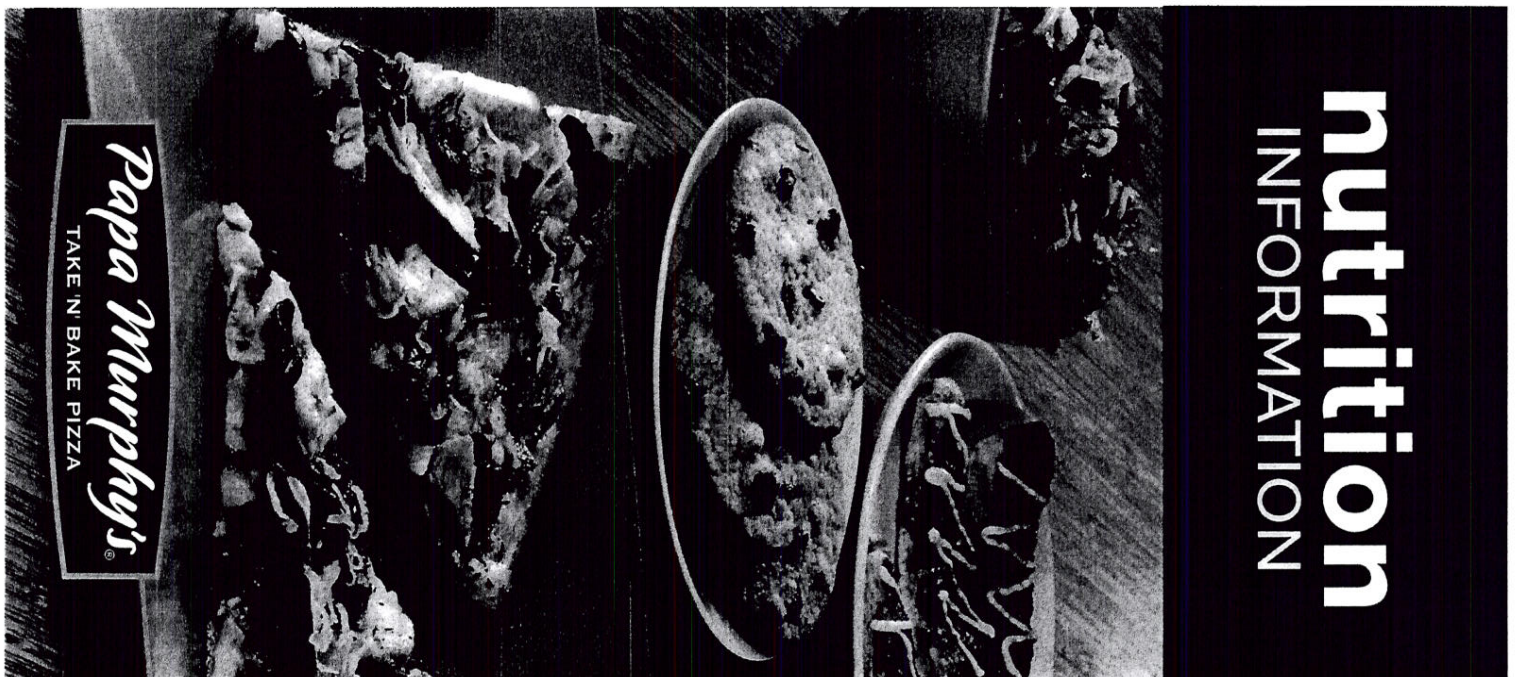


	Serving Size (Unbaked) (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% of DV)	Vitamin C (% of DV)	Calcium (% of DV)	Iron (% of DV)
Side Items																
1 Serving = 2 Slices = 1/8th of the Cheesy Bread (Does Not Include the Marinara Dipping Sauce)																
Cheesy Bread (without Sauce)	75	220	60	7	3	0	5	480	31	0	5	7	3	3	7	11
1 Serving = 1/2 ounce = 1/8th of the cup of Marinara Dipping Sauce																
Marinara Sauce Cup for Cheesy Bread	14	10	0	0	0	0	0	60	2	0	1	0	2	5	0	1
1 Serving = 1/16th of the tub = 1 ounce																
Cookie Dough with Hershey's Chocolate Chips	28	120	50	6	2	1	<5	115	17	0	10	1	4	0	1	3
1 Serving = 1 Slice = 1/8th of the Pizza (Does Not Include the Cream Cheese Frosting)																
Apple Dessert Pizza	97	240	40	4.5	1	1	0	340	46	<1	19	4	0	2	2	10
Cherry Dessert Pizza	97	240	40	4.5	1	1	0	330	44	<1	16	4	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	7	2	0	0	410	42	0	13	5	3	3	2	13
1 Serving = 1/8th of the cup of Cream Cheese Frosting																
Cream Cheese Frosting	11	50	30	3	2	0	5	40	4	0	4	0	3	0	0	0
1 Serving = 1/2 of the Salad (Does Not Include Salad Dressing or Croutons)																
Caesar Salad	120	50	20	2	1	0	5	120	4	2	2	4	132	45	12	6
Chicken Caesar Salad	170	140	50	5	2.5	0	40	320	5	3	2	18	133	45	20	7
Club Salad	189	140	70	8	4	0	30	480	6	3	2	13	205	64	15	8
Garden Salad	206	100	50	6	3	0	10	260	8	3	2	6	207	99	16	11
Italian Salad	186	140	90	10	4	0	20	400	7	3	1	7	205	61	16	11
Salad Dressing=2 Servings/Packet Croutons=1 Serving/Packet																
Buttermilk Ranch Salad Dressing	30	120	110	13	1	0	10	210	2	0	2	0	0	0	2	2
Caesar Salad Dressing	30	140	130	14	1	0	10	170	2	0	1	1	0	0	4	2
Low Calorie Italian Salad Dressing	30	10	5	0.5	0	0	0	280	1	0	1	0	0	0	0	0
Croutons	177	90	35	3.5	0	0	0	140	11	0	0	2	0	0	0	0
1 Serving = 1/8th of the Lasagna																
Lasagna	184	330	160	18	9	0	70	760	26	2	9	17	21	29	31	11
Calzones																
Family Size - 1 Serving = 1 Slice = 1/8th of the Calzone (WITHOUT the Marinara)																
Chicken Florentine	218	470	180	20	9	0	65	1050	46	1	7	26	17	10	32	22
Combo	184	450	190	21	11	0	60	1030	46	<1	8	21	12	11	31	19
Italian	209	470	190	21	10	0	60	1170	47	<1	8	23	12	9	36	22
Veggie	197	410	150	17	9	0	45	970	46	2	8	19	22	13	33	24
Large Size - 1 Serving = 1 Slice = 1/6th of the Calzone (WITHOUT the Marinara)																
Chicken Florentine	215	460	170	19	9	0	65	1040	46	1	7	26	17	9	31	22
Combo	182	450	180	20	10	0	60	1020	45	<1	8	21	11	11	30	19
Italian	196	450	180	20	10	0	55	1090	46	<1	8	22	11	8	34	20
Veggie	186	400	150	16	9	0	45	920	46	1	8	18	20	11	31	23
1 Serving = 1/2 ounce = 1/8th of the cup of Marinara Sauce																
Marinara Sauce Cup	14	10	0	0	0	0	0	60	2	0	1	0	2	5	0	1

The nutrition and ingredient information provided is based on Papa Murphy's standard product formulations; however, variations may occur depending on the particular supplier, product assembly per restaurant, region and other factors. Menu items may vary by restaurant. Substitution of ingredients/standard topping combinations may alter nutrition values. Product formulations may change periodically. Except for limited time offerings or test market items, menu products as of this posting are included on this page. Papa Murphy's International, its franchisees and employees do not assume responsibility for a particular sensitivity or allergy to any food provided from our stores.



	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)
Family Size Stuffed Pizzas - 1 Serving = 1 Slice = 1/16th of the Pizza																
5-Meat	143	370	140	16	7	0	45	910	39	0	7	18	9	9	22	16
Big Murphy	157	370	140	16	7	0	40	890	40	0	7	17	10	16	24	16
Chicago Style	149	370	140	16	7	0	45	850	40	0	7	17	10	13	22	17
Chicken & Bacon	151	370	130	15	7	0	50	820	39	0	6	20	7	10	21	14
Large Size Stuffed Pizzas - 1 Serving = 1 Slice = 1/12th of the Pizza																
5-Meat	142	370	140	16	7	0	45	900	38	0	7	18	9	9	22	16
Big Murphy	152	360	140	15	7	0	40	870	39	<1	7	17	10	15	24	17
Chicago Style	145	370	140	16	7	0	40	840	39	<1	7	17	10	12	22	16
Chicken & Bacon	148	360	130	14	7	0	50	790	38	0	6	20	7	10	21	14
Family Size Original Crust Pizzas - 1 Serving = 1 Slice = 1/12th of the Pizza																
50/50	118-158	320-360	140-170	15-18	8-9	0	40-50	710-940	31-33	<1	6	15-18	10	9-12	23-25	13-17
All Meat	141	360	160	18	9	0	55	900	31	0	6	19	10	12	24	15
Awesome Foursome	109-145	270-320	100-140	11-15	6-8	0	30-40	560-800	30-34	<1	6-9	13-16	10	9-14	23-27	12-16
Barbeque Chicken	144	340	110	13	7	0	50	720	37	0	10	19	7	6	23	11
Cheese	109	270	100	11	6	0	30	560	30	0	6	13	10	9	23	12
Cowboy	151	350	160	18	9	0	45	900	32	<1	6	17	11	9	27	16
Forty-Niner	136	370	170	19	8	0	50	880	31	<1	6	18	10	11	24	15
Gourmet Chicken Garlic	137	320	130	14	7	0	50	630	30	0	5	19	8	10	25	11
Gourmet Classic Italian	146	350	160	18	8	0	45	790	31	<1	5	17	9	11	26	13
Gourmet Supreme	123	310	120	13	7	0	35	680	33	2	6	15	14	5	25	11
Gourmet Vegetarian	144	300	120	14	7	0	35	700	31	1	5	14	10	32	26	12
Hawaiian	136	290	100	11	6	0	35	670	33	<1	9	15	10	14	23	13
Herb Chicken Mediterranean	128	340	130	14	7	0	40	630	35	3	7	17	13	6	20	13
Meat Sampler	118-130	280-340	100-130	11-16	6-8	0	35-45	670-840	31-32	<1	6	15-17	10	9-11	23-25	13-14
Murphy's Combo	158	360	170	18	9	0	50	940	33	<1	6	18	10	12	25	17
Papa-Roni	125	350	160	18	9	0	45	810	31	0	6	16	11	9	23	14
Papa's Favorite	170	360	170	18	8	0	50	910	33	<1	6	18	11	23	25	17
Pepperoni	118	320	140	15	8	0	40	710	31	0	6	15	10	9	23	13
Perfect	118-136	290-320	100-140	11-15	6-8	0	35-40	670-710	30-34	<1	6-9	15	10	9-14	23	13
Rancher	140	330	140	16	8	0	45	790	31	<1	6	17	11	12	24	14
Specialty of the House	145	320	130	15	7	0	40	800	32	<1	6	16	10	9	27	16
Taco Grande	159	340	140	16	7	0	45	850	34	2	5	17	12	8	24	15
Veggie Combo	160	300	110	13	6	0	30	670	33	<1	6	14	13	29	24	15
Veggie Mediterranean	113	310	120	14	6	0	30	610	34	3	7	13	13	6	20	13
Large Size Original Crust Pizzas - 1 Serving = 1 Slice = 1/10th of the Pizza																
50/50	106-141	290-330	130-150	14-17	7-8	0	35-45	640-850	27-29	<1	5-6	13-16	9	8-10	21-23	12-15
All Meat	125	320	140	16	8	0	50	790	28	0	5	17	9	11	22	13
Barbeque Chicken	134	310	100	11	6	0	45	680	35	0	11	17	6	5	21	9
Cheese	98	250	90	10	6	0	30	500	27	0	5	12	9	8	21	11
Cowboy	137	320	140	16	8	0	40	810	29	<1	5	16	9	8	24	15
Forty-Niner	121	330	150	17	8	0	45	780	28	0	5	16	9	10	22	13
Gourmet Chicken Garlic	124	290	110	13	6	0	45	560	27	0	4	17	7	10	23	10
Gourmet Classic Italian	129	310	140	16	7	0	40	700	28	<1	4	15	7	8	22	11
Gourmet Supreme	111	280	110	12	6	0	30	600	30	2	6	13	12	5	23	10
Gourmet Vegetarian	127	270	110	12	6	0	30	610	28	1	4	13	9	25	23	11
Hawaiian	124	270	90	10	6	0	35	600	30	<1	8	13	9	12	21	12
Herb Chicken Mediterranean	113	300	110	13	6	0	35	560	31	2	6	15	12	5	19	11
Murphy's Combo	141	330	150	17	8	0	45	850	29	<1	6	16	9	10	23	15
Papa-Roni	110	300	140	15	8	0	40	690	28	0	5	14	10	8	21	13
Papa's Favorite	153	330	150	17	8	0	45	820	29	<1	6	16	10	20	23	15
Pepperoni	106	290	130	14	7	0	35	640	27	0	5	13	9	8	21	12
Perfect	106-124	270-290	90-130	10-14	6-7	0	35	600-640	27-30	<1	5-8	13	9	8-12	21	12
Rancher	125	300	130	14	7	0	40	700	28	0	6	16	9	10	21	12
Specialty of the House	154	300	130	14	7	0	35	730	29	<1	6	15	9	8	24	15
Taco Grande	143	310	130	14	6	0	40	760	30	1	5	16	10	9	22	14
Vegetarian Combo	153	270	100	11	6	0	30	610	30	<1	6	13	13	27	22	14
Veggie Mediterranean	102	280	110	12	6	0	25	540	31	2	6	12	12	5	19	11
Medium Size Original Crust Pizzas - 1 Serving = 1 Slice = 1/8th of the Pizza																
50/50	97-131	260-300	110-140	13-15	6-7	0	35-40	580-780	25-27	<1	5	12-15	9	7-10	20-21	11-14
All Meat	113	290	130	14	7	0	40	710	25	0	5	15	9	10	20	12
Barbeque Chicken	117	280	90	10	6	0	40	590	30	0	8	16	6	5	19	9
Cheese	90	230	80	9	5	0	25	460	25	0	5	11	8	7	19	10
Cowboy	125	290	130	15	7	0	40	740	26	0	5	14	9	8	22	13
Forty-Niner	109	290	130	15	7	0	40	690	25	0	5	14	9	9	20	12
Gourmet Chicken Garlic	112	260	100	12	6	0	40	510	25	0	4	15	7	9	20	9
Gourmet Classic Italian	125	280	120	13	7	0	40	640	26	<1	5	14	10	12	21	12
Gourmet Supreme	98	250	100	11	6	0	30	530	26	1	5	12	11	4	21	9
Gourmet Vegetarian	113	250	100	11	6	0	30	550	25	<1	4	12	8	21	21	10
Hawaiian	114	240	90	10	5	0	30	540	28	0	7	12	8	12	20	11
Herb Chicken Mediterranean	102	270	110	12	5	0	35	510	27	2	5	14	10	5	17	10
Murphy's Combo	131	300	140	15	7	0	40	780	27	<1	5	15	9	10	21	14
Papa-Roni	100	270	120	14	7	0	35	620	25	0	5	13	9	8	20	11
Papa's Favorite	138	300	130	15	7	0	40	750	27	<1	5	15	10	18	21	14
Pepperoni	97	260	110	13	6	0	35	580	25	0	5	12	9	7	20	11
Perfect	97-114	240-260	90-110	10-13	5-6	0	30-35	540-580	25-28	0	5-7	12	8-9	7-12	20	11
Rancher	114	270	120	13	6	0	40	640	26	0	5	14	9	10	20	11
Specialty of the House	121	270	110	13	6	0	35	670	26	0	5	13	9	8	23	13
Taco Grande	101	220	90	10	5	0	30	520	23	<1	3	11	6	6	16	9
Vegetarian Combo	136	250	90	11	5	0	25	560	27	<1	6	11	12	21	21	13
Veggie Mediterranean	92	260	100	11	5	0	25	490	27	2	5	11	10	5	17	10
Large Size deLITE Thin Crust Pizzas - 1 Serving = 1 Slice = 1/10th of the Pizza																
50/50	64-91	170-200	90-110	9-12	5-6	0	30-35	320-490	13-14	0	2	9-11	7	6-7	15-17	6-8
All Meat	76	190	100	11	5	0	35	430	13	0	2	11	7	7	16	7
Barbeque Chicken	79	180	70	8	4.5	0	30	340	17	0	5	12	4	3	15	4
Cheese	58	140	60	7	4	0	20	230	13	0	2	8	7	6	15	5
Chicken Bacon Artichoke	78	180	80	9	4	0	35	400	13	<1	1					