

# Pizza Hut with Bistro Menu Option

Item	Serving Grams	Calories	Calories from Fat	Total Fat (gms)		% Daily Value**		Saturated Fat (gms)	% Daily Value**		Trans Fat (gms)	Cholesterol (mgs)	% Daily Value**		Sodium (mgs)	% Daily Value**		Carbohydrates (gms)	% Daily Value**		Dietary Fiber (gms)	% Daily Value**		Sugars (gms)	Protein (gms)	% DAILY VALUE			
				% Daily Value**	% Daily Value**	% Daily Value**	% Daily Value**		% Daily Value**	% Daily Value**			% Daily Value**	% Daily Value**		Vitamin A	Vitamin C		Calcium	Iron									
<b>Toasted Sandwiches</b> 1 sandwich																													
Black Forest Ham & Cheese	350	710	240	27	42	10	50	0	85	28	2260	94	79	26	4	16	8	39	40	20	35	30							
Roasted Turkey and Provolone	347	680	210	23	35	9	45	0	70	23	1890	79	80	27	4	16	8	37	40	20	30	30							
Supremo	367	790	350	39	60	12	60	0.5	100	33	2830	118	67	22	4	16	7	45	40	35	30	35							
Steak and Cheese Hoagie	334	690	230	25	38	11	55	1	95	32	2040	85	67	22	3	12	5	49	10	30	45	45							
<b>Pasta</b>																													
Spaghetti w/ Meat Sauce	581	920	370	42	65	15	75	1.5	90	30	2110	88	97	32	6	24	19	37	45	30	20	40							
Bistro Chicken Alfredo Bake	429	900	460	51	78	23	115	1.5	155	52	2140	89	61	20	3	12	9	48	25	2	80	20							
3-Cheese Penne Bake	403	980	550	61	94	29	145	1.5	155	52	1960	82	62	21	2	8	11	44	35	2	110	20							
The Meaty Ziti Bake	456	990	530	59	91	26	130	1.5	165	55	2440	102	64	21	4	16	11	49	40	15	70	25							
Garlic Bread (1 slice)	40	150	80	9	14	2	10	0	0	0	260	11	15	5	1	4	1	3	0	0	0	2							
<b>Soup</b> 1 Cup																													
Tomato Basil Soup	167	180	120	14	22	6	30	0	30	10	970	40	13	4	0	0	8	4	20	15	10	4							
Broccoli Cheddar Soup	176	200	120	13	20	8	40	0	50	17	670	28	9	3	1	4	3	7	15	30	20	4							
<b>Salads</b> Full Order																													
Garden - Side	202	90	35	3.5	5	1.5	8	0	10	3	170	7	13	4	2	8	4	4	50	25	10	4							
Caesar - Side	151	270	200	22	34	6	30	0	30	10	640	27	11	4	2	8	2	7	100	35	20	6							
Chicken Caesar Salad - Entrée	430	740	480	53	82	13	65	1	135	45	2410	100	30	10	6	24	5	37	210	70	35	20							
Italian Tuscan Salad - Entrée	464	770	570	64	98	14	70	0.5	60	20	2830	118	33	11	5	20	8	20	220	80	30	25							
<b>Individual Hand-Tossed Pizza</b> Entire Pizza																													
Cheese Only	427	1030	380	42	65	20	100	4.5	105	35	2720	113	112	37	5	20	11	51	35	*	90	50							
Pepperoni	421	1070	430	48	74	20	100	4.5	110	37	3010	125	109	36	5	20	11	52	30	*	70	60							
Supreme	539	1190	500	55	85	23	115	5	125	42	3450	144	116	39	7	28	13	59	30	*	70	60							
Pepperoni & Mushroom	457	1000	370	41	63	18	90	4	90	30	2690	112	111	37	6	24	12	49	30	*	60	60							
Ham & Pineapple	459	970	310	34	52	15	75	4	85	28	2720	113	117	39	5	20	17	47	30	*	60	60							
Italian Sausage & Red Onion	506	1160	480	53	82	22	110	4.5	125	42	3000	125	117	39	6	24	13	54	30	*	70	60							
Meat Lovers®	573	1500	750	83	128	33	165	5	200	67	4610	192	114	38	7	28	11	75	35	*	70	70							
Veggie Lovers®	508	960	320	35	54	15	75	4	75	25	2610	109	118	39	7	28	15	44	35	*	70	60							

\*not a significant source of Vitamin C due to baking loss

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				% Daily Value **	% Daily Value **	% Daily Value **	% Daily Value **		% Daily Value **	% Daily Value **	% Daily Value **	% Daily Value **	% Daily Value **	Vitamin A	Vitamin C	Calcium	Iron						
<b>Kid's Menu</b>																							
<b>Kid's Spaghetti</b>	295	480	200	22	34	8	40	0.5	50	17	1110	46	49	16	3	12	10	20	25	15	15	20	

Calories:		2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375 mg
Dietary Fiber		25g	30 g

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