

Name	Serving Size	Keto Friendly	Quantity	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Carbohydrates (Net) (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
CRUSTLESS PIZZA 9"															
PIZZA SAUCE															
MAZZIO'S - Pizza Sauce: Alfredo	2	81	66	6	6	0	24	159	1.30	1.3	0	0.45	3	Sauce per serving / 2 servings per pizza	
MAZZIO'S - CYO Pizza Sauce: Ken's Spicy Red	2	15	0	0	0	0	0	330	3.10	2.1	1.00	1.6	0	Sauce per serving / 2 servings per pizza	
MAZZIO'S - CYO Pizza Sauce: Mazzio's Traditional Red	2	15	0	0	0	0	0	135	1.95	1.35	0.60	0.9	0	Sauce per serving / 2 servings per pizza	
CHEESE BASE															
MAZZIO'S - Base Mozzarella Cheese	2	132	87	9	6	0	36	291	1.90	1.4	0.50	0.25	9	Per serving / 2 servings per pizza	
MAZZIO'S - Base Four Cheese	2	138	96	12	6	0	39	435	1.30	1.3	0	0.25	9	Per serving / 2 servings per pizza	
SINGLE TOPPING															
MAZZIO'S - Pizza Topping: Add 4-Cheese Blend	2	81	54	6	3	0	24	249	0.75	0.75	0	0.15	6	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping: Artichokes	2	3	0	0	0	0	0	42	0.75	0.55	0.20	0.20	0	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping: Bacon	2	66	39	6	3	0	18	300	0.25	0.15	0.10	0.25	6	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping: Beef	2	135	105	12	6	0	33	375	0.45	0.4	0.05	0.15	6	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping: Black Olives	2	24	21	3	0	0	0	105	0.70	0.7	0	0	0	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping: Canadian Bacon	2	18	9	0.9	0	0	9	150	0	0	0	0	0	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping: Chicken	2	45	9	0.9	0	0	24	246	1.00	1	0	0	9	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping: Feta Cheese	2	81	54	6	3	0	21	321	1.40	0.85	0.55	0.25	6	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping: Fresh Mushrooms	2	3	0	0	0	0	0	45	0.45	0.3	0.15	0.30	0	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping: Green Peppers	2	3	0	0	0	0	0	0	0.65	0.4	0.25	0.35	0	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping: Ham	2	18	6	0	0	0	18	129	0.10	0.1	0	0.10	3	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping: Italian Sausage	2	129	99	12	3	0	27	309	0.90	0.5	0.40	0.15	6	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping: Jalapenos	2	3	0	0	0	0	0	240	0.45	0	0.45	0.00	0	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping: Add Mozzarella	2	75	51	6	3	0	21	165	1.10	0.8	0.30	0.15	6	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping: Mushrooms	2	3	0	0	0	0	0	39	0.55	0.1	0.45	0	0	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping: Pepperoni	2	105	90	9	6	0	27	354	0	0	0	0	3	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping: Pineapple	2	9	0	0	0	0	0	0	2.15	2.05	0.10	2.00	0	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping: Red Onions	2	6	0	0	0	0	0	0	1.30	1.05	0.25	0.60	0	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping: Sausage	2	129	99	12	3	0	27	384	0.70	0.55	0.15	0.25	6	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping: Tomatoes	2	3	0	0	0	0	0	0	0.55	0.4	0.15	0.35	0	Per serving / 2 servings per pizza	
MULTI-TOPPING (2 Toppings or more)															
MAZZIO'S - Pizza Topping (Multi): 4-Cheese Blend	2	81	54	6	3	0	24	249	0.75	0.75	0.00	0.15	6	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping (Multi): Artichokes	2	3	0	0	0	0	0	42	0.75	0.55	0.20	0.20	0	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping (Multi): Bacon	2	66	39	6	3	0	18	300	0.25	0.15	0.10	0.25	6	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping (Multi): Beef	2	90	69	9	3	0	21	249	0.30	0.25	0.05	0.10	6	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping (Multi): Black Olives	2	24	21	3	0	0	0	105	0.70	0.70	0	0	0	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping (Multi): Canadian Bacon	2	18	9	0.9	0	0	9	150	0	0	0	0	0	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping (Multi): Chicken	2	30	6	0.9	0	0	15	159	0.65	0.65	0	0	0	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping (Multi): Feta Cheese	2	81	54	6	3	0	21	321	1.40	0.85	0.55	0.25	6	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping (Multi): Fresh Mushrooms	2	3	0	0	0	0	0	45	0.45	0.30	0.15	0.30	0	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping (Multi): Green Peppers	2	3	0	0	0	0	0	0	0.65	0.40	0.25	0.35	0	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping (Multi): Ham	2	18	6	0	0	0	18	129	0.10	0.10	0.00	0.10	3	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping (Multi): Italian Sausage	2	84	66	9	3	0	18	210	0.60	0.35	0.25	0.10	3	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping (Multi): Jalapenos	2	3	0	0	0	0	0	240	0.45	0	0.45	0.00	0	Per serving / 2 servings per pizza	
MAZZIO'S - PizzaTopping (Multi): Mozzarella	2	75	51	6	3	0	21	165	1.10	0.80	0.30	0.15	6	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping (Multi): Mushrooms	2	3	0	0	0	0	0	39	0.55	0.10	0.45	0.00	0	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping (Multi): Pepperoni	2	69	60	6	3	0	18	240	0	0	0	0	3	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping (Multi): Pineapple	2	9	0	0	0	0	0	0	2.15	2.05	0.10	2.00	0	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping (Multi): Red Onions	2	6	0	0	0	0	0	0	1.30	1.05	0.25	0.60	0	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping (Multi): Sausage	2	84	66	9	3	0	21	255	0.45	0.35	0.10	0.15	3	Per serving / 2 servings per pizza	
MAZZIO'S - Pizza Topping (Multi): Tomatoes	2	3	0	0	0	0	0	0	0.55	0.40	0.15	0.35	0	Per serving / 2 servings per pizza	
SPECIALTY PIZZAS (Includes sauce, base cheese, and topping values)															
MAZZIO'S - Chicken Bacon Alfredo Pizza	2	306	186	21	12	0	90	915	5.10	4.2	0.90	1.60	24	Per serving / 2 servings per pizza	
MAZZIO'S - Chicken Club Pizza	2	213	156	15	9	0	75	1035	4.70	3.85	0.85	1.75	21	Per serving / 2 servings per pizza	
MAZZIO'S - Chicken Spinach Alfredo Pizza	2	243	156	18	12	0	90	735	5.20	4	1.20	0.80	21	Per serving / 2 servings per pizza	
MAZZIO'S - Combo Pizza	2	243	186	21	11	0	60	885	7.30	5.2	2.10	2.20	15	Per serving / 2 servings per pizza	
MAZZIO'S - Four Meat Pizza	2	333	123	30	15	0	90	1095	4.65	3.35	1.30	1.40	21	Per serving / 2 servings per pizza	
MAZZIO'S - Fresh Veggie Pizza	2	153	111	12	9	0	30	615	7.70	5.7	2.00	2.75	12	Per serving / 2 servings per pizza	
MAZZIO'S - Greek Pizza	2	333	246	30	12	0	60	825	5.80	4.7	1.10	0.80	18	Per serving / 2 servings per pizza	
MAZZIO'S - Ken's Six Meat Pizza	2	393	276	33	15	0	105	1515	5.95	4.2	1.75	2.25	24	Per serving / 2 servings per pizza	
MAZZIO'S - Ken's Supreme	2	243	186	21	12	0	60	1005	7.75	5.55	2.20	3.25	15	Per serving / 2 servings per pizza	
MAZZIO'S - Lucky 7 Pizza	2	213	156	18	12	0	60	855	6.90	5.5	1.40	2.75	15	Per serving / 2 servings per pizza	
MAZZIO'S - Works Pizza	2	303	216	24	12	0	75	1065	7.60	5.35	2.25	1.65	18	Per serving / 2 servings per pizza	
MAZZIO'S - Six Meat Pizza	2	393	276	33	15	0	105	1305	4.80	3.45	1.35	1.55	24	Per serving / 2 servings per pizza	
MAZZIO'S - Taco Pizza	2	363	216	24	12	0	75	1185	18.70	13	5.75	2.00	21	Per serving / 2 servings per pizza	
SALADS															
MAZZIO'S - House Salad	1	111	43	5	3	0	15	187	12.10	8.7	3.4	3	6	Does not include dressing/crouton pkg	
MAZZIO'S - Chicken Caesar Salad	1	202	61	7	3	0	75	829	9.90	8	1.9	0	27	Does not include dressing/croutons	
SALAD DRESSINGS															
MAZZIO'S - Salad Bar: Dressing, Alpine Italian	1	110	100	11	1.5	0	0	460	1.00	1	0	1	0	Serving size equals 1 oz.	
MAZZIO'S - Salad Bar: Dressing, Balsamic Vinegar and Olive Oil	1	130	120	14	2	0	0	300	2.00	2.9	0.1	0.9	0	Serving size equals 1 oz.	
MAZZIO'S - Salad Bar: Dressing, Bleu Cheese	1	160	150	17	3.5	0	15	260	1.00	1	0	1	1	Serving size equals 1 oz.	
MAZZIO'S - Salad Bar: Dressing, Creamy Italian	1	130	120	13	2	0	0	470	2.00	2	0	1	0	Serving size equals 1 oz.	
MAZZIO'S - Salad Bar: Dressing, Ranch	1	140	130	15	2	0	5	300	1.00	1	0	0.5	0	Serving size equals 1 oz.	
MAZZIO'S - Salad Bar: Dressing, Red Wine Vinegar	1	0	0	0	0	0	0	5	0.00	0	0	0	0	Serving size equals 1 oz.	
MAZZIO'S - Salad Bar: Dressing, Royal Caesar	1	120	120	13	2	0	5	280	1.00	1	0	1	1	Serving size equals 1 oz.	
MAZZIO'S - Salad Bar: Dressing, Southwest Ranch	1	110	100	11	1.5	0	5	280	1.00	1	0	0.6	0	Serving size equals 1 oz.	
MAZZIO'S - Salad Bar: Dressing, Zesty Italian	1	130	130	14	2	0	0	610	2.00	2	0	1	0	Serving size equals 1 oz.	
WING RUN WINGS															
MAZZIO'S - Wings: 5 pc No Sauce (Traditional)	1	271	148	16	4	0	150	558	1.70	1.4	0.3	0.2	29	5 wings per serving	
MAZZIO'S - Wings: 5 pc Garlic Parmesan (Traditional)	1	410	270	30	8	0	160	780	2.20	1.9	0.3	0.3	32	5 wings per serving	
MAZZIO'S - Wings: 5 pc Mild Buffalo (Traditional)	1	300	170	19	4.5	0	150	1360	2.00	1.6	0.4	0.3	29	5 wings per serving	
MAZZIO'S - Wings: 5 pc Hot Buffalo (Traditional)	1	271	148	16	4	0	150	1698	1.70	1.4	0.3	0.2	29	5 wings per serving	
MAZZIO'S - Wings: 10 pc No Sauce (Traditional)	1	542	296	32	8	0	300	1116	3.50	2.9	0.6	0.3	58	10 wings per serving	
MAZZIO'S - Wings: 10 pc Garlic Parmesan (Traditional)	1	820	550	61	15	0	315	1560	4.70	4.1	0.6	0.4	64	10 wings per serving	
MAZZIO'S - Wings: 10 pc Mild Buffalo (Traditional)	1	580	330	37	9	0	300	2320	4.00	3.2	0.8	0.5	58	10 wings per serving	
MAZZIO'S - Wings: 10 pc Hot Buffalo (Traditional)	1	542	296	32	4	0	300	2826	3.40	2.8	0.6	0.3	58	10 wings per serving	
MAZZIO'S - Wings: 15 pc No Sauce (Traditional)	1	813	444	48	12	0	450	1674	5.20	4.4	0.8	0.5	87	15 wings per serving	
MAZZIO'S - Wings: 15 pc Garlic Parmesan (Traditional)	1	1210	810	90	22	0.5	470	2280	6.70	5.8	0.9	0.6	95	15 wings per serving	
MAZZIO'S - Wings: 15 pc Mild Buffalo (Traditional)	1	870	490	55	14	0	450	3270	5.80	4.7	1.1	0.8	87	15 wings per serving	
MAZZIO'S - Wings: 15 pc Hot Buffalo (Traditional)	1	813	444	48	12	0	450	3954							