

Mazzio's Corporation
 MZ Nutritional Information w/ TransFat
 Updated => 04/23/2007

Servings per Order	Serving Weight (G)	Calories	Fat (G)	Sat Fat (G)	Tran Fat (G)	Protein (G)	Carbs (G)	Sugar (G)	Fiber (G)	Sodium (MG)	Cholesterol (MG)
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DIPPIN' ZONE

Italian Dippin'												
Toasted Ravioli w/o Sauce	4	42.5	118	5.1	1.8	0	5.2	13.3	0.3	0.7	212.1	14.6
Mozzarella Sticks w/o Sauce	4	57.0	181	12.1	4.5	0	8.5	10.0	-	-	368.7	11.3
Cheese Dippers w/o Sauce	3	127.6	405	17.5	4.9	0	12.9	47.3	2.2	1.8	638.8	20.4
Garlic Cheese Toast w/o Sauce	4	54.2	205	13.4	3.7	0	6.2	15.6	1.1	1.0	419.3	10.2
Garlic Toast w/o Sauce	4	40.0	160	10.0	2.0	0	3.0	15.0	1.0	1.0	280.0	-
Breadsticks w/o Sauce	4	51.8	150	3.0	0.7	0	5.0	26.0	1.4	0.9	352.9	0.6
Artichoke Spin Dip with Bread	4	87.3	245	16.4	5.6	0	6.2	17.8	1.1	2.4	475.1	14.5
Southwestern Dippin'												
Meat Nachos (Sausage w/ jalapenos)	2	141.8	504	36.9	18.6	0	23.3	19.6	0.2	1.8	970.6	90.6
Meat Nachos (Chicken w/ jalapenos)	2	134.7	448	30.3	16.3	0	24.1	19.6	0.2	1.5	866.3	84.9
Meat Nachos (Beef w/ jalapenos)	2	141.8	484	34.3	18.2	0	24.5	19.8	0.1	2.1	918.7	87.2
Cheese Nachos w/ jalapenos	2	113.4	423	29.9	16.2	0	19.7	18.7	-	1.5	695.3	75.9
Sweet Dippin'												
Cinnamon Sticks w/o Sauce	4	145.3	626	36.1	5.7	0.5	5.3	70.3	36.5	1.8	559.0	0.1
Dippin' Chicken												
Wings of Fire (10 ct) w/o Sauce	5	70.9	161	10.9	2.7	0	15.1	0.6	-	-	411.9	80.4
Roasted & BBQ Tossed Wings (10 ct)	5	81.8	191	11.9	3.1	0	13.5	6.9	6.5	-	36.7	75.9
Boneless Dippin' Chicken (10 ct)	5	51.4	122	5.7	1.0	0.8	10.1	6.8	0.0	0.3	326.9	26.0
Dippin' Ribs												
Rib Dippers (3/4 lb) - Tossed w/ BBQ	3	138.1	458	32.4	13.4	0	28.3	13.2	12.0	-	862.3	77.0
Dippin' Fries												
Fries w/ Sandwich	1	266.2	558	28.8	5.6	8.5	6.3	67.3	0.0	6.7	1,621.0	-
Full Order	2	133.1	279	14.4	2.8	4.3	3.1	33.6	0.0	3.3	810.4	-
Cheese Fries	4	179.1	432	25.6	8.2	4.6	14.4	35.4	0.3	3.4	1,306.7	35.3
Calzone Rings & Quesapizza												
Pepperoni Calzone w/o Sauce	10	87.3	260	9.6	3.7	0	9.6	32.7	1.5	1.2	555.3	20.2
Ham Bacon & Cheddar Calzone w/o Sauce	10	90.2	244	7.5	3.4	0	10.9	32.2	1.6	1.2	519.8	22.5
Four Meat/Four Cheese Calzone w/o Sauce	10	95.8	274	10.6	3.9	0	10.5	33.1	1.6	1.4	603.0	21.7
Pepperoni Quesapizza w/o Sauce	8	99.4	332	16.1	6.1	0	13.4	32.0	0.8	1.2	668.9	32.3
Chicken Quesapizza w/o Sauce	8	112.7	317	13.1	4.7	0	16.1	32.8	1.1	1.2	707.0	32.4

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DIPPIN' ZONE

Dippin' Sauces												
Marinara (2 oz)	1	59.7	29	0.8	0.1	0	0.8	4.6	2.6	0.8	295.5	0.2
Cool Ranch (2 oz)	1	70.9	372	39.4	6.7	0	0.9	1.9	1.3	0.1	694.3	33.6
Southwestern Ranch (2 oz)	1	70.9	321	33.6	5.7	0	0.8	2.4	1.8	0.2	707.0	28.7
Blue Cheese (2 oz)	1	56.7	302	32.1	6.6	0	1.9	1.9	1.9	-	585.9	28.4
Picante (2 oz)	1	60.0	20	-	-	0	-	4.0	4.0	0.5	700.0	-
Ketchup (2 oz)	1	56.7	50	-	-	0	-	13.3	13.3	-	600.4	-
Buffalo (2 oz)	1	56.7	19	-	-	0	-	3.8	-	-	1,436.4	-
BBQ (2 oz)	1	74.0	140	-	-	0	-	34.0	32.0	-	580.0	-
Honey Mustard (2 oz)	1	60.0	260	22.0	3.0	0	-	14.0	12.0	-	420.0	30.0
Vanilla (2 oz)	1	56.7	181	-	-	0	-	45.4	42.0	0.1	-	-
Chocolate (2 oz)	1	56.7	177	1.4	0.6	0	-	42.6	38.7	0.7	-	-

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PASTA CHOICES

Signature Pastas All Pasta's Listed w/o Garlic Toast												
Chicken Parmesan	1	614.1	947	27.4	7.0	2.0	64.6	134.8	20.2	8.9	2,478.2	61.4
Lasagna Red & White	1	669.2	984	61.6	33.5	1.1	45.8	64.3	11.9	5.4	3,003.6	306.8
Lasagna with Alfredo	1	598.4	1,264	93.7	54.5	1.9	53.1	55.2	4.4	2.7	2,581.1	428.7
Lasagna with Meat Sauce	1	711.8	949	51.9	21.7	0	57.1	63.9	8.8	7.6	3,018.1	258.7
Lasagna with Marinara	1	740.1	704	29.5	12.5	0	38.5	73.4	19.5	8.0	3,426.1	184.8
Greek Pasta	1	457.6	1,456	94.2	18.5	0	40.8	107.3	8.3	5.8	2,582.4	50.8
Chicken Spinach Artichoke Pasta	1	463.2	1,005	38.1	20.0	0	48.6	112.9	7.8	10.1	1,631.1	122.2
Fettuccine Alfredo	1	342.7	1,061	56.4	33.2	1.2	33.0	106.5	8.5	4.2	1,054.7	186.5
Chicken-Fried Chicken Alfredo	1	479.4	1,290	69.2	35.4	2.9	70.0	120.1	8.8	4.7	1,591.8	223.5
Spaghetti with Marinara	1	449.0	641	8.2	1.7	0	22.1	120.2	19.8	8.2	1,688.5	3.6
Spaghetti with Meat Sauce	1	427.8	825	25.0	8.6	0	36.0	113.1	11.8	7.9	1,382.4	59.0
Spaghetti with Meatballs (4) & Marinara	1	562.4	972	33.5	12.4	0.6	41.5	126.4	20.6	9.6	2,337.7	67.4
Spaghetti with Meatballs (4) & Meat Sauce	1	541.2	1,156	50.4	19.3	0.5	55.4	119.3	12.6	9.3	2,031.7	122.8
Garlic Toast (1 Piece)	1	40.0	160	10.0	2.0	0	3.0	15.0	1.0	1.0	280.0	-

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SANDWICHES

Hot Toasted Sandwiches (All Sandwiches listed w/o Chips, Fries or Pickle)												
Tuscan Smash (Hoagie)	1	472.5	986	36.0	9.3	0	45.6	117.0	8.0	5.4	2,723.4	90.0
Tuscan Smash (Focaccia)	1	354.0	645	33.7	8.6	0	33.4	45.1	4.3	1.3	2,223.9	90.0
Turkey & Swiss (Hoagie)	1	494.0	1,059	40.4	12.3	0.5	52.9	117.5	8.1	5.4	2,750.2	106.5
Turkey & Swiss (Focaccia)	1	375.6	718	38.1	11.6	0	40.8	45.6	4.4	1.3	2,250.8	106.5
Mazzio's Sub (Hoagie)	1	462.4	1,109	51.7	15.6	0.6	48.7	116.6	8.4	5.1	3,290.3	99.6
Mazzio's Sub (Focaccia)	1	343.9	768	49.4	14.9	0.5	36.6	44.7	4.7	1.0	2,790.8	99.6
Ham & Cheddar (Hoagie)	1	469.5	1,088	49.5	14.0	0.5	48.6	118.7	8.9	5.1	3,260.4	95.2
Ham & Cheddar (Focaccia)	1	351.0	747	47.2	13.3	0.5	36.4	46.8	5.2	1.0	2,761.0	95.2
Chicken, Bacon & Swiss (Hoagie)	1	510.4	1,362	72.4	18.5	0.5	60.1	120.2	7.4	5.6	2,391.2	147.4
Chicken, Bacon & Swiss (Focaccia)	1	391.9	1,021	70.1	17.8	0.5	48.0	48.3	3.7	1.5	1,891.7	147.4
Potato Chips (Lays)	1	28.4	152	10.1	1.0	0	2.0	15.2	-	1.0	182.3	-
Kosher Pickle Spear	1	28.0	5	-	-	0	-	1.0	-	-	300.0	-

FRENCH BREAD

French Bread Pizzas												
Greek (1 Bread)	1	257.2	623	30.7	10.3	0	28.2	60.8	3.4	3.2	2,074.4	61.9
Deli (1 Bread)	1	200.5	480	20.1	6.9	0	17.7	60.0	3.3	3.3	1,637.0	31.4
Hawaiian (1 Bread)	1	207.7	449	13.1	5.8	0	22.8	62.4	5.8	3.1	1,410.7	40.5
Sothwestern Chicken (1 Bread)	1	229.9	532	20.3	6.9	0	27.9	61.3	4.1	3.2	1,599.7	54.1
Pepperoni (1 Bread)	1	179.2	495	21.1	8.9	0.6	21.7	58.3	2.5	3.0	1,474.0	55.0

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THIN CRUST PIZZA CHOICES

One Topping Pizzas (Medium - 8 Slices)												
Cheese	8	84.2	182	8.7	3.7	0	8.7	18.4	1.3	1.2	484.4	23.5
Canadian Bacon	8	91.3	179	7.8	3.2	0	9.8	18.3	1.5	1.2	571.8	25.4
Chicken	8	98.3	187	7.6	3.0	0	11.7	19.0	1.6	1.2	592.3	27.3
Hamburger (Beef)	8	98.3	208	10.5	4.4	0	10.9	18.9	1.4	1.7	588.8	26.8
Pepperoni	8	85.1	202	10.7	4.3	0	8.9	18.1	1.3	1.2	554.2	27.2
Sausage	8	98.3	224	12.4	4.7	0	10.1	18.8	1.5	1.4	627.8	29.3
Specialty Pizzas (Medium - 8 Slices)												
Combo	8	113.8	231	12.7	5.0	0	9.8	19.4	1.8	1.6	752.6	29.2
4 Meat	8	105.0	253	14.9	5.8	0	11.6	18.8	1.5	1.5	728.8	36.1
Lucky 7 Pizza	8	115.6	203	10.1	4.1	0	8.7	19.7	2.1	1.6	642.6	23.7
Greek	8	96.1	263	17.0	5.2	0	12.0	18.5	0.6	0.8	607.6	25.0
California Alfredo	8	97.5	233	12.9	6.0	0	12.2	18.3	1.1	0.9	568.0	42.9
Mexican	8	136.4	262	13.9	5.7	0	12.0	23.0	2.0	2.6	776.3	32.3
Chicken Club	8	103.7	205	9.1	3.5	0	12.7	19.1	1.8	1.3	653.6	31.5
Veggie	8	105.4	180	8.1	3.4	0	7.6	19.4	1.8	1.6	617.0	18.3
Mazzio's "Works"	8	124.5	255	14.6	5.7	0	11.3	19.7	1.9	1.7	859.1	34.7
Pricebuster Pizzas (Medium - 8 Slices)												
Cheesebuster	8	84.2	197	9.1	4.0	0	9.8	18.5	1.5	1.1	513.5	22.8
Meatbuster	8	99.7	234	13.3	5.1	0	10.5	18.7	1.5	1.5	667.7	31.5
Supremebuster	8	97.9	205	10.7	4.1	0	8.9	18.9	1.6	1.5	572.2	25.7

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ORIGINAL CRUST PIZZA CHOICES

One Topping Pizzas (Medium - 8 Slices)												
Cheese	8	105.4	234	8.5	3.6	0	10.3	30.1	2.0	1.6	522.2	23.5
Canadian Bacon	8	112.5	231	7.5	3.1	0	11.4	30.1	2.2	1.6	609.6	25.4
Chicken	8	119.6	239	7.3	2.9	0	13.2	30.7	2.2	1.6	630.1	27.3
Hamburger (Beef)	8	119.6	260	10.2	4.3	0	12.5	30.7	2.1	2.1	626.6	26.8
Pepperoni	8	106.3	254	10.4	4.3	0	10.5	29.9	2.0	1.6	592.0	27.2
Sausage	8	119.6	276	12.1	4.7	0	11.6	30.5	2.2	1.8	665.6	29.3
Specialty Pizzas (Medium - 8 Slices)												
Combo	8	135.1	282	12.4	5.0	0	11.4	31.2	2.5	2.0	790.4	29.3
4 Meat	8	126.3	305	14.6	5.8	0	13.1	30.6	2.2	1.9	766.7	36.1
Lucky 7 Pizza	8	136.9	255	9.8	4.1	0	10.2	31.5	2.8	2.0	680.4	23.7
Greek	8	117.4	315	16.7	5.1	0	13.6	30.3	1.3	1.2	645.4	25.0
California Alfredo	8	118.7	285	12.6	6.0	0	13.8	30.0	1.8	1.3	605.9	42.9
Mexican	8	157.7	314	13.7	5.7	0	13.5	34.7	2.6	3.0	814.1	32.3
Chicken Club	8	124.9	257	8.8	3.5	0	14.2	30.9	2.5	1.7	691.4	31.5
Veggie	8	126.7	232	7.8	3.3	0	9.2	31.1	2.5	2.0	654.8	18.3
Mazzio's "Works"	8	145.7	307	14.3	5.7	0	12.9	31.4	2.6	2.1	896.9	34.7
Pricebuster Pizzas (Medium - 8 Slices)												
Cheesebuster	8	105.4	249	8.9	4.0	0	11.3	30.2	2.2	1.5	551.4	22.8
Meatbuster	8	120.9	286	13.0	5.1	0	12.1	30.5	2.2	1.9	705.5	31.5
Supremebuster	8	119.2	257	10.4	4.1	0	10.4	30.7	2.3	1.9	610.0	25.7

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DEEP PAN PIZZA CHOICES

One Topping Pizzas (Medium - 8 Slices)												
Cheese	8	130.2	332	15.3	4.6	0	11.4	37.6	2.5	2.0	658.2	23.6
Canadian Bacon	8	137.3	330	14.3	4.1	0	12.5	37.6	2.7	1.9	745.5	25.4
Chicken	8	144.4	338	14.1	3.9	0	14.4	38.2	2.8	2.0	766.1	27.3
Hamburger (Beef)	8	144.4	359	17.0	5.3	0	13.6	38.2	2.6	2.4	762.6	26.8
Pepperoni	8	131.1	352	17.2	5.3	0	11.6	37.4	2.5	1.9	728.0	27.2
Sausage	8	144.4	374	18.9	5.6	0	12.7	38.0	2.7	2.2	801.6	29.4
Specialty Pizzas (Medium - 8 Slices)												
Combo	8	159.9	381	19.2	6.0	0	12.5	38.7	3.0	2.3	926.4	29.3
4 Meat	8	151.1	403	21.4	6.7	0	14.2	38.1	2.7	2.2	902.6	36.1
Lucky 7 Pizza	8	161.7	353	16.6	5.1	0	11.3	39.0	3.3	2.3	816.4	23.8
Greek	8	142.2	414	23.5	6.1	0	14.7	37.8	1.8	1.6	781.4	25.1
California Alfredo	8	143.5	383	19.4	6.9	0	14.9	37.5	2.3	1.6	741.8	43.0
Mexican	8	182.5	413	20.5	6.6	0	14.7	42.2	3.2	3.3	950.1	32.3
Chicken Club	8	149.7	355	15.6	4.5	0	15.4	38.4	3.0	2.0	827.4	31.6
Veggie	8	151.5	331	14.6	4.3	0	10.3	38.6	3.0	2.3	790.8	18.4
Mazzio's "Works"	8	170.5	406	21.1	6.6	0	14.0	39.0	3.1	2.4	1,032.9	34.7
Pricebuster Pizzas (Medium - 8 Slices)												
Cheesebuster	8	130.2	348	15.7	5.0	0	12.5	37.7	2.7	1.8	687.3	22.9
Meatbuster	8	145.7	385	19.8	6.1	0	13.2	38.0	2.7	2.2	841.5	31.6
Supremebuster	8	144.0	356	17.2	5.1	0	11.5	38.2	2.9	2.2	746.0	25.8