



# Nutrition Information

	Serving Size (Unbaked) (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (% of DV)	Vitamin C (% of DV)	Calcium (% of DV)	Iron (% of DV)
<b>Family Size Stuffed Pizzas - 1 Serving = 1 Slice = 1/16th of the Pizza</b>																
5-Meat	137	340	121	13.5	6.2	0	35.1	968.5	38.3	0.3	6.5	16.8	10	12	17	17
Chicago Style	143	337	121	13.5	6.3	0	33	948	38.9	0.5	6.6	15.8	11	16	17	17
Chicken & Bacon	144	336	111	12.3	5.4	0	39.2	885	38.2	0.4	5.6	17.7	8	11	16	14
<b>Large Size Stuffed Pizzas - 1 Serving = 1 Slice = 1/12th of the Pizza</b>																
5-Meat	136	335	119	13.2	6.2	0	35.6	960.7	37.7	0.3	6.3	16.8	10	10	17	16
Chicago Style	141	333	120	13.3	6.2	0	32.8	934.9	38.2	0.5	6.4	15.7	10	15	17	16
Chicken & Bacon	142	334	111	12.4	5.4	0	39.6	882.9	37.6	0.4	5.9	17.7	8	11	17	14
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<b>Family Size Original Crust Pizzas - 1 Serving = 1 Slice = 1/12th of the Pizza</b>																
All Meat	134	331	145	16.1	7.5	0	42.3	1062	30.4	0.5	5.7	17	11	15	18	15
Barbeque Chicken	138	303	89	9.9	5.1	0	39.8	941.5	36	0.5	10.3	17.1	8	7	18	11
Cheese	103	241	76	8.5	4.7	0	20	619.9	29.5	0.3	5.4	11.5	11	9	17	12
Chicken Bacon Artichoke	132	301	112	12.5	5	0	40.7	864	30.9	0.9	4.5	17.7	5	11	17	12
Chicken Bacon Ranch	133	317	123	13.7	6.1	0	45.1	864.4	30	0.5	4.9	18.5	9	10	19	12
Chicken Pesto	129	318	100	11.1	4.7	0	34.5	840.8	37.3	2.9	7.6	17.6	12	18	23	19
Cowboy	143	325	138	15.4	7.1	0	34.7	974.1	31.6	0.8	5.8	15.5	12	12	21	16
Gourmet Chicken Garlic	132	292	106	11.8	5.5	0	38.3	753.3	30	0.5	4.5	16.4	9	11	19	12
Gourmet Classic Italian	138	324	143	15.9	7	0	37	833.6	30.2	0.6	4.5	15.9	9	12	20	14
Gourmet Vegetarian	136	280	108	12	5.3	0	23.3	672.3	30.9	1.2	4.6	13.1	12	17	20	13
Hawaiian	129	267	79	8.8	4.8	0	25	747.9	33	0.3	8	13.4	11	9	17	12
Herb Chicken Mediterranean	121	307	112	12.4	5.2	0	31.4	798.9	35	3.1	5.9	15	10	28	15	16
Murphy's Combo	150	328	140	15.5	7	0	38.1	1011	31.6	0.5	6	16.3	11	15	19	16
Papa's Favourite	160	323	138	15.3	7	0	37.2	969.9	31.9	0.6	6.1	16.5	12	24	19	16
Pepperoni	112	287	114	12.7	6.3	0	29.9	775.1	29.7	0.3	5.4	13.4	11	12	18	13
Perfect	121	277	97	10.7	5.5	0	27.5	761.5	31.5	0.3	6.8	13.4	11	11	17	13
Rancher	135	297	116	12.9	6.4	0	34.7	895.4	30.7	0.5	5.9	15.6	11	13	18	14
Specialty of the House	137	288	107	11.9	5.7	0	28.7	832.6	31.3	0.5	5.8	14.8	11	10	21	15
Taco Grande	147	308	120	13.3	6.5	0	29.1	998.1	31.7	1.3	4.7	15.1	13	9	18	15
Veggie Combo	154	261	87	9.7	4.9	0	20	708.1	32.1	0.8	6.1	12.2	14	32	18	14
<b>Large Size Original Crust Pizzas - 1 Serving = 1 Slice = 1/10th of the Pizza</b>																
All Meat	118	292	126	14.1	6.5	0	36.6	932.1	27.3	0.4	5	14.8	10	13	16	13
Barbeque Chicken	121	267	77	8.5	4.4	0	34.7	825.5	32.1	0.5	9	14.9	7	6	15	10
Cheese	91	213	66	7.4	4	0	17.3	548.1	26.5	0.3	4.8	10.1	9	8	15	10
Chicken Bacon Artichoke	119	270	101	11.2	4.4	0	36.4	777.5	27.8	0.8	4.1	15.8	5	10	15	11
Chicken Bacon Ranch	119	282	109	12.2	5.4	0	39.3	769.9	27.1	0.5	4.4	16.3	8	10	17	11
Chicken Pesto	115	282	89	9.9	4.2	0	30.8	753.5	33.1	2.5	6.7	15.7	10	16	20	16
Cowboy	128	282	116	12.9	5.9	0	30.9	835	28.2	0.5	5.2	14.2	10	10	18	15
Gourmet Chicken Garlic	118	259	93	10.4	4.8	0	33.7	670.4	27	0.5	4.4	14.5	8	10	17	11
Gourmet Classic Italian	123	288	126	14	6.1	0	32.6	743	27.1	0.5	4.3	14.1	8	10	17	12
Gourmet Vegetarian	119	248	95	10.6	4.6	0	20.2	597.4	27.8	1.1	4.3	11.5	10	15	17	11
Hawaiian	115	237	69	7.6	4.1	0	21.8	663.3	29.9	0.3	7.3	11.8	9	8	15	11
Herb Chicken Mediterranean	107	259	86	9.5	4.4	0	26.9	707	31.4	2.7	5.3	13.1	9	26	13	14
Murphy's Combo	133	291	123	13.7	6.1	0	33.5	903.3	28.3	0.4	5.3	14.4	10	13	17	14
Papa's Favourite	142	286	121	13.4	6	0	32.4	862.6	28.6	0.6	5.4	14.5	10	21	17	15
Pepperoni	99	255	100	11.2	5.5	0	26.2	687.8	26.6	0.3	4.8	11.7	10	11	15	12
Perfect	107	245	85	9.4	4.8	0	23.8	671.7	28.2	0.3	6.1	11.7	9	10	15	11
Rancher	119	261	101	11.2	5.5	0	30	788.3	27.6	0.4	5.3	13.7	10	11	15	13
Specialty of the House	123	257	95	10.6	5	0	25.6	751	28.1	0.5	5.2	13.2	10	8	18	14
Taco Grande	131	273	105	11.7	5.6	0	25.3	886.2	28.5	1.1	4.3	13.3	11	8	16	13
Veggie Combo	135	231	76	8.5	4.2	0	17.3	632.6	28.7	0.7	5.7	10.7	12	25	16	13
<b>Medium Size Original Crust Pizzas - 1 Serving = 1 Slice = 1/8th of the Pizza</b>																
All Meat	108	260	109	12.1	5.8	0	33.4	813.3	24.6	0.3	4.6	13.9	9	12	15	12
Barbeque Chicken	110	244	73	8.1	4.2	0	31.6	749.3	28.8	0.4	8	13.7	6	5	15	9
Cheese	85	198	63	7	3.9	0	16.8	513.5	24.1	0.3	4.5	9.5	9	8	14	10
Chicken Bacon Artichoke	108	246	94	10.5	4.2	0	32.6	703.1	25	0.7	3.6	14.2	5	9	14	10
Chicken Bacon Ranch	110	262	104	11.5	5.1	0	37.4	717.8	24.5	0.4	4	15.3	8	9	16	10
Chicken Pesto	101	248	81	9	3.9	0	27.6	671	28.3	1.8	5.6	13.8	8	13	18	13
Cowboy	118	260	108	12	5.6	0	29.3	776.7	25.6	0.4	4.8	13.2	10	9	17	13
Gourmet Chicken Garlic	108	238	88	9.8	4.5	0	30.7	613.1	24.3	0.4	4	13.2	8	10	16	10
Gourmet Classic Italian	112	266	118	13.2	5.8	0	30.9	688.8	24.4	0.4	3.8	13.1	7	9	17	11
Gourmet Vegetarian	108	229	90	10	4.4	0	19.5	552	24.9	0.9	3.8	10.7	9	12	16	10
Hawaiian	107	219	65	7.3	3.9	0	20.5	609.4	27.2	0.3	6.8	11	9	8	14	10
Herb Chicken Mediterranean	97	246	90	10	4.3	0	25.3	641.8	27.9	2.3	4.7	12.1	8	21	12	12
Murphy's Combo	123	268	114	12.7	5.7	0	31.3	833.4	25.7	0.4	4.9	13.4	9	12	16	13
Papa's Favourite	130	262	111	12.3	5.6	0	29.9	789.2	26	0.5	5	13.3	10	19	16	13
Pepperoni	92	233	92	10.2	5.1	0	24.2	629.9	24.2	0.3	4.5	10.9	9	10	15	11
Perfect	99	225	79	8.7	4.5	0	22.4	619.7	25.5	0.3	5.5	11	9	9	14	10
Rancher	109	240	93	10.4	5.2	0	28	724.9	25	0.4	4.9	12.7	10	10	15	12
Specialty of the House	114	238	90	10	4.8	0	24.4	701.5	25.5	0.4	4.8	12.3	9	8	17	13
Taco Grande	116	247	96	10.7	5.2	0	23.6	791.7	25.5	0.9	3.8	12.2	10	7	15	12
Veggie Combo	125	215	73	8.1	4.1	0	16.8	592.6	26.1	0.7	5.3	10.1	11	23	15	12

The nutrition and ingredient information provided is based on standard product formulations. Variations may occur. Menu items vary by restaurant. Substitution of ingredients/standard topping combinations alter nutrition values. Product formulations may change. Papa Murphy's International, its subsidiaries, affiliates, franchisees and employees are not responsible for sensitivity or allergy to food provided from our stores. Pricing and product availability subject to change.

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	Serving Size (Unbaked) (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (% of DV)	Vitamin C (% of DV)	Calcium (% of DV)	Iron (% of DV)
<b>Family Size deLITE Crust Pizzas - 1 Serving = 1 Slice = 1/12th of the Pizza</b>																
All Meat	82	197	96	10.7	5.2	0	30.5	611	15	0.3	2	11.4	8	10	13	8
Barbeque Chicken	85	175	56	6.2	3.5	0	28.9	530.5	18.6	0.4	5	11.5	5	4	12	5
Cheese	59	131	46	5.1	3.1	0	14.4	291	14.3	0.2	1.8	7.4	7	6	12	5
Chicken Bacon Ranch	82	188	83	9.2	4.3	0	32.8	484.1	14.5	0.4	1.1	12.6	7	7	14	6
Chicken Pesto	79	188	66	7.3	3.3	0	25.7	470.4	19.4	2.1	3.1	12.1	8	12	17	10
Cowboy	90	188	87	9.7	4.7	0	25.8	530.1	15.8	0.3	2.1	10.8	8	7	15	9
Chicken Bacon Artichoke	83	178	76	8.4	3.5	0	30.3	490.5	15.1	0.7	0.9	12.2	4	7	12	6
Gourmet Chicken Garlic	82	168	69	7.7	3.8	0	28.1	401.2	14.4	0.4	1.2	11.1	7	7	14	6
Gourmet Classic Italian	86	192	96	10.7	4.9	0	27.2	461.7	14.5	0.4	1.1	10.8	7	7	14	7
Gourmet Vegetarian	83	159	71	7.9	3.6	0	16.9	340.3	15.1	0.9	1.1	8.6	8	11	14	6
Hawaiian	79	151	48	5.3	3.2	0	18.2	387	17.1	0.2	3.9	8.8	7	6	12	6
Herb Chicken Mediterranean	73	169	63	7	3.4	0	22.5	431.7	18	2.3	1.9	9.9	8	20	11	8
Meat	72	165	74	8.2	4.2	0	23.8	441.4	14.7	0.2	1.8	9.8	7	7	12	7
Murphy's Combo	95	196	93	10.4	4.9	0	27.9	587	15.9	0.3	2.2	11	8	10	14	9
Papa's Favourite	102	192	91	10.2	4.8	0	27	553.1	16.1	0.4	2.3	11.1	8	16	14	9
Pepperoni	66	165	75	8.3	4.4	0	21.8	407.4	14.4	0.2	1.8	8.8	8	8	12	6
Perfect	72	158	61	6.8	3.8	0	19.9	394	15.8	0.2	2.8	8.8	8	7	12	6
Rancher	83	171	75	8.3	4.4	0	25	491.2	15.2	0.3	2.1	10.4	8	8	13	7
Specialty of the House	86	168	70	7.8	4	0	21.3	460	15.7	0.3	2.1	10	8	6	15	8
Taco Grande	92	180	79	8.8	4.5	0	21.1	581	15.6	0.9	1	10.1	9	5	13	8
Vegetarian Combo	96	146	54	6.1	3.3	0	14.4	361.4	16.2	0.5	2.5	7.9	10	20	13	7
Veggie	77	150	66	7.4	3.5	0	16.3	302.5	13.9	0.4	1	7.8	13	6	13	6
<b>Large Size deLITE Thin Crust Pizzas - 1 Serving = 1 Slice = 1/10th of the Pizza</b>																
All Meat	69	151	66	7.3	3.8	0	23.2	450.6	13.1	0.2	1.8	9.6	7	7	12	6
Barbeque Chicken	74	154	51	5.6	3.2	0	25.3	463.5	16	0.3	4.2	10.1	5	3	11	5
Cheese	54	118	43	4.7	2.9	0	13.4	266.9	12.7	0.2	1.7	6.8	7	5	11	5
Chicken Bacon Ranch	74	169	76	8.4	3.9	0	29.9	438.3	12.6	0.3	1	11.4	6	6	13	5
Chicken Pesto	67	160	59	6.6	3	0	22.1	377.1	15.8	1.4	2.3	10.1	7	9	14	8
Cowboy	79	163	75	8.4	4	0	22.4	468.1	13.8	0.3	1.9	9.4	7	7	13	8
Chicken Bacon Artichoke	72	156	68	7.5	3.2	0	26	426.5	13.1	0.6	0.7	10.5	4	6	11	5
Gourmet Chicken Garlic	72	150	63	7	3.5	0	24.6	354.6	12.5	0.3	1	9.8	6	6	12	5
Gourmet Classic Italian	76	172	87	9.7	4.4	0	24.7	415.1	12.5	0.3	0.9	9.7	6	6	13	6
Gourmet Vegetarian	72	142	65	7.2	3.4	0	15.6	305.7	13	0.7	0.9	7.8	7	8	13	5
Hawaiian	71	135	44	4.9	3	0	16.4	343.7	15.2	0.2	3.5	7.9	7	5	11	5
Herb Chicken Mediterranean	63	156	65	7.2	3.2	0	20.2	377.5	15.3	1.8	1.5	8.9	7	16	10	7
Meat	71	165	79	8.8	4.4	0	25.8	456.8	13.1	0.2	1.7	10	7	7	12	7
Murphy's Combo	85	174	83	9.3	4.4	0	25.1	522.8	14	0.3	2	9.9	7	9	13	8
Papa's Favourite	90	170	80	8.9	4.3	0	23.9	487.5	14.2	0.4	2.1	9.8	8	14	13	8
Pepperoni	60	146	65	7.3	3.9	0	19.4	360.1	12.7	0.2	1.7	7.9	7	7	11	6
Perfect	65	140	55	6.1	3.5	0	17.9	351.9	13.8	0.2	2.5	7.9	7	6	11	5
Rancher	73	152	67	7.4	4	0	22.4	436	13.4	0.3	2	9.3	7	8	12	6
Specialty of the House	77	150	64	7.1	3.6	0	19.5	417.4	13.8	0.3	1.9	9	7	6	13	7
Taco Grande	79	157	69	7.7	4	0	18.9	497.4	13.4	0.8	0.8	8.9	8	4	12	7
Vegetarian Combo	86	132	50	5.6	3.1	0	13.4	330.2	14.3	0.5	2.3	7.2	9	18	12	7
Veggie	67	132	59	6.5	3.2	0	14.9	271.9	12	0.5	0.9	7.1	9	7	12	5
<b>Side Items</b>																
1 Serving = 2 Slices = 1/8th of the Cheesy Bread (Does Not Include the Marinara Dipping Sauce)																
Cheesy Bread (without Sauce)	74	215	61	6.7	2.6	0	5.1	460.1	31.3	0.2	4.4	6.4	2	4	6	11
Dipping Sauce (Entire Item)																
Blue Cheese	43	160	140	16	3	0	20	580	4	0	1	1	0	0	28	0
Ancho Chipotle	43	140	100	11	1.5	0	5	360	10	0	8	0	17.7	5.9	0	0
Cheesie Jalapeno	44	190	160	18	3	0	5	390	6	0	1	0.4	0	2	0	0
Ranch	43	200	180	20	3	0	0	450	4	0	3	0	0	0	0	0
Roasted Garlic	43	160	130	14	2	0	0	530	8	0	3	0	0	0	0	0
Marinara Dipping Sauce (1 Serving = 1/2 ounce = 1/8th of the cup)																
Marinara Sauce Cup	14	11	4	0.4	0.1	0	0	62	1.8	0.1	1.4	0.2	2	5	0	1
1 Serving = 1/8th of the tub = 2 ounces																
Cookie Dough with Hershey's Chocolate Chips	57	174	99	11.1	4.9	0	8.5	221.7	33.7	1	20.1	2.4	7	0	1	3
1 Serving = 2 Slices = 1/8th of the Cinnamon Wheel (Does Not Include the Cream Cheese Frosting)																
Cinnamon Wheel	82	250	59	6.6	2.4	0	0.1	414.4	42.1	0.4	13.5	5	0	4	2	13
1 Serving = 1/8th of the cup of Cream Cheese Frosting																
Cream Cheese Frosting	11	46	28	3.1	1.6	0	4	39	4.4	0	4.1	0.4	3	0	0	0
1 Serving = 2 Slices = 1/8th of the S'mores Dessert Pizza																
S'mores Dessert Pizza	78	258	70	7.7	3.6	0	0.2	290.8	43.5	1.1	20.6	4.7	0	3	2	12
1 Serving = 1/2 of the Salad (Does Not Include Salad Dressing or Croutons)																
Garden Salad	201	94	48	5.3	2.8	0	10.1	209.3	7.3	3.2	2	5.7	208	96	15	10
Club Salad	189	134	64	7.1	3.5	0	30.3	467.9	6.1	2.8	1.7	11.8	206	61	14	8
Italian Salad	183	130	82	9.1	4.3	0	19.1	348.2	6.2	2.8	1.3	7.1	206	64	15	10
Caesar Salad	120	41	16	1.8	1	0	4.7	89.4	3.7	2.4	1.3	3.8	198	45	8	6
Chicken Caesar Salad	163	96	29	3.2	1.4	0	38.3	363.3	5	2.4	2.1	13.1	198	45	9	7
Mediterranean Salad	198	196	76	8.5	4.8	0	25.4	1064.2	21.1	8.4	9.1	9.8	185	49	7	12
Nutrition Information is for 1/2 Packet of Salad Dressing = 2 Servings																
Caesar Salad Dressing	30 ml	140	130	15	1.5	0	15	170	1	0	0	1	0	2	2	0
Buttermilk Ranch Salad Dressing	30 ml	120	110	12	1	0	10	210	2	0	2	0	0	2	0	2
Low Calorie Italian Salad Dressing	30 ml	15	5	0.5	0	0	0	330	1	0	1	0	0	0	0	0
1000 Island Dressing	30 ml	120	110	13	1	0	10	230	3	0	2	0	2	0	2	0
Balsamic Vinaigrette	30 ml	70	60	7	0.5	0	0	150	2	0	2	0	0	2	0	0
Bleu Cheese Dressing	30 ml	150	140	16	1.5	0	15	220	1	0	0	1	0	2	0	0
Low Calorie Italian Salad Dressing	30 ml	15	5	0.5	0	0	0	330	1	0	1	0	0	0	0	0
Nutrition Information is for 1/2 Packet of Croutons = 2 Servings																
Croutons	14	60	20	1.5	0	0	0	140	10	0	1	2	0	0	0	4

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