

PLANT BASED PIZZA Serving=1 Small Slice Each Slice is 1/6 of the pizza. (10 inch diameter)	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Pepperoni	1 Slice	160	4	3	0	0	280	26	1	2	4	2	2	2	10
Canadian supreme	1 Slice	170	4.5	3	0	0	310	27	1	3	5	2	10	2	15
Garden pesto	1 Slice	190	8	3.5	0.1	0	350	27	2	2	4	0	4	2	15
Ham & pesto	1 Slice	180	6	3	0	0	420	26	1	2	5	0	0	2	10
Spicy pineapple	1 Slice	180	4.5	3	0	0	300	30	2	5	5	0	0	2	11
Veggie	1 Slice	170	5	3	0	0	390	28	1	3	5	4	8	2	10

PLANT BASED PIZZA Serving=1 Medium Slice Each Slice is 1/8 of the pizza. (12 inch diameter)	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Pepperoni	1 Slice	170	4	3	0	0	290	29	1	2	5	2	2	2	10
Canadian supreme	1 Slice	180	4.5	3	0	0	340	30	1	3	6	2	10	2	15
Garden pesto	1 Slice	210	8	3.5	0.1	0	410	30	1	3	5	2	4	2	15
Ham & pesto	1 Slice	200	6	3	0	0	450	29	1	2	6	0	0	2	11
Spicy pineapple	1 Slice	190	4.5	3	0	0	340	33	2	5	6	0	0	2	13
Veggie	1 Slice	190	5	3	0	0	420	31	1	4	5	4	10	2	15

PLANT BASED PIZZA Serving=1 Large Slice Each Slice is 1/10 of the pizza. (14 inch diameter)	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Pepperoni	1 Slice	190	5	4	0	0	320	32	1	2	5	2	2	2	15
Canadian supreme	1 Slice	210	6	4	0	0	370	33	2	3	7	2	15	2	15
Garden pesto	1 Slice	240	9	4.5	0.1	0	440	33	2	3	5	2	4	2	20
Ham & pesto	1 Slice	200	6	2.5	0	0	500	30	1	2	6	0	0	2	13
Spicy pineapple	1 Slice	220	6	4	0	0	360	36	2	5	6	0	0	2	13
Veggie	1 Slice	210	6	4	0	0	460	34	1	4	5	4	10	2	15

PIZZAS Serving=1 Small Slice Each Slice is 1/6 of the pizza. (10 inch diameter)	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Pepperoni	1 Slice	170	5	2	0.1	15	440	23	1	2	8	4%	2%	8%	10%
Cheese	1 Slice	150	3.5	2	0.1	10	370	22	1	2	7	4%	2%	8%	10%

Deluxe	1 Slice	170	5	2	0.1	15	440	23	1	2	8	4%	8%	8%	10%
Canadian	1 Slice	210	9	3.5	0.2	20	540	23	1	2	10	6%	2%	8%	10%
Hawaiian	1 Slice	190	6	3	0.1	20	530	24	1	3	10	6%	4%	10%	10%
Meat Lovers	1 Slice	210	9	3	0.2	20	610	23	1	2	10	4%	2%	8%	10%
Veggie	1 Slice	160	4	2	0.1	10	440	24	1	2	8	4%	10%	8%	10%
BBQ Chicken	1 Slice	180	4.5	2.5	0.1	15	490	25	1	4	9	6%	2%	10%	10%
Chicken Caesar	1 Slice	220	10	3	0.2	15	450	22	1	2	10	6%	6%	10%	10%
Classic Greek	1 Slice	170	6	3	0.1	15	560	24	1	2	8	6%	6%	10%	10%
Bacon Cheeseburger	1 Slice	200	8	4.5	0.2	20	520	23	1	2	11	6%	2%	8%	10%
The Works	1 Slice	190	6	2	0.1	15	510	24	1	3	9	4%	6%	8%	10%
Mardi Gras	1 Slice	210	8	3.5	0.2	20	620	23	1	2	11	6%	6%	8%	10%
Chicken Club	1 Slice	220	11	3.5	0.1	15	520	22	1	2	10	10%	2%	10%	10%
Basil Pesto	1 Slice	200	8	3.5	0.2	20	430	23	1	2	9	6%	4%	10%	10%
Red Curry Chicken	1 Slice	170	5	3	0.1	10	480	24	2	3	8	4%	10%	10%	15%
Hawaiian Firecracker	1 Slice	180	5	2	0.1	10	500	34	1	10	9	4%	8%	8%	10%

PIZZAS

Serving=1

Medium Slice Each Slice is 1/8 of the pizza. (12 inch diameter)

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Pepperoni	1 Slice	190	6	2	0.1	15	500	26	0	2	9	6%	2%	10%	10%
Cheese	1 Slice	170	4	2	0.1	10	420	25	0	2	8	4%	2%	10%	10%
Deluxe	1 Slice	190	6	2	0.1	15	500	27	0	3	9	6%	10%	10%	15%
Canadian	1 Slice	230	9	3.5	0.2	20	590	26	0	2	11	6%	2%	10%	15%
Hawaiian	1 Slice	210	7	3.5	0.1	20	580	27	0	3	10	6%	4%	10%	10%
Meat Lovers	1 Slice	240	10	3.5	0.2	20	690	26	1	2	12	6%	2%	10%	15%
Veggie	1 Slice	180	4.5	2	0.1	10	510	27	0	3	9	6%	10%	10%	10%
BBQ Chicken	1 Slice	200	5	2.5	0.1	15	540	29	0	4	10	6%	2%	10%	10%
Chicken Caesar	1 Slice	250	11	3.5	0.2	20	540	25	0	2	11	6%	8%	15%	10%
Classic Greek	1 Slice	200	6	3.5	0.2	15	650	27	0	3	9	8%	8%	10%	15%
Bacon Cheeseburger	1 Slice	220	8	4.5	0.2	20	590	26	0	2	12	6%	2%	10%	15%
The Works	1 Slice	210	7	2.5	0.1	15	600	27	0	3	10	6%	10%	10%	15%
Mardi Gras	1 Slice	230	9	3.5	0.2	20	700	27	1	3	12	6%	8%	10%	15%
Chicken Club	1 Slice	250	12	4	0.2	15	590	24	0	2	11	10%	2%	15%	10%
Basil Pesto	1 Slice	230	9	4	0.2	20	480	26	0	2	10	6%	4%	10%	15%
Red Curry Chicken	1 Slice	200	6	3.5	0.1	15	540	27	1	3	9	4%	10%	10%	15%
Hawaiian Firecracker	1 Slice	200	6	2.5	0.1	15	560	38	0	11	10	4%	8%	10%	10%

PIZZAS

Serving=1

Large Slice Each Slice is 1/10 of the pizza. (14 inch diameter)

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
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Pepperoni	1 Slice	200	6	2.5	0.2	15	530	27	1	2	10	6%	2%	10%	15%
Cheese	1 Slice	180	4.5	2.5	0.1	10	450	27	1	2	9	6%	2%	10%	15%
Deluxe	1 Slice	210	6	2.5	0.2	15	540	28	2	3	10	6%	10%	10%	15%
Canadian	1 Slice	240	10	4	0.2	25	640	28	1	3	12	6%	2%	10%	15%
Hawaiian	1 Slice	220	7	3.5	0.1	20	630	29	1	4	11	6%	6%	15%	15%
Meat Lovers	1 Slice	250	10	4	0.2	20	740	28	2	3	12	6%	2%	10%	15%
Veggie	1 Slice	190	4.5	2.5	0.1	10	540	29	2	3	9	6%	10%	10%	15%
BBQ Chicken	1 Slice	210	5	3	0.1	15	580	31	2	5	11	6%	2%	10%	10%
Chicken Caesar	1 Slice	270	12	4	0.2	20	590	27	1	2	12	6%	8%	15%	10%
Classic Greek	1 Slice	210	7	3.5	0.2	20	700	29	2	3	10	8%	10%	10%	15%
Bacon Cheeseburger	1 Slice	240	8	4.5	0.2	25	640	28	2	3	13	8%	4%	10%	15%
The Works	1 Slice	230	8	3	0.2	20	660	29	2	4	10	6%	10%	10%	15%
Mardi Gras	1 Slice	250	9	4	0.2	25	770	29	2	3	13	6%	10%	10%	15%
Chicken Club	1 Slice	260	12	4	0.2	15	640	26	1	2	12	15%	2%	15%	10%
Basil Pesto	1 Slice	240	10	4	0.2	20	510	28	1	2	11	8%	4%	15%	15%
Red Curry Chicken	1 Slice	210	6	4	0.1	15	570	29	2	3	10	6%	10%	10%	15%
Hawaiian Firecracker	1 Slice	220	6	2.5	0.1	15	590	41	2	12	11	4%	8%	10%	10%

OTHER PIZZA Products

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Panzerotti with Cheese	Half	310	6	3	0.1	15	700	50	0	4	14	6%	4%	15%	20%
Pizza Roll-up	Half	370	11	3	0.2	25	970	51	1	4	17	8%	4%	15%	25%

Breads & Snack

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Garlic Strips	1 Strip	150	5	1	0	0	310	21	1	1	5	6%	0%	4%	10%
Cheesy Strips	1 Strip	180	8	2.5	0.1	10	410	21	1	1	7	8%	0%	10%	10%
Garlic Bread (White)	1 Slice	90	3	0.5	0	0	180	13	0	1	2	4%	4%	0%	6%
Garlic Bread (White) w/Cheese	1 Slice	120	5	1.5	0.1	5	250	13	0	1	4	6%	4%	6%	6%
Garlic Bread (Whole Wheat)	1 Slice	90	3	0.5	0	0	160	13	1	1	2	4%	4%	0%	6%
Garlic Bread (Whole Wheat) w/Cheese	1 Slice	110	5	1.5	0.1	5	240	13	1	1	4	6%	4%	6%	6%
Cinnamon Strips	1 Strip	160	5	1	0.2	0	210	24	1	4	4	2%	0%	0%	10%
Potato Wedges	6 pcs	120	3.5	0.5	0	0	370	20	2	0	2	0%	6%	2%	4%
Fries	1 serving	280	9	1	0	0	680	47	0	0	5	0%	25%	0%	10%
Poutine	1 serving	450	22	9	0.4	40	1410	50	0	0	19	10%	25%	30%	10%
Chunky Monkey	Half	330	1	0.2	0	0	310	77	3	34	6	0%	6%	2%	20%

Chicken

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
BBQ Wings	3 pcs	190	11	3	0	40	910	7	0	4	18	2%	2%	2%	6%

Hot Wings	3 pcs	170	11	3	0	40	1230	2	0	0	18	0%	2%	2%	6%
Honey Garlic Wings	3 pcs	200	11	3	0	40	760	3	0	6	18	0%	2%	2%	6%
Breaded Wings	3 pcs	230	11	4	0.2	45	650	14	0	0	18	2%	0%	2%	6%
Breaded Chunks	3 pcs	160	5	1	0	35	440	11	0	1	16	0%	0%	0%	70%
Breaded Twists	100 g	220	8	1	0.1	20	520	24	0	1	12	0%	0%	2%	15%

Dipping Sauce

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Garlic Caesar	1 Dip Cup	160	16	1	0.2	0	480	4	0	3	0.1	0%	0%	0%	0%
Ranch	1 Dip Cup	190	20	1.5	0.3	0	300	3	0	2	0.4	0%	0%	2%	0%
Cheddar Habenero	1 Dip Cup	240	26	2	0.4	20	350	1	0	1	1	0%	0%	2%	2%
Marinara	1 Dip Cup	30	0.3	0.1	0.1	0	530	7	0	4	0.4	2%	0%	2%	2%
BBQ	1 Dip Cup	100	0.2	0	0	0	740	22	1	20	1	4%	6%	2%	4%
Honey Garlic	1 Dip Cup	110	2.5	0.4	0.1	0	640	22	0	18	0.2	0%	0%	0%	0%
Spicy Buffalo	1 Dip Cup	60	2.5	0.4	0	0	870	10	1	8	0.4	8%	4%	0%	2%
Plum	1 Dip Cup	40	0	0	0	0	230	10	0	9	0	0%	0%	0%	0%
Sweet Icing	1 Dip Cup	210	12	6	0.1	5	60	24	0	24	0.3	4%	0%	0%	0%

Caesar Salads

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Caesar Salad	1 serving	120	4.5	2	0.1	5	310	14	4	2	7	100%	45%	15%	15%

Submarines w/White Bun

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Assorted	Half	390	10	3.5	0.1	25	1220	58	3	5	18	6%	25%	8%	25%
Cheese	Half	430	14	6	0.3	35	1310	59	3	5	18	10%	25%	20%	25%
Ham	Half	390	9	3	0.1	25	1280	58	2	4	19	4%	25%	8%	25%
Meatball	Half	520	18	10	1	45	1410	61	3	5	25	10%	25%	20%	35%
Pizza	Half	430	13	4	0.3	35	1320	59	3	4	19	8%	20%	15%	25%
Salami	Half	380	10	3.5	0.1	15	1010	57	3	4	14	6%	25%	8%	25%
BLT	Half	390	11	4	0.1	20	1010	57	2	4	15	4%	25%	8%	25%
Club	Half	400	10	3.5	0.1	25	1220	58	2	5	18	4%	25%	8%	25%
Riverboat	Half	440	12	4	0.1	35	1550	59	3	5	23	6%	25%	8%	25%
Roast Beef	Half	400	11	3.5	0.2	30	1190	57	2	4	20	4%	25%	8%	30%
Turkey	Half	400	10	3	0.1	25	1290	59	2	5	19	4%	25%	8%	25%

Submarines w/Whole Wheat Bun

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
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Assorted	Half	390	10	3.5	0.1	25	1160	57	4	5	18	6%	25%	8%	25%
Cheese	Half	430	14	7	0.3	35	1250	58	4	5	18	10%	25%	20%	25%
Ham	Half	390	9	3	0.1	25	1230	57	4	4	19	4%	25%	8%	25%
Meatball	Half	520	19	10	1	45	1360	61	5	5	25	10%	25%	20%	35%
Pizza	Half	430	13	4	0.3	35	1260	58	4	4	19	8%	20%	15%	30%
Salami	Half	380	10	3.5	0.1	15	960	57	4	4	14	6%	25%	8%	25%
BLT	Half	390	11	4	0.1	20	950	56	4	4	16	4%	25%	8%	25%
Club	Half	400	11	3.5	0.1	25	1160	57	4	5	19	4%	25%	8%	25%
Riverboat	Half	440	12	4	0.1	35	1490	59	4	5	23	6%	25%	8%	30%
Roast Beef	Half	400	11	3.5	0.2	30	1130	56	4	4	20	4%	25%	8%	30%
Turkey	Half	400	10	3	0.1	25	1240	58	4	5	19	4%	25%	8%	25%

PIZZA CRUST	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Gluten Free	1 Medium Slice	90	1.5	0.2	0	0	140	18	1	1	1	0%	0%	0%	0%
Cauliflower	1 Medium Slice	100	1.5	0.1	0	0	40	21	0	2	1	0%	4%	0%	2%

Latest Update: February 3, 2020

New Orleans's Pizza Food Allergen Chart



LEGEND

- 0 Allergen not present in the food product
- 1 Allergen present in the production factory
- 2 Allergen used on the same product line
- 3 Allergen present in the food product

Menu Items	Peanut	Nuts	Milk	Egg	Wheat	Soy	Sulphites	Mustard	Fish	Shellfish	Sesame	Gluten
Pizza Dough	0	0	1	0	3	1	1	1	0	0	0	3
Multigrain Dough	0	0	1	0	3	1	1	1	0	0	0	3
Gluten Free Crust	0	1	0	1	0	1	0	0	0	0	0	0
Cauliflower crust	0	0	0	0	0	0	0	0	0	0	0	0
Pizza Sauce	0	0	2	0	0	2	2	0	0	0	2	0
Pesto Sauce	0	0	2	2	2	2	2	2	2	2	2	2
Creamy Caesar Sauce	0	0	3	3	2	2	2	3	3	0	2	2
BBQ Sauce	0	0	2	1	2	2	2	2	1	0	2	2
Pizza Mozzarella Cheese	0	0	3	0	0	1	1	0	0	0	0	0
Dairy Free Mozzarella	0	0	0	0	0	0	0	0	0	0	0	0
Mont Jack and Cheddar Mix	0	0	3	0	0	1	1	0	0	0	0	0
Feta Cheese	0	0	3	0	0	0	0	0	0	0	0	0
Goat Cheese	0	0	3	0	0	0	0	0	0	0	0	0
Pepperoni	0	0	3	0	3	3	3	3	0	0	0	3
Veggie Pepperoni	0	0	0	0	3	3	0	3	0	0	0	3
Bacon Strips	0	0	1	1	1	1	3	0	0	0	0	1
Bacon Crumble	0	0	1	1	1	3	1	0	0	0	0	1
Ham Slice	0	0	1	0	1	1	0	0	0	0	0	1
Veggie Ham	0	0	0	0	3	3	0	3	0	0	0	3
Hot Sausage	0	0	2	0	2	2	1	2	0	0	0	2
Mild Sausage	0	0	3	0	3	3	3	3	0	0	0	3
Seasoned Beef	0	0	3	0	3	3	3	3	0	0	0	3
Salami	0	0	2	0	3	3	0	0	0	0	0	3
Chicken Strips	0	0	3	3	3	3	0	0	0	0	3	3
Halal Chicken Strips	1	0	2	2	2	2	2	2	2	2	1	2
Sun-Dried Tomatoes	0	0	0	0	0	0	3	0	0	0	0	0
Pineapple	1	1	1	0	1	1	1	0	0	0	1	1
Hot Banana Pepper Rings	0	0	0	0	0	0	0	0	0	0	0	0
Jalapeno Peppers	0	0	0	3	0	2	2	2	0	0	0	0
Green Olives	0	0	1	1	2	2	2	2	2	0	0	2
Black Olives	0	0	0	0	0	0	0	0	1	0	0	0
Plain Wings	0	0	0	0	1	3	0	0	0	0	0	1
BBQ Wings	0	0	2	1	2	3	2	2	1	0	2	2
Honey Garlic Wings	0	0	2	1	3	3	2	2	1	0	2	3
Hot Wings	0	0	2	1	2	3	2	2	1	0	2	2
Breaded Wings	0	0	1	1	3	1	3	1	0	0	1	3
Boneless Chicken	0	0	0	3	3	3	0	0	0	0	0	3
Potato Wedges	0	0	0	0	3	0	0	0	0	0	0	3
Fries	0	0	0	0	3	0	0	0	0	0	0	3
Gravy	1	1	3	3	3	3	0	0	1	1	0	3
241 Roasted Garlic Dipping	0	0	3	2	2	3	2	2	2	1	2	2
Ranch Dipping	0	0	3	3	2	2	2	2	2	1	2	2
Cheddar Habenero Dipping	0	0	3	3	2	2	2	2	2	1	2	2
Marinara Dipping	0	0	2	0	0	2	2	0	0	0	2	0
Two Bite Brownie	0	1	3	3	3	3	0	0	0	0	0	3
Mexicasa- Tortilla-Whl Wheat 12"	0	0	0	0	3	2	2	2	0	0	0	3
Sauce-Salsa Mild cs	0	0	2	1	2	2	2	2	1	1	2	2
Buns-Sub Wheat cs	0	0	2	2	3	2	0	0	0	0	2	3
Buns-Sub White cs	0	0	2	2	3	2	0	0	0	0	2	3
Cheese-Sub Slice cs	0	0	3	0	0	3	1	0	0	0	0	0
Sugar-Cinnamon cs	0	0	2	2	2	2	2	0	2	2	2	2
Meatball - Beef CKD 1/2 oz.	0	0	3	3	3	3	2	2	0	0	0	3
Mainstreet Sliced Ham - Deli	0	0	1	0	1	2	3	0	0	0	0	1
Mainstreet Turkey Breast Sliced	0	0	1	0	1	2	3	0	0	0	0	1

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