

Nutritional Information



All nutritional information is approximate since most items are made to order by hand which could result in portion sizes differing slightly from location to location and is meant as a guideline only. This nutritional analysis has been generated by the Recipal System using nutrient information provided by our suppliers, the USDA nutrient database, and using specified ingredients and recipes. Values are per whole pizzas, complete salads, all others are per portion for whole pizzas or salads.

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
SPECIALTY PIZZAS											
3 CHEESE AND ARUGULA GLUTEN FREE CRUST	970	290	32	14	0	65	2940	142	11	5	20
3 CHEESE AND ARUGULA GLUTEN FREE SMALL CRUST	580	180	20	9	0	40	1720	83	6	3	13
3 CHEESE AND ARUGULA ORIGINAL CRUST	940	240	27	13	0	65	2940	129	5	0	42
3 CHEESE AND ARUGULA ORIGINAL SMALL CRUST	580	150	17	9	0	40	1760	78	3	0	27
CHICKEN SPINACH & BACON GLUTEN FREE CRUST	1260	460	51	17	0	160	3240	145	12	7	46
CHICKEN SPINACH & BACON GLUTEN FREE SMALL CRUST	720	260	29	10	0	90	1890	84	7	4	26
CHICKEN SPINACH & BACON ORIGINAL CRUST	1230	410	46	16	0	160	3250	132	6	1	68
CHICKEN SPINACH & BACON ORIGINAL SMALL CRUST	720	230	26	9	0	90	1930	79	4	<1	39
MARGHERITA GLUTEN FREE CRUST	980	290	32	12	0	45	2470	146	12	9	23
MARGHERITA GLUTEN FREE SMALL CRUST	540	150	16	6	0	20	1380	84	7	5	11
MARGHERITA ORIGINAL CRUST	950	240	27	12	0	45	2480	133	7	4	45
MARGHERITA ORIGINAL SMALL CRUST	530	120	13	5	0	20	1420	79	4	2	24
MEAT LOVERS GLUTEN FREE CRUST	1390	590	66	26	0	160	4400	152	13	9	38
MEAT LOVERS GLUTEN FREE SMALL CRUST	800	330	37	16	0	90	2350	87	7	5	23
MEAT LOVERS ORIGINAL CRUST	1360	550	61	25	0	165	7310	139	8	4	57
MEAT LOVERS ORIGINAL SMALL CRUST	790	310	35	15	0	95	3960	83	4	2	34
MEDITERRANEAN GLUTEN FREE CRUST	1010	280	31	13	0	65	3140	155	14	11	20
MEDITERRANEAN GLUTEN FREE SMALL CRUST	630	190	21	10	0	50	1890	90	8	6	14
MEDITERRANEAN ORIGINAL CRUST	1320	460	51	27	1	155	3850	144	8	7	67
MEDITERRANEAN ORIGINAL SMALL CRUST	600	150	17	9	0	50	1830	83	5	3	28
SAUSAGE AND PEPPERS GLUTEN FREE CRUST	1140	390	44	17	0	105	3480	153	13	10	27
SAUSAGE AND PEPPERS GLUTEN FREE SMALL CRUST	690	250	28	12	0	75	2040	88	8	6	18
SAUSAGE AND PEPPERS ORIGINAL CRUST	1110	340	38	16	0	105	3490	140	8	4	49
SAUSAGE AND PEPPERS ORIGINAL SMALL CRUST	680	220	25	11	0	75	2080	83	4	3	32
SRIRACHA BBQ CHICKEN GLUTEN FREE CRUST	1190	300	33	15	0	105	4370	181	11	37	34
SRIRACHA BBQ CHICKEN GLUTEN FREE SMALL CRUST	700	180	19	9	0	65	2540	106	7	22	21
SRIRACHA BBQ CHICKEN ORIGINAL CRUST	1150	240	26	13	0	110	4330	168	6	32	57
SRIRACHA BBQ CHICKEN ORIGINAL SMALL CRUST	690	150	16	8	0	65	2580	100	4	19	34
SIMPLE PIE CHEESE PIZZA ORIGINAL CRUST	900	190	21	11	0	65	2780	134	6	3	40
SIMPLE PIE CHEESE PIZZA ORIGINAL SMALL CRUST	580	150	16	9	0	50	1740	81	4	2	26
SIMPLE PIE CHEESE PIZZA GLUTEN FREE CRUST	930	240	27	12	0	65	2780	147	12	9	17
SIMPLE PIE CHEESE PIZZA GLUTEN FREE SMALL CRUST	590	170	19	9	0	50	1700	86	7	5	13
PEPPERONI PIZZA ORIGINAL CRUST	1090	340	38	18	0	105	3500	135	6	4	47
PEPPERONI PIZZA ORIGINAL SMALL CRUST	650	210	23	11	0	65	2060	80	4	2	28

PEPPERONI PIZZA GLUTEN FREE CRUST	1110	390	43	19	0	105	3490	148	12	10	25
PEPPERONI PIZZA GLUTEN FREE SMALL CRUST	650	230	26	11	0	65	2020	85	7	5	15
SAUSAGE PIZZA ORIGINAL CRUST CRUST	1100	340	37	15	0	105	3480	139	7	4	49
SAUSAGE PIZZA ORIGINAL SMALL CRUST	660	210	23	9	0	65	2060	83	4	2	29
SAUSAGE PIZZA GLUTEN FREE CRUST	1130	380	43	16	0	105	3470	152	13	9	26
SAUSAGE PIZZA GLUTEN FREE SMALL CRUST	670	230	26	10	0	65	2020	88	7	5	16
SELECT A CRUST											
ORIGINAL CRUST	620	15	1.5	0	0	0	1940	126	5	0	22
ORIGINAL SMALL CRUST	370	10	1	0	0	0	1160	75	3	0	13
GLUTEN FREE CRUST	650	60	7	1	0	0	1930	139	11	5	0
GLUTEN FREE SMALL CRUST	380	35	4	0.5	0	0	1120	81	6	3	0
SELECT SAUCES											
BBQ Sauce LARGE	140	0	0	0	0	0	560	35	0	31	0
BBQ Sauce SMALL	70	0	0	0	0	0	280	18	0	16	0
Herb Garlic Olive Oil LARGE	70	70	8	1	0	0	10	0	0	0	0
Herb Garlic Olive Oil SMALL	45	45	5	0.5	0	0	5	0	0	0	0
Marinara Sauce Portion LARGE	30	0	0	0	0	0	280	6	1	4	1
Marinara Sauce Portion SMALL	15	0	0	0	0	0	160	3	<1	2	1
Pesto Sauce Portion LARGE	140	130	14	2	0	10	300	1	0	0	4
Pesto Sauce Portion SMALL	80	70	8	1	0	<5	160	<1	0	0	2
Spicy Red Sauce Portion LARGE	30	0	0	0	0	0	340	6	1	4	1
Spicy Red Sauce Portion SMALL	15	0	0	0	0	0	180	3	<1	2	1
Sriracha BBQ Sauce Portion LARGE	150	0	0	0	0	0	810	40	0	35	0
Sriracha BBQ Sauce Portion SMALL	80	0	0	0	0	0	440	22	0	19	0
White Garlic Sauce Portion LARGE	190	180	20	3	0	20	440	2	0	<1	1
White Garlic Sauce Portion SMALL	90	90	10	1.5	0	10	220	<1	0	0	0
SELECT CHEESE											
SHREDDED MOZZARELLA LARGE	260	210	23	15	0	80	560	3	0	2	20
SHREDDED MOZZARELLA SMALL	160	130	14	9	0	50	340	2	0	1	12
FRESH MOZZARELLA LARGE	220	150	17	10	0	40	240	0	0	0	20
FRESH MOZZARELLA SMALL	110	80	8	5	0	20	120	0	0	0	10
BLEU CHEESE LARGE	80	50	6	4	0	15	290	0	0	0	4
BLEU CHEESE SMALL	40	30	3	2	0	10	160	0	0	0	2
VEGAN CHEESE LARGE	230	140	15	5	0	0	700	18	2	0	2
VEGAN CHEESE SMALL	110	60	7	2.5	0	0	340	8	1	0	1
SHAVED ASIAGO LARGE	80	60	7	4.5	0	20	210	0	0	0	4
SHAVED ASIAGO SMALL	50	40	4.5	3	0	15	140	0	0	0	3
FETA LARGE	60	35	4	2.5	0	5	350	0	0	0	5
FETA SMALL	30	20	2	1.5	0	<5	190	0	0	0	3
PARMESAN BLEND GRATED LARGE	60	40	4.5	3	0	10	180	0	0	0	6
PARMESAN BLEND GRATED SMALL	40	25	3	2	0	10	120	0	0	0	4
SELECT MEAT											
BACON LARGE	130	80	9	3	0	35	530	0	0	0	11
BACON SMALL	80	50	6	2	0	20	340	0	0	0	7
CHICKEN LARGE	120	25	2.5	0.5	0	60	50	0	0	0	22
CHICKEN SMALL	70	15	1.5	0	0	35	30	0	0	0	13
PEPPERONI LARGE	180	150	16	6	0	40	670	0	0	<1	8
PEPPERONI SMALL	100	80	9	3.5	0	20	380	0	0	0	4
SALAMI LARGE	110	90	10	4.5	0	25	3280	<1	0	0	2
SALAMI SMALL	60	50	5	2.5	0	15	1810	0	0	0	1

SAUSAGE LARGE	190	140	16	4	0	40	670	4	<1	0	9
SAUSAGE SMALL	120	90	10	2.5	0	25	410	2	<1	0	6
VEGGIES & MORE											
ARTICHOKE HEARTS LARGE	10	0	0	0	0	0	150	2	2	0	1
ARTICHOKE HEARTS SMALL	0	0	0	0	0	0	75	1	<1	0	0
BANANA PEPPERS YELLOW PEPPERS LARGE	5	0	0	0	0	0	420	1	1	0	0
BANANA PEPPERS YELLOW PEPPERS SMALL	0	0	0	0	0	0	280	<1	<1	0	0
BASIL FRESH LARGE	0	0	0	0	0	0	0	0	0	0	0
BASIL FRESH SMALL	0	0	0	0	0	0	0	0	0	0	0
BLACK OLIVES LARGE	5	0	0.5	0	0	0	30	0	0	0	0
BLACK OLIVES SMALL	0	0	0	0	0	0	20	0	0	0	0
CHERRY TOMATOES LARGE	5	0	0	0	0	0	0	1	0	0	0
CHERRY TOMATOES SMALL	0	0	0	0	0	0	0	<1	0	0	0
CHOPPED GARLIC LARGE	20	0	0	0	0	0	0	5	0	0	1
CHOPPED GARLIC SMALL	10	0	0	0	0	0	0	3	0	0	1
GREEN PEPPERS LARGE	5	0	0	0	0	0	0	1	0	<1	0
GREEN PEPPERS SMALL	0	0	0	0	0	0	0	<1	0	0	0
JALAPENOS LARGE	5	0	0	0	0	0	0	1	<1	<1	0
JALAPENOS SMALL	0	0	0	0	0	0	0	<1	0	<1	0
KALAMATA OLIVES LARGE	10	10	1	0	0	0	50	0	0	0	0
KALAMATA OLIVES SMALL	5	5	0.5	0	0	0	30	0	0	0	0
MUSHROOMS LARGE	10	0	0	0	0	0	0	2	0	<1	1
MUSHROOMS SMALL	0	0	0	0	0	0	0	<1	0	0	1
PINEAPPLE LARGE	25	0	0	0	0	0	0	7	<1	6	0
PINEAPPLE SMALL	15	0	0	0	0	0	0	3	0	3	0
RED ONIONS LARGE	10	0	0	0	0	0	0	2	0	<1	0
RED ONIONS SMALL	0	0	0	0	0	0	0	1	0	0	0
RED PEPPERS LARGE	10	0	0	0	0	0	0	2	<1	1	0
RED PEPPERS SMALL	0	0	0	0	0	0	0	<1	0	<1	0
SPINACH LARGE	10	0	0	0	0	0	25	1	<1	0	1
SPINACH SMALL	0	0	0	0	0	0	15	<1	0	0	0
BALSAMIC GLAZE DRIZZLE	15	0	0	0	0	0	0	4	0	2	0
EV OLIVE OIL DRIZZLE	60	60	7	1	0	0	0	0	0	0	0
PIZZA SPRINKLE (OREGANO/ PARMESAN/ROMANO) LARGE	30	20	2	1.5	0	5	85	0	0	0	3
PIZZA SPRINKLE (OREGANO/ PARMESAN/ROMANO) SMALL	15	10	1	0.5	0	<5	45	0	0	0	1
RANCH DRESSING PIZZA LARGE	310	300	33	5	0	20	300	1	0	<1	1
RANCH DRESSING PIZZA SMALL	150	150	17	2.5	0	10	150	<1	0	0	0
PICK TWO SMALL PIZZA											
SIMPLE PIE CHEESE PIZZA ORIGINAL SMALL CRUST	580	150	16	9	0	50	1740	81	4	2	26
SIMPLE PIE CHEESE PIZZA GLUTEN FREE SMALL CRUST	590	170	19	9	0	50	1700	86	7	5	13
MARGHERITA ORIGINAL SMALL CRUST	530	120	13	5	0	20	1420	79	4	2	24
MARGHERITA GLUTEN FREE SMALL CRUST	540	150	16	6	0	20	1380	84	7	5	11
MEAT LOVERS ORIGINAL SMALL CRUST	790	310	35	15	0	95	3960	83	4	2	34
MEAT LOVERS GLUTEN FREE SMALL CRUST	800	330	37	16	0	90	2350	87	7	5	23
MEDITERRANEAN ORIGINAL SMALL CRUST	600	150	17	9	0	50	1830	83	5	3	28
MEDITERRANEAN GLUTEN FREE SMALL CRUST	630	190	21	10	0	50	1890	90	8	6	14
3 CHEESE AND ARUGULA ORIGINAL SMALL CRUST	580	150	17	9	0	40	1760	78	3	0	27

3 CHEESE AND ARUGULA GLUTEN FREE SMALL CRUST	580	180	20	9	0	40	1720	83	6	3	13
SRIRACHA BBQ CHICKEN ORIGINAL SMALL CRUST	690	150	16	8	0	65	2580	100	4	19	34
SRIRACHA BBQ CHICKEN GLUTEN FREE SMALL CRUST	700	180	19	9	0	65	2540	106	7	22	21
SAUSAGE AND PEPPERS ORIGINAL SMALL CRUST	680	220	25	11	0	75	2080	83	4	3	32
SAUSAGE AND PEPPERS GLUTEN FREE SMALL CRUST	690	250	28	12	0	75	2040	88	8	6	18
CHICKEN SPINACH & BACON ORIGINAL SMALL CRUST	720	230	26	9	0	90	1930	79	4	<1	39
CHICKEN SPINACH & BACON GLUTEN FREE SMALL CRUST	720	260	29	10	0	90	1890	84	7	4	26
PEPPERONI PIZZA ORIGINAL SMALL CRUST	650	210	23	11	0	65	2060	80	4	2	28
PEPPERONI PIZZA GLUTEN FREE SMALL CRUST	650	230	26	11	0	65	2020	85	7	5	15
SAUSAGE PIZZA ORIGINAL SMALL CRUST	660	210	23	9	0	65	2060	83	4	2	29
SAUSAGE PIZZA GLUTEN FREE SMALL CRUST	670	230	26	10	0	65	2020	88	7	5	16
PICK TWO SMALL SALADS											
WOODGRAIN HOUSE SALAD SMALL NO DRESSING	220	110	12	7	0	40	900	14	4	4	13
WOODGRAIN HOUSE SALAD SMALL W/BALSAMIC VINAIGRETTE	250	110	12	7	0	40	1150	18	4	134	13
WOODGRAIN HOUSE SALAD SMALL W/RANCH DRESSING	530	410	45	12	0	60	1210	15	4	5	14
ASIAGO GARDEN SALAD SMALL NO DRESSING	110	45	5	3	0	15	260	12	3	6	6
ASIAGO GARDEN SALAD SMALL W/ BALSAMIC VINAIGRETTE	140	45	5	3	0	15	510	16	3	136	6
ASIAGO GARDEN SALAD SMALL W/RANCH DRESSING	420	340	38	8	0	35	560	13	3	7	7
ADD CHICKEN SMALL	70	15	1.5	0	0	35	30	0	0	0	13
SPECIALTY LARGE SALADS											
WOODGRAIN HOUSE SALAD LARGE NO DRESSING	440	240	26	12	0	60	2060	28	7	7	20
WOODGRAIN HOUSE SALAD LARGE W/BALSAMIC VINAIGRETTE	480	240	26	12	0	60	2440	34	7	202	20
WOODGRAIN HOUSE SALAD LARGE W/RANCH DRESSING	900	680	76	19	0	90	2520	30	7	8	21
ASIAGO GARDEN SALAD LARGE NO DRESSING	250	120	14	9	0	45	650	19	5	8	14
ASIAGO GARDEN SALAD LARGE W/ BALSAMIC VINAIGRETTE	300	120	14	9	0	45	1020	25	5	203	14
ASIAGO GARDEN SALAD LARGE W/RANCH DRESSING	720	570	64	17	0	75	1100	20	5	10	15
ADD CHICKEN LARGE	120	25	2.5	0.5	0	60	50	0	0	0	22
CREATE YOUR OWN SALAD											
MIXED GREENS SMALL	45	0	0	0	0	0	220	9	2	2	2
MIXED GREENS LARGE	25	0	0	0	0	0	110	5	1	1	1
ARUGULA LARGE	0	0	0	0	0	0	260	0	0	0	0
ARUGULA SMALL	0	0	0	0	0	0	160	0	0	0	0
SPINACH LARGE	10	0	0	0	0	0	25	1	<1	0	1
SPINACH SMALL	0	0	0	0	0	0	15	<1	0	0	0
CUCUMBERS LARGE	10	0	0	0	0	0	0	2	<1	1	1
CUCUMBERS SMALL	5	0	0	0	0	0	0	1	0	<1	0
ARTICHOKE HEARTS LARGE	10	0	0	0	0	0	150	2	2	0	1
ARTICHOKE HEARTS SMALL	0	0	0	0	0	0	75	1	<1	0	0
BANANA PEPPERS YELLOW PEPPERS LARGE	5	0	0	0	0	0	420	1	1	0	0
BANANA PEPPERS YELLOW PEPPERS SMALL	0	0	0	0	0	0	280	<1	<1	0	0
BLACK OLIVES LARGE	5	0	0.5	0	0	0	30	0	0	0	0
BLACK OLIVES SMALL	0	0	0	0	0	0	20	0	0	0	0
CHERRY TOMATOES LARGE	5	0	0	0	0	0	0	1	0	0	0

CHERRY TOMATOES SMALL	0	0	0	0	0	0	0	<1	0	0	0
GREEN PEPPERS LARGE	5	0	0	0	0	0	0	1	0	<1	0
GREEN PEPPERS SMALL	0	0	0	0	0	0	0	<1	0	0	0
KALAMATA OLIVES LARGE	10	10	1	0	0	0	50	0	0	0	0
KALAMATA OLIVES SMALL	5	5	0.5	0	0	0	30	0	0	0	0
MUSHROOMS LARGE	10	0	0	0	0	0	0	2	0	<1	1
MUSHROOMS SMALL	0	0	0	0	0	0	0	<1	0	0	1
PINEAPPLE LARGE	25	0	0	0	0	0	0	7	<1	6	0
PINEAPPLE SMALL	15	0	0	0	0	0	0	3	0	3	0
RED ONIONS LARGE	10	0	0	0	0	0	0	2	0	<1	0
RED ONIONS SMALL	0	0	0	0	0	0	0	1	0	0	0
RED PEPPERS LARGE	10	0	0	0	0	0	0	2	<1	1	0
RED PEPPERS SMALL	0	0	0	0	0	0	0	<1	0	<1	0
SHREDDED MOZZARELLA LARGE	260	210	23	15	0	80	560	3	0	2	20
SHREDDED MOZZARELLA SMALL	160	130	14	9	0	50	340	2	0	1	12
FRESH MOZZARELLA LARGE	220	150	17	10	0	40	240	0	0	0	20
FRESH MOZZARELLA SMALL	110	80	8	5	0	20	120	0	0	0	10
BLEU CHEESE LARGE	80	50	6	4	0	15	290	0	0	0	4
BLEU CHEESE SMALL	40	30	3	2	0	10	160	0	0	0	2
VEGAN CHEESE LARGE	230	140	15	5	0	0	700	18	2	0	2
VEGAN CHEESE SMALL	110	60	7	2.5	0	0	340	8	1	0	1
SHAVED ASIAGO LARGE	80	60	7	4.5	0	20	210	0	0	0	4
SHAVED ASIAGO SMALL	50	40	4.5	3	0	15	140	0	0	0	3
FETA LARGE	60	35	4	2.5	0	5	350	0	0	0	5
FETA SMALL	30	20	2	1.5	0	<5	190	0	0	0	3
BACON LARGE	130	80	9	3	0	35	530	0	0	0	11
BACON SMALL	80	50	6	2	0	20	340	0	0	0	7
PEPPERONI LARGE	180	150	16	6	0	40	670	0	0	<1	8
PEPPERONI SMALL	100	80	9	3.5	0	20	380	0	0	0	4
SALAMI LARGE	110	90	10	4.5	0	25	3280	<1	0	0	2
SALAMI SMALL	60	50	5	2.5	0	15	1810	0	0	0	1
BALSAMIC DRESSING SIDE LARGE	45	0	0	0	0	0	370	6	0	195	0
BALSAMIC DRESSING SIDE SMALL	30	0	0	0	0	0	250	4	0	130	0
RANCH DRESSING SIDE LARGE	460	450	50	8	0	30	450	2	0	1	1
RANCH DRESSING SIDE SMALL	310	300	33	5	0	20	300	1	0	<1	1
KIDS PIZZAS											
CHEESE PIZZA SMALL	580	150	16	9	0	50	1740	81	4	2	26
SAUSAGE PIZZA SMALL	660	210	23	9	0	65	2060	83	4	2	29
PEPPERONI PIZZA SMALL	650	210	23	11	0	65	2060	80	4	2	28
SOFT DRINKS											
PEPSI	270	0	0	0	0	0	55	72	0	72	0
WILD CHERRY PEPSI	270	0	0	0	0	0	55	72	0	72	0
DIET PEPSI	0	0	0	0	0	0	100	0	0	0	0
DR PEPPER	250	0	0	0	0	0	75	68	0	67	0
MT DEW	290	0	0	0	0	0	90	77	0	77	0
SIERRA MIST	270	0	0	0	0	0	60	71	0	71	0
SOBE POMEGRANATE	0	0	0	0	0	0	80	0	0	0	0
DIET DR PEPPER (NOT AVAILABLE AT ALL LOCATIONS)	0	0	0	0	0	0	100	0	0	0	0
ORANGE CRUSH (NOT AVAILABLE AT ALL LOCATIONS)	285	0	0	0	0	0	55	74	0	74	0
MUG ROOT BEER (NOT AVAILABLE AT ALL LOCATIONS)	250	0	0	0	0	0	75	72	0	72	0

LIPTON ICED TEA UNSWEETENED (NOT AVAILABLE AT ALL LOCATIONS)	0	0	0	0	0	0	0	0	0	0	0	0
OBERWEIS LEMONADE												
OBERWEIS RASPBERRY LEMONADE												
OBERWEIS FRUIT PUNCH												
OBERWEIS HALF & HALF (LEMONADE / SWEET TEA)												
MILK												
FAT FREE MILK (12 oz. glass)	130	10	0.5	0.5	0	5	190	18	0	18	13	
CHOCOLATE MILK (12 oz. glass)	270	70	8	4	0	25	300	40	1	37	11	

Allergen/Sensitivities

Milk, Dairy and Dairy Derivates	Mozzarella cheese, Feta cheese, Fresh Mozzarella cheese, Grated Parmesan Blend Cheese, Shredded Asiago cheese, Pizza Sprinkle, Pesto Sauce, White Garlic Sauce
Peanut Products (Nuts, Flour, Protein, etc.)	(none)
Tree Nuts	(none)
Soy Products (Soybeans, Soy Flour, etc.)	(none)
Egg Products	Ranch dressing
Wheat Products	Original crust
Corn	(none)

*indicates allergen processed on same line or present in processing plant

** indicates items are grilled in butter, containing dairy cream