



NUTRITION SURVIVAL GUIDE TO

# LITTLE CAESARS

CALORIES AND MACRONUTRIENTS

[WWW.PDFITNESSANDNUTRITION.CO.UK](http://WWW.PDFITNESSANDNUTRITION.CO.UK)

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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### HOT-N-READY PIZZA (PER 1/4 PIZZA)

Deep!Deep!™ Dish Pepperoni	700	32	80	4	8	28	3.1
Deep!Deep!™ Dish Cheese	640	30	78	4	8	22	2.5
ExtraMostBestest Pepperoni	600	30	62	4	4	26	3.4
Classic Round Pepperoni	560	26	62	2	6	22	2.7
Classic Round Cheese	500	24	62	2	6	16	2.1

### SPECIALTY PIZZA (PER 1/4 PIZZA)

Deep Dish 3 Meat Treat	820	38	80	4	8	40	4
Deep Dish Ultimate Supreme	800	36	82	4	8	36	3.9
Deep Dish Hula Hawaiian (Canadian Bacon)	700	36	84	4	12	24	3.5
Deep Dish Italian Sausage	700	32	80	4	8	30	3.1
Deep Dish Hula Hawaiian (Ham)	680	34	84	4	12	24	3.4
Deep Dish Veggie	680	32	82	6	8	26	3.2
Round 3 Meat Treat®	660	30	62	4	6	32	3.5
Round Ultimate Supreme	600	28	64	4	8	26	3.2
Round Hula Hawaiian (Canadian Bacon)	560	30	70	4	12	18	3.1
Round Hula Hawaiian® (Ham)	540	30	70	4	12	18	3
Round Veggie	540	26	64	4	8	20	2.9
Round Italian Sausage	540	26	62	2	6	22	2.6

### PIZZA (PER 1/4 PIZZA)

Deep Stuffed Crust Pepperoni	840	40	82	4	8	40	4.2
Deep Stuffed Crust Cheese	760	38	82	4	8	32	3.6
Thin Crust Pepperoni	450	21	33	3	3	24	2
Thin Crust Cheese	390	18	33	3	3	18	1.4

### HOT-N-READY PIZZA (PER PIZZA)

Deep!Deep!™ Dish Pepperoni	2800	128	320	16	32	112	12.4
Deep!Deep!™ Dish Cheese	2560	120	312	16	32	88	10
ExtraMostBestest Pepperoni	2400	120	248	16	16	104	13.6
Classic Round Pepperoni	2240	104	248	8	24	88	10.8
Classic Round Cheese	2000	96	248	8	24	64	8.4

### SPECIALTY PIZZA (PER PIZZA)

Deep Dish 3 Meat Treat	3280	152	320	16	32	160	16
Deep Dish Ultimate Supreme	3200	144	328	16	32	144	15.6
Deep Dish Hula Hawaiian (Canadian Bacon)	2800	144	336	16	48	96	14

ADVANCED COACHING ACADEMY

GBK

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Deep Dish Italian Sausage	2800	128	320	16	32	120	12.2
Deep Dish Hula Hawaiian (Ham)	2720	136	336	16	48	96	13.4
Deep Dish Veggie	2720	128	328	24	32	104	12.8
Round 3 Meat Treat®	2640	120	248	16	24	128	13.8
Round Ultimate Supreme	2400	112	256	16	32	104	12.6
Round Hula Hawaiian (Canadian Bacon)	2240	120	280	16	48	72	12.4
Round Hula Hawaiian® (Ham)	2160	120	280	16	48	72	11.8
Round Veggie	2160	104	256	16	32	80	11.4
Round Italian Sausage	2160	104	248	8	24	88	10.2

### PIZZA (PER PIZZA)

Deep Stuffed Crust Pepperoni	3360	160	328	16	32	160	16.8
Deep Stuffed Crust Cheese	3040	152	328	16	32	128	14.2
Thin Crust Pepperoni	1800	84	132	12	12	96	8.1
Thin Crust Cheese	1560	72	132	12	12	72	5.7

### SIGNATURE FAVORITES

Cinnamon Loaded Crazy Bites (Whole Order)	1770	23	258	4	121	74	4
Pepperoni Cheese Bread® (5 breadsticks)	750	35	75	5	5	35	3.3
Zesty Cheese Bread (5 breadsticks)	750	30	75	5	5	35	3.1
Italian Cheese Bread (5 breadsticks)	700	30	75	5	5	30	2.8
HOT-N-READY Crazy Bread® (4 breadsticks)	400	12	60	4	4	12	1.3
HOT-N-READY Crazy Sauce® (1 sauce cup)	45	2	10	1	8	0	1.2

### HOT-N-READY CAESAR WINGS (8)

Garlic Parmesan	720	48	8	0	0	56	5.6
BBQ	640	48	32	0	16	40	5.6
Oven Roasted	560	40	0	0	0	40	4
Buffalo - Mild	560	48	0	0	0	40	6.4
Buffalo - Hot	560	48	8	0	0	40	8.8

### CAESAR DIPS

Buttery Garlic Caesar Dip	380	0	0	0	0	42	1.1
Ranch Caesar Dip	250	0	3	0	2	26	1
Buffalo Ranch Caesar Dip	230	0	3	0	2	24	1.3
Cheesy Jalapeño Caesar Dip	210	1	3	0	2	22	1.3

### TOPPINGS (PER 1/2 PIZZA)

Bacon	160	8	0	0	0	14	1.2
Pepperoni	120	4	0	0	0	12	1.2
Italian Sausage	120	4	0	0	0	10	0.9
Extra Cheese	120	8	0	0	0	8	0.7
Beef	100	4	0	0	0	8	1

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Julienne Cut Ham	40	8	0	0	0	0	1.2
Canadian Bacon	40	8	0	0	0	0	1.4
Pineapple	40	0	12	0	12	0	0
Green Pepper	20	0	4	0	0	0	0
Onion	20	0	4	0	0	0	0
Mushroom, canned	20	0	0	0	0	0	0.5
Mushroom, fresh	0	0	0	0	0	0	0
Jalapeño Pepper	0	0	0	0	0	0	1.7
Mild Banana Peppers	0	0	0	0	0	0	1.2

### FRESH-N-READY SALADS

Antipasto Salad	230	17	13	5	7	15	2.2
Caesar Salad	230	10	33	5	7	8	2.6
Garden Mix Salad	200	11	24	6	8	8	1.1