



Boston's Pizza THE GOURMET
RESTAURANT & SPORTS BAR

Allergy & Nutrition Guide

MARCH 2026

I. LEGAL INFORMATION

The information in this guide was derived from each supplier's product list and is based on the requirement that all Boston's recipes and assembly procedures are followed to the exact specifications.

Disclaimer:

The nutritional information seen here was prepared by MenuTrinfo®, LLC and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data presented are based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion, or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Please note that slight variations may occur and Boston Pizza Restaurants, LP does not assume responsibility for this information and cannot guarantee that the data is completely accurate as it relates to the prepared menu items in every Boston's Restaurant & Sports Bar location.

Information regarding allergens is provided by the ingredient manufacturer. Boston Pizza Restaurants, LP does not assume responsibility for this information or a particular sensitivity or allergy to any food item provided in the restaurant. Please be advised that cross contamination may occur, and a menu item may not be completely free of any allergen.

II. ALLERGY CHART SECTION

MAIN MENU

STARTERS

All allergens listed for the Starter section include allergens that are found in the product when it is made as per the Boston's Recipe and Assembly Procedures. The allergy declaration includes the side sauce /or dip that comes with the menu item.

Signature Starters	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Bacon Wrapped Steak Skewers								
Add Bleu Cheese Sauce			X			X		
Bandera Bread	X		X			X		X
Buffalo Cauliflower	X		X			X		X
Boston's Nachos			X			X		X
Add Grilled Chicken			X					
Add Ground Beef								
Add Spicy Chicken			X					
Add Steak		X						
Cactus Cuts	X	X	X					
Chips & Queso			X			X		
Add Diced Steak		X						
Add Plain Chicken			X					
Add Spicy Chicken			X					
Add Taco Beef								
Chips & Salsa			X			X		
Cheese Curds			X					X
Fried Pickles & Peppers	X		X			X		X
Pepperoni Stuffed Twist Bread			X			X		X
Spinach & Artichoke Dip			X					X
With Bread			X			X		X
Team Platter (no sauce, no dressing)	X	X	X			X		X
Add Asian Glaze Sauce						X		X
Add Atomic Nashville Sauce			X					
Add Cajun Seasoning								
Add Carolina Tangy Gold						X		X
Add Creamy Buffalo Sauce			X			X		
Add Garlic Parmesan Sauce			X			X		

Add Hot Wing Sauce								
Add Lemon Pepper Seasoning								
Add Mango Habanero Wing Sauce								
Add BBQ Sauce			X			X		
Add Ranch Seasoning			X			X		
Add Stingin' Honey Sauce								
Add Blue Cheese Dressing	X		X			X		
Add Ranch Dressing	X		X			X		

WINGS

All allergens listed for the Wings section include allergens that are found in the product when it is made as per the Boston's Recipe and Assembly Procedures. The allergy declaration is broken out by the main product and all options are listed separately within this section.

Wings		Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Boneless Wings (Single and Double)	Dry - no seasoning or sauce	X		X			X		X
Cauliflower Wings (Single and Double)	Dry - no seasoning or sauce								X
Fried Wings (Single and Double)	Dry - no seasoning or sauce								
Wing Sauces Only	Asian Glaze (sauce only)						X		X
	Atomic Nashville Sauce (sauce only)			X					
	Cajun Seasoning (seasoning only)								
	Carolina Tangy Gold (sauce only)						X		X
	Creamy Buffalo Sauce (sauce only)			X			X		
	Garlic Parmesan (sauce only)			X			X		
	Hot Wing Sauce (sauce only)								
	Lemon Pepper (seasoning only)								
	Mango Habanero (sauce only)								
	Ragin Cajun (seasoning only)								
	BBQ Sauce (sauce only)			X			X		
	Ranch Seasoning (seasoning only)			X			X		
Stingin' Honey (sauce only)			X			X			
Dressings	With Ranch Dressing	X		X			X		
	With Bleu Cheese Dressing	X		X			X		

SOUPS

All allergens listed for the Soup section include allergens that are found in the ingredient statement from the soup mix itself.

Soup		Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Tomato Basil Soup	No Crackers			X					X

SALADS & BOWLS

All allergens listed for the Salad & Bowl section include allergens that are found in the product when it is made as per the Boston's Recipe and Assembly Procedures. The declaration includes the dressing when the salad is made with the dressing.

Salads & Bowls	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Caesar Salad with Caesar Dressing	X	X	X					X
Chili Lime Shrimp Bowl	X		X		X	X		
Boston's Salad with No Dressing			X					X
Boston's Caesar Salad with Caesar Dressing	X	X	X					X
Chicken Cobb without Dressing	X		X				X	
Mediterranean Salad with Lemon Vinaigrette			X			X		X
Southwest Bowl	X		X			X		X
Add Crispy Chicken	X		X			X		X
Add Grilled Chicken			X					
Add Salmon		X	X					
Add Grilled Shrimp					X			
Add Steak Tips								

SALAD DRESSINGS

All allergens listed for the Salad dressing section include allergens that are found on the ingredient declaration or in the product when it is made as per the Boston's Recipe and Assembly Procedures.

Salad Dressings	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Bleu Cheese	X		X			X		
Balsamic Vinaigrette								
Caesar	X	X	X					
Honey Mustard	X							
Italian								
Lemon Vinaigrette								
Oil & Vinegar (1 fl oz of Each)								
Ranch	X		X			X		

PIZZAS

The allergens listed in the Pizza section are those which are found in each pizza when it is made as per Boston's Recipe and Assembly Procedures. When adding or changing a topping or base sauce, determine the allergen related to the new sauce or topping by looking up the Pizza Toppings and Sauce sections.

CRUST - CYO

Pizza Crust	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Cauliflower	X							
Indy								X
Large								X
Medium								X
Thin Crust								X
Squarefooter			X					X

GOURMET PIZZA TOPPINGS

This section can be used when adding a specific topping to a product or creating your own pizza. Find the topping you are adding and then add the related allergens to those found in the main product.

VEGGIES - CYO

CYO Pizza - Veggies	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Artichoke Hearts								
Banana Peppers								
Black Olives								
Cherry Tomatoes								
Cilantro								
Diced Tomatoes								
Fresh Basil								
Green Bell Peppers								
Green Olives								
Green Onions								
Jalapeno Peppers								
Marinated Mushrooms								
Pineapple								
Raw Mushrooms								
Red Bell Peppers								
Red Onions								
Roasted Red Peppers								
Sliced Tomatoes								
Spinach								
Sun-dried Tomatoes								

MEAT - CYO

CYO Pizza - Meats	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Aged Prosciutto								
Bacon Crumbles								
Cajun Shrimp					X			
Cup & Char Pepperoni								
Diced Pepperoni								
Genoa Salami								
Grilled Chicken			X					
Ground Beef								
Meatballs	X		X			X		X
Sliced Pepperoni								
Sliced Prosciutto								
Smoked Ham								
Spicy Chicken			X					
Spicy Italian Sausage								
Steak		X						

CHEESE - CYO

CYO Pizza - Cheese	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Bleu Cheese			X					
Cheddar			X					
Extra Mozzarella			X					
Feta			X					
Fontina			X					
Ricotta			X					
Truffle Parmesan			X					

SIGNATURE PIZZAS

The allergens listed in the Pizza section are those which are found in each pizza when it is made as per Boston's Recipe and Assembly Procedures. When adding or changing a topping or base sauce, determine the allergen related to the new sauce or topping by looking up the Pizza Toppings and Sauce sections.

Signature Pizzas	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Barbecue Chicken			X					X
Basic			X					X
Classic Pepperoni			X					X
Deluxe			X					X
Hawaiian BBQ			X			X		X
Mama Meata			X			X		X
Margherita			X					X
Sicilian			X					X
The Flying Buffalo	X		X			X		X
Ultimate Pepperoni			X					X
Veggie			X					X
SQUAREFOOTER PIZZAS								
SQFT – CYO			X					X
SQFT – Pepperoni & Bacon			X					X
SQFT – Cheesy Bread			X					X

GOURMET PASTAS

Gourmet Pasta	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Baked Lasagna	X		X					X
Chicken & Shrimp Pasta			X		X	X		X
Creamy Cajun Pasta			X		X			X
Fettuccine Pasta			X					X
Jambalaya Pasta			X		X			X
Spaghetti Bolognese			X					X
Spicy Chicken & Broccoli Alfredo	X		X					X
Twisted Mac & Cheese			X			X		X
Add Grilled Chicken			X					
Add Meatballs	X		X			X		X
Add Spicy Chicken			X					
Add Spicy Italian Sausage								
Pasta Bread			X			X		X

PASTA SAUCES

Sauces	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Alfredo Sauce			X			X		
Baked with Mozzarella			X					
Bolognese Sauce			X					
Pomodoro Sauce			X					

PASTA NOODLES

Pasta Noodles	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Fettuccine Pasta*								X
Penne Pasta*								X
Spaghetti Pasta*								X

*ALTHOUGH THESE PASTAS DO NOT CONTAIN EGG AS AN INGREDIENT, IT IS MANUFACTURED ON EQUIPMENT THAT PROCESSES PRODUCTS CONTAINING EGG.

PASTA PROTEINS

Add-On Proteins	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Add Chicken			X					
Add Meatballs	X		X			X		X
Add Spicy Chicken			X					
Add Spicy Italian Sausage								

MAINS

All allergens listed for the Entrée section include allergens that are found in the product when it is made as per the Boston's Recipe and Assembly Procedures. The declaration does not include the side options.

Main Entrees		Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Asian-glazed Salmon	No side items		X	X			X		X
Chicken Strips	No side items	X		X			X		X
	With BBQ Sauce								
	With Honey Mustard	X							
	With Ranch Dressing	X		X			X		
Fish & Chips	No side items	X	X						X
	With Tartar Sauce	X							
Grilled Chicken	Cajun Chicken Breast; no sides			X			X		X
	Chicken Breast with Sauce; no sides			X			X		X
Steak Bowl	No Sides	X	X	X			X	X	X
Ribs	No Sides			X			X		

MAINS SIDES

Sides	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Cactus Cuts	X	X	X					
Cauliflower Rice								
Cajun Fries								
Cheese Fries	X		X			X		
Coleslaw	X							
Florentine Rice			X			X		X
Roasted Vegetables			X			X		
Seasoned French Fries								
Steamed Broccoli								
Sweet Potato Fries								
Tater Tots								

Truffle Parmesan Fries			X					
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BURGERS & SANDWICHES

All allergens listed for Burgers and Sandwiches include allergens that are found in this product when it is made as per the Boston’s Recipe and Assembly Procedures. The declaration does not include the side options that the menu item comes with. Please see the Entrée Sides declaration for that information.

Burgers		Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Black Bean Burger Patty	No sides	X					X		X
CYO Burger	No sides	X		X					X
Breakfast Burger	No sides	X		X					X
M.V.B. (Most Valuable Burger)	No sides	X		X					X
Pizzaburger	No sides			X					X
Seasoned French Fries									
Substitute Cactus Cuts		X	X	X					
Substitute Sweet Potato Fries									
Add Avocado									
Sandwiches & Wraps		Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Club Sandwich	No Sides	X		X					X
Chicken Caesar Wrap (no sauce)	No Sides	X	X	X					X
Chicken Wrap (no sauce or dip)	No Sides	X		X			X		X
French Dip	No Sides		X	X			X		X
Grilled Chicken Sandwich	No Sides			X			X		X
Fried Chicken Sandwich	No Sides	X		X			X		X
The Italian Brute	No Sides	X		X					X
Turkey, Bacon, Avocado Sandwich	No Sides	X		X			X		X
Seasoned French Fries									
Substitute Cactus Cuts		X	X	X					
Substitute Sweet Potato Fries									

DESSERTS

All allergens listed for Desserts include allergens that are found in this product when it is made as per the Boston's Recipe and Assembly Procedures. Some dessert products do not contain nuts but are manufactured in a facility where other dessert products containing all kinds of nuts, including peanuts, are manufactured.

Desserts	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Apple Crisp			X			X		X
Boston's Whiskey Cake	X		X			X	X	X
Chocolate Brownie Addiction	X		X			X		X
Gourmet Chocolate Chip Cookie	X		X			X	X	X

KIDS MENU

All allergens listed for Kids Menu include allergens that are found in this product when it is made as per the Boston's Recipe and Assembly Procedures. The declaration does not include the side options that the kid's meal comes with. Please see the Kids Sides declaration for that information.

Kids Menu	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Chicken Nuggets			X			X		X
Kickin' Chicken Strips	X		X			X		X
Grilled Chicken			X					
Cheeseburger			X					X
Pint-sized Pizza			X					X
CYO Pasta	Alfredo Sauce	X	X					X
	Bolognese Sauce		X			X		X
	Cavatappi Pasta	X						X
	Penne Pasta							X
	Pomodoro Sauce			X				
	Spaghetti Pasta							X
	Meatball	X		X			X	X

	Chicken			X				
Mac & Cheese	No Bread	X		X				X
Apple Slices (SIDE)	SIDE							
All other Sides can be found in the Mains (Sides)								
Create your own Sundae	Ice cream (scoop)			X				
	Caramel Sauce			X				
	Chocolate Sauce							
	Add Sprinkles						X	
	Strawberry Puree							
	Whipped Cream			X				X
	Maraschino Cherry							

WINTER LTO

All allergens listed for Winter LTO Menu include allergens that are found in this product when it is made as per the Boston's Recipe and Assembly Procedures. The declaration does not include the side options.

Winter LTO	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Creamy Buffalo Atomic Sauce			X					
Lemon Pepper Cajun Seasoning								
Stingin' Honey BBQ Sauce			X			X		X
Mama Meata Pizzaburger			X					X
Philly Cheesesteak Pizzaburger		X	X			X		X
The Flying Buffalo Pizzaburger	X		X			X		X
Stuffed Mozzarella Sticks W/ Sauce			X			X		X

NUTRITIONAL INFORMATION

The serving size listed is the approximate size of menu item served to the Guest (unless otherwise noted). Substitutions of ingredients may alter nutritional values. Although this data is based on standard portion product guidelines, variations can be expected due to minor differences in product assembly per restaurant and other factors.

Except for limited time offerings or test market items, menu products as of this printing are included on the menu. Product data is based on current formulations as of the date of this printing.

Boston Pizza International Inc. publishes updated versions of the "Nutrition Analysis" guide periodically. This guide reflects the ingredient and nutritional information for the products presented on the date as listed in the bottom right hand corner of the first page of this document.

Disclaimer:

This nutritional information is based on standard ingredients and the accuracy of the data is dependent upon the restaurant operator's compliance with proper preparation and portion requirements.

Slight variations may occur and Boston Pizza Restaurants, LP does not assume responsibility for this information and cannot guarantee that the data is completely accurate as it relates to the prepared menu items in every restaurant. Substitutions of ingredients may alter nutritional values.

III. NUTRITIONAL ANALYSIS SECTION

NUTRITIONAL ANALYSIS - STARTERS

Starters		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Bacon Wrapped Steak Tips	No Sauce	960	680	77	23	0	18	14	210	1985	655	5	0	1	0	61
	With Blue Cheese Sauce (add an additional)	90	70	8	5	0		0	20	115	65	3		2		2
Bandera Bread	No Sauce	660	260	30	12		1	.5	70	1900	250	96	4	6		28
	With Ranch Dressing (add an additional)	180	170	20	3.5			Trace	10	240	40	4		1		1
Buffalo Cauliflower	Full Order	830	550	62	18		16	6	50	3390	780	59	8	8		18
Boston's Nachos	No Protein	1180	720	81	35		12	10	160	1890	1320	72	15	9		48
	Add Grilled Chicken (add an additional)	240	25	3.0	1.0		0.5	1.0	70	65	220					26
	Add Ground Beef (add an additional)	330	140	16	5	1.0	1.0	8	70	870	330	2				22
	Add Spicy Chicken (add an additional)	200	70	8	1.0		2.0	4.0	50	780	150	1		1		18
	Add Steak (add an additional)	380	280	31	9		9	7	85	280	320	2				25
Cactus Cuts	With Cactus Dip	1190	860	97	23		34	18	70	3440	1050	76	4	11		12
Cheese Curds	With Pomodoro Sauce	850	550	62	28		13	6	140	1500	320	35	1	2		30
Chips &	With Queso	1360	820	93	36	0	24	10	150	2930	390	93	6	10		37
	With Salsa	870	450	51	7		24	9		1970	610	97	10	7		13
	Add Grilled Chicken (add an additional)	240	25	3.0	1.0		0.5	1.0	70	65	220					26
	Add Ground Beef (add an additional)	330	140	16	5	1.0	1.0	8	70	870	330	2				22
	Add Spicy Chicken (add an additional)	200	70	8	1.0		2.0	4.0	50	780	150	1		1		18
	Add Steak (add an additional)	380	280	31	9		9	7	85	280	320	2				25
Fried Pickles & Peppers	No Sauce	750	70	6	1		1		230	6010	590	138	7	8		26
	With Ranch Dressing (add an additional)	360	340	40	7			Trace	20	480	80	4		2		2
	Full Order	1710	860	97	40		4	3.5	210	3600	650	184	10	6		61

Pepperoni Stuffed Twist Bread	Half Order	860	430	49	20		2	2	105	1800	320	92	5	3		30
Spinach & Artichoke Dip	Without Bread	1010	460	52	33		0.5	0.5	80	1700	660	17	5	5		28
	With Bread	1680	640	72	34	0	1.5	1.5	140	3070	940	192	12	8		61
	With Chips	1420	570	65	38	0	24	8.5	80	2550	840	77	9	7	0	38
Team Platter	No Seasoning, Wing Sauce or Dressing	3080	1320	150	49		29	20	515	7920	1940	311	22	18	0	123
	Add Asian Glaze Wing Sauce	110								1250		25		22		
	Add Blue Cheese Dressing	230	210	25	8				25	490	45	4		2		3
	Add Atomic Nashville Sauce	35	25	3	1.5			1	5	700	95	3	1	0		1
	Add Cajun Seasoning	35	5	0.5	0		0	0		560	160	7	2			1
	Add Carolina Tangy Gold	110	15	1.5						620		24	2	21		
	Add Creamy Buffalo Wing Sauce	100	90	11	7		0	3.0	30	1410	10	2				0
	Add Garlic Parm Sauce	180	140	16	7				25	710	50	4				9
	Add Hot Wing Sauce									2280						
	Add Lemon Pepper									720						
	Add Mango Habanero Wing Sauce	50								150	0	12		8		
	Add Ragin Cajun Sauce	25	0	0	0		0	0		2660	110	5	1			1
	Add Ranch BBQ Sauce	160								1120		40		32		
	Add Ranch Dressing	180	170	20	3.5			0	10	240	40	4		1		1
Add Ranch Seasoning	10								270		2					
Add Stingin' Honey Wing Sauce	90								440	15	26		26	2	0	

NUTRITION ANALYSIS – BONELESS WINGS. NO DIPPING SAUCE IS CALCULATED WITH MENU ITEM. DIPPING SAUCE IS LISTED ON THE LAST TWO ROWS OF THIS SECTION.

Boneless Wings		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Boneless Wings: No Seasoning, No Sauce, No Dressing	Double Order	1490	1010	114	16		38	16	410	2500	250	72	2	6		56
	Single Order	740	500	57	8		19	8	205	1250	125	36	1	3		28
Add Asian Glaze Wing Sauce	Double Order (add an additional)	220								2500		51	2	43		
	Single Order (add an additional)	110								1250		25		22		
Add Atomic Nashville Wing Sauce	Double Order (add an additional)	150	110	12	6		2	3	25	2790	390	12	5	2		3
	Single Order (add an additional)	70	50	6	3		1	1.5	10	1400	190	6	3	1		1
Add Cajun Wing Seasoning	Double Order (add an additional)	70	10	1.5	Trace		0.5	Trace		1130	320	14	4	1		3
	Single Order (add an additional)	35	5	0.5	0		Trace	Trace		560	160	7	2			1
Add Carolina Tangy Gold	Double Order (add an additional)	230	30	3.0						1230		49	3	42		
	Single Order (add an additional)	110	15	1.5						620		24	2	21		
Add Creamy Buffalo Wing Sauce	Double Order (add an additional)	120	100	11	2.5					1240	90	5	1	1		
	Single Order (add an additional)	60	50	5	1					620	45	2				
Add Garlic Parmesan Wing Sauce	Double Order (add an additional)	370	280	31	14				50	1410	105	7				17
	Single Order (add an additional)	180	140	16	7				25	710	50	4				9
Add Hot Wing Sauce	Double Order (add an additional)									4560						
	Single Order (add an additional)									2280						
Add Lemon Pepper Wing Seasoning	Double Order (add an additional)									1440						
	Single Order (add an additional)									720						
Add Mango Habanero Wing Sauce	Double Order (add an additional)	100	Trace	Trace						310	10	23		16		
	Single Order (add an additional)	50								150	Trace	12		8		
Add BBQ Wing Sauce	Double Order (add an additional)	320								2240		80		64		
	Single Order (add an additional)	160								1120		40		32		

Add Dry Rub Ranch Wing Seasoning	Double Order (add an additional)	20							540		4				
	Single Order (add an additional)	10							270		2				
Add Stingin' Honey Wing Sauce	Double Order (add an additional)	190							880	30	51		51		Trace
	Single Order (add an additional)	90							440	15	26		26		Trace
Add Blue Cheese Dressing	Double Order (add an additional)	230	210	25	8				25	490	45	4		2	3
	Single Order (add an additional)	230	210	25	8				25	490	45	4		2	3
Add Ranch Dressing	Double Order (add an additional)	180	170	20	3.5			Trace	10	240	40	4		1	1
	Single Order (add an additional)	180	170	20	3.5			Trace	10	240	40	4		1	1

NUTRITION ANALYSIS – CAULIFLOWER WINGS. NO DIPPING SAUCE IS CALCULATED WITH MENU ITEM. DIPPING SAUCE IS LISTED ON THE LAST TWO ROWS OF THIS SECTION.

Cauliflower Wings		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)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Cauliflower Wings: No Seasoning, Sauce or Dressing	Double Order	700	320	37	5		20	8		270	1120	89	9	9		9
	Single Order	350	160	18	2.5		10	4		135	560	44	5	4		5
Add Asian Glaze Wing Sauce	Double Order (add an additional)	220								2500		51	2	43		
	Single Order (add an additional)	110								1250		25		22		
Add Atomic Nashville Wing Sauce	Double Order (add an additional)	150	110	12	6		2	3	25	2790	390	12	5	2		3
	Single Order (add an additional)	70	50	6	3		1	1.5	10	1400	190	6	3	1		1
Add Cajun Wing Seasoning	Double Order (add an additional)	70	10	1.5	Trace		0.5	Trace		1130	320	14	4	1		3
	Single Order (add an additional)	35	5	0.5	0		Trace	Trace		560	160	7	2			1
Add Carolina Tangy Gold	Double Order (add an additional)	230	30	3.0						1230		49	3	42		
	Single Order (add an additional)	110	15	1.5						620		24	2	21		
Add Creamy Buffalo Wing Sauce	Double Order (add an additional)	120	100	11	2.5					1240	90	5	1	1		
	Single Order (add an additional)	60	50	5	1					620	45	2				
Add Garlic Parmesan Wing Sauce	Double Order (add an additional)	370	280	31	14				50	1410	105	7				17
	Single Order (add an additional)	180	140	16	7				25	710	50	4				9
Add Hot Wing Sauce	Double Order (add an additional)									4560						
	Single Order (add an additional)									2280						
Add Lemon Pepper Wing Seasoning	Double Order (add an additional)									1440						
	Single Order (add an additional)									720						
Add Mango Habanero Wing Sauce	Double Order (add an additional)	100	Trace	Trace						310	10	23		16		
	Single Order (add an additional)	50								150	Trace	12		8		
Add BBQ Wing Sauce	Double Order (add an additional)	320								2240		80		64		
	Single Order (add an additional)	160								1120		40		32		
	Double Order (add an additional)	20								540		4				

Add Dry Rub Ranch Wing Seasoning	Single Order (add an additional)	10								270		2				
	Double Order (add an additional)	190								880	30	51		51		Trace
Add Stingin' Honey Wing Sauce	Single Order (add an additional)	90								440	15	26		26		Trace
	Double Order (add an additional)	230	210	25	8				25	490	45	4		2		3
Add Blue Cheese Dressing	Single Order (add an additional)	230	210	25	8				25	490	45	4		2		3
	Double Order (add an additional)	180	170	20	3.5			Trace	10	240	40	4		1		1
Add Ranch Dressing	Single Order (add an additional)	180	170	20	3.5			Trace	10	240	40	4		1		1

NUTRITION ANALYSIS – FRIED WINGS. NO DIPPING SAUCE IS CALCULATED WITH MENU ITEM. DIPPING SAUCE IS LISTED ON THE LAST TWO ROWS OF THIS SECTION.

Fried Wings		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)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Fried Wings: No Seasoning, Sauce or Dressing	Double Order	1190	810	92	18		42	28	400	2360	250	9	2	4		81
	Single Order	600	410	46	9		21	14	200	1180	125	5		2		40
Add Asian Glaze Wing Sauce	Double Order (add an additional)	220								2500		51	2	43		
	Single Order (add an additional)	110								1250		25		22		
Add Atomic Nashville Wing Sauce	Double Order (add an additional)	150	110	12	6		2	3	25	2790	390	12	5	2		3
	Single Order (add an additional)	70	50	6	3		1	1.5	10	1400	190	6	3	1		1
Add Cajun Wing Seasoning	Double Order (add an additional)	70	10	1.5	Trace		0.5	Trace		1130	320	14	4	1		3
	Single Order (add an additional)	35	5	0.5	0		Trace	Trace		560	160	7	2			1
Add Carolina Tangy Gold	Double Order (add an additional)	230	30	3.0						1230		49	3	42		
	Single Order (add an additional)	110	15	1.5						620		24	2	21		
Add Creamy Buffalo Wing Sauce	Double Order (add an additional)	120	100	11	2.5					1240	90	5	1	1		
	Single Order (add an additional)	60	50	5	1					620	45	2				
Add Garlic Parmesan Wing Sauce	Double Order (add an additional)	370	280	31	14				50	1410	105	7				17
	Single Order (add an additional)	180	140	16	7				25	710	50	4				9
Add Hot Wing Sauce	Double Order (add an additional)									4560						
	Single Order (add an additional)									2280						
Add Lemon Pepper Wing Seasoning	Double Order (add an additional)									1440						
	Single Order (add an additional)									720						
Add Mango Habanero Wing Sauce	Double Order (add an additional)	100	Trace	Trace						310	10	23		16		
	Single Order (add an additional)	50								150	Trace	12		8		
Add BBQ Wing Sauce	Double Order (add an additional)	320								2240		80		64		
	Single Order (add an additional)	160								1120		40		32		
	Double Order (add an additional)	20								540		4				

Add Dry Rub Ranch Wing Seasoning	Single Order (add an additional)	10							270		2				
	Double Order (add an additional)	190							880	30	51		51		Trace
Add Stingin' Honey Wing Sauce	Single Order (add an additional)	90							440	15	26		26		Trace
	Double Order (add an additional)	230	210	25	8				25	490	45	4		2	3
Add Blue Cheese Dressing	Single Order (add an additional)	230	210	25	8				25	490	45	4		2	3
	Double Order (add an additional)	180	170	20	3.5			Trace	10	240	40	4		1	1
Add Ranch Dressing	Single Order (add an additional)	180	170	20	3.5			Trace	10	240	40	4		1	1

NUTRITIONAL ANALYSIS - SALAD DRESSINGS

Salad Dressings		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Bleu Cheese	2 fluid ounces	230	210	25	8				25	490	45	4		2		3
Caesar	2 fluid ounces	360	330	38	7				35	740	Trace	2				4
Balsamic Vinaigrette	2 fluid ounces	120		10	1				0	400		10		8		Trace
Honey Mustard	2 fluid ounces	290	250	28	4				30	600		20		18		
Lemon Vinaigrette	2 fluid ounces	310	300	34	5		16			480	20	2		1		Trace
Oil & Vinegar (1 fl oz of Each)	2 fluid ounces	270	240	27	2	Trace	8	17		5	35	5		5		Trace
Ranch	2 fluid ounces	180	170	20	3.5			Trace	10	240	40	4		1		1
Italian	2 fluid ounces	200	180	20	3		1			480		6		6		

NUTRITIONAL ANALYSIS – STARTER SALADS

Starter Salads		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Starter Caesar Salad	No Protein	240	180	21	4.0		Trace		20	490	210	8	2	1		5
Starter House Salad	No Dressing	60	10	1	Trace		Trace			105	380	11	2	3		3

NUTRITIONAL ANALYSIS – SALAD ADD IT ON

Add It On		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
New Black Bean Patty		130	27	3	0		0	0	5	830	270	16	7	0	0	11
Fried Chicken		650	440	50	12		16	7	115	740	320	8		1		43
Grilled Chicken		210	110	13	1.5		3	7	75	380	260	2		2	1	31
Pulled Chicken		260	110	13	1.5		3.5	7	85	470	260	2		2	1	31
Grilled Salmon		340	200	22	6				85	1660	610	2		1		33
Grilled Cajun Shrimp		290	210	24	3.0		12	3.0	45	880	230	10	5	1		12
Garlic Shrimp		330	240	29	3.0		12	3.0	45	940	230	10	5	1		12
Steak Tips*		370	280	31	9		9	7	85	280	320	2				25

NUTRITIONAL ANALYSIS – ENTRÉE SALADS & BOWLS

Nutritional Data for the Salads include pizza bread where noted. Dressing is included in the nutritional data of all salads except for the Boston’s Cobb and House Salads.

Entree Salads		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Caesar Salad with Caesar Dressing (Entrée Size)	No Protein	470	370	42	8		Trace		40	990	430	17	4	2		10
Chicken Cobb	No Dressing	1190	750	85	23		13	29	420	2270	1510	26	12	13		82
Chili Lime Shrimp Bowl	No Protein	370	250	28	6.5	0	2	0	10	1150	1065	26	8	10	0	7
Mediterranean Salad with Lemon Vinaigrette (includes fresh bread)	No Protein	700	43	49	42		16	0	30	1380	1500	56	12	17	1	15
Southwest Bowl	No Protein	900	520	59	9		8	6	80	2080	1480	74	18	11		25

NUTRITIONAL ANALYSIS – MAINS & ENTRÉE BOWLS

Mains & Entrée Bowls		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Asian-glazed Salmon		640	250	290	7	0	0.5	0	85	3440	1150	54	4	24	16	37
Chicken Strips	No Dipping Sauce	2000	1330	150	21	0	43	18	365	4110	350	129	4	13	0	61
	With BBQ Sauce (add an additional)	140	0	0	0	0	0	0	0	0	0	36	0	32	0	0
	With Honey Mustard (add an additional)	290	250	28	4	0	0	0	30	600	0	20	0	18	0	0
	With Ranch Dressing (add an additional)	190	180	20	3.5	0	0	Trace	10	240	40	4	0	1	0	1
Fish & Chips	With Tartar Sauce	1630	910	103	15		33	13	172	3167	1143	113	6	9	5	56
Grilled Chicken		820	560	63	10	0	22	14	170	2330	1190	43	6	90	0	67
Ribs (Half Rack)		1720	1150	130	39	0.5	31	49	350	2290	1000	67		60	55	73
Steak Bowl		1060	680	77	22		19	14	175	1590	1330	38	5	6		53

NUTRITIONAL ANALYSIS – SOUPS

Nutritional Data for the Soups do not include crackers. Soup garnish is included in the nutritional data of all soups.

Soups		No Crackers	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Creamy Tomato Soup - Bowl		No Crackers	320	200	23	6				30	890	710	28	5	20		4

NUTRITIONAL ANALYSIS – PIZZAS

Pizzas		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Barbecue Chicken Pizza	Indy (per slice)	150	45	5	2.5	0	Trace	Trace	20	220	45	20	0	5	0	7
	Gluten Free (per slice)	170	70	8	3.0	0	1	1.5	25	280	0	16	0	6	5	7
	Medium (per slice)	280	70	7	3.5	0	0.5	1	30	290	80	30	1	6	0	11
	Large (per slice)	290	90	10	5	0	0.5	1	35	350	90	36	1	7	0	14
	Thin Crust (per slice)	110	45	5	2	0	0	0.5	15	190	50	13	0	3	2	6
Cheese Pizza	Indy (per slice)	110	30	3.5	2	0	Trace	Trace	10	150	25	16	0	0	0	5
	Gluten Free (per slice)	120	60	7	3.0	0	1	1.5	20	210	0	11	1	1	0	4
	Medium (per slice)	200	45	5	3	0	Trace	Trace	15	220	40	25	2	0	0	8
	Large (per slice)	220	60	7	4	0	Trace	Trace	20	280	45	30	2	1	0	10
	Thin Crust (per slice)	90	25	3	2	0	0	0	10	125	15	11	0	0	0	4
Classic Pepperoni Pizza	Indy (per slice)	130	70	8	3.5	0	Trace	Trace	25	320	25	16	0	0	0	7
	Gluten Free (per slice)	140	70	8	3.5	0	1	1	25	300	0	11	1	1	0	5
	Medium (per slice)	230	100	11	5	0	Trace	Trace	35	470	40	25	2	0	0	10

	Large (per slice)	260	120	13	6	0	Trace	Trace	40	550	45	30	2	1	0	12
Classic Pepperoni	Thin Crust (per slice)	110	45	5	2.5	0	0	0	15	210	15	11	0	0	0	5
Deluxe Pizza	Indy (per slice)	160	80	9	4	0	0.5	1.5	25	370	75	17	1	0	0	8
	Gluten Free (per slice)	170	90	11	4.0	0	1	1.5	30	380	55	12	2	1	0	6
	Medium (per slice)	280	120	13	6	0	0.5	2	35	560	115	27	2	2	0	11
	Large (per slice)	300	140	16	7	0	1	2	45	650	140	32	3	2	0	14
	Thin Crust (per slice)	140	60	7	3	0	0	0	20	270	55	12	0	1	0	6
Veggie Pizza	Indy (per slice)	120	35	4	2.5	0	Trace	Trace	10	170	50	16	1	0	0	5
	Gluten Free (per slice)	120	50	60	2.5	0	1	1	15	220	0	12	1	1	0	4
	Medium (per slice)	190	50	6	3.5	0	Trace	Trace	15	260	80	26	2	1	0	8
	Large (per slice)	240	70	8	4.5	0	Trace	Trace	20	330	95	31	2	1	0	10
	Thin Crust (per slice)	90	25	3	1.5	0	0	0	10	140	40	12	0	1	0	4
Mama Meata®	Indy (per slice)	180	110	12	5	Trace	0.5	2	35	500	120	16	0	0	0	11
	Gluten Free (per slice)	200	110	13	5	0	1.5	2.5	40	490	110	12	0	1	0	9
	Medium (per slice)	320	160	19	8	Trace	1	3	60	780	200	26	1	0	0	17
	Large (per slice)	350	190	22	10	Trace	1.5	4	70	890	230	31	2	1	0	20
	Thin Crust (per slice)	170	80	10	4.5	0	0.5	2.5	30	400	125	12	0	1	0	9
Hawaiian BBQ	Indy (per slice)	140	45	5	2.5	0	Trace	Trace	15	300	55	18	0	1	0	7
	Medium (per slice)	280	70	8	4	0	Trace	Trace	25	590	110	31	0	3	0	11
	Large (per slice)	350	90	10	4.5	0	Trace	Trace	30	660	120	36	1	3	0	13
	Thin Crust (per slice)	130	50	6	3	0	0	0.5	25	560	190	15	0	3	0	9
The Flying Buffalo™	Indy (per slice)	140	40	4.5	2	0	Trace	Trace	15	320	40	16	0	0	0	7
	Medium (per slice)	250	70	8	4	0	Trace	1	25	610	75	26	1	0	0	12
	Large (per slice)	280	80	10	4.5	0	0.5	1	30	690	85	32	1	0	0	13
	Thin Crust (per slice)	130	50	6	3	0	0	1	20	460	35	12	0	0	0	7
The Sicilian	Indy (per slice)	140	70	8	3.5	0	0	1	25	350	80	17	1	0	0	7
	Gluten Free (per slice)	160	80	10	4	0	1	1.5	30	380	70	12	1	1	0	7
	Medium (per slice)	250	100	11	5	0	0	1.5	35	520	125	26	2	2	0	11
	Large (per slice)	280	120	13	6	0	0.5	1.5	40	590	150	32	2	2	0	14

	Thin Crust (per slice)	120	50	6	3	0	0	1.5	20	290	85	12	0	1	0	6
Ultimate Pepperoni	Indy (per slice)	190	150	17	7	0	Trace	Trace	50	670	25	16	0	0	0	11
	Gluten Free (per slice)	220	140	16	7	0	1.5	3	45	580	45	12	1	1	0	9
	Medium (per slice)	360	200	23	10	0	Trace	Trace	70	920	40	25	1	0	0	16
	Large (per slice)	400	240	27	12	0	Trace	Trace	85	1110	45	30	2	0	0	19
	Thin Crust (per slice)	190	110	13	6	0	0.5	2	35	490	65	11	0	1	0	8
Margherita	Indy (per slice)	100	25	3	1.5	0	0	0	10	105	50	15	0	0	0	4
	Gluten Free (per slice)	100	45	5	2	0	1	1	15	170	0	11	1	1	0	4
	Medium (per slice)	180	35	4	2.5	0	0	0	10	160	80	25	1	0	0	7
	Large (per slice)	190	40	4.5	2.5	0	0	0	15	180	95	29	2	1	0	8
	Thin Crust (per slice)	80	20	2	1.5	0	0	0	5	105	45	11	0	0	0	3
SQUAREFOOTER LTO																
Pepperoni & Bacon	(Per Slice)	420	200	23	12	0	1	2.5	65	720	110	37	2	2	0	16
½ & ½ Pepperoni & Bacon	(Per Slice)	315	150	17	9	0	1	2	49	540	83	28	2	2	0	12
Basic CYO	(Per Slice)	408	190	22	12	0	1	2.2	62	677	110	37	2	2	0	15
½ & ½ Basic CYO	(Per Slice)	306	143	16	9	0	1	1.7	47	508	83	28	2	2	0	12
Cheesy Bread	(Per Slice)	113	41	5	2	0	0.1	0.1	10	195	24	11	0	1	0	3

NUTRITIONAL ANALYSIS FOR CYO PIZZAS

CYO Pizza - Basic Pizza		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Gluten Free Crust	Per slice	120	60	7	3		1	1.5	20	210		11	1	1		4
Indy	Per slice	110	30	3.5	2		Trace	Trace	10	150	25	16				5
Large	Per slice	220	60	7	4		Trace	Trace	20	280	45	30	2	1		10
Medium	Per slice	200	45	5	3		Trace	Trace	15	220	40	25	2			8
Thin Crust	Per slice	90	15	2	1		Trace	Trace	8	71	15	9				3
Basic CYO	(Per Slice)	408	190	22	12	0	1	2.2	62	677	110	37	2	2	0	15

NUTRITIONAL ANALYSIS FOR CYO PIZZAS (CONTINUED)

CYO Pizza - Cheese		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Bleu Cheese Crumbles	Indy (per slice)	15	10	1.5	1				4	65	Trace	Trace				1
	Small (per slice)	25	20	2	1.5				5	100	5	1				1
	Medium (per slice)	40	30	3	2.5				10	160	10	1				2
	Large (per slice)	40	30	3.5	2.5				10	160	10	1				2
Cheddar	Indy (per slice)	45	35	4	2.5				15	80						3
	Small (per slice)	50	40	4.5	2.5				15	95						3
	Medium (per slice)	60	50	6	3				20	115						4
	Large (per slice)	90	70	8	4.5				30	160						6
Extra Mozzarella	Indy (per slice)	40	25	3	2				10	85		Trace				3
	Small (per slice)	45	30	3.5	2				10	100		Trace				3
	Medium (per slice)	50	35	4	2.5				15	120		1				4
	Large (per slice)	80	50	6	3.5				20	170		1				5
Feta	Indy (per slice)	10	10	1	0.5				4	50		Trace				1
	Small (per slice)	15	15	1.5	1				5	75		Trace				1
	Medium (per slice)	30	20	2.5	1.5				10	125		Trace				2
	Large (per slice)	30	20	2.5	1.5				10	130		Trace				2
Fontina	Indy (per slice)	40	35	4	2.5				10	135	10					3
	Small (per slice)	50	40	4.5	3				10	160	10					3
	Medium (per slice)	60	50	5	3.5				15	190	15					4
	Large (per slice)	80	70	8	5				20	270	20					5
Ricotta	Indy (per slice)	10	5	0.5	Trace				3	30	10	Trace				1
	Small (per slice)	15	10	1	Trace				4	45	15	Trace				1
	Medium (per slice)	20	15	1.5	1				5	75	25	1				1
	Large (per slice)	25	15	1.5	1				5	80	25	1				1
Truffle Parmesan	Indy (per slice)	40								1380		4				4
	Small (per slice)	45								1650		5				5
	Medium (per slice)	60								1980		6				6
	Large (per slice)	80								2760		8				8

NUTRITIONAL ANALYSIS FOR CYO PIZZAS – CONTINUED

CYO Pizza - Meat		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Aged Prosciutto	Indy (per slice)	50	35	4	Trace				15	320		1				3
	Small (per slice)	60	45	5	Trace				15	390		1				4
	Medium (per slice)	100	70	8	0.5				25	630		1				6
	Large (per slice)	120	80	9	0.5				30	730		1				7
Bacon Crumbles	Indy (per slice)	50	35	4	1.5				10	180		Trace				3
	Small (per slice)	60	40	4.5	2				10	210		Trace				4
	Medium (per slice)	80	50	6	2.5				15	280		1				5
	Large (per slice)	90	60	7	3				20	320		1				6
Cajun Shrimp	Indy (per slice)	10	10	1	Trace		Trace		2	40	10	Trace				1
	Small (per slice)	15	10	1.5	Trace		0.5		3	60	15	1				1
	Medium (per slice)	20	15	1.5	Trace		1		4	70	20	1				1
	Large (per slice)	20	15	1.5	Trace		1		4	80	20	1				1
Cup & Char Pepperoni	Indy (per slice)	35	30	3	1				10	135						1
	Small (per slice)	40	30	3.5	1.5				10	150						1
	Medium (per slice)	60	50	6	2				15	240						2
	Large (per slice)	70	60	6	2.5				20	270						3
Diced Pepperoni	Indy (per slice)	35	30	3	1				10	135						1
	Small (per slice)	40	30	3.5	1.5				10	150						1
	Medium (per slice)	60	50	6	2				15	240						2
	Large (per slice)	70	60	6	2.5				20	270						3
Genoa Salami	Indy (per slice)	40	30	3.5	1.5			1	10	170						2
	Small (per slice)	45	35	4	1.5			1	15	190						2
	Medium (per slice)	70	60	6	2.5			1.5	20	300						4
	Large (per slice)	80	60	7	3			1.5	25	340						4
Grilled Chicken	Indy (per slice)	15	5	0.5	Trace		Trace	Trace	5	25	15	Trace				2
	Small (per slice)	20	10	1	Trace		Trace	0.5	5	40	25	Trace				3
	Medium (per slice)	25	10	1.5	Trace		Trace	0.5	10	50	25	Trace				3
	Large (per slice)	30	15	1.5	Trace		Trace	1	10	55	30	Trace				4

Ground Beef	Indy (per slice)	25	15	2	0.5	Trace	Trace	1	10	95	35	Trace					2
	Small (per slice)	30	20	2	0.5	Trace	Trace	1	10	110	40	Trace					3
	Medium (per slice)	40	25	2.5	1	Trace	Trace	1.5	10	150	55	Trace					4
	Large (per slice)	45	30	3	1	Trace	Trace	1.5	15	170	65	Trace					4
Meatballs	Indy (per slice)	30	20	2	1				5	130		1					2
	Small (per slice)	30	20	2.5	1				10	150		1					2
	Medium (per slice)	40	30	3.5	1				10	200		1					3
	Large (per slice)	40	30	3.5	1				10	200		1					3

Sliced Pepperoni	Indy (per slice)	35	30	3	1				10	135							1
	Small (per slice)	40	30	3.5	1.5				10	150							1
	Medium (per slice)	60	50	6	2				15	240							2
	Large (per slice)	70	60	6	2.5				20	270							3
Smoked Ham	Indy (per slice)	Trace	Trace	Trace	Trace			Trace	2	60	30	Trace					1
	Small (per slice)	5	Trace	Trace	Trace			Trace	3	75	45	Trace					1
	Medium (per slice)	10	Trace	Trace	Trace			Trace	4	105	60	Trace					1
	Large (per slice)	10	Trace	Trace	Trace			Trace	4	115	65	Trace					1
Spicy Chicken	Indy (per slice)	15	5	0.5	Trace		Trace	Trace	4	65	15	Trace					2
	Small (per slice)	20	10	1	Trace		Trace	0.5	5	95	20	Trace					2
	Medium (per slice)	25	10	1	Trace		Trace	0.5	10	115	25	Trace					3
	Large (per slice)	25	10	1.5	Trace		Trace	0.5	10	130	25	Trace					3
Spicy Italian Sausage	Indy (per slice)	30	25	3	1		Trace	1.5	5	80	25	Trace					1
	Small (per slice)	40	35	3.5	1.5		Trace	1.5	10	105	35	1					2
	Medium (per slice)	60	45	5	2		0.5	2.5	10	140	45	1					3
	Large (per slice)	60	50	6	2		0.5	2.5	15	160	50	1					3
Steak	Indy (per slice)	15	10	1	Trace			Trace	5	30	25						2
	Small (per slice)	25	10	1.5	0.5	Trace	Trace	0.5	10	45	35						3
	Medium (per slice)	30	15	1.5	0.5	Trace	Trace	0.5	10	55	40						3
	Large (per slice)	30	15	2	0.5	Trace	Trace	0.5	10	60	45						3

NUTRITIONAL ANALYSIS FOR CYO PIZZAS – VEGETABLES

CYO Pizza - Veggies		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)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	
Artichoke Hearts	Indy (per slice)	5								30	25	1					Trace
	Small (per slice)	10								40	40	2					Trace
	Medium (per slice)	10								50	50	2					1
	Large (per slice)	10								55	55	2	1				1
Banana Peppers	Indy (per slice)	0								75	0	0					
	Small (per slice)	0								80	0	0					
	Medium (per slice)	0								130	5	0					
	Large (per slice)	0								150	10	0					
Black Olives	Indy (per slice)	10	10	1	Trace					45		Trace					
	Small (per slice)	15	10	1.5	Trace					70		Trace					
	Medium (per slice)	15	15	1.5	0.5					85		1					
	Large (per slice)	20	15	2	0.5					95		1					
Cherry Tomatoes	Indy (per slice)	Trace								Trace	35	1					Trace
	Small (per slice)	Trace								Trace	50	1					Trace
	Medium (per slice)	Trace	Trace	Trace						Trace	65	1					Trace
	Large (per slice)	5	Trace	Trace						Trace	80	1					Trace
Cilantro	Indy (per slice)										Trace						
	Small (per slice)										Trace						
	Medium (per slice)										Trace						
	Large (per slice)										Trace						
Diced Tomatoes	Indy (per slice)	Trace								Trace	20	Trace					Trace
	Small (per slice)	Trace								Trace	25	Trace					Trace
	Medium (per slice)	Trace								Trace	35	1					Trace
	Large (per slice)	Trace								Trace	45	1					Trace
Fresh Basil	Indy (per slice)	Trace									Trace						
	Small (per slice)	Trace									Trace						
	Medium (per slice)	Trace									Trace						
	Large (per slice)	Trace									Trace						

Green Bell Peppers	Indy (per slice)	Trace								Trace	10	Trace				
	Small (per slice)	Trace								Trace	10	Trace				Trace
	Medium (per slice)	Trace								Trace	15	Trace				Trace
	Large (per slice)	Trace								Trace	15	Trace				Trace
Green Olives	Indy (per slice)	5	5	0.5						110						
	Small (per slice)	10	10	1						160						
	Medium (per slice)	15	10	1.5						200						
	Large (per slice)	15	15	1.5						220						
Green Onions	Indy (per slice)	Trace								Trace	Trace					
	Small (per slice)	Trace								Trace	Trace					
	Medium (per slice)	Trace								Trace	Trace	Trace				
	Large (per slice)	Trace								Trace	Trace	Trace				
Jalapeno Peppers (Pickled)	Indy (per slice)	Trace								80		Trace				
	Small (per slice)	Trace								160		Trace				
	Medium (per slice)	Trace								150		Trace				
	Large (per slice)	Trace								125		Trace				
Jalapeno Peppers (Fresh)	Indy (per slice)	Trace								Trace		Trace				
	Small (per slice)	Trace								Trace		Trace				
	Medium (per slice)	Trace								Trace		Trace				
	Large (per slice)	Trace								Trace		Trace				
Marinated Mushrooms	Indy (per slice)	Trace	Trace	Trace				Trace		20	15	Trace				Trace
	Small (per slice)	Trace	Trace	Trace				Trace		25	20	Trace				Trace
	Medium (per slice)	Trace	Trace	Trace				Trace		35	25	Trace				Trace
	Large (per slice)	Trace	Trace	Trace				Trace		35	30	Trace				Trace
Pineapple	Indy (per slice)	5								Trace		1		1		
	Small (per slice)	10								Trace		2		2		
	Medium (per slice)	10								Trace		2		2		
	Large (per slice)	10								Trace		3		2		
Raw Mushrooms	Indy (per slice)	Trace								Trace	15	Trace				Trace
	Small (per slice)	Trace								Trace	25	Trace				Trace
	Medium (per slice)	Trace								Trace	25	Trace				Trace
	Large (per slice)	Trace								Trace	30	Trace				Trace
Red Bell Peppers	Indy (per slice)	Trace								Trace	10	Trace				
	Small (per slice)	Trace								Trace	15	Trace				Trace
	Medium (per slice)	Trace								Trace	20	1				Trace
	Large (per slice)	Trace								Trace	20	1				Trace

(Roasted) Red Bell Peppers	Indy (per slice)	Trace								Trace	10	Trace				Trace
	Small (per slice)	Trace								Trace	15	Trace				Trace
	Medium (per slice)	Trace								Trace	20	1				Trace
	Large (per slice)	Trace								Trace	20	1				Trace
Red Onions	Indy (per slice)	Trace								Trace	5	Trace				Trace
	Small (per slice)	Trace								Trace	10	1				Trace
	Medium (per slice)	Trace								Trace	10	1				Trace
	Large (per slice)	Trace								Trace	15	1				Trace
Sliced Tomatoes	Indy (per slice)	Trace								Trace	20	Trace				Trace
	Small (per slice)	Trace								Trace	25	Trace				Trace
	Medium (per slice)	Trace								Trace	35	1				Trace
	Large (per slice)	Trace								Trace	45	1				Trace
Spinach	Indy (per slice)	Trace								Trace	25	Trace				Trace
	Small (per slice)	Trace								Trace	30	Trace				Trace
	Medium (per slice)	Trace								Trace	30	Trace				Trace
	Large (per slice)	Trace							5	40	Trace					Trace
Sun-dried Tomatoes	Indy (per slice)	10	Trace	Trace						15	125	3		1		Trace
	Small (per slice)	20	Trace	Trace						20	180	4	1	2		1
	Medium (per slice)	20	Trace	Trace						25	220	5	1	2		1
	Large (per slice)	25	Trace	Trace						25	250	5	1	3		1

NUTRITIONAL ANALYSIS - GOURMET PASTAS

Gourmet Pasta - Full Orders		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Baked Lasagna	With Bread	1930	1170	132	67	1.5	10	19	385	4770	1640	88	11	16		97
Chicken & Shrimp Pasta	With Bread	1620	660	74	21	1	9	10	255	3880	770	149	10	12	1	90
Creamy Cajun Pasta	With Bread	1730	830	94	24	0.5	18	3.5	185	4100	800	152	12	14	0	65
Fettuccine Alfredo	With Bread	940	450	50	15	1	0	0	75	2640	243	99	4	9	0	25
Jambalaya Pasta	With Bread	1770	890	100	29	0	26	12	270	4990	1520	142	18	14	1	82
Spaghetti and Bolognese	With Bread	695	190	22	7	0	4	6	40	3180	910	122	11	9	0	30
Spicy Chicken & Broccoli Alfredo	With Bread	1950	1000	113	28	1.0	24	3.5	190	4490	1110	177	13	19	0	59
Mac & Cheese	With Bread	1250	550	62	30	0	0	0.5	150	3640	370	119	6	13		47
	With chicken (add an additional)	210	140	16	3.5		1.5	3.5	415	400	140	1	0	1	0	16
	With meatballs (add an additional)	340	230	26	10				80	1570	Trace	7	1	1		21
	With spicy chicken (add an additional)	200	130	15	3.5		1.5	3	35	720	115	1		1	0	13
	With spicy Italian sausage (add an additional)	190	160	25	9		3	12	60	720	220	4				14

NUTRITIONAL ANALYSIS – GOURMET CREATE YOUR OWN PASTAS - PASTAS

CYO Pasta - Pastas		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Penne Pasta		420	20	2.0						1300	1.4	82	4	4		14
Fettuccine Pasta		400	20	2.0						1300	3.0	84	4	2		14
Spaghetti Pasta		400	20	2.0						1300	240	84	6	2		14

NUTRITIONAL ANALYSIS – GOURMET CREATE YOUR OWN PASTAS - SAUCES

CYO Pasta - Sauces		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Alfredo Sauce		540	430	48	15	1.0			75	1340	240	15		7		11
Bolognese Sauce		270	160	18	5	0	3.0	2.5	40	1800	640	16	4	7		11
Pomodoro Sauce		320	250	28	14		6	5	50	1010	650	15	4	7		3

NUTRITIONAL ANALYSIS – GOURMET CREATE YOUR OWN PASTAS - PROTEINS

CYO Pasta - Proteins		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Baked with Mozzarella		130	90	10	7				35	300		1				9
Cajun Shrimp		290	160	16	1		4		45	470	85	4	3			10
Garlic Shrimp		330	180	20	6				45	660	65	3	3			10
Grilled Chicken		210	110	13	1.5		3.5	7	85	470	260	2		2	1	31
Grilled Salmon		340	140	16	4				60	1200	420					24
Meatballs		340	230	26	10				80	1570		7	1	1		21
Roasted Vegetables		100	60	7	1		4		470	280	9	4	3			2
Spicy Italian Sausage		190	150	17	6		2	8	40	480	150	3				9
Steak Tips		370	280	31	9		9	7	85	280	320	2				25

NUTRITIONAL ANALYSIS – SIDES

Sides	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Cactus Cuts	650	480	55	12		20	10	35	1730	530	38	2	5		6
Cajun Fries	390	220	25	3.5		10	4.0		680		39				4
Cauliflower Rice	90	45	5	1	0	3	0	0	450	480	9	3	3	0	3
Cheese Fries	1040	715	81	27	0	12	4	120	2675	225	55	1	6	0	29
Coleslaw	180	130	17	3	0	Trace	0	10	660	230	13	3	8	0	1
Florentine Rice	180	60	6	2	0	0.5	0	0	610	290	28	2	2	0	1
Roasted Vegetables	110	70	8	2.5	0	0	0	0	410	380	8	3	3	0	2
Seasoned French Fries	390	220	25	3.5	0	10	4	0	680	0	39	0	0	0	4
Steamed Broccoli	30	Trace	Trace	Trace	0	Trace	0	0	75	250	6	3	1	0	2
Sweet Potato Fries	480	290	33	3.5		10	4.0		220	430	45	5	13		4
Tater Tots	520	340	38	6		12	4.5		1230	550	40	2	0		4
Truffle Parmesan Fries	510	290	32	6		12	4.5	15	1610	30	47				10

Nutritional analysis - Sandwiches

Sandwiches		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Chicken Caesar Wrap	With French Fries	1310	720	81	14.5	0	13.5	10	115	2580	460	102	3	2	1	48
Club Sandwich	With French Fries	1310	700	79	23.5	0	10	6.5	135	4020	900	105	3	12	0	57
French Dip	With French Fries	1170	530	60	20.5	0	10	4	140	3810	480	105	2	3	2	59
Fried Chicken Sandwich (No Sauce or Dip)	With French Fries	1245	610	69	17.5	0	23	11	245	1650	620	103	4	9	6	54
Fried Chicken Wrap (No Sauce or Dip)	With French Fries	1440	740	84	14.5	0	26	12	230	2000	670	114	4	5	0	57
The Italian Brute	With French Fries	1470	830	94	27.5	0	11	15	185	6490	850	114	5	11	1	58

NUTRITIONAL ANALYSIS – BURGERS

Burgers		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Breakfast Burger	With Tots	1640	840	83	33	1.5	3	13	445	2150	790	51	2	9	0	63
M.V.B. (Most Valuable Burger)	With Fries	1310	760	95	32.5	1.5	11	15	220	2840	660	88	2	9	5	61
The Pizza Burger	With Fries	1570	800	90	32.5	1.5	13.5	20	230	2890	870	115	5	5	0	77
CYO Burger	With Fries	1084	670	76	23.5	1.5	11	15	170	3160	650	86	2	8	5	47
Add Avocado	Add an additional	70	60	6	1		1	4		Trace	210	4	3			1
Add American Cheese	Add an additional	140	110	12	7				40	680	80	2		2		6
Add Avocado	Add an additional	90	70	8	1.0		1.0	6		0	270	5	4	0		1
Add BBQ Sauce	Add an additional	20								75		5		4	4	
Add Bacon Strips (2)	Add an additional	130	90	10	4.0				25	450		1		1		8
Add Bleu Cheese	Add an additional	100	70	8	6				25	390	25	2	1	1		5
Add Blue Cheese Dressing	Add an additional	35	30	3.5	1.0				5	75	7.0	0		0		1
Add Burger Patty	Add an additional	370	220	24	9	1.5	0.5	11	125	105	420					35
Add Cheddar Cheese	Add an additional	160	120	14	8				40	270	30					10
Add Egg	Add an additional	70	45	5.0	1.5		0.5	2.0	210	70	65	0		0		6
Add Feta Cheese	Add an additional	70	50	6	4.0				25	310		1		1		4
Add Honey Mustard	Add an additional	45	40	4.5	0.5				5	95		3		3		
Add Jalapeno Fresh	Add an additional	10	0	0						0	30	1		0		0
Add Jalapenos Pickled	Add an additional	10								490		1		1		
Add Lettuce	Add an additional	0	0							0	45	1		1		0
Add Marinated Mushrooms	Add an additional	15	10	1.0	0		0.5			110	90	1		1		1
Add Mayo	Add an additional	60	60	7	1.0				5	45						
Add Mozzarella	Add an additional	90	60	7	4.5				25	200		1				6
Add Onion	Add an additional	5	0							0	20	1		1		0
Add Pickles	Add an additional									280						
Add Ranch Dressing	Add an additional	30	30	3.0	0				3	60	7.7	0		0		0
Add Tomatoes	Add an additional	5	0	0						0	65	1		1		0
Add Black Bean Patty	Add an additional	130		3					0	730	270	16	7	9	0	11

NUTRITIONAL ANALYSIS - DESSERT

Desserts		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Apple Crisp	Includes Ice Cream	1410	380	43	26	0		0	115	630	280	173	4	117	42	11
Boston's Whiskey Cake	Includes Ice Cream	930	360	41	23	1	1.5	2.5	145	590	200	131	4	95	0	8
Chocolate Brownie Addiction	Includes Ice Cream	1390	620	70	30				145	920	670	209	7	149	139	12
Chocolate Chip Cookie	Includes Ice Cream	1330	530	60	29				85	890	620	192	6	120	114	14

NUTRITIONAL ANALYSIS – SPRING LTO

Spring LTO Mash-Up 2026		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Creamy Buffalo Atomic Sauce	Single Order	110	90	10	4.0		0	1.5	15	1390	95	5	1	1	1	1
Lemon Pepper Cajun Seasoning	Single Order	15	0	0	0		0	0		780	75	3	1	0		1
Stingin' Honey BBQ Sauce	Single Order	140								1350	15	36		28	27	
Stuffed Mozzarella Sticks	With Side Sauce	1450	720	82	46		3.5	3.0	185	2290	490	116	6	4		65
Mama Meata PizzaBurger	With Fries	1770	990	112	37		17	17	160	3660	910	143	8	8		49
Philly Cheesesteak PizzaBurger	With Fries	1600	810	91	28		17	7	140	4060	1290	140	5	4		55
The Flying Buffalo PizzaBurger	With Fries	1980	1060	120	43	0	23	23	320	7250	660	149	4	4	1	78

Nutritional Analysis - Kids Meals

Kids Meals		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Chicken Nuggets	No Sides; No Dipping Sauce	800	530	60	8		17	7	215	1530	75	38		3		33
Kickin' Chicken Strips	No Sides; No Dipping Sauce	800	530	60	8		17	7	215	1530	75	38		3		33
Grilled Chicken	No Sides; No Dipping Sauce	290	110	13	1.5		3.5	7	85	470	260	2		2		31
Mac & Cheese	With Bread	770	320	36	20	0	0	1.0	100	1580	180	67	3	9		31
Cheeseburger	No Sides	420	170	19	7	1.0	0	5	80	1130	220	33	2	4		27
Pint-sized Pizza (Basic cheese)	Per Slice (for additional toppings, refer to the Indy CYO Pizza Topping section)	110	30	3.5	2		Trace	Trace	10	150	25	16				5
CYO Pasta	Add Spaghetti Pasta	150	10	1						650	Trace	42	2	2		7
	Add Fettuccine Pasta	150	10	1.5						470	Trace	54	3	3		9
	Add Penne Pasta	155	10	1.0						650	Trace	41	2	2		7
	Add Alfredo Sauce	380	340	39	25	Trace	1.0	6	145	200	45	5		2		4
	Add Bolognese Sauce	140	80	9	3	Trace	2	3	20	1010	330	9	2	4		6
	Add Pomodoro Sauce	160	120	14	7		3	2.5	25	510	320	8	2	3		2
	Grilled Chicken	120	50	6	1.0		1.5	3.0	40	220	120	1				15
	Meatball (No Sauce or Pasta)	170	110	13	5				40	790	Trace	4				11
Apple Slices (Granny Smith)	Side Item (add an additional)	70	Trace	Trace			Trace			Trace	150	20	3	15		Trace
All other Sides can be found in the Mains (Sides)																

NUTRITIONAL ANALYSIS - KIDS DESSERT

Kids Desserts		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Create Your Own Sundae	Ice Cream Only	100	45	5	3.5				20	35	95	13		8		2
	Add Caramel Sauce (add an additional)	210	5	1.0						115	30	51		33		
	Add Chocolate Sauce (add an additional)	150	15	1.5						60		34		30		1
	Add Sprinkles (add an additional)	70	25	2.5	2	Trace				Trace		11		7		
	Add Strawberry Puree (add an additional)	60								15	60	15		13		
	Add Whipped Cream (add an additional)	90	60	7	7							7		7		
	Add Cherry (add an additional)	10										2		1		

NUTRITIONAL ANALYSIS – NON ALCOHOLIC DRINKS

Non-Alcoholic Drinks	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Chocolate Milk	210	45	5	2.5	Trace	0	2.5	15	140	300	33		31		8
Cranberry Juice	130								70		33		33		
Diet Pepsi									25	35					
Dr. Pepper	100								40		26		26		
Fly Me to Hawaii	100								40		26		26		
Grapefruit Juice	70								40	60	17		16	12	0
Hot Chocolate	90	20	2	2					135	290	16	1	11		1
Milk	120	45	5	3	Trace	Trace	2.5	20	115	340	12		12		8
Mist Twist	100								20	45	27		27		
Mountain Dew	110								35	Trace	29		29		
Mug Root Beer	100								15	10	26		26		
Oreo Shake Up	440	130	15	8	0	0	2.0	15	250	330	69	2	53	23	8
Orange Juice	120								30		29		29		
Pepsi	100								20		28		28		
Roy Rogers	110								10		27		26		
Shirley Temple	110								10	25	27		25		
Strawberry Melonade	90	Trace	Trace						45	30	23		19		Trace
Tropicana Lemonade	100								105		27		27		
Unicorn Lemonade	100	0	0						70	55	29	2	25	2	0
Watermelon No'jito	170								90	35	43	0	39	38	1