



Kansas City's ORIGINAL  
Neighborhood Pizza Place

Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Sodium (mg)	Calcium %DV	Iron % DV	
<b>Salads</b>																
Shoppe House	108	140	80	9	5	0	25	3	1	1	10	40	15	310	20	4
Big Shoppe House	350	380	220	24	12	0	85	10	4	3	32	100	35	1600	50	15
BLT	326	460	260	29	15	0	95	10	3	5	35	110	45	1200	25	10
Italian	401	470	290	32	17	0	115	12	3	3	34	100	40	2360	25	15
Classic Chicken	383	340	160	18	10	0	95	11	3	6	34	110	45	1360	40	10
<b>Pasta</b>																
Spaghetti w Meatballs	595	790	290	32	12	0.5	85	84	7	13	39	25	15	2320	40	30
Lasagna	584	610	240	26	13	0	70	60	7	21	35	30	10	2700	50	20
Manicotti	482	590	260	29	15	0	110	48	4	13	33	45	15	2270	70	15
Cannelloni	482	570	230	25	11	0	120	48	4	11	39	40	15	2430	45	20
Garlic Bread	57	220	130	15	2.5	1.5	0	17	<1	1	4	2	0	250	4	6
Garlic Bread w Cheese	113	390	240	27	10	1.5	30	20	<1	2	19	8	0	550	45	6
<b>Sandwiches</b>																
Ham n Cheese	252	470	200	22	10	0	100	27	1	4	41	10	4	2050	50	15
Chicken Pepper Jack	227	510	210	23	11	0	105	39	1	2	37	15	0	1410	40	15
Roast Beef	238	480	210	23	11	0	100	26	1	3	43	6	0	1680	50	20
Corned Beef	269	480	160	18	8	0	75	38	2	2	43	6	0	2330	50	20
Meatball Sub	303	680	340	38	16	0.5	115	45	3	5	40	15	4	1830	60	30
Italian Sub	254	760	430	48	22	0	120	39	3	4	45	2	10	2440	35	30
<b>Pizza - 1 King Slice</b>																
Round Table	118	258	104	12	6	0	25	23	2	2	14	8	10	690	25	10
Butcher Block	143	378	186	21	9	0	45	24	2	2	22	8	6	1170	25	15
5 Cheese Roma	84	192	70	8	4	0	21	21	1	1	9	8	8	380	10	8
Chicken Sink	113	263	109	12	6	0	41	22	1	2	15	15	8	620	25	8
Garden Supreme	111	213	75	8	5	0	20	22	2	2	11	10	15	460	25	8
Cheese	83	208	73	8	5	0	19	21	1	1	12	8	6	380	25	8
BBQ Chicken	104	225	75	8	4	0	28	22	1	2	14	10	25	580	15	8
Single Topping Pepperoni	83	229	98	11	5	0	26	21	1	1	11	8	6	500	20	8
Single Topping Hamburger	110	254	95	11	5	0	21	23	2	2	15	8	6	800	20	15
Single Topping Sausage	110	271	115	13	6	0	26	23	2	2	15	8	6	750	20	10
Single Topping Chicken	96	204	61	7	3	0	25	21	1	1	14	8	6	520	20	8
Single Topping Italian Sausage	110	293	142	16	7	0	31	22	2	1	14	8	6	740	20	10

Brooker Laboratories compiled this nutrition information from the following data: Nutrition analysis from Pizza Shoppe (TM) approved food manufacturers, and/or the USDA National Nutrient Database for Standard Reference, Release #19.

The nutrition information listed here is based on recipes and product formulations, however slight variations may occur due to seasonal changes in products, use of an alternate suppliers, regions of the country and/or small differences in preparation. Nutritional information is based on the most common formulas and ingredients