

Fresh Brothers

Menu group	Items
A. Original Crust Signature Piz	37
B. Skinny Crust Signature Pizza	37
C. Cauliflower Crust Signature	13
D. Deep Dish Signature Pizzas	13
E. Medium Signature Pizza - No	10
F. Create Your Own Pizza - Choo	7
G. Toppings For Medium Pizzas (33
H. Toppings For Large Pizzas (V	33
I. Toppings For Xtra Large Pizz	33
J. 7" Personal Pizzas	12
K. Toppings For 7" Pizzas (Valu	29
L. Signature Salads (No Dressin	6
M. Combo Size Signature Salads	6
M. Salad Sides	4
O. Salad Toppings For Regular S	32
P. Salad Toppings For Combo Siz	34
Q. Salad Dressings - Regular	10
R. Salad Dressings - Lite	10
S. Baked Wings, Sliders And Kno	50
T. Kids Menu	5
U. Side Sauces (2 fl Oz)	9
V. Gluten-free Signature Pizzas	13
W. Beverages (20 fl Oz)	10
Zarchive	250

	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
BBQ Chicken Large (2 Pieces - 1/8 Pizza)	260	110	13	6		1.5	2.0	40	860	35	19		7		15
BBQ Chicken Medium (2 Pieces - 1/6 Pizza)	240	100	12	5		1.5	2.0	35	810	30	19		7		14
BBQ Chicken Xtra Large (2 Pieces - 1/8 Pizza)	270	120	13	6		1.5	2.0	45	890	40	20		7		16
Cheese Pizza Large (2 Pieces - 1/8 Pizza)	210	100	12	5		1.5	2.0	25	640	135	14	1	2		9
Cheese Pizza Medium (2 Pieces - 1/6 Pizza)	200	100	11	5		1.5	2.0	25	620	125	14	1	2		9
Cheese Pizza Xtra Large (2 Pieces - 1/8 Pizza)	220	110	13	6		1.5	2.0	30	670	135	14	1	2		10
Chicken Sausage, Artichoke & Pesto	270	150	17	7		2.5	3.0	45	850	190	15	1	2		14
Chicken Sausage, Artichoke & Pesto	260	140	15	6		2.5	3.0	40	790	160	15	1	2		12
Chicken Sausage, Artichoke & Pesto	290	150	17	7		2.5	3.5	50	890	200	15	1	2		14
Da Works Large (2 Pieces - 1/8 Pizza)	340	200	22	9	0	2.0	2.0	50	1050	230	18	2	3		16
Da Works Medium (2 Pieces - 1/6 Pizza)	310	170	20	8	0	1.5	2.0	45	960	210	17	2	3		14
Da Works Xtra Large (2 Pieces - 1/10 Pizza)	360	210	24	9	0	2.0	2.0	55	1090	240	18	2	4		17
Fresh Momma's Large (2 Pieces - 1/8 Pizza)	230	120	14	6		2.0	2.0	25	660	220	15	1	2		11
Fresh Momma's Medium (2 Pieces - 1/6 Pizza)	220	110	13	5		2.0	2.0	25	620	210	14	1	2		10
Fresh Momma's Xtra Large (2 Pieces - 1/8 Pizza)	240	130	14	6		2.0	2.0	30	680	230	15	1	2		12
Fresh Vegetable Large (2 Pieces - 1/8 Pizza)	250	130	15	6		2.0	2.5	25	810	230	17	2	3		11
Fresh Vegetable Medium (2 Pieces - 1/6 Pizza)	230	120	14	5		1.5	2.5	25	760	210	16	2	3		9
Fresh Vegetable Xtra Large (2 Pieces - 1/8 Pizza)	260	140	16	6		2.0	2.5	30	840	240	18	2	4		11
Hawaiian Large (2 Pieces - 1/8 Pizza)	240	110	13	6		1.5	2.0	35	860	140	17	1	5		13
Hawaiian Medium (2 Pieces - 1/6 Pizza)	230	110	12	5		1.5	2.0	30	810	140	16	1	5		12
Hawaiian Xtra Large (2 Pieces - 1/10 Pizza)	250	120	13	6		1.5	2.0	40	900	140	17	1	5		14
Impossible Large (2 Pieces - 1/8 Pizza)	270	140	15	8		1.5	2.0	25	750	180	15	1	2		15

Impossible Medium (2 Pieces - 1/6 Pizza)	250	130	14	7		1.5	2.0	25	700	170	15	1	2	13
Impossible Xtra Large (2 Pieces - 1/10)	280	140	16	9		1.5	2.0	30	770	190	15	1	2	15
Margherita Large (2 Pieces - 1/8 Pizza)	240	120	14	6		2.0	2.0	30	660	220	16	1	3	11
Margherita Medium (2 Pieces - 1/6 Pizza)	260	140	15	7		1.5	2.0	30	710	210	16	1	3	13
Margherita Xtra Large (2 Pieces - 1/10)	250	130	15	6		2.0	2.0	30	690	230	16	1	3	12
Miller Large (2 Pieces - 1/8 Pizza)	500	300	34	13	0	1.5	2.0	95	1860	115	18	2	3	30
Miller Medium (2 Pieces - 1/6 Pizza)	420	250	28	10	0	1.5	2.0	75	1600	115	17	2	3	24
Miller Xtra Large (2 Pieces - 1/10 Pizza)	530	320	37	14	0	1.5	2.0	105	1970	115	18	2	4	32
Pure Pepperoni Large (2 Pieces - 1/8)	250	140	16	7	0	1.5	2.0	35	790	115	14	1	2	11
Pure Pepperoni Medium (2 Pieces -)	230	130	14	6	0	1.5	2.0	30	730	115	14	1	2	10
Pure Pepperoni Xtra Large (2 Pieces -)	270	150	17	8	0	1.5	2.0	40	830	115	14	1	2	12
Triple Pep Large (2 Pieces - 1/8 Pizza)	330	210	23	10	0	1.5	2.0	55	1090	115	14	1	2	15
Triple Pep Medium (2 Pieces - 1/6 Pizza)	300	180	21	9	0	1.5	2.0	45	980	115	14	1	2	13
Triple Pep Xtra Large (2 Pieces - 1/10)	360	230	26	11	0	1.5	2.0	60	1180	115	14	1	2	16
Vegan Cheese Medium (2 Pieces -)	170	80	9	3.0		1.5	2.0		580	125	20	1	2	2

[Go back to index](#)

B. Skinny Crust Signature Pizzas	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
BBQ Chicken Large (2 Pieces - 1/8 Pizza)	220	90	11	6		1.0	1.0	40	720	30	14		6		15
BBQ Chicken Medium (2 Pieces - 1/6 Pizza)	200	90	10	5		1.0	1.0	35	680	20	14		6		13
BBQ Chicken Xtra Large (2 Pieces - 1/10)	230	100	11	6		1.0	1.0	45	730	35	14		6		16
Cheese Pizza Large (2 Pieces - 1/8 Pizza)	170	90	10	5		1.0	1.0	25	500	125	9	1	2		9
Cheese Pizza Medium (2 Pieces - 1/6 Pizza)	160	80	9	5.0		1.0	1.0	25	480	120	9		2		8
Cheese Pizza Xtra Large (2 Pieces - 1/10)	180	90	11	6		1.0	1.0	30	530	130	9	1	2		9
Chicken Sausage, Artichoke & Pesto	230	130	14	7		1.5	2.0	45	710	180	10	1	2		13
Chicken Sausage, Artichoke & Pesto	210	120	13	6		1.5	2.0	40	650	160	10	1	2		12
Chicken Sausage, Artichoke & Pesto Xtra	240	130	15	7		1.5	2.5	50	750	190	11	1	2		14
Da Works Large (2 Pieces - 1/8 Pizza)	300	180	20	8	0	1.0	1.0	50	910	220	13	2	3		15
Da Works Medium (2 Pieces - 1/6 Pizza)	260	160	18	7	0	1.0	1.0	45	820	200	12	2	3		13
Da Works Xtra Large (2 Pieces - 1/10 Pizza)	320	190	21	9	0	1.0	1.0	55	960	230	13	2	3		16
Fresh Momma's Large (2 Pieces - 1/8 Pizza)	190	100	12	6		1.0	1.0	25	520	210	10	1	2		10
Fresh Momma's Medium (2 Pieces - 1/6 Pizza)	180	90	11	5		1.0	1.0	25	490	200	9	1	2		9
Fresh Momma's Xtra Large (2 Pieces - 1/10)	200	110	12	6		1.0	1.0	30	540	220	10	1	2		11
Fresh Vegetable Large (2 Pieces - 1/8 Pizza)	210	120	13	5		1.0	1.5	25	670	220	12	2	3		10
Fresh Vegetable Medium (2 Pieces - 1/6)	190	100	12	5.0		1.0	1.5	25	620	200	11	1	3		9
Fresh Vegetable Xtra Large (2 Pieces, 1/10)	220	120	14	6		1.0	1.5	30	700	230	13	2	3		10
Hawaiian Large (2 Pieces - 1/8 Pizza)	200	100	11	6		1.0	1.0	35	720	135	12	1	5		12
Hawaiian Medium (2 Pieces - 1/6 Pizza)	180	90	10	5		1.0	1.0	30	670	130	11	1	4		11
Hawaiian Xtra Large (2 Pieces - 1/10 Pizza)	210	100	11	6		1.0	1.0	40	760	135	12	1	5		13
Impossible Large (2 Pieces - 1/8 Pizza)	230	120	13	8		1.0	1.0	25	610	170	10		2		14

Impossible Medium (2 Pieces - 1/6 Pizza)	210	110	12	7		1.0	1.0	25	590	200	10	1	2	13
Impossible Xtra Large (2 Pieces - 1/10 Pizza)	240	120	14	8		1.0	1.0	30	630	180	10		2	15
Margherita Large (2 Pieces - 1/8 Pizza)	200	110	12	6		1.0	1.0	30	520	210	11	1	3	11
Margherita Medium (2 Pieces - 1/6 Pizza)	210	120	13	6		1.0	1.0	30	570	200	11	1	3	12
Margherita Xtra Large (2 Pieces - 1/10 Pizza)	210	110	13	6		1.0	1.0	30	550	220	11	1	3	12
Miller Large (2 Pieces - 1/8 Pizza) Skinny	460	280	32	13	0	1.0	1.0	95	1730	110	13	2	3	29
Miller Medium (2 Pieces - 1/6 Pizza)	410	250	28	11	0	1.0	1.0	85	1550	110	12	2	3	26
Miller Xtra Large (2 Pieces - 1/10 Pizza)	490	300	34	14	0	1.0	1.0	105	1830	110	13	2	3	31
Pure Pepperoni Large (2 Pieces - 1/8 Pizza)	210	120	14	7	0	1.0	1.0	35	660	110	9		2	11
Pure Pepperoni Medium (2 Pieces - 1/6 Pizza)	190	110	12	6	0	1.0	1.0	30	590	110	9		2	9
Pure Pepperoni Xtra Large (2 Pieces - 1/10)	230	130	15	7	0	1.0	1.0	40	690	110	9		2	11
Triple Pep Large (2 Pieces - 1/8 Pizza)	290	190	21	9	0	1.0	1.0	55	950	110	9		2	14
Triple Pep Medium (2 Pieces - 1/6 Pizza)	260	160	18	8	0	1.0	1.0	45	840	110	9		2	12
Triple Pep Xtra Large (2 Pieces - 1/10 Pizza)	320	210	24	11	0	1.0	1.0	60	1040	110	9		2	15
Vegan Cheese Medium (2 Pieces - 1/6 Pizza)	130	60	7	3.0		1.0	1.0		440	115	15	1	2	1

[Go back to index](#)

C. Cauliflower Crust Signature Pizza	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
BBQ Chicken Medium (2 Pieces - 1/6 Pizza)	260	90	10	6				45	740	50	25		7		15
Cheese Pizza Medium (2 Pieces - 1/6 Pizza)	220	80	9	6				35	540	140	20	1	2		10
Chicken Sausage, Artichoke & Pesto	280	120	14	7		0.5	1.0	50	710	180	21	1	2		14
Da Works Medium (2 Pieces - 1/6 Pizza)	330	160	18	9	0			55	880	220	23	2	3		15
Fresh Momma's Medium (2 Pieces - 1/6 Pizza)	240	100	11	7				35	550	220	20	1	2		11
Fresh Vegetable Medium (2 Pieces - 1/6 Pizza)	260	110	12	6			0	35	680	220	22	2	3		11
Hawaiian Medium (2 Pieces - 1/6 Pizza)	250	90	10	7				40	730	160	22	1	5		13
Impossible Medium (2 Pieces - 1/6 Pizza)	270	110	12	9				35	620	190	21	1	3		15
Margherita Medium (2 Pieces - 1/6 Pizza)	280	120	13	8				40	630	220	22	1	3		14
Miller Medium (2 Pieces - 1/6 Pizza)	480	250	29	13	0			95	1610	135	23	2	4		28
Pure Pepperoni Medium (2 Pieces - 1/6 Pizza)	260	110	13	7	0			40	650	135	20	1	2		12
Triple Pep Medium (2 Pieces - 1/6 Pizza)	320	170	19	10	0			55	900	135	20	1	2		15
Vegan Cheese Medium (2 Pieces - 1/6 Pizza)	150	45	5.0	3.0				10	360	105	22	1	2		3

[Go back to index](#)

D. Deep Dish Signature Pizzas	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
BBQ Chicken Medium (1 Slice - 1/8 Pizza)	320	150	17	8		2.5	3.0	45	980	35	22		5		17
Cheese Pizza Medium (1 Slice - 1/8)	270	140	16	7		2.5	3.0	30	810	110	18	1	2		12
Chicken Sausage, Artichoke & Pesto	290	150	17	7		3.0	3.5	40	890	135	19	1	2		13
Da Works Medium (1 Slice - 1/8 Pizza)	330	180	21	8	0	2.5	3.0	40	1020	170	20	2	3		14
Fresh Momma's Medium (1 Slice - 1/8)	270	140	15	6		2.5	3.0	25	770	170	19	1	2		11
Fresh Vegetable Medium (1 Slice - 1/8)	280	140	16	6		2.5	3.0	25	870	170	20	2	3		11
Hawaiian Medium (1 Slice - 1/8 Pizza)	270	130	15	6		2.5	3.0	35	900	115	20	1	4		13
Impossible Medium (1 Slice - 1/8 Pizza)	290	150	16	8		2.5	3.0	25	830	140	19	1	2		14
Margherita Medium (1 Slice - 1/8 Pizza)	290	150	17	7		2.5	3.0	35	830	190	20	1	3		14
Miller Medium (1 Slice - 1/8 Pizza)	440	250	29	11	0	2.5	3.0	70	1560	100	21	2	3		24
Pure Pepperoni Medium (1 Slice - 1/8)	280	150	17	7	0	2.5	3.0	30	850	100	18	1	2		11
Triple Pep Medium (1 Slice - 1/8 Pizza)	330	190	21	8	0	2.5	3.0	45	1040	100	18	1	2		13
Vegan Cheese Medium (1 Slice - 1/8)	220	110	12	3.5		2.5	3.0		730	110	26	1	2		2

Go back to index

E. Medium Signature Pizza - No Crust	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
BBQ Chicken (1/6)	160	70	8	5.0				35	540	15	9		6		13
Cheese Pizza (1/6)	120	60	7	4.5				25	340	110	4		2		7
Chicken Sausage, Artichoke & Pesto (1/6)	170	100	11	6		0.5	1.0	40	510	150	5		1		11
Da Works (1/6 Pizza)	220	140	16	7	0			45	680	190	7	2	2		13
Fresh Momma's (1/6)	140	80	9	5.0				25	350	190	4		1		9
Fresh Vegetable (1/6)	150	90	10	4.5			0	25	480	190	6	1	2		8
Hawaiian (1/6 Pizza)	140	70	8	5.0				30	530	125	6		4		10
Margherita (1/6 Pizza)	170	100	11	6				30	430	190	6		3		11
Miller (1/6 Pizza)	370	230	26	11	0			85	1410	100	7	2	3		25
Triple Pep (1/6 Pizza)	220	140	16	8	0			45	700	100	4		1		12

Go back to index

G. Toppings For Medium Pizzas (Values For 1/6 Pizza)	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Artichoke Hearts	0								40	30	0				0
BBQ Sauce	15								95		3		3		0
Bacon	80	45	5	2.0				20	300		1				6
Basil Pesto	25	15	1.5	0					95	75	2		1		1
Beef & Pork Meatballs	50	40	4.5	1.5	0	0	2.0	10	120	60	1				3
Black Olives	15	15	2.0						70		1				
Cheese - Add Extra	30	20	2.0	1.5				5	70		0				2
Cheese - Deep Dish	140	80	9	6				30	310		1				9
Cheese - Thin Crust	110	60	7	4.5				25	240		1				7
Chicken Breast	25	0	0.5	0				10	125		1				5
Chicken Sausage	40	25	2.5	1.0		0.5	1.0	15	130	35	1				3
Ciliegine Mozzarella	50	40	4.5	2.5				10	45						3
Diced Mozzarella	110	60	7	4.5				25	240		1				7
Fresh Basil	0								0	5	0				0
Fresh Jalapenos	0	0	0						0	20	1				0
Fresh Spinach	0								5	55	0				0
Garlic	0								0	10	1				0
Giardiniera	10	0	0.5						140						1
Green Olives	5	5	0.5				0		75		0				
Green Peppers	0								0	15	0				0
Ground Beef	60	45	5.0	2.0				10	230		1				4
Hand-pulled Pork	60	45	5	1.5				15	220		1				3
Kalamata Olives	15	5	0.5						210	0	2				
Mushrooms	0	0	0						0	60	1				1
Pepperoncini	0								180		1				
Pineapple	10									25	2		2		0
Pizza Sauce	10								85	100	2		1		0
Pizza Sauce - Add Extra	10								85	100	2		1		0
Red Onions	0								0	15	1				0
Sliced Tomatoes	5	0	0						0	65	1				0
Smoked Ham	20	5	0.5	0				10	200		0				3
Uncured Pepperoni	35	30	3.0	1.0	0			10	125		0				1
Vegan Sausage	35	20	2.5						85		1				2

Go back to index

F. Create Your Own Pizza - Choose Your Crust	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Cauliflower Crust (2 Pieces - 1/6 Pizza)	110	20	2.5	1.5				10	200	35	16				3
Deep Dish Crust (1 Slice - 1/8 Pizza)	130	60	6	0.5		2.5	3.0		410	25	15		1		2
Gluten-free Crust (2 Pieces - 1/6 Pizza)	130	45	5.0	0.5					110		21		3		1
Original Crust - Large (2 Pieces - 1/8 Pizza)	80	40	4.5	0		1.5	2.0		280	15	10				1
Original Crust - Medium (2 Pieces - 1/6 Pizza)	80	40	4.5	0		1.5	2.0		280	15	10				1
Original Crust - Xtra Large (2 Pieces - 1/10)	80	40	4.5	0		1.5	2.0		280	15	10				1
Skinny Crust (2 Pieces - 1/6 Pizza)	40	20	2.0	0		1.0	1.0		140	10	5				1

[Go back to index](#)

H. Toppings For Large Pizzas (Values For 1/8 Pizza)	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Artichoke Hearts	0								55	45	0				0
BBQ Sauce	15								120		4		4		1
Bacon	90	50	6	2.0				25	340		1				7
Basil Pesto	25	15	1.5	0					95	75	2		1		1
Beef & Pork Meatballs	60	45	5	2.0	0	0	2.5	15	135	70	1				3
Black Olives	20	20	2.0						80		1				
Cheese - Add Extra	45	25	3.0	2.0				10	105		0				3
Cheese - Deep Dish	140	80	9	6				30	310		1				9
Cheese - Thin Crust	110	70	7	5				25	260		1				7
Chicken Breast	30	5	0.5	0				15	140		1				5
Chicken Sausage	45	25	3.0	1.0		0.5	1.5	20	150	40	1				3
Ciliegine Mozzarella	50	40	4.5	2.5				10	45						3
Diced Mozzarella	120	70	8	5				25	280		1				8
Fresh Basil	0								0	10	0				0
Fresh Jalapenos	0	0	0						0	30	1				0
Fresh Spinach	0								10	60	0				0
Garlic	5								0	15	1				0
Giardiniera	10	5	1.0						210						1
Green Olives	10	5	1.0				0		85		0				
Green Peppers	0								0	25	1				0
Ground Beef	70	50	6	2.0				10	250		1				4
Hand-pulled Pork	70	50	6	1.5				15	250		1				3
Kalamata Olives Large	15	5	0.5						240	0	2				
Mushrooms	0	0	0						0	70	1				1
Pepperoncini	0								230		1				
Pineapple	10									25	3		3		0
Pizza Sauce	10								85	100	2		1		0
Pizza Sauce - Add	10								85	100	2		1		0
Red Onions	5								0	20	1				0
Sliced Tomatoes	5	0	0						0	75	1				0
Smoked Ham	20	5	0.5	0				10	220		0				3
Uncured Pepperoni	45	35	4.0	1.5	0			10	160		0				2
Vegan Sausage	40	25	2.5						95		2				3

Go back to index

**I. Toppings For Xtra
Large Pizzas (Values
For 1/8 Pizza)**

	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Artichoke Hearts	0								85	65	1				0
BBQ Sauce	25								170		6		5		1
Bacon	120	70	8	3.0				35	460		1				10
Basil Pesto	30	15	2.0	0					120	95	3		1		1
Beef & Pork Meatballs	80	60	7	2.5	0	0.5	3.0	20	180	90	2				4
Black Olives	25	25	3.0						110		1				
Cheese - Add Extra	70	40	4.5	3.0				15	160		1				4
Cheese - Deep Dish	160	90	10	7				35	370		2				10
Cheese - Thin Crust	140	80	9	6				30	310		1				9
Chicken Breast	40	5	1.0	0				20	190		1				7
Chicken Sausage	60	35	4.0	1.0		1.0	1.5	25	200	55	1				4
Ciliegine Mozzarella	70	50	6	3.0				10	55						4
Diced Mozzarella	160	90	10	7				35	370		2				10
Fresh Basil	0								0	15	0				0
Fresh Jalapenos	5	0	0			0			0	45	1				0
Fresh Spinach	0	0	0						10	80	1				0
Garlic	10								0	20	2				0
Giardiniera	15	10	1.0						320						1
Green Olives	10	10	1.0				0.5		115		0				
Green Peppers	0								0	35	1				0
Ground Beef	90	70	7	3.0				15	340		1				6
Hand-pulled Pork	90	70	8	2.0				20	330		2				4
Kalamata Olives Xlg	20	10	1.0						320	0	3				
Mushrooms	5	0	0						0	90	1				1
Pepperoncini	0								320		1				
Pineapple	15									35	4		3		0
Pizza Sauce	15								105	125	3		2		0
Pizza Sauce - Add	15								105	125	3		2		0
Red Onions	10								0	30	2				0
Sliced Tomatoes	10	0	0						0	100	2		1		0
Smoked Ham	25	10	1.0	0				10	300		1				4
Uncured Pepperoni	60	50	5	2.0	0			15	220		0				2
Vegan Sausage	50	30	3.5						125		2				4

Go back to index

J. 7" Personal Pizzas	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
* Gluten-free Crust (Crust Only - 1 Pizza)	330	110	12	2.0					180		51		7		4
* Original Crust - 7" (Crust Only - 1 Pizza)	250	110	13	1.5		5	6		830	50	30	1	2		4
BBQ Chicken 7" (No Crust)	430	200	22	14				100	1350	40	20		12		33
Cheese Pizza 7" (No Crust)	290	160	18	12				60	800	200	8	1	3		19
Chicken Sausage, Artichoke & Pesto 7"	460	260	30	16		1.5	2.5	110	1330	340	11	2	3		30
Da Works 7" (No Crust)	570	350	39	19	0	0		115	1660	470	17	4	6		34
Fresh Momma's 7" (No Crust)	380	210	24	15		0		70	940	410	10	2	3		25
Fresh Vegetable 7" (No Crust)	440	260	29	14		0	1.5	70	1360	470	17	3	6		24
Hawaiian 7" (No Crust)	400	200	22	14				90	1360	250	15	2	9		29
Margherita 7" (No Crust)	330	190	21	12		0		60	820	380	11	2	5		22
Miller 7" (No Crust)	900	560	64	28	0			205	3300	200	16	4	6		61
Triple Pep 7" (No Crust)	540	350	40	21	0			115	1650	200	9	1	3		30

Go back to index

K. Toppings For 7" Pizzas (Values For 1 Pizza)	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Artichoke Hearts	5								115	85	1				0
Bacon	170	110	12	4.5				50	680		2		1		14
Beef & Pork Meatballs	120	90	10	3.5	0	1.0	4.5	30	270	135	2				6
Black Olives	50	50	6						220		2				
Cheese - Add Extra	90	50	6	4.0				20	210		1				6
Cheese - Deep Dish	270	160	18	12				60	630		3				18
Cheese - Thin Crust	270	160	18	12				60	630		3				18
Chicken Breast	60	10	1.0	0				30	280		1				11
Chicken Sausage	90	50	6	2.0		1.5	2.5	40	290	80	2				7
Ciliegine Mozzarella	110	80	9	4.5				20	90						6
Fresh Basil	0								0	15	0				0
Fresh Jalapenos	10	0	0			0			0	60	2				0
Fresh Spinach	0	0	0						10	80	1				0
Garlic	10								0	25	2				0
Giardiniera	25	15	1.5						430						2
Green Olives	20	20	2.0				1.5		230		1				
Green Peppers	5								0	50	1				0
Ground Beef	140	100	11	4.5				20	510		2	1			9
Hand-pulled Pork	140	110	12	3.0				30	500		3				7
Mushrooms	10	0	0			0			0	180	2		1		2
Pepperoncini	5								540		1	1			
Pineapple	20									50	6		5		0
Pizza Sauce	20								170	200	5	1	3		1
Pizza Sauce - Add	20								170	200	5	1	3		1
Red Onions	10								0	40	3		1		0
Sliced Tomatoes	10	0	0						0	135	2		1		0
Smoked Ham	40	15	1.5	0				20	450		1				7
Uncured Pepperoni	70	60	6	2.5	0			15	250		0				3
Vegan Sausage	70	45	5						190		3	1			5

Go back to index

L. Signature Salads (No Dressing)	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Antipasto Salad	540	340	39	11		0	4.0	85	2640	660	24	6	9		27
BBQ Chicken Salad	740	360	40	21	0	0		100	1870	410	57	8	24		40
Caesar Salad	370	150	17	6		0		30	1180	350	37	3	2		23
Farmer's Market Salad	210	20	2.0	0		0.5	0		260	1730	41	15	16		13
Greek Town Special	260	140	15	7		0		40	2180	500	24	8	4		13
The Fresh Salad	100	10	1.0	0		0	0		120	1160	20	8	8		7

[Go back to index](#)

M. Combo Size Signature Salads (No Dressing)	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Antipasto Salad	290	180	21	6		0	2.0	45	1410	420	14	4	5		15
BBQ Chicken Salad	390	190	22	11	0	0		50	960	280	31	5	13		21
Caesar Salad	200	80	9	3.5		0		15	630	250	20	2	1		13
Farmer's Market Salad	120	10	1.0	0		0			135	920	22	8	9		7
Greek Town Special	140	70	8	3.5		0		20	1150	420	15	5	4		7
The Fresh Salad	60	0	0.5	0		0			65	630	11	5	5		4

Go back to index

M. Salad Sides

	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Boneless Bites (4)	200	50	6	0.5				45	960	250	20		1		17
Chicken Wings (4)	330	230	26	7	0.5	6	8	80	510		3				24
Fresh Knots (3)	620	170	19	3.0		3.5	3.5		940	340	96	10	1		16
Meatball Sliders (2)	630	320	36	17	1.0	1.5	9	125	1350	530	45	3	15		31

[Go back to index](#)

O. Salad Toppings For Regular Size	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Artichoke Hearts	0								75	55	1				0
Avocado	110	90	10	1.5		1.0	7		5	340	6	5			1
Bacon	170	110	12	4.5				50	680		2		1		14
Black Beans	25								130		6	2			2
Black Olives	80	80	9						330		3				
Broccoli	15	0	0						15	135	3	1			1
Carrots	15	0	0						30	135	4	1	2		0
Celery	5	0	0						35	110	1				0
Cheddar Cheese	180	130	15	11				45	290		2		2		11
Chicken	120	20	2.5	0.5				55	570		3		1		21
Ciliegine Mozzarella	140	110	12	6				25	120						8
Citterio Salami	160	110	13	5.0				35	300		1		1		7
Com	35	0	0.5						60		6	1	1		1
Croutons	180	50	6						490		30				6
Cucumber	10	0	0						0	85	2				0
Diced Mozzarella	140	80	9	6				30	310		1				9
Feta Cheese	140	110	12	7				40	670		4	2			10
Fresh Jalapenos	15	0	0			0			0	90	3	1	1		1
Fried Onions	270	190	22	10	0				360		16	1	2		3
Grape Tomatoes	15	0	0			0			0	170	3		2		1
Green Olives	70	60	7				4.0		690		3				
Green Peppers	10	0	0						0	75	2		1		0
Kalamata Olives	60	25	2.5						960	10	8	1			
Mushrooms	10	0	0			0			0	180	2		1		2
Peas	35	0	0			0			0	105	6	2	2		2
Pepperoncini	5								540		1	1			
Red Onions	15								0	60	4		2		0
Romaine	30	0	0.5	0		0			15	420	6	4	2		2
Smoked Ham	40	15	1.5	0				20	450		1				7
Spinach	40	5	0.5	0		0			135	950	6	4			5
Spring Mix	25								20		5	3	3		1
Vegan Cheese	150	90	10	5					430	15	16				0

Go back to index

P. Salad Toppings For Combo Size	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Aged Parmesan Cheese	170	90	11	6				30	680		2				15
Aged Parmesan Cheese	90	50	6	3.0				15	360		1				8
Artichoke Hearts	0								40	30	0				0
Avocado	110	90	10	1.5		1.0	7		5	340	6	5			1
Bacon	90	60	6	2.5				25	370		1				8
Black Beans	15								70		3				1
Black Olives	40	40	4.5						170		2				
Broccoli	10	0	0						5	70	2				1
Carrots	10	0	0						15	70	2		1		0
Celery	0								20	60	1				0
Cheddar Cheese	100	70	8	6				25	150		1				6
Chicken	60	10	1.0	0				30	280		1				11
Ciliegine Mozzarella	70	50	6	3.0				15	60						4
Citterio Salami	80	60	7	2.5				20	160		1				4
Corn	20	0	0						30		3				1
Croutons	100	30	3.0						260		16				3
Cucumber	0								0	40	1				0
Diced Mozzarella Cheese	70	40	5.0	3.0				15	170		1				5
Feta Cheese	70	50	6	3.5				20	330		2				5
Fresh Jalapenos	5	0	0			0			0	50	1				0
Fried Onions	150	100	12	5	0				190		9		1		2
Grape Tomatoes	10	0	0						0	100	2		1		0
Green Olives	35	30	3.5			2.0			370		1				
Green Peppers	0								0	40	1				0
Kalamata Olives	30	15	1.5						510	0	4				
Mushrooms	5	0	0						0	90	1				1
Peas	20	0	0						0	55	3	1	1		1
Pepperoncini	0								290		1				
Red Onions	10								0	35	2				0
Romaine	15	0	0			0			5	210	3	2	1		1
Smoked Ham	20	5	1.0	0				10	240		0				4
Spinach	20	0	0	0		0			65	470	3	2			2
Spring Mix	15								10		3	1	1		1
Vegan Cheese	80	45	5.0	2.5					220	5	8				0

Go back to index

Q. Salad Dressings - Regular	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Balsamic Vinaigrette	230	200	23	4.0					430		4		4		
Buttermilk Farm Ranch	250	220	25	4.0				20	380		6		2		2
Caesar Dressing	250	220	25	4.5				20	720		4		2		4
Danish Bleu Cheese	340	320	36	7				30	420		2		2		2
Extra Virgin Olive Oil	480	470	54	8		6	40								
Greek Dressing (Feta Cheese Vinaigrette)	170	150	17	3.0					490		4		2		2
House Italian	210	180	21	3.0					890		6		4		
Red Wine Vinegar	10								0	20	0				
Vegan Bleu Cheese	260	250	28						280		2				
Vegan Ranch Dressing	260	250	28						280		2				2

Go back to index

R. Salad Dressings - Lite	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Balsamic Vinaigrette	110	100	11	2.0					220		2		2		
Buttermilk Farm Ranch	120	110	12	2.0				10	190		3				1
Caesar Dressing	120	110	12	2.5				10	360		2				2
Danish Bleu Cheese	170	160	18	3.5				15	210		1				1
Extra Virgin Olive Oil	240	240	27	4.0		3.0	20								
Greek Dressing (Feta Cheese Vinaigrette)	90	80	9	1.5					250		2				1
House Italian	100	90	10	1.5					440		3		2		
Red Wine Vinegar	5								0	10	0				
Vegan Bleu Cheese	130	130	14						140		1				
Vegan Ranch Dressing	130	130	14						140		1				1

Go back to index

S. Baked Wings, Sliders And Knots	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Boneless Bites (1 Lb)	820	200	23	2.5				180	3860	1010	82		5		68
Boneless Bites (1/2 Lb)	200	50	6	0.5				45	960	250	20		1		17
Boneless Bites - Barbeque (1 Lb)	950	200	23	2.5				180	4690	1010	112		31		68
Boneless Bites - Barbeque (1/4 Lb)	240	50	6	0.5				45	1170	250	28		8		17
Boneless Bites - Hot (1 Lb)	820	200	23	2.5				180	4600	1010	82		5		68
Boneless Bites - Hot (1/4 Lb)	200	50	6	0.5				45	1150	250	20		1		17
Boneless Bites - Mild (1 Lb)	820	200	23	2.5				180	5440	1010	82		5		68
Boneless Bites - Mild (1/4 Lb)	200	50	6	0.5				45	1360	250	20		1		17
Boneless Bites - Roasted Garlic BBQ (1 Lb)	990	200	23	2.5				180	5450	1010	124		36		68
Boneless Bites - Roasted Garlic BBQ (1/4 Lb)	250	50	6	0.5				45	1360	250	31		9		17
Boneless Bites - Super Hot (1 Lb)	1020	340	39	2.5				180	6040	1010	98		5		68
Boneless Bites - Super Hot (1/4 Lb)	250	90	10	0.5				45	1510	250	24		1		17
Boneless Bites - Sweet Chili (1 Lb)	1080	200	23	2.5				180	5590	1010	146		57		68
Boneless Bites - Sweet Chili (1/4 Lb)	270	50	6	0.5				45	1400	250	37		14		17
Chicken Parm Sliders (15)	320	120	13	5				75	680	260	30	1	8		19
Chicken Parm Sliders (20)	950	350	39	16				225	2050	790	89	4	24		58
Chicken Wings - Barbeque (15)	1350	850	96	24	2.5	23	30	300	2520		33		20		90
Chicken Wings - Barbeque (20)	1800	1130	128	33	3.5	30	40	400	3360		44		26		120
Chicken Wings - Barbeque (5)	450	280	32	8	1.0	8	10	100	840		11		7		30
Chicken Wings - Hot (15)	1250	850	96	24	2.5	23	30	300	2460		10				90
Chicken Wings - Hot (20)	1670	1130	128	33	3.5	30	40	400	3280		13				120
Chicken Wings - Hot (5)	420	280	32	8	1.0	8	10	100	820		3				30
Chicken Wings - Mild (15)	1250	850	96	24	2.5	23	30	300	3090		10				90
Chicken Wings - Mild (20)	1670	1130	128	33	3.5	30	40	400	4120		13				120
Chicken Wings - Mild (5)	420	280	32	8	1.0	8	10	100	1030		3				30
Chicken Wings - Plain (15)	1250	850	96	24	2.5	23	30	300	1900		10				90

Chicken Wings - Plain (20)	1670	1130	128	33	3.5	30	40	400	2530		13			120
Chicken Wings - Plain	420	280	32	8	1.0	8	10	100	630		3			30
Chicken Wings - Roasted Garlic BBQ	1380	850	96	24	2.5	23	30	300	3100		42	24		90
Chicken Wings - Roasted Garlic BBQ	1840	1130	128	33	3.5	30	40	400	4130		56	32		120
Chicken Wings - Roasted Garlic BBQ (5)	460	280	32	8	1.0	8	10	100	1030		14	8		30
Chicken Wings - Super Hot (15)	1400	960	108	24	2.5	23	30	300	3540		22			90
Chicken Wings - Super Hot (20)	1870	1270	144	33	3.5	30	40	400	4720		30			120
Chicken Wings - Super	470	320	36	8	1.0	8	10	100	1180		7			30
Chicken Wings - Sweet Chili (15)	1450	850	96	24	2.5	23	30	300	3200		58	40		90
Chicken Wings - Sweet Chili (20)	1930	1130	128	33	3.5	30	40	400	4270		78	53		120
Chicken Wings - Sweet	480	280	32	8	1.0	8	10	100	1070		19	13		30
Fresh Knots with Sauce	220	60	6	1.0		1.0	1.0		400	210	34	4	2	6
Fresh Knots with Sauce (6)	1310	340	39	6		7	7	2	2380	1250	206	23	11	34
GF Bites (1/2 Lb)	480	180	20	3.0					155	1320	27	3		44
GF Bites (1/4 Lb)	240	90	10	1.5					75	660	14	2		22
Impossible Sliders (1)	270	110	12	8					35	550	22	7		16
Impossible Sliders (3)	800	330	37	25					105	1640	66	3	21	48
Meatball Slider Without Bun (1 Each)	220	140	16	8	0	1.0	4.5	50	590	270	7	1	2	12
Meatball Slider with Bun (1 Each)	310	160	18	8	0	1.0	4.5	65	670	270	23	1	7	15
Meatball Sliders (3)	940	480	54	25	1.5	2.5	14	190	2020	800	68	4	22	46
Sweet Knots (3)	320	40	4.5	0		1.5	2.0		280	25	63	24	29	1
Sweet Knots (6)	1930	230	26	2.5		10	11		1660	150	375	144	175	8
Vegan Tenders (1 Lb)	820	310	35	3.0		12	21		2000		71	6	6	65
Vegan Tenders (1/4 Lb)	210	80	9	0.5		3.0	5		500		18	1	1	16

Go back to index

T. Kids Menu

	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Apple Juice	110	0	0	0		0			10	250	28		24		0
Boneless Bites	200	50	6	0.5				45	960	250	20		1		17
Fresh Kids Special Pizza	500	260	30	15		3.5	4.0	70	1450	220	28	2	4		24
Fresh Kids Special Pizza - Gluten-free	670	290	33	16				70	1070	190	59	1	10		25
Milk	150	20	2.5	1.5				10	200		23		21		8

[Go back to index](#)

U. Side Sauces (2 fl Oz)	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
BBQ Sauce	70								440		16		14		
Buttermilk Farm Ranch	220	210	24	5.0				10	420		2		2		2
Danish Bleu Cheese	160	140	16	5.0				10	480				2		2
Hot Wing Sauce									420						
Ketchup	60								640		20		16		
Mild Wing Sauce									840						
Roasted Garlic BBQ	100								900		24		18		
Super Hot Wing Sauce	100	70	8						1080		8				
Sweet Chili Sauce	140								920		34		28		

[Go back to index](#)

V. Gluten-free Signature Pizzas	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
BBQ Chicken (2 Pieces - 1/6 Pizza)	280	110	12	6				35	580	10	27		6		14
Cheese Pizza (2 Pieces - 1/6 Pizza)	250	100	12	5				25	450	110	25		4		9
Chicken Sausage, Artichoke & Pesto (2 Pieces - 1/6 Pizza)	310	140	16	6		0.5	1.0	40	620	150	26		4		12
Da Works (2 Pieces - 1/6 Pizza)	360	180	20	8	0			45	800	190	28	2	5		14
Fresh Momma's (2 Pieces - 1/6 Pizza)	270	120	14	6				25	470	210	26	1	4		10
Fresh Vegetable (2 Pieces - 1/6 Pizza)	280	130	15	5			0	25	600	190	28	1	5		9
Hawaiian (2 Pieces - 1/6 Pizza)	270	110	12	6				30	600	130	27		6		11
Impossible Medium (2 Pieces - 1/6 Pizza)	300	110	13	9				35	680	200	25	1	3		15
Margherita (2 Pieces - 1/6 Pizza)	250	110	12	4.5				20	410	170	26		5		8
Miller (2 Pieces - 1/6 Pizza)	400	210	24	8	0			60	1160	110	27	2	5		19
Pure Pepperoni Medium (2 Pieces - 1/6 Pizza)	290	120	13	8	0			45	710	140	24	1	3		12
Triple Pep (2 Pieces - 1/6 Pizza)	310	160	18	7	0			35	720	110	25		4		10
Vegan Cheese Medium (2 Pieces - 1/6 Pizza)	180	50	6	3.5				10	420	115	26	1	2		4

Go back to index

W. Beverages (20 fl Oz)	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Barqs Root Beer	270								115		75		74		
Coke	250								75		67		67		
Coke Zero									70						
Diet Coke	0								70						
Dr. Pepper	250								100		66		64		
Fanta Orange	270								90		74		74		
Minute Maid Lemonade	10								85		3				
Nestea Raspberry	120								110		30		30		
Powerade (Blue)	130								250	60	35		35		
Sprite	250	0	0						55	5	62		55		0

[Go back to index](#)