



# Cottage Inn Pizza Nutritional Info

Cottage Inn Standard Pizza	Nutrition Information									Allergens					
	Calories	Protein (g)	Total Carb (g)	Fiber (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Egg	Fish	Milk/Dairy	Wheat	Nuts	Soy
Lrg Slice w/ Cheese	240	11.5	31	1.5	3.6	7.9	3.5	18	503			✓	✓		✓
<b>TOPPINGS</b>															
Anchovies	14	2	0	0	0	0.6	0.2	6	248						
Artichoke Hearts	13	0.3	0.3	0.2	0	0.2	0	0	6	✓					
Bacon	39	2.4	0	0	0	3.3	1.2	7	114						
Black Olives	7	0	0	0	0	0.5	0	0	48						
Broccoli	2	0.2	0.1	0.1	0	0	0	0	2						
Chicken	19	3.2	0.5	0	0	0.3	0.1	10	76						
Feta	46	4.1	0.4	0	0.1	3	1.8	9	163						
Green Olive	9	0	0	0	0	1	0.4	0	154						
Green Pepper	1	0.3	0.01	0.02	0	0	0	0	0						
Ham	17	1.6	0.3	0	0	1	0.3	5	123						
Hot Pepper	1	0	0.4	0	0.4	0	0	0	3						
Italian Sausage	34	1.9	0.4	0	0.1	2.7	0.9	6	120						
Jalapeno	2	0.1	0.3	0.2	0.2	0.1	0	0	119						
Mushrooms	2	0.2	0.3	0.14	0.1	0	0	0	0						
Onion	4	0.1	0.9	0.1	0.1	0	0	0	0						
Pepperoni	33	1.4	0.3	0.1	0.1	2.8	1.1	8	125						
Pineapple	5	0	1.2	0.1	1.1	0	0	0	0						
Tomato	1	0.1	0.2	0.1	0.2	0	0	0	0						

**NOTES:**

Portion Size: 1 Slice Large Pizza

Add toppings to base pizza info for "Build Your Own" pizza nutritional information.



# Cottage Inn Pizza Nutritional Info

Cottage Inn Gourmet Specialty Pizzas	Nutrition Information									Allergens					
	Calories	Protein (g)	Total Carb (g)	Fiber (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Egg	Fish	Milk/Dairy	Wheat	Nuts	Soy
All Meat	337	17.1	31.9	1.7	3.8	15.8	6.4	37	871			✓	✓		
Bacon Cheeseburger	309	16.3	31.9	1.7	3.8	13	5.6	31	744			✓	✓		
Chicken Alfredo	290	15.9	31.4	1.4	3.7	11.3	5.6	37	688	✓		✓	✓		
Chicken Mediterranean	318	18.8	32.3	1.5	4.1	12.6	5.6	37	744			✓	✓		
Chicken Parmesan	269	15.4	32.6	1.7	4.1	8.7	3.9	29	601			✓	✓		
Deluxe	289	14	32.4	1.8	4.1	11.6	4.9	27	668			✓	✓		
Greek Pizza	279	14.3	32.2	1.6	4.2	10.3	4.7	24	645			✓	✓		
Hawaiian	297	15.1	32.5	1.6	4.7	12	4.9	29	710			✓	✓		
Kickin' Chicken	327	18.4	36	2.1	5.5	12.2	4.3	38	894			✓	✓		
Pesto Primavera	316	14.8	30.9	1.8	3.8	14.7	5.3	26	705			✓	✓	✓	
Price Buster	305	14.7	32.4	1.8	4	12.9	5.3	28	832			✓	✓		
Southwest Chicken	336	17	41.4	1.4	12.8	11.5	4.8	35	866			✓	✓		
Spicy Mediterranean	299	15.6	31.8	1.5	4.1	12.3	5.5	27	668			✓	✓		
Spinach Alfredo	272	12.7	31	1.5	3.7	11	5.5	27	614	✓		✓	✓		
Spinach Supreme	294	15.6	31.5	1.6	3.7	11.5	5.4	27	715			✓	✓		
Steak Alfredo	322	19	31.5	1.4	3.9	13.1	6.8	47	653	✓		✓	✓		
Steak Supreme	301	20.7	32.9	1.9	4.3	9.2	4.2	43	530			✓	✓		
Zesty Italian	344	15.8	31	1.7	3.7	17.5	6	31	969			✓	✓	✓	

**NOTES:**

Portion Size: 1 Slice Large Pizza



# Cottage Inn Pizza Nutritional Info

Cottage Inn Subs & Sandwiches	Nutrition Information									Allergens					
	Calories	Protein (g)	Total Carb (g)	Fiber (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Egg	Fish	Milk/Dairy	Wheat	Nuts	Soy
BBQ Chicken Sub	561	38.4	54.7	1.1	14.1	20.1	20	9	1522			✓	✓		
BLT Sub	651	37.6	44	2.6	6.7	35.3	14.3	84	1645			✓	✓		
Chicken Club Sub	481	32	45	2.6	6.25	18	6.65	73	1253			✓	✓		
Chicken Pita	800	39.3	29.2	2.2	4.4	14.3	7.9	98	1364			✓	✓		
Gyro Sandwich	905	19.7	34.5	2.2	4	32	14	70	1037			✓	✓		
Ham & Cheese Sub	385	46.7	45.5	2.6	7.65	10.5	3.5	40	1553			✓	✓		
Italian Sub	433	25	46.8	2.8	8	15	4.9	52	1761			✓	✓		
Steak & Cheese	506	46.2	46.5	2.75	8.2	12.8	6.95	102	818.5			✓	✓		
Turkey Club Sub	519	32.8	44.4	2.35	6.35	22	8.25	77	1773			✓	✓		
Turkey Sub	385	25.9	48	2.6	8.9	8.65	3.5	47	1403			✓	✓		
Vegetarian Sub	323	12.6	45.1	2.9	6.9	8.85	3.65	12	1066			✓	✓		

**NOTES:**

1. Portion Size: 1-6 inch sub. Exceptions are the Chicken Pita & Gyro which are portioned as a whole sandwich.
2. All sandwiches values are without dressings/sauces.



# Cottage Inn Pizza Nutritional Info

Cottage Inn Salads & Dressings	Nutrition Information									Allergens					
	Calories	Protein (g)	Total Carb (g)	Fiber (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Egg	Fish	Milk/Dairy	Wheat	Nuts	Soy
<b>SALADS</b>															
Greek	347	24.5	18.7	3.9	7.8	19.6	10	50	1269			✓			
Antipasto	245	15.9	18.8	3.15	10	12.7	6	45	756.5			✓			
Grilled Chicken	481	32	45	2.6	6.25	18	6.65	73	1253	✓		✓			
Tossed	39	2.2	9.9	2.3	5.8	0	0	0	19			✓			
<b>DRESSINGS</b>															
1000 Island	199	0	5.7	0	4.3	18.5	2.8	21	426	✓		✓			✓
Caesar	215	0	1.27	0	1.27	22.7	3.13	0	542.7		✓				✓
Fat Free Italian	34	0	6.9	0	5.5	0	0	0	522						
Fat Free Ranch	43	0	9.9	1.4	4.3	0	0	0	398			✓			
French	200	0	13.3	0	12	16	2	0	293			✓			✓
Greek	142	0	5.7	0	4.3	15.6	2.1	0	312			✓			✓
Italian	220	0	1.5	0	0	25	3.7	0	661						✓
Ranch	199	0	2.8	0	2.8	21.3	2.8	14	440	✓		✓			✓
Bleu Cheese	213	0	3.1	0	1.5	22.2	4.2	7.2	465	✓		✓			✓

**NOTES:**

Salad Serving Size: 1 small salad  
 Dressing Serving Size: 1.5 ounce



# Cottage Inn Pizza Nutritional Info

Cottage Inn Sides	Nutrition Information									Allergens					
	Calories	Protein (g)	Total Carb (g)	Fiber (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Egg	Fish	Milk/Dairy	Wheat	Nuts	Soy
<b>WINGS</b>															
Hot & Spicy	150	13.5	1	0	0.75	10.5	2.64	64	278.1						✓
BBQ	140	14	4	0	3	8	2	80	280				✓		✓
Italian	220	14	7	1	1	15	4	85	690			✓	✓		✓
Boneless Bites	166	8.3	9.5	0	0	10.6	2.4	27	289	✓		✓	✓		✓
<b>SAUCES</b>															
BBQ	70	0	18	0	16	0	0	0	290						
Garlic Butter	160	0	0	0	0	18.4	2.8	0	310						✓
Hot & Spicy	80	0	2	0	0.67	8	1.33	0	526.7						✓
Pizza	12	0.27	2.87	0.4	1.23	0.03	0	0	1						
Gyro Sauce	89	1	1	0	0	9.1	1	0	21			✓			✓
<b>SIDES</b>															
Bread Stix	137	4.8	20.3	0.67	0.07	3.98	1.05	4	226			✓	✓		
Cinnamon Stix	172	4	28	0.83	2.8	5	0.92	0	250.8				✓		✓
Garlic Cheese Bread	109	4.53	13.1	0.42	0.11	4.08	1.48	6.5	195.8			✓	✓		✓

**NOTES:**

Wing Serving Size: 3 pcs  
 Sauces Serving Size: 1.0 ounce  
 Bread Stix Serving Size: 1 pc.

**ADDITIONAL NOTES:**

The nutrition and ingredient information contained in this guide is based on standard U.S. product formulations. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the store level, and/or season of the year. Certain menu items may vary from store to store and may not be available at all locations. The information in this guide is effective as of July 31, 2007. Cottage Inn Carryout & Delivery, Inc., its franchisees and employees do not assume responsibility for a particular sensitivity or allergy to any food provided in our restaurants. We encourage anyone with food sensitivities, allergies, or special dietary needs to contact Cottage Inn Carryout & Delivery, Inc. to obtain the most up-to-date information.

Cottage Inn Carryout & Delivery, Inc., its franchisees and employees do not assume responsibility for a particular sensitivity or allergy to any food provided in our restaurants.

**Cottage Inn Management**

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