

SAM AND LOUIE'S NUTRITIONAL ANALYSIS

**Pizza ordered by the slice**

		Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Beef Pizza	♥	322	25.7	50.9	23.4	9	5	0	23	41	2	19	666	21	18	3	6
Canadian Bacon Pizza	♥	333	25.0	49.3	25.7	9	5	0	30	41	2	21	938	21	18	4	6
Cheese Pizza	♥	301	23.7	53.8	22.5	8	4	0	20	41	2	17	590	21	17	3	6
Chicken Pizza	♥	314	23.9	52.1	23.9	8	4	0	23	41	2	19	678	21	17	4	6
Pepperoni Pizza	♥	337	30.3	48.0	21.7	11	6	0	28	41	2	18	733	21	17	5	6
Sausage Pizza	♥	331	27.6	50.1	22.3	10	5	0	24	42	2	19	707	22	18	4	7

\*Percent Daily Values are based on a 2000 calorie diet

♥ Low-fat options

\*\*All nutrition information for pizza ordered by the slice

**Specialty pizza ordered by the slice**

		Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
5 Cheese	♥	345	29.9	48.1	22.0	11	7	0	33	41	2	19	722	27	17	3	8
Bacon Cheeseburger		394	32.5	45.5	22.0	14	8	0	44	45	3	22	943	22	20	20	19
BBQ Chicken	♥	391	26.8	52.2	21.0	12	6	0	37	51	1	21	863	21	17	14	10
Buffalo Jack	♥	320	24.2	52.2	23.6	9	4	0	23	42	2	19	806	21	18	18	11
California Pie	♥	342	25.3	51.0	23.7	10	5	0	27	44	3	20	744	23	19	30	17
Carnivore		387	32.1	43.3	24.6	14	6	0	38	42	2	24	1099	22	20	5	7
Chicken Bacon Ranch		482	48.6	34.0	17.5	25	8	0	41	40	1	21	938	21	16	1	5
Chicken Cordon Blue		386	33.8	42.2	24.1	14	8	0	48	41	1	23	1028	25	17	7	11
Chicken Thai Pie		371	29.5	48.8	21.7	12	4	0	23	45	1	20	933	21	16	21	12
Combo		371	32.2	45.8	22.0	13	6	0	31	43	3	21	867	22	21	6	7
Fireball		440	39.9	38.1	22.0	20	10	0	53	42	2	24	1093	32	19	7	14
Luau	♥	366	27.7	47.0	25.3	11	5	0	37	43	2	23	1003	21	18	19	11
Manhattan		405	36.8	40.3	22.9	17	8	0	52	41	1	23	1043	27	17	1	9
Sam & Louie's Best		384	31.6	44.7	23.7	14	6	0	37	43	3	23	1096	23	21	26	13
T-Rex		460	40.2	36.7	23.1	21	9	0	55	42	2	27	1112	24	21	6	9
Veggie	♥	323	23.9	54.3	21.7	9	4	0	20	45	3	18	643	22	20	44	21

\*\*All nutrition information for pizza ordered by the slice

♥ Low-fat options

\*Percent Daily Values are based on a 2000 calorie diet

SAM AND LOUIE'S NUTRITIONAL ANALYSIS

**One slice of a 12" pizza**

		Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Beef Pizza	♥	190	27.2	48.9	23.9	6	3	0	14	23	1	11	412	12	11	2	4
Canadian Bacon Pizza	♥	197	25.9	47.1	27.0	6	3	0	20	23	1	13	623	12	10	2	4
Cheese Pizza	♥	178	26.1	50.8	23.1	5	3	0	14	23	1	10	362	14	9	2	4
Chicken Pizza	♥	183	24.5	50.7	24.8	5	3	0	14	23	1	11	422	12	10	3	4
Pepperoni Pizza	♥	192	30.8	47.4	21.8	7	3	0	16	23	1	11	426	12	10	3	4
Sausage Pizza	♥	198	29.9	47.8	22.4	7	3	0	15	24	1	11	449	13	11	3	5

\*Percent Daily Values are based on a 2000 calorie diet

♥ Low-fat options

\*\*All nutrition information for 1/6 of 12" Specialty Pizza

**One slice of a 12" specialty pizza**

		Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
5 Cheese	♥	192	29.6	48.5	21.9	6	4	0	18	23	1	11	401	15	9	2	5
Bacon Cheeseburger		231	33.3	44.4	22.3	9	5	0	26	26	2	13	577	13	12	13	12
BBQ Chicken	♥	229	27.9	50.1	22.0	7	4	0	23	29	1	13	532	12	9	7	5
Buffalo Jack	♥	187	25.1	50.5	24.4	5	3	0	14	24	1	11	536	12	10	9	6
California Pie	♥	197	25.3	50.1	24.6	6	3	0	16	25	2	12	453	13	11	20	11
Carnivore		229	34.2	41.4	24.4	9	4	0	24	24	1	14	660	13	12	4	4
Chicken Bacon Ranch		288	50.1	32.0	17.9	16	5	0	26	22	1	13	587	12	9	0	3
Chicken Cordon Blue		228	35.3	40.4	24.3	9	5	0	30	23	1	14	619	15	10	5	7
Chicken Thai Pie		214	30.0	47.4	22.6	7	3	0	14	25	1	12	559	12	9	11	6
Combo		221	34.6	43.4	22.0	9	4	0	19	24	2	12	543	13	12	4	5
Fireball		268	42.7	35.4	21.9	13	6	0	34	24	1	15	698	19	11	5	9
Luau	♥	212	28.4	46.3	25.3	7	3	0	22	25	1	13	582	12	10	10	6
Manhattan		240	39.2	38.3	22.5	10	5	0	33	23	1	13	619	16	10	1	6
Sam & Louie's Best		224	33.6	42.9	23.5	8	4	0	22	24	2	13	648	13	12	13	7
T-Rex		289	43.7	33.2	23.1	14	6	0	38	24	1	17	729	14	13	4	6
Veggie	♥	184	24.6	53.5	21.9	5	2	0	12	25	2	10	380	13	11	26	13

\*\*All nutrition information for 1/6 of 12" Specialty Pizza

♥ Low-fat options

\*Percent Daily Values are based on a 2000 calorie diet

**SAM AND LOUIE'S NUTRITIONAL ANALYSIS**

**One slice of a 16" pizza**

		Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Beef Pizza	♥	260	24.6	52.3	23.1	7	4	0	17	34	2	15	529	16	15	3	4
Canadian Bacon Pizza	♥♥	268	23.8	50.8	25.4	7	4	0	23	34	2	17	745	16	15	3	4
Cheese Pizza	♥♥	242	22.4	55.5	22.1	6	3	0	15	34	2	13	466	16	14	3	4
Chicken Pizza	♥♥	253	22.7	53.6	23.7	6	3	0	17	34	2	15	539	16	14	3	5
Pepperoni Pizza	♥♥	268	28.5	50.1	21.5	9	4	0	21	34	2	14	568	16	14	4	5
Sausage Pizza	♥♥	267	26.5	51.5	22.0	8	4	0	19	34	2	15	564	16	15	3	5

\*Percent Daily Values are based on a 2000 calorie diet

♥ Low-fat options

\*\*All nutrition information for 1/8 of 16" Specialty Pizza

**One slice of a 16" specialty pizza**

		Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
5 Cheese	♥	272	28.0	50.3	21.7	8	5	0	24	34	2	15	553	19	14	3	6
Bacon Cheeseburger		316	31.4	46.7	21.9	11	6	0	34	37	2	17	757	16	17	15	14
BBQ Chicken	♥	310	25.8	53.1	21.1	9	5	0	28	41	1	16	672	16	14	10	7
Buffalo Jack	♥	258	23.1	53.6	23.3	7	3	0	17	35	2	15	646	16	14	12	8
California Pie	♥	272	23.9	52.6	23.5	7	4	0	20	36	2	16	584	17	15	22	13
Carnivore		307	30.8	45.2	24.1	11	5	0	29	35	2	18	839	17	16	4	5
Chicken Bacon Ranch		377	46.3	36.1	17.7	19	6	0	31	33	1	16	730	16	14	0	4
Chicken Cordon Blue		306	32.2	44.1	23.7	11	6	0	36	34	1	18	788	19	14	6	8
Chicken Thai Pie	♥	294	27.9	50.4	21.7	9	3	0	17	37	1	16	718	16	14	15	8
Combo		295	30.9	47.4	21.8	10	5	0	23	35	2	16	675	17	17	5	6
Fireball		351	38.7	39.5	21.8	15	7	0	40	35	2	19	870	24	16	6	11
Luau	♥	291	26.3	49.0	24.7	8	4	0	27	36	2	18	761	16	15	14	8
Manhattan		322	35.5	42.0	22.5	13	6	0	40	34	1	18	803	20	14	1	7
Sam & Louie's Best		304	30.3	46.5	23.2	10	5	0	27	35	2	18	833	17	17	18	9
T-Rex		369	39.3	37.9	22.8	16	7	0	43	35	2	21	880	18	17	5	7
Veggie	♥	258	22.7	55.8	21.5	7	3	0	15	36	2	14	502	16	16	32	16

\*\*All nutrition information for 1/8 of 16" Specialty Pizza

♥ Low-fat options

\*Percent Daily Values are based on a 2000 calorie diet

SAM AND LOUIE'S NUTRITIONAL ANALYSIS

**One slice of an 18" pizza**

		Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Beef Pizza	♥	215	25.7	50.9	23.4	6	3	0	15	27	1	13	444	14	12	2	4
Canadian Bacon Pizza	♥	222	25.0	49.3	25.7	6	3	0	20	27	1	14	626	14	12	2	4
Cheese Pizza	♥	200	23.7	53.8	22.5	5	3	0	14	27	1	11	394	14	11	2	4
Chicken Pizza	♥	210	23.9	52.1	23.9	6	3	0	15	27	1	13	452	14	12	2	4
Pepperoni Pizza	♥	225	30.3	48.0	21.7	8	4	0	19	27	1	12	489	14	12	4	4
Sausage Pizza	♥	221	27.6	50.1	22.3	7	3	0	16	28	2	12	472	14	12	2	5

\*Percent Daily Values are based on a 2000 calorie diet

♥ Low-fat options

\*\*All nutrition information for 1/12 of 18" Specialty Pizza

**One slice of an 18" specialty pizza**

		Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
5 Cheese	♥	230	29.9	48.1	22.0	8	5	0	22	28	1	13	482	18	11	2	6
Bacon Cheeseburger		263	32.5	45.5	22.0	10	5	0	29	30	2	14	629	14	14	13	12
BBQ Chicken	♥	261	26.8	52.2	21.0	8	4	0	24	34	1	14	575	14	11	10	7
Buffalo Jack	♥	213	24.2	52.2	23.6	6	3	0	15	28	2	13	537	14	12	12	7
California Pie	♥	228	25.3	51.0	23.7	6	3	0	18	29	2	14	496	15	13	20	11
Carnivore		258	32.1	43.3	24.6	9	4	0	26	28	2	16	733	15	13	4	5
Chicken Bacon Ranch		321	48.6	34.0	17.5	17	6	0	27	27	1	14	625	14	11	0	3
Chicken Cordon Blue		257	33.8	42.2	24.1	10	5	0	32	27	1	15	685	17	11	5	7
Chicken Thai Pie		247	29.5	48.8	21.7	8	3	0	15	30	1	13	622	14	11	14	8
Combo		247	32.2	45.8	22.0	9	4	0	20	28	2	14	578	15	14	4	5
Fireball		293	39.9	38.1	22.0	13	6	0	35	28	2	16	729	21	13	5	10
Luau	♥	244	27.7	47.0	25.3	8	4	0	25	29	1	16	668	14	12	13	7
Manhattan		270	36.8	40.3	22.9	11	6	0	35	27	1	15	695	18	12	1	6
Sam & Louie's Best		256	31.6	44.7	23.7	9	4	0	24	29	2	15	730	15	14	18	9
T-Rex		307	40.2	36.7	23.1	14	6	0	37	28	1	18	741	16	14	4	6
Veggie	♥	216	23.9	54.3	21.7	6	3	0	14	30	2	12	429	15	13	29	14

\*\*All nutrition information for 1/12 of 18" Specialty Pizza

\*Percent Daily Values are based on a 2000 calorie diet

♥ Low-fat options

SAM AND LOUIE'S NUTRITIONAL ANALYSIS

**Stromboli (Ind. Size)**

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Buffalo Jack	655	33.3	40.4	26.3	25	13	0	67	67	3	44	1681	62	28	39	26
Carnivore	815	40.8	33.1	26.0	37	18	0	98	68	4	53	2117	66	36	4	16
Chicken	646	32.9	40.3	26.8	24	13	0	67	66	3	44	1343	62	29	15	18
Sam's Creation	769	39.3	35.6	25.1	34	16	0	90	69	4	49	1917	65	33	23	17
Veggie	632	34.0	41.6	24.4	24	13	0	61	67	3	39	1239	64	31	19	28

\*Percent Daily Values are based on a 2000 calorie diet

SAM AND LOUIE'S NUTRITIONAL ANALYSIS

**Calzone (Ind. Size)**

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Cheese Fix	653	35.9	39.0	25.1	26	15	0	75	64	2	41	1130	67	26	0	15
Chicken & Spinach	695	35.4	37.9	26.8	28	15	0	82	67	3	47	1370	68	30	5	25
Louie's Special	745	38.7	36.9	24.5	32	17	0	86	70	4	46	1444	70	32	20	19
Original	734	39.2	36.2	24.6	32	17	0	86	67	3	46	1443	70	30	1	18
Veggie	683	36.3	39.1	24.6	28	15	0	75	68	4	43	1268	70	32	22	40

\*Percent Daily Values are based on a 2000 calorie diet

**Calzone (1/4 Small)**

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Cheese Fix	304	33.6	42.0	24.4	11	6	0	32	32	1	19	512	28	13	0	6
Chicken & Spinach	320	33.1	41.0	25.8	12	6	0	35	33	1	21	603	29	15	2	11
Louie's Special	340	35.9	40.1	23.9	14	7	0	37	34	2	21	630	30	15	10	8
Original	334	36.5	39.4	24.1	14	7	0	37	33	1	20	629	30	15	0	8
Veggie	319	34.1	42.0	23.9	12	6	0	32	34	2	19	581	30	16	11	19

\*Percent Daily Values are based on a 2000 calorie diet

**Calzone (1/6 Large)**

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Cheese Fix	375	30.8	45.6	23.6	13	7	0	37	43	1	22	612	31	17	0	7
Chicken & Spinach	393	30.5	44.6	25.0	13	7	0	39	44	2	25	713	32	19	3	14
Louie's Special	416	33.1	43.6	23.2	15	8	0	41	46	2	24	743	33	20	13	9
Original	408	33.7	42.9	23.4	15	8	0	41	44	2	24	742	32	19	0	8
Veggie	395	31.5	45.4	23.1	14	7	0	37	45	2	23	704	33	21	15	24

\*Percent Daily Values are based on a 2000 calorie diet

**Chicken Sandwiches**

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Bar-B-Que Chicken	738	40.4	37.3	22.3	34	14	0	111	70	2	42	1671	45	6	0	12
Buffalo Chicken <sup>a</sup>	488	30.9	46.4	22.7	17	2	0	50	58	4	29	1805	5	8	17	10
Chicken Parmesan	730	41.1	32.0	26.9	34	13	0	99	60	3	51	1951	63	11	7	12
Crispy Chicken <sup>o</sup>	474	29.3	47.2	23.5	16	2	0	50	57	3	29	1125	5	8	17	10

<sup>a</sup>Does not include side of ranch or blue cheese

SAM AND LOUIE'S NUTRITIONAL ANALYSIS

°Does not include side of mayo

\*Percent Daily Values are based on a 2000 calorie diet

**Burgers**

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Cowboy Burger	735	51.8	19.3	28.8	43	21	1	159	37	2	54	1585	41	17	4	10
Jalapeno Burger	739	54.2	19.6	26.2	45	24	1	171	37	2	49	1662	41	17	4	20
Pizza Burger	715	50.4	21.2	28.4	41	20	1	151	39	2	52	1548	41	18	7	12
Sammy's Burger	526	45.5	27.9	26.6	27	12	1	110	37	2	36	935	1	17	18	10
Sammy's Burger w/chs	666	50.2	23.6	26.2	37	19	1	140	39	2	44	1415	21	17	18	18

\*Percent Daily Values are based on a 2000 calorie diet

**Fries**

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Fries	427	41.4	53.9	4.7	21	4	0	0	62	5	5	999	0	11	5	0

\*Total may not equate 100% due to rounding.

\*Percent Daily Values are based on a 2000 calorie diet

**Hoagies**

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Club 6"	513	27.3	46.7	26.0	16	5	0	58	62	6	35	2338	33	16	98	69
Club 12"	990	27.9	45.6	26.5	32	11	0	116	117	9	68	4278	64	27	147	99
Ham & Cheese 6"	493	29.0	48.9	22.1	16	6	0	45	62	6	28	2198	33	17	98	69
Ham & Cheese 12"	950	29.8	47.8	22.4	32	12	0	91	117	9	55	3998	64	29	147	99
Italian 6"	548	33.7	44.5	21.7	21	8	0	65	63	6	31	2443	33	18	103	69
Italian 12"	1060	34.6	43.4	22.0	42	16	0	131	118	9	60	4488	64	31	157	99
Meatball 6"	780	48.6	29.5	21.9	42	16	0	119	58	3	43	2303	53	21	11	20
Meatball 12"	1402	46.7	31.5	21.8	73	28	0	204	111	6	77	4083	97	37	18	35
Regular 6"	518	33.9	46.6	19.6	20	8	0	50	62	6	26	2093	33	17	103	69
Regular 12"	1000	34.8	45.4	19.8	40	15	0	101	117	9	51	3788	64	29	157	99
Turkey & Cheese 6"	533	25.7	44.8	29.5	16	5	0	70	62	6	41	2478	33	15	98	69
Turkey & Cheese 12"	1030	26.3	43.6	30.1	31	10	0	141	117	9	81	4558	64	25	147	99

\*Percent Daily Values are based on a 2000 calorie diet

♥ Low-fat options

**Chips and Fries**

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Fries	427	41.4	53.9	4.7	21	4	0	0	62	5	5	999	0	11	5	0

\*Total may not equate 100% due to rounding.

SAM AND LOUIE'S NUTRITIONAL ANALYSIS

\*Percent Daily Values are based on a 2000 calorie diet

**Salads**

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Caesar (small, no chicken)	326	82.3	8.0	9.7	29	6	0	20	6	2	8	950	16	5	32	44
Caesar (large, no chicken)	539	78.9	9.9	11.1	46	10	0	35	13	3	15	1595	32	11	64	87
Caesar (large, w/ chicken)	686	68.2	10.9	21.0	51	12	0	62	18	3	35	2529	34	18	68	88
Crispy Chicken <sup>a</sup>	577	38.7	37.2	24.1	25	7	0	76	55	6	35	1464	37	26	71	83
Crispy Thai Chicken	727	41.4	37.3	21.3	34	7	0	76	68	6	39	2264	37	4	71	83
Grilled Chicken <sup>a</sup>	431	33.3	34.7	32.0	16	6	0	53	38	5	35	1628	35	27	71	84

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Grilled Thai Chicken		581	38.1	35.4	26.5	24	6	0	53	51	5	38	2429	35	27	74	84
House (small)		99	48.2	31.2	20.6	6	3	0	15	8	2	5	535	17	9	33	50
House (large)		235	43.0	37.1	19.9	12	6	0	31	23	7	12	1106	38	24	108	132
Grilled Chicken Salad	♥	380	28.3	39.2	32.4	12	4	0	40	38	5	31	1529	25	27	74	82
Grilled Thai Chicken Salad	♥	427	29.5	41.4	29.1	14	2	0	33	44	5	31	1884	20	27	74	80
House Salad (Small)	♥	44	20.1	64.1	15.7	1	0	0	0	8	2	2	444	7	9	33	47
House Salad (Large)	♥	123	19.1	65.1	15.8	3	0	0	1	22	7	5	924	17	24	108	126

<sup>a</sup>Does not include optional buffalo sauce

<sup>o</sup>Without optional jalapenos

\*Percent Daily Values are based on a 2000 calorie diet

♥ Low-fat options

Grilled Chicken Salad has BOTH cheeses reduced to 1/4 ounce each

Grilled Thai Chicken Salad: Decrease thai sauce to 1 ounce, decrease mozz cheese to 1/4 ounce, NO cheddar cheese

House Salads: No cheese

**Salad Dressings**

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Blue Cheese	263	94.0	3.0	3.0	28	5	0	30	2	0	2	567	0	0	0	0
Caesar	246	93.6	3.2	3.2	25	4	0	9	2	0	2	662	0	0	0	0
French	183	54.8	45.2	0.0	12	2	0	0	22	0	0	350	0	0	0	0
Light Italian	110	78.9	21.1	0.0	9	1	0	0	5	0	0	786	0	0	0	0
Poppyseed	248	71.2	28.8	0.0	19	3	0	18	18	0	0	408	0	0	0	0
Ranch	293	97.1	2.9	0.0	29	5	0	10	2	0	0	508	0	0	0	0

\*Nutritional information for 2 ounce portion

\*Percent Daily Values are based on a 2000 calorie diet

**One slice of Gluten-Free Pizza**

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Bacon Cheeseburger	227	41.9	41.4	16.7	11	5	0	26	24	2	10	627	13	4	16	12
BBQ Chicken	226	36.6	47.1	16.2	9	4	0	23	27	1	9	582	12	1	9	5
Buffalo Jack	183	35.7	46.9	17.4	7	3	0	14	22	1	8	586	12	2	12	6
California	193	35.4	46.6	18.0	8	3	0	16	23	2	9	504	13	2	23	11
5 Cheese	188	40.1	44.9	15.1	8	4	0	18	21	1	7	452	15	1	5	5
Carnivore	225	43.0	38.4	18.7	11	4	0	24	22	1	11	711	13	3	6	4

**SAM AND LOUIE'S NUTRITIONAL ANALYSIS**

Chicken Bacon Ranch	284	57.3	29.5	13.2	18	5	0	26	21	1	9	637	12	1	3	3
Combo	217	43.6	40.3	16.1	11	4	0	19	22	2	9	593	13	4	7	5
Fireball	264	50.2	32.8	17.0	15	6	0	34	22	1	11	749	19	3	8	9
Luau	208	37.8	43.1	19.1	9	3	0	22	23	1	10	633	12	2	13	6
Sam & Louie's Best	221	42.4	39.9	17.7	11	4	0	22	22	1	10	698	13	3	16	7
Veggie	181	35.2	49.9	14.9	7	3	0	12	23	2	7	430	13	3	29	13

\*Amount for one slice (1/6th of a whole pizza)

\*Percent Daily Values are based on a 2000 calorie diet

**Entire 10" Gluten-Free Pizza**

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Bacon Cheeseburger	1365	41.9	41.4	16.7	64	29	0	156	143	10	58	3764	76	22	95	71
BBQ Chicken	1353	36.6	47.1	16.2	56	24	0	137	161	4	56	3493	72	6	56	31
Buffalo Jack	1100	35.7	46.9	17.4	45	17	0	84	131	8	49	3518	73	10	69	35
California	1161	35.4	46.6	18.0	47	19	0	94	138	9	53	3021	78	15	136	65
5 Cheese	1130	40.1	44.9	15.1	51	24	0	109	128	7	43	2710	87	6	29	29
Carnivore	1351	43.0	38.4	18.7	65	25	0	142	131	8	64	4265	77	20	38	27
Chicken Bacon Ranch	1707	57.3	29.5	13.2	107	32	0	154	124	4	56	3822	72	6	19	18
Combo	1303	43.6	40.3	16.1	64	24	0	116	134	9	53	3560	79	22	41	28
Fireball	1586	50.2	32.8	17.0	90	39	0	204	132	8	69	4493	112	18	46	56
Luau	1249	37.8	43.1	19.1	53	21	0	131	137	7	61	3797	74	11	76	35
Sam & Louie's Best	1326	42.4	39.9	17.7	64	24	0	135	134	9	60	4189	78	20	95	42
Veggie	1085	35.2	49.9	14.9	44	16	0	71	139	11	42	2581	76	17	174	77

\*Amount for whole pizza

\*Percent Daily Values are based on a 2000 calorie diet

**Starters**

	Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Cheese Bread (per slice 1/8)	114	39.6	42.0	18.4	5	2	0	8	12	1	5	283	10	2	2	4
Garlic Bread (per slice-1/8)	79	27.7	60.7	11.6	2	0	0	0	12	1	2	203	2	2	2	3
Bread Stick (each)	131	31.3	57.6	11.1	4	1	0	0	19	1	4	287	1	4	3	5
Meatballs (4th of whole)	282	54.7	23.7	21.6	17	6	0	43	17	1	15	831	21	7	5	10

\*Percent Daily Values are based on a 2000 calorie diet

\*All Fried Appetizers Have Been Omitted

SAM AND LOUIE'S NUTRITIONAL ANALYSIS

**Pastas**

		Calories	% Calories Fat	% Calories Carb	% Calories Protein	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Calcium %DV	Iron %DV	Vitamin C %DV	Vitamin A %DV
Pasta w/Marinara-Lunch	♥	394	8.3	78.0	13.7	3	0	0	0	74	4	13	580	1	20	18	9
Pasta w/Marinara-Dinner	♥	651	7.4	78.9	13.7	5	0	0	0	127	8	22	786	2	35	27	14
Pasta w/Alfredo-Lunch		554	36.6	51.8	11.5	22	12	0	68	71	3	16	839	18	17	1	16
Pasta w/Alfredo-Dinner		907	33.7	54.6	11.7	33	18	0	102	122	6	26	1175	28	30	1	24
Tortellini w/Marinara-Lunch	♥	533	16.3	65.6	18.2	10	4	0	49	88	5	24	821	18	31	18	16

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Tortellini w/Marinara-Dinner	♥	949	16.6	64.6	18.7	18	9	0	97	154	9	45	1268	36	57	27	28
Tortellini w/Alfredo-Lunch		703	36.4	48.2	15.4	28	16	0	116	84	4	27	1081	35	28	1	24
Tortellini w/Alfredo-Dinner		1204	34.2	49.6	16.2	46	26	0	199	149	8	49	1657	62	53	1	39
<b>Options to pastas:</b>																	
<i>Baked Pasta add</i>		365	66.3	0.0	33.7	28	16	0	81	0	0	32	851	81	0	0	16
<i>Add Chicken</i>	♥	147	28.5	14.4	57.1	5	1	0	27	5	0	20	935	2	7	4	1
<i>Add Meatballs</i>		305	67.8	9.0	23.2	23	8	0	66	7	0	17	950	17	10	4	9
<b>Child Pastas</b>																	
Marinara-Child	♥	294	7.7	78.7	13.6	2	0	0	0	57	4	10	410	1	17	18	9
Alfredo-Child		464	41.6	47.3	11.1	21	12	0	68	54	3	13	669	18	14	1	16
<b>Options to child pastas:</b>																	
<i>Baked Pasta add</i>		365	66.3	0.0	33.7	28	16	0	81	0	0	32	851	81	0	0	16
<i>Add Chicken</i>	♥	74	28.5	14.4	57.1	2	1	0	13	3	0	10	467	1	4	2	1
<i>Add Meatballs</i>		152	67.8	9.0	23.2	11	4	0	33	3	0	9	475	8	5	2	4
Chicken Parmesan w/ Marinara on Pasta		927	32.9	43.0	24.1	34	13	0	99	100	6	56	2192	63	29	27	22
Lasagna (1/2 Order)		479	33.3	43.1	23.5	18	9	0	46	52	2	28	1161	36	9	17	17
Lasagna (Full Order)		867	35.6	39.9	24.5	35	17	0	91	87	4	54	2151	72	16	35	34

\*Percent Daily Values are based on a 2000 calorie diet

♥ Low-fat options