



NUTRITIONAL INFO

ALLERGENS

PIZZAS - per serving (1/4 slice)

	Total Weight	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A % of DV	Calcium % of DV	Vitamin C % of DV	Iron % of DV	Egg	Milk	Soy	Wheat	Sesame Seeds
Ala Mo Wana	414	104	242	88	10	4	0	30	528	26	1	4	8	25	17	3	10	o	✓	o	✓	o
Bacon Double Cheese	382	96	254	101	11	5	0	26	573	26	1	3	8	23	17	0	12	o	✓	✓	✓	o
BBQ Chicken	385	96	244	74	8	4	0	19	591	34	2	11	4	24	16	6	10	o	✓	✓	✓	o
Beef n Mushroom	420	105	240	94	10	5	0	24	464	25	1	3	7	25	17	4	12	o	✓	✓	✓	o
Beef Onion Pineapple	412	103	244	94	10	5	0	24	463	26	1	4	7	25	17	4	11	o	✓	✓	✓	o
Big Als	409	102	267	116	13	6	0	33	587	24	1	2	8	25	17	3	11	o	✓	✓	✓	o
Bootlegger	414	104	256	112	12	5	0	29	488	25	1	3	6	26	16	14	10	o	✓	o	✓	o
Buffalo Ranch	377	94	204	83	9	3	0	13	272	23	1	2	4	15	11	1	8	o	✓	o	✓	o
Classic Veggie	393	98	212	70	8	4	0	14	402	26	1	4	6	19	14	14	9	o	✓	o	✓	o
Double Pepperoni	366	92	257	116	13	6	0	30	505	24	1	2	6	25	16	3	9	o	✓	o	✓	o
Egg n Bacon	372	93	270	129	14	7	0	94	446	23	1	2	9	26	14	0	10	✓	✓	o	✓	o
Greek Mykonos	433	108	238	91	10	5	0	17	601	25	2	3	9	16	14	6	12	o	✓	✓	✓	o
Hot Wing	366	92	195	91	7	3	0	14	316	25	1	3	5	18	13	14	10	o	✓	✓	✓	o
Italian Sausage	420	105	256	110	12	5	0	27	456	25	1	3	6	27	18	14	11	o	✓	o	✓	o
Louisiana Chicken	404	101	217	79	9	4	0	20	333	25	1	3	5	37	18	36	10	o	✓	✓	✓	o
Mexican	400	100	241	93	10	5	0	24	565	25	2	3	8	25	17	2	11	o	✓	✓	✓	o
Mile High	514	129	304	126	14	6	0	55	963	26	1	2	13	25	16	3	14	o	✓	o	✓	o
New Orleans Veggie	393	98	211	75	8	4	0	19	299	25	1	3	4	32	16	37	9	o	✓	o	✓	o
No Cheese Veggie	393	98	145	21	2	0	0	0	258	26	2	5	4	13	2	41	10	o	o	o	✓	o
Pepperoni Mushroom	393	98	235	96	11	5	0	25	419	24	1	3	5	14	16	4	10	o	✓	o	✓	o
Ranch Chicken	404	101	231	103	11	4	0	19	296	24	1	2	5	34	16	26	9	o	✓	✓	✓	o
San Pedro Egg	398	100	243	102	11	6	0	58	491	24	1	3	8	25	15	2	11	o	✓	✓	✓	o
Santa Fe Chicken	390	98	224	79	9	4	0	21	498	26	2	4	5	35	17	27	9	o	✓	✓	✓	o
Spicy No Cheese Veggie	400	100	141	20	2	0	0	0	223	26	1	4	4	11	1	42	10	o	o	o	✓	o
Spinach Grande	449	112	237	93	10	5	0	19	512	26	2	3	7	40	19	10	11	o	✓	o	✓	o
Three Cheese	317	79	213	80	9	4	0	19	363	24	1	2	5	26	18	3	9	o	✓	o	✓	o

KIDS PIZZAS - per serving (1/4 slice)

Kids Cheese	355	89	207	76	8	4	0	18	337	24	1	2	5	26	16	3	8	o	✓	o	✓	o
Kids Cheeseburger	360	90	244	96	11	5	0	25	539	25	1	3	8	23	17	0	11	o	✓	✓	✓	o
Kids Ham and Pineapple	393	98	223	77	9	4	0	25	437	26	1	4	6	25	16	3	9	o	✓	o	✓	o
Kids Pepperoni	339	85	231	91	11	5	0	25	418	24	1	2	5	25	16	3	9	o	✓	o	✓	o
Kids Sausage Cheese	352	88	241	101	11	5	0	25	425	24	1	2	6	26	17	3	10	o	✓	o	✓	o
Kids Veggie	393	98	215	76	8	4	0	19	332	26	1	4	4	26	17	14	9	o	✓	o	✓	o

Percent Daily Values are based on a 2000 calorie diet. Individual daily values may be higher or lower depending on your calorie needs.

Nutritional information was obtained through analysis by our nutritional software ChefTec and information provided by suppliers.

Goods may vary slightly by size and region.

Coco Brooks reviews its recipes periodically and may change the recipe in an effort to improve our quality. During the beta-testing stage of an item, some locations may offer the item from a previous recipe while other locations are using the new recipe

* Selection of fresh fruit may vary from restaurant to restaurant.

** Bread & Pizza crusts are manufactured in a facility that may contain traces of soy, milk, and egg products

✓ Item contains allergen indicated

o Item has a component that is manufactured in a facility that handles allergen indicated

Nutritional Information is current as of April 2009