

## Why it taste so good, and is so good for you.....

our dough, sauce, cheese and toppings are 100% natural.  
no additives, preservatives or chemicals of any kind.  
our sauce is fat free and very low calorie and our cheese is part skim milk. all of our veggies are freshly sliced daily and our meats are 100% natural and fresh, not frozen pellets. we offer pizzas for the health conscious diet, vegan diets and gluten free diets and yes, the I don't care how healthy my pizza is I just want it to taste good diet. \*

below is a nutritional breakdown of our cheese pizza

10" pizza (1 slice)		thin crust
cal.	90	50
fat.	6	4
carbs.	13	7
protien	4	2
sodium	120	80

12" pizza (1 slice)		thin crust
cal.	145	83
fat	9	7
carbs	20	11
protien	11	5
sodium	160	100

16" pizza (1 slice)		thin crust
cal.	190	145
fat	12	7
carbs	32	21
protien	17	11
sodium	240	195

\* some of our salad dressings and alternative pizza sauces (bbq, thai sauce) are not gluten nor vegan friendly. please ask.