

Sneed									Updated	Fall 2023
La Trattoria										
Pizza Line	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Create your own 14" pizza										
Crusts										
Cauliflower Crust (10" Pizza)	1-10" Crust	255	7	40	2	8				Milk, Egg
Pizza Crust	1 ct	131	3	22	1	4		✓		Wheat
Pick Your Meat										
Pepperoni	5 slices	51	4.5	0	0	2.5			✓	Pork
Italian Sausage	2 oz.	170	14	2	0	9			✓	Pork
Crumbled Beef	2 oz.	51	2.5	2	1	5			✓	Soy
Bacon Crumbles	2 oz.	240	16	0	0	24			✓	Pork
Diced Grilled Chicken	2 oz.	80	4	0	0	11			✓	
Pick Your Sauce										
Tomato sauce	2oz	33	1	5	1	1	✓	✓	✓	Soy
Alfredo sauce	2oz	127	9.5	7.5	0	2.75		✓	✓	Milk,Soy
Veggies & Toppings										
Sliced Mushrooms	.5 oz.	0	0	0	0	0	✓	✓	✓	
Spinach	.5 oz.	13	1	0.5	0.5	0.5	✓	✓	✓	
Sliced Olives	.5 oz.	27	2.5	1	0	0	✓	✓	✓	
Red Onion	.5 oz.	8	0	1	1	1	✓	✓	✓	
Sliced Bell Peppers	.5 oz.	6	0	0.5	0.25	1	✓	✓	✓	
Sliced Jalapeno	.5 oz.	2	0	0.5	0	0	✓	✓	✓	
Pizza Blend Cheese	1/2 cup	344	24	4	0	28		✓	✓	Milk
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										