

## Hand Tossed Pizza

<b>ITEM NAME</b>	<b>CAL.</b>	<b>SERV. SZ.</b>	
Pizza Sauce	80	4	OZ
Garlic Oil	144	4	OZ
BBQ Sauce	320	4	OZ
Pepperoni	540	4	OZ
Ham	141	4	OZ
Bacon	480	4	OZ
Italian Sausage	309	4	OZ
Ground Beef	199	4	OZ
Mozzarella/Provolone Cheese	160	2	OZ
Feta Cheese	120	2	OZ
Cheddar Cheese	223	2	OZ
Smoked Gouda Cheese	220	2	OZ
Artichoke Hearts	10	2	OZ
Bell Pepper	10	2	OZ
Black Olives	90	2	OZ
Mushrooms	10	2	OZ
Portobello Mushrooms	14	2	OZ
Jalapenos	10	2	OZ
Pineapple	25	2	OZ
Red Onion	18	2	OZ
Spinach	13	2	OZ
Tomato	10	2	OZ

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.