



## Nutritional Information for Original Crust Pizza

Based on one slice (1/8 of an order) of a large 14" Papa John's pizza.

Original Crust Pizza	Cheese	Pepperoni	Sausage	All the Meats w/beef	All the Meats w/o beef	Garden Fresh	The Works	Spinach Alfredo*	Chicken Alfredo*	BBQ Chicken & Bacon*	Hawaiian BBQ Chicken*	Chicken Club
<b>Serving Size</b>	136g	138g	147g	155g	146g	165g	171g	113g	133g	153g	166g	180g
<b>Calories per Serving</b>	300	330	360	380	350	270	360	280	300	330	340	320
<b>Calories From Fat</b>	100	130	160	160	140	80	110	90	90	100	100	100
<b>Total Fat (% DV**)</b>	11g (18%)	14g (21%)	18g (27%)	18g (27%)	16g (25%)	9g (13%)	13g (19%)	10g (16%)	10g (16%)	11g (16%)	11g (16%)	11g (17%)
<b>Saturated Fat (% DV**)</b>	3.5g (17%)	4.5g (22%)	5g (27%)	6g (29%)	5g (25%)	2.5g (11%)	7g (34%)	4g (21%)	3.5g (18%)	3g (16%)	3g (16%)	3g (16%)
<b>Trans Fat</b>	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g
<b>Cholesterol (% DV**)</b>	20mg (7%)	25mg (8%)	25mg (9%)	35mg (12%)	30mg (10%)	10mg (4%)	30mg (10%)	20mg (7%)	30mg (10%)	30mg (10%)	30g (10%)	30mg (10%)
<b>Sodium (% DV**)</b>	770mg (32%)	860mg (36%)	910mg (38%)	1010mg (42%)	950mg (40%)	680mg (28%)	990mg (41%)	600mg (25%)	720mg (30%)	960mg (40%)	960mg (40%)	850mg (35%)
<b>Carbohydrates (% DV**)</b>	39g (13%)	39g (13%)	38g (13%)	38g (13%)	38g (13%)	40g (13%)	40g (13%)	36g (12%)	36g (12%)	44g (15%)	46g (15%)	40g (13%)
<b>Dietary Fiber (% DV**)</b>	2g (7%)	2g (8%)	3g (11%)	3g (11%)	2g (10%)	2g (10%)	3g (12%)	2g (7%)	2g (7%)	2g (6%)	2g (7%)	2g (9%)
<b>Sugars</b>	5g	5g	5g	5g	5g	6g	6g	4g	4g	7g	8g	6g
<b>Protein</b>	13g	14g	14g	17g	15g	11g	16g	11g	15g	16g	16g	16g
<b>Vitamin A (% DV**)</b>	(8%)	(10%)	(6%)	(8%)	(8%)	(8%)	(10%)	(4%)	(4%)	(6%)	(6%)	(8%)
<b>Vitamin C (% DV**)</b>	(6%)	(6%)	(6%)	(6%)	(6%)	(20%)	(15%)	(0%)	(0%)	(2%)	(4%)	(15%)
<b>Calcium (% DV**)</b>	(20%)	(15%)	(15%)	(10%)	(10%)	(10%)	(15%)	(10%)	(10%)	(10%)	(15%)	(10%)
<b>Iron (% DV**)</b>	(10%)	(20%)	(25%)	(35%)	(20%)	(15%)	(20%)	(20%)	(15%)	(15%)	(15%)	(15%)

\*Pizza is available only at participating restaurants.

\*\*Percent Daily Values (% DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

When made with approved Papa John's ingredients, these pizzas will provide the nutritional values listed above. Information may vary slightly depending upon location and supplier. Substitution of ingredients may alter nutritional values.

For additional information, call Papa John's Research and Development at (502) 261-4275.

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## Nutritional Information for Thin Crust Pizza

Based on one slice (1/8 of an order) of a large 14" Papa John's pizza.

Thin Crust Pizza	Cheese	Pepperoni	Sausage	All the Meats w/ beef	All the Meats w/o beef	Garden Fresh	The Works	Spinach Alfredo*	Chicken Alfredo*	BBQ Chicken & Bacon*	Hawaiian BBQ Chicken*	Chicken Club
<b>Serving Size</b>	100g	101g	111g	119g	110g	129g	135g	77g	96g	116g	130g	143g
<b>Calories per Serving</b>	260	280	310	330	300	230	310	230	250	280	290	270
<b>Calories From Fat</b>	130	150	180	180	170	100	140	120	110	120	120	120
<b>Total Fat (% DV**)</b>	14g (21%)	16g (25%)	20g (31%)	20g (31%)	18g (28%)	11g (17%)	15g (23%)	13g (20%)	13g (20%)	13g (20%)	13g (20%)	14g (21%)
<b>Saturated Fat (% DV**)</b>	3.5g (18%)	4.5g (23%)	6g (29%)	6g (30%)	5g (26%)	2.5g (13%)	7g (35%)	4.5g (22%)	4g (20%)	3.5g (17%)	3.5g (17%)	3.5g (17%)
<b>Trans Fat</b>	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g
<b>Cholesterol (% DV**)</b>	20mg (7%)	25mg (8%)	25mg (9%)	35mg (12%)	30mg (10%)	10mg (4%)	30mg (10%)	20mg (7%)	30mg (10%)	30mg (10%)	30mg (10%)	30g (10%)
<b>Sodium (% DV**)</b>	550mg (23%)	640mg (27%)	690mg (29%)	790mg (33%)	730mg (31%)	460mg (19%)	780mg (32%)	380mg (16%)	500mg (21%)	740mg (31%)	740mg (31%)	620mg (26%)
<b>Carbohydrates (% DV**)</b>	24g (8%)	24g (8%)	23g (8%)	23g (8%)	23g (8%)	25g (8%)	25g (8%)	21g (7%)	21g (7%)	29g (10%)	31g (10%)	25g (8%)
<b>Dietary Fiber (% DV**)</b>	1g (4%)	1g (6%)	2g (9%)	2g (8%)	2g (7%)	2g (7%)	2g (10%)	1g (5%)	1g (5%)	<1g (4%)	1g (4%)	2g (6%)
<b>Sugars</b>	3g	3g	3g	3g	3g	4g	3g	1g	1g	4g	6g	4g
<b>Protein</b>	11g	11g	11g	14g	13g	8g	13g	8g	13g	13g	13g	14g
<b>Vitamin A (% DV**)</b>	(8%)	(10%)	(6%)	(8%)	(8%)	(8%)	(10%)	(4%)	(4%)	(6%)	(6%)	(8%)
<b>Vitamin C (% DV**)</b>	(6%)	(6%)	(6%)	(6%)	(6%)	(20%)	(15%)	(0%)	(0%)	(2%)	(4%)	(15%)
<b>Calcium (% DV**)</b>	(20%)	(15%)	(15%)	(15%)	(15%)	(15%)	(15%)	(15%)	(15%)	(15%)	(15%)	(15%)
<b>Iron (% DV**)</b>	(4%)	(10%)	(15%)	(25%)	(15%)	(4%)	(10%)	(10%)	(4%)	(4%)	(4%)	(4%)

\*Pizza is available only at participating restaurants.

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### Nutritional Information for Side Items

Side Items	Cheesesticks	Breadsticks	Papa's Chicken Strips	Papa's Cinnapie	Garlic Dipping Sauce	Pizza Dipping Sauce	Cheese Dipping Sauce	Ranch Dipping Sauce	Honey Mustard Dipping Sauce	BBQ Dipping Sauce	Buffalo Dipping Sauce
<b>Serving Size</b>	67g	56g	37g	56g	28g	28g	28g	28g	28g	28g	28g
<b>Calories per Serving</b>	180	140	80	200	150	20	70	110	150	40	15
<b>Calories From Fat</b>	70	20	35	70	150	0	60	100	140	0	5
<b>Total Fat (% DV**)</b>	8g (12%)	2g (3%)	4g (6%)	8g (13%)	17g (26%)	0g (0%)	6g (10%)	11g (18%)	15g (23%)	0g (0%)	0.5g (1%)
<b>Saturated Fat (% DV**)</b>	2g (11%)	0g (0%)	1g (5%)	1.5g (8%)	3g (14%)	--g (--%)	1.5g (7%)	2g (9%)	2g (11%)	0g (0%)	0g (0%)
<b>Trans Fat</b>	0g	--g	--g	--g	--g	--g	0g	--g	--g	--g	--g
<b>Cholesterol (% DV**)</b>	10mg (4%)	0mg (0%)	15mg (4%)	--mg (--%)	--mg (--%)	--mg (--%)	0mg (0%)	10mg (4%)	10mg (3%)	--mg (--%)	0mg (0%)
<b>Sodium (% DV**)</b>	410mg (17%)	260mg (11%)	170mg (7%)	320mg (13%)	310mg (13%)	140mg (6%)	150mg (6%)	250mg (10%)	120mg (5%)	240mg (10%)	890mg (37%)
<b>Carbohydrates (% DV**)</b>	21g (7%)	26g (9%)	5g (2%)	29g (10%)	--g (--%)	3g (1%)	1g (0%)	1g (0%)	5g (2%)	11g (4%)	2g (1%)
<b>Dietary Fiber (% DV**)</b>	<1g (3%)	1g (4%)	0g (0%)	<1g (3%)	0g (0%)	0g (0%)	0g (0%)	0g (0%)	0g (0%)	0g (0%)	0g (0%)
<b>Sugars</b>	2g	3g	1g	11g	--	2g	0g	1g	4g	9g	2g
<b>Protein</b>	7g	4g	5g	3g	0g	0g	1g	1g	0g	0g	0g
<b>Vitamin A (% DV**)</b>	(6%)	(0%)	(0%)	(2%)	(20%)	(2%)	(4%)	(0%)	(0%)	(2%)	(--%)
<b>Vitamin C (% DV**)</b>	(0%)	(0%)	(0%)	(0%)	(0%)	(6%)	(0%)	(0%)	(0%)	(2%)	(--%)
<b>Calcium (% DV**)</b>	(10%)	(0%)	(0%)	(2%)	(--%)	(2%)	(0%)	(2%)	(0%)	(4%)	(--%)
<b>Iron (% DV**)</b>	(6%)	(8%)	(2%)	(8%)	(0%)	(0%)	(0%)	(0%)	(0%)	(4%)	(--%)

\*Side item is available only at participating restaurants.

\*\*Percent Daily Values (% DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

No MSG (Monosodium Glutamate) is used in the manufacturing of any Papa John's ingredients. Slight variations may occur depending on the local supplier, region of the country and the season of the year.

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