

PIZZERIA LOCALE

NUTRITION DETAILS: DENVER

	Portion	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
CLASSIC PIZZAS																
RED PIZZAS																
Margherita (tomato sauce, basil, mozzarella, olive oil, grana padano, and pizza crust)	1 pizza	710	180	20	11	0	70	1910	98	4	2	33	25%	2%	45%	11%
Cheese Pizza (tomato sauce, mozzarella, grana padano, and pizza crust)	1 pizza	710	180	20	11	0	70	1830	97	4	2	33	17%	0%	45%	9%
Pepperoni (tomato sauce, mozzarella, pepperoni, and pizza crust)	1 pizza	820	270	30	14	0	95	2400	99	4	3	38	21%	0%	47%	13%
Supreme (tomato sauce, mozzarella, pepperoni, pork sausage, mushrooms, green bell peppers, red onions, grana padano, and pizza crust)	1 pizza	950	370	41	18	0	115	2590	100	4	4	44	21%	28%	47%	15%
Veggie (tomato sauce, mozzarella, roasted red peppers, roasted artichokes, roasted broccolini, red onions, black olives, grana padano, a pinch of salt, and pizza crust)	1 pizza	770	220	21	11	0	65	2650	104	5	4	34	44%	90%	45%	14%
Prosciutto and Arugula (tomato sauce, mozzarella, olive oil, grana padano, prosciutto, arugula, and pizza crust)	1 pizza	860	210	22	12	0	85	2280	100	4	3	38	26%	4%	47%	15%
Diavola (tomato sauce, chili flakes, basil, smoked mozzarella, pepperoni, grana padano, and pizza crust)	1 pizza	830	270	29	12	0	70	2490	99	4	4	40	35%	4%	47%	13%
Hawaiian (tomato sauce, ham, smoked mozzarella blend, pineapple, jalapeño peppers, grana padano, and pizza crust)	1 pizza	780	200	20	10	0	75	2090	105	5	7	38	23%	65%	44%	13%
Four Meat (tomato sauce, mozzarella, parmesan cheese, pepperoni, ham, bacon, chicken, chili flake, oregano and wheat crust)	1 pizza	1050	380	42	19	0	160	3160	101	4	3	64	31%	22%	52%	15%
WHITE PIZZAS																
White Pizza (mozzarella, garlic oil, grana padano, salt, dried oregano, and pizza crust)	1 pizza	760	250	30	12	0	70	1970	93	3	2	32	11%	0%	45%	9%
Four Cheese and Mushroom (mozzarella blend, gorgonzola, grana padano, garlic oil, salt, dried oregano, mushrooms, and pizza crust)	1 pizza	850	300	34	16	0	85	2190	94	3	3	40	15%	2%	61%	13%
Mais (crème fraiche, mozzarella, roasted corn, ham, garlic oil, grana padano, salt and pepper)	1 pizza	960	380	45	20	0	135	2360	102	5	4	41	28%	17%	51%	13%
Spicy Chicken (basil, grana padano, dried oregano, mozzarella, spicy chicken, roasted red peppers, red onion, salt, garlic oil, and pizza crust)	1 pizza	860	300	34	13	0	90	2200	96	4	3	38	38%	63%	48%	9%
Sausage and Broccolini (mozzarella, chili flakes, broccolini, pork sausage, garlic oil, grana padano, salt, and pizza crust)	1 pizza	920	370	43	17	0	95	2410	96	3	4	40	27%	42%	47%	13%
BBQ (chicken, mozzarella, chili flake, red onion, garlic oil, green peppers, bbq sauce and wheat crust)	1 pizza	900	270	31	14	0	130	2190	108	3	13	45	25%	29%	52%	13%
BLT (mozzarella, parmesan cheese, bacon, garlic oil, tomatotes, arugula, creame fraiche, black pepper, oregano and wheat crust)	1 pizza	1070	450	51	25	0	130	2340	98	4	4	51	41%	58%	55%	10%
Carbonara (mozzarella, parmesan cheese, bacon, mushrooms, red onions, egg yolk, black pepper, garlic oil, oregano and wheat crust)	1 pizza	1020	400	44	20	0	310	2340	97	3	4	54	19%	34%	52%	16%
SALADS*																
Antica (mixed greens, grape tomatoes, parmesan and, red wine vinaigrette)	1 salad with dressing	410	280	31	5	0	<5	670	27	3	2	6	51%	30%	12%	4%
Caponata (mixed greens, eggplant, zucchini, red peppers, red onion, black olives, parmesan and, red wine vinaigrette)	1 salad with dressing	480	320	35	5	0	<5	1100	32	4	5	6	65%	94%	12%	4%
Pizzeria (mixed greens, grape tomatoes, pepperoni, chickpeas, red onion, oregano, red peppers, parmesan, and red wine vinaigrette)	1 salad with dressing	540	360	40	8	0	25	1220	32	4	5	11	73%	92%	14%	6%
Tuna (mixed greens, tuna, black olives, capers, red onion, grape tomatoes, cucumbers, chickpeas and, red wine vinaigrette)	1 salad with dressing	500	300	34	5	0	10	1320	32	3	3	13	51%	34%	12%	6%
Red Wine Vinaigrette	1.25 oz	240	240	27	3.5	0	0	190	0	0	0	0	0%	2%	0%	0%
Focaccia	1 salad side	135	25	3	1	0	0	410	23	1	0.5	4	0%	0%	1%	2%
SIDES																
Pork Meatballs	1 side (155 g)	260	180	19	6	0	50	610	5	1	0	12	7%	1%	1%	3%
Prosciutto and Focaccia	1 side	500	90	9	3.5	0	25	1430	48	2	3	16	0%	0%	1%	8%
Cheesy Garlic Bread	1 cheesy bread with tomato sauce	760	220	23	11	0	55	2580	93	5	2	31	26%	0%	39%	13%

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DESSERTS																
Budino	1 Budino	220	140	16	9	0	95	120	17	0	13	2	110%	0%	60%	20%
Nutella® Pizza	1 Pizza	940	290	30	11	0	0	1280	143	5	54	20	0%	0%	12%	19%
BUILD-YOUR-OWN PIZZA*																
CRUST																
Gluten-Free Crust	6 oz	460	30	3	0	0	0	1770	74	7	0	20	0%	0%	14%	0%
Pizza Crust	5.5 oz	440	15	1	0.5	0	0	1240	91	3	2	15	0%	0%	2%	9%
MEATS																
Chicken	1.5 oz	80	45	5	0	0	25	190	1	0	0	8	0%	0%	0%	0%
Ham	1.5 oz	45	15	2	0.5	0	25	190	0	0	0	7	0%	0%	0%	2%
Pepperoni	1 oz (6 slices)	110	90	10	3.5	0	25	490	1	0	1	5	2%	0%	2%	0%
Pork Meatballs	2.5 oz	190	130	15	5	0	40	390	3	0	0	10	2%	2%	2%	2%
Pork Sausage	1.5 oz	140	110	13	4.5	0	25	350	0	0	0	7	0%	0%	0%	2%
Prosciutto di Parma	1 oz	230	40	3	2	0	25	610	2	0	2	8	0%	0%	0%	3%
DAIRY																
Gorgonzola	0.5 oz	70	50	6	3.5	0	20	120	0	0	0	4	2%	0%	10%	0%
Mozzarella	2 oz	210	140	16	9	0	60	280	2	0	0	14	9%	0%	35%	0%
Smoked Mozzarella	2 oz	210	140	15	7	0	35	370	1	0	1	16	9%	0%	35%	0%
Grana Padano	0.25 oz	35	20	3	1	0	10	60	0	0	0	3	2%	0%	9%	0%
TOPPINGS & INGREDIENTS																
Artichokes, Roasted	1 oz	15	5	0	0	0	0	150	2	0	0	1	0%	2%	0%	2%
Arugula	0.5 oz	5	0	0	0	0	0	0	1	0	0	0	7%	4%	2%	0%
Black Olives	0.5 oz	30	25	3	0	0	0	160	1	0	0	0	0%	0%	0%	0%
Broccolini, Roasted	1 oz	15	5	0.5	0	0	0	85	2	0	2	1	8%	40%	2%	2%
Calabrian Peppers	0.5 oz (6 chiles)	50	20	4	0	0	0	100	1	0	0	0	0%	0%	0%	0%
Corn, Roasted	1 oz	30	10	1	0	0	0	190	5	1	1	1	2%	2%	0%	0%
Green Bell Peppers	0.5 oz	5	0	0	0	0	0	0	1	0	0	0	2%	25%	0%	0%
Jalepeño	0.5 oz	5	0	0	0	0	0	0	1	0	1	0	4%	30%	0%	0%
Mushrooms, White Mature	1 oz	5	0	0	0	0	0	0	<1	0	<1	<1	0%	1%	0%	2%
Pineapple	1.5 oz	25	0	0	0	0	0	0	6	1	4	0	0%	35%	0%	0%
Red Onion	.5 oz	5	0	0	0	0	0	0	1	0	1	0	0%	2%	0%	0%
Red Peppers, Roasted	1 oz	15	5	0	0	0	0	60	2	1	1	0	20%	60%	0%	0%
Eggplant, Roasted	1 oz	15	5	0.5	0	0	0	90	2	1	1	0	0%	2%	0%	0%
Tomatoes, Grape Or Cherry	1.5 oz	10	0	0	0	0	0	0	2	1	1	0	8%	10%	0%	0%
Tomato Sauce	2 oz	30	10	0	0	0	0	330	5	1	0	1	8%	0%	0%	2%

*Portion size may vary by menu item