



Nutrition Information

Calories (kcal)

Total Fat (g)

Saturated Fat (g)

Trans Fat (g)

Cholesterol (mg)

Sodium (mg)

Total Carb. (g)

Fiber (g)

Sugars (g)

Protein (g)

Starters

Aunt Vickie's Spinach & Artichoke Dip Serving Size: 1 Order	350	22	10	0	50	470	29	3	4	8
BBQ Nachos Serving Size: 1 Order	810	44	22	0	215	1,240	42	3	17	59
Fried Mozzarella Sticks Serving Size: 1 Order	490	20	12	0	70	2,470	51	3	7	29
Fried Ravioli Serving Size: 1 Order	250	8	3	0	25	1,130	35	2	3	14
Garlic Breadsticks (1 of 12 Sticks) Serving Size: 1 Stick	50	1.5	0	0	0	60	8	0	< 1	2
Garlic Cheesesticks (1 of 12 Sticks) Serving Size: 1 Stick	70	3	1.5	0	5	115	8	0	< 1	3
Mississippi Delta Hot Tamales (1 of 6 Tamales) Serving Size: 1 Tamale	120	1.5	1	0	20	440	18	0	0	7
Olive Bread (1 of 12 Slices) Serving Size: 1 Slice	70	3	1	0	< 5	110	8	0	< 1	3
Queso Dip Serving Size: 1 Order	540	32	22	0	110	1,990	34	3	8	23
Wings, Boneless, 10 Piece Serving Size: 1 Order	750	27	4.5	0	175	2,080	53	0	4	71
Wings, Boneless, 20 Piece Serving Size: 1 Order	1,380	49	8	0	325	3,810	97	0	8	130
Wings, Classic, 12 Piece Serving Size: 1 Order	1,320	97	26	0	345	2,180	11	0	0	103
Wings, Classic, 6 Piece Serving Size: 1 Order	660	49	13	0	170	1,090	6	0	0	52

Wing Sauces (6 Piece & Kids)

Nutrition shown for 1 oz. 6 Piece and Kids Wings use 1 oz sauce, 10 and 12 piece wings use 2 oz sauce and 20 piece wings use 3 oz sauce.

Bbq Sauce Serving Size: 1 wt oz	60	0	0	0	0	230	14	0	13	0
Caribbean Jerk Sauce Serving Size: 1 wt oz	35	0	0	0	0	450	10	0	9	0
General Tso's Sauce Serving Size: 1 wt oz	50	0	0	0	0	330	12	0	11	0
Golden Bbq Sauce Serving Size: 1 wt oz	50	0	0	0	0	270	12	0	10	0
Hot Sauce Serving Size: 1 wt oz	5	0	0	0	0	810	< 1	0	0	0
Mild Sauce Serving Size: 1 wt oz	5	0	0	0	0	820	< 1	0	0	0
Stupid Hot Sauce Serving Size: 1 wt oz	10	0	0	0	0	820	< 1	0	0	0
Teriyaki Sauce Serving Size: 1 wt oz	60	0	0	0	0	480	13	0	12	0

Salads

Caesar Salad, Large Serving Size: 1 Salad	230	12	5	0	20	670	17	4	3	13
Caesar Salad, Small Serving Size: 1 Salad	120	7	2.5	0	10	350	9	1	1	6
Chef Salad, Large Serving Size: 1 Salad	300	15	6	0	50	1,250	22	3	7	24
Greek Salad, Large Serving Size: 1 Salad	430	41	7	0	25	1,100	12	5	4	6
House Salad, Large Serving Size: 1 Salad	210	10	4	0	20	600	21	3	6	12
House Salad, Small Serving Size: 1 Salad	120	5	2	0	10	320	12	1	3	6

Lost Pizza Co.

Nutrition Information

Calories (kcal)

Total Fat (g)

Saturated Fat (g)

Trans Fat (g)

Cholesterol (mg)

Sodium (mg)

Total Carb. (g)

Fiber (g)

Sugars (g)

Protein (g)

Salad Chicken Toppings

Fried Chicken Serving Size: 85 g	190	7	1	0	45	520	13	0	1	18
Grilled Chicken Serving Size: 85 g	100	3	1	0	55	860	1	0	< 1	16

Salad Dressings

Nutrition shown for 2 oz portions

Blue Cheese Dressing Serving Size: 56.7 g	270	29	6	0	20	470	2	0	2	2
Caesar Dressing Serving Size: 56.7 g	250	25	5	0	20	700	4	0	2	2
Comeback Dressing Serving Size: 2 wt oz	400	44	6	0	40	380	4	0	0	0
Greek Dressing Serving Size: 56.7 grams	170	17	3	0	10	490	4	0	2	0
Honey Mustard Serving Size: 56.7 g	260	25	4	0	20	420	8	0	8	0
House Dressing Serving Size: 56.7 g	280	30	5	0	0	580	3	0	2	< 1
Lite Vinaigrette Dressing Serving Size: 56.7 grams	130	11	2	0	0	510	6	0	4	0
Lola Dressing Serving Size: 56.7 g	250	19	3	0	0	220	21	0	20	0
Ranch Dressing Serving Size: 2 wt oz	280	29	4.5	0	30	470	4	0	< 1	< 1
Wine & Cheese Dressing Serving Size: 56.7 g	300	32	4.5	0	20	190	7	0	4	0

Custom Built Pizzas

Custom Built Pizzas display nutrition for Pizza Base sauce and cheese only. To obtain full pizza slice nutrition information, add 'Crust' and 'Toppings' nutrition.

Custom Multi Topping Pizza, 12" (1 of 8 slices) Serving Size: 1 Slice	80	4	2.5	0	15	300	4	0	< 1	5
Custom Multi Topping Pizza, 15" (1 of 12 slices) Serving Size: 1 Slice	90	4.5	2.5	0	15	310	4	0	1	5
Custom Multi Topping Pizza, 8" (1 of 4 slices) Serving Size: 1 Slice	90	5	3	0	15	300	3	0	< 1	6
Custom Single Topping Pizza, 12" (1 of 8 slices) Serving Size: 1 Slice	80	4	2.5	0	15	300	4	0	< 1	5
Custom Single Topping Pizza, 15" (1 of 12 slices) Serving Size: 1 Slice	90	4.5	2.5	0	15	310	4	0	1	5
Custom Single Topping Pizza, 8" (1 of 4 slices) Serving Size: 1 Slice	90	5	3	0	15	300	3	0	< 1	6

Crust 8"

Nutrition shown per 1 slice portion

Crustless	0	0	0	0	0	0	0	0	0	0
Thick Crust Serving Size: 2.25 wt oz	110	0.5	0	0	0	5	22	1	1	4
Thin Crust Serving Size: 0.63 wt oz	30	0	0	0	0	0	6	0	0	1



Nutrition Information

Calories (kcal)

Total Fat (g)

Saturated Fat (g)

Trans Fat (g)

Cholesterol (mg)

Sodium (mg)

Total Carb. (g)

Fiber (g)

Sugars (g)

Protein (g)

Crust 12"

Nutrition shown per 1 slice portion

Cauliflower Crust Serving Size: 18.43 g	60	1.5	1	0	5	110	10	0	< 1	2
Thick Crust Serving Size: 2.25 wt oz	110	0.5	0	0	0	5	22	1	1	4
Thin Crust Serving Size: 0.75 wt oz	40	0	0	0	0	0	7	0	0	1

Crust 15"

Nutrition shown per 1 slice portion

Thick Crust Serving Size: 2.33 wt oz	120	0.5	0	0	0	10	23	1	1	4
Thin Crust Serving Size: 0.71 wt oz	35	0	0	0	0	0	7	0	0	1

Sauce (8" Custom Pizza)

Nutrition shown per 1 slice portion

Alfredo Sauce Serving Size: 0.25 wt oz	20	1.5	0.5	0	< 5	40	< 1	0	0	0
Pesto Base Serving Size: 0.25 wt oz	35	3.5	0.5	0	0	80	0	0	0	0
Pizza Base Serving Size: 0.38 wt oz	25	0	0	0	0	135	3	0	< 1	0
Ranch Dressing Serving Size: 0.25 wt oz	35	3.5	0.5	0	< 5	60	0	0	0	0

Sauce (12" Custom Pizza)

Nutrition shown per 1 slice portion

Alfredo Sauce Serving Size: 0.25 wt oz	20	1.5	0.5	0	< 5	40	< 1	0	0	0
Pesto Base Serving Size: 0.25 wt oz	35	3.5	0.5	0	0	80	0	0	0	0
Pizza Base Serving Size: 0.44 wt oz	30	0	0	0	0	160	3	0	< 1	0
Ranch Dressing Serving Size: 0.25 wt oz	35	3.5	0.5	0	< 5	60	0	0	0	0

Sauce (15" Custom Pizza)

Nutrition shown per 1 slice portion

Alfredo Sauce Serving Size: 0.25 wt oz	20	1.5	0.5	0	< 5	40	< 1	0	0	0
Pesto Base Serving Size: 0.25 wt oz	35	3.5	0.5	0	0	80	0	0	0	0
Pizza Base Serving Size: 0.46 wt oz	30	0	0	0	0	160	3	0	1	0
Ranch Dressing Serving Size: 0.25 wt oz	35	3.5	0.5	0	< 5	60	0	0	0	0

Toppings (8" Single Topping Pizza)

Nutrition shown per 1 slice portion

Anchovies Serving Size: 0.38 wt oz	20	1.5	0	0	10	720	0	0	0	2
Artichoke Serving Size: 0.38 wt oz	0	0	0	0	0	35	< 1	0	0	0
Bacon Serving Size: 0.19 wt oz	25	1.5	0.5	0	5	110	0	0	0	2
Banana Pepper Serving Size: 0.19 wt oz	0	0	0	0	0	85	0	0	0	0



Nutrition Information

	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
Bbq Pulled Pork Serving Size: 0.38 wt oz	30	2	0.5	0	15	10	0	0	0	3
Black Olives Serving Size: 0.19 wt oz	10	1	0	0	0	45	0	0	0	0
Chicken Breast Serving Size: 0.38 wt oz	10	0	0	0	10	40	0	0	0	2
Fresh Spinach Serving Size: 0.19 wt oz	0	0	0	0	0	0	0	0	0	0
Fresh Tomato Serving Size: 0.31 wt oz	0	0	0	0	0	0	0	0	0	0
Green Olives Serving Size: 0.19 wt oz	10	1	0	0	0	85	0	0	0	0
Green Peppers Serving Size: 0.13 wt oz	0	0	0	0	0	0	0	0	0	0
Ground Beef Serving Size: 0.25 wt oz	20	1	0.5	0	5	100	0	0	0	1
Hickory Ham Serving Size: 0.11 wt oz	0	0	0	0	0	30	0	0	0	< 1
Italian Sausage Serving Size: 0.25 wt oz	25	2	0.5	0	< 5	55	0	0	0	1
Jalepeno Serving Size: 0.19 wt oz	0	0	0	0	0	75	0	0	0	0
Meatballs Serving Size: 0.66 wt oz	50	3.5	1.5	0	20	150	1	0	0	3
Mushroom Serving Size: 0.19 wt oz	0	0	0	0	0	0	0	0	0	0
Onions Serving Size: 0.13 wt oz	0	0	0	0	0	0	0	0	0	0
Pepperoni Serving Size: 0.11 wt oz	15	1.5	0.5	0	< 5	55	0	0	0	< 1
Pineapple Serving Size: 0.5 wt oz	15	0	0	0	0	0	3	0	3	0
Pork Sausage Serving Size: 0.25 wt oz	30	2.5	1	0	5	45	0	0	0	< 1
Red Onions Serving Size: 0.19 wt oz	0	0	0	0	0	0	0	0	0	0
Red Peppers Serving Size: 0.19 wt oz	0	0	0	0	0	15	0	0	0	0
Roasted Garlic Serving Size: 3.54 g	5	0	0	0	0	0	1	0	0	0
Sundried Tomatoes Serving Size: 0.19 wt oz	10	0	0	0	0	65	2	1	1	0

Toppings (12" Single Topping Pizza)

Nutrition shown per 1 slice portion

Anchovies Serving Size: 0.38 wt oz	20	1.5	0	0	10	720	0	0	0	2
Artichoke Serving Size: 0.38 wt oz	0	0	0	0	0	35	< 1	0	0	0
Bacon Serving Size: 0.19 wt oz	25	1.5	0.5	0	5	110	0	0	0	2
Banana Pepper Serving Size: 0.19 wt oz	0	0	0	0	0	85	0	0	0	0
Bbq Pulled Pork Serving Size: 0.25 wt oz	20	1.5	0	0	10	5	0	0	0	2
Black Olives Serving Size: 0.22 wt oz	10	1	0	0	0	50	0	0	0	0
Chicken Breast Serving Size: 0.31 wt oz	10	0	0	0	5	30	0	0	0	2
Fresh Spinach Serving Size: 0.13 wt oz	0	0	0	0	0	0	0	0	0	0
Fresh Tomato Serving Size: 0.24 wt oz	0	0	0	0	0	0	0	0	0	0
Green Olives Serving Size: 0.22 wt oz	15	1	0	0	0	100	0	0	0	0



Nutrition Information

	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
Green Peppers Serving Size: 0.16 wt oz	0	0	0	0	0	0	0	0	0	0
Ground Beef Serving Size: 0.25 wt oz	20	1	0.5	0	5	100	0	0	0	1
Hickory Ham Serving Size: 0.15 wt oz	5	0	0	0	< 5	45	0	0	0	< 1
Italian Sausage Serving Size: 0.25 wt oz	25	2	0.5	0	< 5	55	0	0	0	1
Jalepeno Serving Size: 0.19 wt oz	0	0	0	0	0	75	0	0	0	0
Meatballs Serving Size: 0.66 wt oz	50	3.5	1.5	0	20	150	1	0	0	3
Mushroom Serving Size: 0.19 wt oz	0	0	0	0	0	0	0	0	0	0
Onions Serving Size: 0.16 wt oz	0	0	0	0	0	0	0	0	0	0
Pepperoni Serving Size: 0.15 wt oz	20	2	0.5	0	< 5	75	0	0	0	< 1
Pineapple Serving Size: 0.25 wt oz	5	0	0	0	0	0	1	0	1	0
Pork Sausage Serving Size: 0.25 wt oz	30	2.5	1	0	5	45	0	0	0	< 1
Red Onions Serving Size: 0.16 wt oz	0	0	0	0	0	0	0	0	0	0
Red Peppers Serving Size: 0.19 wt oz	0	0	0	0	0	15	0	0	0	0
Roasted Garlic Serving Size: 3.54 g	5	0	0	0	0	0	1	0	0	0
Sundried Tomatoes Serving Size: 0.19 wt oz	10	0	0	0	0	65	2	1	1	0

Toppings (15" Single Topping Pizza)

Nutrition shown per 1 slice portion

Anchovies Serving Size: 0.33 wt oz	20	1.5	0	0	10	640	0	0	0	2
Artichoke Serving Size: 0.5 wt oz	5	0	0	0	0	45	< 1	0	0	0
Bacon Serving Size: 0.25 wt oz	30	2	1	0	10	150	0	0	0	3
Banana Pepper Serving Size: 0.21 wt oz	0	0	0	0	0	95	0	0	0	0
Bbq Pulled Pork Serving Size: 0.33 wt oz	30	1.5	0.5	0	10	5	0	0	0	3
Black Olives Serving Size: 0.23 wt oz	10	1	0	0	0	55	0	0	0	0
Chicken Breast Serving Size: 0.42 wt oz	15	0	0	0	10	45	0	0	0	3
Fresh Spinach Serving Size: 0.17 wt oz	0	0	0	0	0	0	0	0	0	0
Fresh Tomato Serving Size: 0.22 wt oz	0	0	0	0	0	0	0	0	0	0
Green Olives Serving Size: 0.23 wt oz	15	1	0	0	0	105	0	0	0	0
Green Peppers Serving Size: 0.21 wt oz	0	0	0	0	0	0	0	0	0	0
Ground Beef Serving Size: 0.33 wt oz	25	1.5	0.5	0	10	135	0	0	0	2
Hickory Ham Serving Size: 0.16 wt oz	5	0	0	0	< 5	50	0	0	0	< 1
Italian Sausage Serving Size: 0.33 wt oz	30	2.5	1	0	5	70	0	0	0	1
Jalepeno Serving Size: 0.21 wt oz	0	0	0	0	0	85	0	0	0	0
Meatballs Serving Size: 0.66 wt oz	50	3.5	1.5	0	20	150	1	0	0	3



Nutrition Information

	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
Mushroom Serving Size: 0.23 wt oz	0	0	0	0	0	0	0	0	0	0
Onions Serving Size: 0.21 wt oz	0	0	0	0	0	0	< 1	0	0	0
Pepperoni Serving Size: 0.08 wt oz	10	1	0	0	< 5	40	0	0	0	0
Pineapple Serving Size: 0.33 wt oz	10	0	0	0	0	0	2	0	2	0
Pork Sausage Serving Size: 0.33 wt oz	40	3.5	1.5	0	5	65	0	0	0	1
Red Onions Serving Size: 0.21 wt oz	0	0	0	0	0	0	< 1	0	0	0
Red Peppers Serving Size: 0.21 wt oz	0	0	0	0	0	15	0	0	0	0
Roasted Garlic Serving Size: 4.72 g	5	0	0	0	0	0	2	0	0	0
Sundried Tomatoes Serving Size: 0.21 wt oz	10	0	0	0	0	70	2	1	1	0

Toppings (8" Multi Topping Pizza)

Nutrition shown per 1 slice portion

Anchovies Serving Size: 0.19 wt oz	10	0.5	0	0	5	360	0	0	0	1
Artichoke Serving Size: 0.19 wt oz	0	0	0	0	0	20	0	0	0	0
Bacon Serving Size: 0.06 wt oz	10	0.5	0	0	< 5	35	0	0	0	< 1
Banana Pepper Serving Size: 0.13 wt oz	0	0	0	0	0	55	0	0	0	0
Bbq Pulled Pork Serving Size: 0.38 wt oz	30	2	0.5	0	15	10	0	0	0	3
Black Olives Serving Size: 0.12 wt oz	5	0.5	0	0	0	30	0	0	0	0
Chicken Breast Serving Size: 0.13 wt oz	0	0	0	0	< 5	15	0	0	0	< 1
Fresh Spinach Serving Size: 0.06 wt oz	0	0	0	0	0	0	0	0	0	0
Fresh Tomato Serving Size: 0.31 wt oz	0	0	0	0	0	0	0	0	0	0
Green Olives Serving Size: 0.12 wt oz	10	0.5	0	0	0	60	0	0	0	0
Green Peppers Serving Size: 0.06 wt oz	0	0	0	0	0	0	0	0	0	0
Ground Beef Serving Size: 0.13 wt oz	10	0.5	0	0	< 5	50	0	0	0	< 1
Hickory Ham Serving Size: 0.09 wt oz	0	0	0	0	0	25	0	0	0	0
Italian Sausage Serving Size: 0.13 wt oz	10	1	0	0	< 5	25	0	0	0	< 1
Jalepeno Serving Size: 0.12 wt oz	0	0	0	0	0	50	0	0	0	0
Meatballs Serving Size: 0.44 wt oz	35	2.5	1	0	10	100	< 1	0	0	2
Mushroom Serving Size: 0.13 wt oz	0	0	0	0	0	0	0	0	0	0
Onions Serving Size: 0.06 wt oz	0	0	0	0	0	0	0	0	0	0
Pepperoni Serving Size: 0.09 wt oz	10	1	0	0	< 5	45	0	0	0	0
Pineapple Serving Size: 0.12 wt oz	0	0	0	0	0	0	< 1	0	< 1	0
Pork Sausage Serving Size: 0.13 wt oz	15	1.5	0	0	< 5	25	0	0	0	0
Red Onions Serving Size: 0.13 wt oz	0	0	0	0	0	0	0	0	0	0



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	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
Red Peppers Serving Size: 0.12 wt oz	0	0	0	0	0	10	0	0	0	0
Roasted Garlic Serving Size: 1.77 g	0	0	0	0	0	0	< 1	0	0	0
Sundried Tomatoes Serving Size: 0.13 wt oz	5	0	0	0	0	45	1	< 1	< 1	0

Toppings (12" Multi Topping Pizza)

Nutrition shown per 1 slice portion

Anchovies Serving Size: 0.25 wt oz	15	1	0	0	5	480	0	0	0	1
Artichoke Serving Size: 0.19 wt oz	0	0	0	0	0	20	0	0	0	0
Bacon Serving Size: 0.06 wt oz	10	0.5	0	0	< 5	35	0	0	0	< 1
Banana Pepper Serving Size: 0.13 wt oz	0	0	0	0	0	55	0	0	0	0
Bbq Pulled Pork Serving Size: 0.38 wt oz	30	2	0.5	0	15	10	0	0	0	3
Black Olives Serving Size: 0.12 wt oz	5	0.5	0	0	0	30	0	0	0	0
Chicken Breast Serving Size: 0.13 wt oz	0	0	0	0	< 5	15	0	0	0	< 1
Fresh Spinach Serving Size: 0.06 wt oz	0	0	0	0	0	0	0	0	0	0
Fresh Tomato Serving Size: 0.24 wt oz	0	0	0	0	0	0	0	0	0	0
Green Olives Serving Size: 0.12 wt oz	10	0.5	0	0	0	60	0	0	0	0
Green Peppers Serving Size: 0.06 wt oz	0	0	0	0	0	0	0	0	0	0
Ground Beef Serving Size: 0.13 wt oz	10	0.5	0	0	< 5	50	0	0	0	< 1
Hickory Ham Serving Size: 0.09 wt oz	0	0	0	0	0	25	0	0	0	0
Italian Sausage Serving Size: 0.13 wt oz	10	1	0	0	< 5	25	0	0	0	< 1
Jalepeno Serving Size: 0.12 wt oz	0	0	0	0	0	50	0	0	0	0
Meatballs Serving Size: 0.44 wt oz	35	2.5	1	0	10	100	< 1	0	0	2
Mushroom Serving Size: 0.13 wt oz	0	0	0	0	0	0	0	0	0	0
Onions Serving Size: 0.06 wt oz	0	0	0	0	0	0	0	0	0	0
Pepperoni Serving Size: 0.09 wt oz	10	1	0	0	< 5	45	0	0	0	0
Pineapple Serving Size: 0.12 wt oz	0	0	0	0	0	0	< 1	0	< 1	0
Pork Sausage Serving Size: 0.13 wt oz	15	1.5	0	0	< 5	25	0	0	0	0
Red Onions Serving Size: 0.13 wt oz	0	0	0	0	0	0	0	0	0	0
Red Peppers Serving Size: 0.12 wt oz	0	0	0	0	0	10	0	0	0	0
Roasted Garlic Serving Size: 0.89 g	0	0	0	0	0	0	0	0	0	0
Sundried Tomatoes Serving Size: 0.13 wt oz	5	0	0	0	0	45	1	< 1	< 1	0



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Calories (kcal)

Total Fat (g)

Saturated Fat (g)

Trans Fat (g)

Cholesterol (mg)

Sodium (mg)

Total Carb. (g)

Fiber (g)

Sugars (g)

Protein (g)

Toppings (15" Multi Topping Pizza)

Nutrition shown per 1 slice portion

Anchovies Serving Size: 0.25 wt oz	15	1	0	0	5	480	0	0	0	1
Artichoke Serving Size: 0.33 wt oz	0	0	0	0	0	30	< 1	0	0	0
Bacon Serving Size: 0.06 wt oz	10	0.5	0	0	< 5	35	0	0	0	< 1
Banana Pepper Serving Size: 0.13 wt oz	0	0	0	0	0	55	0	0	0	0
Bbq Pulled Pork Serving Size: 0.42 wt oz	35	2	0.5	0	15	10	0	0	0	4
Black Olives Serving Size: 0.12 wt oz	5	0.5	0	0	0	30	0	0	0	0
Chicken Breast Serving Size: 0.13 wt oz	0	0	0	0	< 5	15	0	0	0	< 1
Fresh Spinach Serving Size: 0.06 wt oz	0	0	0	0	0	0	0	0	0	0
Fresh Tomato Serving Size: 0.22 wt oz	0	0	0	0	0	0	0	0	0	0
Green Olives Serving Size: 0.12 wt oz	10	0.5	0	0	0	60	0	0	0	0
Green Peppers Serving Size: 0.06 wt oz	0	0	0	0	0	0	0	0	0	0
Ground Beef Serving Size: 0.13 wt oz	10	0.5	0	0	< 5	50	0	0	0	< 1
Hickory Ham Serving Size: 0.16 wt oz	5	0	0	0	< 5	45	0	0	0	< 1
Italian Sausage Serving Size: 0.13 wt oz	10	1	0	0	< 5	25	0	0	0	< 1
Jalepeno Serving Size: 0.12 wt oz	0	0	0	0	0	50	0	0	0	0
Meatballs Serving Size: 0.44 wt oz	35	2.5	1	0	10	100	< 1	0	0	2
Mushroom Serving Size: 0.13 wt oz	0	0	0	0	0	0	0	0	0	0
Onions Serving Size: 0.06 wt oz	0	0	0	0	0	0	0	0	0	0
Pepperoni Serving Size: 0.22 wt oz	30	3	1	0	5	115	0	0	0	1
Pineapple Serving Size: 0.12 wt oz	0	0	0	0	0	0	< 1	0	< 1	0
Pork Sausage Serving Size: 0.13 wt oz	15	1.5	0	0	< 5	25	0	0	0	0
Red Onions Serving Size: 0.13 wt oz	0	0	0	0	0	0	0	0	0	0
Red Peppers Serving Size: 0.12 wt oz	0	0	0	0	0	10	0	0	0	0
Roasted Garlic Serving Size: 0.94 g	0	0	0	0	0	0	0	0	0	0
Sundried Tomatoes Serving Size: 0.13 wt oz	5	0	0	0	0	45	1	< 1	< 1	0

Signature Pizzas 8"

Signature Pizzas are shown with thick crusts. See 'Crusts' for additional nutrition information.

El Diablo, 8" (1 of 4 slices) Serving Size: 1 Slice	120	6	3.5	0	25	510	6	0	3	8
Hector's Taco 8" (1 of 4 Slices) Serving Size: 1 Slice	130	9	5	0	35	420	3	0	< 1	9
The Fatboy, 8" (1 of 4 slices) Serving Size: 1 Slice	160	10	5	0	35	600	6	< 1	2	10
The Happy Hippie, 8" (1 of 4 slices) Serving Size: 1 Slice	110	5	3	0	15	380	5	1	1	6



Nutrition Information

	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
The Hot Chick, 8" (1 of 4 slices) Serving Size: 1 Slice	110	9	3.5	0	25	310	1	0	0	7
The Islander, 8" (1 of 4 slices) Serving Size: 1 Slice	120	6	3.5	0	20	390	5	0	3	7
The Kujo, 8" (1 of 4 slices) Serving Size: 1 Slice	150	9	4.5	0	25	520	4	< 1	1	9
The Lucille, 8" (1 of 4 slices) Serving Size: 1 Slice	130	7	3.5	0	25	400	5	0	1	8
The Otis, 8" (1 of 4 slices) Serving Size: 1 Slice	160	10	5	0	30	520	4	0	1	10
The Pitt Boss, 8" (1 of 4 slices) Serving Size: 1 Slice	160	9	5	0	35	410	6	0	3	11
The Popeye, 8" (1 of 4 slices) Serving Size: 1 Slice	100	7	3.5	0	25	250	2	0	0	8

Signature Pizzas 12"

Signature Pizzas are shown with thick crusts. See 'Crusts' for additional nutrition information.

El Diablo, 12" (1 of 8 slices) Serving Size: 1 Slice	110	5	3	0	20	510	6	0	3	7
Hector's Taco 12" (1 of 8 Slices) Serving Size: 1 Slice	110	8	4.5	0	25	320	2	0	< 1	7
The Fatboy, 12" (1 of 8 slices) Serving Size: 1 Slice	140	8	4.5	0	30	570	6	< 1	2	9
The Happy Hippie, 12" (1 of 8 slices) Serving Size: 1 Slice	100	4.5	2.5	0	15	350	5	< 1	1	5
The Hot Chick, 12" (1 of 8 slices) Serving Size: 1 Slice	100	8	3	0	20	280	1	0	0	6
The Islander, 12" (1 of 8 slices) Serving Size: 1 Slice	100	5	3	0	15	360	5	0	3	6
The Kujo, 12" (1 of 8 slices) Serving Size: 1 Slice	140	8	4	0	25	510	5	< 1	1	8
The Lucille, 12" (1 of 8 slices) Serving Size: 1 Slice	120	7	3	0	20	390	5	0	1	7
The Otis, 12" (1 of 8 slices) Serving Size: 1 Slice	150	9	4.5	0	30	520	4	0	1	9
The Pitt Boss, 12" (1 of 8 slices) Serving Size: 1 Slice	150	8	4	0	30	400	6	0	3	10
The Popeye, 12" (1 of 8 slices) Serving Size: 1 Slice	90	6	3	0	20	210	2	0	0	6

Signature Pizzas 15"

Signature Pizzas are shown with thick crusts. See 'Crusts' for additional nutrition information.

El Diablo, 15" (1 of 12 slices) Serving Size: 1 Slice	120	5	3	0	20	580	7	< 1	4	7
Hector's Taco 15" (1 of 12 Slices) Serving Size: 1 Slice	100	7	4	0	25	290	2	0	0	7
The Fatboy, 15" (1 of 12 slices) Serving Size: 1 Slice	150	8	4.5	0	30	580	6	< 1	2	9
The Happy Hippie, 15" (1 of 12 slices) Serving Size: 1 Slice	100	5	3	0	15	370	5	< 1	1	5
The Hot Chick, 15" (1 of 12 slices) Serving Size: 1 Slice	110	8	3.5	0	25	310	1	0	0	7
The Islander, 15" (1 of 12 slices) Serving Size: 1 Slice	110	5	3	0	15	380	6	0	3	6
The Kujo, 15" (1 of 12 slices) Serving Size: 1 Slice	140	8	4	0	25	530	5	< 1	1	8
The Lucille, 15" (1 of 12 slices) Serving Size: 1 Slice	130	7	3.5	0	25	410	5	0	1	8
The Otis, 15" (1 of 12 slices) Serving Size: 1 Slice	150	9	4.5	0	30	540	4	0	1	9
The Pitt Boss, 15" (1 of 12 slices) Serving Size: 1 Slice	160	8	4.5	0	35	420	7	0	4	11
The Popeye, 15" (1 of 12 slices) Serving Size: 1 Slice	90	6	3.5	0	20	220	2	0	0	7



Nutrition Information

Calories (kcal)

Total Fat (g)

Saturated Fat (g)

Trans Fat (g)

Cholesterol (mg)

Sodium (mg)

Total Carb. (g)

Fiber (g)

Sugars (g)

Protein (g)

Pasta

Baked Cheese Spaghetti Serving Size: 1 Bowl	700	24	11	0	50	1,280	89	5	6	31
Chicken Spaghetti Serving Size: 1 Bowl	840	33	17	0	120	1,710	89	4	7	44
Grilled Chicken Alfredo Serving Size: 1 Bowl	1,120	62	18	1	110	1,880	98	3	12	40
Spaghetti & Meatballs Serving Size: 1 Bowl	850	33	13	0.5	110	2,340	100	7	10	36

Sandwiches

Court Street Panini Serving Size: 1 Sandwich	630	32	10	0	80	2,130	48	2	6	42
Delta Melt Serving Size: 1 Sandwich	600	24	8	0	95	2,320	51	2	7	48
Meemaw 2.0 Serving Size: 1 Sandwich	700	37	15	0.5	125	2,130	56	3	4	33
Mr. G Serving Size: 1 Sandwich	680	37	10	0	65	2,470	53	2	6	37
Yardbird Serving Size: 1 Sandwich	610	27	7	0	105	1,450	51	2	3	39

Sandwich Sides

House Chips Serving Size: 85.05 g	150	9	0.5	0	0	230	15	1	1	1
No Side	0	0	0	0	0	0	0	0	0	0
Potato Salad Serving Size: 0.39 cups	190	14	3	0	10	280	13	< 1	2	2

Kids

Kids Boneless Wings Serving Size: 1 Serving	380	13	2	0	90	1,040	27	0	2	35
Kids Chicken Alfredo Serving Size: 1 Bowl	370	16	4.5	0	35	520	40	2	4	16
Kids Grilled Cheese Panini Serving Size: 1 Sandwich	330	11	4.5	0	20	610	40	2	2	15
Kids Mini Corn Dogs Serving Size: 1 Order	350	19	4	0	40	660	38	2	6	9
Kids Spaghetti & Meatballs Serving Size: 1 Bowl	410	17	7	0	70	930	43	3	3	19

Desserts

Chocolate Cheesecake Dessert Pizza, 12" (1 of 8 slices) Serving Size: 1 Slice	170	12	4	0	5	120	15	< 1	6	2
Chocolate Cheesecake Dessert Pizza, 15" (1 of 12 slices) Serving Size: 1 Slice	170	12	4	0	5	120	15	0	6	2
Chocolate Cheesecake Dessert Pizza, 8" (1 of 4 slices) Serving Size: 1 Slice	160	11	4	0	5	120	14	0	6	2
Cinnamon Stix (1 of 12 Sticks) Serving Size: 1 Stick	50	1	0	0	0	10	9	0	2	1
Pineapple Express Dessert Pizza, 12" (1 of 8 slices) Serving Size: 1 Slice	160	11	4	0	5	110	14	0	5	2
Pineapple Express Dessert Pizza, 15" (1 of 12 slices) Serving Size: 1 Slice	160	11	4	0	5	110	13	0	5	2
Pineapple Express Dessert Pizza, 8" (1 of 4 slices) Serving Size: 1 Slice	150	11	4	0	5	110	12	0	5	2
Strawberry Fields Dessert Pizza, 12" (1 of 8 slices) Serving Size: 1 Slice	160	11	4	0	5	110	14	0	5	2
Strawberry Fields Dessert Pizza, 15" (1 of 12 slices) Serving Size: 1 Slice	160	11	4	0	5	110	13	0	5	2

 Lost Pizza Co. Nutrition Information										
	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
Strawberry Fields Dessert Pizza, 8" (1 of 4 slices) Serving Size: 1 Slice	150	11	4	0	5	110	13	0	5	2