



Nutritional Information

Menu Item	Portion	Portion Weight	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol(mg)	Sodium(mg)	Total Carbohydrates (g)	Dietary Fiber(g)	Sugar(g)	Protein (g)	% Daily Value			
														Vitamin A	Vitamin C	Calcium	Iron
Pizza																	
15" Pepperoni	approx. 5 pieces	8.2 oz.	683	280	31	9	0	50	1645	647	3.5	8.8	35				
15" Plain Cheese	approx. 5 pieces	8.6 oz.	630	227.5	26.2	14	0.87	78.7	1348	64.75	3.5	10.5	36.75				
15" The Islander	approx. 5 pieces	9.8oz.	595	175	19.25	10.5	0	70	1505	71.75	3.5	17.5	35				
15" Garlic Chicken	approx. 5 pieces	12.1oz	700	315	65	14	0.875	87.5	1225	61.25	1.75	5.25	36.75				
15" Veggie	approx. 5 pieces	12.25oz	575	200	22.5	10	0	50	2000	67.5	5	12.5	30				
15" All American Bacon Cheeseburger	approx. 5 pieces	9.5oz	805	350	42	19.25	0.875	105	2012	64.7	3.5	8.75	45.5				
15" Biggmeat	approx. 5 pieces	11.25oz	905	500	55	22.5	0	137.5	2875	62.5	2.5	10	52.5				
15" Classic	approx. 5 pieces	13oz.	800	350	40	17.5	0	125	2600	70	5	10	45				
15" Taco	approx. 5 pieces	14 oz.	750	350	35	17.5	0	100	2150	70	5	10	40				
15" Breadstick	approx. 5 pieces	6.8oz.	660	345	37.5	12	0.75	52.5	1110	54	1.5	4.5	27				
Subs																	
Taco Sub (No Sour Cream)	1 sub	16.5oz.	840	350	39	18	2	100	2730	86	7	12	41	50	15	60	40
Taco Sub	1 sub	17.5 oz.	900	400	44	21	2	120	2780	88	7	14	42	50	15	70	45
Veggie Sub	1 sub	15.3oz.	670	240	27	11	1	50	2650	82	8	9	31	25	15	60	30
Italian Sub	1 sub	15.5oz.	850	340	38	18	1.5	130	3300	81	5	10	50	25	15	60	35
Pizza Sub	1 sub	12.1oz.	1020	52	58	27	1.5	155	3080	78	4	10	49	30	0	60	35
Ham & Cheese	1 sub	12.8oz.	660	180	20	11	1	105	2570	77	4	9	46	20	10	60	30
Turkey Bacon Club	1 sub	13.6oz	820	290	32	15	1	110	3170	77	4	9	58	25	15	60	30
Meatball	1 sub	15.0oz.	980	420	47	21	1.5	120	2620	92	6	16	51	35	0	60	40
Turkey	1 sub	12.9oz.	660	170	18	10	1	85	2250	76	4	8	48	20	15	60	30
Sirloin Steak	1 sub	14.8oz.	760	220	24	13	1.5	125	2610	81	4	9	59	20	15	60	45
Chicken Sub	1 sub	14.7oz.	760	230	26	13	1	135	2170	80	4	10	54	25	15	60	30
Appetizers																	
Pepperoni Nibblerz	4 pieces	4.9 oz.	500	240	27	163	0.5	75	1150	38	1	3	27	10	0	40	15
Cheese Nibblerz	4 pieces	4.8 oz.	470	190	22	12	1	65	900	41	1	5	29	15	0	70	15
Cluckers	4 pieces	3.38 oz.	190	70	8	1.5	0	35	620	14	0	0	16	0	0	0	4
House Salad, Large	1 salad	9 oz.	330	210	23	11	0	50	1210	9	3	5	24	100	40	35	10
Calzones																	
Taco (no sour cream)	1 calzone	11 oz.	720	260	28	12	1.5	60	1600	88	5	7	31	60	40	35	50
Taco	1 calzone	12 oz	780	300	34	15	2	80	1650	90	5	9	32	60	45	35	50
Biggmeat	1 calzone	12.7oz.	1040	490	54	22	1.5	125	2910	87	4	7	52	90	45	50	50
Classic	1 calzone	14.1oz.	890	370	41	17	1.5	105	2510	91	5	9	42	20	0	40	40
Pepperoni	1 calzone	10.0oz.	810	330	37	16	1.5	85	1730	84	3	6	36	15	0	40	35
Veggie	1 calzone	13.5	670	200	23	8	1	35	1180	91	6	9	28	25	0	40	30
Islander	1 calzone	11.6	660	160	18	8	1	55	1430	94	5	14	33	15	0	40	35
All American Bacon Cheeseburger	1 calzone	11 oz.	870	360	40	18	2	90	1870	85	3	7	45	20	0	50	35
Garlic Chicken	1 calzone	12.1oz.	920	410	46	15	2	85	1550	87	4	7	42	35	0	60	30
Sauces & Dressings																	
Thousand Island	1 packet	1.5 oz	220	190	21	3	0	6	350	6	0	6	0	0	0	0	0
Creamy Caesar	1 packet	1.5 oz.	210	190	21	3.5	0	10	520	2	0	1	1	0	0	0	0
Honey Dijon	1 packet	1.5 oz.	180	150	17	2.5	0	15	240	8	0	7	1	0	0	0	0
Buttermilk Ranch	1 packet	1.5 oz.	230	210	24	3.5	0	10	390	2	0	2	1	0	0	0	0
Light Italian	1 packet	1.5oz.	20	5	1	0	0	0	770	2	0	2	0	0	0	0	0
Honey French	1 packet	1.5 oz.	210	160	18	2.5	0	0	310	14	0	13	0	0	0	0	0
Fat Free Ranch	1 packet	1.5 oz.	40	0	0	0	0	0	530	10	0	3	0	0	0	0	0
Blue Cheese	1 packet	1.5 oz.	230	210	24	4.5	0	25	440	2	0	2	2	0	0	0	0
Golden Italian	1 packet	1.5 oz.	210	200	22	3.5	0	0	360	2	0	2	0	0	0	0	0
Garlic Butter Crouton	1 packet	2 tbsp.	35	15	1.5	0	0	0	55	4	0	0	1	0	0	0	0
Ranch Dip	1 container	1.5 oz.	230	210	24	3.5	0	10	390	2	0	2	1	0	0	0	0
Honey Dijon Dip	1 container	1.5 oz.	180	150	17	2.5	0	15	240	8	0	7	1	0	0	0	0
Barbecue Dip	1 container	1.5 oz.	60	0	0	0	0	0	530	14	0	13	0	0	0	0	0
Kraft Mirle Whip	1 pouch	.44 oz.	30	25	2.5	0	0	0	85	2	0	1	0	0	0	0	0
Kraft A1 Steak Sauce	1 pouch	.5 oz.	15	0	0	0	0	0	280	3	0	2	0	0	0	0	0
Garlic Butter Sauce	1 tbs.	.5 oz.	90	90	10	1.2	0	0	150	0	0	0	0	8	0	0	0
Pizza Sauce	2 tbs.	1.3 oz.	15	0	0	0	0	0	140	4	-1	3	-1	8	0	0	0
Sour Cream	2 tbs.	1 oz.	60	45	5	3	0	15	50	2	0	1	1	2	2	0	0
Texas Pete Hot Sauce	1 container	1.5 oz	0	0	0	0	0	0	100	1	0	0	0	2	2	0	0
Salads (w/o dressing)																	
House Salad, Large	1 salad	9 oz.	330	210	23	1	0	50	1210	9	3	5	24	100	40	35	10
Grilled Chicken	1 salad		365	103	11.4	4	0	103	1386	19	2.2	6.1	45.7				
Orchard Salad	1 salad		469.1		24.9	5.7	0	93.3		39.2	7.4	27.1	34.1				
fitTOGETHER																	
Pizza																	
Islander	1/5 lg pizza		424	142	15.8	7.7	0	44	1300	52.2	6.6	6.9	23.9				
Margherita	1/5 lg pizza		334	95	10.5	3.7	0	19	749	47.1	5.6	3.1	19.4				
Veggie	1/5 lg pizza		438	153	17.1	7.6	0	35	1134	60.6	11	4.6	21.4				
FT side salad (w/o dressing)	1 salad		132	70	7.6	3.9	0	16	265	8.5	1.6	2.1	7.9				