

PIZZAFIRE NUTRITIONAL INFORMATION



	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Specialty Pizzas											
The Margherita	809	209	27	8	0	28	1,315	108	5	7	35
The Austin	880	145	19	8	0	59	1,012	138	4	37	37
The Buffalo	1,136	479	56	14	0	104	1,969	110	8	5	47
The Chicago	1,187	494	58	22	0	136	2,280	108	5	7	53
The Cleveland	984	333	40	14	0	89	1,555	110	5	9	43
The Hollywood	931	315	38	11	0	69	939	103	5	4	40
The New York	822	219	28	9	0	40	551	109	6	4	32
Salads											
Garden Salad	34	0	0	0	0	0	9	7	2	4	1
Caprese Salad	457	320	38	15	0	60	349	7	1	2	29
Antipasto Salad	137	69	8	3	0	28	343	7	1	4	9
Buffalo Chicken Salad	295	143	15	2	0	56	548	14	5	5	25
Chicken Caesar Salad	185	30	3	1	0	80	173	8	1	2	30
Salad Dressings											
Fat Free Italian Dressing	30	0	0	0	0	0	500	6	0	4	0
Fat Free Ranch Dressing	50	0	0	0	0	0	760	12	0	4	0
Balsamic Vinaigrette	300	280	32	5	0	0	520	4	0	2	0
Blue Cheese Dressing	280	260	30	6	0	30	600	2	0	2	2
Ranch Dressing	240	240	26	4	0	20	500	4	0	2	0
House Made Italian Dressing	237	237	28	2	0	0	0	0	0	0	0
Caesar Dressing	180	170	18	3	0	10	410	2	0	1	1
Sides											
Meatballs	377	236	28	12	1	78	1,273	12	1	4	21
Firestix	646	124	16	2	0	3	673	101	4	3	21
Firestix with Cheese	806	224	28	9	0	43	709	103	4	3	31
Desserts											
Red Velvet Cookie	570	240	27	14	0	45	285	78	3	48	6
Reece's Peanut Butter Cup Cookie	630	340	37	17	0	40	450	67	3	45	11
Triple Chocolate Chip Cookie	570	250	28	14	0	45	290	78	3	48	7
Dough											
Original	545	43	7	1	0	0	441	97	3	3	20
Gluten Free	640	140	14	4	0	40	840	116	4	4	8

Gluten Free Dough: Our gluten free dough is made with gluten-free ingredients, however, our pizzas are prepared in the same area and in the same oven so there is a risk of gluten contact.

Guests with gluten sensitivities should take this into consideration when ordering our gluten free pizzas.

Toppings	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Authentic Neapolitan	51	17	2	0	0	0	500	7	1	4	1
Spicy Neapolitan	51	17	2	0	0	0	500	7	1	4	1
Roasted Garlic	32	16	2	0	0	0	2	4	0	0	1
Tangy BBQ	127	0	0	0	0	0	517	33	0	29	0
Ranch Bacon	243	236	26	4	0	24	559	4	0	2	2
Basil Pesto	190	170	19	3	0	10	380	2	1	0	4
Shredded Mozzarella	160	100	12	7	0	40	36	2	0	0	10
Fresh Mozzarella	133	83	10	6	0	25	142	2	0	0	12
Ricotta Cheese	64	33	4	2	0	14	58	2	0	0	5
Blue Cheese Crumbles	150	105	12	8	0	38	570	0	0	0	11
Vegan Cheese	135	90	9	3	0	0	420	11	2	0	2
Canadian Bacon	25	5	1	0	0	15	295	0	0	1	5
Diced Ham	35	10	1	0	0	15	350	2	0	2	6
Bacon	135	101	11	4	0	27	514	0	0	0	7
Chorizo	85	64	7	2	0	17	221	1	0	0	4
Pepperoni	130	110	12	4	0	30	430	0	0	0	6
Tuscan Pepperoni	140	110	12	5	0	25	460	1	0	0	5
Meatballs	83	60	7	3	0	20	217	1	0	0	4
Sausage	83	62	7	2	0	19	142	0	0	0	4
Free Range Chicken	28	1	0	0	0	19	15	0	0	0	7
Buffalo Chicken	49	17	2	0	0	19	167	1	1	0	7
Anchovies	52	24	2	0	0	25	1611	0	0	0	7
Pineapple	13	0	0	0	0	0	3	3	0	3	0
Mushrooms	7	0	0	0	0	0	5	1	0	0	1
Artichoke Hearts	9	0	0	0	0	0	105	2	1	0	1
Black Olives	47	38	6	0	0	0	217	2	0	0	0
Green Olives	62	53	5	2	0	0	673	2	0	0	0
Giardiniera	50	40	5	1	0	0	100	2	0	1	0
Green Peppers	5	0	0	0	0	0	8	1	0	1	0
Jalapeno Peppers	8	2	0	0	0	0	0	2	1	1	0
Roasted Red Peppers	7	0	0	0	0	0	68	1	0	1	0
Banana Peppers	8	1	0	0	0	0	4	2	1	0	0
Sun-Dried Tomatoes	57	0	0	0	0	0	340	11	0	11	0
Fresh Basil	10	0	0	0	0	0	2	1	1	0	1
Red Onions	8	0	0	0	0	0	1	2	1	2	0
Arugula	7	2	0	0	0	0	7	1	0	1	1
Spinach	13	0	0	0	0	0	53	3	2	0	1
Broccoli	8	0	0	0	0	0	15	2	1	0	1
Tomatoes	5	0	0	0	0	0	4	1	0	1	0