

| Item | Amount | Calories | Calories from | | | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fiber (g) | Sugar (g) | Protein (g) |
|------------------------------|------------|----------|---------------|---------------|-------------|------------------|-------------|------------------|-----------|-----------|-------------|
| | | | Fat | Total Fat (g) | Sat Fat (g) | | | | | | |
| <i>Thin Crust Individual</i> | | 363.1 | 9 | 1 | 0.2 | 0 | 3.9 | 76 | 2.8 | | 10.5 |
| <i>Pan crust Individual</i> | | 532.9 | 89 | 9.9 | 1.7 | 0 | 35 | 96 | 3.5 | | 13.1 |
| <i>Thin sauce Individual</i> | | 5.59 | 0 | 0 | 0 | 0 | 54.34 | 1.28 | 0.32 | 0.64 | 0.16 |
| <i>Pan sauce Individual</i> | | 13.5 | 0 | 0 | 0 | 0 | 174.46 | 3.09 | 0.69 | 1.73 | 0.34 |
| <i>BBQ Sauce Individual</i> | | 76.2 | 0 | 0 | 0 | 0 | 622.8 | 17.77 | 0 | 15.22 | |
| Cheese (Mozz) | Individual | 212.5 | 150 | 17.5 | 10 | 0 | 475 | 0 | 0 | 0 | 17.5 |
| Sausage | Individual | 70.5 | 50.6 | 5.62 | 2.08 | 0 | 19.00 | 187.7 | 0.33 | 0.065 | 4.48 |
| Hamburger | Individual | 77.145 | 57.145 | 6.285 | 2.57 | 0.57 | 20 | 15.715 | 0 | 0 | 5.45 |
| Pepperoni | Individual | 78.75 | 67.5 | 7.305 | 3.36 | 0 | 19.68 | 264.36 | 0 | 0 | 2.8125 |
| Ham | Individual | 140 | 40 | 4 | 2 | 0 | 50 | 1280 | 6 | 0 | 20 |
| Steak | Individual | 59.99 | 9 | 1 | 0.5 | 0 | 20 | 359.98 | 1 | 0 | 11 |
| BBQ Chicken-w/o sauce | Individual | 92.85 | 40.8 | 4.53 | 1.3 | 0 | 26.72 | 172.92 | 1.065 | 0 | 11.2 |
| Mushrooms | Individual | 9.35 | 1.3 | 0.14 | 0 | 0 | 0 | 2.1 | 1.4 | 0.43 | 1.3 |
| Green Peppers | Individual | 7.09 | 0.54 | 0.06 | 0.02 | 0 | 0 | 1.06 | 1.64 | 0.6 | 0.3 |
| Onions/Red Onions | Individual | 14.17 | 0.32 | 0.04 | 0.01 | 0 | 0 | 1.42 | 3.31 | 0.6 | 0.39 |
| Green Olives | Individual | 65.42 | 58.88 | 6.54 | 0 | 0 | 0 | 719.63 | 3.27 | 0 | 0 |
| Black Olives | Individual | 48.9 | 40.87 | 4.54 | 0.6 | 0 | 0 | 370.81 | 2.66 | 1.36 | 0.36 |
| Italian Hot Peppers | Individual | 4.46 | 0.94 | 0.11 | 0.03 | 0 | 0 | 448.62 | 0.7 | 0.18 | 0.18 |
| Red Peppers | Individual | 6.59 | 0.57 | 0.06 | 0.01 | 0 | 0 | 0.85 | 1.28 | 0.43 | 0.21 |
| Spinach | Individual | 13.185 | 2.8725 | 0.3225 | 0.045 | 0 | 0 | 31.47 | 1.845 | 1.32 | 1.6725 |
| Bacon | Individual | 150 | 100 | 11.25 | 5 | 0 | 62.5 | 800 | 0 | 0 | 12.5 |
| Tomatoes | Individual | 12.59 | 1.26 | 0.14 | 0 | 0 | 0 | 3.5 | 2.74 | 0.84 | 0.62 |
| Garlic | Individual | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Extra Cheese (Mozz) | Individual | 127.5 | 90 | 10.5 | 6 | 0 | 24 | 285 | 0 | 0 | 10.5 |
| Premium Blend | Individual | 367.93 | 260.49 | 30.28 | 17.44 | 0 | 70.74 | 802.8 | 0.19 | 0 | 29.69 |

Last Updated 6/25/09

A Health and Nutrition representative compiled this nutrition from the following data: Nutrition analysis from Monical's Pizza® Restaurants approved food manufacturers and an independent laboratory. The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to the season of the year; use of an alternate supplier, minor differences in product assembly per restaurant and other factors. Except for limited time offerings or test market items, menu products as of this posting are included on this site. Product data is based on current formulations as of date of posting.