



# Nutritional Information

Menu Item	Portion	Portion Weight	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	% Daily Value
<b>Pizza</b>																		
15" Pepperoni	approx. 5 pieces	8.2 oz.	683	280	31	9	0	50	1645	647	3.5	8.8	35					
15" Plain Cheese	approx. 5 pieces	8.6 oz.	630	227.5	26.2	14	0.87	78.7	1348	64.75	3.5	10.5	36.75					
15" The Islander	approx. 5 pieces	9.8oz.	595	175	19.25	10.5	0	70	1505	71.75	3.5	17.5	35					
15" Garlic Chicken	approx. 5 pieces	12.1oz	700	315	65	14	0.875	87.5	1225	61.25	1.75	5.25	36.75					
15" Veggie	approx. 5 pieces	12.25oz	575	200	22.5	10	0	50	2000	67.5	5	12.5	30					
15" All American Bacon Cheeseburger	approx. 5 pieces	9.5oz	805	350	42	19.25	0.875	105	2012	64.7	3.5	8.75	45.5					
15" Biggmeat	approx. 5 pieces	11.25oz	905	500	55	22.5	0	137.5	2875	62.5	2.5	10	52.5					
15" Classic	approx. 5 pieces	13oz.	800	350	40	17.5	0	125	2600	70	5	10	45					
15" Taco	approx. 5 pieces	14 oz.	750	350	35	17.5	0	100	2150	70	5	10	40					
15" Breadstick	approx. 5 pieces	6.8oz.	660	345	37.5	12	0.75	52.5	1110	54	1.5	4.5	27					
<b>Subs</b>																		
Taco Sub (No Sour Cream)	1 sub	16.5oz.	840	350	39	18	2	100	2730	86	7	12	41	50	15	60	40	
Taco Sub	1 sub	17.5 oz.	900	400	44	21	2	120	2780	88	7	14	42	50	15	70	45	
Veggie Sub	1 sub	15.3oz.	670	240	27	11	1	50	2650	82	8	9	31	25	15	60	30	
Italian Sub	1 sub	15.5oz.	850	340	38	18	1.5	130	3300	81	5	10	50	25	15	60	35	
Pizza Sub	1 sub	12.1oz.	1020	52	58	27	1.5	155	3080	78	4	10	49	30	0	60	35	
Ham & Cheese	1 sub	12.8oz.	660	180	20	11	1	105	2570	77	4	9	46	20	10	60	30	
Turkey Bacon Club	1 sub	13.6oz	820	290	32	15	1	110	3170	77	4	9	58	25	15	60	30	
Meatball	1 sub	15.0oz.	980	420	47	21	1.5	120	2620	92	6	16	51	35	0	60	40	
Turkey	1 sub	12.9oz.	660	170	18	10	1	85	2250	76	4	8	48	20	15	60	30	
Sirloin Steak	1 sub	14.8oz.	760	220	24	13	1.5	125	2610	81	4	9	59	20	15	60	45	
Chicken Sub	1 sub	14.7oz.	760	230	26	13	1	135	2170	80	4	10	54	25	15	60	30	
<b>Appetizers</b>																		
Pepperoni Nibblerz	4 pieces	4.9 oz.	500	240	27	163	0.5	75	1150	38	1	3	27	10	0	40	15	
Cheese Nibblerz	4 pieces	4.8 oz.	470	190	22	12	1	65	900	41	1	5	29	15	0	70	15	
Cluckers	4 pieces	3.38 oz.	190	70	8	1.5	0	35	620	14	0	0	16	0	0	0	4	
House Salad	1 salad	9 oz.	330	210	23	11	0	50	1210	9	3	5	24	100	40	35	10	
Pierce Fajita Chicken Strip		3 oz.	110	20	2.5	0	0	50	700	3	0	1	19	0	0	4	4	
<b>Calzones</b>																		
Taco (no sour cream)	1 calzone	11 oz.	720	260	28	12	1.5	60	1600	88	5	7	31	60	40	35	50	
Taco	1 calzone	12 oz	780	300	34	15	2	80	1650	90	5	9	32	60	45	35	50	
Biggmeat	1 calzone	12.7oz.	1040	490	54	22	1.5	125	2910	87	4	7	52	90	45	50	50	
Classic	1 calzone	14.1oz.	890	370	41	17	1.5	105	2510	91	5	9	42	20	0	40	40	
Pepperoni	1 calzone	10.0oz.	810	330	37	16	1.5	85	1730	84	3	6	36	15	0	40	35	
Veggie	1 calzone	13.5	670	200	23	8	1	35	1180	91	6	9	28	25	0	40	30	
Islander	1 calzone	11.6	660	160	18	8	1	55	1430	94	5	14	33	15	0	40	35	
All American Bacon Cheeseburger	1 calzone	11 oz.	870	360	40	18	2	90	1870	85	3	7	45	20	0	50	35	
Garlic Chicken	1 calzone	12.1oz.	920	410	46	15	2	85	1550	87	4	7	42	35	0	60	30	
<b>Sauces &amp; Dressings</b>																		
Thousand Island	1 packet	1.5 oz	220	190	21	3	0	6	350	6	0	6	0	0	0	0	0	
Creamy Caesar	1 packet	1.5 oz.	210	190	21	3.5	0	10	520	2	0	1	1	0	0	0	0	
Honey Dijon	1 packet	1.5 oz.	180	150	17	2.5	0	15	240	8	0	7	1	0	0	0	0	
Buttermilk Ranch	1 packet	1.5 oz.	230	210	24	3.5	0	10	390	2	0	2	1	0	0	0	0	
Light Italian	1 packet	1.5oz.	20	5	1	0	0	0	770	2	0	2	0	0	0	0	0	
Honey French	1 packet	1.5 oz.	210	160	18	2.5	0	0	310	14	0	13	0	0	0	0	0	
Fat Free Ranch	1 packet	1.5 oz.	40	0	0	0	0	0	530	10	0	3	0	0	0	0	0	
Blue Cheese	1 packet	1.5 oz.	230	210	24	4.5	0	25	440	2	0	2	2	0	0	0	0	
Golden Italian	1 packet	1.5 oz.	210	200	22	3.5	0	0	360	2	0	2	0	0	0	0	0	
Garlic Butter Crouton	1 packet	2 tbsp.	35	15	1.5	0	0	0	55	4	0	0	1	0	0	0	0	
Ranch Dip	1 container	1.5 oz.	230	210	24	3.5	0	10	390	2	0	2	1	0	0	0	0	
Honey Dijon Dip	1 container	1.5 oz.	180	150	17	2.5	0	15	240	8	0	7	1	0	0	0	0	
Barbecue Dip	1 container	1.5 oz.	60	0	0	0	0	0	530	14	0	13	0	0	0	0	0	
Kraft Mirle Whip	1 pouch	.44 oz.	30	25	2.5	0	0	0	85	2	0	1	0	0	0	0	0	
Kraft A1 Steak Sauce	1 pouch	.5 oz.	15	0	0	0	0	0	280	3	0	2	0	0	0	0	0	
Garlic Butter Sauce	1 tbs.	.5 oz.	90	90	10	1.2	0	0	150	0	0	0	0	8	0	0	0	
Pizza Sauce	2 tbs.	1.3 oz.	15	0	0	0	0	0	140	4	-1	3	-1	8	0	0	0	
Sour Cream	2 tbs.	1 oz.	60	45	5	3	0	15	50	2	0	1	1	2	2	0	0	
Texas Pete Hot Sauce	1 container	1.5 oz	0	0	0	0	0	0	100	1	0	0	0	2	2	0	0	
<b>fitTOGETHER</b>																		
<b>Pizza</b>																		
Islander	1/5 lg pizza		477	177	19.7	10.2	0	54	1357	52.5	6.6	7	27.7					
Margarita	1/5 lg pizza		334	95	10.5	3.7	0	19	749	47.1	5.6	3.1	19.4					
Veggie	1/5 lg pizza		495	192	21.3	10.2	0	48	1244	62.1	11.3	5.3	25.2					
<b>Subs (w/o dressing)</b>																		
Veggie	4.5 inch		362	114	12.7	6.2	0	23	831	47.3	4.7	6.2	17					
Turkey	4.5 inch		414	117	13	6.8	0	67	626	42	3.1	4.2	32.3					
Chicken	4.5 inch		402	110	12.2	6.4	0	76	884	44.8	3.1	4.1	29.8					
<b>Salads (w/o dressing)</b>																		
Grilled Chicken	1 salad		327	89	9.7	4	0	96	1337	93.1	2.6	6.7	43.7					
fT house salad	1 salad		226	128	14	7.8	0	31	467	11.5	2.9	3.9	14.6					
fT side salad	1 salad		132	70	7.6	3.9	0	16	265	8.5	1.6	2.1	7.9					