317
Bacon	63	32
Sautéed Mushrooms	19	9
Total	1260	778

BBQ CHICKEN

INGREDIENTS	CALORIE COUNT	
	Regular	Mini
Dough	435	325
Red Sauce	38	19
Mozzarella	151	76
Chicken	47	24
Bacon	63	32
Hot Banana Peppers	5	3
Red Onion	6	3
Bbq Drizzle	48	24
Total	793	506

GREAT WHITE NORTH

INGREDIENTS	CALORIE COUNT	
	Regular	Mini
Dough	435	325
Garlic Cream Sauce	59	29
Mozzarella	151	76
Asiago Cheese	121	60
Italian	45	23
Caramelized Onions	37	19
Sautéed Mushrooms	19	9
Crushed Garlic	7	4
Arugula	5	3
Total	879	548

SIMPLE PIZZA

INGREDIENTS	CALORIE COUNT	
	Regular	
Dough	435	
Red Sauce	38	
Mozzarella	151	
Parmesan	54	
Total	678	

Gluten Free Crust 960

MARGAHERITA

INGREDIENTS	CALORIE COUNT	
	Regular	Mini
Dough	435	325
Red Sauce	38	19
Bocconcini	90	45
Olive Oil	120	60
Basil	1	1
Total	684	450

HOT & SPICY

INGREDIENTS	CALORIE COUNT	
	Regular	Mini
Dough	435	325
Spicy Red Sauce	43	24
Mozzarella	151	76
Chorizo	89	44
Italian	45	23
Bacon	63	32
Sautéed Mushrooms	19	9
Hot Banana Peppers	5	3
Honey		
Total	850	536

VEGGIE FRESH

INGREDIENTS	CALORIE COUNT	
	Regular	Mini
Dough	435	325
Red Sauce	38	19
Mozzarella	151	76
Goat Cheese	85	42
Green Peppers	21	19
Spinach	18	10
Sautéed Mushrooms	19	9
Black Olives	24	12
Red Onions	6	3
Sliced Tomatoes	18	8
Pesto Drizzle	66	33
Total	881	556

ONE TOPPING

INGREDIENTS	CALORIE COUNT	
	Regular	
Dough	435	
Red Sauce	38	
Mozzarella	151	
Parmesan	54	
TOTAL	678	

SALADS CALORIE COUNT

CAESAR

INGREDIENTS	CALORIE COUNT	
	Regular	Side
Romaine Lettuce	227	114
Parmesan	59	30
Bacon	252	126
Croutons	182	91
Caesar Dressing	684	342
Total	1404	703

BYO

INGREDIENTS	CALORIE COUNT	
	Regular	Side
Romaine Lettuce	227	114
Spring Mix	336	168
Spinach	312	156

SCORE



PIZZA

SANDWICHES CALORIE COUNT

PULLED PORK

INGREDIENTS	CALORIE COUNT
Bread	360
Butter	102
Mozzarella	76
Pulled Pork	135
Carm. Onions	37
Roasted Red Pepper	9
BBQ Drizzle	16
Total	735

HIPSTER

INGREDIENTS	CALORIE COUNT
Bread	360
Butter	102
Mozzarella	76
Asiago	60
Roasted Red Pepper	9
Caramelized Onions	37
Artichokes	27
Spinach	18
Pesto	22
Total	711

CLUB

INGREDIENTS	CALORIE COUNT
Bread	360
Butter	102
Mayo	100
Mozzarella	76
Chicken	47
Bacon	63
Smoked Ham	23
Spring Mix	4
Tomatoes	8
Total	783

BALSAMIC CHICKEN

INGREDIENTS	CALORIE COUNT
Bread	360
Mayo	100
Goat Cheese	85
Chicken	47
Bacon	63
Roasted Red Pepper	9
Spinach	18
Balsamic Drizzle	23
Total	705

INGREDIENTS CALORIE COUNT

SAUCES

SAUCES	SERVING SIZE	CALORIE COUNT
Red Sauce	2oz	38
Spicy Red Sauce	2oz	43
Garlic Cream	1.5oz	59
Pesto	2oz	247

MEATS

MEAT	SERVING SIZE	CALORIE COUNT
Pepperoni	7pcs	554
Chicken	2oz	63
Bacon	1oz	126
Smoked Ham	1oz	45
Italian Sausage	1oz	90
Chorizo Sausage	1oz	178
Pulled Pork	1oz	90
Steak	2oz	92
Beyond Italian sausage	1oz	55

FINISHES

FINISH	SERVING SIZE	CALORIE COUNT
Balsamic	1 tsp	23
Pesto	1 tbsp	66
Hot Buffalo	1 tbsp	1
BBQ	1 tbsp	24
Honey	1 tsp	21
Olive Oil	1 tbsp	120
Spicy Oil	1 tbsp	125
Arugula	9 pcs	5
Basil	2 leaves	1

DRINKS

	SERVING SIZE	CALORIE COUNT
Soda	20 oz	0-232
Lemonade	20 oz	236
Chocolate Milk	500 mL	170
Milk	500 mL	218
Red Wine	5 oz	122
White Wine	5 oz	115
Beer	20 oz	156-368

CHEESE

CHEESE	SERVING SIZE	CALORIE COUNT
Mozzarella	2oz	151
Feta	1oz	85
Parmesan	1oz	108
Asiago	1oz	121
Goat	1oz	85
Gorgonzola	1oz	104
Bocconcini	10pc	90
Vegan	2oz	80

VEGGIES

VEGGIE	SERVING SIZE	CALORIE COUNT
Spinach	9 pcs	18
Sautéed Green Peppers	6 pcs	21
Sautéed Mushroom	1 oz	19
Black Olives	1 oz	48
Green Olives	1 oz	28
Hot Peppers	8 pcs	5
Red Onion	1oz	12
Carm. Onion	1oz	37
Cherry Tomatoes	1oz	5
Sliced Tomatoes	9pcs	18
Artichokes	1oz	18
Raw Mushroom	1oz	6
Green Pepper	1oz	6
Crushed Garlic	1 tbsp	21
Roasted Garlic	6 pcs	40
Pineapple	1 oz	17
Roasted Red Pepper	1 oz	9

DESSERTS

DESSERT	SERVING SIZE	CALORIE COUNT
Brownie	1 unit	380
Choc Chip Cookie	1 unit	340
G. Molasses Cookie	1 unit	220