

Shakey's Pizza													
PIZZA 7" PIZZA - 4 SLICES 9" PIZZA - 8 SLICES 12" PIZZA - 10 SLICES 15" PIZZA - 15 SLICES	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM (mg)	TOTAL CARBS (mg)	FIBER (g)	SUGAR	PROTEIN	ALLERGEN	
													CHEESE
Thin Crust 7"	114	30	3	2	0	8	195	15	1	1	5	Milk/Wheat	
Thin Crust 9"	95	30	3	2	0	8	170	13	1	1	5	Milk/Wheat	
Thin Crust 12"	135	45	5	2	0	13	255	17	1	2	7	Milk/Wheat	
Thin Crust 15"	180	60	6	3	0	16	345	25	2	2	7	Milk/Wheat	
Pan Crust 7"	NA	NA	NA	NA	0	NA	NA	NA	NA	NA	NA	Milk/Soy/Wheat	
Pan Crust 9"	130	30	3	2	0	8	240	20	1	2	6	Milk/Soy/Wheat	
Pan Crust 12"	190	50	5	2	0	13	360	30	2	2	7	Milk/Soy/Wheat	
Pan Crust 15"	230	60	6	3	0	16	450	34	2	3	8	Milk/Soy/Wheat	
SHAKEY'S SPECIAL™													
Thin Crust 9"	134	60	7	3	0	16	290	13	1	1	6	Milk/Soy/Wheat	
Thin Crust 12"	200	100	10	4	0	25	450	18	1	2	8	Milk/Soy/Wheat	
Thin Crust 15"	259	118	13	5	0	32	586	25	2	3	11	Milk/Soy/Wheat	
Pan Crust 9"	170	60	7	3	0	16	360	20	1	2	6	Milk/Soy/Wheat	
Pan Crust 12"	255	100	11	4	0	25	555	30	2	3	10	Milk/Soy/Wheat	
Pan Crust 15"	307	121	12	5	0	32	693	35	2	4	12	Milk/Soy/Wheat	
GARDEN VEGGIE													
Thin Crust 9"	103	35	4	2	0	8	195	14	1	1	4	Milk/Wheat	
Thin Crust 12"	150	50	6	2	0	13	300	19	2	2	6	Milk/Wheat	
Thin Crust 15"	200	65	7	3	0	16	400	26	2	3	8	Milk/Wheat	
Pan Crust 9"	136	34	4	2	0	8	263	21	1	2	5	Milk/Soy/Wheat	
Pan Crust 12"	205	54	6	2	0	13	400	30	2	3	7	Milk/Soy/Wheat	
Pan Crust 15"	245	70	7	3	0	16	500	36	3	3	8	Milk/Soy/Wheat	
TEXAS BBQ CHICKEN													
Thin Crust 9"	113	35	3	2	0	15	270	15	1	3	6	Milk/Wheat	
Thin Crust 12"	165	50	5	3	0	22	415	20	1	5	9	Milk/Wheat	
Thin Crust 15"	220	60	7	3	0	30	565	30	1	7	11	Milk/Wheat	
Pan Crust 9"	145	35	5	2	0	15	340	22	1	4	7	Milk/Soy/Wheat	
Pan Crust 12"	220	55	6	3	0	22	520	32	1	5	11	Milk/Soy/Wheat	
Pan Crust 15"	270	65	7	3	0	30	675	40	2	8	13	Milk/Soy/Wheat	
RUSTIC GARLIC CHICKEN													
Thin Crust 9"	108	35	4	2	0	13	225	13	1	1	6	Milk/Soy/Sulfites/Wheat	
Thin Crust 12"	160	51	6	3	0	20	340	18	1	1	9	Milk/Soy/Sulfites/Wheat	
Thin Crust 15"	206	70	7	3	0	25	450	25	1	2	11	Milk/Soy/Sulfites/Wheat	
Pan Crust 9"	145	35	4	2	0	13	290	20	1	1	7	Milk/Soy/Sulfites/Wheat	
Pan Crust 12"	215	55	6	3	0	20	445	30	2	1	10	Milk/Soy/Sulfites/Wheat	
Pan Crust 15"	255	70	8	3	0	25	555	35	2	2	13	Milk/Soy/Sulfites/Wheat	
FIREHOUSE													
Thin Crust 9"	151	71	6	3	0	19	320	15	1	1	6	Milk/Soy/Sulfites/Wheat	
Thin Crust 12"	230	115	12	5	0	30	495	20	2	2	9	Milk/Soy/Sulfites/Wheat	
Thin Crust 15"	300	141	16	7	0	40	645	26	2	3	12	Milk/Soy/Sulfites/Wheat	
Pan Crust 9"	185	73	8	3	0	19	390	21	1	2	7	Milk/Soy/Sulfites/Wheat	
Pan Crust 12"	280	115	13	5	0	30	600	30	2	3	11	Milk/Soy/Sulfites/Wheat	
Pan Crust 15"	345	145	16	7	0	40	750	36	3	4	13	Milk/Soy/Sulfites/Wheat	
ULTIMATE MEAT													
Thin Crust 9"	170	81	9	4	0	30	415	15	1	1	8	Milk/Soy/Sulfites/Wheat	
Thin Crust 12"	260	130	14	6	0	45	650	20	1	2	13	Milk/Soy/Sulfites/Wheat	
Thin Crust 15"	330	160	18	7	0	55	835	25	2	2	17	Milk/Soy/Sulfites/Wheat	
Pan Crust 9"	205	83	9	4	0	30	490	20	1	2	9	Milk/Soy/Sulfites/Wheat	
Pan Crust 12"	310	135	15	6	0	45	755	30	1	3	15	Milk/Soy/Sulfites/Wheat	
Pan Crust 15"	375	165	18	7	0	55	945	35	2	3	18	Milk/Soy/Sulfites/Wheat	
*BIG ISLAND BBQ													
Thin Crust 9"	110	35	4	1	0	10	290	14	1	2	5	Milk/Soy/Sulfites/Wheat	
Thin Crust 12"	160	55	6	2	0	20	450	19	1	4	7	Milk/Soy/Sulfites/Wheat	
Thin Crust 15"	205	65	7	2	0	21	580	25	1	5	9	Milk/Soy/Sulfites/Wheat	
Pan Crust 9"	140	35	4	1	0	10	360	21	1	3	5	Milk/Soy/Sulfites/Wheat	
Pan Crust 12"	210	55	6	2	0	20	550	30	1	5	8	Milk/Soy/Sulfites/Wheat	
Pan Crust 15"	250	70	7	2	0	21	690	36	1	6	10	Milk/Soy/Sulfites/Wheat	
CALIFORNIA PIZZARITO®													
Thin Crust 9"	150	70	8	3	0	20	190	14	2	1	7	Milk/Wheat	
Thin Crust 12"	215	100	11	5	0	30	275	19	2	2	9	Milk/Wheat	
Thin Crust 15"	270	125	14	7	0	35	345	24	2	2	11	Milk/Wheat	
Pan Crust 9"	185	75	8	3	0	20	260	21	2	2	7	Milk/Soy/Wheat	
Pan Crust 12"	265	105	12	5	0	30	380	30	2	3	10	Milk/Soy/Wheat	
Pan Crust 15"	320	130	15	7	0	35	455	35	2	3	12	Milk/Soy/Wheat	
HAWAIIAN DELIGHT™													
Thin Crust 9"	105	30	3	2	0	11	230	14	1	2	5	Milk/Wheat	
Thin Crust 12"	155	45	5	3	0	17	355	20	1	4	7	Milk/Wheat	
Thin Crust 15"	200	60	6	3	0	21	445	26	2	5	9	Milk/Wheat	
Pan Crust 9"	140	31	3	2	0	11	300	21	1	3	6	Milk/Soy/Wheat	
Pan Crust 12"	205	50	5	3	0	17	460	35	2	5	9	Milk/Soy/Wheat	
Pan Crust 15"	250	60	7	3	0	21	555	40	2	6	10	Milk/Soy/Wheat	

Shakey's Chicken													
CHICKEN (PER PIECE)	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM (mg)	TOTAL CARBS (mg)	FIBER (g)	SUGAR	PROTEIN	ALLERGEN	
													GOLDEN FRIED
Breast	360	96	11	2	0	111	1390	16	1	0	50	Milk/Soy/Wheat/Egg	
Wing	130	80	9	2	0	35	318	4	0	0	8	Milk/Soy/Wheat/Egg	
Leg	175	90	10	2	0	60	545	6	0	0	15	Milk/Soy/Wheat/Egg	
Thigh	350	215	24	6	0	105	850	9	0	0	23	Milk/Soy/Wheat/Egg	
BAKED (buffet only)													
Breast	210	25	2	1	0	115	125	0	0	0	45	Milk/Soy/Wheat/Egg	
Wing	100	65	10	2	0	35	30	0	0	0	15	Milk/Soy/Wheat/Egg	
Leg	120	60	6	2	0	60	60	0	0	0	20	Milk/Soy/Wheat/Egg	
Thigh	260	170	20	5	0	105	95	0	0	0	8	Milk/Soy/Wheat/Egg	
WINGS													
Drumette	70	45	5	2	0	25	160	2	0	~1	4	Milk/Soy/Wheat	
6pc serving	410	255	30	8	0	145	965	13	0	1	23	Milk/Soy/Wheat	
BONELESS STRIPS (1 pc)	125	56	7	1	0	20	345	10	2	0	8	Milk/Soy/Wheat	

Shakey's Mojo® & Sides														
MOJO® POTATOES	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM (mg)	TOTAL CARBS (mg)	FIBER (g)	SUGAR	PROTEIN	ALLERGEN	
														Small
Small	215	103	11	2	3	0	547	25	3	1	3	NA		
Medium (1/2 lb)	432	205	23	4	7	0	1093	51	5	1	5	NA		
Large (1lb)	863	410	46	9	13	0	2187	101	11	2	11	NA		
GARLIC BREAD 1 piece	179	39	4	1	0	0	268	30	1	1	5	Milk/Soy/Wheat		
PEPPERONI PIZZA TWISTS 1 piece	216	69	8	4	0	20	453	29	2	3	5	Milk/Soy/Sulfites/Wheat		

Shakey's Bunch of Lunch® & Sides														
ITEMS	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM (mg)	TOTAL CARBS (mg)	FIBER (g)	SUGAR	PROTEIN	ALLERGEN	
														VEGETABLES
Cut Corn	1/2 cup	80	0	1	0	0	0	360	17	2	4	2	NA	
Vegetables Winter Mix	1 cup	30	0	0	0	0	0	24	4	2	0	0	NA	
Vegetables Normandy Blend	1 cup	30	0	0	0	0	0	30	5	2	0	0	NA	
PASTA, POTATOES & RICE														
Pasta-Penne Rigate	1/2 cup	200	9	1	0	0	0	26	42	1	1	7	Wheat	
Pasta-Spaghetti	1/2 cup	200	9	1	0	0	0	26	42	1	1	7	Wheat	
Rice Pilaf	1/2 cup	120	27	3	2	0	5	440	22	0	1	2	Wheat	
Rice-Mexican Fiesta	1/2 cup	100	0	0	0	0	0	320	22	1	1	2	NA	
Pasta Sauce-Meat	1/2 cup	80	25	3	1	0	7	580	10	2	8	4	NA	
Pasta Sauce-Marinara	1/2 cup	50	0	0	0	0	0	520	10	2	8	2	Soy/Sulfites	
Mashed Potatoes	1/2 cup	64	7	1	0	0	0	238	13	1	1	1	Milk/Soy	
Mojo Potatoes	5 pieces	215	103	11	2	3	0	547	25	3	0	3	NA	
Gravy-Beef	1 ladle	15	0	0	0	0	0	270	3	0	0	0	MSG/Soy/Wheat	
Gravy-Chicken	1 ladle	25	0.5	0	0	0	0	320	4	0	0	0	MSG/Milk/Wheat	
MISC ITEMS														
Garlic Bread	1 piece	179	39	4	1	0	0	268	30	1	1	5	Milk/Wheat	
Pepperoni Pizza Twists	1 piece	216	69	8	4	0	20	453	29	2			Milk/Soy/Sulfites/Wheat	
Macaroni & Cheese	1 cup	350	153	17	9	0	35	1110	33	4	4	14	Milk/Egg/Wheat	
Enchilada	1 enchilada	80	80	2	1	0	25	156	37	1	1	4	Soy/Wheat	
Chicken Noodle Soup	1 cup	130	36	4	1	0	30	900	18	2	5	7	Egg/Soy/Wheat	

Shakey's Salad Bar														
ITEMS	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM (mg)	TOTAL CARBS (mg)	FIBER (g)	SUGAR	PROTEIN	ALLERGEN	
														LETTUCE
4 Way lettuce	1 serving tong	15	0	0	0	0	0	10	3	1	0	0	NA	
Romaine Lettuce	1 serving tong	2	0	0	0	0	0	1	0	0	0	0	NA	
Spinach	1 serving tong	7	0	0	0	0	0	24	1	1	0	0	NA	
VEGETABLES														
Baby Corn	1 serving tong	8	0	0	0	0	0	55	2	1	2	1	NA	
Beets	1 serving tong	20	0											