PIEOLOGY® PIZZERIA

	Allergens	Serving Size	Calories (g)	Fat Calories (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fibers (g)	Sugars (g)	Protein (g)
Ooey Gooey Garlic Cheese Bread	**Gluten, Milk, Eggs, Wheat, Soy**	1 Serving	1194	579	64	30	123	3305	110	4	7	54
Cinnamon Churro Pizza	**Gluten, Milk, Eggs, Wheat, Soy**	12 strips	962	310	34	9	15	1436	142	3	51	19
Cinnamon Churro Pizza with Chocolate Chips	**Gluten, Milk, Eggs, Wheat, Soy**	12 strips	1119	394	44	15	17	1436	160	5	64	20
Reese's Peanut Butter Cookie	**Eggs, Milk, Peanuts, Wheat, Soy**	1 ea	630	333	37	17	40	450	67	3	45	11
Triple Chocolate Cookie	**Milk, Eggs, Soy, Wheat**	1 ea	570	252	28	14	45	290	78	3	48	7
Chocolate Chip Brownie	**Milk, Eggs, Soy, Wheat**	1ea	500	252	28	11	90	180	63	3	47	5

CUSTOM PIZZA CRUSTS

Original Thin	**Gluten, Milk, Eggs, Wheat, Soy**	1 crust	565	124	14	1	0	1258	95	3	4	15
PieRise Thick	**Gluten, Milk, Eggs, Wheat, Soy**	1 crust	1041	160	18	1	0	2517	191	5	8	29
Hand-Crafted Deep Dish	**Gluten, Milk, Eggs, Wheat, Soy**	1 crust	953	71	8	0	0	2517	191	5	8	29
Cauliflower (Vegetarian)	**Milk, Eggs**	1 crust	460	108	12	7	40	840	70	2	4	12
Gluten Free (Vegan)		1 crust	364	27	3	0	0	394	79	0	9	3
Bambino (Kids) Original Thin	**Gluten, Milk, Eggs, Wheat, Soy**	1 crust	378	125	14	5	20	884	50	2	3	14

SAUCES

House-Made Red		2oz	11	0	0	0	0	129	2	1	2	1
Alfredo	**Gluten, Milk, Wheat, Soy**	2oz	120	90	10	6	30	450	4	0	1	4
Garlic Herb Butter Blend	**Soy**	2oz	331	290	32	7	0	109	8	1	1	2
Sunflower-Olive Oil Blend		2oz	504	504	56	8	0	0	0	0	0	0
Fiery Buffalo		2oz	14	3	0	0	0	1967	2	1	0	0
Nut-Free Pesto	**Milk**	2oz	186	166	18	3	8	402	2	1	0	5
BBQ Sauce (Gluten Free)		2oz	140	0	0	0	0	580	36	0	32	0
Ranch	**Milk, Eggs, Soy**	2oz	200	187	20	2.7	13	440	2.7	0	1.3	1.3

CHEESE

Mozzarella	**Milk**	1oz	90	63	7	5	20	190	1	0	0	6
Ricotta	**Milk**	1oz	50	37	4	2	18	25	1	0	0	2
Grated Parmesan	**Milk, Soy**	1oz	113	102	11	6	28	397	0	0	0	11
Shaved Parmesan	**Milk**	1oz	113	102	11	6	28	397	0	0	0	11
Feta	**Milk**	1oz	70	45	5	4	20	260	1	0	0	5
Gorgonzola	**Milk**	1oz	100	72	8	5	25	260	0	0	0	7
Daiya - Mozzarella (Vegan)		1oz	90	54	6	2	0	280	7	1	0	1

PROTEIN

Pepperoni		23 slices	130	108	12	5	10	570	1	0	0	6
Sausage		1oz	85	63	7	3	20	190	1	1	0	5
Meatball	**Gluten, Wheat, Soy**	1oz	87	66	7	3	10	210	2	1	0	4
Chicken (All-Natural & Cage-Free)		2.5oz	106	25	3	1	50	354	1	0	1	18
Spicy Chicken (All-Natural & Cage-Free)		1oz	88	21	2	1	40	775	2	0	1	15
Canadian Bacon		6 slices	40	20	2	1	15	310	1	0	0	5
Bacon		1oz	130.7	89.3	10	3.67	13.68	633	0.35	0	0.31	8.82
Spicy Italian Sausage		10 Slices	160	120	14	5	40	320	1	0	0	9
Salami		8 slices	77	63	7	3	17	314	0	0	0	4
Plant Protein - "Beef Meatballs"	**Gluten, Wheat, Soy**	3 ea	150	63	7	0.5	0	380	9	3	1	14
Plant Protein - "Spicy Italian Sausage Rounds"	**Gluten, Wheat, Soy**	3.5oz	190	90	10	3	0	710	11	4	2	17

TOPPINGS

Black Olives		1oz	53	40	4	0	0	177	2	0	0	0
Mushroom		1oz	8	1	0	0	0	1	1	0	0	1
Red Onion		1oz	13	0	0	0	0	0	3	0	1	0
Green Pepper		1oz	7	0	0	0	0	1	1	0	1	1
Artichokes		1oz	7	0	0	0	0	96	1	1	0	1
Pineapple		1oz	14	0	0	0	0	0	3	0	3	0
Jalapeños		1oz	5	0	0	0	0	482	1	0	0	0
Fresh Cilantro		0.2oz	2	0	0	0	0	3	0	0	0	0
Spinach		4oz	34	4	0	0	0	91	4	2	0	3
Banana Peppers		1oz	5.5	0	0	0	0	493	0	0	0	0
Fresh Basil		0.2oz	2	0	0	0	0	0	0	0	0	0
Grape Tomatoes		1oz	6	0	0	0	0	0	1	0	1	0
Roasted Red Pepper		1oz	9	0	0	0	0	83	2	1	1	0
Garlic		0.2oz	9	0	0	0	0	1	2	0	0	0
Croutons	**Gluten, Wheat, Milk**	1oz	120	36	4	0	0	340	20	0	0	4

Toppings vary by season and region. Go to **www.pieology.com/nutrition** for more details. Ver 5.2021