



NUTRITION GUIDE

ALLERGEN GUIDE

	PEANUT	TREE NUT	EGG	MILK	WHEAT	SOY	FISH	SHELLFISH	SESAME
CRUST OPTIONS									
Original Hand Tossed Dough					✓				
Thin Crust				✓	✓				
Gluten-Free Crust			✓	✓		✓			
SAUCES									
Pizza Sauce									
Ranch Sauce			*	✓	✓				
BBQ Sauce			*						
Alfredo Sauce				✓					
CHEESES									
Cheese made from Mozzarella					✓				
Parmesan/Romano Cheese					✓				
Asiago/Fontina/Provolone Cheese				✓					
PIZZA TOPPINGS									
Anchovies								✓	
Bacon									
Banana Peppers									
Beef									
Black Olives									
Canadian Bacon									
Grilled Chicken									
Fresh Spinach	**	**	**	**	**	**	**	**	**
Green Peppers	**	**	**	**		**	**	**	**
Green Olives									
Italian Sausage									
Jalapenos									
Meatball				✓	✓				
Mushrooms			**	**		**	**		
Onions	**	**	**	**		**	**	**	**
Pepperoni									
Philly Steak									
Pineapple									
Salami									
Sausage									
Tomatoes	**	**	**	**		**	**	**	**
SIDES									
Breadsticks					✓				
Garlic Parmesan Breadsticks					✓	✓	✓		
Garlic Knots					✓	✓	✓		
Cheesesticks					✓	✓	✓		
Papa's Chicken Poppers					✓	✓	✓		
Roasted Wings									✓
Honey Chipotle Wings		*							✓
Buffalo Wings		*							✓
BBQ Wings		*							✓
Garlic Parmesan Wings					✓	✓	✓		✓
EXTRAS									
Garlic Dipping Sauce									✓
Pizza Dipping Sauce									
Cheese Dipping Sauce					✓				
Ranch Dipping Sauce	*	✓	✓						
Honey Mustard Dipping Sauce	*	✓							
Blue Cheese Dipping Sauce	*	✓	✓						
BBQ Dipping Sauce	*								
Buffalo Dipping Sauce	*								
Crushed Red Pepper Packet									
Parmesan Cheese Packet					✓				
Special Seasoning Packet					✓				
DESSERTS									
Double Chocolate Chip Brownie	*	*	✓	✓	✓	✓			
Chocolate Chip Cookie	*	*	✓	✓	✓	✓			
Cinnamon Pull-Aparts	*	*	✓	✓	✓	✓			

* May be produced in a facility that uses peanuts and tree nuts. Product does not directly contain peanuts/tree nuts.
 ** May be stored in a facility that also stores other allergens.

The allergen information provided is based on Papa John's standard product formulations and is for U.S. locations only. Product formulations, recipe changes, ingredient substitutions, and/or suppliers may change. For any additional allergen questions, call 888-404-7537 and select option 2.

EXTRAS

	Serving Size	Total Cal	Fat Cal	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Total Carb	Fiber	Sugars	Protein
BBQ Sauce	1 cup (28g)	45	0	0g	0g	0g	0mg	240mg	11g	0g	10g	0g
Blue Cheese Sauce	1 cup (28g)	160	150	16g	3.5g	0g	20mg	250mg	1g	0g	1g	1g
Buffalo Sauce	1 cup (28g)	30	20	2.5g	0g	0g	0mg	720mg	2g	0g	1g	0g
Cheese Sauce	1 cup (28g)	40	30	3.5g	1g	0g	0mg	160mg	2g	0g	0g	1g
Garlic Sauce	1 cup (28g)	150	150	17g	3g	0g	0mg	310mg	0g	0g	0g	0g
Honey Mustard Sauce	1 cup (28g)	150	140	15g	2.5g	0g	10mg	120mg	5g	0g	4g	0g
Pizza Sauce	1 cup (43g)	30	10	1g	0g	0g	0mg	180mg	4g	1g	3g	1g
Ranch Sauce	1 cup (28g)	100	90	10g	1.5g	0g	10mg	240mg	2g	0g	1g	1g
Crushed Red Pepper	1 packet (1g)	0	0	0g	0g	0g	0mg	0mg	1g	0g	0g	0g
Parmesan Cheese	1 packet (3.5g)	15	10	1g	0.5g	0g	5mg	35mg	0g	0g	0g	1g
Special Seasoning	1 packet (3g)	5	0	0g	0g	0g	0mg	420mg	1g	0g	0g	0g
Pepperoncini	1 pepper (10g)	0	0	0g	0g	0g	0mg	140mg	0g	0g	0g	0g

PAPADIA

	Serving Size	Total Calories	Fat Calories	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Total Carb	Fiber	Sugars	Protein
Grilled BBQ Chicken & Bacon	388g	840	260	28g	13g	0.5g	160mg	2410mg	85g	4g	26g	60g
Italian	350g	940	480	53g	21g	1g	135mg	2670mg	76g	4g	8g	38g
Meatball Pepperoni	352g	940	440	49g	21g	1g	140mg	2390mg	79g	4g	8g	42g
Philly Steak	395g	810	320	35g	15g	0.5g	90mg	2090mg	80g	4g	11g	40g

DESSERTS

	Total Calories	Fat Calories	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Total Carb	Fiber	Sugars	Protein
Chocolate Chip Cookie 1 slice, 8 slices per order	190	90	9g	4.5g	0g	15mg	105mg	26g	1g	18g	2g
Double Chocolate Chip Brownie 1 square, 9 squares per order	240	110	12g	3.5g	0g	15mg	70mg	34g	1g	23g	2g
Cinnamon Pull-Aparts 1 tray	1960	850	94g	36g	1g	60mg	1660mg	264g	8g	150g	19g

BEVERAGES

	Total Calories		Fat Calories		Total Fat		Sat Fat		Trans Fat		Cholesterol		Sodium		Total Carb		Fiber		Sugars		Protein	
Serving Size	2 liter	20 oz	2 liter	20 oz	2 liter	20 oz	2 liter	20 oz	2 liter	20 oz	2 liter	20 oz	2 liter	20 oz	2 liter	20 oz	2 liter	20 oz	2 liter	20 oz	2 liter	20 oz
Pepsi	900	250	0	0	0g	0g	0g	0g	0g	0g	0mg	0mg	180mg	55mg	24g	69g	0g	0g	24g	69g	0g	0g
Diet Pepsi	0	0	0	0	0g	0g	0g	0g	0g	0g	0mg	0mg	200mg	60mg	0g	0g	0g	0g	0g	0g	0g	0g
Pepsi Zero Sugar	0	0	0	0	0g	0g	0g	0g	0g	0g	0mg	0mg	240mg	65mg	0g	0g	0g	0g	0g	0g	0g	0g
Hountain Dew	960	270	0	0	0g	0g	0g	0g	0g	0g	0mg	0mg	340mg	100mg	26g	73g	0g	0g	26g	73g	0g	0g
Diet Mtn Dew	40	10	0	0	0g	0g	0g	0g	0g	0g	0mg	0mg	290mg	85mg	1g	0g	0g	1g	0g	0g	0g	0g
Sierra Mist	810	240	0	0	0g	0g	0g	0g	0g	0g	0mg	0mg	200mg	60mg	21g	62g	0g	0g	21g	62g	0g	0g
Sierra Mist Zero Sugar	0	N/A	0	N/A	0g	N/A	0g	N/A	0g	N/A	0mg	N/A	200mg	N/A	0g	N/A	0g	N/A	0g	N/A	0g	N/A
Aquafina	N/A	0	N/A	0	N/A	0g	N/A	0g	N/A	0g	N/A	0mg	N/A	0mg	N/A	0g	N/A	0g	N/A	0g	N/A	0g

GLUTEN-FREE & THIN CRUST PIZZA

	Serving Size (1 Slice)		Total Calories		Fat Calories		Total Fat		Sat Fat		Trans Fat		Cholesterol		Sodium		Total Carb		Fiber		Sugars		Protein	
Crust Type	GF	TH	GF	TH	GF	TH	GF	TH	GF	TH	GF	TH	GF	TH	GF	TH	GF	TH	GF	TH	GF	TH	GF	TH
Cheese	60g	90g	150	210	60	100	6g	11g	3g	4.5g	0g	0g	15mg	25mg	310mg	490mg	18g	20g	1g	1g	3g	2g	5g	8g
Pepperoni	66g	93g	180	250	80	130	9g	14g	4.5g	5g	0g	0g	20mg	30mg	400mg	590mg	18g	20g	1g	1g	3g	2g	6g	9g
Pepperoni, Sausage & Six Cheese	N/A	92g	N/A	320	N/A	190	N/A	22g	N/A	9g	N/A	0g	N/A	45mg	N/A	700mg	N/A	18g	N/A	0g	N/A	1g	N/A	13g
Zesty Italian Trio	75g	113g	200	300	100	170	11g	19g	5g	7g	0g	0g	25mg	40mg	510mg	810mg	18g	20g	1g	1g	2g	2g	7g	12g
Garden Fresh	78g	112g	160	210	60	90	7g	10g	3.5g	4g	0g	0g	15mg	20mg	320mg	460mg	19g	21g	2g	1g	3g	3g	5g	8g
BBQ Chicken & Bacon	71g	104g	180	280	70	100	7g	12g	3.5g	4.5g	0g	0g	25mg	35mg	430mg	660mg	22g	25g	1g	1g	6g	7g	8g	13g
Super Hawaiian	78g	118g	180	260	70	120	8g	13g	4g	5g	0g	0g	25mg	35mg	430mg	650mg	19g	22g	1g	1g	4g	4g	8g	13g
Fresh Spinach & Tomato Alfredo	70g	96g	160	210	60	100	7g	11g	3g	4g	0g	0g	15mg	25mg	310mg	440mg	18g	19g	1g	1g	2g	1g	5g	8g
Tuscan Six Cheese	N/A	96g	N/A	250	N/A	120	N/A	13g	N/A	6g	N/A	0g	N/A	30mg	N/A	560mg	N/A	20g	N/A	1g	N/A	2g	N/A	11g
The Works	85g	122g	190	270	90	140	10g	15g	4.5g	6g	0g	0g	20mg	35mg	460mg	670mg	19g	21g	2g	1g	3g	3g	7g	11g
The Meats	81g	114g	220	300	110	160	12g	18g	5g	7g	0g	0g	30mg	45mg	540mg	790mg	19g	20g	1g	1g	3g	2g	8g	13g
Meatball Pepperoni	71g	106g	200	280	90	150	10g	17g	5g	7g	0g	0g	25mg	40mg	430mg									

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ORIGINAL CRUST PIZZA

ORIGINAL CRUST PIZZA																																																												
	Serving Size [1 Slice]					Total Calories					Fat Calories					Total Fat					Sat Fat					Trans Fat					Cholesterol					Sodium					Total Carb					Fiber					Sugars					Protein				
	XS	S	M	L	XL	XS	S	M	L	XL	XS	S	M	L	XL	XS	S	M	L	XL	XS	S	M	L	XL	XS	S	M	L	XL	XS	S	M	L	XL	XS	S	M	L	XL	XS	S	M	L	XL	XS	S	M	L	XL	XS	S	M	L	XL					
Cheese	88g	80g	91g	126g	218g	200	180	210	280	490	60	50	70	90	140	7g	6g	7g	10g	16g	3.5g	2.5g	3.5g	4.5g	8g	0g	0g	0g	0g	0g	20mg	15mg	20mg	25mg	40mg	500mg	440mg	520mg	710mg	1210mg	25g	25g	27g	38g	67g	1g	1g	1g	2g	3g	3g	3g	3g	5g	8g	8g	7g	8g	11g	18g
Pepperoni	91g	87g	91g	130g	136g	220	210	230	320	330	90	80	80	120	120	10g	8g	9g	13g	13g	4g	3.5g	4g	6g	6g	0g	0g	0g	0g	0g	25mg	20mg	20mg	30mg	30mg	580mg	530mg	570mg	810mg	840mg	25g	25g	26g	38g	40g	1g	1g	1g	2g	2g	3g	3g	3g	5g	5g	8g	8g	8g	12g	12g
Pepperoni, Sausage & Six Cheese	92g	86g	90g	126g	134g	280	280	280	380	410	130	120	130	180	180	15g	13g	14g	20g	21g	6g	6g	6g	9g	9g	0g	0g	0g	0g	0g	35mg	30mg	30mg	45mg	45mg	670mg	620mg	650mg	920mg	980mg	24g	24g	25g	36g	36g	1g	1g	1g	1g	1g	2g	2g	2g	3g	3g	11g	11g	11g	16g	16g
Zesty Italian Trio	101g	97g	103g	149g	157g	250	240	260	370	390	100	100	110	160	160	11g	11g	12g	17g	18g	5g	4.5g	5g	7g	7g	0g	0g	0g	0g	0g	25mg	25mg	30mg	40mg	40mg	680mg	660mg	710mg	1020mg	1070mg	25g	25g	27g	38g	40g	1g	1g	1g	2g	2g	3g	3g	3g	5g	5g	10g	9g	10g	14g	15g
Garden Fresh	103g	98g	106g	148g	160g	190	190	200	280	300	60	50	60	80	90	6g	6g	7g	9g	9g	3g	2.5g	3g	4g	4g	0g	0g	0g	0g	0g	15mg	15mg	15mg	20mg	20mg	470mg	450mg	480mg	680mg	710mg	26g	26g	27g	39g	41g	1g	1g	1g	2g	2g	4g	3g	4g	5g	6g	7g	7g	7g	10g	11g
BBQ Chicken & Bacon	105g	92g	100g	140g	148g	240	220	230	330	350	70	60	70	90	90	7g	7g	7g	10g	10g	3.5g	3g	3.5g	4.5g	4.5g	0g	0g	0g	0g	0g	30mg	25mg	25mg	35mg	40mg	670mg	570mg	630mg	880mg	920mg	31g	28g	31g	43g	46g	1g	1g	1g	2g	2g	8g	6g	7g	10g	10g	12g	10g	11g	16g	16g
Super Hawaiian	105g	102g	105g	153g	162g	230	220	230	330	350	80	70	70	110	110	9g	8g	8g	12g	12g	4g	3.5g	3.5g	5g	6g	0g	0g	0g	0g	0g	25mg	25mg	25mg	35mg	35mg	630mg	580mg	600mg	870mg	920mg	27g	26g	27g	39g	42g	1g	1g	1g	2g	2g	5g	4g	4g	7g	7g	10g	10g	10g	15g	16g
Fresh Spinach & Tomato Alfredo	93g	89g	96g	131g	140g	190	190	200	280	300	60	60	60	80	90	7g	6g	7g	9g	10g	3g	2.5g	3g	4g	4g	0g	0g	0g	0.2g	0g	20mg	15mg	20mg	25mg	25mg	470mg	440mg	470mg	570mg	690mg	25g	25g	26g	37g	39g	1g	1g	1g	1g	2g	3g	3g	3g	4g	4g	7g	7g	8g	13g	11g
Tuscan Six Cheese	92g	89g	94g	135g	139g	220	220	230	320	330	80	70	80	110	110	9g	8g	9g	12g	12g	4.5g	4g	4.5g	6g	6g	0g	0g	0g	0g	0g	20mg	20mg	20mg	30mg	30mg	550mg	530mg	560mg	780mg	810mg	25g	26g	27g	38g	40g	1g	1g	1g	2g	2g	3g	3g	3g	5g	5g	10g	9g	10g	14g	14g
The Works	110g	106g	112g	158g	172g	230	230	230	340	360	90	80	90	130	130	10g	9g	9g	14g	15g	4g	4g	4g	6g	6g	0g	0g	0g	0g	0g	25mg	20mg	25mg	35mg	35mg	610mg	590mg	620mg	890mg	940mg	28g	28g	27g	39g	41g	1g	1g	1g	2g	2g	4g	3g	4g	5g	6g	8g	9g	9g	13g	14g
The Meats	104g	101g	104g	151g	162g	260	250	250	370	400	110	100	100	150	160	12g	11g	11g	17g	18g	5g	4.5g	4.5g	7g	7g	0g	0g	0g	0g	0g	30mg	30mg	30mg	45mg	45mg	700mg	680mg	680mg	1010mg	1080mg	25g	25g	27g	38g	40g	1g	1g	1g	2g	2g	3g	3g	3g	5g	5g	11g	10g	11g	15g	17g
Meatball Pepperoni	95g	95g	98g	142g	150g	240	230	240	360	370	80	90	90	140	140	10g	10g	10g	15g	16g	4.5g	4.5g	4.5g	7g	7g	0g	0g	0g	0g	0g	25mg	25mg	25mg	40mg	40mg	600mg	580mg	600mg	880mg	920mg	26g	26g	27g	38g	41g	1g	1g	1g	2g	2g	3g	3g	3g	5g	5g	10g	10g	10g	15g	15g
Philly Cheesesteak	98g	98g	102g	148g	157g	240	240	250	360	380	100	100	100	140	150	11g	11g	11g	16g	17g	4g	4g	4g	6g	6g	0g	0g	0g	0g	0g	20mg	20mg	20mg	30mg	35mg	550mg	560mg	570mg	840mg	890mg	25g	25g	26g	38g	40g	1g	1g	1g	2g	2g	3g	3g	3g	4g	5g	10g	10g	10g	15g	16g
Fiery Buffalo Chicken	100g	91g	97g	138g	148g	230	210	230	320	340	70	70	70	100	110	8g	8g	8g	12g	12g	3.5g	3g	3.5g	5g	5g	0g	0g	0g	0g	0g	30mg	25mg	25mg	40mg	40mg	810mg	750mg	790mg	1150mg	1210mg	25g	25g	26g	38g	40g	1g	1g	1g	2g	2g	3g	3g	3g	4g	5g	12g	10g	11g	16g	17g
Ultimate Pepperoni	97g	92g	97g	139g	152g	250	240	250	360	410	100	90	100	150	160	12g	10g	11g	16g	20g	5g	4.5g	5g	7g	8g	0g	0g	0g	0g	0g	30mg	25mg	25mg	40mg	45mg	660mg	600mg	650mg	930mg	1070mg	26g	26g	27g	38g	40g	1g	1g	1g	2g	2g	3g	3g	3g	5g	5g	10g	9g	10g	14g	16g

ADDITIONAL TOPPING MEATS (CALORIES LISTED PER SLICE FOR A ONE-TOPPING PIZZA.)

ADDITIONAL TOPPING MEATS (CALORIES LISTED PER SLICE FOR A ONE-TOPPING PIZZA.)																																																																	
	Serving Size [1 Slice]					Total Calories					Fat Calories					Total Fat					Sat Fat					Trans Fat					Cholesterol					Sodium					Total Carb					Fiber					Sugars					Protein									
	XS	S	M	L	XL	XS	S	M	L	XL	XS	S	M	L	XL	XS	S	M	L	XL	XS	S	M	L	XL	XS	S	M	L	XL	XS	S	M	L	XL	XS	S	M	L	XL	XS	S	M	L	XL	XS	S	M	L	XL															
Anchovies	4g	4g	4g	4g	4g	10	10	10	10	10	5	5	5	5	5	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	5mg	5mg	5mg	5mg	5mg	210mg	210mg	210mg	210mg	210mg	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	1g	1g	1g	1g	1g
Bacon	7g	7g	8g	10g	10g	30	25	30	40	40	20	15	20	25	25	2g	2g	2g	3g	3g	0.5g	0.5g	0.5g	1g	1g	0g	0g	0g	0g	0g	10mg	5mg	10mg	10mg	10mg	85mg	80mg	90mg	120mg	120mg	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	2g	2g	2g	3g	3g					
Beef	9g	9g	11g	14g	14g	25	30	30	40	40	20	20	25	30	30	2g	2.5g	2.5g	3.5g	3.5g	1g	1g	1g	1.5g	1.5g	0g	0g	0g	0g	0g	5mg	5mg	5mg	10mg	10mg	65mg	65mg	105mg	140mg	140mg	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	1g	1g	2g	2g	2g					
Canadian Bacon	9g	9g	11g	14g	14g	10	10	15	20	20	5	5	5	5	5	0g	0.5g	0.5g	1g	1g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	5mg	5mg	5mg	10mg	10mg	105mg	110mg	125mg	160mg	160mg	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	2g	2g	2g	2g	2g					
Chicken	13g	9g	11g	14g	14g	20	15	15	20	20	5	0	0	5	5	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	10mg	10mg	10mg	15mg	15mg	95mg	70mg	80mg	105mg	105mg	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	4g	3g	4g	5g	5g					
Italian Sausage	11g	10g	11g	15g	15g	40	35	40	50	50	30	30	35	45	45	3.5g	3.5g	3.5g	5g	5g	1g	1g	1.5g	1.5g	1.5g	0g	0g	0g	0g	0g	5mg	5mg	10mg	10mg	10mg	80mg	65mg	95mg	125mg	125mg	0g	0g	0g	0g	0g	0g	0g	0g	0g	0g	1g	1g	2g	2g	2g										
Meatball	7g	10g	10g	15g	16g	20	25	25	40	40	15	20	20	25	30	1.5g	2g	2g	3g	3g	0.5g	1g	1g	1g	1g	0g	0g	0g	0g	0g	5mg	5mg	5mg	10mg	10mg	50mg	70mg	70mg	105mg	110mg	0g	0g	0g	1g	1g	0g	0g	0g	0g	0g	0g	0g	0g	0											