

Pizza Shoppe

Menu Item	Serv	SPts	Org			Cal	Tfat	Sfat	Fib	Pro	Carb	Sug
			Pts +	Pts	Pts							
5 Cheese Roma Pizza, King Slice	1 slice		6	5	4	192	8	4	1	9	21	1
BBQ Chicken Pizza, King Slice	1 slice		7	6	5	225	8	4	1	14	22	2
Big Shoppe House Salad	350g		12	10	9	380	24	12	4	32	10	3
BLT Salad	326g		15	11	11	460	29	15	3	35	10	5
Butcher Block Pizza, King Slice	1 slice		12	10	9	378	21	9	2	22	24	2
Cannelloni	482g		18	15	13	570	25	11	4	39	48	11
Cheese Pizza, King Slice	1 slice		7	5	5	208	8	5	1	12	21	1
Chicken Pepper Jack Sandwich	227g		15	13	12	510	23	11	1	37	39	2
Chicken Sink Pizza, King Slice	1 slice		8	7	6	263	12	6	1	15	22	2
Classic Chicken Salad	383g		11	9	8	340	18	10	3	34	11	6
Corned Beef Sandwich	269g		13	13	11	480	18	8	2	43	38	2
Garden Supreme Pizza, King Slice	1 slice		7	5	5	213	8	5	2	11	22	2
Garlic Bread	57g		7	6	6	220	15	2.5	0	4	17	1
Garlic Bread w Cheese	113g		13	11	10	390	27	10	0	19	20	2
Ham n Cheese Sandwich	252g		14	12	11	470	22	10	1	41	27	4
Italian Salad	401g		16	12	11	470	32	17	3	34	12	3
Italian Sub	254g		25	20	19	760	48	22	3	45	39	4
Lasagna	584g		21	16	14	610	26	13	7	35	60	21
Manicotti	482g		20	15	13	590	29	15	4	33	48	13
Meatball Sub	303g		22	18	16	680	38	16	3	40	45	5
Roast Beef Sandwich	238g		14	13	11	480	23	11	1	43	26	3
Round Table Pizza, King Slice	1 slice		8	7	6	258	12	6	2	14	23	2
Shoppe House Salad	108g		5	3	3	140	9	5	1	10	3	1
Single Topping Chicken Pizza, King Slice	1 slice		6	5	4	204	7	3	1	14	21	1
Single Topping Hamburger Pizza, King Slice	1 slice		8	7	6	254	11	5	2	15	23	2
Single Topping Italian Sausage Pizza, King Slice	1 slice		10	8	7	293	16	7	2	14	22	1
Single Topping Pepperoni Pizza, King Slice	1 slice		7	6	5	229	11	5	1	11	21	1
Single Topping Sausage Pizza, King Slice	1 slice		9	7	6	271	13	6	2	15	23	2
Spaghetti w Meatballs	595g		25	20	18	790	32	12	7	39	84	13