



Nutritional Guide

Greco, as Part of A Balanced Diet

Have your pizza and eat it too! Greco Nutritional Guides help you make informed dietary choices.

January 2021

Italian		C										
Bacon Cheeseburger		C										
Hawaiian												
BBQ Chicken		C										
Steak	MC	MC	MC	MC							MC	
Garlic Fingers												
Garlic Fingers	C	C	C	C								
Garlic Fingers, with Bacon	C	C	C	C								
Donairs												
Donair	C	C		C					C			
Donair Burger	C	C		C					C			
Toppings												
Asiago Cheese				C								
Cheese Blend				C								
Mozzarella Cheese				C								
Mushroom												
Tomato												
Green Pepper												
Pineapple												
Onion												
Donair Sauce				C								
Light Mayonnaise			C									
BBQ Sauce	C	C					C			C		
Golden Italian Dressing												
Pizza Sauce												
Garlic Spread		C		C								
Chipotle Sauce			C	C						C		
Salads												
Chicken Caesar	C	C	C	C			C					
Caesar	C	C	C	C			C					
Garden			C	C								
Chicken Wings												
Chicken Wing, no Sauce		C										

C = Contains MC = May Contain



Ingredients

Crusts/Carriers	
White OvenSub Bun	Enriched wheat flour, salt, vegetable oil, sugar, whey powder, dried egg whites (yeast, citric acid), soy flour.
GlutenGone OvenSub Bun	Water, white rice flour, potato starch, tapioca starch, canola oil, cane sugar, dried egg whites, cornstarch, cellulose, non-hydrogenated shortening (palm or modified palm oil), psyllium, modified cellulose, yeast, salt, cultured corn syrup, solids, citric acid, vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid), enzymes
Pita Bread	Enriched wheat flour, filtered water, yeast, salt, calcium propionate.
Regular White Pizza Dough	Enriched wheat flour, salt, vegetable oil, sugar, whey powder, dried egg whites (with yeast, citric acid), soy flour.☞
Cauliflower Pizza Crust	Cauliflower, cornstarch, rice flour, potato starch, dextrose, vegetable fibers, psyllium, fructose, emulsifier, sorbitol, water, yeast, extra virgin olive oil, brown cane sugar, sea salt.
Hamburger Bun	Enriched wheat flour, water, sugar-glucose-fructose, yeast, vegetable oil (canola or soybean), sesame seeds, salt, vinegar, calcium propionate, sodium stearoyl - 2 - lactylate, monoglycerides, acetylated tartaric acid esters of mono and diglycerides.
Sauce / Condiments	
Pizza Sauce	Water, tomato paste, sugar, canola oil, modified cornstarch, salt, spices, garlic powder, citric acid, propylene glycol, xanthan gum, sodium benzoate.
Donair Sauce	Water, sugar, skim milk powder, vinegar, modified cornstarch, spice, potassium sorbate, phosphoric acid, colour.
Caesar Dressing	Water, corn syrup, soybean oil, vinegar, parmesan and romano cheese (contains milk), egg yolks, garlic, sugar, salt, modified corn starch, anchovy paste, lemon juice concentrate, spices and seasonings (contains wheat, soy), phosphoric acid (enhances tartness), xanthan gum (thickener), potassium sorbate (maintains quality), propylene glycol alginate (thickener), polysorbate 60 (prevents oil separator), natural flavor, yeast extract, (natural flavor enhancer), dried garlic, calcium disodium EDTA (maintains flavor), silicon dioxide.
BBQ Sauce	Water, sugar/glucose-fructose, tomato paste, vinegar, salt, modified cornstarch, mustard bran, spices, color, (B001E)
Golden Italian Dressing	Water, vinegar, sugar, salt, soybean oil, garlic, dried garlic, xanthan gum, potassium sorbate, herbs and spices, dried onions, dried red bell peppers, calcium disodium EDTA, color (contains tartrazine).
Southwest Sauce	Water, soybean oil, brown sugar, tomato paste, vinegar, sugar, ancho chili purée (ancho chili peppers, salt, citric acid), salt, liquid egg yolk, spice, modified milk ingredients, garlic and onion powder, modified corn starch, dehydrated garlic, lactic acid, phosphoric acid, mustard flour, concentrated lemon juice, xanthan gum, polysorbate 60 & 80, potassium sorbate, citric acid, calcium disodium EDTA. Contains: Milk, mustard, egg
Lite Italian Dressing	Water, soybean oil, vinegar, sugar, salt, garlic*, Garlic, xanthan gum (thickener), potassium sorbate (maintains quality), color, red bell peppers*, calcium disodium EDTA (maintains flavor), *Dried (B075k).
Butter Whirl	Soybean oil, hydrogenated soybean oil, salt, soy, lecithin, artificial and natural flavors, beta carotene (color), hydrolyzed soy protein, autolyzed yeast extract.
Canola Oil	Canola oil, dimethylpolysiloxane
Mustard	Water, vinegar, mustard seed, salt, mustard, bran, turmeric, spices and spice extracts.
Garlic Spread	Hydrogenated soybean oil, whey, salt, garlic powder, parsley, mono- and diglycerides, soy lecithin, sodium benzoate, garlic oil, flavor and artificial flavor, color, canola oil, water, modified palm oil, salt, modified milk ingredients, soya lecithin, garlic oil, minced garlic, parsley, minced onions, red bell pepper, potassium sorbate, artificial flavor, Vitamin A palmitate, Vitamin D3, color.
Honey Garlic Sauce	Sugar - glucose-fructose, honey, blackstrap molasses, water, modified cornstarch, dehydrated garlic, hydrolyzed soy protein, salt, citric acid, caramel color, sodium benzoate, potassium sorbate, natural flavors.
1st Degree Sauce	Water, tomato, glucose-fructose, vinegar, modified cornstarch, salt, garlic, sodium benzoate, spice, color, dehydrated*.
2nd Degree Sauce	Water, sugar, red chili, vinegar, modified cornstarch, salt, garlic*, red peppers*, acetic acid, dehydrated*.
3rd Degree Sauce	Water, vinegar, glucose-fructose, salt, tomato paste, modified cornstarch, aged cayenne peppers, habanero peppers, natural flavors, sodium citrate, color, guar gum, xanthan gum, dehydrated garlic, canola oil, citric acid, sodium benzoate.
Ranch Dip	Soybean oil, water, vinegar, sugar, powdered butter, milk (milk), salt, frozen yolk (eggs), flavor, potassium sorbate, xanthan gum, propylene glycol alginate, mustard flavor, citric acid, spices & herbs, sodium benzoate, lactic acid, phospholipase, calcium disodium ETA.

Garlic Dip	Soybean oil, water, frozen yolk (egg), vinegar, sugar, dehydrated garlic, salt, sour cream powder (milk), bacterial culture, citric acid, tocopherols, silicon dioxide, garlic, disodium phosphate, lactic acid, potassium sorbate, sodium benzoate, xanthan gum, propylene glycol alginate, dehydrated parsley, mustard flour, concentrated lemon juice, phospholipase, calcium disodium EDTA.
Cheddar Chipotle Dip	Soybean oil, water, cheese sauce/modified milk ingredients, corn maltodextrin, salt, dehydrated cheddar cheese (milk, bacteria) culture, salt, microbial enzyme, palm oil, natural flavor, lactic acid, sodium phosphate, color (tartrazine), dipotassium phosphate, sodium aluminum silicate, frozen egg yolk, vinegar, salt, modified cornstarch, chipotle pepper, sugar, citric acid, sodium phosphate, xanthan gum, lactic acid, spices, onion powder, garlic powder, potassium sorbate, sodium benzoate, color, ground red pepper, mustard flavor, smoke flavor, dried parsley, calcium disodium EDTA.
Ketchup 328	Tomato paste, sugar, vinegar, salt, onion powder, spices. Relish Ingredients: Cucumbers, water, sugar/glucose-fructose, white vinegar, modified cornstarch, salt, calcium chloride, potassium sorbate, sodium benzoate, polysorbate 80, seasonings, color.
Relish	Cucumbers, water, sugar/glucose-fructose, white vinegar, modified cornstarch, salt, calcium chloride, potassium sorbate, sodium benzoate, polysorbate 80, seasonings, color.
Lite Mayo	Water, soybean oil, modified corn starch, sugar, corn maltodextrin, whole egg, vinegar, salt, modified dried egg yolk (phospholipase), mustard, lactic acid, potassium sorbate, phosphoric acid, dried onion, dried garlic, color, calcium disodium EDTA, spice, sodium aluminum silicate (B041h).
Hot Chicken Gravy	Wheat flour, modified cornstarch, salt, monosodium glutamate, chicken fat, hydrolyzed plant protein (soy wheat), colour, onion powder, sugar, spices, garlic powder, natural flavor, sulphates.
Toppings	
Classic Pepperoni	Mechanically separated chicken, beef and/or pork, water, modified soy ingredient, salt, modified cornstarch, spices, sodium phosphate, sodium acetate, sodium diacetate, sodium erythorbate, garlic powder, sodium nitrate, smoke flavor, smoke.
Salami	Mechanically separated chicken, pork and/or beef, water, modified cornstarch, salt, spices, garlic powder, dextrose, sodium erythorbate, smoke flavor, sodium nitrite, modified soy ingredient, sodium acetate, smoke.
Precooked Bacon	Pork, water, sodium phosphate, sodium erythorbate, sodium nitrite, smoke.
Bacon	Water, brown sugar, salt, sodium phosphate, potassium chloride, sodium erythorbate, sodium nitrate, spices-smoke (may be present or not)
Beef Topping	Beef, water, textured soy protein (caramel), salt, soy protein product, hydrolyzed soy and corn protein, spice, dehydrated onion, yeast extract, flavor, dehydrated garlic, sugar, sodium inosinate, disodium guanylate.
Sausage	Pork, water, spices, salt, sugar, garlic.
Diced Ham	Pork, water, salt, potassium lactate, sugar, dextrose, sodium phosphate, carrageenan, sodium diacetate, sodium erythorbate, sodium nitrite.
Chicken	Chicken breast meat, water, glucose solids, rice starch, salt, sodium phosphate, flavor. Chicken Fajita Strips Ingredients: Chicken thighs, water, salt, dextrose, sodium phosphate, lemon juice powder, maltodextrin, garlic powder, onion powder, sugar, spices, soy sauce powder (soybeans), Romano cheese, acetic acid, autolyzed yeast extract, xanthan gum, tartaric acid, modified corn starch, black pepper extracts.
Chicken Strips	Chicken thighs, water, salt, dextrose, sodium phosphate, lemon juice powder, maltodextrin, garlic powder, onion powder, sugar, spices, soy sauce powder (soybeans), Romano cheese, acetic acid, autolyzed yeast extract, xanthan gum, tartaric acid, modified corn starch, black pepper extracts.
Donair Meat	Beef, water, spice unit, dehydrated vegetables (garlic, onion), monosodium glutamate, spice, caramel, dextrose, salt, soya protein isolate, potato starch, sodium acetate, sodium diacetate.
Cone Donair Meat	HALAL certified beef, water, soya protein, spice mix (monosodium glutamate, spices, onion powder), soya protein isolate, salt, potato starch.
Dry Cured Pepperoni	Pork, beef, salt, dextrose spice, dehydrated garlic, sodium erythorbate, natural smoke flavour, paprika extract, spice extract, sodium nitrate, citric acid, water, rosemary extract, starter culture
Steak	Beef, water, seasoning, salt, brown sugar, dextrose, hydrolyzed corn, soy and wheat protein, torula yeast, corn syrup solids, caramel, tomato powder, onion powder, garlic powder, spices, citric acid, lemon juice powder (corn syrup solids, natural flavor), hydrolyzed soy protein, soy lecithin, sodium phosphates.
Sliced Turkey	Turkey breast, water, modified potato starch, potassium lactate, salt, flavor, dextrose, sodium phosphate, carrageenan, onion, sodium nitrite, spices, smoke
Cheese Blend	Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, color, microbial enzyme
Mozzarella Cheese	Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme.
Asiago Cheese	Milk, modified milk ingredients, salt, calcium chloride, lipase, bacterial culture, microbial enzyme, cellulose, natamycin.
String Cheese	Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme.
Cheese Curds	Pasteurized milk, modified milk ingredients, salt, bacterial culture, calcium chloride, microbial enzyme.
Hot Peppers	Banana peppers, water, white vinegar, salt, calcium chloride, sodium benzoate, seasonings, poly sorbate 80.
Green Olives	Olives, water, salt, lactic acid, potassium sorbate, citric acid.

Black Olives	Black olives, water, salt.
Pineapple	Pineapple tidbits, pineapple juice, citric acid. French Fries Ingredients: Potatoes, vegetable oil (soybean oil and/or canola oil), dextrose, sodium acid pyrophosphate.
Croutons	Wheat, flour, canola oil, salt, sugar, garlic powder, yeast, Romano cheese (milk), dried parsley, onion powder, yeast extract, natural flavors, spices, Rosemary extracts.
Flavoured Crust Seasoning	
Butter Cheese	Romano and cheddar cheese (milk, bacterial culture, salt, rennet and/or pepsin and/or microbial enzyme, lipase, cellulose, sorbic acid, may contain calcium chloride), modified milk ingredients, salt, flavor, cornstarch, sugar, silicon dioxide (mfg. aid), yeast extract, maltodextrin, hydrolyzed canola and soy protein, onion powder, garlic powder, sodium phosphate, lactic acid (calcium lactate), citric acid.
3 Cheese	Modified milk ingredients, salt, cheddar cheese, sugar, romano cheese, parmesan cheese, spice, flavor, yeast, maltodextrin, lactic acid (calcium lactate), cheese solids, hydrolyzed soy and corn protein, onion powder, yeast extract, garlic powder, citric acid, sodium phosphate, blue cheese solids, sodium citrate, vegetable oil and silicon dioxide (mfg. aids).
Garlic Parmesan	Irradiated dehydrated garlic, parmesan and cheddar cheese (milk, bacterial culture, salt, rennet and/or pepsin and/or microbial enzyme, lipase, may contain calcium chloride, cellulose, and/or sorbic acid), salt, dehydrated onion, cornstarch, spice, sugar, yeast extract, flavor, modified milk ingredients, hydrolyzed soy and corn protein, sodium phosphate, silicon dioxide (mfg. aid).
Sides	
Coleslaw	Cabbage, dressing (soybean and/or canola oil), water, sugar, glucose-fructose, vinegar, frozen egg yolk, salt, xanthan gum, sodium benzoate, seasoning (mustard, wheat), mustard flour, spices, color (contains tartrazine), flavor, calcium disodium EDTA, carrots, sugar, pineapple, red bell peppers, celery, citric acid.
Mozza Sticks	Pizza mozzarella cheese (modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, toasted wheat crumbs, water, flour (wheat, corn), modified starch (corn), seasonings (onion, garlic, spices), salt, Romano cheese (modified milk ingredients, bacterial culture, salt, rennet/pepsin/microbial enzyme, lipase, calcium chloride), sugar, guar gum, vegetable oil (Canola), browned in canola oil.
Chicken Wings	Chicken wings, water, soy protein isolate, flavor, salt, sodium phosphate, spices, yeast extract, dextrose.
Boneless Wings	Chicken, water, rice starch, salt, maltodextrin, sodium phosphate, spices and spice extracts (garlic, black pepper, white pepper), hydrolyzed soy protein, yeast extract, flavor, in a coating of wheat flour, cornstarch, modified tapioca starch, salt, spices and spice extracts, garlic, onion, sodium phosphate, maltodextrin, dextrose, yeast extract, palm oil, flavor, hydrolyzed soy protein, guar gum, xanthan gum, sodium bicarbonate, browned in soybean oil.
Donair Egg Rolls	Beef, water, textured soy protein, salt, soy protein isolate, spices, wheat crumbs, onion flakes, garlic powder, onion powder, yeast extract, dextrose, silicon dioxide (MFG aid), wrapper, wheat flour (gluten), water, frozen whole egg and/or frozen albumen, modified corn and/or wheat starch, salt, vinegar, sodium propionate, sodium stearoyl lactylate, potassium sorbate, partially fried in non-hydrogenated canola oil.
Donair Dippers	Beef, water, defatted soy grits, salt, monosodium glutamate, soy protein isolate, spice, onion powder, garlic powder, breading: toasted wheat crumb with spice extractives, water, yellow corn flour, canola oil, wheat flour, modified corn starch, soy protein isolate, salt, baking powder, defatted soy flour, guar gum
Desserts	
Lava Cakes	Sugar, water, liquid whole egg, butter, bleached enriched wheat flour, semi-sweet chocolate, sugar, unsweetened chocolate processed with alkali, cocoa butter, milk fat, soy lecithin, natural vanilla extract, semisweet chocolate (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), cocoa, cream, milk, skim milk powder, dextrose, carrageenan, mono and diglycerides, cellulose gum, sodium citrate), baking powder, natural flavor, salt, modified tapioca starch, soy lecithin, palm and modified palm oil shortening, guar gum, xanthan gum.
White Chocolate Chip Cookie	Sugar, enriched bleached flour, margarine, white chocolate chips, semi-sweet chocolate chips, eggs, cocoa, butter, molasses, water, baking soda, salt, natural artificial flavors.
Double Chocolate Cookie	Sugar, enriched bleached flour, margarine, white chocolate chips, semi-sweet chocolate chips, eggs, cocoa, butter, molasses, water, baking soda, salt, natural & artificial flavors.
Chocolate Chip Cookie	Enriched flour, sugar, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla), liquid whole egg, glucose-fructose, water, maltitol, vegetable oil margarine (palm), molasses, mono and diglycerides, soy flour, flavor, and artificial flavor, sodium bicarbonate, fruit powder (pear, apple, plum), salt, soy lecithin.
Mints	Sugar, glucose, natural and/or artificial flavor, color red #40, titanium dioxide.
Whipped Vanilla Icing	Glucose-fructose, hydrogenated vegetable oil (palm, palm kernel, coconut and/or cottonseed), water, sodium caseinate (milk derivative), artificial flavor, sugar, polysorbate 60, modified cellulose, salt, preservative (potassium sorbate), soya lecithin, polyglycerol esters of fatty acids, soy protein concentrate, xanthan gum.
Extras	
Yeast	Yeast, sorbitan monostearate, ascorbic acid.
Shortening	Modified palm oil, canola oil.



Nutrition Guide

	Weight (g)	Calories (g)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Small Pizza, Per Slice															
Cheese with Garlic Parmesan Crust	92	240	10	23	2	3	11	4	1	17	57	0.2	156	11	606
BBQ Chicken with Garlic Parmesan Crust	103	244	11	25	1	4	11	3	0.2	26	53	1	110	3	642
Canadian with Garlic Parmesan Crust	119	280	12	25	1.5	2	14	4	0.2	35	45	0.6	127	2	923
Donair with Garlic Parmesan Crust	117	285	12	28	2	5	13	4	0.3	25	53	2	146	2	611
GrecoWorks™ with Garlic Parmesan Crust	138	324	14	26	1	3	18	5	0.3	45	50	4	134	2	1060
SuperWorks™ with Garlic Parmesan Crust	149	338	15	26	2	3	18	6	0.3	47	50	4	135	2	1101
Mighty Meat™ with Garlic Parmesan Crust	140	349	15.8	26	2	3	20	6	0.3	50	50	0.8	137	2.1	1144
Hawaiian Deluxe with Garlic Parmesan Crust	95	234	9	25	1	3	11	3	0.2	15	40	0.9	111	1	584
Pepperoni with Garlic Parmesan Crust	110	292	13	24	1	2	15	5	0.4	33	65	0.3	169	1.8	873
Veggie with Garlic Parmesan Crust	104	223	8	24	1	3	10	3	0.2	11	47	4	112	1	536
Medium Pizza, Per Slice															
Cheese with Garlic Parmesan Crust	89	231	10	24	1	2	10	3	0.2	16	53	0.1	147	1.5	569
BBQ Chicken with Garlic Parmesan Crust	104	238	11	27	1	4	9	3	0.2	26	26	1.4	105	2.9	627
Canadian with Garlic Parmesan Crust	106	253	11	25	1	2.5	11	3	0.2	27	27	0.4	115	2	768
Donair with Garlic Parmesan Crust	115	274	12	28	2	5	12	4	0.3	25	25	2	132	2	593
GrecoWorks™ with Garlic Parmesan Crust	129	300	13	26	1	2	15	5	0.3	40	40	4	123	2	947
SuperWorks™ with Garlic Parmesan Crust	140	313	14	27	2	3	16	5	0.3	42	42	4	124	2	988
Mighty Meat™ with Garlic Parmesan Crust	131	325	14	26	1	2	17	6	0.3	45	45	0.6	126	2	1031
Hawaiian Deluxe with Garlic Parmesan Crust	99	230	9	26	1	3	10	3	0.2	16	17	0.8	104	1	605
Pepperoni with Garlic Parmesan Crust	106	278	13	25	1	2	14	5	0.3	31	31	0.2	159	2	815
Veggie with Garlic Parmesan Crust	102	214	8	25	2	3	9	3	0.2	11	11	4	105	1	502
GlutenGone Donair		187	7	23	1	4	7	3	0.2	20	33	5	87	0.9	425
GlutenGone GrecoWorks™		161	5	22	1	3	5	2	0.1	15	22	4	68	0.6	478
GlutenGone Mighty Meat™		179	6	21	1	3	7	2	0.1	20	24	4	70	0.7	578
GlutenGone Veggie		131	3	22	1	3	3	1	0	6	27	8	67	0.5	337
GlutenGone Pepperoni		147	4	21	1	2	4.7	2	0.1	12	22	3.6	67	0.5	430
GlutenGone Hawaiian Deluxe		147	4	22	1	4	4	1	0	12	19	4	66	0.5	440
Large Pizza, Per Slice															
Cheese with Garlic Parmesan Crust	95	245	10	26	1	2	11	4	0.2	17	56	0.1	158	1	596

BBQ Chicken with Garlic Parmesan Crust	116	259	11	30	1.3	6	10	3	0.2	26	55	1.8	114	3	672
Canadian with Garlic Parmesan Crust	108	257	11	26	1.5	2	11	3	0.2	26	42	0.4	122	2	759
Donair with Garlic Parmesan Crust	123	289	12	30	1	5	12	4	0.3	25	53	2	142	2	609
GrecoWorks™ with Garlic Parmesan Crust	139	321	14	28	1	2	16	5	0.3	43	48	4.2	131	2	1007
SuperWorks™ with Garlic Parmesan Crust	152	338	15	29	2	3	17	6	0.3	46	48	4	133	2	1057
Mighty Meat™ with Garlic Parmesan Crust	142	352	16	28	2	3	19	6	0.3	49	48	0.6	135	2	1109
Hawaiian Deluxe with Garlic Parmesan Crust	107	248	10	27	1	3	10	3	0.2	19	38	0.9	111	1	653
Pepperoni with Garlic Parmesan Crust	112	294	13	26	1	2	14	5	0.3	33	62	0.2	167	1.9	852
Veggie with Garlic Parmesan Crust	111	228	9	27	2	3	9	2	0.2	11	48	5	112	1	524
Party Pizza, Per Slice															
Cheese with Garlic Parmesan Crust	70	173	7	20	1	1	6	3	0.7	11	34	0.1	104	1	428
BBQ Chicken with Garlic Parmesan Crust	83	181	8	22	1	4	6	2	0.7	17	34	1	75	2	471
Canadian with Garlic Parmesan Crust	75	178	7	20	1	2	7	2	0.7	14	23	0.2	76	1	482
Donair with Garlic Parmesan Crust	89	203	9	23	1	3	8	3	0.8	17	33	1	95	1	434
GrecoWorks™ with Garlic Parmesan Crust	84	190	8	21	1	2	8	3	0.7	17	26	3	78	1	527
SuperWorks™ with Garlic Parmesan Crust	90	196	8	21	1	2	8	3	0.7	16	25	3	76	1	515
Mighty Meat™ with Garlic Parmesan Crust	87	215	9	21	1	2	10	3	0.7	22	26	0.3	81	1	609
Hawaiian Deluxe with Garlic Parmesan Crust	81	179	7	21	1	2	6	2	0.7	13	23	0.7	74	1	485
Pepperoni with Garlic Parmesan Crust	84	212	10	21	1	1	9	4	0.8	24	39	0.2	119	1	612
Veggie with Garlic Parmesan Crust	83	163	6	21	1	2	5	2	0.7	7	29	4	75	1	382
XXL Pizza, Per Slice															
Cheese with Garlic Parmesan Crust	65	159	7	18	1	1	6	3	0.6	12	35	0	106	1	388
BBQ Chicken with Garlic Parmesan Crust	77	169	8	20	0.9	4	6	2	0.6	18	37	1	84	2	434
Donair with Garlic Parmesan Crust	80	182	8	20	1	3	7	3	0.6	16	35	1	100	1	385
Pepperoni with Garlic Parmesan Crust	77	189	9	18	1	1	8	3	0.6	22	39	0.1	112	1	553
Jumbo Pizza Slice															
Mighty Meat™ with Garlic Parmesan Crust	276	695	31	64	4	6	34	11	0.6	71	99	0.5	284	4	1937
Pepperoni with Garlic Parmesan Crust	228	613	25	63	3	5	28	9	0.6	50	104	0.2	276	4	1611
Hawaiian with Garlic Parmesan Crust	269	582	24	68	4	10	23	7	0.5	40	96	3	275	4	1540
Donair with Garlic Parmesan Crust	341	748	33	79	4	18	32	11	0.8	69	141	6	391	5	1543
GrecoWorks™ with Garlic Parmesan Crust	291	625	26	66	4	8	28	9	0.5	54	105	15	286	4	1633
Veggie with Garlic Parmesan Crust	291	557	21	66	4	8	22	7	0.5	29	129	20	280	4	1269
Moza Stuffed Crust, Per Slice															
Medium Pizza	68	180	8	22	1	1	6	2	0.1	10	31	0	93	1	382
Large Pizza	160	944	8	23	1	1	90	8	0.9	9	28	0	85	1	382
Party Pizza	54	146	6	19	0.8	0.9	5	2	0.6	7	21	0	63	1	297
Donairs															
1/4 lb.	258	519	26	53	3	18	21	8	0.6	75	57	6	201	4	1009
1/4 lb. with Cheese	292	610	34	53	3	18	27	12	0.9	97	125	6	388	4	1293

1/2 lb.	436	878	47	71	6	29	41	16	1	148	115	12	314	7	1777
1/2 lb. with Cheese	486	1010	589	7	6	29	51	23	1	181	214	12	587	7	2190
3/4 lb.	578	1227	67	88	8	39	62	25	1	222	156	14	421	10	2541
3/4 lb. with Cheese	646	1408	83	88	8	39	76	34	2	267	293	14	796	10	3108
1/4 lb/ Donair Burger	176	378	17	46	2	14	13	4	0.3	37	20	2	153	3	746
Garlic Fingers, Per Slice															
Small	25	77	2	7	0.3	0.3	4	1	0.1	4	33	0	39	0.4	151
Small, with Bacon	28	84	3	7	0.3	0.4	4	1	0.1	6	33	0	39	0.4	181
Medium	25	75	2	7	0.3	0.4	3	1	0.1	3	30	0	32	0.5	146
Medium, with Bacon	27	82	3	7	0.3	0.4	4	1	0.1	5	30	0	32	0.5	176
Large	17	51	1	5	0.2	0.3	2	0.8	0.1	2	19	0	19	0.3	97
Large, with Bacon	18	56	2	5	0.2	0.3	2	0.9	0.1	3	19	0	19	0.3	117
Party	19	58	2	6	0.3	0.3	2	1	0.2	2	20	0	21	0.4	111
Party, with Bacon	21	63	2	6	0.3	0.3	3	1	0.2	3	20	0	21	0.4	131
Chicken Wings, Per Wing															
Plain	25	52	5	0.3	0	0.3	3	0.9	0.1	35	10	0	11	0	200
Full OvenSub															
Donair, on a White Bun	502	1129	62	121	7	23	41	20	1	148	292	43	726	11	2645
Donair, on a GlutenGone Bun	554	1265	49	135	24	19	55	21	1	126	210	9	774	10	2204
Assorted, on a White Bun	501	985	47	104	5	12	41	16	0.8	101	263	53	574	9	2940
Veggie, on a White Bun	457	864	38	106	5	16	31	13	0.7	52	254	56	548	8	2102
Veggie, on a GlutenGone Bun	495	928	29	118	22	9	36	13	0.6	52	177	18	641	7	1984
Pizza, on a White Bun	416	1065	46	107	6	11	47	19	1	103	459	45	589	9	2816
Pizza, on a GlutenGone Bun	489	1096	39	122	23	10	48	18	0.9	92	159	10	649	8	2378
Italian, on a White Bun	416	1150	46	103	4	8	60	21	1	103	460	46	571	9	3107
Bacon Cheese Burger, on a White Bun	451	1126	54	108	7	13	51	21	1	96	438	35	558	8	2815
Hawaiian, on a White Bun	505	1042	48	120	7	25	38	16	0.9	86	443	43	564	9	2876
Hawaiian, on a GlutenGone Bun	600	1126	43	137	24	24	42	15	0.6	101	141	9	663	8	2785
BBQ Chicken, on a White Bun	474	984	61	119	4	30	28	14	0.7	173	301	41	572	19	2959
BBQ Chicken, on a GlutenGone Bun	569	1155	53	137	21	28	42	16	0.6	132	237	7	703	7	2140
Steak, on a White Bun	474	1076	59	105	4	11	44	18	0.9	122	450	48	540	10	2951
Calzone															
GrecoWorks™	421	835	38	105	6	11	28	11	0.5	91	95	11	292	7	2632
Mighty Meat™	437	959	47	105	6	11	38	15	0.7	120	89	0.9	292	7	3126
Donair	472	920	45	119	6	23	29	12	0.7	99	140	9	416	8	2284
BBQ Chicken	437	806	41	119	4	30	18	7	0.4	100	156	7	273	12	2379
Hawaiian	476	821	38	117	7	25	21	8	0.3	71	80	9	268	6	2467
Pepperoni Duo	395	874	42	103	6	10	32	12	0.7	112	104	0.9	306	8	3078
Salads															
Chicken Caesar	293	487	22	17	3	4	36	10	0.4	105	1323	6	242	7	1561
Caesar	236	389	10	17	3	3	31	8	0.4	44	1313	6.4	241	2	1015
Garden	282	123	7	11	4	6	6.1	2	0.2	13	1297	15	176	1	889
Toppings, Per 1 oz.															
Dry Cured Pepperoni	28	111	6	1	0	0.1	9	3	0.3	30	13	0	9	0.6	
Classic Pepperoni	28	51	3	1	0	0.3	3	1	0	21	5	0.3	18	0.6	
Salami	28	73	3	1	0	0	6	2	0.1	19	5	0.3	12	0	
Diced Ham	28	25	3	0.6	0	0.3	0.9	0.3	0	11	0	0	0	0.2	
Bacon	28	75	5	0.7	0	0.3	5	2	0	23	0	0	1	0.2	
Donair Meat	28	77	4	2	0	0.5	5	2	0.2	18	10	0.6	11	0.7	
Sausage	28	82	4	1	0.4	0.4	6	2	0	15	11	0.4	18	0.5	
Beef Topping	28	65	5	1	0.6	0.6	4	2	0.1	11	0	0	1	0.1	
Chicken	28	39	6	0	0	0	1	0.6	0	20	8	0	8	0.1	

Steak	28	42	5	1	0	0.6	1	0.7	0	17	0	0	0	0.6
Iceberg Lettuce	28	4	0.3	0.8	0.3	0.5	0	0	0	0	14	0.8	5	0.1
Classic Romaine Lettuce	28	4	0.3	0.9	0.6	0.3	0.1	0	0	0	246	1	9	0.3
Tomato	28	6	0.2	1	0.3	0.8	0.1	0	0	0	17	2	1	0.1
Onion	28	11	0.3	2	0.5	1	0	0	0	0	0.1	2	6	0.1
Green Pepper	28	5	0.2	1	0.5	0.7	0	0	0	0	10	22	2	0.1
Spanish Onions	28	9	0.2	2	0.3	1	0	0	0	0	0	1.4	5	0.1
Hot Banana Peppers	28	11	0.2	2	0.5	1	0.1	0	0	0	66	29	2	0.1
Black Olives	28	32	0.2	1	0.9	0	3	0.4	0	0	11	0.3	24	0.9
Green Olives	28	41	0.3	1	1	1	4	0.6	0	0	11	0	14	0.1
Pineapple	28	18	0.1	4	0.4	4	0	0	0	0	1	2	4	0.1
Mushrooms	28	6	0.9	0.9	0.3	0.6	0.1	0	0	0	0	0.6	0.9	0.1
Cheese Blend	28	87	7	0	0	0	6	4	0.3	21	55	0	178	0
Asiago Cheese	28	119	7	0	0	0	909	6	0.3	23	96	0	225	0
Mozzarella Cheese	28	75	6	0	0	0	5	3	0.2	18	56	0	155	0
Pizza Sauce	28	28	0.5	4	0	0	0.7	0.1	0	0	0	0	10	0.3
Golden Italian Dressing	28	70	0.1	2	0.1	1	7	1	0	0	0.6	0.6	1	0
Light Italian Dressing	28	13	0.1	1	0	1	0.7	0.1	0	0	0.9	0.6	2	0
Garlic Spread	28	170	0	2	0	0	17	4	0.3	0	226	0	0	0
Donair Sauce	28	39	1	8	0	7	0	0	0	1	0	0	62	0
Chipotle Sauce	28	85	0.4	5	0	4	6	1	0	4	11	3	7	0.2
BBQ Sauce	28	49	0.3	11	0	11	0.2	0	0	0	17	0.3	16	0.2
Relish	28	28	0.1	7.1	0	5.7	0	0	0	0	0	0	0	0.1
Croutons	28	121	3	19	0.8	1	3	0.3	0	0.3	3	0.3	13	1
Caesar Dressing	28	106	0.8	1.4	0	0.6	11	2	0.1	12	0	0.3	20	0.1
Crusts/Buns, Per 1 oz.														
Regular White Pizza Dough	28	66	2	13	0.6	0.6	0.6	0.1	0	0	0	0	3	0.8
GlutenGone Pizza Crust	28	79	0.9	12	0	0	2	0.4	0	0.3	0	0	6	0.1
White OvenSub Bun	28	75	3	15	0	0.6	0.3	0.2	0	0	12	5	13	1
GlutenGone OvenSub Bun	28	70	1	11	2	0.3	2	0.4	0	0	0	0	19	0.7
Mozzarella Stuffed Crust	28	75	3	9	0.4	0.5	2	0.9	0	4	13	0	38	0.6
Garlic Parmesan Crust	28	85	2	11	0.5	0.6	3	0.4	0.1	0.1	3	0.1	5	0.7
3 Cheese Crust	28	85	2	11	0.5	0.8	3	0.4	0.1	0.1	3	0	7	0.7
Pretzel Salt Crust	28	83	2	11	0.5	0.6	3	0.3	0.1	0	3	0	3	0.7
Butter Cheese Crust	28	85	2	11	0.5	0.7	3	0.4	0.1	0.2	3	0	5	0.7