

SAM AND LOUIE'S NUTRITIONAL ANALYSIS

Pizza ordered by the slice

		Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Beef Pizza	♥	352	29.0	47.0	24.0	11	6	29	41	2	22	744	26	19	3	7
Canadian Bacon Pizza	♥	368	28.0	45.0	27.0	12	6	39	41	2	25	1131	26	18	4	7
Cheese Pizza	♥	323	27.0	50.0	23.0	10	5	25	41	2	19	643	26	17	3	7
Chicken Pizza	♥	349	27.0	47.0	26.0	11	5	30	42	2	23	804	26	18	4	7
Pepperoni Pizza		365	33.0	44.0	22.0	14	7	34	41	2	21	807	26	18	5	8
Sausage Pizza		354	30.0	47.0	33.0	12	6	29	42	2	21	761	27	18	4	8

*Percent Daily Values are based on a 2000 calorie diet

♥ Low-fat options

**All nutrition information for pizza ordered by the slice

Specialty pizza ordered by the slice

		Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
5 Cheese		370	33.0	45.0	23.0	13	8	39	41	2	21	772	32	17	3	10
Bacon Cheeseburger		422	35.0	43.0	22.0	17	9	52	45	3	23	989	27	20	20	20
BBQ Chicken	♥	428	29.0	48.0	22.0	14	7	45	52	1	24	985	26	17	15	11
Brooklyn		441	40.0	38.0	22.0	20	7	34	42	2	25	913	34	20	19	19
Buffalo Jack	♥	355	27.0	48.0	25.0	11	5	30	43	2	23	932	26	18	18	12
California Pie	♥	376	28.0	47.0	25.0	12	6	34	44	3	24	870	28	19	30	18
Carnivore		433	35.0	39.0	26.0	17	8	50	42	2	28	1332	27	21	6	8
Chicken Bacon Ranch		494	48.0	34.0	18.0	26	9	43	40	1	22	1011	21	17	1	5
Chicken Cordon Blue		433	36.0	38.0	26.0	17	9	59	41	1	29	1293	31	18	8	12
Chicken Thai Pie		405	32.0	45.0	23.0	14	5	30	45	2	24	1059	26	17	21	13
Combo		410	36.0	42.0	22.0	17	7	38	43	3	23	992	28	22	7	9
Fireball		396	36.0	43.0	21.0	16	8	42	43	2	21	1023	27	20	7	13
Luau	♥	402	30.0	43.0	27.0	14	7	46	43	2	27	1195	27	19	20	12
Manhattan		440	38.0	37.0	24.0	19	10	61	41	1	27	1236	32	18	1	10
Philly		434	36.0	38.0	26.0	18	8	54	42	2	28	1240	33	19	8	7
Sam & Louie's Best		437	35.0	40.0	25.0	17	8	48	44	3	27	1360	28	22	28	15
T-Rex		445	39.0	38.0	23.0	19	9	52	42	2	26	1102	29	20	6	9
Veggie	♥	352	27.0	50.0	22.0	11	5	25	45	3	20	728	27	21	45	23

**All nutrition information for pizza ordered by the slice

♥ Low-fat options

*Percent Daily Values are based on a 2000 calorie diet

SAM AND LOUIE'S NUTRITIONAL ANALYSIS

One slice of a 12" pizza

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Beef Pizza	205	30.0	45.0	25.0	7	4	18	23	1	13	447	16	11	2	4
Canadian Bacon Pizza	220	29.0	42.0	29.0	7	4	26	23	1	16	751	16	11	2	4
Cheese Pizza	186	28.0	49.0	24.0	6	3	15	23	1	11	380	15	9	2	4
Chicken Pizza	201	28.0	46.0	26.0	6	3	18	23	1	13	477	16	10	3	4
Pepperoni Pizza	214	35.0	42.0	22.0	8	4	21	23	1	12	489	16	10	4	5
Sausage Pizza	213	33.0	44.0	23.0	8	4	19	24	1	12	484	16	11	3	5

*Percent Daily Values are based on a 2000 calorie diet

♥ Low-fat options

**All nutrition information for 1/6 of 12" Specialty Pizza

One slice of a 12" specialty pizza

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
5 Cheese	209	33.0	45.0	23.0	8	5	22	23	1	12	434	18	9	2	6
Bacon Cheeseburger	249	36.0	41.0	23.0	10	6	31	26	2	14	607	16	12	13	13
BBQ Chicken	249	31.0	46.0	23.0	9	5	28	19	1	14	584	16	10	7	6
Brooklyn	263	42.0	36.0	22.0	13	4	21	24	1	15	550	21	11	13	12
Buffalo Jack	205	28.0	46.0	26.0	7	3	18	24	1	13	591	16	10	9	7
California Pie	217	28.0	46.0	26.0	7	4	20	25	2	14	509	17	11	22	12
Carnivore	256	36.0	37.0	26.0	10	5	31	24	1	17	826	17	12	4	5
Chicken Bacon Ranch	291	50.0	32.0	18.0	16	5	26	23	1	13	606	12	10	1	3
Chicken Cordon Blue	258	37.0	36.0	27.0	11	6	37	23	1	17	804	19	10	5	8
Chicken Thai Pie	233	33.0	44.0	24.0	8	3	18	25	1	14	614	16	9	11	7
Combo	238	37.0	41.0	23.0	10	5	23	24	2	14	589	17	13	4	5
Fireball	230	37.0	42.0	21.0	10	5	25	24	1	12	621	16	11	5	8
Luau	239	31.0	41.0	27.0	8	4	29	25	1	16	748	16	11	10	7
Manhattan	267	41.0	35.0	25.0	12	6	40	23	1	16	785	20	10	1	6
Philly	265	38.0	35.0	26.0	11	5	36	24	1	18	815	20	11	4	5
Sam & Louie's Best	256	36.0	38.0	25.0	10	5	30	25	2	16	834	17	13	14	8
T-Rex	267	41.0	36.0	24.0	12	5	33	24	1	16	682	17	12	4	6
Veggie	203	28.0	49.0	23.0	6	3	15	26	2	12	426	16	12	29	14

**All nutrition information for 1/6 of 12" Specialty Pizza

♥ Low-fat options

*Percent Daily Values are based on a 2000 calorie diet

SAM AND LOUIE'S NUTRITIONAL ANALYSIS

One slice of a 16" pizza

		Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Beef Pizza	♥	283	28.0	48.0	24.0	9	5	22	34	2	17	582	21	15	3	5
Canadian Bacon Pizza	♥	303	28.0	45.0	27.0	9	5	32	34	2	21	937	21	15	3	5
Cheese Pizza	♥	265	26.0	50.0	23.0	8	4	20	34	2	15	519	21	14	3	5
Chicken Pizza	♥	285	27.0	48.0	26.0	8	4	24	34	2	18	651	21	15	3	6
Pepperoni Pizza		296	32.0	45.0	22.0	11	5	27	34	2	17	642	21	14	4	6
Sausage Pizza		290	31.0	47.0	22.0	10	5	24	34	2	17	617	21	15	3	6

*Percent Daily Values are based on a 2000 calorie diet

♥ Low-fat options

**All nutrition information for 1/8 of 16" Specialty Pizza

One slice of a 16" specialty pizza

		Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
5 Cheese		297	32.0	46.0	22.0	10	6	30	34	2	17	602	24	14	3	7
Bacon Cheeseburger		344	35.0	43.0	22.0	13	7	41	37	2	19	802	21	17	15	16
BBQ Chicken	♥	344	29.0	48.0	23.0	11	6	36	42	1	19	780	21	14	10	9
Brooklyn		355	39.0	39.0	22.0	15	5	27	35	2	20	732	27	16	14	15
Buffalo Jack	♥	290	27.0	48.0	25.0	9	4	24	35	2	18	757	21	15	13	9
California Pie	♥	305	27.0	47.0	25.0	9	5	27	37	2	19	696	22	16	23	14
Carnivore		349	34.0	40.0	26.0	13	6	39	35	2	23	1066	22	17	4	6
Chicken Bacon Ranch		386	46.0	36.0	19.0	19	6	33	34	1	18	789	16	14	1	4
Chicken Cordon Blue		352	35.0	39.0	27.0	14	7	47	34	1	23	1053	24	15	6	9
Chicken Thai Pie		326	31.0	46.0	24.0	11	4	24	37	1	19	829	21	14	15	9
Combo		329	35.0	43.0	22.0	13	6	29	36	2	19	780	22	18	5	7
Fireball		319	35.0	44.0	21.0	13	7	33	35	2	17	813	21	16	6	11
Luau	♥	328	30.0	44.0	27.0	11	5	37	36	2	22	968	21	15	14	9
Manhattan		359	38.0	38.0	25.0	15	8	49	34	1	22	1009	26	15	1	8
Philly		352	35.0	39.0	25.0	14	7	43	35	1	23	995	26	15	5	6
Sam & Louie's Best		352	34.0	41.0	25.0	14	6	38	36	2	22	1090	22	18	19	11
T-Rex		358	38.0	39.0	23.0	15	7	41	35	2	21	869	23	17	5	7
Veggie	♥	287	27.0	51.0	22.0	9	4	20	37	3	16	586	22	17	33	17

**All nutrition information for 1/8 of 16" Specialty Pizza

♥ Low-fat options

*Percent Daily Values are based on a 2000 calorie diet

SAM AND LOUIE'S NUTRITIONAL ANALYSIS

One slice of an 18" pizza

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Beef Pizza	235	29.0	47.0	24.0	8	4	19	28	1	14	496	18	13	2	5
Canadian Bacon Pizza	246	28.0	45.0	27.0	8	4	26	27	1	17	754	8	12	2	5
Cheese Pizza	216	27.0	50.0	23.0	6	3	17	27	1	13	429	17	11	2	5
Chicken Pizza	232	27.0	47.0	26.0	7	4	20	28	1	15	536	17	12	3	5
Pepperoni Pizza	244	33.0	44.0	22.0	9	4	23	27	1	14	538	17	12	4	5
Sausage Pizza	236	31.0	47.0	22.0	8	4	20	28	2	14	507	18	12	2	5

*Percent Daily Values are based on a 2000 calorie diet

♥ Low-fat options

**All nutrition information for 1/12 of 18" Specialty Pizza

One slice of an 18" specialty pizza

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
5 Cheese	247	33.0	45.0	23.0	9	5	26	28	1	14	515	21	11	2	6
Bacon Cheeseburger	281	35.0	43.0	22.0	11	6	34	30	2	16	659	18	14	13	13
BBQ Chicken	286	29.0	48.0	22.0	9	5	30	34	1	16	657	17	11	10	8
Brooklyn	294	40.0	38.0	22.0	13	5	23	28	1	16	609	23	13	13	13
Buffalo Jack	237	27.0	48.0	25.0	7	4	20	28	2	15	621	18	12	12	8
California Pie	251	28.0	47.0	25.0	8	4	22	30	2	16	580	19	13	20	12
Carnivore	289	35.0	39.0	26.0	11	5	33	28	2	19	888	18	14	4	6
Chicken Bacon Ranch	329	48.0	34.0	18.0	17	6	29	27	1	15	674	14	11	1	3
Chicken Cordon Blue	289	36.0	38.0	26.0	11	6	39	27	1	19	862	21	12	5	8
Chicken Thai Pie	270	32.0	45.0	23.0	9	4	20	30	1	16	706	17	11	14	9
Combo	273	36.0	42.0	22.0	11	5	25	29	2	15	662	19	15	5	6
Fireball	264	36.0	43.0	21.0	11	6	28	28	2	14	682	18	13	5	9
Luau	268	30.0	43.0	27.0	9	4	31	29	1	18	797	18	12	13	8
Manhattan	293	38.0	37.0	24.0	13	6	41	27	1	18	824	21	12	1	7
Philly	289	36.0	38.0	26.0	12	6	36	28	1	19	827	22	12	5	5
Sam & Louie's Best	291	35.0	40.0	25.0	11	5	32	29	2	18	907	19	15	18	10
T-Rex	297	39.0	38.0	23.0	13	6	35	28	1	17	735	19	13	4	6
Veggie	235	27.0	50.0	22.0	7	4	17	30	2	13	485	18	14	30	15

**All nutrition information for 1/12 of 18" Specialty Pizza

*Percent Daily Values are based on a 2000 calorie diet

♥ Low-fat options

SAM AND LOUIE'S NUTRITIONAL ANALYSIS

Stromboli (Ind. Size)

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Buffalo Jack	655	33.3	40.4	26.3	25	13	67	67	3	44	1681	62	28	39	26
Carnivore	815	40.8	33.1	26.0	37	18	98	68	4	53	2117	66	36	4	16
Chicken	646	32.9	40.3	26.8	24	13	67	66	3	44	1343	62	29	15	18
Sam's Creation	769	39.3	35.6	25.1	34	16	90	69	4	49	1917	65	33	23	17
Veggie	632	34.0	41.6	24.4	24	13	61	67	3	39	1239	64	31	19	28

*Percent Daily Values are based on a 2000 calorie diet

Calzone (Ind. Size)

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Carnivore	891	44.0	30.0	27.0	43	21	137	66	2	60	2399	70	32	3	18
Cheese Fix	653	35.9	39.0	25.1	26	15	75	64	2	41	1130	67	26	0	15
Chicken & Spinach	695	35.4	37.9	26.8	28	15	82	67	3	47	1370	68	30	5	25
Louie's Special	745	38.7	36.9	24.5	32	17	86	70	4	46	1444	70	32	20	19
Original	734	39.2	36.2	24.6	32	17	86	67	3	46	1443	70	30	1	18
Veggie	683	36.3	39.1	24.6	28	15	75	68	4	43	1268	70	32	22	40

*Percent Daily Values are based on a 2000 calorie diet

Calzone (1/4 Small)

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Carnivore	407	42.0	32.0	26.0	19	9	59	33	1	27	1080	30	16	2	8
Cheese Fix	304	33.6	42.0	24.4	11	6	32	32	1	19	512	28	13	0	6
Chicken & Spinach	320	33.1	41.0	25.8	12	6	35	33	1	21	603	29	15	2	11
Louie's Special	340	35.9	40.1	23.9	14	7	37	34	2	21	630	30	15	10	8
Original	334	36.5	39.4	24.1	14	7	37	33	1	20	629	30	15	0	8
Veggie	319	34.1	42.0	23.9	12	6	32	34	2	19	581	30	16	11	19

*Percent Daily Values are based on a 2000 calorie diet

SAM AND LOUIE'S NUTRITIONAL ANALYSIS

Calzone (1/6 Large)

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Carnivore	500	39.0	35.0	25.0	22	10	69	44	1	32	1301	32	21	3	9
Cheese Fix	375	30.8	45.6	23.6	13	7	37	43	1	22	612	31	17	0	7
Chicken & Spinach	393	30.5	44.6	25.0	13	7	39	44	2	25	713	32	19	3	14
Louie's Special	416	33.1	43.6	23.2	15	8	41	46	2	24	743	33	20	13	9
Original	408	33.7	42.9	23.4	15	8	41	44	2	24	742	32	19	0	8
Veggie	395	31.5	45.4	23.1	14	7	37	45	2	23	704	33	21	15	24

*Percent Daily Values are based on a 2000 calorie diet

Chicken Sandwiches

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Bar-B-Que Chicken	923	46.0	32.0	22.0	48	19	135	75	3	52	2129	46	11	37	24
Buffalo Chicken*	498	30.0	47.0	23.0	17	2	50	61	4	29	1806	5	8	21	12
Chicken Parmesan	751	40.0	33.0	27.0	34	13	99	65	4	51	1956	64	13	28	24
Original Chicken	484	29.0	48.0	23.0	16	2	50	60	3	29	1126	5	8	21	12

*Does not include side of ranch or blue cheese

*Percent Daily Values are based on a 2000 calorie diet

Burgers

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Black and Bleu Burger	889	58.0	17.0	25.0	57	28	177	39	2	56	2179	32	21	34	19
Cowboy Burger	964	54.0	22.0	24.0	59	29	195	53	2	58	1939	42	20	34	23
Jalapeno Burger	754	53.0	21.0	26.0	46	24	171	40	3	50	1667	42	20	22	30
Pizza Burger	731	49.0	23.0	28.0	41	20	151	42	3	53	1554	42	20	25	22
Sammy's Burger	526	45.5	27.9	26.6	27	12	110	37	2	36	935	1	17	18	10
Sammy's Burger w/chs	666	50.2	23.6	26.2	37	19	140	39	2	44	1415	21	17	18	18

*Percent Daily Values are based on a 2000 calorie diet

Chips and Fries

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Potato Chips*	150	60.0	40.0	5.3	10	3	0	15	1	2	180	0	0	10	0
Fries	427	41.4	53.9	4.7	21	4	0	62	5	5	999	0	11	5	0

*Total may not equate 100% due to rounding.

*Percent Daily Values are based on a 2000 calorie diet

SAM AND LOUIE'S NUTRITIONAL ANALYSIS

Hoagies

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Ham & Cheese	480	31.0	43.0	25.0	17	6	58	53	4	31	2510	32	13	32	43
Italian	557	42.0	37.0	21.0	26	10	71	53	4	29	2501	33	14	41	44
Meatball	774	48.6	29.5	21.9	42	16	119	57	3	43	2255	53	21	9	19
Philly	561	32.0	36.0	32.0	21	10	88	52	0	47	1655	45	20	20	9

*Percent Daily Values are based on a 2000 calorie diet

♥ Low-fat options

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Potato Chips*	150	60.0	40.0	5.3	10	3	0	15	1	2	180	0	0	10	0
Fries	427	41.4	53.9	4.7	21	4	0	62	5	5	999	0	11	5	0

*Total may not equate 100% due to rounding.

*Percent Daily Values are based on a 2000 calorie diet

Chips and Fries

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
House Salad Small	113	46.0	29.0	25.0	6	2	63	9	2	8	194	15	5	46	37
House Salad Large	290	44.0	30.0	26.0	15	6	233	23	6	20	433	34	16	146	115
Original Chicken Salad	556	29.0	42.0	29.0	18	8	60	58	5	41	1616	34	33	116	94
Crispy Buffalo Salad	745	36.0	43.0	21.0	30	9	79	80	8	40	3011	31	33	116	92
Thai Chicken Salad	608	27.0	48.0	25.0	18	3	35	71	6	38	2226	16	34	248	138
Cobb Salad	811	42.0	31.0	27.0	37	15	292	62	6	55	2330	32	40	136	99
Side Caesar Salad	335	81.0	9.0	10.0	29	6	25	7	2	8	900	18	6	32	43
Chicken Caesar Salad	694	68.0	11.0	21.0	51	12	71	19	3	36	2404	39	20	68	87

*Percent Daily Values are based on a 2000 calorie diet

♥ Low-fat options

Salads

SAM AND LOUIE'S NUTRITIONAL ANALYSIS

Salad Dressings

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Blue Cheese	263	94.0	3.0	3.0	28	5	30	2	0	2	567	0	0	0	0
Caesar (2T)	180	90.0	2.0	0.0	18	3	10	1	0	<1	290	0	0	0	0
French	183	54.8	45.2	0.0	12	2	0	22	0	0	350	0	0	0	0
Light Italian	110	78.9	21.1	0.0	9	1	0	5	0	0	786	0	0	0	0
Poppyseed	248	71.2	28.8	0.0	19	3	18	18	0	0	408	0	0	0	0
Ranch	293	97.1	2.9	0.0	29	5	10	2	0	0	508	0	0	0	0

*Nutritional information for 2 ounce portion

*Percent Daily Values are based on a 2000 calorie diet

One slice of Gluten-Free Pizza

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Bacon Cheeseburger	227	41.9	41.4	16.7	11	5	26	24	2	10	627	13	4	16	12
BBQ Chicken	229	37.0	47.0	17.0	9	4	23	27	1	10	602	12	1	9	5
Brooklyn	256	50.0	33.0	17.0	15	4	21	22	1	11	600	21	3	15	12
Buffalo Jack	202	38.0	43.0	19.0	9	4	18	22	1	10	641	16	2	12	7
California	197	35.0	46.0	19.0	8	3	16	23	2	9	523	13	3	23	11
5 Cheese	188	40.1	44.9	15.1	8	4	18	21	1	7	452	15	1	5	5
Carnivore	225	43.0	38.4	18.7	11	4	24	22	1	11	711	13	3	6	4
Chicken Bacon Ranch	288	57.0	29.0	14.0	18	5	26	21	1	10	657	12	1	3	3
Chicken Cordon Bleu	242	45.0	35.0	20.0	12	6	34	21	1	12	724	19	1	8	8
Combo	217	43.6	40.3	16.1	11	4	19	22	2	9	593	13	4	7	5
Fireball	210	44.0	42.0	14.0	10	4	21	22	1	8	638	13	3	7	7
Luau	208	37.8	43.1	19.1	9	3	22	23	1	10	633	12	2	13	6
Manhattan	252	49.0	33.0	18.0	14	6	36	21	1	12	705	20	1	3	6
Philly	213	37.0	40.0	23.0	9	4	25	22	1	13	514	16	4	8	5
Sam & Louie's Best	221	42.4	39.9	17.7	11	4	22	22	1	10	698	13	3	16	7
Thai	229	41.0	41.0	18.0	11	4	18	23	1	10	664	16	1	14	7
T-Rex	270	50.0	32.0	18.0	15	6	31	22	1	12	719	17	3	9	6
Veggie	181	35.2	49.9	14.9	7	3	12	23	2	7	430	13	3	29	13

*Amount for one slice (1/6th of a whole pizza)

*Percent Daily Values are based on a 2000 calorie diet

Entire 10" Gluten-Free Pizza

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Bacon Cheeseburger	1365	41.9	41.4	16.7	64	29	156	143	10	58	3764	76	22	95	71
BBQ Chicken	1372	37.0	47.0	17.0	56	24	140	162	4	58	3609	73	7	56	32
Brooklyn	1556	50.0	33.0	17.0	88	27	123	132	8	68	3603	126	17	93	75
Buffalo Jack	1209	38.0	43.0	19.0	52	21	108	132	8	59	3848	93	10	70	40
California	1179	35.0	46.0	19.0	47	19	98	139	9	56	3138	78	16	136	65
5 Cheese	1130	40.1	44.9	15.1	51	24	109	128	7	43	2710	87	6	29	29
Carnivore	1351	43.0	38.4	18.7	65	25	142	131	8	64	4265	77	20	38	27
Chicken Bacon Ranch	1725	57.0	29.0	14.0	108	32	157	124	4	58	3939	73	6	19	18
Chicken Cordon Bleu	1454	45.0	35.0	20.0	74	34	201	127	5	74	4344	111	9	47	46
Combo	1303	43.6	40.3	16.1	64	24	116	134	9	53	3560	79	22	41	28
Fireball	1258	44.0	42.0	14.0	63	26	127	133	9	46	3830	76	17	45	45
Luau	1249	37.8	43.1	19.1	53	21	131	137	7	61	3797	74	11	76	35
Manhattan	1510	49.0	33.0	18.0	83	37	217	126	4	69	4231	117	8	19	39
Philly	1275	37.0	40.0	23.0	53	23	152	130	7	76	3085	95	23	49	27
Sam & Louie's Best	1326	42.4	39.9	17.7	64	24	135	134	9	60	4189	78	20	95	42
Thai	1375	41.0	41.0	18.0	63	21	108	141	5	63	3987	93	6	82	42
T-Rex	1618	50.0	32.0	18.0	91	36	186	133	8	73	4313	104	20	55	35
Veggie	1085	35.2	49.9	14.9	44	16	71	139	11	42	2581	76	17	174	77

*Amount for whole pizza

*Percent Daily Values are based on a 2000 calorie diet

SAM AND LOUIE'S NUTRITIONAL ANALYSIS

Starters

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Cheese Bread (per slice 1/8)	114	39.6	42.0	18.4	5	2	8	12	1	5	283	10	2	2	4
Garlic Bread (per slice-1/8)	79	27.7	60.7	11.6	2	0	0	12	1	2	203	2	2	2	3
Spinach Artichoke Dip**	1060	47.0	39.0	14.0	54	24	91	101	9	38	2417	96	9	0	78
Meatballs (4th of whole)	271	54.0	25.0	21.0	16	6	40	17	1	14	804	18	7	5	10
Boneless Chicken Wings**	831	51.0	25.0	25.0	47	6	93	50	3	50	1807	5	5	0	0
Thai Sauce	225	53.0	38.0	9.0	13	0	0	20	0	5	1201	0	0	0	0
Buffalo Sauce	43	77.0	23.0	0.0	4	0	0	3	0	0	2041	0	0	0	0
BBQ Sauce	157	0.0	100.0	0.0	0	0	0	40	0	0	560	0	0	0	0
Dipping Sauce	587	97.0	3.0	0.0	59	10	20	4	0	0	1017	0	0	0	0
Onion Petals**	1549	68.0	27.0	2.0	118	20	20	106	6	9	2833	27	10	0	0
Waffle Fries**	1364	58.0	36.0	3.0	88	24	20	125	11	12	2018	4	11	11	0
Breaded Ravioli**	682	27.0	60.0	13.0	20	4	72	101	7	21	1900	10	25	13	12
Breaded Pickles**	1050	79.0	19.0	1.0	74	21	20	40	6	3	2547	12	6	0	0

*Percent Daily Values are based on a 2000 calorie diet

**Entire Order

Pastas

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Spaghetti Meatballs	826	25.0	57.0	17.0	23	8	56	116	6	35	1457	17	45	21	17
Chicken Alfredo	915	29.0	51.0	20.0	29	15	102	113	5	45	1938	23	42	5	19
Mostaccioli Marinara	973	26.0	51.0	23.0	27	9	83	122	6	55	2392	19	53	25	18
Lasagna (1/2 Order)	612	29.0	48.0	23.0	20	11	53	73	3	34	1325	39	23	17	19
Lasagna (Full Order)	1000	33.0	43.0	24.0	37	19	96	109	4	60	2315	74	30	35	36
Chicken Parmesan	1041	29.0	47.0	24.0	34	14	109	122	6	63	2407	68	42	27	25
Manicotti	1048	36.0	38.0	26.0	42	17	123	99	4	68	3022	59	47	34	31
Cheese Tortellini-Lunch	1042	29.0	46.0	25.0	33	13	132	119	6	64	2633	36	59	25	26
Cheese Tortellini-Dinner	1458	26.0	51.0	23.0	41	18	180	186	10	84	3080	54	85	34	38
Chicken Sausage Tortellini-Lunch	1024	34.0	44.0	22.0	38	20	156	112	5	56	2335	41	51	5	28
Chicken Sausage Tortellini-Dinner	1565	34.0	46.0	20.0	58	32	244	179	10	79	3068	69	78	6	45

*Percent Daily Values are based on a 2000 calorie diet

Kid Meals

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Macaroni & Cheese	340	29.0	56.0	14.0	11	3	25	48	2	12	480	15	10	0	0
Slice of Chese	90	70.0	3.0	27.0	7	4	25	1	0	6	118	16	0	0	5
Mostaccioli Marinara	597	9.0	76.0	15.0	6	2	7	111	6	22	745	4	38	18	11
Spaghetti with Meatball	711	19.0	65.0	16.0	14	5	32	114	6	28	1101	11	42	20	14
Fettucini Alfredo	767	29.0	58.0	13.0	25	14	75	108	5	24	1004	21	35	1	18
Chicken Bites and Fries	787	64.0	26.0	10.0	56	9	41	50	4	20	1610	2	7	3	0
Applesauce	70	0.0	100.0	0.0	0	0	0	13	1	0	15	0	0	100	0