




NICK-N-WILLY'S PIZZA NUTRITIONAL INFORMATION																		% DAILY VALUE				
	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	% Daily Value	Saturated Fat (g)	% Daily Value	Trans Fat	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Carbohydrates (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	Vitamin A (% of DV)	Vitamin C (% of DV)	Calcium (% of DV)	Iron (% of DV)
Baked Personal Pizzas (Serving Size: One slice = 1/4th of a Baked Personal Pizza)																						
aegean®	73	207	90	10.0	15	4.6	23	0	23.0	8	472.1	20	20.3	7	2.1	9	3.0	9.0	15	15	20	13
big kahuna	91	205	84	9.4	14	4.4	22	0	24.5	8	468.0	19	20.1	7	1.0	4	1.6	9.6	8	12	18	7
cheese	67	175	70	7.8	12	4.0	19	0	19.1	6	382.0	16	17.6	6	0.8	3	0.0	7.8	7	6	17	7
classic	96	227	109	12.1	19	5.3	27	0	28.9	10	581.0	24	18.6	6	1.3	5	0.3	10.2	7	6	18	10
earthborn	117	198	84	9.3	14	4.0	20	0	19.1	6	477.0	20	20.2	7	1.8	7	0.9	8.4	12	32	18	9
five cheese	58	180	78	8.7	13	4.2	21	0	21.0	7	284.3	12	16.6	6	0.7	3	0.0	8.0	5	3	19	7
fresh jalapeno burn (beef)	105	218	99	11.0	17	4.9	24	0	24.2	8	527.0	22	19.7	7	1.6	6	0.8	9.6	7	11	18	10
fresh jalapeno burn (chicken)	105	199	79	8.8	13	3.9	20	0	23.2	8	553.5	23	19.7	7	1.6	6	0.7	10.3	7	11	18	9
fresh jalapeno burn (sausage)	105	221	100	11.1	17	4.8	24	0	25.9	9	526.4	22	19.7	7	1.6	6	0.8	10.1	7	11	18	10
garden veggie	82	133	54	6.0	9	2.6	13	0	132.0	4	268.7	11	15.0	5	1.0	4	1.2	5.9	7	13	14	7
garlic chicken/w smoked bacon	79	179	71	7.9	12	3.6	18	0	20.7	7	341.1	14	17.9	6	1.1	4	0.5	8.5	7	14	16	7
little nell's chicken bbq	68	180	70	8.0	12	3.5	18	0	20.0	7	440.0	18	18.0	6	1.0	4	1.0	9.0	4	2	15	6
magellan	66	210	100	11.0	17	4.5	23	0	25.0	8	420.0	18	17.0	6	1.0	4	<.1	9.0	10	10	15	10
margherita	67	152	56	6.2	10	2.5	13	0	11.8	4	303.7	13	17.6	6	0.9	3	0.0	5.9	6	9	12	6
mediterranean	82	190	85	9.4	15	4.5	22	0	23.0	8	357.1	15	17.6	6	1.7	7	0.4	8.3	14	12	20	10
pepperoni-n-sausage	78	201	97	10.8	17	4.4	22	0	21.3	7	361.9	15	17.9	6	1.2	5	0.0	7.9	8	10	18	8
nick's meat eater	90	232	118	13.1	20	5.7	28	0	30.7	10	473.4	20	17.5	6	0.9	4	0.4	10.5	9	27	17	7
outback	72	197	89	10.0	15	4.8	24	0	24.7	8	457.0	19	17.6	6	0.9	3	0.0	8.6	7	6	17	7
pepperoni	80	222	107	12.0	18	5.5	28	0	30.8	10	529.0	22	17.7	6	0.8	3	0.1	10.2	7	6	18	8
sausage-n-mushroom	79	179	71	7.9	12	3.6	18	0	20.7	7	341.1	14	17.9	6	1.1	4	0.5	8.5	7	14	16	7
roman feta pesto	84	202	88	9.8	15	4.6	23	0	25.2	8	454.0	19	18.1	6	1.0	4	0.3	9.6	7	6	18	8
wild willy combo	132	260	130	14.4	22	6.0	31	0	35.3	12	687.0	29	20.0	7	1.6	6	1.0	12.2	12	30	19	11
MEDIUM PIZZAS (Serving Size: One slice = 1/8th of a Medium Pizza)																						
aegean®	83	210	80	9.0	14	5.0	25	0	30.0	10	400.0	17	23.7	8	2.0	8	2.0	9.0	10	15	20	10
big kahuna	97	221	81	9.0	14	4.5	23	0	31.0	10	481.0	20	24.0	8	1.0	4	3.0	11.0	7	7	14	9
cheese	76	180	60	6.0	9	3.5	18	0	20.0	7	310.0	13	22.0	7	0.9	3	2.0	8.0	6	4	15	8
classic	108	240	100	11.0	17	5.0	25	0	30.0	10	520.0	21	23.0	8	1.0	4	3.0	11.0	8	4	15	10
earthborn	113	195	68	7.5	12	4.0	18	0	22.0	7	408.0	17	24.0	8	1.6	6	2.0	8.7	10	19	14	9
five cheese	81	198	70	7.9	12	4.4	22	0	26.0	9	383.0	16	22.0	7	1.0	4	1.6	9.5	8	3	17	9
fresh jalapeno burn (beef)	94	211	85	9.4	15	5.0	23	0	27.6	9	389.4	16	22.0	7	1.1	4	2.0	9.5	6	7	14	9
fresh jalapeno burn (chicken)	94	196	68	7.6	12	3.8	19	0	27.0	9	411.0	17	22.0	7	1.1	4	2.0	10.0	6	7	14	9
fresh jalapeno burn (sausage)	94	214	86	9.5	15	4.5	23	0	29.0	10	389.0	16	22.0	7	1.1	4	2.0	10.0	6	7	14	9
garden veggie	105	190	60	7.0	11	3.5	18	0	20.0	7	340.0	14	23.0	8	1.0	4	2.0	9.0	10	20	15	8
garlic chicken w/ smoked bacon	95	222	83	9.2	14	4.5	23	0	36.0	12	511.0	21	22.0	7	1.0	4	2.0	13.0	6	5	14	9
little nell's chicken bbq	84	200	60	7.0	11	3.5	18	0	30.0	10	460.0	19	23.0	8	1.0	4	3.0	10.0	4	0	15	8
magellan	106	230	100	11.0	17	5.0	25	0	30.0	10	400.0	17	22.0	7	1.0	4	2.0	11.0	10	8	15	10
margherita	90	185	62	6.8	11	3.6	18	0	22.0	7	348.1	15	22.4	7	1.0	4	1.6	8.4	8	8	14	8
mediterranean	84	183	64	7.1	11	3.7	19	0	23.3	8	316.8	13	21.8	7	1.4	6	1.6	8.1	9	7	14	9
nick's meat eater	64	161	69	8.0	12	4.0	18	0	25.0	8	376.0	16	15.0	5	0.6	2	1.1	8.0	4	2	9	6
pepperoni-n-sausage	77	178	64	7.0	11	2.0	10	0	14.0	5	407.0	17	22.0	7	1.0	5	2.0	6.3	5	5	14	8
outback	92	240	100	11.0	17	5.2	26	0	35.0	12	470.0	20	21.4	7	0.9	4	2.0	11.0	6	15	15	8
pepperoni	85	224	95	11.0	16	5.5	27	0	33.0	11	494.0	21	22.0	7	0.9	3	1.6	10.0	6	3	14	8
sausage-n-mushroom	80	166	54	6.0	9	1.4	7	0	11.0	4	363.0	15	22.0	7	1.2	5	2.0	6.0	5	5	2	9
roman feta pesto	85	199	79	8.8	13	4.0	20	0	24.0	8	330.6	14	22.0	7	1.2	5	1.6	8.3	7	7	15	9
wild willy combo	128	254	111	12.3	19	6.0	28	0	37.0	12	612.0	26	24.0	8	1.4	5	2.1	12.4	10	18	2	9
LARGE PIZZAS (Serving Size: One slice = 1/12th slice of Large pizza)																						
aegean®	77	199	70	7.7	12	3.9	20	0	23.9	8	417.0	17	23.9	8	1.8	7	1.6	8.8	10	9	15	12
big kahuna	97	221	81	9.0	14	4.5	23	0	31.0	10	481.0	20	24.0	8	1.0	4	3.0	11.0	7	7	14	9
cheese	79	190	66	7.3	11	4.1	21	0	25.0	8	356.0	15	22.0	7	1.0	3	1.6	9.0	7	3	16	8
classic	98	226	93	10.0	16	5.0	25	0	31.0	10	509.0	21	22.4	7	1.1	4	1.8	10.6	7	3	14	10
earthborn	115	196	69	7.6	12	3.7	18	0	22.0	7	411.0	17	24.0	8	1.6	6	2.0	9.0	10	20	14	9
five cheese	81	198	70	7.9	12	4.4	22	0	26.0	9	383.0	16	22.0	7	1.0	4	1.6	9.5	8	3	17	9
fresh jalapeno burn (beef)	93	211	85	9.5	15	5.0	23	0	27.0	9	389.0	16	22.0	7	1.1	4	2.0	9.4	6	7	14	9
fresh jalapeno burn (chicken)	94	198	70	7.8	12	4.0	19	0	27.0	9	424.0	18	22.0	7	1.1	4	2.0	10.0	6	7	14	9
fresh jalapeno burn (sausage)	93	214	86	9.5	15	4.5	22	0	28.5	10	388.5	16	22.0	7	1.1	4	2.0	10.0	6	7	14	9
garden veggie	105	190	60	7.0	11	3.5	18	0	20.0	7	340.0	14	23.0	8	1.0	4	2.0	9.0	10	20	15	8
garlic chicken w/ smoked bacon	92	221	84	9.3	14	4.5	23	0	35.0	12	497.0	21	22.0	7	1.0	4	2.0	12.6	5	4	14	9

NICK-N-WILLY'S PIZZA NUTRITIONAL INFORMATION																		% DAILY VALUE				
	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	% Daily Value	Saturated Fat (g)	% Daily Value	Trans Fat	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Carbohydrates (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	Vitamin A (% of DV)	Vitamin C (% of DV)	Calcium (% of DV)	Iron (% of DV)
	little nell's chicken bbq	91	210	60	7.0	11	4.0	20	0	30.0	10	510.0	21	25.0	8	1.0	4	3.0	11.0	4	0	15
magellan	110	240	100	11.0	17	5.0	25	0	30.0	10	410.0	17	24.0	8	1.0	4	2.0	11.0	10	8	15	10
margherita	94	200	60	7.0	11	3.5	18	0	20.0	7	350.0	15	25.0	7	1.0	4	2.0	9.0	8	8	15	8
mediterranean	84	185	66	7.3	11	3.8	19	0	23.9	8	325.4	14	21.8	7	1.4	6	1.6	8.1	9	7	14	9
nick's meat eater	95	241	104	11.5	18	6.0	28	0	37.0	12	560.0	23	22.0	7	0.9	3	1.7	12.0	6	3	14	9
pepperoni-n-sausage	87	197	77	8.5	13	2.5	12	0	18.0	6	490.0	20	23.0	8	1.0	5	2.0	7.3	6	6	17	10
outback	88	226	96	10.7	16	5.1	25	0	32.3	11	429.9	18	21.3	7	0.8	3	1.8	10.8	7	12	14	8
pepperoni	84	223	95	10.5	16	5.5	27	0	33.0	11	490.0	20	22.0	7	0.9	3	1.6	10.0	6	3	14	8
sausage-n-mushroom	92	182	63	7.0	11	2.0	9	0	14.0	5	431.0	18	23.0	8	1.3	5	2.0	7.0	6	6	3	10
roman feta pesto	84	199	78	8.7	13	4.1	20	0	24.4	8	336.5	14	21.9	7	1.2	5	1.6	8.3	7	6	15	9
wild willy combo	128	254	111	12.3	19	6.0	28	0	37.0	12	613.0	26	24.0	8	1.4	6	2.2	12.3	10	18	15	11
FAMILY PIZZAS (Serving Size: One slice = 1/16th slice of Family-size pizza)																						
aegean®	78	198	70	7.8	12	4.0	20	0	24.0	8	410.0	17	23.6	8	1.8	7	1.6	8.8	11	9	15	12
big kahuna	98	222	82	9.0	14	4.6	23	0	31.1	10	491.0	20	24.0	8	1.0	4	3.0	11.2	7	7	14	9
cheese	76	180	60	6.0	9	3.5	18	0	20.0	7	360.0	15	22.0	7	1.0	3	2.0	9.0	6	4	15	8
classic	98	229	95	10.5	16	5.0	25	0	32.1	11	518.0	22	22.5	7	1.0	4	1.8	10.7	7	3	14	10
earthborn	113	195	68	7.5	12	3.7	18	0	22.0	7	409.0	17	24.0	8	1.6	6	2.0	9.0	10	19	14	9
five cheese	82	198	70	8.0	12	4.4	22	0	26.6	9	389.0	16	22.0	7	1.0	4	1.6	9.6	8	3	17	9
fresh jalapeno burn (beef)	94	213	97	10.0	15	5.0	23	0	28.0	9	389.0	16	22.0	7	1.1	4	2.0	9.5	5	7	14	9
fresh jalapeno burn (chicken)	94	197	70	7.7	12	4.0	19	0	27.0	9	411.0	17	22.0	7	1.1	4	2.0	10.0	5	7	14	9
fresh jalapeno burn (sausage)	94	215	87	10.0	15	4.5	23	0	29.0	10	389.0	16	22.0	7	1.1	4	2.0	10.0	5	7	14	9
garden veggie	139	260	80	9.0	14	5.0	25	0	30.0	10	450.0	19	31.0	10	2.0	8	3.0	12.0	15	25	20	10
garlic chicken w/ smoked bacon	94	223	85	9.4	14	4.6	23	0	36.0	12	511.0	21	22.0	7	1.0	4	2.0	13.0	5	4	14	9
little nell's chicken bbq	86	200	60	7.0	11	4.0	20	0	30.0	10	490.0	20	23.0	8	1.0	4	3.0	11.0	4	0	15	8
magellan	107	230	100	11.0	17	5.0	25	0	30.0	10	400.0	17	22.0	7	1.0	4	2.0	11.0	10	8	15	10
margherita	77	170	60	6.0	9	3.0	15	0	20.0	7	310.0	13	21.0	7	1.0	4	1.0	8.0	4	6	10	8
mediterranean	91	200	70	8.0	12	4.0	20	0	25.0	8	330.0	14	24.0	8	3.0	12	2.0	9.0	15	10	20	15
pepperoni-n-sausage	78	179	65	7.3	11	2.0	10	0	14.0	5	407.0	17	22.0	7	1.0	5	2.0	6.0	5	5	14	9
nick's meat eater	97	246	108	12.0	18	6.0	29	0	38.0	13	580.0	24	22.0	7	0.9	4	1.7	12.0	6	3	14	9
outback	89	228	98	10.9	17	5.2	26	0	32.6	11	434.5	18	21.3	7	0.8	3	1.8	10.8	7	12	14	8
pepperoni	85	224	95	11.0	16	5.5	27	0	33.0	11	494.0	21	22.0	7	0.9	3	1.6	10.0	6	3	14	8
sausage-n-mushroom	80	167	55	6.0	9	1.4	7	0	11.0	4	363.0	15	22.0	7	1.2	5	1.8	6.0	5	5	2	9
roman feta pesto	84	201	81	8.9	14	4.1	21	0	24.7	8	340.2	14	21.9	7	1.2	5	1.6	8.4	7	6	15	9
wild willy combo	129	258	114	13.0	20	6.0	29	0	38.0	13	627.0	26	24.0	8	1.4	5	2.0	12.5	10	18	15	11
LIV-N-LITE PIZZAS (Serving Size: One slice = 1/12th slice of Large pizza)																						
aegean® Liv-N-Lite 14"	50	130	45	5.0	8	2.5	13	0	15.0	5	270.0	11	16.0	5	1.0	4	2.0	6.0	6	4	10	8
cheese pizza Liv-N-Lite 14"	51	120	40	4.5	7	2.5	13	0	15.0	5	210.0	9	14.0	5	0.6	4	1.0	6.0	4	2	10	6
margherita Liv-N-Lite 14"	60	125	41	4.6	7	2.4	12	0	14.7	5	215.4	9	15.2	5	0.7	3	1.5	5.6	6	9	6	5
nick-N-willy's classic liv-N-Lite 14"	65	150	60	7.0	11	3.5	18	0	20.0	7	330.0	14	15.0	5	<1	4	2.0	7.0	4	2	10	6
pepperoni Liv-N-Lite 14"	59	160	70	8.0	12	4.0	20	0	25.0	8	350.0	15	15.0	5	<1	4	1.0	7.0	4	2	10	6
Calzones (Serving Size: 1/2 of a Calzone)																						
Aegean Calzone	103	250	80	9.0	14	4.5	22	0	25.0	9	450.0	19	33.0	11	2.0	8	2.0	11.0	10	15	15	15
Big Kahuna Calzone	127	250	70	7.0	11	4.0	19	0	25.0	9	490.0	21	35.0	12	1.0	6	6.0	11.0	8	10	15	10
Cheese Calzone	103	240	70	8.0	12	4.0	21	0	25.0	9	420.0	18	33.0	11	1.0	5	3.0	11.0	8	4	15	10
Five Cheese Calzone Olive Oil	90	240	70	8.0	13	4.5	22	0	25.0	9	420.0	17	31.0	10	1.0	5	2.0	11.0	4	0	20	10
Five Cheese Calzone TS	104	250	70	8.0	12	4.5	22	0	25.0	9	480.0	20	33.0	11	1.0	6	3.0	11.0	8	4	20	15
Fresh Jalapeno Burn - Beef Calzone	124	270	100	11.0	16	5.0	25	0	30.0	9	530.0	22	33.0	11	2.0	7	2.0	12.0	10	10	15	15
Fresh Jalapeno Burn - Chicken Calzone	124	260	80	9.0	13	4.0	21	0	25.0	9	550.0	23	33.0	11	2.0	7	2.0	12.0	10	10	15	15
Fresh Jalapeno Burn - Sausage Calzone	124	280	100	11.0	17	5.0	24	0	25.0	9	560.0	23	33.0	11	2.0	7	2.0	12.0	10	10	15	15
Garden Veggie Calzone	143	250	70	8.0	12	4.0	19	0	25.0	8	430.0	18	34.0	11	2.0	7	3.0	11.0	10	20	15	10
Garlic Chicken w/Bacon Calzone	118	270	90	10.0	15	4.5	23	0	35.0	12	580.0	24	32.0	11	1.0	6	2.0	14.0	6	6	15	15
Little Nell's Chicken Calzone	106	250	70	7.0	11	4.0	19	0	30.0	10	540.0	23	33.0	11	1.0	4	3.0	12.0	4	0	15	10
Magellan Calzone	132	290	110	13.0	19	5.0	26	0	30.0	11	600.0	25	32.0	11	2.0	6	3.0	13.0	10	6	10	15
Margherita Calzone	113	240	70	7.0	11	3.5	18	0	25.0	8	410.0	17	33.0	11	1.0	6	3.0	10.0	10	8	15	10
Margherita Calzone Olive Oil	99	230	60	7.0	11	3.5	18	0	25.0	8	350.0	15	31.0	10	1.0	5	2.0	10.0	6	6	15	10
Margherita Calzone TS	113	230	60	7.0	11	3.5	18	0	25.0	8	410.0	17	33.0	11	1.0	6	3.0	10.0	10	8	15	10
Mediterranean Calzone	110	240	70	8.0	12	4.0	19	0	25.0	8	430.0	18	32.0	11	2.0	8	3.0	10.0	10	6	15	15
Nick-N-Willy's Classic Calzone	132	290	100	12.0	18	5.0	26	0	35.0	11	620.0	26	33.0	11	2.0	7	3.0	13.0	8	4	15	15

NICK-N-WILLY'S PIZZA NUTRITIONAL INFORMATION																			% DAILY VALUE				
	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	% Daily Value	Saturated Fat (g)	% Daily Value	Trans Fat	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Carbohydrates (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Protein (g)	Vitamin A (% of DV)	Vitamin C (% of DV)	Calcium (% of DV)	Iron (% of DV)	
Nick's meat eater Calzone	121	300	110	13.0	19	6.0	29	0	40.0	13	650.0	27	33.0	11	1.0	5	3.0	14.0	6	4	15	15	
Outback Calzone	115	280	100	12.0	18	5.0	27	0	35.0	12	540.0	22	32.0	11	1.0	5	2.0	13.0	6	15	15	10	
Pepperoni Calzone	113	300	110	13.0	20	7.0	33	0	40.0	13	600.0	25	33.0	11	1.0	5	3.0	13.0	8	4	15	10	
Roman Feata Pesto Calzone	109	250	80	9.0	14	4.0	20	0	25.0	8	410.0	17	32.0	11	2.0	7	2.0	10.0	8	8	15	15	
Chicken Wings (Serving Size: 4.5 pieces)																							
Hot Buffalo Chicken Wings	113	210	100	11.0	17	2.5	11	0	115.0	39	1150.0	63	5.0	2	0.0	0	0.0	23.0	15	10	4	10	
SIDE SALADS (Serving Size: one salad - not including dressing)																							
caesar	75	89	31	3.5	5	1.3	6	0	3.5	4	215.1	9	11.4	4	2.0	8	1.1	3.5	30	23	7	8	
caesar w/chicken	132	155	49	5.5	8	1.9	10	0	33.5	11	882.1	37	12.0	4	2.0	8	1.1	15.5	30	23	7	9	
garden	144	57	32	3.6	5	1.6	8	0	8.3	3	110.4	5	4.0	1	1.9	8	2.1	3.6	13	35	8	5	
greek	130	60	36	4.0	6	1.5	8	0	8.2	3	448.2	19	4.9	2	3.4	14	1.6	2.9	49	40	10	13	
spring	98	129	94	10.5	16	1.9	9	0	8.2	3	111.6	5	5.2	2	2.2	9	1.0	5.6	14	14	8	7	
ENTRÉE SALADS (Serving Size: 1/3rd of one salad - not including dressing)																							
caesar	59	49	17	1.9	3	0.7	4	0	2.2	1	114.9	5	6.1	2	1.3	5	1.0	2.2	26	20	4	5	
caesar w/chicken	88	82	26	2.9	4	1.1	5	0	17.2	6	448.4	19	6.4	2	1.3	5	1.0	8.2	26	20	4	6	
garden	84	37	21	2.3	4	1.1	5	0	5.5	2	71.8	3	2.5	1	1.1	5	1.2	2.3	9	30	5	3	
greek	81	41	26	2.8	4	1.1	6	0	6.2	2	307.6	13	3.1	1	2.1	9	0.9	1.9	29	24	7	8	
spring	57	72	52	5.7	9	1.3	7	0	6.2	2	82.9	3	3.0	1	1.2	5	0.6	3.2	8	9	5	3	
FAMILY SALADS (Serving Size: 1/6th of one salad - not including dressing)																							
caesar	53	44	16	1.8	3	0.7	4	0	2.5	1	105.5	4	5.1	2	1.1	5	0.9	2.2	24	18	4	4	
caesar w/chicken	72	66	22	2.4	4	1.0	5	0	12.5	4	327.9	14	5.3	2	1.1	5	0.9	6.0	24	18	4	5	
garden	93	47	27	3.0	5	1.6	8	0	8.4	3	76.2	3	2.6	1	1.2	5	1.3	3.1	9	23	7	3	
greek	87	37	22	2.5	4	0.9	5	0	5.2	2	282.4	12	3.1	1	2.0	8	1.2	1.9	32	27	6	7	
spring	60	69	49	5.5	8	1.1	6	0	5.2	2	70.2	3	3.0	1	1.1	5	0.6	3.1	8	10	5	3	
BAKED CROUTONS (Serving Size: one package)																							
seasoned baked croutons	14	50	25	2.5	4	0.0	0	0	0.0	0	110.0	5	5.0	2	0.0	0	0.0	1.0	0	0	0	2	
SALAD DRESSINGS (Serving Size: 2 Tbsp.)																							
Ken's Blue Cheese	30	180	170	19.0	30	3.5	18	0	15.0	8	240.0	10	1.0	0	0.0	0	1.0	0.0	0	0	0	0	
Ken's Fat Free Italian	30	15	0	0.0	0	0.0	0	0	0.0	0	490.0	21	3.0	1	0.0	0	2.0	0.0	0	0	0	0	
Ken's Fat Free Raspberry	30	35	0	0.0	0	0.0	0	0	0.0	0	80.0	3	8.0	3	0.0	0	7.0	0.0	0	0	0	0	
Ken's Lite Italian	30	30	25	2.5	4	0.0	0	0	0.0	0	370.0	16	2.0	1	0.0	0	2.0	0.0	0	0	0	0	
Ken's Old Venice Italian Dressing	30	110	100	11.0	17	1.5	8	0	0.0	0	503.0	21	3.0	1	0.0	0	2.0	0.0	0	0	2	0	
Ken's Refrigerated Ranch Dressing	30	100	100	11.0	16	1.5	8	0	10.0	9	290.0	12	1.0	0	0.0	0	1.0	0.0	0	2	0	0	
N&W Balsamic Vinaigrette	28	143	139	15.0	23	1.0	5	0	0.0	0	3.0	0	2.0	1	0.0	0	0.0	0.0	0	1	2	1	
N&W Caesar	28	106	87	10.0	14	3.0	12	0	63.0	21	109.0	5	1.0	0	0.0	0	0.0	0.0	3	9	1	2	
SIDE ITEMS (Serving Size)																							
Apple Crisp Pizza	87	220	50	5.0	8	3.0	14	0	10.0	4	170.0	7	41.0	14	1.0	4	22.0	3.0	4	0	2	10	
cheese-N-garlic bread (1/16th slice of bread)	31	80	25	3.0	5	1.5	8	0	5.0	2	150.0	6	10.0	3	0.0	0	0.8	3.0	0	0	4	4	
chocolate chunk cookie (1/8th of cookie)	46	195	88	9.8	15	3.3	16	0	8.1	3	178.8	7	27.6	9	1.2	5	16.3	1.6	0	0	0	4	
cinn-N-bites (1/6th of bites)	67	220	50	6.0	9	1.0	5	0	5.0	2	200.0	8	38.2	13	1.0	4	18.0	3.0	0	0	0	8	

The nutritional information provided is calculated using First DataBank's Nutritionist Pro nutrition analysis software and reviewed by our corporate dietician. Nutritional values were developed from products tested in Denver, CO, and are not applicable outside of the continental United States. The data is based on standard portion guidelines and product specifications; however, variations may occur due to seasonal influences, supplier product availability, normal manufacturing tolerances, minor differences in product assembly on a restaurant-by-restaurant basis and other factors. Substitutions of ingredients may alter nutritional values. Product data is current as of October 2006. New product introductions and formulations or product changes may cause deviations from the information listed in the tables. Our standard menu products are included in this document. Build your own pizzas and items that are in test markets or are regional or promotional in nature are not included. Certain packaged condiments and sauces are provided separately to our customers who may then use as little or much as they wish. Nick-N-Willy's Franchise Company, LLC 10/06