

Detailed Ingredient Information
Canadian Stores

CRUSTS

deLITE® Crust	deLITE Dough Mix [Enriched Bleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulphate, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Sugar], Water, Pomace Olive Oil, Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Canola Oil .
Original Crust Stuffed Crust	Original Dough Mix [Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulphate, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Sugar, Salt, Inactive Dried Yeast, Sodium Bicarbonate, Sodium Aluminum Phosphate, Potassium Iodate, Water, Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Canola Oil .

SAUCES

Barbeque Sauce	Water, Sugar, Tomato Paste, Brown Sugar, Vinegar, Hickory Smoke Flavour, Salt, Modified Corn Starch, Mustard Flour, Spices and Seasonings, Natural Flavours, Caramel Colour.
Basil Pesto	Basil Pesto [Basil, Canola Oil, Water, Parmesan Cheese (Milk, Culture, Salt, Enzymes), Cultured Dextrose, Dehydrated Garlic, Salt, Citric and Ascorbic Acid, Tocopherol], Water, Sugar, Garlic, Parmesan Cheese (Milk, Culture, Salt, Enzymes), Salt Canola Oil, Spice, Yeast Extract, Xanthan Gum.
Creamy Garlic Sauce	Gourmet White Sauce [Water, Soybean and/or Canola Oil, Distilled Vinegar, High Fructose Corn Syrup, Salt, Egg Yolk, Skim Milk Powder Blend (Dairy Whey, Sodium Caseinate, and Skim Milk Powder), Modified Corn Starch, Dried Garlic, Lactic Acid, Dried Onion, Xanthan Gum, Potassium Sorbate (a preservative), Mustard Flour, Spice, Polysorbate 60, Garlic Concentrate, Calcium Disodium EDTA (added to protect quality)], Garlic (Garlic, Water).
Herb Tomato Sauce	Crushed Tomatoes with Herbs (Crushed Tomatoes, Salt, Dehydrated Garlic, Spices, Xanthan Gum, Dehydrated Onion, Citric Acid), Garlic (Garlic, Water), Papa Murphy's Zesty Herb Blend (Garlic, Basil, Oregano, Marjoram, Black Pepper, Onion), Granulated Sugar .
Marinara	Tomatoes, Tomato Puree, Corn Syrup, Soybean Oil, Natural Flavour, Salt, Dehydrated Onion, Garlic Puree, Extra Virgin Olive Oil, Calcium Chloride, Spices, Xanthan Gum, Citric Acid.
Olive Oil & Garlic	Pomace Olive Oil, Garlic (Garlic, Water).
Pizza Sauce, Original	Crushed Tomatoes, Spices, Salt, Dehydrated Garlic, Sugar, Dehydrated Onion, Garlic Powder, Extra Virgin Olive Oil, Soybean Oil, Xanthan Gum, Citric Acid.
Salsa	Tomatoes, Water, Tomato Paste, Onions, Jalapeno Peppers, Distilled Vinegar, Sugar, Salt, Spice, Lemon Juice Concentrate, Xanthan Gum, Guar Gum, Dried Bell Peppers, Chili Powder, Maltodextrin, Cultured Dextrose, Dried Bell Pepper, Dried Garlic.

DIPPING SAUCES

Hellman's Blue Cheese Dipping Sauce	Soybean Oil, Water, Corn Syrup, Blue Cheese, (Milk, Cheese Cultures, Salt, Enzymes, Cellulose), Distilled Vinegar, Salt, Egg Yolks, Xanthan Gum, Natural Flavours, Colour Added, Propylene Glycol Alginate, Fumaric Acid, Onion and Garlic Powder, With Potassium Sorbate, Calcium Disodium EDTA and BHT (to protect quality), Mustard Flour, Autolyzed Yeast Extract, Disodium Inosinate, Disodium Guanylate.
Hellman's Cheesie Jalapeno Dipping Sauce	Soybean Oil, Water, Corn Syrup, Natural Cheddar Cheese Flavour, Salt, Modified Corn Starch, Maltodextrin, Jalapeno Puree (Jalapenos, Water, Citric Acid), Xanthan Gum, Phosphoric Acid, Lactic Acid, Polysorbate 60, Dehydrated Green Bell Peppers, Flavour, Yeast Extract, Colour, Potassium Sorbate, Propylene Glycol, Sorbic Acid, Vinegar, Calcium Disodium EDTA, Soy Lecithin.
Hellman's Ranch Dipping Sauce	Soybean Oil, Water, Vinegar, Sugar, High Fructose Corn Syrup, Salt, Corn Syrup, Modified Corn Starch, Garlic and Onion Powder, Buttermilk, Autolyzed Yeast Extract, Whey, Monosodium Glutamate, Polysorbate 60, Spices, Xanthan Gum, Colour Added (including Beta Carotene), Sodium Caseinate, Phosphoric Acid, Potassium Sorbate and Calcium Disodium EDTA (used to protect quality), Milk, Natural Flavours, Sour Cream Powder (Cream, Nonfat Milk, Cultures), Nonfat Dry Milk.
Hellman's Roasted Garlic Dipping Sauce	Soybean Oil, Water, Corn Syrup, Vinegar, High Fructose Corn Syrup, Roasted Garlic Juice, Salt, Modified Corn Starch, Maltodextrin, Dehydrated Garlic, Xanthan Gum, Polysorbate 60, Mustard Flour, Onion Powder, Torula Yeast, Potassium Sorbate, and Calcium Disodium EDTA (used to protect quality), Spice, Lemon Juice Concentrate, Natural Flavour, Garlic Juice Concentrate.
Hellman's Ancho Chipotle Dipping Sauce	Tomato Puree (Water, Tomato Paste), Soybean Oil, Brown Sugar, High Fructose Corn Syrup, Water, Vinegar, Ancho and Chipotle Chili Peppers, Salt, Egg Yolks, Modified Corn Starch Spices, Sour Cream (Cream, Cultured Nonfat Milk, Citric Acid), Garlic Powder, Lactic Acid, Hot Sauce (Red Peppers, Vinegar, Salt), Garlic, Lemon Juice Concentrate, Buttermilk, Onion Powder, Phosphoric Acid, Mustard Flour, Xanthan Gum, Whey, Polysorbate 60, Sodium Caseinate, With Sodium Benzoate, Disodium EDTA And Potassium Sorbate (used to protect quality), Milk, Citric Acid, Molasses, Natural Flavours, Caramel Colour, Anchovies.

CHEESES

Feta	Modified Milk Ingredients (Pasteurised), Salt, Lipase, Microbial Enzymes, Calcium Chloride, Bacterial Culture, Cellulose (to enhance flow), Natamycin (to control mould growth).
Mozzarella	Pasteurised Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme.
Parmesan	Pasteurised Milk, Modified Milk Ingredients, Salt, Calcium Chloride, Bacterial Culture, Lipase, Microbial Enzyme, Cellulose, Natamycin.
Topping Cheese	Provolone [Pasteurised Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Lipase], Cheddar [Pasteurised Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Colour].

TOPPINGS

Artichoke Hearts	Artichoke, Water, Salt, Citric Acid.
Beef	Beef, Sodium Lactate, Salt, Spice, Sodium Phosphate, Flavour.
Diced Bacon Pieces	Pork, Water, Salt, Sodium Erythorbate, Sodium Phosphate, Sodium Nitrite. May Contain: Sugar, Brown Sugar, Potassium Chloride, Artificial Maple Flavour (Water, Natural and Artificial Flavours, Brown Sugar, Corn Syrup, Caramel Colour), Smoke Flavouring, Flavouring, Colouring and Spices Extractives.
Chicken	Chicken Breasts, Water, Corn Syrup Solids, Salt, Flavour, Sodium Phosphate, Spices.
Garlic	Garlic, Water.
Ham	Pork Sirloin Hips Cured with Water, Salt, Dextrose, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Sodium Ascorbate, Sodium Nitrite, Natural Smoke Flavouring.
Herb Chicken	Chicken (Chicken Breasts, Water, Corn Syrup Solids, Salt, Flavour, Sodium Phosphate, Spices), Zesty Herbs (Garlic, Basil, Oregano, Marjoram, Black Pepper, Onion).
Jalapenos	Jalapeno Peppers, Vinegar, Salt, Calcium Chloride, Garlic Powder.
Pomace Olive Oil	Pomace Olive Oil.
Olives, Black	Olives, Water, Salt, Ferrous Gluconate (added to stabilize colour).
Pepperoni	Pork and Beef, Salt, Spice, Water, Dextrose, Flavour, Smoke Flavour, Sodium Ascorbate, Lactic Acid Starter Culture, Soybean Oil, Pepperoni Flavour, Citric Acid, Oleoresin of Paprika, Sodium Nitrite.
Pineapple Tidbits	Pineapple Tidbits, Water, Sugar, Citric Acid and Ascorbic Acid.
Salami	Pork, Beef, Salt, Sugar, Corn Syrup Solids, Spice, Wine, Water, Flavour, Sodium Ascorbate, Lactic Acid Starter Culture, Citric Acid, Sodium Nitrite, Sodium Nitrate.
Sausage, Italian	Pork, Spices, Water, Salt, Sodium Lactate, Flavours, Sugar, Lemon Juice Powder (Corn Syrup Solids, Lemon Juice Powder, Flavour), Sodium Phosphate.
Sun-Dried Tomatoes	Tomatoes, Sulphur Dioxide (added for colour retention and as a preservative).
Zesty Herbs	Garlic, Basil, Oregano, Marjoram, Black Pepper, Onion.

APPETIZERS & DESSERTS

Cheesy Bread with Marinara Dipping Sauce	Original Dough Mix [Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulphate, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Sugar, Salt, Inactive Dried Yeast, Sodium Bicarbonate, Sodium Aluminum Phosphate, Potassium Iodate, Water , Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Canola Oil , Herb Garlic Spread [Margarine (Palm Oil, Palm Kernel Oil, Canola Oil, Water, Salt, Whey Powder {milk}, Vegetable Monoglycerides, Soybean Lecithin, Potassium Sorbate {preservative}, Citric Acid, Artificial Flavour, Vitamin A Palmitate, Coloured with Beta-Carotene, Vitamin D ₃), Olive Pomace Oil, Granulated Garlic, Spices, Salt, Sugar, Sunflower Oil], Topping Cheese (Provolone [Pasteurised Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Lipase], Cheddar [Pasteurised Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Colour). Marinara Dipping Sauce (Tomatoes, Tomato Puree, Corn Syrup, Soybean Oil, Natural Flavour, Salt,
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	Dehydrated Onion, Garlic Puree, Extra Virgin Olive Oil, Calcium Chloride, Spices, Xanthan Gum, Citric Acid).
Cinnamon Wheel with Cream Cheese Frosting	Original Dough Mix [Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulphate, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Sugar, Salt, Inactive Dried Yeast, Sodium Bicarbonate, Sodium Aluminum Phosphate, Potassium Iodate, Water, Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Canola Oil. Cinnamon Smear [Brown Sugar, Margarine (Palm Oil, Palm Kernel Oil, Canola Oil, Water, Salt, Whey Powder {milk}), Vegetable Monoglycerides, Soybean Lecithin, Potassium Sorbate {preservative}, Citric Acid, Artificial Flavour, Vitamin A Palmitate, Coloured with Beta-Carotene, Vitamin D ₃), Sugar, Soybean Oil, Cinnamon], Crisp Topping (Sugar, Oats, Wheat Flour, Vegetable Oil (palm), Dextrose, Nonfat Dry Milk, Fructose, Soy Oil, Molasses, Artificial Colour, Salt, Natural Flavour), Cream Cheese Frosting [Cream Cheese (Pasteurised Cultured Milk and Cream, Salt, Stabilizers {Xanthan, Carob Bean and/or Guar Gums}), Sugar, Palm Oil Margarine (Palm Oil, Water, Soybean Oil, Salt, Vegetable Mono & Diglycerides, Soy Lecithin, Sodium Benzoate (a preservative), Citric Acid, Natural & Artificial Flavour, Beta Carotene (colour), Vitamin A Palmitate added, Whey), Pure Vanilla Flavour (with Vanillin added), Salt, Potassium Sorbate (a preservative)].
Cookie Dough with Semi-Sweet Chocolate Chips	Cookie Dough Mix [Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Eggs (Dried & Pasteurized), Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Canola or Soybean Oil, Salt, Egg Whites (Dried & Pasteurized), Natural and Artificial Flavors], Water, Margarine [Palm Oil, Palm Kernel Oil, Canola Oil, Water, Salt, Whey Powder (Milk), Vegetable Monoglycerides, Soybean Lecithin, Potassium Sorbate, (Preservative), Citric Acid, Artificial Flavor, Vitamin A Palmitate, Colored with Beta-Carotene, Vitamin D ₃], Semi-Sweet Chips {Sugar, Unsweetened Chocolate, Cocoa Butter, Soy Lecithin (an emulsifier), Natural Vanilla Extract}, Yellow Golden Sugar .
S'mores Dessert Pizza	Original Dough Mix [Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulphate, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Sugar, Salt, Inactive Dried Yeast, Sodium Bicarbonate, Sodium Aluminum Phosphate, Potassium Iodate, Water, Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Canola Oil, Semi-Sweet Chips {Sugar, Unsweetened Chocolate, Cocoa Butter, Soy Lecithin (an emulsifier), Natural Vanilla Extract}, Crisp Topping (Sugar, Oats, Wheat Flour, Vegetable Oil (palm), Dextrose, Nonfat Dry Milk, Fructose, Soy Oil, Molasses, Artificial Colour, Salt, Natural Flavour), Marshmallows (Corn Syrup, Sugar, Food Starch Modified, Water, Gelatin, Natural and Artificial Flavour, Tetrasodium Pyrophosphate, may contain Colour [Blue1]).
Salad, Caesar not incl. dressing/croutons	Romaine Lettuce, Parmesan (Pasteurised Milk, Modified Milk Ingredients, Salt, Calcium Chloride, Bacterial Culture, Lipase, Microbial Enzyme, Cellulose, Natamycin).
Salad, Chicken Caesar not incl. dressing/croutons	Romaine Lettuce, Chicken (Chicken Breasts, Water, Corn Syrup Solids, Salt, Flavour, Sodium Phosphate, Spices), Parmesan (Pasteurised Milk, Modified Milk Ingredients, Salt, Calcium Chloride, Bacterial Culture, Lipase, Microbial Enzyme, Cellulose, Natamycin).

Salad, Club not incl. dressing/croutons	Romaine Lettuce, Roma Tomatoes, Topping Cheese {Provolone [Pasteurised Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Lipase], Cheddar [Pasteurised Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Colour]}, Canadian Ham [Pork Sirloin Hips Cured with Water, Salt, Dextrose, Potassium Lactate, Sodium Phosphate, Sodium Diacetate, Sodium Ascorbate, Sodium Nitrite, Natural Smoke Flavouring]), Diced Bacon Pieces [Pork, Water, Salt, Sodium Erythorbate, Sodium Phosphate, Sodium Nitrite. May Contain: Sugar, Brown Sugar, Potassium Chloride, Artificial Maple Flavour (Water, Natural and Artificial Flavours, Brown Sugar, Corn Syrup, Caramel Colour), Smoke Flavouring, Flavouring, Colouring and Spices Extractives].
Salad, Garden not incl. dressing/croutons	Romaine Lettuce, Roma Tomatoes, Topping Cheese {Provolone [Pasteurised Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Lipase], Cheddar [Pasteurised Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Colour]}, Green Peppers, Black Olives [Olives, Water, Salt, Ferrous Gluconate (added to stabilize colour)].
Salad, Italian not incl. dressing/croutons	Romaine Lettuce, Roma Tomatoes, Topping Cheese {Provolone [Pasteurised Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Lipase], Cheddar [Pasteurised Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Colour]}, Pepperoni [Pork and Beef, Salt, Spice, Water, Dextrose, Flavour, Smoke Flavour, Sodium Ascorbate, Lactic Acid Starter Culture, Soybean Oil, Pepperoni Flavour, Citric Acid, Oleoresin of Paprika, Sodium Nitrite], Black Olives [Olives, Water, Salt, Ferrous Gluconate (added to stabilize colour)].
Salad, Mediterranean not incl. dressing/croutons	Romaine Lettuce, Spinach, Black Olives [Olives, Water, Salt, Ferrous Gluconate (added to stabilize colour)], Feta Cheese [Modified Milk Ingredients (Pasteurised), Salt, Lipase, Microbial Enzymes, Calcium Chloride, Bacterial Culture, Cellulose (to enhance flow), Natamycin (to control mould growth)], Sun-Dried Tomatoes [Tomatoes, Sulfur Dioxide (added for colour retention and as a preservative)], Mixed Onions [Yellow Onions, Red Onions, Green Onions].
Salad Dressing, Caesar	Canola Oil, Water, Parmesan Cheese (Milk, Culture, Salt, Enzymes), Egg Yolk, Dijon Mustard (Water, Mustard Seed, Distilled Vinegar, Salt, White Wine, Citric Acid, Turmeric (colour), Tartaric Acid, Spices) , Garlic, Distilled Vinegar, Dried Garlic, Lemon Juice Concentrate, Sugar, Anchovies, Salt, Spices, Anchovy Powder (Maltodextrin, Anchovy Extract, Salt), Xanthan Gum, Mustard Flour, Caramel Colour.
Salad Dressing, Country Buttermilk Ranch	Canola Oil, Cultured Buttermilk, Water, Egg Yolk, Sugar, Distilled Vinegar, Salt, Green Onions, Cider Vinegar, Spices, Dried Garlic, Xanthan Gum, Guar Gum, Dried Onion, Skim Milk Powder Blend (Dairy Whey, Sodium Caseinate, Skim Milk Powder), Mustard Flour.
Salad Dressing, Italian - Low Calorie	Water, Cider Vinegar, Salt, Sugar, Canola Oil, Parmesan Cheese (Milk, Culture, Salt, Enzymes), Xanthan Gum, Guar Gum, Spices, Dried Garlic.
Salad Dressing, 1000 Island	Canola Oil, Ketchup (Tomato Concentrate, Distilled Vinegar, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavouring), Water, Sweet Relish (Cucumbers, Sugar, Vinegar, Salt, Natural Flavour, Xanthan Gum, Spices, Red Bell Pepper, Onion, Turmeric [Colour]), Egg Yolk, Sugar, Tomato Paste, Onion, Salt, Distilled Vinegar, Xanthan Gum, Guar Gum, Maltodextrin, Cultured Dextrose, Mustard Flour, Dried Green Onion.
Salad Dressing, Bleu Cheese	Canola Oil, Low Fat Buttermilk (Skim Milk, Whey, Water, Skim Milk Solids, Whey Solids, Corn Starch, Tapioca Starch, Disodium Phosphate, Carrageenan Gum, Locust Bean Gum, Culture), Bleu Cheese (Milk, Salt, Culture,

	Enzymes), Water, Egg Yolk, Salt, Distilled Vinegar, Sugar, Maltodextrin, Cultured Dextrose, Dried Garlic, Xanthan Gum, Guar Gum, Mustard Flour.
Salad Dressing, Balsamic Vinaigrette	Water, Balsamic Vinegar, Canola Oil, Fructose, Parmesan Cheese (Milk, Culture, Salt, Enzymes), Garlic, Salt, Spices, Xanthan Gum, Guar Gum.
Croutons	Enriched Wheat Flour, Canola Oil, Salt, Whey Powder, Garlic Powder, Sugar Yeast, Dehydrated Romano Cheese, Dehydrated Parsley, Dehydrated Onion, Spice, Citric Acid, Disodium Inosinate Disodium Guanylate, Ascorbic Acid.

RETAIL PRODUCTS

Pizza Zing	Parmesan Cheese (Part-Skim Milk, Cheese Culture, Salt, Enzymes), Onion, Sesame Seeds Garlic, Salt, Red Chili Pepper, Bell Pepper, Tomato Powder, Cayenne Pepper, Jalapeno Pepper, Herbs (Basil, Thyme), Chives, Spices, Romano Cheese (Pasteurised Part-Skim Milk, Cheese Culture, Salt, Enzymes).
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The nutrition and ingredient information provided is based on Papa Murphy's standard product formulations; however, variations may occur depending on the particular supplier, product assembly per restaurant, region and other factors. Menu items may vary by restaurant. Substitution of ingredients/standard topping combinations may alter nutrition values. Product formulations may change periodically. Except for limited time offerings or test market items, menu products as of this posting are included on this page. Papa Murphy's International, its franchisees and employees do not assume responsibility for a particular sensitivity or allergy to any food provided from our stores.

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