





# Nutrition Information


Item	Menu Item	Amount	Weight per serving (g.)	Energy (Kcal)	Total fat (g.)	Saturated fat (g.)	Cholesterol (mg.)	Sodium (mg.)	Carbohydrate (g.)	Dietary Fiber (g.)	Sugar (g.)	Protein (g.)	Vitamin A (µg)	Vitamin B1 (mg)	Vitamin B2 (mg)	Calcium (mg)	Iron (mg)
	<b>Pan Pizza</b> 																
1	Seafood Extreme - Small	1 pc	66	140	4	2	30	290	17	<1	2	8	5.47	0.06	0.06	50.36	0.31
2	Seafood Extreme - Medium	1 pc	78	170	5	3	35	320	22	<1	2	9	6.74	0.08	0.08	62.05	0.40
3	Seafood Extreme - Large	1 pc	108	240	7	4	50	450	30	1	3	13	9.48	0.11	0.11	86.53	0.55
4	Seafood Paradise - Small	1 pc	67	160	6	2	30	260	18	<1	2	7	5.47	0.06	0.06	51.61	0.33
5	Seafood Paradise - Medium	1 pc	84	190	7	3	30	320	23	<1	3	9	6.73	0.08	0.08	63.80	0.42
6	Seafood Paradise - Large	1 pc	113	270	10	4	40	410	31	1	4	12	9.51	0.11	0.11	88.98	0.59
7	Seafood & Hokkaido Cheese - Small	1 pc	64	160	6	2	25	240	18	<1	2	8	5.47	0.07	0.06	50.80	0.32
8	Seafood & Hokkaido Cheese - Medium	1 pc	78	200	8	3	30	280	23	<1	2	9	6.73	0.08	0.08	62.56	0.40
9	Seafood & Hokkaido Cheese - Large	1 pc	104	270	11	4	35	360	31	1	4	12	9.51	0.11	0.11	87.34	0.56
10	Shrimp Extreme - Small	1 pc	59	150	6	2	30	170	17	<1	2	7	5.62	0.06	0.06	50.48	0.31
11	Shrimp Extreme - Medium	1 pc	73	180	7	3	40	200	21	<1	2	9	6.89	0.08	0.08	62.25	0.40
12	Shrimp Extreme - Large	1 pc	100	260	10	4	45	270	30	1	4	11	9.80	0.11	0.11	87.30	0.55
13	Spicy Shrimp BBQ - Small	1 pc	59	140	4	2	30	170	18	<1	3	7	7.46	0.06	0.06	50.62	0.32
14	Spicy Shrimp BBQ - Medium	1 pc	74	170	5	3	35	210	22	<1	4	9	9.00	0.08	0.08	62.44	0.40
15	Spicy Shrimp BBQ - Large	1 pc	100	230	6	4	40	270	31	1	6	11	12.96	0.11	0.11	87.46	0.56
16	Super Supreme - Small	1 pc	67	150	5	3	20	260	17	<1	2	8	6.10	0.07	0.07	52.44	0.37
17	Super Supreme - Medium	1 pc	84	190	6	4	20	330	22	1	3	10	7.59	0.09	0.08	64.93	0.47
18	Super Supreme - Large	1 pc	117	260	9	5	30	450	31	2	4	13	10.81	0.12	0.12	91.05	0.65
19	Meat Supreme - Small	1 pc	58	140	5	3	20	240	17	<1	1	7	5.47	0.07	0.07	51.48	0.36
20	Meat Supreme - Medium	1 pc	74	180	6	4	20	310	21	<1	2	9	6.81	0.09	0.08	63.79	0.46
21	Meat Supreme - Large	1 pc	103	250	8	5	30	440	30	1	3	13	9.64	0.12	0.12	89.45	0.64
22	Chicken Supreme - Small	1 pc	59	150	5	3	20	210	16	<1	2	8	6.21	0.06	0.07	52.63	0.39
23	Chicken Supreme - Medium	1 pc	75	180	6	3	25	260	21	1	2	10	7.69	0.08	0.09	65.07	0.50
24	Chicken Supreme - Large	1 pc	107	260	9	5	35	390	29	2	3	13	10.98	0.11	0.12	91.66	0.71
25	Trio Chicken BBQ - Small	1 pc	61	150	5	3	20	210	18	<1	4	8	7.80	0.06	0.07	52.23	0.37
26	Trio Chicken BBQ - Medium	1 pc	76	190	6	3	25	240	23	<1	4	9	9.40	0.08	0.09	64.31	0.46
27	Trio Chicken BBQ - Large	1 pc	108	270	9	5	35	360	32	1	6	13	13.56	0.11	0.12	90.37	0.65
28	Bacon & Hokkaido Cheese - Small	1 pc	62	170	7	3	20	210	18	<1	2	7	5.62	0.07	0.07	50.62	0.32
29	Bacon & Hokkaido Cheese - Medium	1 pc	77	210	9	3	20	260	23	<1	3	9	6.89	0.09	0.08	62.42	0.40
30	Bacon & Hokkaido Cheese - Large	1 pc	109	290	12	4	30	370	31	1	4	12	9.80	0.13	0.11	87.56	0.56
31	Pepperoni - Small	1 pc	47	140	5	3	15	170	16	<1	1	6	5.41	0.06	0.06	50.49	0.33
32	Pepperoni - Medium	1 pc	61	170	6	4	20	220	20	<1	2	7	6.73	0.08	0.08	62.53	0.43
33	Pepperoni - Large	1 pc	86	240	9	5	25	330	28	1	2	11	9.54	0.11	0.11	87.74	0.60
34	Hawaiian - Small	1 pc	64	140	5	3	15	220	17	<1	2	7	5.75	0.08	0.07	51.48	0.35
35	Hawaiian - Medium	1 pc	80	180	6	3	20	270	22	<1	3	9	7.13	0.10	0.09	63.71	0.45
36	Hawaiian - Large	1 pc	117	260	8	5	30	430	32	1	4	13	10.19	0.14	0.12	89.68	0.63
37	Island Delight - Small	1 pc	64	160	6	2	20	250	18	<1	3	7	5.47	0.06	0.07	51.74	0.33

38	Island Delight- Medium	1 pc	81	190	7	3	20	320	23	<1	3	8	6.73	0.08	0.08	63.98	0.42
39	Island Delight- Large	1 pc	110	270	10	4	30	430	32	1	4	12	9.51	0.11	0.11	89.15	0.58
40	Veggie - Small	1 pc	58	120	4	2	10	120	17	<1	2	6	6.81	0.06	0.06	52.07	0.35
41	Veggie - Medium	1 pc	74	160	4	3	15	150	22	1	2	7	8.48	0.08	0.08	64.50	0.45
42	Veggie - Large	1 pc	106	220	6	4	20	230	30	2	4	10	12.23	0.11	0.11	90.76	0.63
43	Mix Deluxe - Small	1 pc	58	140	5	3	20	180	17	<1	2	7	6.23	0.07	0.07	52.47	0.38
44	Mix Deluxe - Medium	1 pc	74	180	6	3	25	240	21	1	3	9	7.74	0.08	0.09	64.91	0.48
45	Mix Deluxe - Large	1 pc	105	250	8	5	35	350	30	2	4	13	11.07	0.12	0.12	91.46	0.69
46	New Orleans Deluxe - Small	1 pc	60	150	5	3	25	170	17	<1	3	8	6.09	0.07	0.07	53.64	0.41
47	New Orleans Deluxe - Medium	1 pc	75	180	6	3	30	210	22	1	3	9	7.54	0.08	0.09	66.23	0.52
48	New Orleans Deluxe - Large	1 pc	109	260	9	5	45	330	31	2	5	14	10.84	0.12	0.13	93.72	0.75
49	Sausage Deluxe - Small	1 pc	63	160	6	3	20	270	17	<1	2	7	6.05	0.07	0.06	51.17	0.34
50	Sausage Deluxe - Medium	1 pc	77	190	7	4	20	310	22	<1	2	9	7.34	0.08	0.08	63.07	0.43
51	Sausage Deluxe - Large	1 pc	111	270	10	5	30	480	30	1	4	13	10.46	0.12	0.11	88.45	0.60
52	Crazy Bacon - Small	1 pc	59	160	7	3	20	190	17	<1	2	6	5.62	0.07	0.06	50.56	0.32
53	Crazy Bacon - Medium	1 pc	74	210	9	4	20	240	21	<1	3	8	6.89	0.09	0.08	62.36	0.40
54	Crazy Bacon - Large	1 pc	105	280	12	5	30	340	30	1	4	11	9.80	0.12	0.11	87.48	0.56
55	Hokkaido Super Cheese - Small	1 pc	51	160	7	3	15	160	17	<1	1	7	6.65	0.06	0.06	62.27	0.31
56	Hokkaido Super Cheese - Medium	1 pc	62	190	8	3	20	180	21	<1	1	7	6.82	0.08	0.08	64.36	0.39
57	Hokkaido Super Cheese - Large	1 pc	86	270	12	4	25	260	29	1	2	11	10.07	0.11	0.11	94.36	0.54
58	Spicy Chicken BBQ - Small	1 pc	60	160	5	3	20	200	18	<1	4	7	7.60	0.06	0.07	52.25	0.37
59	Spicy Chicken BBQ - Medium	1 pc	74	190	7	3	25	230	23	<1	4	9	9.11	0.08	0.09	64.30	0.46
60	Spicy Chicken BBQ - Large	1 pc	108	280	10	5	40	360	32	1	7	13	13.28	0.12	0.12	90.60	0.66
61	Cheese - Small	1 pc	47	130	4	3	15	120	16	<1	1	6	6.77	0.06	0.07	63.04	0.34
62	Cheese - Medium	1 pc	61	170	6	4	20	160	20	<1	1	8	9.06	0.08	0.08	83.96	0.44
63	Cheese - Large	1 pc	88	240	9	6	25	250	28	1	2	12	13.65	0.11	0.12	125.67	0.61
64	Ham & Cheese - Small	1 pc	56	140	5	2	15	180	17	<1	2	6	7.21	0.07	0.06	46.48	0.32
65	Ham & Cheese - Medium	1 pc	69	180	6	2	20	210	22	<1	3	7	9.26	0.09	0.08	59.26	0.40
66	Ham & Cheese - Large	1 pc	100	260	9	3	25	320	30	1	4	10	12.37	0.12	0.11	83.13	0.56
67	New Orleans & Sausage - Small	1 pc	56	150	6	2	20	180	17	<1	2	6	4.43	0.06	0.06	36.99	0.36
68	New Orleans & Sausage - Medium	1 pc	69	190	8	3	25	210	21	<1	3	8	5.48	0.08	0.08	46.36	0.45
69	New Orleans & Sausage - Large	1 pc	102	280	12	4	40	340	30	1	5	12	8.40	0.11	0.12	69.49	0.65


Item	Menu Item	Amount	Weight per serving (g.)	Energy (Kcal)	Total fat (g.)	Saturated fat (g.)	Cholesterol (mg.)	Sodium (mg.)	Carbohydrate (g.)	Dietary Fiber (g.)	Sugar (g.)	Protein (g.)	Vitamin A (µg)	Vitamin B1 (mg)	Vitamin B2 (mg)	Calcium (mg)	Iron (mg)
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Thin&Crispy Pizza 		Amount	Weight per serving (g.)	Energy (Kcal)	Total fat (g.)	Saturated fat (g.)	Cholesterol (mg.)	Sodium (mg.)	Carbohydrate (g.)	Dietary Fiber (g.)	Sugar (g.)	Protein (g.)	Vitamin A (µg)	Vitamin B1 (mg)	Vitamin B2 (mg)	Calcium (mg)	Iron (mg)
1	Seafood Extreme - Medium	1 pc	50	120	5	3	35	350	12	2	2	7	4.81	0.00	0.02	40.37	0.02
2	Seafood Extreme - Large	1 pc	67	160	7	4	45	480	15	2	3	9	7.22	0.00	0.02	60.25	0.03
3	Seafood Paradise - Medium	1 pc	56	140	7	3	30	340	13	2	3	6	4.80	0.01	0.02	42.12	0.05
4	Seafood Paradise - Large	1 pc	71	240	12	5	35	480	24	3	4	9	7.24	0.01	0.03	62.71	0.07
5	Seafood & Hokkaido Cheese - Medium	1 pc	50	150	8	3	25	300	13	1	2	7	4.80	0.01	0.02	40.87	0.03
6	Seafood & Hokkaido Cheese - Large	1 pc	63	200	11	4	35	390	15	2	3	8	7.24	0.01	0.03	61.06	0.04
7	Shrimp Extreme - Medium	1 pc	46	130	7	3	35	230	11	1	2	6	4.97	0.01	0.02	40.57	0.02
8	Shrimp Extreme - Large	1 pc	60	180	10	4	40	300	14	2	4	8	7.54	0.01	0.02	61.03	0.03


9	Spicy Shrimp BBQ - Medium	1 pc	46	120	5	3	30	230	13	2	4	6	7.07	0.00	0.02	40.76	0.03
10	Spicy Shrimp BBQ - Large	1 pc	60	160	7	4	35	300	16	2	5	8	10.70	0.01	0.02	61.18	0.04
11	Super Supreme - Medium	1 pc	56	140	7	4	20	350	13	2	2	7	5.66	0.02	0.02	43.25	0.09
12	Super Supreme - Large	1 pc	76	180	9	5	25	480	16	2	4	9	8.55	0.02	0.03	64.77	0.14
13	Meat Supreme - Medium	1 pc	46	140	7	4	20	330	12	2	2	7	4.88	0.01	0.02	42.10	0.08
14	Meat Supreme - Large	1 pc	62	180	9	5	25	470	14	2	3	9	7.37	0.02	0.03	63.17	0.12
15	Chicken Supreme - Medium	1 pc	47	160	8	4	20	310	16	2	2	7	5.77	0.01	0.03	43.39	0.12
16	Chicken Supreme - Large	1 pc	66	180	9	5	30	410	14	2	3	10	8.72	0.01	0.04	65.39	0.19
17	Trio Chicken BBQ - Medium	1 pc	48	140	7	4	20	270	13	2	4	7	7.47	0.01	0.03	42.63	0.09
18	Trio Chicken BBQ - Large	1 pc	67	190	10	5	35	390	16	2	6	9	11.30	0.01	0.04	64.10	0.13
19	Bacon & Hokkaido Cheese - Medium	1 pc	50	160	9	3	15	280	13	1	3	6	4.97	0.01	0.02	40.74	0.03
20	Bacon & Hokkaido Cheese - Large	1 pc	68	210	12	5	25	400	16	2	4	8	7.54	0.02	0.03	61.29	0.05
21	Pepperoni - Medium	1 pc	55	120	7	4	15	240	11	2	1	5	4.81	0.00	0.02	40.84	0.05
22	Pepperoni - Large	1 pc	78	160	9	5	20	360	13	2	2	7	7.27	0.00	0.02	61.47	0.08
23	Hawaiian - Medium	1 pc	52	130	6	4	15	300	13	1	3	6	5.21	0.02	0.03	42.02	0.07
24	Hawaiian - Large	1 pc	76	180	8	5	25	460	16	2	4	9	7.93	0.03	0.04	63.41	0.12
25	Island Delight - Medium	1 pc	53	140	8	3	20	340	13	2	3	6	4.80	0.01	0.02	42.29	0.05
26	Island Delight - Large	1 pc	69	190	11	4	25	450	16	2	4	8	7.24	0.01	0.03	62.88	0.07
27	Veggie - Medium	1 pc	46	110	5	3	10	180	12	2	2	4	6.55	0.01	0.02	42.82	0.08
28	Veggie - Large	1 pc	65	140	7	4	15	260	15	2	4	6	9.97	0.01	0.03	64.49	0.12
29	Mix Deluxe - Medium	1 pc	46	130	7	4	20	260	12	2	3	6	5.81	0.01	0.03	43.22	0.11
30	Mix Deluxe - Large	1 pc	65	180	9	5	30	380	15	2	4	9	8.81	0.01	0.04	65.19	0.17
31	New Orleans Deluxe - Medium	1 pc	47	130	7	3	25	240	12	2	3	7	5.61	0.01	0.03	44.55	0.15
32	New Orleans Deluxe - Large	1 pc	68	180	9	5	40	360	15	2	5	10	8.58	0.01	0.05	67.45	0.24
33	Sausage Deluxe - Medium	1 pc	49	140	7	4	20	340	12	2	2	6	5.41	0.01	0.02	41.39	0.05
34	Sausage Deluxe - Large	1 pc	70	190	11	5	25	510	15	2	4	9	8.20	0.01	0.03	62.18	0.08
35	Crazy Bacon - Medium	1 pc	47	150	9	4	20	260	12	1	2	5	4.97	0.01	0.02	40.67	0.03
36	Crazy Bacon - Large	1 pc	64	200	13	5	25	360	15	2	4	8	7.54	0.02	0.03	61.20	0.04
37	Hokkaido Super Cheese - Medium	1 pc	39	160	10	4	20	230	12	1	1	6	6.82	0.00	0.02	60.43	0.02
38	Hokkaido Super Cheese - Large	1 pc	51	210	14	6	25	310	14	2	2	8	10.07	0.00	0.03	88.94	0.03
39	Spicy Chicken BBQ - Medium	1 pc	66	140	7	4	20	260	13	2	4	6	7.18	0.01	0.03	42.61	0.09
40	Spicy Chicken BBQ - Large	1 pc	97	200	10	5	35	390	17	2	7	9	11.01	0.01	0.04	64.32	0.14
41	Cheese - Medium	1 pc	38	140	8	5	20	210	10	2	1	7	9.06	0.00	0.03	80.04	0.07
42	Cheese - Large	1 pc	53	180	11	7	25	300	13	2	2	10	13.65	0.01	0.05	120.25	0.10
43	Ham & Cheese - Medium	1 pc	46	150	8	4	20	260	12	1	3	6	9.26	0.01	0.02	55.33	0.03
44	Ham & Cheese - Large	1 pc	64	200	11	5	25	370	15	2	4	8	12.37	0.02	0.03	77.71	0.05
45	New Orleans & Sausage - Medium	1 pc	46	160	9	4	25	260	12	1	3	6	5.48	0.01	0.03	42.43	0.08
46	New Orleans & Sausage - Large	1 pc	66	220	14	5	40	390	14	2	4	9	8.40	0.01	0.04	64.07	0.14


Item	Menu Item	Amount	Weight per serving (g.)	Energy (Kcal)	Total fat (g.)	Saturated fat (g.)	Cholesterol (mg.)	Sodium (mg.)	Carbohydrate (g.)	Dietary Fiber (g.)	Sugar (g.)	Protein (g.)	Vitamin A (µg)	Vitamin B1 (mg)	Vitamin B2 (mg)	Calcium (mg)	Iron (mg)
	<b>Stuffed Crust Pizza</b> 																
1	Seafood Extreme - Medium	1 pc	101	250	9	5	50	510	24	<1	2	13	43.67	0.08	0.08	194.62	0.46
2	Seafood Extreme - Large	1 pc	131	310	11	6	65	630	32	1	3	16	46.17	0.11	0.11	222.05	0.60


3	Seafood Paradise - Medium	1 pc	106	270	11	5	45	500	25	1	3	13	43.66	0.09	0.09	196.85	0.48
4	Seafood Paradise - Large	1 pc	134	350	14	6	55	590	33	1	4	15	46.20	0.12	0.11	225.17	0.64
5	Seafood & Hokkaido Cheese - Medium	1 pc	101	280	12	5	45	460	25	<1	3	13	43.66	0.09	0.09	195.26	0.46
6	Seafood & Hokkaido Cheese - Large	1 pc	126	350	15	6	50	530	33	1	4	16	46.20	0.12	0.11	223.08	0.61
7	Shrimp Extreme - Medium	1 pc	96	260	11	5	55	390	23	<1	3	13	43.87	0.09	0.08	194.87	0.46
8	Shrimp Extreme - Large	1 pc	122	340	14	6	60	450	31	1	4	15	46.58	0.12	0.11	223.03	0.60
9	Spicy Shrimp BBQ - Medium	1 pc	97	250	9	5	50	390	25	<1	4	13	46.62	0.09	0.08	195.11	0.46
10	Spicy Shrimp BBQ - Large	1 pc	122	310	11	6	55	450	33	1	6	15	50.73	0.11	0.11	223.23	0.61
11	Super Supreme - Medium	1 pc	107	270	11	6	35	510	25	1	3	13	44.78	0.10	0.09	198.28	0.53
12	Super Supreme - Large	1 pc	139	340	13	7	45	630	33	2	4	17	47.91	0.13	0.12	227.80	0.70
13	Meat Supreme - Medium	1 pc	97	260	11	6	35	490	24	<1	2	13	43.75	0.09	0.09	196.82	0.52
14	Meat Supreme - Large	1 pc	125	330	13	7	45	610	32	1	3	17	46.37	0.12	0.12	225.76	0.69
15	Chicken Supreme - Medium	1 pc	97	260	11	6	40	440	23	1	2	13	44.92	0.09	0.09	198.46	0.56
16	Chicken Supreme - Large	1 pc	129	330	13	7	50	560	31	2	3	17	48.13	0.12	0.13	228.58	0.76
17	Trio Chicken BBQ - Medium	1 pc	98	270	11	6	40	430	25	1	4	13	47.15	0.09	0.09	197.50	0.52
18	Trio Chicken BBQ - Large	1 pc	130	350	14	7	50	540	34	1	6	17	51.51	0.12	0.13	226.94	0.70
19	Bacon & Hokkaido Cheese - Medium	1 pc	96	280	13	6	35	440	25	<1	3	13	43.87	0.10	0.09	195.09	0.46
20	Bacon & Hokkaido Cheese - Large	1 pc	131	370	16	7	45	550	33	1	4	16	46.58	0.13	0.12	223.36	0.61
21	Pepperoni - Medium	1 pc	84	250	11	6	35	400	23	1	2	12	43.66	0.08	0.08	195.22	0.49
22	Pepperoni - Large	1 pc	108	320	13	8	40	510	30	1	3	15	46.24	0.11	0.11	223.59	0.65
23	Hawaiian - Medium	1 pc	102	260	10	6	35	460	25	<1	3	13	44.18	0.10	0.09	196.72	0.51
24	Hawaiian - Large	1 pc	139	340	12	7	40	600	33	1	4	17	47.10	0.14	0.13	226.06	0.68
25	Island Delight- Medium	1 pc	104	270	11	5	35	500	26	1	3	12	43.66	0.09	0.09	197.07	0.48
26	Island Delight- Large	1 pc	132	350	15	7	45	600	34	1	5	15	46.20	0.12	0.12	225.39	0.63
27	Veggie - Medium	1 pc	97	230	9	5	30	330	24	1	3	11	45.94	0.09	0.08	197.74	0.51
28	Veggie - Large	1 pc	128	300	11	6	30	410	32	2	4	13	49.76	0.12	0.11	227.43	0.68
29	Mix Deluxe - Medium	1 pc	97	260	10	6	40	420	24	1	3	13	44.97	0.09	0.09	198.25	0.54
30	Mix Deluxe - Large	1 pc	127	330	13	7	50	520	32	2	4	16	48.24	0.12	0.13	228.32	0.74
31	New Orleans Deluxe - Medium	1 pc	98	260	10	6	45	400	24	1	3	13	44.71	0.09	0.10	199.93	0.58
32	New Orleans Deluxe - Large	1 pc	131	340	13	7	60	510	33	2	5	17	47.95	0.12	0.14	231.20	0.80
33	Sausage Deluxe - Medium	1 pc	100	270	11	6	35	490	24	<1	3	13	44.46	0.09	0.09	195.92	0.49
34	Sausage Deluxe - Large	1 pc	133	350	15	8	45	660	32	1	4	17	47.45	0.12	0.12	224.50	0.65
35	Crazy Bacon - Medium	1 pc	95	280	13	6	40	420	24	<1	3	12	43.87	0.09	0.09	195.01	0.46
36	Crazy Bacon - Large	1 pc	127	360	17	7	45	510	32	1	4	15	46.58	0.13	0.12	223.25	0.61
37	Hokkaido Super Cheese - Medium	1 pc	85	270	12	5	30	360	24	<1	2	11	43.77	0.08	0.08	197.55	0.45
38	Hokkaido Super Cheese - Large	1 pc	109	350	16	7	40	440	31	1	2	14	46.94	0.11	0.11	232.02	0.59
39	Spicy Chicken BBQ - Medium	1 pc	97	270	11	6	40	410	25	1	5	13	46.77	0.09	0.09	197.47	0.52
40	Spicy Chicken BBQ - Large	1 pc	130	350	14	7	50	540	34	1	7	17	51.14	0.12	0.13	227.22	0.71
41	Cheese - Medium	1 pc	84	250	10	6	30	340	23	1	2	12	46.70	0.08	0.09	222.49	0.50
42	Cheese - Large	1 pc	111	320	13	8	40	430	30	1	2	16	51.63	0.11	0.12	271.85	0.66
43	Ham & Cheese - Medium	1 pc	92	250	11	5	35	400	24	<1	3	11	46.97	0.10	0.08	191.06	0.46
44	Ham & Cheese - Large	1 pc	122	330	14	6	40	500	32	1	4	15	49.94	0.13	0.11	217.73	0.61
45	New Orleans & Sausage - Medium	1 pc	92	260	12	5	40	390	24	<1	3	12	42.02	0.09	0.09	174.65	0.51
46	New Orleans & Sausage - Large	1 pc	124	360	16	6	55	520	32	1	5	15	44.75	0.12	0.12	200.37	0.69

Item	Menu Item	Amount	Weight per serving (g.)	Energy (Kcal)	Total fat (g.)	Saturated fat (g.)	Cholesterol (mg.)	Sodium (mg.)	Carbohydrate (g.)	Dietary Fiber (g.)	Sugar (g.)	Protein (g.)	Vitamin A (µg)	Vitamin B1 (mg)	Vitamin B2 (mg)	Calcium (mg)	Iron (mg)
	<b>Stuffed Cheesy Sausage Crust</b>																
1	Seafood Extreme - Medium	1 pc	103	260	11	5	50	510	24	<1	2	13	8.82	0.11	0.10	92.20	0.48
2	Seafood Extreme - Large	1 pc	132	330	13	6	65	650	32	1	3	16	12.41	0.13	0.13	123.23	0.62
3	Seafood Paradise - Medium	1 pc	108	280	13	5	45	510	25	1	3	12	8.81	0.11	0.10	94.43	0.51
4	Seafood Paradise - Large	1 pc	137	360	16	6	55	600	33	1	4	15	12.44	0.14	0.13	126.35	0.66
5	Seafood & Hokkaido Cheese - Medium	1 pc	103	290	14	5	45	470	25	<1	3	12	8.81	0.11	0.10	92.84	0.49
6	Seafood & Hokkaido Cheese - Large	1 pc	129	360	17	6	40	440	31	1	2	13	11.96	0.13	0.13	122.33	0.61
7	Shrimp Extreme - Medium	1 pc	98	270	13	5	50	400	23	<1	3	12	9.02	0.11	0.10	92.45	0.48
8	Shrimp Extreme - Large	1 pc	125	350	16	6	60	470	31	1	4	14	12.82	0.14	0.13	124.21	0.62
9	Spicy Shrimp BBQ - Medium	1 pc	99	260	11	5	50	400	25	<1	4	12	11.77	0.11	0.10	92.69	0.49
10	Spicy Shrimp BBQ - Large	1 pc	125	330	13	6	55	460	33	1	6	15	16.97	0.14	0.13	124.41	0.63
11	Super Supreme - Medium	1 pc	109	280	13	6	35	520	24	1	3	13	9.93	0.12	0.11	95.86	0.55
12	Super Supreme - Large	1 pc	142	350	15	7	45	650	33	2	4	16	14.15	0.15	0.14	128.98	0.73
13	Meat Supreme - Medium	1 pc	99	270	12	6	35	500	24	<1	2	13	8.91	0.12	0.11	94.41	0.54
14	Meat Supreme - Large	1 pc	127	350	15	7	45	630	32	1	3	16	12.61	0.15	0.14	126.94	0.71
15	Chicken Supreme - Medium	1 pc	100	270	12	6	40	450	23	1	2	12	10.07	0.11	0.11	96.04	0.58
16	Chicken Supreme - Large	1 pc	131	350	15	7	50	580	31	2	3	16	14.37	0.14	0.15	129.76	0.78
17	Trio Chicken BBQ - Medium	1 pc	100	280	13	6	40	440	25	1	4	12	12.30	0.11	0.11	95.08	0.54
18	Trio Chicken BBQ - Large	1 pc	132	360	15	7	50	560	34	1	6	16	17.75	0.14	0.14	128.12	0.72
19	Bacon & Hokkaido Cheese - Medium	1 pc	102	300	15	6	35	450	25	<1	3	12	9.02	0.12	0.10	92.67	0.49
20	Bacon & Hokkaido Cheese - Large	1 pc	134	380	18	7	45	560	33	1	4	15	12.82	0.15	0.14	124.54	0.64
21	Pepperoni - Medium	1 pc	86	260	12	6	30	410	23	1	2	11	8.81	0.11	0.10	92.80	0.51
22	Pepperoni - Large	1 pc	111	340	15	7	40	520	30	1	2	14	12.48	0.13	0.13	124.77	0.67
23	Hawaiian - Medium	1 pc	104	270	12	5	35	460	24	<1	3	12	9.33	0.12	0.11	94.31	0.53
24	Hawaiian - Large	1 pc	142	350	14	7	40	620	33	1	4	16	13.34	0.16	0.14	127.24	0.71
25	Island Delight - Medium	1 pc	106	280	13	5	35	510	25	1	3	12	8.81	0.11	0.11	94.65	0.51
26	Island Delight - Large	1 pc	135	360	17	6	45	620	33	1	5	15	12.44	0.14	0.14	126.57	0.66
27	Veggie - Medium	1 pc	99	250	11	5	25	340	24	1	2	10	11.09	0.11	0.10	95.32	0.53
28	Veggie - Large	1 pc	131	310	12	6	30	420	32	2	4	13	16.00	0.14	0.13	128.61	0.71
29	Mix Deluxe - Medium	1 pc	99	270	12	6	40	430	24	1	3	12	10.12	0.11	0.11	95.83	0.56
30	Mix Deluxe - Large	1 pc	130	350	15	7	50	540	32	2	4	16	14.49	0.14	0.14	129.50	0.76
31	New Orleans Deluxe - Medium	1 pc	100	270	12	5	45	410	24	1	3	13	9.86	0.11	0.12	97.52	0.61
32	New Orleans Deluxe - Large	1 pc	134	350	15	7	60	520	32	2	5	17	14.19	0.14	0.15	132.38	0.83
41	Sausage Deluxe - Medium	1 pc	102	280	13	6	35	500	24	<1	2	12	9.61	0.11	0.10	93.50	0.51
42	Sausage Deluxe - Large	1 pc	136	370	17	7	45	670	32	1	4	16	13.69	0.14	0.13	125.68	0.67
33	Crazy Bacon - Medium	1 pc	99	290	15	6	35	430	24	<1	3	11	9.02	0.11	0.10	92.53	0.48
34	Crazy Bacon - Large	1 pc	129	370	18	7	45	530	32	1	4	14	12.82	0.15	0.13	124.43	0.63
35	Hokkaido Super Cheese - Medium	1 pc	87	280	14	5	30	370	23	<1	2	11	8.92	0.11	0.10	95.13	0.48
36	Hokkaido Super Cheese - Large	1 pc	111	360	18	6	40	450	31	1	2	14	13.18	0.13	0.13	133.20	0.62
37	Spicy Chicken BBQ - Medium	1 pc	99	280	13	6	40	420	25	1	4	12	11.92	0.11	0.11	95.06	0.55
38	Spicy Chicken BBQ - Large	1 pc	132	370	16	7	50	550	34	1	7	16	17.38	0.14	0.14	128.40	0.73
39	Cheese - Medium	1 pc	87	260	12	6	30	350	22	<1	2	11	11.85	0.11	0.11	120.07	0.52


40	Cheese - Large	1 pc	113	340	15	8	40	440	30	1	2	15	17.87	0.13	0.14	173.03	0.69
43	Ham & Cheese - Medium	1 pc	94	270	12	5	30	410	24	<1	3	10	12.12	0.12	0.10	88.64	0.49
44	Ham & Cheese - Large	1 pc	125	350	16	6	40	510	32	1	4	14	16.19	0.15	0.13	118.91	0.63
45	New Orleans & Sausage - Medium	1 pc	94	280	14	5	40	400	23	<1	3	11	7.17	0.11	0.10	72.23	0.54
46	New Orleans & Sausage - Large	1 pc	127	370	18	6	50	530	32	1	5	15	10.99	0.14	0.14	101.55	0.72

Item	Menu Item	Amount	Weight per serving (g.)	Energy (Kcal)	Total fat (g.)	Saturated fat (g.)	Cholesterol (mg.)	Sodium (mg.)	Carbohydrate (g.)	Dietary Fiber (g.)	Sugar (g.)	Protein (g.)	Vitamin A (µg)	Vitamin B1 (mg)	Vitamin B2 (mg)	Calcium (mg)	Iron (mg)
	<b>Pizza</b> 																
1	Crazy Bacon Hawaiian	1 serve	176	540	25	10	45	690	44	2	7	20	17.22	0.17	0.16	231.90	0.78
2	Island Delight	1 serve	193	530	23	9	45	820	47	2	8	20	17.22	0.16	0.16	236.52	0.83
3	Duo Chicken BBQ	1 serve	198	540	21	10	65	800	50	2	14	24	29.91	0.16	0.18	241.88	1.00

Item	Menu Item	Amount	Weight per serving (g.)	Energy (Kcal)	Total fat (g.)	Saturated fat (g.)	Cholesterol (mg.)	Sodium (mg.)	Carbohydrate (g.)	Dietary Fiber (g.)	Sugar (g.)	Protein (g.)	Vitamin A (µg)	Vitamin B1 (mg)	Vitamin B2 (mg)	Calcium (mg)	Iron (mg)
	<b>Pasta</b> 																
1	Spaghetti Spicy Seafood	1 serve	284	380	11	2	75	1550	58	3	11	17	11.39	0.00	0.01	21.20	0.24
2	Spaghetti Bacon	1 serve	206	420	21	5	20	790	49	3	6	11	4.00	0.01	0.00	3.05	0.03
3	Spaghetti in Italian Sauce	1 serve	279	320	3	<5	75	1610	61	3	15	15	5.68	0.00	0.00	96.66	0.75
4	Spaghetti Spicy Chicken Sausage	1 serve	275	460	19	5	30	1700	57	3	11	17	13.54	0.01	0.03	24.42	0.36
5	Spaghetti in White Cream Sauce	1 serve	268	360	10	7	15	790	57	2	13	12	9.16	0.06	0.04	23.57	0.16
6	Baked Macaroni in White Cream Sauce	1 serve	295	540	25	18	65	1070	52	2	13	26	32.26	0.07	0.12	236.51	0.22
7	Baked Macaroni Cheesy Shrimp	1 serve	278	490	18	11	95	1770	55	3	15	26	23.10	0.01	0.07	212.94	0.07
8	Baked Macaroni Cheesy Smokeball	1 serve	316	570	22	13	80	2260	60	3	17	31	23.47	0.01	0.07	218.58	0.07
9	Hokkaido Mac & Cheese	1 serve	295	550	25	13	60	1100	58	2	15	23	21.39	0.03	0.09	132.81	0.28

Item	Menu Item	Amount	Weight per serving (g.)	Energy (Kcal)	Total fat (g.)	Saturated fat (g.)	Cholesterol (mg.)	Sodium (mg.)	Carbohydrate (g.)	Dietary Fiber (g.)	Sugar (g.)	Protein (g.)	Vitamin A (µg)	Vitamin B1 (mg)	Vitamin B2 (mg)	Calcium (mg)	Iron (mg)
	<b>Appetizer</b> 																
1	New Orleans Wings (6 pcs)	1 serve	216	470	25	7	220	1590	18	<1	7	43	0.00	0.04	0.04	28.57	0.53
2	Spicy BBQ Wings (6 pcs)	1 serve	289	600	28	8	220	2290	35	<1	25	49	71.00	0.05	0.06	29.09	0.79
3	Korean Garlic Wings (6 pcs)	1 serve	289	590	28	8	220	2420	35	<1	24	49	0.00	0.04	0.04	23.59	0.59
4	Cheesy Pops (8 pcs)	1 serve	134	370	10	5	30	470	50	3	2	14	51.53	0.15	0.11	183.52	0.81
5	Garlic Bread (5 pcs)	1 serve	112	380	20	11	45	630	45	2	2	8	0.00	0.17	0.12	38.90	1.03
6	Cheese Garlic Bread (5 pcs)	1 serve	136	470	26	16	65	740	45	2	2	14	10.68	0.17	0.16	137.37	1.06
7	Breadsticks and Dipping Sauce																
	- Breadsticks (5 pcs)	1 serve	148	400	3	<1	1	12	75	2	1	12	0.83	0.30	0.22	19.57	1.50
	- Dipping Sauce (1000 Island)	1 cup	30	120	10	0	15	310	6	<1	5	<1	7.55	0.01	0.01	2.74	0.05
8	Baked Spinach Supreme	1 serve	265	360	31	17	50	910	20	5	11	20	154.98	0.07	0.20	365.82	0.79
9	Fish Donut and Dipping Sauce																
	- Fish Donut (6 pcs)	1 serve	122	350	19	8	37	670	32	2	5	14	0.00	0.00	0.00	0.00	0.00

10	- Dipping Sauce (BBQ)	1 cup	30	50	<1	<1	0	270	11	<1	10	<1	42.60	0.01	0.01	3.30	0.12
	Hammy Sausage and Dipping Sauce																
11	- Hammy Sausage (3 pcs)	1 serve	169	350	22	7	90	1300	11	<1	2	23	0.00	0.08	0.04	15.28	0.32
	- Dipping Sauce (BBQ)	1 cup	30	50	<1	<1	0	270	11	<1	10	<1	42.60	0.01	0.01	3.30	0.12
	Chicken Pop and Dipping Sauce																
12	- Chicken Pop	1 serve	128	370	16	3	70	790	29	2	0	27	2.54	0.04	0.01	11.80	0.26
	- Dipping Sauce (Cheese Sauce)	1 cup	30	32	2	1	10	170	1	<1	<1	1	25.46	0.01	0.04	37.32	0.09
	Cheesy Smokeball	1 serve	196	360	20	11	100	1820	14	<1	6	28	18.81	0.08	0.11	159.14	0.33
13	Hershey Cookie	1 pc	24	80	<1	0	0	30	17	0	8	1	0.00	0.00	0.00	0.00	0.00

Item	Menu Item	Amount	Weight per serving (g.)	Energy (Kcal)	Total fat (g.)	Saturated fat (g.)	Cholesterol (mg.)	Sodium (mg.)	Carbohydrate (g.)	Dietary Fiber (g.)	Sugar (g.)	Protein (g.)	Vitamin A (µg)	Vitamin B1 (mg)	Vitamin B2 (mg)	Calcium (mg)	Iron (mg)
	<b>Salad</b>																
1	Chicken Caesar Salad	1 serve	175	350	29	7	25	910	16	2	7	8	305.20	0.06	0.07	40.74	1.13
	<b>Drinks</b>																
1	Pepsi	345 ml.	200 ml.	80	0	0	0	5	21	0	20	0	0	0	0	0	0