

**Greco Menu Item Nutritional
Summary (per slice)**

	Weight (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
9" Cheese															
9" Garlic Parmesan Crust	92.4	240.8	10.2	23.9	1.5	2.5	11.7	4.1	0.3	17.3	57.4	0.2	156.5	1.5	606.1
9" BBQ Chicken															
9" Garlic Parmesan Crust	103.4	244.1	11.2	25.5	1.1	4.6	11.0	3.3	0.2	26.7	53.0	1.4	110.7	2.8	642.1
9" Canadian															
9" Garlic Parmesan Crust	119.3	280.9	12.7	25.2	1.5	2.9	14.5	4.5	0.2	35.9	45.7	0.6	127.7	2.1	923.5
9" Donair															
9" Garlic Parmesan Crust	117.5	285.0	12.4	28.2	1.7	5.7	13.5	4.5	0.3	25.8	53.7	1.8	146.0	1.9	611.0
9" Spicy Chicken															
9" Garlic Parmesan Crust	110.5	274.2	11.3	25.4	1.1	4.2	14.2	3.8	0.2	29.1	54.4	3.3	110.5	2.8	705.7
9" Greco Works															
9" Garlic Parmesan Crust	138.8	324.9	14.2	26.2	1.6	3.0	18.1	5.7	0.3	45.9	50.8	3.9	134.0	2.0	1060.8
9" Super Works															
9" Garlic Parmesan Crust	149.4	338.1	15.2	26.8	1.7	3.4	18.9	6.1	0.3	47.9	50.8	4.1	135.3	2.0	1101.5
9" Mighty Meaty															
9" Garlic Parmesan Crust	140.9	349.9	15.8	26.3	1.7	3.0	20.2	6.5	0.3	50.8	50.9	0.8	137.1	2.1	1144.4
9" Hawaiian Deluxe															
9" Garlic Parmesan Crust	95.8	234.5	9.0	25.1	1.6	3.6	10.9	3.3	0.2	15.2	40.7	0.9	111.2	1.5	584.1
9" Pepperoni															
9" Garlic Parmesan Crust	110.6	292.5	13.6	24.5	1.6	2.7	15.7	5.6	0.4	33.7	65.0	0.3	169.8	1.8	873.9
9" Veggie															
9" Garlic Parmesan Crust	104.4	223.3	8.5	24.9	1.7	3.3	10.0	3.0	0.2	11.6	47.9	4.5	112.1	1.5	536.4
9" Hawaiian BBQ Chicken															
9" Garlic Parmesan Crust	102.7	257.0	11.9	26.1	1.1	5.1	11.8	3.6	0.2	30.2	47.8	0.9	110.3	2.8	688.1
9" Chipotle Donair															
9" Garlic Parmesan Crust	117.5	296.4	12.1	27.5	1.6	5.1	15.2	4.7	0.3	26.7	56.6	2.8	132.4	2.0	659.7

**Greco Menu Item Nutritional
Summary (per slice)**

	Weight (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
12" Cheese															
12" Garlic Parmesan Crust	89.7	231.1	10.1	24.8	1.4	2.2	10.3	3.8	0.2	16.5	53.1	0.1	147.9	1.5	569.5
12" BBQ Chicken															
12" Garlic Parmesan Crust	104.6	238.8	11.3	27.0	1.2	4.6	9.7	3.1	0.2	26.2	49.5	1.4	105.3	2.9	627.3
12" Canadian															
12" Garlic Parmesan Crust	106.4	253.2	11.4	25.7	1.4	2.5	11.8	3.8	0.2	27.8	40.4	0.4	115.2	1.9	768.2
12" Donair															
12" Garlic Parmesan Crust	115.3	274.8	12.3	28.6	1.7	4.8	12.3	4.3	0.3	25.1	50.2	1.8	132.9	2.0	593.4
12" Spicy Chicken															
12" Garlic Parmesan Crust	108.2	258.3	11.3	26.2	1.2	3.6	12.1	3.4	0.2	27.9	49.4	2.8	104.2	2.9	663.7
12" Greco Works															
12" Garlic Parmesan Crust	129.4	300.5	13.4	26.8	1.5	2.6	15.6	5.1	0.3	40.2	45.9	3.7	123.4	2.0	947.4
12" Super Works															
12" Garlic Parmesan Crust	140.1	313.7	14.3	27.4	1.7	3.1	16.4	5.4	0.3	42.2	45.9	4.0	124.8	2.0	988.1
12" Mighty Meaty															
12" Garlic Parmesan Crust	131.6	325.5	14.9	26.9	1.6	2.6	17.6	5.9	0.3	45.1	46.0	0.6	126.5	2.0	1031.0
12" Hawaiian Deluxe															
12" Garlic Parmesan Crust	99.0	230.6	9.7	26.2	1.5	3.4	9.7	3.1	0.2	16.8	37.2	0.8	104.6	1.6	605.7
12" Pepperoni															
12" Garlic Parmesan Crust	106.3	278.5	13.2	25.4	1.5	2.3	14.0	5.2	0.3	31.5	59.9	0.2	159.3	1.8	815.1
12" Veggie															
12" Garlic Parmesan Crust	102.1	214.5	8.5	25.8	1.7	2.9	8.7	2.7	0.2	11.0	44.4	4.5	105.5	1.6	502.8
12" Hawaiian BBQ Chicken															
12" Garlic Parmesan Crust	103.9	251.7	12.0	27.5	1.2	5.2	10.6	3.4	0.2	29.7	44.2	0.9	105.0	2.9	673.3
12" Chipotle Donair															
12" Garlic Parmesan Crust	118.8	291.1	12.1	29.0	1.6	5.1	13.9	4.5	0.3	26.1	53.1	2.7	127.1	2.0	644.9

Greco Menu Item Nutritional Summary (per slice)

	Weight (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
15" Cheese 15" Garlic Parmesan Crust	95.4	245.7	10.7	26.0	1.5	2.4	11.1	4.1	0.2	17.6	56.0	0.1	158.0	1.6	596.0
15" BBQ Chicken 15" Garlic Parmesan Crust	116.7	259.8	11.8	30.1	1.3	6.6	10.4	3.3	0.2	26.9	55.8	1.8	114.9	3.0	672.8
15" Canadian 15" Garlic Parmesan Crust	108.8	257.6	11.3	26.9	1.5	2.6	11.8	3.8	0.2	26.1	42.3	0.4	122.5	2.0	759.7
15" Donair 15" Garlic Parmesan Crust	123.8	289.2	12.8	30.2	1.8	5.3	12.9	4.4	0.3	25.9	53.5	2.1	142.3	2.1	609.8
15" Spicy Chicken 15" Garlic Parmesan Crust	116.7	274.6	11.8	27.7	1.3	4.0	13.1	3.7	0.2	28.9	53.2	3.3	111.3	3.0	688.2
15" Greco Works 15" Garlic Parmesan Crust	139.0	321.8	14.3	28.2	1.6	2.8	16.9	5.5	0.3	43.6	48.3	4.2	131.7	2.1	1007.3
15" Super Works 15" Garlic Parmesan Crust	152.2	338.2	15.5	29.0	1.8	3.4	17.9	5.9	0.3	46.0	48.3	4.6	133.3	2.1	1057.6
15" Mighty Meaty 15" Garlic Parmesan Crust	142.3	352.4	16.2	28.3	1.7	2.8	19.4	6.4	0.3	49.6	48.6	0.6	135.4	2.2	1109.1
15" Hawaiian Deluxe 15" Garlic Parmesan Crust	107.8	248.6	10.6	27.6	1.6	3.8	10.6	3.4	0.2	19.0	38.9	0.9	111.6	1.7	653.3
15" Pepperoni 15" Garlic Parmesan Crust	112.6	294.3	13.8	26.6	1.6	2.5	14.9	5.5	0.3	33.2	62.2	0.2	167.7	1.9	852.3
15" Veggie 15" Garlic Parmesan Crust	111.7	228.6	9.0	27.3	1.8	3.3	9.4	2.9	0.2	11.8	48.0	5.3	112.8	1.7	524.6
15" Hawaiian BBQ Chicken 15" Garlic Parmesan Crust	114.9	275.5	12.7	30.7	1.2	7.3	11.5	3.7	0.2	31.3	48.9	1.0	114.3	3.0	730.4
15" Chipotle Donair 15" Garlic Parmesan Crust	126.1	303.8	12.6	30.2	1.7	5.3	14.6	4.7	0.3	26.9	56.4	3.1	133.9	2.1	660.3

Greco Menu Item Nutritional Summary (per slice)

	Weight (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Party Cheese Party Garlic Parmesan Crust	70.0	173.6	7.6	20.6	1.2	1.8	6.9	3.0	0.7	11.5	34.2	0.1	104.0	1.3	428.3
Party BBQ Chicken Party Garlic Parmesan Crust	83.8	181.5	8.4	22.9	1.0	4.3	6.4	2.5	0.7	17.8	34.2	1.3	75.5	2.2	471.3
Party Canadian Party Garlic Parmesan Crust	75.1	178.2	7.7	20.9	1.2	2.0	7.2	2.8	0.7	14.5	23.7	0.2	76.0	1.4	482.8
Party Donair Party Garlic Parmesan Crust	89.7	203.0	9.1	23.4	1.3	3.9	8.1	3.3	0.8	17.1	33.2	1.5	95.1	1.6	434.6
Party Spicy Chicken Party Garlic Parmesan Crust	86.1	197.4	8.4	21.9	1.0	3.1	8.6	2.8	0.7	19.3	33.6	2.5	74.0	2.2	498.6
Party Greco Works Party Garlic Parmesan Crust	84.6	190.9	8.2	21.4	1.3	2.1	8.1	3.1	0.7	17.6	26.5	3.2	78.4	1.4	527.8
Party Super Works Party Garlic Parmesan Crust	90.7	196.4	8.6	21.8	1.4	2.5	8.4	3.3	0.7	16.4	25.6	3.4	76.9	1.4	515.5
Party Mighty Meaty Party Garlic Parmesan Crust	87.4	215.5	9.8	21.5	1.3	2.1	10.1	3.9	0.7	22.4	26.6	0.3	81.4	1.5	609.5
Party Hawaiian Deluxe Party Garlic Parmesan Crust	81.1	179.3	7.8	21.9	1.3	2.9	6.8	2.6	0.7	13.4	23.2	0.7	74.1	1.3	485.1
Party Pepperoni Party Garlic Parmesan Crust	84.0	212.9	10.3	21.3	1.2	1.9	9.7	4.1	0.8	24.8	39.2	0.2	119.9	1.5	612.9
Party Veggie Party Garlic Parmesan Crust	83.2	163.2	6.5	21.5	1.4	2.5	5.8	2.3	0.7	7.7	29.9	4.2	75.0	1.3	382.1
Party Hawaiian BBQ Chicken Party Garlic Parmesan Crust	83.2	194.2	9.1	23.5	1.0	4.8	7.3	2.8	0.7	21.3	29.3	0.8	75.2	2.2	517.4
Party Chipotle Donair Party Garlic Parmesan Crust	90.9	212.2	8.9	23.3	1.3	3.7	9.2	3.5	0.8	17.7	35.2	2.2	88.7	1.6	468.0

**Greco Menu Item Nutritional
Summary (per slice)**

	Weight (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
XXL Cheese															
XXL Garlic Parmesan Crust	65.8	159.7	7.4	18.5	1.0	1.7	6.3	3.0	0.6	12.0	35.9	0.0	106.4	1.1	388.1
XXL BBQ Chicken															
XXL Garlic Parmesan Crust	77.7	169.0	8.3	20.7	0.9	4.1	6.1	2.6	0.6	18.4	37.2	1.0	84.1	2.0	434.5
XXL Donair															
XXL Garlic Parmesan Crust	80.4	182.6	8.6	20.6	1.1	3.3	7.3	3.2	0.6	16.7	35.4	1.2	100.0	1.3	385.1
XXL Spicy Chicken															
XXL Garlic Parmesan Crust	77.7	177.8	8.3	19.2	0.9	2.5	7.7	2.8	0.6	19.6	35.7	1.9	81.9	2.0	443.7
XXL Pepperoni															
XXL Garlic Parmesan Crust	77.1	189.9	9.4	18.9	1.1	1.8	8.7	3.8	0.6	22.0	39.5	0.1	112.3	1.3	553.0
XXL Hawaiian BBQ Chicken															
XXL Garlic Parmesan Crust	82.2	179.7	8.8	21.3	0.9	4.6	6.7	2.8	0.6	21.1	37.5	1.3	84.3	2.0	469.3

**Greco Menu Item Nutritional
Summary (per slice)**

	Weight (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Jumbo Meats															
Jumbo Garlic Parmesan Crust	276.0	695.7	31.9	64.9	4.1	6.5	34.5	11.6	0.6	71.8	99.2	0.5	284.8	4.2	1937.5
Jumbo Works															
Jumbo Garlic Parmesan Crust	291.3	625.6	26.7	66.4	4.2	8.2	28.3	9.2	0.5	54.3	105.9	15.9	286.1	4.4	1633.4
Jumbo Donair															
Jumbo Garlic Parmesan Crust	341.8	748.9	33.6	79.2	4.8	18.1	32.8	11.5	0.8	69.2	141.4	6.9	391.3	5.2	1543.4
Jumbo Veggie															
Jumbo Garlic Parmesan Crust	291.3	557.7	21.9	66.7	4.6	8.7	22.7	7.1	0.5	29.1	129.3	20.9	280.5	4.1	1269.8
Jumbo Pepperoni															
Jumbo Garlic Parmesan Crust	228.7	613.6	25.7	63.1	3.8	5.8	28.8	9.5	0.6	50.2	104.3	0.2	276.2	4.2	1611.9
Jumbo Hawaiian															
Jumbo Garlic Parmesan Crust	269.2	582.6	24.8	68.1	4.0	10.7	23.4	7.4	0.5	40.0	96.3	3.3	275.2	4.0	1540.1

**Greco Menu Item Nutritional
Summary (per slice)**

	Weight (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
12" Mozza Stuffed Crust Only	68.0	180.6	8.3	22.8	1.0	1.1	6.6	2.2	0.1	10.6	31.9	0.0	93.5	1.4	382.4
15" Mozza Stuffed Crust Only	160.9	944.6	8.1	23.9	1.1	1.1	90.9	8.4	0.9	9.6	28.8	0.0	85.1	1.4	382.1
Party Mozza Stuffed Crust Only	54.3	146.2	6.2	19.0	0.8	0.9	5.3	2.0	0.6	7.1	21.3	0.0	63.3	1.1	297.4

**Greco Menu Item Nutritional
Summary (per donair)**

	Weight (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
1/4 lb.	258.0	519.7	26.8	53.0	3.9	18.7	21.1	8.4	0.6	75.0	57.9	6.0	201.1	4.6	1009.8
1/4 lb. with cheese	292.0	610.4	34.8	53.0	3.9	18.7	27.9	12.9	0.9	97.7	125.9	6.0	388.2	4.6	1293.3
1/2 lb.	436.6	878.2	47.4	71.8	6.6	29.7	41.8	16.7	1.2	148.6	115.6	12.0	314.2	7.6	1777.0
1/2 lb. with cheese	486.2	1010.5	59.0	71.8	6.6	29.7	51.7	23.3	1.6	181.7	214.9	12.0	587.1	7.6	2190.5
3/4 lb.	578.3	1227.1	67.6	88.5	8.9	39.1	62.5	25.0	1.9	222.2	156.9	14.5	421.9	10.5	2541.9
3/4 lb. with cheese	646.4	1408.6	83.5	88.5	8.9	39.1	76.1	34.0	2.3	267.5	293.0	14.5	796.1	10.5	3108.9
Donair Burger	176.2	378.5	17.3	46.4	2.7	14.6	13.0	4.3	0.3	37.5	20.6	2.1	153.2	3.8	746.2

**Greco Menu Item Nutritional
Summary (per slice)**

	Weight (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
9" Garlic Finger	25.3	77.1	2.8	7.3	0.3	0.3	4.1	1.4	0.1	4.5	33.0	0.0	39.7	0.4	151.6
9" Garlic Finger with Bacon	28.0	84.4	3.3	7.4	0.3	0.4	4.6	1.6	0.1	6.8	33.0	0.0	39.8	0.4	181.8
12" Garlic Finger	25.0	75.2	2.6	7.9	0.3	0.4	3.7	1.2	0.1	3.6	30.3	0.0	32.3	0.5	146.2
12" Garlic Finger with Bacon	27.7	82.4	3.1	7.9	0.3	0.4	4.3	1.4	0.1	5.8	30.3	0.0	32.4	0.5	176.0
15" Garlic Finger	17.0	51.8	1.7	5.5	0.2	0.3	2.6	0.8	0.1	2.2	19.5	0.0	19.8	0.3	97.4
15" Garlic Finger with Bacon	18.8	56.5	2.0	5.5	0.2	0.3	2.9	0.9	0.1	3.6	19.5	0.0	19.9	0.3	117.0
Party Garlic Finger	19.6	58.7	2.0	6.5	0.3	0.3	2.8	1.0	0.2	2.4	20.2	0.0	21.8	0.4	111.6
Party Garlic Finger with Bacon	21.4	63.5	2.3	6.6	0.3	0.3	3.1	1.1	0.2	3.9	20.2	0.0	21.9	0.4	131.4

**Greco Menu Item Nutritional
Summary (per wing)**

Weight (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
25.0	52.5	5.3	0.3	0.0	0.3	3.3	0.9	0.1	35.0	10.0	0.0	11.0	0.0	200.0

Greco Menu Item Nutritional Summary (per 12" sandwich)

	Weight (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Donair															
12" White Bun	502.5	1129.4	62.4	121.2	7.2	23.9	41.8	20.6	1.3	148.4	292.0	43.9	726.2	11.6	2645.6
12" Wheat Bun	467.5	1051.1	58.5	100.5	8.4	22.7	42.4	20.5	1.3	148.4	216.4	32.4	643.1	8.9	2413.4
12" GlutenGone Bun	554.9	1265.1	49.6	135.4	24.2	19.4	55.8	21.9	1.2	126.4	210.7	9.5	774.2	10.0	2204.7
Assorted															
12" White Bun	501.1	985.8	47.6	104.1	5.4	12.1	41.7	16.7	0.8	101.1	263.8	53.6	574.7	9.2	2940.5
12" Wheat Bun	466.1	922.5	43.7	88.4	7.7	11.3	42.9	16.5	0.8	101.1	248.2	46.6	557.6	7.6	2708.3
Veggie															
12" White Bun	457.5	864.6	38.4	106.3	5.9	16.3	31.5	13.2	0.7	52.1	254.0	56.1	548.8	8.6	2102.6
12" Wheat Bun	422.5	801.3	34.5	90.6	8.1	15.5	32.7	13.0	0.7	52.1	238.5	49.1	531.7	7.0	1870.4
12" GlutenGone Bun	495.4	928.1	29.9	118.8	22.6	9.3	36.4	13.8	0.6	52.1	177.0	18.7	641.0	7.4	1984.0
Pizza															
12" White Bun	416.9	1065.4	46.9	107.2	6.3	11.0	47.9	19.5	1.0	103.5	459.2	45.6	589.1	9.6	2816.5
12" Wheat Bun	381.1	987.1	43.0	86.5	7.5	9.7	48.5	19.3	1.0	103.5	383.6	34.1	506.0	6.9	2584.3
12" GlutenGone Bun	489.5	1096.3	39.3	122.0	23.5	10.2	48.8	18.1	0.9	92.5	159.7	10.8	649.2	8.4	2378.9
Italian															
12" White Bun	416.1	1150.0	46.1	103.1	4.7	8.9	60.5	21.5	1.1	103.5	460.3	46.7	571.8	9.1	3107.5
12" Wheat Bun	381.1	1071.6	42.2	82.4	5.9	7.6	61.1	21.4	1.1	103.5	384.7	35.2	488.7	6.4	2875.3
Bacon Cheese Burger															
12" White Bun	451.2	1126.0	54.3	108.0	7.5	13.1	51.3	21.9	1.3	96.4	438.8	35.6	558.7	8.9	2815.9
12" Wheat Bun	416.2	1062.7	50.4	92.3	9.7	12.3	52.4	21.7	1.3	96.4	423.2	28.6	541.6	7.2	2583.7
Hawaiian															
12" White Bun	505.1	1042.2	48.7	120.0	7.0	25.3	38.4	16.2	0.9	86.1	443.9	43.9	564.3	9.2	2876.6
12" Wheat Bun	470.1	963.9	44.8	99.4	8.3	24.0	39.0	16.1	0.9	86.1	368.4	32.4	481.2	6.6	2644.4
12" GlutenGone Bun	600.1	1126.9	43.6	137.2	24.2	24.8	42.8	15.9	0.6	101.0	141.6	9.9	663.33	8.31	2785.49
BBQ Chicken															
12" White Bun	474.1	984.7	61.9	119.4	4.6	30.1	28.1	14.1	0.7	173.2	301.2	41.6	572.0	19.5	2959.1
12" Wheat Bun	439.1	906.4	58.0	98.8	5.8	28.8	28.7	14.0	0.7	173.2	225.6	30.1	488.9	16.8	2726.9
12" GlutenGone Bun	569.1	1155.3	53.0	137.5	21.7	28.4	42.8	16.0	0.6	132.0	237.2	7.6	703.5	7.9	2140.4
Steak															
12" White Bun	474.1	1076.4	59.4	105.4	4.7	11.6	44.6	18.6	0.9	122.5	450.8	48.3	540.1	10.8	2951.1
12" Wheat Bun	439.1	1013.1	55.6	89.7	7.0	10.8	45.7	18.4	0.9	122.5	435.3	41.3	523.0	9.2	2718.9

**Greco Menu Item Nutritional
Summary (per Calzone)**

	Weight (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Works	421.3	835.1	38.6	105.0	6.4	11.4	28.8	11.1	0.5	91.2	95.3	11.3	292.11	7.12	2632.56
Meats	437.2	959.6	47.9	105.5	6.7	11.5	38.3	15.0	0.7	120.1	89.0	0.9	292.7	7.1	3126.7
Donair	472.6	920.9	45.3	119.0	6.6	23.8	29.1	12.4	0.7	99.5	140.8	9.1	416.1	8.2	2284.9
Chicken	437.2	806.0	41.6	119.6	4.8	30.3	18.4	7.5	0.4	100.6	156.4	7.6	273.7	12.9	2379.4
Hawaiian	476.8	821.5	38.5	117.9	7.3	25.8	21.4	8.6	0.3	71.0	80.0	9.9	268.7	6.8	2467.1
Pepperoni Duo	395.3	874.8	42.7	103.8	6.3	10.9	32.3	12.6	0.7	112.6	104.7	0.9	306.8	8.1	3078.2

**Greco Menu Item Nutritional
Summary**

	Weight (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Chicken Caesar Salad	293.3	487.4	22.8	17.9	3.5	4.4	36.9	10.2	0.4	105.2	1323.9	6.4	242.2	7.7	1561.7
Caesar Salad	236.6	389.6	10.6	17.2	3.5	3.8	31.8	8.6	0.4	44.7	1313.6	6.4	241.5	2.2	1015.6
Garden Salad	282.1	123.5	7	11.7	4.1	6.1	6.1	2.9	0.2	13.7	1297.1	15.8	176	1.7	889.3

Ingredient Item Nutritional Information (per 1 oz)

	Weight (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (RE)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Regular White Pizza Dough	28.3	66.5	2.3	13.1	0.6	0.6	0.6	0.1	0.0	0.0	0.0	0.0	3.3	0.8
Garlic Parmesan Crust	28.3	85.3	2.2	11.7	0.5	0.6	3.4	0.4	0.1	0.1	3.4	0.1	5.9	0.7
Pesto Garlic Crust	28.3	85.2	2.1	11.8	0.6	0.6	3.3	0.3	0.1	0.0	4.6	0.2	6.6	0.8
3 Cheese Crust	28.3	85.5	2.2	11.7	0.5	0.8	3.4	0.4	0.1	0.1	3.8	0.0	7.2	0.7
Pretzel Salt Crust	28.3	83.4	2.0	11.4	0.5	0.6	3.3	0.3	0.1	0.0	3.2	0.0	3.1	0.7
Butter Cheese Crust	28.3	85.7	2.2	11.6	0.5	0.7	3.4	0.4	0.1	0.2	3.6	0.0	5.0	0.7
Mozzarella Stuffed Crust	28.3	75.1	3.5	9.5	0.4	0.5	2.7	0.9	0.0	4.4	13.3	0.0	38.9	0.6
Gluten Free Pizza Crust	28.3	79.4	0.9	12.2	0.0	0.0	2.8	0.4	0.0	0.3	0.0	0.0	6.2	0.1
White Oven Sub Bun	28.3	75.6	3.2	15.1	0.0	0.6	0.3	0.2	0.0	0.0	12.6	5.7	13.9	1.3
Wheat Oven Sub Bun	28.3	78.8	3.2	14.7	0.0	0.5	0.5	0.2	0.0	0.0	0.0	4.7	0.0	1.1
GlutenGone Oven Sub Bun	28.3	70.6	1.1	11.8	2.2	0.3	2.1	0.4	0.0	0.0	0.0	0.0	19.4	0.7
Dry Cured Pepperoni	28.3	111.4	6.7	1.0	0.0	0.1	9.0	3.4	0.3	30.6	13.9	0.0	9.1	0.6
3" Sliced Pepperoni	28.3	51.0	3.7	1.1	0.0	0.3	3.7	1.3	0.0	21.3	5.7	0.3	18.7	0.6
Sliced Salami	28.3	73.7	3.1	1.4	0.0	0.0	6.0	2.0	0.1	19.8	5.7	0.3	12.5	0.0
Diced Ham	28.3	25.5	3.7	0.6	0.0	0.3	0.9	0.3	0.0	11.3	0.0	0.0	0.0	0.2
Precooked Bacon	28.3	75.4	5.1	0.7	0.0	0.3	5.8	2.1	0.0	23.2	0.0	0.0	1.8	0.2
Sliced Donair Meat	28.3	77.3	4.6	2.1	0.0	0.5	5.2	2.1	0.2	18.0	10.3	0.6	11.3	0.7
Sausage Topping	28.3	82.7	4.2	1.1	0.4	0.4	6.8	2.3	0.0	15.7	11.1	0.4	18.2	0.5
Beef Crumble	28.3	65.2	5.3	1.1	0.6	0.6	4.5	2.0	0.1	11.3	0.0	0.0	1.3	0.1
Cooked Chicken Breast	28.3	39.9	6.0	0.0	0.0	0.0	1.8	0.6	0.0	20.0	8.0	0.0	8.8	0.1
Chicken Strips	28.3	48.9	6.1	0.4	0.0	0.3	2.6	0.8	0.0	30.3	5.1	0.0	0.4	2.7
Steak Strips	28.3	42.5	5.4	1.1	0.0	0.6	1.7	0.7	0.0	17.0	0.0	0.0	0.0	0.6
Iceburg Lettuce	28.3	4.0	0.3	0.8	0.3	0.5	0.0	0.0	0.0	0.0	14.2	0.8	5.1	0.1
Romaine Lettuce	28.3	4.8	0.3	0.9	0.6	0.3	0.1	0.0	0.0	0.0	246.9	1.1	9.4	0.3
Tomato	28.3	6.0	0.2	1.3	0.3	0.8	0.1	0.0	0.0	0.0	17.6	2.8	1.4	0.1
Onion	28.3	11.3	0.3	2.6	0.5	1.2	0.0	0.0	0.0	0.0	0.1	2.1	6.5	0.1
Green Pepper	28.3	5.7	0.2	1.3	0.5	0.7	0.0	0.0	0.0	0.0	10.5	22.8	2.8	0.1
Spanish Onions	28.3	9.1	0.2	2.1	0.3	1.4	0.0	0.0	0.0	0.0	0.0	1.4	5.7	0.1
Hot Banana Peppers	28.3	11.5	0.2	2.8	0.5	1.9	0.1	0.0	0.0	0.0	66.1	29.4	2.7	0.1
Sliced Black Olives	28.3	32.6	0.2	1.8	0.9	0.0	3.0	0.4	0.0	0.0	11.4	0.3	24.9	0.9
Sliced Green Olives	28.3	41.1	0.3	1.1	0.9	0.2	4.3	0.6	0.0	0.0	11.1	0.0	14.7	0.1
Pizza Cut Pineapple	28.3	18.5	0.1	4.4	0.4	4.0	0.0	0.0	0.0	0.0	1.4	2.7	4.5	0.1
Mushrooms	28.3	6.2	0.9	0.9	0.3	0.6	0.1	0.0	0.0	0.0	0.0	0.6	0.9	0.1
Mozza/Cheddar Cheese Blend	28.3	87.6	7.0	0.0	0.0	0.0	6.2	4.0	0.3	21.0	55.0	0.0	178.9	0.0
Shredded Asiago Cheese	28.3	119.1	7.3	0.0	0.0	0.0	9.9	6.2	0.3	23.8	96.4	0.0	225.7	0.0
Shredded Mozzarella Cheese	28.3	75.6	6.6	0.0	0.0	0.0	5.7	3.8	0.2	18.9	56.7	0.0	155.9	0.0
Pizza Sauce	28.3	28.3	0.5	4.3	0.0	0.0	0.7	0.1	0.0	0.0	0.0	0.0	10.4	0.3
Golden Italian Dressing	28.3	70.6	0.1	2.2	0.1	1.8	7.0	1.1	0.0	0.0	0.6	0.6	1.7	0.0
Light Italian Dressing	28.3	13.0	0.1	1.6	0.0	1.3	0.7	0.1	0.0	0.0	0.9	0.6	2.0	0.0
Garlic Spread	28.3	170.1	0.0	2.8	0.0	0.0	17.0	4.3	0.3	0.0	226.8	0.0	0.0	0.0
Donair Sweet Sauce	28.3	39.7	1.7	8.5	0.0	7.4	0.0	0.0	0.0	1.4	0.0	0.0	62.3	0.0
Ancho Chipotle Sauce	28.3	85.1	0.4	5.7	0.0	4.7	6.6	1.0	0.0	4.7	11.6	3.9	7.9	0.2
Chicken and Rib BBQ Sauce	28.3	49.6	0.3	11.6	0.0	11.1	0.2	0.0	0.0	0.0	17.9	0.3	16.5	0.2
Relish	28.3	28.4	0.1	7.1	0.0	5.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Seasoned Croutons	28.3	121.0	3.1	19.6	0.8	1.6	3.4	0.3	0.0	0.3	3.3	0.3	13.8	1.1
Caesar Dressing	28.3	106.6	0.8	1.4	0.0	0.6	11.0	2.0	0.1	12.2	0.0	0.3	20.4	0.1