

Bell Tower Pizzeria										Updated	Fall 2022
<b>Pizzas</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Protein</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Conta</b>	
Cheese Pizza (Cheese, Sauce)	1 (10") Pizza	539	30	38	2	40		✓		Wheat, Barley,	
Signature Veggie Pizza (Cheese, Sauce, Spinach, Olives, Banana Peppers, Mushrooms, Onion)	1 (10") Pizza	618	32	42	3	42				Wheat, Barley,	
Chicken Carbonara	1 (10") Pizza	556	59	40	1	62				Wheat, Barley,	
<b>BYO Personal Pizza (1 Meat, Sauce, up to 4 toppings)</b>											
10" Pizza Crust	10" Pizza Crust	130	2	23	1	4	✓	✓		Wheat, Barley,	
Gluten Free Crust	10" GF Crust	380	10	62	2	8		✓	✓	Egg	
<b>Sauce Options</b>											
Pizza Sauce	2 oz.	25	0	0	1.2	1	✓	✓	✓		
Ranch Sauce	2 oz.	220	22	2	0	<1		✓	✓	Milk (Whey), E	
Pesto Sauce	2 oz.	190	19	2	1	4		✓	✓	Milk	
Alfredo Sauce	2 oz.	140	13	3.5	0	3		✓	✓	Milk (Whey), S	
<b>Meat Option:</b>											
Pepperoni	5 slices	50	4.5	0	0	2.5			✓	Pork	
Italian Sausage	2 oz.	171	14	2	0	9			✓	Pork	
Crumbled Beef	2 oz.	50	2.5	2	1	5			✓	Soy	
Diced Grilled Chicken	2 oz.	80	4	0	0	11			✓		
Bacon Crumbles	2 oz.	280	16	0	0	24			✓	Pork	
<b>Toppings</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Protein</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Conta</b>	
Pizza Blend Cheese	1/2 cup	360	24	4	0	28		✓	✓	Milk	
Shredded Parmesan Cheese	.5 oz.	50	3.5	0	0	4.5		✓	✓	Milk	
Sliced Mushrooms	.5 oz.	3	0	0	0	0	✓	✓	✓		
Sliced Olives	.5 oz.	25	2.5	1	0	0	✓	✓	✓		
Banana Peppers	.5 oz.	2.5	0	0.5	0.5	0	✓	✓	✓		
Sliced Bell Peppers	.5 oz.	2.5	0	0.5	0.25	1	✓	✓	✓		
Sliced Jalapeno	.5 oz.	5	0	0.5	0	0	✓	✓	✓		
Spinach	.5 oz.	3.5	1	0.5	0.5	0.5	✓	✓	✓		
Red Onion	.5 oz.	5.5	0	1	1	1	✓	✓	✓		
All Fried Items have been fried in Canola Fry Oil in Common Fryer with Dairy and Wheat Items											
Yes = ✓											
Indicates a "Smart Choice" lower in fat and packed with nutrients.											
Allergy/Contains Column lists foods that may contain one of the big eight food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork, and Sesame											