



Pudgie's
GOOD TIME
 Pizza, Pasta & Subs

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Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)	Vit A % DV	Vit C %DV	Calc %DV	Iron %DV	Allergies
Appetizers																
Batter Dipped Mushrooms	7 oz	500	32	4.5	2.5	0	560	45	3	3	5	2	6	4	10	M W
Batter Dipped Cauliflower	6.7 oz	550	35	6	1.5	0	1110	58	3	5	8	0	80	0	10	MW
Fried Mozzarella Sticks	6 pcs	630	36	13	0.5	65	1530	48	3	4	29	10	0	70	8	MW
Beer Battered Onion Rings	6.4 oz	690	47	8	3.5	0	900	59	5	9	5	0	10	4	10	MW
Cheesy Garlic Sticks	3 pcs	690	37	13	0	50	1010	64	2	8	25	30	8	40	25	MSW
Cheesy Garlic Sticks 1 stick with sauce	1 pcs	230	12	4	0	15	340	21	1	3	8	10	2	15	8	MSW
Cheesy Garlic Stick 1 stick without sauce	1 pc	220	12	4	4	15	250	20	0	2	8	10	2	10	6	MSW
Pizza Frette	6.9 oz	440	1.5	0	0	0	410	93	0	19	16	0	6	2	25	W
Steak Fries	8 oz	570	38	6	1	0	930	53	5	0	5	0	20	0	6	W
Chicken Breast Tenders	7.6 oz	670	33	10	2	95	1210	41	3	1	41	10	6	6	10	W
Salads (analysis with dressing is our House Italian)																
Chef Salad	18.7 oz	975	85	24	0	107	3064	24	4	10	33	60	25	45	20	MSW \$
Chef Salad No dressing	14.7 oz	510	35	16	0	105	1950	20	4	9	33	60	20	45	15	MSW
Cheese Steak Salad	22 oz	925	76	19	1	102	2497	26	6	11	40	60	30	30	25	MSW \$
Cheese Steak Salad No dressing	18 oz	460	26	11	0	100	1380	22	5	9	40	60	25	30	25	MSW
Crispy Chicken Salad	20 oz	1031	82	13	1	66	2985	46	7	9	31	60	35	10	15	W \$
Crispy Chicken Salad No dressing	16 oz	590	29	5	1.5	65	1440	47	7	8	32	60	30	10	15	W
Garden Salad	13.5 oz	569	54	9	0	1	1390	20	4	8	4	50	25	6	8	W \$
Garden Salad No dressing	9.5 oz	100	3.5	0.5	0	0	270	16	4	6	3	50	20	6	8	W
Chicken Speidie Salad	25 oz	1140	90	18	0	135	3770	38	6	9	51	70	35	30	20	MWSS
Chicken Speidie Salad No dressing	21 oz	668	39	10	0	133	2652	35	6	8	51	60	30	30	20	MWSS
Hot Subs (total serving weight of sandwich)																
Chicken Cheese Steak (Roll, chicken, mayo, lettuce, tomato, onion and American/Swiss cheese)	15.5 oz	720	33	8	0	110	1780	71	4	8	41	15	40	15	30	EMW
Italian Sausage Sub (Roll, sausage link, peppers and onion)	14.7 oz	740	39	13	0	75	1970	73	5	6	28	50	230	10	30	SW
Meatball Sub (Roll, Meatballs, mozzarella cheese and Spaghetti sauce)	14.9 oz	900	48	22	0	120	2380	72	5	8	49	15	30	45	45	EMSW
Grilled Ham and Cheese (Roll, ham, American/Swiss Cheese, mayo, lettuce and tomato)	15.7 oz	750	34	8	0	95	2740	74	4	12	41	15	35	15	35	EMSW
Hot Roast Beef Sub (Roll, Beef, Margarine, BBQ Sauce)	11.8 oz	670	18	3.5	0	95	1910	72	3	12	54	15	20	4	45	SW
Grilled Chicken Speidie (Roll, Chicken, mayo, lettuce and tomato)	16.7 oz	920	46	6	0	130	1900	68	4	7	51	15	30	4	40	ESW
Fried Chicken Sub (Roll, Chicken Tenders, mayo, lettuce and tomato)	10.9 oz	770	38	6	1	60	1250	80	4	5	29	15	30	6	25	EW
Bacon BBQ Pudgie Burger (Roll, beef patty, mayo, bacon, lettuce, tomato, onion and BBQ sauce)	19.3 oz	1390	83	28	2	240	3130	82	4	15	81	15	35	10	60	EW
Pudgie Burger (Roll, beef patty, mayo, lettuce, tomato and onion)	15.3 oz	910	50	14	2	145	900	69	4	7	49	10	35	10	45	EW
Black Angus Burger (Kaiser roll, beef patty, mayo, lettuce, onion and tomato)	14.3 oz	900	59	19	2	170	1190	48	3	8	46	15	15	20	30	EMSW
Fish Sandwich (Kaiser roll, fish fillet, lettuce, tomato and tartar sauce)	11.6 oz	630	28	5	3	60	1310	67	3	8	29	10	8	8	30	EFW
Grilled Italian Chicken Breast (Kaiser roll, chicken breast, mayo, lettuce and tomato)	10.5 oz	580	32	5	0	70	1160	43	2	7	29	15	10	8	20	EW
Pizza Sub (Roll, pepperoni, spaghetti sauce and mozzarella cheese)	10.9 oz	680	30	15	0	85	1670	71	4	9	33	20	25	45	25	MW
Philly Cheese Steak (Roll, Sir. Beef steak, mayo, lettuce, tomato, onion and american/swiss cheese)	16.4 oz	780	38	10	1	110	1370	71	4	8	46	15	35	15	40	EMSW
Parmesan Subs (total serving weight of sandwich)																
Eggplant Parmesan Sub (Roll, Eggplant patty, spaghetti sauce and mozzarella cheese)	15.2 oz	970	50	15	2	50	1880	102	7	11	31	30	60	40	30	MSW
Chicken Parmesan Sub (Roll, Chicken tender, spaghetti sauce and mozzarella cheese)	15.8 oz	800	25	11	0	185	1650	69	4	8	75	30	60	40	35	MSW
Veal Parmesan Sub (Roll, Veal patty, spaghetti sauce and mozzarella cheese)	15.5 oz	960	44	18	2	155	1880	69	5	8	55	30	60	40	35	ESW
Meatball Parmesan Sub (Roll, Meatballs, spaghetti sauce and mozzarella cheese)	15.2 oz	940	51	24	0	130	2420	72	5	8	51	20	30	50	45	EMSW
Sausage Parmesan Sub (Roll, sausage link, spaghetti sauce and mozzarella cheese)	14.2 oz	930	50	21	0	115	2900	74	4	9	48	30	60	40	35	MSW
Pastas (analysis done with 2 Cheesy Garlic Sticks)																
Baked Ziti Individual	20.1 oz	810	28	12	0	45	1760	107	8	19	31	35	20	40	35	MSW
Spaghetti Parmesan Individual	21.4 oz	870	29	12	0	45	1760	118	9	19	33	35	20	40	35	MSW
Baked Cheese Ravioli Individual	19.1 oz	810	37	17	0	110	2200	86	6	21	33	45	20	60	35	EMSW
Baked Stuffed Shells Individual	21.4 oz	990	43	20	0.5	140	2460	107	8	24	42	50	20	70	40	EMSW
Eggplant Parmesan Individual	26 oz	1380	76	19	2.5	45	2300	140	13	22	36	40	25	40	40	MSW
Veal Parmesan Individual	22.2 oz	1040	46	18	1	125	2030	89	9	18	50	40	20	40	40	EMSW
Chicken Parmesan Individual	26.6 oz	1470	65	23	0.5	165	3120	135	10	20	74	50	25	45	45	MSW
Calzones (analysis done without a side of spaghetti sauce) (Made with Ricotti and Mozzarella Cheese)																
Cheese Calzone	14 oz	960	46	28	0	150	1150	85	0	7	53	30	6	100	30	MSW
Ham Calzone	14.9 oz	950	43	26	0	160	1600	85	0	7	57	25	6	90	35	MSW
Sausage Calzone	14.9 oz	1050	52	28	0	160	1520	91	3	8	60	25	6	90	35	MSW
Pepperoni Calzone	14.2 oz	1020	51	29	0	165	1400	84	0	7	55	25	6	90	30	MSW
Stromboli (Made with pepperoni, sweet sausage, ham, fresh peppers, mozzarella and American/swiss cheese)																
Medium Stromboli	1 slice	480	21	11	0	65	850	48	1	4	27	15	25	35	20	MSW
Large Stromboli	1 slice	580	26	12	0	75	1140	56	2	5	32	15	35	35	25	MSW
Specials (analysis done with total meal weight of Fish, Steak Fries and Macaroni Salad)																
Fish Fry Special	25 oz	1820	128	19	7	120	3030	125	6	10	45	15	30	8	20	EFW
Medium Subs (analysis done with total serving weight with Mayo, Lettuce and Tomato)																
Ham Sub	15.5 oz	830	46	10	0	80	2590	74	4	11	36	15	35	15	30	EMSW
Roast Beef	11.8 oz	660	27	5	0	85	1270	64	3	4	42	10	30	4	40	ESW
Vegetarian	11.2 oz	500	20	5	0	10	1020	71	5	8	17	15	70	15	25	MSW
Smoked Turkey	11.8 oz	610	25	4	0	65	2040	66	3	5	33	10	30	4	30	EW
Italian Sub	14.5 oz	890	56	14	0	90	2250	74	4	9	33	15	40	15	30	EMSW
Tuna Sub	11.9 oz	640	26	4	0	55	1150	64	3	4	42	10	30	4	30	EFW
Super Sub	13 oz	720	38	12	0	70	2160	71	4	8	30	10	35	15	30	MSW
Large Subs (analysis done with total serving weight with Mayo, Lettuce and Tomato)																
Turkey Club	16.2 oz	1110	74	18	0	200	4090	46	3	8	66	15	10	25	30	ESW
Ham Sub	25.3 oz	1350	75	17	0	125	4100	116	7	18	54	20	60	30	50	EMSW
Roast Beef	18 oz	1030	42	7	0	125	1940	98	5	7	59	15	45	6	60	ESW
Vegetarian	19.6 oz	870	36	10	0	20	1740	112	9	14	26	25	130	25	40	MSW
Smoked Turkey	18 oz	940	39	6	0	90	3050	100	5	7	47	15	45	8	45	EW
Italian Sub	24 oz	1440	90	22	0	135	3570	116	7	16	51	20	60	30	45	EMSW
Tuna Sub	18.5 oz	1000	39	6	0	80	1790	97	5	7	61	20	45	6	50	EFW
Super Sub	21.9 oz	1170	61	20	0	110	3440	112	7	15	46	20	60	30	45	MSW
Chicken Wings (dozen)																
Chicken Wings	12 wings	860	70	15	1	125	4190	26	2	4	33	45	6	6	15	EMS
Chicken Wings No Sauces	12 wings	535	36	9	0	125	2040	19	1	1	32	25	2	4	10	S
Boneless Chicken Wings	12 pcs	1320	98	19	6	110	6530	63	5	4	48	45	6	15	30	EMSW
Boneless Wings No Sauce	12 pcs	970	62	13	5	110	2850	55	3	0	47	0	0	15	25	W
Sauces																
Mild Sauce	2 tbsp	60	1	0	0	0	310	11	0	7	0	4	0	2	2	S
Medium Sauce	2 tbsp	40	1	0	0	0	500	7	0	4	0	6	0	0	2	S
Hot sauce	2 tbsp	15	1	0	0	0	840	1	0	0	0	10	2	0	0	S
Garlic Sauce	2 tbsp	180	19	3.5	0	0	200	2	1	0	1	15	0	2	0	SM
Honey BBQ Wing Sauce	2 tbsp	45	0.5	0	0	0	320	9	0	6	0	2	0	0	2	S
Speidie/Zesty Sauce	2 tbsp	100	11	1.5	0	0	350	1	0	0	0	2	0	2	2	S
Chicken Wing Pizza Sauce	2 tbsp	45	4.5	0.5	0	0	710	1	0	0	0	10	2	0	0	S
Italian Salad Dressing	2 tbsp	120	13	2	0	0	300	1	0	0	0	0	0	0	0	\$
Chunky Blue Cheese Dressing	2 tbsp	150	16	2.5	0	0	300	2	0	1	0	0	0	0	0	EM
Sauce, Spaghetti	2 oz. (57 g)	36	1	0	0	0	277	5	1	3	1	227	2	18	0	
Extras																
Meatballs with Sauce -2	2 balls	220	17	7	0	40	730	4	1	2	13	4	2	8	10	EMS
Meatballs with Sauce -10	10 balls	1070	83	35	0	195	3350	15	5	6	66	15	10	40	50	EMS
Meatballs with Sauce -20	20 balls	2110	164	70	0	395	6420	25	8	9	131	30	20	80	100	EMS
Italian Sausage -1	1 link	530	48	16	0	100	1810	4	0	1	20	2	2	10	10	S
Italian Sausage -6	6 link	3180	288	96	0	600	10860	24	1	8	120	594	7	603	11	S
Italian Sausage -10	10 link	5300	480	160	0	1000	18110	40	2	13	200	20	20	100	100	S

Substitution of ingredients/standard toppings combinations may alter nutritional values. Menu items and hours of availability may vary at participating locations. Although this data is based on standard portion product guidelines, variation can be expected due to seasonal influences, minor differences in products assembly per restaurant and other factors. Except for limited time offerings or test market items, menu products as of this printing are included in this brochure. Product data is based on current formulation as of date of publication. Nutritional data is based on standard portion product guidelines and formulations as of 12/1/11. If you have any questions about **Pudgie's** Pizza and nutrition or are particularly sensitive to specific ingredients or goods, please contact **Pudgie's** Pizza on the web at www.pudgiespizza.com.

Menu and Ingredients List

Our customers are important to us; that's why at **Pudgie's** Pizza we take special care and pride in what we serve. You'll find many delicious menu items to help begin or maintain a healthy lifestyle. **Pudgie's** Pizza helps make the decision for a balanced nutritional meal an easy one. For more information on how **Pudgie's** Pizza can fit into your dietary regimen, please visit www.pudgiespizza.com. We've provided our complete nutritional information in a printer-friendly format.

We strive to provide accurate, nutritional information, which meets or exceeds government requirements for nutritional analysis. Visit our website, www.pudgiespizza.com for the most up-to-date information. Differences may occur due to the nature of the product and to variations in preparation at the Unit level. Nutritional Analysis information in this brochure was provided by NutriData. Ingredients may change without notice. Ask the restaurant Operator if you have concerns about any product or its ingredients.

If you have a question concerning ingredients and a food allergy, we recommend that you share this information with your physician to obtain proper guidance. For general allergy questions, please contact the Food Allergy Network at www.foodallergy.org or 1-800-929-4040. Please note, this organization does not have nutritional information on our products. Please visit our website www.pudgiespizza.com for additional nutritional and allergen information.

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Nutritional values will vary based on cup fill level, type and precise amount of ice, and fountain equipment performance. Actual Percent Daily Values (DV) are based on a 2,000 calorie diet.

E = egg M = milk S = soy W = wheat
 *If the product has egg, milk, soy and wheat it also contains Gluten
 *50% ice fill

Beverages	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)	Vit A %DV	Vit C %DV	Calc %DV	Iron %DV	Allergies
Pepsi*	16 fl oz	150	0	0	0	0	0	30	42	0	0	0	0	0	0	0
Pepsi*	32 fl oz	300	0	0	0	0	0	60	84	0	0	0	0	0	0	0
Diet Pepsi*	16 fl oz	0	0	0	0	0	0	40	0	0	0	0	0	0	0	0
Diet Pepsi*	32 fl oz	0	0	0	0	0	0	75	0	0	0	0	0	0	0	0
Spring Water	8 fl oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Coffee, brewed	8 fl oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Hot Chocolate	6 fl oz	150	6	4	0	0	0	200	28	1	23	2	0	0	6	2
Vanilla Capucino	6 fl oz	90	2.5	1	1.5	0	0	80	19	0	13	1	0	0	4	0

Pizzas	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)	Vit A %DV	Vit C %DV	Calc %DV	Iron %DV	Allergies
Medium 13" Cheese	1 slice	250	8	4.5	0	25	420	32	1	3	12	8	10	20	10	M W
Medium 13" Garlic	1 slice	310	15	7	0	30	390	31	0	2	14	10	2	25	10	MSW
Medium 13" Pepperoni	1 slice	290	11	6	0	35	540	32	1	3	14	8	10	20	10	M W
Medium 13" Vegetarian	1 slice	330	15	6	0	25	250	37	2	4	14	40	60	20	15	MSW
Medium 13" Chicken Wing	1 slice	300	13	6	0	40	710	31	0	3	15	10	4	20	10	MSW S
Large 17" Cheese	1 slice	190	6	3.5	0	20	320	23	0	0	6	6	8	15	8	M W
Large 17" Vegetarian	1 slice	250	11	4.5	0	20	270	27	2	3	10	30	70	15	10	MSW
Large 17" Chicken Wing	1 slice	230	11	4.5	0	30	610	23	0	2	11	10	2	15	8	MSW S
Large 17" Garlic	1 slice	260	14	6	0	30	320	23	0	2	12	10	2	20	8	MSW
Large 17" Pepperoni	1 slice	210	9	4.5	0	25	410	23	0	2	10	6	8	15	8	M W
Sheet Cheese	1 slice	150	5	2.5	0	15	260	20	0	2	7	6	6	10	6	M W
Sheet Vegetarian	1 slice	200	6	3.5	0	15	210	22	1	2	8	20	50	10	8	MSW
Sheet Chicken Wing	1 slice	190	8	3.5	0	25	460	19	0	2	6	8	2	10	8	MSW S
Sheet garlic	1 slice	200	10	4.5	0	20	250	19	0	2	6	8	2	15	6	MSW
Sheet Pepperoni	1 slice	170	6	3.5	0	20	320	20	0	2	8	6	6	10	8	M W

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Medium - 6 slices; Large - 12 slices; Sheet - 32 slices
 E = egg S = soy F = fish W = wheat M = milk S = sulfites
 *If the product has egg, milk, soy and wheat it also contains Gluten

Pizza Toppings per slice	Serving Size/Meas.	Calories (kcal)	Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)	Vit A %DV	Vit C %DV	Calc %DV	Iron %DV	Allergies
Cheese, mozzarella (Extra Cheese, Double)	Medium/slice	80	6	3.5	0	20	100	1	0	0	5	4	0	15	0	M
	Large/slice	70	5	3.5	0	20	90	1	0	0	5	2	0	12	0	M
	Sheet/slice	50	4	2.5	0	15	70	0	0	0	4	2	0	10	0	M
Pepperoni	Medium/slice	35	3	1	0	5	115	0	0	0	2	0	0	0	0	
	Large/slice	30	2.5	1	0	5	100	0	0	0	1	0	0	0	0	
	Sheet/slice	20	1.5	0.5	0	5	60	0	0	0	1	0	0	0	0	
Sausage	Medium/slice	70	4.5	1	0	10	220	3	1	1	4	0	0	0	0	S
	Large/slice	50	3.5	0.5	0	5	160	2	1	0	3	0	0	0	0	S
	Sheet/slice	40	3	0.5	0	5	135	2	1	0	3	0	0	0	0	S
Mushroom slices	Medium/slice	5	0	0	0	0	0	1	0	0	1	0	0	0	0	
	Large/slice	5	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Sheet/slice	5	0	0	0	0	0	0	0	0	0	0	0	0	0	
Red & Green Sliced Peppers	Medium/slice	5	0	0	0	0	0	1	0	0	0	8	30	0	0	
	Large/slice	0	0	0	0	0	0	1	0	0	0	5	20	0	0	
	Sheet/slice	0	0	0	0	0	0	0	0	0	0	4	11	0	0	
Onion, Sliced	Medium/slice	5	0	0	0	0	0	1	0	0	0	0	0	2	0	0
	Large/slice	5	0	0	0	0	0	1	0	0	0	0	0	2	0	0
	Sheet/slice	5	0	0	0	0	0	1	0	0	0	0	0	2	0	0
Bacon	Medium/slice	45	3.5	1.5	0	10	190	0	0	0	3	0	0	0	0	
	Large/slice	35	3	1	0	10	160	0	0	0	3	0	0	0	0	
	Sheet/slice	30	2.5	1	0	5	140	0	0	0	2	0	0	0	0	
Sliced Ham	Medium/slice	10	0	0	0	5	90	0	0	0	1	0	0	0	0	
	Large/slice	5	0	0	0	5	75	0	0	0	1	0	0	0	0	
	Sheet/slice	5	0	0	0	0	60	0	0	0	1	0	0	0	0	
Chicken, Diced	Medium/slice	40	3.5	1	0	15	50	0	0	0	2	0	0	2	0	
	Large/slice	35	3	1	0	15	45	0	0	0	2	0	0	2	0	
	Sheet/slice	25	2.5	0.5	0	10	35	0	0	0	2	0	0	2	0	
Meat Sauce	Medium/slice	45	3.5	1.5	0	10	130	0	0	0	3	0	0	0	0	EMSW
	Large/slice	35	2.5	1	0	5	100	0	0	0	2	0	0	0	0	EMSW
	Sheet/slice	30	2	1	0	5	80	0	0	0	2	0	0	0	0	EMSW
Olives, black	Medium/slice	10	1	0	0	0	70	1	0	0	0	0	0	0	0	
	Large/slice	10	1	0	0	0	70	1	0	0	0	0	0	0	0	
	Sheet/slice	10	1	0	0	0	50	0	0	0	0	0	0	0	0	
Chili Peppers (Hot)	Medium/slice	5	0	0	0	0	0	1	0	0	0	2	40	0	0	
	Large/slice	5	0	0	0	0	0	1	0	0	0	2	40	0	0	
	Sheet/slice	5	0	0	0	0	0	1	0	0	0	2	30	0	0	


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