

MANCINO'S HISTORY

In 1993, Samuel Mancino, Jr. established the Samuel Mancino's Italian Eatery franchises. The original concept is still prevalent in all of the stores today. The original recipes compliment our continued improvement of quality and service. We are committed to offer outstanding menu choices at affordable family prices.

Our unique concept is continuing to expand our franchise locations across the United States. Our various locations can be found on our website at www.samuelmancinos.com.

Your Satisfaction is Our Goal.



HISTORY OF THE GRINDER

The term Grinder can be traced back to the Eastern Region of the United States. Italian immigrants worked in the shipyards setting and "grinding" rivets in the huge ships. Their wives would come at noon with lunch for the men who worked down the line, with freshly baked bread filled with meats and cheeses. The foreman or person in charge would then yell "Grinders - Lunch" and all the men would sit, eat and talk with their wives.

Hence the word "Grinder" became known as the delectable combination of meats, cheeses and vegetables served on our one-of-a-kind freshly made oven-baked bread.



FRANCHISE INFORMATION

Call Nu-Ventures, Inc. at (888) 432-8379 for franchise information or visit www.samuelmancinos.com.

DID YOU KNOW?

- We cater to parties, your place or ours!
- Gift certificates are available.
- For faster, more convenient service, take a menu with you and call in your next take out order.
- We offer coupons online.



Samuel
Mancino's
ITALIAN EATERY

NUTRITION GUIDE

This nutrition guide is another way of providing our customers with information about our delectable menu items ... We're dedicated to you!



Samuel
Mancino's
ITALIAN EATERY

www.samuelmancinos.com

Menu Item	Serving Size (g)	Calories (kcal)	Cals from Fat (kcal)	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
DESSERT PIZZAS															
7" Apple Dessert Pizza	78	220	45	5	1	0	125	40	1	19	4	4	0	2	0
7" Blueberry Dessert Pizza	78	220	45	5	1	0	125	40	1	20	4	4	0	2	0
7" Cherry Dessert Pizza	78	220	45	5	1	0	125	40	1	19	4	4	0	0	0
12" Apple Dessert Pizza 1 slice	92	240	45	5	1	0	150	45	1	21	4	4	0	2	2
12" Blueberry Dessert Pizza 1 slice	92	250	45	5	1	0	150	46	1	21	4	4	0	2	2
12" Cherry Dessert Pizza 1 slice	92	240	45	5	1	0	150	45	1	21	4	4	2	2	2

Menu Item	Serving Size (g)	Calories (kcal)	Cals from Fat (kcal)	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
GOURMET PIZZAS															
10" Gourmet Pizza - (Local Name) 1 slice	97	210	80	9	4	30	460	19	1	14	8	6	20	4	
10" Gourmet Pizza - 5 Meat Grande 1 slice	107	280	130	15	7	45	760	20	1	18	6	2	20	6	
10" Gourmet Pizza - Aloha Hawaii 1 slice	102	240	100	11	5	35	560	20	1	2	16	6	4	25	4
10" Gourmet Pizza - Amore Roma 1 slice	93	230	110	12	5	30	500	19	1	1	12	6	2	20	4
10" Gourmet Pizza - BBQ Chicken 1 slice	80	190	60	6	4	20	340	21	1	3	12	4	2	20	2
10" Gourmet Pizza - Bodacious BLT 1 slice	102	250	110	13	5	30	520	19	1	1	14	8	2	20	4
10" Gourmet Pizza - Chicken Garlic 1 slice	97	220	100	11	4	20	310	20	1	2	12	6	4	20	4
10" Gourmet Pizza - Mancino Deluxe 1 slice	191	640	440	49	22	130	1920	20	1	1	28	6	8	20	10
10" Gourmet Pizza - Purefire Taco w/ Chicken 1 slice	102	220	80	9	5	30	470	20	1	1	14	8	4	25	4
10" Gourmet Pizza - Purefire Taco w/ Taco Meat 1 slice	102	230	100	11	6	30	430	20	1	1	14	8	4	25	4
10" Gourmet Pizza - Quattro Fromage 1 slice	81	230	100	12	6	30	410	19	1	1	13	8	2	25	2
10" Gourmet Pizza - Veggie Head 1 slice	97	180	70	7	3	15	310	20	1	1	10	8	10	20	4
12" Gourmet Pizza - (Local Name) 1 slice	108	230	80	9	5	30	490	22	1	2	15	8	8	20	4
12" Gourmet Pizza - 5 Meat Grande 1 slice	119	310	140	16	7	50	830	22	2	2	19	6	2	20	6
12" Gourmet Pizza - Aloha Hawaii 1 slice	106	250	100	11	6	40	580	19	1	2	17	8	4	25	4
12" Gourmet Pizza - Amore Roma 1 slice	96	240	110	13	5	30	530	18	1	1	13	6	2	20	4
12" Gourmet Pizza - BBQ Chicken 1 slice	83	190	60	6	4	20	370	21	1	4	12	4	2	20	2
12" Gourmet Pizza - Bodacious BLT 1 slice	108	250	120	13	5	35	540	18	1	2	14	8	8	20	4
12" Gourmet Pizza - Chicken Garlic 1 slice	105	230	90	10	4	20	340	22	1	2	13	6	6	20	4
12" Gourmet Pizza - Mancino Deluxe 1 slice	204	680	470	53	24	145	2070	19	1	2	30	8	10	20	10
12" Gourmet Pizza - Purefire Taco w/ Chicken 1 slice	115	240	90	10	5	30	520	22	1	2	15	8	4	25	4
12" Gourmet Pizza - Purefire Taco w/ Taco Meat 1 slice	115	250	100	12	6	30	480	23	1	2	15	8	4	25	4
12" Gourmet Pizza - Quattro Fromage 1 slice	91	250	110	12	7	35	450	21	1	1	14	10	2	25	4
12" Gourmet Pizza - Veggie Head 1 slice	108	200	70	8	4	15	340	23	1	2	11	8	15	20	4
14" Gourmet Pizza - (Local Name) 1 slice	151	320	120	13	6	45	700	30	2	2	22	15	10	25	6
14" Gourmet Pizza - 5 Meat Grande 1 slice	167	430	200	22	10	65	1150	30	2	2	26	10	4	30	8
14" Gourmet Pizza - Aloha Hawaii 1 slice	160	370	150	16	8	55	850	30	2	4	24	15	8	40	6
14" Gourmet Pizza - Amore Roma 1 slice	145	350	160	17	7	40	750	29	2	2	18	10	6	30	6
14" Gourmet Pizza - BBQ Chicken 1 slice	128	290	80	9	5	30	570	34	1	7	17	6	4	25	4
14" Gourmet Pizza - Bodacious BLT 1 slice	159	360	160	18	7	50	790	29	2	2	21	15	10	30	6
14" Gourmet Pizza - Chicken Garlic 1 slice	140	300	110	13	5	30	460	30	2	2	18	8	6	25	6
14" Gourmet Pizza - Mancino Deluxe 1 slice	280	890	600	67	30	180	2660	30	2	2	39	10	15	30	15
14" Gourmet Pizza - Purefire Taco w/ Chicken 1 slice	160	330	130	14	8	45	720	30	2	2	21	10	6	35	4
14" Gourmet Pizza - Purefire Taco w/ Taco Meat 1 slice	160	350	140	16	8	45	670	31	2	2	20	10	6	40	6
14" Gourmet Pizza - Quattro Fromage 1 slice	128	340	150	17	9	45	620	28	1	2	19	15	4	35	4
14" Gourmet Pizza - Veggie Head 1 slice	153	280	100	11	5	25	480	30	2	3	15	15	20	30	4
16" Gourmet Pizza - (Local Name) 1 slice	197	410	140	16	8	55	900	39	2	3	27	15	15	35	8
16" Gourmet Pizza - 5 Meat Grande 1 slice	214	540	240	27	12	85	1460	39	3	3	33	15	8	35	10
16" Gourmet Pizza - Aloha Hawaii 1 slice	206	470	180	20	10	65	1090	40	2	5	31	15	10	45	8
16" Gourmet Pizza - Amore Roma 1 slice	190	440	190	21	9	50	950	38	2	3	23	15	8	35	8
16" Gourmet Pizza - BBQ Chicken 1 slice	167	380	100	11	6	35	740	47	2	10	22	8	4	35	6
16" Gourmet Pizza - Bodacious BLT 1 slice	206	460	200	22	9	60	1010	38	2	3	26	20	15	35	8
16" Gourmet Pizza - Chicken Garlic 1 slice	179	380	130	15	6	35	580	39	2	3	22	10	8	35	6
16" Gourmet Pizza - Mancino Deluxe 1 slice	362	1130	750	83	37	225	3340	40	3	3	49	15	20	35	20
16" Gourmet Pizza - Purefire Taco w/ Chicken 1 slice	209	420	150	17	9	55	940	40	2	3	26	15	8	45	6
16" Gourmet Pizza - Purefire Taco w/ Taco Meat 1 slice	209	440	180	20	10	55	880	40	2	3	25	15	8	45	6
16" Gourmet Pizza - Quattro Fromage 1 slice	165	430	190	21	11	60	790	37	2	3	24	20	8	45	6
16" Gourmet Pizza - Veggie Head 1 slice	202	360	120	13	6	30	610	40	3	4	19	20	30	35	6

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GRINDERS															
Grinder - BBQ Beef - Half	353	800	230	26	12	95	1700	93	4	11	45	30	15	50	6
Grinder - BBQ Beef - Half WW	374	760	240	26	12	95	1700	83	12	12	47	30	10	50	15
Grinder - BBQ Beef - Quarter	177	400	120	13	6	45	850	47	2	6	22	15	6	25	2
Grinder - BBQ Beef - Quarter WW	187	380	120	13	6	45	850	41	6	6	24	15	6	25	6
Grinder - BBQ Beef - Whole	706	1600	470	52	24	190	3400	187	7	23	89	60	25	100	10
Grinder - BBQ Beef - Whole WW	749	1530	480	53	24	190	3400	165	24	25	95	60	25	100	25
Grinder - BBQ Pork - Half	353	820	240	27	11	120	1380	86	1	25	46	15	6	70	20
Grinder - BBQ Pork - Half WW	374	780	250	27	11	120	1380	75	10	26	49	15	6	70	25
Grinder - BBQ Pork - Quarter	177	410	120	14	5	60	690	43	1	13	23	8	2	35	8
Grinder - BBQ Pork - Quarter WW	187	390	120	14	5	60	690	38	5	13	24	8	2	35	10

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Grinder - BBQ Pork - Whole	706	1640	490	54	22	240	2760	172	2	51	92	35	10	140	35
Grinder - BBQ Pork - Whole WW	749	1560	490	55	22	240	2760	150	19	53	98	30	10	130	50
Grinder - BLT - Half	282	1000	490	54	20	150	2050	68	1	3	56	10	6	45	15
Grinder - BLT - Half - no mayo	268	960	390	43	18	140	1980	68	1	3	56	10	6	45	15
Grinder - BLT - Half WW	304	960	490	55	20	150	2050	57	10	4	59	10	6	45	20
Grinder - BLT - Half WW - no mayo	289	860	390	43	18	140	1980	57	10	4	59	10	6	45	20
Grinder - BLT - Quarter	141	500	240	27	10	75	1030	34	1	1	28	6	4	20	6
Grinder - BLT - Quarter - no mayo	134	450	190	22	9	70	990	34	1	1	28	6	4	20	6
Grinder - BLT - Quarter WW	152	480	250	27	10	75	1030	29	5	2	29	6	4	20	10
Grinder - BLT - Quarter WW - no mayo	145	430	200	22	9	70	990	29	5	2	29	6	4	20	10
Grinder - BLT - Whole	565	2000	980	108	40	295	4100	136	2	5	112	20	15	90	25
Grinder - BLT - Whole - no mayo	536	1800	780	86	37	275	3950	136	2	5	112	20	15	90	25
Grinder - BLT - Whole WW	607	1930	980	109	40	295	4100	115	19	7	117	20	15	90	40
Grinder - BLT - Whole WW - no mayo	579	1730	780	87	37	275	3950	115	19	7	117	20	15	90	40
Grinder - Broiled Breast of Chicken - Half White	311	760	260	29	10	95	1160	69	1	2	48	10	6	45	15
Grinder - Broiled Breast of Chicken - Half - no mayo	297	650	160	18	9	85</									

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Grinder - Roast Beef & Cheddar - Whole	650	1620	660	73	29	220	3680	147	3	8	87	35	10	90	30
Grinder - Roast Beef & Cheddar - Whole - no mayo	621	1420	460	51	26	200	3520	147	3	8	87	35	10	90	30
Grinder - Roast Beef & Cheddar - Whole WW	692	1550	670	74	29	220	3680	125	20	10	92	35	10	90	45
Grinder - Roast Beef & Cheddar - Whole WW - no mayo	664	1350	460	52	26	200	3520	125	20	10	92	35	10	90	45
Grinder - Roast Beef - Half	325	760	270	30	11	95	1850	73	1	4	44	15	6	45	15
Grinder - Roast Beef - Half - no mayo	311	660	170	19	10	85	1770	73	1	4	44	15	6	45	15
Grinder - Roast Beef - Half WW	346	720	280	31	11	95	1850	63	10	5	47	15	6	45	25
Grinder - Roast Beef - Half WW - no mayo	332	620	180	20	10	85	1770	63	10	5	47	15	6	45	25
Grinder - Roast Beef - Quarter	162	380	140	15	6	45	920	37	1	2	22	6	2	20	8
Grinder - Roast Beef - Quarter - no mayo	155	330	90	10	5	40	890	37	1	2	22	6	2	20	8
Grinder - Roast Beef - Quarter WW	173	360	140	15	6	45	920	31	5	3	23	6	2	20	10
Grinder - Roast Beef - Quarter WW - no mayo	166	310	90	10	5	40	890	31	5	3	23	6	2	20	10
Grinder - Roast Beef - Whole	650	1520	550	61	23	185	3700	147	3	8	88	25	10	90	30
Grinder - Roast Beef - Whole - no mayo	621	1320	350	39	19	165	3550	147	3	8	88	25	10	90	30
Grinder - Roast Beef - Whole WW	692	1450	560	62	23	185	3700	125	20	10	93	25	10	90	45
Grinder - Roast Beef - Whole WW - no mayo	664	1250	360	39	20	165	3550	125	20	10	93	25	10	90	45
Grinder - Roast Beef Classic - Half	367	800	290	32	12	120	2300	73	2	4	51	10	6	45	15
Grinder - Roast Beef Classic - Half - no mayo	353	700	190	21	10	110	2220	73	2	4	51	10	6	45	15
Grinder - Roast Beef Classic - Half WW	389	770	290	32	12	120	2300	62	10	5	53	10	6	45	25
Grinder - Roast Beef Classic - Half WW - no mayo	374	670	190	21	10	110	2220	62	10	5	53	10	6	45	25
Grinder - Roast Beef Classic - Quarter	184	400	140	16	6	60	1150	36	1	2	25	6	2	25	8
Grinder - Roast Beef Classic - Quarter - no mayo	177	350	90	10	5	55	1110	36	1	2	25	6	2	25	8
Grinder - Roast Beef Classic - Quarter WW	194	380	150	16	6	60	1150	31	5	2	27	6	2	25	10
Grinder - Roast Beef Classic - Quarter WW - no mayo	187	330	100	11	5	55	1110	31	5	2	27	6	2	25	10
Grinder - Roast Beef Classic - Whole	735	1610	580	64	23	240	4600	146	3	7	101	25	10	90	30
Grinder - Roast Beef Classic - Whole - no mayo	706	1400	380	42	20	220	4450	146	3	7	101	25	10	90	30
Grinder - Roast Beef Classic - Whole WW	777	1530	580	65	23	240	4600	124	20	9	106	25	10	90	45
Grinder - Roast Beef Classic - Whole WW - no mayo	749	1330	380	43	20	220	4450	124	20	9	106	25	10	90	45
Grinder - Samuel Mancino Club - Half	353	930	400	44	16	150	2480	70	2	3	58	10	6	45	15
Grinder - Samuel Mancino Club - Half - no mayo	339	830	300	33	14	140	2400	70	2	3	58	10	6	45	15
Grinder - Samuel Mancino Club - Half WW	374	890	400	45	16	150	2480	60	10	4	60	10	6	45	20
Grinder - Samuel Mancino Club - Half WW - no mayo	360	790	300	33	14	140	2400	60	10	4	60	10	6	45	20
Grinder - Samuel Mancino Club - Quarter	177	470	200	22	8	75	1240	35	1	2	29	6	2	25	8
Grinder - Samuel Mancino Club - Quarter - no mayo	170	410	150	16	7	70	1200	35	1	2	29	6	2	25	8
Grinder - Samuel Mancino Club - Quarter WW	187	450	200	22	8	75	1240	30	5	2	30	6	2	25	10
Grinder - Samuel Mancino Club - Quarter WW - no mayo	180	400	150	17	7	70	1200	30	5	2	30	6	2	25	10
Grinder - Samuel Mancino Club - Whole	706	1860	790	88	32	300	4950	141	3	6	115	20	10	90	30
Grinder - Samuel Mancino Club - Whole - no mayo	678	1660	590	66	29	280	4800	141	3	6	115	20	10	90	30
Grinder - Samuel Mancino Club - Whole WW	749	1790	800	89	32	300	4950	119	20	8	121	20	10	90	45
Grinder - Samuel Mancino Club - Whole WW - no mayo	721	1590	600	67	29	280	4800	119	20	8	121	20	10	90	45
Grinder - Seafood & Crab - Half	382	970	470	53	13	90	1550	85	3	9	36	10	8	50	10
Grinder - Seafood & Crab - Half - no xtra mayo	367	870	370	41	11	80	1470	85	3	9	36	10	8	50	10
Grinder - Seafood & Crab - Half WW	403	940	480	53	13	90	1550	74	12	10	38	10	8	50	20
Grinder - Seafood & Crab - Half WW - no xtra mayo	389	830	380	42	12	80	1470	74	12	10	38	10	8	50	20
Grinder - Seafood & Crab - Quarter	184	470	230	25	6	40	730	42	2	4	17	6	4	25	6
Grinder - Seafood & Crab - Quarter - no xtra mayo	177	420	180	20	6	35	690	42	2	4	17	6	4	25	6
Grinder - Seafood & Crab - Quarter WW	194	450	230	25	6	40	730	36	6	5	19	6	4	25	10
Grinder - Seafood & Crab - Quarter WW - no xtra mayo	187	400	180	20	6	35	690	36	6	5	19	6	4	25	10
Grinder - Seafood & Crab - Whole	777	1970	770	108	26	180	3190	171	6	19	72	20	15	100	25
Grinder - Seafood & Crab - Whole - no xtra mayo	749	1770	770	85	23	160	3040	171	6	19	72	20	15	100	25
Grinder - Seafood & Crab - Whole WW	820	1900	980	108	26	180	3190	149	23	21	78	20	15	100	40
Grinder - Seafood & Crab - Whole WW - no xtra mayo	791	1700	770	86	23	160	3040	149	23	21	78	20	15	100	40
Grinder - Sicilian - Half	403	890	390	44	17	120	2320	74	3	5	48	60	100	45	20
Grinder - Sicilian - Half WW	424	850	400	44	17	120	2320	63	11	6	51	60	100	45	25
Grinder - Sicilian - Quarter	201	440	200	22	9	60	1160	37	1	3	24	30	50	25	10
Grinder - Sicilian - Quarter WW	212	430	200	22	9	60	1160	32	6	3	25	30	50	25	15
Grinder - Sicilian - Whole	806	1780	780	87	34	245	4630	148	5	11	96	120	200	90	35
Grinder - Sicilian - Whole WW	848	1700	790	88	34	245	4630	127	22	13	101	120	200	90	50
Grinder - Steak - Half	353	820	300	33	13	110	1750	74	3	5	52	10	10	45	20
Grinder - Steak - Half - no mayo	339	720	200	22	11	100	1670	74	3	5	52	10	10	45	20
Grinder - Steak - Half WW	374	780	300	34	13	110	1750	63	11	6	55	10	10	45	25
Grinder - Steak - Half WW - no mayo	360	680	200	23	11	100	1670	63	11	6	55	10	10	45	25
Grinder - Steak - Quarter	177	410	150	17	6	55	870	37	1	3	26	6	4	25	8
Grinder - Steak - Quarter - no mayo	170	360	100	11	6	50	840	37	1	3	26	6	4	25	8
Grinder - Steak - Quarter WW	187	390	150	17	6	55	870	32	6	3	27	6	4	25	15
Grinder - Steak - Quarter WW - no mayo	180	340	100	11	6	50	840	32	6	3	27	6	4	25	15
Grinder - Steak - Whole	706	1630	600	67	25	225	3490	148	6	11	104	20	20	90	35

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Grinder - Steak - Whole - no mayo	678	1430	400	45	22	200	3340	148	6	11	104	20	20	90	35
Grinder - Steak - Whole WW	749	1560	610	68	25	225	3490	126	23	13	110	20	20	90	50
Grinder - Steak - Whole WW - no mayo	721	1360	410	45	22	200	3340	126	23	13	110	20	20	90	50
Grinder - Stromboli - Whole WW	920	1780	780	87	33	225	4740	145	31	16	96	50	100	110	60
Grinder - Stromboli - Half	439	930	390	43	16	110	2370	83	7	7	46	25	50	50	25
Grinder - Stromboli - Half WW	460	890	390	44	16	110	2370	73	16	8	48	25	50	50	30
Grinder - Stromboli - Quarter	219	460	190	22	8	55	1190	42	4	4	23	15	25	25	10
Grinder - Stromboli - Quarter WW	230	440	200	22	8	55	1190	36	8	4	24	15	25	25	15
Grinder - Stromboli - Whole	878	1850	780	86	32	225	4740	167	14	14	91	50	100	110	45
Grinder - Taco - Half	424	990	420	47	24	130	1170	83	4	9	55	25	8	80	20
Grinder - Taco - Half WW	445	950	430	48	24	130	1170	73	12	10	58	25	8	80	25
Grinder - Taco - Quarter	212	490	210	24	12	65	580	42	2	5	28	10	4	40	10
Grinder - Taco - Quarter WW	223	480	210	24	12	65	580	36	6	5	29	10	4	40	15
Grinder - Taco - Whole	848	1980	850	94	48	260	2340	167	8	18	110	50	15	160	40
Grinder - Taco - Whole WW	891	1900	860	95	48	260	2340	145	24	20	116	50	15	160	50
Grinder - Tuna - Half	367	860	330	37	15	155	1300	69	1	2	61	15	6	70	15
Grinder - Tuna - Half WW	388	830	340	38	15	155	1300	58	10	3	64	15	6	60	25
Grinder - Tuna - Quarter	176	420	160	18	7	75	630	34	1	1	29	8	2	30	8
Grinder - Tuna - Quarter WW	187	400	160	17	7	75	630	29	5	1	31	8	2	30	10
Grinder - Tuna - Whole	734	1730	670	74	30	310	2590	138	2	3	122	30	10	130	30
Grinder - Tuna - Whole WW	777	1650	680	75	30	310	2590	116	19	5	128	30	10	130	45
Grinder - Turkey - Half	353	840	330	37	15	125	2230	74	2	4	48	15	6	70	10
Grinder - Turkey - Half - no mayo	339	740	230	26	14	115	2160	74	2	4	48	15	6	70	10
Grinder - Turkey - Half WW	374	800	340	37	15	125	2230	64	11	5	51	15	6	70	20
Grinder - Turkey - Half WW - no mayo	360	700	240	26	14	115	2160	64	11	5	51	15	6	70	20
Grinder - Turkey - Quarter	176	420	170	18	8	60	1120	37	1	2	24	8			

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Wrap - Seafood & Crab - Whole	623	1520	940	105	26	180	3590	84	6	18	58	20	6	100	30
Wrap - Seafood & Crab - Whole - no xtra mayo	595	1320	740	83	23	160	3440	84	6	18	58	20	6	100	30
Wrap - Sicilian - Whole	652	1320	760	84	34	245	5040	61	5	10	82	120	190	90	45
Wrap - Steak - Whole	553	1180	580	64	25	225	3900	61	6	10	90	20	8	90	40
Wrap - Steak - Whole - no mayo	524	980	380	42	22	200	3750	61	6	10	90	20	8	90	40
Wrap - Stromboli - Whole	724	1400	750	84	32	225	5140	79	14	13	77	50	90	110	50
Wrap - Taco - Whole	694	1520	820	92	47	260	2740	79	7	17	96	45	6	160	45
Wrap - Tuna - Whole	580	1270	640	72	29	310	2990	51	2	2	108	30	0	130	40
Wrap - Turkey - Whole	552	1220	640	71	30	250	4870	61	4	6	82	25	0	130	30
Wrap - Turkey - Whole - no mayo	524	1020	440	49	27	230	4720	61	4	6	82	25	0	130	30
Wrap - Veggie - Whole	581	1040	620	69	18	100	2620	64	6	6	40	25	110	90	25
Wrap - Veggie - Whole - no mayo	553	840	420	47	15	80	2470	64	6	6	40	25	110	90	25
Wrap BLT - Whole	411	1550	950	106	39	295	4510	49	2	4	98	20	2	90	30
Wrap BLT - Whole - no mayo	382	1340	750	84	36	275	4350	49	2	4	98	20	2	90	30
Wrap Chicken - Whole	468	1060	500	55	20	195	2730	51	2	2	83	20	0	90	35
Wrap Chicken - Whole - no mayo	439	850	300	33	17	175	2580	51	2	2	83	20	0	90	35
SM - 7" PIZZA & TOPPINGS															
SM - Pizza Dough	35	80	5	1	0	0	90	16	1	1	3	0	0	0	0
SM - Pizza Sauce	9	5	0	0	0	0	25	1	0	0	0	2	4	0	0
SM - Salsa with green chili	9	5	0	0	0	0	30	1	0	0	0	0	0	0	0
SM - Barbeque Sauce, Sweet Baby Ray's - Ken's Foods	9	15	0	0	0	0	70	4	0	4	0	0	2	0	0
SM - 3 Cheese Blend - Mozzarella	18	55	35	4	3	10	115	0	0	5	2	0	14	0	0
SM - Extra 3 Cheese Blend - Mozzarella	7	20	15	2	1	5	45	0	0	2	0	0	6	0	0
SM - Cheddar Cheese, fine, shred - Spaulding	7	30	20	3	2	5	45	0	0	2	2	0	6	0	0
SM - Pepperoni, sliced	3	15	10	1	0	5	45	0	0	0	0	0	0	0	0
SM - Sausage, Italian, chunks, ckd	7	20	15	2	0	5	75	0	0	1	0	0	0	0	0
SM - Ham, ckd, boneless, classic, wtr added	7	10	5	0	0	5	75	0	0	1	0	0	0	0	0
SM - Bacon, fully ckd, 100% real, 1" dice - Hormel	7	30	20	3	1	10	130	0	0	3	0	0	0	0	0
SM - Chicken Breast strips, Fajita, grid mrkd - Perdue	7	10	2	0	0	5	40	0	0	1	0	0	0	0	0
SM - Meatballs	7	15	10	1	0	5	60	1	0	0	1	0	0	0	0
SM - Salami - Hormel	5	20	15	2	0	5	90	0	0	1	0	2	0	0	0
SM - Beef Patty Crumbles, FC w 15% TVP	7	15	10	1	0	5	60	1	0	0	1	0	0	0	0
SM - Beef Taco Filling, cooked, frzn	7	15	10	1	0	5	15	0	0	1	0	0	0	0	0
SM - Onions, raw, chopped, red jumbo	4	1	0	0	0	0	0	0	0	0	0	0	0	0	0
SM - Onions, raw, chopped, Spanish jumbo	4	1	0	0	0	0	0	0	0	0	0	0	0	0	0
SM - Mushrooms, raw, sliced	7	2	0	0	0	0	0	0	0	0	0	0	0	0	0
SM - Pepper, sw, gr, bl, no salt - Markon Holland peppers	4	1	0	0	0	0	0	0	0	0	0	6	0	0	0
SM - Peppers, Jalapeno, sliced	4	1	0	0	0	0	60	0	0	0	0	0	0	0	0
SM - Peppers, rings, banana mild	4	1	0	0	0	0	60	0	0	0	0	0	0	0	0
SM - Olives, ripe, fancy, sliced Spanish	7	10	10	1	0	0	45	0	0	0	0	0	0	0	0
SM - Olives, green, sliced, Spanish	7	10	10	1	0	0	110	0	0	0	0	0	0	0	0
SM - Tomato, red, ripe, raw	7	2	0	0	0	0	0	0	0	0	0	4	0	0	0
SM - Pineapple, tidbits, cnd in juice	7	5	0	0	0	0	1	0	1	0	0	2	0	0	0
SM - Lettuce, Iceberg	7	1	0	0	0	0	0	0	0	0	0	0	0	0	0
SM - Italian Seasoning	0	0	0	0	0	0	0	0	0	0	0	0	0	2	0
SM - 10" PIZZA & TOPPINGS															
Pizza Dough	38	90	5	1	0	0	95	18	1	1	3	0	0	0	0
Pizza Sauce	9	5	0	0	0	0	25	1	0	0	0	3	3	0	0
Salsa with green chili	9	5	0	0	0	0	30	1	0	0	0	0	0	0	0
Barbeque Sauce, Sweet Baby Ray's - Ken's Foods	9	20	0	0	0	0	75	4	0	4	0	0	2	0	0
3 Cheese Blend - Mozzarella	24	10	45	5	3	15	160	1	0	0	6	4	0	15	0
Extra 3 Cheese Blend - Mozzarella	9	30	20	2	1	5	60	0	0	2	2	0	6	0	0
Cheddar Cheese, fine, shred - Spaulding	9	40	30	3	2	10	60	0	0	2	2	0	6	0	0
Pepperoni, sliced	5	25	20	3	1	5	90	0	0	1	0	0	0	0	0
Sausage, Italian, chunks, ckd	9	30	20	2	0	5	105	1	0	0	2	0	0	0	0
Ham, ckd, boneless, classic, wtr added	9	10	5	0	0	5	100	0	0	0	2	0	0	0	0
Bacon, fully ckd, 100% real, 1" dice - Hormel	7	30	20	3	1	10	130	0	0	3	0	0	0	0	0
Chicken Breast strips, Fajita, grid mrkd - Perdue	9	10	0	0	0	5	55	0	0	2	0	0	0	0	0
Meatballs	9	20	10	2	0	5	80	1	0	0	1	0	0	0	0
Salami - Hormel	5	20	15	2	0	5	80	0	0	1	0	2	0	0	0
Beef Patty Crumbles, FC w 15% TVP	9	20	10	2	0	4	80	1	0	0	2	0	0	0	0
Beef Taco Filling, cooked, frzn	9	20	15	2	0	4	20	0	0	2	0	0	0	0	0
Onions, raw, chopped, red jumbo	5	2	0	0	0	0	0	0	0	0	0	0	0	0	0
Onions, raw, chopped, Spanish jumbo	5	2	0	0	0	0	0	0	0	0	0	0	0	0	0
Mushrooms, raw, sliced	7	2	0	0	0	0	0	0	0	0	0	0	0	0	0
Pepper, sw, gr, bl, no salt - Markon Holland peppers	5	2	0	0	0	0	0	0	0	0	0	6	0	0	0
Peppers, Jalapeno, sliced	5	2	0	0	0	0	80	0	0	0	0	0	0	0	0

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Peppers, rings, banana mild	5	2	0	0	0	0	80	0	0	0	0	0	0	0	0
Olives, ripe, fancy, sliced Spanish	7	10	10	1	0	0	45	0	0	0	0	0	0	0	0
Olives, green, sliced, Spanish	7	10	10	1	0	0	110	0	0	0	0	0	0	0	0
Tomato, red, ripe, raw	7	2	0	0	0	0	0	0	0	0	0	4	0	0	0
Pineapple, tidbits, cnd in juice	9	5	0	0	0	0	1	0	1	0	0	2	0	0	0
Lettuce, Iceberg	7	2	0	0	0	0	0	0	0	0	0	0	0	0	0
Italian Seasoning	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
SM - 12" PIZZA & TOPPINGS															
Pizza Dough	43	100	5	1	0	0	110	20	1	1	4	0	0	0	0
Pizza Sauce	14	5	0	0	0	0	35	1	0	1	0	4	6	0	0
Salsa with green chili	14	5	0	0	0	0	45	1	0	0	0	0	0	0	0
Barbeque Sauce, Sweet Baby Ray's - Ken's Foods	14	25	0	0	0	0	110	7	0	6	0	0	2	0	0
3 Cheese Blend - Mozzarella	25	80	50	6	3	15	160	1	0	0	6	4	0	18	0
Extra 3 Cheese Blend - Mozzarella	11	35	20	3	2	5	70	0	0	3	2	0	8	0	0
Cheddar Cheese, fine, shred - Spaulding	11	45	30	4	2	10	70	0	0	3	2	0	8	0	0
Pepperoni, sliced	6	30	25	3	1	5	95	0	0	1	0	0	0	0	0
Sausage, Italian, chunks, ckd	11	30	20	3	1	5	115	1	0	0	2	0	0	0	0
Ham, ckd, boneless, classic, wtr added	11	15	5	0	0	5	110	0	0	0	2	0	0	0	0
Bacon, fully ckd, 100% real, 1" dice - Hormel	7	30	20	3	1	10	130	0	0	3	0	0	0	0	0
Chicken Breast strips, Fajita, grid mrkd - Perdue	11	15	0	0	0	5	60	0	0	0	2	0	0	0	0
Meatballs	11	25	15	2	0	5	90	1	0	0	2	0	0	0	0
Salami - Hormel	5	20	15	2	0	5	90	0	0	1	0	2	0	0	0
Beef Patty Crumbles, FC w 15% TVP	11	25	15	2	0	4	90	1	0	0	2	0	0	0	0
Beef Taco Filling, cooked, frzn	11	25	15	2	0	5	20	0	0	2	0	0	0	0	0
Onions, raw, chopped, red jumbo	5	2	0	0	0	0	0	0	0	0	0	0	0	0	0
Onions, raw, chopped, Spanish jumbo	5	2	0	0	0	0	0	0	0	0	0	0	0	0	0
Mushrooms, raw, sliced	7	2	0	0	0	0	0	0	0	0	0	0	0	0	0
Pepper, sw, gr, bl, no salt - Markon Holland peppers	5	2	0	0	0	0	0	0	0	0	0	6	0	0	0
Peppers, Jalapeno, sliced	5	2	0	0	0	0	90	0	0	0	0	0	0	0	0
Peppers, rings, banana mild	5	2	0	0	0	0	90	0	0	0	0	0	0	0	0
Olives, ripe, fancy, sliced Spanish	7	10	10	1	0	0	45	0	0	0	0	0	0	0	0
Olives, green, sliced, Spanish	7	10	10	1	0	0	110	0	0	0	0	0	0	0	0
Tomato, red, ripe, raw	9	3	0	0	0	0	1	0	0	0	2	4	0	0	0
Pineapple, tidbits, cnd in juice	11	5	0	0	0	0	1	0	1	0	0	2	0	0	0
Lettuce, Iceberg	9	2	0	0	0	0	0	0	0	0	0	0	0	0	0
Italian Seasoning	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
SM - 14" PIZZA & TOPPINGS															
Pizza Dough	57	140	10	1	0	0	140	26	1	1	5	0	0	0	0
Pizza Sauce	21	5	0	0	0	0	55	1	0	1	0	8	6	0	0
Salsa with green chili	21	5	0	0	0	0	70	1	0	1	0	0	0	0	0
Barbeque Sauce, Sweet Baby Ray's - Ken's Foods	21	40	0	0	0	0	170	10	0	9	0	0	4		