



# Nutrition Information

	Serving Size (Unbaked) (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% of DV)	Vitamin C (% of DV)	Calcium (% of DV)	Iron (% of DV)
<b>Family Size Stuffed Pizzas - 1 Serving = 1 Slice = 1/16th of the Pizza</b>																
5-Meat	143	369	142	15.3	7.1	0	39.1	977	37.8	0.4	9.2	17.5	9	9	22	16
Big Murphy	156	368	142	15	6.9	0	31.8	941	38.7	0.5	9.4	16.5	10	16	24	18
Chicago Style	149	367	143	15.2	7.1	0	37	930	38.5	0.5	9.4	16.6	10	13	22	17
Chicken Bacon	142	370	132	12.2	5	0	39	783	38.4	0.4	9.4	17	7	10	21	14
<b>Large Size Stuffed Pizzas - 1 Serving = 1 Slice = 1/12th of the Pizza</b>																
5-Meat	141	362	141	15.7	7.5	0	44.4	905.7	38.2	0.3	10.4	17.4	9	10	22	16
Big Murphy	151	359	138	15.3	7.3	0	40.6	860.2	39	0.5	10.5	16.3	9	14	23	16
Chicago Style	146	360	140	15.6	7.6	0	42.3	856.6	38.8	0.5	10.5	16.3	10	13	22	16
Chicken Bacon	147	365	131	14.6	6.8	0	45.8	829.7	38	0.4	9.4	18.6	7	13	21	14
<b>Family Size Original Crust Pizzas - 1 Serving = 1 Slice = 1/12th of the Pizza</b>																
All Meat	141	352	162	17	8.1	0	46	992	30	0.4	7.3	18.3	10	12	24	15
Awesome Foursome	105-142.4	272-319	100-138	4.3-15.4	1.8-7.9	0	10.3-37.8	555.8-843.7	29-31	0.3-0.5	7.1-9.2	7.8-15.3	10	9.0-14.0	23-27	12.0-16.0
Barbeque Chicken	144	332	113	12.1	6.1	0	45.4	777.2	36.2	0.4	11.3	18.5	7	6	23	11
Cajun Combo (limited areas)	147	357	160	17.8	7.9	0	51.9	849.2	31.1	0.7	5	17.8	11	8	24	12
Cheese	109	272	100	10.4	5.5	0	28	626.9	29	0.4	7.1	12.2	10	9	23	12
Chicken Bacon Ranch	138	357	149	16.5	8	0	50.6	914	30.4	0.4	8	19.5	3	10	22	12
Cowboy	148	336.8	157	16.4	7.6	0	36.8	941.5	30.5	0.5	7.4	16.6	11	9	27	16
Gourmet Chicken Garlic	137	320	125	13.3	6.3	0	43.8	687	30.2	0.4	7.4	17.7	8	10	25	11
Gourmet Classic Italian	147	352.1	162	17.5	7.8	0	37.9	850	30.6	0.5	7.6	16.6	9	11	26	13
Gourmet Vegetarian	141	300.6	123	13	6	0	30.6	680	30.9	0.8	7.9	13.4	10	32	26	12
Hawaiian	134	294	102	11.4	6.3	0	35.9	691.1	33	0.5	11	14.1	10	12	23	13
Herb Chicken Mediterranean	128	338	128	14.3	6	0	36.6	744.5	35	2.2	11	16.9	13	6	20	13
Meat Sampler	118-130	282-337	102-130	11.4-16.4	6.2-7.9	0	36-44	666-836	30.5-31.5	0.3-0.7	5.8-6.0	14.7-16.6	10	9.0-11.0	23-25	13-14
Milwaukee's Favorite (limited areas)	140	304	117	13.1	6.7	0	38.3	667.5	32.1	0.6	6.4	14.9	10	11	24	14
Murphy's Combo	156	351	165	17.4	7.9	0	40.1	983	31	0.5	7.6	17	10	12	25	17
Papa-Roni	122	336	152	16.9	8.4	0	44.3	773	30.9	0.5	8.7	14.9	11	10	24	14
Papa's Favorite	167	350	165	17.3	7.8	0	38.9	976.7	31.2	0.7	7.7	17.3	11	23	25	17
Pepperoni	118	319	138	15.4	7.9	0	37.8	798.5	30.6	0.3	8.8	14.3	10	9	23	13
Perfect	105-118	294-319	102-138	4.3-15.4	1.8-7.9	0	10.3-37.8	555.8-798.5	30.6-31	0.3-0.5	8.8-9.2	7.8-14.3	10	9.0-14.0	23	13
Rancher	141	323.5	141	14.9	7.2	0	43.9	891.2	30.2	0.6	7.6	16.6	11	12	24	14
Specialty of the House	142	308	133	13.8	6.6	0	29.5	843.7	30.4	0.5	7.4	15.3	10	9	27	16
Taco Grande	153	318	136	15.2	7.9	0	39.4	973.2	32.2	1.2	8	16.1	7	9	22	15
Thai Chicken	151	336	104	11.6	6.3	0	44.1	839.6	40.1	0.4	13.7	17.1	8	9	23	12
Veggie Combo	157	281	113	11.6	5.7	0	28	715	31.5	0.8	7.7	12.9	13	29	24	15
<b>Large Size Original Crust Pizzas - 1 Serving = 1 Slice = 1/10th of the Pizza</b>																
All Meat	125	314	162	15.3	7.2	0	41.2	878.6	26.7	0.3	6.5	16.3	10	12	24	15
Barbeque Chicken	134	307	113	10.9	5.5	0	40.1	727	34.6	0.3	11.4	16.7	7	6	23	11
Cajun Combo (limited areas)	129	317	141	15.7	7.1	0	45.6	737.1	27.9	0.6	4.5	15.6	10	7	21	11
Cheese	98	237	100	9.5	5	0	26	565	26.1	0.3	6.4	11.1	10	9	23	12
Chicken Bacon Ranch	125	321	136	15.1	7.2	0	48.2	756	27.2	0.3	7.2	17.4	7	10	22	11
Cowboy	134	305	157	15	6.9	0	33	851	27.4	0.4	6.6	15	11	9	27	16
Gourmet Chicken Garlic	125	289	125	12	5.7	0	40	619	27.2	0.4	6.7	16.1	8	10	25	11
Gourmet Classic Italian	130	317	162	15.8	7	0	34	766	34.1	0.4	6.8	15	9	11	26	13
Gourmet Vegetarian	125	271	123	11.8	5.5	0	28	613	28	0.7	7	12.1	10	32	26	12
Hawaiian	122	266	93	10.4	5.8	0	33	620	29.8	0.4	10	12.8	9	11	21	11
Herb Chicken Mediterranean	114	303	128	12.8	5.6	0	33	676	31.4	1.9	9.9	15.1	13	6	20	13
Milwaukee's Favorite (limited areas)	127	277	108	12	6.2	0	35.6	605	28.8	0.5	5.7	13.7	9	10	22	12
Murphy's Combo	141	317	165	15.8	7.1	0	36	891	27.8	0.4	6.8	15.5	10	12	25	17
Papa-Roni	110	302	137	15.2	7.6	0	40.2	688	27.7	0.4	7.8	13.5	10	8	22	12
Papa's Favorite	150	315	165	15.6	7	0	35	880	28.1	0.6	6.9	15.6	11	23	25	17
Pepperoni	106	279	138	13.4	6.5	0	36	706	26.1	0.3	6.4	13	10	9	23	13
Perfect	106-122	266-279	102-138	9.7-13.4	5.1-6.5	0	30.4-36	671-706	26.1-28.7	0.3-0.5	6.4-8.7	13	10	9.0-14.0	23	13
Rancher	126	291	141	13.3	6.5	0	39.5	795	27.1	0.5	6.8	15	11	12	24	14
Specialty of the House	152	287	133	13.1	6.1	0	27	770	28	0.6	7.1	14.7	10	9	27	16
Taco Grande	138	286	123	13.7	7	0	38.5	799.5	28.9	1.1	6.9	14.5	10	10	22	13
Thai Chicken	135	302	95	10.6	5.7	0	40.3	743.2	35.4	0.4	11.8	15.5	7	7	21	11
Veggie Combo	142	255	113	10.6	5.2	0	26	649	28.3	0.7	6.9	11.7	13	29	24	15
<b>Medium Size Original Crust Pizzas - 1 Serving = 1 Slice = 1/8th of the Pizza</b>																
All Meat	113	280	162	13.6	6.5	0	36.6	779	24.1	0.3	5.9	14.5	10	12	24	15
Barbeque Chicken	117	271	113	10	5	0	37	637	30	0.3	9.4	14.9	7	6	23	11
Cajun Combo (limited areas)	117	291	132	14.6	6.6	0	42.4	669.7	25.1	0.5	4	14.4	8	6	20	10
Cheese	90	216	100	8.7	4.6	0	23.8	519	23.7	0.3	5.8	10.2	10	9	23	12
Chicken Bacon Ranch	115	294	125	13.9	6.6	0	44.5	682	24.6	0.3	6.5	15.9	6	9	20	10
Cowboy	122	274	157	13.4	6.1	0	29	766	24.8	0.4	6	13.4	11	9	27	16
Gourmet Chicken Garlic	113	262	125	11	5.2	0	35.4	559	24.6	0.3	6	14.2	8	10	25	11
Gourmet Classic Italian	125	271	162	12.8	6.1	0	30	702	24.8	0.5	6	13.7	9	11	26	13
Gourmet Vegetarian	112	246	123	10.8	5	0	25.5	553	25	0.6	6.4	10.9	10	32	26	12
Hawaiian	90	243	69	7.6	4.2	0	24	447.7	21.7	0.3	7.4	9.3	7	8	15	8
Herb Chicken Mediterranean	103	272	128	11.7	5	0	30	600	27.9	1.6	8.6	13.7	13	6	20	13
Milwaukee's Favorite (limited areas)	116	254	100	11.1	5.7	0	33	557.4	26.1	0.5	5.3	12.6	9	9	20	11
Murphy's Combo	129	289	165	14.4	6.5	0	33	815	25.2	0.4	6.2	14.2	10	12	25	17
Papa-Roni	100	273	123	13.7	6.9	0	36.4	621	25.1	0.3	7.2	12.2	9	8	20	11
Papa's Favorite	135	284	165	14	6.4	0	31	796	25.4	0.5	6.3	14	11	23	25	17
Pepperoni	97	251	138	12	5.9	0	33	637	23.7	0.3	5.8	11.7	10	9	23	13
Perfect	90-97	243-251	102-138	7.1-12	3.7-5.9	0	22-33	486-637	20.8-23.7	0.3-0.4	5.8-6.3	9.4-11.7	10	9.0-14.0	23	13
Rancher	115	263	141	12.1	5.9	0	36	722	24.5	0.5	6.2	13.6	11	12	24	14
Specialty of the House	118	255	133	11.6	5.5	0	24.6	705	24.8	0.4	6	12.7	10	9	27	16
Taco Grande	122	257	111	12.3	6.4	0	34.8	703.3	25.8	0.9	6.4	13	9	7	20	12
Thai Chicken	122	275	87	9.7												

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	Serving Size (Unbaked) (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% of DV)	Vitamin C (% of DV)	Calcium (% of DV)	Iron (% of DV)
<b>Large Size deLITE Thin Crust Pizzas - 1 Serving = 1 Slice = 1/10th of the Pizza</b>																
All Meat	76	192	97	10.8	5.4	0	34	412	13.8	0.2	2	10.7	7	7	16	7
Barbeque Chicken	79	180	70	7.5	3.9	0	294	374	16.9	0.2	3.4	11.2	4	3	15	4
Cajun Combo (limited areas)	79	195	100	11.1	5.1	0	33.9	376.1	13.3	0.4	1.1	10.6	7	3	16	5
Cheese	58	143	62	6.9	4	0	21	202.3	13.4	0.2	1.9	7.3	6	5	15	5
Chicken Bacon Artichoke	76	179	80	8.6	3.8	0	30	389	13	0.3	0.9	11.3	3	17	16	5
Chicken Bacon Ranch	78	198	95	10.6	5.1	0	35.6	386	13	0.2	1.1	11.9	5	6	16	5
Chicken Pesto	68	175	79	8.2	3.7	0	27	386	14.2	0.6	2.4	11.2	2	8	16	5
Cowboy	84	191	97	10.8	5.3	0	30.8	409	14.4	0.2	2.1	10.1	7	5	17	8
Gourmet Chicken Garlic	76	172	78	8.3	4	0	28	311	12.9	0.3	0.8	10.6	5	6	16	5
Gourmet Classic Italian	86	179	92	9.8	4.7	0	24	426	13	0.4	0.8	10.2	8	9	17	7
Gourmet Vegetarian	75	160	77	8.2	3.9	0	20	306	13.1	0.4	1	8	6	16	16	5
Hawaiian	75	158	63	7	4	0	24	280	15.3	0.3	3.6	8.4	6	7	15	6
Herb Chicken Mediterranean	68	180	79	8.8	3.9	0	24	344	15.4	1.3	2.9	10.2	8	3	13	6
Meat	76	190	99	11	5.5	0	33.5	393.3	13.8	0.2	2	10.6	7	5	16	7
Milwaukee's Favorite (limited areas)	78	166	74	8.2	4.4	0	26.4	278.4	14.4	0.3	2.3	9.1	7	7	16	6
Murphy's Combo	89	200	103	11.4	5.5	0	32.9	438.5	14.7	0.3	2.3	10.5	7	7	17	8
Papa's Favorite	94	195	100	11.1	5.3	0	31.6	424.2	14.9	0.4	2.3	10.4	7	13	17	8
Pepperoni	64	171	84	9.3	4.9	0	27.1	300.3	13.4	0.2	1.9	8.4	7	5	15	6
Rancher	78	177	86	9.5	5	0	29.9	370.8	14.1	0.3	2.2	9.9	7	6	16	7
Specialty of the House	81	174	83	9.2	4.6	0	27.1	351.4	14.3	0.2	2.1	9.4	6	5	17	7
Taco Grande	83	168	83	9.3	4.8	0	28	404	14.1	0.7	0.9	9.5	7	6	16	7
Thai Chicken	84	183	65	7.2	4.1	0	29	385.1	19.3	0.3	6.8	10.2	5	4	15	5
Veggie Combo	90	157	69	7.7	4.1	0	21	265.6	15	0.5	2.3	7.7	8	18	16	7
Veggie	72	161	77	8.5	4.2	0	21.9	218.6	13	0.5	0.8	7.5	8	7	15	6
<b>Side Items</b>																
1 Serving = 2 Slices = 1/8th of the Cheesy Bread (Does Not Include the Marinara Dipping Sauce)																
Cheesy Bread (without Sauce)	75	219	64	7.1	2.8	0	6	484	31.3	0.2	7.7	6.6	3	3	7	11
Entire Item (Does Not Include the Marinara Dipping Sauce)																
Cheesy Bread (without Sauce)	602	1749	509	56.5	22.4	0	51	3869	250.7	1.8	61.7	53	11	29	58	88
1 Serving = 1/2 ounce = 1/8th of the cup of Marinara Dipping Sauce																
Marinara Sauce Cup for Cheesy Bread	14	11	4	0.4	0.1	0	0	62	1.8	0.1	1.4	0.2	2	5	0	1
1 Serving = 1/8th of the tub = 2 ounces																
Cookie Dough with Chocolate Chips	57	173	99	11.1	4.9	0	8	222	33.9	1	20.2	2.4	7	0	1	3
Entire Item																
Cookie Dough with Chocolate Chips	454	1387	796	88.4	39.5	0	67.9	1777.8	271	7.7	161.8	19.2	59	0	11	26
1 Serving = 1 Slice = 1/8th of the Pizza (Does Not Include the Cream Cheese Frosting)																
Apple Dessert Pizza	97	243	41	4.5	2	0	0	338	45	0.7	22.7	4.2	0	2	2	10
Cherry Dessert Pizza	97	235	41	4.6	1	0	0	331	43	0.8	18	4.3	1	3	2	10
1 Serving = 2 Slices = 1/8th of the Cinnamon Wheel (Does Not Include the Cream Cheese Frosting)																
Cinnamon Wheel	82	250	60	6.5	2.2	0	0	415	41.9	0.5	16.7	5	3	3	2	13
Entire Item (Does Not Include the Cream Cheese Frosting)																
Cinnamon Wheel	652	1997	473	52.5	20	0	0.6	3317.7	335.3	3.6	133.6	39.4	0	29	15	99
1 Serving = 1/8th of the cup of Cream Cheese Frosting																
Cream Cheese Frosting	11	46	28	3.1	1.6	0	4	39	4.4	0	4.1	0.4	3	0	0	0
1 Serving = 2 Slices = 1/8th of the S'mores Dessert Pizza																
S'mores Dessert Pizza	78	258	70	7.7	3.6	0	0.2	290.8	43.5	1.1	20.6	4.7	0	3	2	12
Entire Item																
S'mores Dessert Pizza	624	2064	557	61.8	28.7	0	1.2	2326.2	347.7	8.9	164.7	37.5	0	21	16	92
<b>Mini Murph™ Take 'N' Make Pizza Kits</b>																
Mini Murph - Cheese	213	498	165	18.3	9.7	0	50.5	1037	61.6	0.7	12.4	21.3	20	22	36	25
Mini Murph - Pepperoni	228	573	228	25.3	12.3	0	66.5	1290	61.8	0.7	12.4	24.4	21	22	36	27
<b>Salads</b>																
1 Serving = 1/2 of the Salad (Does Not Include Salad Dressing or Croutons)																
Caesar Salad	120	50	22	2.4	1.2	0	6.2	117.4	3.8	2.4	1.4	4.1	198	45	12	6
Chicken Caesar Salad	163	110	33	3.7	1.6	0	35.9	386.9	4.4	2.4	1.6	15	198	45	12	9
Club Salad	189	140	72	8	3.9	0	29.9	481.5	6.1	2.8	1.9	11.7	205	65	15	9
Garden Salad	201	96	51	5.7	2.9	0	11.3	231.5	7.6	3.2	2.1	5.6	207	96	16	10
Italian Salad	183	132	85	9.4	4.3	0	20	368.8	6.5	2.8	1.4	7.1	205	61	16	10
Mediterranean Salad	198	191	71	7.9	4.6	0	16.3	683.2	20.2	8.4	9.1	10.1	190	49	16	12
Entire Item (Does Not Include Salad Dressings or Croutons)																
Garden Salad	402	192	102	11.3	5.7	0	22.6	463	15.1	6.4	4.1	11.2	413	192	32	20
Club Salad	377	280	144	16	7.7	0	59.8	962.9	12.2	5.5	3.7	23.4	409	130	29	19
Italian Salad	366	263	170	18.9	8.6	0	40.1	737.7	12.9	5.5	2.9	14.2	410	121	32	21
Caesar Salad	241	100	43	4.8	2.5	0	12.5	234.9	7.6	4.8	2.8	8.2	396	91	23	13
Chicken Caesar Salad	326	220	66	7.3	3.2	0	71.8	773.8	8.7	4.8	3.1	29.9	396	91	24	17
Mediterranean Salad	396	381	142	15.8	9.2	0	32.7	1367	40.4	16.7	18.2	20.2	380	99	31	24
Nutrition Information is for 1/2 Packet of Salad Dressing = 2 Servings																
Buttermilk Ranch Salad Dressing	30	120	110	12	1	0	10	210	2	0	2	0	0	2	0	2
Caesar Salad Dressing	30	140	130	15	1.5	0	15	170	1	0	0	1	0	2	2	0
Low Calorie Italian Salad Dressing	30	15	5	0.5	0	0	0	330	1	0	1	0	0	0	0	0
Nutrition Information is for 1/2 Packet of Croutons = 2 Servings																
Croutons	9	45	15	2	0	0	0	70	6	0	0	1	0	0	0	0
1 Serving = 1/8th of the Lasagna																
Lasagna	196	334	167	18.5	9.7	0	75	702.1	26.1	1.6	8.7	18.3	22	29	34	11
Entire Item																
Lasagna	1570	2681	1339	148.7	77.7	0	601.7	5632.9	209.7	12.8	69.8	146.5	174	234	273	90
<b>Calzones</b>																
Family Size - 1 Serving = 1 Slice = 1/8th of the Calzone (WITHOUT the Marinara)																
Chicken Florentine	216	459	167	18.5	8.6	0	55.8	1149	46.1	1.1	11.2	24.8	13	10	31	22
Combination	185	441	175	19.4	9.8	0	48.8	1033	45.4	0.6	11.8	20.4	8	13	29	18
Italian	207	450	176	19.5	9.5	0	51	1153	46.7	0.6	11.9	22.4	8	10	34	21
Vegetarian	195	394	139	15.5	8	0	35	944	45.8	1.5	11.6	17.9	19	14	31	23
Large Size - 1 Serving = 1 Slice = 1/6th of the Calzone (WITHOUT the Marinara)																
Chicken Florentine	194	447	115	12.8	5.2	0	39.5	987	45.6	0.7	10.9	20.3	19	11	21	20
Combination	183	436	172	19.1	9.6	0	47.9	1016	45.1	0.5	11.5	20.1	7	12	29	18
Italian	195	433	164	18.2	9	0	47.7	1072	46	0.6	11.5	21.4	7	9	32	20
Vegetarian	185	384	133	14.8	7.7	0	33.6	899	45.3	1.3	11.3	17.4	17	12	30	22
1 Serving = 1/2 ounce = 1/8th of the cup of Marinara Sauce																
Marinara Sauce Cup	14	11	4	0.4	0.1	0	0	62	1.8	0.1	1.4	0.2	2	5	0	1
<b>Limited Time Pizzas</b> <i>at participating locations only</i>																
Limited Time Family Size deLITE Crust Pizzas - 1 Serving = 1 Slice = 1/12th of the Pizza																
Bacon Cheeseburger	97	211	107	11.9	6.1	0	37.6	619.8	16.4	0.3	3.3	12.3	6	5	17	7
Chicken Parmesan	91	189	75	8.4	4.7	0	31.7	338.8	16.6	0.5	2.5	12	12	10	21	8
Limited Time Large Size deLITE Thin Crust Pizzas - 1 Serving = 1 Slice = 1/10th of the Pizza																
Bacon Cheeseburger	85	183	92	10.2	5.3	0	32.2	542.1	14.5	0.3	3	10.5	6	4	15	6
Chicken Parmesan	82	166	66	7.3	4.1	0	27.9	298.8	14.6	0.4	2.3	10.5	12	10	18	7
Limited Time Family Size Original Crust Pizzas - 1 Serving = 1 Slice = 1/12th of the Pizza																
Bacon Cheeseburger	154	339	149	16.6	8.3	0	49.5	1095.5	32.7	0.4	7.9	17.7	8	8	23	13
Chicken Parmesan	145	313	108	12	6.4	0	42.8	717.9	32.9	0.7	6.8	17.8	16	16	29	14
Limited Time Large Original Crust Pizzas - 1 Serving = 1 Slice = 1/10th of the Pizza																
Bacon Cheeseburger	136	306	135	15	7.5	0	45.1	965.4	29.2	0.4	6.9	16.1	8	7	21	12
Chicken Parmesan	129															