

## create your pizza

### 1 start with a size

personal - 7 inches      medium - 12 inches  
(available in thin crust)      (available in thin crust)

### 2 choose a crust

white traditional crispy crust      gluten free gluten free crust (10" only)      wheat whole wheat crust  
multi-grain blend of whole wheat, rye, oatflake, millet, flax & sesame

### 3 select a sauce

	personal	medium	large
red..... tomatoes with Italian herbs & spices	4.99	9.49	14.99
white..... garlic, oil & herbs	5.49	10.49	15.99
fat free..... zero calorie version of our white sauce	5.49	10.49	15.99
BBQ..... our own sweet and tangy BBQ sauce	5.49	10.49	15.99
cajun..... BBQ sauce, blended with hot sauce & hot peppers	5.49	10.49	15.99
buffalo..... our very own spicy buffalo sauce	5.49	10.49	15.99
pesto..... basil sauce blended with fresh herbs	6.49	12.49	18.99
walnut..... ground walnuts, olive oil, garlic & parmesan	6.49	12.49	18.99
puttanesca..... tomato sauce blended w/anchovies, capers & black olives	6.49	12.49	18.99
alfredo..... creamy sauce blended with butter, romano & pepper	6.49	12.49	18.99
cilantro pesto..... fresh cilantro, olive oil, romano, garlic & a hint of jalapeno	6.49	12.49	18.99
sundried pesto..... sundried tomatoes, olive oil, wine & garlic	6.49	12.49	18.99

### 4 add toppings

	personal	medium	large
fancy..... green olives, black olives, broccoli, green peppers, hot peppers, mushrooms, onions, tomatoes, extra cheese, meatballs, pepperoni, ham, anchovies, pineapple	.75	1.35	1.95
gourmet..... chicken, prosciutto, chorizo, bacon, eggplant, zucchini, artichoke hearts, asparagus, fresh baby spinach, red peppers, ricotta, feta cheese, garlic, walnuts, capers, italian sausage, seasoned spinach	1.00	1.85	2.45
premium..... fresh mozzarella, sundried tomatoes, steak shrimp	1.75 3.20	3.30 5.30	4.40 6.40

BEFORE PLACING YOUR ORDER, PLEASE INFORM US IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY.

## specialty pizzas

	personal	medium	large
cajun chicken..... spicy barbecue sauce blended with minced hot peppers, topped with chicken, green olives and our special cheese blend.	7.24	13.69	20.39
pizza al noci..... whole wheat crust w/walnut sauce, our cheese blend, mushrooms, seasoned spinach and herbs.	8.24	15.69	23.39
pesto pizza..... pesto basil sauce topped with fresh tomato slices and our signature cheese blend.	7.24	13.84	20.94
country style..... red sauce with sausage, fresh red and spanish onions, green peppers, sliced mushrooms, black olives and our cheese blend.	8.74	16.24	24.74
sundried tomato..... white sauce topped with our signature cheese blend and savory sundried tomatoes.	7.24	13.79	20.39
pizza grande..... tomato sauce with black olives, onions, mushrooms, green peppers, garlic, meatballs, sweet italian sausage, pepperoni, broccoli, anchovies and extra cheese.	10.25	19.39	25.99
pizza napolentana..... puttanesca sauce topped with grilled chicken, red roasted peppers and our signature cheese blend.	8.49	16.19	23.89
pizza francesca..... sliced mushrooms and prosciutto with tomato sauce and our cheese blend.	6.74	12.69	19.39
shrimp pizza..... gourmet shrimp on white sauce with herbs and our signature cheese blend.	8.69	15.79	22.39
pizza romano..... white sauce w/sliced artichoke hearts, cheese blend.	6.49	12.34	18.44
white vegetarian..... blend of red and spanish onions, broccoli, mushrooms, black olives w/cheese and white sauce.	8.49	15.89	23.79
red vegetarian..... mushrooms, green peppers, red and spanish onions, black olives, tomato sauce and our cheese blend.	7.99	14.89	22.79
brimp..... gourmet shrimp and fresh broccoli with our signature cheese blend and alfredo sauce, on a multigrain crust.	10.44	19.14	27.34
meatichoke..... meatballs and artichokes on a multigrain crust with red sauce and our signature three cheese blend.	6.74	12.69	19.39
steak bomb..... angus steak, mushrooms, onions, green peppers, white sauce and our signature cheese blend.	9.14	17.54	25.49
buffalo chicken..... our signature cheese blend with chicken, buffalo sauce and a side of chunky bleu cheese.	6.64	13.04	18.69

## lite-er pie-er

For a healthier choice try one of our lite-er pie-er's in any of our delicious crust selections or go thin crust for lower carb.

	personal	medium	large
harvest chicken (180 cals, 9g fat, 11g protein, 15g carbs) ..... fat free sauce with fresh mozzarella, fresh baby spinach, tomatoes and chicken.	9.39	17.69	25.54
pizza puttanesca (171 cals, 9g fat, 11g protein, 14g carbs) ..... fresh mozzarella with puttanesca sauce topped with roasted red peppers, chicken and red and spanish onions.	10.39	19.69	27.99
cajun shrimp (161 cals, 6g fat, 12g protein, 17g carbs) ..... cajun sauce, shrimp, cheese blend (part skim), red and spanish onions.	9.44	17.14	24.34
mediterranean (143 cals, 7g fat, 6g protein, 17g carbs) ..... red sauce, blend of spanish and red onions, green peppers, roasted red peppers, fresh mozzarella and capers.	9.64	16.09	24.04
body fit (157 cals, 6g fat, 14g protein, 14g carbs) ..... red sauce, fresh mozzarella, chicken with a hint of basil.	7.14	13.39	20.49
powerhouse chicken (185 cals, 7g fat, 18g protein, 16g carbs) ..... extra red sauce, triple chicken, light cheese and fresh sliced tomatoes on a seven grain crust.	8.89	16.69	24.79
chicken d' lite-er (161 cals, 6g fat, 13g protein, 16g carbs) ..... fat free white sauce topped with chicken, fresh mozzarella, mushrooms, and roasted red peppers on a seven grain crust.	9.99	18.89	27.24
greek d' lite-er ..... white sauce, fresh baby spinach, feta and light cheese	6.99	13.69	19.89

### pizza sandwiches

Select a specialty crust and sauce for any of our pizza sandwiches. Additional toppings are available at extra cost.

calzone..... mozzarella and ricotta cheese	5.99
spinach pie..... spinach and herbs	5.99
pizza pocket..... tomato sauce and cheese	5.99
eggplant parmesan rolls.....	6.49
chicken parmesan rolls.....	7.49

### salads

All of our salads are made with our freshest ingredients.

freshly tossed .....	6.50
greek .....	6.50
caesar.....	6.50
chicken caesar .....	8.20

### appetizers

	small	large
onion rings.....	3.99	5.99
french fries..... regular or sweet potato	3.99	5.99
mozzarella sticks.....	4.99	8.99
chicken wings..... BBQ, hot or plain	5.99	9.99
chicken fingers..... BBQ, hot or plain	4.99	6.99
jalapeño poppers...	5.99	9.99
garlic bread sticks... with cheese add .60		4.99

### beverages

Please ask about sizes and prices.

pepsi, diet pepsi, root beer, mountain dew, ginger ale, sierra mist, iced tea, bottled water