



NUTRITION FACTS

Salad Dressings

portion: 2 Tbsp											% of Daily Value			
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Blue Cheese	109	11	2	0	7.5	202	1	0	1	1	1%	0%	3%	0%
Asian Sesame	140	12	2	0	0	440	6	0	6	0	0%	0%	0%	0%
Balsamic Vinaigrette	170	14	2	0	0	430	10	0	9	1	0%	0%	0%	0%
Bella Toscana(Italian)	140	16	2.5	0	0	440	1	0	1	0	0%	0%	0%	0%
Greek	120	13	2	0	5	230	2	0	1	0	0%	0%	0%	0%
Pesto Ranch	114	12	1.75	0	5.5	210	0	0.25	0.5	1	3%	1%	3%	1%
Ranch	106	11	1.5	0	5.5	231	1	0	0.75	0.5	0%	0%	2%	0%
Raspberry Vinaigrette	60	6	1	0	0	390	3	0	3	0	0%	1%	0%	0%
Caesar	190	20	3	0	15	410	1	0	0	1	0%	0%	20%	0%

Salads

portion: 1 Salad											% of Daily Value			
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Greek	210	15	6	0	30	720	12	6	6	9	100%	75%	6%	12%
Seasonal	50	0	0	0	0	50	10	4	6	4	100%	40%	4%	4%
Caesar	180	8	2	1.5	0	240	24	4	4	3	100%	35%	6%	4%
Chicken Caesar	100	3.5	1	.5	20	290	8	2	1	8	100%	75%	12%	12%
Chicken Walnut	210	12	3.5	0	105	960	30	3	21	51	12%	12%	30%	12%
Chinese Chicken	564	30	3.75	0	40	550	10	1	7	14	137%	47%	9%	23%
Spinach	460	34	9.75	0	31.5	647	30	5.75	23.25	14	147%	36%	32%	18%
Eat Your Veggies	278	24	3.5	0	11	469	12	4.25	6.25	5.25	99%	94%	13%	10%
Antipasto	494	36	17.5	0	91.5	3650	13	2.5	2.5	28.25	159%	249%	63%	6%

Appetizers

												% of Daily Value			
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	
Buffalo Wings portion: 4 wings/half order	320	22	5.5	0	74	1174	4	0	0	25.25	0%	0%	0%	8%	
Breadsticks portion: 1 of 5 servings	304	5	1	0	2	646	52	3	3.25	10	1%	1%	8%	21%	
Side of pizza sauce portion: 1 oz	16	0	0	0	0	107	3.5	0.7	2	0.68	8%	10%	1%	2%	

Slices (1/8 of a 20" pizza)

portion: 1 slice												% of Daily Value			
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	
Cheese	370	16	8	0	40	800	38	2	2	21	2%	8%	15%	8%	
Mushroom	360	15	9	0	50	640	35	2	4	20	10%	2%	35%	15%	
Pesto	510	30	10	0	45	910	40	3	3	24	2%	25%	20%	20%	
Prima	520	27	13	0	65	1560	46	5	6	27	30%	35%	35%	20%	
Super Veggie	480	21	9	0	40	1300	52	6	8	25	25%	80%	20%	20%	
Manresa	390	17	10	0	55	630	38	3	5	21	35%	25%	40%	15%	
Little Sur	451	21	9	0	60	1050	47	4	6	18	25%	33%	33%	17%	
Pepperoni	550	31	14	0	85	1500	39	3	3	29	2%	8%	15%	10%	
Pepperoni Mushroom	530	29	13	0	80	1370	40	3	3	29	2%	10%	15%	10%	
Pepperoni Sausage	640	39	17	0	110	1760	40	3	3	35	2%	10%	15%	15%	
Pepperoni Pineapple	540	29	14	0	80	1290	44	3	12	26	15%	10%	35%	15%	
Maui	420	16	10	0	65	960	44	3	12	23	10%	10%	35%	15%	
Combo	790	53	17	0	95	2000	48	5	5	35	8%	70%	25%	30%	
Big Sur	630	38	16	0.5	90	1250	42	3	5	28	15%	20%	40%	20%	
Fort Point	560	30	12	0.5	80	1380	41	4	5	32	25%	15%	45%	20%	
Rockaway	440	17	10	0	80	1540	39	3	6	31	10%	4%	35%	15%	
D'Lex (chicken & bacon)	640	20	10	0	80	1400	36	2	3	31	8%	6%	35%	15%	
Clam and Garlic	420	16	9	0	75	710	38	3	4	28	25%	20%	40%	80%	
Watsonville Apple	566	33	15	0.5	98	1801	41	3	6	25	14%	7%	38%	17%	

Slices (1/8 of a 20" pizza)

portion: 1 slice											% of Daily Value			
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Figgy Piggy	574	33	16	0	92	1674	46	4	10	24	12%	3%	48%	18%
Pesto Chicken	488	25	9	0	71	1132	38	3	4	26	25%	14%	36%	18%
Pastrami	486	22	10	0	92	1606	35	3	3	22	8%	1%	28%	16%

Whole Pies

portion: 1 slice - 8 slices per pizza											% of Daily Value			
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Cheese 12 inch	142	5	3	0	16	403	18	1	2	6	5%	3%	11%	6%
Cheese 14 inch	189	6.5	4	0	22	537	23	1.5	2	8	7%	4%	15%	8%
Cheese 18 inch	290	10	6	0	34	824	35	2	3	12	12%	7%	23%	13%
Pepperoni 12 inch	188	9.5	4.5	0	27	628	18	1	2	8	7%	3%	11%	8%
Pepperoni 14 inch	260	13.5	6	0	39	879	23	1.5	2	11	10%	4%	15%	10%
Pepperoni 18 inch	398	20.5	9.5	0.5	59	1339	35	2.5	3.5	17	15%	7%	24%	16%
Pesto 12 inch	188	10	3.5	0	17	433	18	1.5	2	7	9%	4%	14%	8%
Pesto 14 inch	249	13	4.5	0	23	575	24	2	2	9	12%	5%	18%	10%
Pesto 18 inch	388	20	7.5	0	37	903	37	3	3.5	15	19%	8%	29%	16%
Prima 12 inch	185	8.5	4	0	32	592	20	2	2.5	8	11%	9%	17%	9%
Prima 14 inch	312	17	8	0	64	1031	27	3	4	13	19%	12%	33%	15%
Prima 18 inch	389	19	9	0	68	1246	40	4	5.5	16	24%	18%	37%	19%
Maui Wowie 12 inch	172	5.5	3	0	21	560	21	1.5	5	9	5%	7%	11%	7%
Maui Wowie 14 inch	229	7.5	4	0	29	750	28	1.75	6.5	11.5	7%	9%	15%	9%
Maui Wowie 18 inch	359	12	6.5	0	46	1178	43	3	10.5	18	112%	14%	24%	15%
Wingnut 12 inch	186	8.5	4	0	25	592	19	1.5	2.5	8	7%	4%	11%	8%
Wingnut 14 inch	260	12.5	6	0	37	839	25	2	3.5	11	10%	6%	15%	11%
Wingnut 18 inch	386	18	8.5	0	53	1223	38	3	5	17	15%	10%	24%	16%
Davenport 12 inch	160	5.5	3	0	19	460	19	1.5	2.5	7.5	18%	8%	12%	8%
Davenport 14 inch	222	8	4	0	28	654	25	2	3	10.5	25%	11%	16%	11%
Davenport 18 inch	333	12	6.5	0	40	959	39	3	5	15.5	38%	16%	26%	17%

Whole Pies

portion: 1 slice - 8 slices per pizza											% of Daily Value			
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Watsonville 12 inch	269	16	7	0	37	837	19	1.5	3	11	6%	3%	15%	8%
Watsonville 14 inch	275	23	10	0	52	1187	25	2	3	16	9%	4%	21%	11%
Watsonville 18 inch	538	32	14	0.5	74	1655	39	3	5	22.5	12%	6%	31%	16%
Fort Point 12 inch	223	10.5	4	0	30	549	20	2	2.5	12	13%	9%	16%	9%
Fort Point 14 inch	299	13.5	5.5	0	44	756	27	3	3.5	17	17%	13%	22%	12%
Fort Point 18 inch	455	21	8	0	65	1138	41	4	5	25	26%	19%	34%	18%
Manresa 12 inch	152	5.5	3	0	19	375	18	1.5	2	7	8%	6%	12%	6%
Manresa 14 inch	206	7.5	4.5	0	27	502	24	1.5	3	9.5	11%	8%	17%	8%
Manresa 18 inch	318	12	7	0	42	783	37	2.5	4.5	14.5	17%	13%	26%	13%
Virgin Creek 12 inch	161	6	3	0	21	407	19	1.5	2.5	7	10%	9%	13%	7%
Virgin Creek 14 inch	218	8.5	4.5	0	29	545	25	2	4	9.5	14%	12%	17%	9%
Virgin Creek 18 inch	337	13	7	0	44	853	39	3	6	15	22%	19%	27%	14%
Todos Santos 12 inch	203	9	3.5	0	32	605	18	1	2	11.5	3%	3%	11%	7%
Todos Santos 14 inch	274	12	5	0	43	822	24	1.5	2.5	15	5%	4%	16%	10%
Todos Santos 18 inch	420	18.5	7.5	0	68	1255	37	2.5	4	24	7%	5%	25%	15%
The Lane 12 inch	205	10.5	3.5	0	21	495	19	2	2.5	8	13%	9%	14%	9%
The Lane 14 inch	272	14	5	0	28	659	25	2.5	3	11	17%	12%	19%	11%
The Lane 18 inch	431	21.5	8	0	44	1049	41	4	5	17	27%	19%	30%	18%
The Hook 12 inch	164	6	3	0	15	498	20	2.5	3	7	10%	21%	12%	9%
The Hook 14 inch	220	8	4	0	21	668	27	3	4	9	14%	27%	16%	12%
The Hook 18 inch	346	13	6	0	34	1050	42	5	6.5	14.5	21%	43%	26%	18%
The Classic 12 inch	144	4.5	2.5	0	15	394	19	1.5	2.5	6	10%	9%	11%	7%
The Classic 14 inch	193	6.5	3.5	0	21	525	25	2	3	8.5	13%	12%	15%	9%
The Classic 18 inch	302	10.5	6	0	34	826	38	3	5	13	21%	19%	24%	14%
Sunset Beach 12 inch	201	8	4	0	25	687	21	1.5	5	10	6%	16%	12%	7%
Sunset Beach 14 inch	277	12	6	0	35	973	28	2	6.5	14	8%	23%	16%	9%
Sunset Beach 18 inch	412	16.5	8.5	0	51	1412	44	3	10	20	13%	33%	24%	15%
Steamers 12 inch	177	5	2.5	0	30	418	20	1.5	2	12	8%	13%	14%	42%
Steamers 14 inch	239	7	3.5	0	42	559	26	2	2.5	16	11%	18%	19%	59%
Steamers 18 inch	370	11	6	0	65	878	40	3	3.5	25	17%	28%	29%	89%

Whole Pies

portion: 1 slice - 8 slices per pizza											% of Daily Value			
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Santa Cruz Special 12 inch	147	5	2.5	0	15	400	19	1.5	2.5	6.5	18%	7%	12%	8%
Santa Cruz Special 14 inch	196	6.5	3.5	0	21	533	25	2	3.5	9	25%	11%	16%	10%
Santa Cruz Special 18 inch	306	10	6	0	34	838	38	3	5.5	14	38%	16%	25%	16%
Rockaway 12 inch	177	5.5	3	0	27	607	20	2	3.5	10.5	4%	2%	11%	7%
Rockaway 14 inch	234	7	4	0	37	818	27	2.5	4.5	14	6%	2%	15%	9%
Rockaway 18 inch	367	11.5	6	0	59	1272	41	4	7	22	9%	3%	24%	14%
Pleasure Point 12 inch	172	5.5	3	0	27	489	19	1.5	2.5	11	21%	11%	12%	9%
Pleasure Point 14 inch	228	7.5	4	0	37	651	25	2	3	14.5	31%	16%	16%	12%
Pleasure Point 18 inch	359	11.5	6	0	59	1025	39	3.5	5	23	44%	23%	26%	18%
Natural Bridges 12 inch	202	10	4	0	21	423	20	1.5	2	8	11%	6%	15%	8%
Natural Bridges 14 inch	271	14	5.5	0	30	565	26	2	3	11	15%	9%	20%	10%
Natural Bridges 18 inch	413	21.5	8.5	0	46	862	38	3.5	4.5	16.5	23%	13%	32%	16%
Mavericks 12 inch	229	12	5	0	38	833	18.5	1	2	12	9%	6%	11%	8%
Mavericks 14 inch	321	17	7.5	0	55	1186	24	1.5	2.5	16.5	13%	8%	15%	11%
Mavericks 18 inch	475	25	11	0	81	1735	37	2.5	4	24.5	20%	13%	24%	17%
Linda Mar 12 inch	161	6	3	0	15	491	20	2.5	2.5	7	22%	22%	13%	9%
Linda Mar 14 inch	216	8	4	0	21	680	27	2	3	9	32%	27%	18%	13%
Linda Mar 18 inch	334	12.5	6	0	34	1023	41	4.5	5	14	47%	40%	27%	19%
D'Lex 12 inch	235	12	5	0	42	711	18	1	1.5	13	4%	2%	12%	7%
D'Lex 14 inch	311	16	6.5	0	57	947	23	1.5	2	17	6%	3%	117%	10%
D'Lex 18 inch	493	25.5	10.5	0	91	1495	37	2.5	3.5	27	9%	5%	27%	15%
Depot Hill 12 inch	237	10	3.5	0	29	572	23	3	4	12.5	11%	4%	14%	17%
Depot Hill 14 inch	315	13.5	5	0	39	762	30	4.5	5.5	17	15%	5%	19%	23%
Depot Hill 18 inch	492	21	7.5	0	63	1197	46	7	8.5	26.5	24%	9%	30%	35%
38th Ave Special 12 inch	188	6.5	4	0	23	585	23	3.5	4.5	8.5	22%	7%	16%	17%
38th Ave Special 14 inch	253	9	5.5	0	32	794	30	4.5	6	12	31%	11%	22%	23%
38th Ave Special 18 inch	392	14	8.5	0	49	1230	46	7	9	18	45%	16%	34%	35%
Ano Nuevo 12 inch	189	6	3	0	33	479	20	1.5	2	13	8%	13%	14%	42%
Ano Nuevo 14 inch	256	8	4	0	4	640	26	2	2	17.5	11%	18%	19%	59%
Ano Nuevo 18 inch	396	13	6.5	0	72	1000	41	3	3.5	27	17%	28%	30%	90%

Whole Pies

portion: 1 slice - 8 slices per pizza											% of Daily Value			
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Asilomar 12 inch	162	6	3	0	15	458	20	2	3	6.5	10%	20%	12%	9%
Asilomar 14 inch	215	8	4	0	21	606	26	2.5	4	9	13%	26%	16%	11%
Asilomar 18 inch	342	13	6	0	34	967	41	4	6	14	20%	42%	26%	18%
Big Sur 12 inch	225	10	4	0	29	649	23	2	2	10	7%	6%	12%	9%
Big Sur 14 inch	299	13	6	0	39	864	31	2.5	3	13	10%	8%	16%	12%
Big Sur 18 inch	464	21	9.5	0	62	1355	47	4	5	21	15%	12%	25%	18%
Combo 12 inch	211	10.5	4.5	0	28	707	20	2	2.5	9	8%	15%	12%	10%
Combo 14 inch	280	14	6	0	38	940	26	2.5	3.5	12	11%	20%	17%	13%
Combo 18 inch	442	22.5	9.5	0	60	1483	40	3.5	5.5	19	17%	33%	26%	20%
Figgy Piggy 12 inch	235	11.5	5.25	0	26	595	21	1.5	4.5	8.5	4%	1%	16%	7%
Figgy Piggy 14 inch	311	15.5	7	0	35	788	28	2.25	6	11.5	5%	2%	21%	10%
Figgy Piggy 18 inch	494	23.5	11	0	56	1246	43	3.5	8.75	18	8%	3%	33%	15%
Pastrami 12 inch	206	8.75	3.75	0	35	677	17	1	1	9	3%	0%	10%	8%
Pastrami 14 inch	284	12.25	5.25	0	51	923	22	1.5	1.5	12.5	4%	0%	14%	10%
Pastrami 18 inch	443	19.5	8	0	80	1441	34	2.5	2	19.5	6%	1%	22%	16%
Pesto Chicken 12 inch	209	10	3.5	0	28	479	18	1.5	1.75	11	10%	6%	14%	8%
Pesto Chicken 14 inch	278	13	5	0	37	637	24	2	2.5	14.5	13%	8%	18%	11%
Pesto Chicken 18 inch	429	21	7.5	0	58	986	37	3	3.5	22.5	21%	12%	29%	17%

Gluten Free Whole Pies

portion: 1 slice - 8 slices per pizza										
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
GF Cheese 12 inch	140	5	2.5	0	15	300	19	0	3	4
GF Pepperoni 12 inch	180	9	4	0	25	530	19	0	3	6
GF Pesto 12 inch	210	10	3.5	0	30	380	20	.81	3	9
GF Prima 12 inch	180	9	4	0	30	490	21	1	4	6
GF Maui Wowie 12 inch	160	5	2.5	0	20	380	23	.57	6	6
GF Wingnut 12 inch	180	9	4	0	25	490	20	.61	3	6

Gluten Free Whole Pies

portion: 1 slice - 8 slices per pizza

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
GF Davenport 12 inch	160	6	3	0	20	360	21	.74	3	5
GF Watsonville 12 inch	150	16	7	0	35	730	20	.61	4	9
GF Fort Point 12 inch	220	11	4	0	30	440	22	1	3	10
GF Manresa 12 inch	150	6	3	0	20	270	20	.51	3	5
GF Virgin Creek 12 inch	160	6	3	0	20	300	21	.72	4	5
GF Todos 12 inch	200	9	3.5	0	30	500	19	0	3	9
GF The Lane 12 inch	200	11	3.5	0	20	390	21	1	3	6
GF The Hook 12 inch	160	6	2.5	0	15	400	22	2	4	5
GF The Classic 12 inch	140	5	2.5	0	15	290	20	.70	3	4
GF Sunset Beach 12 inch	190	8	4	0	25	530	23	.73	6	8
GF Steamers 12 inch	170	5	2.5	0	30	320	21	.61	3	10
GF Santa Cruz 12 inch	140	5	2.5	0	15	300	20	.76	4	5
GF Rockaway 12 inch	170	5	2.5	0	25	500	22	1	4	8
GF Pleasure Point 12 inch	170	5	2.5	0	25	390	20	.79	3	9
GF Natural Bridges 12 inch	190	10	4	0	20	310	20	.84	3	6
GF Mavericks 12 inch	230	12	5	0	40	730	20	0	3	10
GF Linda Mar 12 inch	160	6	2.5	0	15	390	21	2	3	5
GF D'Lex 12 inch	429	21	7.5	0	58	986	37	3	3.5	22.5
GF Depot Hill 12 inch	230	10	3.5	0	30	470	24	2	5	11
GF 38th Ave Special 12 inch	180	7	4	0	25	480	24	3	5	7
GF Ano Nuevo 12 inch	190	6	3	0	35	380	21	.59	3	11
GF Asliomar 12 inch	160	6	2.5	0	15	360	22	1	4	5
GF Big Sur 12 inch	220	10	4.5	0	30	550	25	1	3	8
GF Little Sur 12 inch	170	6	2.5	0	15	320	25	1	4	5
GF Combo 12 inch	210	11	4.5	0	30	600	21	.98	4	7
GF Figgy Piggy 12 inch	220	12	5	0	25	490	23	.88	5	7
GF Pastrami 12 inch	200	9	3.5	0	35	570	18	0	2	7



The nutritional information listed is based on calculated results of Pizza My Heart's standard recipes and ingredient formulations. Variations may occur due to product assembly at the restaurant level, local suppliers, and season of the year.

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.