

PIZZA NOVA[®]

CALORIE GUIDE

JANUARY 2017

	cals/serving (1 Slice)		cals/serving (1 Slice)	
DOUGH	REGULAR	97	WHOLE WHEAT	97
	REGULAR - THIN	78	WHOLE WHEAT - THIN	78
	REGULAR - THICK	145	WHOLE WHEAT - THICK	146
	ROMANA	---	GLUTEN-FREE	---
SAUCE	TOMATO	10	PESTO	20
	EASY SAUCE - TOMATO	5	EASY SAUCE - PESTO	10
	EXTRA SAUCE - TOMATO	14	EXTRA SAUCE - PESTO	30
	WHITE/HERBED OLIVE OIL	40	BBQ	33
	EASY SAUCE - WHITE/HERBED OLIVE OIL	20	EASY SAUCE - BBQ	17
	EXTRA SAUCE - WHITE/HERBED OLIVE OIL	60	EXTRA SAUCE - BBQ	50
CHEESE	MOZZARELLA BLEND	48	EASY CHEESE - MOZZARELLA BLEND	24
	TOPPINGS for a 1-topping pizza serving			
MEATS				
	ANCHOVIES	5	PORCHETTA	18
	BACON	24	SEASONED GROUND BEEF	16
	GRILLED CHICKEN	13	SMOKED HAM	7
	HOT SOPPRESSATA	16	SPICY SAUSAGE	19
	PEPPERONI	15		
VEGETABLES				
	ARTICHOKES	5	PLUM TOMATOES	2
	BLACK OLIVES	8	PORTOBELLO MUSHROOMS	2
	BROCCOLI	6	RED ONIONS	3
	BRUSCHETTA	24	ROASTED GARLIC	9
	GREEN OLIVES	8	ROASTED RED PEPPERS	2
	GREEN PEPPERS	2	SAUTÉED SPINACH	15
	GRILLED ZUCCHINI	4	SLICED TOMATOES	4
	HOT PEPPERS	5	SPANISH ONIONS	3
	MUSHROOMS	3	SUNDRIED OLIVES	23
	PINEAPPLE	7	SUNDRIED TOMATOES	10
CHEESE				
	ASIAGO CHEESE	25	EXTRA DAIRY-FREE MOZZARELLA	21
	CHEDDAR CHEESE	28	EXTRA CHEESE	28
	DAIRY-FREE MOZZARELLA	35	FETA CHEESE	16
	DOUBLE DAIRY-FREE MOZZARELLA	35	GOAT CHEESE	16
	DOUBLE CHEESE	48	PARMIGIANO CHEESE	18

	cals/serving (1 Slice)		cals/serving (1 Slice)	
DOUGH	REGULAR	109	WHOLE WHEAT	109
	REGULAR - THIN	73	WHOLE WHEAT - THIN	73
	REGULAR - THICK	182	WHOLE WHEAT - THICK	182
	ROMANA	---	GLUTEN-FREE	120
SAUCE	TOMATO	10	PESTO	30
	EASY SAUCE - TOMATO	5	EASY SAUCE - PESTO	15
	EXTRA SAUCE - TOMATO	14	EXTRA SAUCE - PESTO	45
	WHITE/HERBED OLIVE OIL	45	BBQ	38
	EASY SAUCE - WHITE/HERBED OLIVE OIL	23	EASY SAUCE - BBQ	19
	EXTRA SAUCE - WHITE/HERBED OLIVE OIL	68	EXTRA SAUCE - BBQ	56
CHEESE	MOZZARELLA BLEND	64	EASY CHEESE - MOZZARELLA BLEND	31
	TOPPINGS for a 1-topping pizza serving			
MEATS				
ANCHOVIES	5	PORCHETTA	21	
BACON	25	SEASONED GROUND BEEF	16	
GRILLED CHICKEN	13	SMOKED HAM	6	
HOT SOPPRESSATA	17	SPICY SAUSAGE	19	
PEPPERONI	21			
VEGETABLES				
ARTICHOKES	5	PLUM TOMATOES	3	
BLACK OLIVES	8	PORTOBELLO MUSHROOMS	2	
BROCCOLI	7	RED ONIONS	3	
BRUSCHETTA	27	ROASTED GARLIC	10	
GREEN OLIVES	8	ROASTED RED PEPPERS	2	
GREEN PEPPERS	2	SAUTÉED SPINACH	16	
GRILLED ZUCCHINI	4	SLICED TOMATOES	4	
HOT PEPPERS	5	SPANISH ONIONS	3	
MUSHROOMS	2	SUNDRIED OLIVES	21	
PINEAPPLE	8	SUNDRIED TOMATOES	10	
CHEESE				
ASIAGO CHEESE	26	EXTRA DAIRY-FREE MOZZARELLA	23	
CHEDDAR CHEESE	35	EXTRA CHEESE	33	
DAIRY-FREE MOZZARELLA	44	FETA CHEESE	17	
DOUBLE DAIRY-FREE MOZZARELLA	44	GOAT CHEESE	17	
DOUBLE CHEESE	64	PARMIGIANO CHEESE	19	

	cals/serving (1 Slice)		cals/serving (1 Slice)	
DOUGH	REGULAR	145	WHOLE WHEAT	146
	REGULAR - THIN	87	WHOLE WHEAT - THIN	87
	REGULAR - THICK	218	WHOLE WHEAT - THICK	219
	ROMANA	---	GLUTEN-FREE	---
SAUCE	TOMATO	12	PESTO	36
	EASY SAUCE - TOMATO	6	EASY SAUCE - PESTO	18
	EXTRA SAUCE - TOMATO	17	EXTRA SAUCE - PESTO	54
	WHITE/HERBED OLIVE OIL	48	BBQ	40
	EASY SAUCE - WHITE/HERBED OLIVE OIL	24	EASY SAUCE - BBQ	20
	EXTRA SAUCE - WHITE/HERBED OLIVE OIL	73	EXTRA SAUCE - BBQ	60
CHEESE	MOZZARELLA BLEND	63	EASY CHEESE - MOZZARELLA BLEND	31
	TOPPINGS for a 1-topping pizza serving			
MEATS				
	ANCHOVIES	5	PORCHETTA	22
	BACON	26	SEASONED GROUND BEEF	19
	GRILLED CHICKEN	14	SMOKED HAM	7
	HOT SOPPRESSATA	19	SPICY SAUSAGE	23
	PEPPERONI	21		
VEGETABLES				
	ARTICHOKES	5	PLUM TOMATOES	4
	BLACK OLIVES	8	PORTOBELLO MUSHROOMS	2
	BROCCOLI	8	RED ONIONS	4
	BRUSCHETTA	27	ROASTED GARLIC	11
	GREEN OLIVES	8	ROASTED RED PEPPERS	2
	GREEN PEPPERS	2	SAUTÉED SPINACH	17
	GRILLED ZUCCHINI	5	SLICED TOMATOES	4
	HOT PEPPERS	5	SPANISH ONIONS	4
	MUSHROOMS	2	SUNDRIED OLIVES	20
	PINEAPPLE	9	SUNDRIED TOMATOES	10
CHEESE				
	ASIAGO CHEESE	27	EXTRA DAIRY-FREE MOZZARELLA	23
	CHEDDAR CHEESE	40	EXTRA CHEESE	31
	DAIRY-FREE MOZZARELLA	46	FETA CHEESE	17
	DOUBLE DAIRY-FREE MOZZARELLA	46	GOAT CHEESE	17
	DOUBLE CHEESE	63	PARMIGIANO CHEESE	19

	cals/serving (1 Slice)		cals/serving (1 Slice)	
DOUGH	REGULAR	182	WHOLE WHEAT	182
	REGULAR - THIN	121	WHOLE WHEAT - THIN	121
	REGULAR - THICK	242	WHOLE WHEAT - THICK	243
	ROMANA	---	GLUTEN-FREE	---
SAUCE	TOMATO	18	PESTO	50
	EASY SAUCE - TOMATO	9	EASY SAUCE - PESTO	25
	EXTRA SAUCE - TOMATO	27	EXTRA SAUCE - PESTO	74
	WHITE/HERBED OLIVE OIL	60	BBQ	42
	EASY SAUCE - WHITE/HERBED OLIVE OIL	30	EASY SAUCE - BBQ	21
	EXTRA SAUCE - WHITE/HERBED OLIVE OIL	91	EXTRA SAUCE - BBQ	63
CHEESE	MOZZARELLA BLEND	85	EASY CHEESE - MOZZARELLA BLEND	42
	TOPPINGS for a 1-topping pizza serving			
MEATS				
ANCHOVIES	5	PORCHETTA	32	
BACON	35	SEASONED GROUND BEEF	21	
GRILLED CHICKEN	15	SMOKED HAM	9	
HOT SOPPRESSATA	24	SPICY SAUSAGE	25	
PEPPERONI	25			
VEGETABLES				
ARTICHOKES	5	PLUM TOMATOES	5	
BLACK OLIVES	8	PORTOBELLO MUSHROOMS	3	
BROCCOLI	9	RED ONIONS	5	
BRUSCHETTA	39	ROASTED GARLIC	11	
GREEN OLIVES	8	ROASTED RED PEPPERS	2	
GREEN PEPPERS	3	SAUTÉED SPINACH	22	
GRILLED ZUCCHINI	5	SLICED TOMATOES	4	
HOT PEPPERS	6	SPANISH ONIONS	5	
MUSHROOMS	3	SUNDRIED OLIVES	23	
PINEAPPLE	9	SUNDRIED TOMATOES	10	
CHEESE				
ASIAGO CHEESE	35	EXTRA DAIRY-FREE MOZZARELLA	31	
CHEDDAR CHEESE	52	EXTRA CHEESE	42	
DAIRY-FREE MOZZARELLA	66	FETA CHEESE	22	
DOUBLE DAIRY-FREE MOZZARELLA	66	GOAT CHEESE	22	
DOUBLE CHEESE	85	PARMIGIANO CHEESE	25	

	cals/serving (1 Slice)		cals/serving (1 Slice)	
DOUGH	REGULAR	121	WHOLE WHEAT	121
	REGULAR - THIN	91	WHOLE WHEAT - THIN	91
	REGULAR - THICK	157	WHOLE WHEAT - THICK	158
	ROMANA	---	GLUTEN-FREE	---
SAUCE	TOMATO	11	PESTO	30
	EASY SAUCE - TOMATO	6	EASY SAUCE - PESTO	15
	EXTRA SAUCE - TOMATO	17	EXTRA SAUCE - PESTO	45
	WHITE/HERBED OLIVE OIL	40	BBQ	25
	EASY SAUCE - WHITE/HERBED OLIVE OIL	20	EASY SAUCE - BBQ	13
	EXTRA SAUCE - WHITE/HERBED OLIVE OIL	60	EXTRA SAUCE - BBQ	38
CHEESE	MOZZARELLA BLEND	48	EASY CHEESE - MOZZARELLA BLEND	24
	TOPPINGS for a 1-topping pizza serving			
MEATS				
ANCHOVIES	3	PORCHETTA	16	
BACON	19	SEASONED GROUND BEEF	13	
GRILLED CHICKEN	8	SMOKED HAM	6	
HOT SOPPRESSATA	16	SPICY SAUSAGE	16	
PEPPERONI	15			
VEGETABLES				
ARTICHOKES	3	PLUM TOMATOES	3	
BLACK OLIVES	5	PORTOBELLO MUSHROOMS	2	
BROCCOLI	6	RED ONIONS	3	
BRUSCHETTA	21	ROASTED GARLIC	7	
GREEN OLIVES	5	ROASTED RED PEPPERS	1	
GREEN PEPPERS	2	SAUTÉED SPINACH	15	
GRILLED ZUCCHINI	3	SLICED TOMATOES	2	
HOT PEPPERS	4	SPANISH ONIONS	3	
MUSHROOMS	2	SUNDRIED OLIVES	15	
PINEAPPLE	5	SUNDRIED TOMATOES	7	
CHEESE				
ASIAGO CHEESE	19	EXTRA DAIRY-FREE MOZZARELLA	19	
CHEDDAR CHEESE	28	EXTRA CHEESE	24	
DAIRY-FREE MOZZARELLA	38	FETA CHEESE	12	
DOUBLE DAIRY-FREE MOZZARELLA	38	GOAT CHEESE	12	
DOUBLE CHEESE	48	PARMIGIANO CHEESE	13	

	cals/serving		cals/serving	
DOUGH	REGULAR	465	WHOLE WHEAT	466
	REGULAR - THIN	---	WHOLE WHEAT - THIN	---
	REGULAR - THICK	---	WHOLE WHEAT - THICK	---
	ROMANA	---	GLUTEN-FREE	---
SAUCE	TOMATO	39	PESTO	119
	EASY SAUCE - TOMATO	19	EASY SAUCE - PESTO	60
	EXTRA SAUCE - TOMATO	77	EXTRA SAUCE - PESTO	179
	WHITE/HERBED OLIVE OIL	242	BBQ	75
	EASY SAUCE - WHITE/HERBED OLIVE OIL	121	EASY SAUCE - BBQ	50
	EXTRA SAUCE - WHITE/HERBED OLIVE OIL	242	EXTRA SAUCE - BBQ	100
CHEESE	MOZZARELLA BLEND	242	EASY CHEESE - MOZZARELLA BLEND	145
	TOPPINGS for a 1-topping panzerotti serving			
MEATS				
ANCHOVIES	13	PORCHETTA	55	
BACON	91	SEASONED GROUND BEEF	63	
GRILLED CHICKEN	44	SMOKED HAM	27	
HOT SOPPRESSATA	38	SPICY SAUSAGE	75	
PEPPERONI	41			
VEGETABLES				
ARTICHOKES	14	PLUM TOMATOES	---	
BLACK OLIVES	75	PORTOBELLO MUSHROOMS	6	
BROCCOLI	12	RED ONIONS	11	
BRUSCHETTA	108	ROASTED GARLIC	26	
GREEN OLIVES	50	ROASTED RED PEPPERS	6	
GREEN PEPPERS	6	SAUTÉED SPINACH	22	
GRILLED ZUCCHINI	12	SLICED TOMATOES	8	
HOT PEPPERS	25	SPANISH ONIONS	11	
MUSHROOMS	6	SUNDRIED OLIVES	135	
PINEAPPLE	27	SUNDRIED TOMATOES	104	
CHEESE				
ASIAGO CHEESE	119	EXTRA DAIRY-FREE MOZZARELLA	104	
CHEDDAR CHEESE	113	EXTRA CHEESE	121	
DAIRY-FREE MOZZARELLA	209	FETA CHEESE	76	
DOUBLE DAIRY-FREE MOZZARELLA	417	GOAT CHEESE	76	
DOUBLE CHEESE	484	PARMIGIANO CHEESE	85	

SPECIALTY PIZZAS

CALS / SERVING = 1 SLICE

SPECIALTY PIZZAS

	Small	Med	Large	Jumbo	Party	Gluten-Free
# of slices	6	8	10	12	24	*Med. Only
BANQUET CHEDDAR	223	258	304	392	241	269
BASILICATA	224	259	302	380	244	270
BRUSCHETTA PIZZA	210	245	284	366	231	256
CALABRESE	178	207	248	316	201	218
CALIFORNIA	226	261	301	381	243	272
CHEDDAR SUPREME	202	238	282	360	223	249
CHICKEN ALLA BIANCA	218	252	292	369	233	263
CHICKEN FLORENTINE	217	258	303	386	241	269
DELUXE	205	239	279	358	223	250
GREEK BRUSCHETTA	234	269	308	396	248	280
IL GIARDINO	222	257	297	379	241	268
JOSH DONALDSON	198	226	264	340	212	237
MEAT SUPREME	229	262	308	390	244	273
MEDITERRANEAN	192	220	258	329	207	231
NAPOLETANA	170	197	234	301	190	208
NONNA'S FAVOURITE	206	240	280	356	226	288
PIZZA POLLO	200	230	271	345	217	241
PORCHETTA & HOT PEPPERS	212	248	288	370	232	259
PORCO PAZZO	214	245	287	375	232	256
PORTOBELLISSIMO	198	227	267	345	217	238
PRIMAVERA	196	226	266	341	214	237
QUATTRO STAGIONI	178	203	241	310	196	214
ROASTED PARMA	179	207	246	316	198	218
SPICY PORCHETTA	229	266	307	395	246	358
SUPER GOURMET	196	224	263	333	209	235
SUPER HAWAIIAN	193	222	261	337	211	233
THE FOUNDERS	209	239	279	363	224	250
TUSCAN PESTO	200	239	282	360	224	250
VEGGIE	162	190	228	294	187	201

*NOTE: Gluten-Free available in Medium size ONLY

IN-STORE SLICES

CALS / SERVING = 1 SLICE

	cals/serving		cals/serving	
IN-STORE SLICES	BANQUET CHEDDAR	784	NONNA'S FAVOURITE	712
	BASILICATA	760	PEPPERONI	620
	BRUSCHETTA PIZZA	732	PIZZA POLLO	690
	CALABRESE	632	PORCHETTA & HOT PEPPERS	740
	CALIFORNIA	762	PORCO PAZZO	750
	CHEDDAR SUPREME	720	PORTOBELLISSIMO	690
	CHEESE	570	PRIMAVERA	682
	CHICKEN ALLA BIANCA	738	QUATTRO STAGIONI	620
	CHICKEN FLORENTINE	772	ROASTED PARMA	632
	DELUXE	716	SPICY PORCHETTA	790
	GREEK BRUSCHETTA	792	SUPER GOURMET	666
	HAWAIIAN	680	SUPER HAWAIIAN	674
	IL GIARDINO	758	THE FOUNDERS	726
	JOSH DONALDSON	680	TUSCAN PESTO	720
	MEAT SUPREME	780	VEGGIE	588
	MEDITERRANEAN	658	ROMANA PIZZA AL TAGLIO	600-800
	NAPOLETANA	602		

SIDES & ADD-ONS

SERVING SIZE = CALS/SERVING

		servings	cals
DIPS	BBQ SAUCE	1 unit	100
	BLUE CHEESE	1 unit	190
	CREAMY GARLIC PARMESAN	1 unit	300
	HONEY GARLIC	1 unit	220
	HOT SAUCE	1 unit	90
	JALAPEÑO RANCH	1 unit	220
	MARINARA	1 unit	40
	MEDIUM SAUCE	1 unit	90
	MILD SAUCE	1 unit	90
	PESTO	1 unit	240

GARLIC BREAD	GARLIC BREAD	ea.	480
	GARLIC BREAD WITH CHEESE	ea.	770
	GARLIC BREAD WITH DAIRY-FREE CHEESE	ea.	730

LASAGNA	LASAGNA	ea.	860
	EXTRA SAUCE	ea.	19

POTATO WEDGES	POTATO WEDGES	1 unit	670
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SALADS	BALSAMIC MEDITERRANEAN SALAD	ea.	390
	BALSAMIC MEDITERRANEAN SALAD WITH GRILLED CHICKEN	ea.	480
	EXTRA BALSAMIC DRESSING	ea.	120
	CAESAR SALAD	ea.	480
	CAESAR SALAD WITH GRILLED CHICKEN	ea.	570
	EXTRA CAESAR DRESSING	ea.	260

SIDES & ADD-ONS

SERVING SIZE = CALS/SERVING

		servings	cal			servings	cal	
SANDWICHES	CHICKEN CUTLET SANDWICH	ea.	680	PORCHETTA SANDWICH	ea.	820		
	W/ROASTED RED PEPPERS	ea.	690	W/ROASTED RED PEPPERS	ea.	830		
	W/HOT PEPPERS	ea.	710	W/HOT PEPPERS	ea.	850		
	GRILLED CHICKEN CAESAR SANDWICH	ea.	580	VEAL CUTLET SANDWICH	ea.	650		
	MEATBALL	ea.	610	W/ROASTED RED PEPPERS	ea.	660		
	W/ROASTED RED PEPPERS	ea.	620	W/HOT PEPPERS	ea.	680		
	W/HOT PEPPERS	ea.	640					
	SANDWICH TOPPINGS		servings	cal			servings	cal
	ARTICHOKES	loz	9	SAUTÉED SPINACH	loz	44		
	BLACK OLIVES	loz	50	SLICED TOMATOES	1 slice	4		
	BROCCOLI	loz	8	SPANISH ONIONS	loz	11		
	BRUSCHETTA	loz	36	SUNDRIED OLIVES	loz	135		
	GREEN OLIVES	loz	50	SUNDRIED TOMATOES	loz	104		
	GREEN PEPPERS	loz	6	ASIAGO CHEESE	loz	119		
	GRILLED ZUCCHINI	loz	12	CHEDDAR CHEESE	loz	113		
	HOT PEPPERS	loz	25	CHEESE	loz	97		
	MUSHROOMS	loz	6	DAIRY-FREE MOZZARELLA	loz	83		
	PINEAPPLE	loz	21	DOUBLE CHEESE	loz	97		
	PORTOBELLO MUSHROOMS	loz	6	EXTRA CHEESE	loz	97		
	RED ONIONS	loz	11	FETA CHEESE	loz	76		
ROASTED GARLIC	tbsp	53	GOAT CHEESE	loz	76			
ROASTED RED PEPPERS	loz	6	PARMIGIANO CHEESE	loz	85			

		servings	cal
SIDE ORDERS	PIZZELLE COOKIES	1/6 pkg	140
	SIDE ORDER OF ANCHOVIES	ea.	52
	SIDE ORDER OF BRUSCHETTA	ea.	220
	SIDE ORDER OF MEATBALLS	ea.	270
	SIDE ORDER OF TOMATO SAUCE	ea.	154
	SIDE PARMIGIANO CHEESE	ea.	85

WINGS & POLLINI

SERVING SIZE = CALS/SERVING

		servings	calcs
POLLINI PLAIN	POLLINI	each pollini	62
POLLINI & SAUCE	10 POLLINI + SAUCE		
	BBQ	each pollini	82
	MILD	each pollini	80
	MEDIUM	each pollini	80
	HOT	each pollini	80
	HONEY GARLIC	each pollini	106
WINGS PLAIN	WINGS PLAIN	each wing	70
	WINGS ITALIAN	each wing	63
WINGS & SAUCE	10 WINGS + SAUCE		
	BBQ	each wing	85
	MILD	each wing	84
	MEDIUM	each wing	84
	HOT	each wing	84
	HONEY GARLIC	each wing	103

BEVERAGES & CHIPS

SERVING SIZE = CALS/SERVING

		servings	cals
CANS (355ml)	COKE	1 can	140
	COKE ZERO	1 can	0
	DIET COKE	1 can	0
	BRIO	1 can	160
	BARQS ROOT BEER	1 can	160
	FANTA ORANGE	1 can	150
	GINGER ALE	1 can	130
	SPRITE	1 can	140
	SPRITE ZERO	1 can	0
	BUDWEISER PROHIBITION BREW	1 can	150
BOTTLES (471ml)	COKE	1 bottle	200
	COKE ZERO	1 bottle	0
	DIET COKE	1 bottle	0
	GINGER ALE	1 bottle	190
	DASANI (WATER)	1 bottle	0
	ICED TEA	1 bottle	160
	ORANGE JUICE	1 bottle	220
	APPLE JUICE	1 bottle	210
	MULTI-V (VITAMINWATER)	1 bottle	130
	XXX (VITAMINWATER)	1 bottle	120
	ORANGINA	1 bottle	130
	SAN PELLEGRINO	1 bottle	0
CHOCOLATE MILK	1 bottle	220	
CHIPS	MS. VICKIES	1 bag	210
	LAY'S REGULAR	1 bag	220
	DORITOS	1 bag	230
	SUN CHIPS	1 bag	210

SPECIALS & ADD-ONS

SERVING SIZE = CALS/SERVING

		servicing size	cals
SPECIALS (Calories vary per special)	PARTY PEPPERONI (Serves 8)	1 slice	180-240 per slice
	MVP BUNDLE (Serves 5)	1/5 of bundle	650-950
	CHOOSE YOUR OWN COMBO - MEDIUM (Serves 4)	1/4 of combo	520-840
	CHOOSE YOUR OWN COMBO - LARGE (Serves 6)	1/6 of combo	590-920
	FAMILY SPECIAL - MEDIUM (Serves 6)	1/6 of combo	730-1250
	FAMILY SPECIAL - LARGE (Serves 8)	1/8 of combo	740-1230
	CHICKEN TRIO (Serves 3)	1/3 of trio	330-460
	FOCACCIA BARESE	1 slice	260 per slice
	LARGE 3-TOPPING PIZZA + FOCACCIA BARESE (Serves 6)	1/6 of special	640-890
	PICK-UP SPECIAL - MEDIUM	1 slice	185-265 per slice
	PICK-UP SPECIAL - LARGE	1 slice	265-305 per slice
	LARGE 3-TOPPING PIZZA + 20 WINGS (Serves 6)	1/6 of special	590-920
GAME TIME SPECIAL (Serves 2)	1/2 of special	900-1450	

ADD-ONS (Calories vary per special)	2 CANS OF POP + 2 DIPS	1/2 of add-on	40-460
	2 CANS OF POP + 2 PIECES OF GARLIC BREAD	1/2 of add-on	240-400
	2 BOTTLES OF POP + 2 DIPS	1/2 of add-on	40-500
	3 BOTTLES OF POP	1/3 of add-on	0-200
	4 CANS OF POP	1/4 of add-on	0-160

*NOTE: For Specials and Add-Ons, calories vary based on toppings and products chosen - as calories vary for each.

		servings	servings
		size	cal
PRIMUCCI PRODUCTS (Serving sizes and Calories vary by Product)	SPICY GREEN OLIVES (212g)	3 olives (15g)	25
	EXTRA VIRGIN OLIVE OIL (500ml)	15ml	120
	SUNDRIED BLACK OLIVES (212g)	3 olives (15g)	45
	HOMESTYLE TOMATO SAUCE (730ml)	60ml	40
	ITALIAN PEELED TOMATOES (796ml)	125ml	20
	ITALIAN HOT PEPPERS (340g)	30ml	22
	HOT EXTRA VIRGIN OLIVE OIL (250ml)	15ml	120