



Gambino's Pizza Nutritional Value

Pizza Serving size = 1 Slice

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Large Original Crust 1 Slice = 1/10 pizza											
Cheese	260	60	7	3.5	0	15	420	36	1	2	12
Beef	280	70	8	4	0	15	610	37	2	3	15
Pork Sausage	300	90	10	4.5	0	20	630	37	2	3	15
Italian Sausage	320	100	12	5	0	25	620	37	2	2	15
Sliced Italian Sausage	330	110	12	5	0	30	690	37	2	2	16
Pepperoni	280	80	9	4.5	0	20	510	36	1	2	13
Mobster	370	130	15	7	0	30	920	39	2	3	20
Deluxe	310	90	10	4.5	0	20	690	38	2	3	16
Hawaiian Pie	280	60	7	3.5	0	15	570	39	2	5	15
Meatball Pie	430	160	21	11	0	70	840	39	2	3	20
Taco	320	90	9	5	0	10	790	42	3	4	17
Veggie Cravers	270	70	8	3.5	0	15	490	38	2	3	13
Pepperoni Cravers	320	100	12	6	0	25	600	36	1	2	16
Meat Cravers	350	130	14	6	0	30	880	38	2	3	18
Sausage Cravers	360	130	15	6	0	30	830	38	2	3	18
German Pie	300	80	9	4	0	20	790	38	2	3	16
Capone	310	90	11	5	0	20	810	38	2	3	15
Polynesian	290	80	8	5	0	15	560	39	2	5	15
Bacon Cheeseburger	300	90	10	6	0	15	670	37	2	3	16
BBQ Chicken Pizza	270	70	8	4.5	0	15	510	35	1	2	15
BBQ Roast Beef	260	70	7	4.5	0	15	460	35	1	2	14
Chicken Teriyaki	300	80	8	5	0	20	1080	40	1	5	17
Classic Italian	310	110	12	6	0	20	810	36	2	2	15
Buffalo Wing Pizza	320	120	13	6	0	25	690	37	1	3	16
Chicken Bacon Ranch	350	140	16	6	0	25	680	36	1	2	16
Chicken Alfredo	350	140	16	6	0	20	650	36	1	2	16
Southwest Chicken Alfredo	320	110	12	7	0	35	680	36	1	2	17
Garden Alfredo	300	110	12	7	0	25	470	36	2	2	13
Meaty Alfredo	350	140	16	8	0	35	640	36	1	2	15
Cinnamon Streusel	320	40	8	2	0	0	300	55	2	14	7
Dutch Apple Dessert	370	40	8	2	0	0	330	66	2	22	7
Very Cherry Dessert	360	40	8	2	0	0	310	65	2	22	7
Bavarian Cream Dessert	490	110	16	5	5	5	390	77	2	32	8
Cheese Stick Pizza (1/28th)	100	30	3.5	2	0	5	140	12	0	<1	5
Italian Cheese Stick Pizza (1/28th)	110	45	5	2	0	0	220	13	0	1	5
Large Thin Crust 1 Slice = 1/10 pizza											
Cheese	140	60	7	3.5	0	15	290	13	<1	<1	8
Beef	170	70	8	4	0	15	490	14	1	1	11
Pork Sausage	190	80	10	4.5	0	20	510	14	1	1	11
Italian Sausage	210	110	13	8	0	25	480	14	1	1	11
Sliced Italian Sausage	230	110	13	8	0	30	540	15	1	1	12
Pepperoni	170	80	9	4.5	0	20	390	13	<1	<1	9
Mobster	270	140	16	9	0	30	780	16	2	2	16
Deluxe	190	80	10	4.5	0	20	570	15	1	2	12
Hawaiian Pie	170	60	7	3.5	0	15	440	16	1	4	11
Meatball Pie	330	170	22	14	0	70	700	17	2	1	16
Taco	220	90	10	8	0	10	640	20	2	3	13
Veggie Cravers	150	60	7	3.5	0	15	360	14	1	2	9


Gambino's Pizza Nutritional Value

Pizza Serving size = 1 Slice

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Pepperoni Cravers	200	100	12	6	0	25	480	13	<1	<1	12
Meat Cravers	250	130	15	9	0	30	740	15	1	2	14
Sausage Cravers	240	120	14	6	0	30	710	15	1	2	14
German Pie	190	80	9	4	0	20	660	15	1	2	12
Capone	190	90	10	5	0	20	690	14	1	2	11
Polynesian	190	80	9	8	0	15	420	17	1	4	11
Bacon Cheeseburger	190	90	10	6	0	15	550	14	1	1	12
BBQ Chicken Pizza	170	70	8	7	0	15	360	13	0	<1	12
BBQ Roast Beef	160	70	8	7	0	15	320	13	0	0	10
Chicken Teriyaki	180	70	8	5	0	20	980	16	<1	4	13
Classic Italian	210	110	12	9	0	20	660	14	1	0	10
Buffalo Wing Pizza	200	110	12	6	0	25	560	14	<1	1	12
Chicken Bacon Ranch	250	140	17	9	0	20	500	13	0	<1	12
Chicken Alfredo	240	120	15	11	0	40	500	13	<1	<1	13
Southwest Chicken Alfredo	210	110	12	7	0	35	580	13	<1	0	13
Garden Alfredo	200	110	13	10	0	25	320	14	1	<1	9
Meaty Alfredo	230	140	15	8	0	35	520	13	<1	0	11
Cinnamon Streusel	220	45	9	4.5	1	0	150	33	1	12	3
Dutch Apple Dessert	260	45	9	4.5	1	0	180	44	1	21	3
Very Cherry Dessert	260	45	9	4.5	1	0	160	43	1	21	3
Bavarian Cream Dessert	390	120	17	8	2	5	240	55	1	31	4
Cheese Stick Pizza (1/28th)	60	35	3.5	2.5	0	<5	90	4	0	0	3
Italian Cheese Stick Pizza (1/28th)	80	50	5	3	0	<5	170	5	0	0	3
Large PAN Crust 1 Slice = 1/10 pizza											
Cheese	280	120	14	8	0	35	460	26	2	2	11
Beef	310	140	16	8	0	35	710	28	2	3	14
Pork Sausage	320	150	17	9	0	40	680	28	2	3	14
Italian Sausage	330	170	19	9	0	40	670	27	2	2	14
Sliced Italian Sausage	340	170	20	10	0	50	730	27	2	2	15
Pepperoni	300	140	17	9	0	40	560	26	2	2	12
Mobster	390	190	22	11	0	50	970	29	2	3	19
Deluxe	320	150	18	9	0	40	740	28	2	3	14
Hawaiian Pie	300	130	15	8	0	40	590	28	2	4	13
Meatball Pie	390	160	22	11	0	70	840	30	2	3	19
Taco	330	150	17	10	0	30	830	32	3	4	16
Veggie Cravers	290	130	15	8	0	35	530	28	2	3	12
Pepperoni Cravers	340	170	19	10	0	45	650	27	2	2	15
Meat Cravers	370	190	21	10	0	50	930	28	2	3	17
Sausage Cravers	370	190	22	10	0	50	880	28	2	3	17
German Pie	330	150	17	9	0	45	860	28	2	3	15
Capone	330	160	18	9	0	40	870	28	2	3	14
Polynesian	310	140	16	9	0	30	610	30	2	5	14
Bacon Cheeseburger	330	160	18	10	0	35	760	28	2	3	15
BBQ Chicken Pizza	290	130	15	9	0	35	550	26	1	2	14
BBQ Roast Beef	280	130	15	9	0	35	510	25	1	2	13
Chicken Teriyaki	320	140	16	9	0	40	1130	29	1	5	16
Classic Italian	320	170	19	10	0	35	860	27	2	1	13
Buffalo Wing Pizza	340	180	20	10	0	45	710	27	1	3	15
Chicken Bacon Ranch	370	210	23	11	0	40	690	26	1	2	15


Gambino's Pizza Nutritional Value

Pizza Serving size = 1 Slice

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken Alfredo	350	190	21	12	0	55	700	26	1	2	16
Southwest Chicken Alfredo	340	180	20	12	0	55	730	26	1	2	16
Garden Alfredo	320	170	19	11	0	45	520	27	2	2	12
Meaty Alfredo	370	210	23	13	0	50	690	26	2	2	14
Cinnamon Streusel	340	100	16	6	1	20	340	46	2	13	6
Dutch Apple Dessert	380	100	16	6	1	20	370	57	2	22	6
Very Cherry Dessert	380	100	16	6	1	20	350	56	2	22	6
Bavarian Cream Dessert	500	180	24	9	2	25	430	67	2	32	6
Cheese Stick Pizza (1/28th)	100	50	6	3.5	0	10	160	9	0	0	4
Italian Cheese Stick Pizza (1/28th)	120	70	8	3.5	0	10	240	9	0	0	4
Medium Original Crust 1 Slice = 1/8 pizza											
Cheese	220	45	5	2.5	0	10	340	34	1	2	10
Beef	250	60	6	3	0	10	480	35	1	2	12
Pork Sausage	260	70	7	3	0	15	500	35	1	2	12
Italian Sausage	270	80	9	3.5	0	15	500	36	1	2	12
Sliced Italian Sausage	290	90	10	4	0	25	590	36	1	2	14
Pepperoni	250	60	7	3.5	0	15	430	34	1	2	11
Mobster	330	110	12	5	0	25	770	37	2	3	17
Deluxe	260	70	8	3.5	0	15	560	35	2	3	13
Hawaiian Pie	250	50	6	2.5	0	10	450	36	1	4	12
Meatball Pie	370	130	18	9	0	60	720	37	2	2	17
Taco	270	60	7	4	0	10	630	38	2	3	14
Veggie Cravers	240	50	6	2.5	0	10	410	35	2	3	10
Pepperoni Cravers	280	90	10	4.5	0	20	520	34	1	2	13
Meat Cravers	310	100	11	4.5	0	20	720	37	2	3	15
Sausage Cravers	290	90	11	4.5	0	25	630	35	2	2	14
German Pie	260	60	7	3	0	15	650	36	2	3	13
Capone	260	70	8	3.5	0	15	660	35	2	2	12
Polynesian	280	80	8	4	0	15	530	38	2	4	13
Bacon Cheeseburger	260	70	8	4	0	10	540	35	1	2	13
BBQ Chicken Pizza	270	50	5	3	0	15	700	44	1	8	13
BBQ Roast Beef	240	50	6	3.5	0	15	410	35	1	2	12
Chicken Teriyaki	260	60	6	3.5	0	15	590	37	1	5	14
Classic Italian	270	80	9	4.5	0	15	640	35	1	2	12
Buffalo Wing Pizza	270	90	10	4	0	20	580	35	1	2	14
Chicken Bacon Ranch	300	110	12	4.5	0	20	580	34	<1	2	14
Chicken Alfredo	290	100	11	6	0	30	590	34	1	2	15
Southwest Chicken Alfredo	280	90	9	6	0	30	620	34	1	2	14
Garden Alfredo	270	80	9	5	0	20	400	36	2	2	11
Meaty Alfredo	290	110	12	6	0	25	510	34	1	2	12
Cinnamon Streusel	300	40	7	1.5	0	0	270	52	2	12	7
Dutch Apple Dessert	340	40	7	1.5	1	0	300	62	2	20	7
Very Cherry Dessert	340	40	7	1.5	1	0	280	61	2	20	7
Bavarian Cream Dessert	450	110	15	4.5	2	5	360	72	2	29	7
Cheese Stick Pizza (1/24th)	80	25	2.5	1	0	5	110	11	0	0	4
Italian Cheese Stick Pizza (1/24th)	90	35	3.5	1.5	0	0	170	12	0	0	4


Gambino's Pizza Nutritional Value

Pizza Serving size = 1 Slice

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Medium Thin Crust 1 Slice = 1/8 pizza											
Cheese	110	40	5	2.5	0	10	220	12	<1	<1	6
Beef	130	50	6	3	0	10	370	12	<1	1	8
Pork Sausage	150	60	7	3	0	15	380	13	<1	1	8
Italian Sausage	170	80	10	4	0	15	350	13	<1	<1	8
Sliced Italian Sausage	190	90	11	4	0	25	440	13	<1	<1	10
Pepperoni	140	60	7	3	0	15	310	12	<1	<1	7
Mobster	220	110	13	5	0	25	620	14	1	1	12
Deluxe	150	60	7	3.5	0	15	440	13	1	1	9
Hawaiian Pie	130	45	5	2.5	0	10	330	14	<1	3	8
Meatball Pie	280	140	18	9	0	60	580	15	1	1	13
Taco	170	70	8	4	0	10	490	17	2	2	10
Veggie Cravers	120	45	5	2.5	0	10	290	13	1	1	7
Pepperoni Cravers	170	80	10	4.5	0	20	400	12	<1	<1	9
Meat Cravers	200	100	12	4.5	0	20	570	13	1	1	11
Sausage Cravers	180	90	10	4.5	0	25	510	13	1	1	10
German Pie	150	60	7	3	0	15	530	13	1	1	9
Capone	150	70	8	3.5	0	15	540	13	1	1	8
Polynesian	170	80	9	4.5	0	15	380	15	<1	3	9
Bacon Cheeseburger	150	70	7	4	0	10	420	13	<1	1	9
BBQ Chicken Pizza	160	110	12	7	0	30	340	12	0	1	9
BBQ Roast Beef	130	60	6	3.5	0	15	260	11	0	0	8
Chicken Teriyaki	170	70	8	4	0	15	450	17	<1	5	10
Classic Italian	170	90	10	4.5	0	15	500	12	<1	0	8
Buffalo Wing Pizza	160	90	9	4	0	20	460	12	<1	1	10
Chicken Bacon Ranch	190	110	12	4.5	0	20	460	12	0	<1	10
Chicken Alfredo	180	90	10	6	0	30	470	12	<1	<1	11
Southwest Chicken Alfredo	170	80	9	6	0	30	500	12	<1	0	10
Garden Alfredo	160	90	10	5	0	20	250	13	<1	<1	7
Meaty Alfredo	180	100	12	6	0	25	400	11	<1	0	9
Cinnamon Streusel	190	45	8	1.5	1	0	125	28	1	11	2
Dutch Apple Dessert	230	45	8	1.5	1	0	150	39	1	19	2
Very Cherry Dessert	230	45	8	1.5	1	0	135	38	1	19	3
Bavarian Cream Dessert	350	110	15	5	2	5	210	49	1	28	3
Cheese Stick Pizza (1/24th)	45	25	3	1	0	<5	60	4	0	0	2
Italian Cheese Stick Pizza (1/24th)	60	35	4	1.5	0	<5	120	4	0	0	2
Medium PAN Crust 1 Slice = 1/8 pizza											
Cheese	220	100	11	6	0	25	370	23	1	2	9
Beef	240	110	12	6	0	30	510	23	2	2	10
Pork Sausage	250	120	13	7	0	30	530	23	2	2	11
Italian Sausage	260	130	15	7	0	30	520	23	2	2	10
Sliced Italian Sausage	280	140	16	8	0	40	600	23	2	2	12
Pepperoni	240	120	13	7	0	30	450	22	1	2	9
Mobster	320	160	18	9	0	40	780	24	2	2	15
Deluxe	260	120	14	7	0	30	600	24	2	2	11
Hawaiian Pie	240	100	11	6	0	30	460	25	2	3	10
Meatball Pie	320	140	18	9	0	60	700	25	2	2	15
Taco	270	120	13	7	0	25	650	27	3	2	12
Veggie Cravers	230	100	12	6	0	25	430	24	2	2	9


Gambino's Pizza Nutritional Value

Pizza Serving size = 1 Slice

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Pepperoni Cravers	280	140	16	8	0	35	540	23	1	2	12
Meat Cravers	300	150	17	8	0	40	730	24	2	2	13
Sausage Cravers	310	160	18	8	0	40	710	24	2	2	13
German Pie	270	120	14	7	0	35	700	24	2	2	12
Capone	260	120	14	7	0	30	640	23	2	2	11
Polynesian	270	130	14	8	0	30	540	25	2	4	11
Bacon Cheeseburger	260	130	14	8	0	30	600	24	2	2	12
BBQ Chicken Pizza	230	100	12	7	0	30	460	22	1	2	12
BBQ Roast Beef	230	100	12	7	0	30	420	22	1	1	11
Chicken Teriyaki	270	120	13	7	0	30	610	27	1	6	13
Classic Italian	260	140	15	8	0	30	660	23	2	1	10
Buffalo Wing Pizza	270	140	16	8	0	35	580	23	1	2	12
Chicken Bacon Ranch	300	160	18	8	0	35	570	22	1	2	12
Chicken Alfredo	290	150	16	9	0	45	570	22	1	1	14
Southwest Chicken Alfredo	280	150	16	9	0	45	620	22	1	1	13
Garden Alfredo	260	130	15	9	0	35	410	23	2	2	9
Meaty Alfredo	270	130	15	8	0	35	560	23	2	2	12
Cinnamon Streusel	290	90	13	5	1.5	15	290	39	2	12	5
Dutch Apple Dessert	330	90	13	5	1.5	15	320	49	2	20	5
Very Cherry Dessert	330	90	13	5	1.5	15	300	48	2	20	5
Bavarian Cream Dessert	440	160	21	8	2	20	370	59	2	29	6
Cheese Stick Pizza (1/24th)	45	35	4	2.5	0	5	70	1	0	0	2
Italian Cheese Stick Pizza (1/24th)	50	45	5	2.5	0	5	120	1	0	0	2
Small Original Crust 1 Slice = 1/6 pizza											
Cheese	190	35	4.5	2	0	10	290	30	1	2	9
Beef	210	45	5	2.5	0	10	420	30	1	2	10
Pork Sausage	220	60	6	2.5	0	10	430	30	1	2	10
Italian Sausage	230	70	8	3	0	15	430	30	1	2	10
Sliced Italian Sausage	240	70	8	3.5	0	20	490	30	1	2	11
Pepperoni	210	60	6	3	0	15	380	30	1	2	9
Mobster	200	60	7	3	0	15	470	23	1	2	10
Deluxe	230	60	7	3	0	15	490	31	1	2	11
Hawaiian Pie	210	40	4.5	2	0	10	390	31	1	3	10
Meatball Pie	270	70	9	4	0	35	560	31	2	2	14
Taco	230	50	6	3	0	5	580	34	2	3	12
Veggie Cravers	200	40	4.5	2	0	10	350	31	2	2	9
Pepperoni Cravers	240	70	8	4	0	20	450	30	1	2	11
Meat Cravers	260	80	9	4	0	20	610	31	1	2	13
Sausage Cravers	240	70	8	3.5	0	20	500	30	1	2	11
German Pie	220	50	6	2.5	0	15	540	31	2	2	11
Capone	230	60	7	3	0	15	540	30	1	2	10
Polynesian	220	50	5	3	0	10	410	32	1	3	10
Bacon Cheeseburger	230	60	7	3	0	10	460	30	1	2	11
BBQ Chicken Pizza	200	40	4.5	2.5	0	10	370	29	<1	2	11
BBQ Roast Beef	200	45	5	2.5	0	10	350	29	<1	1	11
Chicken Teriyaki	230	50	5	3	0	15	510	29	1	6	12
Classic Italian	230	70	7	3.5	0	10	590	31	1	2	10
Buffalo Wing Pizza	240	80	8	3.5	0	15	480	30	<1	2	12
Chicken Bacon Ranch	260	100	11	4	0	15	470	30	<1	2	12


Gambino's Pizza Nutritional Value

Pizza Serving size = 1 Slice

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken Alfredo	260	90	9	5	0	25	500	30	1	2	13
Southwest Chicken Alfredo	250	80	8	5	0	25	540	30	1	1	13
Alfredo w/Pepperoni, Mushroom & Onion	240	80	9	5	0	20	390	29	1	1	10
Garden Alfredo	230	70	8	4.5	0	15	330	30	1	2	9
Meaty Alfredo	250	90	10	5	0	20	440	29	1	1	11
Cinnamon Streusel	260	35	7	1.5	0	0	240	44	1	10	6
Dutch Apple Dessert	300	40	7	1.5	1	0	260	54	1	19	6
Very Cherry Dessert	290	35	7	1.5	1	0	250	53	1	18	6
Bavarian Cream Dessert	380	80	12	4	2	5	290	62	2	26	6
Cheese Stick Pizza (1/20th)	60	15	2	1	0	0	85	9	0	0	3
Italian Cheese Stick Pizza (1/20th)	70	25	3	1	0	0	125	9	0	0	3
Mini Original Crust 1 Slice = 1/4 pizza											
Cheese	160	35	4	2	0	10	250	24	<1	1	8
Beef	170	40	4.5	2	0	10	320	24	<1	2	8
Pork Sausage	180	45	5	2.5	0	10	330	24	<1	2	9
Italian Sausage	180	50	5	2.5	0	10	310	24	<1	1	8
Sliced Italian Sausage	200	60	7	3	0	20	400	24	<1	1	10
Pepperoni	170	45	5	2.5	0	10	290	24	<1	1	8
Mobster	230	80	9	4	0	15	550	25	1	2	12
Deluxe	190	50	6	2.5	0	10	400	24	1	2	9
Hawaiian Pie	170	35	4.5	2	0	10	330	25	<1	3	9
Meatball Pie	240	60	9	4	0	35	510	26	1	1	13
Taco	190	45	5	3	0	5	420	27	2	2	10
Veggie Cravers	170	35	4.5	2	0	10	290	24	1	2	8
Pepperoni Cravers	190	60	6	3	0	15	330	24	<1	1	9
Meat Cravers	200	60	7	3	0	15	420	24	<1	2	10
Sausage Cravers	200	60	7	3	0	15	410	24	1	2	10
German Pie	180	45	5	2.5	0	10	420	24	1	2	10
Capone	180	50	6	2.5	0	10	400	24	1	2	8
Polynesian	170	45	4.5	2.5	0	5	310	25	<1	3	9
Bacon Cheeseburger	180	50	6	3	0	10	360	24	<1	2	9
BBQ Chicken Pizza	170	40	4	2.5	0	10	310	23	<1	1	10
BBQ Roast Beef	160	40	4	2.5	0	10	270	23	<1	1	9
Chicken Teriyaki	190	45	5	3	0	10	410	26	<1	5	10
Classic Italian	180	60	6	3.5	0	10	420	24	<1	1	9
Buffalo Wing Pizza	190	70	7	3	0	15	410	24	<1	2	10
Chicken Bacon Ranch	210	80	8	3.5	0	10	370	23	<1	1	10
Chicken Alfredo	200	70	7	4	0	20	380	23	<1	1	10
Southwest Chicken Alfredo	190	60	6	4	0	20	360	23	<1	1	10
Alfredo w/Pepperoni, Mushroom & Onion	190	70	7	4	0	15	350	24	1	1	8
Garden Alfredo	190	60	7	4	0	15	280	24	<1	1	8
Meaty Alfredo	210	80	9	4.5	0	20	370	23	<1	1	9
Cinnamon Streusel	210	25	5	1	0	0	190	36	<1	8	4
Dutch Apple Dessert	220	25	5	1	0	0	200	39	<1	11	4
Very Cherry Dessert	220	25	5	1	0	0	200	38	<1	11	5
Bavarian Cream Dessert	250	45	7	2	1	0	200	42	<1	14	5
Cheese Stick Pizza (1/14th)	50	15	1.5	1	0	0	70	7	0	0	2
Italian Cheese Stick Pizza (1/14th)	60	20	2	1	0	0	100	7	0	0	2


Gambino's Pizza Nutritional Value

Pizza Serving size = 1 Slice

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Crazy 18 Original Crust 1 Slice = 1/16 pizza											
Cheese	250	50	6	3	0	10	400	37	1	2	12
Beef	280	70	8	3.5	0	15	640	38	2	3	15
Pork Sausage	300	80	9	4	0	20	610	39	2	3	14
Italian Sausage	300	90	10	4.5	0	20	560	38	2	2	14
Sliced Italian Sausage	310	90	11	4.5	0	25	620	38	2	2	15
Pepperoni	270	70	8	3.5	0	15	480	38	1	2	12
Mobster	360	120	14	6	0	25	890	40	2	3	19
Deluxe	310	80	10	4	0	20	700	39	2	3	15
Hawaiian Pie	280	60	6	3	0	15	530	40	2	5	14
Meatball Pie	330	80	11	5	0	40	670	40	2	2	17
Taco	310	80	8	4	0	10	750	43	3	4	16
Veggie Cravers	260	60	7	3	0	10	460	39	2	3	12
Pepperoni Cravers	310	90	11	5	0	25	570	38	1	2	15
Meat Cravers	350	120	13	6	0	25	860	39	2	3	18
Sausage Cravers	360	130	14	6	0	30	830	39	2	3	17
German Pie	290	70	8	3.5	0	20	700	39	2	3	15
Capone	300	90	10	4.5	0	20	770	39	2	3	14
Polynesian	280	70	7	4	0	10	530	40	2	4	14
Bacon Cheeseburger	300	90	9	5	0	15	650	39	2	3	15
BBQ Chicken Pizza	290	60	7	4	0	15	630	42	1	6	15
BBQ Roast Beef	280	60	7	4	0	15	580	42	1	5	13
Chicken Teriyaki	310	70	8	4	0	20	680	43	1	8	16
Classic Italian	290	90	10	5	0	15	690	37	2	2	13
Buffalo Wing Pizza	310	110	12	5	0	20	650	38	1	3	15
Chicken Bacon Ranch	340	130	15	5	0	20	650	37	1	2	15
Chicken Alfredo	320	110	12	7	0	35	620	37	1	2	16
Southwest Chicken Alfredo	310	100	11	6	0	30	650	37	1	2	15
Alfredo w/Pepperoni, Mushroom & Onion	310	110	13	7	0	30	510	37	1	2	13
Garden Alfredo	300	100	11	6	0	25	440	38	2	2	12
Meaty Alfredo	340	140	15	8	0	35	630	37	1	2	15
Cheese Stick Pizza (1/36th)	120	30	3.5	2	0	<5	160	16	<1	<1	5
Italian Cheese Stick Pizza (1/36th)	140	50	6	2.5	0	<5	260	16	0	<1	5
Gluten Free Crust (Small) 1 Slice = 1/6 pizza											
Cheese	100	30	3.5	2.5	0	5	210	13	<1	2	4
Beef	120	40	4.5	2	0	10	330	14	<1	2	6
Pork Sausage	130	50	6	2.5	0	10	350	14	<1	2	6
Italian Sausage	140	60	7	3	0	15	340	14	<1	2	6
Sliced Italian Sausage	150	70	8	3	0	20	400	14	<1	2	7
Pepperoni	120	50	6	3	0	15	290	13	1	2	9
Mobster	170	80	9	4	0	20	540	15	1	2	5
Deluxe	140	50	6	2.5	0	15	400	14	1	2	6
Hawaiian Pie	120	35	4	2	0	10	300	15	<1	3	6
Meatball Pie	180	60	9	4	0	35	470	15	1	2	10
Taco	140	45	5	3	0	5	490	18	2	3	7
Veggie Cravers	110	30	4	2	0	10	260	14	1	2	4
Pepperoni Cravers	150	70	8	3.5	0	20	360	13	<1	2	7
Meat Cravers	170	80	9	3.5	0	20	520	14	<1	2	8
Sausage Cravers	150	70	8	3	0	20	420	14	<1	2	7


Gambino's Pizza Nutritional Value

Pizza Serving size = 1 Slice

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
German Pie	130	45	5	2.5	0	15	460	14	1	2	7
Capone	140	50	6	2.5	0	15	450	14	<1	2	6
Polynesian	130	45	5	3	0	10	320	15	<1	4	6
Bacon Cheeseburger	140	50	6	3	0	15	370	14	<1	2	6
BBQ Chicken Pizza	110	35	4	2.5	0	10	280	13	0	2	7
BBQ Roast Beef	110	35	4	2.5	0	10	270	13	0	2	6
Chicken Teriyaki	140	45	5	3	0	15	420	17	0	6	8
Classic Italian	140	60	7	3.5	0	10	510	14	1	2	6
Buffalo Wing Pizza	150	70	8	3.5	0	15	390	13	0	2	7
Chicken Bacon Ranch	170	90	10	3.5	0	15	380	13	0	2	7
Chicken Alfredo	170	80	9	5	0	25	410	13	<1	2	9
Southwest Chicken Alfredo	160	70	8	5	0	25	450	13	0	2	8
Garden Alfredo	130	60	7	4	0	15	240	14	<1	2	5
Meaty Alfredo	160	80	9	5	0	25	350	13	<1	2	6
Cinnamon Streusel	170	30	6	1	0	0	150	28	<1	11	1
Dutch Apple Dessert	210	30	6	1.5	1.5	0	180	38	<1	19	1
Very Cherry Dessert	200	30	6	1	1	0	160	37	<1	18	1
Bavarian Cream Dessert	290	80	11	4	2	5	200	46	1	26	2
Cheese Stick Pizza (1/20th)	35	15	1.5	1	0	0	55	4	0	0	1
Italian Cheese Stick Pizza (1/20th)	45	25	2.5	1	0	0	100	4	0	0	1
KETO Cauliflower Crust (Small) 1 Slice = 1/6 pizza											
Cheese	120	50	5	3.5	0	20	210	4	2	1	12
Beef	140	60	6	3	0	25	330	4	2	1	14
Pork Sausage	150	70	7	3.5	0	25	350	5	2	2	14
Italian Sausage	160	80	9	4	0	25	340	4	2	1	14
Sliced Italian Sausage	170	80	9	4	0	35	400	5	2	1	15
Pepperoni	140	70	8	3.5	0	25	290	4	2	1	13
Mobster	190	100	11	5	0	30	540	5	2	2	17
Deluxe	150	70	8	3.5	0	25	400	5	2	2	15
Hawaiian Pie	130	50	6	3	0	25	300	5	2	3	14
Meatball Pie	190	70	10	5	0	50	470	6	2	1	18
Taco	160	70	7	4	0	20	490	8	2	2	16
Veggie Cravers	130	50	6	3	0	20	270	5	2	2	13
Pepperoni Cravers	170	90	10	4.5	0	30	370	4	2	1	15
Meat Cravers	190	100	10	4.5	0	30	520	5	2	2	16
Sausage Cravers	170	90	9	4	0	30	420	5	2	1	15
German Pie	150	60	7	3.5	0	30	460	5	2	2	15
Capone	150	70	8	3.5	0	25	450	5	2	2	14
Polynesian	140	60	7	4	0	20	320	6	2	3	4
Bacon Cheeseburger	150	70	8	4	0	25	370	5	2	2	15
BBQ Chicken Pizza	130	50	6	3.5	0	25	290	3	1	1	15
BBQ Roast Beef	120	60	6	3.5	0	25	270	3	1	1	15
Chicken Teriyaki	160	60	7	4	0	25	430	8	1	5	16
Classic Italian	150	80	8	4.5	0	25	510	5	2	1	14
Buffalo Wing Pizza	160	90	10	4.5	0	30	400	4	1	2	16
Chicken Bacon Ranch	180	110	12	4.5	0	30	380	3	1	1	16
Chicken Alfredo	180	100	11	6	0	40	410	4	2	1	17
Southwest Chicken Alfredo	170	90	10	6	0	40	460	4	1	1	17
Garden Alfredo	150	80	9	5	0	30	240	4	2	1	13


Gambino's Pizza Nutritional Value

Pizza Serving size = 1 Slice

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Meaty Alfredo	180	100	11	6	0	35	360	4	2	1	15
Cinnamon Streusel	180	45	8	2	1	15	150	18	2	10	9
Dutch Apple Dessert	230	50	8	2.5	1.5	15	180	28	2	18	9
Very Cherry Dessert	220	45	8	2	1	15	160	27	2	18	10
Bavarian Cream Dessert	310	100	13	5	2	20	200	36	2	25	10
Cheese Stick Pizza (1/20th)	40	20	2.5	1	0	5	60	1	0	0	4
Italian Cheese Stick Pizza (1/20th)	50	30	3	1.5	0	5	100	1	0	0	4
SANDWICHES											
Italian Sub	710	370	42	13	0	80	2490	50	3	5	33
Italian Chicken	640	290	33	8	0	70	2350	50	3	5	40
Spicy Pepperoni	670	380	43	13	0	60	2000	49	3	4	26
Super Ham & Cheese	580	230	26	7	0	55	2200	48	3	4	34
Meaty Meatball	670	200	31	13	1	125	2080	59	5	6	40
Chicken Bacon Ranch	660	310	35	10	0	75	2150	50	3	6	41
Gambino's Club	630	300	33	9	0	80	1920	48	3	4	34
Turkey Deluxe	590	260	29	8	0	75	1570	52	3	5	31
Roast Beef	590	300	32	10	0	70	1510	47	3	4	31
Reuben	640	340	37	12	0	80	2500	45	4	7	27
Italian Sausage	600	260	29	10	0	70	1870	56	4	7	31
Super Italian Sub	810	450	50	15	0	95	3300	54	4	6	37
PASTAS - Single (Family size is X 3)											
Spaghetti	560	120	13	4	0	15	1050	89	8	18	20
Spaghetti W/Meatballs	860	220	33	13	0	125	2130	97	10	18	42
Deluxe Spaghetti	680	190	21	7	0	30	1720	92	9	20	28
Spaghetti W/Sliced Ital Sausage	690	200	23	7	0	45	1540	91	8	18	27
Lasagna	630	280	31	13	0	60	1910	63	8	18	28
Manicotti	550	260	29	16	0	115	1410	46	3	13	26
Manicotti W/Sliced Ital. Sausage	730	370	41	19	0	145	2180	55	5	17	34
Tortellini Alfredo	1190	700	78	34	12	325	1940	75	4	2	39
Chicken Tortellini Alfredo	1240	710	79	34	12	345	2320	75	4	2	47
Shrimp Tortellini Alfredo	1230	700	78	34	12	400	2260	75	4	2	46
Fettuccini Alfredo	970	530	60	34	0	215	960	72	4	5	24
Chicken Fettuccini Alfredo	1020	550	61	34	0	235	1330	73	4	6	32
Shrimp Fettuccini Alfredo	1040	540	61	34	0	335	1490	73	4	5	37
Southwest Fettuccini Alfredo	1030	550	61	34	0	235	1590	74	4	6	32
California Fettuccini Alfredo	1050	570	63	35	0	240	1430	75	4	7	33
Gluten Free Penne Pasta W/Marinara	530	120	13	4	0	100	1710	91	8	14	7
Gluten Free Penne Pasta W/Alfredo	940	530	60	34	1	300	1610	75	5	1	11
APPETIZERS											
Breadsticks (5)	890	320	36	10	0	20	2090	113	9	12	26
Breadsticks W/Cheese (5)	1060	420	48	17	0	55	2460	115	9	12	40
Breadsticks (10)	1780	640	71	20	0	45	4180	227	18	24	52
Breadsticks W/Cheese (10)	2120	840	95	34	0	105	4910	231	18	24	81
Garlic Bread (4)	1240	890	100	19	0	20	1810	62	4	3	26
Garlic Bread W/Cheese (4)	1410	990	112	26	0	55	2180	64	4	3	41
Garlic Bread (8)	2480	1770	200	38	0	45	3620	125	8	6	53
Garlic Bread W/Cheese (8)	2820	1980	224	52	0	105	4350	129	8	6	81


Gambino's Pizza Nutritional Value

Pizza Serving size = 1 Slice

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bruschetta	1420	1000	112	28	0	40	2200	69	5	5	41
Buffalo Wings (6)	350	220	24	7	0	90	560	3	0	0	27
Buffalo Wings (12)	690	450	48	14	0	180	1110	6	0	0	54
Buffalo Wings (24)	1380	900	96	27	0	360	2220	12	0	0	108
Buffalo Boneless Blasters (1/2 Lb)	570	260	29	5	0	95	1360	33	2	0	43
Buffalo Boneless Blasters (1 Lb)	1150	530	57	10	0	190	2720	67	5	0	86
Toasted Ravioli W/Beef (10)	950	580	67	12	0	70	1800	71	3	4	22
Toasted Ravioli W/Jal. & Cheese (10)	1000	630	72	17	0	70	1720	71	3	5	17
Mozzarella Sticks W/Marinara (5)	410	210	23	0.5	0	25	940	40	10	15	18
Potato Wedges w/Cheese & Ranch	510	230	25	12	0	20	1450	53	5	0	20
EXTRAS											
Marinara Sauce (3 Oz)	70	30	3.5	0.5	0	0	420	10	2	6	1
Ranch Dressing (3 Oz)	410	380	44	7	0	15	650	3	0	3	0
Terriyaki Sauce (3 Oz)	140	0	0	0	0	0	1020	31	0	28	3
Buffalo Wing Sauce (3 Oz)	220	240	26	4.5	0	25	770	6	0	5	1
Parmesan Garlic Sauce (3 Oz)	430	410	46	8	0	5	540	2	0	0	3
Sweet Chili Sauce (3 Oz)	110	0	0	0	0	0	1220	28	0	23	0
BBQ Sauce (3 Oz)	140	0	0	0	0	0	920	34	0	23	0
Spicy BBQ Sauce (3 Oz)	120	80	9	1.5	0	10	560	14	0	0	0
Spicy Garlic (3 Oz)	270	270	31	5	0	10	470	3	0	2	1
Taco Sauce (3 Oz)	25	0	0	0	0	0	610	5	0	5	0
Alfredo Sauce (3 Oz)	280	240	27	15	0	100	370	1	0	0	3
Normous Cookie (Whole)	3360	2520	168	84	0	140	2380	504	0	336	28
Normous Cookie (1/12th)	240	180	12	6	0	10	170	36	0	24	2
Dinner Salad - Single	110	60	6	4.5	0	10	200	7	2	3	9
Dinner Salad - Family	220	110	13	9	0	20	410	14	5	6	17
Italian Salad - Single	50	15	3	1	0	<5	310	5	2	2	2
Italian Salad - Family	120	50	8	2.5	0	10	730	10	5	4	4
Chef Salad - Single	230	130	14	7	0	140	720	7	2	3	20
Chef Salad - Family	540	310	33	17	0	400	1630	14	4	6	47
Grilled Chicken Salad - Single	140	70	7	5	0	25	450	7	2	3	14
Grilled Chicken Salad - Family	320	140	16	10	0	60	1160	15	5	7	34
Dessert Turnover (Small) - Apple	1240	230	25	5	2.5	0	1190	224	6	55	29
Dessert Turnover (Small) - Cherry	1240	230	25	5	2.5	0	1130	221	7	53	30
CALZONES (Whole)											
Calzone - Mini Cheese	680	190	20	7	0	10	1330	100	5	10	24
Calzone - Small Cheese	1300	400	44	14	0	20	2420	182	7	14	45
Calzone - Medium Cheese	2030	620	69	22	0	30	3620	283	10	18	69
Calzone - Large Cheese	2600	820	92	29	0	40	4660	354	12	21	88
SALAD ITEMS (1 ounce)											
Bacon Bits - Imitation	130	70	7	1	0	0	500	8	3	0	9
Bacon Pieces - Real	130	110	11	4.5	0	30	340	0	0	0	6
Beets	20	0	0	0	0	0	75	5	0	0	0
Broccoli	10	0	0	0	0	0	10	1	0	0	<1
Carrots	10	0	0	0	0	0	20	3	<1	1	0
Cauliflower	5	0	0	0	0	0	10	1	<1	<1	<1
Celery	5	0	0	0	0	0	25	<1	0	0	0


Gambino's Pizza Nutritional Value

Pizza Serving size = 1 Slice

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Cheese - 5 Blend	80	54	6	4.5	0	10	190	1	0	0	7
Cheese - Cheddar	120	80	10	5	0	30	180	0	0	0	7
Cheese - Mozzarella Blend	90	50	6	3.5	0	16	180	1	0	0	7
Chow Mein Noodles	130	35	1.5	0	0	0	330	21	1	2	2
Cottage Cheese	25	5	0.5	0	0	<5	85	1	0	1	3
Crackers - Wheat	120	35	4	0.5	0	0	200	20	3	0	3
Crackers Club	140	60	7	1	0	0	240	17	0	<1	2
Crackers Saltine	120	30	3	0	1	0	300	20	<1	0	3
CROUTONS - Garlic Butter	140	60	6	0	0	0	240	16	0	0	4
Cucumbers	5	0	0	0	0	0	0	1	0	0	0
Dill Pickle	5	0	0	0	0	0	230	<1	0	0	0
Eggs Hard Boiled	45	25	3	1	0	105	35	0	0	0	4
Ham Diced	45	20	2	0.5	0	15	270	0	0	0	6
Jalapeno Peppers	10	0	0	0	0	0	470	1	0	0	0
Lettuce Iceberg	5	0	0	0	0	0	0	<1	0	<1	0
Lettuce Romaine	5	0	0	0	0	0	0	<1	<1	0	0
Mousse Cookie & Cream Oreo	60	40	4.5	2.5	0	40	10	5	0	4	1
Mushrooms	10	0	0	0	0	0	5	2	<1	0	<1
Olives - Green	40	35	4.5	0.5	0	0	440	1	<1	0	0
Olives - Black Ripe	30	25	3	0	0	0	210	2	<1	0	0
Onion	10	0	0	0	0	0	0	3	0	1	0
Peaches Sliced	15	0	0	0	0	0	0	4	0	4	0
Peas	20	0	0	0	0	0	30	4	1	1	1
Pepperoncini Peppers	10	0	0	0	0	0	280	3	0	0	0
Peppers - Cherry	10	0	0	0	0	0	0	2	1	1	0
Peppers - Green Bell	5	0	0	0	0	0	0	1	0	<1	0
Peppers - Sweet Red	10	0	0	0	0	0	0	2	<1	1	0
Peppers - Sweet Yellow	10	0	0	0	0	0	0	2	0	0	0
Pineapple Tidbits	20	0	0	0	0	0	0	5	0	4	0
Pudding - Vanilla	35	10	1	0	0	0	40	6	0	5	0
Pudding - Chocolate	40	10	1.5	0	0	0	45	7	0	5	<1
Pudding - Tapioca	35	10	1	0	0	0	40	6	0	4	<1
Salad - Italian Pasta	35	15	2	0	0	0	135	4	0	0	<1
Salad - Macaroni	50	25	2.5	0	0	<5	190	6	0	2	<1
Salad - Pasta California	25	5	1	0	0	0	55	4	0	2	<1
Salad - Potato w/Egg	45	20	2.5	0	0	<5	125	6	0	1	<1
Salad - Strawberry Parfait	25	5	0.5	0.5	0	0	20	5	0	4	<1
Spinach	5	0	0	0	0	0	20	1	0	0	<1
Sunflower Seeds	160	120	14	1.5	0	0	0	7	3	<1	5
Tomatoes	5	0	0	0	0	0	0	1	0	<1	0
Dressing Blue Cheese	130	120	13	2.5	0	15	390	<1	0	>1	<1
Dressing Italian	70	50	6	1	0	0	280	3	0	3	0
Dressing Ranch - Fat Free	25	0	0	0	0	0	320	5	0	2	0
Dressing Ranch Original	150	130	15	2.5	0	<5	220	<1	0	<1	0
Dressing Caesar	110	110	12	2	0	<5	260	<1	0	<1	<1
Dressing French	130	110	13	1.5	0	0	240	4	0	5	0
Dressing Honey Mustard	110	90	10	1.5	0	10	160	5	0	5	0
Dressing Poppy Seed	65	54	6	0	0	0	64	3	0	<2	0
Dressing 1000 Island	140	130	14	2.5	0	15	200	4	0	4	0
Dressing Ott's Famous	80	60	5	0	0	0	190	8	0	7	0

Gambino's Pizza Nutritional Value

Pizza Serving size = 1 Slice

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Dressing Balsamic Vinaigrette	80	70	8	1.5	0	0	310	3	0	3	0
Dressing Creamy Italian	120	110	14	2.5	0	0	480	<1	0	0	0
Dressing Italian Lite	35	20	2	0	0	0	330	4	0	4	0
Dressing Honey French	120	90	10	1.5	0	0	190	9	0	8	0
Dressing Chipotle Ranch	130	81	9	1.5	0	0	140	2	0	0	3

When made with approved Gambino's Pizza® ingredients, these products will provide the nutritional values listed above. Information may vary slightly depending on location and supplier. Substitutions of ingredients may alter nutritional values. Although this data is based on standard portion product guidelines, variations can be expected due to seasonal influences, minor differences in product assembly per restaurant and other factors. Calculations may be based on cooked values. Some Items may not be available at all locations.

June 2019 I.T.S.B., Inc.