



Johnny's
Pizza House

NUTRITIONAL INFORMATION

- 2** Pizza
- 11** Shareables & Desserts
- 12** Sandwiches
- 12** Flips
- 13** Beverages
- 15** Alcohol
- 16** Salad Bar
- 18** Buffet



	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
PERSONAL PIZZAS 8" (SPECIALTY)											
8" Bacon Cheeseburger Pizza	970	420	47	19	1	125	1630	86	4	13	51
8" Bacon Chicken Ranchero Pizza	1090	580	64	20	0.5	120	1640	81	2	9	48
8" BBQ Chicken Pizza	980	330	37	15	0.5	110	2050	112	4	38	49
8" Buffalo Chicken Pizza	860	340	38	16	1	110	3680	81	2	10	48
8" Hog Heaven Pizza	970	400	45	17	0	125	2610	85	4	13	57
8" Maui Wowie Pizza	930	330	36	14	0	125	2720	88	4	17	61
8" Mighty Meaty Pizza	1060	460	52	20	0.5	150	2590	84	4	13	63
8" Pepperoni Power Pizza	1130	550	61	25	1	130	2390	85	4	13	57
8" Sweep the Kitchen Pizza	1000	440	49	18	0.5	115	2310	89	6	14	53
8" Sweep the Swamp Pizza (LTO)	820	280	31	12	0	115	2610	90	5	15	45
8" Veg-Out Pizza	740	250	28	10	0	45	1420	88	6	14	35



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PERSONAL PIZZAS 8" (BUILD YOUR OWN)											
8" Cheese Pizza, Original Crust, Regular Sauce	690	220	25	10	0	45	1110	83	4	12	33
8" Thick Crust	590	100	11	1	0	0	120	109	2	12	14
8" Thin Crust	270	45	5	0	0	0	55	51	1	5	6
8" Extra Sauce	60	5	0.5	0	0	0	640	10	3	6	2
8" Lite Sauce	15	0	0	0	0	0	160	3	1	1	1
Pizza Topping: 8" Anchovies	45	20	2	0		20	780	0	0	0	6
Pizza Topping: 8" Andouille Sausage	180	150	16	5	0	40	750	2	0	1	8
Pizza Topping: 8" Bacon	190	130	15	5	0	40	820	1	0	0	13
Pizza Topping: 8" Bell Pepper	5	0	0	0	0	0	0	1	0	1	0
Pizza Topping: 8" Black Olives	80	70	8	1	0	0	520	4	2	0	1
Pizza Topping: 8" Cheddar Cheese	340	250	27	16	1	80	530	3	0	0	21
Pizza Topping: 8" Chicken	60	10	1.5	0	0	30	160	1	0	0	11
Pizza Topping: 8" Crawfish (LTO)	45	5	0.5	0	0	70	800	0	0	0	9
Pizza Topping: 8" Diced Tomatoes	15	0	0	0	0	0	0	3	1	2	1
Pizza Topping: 8" Green Olives	100	100	11	1.5	0	0	1100	3	2	0	1
Pizza Topping: 8" Ham	35	5	1	0	0	15	350	0		0	6
Pizza Topping: 8" Hamburger	110	70	8	3	0	35	30	0	0	0	11
Pizza Topping: 8" Jalapenos	10	5	0	0	0	0	590	2	1	1	0
Pizza Topping: 8" Mushroom	15	0	0	0	0	0	0	2	1	1	2
Pizza Topping: 8" Onion	15	0	0	0	0	0	0	3	1	2	0
Pizza Topping: 8" Pepperoni	170	140	16	6	0	35	560	0		0	7
Pizza Topping: 8" Pineapple	25	0	0	0	0	0	0	6	0	5	0
Pizza Topping: 8" Sausage	140	110	12	4.5	0	30	250	0	0	0	6
Pizza Topping: 8" Shrimp (LTO)	40	0	0	0	0	55	980	1	0	1	9
Pizza Topping: 8" Taste of Crab (LTO)	50	5	0	0	0	10	1210	8	0	3	4



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SMALL PIZZAS 10" (SPECIALTY)											
10" Bacon Cheeseburger Pizza	1560	680	76	31	1.5	200	2540	135	6	20	83
10" Bacon Chicken Ranchero Pizza	1720	890	99	32	1	200	2660	130	4	15	79
10" BBQ Chicken Pizza	1580	570	63	26	1	185	3210	171	5	53	80
10" Buffalo Chicken Pizza	1420	580	64	26	1.5	185	5390	129	4	15	79
10" Hog Heaven Pizza	1590	660	74	27	0	205	4260	135	6	20	94
10" Maui Wowie Pizza	1510	540	60	23	0	200	4300	139	6	25	100
10" Mighty Meaty Pizza	1720	760	84	32	1	240	4210	133	6	19	103
10" Pepperoni Power Pizza	1810	890	99	41	1.5	215	3700	135	6	19	92
10" Sweep the Kitchen Pizza	1590	690	77	29	1	180	3610	141	9	22	84
10" Sweep the Swamp Pizza (LTO)	1310	460	52	20	0	170	3810	141	7	23	71
10" Veg-Out Pizza	1190	410	46	17	0	75	2170	140	9	22	57



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SMALL PIZZAS 10" (BUILD YOUR OWN)											
10" Cheese Pizza, Original Crust, Regular Sauce	1110	370	41	16	0	75	1690	131	6	19	54
10" Thick Crust	1060	180	20	1.5	0.5	0	220	196	4	21	25
10" Thin Crust	470	80	9	0.5	0	0	95	87	2	9	11
10" Extra Sauce	80	10	1	0	0	0	960	15	5	8	3
10" Lite Sauce	30	5	0	0	0	0	320	5	2	3	1
Pizza Topping: 10" Anchovies	60	25	3	0.5		25	1040	0	0	0	8
Pizza Topping: 10" Andouille Sausage	230	180	20	6	0	50	940	3	0	1	10
Pizza Topping: 10" Bacon	310	210	24	8	0	60	1310	1	0	0	21
Pizza Topping: 10" Bell Pepper	10	0	0	0	0	0	0	2	1	1	0
Pizza Topping: 10" Black Olives	130	110	12	1.5	0	0	830	7	4	0	1
Pizza Topping: 10" Cheddar Cheese	570	410	46	26	1.5	135	890	6	1	0	34
Pizza Topping: 10" Chicken	90	15	2	0.5	0	45	240	1	0	0	17
Pizza Topping: 10" Crawfish (LTO)	60	10	1	0	0	90	1000	0	0	0	11
Pizza Topping: 10" Diced Tomatoes	20	0	0	0	0	0	5	4	1	3	1
Pizza Topping: 10" Green Olives	160	160	17	2.5	0	0	1760	4	4	1	1
Pizza Topping: 10" Ham	60	10	1.5	0	0	25	560	1		0	10
Pizza Topping: 10" Hamburger	170	100	11	4.5	0	55	50	0	0	0	16
Pizza Topping: 10" Jalapenos	15	5	0.5	0	0	0	950	3	1	1	1
Pizza Topping: 10" Mushroom	25	5	0	0	0	0	5	4	1	2	4
Pizza Topping: 10" Onion	25	0	0	0	0	0	0	5	1	2	1
Pizza Topping: 10" Pepperoni	280	230	25	10	0.5	55	900	0		0	11
Pizza Topping: 10" Pineapple	35	0	0	0	0	0	0	8	1	8	1
Pizza Topping: 10" Sausage	210	170	19	7	0	45	380	0	0	0	9
Pizza Topping: 10" Shrimp (LTO)	50	0	0	0	0	70	1220	1	0	1	11
Pizza Topping: 10" Taste of Crab (LTO)	70	5	0	0	0	15	1510	10	0	4	5



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MEDIUM PIZZAS 12" (SPECIALTY)											
12" Bacon Cheeseburger Pizza	2350	1030	114	47	2.5	305	3890	203	10	30	124
12" Bacon Chicken Ranchero Pizza	2580	1330	148	48	1.5	295	3980	194	6	22	117
12" BBQ Chicken Pizza	2360	850	95	39	1.5	275	4800	257	8	80	119
12" Buffalo Chicken Pizza	2120	870	97	40	2	275	8070	194	6	23	118
12" Hog Heaven Pizza	2380	1000	112	41	0.5	305	6320	202	9	30	139
12" Maui Wowie Pizza	2260	810	91	35	0.5	295	6310	210	9	38	147
12" Mighty Meaty Pizza	2550	1120	124	48	1.5	350	6140	200	8	29	152
12" Pepperoni Power Pizza	2670	1300	145	61	2.5	310	5450	202	8	29	136
12" Sweep the Kitchen Pizza	2370	1020	114	42	1.5	265	5380	211	13	33	124
12" Sweep the Swamp Pizza (LTO)	1980	700	79	30	0	260	5770	212	10	35	106
12" Veg-Out Pizza	1790	620	69	26	0	115	3300	210	13	32	85



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MEDIUM PIZZAS 12" (BUILD YOUR OWN)											
12" Cheese Pizza, Deep Pan Crust, Regular Sauce	2490	900	101	28	1.5	115	4390	291	14	20	98
12" Cheese Pizza, Original Crust, Regular Sauce	1670	550	61	25	0	115	2540	197	8	28	81
12" Thick Crust	1410	240	27	2	0.5	0	290	261	6	28	33
12" Thin Crust	550	90	10	1	0	0	115	101	2	11	13
12" Extra Sauce	120	15	1.5	0	0	0	1440	23	7	12	5
12" Lite Sauce	60	5	0.5	0	0	0	640	10	3	6	2
Pizza Topping: 12" Anchovies	90	35	4	1		35	1560	0	0	0	12
Pizza Topping: 12" Andouille Sausage	360	290	32	10	0	80	1500	4	0	2	16
Pizza Topping: 12" Bacon	460	320	36	12	0	95	1960	1	0	0	31
Pizza Topping: 12" Bell Pepper	10	0	0	0	0	0	0	3	1	1	0
Pizza Topping: 12" Black Olives	180	150	17	2	0	0	1150	10	5	0	1
Pizza Topping: 12" Cheddar Cheese	850	610	68	39	2.5	205	1330	8	1	0	52
Pizza Topping: 12" Chicken	130	25	3	1	0	65	350	1	0	0	25
Pizza Topping: 12" Crawfish (LTO)	90	10	1.5	0	0	145	1610	0	0	0	18
Pizza Topping: 12" Diced Tomatoes	30	5	0	0	0	0	10	6	2	4	1
Pizza Topping: 12" Green Olives	230	210	24	3	0	0	2430	6	5	1	2
Pizza Topping: 12" Ham	80	15	2	0.5	0	35	770	1		0	14
Pizza Topping: 12" Hamburger	250	150	16	6	0.5	80	70	0	0	0	24
Pizza Topping: 12" Jalapenos	25	5	1	0	0	0	1420	4	2	2	1
Pizza Topping: 12" Mushroom	35	5	0.5	0	0	0	10	5	2	3	5
Pizza Topping: 12" Onion	35	0	0	0	0	0	0	8	1	4	1
Pizza Topping: 12" Pepperoni	380	310	35	14	1	80	1230	1		0	15
Pizza Topping: 12" Pineapple	50	0	0	0	0	0	0	12	1	11	1
Pizza Topping: 12" Sausage	300	240	27	10	0	60	540	1	0	0	13
Pizza Topping: 12" Shrimp (LTO)	80	0	0	0	0	115	1950	1	0	1	17
Pizza Topping: 12" Taste of Crab (LTO)	100	5	0.5	0	0	20	2410	17	1	7	8



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LARGE PIZZAS 14" (SPECIALTY)											
14" Bacon Cheeseburger Pizza	3080	1330	148	60	3	395	5150	273	14	41	162
14" Bacon Chicken Ranchero Pizza	3480	1830	204	64	2	390	5420	260	8	30	153
14" BBQ Chicken Pizza	3160	1100	123	50	2	355	6650	354	11	116	157
14" Buffalo Chicken Pizza	2790	1130	126	51	2.5	355	11550	259	8	31	155
14" Hog Heaven Pizza	3140	1300	145	53	1	405	8620	272	12	42	185
14" Maui Wowie Pizza	2970	1050	117	44	0.5	385	8440	282	13	53	192
14" Mighty Meaty Pizza	3400	1490	166	63	2	475	8480	269	12	40	203
14" Pepperoni Power Pizza	3530	1710	190	79	3	405	7320	272	12	39	177
14" Sweep the Kitchen Pizza	3170	1370	152	56	2	355	7520	284	18	45	165
14" Sweep the Swamp Pizza (LTO)	2590	900	101	38	0.5	335	7730	285	14	47	138
14" Veg-Out Pizza	2370	810	90	33	0.5	145	4540	283	18	44	110



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LARGE PIZZAS 14" (BUILD YOUR OWN)											
14" Cheese Pizza, Deep Pan Crust, Regular Sauce	3020	1050	117	35	1.5	145	5270	360	16	23	123
14" Cheese Pizza, Original Crust, Regular Sauce	2190	710	79	31	0.5	145	3450	265	12	39	105
14" Thick Crust	1880	320	36	2.5	1	0	390	348	8	37	45
14" Thin Crust	780	130	15	1	0	0	160	145	3	15	19
14" Extra Sauce	180	20	2	0	0	0	2080	33	10	18	7
14" Lite Sauce	80	10	1	0	0	0	960	15	5	8	3
Pizza Topping: 14" Anchovies	150	60	7	1.5		60	2600	0	0	0	20
Pizza Topping: 14" Andouille Sausage	460	360	40	13	0	100	1870	5	0	3	20
Pizza Topping: 14" Bacon	610	430	47	16	0	125	2620	2	0	0	42
Pizza Topping: 14" Bell Pepper	20	0	0	0	0	0	0	4	2	2	1
Pizza Topping: 14" Black Olives	240	200	23	3	0	0	1560	13	7	0	2
Pizza Topping: 14" Cheddar Cheese	1080	780	87	50	3	260	1680	11	1	0	65
Pizza Topping: 14" Chicken	190	35	4	1	0	90	480	2	0	0	34
Pizza Topping: 14" Crawfish (LTO)	110	15	1.5	0	0	180	2010	0	0	0	23
Pizza Topping: 14" Diced Tomatoes	40	5	0	0	0	0	10	8	3	6	2
Pizza Topping: 14" Green Olives	310	290	33	4.5	0	0	3310	8	7	1	2
Pizza Topping: 14" Ham	110	20	2.5	1	0	50	1050	1		1	19
Pizza Topping: 14" Hamburger	340	200	23	9	1	110	95	0	0	0	33
Pizza Topping: 14" Jalapenos	30	10	1	0	0	0	1890	5	3	2	1
Pizza Topping: 14" Mushroom	45	5	0.5	0	0	0	10	7	2	4	7
Pizza Topping: 14" Onion	45	0	0	0	0	0	0	11	2	5	1
Pizza Topping: 14" Pepperoni	520	420	47	18	1.5	105	1680	1		0	21
Pizza Topping: 14" Pineapple	70	0	0	0	0	0	0	17	1	16	1
Pizza Topping: 14" Sausage	420	330	37	13	0	85	750	1	0	0	19
Pizza Topping: 14" Shrimp (LTO)	100	0	0	0	0	145	2440	2	0	1	22
Pizza Topping: 14" Taste of Crab (LTO)	130	5	0.5	0	0	25	3020	21	1	9	10



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PARTY PLEASER											
14" Cheese Party Pizza, Deep Pan Crust, Reg Sce	2930	990	111	32	1.5	130	5080	359	16	22	116
14" Cheese Party Pizza, Original Crust, Reg Sce	2110	660	73	28	0.5	130	3270	264	12	38	97
Party Pleaser Topping: 14" Anchovies	60	25	3	0.5		25	1040	0	0	0	8
Party Pleaser Topping: 14" Andouille	360	290	32	10	0	80	1500	4	0	2	16
Party Pleaser Topping: 14" Bacon	380	270	30	10	0	80	1640	1	0	0	26
Party Pleaser Topping: 14" Bell Pepper	15	0	0	0	0	0	0	3	1	2	1
Party Pleaser Topping: 14" Black Olives	150	120	14	2	0	0	940	8	4	0	1
Party Pleaser Topping: 14" Chicken	140	25	3	1	0	70	370	1	0	0	26
Party Pleaser Topping: 14" Dcd Tomatoes	25	0	0	0	0	0	5	5	2	3	1
Party Pleaser Topping: 14" Green Olives	180	180	20	2.5	0	0	1990	5	4	1	1
Party Pleaser Topping: 14" Ham	210	45	5	2	0	100	2120	2		1	38
Party Pleaser Topping: 14" Hamburger	270	160	18	7	1	85	75	0	0	0	26
Party Pleaser Topping: 14" Jalapenos	10	5	0	0	0	0	710	2	1	1	0
Party Pleaser Topping: 14" Mushroom	30	5	0	0	0	0	5	4	1	3	4
Party Pleaser Topping: 14" Onion	30	0	0	0	0	0	0	7	1	3	1
Party Pleaser Topping: 14" Pepperoni	330	270	30	12	1	65	1050	1		0	13
Party Pleaser Topping: 14" Pineapple	60	0	0	0	0	0	0	13	1	12	1
Party Pleaser Topping: 14" Sausage	320	260	29	10	0	65	580	1	0	0	14



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SHAREABLES & DESSERTS											
Bone-In Wings (10 Piece, No Sauce)	730	520	58	12	0	150	930	6	0	0	46
Bone-In Wings (25 Piece, No Sauce)	1750	1230	137	29	1	375	2330	15	0	1	114
Bone-In Wings (5 Piece, No Sauce)	440	340	38	7	0	75	470	3	0	0	23
Bone-In Wings (50 Piece, No Sauce)	3340	2300	257	57	1.5	750	4660	31	0	1	229
Boneless Wings (10 Piece, No Sauce)	720	340	38	5	0.5	130	1570	40	1	2	52
Boneless Wings (25 Piece, No Sauce)	1710	760	86	12	1	320	3920	99	3	4	130
Boneless Wings (5 Piece, No Sauce)	430	240	27	3	0	65	780	20	1	1	26
Boneless Wings (50 Piece, No Sauce)	3280	1380	154	23	2	640	7850	199	6	8	259
Wing Sauce: BBQ Sauce (1.5 fl oz)	70	0	0	0	0	0	430	17	1	15	1
Wing Sauce: Garlic Parmesan (sauce) (1.5 fl oz)	130	110	13	2	0	0	720	3	1	1	1
Wing Sauce: Hot Buffalo Sauce (1.5 fl oz)	10	5	0.5	0	0	0	1310	1	0	0	0
Wing Sauce: Ranch Dressing (4 fl oz)	440	430	48	8	0	20	760	4	0	0	0
Wing Sauce: Sweet & Tangy Sauce (Sweet Baby) (1.5 fl oz)	130	10	1	0	0	0	610	29	0	26	1
Breadsticks (5) (No Sauce)	840	300	34	3.5	3	0	410	120	3	12	15
Cheesesticks (Large Order, No Sauce)	2170	640	71	27	3	115	5570	281	10	12	96
Cheesesticks (Small Order, No Sauce)	1090	320	36	14	1	57	2780	140	5	6	48



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SHAREABLES & DESSERTS (CONTINUED)											
Colossal 8" Chocolate Chip Cookies (1 Each)	1320	590	66	33	0	0	1210	176	0	110	22
Cinnamon Sticks (Large)	2280	260	29	4	2.5	0	2140	465	11	201	40
Cinnamon Sticks (Small)	1140	130	14	2	1.5	0	1070	232	6	101	20
Nacho Cheese (3 fl oz)	120	90	10	2	3.5	5	680	9	0	4	1
Pizza Sauce (3 fl oz)	45	5	0.5	0	0	0	530	8	2	5	2
Peach Puddin Pizza (1 slice of 10")	330	130	15	3	1.5	0	480	48	1	24	3
Peach Puddin Pizza (1 slice of 12")	500	190	22	4.5	2.5	0	720	72	2	36	4
Peach Puddin Pizza (1 slice of 14")	660	260	29	6	3.5	0	960	96	2	48	6
Peach Puddin Pizza (1 slice of 8")	210	80	9	2	1	0	300	30	1	15	2
SANDWICHES											
Muffuletta (Half)	1580	950	105	22	2.5	100	5040	88	6	4	51
Muffuletta (Quarter)	870	520	58	12	1	50	2600	52	4	3	26
Muffuletta (Whole)	2990	1800	200	42	5	205	9920	161	12	8	100
FLIPS											
Buffalo Chicken Flip	600	180	20	6	0	45	1620	77	2	9	29
BBQ Chicken Flip	650	180	20	6	0	45	1080	87	2	18	29
Chicken Ranchero Flip	680	260	29	8	0	50	940	77	2	9	29
Ham & Cheese Flip	650	160	18	3.5	2.5	80	2400	80	2	11	41
Kajun Flip (LTO)	600	170	19	6	0	45	1270	81	3	11	25
Mighty Meaty Flip	730	260	30	10	0	75	1710	78	2	10	37
Muffuletta Flip	760	290	33	9	0	75	1930	76	2	9	38
Pepperoni Flip	710	290	32	11	0.5	60	1270	77	2	9	28
Cheese Flip	710	270	30	13	0.5	65	980	79	3	9	31
Veg-Out Flip	560	160	18	5	0	25	870	80	3	10	22



	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
BEVERAGES - BOTTLED											
Coke (2 Liter Bottle)	790	0	0	0	0	0	250	220	0	220	0
Diet Coke (2 Liter Bottle)	0	0	0	0	0	0	230	0	0	0	0
Dr Pepper (2 Liter Bottle)	850	0	0	0	0	0	300	228	0	228	0
Sprite (2 Liter Bottle)	820	0	0	0	0	0	190	220	0	220	0
Sweet Tea (1 Gallon)	2030	0	0	0	0	0	120	526	0	514	0
Unsweetened Iced Tea (1 Gallon)	40	0	0	0	0	0	115	11	0	0	0
BEVERAGES - FOUNTAIN											
Medium Fountain Coke (16 fl oz)	190	0	0	0	0	0	60	52	0	52	0
Medium Fountain Coke Zero (16 fl oz)	0	0	0	0	0	0	55	0	0	0	0
Medium Fountain Diet Coke (16 fl oz)	0	0	0	0	0	0	55	0	0	0	0
Medium Fountain Diet Dr Pepper (16 fl oz)	0	0	0	0	0	0	70	0	0	0	0
Medium Fountain Dr Pepper (16 fl oz)	200	0	0	0	0	0	70	54	0	54	0
Medium Fountain Orange Fanta (16 fl oz)	210	0	0	0	0	0	80	60	0	59	0
Medium Fountain Pink Lemonade (16 fl oz)	210	0	0	0	0	0	140	57	0	55	0
Medium Fountain Powderade Mountain Berry Blast (16 fl oz)	110	0	0	0	0	0	200	28	0	28	0
Medium Fountain Root Beer (16 fl oz)	210	0	0	0	0	0	95	60	0	60	0
Medium Fountain Sprite (16 fl oz)	190	0	0	0	0	0	45	52	0	52	0
Medium Fountain Strawberry Fanta (16 fl oz)	240	0	0	0	0	0	60	64	0	64	0
Medium Fountain Sweet Tea (16 fl oz)	250	0	0	0	0	0	15	66	0	64	0
Medium Fountain Unsweetened Iced Tea (16 fl oz)	5	0	0	0	0	0	15	1	0	0	0
Large Fountain Coke (32 fl oz)	370	0	0	0	0	0	120	104	0	104	0
Large Fountain Coke Zero (32 fl oz)	0	0	0	0	0	0	105	0	0	0	0
Large Fountain Diet Coke (32 fl oz)	0	0	0	0	0	0	105	0	0	0	0
Large Fountain Diet Dr Pepper (32 fl oz)	0	0	0	0	0	0	140	0	0	0	0



	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
BEVERAGES - FOUNTAIN (CONTINUED)											
Large Fountain Dr Pepper (32 fl oz)	400	0	0	0	0	0	140	108	0	108	0
Large Fountain Orange Fanta (32 fl oz)	430	0	0	0	0	0	160	120	0	117	0
Large Fountain Pink Lemonade (32 fl oz)	410	0	0	0	0	0	280	114	0	109	0
Large Fountain Powderade Mountain Berry Blast (32 fl oz)	210	0	0	0	0	0	400	56	0	56	0
Large Fountain Root Beer (32 fl oz)	430	0	0	0	0	0	190	120	0	120	0
Large Fountain Sprite (32 fl oz)	390	0	0	0	0	0	90	104	0	104	0
Large Fountain Strawberry Fanta (32 fl oz)	480	0	0	0	0	0	120	128	0	128	0
Large Fountain Sweet Tea (32 fl oz)	510	0	0	0	0	0	30	132	0	129	0
Large Fountain Unsweetened Iced Tea (32 fl oz)	10	0	0	0	0	0	30	3	0	0	0
Small Fountain Coke (12 fl oz)	140	0	0	0	0	0	45	39	0	39	0
Small Fountain Coke Zero (12 fl oz)	0	0	0	0	0	0	40	0	0	0	0
Small Fountain Diet Coke (12 fl oz)	0	0	0	0	0	0	40	0	0	0	0
Small Fountain Diet Dr Pepper (12 fl oz)	0	0	0	0	0	0	55	0	0	0	0
Small Fountain Dr Pepper (12 fl oz)	150	0	0	0	0	0	55	41	0	41	0
Small Fountain Orange Fanta (12 fl oz)	160	0	0	0	0	0	60	45	0	44	0
Small Fountain Pink Lemonade (12 fl oz)	160	0	0	0	0	0	105	43	0	41	0
Small Fountain Powderade Mountain Berry Blast (12 fl oz)	80	0	0	0	0	0	150	21	0	21	0
Small Fountain Root Beer (12 fl oz)	160	0	0	0	0	0	70	45	0	45	0
Small Fountain Sprite (12 fl oz)	150	0	0	0	0	0	35	39	0	39	0
Small Fountain Strawberry Fanta (12 fl oz)	180	0	0	0	0	0	45	48	0	48	0
Small Fountain Sweet Tea (12 fl oz)	190	0	0	0	0	0	10	49	0	48	0
Small Fountain Unsweetened Iced Tea (12 fl oz)	5	0	0	0	0	0	10	1	0	0	0



	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
ALCOHOL											
Bottle Budweiser (12 fl oz)	150	0	0	0	0	0	10	11	0		1
Bottle Coors (12 fl oz)	150	0	0	0	0	0	10	11	0	11	1
Mug Bud Light (10 fl oz)	90	0	0	0	0	0	10	4	0		1
Mug Budweiser (10 fl oz)	120	0	0	0	0	0	10	9	0		1
Mug Coors (10 fl oz)	120	0	0	0	0	0	10	9	0	9	1
Mug Michelob (10 fl oz)	130	0	0	0	0	0	10	11			1
Mug Michelob Ultra (10 fl oz)	80	0	0	0	0	0	10	2	0	0	1
Mug Miller (10 fl oz)	120	0	0	0	0	0	5	11			1
Mug Miller Light (10 fl oz)	80	0	0	0	0	0	0	3			1
Pitcher Bud Light (60 fl oz)	510	0	0	0	0	0	55	23	0		4
Pitcher Budweiser (60 fl oz)	730	0	0	0	0	0	55	53	0		6
Pitcher Coors (60 fl oz)	740	0	0	0	0	0	55	57	0	54	6
Pitcher Michelob (60 fl oz)	780	0	0	0	0	0	45	67			6
Pitcher Michelob Ultra (60 fl oz)	480	0	0	0	0	0	55	13	0	0	3
Pitcher Miller (60 fl oz)	710	0	0	0	0	0	35	66			5
Pitcher Miller Light (60 fl oz)	480	0	0	0	0	0	25	16			3



	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
SALAD BAR											
Baby Carrot (1 Each)	5	0	0	0	0	0	10	1	0	1	0
Bacon Bits (1 Tbsp)	35	15	2	0		0	125	2	1	0	2
Balsamic Dressing (1 Ladle)	70	45	5	0.5	0	0	270	7	0	6	0
Banana Peppers (1 Tbsp)	0	0	0	0	0	0	0	0	0	0	0
Bell Peppers (1/4 Cup)	5	0	0	0	0	0	0	2	1	1	0
Black Olives (1 Tbsp)	10	10	1	0	0	0	60	1	0	0	0
Blue Cheese Dressing (1 Ladle)	220	200	22	4.5	0	20	340	1	0	1	1
Broccoli (1/4 Cup)	5	0	0	0	0	0	0	1	0	0	1
Cheddar Cheese (1 Tbsp)	30	20	2	1.5	0	5	45	0	0	0	2
Cherry Tomato (1 each)	5	0	0	0	0	0	0	1	0	0	0
Club Crackers (1 Pack)	35	15	1.5	0	0	0	50	5	0	1	1
Croutons (1 Tbsp)	10	5	0	0	0	0	30	2	0	0	0
Cucumbers (1/4 cup)	5	0	0	0	0	0	0	1	0	0	0
Diced Eggs (1 Tbsp)	15	10	1	0		30	10	0	0	0	1
Diced Ham (1 oz)	30	5	0.5	0	0	15	280	0		0	5
Diced Peaches (1 Tbsp)	5	0	0	0	0	0	0	2	0	2	0
Diced Tomatoes (1/4 Cup)	10	0	0	0	0	0	0	2	1	1	0



	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
SALAD BAR (CONTINUED)											
Grape Tomatoes (1 Each)	5	0	0	0	0	0	0	1	0	0	0
Green Olives (1 Tbsp)	15	15	1.5	0	0	0	140	0	0	0	0
Iceberg Lettuce (1 Cup)	10	0	0	0	0	0	5	2	1	1	1
Iceberg Lettuce Mix (1 Cup)	10	0	0	0	0	0	10	3	1	1	1
Iceberg/Romaine Lettuce Mix (1 Cup)	5	0	0	0	0	0	5	2	0	1	0
Italian Dressing (1 Ladle)	140	120	14	2	0	0	280	4	0	2	0
Kosher Pickle Spear (1 Each)	5	0	0	0	0	0	180	1	0	0	0
Mushrooms (1/4 Cup)	5	0	0	0	0	0	0	1	0	0	1
Pickled Okra (1 Each)	5	0	0	0	0	0	210	0	0	0	0
Radishes (1/4 Cup)	5	0	0	0	0	0	10	1	0	1	0
Ranch Dressing (1 Ladle)	150	140	16	2.5	0	5	250	1	0	0	0
Red Onion (1/4 cup)	10	0	0	0	0	0	0	3	0	1	0
Saltine Crackers (1 Each)	15	0	0	0	0	0	40	2	0	0	1
Shredded Carrots (1/4 Cup)	10	0	0	0	0	0	20	3	1	1	0
Spinach (1/4 Cup)	0	0	0	0	0	0	5	0	0	0	0
Sunflower Seeds (1 Tbsp)	50	40	4.5	0.5	0	0	0	2	1	0	2
Thousand Island Dressing (1 Ladle)	190	150	17	2.5	0	15	440	9	0	7	0



	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
BUFFET											
1 Slice, 12" Bacon Cheeseburger Pizza	290	130	14	6	0	40	490	25	1	4	16
1 Slice, 12" BBQ Chicken Pizza	300	110	12	5	0	35	600	32	1	10	15
1 Slice, 12" Buffalo Chicken Pizza	270	110	12	5	0	35	1010	24	1	3	15
1 Slice, 12" Canadian Bacon & Mushroom Pizza	220	70	8	3	0	20	400	25	1	4	12
1 Slice, 12" Canadian Bacon & Pineapple Pizza	220	70	8	3	0	20	400	26	1	5	12
1 Slice, 12" Canadian Bacon Pizza	220	70	8	3	0	20	400	25	1	4	12
1 Slice, 12" Cheese Pizza	210	70	8	3	0	15	320	25	1	3	10
1 Slice, 12" Hamburger & Mushroom Pizza	230	80	9	3.5	0	20	320	25	1	4	13
1 Slice, 12" Hamburger Pizza	230	80	9	3.5	0	20	320	25	1	3	12
1 Slice, 12" Hog Heaven Pizza	300	130	14	5	0	40	790	25	1	4	17
1 Slice, 12" Maui Wowie Pizza	280	100	11	4.5	0	35	790	26	1	5	18
1 Slice, 12" Mighty Meaty Pizza	320	140	16	6	0	45	770	25	1	4	19
1 Slice, 12" Pepperoni & Black Olive Pizza	260	110	13	4.5	0	20	530	25	1	3	12
1 Slice, 12" Pepperoni & Canadian Bacon Pizza	260	100	11	4.5	0	25	520	25	1	4	13
1 Slice, 12" Pepperoni & Jalapeno Pizza	250	100	11	4.5	0	20	500	25	1	4	12
1 Slice, 12" Pepperoni & Mushroom Pizza	250	100	11	4.5	0	20	440	25	1	4	12
1 Slice, 12" Pepperoni & Sausage Pizza	280	120	14	5	0	30	500	25	1	4	13
1 Slice, 12" Pepperoni Pizza	250	100	11	4.5	0	20	440	25	1	3	12
1 Slice, 12" Sausage & Jalapeno Pizza	240	90	10	4	0	20	430	25	1	4	11
1 Slice, 12" Sausage & Mushroom Pizza	240	90	10	4	0	20	370	25	1	4	12
1 Slice, 12" Sausage Pizza	240	90	10	4	0	20	370	25	1	4	11
1 Slice, 12" Sweep the Kitchen Pizza	290	130	14	5	0	30	580	26	2	4	15



	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
BUFFET (CONTINUED)											
1 Slice, 12" Sweep the Swamp Pizza (LTO)	250	90	10	3.5	0	35	720	27	1	4	13
1 Slice, 12" Veg-out Pizza	220	80	9	3	0	15	410	26	2	4	11
1 Slice, 12" Chicken Ranchero Pizza	320	170	19	6	0	35	500	24	1	3	15
1 Cheesestick	180	50	6	2	0	10	460	23	1	1	8
1 Cinnamon Stick	190	20	2.5	0	0	0	180	39	1	17	3
1 Mini Breadstick	80	20	2.5	0	0	0	30	12	0	1	1
Nacho Cheese (1 ladle, 2 fl oz)	80	60	6	1.5	2.5	0	450	6	0	3	1
Pizza Sauce (1 ladle, 2 fl oz)	30	5	0	0	0	0	350	6	2	3	1
Ham & Cheese Po-Boys for Buffet	45	10	1	0	0	5	135	6	0	0	2
Macaroni & Cheese (4 oz wt)	270	70	8	2.5	1	10	570	41	2	3	9
Ravioli (4 oz wt)	110	35	4	1.5	0	5	340	16	2	3	3
Spaghetti (4 oz wt)	120	30	3	1	0	15	720	16	2	4	6
Tortilla Chips (10 Each)	100	45	5	0.5	0	0	80	13	1	0	1
Chocolate Chip Cookies (1 oz)(1 Each)	120	50	6	3	0	5	95	16	0	9	1
Apple Dessert Pizza (1 slice of 10")	180	25	3	0.5	0	0	200	35	1	18	2
Chocolate Dessert Cake w Icing (1.5" x 1.5" Sq)	130	50	5	1	0	0	180	20	1	13	1
Chocolate Dessert Cke No Icing (1.5" x 1.5" Sq)	120	50	5	1	0	0	180	17	1	10	1
Chocolate Puddin Pizza (1 slice of 10")	210	60	7	1.5	0.5	0	320	35	1	15	3
Peach Dessert Cake No Icing (1.5" x 1.5" Sq)	200	90	11	2	1	0	280	26	0	17	1
Peach Dessert Cake w Icing (1.5" x 1.5" Sq)	210	90	11	2	1	0	280	28	0	19	1
Peach Puddin Pizza (1 slice of 10")	330	130	15	3	1.5	0	480	48	1	24	3
Peach Puddin Pizza (1 slice of 12")	500	190	22	4.5	2.5	0	720	72	2	36	4