

# Bellacino's<sup>®</sup>

## Pizza & Grinders

### NUTRITIONAL INFORMATION

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
<b>PIZZA...</b>															
Chicken Alfredo, 6 inch Square (per piece)	235.4	71.3	8.1	3.9	0.0	28.7	636.1	28.0	1.2	1.6	11.7	173.9	0.3	119.6	0.5
Chicken Alfredo, 6 inch Square (size: entire pizza)	941.7	285.2	32.3	15.4	1.0	114.9	2544.3	112.1	4.8	6.4	46.8	695.6	1.3	478.6	2.1
Chicken Alfredo, 8 inch (per piece)	186.7	69.1	7.7	3.8	0.0	28.7	531.9	18.7	0.8	1.3	10.0	165.3	0.3	116.6	0.4
Chicken Alfredo, 8 inch (size: entire pizza)	746.7	276.3	30.7	15.2	0.8	114.9	2127.5	75.0	3.3	5.4	39.9	661.3	1.3	466.4	1.7
Chicken Alfredo, 12 inch (per piece)	157.6	60.1	6.7	3.4	0.0	26.5	456.2	14.8	0.7	1.1	9.0	163.1	0.3	116.2	0.4
Chicken Alfredo, 12 inch (size: entire 12" pizza)	1891.7	721.8	80.2	41.1	2.3	318.1	5474.0	177.7	8.4	12.7	108.0	1957.0	4.0	1394.7	4.4
Chicken Alfredo, 14 inch Square (per piece)	260.2	90.2	10.0	5.0	0.0	34.5	696.9	28.3	1.3	1.6	13.2	260.4	0.4	162.0	0.6
Chicken Alfredo, 14 inch Square (size: entire 14" pizza)	4163.6	1443.3	160.3	79.7	4.9	552.2	11150.8	452.8	20.4	26.0	211.2	4166.3	7.1	2592.3	9.2
Chicken Alfredo, 16 inch Round (per piece)	210.0	81.0	9.0	4.6	0.0	34.5	596.3	19.9	0.9	1.4	11.6	223.0	0.4	159.0	0.5
Chicken Alfredo, 16 inch Round (size: entire 16" pizza)	3360.4	1296.7	144.1	74.4	4.2	552.0	9541.5	318.3	15.2	22.3	186.1	3567.5	7.0	2544.7	7.6
Meat Eater, 6 inch Square (per piece)	252.8	87.6	9.7	4.2	0.0	22.4	722.8	29.0	1.6	2.3	11.3	369.3	2.5	108.6	0.9
Meat Eater, 6 inch Square (size: entire pizza)	1011.2	350.3	39.0	17.0	1.2	89.7	2891.2	116.0	6.5	9.3	45.2	1477.4	9.9	434.4	3.4
Meat Eater, 8 inch (per piece)	195.8	76.1	8.5	3.8	0.0	22.4	609.9	19.7	1.3	2.1	9.6	321.2	2.5	105.3	0.7
Meat Eater, 8 inch (size: entire pizza)	783.2	304.4	33.9	15.2	1.0	89.6	2439.7	78.8	5.1	8.3	38.3	1284.8	9.9	421.0	3.0
Meat Eater, 12 inch (per piece)	179.7	78.6	8.7	4.0	0.0	23.7	568.4	15.6	1.1	1.6	9.1	280.5	1.8	111.2	0.7
Meat Eater, 12 inch (size: entire 12" pizza)	2156.4	943.2	104.9	48.0	2.7	284.7	6820.4	186.9	12.9	19.2	109.3	3365.7	21.0	1334.2	8.2
Meat Eater, 14 inch Square (per piece)	284.9	109.2	12.2	5.5	0.0	31.1	842.3	29.3	1.7	2.3	13.5	406.9	2.3	154.4	1.0
Meat Eater, 14 inch Square (size: entire 14" pizza)	4558.0	1747.6	194.5	88.5	5.7	497.5	13476.6	468.5	27.8	37.3	216.7	6510.4	36.5	2470.3	15.5
Meat Eater, 16 inch Round (per piece)	234.7	100.1	11.1	5.2	0.0	31.1	741.7	20.9	1.4	2.1	12.0	369.5	2.3	151.4	0.9
Meat Eater, 16 inch Round (size: entire 16" pizza)	3754.8	1601.0	178.2	83.2	5.0	497.3	11867.3	334.0	22.5	33.7	191.7	5911.7	36.4	2422.6	13.8
Pride, 6 inch Square (per piece)	247.3	86.2	9.6	3.9	0.0	21.1	648.0	28.8	1.6	2.3	10.1	375.8	4.0	105.2	0.7
Pride, 6 inch Square (size: entire pizza)	989.1	344.8	38.3	15.8	1.0	84.5	2591.9	115.3	6.3	9.1	40.4	1503.1	16.2	420.7	2.7
Pride, 8 inch (per piece)	190.3	74.7	8.3	3.5	0.0	21.1	535.1	19.5	1.2	2.0	8.4	327.6	4.0	101.8	0.6
Pride, 8 inch (size: entire pizza)	761.1	298.9	33.2	14.1	0.8	84.4	2140.4	78.1	4.8	8.0	33.5	1310.5	16.1	407.3	2.3
Pride, 12 inch (per piece)	175.6	77.3	8.6	3.7	0.0	22.4	493.8	15.7	1.1	1.7	8.0	293.5	4.9	108.4	0.5
Pride, 12 inch (size: entire 12" pizza)	2107.7	928.1	103.3	44.6	2.3	269.1	5925.0	188.7	13.0	20.4	96.0	3521.8	58.7	1300.6	6.4
Pride, 14 inch Square (per piece)	278.7	107.3	11.9	5.2	0.0	29.1	739.1	29.4	1.7	2.4	12.0	423.2	6.2	150.9	0.8
Pride, 14 inch Square (size: entire 14" pizza)	4458.7	1716.2	191.0	82.5	4.9	465.3	11825.4	471.2	27.9	39.0	192.4	6770.5	99.3	2414.1	12.4
Pride, 16 inch Round (per piece)	228.5	98.1	10.9	4.8	0.0	29.1	638.6	21.1	1.4	2.2	10.5	385.7	6.2	147.9	0.7
Pride, 16 inch Round (size: entire 16" pizza)	3656.2	1569.6	174.7	77.2	4.2	465.1	10217.5	336.8	22.6	35.4	167.4	6171.9	99.2	2366.5	10.8

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### NUTRITIONAL INFORMATION

#### PIZZA (con't)...

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Super, 6 inch Square (per piece)	212.5	61.0	6.8	3.2	0.0	15.4	518.5	28.5	1.5	2.1	8.6	345.9	3.9	100.5	0.5
Super, 6 inch Square (size: entire pizza)	850.0	244.0	27.1	12.7	1.0	61.7	2074.1	114.1	5.9	8.6	34.4	1383.8	15.7	402.1	2.2
Super, 8 inch (per piece)	155.5	49.5	5.5	2.7	0.0	15.4	405.7	19.2	1.1	1.9	6.9	297.8	3.9	97.2	0.4
Super, 8 inch (size: entire pizza)	622.0	198.1	22.0	11.0	0.8	61.7	1622.6	76.8	4.4	7.5	27.5	1191.2	15.7	388.7	1.7
Super, 12 inch (per piece)	136.9	49.0	5.4	2.8	0.0	16.0	353.0	15.4	1.0	1.6	6.3	258.7	4.8	102.9	0.4
Super, 12 inch (size: entire 12" pizza)	1643.0	588.3	65.3	33.9	2.3	192.6	4235.9	184.4	11.7	18.7	76.1	3104.4	57.2	1235.3	4.5
Super, 14 inch Square (per piece)	235.2	75.7	8.4	4.2	0.0	22.0	577.3	29.1	1.6	2.3	10.2	385.9	6.1	145.1	0.6
Super, 14 inch Square (size: entire 14" pizza)	3763.3	1212.0	134.7	67.0	4.9	351.5	9236.5	464.8	26.0	36.6	162.6	6174.1	97.2	2320.9	9.6
Super, 16 inch Round (per piece)	185.0	66.6	7.4	3.9	0.0	22.0	476.8	20.7	1.3	2.1	8.6	348.5	6.1	142.1	0.5
Super, 16 inch Round (size: entire 16" pizza)	2960.8	1065.4	118.4	61.7	4.2	351.2	7628.6	330.5	20.8	32.9	137.6	5575.5	97.1	2273.3	7.9
Taco, 6 inch Square (per piece)	244.3	76.6	8.5	3.8	0.0	18.7	670.7	29.6	1.9	2.6	10.9	495.8	4.7	133.9	1.1
Taco, 6 inch Square (size: entire pizza)	977.0	306.2	34.0	15.3	1.3	74.7	2682.9	118.3	7.8	10.3	43.8	1983.4	18.7	535.7	4.2
Taco, 8 inch (per piece)	186.5	65.1	7.2	3.4	0.0	18.7	557.8	20.1	1.6	2.3	9.2	447.7	4.6	130.2	0.9
Taco, 8 inch (size: entire pizza)	746.1	260.3	28.9	13.6	1.1	74.7	2231.2	80.4	6.2	9.0	36.8	1790.6	18.2	520.7	3.8
Taco, 12 inch (per piece)	157.6	58.4	6.5	3.0	0.0	16.6	455.0	16.0	1.3	1.8	7.9	364.5	3.5	114.6	0.8
Taco, 12 inch (size: entire 12" pizza)	1891.1	701.1	77.9	36.2	2.7	199.7	5460.1	191.6	15.8	21.3	95.2	4373.6	42.0	1374.8	9.3
Taco, 14 inch Square (per piece)	251.3	79.7	8.9	4.1	0.0	22.3	689.8	29.6	2.0	2.5	11.9	475.1	4.4	157.9	1.1
Taco, 14 inch Square (size: entire 14" pizza)	4020.6	1274.9	141.7	65.2	5.6	356.2	11037.6	474.0	32.0	40.1	190.0	7602.2	70.3	2526.4	17.1
Taco, 16 inch Round (per piece)	213.5	82.3	9.1	4.3	0.0	22.3	602.4	21.3	1.7	2.3	10.3	497.1	4.4	155.4	1.0
Taco, 16 inch Round (size: entire 16" pizza)	3416.4	1316.1	146.2	68.6	4.9	356.4	9637.9	340.5	26.8	36.5	165.2	7953.0	70.4	2486.1	15.5
Veggie, 6 inch Square (per piece)	205.9	53.9	6.0	2.6	0.0	12.3	487.6	29.0	1.6	2.4	8.2	352.5	5.7	101.3	0.6
Veggie, 6 inch Square (size: entire pizza)	823.6	215.7	24.0	10.5	1.0	49.2	1950.2	115.8	6.5	9.6	32.7	1410.1	22.7	405.3	2.2
Veggie, 8 inch (per piece)	147.0	42.2	4.7	2.2	0.0	12.3	374.2	19.3	1.2	2.0	6.2	304.4	5.5	97.7	0.4
Veggie, 8 inch (size: entire pizza)	588.0	168.7	18.7	8.7	0.8	49.2	1496.7	77.4	4.7	8.0	24.6	1217.6	21.9	390.9	1.6
Veggie, 12 inch (per piece)	131.6	44.8	5.0	2.3	0.0	13.3	335.5	15.3	1.0	1.6	5.7	258.7	4.8	102.9	0.3
Veggie, 12 inch (size: entire 12" pizza)	1578.8	538.1	59.8	28.0	2.3	159.8	4026.2	183.1	11.7	18.7	68.3	3104.4	57.2	1235.3	4.0
Veggie, 14 inch Square (per piece)	226.9	69.3	7.7	3.6	0.0	18.5	550.1	28.9	1.6	2.3	9.3	385.9	6.1	145.1	0.5
Veggie, 14 inch Square (size: entire 14" pizza)	3630.4	1108.9	123.2	56.9	4.9	295.2	8801.0	462.6	26.0	36.6	149.1	6174.1	97.2	2320.9	8.8
Veggie, 16 inch Round (per piece)	176.7	60.1	6.7	3.2	0.0	18.4	449.6	20.5	1.3	2.1	7.8	348.5	6.1	142.1	0.4
Veggie, 16 inch Round (size: entire 16" pizza)	2827.9	962.3	106.9	51.5	4.2	295.0	7193.2	328.2	20.8	32.9	124.1	5575.5	97.1	2273.3	7.1

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<b>PIZZA (con't)...</b>															
Pepperoni, 6 inch Square (per piece)	211.0	60.9	6.8	3.2	0.0	15.4	518.3	28.2	1.4	2.0	8.5	339.4	2.4	99.9	0.5
Pepperoni, 6 inch Square (size: entire pizza)	844.2	243.6	27.1	12.7	1.0	61.7	2073.3	112.8	5.6	8.0	34.1	1357.5	9.4	399.6	2.1
Pepperoni, 8 inch (per piece)	154.0	49.4	5.5	2.7	0.0	15.4	405.4	18.9	1.0	1.7	6.8	291.2	2.4	96.6	0.4
Pepperoni, 8 inch (size: entire pizza)	616.2	197.7	22.0	11.0	0.8	61.7	1621.8	75.6	4.2	7.0	27.2	1164.9	9.4	386.3	1.7
Pepperoni, 12 inch (per piece)	134.0	48.8	5.4	2.8	0.0	16.0	352.6	14.7	0.8	1.3	6.2	245.5	1.6	101.7	0.3
Pepperoni, 12 inch (size: entire 12" pizza)	1607.8	586.0	65.1	33.8	2.3	192.6	4230.9	176.8	9.9	15.2	74.1	2946.3	19.4	1220.7	4.0
Pepperoni, 14 inch Square (per piece)	231.5	75.5	8.4	4.2	0.0	22.0	576.8	28.3	1.4	1.9	9.9	369.4	2.1	143.5	0.6
Pepperoni, 14 inch Square (size: entire 14" pizza)	3704.6	1208.2	134.2	66.9	4.9	351.5	9228.3	452.1	23.1	30.6	159.2	5910.7	34.1	2296.5	8.9
Pepperoni, 16 inch Round (per piece)	181.4	66.3	7.4	3.8	0.0	22.0	476.3	19.9	1.1	1.7	8.4	332.0	2.1	140.6	0.5
Pepperoni, 16 inch Round (size: entire 16" pizza)	2902.1	1061.6	117.9	61.6	4.2	351.2	7620.4	317.7	17.9	27.0	134.2	5312.1	34.0	2248.9	7.2
Cheese, 6 inch Square (per piece)	194.8	48.5	5.4	2.6	0.0	12.3	464.6	28.1	1.4	2.0	7.8	339.4	2.4	99.9	0.5
Cheese, 6 inch Square (size: entire pizza)	779.2	194.1	21.6	10.4	1.0	49.2	1858.3	112.3	5.6	8.0	31.1	1357.5	9.4	399.6	1.9
Cheese, 8 inch (per piece)	137.8	37.1	4.1	2.2	0.0	12.3	351.7	18.8	1.0	1.7	6.0	291.2	2.4	96.6	0.4
Cheese, 8 inch (size: entire pizza)	551.2	148.2	16.5	8.7	0.8	49.2	1406.8	75.1	4.2	7.0	24.2	1164.9	9.4	386.3	1.5
Cheese, 12 inch (per piece)	119.8	38.0	4.2	2.3	0.0	13.3	305.5	14.6	0.8	1.3	5.5	245.5	1.6	101.7	0.3
Cheese, 12 inch (size: entire 12" pizza)	1437.2	456.1	50.7	27.9	2.3	159.8	3666.6	175.4	9.9	15.2	66.2	2946.3	19.4	1220.7	3.5
Cheese, 14 inch Square (per piece)	213.3	61.6	6.8	3.5	0.0	18.5	516.3	28.1	1.4	1.9	9.1	369.4	2.1	143.5	0.5
Cheese, 14 inch Square (size: entire 14" pizza)	3412.1	985.4	109.5	56.8	4.9	295.2	8260.8	449.8	23.1	30.6	145.7	5910.7	34.1	2296.5	8.0
Cheese, 16 inch Round (per piece)	163.1	52.4	5.8	3.2	0.0	18.4	415.8	19.7	1.1	1.7	7.5	332.0	2.1	140.6	0.4
Cheese, 16 inch Round (size: entire 16" pizza)	2609.6	838.8	93.2	51.4	4.2	295.0	6652.9	315.4	17.9	27.0	120.7	5312.1	34.0	2248.9	6.4
Sausage, 6 inch Square (per piece)	211.0	60.9	6.8	3.2	0.0	15.4	518.3	28.2	1.4	2.0	8.5	339.4	2.4	99.9	0.5
Sausage, 6 inch Square (size: entire pizza)	844.2	243.6	27.1	12.7	1.0	61.7	2073.3	112.8	5.6	8.0	34.1	1357.5	9.4	399.6	2.1
Sausage, 8 inch (per piece)	154.0	49.4	5.5	2.7	0.0	15.4	405.4	18.9	1.0	1.7	6.8	291.2	2.4	96.6	0.4
Sausage, 8 inch (size: entire pizza)	616.2	197.7	22.0	11.0	0.8	61.7	1621.8	75.6	4.2	7.0	27.2	1164.9	9.4	386.3	1.7
Sausage, 12 inch (per piece)	134.0	48.8	5.4	2.8	0.0	16.0	352.6	14.7	0.8	1.3	6.2	245.5	1.6	101.7	0.3
Sausage, 12 inch (size: entire 12" pizza)	1607.8	586.0	65.1	33.8	2.3	192.6	4230.9	176.8	9.9	15.2	74.1	2946.3	19.4	1220.7	4.0
Sausage, 14 inch Square (per piece)	231.5	75.5	8.4	4.2	0.0	22.0	576.8	28.3	1.4	1.9	9.9	369.4	2.1	143.5	0.6
Sausage, 14 inch Square (size: entire 14" pizza)	3704.6	1208.2	134.2	66.9	4.9	351.5	9228.3	452.1	23.1	30.6	159.2	5910.7	34.1	2296.5	8.9
Sausage, 16 inch Round (per piece)	181.4	66.3	7.4	3.8	0.0	22.0	476.3	19.9	1.1	1.7	8.4	332.0	2.1	140.6	0.5
Sausage, 16 inch Round (size: entire 16" pizza)	2902.1	1061.6	117.9	61.6	4.2	351.2	7620.4	317.7	17.9	27.0	134.2	5312.1	34.0	2248.9	7.2

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