DAVE'S PIZZAWORKS

Hand-Tossed - Large /1 Slice

	Calories	Calories from Fat	Total Fat (gm)	Saturated Fat (gm)	Cholesterol (mg)	Sodium (mg)	Total Carbo. (gm)	Dietary Fiber (gm)	Sugars (gm)	Protein (gm)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Exchange Values	Weight Watchers Points
Cheese 1/10 (85g)	280	70	8	3	15	760	43	3	2	10	10%	4%	15%	20%	3.0 Starch 1.0 Fat or 2.0 Starch 1.0 Milk	6
Pepperoni 1/10 (91g)	310	90	10	4	20	880	43	3	2	11	10%	4%	15%	25%	3.0 Starch 1.0 Meat or 2.0 Starch 0.5 Milk 1.0 Meat	6
Sausage 1/10 (94g)	330	110	12	4	20	890	44	3	2	12	10%	4%	15%	25%	2.5 Starch 1.0 Meat 1.0 Fat or 2.0 Starch 0.5 Milk 1.5 Meat	7
Beef 1/10 (93g)	290	80	9	3	15	860	43	3	2	11	10%	4%	15%	25%	3.0 Starch 1.0 Fat or 2.0 Starch 0.5 Milk 1.0 Meat	6
Ham 1/10 (91g)	290	70	8	3	15	830	43	3	2	11	10%	4%	15%	20%	3.0 Starch 1.0 Fat or 2.0 Starch 0.5 Milk 1.0 Meat	6
The Works 1/10 (111g)	320	100	11	4	20	910	44	3	3	12	10%	6%	20%	25%	2.5 Starch 1.0 Meat 1.0 Fat or 2.0 Starch 1.0 Milk 0.5 Meat	7
Meateater 1/10 (115g)	380	150	16	6	30	1100	43	3	2	15	10%	4%	20%	25%	3.0 Starch 0.5 Meat 2.0 Fat or 2.0 Starch 0.5 Milk 2.0 Meat	7
Dave's Fave 1/10 (91g)	330	120	13	3.5	15	750	44	3	2	10	10%	4%	15%	25%	2.5 Starch 1.0 Meat 1.0 Fat or 2.0 Starch 0.5 Milk 1.5 Meat	7
Classic Veggie 1/10 (128g)	300	80	9	3	15	810	45	4	3	11	15%	20%	20%	25%	3.0 Starch 0.5 Fat 1.0 Veg or 2.5 Starch 0.5 Milk 1.0 Fat	6
BBQ Chicken 1/10 (92g)	290	80	9	3	20	520	42	2	3	11	6%	2%	10%	15%	3.0 Starch 1.0 Fat or 2.0 Starch 0.5 Milk 1.0 Meat	6

DOUBLE DAVE'S PIZZAWORKS

Crispy Thin® - Large /1 Slice

	Calories	Calories from Fat	Total Fat (gm)	Saturated Fat (gm)	Cholesterol (mg)	Sodium (mg)	Total Carbo. (gm)	Dietary Fiber (gm)	Sugars (gm)	Protein (gm)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Exchange Values	Weight Watchers Points
Cheese 1/10 (85g)	280	70	8	3	15	750	43	3	1	10	10%	4%	15%	20%	3.0 Starch 1.0 Fat or 2.0 Starch 1.0 Milk	6
Pepperoni 1/10 (91g)	310	90	10	4	20	860	43	3	1	11	10%	4%	15%	25%	3.0 Starch 1.0 Meat or 2.0 Starch 0.5 Milk 1.0 Meat	6
Sausage 1/10 (94g)	330	110	12	4	20	870	44	3	1	12	10%	4%	15%	25%	2.5 Starch 1.0 Meat 1.0 Fat or 2.0 Starch 0.5 Milk 1.5 Meat	7
Beef 1/10 (93g)	290	80	9	3	15	840	43	3	2	11	10%	4%	15%	25%	3.0 Starch 1.0 Fat or 2.0 Starch 0.5 Milk 1.0 Meat	6
Ham 1/10 (91g)	290	70	8	3	15	810	43	3	1	11	10%	4%	15%	20%	3.0 Starch 1.0 Fat or 2.0 Starch 0.5 Milk 1.0 Meat	6
Steak 1/10 (93g)	290	80	8	3	20	800	43	3	2	12	10%	4%	15%	15%	3.0 Starch 1.0 Fat or 2.0 Starch 0.5 Milk 1.0 Meat	6
The Works 1/10 (111g)	320	100	11	4	20	900	43	3	2	12	10%	6%	20%	25%	2.5 Starch 1.0 Meat 1.0 Fat or 2.0 Starch 1.0 Milk 0.5 Meat	7
Meateater 1/10 (115g)	380	150	16	6	30	1080	43	3	1	15	10%	4%	20%	25%	3.0 Starch 0.5 Meat 2.0 Fat or 2.0 Starch 0.5 Milk 2.0 Meat	8
Dave's Fave 1/10 (91g)	330	120	13	3.5	15	750	44	3	1	10	10%	4%	15%	25%	2.5 Starch 1.0 Meat 1.0 Fat or 2.0 Starch 0.5 Milk 1.5 Meat	7
Classic Veggie 1/10 (128g)	300	80	9	3.5	15	790	45	4	3	11	15%	20%	20%	25%	3.0 Starch 0.5 Fat 1.0 Veg or 2.5 Starch 0.5 Milk 1.0 Fat	6
BBQ Chicken 1/10 (92g)	290	80	9	3	20	500	42	2	2	11	6%	2%	10%	15%	3.0 Starch 1.0 Fat or 2.0 Starch 0.5 Milk 1.0 Meat	6

Stromboli

	Calories	Calories from Fat	Total Fat (gm)	Saturated Fat (gm)	Cholesterol (mg)	Sodium (mg)	Total Carbo. (gm)	Dietary Fiber (gm)	Sugars (gm)	Protein (gm)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Exchange Values	Weight Watchers Points
Garlic Spinach 1/6 (105g)	310	100	11	4.5	15	500	44	2	2	10	45%	10%	15%	15%	3.0 Starch 1.0 Meat or 2.5 Starch 1.5 Meat	7
Philly Cheesesteak 1/6 (105g)	350	110	13	5	30	630	44	1	2	15	8%	0%	10%	15%	3.0 Starch 1.0 Meat 1.0 Fat or 2.0 Starch 1.0 Meat 0.5 Milk	8
Classic Veggie 1/6 (93g)	290	80	9	2.5	10	400	44	4	3	10	8%	15%	10%	15%	3.0 Starch 1.0 Fat or 2.5 Starch 1.0 Meat 0.5 Milk	6

Stuffers™

	Calories	Calories from Fat	Total Fat (gm)	Saturated Fat (gm)	Cholesterol (mg)	Sodium (mg)	Total Carbo. (gm)	Dietary Fiber (gm)	Sugars (gm)	Protein (gm)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Exchange Values	Weight Watchers Points
BBQ Chicken 1/6 (84g)	200	45	5	1.5	10	820	31	3	3	8	10%	8%	10%	20%	2.0 Starch 1.0 Fat or 1.0 Starch 1.0 Milk	4
Chicken Parmesan 1/6 (70g)	190	40	4.5	1	10	700	30	3	2	8	8%	6%	10%	20%	2.0 Starch 1.0 Fat or 1.5 Starch 0.5 Milk	4
Chicken Ranch Parmesan 1/6 (84g)	230	70	7	1.5	15	810	33	3	2	8	8%	6%	10%	20%	2.0 Starch 1.0 Meat or 1.5 Starch 0.5 Milk 1.0 Fat	5
Meatball Parmesan 1/6 (71g)	200	60	7	2.5	10	770	29	3	2	8	8%	6%	10%	20%	2.0 Starch 1.0 Fat or 2.0 Starch 0.5 Meat	4

Appetizers

	Calories	Calories from Fat	Total Fat (gm)	Saturated Fat (gm)	Cholesterol (mg)	Sodium (mg)	Total Carbo. (gm)	Dietary Fiber (gm)	Sugars (gm)	Protein (gm)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Exchange Values	Weight Watchers Points
Breadstyx 1/10 (40g)	160	50	5	1	0	180	25	1	1	4	4%	0%	0%	8%	1.5 Starch 1.0 Fat or 2.0 Starch	3
Cheesestyx 1/10 (48g)	180	60	7	2	5	240	25	1	1	5	4%	0%	4%	8%	2.0 Starch 0.5 Fat or 1.5 Starch 0.5 Milk	4
Hot Wings 3 oz. meat (85g)	160	80	9	2.5	55	490	8	0	0	11	2%	0%	2%	4%	1.5 Meat 1.0 Fat or 0.5 Starch 1.0 Meat 1.0 Fat	4
Peproni Rolls™ 1 Roll (93g)	320	80	8	3	15	520	49	2	2	11	0%	0%	6%	15%	3.0 Starch 1.0 Meat or 3.5 Starch 1.0 Fat	7

Desserts

	Calories	Calories from Fat	Total Fat (gm)	Saturated Fat (gm)	Cholesterol (mg)	Sodium (mg)	Total Carbo. (gm)	Dietary Fiber (gm)	Sugars (gm)	Protein (gm)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Exchange Values	Weight Watchers Points
Apple Strudel 1/8 (57g)	200	30	3	0	0	200	38	1	7	5	0%	0%	2%	10%	2.0 Starch 1.0 Fat or 2.0 Starch 0.5 Fruit	4
Cherry Strudel 1/8 (57g)	200	30	3	0	0	190	38	1	7	5	4%	0%	2%	10%	2.0 Starch 1.0 Fat or 2.0 Starch 1.0 Fruit	4
Cinnamonstyx 1/10 (38g)	150	20	2.5	0	0	150	27	1	4	4	0%	0%	0%	8%	2.0 Starch or None	3