



NUTRITIONAL GUIDE

DESCRIPTION	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
8 IN PIZZA-PLAIN	680.0	170.0	24.0	15.0	0.0	55.0	940.0	76.0	< 1 g	6.0	35.0
8 IN PIZZA - TOPPINGS											
SAUSAGE	130.0	80.0	78.0	3.5	0.0	40.0	370.0	1.0	< 1 g	0.0	12.0
PEPPERONI-DICED	190.0	150.0	17.0	7.0	0.0	35.0	2410.0	1.0	0.0	0.0	6.0
SLICED SMOKED HAM	45.0	15.0	2.0	1.0	0.0	25.0	370.0	< 1 g	0.0	< 1 g	7.0
SLICED FRESH MUSHROOMS	15.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0	< 1 g	1.0	2.0
ONIONS-SLICED	10.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0	0.0	1.0	0.0
RED & GREEN PEPPERS	0.0	0.0	0.0	0.0	0.0	0.0	0.0	< 1 g	0.0	< 1 g	0.0
ITALIAN SAUSAGE	160.0	100.0	95.0	4.0	0.0	50.0	600.0	1.0	< 1 g	0.0	14.0
HAMBURGER	120.0	70.0	8.0	3.0	0.0	35.0	280.0	< 1 g	0.0	0.0	11.0
GREEN OLIVES	40.0	30.0	3.0	0.0	0.0	0.0	490.0	0.0	0.0	0.0	0.0
BLACK OLIVES	40.0	35.0	4.0	0.0	0.0	0.0	210.0	2.0	0.0	0.0	0.0
TOMATO, 5 X 6	15.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0	< 1 g	2.0	< 1 g
BACON PIECES	200.0	130.0	13.0	7.0	0.0	65.0	690.0	0.0	0.0	0.0	13.0
DOLE CRUSHED PINEAPPLE	15.0	0.0	0.0	0.0	0.0	0.0	0.0	4.0	0.0	4.0	0.0
ANCHOVIE FILETS	25.0	10.0	1.5	0.0	0.0	15.0	750.0	0.0	0.0	0.0	4.0
DICED CHICKEN	70.0	15.0	1.5	0.0	0.0	35.0	190.0	< 1 g	0.0	0.0	13.0
HOT BANANA PEPPERS	0.0	0.0	0.0	0.0	0.0	0.0	150.0	0.0	0.0	0.0	0.0
SLICED JALAPENO PEPPERS	0.0	0.0	0.0	0.0	0.0	0.0	350.0	< 1 g	2.0	2.0	< 1 g
ROYAL FEAST MIX	110.0	80.0	9.0	3.5	0.0	20.0	1250.0	2.0	< 1 g	< 1 g	4.0
CHEESE, PIZZA	280.0	170.0	19.0	14.0	0.0	55.0	690.0	3.0	0.0	3.0	19.0
8 IN BAR B-Q	160.0	0.0	0.0	0.0	0.0	0.0	920.0	40.0	0.0	39.0	0.0
8 IN RANCH SAUCE	120.0	130.0	14.0	2.0	0.0	15.0	350.0	0.0	0.0	0.0	0.0
8 IN SRIRACHA RANCH SAUCE	120.0	130.0	14.0	2.0	0.0	15.0	350.0	0.0	0.0	0.0	0.0
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
8 IN ROYAL FEAST	930.0	330.0	111.0	22.0	0.0	115.0	2550.0	82.0	2.0	8.0	52.0
8 IN ROYAL FEAST - ITALIAN SAUSAGE	960.0	350.0	127.0	23.0	0.0	120.0	2790.0	82.0	3.0	8.0	53.0
8 IN ROYAL FEAST - HAMBURGER	920.0	320.0	40.0	22.0	0.0	110.0	2460.0	81.0	2.0	8.0	51.0
8 IN VEGGI FEAST	760.0	210.0	28.0	15.0	0.0	55.0	1150.0	85.0	3.0	10.0	37.0
8 IN PEPPERONI FEAST	1050.0	460.0	56.0	28.0	0.0	120.0	5560.0	78.0	< 1 g	6.0	45.0
8 IN MEAT FEAST	1060.0	420.0	85.0	26.0	0.0	160.0	3400.0	78.0	1.0	6.0	60.0
8 IN HAWIIAN	890.0	190.0	26.0	16.0	0.0	80.0	2220.0	120.0	0.0	48.0	40.0
8 IN CHICKEN RANCH FEAST	910.0	320.0	40.0	17.0	0.0	105.0	1630.0	84.0	2.0	10.0	52.0

The calorie values provided are based on standard company recipes and portion size. Menu items are hand-prepared and calorie values may vary from stated amount as it is an average. FDA recommends 2000 calories daily diet.



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DESCRIPTION	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
10 IN PIZZA-PLAIN	970.0	220.0	31.0	19.0	0.0	70.0	1270.0	115.0	1.0	8.0	48.0
10 IN PIZZA - TOPPINGS											
SAUSAGE	200.0	120.0	117.0	5.0	0.0	60.0	550.0	2.0	< 1 g	< 1 g	18.0
PEPPERONI-DICED	240.0	190.0	21.0	9.0	0.0	45.0	3040.0	2.0	0.0	0.0	7.0
SLICED SMOKED HAM	80.0	25.0	3.0	1.5	0.0	40.0	610.0	1.0	0.0	1.0	11.0
SLICED FRESH MUSHROOMS	10.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.0	< 1 g	1.0
ONIONS-SLICED	20.0	0.0	0.0	0.0	0.0	0.0	0.0	4.0	< 1 g	2.0	< 1 g
RED & GREEN PEPPERS	5.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	< 1 g	1.0	< 1 g
ITALIAN SAUSAGE	240.0	140.0	141.0	6.0	0.0	70.0	890.0	2.0	1.0	< 1 g	21.0
HAMBURGER	180.0	100.0	11.0	4.5	0.0	55.0	410.0	< 1 g	0.0	0.0	17.0
GREEN OLIVES	110.0	90.0	9.0	0.0	0.0	0.0	1330.0	0.0	0.0	0.0	0.0
BLACK OLIVES	110.0	90.0	11.0	0.0	0.0	0.0	560.0	5.0	0.0	0.0	0.0
TOMATO, 5 X 6	20.0	0.0	0.0	0.0	0.0	0.0	5.0	5.0	1.0	3.0	1.0
BACON PIECES	190.0	120.0	12.0	6.0	0.0	60.0	650.0	0.0	0.0	0.0	12.0
DOLE CRUSHED PINEAPPLE	25.0	0.0	0.0	0.0	0.0	0.0	0.0	6.0	0.0	6.0	0.0
ANCHOVIE FILETS	40.0	15.0	2.5	0.0	0.0	25.0	1250.0	0.0	0.0	0.0	7.0
DICED CHICKEN	70.0	15.0	1.5	0.0	0.0	35.0	190.0	< 1 g	0.0	0.0	13.0
HOT BANANA PEPPERS	0.0	0.0	0.0	0.0	0.0	0.0	200.0	0.0	0.0	0.0	0.0
SLICED JALAPENO PEPPERS	5.0	0.0	0.0	0.0	0.0	0.0	650.0	1.0	3.0	4.0	1.0
ROYAL FEAST MIX	210.0	160.0	17.0	7.0	0.0	35.0	2400.0	5.0	1.0	2.0	8.0
CHEESE, PIZZA	350.0	210.0	25.0	18.0	0.0	70.0	880.0	4.0	0.0	4.0	25.0
10 IN BAR B-Q	160.0	0.0	0.0	0.0	0.0	0.0	1040.0	43.0	0.0	42.0	0.0
10 IN RANCH SAUCE	200.0	220.0	24.0	3.5	0.0	25.0	570.0	0.0	0.0	0.0	0.0
10 IN SRIRACHA RANCH SAUCE	200.0	220.0	24.0	3.5	0.0	25.0	580.0	0.0	0.0	0.0	0.0
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
10 IN ROYAL FEAST	1400.0	490.0	165.0	31.0	0.0	165.0	4220.0	125.0	4.0	13.0	75.0
10 IN ROYAL FEAST - ITALIAN SAUSAGE	1430.0	520.0	189.0	32.0	0.0	175.0	4570.0	126.0	4.0	13.0	78.0
10 IN ROYAL FEAST - HAMBURGER	1370.0	480.0	60.0	31.0	0.0	160.0	4080.0	125.0	4.0	12.0	74.0
10 IN VEGGI FEAST	1130.0	310.0	43.0	19.0	0.0	70.0	1840.0	131.0	4.0	15.0	51.0
10 IN PEPPERONI FEAST	1580.0	700.0	84.0	41.0	0.0	180.0	8930.0	120.0	1.0	8.0	66.0
10 IN MEAT FEAST	1410.0	500.0	114.0	32.0	0.0	200.0	3900.0	118.0	2.0	9.0	81.0
10 IN HAWIIAN	1230.0	240.0	35.0	20.0	0.0	110.0	2920.0	165.0	< 1 g	58.0	57.0
10 IN CHICKEN RANCH FEAST	1290.0	450.0	57.0	23.0	0.0	130.0	2270.0	125.0	3.0	14.0	64.0

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DESCRIPTION	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
12 IN PIZZA-PLAIN	1390.0	330.0	47.0	29.0	0.0	105.0	1930.0	161.0	2.0	12.0	70.0
12 IN PIZZA - TOPPINGS											
SAUSAGE	310.0	180.0	179.0	8.0	0.0	90.0	840.0	3.0	1.0	1.0	28.0
PEPPERONI-DICED	430.0	340.0	37.0	15.0	0.0	75.0	5300.0	3.0	0.0	0.0	12.0
SLICED SMOKED HAM	110.0	35.0	4.5	2.0	0.0	55.0	860.0	2.0	0.0	2.0	16.0
SLICED FRESH MUSHROOMS	15.0	0.0	0.0	0.0	0.0	0.0	0.0	2.0	< 1 g	1.0	2.0
ONIONS-SLICED	20.0	0.0	0.0	0.0	0.0	0.0	0.0	5.0	< 1 g	3.0	< 1 g
RED & GREEN PEPPERS	10.0	0.0	0.0	0.0	0.0	0.0	0.0	2.0	< 1 g	2.0	< 1 g
ITALIAN SAUSAGE	360.0	220.0	216.0	9.0	0.0	110.0	1370.0	3.0	2.0	< 1 g	32.0
HAMBURGER	270.0	160.0	17.0	7.0	0.0	85.0	630.0	1.0	< 1 g	0.0	26.0
GREEN OLIVES	140.0	120.0	12.0	0.0	0.0	0.0	1800.0	0.0	0.0	0.0	0.0
BLACK OLIVES	150.0	120.0	15.0	0.0	0.0	0.0	770.0	6.0	0.0	0.0	0.0
TOMATO, 5 X 6	30.0	0.0	0.0	0.0	0.0	0.0	10.0	7.0	2.0	5.0	2.0
BACON PIECES	300.0	200.0	20.0	10.0	0.0	100.0	1050.0	0.0	0.0	0.0	20.0
DOLE CRUSHED PINEAPPLE	35.0	0.0	0.0	0.0	0.0	0.0	0.0	8.0	< 1 g	8.0	< 1 g
ANCHOVIE FILETS	60.0	25.0	3.5	0.0	0.0	35.0	1750.0	0.0	0.0	0.0	9.0
DICED CHICKEN	110.0	20.0	2.0	0.0	0.0	55.0	290.0	< 1 g	0.0	0.0	20.0
HOT BANANA PEPPERS	0.0	0.0	0.0	0.0	0.0	0.0	330.0	< 1 g	0.0	0.0	0.0
SLICED JALAPENO PEPPERS	10.0	0.0	0.0	0.0	0.0	0.0	1010.0	2.0	5.0	7.0	2.0
ROYAL FEAST MIX	320.0	230.0	25.0	10.0	0.0	50.0	3570.0	7.0	2.0	3.0	12.0
CHEESE, PIZZA	530.0	320.0	37.0	27.0	0.0	105.0	1330.0	6.0	0.0	5.0	37.0
12 IN BAR B-Q	270.0	0.0	0.0	0.0	0.0	0.0	1690.0	69.0	0.0	68.0	0.0
12 IN RANCH SAUCE	320.0	350.0	38.0	6.0	0.0	40.0	920.0	0.0	0.0	0.0	0.0
12 IN SRIRACHA RANCH SAUCE	320.0	350.0	38.0	6.0	0.0	40.0	920.0	0.0	0.0	0.0	0.0

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
12 IN ROYAL FEAST	2030.0	740.0	250.0	47.0	0.0	250.0	6330.0	175.0	6.0	19.0	111.0
12 IN ROYAL FEAST - ITALIAN SAUSAGE	2090.0	780.0	288.0	48.0	0.0	270.0	6860.0	176.0	7.0	19.0	115.0
12 IN ROYAL FEAST - HAMBURGER	1990.0	720.0	89.0	46.0	0.0	245.0	6120.0	174.0	5.0	18.0	109.0
12 IN VEGGI FEAST	1610.0	460.0	62.0	29.0	0.0	105.0	2700.0	182.0	7.0	22.0	75.0
12 IN PEPPERONI FEAST	2360.0	1100.0	130.0	64.0	0.0	280.0	14070.0	168.0	2.0	12.0	98.0
12 IN MEAT FEAST	2090.0	780.0	175.0	50.0	0.0	310.0	6270.0	165.0	3.0	14.0	121.0
12 IN HAWIIAN	1760.0	350.0	50.0	30.0	0.0	145.0	4230.0	240.0	< 1 g	90.0	78.0
12 IN CHICKEN RANCH FEAST	1880.0	700.0	87.0	35.0	0.0	200.0	3510.0	174.0	4.0	21.0	94.0

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DESCRIPTION	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
14 IN PIZZA-PLAIN	1930.0	440.0	63.0	38.0	0.0	140.0	2540.0	230.0	3.0	16.0	96.0
14 IN PIZZA - TOPPING											
SAUSAGE	400.0	240.0	233.0	10.0	0.0	120.0	1090.0	4.0	2.0	1.0	37.0
PEPPERONI-DICED	490.0	380.0	42.0	17.0	0.0	85.0	6070.0	3.0	0.0	0.0	14.0
SLICED SMOKED HAM	150.0	50.0	6.0	2.5	0.0	75.0	1230.0	3.0	0.0	3.0	23.0
SLICED FRESH MUSHROOMS	20.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0	< 1 g	1.0	3.0
ONIONS-SLICED	35.0	0.0	0.0	0.0	0.0	0.0	0.0	8.0	1.0	4.0	1.0
RED & GREEN PEPPERS	10.0	0.0	0.0	0.0	0.0	0.0	0.0	2.0	1.0	2.0	1.0
ITALIAN SAUSAGE	470.0	290.0	282.0	12.0	0.0	145.0	1790.0	4.0	2.0	1.0	42.0
HAMBURGER	350.0	210.0	23.0	9.0	0.0	110.0	820.0	2.0	< 1 g	< 1 g	34.0
GREEN OLIVES	210.0	180.0	18.0	0.0	0.0	0.0	2660.0	0.0	0.0	0.0	0.0
BLACK OLIVES	230.0	180.0	23.0	0.0	0.0	0.0	1130.0	9.0	0.0	0.0	0.0
TOMATO, 5 X 6	40.0	0.0	0.0	0.0	0.0	0.0	10.0	9.0	3.0	6.0	2.0
DOLE CRUSHED PINEAPPLE	50.0	0.0	0.0	0.0	0.0	0.0	0.0	12.0	< 1 g	12.0	< 1 g
BACON PIECES	370.0	250.0	25.0	12.0	0.0	125.0	1300.0	0.0	0.0	0.0	25.0
ANCHOVIE FILETS	80.0	35.0	5.0	0.0	0.0	50.0	2500.0	0.0	0.0	0.0	13.0
DICED CHICKEN	140.0	30.0	3.0	0.5	0.0	70.0	380.0	1.0	0.0	0.0	26.0
HOT BANANA PEPPERS	0.0	0.0	0.0	0.0	0.0	0.0	410.0	< 1 g	0.0	0.0	0.0
SLICED JALAPENO PEPPERS	15.0	0.0	0.0	0.0	0.0	0.0	1300.0	3.0	6.0	9.0	3.0
ROYAL FEAST MIX	430.0	310.0	34.0	14.0	0.0	70.0	4800.0	9.0	2.0	4.0	16.0
CHEESE, PIZZA	710.0	420.0	49.0	35.0	0.0	140.0	1760.0	7.0	0.0	7.0	49.0
14 IN BAR B-Q	330.0	0.0	0.0	0.0	0.0	0.0	2080.0	85.0	0.0	84.0	0.0
14 IN RANCH SAUCE	390.0	430.0	47.0	7.0	0.0	50.0	1140.0	0.0	0.0	0.0	0.0
14 IN SRIRACHA RANCH SAUCE	390.0	430.0	47.0	7.0	0.0	50.0	1150.0	0.0	0.0	0.0	0.0
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
14 IN ROYAL FEAST	2790.0	980.0	330.0	62.0	0.0	330.0	8430.0	251.0	8.0	25.0	150.0
14 IN ROYAL FEAST - ITALIAN SAUSAGE	2870.0	1040.0	379.0	64.0	0.0	355.0	9130.0	252.0	9.0	25.0	155.0
14 IN ROYAL FEAST - HAMBURGER	2740.0	950.0	119.0	61.0	0.0	320.0	8160.0	249.0	7.0	24.0	147.0
14 IN VEGGI FEAST	2260.0	630.0	86.0	39.0	0.0	140.0	3690.0	261.0	9.0	30.0	103.0
14 IN PEPPERONI FEAST	3150.0	1400.0	168.0	82.0	0.0	360.0	17720.0	239.0	3.0	16.0	131.0
14 IN MEAT FEAST	2810.0	1000.0	227.0	64.0	0.0	400.0	7800.0	236.0	4.0	18.0	162.0
14 IN HAWIIAN	2460.0	490.0	69.0	41.0	0.0	215.0	5850.0	331.0	1.0	115.0	114.0
14 IN CHICKEN RANCH FEAST	2570.0	910.0	114.0	46.0	0.0	260.0	4540.0	250.0	6.0	28.0	128.0

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16 IN PIZZA-PLAIN	2490.0	550.0	80.0	48.0	0.0	180.0	3230.0	302.0	4.0	21.0	123.0
16 IN PIZZA - TOPPINGS											
SAUSAGE	500.0	300.0	293.0	13.0	0.0	150.0	1370.0	5.0	2.0	2.0	46.0
PEPPERONI-DICED	670.0	530.0	57.0	24.0	0.0	120.0	8340.0	5.0	0.0	0.0	19.0
SLICED SMOKED HAM	180.0	60.0	8.0	3.0	0.0	90.0	1470.0	3.0	0.0	3.0	27.0
SLICED FRESH MUSHROOMS	20.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0	< 1 g	1.0	3.0
ONIONS-SLICED	45.0	0.0	0.0	0.0	0.0	0.0	0.0	10.0	1.0	5.0	1.0
RED & GREEN PEPPERS	15.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0	1.0	3.0	1.0
ITALIAN SAUSAGE	600.0	360.0	354.0	15.0	0.0	180.0	2250.0	5.0	3.0	2.0	52.0
HAMBURGER	440.0	260.0	28.0	11.0	0.0	140.0	1030.0	2.0	1.0	< 1 g	42.0
GREEN OLIVES	250.0	210.0	21.0	0.0	0.0	0.0	3130.0	0.0	0.0	0.0	0.0
BLACK OLIVES	270.0	210.0	27.0	0.0	0.0	0.0	1330.0	11.0	0.0	0.0	0.0
TOMATO, 5 X 6	50.0	0.0	0.5	0.0	0.0	0.0	15.0	11.0	4.0	8.0	3.0
DOLE CRUSHED PINEAPPLE	60.0	0.0	0.0	0.0	0.0	0.0	0.0	15.0	< 1 g	15.0	< 1 g
BACON PIECES	490.0	320.0	32.0	16.0	0.0	160.0	1700.0	0.0	0.0	0.0	32.0
ANCHOVIE FILETS	120.0	45.0	7.0	0.0	0.0	70.0	3500.0	0.0	0.0	0.0	19.0
DICED CHICKEN	180.0	35.0	3.5	0.5	0.0	90.0	470.0	1.0	0.0	0.0	33.0
HOT BANANA PEPPERS	5.0	0.0	0.0	0.0	0.0	0.0	530.0	1.0	0.0	0.0	0.0
SLICED JALAPENO PEPPERS	20.0	0.0	0.0	0.0	0.0	0.0	1660.0	4.0	8.0	11.0	4.0
ROYAL FEAST MIX	530.0	390.0	42.0	17.0	0.0	85.0	5970.0	11.0	3.0	5.0	20.0
CHEESE, PIZZA	890.0	530.0	62.0	44.0	0.0	175.0	2210.0	9.0	0.0	9.0	62.0
16 IN BAR B-Q	470.0	0.0	0.0	0.0	0.0	0.0	2920.0	122.0	0.0	119.0	0.0
16 IN RANCH SAUCE	510.0	560.0	62.0	10.0	0.0	65.0	1480.0	0.0	0.0	0.0	0.0
16 IN SRIRACHA RANCH SAUCE	510.0	560.0	62.0	10.0	0.0	65.0	1500.0	0.0	0.0	0.0	0.0
	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
16 IN ROYAL FEAST	3570.0	1230.0	415.0	78.0	0.0	410.0	10570.0	328.0	10.0	32.0	191.0
16 IN ROYAL FEAST - ITALIAN SAUSAGE	3660.0	1300.0	476.0	81.0	0.0	445.0	11440.0	329.0	11.0	32.0	197.0
16 IN ROYAL FEAST - HAMBURGER	3510.0	1200.0	150.0	77.0	0.0	405.0	10230.0	325.0	9.0	31.0	187.0
16 IN VEGGI FEAST	2890.0	770.0	107.0	49.0	0.0	180.0	4580.0	339.0	11.0	37.0	131.0
16 IN PEPPERONI FEAST	3960.0	1700.0	205.0	101.0	0.0	440.0	21450.0	312.0	4.0	21.0	165.0
16 IN MEAT FEAST	3640.0	1280.0	289.0	82.0	0.0	510.0	10190.0	309.0	6.0	23.0	207.0
16 IN HAWIIAN	710.0	60.0	8.0	3.0	0.0	90.0	4390.0	139.0	0.0	137.0	21.0
16 IN CHICKEN RANCH FEAST	3310.0	1160.0	146.0	59.0	0.0	330.0	5810.0	325.0	7.0	36.0	163.0

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DESCRIPTION	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
SMALL PAN PLAIN	1360.0	220.0	36.0	20.0	0.0	70.0	1360.0	186.0	1.0	8.0	62.0
SMALL PAN - TOPPING											
SAUSAGE	200.0	120.0	117.0	5.0	0.0	60.0	550.0	2.0	< 1 g	< 1 g	18.0
PEPPERONI-DICED	240.0	190.0	21.0	9.0	0.0	45.0	3040.0	2.0	0.0	0.0	7.0
SLICED SMOKED HAM	80.0	25.0	3.0	1.5	0.0	40.0	610.0	1.0	0.0	1.0	11.0
SLICED FRESH MUSHROOMS	10.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.0	< 1 g	1.0
ONIONS-SLICED	20.0	0.0	0.0	0.0	0.0	0.0	0.0	4.0	< 1 g	2.0	< 1 g
RED & GREEN PEPPERS	5.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	< 1 g	1.0	< 1 g
ITALIAN SAUSAGE	240.0	140.0	141.0	6.0	0.0	70.0	890.0	2.0	1.0	< 1 g	21.0
HAMBURGER	180.0	100.0	11.0	4.5	0.0	55.0	410.0	< 1 g	0.0	0.0	17.0
GREEN OLIVES	110.0	90.0	9.0	0.0	0.0	0.0	1330.0	0.0	0.0	0.0	0.0
BLACK OLIVES	110.0	90.0	11.0	0.0	0.0	0.0	560.0	5.0	0.0	0.0	0.0
TOMATO, 5 X 6	20.0	0.0	0.0	0.0	0.0	0.0	5.0	5.0	1.0	3.0	1.0
BACON PIECES	190.0	120.0	12.0	6.0	0.0	60.0	650.0	0.0	0.0	0.0	12.0
DOLE CRUSHED PINEAPPLE	25.0	0.0	0.0	0.0	0.0	0.0	0.0	6.0	0.0	6.0	0.0
ANCHOVIE FILETS	40.0	15.0	2.5	0.0	0.0	25.0	1250.0	0.0	0.0	0.0	7.0
DICED CHICKEN	70.0	15.0	1.5	0.0	0.0	35.0	190.0	< 1 g	0.0	0.0	13.0
HOT BANANA PEPPERS	0.0	0.0	0.0	0.0	0.0	0.0	200.0	0.0	0.0	0.0	0.0
SLICED JALAPENO PEPPERS	5.0	0.0	0.0	0.0	0.0	0.0	650.0	1.0	3.0	4.0	1.0
ROYAL FEAST MIX	210.0	160.0	17.0	7.0	0.0	35.0	2400.0	5.0	1.0	2.0	8.0
CHEESE, PIZZA	350.0	210.0	25.0	18.0	0.0	70.0	880.0	4.0	0.0	4.0	25.0
SMALL PAN BAR B-Q	160.0	0.0	0.0	0.0	0.0	0.0	1040.0	43.0	0.0	42.0	0.0
SMALL PAN RANCH SAUCE	200.0	220.0	24.0	3.5	0.0	25.0	570.0	0.0	0.0	0.0	0.0
SMALL PAN SRIRACHA RANCH SAUCE	200.0	220.0	24.0	3.5	0.0	25.0	580.0	0.0	0.0	0.0	0.0
DESCRIPTION	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
SMALL PAN ROYAL FEAST	1790.0	500.0	170.0	32.0	0.0	165.0	4310.0	197.0	4.0	13.0	89.0
SMALL PAN ROYAL FEAST - ITALIAN SAUSAC	1820.0	520.0	194.0	33.0	0.0	175.0	4660.0	197.0	4.0	13.0	92.0
SMALL PAN ROYAL FEAST - HAMBURGER	1760.0	480.0	64.0	32.0	0.0	160.0	4170.0	196.0	4.0	13.0	88.0
SMALL PAN VEGGI FEAST	1520.0	320.0	48.0	20.0	0.0	70.0	1930.0	202.0	4.0	15.0	66.0
SMALL PAN PEPPERONI FEAST	1970.0	710.0	89.0	42.0	0.0	180.0	9020.0	191.0	1.0	8.0	80.0
SMALL PAN MEAT FEAST	1800.0	500.0	118.0	33.0	0.0	200.0	3990.0	189.0	2.0	9.0	95.0
SMALL PAN HAWIIAN	1620.0	250.0	39.0	22.0	0.0	110.0	3010.0	236.0	< 1 g	58.0	71.0
SMALL PAN CHICKEN RANCH FEAST	1680.0	460.0	62.0	24.0	0.0	130.0	2360.0	196.0	3.0	15.0	78.0

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DESCRIPTION	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
MEDIUM PAN PLAIN	1560.0	330.0	49.0	29.0	0.0	105.0	1970.0	193.0	2.0	13.0	77.0
MEDIUM PAN - TOPPING											
SAUSAGE	310.0	180.0	179.0	8.0	0.0	90.0	840.0	3.0	1.0	1.0	28.0
PEPPERONI-DICED	430.0	340.0	37.0	15.0	0.0	75.0	5300.0	3.0	0.0	0.0	12.0
SLICED SMOKED HAM	110.0	35.0	4.5	2.0	0.0	55.0	860.0	2.0	0.0	2.0	16.0
SLICED FRESH MUSHROOMS	15.0	0.0	0.0	0.0	0.0	0.0	0.0	2.0	< 1 g	1.0	2.0
ONIONS-SLICED	20.0	0.0	0.0	0.0	0.0	0.0	0.0	5.0	< 1 g	3.0	< 1 g
RED & GREEN PEPPERS	10.0	0.0	0.0	0.0	0.0	0.0	0.0	2.0	< 1 g	2.0	< 1 g
ITALIAN SAUSAGE	360.0	220.0	216.0	9.0	0.0	110.0	1370.0	3.0	2.0	< 1 g	32.0
HAMBURGER	270.0	160.0	17.0	7.0	0.0	85.0	630.0	1.0	< 1 g	0.0	26.0
GREEN OLIVES	140.0	120.0	12.0	0.0	0.0	0.0	1800.0	0.0	0.0	0.0	0.0
BLACK OLIVES	150.0	120.0	15.0	0.0	0.0	0.0	770.0	6.0	0.0	0.0	0.0
TOMATO, 5 X 6	30.0	0.0	0.0	0.0	0.0	0.0	10.0	7.0	2.0	5.0	2.0
BACON PIECES	300.0	200.0	20.0	10.0	0.0	100.0	1050.0	0.0	0.0	0.0	20.0
DOLE CRUSHED PINEAPPLE	35.0	0.0	0.0	0.0	0.0	0.0	0.0	8.0	< 1 g	8.0	< 1 g
ANCHOVIE FILETS	60.0	25.0	3.5	0.0	0.0	35.0	1750.0	0.0	0.0	0.0	9.0
DICED CHICKEN	110.0	20.0	2.0	0.0	0.0	55.0	290.0	< 1 g	0.0	0.0	20.0
HOT BANANA PEPPERS	0.0	0.0	0.0	0.0	0.0	0.0	330.0	< 1 g	0.0	0.0	0.0
SLICED JALAPENO PEPPERS	10.0	0.0	0.0	0.0	0.0	0.0	1010.0	2.0	5.0	7.0	2.0
ROYAL FEAST MIX	320.0	230.0	25.0	10.0	0.0	50.0	3570.0	7.0	2.0	3.0	12.0
CHEESE, PIZZA	530.0	320.0	37.0	27.0	0.0	105.0	1330.0	6.0	0.0	5.0	37.0
MEDIUM PAN BAR B-Q	270.0	0.0	0.0	0.0	0.0	0.0	1690.0	69.0	0.0	68.0	0.0
MEDIUM PAN RANCH SAUCE	320.0	350.0	38.0	6.0	0.0	40.0	920.0	0.0	0.0	0.0	0.0
MEDIUM PAN SRIRACHA RANCH SAUCE	320.0	350.0	38.0	6.0	0.0	40.0	920.0	0.0	0.0	0.0	0.0

DESCRIPTION	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
MEDIUM PAN ROYAL FEAST	2210.0	740.0	253.0	47.0	0.0	250.0	6370.0	208.0	6.0	19.0	118.0
MEDIUM PAN ROYAL FEAST - ITALIAN SAUS.	2270.0	780.0	290.0	49.0	0.0	270.0	6900.0	208.0	7.0	19.0	121.0
MEDIUM PAN ROYAL FEAST - HAMBURGER	2170.0	720.0	91.0	47.0	0.0	245.0	6160.0	206.0	5.0	18.0	115.0
MEDIUM PAN VEGGI FEAST	1790.0	460.0	65.0	29.0	0.0	105.0	2740.0	215.0	7.0	22.0	81.0
MEDIUM PAN PEPPERONI FEAST	2540.0	1100.0	132.0	64.0	0.0	280.0	14110.0	200.0	2.0	13.0	104.0
MEDIUM PAN MEAT FEAST	2270.0	790.0	177.0	50.0	0.0	310.0	6310.0	197.0	3.0	14.0	128.0
MEDIUM PAN HAWAIIAN	1940.0	360.0	52.0	30.0	0.0	145.0	4270.0	272.0	< 1 g	91.0	84.0
MEDIUM PAN CHICKEN RANCH FEAST	2060.0	710.0	90.0	36.0	0.0	200.0	3550.0	206.0	4.0	21.0	101.0

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DESCRIPTION	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
MED PAN TWINS PLAIN	3130.0	660.0	97.0	58.0	0.0	215.0	3930.0	386.0	5.0	25.0	153.0
MEDIUM PAN TWINS - TOPPING											
SAUSAGE	610.0	360.0	358.0	16.0	0.0	180.0	1670.0	6.0	3.0	2.0	57.0
PEPPERONI-DICED	850.0	670.0	73.0	30.0	0.0	150.0	10610.0	6.0	0.0	0.0	24.0
SLICED SMOKED HAM	210.0	70.0	9.0	3.5	0.0	105.0	1720.0	4.0	0.0	4.0	32.0
SLICED FRESH MUSHROOMS	30.0	5.0	0.0	0.0	0.0	0.0	5.0	4.0	1.0	2.0	4.0
ONIONS-SLICED	45.0	0.0	0.0	0.0	0.0	0.0	0.0	10.0	1.0	5.0	1.0
RED & GREEN PEPPERS	15.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0	2.0	3.0	2.0
ITALIAN SAUSAGE	730.0	440.0	433.0	18.0	0.0	220.0	2740.0	7.0	4.0	2.0	64.0
HAMBURGER	540.0	320.0	35.0	14.0	0.0	170.0	1260.0	3.0	1.0	< 1 g	52.0
GREEN OLIVES	280.0	240.0	24.0	0.0	0.0	0.0	3600.0	0.0	0.0	0.0	0.0
BLACK OLIVES	310.0	240.0	31.0	0.0	0.0	0.0	1530.0	12.0	0.0	0.0	0.0
TOMATO, 5 X 6	60.0	5.0	0.5	0.0	0.0	0.0	15.0	14.0	4.0	9.0	3.0
BACON PIECES	600.0	400.0	40.0	20.0	0.0	200.0	2100.0	0.0	0.0	0.0	40.0
DOLE CRUSHED PINEAPPLE	70.0	0.0	0.0	0.0	0.0	0.0	0.0	17.0	1.0	17.0	1.0
ANCHOVIE FILETS	120.0	45.0	7.0	0.0	0.0	70.0	3500.0	0.0	0.0	0.0	19.0
DICED CHICKEN	210.0	45.0	4.5	1.0	0.0	105.0	570.0	2.0	0.0	0.0	39.0
HOT BANANA PEPPERS	5.0	0.0	0.0	0.0	0.0	0.0	650.0	1.0	0.0	0.0	0.0
SLICED JALAPENO PEPPERS	25.0	0.0	0.0	0.0	0.0	0.0	2020.0	5.0	9.0	14.0	5.0
ROYAL FEAST MIX	630.0	460.0	50.0	21.0	0.0	100.0	7130.0	13.0	3.0	6.0	24.0
CHEESE, PIZZA	1070.0	640.0	75.0	53.0	0.0	215.0	2660.0	11.0	0.0	11.0	75.0
MED PAN TWINS BAR B-Q	530.0	0.0	0.0	0.0	0.0	0.0	3380.0	139.0	0.0	137.0	0.0
MED PAN TWINS RANCH SAUCE	630.0	690.0	76.0	12.0	0.0	80.0	1830.0	0.0	0.0	0.0	0.0
MED PAN TWINS SRIRACHA RANCH SAUCE	630.0	690.0	76.0	12.0	0.0	80.0	1850.0	0.0	0.0	0.0	0.0

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
MED PAN TWINS ROYAL FEAST	4420.0	1490.0	505.0	95.0	0.0	500.0	12740.0	415.0	12.0	38.0	235.0
MED PAN TWINS ROYAL FEAST - ITALIAN SA	4530.0	1570.0	580.0	97.0	0.0	535.0	13810.0	416.0	13.0	38.0	243.0
MED PAN TWINS ROYAL FEAST - HAMBURGE	4340.0	1440.0	182.0	93.0	0.0	485.0	12330.0	412.0	11.0	37.0	230.0
MED PAN TWINS VEGGI FEAST	3580.0	920.0	129.0	59.0	0.0	215.0	5490.0	429.0	13.0	45.0	163.0
MED PAN TWINS PEPPERONI FEAST	5080.0	2200.0	265.0	128.0	0.0	565.0	28220.0	400.0	5.0	25.0	209.0
MED PAN TWINS MEAT FEAST	4540.0	1570.0	355.0	100.0	0.0	620.0	12610.0	395.0	7.0	28.0	255.0
MED PAN TWINS HAWAIIAN	3880.0	710.0	104.0	61.0	0.0	290.0	8530.0	544.0	2.0	181.0	168.0
MED PAN TWINS CHICKEN RANCH FEAST	4120.0	1410.0	179.0	71.0	0.0	400.0	7100.0	413.0	9.0	43.0	201.0

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	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
ORIGINAL SUB WRAP UP	970.0	220.0	31.0	16.0	0.0	115.0	1890.0	115.0	1.0	8.0	54.0
11 IN ORIGINAL SUB	1110.0	240.0	27.0	14.0	0.0	820.0	2880.0	158.0	6.0	16.0	56.0
8 IN ORIGINAL SUB	570.0	140.0	17.0	8.0	0.0	70.0	1510.0	73.0	3.0	7.0	31.0

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
BEEF BOAT WRAP UP	670.0	25.0	8.0	2.5	0.0	40.0	820.0	106.0	0.0	2.0	39.0
11 IN BEEF BOAT	810.0	40.0	4.5	1.0	0.0	740.0	1800.0	150.0	5.0	10.0	41.0
8 IN BEEF BOAT	420.0	40.0	5.0	1.0	0.0	40.0	1000.0	68.0	2.0	3.0	27.0

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
STROMBOLI WRAP UP	1060.0	270.0	162.0	17.0	0.0	110.0	1780.0	118.0	3.0	9.0	59.0
11 IN STROMBOLI SUB	1190.0	290.0	158.0	16.0	0.0	815.0	2770.0	161.0	8.0	16.0	61.0
8 IN STROMBOLI SUB	710.0	240.0	121.0	13.0	0.0	90.0	1650.0	75.0	4.0	7.0	40.0

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
CHICKEN WRAP UP	1260.0	360.0	43.0	8.0	0.0	90.0	1920.0	145.0	4.0	2.0	69.0
11 IN CHICKEN SUB	1390.0	370.0	39.0	7.0	0.0	790.0	2900.0	188.0	9.0	9.0	71.0
8 IN CHICKEN SUB	780.0	260.0	28.0	4.5	0.0	60.0	1610.0	93.0	5.0	3.0	43.0

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
ROAST BEEF WRAP UP	900.0	180.0	25.0	5.0	0.0	90.0	1290.0	109.0	< 1 g	5.0	54.0
11 IN ROAST BEEF SUB	1030.0	190.0	21.0	4.0	0.0	790.0	2270.0	152.0	6.0	12.0	56.0
8 IN ROAST BEEF SUB	540.0	140.0	16.0	2.5	0.0	60.0	1190.0	69.0	3.0	5.0	33.0

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
HAM & CHEESE WRAP UP	1060.0	300.0	41.0	15.0	0.0	135.0	2110.0	110.0	< 1 g	7.0	59.0
11 IN HAM & CHEESE SUB	1190.0	320.0	37.0	13.0	0.0	835.0	3090.0	153.0	6.0	14.0	61.0
8 IN HAM & CHEESE SUB	960.0	150.0	17.0	10.0	0.0	770.0	2130.0	155.0	6.0	14.0	46.0

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
BIG SIR WRAP UP	1130.0	400.0	51.0	18.0	0.0	130.0	1960.0	114.0	1.0	9.0	52.0
11 IN BIG SIR SUB	1270.0	420.0	47.0	17.0	0.0	830.0	2940.0	158.0	6.0	16.0	54.0
8 IN BIG SIR SUB	700.0	290.0	33.0	11.0	0.0	85.0	1590.0	73.0	3.0	7.0	30.0

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
SALAD WRAP UP	1280.0	420.0	54.0	34.0	0.0	130.0	1790.0	120.0	2.0	12.0	68.0
11 IN SALAD SUB	1410.0	430.0	50.0	33.0	0.0	830.0	2780.0	163.0	7.0	20.0	70.0
8 IN SALAD SUB	580.0	170.0	20.0	11.0	0.0	40.0	990.0	74.0	4.0	8.0	27.0

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
GRILLED CHEESE WRAP UP	1210.0	500.0	62.0	31.0	0.0	130.0	2290.0	109.0	0.0	6.0	53.0
11 IN GRILLED CHEESE SUB	1340.0	510.0	58.0	30.0	0.0	830.0	3280.0	152.0	5.0	14.0	54.0
8 IN GRILLED CHEESE SUB	730.0	340.0	39.0	19.0	0.0	80.0	1840.0	69.0	2.0	5.0	30.0

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
MEATBALL WRAP UP	1520.0	550.0	68.0	29.0	1.0	205.0	2360.0	141.0	4.0	11.0	80.0
11 IN MEATBALL SUB	1650.0	570.0	64.0	28.0	1.0	910.0	3340.0	184.0	9.0	18.0	82.0
8 IN MEATBALL SUB	920.0	370.0	42.0	19.0	0.5	130.0	1800.0	87.0	5.0	8.0	48.0

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
ORIGINAL SUB ROUNDER	290.0	80.0	9.0	4.0	0.0	35.0	860.0	36.0	1.0	9.0	15.0
BEEF BOAT ROUNDER	220.0	30.0	3.0	0.0	0.0	20.0	600.0	33.0	1.0	7.0	13.0
STROMBOLI ROUNDER	360.0	130.0	61.0	7.0	0.0	45.0	930.0	37.0	2.0	9.0	20.0
CHICKEN ROUNDER	400.0	140.0	14.0	2.0	0.0	30.0	910.0	46.0	2.0	7.0	21.0
ROAST BEEF ROUNDER	340.0	90.0	9.0	1.5	0.0	55.0	1050.0	35.0	1.0	9.0	27.0
HAM & CHEESE ROUNDER	390.0	140.0	16.0	5.0	0.0	75.0	1460.0	35.0	1.0	9.0	27.0
BIG SIR ROUNDER	350.0	150.0	16.0	5.0	0.0	40.0	840.0	36.0	1.0	9.0	14.0
SALAD ROUNDER	410.0	160.0	18.0	11.0	0.0	40.0	860.0	37.0	2.0	10.0	21.0
GRILLED CHEESE ROUNDER	420.0	220.0	25.0	10.0	0.0	45.0	1060.0	35.0	1.0	8.0	15.0
MEATBALL ROUNDER	470.0	190.0	21.0	9.0	0.0	65.0	1010.0	43.0	2.0	10.0	24.0

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
EXTRA CHEESE SUBS & SANDWICHES											
11 IN SUB EXTRA CHEESE	200.0	120.0	14.0	10.0	0.0	40.0	500.0	2.0	0.0	2.0	14.0
8 IN SUB EXTRA CHEESE	110.0	60.0	7.0	5.0	0.0	20.0	270.0	1.0	0.0	1.0	7.0
AMERICAN CHEESE	50.0	40.0	4.5	2.5	0.0	10.0	220.0	0.0	0.0	0.0	2.0

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	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
SIDE SALAD	110.0	35.0	4.0	1.0	0.0	0.0	160.0	15.0	1.0	3.0	2.0
SIDE SALAD - DRESSINGS	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
RANCH DRESSING	60.0	50.0	6.0	1.0	0.0	5.0	125.0	1.0	0.0	< 1 g	< 1 g
ROQUEFORT DRESSING	110.0	110.0	12.0	2.0	0.0	10.0	100.0	0.0	0.0	0.0	0.0
KEN'S POPPY SEED	70.0	45.0	5.0	1.0	0.0	10.0	115.0	4.0	0.0	4.0	0.0
DRESSING-MAYONNAISE	100.0	100.0	11.0	1.5	0.0	10.0	75.0	0.0	0.0	0.0	0.0
KEN'S LOW CAL ITALIAN	15.0	10.0	1.0	0.0	0.0	0.0	210.0	2.0	0.0	1.0	0.0
MONARCH FAT FREE FRENCH	20.0	0.0	0.0	0.0	0.0	0.0	170.0	5.0	< 1 g	4.0	0.0
KEN'S 1000 ISLAND	70.0	60.0	6.0	1.0	0.0	< 5 mg	120.0	3.0	0.0	2.0	0.0
KEN'S COUNTRY FRENCH	70.0	60.0	6.0	1.0	0.0	0.0	105.0	4.0	0.0	3.0	0.0
KEN'S GOLDEN ITALIAN	60.0	60.0	6.0	1.0	0.0	0.0	135.0	1.0	0.0	1.0	0.0
KEN'S HONEY MUSTARD	80.0	70.0	7.0	1.0	0.0	< 5 mg	70.0	4.0	0.0	4.0	0.0
DRESSING KEN'S CALIFORNIA FRENCH	70.0	50.0	6.0	1.0	0.0	0.0	105.0	5.0	0.0	4.0	0.0
CHEF SALAD	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
CHEF SALAD	430.0	190.0	23.0	11.0	0.0	240.0	1030.0	30.0	2.0	6.0	27.0
CHEF SALAD - DRESSINGS	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
RANCH DRESSING	110.0	100.0	11.0	1.5	0.0	10.0	250.0	3.0	0.0	2.0	1.0
ROQUEFORT DRESSING	220.0	220.0	24.0	3.5	0.0	25.0	200.0	0.0	0.0	0.0	< 1 g
KEN'S POPPY SEED	130.0	90.0	10.0	1.5	0.0	15.0	230.0	8.0	0.0	7.0	0.0
DRESSING-MAYONNAISE	200.0	200.0	22.0	3.0	0.0	20.0	150.0	0.0	0.0	0.0	0.0
KEN'S LOW CAL ITALIAN	25.0	15.0	1.5	0.0	0.0	0.0	410.0	3.0	0.0	2.0	0.0
MONARCH FAT FREE FRENCH	35.0	0.0	0.0	0.0	0.0	0.0	340.0	9.0	1.0	7.0	0.0
KEN'S 1000 ISLAND	130.0	110.0	12.0	2.0	0.0	< 5 mg	240.0	5.0	0.0	3.0	0.0
KEN'S COUNTRY FRENCH	130.0	110.0	12.0	2.0	0.0	0.0	210.0	7.0	0.0	6.0	0.0
KEN'S GOLDEN ITALIAN	120.0	110.0	12.0	2.0	0.0	0.0	270.0	2.0	0.0	2.0	0.0
KEN'S HONEY MUSTARD	160.0	130.0	14.0	2.0	0.0	10.0	135.0	7.0	0.0	7.0	0.0
DRESSING KEN'S CALIFORNIA FRENCH	140.0	100.0	11.0	1.5	0.0	0.0	210.0	10.0	0.0	7.0	0.0
GIANT GARDEN SALAD	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
GIANT GARDEN SALAD	260.0	80.0	11.0	1.0	0.0	0.0	500.0	36.0	4.0	8.0	8.0
CHICKEN CHEF SALAD	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
CHICKEN CHEF SALAD	380.0	120.0	13.0	3.5	0.0	250.0	760.0	32.0	3.0	6.0	32.0
SPINACH GARDEN CHEF SALAD	330.0	80.0	9.0	2.0	0.0	110.0	440.0	55.0	5.0	28.0	10.0
CHICKEN GRAPE CHEF SALAD	450.0	260.0	29.0	4.5	0.0	55.0	810.0	25.0	2.0	11.0	20.0
PASTA SALAD	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
PASTA SALAD	360.0	120.0	13.0	4.5	0.0	20.0	850.0	44.0	2.0	4.0	13.0
SPAGHETTI - LARGE ALA CARTE	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
SPAGHETTI - LARGE ALA CARTE	470.0	90.0	46.0	3.0	0.0	35.0	1300.0	73.0	5.0	8.0	24.0
SPAGHETTI - SMALL ALA CARTE	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
SPAGHETTI - SMALL ALA CARTE	330.0	60.0	34.0	2.5	0.0	30.0	970.0	49.0	3.0	6.0	17.0
SPAGHETTI - CHILD	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
SPAGHETTI - CHILD	400.0	120.0	32.0	3.5	0.0	25.0	920.0	54.0	3.0	5.0	16.0
SPAGHETTI - ALFREDO ALA CARTE	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
SPAGHETTI - ALFREDO ALA CARTE	450.0	120.0	12.0	7.0	0.0	35.0	670.0	63.0	3.0	3.0	23.0
SPAGHETTI - ALFREDO TOPPING	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
SPAGHETTI - ALFREDO TOPPING	90.0	70.0	8.0	3.0	0.0	15.0	1120.0	< 1 g	0.0	0.0	3.0
PEPPERONI-DICED	70.0	45.0	4.5	2.5	0.0	25.0	240.0	0.0	0.0	0.0	5.0
BACON PIECES	40.0	10.0	1.0	0.0	0.0	20.0	105.0	0.0	0.0	0.0	7.0
DICED CHICKEN	0.0	0.0	0.0	0.0	0.0	0.0	0.0	< 1 g	0.0	0.0	< 1 g
SLICED FRESH MUSHROOMS	0.0	0.0	0.0	0.0	0.0	0.0	0.0	< 1 g	0.0	0.0	< 1 g
SLICED FRESH MUSHROOMS	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
SLICED FRESH MUSHROOMS	10.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.0	< 1 g	1.0
MEATBALLS	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
MEATBALLS	380.0	240.0	26.0	10.0	0.5	95.0	820.0	14.0	1.0	1.0	24.0
GARLIC BREAD	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
GARLIC BREAD	320.0	150.0	17.0	4.0	0.0	10.0	530.0	35.0	1.0	3.0	7.0
GARLIC CHEESE BREAD	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
GARLIC CHEESE BREAD	510.0	260.0	30.0	13.0	0.0	45.0	980.0	37.0	2.0	5.0	20.0
BAKED SPAGHETTI	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
BAKED SPAGHETTI	460.0	130.0	43.0	8.0	0.0	50.0	1260.0	56.0	4.0	8.0	27.0
BAKED ROYAL FEAST SPAGHETTI	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
BAKED ROYAL FEAST SPAGHETTI	520.0	200.0	56.0	11.0	0.0	60.0	1800.0	52.0	4.0	6.0	26.0
BAKED ITALIAN SPAGHETTI	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
BAKED ITALIAN SPAGHETTI	920.0	420.0	201.0	26.0	0.0	170.0	2770.0	56.0	5.0	10.0	63.0
ALFREDO SPAGHETTI	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
ALFREDO SPAGHETTI	450.0	120.0	12.0	7.0	0.0	35.0	670.0	63.0	3.0	3.0	23.0

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	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
BREADSTIX	430.0	110.0	16.0	3.0	0.0	0.0	210.0	58.0	0.0	0.0	12.0
CUP	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein
DILL BUTTER	390.0	390.0	43.0	8.0	0.0	0.0	490.0	0.0	0.0	0.0	0.0
QUE BUENO CHEESE SAUCE	90.0	60.0	7.0	2.5	0.0	10.0	410.0	4.0	0.0	0.0	2.0
SPAGHETTI MEAT SAUCE	40.0	15.0	11.0	1.0	0.0	10.0	280.0	3.0	0.0	1.0	3.0
PIZZA SAUCE	5.0	0.0	0.0	0.0	0.0	0.0	45.0	1.0	0.0	< 1 g	0.0
BAR B-Q SAUCE	210.0	0.0	0.0	0.0	0.0	0.0	1010.0	51.0	0.0	46.0	0.0
RANCH DRESSING	220.0	200.0	22.0	3.5	0.0	25.0	510.0	6.0	0.0	3.0	2.0
DRESSING KEN'S HONEY MUSTARD	280.0	240.0	28.0	4.0	0.0	20.0	230.0	10.0	0.0	8.0	0.0
CHOCOLATE CHIP COOKIES	180.0	70.0	8.0	5.0	0.0	20.0	0.0	25.0	0.0	14.0	3.0
SNICKERDOODLE COOKIES	170.0	50.0	5.0	3.5	0.0	25.0	55.0	28.0	0.0	13.0	3.0
HAMBURGER - PIZZA KING	680.0	340.0	37.0	13.0	0.0	155.0	480.0	33.0	1.0	7.0	48.0
CHICKEN SANDWICH - PIZZA KING	400.0	140.0	14.0	2.0	0.0	30.0	910.0	46.0	2.0	7.0	21.0
FRENCH FRIES - PIZZA KING	480.0	0.0	16.0	1.5	0.0	0.0	690.0	72.0	5.0	0.0	8.0
FRENCH FRIES CHILD - PIZZA KING	240.0	0.0	8.0	0.5	0.0	0.0	350.0	36.0	3.0	0.0	4.0
CHICKEN FINGERS	1300.0	500.0	56.0	9.0	0.0	185.0	3470.0	105.0	6.0	6.0	93.0
CHICKEN FINGERS CHILD	650.0	250.0	28.0	4.5	0.0	95.0	1730.0	53.0	3.0	3.0	46.0
CHICKEN FINGER - KIDS ALA CARTE	720.0	310.0	35.0	6.0	0.0	100.0	1790.0	55.0	3.0	5.0	46.0
COKE CLASSIC - PITCHER	550.0	0.0	0.0	0.0	0.0	0.0	260.0	170.0	0.0	170.0	0.0
DIET COKE - PITCHER	0.0	0.0	0.0	0.0	0.0	0.0	180.0	0.0	0.0	0.0	0.0
CHERRY COKE - PITCHER	570.0	0.0	0.0	0.0	0.0	0.0	140.0	159.0	0.0	159.0	0.0
SPRITE - PITCHER	550.0	0.0	0.0	0.0	0.0	0.0	250.0	146.0	0.0	146.0	0.0
BARQ'S ROOTBEER - PITCHER	630.0	0.0	0.0	0.0	0.0	0.0	260.0	170.0	0.0	170.0	0.0
LEMONADE - PITCHER	270.0	0.0	0.0	0.0	0.0	0.0	180.0	74.0	0.0	72.0	0.0
NESTEA - PITCHER	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
COKE CLASSIC - QUART CARRYOUT	270.0	0.0	0.0	0.0	0.0	0.0	130.0	85.0	0.0	85.0	0.0
DIET COKE - QUART	0.0	0.0	0.0	0.0	0.0	0.0	90.0	0.0	0.0	0.0	0.0
CHERRY COKE - QUART	290.0	0.0	0.0	0.0	0.0	0.0	70.0	80.0	0.0	80.0	0.0
SPRITE - QUART	270.0	0.0	0.0	0.0	0.0	0.0	125.0	73.0	0.0	73.0	0.0
BARQ'S ROOTBEER - QUART	310.0	0.0	0.0	0.0	0.0	0.0	130.0	85.0	0.0	85.0	0.0
LEMONADE - QUART	140.0	0.0	0.0	0.0	0.0	0.0	90.0	37.0	0.0	36.0	0.0
NESTEA - QUART	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
NESTEA - PITCHER	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
COKE CLASSIC - LARGE	170.0	0.0	0.0	0.0	0.0	0.0	80.0	53.0	0.0	53.0	0.0
DIET COKE - LARGE	0.0	0.0	0.0	0.0	0.0	0.0	60.0	0.0	0.0	0.0	0.0
CHERRY COKE - LARGE	180.0	0.0	0.0	0.0	0.0	0.0	45.0	50.0	0.0	50.0	0.0
SPRITE - LARGE	170.0	0.0	0.0	0.0	0.0	0.0	75.0	46.0	0.0	46.0	0.0
BARQ'S ROOTBEER - LARGE	200.0	0.0	0.0	0.0	0.0	0.0	80.0	53.0	0.0	53.0	0.0
LEMONADE - LARGE	90.0	0.0	0.0	0.0	0.0	0.0	55.0	23.0	0.0	22.0	0.0
NESTEA - LARGE	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
COKE CLASSIC - SMALL	100.0	0.0	0.0	0.0	0.0	0.0	50.0	32.0	0.0	32.0	0.0
DIET COKE - SMALL	0.0	0.0	0.0	0.0	0.0	0.0	35.0	0.0	0.0	0.0	0.0
CHERRY COKE - SMALL	110.0	0.0	0.0	0.0	0.0	0.0	25.0	30.0	0.0	30.0	0.0
SPRITE - SMALL	100.0	0.0	0.0	0.0	0.0	0.0	45.0	27.0	0.0	27.0	0.0
BARQ'S ROOTBEER - SMALL	120.0	0.0	0.0	0.0	0.0	0.0	50.0	32.0	0.0	32.0	0.0
LEMONADE - SMALL	50.0	0.0	0.0	0.0	0.0	0.0	35.0	14.0	0.0	13.0	0.0
NESTEA - SMALL	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

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FLAVOR RAGE - CHERRY	80.0	0.0	0.0	0.0	0.0	0.0	0.0	< 1 g	0.0	20.0	0.0
FLAVOR RAGE - VANILLA	80.0	0.0	0.0	0.0	0.0	0.0	10.0	19.0	0.0	16.0	0.0

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