

&pizza

nutrition facts

NUTRITION FACTS*

	INGREDIENT	SERVING SIZE (OZ)**	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
DOUGH	Traditional	7	470	4	0.5	0	0	800	94	3	5	17
	Gluten Free	6	360	6	0	0	0	840	78	3	9	3
SAUCE	Classic Tomato	1.6	24	<1	0	0	0	192	4.8	1.6	1.6	1.6
	Spicy Tomato	1.6	24	<1	0	0	0	192	4.8	1.6	1.6	1.6
	Basil Pesto	1.6	130	14	2	0	9	227	1	0	0	0
	Mushroom Truffle Sauce	1.6	196	14	2	0	9	227	1	0	0	0
	Parm-Romano	1.6	195	21	8	0	40	632	1	0	0	1
DRIZZLES	Special T Sauce	1	116	13.6	3	0	18	126	<1	<1	<1	0
CHEESE	Blue Cheese	0.9	72	7	6	0	27	342	<1	0	0	5
	Vegan Mozzarella	1.5	135	9	3	0	0	420	10.5	1.5	0	1.5
	Whole Mozzarella	1.8	144	10.8	6.3	0	27	153	0	0	0	12.6
	Goat Cheese	0.55	45	3.36	2.24	0	14	44.8	1.68	0	<1	2.8
	Parmesan Romano	0.3	34	2.55	1.7	0	8.5	110.5	1.7	0	0	1.7
	Shredded Mozzarella	2.8	180	12	8	0	40	420	2	0	0	12
FRUITS & VEGETABLES	Arugula	0.6	4	<1	0	0	0	4.59	<1	<1	<1	<1
	Banana Pepper	0.85	5	0	0	0	0	238	<1	<1	0	0
	Basil	0.01	<1	<1	0	0	0	<1	0	<1	<1	<1
	Grilled Onion	1.22	32	<1	<1	0	0	336.63	0	0	0	0
	Jalapeño Pepper	0.65	5	<1	<1	0	0	<1	1.196	<1	<1	<1
	Green Bell Pepper	0.8	4	<1	<1	0	0	<1	1.25	<1	<1	<1
	Kalamata Olive	1.1	22	4.4	0	0	0	275	4.4	0	0	0
	Mushroom	0.75	5	<1	<1	0	0	1.05	<1	<1	<1	<1
	Pineapple	1.9	27	<1	0	0	0	<1	7.02	<1	5.346	<1
	Zesty Chickpea	1	24	<1	<1	0	0	188	4	1	<1	1
	Spinach	0.43	3	0	0	0	0	<1	<1	<1	0	<1
	Pickled Red Onions	0.7	11	0	0	0	0	126	<1	<1	<1	<1
	Tomato	1.5	12	<1	0	0	0	2.556	2.343	<1	0	<1
PROTEINS	Bacon	0.45	54	4.05	1.8	0	22.5	288	0	0	0	4.5
	Beef Meatball	1	80	6.1344	2.6696	<1	14.73392	186.35228	1.79488	<1	<1	4.46448
	Chicken	1.5	56	1.26	0	0	32.85	162	<1	0	0	9.615
	Italian Sausage	1.55	100.75	6.975	2.325	0	27.125	310	<1	0	0	8.525
	Pepperoni	1	128	11.076	4.26	0	32.66	357.84	<1	0	0	5.68
	Salami	0.5	41	5	2	0	14	228	<1	0	<1	3
	Shrimp	4	113	<1	<1	0	214.704	126.096	<1	0	0	27.264
	Vegan Chicken	1.6	58	2	0	0	0	256	3	3	0	0
Vegan Sausage	1.6	88	4.8	0	0	0	384	1.6	0	0	9.6	

&pizza

nutrition facts

NUTRITION FACTS*

	INGREDIENT	SERVING SIZE (OZ)**	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
DRESSINGS & FINISHES	Barbecue	1	47	0	0	0	0	307	12	<1	7	<1
	Basil Pesto	0.7	67	6.65	1.05	0	5.25	133	<1	0	0	0
	Buffalo	0.5	56	1.1805	<1	0	0	153	<1	0	<1	0
	Garlic Butter	0.75	135	15	2.2	0	0	150	<1	0	0	0
	Hot Honey	1	97	0	0	0	0	0	24.3	0	18.9	0
	Cheese Sauce	1	116	13.6	3	0	18	126	<1	<1	<1	0
	Ranch	1.2	118	18	3	0	20	256	3	0	1	0
	White Truffle Oil	0.75	120	14	2	1.5	0	0	0	0	0	0
	Balsamic Fig	1	40	0	0	0	0	115	10	0	8	0
	Mambo Sauce	1	50	0	0	0	0	160	10	0	10	0
	Red Pepper Chili Flake	0.03	0	0	0	0	0	0	0	0	0	0
	Black Pepper	0.02	0	0	0	0	0	0	<1	0	0	0
	The Blend	0.01	0	0	0	0	0	0	<1	0	0	0
THE GOOD SHIT	New G	1 (ea)	883	38	16	0	62	1,436	97	6	5	41
	Dirty Bird	1 (ea)	1,190	67	27	0	150	2,839	100	5	6	48
	Maverick	1 (ea)	1,002	46	18	0	112	2,140	101	6	5	52
	American Honey	1 (ea)	914	30	14	0	74	1,454	124	6	25	42
	Lil Roni	1 (ea)	931	38	18	0	106	2,032	101	6	5	44
	Pineapple Jak'd	1 (ea)	843	20	11	0	63	1,605	128	8	25	37
	Thee Outlaw	1 (ea)	1,045	42	18	0	136	2,947	117	6	18	47
	@ Me Don't Sub Me	1 (ea)	846	29	15	0	71	2,283	105	8	6	42
	CBR	1 (ea)	1,128	60	21	0	142	2,742	98	4	6	46
	Thee Sherrif	1 (ea)	785	16	5	0	0	2,720	134	12	18	32
	Hot in Here	1 (ea)	705	16	5	0	0	1,953	113	10	7	31
	Dirty Birdless	1 (ea)	1,165	65	26	0	114	2,879	104	8	7	46
BASIC B	Cheese Pie	1 (ea)	750	21	12	0	57	1,489	99	6	5	38
	White Pie	1 (ea)	841	36	16	0	81	1,583	94	4	3	32
THE DRIP	Moonstruck	1 (ea)	1,276	39	2	2	67	1,414	115	5	17	40
	Bubba Mambo	1 (ea)	1,027	64	24	0	122	2,888	120	6	16	44
KNOTS	Gnarlic Knots	1 (ea)	992	49	20	0	98	2,009	103	6	5	36
	Hot Knots	1 (ea)	1,065	50	17	0	87	1,903	126	6	25	33
	Vegan Knots	1 (ea)	857	38	7	0	0	1,733	109	7	5	28
DESSERTS	Chocolate Chunk	1 ea	380	19	12	0.5	45	320	50	2	27	3
	Sugar Cookie	1 ea	370	16	10	0.5	65	400	53	1	28	3
	Fruity Crispy Bar	1 ea	390	9	5	0.0	30	330	75	0	39	3
	OG Crispy Bar	1 ea	420	9	6	0.0	30	285	81	0	36	3
	Chocolate Crispy Bar	1 ea	390	9	10	0	15	255	78	0	45	3
FOUNTAIN SODAS	Mango Passionfruit Soda	12 fl oz	170	0	0	0	0	5	43	0	42	0
	Gingerberry Lemonade	12 fl oz	170	0	0	0	0	5	43	0	42	0

&pizza

nutrition facts

NUTRITION FACTS*

	INGREDIENT	SERVING SIZE (OZ)**	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
BEVERAGES	Mango Passionfruit Canned Soda	12 fl oz	190	0	0	0	0	5	47	0	47	0
	Dark Cherry Cola Canned Soda	12 fl oz	150	0	0	0	0	10	39	0	39	0
	Gingerberry Lemonade Canned Soda	12 fl oz	170	0	0	0	0	5	43	0	42	0
	Sweet Root Beer Canned Soda	12 fl oz	180	0	0	0	0	15	44	0	44	0
	Poland Spring Water	16.9 fl oz	0	0	0	0	0	0	0	0	0	0
	Horizon® Milk 1% Low Fat Milk	8 fl oz	120	4.5	3	0	20	120	12	0	12	8
	Coke	20 fl oz	240	0	0	0	0	75	65	0	65	0
	Diet Coke	20 fl oz	0	0	0	0	0	70	0	0	0	0
	Coke Zero	20 fl oz	0	0	0	0	0	65	0	0	0	0
	Sprite	20 fl oz	230	0	0	0	0	110	64	0	63	0
	Fanta Orange	20 fl oz	270	0	0	0	0	90	73	0	72	0
	Nixie Ginger Lime Seltzer Water	12 fl oz	0	0	0	0	0	6	0	0	0	0
	Nixie Strawberry Hibiscus Seltzer Water	12 fl oz	0	0	0	0	0	6	0	0	0	0

* Data based on information provided from third party suppliers

** Serving size may marginally vary, within FDA-approved guidelines

*** Hits + Knots calorie totals based on traditional dough and standard ingredient portioning. Additions/subtractions will result in revised nutritional values