

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	430	27	2	2	4	2	2	2	10
Canadian supreme	1 Slice	170	3.5	2	0	0	470	28	2	3	5	2	10	2	15
Garden pesto	1 Slice	190	7	2	0.1	0	510	28	2	2	4	0	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	170	3.5	2	0	0	460	31	2	5	5	0	0	2	11
Veggie	1 Slice	170	4	2	0	0	540	29	1	3	5	4	8	2	10

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	180	4	2	0	0	500	31	2	3	6	2	10	2	15
Canadian supreme	1 Slice	180	4	2	0	0	500	31	2	3	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	190	6	2	0	0	610	30	2	2	6	0	0	2	11
Spicy pineapple	1 Slice	190	4	2	0	0	500	34	2	5	6	0	0	2	13
Veggie	1 Slice	180	4.5	2	0	0	580	32	1	4	5	4	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	190	4.5	2.5	0	0	520	33	2	3	5	2	2	2	15
Canadian supreme	1 Slice	200	5	2.5	0	0	580	34	2	3	7	2	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	200	5	1.5	0	0	630	31	2	3	6	0	0	2	13
Spicy pineapple	1 Slice	210	5	2.5	0	0	570	37	3	6	6	0	0	2	13
Veggie	1 Slice	210	5	2.5	0	0	670	36	2	4	5	4	10	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	180	6	2	0.1	15	440	22	1	2	8	4%	0%	8%	10%
Cheese	1 Slice	160	4.5	2	0.1	10	360	21	1	2	7	4%	0%	8%	10%
Deluxe	1 Slice	180	6	2	0.1	15	440	23	1	3	8	4%	8%	8%	10%
Canadian	1 Slice	220	9	3.5	0.2	20	540	23	1	2	10	6%	2%	8%	10%
Hawaiian	1 Slice	200	7	3.5	0.1	20	530	23	1	3	10	6%	4%	10%	10%
Meat Lovers	1 Slice	220	9	3.5	0.2	20	610	22	1	2	10	4%	2%	8%	10%
Veggie	1 Slice	170	4.5	2	0.1	10	440	23	1	3	8	4%	10%	8%	10%
BBQ Chicken	1 Slice	190	5	2.5	0.1	15	490	24	1	4	9	6%	2%	10%	10%
Chicken Caesar	1 Slice	230	11	3.5	0.2	15	450	21	1	2	10	6%	4%	10%	8%
Classic Greek	1 Slice	180	6	3	0.1	15	560	22	1	3	8	6%	6%	10%	10%
Bacon Cheeseburger	1 Slice	210	8	4.5	0.2	20	520	22	1	2	11	6%	2%	8%	10%
The Works	1 Slice	200	7	2.5	0.1	15	510	23	1	3	9	4%	6%	8%	10%
Mardi Gras	1 Slice	220	9	3.5	0.2	20	620	22	1	3	11	6%	4%	8%	10%
Chicken Club	1 Slice	230	12	3.5	0.1	15	510	21	1	2	10	10%	0%	10%	8%
Basil Pesto	1 Slice	200	8	3	0.2	15	420	22	1	2	8	6%	4%	8%	10%
Red Curry Chicken	1 Slice	180	6	3.5	0.1	10	470	23	2	3	8	4%	8%	8%	15%
Hawaiian Firecracker	1 Slice	190	6	2	0.1	10	500	33	1	10	9	4%	6%	8%	10%

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	200	7	2.5	0.1	15	490	25	1	3	9	6%	2%	8%	10%
Cheese	1 Slice	180	5	2.5	0.1	10	410	24	1	3	8	4%	2%	8%	10%
Deluxe	1 Slice	200	7	2.5	0.1	15	490	25	2	3	9	6%	10%	10%	10%
Canadian	1 Slice	240	10	3.5	0.2	20	590	25	1	3	11	6%	2%	10%	10%
Hawaiian	1 Slice	220	8	3.5	0.1	20	580	26	1	4	10	6%	4%	10%	10%
Meat Lovers	1 Slice	250	10	4	0.2	20	690	25	2	3	12	6%	2%	10%	15%
Veggie	1 Slice	190	4	2.5	0.1	10	500	26	2	3	9	6%	10%	10%	10%
BBQ Chicken	1 Slice	210	6	3	0.1	15	530	28	1	5	10	6%	2%	10%	10%
Chicken Caesar	1 Slice	260	12	4	0.2	20	530	24	1	3	11	6%	6%	15%	10%
Classic Greek	1 Slice	210	7	3.5	0.2	15	640	26	2	3	9	8%	8%	10%	15%
Bacon Cheeseburger	1 Slice	230	9	4.5	0.2	20	580	25	2	3	12	6%	2%	8%	10%
The Works	1 Slice	220	8	3	0.1	15	600	26	2	4	10	6%	8%	10%	10%
Mardi Gras	1 Slice	240	9	3.5	0.2	20	700	26	2	3	12	6%	6%	10%	10%

Chicken Club	1 Slice	260	13	4	0.2	15	580	23	1	2	11	10%	0%	15%	10%
Basil Pesto	1 Slice	230	9	3.5	0.2	20	470	25	1	3	10	6%	4%	10%	15%
Red Curry Chicken	1 Slice	210	7	4	0.1	15	530	26	2	4	9	4%	10%	10%	15%
Hawaiian Firecracker	1 Slice	210	7	2.5	0.1	15	550	37	1	11	10	4%	6%	8%	10%

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	210	7	2.5	0.2	15	530	26	1	3	10	6%	2%	10%	10%
Cheese	1 Slice	190	5	2.5	0.1	10	450	26	1	3	9	6%	2%	10%	10%
Deluxe	1 Slice	220	6	2.5	0.2	15	540	28	2	3	10	6%	10%	10%	15%
Canadian	1 Slice	250	10	4	0.2	25	640	27	1	3	12	6%	2%	10%	10%
Hawaiian	1 Slice	230	8	4	0.1	20	630	27	1	4	11	6%	4%	10%	10%
Meat Lovers	1 Slice	260	11	4	0.2	20	730	27	2	3	12	6%	2%	10%	15%
Veggie	1 Slice	200	6	2.5	0.1	10	540	28	2	3	9	6%	10%	10%	10%
BBQ Chicken	1 Slice	220	6	3	0.1	15	570	29	2	5	11	6%	2%	10%	10%
Chicken Caesar	1 Slice	280	13	4.5	0.2	20	590	26	1	3	12	6%	8%	15%	10%
Classic Greek	1 Slice	220	8	4	0.2	20	690	28	2	3	10	8%	10%	10%	15%
Bacon Cheeseburger	1 Slice	250	9	5	0.2	25	630	27	2	3	13	8%	2%	10%	15%
The Works	1 Slice	240	9	3	0.2	20	660	28	2	4	10	6%	10%	10%	15%
Mardi Gras	1 Slice	260	10	4	0.2	25	770	28	2	3	13	6%	8%	10%	15%
Chicken Club	1 Slice	270	13	4.5	0.2	15	630	25	1	2	12	15%	2%	15%	10%
Basil Pesto	1 Slice	240	10	4	0.2	20	490	27	1	3	10	6%	4%	10%	15%
Red Curry Chicken	1 Slice	220	7	4	0.1	15	570	28	2	4	10	6%	10%	10%	15%
Hawaiian Firecracker	1 Slice	230	7	2.5	0.1	15	590	40	2	12	11	4%	8%	10%	10%

OTHER PIZZA Products

	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)
Panzerotti with Cheese	Half	320	7	3.5	0.1	15	690	48	2	5	14	6%	2%	10%	20%
Pizza Roll-up	Half	380	13	3.5	0.2	25	960	49	3	5	17	8%	2%	15%	25%

Breads & Snack

	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 Strips- Parmesan cheese	1 Strip	140	3.5	1	0	0	260	21	1	1	5	6%	0%	4%	10%
Cheesy Strips- Parmesan and mozzarella	1 Strip	180	6	2.5	0.1	10	360	21	1	1	7	8%	0%	10%	10%
Garlic Bread (White)	1 Slice	80	2	0.5	0	0	140	13	0	1	2	4%	4%	0%	6%
Garlic Bread (White) w/Cheese	1 Slice	110	3.5	1.5	0.1	5	210	13	0	1	4	6%	4%	6%	6%

Garlic Bread (Whole Wheat)	1 Slice	80	2	0.5	0	0	125	13	1	1	2	4%	4%	0%	6%
Garlic Bread (Whole Wheat) w/Cheese	1 Slice	110	4	1.5	0.1	5	200	13	1	1	4	6%	4%	6%	6%
Cinnamon Strips	1 Strip	160	5	1	0.2	0	210	24	1	4	4	2%	0%	0%	10%
Potato Wedges	6 pcs	120	3.5	0.5	0	0	370	20	2	0	2	0%	6%	2%	4%
Fries	1 serving	280	9	1	0	0	680	47	0	0	5	0%	25%	0%	10%
Poutine	1 serving	450	22	9	0.4	40	1410	50	0	0	19	10%	25%	30%	10%
Meatball appetizer	1 serving	730	47	22	2	95	2460	44	15	12	41	1%	6%	31%	72%
Meatball sub white	1 serving	530	19	10	1	50	1380	62	4	5	25	6%	20%	10%	35%
Meatball sub whole wheat	1 serving	530	19	10	1	50	1330	61	5	5	25	6%	20%	15%	35%
Pizza Knots Parmesan	Per Knot	130	8	2	0.1	0	320	11	1	1	4	6%	0%	10%	6%
Pizza Knots Cinnamon Sugar	Per Knot	100	1	0.1	0	0	75	21	0	10	2	0%	0%	0%	6%
Apple fritter	1 Serving	230	10	4	0.1	0	250	31	1	11	4	0	0	0	0

Chicken

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

Dipping Sauce

	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 Caesar	1 Dip Cup	160	16	1	0.2	0	480	4	0	3	0.1	0%	0%	0%	0%
Ranch	1 Dip Cup	190	20	1.5	0.3	0	300	3	0	2	0.4	0%	0%	2%	0%
Cheddar Habenero	1 Dip Cup	240	26	2	0.4	20	350	1	0	1	1	0%	0%	2%	2%
Marinara	1 Dip Cup	30	0.3	0.1	0.1	0	530	7	0	4	0.4	2%	0%	2%	2%
BBQ	1 Dip Cup	100	0.2	0	0	0	740	22	1	20	1	4%	6%	2%	4%
Honey Garlic	1 Dip Cup	110	2.5	0.4	0.1	0	640	22	0	18	0.2	0%	0%	0%	0%
Spicy Buffalo	1 Dip Cup	60	2.5	0.4	0	0	870	10	1	8	0.4	8%	4%	0%	2%
Plum	1 Dip Cup	40	0	0	0	0	230	10	0	9	0	0%	0%	0%	0%
Sweet Icing	1 Dip Cup	210	12	6	0.1	5	60	24	0	24	0.3	4%	0%	0%	0%

Caesar Salads

	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)
Caesar Salad	1 serving	120	4.5	2	0.1	5	310	14	4	2	7	100%	45%	15%	15%

Submarines w/White Bun

	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)
Assorted	Half	390	10	3.5	0.1	25	1220	58	3	5	18	6%	25%	8%	25%
Cheese	Half	430	14	6	0.3	35	1310	59	3	5	18	10%	25%	20%	25%
Ham	Half	390	9	3	0.1	25	1280	58	2	4	19	4%	25%	8%	25%
Meatball	Half	520	18	10	1	45	1410	61	3	5	25	10%	25%	20%	35%
Pizza	Half	430	13	4	0.3	35	1320	59	3	4	19	8%	20%	15%	25%
Salami	Half	380	10	3.5	0.1	15	1010	57	3	4	14	6%	25%	8%	25%
BLT	Half	390	11	4	0.1	20	1010	57	2	4	15	4%	25%	8%	25%
Club	Half	400	10	3.5	0.1	25	1220	58	2	5	18	4%	25%	8%	25%
Riverboat	Half	440	12	4	0.1	35	1550	59	3	5	23	6%	25%	8%	25%
Roast Beef	Half	400	11	3.5	0.2	30	1190	57	2	4	20	4%	25%	8%	30%
Turkey	Half	400	10	3	0.1	25	1290	59	2	5	19	4%	25%	8%	25%

Submarines w/Whole Wheat Bun

	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)
Assorted	Half	390	10	3.5	0.1	25	1160	57	4	5	18	6%	25%	8%	25%
Cheese	Half	430	14	7	0.3	35	1250	58	4	5	18	10%	25%	20%	25%
Ham	Half	390	9	3	0.1	25	1230	57	4	4	19	4%	25%	8%	25%
Meatball	Half	520	19	10	1	45	1360	61	5	5	25	10%	25%	20%	35%
Pizza	Half	430	13	4	0.3	35	1260	58	4	4	19	8%	20%	15%	30%
Salami	Half	380	10	3.5	0.1	15	960	57	4	4	14	6%	25%	8%	25%
BLT	Half	390	11	4	0.1	20	950	56	4	4	16	4%	25%	8%	25%
Club	Half	400	11	3.5	0.1	25	1160	57	4	5	19	4%	25%	8%	25%
Riverboat	Half	440	12	4	0.1	35	1490	59	4	5	23	6%	25%	8%	30%
Roast Beef	Half	400	11	3.5	0.2	30	1130	56	4	4	20	4%	25%	8%	30%
Turkey	Half	400	10	3	0.1	25	1240	58	4	5	19	4%	25%	8%	25%

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 Slice	90	1.5	0.2	0	0	140	18	1	1	1	0%	0%	0%	0%
Cauliflower	1 Slice	100	1.5	0.1	0	0	40	21	0	2	1	0%	4%	0%	2%