

PIZZAS + CALZONES

		Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
ORIGINAL CYO RED SAUCE	11" (One of 8 pcs.)	69	151	5	2	8.5	400	18.5	1	7.5
	12" GF (One of 8 pcs.)	65	135	4.6	1.8	8.4	309	18	0.4	5
	13" (One of 8 pcs.)	99	218	8	3	13.5	582	25.5	1	11
	17" (One of 12 pcs.)	102	228	8	3	13	584	28	1	11
CYO WHITE SAUCE	11" (One of 8 pcs.)	55	155	6.5	3	11	274	17	1	7
	12" GF (One of 8 pcs.)	51	139	5.8	2.7	11.1	173	16.7	0.4	4.4
	13" (One of 8 pcs.)	78	225	10	4.5	17.5	387	23.5	1	10
	17" (One of 12 pcs.)	84	241	10	4.5	17	416	26.5	1	10.5
HAWAIIAN	11" (One of 8 pcs.)	85	165	5.5	2	12	516	20	1	9
	12" GF (One of 8 pcs.)	82	149	4.9	1.9	12.2	425	19.4	0.5	6.7
	13" (One of 8 pcs.)	124	240	8.5	3	19	756	27.5	1	13.5
	17" (One of 12 pcs.)	127	250	8	3	18	749	30	1	14
GREEN LANTERN	11" (One of 8 pcs.)	80	169	7.5	2	7.5	415	19.5	1	7
	12" GF (One of 8 pcs.)	77	153	6.7	2.1	7.3	314	18.8	0.6	4.5
	13" (One of 8 pcs.)	121	247	11	3.5	11.5	608	26.5	1.5	10.5
	17" (One of 12 pcs.)	123	261	11	3	11	611	29.5	1.5	10.5
BRONX BOMBER	11" (One of 8 pcs.)	100	188	8	3	13.5	534	20	1	9
	12" GF (One of 8 pcs.)	96	172	7.6	2.6	13.5	436	19.5	0.9	6.4
	13" (One of 8 pcs.)	143	278	12.5	4.5	22.5	784	27.5	1.5	13.5
	17" (One of 12 pcs.)	147	286	12.5	4.5	21.5	776	30	2	13.5
KILLER VEGGIE	11" (One of 8 pcs.)	94	164	6	2	8.5	462	20	1	8
	12" GF (One of 8 pcs.)	90	148	5.4	1.9	8.4	361	19.5	0.9	5.4
	13" (One of 8 pcs.)	133	235	9	3	13.5	659	27	1.5	11.5
	17" (One of 12 pcs.)	136	245	8.5	3.0	13	656	30	1.5	12
MEATBALL	11" (One of 8 pcs.)	71	155	6	2	9.5	428	19	1	7
	13" (One of 8 pcs.)	108	241	10.5	3.5	17.5	656	26	1.5	11
	17" (One of 12 pcs.)	111	253	10.5	3.5	17	659	29	1.5	11.5
DON CORLEONE	11" (One of 8 pcs.)	84	190	9	3	20	580	19	0.8	9
	12" GF (One of 8 pcs.)	78	180	9	3	20	550	17	0.7	8
	13" (One of 8 pcs.)	120	280	14	5	30	850	25	1	13
	17" (One of 12 pcs.)	122	290	13	5	30	840	28	1	13
PORKY FIG	11" (One of 8 pcs.)	64	170	6	3	15	360	20	0.7	7
	12" GF (One of 8 pcs.)	61	150	5	2.5	15	250	20	0.0	4
	13" (One of 8 pcs.)	92	240	9	4.5	20	500	28	1	10
	17" (One of 12 pcs.)	103	260	10	5	25	560	32	1	11
RYAN'S INFERNO	11" (One of 8 pcs.)	75	190	7	3	18	858	20	1	10
	12" GF (One of 8 pcs.)	72	174	6.8	2.6	18.1	747	19.7	0.7	7.9
	13" (One of 8 pcs.)	108	281	12	4.5	27	1133	27	1.5	15
	17" (One of 12 pcs.)	116	297	12.5	5	26	1135	29.5	1.5	15
CAPRICE	11" (One of 8 pcs.)	78	159	6.5	3	11	275	18	1	7
	12" GF (One of 8 pcs.)	74	143	5.8	2.7	11.1	174	17.6	0.7	4.7
	13" (One of 8 pcs.)	116	232	10	4.5	17.5	389	25	1.5	10.5
	17" (One of 12 pcs.)	115	247	10	4.5	17	417	27.5	1.5	11

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EDGAR ALAN POE	11" (One of 8 pcs.)	77	194	9	3.5	13	380	20.5	1	8
	12" GF (One of 8 pcs.)	73	178	8.2	3.4	13	279	20.1	0.6	5.6
	13" (One of 8 pcs.)	113	290	14	5.5	21	567	29	1.5	12
	17" (One of 12 pcs.)	116	299	13.5	5.5	19.5	582	31.5	1.5	12.5
SOCRATES REVENGE	11" (One of 8 pcs.)	76	165	7	2.5	10.5	432	18.5	1	6.5
	12" GF (One of 8 pcs.)	73	149	6.6	2.6	10.4	323	17.8	0.7	4.2
	13" (One of 8 pcs.)	114	240	11	4	15.5	670	25.5	1.5	9.5
	17" (One of 12 pcs.)	121	263	12	4.5	16	717	28.5	1.5	10.5
SOUTHWEST BBQ CHICKEN	11" (One of 8 pcs.)	78	196	7	3	21.5	470	19.5	1	10.5
	12" GF (One of 8 pcs.)	74	170	6.2	2.8	21.5	396	19.1	0.8	8.1
	13" (One of 8 pcs.)	109	263	10.5	4.5	30.5	683	27	1.5	14.5
	17" (One of 12 pcs.)	113	278	10.5	4.5	28	711	30	1.5	14.5
DR.DRE	11" (One of 8 pcs.)	89	179	7	2	18.6	400	17.9	1	10.3
	12" GF (One of 8 pcs.)	85	163	6.4	1.8	18.6	289	17.4	0.7	7.8
	3" (One of 8 pcs.)	122	258	11.1	3.3	25.7	601	24.0	1.4	14.2
	17" (One of 12 pcs.)	121	263	10.6	3	22.4	595	26.9	1.5	13.6
CALZONE CHEESE	One Calzone	318	786	23	9.5	42	1596	105.5	4	37.5

SALADS

HOUSE	Side (w/0.8 oz Dressing)	125	246	19.5	4	5	179	14	2	4.5
	Regular (w/1.5 oz Dressing)	231	439	35	7	9	332	25	3	7.5
	1 oz Dressing	30	148	13.8	1.9	0	134	4.5	0.2	0.5
PEPPERCORN RANCH	Side (w/1.5 oz Dressing)	227	308	25	6.5	35.5	768	8	3.5	11
	Regular (w/2.5 oz Dressing)	379	549	45	12	65.5	1420	12.5	5.5	21
	1 oz Dressing	30	110	11	1.5	10	240	0.9	0	0.5
CAESAR	Side (w/1.5 oz Dressing)	211	418	33	6	10.5	946	8	3	10.5
	Regular (w/2.5 oz Dressing)	345	657	53.5	10.5	18.5	1580	13	5	8.5
	1 oz Dressing	30	130	13	2.5	10	380	2	0	2
GREEK	Side (w/0.8 oz Dressing)	150	169	10	2	4.5	511	17	1.5	2.5
	Regular (w/1.5 oz Dressing)	262	298	18	3.5	7.5	908	28.5	3	4.5
	1 oz Dressing	30	90	8	1	0	320	3	0	0
CANDIED WALNUT	Side (w/1.5 oz Dressing)	170	400	36	6.5	10.5	295	14	2.5	6.5
	Regular (w/2.5 oz Dressing)	308	692	62	11.5	19	524	25	4.5	12
	1 oz Dressing	30	160	16	2	0	60	3	0	0
ADD CHICKEN	Side	42	58	1	0	36	31	0	0	12
	Regular	84	116	2	0	72	63	0	0	24

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