

Mia Italian Pizza Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Prot (g)
<b>Flatbread</b>												
Beef	1 flatbread	520	20	9	0	70	1730	57	6.27	7	2.58	32
Canadian Bacon	1 flatbread	480	16	6	0	70	1750	55	4.24	6	1.57	35
Cheese	1 flatbread	390	15	6	0	40	1070	49	4.19	5	1.52	22
Italian Sausage	1 flatbread	560	28	11	0	80	1570	51	4.19	5	2.14	32
Pepperoni	1 flatbread	460	21	9	0	55	1340	49	4.19	5	1.52	25
Pork Sausage	1 flatbread	640	37	14	0	85	1840	54	4.24	6	2.58	30
Sausage & Pepperoni	1 flatbread	550	28	11	0	75	1580	51	4.19	5	1.99	31
<b>Flatbread - Specialty</b>												
BBQ Chicken	1 flatbread	560	17	7	0	80	1600	74	1.48	30	21.89	33
Buffalo Chicken Ranch	1 flatbread	540	26	8	0	80	1800	48	1.12	4	1.54	33
Crab Rangoon	1 flatbread	900	41	21	1	125	1500	106	2.56	29	20.65	31
Hatch Chili Pepper	1 flatbread	510	21	9	0	60	1290	58	5.73	8	1.57	30
Meat Cravers	1 flatbread	560	28	11	0	95	2010	50	4.45	5	2.4	34
Sausage, Hatch Chili Pepper	1 flatbread	660	37	14	0	85	1840	57	5.73	8	2.58	31
Supreme	1 flatbread	470	20	8	0	55	1420	51	5.13	6	2.18	25
The Sicilian	1 flatbread	1010	68	21	0	130	2320	58	4.74	5	3.68	42
Tomato Mozzarella	1 flatbread	590	40	9	0	25	520	45	1.68	3	1	15
Triple Threat Pepperoni	1 flatbread	710	41	17	0	100	2240	53	4.24	5	1.57	35
<b>Personal Pizzas</b>												
Beef	1 pizza	700	29	15	0	85	1920	77	3.44	8	2.25	42
Canadian Bacon	1 pizza	700	27	13	0	95	2090	76	2.43	8	1.74	47
Cheese	1 pizza	650	26	13	0	70	1600	74	2.43	7	1.74	37
Italian Sausage	1 pizza	730	33	16	0	90	1850	75	2.43	7	2.06	42
Pepperoni	1 pizza	710	32	15	0	85	1840	74	2.43	7	1.74	40
Pork Sausage	1 pizza	760	38	17	0	95	1970	75	2.43	7	2.25	41
Supreme	1 pizza	850	41	19	0	115	2270	80	3.18	9	2.15	51
<b>Traditional Crust</b>												
Beef	1/6 pizza	390	17	7	0	35	950	44	3.96	4	1.92	19
Canadian Bacon	1/6 pizza	390	15	6	0	40	1070	44	3.11	4	1.5	22
Cheese	1/6 pizza	350	15	6	0	25	720	42	3.11	4	1.5	16
Italian Sausage	1/8 pizza	310	15	6	0	30	670	32	2.33	3	1.32	14
Pepperoni	1/6 pizza	410	21	8	0	35	940	42	3.11	3	1.5	18
Pork Sausage	1/6 pizza	440	24	9	0	45	1000	42	3.11	4	1.92	18
Sausage and Pepperoni	1/8 pizza	310	16	6	0	30	710	31	2.33	3	1.24	14

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<b>Traditional Crust - Specialty</b>												
Adobe Southwest Chicken	1/6 pizza	430	22	7	0	45	1200	41	1.91	4	1.67	20
Bacon Cheeseburger	1/6 pizza	410	18	7	0	40	1280	46	2.2	7	1.6	19
Bacon Jalapeno Crab Rangoon	1/6 pizza	650	39	16	0.5	90	1190	58	1.86	10	6.13	22
BBQ Chicken	1/6 pizza	390	15	6	0	35	800	48	1.44	12	9.02	18
BBQ Pork	1/6 pizza	420	17	7	0	40	770	50	1	14	10	19
Buffalo Bleu Chicken	1/6 pizza	480	27	8	0	35	1130	43	1.67	3	1.46	19
Buffalo Chicken Ranch	1/6 pizza	480	27	8	0	35	1140	43	1.49	3	1.54	19
Chicken Alfredo	1/6 pizza	400	19	8	0	55	900	40	1.36	3	1.19	20
Chicken Bacon Ranch	1/6 pizza	470	27	8	0	50	1000	40	1.46	3	1.85	21
Crab Rangoon	1/6 pizza	490	25	12	0	60	760	52	1.61	10	6.39	17
Garden	1/6 pizza	360	16	6	0	25	770	44	3.4	4	1.5	15
Greek Isle	1/6 pizza	420	24	7	0	25	650	40	1.72	3	1.19	14
Hawaiian	1/6 pizza	400	15	6	0	40	1070	46	3.3	7	1.5	22
Italian Sting	1/6 pizza	430	22	8	0	45	1060	42	2.61	4	1.67	19
Meat Cravers	1/8 pizza	330	17	6	0	35	810	32	2.46	3	1.46	16
Pepperoni, Hatch Chili Pepper	1/6 pizza	450	23	9	0	45	1010	45	4.11	5	1.5	21
Pork Lover's	1/6 pizza	450	24	9	0	50	1070	43	3.11	4	1.85	20
Supreme	1/8 pizza	290	14	5	0	25	660	32	2.68	3	1.29	13
Taco	1/6 pizza	490	21	7	0	40	1190	56	4.99	6	1.7	22
Tomato Margherita	1/6 pizza	370	21	6	0	10	340	38	1.61	2	1.19	9
White Cheddar Mac and Cheese	1/6 pizza	430	20	9	0	30	850	48	2.11	4	1.19	16
Zarda BBQ Pork	1/6 pizza	430	21	8	0	50	680	44	1.44	7	3.4	20
Zarda BBQ Pork and Jalapenos	1/6 pizza	440	21	8	0	50	680	45	1.69	7	3.4	20
Zarda BBQ Pork and Pineapple	1/6 pizza	440	21	8	0	50	680	46	1.58	8	3.4	20
<b>Tuscano Crust</b>												
Beef	1/6 pizza	340	14	6	0	45	930	35	3.88	4	1.01	21
Canadian Bacon	1/6 pizza	330	13	5	0	50	1040	34	2.87	4	0.51	24
Cheese	1/6 pizza	290	13	5	0	35	640	32	2.87	3	0.53	17
Italian Sausage	1/6 pizza	360	19	7	0	50	860	33	2.87	3	0.82	20
Pepperoni	1/6 pizza	350	18	7	0	45	870	32	2.87	3	0.53	19
Pork Sausage	1/6 pizza	400	23	9	0	55	980	33	2.87	3	1.01	19
<b>Tuscano Crust - Specialty</b>												
Adobe Southwest Chicken	1/6 pizza	380	20	6	0	55	1120	32	1.55	3	0.56	23
Bacon Cheeseburger	1/6 pizza	390	17	7	0	60	1390	37	2.33	7	0.88	23
Bacon Jalapeno Crab Rangoon	1/6 pizza	630	37	14	0.5	90	1060	56	1.67	12	8.05	22

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BBQ Chicken	1/6 pizza	360	13	5	0	50	880	44	1.1	17	12.36	21
Buffalo Bleu Chicken	1/6 pizza	460	27	7	0	45	1120	35	1.51	3	0.49	21
Buffalo Chicken Ranch	1/6 pizza	450	27	7	0	45	1140	35	1.18	3	0.59	21
Chicken Bacon Ranch	1/6 pizza	430	26	8	0	65	1000	30	1.09	3	0.94	23
Chicken Alfredo	1/6 pizza	350	17	7	0	60	800	31	0.98	3	0.18	21
Crab Rangoon	1/6 pizza	390	21	10	0	60	600	40	1.22	7	3.87	15
Garden	1/6 pizza	300	13	5	0	30	680	35	3.2	4	0.51	16
Hawaiian	1/6 pizza	340	13	5	0	50	1050	37	2.99	6	0.51	24
Italian Sting	1/6 pizza	270	12	3.5	0	25	1110	31	2.37	2	0.68	12
Meat Cravers	1/8 pizza	320	18	7	0	50	900	25	2.34	3	0.9	19
Pepperoni, Hatch Chili Pepper	1/6 pizza	380	20	8	0	50	900	35	4	5	1	21
Pork Lover's	1/6 pizza	430	25	10	0	70	1150	33	2.6	3	0.97	24
Supreme	1/8 pizza	270	13	5	0	35	670	25	2.58	3	0.64	15
Taco	1/6 pizza	430	19	7	0	40	930	47	4.06	4	0.18	20
Tomato Margherita	1/6 pizza	300	18	5	0	15	220	28	1.34	1	0.18	10
White Cheddar Mac and Cheese	1/6 pizza	340	16	7	0	35	700	37	1	3	0	15
Zarda BBQ Pork	1/6 pizza	420	21	8	0	65	670	37	1.1	8	3.28	24
Zarda BBQ Pork and Jalapenos	1/6 pizza	420	21	8	0	65	680	38	1.38	8	3.28	24
Zarda BBQ Pork and Pineapple	1/6 pizza	430	21	8	0	65	670	39	1.24	9	3.28	24
<b>Breakfast</b>												
Sausage & Bacon	1/8 pizza	340	19	7	0	80	780	31	1	2	1.04	14
Sausage and Bacon Flatbread	1 flatbread	530	28	11	0	165	1720	49	0.92	3	1.18	26
<b>Dessert</b>												
Apple	1/8 pizza	360	10	3.5	0	0	330	64	1.72	29	25.15	5
Cherry	1/8 pizza	370	10	3.5	0	0	300	65	1.58	28	26.4	6
Cinnamon	1/8 pizza	390	18	9	0	20	270	52	1.41	18	18.01	5