

Original Crust

Serving Size (Unbaked)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibre (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (% of DV)	Calcium (% of DV)	Iron (% of DV)	Potassium (% of DV)
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Family Size Original Crust Pizzas - 1 Serving = 1 Slice = 1/12th of the Pizza

All Meat	129	310	14	5	0	40	920	30	2	3	1	12	0	10	15	6
Bacon Cheeseburger	130	240	9	3.5	0	20	780	31	1	4	1	6	0	8	10	2
Barbeque Chicken	125	240	7	3	0	20	570	33	1	6	1	7	0	10	10	4
Buffalo Chicken	118	200	7	2.5	0	15	880	29	<1	2	1	6	0	8	10	4
Butter Chicken	123	210	5	2	0	15	600	29	2	2	1	6	0	8	10	4
Cheese	98	230	8	4	0	20	610	29	<1	5	0	11	0	10	10	0
Chicken Bacon Artichoke	116	260	12	4.5	0	25	690	30	1	2	1	10	0	15	15	4
Chicken Bacon Ranch	118	260	12	5	0	30	670	29	1	2	1	11	0	15	15	4
Chicken Pesto	115	280	12	4.5	0	25	670	29	1	2	1	10	0	20	15	4
Cowboy	130	310	14	6	0	30	870	30	2	3	1	11	0	20	20	4
Chicken Garlic	115	240	10	4.5	0	25	640	29	1	2	1	10	0	15	15	4
Classic Italian	125	290	14	6	0	30	790	29	1	2	1	10	0	20	15	4
Donair	115	260	10	5	0	25	670	29	0	5	0	13	0	10	10	0
Double Bacon Cheddar	117	290	13	6	0	35	660	27	<1	2	1	11	0	10	10	4
Garden Veggie	132	250	9	4.5	0	20	690	31	1	6	0	11	0	10	20	4
Gourmet Vegetarian	131	230	9	2.5	0	15	510	30	2	2	1	5	0	10	15	4
Greek Pepperoni	122	280	12	6	0	25	860	31	1	5	0	13	0	10	20	4
Hawaiian	122	260	8	4.5	0	25	720	33	<1	7	0	14	0	10	10	4
Herb Chicken Mediterranean	111	270	11	4	0	20	590	32	3	3	1	9	0	10	15	4
Indian Paneer	109	210	8	3	0	15	450	29	2	3	1	5	0	10	10	2
Murphy's Combo	135	290	14	5	0	30	860	30	2	3	1	9	0	10	20	4
Papa's Favourite	145	280	13	4.5	0	25	820	30	2	3	1	8	0	10	20	4
Pepperoni	107	270	12	6	0	30	740	29	<1	5	0	13	0	10	10	2
Rancher	121	250	9	4	0	25	680	29	1	3	1	8	0	10	15	4
Rustic Veggie	111	250	10	4	0	15	570	29	2	2	1	6	0	10	15	2
Smokin Aloha	125	230	6	2.5	0	15	680	34	<1	8	1	7	0	10	10	4
Taco Grande (Beef)	143	290	12	5	0	30	980	32	1	5	0	13	0	10	20	2
Taco Grande (Chicken)	141	260	9	4	0	25	870	32	1	5	0	13	0	10	20	4
Thai Chicken	121	260	8	4	0	25	730	35	<1	9	5	13	0	10	10	4
Tuscan Chicken	120	430	22	11	0.5	55	1110	30	1	2	1	23	0	45	15	6

Large Original Crust Pizzas - 1 Serving = 1 Slice = 1/8th of the Pizza

All Meat	144	340	15	6	0	40	1000	33	2	4	1	13	0	10	15	6
Bacon Cheeseburger	142	270	9	4	0	20	830	34	1	5	1	6	0	10	15	2
Barbeque Chicken	138	270	8	3	0	20	630	36	1	6	1	8	0	10	15	6
Buffalo Chicken	134	230	8	3	0	20	1010	32	1	2	1	7	0	10	15	4
Butter Chicken	140	240	6	2.5	0	20	690	33	2	2	1	7	9	10	15	4
Cheese	113	260	9	5	0	20	700	33	<1	6	0	13	0	15	10	2
Chicken Bacon Artichoke	131	290	12	4.5	0	30	760	33	2	2	1	11	0	15	15	4
Chicken Bacon Ranch	134	290	13	5	0	35	740	32	1	2	1	12	0	20	15	6
Chicken Pesto	131	310	13	5	0	30	750	32	1	2	1	11	0	20	15	4
Cowboy	148	340	15	6	0	30	970	34	2	3	1	12	0	20	25	6
Chicken Garlic	129	270	11	5	0	30	710	34	0	5	0	15	0	20	15	4
Classic Italian	132	310	15	6	0	30	850	33	2	3	1	10	0	20	15	4
Donair	128	290	12	6	0	30	760	33	0	5	0	15	0	15	15	0

Double Bacon Cheddar	132	320	14	7	0	40	750	31	1	2	1	12	0	10	15	4
Garden Veggie	149	290	11	5	0	20	800	35	1	6	0	13	0	15	20	4
Gourmet Vegetarian	144	260	10	3	0	15	570	33	2	2	1	6	0	10	15	4
Greek Pepperoni	141	330	14	7	0	30	1000	35	1	6	0	15	0	15	20	4
Hawaiian	140	300	10	5	0	30	820	37	<1	8	0	16	0	15	15	4
Herb Chicken Mediterranean	128	310	12	4.5	0	25	680	36	3	3	1	10	0	10	15	4
Indian Paneer	123	240	9	3.5	0	15	510	33	2	3	1	6	0	10	15	2
Murphy's Combo	153	330	15	6	0	30	970	34	2	4	1	10	0	10	25	6
Papa's Favourite	161	310	14	5	0	30	890	34	2	4	1	9	0	10	25	4
Pepperoni	122	310	13	6	0	30	820	33	<1	6	0	14	0	15	15	2
Rancher	135	280	10	4	0	25	740	33	2	3	1	9	0	10	15	6
Rustic Veggie	123	270	11	4	0	15	620	32	2	2	1	7	0	10	15	4
Smokin Aloha	139	260	6	2.5	0	20	740	38	<1	8	1	7	0	10	15	4
Taco Grande (Beef)	159	320	13	6	0	35	1100	36	1	6	0	15	0	15	25	2
Taco Grande (Chicken)	159	300	11	5	0	30	990	36	1	6	0	15	0	15	20	4
Thai Chicken	138	300	9	5	0	30	840	40	<1	11	7	15	0	15	10	4
Tuscan Chicken	136	480	25	12	0.5	65	1260	34	2	2	1	26	0	50	15	6

Medium Original Crust Pizzas - 1 Serving = 1 Slice = 1/8th of the Pizza

All Meat	69	160	7	2.5	0	20	460	16	<1	2	0	6	0	6	8	2
Bacon Cheeseburger	102	190	6	2.5	0	15	620	25	<1	4	1	4	0	6	10	0
Barbeque Chicken	99	190	6	2.5	0	15	450	26	<1	4	1	6	0	8	10	4
Buffalo Chicken	98	160	6	2	0	15	750	23	<1	1	1	5	0	8	10	4
Butter Chicken	103	180	4.5	2	0	15	510	24	1	2	1	5	0	8	10	4
Cheese	83	190	6	3.5	0	15	510	24	<1	4	0	9	0	10	10	0
Chicken Bacon Artichoke	94	200	8	3	0	20	520	24	1	2	1	7	0	10	10	4
Chicken Bacon Ranch	95	200	8	3.5	0	20	500	23	<1	2	1	8	0	10	10	4
Chicken Pesto	93	210	8	3	0	20	510	23	1	1	1	7	0	15	10	4
Cowboy	107	230	10	4	0	20	660	24	2	3	1	7	0	15	15	4
Chicken Garlic	93	190	7	3	0	20	490	24	0	4	0	10	0	10	10	2
Classic Italian	94	210	10	4	0	20	580	23	1	2	1	7	0	10	10	2
Donair	92	210	8	4	0	20	560	24	0	4	0	10	0	10	10	0
Double Bacon Cheddar	96	240	11	5	0	30	540	22	<1	1	1	9	0	8	10	2
Garden Veggie	83	190	6	3.5	0	15	510	24	<1	4	0	9	0	10	10	0
Gourmet Vegetarian	101	180	7	2	0	10	410	24	1	2	1	4	0	8	10	2
Greek Pepperoni	101	230	10	4.5	0	20	700	21	2	3	1	7	0	10	15	4
Hawaiian	101	210	7	3.5	0	20	590	27	<1	6	0	11	0	10	10	4
Herb Chicken Mediterranean	91	220	8	3	0	20	480	26	2	2	1	7	0	8	10	4
Indian Paneer	87	170	6	2.5	0	10	370	23	1	2	1	4	0	8	10	0
Murphy's Combo	111	230	10	4	0	20	680	25	2	3	1	7	0	8	15	4
Papa's Favourite	118	220	10	3.5	0	20	630	25	2	3	1	6	0	8	15	4
Pepperoni	88	210	9	4.5	0	20	580	24	<1	4	0	10	0	10	10	2
Rancher	98	200	7	3	0	20	530	24	1	3	1	6	0	8	10	4
Rustic Veggie	88	190	8	3	0	10	440	23	1	2	1	5	0	8	10	2
Smokin Aloha	98	190	4.5	2	0	15	520	27	<1	5	1	5	0	8	10	2
Taco Grande (Beef)	109	220	9	4	0	20	730	24	2	2	1	7	0	10	15	2
Taco Grande (Chicken)	113	210	7	3.5	0	20	690	25	2	2	1	8	0	10	15	4
Thai Chicken	101	210	6	3.5	0	20	520	29	0	6	5	11	0	10	8	4
Tuscan Chicken	98	340	17	8	0	45	870	24	1	2	1	18	0	35	10	4

Thin Crust Pizzas	Serving Size	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total	Dietary	Total	Added	Protein	Vitamin D	Calcium	Iron (%)	Potassium	
	(Unbaked)						Carbohy		Sugars							Sugars (%)
Family Size Thin Crust Pizzas - 1 Serving = 1 Slice = 1/12th of the Pizza	Calories	(g)	Fat (g)	(g)	(mg)	(mg)	drates	Fibre (g)	(g)	(g)	(g)	(% of DV)	(% of DV)	of DV)	(% of DV)	
All Meat	79	180	9	3.5	0	30	510	15	<1	2	0	10	0	8	8	4
Bacon Cheeseburger	78	130	5	2.5	0	15	400	16	0	3	0	6	0	6	6	0
Barbeque Chicken	75	130	4.5	2	0	15	270	17	0	3	0	7	0	6	6	4
Buffalo Chicken	118	200	7	2.5	0	15	880	29	<1	2	1	6	0	8	10	4
Butter Chicken	77	120	3	1.5	0	15	310	15	<1	<1	0	7	0	6	4	2
Cheese	59	130	5	3	0	15	310	14	0	1	0	7	0	8	6	0
Chicken Bacon Artichoke	71	150	7	3	0	20	350	15	<1	<1	0	0	0	10	6	2
Chicken Bacon Ranch	73	150	8	3.5	0	20	320	15	0	<1	0	10	0	15	6	2
Chicken Pesto	70	160	8	3.5	0	20	340	14	0	<1	0	9	0	15	0	2
Cowboy	82	180	9	4.5	0	20	490	16	<1	1	0	10	0	15	10	2
Chicken Garlic	69	130	6	3	0	20	310	14	0	<1	0	9	0	10	6	2
Classic Italian	71	160	9	4	0	20	410	15	0	<1	0	9	0	10	6	0
Donair	69	150	7	3.5	0	20	350	14	0	1	0	9	0	10	6	0
Double Bacon Cheddar	72	170	9	4.5	0	30	350	14	0	<1	0	10	0	8	4	2
Garden Veggie	83	140	6	3.5	0	15	370	15	<1	2	0	8	0	10	10	2
Gourmet Vegetarian	80	130	5	2	0	10	230	15	<1	<1	0	6	0	8	6	2
Greek Pepperoni	77	170	9	4.5	0	20	500	15	<1	1	0	9	0	10	10	2
Hawaiian	77	150	6	3	0	20	390	17	0	3	0	10	0	10	6	4
Herb Chicken Mediterranean	69	160	7	3	0	15	300	17	2	1	0	9	0	8	6	2
Indian Paneer	65	110	5	2	0	10	190	15	<1	1	0	6	0	8	6	0
Murphy's Combo	86	180	9	3.5	0	20	500	16	<1	2	0	9	0	8	10	4
Papa's Favourite	91	160	8	3.5	0	20	450	16	<1	2	0	8	0	8	10	2

Pepperoni	65	160	8	4	0	20	390	14	0	1	0	9	0	10	6	2
Rancher	73	140	6	2.5	0	20	340	15	<1	1	0	8	0	6	6	4
Rustic Veggie	66	140	6	2.5	0	10	270	14	<1	<1	0	6	0	8	6	6
Smokin Aloha	76	130	3.5	1.5	0	10	340	18	0	4	0	7	0	6	6	2
Taco Grande (Beef)	89	170	8	4	0	20	570	16	<1	1	0	9	0	8	15	0
Taco Grande (Chicken)	71	130	4.5	2.5	0	15	380	15	<1	<1	0	7	0	6	10	2
Thai Chicken	75	150	5	3	0	20	400	18	0	5	4	9	0	8	4	2
Tuscan Chicken	74	280	15	8	0	45	690	16	0	<1	0	19	0	35	6	4
Veggie Delite	64	140	7	3.5	0	15	300	13	0	<1	0	7	0	10	4	0

Large Size Thin Crust Pizzas - 1 Serving = 1 Slice = 1/8th of the Pizza

All Meat	86	190	9	4	0	30	530	17	<1	2	0	11	0	8	8	4
Bacon Cheeseburger	84	140	5	2.5	0	15	450	17	0	3	0	6	0	6	6	0
Barbeque Chicken	81	140	4.5	2	0	15	290	18	0	3	0	8	0	8	6	4
Buffalo Chicken	73	110	4.5	2	0	15	530	14	0	<1	0	7	0	6	4	2
Butter Chicken	85	130	3.5	2	0	15	350	16	<1	<1	0	7	0	6	6	2
Cheese	65	140	5	3.5	0	15	340	15	<1	1	0	8	0	10	6	2
Chicken Bacon Artichoke	76	150	7	3	0	20	350	16	<1	<1	0	9	0	10	6	4
Chicken Bacon Ranch	77	150	8	3.5	0	20	310	16	0	<1	0	9	0	10	6	2
Chicken Pesto	76	170	8	3	0	20	350	16	0	<1	0	9	0	15	6	2
Cowboy	89	190	9	4	0	20	500	17	<1	2	0	9	0	10	10	4
Chicken Garlic	75	140	6	3	0	20	310	16	0	<1	0	9	0	10	6	4
Classic Italian	76	160	9	3.5	0	20	410	16	0	<1	0	9	0	10	6	0
Donair	74	160	7	4	0	20	370	15	0	1	0	9	0	10	5	0
Double Bacon Cheddar	78	190	10	5	0	30	380	15	0	<1	0	11	0	8	6	2
Garden Veggie	90	150	7	3.5	0	15	400	17	<1	2	0	8	0	10	10	4
Gourmet Vegetarian	83	130	6	2	0	10	240	16	<1	<1	0	6	0	8	6	2
Greek Pepperoni	83	180	9	4.5	0	20	530	16	<1	2	0	10	0	10	10	4
Hawaiian	83	160	6	3.5	0	20	420	18	<1	3	0	10	0	10	6	4
Herb Chicken Mediterranean	73	170	7	3	0	20	320	18	1	1	0	9	0	8	8	2
Indian Paneer	69	120	5	2.5	0	10	200	16	<1	1	0	6	0	8	6	0
Murphy's Combo	93	190	9	4	0	20	510	17	<1	2	0	9	0	8	10	4
Papa's Favourite	109	200	9	3.5	0	20	510	22	1	2	0	9	0	8	15	4
Pepperoni	70	160	8	4	0	20	410	15	<1	1	0	9	0	10	6	2

Pan Pizza

Serving Size
(Unbaked)

Calories Total Fat (g) Saturated Fat (g) Trans Fat (g) Cholesterol (mg) Sodium (mg) Total Carbohydrates (g) Dietary Fibre (g) Total Sugars (g) Added Sugars (g) Protein (g) Vitamin D (% of DV) Calcium (% of DV) Iron (% of DV) Potassium (% of DV)

Large Pan Crust Pizzas - 1 Serving = 1 Slice = 1/8th of the Pizza

All Meat	172	450	23	7	0	40	1160	43	2	4	1	13	0	10	20	6
Bacon Cheeseburger	170	380	17	5	0	20	1000	44	2	6	1	6	0	10	20	4
Barbeque Chicken	166	380	16	4.5	0	20	790	45	1	6	1	8	0	10	20	6
Buffalo Chicken	163	340	16	4	0	20	1180	42	1	3	1	7	0	10	15	4
Butter Chicken	169	360	14	4	0	20	860	43	2	3	1	7	0	10	15	4
Cheese	138	330	13	3.5	0	10	680	42	2	4	1	5	0	10	20	4
Chicken Bacon Artichoke	160	400	20	6	0	30	920	43	2	3	1	11	0	15	20	0
Chicken Bacon Ranch	162	410	21	7	0	35	900	42	2	3	1	12	0	20	20	6
Chicken Pesto	159	420	21	6	0	30	910	42	2	3	1	11	0	20	20	6
Cowboy	176	450	23	8	0	30	1130	44	3	4	1	12	0	20	30	6
Chicken Garlic	157	390	18	6	0	30	870	44	<1	6	0	17	0	20	15	4
Classic Italian	160	420	22	7	0	30	1010	42	2	3	1	11	0	20	20	4
Donair	157	410	20	7	0	30	930	43	<1	7	0	16	0	15	15	2
Double Bacon Cheddar	161	440	22	8	0	40	910	41	1	3	1	13	0	10	15	4
Garden Veggie	177	400	19	7	0	20	960	45	1	8	0	15	0	15	25	4
Gourmet Vegetarian	172	370	17	4.5	0	15	740	43	2	3	1	6	0	10	20	4
Greek Pepperoni	169	440	22	8	0	30	1160	45	1	7	0	16	0	15	25	4
Hawaiian	168	410	18	6	0	30	990	47	<1	10	0	18	0	15	15	4
Herb Chicken Mediterranean	156	420	19	6	0	25	840	46	3	4	1	10	0	15	20	6
Indian Paneer	151	350	17	4.5	0	15	670	42	2	3	1	6	0	15	20	4
Murphy's Combo	181	440	23	7	0	30	1130	43	3	4	1	10	0	10	30	6
Papa's Favourite	190	430	22	6	0	30	1060	44	3	4	1	9	0	10	30	6
Pepperoni	147	370	17	5	0	20	810	42	2	4	1	6	0	10	20	4
Rancher	163	390	18	5	0	25	900	43	2	4	1	9	0	10	20	6
Rustic Veggie	152	390	19	5	0	15	790	42	2	3	1	7	0	10	20	4
Smokin Aloha	168	380	14	4	0	20	910	48	1	8	1	8	0	10	20	4
Taco Grande (Beef)	187	440	21	8	0	35	1260	46	2	7	0	16	0	15	25	2
Taco Grande (Chicken)	188	420	18	6	0	30	1160	46	2	7	0	16	0	15	25	6
Thai Chicken	166	420	17	6	0	30	1010	50	<1	13	7	16	0	15	15	4
Tuscan Chicken	185	600	32	14	0.5	65	1430	44	2	3	1	27	0	50	20	6

Stuffed Pizzas

Serving Size (Unbaked)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibre (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (% of DV)	Calcium (% of DV)	Iron (% of DV)	Potassium (% of DV)
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Family Size Stuffed Pizzas - 1 Serving = 1 Slice = 1/16th of the Pizza

Family Size Stuffed Pizzas

5-Meat	141	320	11	4.5	0	30	870	39	<1	6	0	15	0	10	15	4
Chicago Style	146	340	13	5	0	30	920	40	<1	6	0	15	0	10	15	4
Chicken & Bacon	146	300	10	3.5	0	30	740	39	0	5	0	14	0	10	15	4

Large Stuffed Pizzas - 1 Serving = 1 Slice = 1/12th of the Pizza

Large Stuffed Pizzas

5-Meat	135	300	10	4	0	25	800	38	<1	6	0	14	0	10	15	4
Chicago Style	142	320	12	5	0	30	880	39	<1	6	0	14	0	10	15	4
Chicken & Bacon	141	290	10	3.5	0	25	710	38	0	5	0	14	0	10	15	4

Cauliflower Crust

Serving Size
(Unbaked)

Calories

Total Fat (g)

Saturated Fat
(g)

Trans Fat (g)

Cholesterol
(mg)

Sodium (mg)

Total
Carbohydrates
(g)

Dietary Fibre
(g)

Total Sugars
(g)

Added Sugars
(g)

Protein (g)

Vitamin D (%
of DV)

Calcium (% of
DV)

Iron (% of DV)

Potassium (%
of DV)

Cauliflower Crust Pizzas - 1 Serving = 1 Slice = 1/8th of the Pizza

	58	120	7	3	0	20	350	9	<1	1	0	7	0	6	4	2
All Meat	58	120	7	3	0	20	350	9	<1	1	0	7	0	6	4	2
Bacon Cheeseburger	61	100	4.5	2.5	0	15	340	10	0	2	0	4	0	6	0	0
Barbeque Chicken	56	90	4	2	0	15	200	10	0	3	0	5	0	6	0	2
Buffalo Chicken	54	70	4	2	0	15	400	8	0	<1	0	5	0	6	0	0
Butter Chicken	59	80	3	1.5	0	15	250	9	<1	<1	0	5	0	6	0	0
Cheese	43	90	4.5	2.5	0	15	230	8	<1	1	0	5	0	8	0	0
Chicken Bacon Artichoke	57	120	7	3.5	0	20	310	10	<1	<1	0	8	0	10	0	2
Chicken Bacon Ranch	52	100	6	3	0	20	230	8	0	<1	0	6	0	10	0	2
Chicken Pesto	50	100	5	2.5	0	15	220	8	0	<1	0	6	0	10	0	2
Cowboy	60	120	7	3	0	15	330	9	<1	1	0	6	0	10	6	2
Chicken Garlic	51	100	6	3	0	20	250	8	0	<1	0	7	0	10	0	2
Classic Italian	51	110	7	3.5	0	20	310	8	0	<1	0	7	0	10	2	0
Donair	51	100	6	3.5	0	20	260	8	0	<1	0	6	0	8	0	0
Double Bacon Cheddar	52	120	7	4	0	25	250	8	0	<1	0	7	0	6	0	0
Garden Veggie	64	100	5	3	0	15	280	9	<1	2	0	5	0	8	6	2
Gourmet Vegetarian	58	90	4.5	2	0	10	170	9	<1	<1	0	4	0	8	2	0
Greek Pepperoni	56	120	7	4	0	20	370	9	<1	1	0	6	0	8	6	2
Hawaiian	58	110	4.5	3	0	20	300	10	<1	2	0	7	0	8	0	2
Herb Chicken Mediterranean	50	110	6	2.5	0	15	230	10	1	1	0	0	0	8	2	0
Indian Paneer	48	80	4	2	0	10	140	8	<1	1	0	4	0	8	0	0
Murphy's Combo	63	120	7	3	0	15	340	9	<1	2	0	6	0	8	6	2
Papa's Favourite	68	110	6	3	0	15	320	9	<1	2	0	5	0	8	6	2
Pepperoni	46	100	6	3.5	0	15	270	8	<1	1	0	6	0	8	0	0
Rancher	54	100	5	2.5	0	15	250	9	<1	1	0	5	0	6	2	2
Rustic Veggie	53	100	6	3	0	15	230	8	<1	<1	0	5	0	8	2	0
Smokin Aloha	71	110	4	2.5	0	15	330	13	0	4	0	6	0	8	0	2
Taco Grande (Beef)	62	110	6	3	0	15	390	9	<1	1	0	6	0	8	6	0
Taco Grande (Chicken)	65	110	5	3	0	15	370	9	<1	1	0	6	0	8	6	2
Thai Chicken	56	110	4.5	3	0	20	300	11	0	4	3	6	0	8	0	0
Tuscan Chicken	64	200	12	7	0	35	510	9	0	<1	0	14	0	25	2	2

Crustless Pizzas

Serving Size
(Unbaked)

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibre (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (% of DV)	Calcium (% of DV)	Iron (% of DV)	Potassium (% of DV)
Crustless - 1 Serving = 1 Slice = 1/8th of the Pizza															
All Meat	40	80	6	2.5	0	20	280	2	0	<1	0	6	0	6	2
Bacon Cheeseburger	42	60	3.5	2	0	10	260	3	0	2	0	3	0	4	0
Barbeque Chicken	37	50	3	1.5	0	10	130	3	0	2	0	4	0	4	0
Buffalo Chicken	35	30	3	1.5	0	10	320	1	0	0	0	3	0	4	0
Butter Chicken	40	45	2	1	0	10	170	2	0	0	0	3	0	4	0
Cheese	25	50	3.5	2	0	10	160	1	0	<1	0	4	0	6	0
Chicken Bacon Artichoke	33	70	6	2.5	0	15	210	2	0	0	0	6	0	10	0
Chicken Bacon Ranch	34	60	4.5	2	0	15	160	1	0	0	0	5	0	8	0
Chicken Pesto	31	60	4	2	0	15	150	1	0	0	0	5	0	8	0
Cowboy	42	80	6	2.5	0	15	260	2	<1	1	0	5	0	8	6
Chicken Garlic	33	60	4.5	2.5	0	15	190	2	0	0	0	6	0	10	0
Classic Italian	33	80	6	3	0	15	240	2	0	0	0	6	0	10	0
Donair	33	70	5	3	0	15	200	<1	0	<1	0	5	0	6	0
Double Bacon Cheddar	33	80	6	3.5	0	20	180	<1	0	0	0	6	0	6	0
Garden Veggie	46	60	4	2.5	0	10	210	2	<1	1	0	4	0	6	4
Gourmet Vegetarian	40	50	3.5	1.5	0	5	105	2	<1	0	0	3	0	6	0
Greek Pepperoni	38	80	6	3	0	15	310	2	<1	<1	0	5	0	6	6
Hawaiian	39	70	4	2.5	0	15	230	3	0	2	0	6	0	6	0
Herb Chicken Mediterranean	31	70	4.5	2	0	10	150	3	<1	<1	0	5	0	6	0
Indian Paneer	30	40	3.5	1.5	0	10	70	2	0	<1	0	3	0	6	0
Murphy's Combo	44	80	6	2.5	0	15	260	2	<1	1	0	4	0	6	6
Papa's Favourite	49	70	5	2.5	0	15	250	2	<1	1	0	4	0	6	6
Pepperoni	28	60	4.5	2.5	0	15	200	1	0	<1	0	5	0	6	0
Rancher	47	70	5	2.5	0	15	220	2	0	1	0	5	0	8	2
Rustic Veggie	40	70	6	2.5	0	10	170	2	0	0	0	4	0	8	0
Smokin Aloha	52	70	3	1.5	0	15	260	6	0	4	0	5	0	6	0
Taco Grande (Beef)	43	70	4.5	2.5	0	15	310	2	<1	<1	0	4	0	6	6
Taco Grande (Chicken)	47	70	4	2	0	15	300	2	<1	<1	0	5	0	6	6
Thai Chicken	38	70	3.5	2	0	15	230	5	0	3	3	5	0	6	0
Tuscan Chicken	35	160	11	6	0	30	430	2	0	0	0	13	0	25	0

Sides	Serving Size (Unbaked)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibre (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (% of DV)	Calcium (% of DV)	Iron (% of DV)	Potassium (% of DV)
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1 Serving = 2 Slices = 1/8th of the Cheesy Bread (Does Not Include the Marinara Dipping Sauce)

Cheesy Bread (without Sauce)	82	250	10	4	0	10	710	32	0	4	0	7	0	6	15	0
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1 Serving = 1/10th of the Bread (Does Not Include the Marinara Dipping Sauce)

Thick n Cheesy Bread (without Sauce)	48	130	4.5	1.5	0	<5	340	17	<1	1	0	1	0	4	8	0
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1 Serving = 1/2 ounce = 1/8th of the cup of Marinara Dipping Sauce

Marinara Sauce Cup for Cheesy Bread	14	11	4	0.4	0.1	0	0	62	1.8	0.1	1.4	0.2	2	5	0	1
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1 Serving = 1/2 of the Salad (Does Not Include Salad Dressing or Croutons)

Tossed Salad	93	40	0.5	0	0	0	70	8	2	2	0	1	0	2	4	4
Garden Salad	171	70	4.5	1.5	0	5	190	6	3	2	0	3	0	6	15	8
Caesar Salad	92	280	18	12	0.5	60	850	5	2	1	0	26	0	60	6	6
Chicken Caesar Salad	135	330	19	12	0.5	80	980	6	2	1	0	34	0	60	8	15
Club Salad	152	100	5	2	0	25	330	5	2	1	0	10	0	6	6	8

1 Serving Mini Murph Individual Pizzas

Cheese	198	390	10	4.5	0	20	940	59	1	10	0	16	0	20	20	4
Pepperoni	214	470	17	7	0	35	1170	60	1	10	0	19	0	20	25	6

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.