



NUTRITION FACTS // NYC-ONLY // LAST UPDATED 6.28.17

INGREDIENT	SERVING SIZE (OZ)	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBO - HYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
DOUGH											
Traditional	7	470	3	1	0	0	700	92	4	3	19
Ancient Grain	7	460	4	1	0	0	780	90	6	6	19
Gluten Free	7	710	17	0	0	0	1230	116	5	17	11
SAUCE											
Classic Tomato	1.5	20	1	0	0	0	170	3	0	1	1
Spicy Tomato	1.5	20	1	0	0	0	170	3	0	1	1
Mushroom Truffle	1	40	3	1	0	10	110	2	0	0	1
Garlic Ricotta	1	60	4	2	0	15	200	3	0	1	4
Basil Pesto	1	90	10	2	0	<5	180	1	1	2	2
Roasted Vegetable	2	60	3	1	0	0	320	5	1	1	1
Sweet Ricotta	1	50	3	2	0	15	55	3	0	2	3
CHEESE											
Mozzarella	2	140	10	7	0	60	120	1	0	1	10
Shredded Mozz	2.37	120	9	6.0	0	25	253	1	0	0	8
Vegan Mozzarella	2	90	6	2	0	0	280	7	1	0	1
Goat Cheese	1	80	6	4	0	25	80	3	0	1	5
Feta Cheese	1	80	6	4	0	20	320	1	1	0	5
Parmesan	0.5	50	4	3	0	15	240	0	0	0	6
PRODUCE											
Broccoli	1	10	0	0	0	0	5	2	1	1	1
Grilled Onions	2	30	1	0	0	0	130	5	1	2	1
Fresh Jalapenos	1	10	0	0	0	0	0	2	<1	1	0
Tomatoes	2	10	0	0	0	0	0	2	1	2	0
Pineapple	3	45	0	0	0	0	0	11	1	7	0
Marinated Mushroom Blend	2	50	5	1	0	0	320	2	0	1	2
Roasted Red Pepper	1	10	0	0	0	0	135	2	0	1	0
Spinach	1	5	0	0	0	0	25	1	1	0	1
Arugula	0.5	0	0	0	0	0	0	0	0	0	0
Basil	0.5	0	0	0	0	0	0	0	0	0	0
Sundried Tomato	1.5	110	2	0	0	0	70	22	5	15	6
Pickled Red Onion	1	10	0	0	0	0	170	2	0	<1	0
Bahana Pepper	1	5	0	0	0	0	280	1	1	0	0
Kalamata Olive	1	40	4	0	0	0	230	2	0	0	0
Blueberries	4	60	0	0	0	0	1	16	3	11	1
Strawberry	4	35	0	0	0	0	1	9	2	5	1
Cucumber	1	0	0	0	0	0	0	1	0	0	0
Romaine	8	30	0	0	0	0	16	8	8	0	0
PROTEINS											
Pepperoni	1.25	170	15	6	0	30	640	0	0	0	8
Beef Meatball	2	270	24	9	0	50	1010	0	0	0	13
Chicken	2	90	4	1	0	40	170	0	0	0	11
Italian Sausage	1.25	80	6	2	0	20	250	1	0	0	7
Egg	1 yolk	70	5	2	0	185	70	0	0	0	6
Salami	0.5	50	5	2	0	10	230	1	0	0	3
Bacon	1	120	8	4	0	40	1000	0	0	0	12
Shrimp	4	130	2	0	0	220	430	1	0	0	27
Chickpeas	2	60	2	0	0	0	140	8	3	0	3
Vegan Sausage	2	110	6	0	0	0	480	2	0	0	12
DRIZZLES											
Fig Balsamic	0.5	30	0	0	0	0	100	7	0	6	0
Basil Pesto	0.5	45	5	1	0	0	90	1	0	1	1
Garlic Oil	0.5	15	0	0	0	0	120	2	0	1	1
Cherry Bomb BBQ	0.5	70	0	0	0	0	290	18	1	16	1
Ranch	0.5	60	6	1	0	10	115	1	0	1	1
Red Pepper Chili Oil	0.5	40	4	0	0	0	70	1	0	0	0
Hot Sauce	0.5	0	0	0	0	0	270	0	0	0	0
Olive Oil	0.5	120	14	2	0	0	0	0	0	0	0
Raspberry Drizzle	0.5	30	0	0	0	0	30	8	0	7	0
Hot Honey	0.5	70	0	0	0	0	0	18	0	14	0
Red Pepper Flakes	0.5	0	0	0	0	0	0	0	0	0	0
Powdered Sugar	1	120	0	0	0	0	0	30	0	28	0
HITS											
Maverick	1(ea)	1020	49	22	0	135	2440	98	5	6	55
The OG	1(ea)	640	14	8	0	60	990	98	5	7	30
Gnarlic	1(ea)	780	27	14	0	90	1600	104	6	8	42
Moonstruck	1(ea)	870	30	15	0	103	1660	113	5	14	42
Pineapple Jack	1(ea)	850	18	11	0	75	1690	127	6	28	40
Salad Pizza	1(ea)	710	21	4	0	10	1091	107	13	7	21
Farmer's Daughter	1(ea)	875	33	15	0	280	1645	99	5	5	50
American Honey	1(ea)	870	29	14	0	90	1630	114	4	19	38
Lori Lane	1(ea)	1140	24	15	0	105	1147	183	10	75	42
&SODA™											
Ginger Berry Lemonade	10oz liquid + 10oz ice	110	0	0	0	0	0	31	0	31	0
Burdock + Anise Root Beer	10oz liquid + 10oz ice	110	0	0	0	0	0	31	0	31	0
Mango + Passion Fruit	10oz liquid + 10oz ice	110	0	0	0	0	0	31	0	31	0
CERREAL MILK® Cream Soda	10oz liquid + 10oz ice	140	0	0	0	0	0	0	0	0	0
Dark Cherry Cola	10oz liquid + 10oz ice	110	0	0	0	0	0	31	0	31	0
Pear + Fig Elixir	10oz liquid + 10oz ice	110	0	0	0	0	0	31	0	31	0
WATER											
Lacroix™ Flavored Sparkling Water	12oz	0	0	0	0	0	0	0	0	0	0
&TEA®											
Unsweet Lemongrass Peach White	16oz	0	0	0	0	0	0	0	0	0	0
Peach Ginger	16oz	70	0	0	0	0	14	18	0	18	0
Sweet Mint	16oz	70	0	0	0	0	14	18	0	18	0
SWEET SIDES											
Fine + Raw Chocolate Bites	.7oz	100	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
CERREAL MILK® Cream Soda Cookie	.99g	120	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
THE FINE PRINT											
// Calorie values reflect FDA rounding rules. Information may vary slightly depending on location and supplier. The nutrition information is generated by the industry standard Genesis R&D Nutritional software. Some ingredient listings are provided by ingredient manufacturers.											
// CERREAL MILK® is a registered trademark of Milk Bar											