

# PIZZERIA LOCALE

## NUTRITION DETAILS: DENVER

JAN 18

	Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
<b>CLASSIC PIZZAS</b>																
<b>RED PIZZAS</b>																
<b>Margherita</b> (tomato sauce, basil, mozzarella, olive oil, grana padano, and pizza crust)	1 pizza	710	180	20	11	0	70	1910	98	4	2	33	25%	2%	45%	11%
<b>Cheese Pizza</b> (tomato sauce, mozzarella, grana padano, and pizza crust)	1 pizza	710	180	20	11	0	70	1830	97	4	2	33	17%	0%	45%	9%
<b>Pepperoni</b> (tomato sauce, mozzarella, pepperoni, and pizza crust)	1 pizza	820	270	30	14	0	95	2400	99	4	3	38	21%	0%	47%	13%
<b>Supreme</b> (tomato sauce, mozzarella, pepperoni, pork sausage, mushrooms, green bell peppers, red onions, grana padano, and pizza crust)	1 pizza	950	370	41	18	0	115	2590	100	4	4	44	21%	28%	47%	15%
<b>Veggie</b> (tomato sauce, mozzarella, roasted red peppers, roasted artichokes, roasted broccolini, red onions, black olives, grana padano, a pinch of salt, and pizza crust)	1 pizza	770	220	21	11	0	65	2650	104	5	4	34	44%	90%	45%	14%
<b>Prosciutto and Arugula</b> (tomato sauce, mozzarella, olive oil, grana padano, prosciutto, arugula, and pizza crust)	1 pizza	860	210	22	12	0	85	2280	100	4	3	38	26%	4%	47%	15%
<b>Diavola</b> (tomato sauce, chili flakes, basil, smoked mozzarella, pepperoni, grana padano, and pizza crust)	1 pizza	830	270	29	12	0	70	2490	99	4	4	40	35%	4%	47%	13%
<b>Hawaiian</b> (tomato sauce, ham, smoked mozzarella blend, pineapple, jalapeño peppers, grana padano, and pizza crust)	1 pizza	780	200	20	10	0	75	2090	105	5	7	38	23%	65%	44%	13%
<b>Four Meat</b> (tomato sauce, mozzarella, parmesan cheese, pepperoni, ham, bacon, chicken, chili flake, oregano and wheat crust)	1 pizza	1050	380	42	19	0	160	3160	101	4	3	64	31%	22%	52%	15%
<b>WHITE PIZZAS</b>																
<b>White Pizza</b> (mozzarella, garlic oil, grana padano, salt, dried oregano, and pizza crust)	1 pizza	760	250	30	12	0	70	1970	93	3	2	32	11%	0%	45%	9%
<b>Four Cheese and Mushroom</b> (mozzarella blend, gorgonzola, grana padano, garlic oil, salt, dried oregano, mushrooms, and pizza crust)	1 pizza	850	300	34	16	0	85	2190	94	3	3	40	15%	2%	61%	13%
<b>Mais</b> (crème fraiche, mozzarella, roasted corn, ham, garlic oil, grana padano, salt and pepper)	1 pizza	960	380	45	20	0	135	2360	102	5	4	41	28%	17%	51%	13%
<b>Spicy Chicken</b> (basil, grana padano, dried oregano, mozzarella, spicy chicken, roasted red peppers, red onion, salt, garlic oil, and pizza crust)	1 pizza	860	300	34	13	0	90	2200	96	4	3	38	38%	63%	48%	9%
<b>Sausage and Broccolini</b> (mozzarella, chili flakes, broccolini, pork sausage, garlic oil, grana padano, salt, and pizza crust)	1 pizza	920	370	43	17	0	95	2410	96	3	4	40	27%	42%	47%	13%
<b>BBQ Chicken</b> (mozzarella, chicken, chili flake, red onion, garlic oil, green pepper, BBQ sauce and wheat crust)	1 pizza	900	270	31	14	0	130	2190	108	3	13	45	25%	29%	52%	13%
<b>BLT</b> (mozzarella, parmesan cheese, bacon, garlic oil, tomatoes, arugula, crème fraiche, black pepper, oregano and wheat crust )	1 pizza	1070	450	51	25	0	130	2340	98	4	4	51	41%	58%	55%	10%
<b>SALADS*</b>																
<b>Antica</b> (mixed greens, grape tomatoes, parmesan and, red wine vinaigrette)	1 salad with dressing	410	280	31	5	0	<5	670	27	3	2	6	51%	30%	12%	4%
<b>Caponata</b> (mixed greens, eggplant, zucchini, red peppers, red onion, black olives, parmesan and, red wine vinaigrette)	1 salad with dressing	480	320	35	5	0	<5	1100	32	4	5	6	65%	94%	12%	4%
<b>Pizzeria</b> (mixed greens, grape tomatoes, pepperoni, chickpeas, red onion, oregano, red peppers, parmesan, and red wine vinaigrette)	1 salad with dressing	540	360	40	8	0	25	1220	32	4	5	11	73%	92%	14%	6%
<b>Tuna</b> (mixed greens, tuna, black olives, capers, red onion, grape tomatoes, cucumbers, chickpeas and, red wine vinaigrette)	1 salad with dressing	500	300	34	5	0	10	1320	32	3	3	13	51%	34%	12%	6%
<b>Red Wine Vinaigrette</b>	1.25 oz	240	240	27	3.5	0	0	190	0	0	0	0	0%	2%	0%	0%
<b>Focaccia</b>	1 salad side	135	25	3	1	0	0	410	23	1	0.5	4	0%	0%	1%	2%
<b>SIDES</b>																
<b>Pork Meatballs</b>	1 side (155 g)	260	180	19	6	0	50	610	5	1	0	12	7%	1%	1%	3%
<b>Prosciutto and Focaccia</b>	1 side	500	90	9	3.5	0	25	1430	48	2	3	16	0%	0%	1%	8%
<b>Cheesy Garlic Bread</b>	1 cheesy bread with tomato sauce	760	220	23	11	0	55	2580	93	5	2	31	26%	0%	39%	13%

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<b>DESSERTS</b>															
Budino	1 Budino	220	140	16	9	95	120	17	0	13	2	110%	0%	60%	20%
Nutella® Pizza	1 Pizza	940	290	30	11	0	1280	143	5	54	20	0%	0%	12%	19%
<b>BUILD-YOUR-OWN PIZZA*</b>															
<b>CRUST</b>															
Gluten-Free Crust	6 oz	460	30	3	0	0	1770	74	7	0	20	0%	0%	14%	0%
Pizza Crust	5.5 oz	440	15	1	0.5	0	1240	91	3	2	15	0%	0%	2%	9%
<b>MEATS</b>															
Bacon	1.5 oz	170	100	11	4.5	15	710	0	0	0	17	0%	30%	0%	0%
Chicken	1.5 oz	80	45	5	0	25	190	1	0	0	8	0%	0%	0%	0%
Ham	1.5 oz	45	15	2	0.5	25	190	0	0	0	7	0%	0%	0%	2%
Pepperoni	1 oz (6 slices)	110	90	10	3.5	25	490	1	0	1	5	2%	0%	2%	2%
Pork Meatballs	2.5 oz	190	130	15	5	40	390	3	0	0	10	2%	2%	2%	2%
Pork Sausage	1.5 oz	140	110	13	4.5	25	350	0	0	0	7	0%	0%	0%	2%
Prosciutto di Parma	1 oz	230	40	3	2	25	610	2	0	2	8	0%	0%	0%	3%
<b>DAIRY</b>															
Gorgonzola	0.5 oz	70	50	6	3.5	20	120	0	0	0	4	2%	0%	10%	0%
Mozzarella	2 oz	210	140	16	9	60	280	2	0	0	14	9%	0%	35%	0%
Smoked Mozzarella	2 oz	210	140	15	7	35	370	1	0	1	16	9%	0%	35%	0%
Grana Padano	0.25 oz	35	20	3	1	10	60	0	0	0	3	2%	0%	9%	0%
<b>TOPPINGS &amp; INGREDIENTS</b>															
Artichokes, Roasted	1 oz	15	5	0	0	0	150	2	0	0	1	0%	2%	0%	2%
Arugula	0.5 oz	5	0	0	0	0	0	1	0	0	0	7%	4%	2%	0%
Basil	.25 oz	0	0	0	0	0	0	0	0	0	0	6%	2%	0%	0%
BBQ Sauce	1 oz	40	0	0	0	0	360	11	0	10	0	2%	0%	2%	2%
Black Olives	0.5 oz	30	25	3	0	0	160	1	0	0	0	0%	0%	0%	0%
Black Pepper	.25 oz	10	0	0	0	0	0	3	1	0	0	0%	0%	2%	2%
Broccoli, Roasted	1 oz	15	5	0.5	0	0	85	2	0	2	1	8%	40%	2%	2%
Calabrian Peppers	0.5 oz (6 chiles)	50	20	4	0	0	100	1	0	0	0	0%	0%	0%	0%
Chickpeas	.25 oz	5	0	0	0	0	45	1	0	0	0	0%	0%	0%	0%
Chili Oil	.25 oz	90	90	10	1.5	0	0	0	0	0	0	0%	0%	0%	0%
Corn, Roasted	1 oz	30	10	1	0	0	190	5	1	1	1	2%	2%	0%	0%
Cucumbers	1 oz	5	0	0	0	0	0	1	0	0	0	0%	2%	0%	0%
Eggplant, Roasted	1 oz	15	5	0.5	0	0	90	2	1	1	0	0%	2%	0%	0%
Garlic Oil	.25 oz	80	80	10	1.5	0	0	0	0	0	0	0%	0%	0%	0%
Green Bell Peppers	0.5 oz	5	0	0	0	0	0	1	0	0	0	2%	25%	0%	0%
Jalepeño	0.5 oz	5	0	0	0	0	0	1	0	1	0	4%	30%	0%	0%
Mushrooms, White Mature	1 oz	5	0	0	0	0	0	<1	0	<1	<1	0%	1%	0%	2%
Olive Oil	.25 oz	50	50	6	1	0	0	0	0	0	0	0%	0%	0%	0%
Oregano	pinch	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Pineapple	1.5 oz	25	0	0	0	0	0	6	1	4	0	0%	35%	0%	0%
Red Onion	.5 oz	5	0	0	0	0	0	1	0	1	0	0%	2%	0%	0%
Red Pepper Flake	pinch	5	0	0	0	0	0	1	0	0	0	8%	2%	0%	0%
Red Peppers, Roasted	1 oz	15	5	0	0	0	60	2	1	1	0	20%	60%	0%	0%
Salt	pinch	0	0	0	0	0	390	5	1	0	1	0%	0%	0%	0%
Tomatoes, Grape Or Cherry	1.5 oz	10	0	0	0	0	0	2	1	1	0	8%	10%	0%	0%
Tomato Sauce	2 oz	30	10	0	0	0	330	5	1	0	1	8%	0%	0%	2%
Zucchini, Roasted	1 oz	10	5	0	0	0	120	1	0	1	0	2%	10%	0%	0%

Nutritional content may vary because of variations in portion size or recipes, changes in growing seasons, or differences in the sources of our ingredients. We may update this chart from time to time. 2,000 calories a day is used for general nutrition advice, but calorie need vary.

\*Portion size may vary by menu item