

nutritional info



Serving Size (g)
 Calories (kcal)
 Total Fat (g)
 Saturated Fat (g)
 Trans Fat (g)
 Cholesterol (mg)
 Sodium (mg)
 Carbohydrate (g)
 Fibre (g)
 Sugars (g)
 Protein (g)
 Vitamin A (%DV)
 Vitamin C (%DV)
 Calcium (%DV)
 Iron (%DV)

Pepperoni & Cheese (One Slice)

	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
sm	55	133	4	2.0	0.1	7	307	17	1	1	7	3%	3%	8%	8%
med	79	188	6	3.0	0.1	13	450	25	3	3	10	3%	3%	13%	13%
lg	84	204	6	3.0	0.1	12	480	26	2	2	11	2%	2%	12%	12%

Bacon Cheeseburger (One Slice)

sm	95	227	8	5.0	0.1	27	560	24	3	3	15	5%	5%	20%	13%
med	101	238	9	4.0	0.3	25	575	25	3	3	14	5%	3%	19%	13%
lg	108	252	8	4.0	0.2	24	612	28	2	2	14	5%	5%	18%	18%

Canadian (One Slice)

sm	80	200	8	4.0	0.1	20	467	23	3	1	11	3%	3%	13%	11%
med	91	225	9	4.0	0.1	19	538	25	3	3	11	3%	3%	13%	13%
lg	98	240	8	4.0	0.1	24	216	28	2	2	12	2%	2%	18%	12%

Chicken Caesar (One Slice)

sm	96	216	9	3.0	0.1	20	472	24	1	3	11	5%	13%	11%	8%
med	104	229	9	3.0	0.1	21	509	28	1	3	11	6%	14%	13%	9%
lg	84	204	6	3.0	0.1	12	480	26	2	2	11	2%	2%	12%	12%

Classic Greek (One Slice)

sm	96	189	7	3.0	0.1	16	448	25	1	3	9	7%	12%	15%	8%
med	109	214	8	3.0	0.1	18	521	28	1	4	10	8%	14%	16%	10%
lg	118	229	7	4.0	0.1	19	565	30	2	4	11	8%	16%	18%	11%

Deluxe (One Slice)

sm	80	173	5	3.0	0.1	13	387	23	3	3	9	3%	8%	11%	11%
med	93	200	6	3.0	0.1	13	450	26	3	3	10	3%	10%	13%	13%
lg	100	204	6	3.0	0.1	12	480	28	2	2	11	2%	12%	12%	12%

Allergen Alert!...All of our products may have come into contact with nuts, peanuts, gluten or other allergens. Please refrain from eating our products if you have a food allergy.

nutritional info



Serving Size (g)
 Calories (kcal)
 Total Fat (g)
 Saturated Fat (g)
 Trans Fat (g)
 Cholesterol (mg)
 Sodium (mg)
 Carbohydrate (g)
 Fibre (g)
 Sugars (g)
 Protein (g)
 Vitamin A (%DV)
 Vitamin C (%DV)
 Calcium (%DV)
 Iron (%DV)

Hardy Meat Lovers (One Slice)

	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
sm	80	200	8	3.0	0.1	20	520	23	3	1	11	3%	3%	11%	13%
med	93	225	9	4.0	0.1	25	600	25	3	3	13	3%	3%	13%	13%
lg	100	252	10	4.0	0.1	24	636	28	2	2	13	2%	2%	12%	18%

Hawaiian (One Slice)

	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
sm	80	173	5	3.0	0.1	13	427	23	3	3	1	3%	3%	13%	11%
med	90	200	6	3.0	0.1	13	475	26	3	3	11	3%	3%	13%	13%
lg	97	216	6	3.0	0.1	18	516	28	2	4	12	5%	5%	18%	12%

Mardi Gras (One Slice)

	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
sm	94	211	8	4.0	0.1	20	573	23	3	3	12	3%	8%	13%	13%
med	104	238	9	4.0	0.1	19	638	26	3	3	13	3%	3%	13%	13%
lg	115	252	10	2.0	0.1	29	708	29	2	2	13	2%	7%	12%	12%

Veggie Sensation (One Slice)

	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
sm	83	160	4	2.0	0.1	7	360	23	3	3	8	3%	8%	11%	11%
med	93	213	5	2.0	0.1	6	400	26	3	3	9	3%	10%	13%	13%
lg	100	180	5	2.0	0.1	6	432	28	2	2	10	2%	12%	12%	12%

The Works (One Slice)

	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
sm	87	187	7	2.0	0.1	13	480	24	3	3	9	3%	8%	11%	11%
med	98	213	8	3.0	0.1	19	550	26	3	3	10	3%	8%	13%	13%
lg	107	228	7	4.0	0.1	18	588	29	2	4	11	2%	10%	12%	12%

Other Pizza Products

Personal Pizza (pepperoni & cheese)	328	757	23	10.1	0.4	50	1652	105	6	9	36	17%	19%	44%	37%
Panzerotti (pepperoni & cheese)	300	707	20	8.2	8.2	.04	1524	103	6	8	32	13%	14%	34%	36%
Pizza Roll-up	220	580	28	11.0	0.5	60	2090	57	8	3	25	10%	15%	20%	25%

nutritional info



Serving Size (g)
 Calories (kcal)
 Total Fat (g)
 Saturated Fat (g)
 Trans Fat (g)
 Cholesterol (mg)
 Sodium (mg)
 Carbohydrate (g)
 Fibre (g)
 Sugars (g)
 Protein (g)
 Vitamin A (%DV)
 Vitamin C (%DV)
 Calcium (%DV)
 Iron (%DV)

Breads & Snack

Garlic Strips	113	335	15	2.7	1.1	0	512	44	2	3	8	3%	2%	2%	14%
Cheesy Strips	132	379	16	5.3	0.1	11	350	21	1	2	8	4%	4%	10%	8%
Garlic Bread	54	211	10	1.9	0.6	0	344	26	1	2	5	1%	0%	5%	1%
Garlic Bread <i>w/Cheese</i>	68	253	13	3.8	0.7	9	410	26	1	2	8	5%	0%	14%	1%
Cinnamon Strips	132	379	16	5.3	1.0	16	596	45	2	3	14	9%	2%	18%	14%
Potato Wedges	84	150	7	2.0	0.0	0	360	19	2	1	2	0%	4%	0%	2%

Chicken *(Approximately 3 Wing Pieces)*

BBQ Wings	100	190	11	2.5	0.1	85	860	9	1	5	30	2%	2%	2%	6%
Hot Wings	100	180	11	2.5	0.1	95	1300	4	1	0	18	2%	2%	4%	6%
Honey Garlic Wings	100	180	10	2.5	0.1	95	750	5	6	4	16	0%	0%	4%	4%
Breaded Wings	100	240	14	4.2	0.1	75	490	7	1	0	15	2%	2%	2%	8%
Breaded Chunks	100	184	9	0.9	0.0	21	452	14	2	0	12	0%	0%	0%	7%
Breaded Twists	100	270	13	2.5	0.2	25	650	23	1	0	14	0%	0%	2%	4%

Dipping Sauce

Garlic Caesar	44ml	210	23	3.5	0.2	20	430	2	0	0	1	0%	0%	0%	0%
Ranch	44ml	190	20	1.5	0.3	0	300	7	0	2	0.4	0%	0%	2%	0%
Cheddar Habenero	44ml	240	26	2.0	0.4	20	350	1	0	1	1	0%	0%	2%	2%
Marinara	44ml	35	0.5	0.1	0.0	0	470	7	1	5	0.5	0%	0%	0%	2%
BBQ	44ml	90	0	0.0	0.0	0	530	20	1	18	1	0%	2%	2%	4%
Plum	44ml	80	0	0.0	0.0	0	220	19	0	19	0	0%	0%	0%	0%
Sweet Icing	44ml	160	8	2.5	0.0	0	0	23	0	23	1	0%	0%	0%	0%

Caesar Salads

Side Salad	130	279	25	4.2	0.3	27	610	10	2	3	4	85%	28%	2%	9%
Large Salad	349	670	54	9.7	0.7	66	1521	35	5	9	13	238%	79%	5%	28%
Large Salad (with Chicken)	434	780	56	10.6	0.7	109	1981	38	5	10	31	238%	122%	5%	32%

nutritional info



Serving Size (g)
 Calories (kcal)
 Total Fat (g)
 Saturated Fat (g)
 Trans Fat (g)
 Cholesterol (mg)
 Sodium (mg)
 Carbohydrate (g)
 Fibre (g)
 Sugars (g)
 Protein (g)
 Vitamin A (%DV)
 Vitamin C (%DV)
 Calcium (%DV)
 Iron (%DV)

Submarines

(*12"white bun, cheese, lettuce, tomato, red onion, Italian dressing)(**12"white bun, cheese)

Subs not available at all locations

Assorted*	426	740	33	9.0	0.4	50	3250	81	5	10	32	10%	15%	15%	40%
Cheese*	381	760	36	14.0	1.0	70	3250	82	6	10	30	20%	15%	35%	35%
Ham*	427	690	28	7.0	0.4	35	3440	80	5	11	33	10%	15%	15%	35%
Meatball**	374	880	41	20.0	1.0	95	3120	86	8	8	46	10%	6%	40%	60%
Pizza**	289	680	28	13.0	1.0	70	3060	77	5	7	32	10%	4%	25%	45%
Salami*	404	790	38	11.0	0.4	60	3200	82	6	10	30	10%	15%	15%	45%
BLT*	380	700	32	9.0	0.4	40	2610	80	5	11	25	10%	25%	15%	40%
Club*	400	690	30	8.0	0.4	40	2960	80	6	10	29	10%	15%	15%	40%
Riverboat*	523	880	41	12.0	0.4	70	4110	84	6	11	44	10%	15%	20%	45%
Roast Beef*	416	710	27	8.0	0.4	60	3730	80	5	9	33	10%	15%	20%	50%
Turkey*	414	650	26	7.0	0.4	30	2730	79	5	9	27	10%	15%	15%	40%

(*12"Whole Wheat bun, cheese, lettuce, tomato, red onion, Italian dressing)(**12"Whole Wheat bun, cheese)

Assorted*	426	710	32	9.0	0.3	45	2340	75	7	9	31	10%	15%	15%	40%
Cheese*	381	730	35	13.0	1.0	70	2340	77	7	9	29	20%	15%	35%	40%
Ham*	427	660	27	7.0	0.3	35	2530	74	7	10	32	10%	15%	15%	35%
Meatball**	374	850	40	20.0	1.0	95	2220	80	9	7	45	10%	6%	40%	60%
Pizza**	289	650	27	13.0	1.0	70	2150	71	7	6	30	30%	4%	25%	45%
Salami*	404	750	38	11.0	0.3	60	2300	76	8	9	29	10%	15%	15%	45%
BLT*	380	670	31	9.0	0.3	40	1700	74	7	9	24	10%	25%	15%	40%
Club*	400	660	29	8.0	0.3	40	2050	74	7	9	28	10%	15%	15%	40%
Riverboat*	523	840	41	12.0	0.3	70	3200	78	8	10	43	10%	15%	15%	45%
Roast Beef*	416	680	26	8.0	0.3	60	2820	74	7	8	32	10%	15%	15%	50%
Turkey*	414	620	25	7.0	0.3	30	1820	73	7	8	26	10%	15%	15%	40%

The information provided by New Orleans Pizza Canada regarding our food is as complete as possible at the time of this publication: March 2013. The information on this list is reported to us by our suppliers and based on New Orleans Pizza Canada's standard product formulations. Variations may occur depending on the supplier and on product assembly on a restaurant by restaurant basis. Product formulations may change periodically, we continue to update this list to reflect changes that occur in our products. New Orleans Pizza its franchisees, and employees, do not assume responsibility for a person's sensitivity or allergy to any food item provided in our restaurants. Please always consult your health care practitioner for questions regarding your diet. We encourage anyone with food sensitivities, allergies, or special dietary needs to check www.neworleanspizza.ca on a regular basis to obtain the most up-to date information about our food before you order.