

WARRIOR EATERY



BANGOR PLAZA

NUTRITION INFORMATION

ITEM	FUEL ICON	SERVING SIZE	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)	SAT FAT (G)	FIBER (G)	SUGAR (G)	SODIUM (MG)
Pepperoni Madness (12")		1 whole pie (12")	1380	52	133	54	21	7	12	2625
		By Slice	230	9	22	9	4	1	2	438
Pepperoni Madness (16")		1 whole pie (16")	1920	75	190	78	30	10	18	3750
		By Slice	240	9	24	10	4	1	2	469
Pepperoni Madness (Personal)		1 whole pie (Personal)	770	30	76	31	12	4	7	1500
Masterpiece (12")		1 whole pie (12")	1488	66	144	70	26	9	14	2888
		By Slice	248	11	24	12	4	2	2	481
Masterpiece (16")		1 whole pie (16")	2125	95	205	100	38	12	20	4125
		By Slice	266	12	26	13	5	2	3	516
Masterpiece (Personal)		1 whole pie (Personal)	850	38	82	40	15	5	8	1650
Three Cheese Chicken (12")		1 whole pie (12")	1435	63	131	66	24	7	10	2625
		By Slice	239	11	22	11	4	1	2	438
Three Cheese Chicken (16")		1 whole pie (16")	2050	90	188	95	35	10	15	3750
		By Slice	256	11	24	12	4	1	2	469
Three Cheese Chicken (Personal)		1 whole pie (Personal)	820	36	75	38	14	4	6	1500
Chicken Bacon Ranch (12")		1 whole pie (12")	1610	66	126	82	30	5	9	3080
		By Slice	268	11	21	14	5	1	2	513
Chicken Bacon Ranch (16")		1 whole pie (16")	2300	95	180	118	42	8	12	4400
		By Slice	288	12	23	15	5	1	2	550
Chicken Bacon Ranch (Personal)		1 whole pie (Personal)	920	38	72	47	17	3	5	1760
Cheese (12")		1 whole pie (12")	1172	40	135	42	18	7	10	2310
		By Slice	195	7	23	7	3	1	2	385
Cheese (16")		1 whole pie (16")	1675	58	192	60	25	10	15	3300

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		By Slice	209	7	24	8	3	1	2	413
Cheese (Personal)		1 whole pie (Personal)	670	23	77	24	10	4	6	1320
Mega Meats (12")		1 whole pie (12")	1768	75	140	88	33	7	12	3360
		By Slice	295	13	23	15	6	1	2	560
Mega Meats (16")		1 whole pie (16")	2525	108	200	125	48	10	18	4800
		By Slice	316	14	25	16	6	1	2	600
Mega Meats (Personal)		1 whole pie (Personal)	1010	43	80	50	19	4	7	1920
Garden Groove (12")		1 whole pie (12")	1260	35	149	47	16	10	16	2275
		By Slice	210	6	25	8	3	2	3	379
Garden Groove (16")		1 whole pie (16")	1800	50	212	68	22	15	22	3250
		By Slice	225	6	27	9	3	2	3	406
Garden Groove (Personal)		1 whole pie (Personal)	720	20	85	27	9	6	9	1300
Loaded Pizza Bowl		1 bowl	750	45	20	44	18	4	6	1700
Chicken Wings (5) Buffalo			508	35	0	45	10	0	0	900
Chicken Wings (10) Buffalo			1006	70	0	90	20	0	0	1800
Chicken Wings (5) BBQ			532	35	25	45	10	0	20	850
Chicken Wings (10) BBQ			1044	70	50	90	20	0	40	1700
Chicken Wings (5) Spicy BBQ			515	35	20	45	10	0	15	850
Chicken Wings (10) Spicy BBQ			1030	70	40	90	20	0	30	1700
Chicken Wings (5) Cajun			500	35	5	45	10	0	2.5	1000
Chicken Wings (10) Cajun			1000	70	10	90	20	0	5	2000
Garlic Breadsticks - Half Original		1 half order	500	12	70	20	6	3	6	900
Garlic Breadsticks - Half Cheese		1 half order	580	18	72	25	9	3	6	1080

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Garlic Breadsticks - Full Original		1 full order	1000	24	140	40	12	6	12	1800
Garlic Breadsticks - Full Cheese		1 full order	1160	36	144	50	18	6	12	2160
Cinnamon Sugar Breadsticks - Half		1 half order	620	10	90	24	7	3	20	800
Cinnamon Sugar Breadsticks - Full		1 full order	1240	20	180	48	14	6	40	1600
Mini Cookies & Cream		1 serving	300	4	35	17	9	1	20	200
Protein - Pepperoni (12")			262	10	2	22.8	8.8	0	0	788
Protein - Pepperoni (16")			375	15	2	32.5	12.5	0	0	1125
Protein - Pepperoni (Personal)			100	6	1	13	5	0	0	450
Protein - Italian Sausage (12")			315	12	2	28	10.5	0	0	875
Protein - Italian Sausage (16")			450	18	2	40	15	0	0	1250
Protein - Italian Sausage (Personal)			180	7	1	16	6	0	0	500
Protein - Bacon (12")			158	10	0	14	5.2	0	0	578
Protein - Bacon (16")			225	15	0	20	7.5	0	0	825
Protein - Bacon (Personal)			90	6	0	8	3	0	0	330
Protein - Ham (12")			140	19	4	5.2	1.8	0	2	910
Protein - Ham (16")			200	28	5	7.5	2.5	0	2	1300
Protein - Ham (Personal)			80	11	2	3	1	0	1	520
Protein - Grilled Chicken (12")			210	38	0	5.2	1.8	0	0	525
Protein - Grilled Chicken (16")			300	55	0	7.5	2.5	0	0	750
Protein - Grilled Chicken (Personal)			120	22	0	3	1	0	0	300
Protein - Pulled Pork (12")			245	24	9	10.5	3.5	0	7	735
Protein - Pulled Pork (16")			350	35	12	15	5	0	10	1050
Protein - Pulled Pork (Personal)			140	14	5	6	2	0	4	420

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Sauce - Red Sauce (12")			70	2	14	0.9	0	4	7	350
Sauce - Red Sauce (16")			100	2	20	1.2	0	5	10	500
Sauce - Red Sauce (Personal)			40	1	8	0.5	0	2	4	200
Sauce - Alfredo (12")			210	4	4	17.5	10.5	0	2	438
Sauce - Alfredo (16")			300	5	5	25	15	0	2	625
Sauce - Alfredo (Personal)			120	2	2	10	6	0	1	250
Sauce - Ranch (12")			245	2	4	22.8	3.5	0	2	455
Sauce - Ranch (16")			350	2	5	32.5	5	0	2	650
Sauce - Ranch (Personal)			140	1	2	13	2	0	1	260
Sauce - BBQ (12")			105	0	24	0	0	0	21	455
Sauce - BBQ (16")			150	0	35	0	0	0	30	650
Sauce - BBQ (Personal)			60	0	14	0	0	0	12	260
Sauce - Pesto (12")			192	2	4	17.5	2.6	0	0	315
Sauce - Pesto (16")			275	2	5	25	3.8	0	0	450
Sauce - Pesto (Personal)			110	1	2	10	1.5	0	0	180
Topping - Green Peppers (12")			14	0	4	0	0	2	2	4
Topping - Green Peppers (16")			20	0	5	0	0	2	2	5
Topping - Green Peppers (Personal)			8	0	2	0	0	1	1	2
Topping - Onions (12")			18	0	4	0	0	0	2	4
Topping - Onions (16")			25	0	5	0	0	0	2	5
Topping - Onions (Personal)			10	0	2	0	0	0	1	2
Topping - Mushrooms (12")			10	2	2	0	0	0	2	7
Topping - Mushrooms (16")			15	2	2	0	0	0	2	10

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Topping - Mushrooms (Personal)			6	1	1	0	0	0	1	4
Topping - Black Olives (12")			44	0	2	3.5	0.5	2	0	201
Topping - Black Olives (16")			62	0	2	5	0.8	2	0	288
Topping - Black Olives (Personal)			25	0	1	2	0.3	1	0	115
Topping - Jalapeños (12")			7	0	2	0	0	0	0	96
Topping - Jalapeños (16")			10	0	2	0	0	0	0	138
Topping - Jalapeños (Personal)			4	0	1	0	0	0	0	55
Topping - Banana Peppers (12")			9	0	2	0	0	0	0	114
Topping - Banana Peppers (16")			12	0	2	0	0	0	0	162
Topping - Banana Peppers (Personal)			5	0	1	0	0	0	0	65
Topping - Spinach (12")			9	2	2	0	0	2	0	42
Topping - Spinach (16")			12	2	2	0	0	2	0	60
Topping - Spinach (Personal)			5	1	1	0	0	1	0	24
Topping - Diced Tomatoes (12")			9	0	2	0	0	0	2	4
Topping - Diced Tomatoes (16")			12	0	2	0	0	0	2	5
Topping - Diced Tomatoes (Personal)			5	0	1	0	0	0	1	2