





MAMA DELUCA'S® pizza  
 Nutrition Information  
 Updated July 2014

 Menu item	Size	Calories	Calories from fat	Fat (g)	sat fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	Total carb (g)	fiber (g)	sugars (g)	protein (g)
Pizzas (By the slice: about 6 slices in an 8 inch, and about 8 slices in a 12 or 14 inch pizza)												
Cheese	8 inch	130	45	5	3	0	15	310	15	1	1	6
	12 inch	200	70	8	4.5	0	25	460	23	1	2	9
	14 inch	260	100	11	6	0	35	620	29	2	3	12
Pepperoni	8 inch	140	50	6	3	0	15	350	15	1	1	6
	12 inch	210	80	9	4.5	0	25	520	23	1	2	9
	14 inch	270	110	12	6	0	35	700	29	2	3	12
Bacon Double Cheeseburger	8 inch	180	80	9	4.5	0	25	490	16	1	2	9
	12 inch	280	130	14	7	0	35	740	24	2	2	14
	14 inch	360	170	9	0	0	45	980	31	2	3	18
Butcher's Best	8 inch	180	80	9	4	0	25	510	16	1	1	8
	12 inch	270	120	13	6	0	35	760	23	1	2	12
	14 inch	350	160	18	8	0	45	1010	30	2	3	16
Chicken Bacon Ranch	8 inch	190	90	11	3.5	0	25	410	14	1	1	9
	12 inch	280	140	16	5	0	35	620	22	1	2	13
	14 inch	370	190	21	7	0	50	800	27	1	2	17
Garden Run	8 inch	130	45	4.5	2.5	0	10	310	17	1	2	5
	12 inch	200	60	7	3.5	0	20	460	25	2	3	8
	14 inch	250	80	9	4.5	0	25	600	32	2	4	11
Hawaiian	8 inch	160	60	7	3	0	15	450	17	1	3	7
	12 inch	240	90	10	4.5	0	25	680	25	1	4	11
	14 inch	310	210	13	6	0	35	910	32	2	6	14
Southern BBQ Chicken	8 inch	140	40	4.5	2.5	0	20	400	17	1	3	7
	12 inch	210	60	7	3.5	0	30	600	26	1	5	11
	14 inch	260	70	8	4.5	0	35	750	32	2	6	14
Supreme	8 inch	160	70	8	3.5	0	20	400	16	1	2	7
	12 inch	240	100	12	5	0	30	600	24	1	3	10
	14 inch	320	140	15	7	0	45	790	31	2	4	13
Zesty Buffalo Chicken	8 inch	130	40	4.5	2.5	0	20	530	15	1	1	7
	12 inch	200	60	7	3.5	0	30	800	23	1	1	11
	14 inch	250	80	9	4.5	0	40	1020	28	2	2	14
 Menu item	Size	Calories	Calories from fat	Fat (g)	sat fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	Total carb (g)	fiber (g)	sugars (g)	protein (g)
Breakfast Pizzas (By the slice: about 6 slices in an 8 inch, and about 8 slices in a 12 or 14 inch pizza)												
Southwestern Cheese and Sausage- WHITE EGG	8 inch	170	80	9	3.5	0	20	380	16	1	1	6
	12 inch	250	120	13	5	0	25	570	23	1	2	10
	14 inch	320	150	17	6	0	35	720	29	1	2	12
Southwestern Cheese and Sausage- YELLOW EGG	8 inch	170	90	10	3.5	0	45	370	16	1	1	6
	12 inch	260	130	14	5	0	65	560	23	1	2	10
	14 inch	330	160	18	7	0	90	710	29	2	2	12
Southwest Veggie- WHITE EGG	8 inch	150	60	7	2.5	0	10	320	16	1	1	6
	12 inch	230	100	11	3.5	0	15	480	24	1	2	6
	14 inch	270	110	12	4.5	0	20	580	30	2	3	11
	8 inch	160	70	8	2.5	0	40	310	16	1	2	6

Southwest Veggie- YELLOW EGG	12 inch	230	100	12	4	0	60	470	24	2	2	9
	14 inch	280	120	13	5	0	75	560	30	2	3	11
Southwestern Omelet- WHITE EGG	8 inch	150	60	7	2.5	0	15	360	16	1	1	7
	12 inch	230	90	10	3.5	0	20	540	23	1	2	10
Southwestern Omelet- YELLOW EGG	14 inch	260	110	13	4.5	0	25	690	29	11	2	13
	8 inch	160	70	7	2.5	0	40	350	16	1	1	7
Southwestern Omelet- YELLOW EGG	12 inch	230	100	11	4	0	60	530	23	1	2	10
	14 inch	290	120	14	5	0	80	680	29	2	2	13
Create Your Own PIZZA Options (By the slice: about 6 slices in an 8 inch, and about 8 slices in a 12 or 14 inch pizza)												
Pizza (dough and cheese)	8 inch	120	35	4	2	0	10	230	14	1	1	5
	12 inch	170	60	6	3.5	0	20	350	21	1	1	8
	14 inch	220	70	8	4.5	0	25	450	26	1	1	10
Add your sauce (per slice on a 14 inch pizza)												
Ranch	per slice	70	70	8	1	0	5	135	1	0	1	0
BBQ	per slice	20	0	0	0	0	0	260	5	0	4	0
Buffalo	per slice	5	0	0	0	0	0	510	1	0	0	0
Southwest Chipotle	per slice	80	80	8	1.5	0	5	180	1	0	0	0
Marinara	per slice	10	0	0	0	0	0	85	2	0	1	0
Garlic Margarine	per slice	70	70	8	1.5	0	0	75	0	0	0	0
Toppings for create your own- per slice on a 14 inch pizza (nutrition information per topping may be less if you order multiple toppings or a smaller sized pizza)												
Extra Cheese	per slice	30	20	2.4	1.5	0	10	85	0	0	0	2
Pepperoni	per slice	45	35	3.5	1.5	0	10	160	0	0	0	2
Bacon	per slice	110	90	10	3	0	15	350	0	0	0	6
Ham	per slice	10	5	0.5	0	0	5	120	0	0	0	2
Beef	per slice	40	25	3	1	0	5	220	1	1	0	3
Italian Sausage	per slice	70	60	7	2.5	0	15	210	1	0	0	2
Chicken Breast	per slice	20	5	0	0	0	15	55	0	0	0	5
Black Olives	per slice	20	15	2	0	0	0	100	0	0	0	0
Banana Peppers	per slice	5	0	0	0	0	0	0	1	0	0	0
Green Peppers	per slice	5	0	0	0	0	0	0	1	0	0	0
Jalepenos	per slice	5	0	0	0	0	0	0	1	0	0	0
Mushrooms	per slice	5	0	0	0	0	0	0	1	0	0	0
Tomatoes	per slice	5	0	0	0	0	0	0	1	0	0	0
Red onion	per slice	5	0	0	0	0	0	0	1	0	0	0
Pineapple	per slice	10	0	0	0	0	0	0	2	0	1	0
Spinach	per slice	5	0	0	0	0	0	0	1	0	0	0
												
Menu item	Size	Calories	Calories from fat	Fat (g)	sat fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	Total carb (g)	fiber (g)	sugars (g)	protein (g)
Calzones (without extra sauce)												
Cheese	One calzone	940	400	45	21	1	105	2060	91	5	8	39
Pepperoni	One calzone	980	440	49	21	0.5	105	2300	90	5	8	39
Butcher's Best	One calzone	1200	600	67	27	0.5	150	3240	94	6	9	52
Sausage, Roasted Peppers and Onion	One calzone	1020	480	53	22	0.5	115	2280	94	5	9	39
Southern BBQ Chicken	One calzone	960	360	40	17	0.5	120	2600	101	5	18	47
Steakhouse	One calzone	950	370	42	18	1	110	2280	96	5	10	46
Supreme	One calzone	1050	490	55	23	0.5	120	2440	94	5	9	41
Zesty Buffalo Chicken	One calzone	920	360	40	17	0.5	120	3410	89	5	5	47
Marinara Sauce on the side	3 oz	40	0	0	0	0	0	330	9	2	6	1
Create Your Own Calzone Options												
Calzone (dough and cheeses)	One calzone	910	400	45	21	1	105	1840	85	4	4	38
Add your sauce												
Ranch	2 oz	290	270	30	4.5	0.5	15	540	3	0	3	1
BBQ	2 oz	60	0	0	0	0	0	820	15	1	12	1
Buffalo	2 oz	20	5	1	0	0	0	1830	3	2	0	0
Southwest Chipotle	2 oz	260	240	27	4.5	0	20	570	2	1	1	1
Marinara	2 oz	30	0	0	0	0	0	220	6	0	1	0

Toppings for create your own (nutrition information and weight oz per topping may be less if you order multiple fillings)												
Extra Cheese	1 oz	80	60	7	4	0	25	230	1	0	0	5
Pepperoni	12 slices	120	90	10	4.5	0	25	460	0	0	0	5
Bacon	1 oz	160	130	14	4	0	20	510	0	0	0	8
Ham	12 slices	35	15	2	1	0	15	350	1	0	0	5
Beef	2 oz	120	70	8	3	0	15	640	4	2	1	9
Italian Sausage	2 oz	200	170	19	7	0	50	600	2	0	0	6
Chicken Breast	2 oz	60	10	1.5	0	0	40	170	0	0	0	13
Black Olives	1 oz	35	25	3	0	0	0	210	2	1	0	0
Banana Peppers	1 oz	10	0	0	0	0	0	5	2	1	1	1
Green Peppers	1 oz	10	0	0	0	0	0	0	2	1	1	0
Jalepenos	1 oz	10	0	0	0	0	0	0	3	1	2	0
Mushrooms	1 oz	10	0	0	0	0	0	0	2	0	1	0
Tomatoes	1 oz	10	0	0	0	0	0	0	2	1	1	0
Red onion	1 oz	15	0	0	0	0	0	0	4	1	2	0
Pineapple	1 oz	30	0	0	0	0	0	0	7	1	6	0
Spinach	1 oz	5	0	0	0	0	0	10	1	0	0	0
												
Menu item	Size	Calories	Calories from fat	Fat (g)	sat fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	Total carb (g)	fiber (g)	sugars (g)	protein (g)
	Type	Pizza Dipping Sticks - nutrition information for 2 sticks										
Cheese		510	220	25	14	0.5	70	1180	47	3	3	24
Pepperoni		550	240	27	13	0	65	1380	46	2	2	22
Bacon Double Cheeseburger		600	290	32	15	0	65	1700	50	4	3	30
Butcher's Best		690	360	40	17	0	95	2100	48	3	3	32
Chicken Bacon Ranch		520	210	23	10	0	75	1220	46	2	2	30
Garden Run		410	140	16	8	0	35	900	50	4	5	17
Hawaiian		500	200	23	10	0	55	1450	49	3	4	24
Southern BBQ Chicken		440	140	16	8	0	65	970	48	3	3	26
Supreme		550	260	29	14	0	70	1380	49	3	4	22
Zesty Buffalo Chicken		440	140	16	8	0	65	970	47	3	3	26
Southwestern Cheese and Sausage	White Egg	540	250	27	13	0	65	1320	31	3	3	24
	Yellow Egg	560	270	30	14	0	175	1300	51	3	4	25
Southwest Veggie	White Egg	460	160	18	10	0	40	1030	53	4	5	22
	Yellow Egg	480	180	20	11	0	150	1010	53	4	6	22
Southwestern Omelet	White Egg	470	170	19	10	0	50	1250	51	3	3	25
	Yellow Egg	490	190	21	11	0	160	1230	51	3	4	25
Dipping Sauces												
Ranch	2 oz	290	270	30	4.5	0.5	15	540	3	0	3	1
BBQ	2 oz	60	0	0	0	0	0	820	15	1	12	1
Buffalo	2 oz	20	5	1	0	0	0	1830	3	2	0	0
Soutwest Chipotle	1.5oz	190	180	20	3	0	15	430	2	0	1	0
Marinara	3oz	40	0	0	0	0	0	330	9	2	6	1
Create Your Own Pizza Dipping Stick Options- 2 sticks												
Dipping Sticks (dough and cheeses)		390	130	15	8	0	35	840	46	2	2	16
Add your sauce for 2 sticks												
Ranch	2 oz	290	270	30	4.5	0.5	15	540	3	0	3	1
BBQ	2 oz	60	0	0	0	0	0	820	15	1	12	1
Buffalo	2 oz	20	5	1	0	0	0	1830	3	2	0	0
Soutwest Chipotle	1.5oz	190	180	20	3	0	15	430	2	0	1	0
Marinara	3oz	40	0	0	0	0	0	330	9	2	6	1
Toppings for create your own on 2 sticks (nutrition information per item may be less if you order multiple toppings)												
Extra Cheese	.75oz	60	45	5	3	0	20	170	1	0	0	4
Pepperoni	7 slices	70	50	6	2.5	0	15	270	0	0	0	3
Bacon	.5 oz	80	70	7	3.5	0	10	250	0	0	0	4
Ham	7 slices	20	10	1	0	0	5	200	0	0	0	3
Beef	1.5 oz	90	50	6	2.5	0	10	480	3	2	1	7
Italian Sausage	1.5 oz	150	130	14	5	0	40	450	2	0	0	5

Chicken Breast	1.5 oz	50	10	1	0	0	30	125	0	0	0	10
Black Olives	.75 oz	25	20	2.5	0	0	0	160	1	1	0	0
Banana Peppers	.75 oz	5	0	0	0	0	0	0	1	0	0	1
Green Peppers	.75 oz	5	0	0	0	0	0	0	1	0	0	0
Jalepenos	.75 oz	5	0	0	0	0	0	0	1	0	1	0
Mushrooms	.75 oz	5	0	0	0	0	0	0	1	0	0	0
Tomatoes	.75 oz	5	0	0	0	0	0	0	1	0	0	0
Red onion	.75 oz	10	0	0	0	0	0	0	2	0	1	0
Pineapple	.75 oz	15	0	0	0	0	0	0	4	0	3	0
Spinach	.75 oz	5	0	0	0	0	0	10	1	0	0	0



Menu item

Size

Calories

Calories from fat

Fat (g)

sat fat (g)

trans fat (g)

cholesterol (mg)

sodium (mg)

Total carb (g)

fiber (g)

sugars (g)

protein (g)

**Breadsticks and Pretzel Sticks**

Breadsticks	4 sticks	720	290	32	8	0	0	1210	88	4	4	16
Pretzel Sticks	4 sticks	680	240	26	4	0	0	1730	88	4	4	16

**Sauces**

Cheese sauce	3 oz	250	180	20	10	0.5	20	1180	11	0	6	6
Marinara sauce	3 oz	40	0	0	0	0	0	330	9	2	6	1
Garlic Butter	3 oz	620	600	67	12	0	0	640	2	0	0	1

**Mama's Boneless Wings (no sauce)**

Boneless Wings (no sauce)	8-10 pieces	500	160	18	3	0	120	1380	35	0	3	47
	16-20 pieces	1000	320	35	6	0	235	2770	71	0	6	94

**Sauces**

Buffalo	1.5 oz	15	5	0.5	0	0	0	1220	2	1	0	0
Buffalo	3 oz	30	10	1	0	0	0	2450	5	2	1	1
BBQ	1.5 oz	50	0	0	0	0	0	620	11	1	9	1
BBQ	3 oz	100	0	0	0	0	5	1230	22	1	19	1

**Mama's Fruit Pies (available in some locations)**

Apple Fruit Pie	1 pie	440	120	14	2.5	0	0	510	69	2	27	7
Cherry Fruit Pie	1 pie	440	120	14	2.5	0	0	490	72	2	29	8

**Limited Time Offerings (By the slice: about 6 slices in an 8 inch, and about 8 slices in a 12 or 14 inch pizza)**

Spinach Garden Veggie Pizza	8 inch	150	70	8	2.5	0	10	320	16	1	1	6
	12 inch	230	100	11	4	0	20	480	23	2	2	9
	14 inch	310	140	16	6	0	25	650	30	2	3	12
Spinach Chicken Pesto Pizza	8 inch	140	50	6	2.5	0	15	290	15	1	1	7
	12 inch	210	80	9	4	0	25	440	23	1	2	11
	14 inch	280	110	12	5	0	35	580	29	2	2	14

This information provided regarding our food is as complete as possible at the time of this publication. The information on this list is reported to us by our suppliers and/or USDA nutritional databases and is based on standard product formulations. Nutritional information is based on the standard formula build, and slight variations can occur as a result of product assembly, seasonal influences and other factors. Customer requests for substitutions may alter nutritional values. Please ask your server for the most up to date information.