

Peter Piper Pizza®

Healthier Choices Made Easy



At Peter Piper Pizza, you have lots of choices, and lots of healthy options to choose from to meet your needs. Now, we've gone a step further and taken some of the guesswork out to identify some healthier options for you! All are still made with our great tasting fresh made dough and ingredients. As shown here, these Peter Piper Pizza menu items are balanced in calories and fat and meet the nutritional criteria* of Healthy Dining, the nation's foremost advocate for healthy eating and nutrition for the restaurant industry. In a partnership with the National Restaurant Association, we are proud to be featured on www.HealthyDiningFinder.com.

Click here for more information.

California Veggie

Crust:	Original	Ultra Thin
Calories	200	130
Calories from Fat	60	40
Total Fat	6g	4g
Saturated Fat	3g	2g
Cholesterol	15mg	10mg
Sodium	430mg	290mg
Total Carbohydrate	23g	15g
Dietary Fiber	2g	1g
Sugars	3g	2g
Protein	12g	8g
Vitamin A	0%	0%
Vitamin C	20%	15%
Calcium	20%	15%
Iron	15%	10%

Cheese Pizza

Crust:	Original	Ultra Thin
Calories	300	130
Calories from Fat	60	40
Total Fat	6g	4g
Saturated Fat	3g	2g
Cholesterol	15mg	10mg
Sodium	430mg	290mg
Total Carbohydrate	23g	15g
Dietary Fiber	2g	1g
Sugars	3g	2g
Protein	12g	8g
Vitamin A	0%	0%
Vitamin C	20%	15%
Calcium	20%	15%
Iron	15%	10%

Mushroom Pizza

Crust:	Original	Ultra Thin
Calories	200	130
Calories from Fat	60	40
Total Fat	6g	4g
Saturated Fat	3g	2g
Cholesterol	15mg	10mg
Sodium	430mg	290mg
Total Carbohydrate	23g	15g
Dietary Fiber	2g	1g
Sugars	3g	2g
Protein	12g	8g
Vitamin A	0%	0%
Vitamin C	20%	15%
Calcium	20%	15%
Iron	15%	10%

Chicken Caesar Salad

No Dressing

Calories	130
Calories from Fat	40
Total Fat	4g
Saturated Fat	2g
Cholesterol	10mg
Sodium	290mg
Total Carbohydrate	15g
Dietary Fiber	1g
Sugars	2g
Protein	8g
Vitamin A	0%
Vitamin C	15%
Calcium	15%
Iron	10%

Garden Fresh Salad

No Dressing

Calories	130
Calories from Fat	40
Total Fat	4g
Saturated Fat	2g
Cholesterol	10mg
Sodium	290mg
Total Carbohydrate	15g
Dietary Fiber	1g
Sugars	2g
Protein	8g
Vitamin A	0%
Vitamin C	15%
Calcium	15%
Iron	10%

Cinnamon Crunch

Dessert - 2 pie / Dessert - 2 pieces

Calories	130
Calories from Fat	40
Total Fat	4g
Saturated Fat	2g
Cholesterol	10mg
Sodium	290mg
Total Carbohydrate	15g
Dietary Fiber	1g
Sugars	2g
Protein	8g
Vitamin A	0%
Vitamin C	15%
Calcium	15%
Iron	10%



*Percent Daily Values are based on a 2,000-calorie diet

*Entrees contain 750 calories or less and 25 fat grams or less; appetizers, side dishes and desserts contain 250 calories or less and 8 fat grams or less.

