

Powerhaus Wholesome Pizza & Eats Nutrition Breakdown as of 2021

	Calories	Protein (g)	Fat (g)	Fat Saturated (g)	Carbs (g)	Sugar (g)	Fiber (g)
CRUST 10"							
<i>Garlic herb 10"</i>	587	1 g	0 g	0 g	139 g	8 g	10 g
<i>Whole-grain 10"</i>	569	33 g	8 g	0 g	88 g	2 g	18 g
<i>Gluten-free 10"</i>	517	13 g	2 g	0 g	105 g	3 g	7 g
<i>Cauliflower 10"</i>	510	6 g	18 g	3 g	78 g	3 g	6 g
OUR FAVORITE PIZZA TOPPINGS 10" (including traditional cheese)							
<i>Roasted vegetable</i>	412	18 g	31 g	10 g	14 g	7 g	5 g
<i>Buffalo chicken</i>	404	30 g	26 g	8 g	7 g	4 g	1 g
<i>Margherita</i>	227	18 g	13 g	8 g	6 g	5 g	2 g
<i>Mediterranean</i>	346	19 g	23 g	9 g	14 g	8 g	4 g
<i>Hawaiian</i>	319	32 g	15 g	8 g	12 g	9 g	2 g
<i>Pepperoni</i>	313	23 g	19 g	9 g	11 g	8 g	3 g
<i>Mushroom</i>	408	26 g	20 g	11 g	28 g	15 g	2 g
<i>Prosciutto and pea</i>	375	20 g	28 g	10 g	9 g	3 g	2 g
<i>BBQ chicken</i>	393	30 g	15 g	6 g	30 g	26 g	1 g
<i>Beyond Italian sausage</i>	343	33 g	15 g	7 g	14 g	10 g	4 g
BUILD YOUR OWN 10" PIZZA (double values for 14")							
CHEESE							
<i>Mozzarella</i>	165	13 g	11 g	6 g	0 g	0 g	0 g
<i>Parmesan</i>	8	0 g	0 g	0 g	0 g	0 g	1 g
<i>Ricotta</i>	102	6 g	2 g	0 g	2 g	1 g	9 g
<i>Feta</i>	50	4 g	1 g	0 g	0 g	1 g	4 g
<i>Vegan cheese</i>	163	14 g	2 g	0 g	0 g	3 g	2 g
PROTEINS							
<i>Prosciutto</i>	80	7 g	6 g	4 g	0 g	0 g	0 g
<i>Peperoni</i>	100	7 g	7 g	3 g	1 g	1 g	0 g
<i>Chicken</i>	140	21 g	5 g	0 g	1 g	1 g	0 g
<i>Ham</i>	80	12 g	3 g	1 g	1 g	1 g	0 g
<i>Beyond sausage</i>	100	18 g	3 g	0 g	0 g	0 g	0 g
<i>Vegan chicken</i>	70	7 g	4 g	0 g	5 g	2 g	3 g
<i>Chickpeas</i>	282	13 g	9 g	0 g	39 g	2 g	11 g
SAUCE							
<i>Tomato sauce</i>	23	2 g	0 g	0 g	6 g	5 g	2 g
<i>"Pea-zza" sauce</i>	154	2 g	14 g	2 g	6 g	2 g	2 g
<i>BBQ sauce</i>	70	0 g	0 g	0 g	18 g	17 g	0 g
<i>Hot sauce</i>	0	0 g	0 g	0 g	0 g	0 g	0 g
<i>Balsamic glaze</i>	70	0 g	0 g	0 g	16 g	8 g	0 g
14" Favorite Pizzas (including traditional cheese)							
<i>Margherita 14"</i>	1627	37 g	27 g	16 g	290 g	25 g	24 g
<i>Roasted Vegetable 14"</i>	1998	38 g	62 g	19 g	306 g	30 g	30 g
<i>Buffalo Chicken 14"</i>	1974	63 g	52 g	16 g	291 g	25 g	24 g
<i>Mushroom 14"</i>	1867	43 g	33 g	17 g	330 g	43 g	25 g
<i>Mediterranean 14"</i>	1865	40 g	46 g	18 g	306 g	32 g	28 g
<i>Prosciutto and pea 14"</i>	1923	41 g	57 g	21 g	294 g	22 g	25 g
<i>Chicken BBQ 14"</i>	1959	63 g	30 g	13 g	338 g	68 g	23 g
<i>Hawaiian 14"</i>	1670	44 g	25 g	14 g	299 g	33 g	25 g
<i>Pepperoni 14"</i>	1765	46 g	35 g	17 g	298 g	31 g	26 g
<i>Plain pepperoni 14"</i>	1728	43 g	35 g	17 g	291 g	27 g	24 g
<i>Beyond sausage 14"</i>	1861	69 g	31 g	13 g	306 g	35 g	29 g
SALADS							
<i>Superfood</i>	351	29 g	17 g	5 g	8 g	12 g	10 g
<i>Greek</i>	374	33 g	13 g	4 g	5 g	9 g	11 g
<i>Buffalo ranch</i>	219	9 g	16 g	4 g	14 g	5 g	4 g
SMOOTHIES							
<i>Date (with grass-fed whey)</i>	594	25 g	21 g	7 g	81 g	23 g	39 g
<i>Tropical</i>	475	7 g	23 g	17 g	59 g	30 g	18 g
<i>Berry</i>	151	2 g	0 g	0 g	36 g	19 g	8 g
<i>Carrot</i>	217	4 g	0 g	0 g	47 g	32 g	5 g
<i>Pineapple Mojito</i>	286	2 g	0 g	0 g	69 g	40 g	16 g
<i>Green Drink</i>	147	2 g	0 g	0 g	36 g	19 g	5 g
<i>Strawberry Sunrise</i>	336	23 g	2 g	1 g	55 g	37 g	4 g
<i>Berry Beet</i>	296	8 g	5 g	3 g	55 g	27 g	16 g
WRAPS (includes chicken)							
<i>Cali</i>	851	35 g	47 g	10 g	80 g	21 g	8 g
<i>Balsamic</i>	698	38 g	27 g	7 g	68 g	15 g	8 g
<i>Pea pesto</i>	741	36 g	40 g	9 g	67 g	9 g	7 g
<i>Spicy</i>	664	36 g	32 g	8 g	60 g	7 g	6 g