

Johnny's Pizza Nutritional Guide

This information consists of data obtained by our suppliers.

Variations in nutritional values may occur due to the nature of our menu items and ingredients. Updated 4/2021.

Starters

Menu Item	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
Garlic knots (15 1/2 oz)	1160	480	53g	10g	0g	5mg	2490mg	139g	6g	9g	29g
Garlic Knots w/Cheese (1 1/8 lb)	1330	600	66g	18g	0g	55mg	2870mg	141g	6g	9g	42g
Cheese Bread Sticks (13 1/2 oz)	1000	410	46g	21g	0g	105mg	2490mg	103g	5g	8g	48g
Garlic Bread w/Cheese (14 1/4 oz)	730	370	41g	14g	0g	55mg	1490mg	66g	2g	11g	25g
Garlic Bread (12 1/4 oz)	560	250	28g	5g	0g	5mg	1110mg	64g	2g	11g	12g
Insalata Caprese (9 3/4 oz)	380	250	28g	14g	0g	75mg	390mg	8g	2g	5g	20g
Bruschetta (13 1/4 oz)	550	250	28g	5g	0g	5mg	850mg	63g	2g	10g	12g
Buffalo Chicken Dip (14 3/4 oz)	1150	560	62g	20g	0g	140mg	3120mg	96g	4g	4g	51g
Fried Mozzarella Sticks (15 oz)	810	410	46g	16g	0g	65mg	2120mg	58g	2g	7g	39g
Chicken bites (9 1/2 oz)	570	260	29g	5g	0g	95mg	1410mg	33g	2g	2g	43g
Buffalo Chips (6 oz)	480	220	24g	2g	0g	0mg	1040mg	56g	4g	4g	8g
Battered Mushrooms (11 1/4 oz)	950	530	59g	10g	0g	25mg	2480mg	85g	5g	7g	18g
Battered Macaroni & Cheese Bites (11 3/4 oz)	1120	730	81g	23g	1.5g	80mg	2610mg	70g	3g	4g	21g
Meatball Trio (10 3/4 oz)	600	300	34g	17g	0g	165mg	1700mg	28g	2g	9g	45g
Fries (bowl) (14 oz)	570	180	20g	6g	0g	0mg	1130mg	85g	8g	4g	8g
Fried Ravioli (4 oz)	580	210	23g	6g	0g	35mg	1320mg	73g	4g	10g	17g
Crispy Onion Petals (15 oz)	1260	620	69g	7g	0g	10mg	2780mg	137g	8g	27g	16g
Chicken Tenders (9 1/2 oz)	600	290	32g	6g	0g	95mg	1930mg	39g	3g	2g	42g
Deluxe Fries (13 oz)	940	550	61g	23g	0g	100mg	2360mg	59g	5g	3g	38g
Tots (7 1/2 oz)	350	140	16g	1g	0g	0mg	1000mg	53g	4g	10g	4g

Burgers

Menu Item	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
Brusco's Firecracker Burger (1 1/2 lb)	1210	650	72g	27g	2.5g	205mg	2000mg	84g	7g	17g	55g
Brusco's BBQ Bacon Burger (1 3/8 lb)	1500	780	86g	31g	2.5g	225mg	3000mg	111g	8g	26g	65g
Brusco's Bacon Mushroom Burger (1 1/2 lb)	1210	600	66g	25g	1.5g	235mg	2020mg	79g	8g	13g	74g
Brusco's All-American Burger (1 1/4 lb)	1120	610	67g	27g	2.5g	205mg	1840mg	75g	7g	13g	51g

Calzone

Menu Item	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
Cheese Calzone (1 lb)	1000	400	44g	22g	0g	110mg	2310mg	104g	5g	11g	48g
Veggie Deluxe Calzone (1 5/8 lb)	1270	550	61g	29g	0g	110mg	3320mg	130g	8g	17g	54g
Veggie Calzone (1 1/2 lb)	1260	550	61g	29g	0g	110mg	3320mg	128g	7g	16g	53g
The Great White Calzone (1 1/2 lb)	1350	570	63g	29g	0g	165mg	3200mg	127g	6g	14g	75g
Johnnys White Calzone (1 1/3 lb)	1270	550	61g	29g	0g	135mg	2920mg	123g	6g	13g	61g
The Gourmet Calzone (1 3/8 lb)	1280	540	60g	30g	0g	120mg	3500mg	133g	9g	18g	58g
Steak and Cheese Calzone (1 1/2 lb)	1240	490	55g	25g	0g	145mg	3200mg	127g	7g	17g	64g
Meat Deluxe Calzone (1 1/2 lb)	1600	810	90g	36g	0g	275mg	4420mg	108g	5g	12g	94g
Margherita Calzone (1 3/8 lb)	1020	370	41g	16g	0g	70mg	2220mg	120g	7g	14g	41g
Johnny's Italian Special calzone (1 3/8 lb)	1270	570	63g	28g	0g	175mg	3070mg	111g	6g	13g	67g
Johnny's Deluxe Calzone (1 3/4 lb)	1580	710	79g	33g	0g	285mg	4530mg	126g	6g	15g	95g
Hawaiian Luau Calzone (1 1/3 lb)	1270	510	57g	26g	0g	165mg	3510mg	129g	6g	22g	63g
Fresh Mozzarella Calzone (1 1/8 lb)	1090	420	46g	20g	0g	90mg	2320mg	117g	6g	13g	44g
Four Cheese Calzone (1 1/4 lb)	1300	580	64g	32g	0g	150mg	3050mg	122g	6g	13g	65g

Chicken Florentine Calzone (1 1/2 lb)	1450	680	76g	28g	0g	145mg	3050mg	128g	6g	16g	68g
Chicken Bacon Ranch Calzone (1 1/2 lb)	1530	730	81g	30g	0g	175mg	3670mg	126g	7g	17g	75g
Chicken Alfredo Calzone (1 1/2 lb)	1380	610	68g	32g	0g	185mg	3520mg	125g	6g	14g	75g
Buffalo Chicken Calzone (1 1/2 lb)	1410	630	70g	28g	0g	160mg	3760mg	124g	6g	15g	73g
BBQ Chicken Calzone (1 3/8 lb)	1270	470	52g	24g	0g	140mg	3130mg	137g	6g	27g	65g

Stromboli

Menu Item	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
Traditional Stromboli (1 3/8 lb)	1320	610	68g	29g	0g	190mg	3460mg	111g	6g	13g	72g
Syracuse Stuffer (1 3/8 lb)	1210	520	57g	27g	0g	160mg	3330mg	112g	6g	14g	67g
House Stromboli (1 1/3 lb)	1380	680	75g	32g	0g	195mg	4050mg	107g	5g	12g	73g
Veggie Deluxe Stromboli (1 1/2 lb)	1300	580	65g	31g	0g	125mg	3610mg	128g	8g	14g	59g
Veggie Stromboli (1 3/8 lb)	1290	580	65g	31g	0g	125mg	3610mg	126g	7g	13g	58g
Johnny's White (1 1/4 lb)	1310	590	65g	31g	0g	150mg	3210mg	121g	6g	11g	67g
The Great White Stromboli (1 1/2 lb)	1390	600	67g	31g	0g	180mg	3490mg	125g	6g	12g	81g
The Gourmet Stromboli (1 3/8 lb)	1320	580	64g	32g	0g	135mg	3790mg	130g	9g	15g	63g
Meat Deluxe Stromboli (1 1/2 lb)	1780	880	98g	39g	0g	320mg	5420mg	122g	6g	13g	108g
Margherita Stromboli (1 1/3 lb)	1010	360	40g	15g	0g	65mg	2280mg	116g	7g	12g	40g
Johnny's Italian Special (1 1/2 lb)	1390	620	69g	30g	0g	190mg	3630mg	124g	7g	13g	76g
Johnny's Deluxe Stromboli (1 5/8 lb)	1640	750	84g	35g	0g	300mg	4930mg	126g	7g	15g	101g
Hawaiian Luau Stromboli (1 1/4 lb)	1310	540	61g	27g	0g	180mg	3800mg	127g	6g	19g	69g
Fresh Mozzarella Stromboli (1 lb)	1060	400	45g	17g	0g	80mg	2360mg	113g	6g	11g	43g

Kids

Menu Item	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
Child - Wings(4CT) W/Fries (15 oz)	670	350	39g	11g	0g	140mg	700mg	43g	4g	2g	36g
Child - Wings - (3CT) W/Fries (13 oz)	580	290	32g	9g	0g	105mg	660mg	43g	4g	2g	28g
Childs Burger (1 lb)	780	360	40g	17g	0g	125mg	1470mg	74g	7g	12g	30g
Child Spaghetti w/Meatball (10 1/4 oz)	510	90	10g	2.5g	0g	40mg	1770mg	84g	4g	9g	22g
Child Spaghetti Marinara (10 1/4 oz)	400	40	4.5g	0g	0g	0mg	1510mg	79g	4g	9g	13g
Child Fettuccine Alfredo w/Chicken (13 oz)	580	290	32g	9g	0g	105mg	660mg	43g	4g	2g	28g
Child Fettuccine Alfredo (1 lb)	530	190	21g	9g	0g	40mg	1810mg	73g	4g	4g	16g
Child Chicken tenders (9 1/2 oz)	600	290	32g	6g	0g	95mg	1930mg	39g	3g	2g	42g
Child Chicken Bites (5 oz)	340	130	14g	2.5g	0g	50mg	930mg	31g	1g	13g	21g
Child Cheese Ravioli (11 1/4 oz)	420	100	11g	4g	0g	55mg	860mg	65g	3g	14g	16g

Desserts

Menu Item	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
Cinnamon Knots (14 1/2 oz)	1440	490	54g	9g	0g	0mg	2110mg	211g	5g	86g	24g
Cheesecake (slice) (1 ea.)	480	310	34g	0g	0g	145mg	310mg	38g	0g	26g	9g
Brooklyn Blackout Cake (1 ea.)	680	350	39g	22g	0g	145mg	400mg	77g	5g	55g	9g
Tiramisu (1 ea.)	330	170	19g	12g	0g	155mg	85mg	36g	0g	23g	4g
Cannoli (1 ea.)	290	120	13g	5g	0g	30mg	60mg	37g	0g	26g	5g
Root Beer Float (1 lb)	370	130	14g	8g	0g	50mg	135mg	58g	0g	52g	4g

Flatbread Pizzas

Menu Item	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
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Four Cheese & Pepperoni Flatbread (9 oz)	1290	500	56g	26g	0g	130mg	3090mg	137g	5g	2g	61g
Buffalo Bacon Chicken flatbread (11 3/4 oz)	1240	410	46g	18g	0g	140mg	3100mg	136g	5g	3g	69g
Margherita Flatbread (11 oz)	1040	310	34g	12g	0g	50mg	2180mg	138g	6g	5g	39g
BBQ Bacon Chicken Flatbread (12 1/2 oz)	1270	350	39g	17g	0g	130mg	3280mg	163g	5g	27g	68g
House Flatbread (11 3/4 oz)	1250	430	48g	20g	0g	130mg	3720mg	141g	5g	7g	64g
Chicken Bacon Ranch Flatbread (13 oz)	1220	410	46g	17g	0g	125mg	3030mg	137g	5g	4g	67g
Three Meat Flatbread (11 3/4 oz)	1300	470	52g	21g	0g	150mg	3450mg	143g	5g	6g	67g
Spicy Meatball Flatbread w/Fresh Mozzarella (13 oz)	1280	390	43g	18g	0g	145mg	3000mg	151g	8g	9g	63g
Italian Sausage & Goat Cheese Flatbread (11 oz)	1190	410	45g	20g	0g	120mg	2840mg	139g	5g	3g	60g
Hawaiian BBQ Flatbread (12 1/2 oz)	1290	350	39g	17g	0g	130mg	3280mg	167g	5g	31g	68g
Mediterranean Flatbread (11 3/4 oz)	1200	430	47g	22g	0g	115mg	3510mg	138g	5g	3g	59g
Garden Veggie Flatbread (12 1/4 oz)	1100	340	37g	16g	0g	75mg	2740mg	144g	8g	7g	50g

Dinners

Menu Item	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
Lasagna (1 lb)	1540	770	86g	32g	0.5g	255mg	3390mg	121g	9g	27g	72g
Chicken Parmigiana (1 3/4 lb)	1300	620	69g	20g	0.5g	195mg	3070mg	96g	7g	21g	76g
Eggplant Parmigiana (1 7/8 lb)	1490	690	77g	20g	0.5g	70mg	4080mg	162g	15g	34g	39g
Fettuccine Alfredo w/Chicken (1 lb)	1610	650	72g	24g	0.5g	220mg	5280mg	162g	11g	15g	81g
Fettuccine Alfredo (1 lb)	1370	600	67g	23g	0.5g	100mg	4630mg	160g	11g	15g	37g
Spaghetti w/ Meatball (1 1/3 lb)	1520	540	60g	14g	0.5g	135mg	4900mg	188g	11g	26g	58g
Spaghetti w/ Marinara (1 lb)	1200	400	44g	7g	0.5g	20mg	4120mg	174g	11g	26g	30g
Spaghetti w/Sausage (1 3/8 lb)	1570	590	66g	13g	0.5g	170mg	5460mg	180g	11g	26g	73g

Bronx Bomber (1 lb)	1310	740	82g	25g	0.5g	235mg	3790mg	77g	7g	26g	68g
Baked Penne (1 1/8 lb)	1290	610	68g	24g	0.5g	110mg	3550mg	128g	8g	24g	46g
Stuffed Shells (1 1/8 lb)	1330	620	69g	25g	0.5g	110mg	3770mg	134g	9g	28g	47g
Eggplant Rollatini (1 7/8 lb)	1620	780	86g	26g	0.5g	105mg	4170mg	166g	15g	37g	47g
Baked Cheese Ravioli (1 1/4 lb)	1480	700	77g	25g	1g	195mg	3260mg	153g	9g	33g	51g

Pizza

Menu Item	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
Cauliflower Crust GF (15 oz)	980	430	48g	28g	0g	170mg	2440mg	90g	4g	12g	52g
Gluten Free (1 1/8 lb)	1160	460	51g	26g	0g	125mg	2360mg	134g	5g	13g	45g
SM - Cheese (12 1/8 oz)	790	260	29g	14g	0g	75mg	2040mg	96g	3g	6g	39g
MD - Cheese (1 17/27 lb)	1590	520	58g	29g	0g	145mg	4200mg	195g	7g	14g	79g
LG - Cheese (2 3/4 lb)	2790	940	104g	52g	0g	270mg	7300mg	334g	12g	23g	139g
SM - Veggie Deluxe (1 1/8 lb)	880	320	36g	18g	0g	75mg	2550mg	104g	5g	8g	40g
MD - Veggie Deluxe (1 1/8 lb)	870	320	35g	18g	0g	70mg	2550mg	102g	5g	9g	40g
LG - Veggie Deluxe (1 lb)	790	300	33g	17g	0g	65mg	2320mg	90g	4g	8g	36g
SM - Veggie (15 7/8 oz)	880	320	36g	18g	0g	75mg	2550mg	102g	4g	8g	40g
MD - Veggie (1 lb)	860	320	35g	18g	0g	70mg	2550mg	101g	4g	9g	39g
LG - Veggie (14 5/8 oz)	780	300	33g	17g	0g	65mg	2320mg	89g	4g	7g	35g
SM - Steak & Cheese (1 1/8 lb)	890	290	32g	16g	0g	110mg	2610mg	103g	5g	9g	51g
MD - Steak & Cheese (1 1/8 lb)	870	280	32g	15g	0g	105mg	2600mg	101g	5g	10g	51g
LG - Steak & Cheese (15 1/8 oz)	790	260	29g	14g	0g	100mg	2370mg	88g	4g	8g	47g
SM - Philly Cheese Steak (14 oz)	840	270	30g	15g	0g	100mg	2400mg	98g	4g	4g	46g
MD - Philly Cheese Steak (13 7/8 oz)	830	270	30g	15g	0g	95mg	2340mg	97g	4g	4g	45g

LG - Philly Cheese Steak (12 7/8 oz)	760	260	29g	14g	0g	95mg	2180mg	85g	3g	4g	43g
SM - Pepperoni (12 3/4 oz)	900	350	39g	18g	0g	100mg	2410mg	96g	3g	6g	44g
SM - Meat Deluxe (1 lb)	1200	540	60g	24g	0g	185mg	3570mg	98g	3g	7g	69g
MD - Meat Deluxe (1 lb)	1140	510	56g	22g	0g	170mg	3350mg	96g	3g	7g	65g
LG - Meat Deluxe (14 3/4 oz)	1040	480	53g	21g	0g	165mg	3090mg	84g	3g	6g	61g
SM - Margherita (11 5/8 oz)	630	140	16g	6g	0g	30mg	1470mg	93g	4g	5g	26g
MD - Margherita (11 1/2 oz)	640	160	17g	7g	0g	35mg	1500mg	92g	4g	5g	26g
LG - Margherita (10 1/4 oz)	570	150	16g	7g	0g	35mg	1330mg	80g	3g	4g	24g
SM - Johnny's White (12 5/8 oz)	860	320	36g	19g	0g	90mg	1930mg	95g	3g	3g	45g
MD - Johnny's White (12 1/8 oz)	860	320	36g	19g	0g	90mg	1930mg	95g	3g	3g	45g
LG - Johnny's White (11 1/8 oz)	790	310	35g	19g	0g	90mg	1770mg	82g	3g	2g	42g
SM - Great White (1 lb)	920	330	37g	19g	0g	115mg	2140mg	97g	4g	4g	55g
MD - Great White (15 5/8 oz)	920	330	37g	19g	0g	115mg	2140mg	97g	4g	4g	55g
LG - Great White (14 1/8 oz)	850	320	36g	19g	0g	115mg	1970mg	84g	3g	3g	53g
SM - Johnny's Italian Special (1 lb)	980	380	43g	19g	0g	125mg	2640mg	100g	4g	8g	52g
MD - Johnny's Italian Special (1 lb)	930	360	40g	17g	0g	115mg	2550mg	99g	4g	9g	50g
LG - Johnny's Italian special (14 5/8 oz)	840	330	36g	16g	0g	110mg	2290mg	87g	4g	7g	46g
SM - Johnny's Deluxe (1 1/8 lb)	1080	440	49g	21g	0g	165mg	3120mg	101g	4g	8g	62g
MD - Johnny's Deluxe (1 1/8 lb)	1030	410	45g	19g	0g	155mg	2980mg	99g	4g	9g	60g
LG - Johnny's Deluxe (1 lb)	940	380	42g	18g	0g	150mg	2720mg	87g	4g	8g	56g
SM - Hawaiian Luau (14 5/8 oz)	860	280	31g	15g	0g	95mg	2390mg	104g	4g	13g	44g
MD - Hawaiian Luau (14 7/8 oz)	830	270	30g	14g	0g	90mg	2300mg	102g	4g	14g	42g
LG - Hawaiian Luau (13 1/8 oz)	750	250	27g	14g	0g	85mg	2070mg	90g	3g	12g	38g
SM - Gourmet (15 5/8 oz)	910	330	37g	20g	0g	85mg	2750mg	106g	6g	9g	45g
MD - Gourmet (1 lb)	890	320	36g	19g	0g	85mg	2750mg	105g	6g	10g	44g

LG - Gourmet (14 3/8 oz)	810	300	34g	18g	0g	80mg	2520mg	93g	6g	9g	40g
SM - Garlic Pie (11 5/8 oz)	910	380	43g	16g	0g	75mg	1790mg	95g	3g	1g	38g
MD - Garlic Pie (11 5/8 oz)	910	380	43g	16g	0g	75mg	1790mg	95g	3g	1g	38g
LG - Garlic Pie (2 17/27 lb)	3260	1440	160g	60g	0g	270mg	6290mg	328g	10g	4g	134g
SM - Fresh Mozzarella (11 5/8 oz)	730	220	24g	10g	0g	55mg	1720mg	93g	3g	6g	32g
MD - Fresh Mozzarella (11 7/8 oz)	720	210	23g	10g	0g	50mg	1760mg	95g	3g	7g	31g
LG - Fresh Mozzarella (10 3/8 oz)	650	190	22g	9g	0g	50mg	1530mg	81g	3g	6g	28g
SM - Four Cheese (13 1/8 oz)	890	330	36g	20g	0g	100mg	2260mg	98g	4g	6g	46g
MD - Four Cheese (13 5/8 oz)	880	320	36g	19g	0g	95mg	2260mg	96g	4g	7g	45g
LG - Four Cheese (11 7/8 oz)	800	300	34g	18g	0g	90mg	2030mg	84g	3g	6g	42g
SM - Chicken Florentine (14 5/8 oz)	930	360	40g	16g	0g	100mg	2060mg	95g	4g	3g	50g
MD - Chicken Florentine (14 5/8 oz)	930	360	40g	16g	0g	100mg	2060mg	95g	4g	3g	50g
LG - Chicken Florentine (13 7/8 oz)	840	340	38g	15g	0g	95mg	1850mg	82g	3g	3g	45g
SM - Chicken Bacon Ranch (1 lb)	1120	510	57g	20g	0g	130mg	2760mg	96g	4g	6g	58g
MD - Chicken Bacon Ranch (1 lb)	1120	510	57g	20g	0g	130mg	2760mg	96g	4g	6g	58g
LG - Chicken Bacon Ranch (14 3/8 oz)	1000	470	52g	19g	0g	115mg	2500mg	83g	3g	4g	51g
SM - Chicken Alfredo (13 1/8 oz)	910	350	38g	20g	0g	125mg	2380mg	93g	3g	2g	55g
MD - Chicken Alfredo (14 1/8 oz)	910	350	38g	20g	0g	125mg	2380mg	93g	3g	2g	55g
LG - Chicken Alfredo (11 1/8 oz)	760	280	31g	15g	0g	100mg	2020mg	79g	3g	2g	46g
SM - Buffalo Chicken (15 3/8 oz)	980	390	43g	18g	0g	100mg	2720mg	99g	4g	8g	51g
MD - Buffalo Chicken (1 lb)	1000	390	43g	18g	0g	115mg	2850mg	97g	4g	8g	56g
LG - Buffalo Chicken (3 2/3 lb)	3480	1350	150g	64g	0g	420mg	9980mg	339g	13g	27g	203g
SM - BBQ Chicken (15 5/8 oz)	900	270	30g	14g	0g	95mg	2470mg	113g	4g	20g	49g
MD - BBQ Chicken (1 lb)	880	260	29g	14g	0g	95mg	2460mg	111g	4g	21g	48g
LG - BBQ Chicken (3 1/2 lb)	3200	960	107g	52g	0g	360mg	8930mg	394g	13g	77g	178g

MD - Meatball (1 22/25 lb)	1910	670	74g	35g	0g	260mg	4980mg	209g	7g	14g	106g
LG - Meatball (1 ea.)	450	200	23g	8g	0g	35mg	1000mg	44g	2g	1g	16g

Salads

Menu Item	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
SM - Tuna Salad (1 lb)	600	420	47g	8g	0g	55mg	1720mg	17g	3g	8g	19g
LG - Tuna Salad (1 7/8 lb)	1220	850	94g	16g	0g	110mg	3430mg	41g	8g	21g	39g
SM - Mediterranean (10 oz)	470	350	38g	10g	0g	55mg	1960mg	15g	2g	8g	14g
LG - Mediterranean (1 1/8 lb)	940	690	77g	20g	0g	110mg	3920mg	30g	5g	16g	29g
SM - Greek (12 oz)	240	170	19g	4.5g	0g	15mg	1370mg	17g	3g	8g	4g
LG - Greek (1 5/8 lb)	480	350	39g	9g	0g	30mg	2730mg	33g	5g	16g	8g
SM - Garden (8 oz)	280	210	24g	4g	0.5g	15mg	900mg	14g	3g	7g	3g
LG - Garden (1 5/8 lb)	600	420	47g	9g	0g	30mg	1970mg	33g	7g	20g	8g
SM - Fresh Spinach (8 1/4 oz)	420	320	36g	10g	0g	45mg	800mg	11g	3g	3g	13g
LG - Fresh Spinach (10 oz)	830	630	70g	19g	0g	80mg	1460mg	20g	6g	6g	24g
SM - Chef (13 1/2 oz)	380	250	28g	7g	0g	55mg	1010mg	12g	3g	7g	18g
LG - Chef (1 3/4 lb)	770	510	56g	14g	0g	110mg	2030mg	27g	6g	16g	36g
LG - Caesar (11 1/2 oz)	690	580	64g	14g	0g	85mg	1400mg	20g	5g	2g	19g
Iceberg Wedge (7 3/4 oz)	390	300	33g	9g	0g	35mg	820mg	9g	3g	8g	12g

Salad Add On's

Menu Item	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
SM - Grilled Chicken	100	20	2g	0g	0g	50mg	270mg	less than 1g	0g	0g	19g
LG - Grilled Chicken (5 oz)	200	40	4g	1g	0g	100mg	540mg	2g	0g	0g	37g

SM - Buffalo Chicken (2 3/4 oz)	110	30	3.5g	0.5g	0g	50mg	390mg	1g	0g	0g	19g
LG - Buffalo Chicken (5 1/2 oz)	230	60	7g	1.5g	0g	100mg	770mg	2g	0g	0g	37g
SM - Breaded Chicken (2 1/2 oz)	120	45	5g	1g	0g	30mg	270mg	6g	less than 1g	0g	14g
LG - Breaded Chicken (5 oz)	250	90	10g	2g	0g	60mg	540mg	13g	1g	0g	28g

Oven Baked Subs

Menu Item	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
Johnny's Special Sub (1 1/3 lb)	880	460	51g	15g	0g	110mg	2960mg	62g	2g	10g	43g
Club Sub (1 1/4 lb)	840	410	46g	13g	0g	100mg	2740mg	60g	2g	10g	46g
Turkey Sub (1 1/4 lb)	720	280	31g	8g	0g	100mg	2220mg	62g	2g	11g	45g
Steak & Cheese (1 1/8 lb)	870	420	47g	16g	0g	145mg	2650mg	63g	less than 1g	9g	49g
Buffalo Chicken Sub (1 lb)	660	200	22g	10g	0g	150mg	1870mg	56g	0g	5g	58g
Meatball Parmigiana Sub (1 1/4 lb)	980	390	44g	19g	0g	205mg	2700mg	85g	2g	14g	62g
Chicken Parmigiana Sub (1 1/4 lb)	790	280	31g	12g	0g	110mg	2170mg	79g	3g	14g	51g
Buffalo Chicken Wrap (15 oz)	870	430	47g	14g	0g	165mg	2320mg	54g	9g	3g	60g
Chicken Bacon Ranch Wrap (1 1/8 lb)	950	480	53g	16g	0g	185mg	2490mg	57g	10g	3g	68g
Chicken Caesar Wrap (13 oz)	770	380	42g	8g	0g	145mg	1960mg	53g	9g	less than 1g	52g
Eggplant Parmigiana (1 1/4 lb)	780	290	32g	12g	0g	55mg	2060mg	97g	5g	17g	28g
Veggie Sub (1 1/8 lb)	660	320	36g	12g	0g	25mg	1750mg	65g	3g	9g	19g
Tuna Sub (1 1/2 lb)	1050	550	61g	17g	0g	110mg	2460mg	65g	2g	7g	52g
Sausage Parmigiana Sub (1 1/3 lb)	950	410	45g	17g	0g	220mg	3110mg	74g	2g	14g	71g
Salami Sub (1 1/4 lb)	1120	680	76g	25g	0g	170mg	3820mg	62g	2g	8g	47g
Roast Beef Sub (1 1/4 lb)	740	330	36g	11g	0g	100mg	2370mg	60g	2g	8g	43g
Philly Chicken Sub (1 1/8 lb)	870	380	42g	13g	0g	160mg	1810mg	61g	less than 1g	7g	59g

Ham Sub (1 1/4 lb)	720	300	33g	10g	0g	85mg	2750mg	62g	2g	10g	43g
Grilled Chicken Sub (1 1/4 lb)	770	300	33g	9g	0g	125mg	1770mg	62g	2g	8g	54g
Capicola Sub (1 1/4 lb)	840	410	46g	15g	0g	110mg	2780mg	65g	2g	13g	39g
BLT Sub (1 1/8 lb)	1310	860	96g	24g	0g	110mg	3420mg	58g	1g	7g	50g
The Gourmet Wrap (10 oz)	420	160	18g	7g	0g	15mg	1500mg	61g	11g	5g	14g

Wings

Menu Item	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
50 - CT Wings Raw (10 ea.)	1460	1070	118g	29g	0g	375mg	1560mg	5g	3g	6g	84g
20 - CT Wings Raw (10 ea.)	1460	1070	118g	29g	0g	375mg	1560mg	5g	3g	6g	84g
10 - CT Wings Raw (10 ea.)	1460	1070	118g	29g	0g	375mg	1560mg	5g	3g	6g	84g
5 - CT Wings Raw (5 ea.)	730	530	59g	15g	0g	185mg	800mg	3g	2g	4g	42g
50 - CT Wings Pre-cooked (10 ea.)	1950	1360	151g	37g	0g	395mg	3670mg	21g	3g	6g	116g
20 - CT Wings Pre-cooked (10 ea.)	1950	1360	151g	37g	0g	395mg	3670mg	21g	3g	6g	116g
10 - CT Wings Pre - Cooked (10 ea.)	1950	1360	151g	37g	0g	395mg	3670mg	21g	3g	6g	116g
5 - CT Wings Pre-Cooked (5 ea.)	950	670	74g	18g	0.5g	195mg	1750mg	11g	2g	3g	57g

Catering

Menu Item	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
Catering - Spaghetti w/ Sausage Links (11 1/8 oz)	530	130	15g	3.5g	0g	80mg	2110mg	70g	4g	8g	33g
Catering - Spaghetti w/ Meatballs (10 3/10 oz)	500	110	12g	4g	0g	60mg	1820mg	73g	4g	8g	25g
Catering - Spaghetti w/Marinara (8 1/8 oz)	340	40	4g	0.5g	0g	less than 5mg	1450mg	67g	4g	8g	12g
Catering - Sandwich Platter (1/2 ea.)	440	230	25g	8g	0g	55mg	1480mg	31g	less than 1g	5g	22g

Catering - Mini Garlic Knots (6 7/8 oz)	700	400	44g	8g	0g	less than 5mg	1200mg	61g	3g	less than 1g	12g
Catering - Lasagna (10 oz)	660	320	36g	20g	0g	170mg	1240mg	40g	3g	9g	45g
Catering - Greek Salad (10 1/2 oz)	230	170	19g	4.5g	0g	15mg	1310mg	15g	2g	7g	4g
Catering - Garden Salad (12 oz)	290	210	24g	4.5g	0g	15mg	990mg	13g	3g	7g	4g
Catering - Fettuccine Alfredo (8 1/8 oz)	430	140	16g	9g	0g	45mg	1700mg	60g	4g	3g	15g
Catering - Eggplant Parmigiana (12 3/8 oz)	670	190	21g	6g	0g	25mg	2110mg	100g	8g	13g	22g
Catering - Cinnamon Knots (7 1/4 oz)	720	240	27g	4.5g	0g	0mg	1050mg	106g	3g	43g	12g
Catering - Chicken Wings (6 1/4 ea.)	910	670	74g	18g	0g	235mg	970mg	3g	2g	4g	53g
Catering - Chicken Parmigiana (13 1/4 oz)	620	160	18g	6g	0g	70mg	2100mg	79g	5g	10g	38g
Catering - Cheesecake (1 slc)	420	270	30g	0g	0g	130mg	270mg	33g	0g	23g	7g
Catering - Caesar salad (11 oz)	450	350	39g	10g	0g	55mg	990mg	19g	5g	2g	17g
Catering - Buffalo Chicken Dip (7 3/8 oz)	570	280	31g	10g	0g	70mg	1230mg	47g	2g	2g	25g
Catering - Box Lunch (1 1/4 lb)	1110	580	65g	17g	0g	110mg	3190mg	86g	4g	13g	46g
Catering - Boneless Chicken Wings (8 1/8 oz)	300	70	7g	1g	0g	65mg	1470mg	29g	2g	0g	31g
Catering - Baked Penne (9 5/8 oz)	450	160	18g	9g	0g	90mg	900mg	55g	3g	11g	22g
Catering - Baked Cheese Ravioli (9 5/8 oz)	450	160	18g	9g	0g	90mg	900mg	55g	3g	11g	22g
Catering - Salad - Grilled Chicken Add-on (2 1/2 oz)	90	25	3g	1g	0g	45mg	650mg	less than 1g	0g	0g	16g

Sides

Menu Item	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
Side - Chips (2 oz)	220	120	13g	1.5g	0g	0mg	1420mg	27g	2g	2g	2g
Side - Fries (6 oz)	280	90	10g	3g	0g	0mg	570mg	43g	4g	2g	4g

Toppings (1 oz)

Menu Item	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
Steak (1 oz)	40	15	2g	1g	0g	20mg	280mg	1g	0g	less than 1g	6g
Spinach (1 oz)	5	0	0g	0g	0g	0mg	0mg	1g	less than 1g	0g	less than 1g
Sliced Meatball (1 oz)	70	30	3.5g	1.5g	0g	25mg	170mg	3g	0g	0g	6g
Salami (1 oz)	110	90	10g	3g	0g	25mg	440mg	0g	0g	0g	6g
Roasted Red Peppers (1 oz)	5	0	0g	0g	0g	0mg	40mg	1g	0g	0g	0g
Red onion (1 oz)	10	0	0g	0g	0g	0mg	0mg	2g	less than 1g	2g	0g
Provolone Cheese (1 oz)	100	60	7g	5g	0g	20mg	180mg	2g	0g	0g	8g
Pineapple (1 oz)	20	0	0g	0g	0g	0mg	0mg	5g	0g	4g	0g
Pepperoni (1 ea.)	10	10	1g	0g	0g	less than 5mg	30mg	0g	0g	0g	0g
Pepperoncini (1 oz)	10	0	0g	0g	0g	0mg	560mg	2g	0g	1g	0g
Parmesan (1 oz)	110	100	11g	6g	0g	30mg	400mg	0g	0g	0g	11g
Mushrooms (1 oz)	5	0	0g	0g	0g	0mg	5mg	1g	0g	0g	1g
Mozzarella (1 oz)	90	60	7g	4.5g	0g	25mg	190mg	less than 1g	0g	0g	7g
Minced Garlic (1 oz)	60	25	3g	0g	0g	0mg	0mg	6g	0g	0g	0g
Jalapeño Peppers (1 oz)	5	0	0g	0g	0g	0mg	280mg	1g	0g	0g	0g
Italian Sausage (1 oz)	60	30	3.5g	1g	0g	25mg	220mg	1g	0g	0g	7g
Ham (1 oz)	30	10	1g	0g	0g	10mg	300mg	0g	0g	0g	5g
Ground Beef (1 oz)	70	40	4.5g	1.5g	0g	25mg	210mg	0g	0g	0g	7g
Grilled Chicken (1 oz)	35	5	0.5g	0g	0g	15mg	135mg	0g	0g	0g	7g
Green peppers (1 oz)	0	0	0g	0g	0g	0mg	10mg	1g	0g	less than 1g	0g
Green olives (1 oz)	60	50	5g	2g	0g	0mg	480mg	2g	0g	0g	0g

Fresh Mozzarella (1 oz)	80	50	6g	3.5g	0g	20mg	100mg	0g	0g	0g	5g
Fresh basil (1 oz)	5	0	0g	0g	0g	0mg	0mg	less than 1g	0g	0g	less than 1g
Feta Cheese (1 oz)	70	50	6g	3.5g	0g	15mg	350mg	1g	0g	0g	4g
Extra Sauce (1/2 oz)	10	0	0g	0g	0g	0mg	65mg	1g	0g	1g	0g
Capicola (1 oz)	860	490	54g	22g	0g	270mg	4970mg	16g	0g	16g	70g
Canadian Bacon (1 oz)	45	20	2.5g	1g	0g	25mg	350mg	less than 1g	0g	less than 1g	5g
Breaded Eggplant (1 oz)	45	15	2g	0g	0g	0mg	80mg	6g	less than 1g	less than 1g	less than 1g
Breaded Chicken (1 oz)	50	15	2g	0g	0g	10mg	105mg	3g	0g	0g	6g
Black Olives (1 oz)	35	40	4.5g	3.5g	0g	0mg	190mg	2g	0g	0g	0g
Basil Pesto (1 oz)	120	110	12g	2g	0g	less than 5mg	70mg	2g	0g	less than 1g	1g
Banana Peppers (1 oz)	5	0	0g	0g	0g	0mg	280mg	1g	0g	0g	0g
Bacon (1 oz)	160	130	14g	4g	0g	20mg	510mg	0g	0g	0g	8g
Asiago Cheese (1 oz)	110	80	9g	6g	0g	30mg	260mg	less than 1g	less than 1g	0g	7g
Artichoke Hearts (1 oz)	15	0	0g	0g	0g	0mg	85mg	3g	2g	0g	less than 1g
Anchovies (1 oz)	45	50	6g	1g	0g	45mg	1980mg	0g	0g	0g	26g
Ricotta Cheese (1 oz)	45	30	3g	2g	0g	10mg	30mg	1g	0g	less than 1g	3g
Portabella Mushrooms (1 oz)	5	0	0g	0g	0g	0mg	5mg	1g	0g	0g	1g