

Mia Pizza Build Your Own 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)
10" Options												
10" Thin Crust	1 crust	490	1.5	0	0	0	980	101	3.11	3	0.58	18
Classic Red Sauce	1/3 cup	50	2	0	0	0	350	7	2.83	4	0	1
Spicy Red Sauce	1/3 cup	50	2.5	0	0	0	340	7	1.36	3	0.68	1
Garlic Cream Sauce	1/3 cup	140	12	6	0	35	460	7	0	3	0	3
Basil Pesto Sauce	1/4 cup	190	18	3	--	10	400	2	--	0	--	5
Applewood Bacon	2 1/3 slices	130	11	4	--	30	480	0	--	0	--	8
Beef	2 oz	110	5	2.5	0	30	630	4	2.02	2	1.01	10
Canadian Bacon	1 1/2 slices	30	0.5	0	0	15	260	1	0	1	0	5
Chorizo Sausage	1 1/3 oz	110	9	3	0	25	280	1	--	1	--	5
Grilled Chicken	1 1/3 oz	45	1.5	0	0	25	300	0	0	0	0	7
Italian Meatballs	1 1/2 meatballs	130	9	3.5	0	25	330	4	0.37	0	0.37	7
Italian Sausage	1 3/4 oz	150	12	4	0	35	450	2	0	1	0.56	9
Pepperoni	15 slices	140	13	5	--	30	550	0	--	0	--	6
Prosciutto	1 oz	70	3	1	0	10	580	0	0	0	0	9
Pulled Pork	2 1/2 oz	100	6	2.5	0	35	270	1	0	1	0.67	12
Salami	8 slices	140	12	4.5	0	35	520	1	0	1	0.37	8
Sausage	1 1/2 oz	170	17	6	0	35	550	1	0	1	0.76	6
Feta Cheese	1/4 cup	70	6	3.5	0	20	330	1	--	0	--	5
Fresh Mozzarella Pearls	1 oz	70	5	3.5	0	15	85	1	0	0	0	5
Gorgonzola Cheese	1 oz	100	8	6	0	20	340	1	--	0	--	6
Shredded Cheddar Cheese	1/4 cup	110	9	5	0	25	180	0	0	0	0	6
Shredded Mozzarella Cheese	1/4 cup	80	6	3	0	20	180	2	0	1	0	7
Vegan Mozzarella Shreds	1 oz	90	7	4	0	0	270	7	--	0	--	0
Oregano	5 tsp	15	0	0	0	0	0	4	--	0	--	1
Artichoke	2 tbsp	40	2.5	0	0	0	120	3	--	2	--	1
Banana Peppers	15 slices	10	0	0	0	0	680	2	0	0	0	0
Basil	1 leaf	0	0	0	0	0	0	0	0.14	0	0	0
Black Olives	1/4 cup	35	2.5	0	0	0	250	2	--	0	0	0
Fresh Spinach	1/2 cup	5	0	0	0	0	10	1	0.31	0	0	0
Grape Tomatoes	2 each	5	0	0	0	0	0	1	0.34	1	0	0
Green Olives	1/4 cup	45	4.5	0	0	0	620	0	0	0	0	0
Green Peppers	1/3 cup	5	0	0	0	0	0	1	0.48	1	0	0
Jalapenos	2 tbsp	5	0	0	0	0	0	1	0.37	1	0	0
Mushroom	1/3 cup	5	0	0	0	0	0	1	--	1	--	1

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Red Onions	2 tbsp	5	0	0	0	0	0	1	0.24	1	0	0
Red Peppers	2/3 cup	20	0	0	0	0	0	3	1.14	2	0	1
Roasted Garlic	1 tbsp	15	0	--	--	--	0	3	--	--	--	0
Roasted Pineapple	1/3 cup	30	0	0	0	0	0	7	0.79	6	0	0
Roasted Red Peppers	16 pieces	20	0	0	0	0	200	4	0	2	0	0
Zucchini	1/2 cup	10	0	0	0	0	0	2	0.5	1	0	1
Arugula	3/4 cup	5	0	0	0	0	0	1	--	0	--	0
Balsamic	2 tbsp	70	6	1	0	0	240	4	3.85	13	2.52	0
BBQ Sauce	2 tbsp	70	0	0	0	0	250	17	0	17	14	0
Buffalo Sauce	2 tbsp	10	0	0	0	0	870	1	--	0	0	0
Crushed Red Peppers	4 tsp	25	1	0	0	0	0	4	1.93	1	0	1
Chopped Fresh Basil	1 cup	5	0	0	0	0	0	1	0.45	0	0	1
Olive Oil	2 tbsp	240	28	4	0	0	0	0	0	0	0	0
Ranch Dressing	2 tbsp	120	12	2	0	10	230	2	0.05	1	0.34	1
Grated Parmesan Cheese	1/4 cup	110	8	5	0	25	320	2	0.82	0	0	9
16" Options												
16" Thin Crust	1/4 crust	280	1	0	0	0	550	57	1.75	2	0.33	10
Classic Red Sauce	about 1/4 cup	35	1.5	0	0	0	240	5	1.89	3	0	1
Spicy Red Sauce	about 1/4 cup	35	2	0	0	0	230	5	0.91	2	0.45	1
Garlic Cream Sauce	about 1/4 cup	100	8	4	0	25	300	5	0	2	0	2
Basil Pesto Sauce	1 tbsp	120	12	2	--	5	250	1	--	0	--	3
Applewood Bacon	2 slices	110	9	3.5	--	25	420	0	--	0	--	7
Beef	1 1/2 oz	80	4	2	0	25	470	3	1.52	2	0.76	8
Canadian Bacon	1 1/4 slices	25	0	0	0	10	190	1	0	0	0	4
Chorizo Sausage	1 oz	80	7	2.5	0	15	220	1	--	0	--	4
Grilled Chicken	1 oz	35	1	0	0	20	230	0	0	0	0	6
Italian Meatball	1 1/4 meatballs	110	8	3	0	20	280	3	0.31	0	0.31	6
Italian Sausage	1 1/2 oz	130	10	3.5	0	30	370	1	0	0	0.47	7
Pepperoni	13 slices	120	12	4.5	--	25	480	0	--	0	--	5
Prosciutto	3/4 oz	50	2.5	1	0	10	430	0	0	0	0	7
Pulled Pork	1 1/2 oz	60	3.5	1.5	0	20	160	0	0	0	0.4	7
Salami	6 slices	110	9	3.5	0	25	400	1	0	1	0.28	6
Sausage	1/3 cup	150	14	5	0	30	460	1	0	1	0.63	5
Feta Cheese	1 tbsp	20	1.5	1	0	5	85	0	--	0	--	1
Fresh Mozzarella Pearls	1/4 oz	20	1.5	1	0	5	20	0	0	0	0	1
Gorgonzola Cheese	1/4 oz	25	2	1.5	0	5	85	0	--	0	--	2

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Shredded Cheddar Cheese	1 tbsp	30	2.5	1.5	0	5	45	0	0	0	0	2
Shredded Mozzarella Cheese	1 tbsp	20	1.5	1	0	5	45	1	0	0	0	2
Vegan Cheese	1/4 oz	20	1.5	1	0	0	70	2	--	0	--	0
Artichoke	2 tbsp	30	2	0	0	0	100	3	--	1	--	1
Banana Peppers	11 slices	5	0	0	0	0	510	1	0	0	0	0
Basil	2 1/3 tbsp	0	0	0	0	0	0	0	0.06	0	0	0
Black Olives	2 2/3 tbsp	25	2	0	0	0	190	1	--	0	0	0
Fresh Spinach	1/3 cup	0	0	0	0	0	10	0	0.23	0	0	0
Grape Tomatoes	1 1/4 each	5	0	0	0	0	0	1	0.26	1	0	0
Green Olives	2 3/4 tbsp	35	3.5	0	0	0	470	0	0	0	0	0
Green Peppers	2 2/3 tbsp	5	0	0	0	0	0	1	0.36	1	0	0
Jalapenos	2 1/2 tbsp	5	0	0	0	0	0	1	0.37	1	0	0
Mushroom	3 1/2 tbsp	5	0	0	0	0	0	1	--	0	--	1
Oregano	2 3/4 tsp	10	0	0	0	0	0	2	--	0	--	0
Red Onions	2 tsp	5	0	0	0	0	0	1	0.18	0	0	0
Red Peppers	6 tbsp	10	0	0	0	0	0	2	0.71	1	0	0
Roasted Garlic	1 1/2 tsp	5	0	--	--	--	0	1	--	--	--	0
Roasted Pineapple	3 1/2 tbsp	20	0	0	0	0	0	5	0.5	3	0	0
Roasted Red Peppers	9 1/2 pieces	10	0	0	0	0	125	2	0	1	0	0
Zucchini	5 tbsp	5	0	0	0	0	0	1	0.31	1	0	0
Arugula	2 tbsp	0	0	0	0	0	0	0	--	0	--	0
Balsamic	1/2 tbsp	15	1.5	0	0	0	60	1	0.96	3	0.63	0
BBQ Sauce	1/2 tbsp	15	0	0	0	0	60	4	0	4	3.5	0
Buffalo Sauce	1/2 tbsp	0	0	0	0	0	220	0	--	0	0	0
Crushed Red Peppers	1 tsp	5	0	0	0	0	0	1	0.48	0	0	0
Chopped Fresh Basil	1/4 cup	0	0	0	0	0	0	0	0.11	0	0	0
Olive Oil	1/2 tbsp	60	7	1	0	0	0	0	0	0	0	0
Ranch Dressing	1/2 tbsp	30	3	0	0	5	60	1	0.01	0	0.08	0
Grated Parmesan Cheese	1 tbsp	30	2	1.5	0	5	80	0	0.21	0	0	2
Gluten Free Options												
Gluten Free Crust	1/2 crust	620	7	0.5	0	0	1030	126	--	14	--	8
Cauliflower Crust	1/2 crust	140	3	0.5	0	5	140	26	--	3	--	3
Classic Red Sauce	2 3/4 tbsp	25	1	0	0	0	180	4	1.42	2	0	1
Spicy Red Sauce	4 tsp	25	1.5	0	0	0	170	3	0.68	2	0.34	1
Garlic Cream Sauce	4 tsp	70	6	3	0	15	230	3	0	1	0	1
Basil Pesto Sauce	2 tbsp	90	9	1.5	--	5	200	1	--	0	--	2

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Applewood Bacon	2 1/2 slices	130	11	4	--	30	480	0	--	0	--	8
Beef	1 1/2 oz	80	3.5	2	0	20	460	3	1.47	1	0.73	7
Canadian Bacon	1 slices	20	0	0	0	10	180	1	0	0	0	4
Chorizo Sausage	0.9 oz	80	6	2	0	15	200	1	--	0	--	4
Grilled Chicken	0.9 oz	30	1	0	0	20	210	0	0	0	0	5
Italian Meatballs	1 meatball	90	7	2.5	0	20	250	3	0.27	0	0.27	5
Italian Sausage	1 1/4 oz	110	9	3	0	25	310	1	0	0	0.39	6
Pepperoni	10 1/4 slices	100	9	3.5	--	20	380	0	--	0	--	4
Prosciutto	3/4 oz	50	2	0.5	0	5	400	0	0	0	0	6
Pulled Pork	1 3/4 oz	70	4	1.5	0	25	190	0	0	0	0.47	9
Salami	5 1/2 slices	100	8	3	0	25	360	1	0	1	0.26	6
Sausage	4 1/3 tbsp	130	12	4.5	0	25	410	1	0	1	0.56	4
Feta Cheese	2 tbsp	35	3	2	0	10	170	1	--	0	--	3
Fresh Mozzarella Pearls	1/2 oz	35	2.5	1.5	0	10	45	0	0	0	0	2
Gorgonzola Cheese	1/2 oz	50	4	3	0	10	170	1	--	0	--	3
Shredded Cheddar Cheese	2 tbsp	60	4.5	2.5	0	15	90	0	0	0	0	3
Shredded Mozzarella Cheese	2 tbsp	40	3	1.5	0	10	90	1	0	1	0	4
Vegan Cheese	1/2 oz	45	3.5	2	0	0	135	3	--	0	--	0
Artichoke	2 tbsp	30	1.5	0	0	0	90	2	--	1	--	1
Banana Peppers	2 1/4 tbsp	5	0	0	0	0	500	1	0	0	0	0
Basil	3 3/4 tbsp	0	0	0	0	0	0	0	0.09	0	0	0
Black Olives	2 1/2 tbsp	25	2	0	0	0	170	1	--	0	0	0
Fresh Spinach	5 1/3 tbsp	0	0	0	0	0	10	0	0.22	0	0	0
Grape Tomatoes	1 1/4 each	5	0	0	0	0	0	1	0.24	1	0	0
Green Olives	2 2/3 tbsp	35	3.5	0	0	0	440	0	0	0	0	0
Green Peppers	3 1/2 tbsp	5	0	0	0	0	0	1	0.34	0	0	0
Jalapenos	1 3/4 tbsp	5	0	0	0	0	0	1	0.26	0	0	0
Mushroom	3 1/3 tbsp	5	0	0	0	0	0	1	--	0	--	1
Oregano	2 3/4 tsp	10	0	0	0	0	0	2	--	0	--	0
Red Onions	2 tsp	5	0	0	0	0	0	1	0.17	0	0	0
Red Peppers	7 tbsp	15	0	0	0	0	0	2	0.83	2	0	0
Roasted Garlic	2 tsp	10	0	--	--	--	0	2	--	--	--	0
Roasted Pineapple	1/4 cup	20	0	0	0	0	0	5	0.58	4	0	0
Roasted Red Peppers	11 pieces	15	0	0	0	0	140	3	0	1	0	0
Zucchini	5 3/4 tbsp	5	0	0	0	0	0	1	0.36	1	0	0
Arugula	5 2/3 tbsp	0	0	0	0	0	0	0	--	0	--	0

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Balsamic	1 tbsp	35	3	0	0	0	120	2	1.92	6	1.26	0
BBQ Sauce	1 tbsp	35	0	0	0	0	125	8	0	8	7	0
Buffalo Sauce	1 tbsp	5	0	0	0	0	430	0	--	0	0	0
Chopped Fresh Basil	9 1/2 tbsp	5	0	0	0	0	0	0	0.23	0	0	0
Crushed Red Peppers	2 tsp	10	0.5	0	0	0	0	2	0.96	0	0	0
Grated Parmesan Cheese	2 tbsp	60	4	2.5	0	15	160	1	0.41	0	0	4
Olive Oil	1 tbsp	120	14	2	0	0	0	0	0	0	0	0
Ranch Dressing	1 tbsp	60	6	1	0	5	115	1	0.03	1	0.17	0
Flatbread Options												
Flatbread Crust	1 flatbread	220	2.5	0	0	0	390	42	1	1	1	7
Classic Red Sauce	1/4 cup	35	1.5	0	0	0	240	5	1.89	3	0	1
Spicy Red Sauce	1/4 cup	35	2	0	0	0	230	5	0.91	2	0.45	1
Garlic Cream Sauce	1/4 cup	100	8	4	0	25	300	5	0	2	0	2
Basil Pesto Sauce	2 tbsp	90	9	1.5	--	5	200	1	--	0	--	2
Feta Cheese	1/4 cup	70	6	3.5	0	20	330	1	--	0	--	5
Fresh Mozzarella Pearls	1 oz	70	5	3.5	0	15	85	1	0	0	0	5
Gorgonzola Cheese	1 oz	100	8	6	0	20	340	1	--	0	--	6
Shredded Cheddar Cheese	1/4 cup	110	9	5	0	25	180	0	0	0	0	6
Shredded Mozzarella Cheese	1/4 cup	80	6	3	0	20	180	2	0	1	0	7
Vegan Mozzarella Shreds	1 oz	90	7	4	0	0	270	7	--	0	--	0
Applewood Bacon	3/4 oz	100	9	3.5	--	25	390	0	--	0	--	7
Beef	1 3/4 oz	100	4.5	2.5	0	25	560	4	1.82	2	0.91	9
Canadian Bacon	1 1/3 slices	25	0	0	0	10	210	1	0	0	0	4
Chorizo Sausage	1 oz	80	7	2.5	0	15	220	1	--	0	--	4
Grilled Chicken	1 oz	35	1	0	0	20	230	0	0	0	0	6
Italian Meatballs	1 1/3 meatballs	110	8	3	0	20	290	3	0.32	0	0.32	6
Italian Sausage	1 1/2 oz	130	10	3.5	0	30	370	1	0	0	0.47	7
Pepperoni	12 slices	110	11	4	--	25	440	0	--	0	--	5
Prosciutto	3/4 oz	60	2.5	1	0	10	460	0	0	0	0	7
Pulled Pork	2 oz	80	4.5	2	0	30	210	1	0	1	0.54	10
Salami	6 slices	110	9	3.5	0	25	400	1	0	1	0.28	6
Sausage	1 1/3 oz	150	14	5	0	30	480	1	0	1	0.66	5
Artichoke	2 tbsp	25	1.5	0	0	0	80	2	--	1	--	1
Banana Peppers	13 slices	5	0	0	0	0	590	1	0	0	0	0
Basil	1 leaf	0	0	0	0	0	0	0	0.14	0	0	0
Black Olives	3 tbsp	30	2	0	0	0	200	1	--	0	0	0

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Fresh Spinach	1/4 cup	0	0	0	0	0	5	0	0.19	0	0	0
Grape Tomatoes	1 1/2 each	5	0	0	0	0	0	1	0.27	1	0	0
Green Olives	3 tbsp	40	4	0	0	0	500	0	0	0	0	0
Green Peppers	1/4 cup	5	0	0	0	0	0	1	0.39	1	0	0
Jalapenos	3 tbsp	0	0	0	0	0	0	1	0.22	0	0	0
Mushroom	3 3/4 tbsp	5	0	0	0	0	0	1	--	0	--	1
Oregano	2 3/4 tsp	10	0	0	0	0	0	2	--	0	--	0
Red Onions	2 tsp	5	0	0	0	0	0	1	0.14	0	0	0
Red Peppers	5 tbsp	10	0	0	0	0	0	2	0.57	1	0	0
Roasted Garlic	2 1/4 tsp	10	0	--	--	--	0	2	--	--	--	0
Roasted Pineapple	1/4 cup	20	0	0	0	0	0	6	0.6	4	0	0
Roasted Red Peppers	11 1/3 pieces	15	0	0	0	0	150	3	0	1	0	0
Zucchini	6 tbsp	5	0	0	0	0	0	1	0.38	1	0	1
Arugula	3/4 cup	5	0	0	0	0	0	1	--	0	--	0
Balsamic	2 tbsp	70	6	1	0	0	240	4	3.85	13	2.52	0
BBQ Sauce	2 tbsp	70	0	0	0	0	250	17	0	17	14	0
Buffalo Sauce	2 tbsp	10	0	0	0	0	870	1	--	0	0	0
Crushed Red Peppers	4 tsp	25	1	0	0	0	0	4	1.93	1	0	1
Chopped Fresh Basil	1 cup	5	0	0	0	0	0	1	0.45	0	0	1
Grated Parmesan Cheese	1/4 cup	110	8	5	0	25	320	2	0.82	0	0	9
Olive Oil	2 tbsp	240	28	4	0	0	0	0	0	0	0	0
Ranch Dressing	2 tbsp	120	12	2	0	10	230	2	0.05	1	0.34	1